

SEP./OCT. 1979
(#78)

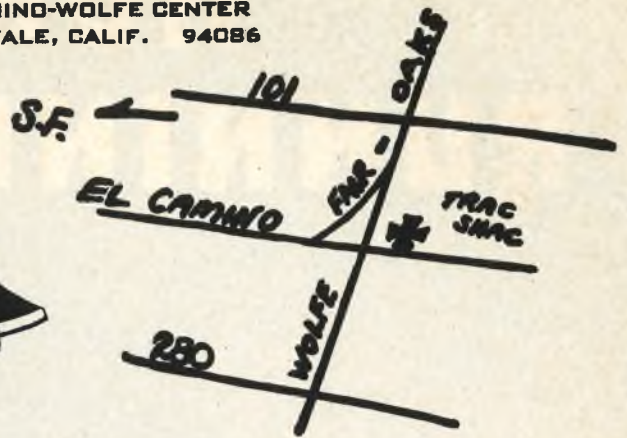
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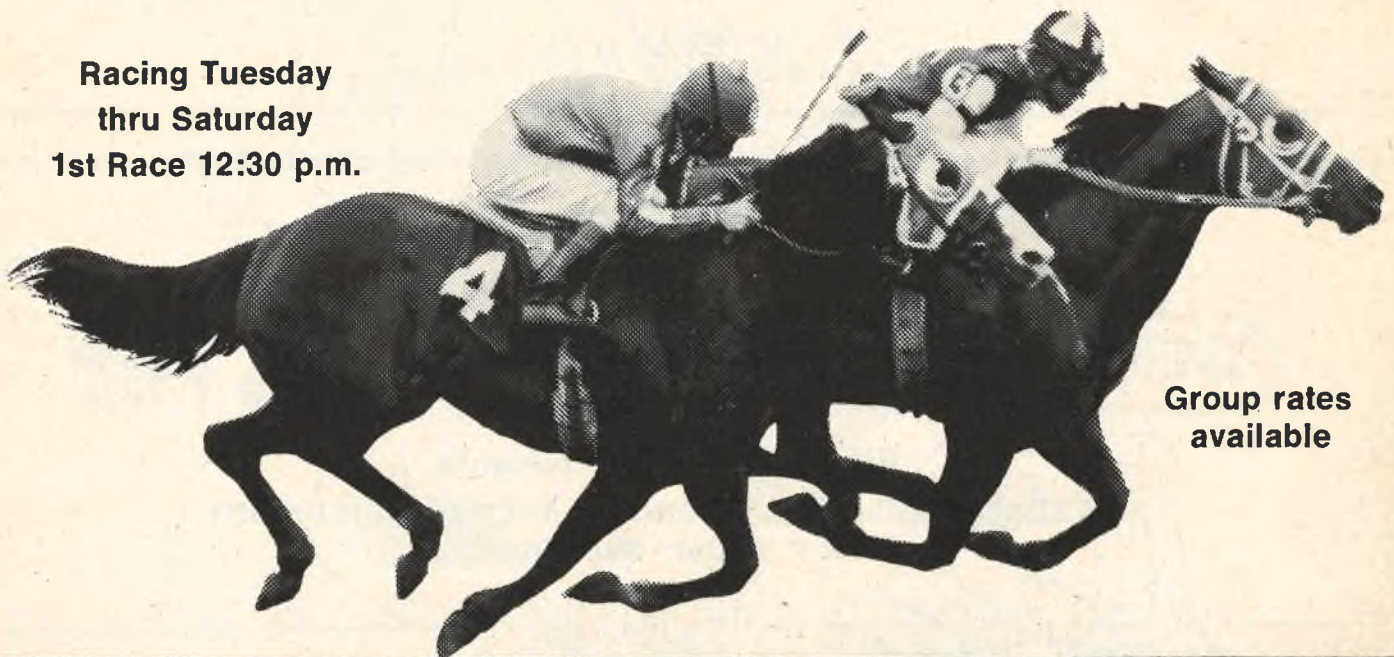
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SEP./OCT. 1979 (No.78)

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

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UP FRONT

This issue's cover photo captures the action at the PA-AAU 15K Championships in June (see issue #77 for complete results)...leaders just after the mile mark include (l-r): Mike Pinnocci, Mike Ruffatto, Benton Hart, Mike Emry and Mike Porter. Hart went on to beat the four 'Mike's' in a new course record of 45:18, with John Moreno (not shown) second. /Jim Engle/

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EDITOR'S MESSAGE

●WE'VE SHRUNK? - I know this issue seems pretty thin compared to the last one, and it's for a reason. In trying to get issues out on a more timely basis (no guarantees, as was noted in the last issue, the NCRR is alternating between a "thick" and "thin" format. By noting the cover price you'll see that this one costs only 50¢ (cheap!) in comparison to last issue's \$1.50...but 8 issues over a year (hopefully) is still an average of \$1.00 per copy. Even if it takes longer than a year, you'll still eventually get your 8 issues for your \$8.00...and for those of you who've sent in \$6.00, failing to realize we've had a rate increase, you'll be getting 6 issues for your money. -- You'll note that the current issue contains news that is mostly of a 'timely' nature...mostly results and scheduling. We'll be doing articles in the "thick" issues for the most part. We hope that by following our new methods, we'll get less flak from our readers, but please remember, this entire publication is completely "volunteer" (no-body gets paid a cent), so if you've got the time to complain about our service, perhaps you can offer some help!?

●REGARDING EXPIRATION DATES, ADDRESS CHANGES, ETC. - You subscribers out there may have noticed we have changed the expiration notation on your address label (following your name) as of last issue. We've changed the expiration 'date' to an 'issue number', which is easier for you (and us) to follow if our issues aren't too timely. You should automatically get a renewal notice stapled into the magazine with your final issue...if you don't, simply check the label to see if your subscription has expired. -- PLEASE SEND US YOUR ADDRESS CHANGES in a somewhat timely manner. We can generally process changes (manually) up until the date of mailing, but those received after that date are too late, and unless you've told the post office to forward 3rd class mail, you've lost an issue! In addition, the post office charges us 25¢ in the process!o

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T.U.R.D. of the Month



Bob Butchart is the NCR's Sep/Oct "T.U.R.D. of the Month."



This issue's T.U.R.D. (The Unofficial Running Deviate) of the Month is submitted by Ray Batz, a long-time local runner who is now a very tough masters competitor on the road circuit. Deadline for submitting the next T.U.R.D. is Oct. 25th.

Please submit your reasons for the nomination and be sure to have supporting evidence for your claims. Perhaps by pointing out some of these "devious" individuals, we can eliminate some of the cheating and other unethical behavior that is rapidly turning some of our local running events into something other than fair and competitive races.

"While I have reservations about the title and the lack of gentility conveyed by your new "T.U.R.D. of the Month" feature, I never the less, feel that there is a need for peer censure upon such individuals.

A stunt such as Subotnick's was pulled at the 1978 Bay to Breakers by a diminutive Pamakid (alas, my club). He also finished well, too well, in the top 30, if memory serves. He received instant recognition, all

negative, however. Comments ranged from a mild, "oh yeah"?, to the always useful, "Bullshit!". The latter explosion was offered by Mike Conroy when hearing he had finished behind our hero.

Undaunted, my T.U.R.D. nominee blundered into this year with even greater visions of glory. Photographs of the start of this year's Boston Marathon found a familiar figure in the front row prior to the start. If this man has broken, or can break 3 hours, I will publicly eat his omnipresent wool hat. By consistently jumping into the front line of most local races he enters, Bob Butchart is not only depriving other faster runners of a fair start, he is also creating a dangerous situation for the faster runners behind him as he slows down drastically within the first few hundred yards, causing others to weave and dodge in order to avoid him." □ /Ray Batz/

PHOTO QUIZ

The answer to last issue's Photo Quiz was Irene Rudolf... a 2:56 marathoner. We only got two correct answers to this one, and Ray Batz of San Francisco won on the flip of a coin. Elaine Ivaldi-Miller is the only other one who guessed correctly. She's also from San Francisco. Ray gets a pair of adidas TRX Comps for his correct guess. Other (incorrect) guesses at our quiz were: Judy Leydig & Elaine Ivaldi-Miller. Thanks to Clossco (adidas distributor from Santa Clara) for supplying us with the pair of running shoes for the winner.

We don't have a good photo for this issue, and my brain is too burnt out from 100-mile weeks to try and think of a quiz or trivia question...so we'll let this issue go without a quiz I guess. Please submit something for next time so we can give away more merchandise, etc. Send all photos, trivia and other ideas to: NCR, Box 1551, San Mateo, CA 94401 (deadline for next issue is Oct. 25th). □

THIS & THAT

● **PEOPLE NEWS:** - At the recent San Francisco Perrier 10-Mile Classic a very unfortunate event occurred. Judy Fox, favored to win the women's division in that race, had just gotten off the starting line when a negligent photographer failed to get out of the path of the oncoming mob of nearly 1500 runners. We have reports that the said photographer didn't make any attempt to remove himself from the course, simply remained stationary, and as a result caused a pileup that seriously injured Judy (& maybe others for all we know). She has been unable to run for 6-7 weeks and faces possible knee surgery. She has rightfully decided to bring suit against the photographer, who was employed by Perrier (so we're told). Any runner(s) who care to be a

witness (if that becomes necessary) to this event should contact Judy or Chuck Fox immediately: 907 Anaconda Way, Sunnyvale, CA 94087 (Ph. 408/732-1594). Thank you! --- Arthur Azevedo, 66, the Track Commissioner of the San Francisco Olympic Club and ex-Stanford 2-miler, died on Aug. 16 (we do not know the cause). --- Brooks Johnson, sprint coach of the 1976 U.S. Olympic Team, has been named director of track & field at Stanford University. He replaces Payton Jordan, who retired last June after 23 years of service. Johnson, 45, becomes the first black head coach in Stanford athletic history. Brooks held the indoor world record for 60 yards in 1960. He was also voted JC National Coach of the Year in 1979. --- A correction to the records listed in the PA-AAU LDR Handbook... Ross Smith ran a 1:44:33 for 30K in Sept. 1974 in Germany, which is better than the 1:46:06 (by Jim Shettler) listed.

● **HELP!** - Some time ago, I can't remember when, I gave my USA sweatsuit to someone to borrow (I think they were going to Europe?). I can't remember who it was, so will whomever has it please give me a call so I can arrange a pickup...or just put them in the mail to the NCR's address, c/o your editor.

● **RACE INFORMATION:** - Note that the Oakland Marathon date has been changed to Dec. 2 from the original date of Nov. 11... everything else remains the same as in the Handbook. --- Note that the PA-AAU Sr. Men's X-Country Championships (and we assume masters too?) will be held concurrently with the Excelsior West End Run on Nov. 4th in Golden Gate Park on a "real" cross-country course (not all roads). --- The Christmas Relays, which are listed as Dec. 16th in the LDR Handbook, may be cancelled due to lack of help and someone (or more) willing to serve as meet director. Your editor is too busy to take on this task along with his other duties. So be sure to enclose a stamped, self-addressed envelope if you want a reply. It's a lot of fun running this event...it's not nearly as much fun putting it on, but unfortunately, someone has to do it if it's to continue to exist (and that includes getting some 60-plus volunteers who for one time a year will help put a race on and forget about running in it)!

● **CLUB CHANGES NAME:** - The powerful Fresno Pacific Track Club, directed by Bill Cockerham, has decided to change its name to merely Fresno Track Club, primarily because Coach Cockerham will no longer be at Fresno Pacific College and the club will not be closely tied to the school. The club currently has about 200 members, mostly in the Fresno area.

● **CERTIFIED MARATHON COURSES:** - The 1980 Boston Marathon and the Olympic Marathon Trials (Buffalo, N.Y.) require qualifying

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on an A.A.U. certified course and also in an A.A.U. sanctioned race. The following marathons in Northern California (PA-AAU area) have been certified by the National A.A.U. Standards Committee thru 6/12/79: (there are others on the list, but they haven't been run in many years) - Avenue of the Giants, Bidwell Classic, Clear Lake, Cupertino (Paul Masson) (note: there will be a new course for 1980, not yet certified), Lake Tahoe, Livermore (note: there will be a new course in 1979, not yet certified), Napa Champagne, Sacramento, San Francisco, San Martin, Silver State (Reno), West Valley, Salinas Valley, Srin-Chinmoy & YMCA Golden Gate...only ones that aren't on the list that come to mind are: Mayor's Cup and Humboldt Redwoods (which is basically the same course as Avenue of the Giants but in a different direction I'm told), and also Monterey County Marathon, which is yet to be run.

● **NCRR 10-YEAR ANNIVERSARY PARTY & LDRC BENEFIT RUN?** - Well, from the response I got from last issue's item (page 12) on my proposed "get together" and benefit "fun run", I'm just going to say "hell with it". I got basically two people who said they'd like to help organize it with me (one had suggested the idea, or portions of it, in the first place, and the other is in the process of moving and still was good enough to offer), so as I said, since nobody seems eager to step forward and help on the organization, I certainly don't have the desire (or time for that matter) to do it myself. I've had a lot of people say it's a good idea but only from the "participation" standpoint. When it comes to "doing"...well, it seemed like a good idea! So, another good idea falls by the wayside because of lack of volunteer help. If enough of you still think it's a good idea, think about it over the winter and maybe something can happen this spring? As far as a benefit run "for running", those of you who complain about paying \$5 entry fees for charity runs that contribute little or nothing to "running" seem not to be so vocal when it comes to *supporting* our sport! Where are you people when there's an easy way to put money into the local travel and warehouse funds?

● **TRACK & FIELD COACHING WORKSHOPS:** - For those of you who are interested in upgrading your knowledge in the sport, this course is designed for the volunteer coach who has a limited background in physical education and coaching, as well as the school coach who may wish to refresh skills in the areas of track & field fundamentals. The 3-weekend course of study is

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● **COACHES NEEDED!** - Glenn Harmatz needs coaches in all areas of track & field at Los Gatos High this spring (except distance running) and has the following openings for assistant coaches: pole vault/high jump coach, sprint/hurdle coach, shot/discus coach, and long jump/triple jump coach. The pay for these positions will be \$550 (Feb. thru May). Los Gatos High has an outstanding program (190 kids on team last spring) and a Chevron 440 all-weather track. If you're interested, call Glenn at 408/356-2225 (home) or 408/395-4311 (work).

● **FINANCIAL REPORT FOR PA-LDRC:** - As of Sep. 1, the Pacific AAU's Long Distance Travel & Warehouse Funds looked like so--- (Sr. Men) \$3,250; (Masters Men & Women) \$565; (Sr. Women) \$1,028. Currently, all receipts and expenses are split as follows among the various sub-committees: 50% to Sr. Men, 25% to Sr. Women and 25% to Masters Men & Women. -- Remember, all proceeds from the current LDR Handbook (we still have several thousand left, so if you haven't gotten one yet, send \$1.00 to the AAU Office, 942 Market St., #201, San Francisco, CA 94102) and Bay-to-Breakers T-Shirt sales (see ads elsewhere in this issue) go directly to the travel/warehouse funds. The Handbook not only has details on many local races (including entry fees, course description, records, etc.), but also has useful information such as top PA Marathoners, LDR records and a very useful list of area clubs and addresses. Beginning with this issue of NCRR, we'll only reference the LDR Handbook (unless there are changes) so as not to discourage sales...so if you don't have one, send for one now! If you own a store or would otherwise like to make some money selling the Handbooks in quantity, contact LDR Chairman Roger Bryan (415/574-5229, eve).

● **LONG DISTANCE POINT RATINGS:** - Since we've only received a few more results (counting races) since last issue, we'll hold off on this until next time...we may also add a race or two because of cancellations to keep the "30 race" base.c

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18-29	18-29	15-17	15-17
30-39	30-39	18-29	18-29
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CURES FOR COMMON RUNNING INJURIES (by Steven Subotnick, DPM) - The apparently self-destructive nature of runners confounds most doctors. The runners come to them in desperation, after prayer, home remedies and witchcraft have failed. The injury is usually far too advanced by then to be treated quickly, but the runner still expects a miracle. If he doesn't find it soon enough, he finds another doctor who'll tell him what he wants to hear...that is, anything but those two awful words, "Stop running." At the first sign of healing, the runner tests himself like an impatient farmer who pulls up his crop to see if it's growing. This tends to strain doctor-patient relationship...the doctor suspects the patient of sabotaging his treatment plan, while the runner thinks all doctors want to steal his favorite activity.

Fortunately, there are signs now that both sides can make peace. One reason is that more and more doctors are running and can therefore understand a runner's mixed feelings about pain. Another reason: the podiatrists.

Foot specialists have stepped in to cool hostilities between runners and doctors. They have brought techniques that work--treatment centered on the feet, which absorb most of the blows of running, and treatment aimed at causes instead of symptoms.

Steve Subotnick is a local Bay Area podiatrist who has been a runner for six years. During that time he has learned much about running and other sports-related injuries.

His new book talks about injuries of overuse, injuries of abuse, injuries of too-much-too-soon, injuries of absent-mindedness (the day-dreaming runner who steps off the curb and sprains his ankle), injuries of the enraged runner who chases a dog and finally kicks it and strains a muscle in the back of his leg, injuries of the young and injuries of the old, injuries of the uninitiated and injuries of the pro.

He first discusses the mechanics of motion and from there the biomechanics of injuries and those subtle causes. More importantly, he tells how runners get hurt...and how they get well. The book contains specific chapters on: knee injuries, achilles tendon injuries, nerve injuries, heel injuries, foot injuries, leg injuries, hip injuries, sciatica and low-back injuries, stress fractures and ankle sprains. He prescribes exercises for "preventive maintenance" and exercises that will "bring you back" from an injury once the traumatic phase (if any) is over.

Steve's book is not only a "service manual", it is also a book of preventive medicine. Any runner who has a need to know (who doesn't?) about these things will benefit by reading this book. Presented in easy-to-read terminology, this is a manual that belongs on every runner's bookshelf. - (Published by World Publications, Mtn. View, CA; - 160pp, paperback; \$5.95).□

Book Reviews~

THE HONOLULU MARATHON (by Mark Osmun) - One of America's greatest new happenings is the Honolulu Marathon, a sports phenomenon that has doubled in size every year since it was first run in 1973. It is now one of the largest races in the world, and it is certainly the most exciting and colorful of them all.

The driving force behind the only medically sponsored marathon is a fiery advocate of preventive medicine through exercise, cardiologist Jack Scaff, who guarantees participants they will complete the Marathon if they follow his prescriptions. Last year, 95 percent of the starters, fired by his missionary zeal, finished the race, despite warm temperatures and high humidity.

Now, in *The Honolulu Marathon*, Mark Osmun, a former sports writer and an avid running convert (now living in Mill Valley), tells the whole story with an infectious style and verve that take you right to the heart of the action. You'll meet Scaff and the team behind the Marathon and get to know some of the most fascinating of the runners who've participated.

Good anecdotes abound: for example, at a pre-marathon party, New Zealand's Jack Foster happened to be wearing a Boston Athletic Association T-shirt, and one unwitting reporter asked what the BAA stood for. Foster, with a straight face, explained that the BAA stood for a marathon in his native country. "We have a lot of sheep there, you know, and they make that "baa" sound. So we decided to call the run the BAA Marathon."

Osmun engagingly captures the spirit and the challenge of the Marathon, the color and the magic of its island setting, and the extraordinary character of the people who have made it into a great sporting event. Then he takes you to the Marathon itself, recapturing the moment-to-moment thrills and struggles of his own first run.

His inspiring account makes *The Honolulu Marathon* literally a breathtaking experience, and a vivid testimony to the unique appeal of the running phenomenon that is sweeping America from shore to shore. - (Published by J.B. Lippincott Co., New York; 255 pp., hardback; \$12.95.)□

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BEE POLLEN FROM ENGLAND--Often called the "perfect supplement for runners", it contains every vitamin and mineral the human body is composed of. This 100% natural food is the richest food source known. Bee Pollen from England has a "synergistic effect", working 3 to 5 times more effectively than regular vitamin supplements, pushing up training levels and quickening recovery time. '30 for \$4.95'; '90 for \$9.95'; Specially Discounted "Athlete's Packs" of '200 for \$14.95'; '600 for \$35.95'...send check or money order plus 25¢ for postage and handling to: Bee Power, Dept. N, 139 Plymouth Av., Oreland, PA 19075. Send S.A.S.E. for free information.

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ALL ABOUT ROAD RACING--Written by Tom & Janet Heinonen, both experienced road racers themselves, as well as coaches, this book is an invaluable primer for the runner who is about to become a racer. It covers aspects such as: how to select races and train for them, strategy and tactics, injuries and their prevention, as well as sample training schedules for runners of all abilities and ages. You'll find a lot of information packed into a very readable, no-nonsense format. Published by *Track & Field News*, this book is available thru NCRR for \$4.50 (+6% tax in Calif.) plus 50¢ shipping & handling...128 pages.

Advertising Rates

Our classifieds are only \$1.00 per line (60 characters per column width), and we offer a 25% discount to race directors or recognized non-profit organizations. And...our circulation is nearly 8000 copies. If you're interested in taking out an ad of any type in the next issue, contact us immediately for a rate card and publication deadlines. You can save up to 20% on one-year ad contracts. Contact: Advertising Mgr./NCR, Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119).

Our Readers Speak Out

Is Fat Faster?

JOHN WEIDINGER (Daly City, CA) - "Dr. Joan Ulyot was quoted in the *San Francisco Examiner* as saying "The marathon is fat-dependent. And that's why women tend to be better marathoners, and almost always look better at the finish of a marathon than men. Some people say it's because women are fatter. It's not that; it's just that women utilize body fat better."

Who cares who utilizes body fat better. How can women be better marathoners than men when men unquestionably have by far the fastest times for a marathon. It is apparent that men utilize their body better than women because men run the faster marathons. Dr. Ulyot, it is not what you have, but how you use what you have."

On the Summer T.U.R.D. Award

STEVE SUBOTNICK, D.P.M. (Hayward, CA) - (Ed: This letter was written to Bob Anderson, Pres. of World Publications, with a carbon to the NCR. It is a response to our nomination of Dr. Subotnick as "T.U.R.D. of the Month" in last issue.)

You have probably heard by now that I received the "T.U.R.D. of the Month" award from NorCal Running Review, which was given to me for my outstanding performance at the Bay to Breakers Race this year. I was originally not going to

comment upon this award, but I feel that I'm getting undue publicity from the award and that some comment is necessary.

What really happened at the Bay to Breakers is that I was registered and had fully intended to run the race from start to finish, as usual. I was somewhat swayed into walking to the front area and talking with members of various track teams who had teams entered in the centipede race. I was furthermore swayed into jogging a bit ahead of the pack just to see what the lead runners would look like. This was so exciting that when the lead runners finally passed me, I jumped into the pack and ran the rest of the race with the lead runners. In fact, for about one mile, just before the pan handle, I ran with the WVTC centipede to replace one of their tired runners. But alas, I couldn't even keep the pace of the centipede runners. I therefore dropped out and ran as hard as I could the rest of the race. I realize that this was totally dishonorable in regards to the false start, but it was terribly fun. At the end of the race, Dennis Tracy was outraged at my performance and told me that it was unfair that I should jump into the race ahead of him and that I could never on my very best day, even come close to catching him in a race. Dennis was so upset that I felt that I had to follow through with this joke or pun. I therefore told Dennis that of course I was a better runner than him and that I was just going to stand in line and get my just reward. Therefore, as a private joke between Dennis and I, I stood in line and handed in my number. I then took the results back to the office and wrote down unofficial results inasmuch as I false started and was just doing this for fun.

I really did not think I would offend anybody inasmuch as I told all the members of the West Valley Track Club that I had started way ahead of the pack and was just doing this for the experience of seeing what the good runners really looked like. I likewise told them that it was a private joke between Dennis Tracy and I and that Dennis thought it was quite funny too. Dennis thought it was so funny, in fact, that he almost registered me in the Western States 100 Race until Peter Stein advised me it was crazy and I would probably never walk again after such an effort.

Well, in any event, I must have really offended some of the members of the West Valley T.C., and for this, I apologize.

Three for the Road

ALL ABOUT ROAD RACING by Tom & Janet Heinonen

Two of America's most knowledgeable coaches and racers have written an invaluable primer for the runner who is about to become a racer.

The Heinonens deal with all the important aspects of racing on the road: how to select races and train for them, strategy and tactics, injuries and their prevention and most valuable of all, sample training schedules for runners of all abilities and ages. Practical and interesting reading.

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FOR FULL DETAILS WRITE:

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(Letters...continued) - But let's get it understood that I never had any delusions of placing high in the Bay to Breakers or, in fact, in any race. I am a mediocre runner who runs many races and does it for fun. I don't find it necessary to cheat to win and in fact, would not know what to do if I won anything anyway. The only award I have really won in running, other than the "T.U.R.D. of the Month", was with the PA-AAU Marathon Championship about two to three years ago. This was at the Bidwell Classic in Chico. Only three members of the West Valley team showed up for this race and that made me, whether I liked it or not, the third member of the team. The other two members ran so well that my mediocre performance allowed our team to place second. For this I received a medal.

It seems somewhat ridiculous that after 33 marathons, with a sub-three hour performance at Boston, and after countless road races, all with a respectable time, that I should receive this "T.U.R.D. of the Month" award for having a good time. If indeed the award was given in good fun, I accept it in good fun...if, however, malice was meant, I must apologize to those I offended.

I hope that I have not offended you."

Complaint Dept.

JIM DYER (Walnut Creek, CA) - "How about doing me a favor? Raise the subscription price of NCRR! I love your magazine--I frankly think it's the best running publication I take. But, I am one of those who wants the magazine on time. I believe your dilemma of meeting a deadline could be solved by raising your prices. Check the mean income of runners--it's higher than average. You currently charge \$8.00 a year. You ARE worth \$13.00 a year! The extra 5 bucks times 7500 publications represents \$37,500 extra a year, certainly enough to hire a few people. Don't worry about a possible drop in subscribers. In America, when you raise prices, you sell MORE, not less! Please, give us a great publication on time." (Ed. - I certainly think that your suggestion for raising more money is a good one, BUT it has several flaws, both of which you are probably not aware of...(1) While we print 7500 copies of the NCRR per issue, our PAID subscriptions, including WVTC members, who get the magazine as part of their yearly dues, is only in the neighborhood of 3000 currently, plus another 500-600 store subscriptions, which we just about break even on after mailing costs and dealer discounts. The other 4000 or so copies are handed out as "promo" copies at various races, clinics, schools and as free copies to those who have never seen an issue and want to see a sample before subscribing. This takes about two months (to pass out 4000 copies free). Therefore, by raising the subscription price to \$13/year, our current realized increase in income would only be \$15,000, only a fraction of the amount you suggest. (2) While even the \$15,000 might well be enough to hire some people to help, that would make this entire operation much too "business-like" than what I like...you should remember that I do not want to make this into a business because---I do it as a hobby in the first place and don't ever figure the magazine would be big enough to make a decent living for myself, and quite admittedly, because I don't want to make it more than a hobby, I don't want to burden myself with more stringent publication deadlines than I already have. Working

out of my office (home), it would be difficult and inconvenient to have "employees" drifting in and out at various times of the day and night when I'm doing other things...I do work at other things to make my living, and my hours vary by virtue of my being a salesman. So, to hire a couple of people and still maintain my privacy, I'd have to get an "office"...ugh!! I just do not want to become a business...other costs and duties will be creeping in, and in the long run, I would probably be making more...albeit different...work for myself. So, hope you can live with publication dates that may not be quite as timely as either you or I would like them to be. Thanks for your support. Others of you that don't currently subscribe can help us out a lot by subscribing. -- Incidentally, our 7500 copy press-run may seem high, but it's the minimum we can do with the type of press we are using (Webb Offset), and the extra cost per copy over 4000 is not really that high anyway.)

LANDI L. JAMES (Castro Valley, CA) - "I agree with ANONYMOUS in "Our Readers Speak Out" of your last issue! I think that by the time my subscription runs out, I should have gotten my 7 issues that are due to me. You did say that NCRR is published 8 times yearly, didn't you? Well, I've only gotten one so far!! Get on the ball!! I think that the one issue I have received (Spring 1979) was great. I want more like it, and I want it SOON!!!!" (Ed. - As noted on page 7 of this issue, you will get 8 issues for your money, even if it does take a bit longer than a year. If our publication schedule doesn't suit you, perhaps you can come over and help out as a volunteer now and then and speed it along? Or, you can cancel your subscription and take PLAYBOY instead...at least it comes out on a regular basis!)

The Choice is Yours!

DAVID PARISH (Campbell, CA) - "Confused isn't the word. Something beyond pathetic is more fitting. If the participants in Bay Area running can't agree with Don Capron's letter from the Spring issue, so be it.

Each year, road race entry fees climb in price. Realizing a way to climb on the "big bucks" bandwagon, scores of new races sprout each season. Unfortunately, most of these races aren't designed with runner benefits in mind. They are "Fund Raisers" for a charity or corporation. To me, this is taking advantage of the (so called) running community. To them, money for the taking is the purpose. Why let this happen when you can see it coming?

Extra funding raised by the sponsor of any race should go to: their club--local parks/recreation departments--school running programs--or the PA-AAU itself.

I'm for progress, but in the positive approach. Support upcoming races which are sponsored and put on by local athletes and clubs. This takes work. Your reward to them is your participation in these runs. Something has to have preference. What'll it be? The choice is yours!"

Incorrect Results

ROBERT CLAY (Lower Lake, CA) - "A couple of thoughts re: Ted Wurm's comments on the Russian River Marathon. The race began with a lot of magic--small field, beautiful and delightful race course, cool weather, little unnecessary hoopla, and a tax-deductible entry fee. Two small details marred an otherwise first-class race--it appears course direction broke down on the return section of the 1/2-marathon, sending D. Vanderlinden off course. As a result he ran about a mile short. The confusion at the finish was obvious, but somehow the results board never got changed. For the record, the fastest time in the 1/2-marathon was 76:28 by Robert Clay (me!)...long may it last! Hope this sets everything straight." □

NCRR Retail Outlets

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

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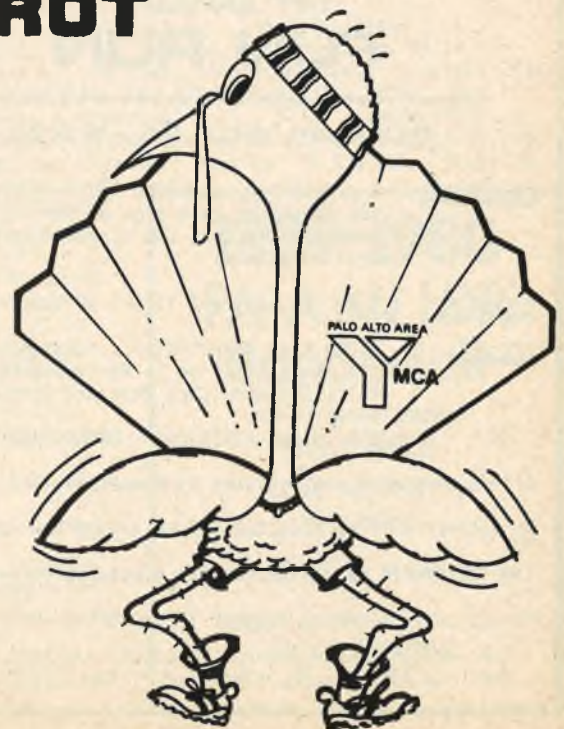
6th ANNUAL Angwin to Angwish '79

JOIN PACIFIC UNION COLLEGE AND THE NAPA VALLEY RUNNERS CLUB FOR THE 6th ANNUAL ANGWIN-TO-ANGWISH RACE, OCTOBER 28, 1979, 10:00 a.m., AT THE COLLEGE TRACK, ANGWIN, CALIFORNIA. THE COURSE IS 7.6 MILES OF FABULOUS SCENIC BEAUTY DRAWING SOME OF NOR-CAL'S FINEST RUNNERS: Gary Blume (1978--37:16); Joan Ulliyot (1975--48:43); Darryl Beardall (1977--41:15). *** Pre-registration only, POSTMARKED OCTOBER 19. LIMITED TO 500 RUNNERS. FOR ENTRY BLANK SEND S.A.S.E. TO: DAVID NIEMAN, PACIFIC UNION COLLEGE, ANGWIN, CA 94508. *** SPECIAL EVENT RIGHT AFTER RACE: "SKI-'79" -- SKI SWAP, FILM "WINTER FEVER."

Palo Alto Area YMCA

7th ANNUAL TURKEY TROT

- DATE & TIME:** Sunday, November 18, 1979. 9 AM.
- LOCATION:** Palo Alto Area YMCA, 3412 Ross Road, Palo Alto, CA 94303. (415) 494-1883.
- COURSE:** 4.5 miles - flat, residential area.
- TYPE OF RACE:** Estimated elapsed time. Participants predict their finishing time. Male and female in each age division who comes closest to his/her prediction wins a turkey.
- AGE DIVISIONS:** Under 15 / 15-29 (open) / 30-39 / 40-49 / 50-59 / 60 and over.
- FEES:** Adults \$6 Youth (under 15) \$3. Free "RUN YOU TURKEY" T-shirt to all finishers.
- ENTRIES:** Entry deadline is November 12, 1979. Only the first 600 entries will be accepted. Absolutely NO ENTRIES will be accepted on race day.



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* * * T-SHIRTS TO ALL FINISHERS - REFRESHMENTS * * *

All runners must pre-register by Wednesday, Oct. 24, 1979.

No entries will be accepted on the day of the race.

The field will be limited to the first 500 entrants.

For an entry blank or further information, write or call:

L.B. Malkin, Marin General Hospital, Box 2129, San Rafael, CA 94902 -- Ph. 415/461-0100 (Ext. 321).

Scheduling

LONG DISTANCE

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.

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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 you see it listed below. Races listed in the current LDR (Pacific AAU) Handbook are referenced below with only minimal information so as not to detract from Handbook sales (see ad on this page). If you don't have one yet, cough up a buck (it's cheap) and get one...don't call us or Roger Bryan (LDR Chairman) for the info! Profits from sales go to the local LDR Travel Fund to help get local athletes to National Championships.

- Oct 13 - Hot to Trot Capital Race, 7½ Mi., Wm. Land Pk., Sac'to, 10 a.m. (See PA-AAU LDR Handbook)
- 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 - 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 & 2.3 Mi., Community Center, Riverbank, 9 a.m. Jim Rude, 2848 Stanislaus, Riverbank 95367.
- Oct 13 - LaGrange Ditch Run, 13.1 & 3 Mi., Trinity H.S., Weaverville, 11 a.m. Wayne Moss, Box 929, Weaverville 96093.
- Oct 13 - Bambino 5 & 10 Km. Runs, Bay Farm Island, Alameda, 9 a.m. Margaret Souza, 960 Shorepoint Ct., #218, Alameda 94501.
- Oct 13 - California Road Runners 7.5-Miler, DeAnza College, Cupertino, 9 a.m. Dennis Zamow, 2500 Hospital, Bldg. 9, Mt.Vw. 94040
- Oct 13 - Davis Triathlon Relays (Short Course--3 Mi. Run, 8 Mi. Bike, ½ Mi. Swim; Long Course--6 Mi. Run, 18 Mi. Bike, 1½ Mi. Swim ...3 persons or "iron-man one-person race over long course only), Stonegate Lake, Davis, 10 a.m. Davis Aquatic Masters, P.O. Box 921, Davis 95616...916/753-2828.
- Oct 13 - Petaluma Classic, 7.5 & 15Km, Petaluma H.S., 9 a.m. Ph. 707/763-7096 for info.
- Oct 13 - Seagull Runs, 3 & 6 Mi., Treasure Is., 9:30 a.m. Ph. 415/765-5771 or 5088.
- Oct 14 - Lagoon Valley Lope/Natural Light 15Km, Fairfield H.S. (See PA-AAU LDR Handbook)
- Oct 14 - Berkeley-Moraga Hill Run, 13.9 Mi., Claremont Hotel, Berkeley. (See LDR Hrbk.)
- Oct 14 - Pleasanton Pumpkin Run, 10 Km., Amador H.S., Pleasanton. (See PA-LDR Handbook)
- Oct 14 - Sri Chinmoy 7-Miler, JFK Dr./Stow Lake Dr., Golden Gate Pk., S.F. New contact: Sundari Michaelian, 2340 - 18th Av., San Francisco 94116 (Ph. 415/681-8364).
- Oct 14 - Another Dam Run, 10 Km., Crystal Sprgs. Dam, San Mateo, 9 a.m. Ph. 415/572-1911.
- Oct 14 - Runners' Open, 10 Km., Lafayette School, Lafayette, 10 a.m. Ph. 415/944-6307.
- Oct 14 - Sulphur Springs Ribbon Run, Crane Park, St. Helena, 10:30 a.m. (2 & 4½ Mi.). Reg Harris, 1267 Walnut, #C-66, Napa 94558.
- Oct 14 - Sam's Town Wagon Trail Marathon & ½-Marathon, Cameron Pk. (nr. Placerville), 9 am. M.O.R.E., 485 Pierroz Rd., Placerville 95667.
- Oct 14 - Humboldt Redwoods Marathon, Weott (new course), 9 a.m. (Limit: 2000) Six Rivers Running Club, P.O. Box 214, Arcata 95521.
- Oct 14 - International Year of the Child 6-Miler, Safeway Pkg. Lot ("B" St.), San Rafael, 8:30 a.m. IYC Run, 39 Chanticleer Av., Larkspur 94939 (Ph. 415/456-1626).
- Oct 14 - Deer Hollow 5.6 Mile Farm Run, Montclair School, Los Altos, 10 a.m. Parks & Recreation Dept., P.O. Box 10, Mtn. View 94042.
- Oct 20 - Run for Human Rights, 5 Km., Golden Gate Pk., S.F. (See PA-AAU LDR Handbook)
- Oct 20 - DSE Golden Gate Promenade 7.5-Miler, Dolphin Club, S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.

1979-1980 PA-AAU LDR Handbook

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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 & Recr. Dept., 487 Main St., Placerville, CA 95667.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CUPERTINO: DeAnza College (Parking Lot C); every Sat., 8 a.m.; Dennis Zamow, 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 Luthern College; every Sunday, 8:00 am; Joseph Nardo, 573 Houston Dr., Thousand Oaks, CA 91360.

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

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

- Oct 20 - Kingston/Laton River Run, distance(?), time TBA. Richard Petersen, P.O. Box 206, Laton 93242. (CCA)
- Oct 20 - 24-Hour Relay, Foothill H.S., Pleasanton, 10 a.m. *Enter by Oct. 12.* For info: Jim Rader (415/462-1459, home).
- Oct 20 - Bartlett Mineral Springs 10Km, Plaza Pk., Visalia, 11 a.m. Real Fresh, Inc., P.O. Box 1551, Visalia 93279. (CCA)
- Oct 20 - Grants Pass Mill Run, 10 Km., Grants Pass, Ore., time TBA. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Oct 20 - Wilderness Run 10 Km., Kit Carson Park, Escondido, 7 a.m. Ph. Ernie Shimmelman (714) 560-1033. (PSA)
- Oct 20 - Clairemont Square 10 Km., San Diego area (no other info). Jim Mosher, 4686 Granger St., San Diego 92107. (PSA)
- Oct 20 - Del Mar Turf Run, 10 Km. (Fairgrounds) (no other info). Jim Mosher, 4686 Granger St., San Diego 92107. (PSA)
- 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 Park 91754.
- Oct 20 - Chaminade Reservoir Run, 8.5 Mi., Canoga Pk. & Chatsworth, 8:30 a.m. Paul Schmitz, 7500 Chaminade, Canoga Park 91304.
- Oct 21 - SPA-AAU & Santa Barbara Marathon (& ½-Mara.), 8 a.m. John Brennan, 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 21 - The Stanford Run, 10 Km., Angell Field, Stanford Univ., Stanford. (See PA-AAU LDR Handbook)
- Oct 21 - Eden Youth Center 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 - Pumpkin Festival Runs, 3 & 10 Km., Half Moon Bay, 9 a.m. Coasters RC, Bill Hurja, 637 Buena Vista, Moss Beach 94038.
- Oct 21 - Northwood School Fun Run & Pancake Breakfast, 5 & 1½ Mi., Napa, 9 a.m. Linda Curtis, 4110 Mataro St., Napa 94558.
- 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 am. Nevada Appeal Mini-Mara., 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., Las Vegas, NV 89101. (SNA)
- Oct 27 - Earthquake Runs, 1 Mi./10 Km., Hollister, 9:30 a.m. Earthquake Runs, Box 337, Hollister 95023.
- Oct 27 - Multiple Sclerosis 10 Km., Mira Mesa (San Diego area), 7 a.m. For info call Tom Lee: 714/297-0130 (ext. 260). (PSA)

- Oct 27 - Jogging Council Pumpkin Fun Runs, 1, 3 & 5 Mi., Lake Murray (San Diego area). Call John Davis 714/464-1323.
- Oct 28 - Naturite/Hollywood Pk. Distance Runs (5 & 10 Km.), Inglewood, 10 a.m. LATC, 6330 Chalet Dr., L.A. 90040.
- Oct 28 - Garland Ranch Run, 10 Km., Carmel Valley. (See Hndbk.)
- Oct 28 - Halloween Run, 5.2 Mi., Saratoga. (See PA LDR Hndbk.)
- Oct 28 - YMCA Golden Gate Marathon, San Francisco (Embarcadero YMCA). Enter by Oct. 27. (See PA-AAU LDR Handbook)
- Oct 28 - Angwin to Angwish 7.6-Miler, Angwin. (See PA Hndbk.)
- Oct 28 - Monterey County Marathon & 1/2-Marathon, Salinas. (See PA-AAU LDR Handbook)
- Oct 28 - Hayward Half-Marathon (13.11 Mi.), Kennedy Pk., Hayward, 9 a.m. Half-Marathon, 1099 "E" St., Hywd. 94541
- Oct 28 - Marin General Hospital 5 & 10 Km., Greenbrae, 9 a.m. (Enter by 10/24; 500 Limit) Marin General Hospital Fun Run, Attn: Administration, Box 2129, S.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 15K X-C Champs, Van Cortlandt Pk., NYC. Kurt Steiner, 1660 E. 21st St., N.Y., 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 SW Harrison, #6A, Portland, OR 97201
- Oct 28 - Mid-Valley YMCA Pumpkin Chase, distance?, Van Nuys, 8 a.m. Danny Richards, 6901 Lennox Av., Van Nuys 91405
- Oct 28 - Huntington Beach Halloween Classic 10K, Central Park, 8:30 a.m. O.B. Benskin, c/o 5220 Wilshire, L.A. 90036
- Oct 28 - Steve Garvey Multiple Sclerosis 5 & 10 Km., Woodland Hills, 8 a.m. Robt. Levy, 6336 Canoga, W.H. 91367.
- Oct 28 - Sportsmen of Stanislaus/Natural Light 10K (& 2 Mi.), Modesto JC (West Campus), Modesto, 9 a.m. Jeff Highiet, Box 2527, Modesto 95351.
- Oct 28 - Portland Marathon (date change from Nov. 25), Portland, Ore., 10:30 a.m. Leo Sherry, 1880 SW Hawthorne Terr., Portland, OR 97201. (OA)
- Oct 28 - Kiwi Club Nationwide Jog/Walkathon, 5 to 15 Km., Polo Fields, G.G. Pk., San Francisco, 9 a.m. Ellen Denton, 400 Scenic Av., Piedmont 94611. (Note: This is not a competitive event...no entry fee; sponsors req'd or a donation...all proceeds support US Olympic Committee).
- Nov 3 - Almond Bowl 3 & 6 Mi., Bidwell Pk., Chico. (See Hndbk.)
- Nov 3 - DSE Lands End Run, Balboa & Great Hwy, 4 Mi., S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Nov 3 - Woodlake 20Km. (CCA-AAU Champs), Woodlake, time TBA. Wayne Van Dellen, 37149 Rd. 192, Woodlake 93286. (CCA)
- Nov 3 - Whittier Village 5 & 10Km., Whittier, 9 a.m. Bruce Staller, P.O. Box 721, Whittier 90608. (SPA)
- Nov 3 - 5-Mile "Predicted Time" Run, Sunset Pk., Las Vegas, NV, 8 a.m. LVTC, 309 S. Third St., #316, L.Vegas, NV 89101
- Nov 3 - L.A. Women's Marathon, L.A. Coliseum, time TBA (3:15 Qual. Time) Sid Silver, c/o Sports Box 900, Beverly Hills 90213.
- Nov 3 - Medford/Bear Creek Park 5-Miler, Medford, Ore., 10 a.m. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Nov 4 - Sacramento "Sixty", 60 Km., W. Sacramento. (See PA-AAU LDR Handbook)
- Nov 4 - Excelsior West End Run & PA-AAU X-C Champs, 10 Km., Golden Gate Pk., San Francisco. (See PA-AAU LDR Handbook)
- Nov 4 - El Camino Real Stakes, 10 Km., Bay Meadows Race Track, San Mateo. (See PA-AAU LDR Handbook)
- Nov 4 - Heart of the Empire 15 Km., Spring Lake, Santa Rosa. (See PA-AAU LDR Handbook)
- Nov 4 - Bay Bridge Run, 7.1 Mi., Oakland Army Base Pkg. Lot, 8 a.m. S.F. Conservatory of Music, 1201 Ortega St., S.F. 94122.
- Nov 4 - Black Bart Run, 8.96 Km., Pleasant Hill Bart Station. (See PA-AAU LDR Handbook) ...also a 3.3 Km. Fun Run.
- Nov 4 - Apple Hill Harvest Run, 3 Mi. east of Placerville, (1/2, 3 & 6.5 Mi.), 9:30 a.m. Gary Loucks, 116 High, Grass Valley 95945
- 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 Relay, Gardena, 9 a.m. (No Pre-Entry) Contact Ron Watson (213/536-1107). (SPA)
- Nov 4 - Orange Grove 1/2 & 1/2-Marathons, Loma Linda, 7 a.m. Ellis Jones, P.O. Box 495, Loma Linda 92354. (SPA)
- Nov 4 - ORRC 10-Mile Track Run, Dunaway Pk., Portland, Ore., 9 a.m. Creag Hayes, 529 SW Sheridan, Portland, OR 97201. (OA)
- Nov 4 - OTC 10 Km. Road Run, Aiton Baker Pk., Eugene, Ore., 1 p.m. Clark Meinart, 877 E. 13th, Eugene, OR 97401. (OA)
- Nov 10 - Central California Marathon, Fresno State, Fresno, 7:30 a.m. Gordon Keller, 8811 E. Herndon, Clovis 93612. (CCA)
- Nov 10 - SOS Pioneer Run, 9.0 Mi., Phoenix, Ore., 10 a.m. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Nov 10 - SPA-AAU 10 Km. X-C Champs, site TBA. (No Pre-Entry) Tom Cory, 2622 Hollister Terr., Glendale 91206. (SPA)
- Nov 10 - SCTC Catching Slough Run (1, 5 & 10 Mi.), Coos Bay, Ore., noon. Call Dan Silva: 503/269-0508. (OA)
- Nov 11 - Porterville Veteran's Day 6-Miler, Porterville, 8 a.m. Allen Nelson, Porterville College, 900 S. Main, Porterville 93257.
- Nov 11 - DATE CHANGE - Oakland Marathon (moved to Dec. 2).
- Nov 11 - The Dry Run, 10 Km., Golden Gate Pk., S.F. (See LDR Handbook)
- Nov 11 - Marine World Run for Conservation, 10 Km., Belmont. (See Hndbk)
- Nov 11 - Natl. AAU Masters (Men's & Women's) 10K X-C Champs, Crystal Springs X-C Course, Belmont, 9 a.m. (women), 10 a.m. (men). Dick Barrett, 659 Charmain, Campbell 95008.

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- Nov 11 - VET-A-RUN, 10 Km., VA Medical Ctr., Menlo Park, 10 a.m. For info: Herman Kemp, Ph. 415/493-5000, ext. 2262.
- Nov 11 - Cup & Saucer Races, 2 & 8.6 Mi., Silverado J.H.S., Napa, 10 a.m. Silverado TC, Reg Harris, 1267 Walnut, #C66, Napa 94558
- Nov 11 - DSE Bay to Breakers Revisited, 7.6 Mi., Howard & Spear, S.F., 8 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Nov 11 - L'Eggs 10K for Women, Santa Monica College, 9 a.m. Larry Berkley, Santa Monica YMCA, 2019 - 14th St., Santa Monica 90405
- Nov 11 - Albany Veteran's Day Runs, 2.9 & 8 Mi., Albany, Ore., 10:30 a.m. Ron Graves, YMCA, 3311 S. Pacific Blvd., Albany 97321.
- Nov 11 - CCTC Half-Marathon, Portland, Ore., 1 p.m. For info call: Dunlap 503/687-2117. (OA)
- Nov 11 - Mini-Marathon, El Cortez, 13.1 Mi., Las Vegas, Nev., 8 a.m. LVTC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Nov 17 - Natl. AAU Sr. & Masters Men's 25 Km. Champs, Tulsa, Okla., noon. V. Whiteside, 6916 S. Knoxville Av., Tulsa, OK 74136.
- Nov 17 - Del Valle Turkey-Trot, 5.0 Mi., Lake Del Valle, Livermore, 10 a.m. Joe Rubini, Park Dist., 11500 Skyline, Okld 94619.
- Nov 17 - 10 Km. "Turkey Run", Sunset Pk., Las Vegas, Nev., 9 a.m. LVTC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Nov 17 - McMinnville Turkey Run, 1 & 6 Mi., Ore., 10 a.m. Ron Elsberry, 822 Gilson St., McMinnville, OR 97128. (OA)
- Nov 17 - I Found It Run, 2.5 Mi., Duniway Pk., Portland, Ore., 10 a.m. Dishon Olsen, M.P. 0.06 R. Butler Loop Rd., Skamania, WA.
- Nov 17 - Oregon USTFF/AAU X-C Champs (10K open), Eugene, Ore., 10 a.m. Al Tarpenning, Lane C.C., 4000 E. 30th Av., Eugene 97401.
- Nov 17 - Pico Rivera 10-Mile Turkey Trot (& 5 Mi.), 9 a.m. (No Pre-Entry) Pat McArdle, c/o 6615 S. Passons Blvd., Pico Riv. 90650
- Nov 17 - SPA-AAU 50-Mile Champs (& Natl. AAU Men's & Women's Masters Champs), Santa Monica C.C. (track), 3 p.m. (Enter by 11/9) Tom Sturak, Box 1602, Santa Monica 90406. (SPA)
- Nov 18 - Pepsi 20-Miler, Delta H.S., Clarksburg. (Limit 1500 entries) (See PA-AAU LDR Handbook)
- Nov 18 - Santa Clara Valley Autumn Ridge Runs, 6.07 & 10.76 Mi., San Jose. (See PA-AAU LDR Handbook)
- Nov 18 - Palo Alto Area YMCA Turkey Trot, 4.5 Mi., Palo Alto, 9 a.m. (Enter by 11/12; 600 max.) Steve Totten, Palo Alto Area YMCA, 3412 Ross Rd., Palo Alto 94303.
- Nov 18 - DSE Kennedy Dr. Run, G.G. Park, San Francisco (meet at Polo Fields), 4.7 Mi., 10 a.m. Walt Stack, 321 Collingwd SF 94114
- Nov 18 - Orienteering Meet, East Bay, place & time TBA. Joe Scarborough, 3151 Holyrood Dr., Oakland 94611.
- Nov 18 - Natl. AAU Jr. 5 Km. Road Champs, Roseburg, Ore., 11 a.m. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
- Nov 18 - Gobble Jog, 1 & 3 Mi., Gresham, Ore. (Mt. Hood C.C.), 2 p.m. Earl Gerber, 44 N.E. 188th, Portland, OR 97230. (OA)
- Nov 18 - Lasse Viren Finnish Invt. 20Km, Pt. Magu, 8 a.m. (Enter by 10/18; Limit: 1000) Eino, 32926 Mulholland Hwy, Malibu 90265.
- Nov 18 - Rosebowl Marathon (+ $\frac{1}{2}$ & $\frac{1}{2}$ -Mara.), Pasadena, 7:30 a.m. Darrell Kelly, YMCA, 235 E. Holly, Pasadena 91101. (SPA)
- Nov 18 - Merced TC Turkey Trot, 10 Km. (& 1 Mi.), Merced, time TBA. Alan Beamer, 152 W. 22nd, Merced 95340. (CCA)
- Nov 24 - Natl. AAU Masters 5K X-C Champs, San Diego, time TBA. Ken Bernard, c/o AAU, 1124 Garnet, San Diego 92109. (PSA)
- Nov 24 - Phoenix - Nova Pilgrimage Marathon, Oregon, 10 a.m. (Enter by 11/10) Call Rebecca Righter: 503/482-4789. (OA)
- Nov 24 - Roeding Pk. 5-Person, 15-Mile Relay, Fresno, time TBA. Bill Cockerham, P.O. Box 6103, Fresno 93703. (CCA)
- Nov 24 - Galloping Gobbler, Bakersfield (distance?), time TBA. Larry Arnt, 433 E. Belle Terr., Bakersfield 93307. (CCA)
- Nov 24 - Coors Desert 15-Miler, Palm Desert, 8 a.m. Tim Mercier, P.O. Box 236, Indio 92201. (SPA)
- Nov 24 - Occidental Women's 5K, Eagle Rock (Occidental track), 9 a.m. Woody Studenmund, 1956 Escarpa Dr., Los Angeles 90041.
- Nov 24 - Eppies 2 & 5 Mile Runs, Las Vegas, Nev., 9 a.m. LVTC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Nov 25 - Olympic Fund Run, 3 & 10 Km., Miller Pk., Sacramento...note addr. chg.--D. Taylor, 1725 23rd St., Sac'to 95816. (See Hdbk)
- Nov 25 - Jim Hammond/Dee Pezola Memorial 4.8-Miler, Santa Cruz, 10 a.m. Thomas Hart, c/o Dominican Hospital, 1555 Soquel Dr., Santa Cruz 95065.
- Nov 25 - Seattle Marathon, Wash., 11 a.m. Super Jock & Jill, 401 NE 71 St., Seattle, WA 98115. (PNW)
- Nov 25 - Blind Duck Relays, Lake Merritt, Oakland (10 Km.), 9 a.m. John Notch, 230 Marlow Dr., Oakland 94605. (LMJS Run)
- Nov 25 - Community Bank River Run III, 10 Km., Anaheim Stadium, 8 a.m. Dennis Caldwell, 1525 Mesa Verde Dr., Costa Mesa 92626.
- Nov 25 - DSE Presidio Gate Run, 3.75 Mi., Meet at Dolphin Club, S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Nov 25 - Natl. AAU Masters 10K Road Champs, Sunset Pk., Las Vegas, Nev., 9 a.m. LVTC, 309 S. 3rd St., #316, Las Vegas, NV 89101.
- Dec 1 - Davis Mini-Marathon, 13.1 Mi., Central Pk., Davis, 10 a.m. Bob Martin, 89 W. Clover, Woodland 95695.
- Dec 1 - Fiesta Bowl Marathon, Scottsdale, Ariz., 7:30 a.m. (Enter by 11/1) Fiesta Bowl Marathon, Box 1032, Scottsdale, AZ 85252
- Dec 1 - Pt. Pinole X-C Runs, 2 & 6.2 Mi., Richmond, 9:30 a.m. Dan Hughes, Parks & Rec., 25th & Barrett, Richmond 94804.
- Dec 1 - Fresno 6-Mile Road Run, time TBA. Ron Gates, 2237 N. Valeria, Fresno 93703. (CCA)
- Dec 1 - SNA-AAU 5-Mile Championships, Sunset Pk., Las Vegas, Nev., 9 a.m. LVTC, 309 S. 3rd St., #316, Las Vegas, NV 89101. (SNA)
- Dec 2 - Oakland Marathon (& $\frac{1}{2}$ -Mara.), Note Date Change from Nov. 11. Cheri Swenson, Box 2501, Oakland 94621. (See PA-LDR Hndbk)
- Dec 2 - Decembeerfest Road Run, 6.2 Mi., Campbell. (See PA-AAU LDR Handbook)
- Dec 2 - United Airlines Friendship 30 Km., Coyote Point Park, San Mateo. (See PA-AAU LDR Handbook)
- Dec 2 - Western Hemisphere Marathon, Culver City, 8 a.m. Carl Porter, 4117 Overland Av., Culver City 90230. (SPA)
- Dec 2 - DSE South Embarcadero Run, 6.5 Mi., San Francisco (meet at Dolphin Club), 10 a.m. Walt Stack, 321 Collingwood, SF 94114.
- Dec 2 - OTC Pre's Trail Run, 10 Km., Eugene, Ore., 1 p.m. Clark Meinart, 877 E. 13th, Eugene, OR 97401. (OA)
- Dec 7 - Night Orienteering Meet, Site TBA (East Bay). Joe Scarborough, 3151 Holyrood Dr., Oakland 94611.
- Dec 7 - Las Vegas Celebrity $\frac{1}{2}$ -Marathon, Hacienda Hotel, 8 a.m. Las Vegas Classics, Hacienda Hotel, Ste. 500, Las Vegas 89119.
- Dec 8 - Las Vegas Celebrity Marathon, Hacienda Hotel, 8 a.m. Las Vegas Classics, Hacienda Hotel, Suite 500, Las Vegas, NV 89119.
- Dec 8 - The Great Runs, 10 Km., Central Park, Redding (Women Only). (See PA-AAU LDR Handbook)
- Dec 8 - Livermore Marathon (& $\frac{1}{2}$ -Mara.), new course, time?? (3000 Max. Entries) Livermore Marathon, Box 524, Livermore 94550.
- Dec 8 - Bakersfield Hill & Dale X-C Meet, distance?, time TBA. Larry Arnt, 433 E. Belle Terr., Bakersfield 93307. (CCA)
- Dec 8 - Clovis Stampede 5-Miler, Clovis, time TBA. Sandy McPherson, 1023 Oxford Av., Clovis 93612. (CCA)
- Dec 8 - ORRC Oak Hills Runs, 2 & 7 Mi., Portland, Ore., 9 a.m. Ken Winters, 5400 SW Menefee Dr., Portland, OR 97201. (OA)
- Dec 9 - Honolulu Marathon, Honolulu, Hawaii, 6 a.m. (Enter by Oct. 22...late entries until Nov. 12 (\$16) on space available basis only. Entries may be limited. No entries after 11/12.) Honolulu Marathon, Box 27244, Honolulu, HI 96827.

A COMPLETE GUIDE TO RACE PROMOTION

-by Rich Radez

President, Indianapolis Jogging Club

A step-by-step guide for every race director. The author, a marathoner, has been promoting runs for the last seven years with the largest being 7,000 participants. A few highlights include: Proper Course Measurement - Starting Procedures - Timing - Scoring - Course Layout - Advertising Flyer Layout - Registration - Equipment Checklist - Job Descriptions - Traffic Control - Finishline Set-Up - Medical Requirements - Heat Races - Manpower - Budgeting & Cost-Saving Tips...your first tip will save you five times the cost of the book. *** Send \$8.95 (+75¢ postage) to: Richard Radez, P.O. Box 531, Indianapolis, IN 46206.

- Dec 9 - Misty Redwood Run, 7.6 Mi., Redwood Park, Oakland, 8:30 a.m. Joe Rubini, Park Dist., 11500 Skyline, Okld 94619.
- Dec 9 - San Jose State Track Team Benefit Run, 5, 10 & 15 Km., Hellyer Pk., San Jose, 10 a.m. Ernie Bullard, Track Coach, c/o San Jose St., San Jose 95192.
- Dec 9 - Santa's Stampede Ribbon Run, 2 & 5 Mi., Napa College, 10:30 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558.
- Dec 9 - Apple Valley 3.1 & 6.3 Mi., 11 a.m. (No Pre-Entries) Jim Gorrell, 14756 Hopi Rd., Apple Valley 92307. (SPA)
- Dec 9 - Beverly Hills/Perrier 10Km., 8 a.m. (No Raceday Entry) Carl Anderson, Parks & Rec., Rm. 600, 450 N. Crescent Dr., Beverly Hills 90210. (SPA)
- Dec 9 - DSE Presidio - Lombard Gate Cannon Run, 4.0 Mi., meet at Lombard Gate, S.F., 10 am. W. Stack, 321 Collingwood, San Francisco 94114.
- Dec 9 - Madera Mini-Marathon, 13 Mi., time TBA. Dee DeWitt, Madera High School, Madera 93637. (CCA)
- Dec 16 - Christmas Relays (Half Moon Bay to Santa Cruz)...NOTE: Relays are tentative as of this date. (See LDR Hndbk)
- Dec 30 - Rudyard Kipling Double Marathon Track Run, Woodside H.S. (See PA-AAU LDR Handbook) □

CROSS-COUNTRY

CODING: - Rather than put a different section for high school, college, etc., we will print all the meets together, using the following coding system when the name of the meet is not enough to distinguish entry restrictions. -- (B) Boys; (G) Girls; (AG) Age-Group; (JHS) Jr. High School; (HS) High School; (JC) Junior College; (C) College/Univ.; (W) Women; (JR) Juniors (under 20); (SM) Sub-Masters (30-39); (M) Masters (40+); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate. Contacts are usually listed only for non-school meets if we know them. /Schedule compiled by Jack Leydig & Bill Reinka/

Again this year we got ZILCH response from coaches and athletes (about 6-7 sent schedules), so the following is at best only a partial list of the bigger meets, with many collegiate meetings not listed...you want better listings?...send us some info! I had to call all the High School Section offices for most of the high school invitationals, regionals, sectionals, etc.

- Oct 11 - Center Meet, Crystal Sprgs., Belmont, 3 pm (HS).
 Oct 13 - Stanford Invit., 5K (women), 10K (men), Stanford Golf Course, 10 am (C/O/W); Chichibu Park Invit., Antioch (HS); Del Mar Invit., Del Mar HS, San Jose; Redwood Invit., Roaring Camp (San Lorenzo Valley HS sponsor); Crystal Sprgs. Invit., Belmont, 9 am (HS); Orinda Invit., Walnut Creek (Heather Farms), 9:30 am (G&BAG/W) - Don Bailes, 133 Selborne Wy, Moraga 94556; Rio Linda Invit., Gibson Ranch (nr. Sac'to), 1 pm (HS); Upper Lake Invit., Clear Lake (HS); Lassen Invit., Susanville (HS).
 Oct 18 - Center Meet, Crystal Sprgs., Belmont, 3 pm (HS).
 Oct 19 - Mt. SAC Invit., Walnut, 11 am (JC).
 Oct 20 - Matador Relays, Rusch Pk., Citrus Hgts. (HS); McAteer/Lowell Invit., G.G. Park (Speedway Meadows), S.F., 9:30 am (HS); Soquel Invit., Soquel HS, 9 am; Hayward Invit., Hayward HS, 10 am; Mira Loma Invit., Mira Loma HS (Sac'to area); Foothill College Invit., Los Altos Hills (HS); Crystal Sprgs Invit., Belmont, (HS); Pacific Grove Invit., Pacific Grove HS; Spring Lake Relays, Santa Rosa, 9:30 am (B&GAG) - Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472; Cal-Poly Invit., Morro Bay, 11 a.m. (C/O/W).
 Oct 25 - Center Meet, Crystal Sprgs, Belmont, 3 pm (HS).
 Oct 26 - NorCal Championships, Stanford Golf Course, 4 pm (CW).
 Oct 27 - Golden State Conf. Champs, Sac'to St., 10 am (CW); McKinleyville Invit., McKinleyville (HS).
 Oct 28 - PA-AAU Boys & Girls A/G & Women's Champs, Crystal Sprgs X-C Course, Belmont, 9:30 am.
 Nov 2 - Golden Gate Conf. Champs, Crystal Sprgs, Belmont, 2:30 pm (JC); Sac-Joaquin District I, Gibson Ranch (Sac'to) (HS); Sac-Joaquin District III, Rusch Pk., Citrus Hgts. (HS).
 Nov 3 - Natl. 2-Mile Postal, Los Gatos HS, 9 am (HS); Golden Valley Conf. Champs, Yuba College, 2 pm (JC); Western AIAW Regionals, Sierra College, Rocklin, 11 am (CW); Pebble Beach Invit., R.L. Stevenson School, Pacific Grv. (HS); Sac-Joaquin District II, Gibson Ranch (Sac'to) (HS); Sac-Joaquin District IV, Lodi HS; Northern Section Finals, Bidwell Park, Chico (HS); PA-AAU Jr. Olympic Trials (2 days), Sierra College, Rocklin (B&GAG).
 Nov 4 - PA-AAU Sr. Men's X-C (See LDR Scheduling Section) (O/C).
 Nov 10 - NorCal Champs, Crystal Sprgs, Belmont, noon (JC); NCS 1-A Regionals, site TBA (HS); NCS 2-A Regionals, site TBA (HS); NCS 3-A Regionals, Spring Lake, Santa Rosa (HS); NCS 4-A Regionals, site TBA (HS); PAC-10 Champs, Stanford (C).
 Nov 11 - Calif. State Women's AAU Champs, UC Redlands (GAG/W) - Dave Japs (714/875-5753).
 Nov 12 - Sac-Joaquin Section Champs, Sierra College, Rocklin, 10 am.
 Nov 13 - CCS Region II, Crystal Sprgs, Belmont (HS); CCS Region III, Crystal Sprgs, Belmont (HS).
 Nov 14 - CCS Region I, Crystal Sprgs, Belmont (HS); CCS Region IV, Crystal Sprgs, Belmont (HS); Oakland A.L. Champs, Joaquin Miller Park, Okld (HS); AAA City Champs, Golden Gate Park, 2:15 pm (HS).
 Nov 17 - NCS Champs, site TBA (HS); Calif. State JC Champs, Crystal Sprgs, Belmont; USTFF X-C Regionals, Fresno (O/C/W/HS) - Bill Cockerham, Box 6103, Fresno 93703.
 Nov 18 - PA-AAU Jr. Olympic Champs, Spring Lake Pk., Santa Rosa - Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472 (B&GAG).
 Nov 19 - CCS Champs, Crystal Sprgs, Belmont, 3 pm (HS).
 Nov 24 - NorCal High School Champs, Crystal Sprgs, Belmont, 11 am; Natl. AAU Men's & Women's (& GAG) X-C Champs, Raleigh, N.C. - Bob Baxter, 800 Purdue St., Raleigh, NC 27609.
 Dec 1 - Western Region (13) Jr. Olympics, Las Vegas (Qual. on 11/18).

- Dec 1 - Kinney Regional H.S. X-C Champs, San Francisco (contact Vern Gambetta, UC Berkeley women's coach)...enter by Nov. 17 (boys & girls).
 Dec 8 - Kinney Nat'l H.S. Champs, Balboa Park, San Diego (the Dec. 1 meet is qualifier for this area).
 Dec 9 - Natl. Jr. Olympics Champs, New Jersey (qualify from Dec. 1 meet in Las Vegas)..(B&GAG).

TRACK & FIELD

ALL-COMERS MEETS: - While it may seem a bit early to think about all-comers meets, by the time you get this issue, it'll be closer than you think. PLEASE--SEND US INFORMATION NOW!! We'll be going to press about Oct. 25 on the next issue (hopefully), so there isn't a lot of time. So far we know that UC Berkeley will be hosting a winter series beginning Dec. 1, going for 3 weeks, and then for 4 weeks after Xmas, with the exception of the Examiner Trials date...more on these meets in next issue. Remember, we can't print what we don't know about so don't hope someone else will send it (that happened last summer & we got practically no schedule to speak of).□

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.

Nov 25 - Natl. AAU 25K Champs, Las Vegas, Nev.

PYKE SETS NEW U.S. 20K MARK AT SPARTAKAIDE (Jul. 22, Moscow): - (1) Vinnichenko/USSR 1:22:29, (2) Solomin/USSR 1:22:39... (13) Pyke/SSC 1:26:33.6...(40) Scully/US 1:33:31. /Sitonen/

GLUSKER SECOND IN COLORADO SPORTS FESTIVAL 50K (Jul. 28, Colorado Sprgs): - (1) O'Connor/NY 4:34:52, (2) Glusker/WVTC 4:40:09...20K: (1) Evoniuk/Col 1:35:10. /Harry Sitonen/

WORLD MASTERS CHAMPIONSHIPS (Hannover, W.G.): - 5K: Lori Maynard set a U.S. 40+ mark of 26:10.4, taking 2nd in her division; 10K: Lori broke her own U.S. 40+ mark with 53:10.9 (& did new 5K mark of 25:57 in route!) and took second here too. Bill Ranney was 5th in 46:41.1 in the 40-44 race; 20K: Bill dropped to 6th here in 1:39:33. /Harry Sitonen/

Valley West General Hospital

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George Sheehan, M.D.

NATIONALLY NOTED CARDIOLOGIST,
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AT

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HIGH SCHOOL COURT, LOS GATOS

NO RESERVATIONS NECESSARY!!



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15891 Los Gatos-Almaden Road Los Gatos, California 95030

BILL RANNEY WALKS AMOK IN EUROPE (Aug. 9-12): - Ranney wasn't satisfied with his showing at Hannover (see previous page), so he did the following just afterwards.../Milano, Italy - Aug. 9/ 5K in 21:58 (2nd)...road?; /Zug, Switz. - Aug. 11/ 10K in 46:12 (1st); /Lugano, Switz. - Aug. 12/ 7K in 34+ minutes (all uphill course!). Not too shabby! /Bill Ranney/

PYKE TOPS IN AAU NATL. 20K (Aug. 11, Niagara Falls): - (1) Neal Pyke/SSC 1:27:59, (2) Jobin/Canada 1:28:41, (3) Hansen 1:29:07, (4) Heiring 1:30:45, (5) O'Connor 1:31:33... (10) Reilly 1:34:40, (33) Jacobs 1:47+. /Harry Siitonen/

RANNEY SETS NATIONAL MASTERS RECORD AT AAU 50K (Aug. 26, Cupertino): - Marco Evoniuk won handily in 4:15:07 and New York AC took the team title, but Bill Ranney (who also served as Race Director) grabbed the "big one" with a victory in the masters division over Ron Laird and a new national mark of 4:48:53 and 12th overall. Wayne Glusker led the locals with his 7th place and 4:31:16 PR. Other locals who completed the gruelling 31 mile+ trek: 13-Brad Jacobs/WDS 4:49:18, 23-Manny Adriano/SSC 5:16:54, 27-Harry Siitonen/GGW 7:05:39. /Harry Siitonen/

BAUTISTA SETS WORLD 20K MARK (Sep. 30, Frankfurt, W.G.): - Dan Bautista of Mexico bettered the world record for the 20K walk and became the first man to ever dip under 1:20 by racing to a fantastic 1:18:49! We just got this bit of information as we were going to press. No other details on the race. /AF/□

TRACK AND FIELD RESULTS

TFA/USA MASTERS CHAMPIONSHIPS (Jun. 9-10, Slippery Rock, PA):
6 Mi: (40-44) 1-Ralph Bowles/Un 34:12.0. /Nat'l. Masters News/

NATL. AAU MASTERS CHAMPIONSHIPS (Jul. 6-8, Gresham, Ore.): - We may have missed a few because clubs weren't listed in the results (only home state)...let us know if we missed you so we can put you into next issue. /MEN/ 100m: /S1/ 5-Marshall/WVTC 11.26, /S2/ 4-Fitzsimmons/WV 11.56, 5-Simpson/WV 11.58, /1B/ 2-Parish/NCS 11.69, 4-Springbett 11.79, /2A/ 3-Roemer/NCS 12.54, /3B/ Koppel/NCS 13.26, Satti/NCS 13.72, /4A/ Carnine/NCS 14.98, 3-Puglizevich/NCS 15.99; 200m: /S2/ 2-Romain/WV 22.78, /1B/ 3-Springbett 24.12, 4-Parish 24.19, /3B/ Koppel 27.48, Satti 29.13, /4A/ Carnine 31.36; 400m: /S1/ 2-Pruitt/WV 48.41, /S2/ Romain/WV 49.66, Fitzsimmons/WV 52.25, /1A/ 5-Blanchard 60.22, /1B/ 3-Bruhner/NCS 55.26, /3B/ Koppel 63.88, Satti 65.67; 800m: /S2/ 2-Romain 1:54.8, /1A/ 2-Knebel/WV 2:00.2, 4-Richardson/WV 2:01.7, /3A/ 3-Koppel 2:44.8; 1500m: /1A/ 2-Knebel 4:14.1, 3-Cathcart/WV 4:23.2, /3A/ 3-Waterman 5:21.8; 5000m: /S2/ Franklin/WV 15:20.5, /1A/ 2-Welck/WV 16:04.3, 6-Schafer/CRC 16:39.3, /2A/ O'Neil/BC 16:41.6, Stevenson 16:58.0, 4-Pickett/TAM 17:51.9; 10,000m: /1A/ 7-Hager/WV 35:33.9, /2A/ O'Neil 34:03.6, 4-Pickett 37:38.4; 110mHH: /1B/ Parish 17.08, /4A/ Puglizevich 29.12; 400mIH: /S1/ Pruitt/WV 55.85, /1B/ Parish 63.82, /2A/ 3-Dowell/NCS 64.88, /3A/ Waterman 76.06, /3B/ Satti 76.99; 5000mW: /S1/ Himmelberger/SSC 22:26.9; 20KmW: /S1/ Himmelberger 1:39:59; 3000mSC: /1A/ 2-Guthrie/WVJS 10:38.1, /1B/ 2-Stevenson 10:53.7, /3A/ Waterman 12:53.6; 400mR: /S1-2/ 3-WVTC 43.73; 1600mR: /S1-2/ 2-WVTC 3:24.9, /1B/ NCS 3:46.3; JT: /1A/ 2-Conley T92-0, /1B/ Letcher/NCS 181-0; HT: /3B/ York/NCS 123-6; SP: /1B/ 3-Letcher 33-11½, /3B/ York 43-4, /4A/ 2-Puglizevich 35-9½; DT: /1B/ 3-Letcher 112-1½, /3B/ York 34.57m, /4A/ Carnine 38.27m; PV: /4A/ Puglizevich 6-0 (3rd); LJ: /1A/ 4-Conley 17-10½, /3B/ Satti 15-8 3/4; TJ: /3B/ Satti 29-5½; Pent: /S1/ 2-Marshall/WV 2728½, /1A/ 5-Conley 2520½, /2A/ 2-Roemer/NCS 3127½, /4A/ Carnine 3761-3/4. /WOMEN/ 100m: /S2/ Gerard 13.7, /1A/ Sherrard 13.2, Parish 13.65, /1B/ Obera 12.63, /3A-B/ 2-Kolda 17.08; 200m: /1A/ Parish 28.71, /1B/ Obera 26.57, /3A/ Kolda 38.08; 400m: /S2/ Gerard 64.79 (2nd), /1A/ Parish 64.48, /1B/ Obera 61.73, /3A/ Kolda 92.25; 800m: /1B/ Anderson/NCS 2:45.9; 1500m: /S2/ 2-Gerard 5:44.4; 10,000m: /1B/ Anderson 40:57.9; Pent: /1A/ Sherrard 2834.84; SP: /1A/ Sherrard 36-7, 3-Parish 25-10; HJ: /1A/ Sherrard 4-6; DT: /1A/ Sherrard 27.68m. /Jim Puokett/

PAN-AM MASTERS CHAMPIONSHIPS (July 21-22, Pomona): /MEN/ 100m: /S2/ 3-Simpson/WVTC 11.37, /3B/ Koppel/NCS 13.28, Satti/NCS

(Pan-Am Masters, Con'td) 13.70; 200m: /3B/ Koppel 27.94, Satti 29.23; 800m: /3A/ 2-Waterman/Stan 2:32.1, /S1/ 2-Browne/WVTC 1:59.4; 5000m: /2A/ O'Neil/BC 16:39.6; 10,000m: /2A/ O'Neil 34:50.3; 3000mSC: /2A/ Stevenson/Un 11:02.8, /3A/ Waterman 13:32.4; 5000mW: /S1/ Glusker/WV 22:50, /2A/ 2-Siitonen/NCS 29:39, /2B/ Smith/Un 29:12; 20KmW: /S1/ Doolley/WV 1:37:52, Glusker 1:38:25, /2A/ 2-Siitonen 2:11:25; 400mH: /2A/ Stevenson 68.0, /3A/ Waterman 74.6, /3B/ Satti 75.5; DT: /2B/ 3-Henderson/NCS 125-7, /3B/ York/NCS 116-0; PV: /2B/ 2-Johnson/NCS 9-6; LJ: /1A/ 3-Fuller/NCS 17-11½, /1B/ 3-Presber/Un 19-7, /2B/ 2-Johnson/NCS 17-3, /3B/ Satti 16-2½; SP: /S1/ Henderson/NCS 36-0½, /3B/ York 43-0½; HT: /3B/ 2-York 119-2; JT: Conley/Un 208-8; HJ: /S2/ Brown/NCS 6-2, /1A/ 2-Conley 5-2; TJ: /2B/ 2-Johnson 33-1½, /3B/ Satti 27-10 3/4. /WOMEN/ 200m: /SM/ 3-Henderson/NCS 31.98; 5000mW: /50+ 2-Carola/GGW 41:17; SP: /SM/ Henderson 23-10½; JT: /SM/ Henderson 77-2. /H. Sumner/

WORLD MASTERS CHAMPIONSHIPS (July 27-Aug. 2, Hannover, W.G.): Medal winners (1-2-3) were listed in the Nat'l. Masters Newsletter, without affiliations, so I'm taking a stab at those I recognize...please let me know if I've missed anyone. FIRST: /MEN/ zilch! /WOMEN/ (1A) 100m: Sherrard/NCS 12.78; (1B) Obera/NCS 12.62AR; (2A) Anderson/NCS (X-C) 44:32.1 (also on winning US team); Mara: Anderson 3:15:32. SECOND: /MEN/ zilch! /WOMEN/ (1A) 5000mW: Maynard/WDS 26:10.2AR; (1B) 200m: Obera 26.41; 400m: Obera 61.69AR; (2A) 5000m: Anderson 20:15.9AR; (3A) 100m: Kolda/NCS 17.11; 200m: Kolda 35.74. THIRD: /MEN/ (IV) 3000mSC: Carmichael/OC 18:40.3; /WOMEN/ (1A) SP: Sherrard 35-8½; 200m: Sherrard 27.01; X-C: Stricklin/WVTC 49:28.5; (2B) X-C: Tuinzing/TAM 58:38.8. /National Masters Newsletter/

NATIONAL A.A.U. JR. OLYMPICS (Aug. 9-12, Lincoln, Nebr.): /Only NorCal placers listed/ (GIRLS) 100y: 4-Ware/Okld 11.0; 100mH: 6-Young/Richmond 14.22; 440R: 1-Region 13 (Ware, Sanders, Johnson, Spence) 47.6; (BOYS) 220: 2-Threatt/Pittsburg 21.5; 440R: 4-Region 13 42.36; LJ: 2-Jackson/Okld 23-10 3/4, 4-Miller/Richmond 23-10; HJ: 1-Knox/Reno 6-11; TJ: 6-Justice/UnionCity 47-7 3/4. /Univ. of Nebraska/

WEST VALLEY INVIT. RELAYS (Sep. 15, Berkeley): - One U.S. Masters record was smashed and another just missed, as a team of West Valley TC runners ran the following: 4-Mile Relay: 18:33.4 (Pete Richardson 4:38.2, Jack Knebel 4:39.5, Tom Cathcart 4:30.4, Bob Wellck 4:45.3)--broke old record, held by West Valley J&S, by about 13 seconds. 2-Mile Relay: 8:31.8 (Bob Wellck 2:12.9, Tom Cathcart 2:06.4, Jack Knebel 2:06.1, Pete Richardson 2:06.4)--missed record by about 3 seconds. /Jim Brusstar/□

LONG DISTANCE RESULTS

RUN FOR LIFE 10KM (May 13, Stanford): - 1-Peanut Harms/AGRC 32:03 & John Sheehan/AGRC 32:03, 3-Boynton 33:50, 4-P. Shaughnessy/WVTC 34:16, 5-Harris/WVTC 34:29, 6-Rough 34:36, 7-Kaempf/Un(40+) 34:42, 8-Mercado 35:20, 9-Mori 35:21, 10-Rostege/WVTC 35:40, 11-Moore 36:09, 12-Howe 36:19, 13-Clark/WVTC 36:42, 14-Warner 36:46, 15-Dunn 37:11, 16-Gehl (50+) 37:24, 17-Theis 37:31, 18-Rolston 37:41, 19-Gordillo 37:44, 20-Johnston 37:47...81-Tena Anex 42:05, 124-Martie Comarell 44:09...500 finish. /Heart Assn/

LINCOLN CHILD CENTER RUNS (Jun. 2, Oakland): /4.42 Km./ 1-Embody 13:50, 2-Knebel/WVTC(40+) 14:20, 3-Hager/WVTC(40+) 14:33, 4-Hamilton 14:52, 5-Barnett 14:55, 6-Jim Smith 15:09, 7-Weggenmann(40+) 15:16, 8-Arzino 15:16, 9-Ryan 15:37... 15-Mary Rieboldt 15:54, 43-Heather Ryan 18:25, 8-8.84 Km./ 1-Schulz/WVTC 27:36, 2-Tymm/Hawaii(40+) 27:59, 3-Franklin/WV 28:19, 4-Weir/AGRC 28:52, 5-Holmes/WVJ (40+) 30:25, 6-Brasco 30:38, 7-Batley 31:02, 8-Bottano 31:47, 9-Martz 31:48... 14-Phyllis Olrich/SJC 32:50, 44-Leslie McMullin 35:30, 65-Ruth Anderson/NCS (40+) 37:31...217 finishers in long run & 285 finishers in short run. /Dorie Gallinatti/



Bob Gehl, over 50, ran 37:24 for 10K at Stanford. /Sheretz/

"GOLDEN GAIT" 10 KM. (Jun. 10, San Francisco): - Run on G.G. Park standard 5K loop, starting at Polo Fields parking lot. - (Note: No indication of age or sex in results, other than by first name...hope I didn't miss anyone.) 1-Fritz Watson/WVTC 31:43, 2-Muela/ETC 32:53, 3-Cathcart/WVTC(40+) 33:13, 4-Ferguson/WVTC 33:33, 5-Perlman 33:55, 6-Gehrig 34:12, 7-Kadish 34:38, 8-James 34:40, 9-Sampson 35:02, 10-Nevraumont/WVJS(40+) 35:15, 11-Spicer 35:23, 12-Ardell(40+) 35:29, 13-McAbee(40+) 35:35, 14-Hager/WVTC(40+) 35:47, 15-Menzie(40+) 35:52...44-Pauline Vasquez/SJC 38:38, 54-Anne Hamilton/MLTC 39:46, 66-Denise Bigelow/AGRC 40:39, 71-Vicki Bigelow/AGRC(40+) 41:03... 252 Finishers. /Cerebral Palsy Ass'n./

EMBARCADERO RUN (Jul. 4, Oakland): /5.1 Mi./ 1-Dennis Fell 25:45, 2-Corona 25:56, 3-Slawson/BA 26:20, 4-Barry/WVTC 26:22, 5-Rodriguez/WVTC 26:27, 6-Winters 26:46, 7-Sallaz 27:02, 8-De-Araujo 27:03, 9-Mina/AGRC 27:13, 10-Kadish 27:26, 11-Bowles/Un (40+) 27:29, 12-Wolfe/WVTC 27:33, 13-Brascesco 27:48, 14-Reynolds 27:59, 15-Mota/LMJS(40+) 28:02...18-Nevraumont/WVJS(40+) 28:17, 23-Holmes/WVJS(40+) 28:38, 25-MacDonald/PKM(40+) 28:42, 93-Denise Bigelow/AGRC 31:50, 144-Vicki Bigelow/AGRC(40+) 32:34, 117-Sue Brusher 32:35, 118-Sue Stricklin/WVTC(40+) 32:36...667 finishers! /Ralph Bowles/

GILROY GARLIC 10,000 METER (Aug. 5, Gilroy): 1-Gil Munoz 32:14, 2-Watkins 33:22, 3-Holladay 33:32, 4-Mercado 33:32, 5-Roney 33:47, 6-James 33:51, 7-Moyles 33:57, 8-Gonzales 34:06, 9-Aurand 34:16, 10-R. Gonzales 34:30, 11-Reisig 34:45, 12-Rostege/WVTC 35:04, 13-Cano 35:09, 14-M. McConnell 35:12, 15-Parades 35:14, 16-Cook/WVTC 35:19, 17-Apperson 35:22, 18-Olemer 35:30, 19-Downing 35:36, 20-Bettencourt 35:41, 21-Spurr(40+) 35:44... 47-Stomares(40+) 38:02, 48-Craig(40+) 38:22...57-Paula Jackson 38:59, 97-Judy Gustafsen 42:05...400+ finishers. /Wm. Flodberg/

HOT FOOT RUN (Aug. 5, Napa): /1.5 Mi./ 1-Rey Corona 6:41.0, 2-Ceja 6:42.5, 3-Balli 6:44.1, 4-Garcia 6:49.3, 5-McClaine 6:54.7...30-Claudia Shenefield 8:59.2, 47-Michele Montgomery 9:40.9, 49-Herlihy(40+) 9:46.4, 50-Mazzuki(40+) 9:47.3...146 finished. /4.7 Mi./ 1-Mike McGrath/AGRC 22:26, 2-Brad Brown/SUND 22:36, 3-A. Smith 23:08, 4-Howard 23:13, 5-Royal 23:19, 6-Barry/WVTC 23:22, 7-Proteau/AGRC 23:24, 8-Corona 23:24, 9-Ceja 24:21, 10-Cargill 24:32...16-Roland(40+) 25:21, 40-Basham(40+) 26:50, 91-Jane Terry 30:59, 92-Debbie Terry 31:05, 97-Nina Beatie 31:16, 98-Felicia Shinnamon...253 finished. /The Hall's/

CRATER LAKE MARATHON (Aug. 11, Crater Lake, Ore.): /70-80 degrees, clear, high altitude/ 1-Balding(40+) 2:55:29, 2-Juille-ral 2:56:34, 3-Warnock(40+) 2:58:40...8-Pauwels(50+) 3:18:50, 44-Jeanne Otterman 3:52:41...85-90 finished. /Neil Mishalof/

JOHN STEINBECK COUNTRY RUN (Aug. 12, Salinas): /10 Km./ 1-Glyn Harvey/England 30:34.4, 2-Sup/MPC 31:08, 3-Bowler/England 31:32, 4-Munoz 32:56, 5-Tamagni 33:29, 6-Roney 33:41, 7-Routh 33:50, 8-Doughty/WVTC 33:56, 9-Parades 33:58, 10-Torres 34:10, 11-Grubbs 34:13, 12-Immoos 34:39, 13-Moss 34:53, 14-Dawson 35:08, 15-Cook/WVTC 35:12...33-Brazinsky(40+) 37:01, 40-Bawcom (50+) 37:32, 52-Pamela Burkes/WVTC 39:01, 73-Maria Regalado 40:51, 110-Tiffany Choy 43:25...278 finished. /Lance Almond/

PLANKTON FESTIVAL RUN (Aug. 18, Avila Beach): /3 Mi./ 1-Eric Huff/SLDC 14:24, 2-Cadena/SLDC 14:29, 3-Boatright/AGRC 14:29, 4-Rueckert/SLDC 14:48, 5-Lowrie/CW 15:01, 6-Nanninga/SLDC 15:14, 7-Casper/SLDC 15:41...16-Coffey(40+)/SLDC 16:16, 19-Cline(40+)/SLDC 16:36, 32-Perkins(50+)/LVDC 17:06, 34-Evelyn Stewart/CPSLO 17:30, 37-Barb Arreola/SLDC 17:36...144 finishers. /Stan Rosenfield/

OAKDALE DISTANCE CLASSIC (Aug. 19, Oakdale): /4 Mi./ 1-Olive-ira 20:26, 2-Koris 20:32, 3-Vargas 20:42, 4-Hale 21:15, 5-Edwards 21:23, 6-Vorse 22:05, 7-Lawson 22:13, 8-Larson 22:30, 9-Nona 22:38, 10-Leitner 23:07, 11-White 23:16...26-Joan Redfeard 26:31, 29-Scott(40+) 27:16, 30-Maureen King 27:28, 31-Hurst (40+) 27:33, 45-Ida Nankeville(40+) 31:25...65 finishers. /Charles Pittel/

BASS LAKE RUN THRU THE PINES (Aug. 25, Pines Village): /13.3 Mi./ 1-Jim Hartig/FPTC 70:01, 2-Juan Garcia/HSTC 71:04, 3-Juan Molina/HSTC 71:15, 4-Ramirez/FPTC 74:32, 5-Gonzales/FPTC 76:01, 6-Woolscroft/EC 76:44, 7-Pawlak/WVJS 77:20, 8-Swenson/FPTC 78:36...23-Smith/STC(40+) 1:29:43, 29-Harris/FPTC(40+) 1:31:40, 30-Hartin/Madera(40+) 1:31:55, 43-Jan Vickers/Laguna Beach 1:35:38, 51-Brenda Villanueva/FPTC 1:39:25. - Hartig had splits of 24:53 & 51:40 thru 5 & 10 miles on his way to a new course record...120 finishers. /Bill Cockerham/

PHIDIPIDES BIATHLON (Aug. 26, Santa Rosa): /3 Mi. Run + appr. 80m swim/ T-Dave Sjostedt 17:18, 2-Turek 18:01, 3-Burke 18:10, 4-McGuire 18:28, 5-Lori Shanoff 19:16, 6-Eckbrecht 19:24, 7-T. Read 19:30, 8-Hotaling 19:34, 9-Paine 19:57, 10-Wilmore 20:01, 11-Bruner 20:13, 12-Chris Read 20:33...50 finishers.

BAY TO BAGELS RUN (Sep. 9, Lafayette): /2 Mi./ 1-David Lowler 11:00, 2-Hesbett 11:20, 3-Foley 11:27...7-Lisa Sandel 11:58, 8-Dana Spurrier 12:17...110 finished. /10 Km./ 1-Bernie Heinrich (39)/MR 33:14, 2-Graf 33:29, 3-Brascesco 34:51, 4-Batley 35:25, 5-Sampson 35:46, 6-Coleman 36:20, 7-Lucas 37:48...10-Forsberg (40+) 38:27, 15-Winer/WVTC(40+) 39:09, 24-Marsha White 40:52, 31-Penny DeMoss/WVTC 42:36...145 finished. /Darlene Feldstein/

NIKE/OTC MARATHON (Sep. 9, Eugene, Ore.): 1-Jeff Wells & Tony Sandoval/AW (tie) 2:10:20, 3-Lodwick/AW 2:10:54, 4-Quax/NZ 2:11:13, 5-Atkins/CNW 2:11:52, 6-Durden/AtITC 2:13:47, 7-Segura/NMTC 2:13:59, 8-Ballenger/NPAC 2:14:08, 9-Cloeter/UCTC 2:14:23, 10-Layman/CNW 2:14:47, 11-Rose/WVTC 2:15:04, 12-Mc-Carey/AW 2:15:07, 13-Greig/NB 2:15:14, 14-Anderson/CTC 2:15:33, 15-Johnson/SAZRR 2:16:12, 16-Dimick/GMAA 2:16:30, 17-Kardong/CNW 2:16:40, 18-Manley/OTC 2:16:45, 19-Smead/Un 2:16:48, 20-Kreutz/OTC 2:16:52, 21-Britten/AGRC 2:16:54, 22-Hill/SOS 2:17:03, 23-Fidler/AtITC 2:17:29, 24-Wilson/JT 2:17:57, 25-Heffner/Un 2:18:16 (missed Foley/Summit 2:16:34, after Dimick) ...27-Schulz/WVTC 2:18:28, 28-Cassaday/WVTC 2:18:32, 30-Wayne/BA 2:18:39, 31-Yeo/AGRC 2:18:42, 32-Langford/FPTC 2:18:43, 35-Bautista/Un 2:18:52, 39-Seaver/WVTC 2:19:25, 43-Kissin/WVTC 2:20:13, 48-Sisson/WVTC 2:21:39, 57-O'Halloran/AGRC 2:23:15, 69-Foster/NZ(47) 2:24:27, 72-Gailson/Tahoe 2:24:47, 73-Collins/PMK 2:24:48, 77-Scholl/SRR 2:25:12, 82-Szanto/Un 2:25:50, 83-Wysocki/SSS 2:25:53, 84-Chain/Un 2:26:22, 93-Mina/AGRC 2:28:00, 100-Jenkins/AGRC 2:29:09, 108-Levitsky/WVTC 2:30:12, 109-Brennand/SBAA(40+) 2:30:12, 113-Zapata/WVTC 2:30:38, 119-Rodriguez/WVTC 2:32:06, 120-Gulli/Un 2:32:08, 140-Chun/Un 2:34:09, 153-Joan Benoit/LAC 2:35:41, 157-Boatright/AGRC 2:36:23, 166-Faneli/PMK 2:37:55, 174-Ireland/SSS 2:39:39, 179-Hamer/WVTC 2:40:46, 181-Gillian Adams/GB 2:41:03F, 190-Catanese/DIRT(40+) 2:43:19, 193-Cindy Dalrymple/Comets 2:43:38, 195-Laurie Binder/KCBQ 2:43:43, 196-Jane Robinson/SW 2:43:51, 201-Dana Slater/WSSAC 2:44:33F, 206-Mickle/Un(40+) 2:45:13, 222-Rosenthal/DSE 2:46:59, 239-Bennett/PMK 2:48:48, 242-D. Hamer/WVTC 2:48:58, 249-Nieman/NVRC 2:49:52...689 finished. /Tom Heinonen/

CENTRAL CALIFORNIA X-C MEET (Sep. 15, Fresno): - /College & Open & Masters - 5.0 Mi./ T-Hartig/FTC 25:42, 2-Parks/Sac 25:44, 3-Van Horn/Sac 25:50, 4-Brown/Sac 25:56, 5-Garcia/FTC 25:59, 6-Winkley/Sac 26:00, 7-Carillo/Sac 26:01, 8-Pincombe/Sac 26:08, 9-Coulman/FS 26:16, 10-Joseph/Sac 26:17...51-Lynch/FTC(40+) 30:19, 52-DeIgado/FTC(40+) 30:33. /Women - 2.0 Mi./ 1-Ramirez/CSB 12:31, 2-McPherson/WW 12:37, 3-Dunbar/CSB 13:03, 4-P. Ramirez/FTC 13:28, 5-Morgan/FTC 13:33. /Bill Cockerham/



Dan Moynihan edged Peanut Harms in the 1st Annual "Out & Back" 10K, winning a trip to Hawaii for his efforts. /John Sheretz/

OUT 'N BACK 10 KM (Sep. 23, Burlingame): /Top male and female... Dan Moynihan and Vivian Soderholm-Difatte, won trips to Hawaii/ 1-Moynihan/MR 30:35.6, 2-Harms/AGRC 30:41, 3-Yeo/AGRC 31:38, 4-McLean/WVTC 32:40, 5-Gonzales 33:11, 6-Harris/WVTC 33:14, 7-Robertson/WVTC 34:15, 8-Brett Evert 34:37, 9-O'Brien 34:43, 10-Becerra/ETC 34:49, 11-Vivian Soderholm-Difatte/WVTC 35:13, 12-Saldino 35:29, 13-Minarik/WVTC 35:31, 14-Twesten 35:33, 15-Campos 35:38, 16-Lualhati (40+) 35:41, 17-Bugler/PMK(40+) 36:02, 18-Reyes 36:19, 19-Paul/WVTC (40+) 36:49, 20-Kofoer 36:59... 28-Kerry Brogan/SJC 38:13, 34-Skip Swannack/WDS 38:29F, 38-Tena Anex/AGRC 39:30...211 finished. /Burlingame Racquetball Club/

NATL. AAU 10,000 METERS (DIET PEP-SI CHAMPIONSHIPS) (Sep. 29, Purchase, N.Y.): - LATE FLASH! Herb Lindsay's 28:34 beat Tony Staynings (28:36). Frances Sackerman of Burlingame won women's 50+ (42:32) & Jim O'Neil (Sac'to) was 2nd in 50+ men's race by 3/10ths of a second! Benton Hart 11th (29:16).

MIKE MERTENS LEADS 12-AND-UNDER SWEEP AT WOODMINSTER HANDICAP (Jun. 17, Oakland): - It was "kids' day" at the popular Woodminster Handicap 15K race in the Oakland Hills, as the top five spots went to boys aged 12-and-under. Winner Mike Mertens took advantage of his 15-minute head start to easily best the top scratch runner, Robert Page, who did 49:48 in tenth spot. Mike's winning time was an actual 58:12, adjusted to 43:12 because of the handicap. Runnerup Bob Stone's 43:40 was over a minute ahead of Mike's brother Billy, who clocked 44:50. Because no ages were listed in the results, we're not sure who was a master (over-40) and who wasn't. Since we need these statistics for our LDR "Point Totals", we're asking our readers to let us know if we've missed anyone (those we're sure of we listed with an asterisk, below, as we usually do). Following the runners' names (in parentheses) is the handicap, in minutes (add to time listed to get "actual" running time). This is the last year that the East Bay Road Runners will sponsor this run...it will be managed by the NorCal Seniors in the future...258 finished this year. /Pat Whittingslow/



Irene Rudolf was the fastest woman at the Woodminster Handicap in an actual running time of 63:19. /Lari Bader/

1-Mike Mertens(15)	43:12	24-Keith Whittingslow(4)	53:51*	47-James McManus(15)	55:53
2-Bob Stone(15)	43:40	25-Tom Standing(4)	53:52	48-Theodore Jones(4)/PMK	55:57*
3-Billy Mertens(15)	44:40	26-Art Heredia(15)	53:54	49-Pete Castellanos(4)	56:10
4-Robert Latting(15)	48:22	27-Ruth Anderson(12)/NCS	53:59F*	50-Joe Schieffer	56:13
5-Van Robbins(15)	48:24	28-Marc Otto(15)	54:01	51-David Ripp	56:14
6-Bill Phillips(8)	48:42*	29-Keith Hastings(4)	54:01	52-Frank Smith(4)/PMK	56:16*
7-Bert Johnson(4)	48:44	30-Lloyd Sampson(4)	54:06	53-Terence Casey/ETC	56:17
8-Bob Malain(8)/BC	49:02*	31-William Flodberg(8)	54:07*	54-Mike Gibson(4)	56:18
9-Jim Nicholson(8)/PMK	49:31*	32-Steve Hughes(15)	54:08	55-Richard Emmons(8)	56:37*
10-Robert Page	49:48	33-David Peissner	54:22	56-David Anderson	56:38
11-Don Pickett(8)/TAM	50:12*	34-Hans Roenau(8)/TAM	54:25*	57-Paul Hohe(4)/TAM	56:43*
12-Kevin Searles	50:45	35-Cliff Wolery	54:28	58-Thurman Cheatham(4)	56:48
13-Dennis Tracy/WVTC	51:01	36-Keith Walker(8)	54:29*	59-Scott Phillips	56:49
14-Dane Larsen	51:03	37-Jack Holmes(4)	54:35	60-Glen MacDougall	56:56
15-Edward Lee(4)	51:09	38-Tom Aldana	54:37	61-Gene White(4)	57:04*
16-Ron Felzer(4)	51:14	39-Bill Smart(4)	55:08	62-John Dougherty(8)	57:06*
17-Dan Anderson/WVTC	51:35	40-Jess Chavez(8)	55:18*	63-Thomas Martz	57:13
18-Dick Houston(12)/NCS	51:53*	41-Irene Rudolf(8)/WVTC	55:19F	***WOMEN***	
19-Chris Mihm(15)	52:17	42-James Wilkins(4)	55:21	67-Betsy White(8)/WVTC	57:32*
20-Tim Smith(15)	52:18	43-Rex Roney	55:22	74-Gail Gustafson(8)/WVTC	58:06
21-Orin Dahl(4)	53:17*	44-David Kadish	55:27	94-Anne Neeley(8)/TAM	59:59*
22-Roger Daniels(4)/TAM	53:49*	45-Pat Whittingslow(8)/WV	55:36F	95-Louise Burns(8)/NCS	60:01
23-Dennis Kilian	53:50	46-Dave Robertson/WVTC	55:51	97-Sylvia Fox(8)	60:09

KEVIN JONES TOPS RECORD FIELD AT KENWOOD FOOTRACE (Jul. 4, Kenwood): - Host Valley of the Moon Running Club ran off with team honors, placing their five scoring men in the top eight places, as Kevin Jones led the parade with a fine 32:30.6, but well off Jim Nuccio's 1977 standard of 31:13. Runnerup Hersh Jenkins was a distant second with 33:29. Roger Daniels likewise had an easy time in taking the over-40 title in 35:28 over Darryl Beardall, who clocked 36:02. However, Beardall managed to salvage some pride as he kept his masters course record of 34:33, set in last year's run. The women were rather prolific in the record department, as Dana Hooper set a new open mark of 40:59.5, and Anne Neeley established a new masters mark at 43:54.5. Both were easy winners in their divisions. Weymouth Kirkland's 33:58.5 set a record in the 30-39 age-group, and Hans Roenau grabbed the only other mark with a 40:33.3 in the 50-and-over division. A record turnout of 358 finishers made this certainly one of the larger races in the Santa Rosa area, and, from comments we've heard, certainly one of the better organized ones too. /Fred Kenyon/

1-Kevin Jones/VMRC	32:31	18-Darryl Beardall/VMRC	36:02*	35-George Frazier/TAM	37:39	58-William Hackley	39:30*
2-Hersh Jenkins	33:29	19-Brian Collins/TAM	36:07	36-Ken Howe	37:44	59-Arnold Schulz	39:36*
3-Weymouth Kirkland/VMRC	33:59	20-Mike Deatherage/SS	36:23	37-Tom Aldana/ETC	37:54	67-Ronald Rammer	39:43*
4-Jim Noonan/VMRC	34:03	21-Keith Golding	36:26	38-Richard Hike	37:57	80-Joe Dana/SS	40:23*
5-Bill Marty/Texas	34:14	22-Ed Nieto/VMRC	36:36	39-David Nieman	37:58	85-Hans Roenau/TAM	40:33*
6-Fred Leoni	34:49	23-Emery Mitchell/TAM	36:38	40-Paul Hadley	38:00	88-Clarence Hall/NVRC	40:55*
7-Bob Lawrence/VMRC	34:51	24-Martin Jones/VMRC	36:45	41-Roger Klein/VMRC	38:05	***WOMEN***	
8-Dennis Bollman/VMRC	34:56	25-Phil Bellan	36:51	42-Tim Wallen/VMRC	38:05	90-Dana Hooper	41:00
9-Butch Alexander/VMRC	35:02	26-Craig Roland	36:53*	43-Pat Miller	38:10	124-Beckie Simmie/VMRC	43:04
10-Clark Rosen	35:04	27-James Rawling	36:54	44-Jeff Ceremony	38:11	131-Florianne Harp	43:24
11-Rob Biando	35:12	28-David Royal	36:56	45-Ken Cox	38:15	142-Anne Neeley/TAM	43:55*
12-Pat Stordahl	35:23	29-Dave Sjostedt/VMRC	37:04	46-Joe Barich	38:39	145-Dana Flint/VMRC	44:00
13-Roger Daniels/TAM	35:28*	30-Francis Skewis	37:07	47-Roger Price/VMRC	38:44*	152-Peggy Smith	44:25
14-Ron Souther/SS	35:37	31-Bruce Von Borstel/TAM	37:12	48-Bruce Carradine	38:47*	158-Barbara Magid	45:08
15-Mike Warr/SS	35:45	32-Peter Laskier/TAM	37:14	49-Dick Ogg	39:13	168-Lora Tilp	45:25
16-Brian Hoyt	35:46	33-Greg Johnson	37:16	***MASTERS***		173-Bonny Lawrence	45:37
17-Dan Preston/VMRC	35:51	34-Jim Barich	37:35	53-Dan Goodwin	39:20*	175-Marlys Hayden	45:42*

REDWOOD CITY FOURTH OF JULY PARADE RUN--PINCOMBE AND FOX TAKE TOP HONORS (Jul. 4, Redwood City): - Rick Pincombe bested a rather lack-luster field in this annual 5-Kilo event through the downtown section of Redwood City, clocking 15:21 to beat runnerup Bill Joseph by 13 seconds. Skip Wagstaff, in third spot with 15:42, grabbed top honors in the 14-17 division. The best performance of the day by far, however, was turned in by 38-year-old Judy Fox, who notched a great 16:53 in blitzing a good women's field by nearly a full minute. Sue Munday's 17:50 and Marilyn Taylor's 18:06 were a distant second and third. Judy's time placed her in 31st place overall! Richard Craig's 17:42 nipped M. Cowperthwaite by four seconds to take the masters title...however, Dave Stevenson's 17:17 won the 50-and-over honors and thus gave him overall 40-and-over honors. As announced in an earlier issue, we will usually not print in-depth results for races that do not list overall placings, as was the case here...divisional placings are fine, but people like to know how they place relative to others too. /Judy Fox/ ...approx. 350-400 finishers.

1-Rick Pincombe(21)	15:21	10-Dave Parish(24)/WVTC	16:06	19-Walter Haight(20)	16:30	28-Richard Piquette(32)	16:51
2-Bill Joseph(23)	15:34	11-Mike Ercolini(22)	16:08	20-Douglas Stevens(35)	16:32	29-Tom Bennett(31)	16:51
3-Skip Wagstaff(17)	15:42	12-John Barbour(25)	16:08	21-Al Stanbridge(32)	16:36	30-David Wald(24)	16:52
4-Danny Hernandez(17)	15:47	13-Terence Boynton(19)	16:10	22-Kevin Bury(25)	16:37	31-Judy Fox(38)/WVTC	16:53F
5-Gary Goodstein(20)	15:48	14-Rich Hornstra(22)/CW	16:13	23-Richard Herzog(35)	16:39	32-Keith McNab(38)	17:00
6-Dan Stefanisko(17)	15:58	15-Peter Dolan(19)	16:21	24-Keith Larsen(23)	16:41	33-Ervin Holse(17)	17:00
7-Charles Harris(39)/WV	15:59	16-Peter Jensen(23)	16:23	25-Masafumi Mori(33)	16:45	34-Curtis Beeman(27)	17:03
8-David Shea(16)	16:01	17-Jerome McFadden(38)/WV	16:24	26-William Dunn(31)	16:46	35-Mark Rokovich(17)	17:11
9-Dave Hansen-Fabris(21)	16:03	18-Tim Rostege(39)/WVTC	16:28	27-Paul Hopkins(17)	16:49		

(Continued on next page...)

<i>(4th of July Parade Run, Cont'd)</i>		5-N. Shastany(50)	17:54*	11-Ron Hakola(46)	18:35*	3-Marilyn Taylor(26)/WV	18:06	
MASTERS		6-Ken Paul(46)/WVTC	17:56*	12-Rod McKenzie(44)	18:37*	4-Linda Van Housen(15)	18:57	
1-Dave Stevenson(50)	17:17*	7-John Bramfitt(46)	17:59*	13-Harold DeMoss(43)/WVTC	18:41*	5-Karen Himes(12)	19:06	
2-Richard Craig(40)	17:42*	8-John Flather(47)	18:29*	***WOMEN***			6-Jane Sowersby(28)/WV	19:16
3-M. Cowperthwaite(47)	17:46*	9-Paul Spangler(41)/TRAC	18:33*	1-Judy Fox(38)/WVTC	16:53	7-Michelle Miller(13)	19:18	
4-Don Carpenter(51)/WV	17:47*	10-Kent Mitchell(40)	18:34*	2-Sue Munday(21)	17:50	8-Jennifer Glockver(15)	19:43	

MAXWELL VICTORIOUS OVER MARIN HEADLANDS NEW 7-MILE COURSE (Jul. 22, Marin County): - This year's course featured a longer starting stretch before "the hill" and as a result the new course has, obviously, all new records. Canadian Brian Maxwell's 39:04 was tops over the rugged hill-and-dale circuit, with Eric Williams a distant second in 39:40. Don Ardell's 44:16 led the over-40 division, with Orin Dahl a well-beaten runnerup in 45:40. In the closest race of the day, Dana Hooper edged Irene Rudolf for the women's title, 50:28 to 50:42. Marty Maricle, 46, clocked 56:24 to take top honors in the women's masters race. The local Marin Racers easily defeated the sponsoring Tamalpa team, stacking all their scoring five in the top eleven slots. Tamalpa did win the women's title, however, in a very tight race with WVTC. Nearly 300 finished this well-attended run (very tough but very scenic). This is a good race to mark on your calendar for next summer. /Kees Tuinzing/

1-Brian Maxwell/26/BA	39:04	20-Chris Johnson/30/TAM	44:00	39-Don Chaffee/40/ETC	46:11*	59-Keith Whittingslow/40	48:14*
2-Eric Williams/29/MR	39:40	21-David Kadish/26/Un	44:10	40-George Frazier/32/TAM	46:14	61-Ron Rahmer/42/TAM	48:42*
3-Pete Demaris/22/MR	39:57	22-Don Ardell/41/TAM	44:16*	41-Russ Langer/32/Un	46:26	62-Nik Epanchin/40/Un	48:47*
4-Ray Kindle/21/PMK	40:28	23-Chuck McMillan/20/Un	44:26	42-George Ridout/36/MR	46:34	87-Don Lucero/51/WVTC	50:22*
5-Bryan Tracy/24/AGRC	40:46	24-Randy Belzer/29/SYN	44:27	43-Gary Nathanson/29/Un	46:36	89-Bill Dickerson/51/TAM	50:26*
6-Dan Anderson/27/WVTC	41:02	25-Bruce Von Borstel/33	44:32	44-Doug Doi/16/FF	46:40	98-Joe Dana/43/SS	51:11*
7-Bruce Degen/36/MR	41:35	26-Rudy Balli/26/SR	44:38	45-Mike Raventos/15/Un	47:05	102-Kent Bollinger/53/OC	51:25*
8-Vesa Penula/26/FA	42:06	27-Brett Ewart/26/OC	44:41	46-David Kiel/23/SAR	47:10	106-M. Ropes/40/Un	51:36*
9-Mike Sweeney/25/AGRC	42:13	28-Peter Laskier/35/TAM	44:42	47-Higgins/29/DSE	47:17	***WOMEN***	
10-Jerry Drew/21/MR	42:24	29-Jay Gehrig/28/Un	44:45	48-Brian Williams/31/Un	47:21	90-Dana Hooper/24/TAM	50:28
11-Mike Warr/18/MR	42:32	30-J.P. McCarthy/27/DSE	45:21	49-Chris Newhard/19/Un	47:25	91-Irene Rudolf/37/WVTC	50:42
12-Dane Larsen/28/PMK	42:40	31-Martin Jones/36/UMRC	45:21	50-Larry Sims/19/Un	47:31	104-Vicki Randall/21/BA	51:27
13-Wolf Gobou/34/Un	42:50	32-Kevin Kirby/22/AGRC	45:33	51-Evan MacBride/33/BC	47:36	105-Donna Andrews/38/TAM	51:32
14-Leo D'Acquisto/18/MR	43:04	33-John Colom/21/MR	45:34	52-Clive Clarke/30/SYN	47:44	110-Pat Whittingslow/39/WV	52:37
15-Kyle Kessler/15/CTC	43:34	34-Peter O'Reilly/21/TAM	45:39	53-Ken Hastings/36/TAM	47:44	129-Gail Gustafson/36/WV	53:56
16-Dave Anderson/16/CTC	43:47	35-Orin Dahl/44/Un	45:40*	54-Bob Trumbull/20/MR	47:53	138-Barbara Magid/36/TAM	54:39
17-Ed Russel/20/FF	43:48	36-Mike McKenzie/36/TAM	45:44	55-Wolfgang Green/30/Un	48:04	140-Marilyn Morton/32/TAM	54:41
18-Mike Kuta/28/CYTC	43:51	37-Russ Kiernan/41/TAM	45:59*	***MASTERS***		156-Marly Maricle/46/NCS	56:24*
19-Bruce LaBelle/23/AGRC	43:52	38-Terry O'Sullivan/18/MR	46:07	57-Don Huff/43/PMK	48:05*	157-Florianne Harp/30/TAM	56:25

MORENO NIPS JONES AT BELMONT STEAKS RUN (Aug. 11, Belmont): - Camino West's John Moreno successfully defended his title over the hilly 8.93 mile course in the Belmont hills, but he had all he could do to hold off surprising 19-year-old Kevin Jones, who finished a scant 8 seconds back of the winner's 46:54, which was 12 seconds of his own 1978 course record. Ulrich Kaempf came even closer to the masters course standard, missing Ralph Bowles 51:27 by a mere 4 seconds. His victory margin over Siegfried Mattern was nearly 5 minutes! Leslie McMullin's 60:55 was well off of Roxanne Bier's 57:49 standard of two years ago, but was over a minute ahead of second-placer Kristi Kucera's 62:08. Carroll O'Conner, running in her own back yard almost, took the masters women's title in 71:32, also well off the course record. A smaller-than-usual turnout saw only 235 finish the race this year. /Ken Israel/

1-John Moreno/24/CW	46:54	20-Ed Jerome/35/TRAC	55:16	39-Mel Holland/32/Un	59:07	
2-Kevin Jones/19/VMRC	47:02	21-Mike Deatherage/24/SS	55:38	40-Paul Spangler/41/TRAC	59:10*	
3-Craig Corey/21/WVTC	48:44	22-Anders Martinson/20/Un	55:53	41-Blake Cesarin/17/Un	59:18	
4-Rick Pincombe/21/CW	48:47	23-Dave Robertson/28/WV	56:02	42-Mike Adams/35/Un	59:19	
5-Al Hernandez/32/WVTC	49:09	24-Henry Wald/26/Un	56:06	***MASTERS***		
6-Kevin O'Connor/17/CW	49:59	25-Steve Higgins/29/DSE	56:09	43-Jon Baumgartner/44/TR	59:23*	
7-Steve O'Brien/25	50:43	26-Gary Nathanson/29/Un	56:09	44-Walter Williams/42/WV	59:35*	
8-Joe Green/20/WVTC	50:48	27-Siegfried Mattern/42	56:13*	47-Bob Stubbe/43/ESL	59:39*	
9-Bob Love/18/CW	51:14	28-Evan MacBride/33/BC	56:18	48-Gerald Zeilenga/44/Un	59:53*	
10-Ulrich Kaempf/48/Un	51:31*	29-Robert Gehl/51/VTC	56:30*	52-Joe Dana/43/SS	60:07*	
11-Ken McBride/21/Un	51:48	30-Art Saenz/25/Un	56:40	54-Don Lucero/51/WVTC	60:48*	
12-Sammy Castillo/34/Un	51:50	31-Tom Gleason/37/Un	56:44	***WOMEN***		
13-Ron Souther/17/SS	52:29	32-J.H. Hunter/29/KR	56:48	55-Leslie McMullin/28/Un	60:55	
14-John Talco/32	52:33	33-Bob Cowdrey/35/Un	57:05	72-Kristi Kucera/19/Un	62:08	
15-Dave Cargill/30/SS	53:01	34-Mike Torre/17/Un	58:36	82-Debbie Roof/25/BRR	63:53	
16-Mike Plummer/21/WVTC	53:21	35-Tomas Bravo/23/WVTC	58:44	122-Colleen Fox/24/PMK	66:38	
17-Marc Torres/16/WVTC	54:21	36-Ken Paul/46/WVTC	58:48*	154-Terry Forcell/17/DSE	70:11	
18-Gene Gilligan/38/ETC	54:54	37-Fred Dunn/50/PMK	58:54*	58:48*	158-Marilyn McCormick/28	70:31
19-Al Stanbridge/32/PMK	55:03	38-Patrick Shartle/21/Un	58:56	168-Karen Lanterman/35/Un	71:27	
				170-Carroll O'Conner/48	71:32*	

BLUME LEADS THREE UNDER 50 MINUTES IN S.F. 10-MILE CLASSIC; JILL SYMONS BREAKS ONE HOUR (Aug. 12, San Francisco): - Cal's Gary Blume bested his coach, Brian Maxwell, by some 34 seconds in winning the second annual affair in a swift 49:21.7 over a fairly challenging (rolling) course. In the process, he pulled Maxwell (49:55) and Pete Sweeney (49:58) under the magic 50-minute barrier with Mike Cassaday (50:07) also very close. Mark Conover's 50:30 was good enough for fifth in leading all junior (under-20) runners. Jill Symons of Chico became the first PA-AAU runner (we think) to dip under one hour for 10 miles, clocking a swift 59:55, over 4 minutes ahead of runnerup Diane Killeen. Cahit Yeter's 56:57 bested Don Ardell's 57:40 for the masters title, with Bob Gehl (50+) in third at 59:34. Karen Scannel continues to improve with her 64:34 in leading another much-improved masters woman, Vicki Bigelow, who clocked a fine 65:02. A large field of 1421 finished under sunny 60-degree skies. /Don Capron/

1-Gary Blume/23/Cal	49:22	6-Bill Seaver/29/WVTC	50:59	11-Tim Chain/23	51:58
2-Brian Maxwell/26/BA	49:55	7-Rick Denesik/20	51:15	12-Michael Emry/23/CW	51:58
3-Pete Sweeney/23/AGRC	49:58	8-Chris Hamer/20/WVTC	51:16	13-Dirk Feenstra/21	52:22
4-Mike Cassaday/28/WVTC	50:07	9-Dan Moynihan/28/MR	51:26	14-Steve Slawson/26/BA	52:27
5-Mark Conover/19/WVTC	50:30	10-Rich Langford/26	51:40	15-Phil Kay/26/PMK	52:33
				16-Bill Joseph/23	52:38



Ulrich Kaempf just missed the 51:27 course record set in 1977 by Ralph Bowles in winning the masters division at the Belmont Steaks Run. /J. Shereta/

17-Robert Laxson/30	52:46
18-Ron Nabers/30/WVTC	53:00
19-Robert Page/28	53:08
20-Paul Burke/19	53:23
21-Fidel Serrano/18/WVTC	53:33
22-Peter Day/34	53:36

(Continued on next page...)



SECOND ANNUAL
HALF MOON BAY
PUMPKIN FESTIVAL RUN

Sunday, October 21, 9 am

3 km fun-run & 10 km race

\$1.00/person, \$2.50/family
until Oct. 15. On race-day:
\$1.50/person, \$4.00/family

Pumpkins & ribbons to all finishers. 3-deep awards in 16 age/sex groups. Souvenir T-shirts. Merchandise drawing. For entry, send S.A.S.E. to: Coasters Running Club, 637 Buena Vista, Moss Beach, CA 94038. Bring the whole family and enjoy the 9th Annual Pumpkin Festival after the runs...Arts & Crafts...Food...Entertainment.

(S.F. 10-Miler, Cont'd...)

23-Greg Jewett/32/ETC	53:49	35-James Bowles/30/WVTC	54:58
24-Tony Bacelli/30	53:53	36-Bill Marty/36	55:08
25-Dave Hansen/21	54:01	37-Dennis Dillie/28	55:12
26-Jim Barker/32/WVTC	54:06	38-Rich Piquette/32	55:13
27-Stacy Geiken/23	54:12	39-Joe Green/20/WVTC	55:16
28-Chris Winters/35	54:13	40-Phil Leboit/25	55:23
29-Neil Berg/30	54:19	41-Joe Mercado/24	55:28
30-Captain Jupiter/25	54:24	42-Dan Smolich/25	55:44
31-Erik Winje/25	54:29	43-Dave Robertson/28/WVTC	55:55
32-Chuck Cathey/17	54:39	44-Craig Corey/21/WVTC	55:57
33-Mike Palamino/27	54:44	45-Mitie Gama/20	56:01
34-Rick Batha/28	54:47	46-Walt Rotkis/22	56:10
		47-Bob Miller/22	56:32

48-Jay Gehrig/28	56:36	82-Lloyd Sampson/36	58:41
49-Ron Barker/32	56:39	83-Joe Gallagher/32	58:45
50-Frank Krebs/36/BC	56:41	84-Roger Sobsey/28	58:52
51-Wolf Goubau/34	56:44	85-Craig Vanotter/28	58:53
52-Mark Hines/28	56:47	86-Dave Cargill/30	58:58
53-Al Stanbridge/32	56:50	87-Bob Monteverde/19	59:01
54-Pablo Stewart/27	56:55	88-Wayne Schwartz/37	59:15
55-Cahit Yeter/44	56:57	***MASTERS***	
56-Doug Doi/17	56:58	97-Robert Gehl/51	59:35*
57-Rich Locksley/30	56:59	120-Gerald McMahon/42	60:27*
58-Glen Giovannetti/16	57:01	131-Ken Widman/44	60:56*
59-Joe Peterson/24	57:07	134-Don Carpenter/51/WVTC	61:02*
60-Terry Casey/29/ETC	57:09	144-Richard Navarro/40	61:38*
61-Bruce Thomson/19	57:10	155-Paul Farrier/42	61:57*
62-Sargon Nona/28	57:12	160-H. Shastany/50	62:16*
63-Dan Will/19	57:23	169-Arnold Schulz/42	62:38*
64-Douglas Slavick/35	57:30	174-Donald Huff/43	62:47*
65-Gregory Mislick/21	57:34	179-Craig Richard/40	62:52*
66-Ed Russell/20	57:38	180-Pete Castellanos/40	62:53*
67-Ken McBride/21	57:39	182-Richard Watson/41	62:57*
68-David Horning/31	57:39	***WOMEN***	
69-Donald Ardell/41	57:40*	108-Jill Symons/19/Chico	59:56
70-David Honeychurch/16	57:44	212-Dianne Killeen/19/AGRC	63:59
71-Jerome McFadden/38/WV	57:50	225-Cathy Demmelmaier/16	64:18
72-Casey Culbertson/23	57:56	234-Karen Scannell/40/PMK	64:34*
73-Leonard Gilliana/27	57:58	249-Biff Brody/18	64:55
74-Robert Sobsey/28	58:03	254-Vicki Bigelow/43/AGRC	65:02*
75-Tim Rostege/39/WVTC	58:03	256-Bonnie Storm/34	65:08
76-John Zielinski/27	58:18	261-Donna Andrews/38	65:13
77-James Harper/25	58:21	273-Pat Kirkpatrick/25	65:40
78-Graeme Bell/31	58:22	274-Sue Brusher/25/LMJS	65:43
79-Peter Neiland/22	58:31	290-Anne Duveneck	66:25
80-Steve Meoina/15	58:36	292-Vicki Randall/29	66:28
81-Bill Benz/36/WVTC	58:39	313-Marilyn Harbin/41	67:09*

HILL DEFENDS "TOP-OF-THE-STATE" TITLE (Aug. 18, Weed): - An all-time record turnout of 182 runners competed in the 4th Annual Top-of-the-State Footraces, held at the foot of Mt. Shasta. Leonard Hill, the heavy pre-race favorite in the 7-mile event, had no problem fulfilling that role as he cruised to a 39:22 clocking. The Phoenix, Oregon, native was well off his course record of 38:03 (set last year), but the time was good enough to hold off runnerup John Frank and the rest of the 90 member field of entries. Frank ran a record for boys 18 and under with a 40:02 clocking to turn back third placer Lee Ferrero, who did 40:39. Walt Schafer, newly turned masters runner from the Chico R.C., clocked 43:03 to easily turn back Glenn Reed (45:11) in that division, clobbering the 45:12 record set by Harry Daniell last year. Kim Carter's 48:58 was well off Merrill Cray's 46:29 record from last year, but it was still good enough for a 12-second victory margin over Jennifer Daniell (Harry's daughter). In the shorter 4.1-mile event, Scott Brazil of Palo Cedro barely missed the record as he conquered a field of 92 runners to post a 25:48 win. Redding's Sabrina Schreder led the distaff side in the shorter run with a 30:36 for 16th overall. Bruce Friend's 30:06 led the over-40 competition. Following are the top finishers in the long race only. /Lee Ferrero/

1-Leonard Hill/SOS	39:22	9-Kevin Curtin/HpyCamp	44:28	17-Lee Bunnell/Redding	46:32	***MASTERS***	
2-John Frank/Summit City	40:02	10-Bill Parr/Redding	44:47	18-John Ringo/Weed	46:42	37-Len Edholm/Redding	50:53*
3-Lee Ferrero/SWEAT	40:39	11-Jerry Swartsley/SOS	44:58	19-Chet Marshall/L.Mol.	47:31	39-Everett Riggie/Chico	51:24*
4-Bill Boggs/S.Monica	42:32	12-Glenn Reed/Redding	45:11*	20-Gary Lampson/K'ville	47:32	***WOMEN***	
5-Walt Schafer/CRC	43:03*	13-Jim Fisher/Redding	45:16	21-Joe Telles/Ft.Jones	48:08	26-Jennifer Daniell/Rdng	49:10
6-Mark Bunnell/Redding	44:17	14-Harry Daniell/SWEAT	45:34*	22-Rick Emerson/Anderson	48:29	32-Leann Knedler/RedBluff	50:11
7-Lee Young/Redding	44:22	15-Mike Gourley/Salinas	45:51	23-Jim Pentrack/Redding	48:42	55-Teresa Kludt/Chico	55:14
8-Bob Schiowitz/Etna	44:24	16-Kim Harrison/Yreka	46:18	24-Kim Carter/RTC	48:58F	63-Susie Breese/Chico	56:47

RUFFATTO, BOWERS & IRVINE SET COURSE RECORDS AT TIBURON 8.5-MILER (Aug. 19, Tiburon): - In what was billed as the "mid-summer team championships" (taking the place of the transposed Tahoe Relays), individuals stole the spotlight, as most of the strong teams in the area opted to bypass this race (Aggies, West Valley, Excelsior, etc.). West Valley's Mike Ruffatto had a stirring battle with Gary Romesser and John Moreno, nipping Gary by only 3 seconds, 41:06 to 41:09 in knocking off Hal Schulz' 1978 course mark of 41:42. Moreno was also under the old standard at 41:23. Even more impressive was 2:27 masters marathoner Jim Bowers, who clipped 0:39 from Darryl Beardall's 45:11 mark with his 44:32, good enough for 11th place overall. Kent Guthrie was a well-beaten runner-up at 46:39, with defending champ Beardall another minute back. Jane Sowersby's 54:03 bested Donna Andrews (54:17) and Bonnie Storm (54:26) in another good contest. Elaine Miller's 53:29 from last year still stands as the course record for women, however. Sister Marion Irvine's 56:39 was first masters woman, setting a new course record in that division and besting Anne Neeley's 59:12 runnerup time by a wide margin. Camino West won the team title at 3:40:09, with the sponsoring Marin Racers next in 3:46:16, just ahead of Valley of the Moon (running with 2 masters on their team), who did 3:47:25...other teams were far back. A smaller-than-expected turnout (339 finished) ran under windy, overcast skies with temperatures in the mid-50's. /Don Capron/

1-Mike Ruffatto/WVTC	41:06	16-Gilbert Munoz/CW	45:39	31-Don Humphrey/Un	47:52	***MASTERS***	
2-Gary Romesser/Un	41:09	17-John Hoch/CW	45:47	32-Al Stanbridge/PMK	47:56	58-Bob Lualhati/NCS	51:31*
3-John Moreno/CW	41:23	18-Bob Lawrence/VMRC	45:55	33-Jim O'Neil/BC	48:05*	61-Don Huff/Un	51:37*
4-Dan Moynihan/MR	42:15	19-Ted Pawlak/Un	46:04	34-Tom Bennett/PMK	48:07	72-Arnold Schulz	52:19*
5-Kevin Jones/VMRC	42:38	20-Mike Emry/CW	46:06	35-Don Ardell/MW	48:18*	***WOMEN***	
6-Tony Munoz/CW	43:05	21-Bob Miller/CW	46:13	36-Martin Jones/VMRC	48:21	85-Jane Sowersby/WVTC	54:03
7-Pete Demarais/MR	43:31	22-Bob Love/CW	46:20	37-Steve Palladino/CW	48:23	88-Donna Andrews	54:17
8-Tom Weir/AGRC	43:54	23-Jerry Drew/MR	46:27	38-Myron Nevraumont/WVJS	48:52*	89-Bonnie Storm	54:26
9-Bill Sevald/ETC	44:04	24-Peter Freeman/Un	46:36	39-Lorenz Fish/Un	48:57	95-Dana Hooper/TAM	55:24
10-Greg Mandanis/CW	44:15	25-Dan Preston/VMRC	46:37	40-George Ridout/MR	48:59	102-Margaret Livingston/WV	55:35
11-Jim Bowers/VMRC	44:32*	26-Kent Guthrie/WVJS	46:39	41-Chris Johnson/TAM	49:05	115-Sister Marion Irvine	56:39*
12-Lester Mina/AGRC	44:56	27-Bryan Tracy/AGRC	46:41	42-Bill Catanese/MW	49:11*	146-Anne Neeley/40/TAM	59:12*
13-John Sheehan/AGRC	45:00	28-Chuck McMillan/CAC	46:51	43-Doug Ehrenberg/Un	49:34	150-Janet Wilson	59:27
14-Mike Warr/MR	45:04	29-Charles Freeman/Un	47:10	44-Russ Kiernan/TAM	49:36*	153-Kathryn Singer/TAM	59:40
15-Bob Brunkan/Un	45:31	30-Darryl Beardall/VMRC	47:43*	45-John Danner/Un	49:43	160-Grace Voss	60:14

O'HALLORAN, KAEMPF AND WILLIAMS WIN EASILY AT DAMMIT RUN (Aug. 25, Los Gatos): - Dennis O'Halloran's 31:45 won the sixth annual event by a 27-second margin over Mike Chastaine over a slightly altered course (an additional 1/4-mile hill---fun!), as a smaller than normal (slightly over 600 in the results we received, although it appears quite a few more competed who weren't listed) field completed the 5.59 mile course...it appears that the course may be slightly longer than the advertised distance. The women, masters and boys under 14 ran in a second race, and Ulrich Kaempff completely dominated the 40-and-over finishers with a fine 33:52 to outdistance Jerry Lewis' 35:04. Cheri Williams, ex-Livermore High star now attending the University of Oregon, also had little trouble in winning the women's race at 38:36, finishing fifth overall in the second heat, and beating runnerup Sharon Yaninek by nearly two minutes. Only first initials were listed in the results, and in many cases first and last names were reversed and names were badly misspelled...we caught a few, but our apologies if we spelled yours incorrectly. /Glenn Hazmatz/



Denis O'Halloran handily won the Dammit Run in 31:45 over a new, slightly longer, loop. /Photo by John Marconi/

(1ST RACE - OPEN)		20-Bob Parades/PW	34:20	40-L. Labrae/BC	36:35
1-Denis O'Halloran/AGRC	31:45	21-T. Dost/SA	34:21	41-K. McNab/Un	36:44
2-Mike Chastaine/Un	32:12	22-Gonzalez/CW	34:33	42-R. Smith/LOHS	36:45
3-Tim Chain/Un	32:23	23-J. Kaspari/St.Francis	34:34	43-M. Callahan/Bellarmino	36:54
4-Allen Rude/WVTC	32:35	24-D. Larson/PMK	34:41	44-R. Sellard/NOWG	37:--
5-H. Fabris/LHS	32:48	25-E. Hortano/OPD	34:48	45-F. Martin/Monterey	37:--
6-Steve Brooks/WVTC	33:02	26-Jeff Salazar/WVTC	34:59	46-W. Radlof/Un	37:22
7-Gilbert Munoz/CW	33:09	27-M. Mahos/WVJS	35:00	47-R. Hewitt/Un	37:22
8-Dan Hernandez/Un	33:22	28-Tim Rostege/WVTC	35:06	48-P. Butterfield/Un	37:25
9-Matt Sommer/PW	33:22	29-G. Gilbert/AP	35:16	49-S. Gale/St.Francis	37:26
10-Pete Dolan/CW	33:22	30-Rubio/Un	35:25	50-R. Smith/LOHS	37:27
11-Mike Green/SJCC-WVTC	33:31	31-H. Melin/Un	35:28	51-R. Palerino/PW	37:28
12-M. Immos/BC	33:39	32-J. Jordan/BC	35:36	52-R. Bates	37:33
13-C. Karbowski/PW	33:44	33-S. Larson/Gunderson	35:43	53-Tomas Bravo/WVTC	37:40
14-Joe Salazar/CW	33:56	34-P. Stefanisko/FP	36:00	54-P. Simmons/Un	37:44
15-J. Grubbs/BC	34:01	35-Ted Trovart/WVTC	36:05	55-M. McCoy/SC	37:47
16-Joe Mercado/Un	34:02	36-D. Barber/CW	36:12	56-D. Garcia/Un	37:54
17-D. James/TRAC	34:04	37-A. Fleming/Un	36:14	57-S. Twesten/VW	37:56
18-Dave Parish/WVTC	34:05	38-M. Robinson/Un	36:27	58-P. Alvarez/OGHS	37:58
19-R. Castro/Canyon	34:18	39-M. Nazel/Un	36:30	59-D. Riggie/Chico	38:04

(2ND RACE - WOMEN & MASTERS)		10-J. Varren/TRAC	39:21	20-B. Rodman/Mtn.View	41:01	37-S. Rodgers/SJC	43:29
1-Ulrich Kaempff/WVTC	33:52	11-G. Zlusicker/Milpitas	39:26	21-Toby/Veyna	41:07	44-J. Peters/Los Gatos	44:01
2-Jerry Lewis/TRAC	35:04	12-Carl Martin/WVJS	39:44	22-W. Monneyham/SJ	41:16	46-J. Benton/SF	44:10
3-Carlos Saldivar/SJ	37:33	13-B. Young/Saratoga	39:53	23-L. Lindquist/WVJS	41:17	49-Nanette Garcia/SJC	44:17
4-Walt Van Zant/WVJS	37:58	14-Phil Lenihan/SJDec	40:00	24-Michael/DSE	41:24	54-R. Lester/SJC	44:55
5-Cheri Williams/Oregon	38:36F	15-Sharon Yaninek/SJC	40:22F	25-A. Mard/SJ	41:38	55-K. Morella/SJ	45:04
6-T. Keig/WC	38:38	16-Walt Williams/WVJS	40:23	26-Prospero/Tojada	42:01	57-K. Bonnett/SJC	45:11
7-Don Carpenter/WVTC	39:00	17-B. Bowers/TRAC	40:43	***WOMEN***			
8-Ken Napier/WVJS	39:12	18-Waights Taylor/WVTC	40:50	32-Diane Young/Saratoga	42:27	59-L. Pederson/SJ	45:19
9-C. Roskoss/WVJS	39:17	19-Sue Brusher/LMJS	40:52F	34-B. Armstrong/Los Gatos	43:17	61-J. Bridgeman/Aptos	45:30
						71-T. Rade/Los Gatos	46:20

TIMES NINE RACES--STEVE WATKINS DEFENDS TITLE (Sep. 3, Belmont): - Running almost a carbon-copy of his 1978 victory, Monterey's Steve Watkins clocked 33:59, just one second short of his 1978 winning time, to win by exactly a full minute in the Times-9 10K event (actually 9.99K). Daniel Martinez was runnerup, followed by Dave Robertson, another 43 seconds back. Malcolm Stewart won the over-40 title from Walter Williams, 40:15 to 40:34, and also defended his 1978 title, although 45 seconds slower this time. Sue Grigsby's 43:49 was way off Judy Fox's winning 39:30 from last year, but still won the women's division quite handily over April Powers' 44:23. Julia Wiley took top honors in the masters women's category with a 54:35 clocking. The Times-9 races included a 3 by 3-mile relay with various divisions which was won by a team named "Smegma" in a 52:08 clocking, well off the 48:58 time set last year. There were too many races and divisions to list here, but top two finishers in each race are listed: 4/UNDER: (99 Yds) Michelle Kenny 45.4, Willie Clark/WVTC 48.7; 5&6(99 Yds): Matthew Kabak 37.1, Lori Pretes 40.2; JOGGER(999 Yds): Christopher Ong 3:00.7, Marvin Hersh 3:05.0; **FIRST TIMERS**(1.9 Mi): Gary Schare 10:16.7, Joel Williamson 10:43.3, John Carlson 10:50.5. A good-sized turnout for most all the events, considering the Labor Day weekend & Diet Pepsi race on Sunday. /Steve Goodman/

10 KILO		14-John Zielinski	38:56	28-Sten Mawson	41:21	46-Bill Bowers	43:10*
1-Steve Watkins	33:59	15-Edward Silva	39:09	29-David Dahler	41:25	52-Donald Dooley/SMHS	43:39*
2-Daniel Martinez	34:59	16-Ron Tanaka	39:18	30-John Cline	41:28	***WOMEN***	
3-Dave Robertson/WVTC	35:42	17-Steve Twesten	39:42	31-John Ringo	41:31	54-Sue Grigsby/HSU	43:49
4-Charles Harris/WVTC	35:50	18-Jose Cortez	39:50	32-Paul Spangler/TRAC	41:44*	58-April Powers	44:23
5-Steve O'Brien	36:30	19-Tomas Bravo/WVTC	40:01	33-Mitchell Kauk	41:48	77-Lori Benevento	46:01
6-T.R. Morse	36:33	20-Charlie Dangel/WVTC	40:09	34-Leigh Forsberg	41:50*	83-Anne Hamilton/MLTC	46:28
7-Bill Clark/WVTC	36:33	21-Malcolm Stewart	40:15*	35-John Pomeroy II	41:55	96-Nancy Panne11	47:41
8-Mike Gamma	36:56	22-Walter Williams/WVJS	40:34*	36-Allan Degen	41:58	111-Kathleen Goodwin	49:21
9-Al Stanbridge/PMK	37:27	23-Waights Taylor/WVTC	40:53*	37-John Armstrong	42:00*	115-Cathleen Wilde	49:54
10-Les Devoe/WVTC	37:45	24-Michael Fenner	41:01	38-Tim Conway	42:07	118-Elizabeth King	50:32
11-Dan Dierken	37:57	25-Ken Paul/WVTC	41:08*	***MASTERS***			
12-Fernie Fernandez	37:59	26-Henry Shastany	41:15*	40-Don Lucero/WVTC	42:26*	129-Sandra Vours	53:12
13-Walt Haight	38:21	27-Kamran Tavangar	41:16	41-John Baumgartner	42:38*	136-Susan Dierken	54:14

RELAY (3 x 3 Mile)		***MASTERS***	
1-Smegma	52:08	12-West Valley J&S	57:13
2-George Gilbert	52:19	23-Jim Kauffold	62:00
3-Canyon Track Club	52:38	***WOMEN***	
4-Crystal Springs Rats	53:08	27-Sharon Yaninek	62:39
5-Animals	53:23	28-Woodside Striders	62:58
6-Woodside Striders	53:31	36-Augie's Aces	66:37
7-Canyon Track Club	54:10	39-Woodside Striders	69:54
8-Bad Puppies	54:47	***MIXED***	
9-Spike	55:08	14-Bill Clark	57:52
10-Canyon Track Club	56:22	***FAMILY***	
11-West Valley J&S/30+	56:34	19-Dan Stefanisko	59:58

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KIERNAN VICTOR IN HOT DOUBLE DIPSEA (Sep. 8, Stinson Beach): - One word says it all for the 10th Annual Double Dipsea--HOT! By the start of the race the little fog there was had burned off and the sun was beating down on the Marin hills. Russ Kiernan was in great form today as he finally crossed the finish line first in a race on the Dipsea course. He was runnerup in last year's race and missed winning this year's Dipsea Race by the width of a creek. Russ got sweet revenge by blowing Don Chaffee off the course on the second leg after they had run the first half together. His actual time of 1:51:02 (15-minute handicap) was the fourth fastest of the day. Pete Demarais' 1:44:32 was the top time, but running from scratch it got him no better than fifth spot overall. Joe Ryan, a world class cyclo-crosser, got the runnerup spot to Kiernan and had the second fastest time of the day as well with his 1:47:46. Byron Lowry's 1:42:37 course record would quite likely have gone under cooler conditions. The women's division was won by Marilyn Moreton, a relative unknown in the running game but a strong competitor in this year's Ride and Tie. She passed two strong runners on the way back to Stinson Beach, including two-time Double Dipsea champ and course record holder, Barbara Magid (2:13:40 set last year). A good crowd of 319 masochists completed the gruelling 13.6-mile run. Listed below are actual times, with handicap (in minutes) listed after names and ages (in parentheses). /Walt Stack & Don Chaffee/

1-Russ Kiernan/41(15) 1:51:02*	16-Hans Roenau/51(25) 2:17:11*	31-David Warren/38(9) 2:09:05	46-Susan Fox/27(30) 2:34:13F
2-Joe Ryan/33(9) 1:47:46	17-Martin Jones/36(9) 2:02:05	32-Louise Burns/38(30) 2:30:07F	47-Martha Maricle(30) 2:34:21F*
3-Don Chaffee/40(15) 1:55:22*	18-Rocco Fazio/45(20) 2:13:23*	33-Link Lindquist(25) 2:25:08*	48-Don Lenkeit/35(9) 2:13:44
4-Darryl Beardall(15) 1:58:44*	19-Orin Dahl/44(15) 2:08:35*	34-Mike MacKenzie(9) 2:09:27	49-B. Richardson/28(0) 2:04:45
5-Pete Demarais/21(0) 1:44:32	20-G. Fitzgerald/36(9) 2:03:03	35-Steve Rypins/15(9) 2:09:36	50-Claude Frat/29(0) 2:05:47
6-Jim Nicholson/48(20) 2:04:47*	21-Dan Dierken/30(9) 2:03:10	36-Mary Tiscornia(30) 2:30:56F	51-Rod McKenzie/45(20) 2:25:59*
7-Karl Marschall(25) 2:12:06*	22-Pete Laskier/35(9) 2:03:12	37-Mark Reese/30(9) 2:10:50	52-Tom Zavortink/40(15) 2:21:02*
8-Bert Johnson/36(9) 1:57:13	23-Don Huff/42(15) 2:09:23*	38-James Scott/30(9) 2:10:50	53-Lee Watts/35(9) 2:15:28
9-Bob Gormley/38(9) 1:57:39	24-Rich Houston/57(25) 2:19:24*	39-Arnold Schultz(15) 2:16:58*	***WOMEN***
10-Marilyn Moreton(30) 2:20:26F	25-Rick Sylvester/37(9) 2:03:35	40-Keith Kruse/27(0) 2:02:02	61-Pat Whittingslow(30) 2:36:39
11-Butch Alexander/26 1:50:29	26-Gene White/45(20) 2:16:24*	41-Pete O'Reilly/21(0) 2:02:06	63-Gail LaDage/33(30) 2:36:44
12-Joe Maher/32(9) 1:59:41	27-Steve Scarich/32(9) 2:05:55	42-G. Hemmersbach(15) 2:17:13*	72-Peggy Lyman/32(30) 2:37:52
13-K. Whittingslow(15) 2:06:06*	28-Bill Kirchmier(20) 2:17:35*	43-Bob Ward/40(15) 2:18:00*	82-Hilary Maylor/32(30) 2:41:16
14-Melinda Creel/22(30) 2:21:31F	29-Barbara Magid/36(30) 2:28:06F	44-Rick Berne/49(20) 2:23:40*	93-Julia Wiley/42(30) 2:42:36*
15-Ed Jerome/36(9) 2:00:38	30-John Hawkes/30(9) 2:08:43	45-Rich Whitewater(9) 2:12:43	97-C. Chenefield/43(30) 2:43:08*



Doug McLean's 32:09 easily captured the Olympic Fund Run 10 Km. /Dennis O'Rourke/

MCLAN & ROSTEGE WIN OLYMPIC FUND RUNS (Sep. 9, Santa Clara): - The Church of Scientology's Olympic fund-raiser was a smashing success with nearly 500 finishers in the pair of events at the new Mission College Campus near Great America. Ex-Stanford runner, Doug McLean, making a comeback after several years of semi-serious running, had the longer event pretty much to himself, as his 32:09 clocking bested 1973 AAU Marathon champ, Doug Schmenk, by 37 seconds. Doug is also on the comeback trail after several years of nagging injuries. Dave Parish's 33:04 made it a three-way sweep for WVTC. Paul Kane annexed the masters title with a 36:43 clocking, besting John McCrillis by only 11 seconds in an exciting race. Jan LeLocq of Palo Alto took the women's title in a fine 39:19, well in front of Nanette Garcia's 42:11. In the shorter 3K event, sprinter-turned-distance runner, Tim Rostege, who was a top sub-masters track man until several years ago, captured his first road win (that we know of) at the age of 39 in 9:12.6 (4:56 per mile). Gary Svihula was the top runner over 40 in 10:42.6, while Mary Cummings' 12:01 topped all women competitors. With the outstanding success of the first year, the sponsors have decided to make this an annual event in support of U.S. Olympic athletes. /Eli Primrose/



Tim Rostege won the 3 Km. Run in 9:12. /Eli Primrose/

3 KILO

1-Tim Rostege/WVTC 9:13	6-David Hadson/San Ramon 10:11
2-Les Dumont/Napa 9:21	7-Tony Familia/San Jose 10:24
3-Frank Castro/Mt.View 9:44	8-Paul Dettner/D.C. 10:28
4-Ron Tanaka/San Jose 9:51	9-Mike Longwich/WVTC 10:34
5-Stacy Hanoum/Gilroy 9:59	10-Dave Benger/S.Clara 10:36
	11-Dan Benger/S.Clara 10:37

MASTERS

12-Gary Svihula/Danville 10:43
22-Tony Chavez/Fremont 11:27
WOMEN
29-Mary Cummings/Milpitas 12:01
38-Gina Haire/San Jose 12:31

10 KILO

1-Doug McLean/WVTC 32:09
2-Doug Schmenk/WVTC 32:46
3-Dave Parish/WVTC 33:04
4-Bob Parades/Gilroy 33:15
5-Lloyd Johnson/S.F. 33:22
6-Sammy Castillo 33:27
7-David Collins/San Jose 33:33
8-Nick Winter/LVRC 33:38
9-Phil Sanfillipo/WVJS 33:22
10-Ron Alonzo/Newark 34:44
11-George Sandoval/SJ 34:52
12-Noel Garcia/Cupertino 34:59

13-Bob Brehner/L.Altos 35:02	30-Paul Kane/Cupertino 36:43*
14-Robert Smith/San Jose 35:06	31-Jack Wheeler/San Jose 36:47
15-Ty Rousseau/Snyvle 35:11	32-Bob Cummings/WVTC 36:49
16-Frank Nolan/39/WVTC 35:16	33-Gary Chan/WVTC 36:50
17-Rick Smith/San Jose 35:20	34-Daniel Solari/S'vle 36:52
18-Bill Jenkins/S.Clara 35:34	35-John Cline/Fremont 36:53
19-Jacob Escobedo/S.Jose 35:40	36-John McCrillis/TRAC 36:54*
20-Jim Doran/Los Gatos 35:48	37-Mike Green/WVTC 36:57
21-Steve Baley/S.Carlos 35:50	38-Bob Stubbe/Sunnyvale 36:58*
22-Jim Wurm/San Jose 35:53	39-Norman Gould/San Jose 37:03
23-Joe Quesada/Sunnyvale 36:01	40-Doug Sourbeer/Fremont 37:05
24-Calvin Schulz/P.Alto 36:08	41-Michael Hicks/San Jose 37:06
25-Ed Kolofer/Salinas 36:12	42-Keith McNab/Palo Alto 37:08
26-John Middlestead/SJ 36:12	43-John Bouldt/S.Clara 37:11
27-Walter Cahill/L.Gatos 36:35	44-Steve Selbrede/San Jose 37:12
28-Rick Frye/San Jose 36:42	45-Glenn Unsicker/Milp. 37:23*
29-Doug Riggie/Campbell 36:42	46-Wayne Hooper/Los Altos 37:24

47-Tom Lowman/Cupertino 37:26
48-Ron Pereira/Oakland 37:31
MASTERS
52-Larry Worth/Mtn.View 37:58*
59-Wayne Moonyham/San Jose 38:39*
60-Don Lucero/WVTC 38:42*
63-George Wightman/Sara. 38:49*
64-Ron Niedrauer/WVJS 38:53*
81-Bill Flodberg/WVJS 39:54*
WOMEN
73-Jan LeLocq/Palo Alto 39:19
113-Nanette Garcia/SJC 42:11
116-Kathleen Bonnet/Sara. 42:21
139-Shelly Grieb/San Jose 43:58
145-Terri Boykins/WVTC 44:26
149-Kathy Rogan/San Jose 44:33
160-Lynn Carlson(wheelchr) 45:30

PROTEAU AND LAXSON TIE FOR EASY WIN AT VINE VILLAGE COUNTRY RUN (Sep. 16, Napa): - Having nearly a two-minute lead on their nearest competition, and with the temperatures getting uncomfortably warm, Mark Proteau and Rob Laxson decided to come in together instead of battling it out, and both were timed in 32:44 for the 10K course. Keith Kruse's 34:29 was a distant third. Bruce Caradine had to work at it, however, as Charles Kramer finished only 16 seconds back in pushing the masters winner to a 37:42. In the women's race, Judy Leydig took the lead from Laura Roels midway through the race and won going away in 40:01 to Laura's 41:06. Yoka Zwetsloot's 44:26 led the masters women. Jay Weddick's 8:28 nipped Erwin Forbes (same time) in the companion 1.5-miler, while masters runner E.G. Blackburn finished third overall in 8:36. Paula Bell was top female finisher at 9:09, well ahead of Claudia Shenefield's 9:51. Lots of prizes (drawings) and a good time were had by all who attended. /Linda Ginsberg/ --MORE--



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WHY MISS ANOTHER EXCITING ISSUE...?

<i>(Vine Village 10K, Cont'd...)</i>		11-David Nieman/PUC	35:54	22-Richard Svendsen	38:20	37-Bob Potter	41:11*
1-Mark Proteau/AGRC	32:44	12-Kevin Daw	37:00	23-Terry Uebelhart	38:22	42-Paul Feldstein	41:49*
Rob Laxson	32:44	13-Brian Mayell	37:06	24-Stan Dittman	38:37	44-Bill Van Horn	41:58*
3-Keith Kruse	34:29	14-Brian Duarte	37:37	25-Scott Templeton	39:16	***WOMEN***	
4-Weston Press	34:33	15-Bruce Carradine/MW	37:42*	26-Rick Mollenkopf	39:33	31-Judy Leydig/WVTC	40:01
5-Bob Craigin	34:39	16-Danny Greco	37:45	27-David Wagner	39:45	36-Laura Roels	41:06
6-Chris Johnson	35:31	17-George Frazier	37:52	28-Ralph Ansell	39:51	47-Florianne Harp/TAM	42:05
7-Philip Gonzalos	35:34	18-Charles Kramer	37:58*	29-Dan Sampson	39:53	50-Barbara Magid/TAM	42:25
8-Bob Adelson	35:39	19-Keith Golding	38:11	30-Bill Thompson	39:59	58-Jenny Bidduiph	43:40
9-Bob Clay	35:39	20-John Sensenbaugh	38:11	***MASTERS***		63-Nina Beatie	44:21
10-Rafael Tierrafria	35:41	21-Patrick Mahony	38:17	32-Joe Dana/SS	40:05*	64-Yoka Zwetsloot	44:26*

GALLINGAN EDGES EMMY AT WALNUT FESTIVAL (Sep. 16, Walnut Creek): - Andy MacCono's 35th Annual affair was run on a new course, a one-lap, 5.6-mile circuit that turned into a real battle for the top spots. Sacramento State's Mike Galligan just edged Camino West's Mike Emry, 28:52 to 28:53, while surprising 39-year-old Bernt Heinrich scored a solid third at 28:57...look out you masters runners! Amazing 54-year-old Jim O'Neil led the masters division with a good 31:27, with Jim Moore, 43, a full minute and some change behind. Mary Rieboldt topped the women with her 35:32, well in front of Nora Crans' 39:45. Lola Houston's 44:21 led the women over 40 and was also fast enough to place her fourth among all women. There were 140 finishers. A series of girls' races were also held, with the following results: 14/OVER: (3 Mi.) 1-Kerry Brogan/Un 18:37, 2-Judy Graham/AGRC 18:42, 3-Tena Anex/AGRC 19:04, 4-Vicki Bigelow/AGRC 19:19, 5-Denise Bigelow/AGRC 19:33; 12/13: (1½ Mi.) 1-Kelly Brogan/Un 9:00, 2-Doniece Johnson/Berk-eley 9:14, 3-Lin McDonald/RG 9:20, 4-Stacey McAfee/RG 9:26, 5-Lisa Neasus/RG 9:27; 10/11: (1½ Mi.) 1-Karen Himenes/WDS 9:06, 2-Kim Himenes/WDS 9:17, 3-Laura Manning/OTC 9:21, 4-Leslie Wilson/RG 9:33, 5-Shannon Clark/ArTC 9:58; 9/UNDER: (1½ Mi.) 1-Michelle Maki/RG 10:41, 2-Ann Kuphaldt/RG 11:38, 3-Jennifer French/SVTC 12:05, 4-Alyceson Wilson/RG 12:15, 5-Ericka Watkins/BEBTC 12:17. This year's race was held in honor of Ken Hallstone for 20 years of dedicated service as meet referee. /Andy MacCono/

1-Mike Galligan/20/SSU	28:52	17-Kevin Fisher/20	29:39	33-Jim O'Neil/54/BC	31:27*	49-Tom Torkalson/30/Un	33:29
2-Mike Emry/23/CW	28:53	18-Davy Martinez/19/WDS	29:45	34-Bill Joseph/SSU	31:29	50-Tom Lucas/20/WDS	33:50
3-Bernt Heinrich/39/MR	28:57	19-Jeff Clark/AGRC	29:50	35-Jeff Riggs/CW	31:30	51-Harry Wyeth/35/DRR	34:22
4-John Sheehan/AGRC	29:04	20-Dave Colbert/21/SSU	30:02	36-Luis Sandoval/20/WDS	31:40	52-Jeffrey Houston/21/DSE	34:35
5-Chris Turney/22/SSU	29:07	21-Gary Alderman/36/DRR	30:07	37-Leonard Gilliana/27	31:41	53-Richard Houston/57/NCS	34:52*
6-Dan Harvey/CW	29:10	22-Rick Denesick/20/SSU	30:15	38-Steve Conway/15	31:54	***MASTERS***	
7-Gary Goodstein/21/WDS	29:12	23-Bob Cooper/25/WDS	30:24	39-Steve Hyland/30	32:06	63-James Worley/48/NCS	36:04*
8-Anthony Bettencourt/27/29:15		24-Jim Coughlin/20/SSU	30:30	40-David Klein/32/DRR	32:21	64-Bill Mertens/43/DRR	36:10*
9-Tim Gruber/19/WVTC	29:15	25-Steve Lanker/CW	30:32	41-Brad Brown/22	32:32	67-Hans Bruhner/46/NCS	36:40*
10-Teddy Boynton/CW	29:17	26-Jesus Goldana/18/SSU	30:36	42-Jim Moore/43/Un	32:36*	73-Gilbert Cara/41	38:14*
11-Tom Klausner/21/SSU	29:19	27-Ray Wieand/20/WDS	30:39	43-Nick Rosa/43/Un	32:43*	***WOMEN***	
12-Brett Baffert/18/Un	29:23	28-Tom Arnez/20/SSU	30:48	44-Dave Cortez/21/WDS	32:46	60-Mary Rieboldt/22/Un	35:32
13-Kevin Ostenburg/19/DVC	29:25	29-Danny Lozano/21/SSU	30:49	45-Karl Romano/42	32:59*	80-Nora Crans/28/NCS	39:45
14-Dan Anderson/27/WVTC	29:32	30-Steve Ellis/21/SSU	30:51	46-Jim Michaelson/22/SSU	33:02	85-Kim Reynolds/29	40:31
15-Mark Sanchez/Un	29:37	31-Douglas Perez	31:13	47-John Lilligren/AGRC	33:03	100-Lola Houston/47/NCS	44:21*
16-Dennis Bennett/MLTC	29:38	32-Jerry Drew/SSU	31:16	48-Larry Arata	33:04	101-Dana Weiden/23	44:27

BLUME WINS QUICK PA-AAU 25K; CATHCART SETS U.S. MASTERS RECORD (Sep. 23, San Francisco): - Cal's Gary Blume battled Dave Smith and Mike Pinocci for about 15K of the District 25K race and then decided it was time to move. Pinocci was the first to drop, and finally Smith fell back, but not by much, as Blume had to open the throttle to clock a swift 1:18:03 victory...Smith finished only 15 seconds back, and Pinocci was a well-beaten third in 1:19:09. Nuccio's 1:17:22 course record from two years ago still stands. Tom Cathcart started out quickly, coming through 10K at close to 5:20 pace before dropping Ulrich Kaempf at about the halfway mark and continuing on to clock a new U.S. masters road mark (according to the National Running Data Center) in 1:25:33, taking 13 seconds off of Mike Tymn's 1977 standard. Bob Wellck moved well over the latter stages of the run, passing Kaempf and pulling both under 1:27, as the top three broke the old course record of 1:27:01, set last year by Ralph Bowles. Roxanne Bier defended her 1978 title but appeared to be coasting the whole way, as her 1:39:06 was a full 6 minutes off her U.S. and course record. Gail Campbell was over four minutes back in 1:43:27, topping Sue Vinella-Brusher (1:44:18) for the bronze medal. Marilyn Harbin also got a course record to clear out the masters record-book with a 1:44:42, obliterating Lucy Shapiro's 1:47:01 from last year. Ruth Anderson's 1:53:57 was way back in the runnerup spot. West Valley TC grabbed both the men's titles, taking a close victory over Excelsior TC in the open race (7:01:12 to 7:03:39), with Camino West third at 7:05:00, while the masters put four men in the top five places to dominate that division, clocking 7:21:00, good enough to have placed them fourth in the open division! Masters West was a well-beaten runnerup at 7:50:07. The Pamakids women kept WVTC from taking any more gold, clocking 5:41:05 to WVTC's 5:58:09 (3 score), with Woodside Striders third in 6:04:25. The NorCal Seniors took the masters women's team race, as they were the only team to finish a complete team. There were 362 finishers (65% clear). /Don Capron/



Gary Blume won a hard-earned 25K in 1:18:03. /Jim Engle/

1-Gary Blume/22/Cal	78:03	24-Mike Conroy/31/ETC	85:56	***MASTERS***	
2-Dave Smith/25/YFC	78:18	25-Jack Leydig/35/WVTC	86:15	53-Norm McAbee/47/PMK	92:02*
3-Mike Pinocci/24/WVTC	79:09	26-Rich Hornstra/22/CW	86:17	55-Ralph Bowles/43/MW	92:17*
4-Brian Maxwell/26/BA	80:52	27-Bob Wellck/42/WVTC	86:49*	59-Doug Latimer/41/WVTC	92:40*
5-Bob Darling/30/ETC	80:53	28-Ulrich Kaempf/48/WVTC	86:58*	64-Robert Gehl/51/PMK	92:58*
6-Phil Kay/26/PMK	82:01	29-David Laha/22/CW	87:39	68-Russ Kiernan/41/TAM	93:12*
7-Don Paul/29/PMK	82:05	30-Brian Bonner/32/LVRC	87:41	69-Myron Nevraumont/45/WJ93	20*
8-Bill Scholl/28/ShoreAC	82:25	31-Jim Howell/35/WVTC	87:42	76-Bill Catanese/41/MW	94:21*
9-Mitch Kingery/23/CW	82:29	32-Gordy Haskett/18/ETC	87:55	79-Bud Krogh/40/TAM	95:10*
10-Tony Munoz/24/CW	82:42	33-Rick Brown/25/AGRC	88:03	84-Siegfried Mattern/43/P96	09*
11-Bill Sevald/33/ETC	83:11	34-Walt Rotkis/32/Un	88:24	85-Leigh Forsberg/42/WVJ	96:15*
12-Bernie Heinrich/39/MR	83:15	35-Jake White/37/WVJS	88:42	90-Gerald McMahon/42/DRR	97:11*
13-Tad Woliczko/29/Un	83:27	36-Darryl Beardall/42/MW	88:58*	***WOMEN***	
14-Steve Brooks/25/WVTC	83:32	37-Steve Palladino/23/CW	89:14	107-Roxanne Bier/17/SJC	1:39:06
15-Skip Brown/30/HumanEn	83:42	38-Roger Bryan/43/WVTC	89:39	146-Gail Campbell/30/WVJ	1:43:27
16-Eric Williams/29/MR	84:22	39-David Garcia/28/WVJS	89:48	153-Sue Brusher/25/Un	1:44:18
17-Mark Proteau/26/AGRC	84:31	40-Dan Donahue/28/Un	90:10	161-Marilyn Harbin/42/MW	1:44:42*
18-Daryl Zapata/34/WVTC	84:44	41-David Collins/22/WVJS	90:15	180-Gail Gustafson/36/WVJ	1:48:08
19-John Sheehan/25/AGRC	84:54	42-Weston Press/23/Un	90:16	190-V. Blankenship/34/PK	1:49:05
20-Dan Martinez/19/WDS	85:23	43-Louis Sandoval/23/WDS	90:24	207-Joan Kring/26/WVTC	1:51:26
21-Tom Cathcart/41/WVTC	85:33*	44-Don Ardel/41/TAM	90:30*	221-Cheryl Hausman/25/PK	1:52:53
22-Mark Hines/29/ETC	85:44	45-Ray Menzie/44/MW	90:58*	232-Kathryn Singer/32/T	1:53:50
23-Mike Emry/23/CW	85:53	46-Andy Takaha/23/CW	91:00	234-Ruth Anderson/50/NCS	1:53:57*

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Date: SUNDAY, OCTOBER 14, 1979 10:00 AM
 Start/Finish: AMADOR HIGH SCHOOL, 1155 Santa Rita Road, Pleasanton
 Distance: 10,000 meters on paved roads. Estimated temperatures: 70-75°
 Pre-Registration: \$5.00 per runner, non-refundable. FREE PUMPKIN RUN T-SHIRTS to the first 500 pre-registered entries. Application must be accompanied by check or money order payable to: P.J.W.C. and mailed to:
 Pleasanton Pumpkin Run
 7844 Olive Court
 Pleasanton, Cal. 94566 Due by: October 1, 1979
 Late Registration: Register at Amador High School at 9:00 AM \$5.50
 Prizes: Diadora Running Shoes in all 6 Divisions for men and women plus T-Shirts, Gift Certificates, medals and ribbons for top finishers.

Pumpkin Run Entry Form 1979

Name _____ Phone Number _____

Address _____ City _____, Zip _____

Division for Entry: _____ Open Men _____ Master Men over 40
 _____ Open Women _____ Master Women over 40
 _____ Junior Girls _____ Junior Boys under 16
 _____ Under 16

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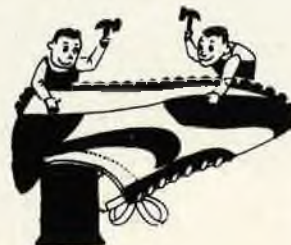


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