

# NOR-CAL RUNNING REVIEW

JUL.-AUG. 1977 (No. 67)

ONE DOLLAR



**Athol Barton - S.F. Marathon Winner**





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A West Valley TC Publication

# Northern California Running Review

P.O. BOX 1551, SAN MATEO, CA. 94401  
PH. (415) 341-3119

JUL.-AUG. 1977 (No. 67)

## UP FRONT

Athol Barton of Reno, Nevada, won the First Annual San Francisco Marathon in 2:24:59, besting a starting field of about 1000. His nearest opposition was Les Myers, who finished nearly 3 minutes back. The first woman finisher was Tina Anex in a swift 2:53:20. The Pamakid-sponsored race was a huge success. Of particular note was the traffic-free course. /Lani Bader/

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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 at present...except credits, of course). Readers are encouraged to submit results.

UNPAID STAFF: - All profits go to West Valley T.C. treasury. No individual staff member is salaried.

MAILING DATES: - This issue should be mailed on Sept. 20th if all goes well. Look for #68 in late Oct. or early Nov.

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## EDITOR'S MESSAGE

●OUR APOLOGIES: - Many of our readers probably noticed the poor quality of our photos in last issue. This wasn't the fault of our photographers, who submitted generally very clear copies. Our printer had problems with the plates that we supplied him with, which were not made for his particular press. As a result of the extra thickness of the plates, many copies got too much ink on them, making photos a lot darker than they should have been. We will be using different plates this time and hopefully the photo quality will be much better.

●NEW STAFF WRITERS: - We got good response from our readers in regards to our pleas for a new 'staff writer' to take over Tom Jordan's position as NorCal Portrait editor. In fact we had six offers to help. We have decided to rotate these volunteers at random (based on geographical location of the athlete who's being interviewed and the specific backgrounds of the writers...e.g. - certain writers are more familiar with track & field, or high school, long distance running, etc.). This will distribute the workload and also make for more varied reading. Doug Rennie of Citrus Heights (near Sacramento) is doing this month's article. Doug is an avid 'track nut' who has subscribed to *Track & Field News* for 19 years! Our other volunteers, who will get their turns too, are: Harry Cross of Oakland, Bill Reinka of San Bruno, Dan Hintz of Berkeley, Richard Doty of Stockton, and Celeste Scanlon of San Francisco. Thank you all for making the NCCR a truly 'volunteer' effort.

●PAYMENT FOR ALL NCCR PHOTOS? - We only got one reply to our suggestion that we give something for all photos used in each NCCR, vs. giving just \$15 for the cover photo and nothing else. Don Melandry, one of our contributing photographers, was very much for giving something (it would be \$1.00 most likely) for every photo we used, regardless of whether it was a cover photo or not. If we did this, we'd be giving out quite a bit more money (we average 25-30 photos per issue at present). I'd like to get a bit more positive feedback before we go ahead on this. If I don't hear from more of you out there, I'll just assume that you'd rather stay with the all-or-nothing system (\$15.00 for the cover shot and nothing else for other photos). So let us know before next issue. Speaking of photos, we still don't get much in the way of track & field photos, as this issue obviously shows. We'd like a few volunteers that cover college, high school, and women's (& other) in track events next spring. We get pretty good roadrace coverage, but other areas seem to be lacking. Please send us cross-country photos for next issue...all types of meets. We need pics of top runners and any other interesting photos. Cross-country is great for unusual photos.

●CROSS-COUNTRY SCHEDULES: - We got schedules from about 30 coaches and other individuals from throughout Northern California. We could have used more! Thanks for your help.





## PHOTO QUIZ

**RULES:** (1) Submit your guess to: Photo Quiz, P.O. Box 1551, San Mateo, CA 94401 (one guess per person please)...all guesses are to be postmarked by Oct. 15th. (2) All ties will be broken by a drawing. The prize is a one-year subscription or renewal to the NCCR (or \$6 off dues for any WVTC member). All of our readers are encouraged to submit photos for consideration. We need one for next issue!

Name this 2-time Olympian.

**\*\*LAST MONTH\*\*** The correct answer for last issue's quiz was none other than your editor. We got 19 correct answers. We gave away two prizes. First we drew from the 19 correct answers and came up with Richard Albert of Sunnyvale; we also awarded John Geer of San Carlos a lifetime subscription for not only correctly identifying who it was, but also where it was taken...the 24-Hour Relay. He didn't say what year, but we figured that was close enough...it was in 1973 at San Jose State when WVTC set a new U.S. Club Record. It was a very warm day and I had tied a warmup top around my head to keep from turning into a french-fry.

## THIS & THAT

● **PEOPLE NEWS:** - Our apologies to Paul Geis, winner of this year's Bay-to-Breakers race. In last issue when we mentioned the fact that his "37:03 was a new course record, but doesn't mean much since no one knows how far he ran", we didn't mean to make it sound as if we were slighting his victory. We were merely indicating that the 37:03 was probably not too meaningful since he was caught about halfway between the overpass and the starting line (80 yards?) when the gun went off. In talking with Paul following last issue's publication, he told me that his own watch (which he wore in the race) got him in 36:50...so probably the 37:03 is fairly close to what he would have run if he'd been lucky enough to get a fair start. Second-placer, Jim Nuccio, was even further ahead of Geis when the mob broke, but most of the better runners waited until the mob got fairly close before they started running. --- Peter Hamilton, the Englishman who has been living in San Francisco the past few months and competing for Excelsior T.C., is headed back to England after a very enjoyable stay. He wishes the best of luck to all his friends and hopes to see some Bay Area people in England in the future. He may be contacted at: 11, The Plantation, Morden Rd., Blackheath, London SE3 0AB, England. Peter also wishes to report that it was not he who finished 44th in the Woodminster Race (last issue)...no first name was listed in the results and so we assumed it was him. Pete reports he was jogging in Golden Gate Park at the time. --- Dave Vellequette, who will be competing for the Cal-Berkeley X-C team this fall, has evidently been priming himself for a successful season over the summer. He recently wrote a very inspiring letter to his coach, Brian Maxwell, and we'll quote a few lines from it here: "So far this summer, I've been running my butt off, putting in one more mile a day than Hal Schulz. Then, when he's resting, I go out and pump weights, and then drink milk out of a dirty glass and eat 12-penny nails (non-galvanized). I'm going to be one tough son-of-a-bitch in September! In fact, I went to a bar the other night and this sleazy woman commented that she'd seen me jogging before. I punched her lights out; I don't JOG!" --- Four Northern Californians qualified for the World Cup Track & Field meet in Dusseldorf (Sept. 2-4): Derald Harris (200m) of

## NCCR Retail Outlets

There are a number of retail outlets in Northern California that now carry the N.C.R.R. If you don't care to subscribe and live close to one of these locations, why not drop by and pick up the most recent issue? If you'd like a store in your area to carry N.C.R.R., let us know and we'll contact them.

Athlete's Corner (Petaluma)  
Athletic Dept. (Berkeley)  
Fleet Feet (Sacramento)  
The Jogg'n Shoppe (Arcata)  
Olympic Sports (San Mateo)

Starting Line Sports (Mtn.View)  
Bill Cockerham (Fresno)  
Len Thornton (Fresno)  
Valley Athletic, Inc. (SanJose)  
Vic's Sports (Santa Clara)

Pittsburg (Los Medanos College); Terry Albritton (Shot Put) of Costa Mesa (Stanford Univ.); Francie Larrieu-Lutz (1500m) of Sunnyvale (Pacific Coast Club); and Maren Seidler (Shot Put) of Cupertino (Mayor Daley Youth Foundation). Congratulations to all (results in next issue). (See Track & Field Results Section for photos of these athletes.) --- We received some tragic news from the Sacramento area recently. Five ex-Jesuit and El Camino High School runners were on their way to a workout in Ancil Hoffman Park when their car was hit broadside by a speeding car that was drag racing...at about 80-100 miles per hour! Of the five, only Tim Gagen, a soph at Harvard University, escaped death. Tim has reportedly fully recovered after being critically injured. The others, who died almost instantly in the crash, were: Richard Read, Rod Read, Jeff Bolen, and Tony Strain. The accident took place in late June. --- Hank Patton is the new PA-AAU Board of Athletics Chairman, stepping up from the Vice-Chairmanship, which he has held since 1975. He succeeds Roxanne Andersen. Effie Burgess is the new Secretary. Roxy is the new editor of the Board's newsletter, "Keep on Trackin'". Hank has a sparkling career in the world of business, retiring as Assistant Vice-President of Pacific Telephone & Telegraph Co. And, he is a former committee member of the California Advisory Commission on the Status of Women!

● **RACE INFORMATION:** - Dipsea Cancelled...or rather, postponed! Because of an acute fire danger, the Dipsea Run, originally scheduled for late August, was cancelled. Suggestions have been made to move the race into October sometime when the fire danger is less critical. It was stressed that it was not the runners themselves that presented any danger, but it was the prospect of jammed roadways making for inaccessibility by fire equipment in the case of an emergency. The water supply in parched Marin County is down to practically nothing, and Stinson Beach has all their water trucked in at present. --- The New York City Marathon is now reportedly raising their maximum entry field to 4000, instead of the original 3000 that has been previously mentioned. Entries close on Sept. 23, so if you haven't yet entered...better hurry! Because of the fact that the field is being limited, the Natl. AAU Long Distance Running Committee has taken away the championship bid made by this marathon, as AAU rules state that any national LDR championship must be open to all. Another factor was that the entry fee of \$5.00 was more than the required maximum \$2 fee for a National AAU Championship LDR race. So, the Sr. Men's Natl. Marathon will now be in Culver City in early December, according to our latest information. The Masters Men's Natl. Marathon will still be in New York City on Oct. 23...perhaps the masters committee has a different set of rules? See this issue's scheduling section for contacts on these races. --- The PA-AAU Sr. & Masters Men's (& Masters Women's) X-Country race will now be held on the Monterey Peninsula (10-Kilos) at either Spyglass Golf Course (Pebble Beach) or Carmel Valley Golf & Country Club. The dates listed in the LDR Handbook are changed...both meets will be held concurrently on Nov. 6, Sunday. Registration will take place on raceday only at Monterey Peninsula College (just off Hiway 1), beginning at 1 pm. The race will begin at 3:30 pm, and it is suggested that you allow an hour for travel to the course and warmup after you register at MPC...site will be announced at registration; both courses



(From VETERIS Magazine--England; July 1977 issue)



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are mostly grass, with Spyglass being the tougher course (many ups and downs and some dirt trails). Carmel Valley is relatively flat. Waffle-type soles or short spikes are recommended on both. West Valley TC will host the event, with Gary Goettelmann acting as meet co-ordinator...remember: No Pre-Entries. --- At present, it looks like the Christmas Relays will be run again on the Coast Hiway course...however, it is almost assured that this year's race will be started in sections (two and possibly three races, starting 20-30 minutes apart). We have tentatively decided to do something like this: have the first race consist of the faster "A" and "B" division teams (say those that can run under 6 minutes per mile...which would probably amount to about 50 teams); then have all the other "A" and "B" division teams start in the next group; then have a third group, consisting of all the other divisions. This way the competition would still be good between divisional teams, but the big traffic problem at the checkpoints would be lessened. It would be a simple matter of subtracting a certain number of minutes to get 'actual' times. Since the award-winning "A" and "B" division teams would be in the first group, there would be no delay in determining the top teams. Of course all teams would have to be honest for this to work. If a really slow team were to enter the first group, they would simply be outclassed and have no fun competing against teams of similar ability...likewise, if a super-fast team were to run in the slow heat, they would not likely run as fast as they would not be pushed...so it makes sense to run in the group that you're supposed to. We will have different color tags and/or numbers for the first two groups. We hope this move will make things a lot easier on everyone. Any other suggestions should be forwarded to the NCRR as soon as possible, as entry blanks will be out in the next issue. Some things you might consider: (1) Should we keep the same divisions as last year? Should any be dropped or added? (2) Are split times necessary and meaningful to you? Would it be just as good to have teams take care of their own splits? It would certainly let us get results out a lot more quickly, as this takes us many weeks to iron out in most years. If we did eliminate splits, we would probably still time the first twenty or so teams anyway so we could determine the "fast leg" awards. (3) Any suggestions (or volunteers) on crowd-control methods?

● OUR PHOTO CONTEST: - As of Sept. 1 (the contest deadline), we have received about 20 photographs. As stated in the last issue, we are now forced to reduce the prize money in proportion to the money received from entry fees (\$2 each entry)... and if we get more than the original \$100 in prize money, we will distribute that total in the same proportions. We will accept more photos until sometime in late September (we won't set a date, but will simply take the photos to be judged on a random day). So if you were planning on submitting an entry but have just been putting it off, get busy and mail it today with a \$2 check, payable to WVTC. See last issue for full contest rules. We'll announce the winners in our next issue and will print the photos as well...possibly on the cover! All those that sent in photos will receive an honorable mention. So take a chance! Right now you have a 25% chance of winning based on odds alone (not considering judging). To be truthful, there have not been that many 'outstanding' photos submitted, so if you've been saving that 'gem' for a contest, why not submit it now?

● LOST AND FOUND: - Dave Price lost his camera (equipment & case) at the recent Tahoe Relays. If anyone of you out there happened to pick up something that fits this description, you should contact Dave at: Tahoe Daily Tribune, P.O. Box 1358, So. Lake Tahoe, CA 95705. No questions will be asked...just return the goodies! Thanks.

● AVENUE OF THE GIANTS T-SHIRTS: - If you are one of those individuals who hasn't received their 1977 Marathon T-shirt yet (from this popular race), hang on for awhile longer! The manufacturer of the dark-green trim shirts stopped making that particular type and won't deliver anymore until probably late October (not mid-September as stated in a recent postcard letter to those people from Dick Meyer). They will be sent as soon as possible. You haven't been forgotten. If you move, send your change of address to Dick (Route 1, Box 153-A, Eureka, CA 95501) right away, as the shirts are mailed third class and not forwardable. Sorry for the inconvenience...nothing much we can do except wait for them to arrive.

● TRACK PROS GET REPRIEVE FROM AAU: - American track and field professionals, left without any arena when the International Track Ass'n (ITA) folded last year, are getting a chance to compete as amateurs once again. The A.A.U. announced recently that pros may apply for reinstatement, but the I.A.A.F. (world governing body for track & field) will have a final say on each application. It's not known if the I.A.A.F. will approve.

● INSURANCE PROBLEMS IN LOCAL ROAD RUNS: - Those of you who competed in the recent popular Wharf-to-Wharf Run in Santa Cruz probably noted that you had to pay an extra buck to cover liability insurance in that race. It seems that Santa Cruz County now has a law stating that an extra \$1.00 must be charged in cases like the above. Assuming the race sponsors don't have an insurance policy to cover such liabilities, it seems the only feasible thing to do is raise the entry fee by an amount that will cover a policy...evidently a requirement in at least Santa Cruz County currently. Because of the 'unofficial' runner that died in the recent S.F. Bay-to-Breakers Race, the S.F. Park & Recreation Commission now also requires an insurance policy (with a one-million dollar individual liability insurance coverage) be acquired by all groups sponsoring races that are located within their jurisdiction. With several races coming up in Golden Gate Park (including the WVTC-sponsored PA-AAU 25-Kilo Championships), entry fees will no doubt have to be raised sufficiently to cover such insurance premiums...probably 50¢ to \$1.00. However, the PA-AAU is now taking a very positive step by proposing to raise AAU-registrations by \$1.00 in order to cover a blanket-policy that would insure all PA-AAU sanctioned events, if the meet directors requested it. Now I know everyone is going to start saying: "What? We already pay \$3.00/year for our AAU card! Why should we pay more?" Well, the obvious reason is that you'll pay a lot more in individual entry fees otherwise. A blanket policy covering all AAU events will have a much cheaper pricetag than one being drawn up for individual events. And this will now serve a very good purpose for meet directors having their races sanctioned by the A.A.U. Their sanction fee and 10% registration fees will now help to provide a very positive service (for themselves). One big problem remains..."unofficial runners". Those runners that insist on running without paying will have to stop doing this or cause many problems. The insurance will undoubtedly only cover those paid entrants who are AAU-registered and who have signed a 'waiver' (now fairly standard on most race entry forms). If an unregistered runner causes injury or damage to other persons or property in the vicinity of the race...what then? The solution: workout elsewhere or pay the entry fee!



● **HAWAIIAN MARATHON TOURS:** - Seems like everyone is getting into the running tour act. There are three that we know about, and we'll just list the places to write here. You can get full details by writing: (1) Phil Lenihan, 529 Bevans Dr., San Jose 95129 (Ph. 408/275-4515, evenings); (2) Doten Travel Service, 111 Main St., Los Altos 94022 (Ph. 415/948-1823); (3) Kelley & Torigian Sports Enterprises, 1559 E. San Jose, #205, Fresno 93710. -- Look for details on Phil Lenihan's tour in an advertisement located elsewhere in this issue.

● **TRAVEL FUND TALK:** - The PA-AAU Board of Athletics (track & field) is now out of debt and there is a travel fund for local athletes. The old Scholarship Fund, begun by Bob DeCelle, consisting of a certificated account of some \$4,700, has now become the Travel Fund. However, it must be built up in order to obtain sufficient interest to feed the active Travel Fund Savings Account (now at approx. \$2,500). This latter amount is made up of donations and the travel surcharge of 25¢ per athlete per meet. The Examiner Indoor Games contributed \$1,666 for the 1977 Fund. With many major meets in question (of continuing) for 1978 (Examiner Games, California Relays, etc.), many fund sources may dry up. If the PA-AAU is to have an effective travel fund, then the only answer is a 'do it yourself' program through the Travel Fund Surcharge (25¢/athlete per meet) or by a flat contribution of \$50.00 a year per club or college. This means that only those contributing to the fund will be eligible to receive assistance. On Sept. 14th, a special meeting on Travel Funding will be held at the Board of Athletics Meeting to hammer out the steps to be taken in the future on this matter... call the PA-AAU office for location of meeting. All segments of track and field wishing to participate in the Travel Fund should be represented. Also up for consideration is the question of 'Eligibility for Travel Assistance'...the following items are to be considered: (1) Request must be in writing at meeting prior to National AAU Championships; (2) Athletes must have a current time or distance equalling or bettering the sixth place finisher in the previous year's Nationals; (3) The athlete is expected to compete in the PA-AAU Championships; (4) The athlete must have a current PA-AAU Registration Card; (5) Any athlete entered for or wearing the uniform of an organization outside the PA-AAU is not eligible for funding to the National AAU's.

Billy ran to the market, Billy ran to the store,  
 Billy ran 'til his feet couldn't run anymore.  
 And the people in the street said: "What's the matter, Bill?  
 Devil got yer soul? You gonna make yourself ill!  
 Are you runnin' for yer life, or are you runnin' for the thrill?  
 Yer gonna lose yer mind, boy, runnin' uphill!"  
 Billy said, "I dunno, whatcha gonna do?"  
 And he ran all morning 'til quarter past two!  
 Then he ran all afternoon and had a little snack,  
 He ran to Russian River and he ran right back!  
 He ran to the mountains and he ran to the sea,  
 And he didn't look back to where he used to be.  
 "Are you runnin' fer the moon, Bill?", the folks all said.  
 "If you don't stop running soon you'll run yerself dead!  
 Are you running for the world? Are you running for the sun?"  
 Billy said: "No, man, I'm running for the run!"


--by Lynn Rutherford; Vancouver, B.C. (Canada)

### NCRR LONG DISTANCE POINT TOTALS

PA-AAU STANDINGS: (Compiled by Art Dudley) - 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 (although you can determine your own rating by going as deep as you wish). We go only ten deep for 'open', six deep for masters, and four deep for women. Thus, a woman who places fifth in a race is not counted for our rating purposes. We generally count all PA-AAU sanctioned races and some others if participation is high. Some races have very poor attendance (in a particular division or overall), and we may choose to omit them, but only in a few cases. We generally count all PA-AAU Championships and any race of marathon length or greater. 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...a person need not live in the AAU District a full year to be considered a resident, but that person must run a good number of local races to count. Our system is a blend of quality and quantity. To determine a person's rating: take the average place (using only finishes in a 'countable' position...see above explanation) 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 issue's standings run thru Aug. 21, with the following exceptions: Results not received or waiting confirmation of finish order--Los Altos Midnight Run; Kenwood 10-Kilo; Wharf-to-Wharf Run. Races not counted: (Small or non-competitive fields)--Bidwell Classic 3-Miler (Masters); Bidwell Classic Half-Marathon (Women); Mt. Diablo Disturbance Run; Spring Ridge 10-Miler (Women); NorCal 3-Miler (in conjunction with Redding 10-Miler); (Unfair Start)--Bay-to-Breakers. \*\*\* In the open division, Brian Maxwell has moved ahead of Bill Clark and Bill Seaver, with Benton Hart a close fourth after six firsts, making it a four-way race. Kent Guthrie is unbeatable with 22 wins and no defeats, having set a new masters record with more than 3 months left in the scoring year (0.045 rating). Ralph Bowles is a distant second at 0.128. In the women's race, Judy Leydig is within 0.002 of Sharon Furtao's 0.102 record, and way ahead of Penny DeMoss (0.160) and masters runner Ruth Anderson (0.174). Looks as if the only division that's still competitive is the 'open' division.

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Judy Leydig/WVTC (17)	8	6	2	1	1.764	0.104
2. Penny DeMoss/WVTC (12)	5	4	2	1	1.917	0.160
3. Ruth Anderson/NCS (11) <u>40+</u>	4	4	3	0	1.909	0.174
4. Roxanne Bier/SJC (4)	4	0	0	0	1.000	0.250
5. Merrill Cray/CRC (5)	4	0	1	0	1.400	0.280
6. Gail Campbell/WVJS (7)	2	2	2	1	2.286	0.327
7. Peggy Lyman/WVTC (6)	2	1	2	1	2.333	0.389
8. Terry Hagerty/SUND (5)	1	3	0	1	2.200	0.440
9. Sally Edwards/OPHIR (3)	2	1	0	0	1.333	0.444
10. Kathy Himmelberger/WVTC (5)	1	2	1	1	2.400	0.480
Marilyn Taylor/WVTC (5)	2	1	0	2	2.400	0.480
12. Laurie Crisp/Downey HS (2)	2	0	0	0	1.000	0.500
Skip Swannack/WDS (6)	0	3	0	3	3.000	0.500
14. Kathy Sullivan/CRC (2)(* = tie) 2*	0	0	0	0	1.000	0.625
15. Cheri Williams/SJC (3)	1	1	1	0	2.000	0.667
16. Karen Diekmeyer/SUND (5)	0	0	3	2	3.400	0.680
17. Sharon Furtado/WVTC (2)	1	1	0	0	1.500	0.750
Ann Thrupp/Stanford (2)	1	1	0	0	1.500	0.750
19. Mary Gaffield/PMK (3)	0	2	1	0	2.333	0.778
20. Vicky Bray/SJC (3)	1	0	1	1	2.667	0.889




# Krefeld's Trophy Center



by **John Crevelt** owner

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OPEN (\*=tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Brian Maxwell/BA (11)	8*	0	3	0	0	0	0	0	0	0	1.591	0.145
2. Bill Seaver/WVTC (12)	4	6	0	1	1	0	0	0	0	0	2.083	0.174
3. Bill Clark/WVTC (9)	5	2	1	1	0	0	0	0	0	0	1.778	0.198
4. Benton Hart/WVTC (5)	5	0	0	0	0	0	0	0	0	0	1.000	0.200
5. Jim Nuccio/WVTC (4)	3*	1	0	0	0	0	0	0	0	0	1.375	0.344
6. Pete Flores/AGRC (7)	2	2	2	0	1	0	0	0	0	0	2.429	0.347
7. Paul Burke/Un (5)	2	1	2	0	0	0	0	0	0	0	2.000	0.400
8. Jan Sershen/ETC (10)	2	1	1	1	2	1	2	0	0	0	4.100	0.410
9. Steve Palladino/CWTC (8)	0	3	1	1	2	1	0	0	0	0	3.625	0.453
10. Mike Niemiec/WVTC (11)	0	0	4	1	1	1	3	0	1	0	5.182	0.471
11. Mark Proteau/AGRC (8) (# = 3-way tie)	1	2	2*#	0	1	1	1	0	0	0	3.813	0.477
12. Kent Guthrie/WVJS (14) <u>40+</u>	1	0	0	2	1	2	0	4	2	2	6.857	0.490
13. Pete Hamilton/ETC (6)	0	3	1	1	0	1	0	0	0	0	3.167	0.528
14. Ron Wayne/BA (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
15. Bob Cooper/WDS (7)	1	1	2	0	2	0	0	0	0	1	4.143	0.592
16. Tom Laris/WVTC (6)	0	1	3	1	0	0	0	1	0	0	3.833	0.639
17. Wayne Badgley/SUND (4)	1	2	0	0	0	1	0	0	0	0	2.750	0.688
18. Fritz Watson/WVTC (7)	0	0	1	2	1	1	1	1	0	0	5.286	0.755
19. Pat Buzbee/?? (3)	1	1	0	1	0	0	0	0	0	0	2.333	0.778
20. Tom O'Neil/BC (5)	0	0	1	3	1	0	0	0	0	0	4.000	0.800
21. Darryl Beardall/MH (6) <u>40+</u>	1	0	1	1	1	1	0	0	0	1	4.833	0.806
22. Gary Goettelmann/WVTC (6) <u>50+</u>	0	1	0	3	0	0	1	0	1	0	5.000	0.833
23. Mike Plummer/WVTC (9)	0	0	1	0	0	0	1	3	3	1	7.889	0.877
24. Jim Bowles/WVTC (6)	0	0	1	1	1	1	1	1	0	0	5.500	0.917
Homer Latimer/Un (6)	0	1	1	0	1	1	0	1	1	0	5.500	0.917

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Kent Guthrie/WVJS (22)	22	0	0	0	0	0	1.000	0.045
2. Ralph Bowles/WVJS (14)	6	6	1	1	0	0	1.786	0.128
3. Darryl Beardall/MH (7)	5	2	0	0	0	0	1.286	0.184
4. Roger Bryan/TRAC (13)	3	2	6	1	0	1	2.692	0.207
5. Ulrich Kaempf/TRAC (10)	1	6	2	0	1	0	2.400	0.240
6. Paul Holmes/BC (12)	3	1	2	2	3	1	3.333	0.278
7. Jim O'Neil/SFOC (8) <u>50+</u>	1	3	3	1	0	0	2.500	0.313
8. Bob Malain/NCS (11) <u>50+</u>	4	0	1	2	1	3	3.455	0.314
9. Ray Menzie/WVTC (10)	1	2	0	6	1	0	3.400	0.340
10. Jerome Lewis/Un (7)	0	3	2	2	0	0	2.857	0.408
11. Ross Smith/WVJS (6)	1	3	1	0	1	0	2.500	0.417
12. James Jacobs/NCS (5)	0	0	1	2	1	1	4.400	0.480
13. Myron Nevraumont/Un (9)	0	2	1	1	2	3	4.433	0.481
14. Mike Healy/DIRT (7)	1	1	1	1	3	0	3.643	0.510
15. Bill Flodberg/WVJS (6)	1	1	1	1	2	0	3.333	0.556
Donald MacDonald/PMK (6)	0	2	2	1	0	1	3.333	0.556
17. Bill Jensen/PMK (5)	0	2	2	1	0	0	2.800	0.560
18. Ben Sawyer/SOQ (4)	1	1	0	1	1	0	3.000	0.750
Art Waggoner/BC (4) <u>50+</u>	0	1	2	1	0	0	3.000	0.750
20. Gough Reinhardt/LVRC (6)	0	0	1	2	1	2	4.667	0.778
21. Norm McAbee/Un (4)	0	1	1	1	0	1	3.750	0.938

CLUB NEWS

*This section of the NCRR is for various clubs in the area. If your club would like to put an announcement or other news in this section, 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. --- If your club has a newsletter and would like to keep us informed via that method, please put us on your mailing list. Thanks!*

**WEST VALLEY T.C.:** - The club welcomes 26 more members that have joined since last issue. Here are their vital statistics: --- Christopher Bailey (18), 14820 Bransten Ct., Morgan Hill 95037 (Ph. 408/779-4536); student/busboy; Mile--5:00, 2 Mile--11:16, Mara--3:31. Jim Brusstar (41), 1185 Mary Av., Sunnyvale 94087 (Ph. 408/739-3435); Director of Planning for Optimum System, Inc.; 100y--9.9, 440--48.0, 120HH--14.2 (these marks set in mid-50's), Mara--3:14. Don Carpenter (49), 2485 Bryant, Palo Alto 94301 (Ph. 327-8043); Radioscientist; Mara--3:01:01. Jody Conley (28), 4098 Pine Meadows, Pebble Beach 93953 (Ph. 408/624-5753); Teacher; Mara--3:52:31. Larry Cosden (34), 168 Escobar Ave., Los Gatos 95030 (Ph. 408/356-7635); Local Sales Mgr. (Channel 36); Mara--3:59:41. Robert Cummings (28), 1263 Moonbeam Wy., Milpitas 95035 (Ph. 408/262-0618); Technician; 10Km--38:00 (roads). Paul Doughty (16), 54 Willow, Salinas 93901 (Ph. 408/422-6962); soph at Palma High School; 1500m--4:25, Mile--4:42, 2 Mi--10:28, 10Km--33:40. Dick Fugett (40),

**N.Y.C. MARATHON TOUR**

The 1977 Boston Marathon is now history...the NCRR took over 50 California runners to this year's race at a big savings in airfare. Plans are now complete for our new 1977 New York City Marathon group package. This year the race will also be the Natl. AAU Masters Men's Marathon Championships. You can save 25% on airfare!!

If you are at all interested in finding out about our package, send a self-addressed stamped envelope to NCRR, P.O. Box 1551, San Mateo, CA 94401. We'll send complete details immediately. But HURRY...we have limited space on our flight, and the NYC Marathon race officials have said they plan on limiting entries to the first 3000 who enter this year.

Our package price is \$374, including roundtrip airfare from San Francisco, three nights of hotel accommodations at the Mayflower Hotel (right on Central Park), plus all baggage-handling, tips, transfers, etc. We will also be blocked in a non-smoking section of the plane. We will leave S.F. on Friday morning and return Monday morning (race is on Sunday, Oct. 23). For a small additional fee you may return via another routing.



1487 College Av., Palo Alto 94306 (Ph. 328-1029); Unemployed; Mara--3:12. William Haines (14), 1372 Alicante Dr., Pacifica 94044 (Ph. 359-6239); frosh at Terra Nova H.S.; 2 Mi--11:55.0. John Hawkes (28), 656 Greer Rd., Palo Alto 94303 (Ph. 324-8768); Computer Scientist; Mara--2:58:13. Craig Hochhaus (17), 5714 Lewis Way, Concord 94521 (Ph. 825-2229); senior at Clayton Valley H.S. & parttime busboy; 2 Mi--9:44; Rolland Langley, Jr. (45), 14750 Live Oak Ln., Saratoga 95070 (Ph. 408/867-5929); Engineer; Mi--4:16.5, 2 Mi--9:40 (both in 1952). Michael Lehner (18), P.O. Box 521, Truckee 95734 (Ph. 916/587-3191); frosh at Sierra College in Rocklin; 880--2:01, Mi--4:28, 2 Mi--9:42. Herman Leong (15), 704 River Rd., Modesto 95351 (Ph. 209/537-4247); frosh at Downey H.S.; 100y--10.9, 220--24.9, 440--55.6. Duncan Macdonald (28), 3939 Edison St., San Mateo 94403 (Ph. 345-0766); 4th Year Med-Student; 800m--1:49.7, 1500m--3:40.9, Mile--3:58.4, 3000m--7:51.1, 2 Mi--8:19.4, 5000m--13:19.4 (American Rcd.), 10,000m--28:54, Mara--2:20:34 ("Dunc" is an old member that has been in Hawaii for the past four years but will reside in the Bay Area for a few years with his wife, Darby, who also runs); Mike Millward (21), 2649 BonBon Dr., San Jose 95122 (Ph. 408/259-6453); Drafting Designer; 440--54.3, 880--2:03.7, Mi--4:28, 2 Mi--9:45, Mara--2:43:58 (Mike is a former member who is rejoining after a few years of non-membership). Molly Newlon (24), 746 Nevada Av., San Mateo 94402 (Ph. 344-8804); Post-graduate Student; 9.5 Mi--63:00. Norm Shaskey (30), 600 Rainbow Dr., #106, Mtn. View 94041 (Ph. 964-6367); Accountant; Mara--3:29+. Larry Singleton (22), 1302 Colleen Way, Campbell 95008 (Ph. 408/374-9789); Owner of Auto Parts Store; 50y--5.4, 100y--9.5, 440--50.5, Mi--4:29.0, LJ--23'4", HJ--6'1", SP--36'0", DT--128'0", JT--165'0" (Larry wants to compete in the decathlon and any club members who can help give him advice on his field events should drop him a line or give him a call. He obviously has great potential.). Tom Smith (19), 539 Hillview Dr., Fremont 94536 (Ph. 792-0621), soph at Chabot College; 880--1:55, 1500m--3:51.6, 2 Mi--9:13 (Tom is another rejoiner after a year of non-membership). Robby Stark (18), P.O. Box 127, Clarksburg 95612 (Ph. 916/665-1385); 440--52.0, 880--2:03.0. John Sup (18), 42 Seca Pl., Salinas 93901 (Ph. 408/484-1322); frosh at Monterey Peninsula College; 440--51.5, 880--1:57.8, Mi--4:12.0, 2 Mi--9:12.0, 3 Mi--14:29.0 (5th in this year's Wharf-to-Wharf run). Edward Syrett (35), 510 Concord Dr., Menlo Park 94025 (Ph. 322-7643); Programmer; Mara--3:27+. Marilyn Taylor (24), 1228 W. McKinley, #17, Sunnyvale 94086 (Ph. 964-7973); Programmer/Analyst; 100y--12.5, Mi--5:20.2, 2 Mi--11:20.4, 3 Mi--17:37, Mara--3:01:15. Jim Terrill (45), P.O. Box 296, Los Altos 94022 (Ph. 965-2433, Work); Business Mgr. at *Track & Field News*; 880--1:48.5, Mile--4:09.9 (marks set in mid-50's). Steve Watkins (19), 889 Jewell Av., Pacific Grove 93950 (Ph. 408/372-8400); soph at Monterey Peninsula College; Mi--4:28.5, 2 Mi--9:29.3, 5000m--15:13.2, 3000mSC--9:14.2, Mara--2:36:14. Welcome to all our new members!

• **CLUB RECORDS:** - Not a whole lot of record-setting during the summer months, but there were some pretty spectacular marks in the distances and walks. Just rejoined-member, Duncan Macdonald, on his second tour of Europe this summer, clipped just over a second from Domingo Tibaduiza's 3000-meter standard with



WVTC's winning mile relay squad (25-29 division) at the Senior Olympics in Irvine (l-r): Marty Growdon, Greg Marshall, Richard Harris & Dave Romain. All are over 30 except for Greg Marshall (who is 29). Time was 3:24.3. /Fred Gallardo/

a quick 8:00.9 in August. Bryan Snazelle clipped a little over two minutes from Tom Dooley's newly established 50K walk mark with a great 4:33:26.4 effort at San Francisco State (track) in July, only to have Tom Dooley grab it back again at the Nationals the following month in Columbia, Missouri, clocking a great 4:26:26 in fourth and making the Lugano Cup Team. Elsewhere, John Bland, who just began competing early this year (he is 25), decided to move from the long jump to the sprints and proceeded to equal Greg Marshall's 5.3 standard for 50 yards at an all-comers meet in July. Two new masters records were set by Phil Conley at the World Masters Championships in Sweden in August. His 19'11½" long jump standard came during a 2764-point pentathlon effort (3257 in 'masters points'), which was also a club record (by 60 points). That total was good enough for fifth place at the meet. And that was the extent of the record-making during the past few months, at least as far as we know. You should be sure to send any marks you think will qualify for our club top-10 listing to: Greg Marshall, 1860 Randal Rd., San Mateo, CA 94402 (Ph. 415/574-8032)...note, this is a new address. Check the enclosed 'club insert' for the 10th best time in each event (open, masters & women)...if you have a better mark that you aren't sure has been recorded, contact Greg immediately, as we will enclose a new "Club Records" list in the next issue. Don't be shy!

• **OTHER GOOD MARKS:** - Dave Romain made quite a showing at the Sr. Olympics in June (see West Valley Portrait in this issue for a story on Dave), winning four events and running on a first and second place relay team). Following his fine performances (see results section for times) there, he continued his quick running, and among other marks, recorded a 48.3 (yards) in an Alameda all-comers meet in August, sharpening up for an all-out attempt at the Pan-American Masters Games in early September in Los Angeles. That clocking (set at 35 years of age) was his best time over the distance in about five years. Duncan Macdonald placed a close fifth (only a few seconds behind the winner) in the World University Games at Sofia, Bulgaria, moving into second on the all-time club list with his 13:46.2 over 5000 meters. Tibaduiza holds the club best of 13:43.4, set in 1974. Wayne Glusker grabbed an eighth place at the National 50-Kilo Walk in Missouri in a PR of 4:34:40 to move into third on the all-time club list. He, along with Tom Dooley and Bryan Snazelle, represented the club at that meet, with the team finishing either second or third (the race-walking newsletter didn't say). On the roads, the club added three PA-AAU Sr. Men's team titles to their list of 1977 victories with wins at the Hour Run, Marathon, and 15-Kilo. The WVTC women grabbed team titles in the last two (no complete teams in the Hour Run). Individual titles at those meets were won by: Bill Clark (Hour), Kathy Himmelberger (Hour), Jim Nuccio (15K). The Tahoe Relays proved to be a real fiasco, creating many unnecessary losses of time, due primarily to poor meet management (see 'Letters to the Editor' in this issue)...still, the club managed to win the men's "Club" division (3rd overall, despite losing 10 minutes or so just standing around waiting for team members to show up at their checkpoints). The women were third overall, only a few minutes out of first, again being deprived of a win because of uncontrollable factors. The masters men's team was composed of five WVTC'ers and two other runners (Roger Bryan and Orin Dahl) since a full club team was unavailable to run. Since all masters were lumped into one division, it did not matter from the awards standpoint. The team walked off with an easy victory! The only other WVTC team finished a very commendable 5th in the "Club" division, after losing quite a few minutes when the fifth-leg runner went off course, probably costing the team a place. So everyone went home happy with an award (if you haven't gotten yours, check with your team captain...I don't have them). Members of the various teams: WVTC "A"--Benton Hart, Bill Clark, Al Hernandez, Roy Kissin, Rod Berry, Hal Schulz, Tom Laris; WVTC "B"--Daryl Zapata, Fritz Watson, Jim Bowles, Sonny Reynaga, Randy Sturgeon, Joe Mangan, Tim Holmes; WVTC "Masters"--Dave Stern, Ed Dally, Dick Fugett, Orin Dahl, Roger Bryan, Harold DeMoss, Don Lucero; WVTC "Women"--Penny DeMoss, Molly Newlon, Carolyn Tiernan, Ellen Clark, Amy Haberman, Kim Baer, Kathy Himmelberger. Congratulations on some fine running under very adverse conditions! Benton Hart set the only record of the day that we know of (last five legs were changed in length & no timers were there), running 61:07 to nip Gary Tuttle's 61:13 mark of 1976. Hart also has been doing some swift running at other runs this summer, notching seven victories without a loss so far. He also clocked an 8:59.8 solo effort over two miles in an all-comers affair at Modesto JC on July 21st. Kenny Kring scored 6859 points in winning the Maccabiah Games decathlon in Tel Aviv, Israel (his brother, Buddy, a non-member, was third with 5791). Phil Conley grabbed a fourth in the javelin (207-7) in the World Masters Games, and also a 16th in the



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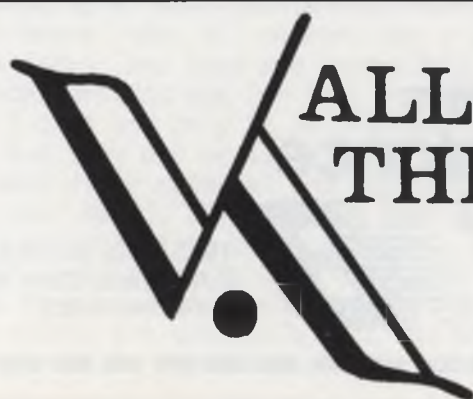
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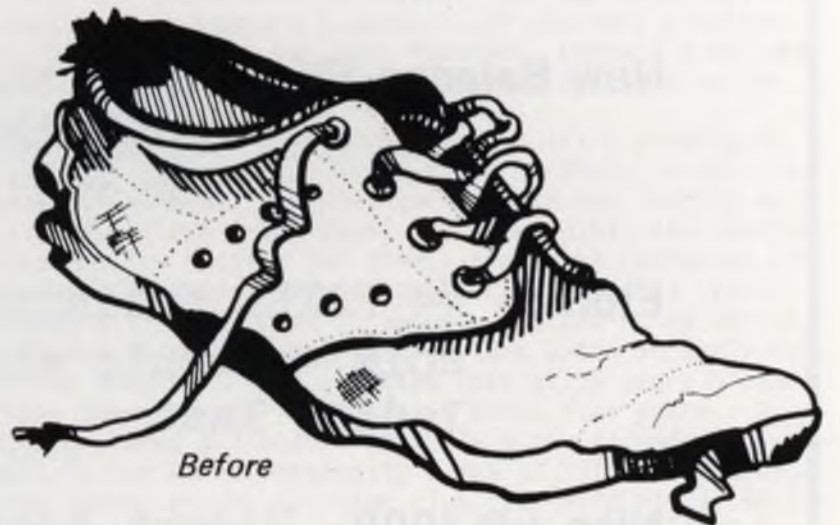
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long jump (19'7-3/4") to go with his 5th (see page 8) in the pentathlon. See track & field results section for more preliminary results on the World Masters Games. Pete Richardson, from preliminary reports, placed 7th or 8th in the 800m with a good 2:00.4 performance, although off his 1:59.0 club standard. In the Natl. AAU Masters Meet in Naperville, Illinois, Conley collected a first in the TJ (38-4), seconds in the high jump (5-6, tied his club record) and javelin (179-6), and fourths in the discus (107-4) and long jump (19-1). That pretty well covers it I think. Lots more has happened, but you can read about it in the results section for the most part. Hope I haven't missed anything too important.

● NEWS FROM MEMBERS: - Chris Berka, Jack Bellah, and George Stewart have currently moved from the area, although they will probably all return (when?). Chris is attending Law School at Michigan and invites any NorCal people passing through to stay at his place: 821 Sylvan, Ann Arbor, Mich. 48109. Jack will be attending Dental School in New York City, but we don't have an address for him yet...let us know when you get it Jack! And George is doing work with the VISTA program in Houston, Texas. Since the AAU Men's X-Country Championships are in Houston this November, George will try and provide the team with a couple of free 'crashpads'. George reports he has been training solidly (100 miles per week) for the past 3-4 months, but has refrained from racing. Now he says he getting 'juiced up' for a comeback! For anyone wishing to contact George, he's at: c/o M.D. Anderson Branch YMCA, 706 Moody, Houston, TX 77009 (Ph. 713/868-2033, home). We have just heard the tragic news that long-time member and race-walker, Phil Mooers, has passed away due to complications arising from skin cancer and heart problems. We don't have any detailed information as to the exact causes yet, but his death certainly comes as a shock to us, seeing as he was competing well as late as this spring, when he won the Masters Division of the Natl. 35-Kilo Championships in Palo Alto, his hometown. Phil, who had turned 60 only recently, has been active in race-walking for longer than I can remember. I remember looking through some old clippings recently (1962), where he had walked to a 7:14 mile at the PA-AAU Championships, while in his mid-40's! Needless to say, Phil will be missed by the race-walking community as sort of a 'father-image'. He was always free with his advice and will be remembered for his fierce competitiveness and enduring talents. Good-bye to a dear friend and great athlete.

● COVER PHOTO: - Penny DeMoss, PA-AAU Women's LDR Chairperson and WVTC member, became the second club member in recent memory to make the cover of *Runner's World Magazine* (Jack Bellah did it several years ago at the Holy City Run). Penny's obviously lean and hungry (all the time?) body certainly adds a lot of class to the cover of this popular magazine! If you haven't picked up a copy of the September issue yet, better do so now...they're going fast! Penny, along with WVTC'ers Joan Ulliot & Judy Leydig, is featured in that issue...a story about women's marathon runners. Jim Nuccio's mug got into the September issue of *Track & Field News*, opposite Frank Shorter's pic no less. Below the photo was a caption referring to him as one of 'a new breed'. Guess they are onto the fact that the club is attempting to produce 'bionic road-runners'. Actually, the magazine was referring to Jim as being one of the best of a new 'breed' of runners, classified as pure road racers. Heck, Jim runs on the track too! Don't ya?

● NEW CLUB WARMUPS: - Still nothing back from Taiwan on a quote for duplicating the Jelenk warmups that are no longer being made. Club Northwest responded to my letter and indicated that they had written directly to Jelenk to see if a special order was possible...Jelenk came back with something to the effect of a minimum order of 50 per size! Then they went back on that and said they'd do it for no less than an \$18,000 minimum order! So much for that idea. CNW is now getting new warmups (orange) from Nike. If we can't get our current warmups duplicated by someone else for a reasonable price, then we may have to do the same. I will keep you posted thru the NCCR (and by personal letter to all members who've already made a deposit). CLUB JERSEYS: - It's not a 'requirement' that all members buy a club top, but seeing as you're a member and they are incredibly cheap(?), you really ought to consider getting one (or two, or three...) if you can afford it. The men's tops are only \$3.50 (medium fits most guys from 130-155 pounds; 5-9 thru 6-0 or so)...\$3.00 for T-shirts. Women's tanks are of much nicer material and cost more (natch!). They are only \$7.50 (sizes 30-32, 34-36, etc., some smaller & larger). Please add 50¢ per garment to cover postage...25¢ for each additional one. Men's and women's shorts also available (\$3.50 & \$6.90 respectively). We have a pretty good supply of most all of the above right now...T-shirts are available with the women's logo too! It isn't really much of an investment. They are good quality and will last.

● WVTC CLUB PINS: - After seeing some very nice club pins from Germany a short time ago, I thought that WVTC members might be interested in doing something like this. They would be rather small (3/4" diameter max.) with multi-colored enamel on the design...either gold or silver metal color. I think we should be able to get these for \$1.00. Please let me know your interest. We need someone to come up with a simple logo or design for them (2-color, plus the gold or silver from the pin backing)...we could actually go 3-colors I think. If you are interested in coming up with a tentative design (need not be in 'finished form' if you're not an artist...just send your ideas), please send it (them) to me at the club address as soon as possible. For those members who travel a bit, they are excellent ways of exchanging with foreign athletes, etc.

● 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! --- 1976(!) Dipsea: 111-Ted Quintana 57:21, 149-Sonny Reynaga 60:10, 202-Ralph Gowen 65:09, 256-Gil Dean 62:54, 379-Roy Aal 73:22, 481-Steve Simpson 69:50, 543-Tim Smith 76:54, 797-Len Wallach 89:14, 852-Scott Wallach 93:03, 1082-Jeff Wallach 95:02, 1311-Mike Mulhern 96:38, 1349-Sharon Wallach 1:50:36, 1618-Bonnie Wallach 1:59:35 (scratch times are listed). Valentine's Day Run: 146-Tim Smith 43:29, 167-Bill Reinka 44:46. Avenue of Giants Marathon: (see last issue for those in top 330) 397-Ken O'Neil 3:19:02, 630-Jim Bowles 3:38:21. S.F. Heart Ass'n 5-Kilo: 96-Bill Reinka 21:31; (10-Kilo) 201-Irene Rudolf 53:53; (15-Kilo) 56-Sam Thornton 65:42. Angel Island: 246-Dave Romain 31:49, 527-Rick Skillman nt, 1202-Katryna Van Vleck nt. PA-AAU One Hour: 25-Gary Chan 9:54.2. Holy City: 105-Sonny Reynaga 59:00, 146-Don Lucero 61:59, 161-Tom Fodor 63:07, 297-Gail Dowling-Goettelmann 75:12. Excelsior Beach Run: 70-Gary Chan 45:11. Folsom 10-Kilo: 244-Carol Bowles 57:42. Redwood City 4th of July Run: (18-29) 24-Paul Armstrong 17:20; (30-39) 46-Rick Skillman 21:14; (40-49) 20-Jack Graf 22:05. Lafayette 10-Kilo: 146-Rick Skillman 45:29, *MORE-*

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175-Gary Chan 47:55. San Francisco Marathon: 150-Jay Cook 3:04:40, 209-Dick Fugett 3:12:43, 253-Gary Chan 3:18:10, 290-Steve Subotnick 3:21:12, 325-Tom Fodor 3:24:43, 412-Peggy Lyman 3:33:32, 423-Ellen Clark 3:34:38, 476-John Cover 3:40:20, 548-Gail Goettelmann 3:48:53, 616-Sam Thornton 3:57:56. Felton: 75-Eryn Quinn 45:49. Foster City Levee Run: 56-Gary Guilliat 44:00. PA-AAU 15-Kilo: 90-Marvin Winer 60:50, 125-Ken Paul 64:24, 167-Bill Zigmant 69:47, 179-Molly Newlon 71:38, 184-Rick Skillman 72:40. Marin Headlands Run: 179-Harry Hlavac 52:57. Watermelon Run: 26-Sonny Reynaga 62:21, 36-Don Lucero 66:51. American River Run: 204-Carol Bowles 55:59. Belmont Steaks: 98-Don Lucero 60:28, 125-Kevin Gillette 62:57, 174-Rick Skillman 67:17, 180-Bill Zigmant 67:49, 225-Rudy Hansen 73:48, 254-Len Wallach 78:16, 271-Monte Dayton 80:49, 290-Tom Elliott 85:00, 291-Mike Powers 85:29. Redwood Shores Biathlon: 104-Irene Rudolf 40:05, 129-Bill Zigmant 41:59. Daly City 10-Kilo: 74-Gary Chan 37:02, 86-Don Lucero, 128-Bill Haines 42:43, 132-Rick Skillman 43:23. (Note: Not all of these races may be listed in the results section of this issue...I'll see how much room we've got.)

### CLASSIFIED ADS

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ATTENTION COACHES: - If you'd like me to stop by your school before or after a practice session to fit your runners with shoes, please get in touch right away and set up an appointment. I can only go to a certain number of schools, so reserve a day NOW. We offer nearly all the most popular training and racing flats (spikes too) at reduced prices (10% Discounts to teams when I come by your school). I'm easiest to reach in the evenings, or leave a message on my recorder and I'll return the call...Jack Leydig, Starting Line Sports, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119). SEND FOR A PRICELIST!

GOING THE DISTANCE AND BEYOND: - Local distance runner, Gail Campbell, of Los Gatos, has just finished a fascinating book entitled, MARATHON: THE WORLD OF THE LONG-DISTANCE ATHLETE. This well-researched book covers the amazing stories of over 30 famous and not-so-famous distance runners, swimmers and cyclists. In hardback, it sells for \$8.95 and is published by Sterling Publishing Co., 2 Park Av., New York, N.Y. 10016.

HOW THE CHAMPIONS TRAIN: - This new booklet is essentially the best of profiles published in Track Technique, published by Tafnews Press. It encompasses the training schedules of the most successful athletes, selected by Track & Field News staffman, Tom Jordan. It offers the coach and athlete a lot of suggestions, ideas, and workout organization plans...the book does not advocate that you go out and try to duplicate John Walker's workouts, for example. Among some of the champions covered are Houston McTear, John Akii-Bua, Rick Wohlhuter, Mike Boit, Bill Rodgers, Dwight Stones, Al Feuerbach, Steve Prefontaine, etc. Available from NCCR, P.O. Box 1551, San Mateo, CA 94401...send \$3.50 (+30¢ shipping; Calif. residents add 6% tax).

### GUEST EDITORIAL

The guest editorial column started as an effort to secure the views and opinions of people from the writing and publishing business who also have an interest in running. Len Wallach, who writes a monthly column, "The Human Race", in the NCCR, falls into this category, as he is both a writer and runner. His articles have appeared in Runner's World, Runner's Gazette, City Sports, AAU News, and numerous newspapers. For the past two years, he has been researching a book on the Bay-to-Breakers which he hopes to publish, entitled "The Human Race."

"These past two years, when not spent in pursuit of faster folk who are pursuing other faster folk, my nose has been in musty manuscripts and crumbling yellowed newspapers in fledging efforts as a new story-teller.

In my research, I've sat alongside San Francisco's derelicts who come to the public library to read the free newspapers and to seek the friendly warmth from the city's chilling summer fog and winter's rain. I've walked the streets of the great city to verify date, and my steps have taken me into some of the seedier and crumbling sectors, now just shells of their past glory, forgotten but to a handful of architectural scholars. Along these streets are the staggering hulks and human forms who were former hopeful men and women, waving the same dreams as children have for their future.

This combination of humanity, the historical, or the forgotten saddens me, as I realize that a moment of fleeting notoriety or the span of an entire generation can be lost in the wink of a cat's eye. The tomes and newsprint of yesteryear are filled with the day-to-day triumphs of actors, politicians, heroes, and athletes, but who can remember them now except for the occasional nostalgia resurrected by some scholar or writer?

These living shambles, who sat alongside of me at the library, reeking of stale wine, sweat, and urine, may have been one of those names appearing in the faded flaking pages that I was reading. Perhaps one of them had a moment of quick glory reported in the passing San Francisco scene. Perhaps not, but as they sat there--poor, stupified, and alone--they may have had their fame included in a story on the arrest of a hobo for trespassed sleep in an abandoned building or from an overly zealous panhandler annoying a passing tourist. However, it is not unlikely that at least one or two had their photographic likeness and name included on a story of athletic achievement.

Somehow this two-year synthesis has given me a renewed perspective of our human compulsion to search for identity. The buildings, streets, and people which fell under my endless fact-checking revealed that even the great and near great are quickly forgotten. For us to expect any greater measure is like hoping that quicksilver will run uphill.

In running, we come face to face with the curiosities of the identity factor and man's preoccupation of finding a means



of publically measuring his successes. This whole business of recognition is worked over thoroughly by psychologists, and I'm sure that they have seen that the desire to acquire a ribbon, trophy or medal is some complex means of marking our days on earth, or our progress either through time or against it.

It is very easy to get caught up in acquisition. We Americans are great for this, except that there seems to be a developing simpler lifestyle coming from the contemporary generation. But many of us still want to get another ribbon or one of those unique T-shirts commemorating some special running event. The long continuous struggle through our years is measured by an endless counting of miles, points, awards, and lines of newsprint.

It perplexes me that I'm no different from anyone else as I go through the same process. Although my walls no longer hold framed records of my achievements, my mind still hungers to make sure the world knows I'm here; yet the two years of research into others' notoriety makes it apparent that it's all so inescapably unimportant.

Recently during a long workout, I was running by the old artillery firing batteries at the San Francisco Presidio. Their grey concrete bunkered walls were crumbling into a sea, awaiting them like a shark watches a wounded fish. As I pushed my aging body past these silent hulks with little chicken-legged strides, I felt so damned alive. That's what's so important about running...just being alive! Yet the next day, I was on another starting line. I was just as anxious to make certain I had my chance at a T-shirt or place in the over-40 category for 155-pound men who live in the suburbs, have six kids, and drive 1963 Volkswagens.

Fame is for movie stars and senators. Our endless concern for recognition and identity is crippling. Running is an adventure, not a victory ceremony. It is a process--a long continuous effort, and it is the continuity which becomes the award. Our non-running counterparts are a bit more concerned with their hair styles, clothes, and cars. Runners are no different except that they have a head start into looking deeply into what we are about in this life.

Running is dominated with the award and recognition system. This system brings with it the continued expense to the participant and to the race administrator who has to find the funds to purchase the tokens necessary to gratify the endless need for recognition. Perhaps it is time to reconsider and terminate past practices and utilize the funds to offset the other developing costs.

It must strike some humorously that many of the trophies awarded are 'recycled' by many of the clubs which have members who do well in various competitions. Somewhere in those endless piles of cheap glitter may be a trophy which has passed from coast to coast, or even sport to sport. This curious practice by the faster runners is somewhat of an indication that one can tire of trophies. On the other hand, each of them has a special feeling about certain memorabilia won on the roads. Consequently it's dangerous to generalize about someone else's mentality. Personally, I would hope to find some receptivity in a diminishing desire for tokens and an increased interest in the running process.

It's likely that this editorial will touch some sensitive spots with runners who feel the opposite. To these folks, who have genuine and legitimate opinions on this subject, let me hurry to add that I don't expect to see anything change as a result of these words.

Wai Stack has said that the DSE Point System provides 'symbolic achievements'. His viewpoint is based on his insight into human needs; but our glories will pass unnoticed!"

#### LETTERS TO THE EDITOR

**HAROLD DEMOSS** (Los Altos, CA) - "AAU rules specify that the various sports committee chairpersons, including the Men's LDR Chairman, be limited to 4 years in office. So it is with regret that I must announce my resignation effective Dec. 1st. The purpose of this letter is to appeal to the readership for a volunteer for Men's LDR Chairman. I still desire to be on the committee and participate in such activities as the yearly handbook. I desire to make an effective transition to the next LDR Chairman, so if anyone is

interested, I would appreciate it if they would contact me as soon as possible. If no one is interested in assuming the responsibilities of LDR Chairman, then the office will not be filled, and whatever advancements have been made in the LDR program over the years will slowly wind down. Things will still run along pretty smoothly for the period of the present handbook (end of July 1978), but after that, with no chairman, the 'schedule' will consist of a race director sending the information for a particular race to Jack Leydig for inclusion in the N.C.R.R., and Jack will either accept or reject it, based on the number of conflicts on any particular weekend. To ask Jack to do more than that (accept or reject a race), and therefore act as chairman, would be very wrong, since he spends countless unpaid hours every week working for the LDR program without adding the additional burden of chairmanship. If no one assumes the chairmanship, I will not be doing the handbook next year either, since I do not desire to do all the work on the handbook for another year. I hope to hear from someone in the near future." (Ed. - I suggest that if nobody volunteers for the job, we have an LDR meeting in the near future and get nominations. Any other suggestions? -- In addition, the AAU structure at the national level has masters LDR as separate from 'open' LDR. Therefore, the PA-AAU should form its own Masters LDR Committee and have its own chairman. If anyone is interested in the job, contact Harold DeMoss for more information on what's involved...765 Campbell Av., Los Altos 94022).

**CHUCK SHELEY** (Chico, CA) - "In response to your idea for a runner's housing list--I have always opened up our gym and lockerroom for anyone in this area if needed. Sleeping bags or whatever would be needed to use in the gym--shower and restrooms available adjacent in the lockerroom. The gym is the Chico Junior H.S. gym, located on Oleander St. Runners can give me a call at 916/342-0523." (Ed. - Chuck is the cross-country and track coach at Chico High School. He is the only one who responded to my proposal in last issue, so guess nobody is all that interested in acting as a 'co-ordinator'. Seems like a lot of good ideas always go by the wayside for lack of anyone stepping forward to take up the challenge. Nothing new!)

**JOHN WEIDINGER** (Daly City, CA) - "On July 10, 1977, a 26-mile, 385-yard marathon footrace was held in San Francisco. The week prior to that race, some of the people in the newsmedia referred to the race as the 'first ever marathon in San Francisco'. Not so! On April 2, 1961, an Open Class and National Jr. AAU Marathon Championship was held in San Francisco. The race was just short of six laps around Lake Merced." (Ed. - Anyone know of a marathon in S.F. before this one? Pax Beale also held a marathon on the city's north side a few years back.)

Are you tired of running in the fog and smog of the city on its hard, congested streets? Has the challenge of finishing a run without being mugged or arrested for indecent exposure become passe? Wouldn't you prefer running in the mild climate of Marin County with its endless miles of trails, Alpine lakes brimming with spunky rainbow trout, and redwood forests filled with tranquil deer and frolicsome wood nymphs?

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(Ed. - I received many letters concerning the Tahoe Relays so I'm not printing them all for lack of space. Hope the following are fairly representative.)

ROBERT DECELLE (Alameda, CA) - "I'd like to use this method of approaching those who participated in this year's event. First, I'd like to thank all of you who travelled up there to make this relay a success. Second, thanks to Max H. Hoseit for contacting the policing jurisdictions in advance of the race. Also, thanks to Timber Cove Lodge and Tahoe Inn for jointly sponsoring a special trophy for the first place Master's team.

Then, a special thanks to those of you who, in letter and voice, expressed appreciation to us, for seeing the event continued. The yes votes far exceeded the no votes. To those latter persons, who expressed themselves (some pretty hotly), we really are sorry that you were not pleased; it would have been nice to please everyone, for a change!

To those who took the paper-weight awards improperly, or those who took ribbons by the bunches, what can we say! To those of you who cheated by hitching rides, or spelling each other off, while running a given leg of the relay, what did you really gain?

This is an event, like so many of our long distance races, which requires the utmost in higher moral quality. Each must police his own conscience. Each must seek the highest degree of honesty, moral character, and courage. To fail in just the smallest degree, will undoubtedly reflect upon the entire you, the rest of your lives. Hitching rides, substituting runners, disregarding safety regulations established by the police, swiping awards...what have you really gained?

May I make some recommendations to the LDR Committee: (1) REQUIRE a set number of regular clubs to provide an official whose sole purpose would be to officiate. When his assignment is completed, he could go about his business (or fun). The assignment could be done by lot. (2) We have been requested by the police to start at 7:00 am! (3) Cut off applications a week in advance of the race. The numbers could then be mailed to each team entered. This would avoid last-minute rush (which is where unhappiness starts. (4) Suggest that all seven members of a team be required to show up at the start. Then if

there are important last-minute instructions, everyone can be privy to them. (5) There is still work to be done on making the change locations safer. Some of this was done this year. It's possible we may have a couple of short legs next year.

Thanks again for your help. You should have been more safety-minded! And, if the LDR Committee wishes me to handle the race again next year, I'd be happy to accept."

TERI HAGERTY (Stockton, CA) - "This is in regards to the Tahoe Relays. Just for the record, I'd like to share my feelings about the race.

We had 42 people (6 teams) running from the Sundance T.C. this year. Even though we had a good time, and a fairly good showing, I would be 'thrilled' not to participate again in the Tahoe Relays. Rumors after last year's relay hinted that the race would be cancelled. Because of the hazardous road conditions during the race, Frank and I were relieved that we would not have to feel responsible for our runners out there on Hiway 89, this year. Two months ago, when our club members started asking about the Relay, we told them it was not on the new schedule. But, when word got out that it would indeed be run again, we were swamped with requests to be placed on teams. Even though we tried to counter their enthusiasm with vivid descriptions of the hills, altitude, and weather possibilities, club members continued to sign up. Our main concern was really the lack of safety on the run, as the shoulder of the road is almost nonexistent in some areas. Despite our warnings, 42 club members again ran in the Relay. Fortunately, no one was hurt, despite the heavy traffic.

I hereby do request that this Memorial Relay Race be moved to a safer location. Certainly no race tradition is more important than the safety of its participants! When one considers the dangerous course of this race, it is simply amazing that no one has been seriously hurt. I do not feel we need to wait until such an occurrence before moving to safer ground. Incidentally, three runners were knocked down by cars in last year's race (1976).

What I am asking is that we runners be protected from ourselves. For it seems evident that, though the race is dangerous, it continues to draw a large crowd every year. Please, before someone gets seriously hurt, change the location of the Relays."

(P.S. - The Lake Merced Relays was quite a good course, never crossing the traffic, and I'm sure it's possible to move the Relays at Tahoe to a similar safe location.)

ELLEN CLARK (Los Altos, CA) - "Having witnessed or participated in two Bob DeCelle 'bombs' recently, I feel qualified to comment on both the Watermelon Heat Test and the Tahoe Circus. Runners, as a general rule, are not hard to please. All they ask is that they have a well-marked course, meaningful times, aid-stations (if it is hot and the course is long), and available medical attention. None of these basic criteria were met in the Watermelon Run. To illustrate the point, I'll relate what happened on that eventful day, July 30, 1977.

Temperatures, I would guess, were in the 90's. In any case, it was HOT! A small field was assembled because the race was printed up incorrectly in the Handbook (for the following day), and the new (correct) date was listed only in the NCRR. The course consisted of a four-mile loop with a really tough, long hill that the runners had to run twice. Picture this scene. Before the first runners came up the hill and were to begin the second loop, two girls (I think they were Mr. DeCelle's helpers) put a bucket of water beside the trail. My husband, Bill, came up the hill, saw the water, and asked the girls if he could have a drink. There was no response. There were no cups available anyway, so Bill kept on running and continued down the hill (2nd loop). When the second runner came up the hill, the girls dumped the entire bucket of water over his head and walked away! That was the end of the aid-station. At this point, Jack Leydig, myself, and numerous spectators started running to our cars and grabbing thermos cups or anything with which to give out water with. There was a small trickle of water at a drinking fountain about 50 feet from the course, which we made mad dashes for. Mr. DeCelle had not made any arrangements for getting water out of the tap at the base of the fountain. We were too busy giving drinks to hunt down pliers to turn on the tap for a faster flow of water. There was absolutely no response from Mr. DeCelle in assisting us with our spontaneous aid-station.

When the race ended, it was learned that a runner had collapsed at the bottom of the canyon, a probably case of heat stroke. Mr. DeCelle had no medical attention available, nor did he offer any help in dealing with the situation. Bill,



Bruce Wolfe, and a few other runners ran back to the man, applied wet towels and helped him into the shade of a tree. Meanwhile, at the top of the hill, runners and spectators were trying to figure out a way to get a car down the trail. (Again, Bob DeCelle washed his hands of the whole thing and provided no help at all.) Jack Leydig found a pair of pliers in his van to take apart a barbed-wire fence. Then, Jerry Lewis, a masters runner, squeezed his car between two fence posts and drove down to the man who had collapsed. The runners got him into the back of the car and Jerry took him home. The man, suffering from heat prostration, had trouble remembering his name or phone number and appeared to be in shock. Bob DeCelle took this whole affair rather nonchalantly and I heard him say, "Well, if the runner wasn't in shape to run, then he shouldn't have run." Needless to say, even the best runners could get into trouble running in 90° heat.

I'm looking with great anticipation and curiosity as to how the results will be compiled. An insufficient number of people were at the finish line helping. The runners were handed a coin with a number on it. Other than that, no tags or numbers were worn by the runners and names weren't taken at the finish. It's a mystery to me how the results can be completed and mailed out as promised. (Ed. - We did get a complete set of results...see back of this issue.)

It might be easy to excuse Mr. DeCelle by saying, "Perhaps he had a bad day. Everyone's entitled to a few goofs." Those of you who ran in the Tahoe Relays, though, are well aware of even more goofs. The Tahoe Relays met all my lowered expectations. As all the first-leg runners were lined up and ready to start the race, Mr. DeCelle announced that four out of six exchange points had been changed to increase safety (more parking space). He then proceeded to explain in confusing fashion where all the new handoff points would be located. What were they supposed to do? Whip out a pencil and paper and take notes while warming up? I guess Mr. DeCelle figured the information would get to the proper people by osmosis. I happened to be team captain for the West Valley women, but I wouldn't have been able to tell my team members about their new handoff points if I had been offered a million bucks. Our team was safe in the knowledge that we wouldn't be one of the teams out in front, and we could depend upon the men to lead the way to the correct handoff points. Unfortunately, the guys were not always so lucky. There were no officials waiting "on location" at the new handoff points, and so things became a real nightmare... teams trying to find an unknown checkpoint, give water to their runners, hunt down runners who had gone astray (coming in from the Bay Area that day to meet at the 'old' checkpoints), etc.

The two lead teams, Shelley's Drugs (an unofficial high-altitude contingent) and West Valley TC, were well in front of the other teams. WVTC's Roy Kissin was closing ground rapidly on the leaders (less than a minute behind) when disaster struck. Nobody was waiting for Roy at the handoff point! Rod Berry, who had gone to the old handoff point (printed on the entry blank!), was frantically trying to find the exchange point. Finally a teammate located him and brought him to the new exchange point. By this time WVTC was out of it, having lost 9 minutes in the confusion.

Finding the handoff points would have been a whole lot easier for the first teams if Mr. DeCelle had done one of the following: (A) Driven around the course on raceday and established the handoff points himself, as the race progressed, or (B) notified Penny & Harold DeMoss a week or so before the race so that new entry blank maps could have been printed and distributed on raceday. Penny & Harold mentioned to me that they had offered to do just that, but Mr. DeCelle did not notify them of any changes in the course.

If correct information on the handoff points was too much to expect, then neither could we expect splits to be given out. I did not see Mr. DeCelle or any of his helpers (did he have any out on the course?) taking down splits at the hand-offs. We, on the women's team, were fortunate enough to start a watch and write down splits for ourselves. Another item that I suppose was too much to expect was a chalkmark on the road, notifying the runners of a tricky intersection. Because there were no course guides, no chalk marks, and no nearby runners to follow, our fifth leg runner (Kim Baer) ran off course. Kim was supposed to make a sharp left and head south from Tahoe City, but she did the obvious, never having run the course before... she ran straight ahead! By the time we found her, she was 1½ miles up the road to Truckee. This error cost our team the women's title.

The cruellest joke of all was played on the sixth leg runners, especially those who had not gotten the word that it had been lengthened to nearly 13 miles. Carolyn Tiernan, our run-

ner on that leg, had driven up that morning, and found out only a few minutes before she was to run that the distance had been lengthened...with a 2-mile uphill stretch at the end to boot!

I could go on, but I think I've made my point. I think it is commendable for Mr. DeCelle to volunteer his time to put on races. Bill and I, in putting on the PA-AAU 15-Kilo, know of the time involved. However, I also feel that if a race cannot be put on right, then it shouldn't be put on at all. If certain basic criteria cannot be met (the ones listed in the first paragraph), and if Mr. DeCelle cannot get the appropriate number of people to make the race go off without any major problems, then I recommend that his races not be sanctioned by the AAU anymore. There are enough good races in the Bay Area where we don't have to subject ourselves to these poorly organized affairs."



There's a scraggly pine tree standing along at the crest of the long uphill leg of the Crystal Springs cross-country course in Belmont. It stands there, defying both the evening windy fog and the mid-day heat like some skinny kid looking for a fight on a school playground. In front of the little tree, whose roots scramble down into the unfriendly rock-hard soil, is a small brass plaque, mounted on a cement pedestal.

The plaque and the tree may remain forever, but it's more likely that weather or vandals will take their toll. In either case, the feelings behind the simple words will endure infinity, as they are an expression of affection of young athletes for their coach.

The words are plain: "This tree is dedicated to Bob Rush for his contribution to cross-country running." The plaque's construction was accomplished by the 1975 cross-country team at the College of San Mateo, and it was presented to their coach, Robert Dale Rush, in the simplest straight-forward language...as matter-of-fact as young men can be about such sentimental gestures.

The little tree overlooks the dirt trails and hills of the course which zigzag through the golden dried grasses of the California landscape, switch back and forth amid the ancient oak trees, and skirt the incredible vista of great billowing fog that tumbles over the mountains from Half Moon Bay. The course catches the colors of the sun's reflection from Crystal Springs Lake and is dabbed with the purples of lupine, greens of mesquite, and sunrise orange-yellows of the poppies which spot the landscape like little dabs of paint.

To those who either jog the maze of trails in workouts after the day's business or compete in the myriad of races held on its terrain, the course looms like some sort of monument to Rush's commitment to running, as he has been the prime mover in its development and use.

It didn't just happen. Rush has wheedled, scrounged, begged, and borrowed all sorts of labor, supplies, and equipment to build a park totally dedicated to running and runners. Every turn in the trail, every rise in the slopes, every rock, every log or blade of grass must fit into the psyche



Bob Rush - CSM Coach



of running. It is a runner's course, designed by runners, built by runners, and maintained by runners. It is a runner's paradise or purgatory.

Running is an all-consuming passion with Rush, and when he's not doing it or coaching it, he's thinking about it. He's a little like the absent-minded professor, who may forget to put on his socks or shirt, but never interrupts his single-minded pursuit of knowledge. Bob does remember his socks, but when you're around him during cross-country or track season, it's like hanging onto a whirlwind. He's everywhere at the same time with his lickity-split pursuit of stopwatches, first-aid kits, sweatsuits, and all the other bits of paraphernalia which are necessary to field a team of athletes.

Bob began his years in Grass Valley, where his father doubled as the high school industrial arts teacher and golf coach. His ancestors are like characters out of a history book and include membership in the Revolutionary War's Blue Mountain Boys, a grandmother trekking through the jungles with Leland Stanford, and another coming west in a prairie schooner. One of his ancient relatives, Philander Pain, got into a heap of trouble in the 1800's when he sold a drink of whiskey to an underage kid named William Randolph Hearst while a Pinkerton detective looked on. Another, in partnership with a member of the famous Zellerbach clan, flipped a coin to see which one would stay in Smartsville and which would come to San Francisco. For those who are not historical buffs, it was Bob's ancestors who chose to remain in Smartsville, while the Zellerbachs went on their way to fortune and prestige in the Bay Area.

"I used to think that cross-country was a ridiculous sport, but I was defeated only once in my junior year and once again in my senior year, so I guess I was doing something right," Rush explained as his introduction to crediting some of his success to his coach, Roger Snipe. "Snipe was the kind of coach kids should have," Bob sighed, remembering days and experiences long past, but it was evident that he had patterned himself in the same footsteps. "It's a funny thing, but about half of my high school track and cross-country team wound up as coaches," he added as a testimonial to the influence of Snipe.

Bob and his wife, Marianne, met in those early years and

now have two children, Robert John, 9, and Matthew Scott, 6. "We haven't pushed them into running, as we believe in balanced activities," he commented on another Snipe characteristic. Their home in San Carlos is tucked away at the end of a friendly neighborhood cul-de-sac and is a warm, gentle way-station of friends and colleagues who occasionally share in their small joys.

After high school and his initial college enrollment at Sacramento City College, he went on to San Jose State for both a Bachelors and Masters degree in physical education. "I changed my major twice before I settled down," he related. "For one week I was an engineering major, but..." he trailed off into another explanation about how he switched quickly to forestry. "Every summer I fought forest fires, but after a while I began to realize that it would probably be that way for the rest of my life, so I made the final change to physical education," he advised. His forestry days left an indelible impression on him, and it can be seen clearly in his concept of the Crystal Springs Cross-Country Course. It's natural and gives one an instant sense of immersion in nature. Once out of the starting line, away from the clutter of race administration, it's man and nature until one returns to the steel chute of the finish line. But even there, it is natural, as Bob has been known to bar forever coaches and race directors who sully his beloved course with debris.

He began his coaching career through the backdoor by volunteering after school at his first teaching job at C.K. McClatchy High School in Sacramento. "There weren't many P.E. jobs available in those days, but a little break here and there and things began to happen," he said. "I began to learn then that cross-country had developed an inner toughness in me," he explained as a bit of insight into his quiet tenacity. "Football and more popular sports can create an exterior toughness that is shallow and easily destroyed," he went on. "That's why a wise coach will be alert to the pressure of 'popular sports' and their effects on kids who can't handle the football mentality," Bob cautioned.

He followed the great Oregon State coach, Bernie Wagner, into the vacated spot at San Mateo High School and then at the College of San Mateo. "Don't get me wrong, I didn't follow him immediately, but he had set a standard ahead of me," Bob added. Under Bob's tutelage, many athletes have been able to continue their development, including Jose Cortez, National Jr. College Marathon champion, Neil Glenesk, National Pentathlete, and Mitch Kingery, whose age-group records are almost legendary.

Bob was the meet director of the 1975 IAAF Trials to select the American team for the World Cross-Country Championships. He is the Vice-President of the Northern California Track & Field Association, and he is the college coaches representative on the PA-AAU Board of Athletics. His credits also include Track and Cross-Country Chairman for the Golden Gate Conference, and membership on the State Championships Board of Appeals. He served as a technical co-ordinator to ABC-TV during the Olympic Trials in Eugene, Oregon, and most recently was the official host to the Russian team during the Examiner Games.

His own running career began again just before he became eligible as a masters athlete. He began hard workouts to control his weight and to aid him in stopping smoking. It was only a matter of time before he returned to the site of an earlier youthful victory at Oakland's Lake Merritt on Columbus Day, where he had won the traditional event more than twenty years before. I had talked him into running it once again, thinking that we might ease through the 10-kilometers as kind of a nostalgic workout, but when Bob found himself amid some of his old high school and college running companions, he was like an old firehorse responding to a five-alarm. The gun went off and I didn't see him until the finish. The next race I ran with him was at the Christmas Relays when we competed for the West Valley TC's masters team. The rest of the team didn't put in a sterling performance, but Bob's segment was a heroic flurry of speeding legs catching 15 runners in the five miles of the toughest hills.

His latest running interest is the result of being plagued with the problems of handling large groups of runners finishing close to one another. He tackled this with the same fervor and analysis as his running itself. "Chronomix" was the result. This electronic gadget does everything except take the runner's blood type, giving the race administrator a major breakthrough. The device, besides being waterproof, joggle-proof, battery-operated and lightweight, can record the times and positions of 7000 runners before changing tapes. Bob timed nine relay teams, giving each member of each team their splits and final times and places, all the time carrying on a social conversation with other coaches. "The idea wasn't original with me, as there were

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other egg-headed jocks who had the same problem to solve," Bob explained. But it was he who put the idea up for patenting and sought the technical expertise to build the first prototype.

"The thing only weighs five pounds and can operate for over six hours without recharging," Bob explained. "Think what that does for cross-country and marathoning, not to mention road races and the likes of the Bay-to-Breakers," he added. Bob tested his Chronomix for the first time at this year's Bay-to-Breakers and had the times and positions of the first few hundred or so runners tallied, listed, and available as fast as they went across the finish line. "I'm not limited to the speed of the runners but only by the endurance of my thumb," he grinned.

The Chronomix is now a reality in the market place and should stop the gripes and complaints about recording the finish times and positions accurately and quickly. The running explosion needs this kind of device to survive.

But Chronomix is just another component of Bob's involvement in running, as he's already conjuring up other ideas to solve other problems. He's fundamentally a coach who is interested in his athletes. "I only hope that when my final score is tallied up, I'm known as a coach who didn't turn a kid off," Bob mused. "I get such a kick out of seeing one of my former athletes still running after he's out of school," he went on. "That's really coaching...when you give them something that carries on after they've graduated."

As the sun sets in the evening's chill on the Belmont course, and the deer, quail, and rabbit peer out from the underbrush at the sweating flesh of the frequent runner on the trail, neither species will remember how all this came about.

But that little bedraggled tree, silhouetted against the blackening night, signals my memory with an indelible branding reminder that Robert Dale Rush, coach, athlete, and friend, has marked the earth with his benevolent presence.

### NOR-CAL PORTRAIT

**"ANN REGAN: A STAR ASCENDING"** (By Doug Rennie) - Making the U.S. Olympic Team is a dream of many youthful American athletes. In most instances it is little more than wishful daydreaming, but in the case of San Jose's 16-year-old Ann Regan, it is both a realistic goal and a strong possibility. Barring serious injury and given the reasonable progression that her stunning early potential suggests, Ann could well be wearing a U.S. Olympic Team blazer to Moscow in 1980.

Seemingly build-for running at 5-7 and 102-pounds, the lithe Camden HS sophomore finished a strong second in the 800 meters in this summer's clash with the Soviet Union's Jr. National Team at Richmond, Virginia. Ann's superb 2:04.37 clocking in her first international competition is even more impressive when one realizes that it is a time bettered by only five American women this year. The list includes such luminaries as Julie Brown (2:02.9), 1977 AAU Champ Sue Latter (2:03.7), and Olympian Francie Larrieu-Lutz (2:04.2)--all of whom are older, stronger, and vastly more experienced runners. With two full years of high school competition remaining, Ann could achieve world class status before collecting her diploma.

To achieve world-class stature, a middle-distance runner must possess a blend of innate ability, natural speed, and endurance. There is no other formula. Judging from her performances to date, Ann is amply endowed with the first two factors and is just beginning to embark on a program of extended mileage that will develop the third: endurance. Ann's speedy clockings at 800 and 400 meters (56.4) have been the results of natural ability, honed to a competitive edge by frequent intervals of 110 to 660 yards; her aerobic, endurance base is, to date, minimal. She did not run cross-country in 1976 and, for the past year, has trained only five days a week, averaging about 30 miles a week with an occasional long run of up to eight miles. This explains why her PR of 4:44.4 for 1500 meters is dramatically disproportionate to her much higher quality times at the shorter distances. But it is this very disparity that is greatly encouraging, even exciting, since Ann has achieved her monumental success off comparatively modest training volume. However, she has remained free from injury and eager to race, avoided the crushing psychological staleness that all too often plagues promising young runners who are overloaded with training mileage, and still raced at a national class level. Ann is now physically and emotionally ready to do some heavier aerobic training and can gleefully anticipate the prospects of world-class stature.

Much of the credit for her gradual, intelligent training program rests with San Jose Cinderella mentor, Augie Argabright, who is also a good friend. Coach Argabright has tempered Ann's training with the necessary restraint to provide experiences of

both success and enjoyment that will keep Ann running for a long time instead of turning her into just another great young talent who is 'burned out'. Anyone remember Mary Decker?

To improve her endurance and staying power, Ann will increase her training mileage this fall by incorporating more longer runs and supplementing her running with some weight training, beginning in December. As a result, Coach Argabright anticipates "about a 4% improvement in Ann's 800 meter time by next season", which translates into a world-class 1:59.3. This is admittedly quite a jump, but based on Ann's performances to date, coupled with the benefits of her first real endurance training, it seems a reasonable expectation. Furthermore, Argabright feels that Ann's greatest potential may lie in the 1500 meters, a distance where the strength she will build this fall is equally as important as her inherent speed. Ann's plans are to run the 1500/mile frequently next season, although she admits that "the 800 is still my favorite event because, I guess, it has been my most successful event to date."

Ann's meteoric improvement during the spring and summer of this year thrust her onto the national track scene with astonishing suddenness. Entering the California State Meet with a best 880 mark of 2:10, Ann won the State title in 2:08.0, beating archrival Linda Goen of Bakersfield in the process. A week later came a 2:06.4m third-place finish in the National AAU Junior Championships at Westwood (UCLA). This, in turn, was followed by her current 2:04.37m PR against the Soviet juniors and her subsequent recognition as one of this country's premier women middle distance runners.

What's in store for Ann in the near future? In a word... Greatness. Her splendid performances so far---great as they are---are but the tip of the iceberg. Beneath the surface, and about to emerge, are the races of a world-class athlete. A sub-2:00 800 meters seems a virtual certainty in the not-too-distant future, and an equally stately 1500 time may not be far behind. Ann has nowhere to go but up. To paraphrase a popular song of a few years ago...she's only just begun!



(Left) Dave Romain leads an all-comers meet 880 (halfway) at CSM, that includes such notables as Dale Scott and Rick Brown. (Dennis O'Rorke) (Rt.) Ann Regan winning the CIF 880 title over Linda Goen in a PR of 2:08.0. (Louis Gorelick)



### WEST VALLEY PORTRAIT

**MEET DAVE ROMAIN:** (By Bill Clark) - The most challenging aspect of the transition from school to open competition is in developing a training schedule that is consistent with the individual's time, energy, and interest. All active open, sub-masters, and masters competitors have had to develop their own unique formula. Dave Romain is a good example of a sub-master (age 35) who has adapted extremely well, as evidenced by this year's performances at the Senior Olympics at U.C. Irvine: (all the following were wins) - 100m (11.0), his best since 1971; 200m (22.4); 400m (48.7), a meet record and his best since 1973; 800m (1:56.9), also a meet record; and Mile Relay (3:24.0, 49.4 split), another meet record.

Dave's training consists normally of two days per week on



the track, plus a 4 to 5 mile jog on a dirt trail two mornings per week. This may not be impressive by today's standards, but except for a period of two months when he had a major abdominal operation in June 1970, Dave has not missed more than a few weeks at a time since 1970. In addition to consistency, there are four other characteristics or phases that Dave used to describe his training:

(1) **Brevity:** I have been working full-time since 1967, and I have not had the time to do lengthy workouts. In fact, during my college career I often had lab classes that curtailed my workout schedules. Accordingly, I have accumulated a series of short, but strenuous workouts that can be completed (with changing and shower) in an hour! For instance, I used to do 16 x 200m in 27-28 secs with 1½ minutes rest for a one-hour workout; or 12 x 400m in 70 secs with only 15-30 seconds rest.

(2) **Intensity:** Another phase of my workout is regular training in roughly monthly, rather than weekly cycles. The idea is to take any good 6-day-a-week schedule and stretch it out into a 3-week cycle, since I only get to the track a couple of times a week. This way, it takes me a longer time to get into shape. But, remember I never did get that much out of shape in the first place, since I did not stop running, and now in August I am running as well as I did in March, without any hard work. Also, because I don't allow my body to become 'addicted' to large quantities of work, a week or two layoff does not set me back. Furthermore, think of all the rest I get between workouts! That makes it possible for me to work very hard when I do run!

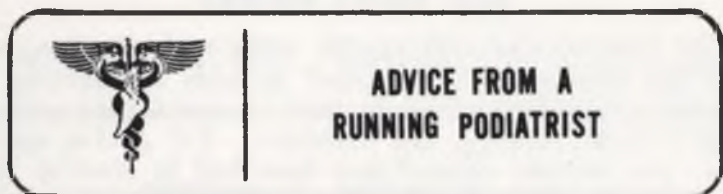
(3) **Relaxation:** A third phase to my training is an emphasis on relaxation. I do not run to punish myself. Whenever anything begins to hurt, apart from normal muscle fatigue, I try to figure out what it is, what caused it, and set about repairing the damage. It may need changing my workout schedule to accommodate a slight strain. As long as I emphasize my own relaxation, I remain sufficiently well aware of my own metabolism and body function to sense when something isn't quite right. By the same token, if the schedule says fast 150's and I feel sluggish, I do the next day's workout, which would be slow stuff (I alternate fast and slow days).

(4) **Flexibility:** A fourth phase of my training accrues from the fact that I am my own boss. I do not have to be in tip-top shape for meet "B". As such, I do not feel compelled to try to knock myself out to complete a given schedule before a given meet. If I am not getting through my schedule on time, I rearrange it as the meet draws near to include the most crucial workouts for me at that level of development; I assess my level of competence a few days before the meet, and plan my race strategy according to that level. I always try to get a couple days rest before a meet.

Dave's analytical approach to training definitely works, as he has been able to run continuously without any significant muscle injury. In fact, he hasn't missed regular workouts or meets through muscle injury since his sophomore year in college (1962). The basic concept for Dave's approach was formulated while at the University of Michigan. The coach at that time, Don Canham, encouraged the athletes to work together in groups, which helped Dave's attitude considerably and also helped him develop the level of self-analysis which has kept him running effectively all this time.

In the immediate future, Dave wants to do well in the upcoming Pan-American Masters Games in Los Angeles (early September). Although we don't have any current U.S. age-standards for his age, you can bet that Dave will certainly be pressing the recordbook. Does anyone know what the age-bests are below and including 800 meters for a 35-year-old?

*Dave Romain: Born May 15, 1942, Trinidad & Tobago; 5'11½"; 152-lbs; Married with 2 sons; Economic Development Planner; Marks: 100y--9.8; 100m--10.6; 220--21.4; 440--47.4; 800--1:52.8; 1500m--4:07.2; 400mIH--54.3; 300y(i)--31.2; 600y(i)--1:11.8.*

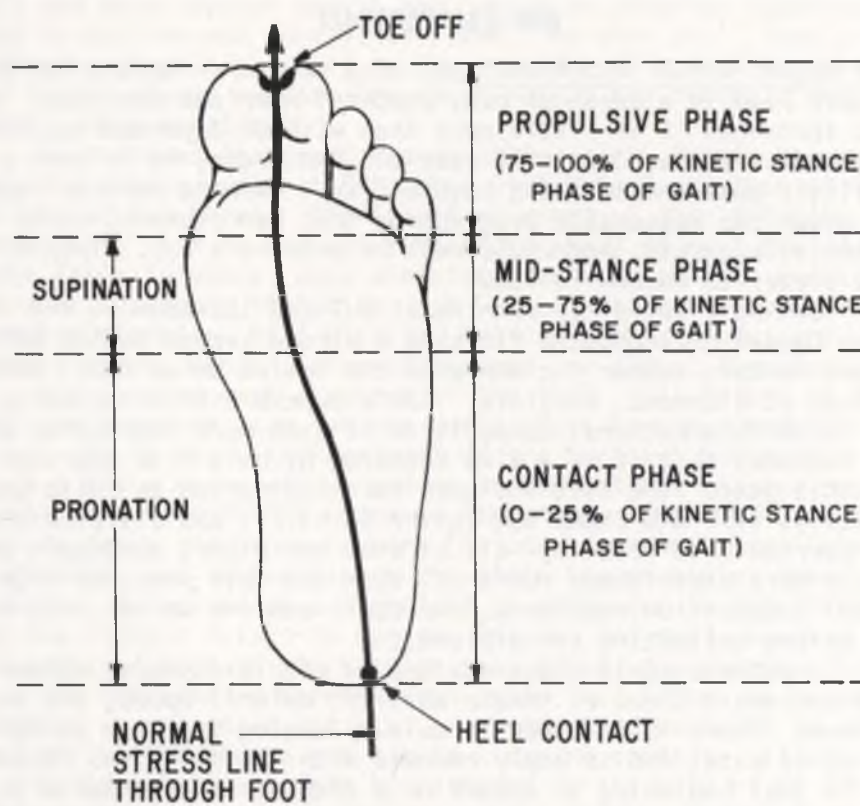


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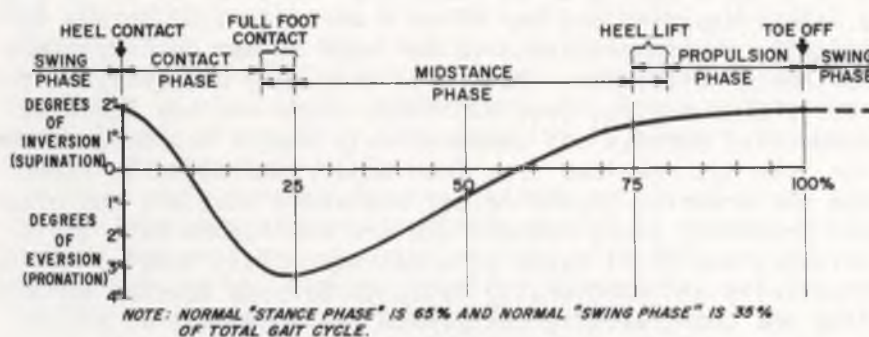
Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). Thanks for your support of this column!

The following article is adapted from Harry's book, "The Foot Book: Advice for Athletes". This book is over 400 pages in length and describes function and treatment of foot and leg problems. It explains clearly to athletes, coaches, trainers, and interested professionals, the way to evaluate and care for injuries in different types of sports. The book is available at \$10.95 (hardback only) plus 45¢ postage and handling (California residents add 6% tax) through World Publications, the NCCR, or directly from the author (as an autographed copy) at P.O. Box 3964, San Rafael, CA 94903.

**PRONATION AND SUPINATION OF THE FEET IN ATHLETES:** - In the normal walking and running gait cycle, the weight-bearing foot must have the ability to adapt to the (uneven) supporting surface, maintain efficient balance, and provide forceful leverage, propelling the limb and the body forward until the next succeeding stride. Pronation and supination of the foot are complex motions which occur simultaneously with rotations of the leg. Both the motions of pronation and supination occur below the ankle joint in two major joints of the foot which provide side-to-side support. These motions occur within a specific predictable, efficient range of motion with minimal stretch or shock on the joints of the feet and legs. With pronation, the arch flattens, with supination it rises. In normal walking the foot contacts the ground slightly supinated with the heel bone tilted inward about 2°. After heel contact, the foot pronates as the heel bone everts rapidly and the forefoot accepts full body weight. With pronation, the other joints of the foot become 'loose', allowing the foot to adapt to the supporting surface. Then as the knee comes over the ankle and weight stress passes up onto the ball of the foot, the foot supinates as it becomes a rigid lever for propulsion.



KINETIC STANCE PHASE OF GAIT



In running, with weight-bearing on one foot at a time supporting the center of gravity, the entire limb is tilted inward about 5° so that the heel bone contacts the ground tilted inward about 7-8°. Then, during the contact phase, it pronates



to adapt to the supporting surface. Therefore, running requires a greater range of motion of the joints of the feet. All these motions occur normally with walking and running. If pronation is excessive, or if the foot remains supinated (limiting the range of motion and increasing impact shock), then problems will arise. Excessive pronation produces overuse injuries; excessive supination produces impact shock injuries.

**The Pronation Syndrome:** As the foot pronates in stance, the talus adducts and plantarflexes as the calcaneus everts. Since the talus is locked in the ankle joint, as it moves inward, the leg internally rotates. If excessive, this rotation puts strain on the medial muscles, tendons and ligaments--for example, the posterior tibial muscle and the plantar fascia of the foot. As the talus plantarflexes, the arch flattens, which lengthens the inside border of the foot, stretching all the soft tissues and putting the joint surfaces at an inefficient angle to each other. When joint surfaces are not congruous, motion occurs when those joints should be stable.

Hypermobility is defined as any motion occurring in a joint during weight bearing when that joint should be stable under such load. Hypermobility refers either to excessive motion or motions at a time when there should be none. Hypermobility of the first ray develops whenever the foot is excessively pronated from its neutral position. Therefore, lesions develop under the second metatarsal. Whenever hypermobility is present, hallux abducto-valgus bunions will tend to develop. This occurs with several different compensated foot types.

Whenever the heel bone is everted in stance, it is abnormal and usually means that the foot is excessively pronated from its neutral position. Eversion of the calcaneus produces a medial bowing or convexity of the achilles tendon (called a Helbing's sign) and is present in specific compensated foot types.

As the talus adducts and the leg internally rotates with pronation in stance, there is a stretching force on the medial side of the knee and a pinching force on the lateral side. Normally, the knee joint should function like a hinge in the sagittal plane, forward and backward. When the foot pronates excessively, the knee rotates internally, tending to produce a knock-kneed appearance with medial position of the patella. The kneecap is not attached to any bones but moves along with the muscles of the thigh, the four muscles called the quadriceps femoris.

With pronation, therefore, there is a stress on the medial muscles of the thigh. There is a certain amount of sharp absorption in all directions within the structures of the knee. But as the leg rotates, the thigh rotates, producing a torque within the knee joint as well as excessive motion in the hip joint. This produces a strain around the capsular structures of the sides of the knee, and the front and back of the hip. It comes on with activity and is relieved with rest.

As the thigh internally rotates with force on the front of the pelvis, a forward (anterior) tilting of the pelvis develops, which then begins to limit normal rotations at the hip joint. Anterior tilt of the pelvis, in which the front of the pelvis comes down and the back of the pelvis moves up, produces sway-back or lumbar lordosis, a major cause of backache.

Excessive pronation of the foot is the cause of most overuse syndromes in the lower extremity. In the feet, it is associated with arch strain and fatigue, plantar fasciitis, the hell spur syndrome, achilles tendonitis, hallux abducto-valgus bunions, contracted or hammertoes, problems with growing bones in children, and stress fractures of the metatarsals, especially the second metatarsal.

In the leg, excessive pronation causes stress fractures of the tibia or fibula and acquired muscle imbalances, producing shin splints, especially posterior tibial myositis.

At the knee joint, excessive pronation of the foot leads to knockknee, chondromalacia (softening of the back of the cartilage of the patella), irritation of the medial and lateral menisci and collateral ligaments, and bursitis, especially below the patellar ligament or at the pes anserinus where three muscles of the thigh insert into the medial side of the tibia.

Within the thigh, excessive pronation of the foot causes strains of the vastus medialis, the adductors, the sartorius, and other muscles on the medial side, and specifically the tensor fascia lata and the ilio-tibial band on the lateral side. As the thigh internally rotates at the hip, with overuse there may be a 'snapping hip' where muscle tendons pop over bone prominences, bursitis or capsular strain.

If posture is affected with an anterior tilt of the pelvis, there may be low lumbar sprains and low-back pains in the area of joints L-5, S-1 or L-4, L-5, or may be painful around the sacroiliac joints secondary to overuse. If pain radiates behind the gluteals and down the lateral thigh, there may be

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sciatic nerve involvement: sciatica. Biomechanically, all of these problems are associated with excessive pronation of the foot.

As the foot pronates and the arch drops down, there is a functional limb-length difference. With pronation of the foot on one side, that leg is 'shorter'. With pronation of both feet and internal rotation of both legs, there is an anterior tilt of the pelvis and central low-back strain. With pronation of one foot, there is a drop of one hip and a torque across the pelvis, causing strain on one side. Leg-length discrepancies may be functional (as a result of compensation) or anatomical, where there is a measurable difference in limb lengths. The objective of treatment is to support the neutral position of joints, which prevents compensation, hypermobility, and the overuse syndrome.

**The Supination Syndrome:** Supination of the foot in stance, with external rotation of the limb, produces the exact opposite effect of pronation. With pronation, there is increased mobility, a looseness of the joints; with supination, there is a limitation of joint ranges of motion. This eliminates the normal shock-absorbing mechanics of the foot and leg, and produces shock on the skeletal system. As the foot supinates, the talus abducts and dorsiflexes as the calcaneus inverts. This raises the arch and produces a functionally longer limb, with a raising on that side.

Fixed supination or supination in compensation for an abnormality causes the center of gravity to fall to the outside of the base of support, producing lateral instability and inversion sprains. With excessive supination in gait or any condition in which normal pronation is limited, there is a visible shock extending up the leg in gait. A normal amount of supination is necessary for propulsion and proper push-off in activities, but when this is excessive, it is unstable. Excessive supination is a much less common abnormality.

Both pronation and supination are necessary for performance in sports. Each sport has particular requirements. Active sports require a greater total range of motion in the foot joints. A trained athlete develops a greater sense of balance and therefore, a greater confidence in his ability. In a sense he learns to function in the presence of his abnormalities, whether they are compensated or not.



# 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 Rasmusen, 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.

U.S. REGIONAL SCHEDULES: - The Road Runners Club of America has five individuals who compile quarterly schedules of road races in their area. Anyone interested in a regional schedule can receive it free of charge by sending a self-addressed, stamped envelope to the appropriate individual. WEST: Herb Parsons, 170 Rosario Beach Rd., Anacortes, WA 98221; CENTRAL-ROCKIES: Russ Niemi, 8229 Eby, Overland Park, KS 66204; NORTH-MIDWEST: Bob Martin, 5834 Stony Island Av., Chicago, IL 60637; SOUTH: Hal Canfield, 502 Alandale Rd., Knoxville, TN 37920; EAST: Ray Gordon, Route 2, Box 835, Front Royal, VA 22630.

## 1977-78 LDR HANDBOOK

<b>RACE SCHEDULE</b>	<b>CLUB DIRECTORY</b>
<b>X-C SCHEDULE</b>	<b>TOP PA MARATHONERS</b>
<b>PA RECORDS</b>	<b>PA CHAMPIONSHIPS</b>

**65¢ by mail:** PA-AAU, 942 Market, Suite 201, San Francisco, Cal. 94102

## HONOLULU MARATHON TOUR

TOUR LEAVES: - Friday, Dec. 9 at 9:00 a.m. from San Francisco International Airport (United Flt. #181)...arriving in Honolulu at 12:15 p.m. -- SIZE OF GROUP IS LIMITED!!

STAY: - Friday thru Monday night at the Sheraton - Princess Kaiulani Hotel (Race HQ)...Deluxe Poolside Rooms...Transportation from airport & baggage handling.

RACE: - Sunday, Dec. 11.

RETURN: - Tues., Dec. 13 (other arrangements can be made for a later return and visiting other islands). Return on United Flt. #96, leaving at 2:20 p.m. & arriving 9:10 p.m.

PRICE: - \$345.00 (double occupancy). Send \$50.00 deposit to: Linda Atwood, Bulanti Travel, 2808 El Camino, Redwood City, CA 94061 (Ph. 415/369-1711). -- For race info, etc., call: Phil Lenihan: (W) 415/965-8777 or (H) 408/275-4515.

## Meet Directors!!!

**MAIL ENTRY BLANKS TO 1500 RUNNERS FOR \$15**

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

FUN-RUN SCHEDULES: - These races usually follow the *Runner's World* format, having at least one short race (mile or less) & a longer run of up to 6 miles. Contact meet directors for full information. Foothill College, Los Altos Hills, every Sunday, 9:30 am, contact Bob Anderson, Box 366, Mtn. View 94042. Chico, Bidwell Pk., every Sat., 9 am, contact Jim Remillard, Rt. 5, Box 79-DA, Stilson Canyon Rd., Chico 95926. Walnut Creek, Heather Farm Pk., every Sun., 10 am, contact Rich Vasquez, 3 Barcelona Wy., Clayton 94517. Fresno, either Fresno HS or Roeding Pk., every other Sat., 7 am, contact Sid Toabe, 4566 N. Del Mar, Fresno 93704. Bakersfield, West HS or Beach Pk., every other Sat., 8 am, contact Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. Incline Village, Incline Village Community Bldg., every other Sun., 10:30 am, contact Lake Tahoe TC, P.O. Box 5983, Incline Village, NV 89450. Stockton, Fritz Grupe Pk., every Sat., 9 am, contact Frank Hagerty, 7309 Camellia Ln., Stockton 95207. Huntington Beach, Huntington Central Pk., every Sun., 10 am, contact Rick Russ, 17733 Newland, Huntington Beach 95670. Rancho Cordova, Cordova Pk., every other Sat., 10 am, contact Henry Rosendale, 2513 Augbibi Way, Rancho Cordova 95670. Aptos, Cabrillo College, bi-monthly (Sun.), 10 am, contact John Smead, Box 718, Soquel 95073. Tracy, Dr. Powers Pk., every Sun., 11 am, contact Kurt Schroers, 1801 Newport Ct., Tracy 95376. Santa Rosa, Spring Lake Pk., every Sat., 8:15 am, contact Bob Yee, 1200 Sonoma Av., Santa Rosa 95405. Ventura, Arroyo Verde Pk., monthly (Sat.), 9 am, contact Inside Track, 1451 E. Main, Ventura 93001. Pacifica, Terra Nova HS, every other Sun., 10:30 am, contact Dave Barry III, 170 Santa Maria Av., Pacifica 94044. Reno, Reno YMCA, monthly (Sat.), 8 am, contact Cal Pettengill, 2670 Thomas Jefferson, Reno, NV 89509. Loma Linda, Loma Linda Univ. track, monthly (last Sun.), 8 am, contact Don Hall, 25788 Lomas Verdes, Redlands 92373. Solana Beach, San Dieguito Pk., every other Sat., 9 am, contact Wayne Whiting, 244 Hillcrest Dr., Leucadia 92024. Modesto, Legion Pk., every Sat., 10 am, contact Bob Gausman, 810 Lucerne, Modesto 95350. Colusa, Colusa-Sac'to River State Pk., every other Sat., 9 am, contact Dr. Paul Williamson, 813 Webster St., Colusa 95932. Palm Desert, College of the Desert, every other Sun., 9 am, contact Tracy Schultz, 46-209 Oasis, Indio 92201. Santa Barbara, UCSB (lagoon behind UCEN), every Sun., 10 am, contact Chuck Rundgren, 785 Camino Del Sur, #35, Isla Vista 93017. San Francisco, Embarcadero YMCA, every Fri., 12:15 pm, contact Ralph Love, 74 Lloyd Dr., Atherton 94025. Carlsbad, Tamarack Beach, every Sat., 9 am, contact John Sonnhalter, 561 Vale View Dr., Vista 92083. Davis, Main Quad at UC Davis, every other Sat., 9 am, contact Rich Harley (Ph. 916/758-2687). Belvedere, Belvedere Town Pk., every Sat., 9 am, contact Jim Nuccio, 617 Meadowsweet Dr., Corte Madera 94925. Merced, Applegate Pk., every Thurs., 6 pm, contact Dave Donaldson, 1931 Carol Av., Merced 95340. --- IF YOUR GROUP PUTS ON FUN RUNS & WOULD LIKE THEM PUBLICIZED IN THE N.C.R.R., PLEASE SEND US FULL INFORMATION. THANKS!

## WOMEN ON THE RUN

Mary Healy has decided to pursue her coaching of women on a full-time basis this fall. Naming her organization, "Women on the Run", she will lead workouts for women on three levels of training:

- (1) Just starting out.
- (2) Setting goals in your training.
- (3) Racing development.

Classes for interested women are just starting out and will begin Monday, Oct. 3, on a six-week, twice-weekly basis. The next two groups will follow in sequence, also on a six-week basis.

To sign up or ask questions: Call Mary Healy (415)457-7809



- Sep 17 - Laton Invit., time TBA. Richard Peterson, P.O. Box 206, Laton 93242. (CCA)
- Sep 17 - Fitch Mtn. 3.5 & 9.2 Km. Runs, Healdsburg, time TBA. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Sep 18 - Bridge-to-Bridge Run, Ferry Bldg. start, 7+ miles, S.F., 9 am(?). City Sports, Box 3693, S.F. 94119.
- Sep 23 - Lake Tahoe 72-Mile Run, Tahoe City. (Enter by 9/19)  
(See PA-AAU LDR Handbook)
- Sep 24 - SPA-AAU 20-Kilo, Griffith Pk., L.A., 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201. (SPA)
- Sep 24 - S.F. Jaycees 10-Kilo Charity Run, GG Park, S.F.  
(See PA-AAU LDR Handbook)
- Sep 24 - Capitol Pk. Run, 3 & 5 Km., Bush Pk., Salem, Ore., 9 am. Ron Cross, 4492 Coloma Dr. SE, Salem, OR 97302
- Sep 24 - RTC X-C Run, Winchester, OR, 4.6 Mi., 11 am. Ron Alexander, Umpqua Comm. Coll., Winchester, OR 97495.
- Sep 24 - Natl. AAU Masters 25-Kilo, Medford, OR, 9 am. Jerry Swartsley, Box 1072, Phoenix, OR 97535. (By 9/14)
- Sep 24 - SDTC 4-Mile X-C, San Diego, 9 am. George Kezas, Ph. 714/449-5761. (PSA)
- Sep 25 - Whiskeytown Lake Relays, 22.5 Mi. (4-person teams), near Redding. (See PA-AAU LDR Handbook)
- Sep 25 - DSE Daly City Hill Run, 6.2 Mi., Daly City (Colma School), 10 am. Walt Stack, 321 Collingwood, S.F.
- Sep 25 - NAS Lemoore 6.5-Miler, time TBA. Carl Whitker, c/o Rec. Fund, NAS Lemoore 92345. (CCA)
- Oct 1 - Harvest Festival 10-Miler, Lopez Lake, time TBA. Stan Rosenfield, 1561 Hillcrest Pl., S.L.O. 93401.
- Oct 1 - Blue Angels Sports Festival 10-Kilo, Fountain Valley, 9:30 am. G. Fillett, 7125 Little Harbor, Huntington Beach 92648. (SPA)
- Oct 1 - Sunset Park 5-Mile Team Race, Las Vegas, Nev., 8 am. Las Vegas TC, PO Box 869, Las Vegas, NV 89101. (SNA)
- Oct 1 - Garrie Franklin Memorial X-C, 10-Kilo Open, Lane CC, Eugene, OR, 9 am. Al Tarpenning, Lane Community College, 4000 E. 30th Av., Eugene, OR 97401. (OA)
- Oct 2 - SCTC Horse Fall Beach Run, 5 Mi. Open, No. Bend, OR, 1 pm. Kurt Black (Ph. 269-1934). (OA)
- Oct 2 - ORRC Silver Falls 6.9-Miler, nr. Salem, OR, 2 pm. Ed Ford (Ph. 362-3112). (OA)
- Oct 2 - Sacramento Marathon, Cal-State Sac'to. (See PA Hnbk)
- Oct 2 - Natl. AAU Sr. Men's 25-Kilo, Oahu, Hawaii, 8 am. Natl. 25-Kilo, 44-122 Kalenakai Pl., Kaneohe, Hawaii
- Oct 2 - Pamakid Lake Merced Run, S.F. (7 Mi.). (See PA Hnbk)
- Sep 25 - Bear Footrace, 6 Mi. X-C, Bear Valley, 100 miles east of Stockton, 11 am. Jan Parelius, Box 5, Bear Valley 95223.
- Oct 2 - Tapia Park 10-Kilo Team Race, L.A. Area, 10 am. Culver City AC, 15232 Burton, Van Nuys 91400. (SPA)
- Oct 8 - SDTC European X-C Run, UCSD, San Diego, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Oct 8 - Yosemite Park 3 & 5 Milers (Curry Village), 11 am. Jim Martin, 2530 N. Barton Ave., Fresno 93703. (CCA)
- Oct 8 - One-Hour Run, Univ. of Nevada, Las Vegas, 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Oct 8 - State of Jefferson 7-Miler, Ashland, Ore., 11:15 am. Dan Bulkley, c/o Southern Oregon College, Ashland, OR 97520. (OA)
- Oct 8 - Berkeley Waterfront Run, 5.09 Mi., Berkeley. (See PA-AAU LDR Handbook)
- Oct 8 - Santa Monica 15-Miler, Santa Monica CC, 9 am. Ray McKay, 2212 Ocean Park Blvd., Santa Monica 90405. (SPA)
- Oct 9 - Mile-Square Park 10-Kilo X-C, L.A. Area, 10 am. Joe Salicido, P.O. Box 2086, Huntington Beach 92649. (SPA)
- Oct 9 - ORRC Gabriel Park X-C, 6 Mi., Portland, OR, 2 pm. Rick Raymond (Ph. 244-1557). (OA)
- Oct 9 - DSE Kennedy Drive Run, 4 Mi., Golden Gate Pk. (Polo Fields), 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Oct 9 - Garland Ranch 10-Kilo X-C, Carmel Valley. (See PA-AAU LDR Handbook)
- Oct 10 - Columbus Day X-C Relays, (3x4 Mi., & 3x1 Mi. Age-Grp.), Santa Rosa. New Contact: Ron Kesecker, 1908 Malano Ct., Santa Rosa 95401. (See PA-AAU LDR Handbook for further info.)
- Oct 15 - ORRC 10-Kilo, Oak Hills, OR, 9 am. Ed Lilly (Ph. 292-1947). (OA)
- Oct 15 - Sunset Park 6 Mi. X-C Run, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Oct 15 - 3, 8, & 16-Kilo Fun Runs, St. Vincents HS, Petaluma, 9:30 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Oct 15 - Reedley Road Runs, 3 Miles(?), Girls & Women Only?, 8 am. Reedley Dist. C of C, 1724 - 11th St., Reedley 93654. (CCA)
- Oct 16 - Berkeley-to-Moraga Ridge Run, 13.9 Mi., Berkeley. (Dropped from AAU Schedule; See PA-AAU LDR Handbook)
- Oct 16 - Santa Barbara Marathon, LaPlaya Stadium (SBCC), 7:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (SPA)
- Oct 16 - Natl. AAU Sr. Men's 15-Kilo Champs, Gardner, Mass. Henry Dernalowicz, City Hall, Gardner, MA 01440.
- Oct 22 - Golden Gate Women's Run, 10-Kilos, San Francisco. (See PA-AAU LDR Handbook)
- Oct 22 - Foothill College 4-Mile X-C Run, Los Altos. (See PA-AAU LDR Handbook)
- Oct 22 - 10,000-Meter Track Run, Univ. of Nevada, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Oct 22 - OTC Internat'l Style X-C (12-Kilo Open), Lane Comm. Coll., Eugene, OR, 10:30 am. Mike Manley (Ph. 344-5659). (OA)
- Oct 22 - Atascadero Colony Days 4-Miler, Atascadero, time TBA. Stan Rosenfield, 1561 Hillcrest Rd., San Luis Obispo 93401. (SPA)
- Oct 22 - San Dieguito 10-Mile Handicap, San Diego area, 9 am. Dave Baxter (Ph. 775-4259). (PSA)
- Oct 22 - Internat'l Rice Festival Marathon, Crowley, LA (finish), 7 am. Charlie Attwood, 621 N. Ave. K, Crowley, LA 70526.
- Oct 23 - New York City & Masters Men's AAU Marathon, N.Y.C. (NOTE: Sr. Men's Natl. AAU Marathon to Culver City, Dec. 4) (By 9/23)
- Oct 23 - Natl. AAU Sr. & Masters Women's Marathon, St. Paul, Minn. Alexandria Boies, 6 Shadow Ln., North Oaks, MN 55110.
- Oct 23 - Long Beach Rotary Club 16.2 & 4.1 Milers, Cal-State Long Beach, 9 am. Frank Bole, 3325 Druid Ln., Rossmoor 90720. (SPA)
- Oct 23 - ORRC Reed College X-C Run, 6 Mi., Portland, OR, 2 pm. Mike Bergman (Ph. 246-9517). (OA)
- Oct 23 - (Date Change...see Nov. 6) PA-AAU Masters X-C Championships, 10-Kilo. (See PA-AAU LDR Handbook)
- Oct 23 - DSE Presidio Roller Coaster Run, 4 Mi., Presidio of S.F. (Mtn. Lake Pk.), 10 am. Walt Stack, 321 Collingwood, SF 94114.
- Oct 29 - Angwin to Angwish Run, 8.2 Mi., Pacific Union Coll., Angwin, 10 am. Darren George, 692 Sunnyside Rd., St. Helena 94574.
- Oct 29 - Natl. AAU Sr. & Masters Men's 20-Kilo Champs, Tulsa, Okla., 1 pm. Larry Adudell, 4519 S. Kingston, Tulsa, OK 74135.
- Oct 29 - ORRC Oxbow 5.1-Miler Run (& 2-Miler), Gresham, OR, 9 am. Gene Sele (Ph. 292-5109). (OA)
- Oct 29 - SNA-AAU 5-Mile Championships, Sunset Pk., Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Oct 30 - Oakland Brass Pole Run, 10-Kilo, Lake Temescal, Oakland, 9:30 am. Brass Pole Run, P.O. Box 13037, Oakland 94611.
- Oct 30 - DSE Legion of Honor 4.5-Miler (Clement & 34th Av.), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)

## SCREEN PRINTING

Looking for a way to make money for your club or school? In need of printing on your team uniforms? Before you look any further, please read over this information sheet. --- If you have garments that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience at the address below, or by phoning 415/341-3119...best time to get me is after 8 pm on weekdays (or leave a message on my recorder).

Our screening is done by a well-known, quality printer...they have done the popular shirts to the right, as well as many others, in up to five different colors. Our artist (who designed the shirts shown) can help you clean up your rough idea, or can do something from scratch...write for free estimates.

Prices: - You'll find that our prices are very reasonable, with larger orders getting substantial price breaks...over 50% discount in some cases. For a table of prices, please write.

Inks & Dyes: - We use top quality products with five different ink types...used to get the best results on various fabrics. Fading is very minimal.

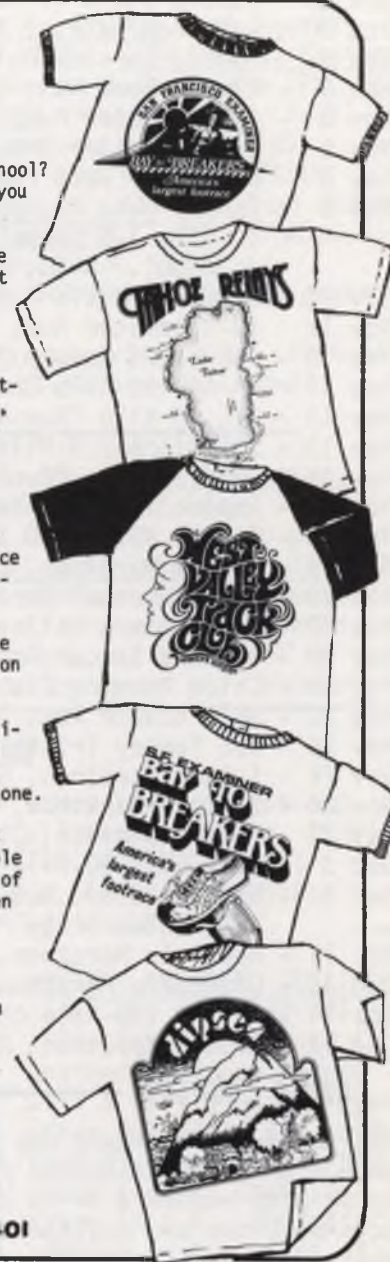
Turnaround Time: - We take pride in giving you quality products with very little waiting. Under normal circumstances, we will complete your job in 10-14 working days, assuming little artwork needs to be done.

Color Matching: - Since dye lots vary and materials absorb colors in a different manner, it is impossible to guarantee color-matching on duplicate shipments of previous orders, or the matching of exact shade when fabrics differ. However, matching is usually very close to perfect.

Garments: - Besides T-shirts, we carry tanktops, warmups, etc. (men's and women's styles), with team discounts of 10% (10 or more). -- Normal T-Shirt  
Stock Colors: (Mid-Wgt. & Heavy) Beige, yellow, light blue, orange, red, gold, navy and black; (Trim) Navy, red & orange-heather in mid-wgt. and navy, red & navy-heather in heavy cotton. Other colors available (usually 4-6 weeks extra).

### JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401





- Oct 30 - Sonoma State College "Wrong Turn" Marathon, Rohnert Park. (*Pre-Enter Only; First 500 Entries*) (See PA-AAU LDR Handbook)
- Oct 30 - Halloween Race, 5 Miles, Los Gatos. (See PA-AAU LDR Handbook)
- Nov 5 - Family Service Guild "Fundraiser", 10-Kilo, Lafayette Reservoir, 10 am. Sherrian Morris, 257 Montair Dr., Danville 94526.
- Nov 5 - Almond Bowl Runs (3 & 6 Miles), Chico. (See PA-AAU LDR Handbook)
- Nov 5 - 15-Kilometer Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Nov 5 - ORRC 10-Miler Track Run, Duniway Pk., Portland, OR, 9 am. Al Larner (Ph. 292-5455). (OA)
- Nov 6 - Excelsior West End Run, 10-Kilos, Golden Gate Pk., San Francisco. (See PA-AAU LDR Handbook)
- Nov 6 - (*NOTE: Date Changes--Masters X-C moved from 10/23 & Sr. X-C moved from 11/13*) - PA-AAU Sr. Men's & Masters Men's & Women's 10-Kilo X-C Championships, Monterey Peninsula (site TBA), register at Monterey Peninsula College (Reg. from 1 pm; race at 3:30 pm). WVTC, Gary Goettelmann, Story Rd., Carmel Valley 93924. (*Enter Raceday Only*) (See Pg. 4 for more information)
- Nov 12 - ORRC Oak Hills 7-Miler, Oak Hills, OR, 9 am. Ken Winters (Ph. 227-5802). (OA)
- Nov 12 - 20-Kilometer Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Nov 13 - DSE Yacht Harbor 7.6-Miler (Meet at Presidio Gate & Marina Green), S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114.
- Nov 13 - PA-AAU 30-Kilo Championships, & 3-Mile Run, Stockton area. (See PA-AAU LDR Handbook)
- Nov 13 - OTC 10-Kilo "Run Along the River", Alton Baker Pk., Eugene, OR, 1 pm. John Frey, 1450 Fir South, Salem, OR 97302. (OA)
- Nov 13 - SOS Pioneer 9-Miler, Phoenix HS, Phoenix, OR, 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Nov 19 - 10-Kilometer "Turkey Run", Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Nov 19 - Empire 15-Kilo, Santa Rosa. (See PA-AAU LDR Handbook)
- Nov 19 - Oregon USTFF/AAU X-C Champs (many divisions), Lane Comm. Coll., Eugene, OR, 10 am. Al Tarpennig (Ph. 747-4501) (*By 11/17*)
- Nov 19 - Cheney Marathon, Cheney, Wash., 11 am. Ruth Van Kuren, 418 Cocolalla, Cheney, WA 99004. (PNWA)
- Nov 20 - YMCA Rosebowl Marathon, San Pedro, time TBA. John Provost, San Pedro & Peninsula YMCA, 301 S. Bandini, San Pedro 90731.
- Nov 20 - Santa Clara Valley Autumn Ridge Runs (6.07 & 10.76 Mi.), Milpitas. (See PA-AAU LDR Handbook)
- Nov 20 - Cup and Saucer Run, 8.7 Miles, Napa. (See PA-AAU LDR Handbook)
- Nov 20 - Chico Running Club Bike & Run (2 races--6 Mi. & 17.8 Mi.), Butte County, 2 runner & 1 bike. (See PA-AAU LDR Handbook)
- Nov 20 - MHTC Gobble Run, 1 & 3 Miles, Mt. Hood Comm. Coll., Gresham, OR, 2 pm. Earl Gerber, 44 NE 188th, Portland, OR 97230.
- Nov 20 - DSE Turkey Triathlon (7 Mi. Bike; 4 Mi. Run; 3/8 Mi. Swim), Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F.
- Nov 26 - Island Marathon, Sauvies Island, nr. Portland, OR, 11 am. Portland Jaycees, 824 S.W. Fifth Av., Portland, OR 97204. (OA)
- Nov 26 - Seattle Marathon, Seward Pk., Seattle, Wash., 11 am. Evan Shull, c/o Dean Ingram, 507 Cobb Med. Ctr., Seattle, WA 98101.
- Nov 27 - Pepsi 20-Miler, Clarksburg, (nr. Sacramento). (*NO POST ENTRIES...Entries Close Nov. 19*) (See PA-AAU LDR Handbook)
- Dec 3 - Natl. AAU 50-Kilo Championships (all divisions), Central Pk., N.Y.C., 9 am. Fred Lebow, 226 53rd St., New York, NY 10022
- Dec 4 - Natl. AAU Sr. Men's Marathon (& Western Hemisphere Marathon), (*Changed from NYC Marathon*), Culver City, 8 am. Carl Porter, Culver City Parks & Recr. Dept., 4117 Overland Ave., Culver City 90230. (SPA) (*Probably Pre-Entries Req'd.*)
- Dec 11 - Honolulu Marathon, 6:30 am. Honolulu Marathon Ass'n, P.O. Box 27244, Chinatown Sta., Honolulu, HI 96827. (*Pre-Entries?*)
- Dec 10 - Livermore Marathon, Livermore. (See PA-AAU LDR Handbook)
- Dec 11 - PA-AAU 100-Kilo Championships (& 12-Hour Run), Woodside (track run). (See PA-AAU LDR Handbook)
- Dec 17 - Madera Marathon, Madera H.S., noon. Coach Dee Dewitt, 200 S. "L" St., Madera 93637. (CCA)

## CROSS COUNTRY

The following schedule was compiled by Marc Lund & Jack Leydig. We got scattered response from our readers and some 200+ coaches we sent requests to in August. Thanks to Fred Baer for his help with the Jr. College schedules, and to all those who took the time to write or drop us their schedules. Much of the meet information you see was obtained by 'digging' and calling a lot of people. Much of the information is not definite...so be absolutely sure you check other sources before you go to these meets. **PLEASE SEND ADDITIONS & CORRECTIONS TO THIS SCHEDULE.** Deadline for next issue is Oct. 15th.

**CODING:** - All X-C meets are lumped together below and are identifiable by coding which signifies entry restrictions, unless the name of the meet makes the restrictions obvious: (O) Open; (C) College & Univ.; (JC) Jr. College; (HS) High School; (M) Masters Men; (MW) Masters Women; (BAG, GAG) Boys & Girls Age-Group (standard AAU breakdown); (W) Women; (JHS) Jr. High School. -- *Note: Our coding may not be entirely perfect (some are educated 'guesses'), so check with meet directors first.*

- Sep 17 - Half Moon Bay Invit., Beach Run (JC); Mt. Shasta Invit., Weed, 10 am (JC); Sonoma State All-Comers X-C, 8-Km., 11 am--Bob Lynde, Sonoma St., Rohnert Pk. 94928 (O,W,M,MW); So. Tahoe Steppers X-C, So. Lake Tahoe--Rick Brown, P.O. Box 7556, #124, SLT 95731 (GAG,BAG,W).
- Sep 18 - Walnut Festival Races, Walnut Crk. (GAG)-(See LDR Handbook, Pg. 31).
- Sep 19 - Menlo-Atherton Invit., Atherton, 3 pm (HS).
- Sep 22 - MTAL Center Meets, York School, Pacific Grove, 3:30 pm (HS).
- Sep 23 - Yosemite Run & Clinic, 4 pm (JC).
- Sep 24 - Yosemite Run & Clinic, 11 am (JC); Solano Invit., Rockwell Pk., 10 am (JC); Block D Relays, Mt. Diablo HS, Concord, 9 am (HS); Sonoma State All-Comers X-C, 8-Km., 11 am--See 9/17; Laguna Seca Invit., Toro Pk., 10:30 am (HS); Alum Rock Invit., San Jose, 10 am (HS); Sunnyvale Invit., Sunnyvale HS, 10 am (HS); SJS vs. Sac'to St., San Jose, 11 am; Frogtown Invit., Angels Camp, 9 am (HS); Chico Invit., Chico, 10 am (HS); Monterey Peninsula TC X-C, Pebble Beach (GAG,BAG)--(See LDR Hnbk, Pg. 31); WVTC, San Diego St., Stanford, Stanford, 10 am; WVTC, Stanford, DeAnza & others, Stanford, 9 am (W).
- Sep 25 - Huddart Pk. Hill Run, Woodside (4 Mi.) (BAG,GAG,W,O) --(See LDR Hnbk, Pg. 31).
- Sep 29 - Stanford Invit., Stanford Univ. (HS).
- Oct 1 - Canada College Invit., Redwood City, 11 am (JC); Porterville Invit., Porterville, 10 am (JC); Golden Gate Invit., GG Park, S.F., 10 am (JC); Chico Invit., Site TBA, 11 am (JC); Fresno St. Invit., Woodward Park, 8:30 am (O,C,HS,JHS); College Park Invit., Pleasant Hill, 9 am (HS); Sonoma St. All-Comers X-C, 8-Km., Rohnert Pk., 11 am--See 9/17; OAL Invit., Joaquin Miller Pk., Oakland, 10:30 am (HS)--Skyline HS host school; Artichoke Invit., Half Moon Bay, 9:30 am (HS); Livermore Invit. (??--see Oct. 8) (HS); WVTC vs. Sac'to St., Sac'to St., 11 am; Nevada Union Invit., Grass Valley, 10 am (HS); Colfax Invit., 10 am (HS); Lassen Invit., Susanville(?) (HS); Roseville Gazelles X-C, Sierra College, Rocklin (BAG,GAG,W)--(See LDR Hndbk, Pg. 31).
- Oct 6 - Golden Gate Conf. Center Meet, Belmont, 3 pm (JC).
- Oct 8 - CSM Invit., Belmont, 10 am (JC); USTFF Invit., Long Beach, 10 am (C,O); Livermore Invit., Del Valle Reservoir, 9 am (HS); San Ramon Invit., Danville, 9 am (HS); Aggie Invit., UC Davis (10-Km.), 10 am (C,O);

## Photos From Races Past and Present



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- Oct 8 - So. Oregon Invit., Ashland, 11 am (C); Merced Invit., Merced HS (HS); Aptos Invit., Aptos HS, 10 am (HS); Crystal Sprgs. Invit., Belmont, 9 am (HS); Danville Invit., San Ramon HS (HS); Bella Vista Invit., Sacramento, 10 am (HS); Folsom Invit., 10 am (HS); Santa Rosa Starlight X-C, Howarth Pk. (BAG,GAG,W)--(See LDR Hnbk., Pg. 31).
- Oct 10 - Columbus Day X-C Relays, Santa Rosa (BAG,GAG)--(See LDR Hnbk.)--(New Contact: Jim Pfeiffer, Box 3506, S.R. 95404)
- Oct 13 - Golden Gate Conf. Center Meet, Coyote Pk., 3 pm (JC); Center Meet, Belmont, 3 pm (HS).
- Oct 14 - USTFF Long Beach X-C Champs, CSLB (C,O)--Ron Alice, CSLB, Long Beach 90801.
- Oct 15 - Aztec Invit., San Diego (JC,C,O)--Dick Hill (286-6569); Hancock Invit., Santa Maria, 10 am (JC); Stanford Invit., 10-Km., 10 am (C,O,JC,W?); Hayward Invit., Hayward, 9 am (HS); Antioch Invit., Antioch HS (HS); Santa Maria Invit., Righetti HS (HS); Rio Linda Invit., Sac'to (HS); Soquel Invit., Soquel (HS); Orinda TC X-C, Site TBA (BAG,GAG,W)--(See LDR Hnbk., Pg. 31); Reedley Road Runs (GAG,W)--(See LDR Schedule).
- Oct 16 - Sr. Olympics 10-Kilo X-C, Malibu Crk. State Pk., 8 am (M)--(Oct. 7 deadline)--Sr. Olympics, 5525 Wilshire Blvd., Suite 302, Los Angeles 90036.
- Oct 19 - McAteer Invit., San Francisco (HS)--(Possibly 10/26).
- Oct 20 - Center Meet, Crystal Sprgs. Course, Belmont, 3 pm (HS).
- Oct 21 - Mt. SAC Invit., Walnut, 10 am (JC); Santa Barbara Invit., UCSB?, 3:30 pm (JC).
- Oct 22 - Redding Invit. X-C, Shasta College, 10 am (GAG,BAG)--(See LDR Hnbk., Pg. 31) and (W)--Tom Heinonen, 2929 Madison, Eugene, OR 97405 (Pre-Entries Req'd for women); Cal-Poly Invit., San Luis Obispo, 10:15 am (10-Km.) (C,O) & (5-Km.) (WC,WO)--Steve Miller, Cal-Poly Coach; Pleasant Hill Invit., Pleasant Hill HS, 9 am (5 Mi. for C,O) (HS); Leigh/Lynbrook Invit., Hellyer Pk., San Jose (HS); Madera Invit., Madera, 10 am (HS); Matador Relays, Sac'to, 10 am (HS); Knox Invit., 11 am (HS); Surf City Str. X-C, Aptos (GAG,BAG,W)--(See LDR Hnbk., Pg. 31); USTFF X-C Invit., Morro Bay St. Pk. (2.5 & 10-Km.), 10:15 am....(same as Cal-Poly Invit. above); McKinleyville Beach Run, nr. Arcata (HS).
- Oct 27 - Center Meet, Crystal Sprgs. Course, Belmont, 3 pm (HS).
- Oct 28 - Golden Gate Conf. Center Meet, Coyote Hills Pk., 3 pm (JC).
- Oct 29 - Pacific Grove Invit., 10 am (HS); Pac-8 So. Div., 10-Km., 10 am (UCLA); Natl. 2-Mile Postal, West Valley College track (HS); PA-AAU Age-Group & Jr. Women's Champs, Millbrae, Mills HS (GAG)--(See LDR Hnbk.).
- Nov 2 - S.F. All-City Champs, Golden Gate Pk., S.F. (HS).
- Nov 4 - Golden Gate Conf. Champs, Rocklin (Sierra College), noon (JC).
- Nov 5 - Coast Conf. Champs, Belmont, 10 am? (JC); Valley Conf. Champs, Fresno, noon (JC); Camino Norte Conf. Champs, Santa Rosa (Sprg. Lake), 10 am (JC); Golden Valley Conf. Champs, Sierra Coll, Rocklin (JC); WCAC Champs, Reno, 2 pm (C); Swenson Invit., Pebble Beach, 10 am (HS); Far West Conf. Champs, UC Davis, 11 am (C); Northern Section Champs, Lassen, 11 am (HS); Woodside Str. X-C, Canada College, Redwood City (GAG,BAG,W)--(See LDR Hnbk., Pg. 31).
- Nov 6 - PA-AAU X-C Champs (Sr. Men & Masters Men & Women), Monterey area, 3:30 pm (10-Km.)--(See LDR Schedule).
- Nov 11 - USTFF Masters X-C Champs, Green Valley, Ariz.--Steve Myers, P.O. Box 587, Green Valley, AZ 85614.
- Nov 12 - NorCal JC Champs, Sierra College, Rocklin, 11 am (JC); SoCal JC Champs, Pierce College, L.A., 11 am (JC); NCAA Div. II Champs, Chicago, 10 am (C); NCS Champs (Central Valley Div.), Lafayette Res., 10 am (HS); NCAA Dist. 8, 10-Km., Stanford, 10 am (C); Mills Frosh Harrier Run, Millbrae, 9:30 am (HS); AAU State Champs, Los Angeles (GAG,W)--Dave Japs, 835 Oakdale, Rialto 92376.
- Nov 13 - Natl. AAU Masters X-C Champs, 10-Km., Wash. D.C.--Tony Diamond, 4200 Cathedral Ave. NW, Washington, D.C. 20016
- Nov 17 - CCS Region I & III Champs, Belmont, 3 pm (HS).
- Nov 18 - CCS Region II Champs, Belmont, 3 pm (HS).
- Nov 19 - State JC Champs, Sierra Coll., Rocklin, 11 am; NCS Champs, Lafayette Res., 10 am (HS); USTFF Western Regional Champs, Woodward Pk., Fresno, 11 am (C,O).
- Nov 20 - PA-AAU Jr. Olympic X-C Champs, Santa Rosa (GAG,BAG)--(See LDR Hnbk., Pg. 31)...qualifying for Region 13 J.O.
- Nov 21 - NCAA Div. I, Spokane, Wash. (10-Km.), 11 am (C).
- Nov 22 - CCS Finals, Crystal Sprgs., Belmont, 3 pm (HS).

- Nov 26 - Natl. AAU Sr. Men's X-C Champs, 10-Km., Houston, Tex. --Bob Cozens, 6619 Belmont, Houston, TX 77005; Natl. AAU Sr. Women's & Age-Group X-C Champs, Los Angeles (GAG,W)--Dave Japs (See Nov. 12); SDTC Invit. Masters X-C, 5-Km., San Diego, 11 am--Augie Escamilla (Ph. 262-2128); Region 13 J.O. Champs (Moved to Dec. 3rd).
- Nov 28 - Natl. 3-Mile Postal, WVC, Saratoga, 2:30 pm (HS).
- Dec 3 - Region 13 J.O. Champs, Hooker Oaks Complex, Chico (BAG,GAG)--(See LDR Hnbk., Pg. 31; Changed from 11/26); USTFF Oxy College Distance Carnival, L.A. (HS,JC,C,O)--Steve Haas, Occidental College, L.A. 90041.
- Dec 4 - PA-AAU Jr. Men's X-C Champs, Belmont (Under 20 years)--(See LDR Hnbk.).
- Dec 10 - Natl. Jr. Olympic X-C Champs, Longview, Wash. (BAG,GAG)--(Must qualify from Region 13 Meet on Dec. 3rd).

## TRACK & FIELD

Although it may seem a long time off, the winter all-comers meets will be here soon enough. Since our next issue will be out in late Oct. or early Nov., it's important that we get as much information as possible by not later than Oct. 15th... any later than that and we won't get another issue out until some of the meets have passed. Even if you aren't positive that a particular meet(s) will take place, at least let us know your 'hunch', and then we can follow up on it. Thanks!

## RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following individuals--(NorCal) Wayne Glusker, 20391 Stevens Creek Blvd., Cupertino 95014 (Ph. 408/996-1272); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010; (Pacific NW) Don Jacobs, Box 23146, Tigard, OR 97223.



Wayne Glusker leads teammate Bryan Snazelle at the Natl. AAU Track and Field Championships at UCLA. Wayne went on to finish fourth (results in last issue). /Lani Bader Photo/

WOMEN'S NATIONAL 10-KILO (June 18, Stanford Univ.): - Sue Brodock cruised to another American record with a 51:17, only a week after her 24:10 for half that distance at the AAU Track & Field Championships in L.A. She was pressed by Sue Liers of the Island T.C. who recorded a quick 51:51. The margin would have been closer but for the fast pace which caused Ms. Liers to vomit with only a half-mile remaining. WVTC's Sally McPherson was the top NorCal finisher in third, clocking a very good 54:10.0 and qualifying for the World Championships in Sweden. (Ed. - She was unable to attend that meet because of insufficient funds.)

1-S. Brodock/RRR 51:17,  
2-Sue Liers/ITC 51:51,  
3-Sally McPherson/WVTC 54:10, 4-J. Brodock/RRR 54:29.1, 5-Jeannie Bocci/MCS 55:33, 6-C. Sakelarios/RCF 55:51, 7-J. Steiner/RRR 56:25.1, 8-E. Smith/NY 56:45, 9-M. Lang/ITC 57:43, 10-Sandy Briscoe/Stanford 58:10, 11-Cindy Best 58:12, 12-L. Bottlick 58:12. Teams: RRR 12, ITC 22, RCF 37, WDS 48. /S. McPherson; W. Glusker/

ONE-HOUR POSTAL MEET (July 3, S.F. State?): - This race featured some very keen competition, as both Tom Dooley and Wayne Glusker went over 8 miles (32 laps). 1-Dooley/WVTC 8-157, 2-Glusker/WVTC 8-22, 3-Manny Adriano/WVTC 7-949, 4-Bryan Snazelle/WVTC 7-882, 5-Paul Wade 6-411 (age 11), 6-Harry Siitonen/NCS 6-348, 7-David Augustus (age 12) 5-1530, 8-Mike Augustus (age 10) 5-1317, 9-Brian West (age 9) 5-1129. /Wayne Glusker/



50-KILO TRACK WALK (July 17, S.F. State); - The only finisher of this race on the S.F. State track was Bryan Snazelle, who recorded an excellent PR of 4:33:26.4. Completing 35-Km. were Tom Dooley (2:59:58) and Wayne Glusker (3:02:47), while Bill Ranney went half the distance in 2:16:40. /Wayne Glusker/

SR. NATL. 40-KILO: (July 31, Long Branch, N.J.): - Two local walkers travelled to this one as a tuneup for the National 50-Kilo, which was two weeks later. Wayne Glusker finished a very commendable third in 3:38:37, while teammate Bryan Snazelle clocked a sub-par 4:00:03. 1-Tom Knatt/NMC 3:33:28, 2-Carl Schueler/PV, 3-Glusker/WVTC 3:38:37, 4-Falciola/Shore 3:40:00, 5-Daniel/NYAC 3:48:10, 6-Price/PV 3:48:12...13-Bryan Snazelle/WVTC 4:00:03. Teams: PV 14, ShoreAC 16, Island TC 24. /Glusker/

SR. NATL. 50-KILO: (Aug. 14, Columbia, Mo.): - The Bay Area was well-represented as West Valley TC'ers finished a complete team of Tom Dooley (4th), Wayne Glusker (8th), and Bryan Snazelle (14th). I believe the team took second, but that wasn't mentioned in the results! Dooley's swift 4:26:26 was a PR and was only six and a half minutes back of winner Larry Young's quick 4:19:58. 1-Young 4:19:58, 2-Dan O'Connor 4:24:06, 3-Augie Hirt 4:25:30, 4-Dooley/WVTC 4:26:26, 5-Bob Rosencrantz 4:29:23, 6-Randy Mimm 4:32:01, 7-Martin Kraft 4:34:00, 8-Glusker/WVTC 4:34:40, 9-Knifton/NYAC 4:37:58, 10-Sweazy/Canada 4:41:32, 11-Knatt/NMC 4:41:39...14-Snazelle/WVTC 5:08:50. Tom's performance lowered his PR by some 9 minutes and qualified him for competition in the Lugano Cup Championships in Italy (Sept.). /Glusker/

## Prep Ramblings

by Keith Conning

Notice to Fans: - Please send me results and stories about cross-country from your local newspapers. As you know, Northern California is a large area, and no one paper covers the whole area. Thanks! -- Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

ADDITIONS TO PREP BESTS: - The following marks were overlooked in our last issue, which featured the 1977 "NorCal Prep Bests". BOYS: 330LH--37.60 by Brad Hall/Monta Vista (5th in CCS Meet); 440--48.08 by Mike White/Richmond (State Meet heat); GIRLS: TTOLH--14.45 by Candy Ross/Berkeley (State Meet).

### 1977 PREP RANKINGS

The 1977 Prep Rankings (NorCal) are based on performances at the most important competitions of the year--Section, State, International Prep Meet. Usually the athletes are listed in the order of their State Meet finish. Following are some exceptions: Tim Holmes rates second in the two-mile because of his fine race (8:55.3) in Evanston, Illinois. Unfortunately, this ranking leaves out extraordinary athletes like distance ace Carlos Carrasco and sprinter Freida Cobbs who were injured and didn't compete throughout the entire season. However, their performances were recognized in the last issue. Sometimes athletes with better performances such as Tom O'Neil are not ranked because they were beaten at the State Meet. Thus, Ken Holladay gets the nod in the two-mile over Tom. Ross McAlexander was chosen off his fine 15-0 jump at San Jose, even though he failed to clear a height at Los Angeles. Paul Bates takes the triple jump because of his Section and IPI performances. Kurt Durham edges Loren Leberz based on a season best. Candy Ross places ahead of Sonja Harrigfeld and Susie Boehner on the basis of a higher seasonal best. Leslie Deniz deserves her ranking in the discus since her Section only sends one representative to the State Meet. Boys rankings are followed by girls rankings.

100: (1) Willie Jackson (Franklin/Stockton)--9.9 (1st Section); 9.74 (3rd State).  
(2) Chris Dailey (Kennedy/Sacramento)--9.9 (2nd Section); 9.78 (4th State).  
(3) Jim Burrell (Piner/Santa Rosa)--9.7 (1st Section); 9.86 (6th State).

220: (1) Jim Burrell (Piner/Santa Rosa)--21.8 (1st Section); 21.45 (3rd State).  
(2) Mike Washington (Burbank/Sacramento)--22.0 (2nd Section); 21.46 (4th State).  
(3) Willie Jackson (Franklin/Stockton)--21.8 (1st Section); 21.89 (6th State).

440: (1) \*Mike White (Richmond)--48.2 (1st Section); 48.35 (5th State).  
(2) Mark Campbell (Castlemont)--48.5 (1st Section); 49.45 (8th State).  
(3) \*William Stapleton (Lincoln/S.F.)--49.3 (1st Section); 49.18 (4th in heat, State).

880: (1) \*Mike White (Richmond)--1:53.2 (1st Section); 1:51.8 (3rd State).  
(2) Dan Navarro (Oakmont/Roseville)--1:54.0 (1st Section); 1:51.9 (4th State).  
(3) Vernon Sallaz (San Leandro)--1:54.3 (3rd Section); 1:52.6 (5th State).

Mile: (1) Mark Stillman (Willow Glen/San Jose)--4:08.66 (1st Section); 4:06.87 (1st State).  
(2) Larry Greer (Paradise)--4:21.5 (1st Section); 4:10.7 (5th State); 4:12.2 (6th GWI).  
(3) Stan Ross (Serra/San Mateo)--4:09.77 (2nd Section); 4:12.9 (6th State); 4:11.0 (5th GWI).

2 Mi: (1) \*Rod Berry (Redwood/Larkspur)--9:05.3 (1st Section); 8:53.4 (2nd State).  
(2) Tim Holmes (Downey/Modesto)--9:05.3 (1st Section); 9:15+ (?? State); 8:55.3 (3rd IPI).  
(3) Ken Holladay (Gilroy)--9:11.3 (1st Section); 9:11.6 (9th State).

120HH: (1) Chuck Gangnuss (Dublin)--14.3 (3rd Section); 14.40 (4th State).  
(2) Greg Marjama (Paradise)--14.1 (1st Section); 14.51 (6th State).  
(3) Will Patterson (DeAnza/Richmond)--14.1 (1st Section); 14.60 (7th State).

330LH: (1) Andre Phillips (Silver Creek/San Jose)--36.50 (1st Section); 36.43 (1st State); 37.7 (4th IPI).  
(2) \*William Stapleton (Lincoln/S.F.)--38.1 (1st Section); 37.20 (4th State).  
(3) Chuck Gangnuss (Dublin)--37.6 (2nd Section); 37.40 (5th State).

440R: (1) Kennedy/Richmond--42.5 (2nd Section); 42.03 (6th State).  
(2) Dublin--42.8 (3rd Section); 42.74 (8th State).  
(3) Silver Creek/San Jose--42.40 (1st Section); 42.2 (4th in heat, State).

MileR: (1) Kennedy/Richmond--3:17.7 (1st Section); 3:15.4 (4th State).  
(2) Richmond--3:18.0 (2nd Section); 3:22.1 (8th State).  
(3) Castlemont/Oakland--3:21.7 (1st Section); 3:19.8 (4th in heat, State).

HJ: (1) Bill Hice (Oakland)--7'0 $\frac{1}{2}$ " (1st Section); 7'0" (2nd State).  
(2) \*Reuben Edwards (Terra Linda/San Rafael)--6'6" (4th Section); 6'10" (?? State).  
(3) Steve Link (Kennedy/Sacramento)--6'8 $\frac{1}{2}$ " (1st Section); 6'8" (10th State).

PV: (1) Blake Fearnside (Del Mar/San Jose)--15'0" (2nd Section); 15'2" (6th State).  
(2) Jim Westlund (Fremont/San Jose)--15'3" (1st Section); 14'6" (9th State).  
(3) Ross McAlexander (Monte Vista/Cupertino)--15'0" (3rd Section); nh (State).

LJ: (1) Kurt Durham (Oakland)--25'1" (1st Section); 25'0 $\frac{3}{4}$ " (1st State).  
(2) Paul Bates (Menlo-Atherton)--23'5 $\frac{1}{2}$ " (1st Section); 22'8 $\frac{1}{2}$ " (8th State); 24'0" (2nd IPI).  
(3) Steve Clark (Highlands)--23'1 $\frac{1}{2}$ " (2nd Section); 22'10 $\frac{1}{2}$ " (12th State).

TJ: (1) Paul Bates (Menlo-Atherton)--49'2 $\frac{1}{2}$ " (1st Section); 44'10 $\frac{1}{2}$ " (19th State); 49'2 $\frac{3}{4}$ " (2nd IPI).  
(2) Kurt Durham (Oakland)--49'2" (1st Section); 48'7" (5th State).  
(3) Loren Leberz (Serramonte/Daly City)--49'0 $\frac{3}{4}$ " (2nd Section); 48'7" (4th State).

SP: (1) Kevin Messenger (Highlands)--64'2 $\frac{1}{4}$ " (1st Section); 62'4" (2nd State). (SP Continued on next page)...

---Continued in next column---



SP: (2) Pat Graham (Leland/San Jose)--59'7" (1st Section); 62'1½" (3rd State).  
(3) \*Dave Porath (Atwater)--60'7½" (2nd Section); 57'8½" (State Trials).

DT: (1) \*Dave Porath (Atwater)--181'10" (1st Section); 189'7" (2nd State).  
(2) Pat Graham (Leland/San Jose)--168'9" (3rd Section); 178'2" (4th State).  
(3) Paul Merdinger (St. Mary's/Stockton)--162'0" (3rd Section); 176'3" (5th State).

--GIRLS--

100: (1) Lena Dillworth (Vallejo)--11.2 (1st Section); 10.86w (6th State).  
(2) \*\*Allison Durnell (Redwood/Larkspur)--11.5 (1st Section); 11.38 (6th in heat, State).  
(3) Jean McDaniel (Sacramento)--11.5 (2nd Section); 11.42 (6th in heat, State).

220: (1) \*\*\*Kim Webster (DeAnza/Richmond)--25.4 (3rd Section); 25.04 (7th State).  
(2) \*\*Allison Durnell (Redwood/Larkspur)--25.2 (1st Section); 25.30 (4th in heat, State).  
(3) \*Eloise Mallory (Silver Creek/San Jose)--25.20 (2nd Section); 25.46 (5th in heat, State).

440: (1) \*\*Marquita Belk (Silver Creek/San Jose)--56.12 (1st Section); 56.21 (4th State).  
(2) Lezli Peterson (Harbor/Santa Cruz)--57.19 (2nd Section); 57.5 (8th State).  
(3) Janet Scott (El Dorado/Placerville)--57.8 (1st Section); 59.2 (9th State).

880: (1) \*\*Ann Regan (Camden/San Jose)--2:11.48 (1st Section); 2:08.0 (1st State).  
(2) \*\*\*Nancy Huyck (Aptos)--2:14.68 (2nd Section); Disq. (State).  
(3) Diana Figliomeni (Saratoga)--2:15.56 (3rd Section); 2:25.7 (8th State).

Mile: (1) \*\*Vicky Bray (Los Altos)--4:52.9 (1st Section); 4:52.8 (2nd State).  
(2) Sarah Sweeny (Marin Catholic/Kentfield)--5:01.9 (1st Section); 4:55.8 (4th State).  
(3) Stacy Kearns (Yuba City)--5:09.3 (2nd Section); 5:09.2 (6th State).

2 Mi: (1) \*\*\*Roxanne Bier (Independence/San Jose)--11:08.6 (1st Section); 10:39.7 (1st State).  
(2) Kathy Adams (San Juan/Citrus Heights)--11:07.5 (2nd Section); 10:42.0 (2nd State).  
(3) Karen Nachbar (San Juan/Citrus Heights)--10:54.3 (1st Section); 10:46.6 (4th State).

110LH: (1) \*Kris Costello (Lynbrook/Sunnyvale)--14.25 (1st Section); 13.97 (1st State).  
(2) Kim Costello (El Camino/So. San Francisco)--14.41 (2nd Section); 14.21 (3rd State).  
(3) Candy Ross (Berkeley)--14.5 (2nd Section); 15.05 (8th State).

440R: (1) Silver Creek--48.44 (1st Section); 48.29 (5th State).  
(2) Vallejo--49.2 (1st Section); nt (?? State Final).  
(3) El Cerrito--48.6 (1st Section); 48.8 (5th in heat, State).

MileR: (1) Tamalpais/Mill Valley--3:58.8 (3rd Section); 3:55.6 (7th State).  
(2) El Cerrito--3:57.8 (2nd Section); 3:55.8 (8th State).  
(3) Terra Linda/San Rafael--3:57.4 (1st Section); 3:57.7 (4th in heat, State).

HJ: (1) \*\*Tonya Alston (Chico)--5'9" (1st Section); 5'7" (3rd State).  
(2) Candy Ross (Berkeley)--5'8" (1st Section); 5'7" (?? State).  
(3) Sonja Harrigfeld (Beyer/Modesto)--5'5½" (1st Section); 5'7" (4th State).

LJ: (1) Becky Rohrer (Red Bluff)--18'11" (1st Section); 18'6 3/4" (7th State). (LJ Continued in next column)

LJ: (2) Suzi Boehner (Clayton Valley/Concord)--18'4½" (1st Section); 18'6" (10th State).  
(3) Connie Paul (Leland/San Jose)--18'0½" (2nd Section); 18'3 3/4" (11th State).

SP: (1) Debra Thorntona (Sacramento)--41'11" (2nd Section); 43'9" (1st State).  
(2) \*\*Susan Springer (Salinas)--43'4" (1st Section); 41'11" (4th State).  
(3) Donna Erickson (Mt. Shasta)--43'10½" (1st Section); 41'8" (5th State).

DT: (1) Karen Stampfli (Lassen/Susanville)--143'5" (1st Section); 137'8" (1st State).  
(2) \*\*Susan Springer (Salinas)--136'7" (1st Section); 133'11" (2nd State).  
(3) Leslie Deniz (Gridley Union/Gridley)--136'4" (2nd Section).

CROSS-COUNTRY PREVIEW

Rod Berry (Redwood/Larkspur) should dominate the cross-country scene this fall. He returns for his final season as a prep. However, he is already looking beyond the NCS meet to the International Cross-Country Jr. Championships next winter. Carlos Carrasco (Mt. Pleasant/San Jose) returns to defend his CCS title. Hopefully, he has recovered from the injury that sidelined him in track. He will be only a junior this fall! Bob Love of Carlmont (Belmont) should also have a very fine season. Other top runners to look for in the CCS are: Paul Brewer (Leigh/San Jose), 4th in the CCS last year and a 9:14 two-miler as a junior; Ken Holladay (Gilroy), 6th in the CCS last year and a 9:11 two-miler (CCS Champ & ninth at State); Matt Hartman (Milpitas), 8th in the CCS last fall and a much better harrier than trackman; Dave Avila (Cupertino), who was 10th in the CCS as a soph last fall and is our pick for a surprise year (he had a good spring and did 4:26 & 9:26, winning the CCS frosh-soph 2-mile); Jack Kurr (Gunn/Palo Alto), and outstanding frosh who won the CCS frosh-soph title last fall and ran in the 9:40's in the postal meet. Some of those to watch in the NCS battle besides Berry will be Mike Biando of Piner (Santa Rosa) and Rich Vasquez (Clayton Valley/Concord). Steve Strangio, who placed seventh in the NCS as a soph last fall, should have as good a shot at the NCS runnerup spot as anyone. Steve is from Fremont's Mission San Jose High. We don't have too much information on valley teams (Sac-Joaquin Section and Northern Section), but Jesuit always produces a very tough squad.

Last year's runner of the year, Darcy Burleson (Chico) returns to dominate the girls' cross-country scene. She will have to contend with Debbie Rudolph (Lassen, Susanville) in the Northern Section. Michelle Stevenson (Castro Valley) is the leading returnee from the North Coast Section. Unless the Central Coast Section changes its rules, there will be no girls' CCS Championships this fall. It's a shame, as some of the finest runners in the state and nation attend high schools in that section. Therefore, many of the girls compete for AAU clubs like the San Jose Cindergals instead. Two tough runners in the CCS will be Rebecca Schmidt (Half Moon Bay), who did an 11:17 in track, and Kim Schnurpfeil (San Mateo), who placed a strong fourth (11:36) in the CCS track meet in May after only five months of running! Both will only be juniors. Laurie Crisp (Downey/Modesto) will also be just a junior and brings an 11:11 two-mile best into this season, along with two road race victories this past summer over longer distances (up to 8 miles). All in all, it should be an exciting season, especially if the CCS lets the girls run in the Championship Meet (then look out for the likes of Roxanne Bier (State 2-mile champ from Independence High in San Jose) and Vicky Bray (runnerup in the State mile from Los Altos), as well as numerous other talented runners).

TRACK & FIELD RESULTS

SAC-JOQUIN SECTION MEET (May 28, Woodland): - /BOYS/ DT: Porath/Atw 181-10, Songer/Cord 167-11, Merdinger/St.Marys 162-0; 120HH: Hicks/Mryvle 14.6, Edwards/Brbnk 14.7, Valentine/Cord 14.8; Mile: Holmes/Downey 4:13.9, Navarro/Okmt 4:14.0, Galagher/Mryvle 4:17.5; TJ: Water/Brbnk 46-7 1/2, Sanders/Grant 46-5 1/4, Lamberson/Frftd 46-4 1/4; 440R: Johnson 42.4, Franklin 42.7, LaSierra 42.7; 100: Jackson/Frnkln 9.9, Dailey/Kenn 9.9, Wright/Johnson 10.0; 220: Jackson/Frnkln 21.8, Washington/Brbnk 22.0, Dailey/Kenn 22.2; 440: Grant/Grant 49.7, Heard/Sac'to 50.1, Delfatti/St.Marys 50.2; (Cont'd next page)



(Sac-Joaquin Section Meet Cont'd)...880: Navarro/Okmt 1:54.0, House/BV 1:55.4, Niederberger/Enc 1:56.4; 330LH: Terry/LS 38.4, Cowling/Sac 38.5, LaRue/SJuan 38.5; 2 Mi: Holmes/Down 9:05.3, O'Neil/Jes 9:05.8, Breuer/ML 9:09.0; SP: Messenger/Hglds 64-2½, Porath/Atw 59-0 1/4, Van Parris/Napa 58-4 1/2; HJ: Link/Kenn 6-8 1/4, Edwards/Merc 6-6 1/4, Bjornsson/Enc 6-6 1/4; LJ: White/Cord 23-4, Clark/Hglds 23-1 1/2, Johnson/Brbnk 23-0 1/4; PV: Brandenburg/Cer 14-3, Hiatt/Vin 14-3, Hanshew/Hughson 13-9; /GIRLS/ SP: Buran/Sonora 43-3 1/2, Munsell/EG 43-0 1/4, Thorntona/Sac 42-5 1/4; 100: Dillworth/Vall 11.2, McDaniel/Sac 11.5, Thomas/EG 11.5; 220: Dillworth/Vall 25.2, McDaniel/Sac 25.7, Vanderdam/Galt 25.8; 440: Scott/ED 57.8, Jones/Hog 58.1, Vanderdam/Galt 58.3; 880: Pappas/YC 2:18.6, Harrigfeld/Beyer 2:19, Christopherson/ED 2:20.2; 2 Mi: Nachbar/SJuan 10:54.3, Adams/SJuan 11:07.5, Crisp/Downey 11:11.0; LJ: McLaughlin/Dav 18-2½, Scott/ED 17-10 1/4, Squier/Jus 17-9 1/2; 110LH: Scott/Van 15.5, Hamilton/Bey 15.8, Terrell/Vall 15.8; Mile: Adams/SJuan 5:05.6, Kearns/YC 5:09.3, Wanamaker/Smvle 5:10.2; HJ: Ellis/Smvle 5-5½, Harrigfeld 5-5 1/2, Koghandoe/SLT 5-5 1/2; DT: Ridenhauer/YC 131-3, Sandoval/Rvrbnk 128-0, Munsell/EG 120-5; 440R: Vallejo 49.2, Sac'to 49.3, Cordova 50.4. /Modesto Bee; Keith Conning/

NATL. AAU GIRL'S AGE-GROUP CLASSIC (June 12, Westwood): /Due to space limitations, only selected results of top NorCal performers are listed/ -- /14-15/ Teams: SCC 73, BA 60, SJC 53...11-BEBTC 17. 100: 3-Young/Berk 11.30; 440:(I) 3-Belk/SJC 55.69, (II) 1-Griffin/WS 56.88; 880: 1-Regan/SJC 2:12.8, 6-Figliomeni/SJC 2:17.1; Mile: 3-Bray/SJC 4:57.0, 4-Shaden/WS 5:02.4; 2 Mi: 1-Bier/SJC 10:47.5(NR), 3-Brogan/Arrow 11:08.9; MileR: 1-SJC 3:49.6(NR), 4-Berk 3:56.0; 2MR: SJC 9:22.7(NR); HJ: 4-Hurley/MLTC 5-4; LJ: 3-Hurley/MLTC 18-10; SP: 4-Pryor/Berk 42-2 1/2, 5-Springer/SVTC 41-8; DT: Springer/SVTC 141-3(NR). /12-13/ Teams: LBC 52, CY 46, SCC 36...9-BEBTC 22, 10-Orinda 20. Pent: 2-Heizman/Arrow 3269, 3-Ellis/OTC 3217; 80mH:(I) 3-Sanders/1980 12.32, 4-Venable/CY 12.44; 200mLH:(II) 1-Venable/CY 30.0, 2-Lewis/Arrow 30.4; 100: 1-Ware/Berk 10.8w(ht) (11.11 in heats); 220: 2-Ware/Berk 25.46; 440:(I) 3-Miller/CY 58.86; 880:(I) 4-Weber/SJC 2:18.4, (II) 1-Demmelmaier/SJC 2:19.3; Mile: 4-Manning/OTC 5:02.6; 440R:(I) 2-CY 49.47, (II) 1-Berk 49.93; 880MR: 1-CY 1:50.1; MileR:(I) 1-OTC 3:59.3, (II) 2-SJC 4:07.6; LJ: 2-Sanders/1980 18-0; SP: 4-Weakley/CY 37-7 1/2, 5-Delear/Arrow 37-6; DT: 2(tie)-107-8, 4-Weakley/CY 94-0; JT: 4-Filkowski/CY 122-0. /10-11/ Teams: SBS 43, RRR 39, CF 30...7-CY 19. 50yH: 4-Morris/1980 7.92, 5-Carney/CY 8.05; 440R:(I) 4-1980-TC 54.79; 880MR:(I) 4-SJC 2:01.2; HJ: 3-Carney/CY 4-10; SP: 3-Moreland/SpTC 28-2. /9-UNDER/ Teams: BA 33, MHD 32, Atoms 26, PRB 26...14-CY 8. 440:(II) 2-Becker/SVTC 70.41; 880: (II) 1-Garcia/CY 2:36.7; 880Wk: 3(tie)-Alstatt/Arrow & Bratton/CY 4:15.6; 880R:(II) 2-SVTC 2:08.9; HJ: 3-Thibodeaux/1980 4-2. /Phil Snyder & Calvin Brown/

WESTERN REGIONAL AAU MASTERS CHAMPIONSHIPS (June 18-19, Santa Ana): - /MEN/ 1500m: (3A) Mahannah/NCS 4:59.3, Preston/SFPAL 5:03.6; 3000mSC: (2B) Waterman/SRC 12:08.9; 5000m: (3A) Preston/SFPAL 17:07.8, Reese/BC 17:53.9; 400mIH: (1B) 2-Gallardo/NCS 71.9, (3B) Dick/NCS 1:36.0; 400mR: (1A) NCS 44.8; LJ: (1A) Conley/WVTC 19-8 1/4, Presber/NCS 19-0; HJ: (1A) 2-Conley/WVTC 5-6, (2A) Roemer/NCS 4-10, (3B) 2-Dick/NCS 4-4; DT: (2B) 2-Stone/NCS 115-4, (3B) Dick/NCS 123-9; 200m: (1B) Marlin/NCS 24.5,

(3A) Jordan/CDM 24.9; 800m: (OB) Cordy/Un 1:58.7, (3A) Mahannah/NCS 2:26.3; 400m: (1A) Bruhner/NCS 52.4, (1B) Frederickson/NCS 57.7, (3A) Koppel/NCS 68.7; 100m: (1A) 2-Tarango/NCS 11.3, (1B) Marlin/NCS 12.0, (3A) Jordan/CDM 12.2; 5000mWk: (2A) 2-Sitonen/NCS 29:51.9, (2B) Smith/Un 30:57.0; 110mHH: (1B) 2-Gallardo/NCS 17.8, (3B) 2-Dick/NCS 23.0; 10,000m: (3A) Reese/BC 39:02.8; 1600mR: (1A) NCS 3:44.2; TJ: (3B) Dick/NCS 27-6 1/2; JT: (1A) Conley/WVTC 200-7, (1B) Letcher/NCS 178-5, (2A) Roemer/NCS 120-0, (3B) 2-Dick/NCS 108-8; /WOMEN/ 5000mWk: (1A) Maynard/WDS 30:12.2; 400m: (OB) Gerard/WDS 63.1, (1A) Obera/NCS 63.1, Parish/NCS 65.0, (2A) Dietderich/NCS 80.2, (2B) Kolda/Un 97.4; 100m: (OB) Sherrard/NCS 12.7, Gerard/WDS 13.3, (1A) Obera/NCS 13.0, Parish/NCS 13.7, (2A) Dietderich/NCS 16.5, (2B) Kolda/Un 17.7; 200m: (OB) Sherrard/NCS 26.9, Gerard/WDS 28.5, (1A) Obera/NCS 27.3, Parish/NCS 28.0, (2A) Dietderich/NCS 34.3, (2B) Kolda/Un 38.9; 800m: (OB) Gerard/WDS 2:42.0, (1A) Parish/NCS 3:05.2; DT: (OB) Sherrard/NCS 92-4; SP: (1A) Parish/NCS 27-2; 5000m: (1A) Maynard/WDS 20:11.4; HJ: (OB) Sherrard/NCS 4-6. /Tom Clayton/

SENIOR OLYMPICS (June 25-26, Irvine): - /MEN/ 100m: (3A) Jordan/CDM 12.0, 3-Satti/NCS 13.5, (1A) 2-Bruhner/NCS 11.5, (OB) Romain/WVTC 11.0; 200m: (3A) Jordan/CDM 25.4, 3-Satti/NCS 28.3, (1B) 3-Washington/NCS 24.9, (1A) Bruhner/NCS 23.2, (OB) Romain/WVTC 22.4, (OA) 2-Harris/WVTC 22.7, (25-29) 3-Marshall/WVTC 22.7; 400m: (3A) 2-Satti/NCS 64.4, 3-Reese/BC 68.7, (1B) 2-Dowell/NCS 57.0, 3-Washington/NCS 58.0, (1A) Bruhner/NCS 53.0, (OB) Romain/WVTC 48.7, (OA) 2-Harris/WVTC 49.7, 3-Growdon/WVTC 51.0; 800m: (3A) Mahannah/NCS 2:27.5, (2B) 2-Waterman/NCS 2:27.7, (OB) Romain/WVTC 1:56.9, Cordy/Un 1:58.5, (OA) Harris/WVTC 2:01.3; 1500m: (3A) Mahannah/NCS 4:58.6, Reese/BC 5:21.5, (2B) 2-Waterman/SRC 5:01.9; 5000m: (3A) Preston/SFPAL 18:19.5, Reese/BC 19:05, (2A) O'Neil/SFOC 16:42.9; 10,000m: (3A) Preston/SFPAL 38:08.7, Reese/BC 39:27, (2A) O'Neil/SFOC 34:17.3; 3000mSC: (2B) Waterman/SRC 11:47.9, (1B) Stevenson/SRC 11:12.9; 110mH: (3A) 3-Satti/NCS 20.5, (2A) 2-Wigginton/NCS 19.0, (1B) 2-Gallardo/NCS 18.3, (1A) Andrews/BAS 15.5, Parish/NCS 16.5; 400mH: (1B) Dowell/NCS 64.5, Gallardo/NCS 69.2, (1A) Andrews/BAS 61.8; 400mR: (1A) 2-NCS 46.6, (25-29) WVTC 44.2; MileR: (25-29) WVTC 3:24.3; DT: (3B) Carnine/NCS 138-9, (2A) 3-Wigginton/NCS 106-7; HJ: (2A) Wigginton/NCS 4-9, (1A) 2-Conley/WVTC 5-4; JT: (3B) 2-Carnine/NCS 121-4, (2A) Wigginton/NCS 109-10, (1B) 2-Phillips/NCS 143-8, (1A) Conley/WVTC 202-10, (OA) 3-Keith/WVTC 125-11; LJ: (3A) Satti/NCS 16-0 1/4, (1A) 2-Andrews/BAS 20-7, 3-Conley/WVTC 18-11, (25-29) Anderson/WVTC 23-8, 3-Bland/WVTC 20-5; PV: (2A) 2-Wigginton 9-6; SP: (3B) 2-Puglizevich/NCS 37-3, (2A) 3-Wigginton/NCS 38-7; TJ: (1A) Andrews/BAS 38-2 1/2, Conley/WVTC 37-8 1/2. /WOMEN/ 100m: (2B) Kolda/NCS 17.0, (2A) 2-Dietderich/NCS 15.9, (1A) Parish 13.2, 3-Brieger/NCS 15.1, (OB) Sherrard/NCS 12.8; 200m: (2B) Kolda/NCS 39.0, (2A) Dietderich/NCS 34.5, (1A) Parish/NCS 27.7, Brieger/NCS 34.0; 400m: (2B) Kolda/NCS 89.2, (1A) Obera/NCS 64.6, Parish/NCS 65.8; 800m: (1A) Brieger/NCS 2:57.5; 1500m: (1A) Brieger/NCS 6:05.0; 400mR: (OB) NCS 57.7; DT: (OB) Sherrard/NCS 85-5 1/2; HJ: (OB) Sherrard/NCS 4-5; LJ: (OB) Sherrard/NCS 15-10 1/2; SP: (1A) Parish/NCS 27-6 1/2, (OB) Sherrard/NCS 38-8 1/2....Hope we didn't miss anyone that was listed on the results sheets from NorCal. The didn't list affiliations. /Worth/

## 200 METERS



## SHOT PUT



## 1500 METERS



(Left to Right) Derald Harris (Los Medanos College), 200-meters; Maren Seidler (Cupertino, MDYF), Shot Put; Terry Albritton (Stanford), Shot Put; Mac Wilkins (San Jose, PCC), Discus; Francie Larrieu-Lutz (Long Beach/Sunnyvale, PCC), 1500-meters. These five NorCal athletes qualified for World Cup Games.



NATL. AAU MASTERS CHAMPIONSHIPS (July 1-3, Naperville, Illinois):  
 - /MEN/ 100m: (1A) 3-Presber/NCS 11.6, 4-Parish/NCS 11.6, (1B) 1-Marlin/NCS 11.8, (2A) 4-Roemer/NCS 12.6, (3A) 1-Koppel/NCS 13.5; 200m: (1A) 3-Parish/NCS 23.5, (1B) 2-Frederickson/NCS 24.5, 3-Marlin/NCS 24.5, (2A) 4-Roemer/NCS 25.4, (3A) Koppel/NCS 28.8; 400m: (1B) 2-Frederickson/NCS 55.2; 5000m: (2A) O'Neil/SFOC 17:10; 10,000m: (2A) O'Neil/SFOC 33:46; 110mHH: (1A) 2-Parish/NCS 16.1; 400mIH: (1A) 4-Parish/NCS 62.9, (2A) 2-Roemer/NCS 65.7; PV: (3A) Koppel/NCS 6-0; DT: (1A) 4-Conley/WVTC 107-4; JT: (1A) 2-Conley/WVTC 179-6, (1B) 2-Phillips/NCS 149-11, (2A) 2-Roemer/NCS 125-3; LJ: (1A) 3-Presber/NCS 19-1 1/2, 4-Conley/WVTC 19-1, (3A) 1-Koppel/NCS 12-5 1/4; TJ: (1A) Conley/WVTC 38-4, (3A) Koppel/NCS 21-9 1/2; HJ: (1A) 2-Conley/WVTC 5-6; 400mR: (1A) 2-NCS 45.9; 1600mR: (1A) 2-NCS 4:02.6; /WOMEN/ 100m: (1A) Parish/NCS 13.4, Frederickson/NCS 15.4, (3A) Koppel/NCS 21.4, (OB) Gerard/WDS 13.3; 200m: (OB) Gerard/WDS 28.3, (1A) Parish/NCS 28.3; 400m: (OB) Gerard/WDS 63.6, (1A) Obera/NCS 62.6, Parish/NCS 64.7; 800m: (OB) Gerard/WDS 2:40, (1A) 2-Parish/NCS 2:41; 5000mWk: (1A) Maynard/WDS 29:26.7; DT: (OB) Sherrard/NCS 87-5 1/4; SP: (OB) Sherrard/NCS 38-0, (1A) Parish/NCS 26-11; LJ: (OB) Sherrard/NCS 13-11; 400mR: (OB) NCS 56.9. ---  
 Lack of space prevents us from listing other than NorCal finishers. If we missed you, let us know. /Wendell Miller/

ALL-COMERS MEET (July 7, So. Lake Tahoe): - Only selected events listed. - HJ: Bunting 6-6; 1500m: Von Ruden 4:07.0; 2 Mi: Halberstadt 9:09.8, Rose 9:12.2. /David Price/

PA-AAU JR. OLYMPIC CHAMPIONSHIPS (July 13-17, Millbrae): - Only selected marks listed for lack of space... (NR) = National Red. /GIRLS/ (9/UNDER)--50y: Kinnison 7.1; 100y: Mason 13.2, Maxie 13.3; 220: Kinnison 29.6 (Mason ran 27.1 in trials for a (NR)); 880: Garcia 2:47.6; 440: Griffin 72.1; Mile: Hollcraft 5:56.2, Himenes/WDS 6:01.5; 880Wk: Alstatt 4:45.1(NR), Montano 4:49.7; 440R: El Cerrito 59.6; 880MR: DCF 2:17.1(NR); LJ: McCauley 12-9 1/2, French 12-5 1/2; HJ: Thibodeaux 4-1, MacCauley 4-0; (10-11)--50yH: Morris 8.4; 50y: Brown 6.5, Harris 6.5; 100y: Hill 12.2, Edison 12.4; 220: Hill 27.4, McGencey 27.9; 440: Morris 67.2; Mile: Carter 6:01.0; MileWk: Bangert (nt); 440R: Richmond 54.0, Seaside 54.5; 880MR: St.Mary's 2:04.6; LJ: Friel 13-10 1/2, Wilson 13-8; HJ: Jones 4-5; SP: Puicini 26-1/2; (12-13)--80mH: Sanders 12.6, Amerine 12.7; 200mH: Venable 29.6 (NR), Barnum 30.5; 100y: Ware 11.0; 220: Ware 25.4, Sanders 26.5; 440: Robertson 60.5; 880: Manning 2:23.2, Chamness 2:25.3, Stearns 2:26.1; Mile: Manning 5:18.1, Choy 5:18.7; MileWk: Ross 10:12.0; 440R: BerkTC 50.4; 880MR: CY 1:54.4; LJ: Sanders 17-0 1/4, Barnum 16-6 3/4; HJ: Gilmore 5-0; SP: Weakley 36-2, Wilson 35-11; DT: Weakley 90-3; JT: Filwoski 120-11(NR), Iratcabal 114-0; (14-15)--100mH: Hurley 15.4; 400mH: O'Rourke 70.1; 100y: Young 11.3; 220: Webster 25.3, Jackson 25.6; 440: Miles 58.7, Poerio 59.1, Phillips 59.5; 880: Allums 2:25.7; Mile: Huyck 5:12.7; 2 Mi: Brogan 11:48.2; MileWk: Quilantang 10:25.5; 440R: Steppers 48.5; 880MR: BerkTC "A" 1:50.7, BerkTC "B" 1:51.7; LJ: Hurley 18-3 1/4; HJ: Hurley 5-4; SP: Pryor 42-6 1/2, Springer 40-8 1/2; DT: Springer 134-0, Deniz 128-2, Pryor 122-0; JT: Judd 97-4; (16-17)--100mH: Alston 14.4, Hawthorne 14.7; 400mH: Hawthorne 64.8(NR); 100y: Bolton 11.3, Gilmore 11.4; 220: Bolton 25.9, Van Warmerdam 26.0; 440: Hawthorne 58.9; 880: Williams 2:18.9; Mile: Bachard 5:18.3; 2 Mi: Williams 11:51.1; MileWk: Harrison 9:58.3; 880MR: CN 1:53.2; LJ: Rohrer 18-2, Bourn 17-10 1/2; HJ: Rienstra 5-10(NR), Alston 5-8; SP: Betham 42-0 1/2, Thorntona 41-7 3/4; DT: Reyneri 116-4; JT: Borland 89-9. Pentathlon: (12-13) Deese 2939, Clarke 2756; (14-15) Hamilton 2918, King 2918; (16-17) Alston 3755; Triathlon: (9/U) Morris 1348, Schoenlein 1235; (10-11) Macauley 1157. /BOYS/ (9/U)--50y: Sistan 6.9, Warren 6.9; 100y: Stanberry 13.0; 220: Stanberry 29.4; 440: Rivers 70.4, Bell 70.6; 880: Cole 2:45.0, Bowen 2:45.2; Mile: Rivers 5:32.6 (NR), Myall 5:39.5; MileWk: Smith 10:58.5; 440R: BerkTC 57.4; 880MR: 1980-TC 2:15.1; LJ: Bell 14-7; HJ: Mosley 4-10; SP: Lourville 28-1 1/2, Jackson 24-7; (10-11)--50yH: Henderson 8.7; 50y: Walsh 6.7, Barnes 6.7; 100y: Wilson 12.5, Barnes 12.5; 220: Rose 27.4, Linsay 27.4; 440: McFadden 62.4; 880: McFadden 2:23.0; Mile: Myers 5:28.5; MileWk: Wade 8:15.1(NR), Campbell 8:17.2, Jobe 8:43.9; 440R: Wilson 54.4; 880MR: DVTC 2:04.1; LJ: Glenn 15-10 3/4; HJ: Collins 4-10, Haggard 4-10, McMillan 4-10; SP: Rutherford 36-2 3/4; TJ: Hom 33-0, Henderson 32-10, McGrady 32-8 1/2; (12-13)--70yH: Duxbury 9.1; 100y: Nails 10.9, Todd 10.9; 220: Todd 24.5, Duxbury 24.5; 440: Kallas 54.8; 880: Bailey 2:12.1, Goumas 2:13.7; Mile: Swafford 4:56.2, Brewer 5:03.5; 2 Mi: Brewer 10:56.0; 440R: Sparks 50.0, B'game 50.3; MileR: DVTC 4:03.0; LJ: Nails 19-7 1/4; HJ: Luster 6-0 (Tie-NR); SP: Gunn 50-7 3/4; DT: Pritchard 160-10(NR), Suftin 147-5; TJ: Prichard 39-7 3/4, Hernandez 38-10; PV: Mack 10-0;

Pen: Peoples 2353; (16-17)--120HH: Clark 14.4, White 14.6, Conley 14.7; 330IH: White 39.7(NR); 100y: Washington 10.0, Lester 10.0; 220: Washington 22.4, Nash 22.5; 440: Howard 50.8, Malcolm 51.0, Schindler 51.0; 880: White 2:03.5; Mile: Mandanis 4:34.2, Mentzer 4:34.4; 2 Mi: Mentzer 9:31.5, Mandanis 9:35.9; MileWk: Martyre 8:25.5; 440R: BerkTC 42.9, Steppers 42.9; MileR: BerkTC 3:21.5; LJ: Wright 22-6, Glover 22-5 3/4; HJ: Hice 6-8, Branch 6-6, Alstot 6-6; SP: Bilotti 55-3 1/4; DT: Culter 173-11; TJ: Bates 47-10; PV: Crook 15-8, Tardieu 14-6, Hyatt 14-0; JT: Safarik 166-0, Cobb 163-0; Dec: Crook 6945, Roberts 5804, Whetstone 5709; (14-15)--120HH: Scanello 15.9; 330IH: Scanello 41.1(NR), Magno 42.0, Janco 42.2, Redd 42.4, Bell 43.2; 100y: Threatt 10.2, Jackson 10.3; 220: Threatt 22.6; 440: Wilkins 51.2; 880: Wilkins 2:00.7 (NR), Marquez 2:01.5, Long 2:03.4, Delgado 2:03.5; Mile: Marquez 4:32.6, Marden 4:35.8, Pugh 4:36.1; 2 Mi: Marden 9:51.2, McNaulty 10:03.6, O'Connor 10:05.6; 440R: BerkTC 44.4; MileR: DC 3:39.5; LJ: Thomas 21-6, Jackson 21-5 1/2; HJ: Calabray 6-4; SP: Mundizabal 48-2 1/4; DT: Nicherson 149-0; TJ: Bedford 43-5 3/4; PV: Dodds 12-6, Stierman 12-6; JT: Pinkrey 152-10; Dec: Hudson 4942. /Ed Parker/

ALL-COMERS MEET (July 14, So. Lake Tahoe): - Only selected events listed. - 1500m: Pinocci/WVTC 4:07.0; 800m: Von Ruden 1:59.1, Peck 1:59.1, Kissin/WVTC 2:00.1; 2 Mi: Halberstadt 9:05.0, Rose 9:06.0. /David Price/

GOLDEN STATE MASTERS CHAMPIONSHIPS (July 16, Porterville): - 5000mWk: (1A-W) Maynard/WDS 30:00.1; 440R: (2A) NCS 49.1; 1500m: (3A) Mahannah/NCS 4:58.6; 110mH: (2A) Roemer/NCS 19.0, Wigginton 19.0; 400m: (1A) Bruhner/NCS 53.1; 100m: (1B) Marlin 11.7, (2A) Cooper/NCS 12.3, Roemer/NCS 12.3, Zumwalt/NCS 12.7; 400mH: (2A) Roemer/NCS 68.0; 200m: (1A) 2-Bruhner/NCS 23.3, 4-Conley/WVTC 26.0, (2A) Roemer/NCS 25.9, Zumwalt/NCS 26.0; 5000m: (1A-W) Maynard/WDS 23:13.0; HJ: (1A) Conley/WVTC 5-2, (2A) 2-Wigginton/NCS 4-6; LJ: (1A) Conley/WVTC 19-0; TJ: (1A) Conley/WVTC 36-7; SP: (2A) 4-Wigginton/NCS 35-9 1/2; PV: (2A) 3-Wigginton/NCS 9-6; DT: (1A) 3-Conley/WVTC 103-10, (2A) 3-Wigginton/NCS 106-5; JT: (1A) Conley/WVTC 205-0, (2A) Wigginton/NCS 109-11. /Ted Ensslin/

REGION-13 JR. OLYMPICS (July 22-23, Porterville): - Only PA finishers listed for lack of space. - /GIRLS/ (12-13)--80mLH: Sanders 12.3; 100y: Ware 10.8(tie-NR); 220: Ware 25.2, Sanders 25.9; LJ: Sanders 16-11 5/8; SP: 2-Weakley 36-3; DT: 3-Weakley 91-2 1/2; JT: 3-Iratcabal 110-1; (14-17)--100y: (I) Jackson 11.1, (II) 2-Bolton 11.3; 100mLH: Alston 14.3, 3-Hawthorne 14.6; 440H: Hawthorne 63.4; 220: 2-Jackson 25.2, 3-Bolton 25.6; 440: 2-Gilmore 58.5; 880: Williams 2:18.2, 3-Allums 2:20.3; Mile: Bachard 5:22.9, Robinson 5:28.6; 2 Mi: Williams 11:13.6, Kearns 11:13.6; 100y: (Final) 2-Jackson 9:46.0; 440R: PA-AAU 47.5; LJ: 4-Rohrer 18-4 1/4; SP: Pryor 44-3 3/4, Betham 41-9 1/4, Thorntona 41-9 1/4; DT: Deniz 126-3 1/2, Springer 123-10, Pryor 118-0 1/2; HJ: Alston 5-8, Rienstra 5-8; JT: 3-Albert 100-3 1/2; /BOYS/ (12-13)--70yLH: Harrison 8.9, Duxbury 9.0; 220: 2-Duxbury 24.8; 880: 3-Goumas 2:14.4; Mile: 2-Swafford 4:51.3, 3-Brewer 4:57.3; LJ: Harrison 18-4 3/4; DT: Pritchard 165-0 1/2(NR); (14-17)--120HH: 4-Scanello 15.8; 330IH: 2-Scanello 41.5; 100y: 3-Jackson 10.3, Threatt 10.3; 220: Threatt 22.4, 3-Dash 22.7; 440: 2-Wilkins 50.7; 880: 3-Marquez 2:02.8; Mile: 3-Mandanis 4:27.6, 4-Marquez 4:29.2; 2 Mi: 2-Mandanis 9:42.3; MileWk: Martinez 7:59, 3-Lucas 8:09; 440R: PA-AAU 43.9; HJ: Hice 7-2 (NR), 3-Branch 6-6; LJ: 2-Glover 22-6 1/2; TJ: Bedford 47-2, 3-Wright 46-1 1/4; PV: Crook 16-0, 3-Tardieu 14-0; SP: 2-Bilotti 53-3, 3-McKee 53-2; DT: Cutler 170-6, Angelopulos 160-1 1/2, Nickerson 148-7 1/2; JT: 2-Safarik 164-2 1/2, 3-Cobb 161-1 1/2. /Don Kavadas/

WORLD MASTERS CHAMPIONSHIPS (Aug. 8-13, Goteborg, Sweden): - We have only minimal results from this meet so far, thanks mainly to Phil Conley and Al Sheahen...hopefully we'll be able to list all NorCal finishers in next issue. If anyone has a copy of the full results that we may photocopy, or at least a list of NorCal people, please send it to us. Thanks! - The big story was the appearance in the 1A (40-44) Division of many currently active internationalists (e.g. - Gaston Roelants, von Wartburg, Al Oerter, Ludvig Danek, etc.). WVTC's Phil Conley got a PR of 2764 (3257 in new masters points) for fifth in the pentathlon (including a PR 19-11 1/2 LJ in that competition), grabbed a fourth (207-7) in the javelin, and leaped 19-7 3/4 for 16th in the LJ competition. Teammate Pete Richardson was 2:00.4 in the 800m (7th or 8th). MORE NEXT TIME!!



## LONG DISTANCE RESULTS

AROUND THE BAY IN MAY (May 28, Costa Mesa): - /10.0 Miles/ 1-Brian Hunsaker/CDM 52:29, 2-Ruger 52:59, 3-Carlson 53:56, 4-Ocana/CCAC 54:15, 5-Eiler 55:33, 6-Fisanotti 55:41, 7-Sayward/AATA 55:51, 8-Duarte 56:02, 9-Sandoval/VHS 56:11, 10-Greenberg 56:13...26-Alarcon(40+) 60:25, 28-Piper/CDM(40+) 60:34, 31-Fry/HB(40+) 61:11...112-Halel (1st woman) 68:10.../342 finishers/  
*/John Brennan/*

DSE DIAMOND HEIGHTS 4-MILER (May 30, San Francisco): 1-Mike Niemiec/WVTC 21:15, 2-Hamilton/ETC 21:05, 3-Robertson/WVTC 21:10, 4-Hornstra 21:11, 5-Bashiruddin 21:18, 6-Gulli 21:19, 7-Randolph 21:31, 8-Nowak 22:14, 9-Rowley/SUND 22:15, 10-Kilgore/SUND 22:19, 11-Chaffee/ETC 22:19, 12-Jensen/PMK(40+) 22:26, 13-Jenney 22:30, 14-Kilian 22:31, 15-Murphy 22:43...62-Gail Gustafson 27:00, 89-Irene Rudolf/WVTC 28:11, 90-Pat Whittingslow/PMK 28:16, 92-Skip Swannack/WDS 28:18 /271 finished/. */DSE News/*

SEA KING BACK BAY RUN (June 5, Corona Del Mar): - /9.0 Miles/ 1-Hunsaker/CDM 44:48, 2-Kurrle/SFV 46:00, 3-Arce 46:32, 4-Cook/AIA 46:38, 5-Ellis 46:53, 6-Alexander/CCAC 47:31, 7-Caldwell/AIA 48:05, 8-Kendall/Oxy 48:09, 9-Calvano/NBHS 48:53, 10-Dowling 49:14, 11-Pagliano/GWAA 49:23, 12-Ferguson 49:26, 13-Greenberg 49:28, 14-Burgasser/STC 49:56, 15-Cronin/STC(40+) 50:11...20-Rudberg/STC(40+) 51:24, 72-Ruth Caldwell 56:52, 103-Lorry Blanco 59:27, 106-Kathy Martin/STC 59:35.../279 finished/. */Blair/*

DSE SUMMER SOLSTICE RUN (June 18, Lake Merced, S.F.): - /4.95 Miles/ 1-Mark Proteau/AGRC 24:52, 2-Niemiec/WVTC 24:54, 3-Ser-shen/ETC 24:54, 4-Leydig/WVTC 25:44, 5-Darling/ETC 25:50, 6-Duffy/Reno 26:09, 7-Corona 26:10, 8-Gormley 26:14, 9-Notch 26:56, 10-Wheeler 27:03, 11-Cross/WVTC 27:06, 12-Donahue/ETC 27:07, 13-Deschler/PMK 27:33, 14-Jenney 27:39, 15-Danielson 27:41...64-Judy Leydig 30:09, 103-Joan Ulyot 31:58.../402 finishers/.

HIDDEN VALLEY OVER THE HILL 11.5-MILER (June 19, Camarillo?): - 1-John Brenneman 61:44, 2-Lee/CCAC 62:38, 3-Wendler 63:20, 4-Hemphill/SBAA 65:26, 5-Hitt/AIA 65:37, 6-Durand/STC 66:43, 7-Ebner/LAE 67:06, 8-Smallen 67:13...14-Efron(40+) 69:21, 23-Parker/STC(40+) 72:26...45-Terry Hom/SMTC 79:50, 52-Nancy Elick /RRR 81:38.../112 finishers/. */Connie Rodewald/*

DSE KENNEDY DRIVE 4.7-MILER (June 25, San Francisco): 1-Ken Phelps/WVTC 24:22, 2-Hornstra 24:23, 3-Conroy/ETC 24:24, 4-Salazar 24:29, 5-Green 25:04, 6-Hastings 25:07, 7-O'Brien/PMK 25:17, 8-Gleason 25:18, 9-Sellers 25:21, 10-Sevald 25:32, 11-Millar 25:43, 12-Moore 25:55, 13-Deschler/PMK 26:05, 14-Jensen/PMK(40+) 26:05, 15-Garza 26:19...43-Peggy Lyman/WVTC 28:30, 48-Morijo Connelly/PMK 28:44, 69-Ruth Anderson/NCS(40+) 30:21... /352 finishers/. */DSE Newsletter; Tom & Louise Burns/*



(Left) Mark Proteau edged Mike Niemiec and Jan Ser-shen in a very close DSE Lake Merced Run. */Sue Perry/* (Right) Ken Phelps won an even closer victory over Rich Hornstra and Mike Conroy at the DSE Kennedy Drive Run. */Jim Engle/*

BASIN BLUES 5 AND 15-KILO RUNS (June 25, Sylmar): /5-KM./ 1-Tom Lee/CCAC 15:23, 2-T. Babiracki/SFV 16:29, 3-Tyler 16:47, 4-Foose /SFV 16:56, 5-Gill 16:59...31-Perez/STC(40+) 19:52, 33-Cathy Fulkerson/PV 20:16, 34-Becky Villalvazo/RRR 20:27, 36-Carol Flournoy 20:39. /15-KM./ 1-Gary Romesser/FPTC 49:02, 2-Canchola /SFV 49:04, 3-Alexander/ELA 49:27, 4-Frickel/SFV 49:30, 5-Hayes/AIA 49:47, 6-Cook/AIA 50:32, 7-Sutherland/CN 50:48, 8-Kushner/GWAA 50:54, 9-Kondos 51:05, 10-McDermott 51:33, 11-Chaidez/Un 51:46, 12-Durand/STC 52:33...22-Efron(40+) 56:12, 36-Sue Kinsey/LATC 58:46, 68-Vicky Cook/SURR 64:01.../149 finished/. */Brennand/*

VALLEY OF THE FLOWERS MARATHON (June 26, Lompoc): 1-Mike Sayward

2:34:31.8, 2-Watkins/MPC 2:36:14, 3-Levinson/STC 2:45:17, 4-Seeger 2:45:37, 5-Ortiz/KennHS 2:45:38, 6-Botke/SB 2:45:40, 7-Ellis 2:46:00, 8-Johanson 2:46:22, 9-Williams/SCrz-SRC 2:47:11, 10-Hartley 2:49:33, 11-Hurt 2:49:45, 12-Gormley/S.F. 2:50:18, 13-Cook/WVTC 2:50:18, 14-Kathy Jewell 2:50:34, 15-McAllister/WTC 2:50:39, 16-Rowley/SUND 2:51:36...21-Alarcon(40+) 2:56:20, 24-Susan Peterson 2:56:30, 30-Jerome/TRAC 3:00:58, 43-Fugett/DSE(40+) 3:11:58.../147 finishers/. */Joe Sciame/*

VALLEY OF THE FLOWERS HALF-MARATHON (June 26, Lompoc): 1-Steve Kelley/FPTC 69:24, 2-Feenstra/Sac'to 70:23, 3-White/OF 70:38, 4-McComb 71:23, 5-Nunez/LVDC 71:56, 6-Hemphill/SBAA 72:38, 7-King/OCTC 73:14, 8-Smallen 74:13, 9-McCarry/Sac'to 74:15, 10-Close/LBSTC 74:46...14-Garcia/SanJose 76:19, 20-Lange/BC 78:18, ...40-Ann Trason/MPTC 81:41.../247 finishers/. */Joe Sciame/*

DSE DOUBLE LAKE MERCED RUN (July 3, San Francisco): 1-Homer Latimer 49:33, 2-Conroy/ETC 50:58, 3-Muela/ETC 51:37, 4-O'Brien/PMK 52:46, 5-Daniels 53:24, 6-Browne 53:29, 7-Casey/ETC 53:32, 8-Hildreth 53:40, 9-Sevald 54:10, 10-Hidalgo 55:15, 11-Churney 55:15, 12-Bashiruddin 55:39, 13-Owen/WVTC 55:49, 14-Rowley/SUND 56:11, 15-Hamilton 56:12, 16-Pierce/PMK(40+) 57:06...74-Gail Gustafson 65:38, 78-Pat Whittingslow/PMK 65:44, 81-Vicki Blankenship 65:57, 83-Teresa Gilreath 66:16.../279 finishers/.../9.4 Miles/. */DSE Newsletter/*

DSE BAKER'S BEACH 4-MILER (July 4, San Francisco): 1-Pete Hamilton/ETC 23:26, 2-Martinez 23:41, 3-Bashiruddin 24:22, 4-Mota 24:31, 5-Thomas 25:10, 6-Hoffman 25:10, 7-Smith 25:16, 8-Lyman 25:22, 9-Lenschau 25:25, 10-Chaffee/ETC 25:34...15-Huff(40+) 26:53...40-Joan Ulyot/WVTC 28:25, 52-Peggy Lyman/WVTC 28:50, 80-Pat Whittingslow/PMK 31:09.../212 finishers/. */DSE News/*

HEALDSBURG 10-KILO (July 4, Healdsburg): 1-Tim Williams/Oregon 31:24, 2-Latimer/Un 32:19, 3-Peterson/ER 34:27, 4-Goubeau 35:12, 5-Leoni 37:03, 6-Scannell 36:17, 7-Fogg 36:24, 8-Sanchez 37:03, 9-Lyons 37:33, 10-Tsarnes 37:46...Kim Daniels/ER 43:27, Margaret Oakes 44:07. */Glenn McCarthy/*



Start of the Kenwood 10-Kilo, won by Jim Nuccio. */Jim Engle/*

KENWOOD 10-KILO RECORD FALLS TO NUCCIO (July 4, Kenwood): - WVTC's Jim Nuccio easily handled NorCal "Point Leader", Brian Maxwell, clocking a swift 31:13 to better his 1975 record by 12 seconds. Darryl Beardall likewise handed Bill Jensen a defeat in the masters competition, as he clipped Jensen's 1975 standard by 39 seconds with a 35:27. Caron Schaumberg made it a threesome as she had little trouble with Beckie Simmie, winning handily in 44:09, just a minute off Kathy Costello's mark from 1975. We do not have complete results (as yet), and so we're not listing them in 'column form'. Anyone having a complete set, please send them to us for next issue...about 125 runners completed the run. /OPEN/ 1-Nuccio/WVTC 31:13, 2-Maxwell/BASC 32:20, 3-George/AIA 33:27, 4-Woliczko/PMK 33:50, 5-Clifford/Cal-BASC 34:10, 6-Zapata/WVTC 34:33, 7-Moreno/VMTC 34:52, 8-Jenkins/ER 35:10, 9-Berry/Cal 35:21, 10-Swezey/PMK 35:39; /MASTERS/ 1-Beardall/MH 35:27, 2-Jensen/PMK 36:32, 3-Holmes/BC 36:46, 4-Manwaring 42:04, 5-Dana 42:47, 6-Theodoroff/NS 43:51; /WOMEN/ 1-Schaumberg/ER 44:09, 2-Simmie/VMTC 44:33, 3-Ackley/ER 45:56, 4-Schnell/SUND 48:33, 5-Hollingworth/VMTC 50:05. */Fred Kenyon; Glenn McCarthy/*

CORONADO HALF-MARATHON (July 4, Coronado): 1-Thom Hunt 65:54, 2-Pullen 67:24, 3-Camp 67:32, 4-Myers 68:49, 5-Cumming 69:19, 6-T. Kelley 69:21, 7-R. Burch 69:49...more on page 29...



(Coronado Half-Marathon...Cont'd.)...8-Mosher 69:54, 9-Buckingham 69:57, 10-Nolasco 70:14, 11-Roy 70:28, 12-Varley 71:05, 13-Rigdon 71:25, 14-Cour 71:32, 15-Akiyama 71:42...45-Almeida/SDTC (55) 75:26, 66-E. Gookin/SDTC(40+) 77:23, 274-Bridget Bohan 86:48, 315-Melanie Woodworth 88:36.../1599 finished! /SDTC/

FIRECRACKER RUN (July 4, Concord?): - /5.1 Miles/ 1-Bill Spence/WVTC 27:33, 2-Molina 27:34, 3-Zumwalt 28:57, 4-Alderman 29:15, 5-Myers/PMK 29:21, 6-Coleman 29:47, 7-Martin/PMK 29:58, 8-D. Williams 29:58, 9-J. Myers/PMK 31:19, 10-Butchart/PMK 31:52, 11-Byrd(40+) 31:52...15-Paulson/PMK(40+) 33:36, 17-Ruth Anderson/NCS(40+) 33:55, 18-Linda Robinson 34:03.../47 finished/.

SPA-AAU 15-KILO CHAMPIONSHIPS (July 4, Santa Barbara): 1-Gary Tuttle/BHS 46:42, 2-Romesser/FPTC 46:52, 3-Cadena/SLDC 47:05, 4-Smead/AIA 47:33, 5-Carlson/CCAC 47:34, 6-Hayes/AIA 47:38, 7-Alexander/ELATC 47:51, 8-G. Aguirre/SBAA 47:52, 9-Chambliss/BB 47:59, 10-Cancho/SFV 48:12, 11-Hanson/CCAC 48:36, 12-Kurrle/SFV 48:39, 13-Lee/CCAC 48:42, 14-Martinez/AIA 49:01, 15-Cook/AIA 49:04, 16-Dulaney/AIA 49:11, 17-Chaidez/CN 49:16, 18-Entz/BB 49:26, 19-B. Alexander/CCAC 49:31, 20-Koppes 49:52, 21-Ocana/CCAC 49:55, 22-Donovan/SBAA 50:03, 23-Colley/SURR 50:09, 24-Santizo 50:19, 25-Cisneros/PTC 50:35...53-Smartt/BHS 53:35, 58-Bartek/SBAA 54:10, 65-Rudberg/STC 54:25, 68-Cronin/STC 54:53, 148-Vickie Cook/RRR 61:00, 171-Wanda Burke/SBAA 62:58.../370 finishers/. /John Brennan/

PONDEROSA RIDGE RUN (July 9, Spooner Summit, No. Lake Tahoe): /10 Miles/ 1-John Paulson 63:26, 2-Brown 63:58, 3-Jones 67:47, 4-Dobrenz 70:44, 5-Peck 72:44.../17 finishers/. /David Price/

GRIFFITH PARK 13-KILO TEAM RUN (July 9, Los Angeles): 1-Gerardo Cancho/SFV 43:38, 2-Carlson/CCAC 43:47, 3-Smead/AIA 44:00, 4-Silva 44:43, 5-Frickel/SFV 45:19, 6-Parks 45:31, 7-Cook/AIA 45:40, 8-Moffitt/AZTL 45:44, 9-Meyer 45:48, 10-Lee/CCAC 46:08, 11-Hayes/AIA 46:20, 12-Estrada 46:49...31-Cronin/STC(40+) 49:21, 34-Efron(40+) 49:50, 39-Rudberg/STC 50:13, 69-Miki Gorman/SFV 53:27, 119-Pam Firestone 56:39.../283 finished/. /Tom Cory/

DSE LAND'S END RUN (July 10, San Francisco): /3.5 Miles/ 1-Mike Spino 17:16, 2-Millar 17:19, 3-Swezey/PMK 17:22, 4-Casey/ETC 17:41, 5-Hamilton/ETC 17:41, 6-Horning 18:13, 7-Jenney 18:32, 8-Wong 18:47, 9-Thacker 18:53, 10-Esses 19:10...41-Maryetta Boitano 22:20, 65-Eva Casey 23:55, 70-Kelly Cunneen 24:17...163 finisher/. /DSE Newsletter/

THE GREAT RACE (July 16, Rancho Cordova): - This ever-growing race, which consists of a cyclist, kayaker, and runner, had a total of 188 finishing teams this year over the 19-mile course. The bikers go 9 miles, kayakers 4.5 miles, and the runners anchor with a 5.5-mile stint. This year's race was HOT, with temperatures into the 90's. Overall winners were James McKinstry, Andy Toro, and Ron Wayne, competing for the Body Ammo Sports Club. Their 1:25:14 was not a record, but the team had a comfortable 46-second victory margin. Other placers and divisional winners listed below: 1-BASC 1:25:14, 2-Big Bubba's Ice Cream Kids /Peck, Bolger, Yeo/ 1:26:00, 3-The Weeds No Grass /W. Weed, J. Weed, B. Weed/ 1:26:10, 4-Cyakrun III /Brunn, Buer, Harms/ 1:27:41, 5-Best of Alpine West & Ophir Prison /Barton, Reimers, Mebust/ 1:28:30, 6-P.A.L. /Linowski, Allen, Proteau/ 1:29:00, 7-The Flukes /Fitzgerald, Roberts, Hornig/ 1:29:17, 8-Elegant Rampage /Brink, Snell, Batha/ 1:29:32, 9-Heineken Harriers /Shadoan, Brulingame, Ferreira/ 1:29:48, 10-Synergy III /Johnson, Evans, Sweeney/ 1:30:00; /Masters/ 13-The Rammers /Pickett, Hemmersbach, O'Neil/ 1:30:38, 23-Maybe /Sweet, Gade, Hayman/ 1:34:50, 28-Deliverance + 2 /Burke, Campbell, Napier/ 1:36:42; /18 & Under/ 25-Triple Turtle Trotters /Cimini, Thompson, Watt/ 1:36:15, 30-The Wild Men /Clarke, Cross, Shultz/ 1:37:08, 31-The Defenders /Szekeres, Smith, Szekeresh/ 1:37:50; /Div. C/ 33-Quick /Spangler, Ammon, Hooker/ 1:37:58, 89-Placerville Trio /Lomax, Sharpe, Micholson/ 1:46:17, 91-Strollers /Allen, Hart, Sutherland/ 1:46:18; /Div. M/ 44-Team from the Paper /Hamilton, McKenna, Bawles/ 1:39:15; /Women/ The Newcomers /Kendrick, Buer, Anex/ 1:41:59, 62-Club North /Trujillo, Webster, Nachbar/ 1:42:33, 74-Willow Creek Racquet Club /Claugus, Malohm, Adams/ 1:43:52, 78-Wine, Winning & Song /Bortfeld, Sunderland, Lyman/ 1:44:30; /Div. E/ 127-Stockton Ludes /Felix, Atwood, Pogg/ 1:53:18. /Tom McClelland/

SPA-AAU COASTAL SECTION ONE-HOUR RUN (July 16, San Luis Obispo): 1-Ivan Huff 10-921, 2-Root 10-179, 3-Zacrep 10-138, 4-Casper 10-66, 5-Rosenfield 9-1625...18-Jean Spierling 8-144, 19-Paul Spangler(78) 7-1735, 20-Sterling(64) 7-1408, 22-Lisa Veron(9) 7-468...26 finishers. /Stan Rosenfield/

LAKE TAHOE MARATHON (July 17, Incline Village): 1-John Paulson /SLT 2:38:04, 2-Jones/Nev 2:40:55, 3-Dobrenz 2:50:15, 4-Wayne/BASC 2:51:27, 5-Bowles/WVTC 2:51:45.../Masters/ 1-Art Waggoner /BC 3:26:12, 2-B. Holmes/WVJS 3:30:49, 3-Reese/BC(60+) 3:31:03; /Women/ 1-Maureen Johnson/Reno 4:25:51.../91 finishers/. /David Price/

MORRO BAY TO CAYUCOS 6-MILER (July 23, Morro Rock): 1-Ed Cadena /SLDC 30:44(Rcd.), 2-Hartig/FPTC 31:12, 3-White/OF 31:16, 4-Martinez/AIA 31:27, 5-Arce 31:36, 6-Santizo/SBAA 31:59, 7-Arquilla/AIA 32:07, 8-Butler 32:10, 9-Huff/SLDC 32:14, 10-Leano 32:34, 11-Haake/SBAA 32:28, 12-Thornton/HSTC 32:52, 13-Nanninga /WVTC 32:53, 14-Djabayan/HSTC 33:00, 15-Caldwell/AIA 33:02...60-Alarcon(40+) 35:13, 64-Thornton/HSTC 35:18...138-Ruth Caldwell 37:51, 143-Kathy Jewell/CTC 38:00.../661 finishers/. /Stan Rosenfield/

CHEYENNE FRONTIER DAYS MARATHON (July 24, Cheyenne, Wyo.): - 1-Richard Bishop/Wyo 2:35:55, 2-Anaya/NM 2:37:17, 3-Farwell/Ill 2:37:22...15-Link/Co(40+) 3:01:08, 35-Mary Matson/SD 3:16:48...50-Bob Myers/Walnut Crk. 3:28:08, 81-Bob Lineberger/SLO 3:54:43...115 finishers. /Greg Niemiec/

DESERET NEWS MARATHON (July 24, Salt Lake City): 1-Demitrio Cabanillas/Mex 2:21:20, 2-Nabors/Co 2:25:53, 3-Naylor/SLC 2:32:38, 4-Sahneyah/Az 2:37:32, 5-Janicki/Az 2:37:57, 6-Paul Cummings/TS 2:40:42...16-Efron/Northridge(40+) 2:50:14, 37-Dennis Egley/Sytle(50+) 3:02:13...169-Phipps/Hywd 3:44:25, 246-Wilson/Moraga 4:05:52.../309 finishers/. /Keith West/

IRVINE 15-KILOMETER TEAM RACE (July 24, Irvine): 1-Gary Romesser/FPTC 47:23, 2-Carlson/CCAC 47:41, 3-Frickel/SFV 48:45, 4-Lee/CCAC 49:37, 5-Cook/AIA 50:18, 6-B. Alexander/CCAC 50:26, 7-Reeder 51:26, 8-Appell 51:43, 9-King 52:01, 10-Levinson 52:17...13-Smartt/TS(40+) 53:18, 19-Cronin/STC(40+) 54:24, 89-Sue Peterson 61:29, 109-Vickie Cook/SURR 63:17.../200 finishers/. /Dave Sills/

TROUT CREEK X-COUNTRY RACE (July 30, Lake Tahoe): /5.2 Miles/ 1-Doug Peck 29:52, 2-Stapleton 30:14, 3-Dobrenz 30:32, 4-Jerry Chun/Hawaii 31:16, 5-Jennings 32:30, 6-Angell/SLT 32:32, 7-Price/SLT 32:40, 8-Pelds 33:56, 9-Jordan/WVTC 34:38, 10-Simmons 34:54. /Juniors/--1-Carr 32:50, 2-H. Chun 33:05, 3-D. Chun 33:18, 4-Maas 34:09. /Women/--1-Judy Graham/WVTC 34:56, 2-June Chun 36:46, 3-Joanne Shearer 40:03. /Austin Angell/

ALL-COMERS 10,000-METER TRACK RACE (Aug. 5, So. Lake Tahoe): 1-Mike Pinocci/WVTC & Bernard Rose 30:28.1, 3-Smith 31:18, 4-Brown 31:08, 5-Kissin/WVTC 31:43, 6-Paulson 31:51, 7-Dobrenz 34:19, 8-Peck 35:24, 9-Wells 35:36, 10-Kirby 35:44. /A. Angell/

PLANKTON FESTIVAL 3-MILER (Aug. 20, Avila Beach): 1-Luis Arreola/SLDC 15:09, 2-Nanninga/WVTC 15:16, 3-Raynes/CP 15:29, 4-Root/SLDC 15:53, 5-Funk/CP 15:55, 6-Hutchinson/CP 15:56, 7-Casper/SLDC 16:01, 8-Hernandez/SLDC 16:02, 9-T. Arreola/SLDC 16:05...30-Nicholson/STC(40+) 17:28, 33-Coffey/SLDC(40+) 17:43, 54-Barbara Hasson/Tex 19:02, 55-Barbara Arreola/SLDC 19:05, 77-Jean Spierling(50+) 21:20.../122 finishers/. /S. Rosenfield/

ALAMEDA X-COUNTRY CARNIVAL (Sept. 3, Alameda): /6.07 Miles/ - 1-Bill Seaver/WVTC 37:57, 2-Romiguere/Un 38:02, 3-Kindle/ATC 38:08, 4-J. Romiguere/Un 39:30, 5-McCormick/Un 39:40, 6-Payne /AGRC 40:02, 7-Urtiaga/Un 40:12, 8-Sigmon 41:30, 9-Anisman/Un 42:11, 10-Flagg 42:38, 11-Jensen/Un 42:45, 12-Doran/WVJS 43:02, 13-Orgeron/Un 43:19, 14-Kuta/Un 43:46, 15-Casillas/Un 43:52.../Masters/ 1-King/ATC 46:22, 2-Chavez/DSE 50:28; /Female/ 1-Kathy Adams/Un 48:36, 2-Gail Campbell/WVJS 49:13, 3-Pat Whittingslow/PMK 51:10. /2.29 Miles/ - /Boys/ 1-Mark Ragsdale/AGRC 21:40, 2-Smith/DSE 24:59; /Girls/ 1-Sharon Yaninek/SJC 22:18. ..43 finishers in long race; 6 in short race/. Note: - Race location was changed (as well as starting time) a few weeks before. Very few checked with meet director and many turned up at old location/time, thus causing a very small entry field for this race. /Robert DeCelle/

## VIDEO FOR RUNNERS

SEE YOUR STRIDE ON VIDEO-TAPE IN SLOW MOTION WITH INSTANT REPLAY! NOMINAL FEE ON A SLIDING SCALE. -- OCT. 16TH AT MITCHELL PARK IN PALO ALTO FROM 10 TO 2. SPONSORED BY PALO ALTO RECREATION DEPT. -- FOR INFORMATION OR RESERVED TIMES, CONTACT: ELLEN TIMOTHY (PH. 415/328-0615).



VALENTINE'S DAY RUN RESULTS (Feb. 13, Oakland): - Partial results were listed in issue #64. The race director never did send us a complete set of results, but Ralph Bowles responded to our pleas for a complete set and so we're listing results a bit deeper below, although obviously a bit late. A total of 821 finished the shorter (5-Km.) run, while 351 tried double that distance and finished. Thus, well over 1000 runners participated in the two runs! Alameda County Heart Association was the sponsor. /Bowles/

1-Paul Burke/Un	15:31	12-Anthony Lopes	16:54	23-Mike Stubblefield	17:41	34-Kurt Porter	18:08
2-Gene Fitzgerald/PMK	15:32	13-Danny Hernandez	16:56	24-Wesley Fujii	17:42	35-Charles Lawson	18:09
3-Rey Corona	15:49	14-Don Hickman	16:57	25-Chet Hodges	17:43	36-Dave Larson	18:16
4-Ben Tucker	15:58	15-John Malarkey	16:58	26-Danny Cervantez	17:48	37-Kirk Grace	18:17
5-Kevin Blasdel	16:02	16-Stephen Puryear	16:59	27-Michael Moles	17:49	38-Bill Dunaway	18:18
6-Larry Nazel	16:14	17-Bob Alexander	17:01	28-Paul Navarro	17:54	***WOMEN***	
7-Harry Cross/WVTC	16:22	18-R. Randolph	17:10	29-Richard Austin	17:56*	90-Jenny Ray	19:42
8-Bill Spence/WVTC	16:25	19-Paul Weggenmann	17:12*	30-Evan Golder	17:57	99-Karen Salisbury	19:48
9-Mathew O'Brien	16:37	20-Donald MacDonald/PMK	17:14*	31-Robert Cerf	18:00	100-Diana Bubanja	19:48
10-John Embody	16:38	21-Neil Berg	17:37	32-Marvin Winer/WVTC	18:04	125-Terry Gellner	20:22
11-Larry Washington/WVTC	16:48	22-Michael O'Donnell	17:40	33-Paul Curry	18:05	126-Tina Chee	20:23
1-Brian Maxwell/NTC	30:21	13-Haywood Norton	34:16	25-Larry Dzelusta	35:26	37-Keith Hastings	36:31
2-Bill Seaver/WVTC	30:41	14-George Green	34:27	26-Stu Gruendl/WVTC	35:35	38-William Jenney	36:47
3-Ron Wayne/NTC	30:47	15-Dan Moore/LVRC	34:35	27-Norman McAbee	35:36*	39-Jack Citrin	36:48
4-Paul Thompson/Un	31:13	16-Greg Jewett/PMK	34:45	28-Bill Shyvers/WVTC	35:40	40-James Myers/PMK	37:18
5-Ralph Bowles/WVJS	31:38*	17-Glen Walder	34:56	29-Ramon Navarro	35:55*	41-Russell Wright	37:22
6-Jim Howell/Un	31:46	18-David Fike	35:01	30-Frank Hennefer/WVTC	35:59	***WOMEN***	
7-Ray Orwig/WVTC	31:59	19-Thomas Verela	35:02	31-Mark Wegner	36:04	22-Roxanne Bier/SJC	35:05
8-Richard Owen/WVTC	32:28	20-Patrick Palmer	35:03	32-John Shellenberger	36:10	104-Kathy Way	41:17
9-John Notch	32:41	21-Hoyt Walker	35:04	33-Edward Peterson	36:21*	109-Ruth Anderson/NCS	41:32*
10-Brian Bonner	33:12	22-Roxanne Bier/SJC	35:05	34-James Jacobs/NCS	36:23*	120-Vicki Blankenship	42:06
11-Burt Davis	33:41	23-Larry Vasquez	35:08	35-Gerald Flynn	36:25	160-Deryl Elijah	44:25
12-Bill Jensen/PMK	34:04*	24-Tim Rostege/WVTC	35:20	36-Gough Reinhardt/LVRC	36:30*	173-Celeste Scanlon	45:00



Start of the S.F. Heart Association Runs in Golden Gate Park, which saw over 1000 finishers in three races. /Lois Gowen/

(in minutes:seconds), following their names. Winners in the 'fast time' standings of each race were: (5K) Rich Stiller - 16:09; (10K) Brian Maxwell - 31:19; (15K) Ron Wayne - 48:46. Course was the popular 5-Km. loop at the west end of Golden Gate Park. All races started together and finished together...tags determined which race you were in. /Don Cummings/

FIRST ANNUAL S.F. HEART ASSOCIATION RUNS A SUPER-SUCCESS (May 1, San Francisco): - In a monumental task for first-time race conducting, the S.F. Heart Association did a super job of organization. With handicap divisions based on age (by each year!) and sex, it was very timeconsuming in getting out the results, but well worth the wait. Only unforeseen problem was a few people who obviously were registered for 10-Kilos and ran only one lap instead of two. At least three of these finishers managed to work their way into the top 10 finishers, as placed by handicap time. The race directors failed to catch them, but we are leaving them unlisted, as they are obvious errors...there may be others as well, but we failed to detect most of them. Finishers in each of the 5, 10, and 15-kilo races are listed in order of 'handicap finish', but their 'actual' times are listed, along with handicap

1-Larry Guinee/2:30	17:01	10-Tom Coniglio/0:00	16:24	19-Yule Coise/4:00	21:32	28-Steve Lem/0:00	18:15
2-Dan Hernandez/1:45	16:20	11-Richard Owen/WV/0:00	16:33	20-Jeff Baladad/0:00	17:34	29-Mike Stubblefield/0	18:15
3-Judy Leydig/WVTC/3:00	18:17	12-Denis Mohun/1:00	17:40	21-Carlos Hortiz/0:00	17:31	30-Cathleen Sanford/6:00	24:21
4-Don Pickett/TAM/3:15	18:41*	13-Dale Bryan/1:00	17:43	22-Rick Lyman/0:00	17:36	31-Chris Goode/2:30	21:01
5-Todd Watkins/3:15	18:43	14-Teri Woodmanse/6:36	23:34	23-Mark Jensen/1:42	19:18	32-Jimmy Harlan/5:35	24:07
6-Richard Stiller/0:00	16:09	15-Clyde Helms/0:00	17:00	24-David Bradwell/2:30	20:10	33-Willie Frazier/2:15	20:48
7-Sarah Hill/8:57	25:11	16-Ralph Worthington/0	17:11	25-Dave McCormack/0:00	17:51	34-Darci Childers/5:42	24:16
8-Howard Machek/2:30	18:47	17-Gilbert Hernandez/1	18:16	26-Louis Pearlman/0:00	17:54	35-Mark Sands/0:00	18:36
9-Mark Johnson/6:25	22:46	18-Dave Oleyar/7:15	24:29	27-Tim Goode/1:15	19:21	36-Inaki O'Kelly/1:45	20:25
1-Michelle Miller/17:54	41:11	13-Bill Jensen/PMK/3:00	37:55*	25-Bob Kroninger/8:30	45:07*	37-Bill Robinson/3:30	41:30
2-Pauline Vasquez/15:54	43:36	14-Gail Campbell/6:00	41:05	26-Ralph Gowen/WV/2:00	38:40	38-Jeff Hicks/5:00	43:05
3-Brian Maxwell/0:00	31:19	15-Ron Peterson/3:30	38:37	27-Thomas Varela/0:00	36:56	39-Scott Carpenter/12:50	50:58
4-Mel Shine/17:30	48:53*	16-Phil Spear/0:00	35:17	28-Joe Therrien/2:00	39:06	40-Robert Evans/11:10	49:18
5-Otto Sommerauer/11:30	43:13*	17-Conor O'Kelly/12:50	48:11	29-Tom Mann/ETC/0:00	37:10	41-Steve Scarich/0:00	38:09
6-Roger Bryan/TRAC/2:30	34:58*	18-Ralph Webb/5:00	40:28	30-Julie Ortiz/6:00	43:12	42-Peter Knoblich/0:00	38:14
7-Jack Leydig/WVTC/0:00	32:41	19-Rodger Johnson/3:30	39:11	31-Darrin Machik/8:00	45:14	43-John Boschoci/4:00	42:17
8-Jake White/TRAC/0:00	33:56	20-Gary Grellman/0:00	35:52	32-Thomas Gilmore/0:00	37:17	44-Charles Becker/0:30	38:52
9-Jim Myers/PMK/8:00	41:57	21-Heliodoro Perez/2:00	37:55	33-Ronald Nemeth/0:00	37:25	45-Bob Butchart/PMK/2:00	40:22
10-Curtis Caughey/0:00	34:34	22-Dan Davidson/0:00	35:59	34-Gary Chan/WVTC/0:00	37:27	46-Brian Nicke/8:00	46:27
11-Donald Ashley/0:00	34:34	23-Fred Dunn/6:00	42:04	35-Dick Peterson/2:00	39:34	47-Daniel Thacker/0:00	38:28
12-Dudley Zappettini/9:30	44:25	24-Bob Hoffman/3:30	38:36	36-Richard Keene/0:00	37:55	48-Richard/Crymer/0:00	38:32
1-Flory Rodd/12:45	58:41*	14-David Muela/ETC/0:00	52:08	27-Howard Iseri/1:30	56:28	40-Thomas Willis/0:00	57:16
2-Ron Wayne/NTC/0:00	48:46	15-Doug Black/0:00	52:50	28-Glen Walder/0:00	55:00	41-Joe Camisa/0:00	57:33
3-Ralph Paf'brgr/13:30	62:21*	16-Burt Davis/0:00	52:59	29-Milt Schiffman/23:15	78:16*	42-Tommy Greer/0:00	57:53
4-Dennis Teegarden/6:45	55:37*	17-Eugene Young/11:15	64:19*	30-Norm McAbee, Jr./0:00	55:05	43-Charles Swanson/0:00	58:09
5-Homer Latimer/1:30	50:38	18-John Sheehan/0:00	53:18	31-Bill Sevald/0:00	55:07	44-Tom Martz, Jr./5:15	63:33
6-Bob Gehl/9:45	58:57*	19-Jeffrey Wall/0:00	53:32	32-Chuck Birdsall/11:15	66:26*	45-Leo Ruiz/0:45	58:18
7-Kay Atkinson/29:42	79:57*	20-Tim Rostege/WV/0:00	53:37	33-Raoul Kennedy/7:30	60:42	46-Gary Temple/0:00	58:38
8-Bill Brace/10:30	60:57*	21-George Green/0:00	53:40	34-Don Chaffee/1:30	57:16	47-Mark Schever/0:00	58:55
9-Ken Scalmanini/0:00	50:29	22-William Smith/0:00	53:51	35-Pat Whit'slow/9:54	65:44	48-Karen Scannell/10:48	69:48*
10-Sig Ketterer/10:30	61:18*	23-Keith Whit'slow/1:30	55:28	36-Bill Demartini/0:00	56:02	49-Dennis Kroll/0:00	59:19
11-Ray Patterson/0:00	51:36	24-Thomas McGee/6:30	60:33	37-H. Bashirudden/0:00	56:05	50-Diane Strada/9:00	68:22
12-Ivan Staneff/18:15	70:15	25-David Paiva/5:15	59:30	38-Ruth Detering/21:36	78:29*	51-Richard Mayers/0:00	59:29
13-Peggy Lyman/WVTC/9:00	61:02	26-Jim Hadler/0:00	54:30	39-Darrell Jeong/0:00	57:16	52-Richard Stovel/0:00	59:32



**MORE GOLDEN GATE CHARITY RUN RESULTS** (May 22, San Francisco): - In last issue we listed the first 500 finishers, and now we're listing the final 430. We've omitted anyone who didn't bother to turn in their finish stick and are listing only those times that have a corresponding name next to them in the results. We accidentally omitted Carroll Holthaus in last issue. He finished in 155th with a time of 38:57 for 10-kilometers. /Carl Jensen; Pax Beale/

501-Jim Warren	47:29	604-Guy Doran	49:59
502-Milee McClellan	47:30	605-Priscilla Myers	50:02
503-David Van Noy	47:31	606-Mike Stahz	50:03
504-Robert Sheehy	47:32	607-Ken Watson	50:04
505-Robert Bohannon	47:33	608-Richard Crutchlow	50:05
506-Terry Clark	47:34	609-Vic Avila	50:06
507-Ron Kreutzer	47:35	610-Ray Patterson	50:07
508-Walt Schliemann	47:36	611-John Rice	50:08
509-Robert Matulac	47:38	612-Ben Little	50:08
510-Slater	47:39	613-Ralph Hall	50:09
511-John Mohr	47:40	614-Amy Wulfing	50:09
512-H. Eppinger	47:41	615-Kathy Ray	50:10
513-Connor O'Kelley	47:43	616-S.C. Hoffheins	50:11
514-Neil Gielegem	47:50	617-Angelo Festa	50:12
515-Ghris Goode	47:51	618-Gengler	50:13
516-Walter Williams	47:52	619-Jim Turner	50:14
517-Richards	47:53	620-Wayne Money	50:15
518-Tom Salisbury	47:55	621-Don Schell	50:16
519-Larry Fritzman	47:56	622-Carol Holderness	50:17
520-Joe Camporeale	47:57	623-Steven Brough	50:19
521-Al Kruezerberger	47:58	624-Yamada	50:20
522-Stephen Nichols	48:01	625-Margo Elson	50:21
523-Carl Landers	48:02	626-Kevin O'Kelley	50:22
524-Mike Mulhern	48:03	627-Carolyn Green	50:22
525-Jim Plake	48:04	628-Eleanor Green	50:23
526-Lanceford Chong	48:05	629-Don Potter	50:27
527-Yngve Ramstad	48:06	630-Maurice Holloway	50:28
528-Ludwig	48:07	631-George Hinkle	50:29
529-Marvin Brooks	48:08	632-Greg Santa Ana	50:33
530-Anderson	48:09	633-Stark	50:34
531-Nancy Schell	48:10	634-Thea Myers	50:35
532-Steve Cole	48:11	635-Bruce Haupt	50:36
533-Greg Bodwalk	48:12	636-Miller	50:37
534-Frank Smith	48:13	637-David Ramstad	50:39
535-Kathy Maloney	48:14	638-Tom McGee	50:40
536-Marin Albion	48:21	639-O'Donnell	50:41
537-Bob Bishop	48:22	640-Joe Petitti	50:42
538-Michael Heaney	48:23	641-Bob Walker	50:44
539-Nudelman	48:28	642-Fred Kennelly	50:45
540-Foss	48:29	643-Green	50:46
541-Jeff Gates	48:30	644-Peterson	50:46
542-Jack Dusay	48:31	645-John Di Luzio	50:47
543-Robert Myers	48:35	646-Howard Chapman	50:48
544-Cindy Standley	48:37	647-Heblon	50:48
545-Blanchard	48:39	648-Paul Flores	50:48
546-Ray Arce	48:40	649-Paul Feisthmar	50:48
547-Robert Arce	48:40	650-Mike Feisthmar	50:49
548-Lisa Shattuck	48:41	651-Wilde	50:49
549-Anne Bower	48:44	652-Michael Miller	50:49
550-Bill Shore	48:45	653-Liz Ray	51:01
551-Pat McCarthy	48:46	654-Jerry Lewis	51:08
552-Stol	48:47	655-Herb Foster	51:08
553-Bob Davis	48:48	656-John Foster	51:09
554-Don Meyns	48:49	657-Chuck Smith	51:21
555-Houghton	48:50	658-Robert Hane	51:22
556-Jack Simpson	48:56	659-James Byrne	51:25
557-Daniels	48:57	660-Mark Bush	51:26
558-W. Gaffield	48:57	661-Steve Musser	51:30
559-Libby Bangert	48:58	662-Andy Edmondson	51:33
560-Chris Nishimura	48:59	663-Rapf	51:34
561-Ed Koeblich	49:00	664-Tom Martz	51:35
562-Thomas	49:00	665-Jack Fleming	51:36
563-J.H. Laws	49:01	666-Marvin Jacoby	51:37
564-Dan Gawronski	49:02	667-Larry Demas	51:37
565-Rehag	49:03	668-Ben Anderson	51:38
566-Robert Corwin	49:04	669-Jack Rosevear	51:40
567-Mike Hayden	49:05	670-Bernie Stevens	51:45
568-Robert Rolston	49:06	671-Sampson	51:46
569-Bob Bowe	49:07	672-N.A. Hannon	51:47
570-Charles Lee	49:08	673-Patrick Shelby	51:47
571-Larry Tuccio	49:09	674-Eric Shelby	51:48
572-Anthony Chavez	49:10	675-Michael Britz	51:49
573-Gary Ray	49:11	676-Joe Shami	51:52
574-Charles Ernst	49:12	677-Ed Pattillo	51:53
575-Dwight Wygant	49:13	678-Bitting	51:54
576-Ray Cabler	49:14	679-Pete Birrer	51:55
577-Barbara Carlson	49:15	680-Marlys Hayden	51:56
578-Lanny Fielder	49:16	681-Dinah Fogel	51:57
579-Henry Lores	49:17	682-Mario Macaluso	52:01
580-Dunn	49:18	683-Richard Sobrero	52:01
581-Bob Tsubamoto	49:19	684-John Fruth	52:06
582-Neil Mahoney	49:20	685-Dave Jacoby	52:07
583-Bob Kroninger	49:28	686-Ron Rouda	52:08
584-Ralph Bartholomew	49:29	687-John Bannister	52:08
585-Charles Tyler	49:30	689-Anixt	52:09
586-Margaret Donahue	49:31	690-Alan Lewin	52:09
587-John Anderson	49:31	691-Martz	52:10
588-Marianne Strotz	49:32	692-Christine Hopf	52:10
589-David Nasaw	49:33	693-Laury Belzer	52:10
590-Peter Sapienza	49:41	694-Mike Guingona	52:11
591-Gordon James	49:42	695-Lee Chastaine	52:12
592-Laurie Bangert	49:42	696-Kauffold	52:13
593-Mathis	49:43	697-Joe Ryan	52:14
594-Tom Peterson	49:43	698-Willie Frazier	52:18
595-Pete Reckas	49:48	699-Persky	52:21
596-Blair	49:49	700-Dee Jacobson	52:22
597-Smith	49:51	701-Steve Wintner	52:23
598-Claude McEntyre	49:51	702-David Nurre	52:25
599-Peter Nakahata	49:52	703-Susan Caughron	52:26
600-Champagne	49:52	704-Mike Meyer	52:27
601-Jim Bisbee	49:53	705-Bill Ryan	52:28
602-Glen Schultz	49:55	706-Holley Wysong	52:29
603-Kennedy	49:56		

707-Doug Hartley	52:29	820-Rhodes	59:07
708-Jane Terry	52:33	821-Chuck Erb	59:08
709-Lori Parrish	52:34	822-Ulla Root	59:09
710-Peter Kimball	52:34	823-Jeff Atkinson	59:17
711-Bob Wallace	52:35	824-Dave Lukaszewski	59:27
712-Mike Bangert	52:36	825-Judy Bailey	59:50
713-Isis	52:36	826-Myles Abbott	59:51
714-David Salaver	52:37	827-Judah Rosenwald	60:05
715-Salley Morner	52:54	828-Beth Richardson	60:07
716-Moeglich	52:55	829-Rose Roskilly	60:08
717-Doug Gary	53:05	830-William Walsh	60:09
718-Candy Naughton	53:12	831-Pat Hamilton	60:10
719-Don Schultz	53:13	832-Kent	60:24
720-Fran Crawford	53:13	833-Jim Ryan	60:28
721-Laurie Sanders	53:14	834-Joan Kelleher	60:30
722-Trudy Perkins	53:22	835-Don Baird	60:33
723-Don Parkhurst	53:37	836-Gayle Shaffer	60:34
724-Ross	53:38	837-Bonn	60:38
725-Ray	53:39	838-Marcous	60:39
726-Dan Green	53:41	839-Patti Bannister	60:40
727-Steve Nasstrom	53:45	840-Chuck Barker	60:41
728-Sloane	53:48	841-Meihaus	60:41
729-Ben Wells	53:48	842-Julie Settlemier	60:52
730-Chuck Travis	53:55	843-Jane Martz	60:58
731-Bob Bahr	53:56	844-Vriethoff	61:03
732-Milton Schiffman	53:56	845-Theo Slater	61:10
733-Randy Hurd	53:56	846-Alice Dingwall	61:12
734-Kathy Chamberlain	54:10	847-Valerie Welk	61:20
735-Jeanne Shlegeris	54:11	848-Bailowitz	61:32
736-Steve Flores	54:12	849-E. Mallant	61:56
737-Leslie Neidling	54:13	850-Claudia Kaw'nski	61:57
738-Russ Erb	54:14	851-Jeff Wendt	61:58
739-Clare Dower	54:16	852-Mandy McManus	62:15
740-Mark Conway	54:18	853-Mike Malinowski	62:16
741-Lee McDaniels	54:19	854-Melody Lew	62:24
742-Kay Atkinson	54:20	855-Tera WV	62:30
743-Jane Rigney	54:22	856-Robin Barnato	62:31
744-Raye Byrne	54:26		
745-Rod Matthews	54:27		
746-Dave Smith	54:28		
747-Craig Powers	54:29		
748-Mike Waltz	54:30		
749-Michael Goude	54:31		
750-Ferguson	54:33		
751-Roger Kahane	54:35		
752-John Gillick	54:36		
753-Mary Gillick	54:37		
754-Gerry Maloney	54:39		
755-Anne Skjelbred	54:40		
756-Patrick Walsh	54:42		
757-Leo Alonzo	54:43		
758-Chris Flores	54:44		
759-Henry Bellaci	54:44		
760-Roger Anawalt	54:44		
761-Richard Oku	54:45		
762-Lisa Spielman	54:47		
763-Terry Yee	54:48		
764-Peter Bank	54:50		
765-Kuckeck	54:51		
766-Ed Ross	54:57		
767-Britt Thomas	54:58		
768-Richard Mohs	54:59		
769-Iris Meyers	55:00		
770-Aguirre	55:15		
771-Debbie Alvine	55:20		
772-Carla Ludgus	55:26		
773-Scott Holland	55:28		
774-Pat Flowers	55:44		
775-Sandra Caldwell	55:45		
776-Darla Oliver	55:45		
777-Sally Ride	55:46		
778-Rusty Coleman	55:55		
779-Rich Patterson	55:56		
780-Rita Beacock	55:57		
781-Steve Parsons	55:58		
782-Matthew Bush	55:58		
783-Mike Green	55:59		
784-Powers	56:05		
785-Albert Lewis	56:06		
786-Laura Neck	56:07		
787-Bob Firestone	56:08		
788-Andrew Fluegelman	56:08		
789-Bev Richardson	56:09		
790-Candy Burnstein	56:12		
791-Cimino	56:19		
792-Steve Morehouse	56:20		
793-P. Forbrache	56:49		
794-James Walsh	56:50		
795-Randy Mayers	56:52		
796-Bill Boyle	57:04		
797-Dan Greene	57:16		
798-Roseann D'Clano	57:17		
799-Tim Good, Jr.	57:17		
800-Sylvia Moberg	57:18		
801-Carolyn Clark	57:19		
802-Steve Ruby	57:20		
803-Elaine Hocking	57:24		
804-Jarva Petrovich	57:35		
805-Ron Ault	57:36		
806-Rusty Valena	57:40		
807-David Fraser	57:51		
808-Roseann D'Clano	57:52		
809-Peek	57:53		
810-John Wolf	57:58		
811-Orfila	58:00		
812-Marty Wick'nhr	58:00		
813-Kathern Kirchen	58:01		
814-David Peritz	58:36		
815-Field	58:39		
816-Bill Lee	58:55		
817-Katherine Dusay	58:56		
818-Richard Schiller	58:58		
819-Monique Weil	58:59		



(Top) Kathy Himmelberger won women's title at PA-AAU Hour Run; (Middle) Ralph Bowles dominated the master's division at the same race; (Bottom) Start of that race at Lowell High School track (fast heat). Results on next page. /Denise O'Rourke Photo/

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**CLARK OUTKICKS SEAVER IN EXCITING HOUR RUN** (May 28, San Francisco): - Because of commencement at San Francisco State, the PA-AAU One-Hour Run Championships were moved hastily across the street to Lowell High School, and a small group (34 finishers) proceeded to fight an annoying wind and a rather loose track surface. Under the circumstances, the results were quite respectable, as a total of 8 runners broke 11 miles, and nearly 50 percent of the finishers broke 10 miles. The less than ideal conditions took a large toll of runners (many quit early in the race), and after a short time it became a two-man race for first. With about 45 seconds to go, Bill Seaver jumped teammate Bill Clark and looked headed for a sure victory. But with less than 100 yards to go, Clark made a convincing move of his own and then held off Seaver by a mere 2 yards, recording 11 miles, 1233 yards. West Valley TC was an easy team winner with Excelsior TC second. Ralph Bowles grabbed the masters title (10-878) over Ray Menzie by exactly a quarter mile as Ray held on for a mile or so when Ralph lapped him. Roger Bryan was another 100 yards back. Kathy Himmelberger was the only sr. woman finisher at 9 miles, 413 yards, while Ruth Anderson was the only masters woman (8-1291). /Frank Donahue/

1-Bill Clark/WVTC	11-1233	7-Jan Sershen/ETC	11- 121	13-Roger Bryan/TRAC	10- 329*	19-Norm McAbee/Un	9-1349*
2-Bill Seaver/WVTC	11-1231	8-Ernie Rivas/PMK	11- 48	14-Bill Sevald/Un	10- 143	20-Ed Jerome/TRAC	9-1247
3-Kirk Randall/Un	11- 542	9-Bob Darling/ETC	10-1336	15-Tim Powell/BC	10- 54	21-Tom Mann/ETC	9-1230
4-Gary Goettelmann/WV	11- 511	10-Ralph Bowles/WVJS	10- 878*	16-Steve Megee/Un	10- 0	***WOMEN***	
5-Mike Niemiec/WVTC	11- 376	11-Mike Eash/ETC	10- 568	17-Raul Mendez/Un	9-1643	27-Kathy Himmelberger	9- 413
6-Roland Watson/WVTC	11- 330	12-Ray Menzie/WVTC	10- 438*	18-Burgess Johnson/Un	9-1521	30-Ruth Anderson/NCS	8-1291*



(Above) Start of the 1st Annual Lake Merced Relays, sponsored by the Pamakids. (Right) Hal Schulz hands off to Brian Maxwell on final leg around the lake for winning "Golden Bears". /Don Melandry/



**FIRST PAMAKID RELAYS DRAW 112 TEAMS** (June 11, San Francisco): - Located in an ideal area for a relay (around the Lake Merced bikepath), this first annual event drew a good turnout of over 100 5-person teams. The advertised distance had been 4.7 miles/leg, but Sheldon Gersh, the PA-AAU LDR Standards Chairman measured it afterwards and came up with 4.492 miles (22.46 miles for the entire relay). The winning "Golden Bears" team, composed mostly of Univ. of California runners, including the coach, Brian Maxwell, was an easy winner over Tamalpa, 1:52:23 to 1:54:51. That works out to exactly 5 minutes per mile. Other divisional winners were: (Div. B - Women Only: Pleasant Hill Rams 2:37:27); (Div. C - Masters Men: Magnificent Five 2:17:45); (Div. D - Mixed 3 Men with 2 Women and/or Kids 13/Under: James Lick 2:16:23); (Div. E - Mixed 3 Men over 33 with 2 Women and/or Kids 13/Under: Fox's Bunch 2:13:49). A terrific race...no traffic; no logistical problems of making sure your team members got to their proper relay exchange spots (they were all the same place). /Pat Cunneen & Jon Mohr/

Note: - Overall places are listed below (by division).

\*\*\*DIVISION A\*\*\*

1-Golden Bears	1:52:23	11-Quackers	2:07:14	21-New York Speedsters	2:11:36	32-S.F. Under 20 Yrs.	2:16:41
2-Tamalpa Runners	1:54:51	12-Rockville Runners	2:09:20	***DIVISION B***		34-Pama Dogs	2:16:57
3-Camino West TC	1:57:32	13-Turk St. RC	2:09:49	75-Pleasant Hill Rams	2:37:27	38-Sunrise Trail Runner	2:17:59
4-Excelsior TC "A"	1:57:55	14-12 O'Clock Shadows	2:10:49	90-Sundance Girls	2:42:52	42-Excelsior "B"	2:20:40
5-Aggie RC Bonzos	1:58:31	15-Skyliners	2:10:56	92-Foxy Five 40 Yrs+	2:44:06	48-Dead Cat in the Rd.	2:25:27
6-Pamakid "A"	1:59:46	16-Maranon	2:10:57	***DIVISION C***		52-Feats	2:26:31
7-DeAnza Striders	2:02:06	17-Hasting Runners	2:10:58	37-Magnificent Five	2:17:45	60-S.M.C.C.	2:31:23
8-Green Greeks	2:05:53	18-Creed Ranch	2:10:59	55-Foothill Masters	2:28:46	***DIVISION E***	
9-Canyon TC	2:06:33	19-Flying Tigers	2:11:14	***DIVISION D***		25-Fox's Bunch	2:13:49
10-Foothill + 2 Pamas	2:07:06	20-Blazers	2:11:34	30-James Lick	2:16:23	35-Afternoon Delight	2:17:03



A record(?) field of 350+ starts the Holy City Run. /Sue Perry/

**GUTHRIE CLOBBERS MASTERS STANDARD AT HOLY CITY, HART AND BRAY COME CLOSE** (June 26, Holy City): - Bill Clark knocked a minute off his PR for the course while pushing teammate Benton Hart to a near record (17 seconds off Angelo Martinez' 1976 standard) of 47:32 over this popular run, now in its 16th year. But it was Kent Guthrie who stole the show as the undefeated masters runner (for 1977) blitzed Ross Smith's 1975 mark of 51:39 with a super-quick 50:46, grabbing 17th overall in a talent laden field. Darryl Beardall's runnerup time of 51:35 was also under the old mark. Vicky Bray kicked away over the last few miles of downhill to notch a convincing victory over Judy Leydig, 57:59 to 58:37, to capture the women's title, missing Sue Munday's 1975 record by a mere 10 seconds. Top high schooler was Nick Nickols, who completed the 9.08-mile out-and-back course in 50:56 to best his nearest competition by 46 seconds (Paul Swinney). Other division winners were: Bob Malain (50+) 57:33, Carroll O'Connor (40+ Women) 68:57, & Mike Matthews (13/Under) 64:50..341 finished. /Ken Napier/

1-Benton Hart/WVTC	47:32	7-Mike Niemiec/WVTC	48:38	13-Roland Watson/WVTC	50:13	19-Keith Kruse/Un	51:03
2-Bill Clark/WVTC	47:39	8-John Sup/WVTC	48:58	14-Boyd Tarin/WVTC	50:23	20-Dave Fuller/Un	51:11
3-Tom Laris/WVTC	48:05	9-Gary Goettelmann/WVTC	49:17	15-Bruce Rider/WVJS	50:27	21-Bill Meinhardt/WVJS	51:22
4-Steve Palladino/CW	48:08	10-Greg Elia/FPTC	49:53	16-Steve Brooks/Un	50:37	22-Dennis Tracy/WVTC	51:22
5-Bill Seaver/WVTC	48:30	11-John Moreno/CW	50:02	17-Kent Guthrie/WVJS	50:46*	23-Darryl Beardall/MH	51:35*
6-Mitch Kingery/CW	48:34	12-Hank Lawson/Un	50:07	18-Nick Nickols/Un	50:56	24-Paul Swinney/CW	51:42



25-Rich Guilfooy/MPAC	51:55	41-Phil Sanfilippo/WVJS	53:30	57-Mike Catlin/AGRC	55:47	73-Don Dugdale/Un	56:55
26-Eddie Tico/WVJS	52:00	42-Robert Welck/MPAC	53:31	58-Dennis Kroll/Un	55:54	74-Dave Maldonado/Un	56:56
27-Ted Pawlak/LGP	52:15	43-Ross Smith/WVJS	53:35*	59-Dave Edelstein/LIH	56:01	75-Danny Hernandez/Un	57:03
28-Ulrich Kaempf/TRAC	52:18*	44-Drew Paulin/WVJS	53:35	60-Jerry Landrath/Un	56:03	76-Don Richey/CRC	57:05
29-Terry Hughes/Un	52:25	45-Dave Castro/LGP	53:40	61-Andy Takaha/CW	56:05	77-Jeff Smith/Un	57:23
30-Keith Crowder/WVJS	52:26	46-Rich Antal/Un	54:27	62-Phil McCarty/Un	56:09	78-Gil Hernandez/Un	57:30
31-Ralph Bowles/WVJS	52:27*	47-Roger Bryan/TRAC	54:37	63-Mike Gourley/CW	56:10	79-Jim Doran/WVJS	57:30
32-Jeff Cowling/Un	52:28	48-Steve Fuller/WDS	54:40*	64-Mark Driscoll/Un	56:15	***WOMEN***	
33-Mike Chastaine/Un	52:33	49-Joe Salazer/Un	54:50	65-John Hilbrand/LGP	56:16	86-Vicky Bray/SJC	57:59
34-Mike Macallaid/Un	52:53	50-Sheldon Larson/CW	54:57	66-Greg Wimmer/CW	56:20	97-Judy Leydig/WVTC	58:37
35-Gerald Slivsager/Un	53:03	51-Curt Hutchings/LGP	55:05	67-Brian Hurdal/Un	56:25	106-Penny DeMoss/WVTC	59:05
36-John Hellman/WVTC	53:04	52-Glenn Pruitt/PMK	55:10	68-Myron Nevraumont/Un	56:26*	145-Marilyn Taylor/Un	61:57
37-Greg Lyon/FPC	53:15	53-Jesus Garza/Un	55:10	69-George Gilbert/Un	56:27	175-Gail Campbell/WVJS	64:00
38-Greg Jewett/PMK	53:16	54-Lloyd Sampson/Un	55:24	70-Alex Gomez/Un	56:31	195-Sharon Metcalf/AGRC	66:04
39-Tom Gleason/Un	53:19	55-Dave Zermer/LGP	55:33	71-Dave Avery/Un	56:35	230-Carroll O'Conner/NCS	68:57*
40-Jeff Winkler/Un	53:20	56-Gary Grellmann/Un	55:43	72-Wil Reinhart/MPAC	56:38	251-Virginia Collins/WVJS	70:20*

MAXWELL, BEARDALL AND CAMPBELL TAKE EXCELSIOR BEACH RUN HONORS (July 2, San Francisco): - Brian Maxwell captured this popular beach run (actually only about half is on the sand) by a twenty second margin over Englishman Peter Hamilton, 33:36 to 33:56, but was a long ways off John Halberstadt's 1975 mark of 32:25. Likewise, masters winner Darryl Beardall missed the late Jim Shettler's 35:41 standard, also set in 1975, but had little trouble winning his division, 36:20 to 38:58 for Paul Holmes. Gail Campbell was an unpressed winner in the women's race, besting Skip Swannack by nearly two minutes, 43:59 to 45:46. Judy Leydig's 42:07 from 1975 likewise remained intact. Camino West took a close victory over the Los Gatos Pacers in the team race, as perennial power WVTC failed to finish a full team. Other divisional winners were--Women 19/Under: Sharon Yanick 47:41; Women 20-29: Gail Campbell 43:59; Women 30-39: Skip Swannack 45:46; Women 40/Over: Carroll O'Conner 49:55; Men 19/Under: David Castro 36:54; Men 20-29: Brian Maxwell 33:36; Men 30-39: Bruce Degan 35:22. A smaller group (196) than usual finished the race. /Mike Conroy/



Brian Maxwell wins Excelsior Beach Run. /Anne Skjelbred/

1-Brian Maxwell/BASC	33:36	20-Tom Gleason/Un	38:24	39-Alan O'Reilly/LGP	41:17	***WOMEN***	
2-Peter Hamilton/ETC	33:56	21-Ross Rowley/SUND	38:39	40-Loren Hill/LGP	41:25	64-Gail Campbell/WVJS	43:59
3-Dave Hull/CW	35:20	22-David Moon/TSRC	38:45	41-Ed Adams/Un	41:29	78-Skip Swannack/WDS	45:46
4-Bruce Degan/Tamalpa	35:22	23-David Lerner/LGP	38:55	42-Brad Lichtenstein/Un	41:30	98-Sharon Yanick/SJC	47:41
5-Humberto Hernandez/WV	36:01	24-Paul Holmes/BC	38:58*	43-Todd Watkins/DSE	41:38	111-Pat Whittingslow/PMK	48:27
6-Darryl Beardall/MH	36:20*	25-John Hillbrink/LGP	39:05	44-Evan MacBride/BC	41:44	113-Elaine Miller/PMK	48:39
7-David Castro/LGP	36:54	26-George Gilbert/ETC	39:16	45-Richard Mayers/Un	41:48	122-Karen Diekmeyer/SUND	49:37
8-Steve Fuller/WDS	37:09	27-Jim Nicholson/PMK	39:29*	46-Dennis Wilkins/Un	41:57	125-Carroll O'Conner/NCS	49:55*
9-Bob Miller/CW	37:11	28-Ralph Worthington/Un	39:33	47-Al Stanbridge/PMK	41:59		
10-Dale DeWhitt/LGP	37:13	29-Chuck Frosolone/Un	39:36	48-Jeff Houston/Un	42:08		
11-Bob Love/CW	37:17	30-Tim Chalmers/Un	39:45	49-Dennis Egly/Un	42:16*		
12-Bill Sevald/PMK	37:21	31-Roy Scellato/TRAC	40:11	50-Timothy Morse/Un	42:29		
13-Phil Kay/TAM	37:35	32-Joe Camisa/PMK	40:17	51-Loren Castro/BAA	42:30*		
14-Wes Hildreth/Un	37:46	33-Tom Dorst/LGP	40:37	52-Steven Twesten/Un	42:43		
15-Sheldon Larson/CW	37:52	34-Mart Post/Un	40:45	53-Ed Tico/WVJS	42:51		
16-Curt Hutchings/LGP	37:56	35-Leo Ruiz/Un	40:55	54-Richard Houston/NCS	42:57*		
17-Ray Aver/LGP	37:57	36-Jesus Garza/Un	41:06	55-Bob Gehl/DSE	43:06*		
18-Jim Moore/ETC	38:04	37-William Smith/Un	41:09	56-Rob Alemany/PMK	43:11		
19-Jeff Smith/CW	38:08	38-Craig Shore/LGP	41:15	57-Marvin Pettey/Un	43:16		

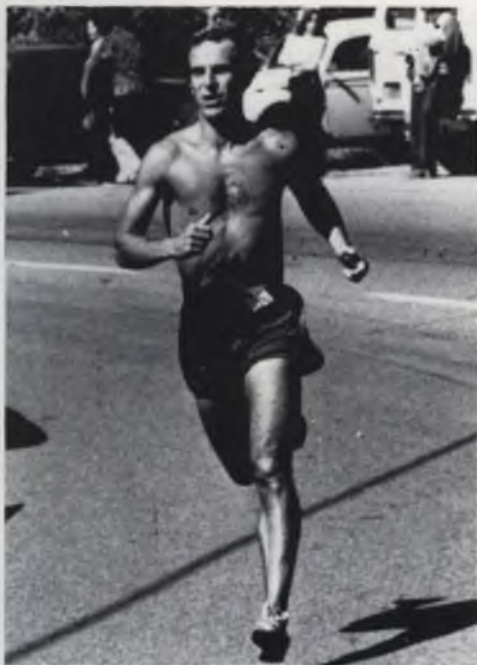
QUANTITY AND QUALITY MAKE FIFTH ANNUAL FOLSOM 10-KILO A SMASHING SUCCESS (July 3, Folsom): - This affair, which was once merely a 'time trial' for the Buffalo Chips to decide on Tahoe Relays teams, has blossomed into one of the larger and more quality-laden races on the NorCal summer circuit. A total of 44 runners were under 35:00 (5:38/mile) over the rolling course, and 253 finished. Bob Deis, a Fresno State runner (via American River JC) who's done 13:50 for 3-miles, was a fairly convincing winner over Camino West's Steve Palladino, coming out on top by nearly 100 yards. His 31:17 missed Mitch Kingery's 30:40 time of last year. Paul Holmes of the host club pulled something of an upset in downing Ross Smith, 34:27 to 34:50, to take the over-40 title. Myron Nevraumont ran a good third in 35:51. The women's race was very exciting, as Kathy Adams managed to hold onto her early lead to stave off the late challenges from Teri Hagerty (37:47) and Judy Leydig (37:50) with her course record 37:38...the top seven(!) broke Sally Edward's 1976 standard. Holmes broke Ty Hadley's 35:41 record of last year. /Frank Krebs & Doug Rennie/

1-Robert Deis/FSU	31:17	26-Dale Fuller/Un	33:47	51-Ty Walker/Un	35:52	85-Judy Leydig/WVTC	37:50
2-Steve Palladino/CW	31:32	27-Adam Ferreira/Un	33:56	52-Marc Hoschler/BC	35:54	111-Rita Scalise/OPHIR	39:50
3-Noel Hitchcock/Un	31:44	28-Gordy Vredenberg/BC	34:02	53-Don Spickelmier/BC	35:56	124-Carolyn Tiernan/WVTC	40:37
4-Bill Weed/Un	31:51	29-Doug Rennie/BC	34:10	54-Dan Davidson/BC	36:02	131-Pam Allen/Lassen TC	41:23
5-Bob Cooper/WDS	31:56	30-Ken Harvey/Un	34:11	55-Chuck Nichols/BC	36:05	134-Madeleine Roese/AGRC	41:35
6-Richard Langford/Un	32:42	31-Mike Souza/BC	34:12	56-Art Waggoner/BC	36:07*	136-Patty Kuphalt/OPHIR	41:40
7-Jim Bowles/WVTC	32:45	32-Frank Hagerty/SUND	34:13	57-Tim Hicks/BC	36:12	142-Marilyn Brandt/AGRC	41:57
8-Boyd Tarin/WVTC	32:48	33-Mike Brown/Un	34:14	58-Jeff Smith/CW	36:14	146-Jean Wilson/Un	42:12
9-Frank Turner/Un	32:50	34-Mark Reese/BC	34:15	59-John Myers/Un	36:25	149-Francie Negri/Un	42:16
10-Fred Veliz/Un	32:53	35-Fred Fursberg/BC	34:19	60-William Starks/Un	36:44		
11-Jim Dietler/Un	32:55	36-Larry Sumner/BC	34:23	61-David Schumacher/Un	36:48		
12-Tim Jordan/BC	32:58	37-Paul Holmes/BC	34:27*	62-David Overoye/Un	36:50		
13-Mike Wright/Solano JC	32:59	38-Michael Sophie/Solano	34:31	63-Walt Lange/BC	36:51		
14-Earl Lagomarsino/Un	33:05	39-Bob Hedges/BC	34:32	64-Wes Fujii/Un	36:55		
15-Chris Little/BC	33:09	40-Brent Cushenbery/BC	34:33	65-Bob Cox/SUND	36:59*		
16-Jeff Cowling/Un	33:10	41-Mark Gallo/BC	34:44	66-Jim Finnegan/BC	37:01		
17-Mile Miller/CW	33:12	42-Ross Smith/WVJS	34:50*	67-P.J. Downey/Un	37:02		
18-Kevin Hanson/Un	33:13	43-Abe Underwood/BC	34:59	68-Pete Schoener/BC	37:11		
19-Chris Hamer/WVTC	33:24	44-Rick Batha/Un	35:08	69-Dave Davis/BC	37:15*		
20-Danny Martinez/WDS	33:32	45-Michael Chastaine/Un	35:19	70-Aaron Goldman/AGRC	37:22*		
21-Mitch Kingery/CW	33:33	46-Randy Fairchild/BC	35:22	71-Ken Mattson/CB	37:23		
22-Bill Fairwell/Un	33:35	47-Peter McCarty/Un	35:31	72-Gil Tarin/WVJS	37:26*		
23-Kurt Vineyard/SolanoJC	33:40	48-Tom Arnez/CB	35:38	***WOMEN***			
24-Frank Krebs/BC	33:45	49-Ray Castro/WDS	35:42	81-Kathy Adams/Un	37:38		
25-Erik Winje/Un	33:46	50-Myron Nevraumont/Un	35:51*	83-Teri Hagerty/SUND	37:47		



Folsom runnerup, Steve Palladino. /Sue Perry/





Runnerup in Redwood City's 4th of July Parade Run, Tom Laris, shown taking third here at the Holy City Run. /Mike Fenner/

**HART BLASTS RECORD AT REDWOOD CITY'S PARADE RUN** (July 4, Redwood City): - BYU's Benton Hart did a solo 14:28 to easily capture the 5,000-meter run in downtown Redwood City. Taking the lead from the gun, he had left his nearest competition, 37-year-old Tom Laris, 47 seconds behind at the finish tape. Mike Niemiec was a close third, just 3 seconds back of Laris, making it a sweep for West Valley TC. Kent Guthrie continued his unbeaten streak as a master for 1977. In fact, the only race he has lost locally to another master since he made the big step last year was to Darryl Beardall in the Natl. Masters AAU X-C last November. His 16:00 clocking today was good enough for a 26-second margin over Jerry Lewis. Unfortunately, there were some mixups on the 3-loop course when a number of runners who had only completed two laps decided to run for the finishline, simply following other runners who were headed that way. It's not clear who ran short, but the third and fourth place masters runners do not ring a bell with me...perhaps someone could verify it they did in fact run the full distance (they are Wally Hall and John Gramfitt). The women were led by Penny DeMoss, who was an easy winner (by over a minute) at 18:30. I thought that Gail Campbell ran and finished second, but she wasn't listed (perhaps she ran unofficially?). Carroll O'Conner was the leader in the women's masters division. Below are listed top finishers in each age-group. There were 292 finishers. /Sten Mawson/

**\*\*\*GIRLS 11/UNDER\*\*\***

- 1-Sharon Yanick/SJC 19:36
- 2-Michelle Miller 19:54

**\*\*\*GIRLS 12-13\*\*\***

- 1-Jackie Lewis/Arrow 21:59
- 2-Tia Turnbull 22:56

**\*\*\*GIRLS 14-17\*\*\***

- 1-Terry Schneider 19:36
- 2-Nina Peticolas 19:50
- 3-Lori Medlen 20:15
- 4-Lydia Zele 21:14

**\*\*\*WOMEN 18-29\*\*\***

- 1-Penny DeMoss/WVTC 18:30
- 2-Cheryl Bundy 19:37
- 3-Molly Newlon 20:18

**\*\*\*WOMEN 30-39\*\*\***

- 1-Skip Swannack/WDS 19:57
- 2-Juely Peterson 22:40

3-Sandy Smith 22:47	9-Jim Jurkovich 16:34	2-Dennis Tracy/WVTC 15:31
4-Adrienne Rogers 22:49	10-Greg Wimmer 16:35	3-Jake White/TRAC 15:56
<b>***WOMEN 40-49***</b>	11-Glenn Dean 16:40	4-John Clary/TRAC 15:58
1-Carroll O'Conner/NCS 21:14	12-Scott Flagg 16:40	5-Harry Cross/WVTC 16:24
2-P. Strand 21:52	13-Ian Waters 16:40	6-Colin Flynn 16:28
<b>***WOMEN 50/OVER***</b>	14-Jack Kurr 16:40	7-Tim Rostege/WVTC 16:30
1-Nancy Bean 26:07	15-Gilbert Hernandez 16:40	8-Bob Woodliff/WVJS 16:40
<b>***BOYS 11/UNDER***</b>	<b>***MEN 18-29***</b>	9-Terry Mullen 16:40
1-John Foley 17:56	1-Benton Hart/WVTC 14:28	10-Russell Montello 17:19
2-Andy Jennings 18:44	2-Mike Niemiec/WVTC 15:18	11-Joe Sciame/Lompoc 17:21
3-Michael Kennedy 19:13	3-Dave Hull/CW 15:45	12-Al Stanbridge/PMK 17:32
4-Drew Brodeur 19:19	4-Terrence Boynton 15:55	13-Roy Scellato 17:43
5-Gannon Myall 19:28	5-Mark Luevano 16:03	14-Dale Nelson 17:45
<b>***BOYS 12-13***</b>	6-J.B. Bettencourt 16:12	15-Thomas Knight 18:02
1-Donald Aviles 18:14	7-Joe Salazar 16:18	16-Sten Mawson 18:08
2-Mack Williams 18:18	8-Joe Green/WVTC 16:25	<b>***MEN 40-49***</b>
3-Brian Bergstrom 19:10	9-Bob Miller/CW 16:32	1-Kent Guthrie/WVJS 16:00
4-Brett Longo 19:17	10-Jim Moyles 16:40	2-Jerry Lewis/Un 16:26
5-Chris Hibbard 19:18	11-Michael Young 16:40	3-Wally Hall 16:38
<b>***BOYS 14-17***</b>	12-Dennis Urtega 16:42	4-John Gramfitt 17:37
1-Peter Dolan 16:06	13-Jeff Romiguere 16:49	5-Ken Paul/WVTC 18:08
2-Marcus Jones 16:14	14-Conrad Suhr 16:53	6-Timothy Goode 18:23
3-Phil McCarty 16:18	15-Thomas Bartasi 16:55	7-Don Lucero/WVTC 18:55
4-John Rembau 16:20	16-Peter Jensen 16:57	8-Ralph Franzen 19:
5-Danny Hernandez 16:23	17-Neil Berg 16:59	9-Ron Niedrauer/WVJS 19:09
6-Gilbert Dean 16:27	18-Burgess Johnson 17:08	<b>***MEN 50/OVER***</b>
7-Eric Davies 16:29	<b>***MEN 30-39***</b>	1-Dennis Egly 18:20
8-Dave Bosley 16:31	1-Tom Laris/WVTC 15:15	2-Rich Mueller 18:32

**HART NIPS ROMESSER AT LAFAYETTE 10-KILO; ANOTHER RECORD FOR GUTHRIE** (July 9, Lafayette): - Benton Hart continued his undefeated streak by nipping red-hot Gary Romesser of Fresno Pacific TC, 30:46 to 30:53, and Kent Guthrie continued his unslaughter of masters records with a convincing 220-yard victory over teammate Ralph Bowles, erasing another course standard (Dennis Teegarden's 36:26 from way back in 1974) in the process with a quick 34:17 and 18th overall. Little Roxanne Bier also continued her undefeated streak for 1977 on the roads with a quarter-mile victory over Judy Leydig, 38:32 to 39:47. She narrowly missed Sue Munday's 1975 mark of 38:31. Carroll O'Conner won another title in the women's masters division with a 46:45, over two minutes in front of teammate Kathy Brieger. Rod Berry annexed the high school title with his 32:47 and ninth overall. The top junior boy was Zach Caldwell (40:52), while Sharon Yaninek recorded 43:06 to win the junior girls' title. Jim Nuccio's 30:29 from 1975 still stands as the course record. Today's race saw a finishing field of 250. /Mike Foley/

1-Benton Hart/WVTC 30:46	19-Dan Martinez/WDS 34:30	37-Bryan Holmes/WVJS 37:24*	55-Bill McCleary/Un 38:40
2-Gary Romesser/FPTC 30:53	20-Ray Corona/BASC 34:31	38-Mike Buckingham/ORR 37:25	56-Evan Custer/ORR 38:49
3-Peter Hamilton/ETC 32:00	21-Jeff Cowling/Un 34:53	39-Leonard McDowell/PMK 37:40	57-Ron Peck/NCS 38:52
4-Boyd Tarin/WVTC 32:07	22-Terry Casey/ETC 34:57	40-Bill Brusher/Un 37:46	58-Leonard Sperandio/CW 38:57
5-Martin Dean/SMTC 32:11	23-Ralph Bowles/WVJS 35:03*	41-Ed Grueb/ORR 37:53*	59-Dennis Egly/Un 39:01*
6-Mike Emry/AGRC 32:15	24-Terry Hughes/Un 35:11	42-Larry Washington/WVTC 37:57	60-Brune Williams/LHS 39:19
7-Phil Hornig/WVTC 32:36	25-Jack Knebel/ORR 35:14	43-Hal Crangle/Un 38:01	61-John Jamieson/Un 39:23*
8-Rod Berry/WVTC-RdwdHS 32:47	26-Ray Castro/WDS 35:29	44-David Maldonado/Un 38:03	62-Ken Israel/WVJS 39:25
9-Mark Proteau/AGRC 32:55	27-Jeff Farmer/Un 35:30	45-Brad Kearns/Keystone 38:08	63-Chuck Askin/Un 39:37
10-Craig Elia/FPTC 33:04	28-Tom Downs/Un 35:31	46-Steve Salandez/Un 38:11	<b>***WOMEN***</b>
11-Devon Flynn/Axemen TC 33:11	29-Robert Paredes/CW 35:33	47-Tim Chavez/WDS 38:12	54-Roxanne Bier/SJC 38:32
12-Mike Plummer/WVTC 33:32	30-Wolk Goubau/Un 35:56	48-Brad Lichtenstein/Un 38:13	64-Judy Leydig/WVTC 39:47
13-Dennis Tracy/WVTC 33:35	31-Paul Holmes/BC 36:05*	49-Wes Hurlburt/Un 38:19	69-Cheri Williams/SJC 40:11
14-Craig Hochhaus/CVHS 33:40	32-Jeff Smith/CW 36:09	50-Lee Sorenson/ORR 38:25*	74-Carolyn Tiernan/WVTC 40:39
15-Bob Spielman/TCTC 33:55	33-Allen Robertson/Un 36:22	51-Marv Winer/WVTC 38:26	77-Vicky Bray/SJC 40:54
16-Mark Greenough/WVTC 34:02	34-Wayne McClish/Un 36:47	52-Glen Jacoby/Un 38:29	100-Mary Gaffield/PMK 42:47
17-Scott Molina/DLVHS 34:06	35-Rich Antal/Un 36:58	53-Robert Cummings/Un 38:30	105-Eileen Jackson/BTC 43:03
18-Kent Guthrie/WVJS 34:17*	36-Ignatius de Villiers 37:04	54-Roxanne Bier/SJC 38:32	106-Sharon Yaninek/SJC 43:06

**SAN FRANCISCO MARATHON A HUGE SUCCESS** (July 10, San Francisco): - After some very close brushes with either cancellation or course changes, the First Annual Pamakid San Francisco Marathon went ahead as scheduled with hardly a hitch. It was essentially 'runners day', as traffic was rerouted so that there were absolutely no cars along the entire length of the course. Although the weather was a bit warmer than expected, times were generally good considering some fairly decent hills in the latter stages of the race. And if the times weren't super, the number of participants certainly was...over 1000 starters and 841 finishers! Overall winner was Athol Barton, a New Zealand native now living in Reno. His 2:24:59 is an automatic course record. He led the last 20 miles and was never challenged. Runnerup was Les Myers of the Charthouse TC (San Diego area) in 2:27:46, with Bob Cooper (Woodside Striders) next at 2:28:29. Ulrich Kaempf scored a big win in the over-40 class with a swift 2:42:46, ahead of Gordon Gane's surprising runnerup position (2:47:17). Tena Anex chopped nearly three minutes from her best with a 2:53:20 and a four-and-a-half minute



victory margin over Penny DeMoss (2:57:53), who got a PR by 4 seconds! Pat Cutler was an unexpected third at 3:09:15. Ruth Anderson was somewhat off her usual self, but still won her division (masters women) by nearly twenty minutes with a 3:19:11. Chris Little of Sacramento ran a very strong 2:41:12 to take the under-16 division by nearly a mile and a half. West Valley, led by Daryl Zapata, Bill Clark, and Gary Goettelmann, captured the team title (PA Championships), with Sundance & Pamakids following. WVTC also won the women's race with the Pamakids second. In the masters race it was Pamakids on top, followed by West Valley Joggers & Striders and the Tax Reducers AC. Following are all finishers under three hours and leading women finishers. Ruth Anderson led the NorCal Seniors to the masters women's team title (with Frances Sackerman & Barb Carlson). /Jim Scannell/



(Left to Right) Third-placer Bob Cooper is elated with his finish. Tena Anex moved into third on all-time PA list with 2:53:20. /Lani Bader/ Early in the race (l-r): Bob Cooper, Gary Goettelmann, Bill Clark, Les Myers, Daryl Zapata & Bob Bunnell./Conning/

1-Athol Barton/Un	2:24:59	34-Kevin Coulter/Un	2:48:18	67-Robert Hoffman/Navy	2:54:45	100-Jay Helgerson/Mo.	2:59:14
2-Les Myers/Charthouse	2:27:46	35-John Notch/Un	2:48:23	68-Mike Catlin/AGRC	2:55:00	101-Brad Gallup/WarrenTC	2:59:19
3-Bob Cooper/WDS	2:28:29	36-Don Ramirez/Synanon	2:48:29	69-Bill Sevald/PMK	2:55:13	102-Harry Braaksma/Canda	2:59:19
4-Daryl Zapata/WVTC	2:28:54	37-George Green/PMK	2:48:42	70-John Routh/Un	2:55:23	103-Ronald Johnson/USMC	2:59:19
5-Bill Clark/WVTC	2:29:14	38-Ed Stromberg/BC	2:49:00	71-Mike Souza/BC	2:55:28	104-Kevin Hanson/Un	2:59:21
6-Pete Flores/AGRC	2:30:12	39-Marc Hoschler/BC	2:49:16	72-Joe Maher/TAM	2:55:29	105-James Howard/BC	2:59:27
7-Wayne Badgley/SUND	2:30:44	40-Andrew Lewis/WVJS	2:49:21	73-Gary Nielsen/Un	2:55:31*	106-Karl Ludwig/DSE	2:59:30
8-Gary Goettelmann/WV	2:31:34	41-David Avery/Un	2:49:30	74-Dennis Kroll/Un	2:55:43	107-Orin Dahl/Un	2:59:33*
9-Homer Latimer/Un	2:34:53	42-Ross Smith/WVJS	2:49:42*	75-Don Chaffee/ETC	2:55:46	108-Hans Roenau/TAM	2:59:35*
10-Ted Pawlak/LGP	2:35:45	43-Michael Niles/Un	2:50:14	76-Gordon Stewart/TAM	2:55:52	109-Mack Forbes/SWEAT	2:59:36
11-Jeff Wall/PMK	2:36:00	44-Ross Rowley/SUND	2:50:35	77-Kees Tuinzing/TAM	2:55:53	110-Don Lucero/WVTC	2:59:55*
12-Bob Bunnell/TAM	2:37:21	45-Ian Mickle/Un	2:50:45	78-Frank Ruona/Un	2:56:00	111-Jeff Richman/Un	2:59:56
13-Jim Howell/Un	2:38:40	46-Edward Cohn/Un-Ore.	2:50:54	79-Tom Pierce/PMK	2:56:07*	112-Marcus Jones/Un	2:59:57
14-Mike Conroy/ETC	2:39:26	47-Roger Major/DSE	2:50:56	80-Michael O'Dannell/Un	2:56:13	113-Art Waggoner/BC	2:59:58*
15-Larry Sellers/TAM	2:40:01	48-Marty Post/Un	2:51:48	81-Lawrence Cabral/Un	2:56:31	114-Phil Sanfilippo/WVJS	3:00:10
16-Kerry Kilgore/SUND	2:40:03	49-Jim Yaniglos/BC	2:51:50	82-Thad Smith/Un	2:56:34	115-Michael Cain/Un	3:00:13
17-Ray Bonner/TSRC	2:40:58	50-Mark Hines/DSE	2:52:06	83-Pete Schoener/BC	2:56:41	116-Harold Rosen/Un	3:00:18
18-Christopher Little	2:41:12	51-Kim Schaurer/TAM	2:52:13	84-Fred Wellman/Un	2:56:47	***WOMEN***	
19-Jerry Petersen/ORRC	2:41:36	52-Keith Whittingslow	2:52:20	85-Dave Mulford/DSE	2:56:52	59-Tena Anex/AGRC	2:53:20
20-Greg Jewett/PMK	2:42:28	53-Ted Wilson/Un	2:52:45	86-Art Riggs/Un	2:57:20	88-Penny DeMoss/WVTC	2:57:53
21-Ulrich Kaempff/TRAC	2:42:46*	54-Pete Demaris/WCW	2:52:55	87-James DeMartini/Un	2:57:39	182-Patricia Cutler/Un	3:09:15
22-Richard Guilfooy/MPAC	2:43:53	55-Gene Schaumberg/ER	2:53:00	88-Penny DeMoss/WVTC	2:57:53	208-Caron Schaumberg/ER	3:13:16
23-Allen Sandretti/Un	2:44:13	56-Tom Mota/PMK	2:53:03	89-Donald Hill/Un	2:58:03	240-Joan Ulyot/WVTC	3:17:10
24-Bob Myers/PMK	2:45:21	57-Bruce Jones/Un	2:53:04	90-Michael Brown/Un	2:58:10	265-Ruth Anderson/NCS	3:19:11*
25-Ernie Rivas/PMK	2:45:44	58-Michael Garrett/Un	2:53:07	91-Andy Coe/Un	2:58:12	268-Gail Gustafson/Un	3:19:22
26-Chris Hamer/WVTC	2:45:48	59-Tena Anex/AGRC	2:53:20	92-Joe Camisa/PMK	2:58:26	294-Pat Whittingslow/PMK	3:22:37
27-Tim Nikcevech/Chabot	2:46:12	60-Fraser Rasmussen/BC	2:53:35	93-Fred Coleman/Un	2:58:30	330-Lucy Shapiro/DSE	3:25:23
28-Terrance Noyes/Un	2:46:43	61-Bart Simmons/Un	2:53:38	94-Vic Weber/Un	2:58:39*	337-Judith Harte/LVRC	3:26:54
29-Phillip Kay/Un	2:46:51	62-Kevin Brown/Un	2:53:49	95-Oren Fletcher/Un	2:58:47	353-Morijo Connelly/PMK	3:28:04
30-Beau Willis/Un	2:47:04	63-Ralph Caballero/USMC	2:53:51	96-Walt Basinger/PMK	2:58:49	354-Jane Sowersby/PMK	3:28:05
31-Gordon Gane/LVRC	2:47:17*	64-David Zumwalt/Un	2:53:57	97-Edward Peterson/Un	2:58:52*	362-Karen Scannell/PMK	3:28:25
32-Dave Muela/ETC	2:48:05	65-Edwin Jerome/TRAC	2:54:37	98-Bob Bekes/NMC	2:59:08	371-Barbara Wangoe/Un	3:29:08
33-John Colson/CCPM	2:48:09	66-Glenn Pruitt/PMK	2:54:44	99-Philip Storrer/Un	2:59:10	372-Carol Young/Un	3:29:10

HART AND SAWYER IN RECORD FELTON RUNS (July 10, Felton): - Benton Hart rolled on to a course record over the rugged "Race to the Redwoods" course (6.9 miles) in scenic Felton, near Santa Cruz. His 36:31.6 eclipsed Hans Templeman's 36:56 which had stood for two years. John Moreno came close to the record in runnerup spot with his 37:03. Newly turned masters runner Ben Sawyer was off to a good start with a one-minute victory over Myron Nevraumont and a new division record, taking nearly two minutes off of Ulrich Kaempff's 1975 time of 43:13. Marilyn Taylor, newly transplanted from Humboldt State, scared Sue Neary's 46:53 mark of 1975 with her 47:00 as runnerup Skip Swannack trailed by over three minutes. In the 17-and-under category, Paul Swinney of Camino West won the tightest battle of the day over teammate Bob Love, 39:27 to 39:38, with two others less than ten seconds back. A heavy turnout, despite the S.F. Marathon (held on the same day), saw 360 complete the distance. /Bruce Jones/

1-Benton Hart/WVTC	36:32	15-Michael Miller/CW	39:55	29-Ben Sawyer/SoqRC	41:18*	43-Nick Granados/Un	42:01
2-John Moreno/CW	37:03	16-Mike Williams/SoqRC	40:03	30-Fred Acosta/Un	41:28	44-Mike Tally/LGP	42:09
3-Bob Arce/Un	37:32	17-Mike Chastaine/Un	40:15	31-Glenn Dean/CW	41:42	45-Myron Nevraumont/Un	42:10*
4-Darren George/AIA	37:52	18-G. Slibsager/Un	40:16	32-Patrick Shane/Un	41:45	46-Sheldon Larson/CW	42:14
5-Matt Sommer/Un	37:52	19-Frank Lemus/Un	40:20	33-Tim Rostege/WVTC	41:50	47-Jim Thylin/Un	42:17
6-Steve Palladino/CW	38:21	20-P. Churney/Un	40:23	34-Alex Bonner/Un	41:56	48-Mark Morris/ESL	42:22
7-Dave Hull/CW	39:21	21-Gilbert Dean/CW	40:40	35-Steve Fuller/WDS	41:56	49-David Zermer/LGP	42:43
8-Larry Hidalgo/Un	39:26	22-Bob Miller/CW	40:42	36-Tom Adams/Un	41:56	50-Greg Wimmer/CW	43:03
9-Paul Swinney/CW	39:27	23-Barry Newton/Cal	40:42	37-C. Hutchings/LGP	41:56	51-Andy Takaha/CW	43:16
10-Jose Barragan/LGP	39:28	24-Michael Macallair/Un	40:42	38-Brian Hurdal/CW	41:56	52-Steve Simpson/WVTC	43:25
11-Phil Dolan/Un	39:37	25-Jack Reime/Un	40:47	39-Chris Cummings/Un	41:56	53-Bill Flodberg/WVJS	43:32*
12-Bob Love/CW	39:38	26-J.D. Castro/LGP	40:48	40-Gary Grellman/Un	41:56	54-Sonny Reynaga/WVTC	43:43
13-Phil McCarty/Un	39:45	27-Keith Kruse/Un	41:07	41-John Hellman/WVTC	41:58	55-Paul Doughty/CW	43:48
14-John Marden/Un	39:47	28-D. DeWhitt	41:17	42-J. Hilbrink/LGP	42:01	56-Lanny Nelson/Un	43:51



57-Rick Pearson/Un	43:57	63-Michael Gruber/WVJS	45:01	69-Paul Sebesta/JGN	45:19*	143-Deena Pearson/Un	50:27
58-Bill McCarthy/Un	44:11	64-Rich Henke/ESL	45:03	70-Dan Dierken/Un	45:24	155-Carolyne West/MPAC	51:23
59-Tracy Carpenter/Un	44:27	65-Loren Hill/LGP	45:06	71-Robert Plant/Un	45:34	156-Dulcy Shroeder/Un	51:27
60-Joey Dose/Un	44:28	66-Craig Shore/LGP	45:09	***WOMEN***		157-Mickey Shana Barger/Un	51:32
61-Chuck Frosolone/Un	44:37	67-L. Nightingill/Un	45:13	86-Marilyn Taylor/Un	47:00	178-Lindy Hayes/SJC	52:52
62-Bob Blonder/WVJS	44:54	68-Robert Colborn/Cal	45:15	129-Skip Swannack/WDS	50:12	180-Cathy Demmelmaier/SJC	53:03

SPENCE AND BUGLER'S WIN FOSTER CITY LEVEE RUN (July 16, Foster City): - This year times were way off those of last year (different course?), as both quality and quantity seemed substantially down from 1976. Bill Spence was a solid victor over Joe Salazar, 33:48 to 34:53 over the 10-kilometer course. Last year's winning time by Bill Clark (29:58) was nearly four minutes quicker. Sprinter-turned-harrier Tim Rostege, who was running 100's in the low ten's last year, finished third with a solid 35:30 performance. Bill Bugler copped the masters trophy with a 39:12 to Don Lucero's 40:31, while Bill's daughter Susan annexed the girls' 11-14 division and was top female overall as well. Her 46:52 just edged Deena Pearson's 47:00. A total of 165 finished. /Bob Fields/

1-Bill Spence/WVTC	33:48	14-William Lindsell/Un	38:21	27-Tom Mann/ETC	40:26	40-James Mullany/Un	41:43
2-Joe Salazar/Un	34:53	15-Bob Robinson/Un	38:35	28-Don Lucero/WVTC	40:31*	41-William Mason/Un	42:08
3-Tim Rostege/WVTC	35:30	16-Tom Beach/Un	38:43	29-Robert Robinson/Un	40:36	42-James Batz/PMK	42:15
4-George Gilbert/Un	35:43	17-Rene Rivera, Jr./Un	38:55	30-Thomas Knight/Un	40:38	43-Ken Paul/WVTC	42:21*
5-Mark Greenough/WVTC	35:49	18-Mike Honeywell/Un	39:04	31-Norman Shaskey/Un	40:45	44-Edward Syrett/Un	42:26
6-Terrence Robinson/Un	36:11	19-Glen Harda/Un	39:11	32-Allan Peterson/Un	40:49	45-Ted Brodd/Un	42:33
7-Brian Millar/McAteerHS	36:37	20-Bill Bugler/Un	39:12*	33-Chuck Vogt/FCRJ	40:50	***WOMEN***	
8-Mark Ford/Un	36:48	21-Steve Dean/Un	39:27	34-Steve McCain/PMK	40:51	77-Susan Bugler/Un	46:52
9-Chris Cummings/Un	36:59	22-Mike Millward/WVTC	39:32	35-John Harada/Un	40:56	80-Deena Pearson/Un	47:00
10-William Diaz/Un	37:04	23-Al Stanbridge/PMK	39:38	36-Dennis Lem/Un	40:57	84-Devie Nelson/Un	47:30
11-Joe Becerra/ETC	37:21	24-Roger Stirm/Un	39:42	37-Robert Gehl/DSE	41:02*	104-Judy Peterson/DSE	49:56
12-Bruce Gouveia/Un	37:49	25-Gary McNair/Un	40:21	38-Christopher Sager/Un	41:28	106-Susan Laird/Un	50:00
13-Andy Takaha/CW	38:04	26-Rick Pearson/Un	40:25	39-Michael Korbholz/Un	41:37*	115-Judy Wiseman/Un	52:25

HEAT CHALLENGES STAR-STUDDED FIELD AT PA-AAU 15-KILO (July 17, Los Altos Hills): - In what was perhaps the finest field ever assembled for a Pacific Ass'n Championships, WVTC's Jim Nuccio knocked off nearly every local big name around despite temperatures that went into the 80's. Some notables who started the race but succumbed either to the heat or personal ailments were: Benton Hart & Paul Geis. Hart had a touch of the flu and called it quits after one lap. Thru 5-kilometers it was a four-man race, with Nuccio, American 5000m record-holder Duncan Macdonald, and South Africans Bernard Rose and John Halberstadt coming thru well ahead of the field. At the 10K point, Macdonald had dropped well off the searing pace, while the others remained tightly bunched as the pace quickened. Somewhere on the backside of the 3-mile loop, Nuccio put in a back-breaking effort and left his two challengers a full 220 back at the tape, notching an excellent 45:40 over the lengthened (now certified) course. Macdonald was another 28 seconds back. Indicating the quality of the field (despite the heat), the top ten cracked 49 minutes (5:15/mile). Kent Guthrie almost saw his win-streak come to and end with teammate Ralph Bowles holding a sizeable margin going into the last mile, but the 1976 NCCR Masters Point Winner became confused and accidentally began another loop of the course while Kent continued on to the finish for a 52:22 win. Dave Stern, who has been laid up with a persistent groin injury since last December, made his 1977 'debut' and showed he is ready for better things with a 53:40 for runnerup spot, hauling down Ulrich Kaempf in the final stages of the race. Ann Wotherspoon, known more for her track exploits, raced to a big lead with a rapid 18:20 at 5K, with teammates Vicky Bray (18:27) and Roxanne Bier (18:33) in close attendance. At two laps, Ann had a 50-second lead over Vicky and Penny DeMoss, who had moved up strongly, closing the gap by 30 seconds. Ann increased her margin to 55 seconds at the finish with a fine 58:03, with Penny DeMoss holding off a fast-closing Judy Leydig (58:58 to 59:04). Vicky Bray faltered to fourth (60:15), while Roxanne Bier called it a day before halfway. Ruth Anderson's 65:24 won the women's over-40 title by nearly 5 minutes from Carroll O'Conner (70:17). WVTC took both the men's and women's team titles, while the NorCal Seniors annexed the masters women's top spot. There were no complete masters men's teams! Camino West and Excelsior were second and third in the men's division, while the San Jose Cinderghals and Pama-kids followed the WVTC women. Despite the heat, a fairly large group of 213 completed the run. /Bill Clark & Ellen Clark/

1-Jim Nuccio/WVTC	45:40	20-David Vellequette/Cal	51:33	39-Bert Johnson/LVRC	54:21	58-Edward Lee/LVRC	56:22
2-John Halberstadt/Un	46:16	21-Kevin Farey/CW	51:40	40-Donal Day/Un	54:30	59-Jack Kurr/CW	56:49
3-Bernard Rose/Un	46:16	22-Paul Mello/CW	51:51	41-Rich Matthews/TAM	54:41	60-R.D. Franklin/LLRC	56:57
4-Duncan Macdonald/WVTC	46:44	23-Mike Plummer/WVTC	52:01	42-Ben Sawyer/SoqRC	54:47*	61-David Avery/Un	57:21
5-Brian Maxwell/BASC	47:13	24-Kent Guthrie/WVJS	52:22*	43-Mike Conroy/ETC	54:51	62-Bill Catanese/DIRT	57:36
6-John Moreno/CW	48:00	25-Randy Hale/SUND	52:34	44-Phil Sanfilippo/WVJS	55:02	63-Curt Hutchings/LGP	57:38
7-Jan Sershen/ETC	48:18	26-Steve O'Brien/PMK	52:43	45-Andrew Lewis/WVJS	55:05	64-Robert Welck/MPAC	57:41
8-Peter Hamilton/ETC	48:24	27-Jack Dixon/SUND	53:21	46-Dan Moore/LVRC	55:07	65-Nicholas Winter/OVRC	57:46
9-Rick Brown/SRRC	48:26	28-Edward Tico/WVJS	53:36	47-Glen Pruitt/PMK	55:12	66-Frank Ryona/Un	57:51
10-Tom Laris/WVTC	48:51	29-Dave Stern/WVTC	53:40*	48-Hoyt Walker/LVRC	55:20	***WOMEN***	
11-Mike Niemiec/WVTC	48:56	30-Ulrich Kaempf/TRAC	53:49*	49-Greg Hubbard/TAM	55:24	69-Ann Wotherspoon/SJC	58:03
12-Chris Hughes/JT	49:18	31-Keith Kruse/Un	53:51	50-Terrence Casey/ETC	55:37	77-Penny DeMoss/WVTC	58:58
13-Al Hernandez/WVTC	50:22	32-Frank Lemus/Un	53:55	51-John Hilbrink/LGP	55:44	78-Judy Leydig/WVTC	59:04
14-Kirk Duncan/KCTC	50:43	33-Brian Bonner/LVRC	53:56	52-Greg Wimmer/CW	55:46	87-Vicky Bray/SJC	60:15
15-Roland Watson/WVTC	50:54	34-Jerry Lewis/Un	54:10*	53-Gary Alderman/PMK	55:49	104-Marilyn Taylor/Un	62:16
16-Steve Slawson/BASC	51:01	35-Hank Lawson/CW	54:13	54-Myron Nevraumont/Un	56:04*	107-Joan Ulyot/WVTC	62:38
17-Dennis Tracy/WVTC	51:05	36-Michael Miller/CW	54:14	55-Ted Wilson/Un	56:06*	109-Morijo Connelly/PMK	62:46
18-Dave Hull/CW	51:05	37-Terry Hughes/Un	54:14	56-Ernie Rivas/PMK	56:10	126-Peggy Lyman/WVTC	64:27
19-Mitch Kingery/CW	51:08	38-Raymond Aver/LGP	54:19	57-Dennis Kroll/Un	56:15	131-Ruth Anderson/NCS	65:24*

PETE SWEENEY RUNS TO VICTORY AT MARIN HEADLANDS (July 23, Ft. Cronkite area): - Under foggy conditions, Aggie RC's Peter Sweeney disposed of all opposition on Tamalpa's newly routed 5.6-miler through the southern tip of Marin County. His 31:27 will go as an automatic course record. Wayne Badgley was a well-beaten second at 31:48. Bob Malain, who just entered Div. II masters competition this past year, didn't seem to mind the handicap. He not only won his division, but wound up the best over-40 finisher too. Bruce Carradine was some 22 seconds arrears. The largest margin of victory, however, was chalked up by Women's LDR Chairperson, Penny DeMoss, who took a stunning 37th place overall (out of 226 that finished) in 39:05, while Teri Hagerty, her nearest opponent, was nearly a half-mile behind in 41:41. Never-aging Ruth Anderson, now 47, was the third female at 42:23. Host club Tamalpa won a narrow team victory over Stockton's Sundance TC, 2:54:22 to 2:55:25 (or 49-55 using points). /Kees Tuinzing/

1-Peter Sweeney/AGRC	31:27	7-Frank Hagerty/SUND	34:42	13-Ross Rowley/SUND	35:38	19-Robert Malain/NCS	36:56*
2-Wayne Badgley/SUND	31:48	8-Rich Matthews/TAM	34:52	14-Egil Krogh	35:52	20-George Gilbert	37:05
3-Richard Govi/TAM	32:29	9-Joe Salazar/Un	34:54	15-Don Chaffee/ETC	36:06	21-Gordon Stewart/TAM	37:06
4-Mike Niemiec/WVTC	32:43	10-Kees Tuinzing/TAM	35:16	16-Russ Kiernan/TAM	36:08	22-Bruce Carradine/DIRT	37:18*
5-Bob Miller/CW	32:59	11-David Horning	35:31	17-Ken Takao/SUND	36:38	23-Mike McEntire	37:37
6-Michael Sweeney	33:28	12-Bob Govi/TAM	35:37	18-Mike Rowerdink/SUND	36:39	24-Don Pickett/TAM	37:44*



25-Michael Swanson	37:52	33-Grady Wright	38:46	41-Bruce Adams	39:14	***WOMEN***	
26-Jim Lenechan	37:53	34-Keith Whittingslow/OC	38:49	42-Robert Tramball	39:18	37-Penny DeMoss/WVTC	39:05
27-Harry Skandera	38:03	35-Gough Reinhardt/LVRC	38:51*	43-Bob Butchart/PMK	39:21	71-Teri Hagerty/SUND	41:41
28-Bill Catanese	38:17	36-John Gilbert	38:53	44-Steve Lyons	39:30	79-Ruth Anderson/NCS	42:23*
29-David Barni	38:29	37-Penny DeMoss/WVTC	39:05	45-Harold DeMoss/WVTC	39:48*	82-Joan Ulyot/WVTC	43:02
30-Jesus Garza	38:30	38-Ken Phelps/WVTC	39:08	46-Brad Stasek	39:54	85-Peggy Lyman/WVTC	43:09
31-Ron Treabess	38:39	39-Gary Chan/WVTC	39:09	47-James Dean	39:57	95-Gail Gustafson/Un	44:19
32-Dieter Diekmeyer/SUND	38:40*	40-Joe Camisa	39:11	48-Robert Cummings/WVTC	40:15	113-Karen Diekmeyer/SUND	45:49

CLARK REPEATS AT WATERMELON INFERNO (July 30, Oakland): - With temperatures hovering in the 90's, the annual Watermelon (8.4 Mile) Run in Oakland's Chabot Regional Park turned into a near disaster with probably half the starting field dropping out at the end of the first of two loops...this was no doubt a smart move, as at least one person was seriously affected by the less than ideal conditions (see 'Letters to the Editor'). The LDR Handbook had printed the incorrect date (corrected in the NCCR but the word didn't get out to at least 30 who finished the following day in a 'fun run'), so the starting field was small anyway. The heat chased others away, as the weather service reported it to be the hottest day of the year. Bill Clark took another shot at his two-time title and defended it quite easily with a 46:42 win, well off Tom Hale's 43:16 which was set in 1974, a cooler year. Clayton Valley High senior, Craig Hochhaus, was runnerup in 48:49. Kent Guthrie weathered the high temperatures well to upend Ralph Bowles by almost four minutes, 49:49 to 53:44, well off Ken Napier's 48:16 of 1973. Laurie Crisp, to be a junior at Modesto's Downey High, won the women's division at 60:27, as the only other finisher was about 3 miles back. One of the casualties today was super submaster Homer Latimer who started out too fast in the heat. He was a close second to Clark at the halfway point and then decided to shut down his engines on the second loop after starting to get 'chills' from the heat. Scott Molina won the race the following day in 44:46 (different course?). Only the Saturday race will count in the NCCR "Point Race". /Bob DeCelle/

1-Bill Clark/WVTC	46:42	7-Rich Mathews	51:10	13-Jim Barkovick	57:44	19-Michael Coke/GPPMB	59:41
2-Craig Hochhaus/Un	48:49	8-Doug Butt/WVTC	53:12	14-Hashim Bashiruddin	58:04	20-K. Glen	59:49
3-Pete Flores/AGRC	49:04	9-Ralph Bowles/WVJS	53:44*	15-L. Arata	58:09	21-Steve Hurst/Downey HS	60:19
4-Kent Guthrie/WVJS	49:59*	10-Bob Miller/CW	54:15	16-L. Samlon	58:30	***WOMEN***	
5-Dennis Tracy/WVTC	50:24	11-Jerry Lewis/Un	54:40*	17-Bill Lovelace/PMK	58:35	22-Laurie Crisp/DowneyHS	60:27
6-Ray Kindle/ATC	50:28	12-Dennis Kroll/Un	55:05	18-Dean Harper	58:58	57-Mary Gaffield/PMK	84:26

HART CONTINUES WIN STREAK AT AMERICAN RIVER 10-KILO (Aug. 6, Rancho Cordova): - Although missing Adam Ferreira's 31:45 course standard (is it the same course?), WVTC's undefeated Benton Hart had little trouble in keeping zeros in the loss column with a 32:06 to 32:35 over Sundance's and New Zealand's Wayne Badgley. Pete Flores followed closely (32:43) in third. Paul Holmes continued to make rapid improvement with a victory over Roger Bryan (35:33 to 35:40) in the over-40 class, and Laurie Crisp took the top woman's time at 40:13, besting Kathy Adams' 1976 mark by two seconds in the process. Judy Leydig was second at 40:56, but was unaware that any female runner was ahead of her until she saw the printed results several weeks later because the race was split into two starts, with the 18-and-unders running first, followed several minutes later by the women's division (it's not known if these staggered starts affected the competition in other divisions). June Chun, who had the third best time (41:03), also started in the lead group. It would probably be best to start all the girls/women together in the future for the sake of 'competition'. A record 211 finished the tough race which winds along the American River through several miles of very loose sand. /Al Withers/

1-Benton Hart/WVTC	32:06	26-Abe Underwood/BC	35:53	51-Austin Angell/SLTTC	38:02
2-Wayne Badgley/SUND	32:35	27-Peter McCarry/Un	36:07	52-George Vosmera/Un	38:08
3-Pete Flores/AGRC	32:43	28-Lyle Freeman/Un	36:15	53-Bruce Adams/SUND	38:11
4-Eric Wolfe/Un	32:56	29-Tom Arnez/CB	36:15	54-Mike Moss/CB	38:16
5-Gary Sutherland/CB	33:28	30-Ed Stromberg/BC	36:18	55-Jim Carr/SLTTC	38:20
6-Gary Dobrenz/Un	33:59	31-John Lindeman/JHS	36:25	56-Peter Hanson/OPHIR	38:26
7-Jim Bowles/WVTC	34:01	32-Dan Spickelmier/BC	36:27	57-Jeff Nicklaw/CB	38:29
8-Frank Turner/Un	34:07	33-Ross Rowley/Un	36:31	58-Steve Hurst/Un	38:29
9-Art Baudendistel/Un	34:12	34-Randy Hansen/OPHIR	36:34	59-Tracey Booth/CB	38:32
10-Eric Winje/Un	34:16	35-Hinson Chun/HB	36:49	60-Jim Finnegan/BC	38:33
11-Tim Jordan/BC	34:26	36-Ken Harvey/Un	36:49	61-Paul Hamer/Un	38:40
12-George Valuska/SacSt	34:28	37-Joe Katterhorn/BC	36:53	62-Doug Matheson/Un	38:46
13-Bill Hurst/Un	34:34	38-Terry Hodgkin/Un	36:56	63-David Maxwell/CB	38:47
14-Nick Kantar/Un	34:37	39-Ty Walker/Un	37:03	64-Pete Schoener/BC	38:58
15-William Fairwell/Un	34:44	40-Daniel Smolich/Un	37:08	65-Ken Mattson/CB	38:59
16-Gerald Chun/HB	35:13	41-Ray Maldonado/Un	37:19	66-Dave Davis/BC	39:01*
17-Chris Hamer/WVTC	35:16	42-Richard Skekeresh/CB	37:19	67-Pete Foggo/Un	39:03
18-Walt Lange/BC	35:18	43-Art Waggoner/BC	37:19*	68-Earl Hardy/Un	39:06
19-Doug Rennie/BC	35:22	44-John Clark/BC	37:21*	***WOMEN***	
20-Kerry Kilgore/Un	35:26	45-Mike Swanson/Un	37:30	83-Laurie Crisp/Un	40:13
21-Paul Holmes/BC	35:33*	46-David Overoye/Un	37:34	90-Judy Leydig/WVTC	40:56
22-Brent Cushenbery/BC	35:38	47-Bob Martinez/Un	37:42	91-June Chun/HB	41:03
23-Roger Bryan/TRAC	35:40*	48-Daven Chun/HB	37:46	113-Madalyn Roese/Un	43:25
24-Bob Hedges/BC	35:42	49-Perry Linn/BC	37:50	114-Patty Kuphaldt/OPHIR	43:26
25-Jim Holben/WVTC	35:45	50-Chris Shultz/CB	37:55	121-Sally Edwards/OPHIR	43:58



Benton Hart, shown winning at Holy City here, remained undefeated with a 32:06 victory at the American River Run at Rancho Cordova. /Sue Perry/

MAXWELL, BOWLES AND BIER SHARE "STEAKS" VICTORY (Aug. 6, Belmont): - The first annual Belmont Steaks (yup, meat for prizes...and nice ones too!) was a real hit as 308 finished the rugged 8.93 mile course in the Belmont hills. Cal's cross-country coach, Brian Maxwell, competing for the newly-formed Body Ammo Sports Club, was a hands-down winner with a quick 46:59, a good quarter-mile in front of Steve Palladino. Ralph Bowles had a much closer confrontation in the masters race, besting Ulrich Kaempf by only 21 seconds with an automatic 51:27 division record. High schooler Roxanne Bier started out very fast and maintained her initial lead, scoring an impressive one minute victory over Penny DeMoss with her 57:49. Kevin Farey slipped past Dan Martinez (51:15 to 51:20) to wind up with a win in the 18-and-under class. Other divisional winners: Boys' 14/Under--Alan O'Reilly 58:37; Girls' 14/Under--Cathy Demmelmaier 68:54; Women's 40/Over--Martha Maricle 68:48. /Ken Israel/ --More results on next page--

1-Brian Maxwell/BASC	46:59	5-Michael Duncan/WVTC	49:53	9-Dewayne Little/SRRC	51:09	13-Ralph Bowles/WVJS	51:27*
2-Steve Palladino/CW	48:22	6-Paul Mello/CW	49:55	10-Kevin Farey/CW	51:15	14-Jim Cook/Un	51:30
3-Al Hernandez/WVTC	48:49	7-Mike Miller/CW	50:13	11-Dan Martinez/WDS	51:20	15-Richard Guilfooy/MPAC	51:33
4-Bob Miller/CW	49:49	8-Mike Plummer/WVTC	51:04	12-Jeff Cowling/Un	51:23	16-Kevin O'Connor/CW	51:37



17-Ulrich Kaempf/TRAC	51:48*	32-Roy Scellato/TRAC	55:00	47-Gary Crangle/Un	56:48	62-Ken Israel/WVJS	58:04
18-Jeff Romiguere/Un	51:57	33-Greg Wimmer/Un	55:05	48-Keith Whittingslow/OC	56:52	63-Stan Ross/CW	58:06
19-Richard Antal/Un	52:08	34-Peter Ild/Un	55:18	49-John Ulate/TRAC	56:54	64-Dave Hull/CW	58:06
20-Richard Stiller/TRAC	52:13	35-Andy Takaha/CW	55:20	50-Joe Camisa/PMK	56:56	65-Kurt Mayne/Un	58:06
21-Jeff Farmer/Un	52:20	36-Raymond Aver/LGP	55:22	51-Dan Lavelle/SFOC	57:04	66-Tom Knight/Un	58:07
22-Brian Hurdal/CW	52:57	37-Kevin Coulter/Un	55:23	52-Danilo Sanchez/CW	57:05	67-Clyde Bernal/Un	58:08
23-Timothy Lavelle/Un	52:59	38-Orin Dahl/Un	55:34*	53-Leonard Sperandeo/Un	57:08	68-Harold DeMoss/WVTC	58:18*
24-Greg Thomas/DSE	53:18	39-David Edelstein/CW	55:50	54-Bill Lindsell/Un	57:08	69-John Soubier/DSE	58:20*
25-Gilbert Dean/CW	53:23	40-Don Dugdale/Un	55:52	55-William Flodberg/WVJS	57:11*	***WOMEN***	
26-Glenn Dean/Un	53:35	41-Bill Brusher/Un	56:09	56-Dale Nelson/DSE	57:38	59-Roxanne Bier/SJC	57:49
27-Robert Wellck/MPAC	53:41	42-Marty Post/Un	56:16	57-Christopher Hickey/Un	57:39	79-Penny DeMoss/WVTC	58:46
28-Gary Grellmann/SCS	53:43	43-Jim Hunter/Un	56:23	58-William Jenkins/Un	57:40	162-Gail Gustafson/Un	65:58
29-Robert Weaver/CW	53:45	44-Greg Romiguere/Un	56:23	59-Roxanne Bier/SJC	57:49	173-Skip Swannack/WDS	67:13
30-Jerry Lewis/Un	54:26*	45-Peter Stein/TRAC	56:31	60-Richard Cooper/Un	57:56	188-Martha Maricle/TAM	68:48*
31-Frank Ruona/Un	54:43	46-John Hawkes/Un	56:32	61-Olin Boschker/Navy	58:02	189-Cathy Demmelmaier/SJC	68:54

**CHANGED CHECKPOINTS CAUSE CONFUSION AT TAHOE RELAYS** (Aug. 13, Lake Tahoe): - A last minute change in two-thirds of the exchange points caused top teams to lose precious minutes in getting their troops to unknown rendezvous locations. Most notably was the 9-10 minutes lost by WVTC's third-place team which cost them the team title and a close race with "Shelley's Drugs", an unofficial team of all altitude-trained runners from South Tahoe. Their exact time is not known... we've seen it listed as 6:30 and 6:38, but the former is most likely more correct. See "Letters to the Editor" for more details on what happened. West Valley still salvaged the "Club" division, as Fresno Pacific and Aggie RC each had one or two non-members running for them. Fresno was the official overall winner at 6:45:33, followed closely by the Aggie at 6:47:28 and WVTC in 6:48:12. Since no splits were kept and all the checkpoints were new, the only item of interest that we know about is Benton Hart's excellent first leg record of 61:07. This broke Gary Tuttle's 1976 record by 6 seconds. Mike Pinocci was close behind at 61:20. The WVTC "Masters" won the over-40 trophy with a team composed of 5 WVTC'ers and 2 non-members (a legal combination since there were no separate club/pickup divisions in either masters or womens categories). Their time of 8:03:38 did not approach the 7:41:05 set by WVJS in 1974. WVTC's all-time 6:24:43 from 1975 also stood, but since legs are different now (I have no idea how long they are...does anyone?), this year's winning time is also a 'record' of sorts. The Aggie TC women's team took an extremely close win from Ophir's women...9:24:50 as compared to 9:25:10. WVTC's ladies squad was next at 9:29:05 but lost many minutes when the fifth runner made a wrong turn and headed a mile or more toward Truckee! WVTC's 1976 time of 8:22:08 was not even remotely approached. A total of 90 teams finished this year's run. *NOTE: - Race Shirts were sold out prior to the race (300 of 'em) and no more will be ordered...sorry!* /Robert DeCelle/



1-Fresno Pacific #1	6:45:33	19-Cal SqRt Sundevils	7:51:15
2-Aggie R.C. "A"	6:47:28	20-Sundance 3 PO's	7:55:45
3-West Valley TC "A"	6:48:12	21-Who is Who TC	7:59:59
4-Camino West "A"	6:53:30	22-WVTC Masters	8:03:38
5-Aggie R.C. "B"	7:06:31	23-Tamalpa Hawks "B"	8:03:55
6-High Sierra TC	7:16:12	24-So. Lake Tahoe HS	8:04:30
7-West Valley TC "B"	7:17:13	25-Los Gatos Pacers A	8:05:22
8-Heineken Harriers	7:18:50	26-Fresno Pacific #3	8:07:45
9-Woodside Striders	7:24:30	27-Buffalo Chips "B"	8:08:51
10-Fresno Pacific #2	7:25:05	28-Tax Reducers AC	8:10:03
11-Camino West "B"	7:25:40	29-Tahoe No Names	8:20:23
12-Buffalo Chips "A"	7:30:22	30-Sundance R2's	8:20:30
13-Lake Merritt Jogrs	7:30:25	31-Aggie RC	8:21:10
14-Davis No Names	7:30:28	32-Canadian Bacon	8:25:20
15-Aggie R.C. #3	7:33:10	33-Ophir Prison "A"	8:25:21
16-Humboldt	7:43:44	34-Lick HS "A"	8:29:00
17-Tamalpa Eagles "A"	7:44:18	35-Camino West "C"	8:30:30
18-Northern Nevada AC	7:49:17	36-Aggie RC "7X"	8:33:50

(Top) Unofficial winning team at the Robert E. DeCelle, Jr. Memorial (Tahoe) Relays was Shelley's Drugs (l-r): Mike Pinocci, Tracy Smith, Tom Von Ruden, Bernard Rose, John Paulson, John Halberstadt, & Steve Brown. (Bottom) Steve Palladino leads Maxwell, Hernandez, and unidentified runner in early stages of Belmont Steaks Run... Roxanne Bier won women's division of that race. /Photo credits in same order: Keith Conning, Don Melandry, Joe Barile/

## LATE GNUS

RESULTS: - Well, looks like I ran out of room again. I still have results from: Redwood Shores Biathlon, Daly City 10-Kilo, Top-of-the-State 7-Miler, Lafayette Rim Run, and the Alameda X-C Carnival. Not enough for another 4 pages so we'll include them next time. Some preliminary results to keep your interest up: Doug McLean edged teammate Craig Hochhaus by 6 seconds in the Redwood Shores Biathlon, with Don Roth clocking the same time as Craig in a very tight battle (29:33 for 4-mile run and 400-meter swim). Jerry Lewis (34:09) and Roxanne Bier (35:47) won the masters & women's divisions, respectively. Wayne Badgley nipped John Moreno at the Daly City 10-Kilo (race was actually 9.835 Km.), 30:11 to 30:18, while Ralph Bowles (32:40) and Judy Leydig (36:26) won the masters and women's races there. Pat Finn (40:23) and Rick Martinez (40:41) placed one-two at the Top-of-the-State 7-Miler in Weed. Paul Burke, headed for Cal this fall (we think), was an easy winner at the Lafayette Rim Run...37:30 to 38:44 over Jeff Cowling. Kent Guthrie had a pretty tight battle with Ralph Bowles in the masters race, coming out on top 39:08 to 39:22 (placing 4th & 5th overall!). Nancy Pannell (51:17) was first woman home. Bill Seaver (37:57) won the Alameda X-C Carnival, which was changed in time and location. \*\*\* NOTICE: - Because of the fire danger this year, no smoking will be allowed anywhere in the Crystal Springs X-C Course (Belmont) area. Thanks for being careful!



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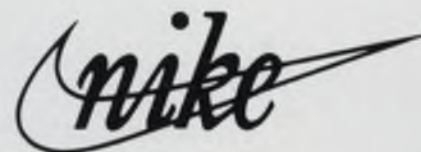
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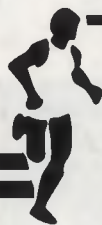


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