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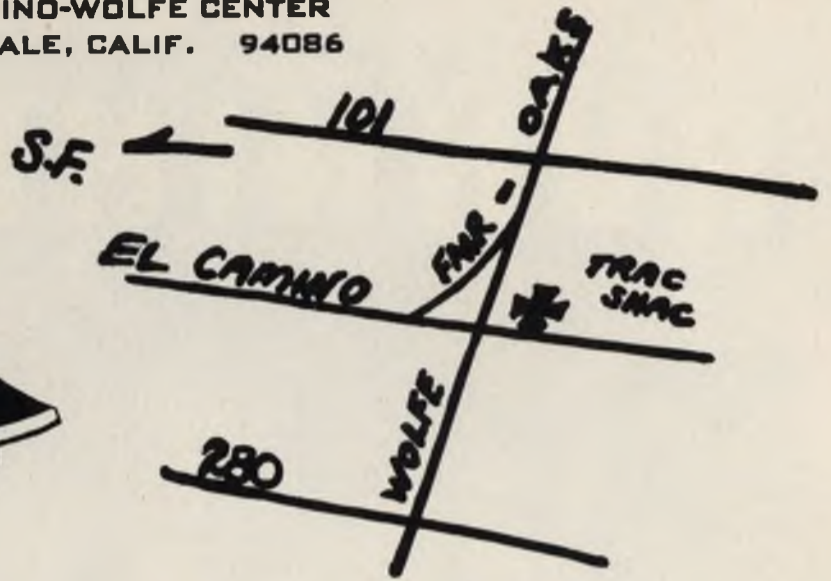


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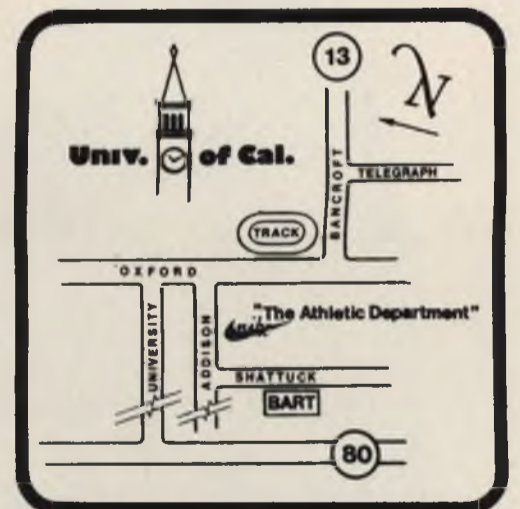
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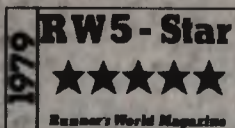
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# Northern California Running Review

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## UP FRONT

Eddie Hart, one of the Bay Area Striders' outstanding sprint stars, is showing a lot of younger runners that he isn't 'over the hill' at 30 years of age. An Olympian in 1972, Eddie is back running as good as ever and preparing for a shot at the 1980 Games. In the May issue of *Track & Field News* he has the fourth best time in the country for 100m (10.30). /Don Gosney/

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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 information. 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 8 times yearly--one 'thick' issue each quarter (\$1.50) and smaller issues in between (50¢) that feature items of a 'timely nature', mostly scheduling. Advertisers should inquire with regard to publication dates.

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## CONTENTS

PHOTO QUIZ	8	RUNNERS' ZOO	20
THIS & THAT	8	THE RUNNING PODIATRIST	21
PHOTO ESSAY	13	SWEDISH MASSAGE	23
1978 MARATHON BESTS	14	SCHEDULING	24
LONG DISTANCE RATINGS	15	RACE WALKING	29
CLASSIFIEDS & AD RATES	15	PREP RAMBLINGS	30
OUR READERS SPEAK OUT	15	ALL-TIME PREP MARKS	30
GUEST EDITORIAL	17	TRACK & FIELD RESULTS	32
THE HUMAN RACE	18	LONG DISTANCE RESULTS	35
NOR-CAL PORTRAIT	19	LATE NEWS	40

## EDITOR'S MESSAGE

●RUNNERS BEWARE! - Having watched the growth of running in the past decade, I have noticed a disturbing trend concerning attitudes toward motorists. To be sure, most of us have been guilty at one time or another of running illegally or foolishly on the roads we share with motor vehicles. More often than not, this happens when we're out training, but recently I've observed more and more 'stupidity' and 'inconsiderateness' by runners during races. A case in point--while checking out how things were progressing in the recent West Valley Marathon, I drove around the course...in the opposite direction of the race. Now, West Valley is not a big marathon. It usually draws 500 runners at most, and by today's standards, that is a 'moderate' sized roadrace. What disturbed me was what I saw about 8 miles into the race on the frontage road that parallels the freeway...small groups (6-8) of runners were literally 'taking over' the entire southbound lane, with some actually running *across* the centerline and head-on into northbound traffic! I know because a few almost ran into me! The road had not been closed to traffic, which was pretty obvious I think. But runners insisted on running 4 and 5 (or more) abreast, instead of running in a line (or 2 abreast). As a result, we got a lot of 'static' from the police...and rightfully so. In another race, the Christmas Relays, spectators/runners consistently wander out into the traffic lanes, many times not even looking to see if a car is coming. Quite frankly, if this trend does not stop soon, we may be faced with the cancellation of quite a few of our local races. I think it's time that we runners stopped for a moment and put ourselves in the places of motorists and police. We don't *OWN* the road...we share it with automobile traffic! Please think about it!

●PUBLICATION CHANGES & RATE INCREASES: - Well, I finally got this one out! With my business taking up more and more of my time, I have less and less time to do the NCRR. I honestly cannot hope to do a full issue every two months with the phone ringing off the hook most every day. So...here is what I've decided to do, in order to preserve what's left of my sanity and hopefully satisfy our readers too. Beginning May 20th, which has already passed most likely when you read this, the NCRR will be \$8.00/year. Now that may seem like a big increase, but not really. We have been at \$6/year for three years now, and the issues have doubled in size (for the same price). We will now publish 8 times yearly, BUT this will consist of 4 "thick" issues (56-page minimum most likely) at \$1.50 each and 4 "thin" issues at 50¢ each. First class will cost an additional \$3/year. In each "thin" issue we will focus primarily on news of a timely nature (schedules, entry blanks, and other items). In all 8 issues, our scheduling will expand to about 2½ months in length, so by the time the following issue comes out, you should still have a few weeks left in the old schedule. Since the "thin" issues will be easier for me to put together (less typing), we should be more timely! □

# PHOTO QUIZ



We're making things a little interesting this time around with a "mix & match" photo quiz. And to make it a bit more difficult, we're going to throw in some names that don't belong to any of the above photos.

**RULES:** - Guess the above well-known NorCal distance running personalities...shown before they got ugly! Guesses must be listed in order...left to right, top to bottom. Only one guess per individual, and all guesses must be postmarked by June 15th. In the case of ties, a drawing will determine the winner, who will receive a year's subscription to the NCRR (or an equivalent amount off the dues of WVTC members).

**HINTS:** - The five shown above are contained in the following list of people: Jan Sershen, Bill Clark, Brian Maxwell, Duncan Macdonald, Jack Leydig, Jim Nuccio, Peanut Harms, Don Capron, Jim O'Neil and Mike Porter.

SEND TO: Photo Quiz, c/o NCRR, Box 1551, San Mateo, CA 94401.

## THIS & THAT

• **PEOPLE NEWS:** - West Valley TC's Mike Pinocci went to South Africa with teammate Bernard Rose for a few months to train and prepare for the Boston Marathon at high-altitude Johannesburg. Luck turned sour, however, when Mike developed mononucleosis a month or so before Boston. He's now reportedly back and training again. Rose ran a PR marathon 2:14:41 at sealevel Capetown on March 10th, making him third on the all-time South African list. It was also the second fastest marathon ever run on the African continent behind Ferdie la Grange's 2:12:47 in 1974. --- Andy MacCono, longtime meet director of the Walnut Festival Run every September in Walnut Creek, was the victim of a mild heart attack earlier this year. We don't have any further reports but assume he's up and well. We'd appreciate any 'status reports' and hope that he's recovered. --- Jay Longacre of "adventure running" fame, recently went exploring in East Africa. While in Tanzania he ran in the Olduvai Gorge (cradle of man) and met Mrs. Leakey. He also ran up Mt. Kilimanjaro from 6,000 to over 15,000 feet (the mountain is 19,400 feet high) and back, a distance of 58 miles, in 11:15...a snow storm barred him from making a bid at the summit. He also ran up Mt. Kenya (in Kenya) from 9,600 to 16,358 feet and back in 6:10 (20 miles). --- In

the recent Boston Marathon, two local runners made their way into the current all-time U.S. top 50 list for the marathon. Duncan Macdonald's 2:15:28 (16th in the race) and Judy Leydig's 2:48:44 (14th among women) place them both at 37th. --- New Road Runners Club of America (RRCA) president is ex-Bay Area runner (now with the St. Louis T.C.) Jerry Kokesh. Don Chaffee of San Francisco was re-elected as vice-president of the West. --- Joe Henderson was the recipient of the RRCA Journalism Award for 1978. He was honored for his consistent contributions to the sport of long distance running over the past ten years. He has written ten books and is currently at work on another. He was the editor of *Runner's World* from 1970-1977 and is now their consulting editor and a freelance writer. --- Henderson was also inducted into the RRCA Hall of Fame along with Ray Sears and Gar Williams.

• **MEET INFORMATION:** - The 8th Annual Lafayette 10Km Run, scheduled for July 14, 1979, has been cancelled. Please note this change in your schedule book. --- The Bay to Breakers run this year will have a special International & Invitational Division which will feature up to 1,000 runners who meet certain standards on the basis of past performances. Entries closed on May 5th this year. The sponsoring Examiner will send the top male and female American finishers from the Invitational Division to compete in the City to Surf Race in Sydney, Australia, later this year. --- The Aggie RC has announced the 1st Annual National Club Centipede Championships in conjunction with this year's Bay to Breakers. Teams must consist of 13 runners and a "floater" and must keep strictly to the rules set forth by the I.C.C.R. (International Council on Centipede Racing). For more information, contact Angel Martinez or Peanut Harms at 415/961-4889 (days). There are three divisions. --- The 1980 Olympic Marathon Trials (U.S.) will take place on May 24th in Buffalo, N.Y., on the Skylon Marathon course. The time needed to qualify for entry is 2:21:54, and must be run on a certified course between Boston Marathon 1979 and 1980. That time is the 100th best performer (U.S.) from 1978 as determined by the National Running Data Center. --- The Track & Field Trials was originally awarded to Eugene, Oregon, but as we go to press, that is still 'up in the air', as a protest has been registered by Durham, N.C., relating to incorrect procedures during the bidding.



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by *John Crevelt* owner

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● **UNOFFICIAL RUNNERS:** - Perhaps some of our readers remember the "Letter to the Editor" by Dr. Tim Smith in our Nov./Dec. issue. He suggested the issuance of numbers in the form of a "U" to those runners who wished to enter races and run unofficially...the "U" would cost a small fee but would allow runners to not be unwanted if they were to run a race unofficially. The "U" would simply allow them to run along in the race and use aid-stations (if any), but would not give them the 'right' to cross the finishline or in any other way interfere with the legitimate, fully-paid runners. In the recent West Valley Marathon we used this method and got some 50+ to pay \$1.00. They wore their "U" and were allowed to run and use aid stations...many of these runners only ran part of the race as a workout. The idea worked out well and most people thought it was a great idea. However, as might be expected, there were several T.U.R.D.'s (The Unofficial Running Deviate) that thought \$1.00 was too high a price for the use of aid-stations, etc. Not only did a few of these T.U.R.D.'s take aid without paying, several actually went so far as to cross the finishline. In particular, the T.U.R.D. at the right came across the line, was timed, and then left the finish chute before getting a place-stick, thus fouling up times for all the runners following him. Because we took pictures of all finishers (under 4 hours), we were able to straighten things out, but several disappointed individuals, who thought they ran faster (because of the times we erroneously posted on raceday), were justifiably mad. In addition, we spent money printing a 5x7 color photo of each finisher...including Mr. T.U.R.D., who did not even have the decency to pay his \$1.00. To him goes the distinguished NCCR "T.U.R.D. of the Month" award, given to the most inconsiderate runner we know. We encourage other meet directors to submit photos of T.U.R.D.'s, along with substantiating evidence, so we can publicly discredit and defame these devious individuals. All in favor? Since the above individual did not register, we have no way of knowing who he is...so we ask our readers to submit his name/address (we won't reveal your name) to NCCR, Box 1551, San Mateo, CA 94401. Anyone who wishes to design a special "T.U.R.D. of the Month" certificate should submit the wording to us by June 15...winner will receive a year's subscription to NCCR (or renewal).



Readers: Can you identify this runner? If so, we would appreciate your dropping us a postcard or giving us a call. He is the NCCR "T.U.R.D. of the Month". /John Marconi/

● **PERPETUAL TROPHY PROBLEMS:** - Annually the Christmas Re-lays gives out "Fast Leg" and "Fastest Team" plaques to those individuals/teams who have the best performances. Two individual plaques are given to each "fast leg" performer...one is to keep and the other is a "perpetual" award, being returned each year so that new names can be added. Each year it seems we lose a plaque to someone who doesn't feel they need to return it. This past year we didn't get three back, despite a series of letters to the individual's club. We have received no reply from: Chuck Smead, Top Koppes or Mark Dulaney, all of Southern California's "Athletes in Action". Anyone knowing the whereabouts of these individuals is asked to contact the NCCR so we can try and get these back and engraved so that the 1978 winner can enjoy them for at least a few months. If they are not returned, I'm afraid we will just have to do away with the idea of perpetual awards...it's not worth it to have to keep making new ones each year!

● **PROFESSIONAL MARATHON?** - Marty Post of *Runner's World*, our LDR statistician, said word has drifted out on the possibility of a professional (that's right!) marathon, called a superthon, to be run in the Washington, D.C. area in the fall of 1980 after the Olympics. With such prizes as \$150,000(!) for first place and bonuses for world records, etc., it's enough to make a few 'amateurs' think about going for it.

● **RACE INFORMATION:** - Last issue we listed a number for Starting Line Sports' "runner's hotline"...a number to call if you want the latest on scheduling and results. Their number is 415/961-RACE. Now Fleet Feet also has such a number...call any time of the day or night (916/442-RACE) in Sacramento.

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● **CLINICS & TALKS:** - Beginning March 25 (started already), the San Francisco Marathon Clinic will take place every Sunday morning at 8:00 a.m. Although they were originally planned for Mothers Meadow in Golden Gate Park (just south of Stow Lake), they are probably moved to the Marina Greens. For up-to-date information on time and location, contact Dr. Andrew Carver, Clinic Director, at 408/985-4260. Consultants involved on the staff are Sue Stricklin, Walt Stack, Robert DiBlasi, Brad Lyman (adidas), John Hutchinson and Andrew Carver. A nine-month series of short lectures and runs (with question/answer sessions) are planned. The Marathon Clinic is set up on a similar basis to the Honolulu Marathon Clinic, which was begun by Dr. Jack Scaff. It is set up to be a prep course for the beginning runner who is training for a marathon. --- On June 23, Dr. Steven Subotnick, noted area podiatrist, will speak and autograph copies of his books, "The Running Foot Doctor", and "Cures for Common Running Injuries" (new), from 10 a.m. until noon at the Ski Hut, 222 University Av., Palo Alto (for information, call 415/321-2277). --- Fleet Feet Running Retreats are reasonably priced, but reservations are limited and will go on a first come basis...sign up early! The fee for each weekend (Friday afternoon to Sunday, 2 p.m.) is only \$5.00 per person (or \$12/family). On June 15-17th the camp is at Calaveras Big Tree State Park (Angel's Camp), and from Aug. 10-12 it's at Sugar Pine Point State Park on the west shore of Lake Tahoe. All retreats are in group camping facilities and each person is responsible for their own camping gear, food, etc. Each area has fire pits, picnic tables and shower facilities. For more information call: 916/442-FEET or 916/345-1000 (in Sacramento & Chico respectively). --- There are a host of other camps and clinics this summer...see advertisements in this issue and in the NCCR Entry Blank Supplement, as well as the Winter 1979 issue. Most are in the Sierras.

● **NEW CLUBS:** - The California Road Runners was formed by Dr. Dennis Zamzow (2500 Hospital Dr., Bldg. 9, Mtn. View, CA 94040) and is a 'run for fun' group that stresses group get-togethers that aren't timed. --- The East Oakland Youth Development Center is a track club and physical recreation program oriented group with full AAU membership that services over 300 youths per week. For more information, contact Leonard Knowles or Stanley Brags at 415/569-8088.

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● **ESCORT SERVICE FOR WOMEN RUNNERS:** - Women running at twilight or after dark in the vicinity of the Marina Greens, San Francisco, can now run in the company of other runners. Concerned with the safety of women runners, the Marina Greens Last Lap, a non-profit running club, invites women to run or jog with its members. Further information can be obtained at the Marina Greens Last Lap, located at 1501 Northpoint, or by calling 415/567-5610.

● **THE UNIVERSITY OF HAWAII** is starting a men's cross-country program (with scholarships) this fall. Interested individuals should contact the cross country coach there.

● **RECORDS FOR RUNNERS:** - Dr. Steve Subotnick, well-known running podiatrist who has written several books on running & related foot injuries, has recently shown he has other talents as well. He has produced a 45 record... "The Marathon Song" is on one side and is the story of the Boston Marathon. The words depict the course of this marathon and the struggles that take place when running. On the flip side is "Daydreams of a Night Jogger", which relates Steve's experiences of running and training during the evening, often the only time he has to run during a busy day at work. It tells about a man who escapes the real world and dreams as he runs. The central thrust of the songs are that runners are doing something for themselves, on their own... "they ain't got no heroes... we got us!" The record sells for \$3.00 (+50¢ mailed), but for a minimum order of 25, you can place a wholesale order at \$1.50 each. Clubs can sell them and make money. Add \$2.50 postage (for 25). Send to Steve Subotnik, DPM, 19682 Hesperian Blvd., Hayward, CA 94541.

● **THE NATIONAL RUNNING DATA CENTER** reports that for results received through January, California led the nation (in 1978) with 141,617 finishers in 403 races (this is just the total of those reported to the NRDC). New York is second with 60,518 while Massachusetts is third with 50,516. All states have reported at least one race with total finishers for all races standing at about 600,000. On a per capita basis, the District of Columbia leads with 1750 finishers per 100,000 population, while Hawaii, Massachusetts, Oregon and Colorado round out the top five. At the low end of the scale, with only 6 finishers per 100,000 population, is Arkansas. The largest reported road race was the Bay to Breakers with about 12,000 finishers. Next was the New York City Marathon with 8588. Three of the top six

were in San Francisco (5500 in the Bridge to Bridge Run and 5200 in the Bay Bridge Run, for fifth and sixth). Runners, race directors, clubs and publications can be sure their races and states will be properly represented in the 1979 statistics by seeing that all results are submitted to: NDRC, Box 42888, Tucson, AZ 85733.

● **PEPSI COLA SUPPORTS NATIONAL TEAMS:** - The Pepsi Cola Corporation has reportedly given \$7500 (for both 1979 and 1980) to the AAU for the purpose of paying for the men's teams going to the I.A.A.F. Cross-Country Championships. This year, two Californians made the team: Jeff Nelson of Burbank, who has run an 8:42 two-mile (indoors) this year, made the junior team, while Julie Brown of Los Angeles qualified for the women's team, which won the international title.

● **LDR TEAM SCORING PROCEDURES:** - At the AAU Convention last November, a motion was made and approved to allow the meet director to choose a system (in National Championships) of team point scoring or total team time, but that this decision must show on the entry form. This was from the Masters LDR minutes so we assume it does not apply to Senior Championships?!

● **MASTERS LDR COMMITTEE:** - The National officers for 1979 at the AAU level are: Chairman--Ken Bernard; Vice-Chairman (women)--Ruth Anderson; Vice-Chairman (men)--Stan Stafford; Treasurer--Vince Chiappetta; Secretary (to be appointed by Chrmn).

● **PA-AAU LDR CHAIRMAN'S MOVED:** - Roger Bryan, the District Men's LDR Chairman, has moved to--1081 Beach Park Blvd., #214, Foster City, CA 94404 (same phone...see LDR Scheduling Section of this issue).

● **BAY TO BREAKERS SHIRTS:** - The LDR Committee is selling at the race again to benefit the travel fund. We need volunteers immediately...call NCRR (Jack Leydig) at 415/341-3119.

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**WHY MISS ANOTHER EXCITING ISSUE...?**

## NATL. AAU QUALIFYING STANDARDS

Standards must have been set during the 1979 season. Electronic timing must be fully automatic. Indoor marks set in 1979 can be submitted for entry (for women's marks at least), but they must be specified as "indoor" marks. See Scheduling Section of this issue for dates of Championships...and contact persons.

SENIOR MEN EVENTS	(Hand Timing)		(Auto Timing)	
	YARDS	METERS	YARDS	METERS
100 - 100	-----	10.2	-----	10.44
220 - 200	-----	20.8	-----	21.04
440 - 400	-----	46.6	-----	46.74
880 - 800	-----	1:49.0	-----	1:49.0
1 Mile - 1500	4:02.0	3:45.0	4:02.0	3:45.0
3 Mile - 5000	-----	14:00.0	-----	14:00.0
6 Mile - 10,000	-----	29:29.0	-----	29:29.0
3000m SC	-----	8:54.0	-----	8:54.0
2 Mi - 5000 Wlk	14:30.0	23:30.0	14:30.0	23:30.0
120 - 110 HH	-----	13.8	-----	14.04
440 - 400 IH	-----	51.2	-----	51.34
High Jump			7'1-3/4"	2.18m
Long Jump			25'4"	7.72m
Triple Jump			52'0"	15.85m
Pole Vault			17'0"	5.18m
Shot Put			61'0"	18.59m
Discus Throw			185'0"	56.38m
Javelin Throw			240'0"	73.16m
Hammer Throw			190'0"	57.92m
Decathlon			7,300 Points	

JUNIOR MEN EVENTS	(Hand Timing)		(Auto Timing)	
	YARDS	METERS	YARDS	METERS
100 - 100	9.6	10.4?	9.88	10.65?
220 - 200	21.1	21.0	21.38	21.28
440 - 400	47.7	47.4	47.84	47.54
880 - 800	1:52.0	1:51.3	1:52.0	1:51.3
1 Mile - 1500	4:10.0	3:51.5	4:10.0	3:51.5
2 Mile	9:03.0	-----	9:03.0	-----
3 Mile - 5000	13:53.3	14:23.8	13:53.3	14:23.8
6 Mile - 10,000	30:08.0	31:12.2	30:08.0	31:12.2
3000m SC	-----	9:24.0	-----	9:24.0
3 Mi - 5000 Wlk		(all entries will be accepted)		
42" Hurdles	14.6	14.6	14.80	14.83?
39" Hurdles	13.8	13.8	14.01?	14.04?
440 - 400 IH	54.4	54.1	54.60	54.30?
330 IH	-----	-----	37.64	-----
330 LH	-----	-----	37.55	-----
High Jump			6'10"	2.08m
Long Jump			23'9"	7.24m
Triple Jump			48'11"	14.91m
Pole Vault			15'6"	4.73m
Shot Put (16#)			53'6"	16.31m
Shot Put (12#)			62'10"	19.15m
Discus (College)			158'0"	48.16m
Discus (High School)			178'0"	54.26m
Javelin Throw			206'5"	62.92m
Hammer Throw (12#)			150'0"	45.72m
Hammer Throw (16#)			130'0"	39.62m
Decathlon			(6300 Points or by Petition)	

SENIOR WOMEN EVENTS	(Hand Timing)		(Auto Timing)	
	YARDS	METERS	YARDS	METERS
100 - 100	10.6	11.6	10.84	11.84
220 - 200	23.9	23.8	24.14	24.04
440 - 400	54.3	54.0	54.44	54.14
880 - 800	2:07.5	2:06.5	2:07.5	2:06.5
1 Mi - 1500	4:43.0	4:23.0	4:43.0	4:23.0
2 Mi - 3000	10:25.0	9:40.0	10:25.0	9:40.0
10,000	-----	36:15.0	-----	36:15.0
3 Mi - 5000 Wlk	27:25.0	28:25.0	27:25.0	28:25.0
10,000 Wlk	-----	62:00.0	-----	62:00.0
100m H (33")	-----	14.0	-----	14.24
400m H	-----	62.0	-----	62.14
Long Jump			20'0"	6.09m
High Jump			5'11"	1.80m
Shot Put (4Kg)			46'6"	14.17m
Shot Put (8#)			48'6"	14.78m
Discus Throw			155'0"	47.24m
Javelin Throw			155'0"	47.24m
440 - 400 Relay	46.8	46.5	46.94	46.64
880 - 800 Med Rly	1:45.0	1:44.5	1:45.0	1:44.5
Mile - 1600 Rly	3:48.2	3:47.0	3:48.2	3:47.0
2 Mi - 3200 Rly	9:08.0	9:05.0	9:08.0	9:05.0
Pentathlon		3600 Points		3560e Points

JUNIOR WOMEN EVENTS	(Hand Timing)		(Auto Timing)	
	YARDS	METERS	YARDS	METERS
100 - 100	10.8	11.8	11.04	12.04
220 - 200	24.7	24.6	24.94	24.84
440 - 400	55.6	55.3	55.74	55.44
880 - 800	2:12.0	2:11.0	2:12.0	2:11.0
Mile - 1500	4:54.0	4:34.0	4:54.0	4:34.0
2 Mi - 3000	10:45.0	10:00.0	10:45.0	10:00.0
2 Mi - 3000 Walk	17:50.0	16:50.0	17:50.0	16:50.0
110 - 100 H	14.3	14.4	14.54	14.64
80y Hurdles (30")	10.3	-----	10.54	-----
400 Hurdles	-----	64.0	-----	64.14
Long Jump			19'0"	5.79m
High Jump			5'8 1/2"	1.74m
Shot Put (4Kg)			42'0"	12.80m
Shot Put (8#)			44'0"	13.41m
Discus Throw			136'0"	41.46m
Javelin Throw			133'0"	40.54m
440 - 400 Relay	47.8	47.5	47.94	47.64
880 - 800 Med Rly	1:47.0	1:46.5	1:47.0	1:46.5
Mile - 1600 Relay	3:53.0	3:51.8	3:53.0	3:51.8
2 Mi - 3200 Relay	9:16.0	9:13.0	9:16.0	9:13.0
Pentathlon		3400 Points		3360e Points

PA-AAU Travel Funding to National T&F Championships: - All applications must be in hands of Roxanne Andersen (76 Carver St., S.F. 94110) by June 4...write to AAU office or Roxanne for application(s) and rules. Must have equaled 1978 6th place national performance & had AAU card by March 31 to qualify.

## 1978-1979 PA-AAU LDR Handbook

TOP PA MARATHONERS

RACE SCHEDULE

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CLUB DIRECTORY

PA RECORDS

# One day they gave a marathon and...

...a photo essay on the West Valley Marathon by JAN SERSHEN.



●**PA-AAU LDRC MEETING:** - At the last meeting of the local Long Distance Running Committee, held March 6, a total of 18 individuals attended, including Chairman Roger Bryan. Some of the items discussed: (A) Balances in various travel fund accounts were--Senior Men (\$2,460), Sr. Women (\$1,399), and Masters Men & Women (\$493). (B) Nominations for Women's LDR Chairperson were Sue Stricklin and Consuelo Underwood...voting was conducted by sending a ballot to each club (results are not yet known). (C) It was voted to add a women's submasters division (30-39) with awards being the same as for submasters men in PA-AAU LDR Championships. (D) New distribution of income to various divisions--50% to Sr. Men; 25% to Sr. Women; 25% to Masters Men & Women. (E) Next meeting will be the LDR Scheduling Meeting for races thru July 1980. It will take place at NorCal Savings (1430 Chapin in Burlingame, one block north of Burlingame Av. on El Camino), beginning at 7:30 p.m. Date will be May 16, Wednesday (this was also noted in the NCR Entry Blank Supplement). Scheduling request forms are available from Roger Bryan (415/574-5229).

●**1979 FUNDABLE LDR RACES:** - At the meeting above, the disbursement of LDRC funds for championship races for the rest of this year was determined. **SR. MEN**--Top 3 from PA 15K (June 24) will get airfare to Natl. 15K in Santa Barbara on July 4; top 3 from PA 25K (Sept.?) will get following amounts to Natl. 25K in Oklahoma on Nov. 17 (\$250/200/150); winner of PA 50-Miler in February (Chris Hamer) will receive airfare to Seattle for Natl. 50 Mile on Oct. 13; top 3 from Sr. X-C (Nov.) will get following amounts to Natl. Sr. 10K X-C in No. Carolina (late Nov.) (\$300/200/100); winner of Pepsi Regional 10K (Sept. 2) will get full airfare to N.Y. for Natl. 10K Road Championships (paid by Pepsi). Motion was also made to go down as far as 6th place (no deeper) to find takers for 15K and 25K, and go as deep as necessary in the Sr. X-C. **SR. WOMEN**--Winner of 10K Road Championships to get full airfare to Natl. 10K in Albany, NY...won by Marilyn Taylor. Winner of Clear Lake (PA) Marathon to get full airfare to Natl. 30K in Ohio (May 6). Winner of PA 15K (June 24) to get full airfare to Natl. 20K in Madison, Wisc. (Sept. 1). **MASTERS**--Winner of PA 20K (4/14) to receive full fare to Natl. 20K (5/28, Maryland). Top man and woman at Natl. 10K X-C (11/11, Belmont) get full fare to Natl. 10K Road Championships in Las Vegas on Nov. 26. □

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## 1978 Top PA-AAU Marathoners

Compiled by Marty Post

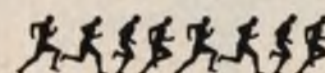
Any corrections and/or additions to the listing below should be sent to the NCR and Ulrich Kaempf (1094 Eastwood Ct., Los Altos, CA 94022), who is compiling the list for the new PA-LDR Handbook...probably races thru the end of May, however. We did not have the time to compile a masters (men or women) list but these will appear in the Handbook...send all marks under 3 hours (men) and under 4 hours (women) to Ulrich (include time, name, date & location of event) by the first week of June.

MEN	
1-Ron Wayne/BASC (29)	2:15:16
2-Mike Pinocci/WVTC (24)	2:16:26
3-Duncan Macdonald/WVTC (29)	2:17:16
4-Bill Seaver/WVTC (28)	2:19:17
5-Wayne Badgley/SUND (33)	2:19:36
6-Ron Nabers/WVTC (29)	2:19:39
7-Jim Bowles/WVTC (28)	2:19:57
8-Brian Maxwell/BASC (28)	2:20:06
9-Matt Yeo/AGRC (23)	2:20:21
10-Tim Nikceovich/BASC (23)	2:20:23
11-Mike Porter/WVTC (25)	2:20:40
12-Ed Schelegle/AGRC (25)	2:20:45
13-Steve Palladino/CW (22)	2:21:15
14-Angel Martinez/AGRC (22)	2:22:08
15-Mark Sisson/WVTC (24)	2:22:17
16-Vic Cary/WVTC (28)	2:22:44
17-Chris Cole/SRRC (24)	2:23:19
18-Gordon Innes (24)	2:23:36
19-Atkins Chun (23)	2:23:51
20-Mike Smith/WVTC (19)	2:25:35
21-John Sheehan/AGRC (24)	2:25:41
22-Tom Wysocki/UNR	2:26:21
23-Jan Sershen/ETC (31)	2:26:22
24-Bill Clark/WVTC (34)	2:26:32
25-Frank Dauncey (19)	2:26:45
26-Fritz Watson/WVTC (33)	2:26:47
27-Gary Goettelmann/WVTC (34)	2:27:01

28-Chris Speere (20)	2:27:03
29-Ernie Rivas/ETC (28)	2:27:20
30-Daryl Zapata/WVTC (32)	2:27:29
31-Jim Langley/WVTC (20)	2:27:40
32-Bob Cooper/WDS (23)	2:27:41
33-Bill Britten/AGRC (22)	2:28:08
34-Mike Niemiec/WVTC (28)	2:28:24
35-Jeff Wall/ETC (35)	2:28:29
36-Dave Muela/ETC	2:28:30
37-Jim Barker/WVTC	2:28:36
38-Dennis Rinde/OPHIR (20)	2:28:45
39-Paul Thompson/BAA (30)	2:29:30
40-Bill Sevald/ETC (32)	2:29:49

WOMEN	
1-Penny DeMoss/WVTC (28)	2:45:36
2-Judy Leydig/WVTC (26)	2:51:21
3-Carol Young/BASC (28)	2:52:28
4-Tena Anex/AGRC (22)	2:54:19
5-Irene Rudolf/WVTC (36)	2:57:57
6-Elaine Ivaldi-Miller/WVTC(31)	2:58:35
7-Joan Ulliot/WVTC (37)	2:58:43
8-Caron Schaumberg/ER (37)	3:00:57
9-Merill Cray/CRC	3:01:38
10-Carol Dickinson (19)	3:03:05
11-Julie Daniell	3:03:27
12-Ruth Anderson/NCS (48)	3:04:19*
13-Kathy Perkins/SJC (20)	3:04:35

14-Sheila Maskovich/SRRC	3:05:05
15-Lu Haas (35)	3:05:23
16-Candy Hearn/OPHIR (35)	3:05:55
17-Sue Vinella-Brusher/BASC (24)	3:06:00
18-Morijo Connelly/PMK (20)	3:07:53
19-Jane Sowersby/PMK (27)	3:07:56
20-Gail Campbell/WVJS	3:08:14
21-Vicki Blankenship/PMK (33)	3:08:26
22-Ann Duvencek (31)	3:09:14
23-Lucy Shapiro/WVTC (40)	3:09:16*
24-Hillary Huddleson (26)	3:09:17
Margaret Taylor	3:09:17
26-Karen Rosenblatt/AGRC (23)	3:09:31
27-Leal Reinhart/GB	3:11:47
28-Amy Haberman/WVTC (23)	3:12:03
29-Rita Scalise (27)	3:12:46
30-Skip Swannack/WDS (36)	3:12:56
31-Barbara Magid/TAM (35)	3:13:03
32-Lynn Harris (28)	3:13:10
33-Judy Irving (32)	3:13:58
34-Jody Conley (29)	3:14:22
35-Kathy Lundquist (24)	3:14:35
36-Pat Whittingslow/WVTC (38)	3:14:46
37-Melissa Duffy (29)	3:14:50
38-Marcy Schwam	3:14:52



## Long Distance Ratings

*Note: - No totals this issue because there weren't enough races yet (see last issue for "counting" races) to have a meaningful list. We'll run our first rating next time around. You can keep track of your own rating too...read over the rules in our last issue (page 12, Winter 1979).*

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## Our Readers Speak Out

### Where's my NorCal?

**ANONYMOUS** (Phone message left on tape) - "I wanna know where the hell my copy of the NorCal Running Review is...I haven't received it in the mail yet. Goddamn fools! All you do is screw off down there!"

### Is the PA-AAU LDR a Rarity?

**JOHN GRAHAM** (Monroeville, PA) - "Reading over your last issue (Winter 1979) I caught the item (page 35) on the Natl. AAU Masters 15K X-C. I'm a master living in the Pittsburgh suburbs and I run most agreeable races at all distances. The fact that no Pennsylvania runners took part is a tribute to the AAU organization here. They don't even tell members what's going on. The AAU never stages a race itself, but they are willing

to hound runners for their \$3.00 registration fee. Therefore, most thinking runners don't join. If the PA-AAU is productive, it's a rarity." (Ed. - Despite a lot of bitching even locally about the AAU program, I think that we have a lot to be thankful for in Northern California. There is good support for the programs at the club level and a full range of District Championships (5K to 100K) for men, women & masters.)

### Capron Rebuttal

**JOE SCHIEFFER** (Oakland, CA) - "I would like to comment on the following ideas expressed by Don Capron in his guest editorial on corporate sponsorship of road races.

A. Purported illegality of retaining entry fees--Mr. Capron states that "the idea of a sponsor keeping entry fees to meet expenses is not only one of questionable ethics but probably illegal." Unless I am mistaken, if a corporation or anyone else keeps entry fees, it would have to report those fees as income to the IRS to the extent that those fees exceeded expenses. The IRS does not care if Quaker Oats makes money by selling cereal or selling entrance to a race. It is all taxed at the same rates.

B. Taking money out of the racing community--Mr. Capron is right in stating that the running community is being hustled when our entry fees do not stay in the running community. However, I think that a lot of runners would like to know where the fees go that purportedly stay there. Do they go... (1) To the PA-AAU LDR travel fund, (2) to the purchase of race equipment (e.g. - traffic cones, timing devices), later made available for free to other race directors, (3) into the pockets of the officers of the club that put on the race, or (4) other. If alternative 3 happens, then we are no better off than if the money went into a corporate pocket. Either way we are paying someone a salary for putting on a race, with which there is nothing wrong, but also with which there is no particular benefit to the local running community.

C. Unofficial runners--I believe that it is just as bad for people to run unofficially as it is for a race sponsor to charge a high entry fee for an inferior product. The unofficial runner is ripping off the sponsor when he utilizes the race and does not pay for it. The only ethical response to the incompetently organized run is to stay away from it."

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### Kudos to Napa

VICTOR SMITH (*Palo Alto, CA*) - "Thanks to the race directors for a superb race! Yesterday's Napa Valley Marathon was thoroughly enjoyable. Some of the elements that are memorable include: (1) Point-to-point course along the Silverado Trail is gorgeous. (2) The 8 a.m. start at this time of the year resulted in near ideal running weather. (3) Traffic control was excellent. (4) The soup (it was almost a stew!), roll & butter, and milk were really appreciated after the race. (5) Picking up the T-shirt, race number, and other materials before the race was so easy as it was all in one bag with my name on it. There was no line, no waiting, and the abundance of cheerful volunteers gave very personal service. (6) The finish line brought still more personal service as a volunteer took care of everything in the finishing chute. Again, no waiting, just walk over to the delicious refreshments. (7) Names of all runners and their previous best marathon times were listed alphabetically in the materials distributed before the race. It was nice to see the names of old friends I didn't know were coming to the race! It was great to see them again. (8) All written materials and maps were clear and accurate. And the elevation diagram was appreciated. The course was fast as described in race fliers. (9) The water stations appeared every 3 miles as promised. And they were manned by the most beautiful, cheerful and capable people. The ERG and Runner's Aid were great. (10) Split times were so clearly readable every 5 miles. The flipcards are a super idea. And the easy-to-see mile signs appeared at all 26 mile marks, making pacing a breeze. (11) The race started on time. And the start was smooth because of the signs that let us line up with others going the same pace. -- Everything else, from the live music to the announcer calling out your name as you approached the finish, was first rate. Congratulations on putting on the most enjoyable and best organized race of any length I've had the pleasure to run. I look forward to the 1980 Napa Valley Marathon."

### Please Inform Us!


JEROME LEWIS (*Mtn. View, CA*) - "I maintain all kinds of scheduling information, but I find it dangerous because one source may copy another. There are: The PA LDR Handbook; NCCR; in my case, three separate track club publications; the San Jose Mercury; etc.

Two Sundays ago I planned on the adidas-a-thon, and fortunately got suspicious. It wasn't listed in the *Mercury*. So I called the latest source, which I just found out about in NCCR--you dial 415/961-RACE. I found out it was cancelled. Why couldn't a biggie like adidas get the word out to the running community!? Somebody saw fit to turn the runners away at the entrance to Evergreen College, so they couldn't even stage a "fun run".

Last Sunday I was tentatively planning on the Rancho Milpitas 5K/10K, so I wrote well in advance, with a SASE. No response from Jean Gomes. Not likely it was lost in the mail. Why do race directors list their addresses in various publications? Presumably so we can find out little things like cost, awards, course description, and directions to the race. So I went over to the neighboring community of Fremont where the tariff was high but at least one of my friends provided a flier. Incidentally, the Fremont Race was not listed anywhere, but it has been around for some time."

### Two Pleas or Not to Please

DR. RUSS GRAY (*Residence unknown*) - "Be specific! Be specific! These words, uttered by my high school English teacher, often flash through my head as I approach the end of a long race. Tired, aching, and on the verge of collapse, I call to a nearby spectator, "How far to the finishline?" Back comes the reply, "Hang in there. It's not far!" My frustration mounts as I seek a specific, not a vague answer. In desperation I search out the face of an official-looking bystander and cry, "How



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much further is it?" Again, my English teacher would be mortified by the response of "Just a few more blocks." At this crucial moment between life and near-death, these helpful but imprecise answers are demoralizing.

This all too common frustration serves as background for my first plea regarding the necessity for specific course markings. Race directors would provide a valuable service to runners if some type of precise, plainly visible, mile markers were placed along a course or if the race officials were stationed at strategic spots along the way to utter course information such as, "One mile to the finish." By providing such assistance, race personnel give a tremendous psychological boost to weary road runners coming down the home stretch. This necessity for specific course markings increases as more and more races are staged in unfamiliar locations and runners are unable to avail themselves the luxury of a pre-race ride or run over the route.

My second plea is for the race directors to announce the exact length of the course *prior* to firing the starting gun instead of trying to apologize about the course inaccuracies after the race. There is no excuse for such fraudulence. Every runner who has experienced racing several tenths to a mile further than planned knows the anger, frustration and loss of concentration this deception generates.

In light of higher and higher entry fees, these two pleas for racing "specifics" do not seem unreasonable. If races are run for the benefit of runners and not for the profit of insensitive promoters, these concerns for appropriately marked and accurate courses help assure happier runners and more successful races

...two things which seem to be sadly lacking in many local competitions."

### Hashing

DENNIS CAVAGNARO (*Treasure Island, S.F., CA*) - "I have recently arrived in the Bay Area after a year's tour-of-duty in Japan. While in the Far East I came across one of the most enjoyable jogging groups and concepts...the Hash House Harriers. "Hashes" are located in most large Asian and Australian cities and there is a sprinkling in other parts of the world, started by those who enjoyed them in the Far East. As far as I know, the only "Hash" in California is in LaJolla.

In "hashing", the social aspect is as important, if not more important than, the physical aspect. A hash may consist of up to 150 members about 50 of whom will show up for the weekly run. In most cities the "hash" will meet at a different starting point weekly. The course will be unknown to the harriers. Two of the "hash" each week are appointed "hares" whose job it is to design an interesting course which will make the run from one to one and a half hours long. The course will include 5 or 6 checkpoints where there will be 3 or 4 potential trails. The harriers must run each possible trail to find the true one. This is called "n-checking". When a harrier finds the true trail he will yell "On On" and the group will follow. The idea behind this is to (1) make each run interesting because of the unknown and the searching for the proper trail, but (2) more importantly allowing a large group of harriers of varying degrees of speed and fitness to stay in a group to the end of the run. This is accomplished because the fittest runners will sprint off checking for the proper trail while the slower runners may be just arriving at each check point. The trails, by the way, are marked by symbology in either chalk, flour or paper.

There is usually a beer wagon at the finish where the harriers can socialize for hours. That is usually followed by the "On On", which is a dinner at a Chinese restaurant.

I've jogged with the "Hash" in Hong Kong, Taipei and Tokyo. Perhaps some of your readers would be interested in reading about the "Hash" and would like to help form a "hash" in the Bay Area...call me at 415/883-6552 in the evening." (*Ed. - next issue we may print a short article on the Hash.*)□



## GUEST EDITORIAL

by Don Capron

*This is the second part of a "Guest Editorial" by Don Capron. We welcome comments, pro and con, on the subject(s) covered in this issue. Please send a copy to NCCR and to: Don Capron, 4808 Fulton St., San Francisco, CA 94121. -- The content of our "Guest Editorials" do not necessarily reflect the views or policies of the NCCR. We do feel that people's opinions, right or wrong, have a definite place in our society, and we hope that the NCCR can serve as a medium in which those varying ideas can be expressed openly.*

**CHARITIES AND ROAD RUNNING**--Where is it written that because a race is allegedly for a noble or charitable cause that it is thus sacred or sanctified? There are a group of women in the Bay Area who have never run a step in their lives, and sweating and exercise, in fact, is totally alien to them. They are well bred, travel in the finest social circles, know all the "correct people", and think of work as volunteer activity. They meet once or twice a week to have lunch at quaint Nob Hill spots like Le Club, and have a pecking order determined by how often Herb Caen mentions them. Their husbands are on Montgomery Street in the financial and legal power structure. The new "smart thing" for these women is to promote charity races (henceforth more properly referred to as "society" races). These are the same people who have brought you the Bay Bridge Run (S.F. Conservatory of Music), The San Francisco Symphony Run, and, are you ready for this(?), The Golden Gate Gridge Run. This is a bridge you can run over any day you wish and a bridge that has at least three races go over it each year!

This latest travesty is being brought to you by the least noble of causes, the San Francisco Art Institute. The San Francisco Art Institute has reached a new low in cynicism with this fiasco. The race should be more appropriately named: "Son of Quaker Oats." It's scheduled for June 10th with the brilliant starting time of a *quarter to six in the morning*. This race is both vulgar and distasteful. It's nothing more than another undignified money grab by a group of greedy people. Because of their political connections and power, they are able to get bills passed in the State legislature to close bridges. They then turn around and charge you five dollars for the privilege of running across it. On top of that they try to convince you that they are doing it as a favor for you! This is twentieth century "robber baronism" at its best. They give little or no awards, put no money back into the running community, and take the proceeds and run.

What is most appalling about this study in avarice is their calculated indifference to the running community. To begin with, every year for the past five years, Pax Beale has sponsored a race across the same bridge for a bona fide charity: Big Brothers & Sisters. This Art Institute folly is a blatant attempt to knock Beale's race out. Secondly, there will be two races, of the same name, on the same day, of the same distance, less than two miles apart! The benefactor of the other race--cerebral palsy. Surely, these people have no shame. Finally, the Art Institute went to Roger Bryan, Chairman of the Long Distance Running Committee, and used his services and that of the Committee. They accepted this help but refused to either sanction their race or make a contribution to the LDRC Travel Fund. This fund and the services of this Committee, I would like to point out, is used to send Bay Area runners to races around the country. So they ripped off the LDRC. Before it rips off you and the running community, boycott it by your absence. It does not deserve the support or money of the local running community. Support the cerebral palsy race in Golden Gate Park on the same day at ten o'clock. At least you will know that your money isn't going to pay for someone's Nob Hill luncheon.

The biggest charity in running is *RUNNING*. Money raised from the running community should stay in the running community. The San Francisco Art Institute, the San Francisco Conservatory of Music, and the San Francisco Symphony Foundation are not charities or even organizations that have fallen on lean times. They have access to enormous sums of money as a result of who they reach with their services. They get public funding; they get grants from foundations; their boards of directors read like a "Who's Who" of Bay Area wealth. The San Francisco Conservatory of Music has on its board Richard Gump (of Gump's); the son of the late J. Paul Getty (richest man in the world at the time of his death); Edwin Karkar, noted Bay Area industrialist and socialite who is married to Natalia Makarova, the internationally known ballerina...just to name a few. This is hardly a group you would find in the Welfare Office line. Why then should the

running community be drained of funds to pay for some kid from Hillsborough to study the oboe?? Money raised in the running community should be used to send runners to meets around the country, build better running facilities, better dressing facilities, more public tracks, shoes for kids that can't afford thirty or forty dollars for the latest waffle-sole wonder, and to uplift running as a sport. It is hardly well-spent when the daughter of a Pacific Heights socialite uses it to study the french horn.

In all fairness to the San Francisco Symphony, they gave a considerable number of awards and prizes to the rank and file runner for his five dollars. But, in return for LDRC help in measuring and certifying their course, they contributed nothing. But the real kicker with these people had to be their gala society ball at the Galleria. Here is a group that is out in the Park hitting up the local runners for funds one day, and on another day throws a ball that would rival anything seen at the Fairmont or Mark Hopkins. On Thursday, April 19, the San Francisco Symphony threw their annual ball for their "friends". I was there. It was unbelievable. Wall to wall of the Bay Area's finest and most beautiful people. Wealth like only you and I dream of. And the women's evening wear looked like I. Magnin's private salon. Not a runner in sight! No sweaty physical freaks, please! Had one shown up he probably would have had to use the rear door. Two society bands, roller disco for entertainment, and the obligatory table of canapes. Feel good about the fact that your entry fee for their race no doubt helped to provide the beautiful people with another night on the town.

Does anyone think for a minute that the San Francisco Art Museums qualify for being in need of funds...what with the overwhelming success of the "Treasures of Dresden" exhibition at the Legion of Honor, the enormity of "King Tut", and the fact that their current membership is now over 77,000?? Well friends, it's coming! Right now there is a public relations executive, a part of this same Nob Hill/Herb Caen set, who is attempting to "sell" such a race to a sponsor. He is listing the cost of sponsoring the race at \$16,500. What he is attempting to be is the mid-wife between the sponsor and the "charity". For this he has listed in the budget proposal a fee for himself of \$9,000, and \$3,200 for secretarial services.

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I bet you never thought there was that kind of money to be made in running. Try telling it to the Excelsior Track Club who loses money annually on the PA-AAU One Hour Run, or the Aggies, who lost their shirts on the X-Country Championships last fall.

Last March, two masked gunmen crashed a cocktail party in the prestigious Seacliff neighborhood of San Francisco. They made off with over \$100,000! One of the victims was the President of the San Francisco Conservatory of Music. When you can pass the hat at a cocktail party and come up with that kind of cash, you hardly need to put on a race to raise funds.

I think it's time that the San Francisco Art Institute, the San Francisco Conservatory of Music, and the San Francisco Symphony went back to holding the quaint and cute "fund-raising balls" at the Fairmont and left running to the runners. □

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## THE HUMAN RACE



**LEN WALLACH**

His legs of great gnarled tree trunks pummeled him over the ground like locomotive pistons driving a fast freight train clickity clacking down gleaming rails. He was held to the roads by the mere accident of earth's gravity rather than soaring off into space by the sheer power of his strides.

Had fate been different for Alvaro Mejia Flores, this bloodline descendant of Simon Bolivar probably would have been wearing a military tunic laden with flashy medals, have his garrison cap covered with golden braid and silver stars on his epaulettes. But instead of the fat belly of a South American general, he is now clad merely in faded jeans, worn-down running shoes, an old race T-shirt, and the top of a beat up sweatsuit. His career is not overseeing the spit and polish of the rifled infantry expected of graduates of the prestigious Escuela Militar, Colombia's West Point, but rather as a smalltown merchant, retailing sporting goods in an American suburb.

"I was never the best, just famous," the soldier athlete grinned through gold-rimmed teeth, his green eyes glinting partly from a certain joy at being able to play word games in English with a gringo and also partly out of a practical realization that fame and speed are temporary achievements which quickly evaporate.

But he was the best almost from the day

he first laced up a pair of running shoes in Bogota on his way to athletic glory on behalf of his beloved homeland. This trail led him to a host of international contests, including three Olympic Games, the Pan American Games, and the classic Boston Marathon.

His athletic achievements began as a military cadet where running was the punishment for the officer candidates who were berated for their shortcomings by Colombian military leaders schooling them in the Prussian methods and an American flavor. "They would run us around the perimeter of the academy to correct our behavior, but for me it was playing," he explained through his Pancho Villa moustache how he would lead the pack until the end where he would purposely fade back and let someone else win. "I didn't want to be on a team, as I would rather just run for my own pleasure; besides I was trying to learn to be an officer," he advised.

And train he did, both as an athlete and a soldier, but his military career ended in short order as he had to take on the burden of the support of his six brothers and sisters on the death of both his parents. The oldest male in the family in the Latin tradition assumes the yoke when tragedy befalls, thus he turned back to the roads more for introspection and joy.

It apparently worked, as he found himself winning everything in sight, such as Brazil's famous Sao Paulo Midnight Run in 1966, and 5, 10 and 20 kilometers in the Bolivar Games the same year. Along the way he managed to twice beat the great Belgian world record holder, Gaston Roelants, over 20 kilometers, leading him once by 53 seconds to the finish line. He went on to the Pan American Games, taking third in the 10 kilometers and fourth in the marathon in 1971 when the competition was particularly stiff from the Americans. Mejia also won the 5000 and 10,000 meter gold medals in the 1966 Pre-Olympic Games in Mexico.

His Olympic Games performances spanned 12 years, beginning with his placing dead last in his 5000 meter heat in his first attempt in 1964, but in 1968 he hiked that to tenth at twice the distance. He was in the front third of the pack when he attempted the Olympic marathon in 1972, finishing 38th out of over 100 world class athletes. That year was a double honor as he was selected as the coach of the Colombian long distance team.

"I was the first of my countrymen to do anything in international competition since the great Colombian Jamie Aparacio earned second place in the 400 meter hurdles in the 1955 Pan Am Games," he gestured, filled with the pride of his fellow countryman's efforts. "I was just lucky to be a pioneer in long distance for my country," he went on with the magic lilt of a coffee-rich Spanish accent. "Like I said, I was famous...not the best."

But the truth is that he was the best...so says the corroded plaque on a back wall of his San Mateo store, appropriately named--Olympic Sports. The wall hanging tells the whole story. The Helms Trophy is there in quiet defiance to the passerbys who probably put it in the same category as a local bowling award on the shelf of the barber shop across the street. But to an athlete, the Helms Trophy is the international symbol for the best. In the United States we give the Sullivan



Alvaro Mejia at Red Cross Water Temple Run. /Len Wallach/



This is to certify that

ELVARO MEJIA

finished 1ST in 2:18:45

in the 75TH Annual Boston Marathon

from Hopkinton to Boston, 26 miles 385 yards

4-19-71

*Wise Clony*

Award for the top amateur athlete in all sports, but the Helms is given annually to the best on each continent. There are six names on the trophy. In five other places in the world, similar versions of the 1966 award hang in places of honor in the homes and offices of Jim Ryun, North America-Runner; Kathy Muir, Africa-Swimmer; Ramanthan Krisnan, Asia-Tennis Player; Fred Stolle, Australia-Tennis Player; Manola Satana, Europe-Tennis Player; and Alvaro Mejia, South America-Runner. The trophy almost broods at the world in its seriousness for the athletic excellence it represents.

But Mejia kept shifting and dodging away from the trophy, trying to relate more to the present than the past. "My best marathon was right here in San Mateo in 1971 when I did 2:17:22 (1st Annual West Valley Marathon)," he detoured away from the granddaddy of them all, the Boston Marathon diploma hanging on the other wall. "West Valley was really tough," he commented as a customer came into the store to browse, unaware of who was waiting on him. The purchaser advised Mejia, "I'm just starting to run and I need a good shoe." The 39-year-old champion merely went through his kindly and patient routine, probably used a thousand times before, piloting the newcomer to joys and discomforts awaiting him on the roads. "My last name, Colombian style, means flower," he winked at me, using English word games again to let me know that his gentle personality was enjoying helping a fellow runner, embryonic or otherwise, and yet was fully aware of my own presence.

"Boston," he sighed, "was just another race." It wasn't anywhere near as important as the Sao Paulo Run, the Bolivar Games, and that sort of thing back home. I was already established," Mejia explained patiently, trying to make me understand that in Colombia, the Boston Marathon has about the same lack of prestige as does a Forty-Niner practice game in Bombay, India. "Here it's everything because everybody is Boston crazy," he spoke quietly as he looked at his misspelled first name on the certificate (see opposite page). "They wouldn't make that mistake in Colombia," he added, giving this gringo another jab.

But on that plain white cardboard in its dimstore frame, the signature of the famed Will Cloney certified that Elvaro Mejia, our Alvaro Mejia Flores, finished first place in the Boston Marathon on April 19, 1971, on the anniversary day when American patriots had matched Simon Bolivar's deeds of devotion and sacrifice. This trip from Hopkinton Green to the Prudential Center took Mejia 2:18:45 on the 75th birthday of this classic race. In spite of the West Valley TC member's 5:18 per mile pace, he was separated from the second runner by a mere five seconds, a record which has since fallen (closest finish).

Mejia's son Christopher has lived only eight short years, but if his parents' genes can be counted on as the basis for future athletic performance, then the darkeyed youth will be a world champion. His father's running credentials are matched by his mother's swimming talents. The former Terri Stickles, who won a bronze medal in the 1964 Games, beating world record holder Dawn Frazer in her own event, gives the child two heritages to draw from.

Now divorced, the couple, who both attended the Tokyo Games as Olympians, did not meet until Terri came to Cali, Colombia, as a member of the Peace Corps. They were married in San Mateo, Terri's hometown, and it was her efforts which sent Alvaro on his successful merchant path in Olympic Sports by calling upon his long unused management skills, learned in merchandising his family's business as a youth in Colombia.

But the importance of Alvaro Mejia lies not in his athletic or business successes but rather in an understanding of who he is and what will be his life's burdens. By advising that "I'm not the best", he assumes the humanistic attitude that if there is a best there has to be a worst. Mejia sees the nobility of man; that the derelicts and downtrodden can have the golden treasures of friendship and kindness for each other which make all the Olympic and Boston victories seem shallow and lonely. He has a quiet sense which portrays his own healthy body as the best possible trophy to be possessed, and that the unfortunates who are not equally blessed still have the same value. They are not worth less merely because they are slower, unhealthy, poorer, or more aged.

He is probably unaware of Jules Ladoumègue's bitter conclusion, "A writer leaves something; a musician leaves something. But a champion? A champion leaves nothing." Ladoumègue (holder of six world records and the winner of the silver medal in the 1500 meters at the 1928 Olympics) related this monologue to writer William O. Johnson, Jr., in his first book on the Olympics. It must have hit Johnson with the same impact that it whacks the rest of us, but certainly it represents the innermost feelings of the Colombian athlete, standing awkwardly alongside a fat matron who was trying on a fashionable warmup suit in his

store. He made no judgments.

The little store is furnished with trappings which would make the Goodwill truck pass the place by. The old steel folding chairs, homemade shelves, and cheap rug don't reveal the quality of his products, service and business. Outside the day was gloriously alive with a small town atmosphere...passerby waving to Mejia as he stood in the doorway in the pristine sunlight.

He was repeating an anecdote which he had told a writer from *On the Run* magazine, which had featured a story on him a few weeks before. It was a long involved explanation of the loss of his baggage which included all of his medals and trophies. That's where the anecdote and feature story ended. What was missing was the punchline added weeks later as the soon-to-be master tapped his T-Shirt just over his heart and said, "They can steal prizes, but not what's in here!"

I glanced momentarily into those green eyes, rimmed with traces of forgotten Aztecs and ancient Mayans and saw a whisper of past glories. It was like looking into the vastness of space. Alvaro Mejia Flores is not just another champion. He's a golden thread in the unending weave of the fabric of history. Who knows who will wear the final cloth? □



## NOR-CAL PORTRAIT

by Dan Hintz

University of California middle distance runner, Andy Clifford, has shown early evidence that he will make his senior track season his best yet and in the process make a strong bid to recapture the Conference (Pac 10) 1500m title that he lost last year. In a March 3rd meet with Sacramento State and the Bay Area Striders and WVTC, Clifford posted a winning 1:49.8, only 1.8 seconds off his best 800m, and followed it with his best 1500m of 1979. These marks are backed by an 8:58.0 two-mile in February and a 14:26 3-mile on March 4 at the Friends of the Marina Green Run in San Francisco. With that combination of speed and strength, Clifford's 3:40.4 PR effort at the 1978 AAU Championships will unquestionably be lowered.

While it is apparent that any athlete with credentials such as Andy Clifford's spends a good deal of time thinking about goals, tactics, conditioning, and statistics, none of this is what Clifford prefers to discuss. His soft-spoken intelligence, sincerity, courtesy, openness, and humility are characteristics possessed by many athletes, but rarely does one hear an athlete express, as Clifford readily does, a concern for the effect he has upon a competitor's feelings. He says he would like to be done with working himself into a pre-race dislike, even disdain, of other runners and with affecting superiority as if to say their talent is beneath his concern -- tactical capabilities he developed and frequently used as a high school runner. He is now clearly disturbed with such unkind and unsympathetic behavior and would rather rely upon his Christianity and God-given strengths to achieve his goals.

Clifford's Christian beliefs have, he relates, given him such happiness and purpose that just to pay them lip service would be to live hypocritically. He wants, instead, to give expression to his religious faith quietly and resolutely throughout every part of his life. He holds the view that faith demonstrated by example is more convincing than debate. Just as his athletic talent is convincing, so is his integrity regarding his religious convictions.

In 1972, as a sophomore at Sunny Hills High in Fullerton, Clifford's desire to improve in football, which he'd played since age ten, prompted him to change to track events from pole vaulting and hurdling to distance running. About this time he also began diligently working with weights to develop strength. He had seen football as a possible means of securing



Andy Clifford /Don Gorney/

an athletic scholarship to a good university, yet his size (almost equal to his current 5'9", 152 lbs.), he knew, would put him in ever increasing jeopardy. He had already suffered a torn shoulder muscle playing the game. As a senior he finally came to the difficult decision of giving up football and devoting his full energies to running. Perhaps, he thought, there was still hope for a scholarship to a school his family would otherwise be unable to afford.

There was reason enough for him to think so. In his first year of running, the hard working prep ran a 4:32 mile in February, leading many people to believe he had peaked too early in the season. But he surprised them with a 4:19 PR in May. The next season he placed fourth in the CIF Southern Division with a time of 4:12.2. Then, as a senior, Clifford continued to improve and ended the season with an exciting race against Rich Kimball in the State Meet. Running stride for stride the last 200 yards, Clifford was edged out by 0.1 seconds while recording a 4:06.7. At the Golden West Invitational in Sacramento, showcase for the best of the nation's graduating preps, Andy clocked a fourth place 3:52.6 in the 1500m.

Numerous scholarship offers followed, whereupon he chose to attend U.C. Berkeley in the fall of 1974. Anxious to prove himself, his freshman year became most exasperating when he was plagued by pain in his lower leg that defied diagnosis and prevented him from competing. A tumor had developed at the site of an old hairline fracture, causing both numbness and pain. Surgery in the summer of 1975 made Clifford hopeful that he would finally be able to train and race without pain. But he may have tried to return too quickly, for he was bothered by a series of lesser injuries during most of his sophomore year. He was, nevertheless, undefeated in dual meet competition and ran a 1500m best of 3:47.0.

Clifford's second season in PAC-8 competition foretold that the best was yet to come. In 1977, despite the return of the preceding year's first, second, and third place 1500 finishers at the Conference meet, Clifford staged a coup with a 55.2 final quarter and a winning time of 3:42.3. As *Track & Field News* wrote, it was a "weird" occurrence to have a California prep mile star victorious in his college conference when such "a high school history...almost demands later failure." Some track wizzards took note and looked for Clifford in the NCAA finals; however, he lacked the confidence to run well in a competition with so many other fine runners...Waigwa (UTEP)

3:39.9, Scott (Irvine) 3:41.3, O'Shaughnessy (Arkansas), and he failed to advance to the finals. His PAC-8 time would have taken sixth at the NCAA's.

Last year was the year of University of Oregon sensation Rudy Chapa at the PAC-8 (winner of the 1500 and 5000) and of UC Irvine's Steve Scott, who led the nation with a 3:36.0 at 1500 and a 3:53.0 for the mile. For Clifford it was a year of confidence building and of experience racing against top caliber runners. Ten of his twelve 1500's were under 3:50, with five of them at 3:45.2 or better. He established personal bests in the 1500 (3:40.4 Cal record run in the heats of the AAU Championships), the mile (a 4:03.3 win at the West Coast Relays), and the 800m (a 1:48.0 run at Celica, Yugoslavia, during a summer tour of eastern Europe).

It will come as no surprise to learn that the reason for Clifford's successes and continued improvement is consistent hard work. His training "routine", in which he is advised by Cal assistant coach Bryan Maxwell, is anything but routine--it shows great variety and changes constantly throughout the year. Its salient feature is low mileage (40-60 mile weeks in the fall is the most); high-intensity workouts with emphasis on strength building intervals. "I don't respond very well to distance," says the twenty-three year old Clifford. "I just haven't as of yet. I respond well to 5-6 repeat mile runs. This next fall I'm going to get into some road racing. Maybe next spring I'll try to get into more miles, but I want to do things slowly.

I want to increase by 8-10 miles total my Monday, Wednesday double workouts (in the morning fartlek runs) start at a 6 minute pace on the flat and finish at a 5 minute pace up a slight incline. That's more of a mental thing. And I'm going to be running more 5000's - doubling with 1500's - even if I'm running the 5000's at just under 14:30-15:00. I'd much rather keep a high leg tempo running 5000's to fatigue than running an hour at a high 5 minute pace.

I train aerobically with intervals at race pace with short rests--400's at 60 seconds with 60 seconds rest, 200's at 23-26 seconds with 30 seconds rest. I also do long breakdown intervals of 1200m, 800m, 600m, and as the season progresses the times get closer to actual race pace. April is a very hard month." Since he feels his natural talent is speed, "I usually don't work on speed unless I'm fatigued from my workout. I'm mainly interested in strength." His goal is to attain the strength to run with the leaders and strike out in the final lap.

"Last year (at the PAC-8) I thought I was going to come by 1200m in 3:00 and kick. I just wasn't prepared for someone like Chappa going out at 56 and backing that with a couple of 60's. I had to realize that when people run world class they come by in 2:55-56. So this year I'm going to train myself to come by in 2:55. I know I can run a 40 my last 300m. I know that if I can stay with these guys I can outkick people like Scott. I have good speed, but I guess a lot of it's strength and persistence over the years.

Last year," Clifford says, "I didn't think I could run with the big boys. Last summer I beat a few. So this year I'm a little more realistic with myself." And judging from his marks thus far, a reasonable assumption would be that he will also become much faster. □

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## RUNNERS' ZOO

by Jim Nuccio



As usual, the scheduled topic for this issue (Exclusive Poll of NCRR Readers) won't appear until a later date. One reason is that the results of the poll haven't been tabulated. The primary reason, though, is that it is my duty as writer of this column to keep you, my loyal reader, abreast of current events that will have a significant impact on your life. The event that fomented this change of topics is the proposed reinstatement of the draft. Many NorCal readers are prime draft bait. Having served courageously for two years in the US Army (I was twice recommended for the Purple Heart - once after being viciously spiked during the Interservice Track Meet 5000 held in Sacramento, and again after my left index finger was pummeled in the keys of an IBM Selectomatic while I was typing the morning report), I feel a moral obligation to share with our future troops some of the gratifying experiences of

my distinguished military career. This will serve as positive reinforcement for them. Here, then, from my memoirs, is a recount of the most memorable day of my life in the service...a proud day for all young troops:

"The rising sun coruscates over a slightly rippling sea on a typical Monterey Peninsula morning. The tranquility is violated only by the normal sounds of a Monterey morning: the concerting of a saline breeze through the gnarled coastal cypress; the intertwining gwaking of a pair of seagulls as they playfully skim across the slowly awakening day; the agonized shriek of a tired trainee after being rendered helpless by a savage forearm smash to the groin area from his loving Drill Sergeant.

Despite these typical occurrences, for 1000 young men this morning brings with it something special. This day personifies for all of them a goal zealously pursued and rewardingly realized; the ultimate plateau, so often striven for, so rarely achieved. Today they become real men! Today is Graduation Day from Basic Training.

By noon the Ft. Ord parade field is lined with strategically situated groups of young soldiers. Despite the significance of the occasion, each of the 1000 is in a state of reverie. Their minds are effusing with reminiscences of the rivers they have crossed and mountains they have climbed in the past eight weeks. One-thousand distinct individuals, yet their thoughts are as one as they fondly recall some of their most cherished moments of Basic Training:

The Reception Center - For the first time coming face to face with your Drill Sergeant, a man who, after being arrested in the sixth grade for assaulting three nuns at Holy Name Seminary in Malibu Canyon, redeemed himself by working his way through reform school by selling unmarked bufferin and orange peko tea to aspiring, but ignorant, young dopers; a man who for weeks to come would be your spiritual leader, your symbol of erudition and social justice, a true paragon of Christian ideals; a man whose soft, understanding voice would ring through the barracks every morning at 4:30 with a warm, cheery welcome: "Get out of them Muthur '-----' bunks you jive-ass honkies!"

Police Call - Your personal effort at preserving the environment by picking up cigarette butts, only to have your Drill Sergeant attempt to establish a new Sixth Army record by having you eat 47 of them.

Your First Off-Post Pass - And you've just been paid! You rush off to downtown Monterey only to be ripped off by some gigo. With no money for the bus, you hitch back to the base and get a ride from four "barracudas" who deposit your remains in an artichoke field in Castroville.

Mess Hall Meals - That good Army chow that gave you protein, strength, energy and a chronic diarrhetic condition.

ITT (Individual Tactical Training) - Your chance at proving yourself by being the first in your platoon to successfully negotiate the barbed-wire course and then be rewarded by your Drill Sergeant who has you drop down for 50 push-ups, and, at the same time, gnaw the hardened mud off his combat boots.

Ah yes! Basic Training! One of the most physically trying and morally gratifying ventures a man can experience. And today you've made it!

Jim Nuccio. One of the 1000 being honored on this memorable day.

Jim Nuccio. The humble son of modest Italian immigrants, proud people who came to America seeking their lifelong goal - to earn enough money to make a trip to Europe.

Jim Nuccio. One of an elite group whose physical strength and mental toughness enabled him to endure the mental harassment and sheer physical torture during the 8 weeks of utter hell in Basic Training."

Yes, January 12, 1973, was one of the proudest days of my young life. It was extremely satisfying for me when, during the hallowed Graduation Awards Ceremony, a seagull dumped on my Drill Sergeant's shoulder (really).

But, future troops, don't just take my word for it on how much fun and excitement the Army has to offer. Listen to what these career soldiers have to say on why they're staying in the Army:

Spec 6 Anita Job: "I'm staying in because of the valuable job training the Army offers. Where else can you get your choice of over 300 rewarding jobs? In depth training is available in such stimulating fields as Law Enforcement (Inner-City Riot Control, NCO Club Bouncer Tactics), Inter-Racial Space Clearance Engineer (Police call specialist with emphasis on removal and disposal of Coors cans), Agricultural Chemist (Scientific hedge trimming, Bermuda grass fertilizing technique, Gardenis watering therapy), and Pharmacology Specialist (Officer's Club Bartender, Mess Hall Fry Cook, and Clandestine Barracks Junkie). Remember - the job you have in the Army is yours to

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keep for life!!"

Sergeant Clyde "Sonny" Deavers: "I'm gonna re-up because of the wonderful PX privileges. The opportunity of buying fashionable "groovy threads" at a cut-rate price is too good to pass up. The "Campus" department is filled with all of the latest in boss men's wear - tweed sportcoats, shoestring cowboy ties, gaberdine slacks, Robert Hall suits, pinstripe shirts with button-down collars, wing-tips with taps, etc. The "Now Sounds" department offers the finest in mod stereo equipment plus all the Top 40 hits. Why, just last week there was a special sale on LP's featuring such name stars as Andre Kostelantez, Conway Twitty, Zazu Pitts, and Cat Mother & the All-Night News Boys!"

Private D. Tective: "I'm staying in the Army because I like to travel. The Army has bases all over the world in such fascinating places as: Ft. Irwin--located in the lovely California desert within easy driving distance of the popular resort towns of Needles, Thermal and Mecca!; Thailand--beautiful Bangkok! The charming continental city of enchanting shops, elegant gourmet restaurants, and two-dollar hookers!; Whitesands Missile Base--secluded in scenic New Mexico, where a person can really find himself. It's just you and 175,000 square miles of sand dunes and horned toads!"

See you in Quebec! □



### 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.

LETTER FROM FRED DANIELSON (San Francisco): - "While participating for a few months in the committee activities for the staging of the Golden Gate Marathon (last Nov. 12), I met a couple of other Embarcadero YMCA runners who had received orthotic devices from you...there was one area of orthotics fitting, however, that we agreed could be improved. None of us felt that we had received adequate instruction in how to start off wearing them, do's and don'ts, common initial problems to look for in their use, adjustments that might have to be made, etc.

In my own case, I was in the midst of training for my first marathon when I received my orthotics, and simply continued running full mileage. I now realize that this was a mistake. Since it was my first marathon and thus my first attempt at heavy weekly mileage, it was impossible to sort out what the orthotics might be doing to me from the strain of the unusual number of miles. They did clear up my sore metatarsals and plantar fascia irritation like magic!

I think the communication problem stems from the time lag between casting the orthotics and the actual receipt of them, and the method of receipt. I simply walked into your office and picked them up from your receptionist, never thinking to ask any questions. I have two suggestions for making things better: (continued on next page)...

# ● Job Opening ●

The NCRR has a need for at least one part-time "ad layout" person. Some experience in layout and pasteup required & artistic talent would be helpful. I don't think this would be more than 5 hours/week. All materials supplied by NCRR...work should preferably be done at NCRR office in San Mateo because of limited supplies, etc. Salary is open.

NCRR, BOX 1551, SAN MATEO, CA 94401

(1) Prepare an information sheet on wearing orthotics, do's and don'ts, common initial problems, adjustments, etc., and hand it out with them.

(2) Please devote an article in your column in *NCRR* to the kind of things covered in the information sheet so that a wider spectrum of runners can be informed.

For myself, I suffered a knee injury running a race in soft beach sand (dumb!) about three weeks after completing the Avenue of the Giants Marathon last spring, and that, plus other assorted ailments (not running related) have kept me virtually off the roads for six months. When I start back into training, I will have an opportunity to test running both with and without orthotics with my legs well rested."

## What to Expect from Your Orthotics

**WHAT ARE ORTHOTICS?** - The word "orthotics" comes from the same root as the word "orthopedics", meaning "straight child". The correct usage is orthosis(es), meaning straightening device(s).

Many injuries of the feet and legs are related to imbalance, impact shock or a combination of the two. In treating a problem, a true orthotic device is a custom-made biomechanical device that balances, supports, protects and/or cushions a particular part of the foot around the individual's neutral position of the feet and legs.

Precise measurements of the ranges of motion of the joints of the feet and legs are taken by the doctor in order to determine the functional condition of the lower extremities. The doctor computes the neutral position of the joints, selecting a position of maximum efficiency. He then takes a plaster cast of the foot in this position, filling and balancing this casted foot model in order to construct an orthotic device which fills the void between the position of the foot and the flat surface of the ground upon contact.

**HOW ARE THEY MADE?** - Biomechanical orthotic devices may be made from various materials depending upon the degree of control required, the physical status, activities or occupation and foot-wear for each individual patient. Thus, when models of your feet are constructed at the laboratory, our doctors and technicians are able to "capture" your best functioning position in those models. Then, the form of your orthotic devices are contoured and angled over those models. Finally, additional components called post controls are added to the front, rear or both ends of the orthotic devices and are ground to specific angles very much like eye glass lenses. Consequently, instead of supporting arches, biomechanical orthotic devices create more normal function of the feet and legs by maintaining the anatomical relationships between the segments of each foot and leg while the control posts cause the orthotic devices to move or subtly rock into specific positions at specific phases in the gait or walking cycle.

These functional orthotics are designed scientifically to maintain your feet in their neutral or normal position. The orthotics will allow you to function in your daily activities without abnormal stresses in the feet or legs. Various materials are used for construction of orthotics, ranging from a rigid type of material to one of more flexibility. Rigid orthotics keep their shape and function over many years and thousands of miles and maintain balance of the foot and leg around a neutral position. Flexible orthotics cushion the foot well

throughout the weightbearing phase of gait as well as protect around areas of pressure and friction.

**CARE OF YOUR ORTHOTICS** - There are many materials employed for construction of orthotics. Most materials used have been tested extensively for adaptability of their respective qualities in orthotic construction and as a general rule require little if any maintenance. Some key points below should be remembered when caring for your orthotics.

(1) The top surface of certain molds are leather which has been treated for ordinary moisture found in the shoe. Under average conditions no care is necessary. However, DO NOT PERMIT OIL OR GREASE to come in contact with this top surface as it is incompatible with the filler material.

(2) Rigid type devices can be cleaned up with soap and lukewarm water. DO NOT USE HOT WATER.

(3) You may hear a squeaking sound when walking. If this occurs, any type of foot powder in the shoe should stop it.

(4) If there should be any damage to the functional orthotic, return them to the doctor with the plaster casts.

(5) A regular appointment schedule should be followed for re-evaluation and for possible additional treatment if necessary.

**SENSATIONS TO BE AWARE OF** - (1) A feeling of firmness or pressure in the heel. (2) Mild to moderate pressure or support in the arch. (3) It is not unusual to have the feeling of the heel slipping out of the shoe, particularly if they are slip-on shoes. If this is the case, try styles of shoes which have a deeper heel seat, higher heel counter or laces. In most cases, the slipping sensation disappears as your foot function improves with time.

**INITIAL BREAK-IN PERIOD** - The following wearing instructions and general information will help you through your initial "adjustment" period. *Remember, your feet and legs, muscles and bones are going to be moving and functioning differently than before, and you may be aware of this in the early stages.*

(1) Orthotics should be worn with socks or stockings during the break-in period to minimize skin irritation.

(2) Wear your orthotic devices for not more than one hour the first day, not more than two hours the second day, three hours the third day, and so on. Children usually adapt more rapidly than adults. This is a basic time schedule for the break-in period and may be modified.

(3) If you feel strained or achy in any part of your body, this may be an indication that you are wearing your orthotics too long too soon. Reduce your wearing time by one-quarter to one-half and start to build up from that point.

(4) Some patients occasionally report mild aches or discomfort in other parts of the body such as knees, hips or back after three to four hours of consecutive wear. Instead, *CUT IT BACK* by an hour or two. In all likelihood these symptoms will disappear in a short period of time as your entire body posture realigns itself and functions more efficiently.

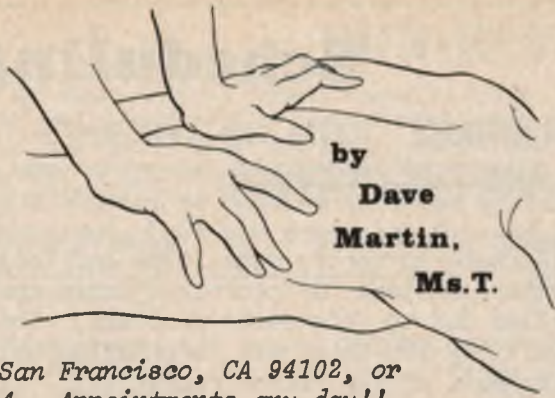
(5) You will be seen by our doctor (*this set of instructions is taken from a pamphlet published by the Marin Foot Health Center, where Dr. Hlavac practices*) in about two to four weeks, at which time you will probably be wearing your orthotic devices comfortably for about eight hours or more daily.

(6) This program is not necessarily strict; the time schedule is general and for certain individuals a much slower adjustment period may be required.

**NOTE:** - The present policy in our office is to personally dispense the functional orthotic devices, to explain these written notes given to our patients and to allow time for athletes to wear the new supports around the office so that minor adjustments can be made. Then after 1-2 weeks of the break-in period we re-appoint the athlete to the same doctor who took the measurements and the plaster cast foot models so that we can answer specific questions and concerns. We always attempt to get the modified plaster casts back from the orthotic laboratory and dispense the casts along with the orthotics so that modifications or replacements can be made when necessary. We attempt to follow through until both the athlete and the doctor are satisfied with the expectations of the supportive device. It is important to point out that functional orthotics balance the foot and leg around the neutral position and may in fact allow the athlete to perform more efficiently, but that orthotics are not a panacea and not a substitute for adequate training. \*\*\* For a list of podiatrists in your area (any part of California), send a S.A.S.E. to: Dick Gilbert, DPM, 3363 Fourth Av., San Diego, CA 92103. □

# Swedish Massage

This is Part 9 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!!



After monitoring the effects of massage on several runners during the past year, I found the results impressive. In many cases massage helped men to run faster because of energy blancing and improved functioning within the body. Feed-back from several participants indicates they bettered their previous times. East German athletes have known the importance of this therapy for a long time. They receive a one-hour massage every day. By comparison, American runners have yet to understand the value of massage. If you want to improve your performance, get massaged two days before your big race. It will provide both a physical and psychological uplift for every individual.

The massage that we recognize today as being the most effective of all methods now available is Swedish Massage. It is a sequence of scientific manipulations which are applied to the body which were first devised by Peter Henrik Ling (1776-1839) of Sweden. The first institution for the scientific study and application of massage was established in Stockholm in 1814.

Although Sweden was the first authorized area that offered training for massage, scientific application was also recognized in England. William Beveridge (1774-1839), a Scot, who witnessed an old nurse applying massage for a severe sprain, became interested in the application of massage. After studying the manipulations he began treating any person who wished to receive the method. Beveridge became so successful that he moved to Edinburgh where he eventually employed 5 assistants.

Dr. Johann Mazger (1839-1909) of Amsterdam, treated the Danish Crown Prince with the application of massage in the year 1860, and thus called attention to this form of healing in Holland. We also find Dr. John Grovenor (1742-1823), an English surgeon at Oxford, applying massage for the relief of a stiff and swollen joint with results that made him famous.

Massage was first used in the United States in 1877 by Dr. John K. Mitchell (1859-1917) of Philadelphia, while Dr. A. Lovett of Boston used massage to assist in relieving the results of infantile paralysis after the epidemic of 1917. Although massage has been used in the United States since the 1800's, it was not until the two World Wars that its true beneficial effects were recognized. Beginning with World War I, many hospitals started to use massage for various types of injuries.

During World War II, massage was employed on a large scale in Army and Navy hospitals for the recovery of war casualties. After World War II, it became recognized and accepted to the point where practically all hospitals today use massage in their Physical Therapy departments. In addition, there are thousands of practitioners working on their own who are serving people of all ages. In my opinion, massage is one of the things that can be neglected, misused, paid for and thrown out the window without accomplishing what it should unless it is understood and properly applied to those in need. Finding the right therapist is the major problem.

The mental aspect of massage is an interesting one to note. A California psychiatrist observed in a mental health seminar that massage had a beneficial effect on patients in a large state institution. Although the massage was administered for the purpose of acting therapeutically on the body, it also had a pronounced effect in decreasing anxiety and improving the *mental* outlook in patients.

The mentally relaxing effects of massage on the general population has been observed for some time. Time and time again, a masseur has placed on his table a client still uptight from the pressures of a business day. After a

professional massage, the businessman or woman feels a renewal of body and spirit. You can expect from massage the twin benefits of both *mental* relaxation and *physical* invigoration. These good results may be sought as often as required without any detriment. Many clients have enjoyed massage on a daily schedule over a period of years.

Usually the emphasis has traditionally been placed on the physical effects of massage. If you have had massage recommended to you, it probably was to ease stiff joints or soothe aching muscles. Many athletes receive massage regularly to keep their muscles supple.

However, there is no need to wait until you have sore muscles before enjoying massage; in fact, making well people feel even better should be one of its main uses. The term "enjoying" is used advisedly. Under a skilled competent therapist, massage should be a special, pleasant experience, not just a joy trip. It can be a form of meditation for the body.

There should be no pinching, violent pounding, or excessively hard pressure. At the same time, certain stroking and kneading movements must be made with adequate firmness or they are worthless. You should continue to relax progressively under massage. Under the skilled hands of an expert, some patrons fall peacefully asleep.

You can get the most out of massage by relaxing as completely as possible from the start. Don't block it--but flow with it. You cannot do this if you keep up a constant conversation during the process. Let go with both your mind and body. Your relaxed body receives the maximum benefits.

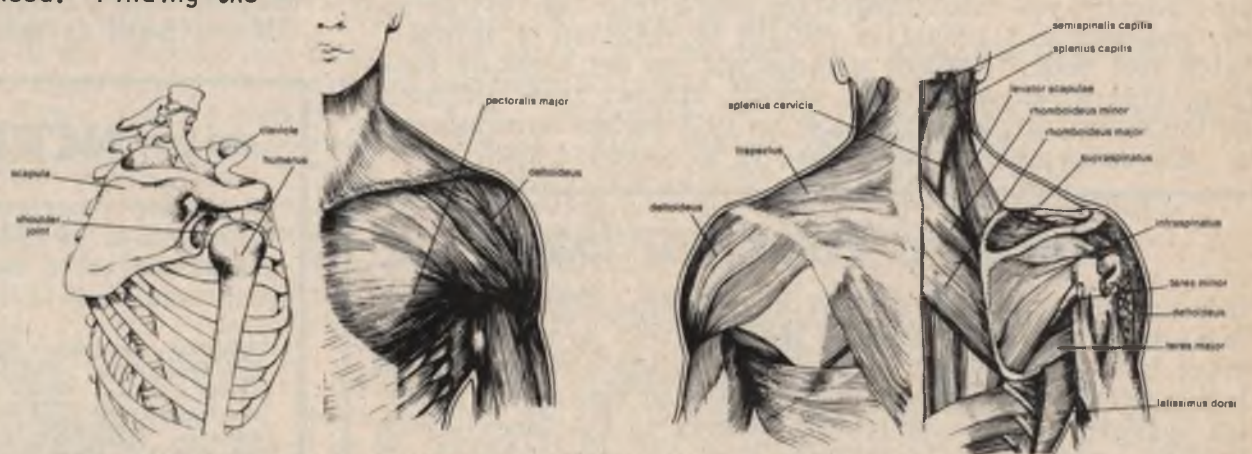
There are many conditions in which a specific limb or part of the body is affected, and in which massage treatment may be confined to that area. This applies to sports injuries suffered by runners. Some of the conditions in which local massage may be indicated are: (A) Inflammation, such as is caused by strains and sprains, dislocations, pulled muscles, or gout and rheumatic conditions, in which there is either inflammation or abnormal deposits of substances in the area. Massage should never be applied directly over the injury itself, but it may be applied to the surrounding areas, often to great advantage. (B) Headaches, and other conditions, caused by muscle tension or local circulatory disturbances (improper circulation in the region of the head and neck, as well as injuries which prevent proper circulation and drainage). (C) Treatment of Scar Tissue, also joint adhesions or conditions where a scar or hardening of the tissues may prevent the proper functions of a joint or muscle.

Slow metabolism, such as is found in cases of obesity, gout, diabetes, and many other conditions, will be stimulated and generally relieved, or improved, by the use of general body massage. This stimulates the blood-manufacturing organs of the body. In these cases, massage, by increasing the circulation, relieves the heart and other organs of their added burden, thus helping to prevent a breakdown of these important body organs.

It is important to realize that many important organs and tissues of the body which cannot be directly reached by massage, are, nevertheless, improved and stimulated *indirectly* through the nervous system and also by improving and stimulating the circulation, respiration and elimination.

Conditioning the body through frequent massage is the best *PREVENTATIVE* for runners to avoid sports injuries. Frequent massage maintains bodily tissues, organs and muscles in good condition. Proper application of scientific massage prevents tension, strain, muscle fatigue, stress, soreness and other physical problems.

In a past article I wrote about several structurally weak areas in the body. The neck & clavicle are just two of the



The Shoulder Girdle consists of the Scapula (shoulder blade) and the Clavicle (collar bone).

Muscles of the Neck, Back and Shoulder that need attention.

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places where we seem to be most subjected to stress. Runners accumulate much pain here as well as in the Scapula and Trapezius. In the Neck it's the Semispinalis Capitis and the Splenius Capitis that need relief from much tension accumulating in these muscles. See diagrams on previous page to locate these muscles in the Neck, Back & Shoulder.

Recently comedian Bob Hope was interviewed about his personal health habits. He remarked that he does ballet stretching exercises with his legs, which in turn stretch his back. Hope has a back problem consisting of a worn-out disk. Doctors even suggested surgery, but he wisely vetoed it. He used to have problems with his sacroiliac but hasn't had trouble for several years now. He hangs on exercise rings, uses vitamins and is an advocate of *regular massage* to keep his back in good shape. He feels massage is absolutely responsible for his health. His personal masseur is Fred Miron, a good back man. Hope also keeps a regular list of good masseurs in major cities throughout the country, which solves his massage problem when travelling on the road.

Remember that anything that puts us in touch with our bodies will also put us in touch with ourselves. Massage is a total experience in touching and being touched. It will open doors, educate you into integrating touch into the rest of your life, and develop a sensitive feeling in relation to things outside your body. Through massage you can get pleasure out of tables, chairs, knives, forks, spoons, stones, trees and yes, even the ground you walk (or *run*) on will become more aware to you. Why wait? Feel great! Tune in to yourself NOW! □

## Olympic Tour for Sale

Your editor has an extra *Track & Field News* Olympic Tour Package (Moscow 1980) that he needs to sell to an interested individual by not later than June 5th or he stands to lose a substantial amount in cancellation fees. The package includes airfare, housing & tickets to the Games (track & field...includes all afternoon final sessions). So far I have deposited \$1050 (about half or more of the total cost) with *T&FN*. If you're interested, call Jack (415/341-3119).

## 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, 1081 Beach Park Blvd., #214, 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: - During the past year, with the mass influx of new races...many of which we never hear about because some race directors have never heard of the *NCCR* or PA-AAU...it has become more and more apparent that if someone wants to advertise their race, there are many avenues to do so. There are local newspapers and of course forms can easily be handed out at runs, etc. We have always tried to avoid direct conflicts in scheduling, but with more and more runners & joggers competing each weekend, what used to be a 'conflict' may now be a 'blessing'. A lot of races do not want large fields! In the future we will try and list all races that we hear about, but in all fairness, meet directors should contact the *NCCR* and/or Roger Bryan (AAU LDR Chairman) to check out possible conflicts before planning.

## /// 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: *Tao Shao*; FRESNO: *Bill Cookerham*; BERKELEY: *The Athletic Dept., Lyon Enterprises*; MOUNTAIN VIEW: *Starting Line Sports*; STOCKTON: *First Serve Tennis & Sports*; CHICO: *Fleet Feet*; SACRAMENTO: *Fleet Feet*; SAN MATEO: *Olympic Sports*; SAN JOSE: *Valley Athletics, Ruan's Sports Shop*; CAMPBELL: *Valley Athletics*; PLEASANTON: *Squier's Sports*; APTOS: *Monterey Bay Sports Center*; SAN FRANCISCO: *Runner's Feet, Second Sole*; ARCATA: *The Joggin Shoppe*; OAKLAND: *Your Seasons Sporting Goods, Runner's Feet*; SPARKS, NEV.: *The Athlete's Foot*; KENTFIELD: *The Archival*; REDWOOD CITY: *Runner's Workshop*; LOS GATOS: *Runner's Factory*.



## FUN-RUN SCHEDULE

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 raceday; 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 Hedding 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.

**PACIFIC GROVE:** Lover's Pt.; every Sunday, 8 a.m.; Joe Henderson, 1126 Pelican Rd., Pebble Beach, CA 93953.

**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 Lutheran 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.

**RICHMOND:** Nicholl Pk.; bi-monthly, Sunday, 9 a.m.; Richmond YMCA (415/234-1270).

- May 12 - East Bay Review Run, 5 Km., Lake Merritt, Oakland. (See PA-AAU LDR Handbook)
- May 12 - Guardsmen Angel Island Race, 4.8 Mi., Angel Island (S.F. Bay). (See PA-AAU LDR Handbook)
- May 12 - Sun Run, 15Km, Enslin Park, Modesto, 9 am. Sun Run, 803 High St., Modesto 95354.
- May 12 - Mendocino College Pomo Runs, 5 & 13Km, Ukiah, 9:40 am. Mendocino College/Pomo Run, PO Box 3000, Ukiah 95482.
- May 13 - Salinas Valley Marathon, nr. Greenfield (Oak Park), 8 am. (See PA-AAU LDR Handbook)
- May 13 - Rose Run (Date Change from 5/20), 7.369 Mi., Spring Lake Park, Santa Rosa. (See PA-AAU LDR Handbook)
- May 13 - Tilden Park Run, 15 Km, Berkeley, 10 am. Athletic Dept., 2114 Addison St., Berkeley 94704.
- May 13 - Run For Life 10 Km, Stanford Univ., 10 am. Santa Clara County Heart Ass'n, 3003 Moorpark Av., #200, San Jose 95128.
- May 13 - Deaf Awareness Benefit Run, 6.2 Mi., Napa, 9 am. Flo Butin, 19 Belvedere Ct., Napa 94558.
- May 13 - DSE Practice Bay-to-Breakers Run, 7.8 Mi., Spear & Howard, S.F., 8 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- May 13 - Sundae Fun Run, 2½ & 5 Mi., 49th St. & Folsom Blvd., Sacramento, 8:30 am. Vicki Marie's (916) 452-5516.
- May 16 - Perrier 3.1 Mile, Golden Gate Pk., Polo Fields, S.F., 6:30 pm. Don Capron, 4808 Fulton, San Francisco 94121.
- May 19 - PA-AAU One-Hour Run (Cancelled)...to be re-scheduled later this year (probably in the fall). (See PA LDR Handbook)
- May 19 - Run Against Alcoholism, 3½ Mi., Richmond, 11 am. Bob Watts, 321 Alamo Av., Richmond 94801.
- May 19 - Bayonet Seven Mile Run, Ft. Ord, 9:30 am. Information--Race Director (408/242-3143).
- May 19 - WREP Run-a-thon, 4.6 Mi., Lake Merced, San Francisco, 9 am. Kathryn Summers, Box A-7, 50 Phelan Av., S.F. 94112.
- May 19 - Alum Rock Park Run, 4.5 Mi., San Jose, 10 am. Pacesetters, P.O. Box 54122, San Jose 95154.
- May 20 - Bay to Breakers, 7.6 Mi., San Francisco (Spear & Howard). (Entries closed May 5) (See PA-AAU LDR Handbook)
- May 20 - Mission Fiesta Run, 10 Km., Lompoc, 1 pm. Bill Arnerich, 3902 Rigel Av., Lompoc 93436. (SPA)
- May 20 - Windsor Whale Run, 15 Km., Windsor (Starr School) (nr. Santa Rosa), 9 am. Ron Kesecker, Box 6081, Santa Rosa 95406.
- May 26 - Gonzales Grape Stampede, 10 Km., Gonzales (nr. Salinas), 10 am. Gonzales Recreation Dept., Box 647, Gonzales 93926.
- May 26 - Nimitz Mini-Marathon, 10 Km., Treasure Island (S.F. Bay), 10 am. Bill Carey, Spec. Services Div., Ph. 415/765-5088.
- May 26 - Hang Ten Marathon, Griffith Pk., Los Angeles, time TBA. Al Franken, 8530 Wilshire Blvd., #203, Beverly Hills 90211.
- May 26 - David Copperfield 100/200/300Km & 48 Hr. Track Runs, Woodside H.S., 8 am. Don Choi (Ph. 415/467-6195, evenings).

- May 27 - TRAC 10,000, Hellyer Park, San Jose. (See PA-AAU LDR Handbook)
- May 27 - Foot Health Week 5-Mile Classic, Heather Farms, Walnut Creek, 9 am. Podiatry Association...415/938-8341 (days).
- May 27 - Ass-to-Ass 13.2-Miler & Half-Ass 7.7-Miler, nr. Howarth Pk., Santa Rosa, 10 am. Sonoma County Camp Found., 707/526-4022.
- May 27 - Gambler's Gallop (½, 3 & 10 Mi.), nr. Verdi, Nev., 8 am. Tony Martin, P.O. Box 2230, Reno, NV 89505 (Ph. 702/322-4787).
- May 27 - Heritage Days High Desert Marathon (& 10Km.), Antelope Valley College, Lancaster, 7:30 am. Jim Schettig (805/948-4661).
- May 27 - Indian Gulch to Hornitas (nr. Merced), 5 & 10 Mi., 8 am. Dennis Steffensen, 237 W. 17th St., Merced 95340. (CCA)
- May 27 - DSE Baker's Beach Run, 4.2 Mi., San Francisco, 10 am. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- May 27 - Grass Valley Memorial 10Km, Memorial Pk., Grass Valley, 9 am. Gary Loucks, 116 High, GV 95945. (Entries close May 25)
- May 28 - Natl. AAU Masters 20Km., E. Potomac Pk., Washington, D.C. George Veronsky, 5004 Glen Cove Pkwy, Washington, D.C. 20016.
- May 28 - Oakland Orienteering Meet, exact site & time TBA. Joe Scarborough, 3151 Holyrood Dr., Oakland 94611.
- May 28 - Memorial Day Fun Run, distance?, Fresno, time TBA. Jim Martin, 2530 N. Barton, Fresno 93705. (CCA)
- May 28 - Pacific Sun Marathon (& 10Km.), College of Marin, Kentfield, 7:30 am. Pacific Sun Marathon, Box 553, Mill Valley 94941.
- May 28 - Memorial Day Runs, 5 & 15Km, Polo Fields, GG Park, S.F., 9 am. Holiday Inn Run, 480 Sutter St., San Francisco 94108.
- May 28 - Memorial Day Marathon, Oceanside, 7 am. Marathon, 220 N. Tremont, Oceanside 92054.
- May 30 - Perrier Two-Some Relay, 3.1 Mi. Each(?), Polo Fields, GG Pk., S.F., 6:30 pm. Don Capron, 4808 Fulton, S.F. 94121.
- Jun 1 - SoCal Invit. 24-Hr. Relay & Solo Ultrathon, Huntington Bch. HS, 8 pm. Exchg. Club, Box 348, Huntington Bch 92648. (SPA)
- Jun 2 - Lincoln Child Ctr. Lake Merritt Fund-Run, 5 & 10Km., Oakland, 9 am. Lincoln Child Center, 4368 Lincoln Av., Okld 94602
- Jun 2 - Benicia Historical Run, 5 Mi., (base of 1st St.), Benicia, 10 am. Benicia A.C., P.O. Box 82, Benicia 94510.
- Jun 2 - Greek Marathon, Orange County Fairgrounds, time TBA. Nick Karnazes, 114 Avenida Cota, San Clemente 92672. (SPA)
- Jun 2 - Navy Relief Mini-Run, 6.8 Mi., Mare Island, Vallejo, 10 am. Nelson Dunkle, Naval Support Activity, Mare Island 94592.
- Jun 2 - UC San Diego 10 Km., San Diego, 9:00 a.m. Info: 714/452-3192. (PSA)
- Jun 2 - Corte Madera 10Km. Fun Run, Corte Madera Rec Ctr., 10 am. Info: 415/924-2405.
- Jun 2 - Mt. Misery 10Km, Placerville, 8 am. Ernie Marinoni, 5101 Newtown Rd., Placerville 95667.
- Jun 2 - Bakersfield One-Hour Run, time TBA. Larry Arnt, 433 E. Belle Terr., Bakersfield 93307. (CCA)
- Jun 2 - Run for Apricots, 5 & 15 Km., Patterson (Community Stadium), 8 am. Apricot Fiesta, Box 442, Patterson 95363.
- Jun 2 - Fun Run, distance(?), Las Vegas (Sunset Park), 8 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Jun 3 - "Round the Runway" Footrace, 3 & 7.63 Mi., NAS Moffett Field. (See PA-AAU LDR Handbook)
- Jun 3 - Dipsea Run (tentative), 6.8 Mi. (to Stinson Beach), time(?). Mill Valley Jaycees, P.O. Box 30, Mill Valley 94941.
- Jun 3 - Sri Chinmoy Marathon, Menlo-Atherton H.S., Atherton, 7:30 am. Sundari Michaelian, 1548 Ocean Av., S.F. 94112. (By 5/18)
- Jun 3 - DSE Golden Gate Bridge Run (from Ft. Point), 4 Mi., San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jun 3 - Statuto Runs, 4.2 & 8.4 Mi., (1630 Stockton St.), S.F., 9 am. San Francisco AC, 1630 Stockton, San Francisco 94133.
- Jun 3 - Lake Merced Ballet Run, 4.45 Mi., S.F., (Sunset Parking Lot), 10 am. (Enter raceday only) Frank Donahue, 415/585-1825.
- Jun 3 - Gold Country Marathon, Nevada Union HS, Grass Valley (½ Mara. & 10Km), 9 am. Lions Club, 102 Bank St., Grass Vly 95945.
- Jun 3 - Ocean to Creek Run, 7.2 Mi., Carpinteria, 10:30 am. (Enter raceday) Steve Lough, 945 Ward Dr., Sp. 182, S.Barbara 93111.
- Jun 3 - Natl. Asthma Ctr. 10Km, Encino, 8 am. Roz McLean, 4200 Hayvenhurst Av., Encino 91436. (SPA)
- Jun 6 - Perrier 10 Km., Polo Fields, GG Park., S.F., 6:30 pm. Don Capron, 4808 Fulton St., San Francisco 94121.
- Jun 9 - Robt. DeCelle Jr., Memorial Lake Tahoe Relay, 7-person, 72 Mi., So. Lake Tahoe. (See PA-AAU LDR Handbook)
- Jun 9 - Renegade Run, 6.0 Mi., Ohlone College, Fremont, 10 am. Dick Paynter, Athletics, Ohlone College, Fremont 94538.
- Jun 9 - CCA-AAU One-Hour Run Championships (& Natl. Postal), Visalia, time TBA. Dave Bronzan, 1173 W. Eymann, Reedley 93654.

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- Jun 9 - Santa Ana & Fashion Sq. 10Km, Santa Ana, 9 am. John-elle Burroughs, #2 Fashion Sq., Santa Ana 92701. (SPA)
- Jun 9 - Turner Road Run, 7.0 Mi., Turner, Ore., 9 am. Steve Gould, 2139 SW Edgewood Rd., Portland, OR 97201. (OA)
- Jun 9 - S.O.S. Pepsi 10Km, Medford, Ore., 8 am (*enter by 6/1*). Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535.
- Jun 9 - Philomath Frolic Half-Marathon, Philomath, Ore., 12:30 pm. (*Enter by 5/20*) Gary White, Box 711, Philomath, OR 97370 (Ph. 503/929-3091, days). (OA)
- Jun 9 - Guam USA 10Km, Rohr Pk., Chula Vista, 8 am. Ray Sabtan (Ph. 714/582-4801, days). (PSA)
- Jun 9 - Covenant Christian-Otay Lakes 10 Mi., Chula Vista, 8 am. Marc Clark (Ph. 714/423-8720). (PSA)
- Jun 9 - 5-Mile Age-Handicap Run, Sunset Pk., Las Vegas, 10 am. Las Vegas TC, 309 S. Third, #316, Las Vegas, NV 89101.
- Jun 10 - DSE Golden Gate Promenade, 7.5 Mi., Dolfin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Jun 10 - Golden Gate Field 10Km, Albany, 10 am. Bob Hoyle, 527 Cornell, Albany 94706.
- Jun 10 - Lion's Loop Runs, 1 & 5 Mi., Burlingame, 9 am. Rich Quadri, 530 Francisco Dr., Burlingame 94010.
- Jun 10 - Russian River Marathon (& ½-Marathon & 5-Mile Fun Run), Ukiah, 6 am. Volunteer Bureau, 101 W. Church, Ukiah.
- Jun 10 - Golden Gait 10Km, Polo Flds., GG Park, S.F., 10 am. Cerebral Palsy Assn, Golden Gait, Box 5481, San Mateo 94402 (Ph. 572-1140, days).
- Jun 10 - Golden Gate 10Km, Presidio, S.F., 5:47 am. S.F. Art Institute, PO Box 7434, San Francisco 94120.
- Jun 10 - Rancho Bernardo 10Km, 8 am. Rancho Bernardo Information Ctr., 17090 Bernardo Ctr. Dr., San Diego 92128.
- Jun 10 - Run for Youth, 4 Mi., Los Osos (Baywood Pk), 11 am. South Bay Advocates for Youth, Box 6125, Los Osos 93402
- Jun 10 - Costa Mesa 10Km, Estancia HS, 8 am. Charles Carr, Box 1200, Costa Mesa 92626. (SPA)
- Jun 10 - SCAN Family Fun Run, 6 Mi., Almaden Quicksilver Park, San Jose, 9:30 am. Helen Loo, 4928 Arnica Ct., San Jose 95111.
- Jun 10 - RTC/SCTC Roseburg to Coos Bay 5-Man Relay, 68 Mi., 8am. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470.
- Jun 10 - Hidden Valley 12 Mi., Handicap, Newbury Pk., 8:30 am. Connie Rodewald, 852 Sharon, Camarillo 93010.
- Jun 13 - Perrier 10Km., Polo Fields, GG Park, S.F., 6:30 pm. Don Capron, 4808 Fulton, San Francisco 94121.
- Jun 16 - Naval Air Reserve 7 Mile, NAS North Island, 8 am. Athletic Director, Bldg. 650, NAS North Island, SD 92135.
- Jun 16 - New Temple Park Run, Apprx. 8 Mi., So. El Monte, 9 am. George & Jenny Pug, PO Box 9374, Glendale 91206. (SPA)
- Jun 16 - SOS Stagecoach Run, 13.5 Mi., Jacksonville, Ore., 7 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Jun 17 - Remember the Pre Memorial Run, LaJolla, 9 am. Len Wes-sels (Ph. 714/454-9121, days). (PSA)
- Jun 17 - Holy City Race, 9.08 Mi., btwn. San Jose & Santa Cruz (*Enter Raceday Only*). (*See PA-AAU LDR Handbook*)
- Jun 17 - REI Co-op Skyline Ridge Run, 10Km., Skyline H.S., Oakland, 9 am. REI Co-op, 1338 San Pablo Av., Berkeley 94702.
- Jun 17 - Woodminster Handicap, 15 Km., Joaquin Miller Pk., Oakland, 10 am. Chas. MacMahon, 154 Grover Ln, Walnut Crk, 94596.
- Jun 17 - Olympic Fund 10Km, Griffith Park, Los Angeles, 8 am. Nancy Bretz, Apple School, 4155 Russell Av., Los Angeles 90027.
- Jun 17 - Valley of the Flowers Marathon & ½-Marathon, Lompoc, 7:30 am. Lompoc Parks/Recr., 105 So. "C" St., Lompoc 93436. (SPA)
- Jun 17 - Father's Day 6-Miler, Fresno, time TBA. Bob Fries, 1501 E. Browning, Fresno 93710. (CCA)
- Jun 17 - Eppies 2 & 5-Mile Runs, Las Vegas, Nev., 8 am. Las Vegas TC, 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Jun 17 - Donner Lake Runs (½, 3 & 7-Mile), 11 am. Silver State Striders, 802 Munley, Reno, NV 89503.
- Jun 23 - Lake Tahoe Marathon, Incline Village, Nev., (*Enter by June 15*). (*See PA-AAU LDR Handbook*)
- Jun 23 - "Y to the Y" Benefit Run, 5.3 Mi. (Open) & 2.1 Mi., Pinole. (*See PA-AAU LDR Handbook*)
- Jun 23 - Biathlon (2.6 Mi. Run & 1 Mi. Swim), SSF Industrial Pk., noon. Enid Spilka, PO Box 711, So. San Francisco 94080.
- Jun 23 - Sunset Park 4-Miler, Las Vegas, Nev., 8 am. Las Vegas TC, 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Jun 23 - Active 20/30 Club 10Km, Balboa Pk., San Diego, 8 am. Fred Millard, c/o United Guaranty, Box 85092, San Diego 92138.
- Jun 23 - Basin Blues 12Km, Tapia Park, 8 am. (*No Pre-Entries*) Steve Adams, 17159 Kingsbury, Granada Hills 91344. (SPA)
- Jun 24 - **NOTE DATE CHANGE FROM 7/1--**PA-AAU 15Km., Bullis-Purissima School, Los Altos Hills. (*See PA-AAU LDR Handbook*)
- Jun 24 - Cascade Run Off, 15 Km., Portland, Ore., 10 am. Run Off, c/o 3500 1st Natl. Bank Tower, Portland, OR 97201. (OA)
- Jun 24 - Homestead Specialty Shoppe Marathon & ½-Marathon, Roseburg, Ore., 7:30 am. Roger Egenes, 2753 W. Bradford, Rosebg 97407
- Jun 24 - Peninsula Orienteering Meet, site and time TBA. Joe Scarborough, 3151 Holyrood Dr., Oakland 94611.
- Jun 24 - DSE South Embarcadero Run, 6½ Miles(?), Dolfin Club, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Jun 24 - DSE Diamong Heights Run, 4 Miles, McAteer H.S. (Portola & O'Shaughnessy), S.F., 10 am. Walt Stack (see line above).
- Jun 24 - Hot-to-Trot Half-Marathon, Santana H.S., Santee, 7 am. Half-Marathon, 10047 Woodrose Av., Santee, CA 92071. (PSA)
- Jun 24 - Ryer Island Relays, 4 x 5 miles, Sac'to Delta, 9 am. Fleet Feet R.C., 2408 "J" St., Sacramento 95816.
- Jun 24 - Fitch Mountain Footrace, 6 Mi., Town Plaza, Healdsburg, 9 am. Healdsburg C of C, 217 Healdsburg Av, Healdsburg 95448.
- Jun 24 - Soledad Mission 10Km., take Arroyo Seco exit off US 101, 9 am. Mission Run, Almond Acres, Space 2, Soledad 93960.
- Jun 30 - "Round the Isle Run", (1, 3.6 & 10 Mi.), Encinal H.S., Alameda. (*No Post Entries*) (*See PA-AAU LDR Handbook*)
- Jun 30 - Excelsior Beach Run, 10 Km., Ocean Beach (Sloat Blvd. & Great Hiway), San Francisco. (*See PA-AAU LDR Handbook*)
- Jun 30 - Track Runs, 3Km & 10Km, Las Vegas (Univ. of Nevada), Nev., 8 am. Las Vegas TC, 309 S. Third, #316, Las Vegas, NV 89101.
- Jul 1 - Historic Folsom Road Run, 10Km., Folsom City Hall. (*See PA-AAU LDR Handbook*)
- Jul 1 - **DATE CHANGED TO JUNE 24--**PA-AAU 15Km. Championships. (*See PA-AAU LDR Handbook*)
- Jul 4 - Kenwood Footrace, 10 Km., Kenwood, time TBA. (*Enter by June 30*) Dan Preston, 4204 Leafwood Circle East, S. Rosa 95405.
- Jul 4 - Firecracker 6-Miler, Concord, 9 am. John Howard, 1950 Parkside Dr., Concord 94519 (Ph. 415/798-2852, days).
- Jul 4 - 4th of July Parade Run, 5 Km., Redwood City, 9:45 am. Sten Mawson, 163 Romero Rd., Woodside 94062.
- Jul 4 - Fourth of July Fun Run, distance(?), Fresno, time TBA. Jim Martin, 2530 N. Barton, Fresno 93705. (CCA)

# NOR-CAL RUNNING REVIEW

8 Issues for Only \$8/Year

**INCLUDES:** - Entry Blanks; Feature Articles & Training Tips; Very Comprehensive Scheduling; In-Depth Results; Medical Advice Columns; High School Rankings; and Much More. --- Covers Track & Field, Road Racing, X-Country, Race Walking... 40 or More Pages Each Issue (8½ x 11).

NAME \_\_\_\_\_

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**Box 1551 - San Mateo, CA 94401**

**Please Note Price Increase!  
Effective May 20**

**- FULL DETAILS ON PAGE SEVEN -**

- Jul 4 - Madera Courthouse 10Km., Madera, time TBA. Mike McLain, 1408 Riverview, Madera 93637 (may have moved). (CCA)
- Jul 4 - Silver State Striders Freebie 10Km (½-Mile for 9 & Under), Idlewild Pk., Reno, Nev., 10 am. S.S.S., 802 Munley, Reno, NV
- Jul 4 - Natl. AAU Sr. & Jr. Men's 15Km., Santa Barbara, time TBA. John Brennand, 4476 Meadowlark Ln, Santa Barbara 93105. (SPA)
- Jul 4 - ORRC Corbett Run, (1 & 5.8 Mi.), Portland, Ore., 9 am. Tom Cowling, 3140 SW 97th, Portland, OR 97225.
- Jul 4 - SOS Fourth of July 6-Miler, Ashland, Ore., 9 am. Bruce Bergstrom, 705 Roca, Ashland, OR 97520. (OA)
- Jul 4 - OTC Butte to Butte 10Km., Eugene, Ore., 10 am. Clark Meinart, 877 E. 13th, Eugene, OR 97401. (OA)
- Jul 4 - Monmouth Olympics, 2.5 Mi., Monmouth, Ore., 1 pm. Gale Roid, 693 Caroline Way No., Monmouth, OR 97361. (OA)
- Jul 7 - RTC North Umpqua 10 Miler, Winchester, Ore., 8 am. Sue Paulson, 796 W. Pilger, Roseburg, OR 97470. (OA)
- Jul 7 - Fresno Bunion Derby, 3 & 5 Km., time TBA. Bill Cockerham, 1717 S. Chestnut (Fresno Pacific College), Fresno 93702. (CCA)
- Jul 7 - 5,000 Meter Track Run, Univ. of Nevada, Las Vegas, 8 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101.
- Jul 7 - Ponderosa Ridge Run, Spooner Summit (Hwy 28 & 50), Nev., 9.5 Mi., 11 am. Austin Angell, Box 1521, S. Lake Tahoe 95705.
- Jul 7 - Great Calistoga Footrace, 5 Mi., Calistoga, 9:30 am. Reg Harris, 1267 Walnut, #C-66, Napa 94558.
- Jul 7 - Western States Endurance Run (100 Mi. in one day), Squaw Valley to Auburn, 5 am. (Entries Close June 7) (Limited to 250)  
Western States Trail Foundation, P.O. Box 1228, Auburn 95603 (Ph. 916/823-7283).
- Jul 8 - San Francisco Marathon, GG Park, S.F., 7 am. (Limit to 4000 Entries) Scott Thomason, P.O. Box 27556, S.F. 94127.
- Jul 8 - Trask Mt. Gelandelauf Assault, 15Km & 21Km, nr. Yamhill, Ore., 10 am. (Pre-Enter) D.Bershaw, Box 652, McMinnville 97128.
- Jul 11 - Perrier 10Km., Polo Fields, GG Park, S.F., 6:30 pm. Don Capron, 4808 Fulton St., San Francisco, 94121.
- Jul 14 - ~~CANCELLED~~--Lafayette 10Km., Lafayette Reservoir, Lafayette. (*See PA-AAU LDR Handbook*)
- Jul 14 - Sunset Park 5-Miler, Las Vegas, NV, 8 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Jul 14 - Wreck Run, 3 Miles (Fun Run), Beresford Pk., San Mateo, 9 am. San Mateo Recr. Dept., 330 W. 20th Av., San Mateo 94403.
- Jul 14 - SCTC Empire Lake Run, (1, 3 & 5 Mi.), Coos Bay, Ore., noon. Elmer Dalton, Rt. 5, Box 377, Coos Bay, OR 97420. (OA)
- Jul 15 - Bowers Mansion 10 & 25Km (& ½-Mile, 9&Under), Reno, Nev., 8 am. Silver State Striders, 802 Munley, Reno, NV 89503.
- Jul 15 - Natl. AAU Masters 15Km., Utica, N.Y., time(?). Bill Shrader, 280 State St., Albany, N.Y. 12210.
- Jul 15 - Pioneer Stampede, 7 Km., Pioneer, 9:30 am. Tom Lambie, Star Rte. 1, Pioneer 95666.
- Jul 15 - North County Transit District 10Km., Carlsbad, 8 am. Steve Doyle, NCTD, P.O. Box 1009, Oceanside 92054. (PSA)
- Jul 15 - Tanasbourne Fun Runs (2 & 6 Mi.), Portland, Ore., 10 am. Gwen Pearson, 2700 NW 185th, Portland, OR 97229. (OA)
- Jul 15 - Olympic Fund Run, 10 Km., Lake Oswego, Ore., 10 am. Karen Hollander, 1003 SW Broadway, Portland, OR 97205. (OA)
- Jul 18 - Perrier Two-Some Relay (10Km., each?), Polo Fields, GG Park, S.F., 6:30 pm. Don Capron, 4808 Fulton, San Francisco 94121.
- Jul 21 - Fresno Bunion Derby, 3 & 5 Km., time TBA. Bill Cockerham, Fresno Pacific College, 1717 S. Chestnut, Fresno 93702. (CCA)
- Jul 21 - Bohemia Mining Days Half-Marathon, Cottage Grove, Ore., 9 am. Graham Kislingbury, P.O. Box 427, Cottage Grove, OR 97424.
- Jul 22 - Marin Headlands Run, 5.6 Miles, Golden Gate Natl. Recreation Area, Ft. Cronkhite (Marin County). (*See PA-AAU LDR Hndbk.*)
- Jul 22 - Wharf-to-Wharf Run, 5.813 Mi., Santa Cruz Boardwalk, time(?). Mark McConnell, 2060 Sequoia Dr., Santa Cruz 95065.
- Jul 22 - Eppies 2 & 5 Mile Runs, Las Vegas, Nev., 8 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Jul 22 - YMCA Centennial Relay, 50 Mi., Livermore to Lake Merritt (Oakland), 8 am. E.M. Slee, YMCA, 2101 Telegraph, Okld 94612.
- Jul 22 - Coffenbury Lake Run, 2.5 Mi., btwn. Astoria & Seaside, Ore., 1 pm. Carl Dominey, 1095 Duane St., Astoria, OR 97103. (OA)
- Jul 22 - Sportsman's Holiday Ridge Run, 10 Mi., Sweet Home, Ore., 8:30 am. R. Zippler, Chamber of Comm., 1310 Long, Swt.Hme 97386
- Jul 22 - Oregon AAU One-Hour Run, Salem, Ore. (Willamette Univ.), 7 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Jul 28 - Watermelon Run, 8.4 Mi., Chabot Regional Pk., Oakland, 9 am. Bob DeCelle, P.O. Box 1606, Alameda 94501.
- Jul 28 - Trout Creek Run, 5.1 Mi., So. Tahoe Intermediate School, 11 am. Austin Angel, Box 1521, So. Lake Tahoe 95705.
- Jul 28 - Mt. Charleston 4-Mile Notch Run & Picnic, NW of Las Vegas, Nev., 9 am. LVTC, 309 S. Third St., #316, Las Vegas, NV 89101
- Jul 28 - Vernonia Friendship 15 Km., Vernonia, Ore., 10:15 am. Rich Jones, 889 Louisiana Av., Vernonia, OR 97064. (OA)
- Jul 28 - Big Tree Road Run (3 & 7 Mi.), Monmouth, Ore., 9 am. David Wallace, O.C.E. Summer Session Office, Monmouth, OR 97361.
- Jul 29 - Northern Nevada Women's 15Km Championships, Idlewild Pk., Reno, 8 am. L. Crawford, 802 Munley, Reno, NV 89503.
- Jul 29 - Pear Fair Road Races, 10 Mi. (½-Mi., youngsters), Courtland, 8:30 am. Fleet Feet, 2408 "J" St., Sacramento 95816.
- Aug 1 - Perrier 7.5-Miler, Polo Fields, Golden Gate Pk., San Francisco, 6:30 pm. Don Capron, 4808 Fulton, San Francisco 94121.
- Aug 11 - Crater Lake Marathon, (hi-altitude, 6-8,000'), Oregon. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535.
- Aug 12 - Pikes Peak Marathon, Manitou Sprgs, Colo. (hi-altitude), 7 am. Jay Longacre, 2708 Andromeda Dr., Colorado Sprgs, CO 80906. (*Note: Entries Limited to 800...official entrants only allowed on trail; entries close July 1*)

## TRACK & FIELD

**IMPORTANT:** - *The NCCR is not perfect; nor are the schedules we receive...not by a long shot! There are usually conflicts between schedules and we don't always have 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. If you haven't thought about sending us your schedule in the past, we would appreciate you putting us on your mailing list for future seasons. Thanks to all who sent in your schedules.*

**ALL-COMERS MEETS:** - We know that there are probably quite a few of these in the NorCal area and elsewhere this coming summer, but nobody has bothered to let us know about them as of May 10. Remember we can only be just so much of a service...if we don't hear about anything, we can't publicize it! -- Some good bets for meets this summer (you should check them if interested): San Jose City College, Los Gatos High School, West Valley College, UC Berkeley, Pleasant Hill (Diablo Valley College), Chabot College, Sacramento State, Yuba City (H.S.), Hartnell JC (Salinas), Laney College (Oakland), etc. There will not be any meets at College of San Mateo (track is still in a state of disrepair). PLEASE LET US KNOW OF MEETS IN YOUR AREA SO WE CAN PUBLICIZE THEM...BY NOT LATER THAN JUNE 20.

**PA-AAU BOARD OF ATHLETICS:** - Some funding is available to the National AAU Outdoor Championships (Jrs., Men, Women), BUT you must have an AAU card (applying for one now will do you no good) and have equalled or bettered the sixth place performance from last year's nationals. See "This & That" of this issue for further information and qualifying standards for the various meets. Please note that there are also deadlines for applying for funding. If you qualify, do it now! -- Chairman of the PA-AAU Board of Athletics is: George Newlon, 746 Nevada Av., San Mateo, CA 94402 (Ph. 415/344-8804).

## HEAD FOR THE HILLS

Looking for a race with a small-town flavor? Try the 7 Km. Pioneer Stampede in the beautiful Mother Lode. The race starts 18 miles east of Jackson, Calif., on scenic Hiway 88, and it will be followed by a bar-b-que picnic. Post time is 9:30 a.m. sharp, July 15th. For details contact: Tom Lambie, Star Route 1, Pioneer, CA 95666.

**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; (C) College/Univ.; (JC) Community (Jr.) College; (JR) Juniors; (W) Women; (O) Open; (SM) Sub-Masters; (M) Masters(40+); (LM) Limited Masters Events; (12-13) Age designations where appropriate. (*Compiled by Jack Leydig, Dave Shrock & Bill Reinka*)

- May 18 - NorCal JC Finals, Diablo Valley JC, Pleasant Hill, 2 pm; Pac-10 Championships (2 days), Tempe, Ariz.; Northern Section CIF Champs (small schools), Shasta College (HS); Northern Section CIF Champs (medium schools), Wheatland HS.
- May 19 - PA-AAU Triathlon/Pentathlon, Site TBA, Ed Parker, 284 Turnstone Ct., Foster City 94404 (GAG,W).
- May 23 - Sac-Joaquin Section Trials, Livingston, 3 pm (HS).
- May 25 - Sac-Joaquin Section Finals, Livingston, 5 pm (HS); OAL Finals, Laney JC, Oakland (HS); Northern Section CIF Finals, Mitchell Fld, Oroville (HS); Central Coast Section CIF Finals, San Jose City College, 3 pm(?), San Jose (HS).



APRIL-MAY 1979  
(#76)

# NOR-CAL

# RUNNING REVIEW®

## Entry Blank Supplement

WEST VALLEY TRACK CLUB  
P.O. BOX 1551  
SAN MATEO, CA 94401

BULK RATE  
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San Mateo, CA.  
Permit No. 581

Race Directors, please note: PA-AAU LDR Scheduling Meeting for period from Aug. 1979 through July, 1980, will be held at NorCal Savings, 1430 Chapin, Burlingame, CA on Wed. May 16th at 7:30 pm. If you have not received a race scheduling form, Contact Roger Bryan 415/574-5229.



First Annual

## The Run for Daylight

10 Kilometers

LAFAYETTE, CALIFORNIA • APRIL 22, 1979

*A Benefit for the American Cancer Society*

**Date & Time:** April 22, 1979. 10:00 A.M.

**Start/Finish:** Corner of 1st Street and Golden Gate Way in Lafayette

**Registration:** \$5.00 per runner if registered in advance. \$6.00 on race day. Checks to be made payable to the American Cancer Society. Race day registration 8:00 to 9:45 A.M.

**Course:** Through Lafayette streets, along bike trail and over Las Trampas ridge. Mostly flat, one short hill.

**T-Shirts:** Free T-Shirt will be given to all Registered runners.

**Refreshments:** Free refreshments available to all runners at the Finish.

**Prizes:** Trophies to winners and medals to runners-up in each division. Other prizes to be awarded by random drawing. All runners who finish will be awarded participant certificates.

----- THE RUN FOR DAYLIGHT -----

Mail Entry before Monday - April 16, 1979 to: AMERICAN CANCER SOCIETY, P.O. Box 4295, Walnut Creek, CA 94596

Please enter me in the 10 kilometer, The Run for Daylight to be held on Sunday, April 22, 1979. 10 A.M., P.S.T., Lafayette, CA.

Enclosed is the \$5.00 entry fee (check payable to: The American Cancer Society) and complete required information on the entry form:

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

CLASS: Open Men (18-39)  Masters Men (40+)  Junior Boys (under 18)

Open Women (18-39)  Masters Women (40+)  Junior Girls (under 18)

T-SHIRT SIZE: Small  Medium  Large  Extra Large  Average running time per mile: \_\_\_\_\_

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees, do hereby release and discharge The American Cancer Society and any other sponsors for all claims for damages which I or my minor child may sustain arising or growing out of my participation in The Run for Daylight.

I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I further grant full permission to the use of my or my minor child's likeness by The American Cancer Society for any purpose whatsoever.

SIGNATURE: (Parents' signature is also required if under 18 years of age)

SIGNATURE: of participant if under age 18.

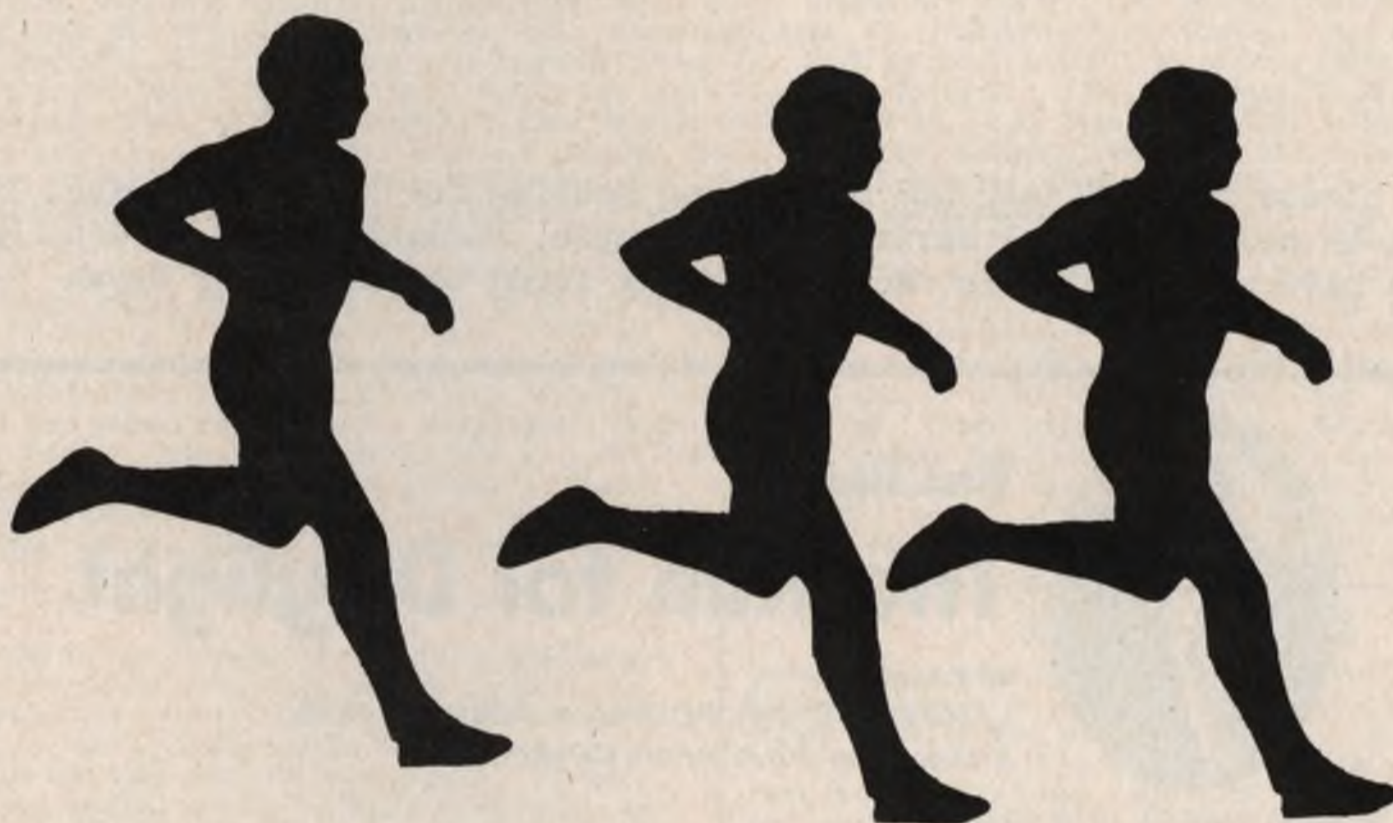
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*RUN AMONG THE GIANTS*

**Montecito-Sequoia  
RUNNING & JOGGING  
CAMP**

**in the High Sierra**

*in Sequoia National Forest*



**For Information and Free Brochure**

**Call (415) 967-8612**

**Montecito-Sequoia  
1485 Redwood Drive  
Los Altos, California 94022**



**Instruction - Family Camp - Activities**

## LDR Scheduling

Following are the first few weeks of the current schedule... for a continuation thru at least the end of June, please consult the regular LDR Scheduling Section in the main section of the magazine.

- Apr 21 - Wreck Run (Date Change from 4/14), 3 Mi., Beresford Pk., San Mateo, 9 am. S.M. Recr. Dept., 574-6745.
- Apr 21 - Livermore 8.5-Miler, Lawrence Labs. (See PA Handbook)
- Apr 21 - Orienteering (2 days), Contra Costa O-Meet. Len Holmes, 3338 N. Lucille Ln., Lafayette 94549.
- Apr 21 - Natl. Library of Sports Easter Egg Scramble, 5 Mi., DeAnza College, Cupertino, 10 am. Call 408/287-0993.
- Apr 21 - Baylands 10,000m, Sunnyvale (Moffett Industrial Pk.), 10 am. Entries closed March 30th.
- Apr 22 - Golden Gate Park 8-Miler (Polo Fields), SF. (See Hnbk)
- Apr 22 - Magical Musical Marathon, Discovery Pk., Sacramento, time?? Fleet Feet (Ph. 916/934-7640).
- Apr 22 - The Run for Daylight, 10Km., Lafayette, 10 am. American Cancer Society, Ph. 415/934-7640.
- Apr 22 - Grizzly Ten-Thousand, 10Km., Garden Valley, (Golden Sierra H.S.), 10 am. Call 916/333-4119 (Keith).
- Apr 22 - Los Altos Hills Mayor's Safety Awareness Run, 6 Mi., Foothill College, Los Altos Hills, 9:30 am.
- Apr 22 - Silver State Striders 5 & 15 Km. Runs (½ Mi. Fun Run), Bowers Mansion State Pk., Reno, Nev., 10 am. Mary (702/747-4406).
- Apr 22 - Santa Clara Central Pk. 3.4-Miler, 9 am. Call Parks & Recreation Dept. (Ph. 408/984-3223).
- Apr 28 - San Geronimo Valley 10Km., Lagunitas. (See PA-AAU LDR Handbook & advertisement in this supplement)
- Apr 28 - Hellyer Park 10Km., San Jose, 10 am. Pacesetters, P.O. Box 54122, San Jose 95154.
- Apr 28 - Capistrano Beach Women's 10Km., 9 am. Rick Van Alstine (Ph. 714/496-0201, days). (SPA)
- Apr 28 - Folsom Lake Footraces, 5 & 10Km., Roseville, 9 am. Michael Uro, 87 Scripps Dr., Sacramento 95825 (Suite 208).
- Apr 29 - Mt. Diablo Disturbance Handicap Race, 6.6 Mi., nr. Walnut Creek. (Entries closed Apr. 10) (See PA-AAU LDR Handbook)
- Apr 29 - Santa Clara Valley Spring Ridge Runs, 6.07 & 10.76 Mi., Milpitas. (See PA-AAU LDR Handbook)
- Apr 29 - DSE Golden Gate Bridge Vista Run, 5 Mi., Legion of Honor, S.F., 10 am. Walt Stack, 321 Collingwood St., S.F. 94114.
- Apr 29 - Reedley 10-Miler, Reedley, time TBA. David Bronzan, 1173 W. Eymann, Reedley 93654. (CCA)
- Apr 29 - NVRC American Canyon 7-Miler (and 2-Miler), 9 a.m. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (Ph. 707/255-0683).
- Apr 29 - Joker's Wild 4-Miler, Sinsheimer School, San Luis Obispo, 10 am. Ken Harvey, 2435 Del Campo, San Luis Obispo 93401.
- Apr 29 - Richmond-San Rafael Bridge Run, 6.4 Mi., Marin Rod & Gun Club, 8 am. Run, 1276 "A" St., Hayward 94541 (Ph. 886-3113).
- Apr 29 - S.F. Heart Ass'n May Day Runs (5, 10 & 15Km.), GG Park, S.F., 10 am. Heart Ass'n, 421 Powell, S.F. 94102 (Ph. 433-2273).
- Apr 29 - Run For Holland (½, 2½ & 5 Mi.), Sierra Oaks School, Sacramento, 9 am. No contact information available.
- Apr 29 - Western Gerontological Society 1.5 & 5 Mi., Lake Merced, S.F., 9 am. W.G.S., 785 Market St., #1114, S.F. 94103.
- Apr 29 - SPA-AAU 50Km. Champs & 16-Miler, Las Posas Hills, 6:30 am. (No Pre-Entru) Connie Rodewald (Ph. 805/482-5360). (SPA)
- Apr 29 - Benefit 3 Mi. & 10Km. Runs, Glendale, 8 am. Bruce MacVicar (Glendale Guidance Clinic) (Ph. 213/846-4633). (SPA)
- May 2 - Perrier Evening Running Series, 3.1 Mi., GG Park, Polo Fields, S.F., 6:30 pm. Don Capron, 4808 Fulton, S.F. 94121.
- May 5 - Run for the Sun 5Km, Merced, 10 am. Mike Chakerian, c/o Tom's Bike, 237 W. 17th St., Merced 95340 (Ph. 209/723-4321).
- May 5 - Moonstone Beach Drive 4-Miler, Cambria, 10 am. Mike Barnes, Box 2414, Harmony 93435. (SPA)
- May 5 - Strawberry Canyon Run, 5.5 Mi., Edwards Field (UC Berkeley), 10 am. Diane Carlson, Lawrence Hall of Science, Berk. 94720
- May 5 - The Human Race, 10 Km. (2 Sites: Crissy Field, Presidio of S.F. & Water Temple, Canada Rd., Belmont), 8:30 am (See Pg. 5)
- May 5 - Earthquake Runs (1 Mi. & 10Km.), Fairview Ctr., Hollister, 9:30 am. Earthquake Run, Box 337, Hollister 95023.
- May 5 - A Run-For-All, Micke Grove Park, Lodi (2 & 13.1 Mi.), 10 am. Jr. Aid of Stockton, P.O. Box 745, Stockton 95201.
- May 5 - Kaiser May Day Runs (5 & 10Km.), Lake Merritt, Oakland, 9 am. Contact: Steve Brandt (415/271-5477).
- May 5 - Dipsea Indian Fun Run, 3 Mi., Larkspur Ferry Terminal, 10 am. Information: 415/924-2405.
- May 5 - Canyon Country 5-Miler, Newhall-Valencia, 9 am. Dr. Russ Gray, 24877 Walnut St., Newhall 91321 (Ph. 805/255-0119). (SPA)
- May 6 - Natl. AAU Women's 30Km. Championships, Springdale, Ohio. Sophia McAllister, c/o Phidippides, Madison & Edwards, Cincinnati, Ohio 45209. (Top 5; all expenses to Waldniel).
- May 6 - Devil Mountain Run, 10Km., Danville, 10 am. (See Pg. 7)
- May 6 - Ridge Run, 8.7 Mi., Paradise. (See PA-AAU LDR Hndbk.)
- May 6 - Run for the Sun (3 & 9 Mi.?), GG Park (Conservatory of Music), 9 am? Susan Cieutat, 42 Baker St., S.F. 94117.
- May 6 - NorCal Run For Health, 10Km., GG Park, S.F. (See Pg. 8)
- May 6 - DSE Coit Tower 3-Miler, Dolphin Club, S.F., 10 am.

## ● IMPORTANT ●

If you are a subscriber to NCRR, you will be receiving the main portion of issue #76 a week or two after you receive this 24-page supplement, which consists entirely of race and running camp information. There will be some additional ads in that section, but for races a month or more down the road.

If you do not subscribe & would like to, clip out the subscription blank on the inside of the back cover and send a check for \$6.00...please specify if you wish to begin with the current issue (#76) or the next one (#77)...we will assume you have this supplement if you mail in the blank. If you do not specify which issue to start with, we will make a decision for you.

WE DO NOT INTEND TO ALWAYS MAIL OUT A SEPARATE ENTRY BLANK SUPPLEMENT--normally it will be part of the regular magazine. However, your editor is running behind this issue, and it was necessary to get this dated material out as quickly as possible. In the future, we will probably put all the full-page race blanks together in the center of the magazine...let us know what you think of this idea!

## Yakima Valley Marathon Assn. Presents Three Ultra Marathons

TIME: 100K starts at 7:00 a.m.; 50 MILER starts at 8:00 a.m.; 50K starts at 9:00 a.m.

PLACE: RandaIT Park, Yakima, Washington.

GUEST RUNNERS: Capt. Frank Bozanich, Jim Pearson, Don Choi, plus many other fine runners.

COURSE: AAU Certified--a 5.6-mile loop thru beautiful scenic orchards and rural residential settings. The course is relatively flat with good shoulders.

AWARDS: Beautiful wooden plaques with silver metal engravings to first three finishers in all divisions, plus T-Shirts to all finishers (and certificates).

ENTRY FEE: \$4.00, which includes T-Shirt.

SPECIAL EVENT: After runs at 7:30 p.m., a FIRESIDE CHAT WITH WORLD FAMOUS ULTRA-MARATHONER, BILL EMMERTON & FRANK BOZANICH, at the Holiday Inn in Yakima.

INFORMATION: Write Dick Goodman, P.O. Box 147, Selah, Washington 98942. Or call (509/697-8100).

### Sunday, May 6th

## Modesto Solar Faire Presents

T-SHIRTS TO ALL FINISHERS

TROPHIES --

PRE-REG. BY MAY 9TH \$4.00

- DIVISION WINNERS
- OLDEST/YOUNGEST
- 1ST CITY & COUNTY

LATE REG. \$5.00

15 KILOS

FLAT & FAST

100% PAVED



MERCHANDISE DRAWING

FAMILY PICNIC

SOLAR FAIRE EXHIBITS

SATURDAY MAY 12, 1979 - 9:00 A.M.

ENSLER PARK, MODESTO . . . STODDARD & SYCAMORE STS.

SEND S.A.S.E. TO: SUN RUN, 803 HIGH ST, MODESTO, CA 95350

# The West Marin Montessori Children's House presents



prizes from  
New Balance shoes  
and  
Arch Rival of  
Marin Sports



- Saturday - April 28
- 10 AM - Rain or Shine
- Samuel P. Taylor St. Park

## ★ The course

10 KM (6.2 mi) on packed dirt and paved roads  
 last years course in reverse without those big hills.  
 START on the old railroad grade under the redwoods through the campgrounds along  
 paper mill creek. loop back and cross the bridge. up devils gulch next to the  
 babbling brooke and loop back to the finish. have some juice and relax.  
 Refreshments will be sold • memorial T-shirts available • prizes

★ Info: call Jackie 488-4500 OR Kerry 457-7795

★ REGISTRATION: preregister by mail to "RUN" P.O. box 182 Lazunias, Calif. 94938

save \$ by preregistering by mail - go to registration table near start to  
 pick up number • register between 8:30-9:45 a.m. on race day

by mail - S.G. Valley residents \$3.00 • others \$3.50 •  
 S.G. Valley families \$5.00 • other families \$6.00

day of run - \$4.00 per person - \$7.00 per family

make checks payable to: West Marin Montessori School; tear off and send

limited number - mail early

YES.. I'D LIKE TO RUN UNDER GIANT REDWOODS AND ALONG PAPER MILL CREEK IN THE NOT OUIE YET BUT ALMOST FAMOUS SECOND ANNUAL SAN GERONIMO VALLEY 10 KM RUN HELD IN SAM P. TAYLOR STATE PARK. AND, IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY, I FOR MYSELF, MY EXECUTORS ADMINISTRATORS AND HEIRS, DO HEREBY RELEASE AND DISCHARGE ALL PERSONS AND ORGANIZATIONS AFFILIATED WITH THE RACE FROM CLAIMS OF DAMAGES DEMANDS, AND INJURIES SUFFERED BY ME IN SAID EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND TRAINED TO PARTICIPATE IN THIS EVENT.

\_\_\_\_\_  
SIGNATURE (PARENT IF UNDER 18 YEARS OLD)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX (CIRCLE) MALE FEMALE

ADDRESS \_\_\_\_\_  
 DIVISION (CIRCLE) 13& under 14-19 20-29 30-39 40-49 50&over

SEND TO:

RUN P.O. BOX 182  
 LAGUNITAS CA 94938

limited number -  
 mail early



AAU Sanctioned #905-89



# *The* *Human Race*\*

**Saturday, May 5, 1979**

10 km Benefit Race

Registration 7:30 a.m.  
Starting time 8:30 a.m.

---

## **Two race sites**



**San Francisco**  
East end Crissy Field  
in the Presidio



**San Mateo County**  
Water Temple on  
Cañada Road between  
Belmont and Redwood City

## **Organized by:**

Volunteer Bureau/Voluntary Action Centers  
San Francisco and San Mateo County

## **Sponsored by:**

United California Bank

## **For additional information, call:**

San Francisco: 864-4200  
San Mateo: 342-0801

- Categories:**
- 17 and under
  - Open
  - Submasters
  - Masters

Minimum Donation \$5.00  
includes T-Shirt

---

\*Courtesy of "The Human Race", a book by Len Wallach

# Second Annual Strawberry Canyon Run

The Lawrence Hall of Science is once again sponsoring the Annual Strawberry Canyon Run on Saturday, May 5, 1979.

The route follows paved streets and fire trails from Edwards Field (at Fulton St. and Bancroft Avenue on the U.C. campus) through Strawberry Canyon to the Lawrence Hall of Science, a distance of 5.5 miles. With a climb of 1100 feet, the run is quite strenuous. Check-in time will be from 9:00 to 9:45 a.m. at Edwards Field. The run begins at 10:00 a.m.

There is a five dollar non-refundable registration fee. All finishers will receive a T-shirt with the race logo.

Runners will be ranked in the following classes:

Men's	15 years and under	Women's	15 years and under
	16-30 years		16-30 years
	31-45 years		31-45 years
	46 and over		46 and over

Runners must pre-register by filling out the form below. For further information, call (415) 642-5132.

Runners and their guests are invited to visit the Lawrence Hall of Science free of charge after the run.

## REGISTRATION FORM

## STRAWBERRY CANYON RUN

I, \_\_\_\_\_ am hereby applying to run in the 1979 Strawberry Canyon Run. In so doing, I agree to abide by the rules as set forth by the sponsors of the race. In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Regents of the University of California, their successors, representatives, and assigns, for any and all injuries suffered by me while travelling to and from and while participating in the 1979 Strawberry Canyon Run from Edwards Field to the Lawrence Hall of Science on May 5, 1979.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of applicant

\_\_\_\_\_  
Signature of guardian if a minor

\_\_\_\_\_  
Applicant's address

\_\_\_\_\_  
Applicant's Age

Return this application with a non-refundable \$5.00 check or money order made payable to: Regents of the University of California, to: Strawberry Canyon Run, Lawrence Hall of Science, University of California, Berkeley, CA 94720.

Expenses generously donated by  
**Valley Realty**

**Benefiting CHILDREN'S HOSPITAL**

Run with us through the streets of charming, rustic Danville, nestled in the foothills of Mt. Diablo. Your entry donation will be utilized for the benefit of Children's Hospital Medical Center of the East Bay.

Open to all — For Sunday FUN, bring your families and picnic in Mt. Diablo State Park.

**DATE & TIME:** Sunday, May 6, 1979 10:00 a.m. Sharp!

**START/FINISH:** The "Village" at Town and Country Shopping Center, Danville, celebrating its second anniversary.

**COURSE/DISTANCE:** 6.2 miles, one loop course, start and finish in the same place, through the town of Danville, slight grades, mostly flat pavement, non sanctioned.

**PRE-REGISTRATION:** \$5.00 per runner. **Free Devil Mountain T-shirts to the first 500 pre-registered entries.** Application must be accompanied by check or money order payable to **Rowan Branch, Children's Hospital Branches, Inc.** and mailed to Devil Mountain Fun Run, P.O. Box 727, Alamo, Ca. 94507. Pre-registration by mail is encouraged. **Please, no mailing after April 30, 1979.** Race number will be mailed prior to race day.

**LATE REGISTRATION:** Report at 8:00 a.m. on race day to appropriate table. Entries will be accepted until 9:30 a.m.

**PRIZES:** \$2,000.00 worth of prizes. There will be prizes for winners in each category. Participants who finish will be selected at random to receive additional prizes. All runners who finish will receive participant ribbons.



**FROM SAN JOSE:** Take 680 North to Danville Exit — turn right on San Ramon Valley Blvd. Follow the signs.

**FROM OAKLAND:** Take 680 South to San Ramon Valley Blvd. Exit — turn right on San Ramon Valley Blvd. Follow the signs.

**FROM MARTINEZ:** Take 680 South to San Ramon Valley Blvd. Exit — turn right on San Ramon Valley Blvd. exit. Follow the signs.

**Race T-shirts will be on sale the day of the race.**

**For further information or flyers call:**  
Nancy Lewis (837-8030), Jacquie Graham (837-0165) or  
Mary Ann Snodgrass (939-6207)

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**OFFICIAL ENTRY FORM:** Devil Mountain Fun Run, Sunday, May 6, 1979

**STARTING TIME:** 10:00 a.m. SHARP

**MAIL THIS FORM TO:** Devil Mountain Fun Run, P.O. Box 727, Alamo, Ca. 94507

**NOTE:** Pre-registration ends April 30, 1979. After this date, please register at the race. Make checks payable to Rowan Branch, CHILDREN'S HOSPITAL BRANCHES, INC.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

OPEN  MEN

MASTERS  MEN OVER 40

JUNIOR  BOYS 16 & UNDER

OPEN  WOMEN

MASTERS  WOMEN OVER 40

JUNIOR  GIRLS 16 & UNDER

**WAIVER**

In Consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims of damage I may accrue against Children's Hospital Branches, Inc., Children's Hospital Medical Center of Northern California, members of Rowan Branch, and all Sponsors of this race, and assigns for any and all injuries suffered by me while traveling to or from, or while competing in the Rowan Branch, Devil Mountain Fun Run on May 6, 1979. I further attest that I am physically fit and have sufficiently trained for competition in this event.

\_\_\_\_\_  
Signature of Entrant

\_\_\_\_\_  
Signature of Parent or Guardian if under 18



# HEALTHHEALTHHEALTHHEALTHHEALTHHEALTHHEALTH

**APPLICATION FORM · 1979 NORCAL RUN FOR HEALTH · GOLDEN GATE PARK, SAN FRANCISCO  
MAY 6, 1979**

Jog, run or race for health in beautiful and scenic Golden Gate Park. Enjoy 2 loops finishing on the Polo Field. This race benefits the Linus Pauling Institute for Vitamin C and Cancer Research.

- DATE & TIME:** Sunday, May 6, 1979 — 10:00 a.m. SHARP!
- START & FINISH:** Golden Gate Polo Fields South Drive and finishing on the Polo Field.
- COURSE & DISTANCE:** Famous Two Loop Polo Field Course — 6.2 miles, slight upgrade, cool and lots of shade.
- PRE-REGISTRATION:** \$4.00 per runner, includes free "Run For Health" T-Shirt. Application must be accompanied by check or money order payable to "Norcal Run For Health" and mailed to "Run For Health", c/o Dave Klein, 3138 Depot Road, Hayward, CA 94598. No pre-registration after April 30, 1979.
- A.A.U. SANCTION:** This is an A.A.U. Sanctioned 10K Run AAU #909-89.
- REGISTRATION RACE DAY:** Race day registration 8:00 a.m. to 9:30 a.m. T-Shirts to all entrants — Race Day Registration \$5.00 Participant ribbons to all who finish.

**PRIZES PRIZES PRIZES**

The winner of each division will receive a \$50.00 gift certificate redeemable for merchandise at your favorite health food store. Drawings for Nike Shoes - T-Shirts - Travel Bags

**FREE FREE FREE**

Natural mineral water and Runner's Aid at finish along with tables of delicious and nutritious snacks

**For more information contact:** Mike Reams (415) 566-8357, Gerry Stratford (415) 873-6240 or Dave Klein (415) 783-5855

**All profits from this event will be turned over to The Linus Pauling Institute.**

**Entry Form: "Run For Health 10K" — May 6, 10:00 a.m., Golden Gate Polo Fields**

AAU #909-89

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

- OPEN MEN
- MASTERS MEN OVER 40
- JUNIOR BOYS 16 & UNDER
- OPEN WOMEN
- MASTERS WOMEN OVER 40
- JUNIOR GIRLS 16 & UNDER

**WAIVER**

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims of damage I may accrue against N.O.R.C.A.L., P.A.A.U., Runner's Aid, Nike, City of San Francisco Parks Department and The Linus Pauling Institute, and assigns for any and all injuries suffered by me while traveling to or from, or while competing in the "Run For Health 10K", May 6, 1979. I further attest that I am physically fit and have sufficiently trained for competition in this event.

Signature of Entrant \_\_\_\_\_

Signature of Parent or Guardian if under 18. \_\_\_\_\_

**MAIL TO:** Run For Health 10K, c/o Dave Klein, 3138 Depot Road, Hayward, CA 94545 **CHECKS PAYABLE TO:** Norcal Run For Health.

**Free gifts at the race from · A SANTE · ALACER · EL MOLINO · HEALTHWAY · JACK LA LANNE · RUNNER'S AID**

**See an exhibition of Solar Power by Citizens For A Better Environment**



# ANGEL ISLAND STATE PARK

SATURDAY,  
**MAY 12, 1979**  
**12:00 NOON**

- AAU SANCTIONED 4.8 MILE COURSE AROUND THE ISLAND
- RUNNER'S MERCHANDISE DRAWING FOR PRE-REGISTERED RUNNERS.
- PICNIC AREA AND MUSIC FOR AWARDS CEREMONY.
- CALISTOGA MINERAL WATER CO. WILL DONATE POST RACE MINERAL WATER FOR RUNNERS
- OFFICIAL RACE PROGRAM WILL LIST RUNNER'S NAMES WHO REGISTER BEFORE APRIL 20TH.

**ENTRY FEES:** All fees contribute to sending underprivileged children to summer camp.  
Adults \$5.00 Children (under 14) \$3.00 Families (maximum of 4) \$8.00

**REGISTRATION:** Each runner must complete a separate Official Entry Form indicating the category or categories for which he or she qualifies and send it, with appropriate fee, to The Guardsmen. NOTE: Only registered runners who have paid the proper fees will be allowed to participate.

Additional Entry Forms or questions: contact The Guardsmen, 12 Geary Street, San Francisco, 94108 Phone 989-6403

**TRANSPORTATION:** Harbor Tours Inc. will donate two Red & White Fleet "Runner's Special" ferries leaving Pier 43½ in San Francisco at 8:30 AM and Tiburon at 9:15 AM - *for reduced charitable donation fares*. Regular service will leave San Francisco at 10:00 AM. The Angel Island Ferry from Tiburon will depart at 9:00, 10:00, 11:00 and Noon. To make the Noon Race start, take an early ferry! All fares are payable at ferry departures. Return ferries from Angel Island will leave at 1:45, 2:40 and 4:35 for San Francisco, and 1:15, 2:15, 3:15, 4:15 and 5:15 for Tiburon.

**DEADLINE FOR PRE-REGISTRATION: MAY 8**

Angel Island Race: Saturday, May 12, 1979 12:00 Noon  
Mail to: Angel Island Committee, The Guardsmen, 12 Geary Street, San Francisco 94108

Name \_\_\_\_\_ Teammate's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Club Affiliation \_\_\_\_\_ AAU# \_\_\_\_\_

- |  |  |  |
|--|--|--|
| 1. <input type="checkbox"/> Open Men (14-40)   | 6. <input type="checkbox"/> Boys Under 14  | <i>Family Team Categories</i>                |
| 2. <input type="checkbox"/> Open Women (14-40) | 7. <input type="checkbox"/> Boys Under 11  | 10. <input type="checkbox"/> Husband & Wife  |
| 3. <input type="checkbox"/> Sr. Men Over 40    | 8. <input type="checkbox"/> Girls Under 14 | 11. <input type="checkbox"/> Father & Child* |
| 4. <input type="checkbox"/> Sr. Men Over 50    | 9. <input type="checkbox"/> Girls Under 11 | 12. <input type="checkbox"/> Mother & Child* |
| 5. <input type="checkbox"/> Sr. Women Over 40  |  | *Child must be under 14                      |

In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claim for damages which I may have or which may hereafter accrue to me against THE GUARDSMEN, the A.A.U., the State of California, or their respective officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained and suffered by me in connection with my said association with or entry and/or arising out of my traveling to, participating in and returning from said athletic meet.

Signed on \_\_\_\_\_ day of \_\_\_\_\_, 1979 \_\_\_\_\_

FOR OFFICE USE

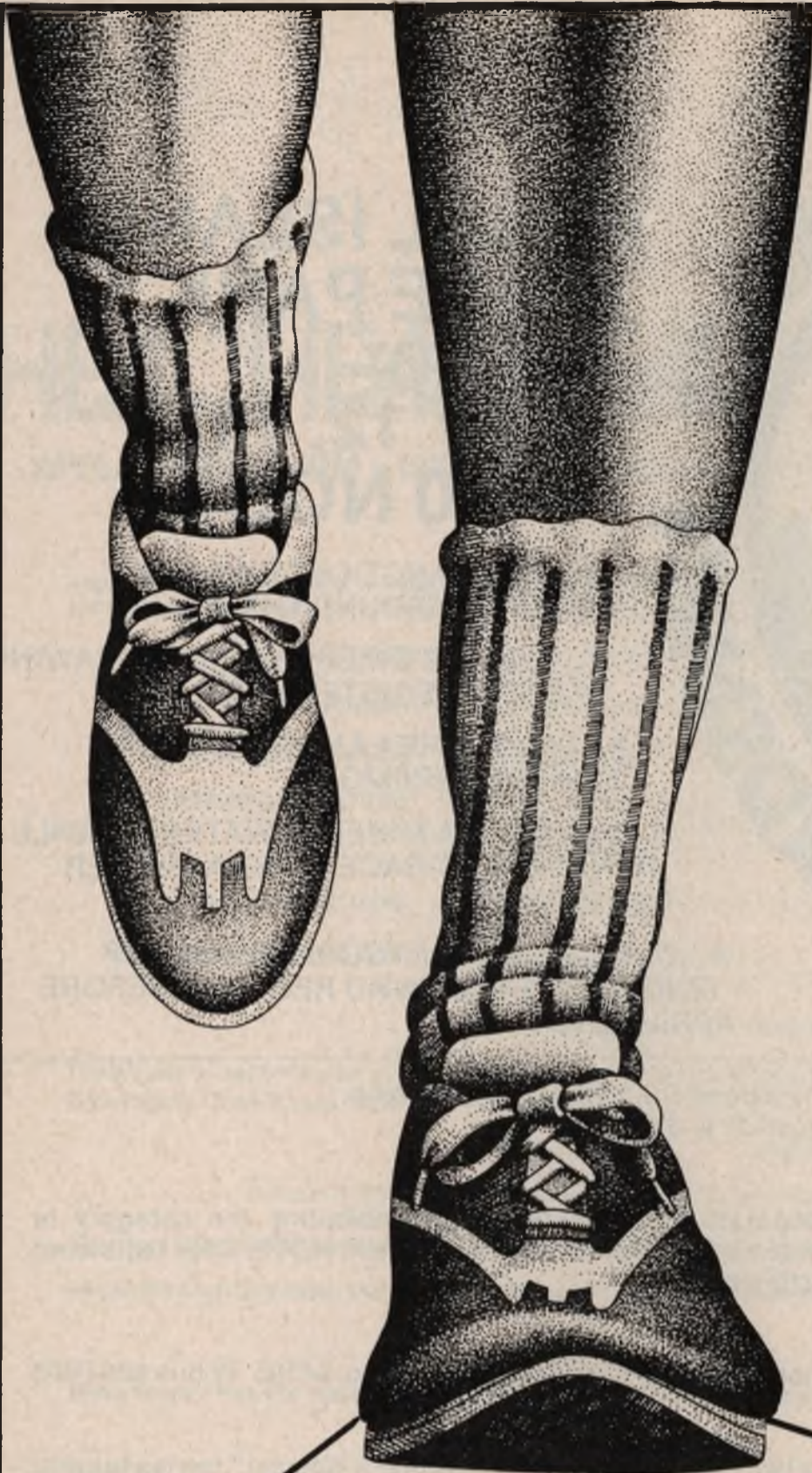
Race No.

Category

Finish Position

Time

Position in Class



Get out your jogging shorts and shoes and

# RUN FOR LIFE



On Mother's Day,  
Sunday, May 13, 1979

10:00 A.M. Starting Time  
at Stanford University

(corner of Campus Drive and Galvez)

Proceeds to be used for heart  
research at Stanford University

Course distance is 10 kilometers or 6.2 miles

Contribution/Pre-Registration: \$5.00 per runner

Contribution/Late Registration: \$7.00 per runner

Late registration will be taken from

8:30 to 9:30 A.M. the day of the Run.

Sponsored by:

The Santa Clara County Chapter

of the American Heart Association

Cardiology Division, Stanford Medical Center

Connecticut Mutual Life Insurance Co.

Stanford Health & Fitness Association

You will get your number and if you pre-register a Run for Life  
T-shirt the day of the race, beginning at 8:30 A.M.

The race will be timed by Chronomix, with  
place and time given to the first  
500 finishers.

**"RUN FOR LIFE"**  
**OFFICIAL REGISTRATION FORM**  
**SUNDAY, MAY 13, 1979 10:00 AM**

Registration fee: \$5.00 per runner

Contribution includes free t-shirt

Pre-registration deadline: May 5, 1979

Late registration: \$7.00

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

CLUB AFFILIATION \_\_\_\_\_ AAU NO. \_\_\_\_\_

T-SHIRT SIZE (adult/100% cotton): . . . . S M L XL

CATEGORIES: MEN WOMEN FOR OFFICE USE

12 and under \_\_\_\_\_ RACE NO. \_\_\_\_\_

13 - 17 \_\_\_\_\_ CATEGORY \_\_\_\_\_

18 - 29 \_\_\_\_\_ FINISH POSITION \_\_\_\_\_

30 - 39 \_\_\_\_\_ TIME \_\_\_\_\_

40 - 49 \_\_\_\_\_ POSITION IN CLASS \_\_\_\_\_

50 & over \_\_\_\_\_

All finishers will receive participant ribbons!

A.A.U. sanctioned.

**WAIVER:** 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 persons and organizations affiliated with the race, the officials, the A.A.U., Stanford University, American Heart Association, Santa Clara County Chapter, the State of California, or their respective officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained and suffered by me in connection with my said association with or entry and/or arising out of my traveling to, participating in and returning from said athletic meet. I further attest that I am physically fit and have trained for this event.

Signed on the \_\_\_\_\_ day of \_\_\_\_\_, 1979.

Signature \_\_\_\_\_  
(If under 18 years of age, parent or guardian's signature is also required)

Mail check and registration form to:  
Santa Clara County Chapter American Heart Assoc.  
3003 Moorpark Ave., Ste. 200  
San Jose, Ca 95128 (408) 247-8555  
(Please make check payable to:  
American Heart Association, Run for Life)

5<sup>th</sup> ANNUAL

# TRAC 10,000



## SUNDAY MAY 27

10:00 am

HELLYER PARK

SAN JOSE  
(Hellyer av. exit  
from IOI)



men

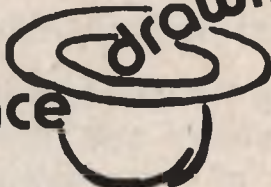
- M1-12 & under
- M2-13-17
- M3-18-29
- M4-30-39
- M5-40-49
- M6-50 & over

women

- W1-12 & under
- W2-13-17
- W3-18-29
- W4-30-39
- W5-40 & over

ribbons to all  
100 patches  
20 trophies

PLUS!

post-race  (must be present to win)

2 digital chronographs,  
and merchandise donated by TRAC SHAC

\$3 race-day  
\$2 pre-entry

(TRAC SHAC - 1238 WOLFE RD - SUNNYVALE - 94086)

BY MAY 22

MORE INFO - BRIAN HOLLINS - 948-0382

waiver:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the AAU, the PA-AAU, TRAC, the City of San Jose, the County of Santa Clara, 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 while participating in the TRAC 10,000 Race on May 27, 1979.

category

Signature (parent if a minor) \_\_\_\_\_ Date \_\_\_\_\_

Name (print) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Affiliation \_\_\_\_\_ AAU# \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_  
(Club/School/Unit/Service)



# GRASS VALLEY MEMORIAL RUN -- 10 KILOS MAY 27, 1979

SPONSOR: Sierra Slowpokes Running Club and Grass Valley Chamber of Commerce

PLACE: Memorial Park, Grass Valley, California

DIRECTIONS: From freeway (Hwy 49) take Colfax turnoff

DATE: Sunday, May 27, 1979

TIME: Registration 8 A.M. (until 8:45); Run at 9 A.M.

ENTRY FEE: Pre-entry \$3 (non-refundable). Race day entry \$4.

Pre-entry must be received by Friday, May 25, 1979.

PRE-REGISTRATION: Make checks payable to "Sierra Slowpokes" and mail to:  
116 High St., Grass Valley, Ca. 95945

DIRECTOR: Gary M. Loucks (916) 273-9268

COURSE: Rolling hills, pavement, 1 loop, 10K (6.2 miles)

AWARDS: Specially stamped silver medallion by Nevada City Mint to first place man and first place woman, regardless of division. Bronze medallions to first place in each of the following age groups (equal divisions for men and women): 13 & under; 14-18; 19-29; 30-39; 40 & over. Only one medallion can be won per person. Participation ribbons to all finishers.

OTHER PRIZES: All non-winners are eligible for a drawing of gifts donated by Grass Valley Chamber of Commerce member businesses.

FACILITIES: Restrooms, picnic and barbeque area, children's playground.

RESULTS: Will be sent to all who fill out a self-addressed envelope provided at registration area.

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## Grass Valley 1st Annual Memorial Run--Runner's Release and Waiver

I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I may have toward the organizers of this event, the Sierra Slowpokes Running Club, it's officials or individual members, the Grass Valley Chamber of Commerce, the City of Grass Valley and any other officials, sponsors, agents, representatives, successors or assignees for any and all injuries, ailments or other consequences suffered by me while participating in or travelling to or from said event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(parent or guardian if under 18 years)

NAME: (please print) \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: M F

DIVISION: (circle one) 13 & under 14-18 19-29 30-39 40 & over

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

NOTE: Parent or guardian must sign for all minors (those under 18 years of age) or application will be returned and said minor will not be allowed to run.



# Pacific Sun Marathon

a benefit for the California Health Research Foundation

## Memorial Day Monday, May 28, 1979

**TWO AAU-SANCTIONED (#869-89) RACES: 7:30am 26 miles 385 yards  
8:00am 10 kilometers**

**Entry fee: \$8 marathon**

**\$6 10 kilometers**

**Half-price for children 14 & under, seniors 60 & over**

**T-shirts and certificates for all finishers**

**Trophies and medals in many divisions; raffle for prizes**

Registration will take place February 1, 1979, through May 18, 1979. Upon receipt of entry form and fee, we will mail each entrant a registration packet including ID tag and course map. No unregistered runners, please.

**Course description:** The marathon course, on macadam roads, paved bike paths and a short section of dirt road, begins at the College of Marin track and, in a single loop, goes through Kentfield, Larkspur, Corte Madera, Mill Valley, Strawberry, around the Tiburon peninsula, and back to College of Marin. The route will be chalked, marshalled and lined with six aid stations. Note: This course has been slightly altered from last year's course to reduce bottlenecks and some hills. The 10-kilometer course, an out-and-back run, is flat, on macadam roads and paved bike paths. There will be lead and sweep bicycles for both races.

**I plan to run:**

- 10 kilometers  
 26 miles 385 yards

**T-shirt size:**

- Small  
Medium  
Large  
X-Large

**Men Women**

- 

Sex \_\_\_\_\_

Age on race day \_\_\_\_\_

AAU # (if available) \_\_\_\_\_ Club name & AAU# \_\_\_\_\_  
(for team title)

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights and claims or damages I may accrue against the AAU, the PA-AAU, Pacific Sun, California Health Research Foundation, Marin County and any and all sponsors of the race, their successors, representatives, and assigns, for any and all injuries suffered by me while traveling to and from and while participating in the Pacific Sun Marathon or 10 kilometer race on May 28, 1979. I attest and verify that I am physically fit and sufficiently trained to participate in this event.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Signature of parent or guardian if participant is under 18 \_\_\_\_\_

Print name \_\_\_\_\_

Address \_\_\_\_\_

City/zip \_\_\_\_\_ Phone \_\_\_\_\_

Return signed entry form, check (payable to Pacific Sun Marathon) and a stamped, self-addressed business-size envelope to Pacific Sun Marathon, Box 553, Mill Valley, CA 94941. Deadline: May 18, 1979. We will send you a registration packet, including your ID number and a course map.

THE FLOWER GROUPS OF LINCOLN CHILD CENTER

PRESENT

LAKE MERRITT FUND-RUN

WHEN: SATURDAY, JUNE 2, 1979 . . . . .9:00 AM SHARP!
RACE-DAY REGISTRATION . . . .7:30-8:30 AM
WARM-UP EXERCISES . . . . .8:45 AM
(Featuring JULIE MILLER, physical fitness instructor, Lafayette-Orinda area)

WHERE: Start and finish in front of old boat-house, LAKE MERRITT, OAKLAND

COURSE: 3.1 miles (5 kilometers) and 6.2 miles (10 kilometers) - AAU sanctioned, No. — 918-89; flat, paved course

ENTRY FEE DONATION: \$5.00 — All proceeds will benefit Lincoln Child Center for emotionally disturbed children

ENTERTAINMENT: The fantastic sounds of the YERBA BUENA BANJOS!

PRIZES: Awards for the 1st - 3rd winners of each division! FREE T-shirts - to 1st 400 entries received; FREE decorative patches to entries 401 and over

PLUS

Of participants who finish, several will be selected at random for additional gifts.

PRE-REGISTRATION: PRE-REGISTRATION IS ENCOURAGED! Make your \$5.00 check or money order payable to:

LINCOLN CHILD CENTER FUND-RUN

and mail to: LINCOLN CHILD CENTER, 4368 Lincoln Avenue, Oakland, Ca. 94602

NO acknowledgment will be sent: your entry will be held for you at the PRE-REGISTRATION TABLES the day of the Run.

PLEASE — NO PRE-REGISTRATIONS AFTER MAY 25th!

RESULTS WILL BE PRINTED AND MAILED TO ALL WHO SEND A STAMPED, SELF-ADDRESSED ENVELOPE WITH PRE-REGISTRATION ENTRY, OR FILL OUT SAME AT REGISTRATION TABLE ON JUNE 2nd.



OFFICIAL ENTRY BLANK

For Lincoln Child Center Fund-Run, Saturday, June 2nd, 1979, 9 AM, Lake Merritt, Oakland

(Please Print)

NAME \_\_\_\_\_

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

AWARD DIVISION (Must check one)

MEN: Junior, 16 and under [ ] Open [ ] Masters, 40 and over [ ]

WOMEN: Junior, 16 and under [ ] Open [ ] Masters, 40 and over [ ]

T-SHIRT SIZE: Small [ ] Medium [ ] Large [ ] Extra Large [ ]

In consideration of your accepting my entry, I do hereby, for myself, my executors, administrators and assignees, release and discharge the LINCOLN CHILD CENTER of OAKLAND, CA. and any other sponsors, from any and all liability arising out of any injury of any kind which may be sustained by my voluntary participation in or traveling to and from the Lake Merritt Fund-Run on JUNE 2, 1979.

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

\_\_\_\_\_  
SIGNATURE OF ENTRANT

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN IF ENTRANT UNDER 18

MAIL BEFORE MAY 25th, 1979

Flyers courtesy of Fidelity Savings

2000 Franklin Street Oakland, California 94612

*You are cordially invited to run in the First Annual*



**Sunday June 3, 1979**

**Come and run with Sri Chinmoy!**

**Proceeds to benefit UNICEF**

**AWARDS:** Prizes to top finishers in each division, special awards to all children 12 and under.

**BANQUET & AWARDS CEREMONY** for all participants at end of race.

**RESULTS** at awards ceremony.

**SANCTIONED** by the Pacific Association of the A.A.U.

**ELIGIBILITY:** All A.A.U. registered athletes.

**T-SHIRTS** to all participants.

**ENTRY FEE:** \$6.00 Pre-registration only by May 18, 1979. Mail or bring entries to Sundari Michaelian, 1548 Ocean Ave., San Francisco, CA. 94112.

**INFORMATION:** Call (415) 334-7554 any time of day.

**STARTING TIME:** 7:30 AM

**COURSE:** Start & Finish at Menlo-Atherton High School, Ringwood Ave. & Middlefield Rd., Atherton, Ca. Flat, scenic course, mostly shaded 26.2 mile loop.

**SPLITS:** Every mile.

**AID STATIONS:** Water & E.R.G. available at mile 3 and at each mile thereafter.

**FACILITIES:** Showers & dressing rooms at finish.

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NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

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

PHONE \_\_\_\_\_ A.A.U. NO. \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

**WAIVER STATEMENT:** Intending to be legally bound, I hereby certify that my training and health are adequate for me to compete safely in a marathon, and I hereby waive any claims for damages I might suffer due to participation in the Sri Chinmoy Marathon, June 3, 1979.

Signature \_\_\_\_\_ (if under 18, include parent's signature)

Race brochures will be mailed to all registrants whose entries are accepted.

MENDOCINO COUNTY'S FIRST ANNUAL RUSSIAN RIVER RUNS--



**JUNE 10, 1979**

MAIL FORM & FEE TO: VB/BBS, 101 W. Church St., Ukiah, CA 95482

FEES: \$8.00 (Before May 10); \$10.00 (After May 10).

COURSE: Blacktop road, slightly rolling with 20% uphill going out....marathon is out and back.

TIMES: Check-in--(Sat. from 3 to 6 pm; Sun. from 4 to 5:30 am). Start--6:00 am.

WEATHER: Mean high temperature for June is 67°.

ENTRY LIMIT: 1000 registrants...upon receipt of your entry you will receive your runner's number, course map, description, expected weather, parking facilities, awards information, camping & lodging facilities, and other information upon request.

WAIVER: Intending to be legally bound, I hereby certify that my training & 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 1st Annual Russian River Run, held on June 10, 1979.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
*(parent's signature if under 18)*

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ SEX \_\_\_\_\_ AAU # \_\_\_\_\_

PREVIOUS BEST MARATHON & DATE \_\_\_\_\_

PREDICTED TIME FOR THIS RACE \_\_\_\_\_

**\*\*CHECK RACE AND DIVISION YOU ARE ENTERING\*\*NO DIVISION SWITCHES**

\_\_\_\_ FULL MARATHON    \_\_\_\_ HALF-MARATHON    \_\_\_\_ 5 MILE FUN RUN

*Note: Following divisions do not apply to 5-Mile Fun Run.*

\_\_\_\_ Men's Open    \_\_\_\_ Men's 30-39    \_\_\_\_ Men's 40-49    \_\_\_\_ Men's 50+

\_\_\_\_ Women's Open    \_\_\_\_ Women's 30-39    \_\_\_\_ Women's 40+

Please Circle T-Shirt Size: Men's    S    M    L    XL

The First Annual Russian River Run, an eight-division marathon to help support local volunteer agencies in Mendocino County, will be held on Sunday, June 10, 1979, beginning at 7:00 am. This AAU-sanctioned race follows a beautiful flat-to-rolling road along the Russian River through vineyards, orchards and farmlands. It will feature four events each for men and women in two races: a full marathon, out and back 26 miles, 385 yards, and a half-marathon, 13.1 miles out. There will also be a five-mile fun run and a one-mile wheelchair race. Medallions will be awarded to the top three placers in each division and awards for the youngest and oldest marathoner finishers. Each runner completing his or her race will receive a beautifully printed T-Shirt.

Proceeds from the tax-deductible entry fees will benefit the Volunteer Bureau and Big Brothers and Big Sisters of Mendocino County, non-profit organizations whose services are offered within a shoestring budget and lots of helpers! The Volunteer Bureau serves to identify the human service needs of the community and to recruit and place volunteers to meet those needs. The program includes a court-referral program whereby persons convicted of minor offenses may perform community service in place of jail or fines. Volunteers help human service programs and people in need throughout the county.

The Big Brothers and Sisters Program matches children having insufficient parental resources with adults willing and able to help fill that void. The needs of these folks; children helped by that special one-to-one relationship with an adult, seniors assisted by our volunteers, and many others use our resources which are made possible by fund-raising events like this marathon.

The First Annual Russian River Run will be a great race for everyone...most of all, its participants. An added attraction is that the race takes place on a full moon weekend, which will certainly add beauty to this already gorgeous environment. Many hotels and campsites are available, with information included in entry form packets.

All are welcome in the spirit of achieving satisfaction for themselves, along with aiding worthwhile causes. Want to give it a shot? For information and entry form packets, contact Cheri or Dori, c/o Volunteer Bureau/Big Brothers & Sisters, Inc. (707/462-1954), or write VB/BBS, 101 W. Church St., Ukiah, CA 95482.





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## ***First Golden Gate 10 km***

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FOR THE BENEFIT OF  
THE SAN FRANCISCO ART INSTITUTE  
SPONSORED BY  
JOSEPH MAGNIN  
SUNRISE, 5:47 AM, SUNDAY, JUNE 10

For the first time in the 42 year history of the bridge, two northbound traffic lanes of the Golden Gate Bridge will be closed for running. The race will start in the Presidio and end at Murray Circle in Ft. Baker.

Detailed instructions, including a map and running badge will be mailed to you upon receipt of your \$5 entry fee. All proceeds will benefit the San Francisco Art Institute.

Ample parking is available in the Presidio and a shuttle bus service will take you back to your car.

---

### OFFICIAL ENTRY FORM

ENCLOSED IS MY CHECK FOR \$5 MADE PAYABLE TO GOLDEN GATE 10KM

*Waiver:* In consideration of your accepting this entry to the *GOLDEN GATE 10KM* Run, I waive all claims for myself against the *GOLDEN GATE 10KM* Run for injury which may result from my participation. I further state that I am in proper physical condition to compete in this race.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

MAIL CHECK TO: SAN FRANCISCO ART INSTITUTE, P.O. BOX 7434  
SAN FRANCISCO, CA 94120

Signature of Runner \_\_\_\_\_

Signature of Parent \_\_\_\_\_  
(If under 18)

Division:

Open Men (over 16 and under 40) [ ]

Masters Men (over 40) [ ]

Junior Boys (16 and under) [ ]

Open Women [ ]

Masters Women [ ]

Junior Girls [ ]

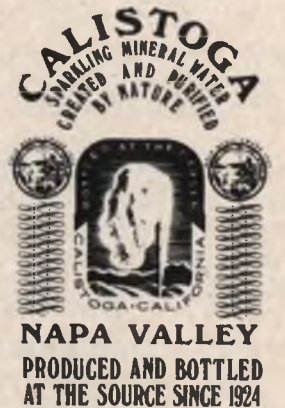
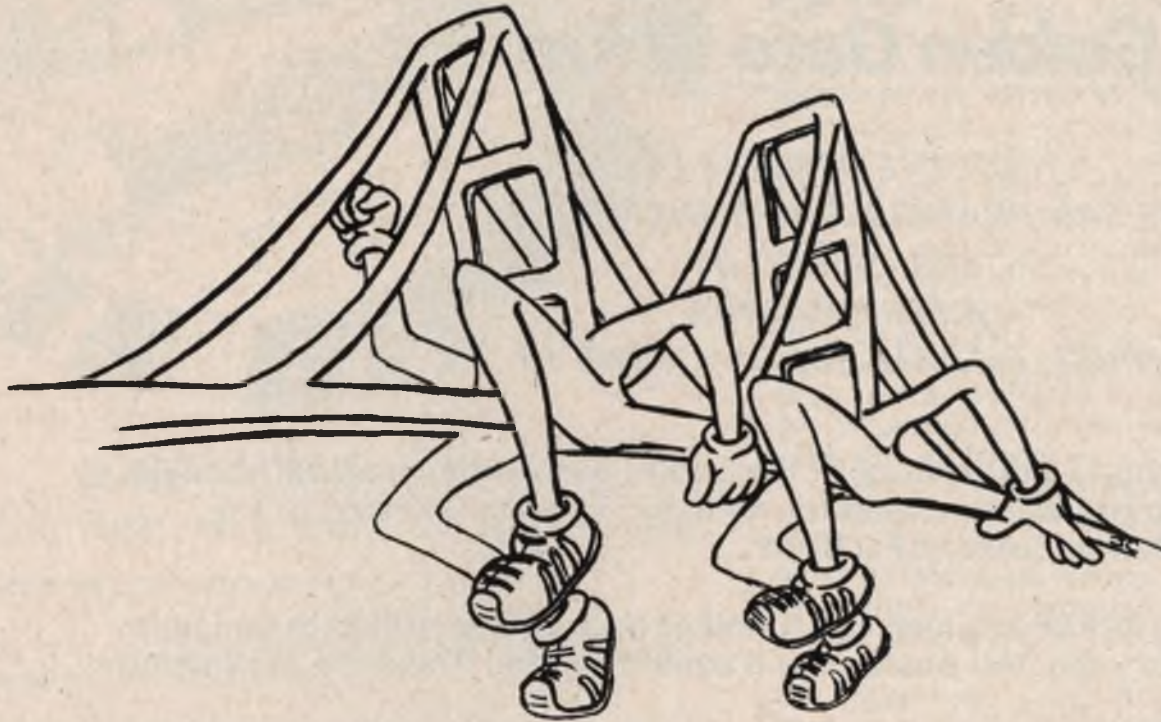
(Three places will be awarded in each category.)

**SUNDAY, JUNE 10! 10am**

**UNITED CEREBRAL PALSY ASSN. PRESENTS...**

# **THE GOLDEN GAIT**

**A 10,000 METER RUN (6.2 MILES)**



**LOCATION:** Start/Finish at Middle Drive West, South parking lot of Polo Fields, Golden Gate Park, San Francisco.

**REGISTRATION:** Pre-registration by mail is encouraged. Entry donation by mail will be \$4.00. Race day registration will be \$5.00. Please do not mail pre-registration later than Saturday, June 2. Mail completed and signed waiver form to: Golden Gait, P.O. Box 5481, San Mateo, CA 94402.

**INQUIRIES:** Questions regarding the run may be answered by calling (415) 572-1140 between 10:00 a.m. and 5:00 p.m. on weekdays.

**NOTE:** Numbers and safety pins will be supplied on race day.

**T-SHIRTS:** Special "Golden Gait" T-shirts will be available on race day.

**DIVISIONS:** Men and Women: Open (39 and under), Master: (40 and over), Junior (17 and under). Special Divisions: Youngest and Oldest runner.

**AWARDS:** "The Golden Gait" Ribbons to the first 500 runners to finish. Trophies and a case of Calistoga Water for each Division winner. Adidas merchandise to 1st, 2nd and 3rd in Open, Junior and Masters Divisions.

**RESULTS:** Official results will be mailed to all finishers who self-address envelopes on race day.

**\*\*The run will start promptly at 10:00 a.m.\*\* Please plan to arrive early to avoid registration confusion.**

-----OFFICIAL ENTRY FORM-----  
Yes, I want to enter in The Golden Gait Run, June 10. Enclosed is my check for \$4.00 covering entry fee. Make check payable to U.C.P.A. of San Mateo/Santa Clara Counties. Under 18 parent signature required.

----- ENTRY FORM AND 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 United Cerebral Palsy Assoc., San Francisco Parks and Rec. Dept., City and County of San Francisco, 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: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
DIVISION: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ SEX: (M) \_\_\_\_\_ (F) \_\_\_\_\_



# 1<sup>st</sup> Annual REI CO-OP SKYLINE RIDGE RUN

10 KILOMETER (6.2 mi)  
SUNDAY, JUNE 17th, 1979

A Benefit For Skyline High Schools Athletic Programs  
PRIZES • PICNIC • KIDS RACES AND FUN

sponsored by REI Co-op, directed by Lake Merritt Joggers & Striders, and The Whiz Kids

## THE RACE

- Date & Time:** June 17, 1979 — 9 A.M. Sharp  
**Start/Finish:** Skyline High School, Oakland, California (12250 Skyline Blvd.)  
**Course:** Rolling hills, beautiful scenery, course entirely on Skyline Blvd. Olympic style finish on Skyline High track.  
**T-Shirts:** FREE T-Shirt will be given to the first 1000 registered runners.  
**Prizes:** Merchandise prizes for each division for win, place, and show. Ribbons for the first 5 finishers in each division.  
**Raffle:** A drawing for an assortment of prizes from REI's selection of outdoor sporting goods will be held for all finishers of the race.  
**Picnic:** Free watermelon, snacks and refreshments following the race.

## AND

- KIDS FUN RUN:** Directed by the Whiz Kids. Supervision, games and a fun run will be held for all kids 3 - 14 while parents are running. All participating children will receive refreshments, a ribbon, and a chance at the raffle. NO ENTRY FEE.  
**Registration:** \$4.00 per runner advance registration. You may register by mail or in person at REI CO-OP, 1338 San Pablo Avenue, Berkeley, CA 94702 — (415) 527-4140. Pre-registrants may pick up their race packets at the store. (Please no registration through mail after June 9, 1979). \$5.00 entry fee on race day. Race day registration 7:45 to 8:45 A.M.  
**Race Packet:** A packet of race information will be prepared for each registrant and may be picked up at REI's Berkeley store beginning May 25th. Each packet will contain a T-shirt, final instruction sheet, a course map and a run clinic schedule. Packets may be picked up at the race BUT PLEASE COME EARLY! Same day registrants will pick up their packets at the race.

### FREE RUNNING CLINICS

Free Running Clinics will be held on selected Wednesday or Thursday evenings at 7:30 P.M. at REI in Berkeley. Call 527-4140 after April 20 for more information.

## ENTRY FORM

Mail Entry before Saturday — June 9, 1979 to:

REI Co-op  
1338 San Pablo Avenue  
Berkeley, CA 94702 (415) 527-4140

Please enter me in the 10 kilometer, REI Co-op Skyline Ridge Run to be held on Sunday, June 17, 1979 at 9 A.M., Oakland, California. Enclosed is the \$4.00 entry fee. Childrens race — No entry fee. (Checks are to be made payable to: REI Co-op). Please complete required information on the entry form below.

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**CLASS:** Open Men (18-39)  Masters Men (40+)  Junior Boys (under 18)  Childrens race   
 Open Women (18-39)  Masters Women (40+)  Junior Girls (under 18)  Age \_\_\_\_\_ M  F

**T-SHIRT SIZE:** Small  Medium  Large  Extra Large   
**10K Racers Only**

As consideration of the acceptance of my entry and application, I do hereby for myself, my heirs, assigns, executors and administrators, waive and release any and all rights, claims, or damages which I may have or which may hereafter accrue to me against REI Co-op, Skyline High School and the REI Co-op Skyline Ridge Run Race committee, its agents, officers, or employees, and any or all sponsors of this race, their successors, representatives, and assigns, for any and all injuries suffered and/or sustained by me in connection with my said association with, or entry and/or arising out of my traveling to, participating in, and returning from said athletic event known as the REI Co-op Skyline Ridge Run. As further consideration for REI Co-op Skyline Ridge Run Race Committee accepting my entry and participation in said athletic event, I hereby attest and certify that I am physically fit and that I have sufficiently trained for said athletic event, and my physical condition has been verified to me by a licensed medical practitioner.

Date: \_\_\_\_\_

SIGNATURE: (Parents' signature is also required if under 18 years of age) SIGNATURE: of participant if under age 18.

# PA-AAU 15-Km. Championships

**WVTC**

SPONSORED BY: WEST VALLEY TRACK CLUB

DATE: June 24, 1979 - NOTE DATE CHANGE

TIME: 9 A. M.



LOCATION: BULLIS-PURISSIMA SCHOOL  
25890 FREMONT ROAD  
LOS ALTOS HILLS

ENTRY FEE: \$2.00

AWARDS: STANDARD PA-AAU CHAMPIONSHIP AWARDS AND/OR MERCHANDISE AWARDS

SPECIAL AWARDS: MEN-1st 3 PA AAU FINISHERS WILL BE GIVEN AIR FARE TO NATIONAL  
(By PA-AAU LDRC) 15 KILO IN SANTA BARBARA ON JULY 4, 1979

WOMEN-- 1st PA AAU FINISHER WILL BE GIVEN AIR FARE TO NATIONAL  
20 KILO IN MADISON, WISCONSIN ON SEPT 1, 1979

WAIVER: I HEREBY WAIVE ALL RIGHTS AND CLAIMS FOR DAMAGES AGAINST ANYONE ASSOCIATED  
WITH THE RACE. I ALSO CERTIFY THAT I AM PHYSICALLY FIT AND CAN RUN 15 KILOS.

SIGNATURE \_\_\_\_\_

PARENT (IF UNDER 18) \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_ AAU# \_\_\_\_\_ CLUB \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

DIVISION: SR. MEN \_\_\_\_\_ SUBMASTER MEN \_\_\_\_\_ MASTER MEN \_\_\_\_\_

SR. WOMEN \_\_\_\_\_ SUBMASTER WOMEN \_\_\_\_\_ MASTER WOMEN \_\_\_\_\_

MAIL TO: THE CLARKS, 156 MARVIN AVE, LOS ALTOS, CA. 94022

MAKE CHECKS PAYABLE TO WEST VALLEY TRACK CLUB (\$2.00)







ROUND TIBURON PENINSULA



"500"

Field Limited to 500 Entrants

All runners must pre-register by Saturday, August 11<sup>th</sup>  
No entries accepted on day of race.

Race Day ~ Sunday, August 19<sup>th</sup>

Time ~ 9:00 A.M. Sharp!

Place ~ Blackie's Pasture (Tiburon Blvd. at  
Trestle Glen Drive, 1 1/2 miles East of Highway 101)

Course ~ 8 1/2 mile loop around Tiburon Peninsula  
(190 ft. hill at start, then rolling and  
downhill for next 5 miles, flat to finish.)

Individual Awards

- Merchandise to first 10 finishers
- Numbered Jerseys to next 15 finishers
- Commemorative Medals to next  
100 finishers
- Ribbons to all remaining finishers

Team Awards

- Trophies to first 3 teams  
(total time scores)
- Individual trophies to the  
5 members of each team

- Fill out entry below
  - Check or money order for \$5.00.\*
  - Include self-addressed, stamped envelope. You will be notified of your acceptance or rejection by August 15<sup>th</sup>.
- \* \$1.00 of each entry goes to Tiburon Park and Rec. Dept.

Make check payable to and send all to: Marin Racers  
4808 Fulton  
S.F., Ca. 94121

Name \_\_\_\_\_ Age \_\_\_\_\_

Team \_\_\_\_\_  
Fastest 10 Kilo time \_\_\_\_\_ When? \_\_\_\_\_

## 3rd Annual Glacier Marathon

AAU CERTIFIED COURSE!!  
SPONSORED BY PULSATORS RUNNING CLUB.

7 A.M. -- TEXACO STATION AT GIRDWOOD

(Out and back course - flat & fast)

Survivors Patches to all finishers and awards in 5-year age classifications.

Special T-Shirts to finishers at cost.



George McCoy P.O. Box 318,  
Girdwood, Alaska 99587.

**\$300** May 13, 1979 **\$6 After**  
AAU Sanctioned May 9

# NOR-CAL RUNNING REVIEW®

Bi-Monthly - Only \$6/Year

INCLUDES: - Entry Blanks; Feature Articles & Training Tips; Very Comprehensive Scheduling; In-Depth Results; Medical Advice Columns; High School Rankings; and Much More. --- Covers Track & Field, Road Racing, X-Country, Race Walking... 40 or More Pages Each Issue (8½ x 11).

NAME  NEW  
 RENEWEL

ADDR \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**Box 1551 - San Mateo, CA 94401**



San Francisco Heart Association's Third Annual

## MAY DAY RUN

AAU Sanctioned

**Sunday, April 29th** **Golden Gate Park**  
**10:00 a.m.** **Polo Fields (Southside)**

(1st day of Daylight Savings Time)

**The Run: (3 races, 6 categories in each race)**  
**5 KM 10KM 15KM**

**PLUS:** A single open category WHEELCHAIR RACE in each distance with a separate start.  
M/F OPEN.

•Free T-Shirts •Entertainment •Awards  
•Prizes •Refreshments

Register by mail and be eligible for valuable prize drawing.  
Entry fee \$5.00 \$3.00 (under 16)

For entry forms contact: American Heart Association, San Francisco Chapter,  
421 Powell Street, San Francisco, Ca 94102 (415) 433-2273.

## Windsor Whale Run

Sunday, May 20, 1979 at 9 a.m.  
15 kilos (9.3 miles)



Windsor, 9 miles North of Santa Rosa at Starr School on Windsor River Rd. Register day of race \$4.50 (\$10. per family to four \$2. each additional). Contact: Ron Kesecker, PO Box 6081, Santa Rosa, CA 95406. Ph: 823-8338. Course is one loop, 100% pavement with rolling hills, very scenic country roads near Russian River. Profits to support Greenpeace Movement to save the whales. Sponsored & Hosted by: Valley of the Moon Running Club. Sanctioned by the RRCA.



# PHIDIPPIDES

## TAHOE TRAILS

Phidippides announces its August, 1979 Running Camp. Come to Tahoe this August, you can stay one week, two weeks or all month.

Running in the mountains is a special experience. The crisp air and the natural surroundings provide an inspiring setting where many of the cares of the urban life can be sifted and settled.

Last August, Phidippides held a camp at Squaw Valley, near Lake Tahoe. Runners from across the U.S. attended clinics, exchanged experiences, and enjoyed healthy food and beautiful runs. There was swimming, tennis, volleyball, hiking, horseback riding, rafting and all of the activities of the lake for those who wanted diversity. It was a good experience.

We at Phidippides believe that it is important to get together at times like this and share. For further details watch for our ads in major running publications, call (404) 892-1158, or write Jeff Galloway at Phidippides, Dept. A-79, P.O. Box 13526, Station K, Atlanta, Georgia 30324.

**Visit one of these Phidippides Stores to find all of your running needs.** GEORGIA: Atlanta - Akers Mill Square 955-5963 - Ansley Mall 875-4268 - Northlake II 491-0253 - Old National 766-6740. Rome (404) 295-4980. CALIFORNIA: Marina del Rey (213) 823-6446, San Diego (714) 222-7161. COLORADO: Denver (303) 770-6305. CONNECTICUT: Milford (203) 874-8091. FLORIDA: Jacksonville (904) 743-6063. MARYLAND: Georgetown D.C. (202) 333-7867. Rockville (301) 770-5543. MICHIGAN: Ann Arbor (313) 769-9510. MISSISSIPPI: Jackson (601) 981-3583. NORTH CAROLINA: Burlington (919) 584-0109, Chapel Hill (919) 942-1078, Charlotte - NCNB (704) 375-1152 - S. Park (704) 366-1213. Greensboro (919) 852-3555. SOUTH CAROLINA: Columbia (803) 254-3599. VIRGINIA: Richmond (804) 270-9493. Look for these stores coming soon to your area: ALABAMA: Huntsville. California: Santa Monica. GEORGIA: Valdosta. KENTUCKY: Lexington. MAINE: Bangor. MICHIGAN: Detroit. NEBRASKA: Lincoln. NORTH CAROLINA: Gastonia. OHIO: Cincinnati Dayton. SOUTH CAROLINA: Hilton Head. TENNESSEE: Memphis. TEXAS: Dallas. VIRGINIA: Charlottesville.

- May 26 - State JC Championships, Bakersfield, 4 pm; CDM Don Palmer Relays, Santa Ana College, 10 am (M), Dave Jackson, 19103 S. Andmark, Carson 90746; PA-AAU Boys' Championships, Hartnell JC, Salinas, Dick Casper (Ph. 408/455-1732).
- May 27 - PA-AAU Girls' A/G Championships, Hartnell JC, Salinas, Dick Casper (Ph. 408/455-1732).
- May 28 - Muhammad Ali Invit., Cerritos College (O,W), Harold Smith, 9701 Wilshire Blvd., Suite 710, Beverly Hills 90212; PA-AAU Men's & Women's Sr. Championships, Cal-State, Hayward (all day), Dick Barbour, 1815 Edgewood, Menlo Pk. 94025.
- Jun 1 - CIF State Meet (2 days), Hughes Stadium, Sac'to (HS); State JC Championships/Decathlon, Hancock JC, Santa Maria (2 days).
- Jun 3 - Natl. AAU Decathlon, Mt. SAC, Walnut (2 days), Don Ruh, Mt. San Antonio College, Walnut 91789.
- Jun 9 - Brooks Invit., UC Berkeley, noon(?) (O,W); Califor-State AAU Women's Champs, Mt. SAC, Walnut, 9 am, Pete Scanlan, 2925 Knosville Av., Long Beach 90815; Natl. AAU Women's Jr. & Sr. Pentathlon, UCLA, Westwood, Rich Ede, 1424 Lynoak Dr., Claremont 91711 (2 days); North American & Canadian Masters Championships, Ontario, Canada, Brian Oxley, 66 Felicity Dr., Scarborough, ONT M1H 1E3.
- Jun 14 - Natl. AAU Sr. Men's & Women's Championships, Mt. SAC, Walnut (3 days), Will Kern, Los Angeles Times, L.A. 90053.
- Jun 16 - Golden West Invit., Sacramento (HS).
- Jun 23 - Natl. AAU Jr. Men's & Women's Championships, Univ. of Indiana, Bloomington (2 days), Sam Bell, Assembly Hall, Indiana 47401; Western Regional Masters Championships, site TBA, (SM/M), Hal Smith, 18750 Oxnard St., #404, Tarzana 91356 (2 days).
- Jun 29 - Natl. AAU Age-Group Champs, UCLA, Westwood (2 days), Calvin Brown, 228 E. Artesia, Apt. C, No. Long Beach 90805.
- Jun 30 - Senior Olympics, UC Irvine (2 days), (25 Yrs.+), Sr. Olympics, 5670 Wilshire Blvd., #360, L.A. 90036; US/USSR Jr. Meet, Bakersfield (2 days); PA-AAU Jr. Triathlon/Pentathlon/Decathlon Champs, site TBA, Jim Hume, 1391 Broadway, #4, Millbrae 94030 (2 days)... *tentative dates.*
- Jul 6 - Natl. AAU Masters T&F/Pentathlon Champs, Mt. Hood CC, Gresham, Ore. (3 days), Jim Puckett, 26000 SE Stark St., Gresham, OR 97030.
- Jul 13 - PA-AAU Jr. Olympic Champs, Cal-State Hayward(?), Jim Hume, 1391 Broadway, #4, Millbrae 94030 (2 days)... *Note: - Date was listed as tentative in original schedule and is probably the week before since Regionals are also the same weekend as noted here!*
- Jul 14 - Region XIII Jr. Olympic Champs, Mt. SAC, Walnut, Bob Hickey, 9352 England Av., Westminster 92683; Natl. AAU Masters Decathlon, San Diego St., Ed Oleata, 2870 Glenbrook Wy, LaJolla 92032 (2 days).
- Jul 21 - Pan-American Masters Champs, Santa Ana College (2 days), Walt Butler, 2932 Santa Anita, Altadena 91001.
- Jul 27 - World Veterans T&F Champs, Hannover, W.Germany (7 days) - 3rd World Vet Championships, Postfach 404, D-3000 Hannover, W.Germany.
- Aug 9 - Natl. Jr. Olympics (4 days), Lincoln, Nebr.
- Aug 24 - World Cup, Montreal, Que., Canada (3 days).
- Oct 6 - Santa Barbara Masters T&F Meet, UCSB, Goleta, George Adams, PO Box K, Goleta 93017. □

## 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.

- May 26 - Angell Field Walk, Stanford Univ., distance TBA, 10 am. Harry Siitonen (Ph. 415/863-0479).
- May 28 - PA-AAU 5Km. Track Championships, Cal-State Hayward, noon. Bill Ranney (415/456-2641).
- Jun 3 - NorCal Seniors TC Champs (open?), 2 Mile, Ceres, 2:30 pm. Harry Siitonen (Ph. 415/863-0479).
- Jun 15 - Pan Am Trials 20Km (Men), Mt. SAC, Walnut, 8:30 am.
- Jun 15 - Women's Natl. AAU 5Km. (Track), Mt. SAC, 8:10 pm.
- Jun 16 - Men's Natl. AAU 5Km. (Track), Mt. SAC, 6 pm.

- Jun 17 - Pan Am Trials 50Km., Mt. SAC, Walnut, 7 or 8 am.
- Jun 17 - Women's Natl. AAU 10Km. (track), Mt. SAC, Walnut, 5pm.
- Aug 11 - Natl. AAU Sr. Men's 20Km, Buffalo, N.Y.
- Aug 25 - Natl. AAU Sr. Men's 50Km, San Francisco, time TBA.

LARKSPUR LANDING 20K (Jan. 14, Larkspur): /windy, raining/ 1-Bill Ranney/WVTC 1:39:50(40+), 2-Henderson/SSC 1:46:10, 3-Siitonen/GGW 2:16:37(40+). /Bill Ranney/

MENLO PARK WALKING-RUNNING FESTIVAL (Jan. 20, Menlo Pk.): - /4 Miles/ 1-Bill Ranney/WV 28:06, 2-Sharp/MDTC 28:31, 3-Reilly/BW 28:38, 4-Snazelle /WV 29:45, 5-Kathy Buchser 39:35. /Bill Ranney/

SAN FRANCISCO EXAMINER GAMES (Jan. 26, Daly City): /1 Mile/ 1-Sharp/MDTC 6:39.3, 2-Himmelberger/SSC 6:41.4, 3-Dooley/WVTC 6:49.8, 4-Reilly/BW 6:57.5. /Bill Ranney/

PA-AAU 20 MILE CHAMPIONSHIPS (Feb. 11, San Mateo): - Held concurrently with the West Valley Marathon. The first two broke the PA record but it won't count because of lack of any judges. - 1-Neal Pyke/SSC 2:35:53, 2-Ranney/WVTC 2:36:44, 3-Himmelberger/SSC 2:40:06, 4-Glusker/WVTC 2:48:56, 5-Dooley/WVTC 2:48:56, 6-Snazelle/WVTC 2:56:05, 7-Sharp/MDTC 2:59:23. /Bill Ranney/

PALO ALTO 20K (Mar. 4, Palo Alto): 1-Neal Pyke/SSC 1:28:27, 2-Henderson /SSC 1:38:07, 3-Reilly/BW 1:38:27, 4-Adriano/SSC 1:50:28. /Siitonen/

PA-AAU 50 KILO CHAMPIONSHIPS (Mar. 18, Davis): 1-Tom Dooley/WV 4:38:10, 2-Snazell/WV 5:15:40. /Siitonen/

STANFORD INVIT. (Mar. 24, Stanford): - Neal Pyke broke Ron Laird's American record of 21:07 by clocking a great 20:41.6. 2-Sharp/MDTC 22:27, 3-Henderson/SSC 22:27, 4-Bouldin/B 23:26, 5-Reilly/BW 23:41. /Harry Siitonen/

WEST VALLEY MASTERS MEET (Apr. 7, Los Gatos): - Lori Maynard zipped to a 27:17.5 clocking to lead both men and women in the 5K event (track). Gordon Wallace (2nd), set new national records in the Masters Men 65-69 division, as well as getting the age 69 mark. 1-Lori Maynard/WDS(43) 27:17.5, 2-Wallace/AZ 29:11, 3-Siitonen/GGW-NCS 30:10, 4-Friesen/CDM 32:59, 5-Unruh/SDTC(72) 33:11. /Harry Siitonen/

PA-AAU 20-KILO CHAMPIONSHIPS (Apr. 14, San Francisco): - Sally McPherson walked the third fastest time for women over this distance with a superlative 1:49:44...this has been surpassed only by Norway's Thorill Gylder (1:43:19.6 on the roads) and Susan Liers' (1:48:18.6 on the track). 1-Steve DiBernardo/Army 1:35:44, 2-Reilly/BW 1:36:49, 3-Ranney/WVTC 1:37:07, 4-Dooley/WVTC 1:37:16, 5-McPherson/WVTC-Army 1:49:44...DNF's: 15K--Berendt 1:15:11; 10K--Henderson/SSC 47:29, Sharp/MDTC 47:58; 5K--Lori Maynard/WDS 28:28.2, Wade 29:43.2. /Harry Siitonen/

SAN DIEGO 50K (Apr. 28?, San Diego): - 1-Wayne Glusker/WVTC 4:45:45, 2-Reilly/BW 4:47+, 3-Coots 4:48+. /Wayne Glusker/

JULIE PARTRIDGE MEMORIAL 10K RACEWALK (Apr. 29, Woodside): 1-Neal Pyke/SSC 44:03.4, 2-Henderson/SSC 45:53, 3-Berendt/Army 45:53, 4-Sharp/Un 47:00, 5-Himmelberger/SSC 47:17, 6-Ranney/WVTC(40+) 48:32, 7-Adriano/SSC 51:00, 8-Sally McPherson/WVTC-Army 52:46, 9-Parker/Un 56:30, 10-Lori Maynard/WDS(40+) 56:32, 11-Kathy Curtis/SAW 60:37, 12-Aviles/Army 60:49, 13-Siitonen/NCS 61:10, 14-Cindy Partridge/Un 61:34, 15-Duran/WVTC 63:00... 31 finishers. Teams: Men--Sequoia SC 1:37:12; Women--Woodside Striders 2:05:14. /Harry Siitonen/

GOLDEN STATE INVIT. MASTERS T&F CHAMPIONSHIPS (May 5, Porterville): 1-Lori Maynard/WDS(43) 27:47.0, 2-Siitonen/NCS 30:27, 3-Friesen/CDM 31:50, 4-Katherine York/NCS(60+) 42:18. □ /Harry Siitonen/



Neal Pyke set an American record over 5,000m at the Stanford Invitational with a 20:41.6. /John Sheretz Photo/



**LONG JUMP**  
26-2½ Ken Duncan (McClatchy, Sacto) 72  
25-10 3/4 \*Heulon Hewitt (Merced) 68  
25-5 Carl McCullough (Sacramento) 72  
25-4 3/4 \*Johnny Johnson (Pacific Gr.) 65  
25-4½ Monte Upshaw (Piedmont) 54  
25-2 Phil Quinet (Homestead, Cup.) 68  
25-0 3/4 Kurt Durham (Oakland) 77  
24-11 Mel Gray (Montgomery, S.Rosa) 67  
24-10½ Mark Cleghorn (Berkeley) 73  
24-10 Rick Fergerson (Merced) 68  
Lynn Swann (Serra, San Mateo) 70

**TRIPLE JUMP**  
50-11 Dan Jackson (Oakland) 75  
50-2½ Don Bryson (Oakland) 74  
50-1½ Tom Cohee (Tech, Oakland) 72  
50-0 3/4 Peter Moreno (Lick, San Jose) 76  
50-0½ Mark Slaton (Merced) 76  
49-11 3/4 Lonnie Sanders (Grant, Sacto) 78  
49-9½ \*Craig Conway (Cupertino) 70  
49-8 Myrt Easley (Woodside) 75  
49-6 3/4 Myron Porter (Willow Glen, SJ) 78  
49-4½ Dale Krebs (Gunn, Palo Alto) 71

**SHOT PUT (12#)**  
55-5½ Steve Montgomery (Lassen, Svl) 76  
65-10 3/4 Dave Porath (Atwater) 78  
65-10 Steve Wilhelm (Fremont, Syvle) 67  
65-7 3/4 Don Castle (Cubberley, P.A.) 61  
65-6 Bruce Wilhelm (Fremont, Syvle) 63  
65-2½ Jeff Stover (Corning) 76  
64-2½ Kevin Messenger (Highlands, NH) 77  
63-11½ Bret Mannon (Los Gatos) 72  
63-9½ Conrad Jepsen (Washington, Fr) 76  
63-9 Bob Brannen (Los Gatos) 64

**DISCUS THROW (3-1b, 9-oz)**  
209-6 Dave Porath (Atwater) 78  
201-6 Ray Burton (Vacaville) 74  
201-3 Chris Adams (Los Altos) 70  
200-1 Scott Overton (Los Altos) 72  
198-6 Dave Voorhees (Tulare) 73  
195-4 Bob Stoeker (Los Altos) 62  
195-4 Tom Birtwhistle (Gunn, Palo Alto) 69  
194-2 Dave Hickson (Leland, San Jose) 73  
194-2 Darrell Elder (Redwood, Larkspur) 74  
194-0 Ralph Fruguglietti (Albany) 73

### Girls

**100 YARDS**  
10.4 \*Freida Cobbs (Berkeley) 77  
10.5 Kellia Bolton (Hill, San Jose) 78  
10.87 Elaine Parker (Oceana, Pacifica) 78  
10.6 Debbie Byfield (Berkeley) 73  
10.7 Marie Nickson (Berkeley) 75  
\*\*\*Sharon Ware (Berkeley) 78  
10.8 Jennifer Young (Berkeley) 69  
Sharon White (Berkeley) 74  
Annette Robinson (Berkeley) 76  
Allison Durnell (Redwood, Larkspur) 78  
\*\*Kim Webster (DeAnza, Richmond) 78

**220 YARDS**  
23.4m Kathy Hammond (Sacramento) 69  
23.72m Freida Cobbs (Berkeley) 78  
23.75m Kellia Bolton (Hill, San Jose) 78  
23.8 Debbie Byfield (Berkeley) 73  
24.1 Marie Nickson (Berkeley) 75  
24.3 \*Kris Costello (Lynbrook, Syvle) 77  
24.61 Elaine Parker (Oceana, Pacifica) 78  
24.5 Sharon White (Berkeley) 78  
24.7 \*Eloise Mallory (Silver Crk, SJ) 77  
24.8 \*\*\*Kim Webster (DeAnza, Richmond) 77

**440 YARDS**  
52.1m Kathy Hammond (Sacramento) 69  
53.12m Freida Cobbs (Berkeley) 78  
53.56m \*\*\*Marian Franklin (Balboa, SF) 78  
54.8m \*Marquita Belk (Silver Crk, SJ) 78  
55.6 \*Kim White (Berkeley) 78  
55.7 \*Ann Regan (Camden, San Jose) 78  
55.99 Bobby Gilmore (McClatchy, Sacto) 78  
55.9 \*\*Lisa Peters (Northgate, W.Crk) 74  
56.4 Veronica Venezia (Terra Linda) 78  
Lezli Peterson (Harbor, S.Cruz) 77  
Patty Green (Terra Linda, S.Raf) 78

**880 YARDS**  
2:04.4m \*\*Ann Regan (Camden, San Jose) 77  
Kathy Costello (Pleasant Hill) 75  
2:10.0 Cheri Williams (Livermore) 78  
2:09.7m \*Diane Figliomeni (Saratoga) 78  
2:11.6 \*Marquita Belk (Silver Crk, SJ) 78  
2:12.4m Tracy Weber (Lynbrook, Syvle) 78  
2:13.7 \*\*\*Nancy Huyck (Aptos) 77  
2:14.2 Marie Zahner (O'Dowd, Oakland) 78  
2:14.5 Pam Bowers (American, Fremont) 78  
Lori Saia (Drake, San Anselmo) 78

**1500 METERS**  
4:16.8 \*Francie Larrieu (Fremont, Syvle) 69  
4:20.9 Cheri Williams (Livermore) 78  
4:21.5 \*Eileen Claugus (Rio Americano) 72  
4:29.4 \*\*Roxanne Bier (Independence, SJ) 78  
4:29.6 Pam Bowers (American, Fremont) 78

**ONE MILE**  
4:40.7 Eileen Claugus (Rio Americano) 73  
4:45.0 Cheri Williams (Livermore) 78  
4:51.1 Kathy Costello (Pleasant Hill) 75  
4:52.4 Suzanne Richter (Chico) 78  
4:52.8 Vicky Bray (Los Altos) 77  
4:53.2 Pam Bowers (American, Fremont) 78  
4:54.6 \*Ann Regan (Camden, San Jose) 78  
4:55.8 \*Sarah Sweeny (Marin Catholic) 77  
4:57.6 \*\*\*Nancy Huyck (Aptos) 77  
4:57.8 Kathy Adams (San Juan, Cit.Hgts) 77

**3000 METERS**  
9:30.8 Eileen Claugus (Rio Americano) 73  
9:42.0 \*Tena Anex (Fair Oaks) 73  
9:43.4 Vicky Bray (Los Altos) 77  
9:58.2 Ann Trason (Pacific Grove) 78  
10:03.6 \*\*\*Kerry Brogan (Los Altos) 78  
10:08.9 \*\*Roxanne Bier (Independence, SJ) 78

**TWO MILES**  
10:09.8 Cheri Williams (Livermore) 78  
10:12.5 Kate Keyes (Tamalpais, MV) 75  
10:19.4 Eileen Claugus (Rio Americano) 73  
10:37.8 \*\*Roxanne Bier (Independence, SJ) 78  
10:41.0 Kathy Costello (Pleasant Hill) 74  
10:42.0 Kathy Adams (San Juan, Cit.Hgts) 77  
10:44.9 Pam Bowers (American, Fremont) 78  
10:46.2 \*\*\*Kerry Brogan (Los Altos) 78  
10:46.6 Karen Nachbar (San Juan, C.H.) 77  
10:48.0 Irene Crowley (Overfelt, SJ) 78

**110 YARD LOW HURDLES**  
13.83 Kris Costello (Lynbrook, Syvle) 78  
13.6 Yvonne Boone (Fremont, Oakland) 74  
13.7 \*\*Tonya Alston (Chico) 77  
13.95 Kim Costello (El Camino, SSF) 78  
13.9 Michelle Hawthorne (El Cerrito) 78  
14.0 Anna Gabriel (Ellis, Richmond) 77  
Annette Richardson (El Molina) 77  
\*Sherifa Sanders (Tech, Oakland) 78  
14.26 Angel Kellen (Leland, San Jose) 78  
14.44 Joyce Scott (Vanden, Travis AFB) 78

**440 YARD RELAY (4 x 110)**  
47.15 Andrew Hill, San Jose 78  
47.1m Berkeley 78  
47.5 Berkeley 73  
Berkeley 74  
Berkeley 76  
47.9 Berkeley 75  
48.3 El Cerrito 77  
48.54 Northgate, Walnut Creek 78  
48.4 Tamalpais, Mill Valley 78  
48.5 El Cerrito 78  
48.5 Tech, Oakland 78

**MILE RELAY (4 x 440)**  
3:52.8 Berkeley 78  
3:54.09 Drake, San Anselmo 78  
3:55.6 Tamalpais, Mill Valley 77  
3:55.8 El Cerrito 77  
3:56.6 Berkeley 76  
3:57.4 Terra Linda, San Rafael 77  
3:58.2 Moreau, Hayward 78  
3:58.41 Camden, San Jose 78  
3:58.6 Pittsburg 78  
3:58.9 Saratoga 78

**HIGH JUMP**  
5-10 \*Tonya Alston (Chico) 78  
5-9 \*Candy Ross (Berkeley) 76  
Chris Shawhan (LaSierra, Carm.) 77  
Angela Phifer (Independence, SJ) 78  
Susie Boehner (Clayton Vly, Conc) 77  
\*Sonya Harrigfeld (Beyer, Modesto) 77  
Trish King (Menlo-Atherton) 78

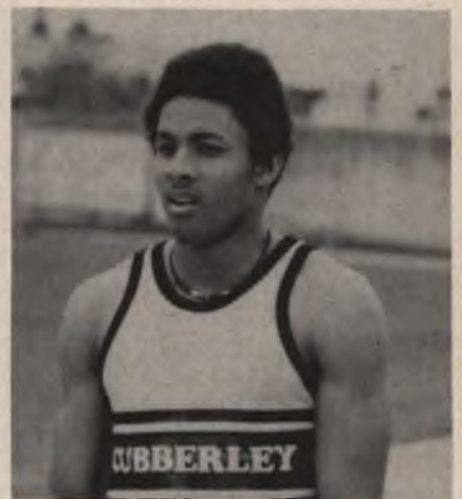
**LONG JUMP**  
19-7 \*Carrie McLaughlin (Davis, Mod.) 78  
18-11 Becky Rohrer (Red Bluff) 77  
18-9 \*\*Judy Young (El Cerrito) 78  
18-8 Paula Ng (Livermore) 77  
18-7 \*Dawn Peters (Northgate, W.Crk) 78  
18-6 Suzi Boehner (Clayton Vly, Conc) 77  
18-4½ Kim McDonald (St.Francis, Mt.Vw) 77  
18-3 3/4 Connie Paul (Leland, San Jose) 77  
18-3½ Barbara Kochendorfer (S.Tahoe) 78  
18-3 Kim Jessup (Tamalpais, Mill Vly) 77

**SHOT PUT (8#)**  
45-4½ \*Debra Pryor (Holy Names, Okld) 78  
44-11 3/4 \*Sue Springer (Salinas) 78  
44-3 Donna Erickson (Mt. Shasta) 77  
43-9 Debra Thornton (Sacramento) 77  
43-7 Karen Stampfli (Lassen, Svl) 77  
43-6 Joy Burgan (Sonora Union) 77  
43-4 3/4 Michelle Betham (Arcaha) 77  
43-3½ \*Lindy Toman (Amador Valley) 78  
43-3 Debbie Munsell (Elk Grove) 77  
43-1 Jodie Barker (Sequoia, R.C.) 78

**DISCUS THROW**  
155-0 Linda Langford (Leigh, San Jose) 69  
150-10 Karen Stampfli (Lassen, Susanville) 78  
150-9 \*\*Leslie Deniz (Gridley Union) 78  
148-9 \*Susan Springer (Salinas) 78  
147-2 \*Linda Read (Alameda) 78  
138-0 Cia Sandova (Riverbank) 78  
136-2 Jill Ridenour (Yuba City) 77  
133-5 Nadine Ramirez (Kennedy, Fremont) 78  
133-2 Carol Dolsby (Monte Vista, Dnvle) 77  
132-5 \*Sandy Johnson (Pleasant Hill) 78

**JAVELIN THROW**  
193-6 Cathy Sulinski (El Camino, SSF) 76  
164-8 Nadine Bowers (Milpitas) 75

**PENTATHLON**  
3449 \*\*Gigi Hurley (Lincoln, S.F.) 78



Marian Franklin did 53.56 for the metric quarter last year as a frosh. /Don Gorney/

(Clockwise from left) Dedy Cooper still holds the high and low hurdle bests. /Mike Shaughnessy/ Roxanne Bier (barefoot) is top two-mile returnee. Bill Green set all-time one-lap best last year as a junior. Tonya Alston of Chico is all-time leader in high jump at 5-10 and holds down third on the hurdles at 13.7, set in her sophomore year. She is the top returnee in both events. /Don Gorney/

# TRACK AND FIELD



# RESULTS



**NOTE:** - Because of space limitations, we will normally list only local competitors in major events taking place outside of Northern California...and in some cases, even locally. All results (besides high school, which should be sent directly to Keith Conning...see page 30) should be mailed directly to the NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401.

**SUNKIST INVITATIONAL** (Jan. 20, Los Angeles): /MEN/ 60: Hart/BAS 6:22; 60HH: 5-Cooper/SJS 7.65; 500:(I) Rodgers/MV 57.1, (II) 2-Brown/AIA 56.8; 800: Robinson/ICAC 1:52.2, West/BAS 1:52.8, 5-White/Cal 1:54.9; 2 Mi: 4-Schankel/CPSLO 8:42.0; TJ: Marlow/Cal 54-6½, Livers/PPC 54-2 3/4; HJ: 3-Haber/Macc 7-2, 5-Owens/ASU 6-10; /WOMEN/ Mile: Heald/Un 4:34.4, 3-M.Keyes/CPSLO 4:44.9, 4-Williams/Ore 4:46.7. /Al Franken/

**EXAMINER GAMES** (Jan. 26, Daly City): /MEN-OPEN/ MileWalk: 2-Himmelberger/SSC 6:41.4, 3-Dooley/WV 6:49.8; 50m: McTear/Al 5.76, 4-Payton/BAS 5.87, 6-Washington/SJS 5.94, 7-Harris/Stan 5.95, 8-Mathis/Cal 5.96; 60HH: Cooper/SJS 7.11, Foster/UCLA 7.13, Florant/ICAC 7.36, Kirtman/SJS 7.38, Roberts/WVTC 7.48, Carty/Un 7.59, 7-Margerum/Stan 7.67; Devil Mile: Tracy/AGRC 4:18.3, Gail/Stan 4:19.4, Nahirny/SJS 4:24.6; SP: Feuerbach/AW 66-2, Laut/UCLA 65-11½; LJ: 3-McRae/BAS 24-3, 4-Anderson/Un 23-7½, 5-Bates/Jaguar 23-3½; 300m: Sanford/USC 35.0; 800m:(I) 3-Nichols/Un 1:55.4, 4-Wells/Stan 1:55.5, (II) Robinson/ICAC 1:53.6, 3-West/BAS 1:54.2, 5-White/Cal 1:55.1; TJ: Livers/PPC 53-2½, Garner/CSH 50-3½, 4-Roessler/Stan 44-11; HJ: Jacobs/FD 7-4, Gibbs/SJS 7-0, Rodan/Sac 6-10, Reinhardt/CSH 6-10; 3000m: Coghlan/Ire 7:57.0, 4-Hart/WVTC-BYU 8:03.3; PV: Hintnaus/Ore 17-0, 5t-Woepse/SJS & Black/SJS 16-6; 500m: 2-Rodgers/TS 66.0; Mile: Scott/Irv 4:01.2, 8-Clifford/Cal nt; /WOMEN/ LJ: 2-King/Un 19-3, 4-Sanders/BEBTC 18-5, 5-McLaughlin/UCD 18-4½, 6-Scott/Un 18-1, 7-Phifer/SJC 17-8½; 50m: Cobbs/BEBTC 6.49, Ware/BEBTC 6.50, Nickson/CSH 6.63, Franklin/ML 6.64, Webster/BEBTC 6.67; 60H: 2-Alston/BEBTC 8.31, 3-Boone/CSH 8.44, 4-Sweeney/BEBTC 8.46, 5-Sanders/BEBTC 8.47, 6-Foster/CSUS 8.59, 7-Hurley/ML 8.78; SP: Seidler/Un 56-10 3/4; Mile: 2-Romesser/FPTC 4:53.8, 3-Graham/Un 4:56.1, 4-Bier/SJC 4:57.3, 5-Olrich/SJC 4:59.4, 6-Brogan/LAHS 5:07.7, 7-Manning/OrTC 5:08.5, 8-Hjelte/Cal 5:15.0; 300m: 3-Webster/BEBTC 43.3; MileR: BEBTC 3:57.0, MLTC 4:04.3, SJC 4:06.8, SJCC 4:15.0; /HIGH SCHOOL/ W-MileR: Hogan/Vallejo 4:19.6, Acalanes 4:21.5, Berkeley 4:24.9, Sequoia 4:44.6; W-2MR: MarinCath 10:17.4, MSJ 10:24.6; W-50m: Ward/Hogan 6.72, King/Berk 6.73, Quarles/Leland 6.76, Woodson/Linc-SF 6.77, Tatum/OakTech 6.79; PV: Kenison/Mills 14-0, Ellis/M-A 14-0, Jacques/DM 13-6, Crumpler/M-A 13-6; 50m: Threatt/Pitt 5.81, Green/Cub 5.81, White/Rich 5.92, Ford/Logan 6.10, Justice/Logan 6.12; 2MR: Highlands 8:26.8, Homestead 8:27.3, Skyline 8:28.8; 2 Mi: Clarke/Aus 9:10.0, Strangio/MSJ 9:27.9, Jay Marden/MSJ 9:30.6, Royal/Pet 9:31.0, Balderas/SJ 9:35.0, Rembao/SCz 9:37.2, O'Conner/Carl 9:38.8; /MASTERS/ W-Mile: Gorman/Un 5:12.8, Mitchell/TAM 5:43.6, Stricklin/WVTC 5:56.6, Neeley/TAM 6:00.8, Anderson/NCS 6:01.0, McGinn/Un 6:01.7, Waters/NCS 6:02.0, Sackerman/NCS 6:06.5, Maricle/NCS 6:14.5; SMR: NCS 3:33.7, SierraCr 3:34.0, NCS 3:44.0; Mile: Richardson/WVTC 4:35.6, Cathcart/WVTC 4:35.7, Brennan/SBAA 4:37.1, Welck/WVJ 4:37.1, Bowles/Un 4:43.0, Chaffee/ETC 4:44.4, 8-Guthrie/WVJ 4:48.5, 9-Peterson/Un 4:57.9, 10-Sawyer/RCRC 5:05.5; W-50m: Sherrard/NCS 7.00, Obera/NCS 7.06, Parish/Un 7.45, Ligon/NCS 7.49; 50m: Springbett/NCS 6.36, Sanchez/Chab 6.39, Parish/NCS 6.46, Rhoden 6.50, Hickman/NCS 6.62, Washington/Un 6.63, Marlin/NCS 6.69, Eller/Un 6.70; 50m(60+): Jordan/Stan 6.82, Koppel/NCS 7.24, Satti/Un 7.46, Fairbank/Un 7.92; /JR. COLLEGE/ HJ: Myers/Ala 6-8, Cox/Glendale 6-8; SMR: Skyline 3:38.8, SJCC 3:39.4, Santa Rosa 3:41.0, LosMedanos 3:41.8; 50m: Foster/SJCC 5.98, Trask/Hart 6.00, Wilhitte/AR 6.01, Taylor/SJCC 6.02, Perry/CCC 6.04, Jackson/SJCC 6.05, Larry/CCC 6.07; MileR: SJCC 3:24.5, Chabot 3:31.6; /COLL-UNIV./ SMR: CPSLO 3:36.7, CSH 3:37.7; TJ: Francis/CSH 48-6 3/4, McGlory/CSH 47-2 3/4; 60HH: Siai Siai/CPSLO 7.45, Lucky/Stans 7.76; MileR: Cal 3:23.5, CSH 3:30.0, Stanford 3:30.4; /AGE-GROUP/ Girls Relay: MLTC 2:44.4, Hilltop 2:45.3, Cup 2:52.6, Herbert Hoover 2:57.4; Boys Relay: Herbert Hoover 2:05.1, Diablo Valley 2:08.0, BEBTC 2:08.9, Los Medanos 2:16.3. -- Athlete of the Meet: Dedy Cooper (high hurdles). /Fred Baer/



The JC 50-meter race at the Examiner Games was extremely close as only 0.09 seconds separated seven runners. /Dave Stock/



(Left) Ray Threatt of Pittsburg upset Bill Green in the 50 meters as both clocked 5.81, only 0.05 slower than Houston McTear's winning time in the Invitational. /Don Gosney/ (Right) Chuck Steffes took fourth at both Albuquerque and San Diego indoor affairs in his triple jump specialty, going 51-5 3/4 & 51-6, respectively. /Dennis O'Rourke/

**JACK-IN-THE-BOX INDOOR** (Feb. 16, San Diego): /MEN/ 60: McTear/Al 6.16, Hart/BAS 6.17; 60HH: Foster/UCLA 7.11, Cooper/BAS 7.16; 500: Brown/AIA 56.1, 4-Rodgers/MV 59.3; 800: 3-Clifford/Cal 1:52.0; Mile: Coghlan/Ire 3:52.6(WR), Scott/IrvTC 3:54.1, Lacy/Wisc 3:54.7 (1st three under old WR); 2 Mi: Nyambui/UTEP 8:21.2, Chapa/Ore 8:25.7, 6-Nelson/BurbankHS 8:42.6 (2nd all-time H.S.); TJ: Livers/PPC 53-1 3/4, 3-Marlow/Cal 51-10 3/4, 4-Steffes/WVTC 51-6; PV: 2-Oravetz/Wash 17-0; HJ: 3t-Haber/Macc 7-0; /WOMEN/ 1000y: Heald/GBrTC 2:25.6, 3-Romessor/FPTC 2:27.2; /HIGH SCHOOL/ 500: Green/Cub 57.7. /Al Franken, Chuck Steffes/

**NATL. AAU INDOOR** (Feb. 23, New York City): /MEN/ 60y: Riddick/PPC 6.14, 4t-Hart/BAS 6.22; 60HH: Nehemiah/Maryland 6.94, Cooper/BAS 7.09; HJ: Fields/PPC 7-4 3/4, 7-Haber/Macc 7-0½; PV: Ripley/Un 18-1, 5-Oravetz/Wash 17-0 3/4; TJ: Livers/PPC 54-9 3/4; SP: 4-Feuerbach/AW 63-7½; /WOMEN/ Mile: Larriau/Un 4:39.2, 3-Heald/GBrTC 4:41.2, 4-M. Keyes/Macc 4:41.5, 7-Romesser/FPTC 4:54.5; MileWalk: Shea/Geotwn 6:58.9(WB), 3-Sakelarios/SCR 7:21.7, 8-McPherson/Army-WVTC nt; SP: Phillip/WGer 56-11, Seidler/SJStars 56-9. /Pete Cava/

**SAN JOSE STATE 91, STANFORD 79, HAYWARD STATE 33** (Feb. 24, San Jose): - PV: Woepse/SJ 16-10, Black/SJ 15-10; 400mIH: Finley/SJ 51.7, Roessler/S 53.5; HJ: Gibbs/SJ 6-10½, Reinhart/H 6-10½, Churchill/H 6-10½, Wright/H 6-8; 200m: Nelson/S 21.6; 2 Mi: Kissin/S 9:03.6, Gruber/SJ 9:06.6, Corey/S 9:09.9; DT: Sutherland/SJ 170-4½, Buss/S 168-3; 400R: SJ 40.5, Stanford 40.8; HT: Thompson/S 185-0 3/4; MileR: Hayward 3:20.4; TJ: Garner/H 49-8; SP: Feuerbach/SJ 57-1; 3000mSC: Gail/S 9:18.2, Haldeman/S 9:21.8, Celms/S 9:25.4, Embody/H 9:26.0; 1500m: Lobsinger/S 3:54.5, Chavez/SJ 3:54.9, Dowling/H 3:55.1, Ross/SJ 3:55.2, Schaer/S 3:55.7; 110mHH: Kirtman/SJ 14.6, Margerum/S 14.9; 100m: Nelson/S 10.7; JT: Ransford/SJ 214-0; 400m: Chepkwony/SJ 48.2, Banks/S 48.5; 800m: Stillman/S 1:53.3, Nahirny/SJ 1:53.4, Schaer/S 1:54.7; LJ: Atchade/SJ 24-9½, Nelson/S 24-2½. /Ernie Bullard/



CAL INTRASQUAD MEET (Feb. 24, Berkeley): - 1500: O'Reilly 3:54.5, Barry 3:54.6; 800(II): White 1:51.6, Crocker/BAS 1:53.6, Brown 1:53.6; 2 Mi: Clifford 8:58.0, Elieff 9:10.0, Blume 9:19.4; 5000m: Farrell/Sac 14:57.0; 3000mSC: Blume 9:16.5; 100m: Payton/BAS 10.6, Jones/Un 10.8; 400mR: BAS 41.1; 200m: Jordan/Un 21.0; IH: Smith/Un 51.9, Guss 52.1, Pratt 52.6, (II) Uribe 52.2, Harris/Sac 53.2; HH:(I) Ligons/Un 13.9, Smith/Un 14.1, Roberts/WVTC 14.3, (II) Grimes 14.9; 400m:(I) Marywether/Un 49.4, Madruga/Sac 49.5; (II) Uribe/Un 48.8, Horn/Sac 49.1, Johnson/Stam 49.3; 1600mR: Cal 3:12.5, BAS 3:12.9; HJ: Radan/Sac 6-10, Abbott/Sac 6-8; PV: Lizotte/WVTC 16-0, Philbert 15-6; SP: Porath 55-5, Parker 53-11; DT: Porath 170-9; JT: Miller/OTTC 194-6; LJ: McRae/BAS 24-0½, Marlow 23-3; TJ: Steffes/WV 50-0½, Bates/ATC 48-5½. /Brad Duffey/

CAL VS. SACRAMENTO ST. (Mar. 3, Berkeley): - 3000mSC: Holl/AGRC 9:18.0, Farrell/S 9:18.2; 400mR: BAS 40.3, BAS 41.7; 1500m: Elieff/C 3:56.0, Brady/C 3:57.1, Churney/C 3:57.3; SP: Parker/C 52-9; 110mH:(I) Florant/ICAC 14.0, Ligons/Un 14.0, Roberts/WVTC 14.1, Cowling/C 14.1, Pratt/C 14.3, (II) Jones/WVTC 15.1; 400: Madruga/Un 49.8; JT: Walker/SA 221-1, Steen/C 198-2; LJ: Marlow/C 23-8½; 100m: Farmer/C 10.5, Jones/Un 10.7, West/BAS 10.8; 800m:(I) Barry/WVTC 1:53.2; (II) Clifford/C 1:49.8, White/C 1:50.4, Karila/AGRC 1:51.6, Denesik/Sac 1:52.7; 400mH: Webster/Un 51.3, Uribe/C 52.1, Pratt/C 52.6, Grimes/C 52.8; PV: Lizotte/WVTC 16-0, Buckmiller/BAS 15-6; 200m:(I) Jordan/Un 21.5, Farmer/C 21.5; (II) Hampton/BAS 21.6, Cowling/C 21.8, Desmet/WVTC 21.9; DT: Porath/C 163-0; TJ: Marlow/C 49-2; HJ: Radan/S 6-8; 5000m: Harms/AGRC 14:22.2, Van Horn/S 14:26.8, White/S 14:27.0, Elieff/C 14:35.6; 1600mR: Cal 3:15.2, BAS 3:19.4. /Brad Duffey/

SAN JOSE STATE 92, UC IRVINE 62 (Mar. 3, San Jose): - HT: Schrader/I 187-0; SP: Feuerbach/SJ 58-3½; LJ: King/I 25-4 3/4, Atchade/SJ 24-7, Webster/SJ 24-0½; 400mR: SJS 40.4; JT: Ransford/SJ 229-2, Stewart/SJ 217-5; 1500: Ross/SJ 3:52.1, Chavez/SJ 3:53.3; 110mH: Kirtman/SJ 14.2, Austin/SJ 14.2; HJ: Gibbs/SJ 6-6; 400: Chepkwony/SJ 47.6; 100m: King/I 10.3, Thomas/SJ 10.5, Washington/SJ 10.5; DT: Sutherland/SJ 172-0; PV: Woepse/SJ 16-4; 800: Nahirny/SJ 1:56.1; 400H: Finley/SJ 52.7; TJ: White/SJ 47-9½; 200m: King/I 20.3, Kirtman/SJ 21.1; 5000m: Daniels/I 14:36.2; MileR: UCI 3:15.8. /Ernie Bullard/

STANFORD 100, OXY 53 (Mar. 10, Stanford): - 400mR: Stanford 40.9; LJ: Nelson/S 23-8 3/4; 3000mSC: Haldeman/S 9:05.0, Celms/S 9:19.4; 1500m: Lobsinger/S 3:47.8, 3-Kissin/S 3:51.3; SP: Holloway/S 52-9½; 110mH: Dorvall/O 14.5, Margerum/S 14.7; 400: Banks/S 48.2; 100m: Nelson/S 10.5; 800m: Schaer/S 1:51.1, Stillman/S 1:51.2; 400IH: Dorvall/O 52.7, Shumway/S 53.2, Roesler/S 53.7; 200: Gervais/S 21.7; DT: Thomson/S 160-6; TJ: Bullwinkel/S 47-7; 5000m: Berry/S 14:33.2, Corey/S 14:45.0; MileR: Stanford 3:17.0, Oxy 3:19.1.

ALL-CAL WOMEN'S MEET (Mar. 10, Berkeley): - 10,000m: Metteer/C 35:46.0, Zorich/C 37:58.4; SP: Malloy/Un 36-5; HJ: Barnett/I 5-6½; 5000m: Richter/C 16:24.0, Oehm/C 16:28.6; ...continued--



Cal's women set three school records at the All-Cal Meet (l-r): Alice Trumbly (4:26.7m), Suzanne Richter (leads Jan Oehm) (16:24.0m) & Sally Metteer (35:46.0m). /Don Gorney/

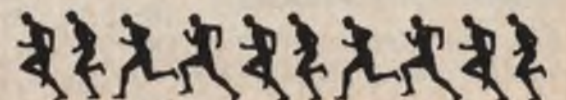
1500m: Trumbly/C 4:26.7, Graham/AGRC 4:32.9, Hjelte/C 4:39.6, Cox/C 4:40.7, Bubanja/C 4:43.1; JT: Banks/C 130-4; LJ: Thorpe/I 17-9½, Anderson/C 17-0; 400mR: Cal 47.7; DT: Banks/C 107-8; 100m: White/BETC 11.9, Parker/C 11.9; 400m: Bolton/C 56.4, 3-Saia/C 59.6; 100mH: Hawthorne/C 14.8, Malloy/Un 14.9; 800m: Saia/C 2:18.3; 3000m: Poor/Un 9:41.4, Meek/C 9:47.8, Hjelte/C 10:01.0, Grottenberg/Un 10:06.4, Cox/C 10:19; 1600mR: Cal 3:49.8; 200m: Parker/C 24.5, White/Un 24.7, M. Hawthorne/C 25.6. /Vern Gambetta/

SAN JOSE STATE VS. CAL (Mar. 10, San Jose): - 400mR: SJS 40.1, Cal 41.1; SP: Feuerbach/SJ 57-7, Parker/C 55-7; 3000mSC: Blume/C 9:22.0, Riggs/SJ 9:26.8; LJ: Atchade/SJ 24-8½, Webster/SJ 23-10½, Cole/SJ 23-10½; JT: Ransford/SJ 233-5½, Stewart/SJ 217-8; 110mH: Austin/SJ 14.1, Kirtman/SJ 14.1, Cowling/C 14.2, Pratt/C 14.5; 1500m: Clifford/C 3:52.6, Ross/SJ 3:53.7, O'Reilly/C 3:56.6; 400m: Chepkwony/SJ 47.4, Guss/C 48.2, Smith/C 49.1; 100m: Farmer/C 10.4, Thomas/SJ 10.4, Kirtman/SJ 10.5, Washington/SJ 10.5; 800m: Clifford/C 1:50.6, Nahirny/SJ 1:51.0, White/C 1:51.7, Clarke/C 1:53.0; HJ: Gibbs/SJ 6-6; DT: Sutherland/SJ 176-9, Feuerbach/SJ 163-1; 400mIH: Pratt/C 51.4, Grimes/C 51.7, Finley/SJ 52.1; 200m: Farmer/C 21.2, Kirtman/SJ 21.3, Thomas/SJ 21.4, Washington/SJ 21.5; 2 Mi: Blume/C 8:57.4, Elieff/C 8:59.6, Gruber/SJ 9:01.6, Burke/C 9:23.0; TJ: Marlow/C 51-6½, White/SJ 49-10+; MileR: Cal 3:21.5; PV: Woepse/SJ 17-4, Black/SJ 17-0.

CUPERTINO YEARLINGS AGE-GROUP SECTIONAL (Mar. 10, Los Gatos): - Top marks only. - /Youth/ 80mH: Ruth/ML 14.0; 200mH: Ruth 29.8; 100m: Swicegood/OTC 13.5, Friend/CY 13.5; 200m: Friend 27.8; /Midget/ 200m:(III) Watkins/ML 29.1, (V) Weisberg/SJC 29.3; 400m: Gabriel/SJTC 66.0; 800m: Garcia/SJC 2:28.3; LJ: Kinnison/Hywd 14-6½; 440R: Hayward 55.5; /Bantam/ 100m: Daniels/HH 14.7; 200m: Daniels 31.3; 400m: Sawyer/CY 73.1; LJ: Sawyer 12-10; SP: Jordan/AP 29-4½; BBT: Jordan 143-2½. /James Dix/

AGE-GROUP SECTIONALS (Mar. 11, Sacramento area): - /Bantam/ 200m: Corbin/HTC 32.3; /Midget/ 400R: Hilltop 55.6; 400m: Stone/MAR 66.8; 100m: Austin/EH 13.3, Brown/HTC 13.3; 200m: Mason/HTC 27.5, Austin/EH 28.2, Stone/MAR 28.6; /Youth/ 200m: Rice/BTC 25.5; 800m: Johnson/BTC 2:24.6; 100m: Carpenter/HTC 12.2; 400m: Williams/BTC 60.4; 400R: Berkeley 48.3; /14&Over/ 100m: Flemmings/Un 13.0, Cornelius/SG 13.0; LJ: McLaughlin/Un 17-7, Jordan/Un 16-3; HJ: McLaughlin/Un 5-6; DT: Randolph/Un 119-11; SP: Randolph/Un 38-11½, Thornton/CN 38-8½; 3000m: Roberts/Un 10:38.2. /Spikettes/

BROTHERHOOD GAMES (Mar. 17, Berkeley): /MEN/ TJ: Marlow/Cal 53-8 3/4; PV: Williams/BAS 16-0, Lizotte/WVTC 16-0, Buckmiller/BAS 16-0; SP: Porath/Cal 55-6½; LJ: Marlow/Cal 25-2, Brown/WVTC 24-3½, Anderson/SA 23-10; HJ: Nelson/Un 6-8, Sells/Hartnell 6-8; DT: Hjeltne/Un 193-4, Porath/Cal 183-0, Louisiana/WVTC 165-9; 110mH:(I) Cooper/BAS 14.37, Roberts/WVTC 14.58; (II) Smith/Cal 14.58, Gaines/BAS 14.66; (Final) Cooper 14.11, Gaines 14.35, Smith 14.46, Roberts 14.59; 100m: Hart/BAS 10.30, Evans/Un 10.51, Payton/BAS 10.62, Jones/Un 10.68, Thomas/SJS 10.69; 400IH: Webster/PCC 51.37, Cowling/Cal 52.42, Uribe/Un 52.72; 400R: BAS 39.91, SJS 40.39; 1500m: Clifford/Cal 3:50.3, Sup/MPC 3:51.3, Duffey/Un 3:52.3; Invit. 400m: Green/Un 46.84, Rochee/Un 48.00, Wallace/BAS 48.09, White/Cal 48.22, Smith/Cal 48.74, Madruga/BAS 48.77; 400m: Prince/Fthl 49.0, Mayweather/Un 49.1, Desmet/WVTC 49.5; 800m: Robinson/ICAC 1:48.8, West/BAS 1:49.4, Crocker/BAS 1:53.5, Rodgers/Un 1:53.6; 5000m: Blume/Cal 14:48.2, Sup/MPC 14:51.4, Goettelmann/WVTC 14:51.8; 200m: Evans/Un 21.2, Jordan/Un 21.37, Hampton/BAS 21.41, Payton/BAS 21.79; 1600mR: BAS 3:09.4, Cal 3:12.8; /WOMEN/ DT: Beuge/WG 180-10, Sulek/WG 177-7, Read/Un-AlamedaHS 145-5, Banks/Cal 144-9; 3000m: Taylor/WVTC 10:26.2; 200m: Bolton/Cal 24.45, M.Hawthorne/Cal 25.28, Banks/Cal 26.11. /Nate Slaughter/





(Left) James Robinson leads Cliff West to the tape at the Brotherhood Games. He has a 1:47.5m best this season. (Right) Elaine Parker, a frosh at UC Berkeley, has a 23.81m to date. /Don Gobney/

**NATIONAL AAU INDOOR MASTERS CHAMPIONSHIPS** (Mar. 17-18, Ann Arbor, Michigan): - 50y:(OA) 3-Marshall/WVTC 5.6; (OB) 2-Fitzsimmons/WV 5.9; (3B) 1-Koppel/NCS 6.8; 300y:(OA) 2-Marshall/WVTC 32.90; (OB) 4-Fitzsimmons/WVTC 33.65; (1B) 3-Springbett 35.45; (3B) 1-Koppel/NCS 40.76; 600y:(3B) 1-Koppel/NCS 1:40.1; 1000y:(3B) 1-Koppel/NCS 3:28.5; LJ:(OA) 2-Marshall/WVTC 20'11". /E. Morales/

**4-WAY WOMEN'S MEET** (Mar. 24, Hayward): 800m: Rieboldt/H 2:24.8; 400LH: Boone/H 66.2; 400m: Nickson/H 53.9, Thompson/LV 56.2; 100m: Jones/LV 12.2, Turner/LV 12.4; 200m: Nickson/H 23.9; 3000m: Symons/Ch 10:43.0; JT: Sulinski/H 153-9½; LJ: Jones/LV 19-2½; HJ: Kenney/LV 5-4; SP: Kuchta/Ch 44-0; 110mH: Turner/LV 15.0, Boone/H 15.2; 1500m: Symons/Ch 4:51.2, Oddone/Ch 4:51.4; 5000m: Aubuchon/H 17:57.7; 400mR: LasVegas 47.2, Hayward 48.6. Teams: Hayward 75, Nev-LV 50, Chico 46, Stanislaus State 13. /Bob McGuire/

**STANFORD INVITATIONAL** (Mar. 24, Stanford): - JT: Ransford/SJS 230-3, Bruner/S 227-11, Stewart/SJS 225-7; HT: Baginski/C 186-6, Thompson/S 183-3; 10,000m: Kissin/S 29:33.2, White/Sac 29:38.6, Blume/C 29:57.8; DT: Fox/OS 178-7, Porath/C 175-5, 4-Endler/FS 167-10; LJ: Wilson/IS 23-11½, Marlow/C 23-9; 110mHH: Austin/SJ 14.1, Kirtman/SJ 14.3, Pratt/C 14.4; SC: Gail/S 8:54.8, 3-Haldeman/S 9:09.2, Small/SLO 9:11.2; 440mR: SJS 39.7, CPSLO 40.1, Stanford 40.3; SP: Feuerbach/SJ 58-3 3/4, Porath/C 56-1½, Saras/I 55-5, Parker/C 55-2½; DMR: CP/SLO 9:47.6, SJS 9:49.0, Idaho 9:52.4, Stanford 9:52.4; 100m: Nelson/S 10.3, Kent/SLO 10.4, Rayboy/C 10.6, Cole/SJ 10.6; HJ: Peterson/I 7-0, 2-Reinhard/CSH 6-10; PV: Woepse/SJ 17-7, McDonald/SLO 16-8, Black/SJ 16-0, Olson/CSH 16-0; 880R: Stanford 1:24.9, Cal 1:25.6; 2MR: Cal 7:37.6, 3-CSH 7:40.7; TJ: Marlow/C 51-10 3/4, Garner/CSH 50-9 3/4, White/SJ 49-7½; 5000m: Van Horn/Sac 14:29.2, Elieff/C 14:34.8, 4-Gruber/SJ 14:43.2; MileR: Cal 3:13.8, CP/SLO 3:13.9, 5-Stanislaus 3:16.0. /Steve Miller/



San Jose State's 17'7" vaulter, Greg Woepse.

**CAL 77, WASHINGTON 44 (WOMEN)** (Mar. 25, Berkeley): - LJ: Hammonds/W 18-5½, Parker/C 17-9½, Anderson/C 17-5½; DT: 2-Banks/C 145-7; HJ: Garrison/W 6-0; SP: 2-Banks/C 39-8; 1500m: Trumbly/C 4:29.6, Richter/C 4:29.9, Meek/C 4:32.9; 100mH: M.Hawthorne/C 14.7; 400m: Bolton/C 54.9, Parker/C 56.5; 100m: Banks/C 12.7; 800m: Trumbly/C 2:10.3, Saia/C 2:11.8, 4-Meek/C 2:17.6; 400mH: M.Hawthorne/C 61.0; 200m: Parker/C 24.3; JT: Banks/C 144-5; 3000m: Oehm/C 9:39.6, Adams/W 9:43.6, Hjelte/C 9:50.4, Metteer/C 9:56.4, 6-Fox/WVTC 10:08.0, Zorich/C 10:22.0, Cox/C 10:23.4, Bubanja/C 10:23.4, Taylor/WVTC 10:24.6; 400mR: Cal 3:55.2, Washington 4:02.1. /Vern Gambetta/

**WEST VALLEY MASTERS MEET** (Apr. 7, Los Gatos): - /MEN/ 10,000m: (OB) Clark/WVTC 31:53.6; (1B) Lewis/TRAC 34:37.9, (2A) Martin/WVJ 39:05.4; 110mH:(1A) Thomas/Un 16.1; 400m:(OA) Pruitt/Un 51.7; (OB) Romain/WVTC 49.8, Mason/Un 52.3; (1A) Thomas/Un 56.1, Maresca/NCS 56.2; (1B) Nasralla/STC 57.6, Spurrier/NCS 58.6; (2A) Jackson/NCS 58.9, Washington/Un 60.5; MileR:(OA) WVTC 3:33.7; 100m:(OA) Marshall/WVTC 10.8; (OB) Fitzsimmons/WVTC 11.0; (1A) Anixter/NCS 11.2; (1B) Nasralla/STC 11.8, Bruhner/NCS 11.9; (2A) Washington/Un 12.5; (3B) Koppel/NCS 13.2; 200m:(OA) Corbin/HT 22.2, Marshall/WVTC 22.3; (OB) Romain/WVTC 22.1, Fitzsimmons/WVTC 22.3; (1B) Bruhner/NCS 23.9, Nasralla/STC 24.8; (2A) Washington/Un 26.8; (3B) Koppel/NCS 27.8, Satti/NCS 30.0; 800m:(OB) Romain/WVTC 1:58.4, Donaldson/MercTC 2:01.3; (1A) Knebel/WVTC 2:02.1; (3A) Waterman/Stan 2:33.8; (4A) Spangler/SLDC 3:27.2(WR); 1500m:(OB) Donaldson/MercTC 4:20.5; (1A) Cathcart/WVTC 4:11.9; 5000m:(OA) Clary/WVJS 15:21.8; (OB) McFadden/WVTC 16:46.6; (3A) Preston/SFPAC 21:05.8; SP:(2A) Wallace/STC 38-5 3/4; (3A) Burke/CDM 39-10; (3B) York/NCS 41-9; DT:(2A) Wallace/STC 119-4; (3A) Burke/CDM 121-6½; (3B) Dick/NCS 117-8 3/4, York/NCS 113-2; JT:(2A) 129-9; PV:(2A) Wallace/STC 9-6; (2B) Johnson/NCS 9-0; HJ:(1A) Walker/WS 5-6, Thomas/Un 5-2; (2B) Gist/CSM 5-0; (3B) Dick/NCS 4-0; LJ:(1A) Walker/WS 21-0½; (1B) Nasralla/STC 18-1; (2B) Johnson/NCS 17-1; (3B) Satti/NCS 14-10; TJ:(1A) Walker/WS 40-3½; (2B) Johnson/NCS 33-2. /WOMEN/ 400m:(OB) Gerard/WS 67.4; (1A) Parish/NCS 68.5; (1B) Obera/NCS 65.3; 100m:(OB) Gerard/WS 13.4; (1A) Parish/NCS 13.5; (1B) Obera/NCS 12.7; (3A) Kolda/NCS 17.2; 200m:(OB) Gerard/WS 29.1; (1A) Parish/NCS 29.5; (1B) Obera/NCS 27.4; (3A) Kolda/NCS 38.5; 800m:(OB) Gerard/WS 2:47.4; LJ:(1B) Obera/NCS 15-9. /LGAA/

**MILLBRAE LIONS RELAYS** (Apr. 7, Millbrae): /HIGH SCHOOL/ Mile: Hamilton/Cap 5:14.0; LJ: Costello/EC 17-7½, Phifer/Ind 17-5; HJ: Broussard/Ind 5-4½, Craig/MVista 5-4½, Phifer/Ind 5-4½; SP:(8#) Barker/Seq 43-3 3/4; DT: Bergman 122-8; 440R: Sequoia 50.6; 2MR: Capuchino 9:57.6; /AAU-OPEN/ 100mH: Viguie/ML 16.8; 200H:(5 @ 33") Winlock/Un 27.9, Holmann/WVC 28.0; 800m: Franklin/ML 2:11.0, Graham/AGRC 2:15.9, Manning/OTC 2:21.1, Hollingsworth/VMT 2:21.7; 1500m: Olrich/SJC 4:41.6, Manning/OTC 4:46.1; LJ: King/ML 18-1½; HJ: Nosach/ML 5-0; SP:(4Kg) King/ML 41-10 3/4; DT: Langford/Un 156-11, King/ML 136-6; /AAU-YOUTH/ 80mH: Schoenli/CY 13.2, Ruth/ML 13.4; 200mH:(5 @ 30") (I) Ruth/ML 30.2, McLaughlin/CY 30.9; (III) Bray/Arrow 30.9; 1500m: Morse/OTC 4:57.5; 440R: Hilltop"A" 50.0; MileR: ModestoMarl 4:18.0, Orinda 4:18.6, SJC 4:18.7; /AAU-MIDGET/ 440R: Hilltop 56.2. /Jim Hume/

**CAL WOMEN'S INVITATIONAL** (Apr. 8, Berkeley): - 10,000m: Robertson/CSN 35:50.6, Metteer/C 36:05.0; 100mH:(I) Calhoun/ASU 14.27, M.Hawthorne/C 14.47, Walker/UCLA 14.77; (II) Anderson/CSN 14.0, McGee/CSLB 14.1, Gourdine/UCLA 14.3; 100m:(I) Boyer/ASU 11.8; (II) Douglas/USC 12.12, 3-Bolton/C 12.42; (III) Brisco/CSN 12.00, Parker/C 12.12; DT: Van Pedro/ASU 179-0, 3-Banks/C 147-10; 5000m: Oehm/C 16:26.8, Mintie/ASU 16:31.0, Hjelte/C 16:35.6, 4-Aubuchon/CSH 17:23.6, 7-Thrupp/Stan 18:15.2; 400R: ASU 45.10, CSN 45.41, 5-Cal 47.31; 100m(Final): Boyer/ASU 11.72, 5-Parker/C 12.06; 100mH(Final): Anderson/CSN 13.91, 4-M.Hawthorne/C 14.57; 1500m: M. Keyes/CPSLO 4:21.7, Trumbly/C 4:28.8, Meek/C 4:32.8, Sweeny/UCSB 4:33.2; SP: Dole/UCLA 49-5 3/4; 800m: Romesser/CSN 2:08.10, Jenkins/CSLB 2:08.14, 6-Saia/C 2:13.1; 400m: Rich/CSLA 53.92; JT: Sulinski/CSH 172-0; 400mH: M.Hawthorne/C 59.85; 3000m: K. Keyes/CSN 9:27.8, Richter/C 9:33.0, Sweeny/UCSB 9:52.0, Broderick/UCLA 9:52.4, Cox/C 10:01.0; LJ: Anderson/CSN 21-5w, Walker/CSLB 20-6w; HJ: Spencer/CSN 5-10 3/4; 1600mR: ASU 3:43.5, 3-Cal 3:50.1; 200m: Y.Rich/CSLA 23.45, 3-Parker/C 23.81, Cobbs/ASU 23.97. Teams: CSN 121, ASU 94, Cal 87, CSLB 45, CSLA 44, UCLA 41. /Vern Gambetta/

**OREGON STATE 65, UC BERKELEY 55 (WOMEN)** (Apr. 14, Corvallis, Ore.): - 3000m: Meek/C 9:47.6, Richter/C 9:47.6; 5000m: Hjelte/C 17:06.5, Cox/C 17:06.6; 100mH: M.Hawthorne/C 14.71; 400m: Weston/OS 55.26, M.Hawthorne/C 58.43; 100m: Parker/C 12.07; 800m: Trumbly/C 2:08.95, Saia/C 2:12.26; 200m: Parker/C 24.96; 1500m: Richter/C 4:41.21, Meek/C 4:41.23, Hjelte/C 4:41.44, Saia/C 4:45.10; LJ: Parker/C 16-9½; SP: Tavernia/OS 41-2, 4-Banks/C 39-6; DT: Banks/C 128-0. /Gambetta/

**BRUCE JENNER CLASSIC** (Apr. 14, San Jose): - 100m:(I) Evans/Un 10.42, Wells/PPC 10.51, Payton/BAS 10.62; (II) Williams/USC 10.54, Collins/PPC 10.56, Edwards/TS 10.57, Thomas/SJS 10.64, King/I 10.65, Hart/BAS 10.66, McTear/ALI 10.73; 400mR: PPC 38.9, USC 39.1, BAS 39.2...6-SJS 40.2; ...continued...

(Bruce Jenner Classic, cont'd...) 3000mSC: Rono/WSU 8:40.6, 4-Gail/Stan 8:58.2, 5-Haldeman/Stan 9:00.2, Dyer/WVC 9:01.2; 400mH: Williams/CPSLO 49.4, King/Macc 49.7, 5-Webster/PCC 51.9, 6-Phillips/SJCC 52.3; (II) Smith/Stan 52.1, Guss/Cal 52.2, Uribe/Un 52.2; 800m: Robinson/ICAC 1:47.5, Cassleman/PCC 1:48.1, 4-White/Cal 1:49.0, 7-Schaer/Stan 1:49.8; 110mHH: Nehemiah/Maryland 13.16(WR), Cooper/BAS 13.43, 5-Florant/ICAC 13.89; Mile: Aldridge/CPSLO 4:02.5, Manke/AW 4:02.7, Jirele/SMTC 4:02.9; 880R: USC 1:22.3; 400m: Beasley/AIA 46.51, 3-Brown/AIA 47.22, 4-Chepkwony/SJS 47.52, 6-Banks/Stan 48.49; 5000m: Lawson/SMTC 13:52.6, Brown/AW 13:54.8, Schankel/CPSLO 13:57.2, Wysocki/Un 13:59.0, Geis/AW 14:00.0; 200m: Edwards/TS 20.57, Evans/Un 20.68, 4-Hampton/BAS 21.01, 5-Jordan/Jag 21.02; Masters 100m(55+): Jordan/Stan 12.3, Koppel/NCS 13.0; MileR: PPC 3:08.7, Cal 3:10.9, BAS 3:12.8; JT: Roggy/AW 289-7, 6-Kennedy/SJStrs 232-9; LJ: King/UCI 25-8 3/4, 4-McRae/BAS 25-0 3/4w, 6-Duncan/BAS 23-3 3/4; PV: McDonald/CPSLO 17-6, 5-Black/SJS 17-0; DT: Hjeltnes/BAS 217-3 1/2, Powell/SJStrs 200-3, 4-Plucknett/WVTC 197-7 1/2, 7-Overton/Un 183-2, 8-Porath/Cal 177-7, 11-Endler/FSU 170-5, 12-Montgomery/USC 169-2; TJ: Livers/PPC 54-10 3/4, 3-Marlow/Cal 53-6 1/2; Women's SP: Seidler/SJStrs 59-6 1/2; HJ: Gibbs/SJS 7-0, 2t-Boyd/SBTC & Link/UCD & Peterson/Id 6-10; SP: Feuerbach/AW 64-4 3/4, Wilkins/AW 62-6 1/2, 4-B.Feuerbach/SJS 59-4, 5-Gummerson/Un 58-11 1/2; /JR. COLLEGE/ 3000mSC: LaBonte/Sad 9:15.4, 4-Vargas/Hart 9:30.6; DMR: Bak-ersfied 10:07.8, 3-SJCC 10:10.0, 5-DeAnza 10:13.4; 2 Mi: Smith/Hghln 9:07.8, 3-Christensen/MPC 9:18.0; 400mR: SJCC 40.1, LBCC 40.2, 4-SacCC 41.0; 400mH:(I) Sells/Hart 53.9; (II) Terry/Pas 52.4; 110mHH: Frezier/Pas 14.35, Carmichael/SJCC 14.37, Patterson/CCC 14.51, Grady/Hart 14.52; Women's 100m: Gibbs/SJCC 12.19, 3-Hampton/SJCC 12.51; 100m: Jackson/SJCC 10.61, 4-Daily/SacCC 10.78, 5-Foster/SJCC 10.78, 7-Trapps/Ala 10.79; 880R: SJCC 1:24.8, 5-Alameda 1:27.6; MileR:(II) MSAC 3:11.2, LBCC 3:12.0, SJCC 3:12.6; LJ: Bates/Ala 23-7 3/4; JT: Fenwick/MSAC 213-7, 3-Parish/WV 211-8; HJ: Sanders/LBCC 7-0, 7t-Wyrick/SJCC 6-8; DT: Mondello/Full 164-9, 3-Voorhees/SR 160-3; TJ: Fisher/SAna 50-6 1/2, 3-Bates/Ala 50-0, 4-Wyrick/SJCC 49-7 3/4; SP: Voorhees/SR 56-4 1/2, Smith/CSM 54-5 3/4; PV: (tie) Alexander/DA, Kirby/MSAC & Newton/Gr 15-9. /Bert Bonanno/

SAN JOSE INVITATIONAL (Apr. 28, San Jose): - HT: Olsen/UTEP 221-10, 4-Oswald/WVTC 182-4, 5-Sawyer/Macc 176-3; 400mH: Gray-behl/PCC 51.5, 2t-Angel/Army, Uribe/SA, Williams/Macc 52.2, Webster/PCC 52.3; 2 Mi-Walk: Pyke/SSC 13:36.2, 3-Himmelberger/SSC 14:08.2, Ranney/WVTC 14:25.6; 10,000m: Hart/BYU 30:23.6, Garcia/FPTC 30:24.0, Cassaday/WVTC 30:54.4, Gruber/SJS 31:49.4; 3000mSC: Cruz/Army 9:10.8, Hurst/Un 9:15.4; 400mR: BAS 40.4, SJS 40.6, CPSLO 40.6; 1500m: McCullough/SMTC 3:46.1, Jirelle/SJStrs 3:46.3, Ross/SJS 3:46.3, Porter/WVTC 3:49.9; JT: Kennedy/SJStrs 241-10; 110mH:(w) Cooper/BAS 13.4, Florant/ICAC 13.6, Austin/SJS 13.7, Ligons/AA 13.8, Roberts/WVTC 14.0, Bearden/SJS 14.2; 400m: Wheeler/Un 47.0, 3-Chepkwony/SJS 47.4, Johnson/Stanius 48.3; 100m:(I)w Cole/SJS 10.1, Krulee/Macc 10.2, Jones/Un 10.2; (II) Thomas/SJS 10.2, Edwards/TS 10.2, Kirtman/SJS 10.3, Lewis/SFSp 10.3; 800m: West/BAS 1:50.9, Nahirny/SJS 1:53.3, Marcheschi/CSH 1:54.3; LJ: Ehizuelen/Macc 26-5 3/4w (26-4 1/2 ok), Atchade/SJS 25-8 3/4w, 5-Anderson/SA 24-7 1/2w, 6-Steffes/WVTC 24-6w; PV: Tully/IA 17-8, 4-Woepse/SJS 17-4, 5-Black/SJS 17-0; SP: Almstrom/UTEP 60-10; HJ: Gibbs/SJS 7-0, Radon/Sac 7-0, Haber/Macc 7-0; 200m:(w) Edwards/TS 20.4, Hampton/BAS 20.6, 3t-Jordan/Jag & Kent/CPSLO 20.8, 5t-Rodgers/Un & Kirtman/SJS 21.0; 5000m: Ramirez/FPTC 14:23.0, Nitti/SMTC 14:30.0, Leano/NevR 14:33.8, Kingery/CPSLO 14:44.5; TJ: Garner/CSH 53-5w, Hayes/CSH 52-11w, white/SJS 51-6w, 5-Steffes/WVTC 50-5w; MileR: Maccabi 3:12.2; DT: Stadel/Un 215-0, Hjeltnes/BAS 214-11, McGoldrick/Un 208-4, Powell/Un 208-1, 6-Burton/Ore 199-11; /WOMEN/ LJ: Loud/Un 20-7 1/2w, Elmore/ML 19-9 1/2w; 3000m: Olrich/SJC 10:08.8, Manning/OTC 10:20.0, Hamilton/ML 10:39.6; JT: Cannon/ML 171-10, Sulinski/CSH 161-5; 400m: Howard/Un 54.6, Franklin/ML 56.1; 800m: Graham/Un 2:15.7, Howard/Un 2:15.7, Hanson/OTC 2:20.3; 200m: Loud/Un 23.5, Washington/Un 24.3, Franklin/ML 24.3; /HIGH SCHOOL/ HJ: Sterle/Un 6-4; 880: Trujillo/Un 1:57.5, Hudson/Un 1:58.0. /Ernie Bullard/

WOMEN'S ALL-COMERS MEET (May 5, Berkeley): - 10,000m: Oehm/Cal 35:35.0, Fox/WVTC 35:53.2, Olrich/SJC 36:00.0, Aubuchon/CSH 36:22.2, Thrupp/Stan 36:24.0, Rudolph/Sac 37:35.0, Zorich/Cal 37:52.6; 100mH: King/Un 14.4; 400m: Cheek/Stan 60.4; 800m: Stohr/Sac 2:14.0; 400mIH: Snyder/UCD 65.8; 200m: Gilmore/Sac 26.0; 3000m: Ernst/Stan 10:42.4; SP: Betham/CSH 41-7, Banks/Cal 36-10; JT: Whitfield/Un 163-7; LJ: King/Un 19-9...Note: top three finishers in 10,000m qualified for AAU Nationals and 1st, 4th & 5th for AIAW Nationals. /Vern Gambetta/

WEST COAST RELAYS (May 4-5, Fresno): - Incomplete results received at time of typing...complete report next issue.

UCLA/PEPSI INVITATIONAL (May 6, Westwood): /MEN/ 100m: McTear/ALI 10.17, Leonard/Cuba 10.18, Hart/BAS 10.20; 200m: Edwards/TS 20.51, Williams/AA 20.61, Sanford/USC 20.71; 400m: Smith/AA 45.55, Frazier/PPC 46.04, Juantorena/Cuba 46.20; 800m: Robinson/ICAC 1:48.3, Omwansa/USC 1:48.7, Belger/AA 1:49.3; Mile: Coghlan/Ire 3:56.9, Scott/Irv 3:56.9, Lacy/Wisc 3:59.0; 2 Mi: Lawson/SMTC 8:31.6, Schankel/CPSLO 8:33.7, Nelson/BurbankHS 8:36.3(Natl. HS Record); 110mHH: Nehemiah/Maryland 13.00(WR), Casanas/Cuba 13.23, Cooper/BAS 13.72; HJ: Jacobs/FDU 7-2, Peterson/Id 7-0, Curtis/Un 7-0; SP: Stahlberg/Fin 69-7, Laut/UCLA 67-0, Dolejewicz/Can 66-0; DT: Tuokko/Fin 220-4, Hjeltnes/BAS 214-2, Oerter/NYAC 209-9; TJ: Banks/TS 56-6 3/4w, Butts/ALI 54-10, Dupree/Un 52-8 1/2w; PV: Tully/Un 17-6, Pullard/Un 17-0, Mulligan/USC 17-0; /WOMEN/ 100m: Ashford/Macc 11.2, Boyer/ASU 11.3, Douglas/USC 11.3; 200m: Rich/LAS 23.2, Loud/Un 23.3, Boyer/ASU 23.6; 400m: 5-Bolton/Cal 54.00; 800m: Clark/Un 2:03.5, Campbell/FI 2:04.7, Vigil/NM 2:04.6; Mile: Larrieu/PCC 4:29.3, Bremser/WiscTC 4:37.4, M.Keyes/CPSLO 4:37.9; 110mH: LaPlante/SDTC 13.15, Anderson/LAN 13.62, Michado/Cuba 13.73, 5-M.Hawthorne/Cal 14.12; 400mR: LAST 45.04, ASU 45.33, USC 45.78, 5-Cal 46.03; SP: Seidler/Stars 57-6 1/2, Devine/Texas 54-4 1/2, Frederick/PCC 49-10; LJ: Ray/FI 20-10 3/4w, Anderson/LAN 20-10w, Loud/Un 20-9 1/2w; HJ: Spencer/LAN 6-0 3/4, Girven/Mrylnd 6-0 3/4, Walker/UCLA 5-11 1/2; DT: Grittin/SW 190-6, Connel/Un 178-10, Deniz/Un 175-10; JT: Sulinski/ML 183-9, Cannon/ML 172-0, Nelson/CI 150-1.□

## LONG DISTANCE RESULTS

NOTE: - As mentioned on page 37 of the last issue, races that do not list results in a somewhat standard format, listing at the very least the overall place, full name, sex, and age or division (with explanation of divisional age breakdowns), will either not be listed at all in the NCRR, or we may list them in the miscellaneous results that follow. If we do chose to list these 'non-standard' results in our major results section (beginning on page 41 of this issue), it will be out of the 'kindness of our hearts'. Several races that should have been listed in the "major results" section that were not, include the Monterey Peninsula YMCA Super Race II (Jan. 29) and the Los Gatos-Vasona 10K, among others. Both of these races did not list any indication as to age or sex of participants so we will only give minor coverage on them. Again, the best way to get better results is to tell the meet director yourself. If enough complaints are voiced, it can work wonders.

OAKLAND BALLETT VISTA RUN (Oct. 15, Berkeley): - Note: results were received too late to include in the "major results" section. -- 1-Blume/Cal 32:32, 2-Eligton 32:59, 3-Williams/MR 34:12, 4-Duncan/WVTC 34:55, 5-Zimmerman 35:48, 6-Tracy/AGRC 36:13, 7-Edelbrook 36:14, 8-Mills 36:21, 9-Shuman 36:34, 10-Chapman 36:42, 11-Gowen 37:08, 12-Paul/PMK 37:19, 13-Coleman 37:21, 14-Eichstaedt 37:41, 15-Moon 37:45, 16-Coulter 37:56, 17-Degroot 38:00, 18-Dean 38:15, 19-McRice 38:23, 20-Tonkyn 38:26...54-White(40+) 41:56, 62-Dunn 42:20, 99-Janice Barr 44:31, 108-Ruth Anderson/NCS(40+) 44:46, 118-Louise Burns/NCS 45:14, 120-Denise Bigelow 45:14.../6.3 Mi./ /Bobbi Cordova/

DSE LEGION OF HONOR RUN (Nov. 11, San Francisco): /4.5 Miles/ 1-Tom Downs/WVTC 23:02, 2-Peter Downs/WVTC 23:15, 3-Apperson 23:48, 4-Paul/PMK 23:49, 5-Gamboa 23:59, 6-Ferguson/WVTC 24:10, 7-Robertson/WVTC 24:34, 8-Lawler 24:35, 9-Prosceno 24:38, 10-Myers/PMK 24:46, 11-Casey/ETC 25:07, 12-Nicholson/PMK(40+) 25:08...74-Marty Maricle/NCS 30:26, 75-Ruth Anderson/NCS 30:26 (both 40+)...275 finishers. /DSE News, Sheila Mullen/

DSE EMBARCADERO RUN (Dec. 3, San Francisco): /6.5 Miles/ 1-Mike Fanelli/PMK 33:23, 2-Kearcher 34:13, 3-Steer 34:46, 4-Woodliff/DSE 34:56, 5-Willmot 34:57, 6-Gilbert 35:01, 7-Robinson/PMK 35:14, 8-Wong 36:26, 9-Boitano 36:33, 10-Myers/PMK 36:38, 11-Cushen(40+) 36:50...64-Kathy Prickett 41:38, 92-Karen Scannell/PMK(40+) approx. 43:20...431 finished. /DSE News/

DSE LANDS END RUN (Dec. 9, San Francisco): /4 Miles...long?/ 1-Mark Sisson/WVTC 21:37, 2-Rodriguez/WVTC 21:49, 3-Woodliff/DSE 21:59, 4-Fanelli/PMK 22:19, 5-Apperson/CW 22:48, 6-Gilbert 22:57, 7-Swezey/PMK 23:04, 8-Unknown, 9-deWilde 23:07, 10-Carson nt...13-Cushen(40+) 24:17, 56-Margaret Livingston/WVTC 27:40, 73-Pam Provol 28:40...276 finished. /DSE News/

HONOLULU MARATHON (Dec. 10, Honolulu, Hawaii): - *Top NorCal runners are listed thru 3:30 if recognizable...no hometowns or clubs were listed in the results, so I have probably missed a few.* -- 1-Don Kardong/CNW 2:17:04.4, 2-Durden/AtITC 2:18:04, 3-Takehiko/Japan 2:18:22, 4-Lodwick/Texas 2:18:27, 5-Moore/OTC 2:19:09, 6-Wells/AW 2:19:36, 7-Anderson/Colo 2:22:14, 8-Hattersley/Colo 2:23:24, 9-Pinocci/WVTC 2:23:52, 10-Kenji/Japan 2:24:23, ...17-Wysocki/Nev 2:26:21, 18-Tuttle/TIT 2:26:54, 21-Macdonald/WVTC 2:27:40, 33-Sechrist 2:34:17, 56-Patti Lyons/Mass 2:43:10, 66-Marty Cooksey/Calif 2:45:43, 140-Stein 2:53:54, 185-Lualhati/NCS(40+) 2:57:41, 194-Tuinzing/TAM 2:58:12, 195-Von Borstel/TAM 2:58:12, 214-Whittingslow/SFOC 2:59:09, 239-Cowman 3:01:10, 274-Kuykendall/WVTC 3:03:27, 305-Arata 3:05:13, 323-Judy Leydig/WVTC 3:06:38, 481-Ed Syrett/WVTC 3:13:24, 500-Sue Brusher/BASC 3:14:48, 501-Bill Brusher 3:14:48, 531-Niedrauer/WVJ(40+) 3:16:27, 543-Gail Gustafson/WVTC 3:16:55, 563-Irene Rudolf/WVTC 3:17:29, 584-Jerry Mahakian/WVTC 3:18:22, 586-Dresser 3:18:24, 705-Benyo/RWRC 3:22:34, 852-Karen Kressenberg/WVTC 3:26:24, 853-Blonder/RCRC(40+) 3:26:25, 883-Mecca 3:27:07, 933-Crawford 3:28:22, 961-Anderson/RWRC 3:29:08. /Honolulu Marathon Ass'n/

FESTIVAL OF LIGHTS 10K (Dec. 17, Lake Murray - San Diego area): 1-Gary Blume/Cal 30:21.6, 2-LeBold 30:55, 3-Goldberg 31:07, 4-Buckingham/JT 31:50, 5-Keller 32:19...26-Laurie Binder 35:28, 40-Susan Gelley 36:58, 44-Bolin(40+) 37:05. /SDTC News/

MISSION BAY 25K (Dec. 23, San Diego): - 1-Ed Mendoza 80:15, 2-Frickel 81:59, 3-Podlarski 82:21, 4-LeBold 84:01, 5-Buckingham/JT 66:19...21-Burgasser(40+) 92:05, 42-Laurie Binder 96:09.

DSE TWIN PEAKS RUN (Dec. 24, San Francisco): /3.6 Miles/ 1-Mike Fanelli & D. Black 18:10, 3-Woodliff/DSE 18:25, 4-Stein 18:38, 5-Sevald/ETC 18:45, 6-Ferguson/WVTC 18:48, 7-Morrissey 19:08, 8-Morse 19:20, 9-Murphy 19:34, 10-Reager 19:35...36-Ann Hamilton/ML 21:39, 77-Gail Gustafson/WVTC 23:17, 81-Sue Brusher/BASC 23:29...255 finishers. /DSE Newsletter/

FRESNO ATHLETIC WORLD 7-MILER (Jan. 6, Fresno): 1-Juan Garza/FPC 35:20, 2-A. Lara/FPTC 35:50, 3-Foley/FPTC 36:00, 4-Hall/FPTC 36:25, 5-S.Thornton/HSTC 36:27, 6-Gregory/FPTC 38:09, 7-Campbell/FPTC 38:35, 8-Lindsey/FPTC 38:50, 9-Penner/FPTC 39:07, 10-Sage/Un 39:07, 11-Bob Stephenson/HSTC 39:12, 12-L. Thornton/HSTC (40+) 39:34...33-Rene Ortiz/FPTC 44:36, 39-Sandy McPherson/WVTC 45:14, 46-Carolyn Tiernan/WVTC 46:59...83 finished. /Cockerham/

WVTC INTRA-SQUAD TIME TRIAL (QUALIFIER FOR NATL. JR. X-C) (Jan. 6, San Francisco): /4.95 Mi. - Lake Merced/ 1-Tom Downs/Skyline 24:26, 2-Conover/HSU 24:37, 3-Gruber/SJS 24:37, 4-Strangio/MSJ 24:54, 5-Jay Marden/MSJ 24:54, 6-John Marden/MSJ 25:29, 7-Munoz/Lind 26:00, 8-Valdez/FSU 26:16. /Dave Shrock/

SOLVANG 10KM (Jan. 7, Solvang): 1-Hollister/SBarb 31:15, 2-Cornish 31:27, 3-Sappenfield 31:30, 4-Trimble/SLO 33:19, 5-King 33:30, 6-Mandanis/WDS 34:00, 7-Tello 34:07, 8-Gourley/SLO 34:56...14-Hoffman(40+) 36:47, 48-Franie Castro 41:03. /Brennand/

MISSION BAY MARATHON (Jan. 14, San Diego): 1-Virgin/SLTC 2:14:40, 2-Wilson 2:18:08, 3-Rojas/CTC 2:20:35, 4-Frickel/SSAC 2:21:32, 5-Lux/JT 2:22:57, 6-Rinde/OPHIR 2:24:35, 7-O'Halloran/AGRC 2:25:39, 8-Norton/OGC 2:26:37, 9-Hlinka/Summit 2:26:39, 10-S.Jones 2:27:55...16-Britten/AGRC 2:30:39, 42-Almeida/SDTC (50+) 2:39:42, 52-Denesik/Sac'to 2:41:40, 96-Valencia/Felton 2:48:01, 189-Kallett/WVTC 2:55:37, 193-Bauman/Auburn 2:55:54, 221-Turner/NevadaCity 2:57:32, 230-Petras/SF 2:58:10. /WOMEN/ 1-Laurie Binder/SD 2:45:48, 2-Sue Krenn/SDTC 2:45:52, 3-Debbie Lewis/TCH 2:46:20, 4-Dunkeelaar/AZRR 2:56:44, 5-Susan Gelley 3:00:45, 6-Irene Crowley/SJCC 3:03:03. /David Baxter/

PATRICK'S POINT RACE (Jan. 14, nr. Arcata): /6.2 Mi./ 1-Scott Peters 31:09, 2-Conover/HSU-WVTC 31:14, 3-Morales/HSU 31:37, 4-Innes/HSU 31:38(?), 5-Dauncey 32:16, 6-Little 32:48, 7-K. Searles 32:24, 8-Walker 33:28, 9-Knudsen 33:50, 10-Scholl 34:14...19-Gilchrist(40+)/SRRC 37:39, 23-Crandell/SRRC(40+) 38:03, 40-Flossie Horgan 39:56, 41-Jane Wooten 40:04. /SRRC News/

NATIONAL AAU MARATHON (Jan. 20, Houston, Tex.): - 1-Antczak 2:15:28, 2-Eden 2:16:21, 3-Mahoney/GBTC 2:17:25, 4-Odom 2:19:31, 5-Seaver/WVTC 2:19:50, 6-Trammel 2:19:53, 7-Oparowski 2:20:29, 8-Romesser/FPTC 2:20:59, 9-Wallace 2:25:16, 10-Alexander 2:26:02, 11-Zapata/WVTC 2:26:10, 12-Hamer/WVTC 2:29:13...29-Nabers/WVTC 2:35:38, 63-Sue Petersen/STC 2:46:17, 118-Donna Burge 2:54:17, 154-Marie Albert/SCRR 2:56:56, 156-Ikenberry 2:57:06, 171-Vajdos 2:57:54. Teams: Greater Boston TC 7:03:10, West Valley TC 7:13:58, Atlanta TC 7:19:28. /Houston Harriers/

DSE PRESIDIO GATE RUN (Jan. 21, San Francisco): /3.5 Mi.??/ 1-Bob Woodliff/DSE 17:49, 2-Kearcheau 17:58, 3-Willmot 18:35, 4-Robinson/PMK 18:42, 5-Boitano 18:45, 6-May 18:50, 7-Casey/ETC 19:03, 8-McLaughlin 19:12, 9-J.Myers/PMK 19:14, 10-Stagliano 19:22...31-Anne Hamilton/ML 20:51, 74-Diane Young 22:29, 89-Elizabeth Brown 22:52. /DSE Newsletter/

SUPER BOWL SUNDAY 10K (Jan. 21, Redondo Beach): 1-Lou Patterson/AGRC 30:32, 2-Barry Williams 30:50 (no other results available...Susie Meek/Cal 36:23. /Dennis McCarbery/

MONTEREY PENINSULA YMCA SUPER RACE II (Jan. 27, Monterey): - 1-John Sup/MPC 30:31.3, 2-Ramirez/FPTC 30:51, 3-Brooks/WVTC 31:05, 4-Kennada 31:36, 5-Watson/WVTC 31:54, 6-Christensen 32:11, 7-Baudendistel 32:18, 8-Jackson 32:32, 9-Pincombe 32:51, 10-Wellck/WVJ(40+) 33:30, 11-Tierraeria 34:05, 12-Cook/WVTC 34:11, 13-Fletcher 34:18, 14-Sweet 34:25, 15-Rostege/WVTC 34:30, 16-J.Magallanes/SHS 34:53, 17-Bredthauer 35:12, 18-Gaches 35:17, 19-Canales 35:18, 20-Corral 35:24...32-Brazinsky (40+) 36:11, 43-Dally/WVTC(40+) 37:00, 58-Cathy Demmelmaier/SJC 37:58, 63-Pat English/WVTC 38:31, 101-Vicki Blankenship/PMK 40:55, 105-Sue Miller 41:21, 111-Pam Burkes/WVTC 41:27... 518 finishers. /Earl Collins/

SANTA BARBARA SCHOLARSHIP FOUNDATION 10K (Jan. 27, Santa Barbara): 1-Chuck Smead/TIT 31:01, 2-Hollister 31:18, 3-Gillis 33:19, 4-Callaway 34:13, 5-Nieves 34:20, 6-M.Bergkamp 34:33, 7-Remmenga 35:00...18-Beste(40+) 37:58, 23-Perkins(50+) 38:31, 29-Tara Hobbs 39:17, 44-Fay Hobbs 40:33. /John Brennand/

WALKER & LEE MARATHON (Jan. 28, Orange): 1-Charlie McMullin/SMTC 2:15:45, 2-Brown 2:22:07, 3-Dettmar 2:23:33, 4-Curran 2:24:01, 5-McDermott 2:24:30, 6-Lassegard/Macc 2:26:31, 7-Mahler/SMTC 2:27:42, 8-Wilson/JT 2:28:17, 9-O'Hara 2:28:39, 10-Chambliss/BB 2:28:45, 11-Roy 2:29:07, 12-Siddons/Macc 2:29:37, 13-Shaffer 2:29:51, 14-Eastland 2:30:42, 15-Harvey/USMC 2:31:49...25-Dirkin/STC(40+) 2:37:51, 30-Shaffer/CCAC 2:39:33, 94-Sue Peterson/STC 2:54:27, 99-Elaine Campo 2:54:52, 107-Janet Ledder 2:55:22...869 finished. /Bill Selvin/

DSE FERRY BUILDING RUN (Jan. 28, San Francisco): /4 Miles/ 1-Phil Kay 19:56, 2-Tracy/ETC 20:36, 3-Bellan 21:04, 4-Mitchell 21:09, 5-Murphy 21:11, 6-May 21:12, 7-Boitano 21:13, 8-Percy 21:20, 9-Dean 21:30, 10-Wong 21:31...43-Anne Hamilton/MLTC 23:40, 90-Bridget Flynn 26:04, 103-Lilian Woodward(40+) 26:28, 110-Elizabeth Brown 26:36...411 finishers. /DSE Newsletter/



West Valley TC took second in the National AAU Jr. 8K X-C in Gainesville, Florida, with a team of (l-r): Tom Downs, Mark Conover, Steve Strangio, Rod Berry, Jay Marden, Tim Gruber, and Peter Downs. /David Peterson/

NATL. AAU JR. 8K X-C & INTERNATIONAL TRIALS (Feb. 3, Gainesville, FL): 1-Herb Willis/CFYMCA 23:27, 2-Hill/Vir. 23:33, 3-Gregorek/Geo 23:36, 4-Nelson/Burbank 23:39, 5-Scharsu/PennSt 23:39, 6-Sheely/Havfrd 23:40...9-Morales/HSU 24:10, 13-Gruber/WVTC-SJS 24:31, 17-Ernst/EldTC 24:46, 18-Berry/WVTC-Stanford 24:51, 20-Conover/HSU-WVTC 24:54, 23-Jay Marden/WVTC-MSJ 25:34, 25-P.Downs/WVTC-Sky1 25:48, 28-Strangio/WVTC-MSJ 26:08...Teams: CFYMCA 2:02:04, WVTC 2:05:38. /John Creer/

**SAMBOS SANTA BARBARA WINTER RUN** (Feb. 3, Santa Barbara): /5.93 Mi./ 1-Chuck Smead/TIT 28:54, 2-Sappenfield 29:44, 3-Packer/CSN 29:52, 4-Huff/SLO 30:16, 5-Blum 30:51, 6-Gillis 30:59, 7-Fabris/SLO 31:14, 8-B.Brennand 31:16, 9-McCann 31:20, 10-Becker 31:54...24-Ridling(40+) 35:26, 30-Beste(40+) 36:36, 36-Eileen Kraemer/SLO 37:40, 37-Janice Kelley/SLO 37:40, 40-Kim Gonzales 38:06...198 finishers. /10.0 Mi./ 1-Hollister 53:49, 2-Donovan 54:50, 3-J.Brennand/SBAA(40+) 55:05, 4-Botke 55:05, 5-Bergkamp 55:40, 6-Matye 55:52, 7-Bartek/SBAA(40+) 56:00, 8-Boggs 56:26, 9-Edwards 56:43, 10-Durand 56:59...72-Debbie Dobbs/SLO 69:37, 75-Margaret Miller(50+) 69:56...169 finished. /John Brennand/

**LAS VEGAS MARATHON** (Feb. 4, Las Vegas, Nev.): 1-Fridly/LVTC 2:28:46, 2-Duarte 2:28:58, 3-Sayward 2:30:50, 4-Rogers/LV 2:32:54, 5-Rennie/LV 2:33:11, 6-Gerardi/LV 2:35:26, 7-Storbeck 2:38:16, 8-Underwood/BC(40+) 2:42:43, 9-Schultz/Utah 2:44:39, 10-Moore/LV 2:45:22, 11-Bender/LV 2:48:08, 12-Goldman/LVTC(40+) 2:48:18...67-Sandy Brauer 3:15:04, 71-Gwen Brauer 3:16:30... 170 finishers. /Bill Schaefer/

**DSE FORT POINT RUN** (Feb. 4, San Francisco): /3.8 Miles/ 1-Phil Kay 18:38, 2-Koris 18:49, 3-May 18:55, 4-Tracy/ETC 19:04, 5-Boitano 19:32, 6-Nowicki 19:39, 7-J.Myers 19:43, 8-Simpson/WVTC 19:45, 9-Cohen 19:46, 10-Lucas 19:47...20-Cushen(40+) 20:25, 111-Liana Wilson 24:15, 134-Mary Compton 24:50. /DSE News/

**NATL. AAU 12K X-C (SR. INTERNATIONAL TRIALS)** (Feb. 10, Atlanta, GA): 1-Hunter/Cleve 36:27, 2-Perkins/NYAC 36:32, 3-Finucane/MD 36:36, 4-Donakowski/NYAC 36:43, 5-Dillon/GBTC 36:46, 6-Flanagan/ColTC 36:48, 7-Thomas/GBTC 36:57, 8-Babiracki/SFVTC 37:13, 9-Gregorio/ColTC 37:16, 10-Kenny/ET 37:20. /Pete Cava/

**REPUBLIC VAN LINES 15K** (Feb. 10, San Diego): 1-Dave Harper/JT 46:29, 2-Kelly 46:38, 3-Barton 48:47, 4-Van Arsdale 49:48... Bob Collins(48) 52:58, Secord(41) 53:53...Laurie Binder 54:51, Sue Krenn 56:00, Kathleen Harpold 58:19. /Motion Promotion/

**ALMOND BLOSSOM RUN** (Feb. 11, Paso Robles): /8 Miles/ 1-Huff/CP 39:11, 2-Kingery/CP 40:25, 3-Lowrie 43:30, 4-Baldwin 44:14, 5-Hodge 44:28, 6-Houchell 44:30, 7-Arriola 45:05...24-Sue Munday/CP 48:36, 38-Debbie Dobbs 52:23...111 finished. /Rosenfield/

**DSE GOLDEN GATE RUN** (Feb. 11, San Francisco): /4.5 Miles/ 1-Phil Kay 24:00, 2-Willmott 24:01, 3-Swezey/PMK 24:42, 4-Stewart 24:43, 5-Conroy/ETC 24:49, 6-Haight 24:56, 7-Masterson 25:00, 8-Bragstad 25:42, 9-Revelli 25:46, 10-Sellers 25:52, 11-B.Myers/PMK 25:57...83-Nancy Mohoravich 30:19, 109-Terry Forsell 31:16, 127-Lilian Woodward(40+) 32:04...399 finished. /DSE News/

**VALLEY NEWS RUN OF THE PRESS 10K** (Feb. 17, Van Nuys): 1-Dave Babiracki 30:49, 2-Canchola 31:39, 3-Fields 32:06, 4-Duarte 33:14, 5-Godoy 33:20, 6-Delanty 34:00, 7-Russell 34:14, 8-Faulk 34:40, 9-Quick 34:51, 10-Brenneman 35:02...19-Knerr(44) 36:21, 21-Windsor(47) 36:29, 92-Janet Keast 41:09, 100-Pam Canchola 41:22...944 finishers. /John Brennand/

**ORANGE COUNTY SOUTH COAST PLAZA TIGER 15K** (Feb. 18, Costa Mesa): 1-Frank Shorter 45:46, 2-Serna 46:06, 3-Ellis 46:32, 4-Hooper 46:41, 5-Koenig 46:45, 6-Waltmeyer 47:03...17-Ray Hughes(40+) 51:35, 19-Shaffer(40+) 52:34...Fran Solomon 58:37. /Dave Sills/

**LOS GATOS - VASONA 10K** (Feb. 18, Los Gatos): 1-John Rembao 32:40, 2-Brock/WVTC 33:17, 3-Cooper 33:55, 4-Thylin 34:04, 5-Gonzalez 34:37, 6-James 34:51, 7-Bush 34:56, 8-J.Salazar 35:04, 9-Rubio 35:06, 10-Tico 35:19, 11-Marquez 35:20, 12-Welch 35:21, 13-Meinhardt/WVJ 35:29, 14-San Fillippo/WVJ 35:33, 15-M.Gyorey/WVTC 35:35...24-Blonder/RCRC(40+) 36:32, 25-Roxanne Bier/SJC 36:34, 34-Carpenter/WVTC(50+) 38:08, 49-Maria King/SJC 39:25, 64-Nanette Garcia/SJC 40:51...267 finished. /Dan Cruz/

**L'EGGS WOMEN'S 10K** (Feb. 19, San Diego): 1-Laurie Binder/SDTC 35:37, 2-Cook/RRR 35:58, 3-Krenn/SDTC 36:59, 4-Peterson/STC 37:07, 5-Lewis/SDTC 37:10...2500 finished!! /Joe Burgasser/

**30 KILOMETER TRACK RUN** (Feb. 21, Saratoga): - Bill Rodgers went after the world 25K & 30K records with only token competition after the first four miles, as pacesetter Jim Van Dine could only stay with the Greater Boston TC ace about a fourth of the distance before dropping off the quick 4:46/mile pace. Rodgers became the first-ever American to set a world record at any flat distance longer than 2000m. He picked up an American record at one-hour (12M, 997Y...inferior to the non-ratified 12M, 1351Y he covered last August) en route to his 1:14:12 25K mark, besting Pekka Paivarinta's 1975 track record by 5 seconds.



Bill Rodgers leads Mike Porter during his world record 25K track run which broke the old mark by only 5 seconds (1:14:11.8).

/Dave Stock/

After running hard over the last few miles in pursuit of the record, he stopped dead after 25K, then realized he had to complete the advertised 30K distance to get credit for the intermediate 25K record. But blisters had taken their toll and he broke into only a light jog. Satisfied with one world record for the day, he 'warmed down', but then, feeling a bit better a few laps later, picked up the pace somewhat when he figured he might still have a shot at Jim Alder's 1:31:31, a much 'softer' mark than the 25K. However, he had lost too much time after finishing his 15½ miles and missed the standard by a mere 19 seconds. His 1:31:50 easily erased Bill Clark's old American 30K mark of 1:37:33, set way back in 1970 on his way to a two-hour run. Mike Porter, running pretty much his own pace throughout, notched a 1:39+ for his 30K, while Van Dine, who had to stop and change shoes several times, jogged through the final miles to finish somewhere around 1:47+. Conditions were almost ideal with only a slight wind now and then. /Jack Leydig/

**COYOTE HILLS REGIONAL PARK BAIRL** (Feb. 24, Newark): /3.52 Mi./ 1-Marilyn Taylor/WVTC 21:14, 2-Platt 22:06, 3-Tovar 22:27, 4-Waddell/WVTC 22:47, 5-Carol Hewitt 23:47...29 finishers. /7.04 Mi./ 1-Shoe/Stam 36:32, 2-Laris 37:10, 3-Winter/LVRC 38:16, 4-Rios 38:51, 5-Johnson/LLL 39:05, 6-Bonner/LLL 39:25, 7-Hawkes/WVTC 39:27, 8-Swenson 40:14...15-Armstrong(50+) 43:26, 16-McCrillis/TRAC(40+) 43:39, 62-Chris Spaude/Stamford 55:06, 66-Hanna Szoke/LS 57:01...68 finishers (this is a Bay Area Industrial League Run). /Roger Bryan/



Hal Schulz battled a cold rain and 30-40 mph winds over the last half of the Trail's End Marathon to win his first-ever attempt at the distance in 2:20:04. /Roger Jensen/

**TRAIL'S END MARATHON** (Feb. 24, Seaside, OR): 1-Hal Schulz/WVTC 2:20:03.8, 2-Yeo/AGRC 2:26:02, 3-Thompson/WA 2:26:13, 4-Stewart/WA 2:26:39, 5-English/WA 2:27:55, 6-Dauncey/HSU 2:29:04, 7-Blalock/WA 2:29:10, 8-D. Gruber 2:30:03, 9-Heath/Id 2:30:06, 10-Tyson/WA 2:30:12...22-Langley/WVTC 2:33:46, 38-Whiting/Can(40+) 2:37:20, 40-Langenbach/WA(40+) 2:37:59, 116-Gail Bolk/WA 2:50:32, 231-Lori Alzner/OR 3:00:30. /Landy Langley/

**BLACK HISTORY 10K** (Feb. 25, Carson): 1-Gerardo Canchola/SFVTC 31:18, 2-Whalen/SMTC 31:31, 3-Arguilla/AIA 31:32, 4-Hooper/GWAA 31:41, 5-Polhill/Un 31:54, 6-Rodriguez/Un 31:54, 7-Ryan/GWAA 32:25, 8-Tribole/PM 32:39, 9-T.Babiracki/SFVTC 32:40, 10-Ursulo/Un 33:19...Joe Burgasser/STC 34:04, Truman Clark/SCS 34:25, ...Linda Heinmiller/SMTC 35:18, Jacqueline Hansen/SFVTC 37:45, Diana Kara/HC 38:12, Pam Canchola/SFVTC 40:53. /E. Blankenship/

**DSE TWIN PEAKS RUN** (Feb. 25, San Francisco): /3.6 Mi./ 1-Spencer Ferguson/WVTC 18:32, 2-Haight 18:49, 3-Hohm 18:55, 4-Machschefes/ETC 19:02, 5-Homeyer 19:02, 6-Revelli 19:02, 7-Ramirez 19:12, 8-Martinez 19:33, 9-Kew 19:39, 10-Cohen 19:50...64-Elizabeth Brown 22:55, 77-Kathy Goodwin 23:26, 104-Laura Sullivan 24:13...374 finishers. /DSE Newsletter/



Norwegian Sissel Grottenberg, shown leading Susan Meek and Cyndy Poor in a recent track race, finished sixth place in the Sri Chinmoy 7-miler in a good 40:40. /Don Gosney/

**SRI CHINMOY 7-MILER** (Feb. 25, San Francisco): 1-Joseph Hurd 38:05, 2-T.R. Morse 38:41, 3-Dennis MacDougall 39:52, 4-Dennis Lanterman(40+) 40:24, 5-Tinloy 40:29, 6-Sissel Grottenberg/Norway 40:40, 7-Gustafson 40:51, 8-F.Smith/PMK(40+) 41:00, 9-Carradine/TAM(40+) 41:32, 10-Knapfer(40+) 42:01...47-Judy Peterson 49:11, 50-Toni Jenkins 49:49, 51-Elizabeth King 50:00...138 finishers. /Sundari Michaelian/

**NATIONAL AAU 20K** (Mar. 4, Holliston, Mass.): 1-Thomas/GBTC 59:47, 2-Hodge/GBTC 60:44, 3-Flora/NETC 61:04, 4-Sayre/SLAC 61:45, 5-Doyle/JWAC 61:54, 6-Arbogast/ColTC 62:01, 7-Phelan/BAA 62:15, 8-Mahoney/GBTC 62:35, 9-Roach/GBTC 63:00, 10-Gillen/GBTC 63:26, 11-Neil/GBTC 63:32, 12-Oparowski/GBTC 63:43...Patti Lyons/BAA 76:28, Jane Welzel/LAC 78:21, Susan Hughes/LAC, Alda Cossi/LAC 1:19:55. /Ronald Kramer/

**ROAD-RUNNER MARATHON** (Mar. 3, Yuma, Ariz.): 1-Knapp 2:31:27, 2-Sayward 2:33:30, 3-Branson 2:37:20, 4-McKeown 2:39:00, 5-Fry 2:46:23...masters & women not indicated! /B.G. Butcher/

**EEL RIVER VALLEY BOTTOMS RACE** (Mar. 4, Humboldt area): /8.2 Miles/ 1-Stu Scholl 43:00, 2-Knudsen 43:49, 3-Arrison 43:46, 4-Heistuman 44:25, 5-Davy 45:13, 6-Walker 45:29, 7-Bates 46:10, 8-Van Duzer 46:16, 9-Cottrell 46:33, 10-Flenner 46:55...19-Gilchrist(40+) 50:00, 24-Crandell(40+) 50:53...25-Sheila Maskovich 50:54, 28-Jane Wooton 51:35...157 finished. /SRRC Newsletter/

**GREAT MILPITAS FOOT RACE** (Mar. 4, Milpitas): /5Km./ 1-Paul Marquez(H.S.) 16:55, 2-Kimball/WVTC 16:55, 3-Rostege/WVTC 17:21, 4-Carvey 17:41, 5-Christian 18:25, 6-Judy Graham/AGRC 18:34, 7-Kerry Brogan/SJC 19:03, 8-Aurit 19:10, 9-Maria King 19:24, 10-Edwards 19:28. /10Km./ 1-Bill Clark/WVTC 34:20, 2-Carrol 35:01, 3-Levitsky/WVTC 35:11, 4-Shaughnessy 36:05, 5-Gomes 36:29, 6-Dierkes 37:00, 7-Vorse 37:18, 8-Mahon 37:33, 9-Gould 39:15, 10-Soto 39:30, 11-McCrillis/TRAC(40+) 39:48...Kathleen Bonnett 45:13, Teresa Rementeer 45:30, Janet Hollenbeck 45:44, Diane Wayman 45:58, Ellen Clark 46:18. /Rancho Milpitas Jr. H.S./

**PA-AAU WOMEN'S 10K ROAD CHAMPIONSHIPS** (Mar. 11, Arcata): 1-Marilyn Taylor/WVTC 39:17, 2-Maskovich 39:25, 3-Leydig/WVTC 40:05, 4-Rudolf/WVTC 40:28, 5-Anex/AGRC 40:41, 6-VanHousen 42:05, 7-Warner 42:27, 8-Masters 42:35, 9-Rosenblatt/AGRC 42:42, 10-Wooton 42:49, 11-Anderson/NCS(40+) 43:13, 12-Benson 43:22, 13-P.Stok/WDS 44:45, 14-K.Stok/WDS 45:03, 15-Waters/NCS(40+) 45:58...49 finishers. Teams: WVTC; Jr. Teams: Woodside Str.; Masters Teams: NorCal Srs. /Gayle Kerstetter/

**GREAT VALLEY 20K** (Mar. 11, Riverbank): 1-Arroyo 68:55, 2-Cook 69:20, 3-Haney 72:59, 4-Rowley/SUND 74:52, 5-Rupp 75:51, 6-Eredia 76:03, 7-K.Hurst 77:59, 8-Ortega 81:22, 9-Rayer 83:10, 10-Leitner 83:16, 11-Russell(40+) 83:50, 12-Alexander 84:39, 13-Laurie Crisp/Downey HS 84:44...15-Nicholl(40+) 89:39, 17-Holtz(40+) 94:00, 20-Maureen King 98:23, 21-Fix(40+) 98:33...38 finishers. /Jim Rude/

**THE GREAT FOOTRACE** (Mar. 17, nr. Anchorage, AK): /50 Miles/... heavy snowfall. 1-Eric Skidmore 7:07:21, 2-Smith 7:37:29, 3-Brown 7:55:08, 4-Marcie Trent(60+) 8:22:00, 5-Nauman 8:46:19...8 finishers. /John Trent/

**NATL. AAU 30-KILOMETER CHAMPIONSHIPS** (Mar. 17, Albany, N.Y.): 1-Barry Brown/FTC 1:31:28, 2-Fleming/NYAC 1:31:35, 3-Varsha/AtITC 1:32:36, 4-Cherubino/Albany 1:34:15, 5-Robinson/DCRR 1:34:16, 6-Phelan/BAA 1:35:10, 7-Eden/AtITC 1:35:39, 8-Durden/AtITC 1:35:44, 9-Sonnenfeldt/AtITC 1:36:27, 10-Nye/DCRR 1:36:45...21-Fritz Mueller/CPTC(40+) 1:39:54...Patty Lyons/BAA 1:52:29, Carolyn Bravakis/Conn. 1:55:09...Nina Kuscsik/40+ 2:03:39. Teams: Atlanta TC 4:43:59, Boston AA 4:49:48, NYAC 4:57:30. /Bill Schrader/

**SHAMROCK 10K** (Mar. 17, Pacifica): 1-George Green 33:30, 2-Morse 33:32, 3-Berwick 33:45, 4-McCormick 33:53, 5-Petersen 35:10, 6-Thompson 35:59, 7-Wilder 36:21, 8-Lanterman(40+) 36:46, 9-Jones 37:38, 10-Dawson(40+) 37:47, 11-Marsh(40+) 38:12...28-Karen Lanterman 45:12...59 finishers.

**ST. PATRICK'S DAY 20K GREAT RACE** (Mar. 17, Arroyo Grande): 1-Boatright 66:29, 2-Cole 67:08, 3-Trimble 67:47, 4-Arreola 68:35, 5-Garcia 70:36, 6-Brisbin 71:35, 7-Root 73:02, 8-Pytlinski(40+) 73:12, 9-Beaton 73:32, 10-Perkins(50+) 73:37, 11-Lynch(40+) 73:38...63-Sue Hamilton 92:40, 70-Jennifer Simmons 95:42, 77-Diane Siebert 99:44...127 finished. /S. Rosenfield/

**OLD BALE MILL BENEFIT RUNS** (Mar. 18, Napa): /15Km./ 1-John Sheehan/AGRC 49:01, 2-Stawson/BASC 49:19, 3-Proteau/AGRC 49:38, 4-Brown/AGRC 50:53, 5-Bryan/WVJS(40+) 52:40, 6-Bollman/BHS 52:59, 7-Tierrafria/SH 53:43, 8-McDonald/PMK(40+) 55:47, 9-Barber 56:04, 10-Golding 57:13...33-M. Dempsey/Pet 71:19, 41-S. Smith/SH 79:32. /Roger Bryan/



Roger Bryan, PA-AAU LDRC Chairman, finished fifth overall (1st master) in a 15K race in Napa (Old Bale Mill Benefit). /Jim Engle/

by/Un 39:49, 70-Julie Harcos 46:03, 73-Terry Forsell 46:53...169 finishers. /DSE Newsletter/

**HANG-TEN/YMCA 10-MILER** (Mar. 24, San Diego): 1-Gary Close/JT 50:04, 2-Trupp/JT 50:38, 3-Buckingham/JT 51:27, 4-Barton/NZ 51:56...Laurie Binder/SDTC 59:10...2500 finished. /J. Rigdon/

**IAAF CROSS COUNTRY CHAMPIONSHIPS** (Mar. 25, Limerick, Ireland): /SR. MEN/ 1-Treacy/Eire 37:20, 2-Malinowski/Pol 37:29, 3-Antipov/USSR 37:30, 4-Simmons/Wales 37:38, 5-Schots/Belg 37:42...13-Virgin/SLTC 38:05, 44-Dillon/GBTC 38:59, 49-Hunter/ClevSt 39:05, 64-Donakowski/NYAC 39:22, 81-Perkins/NYAC 39:39, 90-Meyer/GBTC 39:48, 101-Flanagan/ColTC 40:01, 137-Thomas/GBTC 40:45. Teams: England 119, Eire 198, USSR 210...8-U.S. 341. /JR. MEN/ 1-DePauw/Belg 23:02, 2-Binns/GB 23:09, 3-Denikev/USSR 23:20, 4-Nelson/BurbHS 23:22, 5-Clarke/Can 23:29...12-Hill/US 23:37, 24-Willis/US 23:49, 66-Gregorek/US 24:54, 71-Sheely/US 25:02, 79-Scharsu/US 25:21. Teams: Spain 57, England 74, USSR 75...7-U.S. 106. /WOMEN/ 1-Waitz/Nor 16:48, 2-Smekhnova/USSR 17:14, 3-Goodall/Duke 17:18...continued pg. 40.

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Starting times Sunday, June 3, 1979: 3 mile at 9:30 a.m., 7.6 mile at 9:45...  
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(IAAF X-C, cont'd from pg. 38)...4-Wessinghage/WG 17:23, 5-Ulmasova/USSR 17:25, 6-Purcell/Eire 17:26, 7-Merrill/AGAA 17:33, 8-J.Shea/Godiva 17:41...11-Groos/US 17:47, 19-White/US 18:02. Teams: US 29, USSR 48, England 68, W. Germany 101. /Pete Cava/

**AVON HALF-MARATHON** (Mar. 31, L.A. Area): 1-Sue Me Li 1:20:10, 2-Sue Petersen/STC 1:20:20, 3-Krenn/SDTC 1:20:43, 4-Lewis/TCH 1:21:28, 5-Heinmiller 1:22+, 6-Simmons 1:22+, 7-Martin 1:23:15, 8-Fisher 1:23:30, 9-Hom 1:23:45, 10-Karp 1:25+, 11-Lopez 1:26:20, 12-Solomon 1:26:48, 13-Vickers 1:27+, 14-Gonzalez 1:27:10, 15-Halel 1:27:48. Teams: SMTC 4:12:55, SCRR 4:18:59, SFVTC 4:20:17, STC 4:26:33. /A. Bensch/

**BONNE BELL 10K** (Mar. 31, San Diego): 1-Roxanne Bier/SJC 35:57, 2-Binder/SDTC 36:08, 3-Gelley 37:32, 4-Rankin 37:44, 5-Neils 37:58...2333 finished. /Jeff Rigdon/

**NIKE U.S. CLUB CHAMPIONSHIP** (Apr. 1, Atlanta, GA): /20Km. - warm, humid & hilly/ - /SR. MEN/ 1-Rick Rojas/ColTC 61:37, 2-Rose/WVTC 61:40, 3-Meyer/GBTC 62:17, 4-Tuttle/TIT 62:30, 5-Hodge/GBTC 62:54, 6-Arbogast/ColTC 62:59, 7-Mahoney/GBTC 63:10, 8-Macdonald/WVTC 63:25, 9-Sayre/Summit 63:29, 10-Vigil/ColTC 63:44...12-Sandoval/AW 63:50, 17-Yeo/AGRC 65:04, 18-Schelegle/AGRC 65:12, 19-Sweeney/AGRC 65:49, 20-Kardong/CNW 65:53, 21-Porter/WVTC 65:58, 25-Sheehan/AGRC 66:43, 26-Smead/TIT 67:01...Teams: ColTC 3:08:20.0, GBTC 3:08:20.6, WVTC 3:11:01.8, Summit 3:13:40.7, Athletics West 3:14:35.5, CNW 3:15:09.7, AggieRC 3:16:04.1, Team Inside Track 3:18:24.1. /WOMEN/ 1-Julie Shea/CG 74:09, 2-M. Shea/CG 74:55, 3-Fox/WVTC 77:22, 4-Elliman/LAC 77:46, 5-Charey/PennSt 78:20, 6-Volk/Comet 78:42, 7-Hangy/Hawaii 78:59, 8-Berry/PennSt 79:27, 9-Welzel/LAC 80:07, 10-Kelley/Chat 80:51...Judy Leydig 83:39, Irene Rudolf 85:59 (both WVTC)...Teams: Carolina Godiva 3:50:04, Liberty AC 3:58:54, Penn State 3:59:02, Mid-Pacific RR 4:06:07, WVTC 4:07:00. /MASTERS/ 1-Winn/ATC 71:47, 2-Ross/Natl. 73:10, 3-Koch/Hunts 74:31, 4-Burgasser/STC 74:46, 5-Dirkin/STC 75:03, 6-Robbins/Natl 75:19, 7-Rudberg/STC 75:27, 8-Jamborsky/Natl 76:51, 9-Sturak/SCS 77:04, 10-Hughes/SCS 77:05...Teams: Seniors TC(LA) 3:45:16.5, Natl. Capital TC 3:45:20.6, So.Calif.Striders 3:51:21.8, Huntsville TC 3:52:06, Atlanta TC 3:53:30. /Gary Freer/

**APRIL FOOLS DAY RUN** (Apr. 1, Berkeley): /8 Miles/ 1-Greg Jewett/ETC 45:45, 2-Tierrafria 45:57, 3-Gowen 47:33, 4-Gehl/DSE (50+) 48:44, 5-Moon 50:18, 6-Jones 51:22...22-Mary Sausser 66:00, 23-Linda Skinner 66:40...32 finished. /Steve Shelton/

**SKYLINE BOOSTERS RUN** (Apr. 1, Oakland): /6.5 Mi./ 1-Ed Preston 44:07 (handicap times...actual running times listed), 2-McManus 41:03, 3-Shoemaker 36:37, 4-Sharon Yaninek 47:00, 5-Kading 37:05, 6-Wurm 48:47, 7-Brown 39:03, 8-Jeani Fuller 44:27, 9-P. Downs/Sky 34:41, 10-Tracy/WVTC 34:58, 11-Lawler 40:26, 12-Cottrell 40:31, 13-Huff 40:38, 14-de la Torre 42:10, 15-Barry/WVTC 37:38...76 finishers. /Joe Panella/

**APRIL FOOTS' DAY RUN** (Apr. 1, Treasure Island): /Approx. 5 Mi. - listed as 10Km/ 1-Bill Trigger 27:43.7, 2-Alberto Dressing 27:43.8, 3-Cherry 27:58, 4-Sugar 28:00, 5-Droughts 28:03, 6-Hamburger 28:10, 7-Doubting 28:12, 8-Longer 28:15, 9-Wise 28:18, 10-Skina 28:21...Julie Sugar 33:15, Peg Breast 33:15, Mary Carder 33:17, Debbie Released 33:19, Joan Santmor 33:23, Martha Black 33:32...after looking at the names of the finishers, I'm not sure if this race (or runners) existed. /Cooper/

**SAN LUIS OBISPO RED CROSS MARATHON** (Apr. 1, San Luis Obispo): 1-Charlie Boatright/Un 2:38:32, 2-Wendler/CPSLO 2:44:50, 3-Lowrie/SLO 2:46:04, 4-Seeger/Un 2:49:25, 5-Grieco/FPTC 2:50:10, 6-Clarke/CPSLO 2:50:40, 7-Casper/SLDC 2:50:44, 8-Cochran/Un 2:52:11, 9-Brisbin/Un 2:53:42, 10-Thompson/Un 2:54:26...12-Stewart/STC(40+), 13-Pytlinki/STC(40+) 2:56:02, 48-Debbie Dobbs/CPSLO 3:22:33...196 finishers. /American Red Cross/

**NATL. AAU WOMEN'S 10K CHAMPIONSHIP** (Apr. 8, Albany, N.Y.): 1-Karen Von Berg 34:26, 2-Jane Welzel 34:50, 3-Elenora Mendoca/Brazil 35:47, 4-Marilyn Taylor/WVTC 35:55, 5-Liz Levy 35:59, 6-Robinson 36:25, 7-Hay 36:28, 8-Graim 36:43, 9-Bessel 37:17, 10-Myers 37:18...13-Nina Kuscsik(40+) 37:42. /Katy Williams/

**BOSTON MARATHON** (Apr. 16, Hopkinton, Mass.): - Bill Rodgers set a new American record of 2:09:27 in besting Japan's Toshiko Seko's 2:10:12. Joan Benoit likewise broke the American record with a 2:35:15, as three others broke 2:40. Rather than repeat the top runners, who were listed in most local papers, we will use the space below to list the NorCal finishers that we dug out of the results instead. We may have missed you...if so, let us know, as we'll continue the list next issue. Thanks to Frank Smith for taking the time to compile this listing for us. Some of those listed may not be NorCal runners. /MEN/ 16-Duncan Macdonald/WVTC 2:15:28, 23-Palladino/CW 2:16:41, 28-Wayne/BASC 2:16:50, 33-Nikevich/BASC 2:17:38, 69-Paul/PMK 2:21:32, 72-Maxwell/BASC 2:21:41, 88-Barton/NZ 2:22:49, 94-Goettelmann/WVTC 2:23:19, 102-Nabers/WVTC 2:23:53, 118-Badgley/SUND 2:24:37, 191-Bowers/Un 2:27:31, 235-Clark/WVTC 2:28:58, 248-Swezey/PMK 2:29:21, 274-Hamer/WVTC 2:29:50, 275-Pawlak 2:29:51, 304-Kruse/PTC 2:30:28, 337-Kirby/AGRC 2:31:41, 364-Hines/DSE 2:32:54, 398-McDevitt/WVTC 2:33:39, 420-Huff/MPAC 2:34:08, 456-Lawson 2:34:54, 457-Mittleman 2:34:55, 491-Reynaga/WVTC 2:35:42, 505-Brown 2:35:59, 515-Bacelli 2:36:08, 604-Dugdale/MPAC 2:37:54, 606-Morse 2:37:56, 612-Iredale/Reno 2:38:00, 624-Coke(40+) 2:38:09, 650-Nona 2:38:42, 733-Locksey 2:40:00, 761-Dobson 2:40:36, 816-Hughes/CoyStr 2:41:30, 818-Williams/WR 2:41:32, 834-Belzer/SYN 2:41:53, 843-Stevens 2:41:59, 853-Seaver/WVTC 2:42:10, 878-Giesecke/PMK 2:42:23, 921-Helfet 2:42:45, 923-Carr 2:42:46, 950-Stromberg 2:43:22, 977-Aldana/DSE 2:43:43, 1026-Hawkes/WVTC 2:44:16, 1033-Clark/WVTC 2:44:21, 1040-Hager/WVTC(40+) 2:44:25, 1070-Jeffery

2:44:43, 1083-Honma 2:44:52...those above 2:45 will be listed in next issue. /WOMEN/ 14-Judy Leydig/WVTC 2:48:44, 22-Skip Swannack/WDS 2:53:58, 39-Brusher/BASC 2:59:47, 41-Stricklin/WVTC(40+) 3:00:23, 91-Livingston/WVTC 3:10:42, 123-Soderholm-Difatte/WVTC 3:15:25, 132-Burns/DSE 3:17:04, 151-Kolb/WVTC 3:19:41, 155-Neeley/TAM(40+) 3:20:13, 157-Sierra/WVTC 3:20:41, 173-Voss/Un 3:22:37, 184-Fischer 3:23:54, 195-Maricle/NCS(40+) 3:25:08, 198-Thayer/WVTC 3:25:17, 207-Clark/WVTC 3:26:34, 211-Lane/WVTC 3:26:48, 216-Savitz/PMK 3:26:54, 217-Pike 3:26:54, 224-Brusati 3:27:38, 230-Perkins 3:27:54, 236-Goettelmann/WVTC 3:28:08, 243-Harp 3:28:38, 261-Arnault 3:30:45, 274-Hill 3:31:32, 284-Weicker 3:32:13. /Frank Smith/



West Valley TC's women's team took fifth in the Nike U.S. Club Championships in Atlanta with a team of: (1-r) Judy Leydig, Irene Rudolf, Pat English & Judy Fox, who placed third individually.

## LATE GNUS



Just as we are going to press, we've received word from good sources that the qualifying time for next year's Boston Marathon will be lowered in all divisions. For men under 40, you will have to run under 2:50, while the mark will be 3:10 for men 40 and over, and 3:20 for women...no marks were given for masters women, but we suspect that it might be 3:30-3:40 (if any), or perhaps each case will be taken on its own. Marks must have been set on an AAU certified course between this year's Boston Marathon and next year's closing deadline. -- Women's Teams: This year Boston was supposed to have women's team awards if there were 10 or more teams entered...evidently not that many teams declared entries. Now the word has it that 25 teams will be required before team awards can be given. Bay Area men's clubs did well this year at Boston, with Body Ammo S.C. taking what appeared to be the runnerup spot behind Greater Boston, and West Valley T.C. grabbing fourth (these are unofficial results). □







Gary Blume chopped 50 seconds from Emil Magallanes' Garland Ranch record with a 33:40 over the hilly 10K. /Jim Engle/

1-Gary Blume/22/Unat	33:40	19-Keith Handley/37	40:43	37-Bill Murphy/32	43:41
2-Bob Wellck/41/WVJS	36:28*	20-Thomas Morrison/25/OC	40:59	38-Ward Bushee/29	43:46
3-Mark Jensen/23/Un	36:35	21-Richard Bawcom/49	41:05*	39-Steve Goettelmann/15	43:47
4-Anthony Bettencourt	36:39	22-Jim Hart/38/WVTC	41:09	***MASTERS***	
5-Gregg Szanto/21	36:52	23-Richard Watson/40	41:27*	43-Bill Flodberg/45	44:09*
6-Jeff Magallanes/16/SHS	37:11	24-Werner Sandvoss/47/TR	41:38*	49-Link Linnquist/51/WVJS	44:37*
7-Jon Brendel/22	37:26	25-Pat Saylor/20	41:40	50-Rod Paschall/43	44:55*
8-Dale Fletcher/28	38:04	26-Ed Dally/47/WVTC	41:45*	51-Joe Bryan/41/WVTC	44:57*
9-James Myrick/17/SHS	38:10	27-David Polnaszek/33	41:55	52-Joseph Russell/45	44:58*
10-Don Dugdale/33/MPAC	38:47	28-James Thane/23	42:10	57-Tom Gutierrez/49/RRC	45:19*
11-Jon Brazinsky/40/MPAC	39:19*	29-Glen Douglas/40	42:25*	***WOMEN***	
12-R. Leutzinger/39	39:25	30-Bill Lamb/33	42:52	59-Jody Conley/30	45:33
13-Michael Higgins/16/SHS	39:31	31-John Burwasser/28	42:58	63-Martha Maricle/45/NCS	45:51*
14-Ed Bredthauer/29/MPAC	39:41	32-Charles Lynch/30	43:01	78-Pam Burkes/29/WVTC	47:03
15-Marc Lund/29/WVTC	40:22	33-Steve Sokol/22/IBMS	43:07	79-Nora Crans/27/WVTC	47:09
16-Robert Terczak/28	40:26	34-F. Marsequera/30	43:25	120-Elaine Schumacher/25	50:14
17-Fred Coleman/37	40:37	35-Mark Steelman/40	43:34*	135-Linda Vincent/31	52:40
18-Ed Kolofer/29	40:41	36-Nelson Deroy/30	43:37	136-Alberta Codd/41/STC	52:45*

MALAIN, PAGE AND ULRICH STAR AT MISTY REDWOOD RUN (Dec. 10, Oakland): - Fifty-One year old Robert Malain of Sacramento used his 10-minute head start to capture the Misty Redwood Run, held over a 7.6-mile course in the Oakland hills. In this handicap race, it appears that those men over 60 and women over 50 got the maximum of 15 minutes, along with boys and girls who were very young (no listing of handicaps in the results so we can't say for sure). Then, those men over 50 and women over 40 got 10-minute head starts; open women received a 5-minute jump...others were likewise given handicaps. Malain's 47:57 'running time' equated to a 52:57 'watch time'. Paul Reese (also from Sacramento), who is Malain's teammate, was runnerup in a 53:41 'running time', taking good advantage of a 15-minute jump on the scratch runners. Fastest time of the day went to Robert Page, 27, who did 42:47 from scratch. Phyllis Olrich placed 11th overall in clocking 48:30 to easily win the women's title. Some other top times of the day were by 13-year-old Jim Chaney, whose 49:25 (actual time) was good enough for third place in the handicap placings but was also well up among the top 10% of the finishers in terms of actual time. Nine-year-old Art Heredia did 58:08 & Bill Mertens (11) clocked 48:52...203 finishers. Actual times listed. /Joe Rubini/

1-Bob Malain/51/BC	47:57*	16-Debbie Ann Bitz/17	54:24F	31-Ed Jerome/35/TRAC	48:56	46-Thomas Palmer/36	51:17
2-Paul Reese/61/BC	53:41*	17-Wolf Goudau/34	45:43	32-Patrick Nelson/17	54:16	47-Micah Swart/10	61:35
3-Jim Chaney/13	49:25	18-Lloyd Sampson/35	46:03	33-Jim McRea/49	54:19*	48-Peter Cooney/26	51:48
4-Ralph Bowles/42/WVJS	44:43*	19-Mike Mertens/14	51:04	34-Terrie Martin/13	64:36F	49-Tina Martin/16	61:57F
5-James Pena/16	46:43	20-Mark Reese/29	46:10	35-Tom Deneau/16	54:43	50-Joan Martin/40	62:08F*
6-Robert Page/27	42:47	21-Sandy Lawrence/28	46:19	36-Billy Smith/15	54:44	51-Barney Rosas/15	57:13
7-Pat Carroll/17	48:00	22-Oliver Twigg/69	61:40*	37-Joel Hassen/64	64:59*	52-Jim Whitford/22	52:17
8-Steve Callahan/12	53:04	23-Frank Cuzzillo/63/NCS	61:47*	38-Joan Kring/25/WVTC	55:00F	53-Mike Upshaw/11	62:43
9-Art Heredia/9	58:08	24-Mike Boucher/26	47:33	39-Joe Dicken/15	55:04	54-Daphne Dunn/32	57:44F
10-Mike Wheeler/30	43:25	25-Mark Reese/36	48:00	40-Rip Talavera/36	50:09	55-Fred Dunn/49	57:44*
11-Phyllis Olrich/29/SJC	48:30F	26-Art Falter/45	53:11*	41-Robert Dennis/43	55:22*	56-Victor Smith/41	57:44*
12-Ted Wilson/41/KJ	48:35*	27-Jim Harper/25	48:20	42-George Cantrell/53	60:53*	57-Kevan Shetter/29	53:25
13-Billy Mertens/11	48:52	28-Paul Thiel/52	58:20*	43-Andy Bruce/36	51:05	58-Paul Baker/41	58:30*
14-Rick Morraida/18	44:52	29-Martha Maricle/45/NCS	58:38F*	44-Joe Scarborough/41	56:10*	59-Robert Jolly/52	63:32*
15-Mike Mertens/10	55:02	30-John Monteverdi/32	48:40	45-Bill Morris/14	56:14	60-David Jennings/40	58:41*

FAST TIMES AT CALIFORNIA "10"--HART NIPS VAN HORN IN 48:52 (Jan. 7, Stockton): - Although no major records fell in this year's running of the ever-popular California "10" (mile), the overall depth was probably the best ever, as twelve broke 52 minutes, fourteen masters were under an hour and eight women were under 68 minutes. Benton Hart squeezed to a close victory over much-improved Mike Van Horn, 48:52 to 48:54, with Gary Romesser (49:06) and Wayne Badgley (49:23) not so far behind. Jim Nuccio's 48:37 mark from 1976 remained intact. Jim O'Neil just missed Ross Smith's mark with a fine 55:05, but likewise had to hustle for the win, just clipping Robert Bourbeau of Reno by a second to annex the over-40 honors (Jim is 53 by the way). Tom Cathcart (56:08) and Harvey Ferrill (56:17), no slouches themselves, were over a minute back. Diane Williams' 61:25 didn't have the competition the men did and won handily by well over three minutes from Merrill Cray of Chico, just missing Laurie Crisp's 61:01 standard from last year. Paula Ferrill led the masters women with a 69:06, clipping Ruth Anderson (69:27) and Heidi Skaden (69:28), with Frances Sackerman a close fourth (69:37). We're not sure it that was a record. There were a total of 689 finishers in this year's running! /Frank & Teri Hagerty/

1-Benton Hart/WVTC	48:52	20-Rob Laxson/Un	52:33	39-Jim Cook/Un	54:06
2-Mike Van Horn/HH	48:54	21-Atkins Chun/Un	52:39	40-Frank Krebs/BC	54:23
3-Gary Romesser/FPTC	49:06	22-Tad Woliczko/RCRC	52:46	41-Jose Garza, Jr./Un	54:25
4-Wayne Badgley/SUND	49:23	23-John Clary/WVJS	52:49	42-Ron Mellor/Un	54:26
5-Rich Langford/FPTC	50:02	24-Jim Bowles/WVTC	52:57	43-Mat Galeazzi/Un	54:27
6-Bill Seaver/WVTC	50:13	25-Tim Holmes/WVTC	53:00	44-Neil Berg/LMJS	54:34
7-Ron Nabers/WVTC	50:17	26-Chris Little/BC	53:01	45-Nick Winter/LVRC	54:41
8-Fritz Watson/WVTC	50:52	27-Ed Nicholson/Un	53:10	46-Tim Swezey/PMK	54:51
9-Chris Hamer/WVTC	51:08	28-Bob Loux/Un	53:20	47-Doug Rennie/BC	55:03
10-Bill Britten/AGRC	51:16	29-Mike Wheeler/LVRC	53:21	48-Jim O'Neil/BC	55:05*
11-Bradley Brown/SUND	51:48	30-Perry Linn/BC	53:25	49-Bob Bourbeau/WVJS	55:06*
12-Bill Clark/WVTC	51:49	31-Al Sandretti/RCRC	53:41	50-Robert Miller/SUND	55:07
13-David Dunbar/PMK	52:03	32-Bob Woodliff/AGRC	54:42	51-Chris Steer/PMK	55:09
14-Tom O'Neil/BC	52:06	33-Arturo Rodriguez/WVTC	53:43	52-Mike Warr/Solano	55:11
15-Don Paul/PMK	52:08	34-Jon Ensloe/Un	53:46	53-Robert McDaniel/PMK	55:11
16-Greg Zentner/MR	52:21	35-Brian Bonner/LVRC	53:48	54-Timothy Morse/HH	55:12
17-Mark Proteau/AGRC	52:22	36-Ken Apperson/CW	53:50	55-Rich Piquette/Un	55:28
18-Gregg Szanto/Un	52:23	37-Jeff Wall/ETC	53:59	56-Greg Jewett/ETC	55:29
19-Daryl Zapata/WVTC	52:28	38-Mike Fanelli/PMK	54:05	57-Britt Brewer/Un	55:41



Mike Van Horn--2nd place at California "10". /J. Sheretz/

(California 10, Cont'd)

58-Don Dugdale/MPAC	55:48
59-Patrick Buzbee/Un	55:54
60-Greg McKinstry/Merced	56:00
61-Clifford Stewart/PMK	56:02
62-Eric Sargeson/DLS	56:03
63-David Zumwalt/PMK	56:05
64-Tom Robinson/PMK	56:06
65-David Larson/MR	56:07
66-Tom Cathcart/WVTC	56:08*
67-Patrick Miller/Un	56:09
68-Jeff Cowling/TFBL	56:09
69-Harold Huff/Un	56:11
70-Andy Takaha/CW	56:13
71-Harvey Ferrill/SUND	56:17*
72-William Boggs/OC	56:19
73-Rick Batha/AGRC	56:29
74-Dan Williams/LMJS	56:31
75-Rich Patterson/BC	56:32
76-John Coots/SDTC	56:41
77-Dan Moore/LVRC	56:45
78-Myron Nevraumont/WVJS	56:45*
79-Richard Watson/Un	56:47

80-Glenn Pruitt/ETC	56:48
81-Doug Latimer/Un	56:55*
82-Scott Thomason/PMK	56:56
83-Tim Rostege/WVTC	56:57
84-Kenneth Kitz/Un	56:58
85-Hoyt Walker/LVRC	56:59
86-Dave Roeber/Un	57:01
87-Roger Bryan/WVJS	57:02*
88-Ed Jerome/TRAC	57:03
89-Steve Hurst/Un	57:12
90-Ed Stromberg/BC	57:16
91-Ted Franse/Un	57:19
92-Daniel Rubio/Solano	57:30
93-Dave Swan/SUND	57:40
94-Mike Davis/Un	57:44
95-Bob Myers/PMK	57:52
96-Robert Adleson/Un	58:03
97-Thad Orzechowski/LVRC	58:04
98-Daryl Williams/Un	58:04
99-Michael Buzbee/CRC	58:05
100-Dave Cargill/Solano	58:06
101-Rob Trumbull/Stein	58:08
102-James Harper/SRRC	58:09

103-Harold Crangle/Coyote	58:10
104-Paul Alvarez/Un	58:11
105-Terry Miller/Un	58:21
106-Mike Deatherage/Solano	58:22
107-Bob Blonder/RCRC	58:22*
108-Sergio Aguilar/Manteca	58:25
109-Ross Rowley/SUND	58:27
110-Dennis Gustafson/SFPD	58:28
111-James Mickle/TAM	58:32*
112-Bart Hutchinson/Un	58:37
113-Jack Byrd/PMK	58:50*
114-Jim Myers/PMK	58:50
115-Michael McCarthy/Un	58:51
116-Garth McCune/MR	58:54
117-Bill Brusher/LMJS	58:55
118-Ian Ross/MR	58:56
119-Tom Bennett/PMK	58:56
***MASTERS***	
124-Dieter Diekmeyer/SUND	59:03*
130-Glen Krawiec/Clorox	59:16*
143-Ted Wilson/KJ	59:43*
145-Chris Delgado/BC	59:44*
153-Frank Delgado/FPTC	60:01*

154-Eugene Lynch/FPTC	60:03*
165-Richard Vincent/Un	60:33*
***WOMEN***	
189-Diane Williams/PBP	61:25
259-Merill Cray/CRC	64:49
279-Susan Manasewitsch/Un	65:32
281-Karey Robinson/SUND	65:35
291-Jane Sowersby/PMK	65:56
311-Denise Bigelow/AGRC	67:27
315-Cheryl Griffen/Spik	67:51
316-Ann Neeley/TAM	67:58
339-Paula Ferrill/SUND	69:06*
347-Ruth Anderson/NCS	69:27*
348-Heidi Skaden/BC	69:28*
349-Consuelo Underwood/PMK	69:30
352-Frances Sackerman/NCS	69:37*
355-Kim Baer/RCRC	69:41
363-Karen Scannell/PMK	69:59*
365-Chris Manasewitsch/Un	70:04
375-Nora Crans/WVTC	70:28
385-Karen Klopsch/OPHIR	70:53
390-Patty Kuphaldt/OPHIR	71:07
391-Ellen Clark/WVTC	71:21

SCHILLING AGAIN AT GREAT RACE (Jan. 7, Saratoga & Los Gatos): - This year's two races (one from Saratoga to Los Gatos and the other vice versa) again drew large crowds with mile ace Mark Schilling defending his Saratoga-Los Gatos title in a slowish (compared to his 18:12 last year) 19:04, good enough for a six-second victory over West Valley College's Mike Dyer. Hank Lawson took the other race (over a slightly harder route) without being pushed in a 19:48. Robert Rupprecht was runnerup at 20:30, as most of the better runners opted for the quicker course. Jerome Lewis tried the reverse direction this year and still came out with the fastest time--21:25 over the harder Los Gatos to Saratoga course. That was 11 seconds better than his winning time last year. Next masters runner in his race was Siegfried Mattern in 22:18. Charles Ruskosz took the companion race in the same division with a 21:32, which was also under Lewis' old standard. Cathy Demmelmaier led the women with her 23:10 (Saratoga to Los Gatos), just a second in front of Cinder-gal teammate Nanette Garcia. Cinder-gal Pauline Vasquez made it a clean sweep by annexing the other race in 23:39. Distance of both races was 3.7 miles (we don't know how many finished as only times for top 150 were supplied). /Pete Michon/



(Left) Mark Schilling defended his "Great Race" title, running from Saratoga to Los Gatos in 19:04. /Dennis O'Rourke/ (Right) Jerry Lewis likewise defended his title in the masters division with a record-breaking 21:25.

SARATOGA TO LOS GATOS---

1-Mark Schilling/AGRC	19:04	24-Charles Ruskosz	21:32*
2-Mike Dyer/WVC	19:10	25-Mark Lindquist	21:34
3-Joe Salazar/CW	19:11	26-Tom Arno/Saratoga HS	21:38
4-Paul Gyorey	19:16	27-Ron Palermo	21:43
5-Darren Lambeth	19:19	28-Rick Riordan	21:49
6-Jesse Colvin	20:15	29-Ralph Van Praag	21:50
7-James Tracy	20:23	30-Joe Rust	21:51
8-Manny Mahon	20:31	31-Ken Napier/WVJS	21:53*
9-Don Barber	20:31	32-Jeff Young	21:54
10-Mark Gyorey/SaraHS	20:33	33-Martin Bennett	22:03
11-Masafumi Mori	20:37	34-Ted Trovard	22:04
12-Bob Sigl	20:58	35-Scott Duggan	22:05
13-Santos Reynaga/WVTC	21:05	36-Todd Fitchen	22:09
14-Douglas Ascher	21:12	37-Keith Super	22:09
15-Jeff Salazar	21:14	38-Martin Staszak	22:10
16-Ray Clemo	21:20	39-Gary Schare	22:11
17-Bill Hotchkiss	21:21	40-John Flather	22:12*
18-John Hursh	21:23	41-Ken Crowe	22:13
19-Frank Donahue/ETC	21:23	42-David Polmaszek	22:16
20-Tim Pfister	21:24	43-Mark Rokovich	22:18
21-Donald Delay	21:25	44-Ed Pearce	22:21
22-Walt Van Zant/WVJS	21:30	45-Scott Boughton	22:22
23-Blair Goodrow	21:31	46-Bobby Yee	22:22
		47-Michael Eiscser	22:23

LOS GATOS TO SARATOGA---

1-Hank Lawson	19:48	13-Siegfried Mattern	22:18*
2-Robert Rupprecht	20:30	14-Rudy Rodriguez	22:20
3-William Dunn	20:34	15-Craig Tempey	22:20
4-Dave Bush	20:49	16-Mike Lucas	22:21
5-Bill Meinhardt/WVJS	20:57	17-Tom Dorst	22:26
6-R. Driscoll	21:17	18-Robert Pauley	22:31
7-Jerome Lewis/TRAC	21:25*	19-Todd Capurso	22:35
8-Dan Dierken	21:26	20-Norman Gould	22:45
9-Tom Prosceno	21:29	21-John Stevens	22:47
10-Terry Higgins	21:50	22-Isaac Miller	22:50
11-Brian Hollins	21:58	23-Carl Martin/WVJS	22:52*
12-Ken Nickel	22:12	24-Wayne Meyer	22:53
		25-Rod MacKenzie	22:54*

48-Glen Campagna	22:24	63-George Wightman	22:49*
49-Martin Robinson	22:25	65-David Tovar	22:54*
50-Richard Fletcher	22:26	67-John Nora	22:56*
51-Al Garrahan	22:28	68-Bernard LaCasse	22:57*
52-Richard Watson	22:29*	70-Bob Rolston/WVTC	22:59*
53-Ron Batie	22:34	96-Kirby Miller	23:36*
54-Michael Hicks	22:37	111-William Siebold	23:50*
55-William Young	22:38*	***WOMEN***	
56-Doug Smith	22:38	79-Cathy Demmelmaier/SJC	23:10
57-Husek Jiri	22:39	80-Nanette Garcia/SJC	23:11
58-Dick Gear	22:40	100-Amy Harper	23:40
***MASTERS***		130-Diane Young	24:06
60-John McCrillis/TRAC	22:41*	231-Retta Albers(1st 40+)	26:05*

***MASTERS***		41-Mike Paradis	23:38*
26-Ron Briscoe	22:54	60-Tom Guitierrez	24:08*
27-Matt Wolfinger	22:54	63-Hubie Girard	24:12*
28-Peter Thelin	22:55	64-Dennis Fachino	24:16*
29-Dee Baltzer	23:00*	66-John Tripp	24:17*
30-Carl Gillette/WVJS	23:08*	77-Roger Jackman	24:49*
31-Frank Ruona	23:10	***WOMEN***	
32-Steve Graham	23:14	42-Pauline Vasquez/SJC	23:39
33-Garrett James	23:16	90-Maria King/SJC	25:17
34-John Jordan	23:18	107-Lori Benevento	25:42
35-Steve Pischel	23:19	123-Barbara Hawke	26:03
36-Mike Allison	23:30	301-Roberta Woods(1st 40+)	31:30*
37-Ed Fuller	23:31		
38-Jeff Perrone	23:32		

# REDWOOD CITY'S 6<sup>th</sup> ANNUAL 5000 METER 4<sup>th</sup> OF JULY PARADE RUN



(THREE 1-MILE LAPS IN FRONT OF 100,000 SPECTATORS)

## 9:45 am

REGISTRATION: 8:30 to 9:35

County Government Center  
Winslow & Marshall Streets  
Redwood City, California

FEE: 17 & Under = \$2.00 18 & Over = \$3.00

AAU Sanction applied for

## Awards

### 600 4" Patches

## female & male age groups

## Results

11 & Under; 12-13; 14-17; 18-29; 30-39; 40-49; 50 & Over

Finish results will be mailed to all who address one of the envelopes in the registration area.



## information

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evenings  
Sten Mawson - (415) 851-7510

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P.S. - Plan to stay and enjoy the Bay Area's most spectacular parade.



**SEVALD, AUBUCHON & HAGER EARN "RUN FOR THE COOKIES" TITLES** (Jan. 20, Oakland): - A total of 241 finishers were led by sub-master Bill Sevald, who recorded a 33:24 on the 6.4-mile two-loop tour of Lake Merritt. Mike Fanelli was runnerup at 33:33, with Harvey Franklin, another sub-master, third in 33:38, just one second in front of Scott Faulkner. Phil Hager's 35:46 led the masters division, besting Bill Bugler by over a minute, while Michelle Aubuchon copped the women's crown in 39:17, easily defeating Sue Brusher's 41:15. Marilyn Harbin topped the women over 40 with her 44:05. The Manasewitsch family of Walnut Creek won six of the fifteen places awarded in the junior divisions! In a companion 1.5-mile cross-country run through Lakeside Park, Val Hoag edged Peter Jensen by an eyelash although both finished in 7:16. Doug Bell (7:40) and Jill Miller (9:22) won masters & women's titles respectively. That run drew 117 finishers. The top finishers in the longer run are listed below. /W. Gaffield/

1-Bill Sevald/ETC	33:24	35-Michelle Aubuchon	39:17F
2-Mike Fanelli/PMK	33:33	36-David Coyne	39:40
3-Harvey Franklin/WVTC	33:38	37-Evan MacBride	39:42
4-Scott Faulkner	33:39	38-Fred Dunn	39:45*
5-David Waluch	33:44	39-Tom Deneau	39:59
6-Rey Corona	34:33	40-Roderick McKenzie	40:03*
7-Hans Giesecke	34:41	41-Dan Farkas	40:15*
8-Rick Moraida	34:42	42-Paul Markham	40:21
9-Allan Smith	34:49	43-Arnold Spanjers	40:24
10-Doug Butt/WVTC	35:15	44-Gene White	40:26
11-Bruce Wolfe/WVTC	35:21	45-Al Degen	40:30
12-Mike Wright	35:31	46-John Swyers	40:33
13-K.A. Vineyard	35:31	47-Peter Castellanos	40:34
14-Phil Hager/WVTC	35:46*	48-Larry Cooper	40:35
15-Anthony Bettencourt	35:50	49-Ralph Waller	40:36
16-Derrick Hamilton	36:04	50-Charles Dasey	40:37
17-Robert Eichstaedt	36:30	***MASTERS***	
18-Joe Schieffer	36:34	54-Jess Chavez	40:58*
19-Pat Carroll	36:38	56-Joe Dana	41:08*
20-David Gowen	36:40	58-Bill Mertens	41:20*
21-Bill Bugler/PMK	36:48*	65-Hank Fragoza	41:51*
22-Tom Barlow	36:53	66-Harry Frumkin	41:58*
23-John Leeming	37:03	***WOMEN***	
24-Marc Torres	37:09	57-Sue Vinella-Brusher	41:15
25-David Cummins	37:25	69-Denise Bigelow	42:18
26-Chuck Putnam	37:35	84-Christine Manasewitsch	43:20
27-Bill Brusher/LMJS	37:38	89-Susan Manasewitsch	43:35
28-Albert de la Roche	38:05	90-Michelle Manasewitsch	43:42
29-Norm McAbee/PMK	38:38*	93-Daphne Dunn	43:47
30-Richard Keene	38:40*	95-Marilyn Harbin	44:05*
31-Jim Engle	39:01*	100-Sally Savitz	44:38
32-Ricardo Fernandez	39:07	109-Lilian Woodward	45:29*
33-Robert Solorio	39:08	117-Vicki Bigelow	45:54*
34-Harry Wyeth	39:09	126-Karen Diekmeyer/SUND	46:45



(Left) Runnerup in the 6.4-Mile "Run for the Cookies", Mike Fanelli. /John Sheretz/ (Right) Harvey Franklin, 3rd. /Melandry/



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**DUFFEY NIPS MORENO AT EXCITING ZOO RUN** (Jan. 21, San Francisco): - Ex-Cal runner, Brad Duffey waged an exciting duel with Camino West's John Moreno in the Third Annual S.F. Zoo Run, coming up with a narrow one-second victory margin, 16:52 to 16:53. This year the course was changed slightly, shortening the distance to 3.68 miles, thus Duffey's mark is an automatic record, as were the other divisional bests. Harvey Ferrill destroyed the masters competition with his fine 18:58 (5:09 per mile), with Bill Bugler over a minute back at 20:03. Amy Haberman took the women's division in 22:01, averaging just under six minutes per mile. Tam Siverston's 22:35 was good enough for runnerup. Anne Neeley's 23:30 led the masters women, with Paula Ferrill next in 24:00. We have no idea how many actually finished, as we received results for only the top 250 finishers. /Norm Gershena/

1-Brad Duffey/Un	16:52	26-Phil Bragstad/PMK	19:07	51-Rick Sanchez/WstmrHS	20:09	76-Ray L. O'Campo, Jr/Un	20:48
2-John Moreno/CW	16:53	27-Steve Schwinder/Un	19:11	52-Dean Williams/ETC	20:10	77-Ron Treabess/NCS	20:53
3-Michael Arago/MR	17:36	28-Tim Rostege/WVTC	19:11	53-Steve Flathead/MR	20:11	78-Rich Henderson/Un	20:55
4-Christopher Jackson/Un	17:50	29-Dave Perlman/Un	19:15	54-Stephen Hoots/Un	20:12	79-Rinaldo Caminada/Un	20:57
5-David Fuller/HR	17:52	30-Richard Hornstra/CW	19:15	55-Bruce Williams/ETC	20:13	***MASTERS***	
6-Don Paul/PMK	17:59	31-Robert Eichstaedt/Un	19:18	56-Gus Cano/ETC	20:13	83-Walter Williams/WVJS	20:03*
7-Michael Duncan/WVTC	18:01	32-Steve Clark/Un	19:18	57-Paul C. Jones/SFZ	20:15	94-Ronald Rahmer/TAM	21:14*
8-Len Beard/JamestwnCol	18:13	33-Frank Donahue/ETC	19:21	58-Val Hoag/Un	20:20	122-Ben Brown/Un	21:42*
9-John Reep	18:15	34-John Brendal/PTC	19:30	59-Jim Crumpler/Un	20:22	143-Joe Basile/DSE	22:11*
10-Jeff Farmer	18:16	35-Ralph Walde/HrtfrdTC	19:34	60-Paul Loughridge/Un	20:23	148-Robert Esquire/DSE	22:16*
11-Michael Skiff/Skyline	18:17	36-Joe Casey/Un	19:40	61-Keith Super/IBS	20:20	151-Joseph Castillo/Un	22:19*
12-Jerry Edelbrock/CAS	18:19	37-Thomas Yeadaker/Un	19:45	62-Michael Mahoney/SFPAC	20:32	157-William L. Young/Un	22:29*
13-Ken Apperson/CW	18:21	38-Kirk Gluckman/NwrkHS	19:50	63-Joe el Gallagher/Un	20:34	170-Dennis Facchino/WVJS	22:52*
14-John Hoch/CW	18:26	39-Brad Carpenter/SFS	19:55	64-Leo Ruiz/Un	20:34	***WOMEN***	
15-Jesse Colvin/CW	18:27	40-Paul Sanchez/Un	20:00	65-Frank Castro/Un	20:35	136-Amy Haberman/Un	22:01
16-Rich Piquette/Un	18:33	41-Ken Freschauf/Un	20:02	66-Patrick McMahan/Un	20:35	163-Tam Siverston/DSE	22:35
17-Steven Brubakken/JC	18:38	42-Bill Bugler/PMK	20:03*	67-Todd Fitchen/CW	20:36	166-Joan Levi-Kring/WVTC	22:39
18-Joe Becerra/ETC	18:43	43-Michael Hicks/WVJS	20:04	68-Gary Chan/WVTC	20:36	174-Karen Kressenberg/WVTC	22:56
19-James Tracy/ETC	18:43	44-Michael Gruber/WVJS	20:04	69-Walter Basinger/PMK	20:37	176-Isabel Moreno/Un	22:58
20-Don Hickman/Un	18:44	45-Tom Martz, Jr./Un	20:07*	70-Jon Mohr/PMK	20:37	209-Anne Neeley/TAM	23:30*
21-Michael Messenger/Pr	18:46	46-Siegfried Mattern/DSE	20:07*	71-David John/Un	20:38	220-Gay Hunter/Un	23:44
22-Jeff Coinling/Un	18:48	47-Henry Walker/MR	20:08	72-Hoyt Walker/LVRC	20:39	224-Bev Hendrighsman/Un	23:51
23-Tom Jordan/WVTC	18:55	48-John Loomis/RdwdHS	20:08	73-Gerald McMamahon/DRR	20:40*	229-Paula Ferrill/SUND	24:00*
24-Harvey Ferrill/SUND	18:58*	49-Ed Coyne/DLS	20:09	74-Louis Perlman/Un	20:42	238-Dorothy Rohnstock/Un	24:14
25-Mike Gama/AA	19:03	50-Tim Wallen/FPTC	20:09	75-Daniel Shalom/Un	20:44	248-Sandra Bohner/DRR	24:31



Gary Tuttle, shown here winning the Pleasant Hill 10K, also won the Trinidad Beach Run in a record-equalling 40:28, which tied Chuck Smead's 1974 mark.

/Don McLandry/

1-Gary Tuttle/TIT	40:28
2-Vince Engle	42:47
3-Tim Becker	42:58
4-Scott Peters	43:10
5-Chris Speere	43:15
6-Frank Dauncey	43:31
7-Roger Innes	43:52
8-Frank Ebner	44:06
9-Lawrence Jordan	44:13
10-Kevin Searls	44:18

**TRINIDAD BEACH RUN--TUTTLE TIES SMEAD RECORD; WINS BY HALF-MILE!** (Feb. 3, Trinidad): - A dry, sunny day without wind made the 1979 edition of the annual "Clam Beach Run" one of the fastest courses ever. Records fell in half the age classes as ankle-deep water in the Little River and hard-packed sand for the length of the beach made for quick running. Former Humboldt Stater, Gary Tuttle, came up from Ventura to easily win in a record-tying 40:28...the same as Chuck Smead ran in 1974. Tuttle's winning margin was 2:19 over Vince Engle (42:47), who chopped more than a minute from Bill Scobey's sub-masters record of 43:55. Dick Gilchrist was the masters victor in a time of 49:40 over the 8.5-mile circuit, with George Crandell a well-beaten second at 51:20. Sheila Maskovich was a solid winner in the women's division over Marilyn Taylor, 52:40 to 53:07. Sherry Bennovich's 64:57 led the masters women with a new course record by some five minutes. High schooler's Chuck Cathey & Mike Williams both broke the 1977 record of 45:28 on the fast course, with Chuck getting the nod over Mike, 44:53 to 45:09. A total of 826(!) completed this year's running of what is generally known as the "Humboldt County Road Championships". /SRRC News/

11-Dwayne Little	44:22	38-Anthony Bettencourt	47:08	65-Lynn Purdue	49:30
12-David Wells	44:30	39-Fred Leoni	47:21	66-Mike Sankisian	49:31
13-Brian Millar	44:35	40-James Rocha	47:34	67-David Simas	49:37
14-Tony Munoz	44:40	41-Steve Hensen	47:42	68-Don Ross	49:39
15-Glen Borland	44:45	42-Lyn Walker	47:46	69-Richard Gilchrist	49:40*
16-Chuck Cathey	44:53	43-Harry Cottrell	47:50	70-William Daniel	49:48
17-Bill Scobey	44:58	44-Karl Maxon	47:53	***MASTERS***	
18-Mark Reeder	44:59	45-Bert Van Duzer	48:02	87-George Crandall	51:20*
19-Mark Elias	44:59	46-Larry Guinea	48:08	93-Hal Jackson	51:36*
20-Wayne Arrison	45:05	47-Tom Hayes/SWEAT	48:08	117-Jerome Lengyel	52:47*
21-Mike Williams	45:09	48-Rick Dewey	48:12	127-Bill Rogers	53:15*
22-Lee Ferrero/SWEAT	45:13	49-Keith Feldon	48:18	135-Bruce Friend	53:44*
23-Hersh Jenkins	45:21	50-Richard Welch	48:24	157-Richard Houston	54:49*
24-Bert Proust	45:27	51-Kevin O'Hara	48:31	158-Michael Glimpse	54:51*
25-Steve Kretsinger	45:28	52-Jim Michaels	48:34	166-Jerry Emmons	55:11*
26-Terry Pintane	45:30	53-Tim Brownlow	48:35	173-Mark Alpert	55:24*
27-Ken Datz	45:31	54-Greg Balbierz	48:35	***WOMEN***	
28-Greg Heist	45:55	55-Ian Waters	48:38	113-Sheila Maskovich	52:40
29-Russ Knudsen	46:02	56-George Zibilich	48:45	126-Marilyn Taylor/WVTC	53:07
30-Greg Daug	46:07	57-Dan Ralston	48:45	142-Sue Grigsby	54:19
31-Lance Podolski	46:21	58-Clarence Nason	48:45	149-Flossie Horgan	54:27
32-Rudy Snyders	46:24	59-Carl Persson	48:46	152-Jane Wooten	54:35
33-Stuart Schell	46:35	60-Andy Carlson	49:00	170-Jeani Fuller	55:16
34-Bob Bates	46:38	61-Alan Sanborn	49:02	177-Wendy Branch	55:36
35-Greg Jacob	46:42	62-Rod Smith	49:08	230-Peggy Masters	57:49
36-Steven McMahan	46:57	63-Christopher Cote	49:22	240-Berit Meyer	58:27
37-Bob Bunnell	47:02	64-Ron Flenner	49:26	246-Nancy Pannel	58:53

**OEHM LEADS GOLDEN BEARS TO VICTORY AT BONNE BELL 10K** (Feb. 4, San Francisco): - University of California frosh, Janice Oehm, only 19, sped to a convincing 34:24 victory over teammate Suzanne Richter in the 2nd Annual Bonne Bell Women's 10K. Richter finished some 14 seconds back as defending champ, Roxanne Bier, was a distant third in 35:39, although 41 seconds under her winning time of last year. Susie Meek, Cal's third runner, finished in 35:41, with amazing 38-year-old Judy Fox fifth in a swift 35:42. The top 7 runners were under last year's winning time! Ruth Anderson successfully defended her masters title with a 41:33, well off her 40:57 record from 1978. Runnerup Karen Scannell was well back in 42:06. There were 1108 finishers this year...up from the 738 that made it last year. Judy & Joan Fox repeated as winning mother/daughter combo, with Judy in fifth and Joan in 35th. See the next page for a list of the top finishers. /Penny DeMoss/



**BADGLEY WINS WEST VALLEY MARATHON--GUTHRIE & LEYDIG SET COURSE STANDARDS** (Feb. 11, San Mateo): - Under near perfect conditions, ex-Cal standout Brad Duffey took off like a flash in pursuit of a sub-2:20 effort in his first marathon attempt. Holding a sizeable lead over Stockton's Wayne Badgley, 34, at the 5-mile point, that margin was whittled away over the next 5-mile loop and the two ran together from just after ten miles thru around fifteen miles. By that time, painful blisters had begun to eat away at Duffey's concentration and he was eventually passed by surprising Don Paul of the Pamakids. Paul wound up with a PR 2:22:16 behind Badgley's 2:20:14, with Duffey hobbling in at 2:23:20. Five others snapped 2:30, as 30% of the finishing field dipped below three hours. The masters competition saw Kent Guthrie nip Ross Smith's 1974 record by only nine seconds with a fine 2:33:24, and amazing Jim O'Neil, at 53, nailed down a 2:36:00 for runnerup. Seven others were under 2:50. Judy Gumbs-Leydig improved her own course record by 2:20 with a good 2:51:29. Running at 2:48 pace through 20 miles, she was forced to slow considerably over the last portion after being stopped completely with the stomach 'sickies'. Sue Vinella-Brusher had a PR also with a fine 2:57:57 for runnerup...her first time under three hours. After that the times dropped off fast. Frances Sackerman dumped the women's masters field with a 3:18:47, good enough for fourth woman overall. Frances is 49 years old. The Goettelmann family of Aptos walked off with both the husband/wife and father/son awards, and in addition, Gary and Gail ran off with two top awards in the men's and women's submasters divisions...first for Gail & second for Gary. The sponsoring West Valley TC grabbed team honors over the Excelsior TC. -- NOTE: As this is being typed, I still do not have the splits (5-mile marks) back from the fellow who's working on them...so please bear with us if you don't have your results yet. You will get a certificate if you finished, along with a 5x7 color photograph if you were under 4 hours...348 finished. /Leydig/



(Clockwise) Kent Guthrie got the course record with a fast 2:33:24 at the West Valley Marathon, breaking Ross Smith's masters record by 9 seconds. /Jim Engle/ Wayne Badgley, at left, broke Brad Duffey after 15 miles and went on to win in 2:20:14. Novice marathoner, Don Paul, was a surprise second in 2:22:16. /J. Shereta/



1-Wayne Badgley/34/SUN2:20:14	35-Bill Catanese/40/DRT2:47:16*	69-Rip Talavera/36/Un 2:54:03
2-Don Paul/28/PMK 2:22:16	36-Nick Winter/35/LVRC 2:47:18	70-Luis Torres/30/WVTC 2:54:08
3-Brad Duffey/24/Un 2:23:20	37-Leonard Gilliani/26 2:47:29	71-Tom Greer/31/Un/31 2:54:59
4-Gary Goettelmann/35 2:25:48	38-Sargon Nona/27/Un 2:47:30	72-Jim Hart/39/WVTC 2:55:01
5-Ron Nabers/30/WVTC 2:25:55	39-Grae Van Hooser/18 2:47:36	73-Jay Helgerson/23/Un 2:55:03
6-Bob Darling/29/ETC 2:29:00	40-Tom Weir/26/AGRC 2:47:38	74-Steve Flynn/23/Un 2:55:05
7-Steve Brooks/25/WVTC2:29:41	41-James Jacobs/46/PMK 2:47:42*	75-Cowman/34/Un 2:55:06
8-Daryl Zapata/33/WVTC2:29:44	42-Tom Aldana/27/ETC 2:48:22	76-Marco Martin/30+/PMK2:55:27
9-Jeff Wall/36/ETC 2:30:23	43-Bryan Holmes/44/WVJ 2:48:41*	77-Rae Clark/27/Un 2:55:35
10-Brian Bonner/31/LVRC2:30:29	44-Brad Armstrong/24/LB2:48:54	78-Kirk Gluckman/16/Un 2:55:52
11-Neil Berg/30/Un 2:32:09	45-Jim Nicholson/48/PMK2:49:00*	79-Charles Freeman/28 2:56:06
12-Steve Chase/24/OCTC 2:32:32	46-Mark Driscoll/32/WVJ2:49:13	80-Pete Cooney/26/Un 2:56:20
13-Greg Jewett/32/ETC 2:33:17	47-Olin Boschker/39/USN2:50:13	81-Dennis Gulbransen 2:56:21
14-Kent Guthrie/42/WVJS2:33:24*	48-Mike Williams/26/RC 2:50:26	82-John Bouldt/32/CRR 2:56:30
15-Edward Dux/31/Un 2:34:29	49-Douglas Stevens/35 2:50:30	83-Mike Webster/34/GRTC2:56:31
16-Ted Pawlak/22/Un 2:35:26	50-Frank Lee/20/Un 2:50:58	84-Kei Yasuda/34/Un 2:56:40
17-Mark Hines/28/DSE 2:35:54	51-Norm McAbee/46/ETC 2:51:00*	85-John Ulate/37/TRAC 2:57:24
18-Jim O'Neil/53/BC 2:36:00*	52-Joe Maher/32/MR 2:51:05	86-Rob Martin/33/Un 2:57:49
19-Chuck Stagliano/39 2:36:02	53-Michael Percy/29/Un 2:51:17	87-Dee Baltzer/41/Un 2:57:51*
20-Jon Enscoe/29/Un 2:36:06	54-Bob Rupprecht/17/ST 2:51:19	88-Errol Jones/29/Un 2:57:55
21-Glen Bewick/34/Un 2:37:59	55-John Monteverdi/32 2:51:19	89-Ed Peterson/42/Un 2:57:55*
22-Ken Ganezer/25/STC 2:38:10	56-Gabriel Cervantez 2:51:25	90-Sue Brusher/24/LMJS 2:57:57F
23-Dennis Tracy/32/WVTC2:39:22	57-Judy Leydig/27/WVTC 2:51:29F	91-Don Hill/35/Un 2:58:21
24-Stein Rafto/22/MR 2:40:46	58-Ed Jerome/35/TRAC 2:52:35	92-Larry Arnt/36/BakTC 2:58:29
25-Doug Latimer/41/Un 2:41:30*	59-Mark Scheuer/33/PMK 2:52:36	93-Edward Lujan/40/BTC 2:58:29*
26-Bob Bourbeau/43/WVJS2:41:49*	60-Bill Tweedie/29/Un 2:52:49	94-Don Carpenter/51/WV 2:58:33*
27-Bill Bugler/43/PMK 2:43:09*	61-Tom Mann/36/ETC 2:53:04	95-Joe Manolakakis/23 2:58:52
28-John Hawkes/30/WVTC 2:43:40	62-John Stevens/29/Un 2:53:23	96-John McComish/41/TM 2:59:04*
29-Joseph Hurd/24/Un 2:44:01	63-Nik Epanchin/39/Un 2:53:32	97-Robert Duncan/29 2:59:26
30-Bob Woodliff/30/DSE 2:44:19	64-Roger Daniels/42/TAM2:53:34*	98-Randy Belzer/28/SYN 2:59:28
31-Noel Lincicome/30 2:44:24	65-Kees Tuinzing/31/TAM2:53:34	99-Ted Hellman/32/Un 2:59:38
32-Charles Key/31/Un 2:45:49	66-George Ridout/36/MR 2:53:50	100-Leeland Chu/30/Un 2:59:39
33-Michael Brown/27/ETC2:45:59	67-Bob Spain/36/Un 2:53:53	101-Richard Ricks/24/Un 2:59:41
34-Lawrence Landess/29 2:46:50	68-Leo Ruiz/39/Un 2:53:56	102-Keith Kruse/26/PTC 2:59:54

\*\*\*MASTERS\*\*\*

104-William Mason/47/Un 3:00:41*
105-Bob Rolston/42/WVTC 3:00:51*
109-Marvin Brooks/41/Un 3:01:48*
113-Antony McDonagh/40 3:03:10*
125-Charles Wilson/49/WV3:07:45*
131-Ron Kovacs/40/TRAC 3:09:45*
143-Karl Bollinger/53/OC3:10:43*

\*\*\*WOMEN\*\*\*

159-Betsy Giannini/28/Un3:14:26
175-Frances Sackerman/493:18:47*
194-Ruth Anderson/49/NCS3:22:45*
199-Gail Goettelmann/34 3:24:49
205-Devie Nelson/27/Un 3:25:03
214-Valerie Key/15/WVTC 3:27:03
219-Denise Bigelow/17/AG3:28:17
224-Alexandra Hill/29/Un3:29:35
227-Jody Leidecker/32/Un3:30:02
234-Florianne Harp/30 3:32:55

**O'HALLORAN AND HORNSTRA IN CHINATOWN WINS** (Feb. 11, San Francisco): - Dennis O'Halloran squeaked to a narrow victory over improving Bill Sevald in the 6-mile Chinatown Run, clocking 32:45 to win by 8 seconds. Meanwhile, in the companion 3-miler, Rich Hornstra cruised to a solid margin of victory over Mike Gama, 17:09 to 17:28. Both courses were quite possibly long, although we have no confirmation of this. Roo(?) McKenzie bested Warren Yennis, 39:30 to 39:36 to grab the over-40 crown, while Tracey Wong did a good 39:55 to easily best Sharon Beals (41:03) for the women's title. Norwegian Sissel Grottenberg ran superbly to take seventh overall and win the women's 3-mile without being pressed, 18:35 to 22:11 for Alisa Fong. Richard Keene's 18:59 bested Ed Preston (who is 60+) for the masters title (Ed did 20:37). A total of 226 finished both races. /Kurt Chun/

***3 MILES***	6-Pete Nowicki 18:17	12-Dan Fragoza 19:22	***WOMEN***
1-Rich Hornstra 17:09	7-Sissel Grottenberg 18:35F	13-Aaron Low 19:29	27-Alisa Fong 22:11
2-Mike Gama 17:28	8-Michael Hicks 18:53	***MASTERS***	32-Colleen Fox 22:25
3-John Leeming 17:45	9-Richard Keene 18:59*	19-Ed Preston 20:37*	33-Elka Martini 22:31
4-Kevin Cruikshank 17:47	10-Joe Casey 19:13	29-Roger Fong 22:20*	38-Linda Huey 22:48
5-Don Buck 18:13	11-Sal Caminada 19:14	36-George Lai 22:43*	42-Pam Helprin 23:44



*(Chinatown Run, Cont'd)*  
**\*\*\*6 MILES\*\*\***

1-Denis O'Halloran/AGRC	32:45	10-Ray Bonner	36:49	21-Darrell Jeong	39:42	***MASTERS***	
2-Bill Sevald/ETC	32:53	11-Danny Lee	36:56	22-David Pursley	39:43	33-J.W. Fowler	41:13*
3-Jeff Rawlings	34:15	12-Joe Gallagher	37:40	23-Jack Sattler	39:50	47-Wallace Rothbart	43:41*
4-Doug Butt/WVTC	35:03	13-Bobby Yee	37:46	24-Tracey Wong	39:55F	48-Kenneth Wong	43:44*
5-Jim Moyles	35:26	14-Tim Howe	38:05	25-David Ramstad	40:00	52-Al King	44:01*
6-Jon Brendel	36:00	15-Gary Chan/WVTC	38:08	26-Bruce Kneebone	40:15	***WOMEN***	
7-Lloyd Samson	36:01	16-Jim Crumpler	38:59	27-Charles Rose	40:19	32-Sharon Beals	41:03
8-Aisrian Wong	36:03	17-Curtis Kellogg	38:59	28-Scott Walters	40:38	39-Tena Anex/AGRC	42:17
9-Ross Rowley/SUND	36:21	18-Roo McKenzie	39:30*	29-Eric Park	40:41	55-Tiffany Choy	44:20
		19-Terry Clarke	39:31	30-S. Horn	40:54	63-Martha Maricle/NCS	45:20*
		20-Warren Yennis	39:36*	31-Rich Jones	41:00	66-Tracy Pritikin	45:27

O'HALLORAN REPEATS AT EXCELSIOR EAST END RUN (Feb. 18, San Francisco): - Duplicating his performance from the previous weekend, 27-year-old Dennis O'Halloran again defeated Bill Sevald, this time over an 8.2-mile course in a time of 42:43, about a minute off Jan Sershen's 1976 standard. Sevald was some 20 seconds back and moved up steadily throughout the race, closing on even the winner. Bill Clark was another ten seconds back. In a tighter four-way battle for the masters title, Roger Bryan, the PA-AAU Long Distance Chairman, held off visiting Charles Dyson of the Hartford T.C. (Conn.), 47:00 to 47:05, with Ulrich Kaempff (47:13) and Philip Hager (47:17) in close attendance. Anne Hamilton easily defeated Jane Sowersby, in a course record time of 50:16 (we don't have Jane's time due to a temporary malfunction of the race's timing device, but she was in the mid-54 minute range). Vicky Bray of the Cindergals followed in 54:46. Karen Scannell upset Ruth Anderson to win the masters women's title, 56:20 to 56:38. Despite the occasional rain, there were 326 finishers (including many T.U.R.D.'s--"The Unofficial Running Deviate"). We won't list them of course...nor are their times listed in the official results. */Mike Conroy/*

1-Denis O'Halloran/27/AGRC	42:43	25-Myron Nevraumont/44/WV	48:11*	49-Evan MacBride/32/BC	51:30
2-Bill Sevald/32/ETC	43:03	26-Tom Homeyer/30/RATC	48:29	50-Don Huff/42/PMK	51:36*
3-Bill Clark/35/WVTC	43:13	27-Bill Catanese/40/DIRT	48:39*	51-Frank Smith/40/PMK	51:46*
4-Jan Sershen/31/ETC	43:27	28-James Jacobs/45/PMK	48:57*	52-Jon Baumgartner/44/TR	51:54*
5-Mike Faneli/22/PMK	43:50	29-Robert Larsen/26/Un	48:57	53-Evan Custer/38/ORR	52:07
6-Ed Schelegle/25/AGRC	44:23	30-Bryan Holmes/44/WVJS	49:31*	54-Richard Watson/40/Un	52:08*
7-Don Paul/28/PMK	44:28	31-Stan Anderson/30/ETC	49:39	55-Walt Basinger/20/RATC	52:12
8-Arturo Rodriguez/29/WV	45:49	32-Rick Flume/31/Un	49:43	56-Joe Gallagher/31/Un	52:13
9-James Willmot/26/Un	46:06	33-Bill Davis/27/WVTC	49:43	57-Rob Miller/37/DSE	52:14
10-Doug Butt/33/WVTC	46:07	34-Grady Wright/34/DSE	49:44	58-Dan Fragoza/25/DSE	nt
11-William May/28/PMK	46:22	35-Jon Mohr/30/PMK	49:45	59-Steve McCain/39/PMK	nt
12-Sandy Lawrence/28/DSE	46:33	36-Al Stanbridge/32/PMK	49:48	60-Chris Sullivan/28/NVRC	nt
13-A. Bettencourt/26/Un	46:34	37-R.B. Sobsey/27/DSE	49:56	***MASTERS***	
14-Sheldon Larson/18/CW	46:36	38-Robert Cummings/29/WV	50:03	65-Fred Dunn/50/PMK	nt
15-Dennis Reager/35/SFRC	46:39	39-Robert Gehl/50/DSE	50:09*	66-Pat Cunneen/45/PMK	nt
16-John Hohm/29/RATC	46:49	40-Anne Hamilton/17/MLTC	50:16F	67-Charles Marut/40/Un	nt
17-Roger Bryan/43/WVJS	47:00*	41-Michael Impastato/26	50:22	69-Tony McDonagh/40/DSE	nt
18-Charles Dyson/45/HTC	47:05*	42-Geoff Farrell/32/DSE	50:57	71-Peter Woodward/49/NCS	nt
19-Ulrich Kaempff/48/TRAC	47:13*	43-Mike MacKenzie/35/TAM	50:59	***WOMEN***	
20-Philip Hager/42/WVTC	47:17*	44-Ralph Washington/31	51:03	79-Jane Sowersby/28/Un	nt
21-Tom Robinson/30/RATC	47:24	45-S.P. Mattern/42/DSE	51:13*	84-Vicky Bray/18/SJC	54:46
22-Lloyd Sampson/35/Un	47:29	46-Gary Nathanson/29/TSRC	51:15	90-Joan Uilyot/38/WVTC	55:15
23-Kevin Kirby/22/AGRC	47:41	47-Warren Moorman/43/PMK	51:22*	97-Gail Gustafson/36/WVTC	55:55
24-Dennis Gustafson/35	48:07	48-Arthur Portocarrero	51:30	103-Karen Scannell/40/PMK	56:20*
				104-Denise Bigelow/17/AGRC	56:23
				109-Ruth Anderson/49/NCS	56:38*
				118-Tena Anex/22/AGRC	57:11
				123-Nora Crans/27/WVTC	57:30
				131-Bev Hendrigsman/32/Un	57:48
				132-Connie Underwood/30/PK	57:50



Anne Hamilton set a course record 50:16 at the Excelsior East End Run. */Jim Engle/*

BADGLEY SCARES COURSE RECORD AT MARTINEZ TO PORT COSTA RUN (Feb. 24, Martinez): - Apparently fully recovered from his West Valley Marathon stint two weeks before, Sundance TC's Wayne Badgley stepped off a quick 40:34.5 for the 8.4-mile Martinez to Port Costa Brickyard Run, just 27 seconds outside Rich Kimball's 1974 standard. Completely dominating the field, he left 2:18 marathoner, Ed Schelegle, over a minute behind in 41:40, with Bill Sevald running his third good race in as many weekends, another four seconds back. Kent Guthrie was 1:10 outside his own course record, but won the over-40 trophy with little trouble, besting Ralph Bowles by just over a half-minute, 44:42 to 45:14. Jim O'Neil showed good form in grabbing third place, another two seconds back. Mary Gaffield's 52:22 was easily the superior performance among the women, as Leslie McMullin (55:16) finished almost three minutes behind. Marilyn Harbin won the women's masters laurels in 56:32. No major records were broken. A good-sized crowd showed up for this 11th annual event, with 267 finishing. Excelsior TC proved the class of the team competition, placing their five scorers in the top ten. This is probably one of the more enjoyable, though challenging, courses in Northern California. */Luka Sekulich/*

1-Wayne Badgley/34/SUND	40:35	23-Bob Alexander/26	46:14	45-J. Moore/43	48:25*	67-Fred Dunn/50	50:48*
2-Ed Schelegle/25/AGRC	41:40	24-Ron Souther/17	46:18	46-Randy Wilson/26	48:39	68-J.K. Cline/33	50:52
3-Bill Sevald/32/ETC	41:44	25-Don Hickman/26	46:25	47-Craig Van Otten/28	49:04	***MASTERS***	
4-Jan Sershen/31/ETC	42:32	26-Adrian Wong/27	46:32	48-Jim Rader/39	49:14	77-Joe Dana/42/SolStr.	51:43*
5-David Muela/26/ETC	43:20	27-Russ Kiernan/41/TAM	47:47*	49-Bill Davis/27/WVTC	49:16	81-Richard Houston/57/NCS	52:18*
6-Lester Mina/25/AGRC	43:42	28-Karl Romano/32	47:08	50-Byron Richardson/28/WV	49:18	82-Don Mittelstaedt/43	52:21*
7-Doug Butt/34/WVTC	44:01	29-Larry Pugh/31	47:21	51-Don Huff/42/PMK	49:20*	85-Peter Woodward/49/NCS	52:27*
8-Jeffrey Wall/36/ETC	44:12	30-Lance Kuykendall/30/WV	47:28	52-Rip Talavera/36	49:26	89-Jess Chavez/47	52:47*
9-Michael Duncan/29/WVTC	44:36	31-Robert Malain/51/BC	47:29*	53-Tommy Greer/31	49:30	91-George Grimes/55	52:56*
10-Michael Conroy/34/ETC	44:38	32-Clyde Helms/32	47:36	54-Michael MacKenzie/35	49:35	96-John Fowler/43	53:28*
11-Kent Guthrie/42/WVJS	44:42*	33-Michael Coke/40	47:43*	55-Allan Scott/26	49:40	97-Fred Linch/41	53:39*
12-Joe Taxiera/25/AGRC	45:02	34-D. Moore/15	47:51	56-Larry Arata/34	49:44	***WOMEN***	
13-A.C. Argue/28	45:08	35-Brian March/19	47:56	57-Mike Impastato/26	49:51	83-Mary Gaffield/15	52:22
14-Ralph Bowles/42/Un	45:14*	36-Aller Robertson/36	47:58	58-Tom Martz/17	49:57	116-Leslie McMullin/28	55:16
15-Jim O'Neil/53/BC	45:16*	37-Jim Nicholson/48/NCS	48:00*	59-Rich Navarro/39	50:03	123-Shawn Kelley/20	56:01
16-Gary Alderman/35	45:20	38-Peter Cartwright/32	48:03	60-Grady Wright/34	50:07	126-Jennifer Searls/18	56:20
17-Terry Hughes/35	45:40	39-Ted Wilson/41/KJ	48:09*	61-Glen James/23	50:16	128-Marilynn Harbin/41	56:32*
18-Anthony Bettencourt	45:46	40-Gerald Werner/32	48:11	62-Jeff Houston/20	50:18	130-Nora Crans/28/WVTC	56:36
19-Ross Rowley/30/SUND	45:53	41-Michael Delisi/20	48:11	63-Phil Stone/42	50:28*	136-Paula Walker/17	57:19
20-Dave Cargill/30	45:58	42-Sherman Lamb/28	48:21	64-Nelson Togerson/32	50:30	141-Martha Maricle/45/NCS	58:02*
21-Lloyd Sampson/35	45:59	43-Robert Felsch/29	48:22	65-John Jamieson/45	50:32*	159-Lilian Woodward/42	59:51*
22-Thomas Aldana/27	46:05	44-Ron Peck/37/NCS	48:24	66-Nagi Saied/37	50:43	162-Karen Diekmeyer/38/SUN	60:09

**HARMS & PALLADINO WIN DEER HOLLOW FARM RUNS** (Feb. 24, Los Altos): - Peanut Harms and Steve Palladino easily won their respective races (10 & 20K) in the first annual event, sponsored by the Mountain View Parks & Recreation Dept. Harms' 35:15 and Palladino's 76:23 attest to the difficulty of the courses. They finished 1:44 and 1:30, respectively, in front of their nearest competition. Perhaps the best performance of the day, however, was turned in by 38-year-old Judy Fox, who completely dominated the women's division with a super 39:59, good enough for 13th place overall in the shorter run. Penny DeMoss was a distant second in 47:07, although admittedly only 'out for a workout'. Denise Bigelow's 1:43:00 was tops among women in the 20K event. Gary Nielsen's 40:09 and Ulrich Kaempf's 83:51 led the masters competitors in the two races. A total of 248 finished both races. Some of the times listed below may be incorrect. Meet management left it up to the runners to report their times, and no "official" timing record was kept at the finishline...thus, some of the times below are 'not in sync', and they are in italics. /Mtn. View Parks & Recr./

**\*\*\*10 KILOMETER\*\*\***

1-Peanut Harms/AGRC	35:15	10-Paul Marquez	39:40	20-Don Carpenter/WVTC	42:32*	30-Bob Driscoll	46:05
2-Keith James	36:59	11-Lee Evans(!)	39:50	21-Bob Ramsey	42:44	***MASTERS***	
3-Chris Koris	37:17	12-Todd Feeley	39:59	22-Warren Yeend	42:55*	35-Tom Palmer	47:06*
4-Jerry Taylor	37:22	13-Judy Fox/38/WVTC	39:59F	23-Robin Shilling	44:01	48-Ralph Buch	48:49*
5-Alex Gonzales	37:37	14-Gary Nielsen	40:09*	24-Wayne Hooper	44:15	***WOMEN***	
6-John Igel	37:46	15-Chuck Purnell	40:43	25-Mark Bigelow	45:05	36-Penny DeMoss/WVTC	47:07
7-Glen Pruitt	38:00	16-Dan Faubion	40:50	26-Steven Hughes	45:05	44-Vicki Bigelow	48:01*
8-Bob Lucas	38:08	17-Brad Zmczyk	42:12	27-Mark Shalvarjian	45:21	46-MaryAnn Champagne	49:01
9-Scott Kinzy	38:44	18-Alan Branham	42:14	28-John Richardson	45:50	49-Jolia Houston/AGRC	49:02
		19-Chris Mills	42:20	29-Brian Pullen	46:01	54-Sandy Briscoe	50:10

**\*\*\*20 KILOMETER\*\*\***

1-Steve Palladino/CW	76:23	7-John Davis	88:26	14-Louis Davidson	91:50	25-L.P. Larson	95:45*
2-Brian Gieser	77:53	8-Mario Springer	89:22	15-Mike Fenner	91:54	***WOMEN***	
3-Ramsay Thomas/35/WVTC	80:40	9-Mike Eldridge	89:23	16-Mark Eastman	92:29	30-Denise Bigelow/AGRC	1:43:00
4-Ulrich Kaempf/TRAC	83:51*	10-Van Whitis	89:38*	17-David Johnston	92:37	31-Barbara Pike	1:44:00
5-Jeff Dole	85:54	11-Harold DeMoss/WVTC	89:58*	18-Jon Baumgartner	92:46*	36-Audrey Kemp	1:44:50
6-Less Loeder	80:40	12-Henry Wald	90:06	***MASTERS***		37-Joan Fox/SJC	1:45:47
		13-Steve Higgins	90:36	21-Richard Watson	94:01*	39-Kris Morrella	1:47:09



Chris Hamer gave Frank Bozanich a scare in the PA-AAU 50-Miler, clocking a big PR in 5:23:55 behind Frank's winning 5:19:10...shown at Champagne Marathon in 1978. /MeLandry/

**HAMER PRESSES BOZANICH AT PA-AAU 50-MILER...HEARN AND ANDERSON SET RECORDS** (Feb. 25, Marysville to Sacramento): - Perennial ultra-distance star Frank Bozanich powered his way to a big early lead in the PA-AAU 50-Miler with twenty-year-old Chris Hamer tenaciously hanging on within striking distance. However, somewhere around 40 miles, Hamer pulled alongside and began opening up a gap. The distance widened and it appeared that Hamer might have himself an upset victory. But several miles later the tables turned and the 34-year-old Marine came back and won going away. His 5:19:10 broke Dennis Rinde's 5:40:16 course standard, but is still off the 5:15:19 set by Bob Deines in 1970! Hamer lowered his PR by some 29 minutes and is becoming a real threat at the longer distances while only having a few year's experience. Bob Cooper's 5:42:45 took third spot as a record number of entries (103) and finishers (77) made the trek from Marysville. Candy Hearn made her ultra-distance debut a spectacular one with a great 7:11:06, good enough for 29th place overall. Ruth Anderson's 7:25:05 was 35th place and a PA-AAU masters women's record. Hearn set a PA-AAU women's record. Joe Sloan led the masters men with his 7:02:28, well off Darryl Beardall's 6:23+ course standard (he also holds the PA record at 5:55:48). Surprise second placer was George Billingsley, 57, who did 7:15:24. The Woodside Striders team of Bob Cooper, Don Choi and Luis Sandoval clocked 18:53:31 for the team title, while the Buffalo Chips masters team won that division in 24:33:19, and the NorCal Seniors won the masters women's title in 30:33:17 (no complete 'open' women's teams). /Phil Lenihan/

1-Frank Bozanich/34	5:19:10	17-David Zumwalt/27/PK6	6:47:46	33-Jay Helgerson/24	7:21:57
2-Chris Hamer/20/WVTC	5:23:55	18-V.I. Wexner/36/SWT	6:49:11	34-Phil Lenihan/44/DSE	7:24:08*
3-Bob Cooper/24/WDS	5:42:45	19-Luis Sandoval/27/WS6	6:49:29	35-Ruth Anderson/49/NCS7	7:25:05F*
4-Marc Hoschlar/28/BC	6:02:45	20-Ed Jerome/35/TRAC	6:51:13	36-Jim Liedtke/41/Un	7:28:59*
5-Joe Schieffer/27/LMJ6	6:10:42	21-George Parrott/35	6:53:18	***MASTERS***	
6-Kenneth Adams/36/SSS6	6:11:15	22-Tom Zavortink/39/PK6	6:53:51	37-Keith Branham/43/WV	7:32:16*
7-Joseph Bird/38/PFF	6:11:43	23-William May/28/PMK	6:54:58	39-Paul Reese/61/BC	7:32:53*
8-Boyd Hartley/Un	6:13:48	24-Mark Reese/29/BC	6:56:47	44-Dick Goodman/59/HCR	7:44:57*
9-Don Choi/30/WDS	6:21:17	25-Don Carniglia/25	7:00:55	45-Ron Kovacs/40/TRAC	7:45:31*
10-Ken Gaal/39/Un	6:26:45	26-Stephen Kellogg/23	7:02:09	52-Robert Hughes/43/Un	7:58:27*
11-Ed Wehan/34/LAAC	6:27:06	27-Joe Sloan/44/OPHIR	7:02:28*	54-Dave Davis/48/BC	8:12:24*
12-Gary Nathanson/29/TS6	6:32:53	28-Raynold Wieand/20	7:07:03	***WOMEN***	
13-Tim Hicks/35/BC	6:33:48	29-Candy Hearn/36/OPHR7	7:11:06F	59-Helene Eisenbud/34	8:27:44
14-Tate Miller/31/RCRC	6:35:57	30-Geo. Billingsley/57	7:15:24*	60-Carol Walker/28/Un	8:27:44
15-Sal Citarella/36/Un	6:36:56	31-Mike Thompson/40	7:20:36*	61-Marcy Schwam/26/GNY	8:30:26
16-Randy Sterling/19/Un	6:45:57	32-Dennis Burkett/25	7:20:36	71-Karen Himenes/11/WS	9:54:22
				72-Diana Bernstein/33	9:58:57

**SEVALD IS UPSET WINNER AT BIDWELL CLASSIC MARATHON; BLUME BURIES HALF-MARATHON FIELD** (Mar. 3, Chico): - Excelsior TC's Bill Sevald, who has been training consistently around 100 miles per week as of late, showed that it's paying off as he dumped sub-2:20 marathoner Ron Nabers by just over a minute in lowering his PR by some five minutes to 2:23:59. Chris Hamer, who had placed second in the PA 50-Miler just the week before, came back with a strong 2:29:43 as the third runner under 2:30. Britt Brewer, who is only 15(?), placed eighth in 2:37:55...he moved to Spokane shortly after the race so he will be NorCal's loss and Washington's gain. Doug Latimer dipped under 2:40 to win the masters division in 2:38:32, well ahead of Bryan Holmes' 2:56:26. Clarence Hall, co-meet director of the Napa Marathon, was third at 2:56:59. Juli Ann Mastain cracked the three-hour barrier in what is thought to be her first attempt at the distance, clocking a swift 2:58:31, with Sue Stricklin placing second (and winning the masters division) in 3:03:31. At the half-marathon distance, Cal's Gary Blume blitzed to a swift 65:38 in destroying his opposition...Lynn Mentzer of Reno was a distant second at 69:34. Glenn Reed of Redding got by Joe Sloan (also doubling back from the 50-mile last week) to take the over-40 crown, 1:21:05 to 1:21:13, while Jill Symons ran a swift 1:21:42 to lead all women. Cathy Oddone was second at 1:26:48. Heidi Skaden was the masters women's leader in 1:33:29. A large turnout made for a very successful run, as 254 and 581 completed the full and half-marathon distances, respectively. /Walt Schafer & Jim Remillard/

**\*\*\*FULL MARATHON\*\*\***

1-Bill Sevald/ETC	2:23:59	5-Tony Baccelli/Sac'to2	2:34:57	10-Mike Buzbee/YubaCty	2:39:00	15-John Rupp/Hayward	2:49:51
2-Ron Nabers/WVTC	2:25:04	6-James Rocha/SRRC	2:37:40	11-Ross Rowley/SUND	2:41:36	16-Henry Tuschar/Chico	2:49:51
3-Chris Hamer/WVTC	2:29:43	7-Phil Sanfillippo/WVJ2	2:37:41	12-Scott Mellberg/Ch	2:43:39	17-Richard Baugher/Sac	2:50:48
4-Tim Swezey/PMK	2:30:39	8-Britt Brewer/Chico	2:37:55	13-Cecil Lashlee/Colo	2:44:23	18-Robert Hedges/Sacto	2:51:00
		9-Doug Latimer/Un	2:38:32*	14-Gary Nathanson	2:45:30		

(Continued on next page...)

*(Bidwell Marathon, Cont'd)*

19-Dale Magnin/Reno 2:53:28  
20-Manuel Hernandez 2:53:29  
21-Monroe Rosenthal 2:53:35  
22-Edward Forand, Jr. 2:55:45  
23-Skip Seebeck/C'brg 2:55:56  
24-Charles Knuth/SF 2:56:04  
25-Jay Helgerson 2:56:12  
26-Bryan Holmes/WVJS 2:56:26\*  
27-Bruce Delfante/Chico 2:56:48  
28-Chad Hill/Palo Alto 2:56:57  
29-Elliot Eisenbud 2:56:59  
30-Clarence Hall/NVRC 2:56:59\*  
31-Brian Knight 2:57:31  
32-A.F. McDonagh 2:58:18\*  
33-John Lumian/Chico 2:58:24  
34-Juli Mastain/Chico 2:58:31F  
35-Martin Fricke/Brkly 2:58:40  
36-Dan Sullivan/R.C. 2:58:54  
37-Tom Worman/Oroville 2:59:03  
38-Jim Wholey/Saratoga 2:59:15

39-Bill Gardner/Chico 2:59:32  
40-Kent Castro/Chico 3:01:34  
41-Pete Hanson/Colfax 3:01:53  
42-Sam Simmons/Chico 3:01:53  
43-Roberto Chavez/Chico 3:02:29  
44-Michael Doud/Sacto 3:03:13  
45-Sue Stricklin/WVTC 3:03:31F\*  
46-Brian Oldham/Fullrtn 3:03:31  
47-Donald Samson/RohPk 3:04:15  
48-Terence Clark/SF 3:04:59  
49-Vic Martin/Sacto 3:05:37  
50-Robert Ross/Chico 3:06:56  
51-Tim Twietmeyer/Chico 3:07:16  
52-Rich Mueller/LAitos 3:07:36\*  
53-David Hanley/Chico 3:07:45  
54-Brian Moore/Modesto 3:08:11  
55-Robert Johnson/Dnvle 3:08:19  
56-Gus Hannickel/Loomis 3:09:17  
57-Jim Sanders/Nevada 3:09:29  
58-John Clark/CitHgts 3:10:04  
59-Kevin Cimini/Sacto 3:10:07

\*\*\*MASTERS\*\*\*

60-Scott Hepburn/Rdng 3:10:54\*  
61-Woody Wooden/Linc 3:11:10\*  
64-Al White/Carmichael 3:12:38\*  
65-Ron Ogilvie/Nevada 3:12:55\*  
67-Sherman Welpton/Pmt 3:12:59\*  
69-Geo. Billingsley 3:14:28\*  
74-Milton Schultz/Rdng 3:16:46\*  
75-Paul Favero/Sacto 3:16:59\*  
76-Larry Dion/Chico 3:17:27\*  
77-Richard Sands/Sonra 3:17:33\*  
\*\*\*WOMEN\*\*\*  
95-Tracey Thayer/WVTC 3:24:17  
96-Anna Arnault/S.F. 3:24:17  
98-Kim Carter/Shasta 3:24:29  
108-Molly Leabo/LGatos 3:27:58  
109-Regina Silva/Rdng 3:28:12  
110-Nora Crans/WVTC 3:28:29  
111-Kay Johnson/Sacto 3:28:42  
121-Cheryl White/Sacto 3:31:30  
129-Wendy Taylor/Crmchl 3:32:44



Doug Latimer led the masters at the Bidwell Classis Marathon with a fine 2:38:32, good enough for ninth place overall. /David Madison/

\*\*\*HALF-MARATHON\*\*\*

1-Gary Blume/Berkeley 65:38  
2-Lynn Mentzer/Reno,NV 69:34  
3-Steve Prader/Nevada 70:00  
4-Lee Ferrero/SWEAT 70:05  
5-Lyle Freeman/Reno,NV 70:10  
6-Pat Miller/Berkeley 70:15  
7-Bob Martin/Davis 71:44  
8-Ken Alberg/Lodi 72:05  
9-Frank Krebs/Orgvle 72:06  
10-Joe Becerra/etc 73:15  
11-Erik Winnie/Sacto 73:26  
12-Doug Rennie/BC 73:33  
13-Richard Stiller/WVJS 73:34  
14-Steve Daniels/Rdng 74:36  
15-Dave Sophie/Chico 75:01  
16-Mike Jordan/Rdng 75:11  
17-Curtis Boehm/Orvle 75:10  
18-Ed Stromberg/Sacto 75:37  
19-Steve Growdin/Chico 76:36  
20-Todd Martin/Nevada 76:40  
21-William Davis/WVTC 76:47

22-John Frank/SummitCty 76:59  
23-Ken Takao/Lodi 77:43  
24-Gary Smith/Sacto 78:11  
25-Lance Kuykendall/WVTC 78:13  
26-Dan Alarid/Sacto 78:14  
27-Kevin Grady/S.F. 78:20  
28-Philip Storms/Wvrvle 78:28  
29-Ken Garber/Redding 78:44  
30-Steven Boutin/Davis 78:48  
31-John Marchuk/Redding 78:58  
32-Robert Williams/YC 79:02  
33-Sammy Trujillo/Sacto 79:30  
34-Jack Frost/Redding 79:35  
35-Rick Edson/Davis 79:53  
36-Paul Resignato/Chico 79:59  
37-Robert Utley/Chico 80:01  
38-Andy Park/Chico 80:40  
39-Mark Bauman/Auburn 80:41  
40-Mike Rowerdink/Stktn 80:57  
41-David Klein/WalnutCrk 81:01  
42-Buckley Hulsemann/RdB 81:02  
43-Lamont Cranston/Wvrvle 81:03

44-Glenn Reed/Redding 81:05\*  
45-Dan Harvey/Oroville 81:08  
46-Michael Hicks/SanJose 81:12  
47-Joe Sloan/Auburn/Abrn 81:13\*  
48-Ken Pulver/Reno,NV 81:26\*  
49-Robert Seals/Chico 81:28  
50-Walt Betschart/BC 81:32\*  
51-Jeff Thompson/S Carlos 81:34  
52-Marshall Gordon/Rdng 81:35  
53-Michael McGie/Chico 81:39  
54-Jill Symons/Chico 81:42F  
55-Greg Williams/Chico 81:45  
56-Charles Griffin/Chico 81:45  
57-Mark Burch/Monterey 81:46  
\*\*\*MASTERS\*\*\*  
67-Bruce Johnson/CitHgts 82:47\*  
83-Gregory Ryan/Pdmnt 84:40\*  
86-Lee Bunnell/Redding 84:52\*  
97-Len Edholm/Redding 86:38\*  
102-Robert Hanna/Sacto 86:48\*  
108-Chan Griswold/Reno 87:23\*  
119-John Hood/Chico 88:50\*

139-Tom Jennie/PaloCedro 90:10\*  
\*\*\*WOMEN\*\*\*  
101-Cathy Oddone/Chico 86:48  
116-Cindy Claiborne/Chico 88:22  
124-Mary Ann Morse/WalCrk 89:08  
168-Sandi Bohner/Plnston 92:25  
179-Heidi Skaden/Sacto 93:29\*  
186-Rhonda Kinslow/Rdng 94:57  
203-Joan Perkins/Sacto 97:04  
211-Garima Hoffmann/SRosa 97:50  
212-Heather Ryan/Piedmont 97:51

MAXWELL & BEARDALL STAR IN VALLEJO CHANNEL-TO-LAKE RUN

(Mar. 4, Vallejo): - Canadian Brian Maxwell had little competition but still recorded a quick 51:02 for this traditional 10-mile run from downtown Vallejo. Second-placer Jan Ser-shen was a well-beaten second in 53:29. Darryl Beardall bested Kent Guthrie's winning time from 1978 (56:15) by running a very strong fifth place effort of 54:31. Note--The PA-AAU Handbook lists all records as set in 1978...we're not sure if the course has been changed or not, but there were some pretty swift records way before 1978, including a time of just under 48 minutes by Jon Anderson in the early 70's. Does anyone know if this is the same course as in the past? If so, the recordbook needs to be updated. Ralph Bowles just missed Guthrie's 1978 winning time with a 56:23, but was nearly two minutes behind Beardall! Elaine Miller's 66:31 was tops among the distaffers, and while her time bested Mary Gaffield's 74:08 time from 1978, we're not sure if it was a course record or not. At any rate, she easily defeated her competition, with Kathy Berggren's 72:33 being second. Barbara Carlson of the NorCal Seniors led the masters women with her 79:15. A total of 318 finished the race, which features at least one tough hill. /Ron Petrillo/

1-Brian Maxwell/BASC 51:02  
2-Jan Ser-shen/etc 53:29  
3-Mike McGrath/AGRC 54:17  
4-Jeff Wall/etc 54:30  
5-Darryl Beardall/DIRT 54:31\*  
6-Mark Proteau/AGRC 54:50  
7-Tom Kennedy/WVTC 55:03  
8-Mike Conroy/etc 55:08  
9-Gary Alderman/DRR 55:16  
10-Doug Butt/WVTC 55:44  
11-David Muela/etc 56:19  
12-Mike Wright/KP 56:23  
13-Ralph Bowles/Un 56:23\*  
14-Terry Hughes/CoyStr 56:49  
15-Louis Grieco/Un 56:55  
16-Ron Mellor/Auburn 57:06  
17-Ted Pawlak/Un 57:10  
18-Greg Chapman/Un 57:18  
19-Andy Takaha/CW 57:23

20-Kurt Vineyard/KP 57:25  
21-Joe Taxiara/AGRC 57:29  
22-Mike Boucher/StanSchl 57:33  
23-Ronald Souther/SolStr 57:35  
24-Mike Warr/KP 57:42  
25-Dave Cargill/KP 57:59  
26-Anthony Bettencourt 58:14  
27-Steve Sidney/DSE 58:14  
28-Lloyd Sampson/Un 58:16  
29-Tom Cathcart/WVTC 58:18\*  
30-Dean Harper/AGRC 59:12  
31-Ross Smith/WVJS 59:13\*  
32-Karl Bacon/Un 59:28  
33-Michael Deatherage/KP 59:44  
34-Larry Pugh/KP 59:56  
35-Dave Smith/Un 60:09  
36-Thomas Lucas/WDS 60:22  
37-C.S. Welty, Jr./Un 60:55  
38-Hoyt Walker/LVRC 61:01

39-Tom Morrison/OCTC 61:02  
40-Dave Houston/Un 61:19  
41-Rip Talavera/Un 61:23  
42-Kirk Hudson/Un 61:26  
43-Robert Felsch/SolStr 61:32  
44-Joe Burzynski/Un 61:45  
45-Mike Levin/DRR 61:49  
46-Grady Wright/DSE 61:50  
47-Wes Hurlburt 62:17  
48-Don Huff/PMK 62:18\*  
49-Rich Roadcap/SolStr 62:18  
50-John O'Neill/Un 62:31  
51-Art Portocarrero/Un 62:43  
52-Nelson Togerson/Un 63:12  
53-Harry Wyeth/LMJS 63:13  
54-Max Hufferd/Un 63:19  
55-Dan Fragoza/Un 63:21  
56-Casey Casebolt/Un 63:30  
57-Terry Chavez/MVS 63:38

58-Tim Burris/Un 63:41  
59-Rich Hutchinson/SolStr 63:50  
60-Marvin Winer/WVTC 64:21\*  
61-Walter Williams/WVJS 64:30\*  
62-Jim Fico/Un 64:33  
\*\*\*MASTERS\*\*\*  
66-Dr. Bollinger/DWC 65:19\*  
72-Joe Dana/SolStr 65:24\*  
80-Bob Currie/Un 66:27\*  
87-Hank Fragoza/SolStr 66:52\*  
108-Gary O'Dell/Un 69:10\*  
110-Carl Howard/Un 69:28\*  
111-John Dougherty/DSE 69:36\*  
\*\*\*WOMEN\*\*\*  
82-Etaine Miller/WVTC 66:31  
138-Kathy Berggren/Un 72:33  
176-Ann Grove 76:57  
182-Jody Mellor/Auburn 77:30  
200-Barbara Carlson/NCS 79:15\*

NABERS GRABS ANOTHER MARATHON WIN--NAPA VALLEY

(Mar. 11, Napa): - Ron Nabers, running his umpteenth marathon over the past several months, added yet another title to his growing list with a 2:25:43 victory over teammate Daryl Zapata, who recorded a good 2:27:19 as the first two finishers were the only two under 2:30. Jim Liedtke's 2:49:08 PR led the masters competitors, with Napan Jim Engle next in 2:53:31. Joan Ulyot had the women's division to herself with a 3:02:32, and Gail Gustafson's PR 3:13:19 was good enough for the runnerup slot. Martha Maricle also recorded a PR (3:19:42) in leading the masters women across the line, finishing 144th place overall in a field of 444 finishers. The marathon was very well organized according to all reports we received, and it's apparent that this one will rapidly become one of the more popular local events at that distance. See next page for a listing of the top finishers in each division. /Chuck & Kaye Hall/



Ron Nabers ran 2:25:43 to win the Napa Valley Marathon...he is shown here winning the Avenue of the Olives Marathon in February. /Gary Mack/

(Napa Valley Marathon, Cont'd)

- 1-Ron Nabers/30/WVTC 2:25:43
- 2-Daryl Zapata/33/WVTC2:27:19
- 3-Mike McGrath/24/AGRC2:31:15
- 4-Mark Proteau/27/AGRC2:31:43
- 5-Jim Barker/32/WVTC 2:34:20
- 6-D. Roeber/32/USAF 2:35:44
- 7-Pat Miller/28/Un 2:36:03
- 8-Joe McDevitt/33/WVTC2:36:12
- 9-R. Lawrence/39/TAM 2:36:45
- 10-Terry Hughes/35/CS 2:37:45
- 11-Dan Williams/30/WR 2:38:08
- 12-M. Warr/17/SS 2:38:29
- 13-Michael Brown/27/ETC2:40:44
- 14-D. James/29/Un 2:42:04
- 15-H. Perez/28/Un 2:43:40
- 16-Frank Ruona/33/Un 2:43:47
- 17-D. Doris/33/VMRC 2:43:47
- 18-D. Nieman/28/NVRC 2:47:43
- 19-T. Masterson/32/DSE 2:48:12
- 20-Tim Lee/20/NVRC 2:48:14
- 21-Jim Liedtke/41/Un 2:49:08\*
- 22-Ed Jerome/35/TRAC 2:49:41
- 23-B. March/19/CS 2:51:02
- 24-Jay Helgersen/24/Un 2:52:31
- 25-K. Gaal/39/Un 2:53:19
- 26-Jim Engle/42/NVRC 2:53:31\*
- 27-R. Herold/30/ER 2:53:34
- 28-B. Suits/20/Un 2:53:39
- 29-D. Bollman/27/VMRC 2:53:39
- 30-D. Chairez/19/Un 2:54:00
- 31-R. Sylvester/36/HR 2:54:39

- 32-Bob Malain/51/BC 2:54:43\*
- 33-K. Yamauchi/30/Un 2:54:47
- 34-Tim Buscheck/24/Un 2:54:58
- 35-B. Kuefner/28/Un 2:55:18
- 36-J. Gibbons/34/ER 2:55:19
- 37-E. Bredthauer/29/MP2:55:21
- 38-Pete Stein/33/TRAC 2:55:21
- 39-M. Jones/35/VMRC 2:55:21
- 40-Ken Benjamin/34/DDS2:56:07
- 41-T. Holliday/27/BTC 2:56:07
- 42-Leo Ruiz/39/Un 2:57:05
- 43-Walt Van Zant/39/Un2:57:08
- 44-B. Stainbrook/25/BC2:57:16
- 45-D. Schrock/26/Un 2:57:54
- 46-M. Robinson/26/Un 2:57:56
- 47-R. McKenzie/44/Un 2:58:10\*
- 48-John Naylor/54/WVJ 2:58:12\*
- 49-M. Quinine/35/Un 2:58:14
- 50-E. Jones/29/Un 2:58:16
- 51-M. Jacobs/28/Un 2:58:25
- 52-T. Clancy/32/ER 2:58:34
- 53-M. Doud/30/Un 2:58:48
- 54-H. Wald/26/Un 2:58:56
- 55-D. Keeley/36/Un 2:59:33
- 56-D. Edgar/40/Un 2:59:41\*
- 57-Fred Dunn/57/PMK 3:00:11\*
- 58-J. Ceremony/16/Un 3:00:27
- 59-S. Radigan/27/Un 3:00:34
- 60-D. Hill/35/Un 3:01:19
- 61-J. Rader/39/CN 3:01:29
- 62-D. Ketelsen/19/NVRC3:01:43
- 63-D. John/24/Un 3:02:01

- 64-Joan Ulliot/38/WVTC 3:02:32F
- 65-D. Malkin/38/Un 3:03:03
- 66-L. Wong/17/Un 3:03:28
- 67-Tom Zavortink/39/PMK 3:03:57
- 68-A. Webb/37/Un 3:04:04
- 69-K. Grady/26/Un 3:04:26
- 70-B. Denner/40/Un 3:04:27\*
- 71-B. Wright/56/MPAC 3:05:13\*
- 72-C. Moran/35/TAM 3:05:31
- 73-M. Thompson/40/Un 3:06:22\*
- 74-David Williams/36/NVR3:07:17
- 75-S. Kahn/30/CN 3:07:29
- 76-K. Bollinger/52/OC 3:07:41\*
- \*\*\*MASTERS\*\*\*
- 77-Stuart Ruth/42/PMK 3:07:48\*
- 87-Ron Kovacs/40/TRAC 3:09:10\*
- 94-Tom Pinckard/41/Un 3:10:30\*
- 97-Don Lucero/51/WVTC 3:11:25\*
- 98-Mike Paradis/40/Un 3:11:50\*
- 103-Jess Chavez/47/DSE 3:13:08\*
- 107-N. Kawasaki/40/DMTC 3:13:50\*
- \*\*\*WOMEN\*\*\*
- 104-Gail Gustafson/36/WV 3:13:19
- 126-Ann Neeley/40/TAM 3:16:29\*
- 139-Sally Savitz/36/PMK 3:18:49
- 144-Martha Maricle/45/NCS3:19:42\*
- 161-B. Kleve/29/CPTC 3:22:07
- 170-Nancy Lane/24/WVTC 3:23:47
- 182-Daphne Dunn/32/PMK 3:25:32
- 189-Ann Bower/21/PMK 3:26:42
- 190-F. Harp/30/Un 3:27:11
- 203-L. Bernardin/24/Un 3:30:30

**TUTTLE DOMINATES PLEASANT HILL 10K** (Mar. 11, Pleasant Hill): - Ex-Humboldt Stater Gary Tuttle, now running for Team Inside Track, came up from Ventura to run away with the individual title in a good 30:38. Camino West standout John Moreno was a distant second at 31:31, with Bill Seaver third at 33:11. Kent Guthrie ran his usual consistant race to down Ulrich Kaempf in the masters division, 35:05 to 35:32, with Myron Nevraumont a distant third in 37:10. Vivian Soderholm-Difatte, ex-Stanford runner, ran an excellent 38:20 to easily outdistance Cindergal standout Kerry Brogan, who clocked 39:03. High schooler Chris Manning of Orinda Track Club was next in 39:13. Karen Scannell picked up yet another win in the masters women's division with her 43:30, over one minute in front of Vicki Bigelow's 44:47. A great turnout of 1100 (finishers) made for a very successful first-time race. /Gary Santos/

- 1-Gary Tuttle/31/TIT 30:38
- 2-John Moreno/23/CW 31:31
- 3-Bill Seaver/29/WVTC 33:11
- 4-Steve Slawson/26/CMA 33:17
- 5-Harvey Franklin/35/WV 33:24
- 6-Jeff Farmer/20/Chabot 33:32
- 7-Chris Otis/19/Un 33:41
- 8-Michael Immoos/18/Un 33:42
- 9-Bret Baffert/18/WVTC 33:43
- 10-Jay Marden/15/WVTC 34:05
- 11-Michael Duncan/29/WVTC34:08
- 12-Mike Emry/22/CW 34:21
- 13-Roy Hoglund/22/CW 34:21
- 14-Scott MacDonald/19/Un 34:30
- 15-Gary Singer/24/Un 34:38
- 16-Bryan Carroll/14/Un 34:44
- 17-R. Tierrafria/25/Un 34:50
- 18-Gary Alderman/35/DRR 34:52
- 19-Dan Anderson/26/WVTC 34:53
- 20-Jeff Grubbs/16/Un 34:56
- 21-Daniel Rubio/18/Un 34:57
- 22-Nick Winter/36/LVRC 35:00
- 23-Kent Guthrie/42/WVJS 35:05\*
- 24-Ken Alberg/18/SUND 35:09
- 25-Jesse Colvin/16/Un 35:10
- 26-Ronald Souther/17/SS 35:15
- 27-Ulrich Kaempf/48/TRAC 35:32\*
- 28-W. Thibodeaux/22/WPTC 35:36
- 29-Ken Apperson/15/CW 35:39
- 30-Bill Murphy/28/DSE 35:45
- 31-Scott Molina/19/DM 35:48
- 32-Tim Jordan/39/BC 35:50
- 33-Ted Pawlak/22/Un 35:54
- 34-Dave Perlman/17/Un 35:55
- 35-Mark Spencer/15/Un 35:56
- 36-Scott Wilson/16/Un 35:56
- 37-Anthony Robinson/17/Un35:57
- 38-Paul Hill/15/Un 36:00
- 39-Thomas Lambie/29/Un 36:01
- 40-Andy Wolfe/16/Un 36:04
- 41-Dave Zumwalt/27/PMK 36:08
- 42-Tim Rostege/38/WVTC 36:10
- 43-Sargon Nona/27/Un 36:15
- 44-Greg Nelson/32/SSS 36:17
- 45-P. Stefaniski/15/SSS 36:18
- 46-Ken Takao/18/Un 36:18
- 47-Dennis Reager/35/SFRC 36:21
- 48-A. Bettencourt/26/Un 36:22
- 49-Michael Boucher/26 36:23
- 50-Karl Romano/32/DRR 36:30
- 51-Tom Castro/32/Un 36:34
- 52-Rae Clark/27/Un 36:39
- 53-Howard Machek/16/Un 36:41
- 54-Olin Boschker/39/Un 36:41
- 55-Frank Matull/15/Un 36:41
- 56-David Gowen/32/Un 36:50
- 57-Dennis Kilian/20/Un 37:02
- 58-Myron Nevraumont/44/WV37:10\*
- 59-John Monteverdi/32/LMJ37:13
- 60-Marc Lund/29/WVTC 37:16
- 61-Allen Robertson/23/Un 37:17
- 62-Ted Franse/16/Un 37:18
- 63-Paul Alvarez/17/Un 37:18
- 64-Jonathan Coleman/18/Un37:18
- 65-John Carey/16/Un 37:23
- 66-Dave Fishback/18/Un 37:25

- 67-Johnny Lopez/14/Un 37:25
- 68-Brian Immoos/15/Un 37:27
- 69-Edward Agius/25/Navy 37:28
- 70-Ron Peck/37/NCS 37:29
- 71-Tom Guerin/24/SFOC 37:30
- 72-Jim Moore/43/Un 37:34\*
- 73-Robert Dobson/31/Un 37:35
- 74-Leonard Gilliana/26 37:37
- 75-Jon Harmon/15/Un 37:37
- 76-Tom Barlow/15/Un 37:38
- 77-Robert Anderson/15/SS37:42
- 78-Bobby Yee/29/Un 37:44
- 79-Rick Piper/24/Un 37:46
- 80-Mike Delisi/20/Un 37:49
- 81-Robert Vorse/17/Un 37:50
- 82-Mark Samuelson/25/RC 37:52
- 83-Sammy Trujillo/32/Un 37:56
- 84-Jeff Thompson/18/Un 38:00
- 85-Bryan Holmes/44/WVJS 38:01\*
- \*\*\*MASTERS\*\*\*
- 115-Richard Keene/41/NCS 38:55\*
- 121-Siegfried Mattern/42 39:01\*
- 125-Dan Halvorson/45/BC 39:07\*
- 131-Ron Grabowski/42/Un 39:14\*
- 132-Robert Gehl/50/DSE 39:16\*
- 137-Philip Stone/42/DRR 39:22\*
- 138-Warren Moorman/43/PMK39:22\*
- 140-Richard Vincent/47/Un39:27\*
- 141-Gerald McMahon/41/DRR39:29\*
- 151-Marvin Wdner/41/WVTC 39:39\*
- 156-Jack Jamieson/45/ORR 39:46\*
- 169-Lee Sorenson/51/ORR 40:20\*
- \*\*\*WOMEN\*\*\*
- 99-Vivian Soderholm/22 38:20



Vivian Soderholm-Difatte upset Kerry Brogan in winning the 1st Annual Pleasant Hill 10K in a time of 38:20. /Don Melandry/

**MACDONALD AND BIER REPEAT AS WINNERS AT SAN JOSE MERCURY NEWS RUN** (Mar. 18, San Jose): - Running on a corrected (10km) course this year, WVTC's Duncan Macdonald and Club Northwest's Don Kardong waged a nip-and-tuck battle most of the way, with local favorite Macdonald pulling ahead in the latter stages with a 29:14.7 victory to defend his 1978 title and win a trip to either Boston or Hawaii. Ben Wilson, who pressed the pace for the first four miles, finally dropped back to finish third in 29:45. Bob Welck had a good battle with Oregonian (& former Athens AC star), Ray Hatton, in pulling out the masters title, 32:41 to 32:47. He also repeated as divisional champion. Roxanne Bier's 35:17 easily won over Kathy Perkins (36:53) as she defended her title too (more).

(San Jose Mercury/News Run...)

--Note: No age or sex designations in results so we won't list masters & hope we didn't miss any women in top 500.--

1-Duncan Macdonald/WVTC	29:15	49-Keith Kruse/Puma TC	33:24
2-Don Kardong/CNW	29:19	50-Kevin Hunter	33:28
3-Ben Wilson	29:45	51-Joe Salazar	33:30
4-Tony Ramirez/FPTC	30:06	52-Dan Stefanisko	33:32
5-Michael Cassaday/WVTC	30:29	53-Bill Meinhardt/WVJS	33:34
6-Jim Hartig/FPTC	30:31	54-Gerald Slibsager	33:36
7-Wayne Badgley/SUND	30:34	55-Alan Swenson	33:37
8-Mike Porter/WVTC	30:40	56-Craig Chore	33:39
9-Brad Duffey/Un	30:41	57-Dave Levitsky/WVTC	33:43
10-Brian Maxwell/BASC	30:42	58-Robert Rupprecht	33:47
11-Scot Walter	30:43	59-John Igel	33:50
12-Dan Predmore	30:43	60-Danny Ramirez	33:52
13-Bill Seaver/WVTC	30:53	61-Layne Rolston	33:52
14-Ted Quintana/WVTC	30:55	62-Raymond Miller	33:53
15-Bill Clark/WVTC	30:58	63-Paul Hopkins	33:59
16-Wayne Hurst	31:28	64-Scott Kinzy	33:59
17-Bart Petracca	31:28	65-Andrew Hyde	34:01
18-Tom Laris	31:32	66-Don Dugdale/MPAC	34:02
19-Ramsay Thomas/WVTC	31:39	67-Alex Gonzalez	34:10
20-Hank Lawson	31:48	68-Pete Kraus	34:12
21-Michael Gulli/Skyline	31:50	69-Mike Lucas	34:13
22-Dennis O'Halloran/AGRC	31:53	70-Tim Rostege/WVTC	34:14
23-Dale Fletcher	31:57	71-Santos Reynaga/WVTC	34:16
24-Gregg Szanto	31:58	72-Ken Apperson/CW	34:19
25-Tad Woliczko	32:03	73-Steve Lorenz	34:20
26-Paul Sechrist	32:07	74-Dennis McMaster	34:25
27-Timothy Chain	32:18	75-Felix Soto/Mt.Pleasant	34:26
28-Jeff Parietti/WVTC	32:23	76-Lewis Grieco	34:27
29-Curtis Karbowski	32:30	77-Sargon Nona	34:29
30-Gary Singer	32:32	78-David Hunt	34:29
31-Scott Cooper	32:33	79-Jerry Taylor	34:31
32-Lester Mina/AGRC	32:34	80-William Dunn	34:38
33-Jerry Hall	32:34	81-Nelson Bernal	34:41
34-Harold Huff	32:37	82-Bruce Williams	34:41
35-Robert Welck/WVJS	32:41*	83-Joe Rubio	34:45
36-Jeff Farmer	32:43	84-Glen Pruitt	34:45
37-Jay Marden/WVTC	32:44	85-Robert Nunes	34:46
38-Dean Clark	32:44	86-Jessie Colvin	34:47
39-Ray Hatton/Oregon	32:47*	87-Dan Dierken	34:47
40-Bob Martin	32:52	88-Jerome Lewis/TRAC	34:48*
41-Paul Gyorey	33:02	89-Andy Takaha/CW	34:49
42-Daniel Gonzalez	33:05	90-Hoyt Walker/LVRC	34:52
43-David Parish/WVTC	33:08	91-Larry Eder	34:52
44-Bruce Wolfe/WVTC	33:08	92-Roger Morton	34:57
45-Murray Demo	33:09	93-Rae Clark	34:58
46-Dave Vellequette	33:13	94-Manny Mahon	35:07
47-Nick Winter/LVRC	33:14	95-Dave Stock/AGRC	35:08
48-Rich Bega	33:17	96-Jerry McFadden/WVTC	35:08
		97-Roxanne Bier/SJC	35:17
		98-Phil Sanfilippo/WVJS	35:17
		99-Gerhardt Behrens	35:20
		100-Jerry Sandoval	35:26
		101-Jim Moore	35:36
		102-Keith McNad	35:37



(Left) Don Kardong and (right) Duncan Macdonald, ponder the outcome of the 2nd Annual San Jose Mercury News Run, won by "Dunc" in a swift 29:15. Both won trips to Hawaii or Boston...Macdonald by virtue of winning and Kardong by a draw. /Mercury News/

103-Dee Baltzer	35:37*	131-Fred Rios	36:11
104-Lawrence Crider	35:38	132-Jim Moyles	36:13
105-Andrew Martinez	35:41	133-Steven Specker	36:14
106-Joe Mercado, Jr.	35:42	134-Michael Gourley	36:17
107-Dan Currier	35:43	135-Don DeLay	36:18
108-James Owen	35:48	136-Robert Anderson	36:20
109-Michael L'African	35:48	137-Phil Darnall	36:20
110-Ed Jerome/TRAC	35:50	138-Thomas Morrison	36:21
111-Dave Moore	35:50	139-Jim Tran	36:22
112-Robert Torres	35:54	140-Fred Eubank	36:23
113-Ray Clemo	35:54	***WOMEN***	
114-Leonard Gilliana	35:55	159-Kathy Perkins/SJC	36:53
115-Mohammed Musvee/WVTC	35:56	164-Pat English/WVTC	36:58
116-Rick Riordan	35:57	202-Nanette Garcia/SJC	37:40
117-Dale Londre	35:57	217-Penny Goldthorpe/HMBHS	37:51
118-Carl Dobbins	35:59	235-Irene Rudolf/WVTC	38:13
119-Vincent Mocini	36:00	257-Tena Anex/AGRC	38:34
120-Steve Radigan	36:00	265-Cathy Demmelmaier/SJC	38:43
121-Robert Pauley	36:00	284-Mary Wilson	38:55
122-Ron Palero	36:01	314-Pauline Vasquez/SJC	39:21
123-Jose Llamas	36:01	345-Becky Schmidt/HMBHS	39:38
124-Martin Robinson	36:01	358-Sharlene Rogers	39:43
125-Babe Ramirez	36:03	423-Diana Davis	40:01
126-John Barranca	36:04	424-Lindy Hayes	40:01
127-John Hidalgo	36:05	458-Erika Wiemann	40:11
128-Charles Freeman	36:06	472-Diane Young	40:15
129-Robert Gehl/DSE	36:08*	493-Lynn Lockhart	40:22?
130-Harvey Sandoval	36:09	499-Carmen Ochoa	40:25?

RECORDS TUMBLE AT NOR-CAL 10-MILER (Mar. 24, Redding): - Despite moving the date back several months to take advantage of cooler weather, temperatures proved unseasonably warm (70's)...tolerable but not ideal. That didn't seem to matter much to Lee Ferrero, however, as he ran to a course record by some 17 seconds, breaking Jim Price's two-year-old mark of 55:32. Second-placer Rick Martinez was also under 56 minutes with a fine 55:51. Records also fell to Glenn Reed (61:25) in the masters division and to Kim Carter (women), who notched a good 66:58. Old marks were held by Bob Malain (62:58 in 1977) and Merrill Cray (73:07 in 1977). A total of 157 finished. In the companion 3-miler, results were marred by a wrong turn near the finish by the top five runners...resulting in them running 2.758 miles (everyone else ran 2.864 miles...different from previous years since a last-minute change in the course had to be made). Times below are listed as ran, but in italics, thus designating a shorter course for the top five. John Frank's 14:00 led Bill Joseph (14:06) in a tight finish. New master Walt Schafer did 15:44 to dominate that division, with Robert Ross (17:30) nearly two minutes back. Elona Schreder's 18:34 topped the women, with Rhonda Kinslow next in 18:46. In the shorter race, there were 161 finishers. /Tom Hayes/

\*\*\*2.864 MILES\*\*\*

1-John Frank	14:00	7-Walt Schafer/CRC	15:44*
2-Bill Joseph/Sac'to	14:06	8-Wayne Riddle/Wvrvle	15:45
3-Tom Klousner/Redding	14:15	9-John Marchuk/Redding	15:47
4-Dan Ralston/Redding	14:29	10-Mark Little/Shngletwn	15:47
5-Robert Mazzei/Weed	14:42	11-Marty Wilder/Redding	16:13
6-Steve Daniels/Redding	15:37	12-Mac Forbes/Redding	16:21
		13-Paul Husten/Redding	16:23

\*\*\*10 MILES\*\*\*

1-Lee Ferrero/SWEAT	55:15	9-Al Masterson/SWEAT	59:01
2-Rick Martinez/Eugene	55:51	10-Rodney Smith/SRRC	60:37
3-Mike Ercolini/Sacto	56:18	11-Philip Storms/Wvrvle	60:43
4-Jack West/ChicoRC	56:58	12-Glenn Reed/SWEAT	61:25*
5-Bob Woodliff/DSE	57:18	13-Larry Pugh/SS	61:38
6-Ted Pawlak/SanJose	57:21	14-Ron Medel/Redding	62:25
7-Greg Nelson/SSS	58:10	15-Brian Knight/RnchoCord	62:26
8-Bill Parr/SWEAT	58:44	16-Dick Look/SWEAT	62:48
		17-Dan Hartland/Redding	63:07

14-John Prigmore/Redding	17:01
15-Patrick Tennant/Rdng	17:08
16-Matt Parsons/MacDowell	17:13
17-Jim Koster/Shasta	17:15
18-Alan Chase/PaloCedro	17:21?
19-Robert Ross/Redding	17:30*
20-Mike Silva/Redding	17:43
21-Dal Linebarger/Dnsmr	18:21

\*\*\*MASTERS\*\*\*

26-Jose Rivas/Redding	18:37*
29-James Fleury/Redding	18:44*
***WOMEN***	
25-Elona Schreder/Shasta	18:34
31-Rhonda Kinslow/Redding	18:46
37-Susan Newburn/Redding	19:37
42-Sue Sweeney/Redding	20:08

18-Jim Fischer/Redding	63:20	41-Dave Martinez/Concord	68:18*
19-Dan Villegas/Redding	63:35	42-Len Edholm/SWEAT	68:29*
20-Michael Powell/CRC	63:38	43-Scott Hepburn/SWEAT	68:31*
21-Glenn Walbridge/Shsta	63:47	***WOMEN***	
22-Fred Bailey/Chico	63:50	34-Kim Carter/RTC	66:58
23-Bill Gardner/CRC	63:53	49-Leann Knedler/RedBluff	69:49
***MASTERS***			
32-Lee Bunnell/SWEAT	66:45*	57-Sabrina Schreder/RTC	71:04
39-Milt Schultz/SWEAT	67:39*	66-Merrill Cray/CRC	71:44
		74-Regina Silva/SWEAT	73:35



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Sunday - June 10, 1979 - 9am - Burlingame  
one and four mile races

- \* FEE: \$1.00 - \$2.50
- \* REGISTRATION: 7:30 - 8:30 am, near Burlingame Rec. Center, 850 Burlingame Ave. NO pre-registration.
- \* ENTRY FORMS: Available day of race. Also at Wallace Sports Ltd., 1320 Burlingame Ave.; Burlingame Rec. Center; or write Rich Quadri, 530 Francisco Dr., Burlingame, 94010.
- \* START: California Dr., near Broadway. Clothing will be transported from Start to Finish Line near Burlingame Railroad Station.
- \* AWARDS: Medals for 1st; Ribbons 2nd - 6th, M & F in each division (34 separate divisions); participant ribbons for all finishers; drawing for merchandise awards after race (ALL entrants eligible).
- \* COMMEMORATIVE T-SHIRTS: Available for purchase.
- \* KIWANIS PANCAKE BREAKFAST: At Burlingame Rec. Center, 7:00am - 2:00 pm.
- \* "ART IN THE PARK": At Washington Park (near Finish), 10:00am - 5:00 pm.
- \* FOOT EXAMS: By Leland Radcliff Smith DPM.

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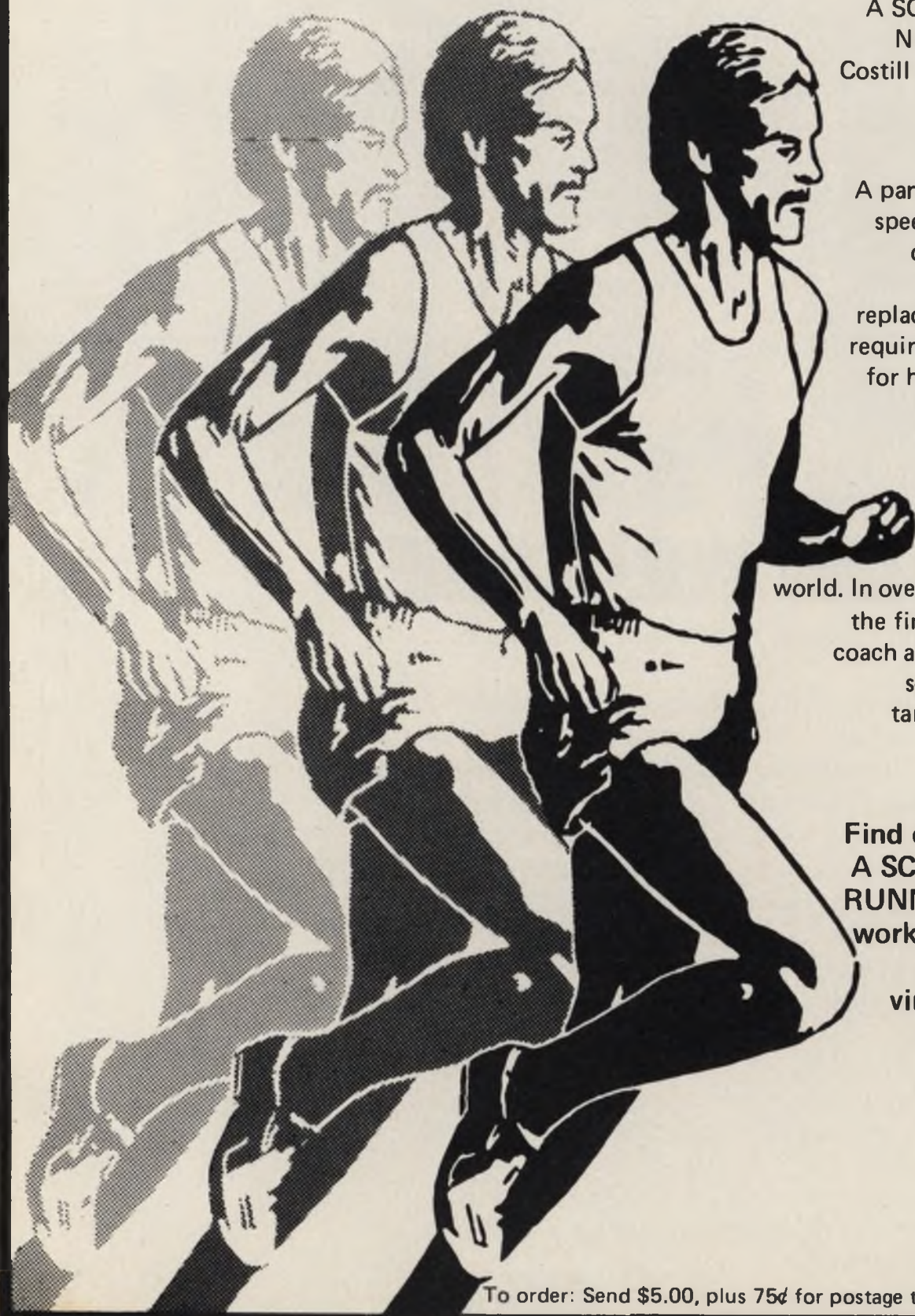
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