

SUMMER 1979  
(#77)

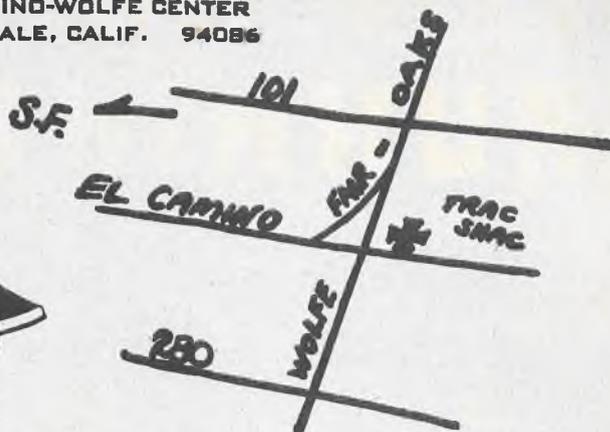
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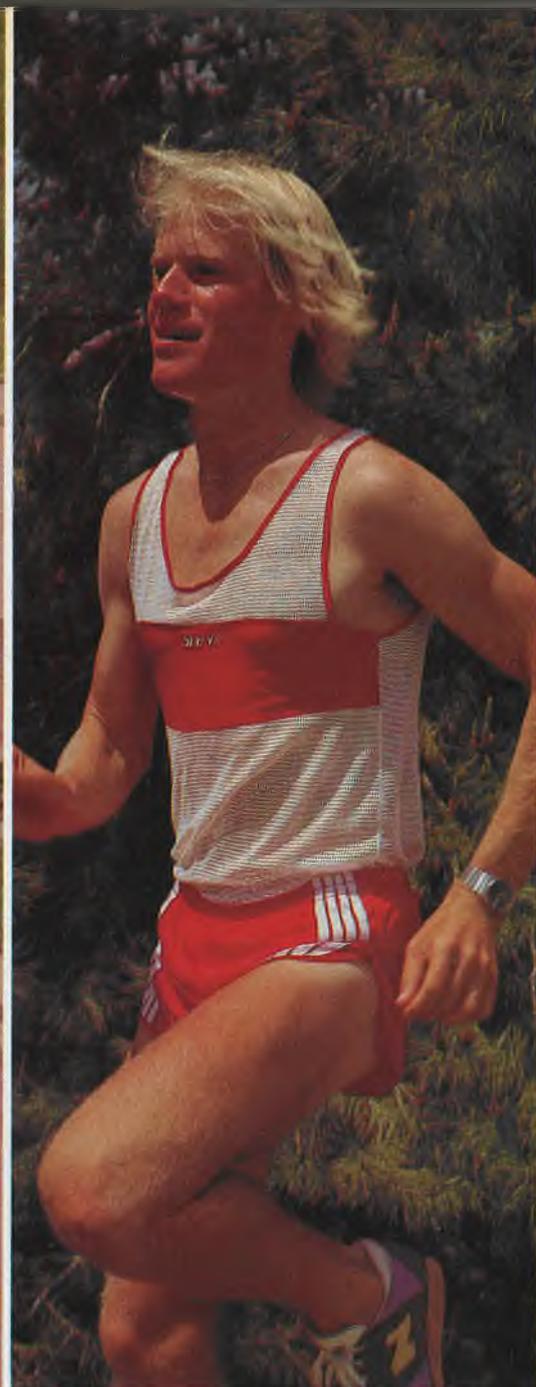
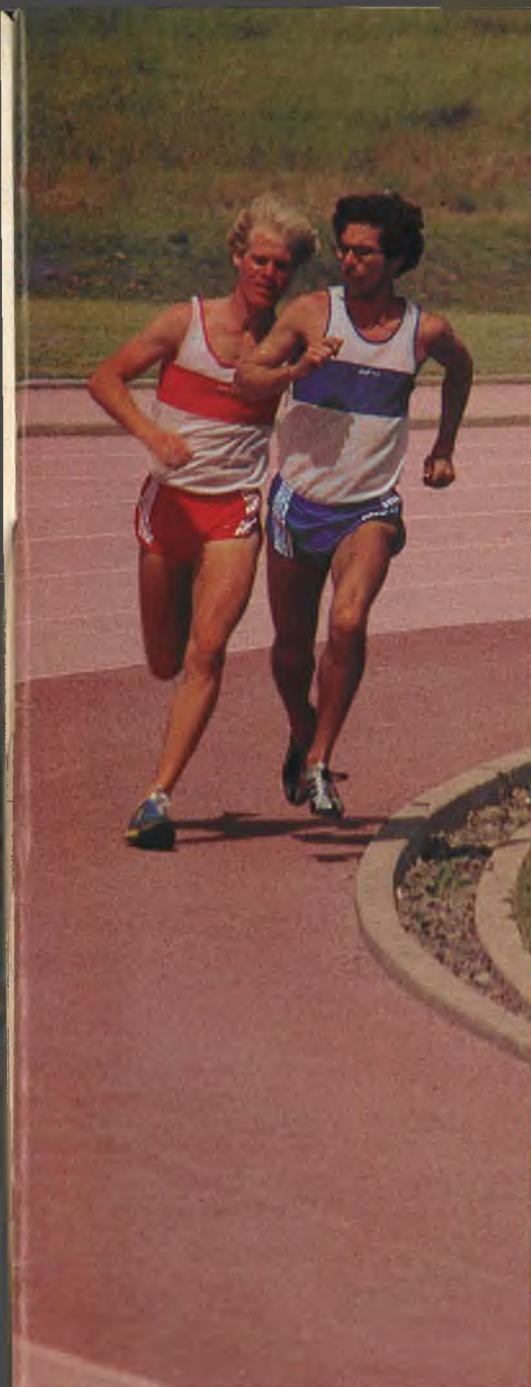
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**UP FRONT**  
Former Cal star, James Robinson, (who has never lost on his home track at Edwards Stadium, Berkeley) has always had a good kick. He needed every bit of it to beat NCAA 800/1500m champ, Don Paige, here at the Berkeley Brooks Meet. They both clocked a world leading 1:45.6 (Robinson won by 0.02), and James went on to win the AAU's and Pan Am Games (over Juantorena). /D. Stock/

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## EDITOR'S MESSAGE

● **HELP NEEDED ON TWO UPCOMING RACES:** - Most of our readers have run in a roadrace or participated in a track meet, but a very small percentage have probably ever been involved in either organizing such an event or even helping out on the day of the event itself. Because of this, I feel, most runners/athletes don't have a good picture of the immense amount of work involved in staging any good event. Many "first time" events turn out poorly simply because of lack of experience on not only the part of the meet director(s), but also on the part of the helpers. **EVERYONE** should try and volunteer to help out at least once a year on something...even if it's only being a course guide or aid-station attendant. As it is now, probably 5% of the runners are doing the work for the other 95% (that's probably conservative), and most of the time they get bombarded with complaints if anything goes wrong, yet they rarely get compliments if things turn out well. -- So, here's your chance to help out (if you get this issue in time) on a race. (#1) Bob DeCelle (Ph. 415/523-2264, days) is the meet director for the Miller Lite race around Lake Merritt in Oakland on Aug. 25th. Proceeds from this run will go into our local LDR Fund to help send top athletes to meets and also to keep the warehouse stock replenished so that meet directors can put on better runs. If you can help out in any way at all, please call Bob immediately. (#2) The Diet Pepsi 10K Western Regionals, in San Francisco on Sept. 2, will feature Bill Rodgers, American marathon record-holder. Up to 5000 are expected to participate. Over 125 volunteers will be needed (mostly at the finishline to man 10 finish chutes). Helpers will receive a free T-Shirt and all the Pepsi they can drink. Get some good experience in the logistics of handling a **LARGE** race and see Bill Rodgers too. If you can help in any way, call Jack Leydig (415/341-3119) immediately.

● **LATE AGAIN I'M AFRAID!** - Hate to keep using this column as a personal crying towel, but I don't know how else to get a point across, plain and simply--**UNLESS IT IS OF A BUSINESS NATURE OR AN ABSOLUTE EMERGENCY, PLEASE DON'T CALL THE NUMBER AT THE TOP OF THE PAGE!** There are a lot of you out there who either don't read my pleas for the above...or don't care. I basically do the layout and typing of the magazine by myself (an office of ONE), so I don't have anyone but myself to answer the phone (my answering machine has been sent out for repairs and I can't even 'filter' incoming calls at the moment). You can't imagine how many hours are "wasted" by my answering the phone for questions that could be answered elsewhere. If you don't see a time/location, etc., listed on a race, don't call me...call the meet director! And don't call to ask when the next issue will be out (unless you need to know for an ad deadline, etc.), or you might get a rude answer. I'm sorry that the magazine can't be more timely. I can only work so many hours a day. Readers can help by remembering the above!

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# PHOTO QUIZ



Name this local female sub-3:00 marathoner.

**RULES:** - Only one guess per individual, must be sent to P.O. Box 1551 (Photo Quiz), San Mateo, CA 94401...postmarked by not later than Sept. 17th. In the case of ties, a winner will be determined by drawing. The winner will receive a free pair of *adidas TRX Comps*, courtesy of Clossco, the *adidas* distributor for the West Coast. This was supposed to be given away last time, but we forgot to announce that fact. To make things more interesting in the future, we'll be featuring other "giveaways" (shoes, etc.) in future quizzes.

**LAST TIME:** - Believe it or not, we only got one stab at the "mix and match" quiz from the last issue! And that was wrong. So, we didn't have a winner at all. The photos were (from top to bottom, left to right): Mike Porter, Bill Clark, Peanut Harms, Jack Leydig & Don Capron. Guess that we made it too hard listing ten names. Please send us material (games/photos) for next issue by 9/15.

## T.U.R.D. of the Month



Steve Subotnick, the NCCR's "T.U.R.D. of the Month".

(Photo by Mike Brown)



We got a lot of favorable comments regarding our "TURD of the Month" item in last issue, so we've decided to make it a regular feature. The original definition of T.U.R.D. (The Unofficial Running Deviate) was simply one who entered a race without paying but saw fit to take advantage of all the race had to offer, and in many instances, crossing the finishline to help make sure results would be messed up for

all the official runners. We will expand on the term "Unofficial" to encompass other forms of undesireables in our road racing community. We encourage our readers to submit their choices for "T.U.R.D. of the Month"...send a photo if possible (unless we have one in our files) and be sure to have supporting evidence for your claims. We will not feature anyone as a "T.U.R.D." without such evidence (one or more witnesses). Please submit a short article with your nominee, stating why you chose he/she for this distinctive award. By our new definition, T.U.R.D.'s can be either "unofficial" runners, "those who cheat by cutting courses, etc.", those who repeatedly try to get a favorable spot on the starting line when they don't belong there...even when seeded runners have special numbers, etc. Any other deviate behavior unbecoming of a runner may also qualify. And now, about this month's T.U.R.D., submitted by Angel Martinez.

Is finding a T.U.R.D. at the Bay-to-Breakers as easy as finding a cowpie in a sheep barn? A good question! T.U.R.D.s at the B-to-B come in all shapes and sizes, like those in sheep barns. At the B-to-B you can also find a whole group of them clumped together...so, what you have to keep your eye out for is that one special T.U.R.D. that somehow distinguishes itself

from the others. And at this year's B-to-B, that was easy!

Unlike last month's T.U.R.D., this month's is readily identifiable as noted Bay Area podiatrist, Steve Subotnick.

Why would we bestow this dubious distinction on such a reputable professional? Here are the facts: He was seen jumping into the race by no less than thirteen runners at about the halfway point in the race (in the Panhandle of Golden Gate Park), a fresh T.U.R.D. So fresh was he that he jumped into the top twenty places, thereby showing a great deal of imagination. At the finish he went through the official side of the chute and afterward bragged of his top-100 finish! So proud was he of this achievement that to his patients he became Steve Subotnick, noted Bay Area podiatrist, top-100 at Bay-to-Breakers, and now--T.U.R.D. of the Month. *Angel Martinez*

## Pepsi Race Changes

For the first time in its 14-year history, the Pepsi 20-Mile Run will limit entries. Since the facilities and roads can accommodate 1,500 runners, the race will be limited to that number. Entries are on a first-come, first-served basis. Deadline for entries is Nov. 10; under no circumstances will a runner who fails to pre-register by that date be accepted, even if the 1,500 total is not yet reached. \*\*\* This year's race is Sunday, Nov. 18, at 11 a.m., Clarksburg. \*\*\* The race will award T-Shirts to the first 1,150 finishers and special awards to the top 10 finishers in 20 different divisions. \*\*\* Write PEPSI 20, 4921 Crestwood Way, Sacramento, CA 95822...send S.A.S.E.

## THIS & THAT

• **PEOPLE NEWS:** - Payton Jordan, Stanford's head track coach for the past 23 seasons, has officially stepped down at the age of 62. Jordan will take a year's leave of absence and then return to Stanford to work in the field of public relations and special projects, a purposely nebulous job description that will enable him "to do anything that will help the department and help the program"--and, at the same time, allow him to pursue other outlets. "I've thought about this for almost two years--not with any reason except I just thought maybe it was time to do something different," he mused. Jordan was a world-class sprinter at USC, where he captained the track team, played rugby and was a halfback on the Trojan football team that won the 1939 Rosebowl. After graduation, he ran an unofficial 9.3 100-yards...the world record then was 9.4 and did not officially become 9.3 until 1948. Jordan can now beat most runners ten years his junior and competes regularly and successfully in the sprints on the masters level. --- In the last issue we listed James Bowers as a finisher at Boston in a time of 2:27:31 (191st), without any further mention. What we did not realize was that Jim is a just-turned-masters runner, from Santa Rosa, and that he set a NorCal record in that division in the process. He was not even listed under masters in the new PA-AAU LDR Handbook (he was listed under Open Men)! So, our apologies to this fine athlete...looks like we'll be hearing a lot from him in the years to come. Only a few weeks after Boston, Jim ran a 2:35+ in winning his division at Avenue of the Giants (see results section). --- We goofed! Apologies to Mari Kolb for omitting her name in the West Valley Marathon results last issue; she finished in a time of 3:22:46, sixth woman overall and first sub-masters woman. --- The PA-AAU had its share of athletes who made the USA-USSR Jr. Track Team, including: Nathaniel Williams, Stockton (400m), Larry Cowling, Sacramento (400mH), Bill Green, Sunnyvale (HT), Marian Franklin, San Francisco (400m), Ann Regan, San Jose (800m), Kathy Hamilton, Modesto (HJ), Leslie Deniz, Gridley (DT), and Kim White, Richmond (alternate, sprints). Those athletes making the Pan American Games were: James Robinson (800m), Bill Green (1600m Relay), Neal Pyke (20km Walk), Greg Woepse (PV), Ron Livers (TJ), Mac Wilkins (DT), Ken Stadel (DT), Maren Seidter (SP), Cathy Sulinski & Lynn Cannon (JT), and Jane Frederick (Pentathlon). All qualified on the basis of their finishes at the National AAU Championships in June (at Mt. SAC). --- Jim Santos of Cal-State Hayward was chosen as an assistant coach for the U.S. team at the Soviet Spartakiade, which was held July 21 to Aug. 5 in Moscow. --- Marcie Trent of Anchorage, Alaska, set a world age-group record (60 and over) for the One Hour Run in a race held there recently...her distance was eight miles exactly. She beat all women but one in the race. --- Michael Duncan of San Mateo and the West Valley TC, won the

Pheidippides Marathon in Athens, Greece, on May 17, over the original route from Marathon to Athens. He completed the rugged course in 2:40:30, beating another American, Gilbert Zwohlen, by 1:20. --- Sue Stricklin is the new PA-AAU Women's LDR Chairperson. She was voted into the position and replaces Penny DeMoss. Her address and phone: 195 - 25th Av., #102, San Francisco 94121 (Ph. 415/221-3216). Sue is the top masters marathoner in the district with a time of 3:00:23, set at Boston this year (with a 2 minute delay even!). --- Mary Lou Shistar, the PA-AAU's Registration Chairman, underwent major surgery this spring and is back at her desk. It was a close call, however, as her heart stopped beating while she was in the recovery room. After three days in Intensive Care, she came out with flying colors. Welcome back! --- Ann Wother- spoon and Kim Schnurpfeil will be running for Stanford University this fall in cross-country. Ann, the State JC 3000m ti- tlist the last two years, transfers from West Valley College, while Kim just finished her senior year at San Mateo High and was the top NorCal runner in cross-country last fall.

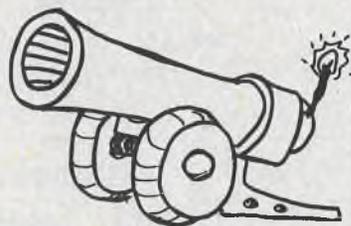
● **NATIONAL AAU POSTAL RELAY CHAMPIONSHIPS FOR MASTERS:** - This program, sponsored by Occidental Life Insurance Co. of North Carolina & the AAU Natl. Masters T&F Committee, will have competition in two age divisions: 40-49 and 50-and-over. The relays can be run as part of any track meet or on a time trial basis--results will be geared to the "honor system". The fol- lowing rules will prevail: (1) Results must be submitted by Sept. 15, (2) A person can go down in age but not up (e.g. - a 52-year-old could compete in a 40-49 relay, but not the re- verse. Entry forms may be obtained from: John MacLachlan, Horseshoe Bay, Box 7770, Marble Falls, TX 78654. The follow- ing relays will be held: 440, 880, mile, 2 mile, 4 mile, sprint medley (440-220-220-880) and distance medley (1320-440-880- Mile). All distance will be in yards, but an adjustment will be made for 400 and 800 meter relays, if run. No entry fees.

● **A TOUGH COURSE!!:** - For those able bodies who want a good challenge, probably akin to the Dipsea, try the La Grange Ditch Run, held Oct. 13 at Weaverville (Trinity H.S.). Directly from the entry blank--"If rain, course will include several miles of oozing mud. If poison oak bothers you and you plan to leave the course, wear a full sweatsuit, gloves and hat. Ropes and grappling hooks will be permitted, but none are essential. Whiners, grumblers, moaners and bad sports, STAY HOME! If you are accustomed to good treatment in well-organized races, easy courses, fast times, forget La Grange Ditch. But, if you want a run over a very tough course, with idiots similar to your- self, you're welcome." As part of the waiver, be prepared to sign away all your rights. It finishes by saying, "I realize that any catastrophe whatsoever could happen to me, but hold myself completely responsible."

● **BAKER TO BAKER RELAY:** - There will be no mistaking the starting time of the Baker to Baker Relay, scheduled on Sun- day, Aug. 19, at 9 a.m. at the Ft. Baker parade ground. The two-person relay will have each lead runner started on the way over the Golden Gate Bridge by the world's largest starting gun, a huge Army cannon. The 155mm howitzer will be fired by the Relay's sponsor, Brigadier General Floyd W. Baker, who will also participate in the race himself with his wife, Dolly, as his partner. With each runner going the 6½ mile distance from Ft. Baker to Baker's Beach (in San Francisco), and a team member returning over the same route, it doesn't take much of a mathematician to compute that each pair will have run a total of 13 miles, a Baker's dozen! The proceeds will go to the USO but the event is hosted by Let- terman Army Medical Center, commanded by General Baker, who runs regularly as a member of the Dolphin South End Runners, along with his marathoning wife. Entry fees are \$3/team, with 21 categories to pick from in the male-male, female-female, and male-female mix of 7 age groups. See the scheduling section of this issue for full information on entering the race.



General Floyd W. Baker



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● **NATL. HIGH SCHOOL X-C CHAMPIONSHIPS:** - The First National Kinney Prep Cross Country Championship takes place in San Die- go on Dec. 8, sponsored by the Kinney Shoe Co. There will be five regional qualifying events leading to the nationals. An advisory board of high school cross-country coaches will help to plan each of the regionals. The Western Regionals will be held in San Francisco on Dec. 1, directed by Cal women's coach Vern Gambetta. The course will be 5,000 meters for both boys and girls. The seven top male and female competitors, select- ed on a time basis, in each of the regionals, will be sent to the final, all expenses paid.

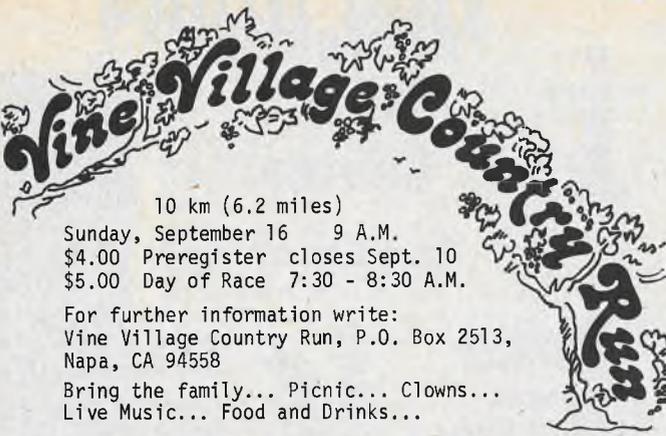
● **TRACK & FIELD TRIALS TO EUGENE:** - It turns out the 1980 U.S. Olympic track & field trials will go to Eugene, Oregon, after all. Shortly after Eugene had gotten the original nod, Durham, N.C., the runnerup city in the balloting, filed a pro- test against the decision. Both the men's and women's inter- national subcommittee members voted against reconsidering the original Feb. 24 action and so the Eugene site stands.

● **COURSE CHANGE:** - Turns out the Vallejo "Channel to Lake" 10 Miler, which is now a full 10 miles, was extended by 200 yards in 1978 to make it the proper distance, and so Jon Ander- son's course record of 47 minutes+ is now history. This bit of information was supplied to us by Jim Engle.

● **THE WALNUT FESTIVAL RACE** is the only race in Northern Ca- lifornia that has never charged an entry fee. Andy MacCono has been race director since 1941 and vows to quit directing it if there is ever an entry fee charged! Andy finished 9th place among 24 finishers in that first race in a time of 37:44.

● **SPEAKING OF RIPOFFS!** - Now here's one for you...the Church of Hakeem (Oakland) took out a good-sized ad in the Oakland Tribune two days before their "community activity?", appropri- ately named--**RUN FOR RICHES**. The ad simply read: \$900 total cash prizes (\$500 1st place)...entry donation(?) \$10. First 72 entries receive a "Run for Riches" T-Shirt. Wonder what the others (assuming there were that many suckers) got? We'd be interested in hearing a report from anyone who happened to compete or "drop by" this event. Talk about taking advantage of the running community!

● **NATIONAL CHAMPIONSHIP BIDS DEADLINE:** - All bids for Na- tional Championships in Long Distance Running must be approved by the local (PA-AAU in this case) LDRC & Board of Governors and then sent to Natl. Chrmn., Bob Campbell, by Oct. 29th.



10 km (6.2 miles)  
 Sunday, September 16 9 A.M.  
 \$4.00 Preregister closes Sept. 10  
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• **ADDITIONS TO MARATHON LIST:** - In the last issue we listed the top male and female marathoners from 1978. The PA-AAU LDR Handbook lists top male, female and masters (male & female) marathoners from the period June 1978 thru May 1979...but the Paul Masson and Avenue of the Giants Marathons are not included, I don't think. We have a few additions to our 1978 list that we omitted last issue. They are: John Paulson (now named Gailson) had a 2:28:11, and Carolyn Tiernan did 3:10:57. We are not compiling a masters list for 1978, so you should buy the Handbook (see elsewhere in this issue for ad) if you are interested in the ratings.

• **NEW CLUBS:** - The Santa Clara Valley Golden Girls is a new AAU girls' age-group and women's track & field club. Most of their members are from the Sunnyvale/Santa Clara area and workouts are held at Peterson High School in Sunnyvale. Many of the members are former members of the Cupertino Yearlings. Head Coach is Danny E. Moon (Ph. 408/866-6332...3458 St. Mary's Pl., Santa Clara, CA 95051. --- The Berkeley Runner's Club is a new running club forming in the Berkeley area. It started several months ago and has about 80 members...most members are fairly casual, but a few compete in local road runs. For more information, contact Krysa Jaxon, 10401 Somerset Ct., Cupertino 95014. --- The Dipsea Indian Racing Team (DIRT) has reorganized as a new masters running club called Masters West...they hope to stabilize at about 15 members and will accept women masters runners as well as men. For more information, contact Bruce Carradine, 801 Spring St., Sausalito 94965 (Ph. 459-0449).

• **RUNNING RECORDS BY AGE:** - A new book, this work shows single-age road running records for men and women for all events from 10 kilometers through 100 miles (also for one-hour, two-hour and 24-hour track runs), and all men's masters track records for all flat events are shown. This book is published by the National Running Data Center and can be obtained by writing *Running Times*, 12808 Occoquan Rd., Woodbridge, VA 22192. Send \$3.95 plus 50¢ to cover postage and handling. Other publications now available from the NRDC: U.S. Marathoners 1979, lists all performers, regardless of time...over 80,000 performances! Available for \$5.95 (+50¢ mailing) from same address as above. And...National Rankings of Runners, which lists the top 100 men and top 50 women for 1978 at every standard distance, plus the top performers in each age group and individual age...send \$3.95 (+50¢ shipping) to same address. And last, how about Certified Road Running Courses? Only \$1.95, and look what you get...a list of not only all the marathon courses that are certified by the AAU or RRCA, but also every course in the U.S. at all standard distances. You can order all four books for a mere \$13.00!

• **NCRR 10-YEAR ANNIVERSARY PARTY AND LDRC BENEFIT RUN:** - Although it's not quite 10 years (will be in November), we're thinking about having a big "get together" with the running community to celebrate. We haven't even set a date yet, but it should probably be sometime in late October or early November, when the chance for rain is still not too high. With the Diet Pepsi 10K taking up much of my time, along with this issue, I haven't had time to think too much about it, so I'd like some input from our readers...*WHAT WOULD YOU LIKE?* Here are some ideas: a "fun run" with a minimum \$3.00 "donation" (give more if you feel rich) that would go into supporting our local running programs (travel fund, warehouse fund, etc.)...now you can give to your favorite charity, running! -- A potluck "dinner" (depends on what time of day), with everyone bringing something to eat/drink. -- A little "awards ceremony" to honor those running figures who have done so much for our

running programs over the past decade (we welcome suggestions from our readers). In short, this would be sort of a NorCal "runners day", with everyone getting together for a run (with no awards...it would be totally a benefit for running) and fun in the sun (hopefully)! Perhaps people could donate baked goods for awards, etc.? As you can see, I haven't really given all this much thought. Ideas as to location (it should be indoor and/or outdoor and date should be communicated to your editor. Also, anyone interested in being on a "planning committee" for our bash should step forward, because your editor won't do it all (or there won't be any at all).

• **WHEELCHAIR ATHLETES IN ROAD RACES:** - The RRCA has produced guidelines for participation of wheelchair athletes, an issue that has become one of the most controversial in the sport. The guidelines make race directors aware of the possibility of allowing wheelchair participation and emphasizes that there are some situations in which their participation should probably not be allowed. Race directors wanting copies of the complete guidelines, send a self-addressed, stamped envelope to: Fred Gafner, 421 N.E. 10th Terr., Boca Raton, FL 33432. □

## Book Review

**THE RUNNER'S BOOK** (by Raymond Bridge) /Reviewed by Len Wallace/  
 Raymond Bridge's writing credentials are impeccable, as are his publisher's, Charles Scribner's Sons of New York, but his tenth and their umpteenth, is just another basic volume on running. It's not that *The Runner's Book* isn't any good...it is, but it's just that it's the latest in a long series of manuscripts crafted for what is an oversaturated market for fundamental books on an already overworked sport. It's kind of a no-fault insurance dilemma; the writing and subject matter are fine, but the marketplace is faulty.

Bridge does manage a couple of new tips, including a segment on how to fight off man's best friend and a tiny bit about uphill work. He puts in a thin index and some stab at scholarship by his two appendices on carbohydrate loading and selected readings.

But for the \$4.95 price, it makes a nice book for beginners' birthday and Christmas presents! □

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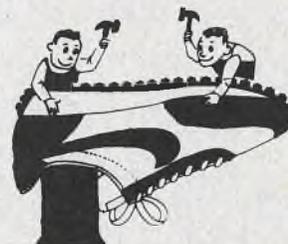


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## Long Distance Ratings

**PA-AAU STANDINGS:** (Compiled by Craig Corey) - As of this issue we have a new "Point Total" calculator, who will tentatively be taking Art Dudley's spot after many, many years. Art is working hard with a new law firm in the Santa Cruz area and indicates he won't have time to continue his NCCR duties. Our new statistician competes for Stanford Univ. (track and cross-country) and WVTC.

**Some changes:** - Due to some scheduling changes, we will have to alter our "counting" races slightly and will let you know our decision soon. The Lafayette 10K was cancelled, and the the Excelsior West End Run will probably be the same as the PA-AAU 10K X-Country Championships. So we will have to add at least two races to the list of 30 races that currently determine the point system leaders. The listing below covers all races through the Folsom 10K (first week of July), with the exceptions of: Angel Island (open results)...that's all! The PA-AAU Hour Run will be rescheduled this October (originally was in May but was postponed). Nobody has bid for the PA-AAU 30K to my knowledge, so we'll have to substitute for this one too most likely. For the "counting" races, see the Winter issue of NCCR.

**How we determine a "rating":** - We count only the top PA-AAU finishers and go only 4 deep for women, 6 deep for masters and 10 deep for open men. To determine a runner's rating we take the average place (when finishing in a 'counting' position) and divide it by the total number of races which count. For example, a 1st, 3rd & 6th =  $(1+3+6)/3 = 1.111$ .

Following are the rankings for the first half of the year. Benton Hart is the men's open leader with three wins in three tries (in counting races), while only three others are under 1.000. Kent Guthrie holds a big lead over Bob Wellck in the masters race with a 0.245 rating, while Marilyn Taylor leads the women for the first time ever with a 0.667 mark. Due to lack of space we won't summarize the placings for each runner, but will merely list his average place and rating, along with the number of "counting" races.

**OPEN MEN:** 1-Benton Hart/WVTC(3) 1.000/0.333; 2-Mike Van Horn/AGRC(3) 1.333/0.444; 3-Steve Brooks/WVTC(8) 3.625/0.453; 4-Rich Langford/FSU(3) 2.000/0.667; 5-Wayne Badgley/SUND(3) 3.000/1.000; Mike Cassaday/WVTC(1) 1.000/1.000; Vince Engle??(1) 1.000/1.000; John Moreno/CW(2) 2.000/1.000; Ed Schelegle/AGRC(2) 2.000/1.000; Hal Schulz/WVTC(1) 1.000/1.000;

11-Brock Hinzmann/ETC(4) 4.750/1.188; 12-Bill Clark/WVTC(2) 2.500/1.250; 13-Jan Sershen/ETC(3) 4.000/1.333; 14-Gary Goettelmann/WVTC(3) 4.333/1.444; 15-Bill Sevald/ETC(3) 4.667/1.556; 16-Perry Linn/BC(4) 7.750/1.938; 17-Tim Becker/??(1) 2.000/2.000; Art Baudendistel/??(1) 2.000/2.000; Don Paul/PMK(1) 2.000/2.000; Mike Smith/WVTC(2) 2.000/2.000; Ron Wayne/BASC(1) 2.000/2.000; Daryl Zapata/WVTC(3) 6.000/2.000.

**MASTERS MEN:** 1-Kent Guthrie/WVJS(7) 1.714/0.245; 2-Bob Wellck/WVTC(3) 1.333/0.444; 3-Ulrich Kaempff/Un(4) 2.000/0.500; 4-Myron Nevraumont/WVJS(8) 4.125/0.516; 5-Doug Latimer/WVTC(6) 3.667/0.611; 6-Tom Cathcart/WVTC(3) 2.000/0.667; 7-Jim O'Neil/BC(2) 1.500/0.750; 8-Abe Underwood/BC(3) 2.333/0.778; Ralph Bowles/Un(3) 2.333/0.778; 10-Bob Bourbeau/WVJS(3) 2.667/0.889; Jerome Lewis/TRAC(3) 2.667/0.889; 12-James Bowers/??(1) 1.000/1.000; Roger Bryan/WVTC(2) 2.000/1.000; Dick Gilchrist/SRRC(1) 1.000/1.000; Tom Mota/LMJS(2) 2.000/1.000.

**WOMEN:** 1-Marilyn Taylor/WVTC(3) 2.000/0.667; 2-Elaine Miller/WVTC(2) 1.500/0.750; Kathy Perkins/SJC(2) 1.500/0.750; Sue Brusher/BASC(2) 1.500/0.750; Sheila Maskovitch/SRRC(2) 1.500/0.750; 6-Ruth Anderson/NCS(3) 2.667/0.889; Judy Leydig/WVTC(3) 2.667/0.889; 8-Kathy Adams/??(1) 1.000/1.000; Roxanne Bier/SJC(2) 2.000/1.000; Judy Fox/WVTC(1) 1.000/1.000; Kathy Koudella/MVHS(1) 1.000/1.000; Sue Munday/CW(2) 2.000/1.000; Janice Oehm/GB(1) 1.000/1.000; Gail Gustafson/WVTC(1) 1.000/1.000; Karen Rosenblatt/AGRC(3) 3.000/1.000; Beth Schultz/??(1) 1.000/1.000; Diane Williams/PBP(1) 1.000/1.000. □

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# Our Readers Speak Out



## Fast Company!

**VINCENT MOCINI** (Marina, CA) - "I have just received my first issue of NCRR and would like to say that I've enjoyed it very much. You have a quality publication. I have one question, however! On the Spring 1979 cover my eyes might have caught a running first. Was Eddie Hart's 10.30 in the 100m fast enough to blow the "R" right out of "Striders"? If so, he seems to be a shoe-in for 1980."

## The "U" Syndrome

**SKIP YOUNGDAHL** (Incline Village, NV) - "I read with great interest in NCRR about the method of registering unofficial runners that was used in the West Valley Marathon. We decided to use it at the Lake Tahoe Marathon and had great results. We issued each entrant a number bib with a "U" on it. This was their pass or ticket for the aid-stations. And we also had them sign a waiver. Using this method we had 16 unofficial runners and no "T.U.R.D.s", I'm happy to say. Thanks to Dr. Tim Smith for an idea that takes a lot of hassle off the race director's back and keeps the runner's happy at the same time."

**MARC ASKEW** (Sacramento, CA) - "Enclosed is a one dollar bill to pay for a "U" number for your "T.U.R.D. of the Month" (in Spring issue). Public pilloring went out of style centuries ago." (Ed. - Incidentally, nobody identified our Spring TURD.)

## Pummeled?!

**DON DUGDALE** (Salinas, CA) - "I was caught by Len Wallach's opening sentence on Alvaro Mejia: '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.' *Pommel* means "to beat" in my dictionary. I have never been beaten by tree trunks or locomotive pistons, but it sounds painful!"

## It's Too Late

**FANNIE REED** (Oakland, CA) - "The Winter issue of your NCRR arrived in April and the Spring issue in June. It's like a subscription to an obituary column of races dead and past. Skip the June issue! It's too late! Instead, add another issue to my subscription." (Ed. - *We aren't printing a June issue...the issue following Spring is Summer; the one you're reading. The next one will be Sep./Oct., and yes, the date on the cover will unfortunately not reflect the publication date...because it too I'm afraid, will be late. If lateness bothers you, let us know and we'll issue a refund check, but we can't go changing things like you request as it presents too much of a problem and besides, since nobody else has received this issue either, it's really not "out of date", even though late...check out the race schedule and you'll see there are lots of races still listed that haven't been run yet. And as for race results...many times we don't receive results until a month or more following a race and we can only print them as we receive them. Check out any issue of *Runner's World*, and I think you'll find our results are not any later. If I'm lucky it takes two straight weeks to type an issue, and then 10-14 days to get it back from the printers...if you add another month that it can take to even get the results, then you have results that are "two or more months" after the fact. If you want more timely results, I strongly suggest you write your local newspaper and see if they are up to printing results from local road runs! Or better yet, drop a SASE to those meet directors whose races you want results of in a more timely manner. It'll cost a bit more, but you'll get 'em a lot quicker.*)

## Free for All

**BERNARD BLACK** (Albany, CA) - "This letter is to report to you, in the hope that publicity will make sure it doesn't happen again, the aftermath of the April 22, Run for Day-

light, in Lafayette. The race itself, aside from being inaccurately measured, was well run. But after the race, the sponsors had 115 pairs of shoes to give out to randomly selected runners, as well as a few other assorted prizes. It was raining moderately, and after about 20 names had been called off, someone in the crowd yelled out that the rest of the prize envelopes should be thrown out into the crowd. To my utter amazement, the race director proceeded to do exactly that, with the resulting melee, people getting trampled on, etc., that any rational person would expect to result from throwing a stack of 20 collar bills into a crowd, which was in effect what the race director had done.

Most people had the minimal decency to keep only one gift certificate, but that only increased the struggling, as envelopes were repeatedly thrown into the air by someone who happened to get 10 of them. I do not know if anyone was seriously hurt, but I almost wish that someone did get hurt seriously enough to sue. For my part, I have put a stop payment order on the \$12 check I wrote out to cover the entry fee for myself and a friend. I am not sure that this is an appropriate response, but I felt that I had to do something."

## Another Good Marathon

**TED WURM** (Oakland, CA) - "I agree heartily with Victor Smith's praise for the Napa Marathon (Spring issue). Everything was well done and it was a thoroughly enjoyable course.

Now I want to pass on the word about another new marathon that I participated in recently: the *Russian River Run* at Ukiah. It was well organized, exceedingly well run by a wonderful group of friendly people, and the course was to me superior even to the one at Napa Valley.

Anticipating a hot day in June, the race started at 6:30 with a temperature of 50 degrees. It didn't get hot on the fairly shady course until over three hours later, and there was a cool breeze most of the time. The back road, which runs to Hopland along the Russian River, was blocked entirely to through traffic during the race, with only local vehicles using the quiet road. Every mile was well marked on the road; aid stations every three miles; first-aid personnel; radio people; plenty of signs on the course and leading to the course. There were several categories and three good prizes awarded in each. Activities at the finishline were well handled.

It was announced that next year's Russian River Marathon will be held a month earlier to avoid any possibility of high temperatures and to enable runners to enjoy spring greenery and wildflowers along the way. However, all of us enjoyed the orchards and vineyards as we ran, with oak trees and green hills everywhere. The entire run was a great "out-in-the-country" experience. I wouldn't miss it for anything next year."

## ...& not so Good

**NIK EPANCHIN** (San Rafael, CA) - (Ed. - *This letter was written to Mr. William Jones, director of the Clear Lake and PA-AAU Marathon, and a carbon copy was sent to NCRR for printing*) -

"I wish to express my general disappointment with the recent Clear Lake Marathon.

(1) You should realize that starting a race on time is very important. The longer a race, the more important it is. In an event as long as a marathon, the participants have taken much time (up to a half a year or more) to prepare themselves both physically and mentally for the race. In the case of the Clear Lake Marathon, many participants woke up especially early to arrive on time, drank and/or ate and warmed up counting on a timely start. To then encounter a half-hour delay is not only irritating, but completely destroys raceday concentration and preplanning.

(2) When you undertake to put on a long distance race, a PA-AAU Championship at that, unless you specifically advertise to the contrary, each runner has every right to expect a finish time, no matter how slowly he or she may run. I find your 4-hour timing cutoff inexcusable and unpardonable...more...

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(Letters...cont'd) (3) Though I supplied a S.A.S.E., I did not receive results other than a certificate. A certificate is certainly appreciated, but results, full results, are much more important, interesting and long lasting.

(4) Should this race be held ever again, I recommend that the PA-AAU no longer sanction this race and certainly no longer hold District Championships at Clear Lake.

Thank you for the frequent aid stations and thanks to the kids (and adults) who manned them."

### ...on Charity Events

(Ed. - We received numerous responses to Don Capron's last Editorial, and we're printing a lot of the responses on the following pages because we feel the issues at stake are vital to the running community...they should at least be presented for people to react to in one way or another. We can't print all the letters for lack of space, but we hope we've printed a good cross-section of viewpoints. Incidentally, our "Guest Editorial" (following this section) also pertains to the same subject). Following this section (at the end), is a final response to many of the letters (which he received copies of).

**TIMOTHY MORSE** (San Francisco, CA) - "In reply to Don Capron's second editorial, I'm annoyed with the tone as well as the substance of his overstated piece. Two major themes arise from this jock mentality diatribe. (1) Mr. Capron is upset by non-athletic individuals who find it opportune to tap the fiscal resources of the running public. (2) We are led to believe that he knows what is best for his newly found running community.

Setting himself up as the arbiter of what is a charitable event and what is not a deserving race, Mr. Capron opens an interesting can of worms. By calling on runners to exercise discretion in choosing races and voicing his own preferences, Mr. Capron must face a percentage of the running community that finds it hard to accept lectures on class, status, politics, and wealth from race directors who exhibit all the signs of being caught up in self-promotion, upward mobility, conspicuous consumption and self-aggrandizement. If we are to judge races by their directors, contributors, and sponsors on a material basis, then I admit to a pronounced distrust of those more recent arrivals to the race scene who align themselves with

running clubs sporting "designer" sweats, drive expensive import autos and direct heavily sponsored events of their own.

It is difficult to criticize races put on by a certain class of individuals for a cause they consider worthwhile, at the same time advancing one's own cause. There must be room for the society races along with the promotion runs for soda water. Those of us who prefer club-sponsored events, with no vast prizes, nor the taint of commercialism will choose such races when they come up, but one should not base choices on a distaste for supporters of the arts."

**PATRICK MILLER** (Berkeley, CA) - "After working my way through the confused but amusing style of Mr. Capron's editorial (in issue #76) and the tortured logic of his invective, I was not quite sure that he was serious about "Charities and Road Racing". You see, I have participated in several races of which Mr. Capron was the director and also in the run across the Bay Bridge, which aided the San Francisco Conservatory of Music. At Tiburon, I was one of some 900 runners who had to share one toilet or use the bushes, who ran 8½ miles instead of the advertised 8-mile "mostly downhill" loop, and who suffered thru the most rude and obnoxious race directions I have ever heard. The race over the Bridge, in contrast, handled more runners in a much more efficient manner. I got a kick out of crossing the Bridge and seeing the awards distributed by lottery. The race directors were pleasant. No problems.

I agree with Mr. Capron that some charities may seem more deserving than others...cerebral palsy for instance more than the Art Museum. But how many runners choose races according to the charity? Should they? Mr. Capron's association with the Perrier series and other races sponsored by, and clearly advertising, beverages of varying calories does not indicate any great feeling for the needy. Indeed, I suspect that he takes home more money as a professional race director than he donates to crippled children. The "running community" Mr. Capron fears for can take care of itself; most of us seek an efficiently run race over a pleasant course. Some of us would rather contribute to a charity than advertise for Quaker Oats or Perrier, and others would like the choice whether or not to buy a shirt every other weekend. Finally, there are enough runners and races to suit each other.

So let's cut the crap, Mr. Capron. If you thoroughly disapprove of the symphony, ballet and art museum, and all those nasty rich people associated with them, then vote Socialist. Your credentials as a man of the people will be a lot better served if your own races are conducted properly and somewhat more quietly."

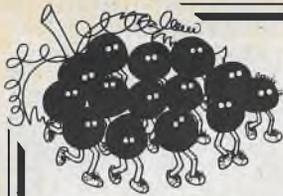
**DON PICKETT** (Tiburon, CA) - "Rebuttal comment which you invite is easy when the original writer "leads with his chin." In fairness to Don Capron, I think he was directly on target with his first, well-researched, editorial on big corporation sponsored runs. Some corporations make a positive contribution to running while others simply "use" us. The things he said needed saying.

Charities, on the other hand, aren't in a position to help with AAU travel funds or bolster club treasuries. In the aftermath of Prop. 13, many cultural institutions have been caught in a struggle to obtain grants and public funds. The piece of pie is very small for music, art, libraries, and, for that matter, park & recreation groups to slice up. The San Francisco Civic Chorale, for which I sing, is now bidding, along with many other groups, for the small remaining civic arts budget funds.

I see many students, runners and outdoor people enjoying our free concerts along with senior citizens. So, using music only as an example, if we are going to keep the avenues to Bach, Handel & Brittan open and not become trapped forever listening to the BeeGees, where does the money come from? With a minimum of whimpering, these cultural groups have done a terrific job of raising money through corporations, private donations and many have sponsored athletic events.

Don resents the fact that the "non-sweating" Nob Hill women at Le Club have worked on these projects. If these people are really as bad as he has described them, it's nice to know that their idle hours are directed toward charities rather than flogging their servants in the city square or wiping out the remaining game in Tanganyika!"

**MILTON SALKIND** (San Francisco, CA) - (Mr. Salkind is the President of the S.F. Conservatory of Music) - "I beg to differ with Don Capron's Guest Editorial in the Spring issue. His diatribe against what he calls "society" runs is ill-considered, poorly informed, and insulting to a great many people...more, pg. 18.



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**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 a hilly, 10-kilometer course.

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Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ AAU # \_\_\_\_\_ Club \_\_\_\_\_

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Third Annual

OCTOBER 13, 1979 A 7.8-MILE RUN & A 2.3-MILE JOG

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**RACE TIME:** Race starts at 9:00 a.m. SHARP, Saturday, October 13th.

**LOCATION:** The start is located behind the Community Center on Stanislaus Street. Riverbank is located 6 miles N.E. of Modesto on Hwy. 108.

**AWARDS:** A wheel of Riverbank CHEESE to the winners (man and woman) over 180. Finish awards in 7.8 mile run. Ribbons to all finishers in both races.

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\$2.50 - Pre-entry 7.8 Mile Run (\$3.00 day of race) • 50c - 2.3 Mile Jog

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Open Men (7-39)  Open Women (7-39)  Master Men (40-55)  Master Women (40+)  Senior Men (55+)   
7.8 Mile  2.3 Mile

### WAIVER

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 the City of Riverbank and the Chamber of Commerce, 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 Run for the Cheese of it. As further consideration for The Exposition 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.

Dated: \_\_\_\_\_

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

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(Letters...cont'd) - I won't discuss at length Mr. Capron's misinformation about the serious need for fund-raising in the various arts organizations except to note that the 25% gap between income and expense at the Conservatory must be filled by annual contributions. Most people, but obviously not everyone, Mr. Capron, seem to know this. Nor is there any point in criticizing Mr. Capron's rather broad prejudices. His sarcasm and bigotry are only too evident, and your readers must judge this accordingly. I would, though, like to point out the glaring absence of logic in Mr. Capron's editorial.

His main point seems to be that funds raised in a "run" should only be used to support what he terms "the running community." Are funds raised at a church bake sale appropriately used only for the welfare of bakers?

And just what is the "running community" anyway? Are all runners alike? Apparently they are not all alike because the seven or eight thousand of them who participated in the Bay Bridge Run last November willingly paid five dollars apiece to help support the San Francisco Conservatory of Music. They must have been unaware that this was "robber baronism."

As for Mr. Capron's petulant assertions that the San Francisco Conservatory of Music is a haven for the Bay Area's "beautiful people", May I point out that 55% of our students are receiving some form of financial aid so that they may continue their musical studies here. It will do no good to pout about "some kid from Hillsborough (studying) the oboe." The facts speak for themselves, and his tantrum in prose merely tells us about the constricted and sadly limited quality of his own world view.

Finally, it is difficult to believe that many people who run would condone Mr. Capron's insulting tone. Most runners I have met have been thoughtful, highly individualistic, courteous, and gentle people. But, there are exceptions to every rule."

**RICHARD B. MICKLEY** (San Francisco, CA) - (Ed. - Mr. Mickley is the Director of Institutional Development at the San Francisco Art Institute) - "The San Francisco Art Institute would like to thank the 4,438 runners who participated in the Golden Gate 10 Kilometer Run at sunrise on June 10.

We want to make it clear that the decision by the bridge

management to allow use only of the sidewalk was literally made at the last minute (i.e. - at 4:20 a.m. that morning). The reason for this change was the dense fog at that hour that would have endangered bridge workers coming off the lanes, as well as presenting a serious hazard to the runners. No one could have been more disappointed with this change than those of us involved with the planning of the run, which literally included the passage of a resolution by the State Legislature to close two traffic lanes for running and one more for a safety buffer.

In spite of this setback, the overwhelming response we have received from participants in the event has been very positive, indicating that it was both fun and well-organized. We hope so. With the help of our generous sponsor, Joseph Magnin, we sincerely tried to make it an event to please the running community. We have received some constructive suggestions, and welcome any comments that your readers might have, since we are already making plans for another Golden Gate 10Km next year.

In your last issue, you published a "guest editorial" by an individual named Don Capron. I believe most of the participants in our run who may have read that item would agree that there was a marked contrast between its tone and the positive spirit one could feel during the awards ceremony in the meadow near the finishline in East Fort Baker.

I would like your readers to know that in spite of the fact that the San Francisco Art Institute is the oldest and sixth largest cultural institution in San Francisco, it is by no means a wealthy organization. It is, in fact, a private, non-profit institution, fully qualified by the IRS to receive tax-deductible contributions. Our main purposes are to run a fine arts college, and offer exhibitions and public events programs that are open free to the public. We are supported primarily by student tuition, and like all private colleges, are constantly trying to raise funds so that increasing costs do not have to be borne entirely by our students (more than 50% of whom are on some form of financial aid). The net proceeds of the Golden Gate 10Km Run are being used to help complete the match of a vitally important Ford Foundation grant to increase our endowment for student scholarships. We feel this is a worthwhile cause, and that we legitimately earned any net funds raised by the run. The volunteer effort required to carry it off was, to put it simply, monumental.

We invite your readers to visit the Art Institute at any time, and we hope that they will participate in next year's Golden Gate 10Km."

**DON CAPRON** (San Francisco, CA) - "I stand by my original statement: "Money raised from within the running community should stay in running; no matter what the cause." There are numerable needs for funds, in the running community, that are more noble and necessary than those uses found by the S.F.A.I. Furthermore, the S.F.A.I. race across the Golden Gate Bridge did not fail to live down to the expectations predicted in my editorial:

(1) They brought in a "ringer" from out of town to win the race. (Ed. - Craig Virgin was in town anyway and competed in the Brooks Invitational Track & Field Meet the day before in Berkeley.)

(2) They advertised that the race would be the first ever to run in the roadway across the Golden Gate Bridge. The race went across the Bridge on the sidewalk--something anyone can do, anyway, for free.

(3) Anyone who pays five dollars to run in a race, and receives no award, is at least entitled to his finishing time and position. This race recorded only the first 500 places and, predictably, fouled up the times so that only the first 350 finishers received that.

(4) At the end of the race each runner was given a banana --the symbolism is overwhelming.

(5) It appears that the local running community is catching on to these fast buck artists...29% of those people in the race ran "unofficial" and paid no entry fee. Someone must have read and agreed with what I wrote as over 1200 of the 4200 runners refused to pay the official entry fee.

The San Francisco Art Institute, on July 10, received the sum of \$15,000 for "community programming", from the S.F. Publicity and Advertising Fund. The S.F. Conservatory of Music received \$24,800. This is the "hotel & motel tax" money collected from tourists. Do you think any of these civic leaders would be interested in donating such sums for an all-weather track in Golden Gate Park? How worthy is their cause when they have this kind of access to funds? They hardly need to put on a race to raise more. But then again, you can never have too much, can you boys?"□

# GUEST EDITORIAL

by Elaine Ivaldi-Miller

We welcome comments, pro and con, on the subject(s) covered in this column. Please send a copy to NCCR and to: Elaine Ivaldi-Miller, 77 Seventh Av., San Francisco, CA 94118. -- The content of our "Guest Editorials" do not necessarily reflect the views or policies of the NCCR or its staff. 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.

(Ed. - This time we've chosen a particularly well-written response to the previous issue's Guest Editorial. We'll leave it untitled, as it was submitted.)

Don Capron's concerns about the present and future directions of road racing are well founded. Yet there is, I believe, some confusion of issues which, if not clarified, could cloud the picture and cause us to quibble over irrelevancies and fail to achieve our real goals. Obviously, road running is no longer, and probably never again will be, the quiet, obscure, unfashionable haven of the eccentric that it was so short a time ago. Running has been absorbed into America's pop culture of discos and roller skating, and the pop athletes who come to the ever bigger "race" extravaganzas may have little in common with their comrades drawn to the sport in a quieter time. The late 1970's joy runners, offspring of the early 70's fun runners, are first cousins of ski and beach bunnies. While they reap the same physical, spiritual, and emotional benefits all runners enjoy, they differ in that for them, racing is generally less an emphasis on testing skills and more on amusement.

Racing is one of today's peak entertainment values. At a race one can socialize, show off developing curves in the latest garb, feel the wonderful rush of hard exercise, perhaps place in the division if all the hot-shots don't show up, and bask in the warmth of peer recognition. The joy runner is partaking of a kind of recreation which is far more constructive--both for him/herself and the environment--than most. But it is, and must be recognized as, entertainment.

Since joy runners think nothing of spending \$5 on a movie, why should they balk at spending \$5+ for a trippy race in a novel location, at a novel time of day (or nite) with a novel gimmick? The late Alan Watts once explained the fact that he charged his audiences by pointing out that he was not an evangelist or educator out to change the world, but that he was in fact a "philosophical entertainer", making a living just like anyone else. Similarly, race directors could be viewed as "athletic entertainers", who, in the interests of providing the best entertainment value, are certainly entitled--provided they do no harm to any place or person--to use all their resources toward that end. Implicit in the rules of the game, of course, is the race sponsor's responsibility to make clear beforehand the intent of the race and then provide delivery of the product promised. The entrants deserve the dignity of knowing exactly where the profits will go before paying anything; after that, the choice to pay or not to pay is theirs. It must be clearly stated exactly what will be provided for the racers in the way of pre, during, and post race aid and facilities (as we so well know) and accurate course terrain and distance description, etc., must be provided. Breches of contract or incompetence in these areas cannot be taken lightly, and those who are ignorant or deceptive must be scourged. (Perhaps what we really need is a licensing board to issue

permits only to would-be directors who can demonstrate competence). Provided the basics are adequately provided, who is to say who a director should or should not be, what he/she should or should not earn, what course he/she should not be entitled to sue, what benefitting charity is or is not legitimate?

There are those among us who care passionately for the sport and take seriously the inherent moral obligations of being a "runner," who would like to see money raised from racing poured back into improving the facilities for the sport and rewarding those who excel with prizes and trips. But we must realize that to what is rapidly becoming the vast majority of "racers," sending the local ace to Georgia for the National 20K is no more relevant than sending some potential prodigy to study oboe.

By not recognizing that road racing has become a very pleasant form of national past-time, we run the risk of misunderstanding those who have less "pure" interests and projecting malevolence where there is none intended and planting distrust and disharmony in an environment distinctly unsuited for quarrel. Let us, so to speak, not "bring ourselves with us" to the race course. Society races are not "vulgar and distasteful." I am sure that seeing their efforts called "studies in avarice" is for the would-be "philanthropist" promoters a confounding experience; they most surely know not what they do.

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It is up to those of us who would like to support the running community in a specific way, such as supporting local standouts and developing better facilities, to put on our own excellent events where we will have control over the entry fees, the use of profits, the course, organization, etc. It is not for us--anymore than it is for anyone else--to determine what is and what is not "bona fide". There are as many kinds of races as there are racers. There are also enough people waiting to pay whatever kind of entry fee, for whatever purpose, for whatever type of race, that there is most assuredly enough to go around, and nobody's effort need be seen as a threat or invasion of territory. I doubt very much that the San Francisco Art Institute has ever heard of the Golden Gate Charity Race, let alone desire to make a "blatant attempt to knock Beale's race out." Surely as competitors we must at least have learned that one person's success need never be seen as another person's failure.□

# THE HUMAN RACE



LEN WALLACH

I was hardly old enough to shave, let alone stagger under the enormous burdens which young soldiers carry when headed overseas in World War III. My pack and duffle bag kept bumping my steel helmet down over my eyes as I struggled up the troopship ramp while the lucky stateside clerk called my name from his roster, checking me into the bowels of the awesome transport destined for places only God knew existed.

"Alright soldier, keep moving," the clerk urged us on, pausing long enough in a momentary impersonal mercy to give me and my huge pack a helpful boost. He had a big friendly grin which somehow made my pending doom seem a little easier to bear.

I didn't see that face again for almost thirty years and three wars later. It was remarkable that I could recognize it after three decades, six kids, and a lot of life's hard knocks, but Fred Kline and I had an accidental reunion in my quest to write *The Human Race*.

As it turned out, Kline was one of the leading characters in my book, as he was the "Klink Klunk" winner of four Bay to Breakers and the state-side clerk who had been my last human contact before I was sent on my way to the 511th Parachute Infantry Regiment and an Asian war.

But he's gone now, and I miss him almost as much as he missed his leg, amputated a few years ago, leaving him wheelchair bound with only his scrap books to soften the blow to the fallen athlete.

Now he is dead, three days before this year's Bay to Breakers. He has left a hollow in my memory and a sore place in my heart.

I was so damned busy preparing for the other 20,000 people running the 1979 race that I almost forgot about Klink Klunk. I wondered why he hadn't answered the invitation to the Bay to Breakers reception at the St. Francis, but as it turned out, he was headed for a betty party the same night with a host far more benevolent.

It's hard to put a finger on athletic fellowship, but George Sheehan referred to the historical men of running by advising the contemporary runners "are standing on the shoulders of giants." Klink Klunk wasn't a big giant...just a small one. Most people could not get along with him. He had a funny flip-flop style with his feet when running, and his hands followed the same fashion, earning him his nickname. Some of the other champions resented him and his pushy personality, but that's the

way it is sometimes at the top with the elite. There's pitiful room up there where speed equals excellence and worth.

But down in the bowels of the troopships, however, one knows that the real champions are the ones who outrun bullets and survive. That's the only real race...all the rest of the running is just play. Kline somehow knew that, and although he took his running seriously, he took his winning with tongue-in-cheek, condemning his trophy collection to back closets and musty basements. Only through his long illness, when he needed therapeutic activity, did his beloved wife Yvonne insist that he spend time pasting his clippings, ribbons, photos and other memorabilia into neat scrapbooks rather than clutter up her Antioch home with memories of the past, embittered now by his anatomical loss.

Kline sometimes joked about the void left by his leg and hardly mentioned his useless arm, stopped forever by a cerebral stroke, destroying the life-giving nerves which only moments before had orchestrated the limb. Certainly one could hardly help but notice that he could barely see out of one eye as he grinned at you from his cherub face, now rounded by inactivity from life in a wheelchair.

He missed a good party. He missed seeing his fellow companions of the "good old days". Looking fit and still very much a runner was Ed Preston, waiting to greet him. Preston had won in 1938, '39 and '40. Another running buddy awaiting him was Jim "Spider" Haran, who had waxed Kline in many a cross country meet and beat him to the Bay to Breakers finishline as winner in 1942. Even old-timer Willie Dreyer, one of America's great hundred mile runners of the late thirties and second to Kline in 1944, was there waiting at the party, and he could have talked to 1937 winner Norman Bright and four-time winner of the 50's, Jesse Van Zant, on the phone. Dominic Stratta of the winning 1925 team was there with son Tony to give him a bear hug, and Jack Kirk might have come up from Mariposa to commemorate his own 45th year, had Fred Kline come. But it didn't happen, and now he's dead, and it's final, and I guess that's that.

There's no use comparing times, as Kline's best was only 43:15, which wouldn't have even won the women's division this year, but he hung on into the top positions for almost ten years, which is some record of its own.

I suppose I should be satisfied that he at least was able to read my book and the chapters about him before he died. Even that little joy doesn't quite do it for me. I guess I'm just mad that a man's life has to end like this one did. He really should have been able to go on somehow.

Fred Kline was a runner, a school principal, a coach, a smalltown mayor, but most of all he was the top of the Bay to Breakers heap for four years, winning his San Francisco victories and a couple of national championships as well.

Take a lesson and listen well, you other champions. Fame is such a fleeting reward. All it is is a few lines on yellowed newspaper clippings. All it is is a tickmark on the watch of some race official.

It's what's inside you that makes you live on. Fred Kline lives on because he was Klink Klunk, a real human being, a thinking and kindly man who once gave a scared kid a momentary boost up a gang plank. That's hardly a gold medal or world title, but it gives him a permanent place in God's heart.□



Fred Kline /Antioch Daily Ledger/

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# NOR-CAL PORTRAIT

by Jim Barker

As Skylab's dynamic earthward plunge has broadened the attention of a blinking public, so has the meteoric ascendance of Palo Alto's Bill Green captured the attention of the track and

field world.

After winning the State 100 yard dash in 9.59 and scoring an apparent double triumph in the 440 in a national record of 46.27, only to be disqualified for running out of his lane, the Cubberley High graduate philosophically accepted his bad luck and went on to anchor the mile relay team to a third place 3:17.7.

Striding into the National AAU 400 meter championship, Green placed third among the nation's finest, carving out a new national prep record of 45.51. This performance earned Green a spot on the U.S. Pan American team. Later in the summer, Green earned a spot in the Spartakaide, a dress rehearsal for the Olympics in Moscow.

Solid genetic roots, a love for sports, and a distinguished family value and personal support tradition has been the bedrock for Green's metamorphosis.

Green, 18, was born in Pittsburgh, later moving to Rochester, N.Y., before the family relocated in California. From early participation in a range of sports, ironically including hockey after living in California, Green became recognized as a good wide receiver on the gridiron and also began to discover his sprint potential.

His father, Bill Green, Sr., a former (2 decades ago) quarter-miler from Pitt, admits to a primary guiding role in his son's track development. Mrs. Green, whose dedication to her son's progress is hardly secondary, has remarked, "Bill learned to run before he walked."

Of recent coaching, Green credits his freshman track coach for instilling a special spirit and enthusiasm into his track activity.

Of workouts, the theme has been gradualism on a goal path towards competition to allow for a natural and unhurried physical and emotional maturation. Green has never been on a really intense workout schedule. Being a very strong runner, he feels the 400 is his best event, but he is uncertain if the 200 may become his best event, given his 100 speed.

In Mexico City in 1978 he recorded a 21.2 in the Junior Meet, has repeated that time at Berkeley, and recently ran a 21.0 in a dual meet. Fortunately, Green has been injury-free.

Frequency of competition was determined by the high school competition, as in many meets he might run the 100, 220, 440 and the mile relay. During the summer he is able to focus more on one event. His ultimate competitive aspiration is the Olympics. Actually, Green's goal schedule for '79 did not include the AAU's. However, his rapid progress has logically joined the near future to the present.

Green's injury-free coming of age seems to attest to the logical and measured schedule mutually established with his father. For example, in 1977 Green won the 16-age-group in the 440 in national competition, however, he elected to hold back in the Junior Olympics.

Green notes he started showing sprint potential a few

years ago following football, which included a fairly rigorous weight training program. Consequently, Green does light weight training each spring. For the past three years his running schedule has been seasonal, with workouts starting after the Christmas holidays. He rarely does overdistance, however, early season training runs may extend to six miles, three times per week. In retrospect, three years ago he was unable to complete a mile without wheezing.

His diet is normal, "perhaps too normal", including a regular selection of junk food as jestfully volunteered by Bill, Sr. Bee pollen is used occasionally as a supplement.

Green anticipates attending USC and earning a spot on the mile relay, as well as competing regularly in the 400. His vocational interests lie in the area of communications.

From a closely knit family that plays together, sports participation and achievements are shared by all members. Green's younger brother, Rod, is showing promise as a junior, clocking a 49.4 relay leg. A younger sister runs on the sophomore girls team and is beginning to demonstrate great potential. Not to be denied youth, Bill, Sr. competes in masters division events.

Given his remarkable performances and rapid maturation against the backdrop of a very modest training schedule and a highly supportive family and an unpretentious and almost nonchalant resolve to realize his potential, William Green, Jr. is certain to introduce new standards and drama to the world of track in the forthcoming years. □



Cubberley High's Bill Green. /Gosney/

# RUNNERS' ZOO

by Jim Nuccio



## EXCLUSIVE POLL OF NCRR READERS

The questionnaires are in and the results have been recorded! You, the faithful readers of the NCRR, have spoken! At this time I would like to thank the hundreds of readers who took the time to respond to this crucial survey. I would also like to thank the staff of the College of Marin Computer Center for tabulating the information.

Here, finally, are the results of the first (and hopefully last) exclusive poll of the readers of the NCRR. First, the demographics -- who are the readers of the NCRR?

\*Amazingly, a full 100% of NCRR readers are between the ages of 3 and 112!

\*59% of those who responded are male, 38% female, 1% yes, and 2% other.

\*1% live in Alaska or Hawaii, 1% in Europe, 2% in South America, 3% in Canada, 88% in the conterminous United States, and 5% in Marin County(?).

\*37% have money invested in real estate, 33% in stocks and bonds, 8% in gold and diamonds, and 22% in Nike Tailwinds.

\*The majority of readers are employed as teachers, in sales, construction, management, with the government or in the medical profession. Some of the other professions mentioned were self-employed job seeker, Prince of Peace - Light of the World, and President of the East Bay Chapter of Friends of Truman Capote Fan Club.

What are the thoughts, if any, of the NCRR readers? The following questions were chosen for their variety and timely subject matter. The answers reflect the concern of the running community for important international issues. The three answers most frequently received are listed, using only answers in a counting position and taking the average place and dividing it by the number of answers received? (I still haven't figured out Jack's LDR rating system!)

- (1) Who do you feel is to blame for the gas shortage?
  - (a) OPEC
  - (b) James Schlesinger
  - (c) Mother Tums
- (2) What is the greatest danger you encounter while running?
  - (a) Being bitten by a rabid dog
  - (b) Being bitten by a rabid mailman
  - (c) Being bitten by a rabid fat person
- (3) What is your greatest fear?
  - (a) Being seen reading the NCRR in public
  - (b) Being mentioned in this column.
  - (c) Having to make an emergency pitstop while running thru a heavily populated residential neighborhood

(Runner's Zoo...Continued)---

- (4) What individual has made the biggest impact on your life?
- (a) John F. Kennedy
  - (b) Albert Einstein
  - (c) Tina Turner
- (5) What is potentially the most severe hazard facing the world today?
- (a) War in the Middle East
  - (b) Nuclear holocaust
  - (c) Uncontrolled increase of soap dish jelly
- (6) What was the finest athletic accomplishment of this decade? (a,b,c) The answers were unanimous! Frank Shorter's second place finish at Montreal only three short hours after devouring a typical (according to Erich Segal) marathoners pre-race meal of a not-so-short stack of buckwheat pancakes, a bowl or two of pasta, and a couple dozen Hershey bars!
- (7) How would you use a free pair of training flats?
- (a) Put in a safe deposit box
  - (b) Use for formal wear
  - (c) Sell and use the proceeds to make a down payment on St. Louis.
- (8) What do you do with back issues of the NCRR?
- (a) Use covers to wallpaper the town park outhouse
  - (b) Shred and use as meatloaf filler (digest information better?)
  - (c) Does not compute--don't keep NCRR more than ½ hour
- (9) What is the most profound revelation that has come to you while running?
- (a) When you've gone around a track once, you've seen it all
  - (b) Pain hurts
  - (c) Pablo Cruise is not a Mexican steamship line
- (10) Where would you go to dine to really impress that special date?
- (a) Early dinner at Chez Panisse, followed by an evening at the opera house
  - (b) Sunday buffet brunch at the Sheraton Palace
  - (c) Fat burger and fries at the LaBrea Tar pits
- (11) What is the most memorable movie you've seen?
- (a) Ten Commandments
  - (b) Home movies of Uncle Earl cleaning brown trout at Lake Tahoe
  - (c) Snow White and the Orgy of the Golden Nudes
- (12) Who would you like to see succeed Bonus as president of the West Valley TC?
- (a) Walter Cronkite
  - (b) Linda Ronstadt
  - (c) Huey, Dewey and Luey
- (13) What is your opinion of this survey? How would you improve it?
- (a) Discontinue it
  - (b) Shackle whoever wrote it and torture him by having him watch 72 straight hours of "I Love Lucy" reruns
  - (c) ZZZZZzzzzzz!

**DISCOVERY** - In addition to the physical, spiritual and psychological impact an injury has on a runner, I've discovered another result of injuries - babies! Every time I get hurt, my wife gets pregnant. Mini-Nino #2 came into existence in July. Sympathy and T-bills gratefully accepted.

**NEXT ISSUE:** The Running Gourmand's Guide to Restaurant Etiquette for the basic uncouth running klutz. ☐

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**ADVICE FROM A  
RUNNING PODIATRIST**

Harry F. Hlavac, D.P.M.

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

*This issue's column is written by an associate of Dr. Hlavac's at the Marin Foot Health Center, James F. Garrett, DPM. Dr. Garrett is a specialist and participant in running, skiing and court sports. He has a special interest in shoes.*

**HOW TO BUY A PAIR OF RUNNING SHOES**

There have been, and will continue to be, many articles based on the choice of running shoes. These deal with the design and function of the shoes in relationship to your feet, style of running, surfaces, and so on. But, after you have made a choice, will you get a quality product as advertised?

Most of the time you will. However, it seems as the growth of running continues, and more shoes are produced, some shoes get out of the factories with certain defects. I will try to set you on the right track when you go shopping for those new shoes. Before I begin, let me state that no one manufacturer is necessarily better or worse in their quality control than another. No absolute statistics are available, but it appears that small companies and "biggies" alike let some bad ones get through. You just have to know what to look for at all times before you buy.

What I'm going to suggest is probably somewhat time consuming compared to what you're used to, but hopefully, it will be worth it in the long run. You'll need about thirty minutes in the store to make a sound decision. So, take your time. Let's assume you've made your choice of shoes...now what?

First, ask for a salesman who runs or is extremely knowledgeable about running shoes, or, preferably both. If you have been advised about a specific shoe by a podiatrist or other medical person, let the salesman know. He will usually be more attentive to special needs such as orthotic fit or peculiar foot types.

Try both shoes on after being measured for proper size. Wear the same sock (or no sock if it's your preference while running) you'd wear on a run. Walk around the store for a minute or two. Assume at this point the shoes should fit very comfortably. Break-in periods, common in street shoes, should not be necessary in running shoes, except for corrections or modifications such as orthotics, heel wedges, etc. The shoes should fit well NOW. Check for toebox room, support at the instep and heel fit.

Set your heel well to the rear of the shoes and lace them snugly, but not tight. Your toes should feel unincumbered from the sides as well as the top. A straight-last shoe can produce problems in certain foot types. Most shoes, however, have an inflare last. Ask the salesperson. The midfoot should feel stable and lateral motion should not be too evident when walking. The heel should stay down. If your heel moves up and down while walking in the store, you'll have blisters soon if you run in them. The heel should feel fairly snug.

Now, take the shoes off. Put them on a counter or shelf side by side, toes away from you. Look at the rear of the shoes (counter) at eye level. You want to see both shoes the same height and width. Also, the heel cups should be straight up and down (perpendicular to the shelf). Many shoes have heel cups that are tilted in or out...often one will be tilted and the other straight. The worst situation is a heel tilted in, toward the other shoe. This could produce, or accentuate, abnormal pronation of the feet. Now look at the symmetry of the heel strike area and the flanged heels (if present) from about a 45-degree angle (above and behind). They should be even. If the shoe has a special wedging, try to determine if the wedging is equal on both shoes. This is often difficult for the customer to evaluate. I'll come back to this in my closing comments.

Feel the insole and forefoot upper materials. They ought to be smooth and free of seams that protrude or wrinkles.

Check *BOTH* shoes. Look over the exterior of the shoes carefully. All sole layers should be laminated completely. If rubber pieces are coming loose at this point, anything could happen after 30 miles of running. Check for neat, complete stitching in the uppers. If you feel the shoes check out, put them back on. Now roam around the store for 15 minutes. Tell the salesperson you're doing this to check for fit...you may find something else in the tennis department you'll purchase. If you're satisfied after this test--buy! Some stores actually let you run around the block a few times, but don't expect it.

It helps to develop a line of communication with the salespersons or store owners if you want good service. Don't blame the salesperson for a defect you might find. Work together in finding the best shoes. If there is a defect found after using the shoes (delamination of sole, etc.), it will probably be easier to exchange them if you left the store the first time with smiles all around.

If you feel the evaluation of the shoes is a bit much to handle alone, ask if you can take the shoes on approval to check them out with your podiatrist or other advisor. If you pay for the shoes, get a written note on the sales slip that you may return them for cash if the shoes are wrong for you. What you need may not be carried in that store, and credits are "forced buying" on occasion.

Ask about any warranties or guarantees on the shoes. Some stores have different policies and you'll never know if you don't ask.

If a defect does arise in workmanship, return shoes right away and discuss the situation with the person you originally dealt with or the store manager or owner. Good luck!

You may be wondering why a podiatrist is writing about quality control in shoes and not design or function. I feel if a recommendation concerning a shoe is made by a podiatrist, he should make the patient aware of all the potential pitfalls, qualitatively as well as functionally. I hope this will be of some help to you in buying your next pair of shoes. The price of shoes won't go down, and the potential harm to the feet can be greatly increased if defective shoes are worn by any runner. There is no need for this. Good shopping Mr. or Mrs. Consumer. □

## Swedish Massage

*This is Part 10 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!!*



### Massage and Heat

Massage and sauna. Massage and steam room. Or...massage and hot tub. Which shall it be? For many people these two combinations go together automatically, like bacon and eggs. They feel it is a must for their bodies. In previous articles I have discussed many times what the benefits of massage can do for the individual. But what can one obtain from the "heat" part of the above list of combinations?

The truth is that steam rooms, saunas and hot tubs have little or no value. It's another form of self-indulgence.

Hot tubs have become quite flourishing in California where the manufacturing and selling of them as become big business. Expensive models go for as much as \$4,000 per tub. Yet hot tubs can be a breeding ground for bacteria, contributed by those who bathe in them. Tubs can cause disease problems.

We all know what an Epidemiologist is--a medical doctor who applies his or her knowledge in the field of epidemiology --that which is concerned with defining and explaining the relationship of the host, agent and environment that causes disease.

In the March 1979 issue of the *California Medical Association Western Journal of Medicine*, Dr. Michele Michaels Ginsberg, Epidemiologist at San Diego, has published an article on hot tubs. The doctor states that the hot water in the tubs makes it difficult to maintain a high enough level of chlorination to kill germs. Temperatures in hot tubs run 105 degrees and above.

The hot water opens up the bathers' pores, thereby chances

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of bacterial infection are increased. Dr. Ginsberg says that such things as skin rashes may develop up to 48 hours after a hot tub bath. The bacteria may also cause sore throats, sore eyes, fever, nausea, vomiting and ear inflammations. Because the ritual of hot tubbing involves sharing this social custom with other people, there is a constant supply of bacteria being added to the water by others when mass groups indulge in bathing.

All of you physician runners out there in my reading audience will be pleased to know that such pets as *Pseudomonas Aeruginosa* and *Staphylococcus Aureus* can be found in these communal pools. Viruses include enteroviruses and adenoviruses, and *Mycobacterium Marinum* in the infected water.

So much for hot tubs. Moving along to the other forms of heat treatments, there is nothing quite like sitting in a sauna or steam room. It warms you up. It relaxes you. It...well, just what does it do? The millions who use saunas and steam rooms claim that the experience "opens up the pores"--gets your blood circulating--helps you work up a good sweat, and does other healthy-sounding things.

They're partly right. Saunas and steam rooms do most of those things to your body. Unfortunately, none is particularly healthy in itself. In fact, sitting in a hot, dry room (sauna) or a hot, humid room (steam room) doesn't do much at all for your body.

"There really are no physical fitness or circulatory benefits to our knowledge that can be achieved by an exposure like that," says David Costill, who runs the Physical Stres Laboratory at Ball State University in Muncie, Indiana. (Dr. Costill has also written a definitive book on running viewed from the scientific approach...see advertisement for his book on page 22 in the Winter 1979 issue of NCR.)

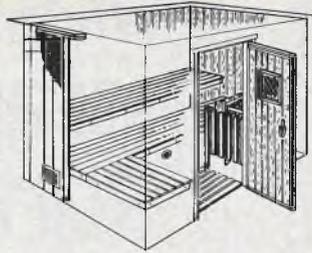
Costill's laboratory includes a chamber ten by fifteen feet that can be heated to 200 degrees or chilled to 20 below zero. Costill periodically puts volunteers in this chamber to observe their reactions to extremes of heat, cold and humidity.

To understand why saunas and steam rooms have no beneficial effects, you have to understand how these environments affect the human body.

Normal body temperature must be maintained at 98.6 degrees. Too hot, and the brain is destroyed!..(Cont'd, Pg. 24)



Hot Tubs breed bacteria.



Sauna Rooms don't help.

(*Massage & Heat, cont'd...*) Too cold, and the reactions necessary for life stop. When the body's internal temperature gets too high, either from exercise or external heat, a signal from the brain shunts more blood through a network of small blood vessels close to the skin surface. As the blood flows through these vessels, its excess heat is dissipated through the skin and into the air.

At about the same time, the brain sends another signal to the two million sweat glands deep within the skin. These glands step up their production of sweat, which they excrete onto the skin surface. As the sweat evaporates, it cools the body.

When you step into a sauna or steam room, both these mechanisms go to work to keep the body's internal temperature at 98.6, even when the external temperature is close to 200 degrees. The sweat mechanism doesn't work as well in a steam room, because the air is already so saturated with water that very little can evaporate from the skin. That's why steam rooms have to be maintained at lower temperatures than saunas.

Now, as for the supposed benefits from sauna and steam: **OPEN UP YOUR PORES?** - They can't, because the pores of both oil glands and sweat glands can become plugged, and those plugs are called blackheads. But heat, either moist or dry, has no effect on blackheads.

**GET YOUR BLOOD CIRCULATING?** - Blood, of course, is always circulating. The heat of the sauna or steam room changes the direction of that circulation, forcing more blood up close to the skin. That makes your skin tingle. But that's about all.

Saunas and steam rooms can be dangerous to people with heart problems. If heart function is already impaired, the extra force needed to pump blood out to the skin could be too much for the damaged heart muscle.

**HELP YOU WORK UP A GOOD SWEAT?** - True, but there's nothing about sweating that makes you healthier. Exercise makes you healthier because it strengthens your heart and muscles and improves your lung efficiency.

**GET RID OF POISONS IN YOUR BODY?** - They don't. Costill says, "Again, some people think that sweating is a mechanism for removing 'poisons' that have somehow accumulated under the skin. But sweat is composed of normal body fluid--mostly water and some salt. Wastes are removed by the kidneys, not by the sweat glands."

When I questioned that statement, Dr. Costill mailed me a copy of his scientific paper as published by the New York Academy of Sciences in 1977. Titled "Sweating: Its Composition & Effects on Body Fluids", it deals with runners and marathons. Limited space here does not permit a discussion of his findings, but anyone interested can obtain a reprint of this info by writing to him and enclosing a dollar for mailing & reproduction.

**GOOD FOR THE SKIN?** No! In fact, steam and saunas can be bad for the skin. The dry air of the sauna pulls needed moisture out of the skin. The moist air of a steam room can temporarily plump up the skin with extra moisture. But within 15 or 20 minutes after leaving the steam room, this excess water will evaporate and leave the skin even drier than it was originally.

Heat does increase the flow of blood to the skin, but the skin already has an adequate supply of blood, and there's no evidence that extra blood helps in any way.

So if you're healthy and like to sit in hot rooms, go ahead. Saunas and steam rooms won't hurt you, but they won't help you either!

I corresponded with Dr. Costill and asked his opinion on hot tubs. He replied that aside from his previous research on thermal stress and dehydration, he could add little objective information regarding the "hot tub" issue. He sees nothing of physiological value and doubts that anyone has evidence to the

contrary.

Considering the risk of bacterial infection, you'll be in plenty of hot water in more ways than one if you step into a hot tub. That's one way of looking at it.

Many expensive health clubs, gyms, spas and other sports membership organizations offer hot rooms as part of their facilities. However, heat treatments added to massage service are unnecessary extras; just window dressing or frills, as the heat accomplishes nothing. The only thing necessary is good massage by itself and that's sufficient. If you want to know what the benefits are, write for my *FREE* brochure, entitled, "Why you Should be Rubbed". To get it, send a self-addressed, stamped business envelope (#10 size) for mailing to you.

After 4 years in this work as a Massage Technician, I am still producing effective results in pain and stress reduction. A visit here will give you a positive experience and an awareness of your body you have never had before.

## SPECIAL ARTICLES

### The Hash House Harriers

*Following is a brief history of the Hash House Harriers (see NCRR #76, Spring 1979, Pg. 16), submitted by Dennis Cavagnaro of Treasure Island, San Francisco...full article was edited.*

For those unfamiliar with the Hash, here is a brief history and guide to some of the rather disorganized ways of the Hash.

The Hash House Harriers began back in 1938, in Kuala Lumpur, and was founded by an Australian called Gispert who belonged to Kuala Lumpur's famous Selangor Sports Club. One Monday after a wild party, Gispert decided to sweat out some of the excesses of the weekend by running around the Padang. He started doing this every Monday after work, and soon others began to join him.

But as so often happens, good intentions led to evil ends. At the end of the Padang was a Chinese eatery known as "The Hash House", and it became the custom for the Chinese shopkeeper to greet Gispert and his running mates with quarts of ice cold beer, at the end of their run. Well, one beer led to another, and more runners joined the group, and soon the run was extended. It became a regular Monday event. The shopkeeper, rather than lose this lucrative business, followed the pack, loading his truck with cold beer, and driving out to meet them at the finish line.

The name "Hash House Harriers" came naturally and it stuck. A founding member of the K.L. Hash was C.H. Lee, and he wrote of the early days.

"The Hash House Harriers" were founded in a moment of post-prandial inspiration at the Selangor Club Chambers, about 1937-38, by the inmates, who included myself, E.J. Calvin, Malay Mail, H.M. Doig (H & C - killed in an air crash just before World War II, and A.S. Gispert of Evatt & Co. Gispert was the real founder--a man of great wit and charm, who was killed on Singapore Island in February 1942 while serving with the Argylis, having only just returned from leave in Australia to rejoin the Volunteers. Gispert was not an athlete, and stress was laid as much on the subsequent refreshment, etc., as on the pur and austere running. It was non-competitive, and abounded in slow packs. Life was then conservative rather than competitive.

The name was a mock allusion to the institution that had housed and fed us. Later, Torch Bennett returned from leave, and produced order out of chaos--a bank account, balance sheet and some system. But we prided ourselves on being rather disorganized. The original joint masters were myself and "Horse" Thompson, still running somewhere--a past-master at shortcuts and the conservation of energy.

Membership of the Hash is open to any male who has a yen (sic) for fun and good healthy exercise. Hashing is *not* racing! You should possess a good sense of humor and try to maintain the tradition of a friendly, informal, strictly non-competitive Monday madness where all men are equal, and everyone has the right to make a fool of himself in whatever way he chooses.



There are no rules for Hashing. Each Hash has its own style, however, experience has shown that the following points should be noted when setting a run.

(1) The run should be 6-9 kilometers long with a duration of about an hour (plus or minus 10 minutes). The course should be circular and if possible avoid main roads. Some thought should be given to where the run starts from the point of view of parking legally. Proximity to transport and distance from the city center are also important.

(2) It is advisable that two hares (course setters) lay the trail with at least two trials before marking the trail. A good run must be well planned and as a rough guide, if it takes two hours to walk the final trail without stopping, it will be a one hour run for some.

(3) The run should be broken into 4 or 5 stages by checks. Checks are designed to confuse the leaders and to allow the tail-enders to catch up with the rest of the pack.

(4) The first check should be about 600 meters from the start and is indicated by writing "Check" large and clear in chalk or by dropping a pattern of several large blobs of flour or paper in one spot.

(5) The trail may restart in any direction from the check and in open country should be approximately 75 meters away. Sometimes there may be a false trail and if so, it shouldn't be longer than about 25 meters.

(6) The last check should be about 1½ km. from the finish. This allows the faster runners to stretch out for the final run in.

(7) It is very important to call loud and clear "On, On" when, and only when, you are on the trail. When you run out of arrows, paper, or flour, call "Check". When you have found the trail call "On, On", but only when you are sure it is not a false trail (i.e. - longer than 25 meters). Once you have found the correct trail, don't run off until you are sure the other hounds have heard and seen you.

(8) The Hares are responsible for organizing the "Hash Shandy", beer, etc., and also cleaning up the litter left over.

### The Inconsiderate Runner

(By John H. Weidinger) - In recent years, as the number of runners have continued to increase, so have the number of inconsiderate runners. Inconsiderate runners are not only bad for the sport of long distance running, but they are not wanted at races. They have caused some races to become such a nuisance that they have been discontinued. There have been several races that were threatened to be stopped by local law enforcement agencies while they were in progress (such as the 1976 and 1977 Christmas Relays from Santa Cruz to Half Moon Bay). The 1977 PA-AAU 30-Kilometer Championships was stopped, by the police, while it was in progress, because the runners were said to be a traffic hazard. Inconsiderate runners have even caused some athletes to either retire from competition or reduce the number of races they would normally run. There are some people from both the residential and business communities in various locations who are starting to complain to race sponsors, to the police, and to town and city officials about the problems caused by runners...especially the inconsiderate ones!

What do runners do that make them inconsiderate? They violate rules and regulations of the race, disregard the conduct of good sportsmanship, and violate traffic regulations. Inconsiderate runners are not only a problem during the race, but also before and after the race...they can even be inconsiderate during their training runs.

The following are some rules and procedures that should be followed by runners which will help make the race enjoyable and rewarding for the runners, for the race administrators, and for those who live in the area where the races are held.

**BEFORE THE RACE:** - Be cautious as to where you park your car when arriving at both the starting and finishing areas of the race. Do not park on sidewalks, in front of driveways, next to fire hydrants, in bus zones, in crosswalks, on private property, and do not block other parked cars. Observe ALL traffic regulations...otherwise you can be cited and your car towed. Avoid parking at or near the starting and finishing lines of the race. Plenty of space is needed to get a fair and safe start/finish. Also, a driver may have a difficult time moving his or her parked car if the area is congested with runners, as is the case in the Bay to Breakers race.

Get a copy of the entry form before raceday is possible and READ IT. Avoid asking unnecessary questions at the registration area when the answers can be found on the entry form. A well-prepared entry form will help prevent this and thus also reduce delays in the race registration lines (see NCRR #71,

page 18). Do not stay around the registration area after you have registered. Leave the area so others can register. Do not wait until the last minute to register on raceday...arrive early so that the race can start on time.

Do not enter a race by using a number or nametag that has been assigned to another runner. Some race administrators have certain number series for various age groups and sex categories. Runners using numbers and/or name tags not assigned to them can delay the accurate compilation of the results, and can also disqualify themselves in the process.

When warming up before the race, try to avoid using the streets as much as possible. Warmup in parks and open fields if available. Avoid causing traffic congestion in the streets and remember to be careful of pedestrians who are using the streets and sidewalks. Do not warmup on private property. If you must warmup on a road where there are no sidewalks or shoulders, then run on the side of the road facing traffic.

Do not leave your warmup clothes or other running gear on a parked car and so not use a parked car to aid you in doing your pre and post-race exercises when the car does not belong to you. People do not like to return to their cars and find clothes scattered on the hood or trunk, or find scratches in the paint (in some cases, cars have burglar alarms that can be activated by abrupt motion, such as can be created when a runner pushes against it to stretch his legs, etc.). The runner is responsible for his personal belongings, so do not ask race officials to watch them for you (unless there are specific facilities for this); they have enough tasks to do on raceday. At some races, locker rooms are made available.

**AT THE STARTING LINE:** - When final instructions are given at the start, *pay attention!* Listen for any changes in the race course or finishline procedures, and for any new information that was not given on the entry form. It is important that the runners keep quiet so that everyone has a chance to hear what is being said by officials.

The slower runners should start at the back of the starting line, regardless of how long in advance they have been standing on the starting line. There is a lot of pushing, elbowing, and stumbling when a race starts because the slower runners are slowing up the faster runners who must work their way through the pack to get to the front. If the slower runners start at the back of the starting line, then some accidents and injuries can be prevented.

If unofficial runners decide to run in a race, then they should start at the very back of the pack...they should not deprive any officially entered runner of any race benefits, especially a good start.

Runners who run in races with their dogs, or who push baby strollers (as in the 1977 San Francisco Marathon), or those who team up together to wear costumes (such as the centipedes in the Bay to Breakers Race), and other such individuals and groups should stay out of races. Such individuals and groups make the start and finish of a race more hazardous and can impede other runners during a race. There are enough problems to worry about in races with large fields of runners without having to look out for dogs and baby strollers! These people should think of safety first.

**DURING THE RACE:** - Do not cut in front of another runner if it will cause an accident. Be two full strides in front of the runner you are cutting in front of...remember, safety first.

Do not have anyone pace you or follow you on a bicycle or in a car, because this will add to the traffic congestion, as well as become hazardous to runners and other traffic, and it can also be grounds for disqualification.

Unofficial runners *DO NOT* take drinks or wet sponges that are provided for the official runners. An official runner may be deprived of aid in some instances, especially in large races, due to this inconsiderate behavior. Both official and unofficial runners should stay away from the "special aid" tables if you have not placed a special drink there. (more--)

## SAN JOSE ST. ALUMNI...HELP!

I am currently researching a graduate thesis on the history of San Jose State's track and field program, and would appreciate any information you may have dealing with outstanding track and field athletes from the years of 1920 to 1960. If you have any information you think that could be of use, please contact me at: c/o West Valley Track Club, P.O. Box 1551, San Mateo, CA, 94401  
Thank you, Dave Shrock.

(The Inconsiderate Runner, cont'd...) - Be sure to mark your drinking containers so that nobody will take them by mistake.

Runners should not receive any aid such as water, sponges or special drinks, unless such aid is allowed in the race, and only if it comes from an official aid station. All runners should have the same race advantages, so don't accept extra help along the way, as this can be grounds for disqualification.

Runners should not abuse parked or moving vehicles that are on the streets where a race is being held. In past Bay to Breakers races, runners have actually run across the tops of cars which were either parked or caught in the path of the runners while the race was in progress.

**AT THE FINISH LINE:** - When runners come across the finish line they should attempt to turn in their name tags and/or finish sticks as soon as possible. When there is a chute, runners should stay in the chute and in order of finish until they have been processed. Leaving the chute before they are processed will only delay and foul up the accuracy of the results. Move quickly through the finish area when possible so as to prevent a backup of runners across the finishline. When runners finish together in groups at the line, then they should take the place number and/or enter the chute in exact order of their finish if possible. Leave the finish area after you have been processed so others can do likewise. Runners standing at the finish area will only add to the confusion when the majority of the runners are finishing.

Do not ask race officials for your time and place if you do not know it due to the type of finishline procedure used. As soon as the results are compiled, then such information will be released by the race officials. Distracting race officials with unnecessary questions at the finish area may cause them to make mistakes in their jobs, such as failing to record a place or time, and it also delays the compilation of results. "Do not stay around the finish area; give the officials plenty of room to do their jobs." Runners--read the entry form, listen to final race instructions, and listen to the officials at the finish area so you will know what to do after you have crossed the finish line (different races use different procedures).

Unofficial runners **DO NOT CROSS THE FINISH LINE** (or even come close, as you might be mistaken for an official runner). You will only foul up the results of the official runners by throwing off their times and places and can create delays for race officials who will have to spend time making adjustments in the results to get an accurate list. Unofficial runners should carry a watch or have a friend time them and count off their places. Unofficial runners should always give a wide berth to the finishline and NEVER cross it.

Unofficial runners do not take awards (certificates, ribbons, T-Shirts, etc.)...no explanation should be necessary here, but there *are* inconsiderate runners who do such things! Also, if aid is available at the finishline, it is most certainly for paid entrants, so unofficial runners, if they feel the urge, should go to the nearest drinking fountain or grocery store.

All parents, whether they be participants or spectators, should maintain control or have someone care for their children before, during and after the race. It's difficult to see a little child darting in and out between a sea of legs, so for everyone's safety, care for your children.

Spectators can also help prevent traffic hazards, injuries and yet be a welcome part of the race. Spectators should not follow the race by car or bike. If spectators want to go to the finishline after the race has started and it's in a different location, then do not take the same route that the race is being held on (unless it is unavoidable), because this will add to the traffic problems. Keep your dogs and pets on a leash. A pet on the loose may run in front of runners or cars and cause an injury. Do not crowd the sides of the starting/finishing lines. Allow enough room so that the runners can have a fair and safe start and finish and so that the officials can have working room. (Ed. - We just learned that a careless photographer stepped in front of the starting field at the Ferrier 10-Mile Classic in San Francisco and Judy Fox, among others, ran into him & was slightly injured. She was unable to continue the race and stood a good chance of winning or placing high.)

The personal conduct of each runner will help determine the success of a race, as well as its future. Runners should follow the rules of the race, the rules of the road, and the rules of good sportsmanship. Help make running a pleasant experience for everyone; don't be an inconsiderate runner! Runners must maintain good conduct before, during and after a race or there may be fewer races in the future (due to cancellation by law enforcement agencies or by mass defection of race directors who will throw up their hands in disgust and say, "Why bother?"). (Also, see page 1 of LDR Handbook: Rules of the Road). □

## 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 NCRS 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 NCRS 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 NCRS 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 NCRS 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 NCRS and/or Roger Bryan (AAU LDR Chairman) to check out possible conflicts before planning.

### How to Put on a Race

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

## 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 race day; certificate awards to all finishers on those runs with *Runner's World* format (contact meet directors for full information). Be sure to enclose a self-

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

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

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

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

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

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

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

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

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

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

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

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

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

**PLACERVILLE:** El Dorado H.S.; every other Saturday, 9 a.m.; Placerville Parks & Rec. 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.

**CUPERTINO:** DeAnza College (Parking Lot C); every Sat., 8 a.m.; Dennis Zamzow, 2500 Hospital Dr., Bldg. 9, Mtn. View, CA 94040.

**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).

## SALESMEN NEEDED

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**NOTE:** - Contact the person(s) listed below for additional information on specific races...do not call the NCCR for this information, as we are "an office of one" and don't have the time to answer countless questions on races. We do welcome phonecalls from those who'd like to have their races listed (it's free!). When you call, please give us the information in the same order as listed below. Races listed in the current PA-AAU LDR Handbook are referenced below with only minimal information (however, since the Handbook has only been out for a few weeks, we'll list all information in this issue...starting next time we'll merely reference the Handbook). Send \$1.00/Handbook (includes postage) to: PA-AAU LDR Handbook, 942 Market St., #201, San Francisco, CA 94102. Profits from Handbook sales go to the local LDR Travel Fund to help send local athletes to National Championships.

- Aug 5 - Union Health Services/Teamsters 5-Miler, Oakland, 9 a.m. Martha Carter, 8105 Edgewater Dr., Oakland 94621.
- Aug 5 - Napa Town & Country Fair Hot Foot Runs (1½ & 4.7 Mi.), Napa, 10 a.m. Kaye Hall, 4516 Dry Creek Rd., Napa 94558.
- Aug 5 - Sri Chinmoy 3-Mile Fun Run, Polo Fllds., G.G. Park, San Francisco, 10 a.m. Sundari Michaelian, 1548 Ocean, S.F. 94112.
- Aug 5 - Gilroy Garlic Festival 10Km., Las Animas Pk., Gilroy, 10:30 a.m. Bill Flodberg, 12925 Foothill, San Martin 95046.
- Aug 11 - Belmont Steaks Footrace, 8.93 Mi., Ralston Intern. School, Belmont, 9 a.m. Ken Israel, 305 Del Rosa Way, S. Mateo 94403.
- Aug 11 - Sierra Pines 40-Mile Relay, Bass Lake, 5-person teams, 8 a.m. Darrel Cox, 314 Homsy Av., Fresno 93727. (CCA)
- Aug 12 - S.F. Perrier 10-Mile Classic, Polo Fllds., G.G. Park, San Francisco, 11 a.m. Don Capron, 1746 - 26th Av., S.F. 94122.
- Aug 12 - Black Filmmakers Hall of Fame 5.5-Miler, Paramount Theatre, Okld., 9 a.m. BFHF, 477 - 15th St., #200, Oakland 94612.
- Aug 12 - John Steinbeck Country Run, 10 Km., Salinas YMCA, Salinas, 10 a.m. Salinas YMCA, 117 Clay St., Salinas 93901.
- Aug 12 - Front Runners Ocean Beach 4-Mile Fun Run, Lincoln & Great Hwy, S.F., 11 a.m. For info, call Gary (415/641-0250).
- Aug 12 - Yountville Ribbon Runs, Yount Pk. (2 & 4 Mi.), Yountville, 9 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558.
- Aug 16 - 10 Kilo Track Run, (tartan), So. Lake Tahoe J.H.S., 7:30 p.m. Austin Angell, P.O. Box 1521, So. Lake Tahoe, CA 95705.
- Aug 18 - Top of the State 4 & 7-Milers, Coll. of Siskiyou, Weed, 9 a.m. Lee Ferrero, 800 College Av., Weed 96094.
- Aug 18 - Daniel Boone/Lorna Doone 100-Mile/24-Hr. Track Runs, Woodside High School, 9 a.m. Don Choi, 439 Campbell, S.F. 94134.
- Aug 19 - Redwood Shores Biathlon (4 Mi. Run, 400m Swim), Redwood City, 10 a.m. Redwood Shores, 350 Marine Wld. Pkwy, R.C. 94065.
- Aug 19 - Front Runners Dolores Pk. 2.2-Mile Fun Run, (20th & Church), 10 a.m. For info, call Pat (415/863-4942).
- Aug 19 - Hook & Ladder 10Km., G.G. Park (Kennedy & Rainbow Falls), S.F., 9 a.m. S.F. Firefighters Run, 979 Bryant St., S.F. 94103
- Aug 19 - Baker to Baker Relay (2 x 6.5 Mi. Legs), Ft. Baker Parade Grnd., 9 a.m. Len Wallach (415/561-3106).
- Aug 19 - Tiburon Peninsula 8½ Miler (Trestle Glen & Tiburon Blvd.), 9 a.m. Don Capron, 1746 - 26th Av., S.F. 94122. (500 Limit)
- Aug 19 - Jack Brook Memorial Benefit Runs, 4 & 7 Mi., Canada Coll., Woodside, 9:30 a.m. Doug Moody, 1364 Sierra, Rwdw City 94061
- Aug 19 - Oakdale Distance Classic, 4 Mi., Oakdale H.S., Oakdale, 9:30 a.m. For Info: Charles Pittef (209/847-0423).
- Aug 25 - Los Gatos Dammit Run, 5.593 Mi. (new course?), Los Gatos H.S., 9 a.m. Lee Hughes, 106 Belvale Dr., Los Gatos 95030.
- Aug 25 - Bass Lake Run Thru the Pines, ½-Marathon, Bass Lake, 8 a.m. Fresno Pacific T.C., P.O. Box 6103, Fresno 93703. (CCA)
- Aug 25 - Lodi Triathlon, (3 Mi. Run, 4½ Mi. Bike, 1000 Yd. Swim), Lodi Lake Pk., 8 a.m. Lodi Pks/Rec, 125 N. Stockton, Lodi 95240
- Aug 25 - Lite Beer Fun Run, 10 Km., Lake Merritt, Oakland, 9 a.m. Bob DeCelle, Box 1606, Alameda 94501. (Entries Close Aug. 20)
- Aug 26 - Wildwood Days Distance Runs, 2 & 8 Mi., Rio Dell, 10:30 a.m. Dick Meyer, Route 2, Box 153-A, Eureka 95501.
- Aug 26 - Mayor's Cup Marathon, Treasure Island, S.F., 8 a.m. The Guardsmen, 12 Geary St., San Francisco 94108.
- Aug 26 - Cayucos to Morro Rock 6-Miler, Cayucos Pier, 7 a.m. Bruce Smith, c/o SLOHS, 1350 California Blvd., S.L.O. 93401. (SPA)
- Aug 26 - Front Runners Sunset Blvd. 5.4-Mile Fun Run, Lake Merced/Sunset Blvd., S.F., 10 a.m. For Info: Marvin (415/552-3439).
- Aug 26 - Lake Merritt J&S Lake Merritt Runs, 5, 10 & 15K, Oakland, 9 a.m. John Notch, P.O. Box 2365, Oakland 94614.
- Aug 26 - Orienteering Meet, Tilden Regional Pk., Berkeley, 10 a.m. For Info: Alex Converse (415/524-7727).
- Sep 1 - Bear Foot Race, 10 Km., Bear Valley, 11 a.m. Merv Smith, 4704 Mosher Dr., Stockton 95212.

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

- Sep 1 - Laguna Lake X-C Relay (2-person; 1½ & 2½ Mi.), 9 a.m. San Luis D.C., P.O. Box 1134, San Luis Obispo 93401.
- Sep 2 - Diet Pepsi 10Km (Western Regional Champs), Great Hiway at Golden Gate Pk., S.F., 8 a.m. (*Entries close 9/1 at any Bay Area Sears Stores...see ad on Pg. 8 for locations...mail entries close 8/29.*) Out-of-area runners write: Gail Gustafson, 1445 Lake St., #203, S.F. 94118; or call Irene Rudolf (415/665-1608, evenings).
- Sep 2 - Silver State Marathon, David Creek Pk., nr. Reno, Nev., 7 a.m. (*Entries close 8/27.*) The Athlete's Foot, 580 McCarran Blvd., Sparks, NV 89431.
- Sep 2 - RRC Natl. 20-25-30 Km. Postal, San Luis Obispo H.S. track, 8 a.m. SLDC, P.O. Box 1134, S.L.O. 93401.
- Sep 2 - Where the Hell is Truckee 16-Miler, Tahoe City to Truckee, 8 a.m. Barb Dietz, Box 1864, Tahoe City 95730.
- Sep 2 - Front Runners Arguello Gate/Presidio Fun Run, 4 Mi., San Francisco, 10 a.m. Call Gary: (415/641-0250).
- Sep 2 - Mariposa 10-Miler, time TBA. Stewart Cramer, P.O. Box 444, Mariposa 95338. (CCA)
- Sep 3 - Times Nine (10Km, 3 x 3-mile Relay, etc.), Crystal Spgs. X-C Course, Belmont, 8:30 am. George Musante, 330 W. 20th Av., San Mateo 94403. (San Mateo Parks & Recr.)
- Sep 3 - Labor Day Fun Run (distance?), Fresno, time TBA. Fresno Joggers, Jim Martin, 2530 N. Barton, Fresno 93702.
- Sep 3 - DSE Presidio Gate Run, 3.75 Mi., S.F. (Dolphin Club), 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Sep 3 - Labor Day Handicap Runs (2 & 4 Mi.), Napa College, Napa, 9:30 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558.
- Sep 8 - Natl. AAU Masters 50-Mile Track Run, Santa Monica, time TBA. Tom Sturak, Box 1602, Santa Monica 90406. (SPA)
- Sep 8 - Double Dipsea, 13.4 Mi., Stinson Beach to Mill Valley & return, 9 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Sep 8 - Mare Island Round the Isle Run (*Date Changed to 9/15*).
- Sep 8 - The Great Runs, 10 Km., Discovery Pk., American River, 8 a.m. Sally Edwards, 2408 "J" St., Sacramento 95816.
- Sep 8 - Fresno State Watermelon Runs (2.4 & 6 Mi.), Fresno, time TBA. Red Estes, P.E. Dept., Fresno State Univ., Fresno 93740.
- Sep 8 - Breuners Modesto JC Track Club 6-Miler, Modesto JC, 9:30 a.m. Jack Albiani, Modesto JC, College Av., Modesto 95350.
- Sep 8 - SCTC Circle the Bay (18.13 Mi.), Coos Bay, Ore., 9 a.m. Bob Macy (503/267-7823). (OA)
- Sep 8 - Griffith Pk. X-C Runs (9 races; 1 to 3.6 Mi.), Los Angeles, 8:00 a.m. Fred Honda, 200 N. Main St., Los Angeles 90012.
- Sep 8 - LVTC 6-Mile X-C, Sunset Park, Las Vegas, NV, 8 a.m. Las Vegas TC, 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Sep 9 - Silverado 10-Km. Classic, Silverado Country Club, Napa, 9 a.m. Dan Healy, 1546 Parkwood Ct., Napa 94558.
- Sep 9 - Olympic Fund Run, 10 Km., Mission College, Santa Clara, 9 a.m. Eli Primrose, 4340 Stevens Crk., #180, San Jose 95129.
- Sep 9 - Golden Gate Bridge Charity Run, 10 Km., Ft. Baker to S.F. (Marina Green), 11 a.m. Total Health, 390 - 40th, Okld. 94609.
- Sep 9 - Park to Park 7.9-Miler, Miguelito Cyn. Pk., Lompoc, time TBA. Bob Rich, 1105 E. Hickory, Lompoc 93436. (SPA)
- Sep 9 - Bay to Bagels Run, 2 Mi. & 10 Km., Tilden Pk., Berkeley, 10 a.m. Temple Isaiah, 3800 Mt. Diablo Rd., Lafayette 94549.
- Sep 9 - Front Runners Marina Green 2.8-Mile Fun Run, S.F. (Safeway Pkg. Lot), 10 a.m. Call Pat: 415/863-4942.
- Sep 9 - Nike/OTC Marathon, Eugene, Ore. (*Entries Closed*)
- Sep 9 - Albany 2 & 5-Mile Runs, Albany, Ore., Linn-Benton CC, 1:30 p.m. Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201.
- Sep 9 - Sublimity Harvest Festival 3 & 10 Km., Sublimity, Ore., 10 a.m. Mike Bauer, 236 Oak St., Stayton, OR 97383. (OA)
- Sep 9 - Run for Our Children (5 & 10Km), Lake Merritt, Oakland, 9 a.m. London Dunlap, 1761 Hopkins, Berkeley 94707.
- Sep 15 - (*Changed from 9/8*) Mare Island Round the Isle Run, 7.4 Mi., Morton Field, 10 a.m. W.O. Hanson, Spec. Services, Code 41, Naval Support Activity, Mare Island, Vallejo 94592.
- Sep 15 - Central Calif. X-C Meet, Fresno, time TBA. Bill Cockerham, Fresno Pacific T.C., P.O. Box 6103, Fresno 93703. (CCA)
- Sep 15 - ORRC Tryon Creek 10 Km., Portland, Ore., 9 a.m. Austin Leach, 11740 S.W. Brayman Av., Portland, OR 97219. (OA)
- Sep 15 - Sunriver 10 Km., (also 5 Km. & 1 Mi.), Sunriver Lodge, Ore., noon. Terry Schukart, Central Ore. CC, Bend, OR 97701. (OA)
- Sep 15 - Amer. Diabetes Ass'n/Fullerton Savings & Loan 5 & 15 Km. Runs, Irvine, 8 a.m. Stew Boles, 3421 E. Chapman, Orange 92669.
- Sep 15 - LVTC 10-Kilometer Run, Sunset Park, Las Vegas, Nev., 8 a.m. Las Vegas TC, 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Sep 16 - Walnut Festival Races, 5.6 Mi. (new 1-loop course), Heather Farm Park, Walnut Crk., 9:30 a.m. Andrew MacCono, 1840 Geary Rd., Walnut Creek 94596 (*Entries Close Sep. 8*). -- Also, Girls' Age-Group Races, 10:45 a.m. (Frank Sutton, 178 Diablo Ct., Pleasant Hill 94523).
- Sep 16 - The Great Grape Race, 10 Km., Castillero J.H.S., San Jose, 9 a.m. Linda Johnson, 1039 Nightfall Ct., San Jose 95120.
- Sep 16 - Vine Village Country Run, 10 Km. & 1½ Mi., Vine Village, Napa, 9 a.m. (*500 Limit*). Jay Ginsberg, Box 2513, Napa 94558.
- Sep 16 - Mt. Play Hill Race, 12 Mi., Mill Valley, 9 a.m. Marilyn Smith, 277 Cascade Dr., Mill Valley 94941.
- Sep 16 - Country Fair Day Run, 4.44 Mi., Drake H.S., San Anselmo, 9 a.m. Christine Sansom, PO Box 726, San Anselmo 94960.
- Sep 16 - (*CANCELLED*) Sprite Sprint, 5 Km., Polo Fields, G.G. Park, S.F., 10 a.m. John Notch, P.O. Box 2365, Oakland 94614.
- Sep 16 - Natl. AAU Sr. & Masters 50 Km. Champs, Brattleboro, VT. Forrest Kimball, P.O. Box 599, Ferry Rd., Brattleboro, VT 05301.
- Sep 16 - DSE Presidio Roller Coaster 4-Miler, Mt. Lake Pk., (12th & Lake), S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Sep 16 - Front Runners Lake Merced Fun Run, 4.95 Mi. (Boathouse), S.F., 10 a.m. Call Marvin: 415/552-3439.
- Sep 21 - Pepsi of Reno Lake Tahoe 72-Mile Run, Tahoe City, 6 a.m. (*Entries Close 9/14*). Mersereau, 8895-B Salmon Falls, Sac 95826
- Sep 22 - Rose Garden Fun Run (*YMCA Fun Run in LDR Hnbk.*), 5.1 Mi., San Jose, 9 a.m. YMCA, 1717 The Alameda, San Jose 95126.
- Sep 22 - Marina Charity Run, 10 Km., San Leandro Marina, 10 a.m. So. Alameda County Board of Realtors, Box 759, Hayward 94543.
- Sep 22 - DSE Lake Merced Equinox Run, Pkg. Lot (Sunset Blvd.), 4.5 Mi., S.F., 5 p.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Sep 22 - European Style X-C, 5 Mi., Sonoma State (track), Rohnert Pk., 10 a.m. Bob Lynde: 707/664-2357 (days).

- Sep 22 - E.R.A. Runs (2 & 6 Mi.), Fresno, time TBA. Jo Ellen Howard, 702 W. Harvard, Fresno 93705. (CCA)
- Sep 22 - RTC Internat'l Style X-C, 7.5 Km., Winchester, Umpqua CC, 11 a.m. Ron Alexander, 1844 N.W. Finch, Roseburg, OR 97470.
- Sep 22 - Lions Club Mini-Marathon, 10 Km., Joseph, Ore., 9:30 a.m. Dan Dusley, Box 94, Enterprise, OR 97828. (OA)
- Sep 23 - Alhambra Run for Life (5 & 15Km.), Alhambra, 7:30 a.m. Dick Nichols, Chamber of Commerce, 11 S. Second, Alhambra 91801.
- Sep 23 - PA-AAU 25 Km. Championships, Polo Fllds., G.G. Pk., S.F., 10 a.m. Don Capron, 1746 - 26th Av., San Francisco 94122.
- Sep 23 - Whiskeytown Lake Relays (4 person, 20 Mi.), Redding, 9 a.m. Andy Zopolos, 2191 Penn Dr., Redding 96001. (New course)
- Sep 23 - Acorn Run for Easter Seals, 10 Km., Lake Merritt, Oakland, 9 a.m. Tak Taketa, c/o 2757 Telegraph Av., Oakland 94612.
- Sep 23 - Saratoga Community Footrace, 10 Km., Saratoga, 9 a.m. (Enter by 9/16). Dorothy Day, c/o P.O. Box 161, Saratoga 95070.
- Sep 23 - N.A.S. Lemoore 6.5 Mile Run, Lemoore, time TBA. Carl Whitker, Rec. Fund, N.A.S. Lemoore 92345. (CCA)
- Sep 23 - Sonoma Valley Vintage Run, 3.5 & 6.2 Mi., Sebastiani Vineyards, Sonoma, 8 a.m. Ph. 707/938-8580 for information.
- Sep 23 - Front Runners Golden Gate Pk. 2.7 Mile X-C Run, Polo Fllds., S.F., 10 a.m. Call Gary (415/641-0250).
- Sep 23 - Out 'n Back 10Km. (& 1 Mi.), B'game Racquetball Club, Burlingame, 8 a.m. BRC, 845 Hinkley, Burlingame 94010.
- Sep 23 - City to Port YMCA Run, 11.3 Miles, San Luis Obispo, 8:30 a.m. YMCA, P.O. Box 268, San Luis Obispo 93406. (SPA) (By 9/16)
- Sep 23 - Lake Merritt J&S 5, 10 & 15 Km., Lake Merritt, Oakland, 9 a.m. John Notch, P.O. Box 2365, Oakland 94614.
- Sep 23 - Orienteering Meet, Marin County (site TBA). Joe Scarborough, 3151 Holyrood Dr., Oakland 94611.
- Sep 29 - YMCA Pancake Race, 2.7 Mi., Nicholl Pk., Richmond, 9 a.m. Michael Banks, 3230 MacDonald Av., Richmond 94804.
- Sep 29 - Fore-Runners Women's 10 Km., Polo Fllds., G.G. Pk., S.F., 9 a.m. (Women Only) Sue Brusher, 239 Marlow Dr., Oakland 94605.
- Sep 29 - Natl. AAU 10 Km. Road Champs (Diet Pepsi Natl. Champs), Purchase, N.Y. NYRRRC, Box 881, FDR Station, New York, NY 10022.
- Sep 29 - Natl. AAU Masters 25 Km. Champs, Mohawk Pk., Tulsa, Okla. Vern Whiteside, 6196 S. Knoxville Av., Tulsa, OK 74136.
- Sep 29 - All-Comers European Style X-c, 5 Mi., Sonoma St., Rohnert Pk., 10 a.m. Bob Lynde, Ph. 707/664-2357 (days).
- Sep 29 - Harvest Festival 10-Miler, Lopez Lake (nr. Arroyo Grande), 8:30 a.m. Jack Cline, 683 Parkview, Grover City 93433. (SPA)
- Sep 29 - Bay to Bay 10 Km., Bayfair Mall, San Leandro, 8 a.m. Athletic Attic, 40 Bayfair Mall, San Leandro 94578.
- Sep 29 - Cal-State Fresno X-C Invit. (10 Km.?), Fresno, time TBA. Red Estes, P.E. Dept., Fresno State Univ., Fresno 93740. (CCA)
- Sep 29 - S.O.S. Southern Oregon Ladies 10 Km. Champs, Medford, Ore., 10 a.m. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535.
- Sep 29 - Garrie Franklin Mem. X-C Classic (10Km. Open), Lane CC, Eugene, Ore., 9 a.m. Al Tarpenning, 4000 E. 30th, Eugene 97401.
- Sep 29 - Big Bear Lake 10-Miler, Big Bear City, 8:30 a.m. Eddie Hurt, 7956 Devenir St., Downey 90242. (No Pre-Entry)
- Sep 29 - Garden Grove 10Km. (& 2 Mi.), Garden Grove H.S., 8 a.m. Steve Kavalosk, G.G.H.S., 11271 Stanford Av., Garden Grove 92640
- Sep 29 - Lion's Park 2 & 5 Miles Runs, Las Vegas, Nev., 8 a.m. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Sep 29 - Epilepsy Long Distance Fun Run, 10 Km., site & time TBA (East Bay). Donna Andrews, P.O. Box 1624, Richmond 94802.
- Sep 30 - DSE Mt. Davidson Run, 3.5 Mi., Riordan H.S., S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Sep 30 - Front Runners Lake Merritt 3.2-Miler, Oakland, 10 a.m. For info call Pat: (415/863-4942).
- Sep 30 - Pamakid Lake Merced Run, 7 Mi., Westlake Pk. Clubhouse, Daly City, 9:30 a.m. Pamakids, P.O. Box 27566, S.F. 94127.
- Sep 30 - Don Lucas Ford--Hospice House 10 Km., Fisherman's Wharf, Monterey, 10 a.m. Haywood Norton, P.O. Box 173, Monterey 93940.
- Sep 30 - Sacramento Marathon (& 1/2-Marathon), Wm. Land Pk., Sac'to, 7 a.m. John McIntosh, 4120 El Camino Av., Sac 95821. (Limited)
- Sep 30 - Oakland Brass Pole Run, 10 Km., Lake Temescal, Oakland, 9 a.m. (Enter by 9/14). McPartland, 20047 Meadowlark, C.V. 94546
- Sep 30 - ORRC Hagg Lake Runs (10.4 & 2.0 Mi.), nr. Forest Grove, Ore., 10 a.m. Sid Christie, 2852 NE Liberty, Gresham, OR 97030.
- Sep 30 - Prudential Ins./Woodland Hills C of C 10 Km., Woodland Hills, 8 a.m. Frank Pelletier, Box 1, Woodland Hills 91367. (SPA)
- Oct 6 - PA-AAH One-Hour Run, Skyline Coll., San Bruno (metric track), 8:30 a.m. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066.
- Oct 6 - Salinas Skyclimb, 7.5 Mi., Toro Regional Pk., 9:30 a.m. (Very steep). Don Dugdale, 607 Kirkwood Av., Salinas 93901.
- Oct 6 - Berkeley Waterfront Run, 5.09 Mi., Berkeley, 9 a.m. Athletic Dept., 2114 Addison St., Berkeley 94704.
- Oct 6 - Synanon Mountain Run, 10 Km. X-C, near Badger (Sierras), 9 a.m. Michele Gauthier, Box 139, Badger 93603. (CCA)
- Oct 6 - Lung Assoc. 10 Km., Santa Barbara, 9 a.m. Running Systems, P.O. Box 6616, Santa Barbara 93111. (SPA)
- Oct 6 - One-Hour Run, Univ. of Nevada, (track), Las Vegas, Nev., 8 a.m. Las Vegas TC, 309 S. Third, #316, Las Vegas, NV 89101.
- Oct 7 - Oakland Ballet Vista Run, 6.3 Mi., Tilden Pk., Berkeley, 9 a.m. Barbara Hartford, 16 Marcom Pl., Oakland 94619.
- Oct 7 - Concord Classic, 6.2 Mi., Clayton Vly. H.S., Concord, 10 a.m. Concord Classic, 1573 Laverne Wy, Concord 94521. (& 2 Mi.)
- Oct 7 - S.F. Men's & Women's Half-Marathons (2 races), G.G. Pk. Polo Fllds., S.F., 10 a.m. Marin Racers, 1746 26th Av., SF 94122.
- Oct 7 - (CANCELLED) Run for Art, 13 Km., San Francisco, 9 a.m. Nob Hill Gazette, Pier 5, San Francisco 94111.
- Oct 7 - DSE Ferry Bldg. Run, 3.85 Mi., Dolphin Club (foot of Hyde), S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Oct 7 - Kauai Marathon, Hawaii, time TBA. Garden Isle R.R., c/o Sherwood Hara, 4661-A Haleiilo Rd., Kapaa, Kauai, HI 96746.
- Oct 7 - Front Runners Embarcadero West Run (Appx. 5 Mi.), Ferry Bldg., S.F., 10 a.m. For info call Marvin: (415/552-3439).
- Oct 7 - Heart of San Diego Marathon & 10 Km., Coronado, 7 a.m. Bill Casper, 3640 Fifth Av., Box 3625, San Diego 92103. (PSA)
- Oct 7 - Silver Falls Runs (2 & 6.9 Mi.), (26 Mi. E. of Salem), Ore., 1 p.m. Ed Ford, 1469 Lee St., Salem, OR 97302. (OA)
- Oct 7 - OTC Road Run, 5 Mi., Skinners Butte, Eugene, Ore., 1 p.m. Clark Meinart, 877 E. 13th, Eugene, OR 97401. (OA)
- Oct 7 - Azusa Golden Days Road Run, City Pk., Azusa, 8:30 a.m. Dennis Caldwell, c/o Loeschhorn's, 1525 Mesa Verde E., C.M. 92626
- Oct 7 - Schlitz Lite San Pedro YMCA Harbor Marathon & 1/2-Mara., San Pedro, 7:30 a.m. John Provost, 301 S. Bandini, S. Pedro 90132.
- Oct 7 - Watts Health Foundation 10 Km., Carson, 9 a.m. Clyde Oden, c/o 10300 S. Compton Av., Los Angeles 90002. (SPA)
- Oct 7 - Calico Days 30 Km., Barstow, time TBA. Calico Days, Box 430, Barstow 92311. (SPA)
- Oct 13 - Hot to Trot Capital Race, 7 1/2 Mi., Wm. Land Pk., Sac'to, 10 a.m. Janice Jeffery, 8335 LaRiviera Dr., Sacramento 95826.
- Oct 13 - Wreck Run, 3 Mi., Beresford Pk., San Mateo, 9 a.m. San Mateo Recr. Dept., 330 W. 20th Av., San Mateo 94403.
- Oct 13 - Natl. AAU Masters Marathon Champs, (Skylon Marathon), Niagara Falls, NY. George Bailey, Skylon Twr., 5200 Robinson St., Niagara Falls, Ontario, Canada L2G 2A3.
- Oct 13 - DSE Bridge Vista Run, 4.5 Mi., Legion of Honor, S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Oct 13 - Run for the Cheese of It, 7.8 Mi. (& 2.3 Mi.), Community Ctr., Riverbank, 9 a.m. Jim Rude, 2848 Stanislaus, Rvrbk 95367.
- Oct 13 - La Grange Ditch Run, 13.1 Mi. (& 3 Mi.), Trinity H.S., Weaverville, 11 a.m. Wayne Moss, Box 929, Weaverville 96093.
- Oct 13 - Natl. AAU Sr. Men's 50-Mile (track)?, Seattle, Wash. Laurel James, 7210 E. Greenlake No., Seattle, WA 98115.
- Oct 13 - Babino Fun Run, 5 & 10 Km., Bay Farm Island, Alameda, 9 a.m. Margaret Souza, 960 Shorepoint Ct., #218, Alameda 94501.
- Oct 14 - Lagoon Valley Lope/Natural Light 15 Kilo, Fairfield H.S., Fairfield, 9:30 a.m. Joe Dana, P.O. Box 525, Suisun 94585.
- Oct 14 - Berkeley-Moraga Hill Run, 13.9 Mi., Claremont Hotel, Berkeley, 10 a.m. John Notch, 230 Marlow Dr., Oakland 94602.
- Oct 14 - Pleasanton Pumpkin Run, 10 Km., Amador H.S., Pleasanton, 10 a.m. Lori/Martie Vassallo, 7844 Olive Ct., Pleasanton 94566.
- Oct 14 - Sri Chinmoy 7-Miler, JFK Dr./Stow Lake Dr., G.G. Pk., S.F., 9 a.m. Sundari Michaelian, 1548 Ocean Av., S.F. 94112.
- Oct 14 - SCTC Horsfall Beach Run, No. Bend, Ore. (1, 3 & 5 Mi.), 1 p.m. Kurt Black (Ph. 503/269-1934). (OA)
- Oct 14 - Another Dam Run, 10 Km., Crystal Sprgs. Dam, San Mateo, 9 a.m. San Mateo Rotary Club, P.O. Box 95, San Mateo 94401.
- Oct 14 - LAAC Mercury 10 Km., L.A.A.C. to Coliseum, Los Angeles, 9 a.m. Jim Goulding, LAAC, 431 W. 7th St., Los Angeles 90014.
- Oct 14 - Runners' Open, 10 Km., Lafayette School, Lafayette, 10 a.m. Susan Richards, c/o Security Bank, 1500 Newell, W.Crk. 94596
- Oct 14 - Sulphur Springs Ribbon Run, Crane Pk., St. Helena, 10:30 a.m. (2 & 4 1/2 Mi.). Reg Harris, 1267 Walnut, #C-66, Napa 94558.
- Oct 14 - Sam's Town Wagon Trail Marathon & 1/2-Mara., Cameron Pk. (nr. Placerville), 9 a.m. M.O.R.E., 485 Pierroz, Placerville 95667.
- Oct 14 - Humboldt Redwoods Marathon, Weott, (new course), 9 a.m. (Limit: 2000) Six Rivers R.C., Box 214, Arcata 95521.
- Oct 20 - Run for Human Rights, 5 Km., Polo Fllds., G.G. Pk., S.F., 9 a.m. Nancy Buxton, 3618 Sacramento St., San Francisco 94118.
- Oct 20 - DSE Golden Gate Promenade Run, 7.5 Mi., Dolphin Club (foot of Hyde), S.F., 10 a.m. Walt Stack, 321 Collingwood, SF 94114
- Oct 20 - Nike Couples Relay & Disco Booze Cruise (fee includes boat cruise & disco in evening), 3.5 Mi. each (male/female only), Continental Racquetball Club, Oakland, 3:30 p.m. (Enter by 10/10; Max. 200 Teams). Ron Wayne, Box 2372, Alameda 94501.
- Oct 20 - Kingston/Laton River Run, distance(?), time TBA. Richard Petersen, P.O. Box 206, Laton 93242. (CCA)
- Oct 21 - The Stanford Run, 10 Km., Angell Field, Stanford Univ., noon. Don Spradlin, 3000 Sand Hill Rd., Menlo Park 94025.
- Oct 21 - Eden Youth Ctr. 3 & 6 Mi. X-C Runs, Hayward hills, time TBA. Mary Chafin, 680 W. Tennyson Rd., Hayward 94545.
- Oct 21 - Redwood Run, U.C. Santa Cruz, 6 Mi., 10 a.m. Wayne Brumbach, P.E. & Recr. Dept., U.C. Santa Cruz, Santa Cruz 95064.

- Oct 21 - Bridge to Bridge Run, 8.3 Mi., Ferry Bldg., S.F., 8 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery, S.F. 94111.  
 Oct 21 - Eppie's 2 & 5 Mile Runs, Eppies, Las Vegas, Nev., 8 a.m. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101.  
 Oct 21 - Merced T.C. Bell Race, 3 & 15 Km., Merced, time TBA. Frank Russell, Box 2462, Merced 95340. (CCA)  
 Oct 21 - ORRC Mt. Sylvania 10 Km., (& 2 Mi.), Portland (PCC Sylvania Campus), Ore., 2 p.m. Terry Boatman (Ph. 503/244-6111). (OA)  
 Oct 27 - Piedmont Music Foundation Runs, 4 & 10 Km., Piedmont, 9 a.m. Peter Butler, 44 Bowling Dr., Oakland 94618.  
 Oct 27 - Nevada Appeal Mini-Marathon, 13.1 Mi., Carson City, NV, 9 a.m. Nevada Appeal Mini-Mara., PO Box 2288, Carson City, 89701  
 Oct 27 - SNA-AAU 20 Km. Champs, Red Rock Cnyn., nr. Las Vegas, Nev., 7 a.m. LVTC, 309 S. Third St., #316, Las Vegas, NV 89101.  
 Oct 28 - Garland Ranch Run, 10 Km., Garland Ranch Regional Pk., Carmel Valley, 10 a.m. Ed Bredthauer, 150 19th St., P.G. 93950.  
 Oct 28 - Halloween Run, 5.2 Mi., West Valley College, Saratoga, 10 a.m. Halloween Run, 14195 S. Capri, Los Gatos 95030.  
 Oct 28 - YMCA Golden Gate Marathon, Embarcadero YMCA, S.F. (to Larkspur), 8 a.m. (Enter by 10/27). GG Marathon, Embarcadero YMCA, Room 100, 166 Embarcadero, San Francisco 94105.  
 Oct 28 - Angwin to Angwish 7.6 Miler, Pacific Union College, Angwin, 10 a.m. David Nieman, PE Dept., P.U.C., Angwin 94508.  
 Oct 28 - Monterey County Marathon & ½-Marathon, Salinas, 8 a.m. Dave Lewis, c/o Fleet Feet, 831 S. Main St., Salinas 93901.  
 Oct 28 - Hayward Half-Marathon, 13.1 Mi., Kennedy Pk., Hayward, 9 a.m. Half-Marathon, 1099 "E" St., Hayward 94541.  
 Oct 28 - Marin General Hospital 5 & 10 Km. Fun Runs, Greenbrae, 9 a.m. (Enter by 10/24; 500 Limit). Marin General Hospital Fun Run, Attn: Administration, Box 2129, San Rafael 94902.  
 Oct 28 - Lake Merritt J&S 5, 10 & 15 Km. Runs, Lake Merritt, Oakland, 9 a.m. John Notch, Box 2365, Oakland 94614.  
 Oct 28 - Natl. AAU Masters 15Km. X-C Champs, Van Cortlandt Pk., N.Y.C.(Manhattan). Kurt Steiner, 1660 E. 21st St., N.Y., 11210.  
 Oct 28 - Orienteering Meet, Marin County (site TBA). Joe Scarborough, 3151 Holyrood Dr., Oakland 94611.  
 Oct 28 - ORRC Gabriel Park Run, 10 Km., Portland, Ore., 2 p.m. Gary Purpura, 222 S.W. Harrison, #6-A, Portland, OR 97201. (OA)  
 Oct 28 - Mid-Valley YMCA Great Pumpkin Chase, distance(?), Van Nuys, 8 a.m. Danny Richards, 6901 Lennox Av., Van Nuys 91405.  
 Oct 28 - Huntington Beach Halloween Classic 10 Km., H'ton Bch., 9:30 a.m. O.B. Benskin, c/o 5220 Wilshire Blvd., L.A. 90036.  
 Oct 28 - Steve Garvey Multiple Sclerosis 5 & 10 Km., Woodland Hills, 8 a.m. Robert Levy, 6336 Canoga Av., Woodland Hills 91367.  
 Nov 3 - Almond Bowl Runs, 3 & 6 Mi., Bidwell Pk., Chico, 10 a.m. Susan Breese, P.O. Box 1182, Chico 95927.  
 Nov 3 - Lands End Run (DSE), Balboa & Great Hiway, 4 Mi., S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.  
 Nov 3 - Woodlake 20 Kilo Run (CCA-AAU Champs), Woodlake, time TBA. Wayne Van Dellen, 37149 Rd. 192, Woodlake 93286. (CCA)  
 Nov 3 - Whittier Village 5 & 10 Km., Whittier, 9 a.m. Bruce Staller, Whittier Village Race Comm., P.O. Box 721, Whittier 90608.  
 Nov 3 - 5-Mile "Predicted Time" Race, Sunset Pk., Las Vegas, Nev., 8 a.m. LVTC, 309 S. Third St., #316, Las Vegas, NV 89101.  
 Nov 4 - Sacramento Sixty (Km.), W. Sacramento, 8 a.m. Hal Baker, 1182 Cavanaugh Way, Sacramento 95822.  
 Nov 4 - Excelsior West End Run (& PA-AAU X-C Champs), 10 Km., Polo Flds., G.G. Pk., S.F., 10 a.m. Al Berrin, 1215 21st Av., San Francisco 94122. (Note: - This race not listed in PA-AAU Hndbk. as Championships; contact Meet Director for divisions).  
 Nov 4 - El Camino Real Stakes 10 Km., Bay Meadows Race Track, San Mateo, 10 a.m. Calif. Jockey Club, Box 5050, San Mateo 94402.  
 Nov 4 - Heart of the Empire 15 Km., Spring Lake, Santa Rosa, 10 a.m. Kenneth Howe, 529 El Dorado Ct., Santa Rosa 95404.  
 Nov 4 - Bay Bridge Run, 7.1 Mi., Oakland Army Base Pkg. Lot, 8 a.m. S.F. Conservatory of Music, 2101 Ortega, S.F. 94122.  
 Nov 4 - Black Bart Run, 8.96 Km., Pleasant Hill Bart Sta., 9 a.m. Pat Day, 140 Alhambra Hills Dr., Martinez 94553.  
 Nov 4 - Phelan 15 Mile Open Handicap, Community Ctr., noon. (No Pre-Entry) Connie Rodewald, 852 Sharon Dr., Camarillo 93010.  
 Nov 4 - STC 4-Person 10-Mile Medley Relay, Gardena, 9 a.m. (No Pre-Entry) Ron Watson (213/536-1107). (SPA)  
 Nov 4 - Orange Grove ½ and ¾-Marathons, Loma Linda, 7 a.m. Ellis Jones, P.O. Box 495, Loma Linda 92354. (SPA)  
 Nov 4 - ORRC 10-Mile Track Run, Duniway Pk., Portland, Ore., 9 a.m. Creag Hayes, 529 S.W. Sheridan, Portland, OR 97201. (OA)  
 Nov 4 - OTC 10 Km. Road Run, Alton Baker Pk., Eugene, OR, 1 p.m. Clark Meinart, 877 E. 13th, Eugene, OR 97401. (OA)  
 Nov 10 - Fresno Marathon, time TBA. Alan Beamer, 152 W. 22nd, Merced 95340. (CCA)  
 Nov 11 - Oakland Marathon, Laney College, Oakland, 7 a.m. Cherie Swenson, 7700 Edgewater Dr., #731, Oakland 94621.  
 Nov 18 - Rosebowl Marathon (& ½ and ¾-Mara.), Pasadena, 7:30 a.m. Darrell Kelly, YMCA, 235 E. Holly, Pasadena 91101. (SPA)  
 Nov 25 - ORRC Portland Marathon, Portland, Ore., 10:30 a.m. Leo Sherry, 1880 S.W. Hawthorne Terr., Portland, OR 97201. (OA)  
 Dec 1 - Fiesta Bowl Marathon, Scottsdale, Ariz., 7:30 a.m. (Enter by Nov. 1). Fiesta Bowl Marathon, Box 1032, Scottsdale 85252  
 Dec 2 - Western Hemisphere Marathon, Culver City, 8 a.m. Carl Porter, 4117 Overland Av., Culver City 90230. (SPA)  
 Dec 9 - Honolulu Marathon, Honolulu, Hawaii, 6 a.m. (Enter by Nov. 12; Entries may be limited). Honolulu Marathon Ass'n, P.O. Box 27244, Chinatown Sta., Honolulu, HI 96827.

**NOTE:** - The following races are listed out of sequence because a page was out of order in the SPA-AAU LDR Handbook and we didn't notice this until it was too late. Copies of SPA Handbook available: Send \$1.00 to: SPA-AAU, 4928 Lankershim Blvd., No. Hollywood, CA 91601. Schedule is good thru the end of 1979. Also see "Late Gnu" for other possible races too late for this listing.

- Oct 14 - Long Beach 16.2 & 4.1 Mile Runs, Cal-State L.B., 9 a.m. (No Pre-Entry). Vic McCarthy, P.O. Box 87, Long Beach 90801.  
 Oct 20 - E.L.A. College 10 Km. Fun Run, E.L.A., 9 a.m. Marilyn Ladd, E.L.A. College, 1301 Brooklyn Av., Monterey Pk., 91754.  
 Oct 20 - Chaminade Reservoir Run, 8.5 Mi., Canoga Pk. & Chatsworth, 8:30 a.m. Paul Schmitz, 7500 Chaminade Av., Canoga Pk. 91304  
 Oct 21 - SPA-AAU & Santa Barbara Marathon (& ½-Mara.), 8 a.m. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (SPA)  
 Oct 21 - The Hunger Project 10 Km. Run, El Segundo, 8 a.m. Ed Shober/Phyllis McKee, 11731 Brookhurst, Garden Grove 92640. (SPA)  
 Oct 28 - Naturite/Hollywood Pk. Distance Runs (5 & 10 Km.), Inglewood, 10 a.m. LA Naturite TC, 6330 Chalet Dr., Los Angeles 90040

## CROSS-COUNTRY

Following are a very few X-C Meets early in the season, mostly college & open meets, that we've heard about so far. We plan on getting our next issue (Sept./Oct.) in the mail by the first week of October and will have a full seasonal schedule in that one (please send us your schedules...NOW!).

- Sep 1 - Spring Lake Jr. Olympic Trials X-C, Santa Rosa, 8 a.m., Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472 (also 4-Mile race for adults).  
 Sep 8 - WVTC & Aggie RC @ Sac'to State, 5 Mi., 11 a.m.  
 Sep 15 - Spikettes Invit., Gibson Ranch, Sac'to (B&G A-Group), Dan Davidson, 6910 Greenbrook Cir., Citrus Hgts 95610.  
 Sep 22 - WVTC & SBAA @ UCSB, 4.9 Mi., Santa Barbara, 11 a.m.; Arrow Invit., site TBA (B&G A-G), Mel Ho, 1086 Darlington Ct., Sunnyvale 94087; Cal-Poly All-Comers XC, site TBA (San Luis Obispo), 11 a.m.; Berkeley Women's Invit., UC Berkeley, 11 a.m.  
 Sep 29 - Roseville Invit., Sierra College (Rocklin), 9:30 a.m., (B&G A-G), Gil Duran, 1325 Susan Cir., Roseville 95678; Fresno State Invit., Fresno (JHS, HS, College, Open), see LDR Sched. for contact, 10 a.m.  
 Oct 6 - Aztec Invit., Balboa Pk., San Diego (college, open), 11 a.m.; Cal Invit., UC Berkeley (men & women) 11 a.m.

- Oct 13 - Stanford Invit., Stanford Univ. (men/women), 9:15 am; Orinda Invit., Heather Farms, Walnut Crk., 9:30 a.m. (B&G A-G), Don Bailes, 133 Selbourne Way, Moraga 94556  
 Oct 20 - Cal-Poly Invit., Morro Bay (College/open), 11 a.m.; Spring Lake Relays, Santa Rosa, 9:30 a.m. (B&G A-G), Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.  
 Note: - Some X-C Meets are listed in the LDR Schedule on previous pages.

## X-C Schedules Needed NOW!

HELP--HELP--HELP--HELP--HELP--HELP--HELP--HELP--HELP

Yup folks! We need your help again this season. It always seems that only about a dozen or so readers take the time to send us their X-C Schedules, even after we yell and cry and scream for them! Remember, our scheduling section is only as good as you (the readers) make it. So, if you're an athlete or coach and have a fall X-C schedule compiled for your team, please do us both a favor and drop it in the mail TODAY!! Don't assume someone else will do it, because you can be sure...they probably won't! Remember, the listing will get spectators to your meet. **SEND BY SEP. 9.**

# 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.

Aug 26 - Natl. AAU 50K (Sr./Class B/Masters), DeAnza College, Cupertino, 6 a.m. Contact Bill Ranney (above).

ARROW 10KM (Apr. 1, Moffett Field): 1-Sharp/MDAC 45:26, 2-Raney/WVTC(40+) 46:16, 3-Reilly/BSW 48:14, 4-Adriano/SSC 50:03, 5-Paula Kash 52:04. /Bill Ranney/

GUADALAJARA 10K (April, Guadalajara, Mexico): - (Actually 9.1 Km.) 1-Bautista/Mex 36:05, 2-Colin 36:49, 3-Flores/Mex 39:07, 4-Heiring/UCTC 39:28, 5-Pyke/SSC 40:11 (5600', 90F+, Humid). \*\*\* Neal Pyke was also 5th in a one-hour in Monterey, Mexico, with 13,799m (8 miles, 1010 yds.). /Roger Duran/

PRESIDIO TIME TRIALS (May 20, San Francisco): - Notable performances include Neal Pyke's 42:21 for 10K; Ray Sharp's 1:39:12 for 20K (with 47:29 in route). Larry Avila (Army) did the full 50K in 5:39:22. /Bill Ranney/

NATIONAL AAU 10K (May 26, Chicago, Ill.) - Bill Ranney won the masters title at the Nationals, placing sixth overall in a fine 48:18, just 7 seconds out of fifth. Todd Scully beat Chris Hansen, 43:14 to 43:55, for the title. /Roger Duran/

RON ZINN MEMORIAL 10K (May 27, Chicago, Ill.): 1-Jobin/Canada 41:42, 2-Scully/SAC 42:15, 3-Kraft/MCS 45:06, 4-Raney/WVTC(40+) 46:24...15 finishers. /Roger Duran/

PAN-AM TRIALS (Jun. 15 & 17, Walnut): - Neal Pyke scored a big victory in the 20K event, obliterating the American road best with his 1:27:11 (old mark was 1:30:04 by Heiring/UCTC, 1979). Todd Scully (1:27:55) and Chris Hansen (1:29:56) were also under the record...others: 10-Berend/Army 1:37:24, 11-Reilly/BSW 1:37:43, 14-Raney/WVTC(40+) 1:39:08, 16-Henderson/SSC 1:39:52, 19-Sharp/MDAC 1:40:17...DQ-Himmelberger/SSC. \*\*\* In the 50K, Colorado TC's Mark Evoniuk set a meet record of 4:10:33...2-0'Sullivan/HC 4:20:05, 3-Johansen/CNW 4:29:21, 4-Hirt/UCTC 4:32:39, 5-Glusker/WVTC 4:33:10. \*\*\* In the 5K (track) Championships, 0'Connor (21:47) and Timmons (22:18) led NYAC to a 1-2 sweep...4-DeBernardo/Army 22:44, 10-Raney/WVTC(40+) 23:30. --- Note that the 5K was not a Pan-Am Trials event but only the Natl. Championships. /Roger Duran/

NATL. AAU T&F CHAMPS (WOMEN) (June 15 & 17, Walnut): - Sue Brodock bettered her own American Record of 24:10 with a super time 1f 24:07 for the 5K...2-Kash/CW 25:20, 3-C. Sakelarios/SCRR 25:22...9-Maynard/WDS(40+) 26:34. \*\*\* Brodock added a second record, slashing her 51:17 mark for 10K to a flashy 50:33, with Sakelarios again third in 51:33 (ex-Redwood City). Lori Maynard had a great 56:14 to lead the masters. /Roger Duran/



WVTC's top masters walker, Bill Ranney. /Stoak/

RANEY NIPS LAIRD AT PA-AAU 30K; MAYNARD WINS "NOVICE" 10K (Jul. 1, Treasure Is., S.F.): - Bill Ranney won a spirited 30K in 2:33:45, with old Olympian Ron Laird, far back early in the race, closing the gap in the latter stages to finish a close second in 2:34:20. Ed Bouldin was an early leader until overhauled by Bill and Dennis Reilly (3rd in 2:36:43)...4-Sharp/MDAC 2:48:05, 5-Siitonen/NCS 3:30:59. \*\*\* Lori Maynard of the Woodside Striders made it a masters sweep of the "gold" with her 56:49 over the 10K distance, with Kathy Curtis (58:58) and Bonnie Dillon (58:59) having a battle for second. Art Smith was fourth with a 61:56. /Harry Siitonen/

S.F. MARATHON (Jul. 8, S.F.): - Making it two victories in a week, Bill Ranney bested teammate Tom Dooley, 3:43:15 to 3:48+. /H. Siitonen/

PAN-AM GAMES (July 12, San Juan, P.R.): - Americans placed 2-3 here in the 20K event, with Neal Pyke and Todd Scully clocking 1:30:17 and 1:32:30 behind Mexican gold medal winner Daniel Bautista (1:28:15). Pyke complained after the race about the tropical heat, saying that a massage specialist had to make him a "whole new body" after the race (Pyke lived in Florida for some time too, but is now acclimated to the cool S.F. weather). /Harry Siitonen/

PAN-AM MASTERS T&F MEET (July 21-22, Pomona): - 5K: /30-34/ Glusker/WVTC 22:50, /40-44/ Laird/NYAC 23:16, /50-54/ Allen/Un 25:19, Siitonen/NCS 29:39; /55-59/ Smith/Un 29:12; 20K: /30-34/ Dooley/WVTC 1:37:53, Glusker/WVTC 1:38:25, /40-44/ Laird/NYAC 1:37:07, /50-54/ Allen/Un 1:51:13, Siitonen/NCS 2:11:36, /55-59/ Smith/Un 2:09:30. \*\*\* /WOMEN/ 5K: /30-34/ 2-Dillon/GGRW 27:29, /70-74/ Carola/GGRW(71) 41:17 (Natl. Rcd.) (World Rcd.); 20K: /30-34/ 2-Dillon/GGRW 2:10:47. /Siitonen/

NOTE: - Most race walking track results (held in conjunction with track meets) are listed separately in the T&F Results section of this issue. □

## Prep Ramblings

by Keith Conning

CONTRIBUTIONS APPRECIATED: - Please send results & stories of high school athletes and competitions directly to me: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406). --- I would like to thank the following people for sending me track results during the season: Duncan MacSwain (Redwood, Larkspur), Donn Kirk (Los Altos), Bill Mensing (Downey, Modesto), Dave Larson (Berkeley), Bill Hotchkiss (Leigh, San Jose), Jeff Rubin (Times-Herald, Vallejo), Howard Willman (San Jose Mercury), Chuck Sheley (Chico), Ron Blackwood (Sanger), Tim Hunt (Tri-Valley Herald, Livermore), Mike Kennedy (L.A. Times), Herb Dower (Santa Rosa Press Democrat), John Hickey (Hayward Daily Review), and Gene DeSoto (Santa Rosa).

PREP RESULTS: - We are only reporting results from the top end-of-season meets this year, as we feel that our "Rankings" at season's end are sufficient in most cases. Most prep results are listed in this section rather than the main T&F Results section.

HOT MARKS AT LEIGH-WEST VALLEY RELAYS (Apr. 21, Saratoga): - Some 72 schools (1400 athletes) competed...highlights: Host Leigh did 17:30.8 for the 4-Mile Relay to best Mission San Jose's squad (17:38.4) and Castro Valley (17:48.9), with anchorman Dennis Maloney doing 4:19.2 for Leigh (soph Brian Dulin's 4:24.8 was slowest split). Leigh set another meet record in the 2-Mile Relay with an 8:01.2 clocking (same four runners), besting Lowell's 8:06.3. Bill Green anchored Cumberley's winning 440, 880 and Mile Relays, with 20.2 and 47.4 splits on the latter two carries. Tom Downs' 14:08.9 set a meet record in the 3 mile, with Balderas (San Jose) runnerup in 14:28.8. /Bill Hotchkiss/

UCLA-PEPSI INVIT. (May 6, Westwood): - Marian Franklin (Balboa, S.F.) placed fourth in the 400m in 53.54, while Tonya Alston (Chico) tied for seventh at 5-9 in the high jump. But the big story was Leslie Deniz (Gridley), who set a national record in the discus with a 175-10 toss while placing a good third (she has a 25-foot edge over the second best NorCal thrower). Deniz is now the eighth best U.S. performer all-time...her 2nd best throw of the day (169-2) tied the old standard. /K. Conning/

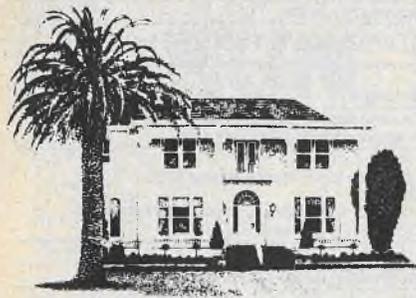


Leslie Deniz of Gridley set a Nat'l. Prep discus record of 175-10 at Pepsi Invit. /Stoak/

INTERNATIONAL PREP INVIT. (Jun. 9, Naperville, Ill.): - Jim Scannella (San Ramon, Danville) took a second in the 300m intermediates with a 36.9 and a fifth in the 110m highs at 14.1. /Keith Conning/

MISC.--Tonya Alston<sup>2</sup> is going to UCLA; Bill Green to USC; Marian Franklin to UCB & Ann Regan to W.Vly.JC. /See P.45/

# Silverado



1600 Atlas Peak Road, Napa, Ca. 94558

# SILVERADO 10 Kilometer Classic & 2 Mile 'Silverado Cup'

**Sponsored By:** SILVERADO COUNTRY CLUB  
**In Conjunction With:** NAPA VALLEY RUNNERS  
**To Benefit:** THE NAPA BOYS CLUB

---

**Sunday, Sept. 9, 9:30 a.m.**

SILVERADO COUNTRY CLUB, 1600 ATLAS PEAK, NAPA  
(Atlas Peak and Monticello Road)

---

"CALIFORNIA'S MOST BEAUTIFUL RACE"

12 Divisions

100% Pavement - Rolling Hills

Awards For All Divisions

T-Shirts

Refreshments

Sanctioned By: Pacific Association A.A.U.  
Road Runners Club of America

MAIL REGISTRATION: By Sept. 4 - \$3.00

RACEDAY REGISTRATION: \$4.00 (7:30 - 9:00am)

Children 12 & Under - \$1.00

DIVISIONS: Men's & Women's Divisions in  
6 Age-Groups--13 & Under; 14-18;  
19-29; 30-39; 40-49; 50 & Over.



BOYS CLUB OF NAPA

RACE DIRECTOR: *Dan Healy*

RACE COORDINATOR: *Chuck Hall*

RELEASE/APPLICATION ENTRY FORM

In consideration of the acceptance of my entry, I do hereby, for myself, my executors, administrators, and assignees, release and forever discharge the Silverado Country Club, AMFAC Silverado Corp., Boys Clubs of America, the Napa Boys Club, Napa Valley Runners, PA-AAU, Road Runners Club of America, and their respective officers, agents & representatives from all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. I also give permission for the free use of my name or picture in any broadcast, telecast or other account of this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
*(Parent must sign if you are under 18)*

NAME (Last, First) \_\_\_\_\_

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

DIVISION: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ 2 MILE \_\_\_\_\_ 10 KM \_\_\_\_\_  
13 & UNDER \_\_\_\_\_; 14-18 \_\_\_\_\_; 19-29 \_\_\_\_\_; 30-39 \_\_\_\_\_;  
40-49 \_\_\_\_\_; 50 & OVER \_\_\_\_\_

MAIL FORM & FEE TO: Dan Healy, 1546 Parkwood Ct., Napa, CA 94558

REGISTRATION (print legibly)

Name(s) \_\_\_\_\_

Division (see course records) \_\_\_\_\_

\$3.00 per entrant; \$5.00 per family

"T" shirt(s)  S  M  L  XL

\$2.00/T shirt (must be received by 8-25-79)

Race day registration \$1.00 extra

Mail To: TOTAL HEALTH MEDICAL CENTER

390 40th Street

Oakland, California 94609

415-655-8217

**Free: "Sports Medicine" Screening**

Runners: Learn about your body—feet, knees, back, muscle balance, and cardiovascular needs. Unique "team" screen (sports Dr. M.D., podiatrist, chiropractor, and acupressurist). Also, video tape and analysis. Saturday August 11 and Saturday August 25, 9:00 a.m. to 1:00 p.m. Bring your running gear and enjoy our Hot Tub while you wait.

For an appointment, call:

**Total Health Medical Center**

390 40th Street

Oakland, California 94609

415-655-8217

For Sept. screenings, please call---

# 7TH ANNUAL GOLDEN GATE BRIDGE RACES SUNDAY SEPT. 9, 1979

and PICNIC

Presented by **Total Health Medical Center** • A race for runners by runners.

Featuring: **Women's 10K at 11:00 am/Men's 10K at 11:30 am.**

**Awards: By ADIDAS**

Stylish running shoes, fantastic racing shorts, and equipment bags.

**Scenic Course:** Starting at Fort Baker Parade Ground, race along water's edge up to Vista Point, across the Golden Gate Bridge to Fort Point, and past the Presidio to a fabulous finish at Marina Green.

**Course Records—Men and Women respectively:**

Open Bill Clark 30:41; Judy Leydig 37:12 Over 40 Kent Guthrie 32:49; Martha Maricle 42:50

Over 50 S.A. Richardson 37:01 Over 60 Paul Reese 39:58

13 and under John Foley 37:17; Michelle Miller 42:58 14 to 17 Tom Downs 32:07; Marcia White 40:42

Men over 200 lbs. Charles Moran 37:42 Women over 150 lbs. Pat McKee 52:19

Results: Listed only in NorCal Running Review.

Race Coordinators: Jack Bettencourt, Pax Beale, Dr. Forrest Smith, and Peter Dupre.

**TOTAL HEALTH**   
MEDICAL CENTER

**adidas** 

Illustration by Mark Wholey © 1979



# RUN FOR OUR CHILDREN

Date: Sunday, September 9, 1979  
 Time: 9:00 A.M.  
 Registration: \$5 fee if registered before September 1, 1979  
 Distance: 5K (3.1 miles - one lap around Lake Merritt)  
 10K (6.2 miles - two laps around Lake Merritt)  
 Start: Lake Merritt Boathouse, 1720 Lakeside Drive, Oakland  
 (in front of Parks and Recreation Office)  
 Divisions: Men's Open Men's Masters (40+) Junior Boys (under 16)  
 Women's Open Women's Masters (40+) Junior Girls (under 16)  
 Refreshments: Cold beverages provided.  
 Awards: 1st, 2nd and 3rd prizes in all divisions. Ribbons will be given to all finishers.  
 T-Shirts: Official T-shirts will be given to the first 300 applicants. Runners may pick up official race packets between 8:30-9:15 on race day.

FOR FURTHER INFORMATION PLEASE CALL 465-1059

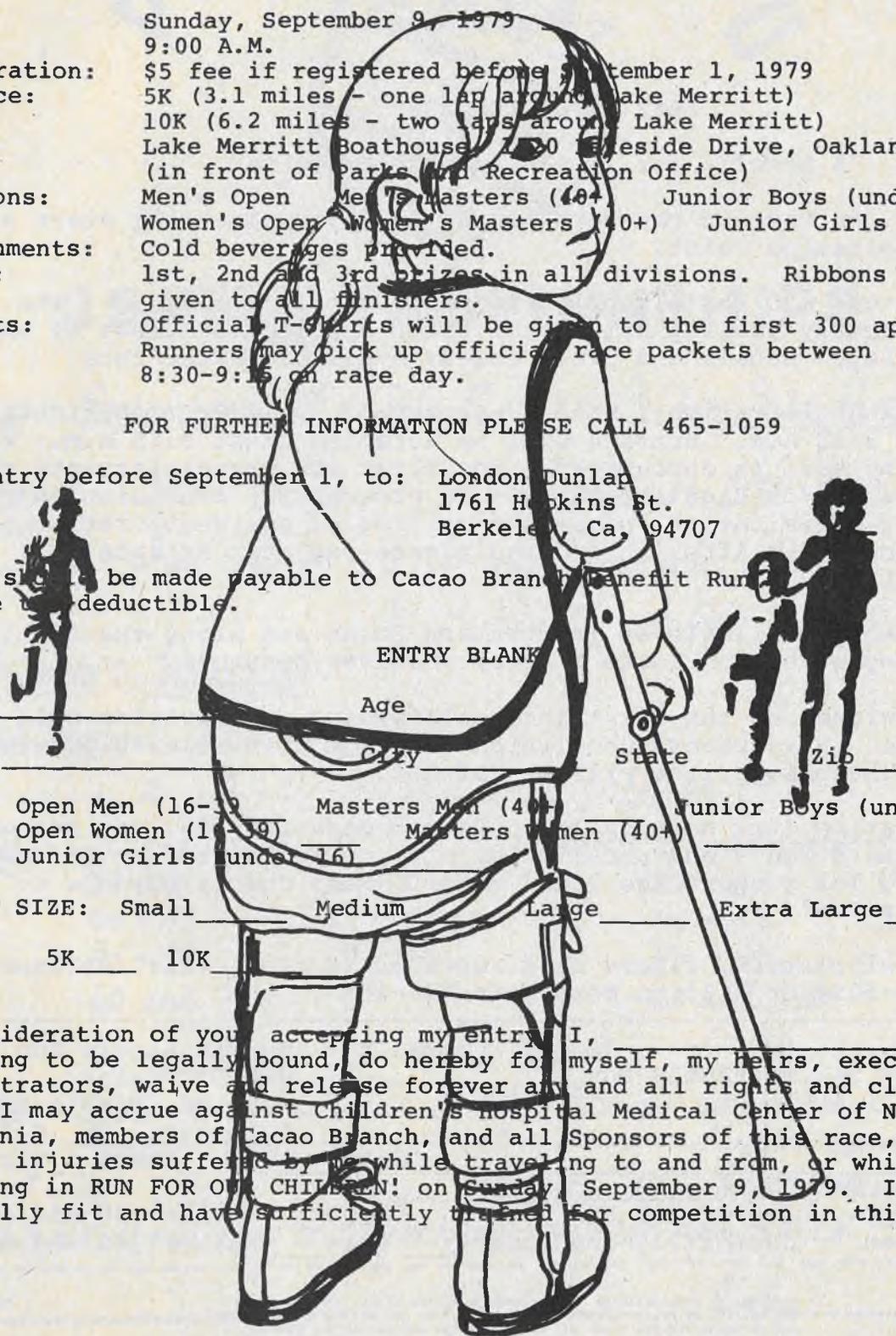
Mail entry before September 1, to: London Dunlap  
 1761 Hopkins St.  
 Berkeley, Ca, 94707

Checks should be made payable to Cacao Branch Benefit Runners and are tax deductible.

### ENTRY BLANK

Name \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 CLASS: Open Men (16-39) \_\_\_\_\_ Masters Men (40+) \_\_\_\_\_ Junior Boys (under 16) \_\_\_\_\_  
 Open Women (16-39) \_\_\_\_\_ Masters Women (40+) \_\_\_\_\_  
 Junior Girls (under 16) \_\_\_\_\_  
 T-SHIRT SIZE: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ Extra Large \_\_\_\_\_  
 COURSE: 5K \_\_\_\_\_ 10K \_\_\_\_\_

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 Medical Center of Northern California, members of Cacao Branch, and all Sponsors of this race, for any and all injuries suffered by me while traveling to and from, or while competing in RUN FOR OUR CHILDREN! on Sunday, September 9, 1979. I am physically fit and have sufficiently trained for competition in this event.





**BAY TO BAGELS RUN**

A benefit for Temple Isaiah-Lafayette

Location: Tilden Park in the Berkeley Hills. The race will start and finish at Inspiration Point.

Course: 2 races: 10 Km (6.2 miles) and 3.23 Km (2.0 miles). The run includes gently rolling hills that offer spectacular views of the park and the Bay. Bagels and cream cheese available after race.

Date, Time and Registration: Sunday, September 9, 1979. Registration will begin at 8:30 A.M. Entries will be accepted until 9:45 A.M. Pre-registration by mail is encouraged. The first 100 pre-registrants will receive a free Bay to Bagels T-Shirt. To prevent any confusion on race day concerning registration, please no mailing of pre-regis ration after Sunday, September 2. After this date, please register at race. **RACE TIME WILL BE AT 10:00 A.M. SHARP!**

Parking: Parking available at Inspiration Point and along the shoulder of Wildcat Canyon Road. Please carpool whenever possible.

Awards: The winner of the first three places in each division will receive special awards. All runners who finish the race will receive participant ribbons. Merchandise prizes will be raffled.

Entry Fee Donation (tax deductible): Preregistration--\$5. per runner. \$2.50 for runners age 7 and under. Day of race registration--\$6. per runner. \$3.50 for runners age 7 and under. Make checks payable to "Bay to Bagels Run".

For further information, flyers or directions to race call: Darlene Feldstein 525-5056 or Lillian Bernstein 935-1822.

Mail to: Bay to Bagels Run  
Temple Isaiah  
3800 Mt. Diablo Rd.  
Lafayette, CA 94549

ENTRY FORM FOR BAY TO BAGELS RUN

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Age \_\_\_\_\_ Telephone \_\_\_\_\_

Divisions: Men: Junior (15 and under) \_\_\_\_\_ Open \_\_\_\_\_ Master (40 and over) \_\_\_\_\_  
Women: Junior (15 and under) \_\_\_\_\_ Open \_\_\_\_\_ Master (40 and over) \_\_\_\_\_

Waiver: In consideration of your accepting this entry, the undersigned, for myself, my heirs, executors, administrators and assigns hereby waives and releases for all time, any and all rights and claims for damages I may have or here-after acquire against the City of Berkeley, East Bay Regional Parks District, Temple Isaiah, and all persons and organizations affiliated with this race by reason of my traveling to and from and participating in the 'Bay to Bagels Race' on September 9, 1979. I attest that I am physically fit and have sufficiently trained for this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent or Guardian \_\_\_\_\_  
(if under 18 years old)



## 25 KM. CHAMPIONSHIPS

Sunday • September 23<sup>rd</sup> • Polo Fields • Golden Gate Park

Start: 10:00 Sharp

Registration: 8:30 ~ 9:45

Course: New course

1. 5 kilo loop once

2. Subotnick 10 kilo loop twice

Awards: Individual

1. Ribbons to all finishers

2. AAU Medals and patches to:

Men: 29 and under 1<sup>st</sup> ~ 5<sup>th</sup>  
 30 - 39 1<sup>st</sup> ~ 3<sup>rd</sup>  
 40 - 49 1<sup>st</sup> ~ 3<sup>rd</sup>  
 50 - 59 1<sup>st</sup> ~ 2<sup>nd</sup>  
 60 and over 1<sup>st</sup>

Women: 29 and under 1<sup>st</sup> ~ 5<sup>th</sup>  
 30 - 39 1<sup>st</sup> ~ 3<sup>rd</sup>  
 40 - 49 1<sup>st</sup> ~ 3<sup>rd</sup>  
 50 - 59 1<sup>st</sup> ~ 2<sup>nd</sup>  
 60 and over 1<sup>st</sup>

Teams (5 people score)

Men: Senior teams (30 & under) 1<sup>st</sup> ~ 3<sup>rd</sup>  
 Masters teams 1<sup>st</sup> ~ 3<sup>rd</sup>

Women: Senior teams 1<sup>st</sup> ~ 3<sup>rd</sup>  
 Masters teams 1<sup>st</sup>

Entry \$4.00 (20% to Long Distance Running Committee)

Send S.A.S.E. or mail entry to Marin Racers, 1746 - 26<sup>th</sup> Ave, S.F., Ca. 94122

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

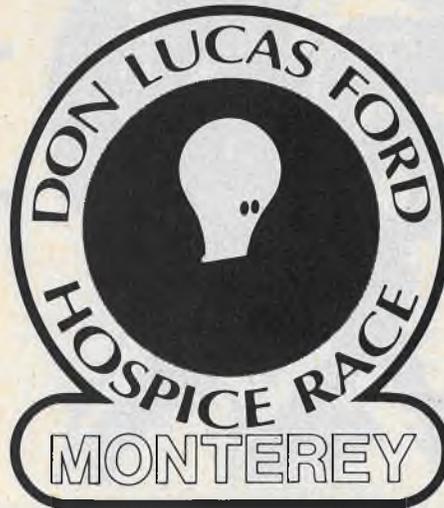
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

FILL ALL BLANKS



# THE HOSPICE HOUSE

of the Carmel Valley  
presents the 2nd annual



**SUNDAY**  
**SEPT. 30, 1979**  
**10:00 A.M.**

**10 KILOMETERS**  
**FISHERMAN'S WHARF**  
**MONTEREY**

An AAU sanctioned foot race benefitting the Hospice House, a life affirming organization providing support for cancer patients and their families.

**START/FINISH:** Custom House Plaza in Monterey at Fisherman's Wharf.

**REGISTRATION:** \$5.00 if registered in advance by Sept. 25, 1979. \$6.00 after the 25th. Race day registration from 8:00 a.m. to 9:45 at the Custom House.

**T-SHIRTS:** Free T-shirt to all registered runners.

**AWARDS:** Merchandise awards to winners in each division, special commemorative awards to first 5 finishers in each division. Ribbons to all finishers.

**DRAWINGS:** All pre-registered runners will be eligible for many prizes to be awarded by random drawing. Winners of meals will be notified in advance.

----- Official Entry Form -----

**MAIL ENTRIES TO:** Robert Welck, Hospice House, P.O. Box 7236, Carmel Valley, CA 93924.  
Make checks payable to HOSPICE HOUSE (\$5.00 to Sept. 25th, \$6.00 after 25th).

Name \_\_\_\_\_ Age \_\_\_\_\_ A.A.U. # \_\_\_\_\_

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

Class: Sex (circle)    MALE    FEMALE

Division (circle)    13 + under    14-18    19-29    30-39    40-49    50 + over

T-shirt size:  small     med     large     x-large

**WAIVER:** 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 Don Lucas Ford, Hospice Run Committee, the Doubletree Inn, The A.A.U., the City of Monterey, the City of Pacific Grove, 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 in and/or arising out of my traveling to, participating in and returning from said athletic event.

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

\_\_\_\_\_  
Date

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

**WIN A TRIP TO  
THE HONOLULU MARATHON**

▪ TWO TRIPS TO  
BE GIVEN  
AWAY BY  
DRAWING



▪ 2 WEEKS BEFORE  
NYC MARATHON  
▪ 3 WEEKS BEFORE  
GOLDEN GATE  
MARATHON

**SAN FRANCISCO MEN'S AND WOMEN'S  
HALF-MARATHONS\***

\* TWO SEPARATE RACES

START: WOMEN'S RACE - 10:00 A.M. MEN'S RACE - 10:45

Sunday - October 7 - Polo Field - Golden Gate Park

COURSE: FIVE KILO LOOP ONCE, FOLLOWED BY ONE LOOP OF  
SAN FRANCISCO 10 MILE CLASSIC COURSE.

AWARDS: RIBBONS TO ALL FINISHERS

**MEN**

OPEN - 29: 1 - 7

30 - 39: 1 - 5

40 - 49: 1 - 4

50 & up: 1

**WOMEN**

OPEN - 29: 1 - 7

30 - 39: 1 - 5

40 - 49: 1 - 4

50 & up: 1

ENTRY: \$3.00 Pre-entry ; \$4.00 Race Day

---

MAIL TO: MARIN RACERS, 1746 26th Ave., San Francisco, CA. 94122

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

Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

FILL ALL BLANKS.

# Concord



# Classic

10 KILO (6.2 MILE)  
SPONSORED BY SPORTS AFOOT  
Conducted by the Diablo Valley Track & Field Club (Proceeds go to the DVTFC)

Certified Courses

2 MILE RACES  
AAU SANCTIONED

**DATE:** Sunday, October 7, 1979. Novice 2 mile at 10am, 10 kilo at 10:30am, rain or shine.

**LOCATION:** Clayton Valley High School, 1101 Alberta Way, Concord, CA. Parking and restroom facilities located at CVHS. Registration and awards on the CVHS football field.

**REGISTRATION:** Pre-registration ends Wed. Oct. 3. To prevent any confusion on race day concerning registration, PLEASE no mailing of entries after Oct. 3. Registration will also be accepted at the meet from 8am up to 15 minutes before each race.

**ENTRY FEE:** The 10 Kilo race is \$3.50 and the novice 2 mile race is \$1. NO UNOFFICIAL RUNNERS

**ELIGIBILITY:** Open to all amateur athletes. High school runners may run without eligibility jeopardy provided they compete unattached with no identifying club or school jersey.

**AWARDS:** 10 KILO- (Individual) Race T-Shirts will be given to the first 500 registered athletes. First place finishers in all age groups will receive trophies. Second through 10th in all age groups will receive medals. Ribbons to all finishers. (Team) The top five finishers for each team score. Medals will go to the first five members of the top three teams in each age group. Unlimited number of entries per team. "A" and "B" teams (if desired) must be declared before the start of the race, in which case the "A" team will be limited to eight runners. Finishing position will be used to determine the winning teams (EACH TEAM TO SCORE THEMSELVES). (Family) One trophy will be given to each of the top three family teams. Teams consist of at least one parent and a minimum of three members. Scoring is on lowest total combined places of first three family members. (Special) An additional trophy will be presented to the youngest and oldest finishers.  
2 MILE- A ribbon will be awarded to all finishers.

**RESULTS:** Complete results will be mailed to everyone that addresses an envelope at the race.

**COURSE:** (IMPROVED!) The course will be well marked and patrolled. The 10 kilo course is 95% flat with 1 short and 1 long hill. It is 75% grass/trails, 25% pavement. The 2 mile course is 50% grass/trails, 50% pavement-NO HILLS. A solid white chalk line will mark the 10 kilo course, while a broken chalk line will mark the 2 mile course. There will be markers at every mile. Timers will give splits at the 1 mile, 5 kilo and at the finish of the 10 kilo race. A large map of the courses will be displayed at the start.

**STICKERS:** Will be color coded and safety pinned where visible on backside of runners' shirt.

**AID:** Drink provided by Runner's Aid. Medical personal will also be present.

**OFFICIAL ENTRY FORM: 2ND ANNUAL CONCORD CLASSIC, SUNDAY, OCTOBER 7, 1979.**

Mail entry and fee (\$3.50 for 10 Kilo, \$1 for 2 mile) to: Concord Classic, 1573 Laverne Way, Concord, CA. 94521. For additional information call: 415-686-0369. Send a stamped, self-addressed envelope when requesting more entries. **WAIVER:** In consideration of my entry I hereby waive all rights to claims of any kind against the race sponsors and their agents. I CERTIFY I AM FIT TO COMPETE. *All entries must be made on this form or photocopy of same.*

DATE \_\_\_\_\_ YOUR SIGNATURE (or parent if under 18) \_\_\_\_\_

NAME(Print) \_\_\_\_\_ AAU NO. \_\_\_\_\_ - \_\_\_\_\_ BOY \_\_\_\_\_ GIRL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE (on race day if entering open or older division, \_\_\_\_\_  
(Mo/Day/Yr) or on Jan. 1, 1979 if entering 16-17 or younger division.)

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

CLUB \_\_\_\_\_ RACE ENTERED 10-KILO \_\_\_\_\_ FAMILY RACE \_\_\_\_\_ YOUR PHONE \_\_\_\_\_  
(Circle 1) or 2-MILE (Yes/No)

DIVISION: 9&U 10-11 12-13 14-15 16-17 OPEN 10-KILO SHIRT SIZE: Child M L  
(Circle 1) 30-34 35-39 40-44 45-49 50-59 60+ (Circle One) Adult S M L XL

First Annual

# HUMBOLDT REDWOODS MARATHON

Sunday, October 14, 1979 - 9:00 a.m.

Humboldt Redwoods State Park, Weott, California

26 miles 385 yards. New course, AAU certification and sanction pending.

Sponsored by the Six Rivers Running Club and the Garberville-Redway Chamber of Commerce.

Limited to first 2000 registered runners.

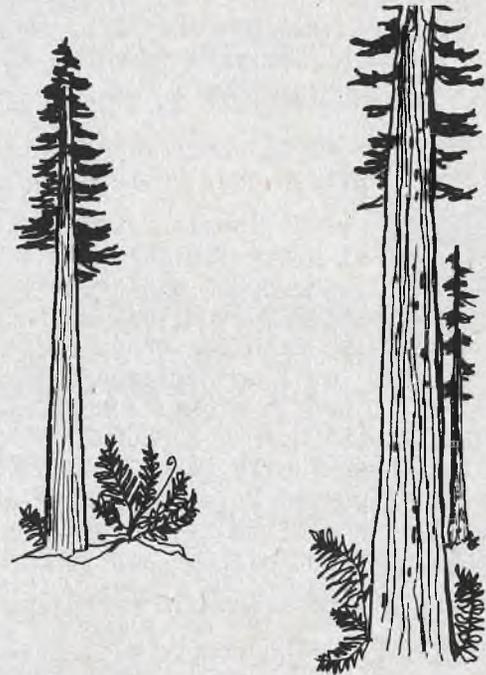
Entry fee \$10.

To obtain entry form, send self-addressed, stamped envelope to Six Rivers Running Club, P.O. Box 214, Arcata, CA 95521.

T shirts to all finishers. Attractive redwood awards to place winners in ten divisions. Certificates to all finishers.

List of motels, resorts, campgrounds and RV areas available upon request.

For further information, contact Six Rivers Running Club at 707/822-9435 (office hours MWF 1-3 p.m.) or Paulette or Dick Meyer at 707/442-1093.



The new course is an extension of the second leg of the Avenue of the Giants Marathon, a straight out-and-back on the Avenue of the Giants. Start and finish is at Dyerville bridge, 2½ miles north of Weott. Course passes through Weott, Myers Flat and turns around about one mile north of Miranda. Terrain generally flat to rolling, with a moderate hill (100 feet climb and descend) at about nine miles going out and 17 miles on the return leg. Elevation about 200 feet above sea level. Course entirely on paved roads, mostly within Humboldt Redwoods State Park. Course closed to vehicular traffic during race. ERG and water available approximately every three miles. Probable weather fair with temperatures in the 70's, although cooler temperatures or rain is possible.

# 2nd Annual Carson City NEVADA APPEAL

## MINI-MARATHON

13.1 Miles • Saturday, Oct. 27, 1979 • 9 AM

- ★ 13.1 mile certified scenic course with 4 aid stations.
- ★ FREE T-Shirt to each finisher.
- ★ Trophies to top 3 places in each class.
- ★ Time and place of finish available at finish line.
- ★ Drawings for dozens of free prizes.
- ★ Finish line refreshments.
- ★ Medical assistance and ambulance on the course.



### CLASSES WILL BE:

- |                        |                         |                       |
|------------------------|-------------------------|-----------------------|
| A. —Boys 12 or younger | E. —Men 40-49           | I. —Women 20-29       |
| B. —Boys 13-19         | F. —Men 50 or older     | J. —Women 30-39       |
| C. —Men 20-29          | G. —Girls 12 or younger | K. —Women 40-49       |
| D. —Men 30-39          | H. —Girls 13-19         | L. —Women 50 or older |

Completely fill out entry below, clip and mail with your check or money order to:

Nevada Appeal Mini-Marathon,  
P.O. Box 2288 Carson City, NV. 89701  
Phone (702)882-2111

### CARSON CITY APPEAL MINI-MARATHON

Print Full Name \_\_\_\_\_  
 Entry Class Code \_\_\_\_\_ Age (as of 10-31-79) \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Club Affiliation? \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

WAIVER: In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all right of claims for damages I may have against the City of Carson, County of Carson City, State of Nevada, Nevada Appeal, Donrey Media Group or any individuals associated with the Nevada Appeal Mini-Marathon for any and all injuries sustained by me in this event. I will additionally permit the free use of my name and pictures in print, broadcasts, telecasts, etc. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race and my physical condition was verified by a licensed medical doctor.

parent or guardian must sign if applicant is under 18. **Signed** \_\_\_\_\_

Write amount enclosed in appropriate space below.

\$5 Enclosed: Check \_\_\_\_\_ Money Order \_\_\_\_\_  
 \$7.50 Enclosed (late) After Oct. 19, 1979

Please don't mail cash!



SECURITY NATIONAL BANK

# Security National Bank's 1979

# Runners Open

10 KM

Benefits the United States Olympic Committee

SUNDAY, OCTOBER 14, 1979

10:00 a.m.

Lafayette, California

All entrants eligible for grand prize drawing featuring: A Western Airlines Whoosh 'n Schuss Ski Vacation for two at Snowbird Ski Resort—Utah's powder is the "Greatest Snow on Earth". Includes 3 nights lodging, 4 days lift tickets and round trip air transportation for two from San Francisco.



Official Master of Ceremonies - Mike Cleary KNBR Radio

- **Beautiful Course** Through scenic Lafayette streets, single loop. Mostly flat. Streets are attractive, wide and a mix of countryside and downtown city shops.
- **FREE Official Race T-Shirts** The first 1,000 pre-registered runners receive free T-shirts.
- **Prizes \$3,000** worth of prizes, awarded at random. Trophies and prizes also awarded in all divisions. Participation ribbons given to all runners who finish the race.
- **Registration** Pre-registration is encouraged. Entry fee \$5.00. No mailing of entries after October 5, 1979. Race packets available day of the race after 8:00 a.m. Register day of race after 8:00 a.m.
- **Transportation** Parking available at Lafayette Bart Station. Free shuttle service to and from the race site.
- **Start/Finish** Lafayette School, corner of First and School Streets, Lafayette.
- **Results** Race results will be mailed to all entrants who supply self-addressed stamped envelopes.
- **Information** Security National Bank, 1500 Newell Avenue, Walnut Creek, CA 94596. (415) 944-6307.

Return entry form before October 5, 1979 to:  
1979 Runners Open • Security National Bank  
1500 Newell Avenue • Walnut Creek, CA 94596

## RELEASE/APPLICATION ENTRY FORM

In consideration of the acceptance of my entry, I do hereby, for myself, my executors, administrators, and assignees, release and forever discharge Security National Bank and any other sponsors or their respective officers, agents, representatives, successors, and/or assigns and supporters from all claims of damages, demands, actions whatsoever in any manner arising or growing out of my traveling to, participation in and returning from said athletic event. 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 also give permission for the free use of name and/or picture in any broadcast, telecast or other account of this event. The trip must be taken between November 17 and December 21, 1979 or April 6 and May 1, 1980.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parents signature required if under 18 years of age)

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Participant's signature if under 18 years of age)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime Telephone \_\_\_\_\_

A.A.U. NUMBER \_\_\_\_\_

T-SHIRT SIZE Small  Medium  Large  Extra Large

### DIVISION

Open Men (17-39)

Open Women (17-39)

Masters Men (Over 40)

Masters Women (Over 40)

Junior Boy (16 and under)

Junior Girl (16 and under)

(Prep Ramblings, Continued from page 32)....

**BROOKS MEET OF CHAMPIONS** (Jun. 9, Berkeley): - Marian Franklin (Balboa) and Kim White (Berkeley) went one-two in the women's 400 meters in 54.14 and 54.77. Bill Green (Cubberley) placed second in the 400 in 46.46, making a big move down the stretch to move into the runnerup spot. Rob Wentworth (Livermore) held off fast-closing junior, Larry Guinee (Castro Valley) in the high school mile, 4:13.6 to 4:13.7. Dave Royal (Pet-aluma) and junior, Fernando Balderas (San Jose) likewise waged a close battle for third, with Royal coming out on top, 4:15.3 to 4:15.4. Judy Young (Berkeley) and Alesia Sweeney (Tamalpais), who are both juniors, placed fourth and fifth in the women's 100 meter hurdles with identical 14.30 clockings...over hurdles 3" higher than the high school barriers. Ann Regan (Camden) placed seventh in the women's 800 in 2:07.1, her season best. Soph Tracy Weber (Lynbrook, S.J.) was ninth at 2:09.7. Sophs Sharon Ware and Tanya King (Berkeley) placed fourth and fifth in the women's 200 in 24.15 and 24.84. /Conning/

**GOLDEN WEST INVIT.** (Jun. 16, Sacramento): - Alonzo Jackson (Oakland) placed sixth in the long jump with a 23-8½ leap. Jim Scannella (San Ramon) won the highs in 14.06 and was third in the one-lap intermediates (440) at 53.14. Vince Newsome (Vacaville) was seventh at 53.87. Nathan Williams (Edison, Stockton) placed fourth in the 440 at 47.47, while Kevin Hollins (Sacramento), the only hometown entry in the meet, took seventh at 48.27. Coy Justice (Logan, Union City) was sixth at 45-7 3/4 in the triple jump. Rob Wentworth (Livermore) placed fifth in the two-mile at 9:21.2, and State second-placer Tom Downs (Skyline, Oakland) scratched from the meet with a minor injury. /Keith Conning/

**CALIFORNIA STATE MEET** (Jun. 1-2, Sacramento): - Due to a slow track, many performances were not outstanding (timewise), but the competition certainly wasn't lacking. Northern California had only five State champs this year--Leslie Deniz (Gridley) in the discus, Tonya Alston (Chico) in the high jump, half-miler Ann Regan (Camden, San Jose), sprinter Bill Green (Cubberley, Palo Alto) in the 100, and Jim Scannella (San Ramon) in the high hurdles. -- Leslie Deniz broke the state record in the trials with a throw of 159-3, which broke the old record of 154-3 set by Christi Pyle (Hoover, Glendale) in 1978. In the finals she threw 167-1, breaking the national record of 161-11 set by Helene Connell (Jackson, N.J.) two years ago. -- Tonya Alston won the high jump at 5-9, defeating the defending champion, Sue McNeal (Carlsbad) in the process. Alston also qualified for the finals of the hurdles but pulled a hamstring during the finals. -- Ann Regan won her third straight half-mile crown in 2:10.21 and was clearly the class of the field. -- Bill Green upset Mike Sanford (Pasadena) in the 100 with a quick 9.58. He ran the 100-440 double this year because the schedule was not conducive to the 220-440 combination. Green later won the one-lapper in 46.27 but was disqualified for running out of his lane. He also anchored the Cubberley mile relay team to a third place finish. -- Jim Scannella just edged Gary Lee (Long Beach Poly) in the highs, with a



NorCal Running Review's Prep Editor, Keith Conning, does a super job keeping our readers informed on high school performances. /Don Gosney/

(State Meet, cont'd) - 13.87 being given to both. However, in the 330 yard lows, Lee dumped Scannella, 36.21 to 37.01. -- Following are the winners of each event and the top marks/places that were turned in by NorCal's preps. /Keith Conning/

\*\*\* /BOYS/ 100: Green/Cubb 9.58, 7-Mosley/NDR 10.03, Ray Threatt/Pitt & Montgomery/SSF no time (Threatt has a 9.86 in heats); 220: Sanford/Pas 20.99, Threatt/Pitt 21.23, 5-WillTams/NDR 21.64, 6-Montgomery/SSF 21.85, White/Rich & Mosley/NDR no time; 440: Banks/Morse-SD 47.27, Williams/Ed-Stktn 47.82, Hollins/Sac 48.44, Nicholson/M-A 48.72, Hill/Rich 48.80 (Heats: Williams 47.65)... Green/Cubb won finals in 46.27 but was DQ'd for running out of his lane; 880: Mack/Locke-LA 1:50.17, 6-Wilkins/OKld 1:54.3, 8-Rodriguez/Mont-SR nt (Heats: Rodriguez 1:54.6, Barber/Hglds 1:55.7); Mile: Medvin/Univ.-LA 4:12.82, NP-Guinee/CasVly 4:32.8, Pugh/Hglds nt (Heats: Pugh 4:18.6, Guinee 4:19.6); 2 Mi: Nelson/Bur 8:47.4, T.Downs/Sky-OKld 8:55.7, Wentworth/Liv 9:00.5, 8-Jay Marden/MSJ 9:16.9, 9-Read/MSJ 9:19.0 (other results not available); 120H: Scannella/SRAM 13.87, Lee/LB-Poly 13.87, 5-Barrett/EC 14.56, NP-Redd/Wilson-SF nt, Andrade/Johnson-Sac (false start) (Heats: Andrade 14.34); 330LH: Lee/LB-Ply 36.21, Scannella/SRAM 37.01, Andrade/John-Sac 37.20, 5-Silva/CR 37.50, 6-Newsome/Vaca 37.65, NP-Patterson/Berk nt (Heats: Scannella 36.75, Newsome 37.25, Ward/SM-Berk 38.14); 440R: Pasadena 41.45, 3-Richmond 41.89, 4-Norte Del RTto

41.94, 6-Berkeley 42.09, NP-Edison/Stktn & Pittsburg (Heats: Pittsburg 42.22); MileR: Locke/LA 3:14.1, Richmond 3:17.6, Cubberley 3:17.7, NP-Berkeley nt (Heats: Berkeley 3:22.3); HJ: Balkin/Glen 7-3½, 4(t)-Wilson/Hywd 6-10, NP-Hicks/Sal 6-8, NP-Spivey/Wdsde 6-8; PV: Elliott/Bellf 15-6, 3-Letner/Modoc 14-8, 4-Bahl/Awalt 14-8, NP-Becker/Pitt 14-2, NP-Mansur/Galt 14-2; LJ: Gaffney/Lemoore 24-1 3/4, 5-Jackson/OKld 23-1½, 8-Miller/DA 22-7½, 9-Stancil/Lind 20-11½, 10-Brown/Grid 20-8 (Qual: Miller 23-7½, Jackson 23-6 3/4, Stancil 23-3¾, Brown 23-1½w); TJ: Ellard/Hoov-Fr 49-2½, 5-Underwood/Merc 47-7½, 6-Criddle/EC 47-5, 7-Dye/Hglds 46-6½, 8-Porter/WGln 46-2½, 9-Trammell/Sky-OKld 46-1½ (Qual: Dye 48-9, Criddle 46-2, Porter 47-1½, Trammell 46-10; SP: Mosebar/MW 62-6 3/4, 4-Aimonetti/Camp 60-3, 7-Krueger/LA 56-2 3/4, 8-Weyers/Awalt 56-2½ (Qual: Aimonetti 60-7½, Krueger 56-10 3/4); DT: Kraychir/SJac 179-3, 5-Nickerson/Cord 166-3, 7(t)-Jones/Ant 164-2, 9-Hilliard/Linc 163-9 (Qual: Hilliard 169-5, Jones 166-2). \*\*\* /GIRLS/ 100: Loud/Westch 10.61, 3-Ware/Berk 10.89, 6-King/Berk 11.02, NP-Spence/Slor nt (Heats: Spence 11.35); 220: Loud/Westch 23.53, 3-King/Berk 24.48, Ware/Berk(False Start) (Heats: Ware 25.30); 440: Howard/Sgor 53.65, White/Berk 54.17, 6-Griffen/Kenn-Sac 58.00, NP-Sanders/Ed-Stktn nt (Heats: Sanders 57.06, Woods/Jeff 58.17, Griffen 57.06, Miller/Frmt-Snylye 57.62, Peters/NG 58.03); 880: Regan/Cam 2:10.21, 4-Martel/Pied 2:13.0, 5-King/Ayer 2:14.4, 6-Davis/Mir 2:15.6, NP-Morilla/Tokay nt, NP-Keeton/WdInd nt (Heats: Keeton 2:17.9, Kenny/Nov 2:18.1); Mile: Goen/NBak 4:51.1, 3-Weber/Lyn 4:51.7, 5-Bier/Ind 4:57.5, 7-Martel/Pied 5:04.5, NP-Nieto/Merc nt (Heats: Nieto 5:03.6); 2 Mi: Scaduto/SMon 10:35.0, 3-Bier/Ind 10:41.9 (other NC placers not available); 110LH:(w) Yarbrough/Clov 14.01, 3-Sweeney/Tam 14.04, DNF-Alston/Chico (Heats: Richardson/EM 14.62, Sanders/Berk 14.75, Alston 14.45, Davenport/Linc-SF 14.60....



(L-R) CIF State winner, Tonya Alston (Chico); First lap of girls' 2-mile at State Meet. /Dave Stock/ Jim Scannella (San Ramon) won highs & was 2nd in 330's. /Gosney/

(State CIF Championships, Cont'd...) ...Soto/Gil 14.60); 440R: Westchester-LA 47.19, Cordova 48.45, 4-Edison/Stktn 48.65, 5-Tamalpais 48.72, 6-El Cerrito 50.35, 7-Northgate nt (Berkeley DNF - did not complete pass) (Heats: Berkeley 46.58, Skyline-Okl'd 48.48, Northgate 48.12, Tamalpais 48.64, Casa Robles 48.66, Fremont-Snyvie 48.91); MileR: San Gorgono 3:44.1 (NR), 3-Berkeley 3:55.9, 4-Carlmont 3:58.5, NP-Tamalpais nt (Heats: Tamalpais 4:00.3, Miramonte 4:00.6, Berkeley 3:55.7)...Note--San Gorgonio's winning team is composed of the 4 Howard sisters!; HJ: Alston/Chico 5-9, 3-King/M-A 5-9, 4-Lysaght/SFran 5-8, 5-Peters/NG 5-8, 6-Van Zeeland/Aca 5-7, 8-Hamilton/Beyer 5-7 (Qual: all at 5-7); HJ: Loud/Wstch 20-4½, 3-McLaughlin/Davis 19-1 3/4, 6-Sanders/Berk 18-7½, 9-Nicks/Elis 17-2½ (Qual: McLaughlin 19-1½, Nicks 18-10); SP: Ray/VP 49-6½, 4-Barker/Seq 44-7½, 5-Springer/Sal 44-6½, 7-Toman/AV 42-11 (Qual: Toman 43-0); DT: Denis/Grid 167-1 (NR), Read/Alam 147-3, Springer/Sal 145-8, Magnone/Atw 136-1, 6-Woodbeck/Cup 135-3, 8-Carlson/Mir 130-1, 9-Johnson/PH 124-11, 10-DeShoo/Wash 124-8 (Qual: Carlson 135-6, DeShoo 130-3, Johnson 126-11½). /Keith Conning/



(L) Tom Downs joined Rob Wentworth in the sub-9:00 club as he finished second in the CIF 2-Mile. (R) Three of NorCal's top 880 preps are: (1-r) Ann Regan, 2:07.1m, Maria King, 2:12.6, and Tracy Weber, 2:09.7m. /Dave Stock Photos/

## JOB PLACEMENT SERVICE

Looking for a job? Let us know your particular need and we may be able to find you a job in one of the following fields: SALES\*\*FINANCE\*\*ACCOUNTING\*\*ENGINEERING\*\*BUSINESS DEVELOPMENT\*\*FINANCIAL ANALYST\*\*SALES MANAGEMENT\*\*COMPUTERS \*\*SONSUMER PRODUCTS\*\*MEDICAL SALES. Please call NorCal Running Review (415/341-3119) for further information!!

## ● ● ● ● NorCal Prep Rankings ● ● ● ●

(Compiled by Keith Conning) - Here are the 1979 Nor-Cal Prep Bests (by performer), ten deep. Any corrections/additions should be sent directly to Keith at 2235 Browning St., Berkeley 94702. \*\*\* KEY: \* = junior; \*\* = sophomore; \*\*\* = freshman; w = wind-aided; m = meters. Times in hundredths are fully electronic...they have been converted by standard methods for insertion into rankings: 0.24 for 220 & below and 0.14 for 330 & up.

### 100 YARDS

- 9.56 Bill Green (Cubberley, Palo Alto)
- 9.5 Raymond Threatt (Pittsburg)
- 9.6 Derrick Adams (Oakland)
- Ted White (Richmond)
- 9.87 \*Carl Montgomery (So. San Francisco)
- 9.7 Harper (Sacramento)
- Moore (Stagg, Stockton)
- Roy Mosley (Norte Del Rio, Sacramento)
- 9.7w Bowman (Burbank, Sacramento)
- 10.01 Stan Mitchell (Lynbrook, San Jose)

### 220 YARDS

- 21.23 Raymond Threatt (Pittsburg)
- 21.0 Bill Green (Cubberley, Palo Alto)
- 21.64 Fred Williams (Norte Del Rio, Sac'to)
- 21.4 Nathan Williams (Edison, Stockton)
- 21.4w Tony Harris (Independence, San Jose) 21.6
- 21.68 \*Carl Montgomery (So. San Francisco)
- 21.5 Warren (Ceres)
- Ted White (Richmond)
- 21.81 Art Nicholson (Menlo-Atherton)
- 21.6 Roy Mosley (Norte Del Rio, Sacramento)

### 440 YARDS

- 46.73 Bill Green (Cubberley, Palo Alto)
- 47.47 Nathan Williams (Edison, Stockton)
- 47.74 Art Nicholson (Menlo-Atherton)
- 47.9 Kevin Hollins (Sacramento)
- 48.1 Mark Hill (Richmond)
- 48.3 Tony Harris (Independence, San Jose)
- 48.6 \*Mike Barber (Highlands, No. Highlands)
- Chris Fank (Gunn, Palo Alto)
- 48.8 \*\*Reggie Grimes (Hill, San Jose)
- Gregg Thornton (Campolindo, Moraga)

### 880 YARDS

- 1:52.8 \*Vincent Wilkins (Oakland)
- 1:54.6 \*\*Dave Rodrigues (Montgomery, Santa Rosa)
- 1:55.3 \*Mike Barber (Highlands, No. Highlands)
- Benny Trujillo (Gilroy)

- 1:55.4 \*\*Pete Richardson (El Cerrito)
- 1:55.5 Kurt Larcher (Westmoor, Daly City)
- 1:55.6 \*Larry Guinee (Castro Valley)
- \*Pedro Reyes (Jesuit, Carmichael)
- 1:55.8 Ed O'Neal (Independence, San Jose)
- 1:55.9 Andy Howard (Novato)
- Leroy Johnson (Kennedy, Richmond)

### ONE MILE

- 4:11.8 \*Pedro Reyes (Jesuit, Carmichael)
- 4:13.6 Rob Wentworth (Livermore)
- 4:13.7 \*Larry Guinee (Castro Valley)
- 4:13.8 Steve Strangio (Mission San Jose, Fremont)
- 4:15.3 Dave Royal (Petaluma)
- 4:15.4 \*Fernando Balderas (San Jose)
- 4:15.5 Tom Downs (Skyline, Oakland)
- 4:16.8 Dennis Maloney (Leigh, San Jose)
- 4:17.9 Steve Howard (Ukiah)
- Rick Ifland (Soquel)

### TWO MILES

- 8:55.0 Rob Wentworth (Livermore)
- 8:55.7 Tom Downs (Skyline, Oakland)
- 9:04.8 Steve Strangio (Mission San Jose, Fremont)
- 9:11.9 \*\*Jay Marden (Mission San Jose)
- 9:13.3 \*Fernando Balderas (San Jose)
- 9:14.3 John Rembao (Santa Cruz)
- 9:14.6 \*Rich Read (Mission San Jose, Fremont)
- 9:15.0 Dave Royal (Petaluma)
- 9:15.1 \*Kevin O'Connor (Carlmont, Belmont)
- 9:16.0 \*Bret Baffert (San Ramon, Danville)

### 120 HIGH HURDLES

- 13.87 Jim Scannella (San Ramon, Danville)
- 13.9 \*Henry Andrade (Johnson, Sacramento)
- 14.20 Farrell Purcell (Eureka)
- 14.0 \*Don Ward (St. Mary's, Berkeley)
- 14.0w Brennan Redd (Wilson, San Francisco)
- 14.1 Eric McPherson (Mt. Pleasant, San Jose)
- Vince Newsome (Vacaville)
- 14.2 Donald Barrett (El Cerrito)
- 14.3 Daryl Hill (Bishop O'Dowd, Oakland)
- Randy Silva (San Lorenzo)
- Jim Walker (Aragon, San Mateo)
- \*Frank Williamson (Skyline, Oakland)
- 14.3w Ernie Daumas (Galileo, San Francisco)



### 330 LOW HURDLES

- 36.3 \*Henry Andrade (Johnson, Sacramento)  
 Vince Newsome (Vacaville)  
 36.75 Jim Scannella (San Ramon, Danville)  
 37.47 Mark Silva (Casa Robles, Orangevale)  
 37.3 \*Don Ward (St. Mary's, Berkeley)  
 37.4 Donald Barrett (El Cerrito)  
 Randy Patterson (Berkeley)  
 37.6 Scott Barram (Piedmont)  
 37.4m Jim Swain (Carlmont, Belmont)  
 37.85 Jim Walker (Aragon, San Mateo)

### 440 YARD RELAY

- 41.5 Richmond  
 41.94 Norte Del Rio (Sacramento)  
 41.9 Edison (Stockton)  
 Logan (Union City)  
 Pittsburg  
 Vallejo  
 42.05 Sacramento  
 42.07 Cubberley (Palo Alto)  
 42.08 Johnson (Sacramento)  
 42.09 Berkeley

### ONE MILE RELAY

- 3:17.0 Richmond  
 3:17.4 Berkeley  
 3:17.7 Cubberley (Palo Alto)  
 3:19.1 Highlands (North Highlands)  
 3:19.5 Oakland  
 3:20.6 Antioch  
 3:20.7 El Cerrito  
 Pittsburg  
 3:21.1 McClymonds (Oakland)  
 3:21.2 Vallejo

### HIGH JUMP

- 7-0½ Ron Harvey  
 6-10¼ \*Joe Hicks (North Salinas)  
 6-10 \*Dan Iliff (Palma, Salinas)  
 Morris (Johnson, Sacramento)  
 Mesha Spivey (Woodside)  
 \*James Wilson (Hayward)  
 6-9 3/4 Shawn Bentley (Pleasant Valley, Chico)  
 McCoy (Johnson, Sacramento)  
 6-9 Vernal Harris (Marysville)  
 Ray Kent (Armijo)  
 Mike Perine (Downey, Modesto)

### POLE VAULT

- 15-6 \*Greg Ellis (Menlo-Atherton)  
 15-3 \*D.J. Bahl (Awalt, Mountain View)  
 15-0 Mike Kenison (Mills, Millbrae)  
 14-8 \*Warren Jaques (Del Mar, San Jose)  
 Bruce Letner (Modoc, Alturas)  
 14-7½ Mike Becker (Pittsburg)  
 14-7 \*Robert Crumpler (Menlo-Atherton)  
 14-6 3/4 Peter Mansur (Galt)  
 14-6½ Bennett (South Lake Tahoe)  
 14-6½ \*\*Mitch Norris (Del Mar, San Jose)

### LONG JUMP

- 24-8 Alonzo Jackson (Oakland)  
 23-8 3/4 Steve Bruce (Menlo-Atherton)  
 23-7½w Jones (Franklin, Stockton) 23-7  
 23-7½ Darryl Miller (DeAnza, Richmond)  
 23-7 Thompson (Merced)  
 23-6 Jacques Hebert (Skyline, Oakland)  
 23-4 Lashawn Roberson (McClymonds, Oakland)  
 23-4w \*Ralph Lumactod (Buchser, Santa Clara)  
 23-3½w Trevor Ngai (Peterson, Santa Clara)  
 w Mitch Stancil (Lindhurst) 22-4½

### TRIPLE JUMP

- 48-10½ Coy Justice (Logan, Union City)  
 48-9½ Kevin Dye (Highlands, No. Highlands)  
 48-8½ Myron Porter (Willow Glen, San Jose)  
 48-6 3/4 Gene Underwood (Merced)  
 48-5½ \*Byron Criddle (El Cerrito)  
 48-5w Ivory Small (Tamalpais, Mill Vly) 48-2  
 48-0½ Tim Thompson (Carlmont, Belmont)  
 47-10 Anthony Trammell (Skyline, Oakland)  
 47-8 \*Mike Metoyer (Tamalpais, Mill Valley)  
 47-7 \*Greg Marshall (Mt. Pleasant, San Jose)



### SHOT PUT

- 61-10 Steve Aimonetti (Campbell)  
 60-1 Jim Krueger (Los Altos)  
 58-2 3/4 Cameron Baxter (Folsom)  
 57-8 Chris Morton (Menlo, Menlo Park)  
 57-2½ Beau Babka (Stagg, Stockton)  
 56-11 3/4 Rick Weyers (Awalt, Mountain View)  
 56-10 Tim Small (Cupertino)  
 56-9 Don Boyd (Fortuna)  
 56-7 Bob Fontana (Saratoga)  
 56-0 3/4 Doug Mattern (Piner, Santa Rosa)

### DISCUS THROW

- 189-2 Steve McEnroe (Seaside, Monterey)  
 183-10 Eric Debus (Irvington, Fremont)  
 175-5 Greg Horn (Cupertino)  
 174-5 Rick Weyers (Awalt, Mountain View)  
 174-4 Lamont Hilliard (Lincoln, Stockton)  
 173-1 Dave Troppy (Santa Rosa)  
 172-6 Ben Adley (Riordan, San Francisco)  
 171-10 \*\*Henry Hall (Westmoor, Daly City)  
 \*David Nagengast (Del Mar, San Jose)  
 171-7 Brad Buckman (Lincoln, Stockton)

## — GIRLS —

### 100 YARDS

- 10.6 \*\*Sharon Ware (Berkeley)  
 10.7 Debra Tanner (Skyline, Oakland)  
 11.02 \*\*Tanaya King (Berkeley)  
 10.8 \*Kim Webster (Berkeley)  
 10.9 \*Loia Rockwell (Gunn, Palo Alto)  
 Ward (Hogan, Vallejo)  
 11.19 \*\*Sheila Greene (Hill, San Jose)  
 11.0 Delphina Banks (Holy Names, Oakland)  
 11.0 \*\*\*Joanne Jacobs (Lick, San Jose)  
 Aleta Johnson (Castlemont, Oakland)  
 Cynthia Miller (Hogan, Vallejo)  
 Gilda Nunley (Skyline, Oakland)  
 Valerie Spence (San Lorenzo)  
 Debra Tatum (Oakland Technical)  
 11.0w Allison Durnell (Redwood, Larkspur) 11.1  
 w Rhonda Williams (Tamalpais, M.V.) 11.1

### 220 YARDS

- 24.1 \*\*Sharon Ware (Berkeley)  
 24.2 \*\*Tanaya King (Berkeley)  
 24.3m Marian Franklin (Balboa, San Francisco)  
 24.4m Kim White (Berkeley)  
 24.89 Karen Jordan (Ceres)  
 24.7 \*Kim Webster (Berkeley)  
 24.95 Devy Sanders (Edison, Stockton)  
 25.03 Vanessa Woods (Jefferson, Daly City)  
 24.8 Delphina Banks (Holy Names, Oakland)  
 Allison Durnell (Redwood, Larkspur)  
 Rhonda Williams (Tamalpais, Mill Valley)

### 440 YARDS

- 53.54m Marian Franklin (Balboa, San Francisco)  
 54.1 Kim White (Berkeley)  
 54.7m Marquita Belk (Live Oak, Morgan Hill)  
 55.5 Sherrill Griffen (Kennedy, Sacramento)  
 56.0 \*Lisa Peters (Northgate, Walnut Creek)  
 56.3 Devy Sanders (Edison, Stockton)  
 56.79 \*\*\*Sherrill Miller (Fremont, Sunnyvale)  
 56.85 Vanessa Woods (Jefferson, Daly City)  
 56.8 \*Alesia Sweeney (Tamalpais, Mill Valley)  
 56.96 Ann Regan (Camden, San Jose)

### 880 YARDS

- 2:07.1m Ann Regan (Camden, San Jose)  
 2:09.7m \*\*Tracy Weber (Lynbrook, San Jose)  
 2:12.0 Marian Franklin (Balboa, San Francisco)  
 2:12.6 \*\*\*Maria King (Ayer, Milpitas)  
 2:13.0 Melissa Martel (Piedmont)  
 2:13.6 \*\*\*Marilyn Davis (Miramonte, Orinda)  
 2:14.1 Kim Keaton (Woodland)  
 2:14.6 Eileen Brennan (Marin Catholic, Kentf.)  
 2:14.9 Diane Kenny (Novato)  
 2:15.1 Carla Morilla (Tokay)

**ONE MILE**

- 4:51.7 \*\*Tracy Weber (Lynbrook, San Jose)
- 4:57.5 \*Roxanne Bier (Independence, San Jose)
- 4:58.5 \*\*Kerry Brogan (Los Altos)
- 5:03.6 Shelly Nieto (Merced)
- 5:04.4 Ann Regan (Camden, San Jose)
- 5:04.5 Melissa Martel (Piedmont)
- 5:05.0 \*\*\*Maria King (Ayer, Milpitas)
- 5:05.2 \*Amy Harper (Prospect, Saratoga)
- 5:05.8 Anne Hamilton (Capuchino, San Bruno)
- 5:08.6 \*\*Chris Manning (Carondelet, Concord)

**TWO MILES**

- 10:33.3 \*Roxanne Bier (Independence, San Jose)
- 10:00.0m \*\*Chris Manning (Carondelet, Concord)
- 10:48.7 \*\*Kerry Brogan (Los Altos)
- 10:57.9 \*Amy Harper (Prospect, Saratoga)
- 10:59.8 \*\*Dana Flint (Ukiah)
- 11:03.1 Anne Hamilton (Capuchino, San Bruno)
- 11:03.3 Becky Schmidt (Half Moon Bay)
- 11:03.8 \*\*\*Karen Devine (Westmont, Campbell)
- 11:05.2 \*\*\*Robyn MacSwain (Terra Linda, San Raf.)
- 11:05.9 \*\*Mary Gaffield (El Cerrito)



Sherifa Sanders (Left) and Judy Young, rank 4th & 1st respectively in the low hurdles. /Don Gosney/

**110 LOW HURDLES**

- 14.19m \*Judy Young (Berkeley)
- 14.04 \*Alesia Sweeney (Tamalpais, Mill Valley)
- 14.39 \*Mary Crevelt (St. Francis, Mtn. View)
- 14.2 \*\*Sherifa Sanders (Berkeley)
- 14.45 Tonya Alston (Chico)
- 14.3 Carrie McLaughlin (Grace Davis, Modesto)
- Joyce Scott (Vanden, Travis AFB)
- 14.59 Veronica Soto (Gilroy)
- 14.60 Sheryl Davenport (Lincoln, San Francisco)
- 14.62 Ann Richardson (El Molino, Forestville)

**440 YARD RELAY**

- 45.9m Berkeley
- 47.3 Cordova (Rancho Cordova)
- 47.6 Northgate (Walnut Creek)
- 48.1 Skyline (Oakland)
- 48.2 Hogan (Vallejo)
- 48.4 Tamalpais (Mill Valley)
- 48.5 El Cerrito
- 48.65 Edison (Stockton)
- 48.66 Casa Robles (Orangevale)
- 48.72 Fremont (Sunnyvale)

**MILE RELAY**

- 3:50.7 Berkeley
- 3:56.0 Carlmont (Belmont)
- 3:56.0 Miramonte (Orinda)
- 3:56.1 Tamalpais (Mill Valley)
- 3:56.7 El Cerrito
- 3:58.9 Moreau (Hayward)
- 3:59.8 Cordova (Rancho Cordova)
- 4:00.0 Casa Robles (Orangevale)
- 4:00.1 Sequoia (Redwood City)
- 4:00.2 Camden (San Jose)

**HIGH JUMP**

- 5-11½ Tonya Alston (Chico)
- 5-10 Kathy Hamilton (Beyer, Modesto)
- Karen Lysaght (St. Francis, Sacramento)
- 5-9 \*Trisha King (Menlo-Atherton)
- 5-8 Gilmore (Johnson, Sacramento)
- \*Lisa Greenfield (Redwood, Larkspur)
- Chris Nann (Marin Catholic, Kentfield)
- \*Lisa Peters (Northgate, Walnut Creek)
- Kathy Raugust (Salinas)
- \*\*Maggie Van Zeeland (Acalanes, Lafayette)

**LONG JUMP**

- 20-4½ Carrie McLaughlin (Grace Davis, Modesto)
- 19-6½ \*\*Sheila Greene (Hill, San Jose)
- 19-4½ \*Lola Rockwell (Gunn, Palo Alto)
- 19-3½ \*Lisa Greenfield (Redwood, Larkspur)
- 19-1½ \*\*Sherifa Sanders (Berkeley)
- 18-10 \*\*Sheila Nicks (Ells, Richmond)
- 18-9½ Lori Costello (El Camino, So. San Fran.)
- 18-9½w Shiri Milton (Fairfield) 18-8½
- 18-9w Lisa Jackson (Terra Linda, San Rafael) 18-1
- 18-8 \*\*Kristy Campbell (Lynbrook, San Jose)

**SHOT PUT**

- 45-4 \*Leslie Deniz (Gridley Union, Gridley)
- 45-2 3/4 Susan Springer (Salinas)
- 45-1 Debra Pryor (Holy Names, Oakland)
- 44-7½ Jodie Barker (Sequoia, Redwood City)
- 44-2 Lindy Toman (Amador Valley, Pleasanton)
- 43-11 Linda Read (Alameda)
- 42-4½ Tonya Alston (Chico)
- 42-3½ Glenda Ford (Atwater)
- 42-1 \*\*Debbie Tupoula (Encinal, Alameda)
- 41-11 Becerra (Downey, Modesto)

**DISCUS THROW**

- 175-10 \*Leslie Deniz (Gridley Union, Gridley)
- 150-2 Linda Read (Alameda)
- 149-5½ Glenda Ford (Atwater)
- 148-5 Susan Springer (Salinas)
- 144-5 Karen Woodbeck (Cupertino)
- 139-5 Sandy Johnson (Pleasant Hill)
- 138-3 Heidi Carlson (Miramonte, Orinda)
- 138-6 Gloria Randolph (Livingston)
- 136-9 Lindy Toman (Amador Valley, Pleasanton)
- 136-1 Caroline Magnone (Atwater) □

Women's Annual Steve Ovett Bill Rodgers Mike Tully  
 NCAA Championships Clancy Edwards Wolfgang  
 Schmidt Moscow 1980 Sara Simeoni British  
 Commonwealth Games Daley Thompson Alberto  
 Juantorena James Butts European Championships  
 Udo Beyer New York City Marathon Henry Rond  
 Kate Schmidt World List Lasse Viren James Robinson  
 World Cup James Walker Boston Marathon Sanya  
 Owolabi Prep Reports Jan Merrill Vladimir  
 Yashchenko James Butts T&FN Interviews IAAF  
 Rules Essie Kelley Steve Williams The European  
 Circuit Ulrike Bruns Garm... STAF Marty  
 Liquori Job... List Greg  
 Foster... och AAU  
 Champio... Pan  
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 NCAA Cha... ke Tully  
 Schmidt... Wolfgang  
 Commonwea... British  
 Juantorena... Championships  
 Udo Beyer... City Marathon Henry Rond  
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# TRACK AND FIELD RESULTS



**NOTE:** - Because of space limitations, we will normally list only local competitors (& sometimes winners) in major events taking place outside of NorCal...and in some cases, even locally. All results should be mailed to: NCCR, Box 1551, San Mateo, CA 94401 (except high school results directly to Keith Conning... see previous pages for address).

**INTERNATIONAL TWO BIG GUYS MOUNTAIN GAMES** (Apr. 28, San Jose & Los Gatos): MEN/SP: Stahlberg/Fin 68-5½, 3-A. Feuerbach/AW 64-6½, 6-B. Feuerbach/SJS 62-1½, 7-Marks/WVTC 59-6½, 8-Gummerson/Stars 58-1 (Exhib. - Oldfield 68-2¼); DT: Tuokko/Fin 220-6 (NR), Hjeltnes/Nor-BAS 212-1, Wilkins/AW 207-10, Burton/Ore 198-6, 6-McGoldrick/MCC 197-2. WOMEN/SP: Seidler/Stars 58-4 3/4, Frederick/PCC 50-8¼; DT: Griffin/SW 186-2, 3-Deniz/Griddley HS 164-11, 6-Langford/ML 158-5, 8-Read/AlamedaHS 132-4. /Track & Field News/

**WEST COAST RELAYS** (May 4-5, Fresno): OPEN & COLL./ 100m: Thomas/SJS 10.2, 3-Farmer/Cal 10.4, 5-Cole/SJS 10.4; 110mH: 3-Smith/Cal 13.7, 5-Austin/SJS 14.1; 400mH: Greybehl/PCC 50.76, Pratt/Cal 51.53, Cowling/Cal 51.97, 5-Guss/Cal 52.50; 3000mSC: 3-Blume/Cal 9:03.7, 4-Hurst/Un 9:11.5; 2MR: UCB 7:42.1; 400mR: 2-CPSLO 40.5, BAS 40.8; 1600mR: 3-UCB 3:12.7, 5-Stanford 3:16.91 JT; 2-Kennedy/Stars 248-11, 4-Mikaelsson/Nev-R 234-2; DT: Tuokko/Fin 223-6, Plucknett/WVTC 205-7, 4-McGoldrick/Un 195-5, 5-Sutherland/SJS 180-11; PV: 5-Black/SJS 17-0; LJ: 4-Atchade/SJS 25-4 3/4; SP: Stahlberg/Fin 71-2, A. Feuerbach/AW 66-0½, 4-B. Feuerbach/SJS 60-8¼, 5-Gummerson/Un 60-2½; HJ: Brown/Un 7-2, Haber/Macc 7-2, 4-Gibbs/SJS 6-10; TJ: Marlow/UCB 52-0½; TJ: Marlow/UCB 52-0½, 3-Steffer/WVTC 50-6 3/4w; HT: 5-Thomson/Starr 186-5; INVT./100y(40+): Knox 10.91, Dewitt 10.99; 100y(55+): Jordan 10.9; 800m: (Women) Sata/UCB 2:14.8; 400m: 2-Chepkwony/SJS 47.8; 800m: Brown/Tob 1:52.8; 5000m: Mason/AIA 14:20.2, Ramirez/FPTC 14:21.4, Hart/BYU-WV 14:23.2, 5-Garcia/FPTC 14:26.3; 1500m: Aldridge/CP 3:46.0, 4-Kissin/Stan 3:52.4, 6-O'Reilly/UCB 3:55.0. /Dutch Waxmerdam/

**CALIF. COLLEGIATE A.A. CHAMPIONSHIPS** (May 10-12, Walnut): - Teams: CPSLO 97, CSN 87, CSLA 68½. 10,000m: 3-Kingery/SLO 30:28.7; 400m: Williams/SLO 46.99; 1500m: Aldridge/SLO 3:43.8; 800m: Aldridge 1:52.6(2nd); 200m: Williams/SLO 21.05; 5000m: Schankel/SLO 14:13.7; 1600mR: CPSLO 3:10.9 (Williams 45.8 anchor); PV: McDonald/SLO 17-0. /Steve Miller/

**PCAA CHAMPIONSHIPS** (May 11-12, San Jose): - Teams: UCI 114, SJS 86, CSLB 43. PV: Woepse/SJ 18-0½, Black/SJ 17-2½; DT: 3-Sutherland/SJ 180-5; TJ: 2-Roberts/SJ 49-9 3/4, 3-White/SJ 49-9 3/4; 10,000m: 3-Gruber/SJ 33:03.3 (ran extra lap); 110mHH:(I) 2-Austin/SJ 14.0, (II) 3-Kirtman/SJ 14.2, (Finals) 3-Austin 13.9, 5-Kirtman 14.2; SP: Feuerbach/SJ 60-1 3/4, 3-Brady/SJ 55-5; 400mR: UCI 40.5, SJS 40.5; 1500m: Nahirny/SJ 3:47.7, Foley/FS 3:48.3; 400m: Thompson/CSLB 46.9 (Heats: Chepkwony/SJ 47.0); 100m: (w) King/UCI 10.0, Thomas/SJ 10.1, Cole/SJ 10.4, Kirtman/SJ 10.4, Hurt/SJ 10.6; 800m: 3-Nahirny/SJ 1:51.8; LJ: King/UCI 26-11 3/4, Atchado/SJ 26-1½, 5-White/SJ 23-4 3/4; JT: 2-Jackson/SJ 223-11, 3-Ransford/SJ 219-9; 400mH: Finley/SJ 50.9; HJ: 3-Gibbs/SJ 7-0½; 200m: King/UCI 20.0, Thomas/SJ 20.7; 5000m: Daniels/UCI 14:39.4; 1600mR: UCI 3:12.8; Dec: Veatch/UCI 7442. /Dave Shrock/

**SPA-AAU CHAMPS** (May 13, Westwood): 10,000m: Romesser/FP 29:17.5; DT: Stadel/Tob 210-3, Plucknett/WVTC 206-4; WOMEN/ next col.

100m: 2-Parker/Cal 11.6; 3000m: Trumbly/Cal 9:43.4, Richter/Cal 9:44.8, Sweeney/UCSB 9:45.3; 100mH: Hawthorne/Cal 14.1; 400mH: Hawthorne 60.1. /Track & Field News/

**CALIFORNIA RELAYS** (May 12, Modesto): - INVT. DIV./ 100m: Hart/BAS 10.28, 5-Farmer/Cal 10.70; 200m: Rodgers/Mac 20.86; 800m: 4-Clifford/Cal 1:49.6; 3000mSC: BTume/Cal 8:52.4, Mason/ATA 8:52.6; 5000m: Hart/BYU-WVTC 14:11.4, Kissin/Stan-WVTC 14:12.2, Schots/Betg 14:15.6; 2-MiWtk: Berendt/Army 14:03.0, Sharpe/MDAC 14:47.0; 110mH: Cooper/BAS 13.55, Gaines/BAS 13.92, Whitfield/Army 13.95, Florant/ICAC 14.00; 400mH: Greybehl/PCC 51.76, Pratt/Cal 52.44; 400mR: BAS 39.87; 800mR: BAS 1:22.7; 1600mR: BAS 3:09.4, PCC 3:09.5; PV: 2-BTack/SJ 17-2, 3(t)-Oravetz/Wa 16-8; LJ: 4-Duncan/BAS 25-9½; TJ: Marlow/Cal 52-9½; SP: 4-Feuerbach/AW 64-9½, 8-Marks/WVTC 62-3½; DT: Hjeltnes/Nor-BAS 228-0(NR), 3-Wilkins/AW 212-6, 4-Stadel/Tob 211-3, 5-Plucknett/WVTC 209-8, 6-Powell/Stars 207-10, 9-McGoldrick/Un 202-0; JT: 4-Kennedy/Stars 246-9. OPEN DIV./ 400m: Rodgers/Mac 46.71; WOMEN/ 100m: Franklin/BATHS 12.04; 400m: Belk/LOHS 55.69; 800m: M. Keyes/SLO 2:09.6, Regan/CamHS 2:10.2; 1500m: Bier/IHS 4:29.8, Graham/AGRC 4:31.3; HJ: King/ML 5-9; LJ: 3-King 19-7½; SP: Seidler/Stars 57-11¼; DT: 3-Svendsen/Quest 160-7; JT: Cannon/ML 181-1, Whitfield/ML 171-11. /S.F. Examiner; Track & Field News/

**PA-AAU MASTERS CHAMPIONSHIPS** (May 12, Los Gatos): - 5000m: /30-34/ Himmelberger/SSC 22:42.0, /W45-49/ Maynard/WDS 26:59.0; 10,000m: /30-34/ Zapata/WVTC 33:35.6, /40-44/ Guthrie/WVJS 33:55.8, Bowles/Un 35:01.1, /50-54/ Carpenter/WVTC 37:51, /W35-39/ Fox/WVTC 36:03.6, Swannack/WDS 38:54.0; 440R: /30-34/ WVTC 44.9, /45-49/ NCS 45.6; 110mH: /40-44/ Hickman/NCS 15.1; /45-49/ Andrews/BAS 15.8; 400m: /30-34/ Pruitt/WVTC 48.9, Weller/WVTC 51.6, /35-39/ Whitney 49.4, Romain/WVTC 50.0, /40-44/ Maresca/NCS 54.9, /45-49/ Bruhner/NCS 54.0, /50-54/ Washington 56.7, Jackson/NCS 57.0, /65-69/ Koppel/NCS 66.5, Satti/NCS 66.9, /70-74/ Shine/NCS 69.3, /75-79/ Packard 74.1, /W35-39/ Gerard/WDS 66.3, /W45-49/ Obera/NCS 64.9; 100m: /30-34/ Marshall/WVTC 10.6, /35-39/ Fitzsimmons/WVTC 11.1, Simpson/WVTC 11.3, /40-44/ Hickman/NCS 11.7, /45-49/ Springbett/NCS 11.2, Sanchez/NCS 11.4, Presler 11.7, /50-54/ Regier/NCS 11.8, Roemer/NCS 12.0, /65-69/ Koppel/NCS 13.1, Satti/NCS 13.3, /W45-49/ Obera/NCS 12.7, /60-64/ Kolda/NCS 16.7; 800m: /30-34/ Browne/WVTC 1:58.7, /35-39/ Thomas/WVTC 1:53.8, Romain/WVTC 1:54.2, /40-44/ Richardson/WVTC 2:05.2, Maresca/NCS 2:07.4, /50-54/ Stevenson 2:16.9, /70-74/ Shine/NCS 2:44.3; 5000m: /30-34/ Howell/WVTC 15:59.8, /35-39/ Franklin/WVTC 15:49.5, /40-44/ Wellck 16:41.5, Guthrie/WVJS 16:54.0; 400mH: /35-39/ Whitney 54.5; 330IH: /40-44/ Thomas 43.0, Hickman 44.3; MileR: /30-34/ WVTC 4:10.7, /35-39/ WVTC 3:30.7; 200m: /30-34/ Marshall/WVTC 21.7, Pruitt/WVTC 21.9, /35-39/ Romain/WVTC 22.1, Fitzsimmons/WVTC 22.5, /40-44/ Maresca/NCS 24.6, /45-49/ Bruhner/NCS 23.5, Wade/Un 23.7, Springbett/NCS 23.9, /50-54/ Roemer/NCS 25.1, /65-69/ Satti/NCS 27.6, Koppel/NCS 28.0, /70-74/ Carnine/NCS 30.3, /75-79/ Packard/NCS 30.3, /W45-49/ Obera/NCS 28.1, /W60-64/ Kolda/NCS 36.1; 1500m: /30-34/ Howell/WVTC 4:25.6, /35-39/ Goettelmann/WVTC 4:13.0, /40-44/ Cathcart/WVTC 4:20.9, Wellck 4:25.9, /50-54/ Stevenson 4:45.0; JT: /35-39/ Gale/WVTC 188-6, /40-44/ ConTey 199-4, /45-49/ Sutton/NCS 176-3, Letcher/NCS 176-2, /50-54/ Roemer/NCS 130-4½, /70-74/ Curtice/NCS 128-1(WR), Carnine/NCS 120-5; HJ: /40-44/ Phranlser/NCS 5-6, /45-49/ Wyatt 5-11, Sanchez 5-8, /70-74/ Van Gelder/NCS 4-0; LJ: /30-34/ Marshall/WVTC 19-6 3/8, /35-39/ Ucovich/NCS 19-7½, /40-44/ Pearson 18-9 1/8, /45-49/ Andrews/BAS 19-6½, /55-59/ Johnson/NCS 17-4 3/4, /65-59/ Satti/NCS 16-1(WR), /W45-49/ Obera/NCS 15-2; PV: /30-34/ Steep/SRRC 15-0; TJ: /35-39/ Ucovich/NCS 36-11 3/8, /55-59/ Johnson 32-7½; DT: /30-34/ Oldfield 190-4, /60-64/ McCarthy/NCS 106-10, /65-59/ York/NCS 110-7, /70-74/ Carnine/NCS 124-0; SP: /30-34/ Oldfield 63-2½, /50-54/ Wigginton/NCS 34-1, /55-59/ Henderson 34-9½, /65-69/ York/NCS 42-6½. /Springbett/



(Right) San Jose State's Ken Thomas won West Coast Relays 100m. /Dave Stock/ (Above) Top masters performer, Payton Jordan. /Don Gosney/



PACIFIC 10 CHAMPIONSHIPS (May 19-20, Tempe, Ariz.): Teams: Oregon 145, UCLA 123-1/3, USC 98-1/3...7-Cal 39, 10-Stanford 11. 3000mSC: Hunt/AZ 8:37.3, 4-L.Hurst/Ore 8:51.9, 6-Blume/Cal 9:08.2; JT: Sinclair/W 259-11; SP: Laut/UCLA 68-6, 7-Porath/Cal 58-8; LJ: Jackson/AS 25-8½, 6-Marlow/Cal 24-2½; 10,000m: Salazar/Ore 28:40.6, 3-Kissin/St 29:20.8; 400mR: USC 39.02; 4-Cal 40.44; 1500m: Chapa/Ore 3:38.7, 3-Clifford/Cal 3:39.9, 7-O'Reilly/Cal 3:50.0, 8-Lobsinger/St 3:50.2 (3:49.4 in trials); 110mHH: Foster/UCLA 13.47; 400m: Hassan/OS 45.59; 100m: Sanford/USC 10.37, 6-Farmer/Cal 10.67; DT: Fox/OS 194-0, Burton/Ore 193-0, 7-Porath/Cal 177-3, 12-Buss/St 166-6; 800m: Walters/USC 1:47.6, 4-Schaer/St 1:48.3, 5-White/Cal 1:48.8; 400mIH: Bransom/Ore 50.57, 3-Guss/Cal 51.15, 5-Pratt/Cal 51.67, 7-Cowling/Cal 51.80 (Heats: Pratt 51.12, Cowling 51.50); HJ: Frazier/A 7-1½, 5-Owens/AS 6-10; 200m: Foster/UCLA 20.35; 5000m: Rono/WS 13:32.8, 10-Blume/Cal 14:29.6; 1600mR: USC 3:08.1, Cal 3:10.9, 8-Stanford 3:16.8; TJ: Benson/UCLA 53-7½, 8-Marlow/Cal 49-4½, 10-Dobbins/Cal 48-8½, 12-Bullwinkel/St 46-10½; PV: Hintnaus/Ore 17-0; Dec: Jackson/AS 7755, Steen/Cal 7647. /ASU/

NCAA DIV. II CHAMPS (May 23-26, Macomb, IL): - Teams: CPSLO 95, CSN 51, PrVw A&M 39, CSH 38-2/3, 7-CSLA 27. SP: 5-Johnson/CSH 56-8 3/4; LJ: 4-Garner/CSH 24-5½, 5-Haynes/CSH 24-5; 10,000m: Schanckel/SLO 29:07.9; TJ: Garner/CSH 51-10½, Haynes/CSH 51-10½, 4-McClary/CSH 49-5½; DT: Albritton/SLO 166-2½; HJ: 6-Reinhart/CSH 6-10½ & Churchill/CSH 6-10½; PV: 2-Olsen/CSH 16-4, 3-McDonald/SLO 16-0½, 4-Reyes/SLO 16-0½; 3000mSC: 3-Small/SLO 8:57.1, 7-Bauer/SLO 9:11.9; 440R: CPSLO 40.21; 1500m: Aldridge/SLO 3:43.9; 400mH: Williams/SLO 49.82; 400m: 4-Harvey/SLO 46.7; 5000m: Schanckel/SLO 14:12.0, 3-Huff/SLO 14:16.4; MileR: 2-CPSLO 3:08.9. /Steve Miller/

AIAW CHAMPIONSHIPS (May 23-26, Mich.): - Teams: CSN 67, 6-CSLA 22, 20-CSH 10, 28-Cal/B 7. 10,000m: 5-Oehm/Cal 34:27.8; JT: Sulinski/CSH 183-3; 5000m: 6-Richter/Cal 16:59.8, 22-Cox/Cal 18:34.3; 440R: 6-Cal 46.48; 1500m: 7-M. Keyes/CPSLO 4:26.2; 800m: 4-Romesser/CSN 2:05.6; 400mH: 5-Hawthorne/Cal 60.03; 200m: 2-Cobbs/ASU 23.73, 6-Bolton/Cal 23.94; 3000m: 16-Broderick/UCLA 9:53.6, 17-S. Sweeny/UCSB 9:57.5; HJ: 2-Spencer/Cal 6-2½. /Michigan State Univ. Athletic Dept./



(L-R) Freida Cobbs (Ariz. State/BEBTC) placed second in the AIAW Nationals at 200m; Kelia Bolton (Cal-Berkeley) was sixth in the same race. /Gooney/ Maggie Keyes (Cal-Poly, SLO) was seventh in the 1500m in the same meet and has a 4:14.9 seasonal best. /Keith Coming/

PA-AAU CHAMPIONSHIPS (May 28, Hayward): /MEN/ 10,000m: O'Halloran/AGRC 30:57, Emry/CW 31:03, Bega/Army 31:28.8, Quintana/WVTC 32:38.8, Carrol/Un(14 Yrs.) 32:48.0, Zapata/WVTC 32:49.4; 100m: Hart/BAS 10.3, Jones/Un 10.4, Desmet/WVTC 10.4, Washington/Army 10.6, Krulee/PCC 10.6; HT: Leishman/Army 185-5, Oswald/WVTC 179-6; 5K-Walk: Pyke/SCC 20:54.0, Berendt/Army 21:58, Sharp/Un 22:16.8, Glusker/WVTC 22:59.2, Reilly/MDAC 23:09.8; SP: Dolegiewiez/Macc 63-9½, Marks/WVTC 58-11½, Parker/WVTC 55-10½; 400mIH: Angel/Army 51.8, Grimes/Cal 53.2, Wyatt/WVTC 54.4; 400m: Robinson/ICAC 46.8, Brock/Army 47.6, Marcheschi/Un 48.4, Faylen/Un 49.0; 1500m: Kissin/Stan-WVTC 3:50.2, Porter/WVTC 3:50.2, Sweeny/AGRC 3:51.1, Dowling/SA 3:51.9 (more)...

Williams/MR 3:52.9, O'Reilly/Cal 3:52.9; HJ: Wyrick/SJCC 7-0½, Dimes/Un 6-10½, Reinhardt/Un 6-10½, Nelson/Un 6-8½; 110mHH: Cooper/BAS 13.9, Austin/Un 14.0, Roberts/WVTC 14.2, Carley/Un 14.3; 800m: West/BAS 1:50.5, Davis/Army 1:51.5, Adams/Army 1:55.0; 200m: Jordan/BAS 20.7, Hampton/BAS 20.9, Jones/Un 21.0, Washington/Army 21.1, Williams/Army 21.5; PV: Bockmiller/BAS 16-0, Ruzicka/Un 16-0, Olson/CSH & Gracie/CSH 15-0, Linn/Un 15-0; 3000mSC: Crews/Un 9:13.6, Joseph/Un 9:40.7; JT: Walker/SA 237-5½, Kennedy/Stars 229-9½, Parish/Un 222-6, Peterson/PWTC 207-8, Conley/Un 202-10(40+), 7-Gale/WVTC(40+) 179-9½; DT: Hjeltnes/Nor-BAS 225-7, Plucknett/WVTC 216-11, Stadel/Un 216-7, Powell/Stars 210-5, McGoldrick/Un 200-2, Dolegiewiez/Macc 183-8; 5000m: Blume/Cal 14:30.6, Duffey/Un 15:04.0, Kay/WVTC 15:12.8, Feenstra/Un 15:14.6; LJ: Carter/Ar 25-4½, Anderson/SA 23-11½, Lawrence/Army 23-10½, Long/Un 23-4 3/4, Haynes/SA 23-0 3/4; MileR: Army 3:19.5, SA 3:21.9, HATC 3:22.4, Army-B 3:22.5; TJ: Loyd/Army 51-7½, Brooks/Army 48-7, Veira/HATC 47-2½; /WOMEN/ 10,000m: Taylor/WVTC 37:57.8, Van Housen/WDS 39:02.8; 100mH: Neal/Army 14.4; 5K-Walk: Maynard/WDS 26:39.2(40+), Curtis/Un 32:43.6; 400mH: Upshaw/BEBTC 64.0, Ratcliff/HATC 64.4, O'Connell/Un 64.6; 400m: Hobday/Ar 57.3, Williams/RenoTC 58.9, Helper/OrTC 59.0; 1500m: Olrich/SJC 4:37.1, Wong/Un 4:43.4, Fong/Un 4:44.0, Olafogger/Iceland 4:45.0, Martinez/Un 4:45.7, Chris Manning/OrTC 4:46.1; LJ: Elmore/ML 18-3½, Hurley/ML 17-5, Hattori/ML 17-1½; 100m: Hobday/Army 12.4, Banks/Un 12.6, Moore/Army 12.8; JT: Cannon/ML 175-9, Sulinski/ML 167-8, Whitfield/Un 167-6, Bumby/Un 145-10; DT: Read/Un 147-10, York/Un 147-1, Robinson/Un 139-10; 800m: Park/Butte 2:16.2, Martinez/Un 2:17.0; SP: Read/Un 40-1½, Robinson/Butte 39-9½; 200m: Hobday/Army 24.7, Banks/HATC 24.9, Moore/Army 26.1; 880m: MLTC 1:45.0, Army 1:50.8; 3000m: Riebolt/CSH 10:24.0, Robinson/CSH 10:27.0, Martinez/Un 10:27.0, Schmidt/WDS 10:41.8, Killeen/AGRC 10:44.2; HJ: Lysaght/Un 5-6, Patser/HATC 5-3, Nosich/MLTC 5-3; MileR: WDS 4:58.9 (only team); 2MR: MLTC 9:36.6, HATC 10:05.7. /David Shrook/

NCAA DIV. I CHAMPS (May 29-June 2, Champaign, IL): - Teams: UTEP 64, Villanova 48, UCLA 36...7-USC 25½, 16(t)-UCI 16, 27-Cal 7, 28(t)-SDS 6, 38(t)-SJS 3. PV: Pilla/ArkSt 17-4½, 5-Weopse/SJS 17-0½, 6(t)-McDonald/CPSLO 16-6; JT: Sinclair/Wa 261-3, 6-Ransford/SJS 241-2, 8-Morley/FSU 234-4; 3000mSC: Rono/WS 8:17.92, 11-Hurst/Ore 8:42.7; TJ: Cooper/Vill 56-1½, 4-Marlow/Cal 53-7½(52-7½); DT: Cooper/F1st 209-9, 4-Burton/Ore 201-5; HJ: Page/Mo 7-4½; 400m: Hassan/OS 45.18; 1500m: Paige/Vill 3:39.2, 5-Aldridge/Cal-Poly, SLO 3:40.8, 6-Clifford/Cal 3:40.9; 5000m: Maree/Vill 13:20.7; 200m: Foster/UCLA 20.22; 800m: Paige/Vill 1:46.2; 400mH: Walker/Aub 48.68, 3-Williams/CPSLO 49.78; 400mR: USC 39.35; 1600mR: LSU 3:04.7; 10,000m: Nyambui/UTEP 28:01.3, 9-Kissin/Stan 29:15.3, 17-Murphy/WKU 29:48.2; LJ: Myricks/MissCol 26-7½; HT: Neilson/W 237-3; SP: Laut/UCLA 66-11½; 100m: Deal/UTEP 10.19; 110mH: Nehemiah/Maryld 12.91w; Dec: Steiner/BYU 7918, 5-Steen/Cal 7456, 10-Gordien/UCSB 7295.

PREFONTAINE CLASSIC (Jun. 2, Eugene, Ore.): - SP: Anderson/UCTC 67-5, Feuerbach/AW 66-7½; DT: Hjeltnes/Nor-BAS 217-1, Wilkins/AW 216-8, Stadel/Tob 215-10, Plucknett/WVTC 214-1, 6-McGoldrick/Un 199-9; JT: Ewaliko/AW 281-9, 4-Kennedy/Stars 259-3; W-800m: 3-Weston/OS 2:05.5; W-1500m: 3-Williams/Ore 4:20.8. /Track & Field News/

NATL. AAU DECATHLON (Jun. 3-4, Walnut): 1-Coffman/HurrTC 8154, 2-Crist/Un 8149, 3-Whitson/SLndTC 7798, 4-Warkentin/Un 7794, 5-Samara/NYAC 7697 (individual marks of winner: 10.38, 21-10½, 49-10 3/4, 6-2½, 47.75, 14.12, 159-11, 14-5½, 179-4, 4:33.7).

BERKELEY BROOKS MEET (Jun. 9, Berkeley): - 100m: 6-Farmer/Cal 10.59; 200m: 4-Jordan/BAS 20.89, 5-Hampton/BAS 21.15; 400m: 2-Green/CubbHS 46.46; 800m: Robinson/ICAC 1:45.52, Paige/Vill 1:45.54 (see cover photo), 7-White/Cal 1:48.1; Mile: 5-Clifford/Cal 4:00.7; 110mH: 2-Cooper/BAS 13.63, 3-Florant/ICAC 13.95; 400mH: 2-Phillips/SJCC 49.94(JCR), 3-Greybehl/PCC 50.16; TJ: 3-Garner/CSH 52-11; DT: Powell/Stars 219-4, Hjeltnes/Nor-BAS 218-10, Stadel/Tob 218-7, Plucknett/WVTC 208-4; W-200m: 2-Cobbs/ASU 23.41, 3-Nickson/CSH 23.92; W-400m: Franklin/BalHS-MLTC 54.14; W-800m: Larrieu/PCC 2:03.2, Brown/LAN 2:03.2, Decker/Un 2:03.5, Merrill/Ctc 2:04.2; W-JT: Schmidt/PCC 198-8, Cannon/ML 179-4, Sulinski/CSH 172-1, Whitfield/ML 157-4. /Track & Field News/

**NATL. AAU PENTATHLON CHAMPS** (Jun. 10, Westwood-UCLA): - 1-Fredrick/PCC 4506, 2-Zambrzycki/AI 4445, 3-Anderson/LAN 4354... 8-Harrington/ColSt 3903. Marks for Fredrick: 13.65, 49-7½, 5-9, 20-6½, 2:23.4.

**NATL. AAU CHAMPIONSHIPS** (Jun. 15-17, Walnut): /MEN/ 100m: Sanford/Tob 10.07, 7-Hart/BAS 10.42 (Semis: Hart 10.18, Trask/PW 10.88; Heats: Trask 10.67, KruLee/PW 10.88); 200m: Evans/UN 20.28, 8-Jackson/SJS 20.87 (Semis: Jackson 20.47, Hampton/BAS 20.71; Heats: Trask 21.54, Jordan/BAS 20.65); 400m: Smith/AA 45.10, 3-Green/Un-CubbHS 45.51 (Semis: Rodgers/Macc 46.21); 800m: Robinson/ICAC 1:45.9, 3-White/Cal 1:47.1 (Heats: West/BAS 1:49.1); 1500m: Scott/SFTC 3:36.4, 7-Aldridge/Macc 3:42.4, 9-Clifford/BAS-Cal 3:44.3 (Semis: Schankel/Macc 3:49.2); 3000mSC: Marsh/AW 8:33.1, 8-Blume/Cal 8:49.6; 5000m: Centrowitz/AA 13:40.8; 10,000m: Virgin/SLTC 27:39.4(AR), 6-Wysocki/SSCT 28:43.8, 9-Tuttle/IT 29:01.8, 15-Romesser/FPTC 29:25.8, 19-Kissin/WVTC 30:24.2; 5K-Walk: O'Connor/NYAC 21:46.6, 10-Ranney/WVTC(40+) 23:31.4; 20K-Walk: Pyke/SSC 1:27:11, 11-Reilly/BSW 1:37:43, 14-Ranney/WVTC(40+) 1:39:08, 16-Henderson/SSC 1:39:52; 50K-Walk: Evoniuk/CoTC 4:10:33, 5-Glusker/WVTC 4:33:10; 110mH: Nehemiah/DCI 13.19, Cooper/BAS 13.46, 6-Florant/ICAC 13.72 (Semis: Cooper 13.42; Heats: Roberts/WVTC 15.98 (hit hurdle), Florant 13.68w, Whitfield/Un 14.36w; 400mH: Moses/Un 47.89, 4-Greybehl/Un 49.54, 5-Williams/Macc 49.77, 8-Phillips/Stars 50.86 (Semis: Williams 49.41, Phillips 49.47; Heats: Guss/Cal 51.69, Smith/SA 51.86); HJ: Jacobs/FDU-AA 7-4 3/4 (Non-Qual: Haber/Macc 6-10 3/4); PV: Tully/IAA 18-0½, 3-Woepse/SJS 17-8½ (Non-Qual: Black/SJS 16-8 3/4); LJ: Myricks/AA 27-2w (Non-Qual: Duncan/BAS 24-9½); TJ: Livers/PPC 57-7½w, 8-Marlow/Macc 53-7½w (Qual: Marlow 54-4 3/4w; Non-Qual: Haynes/SA 51-3w; SP: Laut/Un 69-3½, Feuerbach/AW 67-8½, 11-B. Feuerbach/SJS 62-3½ (Non-Qual: Marks/WVTC 60-10½); DT: Wilkins/AW 231-10, Stadel/Tob 227-3, Hjeltnes/Nor-BAS 226-0, Powell/Stars 220-11, 6-Plucknett/WVTC 214-2, 8-McGoldrick/Un 205-3; HT: Neilson/Un-Can 236-5, 7-McKenzie/Un 212-0; JT: Atwood/AW 268-7, 4-Kennedy/Stars 258-8 (Qual: Kennedy 259-11);

/WOMEN/ 100m: Ashford/Macc 11.01w (Heats: Cobbs/BEBTC 11.87); 200m: Ashford/Macc 22.07w (Heats: Cobbs/BEBTC 25.35, Nickson/Macc 24.02); 400m: Jackson/PVAM 52.37 (Semis: Clagon/BEBTC 54.23; Heats: Franklin/ML 57.22, Belk/Un 55.97); 800m: Kelley/PVAM 2:02.3 (Heats: Romesser/FPTC 2:07.1, Regan/SJC 2:10.8); 1500m: Larrieu/Un 4:06.6, 7-M.Keyes/Un 4:14.9, 12-Williams/OTC 4:20.6, 15-Poor/AIA 4:26.3; 3000m: Larrieu/Un 8:53.8, 13-Williams/OTC 9:33.2, 17-C. Craven/ColOC 9:43.2, 18-Bier/SJC 9:44.9, 19-Oehm/Cal 9:45.0; 10,000m: M. Shea/CGHS 32:52.5(AR), Benoit/LAC 32:53.5, 9-Fox/WVTC 35:39.7, 11-Adams/SW 35:59.7, 13-Taylor/WVTC 36:35.3, 15-Olrich/SJC 36:47.3; 100mH: LaPlante/KCBQ-TC 12.86(AR), Young/Un 12.95; 400mH: Brown/Temple 57.60, 5-Hawthorne/Cal-BEBTC 60:04 (Semis: Hawthorne 58.86); 5000mW: S. Brodock/SCRR 24:07.6(AR), 3-Sakelarios/SCRR 25:22.9, 9-Maynard/WDS(40+) 56:13.8; 400mR: TennSt TC 43.68; 1600mR: PVA&M 3:32.8; 3200mR: Oral Roberts TC 8:31.4, 5-San Jose Cinderdals 8:50.5; SprintMedR: PVA&M 1:38.2; HJ: Brill/Canada 6-4, 3-Spencer/LAN-Cal 6-2½; LJ: McMillan/TennStTC 21-3½w, Frederick/Un 21-1½w; SP: Seidler/Stars 62-7 3/4(AR); DT: Winbigler/OTC 189-5 (189-6 in trials) (Griffin/SW 190-5 in trials); JT: Schmidt/Un 206-1, Sulinski/ML 179-3, Cannon/ML 173-4...

Teams: (Men) Athletic Attic 60, Philadelphia PC 53, Athletics West 48; (Women) LA Naturite 60, Tennessee State TC 52, Prairie View A&M 48. --- Outstanding Male Performer: Craig Virgin for his American Record 10,000m run (27:39.4). Outstanding Female Performer: Evelyn Ashford/Macc for her double win in the 100/200. /Pete Cava/

**ALL-COMERS MEET** (Jun. 21, Los Gatos): - /OPEN/ 70HH: Dixon 8.2; 880: Nicklin 1:57.0; 440: Phillips/SJCC 47.9; 100y: Lofton/Stan 9.4; Mile: Chain 4:20.5; 220: Lofton 21.2; 330LH: Wippler/DA 37.9; PV: Mulligan 16-0; DT: Plucknett/WVTC 210-6½; SP: Oldfield(Exhib.) 67-9; LJ: Bond/WVTC 23-4; TJ: Phillips/SJCC 46-10; HJ: Nelson 7-0; /HIGH SCHOOL/ Willis/Peter 8.6; Mile: Catan/SJ 4:29.0; 220: Charles 22.9; 2 Mi: Arno/WVTC 9:50.0; PV: Janke/Ayer 14-3; DT: Cowell 158-7; HJ: McGee/Lyn 6-8; /GIRLS/ 60LH: Upshaw/SJ 8.4; 880: King/Ayer 2:17.6; Mile: Brogan/LA 5:03.0; 220: Chewing/Sara 26.9; LJ: Bell 17-3; HJ: Davidson/Lyn 5-3 /MASTERS/ 100: Jones 11.3; Mile: Van Zant/WVJS 4:50.0. /Glenn Hamata/

**NATL. AAU JR. CHAMPIONSHIPS** (Jun. 23-24, Bloomington, Ind.): - /MEN/ 100m: Brown/DCS 10.29 (Heats: Baggs/SSTC 11.09); 200m: Smith/Un 21.22 (Heats: Williams/Stktn 21.9, Burrus/ARJC 22.43, Baggs 22.44); 400m: Goodwin/DCS 46.72, Williams/Stktn 46.86 (Heats: Dixon/SFCC 48.02); 800m: Stephens/Ark 1:49.4; 1500m: Draddy/NYAC 3:45.2; 3000mSC: Hess/OTC 8:57.8; 5000m: Zishka/OhioHS 14:20.5; 10,000m: Wills/Un-Fla 29:37.6; 10,000mWalk: Lewis/NY-HS 48:12.2; 110mH: Wilson/PPC 13.99, 8-Scanella/SRHS 14.87 (Heats: Scanella 14.64); 400mH: Person/DCI 51.27, Cowling/Cal 51.66, 6-Scanella/SRHS 52.43 (Heats: LaRus/ARJC nt); HJ: Balkin/SCAA 7-3, 9-Churchill/CSH 6-11; PV: Buckingham/LV 17-9, 11-Brattlof/SkyHS 15-4, 12(t)-McAlexander/DA 15-4; LJ: Hector/LaHS 24-9½; TJ: Owolabi/RAC 53-4½, 4-McGlory/CSH 50-5½, 6-Sanders/CRC 49-9 3/4; SP: Carter/MS-Tex 64-6½; DT: Johnson/KansHS 177-7; JT: Rutherford/WVCC 225-6; HT: Green/Macc 173-3; /WOMEN/ 100m: Glover/WTC 11.64 (Heats: King/BEBTC 12.1); 200m: Loud/LAM 23.89 (Heats: King/BEBTC 25.18); 400m: Howard/LAM 53.29, 4-Franklin/ML 53.96, 5-White/BEBTC 54.61 (Heats: White 53.90); 800m: Warren/OTC 2:03.1, 4-Regan/SJC 2:08.5; 1500m: Beckford/LAC 4:20.7, 9-Bier/SJC 4:35.0 (Heats: Bier 4:27.7); 3000m: Springs/Un 9:31.7, 13-Schmandt/GBR TC 10:01.0; 100mH: Fitzgeral/DCS 13.68, 6-Sweeney/BEBTC 14.23 (Heats: Sweeney 14.09, Sanders/BEBTC 14.81, Young/BEBTC 14.50); 400mH: Farmer/FITC 58.31 (WJR), 8-Sweeney/BEBTC nt (Heats: Sweeney 61.00); 3000mWalk: Ruiz/KS 14:54.8; 400mR: LAM 44.97, 3-BEBTC 46.26; 1600mR: FlashTC 3:41.4; 3200mR: LIBAC 8:52.3; SprMedR: LAM 1:43.6 (Heats: BEBTC 1:42.2... 1:43.1 in finals but DQ'd); HJ: Hamilton/CN 5-11; LJ: Lewis/WITC 20-7½, 8-McLaughlin/CN 18-10 3/4, 17-Sanders/BEBTC 18-3½; SP: Bohach/WMTC 47-9; DT: Deniz/GrTDS 166-8, 4-Read/ML-AlaHS 147-5; JT: Nelson/CI 163-6... Teams: LAM 68, Willingboro TC 40, DCS 26. /Pete Cava/



San Jose CC's Andre Phillip set a new National JC record in the 400m intermediates at 49.94 in taking second to Moses at the Berkeley Brooks meet. He lowered that to a quick 49.47 at the AAU's. /Dave Stock/

Washington 12.28, /75-79/ Packard/NCS 14.55, /W35-39/ Girard/WDS 13.88, /W40-44/ Sherrard/NCS 12.96, /W45-49/ Obera/NCS 12.84, /W60-64/ Kolda/NCS 16.49; 200m: /30-34/ 3-Pruitt/WVTC 22.52, /35-39/ 3-Fitzsimmons/WVTC 23.02, /45-49/ 2-Prasher/NCS 24.22, 3-Springbett/WVJS 24.27, 4-Bruher/NCS 24.67, /50-54/ 3-Washington/NCS 25.35, /75-79/ Packard/NCS 29.70, /W40-44/ Sherrard/NCS 27.63, 3-Parish/NCS 29.35, /W45-49/ Obera/NCS 26.37, /60-64/ Kolda/NCS 35.69; 400m: /30-34/ 2-Pruitt/WVTC 50.09, /35-39/ Fitzsimmons/WVTC 52.75, /45-49/ Bruher/NCS 54.22, /50-54/ 3-Washington/Un 58.96, /75-79/ Packard/NCS 68.64, /W45-49/ Obera/NCS 65.56; 800m: /30-34/ 2-Browne/WVTC 1:59.2, /50-54/ 3-Jackson/NCS 2:13.1; 1500m: /W45-49/ Anderson/NCS 5:44.8; 5000m: /35-39/ Franklin/WVTC 15:42, /W45-49/ Anderson/NCS 20:43; 10,000m: /W45-49/ Anderson/NCS 42:33.7; (Cont'd)

**WESTERN REGIONAL MASTERS CHAMPS** (Jun. 23-24, Santa Ana): - 100m: /30-34/ Summer/SCS 10.85, 4-Marshall/WVTC 11.03, 5-Corbin/WVTC 11.15, /35-39/ Butler/SCS 10.95, 3-Fitzsimmons/WVTC 11.45, /45-49/ 2-Parish NCS 11.59, 3-Prasher 11.72, 4-Springbett/NCS 11.78, /50-54/ 3-

(Masters Western Regionals, Cont'd...) 110mH: /40-44/ Thomas/Una 15.46, Fuller/NCS 16.06; /45-49/ 2-Parish/NCS 16.40; 400mH: /40-44/ Thomas/Un 60.44; 5000mWalk: /50-54/ 2-Siitonen 29:44; 400mR: /30-39/ 3-WVTC 43.80, /40-49/ 2-NCS 45.42, /W40-49/ NCS 54.06; 1600mR: /30-39/ 2-WVTC 3:28.5; LJ: /W40-44/ 2-Ligon/NCS 14-1, /W45-49/ Obera/NCS 14-0½; SP: /65-69/ York/NCS 41-10, /W40-44/ Sherrard/NCS 37-7½; HT: /65-69/ York/NCS 97-2; JT: /40-44/ Stuart/Macc 235-0, Conley/Un 204-8; HJ: /35-39/ Brown/NCS 6-4½, /40-44/ Walker/WDS 5-4, Conley/Un 5-2, /W40-44/ Sherrard/NCS 4-6; DT: /W40-44/ Sherrard/NCS 91-11. /R.E. Ferguson/

ALL-COMERS MEET (Jun. 28, Los Gatos): /OPEN/ 440R: SJCC 42.0; 880: Webster/PCC 1:56.4; 70HH: Phillips/SJCC 8.45; 100: Lof-ton/Stan 9.45; 440: Phillips 48.4; Mile: Hurst/WVTC 4:25.6; 220: Krulee/PW 21.5; 330LH: Malcum/BAS 37.8; 2 Mi: Hurst 9:23.1; TJ: Bates/Un 47-5; PV: Bockmiller/BAS 16-6; HJ: Gibbs/SJS 7-0; LJ: Bates 22-11½; SP: Marks/WVTC 59-2; DT: Plucknett/WVTC 205-10; /HIGH SCHOOL/ 70HH: Sanders 8.5; 440: Green/Cubb 50.2; PV: Jenke 13-6; /GIRLS/ 880: Olrich/SJC 2:26.1; 100: Rockwell /PA 11.3; 440: Upshaw 60.8; HJ: Nicholas 5-2; LJ: Bell 17-0½; /MASTERS/ 100: Springbett 10.7. /Glenn Hamatz/

ALL-COMERS MEET (Jul. 5, Los Gatos): /OPEN/ 440R: Pacific West 43.3; 880: Nicklin/DA 1:53.6; 70HH: Dixon/Un 8.3; 100: Krulee /PW 9.6; 440: Dorosen/SJCC 48.8; Mile: Hurst/WVTC 4:19.8; 220: Phillips/SJCC 21.5; 2 Mi: Sayre/Un 9:07.1; PV: Bockmiller/BAS 16-6; DT: Plucknett/WVTC 212-1; LJ: Bond/WVTC 22-10½; HJ: Gibbs/SJCC & Embree/GBTC 6-11; SP: (Exhib) Oldfield 65-10½; /HIGH SCHOOL/ 70HH: Sanders/Scrz 9.0; 330LH: Daley/LGHS 39.8; SP: Krueger/LA 58-6; HJ: Washington/Ind 6-2; PV: Ellis/M-A 13-6; /GIRLS/ 60LH: Upshaw/Berk 8.2; 100: Rockwell 11.2; Mile: Olrich/SJC 4:54.2; 330LH: Upshaw 46.8; DT: Zaphiropou-Tos/Un 145-4; HJ: Nicholas/Wsm 5-4; SP: Zaphiropoulos 42-10; 220: Douglas/Un 26.8. /Glenn Hamatz/

PAN AMERICAN GAMES (Jul. 7-14, San Juan, PR): /MEN/ 800m: 1-Robinson/ICAC 1:46.3, 2-Juantorena/Cuba 1:46.4; 20KWalk: 1-Bautista/Mex 1:28:15, 2-Pyke/SSC 1:30:17; PV: 1-Simpson/Canada 16-10 3/4, 2-Woepse/SJS 16-6 3/4; SP: Laut/UCLA 66-4, 4-A. Feuerbach/AW 61-10½; DT: Wilkins/AW 207-8; /WOMEN/ HJ: Ritter/US 6-4(AR), 2-Spencer/Cal 6-1 3/4; LJ: McMillan/US 21-2½, 5-Frederick/LAN 20-0½; SP: 1-Sarris/Cuba 61-8½, 2-Seidler/Stars 60-11½; JT: 1-Colon/Cuba 204-5, 2-Cannon/ML 185-4, 3-Sulinski/ML 185-2; Pent: Konihowski/Can 4605, dnf-Frederick/LAN. /Cava/

ALLCOMERS MEET (Jul. 12, Los Gatos): /OPEN/ PV: Hintnau/Un 16-6; HJ: Gibbs/SJCC 7-0; LJ: Bond/WVTC 23-2 3/4; SP: (Exhib) Oldfield 64-5; SP: Feuerbach/Un 63-6; DT: Burns/Un 211-5; 2 Mi: Blume/Cal 8:41.6; 880: Nicklin/DA 1:55.0; 70HH: Crows-Tey/SFCC 8.5; 100: Krulee/PW 9.5; 440: Trask/PW 48.1, DeRosans /SJCC 48.1; Mile: Berry/WVTC 4:19.0; 220: Krulee/PW 21.6; /HIGH SCHOOL/ HJ: Bergbauer 6-2; SP: Kreuger/LA 55-11½; DT: Johnson 148-10; 70HH: Sanders/Scz 8.65; 100: Bostic/Gunn 10.0; Mile: Hoch/CW 4:29.2; 220: Bostic/Gunn 22.8; /GIRLS/ HJ: Nicholas/UCLA 5-4; DT: York/Un 137-6; 60LH: Horn/Un 8.6; 100: Rockwell/Un 11.3; Mile: Regan/Camden 5:00.0; /MASTERS/ 100: Latorre 11.6; Mile: Lewis/TRAC 4:46. /Glenn Hamatz/

ALL-COMERS MEET (Jul. 19, Los Gatos): /OPEN/ 880: Nicklin/DA 1:57.0; 70HH: Phillips/SJCC 8.7; 100: Phillips 9.6; 440: Phillips 48.1; Mile: Cassidy/WVTC 4:19.0; 220: Krulee/PW 21.4; 2 Mi: Goettelmann/WVTC 9:26.3; DT: Burns/Un 202-9; HJ: Embree, Haber & Reinhart 6-10; SP: (Exhib) Oldfield 63-6; LJ: Bond/WVTC 21-10½; PV: Lynn 15-6; /HIGH SCHOOL/ 880: Hoch/CW 2:01.0; Mile: Spicer 4:33.2; 2 Mi: Hoch/CW 9:47.8; DT: Johnson/SJ 151-10; HJ: Morgan/SJ 6-5; LJ: Harris/Leland 23-3 3/4; /GIRLS/ 60LH: Upshaw/Berk 8.4; Mile: Fox/Homstd 5:04.0; 220: Chewing/Sara 26.1; HJ: Nicholas/Wsm 5-4; LJ: Campbell/DM 17-2½; /MASTERS/ 100: Hansen 11.2...Koppel/NCS(66) 12.1(WR); Mile: Van Zant/WVJS 4:51.8. /Glenn Hamatz/

ALL-COMERS MEET (Jul. 26, Los Gatos): /OPEN/ 100: Phillips/SJCC 9.6; 220: Krulee/PW 21.7; 400m: Phillips 48.8; 800m: Nicklin /DA 1:53.4; 1500m: Cruz/PW 3:58.5; 5000m: Blume/Cal 14:06.1; 70HH: Phillips 8.67; 330LH: H. Smith/Un 39.8; HJ: Gibbs/SJCC 6-8; PV: Bockmiller/BAS 16-0; DT: Burns/Un 211-5; TJ: Waldo/DA 46-4½; SP: (Exhib.): Oldfield 65-5; LJ: Turner/Un 24-0; /HIGH SCHOOL/ 100: Harris 9.9; 1500m: Bergstrom/LG 4:16.1; 70HH: Durand/Fre 8.9; 800m: Johnson/Pet 1:59.5; 200m: Jones 22.0; PV: Mahoney/M-A 14-0; DT: Johnson/Pet 160-11½; SP: Kreuger/LA 56-4; /GIRLS/ 100: Rockwell/Un 11.4; 220: Chewing /Sara 26.9; 400m: Cardinas/Un 59.8; 60LH: Upshaw/Berk 8.5; 800m: Yaninek/SJC 2:22.2; HJ: Nicholas/Wsm 5-4; LJ: Rockwell /Gunn 17-8; Mas-100: Springbett 10.8; Mas-Mile: VanZant 4:53.0

## LONG DISTANCE RESULTS

SPA-AAU 25-KILO (Mar. 3, Ventura): 1-Babiracki/SFV 1:17:15, 2-McMullen/SMTC 1:17:41, 3-Smead/TIT 1:17:46, 4-Tuttle/TIT 1:18:56, 5-Mason/AIA 1:19:39, 6-D.Waitmire/AIA 1:20:00, 7-Arquilla/AIA 1:22:15, 8-Brown/SFV 1:22:54, 9-Dettmer/Un 1:24:06, 10-Engel/TIT 1:24:10...15-Brennand/SBAA(40+) 1:25:16, 24-Burgasser/STC 1:28:42, 33-Clark/SCS 1:30:26, 96-Jacqueline Hansen /SFV 1:40:14, 102-Therese Kozlowski/PCP 1:41:47...290 finished. Winning Team: AIA (1:22:38 Aver.). /John Brennand/

INDIAN VALLEY X-C (Mar. 10, Novato): /5 Mi./ 1-Beardall(40+) 28:04, 2-Coburn 28:21, 3-Helfet 29:27, 4-Kiernan(40+) 29:29, 5-Watkins 29:32, 6-Griffin 29:45, 7-Ridout 29:48, 8-Wilson 30:00, 9-Belzer 30:04, 10-O'Reilly 30:20...44-Donna Andrews 33:52, 51-Leslie Brown 35:09, 54-Susan Mitchell(40+) 35:33... 262 finishers. /Dr. James Platt, Jr./

PAMAKID LAKE MERCED RELAYS (Mar. 11, San Francisco): /23.5 Mi. - 5 persons/ 1-Running Nutz(Aggies) 1:54:18, 2-Excelsior TC 1:55:47, 3-Pamakid 1:56:14, 4-Excelsior "B" 1:56:15, 5-Tamalpa Marauders 2:03:13, 6-Marin Racers 2:03:44, 7-Fox's Bunch 2:03:58 (3 men over 33 & 2 women), 8-Solano Striders 2:03:59, 9-Los Fantasticos 2:05:04, 10-Excelsior Denotes 2:05:20...12-Pamakid Masters 2:10:20, 15-Tamalpa Masters 2:12:19...57-Excelsior Women 2:35:41...103 teams. /Pat Curneen/

PA-AAU 50-KILO (Mar. 18, Davis): 1-Mike Fanelli/PMK 3:05:13, 2-Hamer/WVTC 3:07:51, 3-Bunnell/TAM 3:09:36, 4-Cooper/WDS 3:11:14, 5-Bowles/WVTC 3:13:55, 6-Beardall/MR(40+) 3:25:13, 7-Maher/MR 3:25:47, 8-Nieman/NVRC 3:26:17, 9-Cho/WDS 3:28:09, 10-Williams/SqRC 3:29:24, 11-Miller/RCRC 3:29:24, 12-Zumwalt/PMK 3:33:56, 13-Lucas/WDS 3:37:40, 14-Larsen/PMK 3:44:28, 15-Catlin/AGRC 3:45:55, 16-Catanese/MR(40+) 3:49:20...24-Branham/WVTC(40+) 3:59:09, 32-Marcy Schwam/Un 4:06:32, 40-Peggy Stok/WDS 4:20:17...69 finished. Teams: (Sr. Men) WDS 10:17:03, WVTC 10:20:55, PMK 10:23:37; (Masters) PMK 12:40:41, BC 12:55:43; (Sr. Women) WDS 13:32:40, BC 14:25:10. /Underwood/

NIKE-CATALINA MARATHON & 10-KILO (Mar. 24-25, Santa Catalina Is.): /Marathon/ 1-McDermott/Whittier 2:45:12, 2-Bozanich/SDTC 2:46:54, 3-Hurley 2:58:04, 4-Hallanan 2:58:41, 5-Wayne/BASC 3:04:12...15-Tocco(40+) 3:15:42, 28-Jacqueline Hansen 3:26:51. /10 Kilo/ 1-Babiracki 30:12, 2-Smead/TIT 30:33, 3-Wayne/BASC 31:23, 4-Arquilla/AIA 31:27, 5-Guaderrama 31:55, 6-Day/SDTC 32:20, 7-O'Boyle 32:43, 8-Oppermann 32:47, 9-Luiken 32:53, 10-Botke 32:57...23-Crum(40+) 35:16, 44-Sue Krenn/SDTC 37:06, 49-Terrie Brown 37:35...819 finished. /John Brennand/

HANG TEN/YMCA 10-MILE (Mar. 24, San Diego): 1-Close/JT 50:05.6, 2-Trup 50:40, 3-Barton/NZ 51:29, 4-Buckingham/JT 51:58, 5-Burch 52:56, 6-Wayne Buckingham 53:09, 7-Peters 53:19, 8-Campbell 53:38, 9-Snyder 54:07, 10-Fountain 54:45...26-Collins(40+) 58:35, 37-Laurie Binder 59:07...611 finishers. /George Green/

AMERICAN RED CROSS--RUN FOR YOUR LIFE (Mar. 25, Novato): /3 Mi./ 1-Timmerman/MR 15:12, 2-Colombet 15:49, 3-Turrini 16:51, 4-Ryan 16:54, 5-Singer 17:13, 6-Hughes 17:27, 7-Ramstad 17:32...24-Sally Savitz 20:23...110 finished. /10 Km/ 1-Quintana/WVTC 31:47, 2-Knudson 33:33, 3-Degen 33:35, 4-Rustad 33:48, 5-Morse 34:38, 6-Moyles 35:17, 7-Stanbridge 35:32...9-Kiernan(40+) 36:11, 55-D. Strada 40:52F...209 finishers. /Lee Strauss/

RUN FOR LIFE MARATHON (Mar. 25, Davis): 1-ScheTegle/AGRC 2:32:52, 2-Wall/ETC 2:34:54, 3-Hoschler 2:40:48, 4-Bowles/WVTC 2:42:21, 5-Underwood/BC (40+) 2:50:19...see next pg.



Ted Pawlak, winner of Pinole Marathon in 2:38:19 (see next page for results. /Paul Mack/

(Run For Life Marathon, Cont'd...) 6-Hedges 2:50:50, 7-Alvarez 2:51:38, 8-Helgerson 2:57:50, 9-Eisenbud 2:58:50, 10-Sylvester 2:59:04, 11-Yamauchi 2:59:07, 12-Stoan(40+) 3:02:33...4-Joan Reiss 3:28:56...115 finishers. /HALF-MARATHON/ 1-Serphen/ETC 68:56, 2-Sevald/ETC 70:04, 3-Flores/AGRC 70:21, 4-Wilson 74:55, 5-Sidney 76:10, 6-Hamer/WVTC 76:19, 7-Kuykendall/WVTC 76:22, 8-Basinger 77:32, 9-Coke(40+) 78:39, 10-Lyons 79:08...22-Elaine Ivaldi-Miller/WVTC 1:26:05, 42-Karen Rosenblatt/AGRC 1:31:18... 295 finishers. /Suicide Prevention Service of Sac'to/

**PINOLE MARATHON** (Apr. 1, Pinole): /Tough, hilly course/ 1-Ted Pawlak 2:38:19, 2-Nieman/NVRC 2:46:43, 3-Molina 2:51:24, 4-Kearns 2:52:52, 5-Helgerson 2:55:56, 6-Simmons 3:01:42, 7-Eva 3:01:42, 8-Durbin/Nev 3:01:55, 9-Edmonds 3:03:16, 10-Impastato 3:03:24, 11-Hendrix/PMK 3:04:40, 12-Dale 3:05:10, 13-Butt/WVTC 3:06:02, 14-Jones 3:07:40, 15-Fletcher 3:08:40...21-Schaleger (40+)/LMJS 3:10:22, 25-Miller(40+) 3:14:01, 45-Valerie Doyle 3:38:37, 47-Colleen Fox 3:43:36...99 finishers. /Steve Justice/

**ORANGE COUNTY MARATHON** (Apr. 7, Huntington Beach): 1-Amundson 2:30:16, 2-Coventry 2:33:13, 3-Willis 2:38:42, 4-Aurand 2:38:45, 5-Quick 2:39:03, 6-Crawford 2:39:06, 7-Sanchez 2:39:44, 8-Schmitz 2:41:37, 9-Kendall 2:43:25, 10-Emerson 2:43:44, 11-Shaffer(40+) 2:44:12...18-Schmidt(40+) 2:49:01...40-Sandra Kiddy(40+) 2:58:47, 111-Christine Grundy 3:14:46...557 finished. /Dowrey/

**WINE COUNTRY RELAYS** (Apr. 7, Santa Rosa): /3-Person Teams; 14.8 Mi. total/ 1-Rustad & Assoc. 1:20:34, 2-Grape Expectorations (Aggies) 1:21:46, 3-Kurt's Perver't 1:22:15, 4-FFS3 1:22:46, 5-VMRC 1:23:25...38-Oakes' Ladies 1:51:06...51 teams finished. /Dennis Crandall/

**PEAR BLOSSOM RUN** (Apr. 14, Medford, Ore.): /13 Mi./ 1-Leonard Hill 66:50.8, 2-Ferrero/SWEAT 68:21, 3-Yeoman 68:46, 4-Elias 70:23, 5-Ellison 70:37, 6-School 70:48, 7-Becker 71:07, 8-Pinder 71:38, 9-Showerman 71:45, 10-Mina/AGRC 72:11...(other top Calif. finishers) 19-Brantigan 75:20, 22-Downing 76:14, 28-Beckwith(1st 40+)/Reno 77:20, 51-Grabowski(40+,2nd) 80:57, 77-Teresa Barrios 83:46, 87-Marilyn Belwood 84:39...710 finishers. /Jerry Swartsley; Medford Chamber of Comm./

**LAKE IL SAN JO 10-MILER** (Apr. 14, Santa Rosa): 1-Govi 58:00, 2-Beardall/DIRT(40+) 59:03, 3-Pintane 39:53, 4-Alexander 60:26, 5-Bollman 60:40, 6-Leoni 60:47, 7-Lambie 60:59, 8-Pruitt 61:28, 9-Souther 61:42, 10-Doris 61:53...14-Kiernan/DIRT 63:57, 16-Roland 64:45...46-Derry Elijah 75:44, 52-Maria Regalado 77:13... 90 finishers. /Fred Kenyon/

**U.S.S. WICHITA 10-KILO** (Apr. 14, San Francisco): /G.G. Park 5K Polo Field loop/ 1-Mark Sisson/WVTC 32:13.3, 2-Franklin/WVTC 32:27, 3-Fee/Wichita 33:02, 4-Cruikshank 34:31, 5-Aguis/Wichita 34:50, 6-Serrano/WVTC 35:15, 7-Durbin 35:17, 8-Holmes/WVJS(40+) 35:43...42-Denise Bigelow/AGRC 41:47...139 finished. /Fields/

**BOSTON MARATHON** (Apr. 16, Hopkinton, Mass.): - We still don't have a complete set of results over 2:45, but Frank Smith compiled a list of masters over 2:45 (from NorCal). See last issue for those under 2:45 and all NorCal women finishers that we know about. --- 1525-Roger Price 2:49:20, 2271-Vocke 2:55:13, 2309-McMahon 2:55:27, 2417-Moorman/PMK 2:56:07, 2577-Schorno/ETC, 2654-German 2:57:50, 2818-Ragsdale 2:58:54, 2832-Ricaud 2:58:58, 2877-Adamson 2:59:17, 2924-Taylor/WVTC 2:59:36, 2928-Byrd/PMK 2:59:38, 3006-Gillette 3:00:07, 3125-0. Dahl 3:01:23, 3149-LaCasse 3:01:38, 3222-Buxton 3:02:27, 3399-McComish 3:04:24, 3539-Hughes 3:05:52, Holley/WVJS 3:07:29, 3722-Larson 3:08:23, 3927-Antonides 3:10:54, 3976-Smith/PMK 3:11:20, 3944-Dunn/PMK 3:11:01, 3992-Lisenbee 3:11:33, 4086-Farrington 3:12:49, 4105-Shastany 3:13:04, 4147-Moran 3:13:42, 4189-Thompson 3:14:21, 4200-Lindquist 3:14:31, 4213-Young 3:14:44, 4222-Reznik 3:14:48, 4226-Wilson/WVTC 3:14:51, 4230-Feldman 3:14:55, 4233-Niedrauer/WVJS 3:14:58...that's all we're listing! Remember, the qualifying times for next year's Boston Marathon have been changed to 2:50 (open men), 3:10 (masters men) and 3:20 (open women)...we haven't heard of a standard for masters women (other than 3:20, but if we hear of one, we'll let you know). /Frank Smith/

**NATIONAL LIBRARY OF SPORTS EASTER EGG SCRAMBLE** (Apr. 21, Cupertino): /5 Mi./ 1-Peanut Harms/AGRC & Stacy Geiken 27:29, 3-Rohloff/AGRC 28:00, 4-Rostege/WVTC 28:05, 5-Pruitt 28:13, 6-Mahon/WVJS 29:39, 7-Ruona 30:17, 8-Stubbe 30:36, 9-Obot 30:43, 10-Familia 30:50, 11-McCrillis/TRAC(40+) 30:51, 12-Hunt 31:19, 13-Baca 31:41, 14-Hicks 31:48, 15-Radloff 32:08...21-Mooneyham(40+) 33:01, 34-Colleen Rogan 36:41, 39-Kathryne Carlton 37:27, 40-Kathy Rogan 37:41...123 finishers. /Carl Lancher/

**SILVER STATE STRIDERS FRANKTOWN LOOP RUN** (Apr. 22, Reno area): 1-Rudy Munoz/SSS 49:19, 2-Menet/UNRTC 49:25, 3-Houk/SSS 50:56, 4-Freeman/Un 51:59, 5-Lincicome/SSS 53:16...Bourbeau/WVJS(40+) 55:12, Beckwith/SSS(40+) 57:17...Ross Smith/WVJS (50+) 55:58...Barbara Mack/SSS 64:17, Betsy Giannini/SSS 66:40, Claudia Wish/CarRC 68:35.../15 Km./ /Marry Crawford/

**HELLYER PARK 6.5-MILER** (Apr. 28, San Jose): 1-Gil Munoz 32:52, 2-Sisson/WVTC 33:41, 3-Tengelsen 35:04, 4-Devoe/WVTC 35:25, 5-Stock/AGRC 36:02, 6-Suits 36:12, 7-Pruitt 36:25, 8-DeLaRoche 36:51, 9-Sanfilippo/WVJS 37:01, 10-Londre 37:08...307 finishers. Note: Results listed neither age nor sex so we can't list top finishers in the masters and women's divisions without guessing (there wasn't even a separate listing of awards winners by division!). /Don McCoy/

**TREVIRA 10-MILE TWOSOME** (Apr. 28, New York City): 1-Virgin/SLTC 46:32.7(AR), 2-Rodgers 47:37, 3-Shorter 48:34, 4-Fleming 48:35, 5-C.Stewart 48:36...(women) 1-Ellison Goodall 55:37.9 (AR), 2-M. Shea 56:19, 3-Benoit/LAC 56:26, 4-Cooksey 56:57, 5-Sullivan 57:24. Both Virgin and Goodall set American records (bests) for 10 miles on the roads. /Marty Post/

**MIAMI 24-HOUR RUN** (Apr. 28-29, Miami, FL): 1-Don Choi/WDS 117 Mi., 134 Yds., 2-Kuvin (100M-880Y in 21:37:03), 3-Barraco (100M-440Y in 18:48:49), 4-Loveless (100M-440Y in 23:52:06), 5-Lydi Pallares 87M (24 Hrs)...only 3 lasted full 24 hours. /From Runner's Gazette/

**SANTA CLARA VALLEY SPRING RIDGE RUNS** (Apr. 29, Milpitas): - /6.07 Mi./ 1-Paul Gyorey 34:49, 2-Levitsky/WVTC 35:25, 3-M. Green/WVTC 35:41, 4-Bush 36:05, 5-Dorst 36:35, 6-Mahon/WVJS 36:37, 7-Castillo 37:24, 8-Jenkins 37:39, 9-Alonzo 37:42, 10-Allen 38:22, 11-Brock 38:27, 12-Ulate 39:04, 13-Piper 39:04, 14-Alexander 39:31, 15-McCrillis/TRAC(40+) 39:33...23-Stubbe (40+) 40:33, 29-Jackman(40+) 41:58...28-Nanette Garcia/SJC 41:45, 33-Melissa Duffy 42:58, 61-Andrea Lepley 47:39...136 finishers. /10.76 Mi./ 1-Nick Nickols/CPSLO 68:13, 2-Kadoch 68:25, 3-Jewett/ETC 68:33, 4-Dierken 70:12, 5-Day 72:20, 6-Ruona 72:49, 7-Carrier 72:59, 8-Jerome/TRAC 73:43, 9-Talavera 74:06, 10-Westwood 74:35, 11-Reynaga/WVTC 75:15, 12-B. Smith 75:52...15-Skip Swannack/WDS 78:05, 28-Maley(40+) 87:19, 31-Sorg 89:16, 32-Claire Hunter/WVTC 89:29...67 finishers. /Cupertino Yearlings; Landrum/

**AMERICAN CANYON X-COUNTRY RUN** (Apr. 29, American Canyon): /7 Mi./ 1-Keith Golding 41:15, 2-Pugh 41:26, 3-Carsill 41:27, 4-Davidson 42:12, 5-Barber 42:42, 6-Espinoza 43:13, 7-Souhard 43:14, 8-Wagner 44:10, 9-Schulz(40+) 44:36, 10-Hall/NVRC(40+) 44:56...37-Kimi Babb 62:12...48 finished. /C. Hall/

**SANTA ROSA 16-MILER** (Apr. 29, So. Calif.): /16.07 Mi./ 1-Norton 1:31:15, 2-Houchell 1:34:16, 3-Polhill 1:35:49, 4-Sayward 1:36:38, 5-Ruiz 1:37:08...12-Fonseca(40+) 1:43:57, 28-Paulette Halel 1:52:45...113 finishers. /Comite Rodewald/

**RICHMOND-SAN RAFAEL BRIDGE RUN** (Apr. 29, Marin County): - Only the top 450 runners got a set of results (times), and several thousand participated. Also, no indication of age or sex, so we're listing these results in our "minor" results section, as we have warned previously. Hope we got the top few masters/women correct...if not, let us know.../6.4 Miles/ 1-John Moreno/CW 31:03.2, 2-Flores/AGRC 33:49.5, 3-Williams/MR 33:50, 4-McKendell 33:54, 5-Berg 34:04, 6-Alderman 34:06, 7-Skeels 34:09, 8-Castro 34:12, 9-Brynes 34:15, 10-Smith 34:26, 11-Faulkner 34:32, 12-Jordan/BC 34:38, 13-Grubbs 34:45, 14-Hockerson/AGRC 35:24, 15-Rice/WVTC 35:31...19-Jacobs/PMK(40+) 35:54, 21-Nevraumont/WVJS 36:05, 24-Coke(40+) 36:18, 31-Michele Aubuchon 36:43. /Dabel/



Keith Golding, winner of the American Canyon X-Country 7-Miler. /Jim Engle/



(Left) Start of the Strawberry Canyon Run in Berkeley. /Jim Engle/

(Right) Part of the NCCR Boston Marathon tour. /Wayne Meyer/

**SPA-AAU 50-KILO CHAMPS** (Apr. 29, Las Posas Hills): 1-McDermott 2:58:35 (2:30:02 at marathon), 2-Coventry 3:08:26, 3-Pittinger 3:09:28, 4-Weyand 3:13:32, 5-P.Ryan 3:16:01, 6-Rudberg(40+) 3:19:32, 7-Cooper/WDS 3:19:42, 8-Parrish 3:22:02, 9-Cook 3:22:16, 10-Hall 3:25:00...15-Eroen(50+) 3:29:47, 18-Parker(40+) 3:36:37, 19-Sandra Kiddy(40+) 3:37:08 (3:02:20 at marathon), 42-Barbara Paterson 4:03:12...86 finishers. /Connie Rodewald/

**MOONSTONE BEACH DRIVE 4-MILER** (May 5, Cambria County Pk.): 1-Tom Becker/SLO 19:26, 2-Trimble/CPSLO 19:31, 3-Reyes/CuestaCol 20:31, 4-Boatwright/SLO 20:36, 5-Mandanis/CW 20:41, 6-Brisbin/SLDC 20:49, 7-O'Brien/AWBTC 21:12, 8-Stevens/CPSLO 21:13, 9-Lavelle/CPSLO 21:24, 10-Wright/LVDC 22:30...12-Coffey(40+)/SLDC 22:47, 19-Sue Munday/CW 23:28, 21-Gross/SLDC(40+) 23:54, 34-Terri Clark/SDC 26:37...121 finishers. /Stan Rosenfield/

**STRAWBERRY CANYON RUN** (May 5, Berkeley): /5.5 Mi./ 1-Luis Arreola 34:49, 2-Williams/MR 35:00, 3-Slawson/BASC 35:14, 4-Jackson 35:30, 5-Miller 36:15, 6-Page 36:18, 7-Wolfe/WVTC 36:32, 8-Skeels 36:54, 9-Giesecke 36:58, 10-Goubau 38:00, 11-Gowen 38:09, 12-Nelson 38:21, 13-Tift 38:27, 14-Clark 38:34, 15-Colborn 39:04, 16-Tucker 39:23, 17-Sampson 39:25, 18-Hendrix 39:40, 19-Messenger 39:49, 20-Reveili 39:52...29-O.Dahl(40+) 41:20, 50-Sorenson(40+) 42:40, 61-White(40+) 43:12...54-Vivian Soderholm-Difatte/WVTC 42:52, 86-Ann Duveneck 44:34, 90-Louise Aaron 45:10...198-Betsy White/WVTC(40+) 48:33...673 finished. /Diane Carlson/

**MUSCULAR DYSTROPHY 20-KM. SUN RUN** (May 6, Santa Barbara): 1-Ramon Estrada 67:52, 2-Brennan/SBAA(40+) 68:12, 3-Furbee 68:35, 4-Bergkamp 71:59, 5-Woelk 72:19, 6-Pierson 73:08, 7-Wendler 73:36, 8-McComb 74:14, 9-Taliaferro 74:33, 10-Reeves 75:50...12-Hoffman(40+) 76:46...32-Diane Killeen/AGRC 84:10 (whoops!!-31-Elaine Campo 83:33), 40-Tara Hobbs 86:27, 57-Fay Hobbs(40+) 91:16...148 finishers. /John Brennan/

**POOR MAN'S BAY TO BREAKERS WARMUP** (May 6, Foster City): /5.4 Miles/ 1-McDougal 30:00, 2-Bryan(40+) 30:05, 3-Takaha/CW 31:01, 4-Bitzer/WVTC 31:36, 5-Chavez 31:51, 6-Carvey 32:03, 7-Torres/WVTC 32:05, 8-Mattern(40+) 32:15, 9-Callahan 32:19, 10-Spadare 32:39, 11-Schug 32:52...18-Lucero/WVTC(50+) 35:40, 31-Linda Fields 37:07, 42-Patty Richmond/ETC 38:33, 44-Candy Carlson 38:59, 47-Ruth Waters/NCS(40+) 39:18...156 finished. /R. Bryan/

**DSE COIT TOWER RUN** (May 6, S.F.): /2.5 Mi./ 1-Phil Kay/WVTC 13:14, 2-Osong 13:24, 3-Gwisc(?) 13:49, 4-Chaffee/ETC(40+) 14:36, 5-Carleton 15:07...53-Pam Chappelle 17:46, 67-Daphne Dunn 18:15...186 finishers. /DSE Newsletter/

**NATIONAL AAU WOMEN'S 30 KILO CHAMPS** (May 6, Springdale, Ohio): 1-Marty Cooksey/Cal 1:53:07, 2-Banks/Pa 1:54:16, 3-Rochefort/Canada 1:55:16, 4-Doppes/Ohio 1:57:29, 5-Krenn/SDTC 1:58:16, 6-Gerin/Pa 1:58:34, 7-Consolo/NC 1:59:15, 8-Petersen/Cal 1:59:52, 9-File/NZ 2:00:19, 10-Olinek/Fla 2:01:03, 11-Vajdos/Tex 2:02:20, 12-Gorman/Cal(40+) 2:03:17, 13-Mendoca/Mass 2:03:20, 14-McKeachie/Mich 2:03:37, 15-Arenz/Minn 2:03:55. /Pete Cava/

**DEAF AWARENESS RUN** (May 13, Napa): /6.4 Mi./ 1-Steve Slawson/BASC 34:23, 2-Ceja 36:45, 3-Golding 38:14, 4-Cogan 38:40, 5-Espinoza 39:53, 6-Healy 40:11, 7-Dickinson 40:26, 8-Sweeney/AGRC 41:09, 9-McClaine 41:40, 10-Hall/NVRC(40+) 41:49...20-Kramer(40+) 44:48, 29-Beckie Simmie 46:59, 33-Jane Baxter 47:16, 36-Patty Brace 48:20, 38-Nina Beatie 48:46...137 finished. /Flo Butin/

**SALINAS VALLEY MARATHON** (May 13, Oak Park): - The hottest weekend of the year greeted 265 starters (203 finished), but the heat did not seem to bother winner Norwegian cross-country skier, Audun Endestad, too much. His 2:35:43 was almost four minutes up on Dave Levitsky. Times were significantly slower than expected because of the high temperatures and only 15 runners broke three hours. 1-Endestad/Nor 2:35:43, 2-Levitsky/WVTC 2:39:24, 3-Maher/MR 2:42:16, 4-Argue 2:45:13, 5-Barker/WVTC 2:46:35, 6-Hamlin 2:48:29, 7-Grieco 2:50:14, 8-Cook/WVTC 2:50:19, 9-Hansen 2:51:15, 10-P. Gyorey 2:53:16, 11-Williams 2:55:51, 12-P. Ryan 2:57:48, 13-Henry 2:58:47, 14-Morelli 2:59:02, 15-O'Rourke/SD 2:59:26, 16-Flynn 3:00:00, 17-Hart/WVTC 3:01:06, 18-Miller 3:02:50, 19-Bone 3:03:43, 20-Tagg 3:05:13...29-Ruiz(40+) 3:09:36, 38-Chase/Nev.(40+) 3:19:13, 40-Cook/Fl(40+) 3:20:28...93-Ninon Argoud(1st woman) 3:48:35, 102-Yvonne Reid 3:50:57. /Don Dugdale/



Audun Endestad, a Norwegian X-C skier, won the Salinas Valley Marathon in 2:35:43 in hot conditions. /Salinas Californian/

**DSE PRACTICE BAY TO BREAKERS RUN** (May 13, S.F.): /7.6 Mi./ 1-Kay/Fanelli/Machscheffs 42:38, 4-Horning 43:37, 5-Bashiruden 44:00, 6-Reager 44:20, 7-May 44:38, 8-Timko 44:45...13-Ardell(40+) 45:30, 107-A. Edmondson(1st woman) 51:50...755 finishers!! /DSE Newsletter/

**TILDEN PARK 15-KILOMETER** (May 13, Berkeley): 1-Pat Miller/Berk 50:24, 2-Jackson 51:00, 3-Page 52:49, 4-Goubau 53:53, 5-Nevraumont/WVJS(40+) 55:50, 6-Gowen 56:17, 7-Sampson 57:25, 8-Whitfield 59:32, 9-Miller 59:40, 10-Schroch 60:01...16-Eugenia Zorich 62:33...67 finishers. /Dan Williams/

**ALUM ROCK PARK 4.5-MILER** (May 19, San Jose): 1-Arturo Rodriguez/WVTC 25:23, 2-Kadoch 25:32, 3-Castillo 25:36, 4-M. Miller 25:53, 5-Dierkin 26:45, 6-Croteau 27:16, 7-Mosier 28:19, 8-Suits 28:32, 9-Martin 28:37, 10-Reynaga/WVTC 28:59...13-Carpenter(50+)/WVTC 29:23, 15-Mooneyham(40+) 30:16, 17-Gail Campbell/WVJS 30:58, 26-Marti Menz 34:18...92 finished. /Don McCoy/

**WINDSOR WHALE RUN** (May 20, Windsor): /15 Km./ 1-Steve Slawson/BASC 48:58, 2-Kirkland 51:06, 3-Goss 51:40, 4-Lawrence/VMRC 51:55, 5-Alexander/VMRC 53:08, 6-Bollman/VMRC 53:42, 7-Death-erage/SS 54:20, 8-Warr/SS 54:23, 9-Doris/VMRC 54:40, 10-Sjostedt/VMRC 55:15...13-Roland/ER(40+) 55:51, 14-Taylor/WVTC(40+) 57:04, 17-Schultz/ER(40+) 59:24, 40-Beckie Simmie/VMRC 67:09, 44-Bonny Lawrence/VMRC 67:54, 71-Susan Kane 76:17, 72-Melody Revenaugh 76:19...121 finishers. Chuck Harris won the predicted time division, missing his guess by only 21 seconds (he ran 80:21 vs. his 'guessed' 80:00). /Fred Kenyon/

**GONZALES GRAPE STAMPEDE** (May 26, Gonzales): /10 Km./ 1-Tamagni 31:37, 2-Wellck(40+) 31:44, 3-Tierrafria 32:06, 4-Moss 32:25, 5-Gaches 33:19, 6-Dugdale/MPAC 33:39, 7-Wild 34:18, 8-Garcia 34:27, 9-Kolofer 34:28, 10-Hart/WVTC 34:29, 11-Brazinsky 34:37 ...Brazil(40+) 36:07, Yvonne Reid 42:44, Deanne Gwinn 43:18 ...Cynthia Bieber(40+) 47:03...# of finishers unknown.

**DAVID COPPERFIELD 48-HOUR TRACK ULTRAMARATHONS** (May 26, Woodside): 100-Km: 1-Bill May 9:16:37, 2-Bob Cooper/WDS 9:16:43, 3-Zumwalt 9:50:00, 4-Choi 10:35:37, 5-Eisenbud 11:48, 6-Hill 12:17:30, 7-Fauss 12:54, 8-Buenfil 13:25:04, 9-Collins 13:25:04, 10-Loveless 17:34:20, 11-Stratta 30 Hrs.../women/ 1-Helene Eisenbud 13:56:30, 2-Marcie Schwam 14:11:52; 200-Km: 1-Choi/WDS 25:13:37, 2-Collins 44:38:25, 3-Loveless 45:23:08, 4-Stratta/WVTC 47:37:40.../women/ 1-Schwam 45:40:29; 300-Km: Choi 42:39:03; 48-Hr: 1-Choi 204M-942Y, 2-Collins 137M-1581Y, 3-125M-880Y, 4-Stratta 124M-482Y, 5-Askew 112M-223Y.../women/ 1-Schwam 137M-512Y. /Don Choi/

**HANG TEN MARATHON** (May 26, Los Angeles): 1-Tikkanen/Fin 2:17:47, 2-Smead/TIT 2:20:06, 3-Maxwell/BASC-Canada 2:20:52, 4-Allen/GB-CoTC 2:21:11, 5-Menson/CoTC 2:21:37, 6-Wyatt 2:22:36, 7-Dettmer 2:24:11, 8-Arquilla/AIA 2:26:38, 9-Bingham/CoTC 2:27:07, 10-Clark 2:29:27...F. Kiddy(40+) 2:43:31, Marty Cooksey 2:43:33, Sue Petersen 2:49:49, Sandra Kiddy(40+) 3:01:09...800 runners. /Al Franken/

**MEMORIAL DAY 10-KILOMETER** (May 27, Grass Valley): 1-Langford 32:56, 2-C.Hamer/WVTC 34:09, 3-Krebs/BC 34:40, 4-Bowles/WVTC 34:41, 5-Woodliff 34:57, 6-Mellor 34:58, 7-Vogt 35:08, 8-Jordan/BC 35:15, 9-Kelley 35:23, 10-Baccelli 35:50...12-Underwood/BC (40+) 36:54, 27-Onion(40+) 40:47, 46-Judi Mellor 44:06, 53-Paula Walker 45:44, 57-Cathy Quinn 46:44...121 finished...warm temperatures! /Gary Loucks/

**NATL. AAU 20-KILO MASTERS CHAMPS** (May 28, Washington, D.C.): 1-Lorenz/MR 65:54, 2-Ross/NCTC 68:03, 3-Veronsky/PVSTC 70:11, 4-Tuttle/PVSTC 70:44, 5-Clark/NCTC 71:24, 6-R.Bowles/Un 71:39, 7-Williamson/PVSTC 71:45, 8-Best/SAC 72:15, 9-Wood/PVSTC 72:25, 10-Bradley/PVSTC 72:46...15-Diamond/PVSTC(50+) 74:02, 17-Anspach/Ohio(50+) 74:30, 42-Andberg/TCTC(60+) 84:42.../Women/ 31-Trudy Rapp 80:09, 51-Nicki Hobson/SDTC 86:23...89 finishers. /George Veronsky/

**CALIFORNIA INVIT. 24-HOUR TRACK RUN** (Jun. 1, Huntington Beach): 1-Park Barner(35) 162M-537Y(World Rcd.), 2-King 116M-905Y, 3-Pycior(40) 109M-724Y, 4-Lovell 107M-1168Y, 5-Nagelschmidt(55) 104M-139Y, 6-Nathanson 101M-440Y, 7-Choi/WDS 101M-0Y, 8-Bozanich 86M-0Y, 9-Benyo/RWRC 80M-0Y, 10-Jacqueline Stack 59M-0Y...13 participants (18 miles minimum distance covered). /Pat Downey/

**BENICIA HISTORICAL RUN** (Jun. 2, Benicia): /5 Mi.+/ 1-Rodriguez/WVTC 27:41, 2-Guthrie/WVJS(40+) 27:46, 3-Corona 27:56, 4-Alderman 27:58, 5-Perlman 28:44, 6-Cargill 28:52, 7-Aldana 29:47, 8-Myers 29:48, 9-Warr 30:08, 10-B.Myers 30:12, 11-Crangle 30:16, 12-Wright 30:18, 13-James 30:34, 14-Souther 30:51, 15-Schaaf 31:16...20-Martinez(40+) 31:42, 22-Hackley(40+) 31:49, 63-Martie Comarell 35:23, 74-Paula Walker 36:22, 88-Carol Nixon 37:20, 90-Ann Grove 37:25...242 finished. /Terry Hughes/

**DIPSEA** (Jun. 3, Mill Valley): /6.8 Mi. - 69th Annual/ 1-Don Chaffee/ETC(40) 51:40 (actual times listed...handicap race), 2-Kiernan/TAM(41) 51:43, 3-Pickett/TAM(51) 57:22, 4-Margaret Livingston/WVTC(30) 61:25, 5-Malain/BC(52) 57:28, 6-Donovan/Un(14) 51:34, 7-Ryan/TAM(33) 49:34(fast time), 8-Nicholson/PMK(48) 55:36, 9-Pam Purcell(34) 64:43, 10-Johnson(36) 52:58, 11-Degen/TAM(36) nt, 12-Betsy White/WVTC(40) 65:51, 13-Daniels/TAM(43) 55:58, 14-Barbara Magid/TAM(35) 66:09, 15-Demarais/MR(22) 50:12, 16-Arago/MR(24) 50:21, 17-Stagliano/Un(39) 54:22, 18-Lawrence/TAM(39) 54:24, 19-Paffenbarger/NCS(56) 62:36, 20-Roenau/TAM(51) 60:50, 21-Botta/TAM(40) 57:00, 22-Brace(52) 61:04, 23-Ottaway/England(26) 51:08, 24-Vanek/PMK(50) 61:15, 25-Dahl(43) 57:16, 26-Carradine/DIRT(46) 59:21, 27-Dana Hooper(24) 63:26, 28-Larsen/PMK(27) 52:29, 29-Susan Mitchell/TAM(41) 67:31, 30-Beardall/DIRT(42) 57:45, 31-Cleaver/PMK(43) 57:55, 32-Cobourn(32) 54:03, 33-Louise Burns/NCS(39) 68:09, 34-Sampson/Un 56:12. /Frank Smith, Don Pickett, Jeff Biddulph/

**LAKE MERCED BALLETT RUN** (Jun. 3, S.F.): /4.45 Mi./ 1-Conroy/ETC 22:56, 2-Darling/ETC 23:01, 3-Hurd 23:25, 4-Gama 23:47, 5-Mc-Dougall 23:51, 6-Machscheffs/ETC 24:53, 7-Pohjola/Un(40+) 25:04, 8-Eshia 25:08, 9-Simon 25:13, 10-McDonald/PMK(40+) 25:18...22-Hughes/KJ(40+) 27:52, 30-Gallagher/PMK(40+) 28:54, 35-Sue Stricklin/WVTC(40+) 29:04, 43-Eva Casey/ETC 30:09. /Frank Donahue/

**GOLD COUNTRY MARATHON** (Jun. 3, Grass Valley): 1-Baudendistel/GW 2:43:30, 2-Hoschler/BC 2:49:21, 3-Linn/BC 2:50:38, 4-Mellor/AubRC 2:52:58, 5-Underwood/BC(40+) 2:54:54, 6-Hedges/BC 2:58:05...9-Sloan/Aub-49er(40+) 3:11:17, 26-Joan Perkins/Un 3:32:39, 29-B. Austrheim-Smith 3:36:06, 30-Leann Kindler 3:36:14...72 finishers. /Half-Marathon/ 1-Pincombe/GW 76:58, 2-Vogt/YFC 78:03, 3-Lindsay/PRCT 81:23, 4-Sanchez 81:44, 5-Masterson/SWEAT 84:01...16-Hannickel/OPHIR(40+) 93:06, 32-Donna Shaw 1:42:58...80 finishers. /10 Km./ 1-Hintermister/HS 36:29, 2-Nixon 37:18, 3-Price 38:50...13-Baker/AmRC(40+) 42:29, 30-Mary Keim 49:30...123 finishers. /G.C. Lions/

**STATUTO RACES** (Jun. 3, S.F.): /4.2 Mi./ 1-Green/ETC 22:53, 2-Morse/ETC 24:00, 3-Pruitt/ETC 24:17, 4-Huffman/Esalen 24:48, 5-Danner/Un 25:18, 6-Cohen/BASC 25:20, 7-Piua/SFAC 25:51...17-Joann Rascon 28:58, 20-Mary Fortana 31:46. /8.4 Mi./ 1-Sevald/ETC 47:44, 2-Muela/ETC 47:45, 3-Torres/WVTC 52:26, 4-Sobsey/DSE 53:08, 5-Kell 53:44, 6-Gogas 54:07, 7-Bugler/PMK 54:17...30-Patty Cutler/TSRC 68:56...37 finishers. /S.F.A.C./

**L'EGGS MINI-MARATHON** (Jun. 3, N.Y.C.): /10 Km./ 1-Grete Waitz/Nor 31:15.4 (World Road Best), 2-J. Shea/GTC 33:53, 3-M. Shea/GTC 33:59, 4-Bankes/RAA 34:08, 5-Bridges/Okla 34:47...8-C. Craven/Ohio 35:03, 12-Binder/SD 35:43, 26-Gorman(40+) 36:44...4118 finishers!! (all women) /Robert Campbell/

**ROBERT DECELLE, JR. (LAKE TAHOE) RELAYS** (Jun. 9, So.Lake Tahoe): /7 person, 72 miles/...new legs this year for safety reasons. 1-Stereoscope Sports (Nevada-Reno) 6:30:50, 2-Camino West 6:38:40, 3-AGRC 6:38:41, 4-Marin Racers 6:56:22, 5-Pacific West TC 6:57:40, 6-Truckee Meadows AC 7:03:50, 7-Silver State Str. 7:18:40, 8-LMJ&S 7:23:40, 9-Hideside Runners 7:24:20, 10-Marin Racers "B" 7:28:35...30-TRAC/D.O.M. (Masters) 8:32:24, 34-Coralia(Women) 8:52:09, 38-Aggie Women 9:02:21...49 teams. /Bob DeCelle, Sr.; Austin Angell/

**MT. MISERY 10-KILO** (Jun. 9, Placerville): 1-Mark Reese/Sac'to 34:02, 2-Booth 37:15, 3-Arrous 37:57, 4-Staples 38:06, 5-Baker 38:15...16-Hidie Baker(girl) 43:33, 19-Perpall(40+) 44:20, 21-Helm(50+) 44:34...40 finished. /Ernie Marinoni/

**GOLDEN GATE FIELDS RACE TRACK 10-KILO** (Jun. 10, Albany): 1-Bachand 32:51, 2-Jackson 33:34, 3-Mina/AGRC 35:21, 4-Gowen 35:32, 5-Hickman 36:02, 6-Stein 36:12, 7-Coughlin 36:33, 8-MacDonald/PMK(40+) 36:38, 9-Sherburne 37:02, 10-Brusher/LMJS 37:28...18-Peterson(40+) 39:14, 32-Sue Brusher/LMJS 42:34, 38-Sue Stricklin/WVTC(40+) 44:04, 41-Rosalie Pryor 45:09...96 finishers. /Bob Hoyle/

**RUSSIAN RIVER RUNS** (Jun. 10, Ukiah): /Marathon/ 1-Kevin Jones/VMRC 2:34:45, 2-McWilliams 2:56:40, 3-Fletcher 2:59:27, 4-Giglio 3:06:57...Doolittle (40+) 3:25:35, Helene Eisenbud 3:40:49. /1/2-Mara/ 1-Vanderlinden 1:16:24, 2-Clay 1:16:28, 3-Gibbons 1:18:01, 4-Bradley 1:18:40, 5-Jansen 1:19:59...Bellon(50+) 1:24:09, Kathy Blinn 1:35:28. /4.9 Mi/ 1-Murray 36:36, 2-Robinson 37:50, 3-Doolittle 39:24. /Volunteer Bureau/

**LIONS LOOP** (Jun. 10, Burlingame): - /4 Mi./ 1-George Green/ETC 20:22.6, 2-Joe Green/WVTC 20:22.9, 3-Harris/WVTC 20:37, 4-Becerra/ETC 21:11, 5-McFadden/WVTC 21:16, 6-Bryan/Un 21:30, 7-Landess 21:50, 8-Dunn 21:54, 9-Stanbridge 22:23, 10-Stein 22:24...divisional codes were listed with no explanation and many names had only first initials, therefore we can't list top masters/women! Roger Bryan (6th) was first master...201 finishers. /Richard Quadri/

**GOLDEN GATE 10-KILOMETER** (Jun. 10, S.F.): 1-Craig Virgin/SLTC 30:34, 2-Blume/Cat 30:43, 3-Quintana/WVTC 31:37, 4-Porter/WV 32:23, 5-Garza 32:50, 6-Kavish 33:48, 7-Black 34:10, 8-Deetz 34:23, 9-Edelbrook 34:38, 10-Sims 34:48, 11-LaBrada 34:54, 12-Coborn 34:56, 13-Moyles 34:58...Arde11(40+) 34:59, Williams(40+) 35:46, Epanchin(40+) 37:35, 11-Michele Aubuchon/CSH 37:04, S. Hurlbut(woman) 37:06...4000 finished. /L. Paakman/



Greg Bachand was an easy winner at the Golden Gate Fields Race Track 10-Kilometer. /Jim Engle/

**SEVENTY-NINER GOAL RUSH** (Jun. 16, San Mateo): /Distance unknown/  
1-Bautista 30:55, 2-O'Connor/CW 31:31, 3-Milan 31:49, 4-Aurand  
32:56, 5-Haight 33:00, 6-Lachenbruch 33:04, 7-McFadden/WVTC  
33:16, 8-Ruona 33:40, 9-Hulse 33:59, 10-Torres/WVTC 34:12, 11-  
Miller 34:38, 12-Taylor/WVTC(40+) 35:07...14-Gehl(50+) 35:27,  
15-Shastany(40+) 35:39, 51-Barbara Pike 39:53, 53-Kathy Rankin  
40:07, 88-Lauro Cisneros 42:54...188 finished. /Mitch Postel/

**V&T X-C HALF-MARATHON** (Jun. 16, Carson City, Nev.): 1-Correa/  
Nev-R/Col 67:35, 2-J. Leano/Nev-R/Col 67:38, 3-E. Leano/Nev-R/  
Col 69:05, 4-Mentzer/SSS 69:47, 5-M. Tibaduiza/Nev-R/Col 70:03,  
6-Maguire/SSS 71:48, 7-Williams 72:20, 8-Munoz 73:05, 9-Bour-  
beau/WVJS(40+) 77:37, 10-Miers 79:16, 11-Carlson 79:37, 12-  
Adams/SSS 81:18...Barbara Mack/SSS 1:29:49, Colleen Connors  
1:34:42...approx. 125 finishers. /Mary Crawford/

**DONNER LAKE 7-MILER** (Jun. 17, Donner Lake, CA): /7.2 Mi./ 1-  
J. Leano/Nev 36:00, 2-Correa/Nev 36:21, 3-E. Leano/Nev 36:24,  
4-Kingery/CW 36:49, 5-Devine/SSS 39:13, 6-Hintermister/HRC  
39:28, 7-Albright 41:03, 8-Swezey/PMK 41:43, 9-Carroll 42:13,  
10-Lindsay/HRC 42:31, 11-Turner/WVTC 42:36, 12-Takaha/CW  
42:53, 13-Parker/SSS 42:57...Smith/SSS(40+) 48:12, O'Brien(40+)  
48:13, Mery Reynolds 54:06, Marianne Lenard 55:05, Linda Sine  
56:33, Sue Griswold/SSS(40+). /Mary Crawford/

**FATHER'S DAY 5-KILO** (Jun. 17, St. Helena): 1-Engle 15:24, 2-  
McGrath/AGRC 15:35, 3-Proteau/AGRC 15:42, 4-Goss 15:59, 5-Smith  
16:03, 6-Ceja 16:18, 7-Leoni 16:20, 8-Durbin 16:33, 9-Bollman  
16:38, 10-Noonan 16:42, 11-P. Sweeney 16:49, 12-Wright 16:54,  
13-Golding 16:55, 14-Deatherage 17:01, 15-Cottrell 17:07, 16-  
Haslam(40+) 17:09...25-Kramar(40+) 18:48, 38-Mary Frommelt  
20:18, 57-Greta Jaeger 23:14...105 finished. /Silverado TC/

**LAKE TAHOE MARATHON** (Jun. 23, Incline Village, Nev.): 1-John  
Gailson/Nev. 2:43:24, 2-Sane/Nev-R 2:44:22, 3-Lincicome/SSS  
2:47:35, 4-Durbin/SSS 2:52:02, 5-Graf 2:56:50, 6-Hedges/BC  
2:57:04, 7-Angell/STTC 2:57:59, 8-Cheuvront/Nebr(40+) 3:01:33,  
9-Miers/Nev. 3:05:49, 10-Stromberg/BC 3:07:00...14-Holmes/WVJS  
3:10:20, 16-Jamborsky/Virg. 3:10:59...31-Pamela Schmidt/SSS  
3:24:16, 37-Kim Pier 3:30:33...106 finished. /Skip Youngdahl/

**RIVER DAZE RUN** (Jun. 23, Dunsmuir): /4 Mi./ 1-Ferrero/SWEAT  
21:04, 2-Frank 21:49, 3-Dawson 23:19, 4-Mazzei 23:31, 5-Parr  
23:38, 6-Hartland 23:52, 7-Reed(40+) 23:55...9-Bunnell(40+)  
24:20...28-Regina Silva/Redding 27:59, 42-Jeanie Minuth 30:52  
...109 finishers. /Lee Ferrero/

**CASCADE RUN OFF** (Jun. 24, Portland, Ore.): /15 Km./ 1-Lindsay  
44:17, 2-Yuge/Japan 44:28, 3-Pfeffer/CoTC 44:44, 4-Barrett/Aus  
44:46, 5-Durden/AtITC 45:22, 6-Barbiracki 45:28, 7-Vigil/CoTC  
45:37, 8-Atkins/CNW 45:40, 9-Staynings/WKU 45:51, 10-Wells/AW  
46:06, 11-McCarey/AW 46:07, 12-Bickford/Mass 46:19, 13-Pinkow-  
ski/AW 46:39, 14-Devery 47:00, 15-Moore/OTC 47:08...18-Kardong/  
CNW 47:22, 47-Hatton(40+) 50:10.../women/ 1-Benoit/LAC 51:27.5  
(World Road Best), 2-Twomey/Minn 53:25, 3-Parker/Ore 53:36, 4-  
Schmidt/Ore 53:54, 5-Volk/Wash 55:07...7-Gorman(40+) 57:15,  
Sue Stricklin/WVTC(40+) 64:04...4892 finished. /Chas. Galford/

**MORRO BAY TO CAYUCOS FUN RUN** (Jun. 30, Morro Bay): /Distance  
not noted on results/ 1-Huff/SLDC 31:47, 2-Hutchinson/SLDC  
33:14, 3-Roeckert/SLO 33:31, 4-Cadena/SLO 33:38, 5-Rotte/NPHS  
33:46, 6-Campbell/FPTC 33:56, 7-Baldwin/SLDC 34:05, 8-Adams/BB  
34:09, 9-Mineau 34:12, 10-White/SLO 34:13...19-Burgasser/STC  
(40+) 34:53, 33-Efron/CCAC 36:13, 45-Renee Ortiz/FPTC 37:32,  
139-Marina Rosa/SLDC 42:56...515 finishers. /Brian Waterbury/

**NATL. AAU 15-KILO** (Jul. 4, Santa Barbara): /SR. MEN/ Teams: 1-  
WVTC, 2-Camino West, 3-Team Inside Track; /JR. MEN/ Teams: 1-  
WVTC, 2-Team Inside Track, 3-SBAA (Note: Jr. finishers noted  
by an "\*"). 1-Benton Hart/WVTC 45:32, 2-Tuttle/TIT 45:35, 3-  
Moreno/CW 46:18, 4-Smead/TIT 46:30, 5-Sayre 46:33, 6-Koningh  
46:54, 7-Serna 46:55, 8-Lundberg 47:03, 9-Sutherland 47:14,  
10-Schankel/CPSLO 47:33, 11-Quintana/WVTC 47:40, 12-Britten/  
AGRC 47:44, 13-Kingery/CW 47:53, 14-Smith/WVTC 47:55, 15-Can-  
choLa 47:58, 16-Albers 48:09, 17-Curran 48:17, 18-Fritzke/CW  
48:26, 19-Moses 48:35, 20-Small/CPSLO 48:46, 21-Seaver/WVTC  
48:54, 22-Brooks/CW 48:55, 23-Chaidez 48:56, 24-Paul/PMK 48:59,  
25-Hamer/WVTC 49:11, 26-Conover\*/WVTC 49:20...29-Spilan\* 49:29,  
30-O'Halloran/AGRC 49:30, 32-Goettelmann/WVTC 49:34, 35-Zapata/  
WVTC 49:38, 39-Read/WVTC\* 49:56, 40-Hernandez/WVTC 50:00, 43-  
Gruber/WVTC\* 50:10, 44-Jay Marden/WVTC\* 50:15, 45-Emry/CW 50:18,  
46-Brennand/SBAA(40+) 50:26, 53-Valdez/WVTC\* 50:53, 65-John Mar-  
den/WVTC\* 51:44, 72-Burgasser(40+) 52:07, 76-Serrano/WVTC\*  
52:30, 80-Green/WVTC\* 52:40...Suzanne Richter/Cal. 56:34 (more)-

(Nat'l. 15K, Cont'd) Linda Heinmiller 57:29, Pam Cox/Cal 58:03.  
/John Brennan/

**FOURTH OF JULY 5-MILER** (Jul. 4, Corte Madera/Larkspur): /5.26  
Mi./ 1-P. Sweeney/AGRC 25:57, 2-Timmerman/MR 27:33, 3-Demaraix  
/MR 27:39, 4-Mandanis/CW 28:06, 5-M. Sweeney/AGRC 28:22, 6-  
Bond/LHS 28:32, 7-Freeman 29:20...10-Ardel(40+) 29:56, 13-Cat-  
anese(40+) 30:26, 14-Menzie(40+) 30:55, 30-Diane Killeen/AGRC  
32:24, 49-Pam Purcell 34:45, 56-Jolie Houston/AGRC 35:08...235  
finishers. /Diane Killeen/

**NIKE/EARTHQUAKES 6-MILER** (Jul. 7, San Jose): 1-Hurst/WVTC  
30:49.7, 2-Cruz/PW 31:26, 3-Rude/Un 31:40, 4-Howe 32:28, 5-Mor-  
aida 32:46, 6-Geiken 33:30, 7-Rone7 33:49, 8-Rostege/WVTC  
33:53, 9-Apperson/CW 34:02, 10-Colvin 34:06, 11-Singer 34:27,  
12-Anderson 34:46, 13-Stockton 34:59, 14-Parades 35:02, 15-  
Globerson 35:21...23-Unsicker(40+) 36:50, 25-Flather(40+)  
37:05, 26-Sue Munday/CW 37:10, 53-Vicki Bigelow(40+) 39:21, 59-  
Karen Scannel/PMK(40+) 39:36...412 finished. /Ron Wayne/

**WESTERN STATES ENDURANCE RUN** (Jul. 7, Squaw Valley): /100 Mi./  
1-Mike Catlin/AGRC 16:11, 2-Doug Latimer(40+) 16:34, 3-Elling-  
son 17:36, 4-Ranck/Penna. 17:57, 5-Collins/NM 18:32, 6-Bozanich  
18:37, 7-Wehan 18:49, 8-Coleman 18:58, 9-Monohan/Md(40+) 18:59,  
10-Christy/Ore 19:05, 11-Kovacs/TRAC(40+) 19:31, 12-Gaal 19:37,  
13-Zavortink(40+) 19:42, 14-Clinkenbeard 20:15, 15-Williams  
20:30, 16-Underwood/BC(40+) 20:42...23-Lindquist(50+) 21:50,  
28-Skip Swannack/WDS(1st woman) 21:56, 44-Candy Hearn 22:53,  
74-Sally Edwards/FF 26:00, 75-Lynn Harris 26:17...96 finishers  
at 30 hours or better (67 under 24 hours). /Phil Lenihan/

**CALISTOGA FOOTRACE** (Jul. 7, Calistoga): /5 Mi./ 1-McGrath/AGRC  
25:25, 2-Corey/WVTC 25:41, 3-Proteau/AGRC 26:06, 4-Goss 26:14,  
5-Howard 26:37, 6-Lodin 26:44, 7-Alexander/VMRC 26:53, 8-Law-  
rence 26:54, 9-Lindsell 26:57, 10-Leoni 27:00...16-Beardall/  
DIRT(40+) 27:53, 17-Haslam(40+) 28:19, 73-Linda Brown-Kittel  
34:46, 83-Lilian Woodward(40+) 35:55...200 finished. /Silv.TC/

**PIONEER STAMPEDE** (Jul. 15, Pioneer): /7 Km./ 1-B. Tarin/WVTC  
23:10, 2-Alberg 23:23, 3-Franse 24:37, 4-Agnew 24:49, 5-Lambie  
24:59, 6-Clark 25:12, 7-Butt/WVTC 25:32, 8-Custino 25:43, 9-  
Ferrill/SUND(40+) 25:53, 10-Coulter 26:19, 11-Malain/BC(50+)  
26:40, 28-Paula Ferrill/SUND(40+) 31:21, 34-Leslie Cowan 33:16,  
37-Mary Graham 33:37...68 finishers. /Tom Lambie/

**EPPIE'S GREAT RACE** (Jul. 21, Sacramento): /Run, Bicycle, Kayak/  
/OPEN/ 1-Cykrum III (Brunn, Buer, Harms) 1:18:28, 2-Still Lazy  
(Weed, Weed, Romesser) 1:20:06, 3-Heiniken Harriers (Shadow,  
Burlingame, Ferreira) 1:20:40; /WOMEN/ 1-Willow Crk Rqt Club  
(Polakoff, Harris, Perkins) 1:35:27, 2-Newcomers III (Finch,  
Buer, Anex) 1:36:35, 3-Sassy Sausolitan (Wolfe, Nelson, An-  
drews) 1:39:42; /18 & UNDER/ 1-The Return of Lowdown (Deluc-  
chi, Hummel, Rembao) 1:23:19(Rcd), 2-Bohos of Barbosa (Jonge-  
waard, Healy, Guinee) 1:24:05, 3-The Competitors (Deurloo,  
Hansen, Doi) 1:26:39; /MASTERS/ 1-B.R.C. Conspiracy (Sweet,  
Gade, Bowles) 1:22:01(Rcd), 2-Aerobic Adventurers (Delano, Hea-  
ly, Beardall) 1:24:12, 3-Different Folks (Norgard, Ruth, Kier-  
nan) 1:26:26...478 teams!!...441 finished. /Ralph Bowles/

**SYNANON AIR STRIP MOUNTAIN RUN** (Jul. 21, near Badger): /6.2  
Mi., rugged!/ 1-Lara/Clovis 35:38, 2-Garza 36:58, 3-Gomez  
41:29, 4-Renfro 41:48, 5-Ramirez/Syn 43:29...15-Soto/SYN(50+)  
53:49.../Women/ 1-Rojas 47:47, 2-Gauthier/SYN(40+) 53:58...42  
finishers. /Michele Gauthier/

**WATERMELON RUN** (Jul. 28, Oakland): /8.4 Mi./ 1-Schulz/WVTC  
43:09(Rcd), 2-Romesser/Un 43:30, 3-Berry/WVTC 43:56, 4-Kindle/  
PMK 45:47, 5-Franklin/WVTC 45:56, 6-Brooks/CW 46:49, 7-Winters  
46:53, 8-Mina/AGRC 47:09, 9-Urtiaga 47:37, 10-Plummer/WVTC  
47:40, 11-Bowles/Un(40+) 47:58(Rcd), 12-Singer 48:01, 13-Gowen  
48:44...18-Holmes/WVJS 50:36, 21-Coke(40+) 51:43, 42-Denise  
Bigelow/AGRC 58:07, 45-Vicki Bigelow(40+) 58:33, 52-Serran  
Calandra 60:44...127 finished. /Bob DeCelle/□

## LATE GNUS



GNU (4 1/2 ft. high at shoulder)

Nothing like a little  
space to fill! -- SCHEDUL-  
ING: On Oct. 13, the Na-  
val Support Activity on  
Treasure Island is hosting the SEAGULL RUN,  
starting at 9:30 a.m....two courses (3 miles  
flat and 6 miles flat & hilly around Treasure  
and Yerba Buena Island). For further infor-  
mation, contact: 415/765-5771 or 765-5088.□

**VAN HORN TOPS PAUL MASSON FIELD** (Jan. 28, Saratoga): - Sacramento State's Mike Van Horn, whose previous marathon best was 2:39, was certainly not the favorite in the 7th Annual edition of this popular marathon, but his narrow loss to Benton Hart a few weeks earlier in a quick ten-mile (48:54) certainly placed him as a strong contender. As it turned out, Mike overhauled early leader John Moreno at about 16 miles after running fifth (some two minutes back) at the halfway point, and Moreno subsequently dropped out with bad cramps. From then on he simply lengthened his lead, finishing in a good 2:20:55.2, more than 4½ minutes ahead of West Valley College soph, Greg Szanto, who clocked a good 2:25:28. Sunnyside's Hank Lawson grabbed third (2:26:47), and Mike Gulli clobbered his PR by some ten minutes with a fine 2:28:59 to round out the sub-2:30 field on the rather hilly course. Newly turned master, James Bowers of Santa Rosa, surprised the over-40 field with a solid 2:36:33 for 15th overall, well ahead of challengers Doug Latimer (2:39:40-PR) and Tom Mota (2:40:20). Seventeen-year-old Kathy Koudela of Monte Vista High handled her first marathon in grand style, defeating a fine women's field with a 2:52:52.



(L-R) Greg Szanto and Hank Lawson placed 2-3 at the Paul Masson Champagne Marathon, while Kathy Koudela, a high school student running her first marathon, dominated a fine women's field in a quick 2:52:52, placing 113th overall. /John Shereta Photos/

Second-placer Skip Swannack took fifteen minutes from her personal best with a great 2:56:42 effort. Third-placer Patricia Doran took more than an hour and a half from her previous best with a 3:01:11 for third, and Sue Stricklin, 41, led the masters women in a fine 3:04:53 for fourth place overall. Paula Ferrill was runnerup in 3:16:27, just ahead of Marilyn Harbin's 3:16:42, both PR's. Tom Dooley race-walked 3:55:45. There was a total of 1,403 finishers in the largest turnout ever. /Dan O'Keefe/

1-Mike Van Horn/20/SS	2:20:55	37-Paul Bragstad/31	2:42:50	73-Alan Swenson/27	2:49:42	141-Gerald McMahon/41	2:55:13*
2-Gregg Szanto/22/WVC	2:25:28	38-Edward Dux/31	2:43:02	74-Mike Warr/17	2:49:42	145-Bill Phillips/49	2:55:24*
3-Hank Lawson/23/CW	2:26:47	39-Bruce Hiler/21	2:43:51	75-Dennis Reager/35	2:49:52	158-Sieg. Mattern/42/DSE2	2:56:16*
4-Mike Gulli/19	2:28:59	40-Bill Meinhardt/38	2:44:17	76-Raymond Clemo/29	2:50:01	159-Ronald Ruiz/42	2:56:20*
5-Jeff Wall/36/ETC	2:31:30	41-Edwin Jerome/35/TRAC2	2:44:21	77-Gary Kaufman/28	2:50:10	172-Theo Jones/40/PMK	2:57:26*
6-Gary Goettelmann/35	2:32:27	42-David James/29	2:44:29	78-Leonard Gilliana/26	2:50:24	173-David Edgar/40	2:57:27*
7-Mike Faneli/22/PMK	2:32:27	43-Bob Stephenson/31	2:44:31	79-Robert Sobsey/27	2:50:37	175-William Young/40	2:57:32*
8-Tim Swezey/29/PMK	2:33:05	44-Myron Nevraumont/44	2:45:00*	80-Nick Winter/35/LVRC	2:50:37	187-David Roos/41	2:58:05*
9-Russell Knudsen/24	2:33:19	45-Tim Pfister/21	2:45:24	81-Thad Orzechowski/29	2:50:39	189-Herb Hoover/50	2:58:12*
10-David Muela/26/ETC	2:33:21	46-Rich Leutzinger/40	2:45:35*	82-Dennis Anderson/37	2:50:45	200-Joe Maddux/43	2:58:51*
11-Santos Reynaga/29/WV2	2:35:02	47-Sal Citarella/36	2:45:36	83-Dan Alarid/36	2:50:50	202-Jon Baumgartner/43	2:59:00*
12-Lynn Mentzer/19/UNR	2:35:10	48-Rick Moraida/18	2:45:40	84-James Liedtke/40	2:50:53*	205-Carl Gillette/43	2:59:19*
13-Bob Woodliff/31	2:35:47	49-Charles Jackson/36	2:45:43	85-Graeme Bell/30	2:50:55	208-Ken Pulver/40	2:59:29*
14-Jim Barker/32/WVTC	2:36:25	50-Paul Gyorey/20	2:45:49	86-Mark Reese/29	2:51:01	211-Ernie Young/45	2:59:31*
15-Jim Bowers/40	2:36:33*	51-Rudi Schmidt/26	2:45:55	87-Larry Arata/34	2:51:02	***WOMEN***	
16-Tom Robinson/30/PMK	2:37:18	52-Eugene Gilligan/37	2:45:55	88-Thomas Kennedy/23	2:51:02	113-Kathy Koudela/17/MVH2	2:52:52
17-Jim Bowles/29/WVTC	2:37:20	53-Walt Van Zant/39/WVJ2	2:46:41	89-Ed Stromberg/35	2:51:07	165-Skip Swannack/37/WDS2	2:56:42
18-Ken Apperson/15/CW	2:37:39	54-Bryan Holmes/44/WVJ	2:47:04*	90-Jerry Hall/32	2:51:07	263-Sue Stricklin/41/WV	3:04:53*
19-Jim Howell/35/WVTC	2:37:43	55-John Graham/45	2:47:06*	91-Michael Longwich/30	2:51:14	325-Diane Young/36	3:09:28
20-Don Dugdale/33/MPAC	2:39:22	56-D.D. Larsen/28	2:47:34	92-Lu Haas/35	2:51:30	345-Kathryn Blinn/24	3:11:23
21-Doug Latimer/41/Un	2:39:40*	57-Karl Machscheffes/19	2:48:17	93-Doug Fischer/27	2:51:34	366-Laury Belzer/33/LMJ	3:12:29
22-Rich Patterson/35	2:40:00	58-Russ Kiernan/41/DIRT2	2:48:23*	94-Al Stanbridge/32	2:51:40	365-Lynn Harris/28	3:13:23
23-Tom Mota/40	2:40:20*	59-Robert Dobson/31	2:48:31	95-William Keller/34	2:51:46	393-Consuelo Underwood	3:14:03
24-Jim Carr/32	2:40:34	60-Michael Milton/32	2:48:34	96-John Ulate/37	2:51:46	405-Diane Evans/26	3:14:44
25-Tom Arnez/17	2:40:46	61-Frank Ruona/33	2:48:41	97-Robert la Rogue/33	2:51:50	423-Judy Irving/32	3:16:06
26-Kenneth Adams/36	2:40:54	62-Steve Daniels/20	2:48:47	98-William Dunn/31	2:51:55	430-Paula Ferrill/42/SUN3	3:16:27*
27-Ted Pawlak/22	2:41:01	63-Glenn Pruitt/36	2:48:57	99-Mike Gourley/22	2:52:04	435-Marilynn Harbin/41	3:16:42*
28-Steven Stark/31	2:41:05	64-Sid Christie/33	2:49:01	100-Phil Sanfilippo/28	2:52:11	441-Barbara Davis/29	3:17:01
29-Dan Houchell/22	2:41:21	65-Terry Hughes/35	2:49:08	101-William Soo Hoo/26	2:52:19	481-Grace Voss/35	3:19:46
30-Gary Alderman/35	2:41:24	66-Dennis Early/22	2:49:14	102-Donald Barber/31	2:52:36	493-Pamela Provo/29	3:20:21
31-Bob Cooper/24/WDS	2:41:39	67-Rae Clark/26	2:49:16	***MASTERS***			
32-Harold Yamauchi/21	2:41:40	68-Jack Frost/36	2:49:18	111-Ted Wilson/41/KJ	2:52:46*	519-Judy Wiseman	3:22:??
33-Phil Hager/42/WVTC	2:42:04*	69-Dan Moore/37/LVRC	2:49:29	125-Ed Dally/47/WVTC	2:54:06*	524-Bev Hendrighsman/32	3:22:21
34-Stephen Lorenz/34	2:42:06	70-Hriar Cabayan/34	2:49:30	129-Warren Moorman/42	2:54:16*	539-Julie Thompson/26	3:23:12
35-Silly Sillivan/22	2:42:34	71-Frank Delgado/42	2:49:30*	135-Carl M. Fry/49	2:54:40*	567-Susan Martin/27	3:24:57
36-Charles Hoover/30	2:42:47	72-Albert Garcia/33	2:49:39	140-Hans Roenau/50/DIRT	2:55:01*	575-Marlys Hayden/46	3:25:15*

**RODGERS & SCHAUER DOMINATE VALENTINE DAY RUNS** (Feb. 17, Oakland): - The Alameda County Heart Ass'n went to the trouble of flying in Bill Rodgers for their annual 5 and 10K runs around Lake Merritt, and nobody appeared disappointed as over 3000 completed the popular runs. Local Canadian, Brian Maxwell, held onto Rodgers for about one lap (5K) and then it became obvious what the outcome was going to be as the Boston Marathon champ easily pulled away to a 53-second victory, 29:15 to 30:08. Mike Cassidy ran a good 30:28 for third. Doug Bell's 33:36 led the over-40's, ahead of Juhani Pohjola's 33:58, and Don Pickett was a distant third in 36:11. Dana Flint's speedy 37:52 bested Sue Brusher (38:15), who seemed to have recovered from her PR marathon of the week before (2:57:57). Ruth Anderson (41:16) led the masters women. Kim Schauer was a 16-second victor in the 5K event (both were held concurrently) with a fine 14:57 effort, with Scott Molina in the runnerup spot. Rey Corona (15:27) nipped Bob Martin (15:28) for third. Masters newcomer, Tom Mota, showed he'll be a force to contend with in that division by placing 12th overall in a quick 15:54, besting Vince Spangler's 16:33 and Paul Weggenmann's 16:40. One of the best performances of the day was turned in by Norway's Sissel Grottenberg, whose 16:47 was 31st overall and more than a minute ahead of runnerup Marilyn Taylor's 17:51. Improving Mary Gaffield was third in 18:05, and Liz Ray was best woman over 40 at 20:15. Results on next page. /Cliff Lura, Heart Ass'n./

<i>(Valentine Day Run - 5K)...</i>		23-Larry Guinee/CVHS	16:30	46-Tom Dorst	17:07	69-Dave Larson	17:36
1-Kim Schaurer/MR	14:57	24-Pat Carroll	16:30	47-Russell Cohen	17:09	70-Rick Gilmore	17:37
2-Scott Molina	15:13	25-Vincent Spangler/41/WV16	16:33*	48-Ron Battano	17:10	71-Robert Harrison	17:37
3-Rey Corona	15:27	26-Carl Gayden	16:35	49-Michael Gonnella	17:12	***MASTERS***	
4-Bob Martin	15:28	27-Kurt Mayne	16:38	50-Charles Putnam	17:14	79-ArnoTd Knepper	17:45*
5-Bruce Wolfe/WVTC	15:30	28-Paul Weggenmann/PMK	16:40*	51-Jack Browne	17:18	82-Marvin Winer/WVTC	17:50*
6-Frank Leeds	15:37	29-Allen Mahaney	16:42	52-Roger Manriquez	17:18*	98-Joe King	18:12*
7-Michael Skiff	15:42	30-Bryan Holmes/WVJS	16:47*	53-Billy Shyvers/WVTC	17:18	100-Jess Chavez	18:15*
8-Layne Rolston	15:45	31-Sissel Grottenberg/NOR16	16:47F	54-James Mickle	17:19	101-Ed Baker	18:15*
9-Peter Jensen	15:47	32-Arnold Ramos	16:49	55-Bo Johansen	17:20	112-Richard Miller	18:30*
10-Mike Green/17/WVTC	15:50	33-Pete Savitz	16:50*	56-Sam Garcia	17:20	115-Walter Williams	18:33*
11-Iain Mickle	15:54	34-Kevin Kennedy	16:54	57-Anthony Green	17:24	***WOMEN***	
12-Tom Mota/40	15:54*	35-Mike Gama	16:54	58-Mark Levinson	17:24	83-MariTyn Taylor/WVTC	17:51
13-Tim Rostege/38/WVTC	15:55	36-Joe Casey	16:57	59-Yusof Ghanaat	17:25	93-Mary Gaffield/PMK	18:05
14-Rich Moraida	15:56	37-Kyle Kessler	16:57	60-Bill Arbitman	17:26*	116-Suzanne Blevins	18:34
15-John Carey/16/WVTC	16:02	38-Ira Mach	16:58	61-Richard Hire	17:26	138-Frances Mason	19:03
16-Timothy Morse	16:05	39-Searcy Barnett	17:00	62-Gary Chan/21/WVTC	17:27	144-Jenny Ray	19:16
17-Jim Pena	16:12	40-Don MacDonald/PMK	17:01*	63-Larry Nolan	17:28	151-Denise Bigelow	19:22
18-John Leeming	16:14	41-Richard Doty	17:01	64-Larry Moser	17:31	158-Jill Miller	19:34
19-Joseph Domek	16:18	42-Chuck Cox	17:02	65-Chris Amaral	17:31	168-Laury Belzer/LMJS	19:41
20-Lee Evans	16:18	43-Michael Hicks	17:06	66-Steve Flatland	17:34	177-Bridget Flynn	19:50
21-Jonathan Coleman	16:21	44-Dennis Coulter	17:06	67-Frank Castro	17:36	190-Sharon Calandra	20:05
22-Henry Walker	16:29	45-John Cline	17:07	68-Jesus Puente	17:36	198-Liz Ray	20:15*

<i>(Valentine Day Run - 10K)...</i>		25-Rafael Tierrafria	34:00	50-John Davis, Jr.	35:53	75-Hugh Globerson	36:56
1-Bill Rodgers/30/GBTC	29:15	26-Neil Berg	34:17	51-Ron Peck	35:57	***MASTERS***	
2-Brian Maxwell/BASC	30:08	27-Rae Clark	34:26	52-Don Diola	36:02	100-Fred Linch	37:23*
3-Michael Cassaday/27	30:28	28-Ross Rowley/SUND	34:27	53-Alan French	36:03	108-W.R. Watkins	37:33*
4-Bill Seaver/WVTC	30:42	29-Michael Boucher	34:29	54-Brian Knight	36:04	109-Gary Meurer	37:33*
5-Bill Britten/AGRC	30:58	30-Tom McCarthy	34:32	55-Joe Gallagher	36:05	122-Gough Reinhardt	37:56*
6-Don Paul/PMK	31:13	31-Ed Jerome/TRAC	34:43	56-John Carleton	36:06	126-Dick White	38:04*
7-Peter Downs/17/WVTC	31:25	32-David Gowen	34:44	57-Mark W. Graves	36:09	128-Glenn Unsicker	38:11*
8-Gregg Szanto/WVC	31:34	33-Derrick Hamilton	34:45	58-Don Pickett/DIRT	36:11*	153-Gene White	38:41*
9-Harvey Franklin/35/WV	31:47	34-Harold Knutson	34:47	59-Richard Piper	36:16	158-Bruce Carter	38:50*
10-Mike Timmerman	32:13	35-Keith Gleason	34:48	60-John Armstrong	36:19*	162-James Aynesworth	38:56*
11-Jeff Farmer	32:25	36-Ryan Tate	35:03	61-Michael Coke	36:20*	164-R. Blair Stock	38:57*
12-Larry Lincoln	32:27	37-Michael Banks	35:19	62-Gerald McMahon	36:25*	***WOMEN***	
13-Gary Singer	32:36	38-Laurence Sims	35:23	63-Warren Moorman/PMK	36:26*	119-Dana Flint/TAM	37:52
14-Jim Cook	32:55	39-Mike Stover	35:32	64-Richard Kell	36:27	133-Sue Vinella-Brusher	38:15
15-Tim Swezey/29/PMK	33:09	40-Phil Duncan	35:36	65-Robert Solorio	36:28	146-Pauline Vasquez/SJC	38:31
16-Ted Pawlak	33:14	41-Allan Stanbridge	35:39	66-Andrew Bruce	36:32	154-Vicki Blankenship/PMK	38:42
17-Mike Warr	33:15	42-Richard Locksley	35:40	67-Bart Simmons	36:35	220-Audrey Kemp	40:15
18-Matthew O'Brien	33:30	43-Michael Reynolds	35:41	68-Bill Stainbrook	36:36	240-Consuelo Underwood/PMK40	39:39
19-Douglas Bell/PMK	33:36*	44-Bernardino Briones	35:42	69-Andy Homan	36:37	263-Ruth Anderson/NCS	41:16*
20-Stephen Rader	33:42	45-Allen Robertson	35:43	70-Wayne Schwartz	36:42	266-Toni Yale	41:20
21-Hoyt Walker	33:52	46-Sal Diaz	35:45	71-Terry Higgins	36:46	284-Leslie McMullin	41:46
22-Joseph Schieffer	33:56	47-Bob Brasesco	35:47	72-Patrick Todd	36:48	292-Vicki Bigelow	41:52*
23-Roger McDaniels	33:58	48-Jack Eva	35:48	73-Martin Hillyer	36:52*	324-Martha Maricle	42:31*
24-Juhani Pohjolainen	33:58*	49-Dan Alarid	35:52	74-Tommy Lee Greer	36:54	336-Betsy White/WVTC	42:41*

LANGFORD NIPS WAYNE AT BUFFALO STAMPEDE (Mar. 18, Davis): - Fresno Pacific TC's Richard Langford nipped ace marathoner Ron Wayne by 5 seconds, 50:30 to 50:35, just missing Wayne Badgley's 50:09 from last year. Ed Schelegle was a strong third in 50:47 over the flat 10-mile course, held in conjunction with the PA-AAU 50K...results of that event in miscellaneous LDR section, just before these results. Kent Guthrie easily won the masters race in a quick 55:31, far off his own 53:51 meet record, held on a different but equally flat circuit in Sacramento. Abe Underwood was runnerup in 58:00. Sue Brusher posted a solid win over Elaine Miller to annex the women's title with a 63:54 (to Elaine's 64:31), well off Candy Hearn's 63:19 from last year. Heidi Skaden's 70:53 led the women's masters finishers, besting Lilian Woodward by 2:13. Local merchants donated lots of awards to make this a truly enjoyable event...489 finishers. /Abe Underwood/

1-Richard Langford/26/FP50	30	24-Ted Pawlak/22/Un	56:43	47-Bob Strazzo/16/Un	59:02
2-Ron Wayne/29/BASC	50:35	25-Dave Cargill/30/SStr	56:53	48-Dan Alarid/36/BC	59:13
3-Ed Schelegle/25/AGRC	50:47	26-Rudy Dressendorfer/36	56:57	49-Dean Harper/25/AGRC	59:22
4-Jan Sershen/31/ETC	52:14	27-William Tippetts/27/Un	57:01	50-Ed Stromberg/35/BC	59:22
5-Steve Brooks/25/WVTC	52:56	28-Bruce LaBelle/23/AGRC	57:12	51-Vince Spangler/41/WVTC	59:30*
6-Brock Hinzmann/25/ETC	53:19	29-Michael Garrett/23/Un	57:15	52-Pat O'Leary/16/BC	59:45
7-Perry Linn/27/BC	53:32	30-Dave Muela/26/ETC	57:17	53-Ron Souther/17/SStr	59:45
8-Erik Winje/25/Un	53:32	31-Chris Hadley/27/BSR	57:25	54-Bryan Holmes/44/WVJS	59:51*
9-Pete Flores/26/AGRC	53:47	32-Mike Warr/17/SStr	57:27	***MASTERS***	
10-Chris Little/17/KAOS	53:50	33-Roger Vorse/17/Un	57:47	77-Tom Adamson/40/Un	62:07*
11-Frank Boutin/23/Un	53:58	34-Rich Patterson/35/BC	57:49	85-David Ragsdale/40/AGRC	62:51*
12-Dan Smolich/24/COORS	54:40	35-Abe Underwood/40/BC	58:00*	88-Bruce Johnson/41/BC	63:10*
13-Fred Forsberg/31/Un	55:05	36-Fraser Rasmussen/35/BC	58:15	89-Dan Halvorson/45/BC	63:17*
14-Tony Baccelli/30/Un	55:20	37-Peter McCarry/17/Un	58:25	91-Fred Dunn/50/PMK	63:24*
15-Doug Butt/34/WVTC	55:21	38-Ross Rowley/30/SUND	58:27	***WOMEN***	
16-Kent Guthrie/42/WVJS	55:31*	39-Myron Nevraumont/44	58:30*	102-Sue Brusher/24/Un	63:54
17-Pedro Reyes/16/KAOS	55:38	40-Don SpickeImier/38/BC	58:32	117-Elaine Miller/32/WVTC	64:31
18-Frank Krebs/36/BC	55:53	41-Doug Latimer/41/Un	58:32	165-Sally Edwards/31/FF	67:42
19-Win Tibodeaux/22/WPTC	55:58	42-Kurt Vineyard/20/SStr	58:36	170-Karen Rosenblatt/24/AG	68:01
20-John Lindeman/17/Un	56:06	43-Jon Hillegeist/17/Un	58:45	183-Derry Elijah/25/Un	68:48
21-Adam Ferreira/28/HH	56:08	44-Rick Edson/32/BC	58:51	194-Denise Bigelow/17/Un	69:13
22-Ron Mellor/26/ABC	56:26	45-Mike Deatherage/24/SS	58:57	200-Judy Walker/26/Un	69:41
23-Mike Wright/21/SStr	56:30	46-Jim Rice/16/AGRC	58:58	202-Daphne Dunn/32/PMK	69:52



Sue Vinella-Brusher came away with a big 63:54 win at the Buffalo Stampede. /Marconi/

LAKE MERCED MASTERS RUN--WELCK BESTS CATHCART FOR NEW RECORD; STRICKLIN TOPS WOMEN (Mar. 25, San Francisco): - Salinas' Bob Welck successfully defended his title with a new masters record for the 4.95 mile circuit with a 25:47, five seconds better than his winning time last year. Runnerup Tom Cathcart was a solid 26:04, with Ulrich Kaempf, 48, third in 26:24. The race this year was the best masters field ever, with six runners breaking 27 minutes, twelve under 28 minutes, and thirty-four under 30 minutes! Ross Smith took the over-50 honors, besting Jim O'Neil by almost a half-minute, 26:57 to 27:25. Ageless Ed Preston was all alone in winning the over-60 title in a swift 31:30, some two minutes ahead of Frank Cuzzillo (33:28). Sue Stricklin's 32:38 won the women's title but was well off her own 31:37 record, while Ruth Anderson had all she could do to hold off Marty Maricle for the runnerup position, 33:01 to 33:02. Angie Girven (38:06) bested Ruth Dettering (38:24) in the 50-and-over race, while Kay Atkinson was tops at 60-and-over with a fine 40:53. Oh, almost forgot...Paul Spangler's 38:27 took the 70-plus competition, with Walt Stack in second at 43:31. There were a total of 227 finishers, the best ever for this event we think. /Ralph Bowles/ Note: If we missed any women in the top finishers, please accept our apologies and let us know who you are...the official results did not differentiate between men and women!!! Many names listed only first initials...come on folks, let's print meaningful results!

1-Robert Welck/41/WVJS	25:47	19-Bruce Carradine/45	28:53	37-A. McDonagh/40	30:21	55-D. Baugh/41	31:35
2-Tom Cathcart/40/WVTC	26:04	20-Theo Jones/42	28:59	38-John Soubier/48	30:29	56-James Thomas/40	31:50
3-Ulrich Kaempf/48/TRAC	26:24	21-Earl Norgard/42	29:01	39-Marv Gross/42	30:31	57-Onomattapoia/57	31:55
4-Kent Guthrie/42/WVJS	26:33	22-Jim Brusstar/43/WVTC	29:03	40-Hanle Shastany/42	30:32	58-S. Nichols/44	31:58
5-Ralph Bowles/42/Un	26:49	23-Waights Taylor/41/WVTC	29:10	41-Rich Mueller/53	30:34	59-Herb Vanek/50	32:03
6-Ross Smith/51/WVJS	26:57	24-M. Murphy/48	29:11	42-Ken Evans/41	30:36	60-Stu Ruth/42	32:04
7-Jim O'Neil/53/BC	27:25	25-Floy Dawson/42	29:12	43-Tokihilo Suychino/43	30:41	61-G. Eubank/44	32:05
8-Roger Daniels/43	27:26	26-R. Watson/40	29:17	44-Paul Spangler/41/TRAC	30:47	***WOMEN***	
9-Don Chaffee/40/ETC	27:38	27-Don Huff/42	29:30	45-Joe Dana/42/SStr	30:47	69-Sue Stricklin/41/WVTC	32:38
10-Phil Hager/42/WVTC	27:54	28-Hans Roenau/50/DIRT	29:35	46-J. Landon/42	31:05	78-Ruth Anderson/49/NCS	33:01
11-Jim Moore/43	27:55	29-R. Rahmer/42	29:36	47-Jerry McGowan/40	31:10	79-Marty Maricle/45/NCS	33:02
12-Bob Blonder/40	27:57	30-Fred Dunn/50/PMK	29:38	48-A. Bosman/45	31:17	84-Ann Neeley/40	33:07
13-Bob Malain/51/BC	28:01	31-D. Halvorson/45	29:47	49-Walter Williams/42	31:18	89-Marilyn Harbin/41	33:25
14-Don MacDonald/43/PMK	28:10	32-Phil Paulson/52	29:48	50-Rocco Fazio/45	31:21	99-Lilian Woodward/42	34:01
15-Dennis Lanterman/40	28:18	33-Arnold Knepper/48	29:49	51-Karl Bollinger/53	31:22	100-Ruth Waters/45/NCS	34:07
16-Bill Cantanese/40/DIRT	28:24	34-Warren Yeend/42	29:50	52-L. Lindquist/51	31:23	121-Marlys Hayden/46	35:23
17-Jim Nicholson/48/PMK	28:27	35-Frank Smith/40/PMK	30:13	53-Ed Preston/62	31:30	128-Kathy Brieger/46/NCS	35:38
18-James Jacobs/45	28:50	36-Peter Woodward/49	30:15	54-J. Dougherty/49	31:33	133-Carroll O'Conner/48	36:29

HARMS HOT AT ARROW 10K--SETS COURSE RECORD IN 30:19 (Apr. 1, Sunnyvale): - Peanut Harms had little trouble in winning the popular (376 finishers) Arrow 10K, leading from start to finish in a swift 30:19, besting Aggie teammate Angel Martinez' course standard of 30:47 set last year. The next three places were only 10 seconds apart as 35-year-old teammates Bill Clark and Gary Goetelmann took the next two spots, 31:24 and 31:30, with Steve Brooks next in 31:34. Tom Cathcart continued his fine running by winning the masters division in a swift 33:06, good enough for sixteenth overall, and although he was well off Bob Welck's 32:27 record, he had little trouble with the competition today, as Roger Bryan was a distant second in a still-good time of 34:03. Kerry Brogan's 37:07 likewise dominated the women's field, as Skip Swannack, 37, bested Pauline Vasquez, 13, for second, 37:35 to 38:19. Penny DeMoss' 1978 record of 36:37 was not approached. Frances Sackerman's 44:39 topped Carroll O'Conner (45:42) in the women's 40-and-over competition. But perhaps the best race of the day was in the 14-16 division, where Danny Gonzales, 16, set a new record of 32:24 in defeating Bryan Carroll (32:31), who unofficially set a new national freshman high school record for 10K. Ray Sharp race-walked 45:26 to defeat Bill Ranney's 46:16 (Bill is more than twice Ray's age at 43...Ray is 19). /Derek Bray/



Tom Cathcart (leading here) was top master at the Arrow TC 10K in 33:06. /John Sheretz/

1-Peanut Harms/27/AGRC	30:19	37-Joe Mercado/24/Un	35:02	73-Williams Jenkins/29/RC	36:44
2-Bill Clark/35/WVTC	31:24	38-Jerome Lewis/43/TRAC	35:05*	74-Dick Croteau/36/WVJS	36:45
3-Gary Goetelmann/35/WV31	31:30	39-Sargon Nona/27/Un	35:06	75-Norman Gould/29/Un	36:46
4-Steve Brooks/25/WVTC	31:34	40-Myron Nevraumont/44	35:10*	76-Siegfried Mattern/42	36:46*
5-Jan Sershen/31/ETC	31:37	41-Manny Mahon/29/WVJS	35:11	77-Robert Rea/25/WVJS	36:47
6-Brock Hinzmann/25/ETC	31:46	42-Santos Reynaga/29/WVTC	35:12	78-Garrett Grant/29/RC	36:50
7-Bill Sevald/33/ETC	31:53	43-George Ridout/36/MR	35:12	79-Walt Van Zant/39/WVJS	36:51
8-Denis O'Halloran/27/AG	31:59	44-Nick Winter/36/LVRC	35:15	80-Richard Watson/40/Un	36:57*
9-Rick Brown/24/AGRC	32:00	45-Robert Clay/31/Un	35:24	81-Harold DeMoss/43/WVTC	36:59*
10-Mark Sisson/25/WVTC	32:16	46-Tom Bennett/31/PMK	35:29	82-Martin Robinson/26/Un	37:04
11-Jeff Parietti/24/WVTC	32:19	47-James Owen/31/Un	35:30	83-Kerry Brogan/16/Un	37:07F
12-Dan Gonzalez/16/Un	32:32	48-Keith McNab/37/Un	35:34	84-Bill Davis/27/WVTC	37:15
13-Bryan Carroll/14/Un	32:31	49-Bryan Holmes/44/WVJS	35:35*	85-Rich Collins/39/WVJS	37:18
14-Tad Woliczko/28/Un	32:32	50-Edward Agius/25/Navy	35:43	86-Richard Craig/39/MVS	37:23
15-Tim Chain/22/Un	32:58	51-Phil Sanfilippo/28/WVJ	35:45	87-Mike Alexander/27/Un	37:23
16-Tom Cathcart/40/WVTC	33:06*	52-Andy Takaha/22/CW	35:47	88-David Polnaszer/33/CRR	37:25
17-Mike Duncan/29/WVTC	33:08	53-Ed Jerome/35/TRAC	35:50	89-Frank Smith/40/PMK	37:26*
18-Brian Bonner/31/LVRC	33:19	54-Gary Grellman/30/RC	35:52	90-Mark Everson/24/Un	37:26
19-Fritz Watson/33/WVTC	33:27	55-Andy Zaremba/26/Un	35:52	91-Gary Nielsen/42/Un	37:31*
20-Dave Levitsky/26/WVTC	33:31	56-Philip Hager/42/WVTC	35:53*	***MASTERS***	
21-Jake White/37/WVJS	33:43	57-Doug Latimer/41/Un	35:56*	98-John Flather/46/TRAC	37:49*
22-Jon Ensor/29/Un	33:45	58-Dan Dierken/29/TRAC	35:58	99-Gary Gibson/44/WVJS	37:51*
23-Allen Sandretti/23/RC	33:46	59-David Cummins/37/Un	35:59	101-Warren Yeend/42/Un	38:04*
24-Tom Kennedy/24/WVTC	33:47	60-Jim Turner/39/Un	36:11	105-Bob DeLozier/46/TRAC	38:22*
25-Hugh Stahl/26/PTC	33:48	61-John Ulate/37/TRAC	36:12	107-Allan Bury/43/Un	38:28*
26-Tom Robinson/30/PMK	33:54	62-Bobby Yee/24/Un	36:22	111-Fred Dunn/50/PMK	38:42*
27-Keith Kruse/26/Un	34:00	63-Peter Stein/33/TRAC	36:23	115-Ronald Hakoia/45/Un	38:55*
28-Roger Bryan/43/WVJS	34:03*	64-R.B. Sobsey/28/DSE	36:24	116-Walter Williams/42/WVJ	39:00*
29-Bert Johnson/36/LVRC	34:09	65-Patrick Gray/27/Un	36:29	117-David Edgar/40/Un	39:03*
30-Haywood Norton/32/Un	34:14	66-Bob Blonder/41/RC	36:30*	118-Gerald Zeilenga/44/Un	39:07*
31-Roy Scellato/32/TRAC	34:23	67-James Allen/27/Un	36:32	125-Ken O'Neil/41/WVTC	39:22*
32-Hoyt Walker/27/LVRC	34:40	68-Lance Koll/33/WVTC	36:33	144-Paul Spangler/41/TRAC	40:21*
33-David Garcia/28/Un	34:42	69-Van Whitis/41/Un	36:34*	145-Ken Evans/41/CRR	40:22*
34-Martin Bennett/29/Un	34:44	70-John Barbour/24/Un	36:35	146-Tom Gutierrez/49/CRR	40:25*
35-John Hawkes/30/WVTC	34:48	71-Robert Jeffery/33/Un	36:40	149-Ben Brown/43/Un	40:31*
36-Jim Doran/30/WVJS	34:55	72-Waights Taylor/41/WVTC	36:42*	168-Gary Eubank/44/Un	41:26*
				***WOMEN***	
				92-Skip Swannack/37/WDS	37:35
				104-Pauline Vasquez/13/SJC	38:19
				109-Phyllis Olrich/29/SJC	38:32
				131-Jane Sowersby/28/Un	39:39
				148-Gail Gustafson/36/WVTC	40:30
				154-Gail Campbell/29/WVJS	40:52
				164-Barbara Pike/37/Un	41:13
				175-Carol Hewitt/30/Un	41:36
				183-Kim Baer/24/Un	41:57
				184-Karen Kressenberg/24	41:57
				206-Mari Kolb/31/WVTC	43:10
				209-Daphne Dunn/32/PMK	43:14
				210-Ellen Clark/32/WVTC	43:19
				225-Gail Goetelmann/34/WV	44:26
				229-Frances Sackerman/49	44:39*
				239-Rachael Bray/12/SJC	45:18

**LANGFORD WINS PA-AAU MARATHON; WAYNE GRABS 20-KILO TITLE** (Apr. 7, Clear Lake): - Carmichael's Rich Langford had little trouble in annexing the Pacific AAU's District Marathon Championships in a good-for-the-conditions 2:28:33.5. His nearest competitor, Dave Muela, was a distant 2:32:16, and John Skeels duplicated his Mayor's Cup Marathon finish from last fall with a time of 2:33:12. Ulrich Kaempff's 2:43:57 led the masters, as he soundly defeated favored Kent Guthrie, who had stiff competition for the runnerup spot from Doug Latimer...2:48:09 to 2:48:58. Elaine Miller's 3:07:01 led the women, with Ruth Anderson, winner of the over-40 division, a distant second in 3:13:57. No others were under 3:30. In the companion, non-championship 20Km race, Ron Wayne had little trouble in disposing of Fresno Pacific's Gary Romesser, 63:28 to 64:48 over the rolling course. Roger Daniels' 74:03 was good enough for a fairly comfortable win over Craig Roland's 75:11 in the masters race. Irene Rudolf raced to a quick 81:15 to defeat Karen Rosenblatt (85:55) for the women's title. Martha Maricle, 45, clocked 91:48 to win the masters women's division, good enough for fourth place overall among the distaffers. A large turnout saw 322 complete the 20K and 213 the marathon. All division records in the marathon were broken by large margins (open men, masters men & open women). /Bill Jones/



PA-AAU Marathon winner, Rich Langford, shown here during the early stages of the San Jose Invit. 10,000. /D. Stock/

---MARATHON---

1-Rich Langford/26/FP	2:28:34	17-K. Adams/SSS-Nev.	2:49:25	34-Pete Hanson/36	3:06:18
2-Dave Muela/26/ETC	2:32:16	18-Mike Palomino/26	2:50:18	35-G. MacDougall/23	3:06:28
3-John Skeels/24/Un	2:33:12	19-P. Stewart/27	2:50:18	36-E. Eisenbud/36/BC	3:06:37
4-Brock Hinzmann/25/E	2:37:56	20-Myron Nevraumont/44	2:54:22*	37-Elaine Miller/32/WV	3:07:01F
5-Jim Barker/32/WVTC	2:37:58	21-N. Epanchin/39	2:56:09	38-G. Parrott/35/BC	3:07:35
6-Mike Conroy/34/ETC	2:38:22	22-James Jacobs/45/PMK	2:56:47*	39-S. Higgins/29/DSE	3:08:27
7-Tom Robinson/30/PMK	2:38:54	23-R. McBride/28/NWS	2:57:32	40-Richard Ke11/35	3:08:57
8-F. Forsberg/31/Sac	2:42:42	24-Jim Liedtke/41	2:58:05*	41-Tom Zavortink/39/PMK3	3:10:36
9-Ulrich Kaempff/48/TR	2:43:57*	25-Jay Helgeson/24	2:58:18	***MASTERS***	
10-Tom Hayes/33/SWEAT	2:46:55	26-Bill Catanese/40	2:59:00*	45-Chuck Hall/44/NVR	3:11:27*
11-Bill Parr/36/SWEAT	2:47:38	27-D. Potter/41	2:59:08*	46-Bryan Holmes/44/WVJ	3:12:10*
12-Kent Guthrie/42/WVJ	2:48:09*	28-Theo Jones/40/PMK	2:59:09*	54-Gene White/44	3:15:52*
13-Bob Bunne11/28	2:48:28	29-Tim Treacy/46/PMK	3:01:39*	59-R. Jamieson/45	3:20:47*
14-Joe Maher/32/MR	2:48:28	30-Jim Nicholson/40/PMK3	3:02:28*	62-Jess Chavez/47/PMK	3:21:39
15-M. Williams/26/SCZ	2:48:52	31-D. Lindsay/26	3:02:29	***WOMEN***	
16-Doug Latimer/41/Un	2:48:58*	32-Keith Whittingslow	3:03:04	50-Ruth Anderson/49/NCS3	3:13:57*
		33-D. Koeberlein/32	3:05:01	107-Betsy White/40/WVTC	3:37:10*
				109-Bev Hendrigsman/32	3:37:57

---20 KILOMETER---

1-Ron Wayne/29/BASC	63:28	14-G. Mack/25	74:46	28-B. Madewell/33	79:48
2-Gary Romesser/28/FPTC	64:48	15-B. Barber/21/AGRC	74:47	29-J. Marchuk/21/SWEAT	79:58
3-Kim Schaurer/28/MR	69:41	16-S. Daniels/20/SWEAT	75:02	***MASTERS***	
4-Tim Swezey/29/PMK	70:16	17-Craig Roland/44/ER	75:11*	31-J. McComish/41/TAM	80:19*
5-Mike Buzbee/27/CRC	71:09	18-B. Collins/36	75:18	32-Fred Dunn/50/PMK	80:47*
6-Kees Tuinzing/31/TAM	71:19	19-J. Turner/39	75:20	43-R. Miller/41/NCS	83:17*
7-Lance Kuykendall/30/WV	72:55	20-L. Jansen/30	77:16	44-Don Pickett/51/TAM	83:22*
8-R. Locksley/30	72:56	21-R. Williams/29/AGRC	77:22	45-Earl Norgard/42	84:09*
9-G. Nelson/32/SSS-Nev.	73:21	22-C. Freeman/28	77:40	46-D. Goodwin/40	84:15*
10-Tom Aldana/27/ETC	73:38	23-R. Vincent/49/ER	78:14*	48-P. Bush/40/WVJS	84:25*
11-J. Gibbons/34/ER	73:58	24-R. Fletcher/28/PWBC	78:18	49-Werner Sandvoss/47/TR	84:47
12-Roger Daniels/43/TAM	74:03*	25-R. Henn/36	78:23	***WOMEN***	
13-P. Miller/25	74:34	26-M. Lima/25	78:47	33-Irene Rudolf/37/WVTC	81:15
		27-Frank Smith/40/PMK	78:55*	55-Karen Rosenblatt/24/AG85:55	89:48
					85-Marty Maricle/45/NCS 91:48*
					104-Melita Peppin/28 94:09
					114-Gail Gustafson/37/WVTC95:54
					128-Marlys Hayden/46/TAM 98:26*

**SCHLEGLE IS PA-AAU 20K VICTOR** (Apr. 14, Stockton): - Aggie teammates Ed Schelegle and Denis O'Halloran grabbed the top two spots at the district 20-kilometer championships, with times of 64:01 and 64:58 respectively, but Excelsior TC won the coveted team title over West Valley as the Davis team failed to bring enough runners to score (5). Led by Jan Sershen's third place 65:20, the San Francisco club put all five finishers in the top 15 to outdistance WVTC by over 13 minutes teamtime. Ralph Bowles' 71:43 led the masters, as Abe Underwood was a distant runnerup in 73:55. Harvey Ferrill of the host Sundance TC was third in 75:07. In the best race of the day, Karen Rosenblatt edged Linda Van Housen, 85:25 to 85:28, with Karen Scannell a very competitive third (winning the masters title) at 85:39. Karen easily outdistanced Ruth Anderson's 88:54 to win her division. Sundance's women's team bested the Woodside Striders by some 5 minutes for the team title, while the NorCal Seniors took the women's over-40 team title. Many top runners who would have ordinarily run this race were at Boston (Marathon) and thus the depth was not as good as usual. Only 111 finished. /Teri & Frank Hagerty/

1-Ed Schelegle/AGRC	64:01	13-George Green/ETC	68:59	25-Terry Casey/ETC	75:47	***MASTERS***	
2-Denis O'Halloran/AGRC	64:58	14-David Muela/ETC	69:24	26-Bob Hedges/BC	76:08	45-Timothy Treacy/PMK	83:03*
3-Jan Sershen/ETC	65:20	15-Jim Tracy/ETC	70:29	27-Tom Lucas/WDS	76:38	47-Walter Williams/Un	83:53*
4-Steve Brooks/WVTC	65:58	16-Marc Hoschler/BC	70:33	28-Andy Takaha/CW	76:51	48-Mike Kinter/Un	83:58*
5-Bill Sevald/ETC	66:23	17-Ralph Bowles/Un	71:43*	29-David Hamer/WVTC	77:34	59-Steve Gaal/SUND	89:58*
6-Adam Ferreira/Un	67:19	18-Ross Rowley/SUND	72:26	30-Karl Machschefes/ETC	78:19	***WOMEN***	
7-Daryl Zapata/WVTC	67:49	19-Abe Underwood/BC	73:55*	31-Walt Van Zant/WVJS	78:32	50-Karen Rosenblatt/AGRC	85:25
8-Perry Linn/BC	68:12	20-Bob Cooper/WDS	74:09	32-Jay Lathrop/Un	78:47	51-Linda Van Housen/WDS	85:28
9-John Mansoor/AGRC	68:20	21-Frank Ruona/Un	74:32	33-Luis Sandoval/WDS	79:01	52-Karen Scannell/PMK	85:39*
10-Jim Bowles/WVTC	68:28	22-Gordon Collet/Un	74:42	34-Rich Doty/SUND	79:05	57-Ruth Anderson/NCS	88:54*
11-Frank Krebs/BC	68:51	23-Harvey Ferrill/SUND	75:07*	35-Mike Rowerdink/SUND	79:15	63-Paula Ferrill/SUND	91:26*
12-Bruce Wolfe/WVTC	68:53	24-Hoyt Walker/LVRC	75:33	36-Richard Utting/Un	80:05	64-Sue Schnell/SUND	91:33
				37-Tom Mann/ETC	80:09	65-Sharon Miller/SUND	94:09

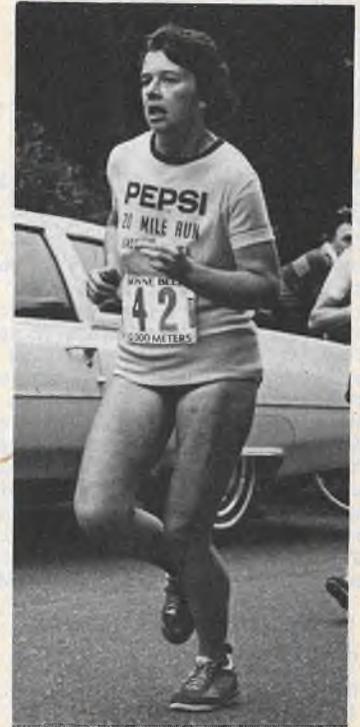
**ERIC WILLIAMS DOMINATES KPFA "CIRCLE BERKELEY" RUN** (Apr. 15, Berkeley): - Fittingly enough, a Berkeley resident won this one, besting a field of 245 starters. Eric Williams led the pack up Ashby Avenue's mile long hill. Only Virginio de Aravjo (from San Francisco) was with him at the summit. Eric gradually pulled away for a decisive win in 29:52 over the 5.6 mile circuit, with Virginio next at 30:46. Don McDonald finished 14th overall in winning the over-40 title at 34:04, while Robert Gehl's 34:37 captured the runnerup spot and won the 50-and-up division. Another Berkeley resident, Louise Aaron, was the overall women's winner in a good 36:45 for 37th overall...note that these placings don't match with the list on the following page since unofficial or unknown runners were dropped from the printed results by NCR. Alice Fischer's 38:41 was a distant runnerup. Birthe Kirsch topped the women's masters field, finishing 109th in 44:18. The sponsoring group, Radio Station KPFA of Berkeley, features a regular program entitled "The Running Journal" and was naturally on hand to capture the highlights of the race, which they included in their live follow-up show on April 24th. For more information on their programming times and content, call them up... they provide a good service to the running community. /Mark Jaqua/

...results on following page...

<i>(KFFA "Circle Berkeley" Run...)</i>		12-Douglas Bamford	33:27	24-Mike Hofmayer	35:55	57-Alan Portis	39:26*
1-Eric Williams/MR	29:52	13-Scott Anderson	33:27	25-Doug Schrock	36:00	63-Chris Kiefer	40:24*
2-Virginio DeAravjo	30:46	14-Don McDonald/PMK	34:04*	26-Chester Valdes	36:14	66-Frank Cuzzillo(60+)	40:26*
3-Stacy Geiken	31:19	15-Skip Jones	34:35	27-Dan Wentworth	36:19	72-Eugene Legend	40:39*
4-Robert Page	31:27	16-Robert Gehl	34:37*	28-Mark Levinson	36:24	***WOMEN***	
5-Wolf Goubau	31:41	17-Kurt Mayne	35:00	29-John Sensenbaugh	36:30	35-Louise Aaron	36:45
6-Pat Shaughnessy/WVTC	32:23	18-Hugh Globerson	35:15	30-Steven Hui	36:36	49-Alice Fischer	38:41
7-Jim Moyles	32:52	19-Don Huff	35:21*	31-Tim Thulin	36:42	71-Cornelia Brown	40:37
8-Tim Rostege/WVTC	32:56	20-Jim Dyer	35:27	32-Lawrence Brown	36:42	82-Lynanne Jacob	41:47
9-David Horning	33:12	21-Dave Larson	35:37	33-David Ripp	36:43	87-Carol Schnake	42:03
10-Paul Cronin	33:13	22-Greg Yamanaka	35:42	***MASTERS***		94-Susan Prebish	42:40
11-David Zumwalt	33:16	23-Dick Malkin	35:46	46-Charles Marut	38:10*	96-Nancy Frost	43:15

SCHULZ, GUTHRIE AND GUSTAFSON DOMINATE LIVERMORE 8.5-MILER (Apr. 21, Livermore): - Despite warm temperatures, WVTC's (and UC Berkeley's) Hal Schulz averaged 5:05 per mile in dominating the 8th Annual Livermore 8.5-Miler in 43:14, just 46 seconds over Jim Nuccio's 1975 course standard. His margin of victory was most impressive, as Steve Brooks clocked 45:07 in second, edging out Brock Hinzmann by 7 seconds. In the masters division, Kent Guthrie missed his own 1977 record by a mere 9 seconds, clocking a good 47:57 in a runaway victory over Roger Bryan, who was the only other master under 50 minutes in 49:17. Gail Gustafson topped the women's field with a good time of 57:40. Second female runner to finish was 49-year-old Ruth Anderson in 58:51 (she missed her masters women's record of 57:44). Maryetta Boitano's 55:11 from 1973 still stands as the women's overall best on this course. A smaller-than-normal turnout of 238 (finishers) was attributed to the 'competition' from several other large races that weekend. /Nick Winter/

1-Hal Schulz/20/WVTC	43:14	25-Mark Scheuer/33/PMK	52:32	49-Michael Gray/26/Un	54:51
2-Steve Brooks/25/WVTC	45:07	26-Dan Hersh/19/WVTC	52:54	50-Don Mittelstaedt/43/CN54:58*	
3-Brock Hinzmann/25/ETC	45:14	27-Larry Pugh/32/SS	52:59	***MASTERS***	
4-Dan Anderson/27/WVTC	46:45	28-Doug Schrock/26/Un	53:02	52-Dieter Diekmeyer/47	55:09*
5-Brian Bonner/31/LVRC	46:58	29-Mike Weiss/17/Un	53:05	53-Gough Reinhardt/50/LVR55:41*	
6-Bert Johnson/36/LVRC	47:45	30-Server Sadik/34/LVRC	53:12	59-David Edgar/40/Un	56:39*
7-Kent Guthrie/42/WVJS	47:57*	31-David Anderson/15/Un	53:14	72-Joe Davis/44/Un	58:17*
8-Dave Levitsky/26/WVTC	48:19	32-Art Portocarrero/36/Un	53:16	73-Cliff Warner/40/Un	58:24*
9-Greg Jewitt/32/ETC	49:13	33-Walt Van Zant/40/WVJS	53:20*	81-Bob Kennedy/42/Un	59:19*
10-Roger Bryan/43/Un	49:17*	34-Rip Talavera/36/Un	53:22	82-David Wallace/41/Un	59:22*
11-Dennis Urtiaga/30/CTC	49:49	35-Hoyt Walker/27/LVRC	53:37	91-Flory Rodd/55/DSE	59:54*
12-William Dunlop/35/LVRC	49:51	36-Sherman Lamb/29/CS	53:43	***WOMEN***	
13-Dan Moore/37/LVRC	50:18	37-Jim West/18/Un	53:49	66-Gail Gustafson/36/WVTC	57:40
14-Dan Dierken/29/TRAC	50:41	38-Wesley Hurlburt/39/Un	53:49	78-Ruth Anderson/49/NCS	58:51*
15-Gordy Vredenburg/35/BC50:54		39-Gino Abad/29/Un	54:03	86-Jeanne Shuler/37/LVRC	59:47
16-Bryan Holmes/44/WVJS	50:57*	40-Joe Choy/27/LVRC	54:05	106-Diane Wayman/24/Un	61:22
17-Dave Cargill/30/SS	51:02	41-Walter Williams/42/WVJ54:07*		111-Karen Diekmeyer/38/SUN62:18	
18-Peter Cartwright/32/Un51:27		42-Peter Galloni/44/Un	54:09*	123-Carol Hewitt/30/LVRC	63:28
19-Frank Nolan/39/WVTC	51:29	43-Jack Byrd/43/PMK	54:11*	125-Marilynn Harbin/40/DRR63:38*	
20-Doug Latimer/41/Un	51:34*	44-Doug Riggie/23/Un	54:25	129-Mari Kolb/31/WVTC	64:13
21-Steve Scarich/31/Un	51:40	45-Earl Fuller/27/Un	54:33	130-Colleen Fox/24/PMK	64:49
22-Hriar Cabayan/34/LVRC	51:43	46-Marco Martin/38/PMK	54:35	137-Patricia Miler/24/Un	65:17
23-Craig Van Otten/28/Un	51:57	47-James Murray/36/Un	54:37	160-Carol Morley/25/Un	67:54
24-Larry Arata/34/Un	52:27	48-Keith Brown/24/Un	54:44	161-Frances Foy/28/Un	68:09



Gail Gustafson's 57:40 topped all women at the Livermore 8.5 Miler. /Dennis O'Rourke/



(Above) Start of the Golden Gate Park 8-Miler. (Right) Winner Mike Emry at 3 miles. /Jim Engle/



EMRY TOPS AT GOLDEN GATE PARK 8-MILER (Apr. 22, San Francisco): - Under ideal drizzly conditions, Camino West's Mike Emry opened up a big lead early in the race and held on for a 42-second victory in a quick 41:08, but was well off the 39:50 course record set by Jim Nuccio and Wayne Badgley in 1975. Denis O'Halloran pulled away from Mark Sisson in the last few miles to win second place, 41:50 to 42:04. Russ Kiernan's 47:37 bested fast-improving Robert Gehl's 48:20 for the masters title. Jane Sowersby easily outdistanced Vicki Blankenship, 53:15 to 56:11, to best all female opposition. Sue Hutchinson's 58:08 won the masters women's category by over 4½ minutes but fell short of Ruth Anderson's 55:08 meet standard. A total of 348 finished this always popular run. Host West Valley TC bested Excelsior TC for the team title. /Ray Menzie/ ...continued.

(Golden Gate 8-Miler, Cont'd...)	19-Glenn MacDougall/23/Un46:25	38-R.B. Sobsey/28/DSE	50:05	68-Charles Marut/41/Un	52:45*
1-Mike Emry/22/CW	41:08	20-Doug Butt/34/WVTC	46:55	74-Walter Scharno/41/ETC	52:58*
2-Denis O'Halloran/27/AG41:50		21-Spencer Ferguson/16/WV47:00		79-Stu Ruthy/42/Un	53:01*
3-Mark Sisson/25/WVTC	42:04	22-Ray Bonner/37/TSRC	47:30	80-Karl Bollinger/53/OC	53:06*
4-Pete Flores/26/AGRC	42:22	23-Russ Kiernan/41/TAM	47:37*	92-Frank Evans/41/NCS	54:18*
5-Don Paul/28/PMK	42:31	24-Adrian Wong/27/Un	47:47	93-Trony McDonagh/40/DSE	54:19*
6-Fritz Watson/33/WVTC	42:48	25-Gary Nathanson/17/TSRC48:13		***WOMEN***	
7-Tad Woliczko/28/Un	43:04	26-Tom Martz, Jr./17/DSE	48:13	82-Jane Sowersby/28/WVTC	53:15
8-Ron Nabers/30/WVTC	43:09	27-Robert Gehl/50/DSE	48:20*	117-Vicki Blankenship/34/P56:11	
9-Daryl Zapata/33/WVTC	43:10	28-Steve Hackel/16/PiedHS48:21		120-Dana Hooper/24/TAM	56:22
10-Bill Sevald/33/ETC	43:19	29-Jim Nicholson/47/PMK	48:38*	125-Valerie Doyle/36/DSE	56:35
11-Bob Darling/29/ETC	44:06	30-Siegfried Mattern/42	49:19*	153-Sue Hutchinson/42/Un	58:08*
12-Russ Knudsen/24/Un	44:21	31-Joe Gallagher/32/Un	49:33	178-Marti Menz/23/BASC	59:34
13-Arturo Rodriguez/29/WV44:25		32-William Farrier/24/HR	49:44	182-Diane Major/34/DSE	59:44
14-Mike Conroy/34/ETC	44:41	33-Bryant Garth/29/Un	49:45	190-Beth Sibley/33/Un	60:04
15-James Tracy/28/ETC	45:12	34-Steve Hoots/35/Un	49:47	198-Nancy Frost/24/Un	60:50
16-Jeff Rawlings/33/Un	45:28	35-David Tepper/29/Un	49:49	200-Monique Parrish/26/RRC60:59	
17-Nat Goodhue/38/Alaska	45:37	36-Michael Brown/27/ETC	50:00	201-Joyce Martin/30/DSE	61:12
18-James Willmot/26/RaRC	45:40	37-Ralph Worthington/31	50:02	203-Melita Peppin/28/Un	61:18
				50-John Harland/27/Un	51:12
				51-Willie Roy, Jr./25/Un	51:12
				52-Rich Siciliano/34/Un	51:18
				***MASTERS***	
				60-Mike Korbholz/42/DSE	52:06*
				64-Ron Hakola/45/Un	52:23*
				65-Don Pickett/51/TAM	52:26*

**COLORADOAN WINS RUN FOR DAYLIGHT; DENISE BIGELOW WINS CLOSE WOMEN'S RACE** (Apr. 22, Lafayette): - Nineteen-year-old Chuck DeGarmo of Colorado was the surprise winner in the first annual 6-miler (short course), which had originally been advertised as 10Km. DeGarmo had a comfortable 25-second lead (30:31 to 30:56) over Oakland's Harvey Franklin at the finish-line, while Dan Anderson, making a comeback after several years of "laying low", grabbed the bronze in 31:14. The fourth placer, Larry McKendell, won the junior division. Myron Nevraumont's 33:37 was fast enough for a comfortable 42-second win over Ted Wilson in the masters division, while Denise Bigelow of the Aggie Running Club had her work cut out for her as teammate Karen Rosenblatt pushed her hard to a win in the women's race. Her 37:39 was only 8 seconds in front. Sandra Caldwell's 43:34 was good for 394th place out of 1232 finishers and captured the masters women's division. There were lots of merchandise awards, T-Shirts, and all proceeds went to the American Cancer Society. A great first-time effort by the promoters and a race worth putting on your schedule for 1980. /Marijo Froines; John Hagedorn/

Start of the 1st Annual "Run for Daylight", held in Lafayette. /Bill Anderson/



Start of the 1st Annual "Run for Daylight", held in Lafayette. /Bill Anderson/

1-Chuck DeGarmo/19/Colo	30:31	27-Ted Wilson/KJ	34:19*	53-John Mercurio	35:20	79-Weiferd Watts	36:13
2-Harvey Franklin/36/WV	30:56	28-Jeff Mihm	34:23	54-Glenn Yajko	35:27	80-David Sale	36:14
3-Dan Anderson/27/WVTC	31:14	29-Tom Guerin	34:23	55-Bart Oxley	35:31	81-Steve Callahan	36:15
4-Larry McKendell/17	31:27	30-Chris Sherwood	34:24	56-Nelson Togerson	35:32	82-Chris Jens	36:15
5-Gary Alderman	31:30	31-Joe Cavanaugh	34:24	57-David Ripp	35:33	83-Dan Lucas	36:22
6-Pat Shaughnessy/WVTC	31:32	32-Glenn Vencil	34:34	58-Jose Raygosa	35:33	84-Brian Kilian	36:23
7-Frank Goss	31:48	33-Glenn Parker	34:35	59-David Klein	35:34	***MASTERS***	
8-Joe Maher/MR	31:58	34-Thomas Webb	34:37	60-Robert Algieri	35:41	107-Darrell Gee	37:16*
9-Phillip Bush	32:07	35-Chris Avalos	34:39	61-Lee Sorenson	35:51*	113-Bruce Carter	37:23*
10-Eric Sargeson	32:16	36-Dennis Burkett	34:41	62-Ray Quintanilla	35:52	127-John Barr	37:43*
11-Bob Shannon	32:16	37-James Batz	34:41	63-John Morse	35:53	133-Fritz Schwarz	37:54*
12-Dennis Coulter	32:51	38-Jim Dyer	34:46	64-Eb Luckel	35:54	134-Jess Chavez	37:54*
13-Howard Macher	33:01	39-Edward Baker	34:47	65-Jack Jamieson	35:56*	148-Steve Nichols	38:21*
14-Eddie Lanzarin	33:03	40-Marty Watkins	34:49	66-Brian Williams	35:57	***WOMEN***	
15-Rich Berne	33:25	41-Floy Dawson	34:50*	67-Karl Uebel	35:58	120-DeniseBigelow/17/AGRC	37:39
16-Anthony Bettencourt	33:29	42-Philip Bradley	34:53	68-Larry Lynch	36:02	130-Karen Rosenblatt/AGRC	37:47
17-Dennis Durbin	33:31	43-Bobby Yee	34:55	69-John Kluge	36:02	142-Kim Carter	38:04
18-Brad Kearns	33:33	44-John Shanahan	34:58	70-Steven Wight	36:03	192-Jolie Houston/AGRC	39:22
19-Mark Samuelson	33:36	45-Alan Winkley	35:08	71-William Rider	36:06	212-Sabrina Schreder	39:57
20-Myron Nevraumont/WVJS	33:37*	46-Michael Levin	35:12	72-Doug Schrock	36:06	263-Martie Comarill	41:13
21-John Bitzer	33:38	47-Roger Smith	35:12	73-Craig Johnson	36:08	292-Colleen Fox	41:49
22-Jim MacDougall	33:47	48-Jack Byrd/PMK	35:12*	74-Tom Grenslitt	36:08	316-Paula Jorde	42:22
23-Kenneth Stein	33:49	49-Steven Cowell	35:14	75-Elliott Wolf	36:09	328-Pat Jennings	42:34
24-Ron Peck	33:51	50-Glenn James	35:15	76-Steven Hui	36:11	362-Cindy Wright	42:59
25-Jim Moore	33:53	51-Evan MacBride	35:16	77-Dan McComb	36:11	365-Myra Troske	43:01
26-Steve Hyland	33:58	52-Keith Wallace	35:18	78-Bob Ward	36:12	394-Sandra Caldwell	43:34*

**JUDY FOX RUNS QUICK 10K AT MAY DAY RUNS** (Apr. 29, San Francisco): - Over 1200 runners made this year's fund-raiser for the Heart Association a great success, and the three-race (5, 10 and 15K) format provided something for everyone. Times as a rule were not spectacular, but Judy Fox provided what was probably the most outstanding performance of the day with her 35:45 in the 10K event, good enough for 8th place(!) overall. This was only a few seconds off the PR she set on the same course at the Bonne Bell 10K in February. Taking her 38 years into consideration, she is certainly in a class by herself. Chris Jackson and Doug Black came in together at 15:37 in the one-lap (5K) run, comfortably ahead of Rich Stiller's 15:46. Waights Taylor had a good battle with Floy Dawson in head-to-head masters competition, coming out on top, 17:44 to 17:49. Irene Rudolf had an easy time in winning the women's title with her good 18:38, good for 30th place overall. In the two-loop 10K race, Rick Brown cruised in at 31:56, well ahead of Harvey Franklin, who did 32:37 in winning the sub-masters division. Fidel Serrano, only 17, placed third at 33:27, just ahead of another 17-year-old, M. Sapp, who did 33:33. As mentioned, Judy Fox ran away with the women's title, while Jolie Houston placed second at 41:44, just ahead of women's masters victor, Vicki Bigelow, who did 41:55. In the longest race of the day, Don Paul, running his second good race only a few weeks after a 2:21+ performance at the Boston Marathon, clocked in at 49:51 to best Bill Sevald's 50:06. Joan Ulliyot's 60:13 bested Vicki Blankenship (60:35) for the women's title, with Ruth Anderson grabbing 3rd (and top masters woman) in 63:44. Bob Gehl, who at 50 continues to improve, led the masters men in 55:13, just ahead of R. Richter's 55:22, as they placed 12th and 13th overall. On the next page we're listing the top finishers in each race. Since the results were listed by place within division (not overall finish), we cannot avoid (at least not without a lot of trouble) listing unofficial runners (don't ask why). Also, mostly first initials were listed so that's how we list 'em. /S.F. Heart Ass'n/ more--

(May Day Runs, Cont'd...)

\*\*\*5 KILOMETERS\*\*\*

1-Chris Jackson/19	15:37
2-Doug Black/26	15:37
3-Richard Stillier/34/TR	15:46
4-R. Miller/17	15:57
5-Saul Marquez/16	16:01
6-Tom Robinson/34/PMK	16:13
7-Tim Rostege/38/WVTC	16:29
8-Thomas Bennett/31	16:38
9-Al Lopez/29	16:42
10-John Leeming/22	16:53
11-R. Iseri/17	16:57

\*\*\*10 KILOMETERS\*\*\*

1-Rick Brown/24/AGRC	31:56
2-Harvey Franklin/36/WV	32:37
3-Fidel Serrano/17/WVTC	33:27
4-M. Sapp/17	33:33
5-Iain Mickle/18	34:34
6-Young/32-Jim Moore/43	35:36*
7-E. Stanton/15	35:45
8-Judy Fox/38/WVTC	35:45F
9-T. Beeman/26	35:56

\*\*\*15 KILOMETERS\*\*\*

1-Don Paul/28/PMK	49:51
2-Bill Sevald/33/ETC	50:06
3-George Green/28/ETC	52:59?
4-Unofficial Runner	-----
5-Joe Becerra/36/ETC	53:01
6-Mike Palomino/26	53:26
7-J. Schmitt/34	53:58
8-P. Stewart	54:10
9-R. Eichstace/32	54:11
10-Dennis Reager/35	54:44
11-Save Schwalter/32	54:57
12-Robert Gehl/50/DSE	55:13*
13-R. Richter/45	55:22*
14-R. Fletcher/28	55:31
15-Siegfried Mattern/42	55:55*

12-B. Ward/39	17:31
13-Unofficial Runner	-----
14-Jeff Price/18	17:37
15-Waights Taylor/41/WVTC	17:44*
16-B. Wade/37	17:46
17-Floy Dawson/42	17:49*
18-Joe Turrini/14	17:51
19-Gary Chan/20/WVTC	17:52
20-R. Harrison/15	17:56
21-R. Townsend/36	18:05
22-M. Cummings/30	18:12
23-F. Holloszy/40	18:14*
24-Eric Park/33	18:18

10-Allen Robertson/23	36:39
11-G. Farrell/32	36:41
12-R. Nunez/27	36:43
13-H. Wald/26	36:48
14-G.C. Tinloy/22	36:56
15-Raymond Gin/37	37:00
16-J. Hillard/26	37:06
17-Slobod/24	37:16
18-G. Unsicker/46	37:33*
19-D. Cox/31	37:54

16-R. Mason/30+	56:01
17-Unofficial Runner	-----
18-Joe Gallagher/32	56:26
19-R.B. Sobsey/28	56:30
20-J. Crabb/25	56:39
21-D.A. Gustafson/35	56:41
22-Ron Peck/37	56:46
23-L. Fiegenbaum/30+	56:47
24-Marco Martin/38/PMK	56:57
25-D. Fragoza/25	57:33
26-R. Solorio/31	57:38
27-Ed Ferrari/19	57:46
28-B. Schmitt/18	57:59
29-B. Frisbie/30+	58:01
30-Rick Alvarez/31	58:02
31-J. Dyer/32	58:05

25-D. Martinez/24	18:22
26-T. Blamey/18	18:25
27-H. Iseri/19	18:27
28-J. Ferry/20	18:34
29-Inaki O'Kelly/16	18:37
30-Irene Rudolf/37/WVTC	18:38F
31-Mark Docto/16	18:49
32-Steve Hogg/26	18:52
33-Mike Sandmark/22	18:55
34-I. Moreno/31	18:57
35-Kevin Gallagher/31	18:58
***MASTERS***	
38-J. Kauffould/41	19:11*

20-B. Meegan/18	37:58
21-Robert Kaye/27	37:59
22-Crawford/22	38:00
23-R. Keene/41	38:06*
24-J.J. Raygosa/23	38:07
25-D. McCallough/27	38:21
26-M. Hicks/36	38:38
27-Neil Fielshon/27	38:45
28-M. Bilbert/32	38:53
29-B. Marks/30	38:54

32-S. Ryan/14	58:09
33-Al Portocarrero/30+	58:22
34-W.G. Basinger/29	58:28
35-Rich Henderson/34	58:34
36-David John/25	59:03
37-C. Jens/28	59:07
38-R. Rattray/29	59:16
39-Dennis Lanterman/43	59:16*
40-Bob Arce/28	59:22
41-Al Koslofsky/34	59:25
42-Stan Dittman/27	59:34
43-A.F. McDonagh/40	59:35*
44-Tod Gamler/27	59:42
45-Unofficial Runner	-----
46-D. Barrett/30+	59:52
47-D. Pursley/26	59:54

44-James Gallagher/43	19:23*
67-Howard Schopman/41	20:51*
71-K. Brophy/40	21:06*
89-D. Vidal/50	22:09*
***WOMEN***	
52-K. Bonnett/14	20:14
68-S. Prebish/32	21:01
77-S. Miller/36	21:24
81-A. Ko/20	21:40
83-Duerksen/26	21:48
94-Renee Hicks/22	22:26
97-L. Forsberg/15	22:38
99-Nancy Malgesini/22	22:44

***MASTERS***	
38-J. Smart/40	40:11*
39-R. Biegel/42	40:12*
41-Ed Burke/61	40:22*
47-B. Garner/45	41:20*
***WOMEN***	
51-Jolite Houston/22/AGRC	41:44
53-Vicki Bigelow/43	41:55*
81-C. Bergstrom/16	44:41
96-C. Barnett/15	45:48

***MASTERS***	
50-C.P. Larson/46	60:12*
58-P. Thomson/43	61:19*
60-Jess Chavez/47	61:34*
68-Paul Spangler/41/TRAC	62:32*
73-R. Feldman/40	63:31*
85-Gerald McGowan/41	64:35*
***WOMEN***	
51-Joan Uilyot/38/WVTC	60:13
57-Vicki Blankenship/38/P60	60:35
77-Ruth Anderson/49/NCS	63:44*
88-Denise Bigelow/17	64:44
96-Alice Fischer/25	65:57
98-Betsy White/40/WVTC	66:00*
106-Marge Elson/28	67:41
116-N. Frost/24	67:49

AVENUE OF THE GIANTS--FORMAN & CASSADAY QUALIFY FOR TRIALS; WIPF SETS RECORD

(May 6, Weott): - Under cold and rainy conditions, Keith Forman, 38, a former sub-4:00 miler at the Univ. of Oregon in the early sixties, held off a determined Mike Cassaday, who was running his first marathon, to win by 17 seconds in an Olympic Trials qualifying time of 2:21:28. Cassaday also slipped under the 2:21:54 standard with his 2:21:45. Third-placer Bill Sevald was a bit more than a half-mile back in 2:25:02. Proving that you're not "over the hill" when you're past 30, four of the top five finishers were 33 and over! A total of six out of the top eight were sub-masters, as that number broke 2:30. Tom Mota, who had just turned 40 a few months earlier, served notice to the area that he'll be a top contender for masters competitions for years to come with a quick 2:35:03, good enough for a 3:44 margin over Roger Daniels, 43, who cracked the 2:40 for the first time. Mota missed Stuart Fall's 2:33:54 course standard from 1977, but not by much. In the women's competition, Jane Wipf, 21, of Logan, Utah, set a blistering pace and was never headed, finishing in a record 2:47:50, breaking Jackie Hansen's 2:50:18 mark and recording the fastest marathon ever on NorCal soil. Second-placer Irene Rudolf, 37, also set a PR, clocking 2:56:10 and breaking the only other record. Jane Wooton (3:01:40) and Jane Sowersby (3:02:13) also set PR's in third and fourth place. Maria Johnston, 41, of Dallas, Texas, won the women's masters race with a 3:16:46, making her the third out-of-state divisional winner of the day. Forman, the winner, is from Tacoma, Washington. This year's event, held to 2000 entrants, came up with 1663 finishers and meet promoters say they'll limit the field again next spring, as well as at the "Son of Avenue", to be held this October. Some other interesting facts on Keith Forman...his 3:58.3 mile, set in 1962, made him the sixth or seventh fastest miler up until that time, and he was also a member of Univ. of Oregon's world-record setting 4-mile relay team that year. After a 4-year stint with the Marines, he had done low-key racing since the late 60's. He ran his first marathon in 1974 (2:57) and has steadily improved (his previous best was a 2:25+ at the Nike Marathon in the fall of 1977). His making the Olympic Trials is especially significant since he failed to do so in 1964 because of an injury. At this point in time, Keith and Albie Thomas (Australia) share the 147th best mile time in history (they've slipped several notches since this listing in the May 1979 issue of *Runner*). At Honolulu last December, the two of them just happened to run together for several miles of the Marathon...Keith did a 2:41 only 2 weeks after a 2:27 at Seattle. /Don Hughes; Dick Meyer/



Keith Forman - 2:21:28

1-Keith Forman/38/Wa	2:21:28	10-Russell Knudsen/24	2:32:30	19-Dennis Fridly/33/NV	2:35:26	28-Wayne Hallam/32	2:38:18
2-Mike Cassaday/28/WV	2:21:45	11-Bob Woodliff/31	2:32:41	20-Arturo Rodriguez/29	2:35:28	29-Doug Brown/27/Ore	2:38:36
3-Bill Sevald/33/ETC	2:25:02	12-Greg Jewett/32/ETC	2:32:55	21-Mark Hines/28	2:35:43	30-Boyd Hartley/34	2:38:44
4-Daryl Zapata/33/WV	2:27:00	13-Tony Gerardi/32/Nev	2:33:33	22-Bob Lawrence/39	2:36:36	31-Roger Daniels/43/TAM2	2:38:47*
5-John Botke/35/SBarb	2:28:13	14-Glen Walder/28	2:34:58	23-Mark Judge/24	2:36:41	32-William Jenney/38	2:39:05
6-Rudy Munoz/21/Reno	2:28:56	15-Perry Linn/28/BC	2:35:02	24-Peter Demarais/22	2:37:14	33-Gary Green/26	2:39:12
7-Stuart Scholl/26	2:29:03	16-Tom Mota/40/LMJS	2:35:03*	25-Steve Ottaway/26/GB	2:37:42	34-Joe Schieffer/27	2:39:29
8-Don Shanahan/36/SDTC2	2:29:21	17-James Rocha/28/SRRC	2:35:08	26-Pat Buzbee/27	2:37:57	35-Phil Sanfilippo/28	2:39:30
9-Gordon Hullinger/23	2:30:08	18-Mike Buzbee/27	2:35:16	27-Gary Goettlmann/35	2:38:13		

(Cont'd on next page...)

(Avenue of Giants, Cont'd...)

36-Ed Stromberg/35	2:39:32
37-Dick Look/31	2:39:46
38-Larry Martin/26	2:39:47
39-Barb Simmons/29	2:39:55
40-Tom Rothhaar/36	2:39:55
41-Bert Johnson/36	2:39:55
42-Reuben Jeffery/25/DE2	2:40:31
43-Alex Green/23/CT	2:40:34
44-Frank Nolan/39/WVTC	2:40:40
45-Mike Brown/27	2:40:51
46-Haywood Norton/32	2:41:03
47-Mark Samuelson/25	2:41:09
48-Kees Tuinzing/31/TAM2	2:41:30
49-Rob Bates/22	2:41:35
50-Marc Hoschler/28	2:42:11
51-Dane Larsen/28	2:42:29
52-Robert Clay/32	2:43:05
53-Dave Stevenson/26	2:43:33
54-Jay B. Ford/33	2:43:41
55-Kenneth Howe/39	2:43:42
56-Ross Rowley/30/SUND	2:43:44
57-Ron Lund/23/Colo	2:43:46
58-Peter Stein/33	2:43:59
59-Robert Sobsey/28/NV	2:44:13
60-Bob Myers/39/PMK	2:44:28
61-Rich Leutzinger/40	2:44:34*
62-Bob Hedges/33	2:44:35
63-Bill Catanese/40/TAM2	2:45:16*
64-Dave Lapham/39	2:45:30
65-Brian Collins/36	2:46:05
66-Dan Moore/37/LVRC	2:46:10
67-Thad Orfchowski/29	2:46:12
68-George Zibilch/30	2:46:13
69-Roger Price/41	2:46:27*
70-Tom Warren/35	2:46:30
71-Richard Berne/30	2:46:38
72-Alex Nedleman/16	2:47:02
73-David Zumwalt/27	2:47:02

74-Robert Dahlstet/31	2:47:08
75-Michael Boucher/26	2:47:09
76-Jim Washington/24	2:47:36
77-Rodney Smith/28	2:47:46
78-Bob Bunelle/1/28	2:47:47
79-Glenn Pruitt/36	2:47:49
80-Jane Wipf/21/Utah	2:47:50F
81-Walter Bortz/19	2:47:59
82-Steve Hoots/35	2:48:08
83-James Owen/32	2:48:14
84-Ted Wilson/41/KJ	2:48:19*
85-Terry Hughes/35	2:48:21
86-Rick Plume/31	2:48:40
87-John Andrew/22	2:48:49
88-Ronald Rye/24/Utah	2:48:58
89-Bert Van Duzer/22	2:48:59
90-Juhani Pohjolainen	2:49:00*
91-Charles Freeman/28	2:49:00
92-Richard Russe/1/34	2:49:01
93-Henry Skade/35	2:49:11
94-Robert Superko/30	2:49:22
95-David Moon/37	2:49:36
96-Tom Barlow/16	2:49:37
97-Monroe Rosenthal/31	2:50:02
98-Rober Sobsey/28	2:50:06
99-Bill Bugler/43/PMK	2:50:20*
100-Jim Turner/39	2:50:21
101-Bill Murphy/28	2:50:34
102-Moore Huffman/23	2:50:48
103-Frank Ruona/33	2:51:08
104-Gordon Collet/39	2:51:16
105-Ronnie Harries/29	2:51:22
106-Terry Hanger/23	2:51:23
107-James Rader/39	2:51:44
108-Peter Werbel/32	2:51:54
109-Steven Jeffries/29	2:51:56
110-Jim Carr/32	2:52:06
111-Gregg Sindici/33	2:52:07
112-Bill Johnson/27	2:52:13

113-Thomas Barthold/35	2:52:13
114-Roy Scellato/31	2:52:15
115-George Parrott/35	2:52:15
116-Gordon Burns/28	2:52:16
117-Andy Coe/30	2:52:17
118-Ken Danz/21	2:52:20
119-Dennis Burkett/25	2:52:29
120-Jeffrey Frome/27	2:52:31
121-Geoff Kurland/33	2:52:31
122-William Daniel/34	2:52:42
123-Walt Schorno/41/ETC	2:52:53*
124-David Nieman/28/PUC	2:52:57
125-George Savatgy/32	2:53:01
126-Malcolm Singer/38	2:53:04
127-Peter Cartwright/32	2:53:11
128-Don Lenkeit/35	2:53:13
129-Eric Beck/36	2:53:25
130-Dan Alarid/36	2:53:33
131-Russell Givin/42	2:53:40*
132-Hoyt Walker/27/LVRC	2:53:52
133-Brian Nelson/21	2:53:52
134-Mike Deatherage/25	2:54:06
135-Peter Laskier/34	2:54:08
136-Dennis E. Wong/25	2:54:14
137-Tim Treacy/47/PMK	2:54:16*
138-Dennis Dillon/34	2:54:20
139-Ron Ross/37	2:54:23
140-Neil C. Finn/30	2:54:45
141-Mike Rowerdink/27	2:54:48

183-Jim Gaughran/46	2:57:08*
190-Hal Jackson/45	2:57:20*
195-Pate Thomson/43	2:57:35*
200-Keith Jaeger/42/TX	2:57:46*
205-Van Whitis/41	2:57:59*
206-Glenn Reed/40	2:57:59*
208-Jerem Russell/43	2:58:26*
211-Donald German/43	2:58:41*
214-Bill Heffernan/41	2:58:45*
222-Ronald Rahmer/42	2:59:03*
228-Dan Halvorson/45	2:59:10*
232-William Vogt/40/HI	2:59:13*
233-Pete Buckner/40/OR	2:59:14*
***WOMEN***	
165-Irene Rudolf/37/WVTC	2:56:10
271-Jane Wooton/20/HSU	3:01:40
279-Jane Sowersby/28/WV	3:02:13
342-Joan Ulyot/38/WVTC	3:07:04
392-Chris O'Kelly/28	3:09:15
423-Karen Kressenberg/WV3	3:11:16
458-Nancy Rehrer/23/NC	3:12:42
464-Linda Skinner/31	3:12:54
479-Cheryl Jorgenson/27	3:14:13
518-Karen McEvoy/20/Utah	3:16:32
524-Maria Johnston/41/TX3	3:16:46*
539-Karen Diekmeyer/38	3:17:15
544-Berit Meyer/22	3:17:19
557-Debbie Sierra/27/WV	3:17:45
585-Carol Hewitt/30	3:19:54
587-Marlys Hayden/41/TAM3	3:20:01*
602-Bjorg Smith/36	3:20:49
604-Nancy Berndt/35/NV	3:20:54
613-Joan Perkins/33	3:21:39
616-Beverly Marx/25	3:21:49
621-Elaïne Schumacher	3:21:59
630-Sandy Gadwood/31	3:22:21
660-Kathryn Singer/38	3:23:05
679-Jytte Fruchtman/40	3:23:49*
694-Helene Lavelle/30	3:24:47



Mike Pinocci successfully defended his Devil Mountain 10K title. /John Sheveta/

PINOCCI DEFENDS DEVIL MOUNTAIN TITLE AS RECORD 2000 PARTICIPATE (May 6, Danville): - Mike Pinocci, seemingly recovered from a case of mononucleosis that prevented him from competing in this year's Boston Marathon, forged his way to a comfortable 26-second victory over teammate Bill Seaver, but his 30:54 fell far short of the 30:18 standard he set the year before. Seaver was only a second short of his 1978 time, a mark that would have netted him only seventh, as the quality of this year's field seemed to be sharply down, despite twice the number of entries. Dan Anderson took third in 32:04, reversing the tables on teammate Harvey Franklin, who had beaten him two weeks previously over the same distance. The masters division was a lot closer, as Tom Cathcart took a hard-earned victory over current NCR "Point Leader", Kent Guthrie (33:12) and always dangerous Darryl Beardall (33:14), although his 33:00 was 5 seconds shy of Ulrich Kaempff's record for the 10K circuit. Linda Robinson's 37:54 took the women's title from an admittedly 'still stale from Boston' Judy Leydig, whose 38:32 was almost two minutes off her 1978 mark, which also netted her the runnerup spot. Mary Rieboldt's 38:53 placed third. Ruth Anderson placed seventh overall among the women in taking the masters crown at 41:32, well off the 40:28 record she set last year. Other division winners were Howard Machek (Jr. Boys) in 34:40 and Michelle Miller (Jr. Girls) in 44:37. The organizers did another superb job in a benefit for Children's Hospital. /Nancy Lewis/

14-Wolf Goubau	33:18
15-Mike Sapp	33:33
16-Ralph Bowles/Un	33:46*
17-Bob Alexander	33:55
18-Robert Brasesco	33:57
19-Scott Faulkner	34:02
20-David Powell	34:28
21-Jim O'Neil/53/BC	34:32*
22-Jim Moore	34:33*
23-Howard Machek	34:40
24-Sargon Nona	34:44
25-George Sandoval	34:51
26-Charles Keck	34:57
27-Gerd Willebrand	35:20
28-Dennis Durbin	35:21
29-Steve Hyland	35:26
30-Michael Coke/40	35:30*
31-Leonard Gilliana	35:32
32-Brent Battey	35:35
33-Paul Tjogas	35:35
34-Craig Van Otten	35:38
35-Knut Frostad	35:41
36-James Allen, Jr.	35:41
37-Robert Vizas	35:52
38-Rip Talavera	36:06
39-James Ryan, Jr.	36:07
40-Steve Schneider	36:12

41-Mike Milton	36:20
42-Keith Whittingslow/OC	36:21*
43-John Harmon	36:24
44-Gerald McMahon	36:24*
45-Gene Dangel	36:25
46-M.L. Dayton	36:25
47-Steve Cowell	36:25
48-Ken Stein	36:26
49-Philip Bradley	36:27
50-Lloyd George	36:27
51-Miguel Solorio	36:29
52-Tim Duffy	36:31
53-Martin Watkins	36:33
54-Skip Jones	36:33
55-Tom Cole	36:37
56-Bill Raventos	36:37
57-David Cummins	36:39
58-Keith Wallace	36:44
59-James Dyer	36:45
60-Norm McAbee/PMK	36:47*
61-Steve Hayes	36:49
62-Karl Gerdes	36:52
63-Nelson Togerson	36:53
64-James Peregoy	36:55*
65-Michael Morrison	37:04
66-Roger E. Smith	37:05
67-Glenn James	37:05

68-Mark Vandenberghe	37:15
69-Harold DeMoss/WVTC	37:16*
70-Glenn Yajho	37:17
71-Brian Williams	37:22
72-George Slater	37:25
73-Mike Impastato	37:26
74-Phil Lenihan	37:27*
75-Thomas Webb	37:27
76-Erick Peterson	37:28
***MASTERS***	
84-Roger Manriquez	37:46*
95-Darrell Gee	38:14*
102-Walter Williams/WVJS	38:24*
108-Pat Meeks	38:48*
117-Bruce Carter	39:03*
127-Joe Sibley	39:22*
129-Roland Hardy	39:27*
***WOMEN***	
88-Linda Robinson	37:54
105-Judy Leydig/28/WVTC	38:32
112-Mary Rieboldt	38:53
153-Melissa Duffy	40:08
207-Pat Whittingslow/WVTC	41:09
234-Laura Fennelly	41:31
236-Ruth Anderson/49/NCS	41:32*
254-Vicki Bigelow	41:47*
262-Marlynn Harbin	41:51*

1-Mike Pinocci/WVTC	30:54
2-Bill Seaver/WVTC	31:20
3-Dan Anderson/WVTC	32:04
4-Harvey Franklin/36/WV	32:28
5-Bernd Heinrich	32:35
6-Kevin Ostenberg	32:37
7-Virginio Dearavjo	32:53
8-Tom Cathcart/40/WVTC	33:00*
9-David Perlman	33:01
10-Pat Shaughnessy/WVTC	33:03
11-Gary Alderman	33:07
12-Kent Guthrie/WVJS	33:12*
13-Darryl Beardall/TAM	33:14*

**AGGIES RETAIN WORLD CENTIPEDE TITLE** (May 20, San Francisco): - Seven teams entered this year's 1st National Club Centipede Championships, held in conjunction with the Bay to Breakers, as the Aggie Running Club once again demonstrated their high "space coefficient" (defined as the ability of an individual or group to occupy a given physical space and yet another mental space simultaneously; the distance between these two spaces is measurable and expressed as *Coefficients of Space*), by easily outdistancing WVTC and capturing their second win in as many years (they ran along in 1978). Although no official times were kept (teams began several blocks and about a minute ahead of the main start), the Aggies set a record at about 40:30, and WVTC was about a half-minute back, also under the old mark. Teams were required to demonstrate team precision by executing two "Lenichi" turns during the race (basically a full 360° turn). The Aggies, not to be slighted, executed *three* Lenichi turns, no less! According to Aggie spokesman and Centipede Director, Angel Martinez, the undefeated Aggies will make an attempt at under 40 minutes (from a scratch start!) next year. Martinez says Club Centipede Racing is the next phase in our sport's development(?). Calling it the "crew of running", he says inquiries have been pouring in from all over the world, perhaps inspiring an International Championship in Loch Ness, Scotland, in 1981. Loch Ness, says Martinez, seems to be the only place the Aggies will be able to get any competition. The finishing teams, in order (no official times were recorded): (1) Aggie RC, (2) WVTC, (3) Monte Vista H.S., (4) Lawrence Livermore Slinky Pede, (5) Lawrence Livermore #2, (6) Clorox Bleachy Pede, (7) Lawrence Livermore Nuclear Pede (melted down at 6 miles). /Angel Martinez/



(Above) One of the highlights of the 1979 Bay to Breakers was the "National Club Centipede Championships". Shown waging war here are the Aggies and West Valley TC at the foot of the Hayes Street hill. (Right) Laurie Binder won the women's title in a record 43:07.6. /Jim Engle Photos/



**HODGE & BINDER RACE TO RECORD TIMES AT BAY TO BREAKERS** (May 20, San Francisco): - This year's edition of the race was as crazy as ever. Many top runners opted either not to run or be a part of the centipede race (above paragraph), simply not wanting to risk "life and limb" in the hectic start. However, this year, thanks to Len Wallach, some changes were made that allowed the top runners a seeded position (something that should have been done long ago), but the "cheaters" made a shambles of that, pouring from the first few side streets by the hundreds as the leaders came by. Greater Boston TC's Bob Hodge held a 50-yard lead at the top of Hayes hill and hung on through the downhill closing miles, lengthening his lead slightly to win in a course record time of 36:50.9, bettering Paul Geis' 1977 standard of 37:03. Colombian Joaquin Leano of Nevada-Reno was runnerup in 37:11.5, with John Moreno a close third at 37:14.1. A large New Zealand contingent finished strongly, placing five in the top eleven and easily winning the team title. Laurie Binder of San Diego ran a strong 43:07.6 to set an all-time record, besting the listed mark set by Maryetta Boitano in 1974 at 43:22 (though it's not known if she ran the entire distance). Amazing Judy Fox ran a strong 43:36.5 for second place...at 38 years of age. We think Jim O'Neil was the top masters runner at 43:41, however, ages were not noted in the results. Jeff Julian (42:19.7) from New Zealand may be over 40 (does anyone know?). We're only listing the top 100 or so finishers and the top women (listed in the paper) because that's all we know about. Some of the times for the women (and places) may be mixed up, as there were some foulups at the finishline and time/places may have gotten interchanged. We don't know how many 'official' finishers were recorded, but an estimated 20,000 started (official and otherwise). /S.F. Examiner/

1-Bob Hodge/GBTC	36:51	33-George Hernandez/Reno	40:49	65-Jon Brendel	42:40	97-Chris Lucas	43:59
2-Joaquin Leano/UNR-Col	37:12	34-Mike Conroy/ETC	40:51	66-Rae Clark/WVTC	42:45	98-Don Ardeil	44:00
3-John Moreno/CW	37:14	35-Rick Batha/AGRC	40:55	67-Bill Merryfield	42:47	99-Steve Hyland	44:02
4-Benton Hart/WVTC	37:51	36-Steve Palladino/CW	41:10	68-Gregg Hubbard	42:53	100-Ed Jerome/TRAC	44:04
5-Alan Gibson/NZ	37:52	37-Web Loudat/NMTC	41:14	69-Chuck Stagliano	42:53	101-Ty Rousseau	44:06
6-Bruce Palmer/NZ	37:57	38-Dennis Tracy/WVTC	41:17	70-Gary Alderman	42:54	102-Walt Basinger	44:10
7-Graham Struthers/NZ	38:09	39-Bill Marty/DallasCCC	41:23	71-Bob Braseseo	42:56	103-Bill Jensen/PMK	44:11*
8-Mike Emry/CW	38:15	40-Ivan Keats/NZ	41:32	72-Marshall Spalding	43:01	104-Todd Watkins	44:17
9-John Gibson/NZ	38:18	41-Greg McKinstry/MerTC	41:37	73-Karl Machsches/ETC	43:03	105-Michael Root	44:19
10-John Sheehan/AGRC	38:34	42-Mike Lennemann/FPTC	41:38	74-Steve Clark	43:06	106-Masafuma Mori	44:20
11-Fred Smith/NZ	38:35	43-Ed Kelley/Sacto TC	41:40	75-Laurie Binder/SDTC	43:08F	107-Russell Cohen	44:23
12-Wayne Buckingham/JT	38:37	44-Jerry Hall/Un-Stanford	41:41	76-Chris Speere	43:08	108-Stephen Sidney	44:25
13-Jim Mosher/SDTC	38:37	45-Joseph Hurd/Unat	41:53	77-Dan Harvey	43:12	109-Ray Bonner	44:29
14-Roy Hoglund/CW	38:43	46-Andrew Eskin/LVTC	41:54	78-Andy Takaha/CW	43:19	110-Steve Subotnick/WVTC	44:30
15-Paul Sumpter/NZ	38:47	47-Jeff Mellow/FresnoTC	41:55	79-Darnel Cop	43:27	111-John Leeming	44:30
16-Steve Brent/NZ	38:48	48-Gary Porteous/MercTC	41:58	80-Raoul Kennedy	43:30	112-David Hildebell	44:30
17-Pete Flores/AGRC	38:50	49-Hank Lawson/CW	42:06	81-Mike Gaven	43:31	113-Dan Rusk	44:33
18-Keith Pearce/NZ	38:54	50-Steve Ottavio/GrBrit	42:08	82-Chris Johnson	43:31	114-Steve Lyons	44:38
19-Miguel Tibaduitza/UNR	38:59	51-Ned Elliott	42:09	83-John Ortega	43:32	115-Ken Ganezer	44:42
20-Denis O'Halloran/AGRC	39:02	52-Don Chapin	42:17	84-Tom Bennett	43:33	116-Laurence Sims	44:42
21-Edgar Leano/UNR-Col	39:11	53-C. Hans	42:18	85-Harrison Gunther	43:35	117-Gregory Pechia	44:42
22-Gerald Crane/Michigan	39:11	54-Jeff Julian/NZ	42:20	86-Judy Fox/WVTC	43:37F	118-Stephen Penner	44:44
23-Gary Elliott/NZ	39:19	55-Andy Sawyer	42:21	87-I. Mallowes	43:38	119-Joe Gallagher	44:45
24-Randal Diamond/NZ	39:29	56-Timothy Morse	42:21	88-Francis Byrnes	43:39	120-Russ Kiernan/TAM	44:46*
25-Virginio Dearaugo/Brz	39:42	57-Dennis Reager	42:22	89-Bennett Gershman	43:40	***WOMEN***	
26-Dick Weeks/BB	39:52	58-Jerry Emory	42:23	90-Jim O'Neil/BC	43:41*	134-Carol Urish/Texas	45:00
27-Reg House/NZ	39:55	59-Steve Lorenz	42:24	91-David Amster	43:43	154-Skip Swannack/WDS	45:33
28-Scott Thomson/NZ	40:13	60-Greg Hodson	42:25	92-Bob Nanninga/SLDC	43:45	165-Diane Riley	45:59
29-Fred Villeas/MercedTC	40:15	61-Kim Osborne	42:29	93-Tommy Zamot	43:50	171-Marilyn Taylor/WVTC	46:09
30-Ruben Ruiz/AZTLAN	40:21	62-Keith Gleason	42:32	94-Steve Ferraz	43:53	182-Ann Forshee-Crane	46:22
31-Jim Howell/WVTC	40:25	63-Rick Timko	42:36	95-Ray Hosler	43:53	202-Judy Leydig/WVTC	46:46
32-Lester Mina/AGRC	40:45	64-Mike Brisbin	42:37	96-James Simcox	43:54	265-Diane Killeen	48:04

**WELLCK SETS MASTERS MARK AT TRAC 10-KILO** (May 27, San Jose): - Steve Brooks led teammates Mark Sisson and Bill Clark to a three-way sweep of the popular TRAC 10K at San Jose's Hellyer Park with a time of 31:35, but it was Bob Wellck who pulled in the only major record of the day, dipping under Kent Guthrie's 1977 masters record of 32:52 with a fine 32:45 clocking, good for 9th overall, as Guthrie was runnerup at 33:07. Ulrich Kaempff rounded out a strong masters showing with his 33:43. Beth Schultz edged out Kristine Morrella for the women's title as no big names showed up for some reason, and Lillian Woodward's 45:17 was the best of the masters women. Beth's winning time of 42:34 was only six seconds ahead of Kristine. There were only 321 official finishers, compared to 170 more than that last year. Seems as if the less expensive, well-managed races are drawing fewer people... doesn't make too much sense to us...for only \$1.50, all finishers got ribbons, with patches going to the top 50% in each division. Results were good, showing full name, age and club, but females were not noted, so hope we didn't miss anyone. /Brian Hollins/

1-Steve Brooks/25/WVTC	31:35	22-Mike Plummer/21/WVTC	34:05	43-William Dunn/31/Un	35:29	64-Richard Piper/25/Un	37:22
2-Mark Sisson/25/WVTC	31:55	23-Manny Mahon/29/WVJS	34:10	44-Frank Ruona/33/Un	35:35	65-John Bitzer/17/WVTC	37:23
3-Bill Clark/35/WVTC	32:06	24-Jerry Taylor/23/Un	34:11	45-Gary Grellmann/RCM	35:44	66-Richard Collin/36/WVJS	37:28
4-Tad Woliczko/28/Un	32:09	25-Steve Stark/32/GER	34:22	46-Martin Robinson/26/Un	35:56	67-Jack Wheeler/36/Un	37:31
5-Harvey Franklin/36/WV	32:21	26-David Garcia/28/WVJS	34:22	47-Ray Clemo/30/Un	36:00	68-Tony Familia/27/Un	37:33
6-Chris Jackson/19/BRC	32:25	27-Greg Jewett/32/ETC	34:31	48-Santos Reynaga/29/WVTC	36:00	***MASTERS***	
7-Tom Kennedy/24/WVTC	32:29	28-Tim Rostege/38/WVTC	34:33	49-Luis Torres/31/WVTC	36:07	70-Walter Williams/42/WVJ37	40:4*
8-Bill Wagstaffe/17/BTC	32:39	29-Masafumi Mori/33/SRI	34:35	50-Cal Perry/17/JLHS	36:10	73-Dieter Diekmeyer/47/SD37	44:4*
9-Bob Wellck/41/Un	32:45*	30-Steven Specker/33/Un	34:36	51-Walter Van Zant/40/WVJ36	10*	75-Ronald Hakoia/46/Un	37:52*
10-Jake White/37/WVJS	32:55	31-Tim Lavelle/30/Un	34:38	52-Robert Gehl/50/DSE	36:28*	84-Bob Farrington/47/Un	38:16*
11-Lyle Freeman/29/Un	32:59	32-Glenn Pruitt/37/ETC	34:41	53-Paul Armstrong/26/WVTC	36:32	87-Glenn Unsicker/46/Un	38:25*
12-Bert Johnson/36/LVRC	33:03	33-Gerald Slisager/38/Un	39:49	54-Bob Smith/18/LOHS	36:45	91-Rod McKenzie/44/Un	38:47*
13-Kent Guthrie/42/WVJS	33:07*	34-Don Dugdale/33/MPAC	34:55	55-Wayne Hooper/36/Un	36:50	93-E. Silver/48/Un	38:49*
14-Rich Stiller/34/WVJS	33:10	35-Lance Kuykendall/30/WV34	58	56-Rudy Escobedo/39/Un	36:50	***WOMEN***	
15-Pat Shaughnessy/19/WV	33:11	36-Paul Marquez/17/Un	35:00	57-Bob Cummings/29/WVTC	36:54	150-Beth Schultz/21/Un	42:34
16-Mike Miller/23/CW	33:29	37-Paul Hopkins/17/FP	35:03	58-Ron Nelson/36/WVJS	37:04	152-Kristine Morrella/34	42:40
17-Joe Mercade/24/Un	33:39	38-John Hawkes/30/WVTC	35:04	59-Mark Paul/19/SilJS	37:05	160-Martie Comarell/30/Un	43:13
18-Ulrich Kaempff/48/Un	33:43*	39-Myron Nevraumont/45/WJ35	13*	60-Michael Hicks/37/WVJS	37:11	174-Karen Diekmeyer/38/SUN44	41:1
19-Bill Meinhardt/38/WVJS	33:46	40-Albert Garcia/33/Un	35:15	61-Glen Campagna/26/Un	37:13	182-Lynn Harris/28/WVJS	44:34
20-Sammy Castillo/33/Un	33:54	41-Bryan Holmes/44/WVJS	35:24*	62-Steve Mosier/16/FP	37:18	194-Lillian Woodward/43/NCS45	17*
21-Dete Kraus/36/Un	34:01	42-Marc Torres/16/WVTC	35:26	63-Matt Wolfing/15/Un	37:20	212-Diane Bromstead/42/Un	46:38*

**JENKINS WINS ASS TO ASS RUN** (May 27, Santa Rosa): - Hersh Jenkins of Rohnert Park ran away with the First Annual "Ass" Runs, sponsored by the Brass Ass Saloons as a benefit to create scholarships for underprivileged kids to go to summer camp. His time of 71:06 in the longer "Ass to Ass" Run (13.2 miles) was uncontested, as the runnerup, 40-year-old Jim Bowers of Santa Rosa, finished more than 3½ minutes back. Next masters runner was Roland Craig (also of Santa Rosa) in 1:21:29. Kaye Hall of Napa not only won the masters women's title in 1:34:18, but also ran away with the overall women's race, leaving her nearest competitor, Jan Adams, over five minutes behind. In the shorter companion, "Half-Ass" Run (7.7 miles), Dennis Wade was also a runaway winner in 43:56, besting Lawrence McKendall by nearly two minutes (45:48). William Mentzer of Mill Valley won the masters division (53:18), while Sue Pool's 59:25 led all women. A tremendous turnout (the largest that we know of in Sonoma County) of 816 runners made this run a financial success. Following are the top finishers in the longer race only. /Julie Shidler/ Note: Sex not noted in results!

1-Hersh Jenkins	71:06	11-Rick Mathieu	82:18	21-Dick Ogg	87:55	65-Clarence Hall/NVRC	95:11*
2-Jim Bowers/40	74:39*	12-Roger Price	82:19*	22-Gregor Weiss	88:03	***WOMEN***	
3-Russell Black	75:56	13-Jeff Ceremony	85:08	23-Joe Barich	88:06	48-Kaye Hall/NVRC	94:18*
4-Fred Leoni	78:18	14-Ken Cox	85:29	24-Paul Zager	88:19	107-Jan Adams	99:33
5-Mike Deatherage	78:44	15-Jim Barich	86:09	25-Lucky Wong	88:27	115-Candy Brehmer	100:51
6-Ken Howe	78:56	16-Malcolm Jacobs	86:10	26-Dan Magnuson	88:46	131-Carol Morley	102:58
7-Roger Scott	79:01	17-Robert Herold	86:18	27-Dan Goodwin	89:41*	133-Peggy Smyth	103:12
8-Jim Noonan	80:55	18-Jerold Drew	86:35	28-Jim Hiss	90:08	135-Maria Regalado	103:16
9-Roland Craig	81:29*	19-Malcolm Singer	87:49	***MASTERS***		139-Jerry Bernstein	103:25
10-Ray Bonner	82:09	20-Arnold Schulz	87:54*	43-Michael Korbholz	93:40*	142-Harriette Carey	103:34

**NABERS DEFENDS PACIFIC SUN MARATHON TITLE IN NEW COURSE RECORD** (May 28, Kentfield): - "Marathon-man" Ron Nabers, completing his umpteenth full marathon for 1979, edged Peter DeMarais by 32 seconds in establishing a new course standard of 2:30:43 over the rolling terrain of the Tiburon Peninsula. His 2:34:41 winning time of last year was set under much warmer conditions, however. Richard Leutzinger was also well under the old masters course record with a fine 2:42:07, annihilating the old mark of 2:54:39. Nik Epanchin (2:52:11) and Don Ardell (2:52:34) were also under the old standard. This second annual event also produced a new women's record, as Jennifer Daniell of Redding did 3:04:32 to best Morijo Connelly's 3:07:54. Elaine Miller's 1978 winning time was 3:06:40. Nancy Nelson's 4:08:23 led the masters women, as only two finished in that division (460 completed the run). In a companion 10K run, 863 finished, with Michael Arago's 31:54 leading the pack. Ex-Stanford runner from the early 60's, Weymouth Kirkland, was runnerup in 33:06 (listed as 3rd in the results, but we couldn't find 2nd place as only final placings by division were listed). Dana Hooper's 39:31 edged Beverly Larsen's 39:41 for the women's title, and masters newcomer, Bert Botta, grabbed victory in his division, 35:37 to 35:56 over Bill Catanese. Susan Mitchell's 40:41 won the women's over-40 crown, and that was good enough to place her sixth overall. Below are the marathon results, with the 10K finishers on the next page. /Lorna Cunkle/

1-Ron Nabers/30/WVTC	2:30:43	19-Fred Frauens/25	2:52:29	37-Bruce Madewell/33	3:00:22	55-Marshall Gordon/20	3:07:19
2-Peter DeMarais/22/MR2	3:15	20-Donald Ardell/40	2:52:34*	38-David Wagner/32	3:00:48	56-Neil Robinson/20	3:07:49
3-Tim Swezey/29/PMK	2:35:55	21-Vince Fischer/30	2:54:09	39-Martin Hillyer/41	3:01:14*	57-Ralph Hoffmann/35	3:07:51
4-Steve Ottaway/26	2:38:49	22-Henry Tushar/23	2:54:43	40-David Innes/31	3:02:01	58-Morijo Connelly/22	3:07:54F
5-Dick Leutzinger/20	2:42:07*	23-Errol Jones/29	2:55:06	41-Byron Richardson/28	3:02:08	59-Dennis Nigro/31	3:08:46
6-Kerry Kilgore/32	2:43:42	24-Mark Paye/32	2:55:27	42-Tony Teteira/26	3:02:53	***MASTERS***	
7-Michael Brown/27	2:47:09	25-Anthony Gray/20	2:56:09	43-John Gilbert/26	3:03:13	60-Richard Miller/49	3:08:49*
8-Tom Lambie/29	2:48:16	26-Steve Daniels/21	2:57:05	44-Not Listed	-----	61-Roy Daisley/46	3:09:03*
9-David Hansen/25	2:48:26	27-Jeff Pecsar/28	2:57:22	45-Not Listed	-----	81-Jerry Reznik/40	3:13:45
10-Ed Dux/31	2:49:45	28-M. Fischer/28	2:57:26	46-Richard Mayers/37	3:03:47	88-Charles Wilson/49/WV3	15:59*
11-Phillip Gonzales/31	2:50:17	29-Eric Ivary/32	2:57:45	47-Bobby Yee/29	3:04:01	98-Robert Potter/42	3:20:14*
12-Walt Basinger/29	2:50:20	30-Grady Wright/34	2:57:55	48-Jeffrey Hunter/29	3:04:11	***WOMEN***	
13-Dave Wills/28	2:51:36	31-David Curtis/31	2:58:58	49-Jennifer Daniell/21	3:04:32F	63-Carol Young/27	3:09:36
14-Jeff Jones/33	2:51:54	32-Not Listed	-----	50-Al Iparadis/40	3:05:07*	186-Dem. Terrien/26	3:33:52
15-Greg Heistuman/23	2:51:54	33-Roger Bryan/43	2:59:32*	51-Richard Watson/40	3:05:14*	190-Marcia Kai-Kee/29	3:34:44
16-Nik Epanchin/40	2:52:11*	34-Bryant Garth/29	2:59:37	52-Richard Malkin/39	3:05:53	193-Jody Kaufman/30	3:34:58
17-Edwin Jerome/35/TRAC2	52:20	35-Frank Varela/32	2:59:43	53-Peter Ricicas/31	3:06:57	201-Susan Martin/28	3:35:37
18-Bob Bertani/28	2:52:26	36-Peter Manak/24	3:00:19	54-Not Listed	-----	245-Carol Walker/28	3:43:09

(Pacific Sun 10Km, Cont'd...)  
 1-Michael Arago/24/MR 31:54  
 2-Not Listed -----  
 3-Weymouth Kirkland/35 33:06  
 4-Steve Bond/24 33:15  
 5-Bob Lawrence/39 33:25  
 6-Bill Harrieff/35 34:26  
 7-Brian Collins/36 34:32  
 8-Brian Stewart/18 34:39  
 9-Dave Cargill/30 34:45  
 10-Tom Bennett/31 34:49  
 11-Dan Williams/30 34:49  
 12-Not Listed -----  
 13-Not Listed -----  
 14-Laurence Sims/18 35:22  
 15-John Colomet/20 35:28  
 16-Bert Botta/40 35:37\*

17-Emery Mitchell/16 35:40  
 18-Bill Catanese/40/DIRT 35:56\*  
 19-Greg Johnson/16 36:02  
 20-Stephen Hoots/35 36:08  
 21-Phil Hager/42/WVTC 36:19\*  
 22-George Ridout/36/MR 36:38  
 23-Not Listed -----  
 24-Bruce Carradine/46/DRT 36:49\*  
 25-Jim Hess/17 36:55  
 26-Dan Fragoza/25 36:58  
 27-Stephen Peart/30 37:00  
 28-Peter Hein/20 37:00  
 29-Roy Alexander/34 37:06  
 30-James Clever/42 37:17\*  
 31-Peter Laskier/34 37:22  
 32-Bill Harrison/35 37:34  
 33-Raoul Kennedy/16 37:40  
 34-Donald Klink/25 37:43  
 35-John Loomis/16 37:47  
 36-Jack Sattler/35 37:48  
 37-Jose Raygosa/23 37:49  
 38-Howard Jacobson/35 37:49  
 39-Theodore Hellman/32 37:52  
 40-Not Listed -----  
 41-Not Listed -----  
 42-Warren Yeend/43 37:52\*  
 43-Not Listed -----  
 44-David Watts/34 38:11  
 45-Harlan Barry/40 38:12\*  
 46-George Olive/31 38:14  
 47-George Frazier/32 38:15  
 48-Richard Dillon/16 38:17  
 49-Bill Jones/17 38:20  
 50-David Klein/31 38:21

\*\*\*MASTERS\*\*\*  
 52-Ronald Rahmer/42 38:22\*  
 56-Frank Smith/40/PMK 38:42\*  
 78-Robert Stephens/40 39:40\*  
 81-Bob Siegel/42 39:42\*  
 82-Gary High/42 39:43\*  
 84-Jess Chavez/47 39:49\*  
 85-John Cohan/48 39:52\*  
 92-Paul Hohe/41 40:08\*  
 \*\*\*WOMEN\*\*\*  
 72-Dana Hooper/24/TAM 39:31  
 80-Beverly Larsen/36 39:41  
 91-Pamela Purcell 40:07  
 103-Michelle Crcnich/18 40:32  
 105-Donna Andrews/38 40:36  
 106-Susan Mitchell/41 40:41\*  
 133-Florianne Harp/31 41:57



Mike Cassaday dominated "Round the Runway" Race; shown here leading Benton Hart at the San Jose Invit. 10K. /Dave Stock/

STAHL AND CASSADAY TAKE "ROUND THE RUNWAY" VICTORIES (Jun. 3, Moffett Field): - The 2nd Annual "Round the Runway" footraces turned out to be a huge success with 700 attending the companion 3 and 7.6-mile races. Hugh Stahl posted a solid victory over Gregg Szanto, 14:53 to 15:04, in the shorter event, while 2:21 marathoner, Mike Cassaday ran a 'solo' victory of 38:51.7 in the long run. Second-placer Ulrich Kaempf broke Bryan Holmes' 43:18 masters record in posting an easy division win of 42:33. Myron Nevraumont's 43:36 was runnerup, and good enough for sixth place overall. In the 7.6-miler, Denise Bigelow's 50:43 was tops among the women, and her mother Vicki was second in 52:17, taking the women's masters title in the process. Teammates Walt Williams and Walt Van Zant battled it out for the masters win in the shorter race, with Williams coming up a 9-second victor at 16:40. Marilyn Taylor's quick 17:12 topped her nearest competition, Martie Comarell, by a wide margin (18:50). Julie Kyle annexed the masters trophy with a 21:28 clocking. /Dorsey White/

\*\*\*3 MILES\*\*\*

1-Hugh Stahl 14:53  
 2-Gregg Szanto/WVC 15:04  
 3-Joe Green/WVTC 15:26  
 4-Jim Gorman/WVTC 15:30  
 5-Paul Marquez 15:35  
 6-Richard Stiller/WVJS 15:38  
 7-William Dunn 15:57  
 8-Jan Brendel 16:01  
 9-Ron Palermo 16:07  
 10-Leonard Gilliana 16:14  
 11-Vincent Mocini 16:20  
 12-A.H. Saenz 16:33  
 13-Larry Eder 16:39  
 14-Walter Williams/WVJS 16:40\*  
 15-Steve Honey 16:46  
 16-Walt Van Zant/40/WVJS 16:49\*  
 17-Larry Crane 16:50

18-Ron Tanaka 16:51  
 19-Michael Hicks 17:01  
 20-Rick Riordan 17:02  
 21-Richard Collins 17:08  
 22-Marilyn Taylor/WVTC 17:12F  
 23-Stuart Campbell 17:20  
 24-Ken Israel 17:31  
 25-Rick Pearson 17:34  
 26-Malcolm Stewart 17:34\*  
 27-Carlton Parks 17:35  
 28-Gerald Zeilenga 17:36\*  
 29-Tom Jones 17:39  
 30-Ron Heise 17:43  
 31-Phil Henrikson 18:01  
 32-David Berger 18:05  
 33-Don Wettlaufer 18:09  
 34-Patrick Wong 18:13  
 35-Emory/WVJS 18:18

36-Mark Bigelow 18:20  
 37-Louis Stojanovich 18:24  
 38-Ken Shick 18:30  
 39-Michael Silva 18:33  
 40-Larry Marshall 18:36  
 41-Mark Williams 18:39  
 \*\*\*MASTERS\*\*\*  
 53-Dave Baker 19:28\*  
 59-Anthony Chavez 19:51\*  
 ??-Ruty Hereida 20:07\*  
 ??-Glenn Sievert 20:33\*  
 \*\*\*WOMEN\*\*\*  
 46-Martie Comarell 18:50  
 ??-Deanna Pearson 20:47  
 ??-Julie Kyle 21:28\*  
 ??-Sandra Looper 22:04  
 ??-Lynn Hendrickson 22:48  
 ??-Margaret Delane 22:48

\*\*\*7.6 MILES\*\*\*

1-Mike Cassaday/28/WVTC 38:52  
 2-Ulrich Kaempf/48/Un 42:33\*  
 3-Sargon Nona 42:36  
 4-Joe Mercado 42:37  
 5-Ray Hosler 42:38  
 6-Myron Nevraumont/WVJS 43:36\*  
 7-Doug Schmenk 43:44  
 8-Dan Dierken 43:53  
 9-Ed Jerome/TRAC 44:37  
 10-Charles Scogins 44:48  
 11-Daniel Sullivan 45:33  
 12-Robert Cummings/WVTC 45:34  
 13-Rudy Rodriguez 45:43  
 14-Andrew Jacobson 45:45

15-Ernst Stever 45:45  
 16-Donald Lotz 46:04  
 17-Walter Radloff 46:06  
 18-Eric Petersen 46:12  
 19-Waights Taylor/WVTC 46:16\*  
 20-Don Carpenter/WVTC 46:19\*  
 21-Dan Speed 46:26  
 22-Terry Hanger 46:48  
 23-Max Crabbe 47:01\*  
 24-Harold DeMoss/WVTC 47:10\*  
 25-Wayne Meyer 47:21  
 26-Sheldon Larson 47:36  
 27-Jeffrey Hunter 47:49  
 28-Stan Benkowski 47:52  
 29-John McCrillis/TRAC 47:53\*

30-Bob Dalton 48:04  
 31-Vic Andrews 48:05  
 32-John Bulash 48:06  
 33-Robert Esquire 48:10  
 34-Ed Hart 48:20  
 35-Gordon DeMoe 48:26  
 36-Raymond Kemp 48:33  
 37-Paul Spangler/TRAC 48:46\*  
 38-Bill Bower 48:46\*  
 \*\*\*MASTERS\*\*\*  
 41-Roy Crawford 49:16\*  
 44-Jim Wink 49:26\*  
 50-Bill Rodman 50:06\*  
 53-Roger Jackman 50:22\*  
 60-Gene Antonies 51:04\*

63-Gary Eubank 51:17\*  
 71-William Prucha, Jr. 52:11\*  
 \*\*\*WOMEN\*\*\*  
 56-Denise Bigelow 50:43  
 74-Vicki Bigelow 52:17\*  
 ??-Barbara Pike 53:22  
 ??-Daphne Dunn/PMK 54:04  
 ??-Joyce Rankin 54:12  
 ??-Ellen Clark/WVTC 54:31  
 ??-Christine Carriere 55:15  
 ??-Beverly Clark 55:24  
 ??-Kay Walker 55:52  
 ??-Lilian Woodward/NCS 56:10\*  
 ??-Andrea Crespo 56:54  
 ??-Mary Papale 58:58

SRI CHINMOY MARATHON: A SUCCESSFUL NEW TRADITION (Jun. 3, Menlo Park/Atherton): - This first annual affair, sponsored by the San Francisco chapter of the Sri Chinmoy Centre Running Club, included a vegetarian banquet for the runners followed by the awards ceremony...so the runners had something to do while waiting for the presentation! Conditions were nearly ideal, with a high fog through most of the run, which was thru flat tree-lined residential streets. Overall winner was Steve Slawson of Kensington, who led from start to finish, in a fine 2:25:03. Closing well over the latter stages of the run was Phil Kay, completing his first marathon in an excellent 2:25:58, while Dave Collins also dipped under 2:30 with a 2:29:07 clocking. In the women's division, Karen Scannell ran a most impressive 3:05:30 PR (Karen is 40 and won the masters division as well as overall). Penny DeMoss, who was to undergo foot surgery the following week, ran an easy 3:13:40 for second place, and Pat Kirkpatrick was third at 3:20:18. In the masters division, John Spurr, who was 'persuaded' into running the race after running a long workout (20 miles or thereabouts) the previous day, had an excellent 2:45:39 to dominate that division, with Bob Blonder (2:51:02) and Ben Sawyer (2:51:49) battling it out for the runnerup spot. With splits and aid-stations at most every mile, this was one of the best organized runs around. When the word gets out, there'll be much more than the 133 that finished this year. /Noel Poole/

1-Steve Slawson/26/BA 2:25:03  
 2-Phil Kay/26/Un 2:25:58  
 3-Dave Collins/27 2:29:07  
 4-Tom Robinson/31 2:35:20  
 5-Dennis Tracy/32/WVTC2:37:29

6-Dennis Urriaga/30 2:39:44  
 7-Frank Ruona/33 2:41:41  
 8-Dennis Gustafson/35 2:44:26  
 9-John Spurr/40 2:45:39\*  
 10-Jay Helgerson/24 2:45:54

11-Dave Nieman/28 2:46:07  
 12-Mike Palomino/26 2:47:10  
 13-Pablo Stewart/27 2:47:10  
 14-Bob Blonder/41/RC 2:51:02\*  
 15-Ben Sawyer/42 2:51:49\*

16-Michael Brown/25 2:52:53  
 17-Masafumi Mori/33 2:52:56  
 18-Bob Duncan/29 2:54:58  
 19-David John/25 2:55:49  
 (Continued on next page...)

(Sri Chinnoy Marathon, Cont'd)	28-Joseph Grady/38	3:01:40	37-Lorenzo Chambliss/37	3:08:07	51-Ron Kovacs/40/TRAC	3:14:58*
20-Milton Quinnine/34	29-Jim Stephens/37	3:01:56	38-Dave Ketelsen/19	3:08:30	52-Don Peterson/46	3:15:40*
21-Peter Stein/33	30-John Wedgewood/38	3:03:52	39-Don Schriber/29	3:09:19	53-Ed Burke/63	3:18:47*
22-Steve Higgins/29	31-Frank Patterson/41	3:04:43*	40-Pete Pulis/29	3:09:24	57-Richard Baugh/41	3:21:12*
23-Fred Tilestone/32	32-Karen Scannell/40/PK3	05:30F*	41-Don Lucero/51/WVTC	3:09:26*	***WOMEN***	
24-Gerald Pierce/27	33-Doug Perez/31	3:06:30	42-Ed Syrett/37/WVTC	3:11:07	47-Penny DeMoss/29/WVTC	3:13:40
25-Jack Wheeler/36	34-Robert Gehl/50	3:07:27*	***MASTERS***		55-Pat Kirkpatrick/25	3:20:18
26-Tommy Lee Greer/31	35-Robert Solorio/32	3:07:44	49-Ken Laverty/50+	3:14:17*	82-Leslie Haas/23	3:35:54
27-Joe Gallagher/32	36-Dan Fragoza/25	3:07:58	50-John Flather/47	3:14:58*	88-Gayle Momono/29	3:40:38

**KATHY PERKINS SMASHES WOMEN'S RECORD AT HOLY CITY RUN** (June 17, Holy City): - Steve Brooks won the overall title at the 18th Annual Holy City Run over 313 other finishers in a good 48:25, which was more than a minute off Angel Martinez' course mark, but still quick enough to defend his 1978 title by some 18 seconds over teammate Mike Smith. However, it was Kathy Perkins who stole the show, as she clobbered her own 1978 course mark by more than 1½ minutes, coming in at a swift 55:09, which was good enough for 30th place overall. Runnerup Sue Munday was way back at 57:43, but that was still good enough for the third fastest time ever run here (9.08 Miles). Ulrich Kaempf dominated the masters field with his 52:50, with Jerry Lewis and Myron Nevraumont in the next two slots--53:52 and 54:08, but he missed the 50:46 course standard set by Kent Guthrie in 1977. John Marden's 49:30 easily bested the high school field, with his nearest competition, Mike Lucas, a full 3½ minutes behind. Virginia Collins' 69:20 led the masters women. Incidentally, there were 4 repeat winners: Brooks, Perkins, Kaempf, along with Louis Stojanovich, who won the 12 & under division in 68:25. /Ken Napier/

1-Steve Brooks/WVTC	48:25	25-Rae Clark/WVTC	54:20	49-Jonathan Kanter	57:41
2-Mike Smith/WVTC	48:43	26-Bob Smith	54:34	50-Allan Welch	57:42
3-Gilbert Munoz	48:53	27-John Brendel	54:42	51-Sue Munday	57:43F
4-Matt Yeo/AGRC	49:24	28-Don Dugdale/MPAC	54:43	52-Mike Hicks/WVJS	57:45
5-John Marden/WVTC	49:30	29-Ed Jerome/TRAC	55:04	53-Conrad Goeri	58:09
6-Peanut Harms/AGRC	49:39	30-Kathy Perkins/SJC	55:09F	54-Norman Goulp	58:11
7-Gregg Szanto/WVC	49:56	31-Martin Robinson	55:41	55-Stefan Ruiz	58:37
8-Mike Plummer/WVTC	51:10	32-Rick Riordan/PacW	55:58	56-Manny Mahon/WVJS	58:50
9-Keith Kruse/PuTC	51:21	33-Santos Reynaga/WVTC	55:58	57-Wayne Meyer	58:54
10-David Parish/WVTC	51:46	34-John Mercurio	55:59	58-Peter Fessenden	59:14*
11-Dan Martinez	51:48	35-Walt Van Zant/WVJS	56:03*	59-Pat Gilbert	59:16
12-Nick Nichols	51:53	36-Ray Clemo	56:06	60-Robert Johnson	59:23
13-Paul Sechrist	52:23	37-Walter Radloff	56:11	61-Bill Hotchkiss	59:29
14-Ulrich Kaempf	52:50*	38-Javier Naranjo	56:17	62-Ron Ruiz	59:31*
15-Dan Dierkan	52:55	39-Rick Piper	56:25	63-D.H. Curtis	59:33
16-Joe Mercado	52:56	40-Dennis McGibben	56:35	64-Ed Hart	59:38
17-Mike Lucas	53:00	41-Williams Jenkins/RCRC	56:45	65-Mike Paradis	59:41*
18-John Gardner	53:34	42-Steve Mosier	56:48	66-Dave Branning/WVJS	59:42
19-Tim Rostege/WVTC	53:37	43-Mark Harlan	56:54	67-Craig Windham/WVJS	59:59
20-David James	53:45	44-Bill Comport	57:03	***MASTERS***	
21-Jerry Lewis/TRAC	53:52*	45-Robert Cowdrey	57:07	70-Harold DeMoss/WVTC	60:08*
22-Masafumi Mori	53:56	46-Wayne Hooper	57:18	77-Mike Mister	60:31*
23-Glenn Pruitt/ETC	53:57	47-Joe Rubio	57:30	78-John McCrillis/TRAC	60:33*
24-Myron Nevraumont/WVJS	54:08*	48-Phil Sanfilippo/WVJS	57:39	79-John Warren/TRAC	60:39*



Masters runner Karen Scannell was the first woman finisher at the Sri Chinnoy Marathon in a PR 3:05:30. /Don McLandry/

90-Bill Young	62:08*
91-Lupe Correa	62:08*
94-David Edgar	62:12*
***WOMEN***	
68-Jackie Hendrickson	60:06
98-Diane Davis	62:28
103-Tena Anex/AGRC	63:09
120-Sandi Bohner/WVJS	64:09
121-Diane Young	64:12
164-Kristine Morella	67:02
176-Beverly Clark	67:54
194-Linda Smith	69:17

**MAXWELL & MEYER TOP SKYLINE RIDGE RUN** (June 17, Oakland): - The 329 finishers found the Oakland hills tough in the first REI Co-op Skyline Ridge Run, as Brian Maxwell won the 10K race in a slowish 32:42, pulling away from runner-up Harvey Franklin (33:19) strongly over the last half of the race. Women's times also reflected the difficulty of the course, but the competition in that division was much closer, with Berit Meyer's 41:23 just edging out Denise Bigelow, the first junior woman, by a mere second. And third-placer Leslie McMullin was another 5 seconds back. The masters division was captured by Ray Menzie, who had a 16-second margin of victory over Bryan Holmes. And Greg Johnson's 35:57 led the junior men, only 6 seconds in front of Bob Brasesco. Vicki Bigelow (Denise's mom) was the masters women's top finisher in a good 42:26, only a minute behind the top open division runners. Top finishers in the various divisions received both medals and merchandise from REI, and some 40 additional merchandise awards were given at random. This plethora of goodies, along with a free post-race picnic, provided a good time for all. /LMJ&S/

1-Brian Maxwell/BASC	32:42	16-Lou Dougherty	37:55	31-D. Duncan	39:33	61-Walt Schorno/ETC	41:47*
2-Harvey Franklin/36/WV	33:19	17-Mike Coke	37:58*	32-Richard Craig	39:51	65-Jack Hodges	41:57*
3-Lester Mina/AGRC	34:42	18-Eric Ivary	38:04	33-Jim Hipkiss	40:02	66-Ray Miller	41:59*
4-Vernon Sallaz	35:33	19-Bill Brusher/LMJS	38:07	34-Sheldon Clark	40:09	68-Bob Garner	42:05*
5-Greg Johnson	35:57	20-Hugh Globerson	38:12	35-Tim McClintick	40:19	69-Vince Alcantar	42:12*
6-Robert Brasesco	36:03	21-Brian William	38:39	36-L. Lynch	40:20	***WOMEN***	
7-Bob Colborn	36:19	22-Todd Thyberg	38:47	37-Dean Schorno	40:25	55-Berit Meyer	41:23
8-Jim Rodrigues	36:38	23-D.E. Terraman	38:48	38-Emmet Keefe	40:29	56-Denise Bigelow/AGRC	41:24
9-Billy Shyvers/WVTC	36:47	24-Bruce Madewell	38:52	39-David Sharp	40:31*	58-Leslie McMullin	41:28
10-Rip Talavera	36:51	25-V.P. Fischer	38:55	40-Don Rooks	40:38	72-Sue Brusher/LMJS	42:18
11-Ray Menzie	37:01*	26-Glen McCrear	39:06	41-L.M. Kief	40:42	73-Vicki Bigelow	42:26*
12-Bryan Holmes/WVJS	37:17*	27-Nick Rosa	39:11	42-Dave Edlund	40:44	92-Marti Comarell	43:43
13-Bob Adelson	37:21	28-Mick Mitrovich	39:18	43-Bill Rider	40:46	96-Laury Belzer/LMJS	43:53
14-Robert Smith	37:30	29-Jim Norsworthy	39:29	***MASTERS***		105-Vicki Randall	44:40
15-Greg Thyberg	37:41	30-David Brown	39:32	59-Leigh Forsberg	41:32*	107-Martha Maricle/NCS	44:48*

**HART AND FOX SET RECORDS AT PA-AAU 15K** (June 24, Los Altos Hills): - Under slightly overcast cool (mid-60's) conditions, one could have guessed that there were going to be some fast times, but this year's District 15K Championships turned into a real mass assault on records, as over half the field broke an hour (127 out of 239 finishers), and 32 dipped under 50 minutes. Leading the assault was Benton Hart, whose 45:18 broke Jim Nuccio's 1977 standard of 45:40 (set on a very warm day), and he pulled along a very game John Moreno, outkicking him in the last part of the race by only 5 seconds. Third-placer Mike Ruffatto's 45:43 was only three seconds off Nuccio's old mark. In perhaps the most spectacular performance of the day, Judy Fox crushed an excellent women's field to take the overall title in a fantastic 52:57 (Judy is 38 and also won the sub-masters division), breaking the record of 57:34 set last year by Judy Leydig, as well as Vicky Bray's "short course" record of 56:35 set in 1976. The world best for the distance is 51:37 by Marty Cooksey. Kathy Perkins' 56:12 was also under the old record. (Continued on next page...)

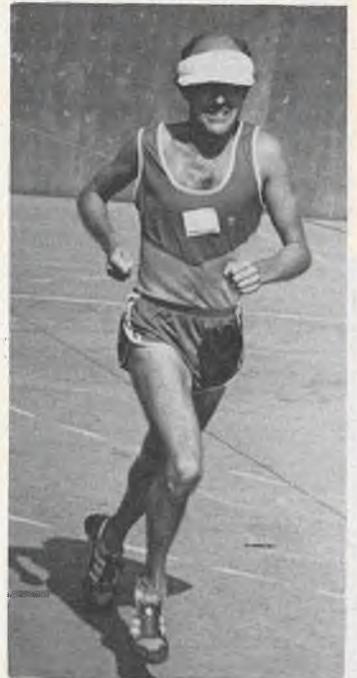
(PA-AAU 15K, Cont'd...) - And Marilyn Taylor, who was third, just missed the old mark with a fine 57:43. Ralph Bowles took an early lead in the masters division and never let up, but Bob Welck closed strongly over the final few miles to move within 11 seconds at the tape as Ralph clocked 51:11 for the win. Had Bob not been forced to take a brief pitstop midway thru the race, the results might have been reversed. Jerry Lewis' 52:28 captured third in that division. Karen Scannell continued her fine running in winning the women's over-40 race, defeating Anne Neeley, 62:28 to 63:45. The team competition in the open division couldn't have been much closer, as WVTC took the title for the fourth year in a row, clocking a record 3:53:33 (46:43 per man) to runnerup Camino West, who had 3:54:24. The third place Aggies were only another minute back at 3:55:25. If the meet had been scored by points, Camino West would have come out on top over WVTC and the Aggies, 42-43-45! The Pamakids (4:44:43) won the masters title over TRAC (4:48:10) and WVTC (4:54:51), and WVTC won the women's race (3 per team) in a record 2:49:50 (56:37 per runner) over the Aggies (3:04:07) and Woodside (3:08:27). /The Clark's/



(Clockwise) Lead pack early in the PA-AAU 15K consists of (l-r): Mitch Kingery, Benton Hart, Pete Sweeney, Mike Pinocci, John Moreno and Mike Emry. /John Shevets/ Judy Fox is congratulated by Bill Catanese, 4th masters finisher, who finished 8 seconds behind her. Top masters finisher, Ralph Bowles, did a 51:11, beating Bob Welck. /Jim Engle/



1-Benton Hart/23/WVTC	45:18	37-James Tracy/29/ETC	50:15	73-Ray Menzie/44/Un	54:56*
2-John Moreno/24/CW	45:23	38-Steve Tamagni/26/Un	50:39	74-John Danner/22/PMK	55:06
3-Mike Ruffatto/24/WVTC	45:43	39-Bruce Wolfe/24/WVTC	50:42	75-Paul Armstrong/26/WVTC	55:08
4-Pete Sweeney/23/AGRC	45:50	40-Jim Howell/35/WVTC	50:49	76-Terry Casey/29/ETC	55:11
5-Mitch Kingery/22/CW	46:22	41-Tomasso Kearcher/29/PK50	50:54	77-Mark Graves/29/Un	55:15
6-Mike Pinocci/24/WVTC	46:25	42-Ralph Bowles/42/DIRT	51:11*	78-Rick Berne/30/Un	55:23
7-Ron Fritzke/22/CW	47:03	43-T. Baccellin/30/Un	51:13	79-Bob Cowdrey/35/Un	55:25
8-Tony Reynoso/25/AGRC	47:11	44-Jake White/37/WVJS	51:15	80-Jim Gorman/30/WVTC	55:26
9-Mike Emry/23/CW	47:14	45-Greg Hubbard/23/MR	51:15	81-Bob Cushen/48/PMK	55:32*
10-Bill Britten/24/AGRC	47:20	46-Gary Singer/24/Un	51:20	82-George Ridout/36/MR	55:34
11-John Sheehan/25/AGRC	47:29	47-Pete Churney/23/WVTC	51:22	83-Rick Riordan/19/PW	55:43
12-Steve Holl/26/AGRC	47:35	48-Bob Welck/41/Un	51:22*	84-Don Diola/17/Un	55:53
13-Bill Sevald/33/ETC	47:42	49-Timothy Morse/30/AGRC	51:24	85-David Cummins/37/Un	55:55
14-Matt Yeo/24/AGRC	47:48	50-Art Aurand/34/Un	51:48	86-Ed Jerome/35/TRAC	55:56
15-Mike Cassaday/28/WVTC	47:52	51-Jack Leydig/35/WVTC	52:00	***MASTERS***	
16-Bryan Gieser/26/AGRC	48:02	52-Ernie Rivas/29/ETC	52:08	87-Siegfried Mattern/42	56:10*
17-Denis O'Halloran/27/AGRC	48:08	53-Mike Fanelli/23/PMK	52:21	91-James Jacobs/45/PMK	56:34*
18-Steve Brooks/25/WVTC	48:15	54-Jerry Lewis/44/TRAC	52:28*	93-Don Carpenter/51/WVTC	56:45*
19-Roy Hoglund/22/CW	48:22	55-Al Stanbridge/32/PMK	52:31	94-Walter Williams/42/WVJS	56:49*
20-Gary Goettelmann/35/WV48	48:32	56-Andy Takaha/23/CW	52:33	96-Jim Nicholson/48/PMK	56:53*
21-John Mansoor/23/AGRC	48:37	57-Dan Barry/23/WVTC	52:40	102-Peter Fessenden/41/Un	57:41*
22-Brock Hinzmann/26/ETC	48:42	58-Tim Rostege/39/WVTC	52:43	105-John McCrillis/41/TRAC	57:43*
23-Ed Schelegle/25/AGRC	48:47	59-David Hamer/15/WVTC	52:45	106-Bruce Carradine/46/DRT	57:51*
24-Stan Winkley/20/Un	48:48	60-Phil Sanfilippo/28/WVJ5	52:50	112-Van Whitis/41/Un	58:16*
25-Al Hernandez/33/WVTC	48:49	61-Ray Orwig/25/WVTC	52:50	113-Ken Paul/46/WVTC	58:16*
26-George Howe/23/Un	48:50	62-John Hawkes/30/WVTC	52:53	114-John Flather/47/TRAC	58:18*
27-Gil Brooks/24/CW	49:04	63-Ray Hosler/26/CTC	52:26	115-Harold DeMoss/43/WVTC	58:21*
28-Robert Anex/20/AGRC	49:17	64-Judy Fox/38/WVTC	52:57F	121-Paul Spangler/41/TRAC	58:58*
29-Bill Seaver/29/WVTC	49:27	65-Bill Catanese/40/DIRT	53:05*	122-Ronald Harola/46/Un	59:08*
30-Tom Weir/26/AGRC	49:29	66-Dan Dierken/30/TRAC	53:06	126-Frank Smith/40/PMK	59:34*
31-George Green/28/ETC	49:30	67-Ron Richardson/22/Un	53:30	***WOMEN***	
32-Lester Mina/26/AGRC	49:54	68-Myron Nevraumont/44/WV53	43:43*	89-Kathy Perkins/21/SJC	56:12
33-Dave Collins/28/PMK	50:06	69-Bert Botta/40/TAM	54:19*	104-Marilyn Taylor/26/WVTC	57:43
34-Dan Harvey/20/CW	50:12	70-Phil Hager/42/WVTC	54:30*	123-Judy Leydig/28/WVTC	59:10
35-Jim Bowles/29/WVTC	50:13	71-David Dunbar/23/PMK	54:33	130-Diane Killen/22/AGRC	60:06
36-Bryan Tracy/23/AGRC	50:15	72-Keith Larsen/23/PMK	54:39	133-Linda Van Housen/15/WS60	61:14
				149-Tena Anex/22/AGRC	61:47
				155-Karen Rosenblatt/24/AG62	62:14
				159-Karen Scannell/40/PMK	62:28*
				164-Anne Neeley/40/TAM	63:45*
				166-Karen Himenes/12/WS	63:57
				168-Peggy Stok/19/WS	64:16
				174-Joyce Rankin/31/Un	65:30



SCHMULEWICZ VICTOR AT EXCELSIOR BEACH RUN (Jun. 30, San Francisco): - Ex-Cal runner, Wolfgang Schmulewicz, led from start to finish on this tough 10K run which featured some soft sandy areas this year. His winning 35:52 effort was way off John Halberstadt's 32:25 record of 1975, but good enough to whip runnerup Bruce Degan by some 46 seconds. This year's turnout of 133 (finishers) was the smallest ever...I guess nobody wants to pay \$1.50 for a race anymore?! On top of that there were three T.U.R.D.'s that managed to slip across the finishline (unofficial runners)...how cheap can you get? Don Chaffee's 39:38 led the over-40 crowd by a wide margin, as Michael Coke edged Bob Gehl (tops in the 50+ field) for runnerup, 40:55 to 40:57. Tena Anex's 44:46 proved to be more than enough to whip teammate Denise Bigelow, who notched a 45:19 as runnerup, just ahead of her mom, Vicki, who won the over-40 title in 45:35. Good weather and a well-organized race! Let's see more here next year. /Mike Conroy/

1-Wolf Schmulewicz/25	35:52	12-Calvin Schulz/28/Un	39:54	23-Ted Hudson/32	42:35	33-Thurman Cheatham/42	44:10*
2-Bruce Degan/36/MR	36:38	13-Dave Robertson/27/WVTC	40:10	24-Evan MacBride/32/FR	42:42	50-Dodie Gaines/50/Un	47:24*
3-Ray Kindle/21/PMK	37:03	14-S. Erickson/21/Un	40:43	25-Tim Chalmers/28/Un	42:48	***WOMEN***	
4-Joe Schieffer/28/LMJS	37:18	15-Marco Martin/38/PMK	40:51	26-Pete Schoener/38/BC	42:59	38-Tena Anex/22/AGRC	44:46
5-Neil Berg/30/LMJS	37:27	16-Michael Coke/41/CS	40:55*	27-Gary Chan/20/WVTC	43:29	46-Denise Bigelow/17/AGRC	45:19
6-Hashim Bashiruddin/22	38:12	17-Robert Gehl/51/DSE	40:57*	28-Gene Thibeault/33	43:34	47-Vicki Bigelow/43/Un	45:35*
7-Jay Gehrig/28/Un	38:14	18-Walt Basinger/29/PMK	41:06	29-John Reavis/29/Un	43:38	50-Martha Maricle/NCS/40+47:29*	
8-Phil Serra/17/SUND	38:30	19-Chris Lizarraga/16/SUN	41:38	30-Mike Korbholz/42/DSE	43:48*	57-Pamela Chappelle/ETC	48:02
9-Russell Seyfried/18/SD39	38:02	20-Jerry Bourne/32/DSE	42:04	31-Jeff Houston/21/DSE	43:56	66-Daphne Dunn/PMK	48:55
10-John Monteverdi/33/LMJ39	37:37	21-Alan Levander/26/Un	42:27	***MASTERS***		75-Colleen Fox/PMK	50:05
11-Don Chaffee/40/ETC	39:38*	22-Gary Nathanson/29/TSRC	42:28	32-Fred Dunn/50/PMK	43:57*	101-Paulette Boykin/30/DSE	57:11

**VAN HORN TOPS FIELD AT FOLSOM 10K** (Jul. 1, Folsom): - Sacramento State's Mike Van Horn, competing for the Davis-based Aggie Running Club, ran off with the overall win at the Sixth Annual Folsom Run, besting Art Baudendistel by some 13 seconds in a time of 31:10, some 40 seconds off Dan Gruber's record from last year. Kent Guthrie had a fairly comfortable victory margin, 33:42 to 34:18 over Bob Bourbeau, but was well off Harvey Ferrilli's 1978 best in the masters division (33:06), which was set under very cool conditions (60° and overcast). Kathy Adams successfully defended her title for the third year in a row, clocking 37:59.6, which was over a minute off her own course standard (also set in 1978). She was followed by surprising Suzy Martinez of the Roseville Gazelles in 38:29. Bob Malain was the only record-setter of the day, clocking a good 35:23 to demolish Art Waggoner's 50-and-over mark of 36:07, set last year, and his time was good enough for fourth place overall in the masters race. Carolyn Wolsey's 46:30 led the masters women. In a very tightly contested team battle, West Valley TC edged the local Buffalo Chips by 5 points, 92-97, with the Aggies third at 122. A total of 376 finishers in this popular Sacramento area run. /Frank Krebs/

1-Mike Van Horn/AGRC	31:10	26-Ed Russell/FF	34:41	51-Jeff Pearman/BC	36:28	76-Rex Hall/Un	37:56
2-Art Baudendistel/GW	31:23	27-Jesse Smith/FA	34:41	52-Mike Peldszus/DC	36:30	77-Kevin Sage/SUND	37:58
3-Adam Ferreira/HH	31:40	28-Bruce LaBelle/AGRC	34:46	53-Andy Harris/Un	36:31	78-Rick Anderson/Un	37:59
4-Chris Hamer/WVTC	31:54	29-Abe Underwood/BC	34:57*	54-Dan Davidson/Un	36:34	***MASTERS***	
5-Steve Brooks/WVTC	31:56	30-Mike Deatherage/SS	34:59	55-Karl Yamauchi/Un	36:38	89-Herb Adams/Un	38:35*
6-Perry Linn/BC	32:12	31-Gordy Vredenburg/BC	35:03	56-Howard Jacobson/BC	36:47	90-Mike Tarlton	38:37*
7-John Mansoor/AGRC	32:26	32-Rich Mounkes/Un	35:05	57-Roger Hite/Un	36:50	92-Ralph Moran/SUND	38:43*
8-Frank Goss/ARC	32:30	33-David Price/DC	35:08	58-John Riddle/Osamauif	36:39	108-Bob Potter/BC	39:31*
9-Rob Laxson/Un	32:49	34-Tellus Calhoun/Un	35:10	59-Brian Peterson/Un	37:06	111-Al White/OPHIR	39:36*
10-Erik Winje/Un	32:55	35-Doug Doi/FF	35:13	60-Austin Angell/STTC	37:07	112-Gus Hannickel/OPHIR	39:47*
11-Kenneth Alberg/SUND	33:06	36-Chuck Nichols/BC	35:14	61-Dan Halverson/BC	37:07*	119-Ben Smith/Un	40:13*
12-Frank Krebs/BC	33:11	37-Ken Takao/SUND	35:22	62-Larry Bass/BC	37:08	125-Herb Hoover/SoStr	40:33*
13-Dan Smolich/Un	33:25	38-Bob Malain/BC	35:23*	63-Steve Strong/Un	37:10	***WOMEN***	
14-Dave Maldonado/SaxStr	33:28	39-Richard Patterson/BC	35:33	64-Art Waggoner/BC	37:14*	80-Kathy Adams/SpWest	38:00
15-Mike Catlin/AGRC	33:33	40-Jeff Grubbs/BC	35:49	65-George Paddeck/Un	37:18	86-Suzy Martinez/RG	38:29
16-Boyd Tarin/WVTC	33:39	41-Kent Hikida/FF	35:50	66-Mike Doud/Un	37:19	101-Marilyn Brandt/AGRC	39:11
17-Kent Guthrie/WVJS	33:42*	42-Mark Murray/WVTC	35:53	67-Steven Schwartz/Un	37:19	114-Karen Rosenblatt/AGRC	39:52
18-Doug Rennie/BC	33:47	43-David Reinecker/Lag	35:57	68-Perry Francis	37:24*	115-Aene Barrett/Un	39:53
19-Mike Warr/MR	34:00	44-Erik Klusman/AE	36:04	69-Memo Campos/SaxStr	37:27	147-Debbie Faryniarz/Un	41:31
20-Ron Mellor/AubRC	34:04	45-Randy Fairchild/Un	36:07	70-David Ragsdale/AGRC	37:32*	157-Leslie Wilson/RG	42:10
21-Bob Bourbeau/WVJS	34:18*	46-Bruce Johnson/BC	36:08*	71-Steven Storelli/Un	37:34	159-Judy Mellor/AubRC	42:15
22-Kurt Reisig/Un	34:21	47-Tracey Booth/Un	36:18	72-Richard Doty/SUND	37:38	174-Karen Klupsch/OPHIR	43:06
23-Earl Hardy/HH	34:22	48-Harold KuphaIdt/RG	36:24	73-Robert Seidner/Un	37:39	176-Debbie Bispo/AGRC	43:08
24-Chris Clarke/Un	34:23	49-Randy Anderson/Un	36:25	74-Dean Rinde/Un	37:46	183-Kim Keaton	43:26
25-Jim Bowles/WVTC	34:24	50-Tim Jordan/BC	36:27	75-Victor Reeve/Un	37:54	184-Carolyn Tucker/BC	43:27



Mike Ruffatto, runnerup at the popular Wharf-to-Wharf Run in 27:53.7. /Jim Engle/

**MACDONALD RETAINS WHARF TITLE AND TIES RECORD; MUNDAY ALSO REPEAT WINNER--BREAKS RECORD** (Jul. 22, Santa Cruz): - Defending champ Duncan Macdonald went out quick and established an early lead in defending his win from the previous year, and his time of 27:38 tied the course record that he and teammate Mike Pinocci set last year. Runnerup Mike Ruffatto clocked 27:53.7 in a tight battle with teammate Ted Quintana, with Mike Cassaday another couple of strides back, as West Valley's powerhouse pinned down the top four spots in this very competitive field. A record number of runners (35) dipped under 30 minutes on the 5.813 mile stretch from the Santa Cruz to Capitola wharfs. Kent Guthrie nipped defending champ Bob Wellck in a tight finish; 30:58 to 31:01, but Ralph Bowles' 1976 masters best (30:34) remained intact. Fast improving LDR Chairman Roger Bryan was in contention for the win throughout much of the race but faded a bit toward the end, taking a strong third in 31:21. Sue Munday creamed Teri Anderson's 1974 women's record of 33:45 with her ultra-quick 33:09, and Michelle Aubuchon was also under 34 minutes with 33:59.7. Kathy Perkins' 34:01.8 was a close third. B. Hawke (only first initials were listed in results for the most part) was top masters woman at 39:24 (24th overall). Several thousand competed but we don't know the exact count, but 725 were women! /Mark McConnell/

1-Duncan Macdonald/WVTC	27:38	15-Jay Marden/WVTC	29:07	46-R. Miller	30:18	***MASTERS***	
2-Mike Ruffatto/WVTC	27:54	16-T. Munoz	29:09	47-Gil Munoz	30:20	77-Roger Bryan/Un	31:21*
3-Ted Quintana/WVTC	28:01	17-Gary Goettelmann/WVTC	29:10	48-Mark Gyorey/WVTC	30:22	113-Len Thornton/HSTC	32:27*
4-Mike Cassaday/WVTC	28:03	18-Rick Brown/AGRC	29:11	49-G. Morton	30:29	144-Bill Bugler/PMK	33:22*
5-Jim Hartig/FPTC	28:23	19-Arturo Rodriguez/WVTC	29:13	50-Dave Parish/WVTC	30:31	156-V. Whitis	33:48*
6-Wayne Hurst/WVTC	28:26	20-Dan Harvey	29:14	51-Joe Mercado, Jr.	30:33	158-Bob Blonder/RCRC	33:57*
7-Jeff Small/CPsLO	28:34	21-B. Joseph	29:15	52-Gary Alderman	30:34	161-John McCrillis/TRAC	33:59*
8-Mike Emry/CW	28:39	22-Craig Corey/WVTC	29:16	53-B. Marty	30:37	178-M. Stewart	34:20*
9-Denis O'Halloran/AGRC	28:47	23-Paul Gyorey	29:16	54-Stan Ross/SJS	30:38	183-Ron Kovacs/TRAC	34:24*
10-Bill Seaver/WVTC	28:51	24-Tim Gruber/WVTC	29:17	55-H. Worton	30:39	195-Mike Paradis	34:52*
11-Brian Foley	28:53	25-P. McGuire	29:20	56-J. Christensen	30:42	206-B. Young	35:05*
12-Steve Hoil/AGRC	28:54	26-Charles Boatright	29:21	57-D. James	30:44	208-Paul Spangler/TRAC	35:07*
13-Dan Cruz/PW	28:58	27-John Marden/WVTC	29:28	58-R. Ifland	30:45	214-M. Carl	35:16*
14-Bill Clark/WVTC	29:05	28-Bret Baffert/WVTC	29:39	59-Joe Salazar/CW	30:47	215-R. McKenzie	35:16*
		29-Tad Woliczko	29:39	60-Stan Hockerson/AGRC	30:52	223-Lee Holley/WVJS	35:25*
		30-Steve Watkins	29:40	61-Jim Hiserman	30:55	***WOMEN***	
		31-Paul Sechrist	29:45	62-Bill Meinhardt/WVJS	30:56	1-Sue Munday	33:09
		32-Joe Green/WVTC	29:49	63-Kent Guthrie/WVJS	30:58*	2-Michelle Aubuchon/CSH	34:00
		33-Rich Read/WVTC	29:56	64-M. Lotter	31:00	3-Kathy Perkins/SJC	34:02
		34-H. Stuhlo	29:59	65-Bob Wellck/Un	31:01*	4-Diane Killeen/AGRC	34:41
		35-Scott Thornton/HSTC	30:00	66-R. Hess	31:02	5-Maria King/SJC	36:00
		36-Al Sandretti	30:01	67-John Carey/WVTC	31:03	6-Tena Anex/AGRC	36:03
		37-S. Berumen	30:02	68-D. Hines	31:06	7-K. Robinson	36:34
		38-Dirk Feenstra	30:07	69-Greg Brock/WVTC	31:07	8-Denise Bigelow/AGRC	36:39
		39-Greg Mandanis	30:09	70-S. Stark	31:10	9-Jolie Houston/AGRC	36:44
		40-John Hoch/CW	30:10	71-P. Dolan	31:10	10-Barbara Meihaus/WVTC	36:47
		41-Stacy Geiken	30:11	72-D. Hunt	31:12	11-B. Storm	36:48
		42-G. Galway	30:15	73-J. Hilbrink	31:13	12-Amy Harper	36:52
		43-A. Bettencourt	30:15	74-D. Stevens	31:14	13-Karen Rosenblatt/AGRC	36:52
		44-A. Gonzales	30:16	75-P. Grabowsky	31:19	14-S. Baffert	36:52
		45-Kevin O'Connor/CW	30:17	76-Manny Mahon/WVJS	31:20	15-Diane Young	36:56

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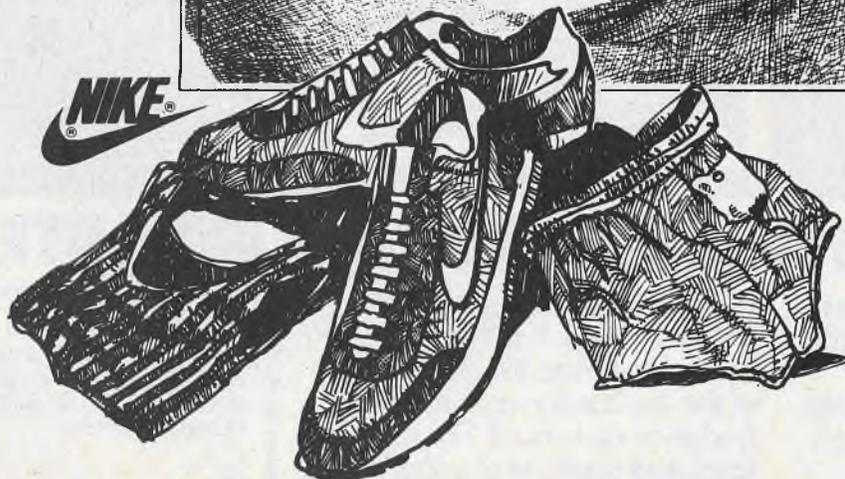
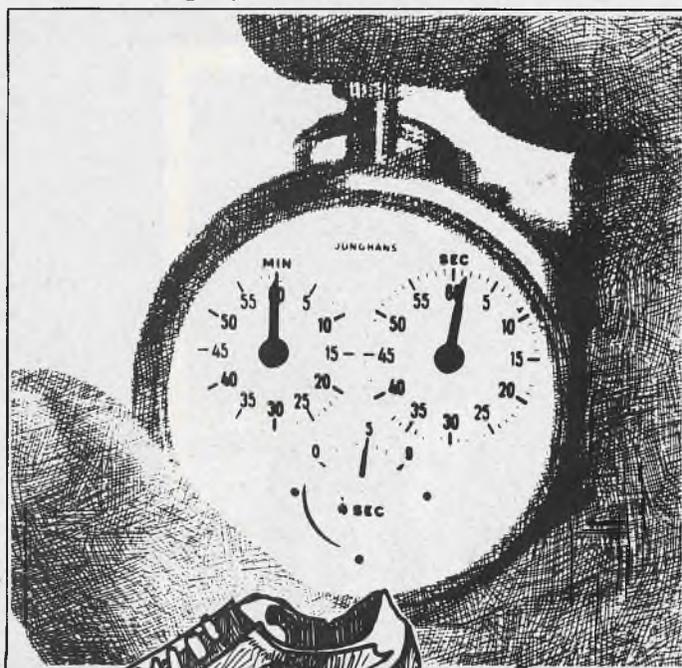
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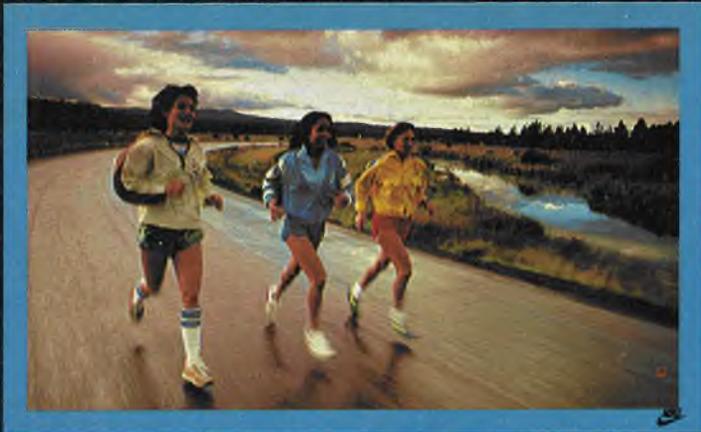


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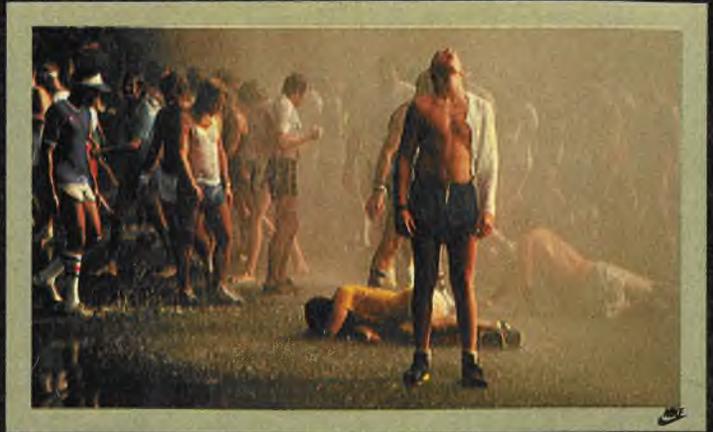
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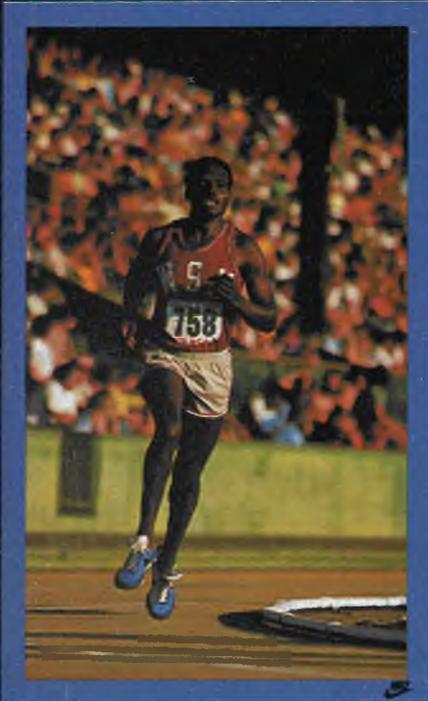
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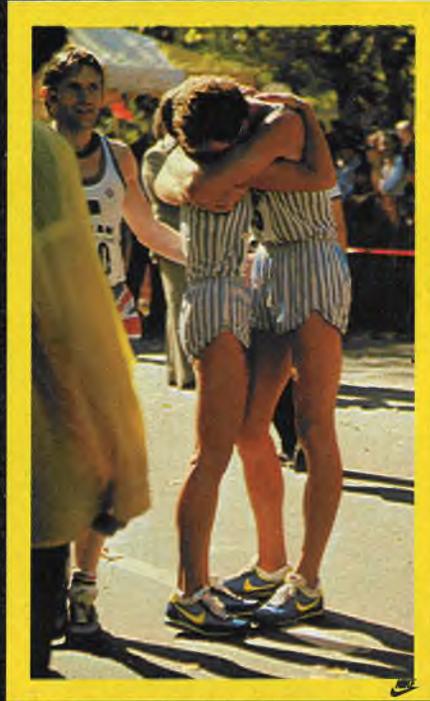
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