

WINTER 1979-80  
(#79)

# NOR-CAL RUNNING REVIEW®

FREE

## Entry Blank Supplement

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

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*Subscribers: - This "supplement" comes to you free as an "advance portion" of issue #79. We are admittedly way behind in trying to keep to our publication dates and will get the main 4-color portion of #79 to you in early February. We wanted to at least get out this time-oriented information to you without delay. Thank you for your patience and Happy New Year!*



## Zoo It With Your Feet at the 4th ANNUAL SAN FRANCISCO ZOO RUN

### A Benefit for the San Francisco Zoo

\*Entry fee includes admission to the Zoo for the whole family and a very special award to everyone who runs.

Your only chance to run *through* the Zoo! Run, leap, hop or waddle. Join the fun and the animals.

Race Length:	4 Miles (as the crow flies)
Entry Fee:	\$4.00
Day, Date:	Sunday, January 20, 1980
Starting Time:	9 AM (sign up at 8 AM sharp)
Place:	SF Zoo, South Gate Skyline Blvd. at Zoo Road

\*Advance registration before January 13—include name, age and sex. Send self-addressed stamped envelope to Zoo Run, Sloat Blvd. at the Pacific Ocean, San Francisco, CA 94132.

A. A. U. Sanctioned

Sponsored by the San Francisco Zoological Society  
and Eureka Federal Savings



## Long Distance Scheduling

- Jan 6 - California "10" Mile, Stockton (Lincoln H.S.), 10 a.m. *Pre-Entries Only, 800 Limit. (See PA-AAU LDR Hndbk)*
- Jan 6 - DSE Muni Pier Run, 1.5 Mi., Dolphin Club, San Francisco, 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Jan 12 - Friends of the Zoo Runs (2 & 6.2 Mi.), Micke Grove Pk., Stockton/Lodi. Don Hoffman, Box 4802, Stockton 95204.
- Jan 13 - Red Cross Water Temple Run, 10Km, Canada College, Redwood City, 9 a.m. *(See PA-AAU LDR Handbook)*
- Jan 13 - DSE Double Muni Pier Run, 2.5 Mi., Dolphin Club, San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F.
- Jan 13 - American River Run (½, 2 & 6 Mi.), Sacramento, 9:30 a.m. Contact: 916/442-3338.
- Jan 18 - Natl. Track & Field Coaches Clinic (2 days), Rickey's Hyatt House Hotel, Palo Alto, all day...415/497-1041.
- Jan 19 - Sr. Nat'l AAU 12Km X-Country (Men's Internat'l X-C Trials), Eugene, Ore. Al Tarpenting: 503/726-2215.
- Jan 19 - High Sierra TC 10-Miler, Fresno. Len Thornton, 5768 N. Millbrook, Fresno 93710.
- Jan 19 - CRE Prediction Fun Run, 3Km, Clovis, 7:30 a.m. Mike DeCarli: 209/299-8495.
- Jan 19 - Run for the Cookies, 1.5 & 6.4 Mi., Lake Merritt, Oakland, 9 a.m. Barbara Gaffield, 925 Sea View Dr., El Cerrito 94530 (Ph. 415/525-8562).
- Jan 20 - Zoo Run, 3.65 Mi., S.F. Zoo, 9 a.m. *(See PA LDR Hnbk)*
- Jan 20 - Bennett Ridge Road Runs, 2¼ & 5 Mi., Santa Rosa, 10 a.m. Larry DeWitt, 1809 Bancroft Ct., S. Rosa 95401.
- Jan 20 - DSE Presidio Gate 4-Miler, Dolphin Club, S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Jan 20 - Superbowl Sunday Morning 10K, Redondo Seaside Lagoon, 8 a.m. Chamber of Commerce, 1215 N. Catalina Av., Redondo Beach 90277.
- Jan 26 - Super Race III, 10Km, Monterey, 10 a.m. *(Note time-change). (See PA-AAU LDR Hnbk)*
- Jan 26 - Willy's 5-Mile Road Race (& 1-Mile Fun Run), Los Altos (401 Rosita), 8:45 a.m. Ellen Clark, 156 Marvin, Los Altos 94022.
- Jan 26 - Blind Relay Fun Run, Oak Grove & Carolan, Burlingame, 9 a.m. Steve O'Brien, c/o 1004 Oak Grove, B'game 94010
- Jan 26 - Nat'l AAU & PA-AAU Jr. 8Km X-C (Internat'l Trials) *(Note Date Change)*, Crystal Sprgs. X-C Course, Belmont, 11 a.m. Dave Shrock, c/o Men's Athletic Dept., San Jose State Univ., San Jose 95192.
- Jan 26 - Snow Ball Run *(may be Feb. 2)*, 7.3 Mi., Meyers (S. Lake Tahoe), 10 a.m. Austin Angell, Box 1521, S. Lake Tahoe, CA 95705
- Jan 27 - Peach Bowl Pacers 10,000m Run, Browns Valley (nr. Marysville), 11 a.m. *(See PA-AAU LDR Handbook)*
- Jan 27 - Mag 20-Miler, Woodside Elementary School, Woodside, 9 a.m. *(See PA-AAU LDR Handbook)*
- Jan 27 - Nat'l AAU Marathon (Paul Masson Champagne Marathon), DeAnza College, Cupertino, 7 a.m. *(Entries closed Jan. 7)*
- Jan 27 - DSE Ferry Bldg. Run, 4.0 Mi., Dolphin Club, San Francisco, 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Jan 27 - Big Dipper Handicap, 6 Mi., Woodward Pk., Fresno, 2 p.m. Larry Lung, 784 Jana Way, Hanford 93230.
- Jan 27 - Casitas Dam 10Km, Foster Park, 10 a.m. Connie Rodewald, 852 Sharon Dr., Camarillo 93010 *(Enter raceday only)*
- Jan 27 - Save Our Seniors Orange County 10Km, Chapman College, 8 a.m. Bill Selvin, 5200 Blvd., Sp. 392, Irvine 92714.
- NOTE:** - The new PA-AAU LDR Handbook had not been finalized as we went to press. The February races listed below (PA-AAU) are taken from information submitted on scheduling request forms in some cases & may be in error...be sure to check with contacts.
- Feb 2 - BART to BART 10Km, Concord BART Station, 9:30 a.m. John Leykam, 3824 Walnut Av., Concord 94519.
- Feb 2 - Sambo's Winter Road Runs, 6 & 10 Mi., Santa Barbara, 10 a.m. Eric Arneson, Recr. Dept., PO Drawer P-P, S.Barbara 93102.
- Feb 2 - Bakersfield Full & ½-Marathons, 9 a.m. Bakersfield T.C., Larry Arnt, 433 E. Belle Terr., Bakersfield 93307.
- Feb 2 - Oregon AAU 30Km. Champs, Portland, 9 a.m. David Granum, 1717 N. Skidmore, Portland, OR 97217.
- Feb 3 - Bonne Bell 10Km, Golden Gate Pk., San Francisco, 9 a.m. *(Women Only) (Enter by 1/30)* DeMoss, 765 Campbell, L.Altos 94022
- Feb 3 - Flying Plow Classic Marathon, Central Pk., Davis, 10 a.m. Aggie R.C., P.O. Box 312, Davis 95616.
- Feb 3 - DSE Ft. Point Run, 3.8 Mi., Presidio Gate, San Francisco, 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Feb 3 - Plaza de la Rosa 10Km, Los Angeles, 9 a.m. Kevin Ryan, 419 Rialto Av., Venice 90291.
- Feb 3 - Las Vegas Marathon, Univ. of Nevada, 8 a.m. Las Vegas T.C., 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Feb 3 - Napa Valley R.C. Marathon Prep Fun Run, 25Km, location TBA, 8 a.m. Chuck Hall, 4516 Dry Creek Rd., Napa 94558.
- Feb 9 - Valentine Sweetheart Race, Approx. 5-6 Mi., Campbell, 9 a.m. Recreation Dept., City Hall, Campbell 95008 (Joe Dazzo).
- Feb 9 - Solvang 10Km *(Tentative)*. Tom Rogowski, Solvang Sports Barn, 606 Alamo Pintado Rd., Solvang 93463.
- Feb 9 - 10-Kilometer Run, Sunset Pk., Las Vegas, Nev., 9 a.m. LVTC, c/o The Running Store, 602 S. Maryland Pkwy, L.V., NV 89101
- Feb 9 - Trinidad Beach Run, 8.5 Mi., Trinidad, time(?). Chuck Ehlers, 245 Spring St., Arcata 95521.
- Feb 9 - Oregon AAU 25Km. Champs, Central Point, Ore., 11 a.m. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535.
- Feb 9 - Salem Zena Road Runs (3, 6, & 9 Mi.), Salem, Ore., 1:30 p.m. Chuck Bowles, Willamette Univ., Salem, OR 97301.
- Feb 9 - Salad Bowl 10Km, Salinas, 10 a.m. Dave Lewis, c/o Fleet Feet, 831 S. Main St., Salinas 93901.
- Feb 9 - United California Bank 10Km, Woodward Pk., Fresno, 8 a.m. UCB, 7088 N. First St., Fresno 93710.
- Feb 9 - Ivanhoe 6-Mile Road Race, Ivanhoe, time TBA. Dave Bronzan, 1173 W. Eymann, Reedley 93654.
- Feb 9 - Randy's Runners 10Km, El Monte (Mt. View H.S.), 9 a.m. Randy Wilson, 12434 Klingerman, El Monte 91732.
- Feb 10 - West Valley Invit. Marathon, San Mateo, 9 a.m. *(Entries close Feb. 2; Strict entry standards...see ad elsewhere in this issue for list of standards)*. Mari Kolb, 2043 Pin Oak Pl., Danville 94526.
- Feb 10 - Schoeber's "Survival of the Fittest" 4 & 10 Mi., Fremont, 8 a.m. *(Enter by Feb. 3)* Suzi Sprinkle, c/o Schoeber's, 3411 Capitol, Fremont 94538.
- Feb 10 - Nike/Golden State Warriors 5-Mile Classic, Oakland, 11 a.m. Ron Wayne, P.O. Box 2372, Alameda 94501.
- Feb 10 - DSE Golden Gate Park 4.5-Miler, San Francisco (Polo Fields), 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.
- Feb 10 - Sri Chinmoy 10-Miler, Golden Gate Pk., San Francisco, 9 a.m. Sundari Michaelian, 2340 - 18th Av., San Francisco 94116.
- Feb 10 - Valentine 5Km & Couples Run, Crane Pk., St. Helena, 10:30 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558.
- Feb 10 - Gold Trail Half-Marathon, Henderson Park, Snelling, 10 a.m. Frank Russell, P.O. Box 2462, Merced 95340.



# RUN

for the

# COOKIES

SATURDAY, JANUARY 19, 1980

LAKE MERRITT

SAILBOAT HOUSE, OAKLAND

Courses: - 1.5 or 6.4 miles Entry Fee: \$4.00

Pre-Registration: - Deadline is Jan. 16; Late Entries accepted from 8-8:30 a.m. on morning of race.

Awards: - T-Shirts to first 300 entrants; patches to remainder of entrants

Refreshments: - To all participants

Results: To those filling out an envelope on raceday.

Sponsored By: Sr. Girl Scout Troop 198 (S.F.B.G.S.C.)

For more information call or write: 415/525-8562 - Barbara Gaffield, 925 Sea View Dr., El Cerrito, CA 94530



- Feb 10 - Hidden Valley Marathon (& 6 Mi.), Newbury Park, 8 a.m. John Duhig, 1642 Trafalgar Pl., Westlake Village 91361.  
 Feb 10 - "Good Sport 10Km" for March of Dimes, Northridge, 9 a.m. March of Dimes, 1111 So. Central Av., Glendale 91204.  
 Feb 16 - Valentine Day Runs (5 & 10Km), Lake Merritt, Oakland, 10 a.m. Heart Ass'n., P.O. Box 5157, Oakland 94605.  
 Feb 16 - Alameda County Perimeter 118-mile 3-day ultra-marathon (38, 42 & 38 Mi.). John Notch, 230 Marlow Dr., Oakland 94605.  
 Feb 16 - Synanon Winter Mtn. Run, 10 Km., Badger, 9 a.m. Michele Gauthier, Box 139, Badger 93603.  
 Feb 16 - CRE 2-Mile Fun Run, Clovis High School, Clovis, 7:30 a.m. Mike DeCarli: 209/299-8495.  
 Feb 16 - Oregon AAU One-Hour Run, Roseburg, Ore., 11 a.m. Arlo Wipf, 2076 N.W. Luth, Roseburg, OR 97470.  
 Feb 16 - Natl. AAU 50 Mile Champs (Sr. Women, Masters Men & Women), Houston, Tex. George Kleeman, 227 Faust, Houston, TX 77024.  
 Feb 17 - Excelsior East End Run, 7.87 Mi., McLaren Lodge, G.G. Park, S.F., 10 a.m. Bob Darling, 650 Madrid, San Francisco 94112.  
 Feb 17 - SCTC Winchester Bay Runs (1, 3½ & 7 Mi.), Ore., 1 p.m. Clint Johnson: 503/269-9122 (days).  
 Feb 17 - Santa Monica Mountains 50-Mile Relay, Pt. Mugu, 7 a.m. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.  
 Feb 17 - Max Choboian Memorial 6-Miler, Tulare, 2 p.m. Tulare Youth Services, Mike Leoni, P.O. Box 202, Tulare 93274.  
 Feb 17 - Paso Robles Almond Blossom 3 & 8-Milers, time TBA. Jon Root, P.O. Box 32, Paso Robles 93446.  
 Feb 17 - Feather River 50 (PA-AAU 50 Mi. Champs), Ellis Lake, Marysville, 8 a.m. Abe Underwood, 6555 Park Riviera, Sac'to 95831.  
 Feb 18 - L'eggs/YWCA Women's 10Km, Balboa Park, San Diego, 8 a.m. L'eggs 10,000, San Diego YWCA, 1012 "C" St., San Diego 92101.  
 Feb 18 - Washington's Birthday Run (distance?), Woodward Park, Fresno, time TBA. Ron Gates, 3220 E. Huntington, Fresno 93702.  
 Feb 23 - Martinez to Port Costa Brickyard Run, 8.4 Mi., Municipal Pk., 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord, 94520.  
 Feb 23 - Los Gatos - Vasona 10Km, Los Gatos H.S., 9 a.m. Dan Cruz, 3679 Bridgeport Ct., Apt. 14, San Jose 95117.  
 Feb 23 - Porterville Marathon, time TBA. Race Director, 283 N. South, Porterville 93257.  
 Feb 23 - Run of the Press 10Km, Sepulveda Basin Recr. Area, nr. Van Nuys, 9 a.m. Steve Benoit, 4919 Ramsdell, La Crescenta 91214.  
 Feb 23 - Sonoma Valley Footraces, 1.8 & 7.8 Mi., Depot Park, Sonoma, 10 a.m. Butch Alexander, P.O. Box 632, Sonoma 95476.  
 Feb 23 - Trail's End Marathon, Seaside, Ore., 11 a.m. (2500 Max., 2/16 Deadline) Chamber of Commerce, Box 7, Seaside, OR 97138.  
 Feb 23 - SNA-AAU 15Km Championships, Sunset Pk., Las Vegas, NV, 9 a.m. LVTC, c/o Running Store, 602 S. Maryland Pkwy, L.V. 89101.  
 Feb 24 - Dam Run, 10Km (& 2 Mi.), Parking Area of Shasta Dam, 10 a.m. S.W.E.A.T., P.O. Box 4354, Redding 96001.  
 Feb 24 - DSE Twin Peaks Run, 3.6 Mi., Portola & Twin Peaks, S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114.  
 Feb 24 - Easter Seal/Century 21 10Km, CSUN, Northridge, 9 a.m. Bill Kennedy, c/o Century 21, 21021 Ventura Bl., WdInd Hills 91364  
 Mar 1 - Natl. AAU Sr. Men's 25Km, Mission Pk., Ventura, 8 a.m. (Listed as 3/2 some places) Tim Hughes, 1304 Raven, Ventura 93003.  
 Mar 1 - Mystery Relay, Univ. of Nevada, Las Vegas, Nev., 9 a.m. LVTC, c/o Running Store, 602 S. Maryland Pkwy, Las Vegas 89101.  
 Mar 1 - The Marathon by Phidippides, Santa Rosa, 8 a.m. Judy Reed, Phidippides, 3401 Cleveland Av., #5, Santa Rosa 95401.  
 Mar 1 - The Marathon by Phidippides, San Diego, 8 a.m. Bob Day, Phidippides, 3740 Sports Arena Blvd., #8, San Diego 92110.  
 Mar 1 - Bidwell Classic Marathon (& ½-Mara. & 3-Mi.), Chico, 8 a.m. (1500 Max. for both races combined or 2/16) Larry Dion, P.O. Box 1162, Chico 95927.  
 Mar 2 - Great Rancho Milpitas Foot Race, 5 & 10Km., Milpitas, 10 a.m. Jean Gomes, 17706 Blackberry Hill Rd., Los Gatos 95030.  
 Mar 2 - Eel River Bottoms Run, Humboldt County. Six Rivers R.C., P.O. Box 214, Arcata 95521.  
 Mar 8 - Los Alamitos Marathon, Los Alamitos, 7:30 a.m. Mitch Lansdell, 10911 Oak St., P.O. Box 3147, Los Alamitos 90720.  
 Mar 9 - Napa Valley Marathon, Calistoga to Napa, 8 a.m. (Enter by 2/9; 1800 Max.) Chuck Hall, 4516 Dry Creek Rd., Napa 94558.  
 Mar 9 - Full, Half & Quarter Marathon, Loma Linda, 7 a.m. Ellis Jones, 24414 University Av., #60, Loma Linda 92354.  
 Mar 30 - Pinole Marathon, Pinole Valley H.S., 8 a.m. Steve Justice, 2192 Owens Ct., Pinole 94564.  
 Apr 5 - Nike U.S. Club Roadracing Championships, 10Km, Mission Bay, San Diego, time TBA. (Entries must be postmarked by Feb. 28) Nike/Club Road Champs, P.O. Box 10412, Eugene, OR 97440.  
 Apr 12 - Clearlake Marathon & 20Km, Lakeport, 8 a.m. (Entries postmarked by 4/5) Marathon, 875 Lakeport Blvd., Lakeport 95453.  
 Apr 13 - American River 50-Miler, Auburn to Sac'to, 7 a.m. (Enter by 4/1) Joe Sloan, 12657 Highland Dr., Auburn 95603.  
 Apr 21 - Boston Marathon, Hopkinton, Mass., noon. (Entries must be rec'd by 3/10) (Qualifying standards) Will Cloney, BAA Marathon, Box 223, Boston, MA 02199. (Send S.A.S.E. for information on NorCal Running Review Boston Marathon package.)  
 May 4 - Avenue of the Giants Marathon, near Weott, 9 a.m. (Entries accepted in order of postmark date, beginning Feb. 1...2000 Max.) Marathon, P.O. Box 214, Arcata 95521.

## Track & Field Scheduling

**ALL-COMERS MEETS:** - We have heard of the following meets which have either been revealed to us by the meet director(s) or by athletes who have been competing in them. Remember...if you've heard of meets in your area, PLEASE send us the information and don't assume we've already heard of them. --- **U.C. Berkeley:** a full series of meets is being held at Cal's all-weather facility at Edwards Stadium. They are on Saturdays thru Feb. 16, beginning at 11 a.m. and consist of open, high school, masters & women's divisions. Entry fees are 50¢. More information from the Cal Track Office at 415/642-3158 & 642-1649. --- **Los Gatos H.S.:** a full series of meets extending to the end of January; held on Saturdays, beginning at 12:30 p.m., with open, high school, girls & masters divisions (100 & mile only for masters) for only 50¢ per athlete. For further information contact: Willie Harmatz: 408/356-2225 (home) or 395-4311 (work). Meets are held on "Chevron 400" all-weather track. --- **Sacramento St.:** held on Cal-State's all-weather facility, there are three meets in January on the 5th, 12th & 19th, beginning at 10 a.m. (including a 10,000m event). We understand there are "entry deadlines" for the meets (day before). For details: 916/454-6208, 381-7798, or 449-5197. --- **Fresno St.:** there will be 2 meets, on Jan. 19 and Feb. 2. Entry fee is 50¢/athlete and ¼-inch spikes are required on this all-weather facility (as well as on any other such tracks). Separate divisions for high school, women and masters will be run if participation warrants. Meets begin at 11:30 a.m. (field events) and 1 p.m. (running events). For more info: Carlo Prandini at 209/298-4659 or 299-7211. Meets sponsored by Fresno State, Fresno T.C. and Clovis H.S. **Cal-State Northridge:** there will be meets on Feb. 2 and Mar. 1 under the direction of Bill Webb, Track Coach, tentatively beginning at 1 p.m. For further info: Bill Webb, Cal-State Univ., Northridge, CA 91330.

**NAT'L TRACK & FIELD COACHES CLINIC:** (Jan. 18-19 at Rickey's Hyatt House)(Palo Alto). Jim Gaughran--415/497-1041.

**INDOOR MEETS:** - Following are indoor meets in the West Coast area, including AAU Nationals.

- Jan 4 - Runner's World Indoor Classic, Cow Palace, Daly City, 7 p.m. Bob Wischnia (415/965-8777).  
 Jan 5 - Muhammad Ali Invit., Long Beach Arena. Lee Smith (213/392-3916).  
 Jan 28 - Oregon Indoor Meet, Portland, Ore. Bob Newland, 1177 Melvina Way, Eugene, OR 97402.  
 Feb 1 - Los Angeles Times Indoor, Forum, Inglewood. Will Kern - Special Events Dept., L.A. Times, Los Angeles 90053.  
 Feb 15 - Sunkist Invit. Indoor, Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211.  
 Feb 22 - Jack-in-the-Box Invit., San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211.  
 Feb 23 - S.F. Examiner Indoor Games, Cow Palace, Daly City, 6:30 p.m. Jim Terrill, P.O. Box 984, Los Gatos 95030 (Ph. 408/358-3148).  
 Feb 29 - Natl. AAU Indoor Championships, Madison Sq. Garden, New York City. AAU House, 3400 W. 86th St., Indianapolis, IN 46268 (317/297-2900).  
 Mar 29 - Natl. AAU Masters Indoor Championships, Syracuse, NY. AAU House (see contact address above, Feb. 29).

**OUTDOOR MEETS:** - PLEASE SEND ALL SCHEDULING INFORMATION TO US IMMEDIATELY...COACHES & ATHLETES, DON'T ASSUME WE ALREADY HAVE YOUR SCHEDULE. WE'D RATHER HAVE 3 OF THE SAME SCHEDULE THAN NONE AT ALL. OUR LISTINGS ARE FREE! - Some meets thru the end of Feb. are listed below (more in main issue in early Feb.).

- Feb 2 - S.F. Examiner Games Trials (for non-invitational events), at San Jose City College & Cal-Berkeley (for college, J.C., high school and age-group, as well as masters & women's events, although some women's events are invitational). For specific events, locations and times: Jim Terrill, P.O. Box 984, Los Gatos, CA 95030 (Ph. 408/358-3148). - At this time we do not know if there will be a "Devil-Take-The-Hindmost" mile event.



TRACK & FIELD SCHEDULING (Continued)...

- Feb 16 - Bakersfield Metric Track Meet, Cal-State Bakersfield, Charlie Craig, Cal-State Athletic Dpt, 9001 Stockdale Hwy, B'fld 93309 (805/833-2187).  
 Feb 22 - San Jose Cindergals All-Comers Meet (women only?), site TBA, Augie Argabright, 1640 Tiffany Way, San Jose 95125.

**- 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.

- Jan 13 - PA-AAU 50K (qualifier for Olympic Trials...4:35 or better), site TBA. Contact B. Ranney.  
 Feb 23 - S.F. Examiner Indoor Meet, Cow Palace, Daly City (1-mile)... check with B. Ranney for time & place of qualifying trials.  
 Feb 24 - Natl. AAU Sr. 35K Champs, site & time TBA...check with B. Ranney for details.  
 Feb 29 - Natl. AAU Indoor T&F Champs (2 miles), New York...13:45.0 is qualifying (or a 6:30.0 mile).  
 Mar 30 - PA-AAU 50K Champs (1/13 race is not title event), in conjunction with PA 50K LDR event at UC Davis.

PA-AAU LONG DISTANCE COMMITTEE NEEDS PERSON WILLING TO ACT AS WAREHOUSE "KEEPER" FOR AT LEAST ONE YEAR... PREFERRED CENTRAL BAY AREA LOCATION. MOST EQUIPMENT NEED NOT BE KEPT INSIDE. IF INTERESTED, PLEASE CONTACT KEN NAPIER: 408/379-1420, eves. KEN HAS BEEN WAREHOUSEMAN NOW FOR 2 YEARS AND HAS DONE AN OUTSTANDING JOB, BUT IT'S TIME FOR A CHANGE!!

NATIONAL A.A.U. INDOOR CHAMPIONSHIPS-- QUALIFYING STANDARDS FOR MEN (Sorry, we didn't receive women's standards...). In sprint events, hand time is listed first, followed by auto time. See Pg. 3 for meet contact (indoor scheduling).

50 YARD DASH	5.2	5.44
50 METER DASH	5.6	5.86
60 YARD DASH	6.1	6.34
60 METER DASH	6.6	6.84
60 YARD HURDLES	7.2	7.44
60 METER HURDLES	7.5	7.74
50 METER HURDLES	6.7	6.94
500 YARD RUN	58.0	
500 METER RUN	1:04.0	
600 YARD RUN	1:11.0	
880 YARD RUN	1:51.8	
800 METER RUN	1:51.1	
1,000 YARD RUN	2:10.6	
1,500 METER RUN	3:48.0	
1 MILE RUN	4:06.5	
2 MILE RUN	8:47.0	
3 MILE RUN	13:31.0	
5,000 METER RUN	14:01.0	
2 MILE WALK	13:45.0	
1 MILE WALK (for 2M)	6:30.0	
1 MILE RELAY	3:20.0	

1600 METER RELAY	3:18.8
2 MILE RELAY	7:45.0
MEDLEY RELAY	2:09.0
HIGH JUMP	7-1
POLE VAULT	17-0
LONG JUMP	24-6
TRIPLE JUMP	52-0
SHOT PUT (16#)	62-0
35# WEIGHT THROW	62-0

All standards must have been set indoors during current indoor season.

★ **THIRD ANNUAL** ★



**SAT., APRIL 12, 1980**  
**8:00 A.M.**

**Marathon and 20 Kilo Open**

A.A.U. CERTIFIED COURSES  
 • SANCTIONED •

Registration Closes  
 April 5th



**\$6.00 Entry Fee**  
 All Finishers Receive a Free  
 Souvenir T-shirt & Certificate

Awards & Result Publications Provided By

**Bank of Lake County**

Co-Sponsored by

**Lakeport Rotary Club**

and  
**Lake County Chamber of Commerce**

Run through scenic countryside and along California's largest natural freshwater lake — CLEAR LAKE — write to Lake County Chamber of Commerce.

**BILL JONES, Director**

**875 Lakeport Blvd. RUN, Lakeport, California 95453**  
 or Call Chamber of Commerce 707/263-6131 Day.

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



# A RUN - FOR - ALL

sponsored by  
Junior Aid of Stockton  
sanctioned by PA-AAU



SATURDAY, MARCH 22, 1980

MICKE GROVE PARK

FLAT, SCENIC, COUNTRY RUN

Trophies, Ribbons,  
Medals, Refreshments

Entry Donation: \$5.00

(Cut off and mail to: Junior Aid, P.O. Box 745, Stockton, CA 95201)

For and in consideration of the acceptance of my entry and intending to be legally bound, I, for myself, my heirs, executors, and administrators, do hereby release and forever discharge Junior Aid of Stockton, PA-AAU, the county of San Joaquin, their respective agents, successors and assigns, including any sponsor of their race, from any and all claims, demands, causes of action, liability or responsibility for any damages or injuries to person or property sustained or incurred, whatsoever and in any manner from my participation in "A RUN-FOR-ALL" race on Saturday March 22, 1980.

Signed (parent or guardian must sign for minor under 18) \_\_\_\_\_

Print Name \_\_\_\_\_

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

Club or School \_\_\_\_\_ AAU# \_\_\_\_\_ Age \_\_\_\_\_ M or F \_\_\_\_\_

Event (check) 10K \_\_\_\_\_ 2 mile \_\_\_\_\_ Division \_\_\_\_\_

"I Can't Run Because..."



## JANUARY 1980

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
I HAVE A SUNBURN; I JUST GOT BACK FROM VACATION <b>2</b>	I'D RATHER BE PLAYING RACQUETBALL <b>3</b>	I DON'T LIKE BEING OUT BY MYSELF; I HAVE THIS THING ABOUT THE HERD INSTINCT <b>4</b>	I GET TIRED TOO FAST <b>5</b>
LARGE 11"x17" - IN 6 COLORS			
WHILE I'M OUT RUNNING MY WIFE COULD BE HAVING AN AFFAIR <b>9</b>	I DON'T WANT TO JOG IN ALL THAT SMOG <b>10</b>	I'M GOING DISCO DANCING <b>11</b>	MY MOTHER TOLD ME THAT IT WOULD PUT HAIR ON THE SOLES OF MY FEET <b>12</b>
ROOM TO WRITE			

A HUMOROUS, ILLUSTRATED CALENDAR FOR THE RUNNER WHO NEEDS 366 EXCUSES NOT TO RUN IN 1980! THE IDEAL GIFT FOR YOUR RUNNING FRIENDS. SEND \$4.95 + \$1 SHIPPING AND HANDLING; CHECK OR MONEY ORDER TO--

1980 (415) 648-4421  
**THE CALENDAR CO.**  
1491 SANCHEZ STREET  
SAN FRANCISCO, CALIFORNIA 94131

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

# Race Equipment Rental

TRYING TO SAVE TIME? GIVE US A CALL AND SEE HOW MANY ITEMS WE CAN SUPPLY FOR YOUR RACE. REASONABLE PRICES. WE HAVE SUCH ITEMS AS--TRAFFIC CONES--ROPE--FINISH-LINE SUPPORT STANDARDS--STOPWATCHES--CHRONOMIX TIMERS--MEGAPHONES--AID-STATION MATERIALS --BANNER STANDARDS--TIMING SHEETS--E.R.G.--RRCA HANDBOOKS--FLAGS--T-SHIRTS--SHORTS --MUCH MORE!! \*\*\* WRITE OR CALL: JACK LEYDIG, BOX 1551, SAN MATEO 94401 (341-3119).

# **Boston Marathon Tour**

/// **///** **///** **///** **///** **///**

The *NorCal Running Review* is sponsoring its Annual BAA Marathon Group Tour again this April. Send a S.A.S.E. for complete details and indicate if you need an entry blank (we have some). The group is leaving April 18 (Friday) and returning April 22 (Tuesday), the day after the Marathon. You have an option of coming back at some other time, but we must all leave together...80 spaces reserved!

*NorCal Running Review*  
Box 1551, San Mateo 94401.



## **Special! RUNNERS' CRUISE**

### **to ALASKA**

From San Francisco, July 5 to 19, 1980

#### **ABOARD THE FABULOUS TSS FAIRSEA**

25,000 tons of spacious cruise ship!

And Featuring:

#### **FOUR ORGANIZED RUNS IN VANCOUVER, JUNEAU, SITKA AND VICTORIA**

T-Shirts for Everyone - Photographs - Trophies

#### **RESERVE NOW - SPACE IS LIMITED**

Write or telephone for more information.

Offered exclusively by

#### **ANNE OLSON/SEA SAFARIS**

1136 Loma Avenue, Suite 204

Coronado, CA 92118

(714) 435-6754

## **NIKE - GOLDEN STATE WARRIORS 5-MILE CLASSIC**



**Sunday, Feb. 10 - 11:00 A.M.**



**Entry Fee - \$7.00**

Start and finish at the *CONTINENTAL RACQUETBALL CLUB*, Edgewater Dr., Oakland, CA.

Free T-Shirts to first 500 to register.

Free \$8.00 ticket to the Golden State Warriors-Atlanta Hawks Basketball Game at 2:30 P.M., following the race at the Oakland Coliseum to everyone who enters.

Free showers and sauna after the race at the *CONTINENTAL RACQUETBALL CLUB*.

7 age categories for men and women; Nike prizes to the top 3 in each division.

---

*Send a self-addressed, stamped envelope for entry blank to:*

*Ron Wayne, P.O. Box 2372, Alameda, CA 94501.*

**RACE HOTLINE: (415) 865-5984**

**LATE FEE after Feb. 4 - \$10.**





# The Bonne Bell 10K

## Feb. 3, 1980

The PA-AAU Women's LDR Committee presents the Bonne Bell 10Km (6.2 Mi.) for women runners---Feb. 3, 1980, San Francisco (Golden Gate Park, Polo Fields - South Parking Lot), 9:00 a.m. Rain or Shine!! An open race for all women runners and joggers of all ages. Men--Please call contact number below if you can help on raceday.

ENTRY FEE - \$3.00     AWARDS - T-Shirts & Bonne Bell gifts to all entries; special awards to top finishers in various age divisions.

ENTRY DEADLINE: - All entries close Jan. 30 (Wed.)...no raceday entries. Send \$3.00 & entry form below to: Penny DeMoss, 765 Campbell, Los Altos, CA 94022 (415/941-8975).

Waiver: - In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors & administrators, waive and release forever, any and all rights and claims or damages I may accrue against Bonne Bell, the PA-AAU, the City of San Francisco & its Parks & Recreation Dept., the Women's LDR Committee, the Meet Director, and any and all sponsors of this race, their successors, representatives & assigns, for any and all injuries suffered by me while travelling to and from, and while participating in, the 1980 Bonne Bell 10K, to be conducted Feb. 3, 1980. I further attest that I am physically fit and have sufficiently trained for competition in this event and that my physical condition has been verified by a licensed medical doctor.

DATE \_\_\_\_\_ SIGNATURE (Parent/Guardian if a minor) \_\_\_\_\_

NAME (Print) \_\_\_\_\_ OCCUPATION \_\_\_\_\_

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

AGE ON RACEDAY \_\_\_\_\_ AFFILIATION \_\_\_\_\_ PH(H) \_\_\_\_\_ (W) \_\_\_\_\_

(Club, School, Team)

SHIRT SIZE: S M L XL     MOTHER/DAUGHTER DIVISION \_\_\_\_\_

(Partner)

## WEST VALLEY MARATHON

SUNDAY, FEB. 10 - SAN MATEO - 9:00 A.M. \*\*\* ENTRIES MUST BE RECEIVED BY FEBRUARY 2ND Send S.A.S.E. for entry blank(s) to: WVTC, c/o Mari Kolb, 2043 Pin Oak Pl., Danville 94526. -- Note: The field will be strictly limited this year because of complaints by police last year of runners causing traffic problems (e.g. - running 4-5 abreast down frontage road & across double line in northbound lane!).

### QUALIFYING STANDARDS

(MEN)				(WOMEN)			
Age	Time	Age	Time	Age	Time	Age	Time
14/Under	3:10	36	2:42	49	3:08	14/Under	3:30
15	3:00	37	2:44	50	3:10	32	3:17
16	2:55	38	2:46	51	3:12	33	3:18
17	2:50	39	2:48	52	3:14	34	3:19
18	2:45	40	2:50	53	3:16	35	3:20
19	2:40	41	2:52	54	3:18	36	3:22
20	2:35	42	2:54	55	3:20	37	3:24
21-30	2:30	43	2:56	56	3:22	38	3:26
31	2:32	44	2:58	57	3:24	39	3:28
32	2:34	45	3:00	58	3:26	40/Over	3:30
33	2:36	46	3:02	59	3:28		
34	2:38	47	3:04	60/Over	3:30		
35	2:40	48	3:06				

Note: Standards can have been set at any time in your life at given ages.



# Schoeber's "Survival of the Fittest" Fun Run

\*\*\* CO-SPONSORED BY THE FREMONT HUB MERCHANTS ASSOCIATION \*\*\*

- Dear Runners: February is National Heart Month. Join Schoeber's Racquetball Spa, The Fremont Hub Merchants Association, and the Community of Fremont in a benefit race for the Alameda County Heart Association...the 1st Annual Schoeber's "Survival of the Fittest" Fun Run.
- Date and Time: Sunday, February 10, 1980 at 8:00 a.m.
- Registration: \$7.00 per runner - includes T-Shirt, certificate and buffet to all participants. Registration must be received by Sunday, February 3, 1980.
- Eligibility: Come one, come all!
- Start: The Fremont Hub
- Course Choice: Easy 4-mile to Lake Elizabeth or flat 10-mile around Fremont.
- Finish: Schoeber's Racquetball Spa
- Awards: Trophies, Medals and Ribbons to the winners in each division at the Awards Presentation during the Buffet at Schoeber's Racquetball Spa. -- Participants who finish will be selected at random to receive additional prizes; plus door prizes will be raffled and all proceeds go to the Heart Association. -- Awards presentation & Buffet: 2 p.m.
- Important: Detailed instructions, including map, will be mailed to you upon receipt of your entry fee and self-addressed stamped envelope (business size), OR Runners Packets, including T-Shirts, numbers, etc., may be picked up at Schoeber's Racquetball Spa of Fremont.
- Mail Entry Fee & Form to: Schoeber's Racquetball Spa, 3411 Capitol Av., Fremont, CA 94538  
For more information call: (415/791-6350)
- Additional Forms: All Schoeber's Racquetball Spas;  
Fremont Hub Merchants;  
& various sporting goods stores.
- Note: Make check or money order payable to Schoeber's (entry fee is tax deductible).

## ENTRY FORM

Waiver--I hereby waive all rights and claims for damages against anyone associated with the Schoeber's "Survival of the Fittest" Fun Run. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. I also give permission for free use of my name or picture in any broadcast or other account of this event.

Signature \_\_\_\_\_ (Parent) \_\_\_\_\_  
(if under 18)

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Club Affiliation \_\_\_\_\_

4 MILE \_\_\_\_\_ 10 MILE \_\_\_\_\_

DIVISION:    \_\_\_ 19 and Under    \_\_\_ 20-29    \_\_\_ 30-39    \_\_\_ 40-49    \_\_\_ 50 & Over    \_\_\_ Handicap

SHIRT SIZE:    \_\_\_ Small    \_\_\_ Medium    \_\_\_ Large    \_\_\_ X-Large



## RUN IN THE BIGGEST EAST BAY RUN!



# VALENTINE DAY RUN FIFTH ANNUAL

## SATURDAY, FEBRUARY 16TH

- **LAKE MERRITT**  
The "Heart" of Oakland
- **5 & 10 KILOMETER RUNS**  
Starts 10 A.M., 14th Street  
and Lakeside Drive, Oakland
- **INFORMATIONAL PROGRAM**  
8 A.M., Oakland Auditorium  
Theatre

- **T-SHIRTS & CERTIFICATES**  
for all participants
- **TROPHIES**  
will be awarded in each class
- **REFRESHMENTS, ENTERTAINMENT,  
CLINICS, & MORE!!!**
- **REGISTRATION**  
\$5.00 (\$3.00 if 16 or under)

### 1980 VALENTINE DAY RUN REGISTRATION

Please register me for the 1980 Valentine Day Run. I am enclosing a \$5.00 check (\$3.00 if 16 years or under) to cover my registration fee (fee includes pre-run talk).

CLASS:     Men's Masters     Men's Open     Women's Masters     Women's Open  
                                    (40 & over)   (40 & over)

T-SHIRT SIZE:     Small     Medium     Large     Extra Large    Age \_\_\_\_\_

In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and organizations affiliated with the race while participating in or traveling to the Fifth Annual Valentine Day Run, February 16, 1980. I further attest that I am physically fit and have sufficiently trained for this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if a minor, parent must sign)

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

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

Make check payable to the American Heart Association. Mail check and completed registration form to: Valentine Day Run, American Heart Association, 11200 Golf Links Road, P.O. Box 5157, Oakland, CA 94605. Call (415) 632-9606 for additional registration forms.



Fourth Annual

# BIDWELL CLASSIC MARATHON

*FLAT, FAST & BEAUTIFUL*

## and ROAD RACES

Saturday, March 1, 1980  
Bidwell Park  
Chico, CA



26.2 Mile Marathon  
13.1 Mile Half-Marathon  
3 Mile Fun Run

Fun Run — 8:00 AM  
Full & Half-Marathon — 9:00 AM

Co-Sponsors  
Chico Running Club  
Fleet Feet  
Chico Breakfast Lions Club

Course is flat, paved, shaded — and fast. Closed to autos.  
Marathon four loops in Lower Bidwell Park.  
Half-marathon two loops.  
Fun run out-and-back.  
AAU certified course. Great Boston qualifier.  
Entry fee: \$7.00 (CRC members \$6.00)  
Fun run free.

T-shirts to all finishers. Engraved ceramic awards to division winners. Trophies to winners.  
Registration deadline: February 16 or first 1500 runners, whichever comes first. No post entries. No limit or registration for fun run.

**WAIVER:** In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with this race: the Chico Running Club, Fleet Feet, the Chico Breakfast Lions Club, the City of Chico, the County of Butte, and the State of California; and assign for any and all injuries suffered by me while traveling to or from or while competing in the Bidwell Classic Marathon and Road Races on March 1, 1980. I further attest that I am physically fit and have sufficiently trained for competition in this event.

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

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

(Parent or Guardian if under 18)

Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_ Age \_\_\_\_\_

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

Affiliation \_\_\_\_\_ AAU Number \_\_\_\_\_

<b>Please Circle Appropriate Categories:</b>	<b>Race:</b>	Marathon	Half-Marathon	<b>Sex:</b>	Male	Female		
<b>Division:</b>	13 and under	14-17	18-29	30-39	40-49	50-59	60 and over	Wheelchair

Make checks payable to Chico Running Club. Please include stamped self-addressed envelope for return of number and complete race information.

Mail entry to: Larry Dion P.O. Box 1182, Chico, CA 95927



# 2ND ANNUAL PINOLE MARATHON

8 A.M.

SUNDAY, MARCH THIRTIETH

8 A.M.

**place:** Pinole Valley High School, Pinole.  
(10 mi. north of Berkeley on I-80)

**awards:** T-Shirts to all entrants;  
trophy to 1st, medals 2-5;  
chronograph to 1st M & F.

**entry fee:** \$6/person-\$10/family;  
after 3/15: \$7 & \$12

**course records:** Male-Ted Pawlak: 2:38:09  
Female-Valerie Doyle: 3:36:27

**course:** Out & back course from Pinole to  
Martinez...100% paved...60% flat  
...40% hills. Major hill called  
"Pig Farm Hill".

**more info:** mail entries & questions to:  
Steve Justice, 2192 Owens Ct.,  
Pinole, CA 94565  
Ph. 415/758-1023 (evenings)

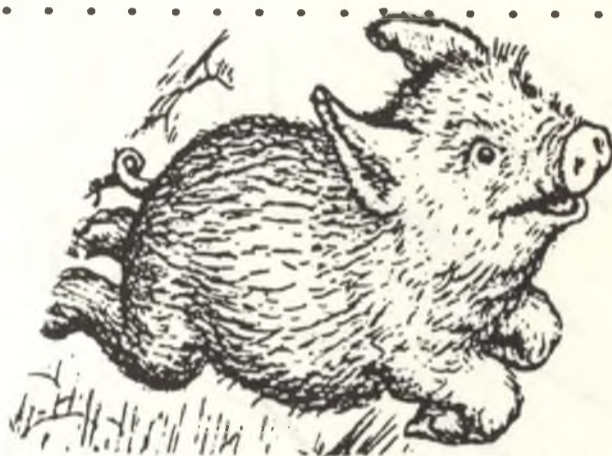
Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Occupation: \_\_\_\_\_

Club: \_\_\_\_\_ AAU#: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Previous best time: \_\_\_\_\_ Date of time: \_\_\_\_\_



## NOR-CAL RUNNING REVIEW®



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- 48 Pages or More
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- Women, Masters
- Track, Roads, XC



- Features, Portraits
- Many Photos
- Scheduling, News
- In-Depth Results

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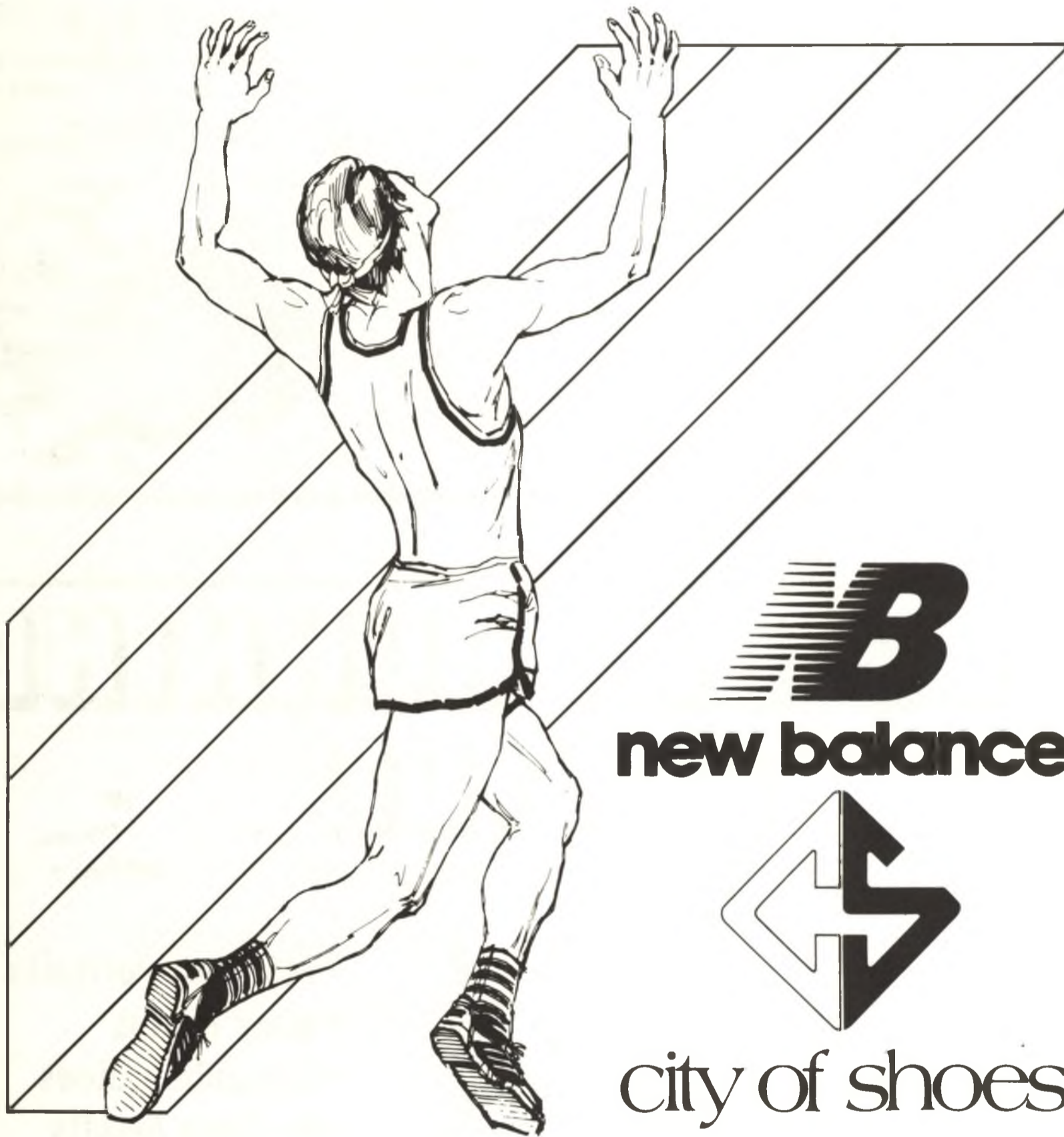
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★ ★ 8 Issues for Only \$8.00/Year ★ ★



# 2nd Pleasant Hill 10K

March 16, 1980 — 10:00 a.m. — Diablo Valley College



**Sponsored by:**

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

**Course Certified and Race Sanctioned by:**

Pacific Association of A.A.U.

**Race Conducted by:**

Diablo Valley Track and Field Club and Diablo Road Runners



# SECOND ANNUAL PLEASANT HILL 10K

## AWARDS

1. T-Shirts to first 700 registrants.
2. 1 pair of New Balance Shoes to top finisher in each Division —
3. Trophies to top finisher in each Division and Medals to second through 10th in each Division and ribbons for all registered finishers.
4. Numerous merchandise prizes in a post race drawing of runners' numbers.

## DIVISIONS — MALE AND FEMALE

8 years and under, 9-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+  
Complete results will be mailed to everyone that addresses an envelope at the race. Results will also be published in the Nor-Cal Running Review.

## ENTRY FEE

Pre-registration (complete form below) is \$4.00 and must be postmarked by midnight March 11. T-Shirts to first 700 registrants. Registration will be allowed on race date 8:00 - 9:30 a.m.

CHECK IN 8:00 — 9:30 a.m.

## COURSE — REVISED

COURSE: Certified and sanctioned by Pacific Association of AAUU #824-90. Race or run with us through this scenic, varied course. Several small hills in first two miles, last three and one-half miles flat or downhill. Two-thirds pavement, one-third hard packed dirt. One 6.2 mile loop starting and finishing at Diablo Valley College Viking Stadium. Free Body Punch at start and finish. Excellent facilities (lavatories and showers). Traffic free. Race conducted by the Diablo Valley Track and Field Club and Diablo Road Runners. Food.



**new balance**

city of shoes

## SPONSORED BY

New Balance  
City of Shoes  
Pleasant Hill Chamber of Commerce

# MARCH 16, 1980

## ENTRY FORM

AGE DIVISIONS CLASSIFICATIONS: Male and Female

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

Enclose check for \$4.00 payable to: Pleasant Hill 10K

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

For Additional Information Call: (415) 939-9330

T-Shirts to First 700 Registrants

Name (Print) \_\_\_\_\_ Sex \_\_\_\_\_ A.A.U. No. \_\_\_\_\_

Age \_\_\_\_\_ Age Division Classification \_\_\_\_\_ Club or School \_\_\_\_\_  
(or unattached)

Address \_\_\_\_\_

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

T-Shirt Size      Adult   S  M  L  XL       Childs   M  L       Phone \_\_\_\_\_

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

In consideration of your accepting my entry, intending to be legally bound I assume all related risks and do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may have or which may hereafter accrue to me against the persons or organizations affiliated with the race, including but not limited to the Amateur Athletic Union of the United States, the Pacific Association of the Amateur Athletic Union, Cities of Pleasant Hill and Martinez, Pleasant Hill Chamber of Commerce, New Balance, City of Shoes, D.V.T.F.C., D.R.R., D.V.C., and any and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from and participating in the First Annual Pleasant Hill 10K to be conducted on March 16, 1980.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
Signature applies to both Medical and Legal Waivers

PARENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
(if 18 or under)

ATTACH CHECK TO ENTRY BLANK



17th annual

# EXAMINER GAMES

SAT., FEB. 23  
6:30 p.m.

COW PALACE  
SAN FRANCISCO



**EAMONN COGLAN**



**MARY DECKER**



**DWIGHT STONES**



**MIKE TULLY**

**Ticket Outlets**

**SAN FRANCISCO**  
Cow Palace, Geneva Avenue  
Downtown Center Box Office,  
325 Mason Street

**OAKLAND**  
Neil Thrans

**SAN JOSE**  
San Jose Box Office,  
T&C Village

- ... reserved seats @ \$10.00 each
- ... reserved seats @ \$8.00 each
- ... reserved seats @ \$6.00 each
- ... reserved seats @ \$5.00 each

mail to:

**EXAMINER GAMES**

Box 34206  
San Francisco, CA 94134

(Enclose a self-addressed, stamped envelope)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

(Make checks payable to Examiner Benefit Fund)

**TICKETRON**  
For location, phone Cow Palace  
(334-4852)



**BILL GREEN**

**BASS**  
Phone (415) T.E.L.E.T.I.X  
All Macy's, Emporium-Capwell's  
or call U-CHARGE (824-2743)



# TWICE THE STOPWATCH IN HALF THE SIZE.

Here's a hand-held digital stopwatch that's way ahead of the competition. Premier—one of the oldest names in sporting goods—brings you this new timer—a unique combination of light-weight micro-circuitry in a small rugged case.

**BUILT TO TAKE IT.** The Premier 200 is a liquid crystal digital stopwatch that times up to 60 minutes with automatic start-over. Unlike the bulky, heavy hand stopwatches of the past, the Premier weighs only one ounce and measures only  $2\frac{3}{4} \times 1\frac{1}{2} \times \frac{1}{2}$ . Yet its impact resistant case is strong enough to withstand shocks that would break an ordinary watch. No glass to crack, so don't worry. And the Premier fits neatly in your hand.

**THE DISPLAY DOES IT.** A liquid crystal display gives you two advantages. One, the large black digits are clearly visible,

and are the easiest to read in bright sunlight. Second, the power consumption is so low that the two miniature batteries will last up to two years—even if you never turn off the display!

**COMPARE FEATURES.** Not only does the Premier accurately measure time to 1/100 second, it's more accurate than the finest mechanical stopwatch ever made. It has a time-out feature and gives split times as well as 1-2 finishes. Your stopwatch comes complete with 12 month Premier warranty, nylon neck lanyard, and long-lasting batteries in place. And you'll appreciate that the entire unit is made in the U.S.A.

Try your new Premier for 2 weeks. Time yourself and others. If it's not what you expected, return it within two weeks for a full and courteous refund.

**\$29.95**



Less than  $\frac{1}{2}$ " thin, the new Premier weighs only 1 ounce

Please send me Premier 200's at \$29.95 each, plus 6% tax (if Calif. resident)...add \$1.00 postage & handling please.

NAME \_\_\_\_\_

ADDR \_\_\_\_\_

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

From: JACK'S ATHLETIC SUPPLY  
P.O. BOX 1551 - SAN MATEO, CALIFORNIA 94401





**NOW in Burlingame**

*Grand Opening  
Special*

# **RUNNERS' FEET**

**Brooks  
Vantage  
Supreme  
(RW-5 Star)**



**Brooks  
Lady Vantage  
Supreme  
(RW-4 Star)**



**STEVE O. B. OBRIEN**  
Manager

**REGULAR  
\$37.95  
NOW  
\$29.95\***



**TED QUINTANA**  
Manager  
*Winner of 1979 Oakland Marathon*

# **RUNNERS' FEET**

1004 Oak Grove at Carolan  
Burlingame  
343-4242

*(Across from Burlingame High School Football Field)*

**Hours: Mon.-Fri. 11-6, Sat. 10-5**

3008 Lakeshore Ave.  
Oakland  
465-1070

*(Between 580 Freeway and Lake Merritt)*

**Hours: Mon.-Sat. 10-6, Sun. 10-2**

**Blind Relay Fun Run And Open House  
9:00 Saturday, Jan. 26**

**Refreshments and Door Prizes  
Meet at Burlingame Store**



**\* Limited Time Only**