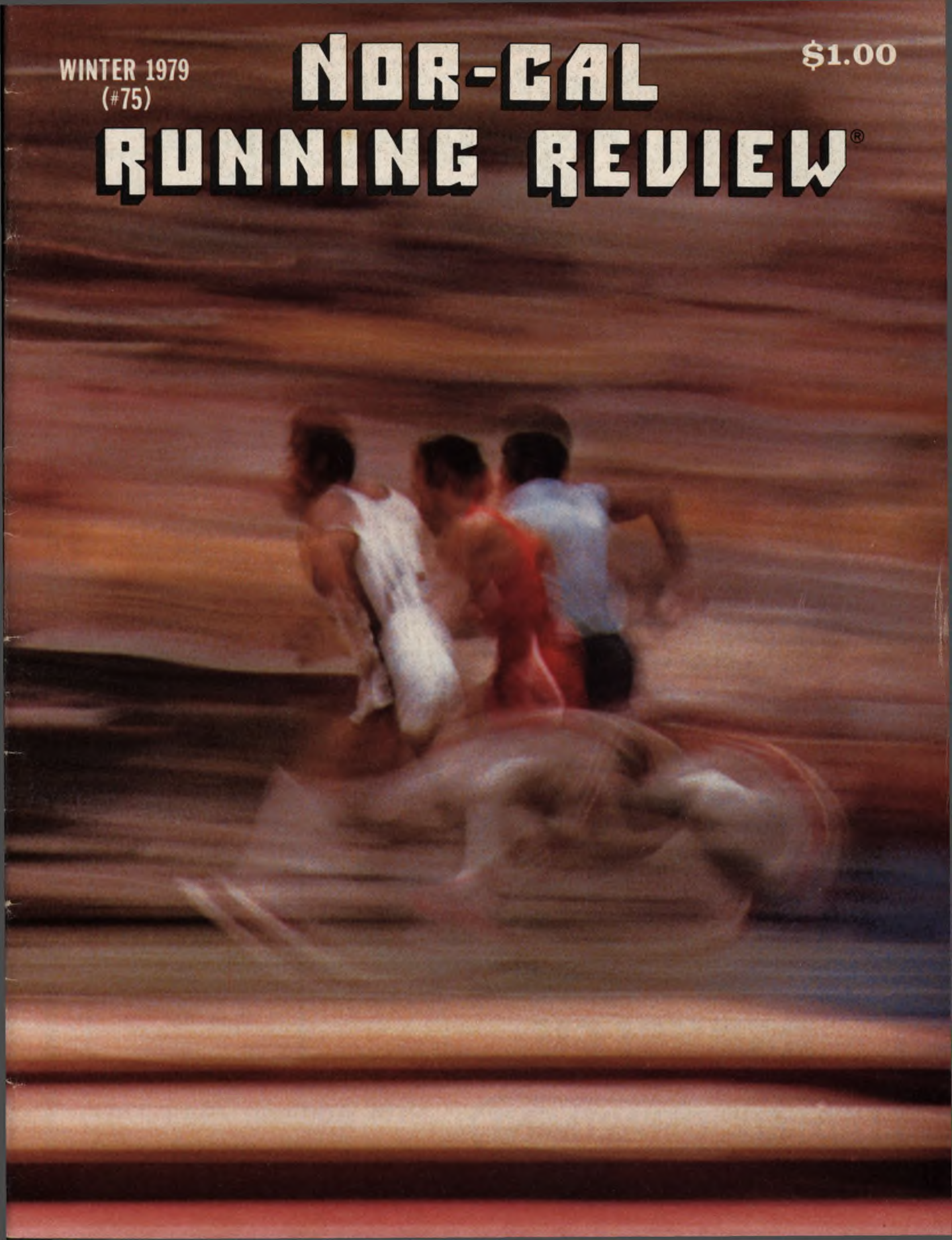


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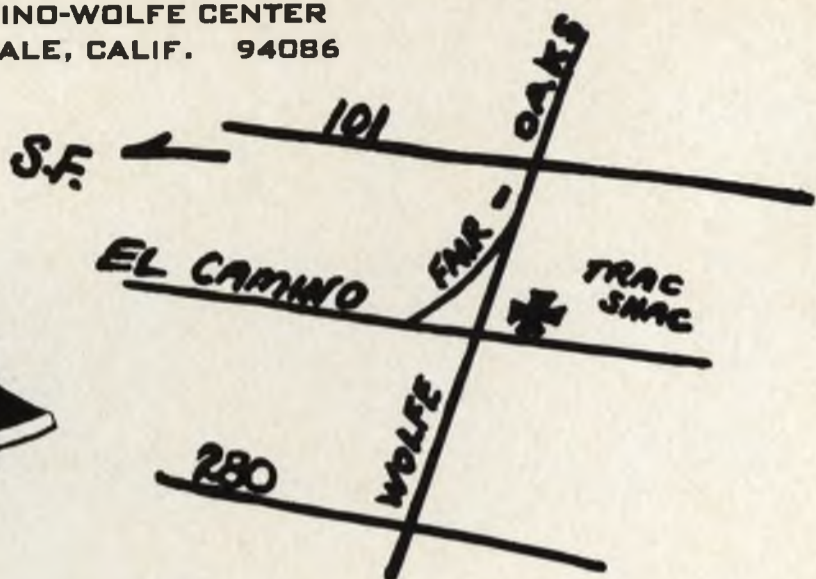
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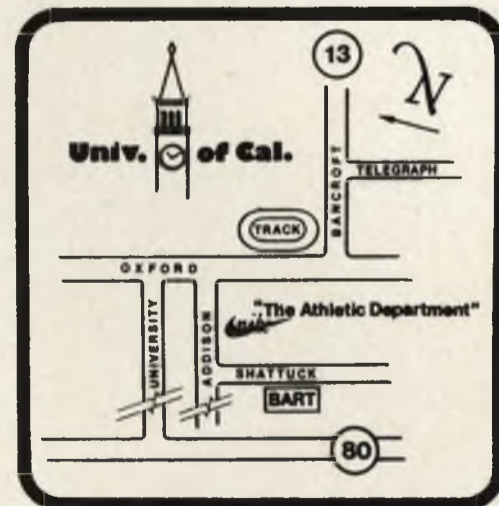
FEB. 28--Joe Maher on ultra-marathoning...completed the Western States 100-Miler.

MAR. 7---Vern Gambetta on weight training for runners... U.C. Berkeley women's X-C and track coach.

MAR. 21--"The Tailwind"...Gary Moran (Nike Research and Development) & John Hagey (Biomechanics Specialist) speak on the new "air sole" shoe.



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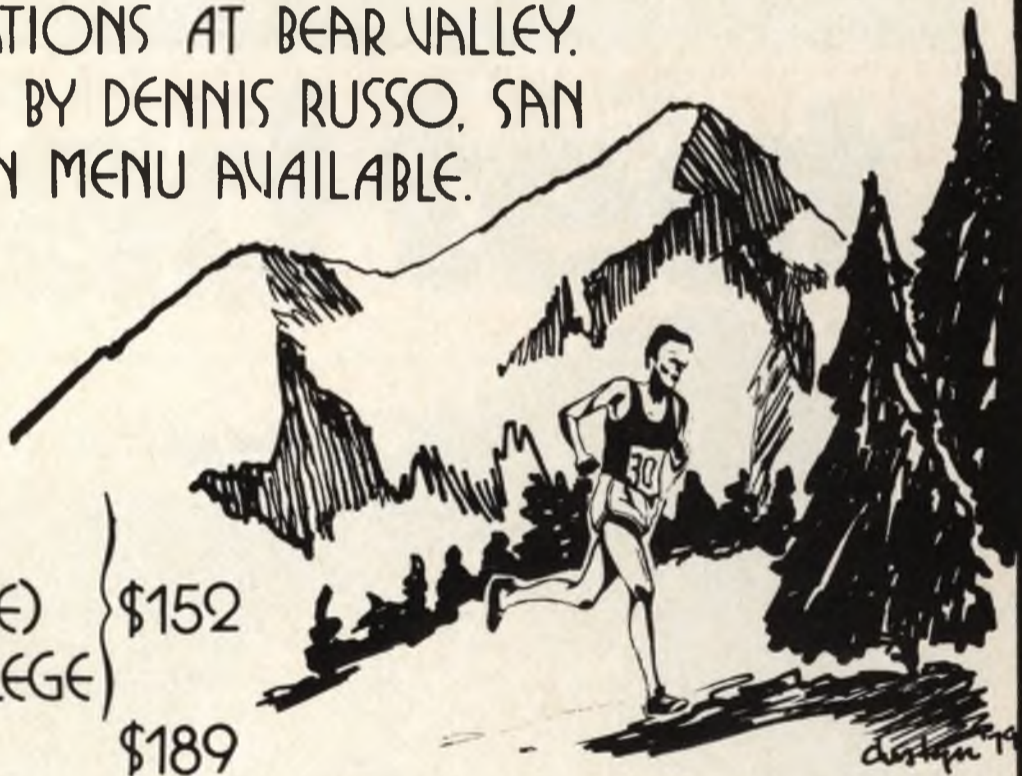
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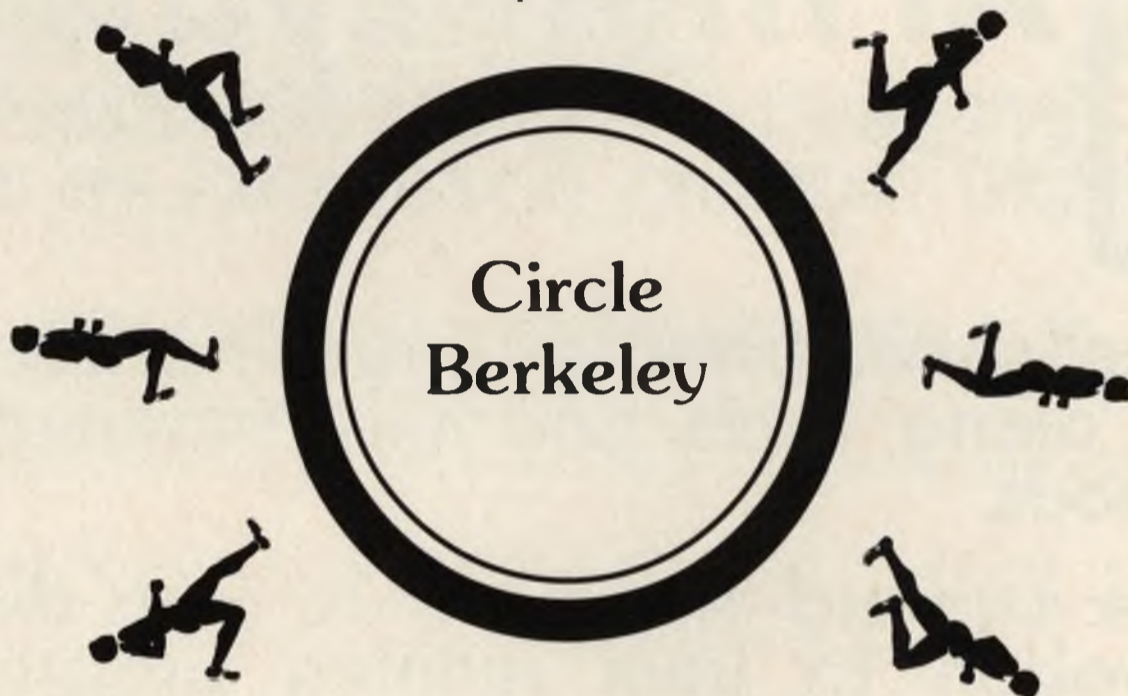
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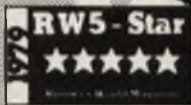


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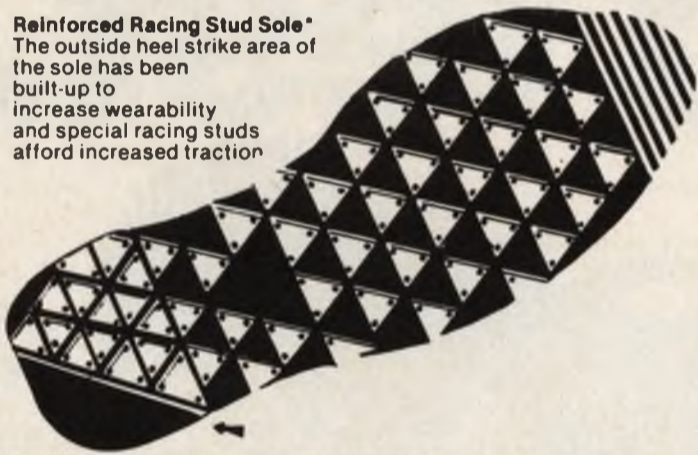


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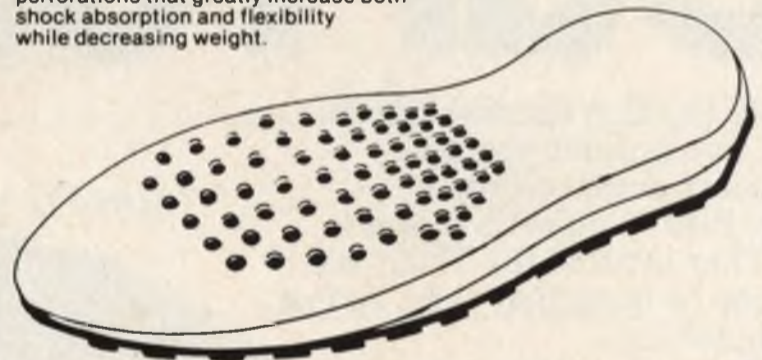
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Rearfoot impact	1	2	2	1	1	2	2	3	Rearfoot impact	1	2	3	2
Forefoot impact	1	2	2	2	2	2	2	2	Forefoot impact	1	1	2	2
Flexibility	2	3	1	2	2	4	2	2	Flexibility	2	3	2	3
Solewear	1	2	4	3	3	1	4	4	Solewear	1	1	2	3
Totals	5	9	9	8	8	9	10	11		5	7	9	10

This data has been compiled from the actual laboratory tests in each testing category used in the 1979 Runner's World magazine's shoe survey.





Northern California Running Review

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UP FRONT

We had a tie in our Photo Contest (see last issue), and we would have liked to have printed both on this issue's cover. But Jim Engle's photo was in black & white and we're now doing only 4-color on the cover. So we're putting David Papazian's winning entry "up front"...entitled "Moving On", it portrays all the action of indoor track & field. /David Papazian/

WINTER 1979 (No.75)

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DEALERS/AGENTS: If you wish to carry the NCRR in your store or simply wish to save 40% by ordering 10 or more copies per issue...write for full info. -- Anyone can become a "salesman" for the NCRR, and it does not require any "direct sales pitch" ...you may simply distribute our blanks at races, clinics, in race results, etc. You get \$1.00 commission for each new subscription we receive with your agent number on it. You must be signed up as an agent...it is not automatic.

FREQUENCY: The NCRR is published 6 times yearly with 40 or more pages per issue (usually 48-56). Dates of publication vary due to volunteer labor, but you get 6 issues for your \$\$.

CIRCULATION: Average circulation of 7500 copies/issue, consisting of subscriptions, store sales and free samples.

INDEXED: The NCRR's articles are indexed in Runner's Index.

UNPAID STAFF: All help is volunteer; profits to athletes' travel fund...\$3/Photos Used; \$25/Cover Photo...color slides.

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EDITOR'S MESSAGE

●REGARDING PHONE CALLS - Please remember that the above phone number is not an "office" per se. Since we have a volunteer staff, they don't work at a central location. The number above is the editorial office, staffed by yours truly only. Please don't use this number except as a last resort when requesting information on races listed in the schedule. We don't list all information in the LDR scheduling section since we don't want to interfere with LDR Handbook sales, which benefit the local athletic travel fund. You'd be surprised at how many people call us (me) because they can't take the time to send a dollar to the AAU Office for the Handbook, which lists most specifics on most NorCal AAU races. Would you believe I even get calls from people who subscribe and then want to know 'what races are this weekend?' If you're too lazy to flip thru the pages of your current issue, I'm certainly too lazy to do it for you! Anyone who calls and asks a question like that should subscribe...if they don't already.

●LATE AGAIN; SORRY! - Since the typing and layout is done primarily (99%) by your editor, I can't always stick to a schedule...I do have to work for a living; I like to run every day if possible; and I have to think about the rest of my life too! I'm not bitching because of the work. It's self-inflicted; I do get satisfaction from doing it. But please, try and understand that we are not a 'business'...we are a service. When people start calling and writing and telling me that I should "get out of the business if I can't be a little more regular", I have to tell them matter-of-factly that it's not a 'business' to begin with. So to those of you who didn't realize this, now you know. I'm not playing a martyr, I just want you to know the situation. So please try to understand that we can't always be 'regular'. If that doesn't suit you, discontinue your subscription...but please don't complain! Thanks for no unnecessary phone calls. It's really appreciated. Note: This issue is "Winter 1979", which actually means Jan/Mar. The next issue will be April 1979...you'll still get your 6 issues regardless. If your address label says 2-79, then it's time to renew and a form *should* be enclosed.

●PAYMENT FOR PHOTOS! - We really can't afford it yet, but we're going to start paying for photos we use anyway...not very much, but something anyway. You'll get \$3 for each photo we use (except \$25 for cover photos, color transparencies only), maybe a little late, but you will get it. Hope this will stimulate some of you to contribute. We especially are in need of action (or portrait) track photos this next issue(s).

●STATISTICIANS: - Frank Smith, P.O. Box 455, Mill Valley 94941 (415/388-3934) will be handling *Masters Track & Field* for NCRR, and Marty Post, 555 W. Middlefield, #L-105, Mtn. View 94040, our *marathon* rankings. Please send them marks as often as possible. □

FUN & GAMES

The answer to last issue's Photo Quiz was Ron Wayne. We received only one correct answer, and that was from San Francisco's Don Capron, who wins a year renewal to his subscription. We don't have anything for this issue...nobody submitted any pics, games, or *anything!* Since this issue is late already, I'm not going to dig through my photo files to find something. Let's have something from our readers by Feb. 25th for next issue. Thanks!

THIS & THAT

● **PEOPLE NEWS:** - Several PA-AAU members were elected to National positions with the AAU at the recent Convention in Houston: Irene Obera is Vice-Chairman of Masters Track & Field; Ruth Anderson is Masters LDR Chairman; Horace Crow is Secretary to the Men's Track & Field Committee. Ruth also received the "Masters LDR Woman of the Year" award at the Convention. ---



Harry Papazian, 1923-1978

Harry Papazian was a man who devoted the majority of his life to amateur athletics. He passed away last November after a long illness and left behind him a wife, three children, and a legacy of service to youth through participant sports. Harry was associated with the San Francisco Examiner for 25 years, and was Promotion Manager for 13 of those years, co-ordinating such varied events as the Examiner Indoor Games, the Golden Gloves Boxing Tournament, the Bay-to-Breakers Race, Warrior Basketball Family Night and the Russian Gymnastics Exhibition. Proceeds from these events are turned over to the Examiner Benefit Fund, and is then distributed to youth-oriented charities in the Bay Area. The High School Two-Mile Run at the Examiner Games has been renamed the Harry Papazian High School Two Mile Run in honor of his devotion to youth and athletics. He will be sorely missed; such selflessness is not a

common quality in today's world. --- Marty Cooksey and Bill Rodgers are the 1978 RRCA-Perrier Road Runners of the year, announced RRCA president Jeff Darman. In 1978, Rodgers won 22 consecutive road races, including Boston & New York City Marathons, the Perrier Cherry Blossom Classic and the Falmouth Road Race. This is the second year in a row that he has been named the outstanding male runner of the year. Cooksey set world bests at 15Km and the half-marathon distances and she won the Avon International Marathon and National AAU (NYC) Marathon, although Grete Waitz had a world record in that race (she is not an American so didn't qualify for the AAU title). --- We just learned from the National AAU Office that the I.A.A.F. has reinstated Francie Larrieu, Kate Schmidt and Jane Frederick for international competition. Larrieu had been reinstated for domestic competition last September by the AAU. This leaves Dwight Stones as the only athlete still under suspension for appearing in "Superstars".

● **MEET INFORMATION:** - The San Francisco Marathon has a new contact. Still set to go on July 8th (Sunday), the race will now be under the directorship of Scott Thomason, Western Editor of *Running Times*. For blanks, when available, send a S.A.S.E. to Scott at P.O. Box 27556, San Francisco, CA 94127. --- The Boston Marathon will still have the same qualifying times as in previous years, 3:00 for open men and 3:30 for masters men and women...but, entries close earlier this year. Entries must be in by March 19! Race is April 16th, Monday, this year. If you are going this year, write the NCRP regarding special group rates (plane and hotel) that we've set up...spaces are limited (we're about 60% full currently). --- The Avenue of the Giants Marathon has reached the 2000 entry limit! Forms were sent out on the 2nd of January and the limit was reached by the 8th! Dick Meyer reports that there cannot be reconsideration of the limit because of a contract with the California Parks & Recreation Dept...it is not the club's decision. It is possible to transfer registration for an additional fee if someone already entered decides not to run...write to Dick Meyer, Route 1, Box 153-A, Eureka, CA 95501, for details (enclose a S.A.S.E.!!).

---The Greater Los Angeles Marathon, scheduled for Feb. 25th, has been cancelled. ---The World Cross-Country Championships are on March 25th in Limerick, Ireland (women and junior & senior men). --- There will be a special 24-Hour Track Race at the Crystal Palace in London on the weekend of Oct. 27-28. The field will be limited and we know that the management expects competitors to be capable of 130 miles. For information contact John Jewell, 296 Barkham Rd., Wokingham - Berkshire, England RG11 4DA. --- We have heard that the Pikes Peak Marathon will limit entries to 800 this year...200 have already been registered. Since many Californians compete each year, you had better enter early if you plan on running--write to Jay Longacre, 2708 Andromeda Dr., Colorado Sprgs., CO 80906. Date of race this year is Aug. 12 (July 1 is deadline for entering). --- The Sundance T.C. of Stockton will host the PA-AAU 20Km Championships this year on April 14th...see the LDR scheduling section of this issue for specifics. --- The PA-AAU 15Km has been moved back a week to June 24 from its originally scheduled date of July 1 because the National AAU 15Km Championships are scheduled for July 4 in Santa Barbara...funding will be available (if the LDR Committee votes affirmative, and they probably will) to the Nationals for top finishers in the PA-15K. See next issue for specifics.



John Trent of Anchorage Pulsator's R.C. makes imprint of Ben Hablutzel's foot for having completed 10810 training miles (& in competition), or the equivalent distance from Anchorage to Seattle to Washington, D.C. and return. Hugh Fisher (with the patches on his warmups) died of a heart attack in his sleep on Oct. 14, despite an excellent bill of health in a recent medical exam. The following poem, written by John Trent, is dedicated to Hugh.

/Anchorage Times Photo/

AFTERWARDS

Somewhere in the sparkling far beyond lies a land that I cannot describe.
It is on the other side of the finish line;
In a race run on laps upon the earth,
For mortal man and mortal woman,
Their children and their sires,
Around and around and around in time,
Until a sudden stroke quenches their earthly fires,
And thence through a Spirit Prism passes
The silver chord of our separate souls.
Like sunlight itself defracted into myriad
Hues of color in that very prism
That changes it by unknown dimensions of time or space
Into a great new composite, gently emerging to next creation;
In plan and power to proceed
Beyond the limits of mortal mind
Into the transcendental rainbow
Of a new and glorious beginning.

/John P. Trent/

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●**INCORRECT RESULTS:** - Jim O'Neil reports that he was inadvertently omitted from the Brasspole Run results, where he was the top masters runner. He finished 14th overall in 32:20 but was not listed in the printed race results sent to the NCRR. Also, the NCRR accidentally failed to recognize Ray Batz as the second master (actually third now with O'Neil's addition). A bit of trivia--Ray won the San Francisco X-C Championships his senior year (1954) at Balboa High.

●**ROAD RACE SUPPLIERS:** - The NCRR is interested in compiling a list of reliable supply houses for various roadrace items such as: safety pins, aid-station containers, numbers, traffic cones, flags, tents, outhouses, you-name-it. This list would then be made available to various meet directors who request it and send a S.A.S.E. We'd like to list as many contacts as possible in order to make it easy to pick these items up without doing a lot of driving. Please supply us with: (1) Items that certain places supply; (2) Approximate price(s); (3) Service/availability; (4) Any other pertinent facts.

●**ORIENTEERING NEWSLETTER:** - Tired of fighting thousands of other runners in some of the local road runs? Looking for an event that's more than just a physical challenge? Perhaps you are the one who should get involved in orienteering. This sport, just now growing in popularity in America, combines cross country running and navigation by compass and map. Sound interesting? If so, write to Joe Scarborough, 3151 Holyrood Dr., Oakland, CA 94611. He publishes a bi-monthly orienteering newsletter for the Bay Area and has information on upcoming meets. Be sure to enclose a self-addressed, stamped envelope.

●**THE RUNNING JOURNAL:** - KPFA-FM's running radio show continues after encouraging initial success. Tune in to 94.1 on your FM dial for the following upcoming half-hour shows, broadcast from 7-7:30 p.m.--Feb. 13: Walt Stack speaking on "You're Never Too Old"; Feb. 27: Bill Rodgers, guest speaker; March 13: "Foot Problems" by the School of Podiatric Medicine. The show is co-hosted by Mark Jaqua and Ron Wayne. Scheduling and results are also featured with each broadcast.

●**AAU RECOMMENDS NEW LDR-SANCTIONING POLICY:** - The National A.A.U. has sent guidelines to all its district offices, including the PA-AAU, indicating recommendations on sanctioning and individual registrations for long distance and road races. As voted on by the AAU's Long Distance & Road Running Committee at the Convention in San Antonio last November, the proposal consists of the following basic items: (see next column)

(1) Sanctions will be required for all Championships at the National, Sectional, Regional and Association levels, as well as International Competition and all other competition that includes non-AAU registered foreign athletes; (2) In non-championship footraces, a sanction should be issued to cover all AAU athletes whether it is requested or not; thus, the AAU association will provide a sanction for the AAU athletes only; (3) Those athletes that participate in non-championship footraces should not be forced to join the AAU for these races, but for Championship races, AAU registration is required; (4) An educative process should be used to show the benefits of AAU registration (locally, this would be items such as: use of items in the LDR warehouse by meet directors; liability insurance for sponsoring organizations; having your race listed in the AAU Handbook; etc.). Final discretion on the handling of sanction and registration on all events is left to each district association.

●**U.S. OLYMPIC TRIALS MARATHON:** - The qualifying time for the 1980 Olympic Marathon Trial shall be the 100th U.S. marathoner (U.S. citizen) performer during 1978 as computed by the National Running Data Center. Times would have to be run on AAU certified courses with AAU sanctions only. The qualifying time is not yet known but will be published in the NCRR and other newsmedia. The qualifying performance (for the 1980 Trials) will be made during the period from April 16, 1979, to April 21, 1980, inclusive. The event (Trials) will be closed to the qualifiers...funding policy for top qualifiers is not yet known. We suspect that the 100th best performer for 1978 will be in the neighborhood of 2:21.

●**RUNNER'S INDEX:** - Joe Mancuso of Albany, New York, has recently turned his avocation into his vocation by launching his efforts into a publication called "Runner's Index". It contains hundreds of subject headings gleaned from 35 periodicals (including NCRR we might add) related to running. The subject headings along constitute an authoritative terminology for the sport of long distance running. The "Index" is being updated several times a year, and thus the publication has become an authoritative 'current' index to subjects on running. So now, if you want to find an article on a particular aspect of running, all you have to do is turn to "Runner's Index". If you're interested in subscribing, or obtaining any single issues, write to: Joe Mancuso, 4-8 Woodlake Rd., Albany, NY 12203.

●**TEN BY TEN MILE CORPORATE TRACK RUN:** - On Nov. 4, twelve runners from the Lawrence Livermore Lab met at the Cal-State Hayward track for a crack at the corporate ten-person team mile record. The LLL team time was 9:49:39, bettering the old record (held by Runner's World) by over ten minutes. The team consisted of: Nick Winter, Brian Bonner, Bert Johnson, Hoyt Walker, Dan Moore, Ted Orzechowski, Bill Dunlop, Dick Ryon, Hriar Cabayan and Ruth Anderson. Nick Winter had the fastest split at 54:52.

●**UCSF RUNNING CLINIC:** - This Running Clinic, which meets on Saturday mornings at 10 a.m., at the Kezar Stadium parking lot in San Francisco, is designed for people who would like to begin running and for those people who are already runners but would like more information on running. The Clinic will continue through May 19 and consists of a question and answer period on running, followed by group stretching exercises and then various runs in Golden Gate Park. Special sessions will be held on the second Saturday of each month with a lecture by a noted exercise authority according to the following general schedule: Feb. 10--Advice on Running Injuries; March 10--Just Running; April 14--Bay to Breakers Preview; May 12--Podiatric Approach to Running Injuries. The Clinic is free and is co-sponsored by the San Francisco Dept. of Health and UCSF. More information can be obtained by calling: 415/666-1800. You can attend one or all of the sessions.

/// NCCR Retail Outlets ///

If you don't currently subscribe and wish to pick up the latest issue of NCCR, why not stop by one of the following stores and get a copy? -- If you would like to see NCCR in your area, and it isn't, let us know the store(s) near you.

SUNNYVALE: Trac Shao; FRESNO: Bill Cookerham; BERKELEY: The Athletic Dept., Northside Tennis & Sports; MOUNTAIN VIEW: Starting Line Sports; STOCKTON: First Serve Tennis & Sports; SANTA CRUZ: Johnny's Sport Shop; COSTA MESA: Loeschhorn's; CHICO: Fleet Feet; SACRAMENTO: Fleet Feet, Goodwin-Cole Sports; SAN MATEO: Olympic Sports; SAN JOSE: Valley Athletic, Ryan's Sports Shop; CAMPBELL: Valley Athletic; PLEASANTON: Squier's Sports; APTOS: Monterey Bay Sports Center; SAN FRANCISCO: Runner's Feet, Second Sole; ARCATA: The Joggin' Shoppe; OAKLAND: Four Seasons Sporting Goods, Runner's Feet; SPARKS, NEV.: The Athlete's Foot; KENTFIELD: The Archrival.

● **TRACK & FIELD ASS'N U.S.A.:** - This organization has been recently born from a merger of the U.S. Track Coaches Association and the U.S. Track & Field Federation (USTFF). This new organization hopes to have as constituent members all groups active in track and field through their National Organizations. The TFA/USA is to be governed by people interested in track & field; people who are participating or working in and for the sport, and who are knowledgeable in it. By TFA/USA definition, track & field includes: race walking, decathlon, pentathlon, cross country, road running, marathoning and indoor and outdoor track & field for boys and girls, men and women in the age group, high school, junior college, college and university, open, submasters and masters categories. Programs of training, competition and education in the sport are to be carried out at area, state, regional, and national levels. The organization welcomes ideas and suggestions as to how they can be of service to the track & field community: headquarters are at: 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153 (Ph. 816/891-1077). Berny Wagner is the Executive Director.

● **"GADGET":** (By Len Wallach) - Proud Products, a small Petaluma-based organization, has produced a plastic gadget to pin on to running togs for that inevitable day when a dime is needed for a phonecall for a ride back to the starting line or an ambulance to a hospital. The business-card sized, clear vinyl, waterproof envelope contains an emergency identification badge and still has space for a car key, a couple of coins and some folding money. It is easily closed with a zip-lock lip, similar to those used to seal plastic bags that store leftovers in the refrigerator. The pin which holds the gadget to your shorts looks a little wicked, but so far there have been no scratches, according to sales boss Arnie Cohen. The suggested retail price is \$1.89, but the envelope can be purchased for about half of that if obtained in lots of 50 or more, just in case some organization wants to pick up the tab for a large group of users. Contact Cohen at 707/762-1134, or write to him at Box 653, Petaluma, CA 94952 for more details.

● **NEW CLUB FOR GAYS:** - The Front Runners, a San Francisco based running club initially established as the Lavender U. Joggers, and loosely organized until recently, has reorganized after six years in order to better serve the expanding gay

running community. The diverse membership includes lesbians and gay men from beginners to marathoners. A non-competitive group run is held every Sunday morning. For more information and a schedule of runs, contact: 415/641-0250.

● **RUNNER'S HOT LINE:** - Starting Line Sports in Mountain View now provides another service to the running community: for the latest information on scheduling and results, call 415/961-RACE and see what's been, is and will be happening around the area. Also, be sure to call in scheduling and race results to the same number.

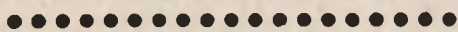
● **JOG-A-THONS:** Both Los Gatos High School and Cal-State Hayward are conducting Jog/Run-a-Thons for various track related reasons. Los Gatos is trying to raise money for an Accu-track Electronic Timing System with a scoreboard timing device while Cal-State is resurfacing their track. Running clubs and individuals can help out and make 50% of the profits themselves by taking part in the programs. For full information on how you can make big bucks and help the area's programs with no risk and minimal work, contact: Glenn Harmatz, c/o Los Gatos H.S., Box 248, Los Gatos, CA 95030, or Jim Santos, c/o Cal-State, Hayward, 25800 Hillary, Hayward, CA 94542.

● **AGE-RECORDS BOOKLET:** - The National Running Data Center has just published a records book covering standard road distances from 15 kilometers to 100 miles (and hour and 2-hour runs on track). Marks must have been set on CERTIFIED COURSES and are for U.S. residents only. The current booklet is for marks through 1977. While supplies last, copies of the age-records booklet may be obtained by sending \$2.00 to the NDRC, Box 42804, Tucson, AZ 85733. Race directors should always send a complete copy of their results to the NDRC...complete race results include, as a minimum, each runner's full name, age, sex, hometown and time (club affiliations are useful too).

● **PA-AAU TRACK & FIELD TRAVEL FUND:** - To qualify for travel funding from the District AAU, the following requirements must be met: (1) A 1979 AAU card must be purchased by Feb. 28th; (2) A qualifying mark, to be considered for funding, must be equal to or better than the sixth place performance in last year's Nationals; (3) Requests must be made by June 6; (4) Limited to top two in each event; (4) Funding is for National Outdoor Championships only; one meet per year only.

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Book Reviews

THE HUMAN RACE (by Len Wallach); A California Living Book, paperback (oversize), \$8.95. - /Reviewed for N.C.R.R. by Monte Dayton/

If someone told me that a 215-page book could be written about the Bay to Breakers footrace, I wouldn't have believed it. Last year, Len Wallach told me he was going to attack this project. I believed it!

Like the logo of the little runner pushing the stone uphill (it appears above his column in the NCRR), Len Wallach loves to defy the social gravities.

Wallach tells the story of the 67-year-old San Francisco running tradition: "Every runner has a romance with this event...we runners blend into a huge portrait of the human race, a mosaic of flesh and bone, a montage of a few years of existence, captured for a moment in time at Howard and Spear streets each year."

He probably speaks for 16,000 Bay to Breakers runners (in 1978) as eloquently as anyone yet has (or will).

As Joe Henderson (*Runner's World*) says in his foreword to the book: "...today's runners act as if running history began when they started to run. They haven't been told of the people and events that came before." *The Human Race* tells it all; or, as Henderson concludes, "it is such a good story, I wish I had written it myself."

Novelist Herbert Gold, in his introduction (Len knows everybody), compares viewing a runner's pellmell tourney as "a little like watching couples make love in the park or perform disco routines. They are not so cute as they think they are. And yet you wouldn't mind doing what they are doing because they are so obviously engrossed, invigorated and sweaty."

You guessed it! Gold is a novice runner and was there this year with the other 15,999, to join what he calls "a human tide!"

Wallach's handsome book chronicles the minutes of every one of the 67 years of this seven-mile-plus happening, originally (and until 1963) known as the Cross City Race.

The book is organized into 49 easy-to-read (short) chapters, and from Robert Jackson Vlught's first victory in 1912 to winners Gerard Barrett and Skip Swannack (women) in 1978, it represents an Olympian achievement in research and a pure labor of journalistic love for Wallach.

If you're only interested in stats, you can turn to pages 202-211, and it's all there. But like any anatomy, there are the good parts, and you wouldn't want to miss the other 201 (unless you're not a runner).

On approaching the book, I feared that wading through the 67 "Bay to Breakers" would be akin to reading a chapter each on 67 consecutive 100-yard dashes, all won by Houston McTear.

Not so! I found myself finishing the book with a sense of personal history and involvement (and I only ran in two) that is the composite of the total experience of each chapter. Or, as Walt Stack says in his Epilogue, "Len Wallach's contribution through this book is a specific benchmark, carefully documenting our past in order that the *Human Race* may project its own future."

On the technical side, clean typography is set off with generous use of white space, balancing the type and photography, so that you literally run through each brief chapter like it was 100 yards instead of 10K.

Up front, among the Acknowledgements, the author mentions, "Jim Wimbish for introducing me to the Bay to Breakers." We don't learn who he is in the book, but we would also like to thank Jim for helping Wallach bring us *The Human Race*.

I liked the book so much, I would have paid for it, if I hadn't got a freebie to review! □

THE BEST RUNNING TRAILS OF THE SAN FRANCISCO BAY AREA (by Barry Spitz); A City Sports Publication, paperback, \$4.95. - /Reviewed for N.C.R.R. by Len Wallach/

There have been some deadly serious competitive races going on in running recently, and they are not the human variety. However, the finish lines are just as far away as the end of a marathon if one hasn't done his homework.

These races are between publishers of running literature who vie for the public's fickle attention, calling for forecasts months in advance as to what the marketplace will be on their individual starting line--publication day.



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Barry Spitz put a year of his life and a lot of miles on his feet to prepare material which eventually became his book, *The Best Running Trails of the San Francisco Bay Area*, published by City Sports of San Francisco. The pocket-book sized manuscript of 143 pages jams in 37 of his favorite running spaces and places into a format which breaks the Bay Area into five components.

The pattern of the information features short narrative descriptions, 33 maps, and a host of solid photographs, all preceded by his own introduction. The foreword, by the inventor of geriatric perpetual motion, Walt Stack, is worth the \$4.95 selling price by itself.

Unfortunately, Barry's race to publication found himself in second or perhaps even third place, as two other publishers of the same materials had their book and pamphlets at the finish line first.

One of these, *San Francisco Running Guide*, is a give-away foldout of five Golden Gate Park runs, ranging from one mile to 5,000 meters, and to sweeten the pot, eight additional specified mileages for other courses are listed along with three Par Course locations in the City. It is a public service pamphlet, sponsored by Nike Sports Shoes via the San Francisco Parks & Recreation Department.

The other early bird is *BARGE*, a slick and more expensive compendium of places to do your foot thing. The title stands for *Bay Area Running Guide Enterprises*, and the folks who put it out are certainly enterprising, highly competent, and have that San Francisco sales hustle needed for success.

However, Spitz's book is more my style economically. I also tend to try to return support for support. That is, both he and City Sports have made significant contributions to the world of running, and thus are somewhat more deserving of an inside track for the runner's dollar.

For people who want to help other people start running, this little treasure of running trails makes a nice gift; for those who haven't run in 37 different places, get a copy of *The Best Running Trails of the San Francisco Bay Area* and you will no doubt find out that the title of Barry's book is probably right. □

Long Distance Ratings

WOMEN

PA-AAU STANDINGS: (Compiled by Art Dudley) - Following are the final 1978 ratings, based on the 30 races we've decided to count...see early 1978 issue(s) for a listing of those runs. For 1979 we are listing our tentative 'counters' below...they may change, depending on if certain races don't get scheduled. We're pretty sure of the races through at least mid-year, but since the LDR schedule for August through the end of the year hasn't been published yet, we're obviously sticking our necks out a bit. So be sure to keep abreast of any changes by consulting future issues.

How we determine a "rating": - We count only the top PA-AAU finishers and go only 4 deep for women, 6 deep for masters and 10 deep for open men. To determine a runner's rating we take the average place (when finishing in a 'counting' position) and divide it by the total number of races which count. For example, a 1st, 3rd & 6th = $(1+3+6)/3/3 = 1.111$. We are listing below all runners who scored below 1.000 for the 1978 calendar year, but you can figure out your average.



(L-R) Brian Maxwell /Tom Elliott/; Judy Leydig /Wallach/; Ralph Bowles /D. O'Rorke/

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Judy Leydig/WVTC (7)	6	0	0	1	1.429	0.204
2. Elaine Ivaldi-Miller/WV (9)	4	2	1	2	2.111	0.235
3. Roxanne Bier/SJC (3)	3	0	0	0	1.000	0.333
4. Ruth Anderson/NCS (7) <u>40+</u>	0	3	1	3	3.000	0.429
5. Joan Uilyot/WVTC (5)	1	2	0	2	2.600	0.520
6. Sue Brusher/BASC (6)	1	0	1	4	3.333	0.556
7. Penny DeMoss/WVTC (4)	1	1	2	0	2.250	0.563
Judy Fox/WVTC (4)	1	1	2	0	2.250	0.563
9. Kathy Perkins/SJC (3)	1	1	1	0	2.000	0.667
10. Merrill Cray/CRC (2)	1	1	0	0	1.500	0.750
Laurie Crisp/WVTC (2)	1	1	0	0	1.500	0.750
Candy Hearn/OPHIR (2)	1	1	0	0	1.500	0.750
13. Caron Schaumberg/ER (3)	0	2	1	0	2.333	0.778

Ralph Bowles won as predicted in the masters division, and Brian Maxwell came on strong in the last few months to reclaim his open title. Judy Leydig was a surprise winner over Elaine Ivaldi-Miller in the women's race. We had inadvertently forgot to score the S.F. Marathon in last issue's ratings, and Judy's first there, combined with a fourth for Elaine, caused the sudden turn of events.

1979 COUNTING RACES--Below we have listed our preliminary (hopefully they will not change too much) 'counters' for this year...we are counting the 1978 Midnight Run in the 1979 totals. All three competitive divisions are counted for the listed races unless noted otherwise. We will not count the PA-AAU 50K and 50 Mile in 1979...any comments are encouraged. □

Midnight Run (Open & Women); California 10; Paul Masson Champagne Marathon; Trinidad Beach Run; West Valley Marathon; PA-AAU Women's 10K; Buffalo Stampede 10-Miler; Lake Merced Masters Race; Arrow 10K; PA-AAU (Clear Lake) Marathon; PA-AAU 20K; Livermore 8.5-Miler; Avenue of the Giants Marathon; PA-AAU Hour Run; TRAC 10K; Holy City Run; PA-AAU 15K; Folsom 10K; San Francisco Marathon; Lafayette 10K; Wharf to Wharf Run; Round Tiburon Peninsula Run; Dammit Run; Golden Gate Charity Run; PA-AAU 25K; Berkeley Waterfront Run; Angel Island Run (Open only); Woodminster Handicap (Masters only); Angwin to Angwish Run; PA-AAU 10K X-C (Open & Masters); Pepsi 20-Miler; Excelsior West End Run; PA-AAU 30K; Bonne Bell 10K (Women only).

MASTERS

Runner/Club (Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Ralph Bowles/WVJS (12)	7	5	0	0	0	0	1.417	0.118
2. Darryl Beardall/DIRT (8)	6	2	0	0	0	0	1.250	0.156
3. Ulrich Kaempf/TRAC (7)	4	1	2	0	0	0	1.714	0.245
4. Bob Welck/WVJS (6)	3	2	1	0	0	0	1.667	0.278
5. Harvey Ferrill/SUND (5)	2	2	1	0	0	0	1.800	0.360
6. Kent Guthrie/WVJS (8)	1	2	2	2	1	0	3.000	0.375
7. Jim O'Neil/BC (7) <u>50+</u>	2	1	2	1	0	1	2.857	0.408
8. Bryan Holmes/WVJS (9)	0	3	1	1	3	1	3.778	0.420
9. Myron Nevraumont/WVJS (8)	0	1	2	3	1	1	3.875	0.484
10. Bob Bourbeau/WVJS (2)	2	0	0	0	0	0	1.000	0.500
11. Ross Smith/WVJS (5) <u>50+</u>	1	1	2	1	0	0	2.600	0.520
12. Doug Latimer/Un (7)	1	0	2	2	1	1	3.714	0.531
13. Ted Wilson/KJ (8)	0	0	2	1	3	2	4.625	0.578
14. Russ Kiernan/DIRT (5)	0	1	1	1	0	2	4.200	0.840

OPEN (* denotes 2-way tie)

Runner/Club (Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Brian Maxwell/BASC (8)	4*	3	0	0	0	1	0	0	0	0	2.063	0.258
2. Jan Sershen/ETC (13)	2	1	2	0	3	5	0	0	0	0	4.231	0.325
3. Mike Pinocci/WVTC (4)	2	2	0	0	0	0	0	0	0	0	1.500	0.375
4. Angel Martinez/AGRC (6)	1	3	1	0	1	0	0	0	0	0	2.500	0.417
5. Gary Blume/Cal (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
6. Bill Clark/WVTC (8)	2	0	1	0	2	1	1	1	0	0	4.500	0.563
7. Pete Flores/AGRC (6)	0	1	2	2	1	0	0	0	0	0	3.500	0.583
8. Duncan Macdonald/WVTC (3)	2	0	0	1	0	0	0	0	0	0	2.000	0.667
9. Wayne Badgley/SUND (4)	2	1	0	0	0	0	0	1	0	0	3.000	0.750
Steve Brooks/WVTC (4)	2	0	0	1	0	1	0	0	0	0	3.000	0.750
John Moreno/CWTC (4)	0	2	1	0	1	0	0	0	0	0	3.000	0.750
12. Mike Porter/WVTC (3)	1	0	1	1	0	0	0	0	0	0	2.667	0.889
13. Jim Barker/WVTC (6)	1	0	0	2	0	0	1	0	1	1	5.833	0.972

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EXPERIENCED AIAW, AAU WOMEN'S COACH--Seeks CC/TF position beginning Fall, 1979. Have trained regional and national scorers. M.A., university teaching experience, publications. Joli Sandoz, 99 Brattle St., Cambridge, MA 02138.

ROAD RUNNERS CLUB HANDBOOK--This is a handbook without peer... it is not a rulebook, but rather it is the perfect "how to" manual for the new or experienced race director or club administrator. Some topics included: how to form & manage a club; how to finance a club program; how to conduct handicap races; how to measure (certify) courses; how to publish a newsletter; and much more! The new edition includes a 70-page section entitled: "Successfully Staging a Major Race." This chapter by itself is worth the price for anyone involved in a "big race" or thinking of getting involved in one. Send for your copy today from: Jack's Athletic Supply, Box 1551, San Mateo, CA 94401 (Price: \$10.00, plus 75¢ shipping and 6% tax, Calif. residents)

HIGH SCHOOL TRACK 1979--The new edition of *Track & Field News'* annual review of high school track and field (for 1978) is now available...includes 1978 indoor/outdoor performance lists, all-time indoor/outdoor lists. Reflecting the huge increase in popularity of girls' track on the prep level, the 1979 Annual has yearly and all-time lists for women as well. Send a check for \$2.50 (includes tax and shipping) to: Jack Leydig, Box 1551, San Mateo, CA 94401.

GUIDE TO TRACK & FIELD INJURIES--An invaluable volume which attempts to fill the gap between the occurrence of an injury to a track and field athlete and treatment by medical personnel. What should a coach or athlete do when a sprinter "pulls" a hamstring muscle, or a weightman ruptures a tendon, or a distance runner sustains an ankle injury? Authored by Arnd Kruger and Helmut Oberdieck, this *Track & Field News* publication takes you step-by-step through the treatment of these and many other injuries common to our sport. In a second section of the book, the authors focus on each individual event and discuss the common injuries particular to that event and their treatment. Order your copy by sending \$4.50 (+6% tax), plus 50¢ for shipping and handling: Jack Leydig, Box 1551, San Mateo, CA 94401.

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Our Readers Speak Out

Runner vs. Jogger

NANCY GUARD (El Cerrito, CA) - "I am writing to take issue with Jim Nuccio's article on how to tell the difference between a runner and a jogger (issue #73). I think these petty distinctions obscure the real issues, which are the joy and benefits anyone can get out of jogging/running. Furthermore, they antagonize and segregate us by making runners the elite and joggers the second-class slobs. Those of us who "shuffle a few miles" can still get high on whatever-you-call-it, believe it or not. I run 3+ miles at a time, 10-15 miles a week, year-round, even in the rain, in my old blue jeans and sweatshirt with holes in it. What category do I fall in, Jim?"

I fail to see how you can write articles putting us down and then berate us for not subscribing (as you do the people at the Bay to Breakers)."

(Ed. - Can't speak for Jim, but I'd say you probably fit more into the "runner" classification. The fact that you do it year-round and don't have to get 'color-coordinated' for your workouts indicates you're into running because you enjoy it! Otherwise you wouldn't be doing it...would you? We certainly didn't mean to 'berate' those individuals who do less than "X" number of miles a day...we all have to start somewhere...we all were joggers at one time in our life, that is, if you put quantitative labels on running. Those of us who become more or less 'addicted' to the running habit cease to become 'joggers'. Any further comments, Jim?)

What about Marin?

DON PICKETT (Tiburon, CA) - "Having perused your list of "counting races" for your LDR ratings, I note you have overlooked Marin County entirely. Our lovely county, located just north of San Francisco, has at least two events that would lend more validity to your "system"...namely, the Dipsea (69th Annual) and the Marin Headlands Race. I am certain our friends throughout Northern California will enjoy running our "gentle" hill courses while pursuing the glory offered by your rating system. Oops!! Sorry folks, that should read "steep hill courses with lots of dirt, roots and rocks...75% X-C, 25% road in the case of the Dipsea, and steep hills, dirt road, good trails, 90% X-C, 10% road in the case of Marin Headlands. We wouldn't want Daphne and others to get the wrong idea, would we?"

(Ed. - We have added the Tiburon Run to our 1979 list of 30 races. We are now counting the Wharf to Wharf race, which is on the same day as Marin Headlands, so we don't want to put both on the list. The Dipsea is not really well-attended by top open and women runners, and while the masters division is usually representative, it usually takes a full year for the Jaycees to get their 'official' results out.)

Some Good Races!

TED WILSON (Lafayette, CA) - "This is a note of commendation for the Berkeley Waterfront Run, Oct. 7, 1978. Better than in past years, the event was a model of good race management. Dan Williams deserves a salute for his efforts."

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JOHN PERKINS (Lompoc, CA) - "I wish to take this opportunity to express my appreciation to Paul and Elaine Reese for a magnificent job as race directors for the 13th Annual Pepsi 20-Miler. The management and operation of this race was superb in every respect. The timers, aid-station helpers, the counter, the checkers at the turnaround point, and each individual at the registration section performed their duties in an outstanding manner. This race, in my opinion, stands head and shoulders above all others in management and operation. A job well-done. Hats off to you both...and your staff!"

POLLY PARKER (Palo Alto, CA) - "I noticed your name on the list of those opposing the Quaker Oats Run on Nov. 19th, and I thought I would give you my impressions, since both my daughter and I participated in it. Of the approximately 10 runs I have engaged in over the past several years, I would say this was the best organized, and gave the best value for the entry fee involved (\$4.00), for the following reasons:

- (1) Previous to the race, there was an advertised phone number where one could obtain more information on the race.
- (2) We received a prompt postcard acknowledgement of our entries, including a map of the course, location of restrooms, and suggested arrival times.
- (3) The race packet was very complete with an already addressed card for notification of results, and there were plenty of safety pins.

(4) The course was very well patrolled. Times were announced at almost every mile. There was water and/or ERG offered at midpoint.

(5) The T-shirts are 3-color and the best quality I have seen given in a race--very attractive.

(6) The breakfast advertised, and served after the race, was *really* a breakfast, and a generous one! It was served on a plastic plate, and included a carton of milk, a carton of iced orange juice, rolls, butter, and a bowl of the promoted cereal, in addition to a one-pound box of the cereal. Tables and chairs were set up for eating, and it was no fault of the organizers that they were little-used because of the rain and cold.

For the above reasons, we thoroughly enjoyed ourselves. I am not familiar enough with the intricacies of the AAU to evaluate your objections to Jim Fixx's connection with the race. As for the sugar objection--I think the cereal is much too sugary too--but others might consider it just the thing for quick energy. Shouldn't there have been objections to the Schlitz sponsorship, or the wine race sponsorships? What about the sugar in all the soft drinks usually dispensed at races? Why not let people decide for themselves?

It seems to me that business sponsorship is very helpful if there is to be a good number and variety of runs; groups like WVTC who have sufficient manpower to organize and carry out a race well are few and far between!

I resent as much as you paying an entry fee of up to \$5, and then finding it went for a poorly organized run. Even if the profits are for a charity, I feel there is little excuse for some of the half-baked organization which sometimes occurs.

Rather than oppose a well-organized event, I would like to see the effort go into helping would-be sponsors meet certain standards before their run would be endorsed, or, say, publicized in the NCCR. (Easier said than done, I know.)

Having decided to oppose this event, I think simply leaf-letting would have sufficed. Publicizing another run starting 10 minutes before the event, including a starting gun, would seem to have been an attempt to disrupt the run--or at least cause a lot of confusion. I don't think this was terribly sportsmanlike.

Those are my thoughts, for what they're worth. Thank you for all the effort and labor you have put in over the years to further the fun of running in the Bay Area."

(Ed. - We aren't discrediting the race because of the way it was conducted or for what prizes were given the runners; what we object to is, primarily, the fact that the entry fee was used to subsidize the sponsor's product and advertising campaign. The race jersey, from what I've seen, didn't even have the name of the race on it...at least not the front. It is only a walking billboard for the cereal...why should runners subsidize a sponsor's advertising campaign? Our "Guest Editorial" this issue deals with the subject of race sponsorships... by big corporations primarily.)

Race Communications

ED GRIBI (King City, CA) - (The following letter was initially sent to the S.F. Chronicle but was referred to the NCCR for publication. Race directors should find it of particular interest. We thank Mr. Gribi for enlightening us.) - "Having just provided

auxiliary communications for a 10-kilometer run locally, I learned that other runs up to marathon length are frequent and regular nowadays. Please advise your readers that amateur radio operators are happy and eager to provide communications around the courses of such runs. Just let us know when and where they are, and we can very likely provide communications teams for starts and finishes, check points, and mobile units as required to aid the organizers in direct communications between race officials and to aid in runner safety. These are great drills for us and our equipment and operating procedures and enable us to deploy the maximum in amateur radio operators' capability, flexibility and ingenuity. Hope you'll all ask us to help you. We enjoy it!"

(Ed. - Well folks, what are you waiting for? Drop a note and S.A.S.E. to Ed at Box 984, King City, CA 93930. He is a member of the Amateur Radio Emergency Service for San Mateo, Santa Clara, San Benito, Santa Cruz and Monterey counties, and he can supply you with a list of individuals with phone numbers of people in your area who might be willing to help. He can also probably provide you with contacts in counties other than those listed above.) □

GUEST EDITORIAL

by Don Capron

CORPORATE SPONSORSHIP OF ROAD RACES--*This is the first in a two-part (or more?) series on the trends in today's roadrace sponsorships. Road races have become "big business"--a quick way to promote your product for a minimum investment. They have also become the center of attention of many 'charity' groups, many of whom feel that they should be free to make a buck or two from runners and not put anything back into the sport. This first installment will cover the corporate involvement. Next time Mr. Capron will approach the complex problems involved in determining if a race is charitable or not. We welcome reader comments...please limit length to one double-spaced, typed page, if you wish it to be printed.*

When a national publication sponsors a race in which a runner with less than a year's experience wins a new car, or when a national brewer gives away \$10,000 worth of jerseys, you have to look very close at "charity" races that gross over \$35,000 and can't send out complete results for only the first 500 finishers, or a race where the representatives of a major cereal company walk away with nearly \$16,000 in entry fees.

Madison Avenue, major corporations, and charities, have "discovered" distance running as a source of either promoting or raising money. No company or charity has ever come forward and said they wanted to sponsor an event because of their love for running. The major corporations and marketing departments or their advertising agencies have found a new way to reach a major segment of the consumer market. Their concern is how much of a return they can gain from a minimal investment. Basic marketing in the free enterprise system...while in the case of the charities, they have found a new resource for raising large sums of money quicker, and at a lower cost than their traditional methods. Neither the corporation nor the charity has honorable or noble intentions. Both are only concerned with what is in their own best interests.

As they are unavoidable, inevitable, and, in some cases,

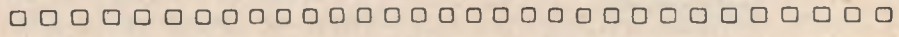
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desireable, the question is: what does each put back into running (or do they just take from it)? There is not a pressing need for anyone to just stage a race. The Bay Area has several clubs which are offering races on a weekly basis. When a sponsor says: "What we are giving you is the staging of a race," grab your wallet and lock up your sister! No one is doing anyone a favor by just hosting an event. The more probing questions would involve entry fees, awards, and what the entrant receives for his money. Where does the entry fee eventually wind up? Does it go back into running (host club, etc.) or is it used to offset expenses? How many awards are being given, and how deep do they extend into the list of finishers (overall and within age groups)? Does the entrant, who has no hope for a major award, receive something to justify the large entry fee?

The entry fee is the critical point of consideration. Basically, if *all* funds collected do not stay with the running community: you're being hustled! The idea of a sponsor keeping entry fees to meet expenses is not only one of questionable ethics but probably illegal. To begin with, all expenses incurred by the corporation in putting on the race are used as tax deductions and writeoffs on corporate income taxes. To then keep funds collected, against these expenses, is having it both ways: enviable, if you can get away with it, but not very nice. Before the entrant puts down five or ten dollars, he should ask where the funds are going to.

What the runner gets for his entry fee can be viewed in two ways. The first is: "buyer beware." You pay your money and you take your chances. If that was Reno, at least you'd have a chance of hitting the jackpot. The other viewpoint is: everyone who has paid five to ten dollars is entitled to something more than a blank certificate saying you participated, a pat on the back, or a two-dollar jersey (which is more free advertising for the sponsor). If the entry fees collected are not staying in the running community, a runner should pass on the race. One shouldn't let "charitable" causes or a free jersey drain money from the running community. If the race is for an alleged charity and nothing (or very little) is being given to the runners, then the runners should give them nothing and run unofficially.

Since last summer there have been at least three races in Northern California sponsored by major corporations, and several by charities. *Playboy* magazine, Schlitz Light Beer, and Quaker Oats' 100% Natural Cereal were the products. The *Playboy* race cost a bundle. The magazine paid for everything in advance. It was co-promoted by radio station KMEL. They also spent a considerable sum on the event. There was no entry fee and so the host club made no money on the race at the expense of the runners. What then did the runner get besides a free race? Every entrant received the obligatory free jersey, there were gold medals given to sixteen different age-group winners, drawings were held for twenty-five pairs of Pony running shoes, a trip for two for a week at the Playboy Casino in the Bahamas, and a new Toyota car! No money was taken from the running community and some money was allegedly raised for the U.S. Olympic Committee.

In the race sponsored by Schlitz Light, a five-dollar entry fee was charged. The entire entry fee went to the host club, thus staying in local running circles. The entrant received a free jersey (which sells for \$9.95 at adidas stores), free beer (or Calistoga water), a certificate, ninety-six trophies, trips to Florida for the first male and female finishers, and college scholarships to the first male and female college students. The ninety-six trophies were paid for by the host club. Merchandise awards, advertised by Schlitz, were never sent to the winners. At the Quaker Oats race, the entry fee, \$4.00, went to the Chicago advertising agency, representing Quaker Oats, to offset expenses. The runner received a jersey, the sponsor's cereal, and some orange juice.

How then, one might ask, is one to determine when a runner will benefit from a race or get fleeced? The deciding factor is the race director and the host club. They must have two things:

(1) Total control of the race--Quaker Oats (or their representatives) created, promoted and totally controlled their race. The race director, for a fee, only supplied a work crew and a site for the race. What he became, in essence, was their fall guy. He caught the flack for their actions, and, for \$1500, it isn't worth it.

(2) All money and awards in advance--The sponsor does just that...sponsors. He doesn't "sell" his product and jerseys by keeping entry fees. Any race director who does not get promised funds or products, *in advance*, will find himself holding the bag...the Schlitz merchandise awards being an example.

Once an agreement has been reached between the sponsor and host club, the sponsor takes a back seat. If he doesn't, watch out. Otherwise you'll have the tail wagging the dog.

A final irony to the Quaker Oats fiasco is the following: the woman who promoted this series of races, from the Chicago advertising agency for Quaker Oats, was one of the leading movers and organizers in the drive to boycott the Mayor Daley Marathon in Chicago last summer. Her reasons--she considered the entry fee and the sale of related merchandise by the race promoter a rip-off. I guess it's all a matter of whose ox is being gored!□

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THE HUMAN RACE



LEN WALLACH

There's an old adage attributed to the cowboy philosopher Will Rogers which claimed that "All I know is what I read in the newspapers." Since the advent of motion pictures, most generations of Americans might rightly say that all they know is what they see in the movies.

Films and film makers have certainly made their impact on the world of sports, but the recent breed of camera folk have fashioned theirs with hammers of artistic emotion portraying running with such excitement and drama that they are well beyond their football, basketball and water sports counterparts.

Such is the fabric of Marlin Charles Darrah, but in the case of this mere youngster of 22, it is cloth of gentle steel. The figure and face of Darrah (pronounced Dare'-awh) is that of a highschool cross-country athlete. Hay-colored hair, rapier-thin torso, and long stringy legs make his two decades look more like one, but he has already packed into his short life ten years as a film maker and is now at the top of the heap in the running motion picture game.

Darrah has three solid films in his running repertoire, including: *Marathon*, *Running Peace*, and his latest, *Moment of the Runner*, and each leaves viewers itching to get out on the roads. As a result of his filming, which started at age 12 with his first production, *Days of Our Lives*, he is now the Producer of World Sports Films, a division of World Publications. His first, by the way, had only one showing and then was promptly banned by his junior high school teacher as too controversial--portraying the school librarian as an ogre, and spoofed satirically the life and times of a junior high student...a no-no in the conservative Northwest.

"I kind of got turned off of running," Darrah explained his infrequent participation since high school, where he was 20th in the state championships in Eugene, Oregon, during the Prefontaine era. "All those intervals and long dull workouts



Marlin C. Darrah /Wallach/

took the joys out of it," he added. "I really like trail running and would have preferred more of that." In spite of the long layoff, he has such a solid base that he can toe up at a starting line and knock off ten or fifteen miles effortlessly. During a filming of the New York City Marathon, he jumped in, ran ten miles at race pace, "just to get the flavor of running through the burroughs." Although he excelled in both running and wrestling, there was a great hunger in his life for more cultured things. He is an accomplished musician, playing the piano, flute, trombone, trumpet and guitar. "I learned how to be an entertainer, to handle performance under pressure," he explained, which is probably part of the reason that he is so calm while filming fast-moving events amidst huge crowds--one of the hallmark characteristics of his productions.

His view of sports is one of movement rather than competition. He sees the artistic patterns in athletics and uses these as imagery to portray ideas and emotions on the screen. "Like a lot of others, I grew up with the peer pressure idea that participation in sports was good but practicing the piano was something less than good," he described his own introspection into athletics. As a result of those deep memories and the influence of his mother's philosophy of giving and thinking of others, Darrah's films have those powerful sub-themes woven into the fabric of action. In *Moment of the Runner* there are a whole series of cameo shots of the aged and down-trodden in serene early morning vistas juxtapositioned to the wild scenes so familiar at the Bay to Breakers. One moment the focus will be on an athlete in agony, pummeling his way to the top of the Hayes Street hill, with the drama of cascading musical themes overpowering the viewer. Then, at the next instant, this scene is quickly erased by a tiny vignette of a small youngster yawning at the running scene, with riki-tick music taking over your concentration.

"Film making is the only art form where two images in sequence produces a third image in the eye and emotion," Darrah explained the intricacies of his craft. He had noted earlier that efforts to learn film making through college was a disaster since there was little practical experience and "a lot of abstract nonsense" from the classroom. From jobs as a janitor and busboy on graveyard shifts he saved enough money to put together the equipment and materials to shoot the Olympic Marathon Trials, which resulted in the final product of *Marathon*, now distributed by World Publications' new film division. "I had a lot of help from my friends and other film people in order to make the thing turn out just right," he apologetically explained his own involvement.

"You have to do your homework and research to determine who are your characters and what they are going to do to get your shots just right," he described his efforts in capturing this one-time event in a precise and dramatic fashion. "Pre-production research and planning makes or breaks a film maker," he advised. Having worked with him as he planned *Moments of the Runner*, I was aware of how carefully he orchestrated the tiniest move of every camera and microphone for the cast of 16,000 athletes in the 1978 Bay to Breakers.

"When you play music, the notes should come easily and the rhythm and melody should flow from you without conscious effort; as a matter of fact, you should sometimes amaze yourself at the sounds you are unconsciously producing," Darrah began in describing his approach to filming. "With film making, you just let the images and ideas come out as you peer through the lens in very much the same unconscious way that you would play the piano," he concluded.

"But it is the editing where I want to be the best," he said, pointing to the huge editing table in his San Francisco apartment. "Without that ability, no film maker can be successful, so I want to do that all myself!" At that task he is a master craftsman, blending images, sounds, tones and music into a rich, complex mosaic that reaches out from the screen and pulls you into a web of emotional responses.

He has several other films in progress, including a documentary on the Corporate Cup, *Runner's World's* latest fitness idea. Others are instructional films (how to and where to) and motivational movies on running and runners. But beyond running, which he thinks will top out in its present form and become more individualistic, he intends to do other sports films, including one on cross country skiing, a subject dear to his heart. But the first of two projects he wants to do most is a series of travel films along the lines of the *National Geographic* concepts, yet with more emotion and improved imagery. The other is a feature film on Nicolo Paganini, a legendary violinist of the early 1800's. Darrah's intensity when he discussed these two ideas was convincing; consequently it will probably only be a matter of time before he'll find a

a way to produce them both.

Darrah has chosen film, running, and San Francisco for a major portion of his life's work. "It's a gift to live and work here," he gestured to the vistas outside his apartment near the Bay.

It strikes me, however, that for the runners, Darrah has already returned the gift through his films. The scenes I have seen on the screen which came from his cameras will haunt me forever. □



NOR-CAL PORTRAIT

by Keith Conning

During the past few seasons, girls have developed a keen interest in running on all levels. On the high school level this is probably more evident than anywhere else, as the organized programs here are healthy building blocks for continued involvement in college and afterwards. Being able to train, and even sometimes race, with their male counterparts, has given female athletes a sense of 'belonging'. They are no longer looked upon as 'tomboys'. The sports of cross country and track and field are two areas where the two sexes can mix freely since they are basically non-contact sports.

One of the many fine products of the burgeoning girls' programs in Northern California's high schools is Kim Schnurpfeil of San Mateo High. Having only taken up competitive running in the spring of 1976, Kim has come a long way in just over two years. In the fall of 1977, in her junior year, she finished sixth in the Central Coast Section cross-country championships, despite having had to sit out a full month of the season with an injury. During that period she kept aerobically fit with swimming and kept her strength up with weights, but the fact she came back so strongly without actually running is pretty amazing. The following spring she was also sidelined for a month by injuries but she bounced back with a fine end-of-season series of performances which included a fourth in the CCS two-mile (10:50.2 PR) and a fifth in the second heat of the State Meet mile (5:03.3 PR). One had to wonder what she was capable of running if she had been able to train at her potential for the full season.

This last cross-country season she found out what she could do in the absence of debilitating injuries. After a few early-season losses, Kim peaked over the last month of the season, winning her league meet, then the Regionals and Sectionals, and finally, the big first-year Northern California Championships over a shorter-than-normal course. Her best time on the rugged 2.9-mile Crystal Springs course was 17:47, over a full minute better than her CCS performance from the previous season! For her sterling season, she was voted the top high school girl in Northern California (in cross-country).

Although she really likes cross country (especially the tough Crystal Springs course), her favorite events are probably the mile and two-mile, and it'll be interesting to see what kind of times she can run this spring. She prefers to race about once a week because it's better for her training program and also because "too much racing after awhile can get you a bit stale."

The 5-6, 116-pound Burlingame native is still just 17 and won't turn 18 until next fall. She is coached by San Mateo High mentor, Don Dooley, who is primarily concerned with the long-range development of his athletes, not wanting them to "burn out" from too much pressure while they are in their developmental stages. He emphasizes year-round training to maintain fitness, but off-season running should be for building strength and confidence. Kim even participates in a road race or two in between seasons for WVTC.



Kim Schnurpfeil winning the CCS X-C Meet. /Keith Conning/

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Kim's training is consistent, once a day, every day, but her training is much more intense during the track and cross country seasons. Besides her normal running program, she does a great deal of supplementary weight-training exercises. Mr. Dooley is a firm believer in 'overall' conditioning, stressing the point that runners are generally "all heart and legs" with a lack in upper body strength. Flexibility exercises are also an important part of her training regimen. "After long runs I like to do an easy ½ to 1-mile warmdown with stretching. I feel all this is almost as essential as the training itself, as it aides in preventing injury. Every day, besides the warm-up of 1½ miles, we spend at least a half-hour with stretching, pull-ups, bardiaps, push-ups and sit-ups. If we don't do fartlek that day we do 100-yard sprints on the grass." During the competitive season at school, the entire team weight trains 3 days a week. This consists primarily of bench presses, military presses, bicep curls, lateral pulls, and quad and hamstring strengthening exercises.

A typical training week (in season) for Kim consists of: Sunday--2 to 4 miles easy on the grass; Monday--Raceday, 2-3 miles, followed by weight training; Tuesday--10 to 12 miles in the hills following a 1½ mile warmup on the grass, with 12-15 minutes fartlek at the end; Wednesday--Warmup, followed by 2 5-minute sessions on the track at 80-second pace and then 4x1320 repeats on the grass (about 4:12), followed by 4-6 miles easy and weight training; Thursday--10 to 12 mile hill run, with 12-15 minutes fartlek before plus warmup; Friday--Either 8-10 miles, relatively flat or short hills; if a race is the next day, only 1-3 miles easy with weight training; Saturday--Raceday (2-3 miles) or a long easier run of 8-10 miles.

Kim also takes a careful and mature approach to competition. "I try to get as much sleep as I can during the competitive season. I take a great deal of time before the race warming up, going over the course, and thinking how I would like to run it...and of course, psyching up! I prefer not to talk to anyone. I sort of draw into myself. I've also learned through competition that it is smarter to not go out too fast, but yet not let the leaders get too far ahead. I'll usually stay back of the leaders and draw off their pace, passing when I feel strong enough."

As far as the future goes, Kim plans to enter either U.C.

Berkeley or Stanford in the fall. It's a difficult decision to make because both have a lot to offer her.

Kim's looking forward to this coming track season and feels it will be a good one with much improvement over 1978. But, she doesn't make any predictions, explaining "I'm not sure what my full potential is or when I'll reach it. I am happy to be continually improving and don't have any long-range goals at the moment." With her mature outlook on running and life in general, Kim is certain to surprise even herself. Keep your eyes on this talented runner during the upcoming season. □

RUNNERS' ZOO

by Jim Nuccio



Reprinted without permission from the Oct. 17, 1975, issue of the Star Presidian:

CARBOS BY THE BAY--"Just a few short months ago, the patter of brown wingtips and beige wedgies could be heard clapping briskly across the sidewalks leading to the Presidio's Pastry Palace, the PX Cafeteria. There, work-weary, ravenous government workers were treated to an express food line glowing with a plethora of sumptuous sweets: cinnamon twists delicately baked to a golden brown and tailored in a coat of gleaming glaze, jelly rolls filled with preserves tantamount in quality to what grandma used to make, and huge bear claws shaped in a massive mold formed from the paw print of a gargantuan grizzly. But, alas and alack! Such is no longer true. Gone are the alluring apple danish, more seductive than a Copenhagen Porno Queen. Gone are the munificent raisin snails, more elegant than the finest Parisian escargot. Gone are the days when one could satisfy his appetite in Lucullan splendor amidst cherry converstaion and breathtaking scenery. What remains of the carbohydrate-crammed goodies are a vile insult to the unselfish efforts of Poppin Fresh and his faithful companion Poppy. As the McVitty's Cookie Boy says, "Quality is worth the price." I'm sure most of the cafeteria patrons would gladly pay a few cents more for some quality pastry. How about it? Perhaps, for starters, butterhorns exuding with some of Mother Nature's finest; then, maybe... Edaciously yours, *Cookie Kid and the Butterhorn for Brunch Bunch*."

I'll give you one guess who Cookie Kid is. This letter, unbelievably dubbed "loquacious" by the editor of the Star Presidian, had a positive effect on the pastries at the Presidio Cafeteria and is a fitting introduction to three places in the Bay Area where you can enjoy good pastry along with a nifty view. This letter also manifests that my present state of literary weirdness is nothing new.

PRESIDIO CAFETERIA: - The view from the cafeteria encompasses the Golden Gate Bridge, sailboats drifting around Angel Isle and Alcatraz, the East Bay and tourists from Iowa making U-turns on Doyle Drive (really).

There are 2 places to buy pastries at the cafeteria. In the cafeteria itself the food service line offers a good assortment of sweet rolls and donuts, which are tasty but have the texture of Milkbone Flavor Snacks. I suggest buying your goods at the small "Sweet 'n Treat" shop outside the main cafeteria entrance and taking them in the cafeteria to enjoy with coffee (25¢) and pinball machines. The "Sweet 'n Treat" is supplied by SF's Golden Grown Bakery and affords excellent danish, bear-claws (each 35¢), cookies, coffee, cakes, etc.

If you're in the mood for a more substantial meal (what could be more substantial than coffee and donuts?), the Presidio Cafeteria has 2 food service lines. Since the super-razzle-dazzle-express-Hofbrau line opened three years ago, no fatalities have been reported, but the Presidio plumbing bill has soared 215%!

GOLDEN GATE FERRY: - If you have a couple spare hours to blow, a couple spare bucks to blow, a *People Magazine* and a box of Dramamine, the new ferry from Larkspur to SF offers the donut-view fan an unusual experience. Along with constantly changing views of the entire Bay, a ride on the ferry presents a choice of several hundred plush vacant seats and furnishes the same galvanic excitement as does watching Julia Child shred a couple of fingers into her cole slaw.

Each ferry has two bars which serve drinks, munchies and a surprisingly large selection of pastries, although not all

BOSTON MARATHON TOUR

The *NorCal Running Review* is offering another group package to the Boston Marathon this April. This year the airlines have changed their available packages and so we've put together the most economical group fare possible. The group must leave and return together (leaving Friday the 13th and returning the following Tuesday) but hotel package is optional this year. We have blocked 90 seats and 40 double rooms at the Boston Sheraton (right on the finishline). At the moment (pending fare changes), the total package, including roundtrip airfare, 4 nights at the Sheraton, and transportation to and from the airport plus incidentals is a reasonable \$485. The airfare alone is \$344. You can save \$29 by taking a 'triple occupancy' in the hotel. For complete details, contact: NCRR, Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119)...please include a S.A.S.E. A refundable deposit of \$50 is required to hold a place on the tour. We are presently about 60% full, so even if you haven't qualified for Boston yet, we'd advise putting up the deposit to hold a place on the tour...they're going fast!

the varieties are available at the same time. Prices range from 40-60¢ for raised donuts, apple turnovers, french donuts, cinnamon rolls, chocolate-chip cookies, etc. Coffee is 30¢. The ferry fare is \$1.50 one-way, or \$1.50 round-trip if you hide in a restroom stall when everyone else disembarks.

SWEDEN HOUSE BAKERY: - Picture this--a still, warm Saturday morn, you're lounging on the dock viewing SF and the neighboring yacht clubs, reading the sporting green. As you inhale the exhilarating, varied scents of the polluted Bay at low tide and sip a cup of rich coffee, a playful seagull casually swoops down and glazes your butterhorn. Sound inviting? The place is the Sweden House Bakery on Tiburon's Main St. and in terms of quality baked goods, captivating view and ambience, is possibly the premier Pastry-View Palace anywhere.

Sweden House Bakery is a hangout for Tiburon's posh Saturday morning sports crowd. The atmosphere is a rare blend of martini-laced perspiration and Chanel #5. Britannia levis, deck shoes and Jelenk sweatsuits are standard apparel. It's the place people go to replenish their systems after a stimulating 8-minute, ½-mile jog (whichever comes first).

The bakery makes superior bearclaws, butterhorns, raisin snails, fruit-filled surprises, and is one of the few bakeries in the Bay Area to perfect the use of cardamom. Great coffee and a roll costs 95¢ and is worth every cent.

Tip - the bakery opens at 9 a.m. on Saturday and by 9:03 the scene is similar to the grand opening of a hospitality room at a brewery. By 9:30 the selection of pastries has dwindled, so arrive early!

NEXT ISSUE: - Why are you reading this column? Is it because you are utterly bored, hungry, or are you seeking some perverse form of intellectual gratification? Who are you? Who cares? In the next exclusive issue, read the exclusive results of an exclusive poll on who reads the *NorCal*, why they read it, and what are their thoughts, if any. □

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TOTAL
MEDICAL CENTER  **HEALTH**

by "Tim" Smith, M.D.

WHAT THE HELL IS HDL? - Generally women have more of it than men, and distance runners more than other people.

Yeah, I thought when I heard that that it was something to do with sex appeal too. Not quite. It's about cholesterol. Well, glad you read along this far anyway.

Cholesterol is a body substance used in the manufacture of vital hormones and for maintaining the integrity of your little cell walls. Without it, you'd be just a blob of leaky cells, kind of like how you feel after a marathon. Cholesterol comes from some of the food we eat (red meat, eggs, cheese, cream and butter) and is also produced by the body itself.

Deficiencies of cholesterol supply and production are rare --but problems of overabundance of cholesterol are common. The two most frequent significant clinical conditions of cholesterol in excess and/or in the wrong places are arteriosclerosis ("hardening of the arteries") and gallstones. We'll take up

gallstones another day, but now we'll focus on cholesterol clogging up your pipes, especially the ones supplying your main running muscle, the heart.

Cholesterol transport presents a problem to the body because it is a fat. The transport route of the body is blood, and blood is watery. Fat and water separate when mixed. The body has solved this problem by attaching cholesterol to small bits of proteins, making the combination soluble in blood (water). This combination of fat and protein is called a *lipoprotein*. There are three or four lipoproteins able to be identified which are involved in cholesterol transport. They are VLDL (Very Low Density Lipoprotein), LDL (Low Density Lipoprotein), IDL (Intermediate Density Lipoprotein) and HDL (High Density Lipoprotein). They are classified as to how "floatable" they are when placed in a centrifugal field.

The cholesterol that is eaten in the diet and the cholesterol made by the body seem to be transported out to the tissues--among them the cells in the walls of the arteries--by the lower density lipoprotein. Presumably the VLDL carries most of the cholesterol on the way out to the tissues and is acted upon by other body chemicals, progressively stripping it of cholesterol and other fats. It becomes less and less "floatable", going from VLDL through IDL to LDL. The LDL, with its cholesterol cargo, is picked up by the cells.

High blood cholesterol is contributed to by eating large amounts of cholesterol itself and by high caloric intake of almost any kind of food. Excess deposition of cholesterol in cells is favored by having high blood cholesterol, by having high blood pressure, and by doing little exercise. As excess cholesterol accumulates, the arterial cell eventually ruptures, releasing the fat into spaces in the wall of the artery where it cannot easily be removed. The body lays down calcium around this "foreign body" and the artery becomes "hardened" and narrowed. This whole process is called *arteriosclerosis*.

The above transport and deposition scheme is reversible, however, and in the body there is a two-way system through which cholesterol is being picked up and carried from the cells as well as being deposited in them. It seems that HDL is the good guy here. HDL seems to pick up cholesterol from the tissues and carries it back to the liver where it can be broken down. HDL also seems to be able to block somewhat the uptake of the LDL-cholesterol by the cells. As measured in the total cholesterol count, HDL appears just as plain cholesterol, but it seems that this type of cholesterol actually exerts a protective effect against the process of arteriosclerosis.

People with higher levels of HDL have less chances of having heart attacks. Men have an average HDL level of 45; women have an average HDL level of 55, and long distance runners (marathoners) have an average HDL level of about 65. Women have fewer heart attacks than men, and long distance runners have fewer heart attacks than other people of either sex. The director of laboratories for a large Eastern heart study says, "The high density cholesterol level is the most powerful single lipid (fat) predictor of coronary artery disease," that is, arteriosclerosis of the heart.

How do you raise your HDL level? First, be a woman. If you can't arrange that, be a long distance runner (any high-intensity aerobic exercise will do, actually). Other factors contributing to increased HDL are eating little meat, less cholesterol and less total fat, eating fewer calories, consuming a tablespoon or two of lecithin every day AND--I saved the "best" news for many until last--by drinking five-to-six ounces of alcohol each week (associated with about 10% increase in HDL).

How can you determine your HDL level? When you next visit your doctor for your annual determination of your risk of heart disease, ask him to include this important test. If he says, "What the hell is HDL?", well, you're on your own! □

From time to time we will feature articles by others in the medical profession...in addition to our regular column editor, Dr. Tim Smith. Following is an untitled contribution by Peter D. Eisenberg, M.D., specializing in hematology and medical oncology...the study of blood and its diseases, and the study of tumors, respectively. Any comments or questions on the following article should be directed to him at: 415/461-2933 in Greenbrae.

I was interested to read in *The Physician and Sports Medicine* (Sept. 1978), a letter from a physician who disagreed with Dr. George Sheehan's advice on the treatment of tennis shoulder. The letter supported Sheehan's suggestion of ice and appropriate warmup exercises and the use of an anti-inflammatory

agent (a mild one). He disagreed strongly, however, with Dr. Sheehan's suggestion that cortisone shots would be helpful. He cited studies which showed that cortisone weakens the tendons, and this weakness lasts from 40 to 60 days.

Dr. Sheehan's reply was, "I agree with you regarding cortisone shots. I would never accept one. In the article, I attempted to indicate that the shots appear to be standard operating procedure. Perhaps you might reread that part to see if I actually recommend the shots."

I went back to the May issue of this journal and reread the article. It was, in general, a good one. He said, "Immediate treatment for tennis shoulder is ice. Then an orthopedic surgeon should be consulted. Usually the treatment that follows is a schedule of cortisone shots, anti-inflammatory drugs and a simultaneous program of rehabilitation. Immobilization should be avoided."

Dr. Sheehan went on to suggest that if a cortisone shot was given, one should not play tennis for ten days or so. He also suggested playing through discomfort but not pain.

Nowhere did he suggest that he felt cortisone shots were harmful. Nor did he suggest that he would "never accept one."

Another problem is his statement that it's O.K. to be uncomfortable but not in pain. As runners, we know that often we have discomfort/pain. It would be wonderful to be able to tell the difference. I never can tell, and, therefore, have hurt myself on more than one occasion.

Alan J. Ryan, M.D., the editor of this journal, wrote an editorial in the September issue. In it, he tells us that most physicians agree that tendonitis (the inflammation of a tendon) is best treated by rest, the application of cold, and the oral administration of an anti-inflammatory agent such as aspirin. When all these fail, and the patient is desirous of further treatment, physicians often give injections of steroids (such as cortisone). Surgery has a great deal to offer but would be the very last resort.

The problem is that patients, unhappy with being inactive due to an injury, demand strong medicine. Physicians, for various reasons, are also guilty of "over-treating" with the same strong medicines. Steroids are sometimes the cause of tendon ruptures because they relieve the symptoms of pain, permitting the individual to increase his activity, putting more stress on the already injured tendon. At the same time, steroids interfere with the natural healing process.

Physicians have taken a fair amount of heat lately because their "pat" answer to a runner's injuries is, "stop running." This is probably the safest thing for a physician to say. Most of our injuries heal if we stop abusing ourselves. And, if the doctor doesn't treat with medicine, the patient will never have any drug-related side effects.

But, as runners, we don't want to stop running! We have demanded that physicians find ways to allow us to continue to do our 5, 10, 15 and 20 mile runs each day. We would like them to be able to tell us, "This pain is due to such and such, and continued running won't hurt it." Naturally, sometimes this can be done, but sometimes it is very difficult. As physicians see more and more runners with runners' injuries, they will become increasingly more knowledgeable about how to treat them.

I believe that as runners we ought to be able to see a physician who can tell the difference between an injury which needs decreased activity, or one that can be "run through". Unfortunately, this is not always possible. As a runner and physician, I have this same problem myself. I think that the most important thing to understand is one of the first rules taught to us as medical students: "Above all, do no harm." □

← RUN IN GREECE →

The "Spirit of Pheidippides" Marathon Classic will be held again this year, on May 17, over the original classic course in Athens, Greece. *NorCal Running Review* is acting as an "agent" in the organization of travel from the West Coast. There are 10 tailored plans for you to choose from -- up to 33 days in duration (minimum of 8 days). Programs include: roundtrip airfare; double occupancy accommodations at the superior first-class President Hotel in Athens; all transfers from airport to hotel in Athens; breakfast and lunch or dinner daily; transfers to and from race start; experienced travel directors; all taxes and gratuities; hospitality desk at the hotel; admission to seminars (featuring such noted running authorities as Harry Hlavac, Joan Ulyot, Norb Sander, Jack Welch, etc. *For full informational brochure with various tour prices:* *NorCal Running Review*, P.O. Box 1551, San Mateo, CA 94401; w/SASE.



ADVICE FROM A RUNNING PODIATRIST

Harry F. Hlavac, D.P.M.

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

In this issue, Dr. Hlavac makes a personal evaluation of a new running shoe. In upcoming issues, we hope to regularly feature one or more running shoes that are fairly new/unique on the market. The individual(s) doing the evaluation must have at least run in the shoe themselves. We are not trying to say that a particular shoe is "right" or "wrong" to wear...we are simply getting feedback from knowledgeable runners who have tried the shoe(s) for themselves. We welcome reader comments.

"THE TAILWIND"--A personal evaluation of a revolutionary running shoe.

Description--The Tailwind™ is an Air-Sole™ running shoe designed by Mr. Frank Rudy and produced by the Nike Shoe Company (BRS, Inc.). The overall appearance of the shoe is similar to the Nike LDV, with a straight last construction, a Spenco® sock liner, waffle®-type outer sole and a midsole of lightweight injected foam over tubular air pockets made of firm but resilient elastomeric materials of specific shape and placement. The upper material is silver nylon mesh with leather reinforcements and distinctive royal blue Nike "swoosh". There are additional support panels for balancing of foot motion.

The Air-Sole™--There have been many (unsuccessful) attempts in the past to construct a lightweight durable shoe with good shock absorption capabilities. Most manufacturers have used crepe, rubber, foam and other urethane materials with open or closed "cells" in an attempt to absorb shock. The main disadvantage with these materials is compressibility with use and therefore decreasing shock absorption with long runs or long term use. Depending on the weight of the runner and his running style, most of these materials compress within 200 miles of use. On the long run with heat from increased internal friction and repeated vertical forces, the materials tend to "bottom out" to the point where there is little or no shock absorption. Another disadvantage of all these midsole materials is weight, and a resultant increase in fatigue and decrease in running efficiency.

The Air-Sole™ in the Tailwind™ is part of the midsole itself. A specialized form of urethane foam is injected around the structural tubular pressurized pneumatic chambers. These chambers are designed for stability, control, and energy transfer while maintaining comfort. The internal air pressure is specific and has been shown to be maximally efficient for various types, sizes, and styles of runners. The athlete indeed runs on a responsive cushion of air. With proper care of the upper and repair or replacement of outer soles when necessary, the runner should expect thousands of miles of use with little or no loss in efficiency.

Foot types and shoe construction--There are two major classes of foot types with specific types of overuse or impact shock injury syndromes. Certainly, there are many other biomechanical foot types, but problems and injuries arise where there is either too much or too little mobility. In normal walking and running the foot pronates (dropping of the arch with increase in mobility) and supinates (raising of the arch with decrease in mobility) within a small range of motion. If the foot pronates excessively, it becomes a loose "squishy bag of bones", producing compensations in other body parts with concurrent inefficiency. This contributes to the overuse syndrome with predictable lower extremity problems. If the foot is excessively supinated, or has insufficient pronation to adapt to the supporting surface, it remains a high-arched, rigid "klunk" foot (courtesy Dr. Sheehan). This produces another group of injuries in athletes especially in repeated mechanical activities such as long distance running. Most of the overuse injuries associated with excessive motion occur on the medial (inside) of the foot and leg. Most of the impact shock injuries occur on the lateral side of the foot and leg.

There are many different foot types and it is important to point out that there is no "number one" shoe for all runners under all conditions. If the athlete has a normal foot or is having no foot or leg problems, he should not change shoes, but there are many foot types (including normal!) that may be helped by the Tailwind.

I will now list the major overuse and impact shock injuries of the lower extremity. An asterisk (*) appears in front of those foot and leg problems which may be relieved by wearing the Tailwind.

<u>Overuse Syndromes</u> (Hypermobile)	<u>Impact Shock</u> (Rigid)
Bunions, hammertoes.	*Lateral forefoot calluses
*Friction calluses/metatarsalgia	*Cuboid bone pain
*Plantar fasciitis	Peroneus longus strain
Medial arch strain	Fibular stress fracture
Posterior tibial muscle strain	*Anterior shin splints
*Medial shin splints	Lateral knee pains
"Runners knee"-Chondromalacia,	*Lat. Collateral ligament
* traumatic arthritis,	*Illio-tibial band
* pes anserinus strain	*Lateral hip pain
Vastus medialis strain	*Unilateral low back pain
*Anterior hip pain	*Sciatica
*Central low back pain	

Until this time there was no shoe with adequate shock absorption for the high arched rigid foot. The Tailwind, in my opinion, is the answer.

Potential Problems--Because of the fact that the runner is supported by a cushion of air, there are some potential problems of stability, although this has not been reported by test runners. I would not advise this shoe for runners with chronic ankle sprains or instability. The shoe as it is, is well balanced and comfortable for the normal foot, but if the athlete has a history of "loose ankles", he should not invest in this shoe. The shoe is best for road running on hard flat surfaces, rather than uneven terrain.

The shape of the last (model over which the shoe is constructed) is similar to the LDV. This straight last concept can be worn in comfort by about 70% of the running population, but if the athlete has problems with pressure on the great toe or toenail, the shoe will not be acceptable.

Some runners have reported a feeling of tightness in the calf muscles, although there has been no reported achilles tendonitis. Apparently this is because the heel sinks slightly more upon contact. This has a great deal to do with running pace and style, where the slower runners and joggers have harder heel contact and greater vertical forces. Faster and smoother runners do not have this problem.

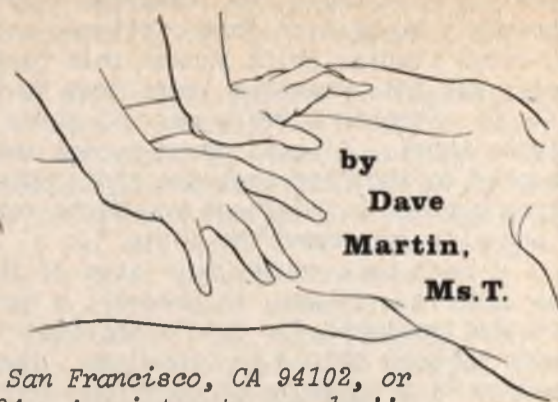
Resoling of the shoes must be performed in a very precise method and is preferably done in the Nike authorized specialty shops. Improper procedures may damage or destroy the Air-Sole™. By following recommended procedures, the Air-Sole™ should give thousands of miles of service. Purchase of a Tailwind™ is a longer term investment than the conventional running shoe.

Feelings on the run (subjective)--The harder you run, the more cushioned you are. I have run two "less-pain" marathons with my Tailwinds™ and have resulted in decreased post-race muscle and joint pains. There is no dramatic difference in the feeling of running other than a sensation of "springyness" rather than cushioning from the shoes. The feelings are subtle, but the shoes seem to conserve energy; as you rock forward there is a perceptible lift transferred under the heel, giving the sensation of forward propulsion. I have run personal records ("modest" records for a fun runner) and many other test runners have reported PR's as well. Research is currently underway to determine the differences, if any, the Tailwind™ provides over conventional shoes. As we increase our understanding of maximally efficient movements for improved performance in individual sports, the Air-Sole™ construction may enhance performance and comfort in a variety of athletic activities.

Overall impression--The people at Nike are innovative and interested in helping athletes. The Tailwind™ is a revolutionary shoe design concept which has fulfilled a need for many runners, especially those with high-arched, rigid feet who cannot find comfort in other shoe designs. I would like to see the shoe available with a variety of upper construction to fit additional foot types. I have an essentially normal foot type and find the shoe delightful.

NOTE: - In addition to being a podiatrist, Dr. Hlavac is a consultant for the Nike Shoe Company. □

Swedish Massage



This is Part 8 of our series on massage by Dave Martin. Any direct questions on massage should be sent directly to Dave at 101 Gough St., #36, San Francisco, CA 94102, or call him at 415/626-2784. Appointments any day!!

STRESS--Running can kill you. That's the opinion of Dr. J.E. Schmidt of Charlestown, Indiana. In a published newspaper letter, the doctor refers to the physical stress involved in running. I quote his letter as follows:

"Running has some real pluses going for it as it develops good leg and thigh muscles and accelerates the heartbeat. And it gives you that tanned, outdoor look. But what about the bottom line? Is running good for your health? The fact is that for both men and women, running is one of the most wasteful and hazardous forms of exercise. It takes more from the body than it gives back. Among the bodily structures most likely to be damaged by running are the sacroiliac joints, the joints of the spine, the veins of the legs, the abdominal rings (in men), and the uterus and breasts in females. The uterus, which is loosely fixed, may drop down with the jar of running. The heart, not particularly well-anchored considering its weight, may respond to the thump of the runner's step by forming blood crusts on the inner surface of blood vessels, especially the coronary blood vessels. These may be shaken loose and carried to smaller heart blood vessels, which can cause serious blockage--the classic heart attack. Nor are these the only casualties of running. Among others are the loose spleen, "dropped" stomach, the floating kidney and fallen arches." So much for Dr. Schmidt's views on stress!

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problem in the world today, whether it be physical, mental or emotional stress. But you can cope with it in many ways. Running is one method. Medical research has proven that stress causes ulcers, heart attacks, hypertension, migraine headaches and mental illness. It is also responsible for aging. Some experts believe it to also be a contributing factor to the cause of cancer. Hate, resentment and anger are now considered cancer causes. Stress symptoms are often obvious--nervousness, sleeplessness, irritability, inability to concentrate and loss of muscle coordination.

It's possible to distinguish between stress that is harmful to the body (which you could call distress) and good stress that includes the pleasant experiences of joy, fulfillment and self-expression. But it's impossible to avoid all stress. Almost anything that happens to us causes stress in one form or another.

The punishing effects of stress are cumulative. Aging results from the sum total of all the stress effects to which the body has been exposed throughout a lifetime. If a person suffers from constant over-stress, it can remove years from his life expectancy. It also lowers a person's resistance to diseases. Many persons who are under stress are also more accident-prone and may become less alert. This can become a contributing factor to accidental deaths. This article deals with various forms of stress.

Stress hits you every time you step into a car and drive. Driving the highways of America today means build-in stress and in peak traffic, the stress level is automatically increased. The driver who fails to control stress has a greater possibility of having an accident than one who is able to keep control of the emotions. Avoid rage in traffic situations. Instead, strive for peaceful acceptance of motorist problems, regardless of how temporarily unpleasant they may be at the time. Releasing an expression of resentment can help you cool off. Vent your anger; get it out! Or you can breathe deep lungfuls of air, sing, or whistle until frustration fades. Adjust your seat before starting on a long drive; sit comfortably. Music on the car radio helps. Take frequent breaks on long trips, or pull off the road, stretch the legs and take deep breaths of air.

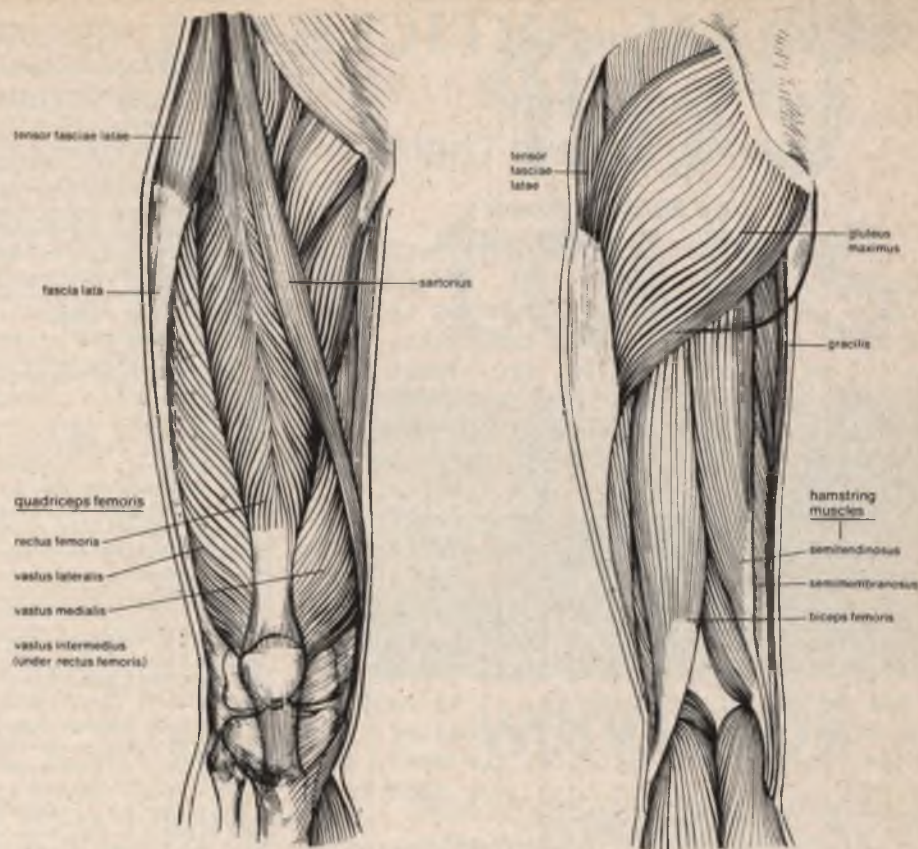
The way you sit, sleep or stand can produce an increase in stress. Improper body positions can increase stress. Some bad habits include slouching, crossing legs while seated, sleeping on your stomach, shifting weight from one leg to another while standing. People experience all kinds of aches, pains and muscle spasms because they don't sit, stand, sleep and work with their bodies in proper alignment. Depression and irritability can follow.

To avoid slouching, practice walking with a book on your head to develop a proper posture. It makes you stand tall and erect. Your spine is efficient and comfortable when you walk this way. Avoid crossing your legs while seated, as this will tend to cut off circulation by placing pressure on the blood vessels and nerves. If you must sit for extended periods, be sure the chair has good support for the lower back, or add a pillow there.

When you sleep on your stomach, your back tends to arch, and that isn't good for the spine. It's best to sleep on your back on a firm mattress that keeps the body in good alignment. My Rolfer uses a folded towel under his head, instead of a pillow. Shifting weight while standing tends to distort the lateral curvature of the spine. If you must stand, balance your weight equally on both legs.

Even watching television is not as relaxing as you may think, according to psychiatrists. Tests now reveal that watching TV causes the heart beats to increase, perspiration to pour forth much faster, and adrenaline flow and nervousness to increase. Continuous watching of TV is a continual stress situation. TV Newscasts can drain and affect you with stress upon seeing and hearing about tragedy and violence. The flood of commercials on TV adds to stress by constantly urging you to buy products you don't need, don't want, or can't afford in your budget. TV stress can be avoided by an emotional detachment from the constant parade of garbage on the tube. Take a break. Walk away from the set for a few minutes each half hour or so, switching the mind to something pleasant to relieve the visual stress.

Noise pollution, lack of vitamins, and the consumption of alcoholic beverages are all causes of stress problems. One medical report has stated that noise may increase the adhesiveness of platelets in the blood to each other, and that may contribute to chronic arteriosclerosis--which is hardening of the arteries. This contributes to heart attacks. Also, vascular changes, glandular changes and digestive changes can occur when



STRESS AREAS
Front Thigh

STRESS AREAS
Back of the Thigh

there is too much noise from surroundings. The central nervous system becomes irritable when you lack certain minerals and vitamins. And if you're thinking of taking a drink to calm your nerves, forget it! Because booze works in reverse, liquor can actually be harmful. Duke University researchers have now proven that alcohol increases your anxiety and stress rather than diminishing it.

What are the stress occupations? Scientists and researchers are rated to be the calmest workers and those who live the longest. Classical musicians are next in line for living the longest. Ministers, military men and teachers are about average in death rates. Lawyers, business executives and artists are also about average in longevity. Physicians and government officials have high death rates because they work in high stress occupations. Journalists and critics are reputed to be the worst of them all because of emotional pressure experienced in their professions.

The quickest, most direct way to eliminate emotional, mental or physical stress is by massage. In times of crisis, everyone needs to be touched. Not just any old kind of massage will do. The best technique available today and most effective method recognized in the world is scientific Swedish Massage. This is the deep massage system I use that produces remarkable results in relieving stress where other methods fail. The nervous system responds rapidly when scientific massage therapy is properly applied.

As an example, last year four different massage customers experienced the same problem. All were going through divorce proceedings. Victims of emotional trauma from seeing their marriages dissolve, they all sought relief from massage. Mental depression is yet another form of pressure that can be successfully helped by scientific massage.

Many people use massage to remove travel fatigue and the stress accumulated from long distance journeys by car, bus, rail or airplane. Recently my Rolfering practitioner, Mr. Cliff Rediger, made an airplane trip to St. Louis where he spent 10 days in a physical work program doing almost 40 Rolfering sessions on clients. This demanding schedule, plus the long roundtrip airplane ride, was very stressful on his body. I massaged him before he got on the plane and also upon his return. *Before* and *after* massage was the only sensible way to deal with this situation. Unpleasant jet lag conditions from air travel can also be removed by massage.

Runners suffer stress in 5 main structurally weak areas of the body: (1) Neck & Clavicle; (2) Lower Back; (3) Thighs (see diagram above); (4) Knees, front & back; (5) Feet. Swedish Massage is the fastest therapy for speeding recuperative powers following an exhausting marathon. It will offset the stress felt in these places in the body. It removes fatigue, improves the circulation, renews blood cells, balances energies, and restores harmony to all bodily functions. □

SPECIAL ARTICLE

Shoe Tests- Can You Believe Them?

by **Bernie Black**

Last October, two national running magazines, *Runner's World (RW)*, and *Running Times (RT)*, came out with running shoe test reports and ratings. The two tests, as we'll see in detail below, are almost completely uncorrelated. The performance of a particular running shoe on one test has no relationship to its performance on the other test!

This is a very surprising result. Since the two tests were conducted in different ways, one would expect some disagreement, but to find virtually no agreement; to conclude that a shoe that happened to do well on both tests did so perhaps purely by coincidence, is to cast doubt on the whole testing procedure. Perhaps running shoe tests, as currently designed, simply do not have very much to tell us about shoe quality.

On to the tests, for which partial results are reproduced at the right. The results listed are limited to shoes that were tested by both magazines. RT did not give an overall ranking, so I constructed one for the purposes of comparison by weighting their two tests equally.

The RT test, conducted by sports podiatrists Joe Ellis (LaJolla, CA) and Ron Valmassy (S.F., CA), measured heel shock absorption in terms of g-force (number of gravities of acceleration) transmitted through the shoe and through the foot of the actual runner, measured just below the knee. The second RT test was a qualitative comparison of foot motion during running to the motion of an ideal foot in an ideal shoe.

The RW test, conducted by Peter Cavanaugh and assistants at the Penn State biomechanics lab, measured heel and forefoot shock absorption separately by hitting the shoe with a metal plunger and measuring the acceleration of the plunger (also in g's). Also, machine tests for flexibility, sole wear, and shoe to shoe variability were conducted.

A look at the last two columns of the table, which give the overall rankings, shows clearly the many discrepancies. For example, the Saucony Trainer II is top-rated by RW and bottom-rated by RT. The same applies for the Lydiard Sao Paulo, for which individual test results do not seem consistent with the high overall RW rating (we could not reprint the table from the individual RW test results because we were denied permission to do so). Numerous shoes, especially adidas and Nike, were top-rated by RT but considered only average by RW. The heel shock tests show similar disagreement.

To get a mathematically precise measurement of the agreement between the two tests, we can use the statistical correlation coefficient, C. If the results of the two tests were perfectly correlated, then C=1. Perfect disagreement would give C=-1. A value of C near zero indicates little or no correlation between

Shoe Model	Price Wt. (\$)(gm)	RUNNING TIMES		OVERALL
		Con- trol	Shock abs(g's)	RT RW
MEN'S TRAINING SHOES				
Adidas Country	31 348	Hi	H(3-3.6g)	5 3
Adidas Formula I	39 329	Hi	Hi	5 3
Adidas Runner	41 354	Hi	Hi	5 4
Adidas TRX	30 344	Hi	Hi	5 3
Brooks Delta	25 333	Lo	M(5-7.5g)	2 4
Brooks Vantage	30 312	Med	Med	3 5
Brooks Vantage Supreme	35 310	Hi	Hi	5 5
Brooks Villanova	23 317	Med	L(8-10g)	2 3
Converse Trainer II	32 296	Lo	Med	2 5
Etonic KM 501	30 315	Med	Med	3 4
Etonic Street Fighter	32 313	Hi	Med	4 4
Lydiard Roadrunner	38 344	Lo	Lo	1 3
New Balance 320	32 320	Hi	Hi	5 5
New Balance 355 "Trail"	36 312	Hi	Hi	5 5
Nike LDV	40 297	Hi	Hi	5 5
Nike LD-1000	40 393	Hi	Hi	5 3
Nike Waffle Trainer	30 290	Hi	Hi	5 3
Pony Racer	32 350	Med	Lo	2 3
Puma Easy Rider	39 408	Med	Lo	2 2
Saucony Gripper	26 346	Med	Med	3 3
Saucony Hornet	21 308	---	Lo	- 5
Saucony Trainer	28 296	Lo	Lo	1 5
Tiger Enduro	38 344	Med	Lo	2 4
Tiger Montreal II	33 375	Med	Med	3 3
WOMEN'S TRAINING SHOES				
Adidas Lady Dragon	20 276	Lo	M(4.5-7g)	2 3
Adidas Lady Orion	25 235	Hi	Med	4 4
Adidas Lady Runner	41 258	Hi	H(3-3.1g)	5 3
Adidas Lady TRX	30 265	Hi	Hi	5 3
Brooks Lady Vantage Sup.	35 272	Hi	Hi	5 5
Brooks Victress	25 235	Med	Med	3 2
Brooks Lady Villanova	23 259	Lo	Med	2 2
Etonic Lady KM 701	30 261	Hi	Med	4 3
Etonic Lady Str. Fighter	32 243	---	Med	- 4
New Balance W-320	32 263	Med	Med	3 5
Nike Lady Waffle Trainer	30 257	Med	Hi	4 4
Nike Lady Roadrunner	25 267	Med	Med	3 2
Nike Señorita Cortez	28 253	Lo	Med	2 4
Puma Rockette	25 283	Lo	Med	2 1
Saucony Dove	20 301	Med	Med	3 3
Saucony Ms. Gripper	24 285	Lo	Med	2 4
Tiger Tigress	29 233	Lo	Med	2 5
MEN'S RACING SHOES				
Adidas Arrow	22 198	Lo	L(8-10g)	1 3
Adidas TRX Competition	31 218	Hi	H(3-3.1g)	5 5
Brooks Texan	25 256	Hi	Hi	5 3
Lydiard Marathon	38 252	Lo	Lo	1 4
Lydiard Sao Paulo	41 166	Lo	Lo	1 5
New Balance Super Comp.	33 265	Hi	Hi	5 2
Nike Colorado	28 257	Med	Lo	2 2
Nike Elite	34 226	Hi	Hi	5 5
Nike New Boston	25 258	Lo	Lo	1 3
Nike Sting	37 238	Lo	M(7g)	2 4
Nike Waffle Racer	30 204	Med	Lo	2 5
Saucony Racer	27 264	Lo	Lo	1 3
Tiger Jayhawk	27 226	Med	Med	3 2
WOMEN'S RACING SHOES				
Adidas Lady TRX Comp.	31 180	Hi	Hi	5 5
Nike Mieka	28 193	Lo	Lo	1 3

Above are listed the overall results of the shoe tests by Runner's World and Running Times. We were unable to obtain permission to print the individual test results of the RW survey and so cannot print them. We wish to thank Ed Ayres, publisher of RT, for permission to use the results published in his magazine. The issues containing the full test results in both publications can be obtained by sending: \$2.00 to RW, Box 366, Mtn. View, CA 94043; or \$1.75 to RT, 12808 Occoquan Rd., Woodbridge, VA 22192.

the two tests. We would expect a near zero correlation, for example, between two sets of random numbers. Good, but by no means perfect, correlation might give a correlation coefficient of about 0.8. As an example, the two RT tests on men's training shoes have a coefficient of 0.77.

The correlation coefficients for the overall rankings and for the heel shock tests are given below. With the exception of the women's racing shoe category, which had only two shoes, the correlation ranges from poor to nonexistent. Even the heel shock tests, which supposedly measure the same thing, are only very slightly correlated! In one case, women's training shoes, the heel shock correlation is actually negative!

In this table, "t" is a measure of the confidence we can have that any correlation exists, and that the observed correlation is not due just to chance.

CATEGORY	OVERALL RANKINGS	HEEL SHOCK
Men's Trainers	C=0.11 t=0.48 (60% confidence)	C=0.19 t=0.76 (75% conf.)
Women's Trainers	C=0.19 t=0.77 (75%)	C=-0.04 t=-0.17 (---)
Men's Racers	C=0.03 t=0.09 (---)	C=0.44 t=1.52 (90%)
Women's Racers	C=1.00 t=1.00 (75%)	C=1.00 t=1.00 (75%)
ALL SHOES	C=0.16 t=1.19 (75%)	C=0.23 t=1.64 (90%)

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None of the correlations on the opposite page are statistically significant at a level of confidence of 95%, and most are much worse. No reasonable statistician would claim that the existence of a correlation between RT and RW tests had been established beyond a reasonable doubt.

There are two possible ways to interpret the disagreement. One is to conclude that the testing is simply too crude to measure whatever differences there are between the popular models of running shoes. We all know from personal experience just how much improvement has been made in running shoes in the past few years. The oldest pair of shoes I still own (they're good for bicycling) are some adidas Runners, bought sometime in 1976. The last time I tried to run in them it felt like I had a pair of rocks attached to my feet. Cushioning was almost nil. And yet, two years ago they were considered good shoes. (Note: adidas now sells a modified shoe under the same name, which may be an excellent shoe for all I know.)

The other possibility is that one or both tests are measuring things not related to shoe quality. This is an intriguing possibility, and I will certainly speculate on what might be wrong with the test procedures. But when I do, it ought to be recognized that I am by no means a shoe expert, and that both tests were done by professionals who presumably know much more about running shoes than I do.

Because I am not a shoe expert, I see the primary purpose of this article as simply presenting the contradictory results side by side, discussing the areas of disagreement, and letting the reader draw his own conclusions as to which test, if either, is more believable. Hopefully the reader will read the complete test reports, which are full of disclaimers about what they do and do not measure. Having made my own disclaimer, I consider myself free to comment, criticize, and be a thoroughly obnoxious second-guesser.

To start with, I find it astonishing that two independent sets of running shoe experts were completely unable to agree on appropriate testing procedures for running shoes. I know damn well that the differences in cushioning between shoes are large enough to be felt, and I see no reason why they can't be accurately measured. Ditto for the other tests--they seem appropriate, and I wish I could believe the results.

So what went wrong? First of all, RW violated one of the prime rules of consumer product testing by asking manufacturers to send shoes instead of buying them off the shelf. Whether or not the shoes they actually got were representative of what you would find in the store is anybody's guess. If some companies were honest, and others carefully pre-selected shoes, the test results could easily be seriously distorted. Especially suspect is the test of shoe-to-shoe variability. Greater variability might mean a more honest shoe company instead of poorer quality control.

Next, let's look at the heel shock tests. The RT idea of testing the shoe on an actual runner seems like a good one to me, but they used only one runner per shoe, so we have no idea how much the running style of that individual affected the results. (Dr. Ellis has recently tested several runners, all of whom were

subject to excessive pronation, on a limited number of shoes, and finds no significant difference in the results of either of the RT tests.)

The RT motion-control test suffers from the same defect, probably more serious for this test. The same shoe could treat two different feet very differently, which would not appear in the test results. Also, there is such a thing as too much motion control. The proper amount of foot control probably varies a lot from runner to runner. Since I don't know either how much control I need, nor how much control is meant by "high motion control", I'm not quite sure how to interpret this test. Nike LD-1000's, for example, certainly have a high degree of foot control, but they gave me knee problems. I suspect, on no evidence, that other high motion control shoes like the Nike LDV or the Brooks Vantage might do the same, by forcing the knee to make up for the lack of freedom in the foot. By the time you read this, RT will probably have published a study which correlates frequency and type of injury with type of shoe, which I am looking forward to with great interest.

The RW heel test suffers from more serious defects than the RT test, I believe. First, the up-and-down plunger doesn't seem like a very good simulation of the way people actually run. This is confirmed by the fact that the RW numbers are much higher than the RT numbers, even though the applied force was only a fraction of the landing force exerted by a runner. We can estimate that a 150-lb. runner drops about one foot with each stride, which gives a landing force of 21 joules, compared to the 4.5 joules used in the RW test. (Yes, I know that joules are a measure of energy and not force; I'm a physicist by trade. But joules are a convenient way of measuring shoe impact during running.)

Secondly, the heel shock was applied 25% of the way from the heel to forefoot. Try taking off one of your shoes and measuring one-fourth of the way from heel to toe. You'll end up on the forward part of the heel, nowhere near where the shoe actually hits the ground.

The up-and-down plunger method is even less appropriate for measurement of forefoot cushioning, since no one except sprinters and runners at race pace lands on the balls of his feet. I believe that the higher forefoot shock scores observed by RW are solely an artifact of a poorly designed test, and that they have no relation to real running.

The RW flexibility test seems to be straightforward, although one might question the use of flexing *energy* instead of flexing *force* as a measure of shoe flexibility. I would expect the foot to care more about the maximum force needed to flex the shoe than about the total energy expended in flexing.

The sole wear test is also straightforward, and seems valuable, although it does suffer from an obvious defect. Because RW measured the time needed to wear through the entire first layer of the sole, a shoe with a thick first layer will tend to do better than a shoe with a thin first layer. A better idea would have been to measure the time needed for, say, one-eighth inch of wear.

Finally a note on shoe weight, which was also part of the RW rating scheme. A glance at the table on the opposite page

1979 tours



world cup II

Montreal's Olympic Stadium is the site of the second World Cup—August 24, 25, and 26—as the world's best trackmen and women gather in this eagerly awaited intercontinental team match. The USA squad almost won the 1977 Cup and will have another formidable team on hand. This will be a preview of Moscow 80—don't miss it!

Almost 200 persons have signed up already—why not join them? Tour includes lodging 5 nights in a first-class downtown hotel, best tickets to all track, dinner party, hospitality center, tour accessories, etc. Tour price, not including air, \$275; longer stays and group tours (Niagara, etc.) possible.

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pan-am games

San Juan, Puerto Rico is the host for the eighth edition of the Pan-American Games. In addition to seeing top class track featuring stars from the USA, Cuba, Canada, Brazil, Jamaica, Trinidad, and other Western Hemisphere powers, you'll bask in the summery breezes of glamorous, historic San Juan, where beautiful beaches, exciting night life and fabulous sightseeing abound.

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MOSCOW . . . MAYBE

If you're interested at all in going to Moscow for the 1980 Olympic Games, why not give us a call? We're pretty well filled up, but a phone call will tell you what the current situation is and whether you can be accommodated or not. 415/948-8188.

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snows that most training shoes are within about 1 ounce (equal to about 28 grams) of the median weight of 325 grams. If we use the hiker's estimate that one pound on the feet is equivalent to five pounds on the back, this means that a per-pair difference of 2 ounces is equivalent to 10 ounces in the body. In other words, shoe weight is so close that it probably does not matter much, especially since a heavier shoe may make up in durability what it lacks in lightness. Racing shoes, where speed is more important, and durability not a consideration, are another story.

RW also made some comments on particular models, which in many cases seemed to have been pulled out of very thin air. For example, the Nike Waffle Trainer, you'll notice, is the lightest of the 24 men's training shoes listed in the table. This has to make me wonder about the RW comment that "added weight drops this shoe to average." Nor do I know why RW praised the Saucony quality control when the Saucony Gripper had the highest coefficient of variation of any shoe tested--106% in the sole wear test! Nor do I understand why the Tiger Montreal II was called a "hard" shoe when the RW tests put it above average in cushioning. Nor does there seem to be any justification for why the editors of *Runner's World* insist on making gratuitous comments that have no basis in fact.

Having cut fairly hard at both tests, let me close on a more optimistic note. The RT shock absorption tests look like a big step in the right direction--that of testing the shoe *on* the runner. I strongly believe that this is the way to go in the future, wherever possible. The exhaustive RW tests of four shoes for each of over 100 models have shown that shoe-to-shoe variability is often larger than it should be, and their sole wear results show that greater sole wear can be achieved without loss of cushioning. □

1978-1979 PA-AAU LDR Handbook

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Scheduling

LONG DISTANCE (Also see "Late News")

WHEN REQUESTING INFORMATION on any of the races listed in our scheduling section, be sure to enclose a self-addressed, stamped envelope--otherwise you may find your correspondence unanswered! ALWAYS check to verify date, time and location of races on the schedule...mistakes do occur and races are sometimes changed or cancelled due to unforeseen problems. The NCCR assumes no responsibility for incorrect information being listed, whether it be our fault or the race director's.

AREA CONTACTS: - 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. Remember that self-addressed, stamped envelope! *** PACIFIC AAU: Roger Bryan, 950 E. Hillside Blvd., Apt. 210-B, Foster City 94404 (415/574-5229); SOUTHERN PACIFIC AAU: (SPA) Tom Cory, 2632 Hollister Terr., Glendale 91206 (Ph. 213/956-8075); PACIFIC SOUTHWEST AAU: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno 93708; SOUTHERN NEVADA AAU: (SNA) Las Vegas TC, 309 So. Third St., #316, Las Vegas, NV 89101; OREGON AAU: (OA) Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201.

AAU CARDS: - If you intend to compete in AAU-Sanctioned events, you should secure a current (1979) AAU card from your local district office. Contact the local representatives above for addresses, or check with Directory Information. The Pacific AAU Office (PA-AAU) is: 942 Market St., Suite 201, San Francisco, CA 94102 (Ph. 415/986-6725)...1979 cards are \$4.00 (insurance is \$2.00 extra). If you are competing in other than a legitimate "Fun Run" (includes DSE races listed in main portion of schedule), it is your responsibility to check with meet directors to determine if meet has proper sanction (RRC, AAU, etc.).

LDR HANDBOOK: - Sales of this comprehensive booklet benefit the PA-AAU Travel Fund. So as not to affect sales adversely, the NCCR does not usually list the complete information on local races listed in this booklet unless there are changes.

U.S. REGIONAL SCHEDULES: - The Road Runners Club of America has five individuals who compile quarterly schedules of races in their areas. Anyone interested in a regional schedule should send a self-addressed, stamped envelope to: WEST: Herb Parsons, 170 Rosario Beach Rd., Anacortes, WA 98221; CENTRAL-ROCKIES: Steve Ryan, 9804 W. 12th St., Wichita, KS 67212; NORTH-MIDWEST: Bob Martin, 5834 Stony Island Av., Chicago, IL 60637; SOUTH: Nick Costes, c/o Troy State Univ., Dept. of HPER, Troy, AL 36081; EAST: Dale Van Meter, 66 Summit Av., Sharon, MA 02067. (Note: *The NCCR covers Oregon, Nevada & California scheduling.*)

POLICY: - Generally we will list any true "Fun Run" and most other races on our comprehensive schedule. However, races that try to bypass the Bay Area's (Northern California's) scheduling procedures and openly conflict with a pre-scheduled run may not be listed unless the parties involved do not object. Two races appearing on the same day and of similar distances and in the same area do not necessarily conflict, but there should be communication and agreement between race directors. It is imperative that we all do our best to have good COMMUNICATION with each other. Changes in dates, times, contacts, etc., should *always* be communicated with the LDR Chairman, PA-AAU Office & the NCCR, as well as other affected races. Thanks for your cooperation on these items.

● Attention Women ●

COME AND RACE IN THE REDWOODS AT THE WOMEN'S PA-AAU 10-KILOMETER CHAMPIONSHIPS IN ARCATA, CALIF. CONTACT GAYLE KERSTETTER, 734 SHIRLEY BLVD., ARCATA, CA 95521 PHONE (707) 822-5002...ENTRY FEE: \$3.00.

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These races usually follow the *Runner's World* format, having at least one short race (mile or less) and a longer run of up to 6 miles. No entry fee (or 50¢ maximum in some cases); enter on race day; certificate awards to all finishers on those runs with *Runner's World* format (contact meet directors for full information). Be sure to enclose a self-

addressed, stamped envelope, or you will receive no reply. **DSE RUNS:** Since these runs follow no particular weekly pattern, they are listed in the main scheduling section, but they are still 'Fun Runs', with a 50¢ entry fee, usually only one race, and ribbons to all finishers. **IF YOU KNOW OF ANY OTHER FUN-RUN LOCATIONS, PLEASE SEND US FULL INFO.**

LOS ALTOS HILLS: Foothill College; every Sunday, 9:30 am; Bob Anderson, Runner's World, Box 366, Mtn. View, CA 94042.

CHICO: Bidwell Park (Hooker Oak Recreation Area); every Saturday, 9:00 am; Jim Remillard, Rte. 5, Box 79-DA, Stilson Canyon Rd., Chico, CA 95926.

WALNUT CREEK: Heather Farm Park; every Sunday, 10:00 am; Rich Vasquez, 3 Barcelona Way, Clayton, CA 94517.

FRESNO: Cal-State Fresno (1st Sat.), or Roeding Park (3rd & 5th Sat.), 7:00 am; Sid Toabe, 4566 N. Del Mar, Fresno 93704.

BAKERSFIELD: West H.S. & Beach Park, alternately; every other Saturday, 8:00 am; Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309.

STOCKTON: Fritz Grupe Park; every Saturday, 9:00 am; Frank Hagerty, 7309 Camellia Ln., Stockton, CA 95207.

HUNTINGTON BEACH: Huntington Central Park; every Sunday, 10:00 am; Rick Russ, 17733 Newland, Huntington Beach, CA 92647.

RANCHO CORDOVA: Cordova H.S. or Mills JHS; various Sat. dates, 9:00 a.m.; H. Rosendale, 2513 Augibi Way, Rancho Cordova, CA 95670.

APTOS: Cabrillo College; bi-monthly (Sundays), 10:00 am; John Smead, Box 718, Soquel, CA 95073.

TRACY: Dr. Powers Park; every Sunday, 11:00 am; Kurt Schroers, 1801 Newport Ct., Tracy, CA 95376.

UKIAH: Ukiah High School; 1st & 3rd Sundays; Chris Jenkins, P.O. Box 355, Ukiah, CA 95482

VILLA PARK: alternates Villa Park H.S. and Canyon H.S.; every Sunday, 10 a.m.; Bill Holt, 2733 Villa Vista Wy, Orange, CA 92667.

PLACERVILLE: El Dorado H.S.; every other Saturday, 9 a.m.; Placerville Parks & Recr. Dept., 487 Main St., Placerville, CA 95667.

SAN BRUNO: Capuchino High School; 1st & 3rd Sat., 9:30 am; Bill Frisbie, 567 El Camino Real, San Bruno, CA 94066

DEL MAR: Seagrove Park; bi-weekly (Sat.), 9 am; Brent Thorne, 118 Solana Hills Dr., Solana Beach, CA 92075.

SANTA ROSA: Spring Lake Park; every Saturday, 8:15 am; Bob Yee, 1200 Sonoma Ave., Santa Rosa, CA 95405.

VENTURA: Arroyo Verde Park; monthly (Saturday), 9:00 am; Inside Track, 1451 E. Main, Ventura, CA 93001.

PACIFICA: Terra Nova H.S.; every other Sunday, 10:30 am; Dave Barry III, 170 Santa Maria Ave., Pacifica, CA 94044.

RENO: Foster Field Track; monthly (Saturday), 8:00 am; Susie Gosar, 1970 S. Marsh Ave., Reno, Nev. 89509.

LOMA LINDA: Loma Linda Univ. (track); monthly (last Sunday), 8:00 am; Don Hall, 25788 Lomas Verdes, Redlands, CA 92373.

SOLANA BEACH: San Dieguito Park; every other Saturday, 9:00 am; Wayne Whiting, 244 Hillcrest Dr., Leucadia, CA 92024.

MODESTO: Legion Park; every Saturday, 10:00 am; Bob Gausman, 810 Lucerne, Modesto, CA 95350.

COLUSA: Colusa-Sacramento River State Park; 2nd & 4th Saturdays, 9:00 am; Dr. Paul Williamson, 813 Webster St., Colusa, CA 95932.

PALM DESERT: College of the Desert; every other Sunday, 9:00 am. Larry Bloom 56-209 Oasis, Indio, CA 92201.

SANTA BARBARA: The Lagoon behind UCEN, U.C. Santa Barbara; every Sunday, 10:00 am; Chuck Rundgren, 193 N. Kellogg, Santa Barbara, CA 93111.

SAN FRANCISCO: Embarcadero YMCA; every Friday, 12:15 pm; Ralph Love, 74 Lloyd Dr., Atherton, CA 94025.

LOS ANGELES: Encino Velodrome Parking Lot; every 3rd Sat., 8 a.m.; Paul Ritschel, 2133 Lemoyne St., Los Angeles, CA 90026.

SANTA ANA: Pat's Ski & Sport Shop; every Sunday, 9 a.m.; Pat's Ski & Sport Shop, 2235 N. Tustin Av., Santa Ana, CA 92701.

SAN LORENZO: Grant Av. (Little League Pk.); every Sun., 9 a.m.; Myron Boice, 16163 Via Sonora, San Lorenzo, CA 94580.

SUSANVILLE: Athletic Field at Lassen High School; 2nd & 4th Sat., 9 am; Bob Wall, 512 Lakewood Way, Susanville, CA 96130.

SAN DIEGO: Mira Mesa Mall Shopping Ctr.; monthly (Sat.), 8:30 am; B4 Sports, 8150 Mira Mesa, San Diego, CA 92126.

SAN DIEGO: Westwood Club; every Sunday, 7:30 am; Gary Leander, 17394 W. Bernardo Dr., San Diego, CA 92127.

SAN PEDRO: Pt. Fernum Pk.; monthly (Sat.), 7:30 am. John Norton, 1342 W. 36th St., San Pedro, CA 90731.

THOUSAND OAKS: California Luthern College; every Sunday, 8:00 am; Joseph Nardo, 573 Houston Dr., Thousand Oaks, CA 91360.

ANGWIN: Pacific Union College (track); every Sunday, 8:00 am; David Nieman, Pacific Union College (P.E. Dept.), Angwin, CA 94508.

NORTHRIDGE: Cal-State Northridge; every other Sunday, 10:30 am; Charlie Horn, 714 E. Acacia Ave., Glendale, CA 91205.

LOS ANGELES: Westchester H.S. (track); every Saturday, 8:00 am; Westchester YMCA, 8015 S. Sepulveda Blvd., Los Angeles, CA 90045.

DAVIS: Univ. of California (Main Quad); every other Saturday, 9:00 am; Rich Harley (Ph. 916/758-2687).

CASTRO VALLEY: Lake Chabot Regional Pk.; every Sunday, 9:00 am; Sharon Donovan, 26381 Whitman St., #110, Hayward, CA 94544.

MERCED: Applegate Park; every Thursday, 6:00 pm; Dave Donaldson, 1931 Carol Ave., Merced, CA 95340.

FOSTER CITY: Bowditch School Field; every Saturday, 9:00 am; Foster City R&J, 917 Lido Ln., Foster City, CA 94404.

TREASURE ISLAND: S.F. Bay; every Sunday, 10 a.m.; Charles Payne, Special Services Base Gym, Bldg. 9402, Treasure Is. 94130

RIVERSIDE: Arlington H.S.; every Sunday, 10:30 a.m.; Riverside Runners, 10749 Cass St., Riverside, CA 92505.

AUBURN: Auburn Recr. Dist. Regional Park; every other Sat., 9 a.m.; Auburn Recr. District, 123 Recreation Dr., Auburn, CA 95603.

- Feb 17 - Valentine Day Runs (5 & 10 Km.), Lake Merritt, Oakland, 10 am. Heart Ass'n, P.O. Box 5157, Oakland 94605.
- Feb 17 - Valentine Day Run Clinic, Oakland Auditorium Theater, 8 am. Special guest speaker--Bill Rodgers.
- Feb 17 - Valley News 10K, Van Nuys (Sepulveda Basin Recr. Area), 10 am. Hal Harkness (Valley News), Ph. 714/529-6938 (eves) (SPA)
- Feb 18 - South Coast Plaza & Tiger 15K, Costa Mesa, 8 am. Dennis Caldwell, Ph. 714/771-3621 (days). (SPA)
- Feb 18 - SPA-AAU 30K Championships, Culver City, 8 am. Frank Freyne, Ph. 714/375-7962. (SPA)
- Feb 18 - Excelsior TC East End Run, 7.87 Mi., Golden Gate Park, San Francisco. (See PA-AAU LDR Handbook) PA-LDRC Meeting After.
- Feb 18 - Hanford to Corcoran 16-Miler, time ???. Jess Arriaga, 1503 Claire Av., Corcoran 93212. (CCA)
- Feb 18 - Los Gatos-Vasona 10K, Los Gatos H.S., Los Gatos, 9 am. Dan Cruz, Puma TC, 3679 Bridgeport Ct., #14, San Jose 95117.
- Feb 19 - Washington's Birthday Fun Run, Fresno, distance??, time??. Fresno Joggers, Jim Martin, 2530 N. Barton, Fresno 93705.
- Feb 23 - Night Orienteering Event, Joaquin Miller Pk., Oakland, 7:30 pm. Joe Scarborough, Ph. 415/530-3059.
- Feb 24 - Martinez to Port Costa Brick Yard Run, 8.4 Miles, Municipal Park, Martinez. (See PA-AAU LDR Handbook)
- Feb 24 - Police Invitational Races, Oakland?, distance??, time?? Keystone Runner, Stan Bricker, Box 1616, Oakland 94604.
- Feb 24 - Washington's Birthday 8-Miler, Ridgecrest (Handicap), 10:30 am. Frank Freyne, 508 Randall St., Ridgecrest 93555. (SPA)
- Feb 24 - San Clemente 6½-Miler, San Clemente (very hilly), 9 am. Steve Judd, Parks & Recr. Dept., 100 Seville, San Clemente 92672
- Feb 24 - BAIRL February Race (Bay Area Industrial League only), Coyote Hills Regional Pk., Fremont, 10 am. Dick Vincent, 966-2370
- Feb 24 - El Cajon 20K (& 5 Mi. Fun Run), Granite Hills H.S., 8:30 am. Mike Reilly, Swift Pair, 324 Broadway, El Cajon 92021 (PSA)
- Feb 24 - Deer Hollow Farm Environmental Runs, 10 & 20K, Montclair School, Los Altos, 11 am. Deer Hollow Run, Box 10, Mt.Vw.94042
- Feb 24 - SNA-AAU 15K Championships, Sunset Pk., Las Vegas, 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Feb 25 - (CANCELLED) Greater Los Angeles Marathon, Los Angeles.
- Feb 25 - Black History 10K, Carson, 9 am. Eugene Blankenship, P.O. Box 5034, Carson 90746. (SPA)
- Feb 25 - Adidas-a-Thon, 6 Miles, Evergreen Valley College, San Jose. (See PA-AAU LDR Handbook)
- Feb 25 - PA-AAU 50 Mile Championships, Ellis Lake, Marysville to Sacramento. (See PA-AAU LDR Handbook)
- Feb 25 - DSE Twin Peaks Run, 3.6 Miles, Portola & Twin Peaks Blvd., S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Feb 25 - Sri Chinmoy 7-Miler, Golden Gate Pk. (DeYoung Museum), S.F., 9 am. PRE-ENTER ONLY. Sundari Michaelin, 415/334-7554-days

- Feb 25 - Courthouse 10K Run, San Luis Obispo Courthouse, 10 am. Carrie DeWitt, Ph. 805/541-1816 (work) or 805/544-2409 (home).
- Mar 3 - Bidwell Classic Marathon (& ½-Marathon, 3 Miles), Bidwell Park, Chico. *Marathon Entries by Feb. 24.* (See PA LDR Hnbk).
- Mar 3 - Occidental Road Runs, 2 & 3.1 Miles, Occidental Comm. Ctr., 3 pm. Dave Sjostedt, PO Box 562, Bodega Bay, CA 94923.
- Mar 3 - Mystery Relay, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Mar 3 - Muscular Dystrophy Run, Fresno, time??. Jo Ellen Howard, 702 W. Harvard, Fresno 93705. (CCA)
- Mar 3 - Redwood High School 4-Mile Fun Run, Larkspur, 10 am. Dipsea Indians, Ph. 415/924-2405.
- Mar 3 - Roadrunner Marathon, Yuma, Arizona, 7 am. Roadrunner Marathon, Bldg. 633, Marine Corps Air Station, Yuma, AZ 85364.
- Mar 3 - SPA-AAU 25K Championships, Ventura, 1410 E. Main, 8 am. Tim Hughes, 3019 E. Harbor Blvd., Ventura 93003. (SPA)
- Mar 4 - Vallejo Channel to Lake 10-Miler, downtown Vallejo. (See PA-AAU LDR Handbook)
- Mar 4 - San Fernando 10K Handicap, San Fernando, 9 am (2 races). *No Pre-Entry.* Connie Rodewald, 852 Sharon Dr., Camarillo 93010
- Mar 4 - Natl. AAU Sr. 20K Championships, Holliston, Mass., 1 pm. *No Post Entries.* Ron Kramer, 84 Wingate Rd., Holliston 01746.
- Mar 4 - DSE Bridge Plaza Run, 7 Miles, Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Mar 4 - The Great Rancho Milpitas 5 & 10K, Rancho Milpitas JHS, Milpitas, 10 am. Jean Gomes, 915 Sequoia Dr., Milpitas 95035.
- Mar 4 - Eco-Freak 8-Miler, Guadalupe to Santa Maria, 9:30 am. Bill Denneen, 760 Cielo Ln., Nipomo 93444. (SPA)
- Mar 4 - Eel River Valley Bottoms Race, 1.8 & 8.2 Mi., Ferndale, 1 pm. Six Rivers RC, Route 1, Box 153-A, Eureka 95501.
- Mar 4 - San Francisco Symphony ½-Marathon, Golden Gate Park Polo Fields, S.F., 10 am. Nelda Zaballo, 369 Pine, S.F. 94104.
- Mar 10 - Los Alamitos Marathon, Los Alamitos, 7:30 am. Mitch Lansdell, 10911 Oak St., Los Alamitos 90720. (SPA)
- Mar 10 - Sunset Park 4-Mile X-C, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Mar 10 - Big Creek 15K (CCA-AAU Championships), time?? Richard Petersen, P.O. Box 206, Laton 93242. (CCA)
- Mar 10 - PSA-AAU 30K Championships, El Monte Park, San Diego, 9 am. San Diego TC, P.O. Box 1124, San Diego 92112. (PSA)
- Mar 10 - Indian Valley X-C, 5 Miles, Indian Valley College, Novato, 10 am. Jim Platt, 14 Tilden Dr., Novato 94947.
- Mar 11 - Pamakid Lake Merced Relays, 4.5 Mi./4-person, S.F. Bill Commins, 515 John Muir Dr., #314, San Francisco 94132 (*Change*)
- Mar 11 - Women's PA-AAU 10K Championships, Arcata, 10 am. Gayle Kerstetter, 734 Shirley Blvd., Arcata 95521.
- Mar 11 - "Loceff Runs", 2.5 & 5 Mi., Santa Rosa, 10 am (Empire Runners Fun Run). Alan Loceff, 5003 Rick Dr., Santa Rosa 95405.
- Mar 11 - Orienteering, Laguna Meadows, San Diego County (2 days), noon. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Mar 11 - Great Valley 20K Road Run, Riverbank, 9 am. Jim Rude, 2848 Stanislaus, Riverside 95367.
- Mar 11 - Pleasant Hill 10K, Diablo Valley College, Pleasant Hill, 10 am. Ralph Bowles, 105 Emerson Ct., Pleasant Hill 94523.
- Mar 11 - 5 & 20K Runs (½-Mile for 9/Under), 2601 Plumas, Reno, Nev., 10 am. Silver State Str., 802 Munley, Reno, NV 89503.
- Mar 11 - New Napa Valley Marathon, Calistoga Steam Railroad, 8 am (*Enter by Feb. 23*). Chuck Hall, 4516 Dry Creek, Napa 94558.
- Mar 17 - Azalea 10K Run, South Gate, 8:30 am (*Enter by March 1*). Kay Simpson, South Gate Sports Ctr, 9520 Hildreth, S.Gate 90280
- Mar 17 - KPFK 10K Run (& St. Patrick's Day Breakfast), Los Angeles, 8:30 am. Mike Balter, KPFK, 3729 Cahuenga Blvd. West, No. Hollywood 91604. (SPA)
- Mar 17 - Porterville Marathon, Porterville, time?? Porterville Parks & Recr. Dept., 291 N. Main, Porterville 93257. (CCA)
- Mar 17 - March of Dimes ½-Marathon/100-Miler, San Clemente, time??. San Diego TC, P.O. Box 1124, San Diego 92112. (PSA)
- Mar 17 - Sunset Park 10K Run, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Mar 17 - St. Patrick's Day 20KM Great Race, Lopez Lake, 10 am. Fr. Michael O'Sullivan, P.O. Box 860, Arroyo Grande 93420. (SPA)
- Mar 18 - Buffalo Stampede 10-Miler & PA-AAU 50-Mile Championships, Putah Creek Lodge, UC Davis. (See PA-AAU LDR Handbook)
- Mar 18 - San Jose Mercury News 6.6-Miler, San Jose City Hall. (See PA-AAU LDR Handbook)
- Mar 18 - Pasadena Boys Club Run for the Roses Benefit 10K, Rose Bowl, Pasadena, 9 am. J.C. Moore, 3230 E. Del Mar, Pasadena 91107
- Mar 18 - Heart of Palm Springs 10K, Palm Springs, 8 am. Keenan F. Barber, MD, 2071 Joshua Tree Pl., Palm Springs 92262. (SPA)
- Mar 18 - Orange County Podiatry Ass'n 10K, Irvine, 9 am (*Enter by March 4*). Patrick Shelton, 215 N. State College, #J, Anaheim
- Mar 18 - Urban Forest 10K, W. Los Angeles, 8 am. Andy Lipkis, 12601 Mulholland Dr., Beverly Hills 90210. (SPA)
- Mar 18 - 5 & 10-Mile Track Runs, site TBA, 9 am. San Diego TC, P.O. Box 1124, San Diego 92122. (PSA)

- Mar 18 - Merced Track Club Pancake Runs (1 & 6 Mi.), time?? Frank Russell, Box 2462, Merced 95340. (CCA)
- Mar 18 - Natl. AAU Sr. & Masters 30K Championships, Schenectady, NY. Bill Shrader, 280 State St., Albany, NY 12210
- Mar 18 - DSE Legion of Honor Run, 4.5 Mi., San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Mar 21 - One Hour Run, site TBA, 5:30 pm. San Diego TC, P.O. Box 1124, San Diego 92112. (PSA)
- Mar 24 - YMCA "Hang 10" 10KM, site??. San Diego TC, P.O. Box 1124, San Diego 92112. (PSA)
- Mar 24 - NorCal 10-Miler (& 3 Mile X-C), Lake Redding Park, Redding. (See PA-AAU LDR Handbook)
- Mar 24 - Pepperdine Univ. South Coast Classic 10K, Irvine, 9:30 am. Dennis Caldwell, c/o 320 E. Katella, Orange 92667. (SPA)
- Mar 24 - Surf to City 15K, Ocean Park (near Lompoc), time?? - *Date Tentative.* Joe Sciame, 1305 N. Orchid, Lompoc.
- Mar 24 - SNA-AAU 20K Championships, Sunset Pk., Las Vegas, NV, 9 am. Las Vegas TC, 309 S. 3rd, #316, L.V., NV 89101
- Mar 24 - "Hane's Hilly 20K" (& 3 or 10K), Sebastopol, 10 am. Dave Hanes, 2789 Burnside, Sebastopol 95472 (Fun Run)
- Mar 24 - DSE Embarcadero 6½-Miler, Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Mar 24 - Feet Meet, 5 & 10K, Piedmont (Highland & Magnolia), 9 am. Gerry Stahl, 99 Crocker Av., Piedmont 94611.
- Mar 25 - Lake Merced Masters (40+ only) Race, 4.95 Mi., San Francisco. (See PA-AAU LDR Handbook)
- Mar 25 - "A Run For Your Life", 3 Mi. & 10K, San Marin H.S., Novato. (See PA-AAU LDR Handbook)
- Mar 25 - Run For Life Marathon (& ½-Marathon), Davis, 9 am. Suicide Prevention Serv., Box 449, Sacramento 95802.
- Mar 25 - Orienteering, no details. Rich Cunningham, Box 26594, San Francisco 94126.
- Mar 25 - North County Transit District 10K, site TBA. San Diego TC, P.O. Box 1124, San Diego 92112. (PSA)
- Mar 25 - Catalina Island Marathon, 7 am (*150 runner limit*). Hans Albrecht, P.O. Box 382, SeaT Beach 90740. (SPA)
- Mar 28 - One Hour Run, site TBA, 5:30 pm. San Diego TC, P.O. Box 1124, San Diego 92112. (PSA)
- Mar 31 - Bonne Bell 10K, Mission Bay-San Diego, 9 am. Nicki Hobson, Ph. 714/755-7562. (PSA)

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JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401



- Mar 31 - OCC Scholarship Runs (2 Mi. & 10K), Costa Mesa, 7 am
(Enter by 3/17). Sharon Donoff, 2701 Fairview Rd.,
Costa Mesa 92626. (SPA)
- Mar 31 - Scats Olympic Fund Runs (5 & 10K), Huntington Beach,
9:30 am. Steve Russell, 5822 Research, H.B. 92649.
- Mar 31 - Avon Half-Marathon, Pasadena, time TBA. Lou Dosty,
Avon, 2940 E. Foothill Blvd., Pasadena 91121. (SPA)
- Mar 31 - "Industrial Days" Run, distance?, Morrell Pk., Hender-
son, Nev., time TBA. LVTC, 309 S. 3rd, #316, Las Ve-
gas, NV 89101. (SNA)
- Mar 31 - Roeding Park 6-Miler, Fresno, time TBA. Frank Delgado,
1560 N. Durant Way, Fresno 93728. (CCA)
- Apr 1 - Arrow 10K, Moffett Industrial Pk., Sunnyvale. (See PA-
AAU LDR Handbook)
- Apr 1 - Pinole Marathon, Fernandez Pk., Pinole, 8 am. (Enter
by March 25) Steve Justice, 2192 Owens Ct, Pinole 94564
- Apr 1 - "Postal - Fool's Runs", 25K (also 2 & 5 Mi.), Guerne-
ville, time TBA. Empire Runners, 335 Algiers Ct., Santa
Rosa 95405.
- Apr 1 - San Luis Obispo Red-Cross Marathon, Meadow Pk., 7:30
am. Jim Hurley, 859 Church St., S.L.O. 93401. (SPA)
- Apr 1 - Skyline Booster 6.5 Mi., Skyline HS, Oakland, 10 am.
Joe Panella, 12250 Skyline Blvd., Oakland 94619.
- Apr 1 - DSE April's Foot Day, Ocean Beach (Balboa & Great Hwy),
S.F., 6 Mi., 10 am. Walt Stack, 321 Collingwood, S.F.
- Apr 1 - Orange Grove Marathon (plus 1/2 & 1/4-Marathon), Loma Lin-
da, 8 am. Ellis Jones, PO Box 495, Loma Linda 92354.
- Apr 1 - Conejo 10K Handicap, Newbury Pk. (Banyon Pk.), 10 am.
Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Apr 1 - Tarpit 10K, Los Angeles, 8:30 am. John Marthens, 3550
Wilshire, Los Angeles 90010. (SPA)
- Apr 1 - Rolling Titans 5 & 10K Push & Run, Fullerton (Cal-St.),
8 am. Jim Worth, Rec. Dept., Cal-State, Fullerton 92634
- Apr 7 - PA-AAU (Clearlake) Marathon & 20K Run, Lake Country
Fairgrounds, Lakeport (Enter by 3/29) (See PA LDR Hnbk)
- Apr 7 - Orange County Marathon, 7:30 am. Pete Dowrey, 9593
Pettswood Dr., Huntington Beach 92646. (SPA)
- Apr 7 - Wine Country Relays, Spring Lake Pk., Santa Rosa, 10 am
(3-person teams). Dennis Crandall, 865 Colleen Dr.,
Windsor 95492.
- Apr 7 - College of Marin 4-Mile Relay (matched by draw), Kent-
field, 10 am. Dipsea Indians, Ph. 415/924-2405.
- Apr 7 - SDSU Sports Council 10K, San Diego, 8 am. Laurel Dean,
San Diego State Univ, 5402 College, San Diego 92115.
- Apr 7 - Escondido 10K, Kit Carson Park, San Diego, time TBA. Bob Daniel, Ph. 714/743-5410. (PSA)
- Apr 8 - San Francisco Central YMCA "Easter Run", 4.7 Mi., Lake Merced, San Francisco. (See PA-AAU LDR Handbook)
- Apr 8 - Kaweah River Valley Run, Three Rivers, time TBA. High Sierra TC, c/o Dave Bronzan, 1173 W. Eymann, Reedley 93654. (CCA)
- Apr 8 - Joker's Wild Fun Run (Date Tentative), 4 Mi., Sinsheimer Park, San Luis Obispo, time TBA. Ken Harvey, 2435 Del Campo,
San Luis Obispo 93401. (SPA)
- Apr 8 - Natl. AAU Sr. Women's 10K Championships, Albany, N.Y. Contact not known at this time (write National Office for info).
- Apr 8 - NVRC Easter Egg Mailbox Fun Run, 2 & 7 Mi., 9 am. Chuck Fox, 4516 Dry Creek Rd., Napa 94558. Also potluck brunch!
- Apr 8 - Oregon TC Women's 10K, Autzen Stadium, Eugene, Ore., 1 pm. (Enter by Apr. 7) Athletic Dept., 99 W. 10th Av., Eugene.
- Apr 14 - PA-AAU 20K Championships, Davis School (Morada Ln.), Stockton, 10 am. Hagerty, 7309 Camellia Ln., Stockton 95207.
- Apr 14 - Seniors TC 2-Man, 14-Mile Relay, La Mirada, 9 am. (No Pre-Entry) Joe Burgasser, P.O. Box 4053, Torrance 90510. (SPA)
- Apr 14 - Wreck Run, 3 Mile Fun Run, Beresford Pk., San Mateo, 9 am. San Mateo Recr. Dept., 330 W. 20th Av., San Mateo 94403.
- Apr 14 - Tierrasanta Kiwanis 10K, 10 am. San Diego TC, P.O. Box 1124, San Diego 92112. (PSA)
- Apr 14 - Pear Blossom Run, 13 Mi., Medford, Ore., 10 am (Enter by 3/17; 900 limit). Medford Conv. Bureau, 304 S. Central, Med-
ford, Ore. 97501. (OA)
- Apr 15 - HSL/SCS Tarzana 5 & 10K, site TBA, Tarzana, 8 am. Hal Smith, 18750 Oxnard St., #404, Tarzana 91356. (SPA)
- Apr 15 - KPFA Circle Berkeley 6-Miler, Civic Ctr. Pk., Berkeley, 9:30 am. (Entry Limit?) Mark Jaqua, Box 631, Forest Knolls 94953
- Apr 15 - DSE Kennedy Drive Run, Golden Gate Pk. (Polo Fields), S.F., 4.7 Mi., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Apr 15 - Easter Celebration Run, Fresno, time TBA. Bill Cockerham, Fresno Pacific College, 1717 S. Chestnut, Fresno 93702. (CCA)
- Apr 16 - Boston Marathon (Pan-Am Trials), Hopkinton, Mass., noon. (Qualifying Times: 3:00, or 3:30 if a woman or over 40...with-
in period from Apr. 1, 1978 and March 17, 1979, entry deadline). Will Cloney, BAA Marathon, Box 223, Boston, MA 02199.
- Apr 29 - SPA-AAU 50K Championships, Las Posas Hills, 6:30 am. (No Pre-Entry) Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- May 6 - Avenue of the Giants Marathon, near Weott. Entries Closed as of Jan. 8th at 2000!! (See PA-AAU LDR Handbook)

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TRACK & FIELD

IMPORTANT: - The NCRR is not perfect--nor are the schedules we receive...not be a long shot! There are usually conflicts between schedules and we don't always take the time to determine which is correct. We have probably missed some major meets on the schedule, but we can only print what we receive. Thanks to all who took the time to send us their schedules. If you haven't done so, please drop one in the mail so we can use the additions for next issue.

CODING: - For meets which are not obviously for a specific category of athlete, the following coding will apply. -- (B), (G) Boys, Girls; (AG) Age-Group; (HS) High School; (JHS) Junior High School; (C) College/Univ.; (JC) Junior College; (JR) Juniors; (W) Women; (O) Open; (SM) Sub-Masters, 30-39; (M) Masters (40+); (LM) Limited Masters events; (12-13) Age designations where appropriate. (Compiled by Dave Shrock & Jack Leydig)

ALL-COMERS MEETS: - Not too many of these during the regular outdoor season, unfortunately. If you hear of any (anywhere in the State), please send us the pertinent info so we can publicize it next time; specify if women, masters, etc., are allowed (limited or otherwise). Thanks for your help.

PA-AAU BOARD OF ATHLETICS: - Note that funding is available to the National Outdoor Championships (Jrs., Men, Women), BUT you must have purchased a 1979 AAU Card by 2/28 to qualify (see "This & That" in this issue for other specifics). -- Chairman of the PA-AAU Board of Athletics is: George Newlon, 746 Nevada Av., San Mateo, CA 94402 (Ph. 415/344-8804).

Feb 24 - PA-AAU Winter Games, Site? (GAG Relays; 14/U, W) Augie Argabright (408/267-8348); Bay Area College Meet, San Jose St., 11 am; Cal vs. BAS & WVTC, Berkeley, 1:15 pm; Foothill vs. Sac'to St. & Pomona, Fthl (CW).

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- Mar 3 - UC Irvine @ San Jose St., 11 am; Sac'to St., WVTC & BAS at UC Berkeley, 1:15 pm; Stanislaus St. @ Cal-State Hayward, 11 am; Fresno St. @ Stanford, 1:15 pm.
- Mar 5 - Woodland Invit., Woodland H.S. (HS).
- Mar 7 - Cordova Relays, Cordova H.S., Rancho Cordova (HS).
- Mar 9 - Golden Gate Conf. Women's Relays, Foothill JC, 2 pm.
- Mar 10 - UC Berkeley @ San Jose St., 11 am; All-Cal Women's Meet, UC Berkeley, 10 am (C-W); Oxy @ Stanford, 1:15 pm; Buchser Relays, Buchser H.S., Santa Clara, 8 am (HS); Cupertino Yearlings A/G Sectional, Site?, (GAG), Jim Dix, 930 Bluebell, Sunnyvale 94086; Salinas Relays, Salinas H.S., 9:30 am (HS); S.F. State vs. WVTC, Skyline JC, San Bruno, 10 am (O/C/W).
- Mar 11 - Sacramento Spikettes A/G Sectional, Site?, (GAG/W), Dan Davidson, 6910 Greenbrook Cir., Citrus Hgts 95610.
- Mar 17 - Brotherhood Games (date changed from 3/18), UC Berkeley, 10 am (O/C/W/LM?); Natl. AAU Masters Indoor (2 days) Ann Arbor, Mich., Christy Summerfield, 2606 Traver Blvd., Ann Arbor, MI 48105; Cal-State Hayward Decathlon, 9:30 am (2 days) (C); Stanford & Idaho @ Cal-State Hayward, 1:15 pm.
- Mar 18 - Community College Women's Invit., UC Berkeley, noon.
- Mar 20 - Boise St. @ Cal-State Hayward, 2 pm.
- Mar 23 - Santa Barbara Invit. (2 days), UCSB (C/O), Sam Adams, Ph. 805/961-3291; USTFF Decathlon (2 days), UCSB (C/O?), Sam Adams (see above).
- Mar 24 - Marysville Girls Relays, Marysville H.S. (HS); Co-Ed Relays, Los Gatos H.S., 10 am (HS), hosted by Saratoga H.S.; BEBTC Relays, Site?, (B&GAG), Arno Brewer, 5300 Van Fleet, #310, Oakland 94612; Wildcat Relays, Watsonville H.S., 9 am (HS); UC Davis @ Cal-State Hywd., 11 am; Stanford Relays, Stanford Univ., 10 am (C/HS/O-limited).
- Mar 25 - Univ. of Washington @ UC Berkeley (Women), 11 am; Meet of Champions, UC Irvine (C/O).
- Mar 31 - Long Beach St. @ San Jose St., 11 am; El Cerrito Relays, El Cerrito H.S., (HS); Carlmont Invit., Carlmont H.S., 9 am (HS); Kiwanis Invit., Santa Cruz H.S., Soquel H.S. is host; Gilroy Invit., Gilroy H.S., 9 am (HS); Placer Relays, Placer H.S., Auburn (HS); Matador Relays, Mira Loma H.S. (Sac'to), (HS); Oregon @ UC Berkeley (Women), 10 am.
- Apr 7 - Armijo Invit., Solano College (HS); King City Boy's Invit., King City H.S., 10 am; Millbrae Lions Relays Carnival, Mills H.S., Millbrae, 10 am (GAG/W/G-HS); Fresno Invit., Fresno St. (O/C/W/M); Durham Invit., Butte College (H.S.); Stanford vs. USC & Cal vs. UCLA @ UC Berkeley, 1:15 pm.
- Apr 8 - California Invit., UC Berkeley, noon (W-C).
- Apr 9 - NorCal H.S. Decathlon Champs, Enterprise H.S., Redding.

- Apr 10 - USTFF Decathlon, Fresno St. (C/O), 2 days.
- Apr 14 - JFK Invit., Contra Costa College (HS); Bruce Jenner Classic (was San Jose Relays), San Jose C.C., noon (HS/JC/C/O/W?).
- Apr 17 - Western Illinois @ Cal-State Hywd., 2 pm.
- Apr 19 - Mt. SAC Relays (4 days), Walnut, entries close late March, (C/HS/O/W/M), Don Ruh, Mt. SAC, 1100 N. Grand, Walnut 91789.
- Apr 21 - Orinda Invit. & Pentathlon, Site?, (GAG/W), Don Bailes, T33 Selbourne Way, Moraga 94556.

Race Walking

SCHEDULING: - For all information on scheduling, please contact the following individuals--(NorCal) Bill Ranney, 101 Sunnyhills Dr., #65, San Anselmo 94960 (Ph. 415/456-2641) or Tom Dooley, 2250 Sherwin Av., Santa Clara 95050 (Ph. 408/243-5454); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010; (Oregon) Jim Bean, 336 Jerris St. SE, Salem, OR 97302.

- Mar 18 - Natl. AAU Sr. & Masters 30K Championships, Pasadena.
- Apr 1 - Arrow 10K, Moffett Industrial Pk., Sunnyvale, 10 am. Contact Ron Kovacs, 147 Villanueva Ct, Mtn. View 94040
- Apr 2 - International Walking Week (thru 4/10), Mexico City.

SEQUOIA SPORTS CLUB WINS ONE-HOUR POSTAL (1978, Various sites): - Led by Neal Pyke's 8 miles, 1020 yards (a new American record), the Bay Area's Sequoia Sports Club annexed the National Postal title with a team of Pyke, Bob Henderson (8-30) and Dave Himmelberger (7-1616). West Valley TC was runnerup by about 500 yards with Wayne Glusker (8-291, 4th nationally), Tom Dooley (8-290, 5th nationally) and Bill Ranney (7-1585). Congratulations to the two best teams in the country! /Bill Ranney/

OHIO RACE WALKER 1978 NATIONAL RANKINGS (The Ohio Racewalker is the major source for national race walking information in the U.S.) - 20K: 1-Todd Scully, 2-Larry Walker...5-Neal Pyke, 9-Tom Dooley...also, timewise, the following were ranked: 8-Bill Ranney (1:35:13), 18-Manny Adriano (1:39:28), 22-Bryan Snazelle (1:40:34). 50K: 1-Marco Evoniuk, 2-Tom Dooley. /WOMEN/ 5K: Sue Brodock was ranked 14th on the world list...1-Sue Liers, 2-Sue Brodock, 6-Sally McPherson, 7-Lori Maynard. 10K: 1-Sue Liers, 2-Sue Brodock, 5-Sally McPherson. /R. Duran/

PYKE WALKS WORLD BEST AT 20K? (Nov. 12, Palo Alto): - Sequoia Sport Club's Neal Pyke, current American record holder at the 20K distance, walked an unbelievable 1:21:38 here, bettering the world's best road mark by 1½ minutes! There is apparently much controversy surrounding the mark, however, as there are doubts about the judging and/or course length. Split times were 20:22, 39:44, and 59:46. His middle 10K of 39:24 also bettered the world mark for that distance! Dave Himmelberger did a 1:35:12 for a PR in second place. /Roger Duran/

HENDERSON TOPS AT HOUR POSTAL (Nov. 20, San Francisco State): - Sequoia Sport Club's Bob Henderson just got past 8 miles for the win at the National Postal competition at SF State, recording a fine 8 miles, 30 yards. Teammate Dave Himmelberger wasn't too far behind with 7-1616, followed by super-master Bill Ranney of WVTC in 7-1585. Others included: 4-Dennis Reilly 7-1064, 5-Bryan Snazelle/WV 7-567, 6-Manny Adriano/WV 7-545.

SEQUOIA GETS SECOND NATIONAL TITLE (Nov. 26, San Antonio, Tex.) - Neal Pyke blitzed to the fourth fastest time in history over the National 25K course (best ever by an American, breaking John Knifton's 1974 mark of 1:56:03) in an astounding 1:51:02. He led his teammates to the win, and WVTC again came up second as the two Bay Area powerhouses dominated the field...3-Dooley/WVTC 2:00:39, 5-Henderson/SSC 2:04:22, 8-Himmelberger/SSC 2:08:06, 10-Ranney/WVTC(40+) 2:09:17, 19-Snazelle/WVTC 2:19:29 (44 finished). Ranney won the masters title. /Roger Duran/

UNITED AIRLINES 15K FRIENDSHIP WALK (Dec. 3, San Mateo): - (1) Dave Himmelberger/SSC 1:11:04, (2) Bob Henderson/SSC 1:14:52, (3) Harry Siitonen/NCS-GGW(50+) 2:02:32. /Golden Gate Walker/

PYKE WINS 20K TRACK WALK (Dec. 17, S.F. State): - Under windy, rainy conditions, Neal Pyke led a field of hardy walkers with a fine 1:34:40. He was followed by: 2-Himmelberger 1:37:51, 3-Ranney/WV 1:39:20, 4-Snazelle/WV 1:48:05, 5-Siitonen/NCS-GGW 2:29:38. There was a 50K race at the same time, but nobody finished. There were 3 DNF's in the 20K as well. /Golden Gate Walker/

TRACK AND FIELD



RESULTS



ALL-COMERS MEET (Dec. 9, Sacramento): 6 Mi: Pincombe 33:03.7; 300mSC: Cushenbery/BC 10:00.3; 400m: Ouris 51.5; Mile: Van Horn/SacSt 4:21.9; 110mHH: Roberts/WVTC 13.7; 100y: Roberts 10.0; 800m: Niederberger 1:57.5; 400mH: Jackson 56.4; 200m: Taylor 22.5; 3 Mi: Brown/SUND 14:36.9; MileR: Cosumes Rvr. 3:30.4; LJ: Briseno 23-0; HJ: Rodan/SacSt 6-9 3/4; /WOMEN/ 100y: Taylor 11.4. /John Roberts/

ALL-COMERS MEET (Dec. 9, Berkeley): /OPEN/ 60HH: Ligons/UCTC 7.3; SP: Voorhees/SRJC 51-2½; 1500m: Robinson/ICAC 4:02.9, White/UCB 4:02.9, Thomas/WVTC 4:03.0; JT: Hjuetnes/Norway 242-5½; LJ: Kemp/GW 21-9½; 400m: Rachal 50.0; HJ: Myers/Ala 6-8; 60y: (I) Jones 6.3, (II) Nash/BEBTC 6.3; PV: Steen 13-0; 800m: Webster/PCC 1:54.7, Rodgers/TS 1:55.8; 200m: Rodgers 21.9, Nash 22.0; 5000m: Blume/UCB 14:13.6. /HIGH SCHOOL/ 400m: Ford 51.4; SP: Rohouit/Wash 48-8½; 60HH: Ransom 7.6; Mile: Brown/Berk 4:39.3; LJ: Small/Tam 20-0½; DT: Sequeira/Vaca 150-8; 60y: Smith/Edison 6.5; 800m: Wilkens/Okld 2:03.4; 200m: Smith 22.8; 330LH: Ransom 41.5; 2 Mi: Little/BC 9:43.4. /GIRLS/ 400m: William/BEBTC 60.6; SP: DeSnoo/HATC 35-9½; Mile: Hamilton/ML-Cap 5:05.8; 60H: Goddies 7.3; LJ: Haynes/KingTC 16-7; 60y: Miller 7.4; 200m: Rice/BEBTC 26.4; 800m: Dana 2:26.8. /MASTERS/ Mile: Guthrie/WVJS 4:46.3; 60y: Kellely 7.7. /Keith Conning/

ALL-COMERS MEET (Dec. 16, Berkeley): /OPEN/ 1500m: Wells 4:01.0; 60HH: Ligons/UCTC 7.3, Roberts/USAF-WVTC 7.3; 400m: Bates/Ala 49.2; JT: Pande 188-1; SP: Tafralis 54-2½; PV: White/USAF 14-0; HJ: Myers/BEBTC 6-6; 60y: Nash/BEBTC 6.3; DT: Tafralis 166-5; LJ: Anderson/WVTC 23-0 3/4; 800m: Clifford/UCB 1:53.6; 200m: Kent/CPSLO 21.6; TJ: Heinze/Chab 45-7½; 5000m: Ruffatto/CoToTC 14:37.6; 1600mR: (split--Rodgers 47.9). /HIGH SCHOOL/ 400mR: Golden West 44.0; Mile: Lincoln/Mir 4:32.7; 60HH: Ransom 7.9; 400m: Patterson/Berk 51.8, (II) Dotson 51.0; HJ: Caldwell/Berk 6-4; 60y: Ford/BEBTC 6.4; LJ: Jackson/Okld 22-6½; 330H: Leslie/KingTC 42.0; 800m: T.Downs/Skyl 1:59.4; 200m: Harris/Bal 22.0; TJ: Metoyer/Tam 43-6½; 2M: Ferguson/McAteer 10:19.0. /WOMEN/ LJ: Haynes/KingTC 16-5½; LH: Lauer/MLTC 8.3, Miller/KingTC 8.3; 400m: White/Berk 57.9; 60y: Hill/Hilltop 7.3, Miller 7.3; 800m: Smith 2:27.5; 200m: Ware/Berk 26.0. /MASTERS/ Mile: Guthrie/WVJS 4:42.2; 1500m: Richardson/WVTC 4:16.9. /Keith Conning/

HOLIDAY DECATHLON (Dec. 29-30, Santa Maria): /OPEN/ Kring/WVTC 6937 (11.4, 21-7½, 39-8, 6-2 7/8, 51.2, 15.6, 110-3, 13-5½, 166-5, 4:36.0), Dyer/ChicoSt 6348, Wahl/CPSLO 5987, Kurtze/FSU 3753. /JR. COLLEGE/ Barnett/WVC 5940, Weckbacher/Glendale 5521, Perrenoud/Glendale 5162. /MASTERS/ Hal Smith/SCS 4806 (world age 43 record), Bane/SCS 3863. /Ray Kring/

ALL-COMERS MEET (Dec. 30, Los Gatos): /OPEN/ 440R: SJCC 41.3; 880: Webster/USAF 1:55.3; 70HH: Dixon/SJCC 8.4; 100y: Harvey/CPSLO 9.6, McCullum/Un 9.7; 440: Holcombe/SJCC & Phillips/SJCC 49.3; Mile: Thomas/WVTC 4:29.8; 330IH: Phillips/SJCC 38.2; 220: Harvey 21.5; 2 Mi: Sutherland/NZ 8:59.5; PV: Hintnaus/Un 17-1; HJ: Wyrick/SCTC 6-6; DT: Powell/Un 189-9; TJ: Van Fendyan/WVTC 46-4; SP: Brady/SJS 54-5½; LJ: Van Fendyan/WVTC 22-3. /HS-BOYS/ 70HH: Davison/Willits 8.8; 100: Duncan/DM 10.3; Mile: Hoch/M-A 4:37.2; 330LH: Daley/LG 40.8; PV: Ellis 14-0; DT: Weyers 142-3; SP: Crueger 52-1. /HS-GIRLS/ 880: Brogan/SJC 2:27.0; 70LH: Reimann/Sar 9.0; 100: Parker/Berk 11.0; 440: Calgon/MH 55.8; 220: Calgon 25.6; DT: Zap/Colo 139-8; SP: Woodbeck/Cup 39-2; LJ: Schweikarot/SJC 17-10. /MASTERS/ Vanderwall/Canada 4:41.4. /Glenn Hamatz/

ALL-COMERS MEET (Jan. 6, Los Gatos): /OPEN/ 880: Boughton/Un 2:01.4; 70HH: Ragster/Un 8.8; 100: Johnson/SCTC & Trask/Un 9.9; 440: Trask 50.9; Mile: Salazar/SJCC 4:28.3; 220: Johnson 22.0; 2 Mi: Goettelmann/WVTC 9:38.8; SP: Gummerson/Un 57-11; HJ: McGinnity/WVTC 6-6; LJ: Bond/WVTC 23-0; PV: McAlexander/Un 15-6; DT: Gummerson/Un 163-9. /GIRLS/ 880: Olrich/SJC 2:21.5; 100: Reimann/Sar 12.1; 440: Belk/SJC 57.1; 220: Belk 25.9; 2 Mi: Bier/SJC 11:25.1; SP: Saph 39-9; DT: Saph 139-11½. /HS-BOYS/ 440: Creedon/Cup 51.8; Mile: Rembao/SCrz 4:33.3; 330LH: Swain/Carl 40.8; 2 Mi: Smith/LO 10:05.0;

SP: Krueger/LA 52-6; HJ: Rocca/LO 6-4; LJ: Robinson 21-4; PV: Crumpler 13-5; TJ: Robinson 44-2; DT: Small/Cup 142-8; 880: Maloney/Lei 2:04.2. /Glenn Hamatz/

EXAMINER GAMES TRIALS (Jan. 13, Berkeley): /WOMEN/ 50m: (I) Cobbs/BEBTC 6.4, Franklin/ML 6.6, Webster/BEBTC 6.7, (II) Nickson/CSH 6.4, Ware/BEBTC 6.5, Belk/SJC 6.6; 1600mR: BEBTC 3:46.5, SJC 3:54.4, MLTC 3:56.8, SJCC 4:05.0; LJ: Winlock/LAM 17-7½, Scott/Un 17-5, Sanders/BEBTC 17-5, Mittes/BEBTC 17-4½, Phifer/SJC 17-3, McLaughlin/CN 17-1½; GAG-Relay: MLTC 3:48.5, Hilltop 3:53.5, Cupertino 3:54.1, Hoover 4:11.2; 60H: (I) Sanders/BEBTC 8.4, Boone/CSH 8.5, Foster/SacSt 8.8, (II) Alston/BEBTC 8.4, Sweeney/BEBTC 8.7, Hurley/ML 8.8; Mile: Romesser/FPTC 4:58.0, Bier/SJC 4:58.2, Graham/WVTC 4:58.4, Brogan/SJC 4:58.5, Olrich/SJC 5:00.6, Saia/Un 5:03.7, Manning/OrTC 5:08.6, Hjelte/Cal 5:10.4; /BOYS AGE-GROUP/ Relay: Diablo Valley 2:54.5, BEBTC 2:55.6, HHBC 2:58.4, Pittsburg 3:09; /HIGH SCHOOL/ 2 Mi: O'Connor/Carl 9:24.0, Williams/Arcata 9:24.5, Jay Marden/MSJ 9:24.6, Rembao/SCrz 9:25.2, Balderas/SJ 9:27.4, Royal/Pet 9:27.6, Howard/Ukiah 9:27.7, Baffert/SRamon 9:28.2, Little/Jes 9:29.4, Lambeth/Wstmt 9:37.5; 60y: (I) T. White/Rich 6.3, Jones/Wilson 6.4, Justice/Logan 6.4, Dumas/Gal 6.4, (II) Green/Cubb 6.3, Threatt/Pitt 6.3, Ford/Logan 6.5, Patrick/Hogan 6.5; 2MR: Highlands 8:05.2, Skyline/Okld 8:08.7, Berkeley 8:09.0, Homestead 8:09.3, Pittsburg 8:17.4; PV: Marquez/Snyvle, Crumpler/M-A, Kenison/Mills, Becker/Pitt, Jaques/DM, Ellis/M-A (all qual. at 12-6); /GIRLS-HS/ 60y: Ward/Hogan 7.4, Tatum/OakTech 7.4, King/Berk 7.4, Quarles/Lel 7.5, Woodson/Linc-SF 7.5, Rockwell/Gunn 7.5, Cobbs/OakTech 7.6, Jordan/Ceres 7.6; 2MR: MarinCath 10:10.3, Berk 10:19.5, Acalanes 10:20.2, MSJ 10:24.0, Foothill 10:25.2; MileR: Hogan 4:15.5, Berk 4:15.6, Acalanes 4:18.8, Pittsburg 4:21.2, Sequoia 4:22.2. /S.F. Examiner & Chronicle/

EXAMINER GAMES TRIALS (Jan. 13, San Jose): /JC/ 60y: (I) Taylor/SJCC 6.4, Jackson/SJCC 6.4, White/ARJC 6.4, Larry/CCC 6.4, (II) Foster/SJCC 6.4, Perry/CCC 6.5, Oravillo/SJCC 6.5, Trask/Hart 6.6; MR: SJCC 3:14.5 (Holcombe 47.2, Phillips 48.2), Cosumes Rvr 3:22.5, Chabot 3:22.8, Skyline 3:23.4; SMR: Skyline 3:31.6 (Maxwell 1:55.4), SJCC 3:32.2, SRJC 3:32.8, LosMed 3:33.8; HJ: McGee/DA, Newhall/AR, Powell/AR, Cox/Glen, Myers/Ala (all qual. at 6-4); /Exhib./ 60HH: Dixon/Fthl 7.5, Kennedy/SJCC 7.5, Crossley/CCSF 7.6, Megginson/Sierra 7.6; 2 Mi: Maxwell/AR 9:15.0, Kennedy/MPC 9:22.8, Salazar/SJCC 9:24.8, Vargas/Hart 9:25.4; SP: Voorhees/SRJC 53-5, Smith/CSM 51-4, Strange/AR 47-8 3/4, Lawrence/Hart 47-1; LJ: Wilhite/AR 23-9, Flores/SRJC 21-6, Wells/SJCC 20-8½, Boardingham/Sierra 20-2½; /OPEN/ Devil Mile: Sup/MPC 4:10.3, Tracy/AGRC 4:12.6, Schmulwitz/Un 4:13.2, Wells/Un 4:14.0, Nahirny/SJS 4:14.9, Thomas/WVTC 4:14.9, Berry/Un 4:15.4, Porter/WVTC 4:15.6, Tracy/WVTC 4:16.0, Gail/Stan 4:16.2, Price/SWEAT 4:16.5, Carson/CSH 4:16.6, Embury/CSH 4:17.1, Stillman/Stan 4:17.4; /MASTER/ 60y(40-59): Springbett, Sanchez, Parish, Washington, Etter, Hickman, Marlin (no times recorded); 60y(60+): Jordan/Stan 7.2, Koppel 7.8, Satti/NCS 7.9, Fairbank 8.3, Hoover 8.7, Puglizovich 9.0; Mile: Welck/WVJS 4:40.0, Cathcart/WVTC 4:41.7, Chaffee/ETC 4:42.4, Richardson/WVTC 4:44.3, Guthrie/WVJS 4:45.2, Sawyer 4:45.7, Bowles/WVJS 4:46.4, Peterson 4:46.7; /MASTERS WOMEN/ Mile: Mitchell/TAM 5:46.2, Eberly 5:55.6, Stricklin/WVTC 5:56.8, Neeley/TAM 5:58.4, Anderson/NCS 6:01.0, McGinn 6:02.4, Maricle/NCS 6:05.6, Waters/NCS 6:05.8, Sackerman/NCS 6:06.6; 50y: Obera/NCS 7.6, Sherrard/NCS 7.6, Parish 7.9, Ligon 8.0, McGinn 9.0, Woodward nt, Dietderich/NCS nt.

ALL-COMERS MEET (Jan. 20, Berkeley): /MEN/ 1500m: Clifford/Cal 4:02.5; 60y: Farmer/Cal 6.2; PV: White/USAF 14-0; HJ: Radan/SacSt 6-10; 400m: Johnson/Un 48.8; JT: Hjeltnes/Norway 227-1; 60HH: Smith/Cal 7.4; 800m: Berry/Un 1:57.7; LJ: Anderson/WVTC 23-3½; DT: Hjeltnes/Nor 181-2; 200m: Mathis/Cal 21.9; TJ: Fendyan/WVTC 45-10; 330IH: Pratt/Cal 38.3; 5000m: Will/ARJC 15:11.0; 1600mR: AlamJC 3:21.9; /WOMEN/ 1500m: Richter/Cal 4:39.6, Hjelte/Cal 4:40.6, Bubanja 4:48.5; 60y: Parker/ML 7.2; 400m: Williams/BEBTC 58.2; 60H: Hawthorne/BEBTC 7.2; 800m: Hamilton/ML 2:18.7; LJ: Mittes/BEBTC 17-10; 200m: Rodgers/BEBTC 25.5. /S.F. Examiner & Chronicle/

SUNKIST INDOOR (Jan. 20, Los Angeles): Only partial results are known at this time; we're listing some locals that we've seen results for. - 60y: Hart/BAS 6.22; /WOMEN/ 3000m: Brown/CSN 9:23.5, Cooksey/Un 9:33.1...4-Meek/Cal 9:42.8; 60y: 5-Bolton/Cal 7.15; Mile: Heald/GBrTC 4:34.3. /Vern Gambetta/

OREGON INDOOR (Jan. 27, Portland, Ore.): W-Mile: Heald/GBrTC 4:33.5; 500y: 2-West/BAS 57.47; HJ: Haber/Macc 7-2.0

Prep Ramblings

by Keith Conning

CONTRIBUTIONS APPRECIATED: - Please send results & stories of high school athletes and competitions directly to me: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (415/849-4406). I would like to thank the following correspondents: Chuck Shelley (Chico), Bill Mensing (Downey, Modesto), Dave Peterson (Skyline, Oakland), Jim De Diego (Mt. Pleasant, San Jose), Howard Willman (San Jose Mercury), Jack Marden (Mission San Jose), Jim Royal (Petaluma), Bob Vincent (San Ramon), and Andy MacCono (Walnut Creek).

Steve Strangio of Mission San Jose in Fremont and Kim Schnurpfeil of San Mateo are the NorCal high school runners of the year. Mission also had the best boys' and girls' team and Jack Marden of Mission is the boys' coach of the year, while Joe McFarland of Shasta in Redding is the girls' coach of the year.

Steve was selected over Tom Downs of Skyline in Oakland on the basis of defeating Downs in four out of the five races against high school competition. They met for the first time on Oct. 7 at the San Ramon Invitational, where Strangio prevailed by four seconds. The next weekend at Antioch they were given the same time, but Strangio edged Downs by a few inches. Their third meeting took place on Oct. 21st and the MSJ senior won by 14 seconds. On Nov. 11 they ran an exciting evenly paced two-mile (4:32 miles) on the Los Gatos track, with Steve coming out on top again by 8/10ths of a second. Their final meeting--the NorCal Championships--resulted in Downs' only victory, but by a 13.9-second margin.

Kim Schnurpfeil was selected as a result of her victories in the Central Coast Section and NorCal Championships. In both races she defeated Kathy Koudela of Monta Vista in Cupertino. Kim's only losses of the season were to Jeanie Fuller, a frosh at Mira Loma in Sacramento, and to Penny Goldthorpe, a soph at Half Moon Bay, and also to Koudela.

Mission San Jose is the top boys' team not only in NorCal but also in the entire state. They defeated all the California teams at the Mt. SAC Invitational, only losing to probably the top team in the entire country--South Eugene (Oregon). Mission has the best foursome in the state of Strangio, John Marden, junior Rich Read, and soph Jay Marden. Mission blitzed Mira Loma, the Sac-Joaquin Section champs, twice...first by 3 points at the Alum Rock Invitational in September, and then by 42 points at the NorCal meet. Jesuit of Sacramento was only one point behind Mira Loma at the NorCal Championships.



Top NorCal high school runner is Steve Strangio, shown here at the Hayward Invit. The top girl was Kim Schnurpfeil, featured in the NorCal Portrait this issue. /Keith Conning/

Mission San Jose's girls were top-ranked by virtue of their victories at the NorCal meet and the North Coast Section. Mission was led by junior Liz Strangio, Steve's sister.

Jack Marden repeats as the boys' coach of the year and Joe McFarland is recognized for the excellent job he has done with the girls' program at Shasta, a much smaller school than MSJ, which does not have the same caliber of competition in their area. Marden's program is supported solidly by the parents, who not only provide transportation to the meets, but also prepare picnics afterwards. They are like one big family.

X-C RANKINGS

BOYS' INDIVIDUALS: 1-Steve Strangio/MSJ, 2-Tom Downs/Skyline, 3-Felix Soto/Mt. Pleasant-San Jose (junior), 4-John Marden/MSJ, 5-Rich Read/MSJ (junior), 6-Dave Royal/Petaluma, 7-Danny Hernandez/Independence-San Jose, 8-Jay Marden/MSJ (soph), 9-Greg Williams/Chico, 10-Jesse Saldana/Riverbank.

GIRLS' INDIVIDUALS: 1-Kim Schnurpfeil/San Mateo, 2-Chris Manning/Carondelet-Concord (soph), 3-Kathy Koudela/Monta Vista-Cupertino (junior), 4-Jeanie Fuller/Mira Loma-Sac'to (frosh), 5-Liz Strangio/MSJ (junior), 6-Cindy Claiborne/Pleasant Valley-Chico, 7-Krista Roberts/Rio Americano-Sac'to, 8-Shelly Nieto/Merced (soph), 9-Anne Hamilton/Capuchino-San Bruno, 10-Penny Goldthorpe/Half Moon Bay (soph)

BOYS' TEAMS: 1-MSJ, 2-Mira Loma, 3-Jesuit-Sac'to, 4-Skyline-Oakland, 5-Homestead-Sunnyvale, 6-Westmont-Campbell, 7-Pleasant Hill, 8-Mills-Millbrae, 9-El Camino-Sac'to, 10-Castro Valley.

GIRLS' TEAMS: 1-MSJ, 3-Shasta-Redding, 3-Half Moon Bay, 4-Rio Americano-Sac'to, 5-Mira Loma, 6-Miramonte-Orinda, 7-Carondelet-Concord, 8-Homestead-Sunnyvale, 9-Bella Vista-Fair Oaks, 10-Pleasant Valley-Chico.

Dave Larson, a "cross-country historian" and doctoral candidate in Geography at U.C. Berkeley, consulted with me on these rankings. We looked at the entire season performance with more weight placed on the end-of-season meets. The Skyline boys' team was moved up to fourth place as a result of Peter Downs' illness. Chris Manning deserves her high ranking as a result of defeating Liz Strangio three times. Mission San Jose placed four boys in the top eight! □

PREP X-C RESULTS

SAN FRANCISCO SECTION (Oct. 31, San Francisco): /VARSITY/ Team: McAteer 46, Lowell 47, Wilson 89, Galileo 101. 1-McNulty/Wil 15:46, 2-Ibarra/Wil 15:50, 3-Rodriguez/Lo 15:53, 4-Ferguson/M 15:55, 5-Serrano/Lo 16:05, 6-Orange/B 16:12, 7-MacPhail/Lo 16:13, 8-Sundling/M 16:17, 9-Palmore/M 16:24, 10-Tropet/M 16:29. /GIRLS/ Teams: Lowell 15, Washington 76, McAteer 94, Balboa 121, Lincoln 188. 1-D.Gong/Lo 12:49.2, 2-Choate/Lo 13:32, 3-Bergman/Lo 13:36, 4-J.Gong/Lo 14:10, 5-Ng/Lo 14:17. /Keith Conning/

SAC-JOQUIN SECTION, DISTRICT 1 (Nov. 3, Gibson Ranch): /VARSITY/ Teams: So.Tahoe 32, Bella Vista 33, Ponderosa 82, El Dorado 84. 1-Betker/CR 15:19, 2-Turner/Colf 15:21, 3-Maas/ST 15:33, 4-Powell/P 15:52, 5-Heusen/ST 15:53. /GIRLS/ Teams: Bella Vista 28, So.Tahoe 58, San Juan 106, Casa Roble 129, El Dorado 130. 1-Weaver/P 11:41, 2-Kuphaldt/BV 12:05, 3-Chamness/LS 12:09, 4-Haas/ST 12:13, 5-Price/BV 12:16. /Keith Conning/



Mission San Jose's top-ranked boys' team: (L-R, front to back): Bruce Mulcahy, John Carey, Jay Marden, Rich Read, Steve Strangio, John Marden. /Keith Conning/



Top high school X-C coaches this fall were Jack Marden of Mission San Jose (left) and Joe McFarland of Shasta (right). Jim Day of Hayward Daily Review in between. /Conning/



MSJ's girls' squad (L-R, front to back): Beth Duey, Liz Strangio, Marianne Malcolm, Amy Worrall, Linda Coon, Londa Larson. /Conning/

SAC-JOQUIN SECTION, DISTRICT 3 (Nov. 3, site unknown): /**VAR-SITY**/ Teams: Mira Loma 28, El Camino 51, McClatchy 71, Vacaville 102, Cordova 107. 1-Walenschka/Sac 15:12, 2-Shoemaker/ML 15:17, 3-Scott/EC 15:25, 4-John Scott/EC 15:27, 5-Maldonado/M 15:28. /**GIRLS**/ Teams: Rio Americano 36, Mira Loma 40, McClatchy 103, El Camino 108, Encina 114. 1-Fuller/ML 12:24, 2-Roberts/RA 12:47, 3-Slingerland/ML 13:09, 4-Kjenkinson/RA 13:32, 5-Anderson/RA 13:32. /Keith Conning/

NATIONAL POSTAL (Nov. 4, Los Gatos): /**VAR-SITY**/ Teams: MSJ 47:05, Skyline 48:39, Mills 49:27, Carlmont 49:28, Westmont 49:34, Castro Valley 50:10, Leigh 50:14, Watsonville 50:19, Menlo-Atherton 50:26. 1-Strangio/MSJ 9:04.8, 2-T.Downs/Sky 9:05.6, 3-Trujillo/Gil 9:17.1, 4-Soto/MP 9:18.2, 5-O'Connor/Ca 9:19.0, 6-John Marden/MSJ 9:21.2, 7-Rembao/Scrz 9:21.5, 8-Hoch/M-A 9:22.9, 9-Jay Marden/MSJ 9:23.4, 10-Read/MSJ 9:23.8. /**GIRLS**/ Teams: Half Moon Bay 59:14, Carlmont 61:14, Leigh 61:35, Soquel 62:28, Gilroy 63:26. 1-Strangio/MSJ 11:15.6, 2-Goldthorpe/HMB 11:24.3, 3-Schmidt/HMB 11:25.8, 4-Schneider/Scrz 11:27.1, 5-Foiani/Ca 11:36.4, 6-Jungsten/Ca 11:37.6, 7-Larson/MSJ 11:38.1, 8-Wilmet/Le 11:39.8, 9-Van Housen/Wdsde 11:43.3, 10-Siegman/HMB 11:45.2. /Bill Hotchkiss/

SAC-JOQUIN SECTION, DISTRICT 2 (Nov. 4, Gibson Ranch): /**VAR-SITY**/ Teams: Jesuit 20, Woodland 46, Davis 79, Oakmont 107, Benecia 109. 1-Little/J 15:47, 2-Maxwell/J 15:55, 3-Watson/W 15:59, 4-Reyes/J 16:04, 5-Maffer/YC 16:09, 6-Miller/W 16:14, 7-Overoye/J 16:14, 8-Lindeman/J 16:19, 9-Munoz/Lind 16:27, 10-McCarry/J 16:27. /**GIRLS**/ Teams: Del Oro 47, Foothill 48, Woodland 76, Placer 82, Delta 120, Lindhurst 139. 1-Negri/F 11:46, 2-Dietler/F 11:59, 3-Betschart/YC 12:00, 4-Keton/W 12:03, 5-Spencer/Pla 12:12, 6-Geil/DO 12:34, 7-Mason/DO 12:34, 8-Parkay/Ben 12:43, 9-Beauchamp/Oak 12:45, 10-Willis/F 12:46. /Conning/

SAC-JOQUIN SECTION, DISTRICT 4 (Nov. 4, Modesto): /**VAR-SITY**/ Teams: Riverbank 27, Lodi 28, St. Mary's 99. 1-Garcia/L 14:50, 2-Swann/Lin 14:58, 3-Saldana/Riv 15:03, 4-Alberg/L 15:06, 5-Olivera/Riv 15:14. /**GIRLS**/ Teams: Lodi 67, Merced 90, Stagg 110. 1-Nieto/Mer 11:44, 2-Wanamaker/Sum 12:03, 3-Redfearn/L 12:08, 4-Johnson/EU 12:17, 5-Robinson/St 12:19. /Bill Mensing/

NORTHERN SECTION (Nov. 4, Redding): /**VAR-SITY**/ Teams: Chico 52, Shasta 73, Enterprise 121, Pleasant Valley 136, Central Valley 142. 1-Williams/Ch 16:49.8, 2-Frank/CV 16:50.7, 3-Growdon/Ch 17:20, 4-Wingate/Sh 17:24, 5-Ellisen/NT 17:28, 6-Jordan/Sh 17:33, 7-Stensrud/PV 17:34, 8-Boehm/Oro 17:37, 9-Manaul/Tru 17:48, 10-Andrew/And 17:54. /**GIRLS**/ Teams: Shasta 26, Pleasant Valley 34, Chico 84, Enterprise 103. 1-Claiborne/PV 15:17, 2-Burleson/PV 15:39, 3-Watson/Port 15:45, 4-Moore/Nova 15:50, 5-Sweeney/Sh 15:59, 6-Girimonte/Sh 16:06, 7-Badley/Sh 16:06, 8-Weaver/Par 16:12, 9-Peiker/Sh 16:13, 10-David/Yr 16:15. /Sheley/

NORTH COAST SECTION CLASS 3A (REDWOOD EMPIRE AREA) (Nov. 11, Novato): /**VAR-SITY**/ Teams: Petaluma 58, Redwood III, Terra Linda 122, San Rafael 132, Piner 139. Royal/Pet 15:47, 2-Howard/Uk 16:02, 3-Williams/Ar 16:15, 4-Fogg/RC 16:22, 5-Romero/E 16:23, 6-Van Dyke/Pet 16:25, 7-Bellan/Tam 16:31, 8-McCune/Red 16:31, 9-Kilty/D 16:33, 10-Hoyt/Pin 16:34. /**GIRLS**/ Teams: Drake 79, Marin Catholic 81, Ukiah 82, Redwood III, Sonoma 132, Petaluma 143. 1-Flint/Uk 11:53, 2-Kenny/Nov 12:05, 3-Shanoff/Pet 12:25, 4-MacSwain/TL 12:27, 5-Scannell/SM 12:28, 6-Goefrion/D 12:30, 7-Brennan/MC 12:31, 8-Davis/Uk 12:35, 9-Murphy/MC 12:36, 10-Pohle/Red 12:40. /Keith Conning/

NORTH COAST SECTION CLASS 2A/3A (CENTRAL AREA) (Nov. 11, Lafayette): /**VAR-SITY**/ Teams: Pleasant Hill 72, Livermore 104, Northgate 127, Amador Vly 147, Las Lomas 148, Mt. Diablo & Berkeley 171. 1-Wentworth/Liv 14:17, 2-Languemi/AV 14:32, 3-Traynor/CV 14:36, 4-Tilcock/CV 14:43, 5-Baffert/SRam 14:56, 6-Shannon/MV 15:01, 7-Hamilton/Ant 15:02, 8-Robinson/N 15:02, 9-Loyd/Liv 15:05, 10-Foster/PH 15:05. /**GIRLS**/ Teams: Miramonte 64, San Ramon 88, Acalanes 105, Antioch 116, Pleasant Hill 159. 1-Fraser/LL 11:49, 2-Felix/Ant 11:54, 3-Gaffield/EC 11:57, 4-White/M 12:01, 5-Hayes/Dub 12:06, 6-Schalk/SRam 12:14, 7-Richardson/Con 12:21, Lehman/EC 12:23, 9-Greene/M 12:24, 10-Searls/CP 12:33. /Keith Conning/

NORTH COAST SECTION, SOUTHERN AREA (Nov. 11, Hayward): /**VAR-SITY**/ Teams: MSJ 21, Castro Valley 72, DeLaSalle 119, Irvington 122, Piedmont 145. 1-Strangio/MSJ 15:07, 2-Marden/MSJ 15:32, 3-Read/MSJ 15:33, 4-Jay Marden/MSJ 15:36, 5-Moraida/Irv 15:43, 6-Guinee/CV 15:51, 7-Leeds/Ala 15:52, 8-McDonald/ME 16:02, 9-Petersen/DLS 16:05, 10-Pena/Irv 16:07. /**GIRLS**/ Teams: Carondelet 43, MSJ 51, Piedmont 104, Encinal 121, Marina 162...more

1-Ch.Manning/Car 11:21, 2-Strangio/MSJ 11:41, 3-Ca.Manning/Car 11:48, 4-Larson/MSJ 12:03, 5-Martel/Pied 12:07, 6-Bitz/Irv 12:19, 7-Stevenson/CV 12:20, 8-Bigelow/SL 12:28, 9-Phipps/Arr 12:31, 10-Coon/MSJ 12:33. /Keith Conning/



Tom Downs, Oakland Section winner. /Conning/



Felix Soto, on way to victory at Central Coast Section Meet. /Conning/

SAC-JOQUIN SECTION (Nov. 11, Rocklin): Teams: Mira Loma 38, Jesuit 58, El Camino 100, Riverbank 125, McClatchy 147, Bella Vista 158, Lodi 159. 1-Saldana/R 15:10, 2-Shoemaker/ML 15:15, 3-Betker/CR 15:18, 4-Turner/Col 15:24, 5-Jeff Scott/EC 15:26, 6-Reyes/J 15:28, 7-Vail/ML 15:29, 8-Little/J 15:29, 9-Maldonado/M 15:34, 10-Radican/ML 15:36, 11-Overoye/J 15:38, 12-Maas/ST 15:38, 13-Tiernan/ML 15:41, 14-Silverste/ML 15:46, 15-Maxwell/J 15:48, 16-Kuphaldt/BV 15:48, 17-Swan/Lin 15:48, 18-Gary/EC 15:50, 19-Munoz/Lin 15:50, 20-John Scott/EC 15:50. /**INDIV.**/ 1-Walentschka/Sac 15:30, 2-Hepte/ML 15:37. /**GIRLS**/ Teams: Rio Americano 63, Bella Vista 86, Mira Loma 88, Foothill 119, So.Tahoe 130, Stagg 150, Merced 164. 1-Fuller/ML 11:45, 2-Roberts/RA 12:10, 3-Nieto/M 12:26, 4-Negri/F 12:27, 5-Slingerland/M 12:31, 6-Keeton/Wood 12:40, 7-Chamness/LS 12:41, 8-Kuphaldt/BV 12:46, 9-Anderson/RA 12:50, 10-Jenkins/RA 12:51, 11-Holliman/RA 12:52, 12-Redfearn/Lo 12:53, 13-Herrell/BV 12:54, 14-Mara/ST 12:55, 15-Dietler/F 12:58, 16-Robinson/St 12:59, 17-D. Robinson/St 12:59, 18-Wanamaker/BH 12:59, 19-Knodle/BH 13:00, 20-Pohll/ST 13:01. /**INDIV.**/ 1-Weaver/Pond 12:35, 2-Betschart/YC 12:45, 3-Lewis/Enc 13:05. /Bill Mensing/

OAKLAND SECTION (Nov. 14, Oakland): Teams: Skyline 17, Oakland 51, McClymonds 76. 1-T.Downs/S 9:49, 2-P. Downs/S 10:20, 3-Gamboa/S 10:37, 4-Young/O 10:47, 5-Lawler/S 10:55, 6-Wergeland/S 10:58, 7-Wilkins/O 11:08, 8-Middleton/M 11:18.

NORTH COAST SECTION (Nov. 18, Oakland): Teams: MSJ 45, Pleasant Hill 95, Castro Vly 120, Petaluma 123, Terra Linda 174, Redwood 180. 1-Strangio/MSJ 16:00, 2-John Marden/MSJ 16:04, 3-Wentworth/Liv 16:05, 4-Read/MSJ 16:08, 5-Royal/Pet 16:29, 6-Jay Marden/MSJ 16:32, 7-Howard/Uk 16:35, 8-Languemi/AV 16:37, 9-Baffert/SR 16:38, 10-Tilcock/CIV 16:42, 11-McCune/Red 16:43, 12-Fogg/RC 16:44, 13-Harb/CV 16:49, 14-Tarantino 16:51, 15-Williams/Arc 16:54, 16-Guinee/CV 16:56, 17-Robinson/NG 16:58, 18-Foster/PH 16:59, 19-Govi/TL 17:02, 20-Peterson/DLS 17:04. /**GIRLS**/ Teams: MSJ 69, Miramonte 100, Carondelet 121, Marin Cath. 150, Acalanes 157, Ukiah 160, Redwood 174, Drake 174. 1-Ch.Manning/Car 10:45, 2-Strangio/MSJ 10:49, 3-Flint/Uk 10:51, 4-Kenny/Nov 10:54, 5-Ca.Manning/Car 11:04, 6-Martel/Pied 11:05, 7-Gaffield/EC 11:08, 8-Hayes/Dub 11:10, 9-Felix/Ant 11:11, 10-White/Mir 11:14, 11-Larson/MSJ 11:21, 12-Fraser/LL 11:21, 13-MacSwain/TL 11:23, 14-Scannell/SMar 11:25, 15-Coon/MSJ 11:29. /Keith Conning/

CENTRAL COAST SECTION (Nov. 21, Belmont): Teams: Homestead 74, Westmont 147, Mills 153, Hollister 166, Los Gatos 167, Willow Glen 173, Lincoln-SJ 173. 1-Soto/MP 14:54, 2-Hernandez/Ind 15:06, 3-Ramirez/YB 15:18, 4-Balderas/SJ 15:22, 5-Purrington/WG 15:24, 6-Gonzalez/MN 15:25, 7-O'Connor/Ca 15:26, 8-Wirdzek/M 15:27, 9-Gayton/H 15:30, 10-Lambeth/W 15:32, 11-Cooper/WG 15:34, 12-Gonzalez/Linc 15:38, 13-Marson/M 15:39, 14-Cort/H 15:40, 15-Trujillo/G 15:44, 16-Westwood/H 15:45, 17-Demo/H 15:46, 18-Barazza/W 15:47, 19-Mellquist/Ca 15:48, 20-O'Reilly/LG 15:53. /**GIRLS**/ Teams: HMB 85, Homestead 87, Soquel 134, Carlmont 148, Santa Teresa 150, Silver Crk 187...more...

(Central Coast Section, Cont'd...) 1-Schnurpfeil/SM 17:49, 2-Coudela/MVis 18:12, 3-Hamilton/Cap 18:16, 4-Goldthorpe/HMB 18:37, 5-Choy/Sal 18:49, 6-Schneider/SCrz 18:54, 7-Fox/Hom 19:02, 8-Stearns/SCrz 19:07, 9-Foianini/Ca 19:11, 10-Guelich/S 19:17, 11-Jacobson/S 19:24, 12-Schmidt/HMB 19:26, 13-Huston/G 19:27, 14-Sanchez/W 19:30, 15-VanHousen/W 19:33, 16-Wilmot/L 19:35, 17-Bettencourt/HMB 19:36, 18-Harbury/MA 19:36, 19-Powell/DM 19:45, 20-Blake/OG 19:47. /Keith Conning/

NOR-CAL CHAMPIONSHIPS (Nov. 25, Belmont): Teams: MSJ 40, Mira Loma 82, Jesuit 83, Homestead 117, Mills 131, Skyline 151, El Camino-Sac 170, Westmont 195, Castro Vly 212, Shasta 221. 1-T.Downs/Sky 14:44, 2-Strangio/MSJ 14:57, 3-Soto/MP 15:02, 4-Royal/Pet 15:03, 5-John Marden/MSJ 15:05, 6-Read/MSJ 15:05, 7-Hernandez/Ind 15:08, 8-Williams/Ch 15:11, 9-Gayton/Hol 15:11, 10-Little/Jes 15:13, 11-Jay Marden/MSJ 15:15, 12-Marson/Mills 15:16, 13-Jeff Scott/EC 15:17, 14-Ramirez/YB 15:20, 15-Saldana/Riv 15:20, 16-Lambeth/Wstmt 15:20, 17-Cooper/WG 15:21, 18-Gonzalez/MVw 15:24, 19-Fogg/RCot 15:24, 20-Turner/Col 15:25, 21-Aguilar/Mant 15:27, 22-Baffert/SRam 15:27, 23-Betker/CR 15:30, 24-Frank/CV 15:30, 25-Vail/ML 15:31. /GIRLS/ Teams: MSJ 79, Shasta 81, HMB 102, Mira Loma 108, Homestead 115, Bella Vista 128, Marin Cath. 162, Acalanes 180, Soquel 183, Lowell-SF 220. 1-Schnurpfeil/SM 12:23.6, 2-Koudela/MVis 12:24.7, 3-Fuller/ML 12:28, 4-Strangio/MSJ 12:34, 5-Claiborne/PV 12:34, 6-Slingerland/ML 12:35, 7-Goldthorpe/HMB 12:39, 8-Hamilton/Cap 12:43, 9-Choy/Sal 12:49, 10-Negri/Fthl 12:56, 11-Gong/Low 13:00, 12-Fraser/LL 13:03, 13-MacSwain/TL 13:04, 14-Schneider/SCrz 13:06, 15-Guelich/Soq 13:08, 16-Felix/Ant 13:09, 17-Chamness/LS 13:10, 18-Flint/Uk 13:10, 19-Gaffield/EC 13:13, 20-Van Housen/Wdsde 13:15, 21-Murphy/MC 13:16, 22-Schmidt/HMB 13:18, 23-Larson/MSJ 13:19, 24-Bettencourt/HMB 13:20, 25-Ciramonte/Shasta 13:20. /Keith Conning/

Cross Country Report



CALIF. AAU BOYS' AGE-GROUP CHAMPIONSHIPS (Nov. 5, Los Altos Hills): /9-U/ DVTF 43, SVTC 86, RG 98. 1-Soto/Un 9:57, 2-O'Donnell/Un 10:02, 3-Scattini/SV 10:19, 4-O'Dell/RG 10:25, 5-Heredia/DV 10:37. /10-11/ DVTF 51, OCBA 61, CY 105. 1-White-ly/OC, 2-Scott/RTC 12:18, 3-Isenor/OC 12:21, 4-Latting/DV 12:28, 5-Weidlein/RTC 12:33, 6-Callahan/DV 12:36, 7-Hooker/SCRR 12:38, 8-Brownie/CY 12:48. /12-13/ DVTF 39, Arrow 91, RG 116. 1-Kuphaldt/RG 12:13, 2-Carroll/Un 12:20, 3-Berry/Un 12:22, 4-McMahan/DV 12:46, 5-Smith/OC 12:56, 6-Bergstrom/Un 13:00, 7-Morse/DV 13:02. /14-15/ 1-Ogden/Un 15:05. /D. Smith/

USTFF WESTERN REGIONAL X-C (Nov. 10, Fresno): Nevada-Reno TC 159:44, FPTC 160:02, FSU 162:56. 1-Wysocki/NRTC 30:30, 2-Romesser/FP 31:14, 3-Palladino/CW 31:51, 4-Mentzer/NRTC 31:56, 5-Garcia/FP 31:56, 6-Lara/FS 32:02, 7-Hall/FP 32:07, 8-Ramirez/FP 32:11, 9-Munoz/NRTC 32:20, 10-Minor/NRTC 32:21, 11-Hartig/FP 32:33, 12-Barton/NRTC 32:37, 13-Aguire/FS 32:43, 14-VanArsdale/E 32:55, 15-Fleming/NRTC 33:00, 16-Hammonas/NRTC 33:05, 17-Tilford/FS 33:16, 18-Mirth/NRTC 33:21, 19-Coulman/FS 33:23, 20-Valdez/FS 33:31. /Bill Cockerham/

NOR-CAL JR. COLLEGE CHAMPIONSHIPS (Nov. 11, Belmont): Men's results in last issue. /WOMEN/ Div. I: WVC 35, FCC 89, Canada 104, SJCC 114, SRJC 125. 1-Wotherspoon/WV 17:14, 2-Perkins/WV 17:18, 3-Crowley/SJ 17:40, 4-Hester/FCC 18:12, 5-Robinson/Del 18:20, 6-Swannack/Can 18:27, 7-Dominques/FCC 18:31, 8-Bateman/DV 18:36, 9-Davis/WV 18:37, 10-Blevins/DV 18:38, 11-Val Eberly/WV 18:39, 12-Haberman/DA 18:41, 13-Bowers/WV 18:44, 14-West/SJ 18:54, 15-Hendrickson/WV 19:03, 16-Neff/SRJC 19:10, 17-Furtado/SJ 19:11, 18-Vargas/FCC 19:15. Div. II: Yuba 34, MPC 42, Shasta 64, Cabrillo 74. 1-Tracy/AV 17:47, 2-Pappas/Y 18:26, 3-Peters/MP 18:38, 4-Williams/Y 18:42, 5-Connelly/Sky 18:48, 6-Knedler/Sh 18:50, 7-O'Donnell/Cu 19:02, 8-Kearns/Y 19:25, 9-Gonzalas/MP 19:40, 10-Park/Butte 19:49. /Bob Rush/

NCAA DIV. III QUALIFIER (Nov. 11, Belmont): 1-Harnett/Pomona 26:53, 2-Innes/Hum 27:04, 3-Ebner/Hum 27:31, 4-Gilve/Oxy 27:33, 5-Morales/Hum 27:48, 6-Forthoffer/Whit 27:49, 7-Dauncey/Hum 27:57, 8-Lee/Pomona 27:59, 9-Searls/Hum 28:00, 10-Hannawalt/Pomona 28:02, 11-Graga/Oxy 28:23, 12-Borland/Hum 28:24, 13-Martin/Oxy 28:26. /Don Capron/

NCAA DIV. II CHAMPIONSHIPS (Nov. 11, Pennsylvania): - More...

Jim Schankel and Mitch Kingery led Cal-Poly (SLO) to a runaway national title (42 points to runnerup So. Dakota State's 165) by finishing 1-2 respectively under 55-degree temperatures at Indiana Univ. of Pennsylvania. Sacramento State was 4th with 175 points, and Jim White (last issue's NorCal Portrait) was a good fourth place overall...1-Schankel/CPSLO 30:34, 2-Kingery/CPSLO 30:52, 3-Eachus/Bloom 31:04, 4-White/SacSt 31:23, 5-Alvarez/UCR 31:28, 7-Capriotti/CPSLO 31:36, 8-Aldridge/CPSLO 31:42, 11-Garcia/UCR, 27-Huff/CPSLO 32:10, 33-Rinde/SacSt 32:23, 35-VanHorn/SacSt 32:27, 46-Rubino/CSLA 32:42, 47-Westvall/UCR 32:42, 50-Bray/CPSLO 32:44, 53-Brown/SacSt 32:47, 70-Farrell/SacSt 33:09, 74-Parks/UCR 33:12, 84-Bautista/CPSLO 33:18...169 finishers. /Steve Miller/

NATL. AAU MASTERS 10K X-C CHAMPIONSHIPS (Nov. 11, Madison, WI): Teams: Vilas RC 50, Minn. Masters 64, Boston AA 99, Larriue Bros. AC 107. 1-Oscar Moore 33:09, 2-Noreen 33:46, 3-McNeal 34:13, 4-Mueller/BAA 34:37, 5-Rouiller 34:39...21-Mundle/Venice 36:23, 37-Sturak 37:43, 45-DeMoss/WVTC 38:42...69-Pat Bessel/NY 41:08 (1st woman), 78-Mary Czarapata 41:39. /Vilas R.C./

CALIFORNIA STATE AAU WOMEN'S X-C CHAMPIONSHIPS (Nov. 12, Belmont): /OPEN/ SCRR 37, SJC 41, WVTC 68. 1-Bier/SJC 17:01, 2-Olrich/SJC 17:25, 3-Fox/WVTC 18:02, 4-Brodock/RR 18:12, 5-Lee/RR 18:27, 6-Leydig/WVTC 18:29, 7-Albert/RR 18:39, 8-Romesser/FP 18:44, 9-Bray/SJC 18:45, 10-de Anda/RR 18:46. /14-15/ SJC 39, SCRR 40, RG 92. 1-Brogan/SJC 14:13, 2-Demmelmaier/SJC 14:38, 3-Weber/SJ 15:02, 4-Negri/Un 15:04, 5-Gonzales/VE 15:09, 6-Wheeler/RR 15:11. /JUNIOR/ SCRR 21. 1-Gong/WVTC 19:12, 2-Wouters/RR 19:55, 3-Keith/RR 20:27. /12-13/ SCRR 30, SJC "A" 59, SJC "B" 138. 1-Kierman/BA 12:23, 2-Ramirez/RR 12:46, 3-Pratt/RR 12:52, 4-King/SJC 13:04, 5-Rouiller/RR 13:05, 6-Cretien/SJC 13:06, 7-Ramirez/RR 13:09, 8-Cervantes/RR 13:10, 9-Heinbecker/SJ 13:12, 10-Martinez/SS 13:14. /10-11/ SJC 33, SCRR 85, BA 86. 1-Fischer/RR 9:59.8, 2-Vasquez/SJC 10:12, 3-Garcia/SJC 10:15, 4-Carther/RT 10:17, 5-Carillo/IV 10:19, 6-Crabtree/BA 10:25, 7-Miller/SJ 10:26, 8-Rogers/SJ 10:27, 9-McVicar/SC 128, 10-Martinez/RR 10:36. /9-U/ CY 77, SCRR 81, BA 116. 1-Doody/RR 7:58, 2-Bratton/CY 8:13, 3-Harkins/BA 8:23, 4-Fong/RG 8:24, 5-Coviene/Un 8:25, 6-Ryan/SV 8:32, 7-Sage/RR 8:33, 8-Reyes/TB 8:36, 9-Gomez/Un 8:36, 10-Berg/RG 8:50... 50°, 20mph+ winds. /Jerry Colman/



Ann Thrupp of Stanford was top Californian at the National College Championships (AIAW) in Denver. /Conning/

NCAA DIV. III CHAMPIONSHIPS (Nov. 18, Rock Island, Ill.): North Central 60, Luther 151, St. Thomas 152, Humboldt 158. 1-Henderson/Wheaton 23:54...18-Ebner/Hum 24:41, 24-Morales/Hum 24:44, 32-Innes/Hum 25:00. /The Harrier/

NATIONAL AIAW X-C CHAMPIONSHIPS (Nov. 18, Denver, Colo.): Iowa St. 119, N.C. State 144, Penn St. 145, Colorado 147, Oregon 180, Wisc-Madison 190, UC Berkeley 199...11-Cal Poly SLO 254, 21-CS Northridge 534. 1-Decker/Col 16:59.4, 2-Shea/NC 17:01, 3-Mills/PennSt 17:01, 4-Groos/Vir 17:15, 5-Webb/Tenn 17:20, 6-Benoit/NC 17:24, 7-Vetter/ISU 17:30, 8-White/Vir 17:34, 9-Jennings/Princeton 17:37, 10-Thrupp/Stan 17:40...12-Keyes/CPSLO 17:43, 17-Oehm/UCB 17:50, 25-Adams/Wash 18:00, 32-Williams/Ore 18:09, 51-Hjelte/UCB 18:22, 53-Munday/CPSLO 18:23, 66-Trumbly/UCB 18:31, 91-Broderick/UCLA 18:45, 100-Ralston/UCLA 18:52, 101-Richter/UCB 18:53, 108-Rouda/CPSLO 18:58, 111-Cox/UCB 18:59, 125-K.Keyes/CPSLO 19:08, 132-Aubuchon/CSH 19:11, 145-Meek/UCB 19:22, 192-Bubanja/UCB 20:04, 192-Kinsey/CSN 20:05. /Steve Miller/

USA/CANADA MASTERS X-C (Nov. 18, Seattle): 1-Oscar Moore/US 32:11.7, 2-Beardall/DIRT 32:33, 3-Daniel/Canada 32:37...6-Bowles/WVJS 32:48, 11-Guthrie/WVJS 34:04, 16-Mundle(50+) 34:43, 28-Cindy Dalrymple(36) 37:42, 52-Martha Maricle/NCS 42:33, 57-Ruth Waters/NCS 45:07. /Laurel James/

STATE JC X-C CHAMPIONSHIPS (Nov. 18, San Diego): /Large Conf./ Men: Grossmont 29, Fullerton 79...6-Amer. River 179, 7-West Valley 188, Sequoias 189, Modesto 199, CSM 200. 1-Hurst/Mod 19:22, 2-Ortez/Gr 19:32, 3-Carrillo/Bak 19:42, 4-Schallert/LAV 20:01, 5-Rose/Gr 20:02, 6-Keller/Gr 20:08, ...more on next pg.

(State JC X-C, Cont'd...) 9-Katepa/Seq 20:16, 10-Saiki/EC 20:20, 11-Breuer/AR 20:21, 12-Allison/Ful 20:22, 13-Lohr/Gr 20:23, 14-Barcenas/Bak 20:25, 15-Gomez/Ful 20:26, 16-Dyer/WV 20:27...18-Sechrist/SJCC 20:31, 19-Grimes/DA 20:40, 26-Will/AR 20:50, 27-Thurston/CSM 20:52, 32-Graves/WV 20:56, 33-Hale/Delta 20:58, 34-Lohse/Seq 20:59, 37-Green/CSM 21:04, 38-Winkley/Mod 21:08, 41-McBride/CSM 21:20. Small: Hancock 44, Glendale 46, Sierra 96, 7-Skyline 175, 8-MPC 188, 9-Yuba 212. 1-Hitchcock/Si 19:38, 2-Gibson/G 19:44, 3-Keranen/H 19:51, 4-Lewis/G 20:29, 5-Sup/MPC 20:34, 6-Mayfield/H 20:37, 7-Hendricks/SD 20:41, 8-Hamer/Si 20:43, 9-Lundgren/H 20:44, 10-Maserjian/G 20:46, 11-McDaniel/Sk 20:47...18-Christensen/MPC 21:02, 20-Vargas/Har 21:03, 21-Galligan/Y 21:07, 28-Dietler/Si 21:22, 30-Sane/Si 21:29, 32-Gulli/Sk 21:33, 36-Cooper/Y 21:44, 39-Scott/Butte 21:55. /WOMEN/ Large: WVC 29, FCC 89, Orange 110, SJCC 113, Grossmont 131, Santa Rosa 143...8-Canada 150. 1-Perkins/WV 17:31, 2-Crowley/SJCC 17:44, 3-Hester/FCC 17:58, 4-Wotherspoon/WV 18:09, 5-Robinson/Delta 18:13, 6-Simmons/Harb 18:23, 7-Proulx/Gr 18:39, 8-Davis/WV 18:42, 9-Eberly/WV 18:45, 10-Hendrickson/WV 18:49, 11-Swannack/Can 18:54, 12-Blevins/DV 18:55, 13-Bowers/WV 18:59, 14-Bateman/DV 19:04, 15-Domingues/FCC 19:12...19-Neff/SR 19:25, 22-West/SJCC 19:34, 27-Furtado/SJCC 20:03, 28-McManus/WV 20:07, 32-Simmie/SR 20:19, 35-Vincent/SR 20:32. Small: Yuba 68, Citrus 69, Ventura 72, Glendale 78, MPC 98...7-Shasta 153, 8-Cabrillo 179. 1-Caldwell/Cit 17:28, 2-Tracy/AV 18:05, 3-Castro/H 18:19, 4-Pappas/Y 18:27, 5-Peters/MPC 18:28, 6-Milewski/V 18:29, 7-Williams/Y 18:42, 8-Whitney/G 18:45, 9-Kearns/Y 18:49, 10-O'Donnell/Cu 18:52...12-Knedler/S 19:04, 14-Connelly/Sky 19:17, 19-Park/Butte 19:28, 23-Gonzalez/MPC 20:13, 24-Webb/Y 20:14, 27-Matthews/MPC 20:24, 32-Spencer/MPC 20:37. /Bob Larsen/

NCAA DIV. I CHAMPIONSHIPS (Nov. 20, Madison, WI): Teams: UTEP 56, Oregon 72, Wisconsin 134, Penn.St. 220, Colorado 234. 1-Alberto Salazar/Or 29:29.7, 2-Musyoki/UTEP 29:33, 3-Hunt/Ariz 29:34, 4-Nyambui/UTEP 29:36, 5-Lacy/Wi 29:37, 6-Hunter/Cleveland 29:40, 7-Clary/Or 29:47, 8-Schankel/CPSLO 29:48, 9-Snyder/PennSt 29:48, 10-Henderson/Wheaton 29:49...21-Hunsaker/Col, 35-Leano/Nev-R 30:23, 45-Hitchcock/SacSt 30:30, 46-Pfeffer/Colo 30:30, 50-Kingery/CPSLO 30:35, 56-Spilsbury/Colo 30:37, 57-Daniels/UCI 30:39, 77-Alvarez/UCR 30:52...241 finished (19°). /Univ. Wisc./

NATIONAL AAU MEN'S X-C (Nov. 25, Seattle, WA): Teams: Mason-Dixon AC 68, Oregon 79, GBTC 93, ColoTC 107, Athletics West 142, Penn.St. 236, Santa Monica TC 244, Jamul Toads 302, CNW 345, UCTC 346...12-Maccabi 368, 17-WVTC 484, 20-Camino West 503, 23-Fresno Pacific TC 582, 25-Aggie RC 615, 30-AIA 888, 33-WVTC "B" 1004, 37-Marin Racers 1109, 38-Pamakids 1137. 1-Meyer/GBTC 29:35.9, 2-Salazar/Ore 29:36.3, 3-Virgin/SLTC 29:57, 4-Clary/Ore 30:03, 5-Waigwa/PPC 30:05, 6-Cuzzort/MDAC 30:06, 7-Murphy/MDAC 30:07, 8-Arbogast/ColoTC 30:08, 9-Wysocki/LVTC 30:11, 10-Donhow-ski/NYAC 30:15, 11-Dillon/GBTC 30:18, 12-Lawson/SMTC 30:22, 13-Anderson/Colo 30:24, 14-Hodge/GBTC 30:25, 15-Butler/Canada 30:25...18-Babiracki/SFVTC 30:29, 21-Sandoval/AW 30:32, 23-Schankel/Mac, 25-Hunt/Quest 30:43, 41-Kardong/CNW 31:03, 56-Moreno/CW 31:24, 59-Kingery/CW 31:26, 69-Taylor/OTC 31:30, 92-Romesser/FP 31:44, 103-Porter/WVTC 31:49, 104-Capriotti/Mac 31:50, 106-Garcia/FP 31:50, 111-Macdonald/WVTC 31:54, 112-Palladino/CW 31:54, 121-Pinocci/WVTC 32:03, 128-Geis/AW 32:08, 133-Hart/WVTC 32:10, 134-Tarin/WVTC 32:11, 139-Yeo/AGRC 32:13, 142-Van Dine/AGRC 32:18, 144-Ramirez/FP 32:20, 145-Seaver/WVTC 32:20, 148-Harms/AGRC 32:22, 153-Hurst/WVTC 32:26, 160-Spear/CW 32:30, 161-Sweeney/AGRC 32:30, 167-Flores/AGRC 32:34, 168-Tracy/AGRC 32:35, 169-Sheehan/AGRC 32:36, 183-Hartig/FP 32:49, 185-Hitchcock/Sierra 32:51, 192-Berry/WVTC 32:56, 193-Hall/FP 32:58. /Bill Roe/

NATIONAL AAU WOMEN'S X-C (Nov. 25, Memphis, TN): /SR. WOMEN/ 1-Julie Brown/LAN 16:32.6, 2-Merrill/AGAA, 3-Shea/NC 16:42, 4-Mills/PennSt 16:44, 5-White/DCRC 16:46...11-Kinsey/LAN 17:04, 21-Wotherspoon/SJC 17:27, 22-Perkins/SJC 17:30, 23-Bier/SJC 17:33, 32-Broderick/UCLA 17:42, 33-Regan/SJC 17:47, 35-Oehm/LAC 17:48, 42-Olrich/SJC 17:57, 54-Difatte/NY 18:09, 56-Adams/CNW 18:11, 79-Hester/FPTC 18:42, 99-Romesser/FPTC 19:30. Teams: Liberty AC 75, SJ Cindergals 141, CNW 142, LA Naturite 206. /JUNIOR/ Teams: Liberty AC 106, LIGS 136, Colorado Gold 159. 1-O'Connor/DCCYO 13:41, 2-Springs/Fla 13:42, 3-C.Craven/Scioto 13:55, 4-Lee/SCRR 14:06, 5-Murnane/Lib 14:07...21-Ortiz/FPTC 14:26, 68-Roberts/SacSpik 15:26. /INTERMEDIATE/ Teams: SJC 34, SoCalRR 69...5-Roseville Gaz 204. 1-Brogan/SJC 14:11, 2-King/SJC 14:19, 3-Buckley/ETC-WA 14:31, 4-Sawyer/AZ 14:34, 5-Garche/SCRR 14:45...8-Stearns/SJC 15:03, 9-Demmelmaier/SJC 15:08, 14-Weber/SJC 15:20, 16-Chretien/SJC 15:23, 38-Simmons/RG 16:46, 45-Duran/RG 17:45, 48-Gleason/SJC 18:07, 50-Spencer/RG 18:45. /YOUTH/ Teams: SCRR 57, Kirkwood, Mo. 86. 1-L.Craven/Scioto 10:41, 2-Frank/III. 11:07, 3-Ramirez/SCRR 11:19...next page...

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AMERICAN RED CROSS**

To Promote CPR Training

3 Miles
8:30 a.m.



10 Km.
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SUNDAY, March 25, 1979

San Marin High School, Novato

FLAT, SCENIC, COUNTRY RUN

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In consideration of your accepting my entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the American Red Cross, the Pacific Assoc. of the A.A.U., the City of Novato or the County of Marin, their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and certify that I am physically fit and have sufficiently trained for the completion of "A Run For Your Life" and my physical condition for participation in this type of event has been verified by a licensed medical doctor during the last six months.

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FOR FURTHER INFORMATION, CALL LEE STRAUSS 415/454-1550

(Natl. AAU Women's X-C, Cont'd...) 4-Jonassen/ETC-WA 11:23, 5-Pratt/SCRR 11:26. /MIDGET/ Teams: SJC 54, SCRR 99, DC Catholic 108...5-Roseville Gaz. 161. 1-Garcia/SJC 8:25.0, 2-Fisher/SCRR 8:34, 3-Morgan/Un 8:38, 4-Miller/SJC 8:43, 5-Carter/ReddingTC 8:48...7-Vasquez/SJC 8:50, 13-McDowel/RG 8:58, 18-McAfee/RG 9:03, 20-Brogan/SJC 9:10, 22-Weisberg/SJC 9:11, 27-Rogers/SJC 9:14, 33-Cervante/RG 9:18, 45-Barley/RG 9:35, 52-McCarty/RG 9:43, 65-Lee/RG 10:40. /BANTAM/ Teams: Kirkwood 69...4-Cupertino Yearlings 144, 5-Roseville Gaz. 160. 1-Hanlon/OlneyTC 5:51, 2-Rakestraw/Kirk 6:00, 3-Preusser/Kirk 6:02...6-Bratton/CY 6:07, 12-Fong/RG 6:20, 18-Berg/RG 6:26, 31-Carsiglia/CY 6:42, 34-Ryan/CY 6:48, 35-Nila/CY 6:48, 37-Lee/RG 6:51, 38-Mahoney/CY 6:52, 43-Maki/RG 6:59, 45-Carsiglia/CY 7:04, 50-Nolen/RG 7:24, 54-Fong/RG 7:52, 55-Duran/RG 7:58. /Phyllis Olrich; Pete Cava/



Lance Packer upset defending champ, Rod Berry, at PA-AAU Jr. 10K X-C. /Conning/

PA-AAU JR. MEN'S 10K X-C (Dec. 3, Belmont): Teams: WVTC 2:46:52, CW 2:56:06, Marin Racers 3:00:59. 1-Lance Packer/CSN 32:28, 2-Berry/WVTC 32:48, 3-T.Downs/WVTC 32:55 (1st H.S.), 4-Plasso/LVTC 33:22, 5-Gruber/WVTC 33:25, 6-John Marden/WVTC 33:31, 7-Gulli/Sky 33:51, 8-O'Neil/Un-Stanford 33:56, 9-Wolters/FP 33:56, 10-Zentner/MR 33:58, 11-Trimble/Un 34:01, 12-Strangio/WVTC 34:14, 13-Graves/WVC 34:20, 14-Conover/WVTC 34:29, 15-Otis/OPHIR 34:33, 16-Baffert/PMK 34:38, 17-Gonzalez/CW 34:43, 18-Huff/AH 34:45, 19-Mann/CSN 34:47, 20-Gonzalez/CW 34:48, 21-Coulman/FSU 34:51, 22-Mitchell/AHC 34:53, 23-Munoz/Un 34:58, 24-Lindeman/BC 35:10, 25-Apperson/CW 35:20...58 finishers. /Jack Leydig/

NATL. AAU JR. OLYMPIC X-C (Dec. 9, Shawnee Mission Park, KS): /Winners and NorCal placers only/ /BOYS/ 9&U: 1-Wall/Susanville 8:20.9...8-Reed/Piedmont 8:56, 29-Cole/Fairfield 9:15, 62-Odell/Sac'to 9:47, 72-Chuong/Fairfield 9:59. 10-11: 1-Kingsley/Mo 8:02.9, 48-Reed/Albany 9:01. 12-13: 1-Willis/Va 10:18, 20-Hansen/Placerville 10:40, 40-Gilstrap/Porterville 11:02, 87-Harris/Fairfield 11:31. 14-15: 1-Smith/Colo 12:01, 4-Scott/Sac'to 12:20, 18-Knowles/Vacaville 12:35, 40-Whaler/Auburn 12:49, 61-Grubbs/Elk Grove 13:10, 95-O'Leary/Colfax 13:29, 104-Immoos/Elk Grove 13:35, 122-LaBrado/Elk Grove 13:51, 154-Lawlor/Elk Grove 14:42. 16-17: 1-Sheely/Md 14:04, 23-Williams/Chico 14:42, 56-Powell/Sac'to 15:08, 79-Jones/SantaRosa 15:23, 117-Hoyt/SantaRosa 15:58, 125-Johnson/Cloverdale 16:09, 139-Wilson/SantaRosa 16:17. /GIRLS/ 9&U: 1-Jones/Nebr 9:15, 100-Fong/Sac'to 11:53. 10-11: 1-Russell/Penna 8:26, 60-Orman/Antioch 9:41. 12-13: 1-Jonassen/Wash 11:02, 16-MacSwain/SanRafael 11:46, 34-Hottingsworth/SantaRosa 12:04, 36-McCarthy/SantaRosa 12:05. 14-15: 1-McLain/Penna 13:55 (no NorCal runners). 16-17: 1-Crystal/Colo 16:59, 8-Claiborne/Chico 17:29, 18-Rudolph/Sac'to 17:53, 65-Quintana/San Leandro 20:39. (Course snow-covered; 20° with wind-chill factor of -12°.) /Duncan MacSwain; Verlyn Schmidt/

LATE FLASH AS WE GO TO PRESS--WVTC 2ND AT JR. NATL. X-C--(Feb. 3, Gainesville, FL): - Complete results in next issue...Teams: Central Florida TC 2:02:04, WVTC 2:05:38, Bay TC 2:09:56. 1-Wills/CFTC 23:27, 2-Hill/Un 23:33, 3-Gregorik/Un 23:36, 4-Nelson/Burbank 23:43, 5-Sharsu/Un 23:39...13-Tim Gruber/WVTC-SJS 24:31, 18-Rod Berry/WVTC-Stanford 24:54, 20-Mark Conover/WVTC-HSU 24:54, 23-Jay Marden/WVTC-MSJ 25:34, 25-Pete Downs/WVTC-SkylineHS 25:48, 28-Steve Strangio/WVTC-MSJ 26:06...DNF-Tom Downs/WVTC-SkylineHS. /Dave Shrock/

LONG DISTANCE RESULTS

JOG IN THE FOG (Sept. 10, Half Moon Bay): /5.75 Mi./ 1-Ken McBride 31:32, 2-Bostrom 35:36, 3-Mendiola 36:19, 4-Kiernan 37:36, 5-Albers 37:41...16-Theis(50+) 43:32, 17-Prucha(40+) 43:42, 19-Elise Bortin 43:53, 24-Judy Peterson 45:37...68 finishers. /Bill Hurja/

MARIN SYMPHONY DEMI-MARATHON (Sept. 10, Mill Valley): /Distance?/ 1-Tim Swezey 68:28, 2-Mason 69:49, 3-Millar 70:51, 4-Gonzales 70:54, 5-Samson 71:32, 6-Bales 71:45, 7-Malain/BC(50+) 71:52, 8-Harrison 72:14, 9-Wilson/KJ(40+) 72:15, 10-MacKenzie 73:16, 11-Bennett 73:58, 12-Milewski 74:52...28-Cindy Farmer 80:12, 32-Sowersby/PMK 82:32, 40-Blankenship 84:46...more...

42-Magid 84:50, 43-Hooper 85:06, 51-Houston 87:43...127 finishers. /Marilyn Smith/

DSE DALY CITY HILL RUN (Oct. 8, Daly City): /6.2 Miles/ 1-Dave Dunbar 39:55, 2-Robertson/WVTC 41:47, 3-Carleton 41:53, 4-Anderson 42:11, 5-Jerome/TRAC 42:37, 6-Basinger 43:07, 7-Camisa 43:14, 8-Navarro 44:38...35-Ruth Anderson/NCS(40+) 49:03, 60-Daphne Dunn 52:48, 67-Colleen Fox 53:38. /Louise Butchart/

HEART OF SAN DIEGO MARATHON (Oct. 14, San Diego): 1-Ed Mendoza 2:21:28, 2-Galloway/ATC 2:22:02, 3-Saldiriz 2:25:02, 4-Kelly 2:25:21, 5-Wilson 2:25:29, 6-Barton 2:27:18, 7-Ellis 2:29:10, 8-Villanueva 2:30:12, 9-Heaton 2:30:26, 10-Goettelmann/WVTC 2:33:29...14-Bonner/LVRC 2:37:08, Berkouf(40+) 2:44:35, 42-Walker/LVRC 2:47:45, 45-Moore/LVRC 2:48:22, 47-Scellato 2:49:30, 50-Rowley/SUND 2:49:51, 72-Gustafson 2:53:20, 76-Sue Krenn/SDTC 2:53:52, 86-Doran/WVJS 2:55:11, 108-Kuykendall/WVTC 2:57:06, 120-Byrd/PMK(40+) 2:58:35, 130-Elaine Campo 2:59:25, 141-Ellen Turkel 2:59:25...Note: Saldiriz (3rd) is a master (from Mexico we think!)...2000 finishers. /San Diego TC Newsletter/

JOURNAL JOG (Oct. 15, Reno, NV): /5 Miles/ 1-Tom Wysocki/Reno 23:20.5, 2-M.Tibaduiza/UNR 24:59, 3-Hernandez 25:25, 4-Endestad 25:39, 5-Hintermister 25:43, 6-Houk 25:53, 7-Killeen 26:03, 8-Kerby 26:23, 9-Freeman 26:39, 10-Iredale 26:40, 11-Lincicome 26:45, 12-DeLaGarza 27:09, 13-Sinnott 27:19, 14-Finney 27:21, 15-Nelson 27:21...Kristi Rapp 31:27, Debbie Thomas 31:40, Tracy Mimno 32:45...900+ finishers. /Grae Van Hooser/

PIEDMONT MUSIC FOUNDATION FOOT RACES (Oct. 21, Piedmont): /5K/ 1-Dennis Tracy/WVTC 15:42, 2-Green/PMK 15:55, 3-Cross/WVTC 16:00, 4-Ferguson 16:50, 5-Walker 17:05, 6-Weidinger/ETC 17:35, 7-Dean 17:39, 8-Gayden 17:44, 9-Holmes/WVJS(40+) 17:46, 10-Zentner/MR 17:46, 11-Saylor(40+) 17:59, 12-Hicks 18:00...Mimi Hepler 21:15, Jenny Ray 22:05, Martie Comarell 22:09. /10K/ 1-Jan Serphen/ETC 29:23 (short course?), 2-Elletson 30:45, 3-Beardall/DIRT(40+) 33:07, 4-Keck 35:20, 5-Greub(40+) 35:55, 6-Coleman 36:00, 7-Orwig/WVTC 36:37, 8-Whittingslow 37:05, 9-Turrentine 37:13, 10-Kroll 37:20...Marcia White 38:33, Patricia Whittingslow 41:10, Denise Bigelow 43:04, Gail Gustafson/WVTC 43:15. /Peter Butler/

DSE PRESIDIO ROLLER COASTER RUN (Oct. 22, San Francisco): /4 Miles/ 1-Phil Kay 20:38, 2-Woodliff/AGRC 20:48, 3-Gwisc 20:56, 4-Sheleketinsky 24:15, 5-Staley 26:31, 6-Cindy Farmer 26:37, 7-Carlson 26:37, 8-Dickson 26:37, 9-McDonnagh 26:37, 10-Willmot 26:37, 11-Laufer 26:37...16-Kathy Prickett 27:04, 23-Pat Whittingslow/PMK 27:44...257 finishers. /Louise Butchart/

SANTA BARBARA MARATHON (Oct. 22, Santa Barbara): 1-Joe Carlson /CCAC 2:24:02, 2-Hottister/SBAA 2:40:05, 3-Hartley 2:43:19, 4-Kleindienst 2:44:40, 5-Hallanan/TIT 2:45:27, 6-Frans 2:45:28, 7-Seeger 2:45:39, 8-Bush/GMW 2:47:02, 9-Burns 2:47:29, 10-Shirley 2:47:30, 11-Salz(40+) 2:48:52...17-Sawyer/JRC(40+) 2:53:51, 21-Helgerson 2:54:38, 33-Stein 2:59:54, 34-Tamez 3:00:11, 49-Zavortink/PMK 3:06:41...75-Mary Jane Rense 3:15:39, 101-Erica Forbes 3:22:53...369 finishers. /John Brennan/

NEW YORK CITY MARATHON (Oct. 22, N.Y.C.): - We listed some results in last issue, many of which were unofficial times, so we're listing all the NorCal people that we could find in the official results...we may have missed "unattached" runners, as results only lists club and state. There are too many California finishers to list them all. 32-Tim Nikcevic/Berkeley 2:23:33, 80-Daryl Zapata/WVTC 2:30:35, 121-Mike Duncan/WVTC 2:34:00, 187-Frank Nolan/WVTC 2:40:04, 199-Angel Martinez/AGRC 2:41:21, 350-Ray Bonner/TSRC 2:47:37, 495-Carol Young/BASC 2:52:28, 500-Victor Mora/Colombia 2:52:32, 532-Bennett/PMK 2:53:40, 698-Judy Leydig/WVTC 2:57:37, 711-Irene Rudolf/WVTC 2:57:57, 855-Sue Stricklin/MPPR(40+) 3:01:15, 865-Miller/DSE 3:01:31, 906-Joan Ulyot/WVTC 3:02:41, 988-Elaine Miller/Un 3:04:47, 1161-Vicki Blankenship/PMK 3:08:26, 1317-Jane Sowersby/PMK 3:11:36, 1327-Jeff Vines 3:11:47, 1435-Wood/NCS(40+) 3:13:38, 1501-Adorno/WVTC 3:14:40, 1642-Fisher/DSE 3:16:57, 1681-Lenihan/RWRC 3:17:29, 1763-Brown/BC 3:18:46, 1846-Rosenthal/DSE 3:20:05, 1874-Paffenbarger/NCS 3:20:32, 2175-Spitz/DSE 3:24:38, 2464-Donnelly/ORR 3:28:16, 2616-Anderson/RWRC 3:30:00, 2618-Benyo/RWRC 3:30:00, 2690-Blankenship/PMK 3:31:03, 3081-Hatfield/SanJose 3:36:01, 3226-Spiegel/TSRC 3:37:49, 3278-Smoke/DSE 3:38:37, 3409-Shuman 3:40:11, 3480-Hoffmann 3:40:51, 3528-Martin/LVRC 3:41:28, 3629-Katharine Brieger/NCS 3:42:28, 4542-Brent/DSE 3:53:35, 4564-Mason 3:53:48, 4705-Brieger/NCS 3:55:14, 4949-Burger/BASC 3:58:01, 5102-Kennelly/DSE 3:59:42, 5112-O'Neil, Mike/BC 3:59:48, 5294-Schopman/DSE 4:02:45, 5309-Benjamin/DSE 4:02:53, 5439-Buchner 4:04:55...cont'd on pg. 35

(NYC Marathon, Cont'd...) 5459-Sundari Michaelian 4:05:16, 5843-Urmila Santana 4:11:04, 5912-Coverley/DSE 4:12:31, 6390-Weber 4:20:29, 6457-Deborah St. James 4:21:43, 6606-Hill/DSE 4:24:04, 6923-Clark/DSE 4:29:47, 7310-Pineiro/FCRJ 4:38:18, 7440-Marjorie Lawson/BC 4:41:18, 7527-Marlene Wickenheiser/DSE 4:43:08, 7593-Weissman/DSE 4:45:42, 7674-Bahr 4:48:46, 7677-Howard/RWRC 4:48:55, 7990-Kaiser/DSE 5:00:12, 8062-Peggy Murphy 5:03:11, 8116-Wong 5:05:32, 8131-Reid/DSE 5:05:59, 8153-Coleman 5:06:56, 8296-Stack/DSE 5:16:38, 8312-Christine Hunt 5:18:06, 8338-Hudgins 5:20:14, 8418-Ila Coleman 5:29:55...8588 finishers. /Fred Lebow/

WRECK RUN (Oct. 28, San Mateo): /5KM?/ 1-Michael Niemiec/WVTC 15:41, 2-Harris/WVTC 16:17, 3-Nelson 16:49, 4-Main/WVTC 17:16, 5-Holloszy(40+) 17:47, 6-Barr 18:59, 7-Kauffold 19:01, 8-Gatzert 19:09...18-Carroll O'Conner 21:25...51 finished. /Main/

CITY TO PORT FUN RUN (Oct. 29, San Luis Obispo): 1-Schanke/CP 60:19, 2-Tokar 61:47, 3-Hiserman/AGRC 62:37, 4-Nanninga/WVTC 62:59, 5-Lowrie 64:01, 6-Boatright 64:13, 7-Arreola 64:52, 8-Aranas 65:05, 9-Casper 65:14, 10-Root 66:17...65-Lynn Bautista 84:24, 72-Martha Miller 86:39, 74-Carolyn Proctor 86:42. /California Track News/

OLD TOWN HALF-MARATHON (Oct. 29, Eureka): 1-Scott Peters 1:09:20, 2-Morales 1:09:38, 3-Labrie/SRRC 1:09:49, 4-Munoz 1:10:42, 5-Becker 1:10:42, 6-Cottrell/SRRC 1:11:33, 7-Arrison 1:12:44, 8-Davy 1:13:03, 9-Heistumon 1:13:13, 10-Little 1:13:32, 11-Zygaczanko 1:13:48, 12-O'frouke 1:15:52...27-Gilchrist/SRRC(40+) 1:21:11, 28-Egenes(40+) 1:21:16, 52-Sheila Maskovich 1:26:21, 86-Peggy Jacob 1:31:01. /Six Rivers R.C. Newsletter/

NATL. AAU MASTERS 15-KILO X-C (Oct. 29, Pittsburgh, PA): 1-Six/PVS 57:43, 2-Bradley/PVS 58:03, 3-De Morris/BAA 58:28, 4-Menzie/WVTC 60:43, 5-Packard/BAA 60:51, 6-Diamond/PVS 61:35, 7-Fleming/PVS 62:03...only 21 finishers and not a soul from Pennsylvania!). /Ray Menzie/

OREGON AAU 50-MILER (Oct. 29, Sauvie Island): 1-Jim Bearson 5:47:42, 2-Bozanich 5:48:00(?), 3-Bob Bunnell 5:52:19...Frans Pauwels(60+) 6:24:18 (new American 60+ record). /Runner's Gazette/

FAMILY SERVICE GUILD TURKEY RUN (Nov. 4, Lafayette Reservoir): /10K/ 1-Darryl Beardall(40+) 34:01, 2-Mills 34:39, 3-Kearns 35:04, 4-Bettencourt 35:12, 5-Barbour 35:41, 6-Pawlak 36:05, 7-Armstrong 36:16, 8-Spangler/WVTC(40+) 37:12, 9-Williams 37:45, 10-Eiriksson 37:54, 11-Arata 38:11, 12-H.DeMoss/WVTC(40+) 38:31, 13-Caldwell 38:40, 14-Rubard 38:50, 15-Bradley 38:54...65-Patricia Whittingslow/PMK 44:11, 80-Daphne Dunn 45:59, 87-Marcia White/ORR 46:56...158 finished. /C.Whitman/

CENTRAL CALIFORNIA MARATHON (Nov. 11, Fresno): 1-Dave Bronzan/HSTC 2:38:40, 2-Lomeli/FPTC 2:41:39, 3-Penner/FPTC 2:42:01, 4-Meyer/FPTC 2:42:38, 5-Stephenson/HSTC 2:44:23, 6-Peck/BTC 2:46:41, 7-Fernbach/ORR 2:47:35, 8-Dewell/Fresno 2:47:49, 9-Keller/FPTC 2:47:58, 10-Lambe/FPTC 2:48:08, 11-Malain/BC(50+) 2:51:50, 12-Delgado/BC(40+) 2:51:58, 13-Suarez/Fresno 2:52:45, 14-Delgado/FPTC(40+) 2:53:19, 15-Hernandez 2:53:53, 16-Mathews/Sac'to 2:54:25, 17-Ortega/FJ 2:54:50, 18-Arata 2:55:16, 19-Betschart/BC(50+) 2:55:27, 20-Weber/Sac'to 2:55:34...31-Sheila Maskovich/Arcata 3:05:05, 45-Carolyn Tiernan/WVTC 3:10:57, 60-Daphne Dunn/PMK 3:20:17...191 finishers. /Gordon Keller/

SPA-AAU 10K X-C CHAMPIONSHIPS (Nov. 11, Corona): 1-Stan Vernon/SMTC 30:24, 2-Blue/JT 30:26, 3-Lawson/SMTC 30:39, 4-Barbiracki/SFV 30:41, 5-Jones/SMTC 30:42, 6-Daniels/SFV 30:56, 7-Colley/SCRR 30:59, 8-Sutherland/BB 31:03, 9-Harper/JT 31:05, 10-Whalen/SMTC 31:12, 11-Martinez/AIA 31:17, 12-Varley/JT 31:32, 13-Thornsberry/JT 31:32, 14-Buckingham/JT 31:36, 15-D.Waltmire/AIA 31:37, 16-Mosher/SDTC 31:41. /Cal Track News/

CONSERVATORY "RUN FOR THE MUSIC"/BAY BRIDGE RUN (Nov. 12, Oakland to S.F.): - Results (times) were taken from the car of the

SECOND ANNUAL



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race director and inadvertently destroyed before any copies had been made...therefore, we're listing only a few of the top individuals...not sure of the distance. 1-Mike Pinocci/WVTC 34:50, 2-Seaver/WVTC, 3-Thomas/WVTC, 4-Jenkins/ER, 5-Speer/CW, 6-Dearaujo, 7-Fanelli/PMK...40-Russ Kiernan(40+)/DIRT, 134-Vivian Soderholm-Difatte 41:36, 146-Penny Goldthorpe...7000+ finishers so we've been told! /Judy Lipsett/

EL CAMINO REAL STAKES 10 KILO (Nov. 12, Bay Meadows--San Mateo): 1-Dave Robertson/WVTC 31:27, 2-Dunbar/PMK 31:31, 3-Skiff/SkyJC 31:44, 4-Harris/WVTC 32:05, 5-O'Brien 33:20, 6-Leydig/WVTC 33:20, 7-Benz/WVTC 33:30, 8-Lindsell 33:36, 9-Meegan 33:58, 10-Clay 34:03, 11-Reyes 34:44, 12-Stevenson(50+) 34:45, 13-Clemo 35:15, 14-Sheehan 35:23, 15-Gouveia 35:32, 16-Ken 35:37, 17-Mendiola 35:39, 18-Duncan 35:40, 19-Rolston/WVTC(40+) 35:47, 20-Lucas 36:02, 21-Taylor/WVTC(40+) 36:07...72-Denise Bigelow 40:10, 76-Terry Forsell 40:19...186 finishers (Note: Course was 6.06 miles...short of advertised length by 264 Yds.). /Michon/

KING CITY "RUN THROUGH THE VALLEY" (Nov. 18, King City): /6.0 Mi./ 1-Haywood Norton 32:56, 2-Richina 33:22, 3-Gourley 33:26, 4-Gevara 34:02, 5-Root 34:11, 6-Clinton 34:20...Cont'd Pg. 36.

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* WARNING!! *

We've had it! We hope that the running community has had their fill of poor race results too. Our staff spends a lot of needless hours trying to decipher many of the long distance results we receive, and quite frankly, we don't have the time. A good portion of the results we receive are almost useless to anyone who's interested in figuring out how he or she did relative to others in the race. It is amazing how many results do not list age, or sex, or even full names of the participants! We get a lot of results that list only a runner's place within his/her division...to find out how you did relative to anyone not in your division, you must go back and forth through the results, looking at the various divisional listings. In some instances, it's not even possible at first glance to see who won the race!

Well, we think it's time that meet directors did a little better job of reporting their race results to the participants (and the NCRR). Beginning with next issue, NCRR will not print results which we feel are non-standard. We feel this is not asking very much. *Following are the minimum requirements if you wish your results published:*

1. Results must list overall finish place, and the place within division is encouraged...do not list finishers in groups (by division); list in order of overall finish.
2. Results must indicate (differentiate) male and female finishers (with a code for one or both sexes).
3. Results must list full name and finishing time.
4. Age (preferably) or division (with explanation of age spread) must be indicated. Note over-40 runners.
5. Club affiliation and/or hometown are desirable.

HALL AND KING ANNEX GREAT GRAPE RACE TITLES (Sept. 17, San Jose): - Jerry Hall of Stanford beat a field of 207 with a time of 36:35 on a rugged 10-kilometer course in San Jose's Parma Park to win the first annual affair after being pressed most of the way by WVTC's Mike Duncan, who wound up a bit less than 100 yards back in 36:51. Duncan's teammate, Harold DeMoss, last year's PA-AAU LDR Chairman, took an easy win in the over-40 division with his 41:24, good enough for a quarter-mile victory over Mike Paradis. Maria King likewise had an easy time sewing up the women's division with her fine 42:46, nearly a minute ahead of Cindergal teammate Cathy Demmelmaier. Paul Marquez of SJTC took the high school division in 38:20, good enough for fourth overall. The race was sponsored by the Almaden Valley Women's Club with the help of the Tax Reducers A.C., and proceeds went to support community projects and non-profit organizations. /Dianna CopeLand/

1-Jerry Hall/Un	36:35	18-Scott Johnson/Un	41:40	35-Robert Stenger/Un	44:43
2-Michael Duncan/WVTC	36:51	19-Roberto Gomez/Un	41:49	36-Ed Tico/WVJS	44:43*
3-Ted Pawlak/Un	37:41	20-Michael Allison/HHC	42:01	37-Dean Hunt/Un	44:51
4-Paul Marquez/SJTC	38:20	21-Doc Meyer/NCS	42:08	38-Jerry Yaffee/Un	44:56
5-David Gowen/Un	38:43	22-Michael Hicks/Un	42:22	***MASTERS***	
6-Dete Kraus/Un	39:14	23-Maria King/SJC	42:46F	39-Paul Bush/Un	45:01*
7-Manny Mahon/WVJS	39:14	24-Mike Paradis/Un	43:00*	41-Ron Niedrauer/WVJS	45:09*
8-Robert Cummings/WVTC	40:15	25-Gus Albers/RAGE	43:05	42-Andrew Scaduto/WVJS	45:19*
9-Robert Plant/Un	40:16	26-Pete Stefanisko/STHS	43:30	46-E.R. Silver/Un	46:01*
10-Martin Robinson/Un	40:43	27-Kathy Demmelmaier/SJC	43:39F	47-Glenn Unsicker/Un	46:05*
11-Bill Hotchkiss/Un	40:52	28-Rodney Sellard/RSC	43:40	51-Gilbert LaTorre/NCS	46:37*
12-Scott Dalke/AQS	40:54	29-Gary Smith/Xerox	43:44	***WOMEN***	
13-Frank Ruona/Un	41:16	30-Werner Sandvoss/TRAC	44:01*	45-Linda Van Housen/WDS	45:47
14-Harold DeMoss/WVTC	41:24*	31-Andrea Heimbecker/SJC	44:03F	56-Sharon Yaninek/SJC	46:43
15-Ron Kovacs/TRAC	41:30	32-Peter Leal/Un	44:04*	64-Christine Carriers/Un	47:18
16-Ron Toneka/Un	41:37	33-Michael Manda/Un	44:19	76-Kelly Brogan/SJC	48:35
17-Ron Briscoe/Bernal	41:39	34-Dennis Facchino/Un	44:24*	99-Melanie Malick/SJC	51:07



Mike Duncan, runnerup at the Great Grape Race. /Tom Elliott/

RINDE AND GUTHRIE WIN BIG AT SACRAMENTO MARATHON; ELAINE MILLER DIPS UNDER 3 HOURS (Oct. 1, Sacramento): - Despite warm temperatures, several outstanding performances were turned in at the 2nd Annual Sacramento Marathon. A record 1600 toed the line for the longer run and its companion half-marathon, but only slightly over 1200 finished both races. Ophir Prison TC's Dennis Rinde ran to a comfortable 4-minute margin of victory over Rick Brown of the Aggies in a swift 2:28:45. Pat Miller was third in 2:36+. Kent Guthrie's 2:41:54 led the masters competitors and was good enough for tenth place overall; three more broke 2:50 in that division, led by Walt Howard's 2:44:24 and Paul Holmes' 2:45:14, both local favorites. Elaine Ivaldi-Miller managed a PR performance despite the withering heat, clocking a superb 2:58:35...her first time under the magic three-hour barrier. Her nearest competition, Rita Scalise, was two miles behind in 3:12:46. An amazing 40 percent of the runners in the half-marathon were women! Pete Flores' 69:50 led all runners, with 38-year-old Tim Jordan's 73:13 taking the runnerup spot. Bob Bourbeau came down from Reno and did a superb 76:25 to best Dave Waco's 79:48 (he was third in the 1969 AAU Marathon and is now 46). Candy Hearn led the women with a fine 89:09, nearly a minute in front of Jane Sowersby's 90:04. Margaret Livingston was a close third, just three seconds back. While two competitors required hospitalization for heat exhaustion, others seemed to fare well under the rather adverse conditions. Bob Malain, a seasoned veteran at age 50, trotted through the 26 miles in a remarkable 2:53:59 (5th place in the over-40 division). Next year's race will be limited to 1,500 (and 500 in the half-marathon). /John McIntosh/ ...results on next page...

O'HALLORAN WINS WELL-ATTENDED PUMPKIN FESTIVAL RUN (Oct. 22, Half Moon Bay): - The Half Moon Bay Coasters did a bangup job of staging their first major road run, as nearly 750 distance runners competed in the 1½-mile fun-run and 5-mile Pumpkin Run. Not only was the race well-administered on the day of the competition, but an excellent set of results, complete with photos, was provided...and results were recorded in an easy-to-understand manner, as discussed under "WARNING" on page 37 of this issue. "Using photo-reduction, they were able to cram 300 finishers per page with all necessary information (and they were still easy to read...about the size of the type-face you're reading. Denis O'Halloran ran away with the race, winning by nearly a full minute over CSM's (and Half Moon Bay native) Ken McBride in 25:23. Bob Cushen likewise blitzed the over-40 field with a good 28:30; well ahead of Bill Bugler's 29:40. Sue Brown's 32:35 provided her with a whopping 1:07 margin of victory over Maryann Truitt in winning the women's division. Each race had 7 divisions (both male and female) in various age-groups! In the shorter race, Ron Depp of El Granada edged Steve Nelson of Pacifica, 7:49 to 7:50. Amazing Ruben Navarro, 55, of Montara, placed 11th overall in 10:03 to win the masters division, while Jean Lee's 10:48 captured the women's title. Top 5-mile finishers below. /Bill Hurja/

1-Denis O'Halloran/AGRC	25:23
2-Ken McBride/CSM	26:22
3-Don Paul	26:36
4-Ron Genschmer	26:57
5-Dave Robertson/WVTC	27:19
6-Richard Stiller/WVJS	27:35
7-Joe Becerra/ETC	27:40
8-J. McFadden	27:43
9-Mike Baucher	28:02
10-Lester Mina/AGRC	28:06
11-Tom Weir	28:10
12-Bob Cushen	28:30*
13-William Jenkins	28:37
14-Martin Wright	28:48
15-William Soo Hoi	28:54
16-Bruce Mendiola	29:03
17-Bill Bugler	29:40*
18-Paul Sanchez	29:50
19-John Davis	29:53
20-Izzy Vigil	29:53
21-Clint Miller	30:17
22-Mark Center	30:25
23-David John	30:29
24-David Kornek	30:31
25-James Whitfield	30:32
26-Max Perez	30:33
27-Chris Rafferty	30:36
28-Tom Foolery	31:05
29-Warren Yeend	31:08*
30-Jack Williams	31:13
31-Ken Raap	31:14
32-Donald Lane	31:34
33-David Shevelove	31:35
34-John Sheehan/AGRC	31:43
35-Neil Bell	31:46
36-Alan Reisdorf	31:49
37-Phil Peake	31:58
38-John Harbuck	31:59
39-Glen Kelley	32:01
40-Don Chaffee	32:02
41-Doug Alexander	32:03
42-Gene Villagran	32:10
MASTERS	
60-Victor Smith	33:26*
62-Max Forbert	33:28*



Denis O'Halloran, winner of the Half Moon Bay Pumpkin Festival Run. /John Marconi/

64-Richard Towne	33:30*
72-William Prucha	34:07*
74-Martin Russell	34:10*
WOMEN	
56-Sue Brown/WVTC	32:35
66-Maryann Truitt	33:42
67-Barbara Meihaus/WVTC	33:43
77-Lorraine Xuereb	34:17
93-Mary Perry	34:55
108-Elise Bortin	35:34
111-Barbara Tarr	35:37
119-Peggy Ramsay	35:59

MAXWELL IN QUICK HALF-MARATHON; CATHCART BLITZES MASTERS FIELD (Oct. 22, Hayward): - Brian Maxwell opened up a big lead on the rest of the field in the Hayward Half Marathon by the midpoint of the race and went on to record a 2-minute-plus victory margin over Vic Cary and Jan Sershen in a very quick 65:50. Ted Quintana in fourth place also had a quick time of 68:37. One of the more amazing performances of the day came from 40-year-old Tom Cathcart who crushed the masters field with a superb 72:55, coming in eighth overall. Myron Nevraumont's 77:48 and Bill Catanese's 77:56 were still great times, but they were nearly 5 minutes behind Cathcart. Sue Brusher's 87:32 was the class of the women's field, while Ruth Anderson (89:31) easily won the masters women's title and was second overall. A total of 726 finished this well-organized first year run. /P. Shandera/

...results on next page...



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The Second Annual Wine Country relays

DATE: Saturday, April 7, 1979. Registration closes 9:30 am. Race starts 10:00 am.

LOCATION: Spring Lake Park, Santa Rosa. Take the Channel Dr. entrance.

ELIGIBILITY: Open to all interested runners.

COURSE: A well-marked, beautiful and scenic course which includes the following legs:

First leg (3 mi) - along a paved bike path around a lake

Second leg (7 mi) - partial uphill climb, around lake (dirt fire trails)

Third leg (5 mi) - over rolling hills along dirt hiking trails

DIVISIONS: Each three-person team will be in one of the following seven divisions:

Men - Open (29 & under) Sub-Masters (30-39) Masters (40+)

Women - Open (29 & under) Sub-Masters (30+)

Mixed - No regard to age

Mixed Men (2 men - 1 woman)

Mixed Women (2 women - 1 man)

ENTRY: \$7.00 per team. To receive an entry blank or further information, mail a self-addressed and stamped envelope to Dennis Crandall or Herhall Jenkins, 865 Colleen Drive, Windsor, CA 95492.

SPECIAL FEATURES: All legs meet at one central location, giving all team members a chance to cheer on each leg of the race. This central focus eliminates the "spreading out" effect seen in some relays. Each leg offers a different challenge, not only in length, but in difficulty also. The location of the race is excellent; Spring Lake Park offers picnic facilities and a running environment very popular to runners who live in the area. Quality t-shirts will be on sale at the race. Refreshments will be made available to all participants.

AWARDS: All competitors will receive finisher ribbons at the finish line (given to anchor runner). There will be special individual awards for team members on top divisional teams (first place) - 21 awards. Wine awards will be given to individual members of the teams in each division through at least third place (& possibly more) -- at least 63 awards.

RACE HISTORY: Second annual running of the race. First race attracted 186 runners (62 teams). Men - 153. Women - 33. Records include:

Open-Men

3 mi - Stan Hockerson (24) Petaluma 15:08

7 mi - Mike McGrath (23) Davis 36:35

4.8 mi - Roy Hoglund (21) Davis 25:10

Team: Grape Expectations 77:11

Sub-Masters-Men

3 mi - Gary Grangle (32) Oakland 16:41

7 mi - Doug Rustad (37) Santa Rosa 36:45

4.8 mi - John Lodin (34) Monte Rio 26:01

Team: Sonoma State No. 1 79:46

Masters-Men

3 mi - Bruce Carradine (44) Mill Valley 16:43

7 mi - Darryl Beardall (41) Santa Rosa 37:03

4.8 mi - Jerry Haslam (41) Petaluma 27:32

Team: Tamalpa Dipsea Indians 81:18

Open-Women

3 mi - Linnea Vonahn (23), San Rafael 24:37

7 mi - Colleen Fox (23) San Rafael 54:59

4.8 mi - Anne Goodwin (32) Santa Rosa 46:12

Team: Y Women 2:16:19

Sub-Masters-Women

3 mi - Donna Crowley (33) Santa Rosa 22:10

7 mi - Caron Schaumberg (36) Santa Rosa 49:02

4.8 mi - Teresa Breazeale (33) Santa Rosa 37:47

Team: Chardonnay 1:48:59

<i>(Hayward Half-Marathon, cont'd)</i>		19-Bill Catanese/DIRT	77:56*	38-Bob Martin	81:03	57-Mike Kessler	82:58
1-Brian Maxwell/BASC	65:50	20-Michael Deatherage	78:08	39-Andrew Bruce	81:07	58-David Cunnins	83:01
2-Victor Cary/WVTC	67:59	21-Paul Farren	78:09	40-Charlie Eiriksson	81:12	59-Richard Stovel	83:14
3-Jan Sershen/ETC	68:03	22-Dennis Reager	78:37	41-George Sandoval	81:15	60-Chuck Askin	83:33
4-Ted Quintana/WVTC	68:37	23-Ron Felzer	78:45	42-Dave Carlson	81:16	61-Ron Treabess	83:34
5-Michael Wheeler/LMJS	71:42	24-Ted Wilson/KJ	78:45*	43-Allan Koslofsky	81:19	62-E.F. Tico/WVJS	83:48*
6-Rick Brown/AGRC	72:02	25-Ray Menzie/WVTC	78:54*	44-William Dunn	81:23	63-Joseph Grady	83:51
7-Greg Jewett/ETC	72:43	26-Bill Brusher	79:01	45-Albert Garcia	81:24	***WOMEN***	
8-Tom Cathcart/WVTC	72:55*	27-Waights Taylor/WVTC	79:22*	46-Theo Jones	81:32	103-Sue Vinella-Brusher	87:32
9-Nick Winter/LVRC	74:04	28-David Bartholomew	79:49	47-Bill Bachrach	81:40	134-Ruth Anderson/NCS	89:31*
10-William Jenney	74:13	29-Robert Cummings/WVTC	79:53	48-Gene Gilligan	81:44	140-Anne Neely	90:08
11-Keith Kruse/PTC	74:41	30-Bart Simmons	80:20	49-Jim Hoffer	81:48	173-Laury Belzer/LMJS	82:42
12-Dennis Urtiaga	74:53	31-Ed Tico	80:21	50-Siegfried Mattern	81:57*	199-Daphne Dunn	84:25
13-Dan Williams	75:30	32-David Higgins	80:21	51-Glenn James	81:57	207-Sue Schnell/SUND	84:40
14-Santos Reynaga/WVTC	75:43	33-Dennis Lanterman	80:23	52-Marvin Winer/WVTC	82:04*	214-Jolie Houston/AGRC	95:08
15-Vikray Gosain	77:17	34-Martin Bennett	80:25	53-Ron Grabowski	82:07*	220-Judy Wiseman	95:19
16-Brian Hollins	77:40	35-Mike Kimberling	80:28	54-Bob Stubbe	82:07*	231-Denise Bigelow	95:52
17-Ed Wehan	77:41	36-Mike Reinhart	80:37	55-John Jamieson	82:17*	236-Martha Maricle	96:25*
18-Myron Nevraumont/WVJS	77:48*	37-Walter McAdams-Trice	81:01	56-Mike Doud	82:40	239-Christine Carriere	96:42

RENO DUO RUN OFF WITH FIRST ANNUAL CONCORD CLASSIC (Oct. 22, Concord): - Two University of Nevada (Reno) students journeyed down from altitude to compete in the 10-Kilometer Concord Classic and easily ran off with the top two spots over a field of some 625 finishers. James Hannons' 33:52.6 sets an automatic course standard. Jacques Fleming came in second at 34:05. Top masters runner for 1978 (NCRP Point Rating winner), Ralph Bowles, ran an excellent race to finish sixth place overall in 35:04, only about 50 yards behind top open runners Mike Emry and Michael Niemiec. His nearest competition came from teammate Kent Guthrie, who finished a badly beaten second in 36:17 for 24th place overall. Jim O'Neil's 36:54 got him the third masters spot and first in the 50-and-over division. Twelve-year-old Sharon Yaninek of the San Jose Cindergals clocked 43:29.6 to take top honors among the distaffers. Karen Kwong, her nearest competition, was some 48 seconds behind. Marilyn Harbin, 41, was the leader in the women's masters class with 46:29, and that was good enough for third spot overall among the ladies. The festivities also consisted of a two-mile fun run, won by K. Harris in 11:53.6, with B. Mullen next at 11:58.2...first names anyone? There were twelve divisions in both men's and women's races, making for some exciting age-group races and lots of awards for everyone. /Garry Santos/

1-James Hannons/UNR	33:53	9-Scott Molina/DM	35:29	17-David Zumwalt/PMK	35:59	25-D. Rubio/Un	36:24
2-Jacques Fleming/UNR	34:05	10-Dan Anderson/WVTC	35:36	18-Jess Apperson/Un	36:02	26-J. Ashton/UNR	36:36
3-Mike Fanelli/PMK	34:30	11-Peter FASTER/Un	35:37	19-Gary Alderman/DRR	36:05	27-Jim O'Neil/BC	36:54*
4-Mike Emry/AGRC	34:56	12-Harvey Franklin/Un	35:40	20-Craig Vansiekell/UNR	36:06	28-R. Mellor/Un	36:59
5-Michael Niemiec/WVTC	34:56	13-Bert Johnson/LVRC	35:43	21-M. Warr/Un	36:13	29-Paul Alvarez/CSUS	37:00
6-Ralph Bowles/WVJS	35:04*	14-Mike Sapp/Un	35:49	22-D. Williams/Un	36:15	30-N. Elliott/Un	37:06
7-Dave Levitsky/WVTC	35:21	15-Doug Butt/WVTC	35:57	23-Bob Cooper/WDS	36:16	31-Terry Hughes/Un	37:10
8-Michael Graf/Un	35:25	16-Jeffrey Wall/ETC	35:57	24-Kent Guthrie/WVJS	36:17*	<i>(Continued on next page...)</i>	

(Concord Classic, cont'd.)

32-D. Larsen/PMK	37:14	67-S. Cowell/Un	39:24
33-R. Knowles/Un	37:25	68-W. Johnston/Un	39:30
34-B. Conradt/UNR	37:35	69-W. Tweedie/Un	39:31
35-J. Ogden/Un	37:37	70-John Weidinger/ETC	39:32
36-Dave Barni/SierraCrst	37:38	71-J. Latting/DVTFC	39:35
37-Tim Rostege/WVTC	37:42	72-Bob Lualhati/NCS	39:37*
38-B. Brady/PMK	37:46	73-Larry Arata/Un	39:40
39-T. Berry/Un	37:48	74-Jack Byrd/PMK	39:42*
40-C. Freckman/Un	37:51	75-R. Talanera/Un	39:46
41-Ross Rowley/SUND	37:51	76-W. Hurlburt/Un	39:47
42-H. Reed/Un	37:56	77-A. Lozano/Un	39:54
43-T. Barlow/Un	37:57	78-W. Turrentino/DRR	39:55
44-Ken Apperson/Un	38:00	79-D. Klein/Un	39:57
45-Ron Peck/NCS	38:14	80-T. Chavez/Un	39:57
46-J. Doran/WVJS	38:16	81-T. Masterson/DSE	39:57
47-R. Vorse/Un	38:18	82-G. Bluta/DSE	39:59
48-R. Vega/Solano	38:20	***MASTERS***	
49-Kurt Schroers/SUND	38:21	85-Ron Kovacs/TRAC	40:04*
50-Phil Sanfilippo/WVJS	38:24	107-Doug Basham/SierraCrst	41:09*
51-E. Carey/Un	38:30	111-G. McMahon/DRR	41:18*
52-W. Poff/Un	38:33	128-Mike Paradis/Un	41:58*
53-E. Lanzarin/Un	38:36	***WOMEN***	
54-T. Apperson/Un	38:36	163-Sharon Yaninek/SJC	43:30
55-Bob Malain/BC	38:40*	181-Karen Kwong/Un	44:18
56-Dennis Gustafson/SFPD	38:46	237-Marilyn Harbin/DRR	46:29*
57-P. Bragstad/PMK	38:50	247-Barbara Pike/Un	47:04
58-T. Feeley/Un	38:52	266-Susan Quesberry/Un	47:40
59-J. Harmon/Un	38:54	269-Diana Rossman/Arrow	47:48
60-Bryan Holmes/WVJS	38:57*	273-Mary Ann Morse/Orinda	47:59
61-J. Moore/Un	39:04*	277-Debbie Santa Maria/Un	48:08
62-K. Wayne/Un	39:05	290-Wendy Parrott/Un	48:28
63-G. Foster/Cupertino	39:07	291-Chris Hashimoto/Un	48:31
64-P. Bradley/Un	39:08	293-Rachael Bray/Arrow	48:33
65-Larry Pugh/Solano	39:18	302-Heather Ryan/Un	48:53
66-R. Evans/Un	39:19	313-Judy Mellor/Un	49:11
		314-Carol Hewitt/Un	49:17

JOHN CLARY WINS HALLOWEEN RUN; AMY HARPER WINS AT 5:45 PER MILE!

(Oct. 29, Saratoga): - John Clary waged a close three-way battle with David Boyet and Gilbert Munoz in running to an unexpected victory over a 300+ field. His 26:50 was just four seconds better than Boyet, and another second in front of Munoz. Ken Napier annexed the masters title in 29:24 over Harold DeMoss' 30:53, but the big story was the swiftness of the women's winner, Amy Harper. Her 29:56 works out to a 5:45 per mile average over the 5.2-mile circuit and was good enough to take 15th spot overall! Penny DeMoss was a distant second in 32:25, only a week after running the New York City Marathon. Lilian Woodward's 36:00 paced the women's over-40 finishers, with Ruth Waters' 36:49 in second. Results from this race are an example of how not to list finishers...no age or division or sex was noted. All we have to go by is name and time (and overall finishing place), so we're guessing at masters and women finishers...let us know if we missed anyone please. /John Clary/

1-John Clary/WVJS	26:50
2-David Boyet/AGRC	26:54
3-Gilbert Munoz	26:55
4-Jake White/WVJS	27:20
5-Bill Meinhart/WVJS	27:23
6-Jesse Calvin	27:53
7-John Hellman/UCSC	28:01
8-George Minarik/WVTC	28:09
9-Tom Jordan/WVTC	28:13
10-Jim Thyllin	28:30
11-Ken Napier/WVJS	29:24*
12-Manny Mahon	29:41
13-Andy Takaha/CW	29:51
14-Martin Robinson	29:53
15-Amy Harper	29:56F
16-Don Swanson	29:56
17-Philip Martin	30:17
18-Rich Riordan	30:26
19-Marc Lund/WVTC	30:30
20-Ryan Levy	30:42
21-Richard Collins	30:52
22-Harold DeMoss/WVTC	30:53*
23-Walter Radloff	30:54
24-Jim Wholly	30:55
25-Bill Comport	30:56
26-John Bouldt	30:56
27-Ken Nickel	31:01
28-Scott Duggan	31:16

(Continued on page 45...)



John Clary on his way to victory at Halloween Run.



Photo: Jan Sershen

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1st Pleasant Hill 10K

March 11, 1979 — 10:00 a.m. — Diablo Valley College



Sponsored by:

New Balance — Pleasant Hill Chamber of Commerce — City of Shoes

Course Certified and Race Sanctioned by:

Pacific Association of A.A.U.

Race Conducted by:

Diablo Valley Track and Field Club and Diablo Road Runners

FIRST ANNUAL PLEASANT HILL 10K

DIVISIONS

MALE AND FEMALE:
8 years and under, 9-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+.

RESULTS — Complete results will be mailed to everyone that addresses an envelope at the race. Results will also be published in the Nor-Cal Running Review.

ENTRY FEE

Pre-registration (complete form below) is \$4.00 and must be postmarked by midnight March 7. T-Shirts to first 2000 registrants. Registration will be allowed on race date 8:00 - 9:30 a.m.

COURSE

Race or run with us through this scenic, varied course. Several small hills in first two miles, last three and one-half miles flat or downhill. Two-thirds pavement, one-third hard packed dirt. One 6.2 mile loop starting and finishing at Diablo Valley College Viking Stadium. Free Body Punch at start and finish. Excellent facilities (lavatories and showers). Traffic-free.

AWARDS

1. T-Shirts to first 2000 Registrants.
2. 1 pair of New Balance Shoes to top finisher in each Division — plus 26 pair in post race drawing of runners' numbers.
3. Trophies to top finisher in each Division and Medals to second through 10th in each Division.
4. Numerous merchandise prizes in a post race drawing of runners' numbers.
5. Ribbons for all registered finishers.



ENTRY FORM

AGE DIVISIONS CLASSIFICATIONS: Male and Female

8 years and under, 9-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+

Enclose check payable to: Pleasant Hill 10K

Address: 105 Emerson Ct., Pleasant Hill, CA 94523

For Additional Information Call: (415) 939-9330

T-Shirts to First 2000 Registrants

Name (Print) _____ Sex _____ A.A.U. No. _____
(Last) (First)

Age _____ Age Division Classification _____ Club or School _____
(or unattached)

Address _____

City _____ State _____ Zip _____

T-Shirt Size Adult S M L XL Childs M L Phone _____

RELEASE WAIVER AND ASSUMPTION OF RISK: Intending to be legally bound, and to assume all risks in connection with or in any way related to my participation in this run, I certify that, to the best of my knowledge, my training and health are adequate for me to compete safely in this 10 kilometer run.

In consideration of your accepting my entry, intending to be legally bound I assume all related risks and do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may have or which may hereafter accrue to me against the persons or organizations affiliated with the race, including but not limited to the Amateur Athletic Union of the United States, the Pacific Association of the Amateur Athletic Union, Cities of Pleasant Hill and Martinez, Pleasant Hill Chamber of Commerce, New Balance, City of Shoes, D.V.T.F.C., D.R.R., D.V.C., and any and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from and participating in the First Annual Pleasant Hill 10K to be conducted on March 11, 1979.

SIGNATURE _____ DATE _____

Signature applies to both Medical and Legal Waivers

PARENT'S SIGNATURE _____ DATE _____
(if 18 or under)

ATTACH CHECK TO ENTRY BLANK



Fidelity Savings

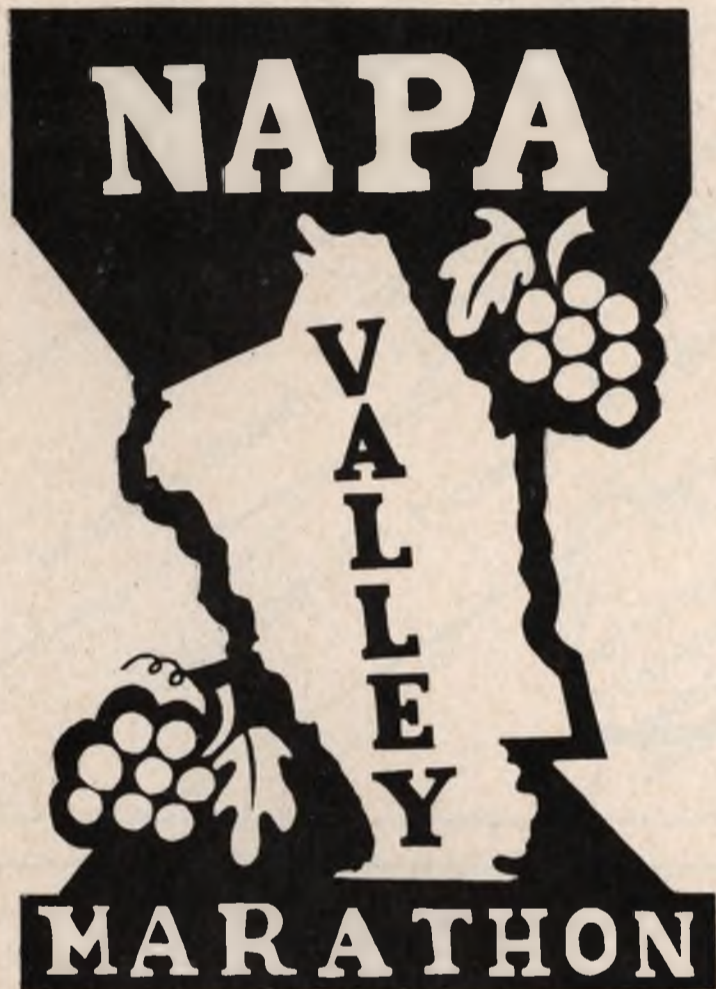
NAPA -- ST. HELENA -- CALISTOGA

In cooperation with the Recreation Commissions of Calistoga, Napa and St. Helena, Pacific Union College and the Napa Valley Runners Club.

PRESENTS

The New Napa Valley Marathon

AN ENTIRELY NEW COURSE, FASTER AND EVEN MORE BEAUTIFUL THAN 1971, 1972 OR 1973



1979

- *Starts at 8 AM Sunday, March 11, 1979.
- *Scenic run along the historic Silverado Trail through vineyard country. Begins at the Calistoga Steam Railroad, traverses the Napa Valley and ends at Vintage High School in Napa. (Point to Point)
- *Paved and traffic protected.
- *Fast course--300 foot descent and only a few gentle hills. 26 miles, 385 yards.
- *Sanctioned and certified by the PA-AAU.
- *Weather average--67°, 89% chance of sun.
- *Splits given the 1st mile and every 5 miles thereafter.
- *Aid stations more frequently featuring Runners Aid and water. Medical aid and physicians available. CB Units along route for emergencies and play-by-play reporting of race.
- *Showers and dressing room facilities at finish.
- *Hot drink concessions before race at both Vintage High and Calistoga Steam Railroad.
- *Entry fee--\$6.00. Non-refundable.
- *T-shirts to all registrants and, at end of race, Runners Aid, Calistoga Water, hot soup with rolls and butter, Stornetta's milk and a gift certificate from Fidelity Savings.
- *Categories--Male and Female: 20 & under; 21-29; 30-39; 40-49; 50 & over.
- *Awards to first 3 finishers in each category and to the first Napan in each category, others to be announced.
- *Special invitations to all Japanese marathon runners through our Japanese Sister City, Iwanuma, and through Napa's Japan Air Lines.
- *Shuttle service available from Vintage High School (the finish) to the start of race for \$1.00 extra. Recommended because of limited parking in Calistoga and race route closed to traffic. Reservations necessary. Bus loading and parting 6:00 to 6:30 AM.
- *Registration deadline: February 23. No race day registration.
- *Receipt of our race brochure will be confirmation of your registration.
- *Proceeds from marathon to benefit Calistoga Teen Center and Napa Valley Runners Youth Fund.
- *Old course records (all '73): Mens Open--George Stewart 2:21; Womens Open--Joan Ulliot 3:17; David Cortez (age 15) 2:34.

1979 NAPA VALLEY MARATHON ENTRY FORM

Name _____ Sex _____

Address _____ City _____

Zip _____ Age _____ T-shirt size _____ AAU# _____

Previous Best _____ Predicted time _____

Marathon Time _____ for March 11 _____

Shuttle bus for \$1.00 extra--Yes _____ No _____

WAIVER STATEMENT: Intending to be legally bound, I hereby certify that my training and health are adequate for me to safely compete in a marathon, and I hereby waive any claims for damages I might suffer due to participation in the Napa Valley Marathon, March 11, 1979.

Date _____ Signature (if under 18 include parent's _____)

Marathon Founder: Greg Kohles, Calistoga Recreation Commission, (707) 942-0198
Race Director: Chuck Hall, Napa Valley Runners Club, (707) 255-0683
Associate Director: David Nieman, Pacific Union College, (707) 965-6245

ENTRIES TO: Chuck Hall, 4516 Dry Creek Rd., Napa, CA 94558.

(Halloween Run, Cont'd.)

29-Art Portocarreo	31:17	40-Craig Windham	31:49	52-Michael McChesney	32:52	64-William Currie	33:52
30-Robert Rea	31:21	41-Warren Yeend	31:58	53-Dick Gear	32:57	65-Dallas Denery	33:58
31-Terrance Sullivan	31:26	42-Javier Naranjo	32:01	54-Doug Aghjayou	32:59	66-Tom Lowman	34:00
32-David Polnaszek	31:28	43-Warren Moorman/PMK	32:03*	55-Mark Hirikawa	33:02	***WOMEN***	
33-Rick Sinedberg	31:29	44-Randy Sowers	32:05	56-Vaughn Rhodes	33:11	77-Jean Williams	34:33
34-David Fishback	31:31	45-Ed Pearce	32:08	57-Gregg Harvey	33:18	90-Carol Stroud	35:12
35-Daniel Garcia	31:34	46-Joseph Higaes	32:18	58-Emory Chow	33:21	101-Barbara Meihaus/WVTC	35:41
36-Gus Albers	31:35	47-Penny DeMoss/WVTC	32:25F	59-Keith Campbell/WVJS	33:21*	102-Carol Yates	35:44
37-Carl Martin/WVJS	31:36*	48-Lawrence Ochoa	32:30	60-Andrew Scaduto	33:22	107-Lillian Woodward	36:00*
38-John McCrillis/TRAC	31:43*	49-David Warady	32:32	61-Dennis Facchino	33:24	113-Sharon Elliott	36:09
39-Norman Gould	31:44	50-Richard Cooper	32:39	62-Frank Butera	33:32	116-Loretta Gutierrez	36:16
		51-Ed Preston	32:47*	63-Link Lindquist	33:44	125-Ruth Waters/NCS	36:49*

NABERS ANNEXES FIRST ANNUAL MAYOR'S CUP MARATHON (Oct. 29, San Francisco): - San Franciscan Ron Nabers, a transplant from Florida this past summer, took an easy win over 35-year-old Gary Goettelmann with a slowish 2:30:47 over a very hilly but beautiful course that started at Treasure Island and finished in the Polo Fields at Golden Gate Park after wandering around the northern and western edges of The City. Myron Nevraumont led from start to finish in capturing the masters division by over nine minutes. Second-placer Jerry Lewis put on a big kick at the end to pass Ted Wilson for a one-second margin. Amazing Ruth Anderson showed why she's one of the top masters women in the U.S. by winning the overall women's title in 3:15:33, over six minutes ahead of second-placer Lori Brusati, who is less than half the winner's age! Debbie Sierra was a close third, another 13 seconds back. Slightly over 600 finished this very well managed race. The sponsoring Guardsmen did a great job, perhaps too great, as they reported a loss of nearly \$2,000...aid-stations and police protection were outstanding along the entire length of the course. /Dave Remington/



1-Ron Nabers/Un	2:30:47	34-Jerry Lewis/TRAC	2:59:30*
2-Gary Goettelmann/WV	2:34:09	35-Ted Wilson/KJ	2:59:31*
3-John Skeels	2:36:29	36-Rus Given	2:59:43*
4-Robert Page	2:37:02	37-Kurt Lancaster	3:00:53
5-Ben Tucker	2:38:41	38-Michael Percy	3:00:56
6-Dave Muela/ETC	2:39:38	39-Rudy Escobedo	3:01:27
7-Joseph Hurd	2:43:43	40-Orin Dahl	3:01:30*
8-Tomaso Kearcher	2:44:10	41-Thomas Barthold	3:01:45
9-David Dunbar	2:45:47	42-Dave Collins	3:01:53
10-Michael Lisowski	2:45:54	43-Dewey Mar	3:02:35
11-Jay Cook/WVTC	2:46:16	44-Bryan Holmes/WVJS	3:02:50*
12-Dennis Gustafson	2:49:53	45-Tommy Greer	3:03:04
13-Myron Nevraumont/WVJ	2:50:15*	46-A.F. McDonagh	3:03:05*
14-Richard Leutzinger	2:51:36	47-Donald Hill	3:03:36
15-Sтивен Stark	2:51:38	48-Edward Dux	3:04:02
16-Keith McNab	2:51:42	49-John Ulate	3:04:35
17-Paul Farren	2:51:46	50-Terrence Miller	3:05:32
18-Bill Elliot	2:52:59	51-Robert Sobsey	3:05:37
19-Ed Jerome	2:53:13	52-Tom Sheehan	3:05:42
20-Rodolfo Vege	2:53:39	53-David Sillivan	3:06:37
21-Santos Reynaga/WVTC	2:53:40	54-Alan Winkely	3:07:00
22-Samuel Rosas	2:54:12	55-Robert Cox	3:07:18*
23-Paige Youngman	2:55:29	56-Brett Ferguson	3:07:50
24-Clent Mericle	2:56:47	57-Jose Cortez	3:08:29
25-Rae Clark	2:56:55	58-Joe Mercado	3:09:13
26-Steve Flynn	2:57:38	59-Joe Gallagher	3:09:20
27-Richard Herzog	2:57:45	60-Eugene Moffett	3:09:41
28-Jim Doran	2:57:59	61-Walter Calcagno	3:09:48
29-Jim Moyles	2:58:28	62-Thomas Zavortink	3:10:22
30-Michael Hicks	2:58:54	63-Joe Morelli	3:10:37
31-Rick Sylvester	2:58:59	64-Austin Angell	3:10:49
32-Albert Garcia	2:59:08	65-Dave Stevenson	3:10:53*
33-Dwight Hendrix	2:59:10	66-Gary Landman	3:11:12

(Above) Mayor's Cup Marathon winner, Ron Nabers, is congratulated by the late Mayor George Moscone; second-placer Gary Goettelmann is at far right, and sponsoring Guardsmen president, Bruce Scolin, is seated. (Right) Ruth Anderson, 49 years young, won the women's division at 3:15:33 over a very hilly course. /Orie Damewood/

67-Mark Brown	3:11:17
68-John Naylor	3:11:17*
69-Bobby Yee	3:11:36
MASTERS	
73-Mike Paradis	3:12:20*
90-Brian O'Neill	3:15:16*
92-Richard Malkin	3:15:28*
93-Blair Stock	3:15:32*
95-Don Barber	3:15:52*
96-David Velasquez	3:16:02*
100-Jess Chavez	3:18:43*
WOMEN	
94-Ruth Anderson/NCS	3:15:33*
120-Lori Brusati	3:21:45
123-Debbie Sierra	3:21:58
125-Diane Young	3:22:15
154-Daphne Dunn	3:25:33
191-Consuelo Underwood	3:28:48
206-Nicki Weicker	3:29:56
208-Paula Ferrill/SUND	3:30:09*
210-Lisa Capaldini	3:30:28



WYSOCKI, ANEX AND AGGIES RUN TO PA-AAU CROSS-COUNTRY TITLES (Nov. 4, Davis): - Tina Anex of the host Aggie Running Club had the poorly-attended women's 5K race all to herself, winning by over a minute in 18:24, as the Davis squad also won the team title, 21 to 38 over the Fresno Pacific T.C. Tom Wysocki took command of the men's 10K race about midway through the competition and won handily by a 22-second margin over Gary Romesser (29:39), Jim Van Dine (29:40) and Mike Porter (29:43) in a close battle for the next three spots. This was probably the best-attended Championships that we can remember, and the presence of Fresno Pacific gave a little more credence to the "California Club Championships", which were held concurrently with the PA-AAU's. The team title was up for grabs throughout the race, and the host Aggies barely edged Fresno and West Valley, the defending champs, 44-46-53. The total team times (the correct method of scoring now) showed the race to be even closer, as only 14 seconds separated all three squads!! The Aggies still came out on top (2:31:40.5), with FPTC next (2:31:48.3) and WVTC third (2:31:54.8). An amazing 22 finishers dipped under 31 minutes, with 53 going under 32 minutes...134 finished. /Aggie R.C./

1-Tom Wysocki/Un	29:17	7-Jim Hartig/FPTC	30:14	13-Tony Ramirez/FPTC	30:27	19-Juan Garcia/FPTC	30:47
2-Gary Romesser/FPTC	29:39	8-Pete Sweeney/AGRC	30:16	14-Mike Pinocci/WVTC	30:29	20-Bill Clark/WVTC	30:50
3-Jim Van Dine/AGRC	29:40	9-John Sheehan/Un	30:17	15-Bill Britten/AGRC	30:40	21-Wayne Hurst/Un	30:54
4-Mike Porter/WVTC	29:43	10-Athol Barton/Un	30:18	16-Bryan Foley/FPTC	30:41	22-Bill Seaver/WVTC	30:57
5-Duncan Macdonald/WVTC	29:56	11-Steve Palladino/CW	30:22	17-Peanut Harms/AGRC	30:41	23-Dave Cords/FPTC	31:02
6-John Moreno/CWTC	30:09	12-Ed Schelegle/AGRC	30:24	18-Lou Patterson/AGRC	30:46	24-Steve Hall/AGRC	31:04

(Continued on page 46...)



(Left) Tina Anex won PA-AAU Women's 5K X-C. /Ralph Gowen/
 (Right) Tom Wysocki, winner of the 10K race, shown trailing Ron Zarate in a race several years back. /Keith Conning/

25-Jeff Clark/AGRC	31:07	52-Kim Schaurer/MR	31:57
26-Mark Sisson/WVTC	31:09	53-Dave Boyet/AGRC	31:59
27-Benton Hart/WVTC	31:11	54-Mike Miller/CWTC	32:02
28-Roy Hoglund/CWTC	31:12	55-Stein Rafto/MR	32:06
29-Burt McIntosh/HH	31:15	56-Perry Linn/CCRC	32:08
30-Angel Martinez/AGRC	31:15	57-Mike Fanelli/PMK	32:09
31-Mike Cassady/Un	31:16	58-Rob Anex/AGRC	32:10
32-Greg Hall/FPTC	31:17	59-Mark Sanchez/SJS	32:11
33-Pete Flores/AGRC	31:19	60-Mike Emry/AGRC	32:19
34-Skyler Jones/WVTC	31:20	61-Dave Haake/FPTC	32:22
35-Vic Cary/WVTC	31:22	62-Scott Ruffing/SJS	32:24
36-Denis O'Halloran/AGRC	31:23	63-Mike Killeen/AGRC	32:25
37-Tim Chain/Un	31:26	64-Bernie Heinrich/MR	32:26
38-Chavez/SJS	31:30	65-Bruce Degen/MR	32:27
39-Eric Williams/MR	31:33	66-Jim Warrick/AGRC	32:28
40-Dan Harvey/CWTC	31:34	67-Greg Zentner/MR	32:28
41-Dirk Feenstra/CCRC	31:34	68-Adam Ferreira/HH	32:29
42-Daryl Zapata/WVTC	31:36	69-George Green/ETC	32:29
43-Bill Vasquez/GRC	31:37	70-Gene Fitzgerald/PMK	32:30
44-Darrell Cox/FPTC	31:39	***WOMEN*** (5 Km.)	
45-Joe Salazar/CWTC	31:44	1-Tina Anex/AGRC	18:24
46-Brian Tracy/AGRC	31:46	2-Kathy Way/AGRC	19:31
47-Rich Langford/FPTC	31:47	3-Jolie Houston/AGRC	19:34
48-Steve Dean/HH	31:49	4-Tone O'Halloran/FPTC	19:57
49-Al Hernandez/WVTC	31:51	5-Paula Bell/FPTC	20:04
50-Tim Gruber/SJS	31:52	6-Karen Rosenblatt/AGRC	20:28
51-Mark Proteau/AGRC	31:55	7-Maria Ng/WVTC	20:36

MOLINA AND WHITE WIN YMCA-ZOO RUN TITLES (Nov. 5, Oakland): - Scott Molina ran to victory at the first annual YMCA-Zoo Run, clocking 18:54 on a supposedly 5-Kilometer course (apparently very long or very tough, or a little of both) to edge out Cal-State Hayward's Mike Chastaine, who did 19:02. Ron Niedrauer's 23:36 was likewise an 8-second margin over Ed Baker in the masters division. Surprising Ed Preston, who's in the 60-and-over class, took a close fourth in 23:55. Perhaps the best performance came from Marcia White, who clocked 22:54 in winning the women's overall title and placing her very high in the men's standings (the results are listed by division so we didn't compute her actual finish place...another example of 'non-standard' results). Remember that in future issues, race directors (or someone) must submit results that include certain basic minimums (see page 37 for details). Otherwise, the NorCal will not print the results! If this bothers you, don't complain to us--complain to the various meet directors and see that they put out more meaningful results. Over 500 finished. /Yvette Nance/ (Marcia finished 26th).

1-Scott Molina	18:54	15-John Springs	21:57	29-Paul Markham	23:08	***MASTERS***	
2-Mike Chastaine/CSH	19:02	16-Gary Miller	22:04	30-Don Krenke	23:08	4-Ed Preston	23:55*
3-Dennis Tracy/WVTC	19:42	17-Gus Albers	22:09	31-Mark Bigelow	23:08	5-Jess Chavez	24:18*
4-Mike Niemiec/WVTC	19:50	18-Gene Knauer	22:09	32-Phillip Choisser	23:12	6-Bob Matulac	25:03*
5-Sidney Ennis	20:29	19-Michael Solorio	22:14	33-Larry Feigenbaum	23:17	7-Bob Garner	25:09*
6-Tim Rostege/WVTC	21:09	20-Michael Hicks	22:27	34-William C. Lee	23:20	8-Howard Schopman	25:15*
7-Henry Walker	21:09	21-Bill Siordia	22:27	35-Neil Fleishon	23:26	9-Ray Nicholl	25:30*
8-Steve Armstrong	21:14	22-Ron Tanaka	22:36	36-Ron Niedrauer/WVJS	23:36*	***WOMEN***	
9-Rich de Glymes	21:16	23-Dewey Mar	22:44	37-J.T. Halley	23:38	2-Lestie McMullin	24:41
10-Edward Carey	21:17	24-Bill La Fontaine	22:50	38-Anthony Green	23:42	3-Denise Bigelow	24:54
11-Edward Lee	21:24	25-David Klein	22:54	39-Scott Thompson	23:42	4-Ruth Anderson/NCS	25:19*
12-Donald Diola	21:25	26-Marcia White	22:54F	40-Ed Baker	23:44*	5-Consuelo Underwood	25:25
13-Ira Moch	21:33	27-Barnie Eredia	23:02	41-Steve Nichols	23:48*	6-Julie Harcos, Terrie	
14-Chris Thomas	21:35	28-Rinaldo Caminada	23:04	42-Frank Castro	23:54	Martin & S. Calandra	26:26

WYSOCKI SHATTERS ALMOND BOWL 6-MILE RECORD; SYMONS GETS WOMEN'S RECORD (Nov. 11, Chico): - Reno's Tom Wysocki, fresh from his victory at the PA-AAU 10K X-C the week before, ran a solo effort in shattering runnerup David Wood's 1977 standard of 29:21 with a superlative 28:48 over the flat, accurate course. This year Wood could only manage a 30:30, and Tom Olson's 30:37 was close behind. Jill Symons warmed up for her Pepsi 20-mile victory with a course-record 34:59, clipping Tina Anex's 35:10 from 1976. Merrill Cray was a distant second in 36:44. Lee Bunnell grabbed the masters title in 36:34 over Norm Lumian (36:51) in the closest battle for major divisional awards. Pat McGuire of Reno set a 14-17 age-group record in 30:50, finishing sixth overall. In the companion 3-miler, Kent Mulkey bested Jack West, 15:07 to 15:16. Soon-to-be-40, Walt Schafer, showed he'll be tough with a fine 15:32 in fourth (Walt's 39). Everett Riggle (17:31) and Cathy Odone of Chico State (17:49) were the masters and women's winners in that race, with Riggle picking up a course record (Don Fridshal's 17:43 from last year was old mark). There were a total of 650 finishers in both races combined! /Walt Schafer/

1-Kent Mulkey/Chico	15:07	14-Steven Miller/Chico	16:26	27-Jesus Garcia/Chico	17:06	45-Robert Ross/SWEAT	18:23*
2-Jack West/Chico	15:16	15-Bill Blackburn/RanCor	16:29	28-Mac Forbes/SWEAT	17:08	49-Ron Richey/Chico	18:42*
3-Al Masterson/Redding	15:26	16-Bob Gordon/SWEAT	16:33	29-Mike Gregg	17:14	59-Dick Symons/Chico	19:04*
4-Walt Schafer/CRC	15:32	17-Randy Lamb/Chico	16:37	30-Chris Lambert/Chico	17:19	75-Stuart Kincaid/Chico	19:49*
5-Steve Growdon/Chico	15:35	18-Paul Cross/Chico	16:42	31-Everett Riggle/Chico	17:31*	***WOMEN***	
6-Danny La Moureaux	15:38	19-Guardon Ely/Chico	16:46	32-Jack McKenna/Paradise	17:32	56-Etana Schroeder	18:57
7-Paul Resignato/Chico	15:41	20-Gene Meyers/Chico	16:46	33-Gary La Pado/Chico	17:34	64-Debbie Girimonte/Redd	19:29
8-Mark Kirchmeyer	15:45	21-Doug Riggle/Chico	16:49	34-Doug Cobb/Chico	17:38	67-Kathy Sullivan/Chico	19:37
9-Steve Haxby/Paradise	15:55	22-David Nyquist/Chico	16:52	35-Blaine Spence/Redding	17:43	70-Gina Mandy/Chico	19:42
10-Nelson Cobb/Chico	16:17	23-Bruce Lodge/Chico	16:57	36-Rob Brannon/Chico	17:49	78-Carol Stanley/Chico	20:03
11-Greg Durbin/Chico	16:18	24-Mike Weidlein	16:59	37-Cathy Odone/Chico St.	17:49F	83-Barbara Davis/Chico	20:16
12-Mike Patrick/Chico	16:19	25-Robert Ross/Chico	17:01	***MASTERS***		91-Susan Condon	20:54
13-Sean Wiedenhoeft	16:25	26-Roberto Chavez/Chico	17:02	38-Len Edholm/SWEAT	17:57*	96-Theresa Henneman/Ch	20:58*
				42-Larry Dion/Chico	18:11*	103-Judy Kelly/Chico	21:11

1-Tom Wysocki/Un	28:48	7-Mark Shuman/Chico	30:50	13-Miguel Tibaduiza/UNR	31:59	19-David Luckengill/Chico	32:38
2-David Wood/Chico	30:30	8-John Frank/Summit	30:59	14-Frank Krebs/BC	32:04	20-Pat Buzbee/Blairsden	32:46
3-Tom Olson/Chico	30:37	9-Jim Price/Anderson	30:59	15-David Mills/Orinda	32:10	21-Mike Jordan/Redding	32:55
4-Perry Linn/BC	30:41	10-Pat Finn/Chico	31:32	16-Craig Van Sichel/UNR	32:15	22-Richard Cental/Liv.	32:56
5-Hans Menet/UNR	30:43	11-Glenn McCarthy/ER	31:46	17-Britt Brewer/CRC	32:33	23-Bob Conradt/UNR	32:58
6-Pat McGuire/UNR	30:50	12-Mike Buzbee/Chico	31:56	18-Bill Gregg/Davis	32:35		

(Continued on page 48...)

First Annual Deer Hollow Farm Environmental Run, 10 & 20 KM

(approximately 6 & 12 miles)

Sponsored by
Mountain View Parks and Recreation Dept. and Environmental Volunteers



Proceeds to benefit environmental programs offered by Environmental Volunteers and Deer Hollow Farm.

Date: Saturday, February 24, 1979

Time: Late registration, 9 - 10:30 a.m.
11:00 a.m. Start, RAIN OR SHINE

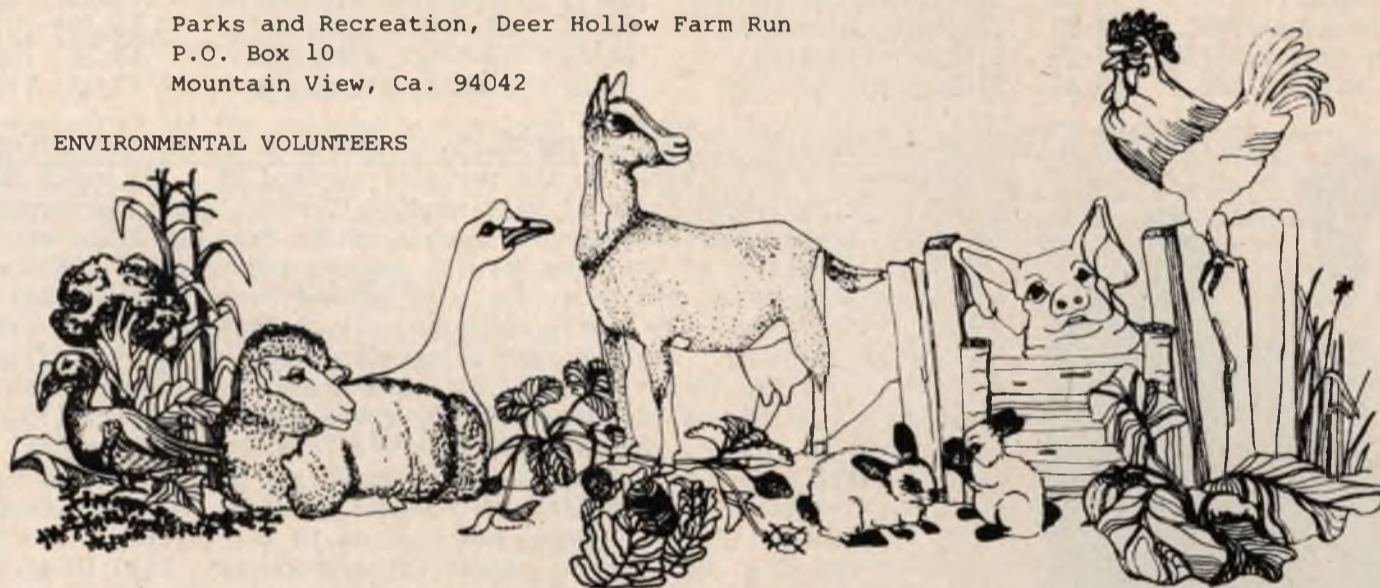
Registration and Entry Fees: Pre-registration is encouraged. Registrations received by Tuesday, February 13 will be \$3 for ages 17 and under, \$5 for ages 18 and over, \$10 for a family. Late registrants will pay \$1 more per category.

Awards: Commemorative buttons for all participants. Trophies for 1st through 3rd places in each division, plus merchandise prizes donated by local merchants. Divisions will be: Grade School (under 14), male, female, 10 KM ONLY; High School (ages 14 - 17), male, female, 10 km, 20 km; Open (ages 18 - 39), male, female, 10 km, 20 km; Masters (ages 40+), male, female, 10 km, 20 km.

Location: Montclair School, St. Joseph Avenue, Los Altos. Take freeway 280 to the Foothill Expressway/Grant Rd. exit. Take Foothill Expressway (N.) to the Grant Rd./St. Joseph Ave. intersection, turn LEFT onto St. Joseph Ave. (Grant & St. Joseph change names as they cross Foothill Expy.) Park at the school or on the street. Registration tables will be in or near the Multipurpose room. Food will be available for purchase after the run. The run's route will take participants through scenic semi-wilderness areas.

Mail Entries To: Parks and Recreation, Deer Hollow Farm Run
P.O. Box 10
Mountain View, Ca. 94042

Make checks payable to: ENVIRONMENTAL VOLUNTEERS



Waiver and Entry Form - Deer Hollow Farm Environmental Run

In consideration of your accepting my entry, I, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release all rights and claims that I may have against the Mountain View Parks and Recreation Department, Environmental Volunteers, Midpeninsula Regional Open Space District, the officials and other sponsors, while participating in, or travelling to or from the Deer Hollow Farm Run on February 24, 1979. It is understood by both parties that this run will traverse public streets with attendant traffic hazards, and will enter semi-wilderness areas with certain environmental hazards, such as uneven landscape, wooded areas, poison oak and wildlife.

I further attest that I am physically fit and have trained for this event.



Name _____ Signature _____
(If under 18, that of parent or guardian)

Address _____ City _____ Zip _____

Age _____ Birthdate _____

CIRCLE APPLICABLE CATEGORIES

distance	sex	division	entry fee
10 km	Male	Grade School (under 14)	\$3
20 km	Female	High School (ages 14 - 17)	\$3
		Open (ages 18 - 39)	\$5
		Masters (ages 40+)	\$5
Family rate			\$10

Make checks payable to: ENVIRONMENTAL VOLUNTEERS

(Almond Bowl Run, cont'd.)
 24-Mark Cyr/Chico 33:11
 25-Tom Phillips/Oroville 33:17
 26-Tom Hayes/Redding 33:21
 27-Jose Solorio/Reno 33:39
 28-Lee Young/CenValley 34:03
 29-Jack Frost/SWEAT 34:14
 30-Scott Brazil/PaloCedro 34:23
 31-Larry Pugh/Suisun 34:30
 32-Mike Andrews/Chico 34:35
 33-Henry Tushar/Chico 34:41

34-Dave Cargill/Suisun 34:43
 35-Sam Simmons/Chico 34:47
 36-Buckley Hulseman/RB1f 34:58
 37-Jill Symons/Chico 34:59F
 38-Glenn Reed/SWEAT 35:00
 39-Ken Garber/Redding 35:07
 40-Mark Bunnell 35:13
 41-Greg Schutz/Chico 35:18
 42-Jim Fisher/SWEAT 35:21
 43-A.J. Ferguson/Chico 35:49
 44-Kent Casto/Chico 36:01

45-Erik Ferry/Chico 36:01
 46-Jeff Keller/SWEAT 36:07
 47-Buster Dyer/Chico 36:07
 48-Jon Lumian/Un 36:15
 49-Lefty Chell/Chico 36:17
 50-Michael Powell/Corning 36:20
 51-James Brosbears/Parad 36:21
 MASTERS
 59-Lee Bunnell/SWEAT 36:34*
 66-Norm Lumian/SeniorsTC 36:51*
 78-Harry Daniell/SWEAT 37:32*

88-Don Hughes/SRRC 38:02*
 93-Cliff Hepburn/Redding 38:20*
 98-Dennis Hampton/Chico 38:31*
 107-W.G. Poore/Novato 38:58*
 WOMEN
 65-Meritt Cray/CRC 36:44
 75-Darcy Burleson/Chico 37:16
 90-Sally Edwards/CRC 38:09
 95-Colleen Connors/Chico 38:31
 104-Juli Mastain/Chico 38:56
 126-Vivian West/PaloCedro 39:51

EMPIRE 15-KILO: ALEXANDER WINS EASILY BUT MISSES COURSE RECORD (Nov. 18, Santa Rosa): - Valley of the Moon R.C.'s Butch Alexander was a 37-second victor over Hersh Jenkins in the 2nd Annual Heart of the Empire 15-Kilo, but his 49:33 was ten seconds shy of Chris Hamer's mark from the previous year. Kim Schaurer of the Marin Racers was third at 50:22. Craig Roland likewise had an easy go of it in the masters division, running to a 55:06 victory over Roger Price's 56:49. Darryl Beardall's superlative 50:36 record from 1977 will stay around for awhile it looks like. Maria Regalado's 65:58 proved no match for the rest of the women in the field, as Garima Hoffman's 69:04 was a very distant runnerup. Kathryn Rankin's 61:52 standard remained intact. A total of 174 finished this very well organized event, hosted by the Empire Runners at Springlake Park. /Glenn McCarthy/

1-Butch Alexander/VMRC 49:33
 2-Hersh Jenkins/R.Park 50:10
 3-Kim Schaurer/MR 50:22
 4-Mike McGrath/AGRC 50:30
 5-Jerry Drew/MR 51:15
 6-Mike Timmerman/MR 51:35
 7-Ron Kesecker/VMRC 51:52
 8-Dennis Bollman/VMRC 52:46
 9-Clark Rosen/PMK 53:05
 10-Jack Hackmann/VMRC 53:20
 11-George Bratsburg/CCC 53:29
 12-Emery Mitchell/MR 53:42

13-Dan Preston/VMRC 53:45
 14-Phil Mitchell/MR 53:53
 15-Dennis Doris/VMRC 54:17
 16-Dave Sjostedt/VMRC 54:31
 17-Craig Roland/ER 55:06*
 18-Bob Lawrence/TAM 55:10
 19-Bob Dohlstet/Un 55:17
 20-Hugh McWilliams/VMRC 55:25
 21-Lou Dougherty/NVRC 56:17
 22-George Ridout/MR 56:24
 23-Roger Price/Un 56:49*
 24-Dean Mitchell/Un 57:07

25-Gerald Werner/Un 57:25
 26-Colin Hermans/ER 57:40*
 27-Rich Mathiew/Un 58:05
 28-Tom Hillard/PCAC 58:11
 29-Don Madronich/Un 58:21
 30-Tom McCarthy/MR 58:46
 31-Jeff Ceremony/SD 58:52
 32-John Oliver/Un 58:55
 33-George Nichols/HA 59:15
 34-Arnold Schulz/ER 59:29*
 35-Bruce Denner/Un 59:36
 36-Stan Dittman/Un 59:45

37-Ron Kinney/ER 60:00*
 38-Martin Jones/VMRC 60:16
 39-Arthur Webb/Un 60:22
 MASTERS
 45-Don Kiernan/VMRC 61:36*
 48-Tom Walsh/SSS-Reno 61:52*
 52-Dan Thomas/Un 62:36*
 WOMEN
 83-Maria Regalado/Un 65:58
 107-Garima Hoffman/Un 69:04
 108-Bonny Lawrence/TAM 69:19
 110-Michelle Felton/SD 69:32



Pepsi winner, Bill Clark, in the lead here during a cross-country race several years ago in Belmont. /D. O'Rourke/

CLARK SPLASHES TO VICTORY AT PEPSI-20; SYMONS NIPS ULLYOT TO CAPTURE WOMEN'S TITLE (Nov. 19, Clarksburg): - Bill Clark, on the verge of turning 35 a few weeks down the road, showed that he is still to be feared in local road-running circles. Running strongly over the closing half of the race, the ex-American Hour Run record-holder from Los Altos won by 33 seconds over surprising Michael Wheeler of the Lake Merritt Joggers and Striders. His winning time of 1:48:24 was not especially quick, but under the cold and wet conditions, it was a strong performance. Steve Dean's 1:43:44 from 1975 easily withstood all challengers. Rich Langford, who had failed to enter by the deadline, received special permission to run unofficially anyway and actually was the first to cross the finishline in 1:47+, but his time will not count in the recordbooks. Bob Bourbeau's 1:56:52 was also way off the record for masters (1:51:07 by Kent Guthrie), but it was fast enough to soundly thrash Tom Cathcart's 1:58:25. Jill Symons, who had won a quick six-mile race the week before in Chico, steadily closed the gap on leaders Joan Ulyot and Penny DeMoss and kicked in hard over the last few hundred yards to record an excellent 2:09:14, some 11 seconds in front of Ulyot. DeMoss was 2:10:44 in third place. In what was probably the closest battle of the day, John Perkins nipped Richard Houston, 2:10:18 to 2:10:22, to capture the 50-and-over division, while Lucy Shapiro's 2:23:16 bested Marilyn Harbin's 2:24:53 in the women's masters race. Mike Warr's 1:55:52 took the high school division title. Lot's of other divisions and winners too, but not enough room to list 'em all here...1150 finished. /Paul & Elaine Reese/

23-Mike Warr 1:55:52
 24-Terry Hughes 1:55:59
 25-Doug Rennie 1:56:11
 26-Ricky Denesik 1:56:13
 27-Mike Ercolini 1:56:23
 28-Mark Kirchmeyer 1:56:23
 29-Frank Hutchinson 1:56:34
 30-Gregory Nelson 1:56:35
 31-Gary Sutherland 1:56:42
 32-Frank Boutin/Stfrd 1:56:44
 33-Bruce Dewberry 1:56:46
 34-Bob Bourbeau/WVJS 1:56:52*
 35-Ron Mellor 1:56:53
 36-Dan Williams 1:56:17
 37-Pat Buzbee 1:57:28
 38-Mike Wright 1:57:40
 39-Michael Brown 1:57:56
 40-David Dunbar 1:57:59
 41-Tom Hayes/SWEAT 1:58:01
 42-Kees Tuinzing/TAM 1:58:02
 43-Mike Gulli 1:58:07
 44-Karl Machschesfes 1:58:24
 45-Thomas Cathcart/WV 1:58:25*
 46-David Stevenson 1:58:38
 47-Chris Nowak 1:58:39
 48-William May 1:58:39
 49-Santos Reynaga/WVTC 1:58:43
 50-Tim Morse 1:58:41
 51-Bill Tippets 1:58:54
 52-Dennis Gustafson 1:58:56
 53-Nick Breuer 1:58:59
 54-Richard Hanna 1:59:06

55-Bruce VonBorstel 1:59:09
 56-Brian Bonner 1:59:13
 57-Sтивен Dean 1:59:19
 58-John Finney 1:59:19
 59-Mark Lonczak 1:59:19
 60-Dan Smolich 1:59:25
 61-Michael Garrett 1:59:41
 62-Ken Mattson 1:59:42
 63-Dete Kraus/WVJS 1:59:46
 64-Jay Cook/WVTC 1:59:46
 65-Larry Pugh 1:59:48
 66-Frank Krebs/BC 1:59:53
 67-Myron Nevraumont/WVJ2:00:19*
 68-Wes Lucas 2:00:20
 69-Noel Lincicome 2:00:22
 70-Mike Conroy/ETC 2:00:23
 71-Tom Arnez 2:00:59
 72-Jim Coughlin 2:01:01
 73-Dennis Dillie 2:01:02
 74-Bob Myers/PMK 2:01:34
 75-Mark Brooks 2:01:39
 76-Doug Latimer 2:01:47*
 77-Bill Catanese/TAM 2:01:52*
 78-Robert Smith 2:01:56
 79-Frank Nolan/WVTC 2:02:12
 80-Roger Daniels/TAM 2:02:26*
 81-Jack Frost 2:02:31
 82-Mike Kimberling 2:02:32
 83-Bill Peck 2:02:38
 84-William Boggs 2:02:43
 85-Glenn Sutor 2:02:46
 86-Kevin Reynolds 2:03:11

87-Russell Cohen 2:03:20
 88-Mike Deatherage 2:03:26
 89-Ken Kitz 2:03:38
 90-Michael Deis 2:04:09
 91-Harvey Ferrill/SUND 2:04:13*
 92-Bryan Haupt 2:04:19
 93-Mike McKay 2:04:26
 94-Ed Jerome 2:04:29
 95-Roy Stone/WVTC 2:04:32
 96-Jack Zarkarian 2:04:38
 97-Joe Sloan/OPHIR 2:04:49*
 98-Allan Berrin 2:04:56
 99-Mike Davis 2:05:02
 100-Randall Fairchild 2:05:06
 101-Sal Citarella 2:05:11
 102-Ed Stromberg 2:05:14
 103-Jim Casper 2:05:16
 104-John Hawkes/WVTC 2:05:21
 105-Glenn Pruitt 2:05:22
 106-Jim Worden 2:05:28
 107-Albert Garcia 2:05:36
 108-Robert Sobsey 2:05:38
 109-Jim Rice 2:05:43
 110-Bill Keller 2:06:06
 111-Martin Bennett 2:06:08
 112-Alan Honma 2:06:10
 113-Clifford Clarke 2:06:12
 114-David Pendley 2:06:19
 115-Michael Hicks 2:06:26
 116-Mario Espinoza 2:06:27
 117-Ted Wilson/KJ 2:06:28*

(Continued on page 51...)

(Almond Bowl Run, cont'd.)

Table of race results for Almond Bowl Run, listing names, teams, and times. Includes entries like 24-Mark Cyr/Chico 33:11 and 34-Dave Cargill/Suisun 34:43.

EMPIRE 15-KILO: ALEXANDER WINS EASILY BUT MISSES COURSE RECORD (Nov. 18, Santa Rosa): - Valley of the Moon R.C.'s Butch Alexander was a 37-second victor over Hersh Jenkins in the 2nd Annual Heart of the Empire 15-Kilo...

Table of race results for Empire 15-Kilo, listing names, teams, and times. Includes entries like 1-Butch Alexander/VMRC 49:33 and 13-Dan Preston/VMRC 53:45.



Pepsi winner, Bill Clark, in the lead here during a cross-country race several years ago in Belmont. /D. O'Rourke/

CLARK SPLASHES TO VICTORY AT PEPSI-20; SYMONS NIPS ULLYOT TO CAPTURE WOMEN'S TITLE (Nov. 19, Clarksburg): - Bill Clark, on the verge of turning 35 a few weeks down the road, showed that he is still to be feared in local road-running circles.

Table of race results for Pepsi-20 and Women's Title, listing names, teams, and times. Includes entries like 1-Bill Clark/WVTC 1:48:24 and 23-Mike Warr 1:55:52.

(Continued on page 51...)



ARROW

TRACK CLUB

10K-3K

(6.2-1.9 MILES)

4TH ANNUAL

MOFFETT PARK ROAD RUNS



DATE & TIME: Sunday, April 1, 1979 at Moffett Industrial Park (near Lockheed and Charley Brown's in Sunnyvale).
3K run starts at 9:00am. 10K race starts at 10:00am.

MINI-ARROW 3K RUN is a non-sanctioned (AAU) event for beginners or other unofficial entrants. It consists of the first three kilometers of the 10K course. There is no registration. Times will be announced at the finish and times may be recorded by the runner for publication with the 10K results. Certificates will be available.

COURSE (10K): Same as last year. You will view the finish area as you leave the registration area. The start is on Java, approximately 800 meters away. The course is flat, on paved roads in a scenic industrial park. Split times will be announced at 1,500 meters; 3,000M; 5,000M; and 8,500M. Two separate loops in the first 3,000 meters allow for good spectator viewing.

PARKING: Plenty of parking in industrial lots around Building 560.

REGISTRATION: Begins at 8:30am at Building 560. No pre-entries.

ENTRY FEE: 3K run is free. 10K race is \$2. Family rate is \$5.

ELIGIBILITY: All entrants in the 10K race must be registered AAU members for 1979. Forms will be available at the race (\$4). Cards may be obtained in advance from: PA-AAU, 942 Market St., #201, San Francisco, CA 94102, (986-6725).

AWARDS & RECORDS: To top finishers in each division of 10K race. **IMPORTANT** - Age is determined as of race day, April 1st (Not January 1st, the AAU age-group cutoff for Track and Field). The number of awards is based on previous years' participation in each division. New divisions (*) have been added, or returned, on a trial basis:

Division	Awards	Record Holder	Time
A Men 50 & up	2	Carl Martin, WVJ&S (50), 1977	36:42
B Men 40-49	6	Bob Welck, WVJ&S (40), 1978	32:27
C Men 32-39	9	Bill Clark, WVTC (33), 1977	30:57
D Men 17-31/Open	9	Angel Martinez, Aggies (22), 1978	30:47
*E Boys 14-16 (was 13-16)	2	Paul McClure, Un (16), 1978	33:41
*F Boys 12-13 (was 12-U)	3		
*G Boys 10-11	3	Jim Myers, Pamakids (11), 1976	38:36
*H Boys 9 & Under	3		
*J Women 40 & Up	1	Carroll O'Connor, NCSTC (45), 1976	44:02
K Women 30-39	3	Elaine Miller, Pamakids (31), 1978	38:36
L Women 17-29/Open	2	Penny DeMoss, WVTC (28), 1978	36:37
*M Girls 14-16 (was 13-16)	2	Roxanne Bier, Cindergals (14), 1976	37:01
*N Girls 12-13 (was 12-U)	2	Jackie Marvin, Arrow (12), 1976	40:23
*P Girls 10-11	2		
*Q Girls 9 & Under	2		
R Men 17 & Up, Racewalker	1	Neal Pyke, WVTC (29), 1978	45:23
S Boys 13-16, "	1	Charles Lewis, Arrow (15), 1978	60:16
T Boys 11-12 (was 12-U) RW	1	David Smathers, Arrow (12), 1978	65:06
*U Boys 10 & Under, Racewalk	1		
V Women, Racewalker	1	Lori Maynard, Woodside (42), 1978	61:15

Patches to first 500 registrants in 10K race only.

The runner with the best time among the men's divisions will receive a pair of Adidas TRX running shoes, donated by Freeman's Sport Center, Town & Country Village, Sunnyvale and San Jose.

The runner with the best time among the women's divisions will receive a pair of Brook's Villanova running shoes donated by Starting Line Sports, 246 Castro Street, Mountain View, CA.

NOTE: Ages of award winners may be verified with AAU records.

Special Drawing at Award Ceremony:

- One pair of new Balance 320 shoes, donated by TRAC SHAC, 1238 Wolfe Rd., (El Camino & Wolfe), Sunnyvale.
- Two yearly subscriptions to NOR-CAL Running Review, P.O. Box 1551, San Mateo, CA 94401 (\$6/year).
- One year subscription to Track & Field News, P.O. Box 296, Los Altos, CA 94022 (\$11/year).
- At least one popular running book donated by Track & Field News.

The drawing will be for all finishers of the 10K race. They must be present for the drawing immediately after the award ceremony.

RACE WALKERS: Good course for walkers. There were 26 race-walkers last year, lead by world-record holder, Neal Pyke (20K in 1:21:38, November 1978).

DIRECTIONS: Take either Mathilda or Caribbean turnoff towards bay from Highway 237 (237 runs between 82-101-17). Registration is located behind Building 560 on south side of Mathilda. B560 is further marked by Group Insurance and Employment signs to its front.

FACILITIES: There are toilet facilities in B560 - courtesy of Lockheed Missiles and Space Company.

SPONSOR: Arrow Track Club. Practices held at Los Altos High School, Monday, Tuesday & Thursday (Wednesday optional or make-up) at 4:45pm. Members mainly range in age from 8-14. Several coaches.

INQUIRIES ABOUT RACE: Write to: J.C.Lewis, 1762 Pilgrim Ave., Mountain View, CA 94040 (self-addressed stamped envelope).

INQUIRIES ABOUT ARROW TRACK CLUB: Write to: Arrow Track Club, P.O. Box 394, Los Altos, CA 94022.

1st Annual SKYLINE BOOSTER 6.5-MILE

Sponsored by the Skyline High School Boosters Club for the benefit of the Skyline High School Athletic Fund.

DATE: - SUNDAY, APRIL 1, 1979.....10 A.M.

PLACE: - SKYLINE HIGH SCHOOL, 12250 Skyline Blvd., Oakland, Calif.

COURSE: - Skyline Blvd.---Run the beautiful tree-lined boulevard with gently rolling hills. A course for all ages and runners.

ENTRY FEE: - \$4.00 for Pre-entry, postmarked by March 21st, 1979; \$5.00 on raceday by 9 A.M. First 500 pre-entries receive embroidered patch.

HANDICAPPING: - For age-groups, male and female, as follows:

DIVISION I.....Scratch--Males, ages 18 though 39

DIVISION II....5 Min.--Females, ages 18 through 39; males, ages 40-49, 14-17.

DIVISION III...10 Min.--Females, ages 40-49, 14-17; males, ages 50-59, 10-13.

DIVISION IV....15 Min.--Females, ages 50 & over; males, ages 60 & over and 9 or under; females, ages 13 or under.

AWARDS: - Each division winner plus each age-group winner.

PLEASE COMPLETE THIS ENTRY FORM AND FORWARD IT WITH YOUR ENTRY FEE TO: - Joe Panella,
Meet Coordinator, Skyline High School, 12250 Skyline Blvd., Oakland, CA 94619.
Phone: 415/531-9161.

----- ENTRY FORM & WAIVER -----

In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any rights and claims which I may have or which may accrue to me against the Oakland Public Schools or the Skyline High School Boosters Club or their members, officials, and agents, etc., while traveling to and from the event and while participating, for any and all injuries suffered by me at this event.

DATE: _____ SIGNED: _____
(signature of parent or guardian if runner under 21 yrs.)

NAME (Please Print): _____ PHONE: () _____
 First Middle Last

ADDRESS: _____
 Street Address City State ZIPCODE

DIVISION: _____ AGE: _____ DATE OF BIRTH: _____ SEX: Male
 (on raceday) Month/Day/Year Female

PLEASE REMEMBER TO READ & SIGN WAIVER

<i>(Pepsi 20-Miler, Cont'd.)</i>		152-Ronald Ruiz	2:08:55*	183-Penny DeMoss/WVTC	2:10:44	408-Lucy Shapiro/WVTC	2:23:16*
MASTERS		154-Dieter Diekmeyer/SUN	2:08:58*	235-Rita Scalise	2:13:29	421-Sue Brusher/BASC	2:24:19
120-Glen Krawiec	2:06:51*	170-Orin Dahl	2:09:25*	259-Colleen Connors	2:14:56	432-Marilynn Harbin/TAM	2:24:53*
121-Jack Byrd/PMK	2:06:56*	179-Bob Blonder	2:10:09*	290-Vicki Randall	2:16:32	436-Deborah Bispo	2:24:59
132-Bryan Holmes/WVJS	2:07:39*	181-John Perkins	2:10:18*	349-Connie Giannini	2:20:19	448-Mari Kolb/WVTC	2:25:37
138-Juneus Kendall	2:08:13*	182-Richard Houston/NCS	2:10:22*	355-Candy Hearn/OPHIR	2:20:33	449-Paula Ferrill/SUND	2:25:38*
143-Waights Taylor/WV	2:08:20*	***WOMEN***		366-Kathryn Blinn	2:21:03	471-Anne Neeley	2:27:02
147-Chris Delgado	2:08:40*	162-Jill Symons/Chico	2:09:14	384-Laury Belzer/LMJS	2:22:01	481-Debbie Foryniary	2:27:42
150-Jim Liedtke	2:08:48*	169-Joan Ulyot/WVTC	2:09:25	394-Karen Kressenberg/WV	2:22:30	492-Melissa Duffy	2:28:04

SUB-MASTERS SWEEP 30-KILOMETER FRIENDSHIP RACE (Dec. 3, San Mateo): - Whoever said you're 'over the hill' at 30 evidently wasn't a runner. In the second, and much more successful (organization-wise) running of the United Friendship Run, 34-year-old Wayne Badgley clipped year-younger Daryl Zapata, 1:43:13 to 1:44:02, and third-placer Bill Sevald, 32, did 1:45:46, thus completing a sub-masters sweep of the medals. In fact, six of the top eight finishers were over 30! Myron Nevraumont came back well from the Pepsi 20-Miler two weeks earlier to record a 36-second victory over local Bill Bugler, 1:54:26 to 1:55:02, to win the over-40 trophy. Vicky Bray's 2:11:09 led the women, with Lucy Shapiro winning the women's over-40 title in 2:13:44, good enough for second place overall among the fair sex. A total of 221 finished the dead-flat course which followed the San Mateo and Burlingame shoreline of San Francisco Bay from Coyote Point Yacht Harbor. /Al Bangert/

1-Wayne Badgley/SUND	1:43:13	13-Myron Nevraumont/WVJ	1:54:26*	25-Dennis Reager	2:00:24	***MASTERS***	
2-Daryl Zapata/WVTC	1:44:02	14-Dennis Gustafson/SFP	1:54:50	26-Glen MacDougall	2:01:00	41-Fred Dunn	2:06:51*
3-Bill Sevald/ETC	1:45:46	15-Bill Bugler	1:55:02*	27-Robert Duncan	2:01:03	45-Ron Niedrauer/WVJS	2:09:01*
4-Don Paul	1:46:30	16-Santos Reynaga/WVTC	1:56:20	28-Steven Twesten	2:01:33	48-Walter Williams	2:11:03*
5-Greg Jewett/ETC	1:46:34	17-Bryan Holmes/WVJS	1:57:36*	29-Frank Ruona	2:01:45	***WOMEN***	
6-Neil Berg	1:47:22	18-Waights Taylor/WVTC	1:58:07*	30-Dan Speed	2:02:00	49-Vicky Bray/SJC	2:11:09
7-Jesus A. Garza	1:48:29	19-Larry Feigenbaum	1:58:44	31-James Steward	2:02:32	62-Lucy Shapiro/WVTC	2:13:44*
8-Jeffrey Wall/ETC	1:49:01	20-Glen Krawiec	1:59:10*	32-Gary Chilton	2:02:38*	81-Diane Young	2:18:25
9-Ted Pawlak	1:49:24	21-Dewey Mar	1:59:36	33-Rip Talavera	2:03:10	88-Bev Hendrigsman	2:20:13
10-James Gorman/WVTC	1:52:38	22-Leonard Gilliana	1:59:47	34-Monroe Rosenthal	2:03:29	92-Frances Sackerman/NC	2:22:00*
11-Sam Rojas	1:52:51	23-Sargon Nona	1:59:47	35-Tom Sheehan	2:03:39	103-Nora Crans/WVTC	2:25:37
12-Jack Dixon	1:53:07	24-John Lilygren	2:00:11	36-Peter Laskier	2:04:00	111-Daphne Dunn	2:27:35

BLUME WHIPS STRONG FIELD AT CAMPBELL DECEMBERFEST (Dec. 3, Campbell): - Cal's Gary Blume came out on top in a talent-laden six-miler sponsored by the Campbell Rotary Club. His 29:15 winning time was 18 seconds ahead of WVTC's Benton Hart, making a comeback after an injury-plagued cross-country season. Third-placer Bill Clark was only a bit more than 2 seconds back after celebrating his 35th birthday the night before! Bob Blonder was tops over-40, but because of a strange breakdown in age-groups (35 to 49), he finished only eighth in that division. His 33:48 was over a minute ahead of Gil Tarin's 34:52. Because the results did not indicate age, we're not sure who is a master and who isn't, so if we've missed noting anyone with an asterisk below, please let us know. Come on meet directors, let's put out some *useful results!* Roxanne Bier had to kick hard to pass 38-year-old Judy Fox in the last hundred yards, barely hanging on to win in a quick 33:44.3 (Judy was only 5/10ths of a second back). That works out to 5:37 a mile folks! Nobody else was even close to the top two women. We don't know how many finishers because the results didn't even list places within divisions so we could add them up! Sorry for no first names in many cases (that's the way they were in the results). /Robert Culp/

1-Gary Blume/Cal	29:15	24-G. Aguilar	33:03	47-Gil Tarin/WVJS	34:52*
2-Benton Hart/WVTC	29:33	25-D. Greco	33:03	48-Dave Stevenson/Un	34:58*
3-Bill Clark/WVTC	29:35	26-J. Rubio	33:04	49-R. Anderson	34:59
4-Steve Brooks/WVTC	29:41	27-A. Welch	33:09	50-F. Rios	35:01
5-Bill Hurst/WVTC	30:14	28-G. Vonderwerth	33:10	51-John Ulate	35:02
6-Gary Goettelmann	30:35	29-Glenn Pruitt	33:12	52-Don Carpenter/WVTC	35:03*
7-D. Wells	30:40	30-D. Garcia	33:14	53-Ken Napier/WVJS	35:03*
8-Dan Cruz/PTC	30:44	31-T. Pfister	33:19	54-B. Comport	35:14
9-John Clary/WVJS	30:48	32-Don Barber	33:27	55-W. Radloff	35:18
10-K. Henter	31:18	33-Tim Rostege/WVTC	33:29	56-R. Collins	35:19
11-G. Szante	31:19	34-B. Brummel	33:44	57-A. Portocarrero	35:20
12-Jake White/WVJS	31:21	35-K. Takao	33:47	58-F. Copeland	35:23
13-Dave Levitsky/WVTC	31:26	36-D. Stevens	33:47	59-S. Mosier	35:24
14-Ramsay Thomas/WVTC	31:34	37-Bob Blonder	33:48*	60-R. White	35:25
15-C. Karbowski	31:39	38-B. Ramsey	34:04	***WOMEN***	
16-Rich Stiller/WVJS	32:01	39-J. Wurm	34:16	1-Roxanne Bier/SJC	33:44
17-Jesus Garza	32:06	40-P. Miller	34:28	2-Judy Fox/WVTC	33:45
18-J. Ahnberg	32:11	41-T. Dorst	34:30	3-T. Matavage	36:14
19-R. Castro	32:17	42-K. Nichol	34:33	4-K. Demmelmaier/SJC	36:23
20-M. McQueeney	32:17	43-M. Hicks	34:43	5-Maria King/SJC	36:26
21-D. Bush	32:27	44-R. Smedberg	34:44	6-Karen Kressenberg/WVTC	38:41
22-W. Dunn	32:33	45-Walt Van Zant/WVJS	34:47	7-Denise Bigelow	39:32
23-Dave Parish/WVTC	32:36	46-T. Higgins	34:47	8-C. Carriere	40:23
				9-B. Hawk	40:45



Gary Blume, winner of the Decemberfest at Campbell with a 29:15 6-mile. /Tom Elliott/

NABERS WHIPS RECORD-HOLDER AT LIVERMORE MARATHON (Dec. 9, Livermore): - Ron Nabers, who had just set a PR the week before at the Fiesta Bowl Marathon in 2:19:39, held off a strong bid by defending champ Fritz Watson to record another quick time of 2:23:40, still well off Watson's 2:21:00 standard from the previous year. Watson finished in 2:26:47 with Nevada-Reno's Rudy Munoz getting third at 2:30:57. A record number of starters (1400+) turned out for the full and half-marathon this year. The woman's winner was Lynn Harris of Sunnyvale in 3:13:10, well off Vicky Bray's 2:53:14 standard. Gordon Gane set a new masters record of 2:44:20 in dominating that division. Art Clausing of Illinois was next in 2:47:16. Hans Roenau nipped John Armstrong by 8 seconds in a swift 2:50:48 to capture the 50-and-over class. Top point scorer (based on comparing times with US age records) was once again Ruth Anderson with 1007 points, although she was beaten by Paula Ferrill for top woman over 40. Lyle Freeman's 1:11:10 led the half-marathon crowd, with Lester Mina coming in a scant 9 seconds back. Tom Cathcart sped to another swift clocking in 1:13:41 to garner the masters title, while Joan Ulyot nipped Kathryn Prickett by 16 seconds in 1:27:57 for the women's crown. /D. Jones/

1-Ron Nabers/WVTC	2:23:40	6-David Muela/ETC	2:33:50	11-Gary Galloway	2:36:52	16-Mark Hines/S.F.	2:39:32
2-Fritz Watson/WVTC	2:26:47	7-Jeff Wall/ETC	2:34:19	12-Bill Sevald/ETC	2:37:55	17-Ron Barker/Idaho	2:39:38
3-Rudy Munoz/UNR	2:30:57	8-Miguel Tibaduiza/UNR	2:34:54	13-Dave Levitsky/WVTC	2:38:02	18-Bert Johnson/Snyvle	2:39:54
4-Chris Hamer/WVTC	2:31:56	9-Pat Buzbee	2:35:45	14-David Swezey/SBarb	2:38:08	19-Dete Kraus/WVJS	2:40:02
5-Dennis Rinde/OPHIR	2:33:38	10-Fred Forsberg	2:36:45	15-Brian Bonner/LVRC	2:38:12	<i>(Continued on next page...)</i>	

(Livermore Marathon, Cont'd.)

20-William May	2:40:16	41-Kim Schaurer/MR	2:50:47	63-John Hellman/UCSC	2:57:07	105-Tom McManus	3:05:25*
21-Gordon Rasmussen	2:41:21	42-Hans Roenau/DIRT	2:50:48*	64-Siegfried Mattern	2:57:14*	106-John Naylor	3:05:36*
22-Michael Graf	2:41:40	43-John Armstrong	2:50:56*	65-John Stevens	2:57:23	108-Joe Wakabayashi	3:06:11*
23-Dan Moore/LVRC	2:44:00	44-Jim Liendtke	2:51:32*	66-Dan Dierken	2:58:25	111-Bill Brace	3:06:52*
24-Gordon Gane	2:44:20*	45-Bret Hutchinson	2:52:28	67-Gary Kaufman	2:58:33	112-Art Boettcher	3:06:53*
25-Ricky Denesik	2:44:32	46-Kenneth Adams	2:52:43	68-Ed Dally/WVTC	2:58:38*	113-Jon Baumgartner	3:07:10*
26-Curtis Karboski	2:44:40	47-Theo de Lusignan	2:52:47*	69-John Davis	2:58:39	115-Gerald McMahon	3:07:16*
27-Conrad Will	2:45:39	48-Server Sadik	2:53:56	70-Vince Fischer	2:58:51	116-Philip Spiekerman	3:07:32*
28-Steve Flynn	2:46:07	49-Robert Clay	2:54:36	71-Michael Buzler	2:59:10	126-Paul Sulinski	3:08:42*
29-Gary Alderman	2:46:40	50-Mike Bradley	2:54:38	72-Jack Simonton	2:59:11*	127-Fred Dunn	3:08:46*
30-James Willmot	2:46:41	51-Tommy Greer	2:55:10	73-Emerly Mitchell	2:59:16	145-Marvin Brooks	3:11:50*
31-Karl Bacon	2:46:58	52-Mike Thompson	2:55:13	74-Phil Bellan	2:59:17	***WOMEN***	
32-Art Clausing/III.	2:47:16*	53-Dwight Hendrix	2:55:17	75-Bob Brasesco	2:59:18	156-Lynn Harris	3:13:10
33-Hoyt Walker/LVRC	2:48:24	54-Thomas Wuliger	2:55:25	76-Steve Lyons	2:59:25	203-Paula Ferrill/SUND	3:19:50*
34-Bob McLennan	2:48:31	55-James Nicholson/PMK	2:55:58*	77-Bill Devine	2:59:51	255-Jennifer Biddulph	3:25:55
35-Kurt Grave	2:49:27	56-Keith Wayne	2:56:10	78-Gerry Kramer	3:00:06*	265-Ruth Anderson/NCS	3:26:53*
36-Mike Milton	2:49:30	57-Timothy Treacy	2:56:16*	79-Charles Lachenbruch	3:00:07	267-Judy Wiseman	3:27:02
37-Brian Hollins	2:49:38	58-Dennis Burkett	2:56:22	***MASTERS***		292-Sherry Pollock	3:29:24
38-Charles Key	2:49:42	59-Dan Richards	2:56:31	84-Ronald Ruiz	3:01:00*	294-Judith Harte	3:29:33
39-William Dunlop	2:49:45	60-Orin Dahl	2:56:35*	85-Ron Kovacs	3:01:04*	298-Margo Elson	3:29:39
40-Mike Wright	2:50:22	61-Larry Martin	2:56:39	95-Richard Houston/NCS	3:02:00*	299-Terri Durbin	3:29:40
		62-Bryan March	2:57:00	103-Bernard Feldman	3:04:47*	323-Ann Grove	3:32:48

1-Lyle Freeman	1:11:10	16-Daryl Williams	1:17:13	31-George Frazier	1:23:29	57-Gerald Zeilenba	1:26:53*
2-Lester Mina/AGRC	1:11:19	17-Jeff Farmer	1:17:18	32-Arnold Knepper	1:23:36*	60-Don Savant	1:27:08*
3-Tom Weir	1:12:29	18-Guy Pelham	1:17:23	33-Stan Dittman	1:23:39	62-Tokihiko Suyehiro	1:27:10*
4-Tom Downs/WVTC	1:12:37	19-Jim Carr	1:19:13	34-Joseph Choy	1:23:55	65-Ron Hakola	1:27:26*
5-Pat Miller	1:12:39	20-Tom Aldana	1:20:22	35-Tim Graney	1:23:59	66-Fred Linch	1:27:29*
6-Tom Cathcart/WVTC	1:13:41*	21-Craig Van Otten	1:20:50	36-Mike Orr	1:24:05	68-Leigh Ortenburger	1:27:42*
7-Jeff Cowling	1:15:15	22-Chuck Ragen	1:20:57	37-Jeff Houston	1:24:09	***WOMEN***	
8-Ken Takao	1:15:29	23-Michael Coke	1:21:23*	38-Jonathon Coleman	1:24:17	72-Joan Uilyot/WVTC	1:27:57
9-Peter Downs/WVTC	1:15:58	24-David Powell	1:21:54	39-Larry Landess	1:24:18	74-Kathryn Prickett	1:28:13
10-Tim Morse	1:16:16	25-Jim Cross/WVTC	1:22:00	40-Richard Craig	1:24:21	101-Susan Craig	1:32:10
11-Steve Stark	1:16:23	26-Sherman Lamb	1:22:13	41-Mike Weiss	1:24:23	111-Kim Baer	1:33:15
12-Bill Meinhardt/WVJS	1:16:28	27-Richard Vincent	1:22:41*	42-Glen Campagna	1:24:41	125-Tracey Thayer/WVTC	1:34:41
13-Samuel Rojas	1:16:35	28-Steven Sokol	1:23:12	43-Tom Martz	1:25:12	128-Julie Hayes	1:34:54
14-Michael Dyer	1:16:40	29-George Sandova	1:23:13	***MASTERS***		145-Sue Schnell/SUND	1:37:31
15-James Hoover	1:16:50	30-Harry Wyeth	1:23:27	53-Don Mittelstaedt	1:26:22*	152-Judy Peterson	1:38:27



VAN DINE IN QUICK TEN-MILER (Dec. 10, San Francisco): - The Aggies' Jim Van Dine dominated a small but talented field at the first running of the San Francisco 10-Mile Classic, sponsored by the Marin Racers. The course wound through Golden Gate Park and covered much of the S.F. Marathon route. Van Dine held 5-minute pace or better through the first eight miles, but the runners were hampered somewhat by wind over the last few miles. Jim's 50:07 was nearly a minute ahead of come-backing Brad Duffey, who did 51-flat. Denis O'Halloran also ran a quick time of 51:19 in third. Bill Bugler's 58:26 led the masters, and Jim Simpson did 59:48 as runnerup, while Vicky Bray clocked a slowish 67:03 for the women's title, with Karen Scannell next at 69:10 (she also was first over 40). One of the better races of the day was turned in by 38-year-old Doug Rustad who came in fifth place at 53:36...139 finishers; cool & sunny. /D. Capron/



(Left) Start of the S.F. 10-Mile Classic. (Center) Winner Jim Van Dine clocked 50:07. (Right) Karen Scannell was top masters woman and second woman overall. /John Sheretz Photos/



1-Jim Van Dine/AGRC	50:07	9-Mike Warr	55:23	17-Todd Watkins	59:20	36-Harlan Baray	64:20*
2-Brad Duffey/Un	51:00	10-Jon Enscoe	55:55	18-Adrian Wong	59:33	51-Joe Castillo	66:58*
3-Denis O'Halloran/AGRC	51:19	11-J.P. Day	56:24	19-Mike Kimberling	59:43	***WOMEN***	
4-Benton Hart/WVTC	53:33	12-R.C. Lincoln	56:52	20-Jim Simpson	59:48*	53-Vicky Bray/SJC	67:03
5-Doug Rustad/Un	53:36	13-Harry Aspinall	57:16	21-Art Portocarrero	60:33	66-Karen Scannell/PMK	69:10*
6-John Clary/WVJS	54:24	14-John Hawkes/WVTC	58:00	22-Derek Ratcliffe	60:35	91-Joanne Connally	74:01
7-Tom Castro	54:41	15-Bill Bugler	58:26*	***MASTERS***		94-Cheryl Thomas	75:16
8-Jim Howell/WVTC	55:02	16-Raoul Kennedy/MR	58:45	27-Richard Watson	61:35*	103-Elise Bortin	77:04

CHRISTMAS RELAYS--248 TEAMS FINISH IN DRIVING RAINSTORM (Dec. 17, Half Moon Bay to Santa Cruz): - The fifth running of the popular Christmas Relays proved to be the smoothest yet with very few traffic tie-ups, despite heavy winds the entire route and a cloud-burst every now and then...we'll go north to south again in 1979! Despite being almost a mile shorter than the traditional 50-mile course (because of some changes in the anchor leg), the strong winds held the winning team from the Aggie R.C. to a slowish 4:28:06, more than 20 minutes behind WVTC's 4:07:45 in 1975 (with a tailwind). The host West Valley TC (continued on page 54...)

A Day for Runners

Saturday symposium on health, nutrition, conditioning, and competition for runners on all levels.

Palace of Fine Arts Theater, San Francisco, March 17, 9 a.m. to 5 p.m.

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Ian Jackson	Steven Subotnick
Don Kardong	Joan Ulliyot

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WEST VALLEY TC (\$3.00) S M L XL
WEST VALLEY TC (WOMEN'S DIV.) (\$3) S M L XL
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(Christmas Relays, Cont'd.)...led for most of the distance until a foulup at the 30-mile exchange point. They finally came in third, just ahead of a determined Camino West squad, 4:31:09 to 4:31:27. First 'pickup' team was Redwood Coast #1 in 4:39:02, an all-star team from the Santa Cruz area. WVTC's sub-masters picked up tenth overall to win their division in 4:43:10. Mission San Jose's team defended their high school title with a 4:57:40 in 25th, and the WVJS masters continued their streak with a good 5:02:05. WVTC's women turned the tables on the Cindergals this year, winning by a huge margin, 5:26:10 to 5:51:33. For those that didn't get full results, send a SASE to NCRR. Top legs were by: (1) Eric Williams/Marin Racers 21:31.2; (2) John Moreno/CW 58:53.0; (3) Lou Patterson/AGRC 27:29.8; (4) Jim Van Dine/AGRC 51:02.5; (5) Pete Sweeney/AGRC 29:28.7; (6) Rod Berry/WVTC 25:13.7; (7) Tony Ramirez/FPTC 49:25.7. T-Shirts still available (see ad on previous page). Two runners soloed the entire distance, running 7:42:12...Jay Helgerson and Tom Zavortink. /Jack Leydig/

1-Aggie Losers	4:28:06	21-Angell Fld Ancients	4:55:56	41-Pamakid Masters	5:11:58*
2-West Valley TC "A"	4:31:09	22-Pamakid "A"	4:56:20	42-Santa Teresa H.S.	5:13:11
3-Camino West "A"	4:31:27	23-Livermore Dry Heaves	4:56:34	43-Whiz Kids	5:13:47
4-Aggie Oozers	4:32:22	24-The Time Zoners	4:57:35	44-Camino West Jrs.	5:15:40
5-Fresno Pacific TC	4:33:10	25-Mission San Jose HS	4:57:40	45-Orinda R.R. Masters	5:15:57*
6-Redwood Coast #1	4:39:02	26-Jonestown Joggers	4:59:57	46-Tamalpa Masters	5:16:14*
7-Marin Racers	4:40:35	27-West Valley J&S 40	5:02:05*	47-Los Gatos Pacers	5:18:43
8-The Bear Downs	4:41:17	28-Marin Racers	5:02:06	48-Marin Racers	5:18:57
9-The Nandi Tribe	4:42:41	29-Yellow Tomatoes	5:02:25	49-Redwood Coast RC #2	5:19:01
10-WVTC Sub-Masters	4:43:10	30-Foot Don't Fail Me	5:02:32	50-Lancers	5:19:33
11-Excelsior TC "A"	4:45:15	31-Tamalpa "A"	5:03:31	51-On Drugs	5:20:13
12-Aggie Boozers	4:45:51	32-Excelsior "B"	5:03:52	52-S.F. Fire Dept.	5:20:51
13-Pubic Harriers	4:46:13	33-Marin Racers Jrs.	5:04:30	***WOMEN***	
14-Camino West Pickups	4:49:04	34-Double Perimeters	5:05:12	58-West Valley TC "A"	5:26:10
15-Ophir Prison Inmates	4:51:39	35-WVJS-30 "A"	5:05:49	115-San Jose Cindergals	5:51:33
16-Hayward Gazelles TC	4:52:07	36-Cliff Stewart Team	5:07:08	127-Aggie Snoozers	5:56:31
17-West Valley TC "B"	4:52:44	37-Solar Air of Calif.	5:09:05	129-Lake Merritt J&S	5:57:37
18-Lake Merritt J&S	4:53:33	38-Orinda Roadrunners	5:09:56	139-Sports Afood R.R.	6:04:20
19-Aggie Dingle Bells	4:54:45	39-Kurt's Perverts	5:10:07	147-West Valley TC "B"	6:08:30
20-Puma TC Pickups	4:55:34	40-SWEAT Sub-masters	5:11:02	157-Fresno Pacific TC	6:16:54
				159-Pamakid Women	6:17:20

BENTON HART LEADS ASSAULT ON RECORDBOOK AT COYOTE HILLS RUN (Dec. 23, Fremont): - Records were broken in all divisions at the 3rd Annual running of the Coyote Hills 6.8-Miler, as WVTC's Benton Hart led the blitz with a fine 35:17 as the top 6 finishers broke the old mark, held by Ted Quintana at 36:07. West Valley TC made it an intrasquad meet as all top ten slots went to them, including the fastest woman, Liz Strangio, who ran to a record 44:16. Mike Smith's 35:22 pushed the winner, and Gary Goettelmann's 4th place 35:24 won the sub-masters race. Third place is unknown (official?). Roger Bryan's 39:21 was a new record in the masters division as he beat teammate Myron Nevraumont's 40:04 quite handily. Steve Strangio, in fifth, set a new record in the 13-18 age-group at 35:26, obliterating Scott Molina's 36:46 standard. A good field of 230 completed this run, sponsored by the Newark Recreation Division. /Darryl Reina/

1-Benton Hart/WVTC	35:17	16-Rick Moraida	37:55	31-Gil Tarin/WVJS	40:31*
2-Mike Smith/WVTC	35:22	17-Ken Apperson	38:13	32-Ronald Alonzo	40:36
3-Unknown	-----	18-David Pappas	38:25	33-Bryan Holmes/WVJS	40:37
4-Gary Goettelmann/WVTC	35:24	19-Jeff Farmer	38:27	34-Dean Harper	40:45
5-Steve Strangio/WVTC	35:26	20-Ted Pawlak	38:28	35-James Simpson	40:52*
6-Steve Brooks/WVTC	36:02	21-Scott Cooper	38:42	36-Daniel Rubio	40:53
7-John Marden/WVTC	36:14	22-Tom Gleason	38:46	37-Tony Moore/Georgia	40:55
8-Jay Marden/WVTC	36:23	23-Rick Piquette	38:49	38-Marc Torres	41:01
9-Peter Downs/WVTC	36:35	24-Evencio Hurtado, Jr.	39:06	39-Norman Shaskey/WVTC	41:03
10-Tom Downs/WVTC	37:05	25-Roger Bryan/WVJS	39:21*	40-Ken Takao	41:08
11-Boyd Tarin/WVTC-UNR	37:09	26-Bill Bachrach	39:37	***MASTERS***	
12-Bill Spence	37:16	27-Myron Nevraumont/WVJS	40:04*	41-Jim Nicholson/PMK	41:11*
13-Nick Winter	37:17	28-Robert Goralka	40:10	47-James Jacobs/PMK	41:44*
14-Gregg Szanto	37:38	29-William Peregoy	40:12	63-John McCrillis/TRAC	43:23*
15-Patrick Miller	37:39	30-Art Aurand	40:21	64-Roderick McKenzie	43:24*

SALAZAR NIPS VIRGIN AT MIDNIGHT RUN; WAITZ OUTCLASSES WOMEN'S FIELD (Dec. 31, Los Altos): - A super field that included most of the top invited speakers from National Running Week destroyed the old course record set by Duncan Macdonald last year...the top 10 finishers were under the old standard, with Alberto Salazar just nipping Craig Virgin, as both were caught in 22:13 over the accurate 5-mile loop course (3 times around). Top local finisher was Benton Hart in a quick 22:59 for seventh place, with John Moreno two spots and three seconds back. A total of 46 runners dipped under 25 minutes. Norway's Grete Waitz, world-record holder in the marathon, broke away early from Julie Brown and set an unofficial world best of 25:28, leaving Brown far back in an American best of 26:19. Top local finisher was Roxanne Bier in a quick 27:58, while Miki Gorman was top masters runner in 28:02 for fifth overall. Fritz Mueller's 25:35 was top men's over-40 finisher; Ralph Bowles had a 26:34. The invitational race was followed by the traditional "Fun Run", with several thousand taking part...no results are known. /Dave Shrock/

1-Alberto Salazar/GBTC	22:13	17-Wayne Badgley/SUND	23:39	33-Bill Clark/WVTC	24:09	***WOMEN***	
2-Craig Virgin/Un	22:13	18-Dan Aldridge/CPSLO	23:39	34-George Mason	24:15	1-Grete Waitz/Norway	25:28
3-Rudy Chapa/Oregon TC	22:30	19-Gary Romesser/FPTC	23:41	35-Bill Seaver/WVTC	24:18	2-Julie Brown/LAN	26:19
4-Brendan Foster/England	22:42	20-Les Myers/St.Louis TC	23:43	36-Bill Britten/AGRC	24:23	3-Marty Cooksey	27:23
5-Matt Centrowitz	22:51	21-Pete Sweeney/AGRC	23:43	37-Michael Smith/WVTC	24:26	4-Roxanne Bier/SJC	27:58
6-Jim Schankel/CPSLO	22:58	22-Lou Patterson/AGRC	23:44	38-Bryan Foley	24:27	5-Miki Gorman/SFVTC	28:02
7-Benton Hart/WVTC	22:59	23-Jon Sutherland	23:46	39-Chris Hamer/WVTC	24:30	6-Sue Munday/CWTC	28:05
8-Gary Tuttle/IT	22:59	24-Mike Pinocci/WVTC	23:50	40-Graydon Pihlaja	24:35	7-Vicki Cook	28:10
9-John Moreno/CWTC	23:02	25-Lionel Ortega/NMTC	23:55	41-Jeff Clark/AGRC	24:43	8-Cheri Williams/Oregon	28:27
10-John Walker/NZ	23:04	26-Manny Bautista/CPSLO	24:01	42-Malcolm Maxwell	24:44	9-Cyndy Poor/AIA	28:27
11-Gary Blume/UCB	23:19	27-Steve Holl/AGRC	24:02	43-Bob Lange/CWTC	24:49	10-Gail Volk	28:27
12-Paul Geis	23:25	28-Rudy Munoz/Nevada-R	24:04	44-Mike Gulli/CWTC	24:50	11-Kerry Brogan/SJC	28:45
13-Tom Bryant/SMTC	23:29	29-Marcus Clark/Australia	24:05	45-Bob Cowell	24:58	12-Phyllis Olrich/SJC	28:46
14-Guy Arbogast/ColTC	23:29	30-Amby Burfoot	24:06	46-Dave White	24:59	13-Irene Griffith/Wash.	29:33
15-Dave Babiracki/SFVTC	23:31	31-Denis O'Halloran/AGRC	24:06	47-Yair Karni	25:00	14-Sue Petersen/STC	30:02
16-Tom Wysocki/Reno	23:37	32-Darren George/AIA	24:07	48-Duncan Macdonald/WVTC	25:05	15-Judy Leydig/WVTC	30:07



Walt Stack and friend hamming it up at the Christmas Relays. /Len Wallach/

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Sponsored by:

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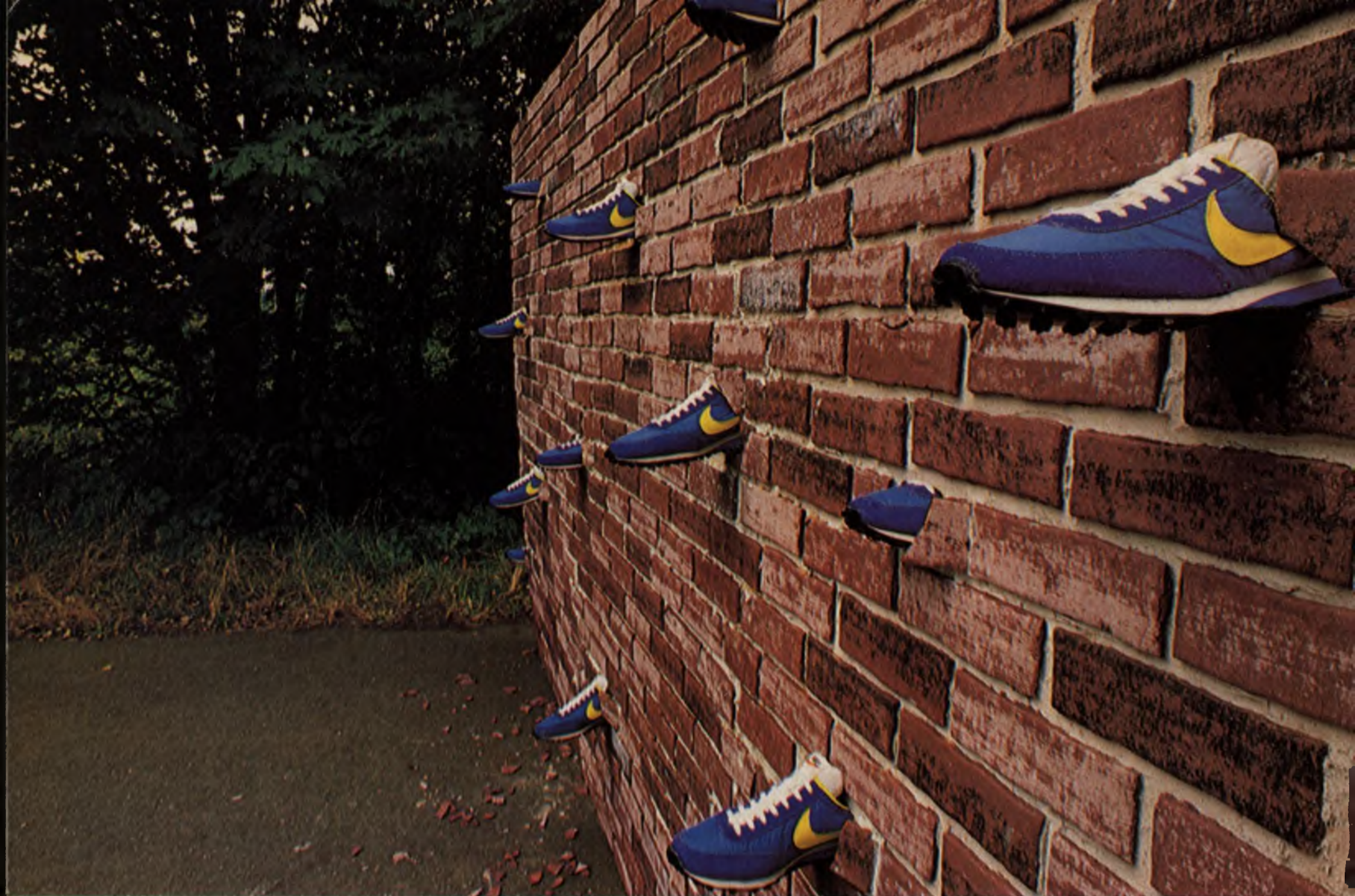
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