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NOR-CAL RUNNING REVIEW





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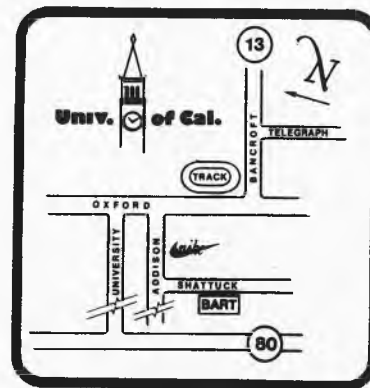
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A West Valley TC Publication

Northern California Running Review

P.O. BOX 1551, SAN MATEO, CA. 94401

SPRING 1980 (No.79)

UP FRONT

On this issue's cover are two of the top masters runners in Northern California: (left) Jim O'Neil, 54, and (right) Ulrich Kaempf, 49. One of Jim's most recent exploits was a close second in the Natl. Diet Pepsi 10 Km. (Sept.) in the 50+ division. Meanwhile Ulrich took the 45-49 age-division in the Natl. AAU Masters Marathon at Buffalo, N.Y. in October. /Jim Engle/

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Staff

EDITOR: Jack Leydig
PUBLISHER: DeMoss Designs
EXECUTIVE ASSISTANT: Judy Leydig
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PREP EDITOR: Keith Conning
CIRCULATION DEPT.: George Minarik, Debbie Sierra, Jack Leydig

RESULTS MGR.: Judy Fox
AD MANAGER: Jim Gorman
PROD. MGR.: Harold DeMoss
PHOTO EDITOR: John Marconi
AGENT MGR.: Mike Niemiec
STORE SUBS: K. Kressenberg

STAFF WRITERS: Harry Hlavac, Jack Leydig, Keith Conning, Doug Rennie, Harry Cross, Dan Hintz, Richard Doty, Len Wallach, Jim Nuccio, Tim Smith, John Weidinger, Dave Martin, Joe Green.

STATISTICIANS: Keith Conning, Fred Baer, Marty Post, Frank Smith, Ulrich Kaempf, Craig Corey.

PRODUCTION & MAILING: Jack & Judy Leydig, Bob & Christie Rolston, Waights Taylor, Mike Duncan, Frances Sackerman, Tom Knight, Chad Breshears, Marge Pillinini, Ken Paul.

CONTRIBUTING PHOTOGRAPHERS: Lorraine Rorke, Lani Bader, Dennis O'Rorke, Jim Hume, Keith Conning, John Marconi, Len Wallach, Jim Engle, John Sheretz, Don Gosney, Dave Stock.

REGULAR CORRESPONDANTS: Fred Baer, Roger Bryan, Keith Conning, Robert DeCelle, Tom Dooley, Roger Duran, Vern Gambetta, Bill Hotchkiss, Bill Mensing, Dick Meyer, Wayne Moss, Dave Peterson, Jim Royal, Bob McGuire, Chuck Sheley, Harry Siitonen, Walt Stack, Len Wallach. (SoCal) John Brennan, Bill Cockerham, Jeff Rigdon, Stan Rosenfield, John Perkins, Steve Miller, Al Sheahan.

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EDITOR'S MESSAGE

●PLEASE USE S.A.S.E.'S: - It doesn't take much time, and it only costs another 15¢...the Self-Addressed Stamped Envelope! While some races have big budgets and sponsors and can afford to pay a secretarial staff to address envelopes, lick stamps, and do other meaningful tasks, most races are put on through volunteer efforts, with the individuals taking their own time for no monetary benefit. Particularly in these categories are club-sponsored events. Usually one person is in charge of answering letters (and the phone!) and sending out entry blanks, etc. If you have ever had the opportunity to be that "chosen" individual, you know how much help it can be to simply stuff a blank into a pre-addressed envelope...one that already has a stamp on it too! Also, the 15¢ may not seem like much, but if 25-30% of your requests require that 15¢, it can really add up fast. Many race directors make it a point to simply not answer requests if they don't include a S.A.S.E. Also, don't enter a race by simply sending in a letter saying: "I want to enter your race...here is \$3 for my entry fee." Always use the official entry blank...it will save both you & the race-entry person a lot of time and energy. The NCRR is also not in a position to answer requests about subscription expirations, etc., without a S.A.S.E. So if you write and don't get an answer, it's probably because you omitted it. Our profits are not very large as it is (not enough to pay anyone on our staff), so we ask for your help in making things easier for us. Thanks.

●WHY SO LATE THIS ISSUE? - To be honest, the NCRR has become a bit more than your editor can handle on any kind of a scheduled basis. It's not that "I don't care", as some of the more recent letters I've received have indicated might be the case. In fact, it's probably quite the opposite...I care too much, or otherwise I wouldn't be doing this at all! Now that my business (Jack's Athletic Supply) takes up an 8 (or more) hour workday (on weekends too), I am simply having less and less time to devote to NCRR. Phonecalls on "you name it" can easily whittle away 3-4 working hours, and these aren't necessarily related to my work or the NCRR. So that usually leaves me with 12 hours left to do other things, including 1-2 hours of running, eating, etc. As you can see, that doesn't leave much time for NCRR or any other of life's pleasures. So...if NCRR is to survive much longer, there are probably going to have to be some rather drastic changes, and soon. We'd like feedback from our readers (it's your magazine) as to the types of things you'd rather not see, what you'd like to see most, etc. I think probably some of the things that will have to be eliminated (or reduced greatly) will be things that you can get elsewhere: high school & college results, some articles, etc. But we'd like your opinions!! Since I'm finding it impossible to keep to a schedule, we'll publish when we can. ☐



*Third Annual
Strawberry Canyon Run
Lawrence Hall of Science
May 24, 1980*

The route follows paved streets and fire trails from Edwards Field (at Fulton St. and Bancroft Avenue on the U.C. campus) through Strawberry Canyon to the Lawrence Hall of Science, a distance of 5.5 miles. With a climb of 1100 feet, the run is quite strenuous. Check-in time will be from 8:00 to 8:45 a.m. at Edwards Field. The run begins at 9:00 a.m.

There is a \$5.00 non-refundable registration fee. (Registration on run day \$8.00.) All finishers will receive a T-shirt with the race logo.

Runners will be ranked in the following classes:

Men's 15 years and under	Women's 15 years and under
16-29 years	16-29 years
30-36 years	30-36 years
37-46 years	37-46 years
47 and over	47 and over

For further information, call (415) 642-5132.

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

REGISTRATION FORM

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I, _____ am hereby applying to run in the 1980 Strawberry Canyon Run. In doing so, I agree to abide by the rules as set forth by the sponsors of the race. In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Regents of the University of California, their successors, representatives, and assigns, for any and all injuries suffered by me while travelling to and from and while participating in the 1980 Strawberry Canyon Run from Edwards Field to the Lawrence Hall of Science on May 24, 1980.

Date

Signature of applicant

Signature of guardian if a minor

Applicant's address

Applicant's Age

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

Registration forms must be post marked by May 15, 1980.

T.U.R.D. of the Month

This issue's T.U.R.D. (The Unofficial Running Deviate) remains "unknown" for lack of a nominee. Hopefully we'll get a nominee by next issue. Please submit your reasons for the nomination and be sure to have supporting evidence (witnesses) for your claims. Perhaps by pointing out some of these "devious" individuals, we can eliminate, or at least reduce, some of the cheating and other unethical behavior that is rapidly turning some of our running events into something other than fair and competitive races.

For some "readers' comments" on our "T.U.R.D." feature, please turn to the "Our Readers Speak Out" section. We've had both pro and con and feel it's important to have people voice their opinions. We will continue this feature as long as we have nominees.

BRONZED T.U.R.D.s are now being offered as "awards" (no charge) by the NorCal Running Review and Ino Plating of Sonora (see 1/4-page ad in this issue). Any individual so designated as T.U.R.D. of the Month will receive a beautifully bronzed (on a wooden plaque suitable for mounting on your wall) "cow-pie"...really! But rather than waste the awards on people that don't want them, you have to call or write for your award. □

adidas 

★ PHOTO QUIZ ★

We're happy to announce that Clossco, local distributor for adidas, has agreed to sponsor our "Photo Quiz" feature by offering the winner a choice of any pair of adidas running shoes (subject to availability) ...winner will be sent shoes by mail or can pick them up at Clossco in San Jose. From time to time we may feature other things besides photos...any and all photos, quizzes, trivia and other ideas should be sent directly to NCRR, Box 1551, San Mateo, CA 94401.

This issue's photoquiz is at right and features two individuals who obviously have been playing in the mud. If you can identify one of them, you win a pair of shoes...and if you get them both right, you get a NCRR subscription as well. All entries must be received by not later than May 15.

All ties will be eliminated by a drawing...only one winner. If you can only guess at one of the runners, be sure to indicate if he is on the right or left in the above photo. Only one guess per person...persons getting both individuals will, of course, win out over correct single person guesses. □



Name these two fools, shown after finishing a recent cross country race in San Francisco.

THIS & THAT

● **PEOPLE NEWS:** - Several NorCal runners (and ex-NorCal runners) were listed in this year's (1979 actually) All-American rankings by the A.A.U. (now the Athletics Congress). West Valley TC's Benton Hart, who was featured on the cover of issue #78, was ranked 1st in the 15K, ahead of Ralph King and Herb Lindsey. Duncan Macdonald, also of WVTC, was ranked sixth in the 10K X-C based on his fine finish at the AAU Nationals last fall. In the 50K, Jack Bellah, ex-WVTC'er currently competing for the Warren Street Club of New York (where he's going to school), was ranked third, based on his bronze-medal performance at the Nationals. Tony Sandoval, ex-Stanford and WVTC distance man, now competing for Athletics West in Eugene, was ranked fourth in the marathon. All-American rankings are based on finishing position in the National A.A.U. Championships primarily, with other factors also meriting some consideration. --- Jim O'Neil (see cover of this issue), 54, was first masters runner in the 3rd Annual Hong Kong Marathon, held Jan. 13th... his time of 2:44:18 was good enough for fifth place overall.

--- Ruth Anderson, 50, helped break the "all male" barrier in last year's London-to-Brighton race, a famous 54 1/2-mile run in England. Prior to 1979, women were not allowed to compete in this race. Ruth finished in 7:46:16 (first woman was Leslie Watson from London in 6:55:11). Ralph Paffenbarger, Ruth's teammate, finished just in front of her with a 7:44:13. --- Amazing Clive Davies, 64, of Portland, Oregon, claimed a world record for his age-group after finishing the Portland Marathon (Oct. 28) in 2:42:44! It was a record for runners his age and older. --- Sue Lee, running only her second marathon, ran off with the women's title at the Trail's End Marathon in Seaside, Oregon. The 40-year-old WVTC athlete returned to her hometown for victory, where she had reigned as the 1957 Miss Seaside! She has been running competitively for only about a year now. Her time! Just a mere 2:57:46...missing by only a small margin the 2:57:13 NorCal Women's Masters record set at Oakland by Karen Scannell in December. --- One NorCal high school girl was ranked in the top 10 women in the U.S. by Track & Field News last year...she is Leslie Deniz of Gridley High School, who was ranked fifth in the discus. --- Domingo Tibaduiza, who attended the Univ. of Nevada (Reno) a few years back, is now back home in Bogota, Colombia, and training hard for the 1980 Games in Moscow. He recently (Feb.) ran a PR marathon in Auckland, New Zealand, finishing third in 2:14:41, good enough to earn him a spot on the Colombian team. He will be running the 10,000m as well, where he has gone below 28:00. This race was the same one in which Joan Benoit set her new American record of 2:31+. --- The S.F. Diet Pepsi 10K had 8 age-records according to the National Running Data Center in Tucson...with 4 more pending verification of birthdate. The confirmed marks are: 20/Steve Ortiz/29:39; 41/Tom Cathcart/32:56; 45/Myron Nevraumont/34:52; 37/Cindy Dalrymple/34:31; 50/Frances Sackerman/41:28; 57/Els Tuinzing/50:17; 58/Jaclyn Caselli/49:49; 62/Kay Atkinson/49:46...unconfirmed (need birthdates) are: 5/Dale Robertson/1:11:19; 38/Doug Rustad/31:49; 40/James Bowers/31:44; 5/Michele Matthews/1:03:36. I believe Rustad and Bowers have since been confirmed, but anyone having information on the two 5-year-olds should contact the NCRR. --- WVTC'er Bernie Rose finished third in the South African Marathon Championships on Oct. 20th with a PR 2:13:15 with John Halberstadt 5 seconds in front and Vincent Rakabaele winning in 2:12:27...more on pg. 10.



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1980

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--- Jesse Owens, the "living legend" who won 4 gold medals in track & field at the 1936 Olympics in Berlin and set many world records during his career, died of cancer (lung) at the age of 66 in Tucson, Arizona on March 31st. He was laid to rest in Chicago with the obituary beginning, fittingly, with Owens' own words: "Life has always been a race. It's like St. Paul said in the Bible. You run it as well as you can as long as you can. That's what it's all about." --- Long-time runner and finisher in four Boston Marathons, Larry Marshall, a 47-year-old Hughes Air West pilot, collapsed of a heart attack about 20 meters from the finish of the Natl. AAU Masters 10K X-C Championships in Belmont on Nov. 11th. The Redwood City resident died two hours later, despite "on the spot" efforts of several CPR experts and others at the racesite. An autopsy performed by the San Mateo County Coroner's Office confirmed the cause of death as "acute myocardial insufficiency due to calcific aorta stenosis"...or translated: calcium deposits on the inside of the arteries, causing a narrowing. --- Alaska's Marcie Trent, a DSE member who often frequents these parts, set a new course record for women at the Les Bois Marathon in Boise, Idaho, on Nov. 11th. The 61-year-old Trent established a new personal best of 3:25:40 in returning to her hometown, clipping 33 seconds from her previous best set at Avenue of the Giants Marathon in 1978.

• **MEET INFORMATION:** - The Salinas Valley Marathon, originally scheduled for this spring (2nd annual) has been cancelled. --- The Pinole Marathon is also among the A.A.U. Certified list of marathons in the U.S., we have been informed by race director, Steve Justice. We inadvertently omitted it in our NorCal list of certified marathon courses in issue #78. --- The Brooks Shoe Co. of Hanover, Pennsylvania, has instituted an "all masters" series of runs throughout the country, entitled "The Brooks Master Runs." They will be limited to males over 40 and females over 35. The tentative 1980 3-event series will begin with a 15K in the Chicago area in mid-September, followed by a 20K near Washington, D.C. in October...the winners will travel

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(A) *Runners & Races (1500m/Mile)*; (B) *My Run Across the United States*; (C) *Motivation & Coaching Psychology*; (D) *Of People & Things*; (E) *The World of Brutus Hamilton*; (F) *The Randy Matson Story*.

to the climactic 10K and 25K runs planned for the Thanksgiving weekend in Monterey. Details on individual runs (when available) can be obtained by sending a S.A.S.E. to: Hal Higdon, P.O. Box 46, St. Joseph, MI 49085. --- The Honolulu Marathon normally is run the second Sunday of December, but this year the popular (8th Annual) run will be held on Dec. 7, Sunday. --- Natl. AAU (Athletics Congress) Boys Age-Group Track & Field Championships will be held at Diablo Valley College in Pleasant Hill on July 25-27, sponsored by the DVTF...for entries contact: Nationals, c/o 4949 Boxer Blvd., Concord, CA 94521 (Ph. 415/798-0455).

• **LOST & FOUND:** - This is a bit late, but if anyone found a Tamalpa sweatshirt at the Diet Pepsi 10K in Sept., please call Don Pickett at 415/777-9414 (days)...he picked up a plain one by mistake.

• **AAU LDR HANDBOOK IS OUT:** - The Pacific Ass'n LDR Handbook is now available with a listing of most NorCal races through the month of Jan. 1981. Available at some running stores (\$1.00) or for \$1.50 by mail through the AAU Office (see advertisement in scheduling section of this issue). --- The Central California AAU also has a similar handbook (see ad at left), as does the SPA-AAU (not sure of the price on this one but you can write to SPA-AAU, PO Box 6015, No. Hollywood, CA 91603 and send \$1.50 and that should be easily enough). --- Another handbook of scheduling has been put out by the Valley of the Moon R.C. and contains races in the North Bay (Marin, Sonoma & Napa County areas) and is entitled Wine Country Runners Guide...I'm not sure of the price (it's not on the cover), but again, probably \$1.50 will suffice; available from VMRC, 1609 Mariner Dr., Sebastopol, CA 95472.

• **NEW LOCATION NEEDED FOR LDR WAREHOUSE:** - As mentioned in our last "supplement", Ken Napier, the PA-AAU's LDR Warehouse Committee (of one), has had the job for several years now and it's time for a change. Ideally we'd like to have someone in the mid-Peninsula or Hayward area because of their being more centralized locations. If you're interested and want to find out more of what's involved (you don't need a lot of storage area), call Ken at: 408/379-1420 (H) or 408/742-9187 (Wk).

• **NEW PA LDR CHAIRMEN:** - The Men's Long Distance Running Committee Chairman, Roger Bryan, resigned late last year and Don Capron was appointed as temporary chairman by the AAU Office until a new Chairman could be elected. Then, in January of this year, Bob DeCelle defeated Joe Oakes in an election that was protested by several individuals (see "Our Readers Speak Out" section of this issue). Bob is now our new Chairman and can be reached at P.O. Box 1606, Alameda, CA 94501... Ph. 415/523-2264 (days). --- Congratulations to Bob on his new position and words of thanks to Roger for doing a good job over the past few years in what has to be one of the most "thankless" positions available in amateur athletics. Also thanks to Don for stepping forth to offer temporary help at a time when it was really needed and for seeing to it that scheduling forms were sent out to most all meet directors and clubs.

• **NEW TRAVEL FUND BREAKDOWN?** - The NCRB has received word from several reliable sources that the current LDRC Travel Fund breakdown (all income and expenses not related to a specific Committee...Men's-Women's-Master's) has been unilaterally changed by Bob DeCelle. As it was voted upon last year, all funds were to be split on a 50%-25%-25% basis (same order as above). Any changes in this breakdown must be done by Committee vote and no such vote took place to our knowledge. Therefore, if there has been a change (and we don't know what it is at present), we feel that it has been made illegally! All clubs and interested individuals should protest this action... there will probably be a joint meeting of the various LDR Committees sometime in late April or early May to discuss this and other important business. As we went to press, we did not know the date yet, so contact Bob DeCelle, Ruth Anderson (415/339-0563) or Sue Stricklin (415/776-8258) for further information...all AAU Clubs should receive notification of this by mail.

• **CLUB NEWS:** - The new PA-LDR Handbook inadvertently omitted some 30+ clubs (all at the end of the alphabet) in its listing...Chairman Robert DeCelle has informed us that future handbooks will have "inserts" in them, listing those clubs that got left out...incidentally, thanks to Cherie Swenson for

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the super job she did in laying out the Handbook! --- The Greater San Francisco T.C. is a new club organized to prepare local area track & field athletes, cross-country and road racers for high level competition. Coaching and City College of San Francisco track & field facilities available. Call or write to: Daryl Zapata, 160 Hazel Av., Millbrae 94030 (Ph. 415/692-4226) for more information. --- The "Fifty-Plus Runner's Club" is an organization founded on running for health, recreation and greater productivity for the 2nd half-century. It is a national organization made up of runners & joggers who would like to actively participate in medical, social and economic studies to demonstrate the value of running in all aspects of life and health. It is not primarily a club to organize runs. For more information, contact: Ibrahim Clark, PO Box 898, Fairfax, CA 94930.

• **NATIONAL AAU MARATHON COURSE CERTIFIED:** - On Feb. 2, the route traversed by the runners on Jan. 27 at the Paul Masson (Nat'l. AAU Championships) Marathon was measured via calibrated bicycles by Ken Napier and Robert Meinhardt. The measurements have since been accepted by the National AAU Standards Committee. The intended course comes up a mere 54 yards short of the advertised distance (26 miles, 385 yards)...well within tolerance. However, since the runners were misdirected at about the 16-mile point in the race, all competitors actually ran only 25 miles, 1628 yards, or 517 yards short. That means that a runner doing 2:20:19 that day would have clocked 2:21:54 (the Olympic Trials qualifying time) if he had continued on at the same pace for 517 yards. The status of those runners "close" to qualifying, based on an extrapolated time, is not known at this time, but it is believed that a certain amount of leeway will be provided. Unfortunately, while the times may be extrapolated for qualifying purposes (Trials & Boston, etc.), none of the marks will ever "go into the books" because the improper distance was run. Herb Lorenz and Sue Munday were deprived of U.S. Masters and Northern California women's records as a result. At this time, NCRS has still not received results of the race. Since there was no place for listing a team on the entry blank, the team scoring is also in limbo. We suggested to Dan O'Keefe, the meet director, that he send out at least "order of finish" to all possible clubs involved in the various team races (4 divisions) so they could look to see how their runners finished. To date, this has not yet been done either!

• **WALT STACK TO LEAD CHINESE TOUR:** - If you're interested in seeing the People's Republic of China with San Francisco's living legend, Walt Stack, you had better hurry and sign up...the tour is limited to 18 and will leave on June 15 for a cost of \$2,631 (we're not sure for how long). For further information, call Pan Asian Travel at 415/421-1777 or 461-2580.

• **THE INTERNATIONAL RUNNERS COMMITTEE (IRC)** is a newly organized group whose primary goal is to help remove the barriers which now limit female athletes to races of 1500 meters in the Olympics. What began as a one-issue committee now promises to work for reform in 10 different areas. Some of the goals, other than getting women's distance races into the 1984 Games, are: men's and women's marathons, as well as track races thru 10,000 meters for women, in the 1981 World Cup; annual world road racing championships for men and women, including runs of 10, 25 and 100 kilometers, as well as the marathon; return of cross-country racing to the Olympics; etc. The committee was formed and worked out its strategy at Montreal last August. Some of the founding members included: Jeff Darman, Jacqueline Hansen, Doris Brown Heritage, Nina Kuscsik, Leal-Ann Reinhart, Tom Sturak, Ken Young, Manfred Steffy and Joan Ulyot. The

interim director is Joe Henderson, who coordinates the IRC work from his office: 1126 Pelican Rd., Pebble Beach, CA 93953. --- It has just been announced that the IAAF has confirmed, through its information officer, that the sport's governing body is "doing everything possible to get the women's marathon on the program for the 1984 Olympics." The race would be run with the men's although the starting times might be different by a half-hour or so. However, the first bit of bad news is that Los Angeles Olympic officials have expressed reluctance to add any new events to the 1984 program. The IAAF took no action at its March meeting toward replacing the 3000 meters (which is currently being proposed as a 1984 Olympic event) with the 5000 and 10,000.

• **FREE SPORTS MEDICINE SCREENINGS:** - The Total Health Medical Center of Oakland is offering a series of screenings that are absolutely free...no appointments necessary, just come by and bring your running gear (390 - 40th St., Oakland). The screenings will be from 9 a.m. until noon on the following Saturdays: Apr. 12, 22, May 10, 24, June 7, 28. The screenings include podiatry (see yourself evaluated on video tape), cardiac fitness and chiropractic medicine.

• **FREE LECTURES ON ATHLETIC MEDICAL CARE:** - Prevention and recognition of sports injuries is dependent upon the athlete's knowledge. If your organization has an interest in a lecture or informal discussion on these topics, please contact Joann Dohallow (Registered Physical Therapist and Certified Athletic Trainer) at 2307 Concord Blvd., Concord 94520 (415/825-1690).

• **THE ATHLETICS CONGRESS/USA** is the new NGB (National Governing Body) for athletics (track & field, long distance running and race walking) in the U.S., replacing the multi-sport A.A.U. as of the end of 1979. The new temporary logo for TAC is at the left. Athlete registration procedures for TAC will stay the same as those followed by the National AAU through its 60 member Associations (Northern California is under the jurisdiction of the Pacific Ass'n). The AAU now becomes a "service organization" for The Athletics Congress but has no power as a National Governing Body.



• **CLUB DUES RAISED:** - As of Jan. 1, 1980, annual A.A.U. Club dues were raised to \$50.00 (double the 1979 rate!), and all Pacific Ass'n clubs will be billed accordingly...it is not known if other A.A.U. districts are following suit, nor is it known why such a large increase was necessary.

• **COURSE CERTIFICATION PROCEDURES:** - The National Running Data Center (PO Box 42888, Tucson, AZ 85733) has announced that national certification of your course applies from the date that the final measurement was made...for example, if you measured the course on March 25, 1978 and held races on April 1, 1978 and March 31, 1979, but certification was not granted until June 10, 1979, both races would be considered to have been held on certified courses. Any alterations of the course must be remeasured and certification reapplied for. -- **COMPLETE RESULTS** (listing all finishers, times, age/sex and hometown or at least club) of all distance races should be sent to the NDRC (address above). Race directors please note this!!

HELP! • HELP! • HELP!

Long distance running in Northern California has a lot to be thankful for this year...primarily because of the generosity of the San Francisco Examiner. Fredye Wright, Director of Promotions for the Examiner, announced that proceeds from the sales of their official Bay-to-Breakers T-Shirts this year will be donated to the PA-AAU (now PA Athletics Congress) Long Distance Running Committees to the tune of \$2 per shirt...5,000 have been ordered! So, the local Travel Fund stands to benefit by \$10,000...IF THE SHIRTS ARE SOLD! -- That's where YOU come in. The Examiner is handling all mail-order sales, but the LDRC is in charge of all raceday sales (start & finish), and we'll need about 30-40 volunteers for good coverage. We need all clubs who have a possible stake in the Travel Fund (have at least one good runner) to participate! If you or your club can help, please call or write (preferably) to: Jack Leydig, Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119). We need your reply by April 30th at latest please! We also need a 14-foot+ van (truck) to be used for a "distribution center" on raceday. YOU can also help by purchasing a T-shirt (either by mail or at the race...see coupon on opposite page).

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T-SHIRTS

A limited edition of 1980 official Examiner Bay to Breakers T-Shirts, designed exclusively for us will be on sale this year. Proceeds from T-Shirt sales will go to the Pacific Association Athletes Congress (formerly AAU) Long Distance Running Fund to pay travel expenses for Bay Area runners attending national championships.

You can purchase a Bay to Breakers T-Shirt by clipping this coupon and sending \$6.50 (\$5 plus a \$1.50 handling charge) to the address below. T-Shirts also will be on sale May 18 before and after the Bay to Breakers Race. T-Shirts will not be sold after June 15, 1980.

Send me _____ official Bay to Breakers T-Shirts at \$6.50 each.

Please allow two weeks for delivery. Each T-Shirt will be mailed in a separate envelope.

Make check or money order payable to:
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THE RACE
5K 10K 20K
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First prize to the top fund raiser for the American Heart Association is a round trip to Honolulu for two. 7 nights/8 days in a first class hotel, plus rental car, compliments of Pleasant Hawaiian Holidays.

HOW IT WORKS

Ask your friends and family, associates and acquaintances to pledge a dollar amount for each kilometer you run. The person who turns in the most money within 10 days after the race will be declared the winner of the Pleasant Hawaiian Holiday for two.

Other exciting gifts will be given to the top ten fund raisers.

IN ADDITION

As in the past 4 years, more than 100 awards will be given to race winners. The first three finishers in each division will receive prizes.

Free T-Shirts • Entertainment • Refreshments

Call for your registration form and start collecting your pledges now!
Contact: American Heart Association, San Francisco Chapter; 421 Powell Street; San Francisco, CA 94102 (415) 433-2273. \$6.00 adults, \$3.00 (under 16).

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● **NRDC TO BE OFFICIAL ROAD RECORD SOURCE:** - At the 1979 Athletics Congress Convention in Las Vegas, it was officially decided that the National Running Data Center be recognized as the record-keeper for TAC. This action had previously been taken by the RRCA. These similar actions by the two main bodies governing long distance running mean that the records maintained by the NRDC become the unquestioned and authoritative U.S. records. The official U.S. road running records must be set by U.S. citizens on certified courses. Age records and age-group records must be validated by the runner's birthdate. Sometimes so-called "records" are reported in publications which differ from the official records maintained by the NRDC. Most often, these marks are recorded on courses that are not certified. Marks on uncertified courses have no official status.

● **PACIFIC ASS'N WOMEN'S TRACK AND FIELD HANDBOOK:** - A very comprehensive handbook that's a must to any woman or club manager involved with track and field, this 45-page booklet is available from Jim Hume, 1391 Broadway, #4, Millbrae, CA 94030. The cost--\$4.50 by mail (or \$3.00 in person). It contains, among other things: names & addresses of important contacts & clubs, standards, schedules, records, policies, procedures, a history, and many forms that you may duplicate. Well worth the price! The \$3 charge is "self-supporting".

● **NATIONAL MASTERS NEWSLETTER** - This is the only national publication devoted exclusively to track & field and long distance running for men and women over age 30. It features results, schedules and age-records from all over the country, plus stories and articles. Send \$10.00 for 12 monthly issues to: Masters Newsletter, 6200 Hazeltine Av., Van Nuys, CA 91401. Also available for \$4 from the same address is the 1980 Masters World & American Age-Record Book...it has all age records for all track events for men over 40 and women over 35. The Newsletter gives a no-risk guarantee. If not what you expect, you may cancel your subscription at any time for a refund on all unmailed issues.

● **PA-TAC TRAVEL FUND QUALIFICATIONS:** - Our local district will again offer travel funding to worthy athletes this spring, but only if: (1) Registered by April 15 (issued a card); (2) Athlete meets sixth place senior national outdoor championship performance averaged out for 1977-78-79 in (A) AAU sanctioned meets, (B) collegiate or high school competitions with the exception of dual and triangular meets. In addition, no more than two athletes in any individual event will be funded, and any athlete may only be funded for one outdoor championship per year from which international team members are to be selected. Deadline Date for consideration of funding has been set at May 27th for both Jr. and Sr. Championships...applications must be submitted on a standard form (available from AAU office) and should be sent to: Board of Athletics Travel Fund, c/o 76 Carver St., San Francisco, CA 94110. Standards for entry into the National Championships, as well as PA Travel Fund qualifying marks are listed below. Note: only the Sr. Men's Travel Fund standards were derived from 6th place finishes in previous nationals (1977 to 1979). All other standards were determined by taking 4th place finishes (average) over the same three years.

EVENT	SENIOR WOMEN		JUNIOR WOMEN	
	PA TRAVEL FUND	NAT'L QUALIFYING	PA TRAVEL FUND	NAT'L QUALIFYING
100mH	13.93	13.9	14.08	14.3
400mH	59.74	61.5	61.56	64.0
100m	11.67	11.5	11.77	11.8
200m	23.64	23.7	24.34	24.6
400m	53.34	54.0	53.75	55.2
800m	2:05.3	2:06.0	2:07.6	2:11.0
1500m	4:16.9	4:21.0	4:24.3	4:34.0
3000m	9:17.8	9:35.0	9:41.4	9:55.0
10,000m	35:03.8	36:00.0	-----	-----
3000m Walk	-----	-----	16:50.2	17:00.0
5000m Walk	26:19.9	27:47.0	-----	-----
10,000m Walk	56:40.9	60:33.0	-----	-----
Long Jump	20'6"	20'2"	19'9"	19'2"
High Jump	5'11-3/4"	5'11 1/2"	5'9"	5'9"
Shot Put (4Kg)	48'7"	46'8"	44'10"	42'6"
Discus	165'9"	158'0"	146'2"	136'0"
Javelin	161'7"	155'0"	147'3"	133'0"
Pentathlon	-----	3800 Pts.	-----	No Standard

Dates: June 13-15, Mt. SAC, Walnut Glen Davis/Will Kern Special Events Dept. Los Angeles Times, CA 90053

June 16-17, Knoxville. Billy Maxwell/U.T. Dept. of Athletics Knoxville, TN 37916

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EVENT	SENIOR MEN		JUNIOR MEN	
	PA TRAVEL FUND	NAT'L QUALIFYING	PA TRAVEL FUND	NAT'L QUALIFYING
100m	10.32	10.2	10.62	10.5
200m	20.82	20.6	21.48	21.1
400m	46.09	46.4	47.10	47.6
800m	1:47.22	1:48.7	1:50.3	1:51.3
1500m	3:41.32	3:44.2	3:50.9	3:51.6
5000m	13:46.4	13:55.1	14:39.6	14:30.2
10,000m	28:59.7	29:14.7	31:10.7	31:16.5
110mH	13.82	13.7	14.49	14.5
400mIH	50.04	50.8	52.61	53.5
3000mSC	8:39.6	8:51.8	-----	9:21.4
5Km Walk	-----	23:00.0	-----	-----
10Km Walk	-----	-----	52:14.3	No Standard
20Km Walk	1:35:36	-----	-----	-----
50Km Walk	4:35:01	-----	-----	-----
High Jump	7'1 1/2"	7'1"	6'10-3/4"	6'11"
Long Jump	25'7"	25'5 1/2"	24'7 1/2"	23'11-3/4"
Triple Jump	54'3 1/2"	52'11-3/4"	50'4 1/2"	48'11-3/4"
Pole Vault	17'3"	17'0"	16'0"	15'7"
Shot Put/16#	64'11 1/2"	62'2"	54'11"	*53'5'3/4"
Discus Throw	205'8"	192'3"	168'9 1/2"	*158'4"
Javelin Throw	249'7"	241'7"	213'4"	206'3"
Hammer Throw	206'6"	199'9"	158'7"	*137'0"
Decathlon	-----	7650 Pts.	6475 Pts.	No Standard

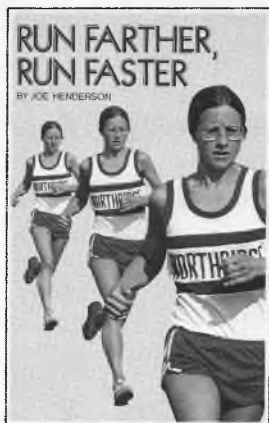
Dates: Same as Women's Championships...contacts same except for Jr. Men, contact Stan Huntsman, U.T., Knoxville, TN 37916.

*National Standards for High School implements: SP(12#)-62'8"; DT-178'11"; HT(12#)-157'0". □

Book Review

RUN FARTHER, RUN FASTER (by Joe Henderson) /Reviewed by Len Wallash/ - I am an unabashed fan of Joe Henderson. Consequently, any objectivity in my review of his new book has got to come out positive, right? Well, maybe... I'm having trouble understanding why World Publications has their top author's excellent craftsmanship and ideas housed in a poorly covered, badly illustrated, 230-page book, and then fail to give it any real promotion to successfully launch it into the sea running readers.

For \$4.95, this four-part manuscript has a lot of little treasures, such as how Henderson discovered the marvels of the five-minute pitstop, and what it did to boost his mileage, conditioning and performance.



One doesn't pay a fiver every day for advice, but that little tidbit is the first time that I saw a credible and experienced running authority say it. I tried it and it works. Five bucks well spent!

But there's more, even if you don't appreciate a well-turned phrase or understand an occasional metaphor. Joe Henderson, plain and simply, writes well. Besides his lucidity and down-to-earth style, he has a certain human quality which creeps into writing, using his own humbleness for his anecdotes. I like people who are humble, and I don't like experts who pontificate about their expertise.

His chapter 12 is a pearl of great price as he boldly tells the running community that many of us are after the wrong thing. The

self-test is one of arrows hitting the mark with a zap and an exclamation mark. It's not that the other self-tests scattered throughout the 30 chapters aren't just as good; it's just that I have a penchant for putting down prizes.

For a guy who has publicly made a name for himself as the author of LSD, this long slow distance philosopher came back in the second round to explain that it's ok to run farther and run faster as part of "evolution", and if you want to know what that means, you have to read the book.

Joe Henderson and I are friends. He's been running longer and better than I have. He's been writing the same way too, but I think that the evolution of running has something to do with one's age. Mine is 52, a couple of decades on Joe, and I must admit that he is older than I was when I was his age. He has more sense too, but I'm not sure that until one sees that running is all your own, it's difficult to say accurately, "this is what running is." Joe attempts it by encouraging running for running's sake.

Run Farther, Run Faster is required reading for any beginner or expert. Besides, it would make an economical gift for either from either. It's not a book you or they will toss out after a quick reading, even if it doesn't have a cover or illustrations to do Joe Henderson or his message justice. □

Long Distance Ratings

Sorry, but things have been so hectic (the obvious reason this issue is so late in getting to you) lately that I simply have not had the time to even do something so elementary as tabulating the finishers in the "counting" races for the LDR Ratings. I know that's a big disappointment to many of you, but it can't be helped. At this point I'd rather see the issue out and in the mail. I've had several suggestions to make the system a bit simpler: Jerry Lewis thought that we should only count the PA-AAU Championship races...but this year many of those races went "begging" for sponsors, primarily because there is no real incentive to put them on, other than the fact that they are "prestigious". They certainly are not "moneymakers". So, I'm tossing this one out to our readers. How would you like to see the current rating system changed, if at all? Is anyone out there willing to take on the task of tabulating and calculating the ratings completely (including getting the necessary results from various races)? Should we eliminate the policy of making the number of races run so important? How about some ideas for our next issue. Would you be willing to do the tabulations? □

CLASSIFIEDS

COACHING AVAILABLE--Anyone interested in planning training and/or in need of coaching for track and road racing (all running events)? For further information, contact: Daryl Zapata, 160 Hazel, Millbrae, CA 94030. Low rates.

HIGH SCHOOL TRACK 1980--Jack Shepard has taken over the publication of this popular booklet from *Track & Field News*. The 1980 edition, with 56 pages of stats on men's and women's track, indoors & outdoors, is now available directly from Jack for \$3.00. Send a check to Jack at: 14551 Southfield Dr., Westminster, CA 92683.

HOW ROAD RACERS TRAIN--Author, athlete and coach, Greg Brock, has assembled a fascinating collection of training programs used by some of America's top road racers. Athletes like Bill Rodgers, Frank Shorter, Craig Virgin, Herb Lindsay, Jeff Wells and Don Kardong, as well as Miki Gorman, Marty Cooksey, and dozens of others are profiled. Available from Tafnews, Box 296, Los Altos, CA 94022...\$5.00, paperbound.

GIFT CERTIFICATES--SWEDISH MASSAGE--Two-hour "total" massages make wonderful year-round gifts for all occasions...weddings, funerals, cardiac collapse after marathons, etc. These complete therapeutic programs can be purchased for \$25. Send your check or money order (and name/address of person you want the certificate sent to): Dave Martin, Ms.T., 101 Gough St., #36, San Francisco, CA 94102 (415/626-2784).

PLEASE!!--If you were accepted and cannot run the Avenue of the Giants Marathon, please call Hugh Bryson at 415/349-1234 or 415/851-8266 for an exchange! Thank you!

DIPSEA NEWS--Just off the press...the first book about the Dipsea. The Dipsea Race, 1905-1979, by Mark Reese...236 pages and 50 photos, many previously unpublished. Limited edition, available only by mail and at some races. Order by check or money order from: The Dipsea Race, 2789 - 17th St., Sacramento, CA 95818 (\$7.95 plus 6% tax and 50¢ postage/handling).

SF FINANCIAL DISTRICT FIRM LOOKING FOR TALENTED WOMEN RUNNERS--Interested in a career in the investment community? Firm team competes in road races, track meets on corporate level. Please call Jim at 415/989-2050, ext. 336, if interested.

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FORMER HUNGARIAN NATIONAL TEAM MEMBER--3K steeplechase, 5K, 10K and X-C National Champion (1948-54), and former coach of AAU National and District men's and women's champions at 880y, 3M and 6M, wants to contact an interested East Bay track club. Julius Penzes, 5924 Contra Costa Rd., Oakland, CA 94618.

Our Readers Speak Out

From "Down Under"

JACK PROSS (Sydney, Australia) - "Congratulations on maintaining such a high standard in NorCal R.R. for yet another year. I thoroughly enjoy receiving the publication and hope you are receiving our little newsletter regularly (Ed. - We are!). Please extend to your readers the best wishes of Birubi Track Club, and if any of your athletes are "down under", tell them to look us up."

Boston Lottery?

DON LENKEIT (Modesto, CA) - "Was there much negative reaction to the BAA changing the qualifying times for 1980? I was upset--and depressed--after running a 2:53 at Avenue of the Giants, only to learn they changed the qualifying time to 2:50, three weeks after I ran! It's absurd to believe anyone but the top 500 seeded runners have a chance at "winning". The other 6500 run for the experience and because it's "Boston". Does the PA-AAU support a lottery for non-seeded entries? Do you? Can you raise this concern in a future issue?" (Ed. - Avenue of the Giants had a lottery system this year and got 5000 entrants the first day...2000 was their limit! I don't know if this is a better way to go? Readers?)





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		(Check One)					Minutes		Seconds			
Sample	0	1	0	0	0	X	7	9	1	5	4	
	1											
	2											
	3											
	4											
Minimum	5											
	6											
	7											
	8											
	9											
Maximum	10											

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Election Protested

RUTH ANDERSON (Oakland, CA) - (The following letter was written to Roxanne Anderson, Pres. of the Pacific Ass'n of the A.A.U., as a protest of the procedure used to elect the Men's LDR Chairman of the PA-AAU, who is currently Robert DeCelle. A copy of the letter was sent to the NCCR.) - "As the representative to the Men's LDR Committee of the PA-AAU from the NorCal Seniors TC, I wish to enter a protest to the procedure used in the recent election of the Men's LDR Chairman.

Points of poor or illegal procedures:

(1) The votes were solicited by the appointed interim LDR Men's Chairman, Don Capron, instead of either the Women's or Master's Chairman, as was recommended by Roger Bryan in his letter of Oct. 24. The main reason for this suggestion was to remove any conflict of interested party situation.

(2) Don Capron not only did not request that the votes be tallied by the PA office or other dis-interested party, but had the ballots sent directly to him. In addition, he was actively campaigning for one of the candidates!

(3) The ballots gave decided preferential descriptive information on the candidate Don was promoting. Much important information had been deleted that would have given better voting guidelines (Ed. - see following letter from Joe Oakes, the other candidate...last sentence.).

(4) At least two clubs did not receive any ballots (AAU clubs having senior or junior men members).

Conclusion: A simple recall of the votes does not seem possible at this time, since there can be no guarantee that all votes were kept or verified as to legally representing a LDR AAU Club with "voting rights". This information was not requested on the ballot as had been the case for the voting conducted by Roger Bryan for the Women's LDR Chairmanship last March.

It is therefore requested a new ballot be made and the voting be conducted by impartial counting of the returns."

(Ed. - We understand that the above request has not been acted upon by anyone at this point. If you feel that the above letter indicates that a revote is proper, contact Mr. DeCelle, Box 1606, Alameda, CA 94501, in writing, and be sure to send a copy to the PA-AAU Office, Attn: Roxanne Anderson, and the NCCR.)

To LD Committee--

JOE OAKES (Los Altos, CA) - A LETTER TO THE LDR COMMITTEE FROM MR. OAKES. -- "By the time you receive this (letter was distributed at the LDR Scheduling meeting in January), two significant things will have happened. First, I will have arrived in Hawaii to try my luck at finishing the Iron Man Triathlon. Second, you will have elected a new LDR Chairman (Men's), either Bob DeCelle or me. If Bob has won, I offer my heartiest congratulations and my cooperation. Bob is a good man and has my respect. If you've elected me, don't go away. I need your active participation is a basic necessity to the success of this show. Either way, I'd like to propose a few ideas for the LDR Committee. My biggest concerns are:

(1) Ripoff race promoters and lack of standards for promoters to follow.

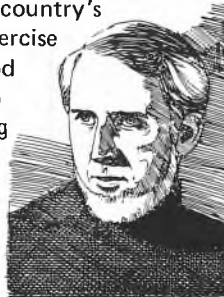
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(2) Lack of concern for the runner... poor race quality.

(3) No central control/evaluation process for races.

(4) Deterioration of the PA-AAU LDR as a result of the proliferation of joggers everywhere, causing an "exercise mentality" as opposed to a "competitive sports mentality."

Whether or not I'm elected, I'd like to see the following programs implemented in the PA-AAU LDRC:

(1) Regular quarterly meetings with plenty of advance notice to all.

(2) Active participation in LDR by clubs, with a more forceful role by the Chairman to get clubs working together.

(3) Standards for races set and sent to race directors.

(4) Monitoring of all races for quality, safety, and concern for runners.

(5) A co-ordinated program of club races through the season.

(6) Full, active support of the Women's and Master's programs.

(7) Severe reprimands and exposure for promoters of rotten races.

(8) Elimination of the money changers from the temple.

I believe the above to be worthwhile objectives, attainable over a period of time with the cooperation of the clubs who are the heart of the PA-LDR organization.

My best wishes to Bob DeCelle, or, thanks for your confidence, whichever applies. Thanks to Don Capron for allowing me three lines of information about myself on his descriptive ballot. I gave him much more information which he chose not to include. See you at the races, Don!"

Death to PA Championships?

RUTH ANDERSON (Oakland, CA) - "Who has put down the championship concept in our Pacific Ass'n so strongly that it might as well be considered a "death-blow"? Don Capron, aided by Bob DeCelle, at the recent LDR Men's meeting in Kentfield may have "accomplished" this feat. Don was the acting Men's LDR Chairman for this Jan. 9th meeting, and Bob was present as one of the candidates for the Men's LDR Chairmanship. One of the main orders of business was to schedule the races to be put into the new LDRC Handbook for 1980. Since this is a concern to all runners and race directors, it would have seemed reasonable that all LDR Chairpersons would constitute the "Committee" at this function, even if the Men's Chairman conducted the meeting. Not only were the interests of master athletes, men and women, or junior and senior women not considered when bidding for the PA Championships was opened, but even the junior and senior men's Championships were totally discouraged by warnings from Don of the high costs involved in putting on these events. He dealt on the expense of PA medals (which might not be even as "costly" as regular award medals?), and complained bitterly about some divisions not "paying" for their own awards (through participation or committee funds). Bob DeCelle in no way tried to promote or counter-balance these negative aspects in support of the need for the championship system.

The net result was only one "new" bid for a PA Championship. At DeCelle's direction, no inclusion of the master men could be made at this "Men's" LDR (Jr. or Sr.) Meeting. Masters were "left to negotiate for their own championships". The women had already been made quite aware...*(more)-*

they would receive no support from the Men's LDR (current committee?).

Thanks to race directors like Bill and Ellen Clark, their very fine 15K Road Championships will continue to recognize all divisions: open men and women; masters men and women. The 50 Mile PA Championship, under the excellent directorship of Abe Underwood, will also be a combined men's and women's event. Co-operation and support are still very much needed among all LDR Committees if the development of "grassroots" champions through the local (PA) championships are to continue.

Since the current "philosophy" of the Men's LDR Committee is to "encourage women's programs by denying support from the men", then let the women and masters get behind each other and come up with good programs considering championships an important part of the total!"

The T.U.R.D. Controversy

ANONYMOUS (From a "Bay Area Runner") - "I second the nomination for last issue's "T.U.R.D. of the Month" award. I remember how outraged I was, when after seeing photos and TV coverage of this year's Boston Marathon, to see this local runner, who I know to be a three-hour marathon runner at best, standing and starting in the front row. Not only did he not have any right in the world to be on the same starting line as Bill Rodgers, but he also was taking the rightfully earned starting position of a world class athlete! I believe that the fact that he stood in front of the fastest marathon field ever was an embarrassment to our Bay Area running community, and that an apology to all of us in the area would be in order."

BILL & THE BROS. (No return address on envelope but same typewriter was used as in following two letters) - "Bets are that you won't publish this response in the next NCCR. Both you, as editor of NorCal, and Batz (who?) are pretty good at shoveling the "Turds!". From the top professionals right down to last month's nineteen-year-old "Turd".

Records show Bob Butchart in '73 to be the Northern Division Champion in the 440, "Most Valuable Player" senior, high school division track/field in 1977, among other records on file. Suggest your readers check it out.

There is no record of Butchart making the top 30 in the Bay to Breakers two years ago, and he didn't run this year's Disneyland of clowns. (Ed. - His top 30 finish was published in the S.F. Examiner and subsequently in NCCR.). As for Boston, why not get up front, when you are invited by the BIG boys!

The only danger Butchart might present would be a threat to guys like you who never make the top three winners.

Why bother eating Butchart's hat, since you and Batz are good at slinging it - why not just keep on shoving it!"

LOUISE BUTCHART (San Francisco, CA) - "As one of the senior members and officers of the DSE, I have read some of your recent publications, and not only are some of the items "tactless" BUT downright slanderous. They reflect undue attention and publicity for those whose names appear in print. I should hope that subscriptions and circulation of your publication would be limited and that the majority of runners would seriously be investing their money in better reading material. In these troubled times, it would be my hope that our running community would not be a part of the decline of our civilization by filling their minds with such tacky literature. From my vast experience, the majority of runners are quite health conscious and certainly filling their minds with such garbage would not contribute to one's TOTAL GOOD HEALTH!"

BOB BUTCHART (College of Notre Dame, Belmont, CA) - "With great Pride and Humility, and the publication of my name and picture in your Sep./Oct. issue, I accept the "T.U.R.D. of the Month" honor. It is not often that a young person with my physiology is singled out by those who are obviously swifter than I. However, through my mea culpa, mea culpa--many are called, few are chosen. I am seldom one of them."

LEN WALLACH (Belmont, CA) - "Letters to the editor give one a chance to express an opinion often contrary to the policy of the editor. Contrary I am to the use of the column for THE UNOFFICIAL RUNNING DEVIATE of the month. This colorful bit of yellow journalism has quickly degenerated into a hateful and crude collection of mud-slinging.

It's bad enough for one to sit in judgement of others, who, in moments of bad decision or miscalculation, commit some act of foolishness, but to then single them out for public shaming is hardly my idea of good taste and sportsmanship.

Perhaps Steve Subotnick and Bob Butchart didn't show quite

the acceptable level of good judgement in measuring the animosity generated by their actions. But on the other hand, neither are deserving of public derision. As I knew Steve when he was a college student, and now Bob in a similar role, I submit that neither have committed anything worthy of verbal hanging in public. A quiet word to either by their accusers might have served better.

The hurt inflicted to them and their families is real."

Complaints, Complaints...

BRUCE JONES/PHIL WILDER (Richmond, CA) - "You may be getting some letters concerning the Elenes Feliciano Memorial Race at Pt. Pinole in Richmond on Dec. 1, 1979.

In the longer of the two races the leaders failed to see an arrow directing them to the left at a trail intersection. Other runners followed the leaders and only those far enough back to be out of contact followed the course correctly. The results, therefore, are inaccurate.

The two of us in charge of the race have more than thirty years racing experience between us. We are very embarrassed. We are also very sorry that we had not posted someone at the fateful intersection or better marked the course at that point. We apologize to the runners involved.

The problem was exacerbated by a competent master--competent as a runner; woefully lacking as a human being--whose obnoxious ranting and raving in the finish area nearly started several fist fights. If you have a T.U.R.D. of the Decade contest, we'll forward his name.

Once again, we apologize to the runners."

RALPH BOWLES (Pleasant Hill, CA) - "On behalf of the first 10 finishers (plus alot more) that ran the Pt. Pinole 6.2-Miler on Dec. 1, the following facts would like to be expressed.

Race conditions, weather, etc., were excellent, and the majority of the first ten runners were in the process of running personal bests. With one mile to go, there was no course direction at all, and I mean nothing but trails--take your pick! As a result, the recognized first-place finisher (who happened to find and be the first one across the finish-line) wouldn't even have finished in the top ten places. None of the actual first ten finishers placed at all and over 50% of the remaining runners were lost. If this is going to be a free community or neighborhood fun-run, then let by-gones be by-gones. But an entry fee and a lot of promotion was put into this race, so I think there is justification in commenting on it as a rip-off. They want the quality runners and an entry fee but forget that the quality runner or any person interested in racing depends tremendously on a well-marked course.

It's unfair, and I hope that this message will make runners think before entering this race."

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GARY LOUCKS (*Grass Valley, CA*) - "I have never written a letter-to-the-editor before about any subject, but having just run in the Dec. 8 Livermore Marathon, I feel compelled to bring to your attention some grave inadequacies of the management of this event.

The weather was unseasonably warm with little air movement, especially at the start of the course (first 7-9 miles on the "hilly" portion of the course). The aid stations were advertised as being at 5, 10, 15, 18, 21 and 24 miles, with split times every 5 miles. The aid stations were supposed to have ERG, water & sponges. We passed the five-mile mark with no one giving out split times and no aid station in sight! At about two-tenths of a mile past the six-mile marker, we finally got to the first aid station. Seems to me that aid stations every 10K of a run of this length is inexcusable! The second station was just beyond the 12-mile point, with another one at the half-way mark, but by then it was really too late in my case anyway. Also, there were no sponges at any of the aid stations.

By the time I had reached the 18-mile aid station I had all the symptoms of heat stroke and at that point I opted not to finish. I really believe that if I had tried to complete the course I would have ended up in the hospital or worse. Another runner who had reached this point at a 6-minute-per-mile pace and had run into similar problems was waiting to be picked up by the "emergency runner assistance vehicle". He had been waiting 50 minutes! Good thing he wasn't in real trouble! For some reason there were no communications devices at any of the aid stations. I guess I was lucky--I only had to wait 15 minutes there. Even the sheriff's vehicles (one van was large enough to carry a lot of us) patrolling the course didn't give anyone a ride or first aid help.

I hope that this letter is taken in the light that it is intended and that anything that I have pointed out will lead to improvement of future runs in the Livermore area as well as any other runs. These oversights could lead to serious injury or even death of runners in our area--and it's all so needless!"

RICHARD LEUTZINGER (*Pacific Grove, CA*) - "Last year I promised myself I'd never run the Paul Masson Marathon again after the chaotic start-finish and awards presentation, as well as the absence of fluids at the finish and near lack of traffic control. I changed my mind on finding out this race was also the National AAU Championships this year. As it would probably be the only Nationals in which I'd run in my lifetime, I went ahead and entered. I wish I hadn't bothered.

My PR was tainted by uncertainty of the length of the course, and four hours after the finish I finally decided to go home, knowing neither my official time nor whether I'd placed and won an award for a 2:36+ effort in the masters division.

I am not going to run the Paul Masson Marathon again as long as Dan O'Keefe is race director, nor will a drop of Paul Masson wine pass my lips during that time. I am going to write the President of Paul Masson Vineyards to tell him exactly that and I urge other runners who were caught in this year's race to do the same."□



Julia Wiley finishing the San Francisco Marathon last year. /Courtesy San Francisco Marathon Photos/

in a black night, instantly devastating any resistance one might keep in reserve in defense against her Latin warmth. Those damned teeth are too perfect; too white, too bright to be real, but when contrasted against her coal-black eyes and silky ebony hair, it's almost more than a man can bear as they hit you like a two-by-four across the face. Wham! Instant beauty! Instant warmth! Instant history!

She's every ramrod inch an Inca, standing as straight and stiff as a parade-ground flagpole. Indian proud and yet with a quick Spanish wink and a flip of her black pigtail, she sweeps you quickly into a flurry of friendly Latin-flavored sentences, shattering any formality and chucking your social discomfort out the window. She doesn't seem to know any boundaries, nor do dimensions mean anything to her. Her energy and drive, coupled with her unbridled affection for human beings, belies the tough interior and heartaches long past which brings this modern woman to the running scene.

The popular sociological phrase, "emerging woman", but for its overuse, has a good application to this direct descendant of Francisco Pizarro's original Conquistadores who sacked Peru and terrorized the Incas four centuries ago. Unlike the soldier-bandits who hid their brutality under the guise of Christianity, Julia, their genetic successor, surrendered her treasures of gentle friendship to replace the stolen gold wrenched from her other Inca ancestors who were murdered and mutilated by the Spanish soldados de cuera, the soldiers of leather. She has been through the emerging woman metamorphosis so familiar to the modern female, throwing off yokes of culture, time and sex. Emerging she is, she takes her earned place in the California scene.

Throwing off the religious restraints of Catholicism and her family's early commitment to see that she would eventually don the starched habit of a nun, this 42-year-old now has re-examined all the cruelty and human frailty of the men and women of the cloth and has cast aside any identity with the formalities of liturgy and religious gobbledegook of traditional Catholicism to develop a personal and longer lasting relationship with the Great Mystique. But few women of the Spanish-Indian heritage have had the courage to take that kind of soul-suffering and introspective step on the way to freedom, religious or otherwise. Yet few women, or men either, grasp the relationship of the Mystical, with a capital "M", of nature and the human being, but Hoolya, as she pronounces her identity, knows the joys of that discovery. The self-torture of personal examination has no outward manifestations except maybe missing Mass on Sunday, but the internal scars of the struggle are slow to heal. She now has her Sunday communion of the trails of California with the wine of sweat and the bread of fellowship.

Like many other emerging women, the path eventually leads to another form of self-development...physical fitness, but the boring route of calisthenics or jogging around a high school track soon gets to be hardly more than athletic drudgery. Julia went through this typical treadmill and eventually found herself on Skyline College's parcourse. She soon discovered that the distance between stations was more pleasurable and certainly more exciting than hopping and stretching in front of plastic-covered signs so familiar to the aficionados of parcourseing.

On to the roads she came with all the spirit of a dark-skinned Indian of the Andes pursuing the wind. Soon a familiar figure in the low-key fun runs and DSE friendly contests, she quickly elevated the distance and pace, taking on hills on a regular basis. I used to notice her chugging along about my speed, and like most other middle-aged males, harbored a certain respectful resentment that a woman was whipping me with both grace and beauty.

THE HUMAN RACE



LEN WALLACH

There is an overpowering impression of color when taking in visuals of Julia Benilda Villafuerte Soldevill Wiley. Browns, blacks, reds and whites slap your eyes around with the same pleasant delight that comes from watching chocolate syrup poured over ice cream at a soda fountain.

The basic color of Julia is a rich burnt coffee brown, yet there is a whisper of something else, bordering on the darkness of midnight, which gives her skin the Inca credential genetically passed onto her from long lost ancestors. When she flashes her frequent smile, her teeth are like the glare of headlights

Q

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Marathon mania eventually infects us all. This long-distance disease of the roads crept into Julia's body in kind of a benevolent cancer as the long runs ravaged her anatomy, along with the rest of we lepers of the trails who had caught the scourge before her. Her first two 26-milers were a shade over the four-hour mark, but a year later, at the Avenue of the Giants, her time moved down to a reputable 3:48, where she has hovered since. Now training at 60 miles per week, she seeks the 3:30 mark, which no doubt awaits her in the near future.

Julia had followed somewhat in her father's military footsteps before she emigrated to the United States. She began her American debut as a waitress in the Bull Pup, a notorious San Francisco eatery full of hungry folks who frequented Playland.

Her dad's story is another one of survival, but his was the real-life struggle of coup d'etats so familiar to the unstable governments of South America. He managed to come out well each revolution, successfully surviving five of them while still remaining loyal to the military forces and retiring with full honors after 5 years, ending as an Air Force Tenico de Primero, whatever rank that translates into.

Her own path took her into military administration where she eventually became the secretary to the Commanding General of the Peruvian Air Force. On a wall in a back room of her quiet San Bruno home, hanging amid other bits of running and family memorabilia, is a flowery citation for her meritorious service and patriotic dedication to her homeland. What the award doesn't tell is that in between keeping her family going, attending night school, and serving the top general, she taught herself English the hard way, one word at a time. Later this talent for persistence carried her through her waitress days and into dental assistant school in San Francisco, eventually leading her into the offices of Dr. Philip Hordiner, where she now serves as his assistant.

In between all the other new experiences facing an emigrant came one burly giant of a man who eventually became her life's partner, Darrell Wiley. A kind of Abe Lincoln-esque personality, silent and contemplative, Darrell sensed that Julia needed room to grow, so he gave it to her. "He says, 'I'm not Peruvian; I'm not American; I'm just me.'" she smiled, explaining her husband's understanding of her dilemma of self-search. When you watch her at races, look for the big bear of a figure on the periphery of the crowd, as it will be Darrell, standing silently supportive, like a sentinel on guard mount protecting a treasure. Not a runner himself, he takes on an unusual role of a male in today's society of making absolutely sure that his wife gets her chance to grow into full womanhood, American-style.

They are also giving another family member a chance. Son Darrell, Jr., who has a capacity for music, has a bedroom that reflects this interest. The only furniture in the teenager's stronghold is a small bed and a mammoth set of drums. It's no coincidence that she chose as her son's middle name, Francisco, which is a Peruvian reflection to the child to take up the best characteristics of both Francisco Pizarro and St. Francis of Assisi. Darrell, Jr. can't lose either way, balancing the soldier's aggression and the monk's gentleness.

Although Julia's childhood was located in Lima, only a few blocks from the sea, she has a natural affinity for the Peruvian jungles as well as the foreboding mountains whose Inca fortresses whisper of past glories. Peruvian altitude and cold helped her prepare for two other interests...skiing and the Pikes Peak Marathon.

The almond-eyed, pigtailed athlete is usually missing from the winter running scene as she quickly heads to the ski slopes at the first snow. The mountains beckon her with the same allure as does footracing. New to the winter sport, it was but a few short trips up the mountain before she began to master the hills and she's now a ski addict.

It's easy to surmise that she tries to do too much, particularly in seeing her other interests displayed at home. Her devotion to hanging plants, interior decoration and sewing are just some of the other interests which demand her time, but she simply crams all her responsibilities into each day by careful management of her time and energies. It's a sore subject to query, as she has a fierce sense of responsibility which is easily rankled when one questions jamming so much into so little.

The emerging woman reigns as the 1979 Pikes Peak Marathon masters woman champion, clocking 3:57 to the top and 6:10:35 for the 28.2-mile roundtrip, placing her as the sixth woman overall. Considering that 800 tried portions of the up-and-down trip up 14,110 feet of Colorado real estate, she has a right to her comment at her 183rd place overall finish, "I felt like Wonder Woman."

It was not just a battle of terrain and the elements, but one with her own will to establish a new personal relationship with nature. She had fallen a week before her trip up the summit, but with a badly swollen knee and a lot of self-doubts as a woman and a runner, she iced the damaged joint and put her will-power into high gear to represent not Peru, not California, not women, not DSE, not NorCal Seniors, but Julia Benilda Villafuerte Soldevill Wiley.

Up, up, up the mountain she struggled. Julia had to exert her will over her body but unleashed her tongue at male runners who wouldn't move over to let her pass. Those Peruvian brown-skinned legs, and sweatband on her forehead made her look like an American Indian about to take on the last of the likes of General Custer. Consequently, the men eventually yielded.

"I loved the freedom of it all," she started. "The mountain was mine," gesticulating arms waived from the floor-length floral dress as she described the mystical trip up this Rocky Mountain Matterhorn. "It was the ultimate as I neared the summit," she continued in short, intense spurts, giving me a front room sofa version so vivid that I found myself leaning up the imaginary slope. "I started to cry near the top but fought for composure. But on the way down I was crying almost all the way," she confessed openly, while I felt that I should be wearing a Roman collar as I listened to this purge. "It was most beautiful feeling; my feet flying like they weren't touching the ground," she contemplated. "I kept saying, 'Oh my God, Oh my God.'"

Sitting there in that suburban living room, filled with traces of Peru, listening to the emotion pouring out of this tiny bit of brown humanity describing her joy and misery was like being where I wasn't supposed to be. It was almost too private, too personal, too religious. I thought of my own catechism days and the priest's unsuccessful attempts to penetrate my thickened mentality with thoughts of the mystical life. For all their efforts they failed, yet this tiny wisp easily brush-stroked the concept gently into my mind.

We sat there looking at each other for a moment, awkward as she became calm after the wild gesturing. She folded her hands on her lap, looking down at penny-colored fingers which had worked their way to the dreams of America. I put away my notebook and made some dumb comment, but what I really wanted to do was embrace her for sharing all this with me, but it seemed socially safer not to.

Maybe that's what's wrong with all of us; we don't share more or let the barriers down often enough. Her affection for people knows not gender, age, nationality or station of life. She really is Wonder Woman.□



NOR-CAL PORTRAIT

by Harry Cross

It is rare in the running world that an athlete remains a high-caliber competitor over the passage of several decades. One can think of only a few examples of runners whose names have occupied first-place positions 25 years apart. Forty-two-year-old Jim Bowers is one of these remarkable people.

The casual reader of the NCCR is no doubt familiar with Jim Bowers' name by virtue of his stellar 2:27 marathon performance at last year's Boston and a number of outstanding local finishes. What is not generally known is that Bowers' earlier career in running was every bit as impressive. Beginning as a freshman half-miler in his DeKalb, Illinois, high school, Bowers quickly decided his niche was the mile. As a 15-year-old soph, he won the Illinois State mile championship by running a 4:28. Two years later, in 1956, Bowers made history when he repeated his previous victory in the State mile. The history was not his second state championship, but the fact that he had in the process set the U.S. National High School record with a remarkable 4:16. Using the current world mile record as a measure, Bowers' high school record would be equivalent to about a 4:05 today. In his only year of high school cross-country running, he merely won the State title!

As expected, Jim Bowers continued on to a highly successful collegiate career. At the University of Illinois, he lowered his mile best to 4:08, a national-class time in the late 1950's, and he again ran on the cross-country team. But post-graduate activities followed the pattern so familiar to college athletes before the running boom of the 1970's. While remaining relatively fit, his sporting interests slowly turned

to the more respectable leisure activities of the early sixties -- golf, tennis and handball, and by age 23, running was but a memory for Jim Bowers.

After a thirteen-year hiatus, Bowers once again took up running, but this time it was not in this country. Saudi Arabia, the Red Sea and his employment provided the backdrop for the beginning of Bowers' second running career. Soon he was putting in a leisurely 30-35 miles a week, along with a delightful mixture of scuba diving. Back in the U.S. in 1977, he and his family settled in Santa Rosa. Fitness running continued, but the competition bug struck him for the first time in some 17 years. After dealing with a few injuries, Jim Bowers finally ran a race, a marathon, in October of 1978 -- slightly more than a year ago. We, of the normal human sector of the population, can only week with admiration upon looking at Bowers' marathon progression since that time...October 1978--2:54; December 1978--2:43; January 1979--2:36; April 1979--2:27!

His marathon successes have been replicated in other distance events. One of the stands out as exemplary of the caliber of performance that this masters runner now produces: 1st place in the 36-49 division of the S.F. Diet Pepsi Regional 10K--31:39. For those of you without calculators handy, that works out to a swift 5:06 per mile.

It is probably too early to tell if the Bay Area is the home of a new Jack Foster, but certainly Jim Bowers' approach to running is leading him in the right direction. It might best be characterized as 'casual dedication'. Weeks of 60-80 miles at 6-6:30 per mile are normal fare for Bowers. His only speedwork consists of occasional fartlek. As for workouts on the track, Bowers simply says, "I don't care for interval work, so I avoid it." His job as a TWA pilot enables him to have a more varied running schedule than the average person: his normal running courses can be found in New York's Central Park, along the Charles River in Boston, or on Chicago's lakefront, in addition to those in Santa Rosa.

Now that we have examined the 'dedication' part of Jim Bowers' running, what about the 'casual'? His worthy attitude is best expressed in his own words: "I've only been back in competition for about one year, but I find it fun and I feel I am still improving. My goal, if any, would be to become a top U.S. Masters competitor, but the most satisfying thing is to post new PR's for myself in the various road racing events. Yes, of course it's fun to win if that happens. (But) I take my running very casually. If I want to run in a forthcoming race, I will. If I don't, I won't. I want running to remain my hobby and not my obsession."

Jim Bowers, Masters runner supreme, views the marathon as the greatest running challenge, and he intends to run three or four of them a year. If he should continue to improve at his present rate...ah, the prospects are too tempting to put into print! Just keep your eyes on the road racing results, and Jack Foster, look out!

(Ed. - Shortly after this article was written (in the month of October), Jim was on the "injured list". We hear that he's now 'on the mend' and competing again.)



Jim Bowers, NorCal masters marathon record-holder at 2:27:31.

else), and if you wish to be admitted you don't wear cowboy boots and chaps to Doros.

So that you'll know how to determine the proper comportment at a restaurant, I have compiled this list of both subtle and salient features to look for. I will use the term "class restaurant" to distinguish a restaurant where pristine behavior is required, and the term "dive" to represent a restaurant where you can let your manners slide a bit.

(Note: Quality of food is never a determining factor in establishing criteria of conduct. I've dropped \$50 at a "class" establishment only to head straight for the nearest Golden Arches afterwards to satisfy my hunger pangs. Having grown up in some of the "crustier" Mexican restaurants in San Gabriel, I feel uncomfortable in a clean, new Mexican restaurant. A dingy atmosphere adds a special ingredient that makes the food and ensuing heartburn at a Mexican dive superior. Again, I'm using the word "dive" simply as a distinguishing term which has no bearing on the quality of the output of the kitchen. Frankly, I prefer dives.)

CHEF: - The chef at a class restaurant was schooled at the Cordon Bleu and served his apprenticeship under some of the great chefs of Europe. He will occasionally honor the patrons with a brief appearance in the dining room.

The "fry cook" at a dive is a recent dropout of McDonald's School of Hamburgerology and is currently a PE major at the local JC. You hope he doesn't make an appearance in the dining room.

WAITER: - The waiter at a class restaurant wears a tuxedo.

The waiter at a dive wears a tuxedo.

When you ask to see the wine list at a class restaurant, the waiter shows you an elaborate booklet.

When you ask to see the wine list at a dive, the waiter shows you his elaborately stained tuxedo.

The waiter at a class restaurant has a French accent, even though he was born and raised in the Bronx. His name is either Maurice or Jean Paul. His hands are graceful, yet masculine, and well manicured. Because of his impeccable service, you feel a generous tip is in order.

The waiter at a dive is from the Bronx and sounds like it. He goes by a nickname received for a past felony - Mauler, Crazy Ralph or Louie the Torch. His hands reflect the effects of having punched-out a side of beef immediately after performing a lube job on his 57 Chevy. You feel a generous tip is in order--in order to prevent dental surgery.

Between courses at a class restaurant your waiter is attentive, quickly filling your wine glass and whisking away empty plates.

Between courses at a dive your waiter is out in the back alley with the cook sipping muscatel from a brown paper bag.

DECOR: - The decor at a class restaurant is tastefully elegant, especially the table setting: fresh flowers in a Waterford vase, neatly pressed cloth napkins and tablecloth, Reed & Barton silver (including salad fork, butter knife, etc.), Royal Doulton China and glowing candle.

The decor in a dive is "early ribshack", especially the table setting: plastic flowers in a dixie cup, personally monogrammed paper cocktail napkins from the owner's third wedding reception, individual paper placemats emblazoned with a map of the local recreational lake plus graphic articles on "what to do when gagging on a hot link" and "how to hook a night crawler," the under side of the silverware is inscribed with USMC, China from Taiwan, glowing 200-watt bulb, Shell No-Pest strip hanging above each window.

The rest room at a class restaurant is an extension of the sumptuously appointed dining room. There is also an attendant on duty.

The rest room at a dive is a separate outbuilding across the parking lot. If there's an attendant in there, you're in trouble.

MUSIC: - The music at a class restaurant is either classical violins or none at all.

In a dive, country "oldies" are blarring on the jukebox, if you're lucky. If you aren't lucky, there'll be some joker with an accordion playing "Lady of Spain" in your left ear until you either cough-up a couple of bills or become permanently tone-deaf.

SALAD: - The salad at a class restaurant arrives well-mixed on a chilled plate. At a class restaurant with a little Panache, your waiter will toss the salad at your table.

The salad at a dive is served in a bowl just taken piping-hot from the dishwasher. The waiter then flings a dollop of dressing in the general direction of your salad from a three-compartment (French, 1000 Island, Bleu Cheese) aluminum condiment carousel.

The Running Gourmand

by Nino 'the Fowl' Nuccio

(NOT TO BE CONFUSED WITH "THE GALLOPING GOURMET")



ETIQUETTE /et-i-ket/ n: the forms required by good breeding or prescribed by authority to be observed in social or official life (Webster's 7th New Collegiate Dictionary).

Simply put, etiquette is using good taste in your conduct and appearance. Etiquette is important at restaurants, but is classic Emily Post etiquette necessary at all dining establishments? NO! How, then, do you resolve which 'degree' of decorum is appropriate? Your conduct at The Ondine will differ dramatically from your actions at Moby Taco because the ambience of The Ondine dictates proper etiquette and Moby Taco doesn't. It's not always this obvious, though. Certainly you don't go Black Tie to the House of Pancakes (this is OK only after midnight after the Senior Prom when you can't afford anyplace

SEASONINGS: - The seasonings served at a class restaurant are salt and pepper.

The seasonings served at a dive are salt and pepper...unless you order steak. Then your waiter bombards your table with bottles of ketchup, A-1 Steak Sauce, Liquid Smoke and Adolph's Meat Tenderizer.

At a class restaurant cream is served chilled in a silver creamer. Granulated sugar arrives in a matching serving bowl.

At a dive the creamer has been on the table all day and the cream has grown a protective filmy covering. In an ashtay are packets of Domino sugar embellished with a picture of either Grand Coulee Dam or the State Flower of Alabama.

POST-MEAL AMENITIES: - At a class restaurant post-meal amenities include a finger bowl, a selection of Havana cigars, and a snifter of Courvoisier.

At a dive post-meal amenities include a couple soggy Certs and 18 inches of peppermint-flavored dental floss.

What does it all mean? What should you derive from this treatise? Simple! Eat at home where you can say, do and wear whatever you want!□



Harry F. Hlavac, D.P.M.

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

After spraining an ankle, runners are often surprised at how long it takes to fully recover from the injury. There are many different degrees of tissue injury, from a simple "twisted" ankle to a severe sprain with ruptured ligaments and bone damage. Before beginning to run on an injured ankle you first should be able to perform strength and stretching exercises without weight bearing, then standing, and finally while running.

In order to rehabilitate an injured ankle, it helps to know the mechanism, nature and extent of the initial injury. Once the swelling and resultant limited motion is present, it is difficult to evaluate. In previous NCRS articles I have described the most common structures damaged and the initial treatment plan--specifically when to go to the doctor and when to return to full activity. In review, it should be remembered that bones, muscles and tendons rehabilitate completely, and torn ligaments do not heal completely, so the athlete many times may feel unstable "forever" and need to depend on outside means of support, such as tape, anklet supports, high-top shoes and/or functional orthotics (foot supports) for stability, or in rare cases, surgical ankle stabilization procedures. At the time of the initial injury the runner should stop if he feels a "crack", "tear", or instability with weight-bearing, if the ankle appears bruised or swollen, or if there is doubt about the extent of injury. The runner can return to full activity and competition when the injured ankle is as strong and flexible as the uninjured side: he should be able to lift the foot up (dorsiflex) at least 10° from a right angle with the leg, roll the ankle in (heel bone to lower leg) about 20° and out about 10°, with a smooth painless range of motion. The athlete should be able to balance on one foot without pain and easily go up on his toes.

The extent of injury can be a simple "twist", in which the runner can bear weight easily and "walk it off" within 2 minutes, at which time he can return to full activity, or a more involved sprain which involves ligaments, tendons or bone damage. It should be noted that initial treatment for all ankle injuries in which the runner cannot easily bear weight should include I.C.E. (Ice, Compression, Elevation) at least during the next 24 hours. A sprained ankle can be Class I ("pulled" ligaments, tendons), Class II ("torn" or ruptured ligaments) or Class III (involving avulsion or tear at the attachment to bone). Each of these has increasing disability and longer rehabilitation. The sprain may leave the bones or joints separated (medically called a diastosis) with resultant loose

joints. If a fracture is involved, the athlete is usually unable to bear weight and must be treated with immobilization. Initial proper treatment with prevention of swelling speeds the healing process and allows complete recovery.

When the pain is gone, the rehabilitation process begins. Usually the ankle is still swollen and may feel unstable. The objectives are to restore full range of motion and strength. If the ligaments have been ruptured, this may mean developing the ankle muscles for stability: these muscles hold the foot like a stirrup and involve the peroneus longus and brevis on the outside and the tibialis anterior and posterior on the inside. The rehabilitation program to follow is similar whether you have sprained the inside or outside structures. During rehabilitation you should first be able to do the non-weight-bearing strength and range-of-motion exercises, and then the weight-bearing exercises before beginning running.

NON-WEIGHT BEARING EXERCISES: - (1) Clock exercises; (2) Inner tube stretch; (3) Towel push & pull; (4) Paint can lift.

WEIGHT-BEARING EXERCISES: - (1) Calf stretch; (2) Toe raise; (3) Skier's forward press; (4) Skier's edging; (5) Bonoboard, log rolling.

When beginning forward movement, start with walking, then race walking, then jogging, "bounding", interval training, hills, hard road running, trail running, and then you're ready for competition.

CLOCK EXERCISE

(1A) Right foot at 3 o'clock & left at 9 o'clock.

(1B) Hand resistance to foot movement.



(1A)

(1B)

Combined ankle movements allow the foot to move around a circle like the hands of a clock. As you sit looking at your feet move your right foot clockwise as you rotate your left foot counter-clockwise. This may take some practice. To rehabilitate the ankle first do ten revolutions without resistance, then ten revolutions with resistance. To help the outside of the right ankle, resist from 12 to 3 o'clock; to help the inside of the right ankle, resist from 6 to 9 o'clock. To help the outside of the left ankle, resist from 12 to 9 o'clock, and to help the inside of the left ankle, resist from 6 to 3 o'clock.

SKIER'S PRESS

(2A) Forward press.

(2B) Side-to-side "edging".



(2A)

(2B)

While standing, begin the skier's forward press (knees together, feet parallel); as you push forward go as far as you can until the heels start to leave the ground.

As part of the rehabilitation process, repeat each of these exercises 10 times, two or three times per day. Use light ice massage over the healing area after exercise to prevent swelling.

Ankle injuries are often poorly diagnosed and inadequately rehabilitated, producing chronic problems. Prevention of the injury is the first step. Doing these exercises as part of your warmup will provide strength, free range of motion, and joint position awareness.□

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 - * Injuring yourselves and your athletes.
 - * Haphazardly applying training principles.

Coaches Tena Harms (DeAnza College...formerly of Oregon State and Stanford), and Dwayne "Peanut" Harms (Foothill College...formerly Nigerian Olympic coach, also U.C. Davis) have organized this three-week course in an effort to educate runners and coaches about the intricacies of long and middle distance running. As national class runners, they have experienced and discussed many different training philosophies. They also have a running camp which is held in the mountains (Montecito-Sequoia) at the end of the summer (see full-page ad elsewhere in this issue).

The course will meet on Tues., Wed., and Thurs. evenings (5:30-8:30 p.m., beginning July 8th. The cost is \$25.00 per person, and enrollment is limited.

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DIRECTIONS: From San Francisco — I-80 East, first exits after Carquinez Bridge toll, follow signs to California Maritime Academy. From Sacramento — I-80 West to Maritime Academy Drive, follow signs to entrance.

REGISTRATION: Registration day of race from 7:30-8:45 a.m. at the academy. Pre-registrants please show up early to get official tag.

PRE-RACE CLINIC: Conducted by Joe Henderson, former editor of Runner's World Magazine and author of many running books. Saturday, May 10 at 7:30 p.m. at the California Maritime Academy theater. Refreshments will be served. Admission is free.

OFFICIAL ENTRY FORM

Mail this entry form to Harry Diavatis (race director), California Maritime Academy, PO Box 1392, Vallejo, CA 94590. Entry fee is \$4 before May 5; \$5 day of race. Make checks payable to the California Maritime Academy.

Name _____ Club _____ Phone _____

Address _____ City _____ State _____ Zip _____

WAIVER: I hereby waive all rights and claims for damages against anyone associated with the race. I also certify that I am fit and have trained sufficiently to run this course and distance.

Date _____ Signature of Entrant _____ Signature of Parent or guardian if under 18 _____

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Open Men (18-39)

Masters Men (40 and over)

Teen boy (13-17)

Junior boy (12 and under)

Open Women (18-39)

Masters Women (40 and over)

Teen girl (13-17)

Junior girl (12 and under)

Swedish Massage

This is Part 11 of our series on massage by Dave Martin. Any direct questions on massage should be sent directly to Dave at 101 Gough St., #36, San Francisco, CA 94102, or call him at 415/626-2784. Appointments any day!!



Massage - A Training MUST

The publication of informative articles on massage doesn't happen very often. It is rare to see in print anywhere documented information on massage. These NCRR columns are unique. It is the only time in publishing history in the USA that a continuing magazine series has ever been done on the subject to my knowledge. Thanks to Jack Leydig's encouragement and vision, I have been able to do this.

Earlier this year, a very fine piece of writing did appear in another running magazine (actually in 1979). The Editor of *Track & Field News* has given me special permission to quote the article below in its entirety. I am grateful for the use of this material. For the benefit of those who did not see it when it was first printed, it is being reproduced here.

The following text is one of the best articles on massage to ever appear anywhere. The title of the piece is: Massage, A Training Must, authored by Hakan Nordovist.

"Massage is a vital part of systematic training. It is a MUST in basic conditioning.

Elmer Ukkola has the record to back up what he says about massage and the track athlete. Noted Finnish stars such as Lasse Viren, Pekka Vasala, Tapio Kantanen, Arto Bryggare and Antti Loikkanen have been treated by Elmer Ukkola's expert hands.

And when he does his work with the elite athletes, there are no boundaries. "We have an agreement with some of the boys. I will go to work whenever they need it, day or night."

Most of Ukkola's customers are treated during the day, of course, but such is his commitment to the athletes. Ukkola feels top-class athletes need massage treatment for 60-90 minutes per session. When he works on an athlete, he does it first to remove stress symptoms in the muscles and to make possible an uninterrupted program of tough basic conditioning. This is what he calls "preventative treatment".

Then, before a race, he massages an athlete for maybe 30 minutes to loosen up the muscles and prepare them for the effort of competition.

Massage is administered at all times, but it is always adapted to the specific situation: basic training, loosening up, competition, treatment of injuries.

"It is for everyone involved in systematic training," Ukkola says. "It differs with each individual, and has to correspond with the athlete's condition and muscular build." Massage does not differ that much between events, he adds, although the heavy muscles of throwers demand much strength from the masseur.

"Massage is something where you need strength and yet delicacy," explains Ukkola, who is known as "Ema". "You have to be on the alert for the athlete's response and very careful not to give the athletes a treatment which makes running difficult."

All top Finnish track athletes include massage as part of their training regimen. Juha Vaatainen did, Martti Vainio does (although they are not "regulars" with Ukkola). "The only ones that might not benefit from massage are race horses," Ema laughs. Other notable, if irregular, patients of his include Valeriy Borzov and Anders Garderud.

The only American athlete ever treated by Ukkola was the late Steve Prefontaine, who twice received treatment in Helsinki. "He appeared to like it and I think it helped him," Ukkola remembers. "He had strong muscles in proportion to his height, but they were very, very stiff. He certainly needed massage treatment, but it should have been regular."

Of Viren, Ukkola has only the best to say: "He is very alert and trusts me 100%." Of Lasse's left leg, which caused many anxious moments due to its injuries, Ukkola explains, "It is still a bit weaker than the right; about 1 centimeter around. My feeling is that the circulation in the leg isn't

working quite right. There seems to be a shortage of nutrition, but it's improving."

He pauses for a moment and then adds: "Funny that John Walker hasn't tried massage if he has similar leg problems. I think it would help."

Ukkola explains that it is very important that the massage given supports the training. "It has to be just right in view of the individual athlete's current condition," he says. "This is true of men and women, boys and girls, runners, throwers, and jumpers." And it isn't just a case of track athletes. Ukkola's clients include skiers, volleyball players, tennis players, wrestlers, soccer players, basketballers.

Elmer Ukkola is a carpenter by profession, but in the early 1940's (between the wars) he began to learn about massage. It was a common trade before the wars, but oddly enough just about abandoned after them. "What killed so much talent in Finland during the Lydiard years of programmed training was the lack of massage," Ukkola believes. The hard winters, the snowy roads, and the quantity of training needed regardless of weather conditions all contributed to stress injuries. He feels massage could help prevent many such ailments. (COMMENT: I've repeated that same thought to my readers in these pages for months!)

But winter is not the only villain. When Ukkola went to Kenya to look after Viren's training in 1975, he and Lasse agreed that the runner's legs wouldn't have lasted two weeks without massage.

In doing his work, a full day for Ukkola can mean about 5-6 patients a day. In the past, he took as many as 8 clients (at as much as 90 minutes each, remember!). His patients cover all ages and both sexes. He doesn't feel there is a need to start massage too early; the best time seems to be when a young athlete begins systematic training with a qualified coach. This is usually around age 15. When young Finnish athletes are called together for track camps, Elmer gets the assignment. "At one meet I started working on the athletes at 9 a.m. and didn't finish until 9 at night. Quite a day," he recalls.

But he recalls Munich's Olympics most: "It was all so fantastic with Lasse, Pekka, Vasala & Kantanen too. This massage group did all right: 3 OLYMPIC GOLDS AND A BRONZE!"

Lasse Viren openly credits Elmer Ukkola with restoring him to health. When the Soviet team arrived in Fort Worth in March '79, among the entourage were 3 masseurs.

European athletes and those influenced by European training methods and philosophies swear by massage. Yet to most American athletes "massage" means just a quick rubdown. Has massage been overlooked in the U.S. by athletes as well as coaches and trainers? Bob Beeten, head of the USOC Sports Medicine Program, thinks so.

"Massage was used in this country during the early development of athletic training several decades ago," says Beeten, the former Idaho State coach. "Then suddenly we got a lot of new machines with lights on them and things that move and flash and the emphasis swung toward technological aids. But in the last few years, I have noticed a trend of what I would call "back to basics"; getting back to the simpler, more refined methods of treatment such as straight heat and straight cold as primary treatments. I've even seen many new trainers coming out and using their hands. For a long time, we didn't have many in this country that did."

Beeten feels massage can play a vital role in the overall training scheme: "I'm one of the old guard who feels it is very important, especially in terms of keeping the muscle structure pliable. Track athletes have to keep the lower leg muscles loose and supple."

As Beeten points out, "The closest most Americans get to massage is a quick rubdown 5 minutes before they compete. Same for the trainers."

"It's also a function of time: In European systems, massage is just one part of the overall training scheme. Time is made every day for massage and many times the trainer cares for very few athletes and not an entire team. So the trainer can work up individual programs for each athlete.

"Most Americans don't concern themselves with stretching, let alone massage," he adds. "But proper preparation is so important, especially for runners, because a trackman's legs take such a terrific pounding."

The above article confirms that U.S. athletes are seriously neglecting the best method of conditioning possible---MAS-SAGE! □



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Running & Stress of Life

by Walt Schafer

Walt Schafer, Ph.D., is Director of the Stress Management Center at Chico's N.T. Enloe Memorial Hospital and Professor of Sociology at California State University, Chico. A masters runner with 26 years experience, Walt also directs the Bidwell Classic Marathon & Road Races. His book, *Stress, Distress and Growth*, published by International Dialogue Press, can be purchased for \$6.75 (shipping included) directly from him at Enloe Hospital, 5th & Esplanade, Chico, CA 95926. --- Walt has offered to contribute on a regular basis to NCRS, discussing a number of issues about the role of running in the control of stress...and sometimes in the creation of stress. We may not be able to feature his articles in each issue, but we will try to include them at least several times a year. If our readers enjoy this column and would like to see it as a regular feature, possibly replacing or supplementing a current feature, please let us know. We can't read your minds!

Runners and non-runners alike live in a world where distress is rampant. Experts estimate that stress is directly involved in 60 to 90 percent of all illnesses see by physicians. The list of stress-related diseases is familiar: ulcers, colitis, headaches, lower back pain, coronary artery disease, high blood pressure, and more. Recent research strongly suggests that even cancer sometimes is stress-linked.

Stress does damage to health and well-being directly through wear and tear in the body and mind. But people's reactions to stress further add to the problem. Child-abuse, alcoholism, addiction to prescribed or illegal drugs--these are familiar examples of destructive coping behavior. Two of the five leading causes of death among men in this country are lung cancer and cirrhosis of the liver, both tragic results of efforts to cope with stress. Dr. Kenneth Cooper likes to point out that people don't usually die prematurely, they kill themselves! Hans Selye calls it biological suicide.

In moderate amounts, stress--that is, arousal of mind, body and behavior in response to the stressors of life--can and does play an essential, positive part in good health, development of potential, and readiness for emergency. Challenge is vital to expansion and authentic satisfaction. Competitive runners know that repeated moderate stress with ample recovery is essential for improvement of performance.

In and of itself, then, stress need not be harmful. But too much arousal for too long inevitably leads to distress in mind, body and actions. So too does too little arousal. Distress by definition should be avoided. When distress does occur, as it surely will from time to time, it must be coped with in constructive rather than destructive ways.

Most of us usually handle acute, temporary crises fairly well--divorce, death of a relative or friend, a housefire, an injury, a job loss. Stress-related illnesses often appear, however, when an acute life crisis occurs in the midst of prolonged chronic stress. The added strain of mind and body is crippling because resistances are down.

Alvin Toffler probably is correct in *Future Shock* when he contends that accelerating change is pushing our adaptive abilities to the limit, both as persons and as a nation. "The malaise, mass neurosis, irrationality, and free-floating violence already apparent in contemporary life are merely a foretaste of what may be ahead unless we come to understand and treat this illness...of too rapid change."

Our political, economic and intellectual leaders have yet to solve the mystery of taming runaway technology and its myriad of head-reeling spinoffs. Meanwhile, masses of Americans search for ways to take care of themselves in the face of pressures, complexities, and overchoice apparently intrinsic to urban-industrial life. Put simply, they seek a buffer, a protection.

Many observers contend the running movement has gained such enormous momentum during the past decade partly because it fills this need--at the very least, millions seem to believe running will protect them from mental and physical distress. But hard questions remain. Do runners feel less distress the rest of the day? More importantly, do they in fact show fewer distress symptoms? Are rates of stress-related disease lower among runners than non-runners, given the same pressures and strains in their daily lives? Is happiness greater? Does regular running truly protect against breakdown? In short, is runners' faith backed by trustworthy research evidence? And if running does protect against harmful distress, what are the precise physiological and psychological means by which this

occurs?

No one has the complete and accurate answers to these questions. Yet they are worth asking, for at least two reasons. On one hand, we runners need to keep a clear (and honest) head as to what running can and cannot do for us--and for our non-running friends--as we seek to keep stress under control and to improve the quality of life. On the other hand, by continually asking these questions, we can encourage researchers to continue to seek careful answers with the best tools of behavioral, biological and medical science. Knowing what we think running does for us is one thing. Knowing accurately what running does and does not do for large numbers of people is quite another matter. Therefore, scientific research about stress-control benefits of running needs to complement our subjective, personal awareness.

A good starting point is to take as given the rapidly changing, mobile, complex conditions surrounding us and then to ask, what kinds of individual life experiences carry the greatest risks of mental or physical distress? Put simply, what features of everyday life make us and our non-running neighbors most vulnerable? Research evidence points to several:

MAJOR TRANSITIONS: - The risk of illness and mental breakdown is often greatest during or immediately after major "passages". Some transitions are predictable (so-called marker events): marriage, first child, last child leaving home, retirement, death of spouse late in life. Others are unexpected, such as a geographic move, job change, crippling injury, divorce, remarriage. During such transitions, energies must be devoted to adapting. Sometimes, reserves run low, increasing susceptibility to accidents, emotional breakdown, infectious diseases, and other signs of distress. Can running buffer us against these ill effects by increasing resilience, endurance, physical energy to cope, psychological strength?

TOO MUCH CHANGE IN TOO SHORT A TIME: - Perhaps this is the most widely researched topic in the stress field. And the results are clear: many personal changes in a brief period of weeks or months traumatically raises the risk of illness, accident, and psychological disturbance. Whether changes are minor or major, positive or negative, wear and tear can set in when these changes are too numerous. Can running protect against illness, given many changes in a short time? Are runners better able to control their lives so that change doesn't get out of hand?

HURRY SICKNESS: - Meyer Friedman, Ray Rosenman and others have shown that constant pressing against the clock (Type A Behavior), so characteristic of our overloaded busy lives, brings with it a markedly increased risk of coronary heart disease. Others have found this behavior pattern also to be linked with other coronary risk factors such as smoking, overweight, lack of exercise, high blood pressure, and elevated cholesterol. Heightened risk of other diseases also has been found. Can running protect against heart disease and other sicknesses, given a Type A life style? Can running sooth the soul so that Type A Behavior never gets started or, once started, is slowed down? Despite emotional attacks on "jogging" by Dr. Friedman, these remain open questions.

POOR JOB-PERSON FIT: - Millions of Americans hate their work. Some are under-challenged, some over-challenged, some simply find a bad fit between personality and demands of the job. Illustrations are plentiful: the insurance salesman who would rather garden or design houses because he is ill-at-ease with people; the assembly-line worker who would love nothing more than to build houses; the secretary who mourns at wasting her talent in graphic art; the middle-level manager who detests cross-pressures and deadlines. Are runners more adaptable to job demands? Do they suffer less, given a poor person-job fit? Do runners more often develop the internal strength to risk changing jobs when needed?

LOSS OF MEANING: - If God is not dead, many believe Him so. Right or wrong, the church clearly has faded in importance for many. So has faith in political and educational institutions. Meanwhile, people search for guidelines, identities, something to believe in. Some find, others search for a lifetime, never finding. Are runners immune from such meaninglessness? Do they create their own meaning? Does health become a supreme value in itself? Self-improvement? The running community? Are runners more anchored in the face of swirling religious and cultural change?

PLEASE
DON'T
TELL ME
TO RELAX--



IT'S ONLY
MY TENSION
THAT'S
HOLDING ME
TOGETHER.

Do they adapt to change more readily, with less pain and confusion?

These, then, are experiences with a high risk of distress --and significant questions about the role of running in protecting against such distress. □

MILLER TIME

by Joe Green

At Riverside last November 10th, Cal Poly-SLO's cross-country team once again ran away with the Division II Nationals. Led by Jim Schankel, the individual champion, the Mustangs almost shattered the all-time low score of 33, set by Eastern Illinois...Poly scored an illness-plagued 45!

The success of the team comes as no surprise to anyone who has followed X-C in America recently. In the last year they have won two Div. II titles; one in x-country and one in track, and in the process have produced over thirty-five All-Americans.

To understand the achievement of this year's team, one must be acquainted with the athletes. But to understand the unique accomplishments of Cal Poly in the last few years, one must know the coach, Steve Miller.

"...to produce as many world-class athletes as possible."
- Steve Miller

Easily considered an American class distance runner, Jim Schankel (Cal Poly's number one man) annexed first place in Div. II again this winter and also placed 15th in the Div. I Nationals (6th American). If he equals his best track times of last year, he will have qualified for the Olympic Trials in the 5,000 meters.

Dissatisfied with his life his freshman year at Cal Poly, Schankel, surprisingly enough, joined the Air Force. Even though he only though he only trained for a month and competed but twice during his two-year stay in the service, it didn't take him long to come back. He attributes this to Miller.

"Steve Miller is not just a coach. He is a good friend. He knows me very well. He can tell just by watching when I'm too tired. It is very important that a coach and athlete know each other very well."

The second man this past fall, Danny Aldridge, has already qualified for the Trials this past summer in the 1500 meters. Marked as an excellent high school athlete, Aldridge was given a scholarship to USC. Unhappy with their program, he came to Cal Poly by way of Santa Rosa JC. Even though he trained thru most of the meets this fall, he couldn't compete in the Div. I Nationals due to an injury.

An important question right now for Cal Poly is whether or not they should join Div. I, stay in Div. II, or even move to Div. III. Both Aldridge and Schankel want Poly to stay in Div. II. Danny puts it like this: "Miller's program is already set up for us to compete in every major Div. I meet except the Nationals. Right now Miller raises 99% of the money he needs. Oregon's recruiting program budget is twice the total amount of Cal Poly's WHOLE budget!"

For most of the season, Manny Bautista held the third spot on the team. Fortunately for Poly, he had been labeled as a "no talent" athlete at the University of New Mexico his freshman year. His desire and success at Poly reflects both the faith and respect he has for himself and Miller's program.

Along with Bautista, Eric Huff is another of last year's championship team. Eric has shown his unique ability to gauge his training so that he peaks at the right time. That ability, along with his current level of conditioning, have enabled him to look seriously at making the qualifying mark for the summer Trials.

Terry Gibson, a standout Glendale JC transfer, floated between 4th and 6th this past season. As a new member on the squad, he considers the program hard but different than he had

expected.

Ivan Huff, the sixth man and another new member, explains it at a more fundamental level. "If you adjust to it, it will help you. If you can't adjust, it will hurt you."

Another reason for Cal Poly's success this cross-country season was the high level of competition among its members. The seventh position was so competitive throughout the season that a special race had to be run to decide who would grab it. Paul Medvin, a freshman, but a two-time California State High School mile champion, dominated that race. The course was perfect for a speedster of his caliber, but he had to peak for that race to annex the seventh place on the team. In the coach's opinion, his time over the six-mile-plus course would have been in the 29's in a 10K race...he earned his place.

As a high school athlete, Paul was actively recruited by most of the top colleges in the nation. What sold him on Cal Poly over Villanova, his first choice, was the personal consideration he received. All 4:05 high school milers and top college recruiters please note!

The Coach: - "...I don't want to betray my own expertise. I do speak all over the world on technique. I feel my technical coaching and my technical knowledge in some areas is excellent. If I had to choose between the two, between emotion and technique, I think my greatest asset as a coach is to organize, motivate, stimulate, actively involve my athletes in a total physical and emotional experience."

From a suburban Chicago high school athlete until college, Steve Miller's concentration had been focused on being an athlete. In college ball he suffered a serious football injury which curtailed active participation. At that point in his life his attention shifted from being coached to coaching. After a year in Europe, he came back to a coaching job at a small township high school called Bloom. "I never really thought about coaching until I was injured. Then my desire turned towards coaching, and that is when I made my decision to become a coach."

Bloom had a rich tradition of track and field. With Miller as an assistant for three years and as head coach for seven more, they were even more successful--producing several state championship teams and individual national record holders.

"From a participation standpoint, frankly, I like football a lot better, but from a coaching standpoint I like the exactness of track and field. Success should not only be thought of in terms of winning. If you are a twenty-foot long jumper and you jump twenty-one feet, six-inches, you are a success. Because improvement is so measureable--because frequently, what you get out of it is what you put into it, I find individual sports, particularly track and field, to be most exciting."

In 1976, coach Steve Simmons was resigning as head coach of Cal Poly to take over Oregon State's program. He had met Steve Miller when they were both working in Africa instructing their Olympic coaches in the technique events. Upon returning from abroad, Miller received a message from Simmons asking him to apply for the job at Cal Poly. Having accomplished his goals and ambitions at Bloom, Miller was ready to move on.

"My goals are varied. I've been at Cal Poly four years and we have won two national championships. We were second and fifth in another two. It looks like we have a good chance of winning two national championships this year, which would give us four, and in the top three six times now. It's hard to say that I have any goals beyond that. My most immediate goals are to win two more championships and to produce as many world-class athletes as possible. We want to get some people in the Olympics--certainly try to get some people into the Olympic Trials."

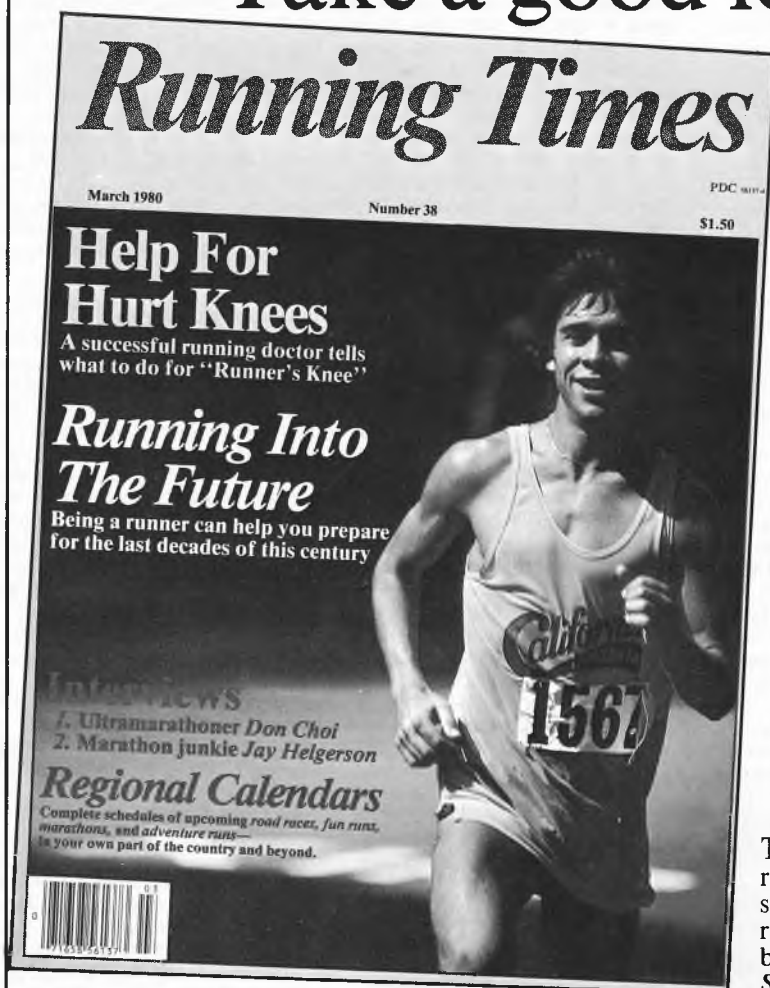
It is obvious that Miller has accomplished many things as coach at Cal Poly, primarily by asking as much from his runners as they ask of themselves.



Cal Poly's Div. II X-Country Champions: (top/l-r) Coach Steve Miller, Ivan Huff, Terry Gibson, Jim Schankel, Dan Aldridge; (bottom/l-r) Eric Huff, Paul Medvin, Manny Bautista.

/Photo by Eric Burdick/

Looking for reliable information? Take a good look at this!



The Calendar: Over 500 upcoming road races, trail runs, marathons, fun runs, adventure runs, and ultramarathons are listed each month in our comprehensive calendar section—along with the latest information on hard-to-get-into races, early deadlines, qualifying times, special bargains on transportation and lodging, etc. Our calendar is also the most *reliable* source of information available to serious road runners. That's why Jim Fixx chose *Running Times* as the source for his best-selling desk calendar.

Shoe Evaluations: Each year we test over 100 new models of running shoes, using test runners for rigorously controlled studies of shock absorption and motion control. Our methodology is completely open for inspection. And our study (conducted at the University of California) pulls no punches! When last year's study was published, the story was picked up by UPI and made headlines throughout the country as no previous shoe evaluation had ever done. Runners, coaches, retailers, podiatrists, and shoe manufacturers are looking more and more to the *Running Times* evaluations as an unbiased and authoritative source of information.

The Running Body: New findings from leading researchers in the fields of exercise physiology, sports nutrition, and sports medicine . . . to help you run faster, longer, and more injury-free. Compiled by Jim Ferstle, a former editor of *The Physician and Sportsmedicine* magazine.

Race Results: *Running Times* is the only national running magazine (published in Eastern and Western editions) which provides comprehensive coverage of road running events throughout the country. Our race reports tell what happened in hundreds of different events throughout the year, not only at the front of the pack but in the middle and back . . .

Running Shorts: Anecdotes, news, and bits of inside information about runners (and about the politics and economics of the running "business") that you won't find anywhere else.

Articles: Many of our special features open up subjects no other magazine will touch, and provide information you won't find elsewhere. *Running Times* authors include writers like **Jeff Darman** (former president of the Road Runners Club of America), **Jacqueline Hansen** (former women's world record holder in the marathon), **Ed Ayres** (former age-35 American record holder for 50 miles), **Don Kardong** (4th place finisher in the Montreal Olympic marathon), **Jim Fixx** (author of *The Complete Book of Running*), **Peter Roth** (author of *Running USA*), and many other familiar names.

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When questioned about what he expects from an athlete, he replied, "I do it a little differently. I obviously have expectations of athletes...that they perform to a particular standard. And that standard is a high standard, and it has continued to elevate as we've gone along. We are looking for them to be a part of the program--to involve themselves in the program --to make the kind of effort required for them to develop their abilities. I feel it is my responsibility as a coach to provide an environment for that athlete to reach his maximum potential. I can do that as a coach--provide those opportunities: the technical skill, the facilities, the competition, and so forth. If we provide the environment for the production of the very best performance, then I feel we have done our job and it is the athletes' responsibilities to immerse themselves in that environment to develop their skills to the greatest degree."

Then what should an athlete expect from a coach? "...fairness, technical knowledge, opportunity, and honesty...it's not a one-way street. It is give and take. An athlete has every right to expect that from a coach."

A 1979 Division II National Cross-Country title speaks highly of the caliber of the athletes in Miller's program. Three national championships...over 30 awarded All-American status...possible U.S. Olympic athletes...that is an extraordinary accomplishment for any coach. Regretably though, Cal Poly may make a great mistake if they neglect to really consider the personal goals of the coach that has given them so much honor, because we all have personal goals and ambitions...and Cal Poly

may lose one of the great coaches of our time if they don't choose carefully.

"Yes, I would like to move into a larger Division I high power program. However, I need to qualify that by saying this: "I think Cal Poly is the cream of the crop in Division II. The living conditions here are probably better than any other place in the country. When thinking about a job change, I have to think not only about a job change but the quality of living as well. Right now, yes, I am thinking about a change if the right situation comes up. But I'm not thinking about it so seriously that if the conditions improve here I would not stay here indefinitely."

If Cal Poly were to get into Division I, would Miller still consider moving? "No, then I would definitely stay. There would be no reason to change. I would have met my objective...to do a good job of coaching in the highest ranking Division in America."

Cal Poly! The decision is yours...□

Joe Green is currently a junior at Cal Poly. Joe ran a 9:11 two-mile when he was a senior at Aragon High School in San Mateo. From there he did a two-year stint at the College of San Mateo, just a few miles from his home. He's now devoting his full energies to his studies and not thinking of competing in either track or cross-country this year. He does, however, stay in condition, and manages 40-60 easy miles per week. Joe is also a member of the West Valley Track Club.



KAISER MAY DAY RUN

SATURDAY MAY 10, 1980

LAKE MERRITT 5-10km.

To Benefit the Cystic Fibrosis Foundation

START/FINISH: LAKE MERRITT BOATHOUSE (14th & LAKESIDE DR.), 9 A.M. START
 RACE LENGTH: 5K, (1 LAP AROUND LAKE MERRITT), OR 10 K, (2 LAPS AROUND THE LAKE).
 COURSE: PAVEMENT, COMPLETELY FLAT.
 REGISTRATION: PRE-REGISTRATION WILL BE \$4.50 (BEFORE MAY 7TH)
 RACE DAY REGISTRATION \$5.00, STARTING AT 7:30 A.M. IN FRONT OF THE LAKE MERRITT BOATHOUSE.
 MEDALS: THERE WILL BE MEDALS AWARDED TO THE TOP THREE FINISHERS IN EACH DIVISION
 T-SHIRTS: TO THE FIRST 1500 REGISTRANTS
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In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claim which I may have or which may hereafter accrue to me against the sponsoring organizations, or their representatives, successors and/or assigns for any and all damages which may be sustained and suffered by me in connection with my said association with or entry and/or arising out of my traveling to, participating in and returning from said athletic meet. I agree (and if I am a minor my parents and/or guardian by their signature below agree) to defend, indemnify and save the sponsoring organization and each of them as well as their executive officers, agents and employees harmless from and against all claims, demands, actions and liabilities, and all costs and expenses incurred in connection therewith, for injury to or death of persons, or damage to or loss of property, arising out of or in any way connected with my participation in the Kaiser May Day Run. I further attest that I have sufficiently trained for this event.

Signature: _____ Age: _____

Name _____ Phone: _____

Address: _____ City & Zip: _____

Make check payable to the Cystic Fibrosis Foundation. Mail check and completed registration form to Kaiser May Day Run, Cystic Fibrosis Foundation, 5801 Christie Ave., Suite 440, Emeryville, CA 94608

Scheduling

LONG DISTANCE (Also see "Late News")

WHEN REQUESTING INFORMATION on any of the races listed in our scheduling section, be sure to enclose a S.A.S.E. (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" can usually be of help in cases where no meet director is listed...but use him/her as a "last resort" & remember that S.A.S.E. Contacts listed below may not necessarily be the AAU LDR Chairmen. *** PACIFIC ASS'N: Bob DeCelle, Box 1606, Alameda, CA 94501 (Ph. 415/523-2264); SOUTHERN PACIFIC ASS'N: (SPA) Chuck Lichter, Box 9192 Victory Center Sta., No. Hollywood, CA 91606; PACIFIC SOUTHWEST ASS'N: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA ASS'N: (CCA) Dave Bronzan, Box 271, Fresno, CA 93708; SOUTHERN NEVADA ASS'N: (SNA) Las Vegas TC, c/o 602 S. Maryland Pkwy., Las Vegas, NV 89101; OREGON ASS'N: (OA) John Frey, 1450 Fir South, Salem, OR 97302, or Marilyn Paul, 2626 SW Ravensview, Portland, OR 97201.

AAU CARDS: - If you intend to compete in AAU District or National Championship events (now "Athletics Congress"), you should secure a current card from your local district office. Contact the local representatives on this page for addresses or check with Directory Information. The Pacific Ass'n Office (PA-TAC) is: 942 Market St., #201, San Francisco, CA 94102 (Ph. 415/986-6725)...cards with the PA are currently \$3.50, plus a 50¢/sport participation fee that goes directly to the National Sports Fund (track & field, race walking & long distance running are considered 3 different sports...you pay 50¢ for each sport you compete in). Insurance (covering AAU Sanctioned events and supervised AAU Club practices) is optional and runs only \$1.25 for the year (a deal!). AAU (TAC) cards are not required for other than AAU/TAC Championship events but are recommended as they help support our sports programs. It is the athlete's responsibility to check to see if races have proper sanctions.

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: Jesse Bond, 829 Asbury, Evanston, IL 60202; 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, California & most of Nevada schedules.*)

WHEN: MOTHER'S DAY -- MAY 11TH, 1980

WHERE: THE RUNNER
EDGE WATER PLACE SHOPPING CENTER
FOSTER CITY, CALIF.

TIME: 8:00 A.M. - Registration
9:00 A.M. - RACE

REGISTRATION: Pre-registration is highly suggested. Tee-shirts are only \$2.00 for pre-registered participants, and \$4.00 on race day. Make checks payable to: Poor Man's Bay-to-Breakers Warm-Up The Runner 969-G Edge Water Blvd. Foster City, CA 94404

FEE: ADULTS - \$2.99 -- CHILDREN - \$1.99 (under 14) -- MOTHER & CHILD (under 14) - \$3.99

COURSE: 5.4 miles. Road and trail through scenic Wildlife Refuge. Flat course.

PRIZES: Awards to 1st overall, 1st each division, oldest and youngest runner, youngest mother/child team; Ribbons through 10th place each division; Merchandise drawings by race number.

MORE INFO: Contact Vicki Smith, The Runner (415/572-0222).

*****PRE-REGISTRATION CHECKS MUST BE POSTMARKED ON OR PRIOR TO MONDAY, MAY 6TH*****

A <input type="checkbox"/> Women/12 yrs. & under	F <input type="checkbox"/> Men/12 yrs & under	NAME _____
B <input type="checkbox"/> Women/High School (13 to 18)	G <input type="checkbox"/> Men/High School (13 to 18)	ADDR _____
C <input type="checkbox"/> Women/Open (19 to 39)	H <input type="checkbox"/> Men/Open (19 to 39)	CITY _____ STATE _____
D <input type="checkbox"/> Women/Masters (40 plus)	I <input type="checkbox"/> Men/Masters (40 plus)	ZIP _____ PH _____
E <input type="checkbox"/> Women/50 plus	J <input type="checkbox"/> Men/50 plus	AGE ON RACE DAY _____
K <input type="checkbox"/> Mother/Child team		

Waiver: In consideration of your acceptance of this entry, I waive all claims for myself against The Runner, Foster City, San Mateo County, and The Poor Man's Bay-to-Breakers Race for injury which may result from my participation. I further state that I am in proper physical condition to compete in this 5.4-mile race.

Signature of Runner _____ Signature of Parent (if under 18) _____

- Apr 19 - Livermore 8.5 Miler, Lawrence Livermore Lab, 10 a.m. Nick Winter, 40453 Dolerita Av., Fremont 94538 (Ph. 415/651-4134)
- Apr 19 - Baylands 10,000 Meter Run, Moffett Industrial Pk., Sunnyvale, 10 am. Baylands Run, c/o P.O. Box 60607, Sunnyvale 94088.
- Apr 19 - Mountain Charley's Great Chase Race, 10Km, Los Gatos H.S., noon. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.
- Apr 19 - Magical Musical Marathon (& 1/2-Marathon), Discovery Pk., Sacramento, 7 am. Elizabeth Jansen, 2408 "J" St., Sac'to 95816.
- Apr 19 - Lake Merritt Couple's Relay & Fun Run, 10K, Old Boathouse, Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605.
- Apr 19 - KZST Tenth Anniversary Runs, 2 & 6.2 Mi., site & time TBA. Jerry Gaulke, 1059 College Av., Santa Rosa 95405 (528-4434).
- Apr 20 - Fleischmann's Margarine Run & Racewalk (Date moved to May 3rd).
- Apr 20 - Run For Daylight 10Km, Lafayette, 10 am. Marian Lemke, 1341 E. Newell Av., Walnut Creek 94596 (Ph. 415/934-7640).
- Apr 20 - Santa Clara Valley Spring Ridge Runs, 6.07 & 10.76 Mi., San Jose, 10 am & 1 pm. Ron Landrum, 1201 Huntington, San Jose.
- Apr 20 - A Run for Your Life, 3 Mi. & 10K, Novato (San Marin H.S.), 10 am. Lee Strauss, 712 Fifth St., San Rafael 94901.
- Apr 20 - Diet Pepsi 10K, Lake Yosemite Pk., Merced, 9 am. Diet Pepsi, P.O. Box 2068, Merced 95340 (Ph. 209/722-4131).
- Apr 20 - Contra Costa Orienteering Meet (tentative), Las Trampas Regional Pk. David Stryker, 849 Collier, San Leandro 94577.
- Apr 26 - Benicia Historical Run, 3 & 6.2 Mi., base of 1st St., Benicia. Parks & Rec. Dept., 250 East L, Benicia 94510.
- Apr 26 - MIIS Sprint, 10K, Lagune Seca Raceway, Monterey, 10 am. MIIS Sprint, PO Box 221356, Carmel 93922.
- Apr 26 - May Day "Run For Life", 5, 10 & 20K, GG Park, San Francisco, 10 am. Heart Ass'n, 421 Powell St., San Francisco 94102.
- Apr 26 - Visalia Spring Runs, 5 & 10K, Visalia, time TBA. Bob Stephenson, 1527 Vassar Dr., Visalia 93277 (209/733-1655).
- Apr 26 - Conejo Valley Days 10K, Los Angeles area, 8 am. Kathy Bauwens, 668 Los Vientos Dr., Newbury Park 91320.
- Apr 26 - Cherry Festival Run, 6.5 Mi., The Dalles, Ore., 9:30 am. Bob Thouvenel, 1005 E. 11th St., The Dalles, OR 97058.
- Apr 26 - RTC 10K Oakland Run, & 2 Mi. novice run, Oakland, Ore., 10 am. Bill Bednar, 169 NE Peggy Av., Roseburg, OR 97470.
- Apr 26 - Heart of the Valley Road Runs, 3 & 7 Mi., Corvallis, Ore., 11 am. Dan Eden, c/o 601 SW Washington St., Corvallis 97330.
- Apr 26 - Boulder City 10K, Boulder City, Nev., 9 am. Las Vegas TC, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Apr 27 - Mt. Diablo Disturbance Handicap Race, 6.6 Mi., Old No. Gate, 9 am. (Men 21 & Over Only; Performance Date Req'd For Handicapping). Jack Kirk, Star Route, Mariposa 95338.
- Apr 27 - American Canyon X-C Festival, 2 & 7 Mi., btwn. Napa & Vallejo, 9 am. Bob Glowienke, 609 Kilpatrick, Amer. Canyon 94590.

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 Willamson, 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., 9 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 Lutheran College; every Sunday, 8:00 am; Joseph Nardo, 573 Houston Dr., Thousand Oaks, CA 91360.

SAN FRANCISCO: Various locations; every Sun., 10 am. Non-competitive runs sponsored by "Front Runners", a gay running group (no fee). Call 863-4942; 552-3439.

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

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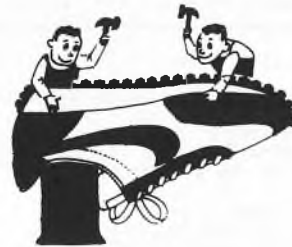


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- Apr 27 - Brothers 4 10Km Fund Raiser, Spring Lake, Santa Rosa, 10 am. Brothers 4 Sports Annex, PO Box 6238, Santa Rosa 95406.
 Apr 27 - Run for Life, 10Km, Stanford Univ. Stadium, 10 am. American Heart Ass'n, 3003 Moorpark Av., San Jose 95128 (247-8555).
 Apr 27 - Sun Run, 7.5 Mi., Evergreen Valley College, San Jose, 10 am. Sun Run, 1975 S. White Rd., San Jose 95148 (408/251-9357).
 Apr 27 - DSE Golden Gate Bridge Vista Run, 5 Mi., Legion of Honor, S.F., 10 am. Walt Stack, 741 Kansas, San Francisco 94107.
 Apr 27 - K.C. Classic 5 & 10K (and ½-Mile 10&Under Fun Run), Elk Grove Pk., 9 am. K.C. Classic, P.O. Box 456, Elk Grove 95624.
 Apr 27 - Run for the Health of It 5 & 10K, site & time TBA. Sacramento Bee, PR Dept., 21st & "Q" Sts., Sacramento 95816.
 Apr 27 - Spring Runs, 10K (and 1 Mi. & 5K Fun Runs), Marin YMCA, San Rafael, 9:30 am. Marin YMCA, 241 N. San Pedro, S.Raf. 94903.
 Apr 27 - Wildcat Canyon Runs, 1.5 & 4.9 Mi., Richmond, 9:30 am. Recreation & Parks Dept., 25th & Barrett, Richmond 94804.
 Apr 27 - South Bay 20Km, Los Osos Jr. High, 7:30 am. Petra Clayton, 1342 - 11th St., Los Osos 93402 (805/528-0872).
 Apr 27 - Reedley 10-Miler, site unknown, time TBA. Dave Bronzan, 1173 W. Eymann, Reedley 93654 (209/638-4664).
 Apr 27 - Gamma Phi Beta 10K, Rosebowl, Pasadena, 9 am. Martha Brown, 850 Cumberland Rd., Glendale 91202.
 Apr 27 - St. Johns Hospital & Health Center 10K, Marina Del Rey, 8 am. Dr. Peter Gall, St. Johns/Comm. Affairs, 1328 - 22nd St., Santa Monica 90404.
 Apr 27 - SPA 50K Championships, Los Posas Hills, 6:15 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010 (805/482-5360).
 Apr 27 - Santa Rose Valley 16-Miler, Los Posas Hills, 6:15 am. Same contact as SPA 50K, above.
 Apr 27 - ORRC Council Crest Run, 2.5 Mi., Portland, Ore., 2 pm. Steve Cackley, 5015 NE Rodney, Portland, OR 97211 (503/284-0571)
 Apr 29 - OTC May Day Feast Run, 5 Mi., Eugene, OR, 11 am. Lary Simpson, Sugar Pine Ridge, 877 E. 13th, Eugene, OR 97401.
 Apr 30 - Wednesday Evening in the Park 5K, GG Park Polo Fields, S.F., 7 pm. Marin Racers, 1746 - 26th Av., San Francisco 94122.
 May 3 - The Human Race, 10K Benefit Run (4 sites: San Francisco Presidio/Crissy Field - 415/864-4200; Marine World Africa USA/ Belmont - 415/342-0801; Salinas High School - 408/758-8488; Lafayette/Orchard Nursery - 415/934-0424), 8:30 am.
 May 3 - Earthquake Run, 10K (and 1 Mi.), Fairview Ctr., Hollister, 9:30 am. Earthquake Run, PO Box 337, Hollister 95023.
 May 3 - (NEW DATE...Moved from Apr. 20 in PA Hnbk.) - TAC/Fleischmann's Walk/Run (10K race walk, 15K run), Polo Fields, GG Park, San Francisco, 10 am. Entries Close 4/30. Don Capron, Marin Racers, 1746 - 26th Av., San Francisco 94122 (415/661-1828)
 May 3 - Folsom Lake 5 & 10K, Granite Bay State Pk., Roseville, 8 am. Dr. Michael Uro, 87 Scripps Dr., #208, Sacramento 95825.
 May 3 - Moonstone Beach Drive 4-Miler, Cambria County Pk. (San Luis Obispo area), 10 am. SLDC, 1561 Hillcrest Pl., S.L.O. 93401.
 May 3 - Fountain Valley 5 & 10K, 9 am. Chris Rochlen, 17427 Santa Isabel St., Fountain Valley 92708 (Ph. 714/842-2607).
 May 3 - Hat-In-The-Ring 5-Miler, Judson Baptist College, Oregon, 9 am. Ray Bowman (503/234-3640 or 248-4966, work).
 May 3 - Newport 5 Mile Beach Run, Newport, Ore., 10:30 am. Newport Boosters, Box 574, Newport, OR 97365.
 May 3 - Fun Run Campout (5 & 10 Mi., 2 days), Warm Springs, Nev., 5:30 pm. Las Vegas TC, 602 S. Maryland Pkwy, Las Vegas 89101.
 May 4 - Concours d'Elegance Runs, 2.5 & 3.55 Mi., South School, Hillsborough, 7:45 am. Don Anderson, 290 California, B'game 94010
 May 4 - Devil Mountain 10Km, Danville, 10 am. Nancy Lewis, P.O. Box 727, Alamo 94507 (415/837-8030).
 May 4 - Brown's Valley Runs, 2, 4½ & 8 Mi., west of Napa, 9:30 am. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705).
 May 4 - Avenue of the Giants Marathon, Weott, 9 am. Entries were closed at 2000 (5000 entries received the 1st day!!).
 May 4 - DSE Practice Bay-to-Breakers, 7.8 Mi., Spear & Howard, S.F., 8 am. Walt Stack, 741 Kansas, San Francisco 94107.
 May 4 - Old Stage Run, 7.0 Mi., Salinas, 9 am. Ruth Nye, 9887 Brome Tr., Salinas 93907 (408/633-5573, days).
 May 4 - Diamond Jubilee Run, 3.75 Mi., Kezar Stadium, S.F., 9 am. Bob Kenneth, Box 22015, San Francisco 94122 (415/665-6500).
 May 4 - Hub to Campus 5Km, Downtown Cotati (Hub Park), 10 am. Bob Lynde, Sonoma State Univ., P.E. Dept., Rohnert Park 94928.
 May 4 - Rotary River Run, 3 & 6 Mi., Firebaugh, 10 am. Ron Sani, 2107 N. Harrison, Fresno 93704 (209/233-0009).
 May 4 - CANCELLED--Inaugural 10Km, Hollywood Park.
 May 4 - Track Capitol Marathon, Armatage Pk., Eugene, Ore., 8 am. Bob Quelette, c/o YMCA, 2055 Patterson St., Eugene, OR 97405.

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1980 PA-AAU LDR Handbook

RACE SCHEDULE

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AMATEUR ATHLETIC UNION

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- May 7 - Wednesday Evening in the Park 5Km, PoLo Fields, GG Park, S.F., 7 pm. Marin Racers, Don Capron, 1746 - 26th Av., San Francisco 94122 (415/661-1828).
- May 10 - Golden State Women's 10K, Toro Pk., Salinas, 9 am. Mary Lewis, 364 Main St., Salinas 93901.
- May 10 - Guardsmen Angel Island Race, 4.8 Mi., Angel Island (S.F. Bay), noon. Guardsmen Office, 12 Geary St., San Francisco 94115 (415/989-6403 or 781-6785).
- May 10 - Kaiser May Day Run for Cystic Fibrosis, Lake Merritt (5 & 10K), Oakland, 9 am. Cystic Fibrosis Foundation, 5801 Christie Av., Suite 440, Emeryville 94608.
- May 10 - RRCA "Backwards Running Postal Championships" (1 mile on track). Send results, including age, to Bill Flodberg, 12925 Foothill Av., San Martin 95046.
- May 10 - TAC/USA Natl. Sr. Women's 30K Championships, Pasadena, 8 am. Laslo Tabori, c/o Avon Running, 2940 E. Foothill, Pasadena 91121.
- May 10 - 10 Km. Postal Run (& 3 Km.), Armstrong Grove St. Pk., Guerneville, 8 am. Tom Crawford, 1981 Silverwood, Santa Rosa 95405
- May 10 - Hart Park Handicap, 6 Mi., Bakersfield (*Date Tentative*), time TBA. Ted Oliver, 3012 Crest, Bakersfield 93306 (872-3707)
- May 10 - YMCA Two-Person Relay, Roeding Pk., Fresno (8 Mi.), 9 am. Dave McGarry, Central Valley YMCA, 1408 N St., Fresno 93721.
- May 10 - Woodlake Ledesma Memorial Run, 4.3 Mi., Bravo Lake, Woodlake, time TBA. Jess Garcia, 350 N. Valencia, Woodlake 93286.
- May 10 - Portland Women's Day 10Km, Warner Pacific College, Portland, Ore., 10 am. Kitsy Maloney (503/774-5330).
- May 10 - Podiatry Sports Medicine 5 & 10K, Washington Pk., Portland, Ore., 9 am. Jay Goldstein, 2250 NW Flanders, #101, Portland
- May 10 - SOS Dam Run, 6.7 Mi., Lost Creek Dam, Ore., 10 am. Jerry Swartsley, Box 1072, Phoenix, OR 97535 (503/535-1205).
- May 10 - Troutdale Trot, 6.75 Mi., Troutdale, Ore., 9:30 am. Kent Lundergan, Lions Club, 23550 NE Holladay Ct, Troutdale 97060.
- May 10 - Sunset Park 10 Km., Las Vegas, Nev., 8 am. Las Vegas TC, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- May 11 - Redwood City's Running Shop 10K, site TBA, 10 am. The Running Shop, Mike Porter, 2013 Broadway, Redwood City 94063.
- May 11 - Rose Run, 7.37 Mi., Spring Lake Pk., Santa Rosa, 8 am. Rick Abbott (Ph. 707/546-2655).
- May 11 - Hanson-Warren Foundation Mother's Day Run, Spring Lake Pk., Santa Rosa, 9 am (may be held jointly with Rose Run). Lee Torliatt, 2535 Tachevah Dr., Santa Rosa 95405 (Ph. 707/545-5707).
- May 11 - Mother's Day Presidio Runs, 5 & 10K, Arguello Gate, S.F., 8:30 am. Merikay Klemens, c/o 3839 Washington St., S.F. 94118
- May 11 - Great Berkeley Mother's Day Runs, 7 & 15 Km., Brazilian Room, Tilden Pk., Berkeley, 9 am. Andy Jong, Winners Circle, 2420 Parker St., Berkeley 94704 (415/845-4813).
- May 11 - Mother's Day Run for Fluoridation, 5 & 10K, Lake Merritt, Oakland, 10 am. ACCCSF, Pacific Postal Service, 408 - 13th St., #443, Oakland 94612 (415/357-0474, Gayle).
- May 11 - Poor Man's Bay-to-Breakers Warmup, 5.4 Mi., Foster City, 9 am. The Runner, 969-G Edge Water Blvd., Foster City 94404.
- May 11 - Times/Herald Keelhauler Classic, 10K, Cal Maritime Academy, Vallejo, 9 am. Harry Diavatis, CMA, Box 1392, Vallejo 94590.
- May 11 - Stanford Health Symposium & Fitness Runs (2 Mi., 10Km, 7.8 Mi.), 9 am/1 pm. Jack Martin, 586 Lagunita Dr, Stanford 94305
- May 11 - DSE Golden Gate Bridge Run, 3 Mi., Toll Gate Plaza, S.F., 10 am. Walt Stack, 741 Kansas, San Francisco 94107.
- May 11 - Westlake 7.5 Mile Trail Run, Westlake Village, 8 am. Brian Britchard, 1626 Wellington Pl., Westlake Village 91361.
- May 11 - Mother's Day Run, distance not known, O'Neil Pk., Fresno State Univ., time TBA. Kathy Hardman, PO Box 539, Clovis 93612.
- May 11 - Run Around With Us Women's 5K, Roseburg, Ore., 10 am. Bill Bednar, 169 NE Peggy Av., Roseburg, OR 97470 (503/673-6246).
- May 11 - Glacier Marathon, Girdwood, Alaska, 7 am. John Trent, 1700 Tudor Rd. East, Anchorage, AK 99507 (907/279-2975).
- May 14 - Wednesday Evening in the Park 4-Miler, Polo Fields, GG Park, S.F., 7 pm. Marin Racers, 1746 - 26th Av., S.F. 94122.
- May 17 - Run for the Roses, 10Km., St. Mary's Russian Church, Santa Rosa, 9 am. Boy Scouts, 840 Western Av., Petaluma 94952.
- May 17 - "Bayonet 7" 7-Miler, Ft. Ord, 9:30 am(?). Dick Strombros, Hqs. Bn., HQ CMD, Ft. Ord 93941 (408/242-3702).
- May 17 - CRE Prediction 4-Mile Run, Clovis High School, Clovis, 7:30 am. Mike DeCarli (209/299-8495).
- May 17 - American Diabetes Ass'n Run, 10 Km., Wm. Mason Pk., Irvine, 8 am. Diabetes Ass'n, 1215 E. Chapman Av., Orange 92666.
- May 17 - ORRC/Oregon AAU 20Km. Championships, nr. Portland, Ore., 9 am. Gene Sele, 8335 SW Ridgway, Portland, OR 97225.
- May 17 - Sunset Park 5-Mile Partner Race (male/female), Las Vegas, Nev., 8 am. LVTC, 602 S. Maryland Pkwy., Las Vegas, NV 89101.
- May 18 - 70th Annual Bay to Breakers, 7.63 Mi., San Francisco, 8 am. (*Entries Close May 7; Special Seeded Invitational Division for men & women based on time.*) Bay-to-Breakers, S.F. Examiner, P.O. Box 42000, San Francisco 94103 (*Entry blanks in Examiner Sports Section every day...see T-Shirt Ad on page 12 of this issue...help support the PA-LDRC Travel Fund!!*). Also: 2nd Annual World Centipede Championships (all "pedes" start at back of pack this year). For entry info, contact Angel Martinez, 2234 Fairfield Rd., Pleasanton 94566 (415/462-9494).
- May 18 - Joyeria Mexico 5-Miler (run for Big Brothers & Big Sisters), Fresno Downtown Mall, 7 am. Joyeria Mexico, 1048 Fulton Mall, Fresno 93721. (*Note: Race will feature a 6-man contingent from Mexico's Olympic team!!*)
- May 18 - Mission Fiesta 6.5-Miler, La Purisima Mission (Lompoc?), Hwy 246, 10 am. John Perkins, 3304 Via Dona, Lompoc 93436.
- May 18 - Las Posas Hills 10-Miler, 9 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010 (805/482-5360).
- May 18 - Big Brothers of Greater Los Angeles 10K, Griffith Pk., 8 am. John Miller, c/o 6404 Wilshire Blvd., #1230, L.A. 90048.
- May 21 - Wednesday Evening in the Park, Twosome Relays, GG Park, S.F., 7 pm. Marin Racers, 1746 - 26th Av., San Francisco 94122.
- May 24 - Strawberry Canyon Run, 5.5 Mi., UC Berkeley (Edwards Stadium), 9 am. Strawberry Run, Lawrence Hall of Science, UC Berkeley, Berkeley 94720 (415/642-5132). (*Mail entries must be postmarked by May 15...otherwise enter on raceday.*)
- May 24 - U.S. Olympic Trials Marathon (2:21:54 qualifying time by Apr. 21), Buffalo, N.Y. Rich Kendall, 1306 Statler Bldg., Buffalo, NY 14202 (716/854-4400). (*Times must have been set on AAU Sanctioned & Certified course during year prior to 4/21*)
- May 24 - NorCal Orienteering Championships I (2 days): Day 1--Sunol Regional Pk. (Frank Pabian, 363 Becado Dr., Fremont 94538); Day 2--Briones Regional Pk. (Len Holmes, 567 Arrowhead Dr., Lafayette 94549).
- May 24 - ORRC Hagg Lake Runs (2 & 10.4 Mi.), nr. Forest Grove, Ore., 10 am. Paul Vanture, 8311 SW Third, Portland, OR 97219.
- May 24 - SOS Boatnik 11-Miler, Rogue River to Grants Pass, Ore., 10 am. Jerry Swartsley, Box 1072, Phoenix, OR 97535.
- May 24 - SCTC Coquille Sandusters 8-Miler, Coquille, Ore., 9 am. Jill Haynes-Thompson (503/756-3457).
- May 24 - Eastern Oregon Half-Marathon, Spray, Ore., 8 am. Rahlie Goodell, Corn Cob Creek Ranch, Fossil, OR 97830.
- May 25 - (*Date Change from 5/24*) Sunrise Relays (1.7, 4.0 & 3.6 Mi. Legs), Merritt College, Oakland, 9 am. Pete Shandera, 7849 Greenly Dr., Oakland 94605.
- May 25 - TRAC 10-Miler (changed from normal 10K), Moffett Industrial Pk., Sunnyvale, 9 am. TRAC SHAC, 1238 Wolfe, Sunnyvale 94087.
- May 25 - Ass to Ass Run, 13.2 Mi. (& Half-Ass Run, 7.1 Mi.), Santa Rosa, 9 am (*time change*). Peter Shidler, 996 Santa Cruz Way, Rohnert Park 94928.
- May 25 - DSE Practice Dipsea, 7 Mi., Mill Valley Bus Station to Stinson Beach, 10 am. Walt Stack, 741 Kansas, San Francisco 94107

- May 25 - Grass Valley Memorial 10K, Memorial Pk., 8:30 am. Sierra Slowpokes, 116 High St., Grass Valley 95945.
- May 25 - Indian Gulch to Hornitos Runs, 5 & 10 Mi., Cathey's Valley, 8 am. (Pre-Reg. Only) Frank Russell, Box 2462, Merced 95340.
- May 25 - Brentwood 10K, Los Angeles, 9 am. (Pre-Entry Only) Valerie Johnson, PO Box 49016, Los Angeles 90049.
- May 25 - RTC Homestead Half-Marathon, Roseburg, Ore., 9 am. Roger Egenes 2753 W. Bradford Dr., Roseburg, OR 97470.
- May 26 - Pacific Sun Marathon, and 10K, College of Marin, Kentfield, 7:30 am. (Limited to 1000/Race) Lorna Cunkle, Pacific Sun Marathon, P.O. Box 553, Mill Valley 94941.
- May 26 - Memorial Day Fun Runs (2.1, 4.2 & 6.3 Mi.), Woodward Pk., Fresno, time TBA. Ron Gates, 3220 E. Huntington, Fresno 93702.
- May 28 - Wednesday Evening in the Park, 4 Mi., GG Park, S.F., 7 pm. Marin Racers, Don Capron, 1746 - 26th Av., S. Francisco 94122
- May 31 - Lake of the Woods 12-Miler, Hwy 140 (So. Oregon), 9:30 am. Lake of Woods Run, Herald & News, Box 788, Klamath Falls 97601
- May 31 - Yaquina Bay 10K, Newport, Ore., 10 am. Tom Widden (Ph. 1-800-452-8567, tollfree!).
- May 31 - Minto-Brown 10K, Minto-Brown Is., Salem, Ore., 11 am. Dan Heffernan (Ph. 503/581-0305).
- May 31 - Sunset Park 10K, Las Vegas, Nev., 8 am. Las Vegas TC, 602 S. Maryland Pkwy., Las Vegas, NV 89101.
- Jun 1 - Sri Chinmoy Marathon, Coyote Point Pk., San Mateo (Loc. Change), 7 am. (Enter by 5/18) SCCRC, 2438 16th Av., S.F. 94116.
- Jun 1 - Gold Country Marathon (& ½-Marathon, 10Km), Pioneer Pk., Nevada City, 7 am. Lions Club, 102 Bank St., Grass Valley 95945
- Jun 1 - The Dipsea, 7.1 Mi., Lytton Sq., Mill Valley (to Stinson Beach), 9:30 am. (1200 Limit) Jaycees, Box 30, Mill Valley 94941
- Jun 1 - Making a Difference - You & Me Run, (1, 2 & 7 Mi.), Napa State Hospital, Napa, 9 am. Eldon Killian, Sonoma Grove, 53 Varda, Rohnert Park 94928 (Ph. 707/255-6600, X-334).
- Jun 1 - Flag Hill Race (1.2 Mi., 900-ft. climb), Sunol, 10:30 am (Limit of 80). Richard Angel, P.O. Box 82, Sunole 94586.
- Jun 1 - Moon Tree Runs (2 Mi. & 10 Km.), Cave Junction, Ore., 9 am. Dale O'Keefe, c/o Postmaster, O'Brien, OR 97534.
- Jun 4 - Wednesday Evening in the Park 10K, GG Park, S.F., 7 pm. Marin Racers, Don Capron, 1746 - 26th Av., San Francisco 94122.
- Jun 7 - San Geronimo Valley 10K, S.P. Taylor Pk., Marin County, 10 am. Jacqueline Potts, PO Box 182, Lagunitas 94938.
- Jun 7 - Robt. DeCelle, Jr. Memorial (Lake Tahoe) Relays, 72 Mi. (7 persons), Hwy 50 & 89, Safeway Pkg. Lot), So. Lake Tahoe, 7:30 am. (Proceeds to PA-LDR Travel Fund) Robert DeCelle, P.O. Box 1606, Alameda 94501 (415/523-2264; volunteers needed).
- Jun 7 - Pajaro Dunes Beach Run, 10.07 Mi., Manresa Beach St. Pk., 11 am. Mark Steelman, 42 Trembly Ln., Watsonville 95076.
- Jun 7 - Mirassou-Nike Grape Run, 4 Mi., Mirassou Vineyards, San Jose, 10 am (Limit 500). Ron Wayne, Box 2372, Alameda 94501.
- Jun 7 - CCA-AAU One Hour Run, College of Sequoias, Visalia, time TBA. Dave Bronzan, 1173 W. Eymann, Reedley 93654 (209/638-4664)
- Jun 7 - Leatherneck Marathon, El Toro, 7 am. Col. J.W. Black, MCAS El Toro, Bldg. 443, Santa Ana 92709 (714/559-3115, Pat).
- Jun 7 - Malibu Park Jr. High 10K, btwn. Topanga & Malibu on Coast Hwy, 8 am. Ted Comerford, 3620 Seahorn, Malibu 90265.
- Jun 7 - Turner Road Run, 6.8 Mi., Turner, Ore., 10 am. T.J. McManus, (no phone or addr. listed)...try Oregon AAU contact).
- Jun 7 - SOS Pepsi Run, 5 & 10K, Medford, Ore., 8 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (503/535-1205)
- Jun 7 - Philomath Frolics, 3K, 10K, 20K, Philomath, Ore., 8 am. Gary White, PO Box 831, Philomath, Ore. 97370 (503/929-3090/H).
- Jun 7 - Sunset Park Predicted Time 5-Miler, Las Vegas, Nev., 8 am. Las Vegas TC, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Jun 8 - Round-the-Runway Footrace (3 & 7.6 Mi.), Hanger #1, Moffett Field, Sunnyvale, 9:30 am. Athletic Dir., NAS Moffett 94035.
- Jun 8 - Moscow Road 10K, Monte Rio (Moscow Rd. & Main), 8:30 am (RRCA Western Regional & Natl. Postal). Bob Lawrence, P.O. Box 615, Occidental 95465 (707/823-8338).
- Jun 8 - Russian River Runs (Marathon, ½-Mara. & 4.9 Mi.), Talmage (nr. Ukiah), 6:00 am. Dori Vallone, 101 W. Church, Ukiah 95482
- Jun 8 - Golden State Women's 10K, Heather Farms, Walnut Crk., 9 am. Carol Young, 1250 Newell Av., Walnut Creek 94596.
- Jun 8 - Pulgas Peddle 'n Plod Relay (5 Mi. Bike, 4 Mi. Run), Pulgas Water Temple/Canada Rd., Redwood City, 10 am. Ken Israel, 305 Del Rosa Way, San Mateo 94403 (Note: Also an "Iron-Man" division for those wanting to do bike & run by themselves).
- Jun 8 - DSE Golden Gate Promenade Run, 7.5 Mi., Dolphin Club, S.F., 10 am. Walt Stack, 741 Kansas, San Francisco 94107.
- Jun 8 - Morro Bay "Joggers" 4-Miler, Morro Rock (beach run), 1 pm. Information: 805/543-6750.
- Jun 8 - Chihuahua Road Runs, 2 & 6 Mi., Fresno, 8 am. Victor Salazar, 4387 N. Thorne Av., Fresno 93704.
- Jun 8 - 8th Bi-Annual Tunnel Hill Invt. X-C Race, 2.14 Mi., Ft. Bragg, noon. George Bratsberg, 2066 Mendocino #37, S. Rosa 95401
- Jun 8 - Hidden Valley 12 Mi. Portsmouth (11.25 Mi.), Newbury Pk., 8:15 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- Jun 8 - Roseburg to Coos Bay 5-Man Relay, Ore., (68 Mi.), 8 am. Stan Stafford, 1778 SW LeMans, Roseburg, OR 97470.
- Jun 14 - Morgan Hill-Gilroy Dispatch 3 & 15K Runs, Las Animas Pk., 9:30 am. Gilroy Dispatch, 7460 Monterey, Gilroy 95020.
- Jun 14 - Double Dipsea Run, 14 Mi., Stinson Beach to Mill Valley & return, 9 am. Walt Stack, 741 Kansas, San Francisco 94107.
- Jun 14 - SOS Stagecoach Run, 13.5 Mi., Jacksonville, Ore., 8 am. Jerry Swartsley, PO Box 1072, Phoenix, OR 97535.
- Jun 14 - Sunset Park 4-Miler, Las Vegas, Nev., 8 am. Las Vegas TC, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Jun 15 - Holy City Race, 9.08 Mi., Holy City (Santa Cruz Mtns./Hiway 17), 7:30 am. Jim Wurm, 695 Riverside Dr., San Jose 95125.
- Jun 15 - Father's Day 5K Run, Crane Pk., St. Helena, 9:30 am. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705).
- Jun 15 - Woodminster Handicap X-C Run, 15K, Joaquin Miller Pk. meadow, Oakland, time TBA. Gail Wetzork, 881 Cedar, Alameda 94501.
- Jun 15 - 10K "Schoolhouse Race", Red Hill School, San Anselmo, 9 am. The Good Sport, 2013 Larkspur Landing Cir., Larkspur 94939.
- Jun 15 - CRE 8-Kilometer, Clovis H.S., Clovis, 7:30 am. Mike DeCarli (209/299-8495).
- Jun 15 - Father's Day 6-Miler, Fresno (Tulare St. & Van Ness), 6:30 am. Bob Fries, 1501 E. Browning, Fresno 93710.
- Jun 15 - 20th Century Fox 10K, Century City, 8 am. Vince Mahar, Chamber of Commerce, 2020 Av. of Stars, Plaza Level, L.A. 90067.
- Jun 20 - Trials Trail Run, Pre's Trail, 6 Km., Eugene, Ore., 8 am. No contact listed (The Running Co. - try directory info.).
- Jun 21 - Y-to-Y Benefit Run, 2.1 & 5.3 Mi., Pinole YMCA, Pinole, 9:30 am. Kay Miller/Karen Knapp, PO Box 423, Pinole 94564.
- Jun 21 - Calif. "Backwards Running" Championships, Gilroy H.S., Gilroy, 9 am. Bill Flodberg, 12925 Foothill Av., San Martin 95046
- Jun 21 - Morro Bay "Racers" 4-Miler, Mooro Rock (beach run), 11:30 am. For info: 805/543-6750.
- Jun 21 - Mayor's Midnight Sun Marathon, Bartlett High School, Anchorage, AK, 6:30 am. Jerry Walton, Outdoor Recreation, Pouch 6-650, Anchorage, AK 99502 (Ph. 907/264-4474).
- Jun 21 - World's Longest Beach 3.5 & 7.0 Mi., Long Beach, WA, 1 pm. David Hase, Box 187, Long Beach, WA 98631.
- Jun 21 - ACLU Fun Run, 10Km, Duniway Pk., Portland, Ore., 10 am. Don Friedman, 534 SW Third Av., Portland, OR 97204.
- Jun 22 - PA-AAU 15K Championships, Bullis-Purissima School, Los Altos Hills, 9 am. Bill & Ellen Clark, 156 Marvin, Los Altos 94022
- Jun 22 - Fitch Mountain Footraces, 4 & 6 Mi., Healdsburg Plaza, 9 am. Chamber of Commerce, 217 Healdsburg Av., Healdsburg 95448.
- Jun 22 - DSE Diamond Hgts. 4-Miler, McAteer H.S., San Francisco, 10 am. Walt Stack, 741 Kansas, San Francisco 94107.
- Jun 22 - No. Lake Tahoe 10K, No. Tahoe H.S. (E. of Tahoe City of Hwy 28), 10 am. Race Director, PO Box 97, Carnelian Bay 95711.
- Jun 22 - West Bay Orienteering Meet, Site & Time TBA. Roy Parker (415/665-8943).
- Jun 22 - Valley of the Flowers Marathon & ½-Mara., Lompoc, 7:30 am. Lompoc Valley DC, 3304 Via Dona, Lompoc 93436.
- Jun 22 - The Seabreeze 10 & 20K Road Races, Ventura, 8 am. Ken Schmidt, 101 W. Palm Dr., Oxnard 93030.
- Jun 26 - OTC "Trials" 10K, Autzen Stadium, Eugene, Ore., 7 pm. Lary Simpson, Sugar Pine Ridge, 877 E. 13th, Eugene 97401.
- Jun 28 - Parade Route 3-Mile, Lompoc, 9:15 am(?). John Perkins, 3304 Via Dona, Lompoc 93436 (805/733-1767).
- Jun 28 - Foster-Freedman 5-Miler, Sunset Park, Las Vegas, Nev., 8 am. LVTC, c/o 602 S. Maryland Pkwy., Las Vegas, NV 89101.
- Jun 29 - Lake Tahoe Marathon, Incline Village Comm. Ctr., Nev., 7 am. Lake Tahoe TC, PO Box 5983, Incline Village, NV 89450.
- Jun 29 - Cascade Runoff, Portland, Ore. (15Km.), 9:00 am. Cascade Runoff, 3500 1st Nat'l Bank Tower, Portland, OR 97201.
- Jun 29 - RTC North Umpqua 10-Miler, Winchester, Ore., 8 am. Deloris Ingram, PO Box 1794, Roseburg, OR 97470 (503/672-0443).
- Jul 4 - 4th of July Parade Run, 5Km., Redwood City (Winslow & Marshall), 9:45 am. Sten Mawson, 163 Romero Rd., Woodside 94062.
- Jul 4 - Kenwood Footrace, 10Km, Kenwood, time TBA. (600 Runner Limit) Dan Preston, 4204 Leafwood Circle East, Santa Rosa 95405.
- Jul 4 - 4th of July 5 & 10K Runs, Morgan Hill (Gavilan Pk.), 9 am. Morgan Hill Recr. Dept., 17666 Crest Av., Morgan Hill 95037.
- Jul 4 - 4th of July Fun Runs (2.1, 4.2 & 6.3 Mi.), Woodward Pk., Fresno, time TBA. Ron Gates, 3220 E. Huntington, Fresno 93702.
- Jul 6 - Great Calistoga Footrace (was 7/5), 5 Mi., Napa Fairgrounds, Calistoga, 9 am. Reg Harris, 1267 Walnut, C-66, Napa 94558
- Jul 6 - San Francisco 10-Mile Classic, GG Park (Polo Fields), 8 am. Marin Racers, Don Capron, 1746 - 26th Av., S.F. 94122.
- Jul 6 - Folsom Road Run, 10Km., Folsom City Hall, 8 am. Frank Krebs, 8406 Taramore Ct., Orangevale 95662 (916/725-4616).
- Jul 13 - Pamakid S.F. Marathon, GG Park (Polo Flds.), S.F., 7 am. (4000 Limit) Pamakids, Box 27385, San Francisco 94127.

Track & Field Scheduling

PACIFIC ASS'N TAC (Formerly AAU) TRAVEL FUND: - Some funding is available to top athletes (Jr. & Sr. Men & Women) for the Nat'l. Championships in June, but certain restrictions (qualifying standards usually higher than those req'd to get into the meet and having an AAU card by Apr. 15, etc.) apply...see "This & That" section of this issue for details & standards.

ALL-COMERS MEETS: - With the summer fast approaching, there will be the normal track & field all-comers meets at various locations throughout the state. *PLEASE*---If you know of ANY of these meets, contact NCRR immediately so we can be sure to put it/them in our next issue. Don't assume we've heard about it already...that's what happened last summer and we had hardly any to list. Thanks very much.

CODING: - For meets which are not obviously for a specific category of athlete, the following coding will apply. -- (B),(G) Boys, Girls; (AG) Age-Group; (HS) High School; (C) College/Univ.; (JC) Jr. College; (JR) Juniors; (W) Women; (O) Open; (SM) Sub-Masters (30-39); (M) Masters (40+); (LM) Limited Masters Events; --combinations of above letters are also used at times to indicate other restrictions (e.g. - CW for Collegiate Women, etc.). (COMPILED BY DENNIS RINDE), only meets we got info on are listed.

- Apr 18 - Mt. SAC Relays, Walnut (3 days) (C,O,HS,W,M).
 Apr 19 - Golden Girls Sectional, Foothill JC (Los Altos), 9:30 am (GAG,W), Jim Dix (415/732-2757); Ed Adams Invit., Hartnell JC, 9 am (JC); Woody Wilson Relays, UC Davis, 11 am (C,O); Bret Harte Invit. Bret Harte H.S. (HS); Benicia Relays (HS); Oroville Relays, Oroville HS, noon (HS); Stapleton Relays, Antioch HS, 10 am (HS); Cougar Classic, Upper Lake HS (HS); Santa Rosa Track Relays, Santa Rosa JC (HS); West Valley Masters Meet, Los Gatos HS (Enter by 4/17), 8 am (SM,M); Cabrillo Classic, Cabrillo JC (HSG); Gilroy Invit., Gilroy HS (HSB); Mitchell Invit., Cordova HS, Rancho Cordova (HS); Del Norte Invit., Del Norte HS (HS).
 Apr 22 - Drake Invit., Drake H.S. (HS).
 Apr 25 - Burney Invit., Burney HS (HS); Golden Gate Conf. Trials, Foothill JC, 2:30 pm (JC); Charlie Eaton Relays, Miramonte HS (HS).
 Apr 26 - San Jose Nat'l Invit., SJ State Univ., 9 am (C,O,W); CCS "Top 8" Invit., Los Gatos HS (HS); Herbert Hoover Relays, Stanford Univ. (AG,SM,M,W); Hale Roach Relays, El Cerrito HS (HS); Rotary Relays, Clear Lake HS, Lakeport (HS); Cal School for the Deaf Relays, Berkeley (HS); West Valley Relays, Leigh HS, San Jose (HS); Hughson Invit., Hughson (HS); Vacaville Jamboree, Vacaville HS (HS); Tracy Girls' Invit., Tracy HS, 10 am (HSG); Rio Linda Invit., Rio Linda HS (HS); King City Girls Invit., King City HS (HSG); Pacific Grove Invit., Pacific Grove HS (HSB); Carnival of Middle Distance & Distance Racing, UCSB, Santa Barbara (C,O); Orinda TC Invit., Acalanes HS, Lafayette (2 days) (GAG,W).
 Apr 30 - Camino Norte Conf. Trials, Santa Rosa JC, 3 pm (JC).
 May 2 - NorCal Invit., UC Berkeley, 1 pm (CW); Golden State Conf. Finals, Foothill JC (JC); San Juan Invit., San Juan HS, 4 pm (HS).
 May 3 - TFA/Brooks Invit., CSU Northridge, 1 pm (C,JC,O,W); Camino Norte Championships, Santa Rosa JC, 11 am (JC); "The Track Meet", UC Santa Barbara (C); Willits Invit., Willits HS (HS); Ceres Invit., Ceres HS (HS); Woodland Invit., Woodland HS (HS); Quicksilver Classic, San Jose CC (HSG); Santa Cruz Relays, Santa Cruz HS (HS); Yreka Invit., Yreka HS (HS); Golden Gate Masters Meet, Porterville (M), Allan Nelson, Porterville College, 900 Main St., Porterville 93237.
 May 6 - NorCal Decathlon, DeAnza JC, Cupertino (2 days) (JC).
 May 9 - Stanford Classic, Stanford Univ., 1 pm (W); West Coast Relays, Fresno (2 days) (HS,C,W,JC,LM,O).
 May 10 - Golden State Conf. Championships, Humboldt St., Arcata, 10 am (CW); Grandfather Games, LA Valley College (M), George Ker, 8220 Langdon, #36, Van Nuys 91406; BEBTC Relays, site(?) (GAG,W).
 May 11 - Pepsi Invit., UCLA (C,O,W), Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211.
 May 15 - Far Western Conf. Champs, CSU Sac'to (3 days) (C).
 May 16 - NorCal Trials, Chabot JC, 1 pm (JC-Men); PCAA Champs, UC Irvine (2 days) (C).
 May 17 - California Relays, Modesto, 1 pm (C,O,W); NorCal Trials, West Valley JC, 11 am (JCW); Striders Relays, Cal Poly, Pomona (M), Bill Adler, 5521 Dubois Ave.,

- Woodland Hills 91364.
 May 21 - AIAW Champs, Eugene, Ore. (4 days) (CW); Sac-Joaquin I Trials, Merced College (HS); Sac-Joaquin II Trials, Elk Grove HS (HS); Sac-Joaquin III Trials, Woodland HS (HS).
 May 23 - NCS 4A Region, Chabot JC (2 days) (HS); PAC-10 Champs, Seattle, WA (2 days) (C); NorCal JC Champs, Diablo Valley JC, 5 pm; CCS Regional Champs (various locations not known) (HS); Sac-Joaquin I Finals, Merced College (HS); Sac-Joaquin II Finals, Elk Grove HS (HS); Sac-Joaquin III Finals, Woodland HS.
 May 25 - A/G T&F Champs, CSU Hayward, Pacific Ass'n (GAG).
 May 26 - PA/TAC Championships, CSU Hayward, 9 am (O,W), PA/TAC Office, 942 Market St., #201, San Francisco 94102.
 May 27 - Sac-Joaquin Section Trials, Hughes Stadium, Sac'to, 3 pm (HS).
 May 29 - CCS Championships (2 days?), San Jose CC? (HS); Sac-Joaquin Section Finals, Hughes Stadium, Sac'to, 3 pm.
 May 30 - Meet of Champions, UC Berkeley (2 days) (HS)...North Coast Section Finals.
 May 31 - California State JC Champs, San Jose CC, 5 pm (JC); NCAA Div. II Champs, Pomona (C); PA/TAC Masters T&F Champs, Los Gatos HS(?), (LM,M,MW), Bruce Springbett, PO Box 1328, Los Gatos 95030.
 Jun 1 - Brooks Invit., UC Berkeley (C,O,W), R.Stanko, 601 Penn Sq. Center, 601 Penn St., Reading, PA 19601.
 Jun 5 - NCAA Div. I Champs, Austin, Tex. (3 days) (C).
 Jun 6 - CIF State Champs, UC Berkeley (2 days) (HS); State JC Decathlon Champs, Santa Maria (Hancock JC) (2 day) (JC); State Invit. Pentathlon, Butte College (2 day) (JCW).
 Jun 7 - Prefontaine Classic, Eugene, Ore. (C,O,W) Tom Heinonen, Women's Track, Univ. of Oregon, Eugene, OR 97403
 Jun 8 - Women's AAU State Meet, Stanford Univ. (GAG?,W), Woodside Striders, 1227 Westwood St., Redwood City 94063.; Nat'l. AAU Women's Pentathlon, Santa Barbara.
 Jun 13 - Nat'l. TAC Men's & Women's Champs, Walnut (3 days), Glen Davis, Special Events Dept., Los Angeles Times, Los Angeles 90053.
 Jun 16 - Nat'l. TAC Jr. Men's & Women's Champs, Univ. of Tennessee, Knoxville (2 days), Women--Bill Maxwell, Men--Stan Huntsman, UT, Knoxville, TN 37916.
 Jun 21 - Far Western Regional AAU Masters Champs, San Diego (2 days) (SM,M), Dick Staub, 7904 BlueTape Av., San Diego 92119; U.S. Olympic Trials, Eugene, Ore. (8 days) Eugene Chamber of Commerce, Box 1107, Eugene, OR 97440 (503/686-5456).
 Jun 29 - Olympic Trials Exhibition 5,000m, Eugene, Ore. (for women only), Ron Jensen, Women's Track Coach, Moby Gym, Colorado State Univ., Ft. Collins, CO 80523.
 Jul 4 - Nat'l. AAU Masters T&F Champs, Charleston, WV (3 days) (SM,M).
 Jul 5 - Nat'l. AAU Age-Group Champs, Tempe, Ariz. (3 days) (GAG).
 Jul 12 - Senior Olympics, USC (2 days) (25/Up), Warren Blaney, 5760 Wilshire Blvd., Suite 360, Los Angeles 90036.
 Jul 19 - Jr. Olympics - Region XIII (San Diego area), Joe Twyman, 50 Fourth Av., Chula Vista 92010.
 Jul 25 - Nat'l. AAU Boys' A/G Champs, Diablo Valley JC (3 days) - Dave Sutch, 50 California St., #2350, S.F. 94111.
 Jul 26 - Pan-American Masters Meet, Los Angeles (2 days) (SM, M), Hilliard Sumner, 4640 Degovia, Woodland Hills 91364.
 Aug 9 - CDM "Don Palmer Memorial" Relays, UC Irvine (SM,M), Dave Jackson, 19103 S. Andmark Av., Carson 90746.
 Aug 15 - Nat'l. Jr. Olympic Champs (3 days), Santa Clara, (B,G) - Bob Escobar, 500 Hazel, #218, Millbrae 94030.
 Aug 31 - Pan-American Masters Games, Puerto Rico (2 days).

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).

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.

Note: - Mostly major races are listed below, not necessarily including walks included in track meets. For a complete list of area race walks, you should subscribe to the Golden Gate Race Walker, the primary race walking publication for the Bay Area. Write to: Harry Sitonen, 106 Sanchez St., #17, San Francisco, CA 94114. - Olympic Trials Standards: 20K/1:35:00; 50K/4:35:00.

- Apr 20 - Natl. Sr. 20K, Seattle, WA - Dean Ingram, 507 Cobb Bldg., Seattle, WA 98101.
- May 3 - Natl. Jr. Men's & Sr. Women's 20K (open 20K too), Westlake Village (LA) - Paula Kash (213/657-5431 or John Kelly 213/451-5231).
- May 10 - Olympic Trials 50K, Niagara Falls, NY (enter by May 1), full air and board - top 21 qualifiers - Dan Stanek, 1081 Sheree Dr., Grand Island, NY 14072 (716/773-6386).
- May 11 - Julie Partridge Memorial 10K, Woodside HS (track), 10 am - Woodside Str., 2021 Kensington, Rwd City 94061
- May 24 - Natl. Sr. & Masters 10K, Chicago, IL.
- Jun 16 - Natl. Jr. Men's 10K (track), w/Jr. T&F Champs, Univ. of Tenn., Knoxville, TN (see T&F scheduling contact).
- Jun 21 - Olympic Trials 20K, Eugene, Ore., 5 pm (enter by June 7), full air & board to all qualifiers - Eric Larsen, PO Box 1107, Eugene, OR 97440.
- Jul 4 - Natl. Masters 5 & 20K (3 day meet), Charleston, WV... no contact person as of this date.

RESULTS: - Because of two reasons, the NCRR will be cutting back to a great degree the coverage of race walking--(1) The current dilemma of my getting issues out on time can be helped by cutting back the volume of information I have to type that isn't necessary. (2) Since the Golden Gate Race Walker is doing an excellent job of covering both scheduling, results, and other tidbits (see note above under scheduling contacts), we would be basically duplicating much of that information by printing it here. However, we do feel that top quality meets and performances should be given due recognition and will try to keep at least minimal coverage of major competitions, etc. We hope you race walkers understand our reasoning behind this...it's not that we want to slight your sport, but we are having to make some very important decisions on what to reduce/eliminate, and those areas that are covered well by other publications, newspapers, etc., will probably be getting decreased coverage in the future...it may be the only way we can survive! *All Results from GGW.*

LUGANO CUP (Sep. 29-30, Eschborn, W.G.): /20K/ 1-Bautista/Mex 1:18:49, 2-Yaklov-Tev/SU 1:19:46...31-Heiring/US 1:28:51, 35-Hansen/US 1:29:56. /50K/ 1-Bermudez/Mex 3:43:46, 2-Vera/Mex 3:43:49...34-Sullivan/US 4:12:15, 35-Evoniuk/US 4:12:37, 38-O'Connor/US 4:17:24, 44-Schueler/US 4:27:24. /Women's 5K/ 1-Fawkes/UK 22:51, 2-Tyson/UK 22:59...10-Liers/US 24:02, 19-Sakelarios/US 24:50, 22-Brodock/US 25:00, 23-Kash/US 25:08. Teams: (Men) 13-US; (Women) 5-US.

US-CANADA MATCH (Oct. 6, Montreal): /15K/ 1-Stones/Can 1:10:41, 2-O'Reilly/BSW 1:10:46, 3-Daniel 1:11:56, 4-Halbur 1:13:12. /30K/ 1-Boeck/Can 2:33:17, 2-Farrelly/Can 2:34:47, 3-Price 2:38:12, 4-Somers 2:41:36, 5-Glusker/WVTC 2:41:44, 6-Faciola 2:42:52.

NATL. AAU 30K (Oct. 27, Detroit): - Bill Ranney won Masters title and broke his own national masters record with a time of 2:32:18...previous record was 2:33:45. 1-O'Connor 2:22:59, 2-Pecinovsky 2:29+, 3-Ranney/WVTC 2:32:18, 4-Kraft 2:38+... cold (38°) and windy last 10K.



Neal Pyke in route to 50K win (Olympic Trials qual.) at WV Marathon. /J. Engle/

NATL. AAU 40K (Nov. 4, Long Branch, NJ): - 1-O'Connor/NYAC 3:23:10, 2-O'Sullivan/ESTC 3:23:22, 3-Dooley/WVTC 3:24:36, 4-Glusker/WVTC 3:28:30, 5-Hirt/UCTC 3:31:40.

NATL. AAU 25K (Nov. 25, Las Vegas, Nev.): - 1-Jobin/Canada 1:52:57, 2-Heiring/Un 1:57:28, 3-Evoniuk/CoTC 2:02:23, 4-Sharp/Un 2:03:24, 5-Reilly/BSW 2:04:24, 6-Dooley/WVTC 2:05:59, 7-Knifton/NYAC, 8-Brandwein/CalWalkers 2:07:36.

SAN DIEGO 50K (Dec. 9): - 1-Heiring 4:17+, 2-Sharp 4:28+, 3-O'Reilly/BSW 4:31:33, 4-Brandwein/CW 4:33+.

NATL. AAU 35K (Dec. 16, Houston, Tex.): 1-Knifton/NYAC 2:55:34, 2-Dooley/WVTC 2:56:31, 3-Ranney/WVTC(40+) 3:07:09...6-Snazelle/WVTC (time?). Teams: 1-West Valley TC. Marcel Jobin (Canada) won (time not known) but didn't count in national standings.

PA-AAU/AC CHAMPIONSHIPS (50K) (Feb. 10, San Mateo): 1-Pyke/SSC 4:22:33, 2-Dooley/WVTC 4:31:14 (only 2 finishers...both qualify for Olympic Trials). /20 Mi./ 1-Reilly/BSW 2:44:54, 2-Henderson/SSC 2:46:26, 3-Adriano/SSC 3:04:29, 4-Bonnie Dillon 3:09:01 (world record), 5-Penner 3:16:20.

PA-AAU/AC 25K (Mar. 2, S.F. State track): 1-Dooley/WVTC 2:04:03, 2-Ranney/WVTC(40+) 2:27:57.

NATL. AAU 30K (Mar. 23, Houston, Tex.): 1-Sharp 2:21+, 2-Knifton 2:25+, 3-Dooley/WVTC 2:26+, 4-Glusker/WVTC NT, 5-Young NT, 6-Ranney/WVTC NT. *More complete results next time.*

Prep Ramblings

by Keith Conning

CONTRIBUTIONS APPRECIATED: - Please send results & stories of high school athletes and competitions directly to me: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

From the Editor: - Keith continues to do a yeoman's job on covering all high school happenings in Northern California. We regret that in the future we will be cutting back quite a bit on our high school coverage, at least in terms of listing invitational results for track and cross-country. As mentioned in "From the Editor" (page 7 of this issue), my ability to get issues out on a regular basis will depend a lot on the 'thickness'. With the volumes of material on high school track and cross-country that Keith sends us, we are only able to print a small portion of it anyway. In the future we will concentrate primarily on: (1) Statistical listings; seasonal and all-time; and (2) Major meet results (Regionals, Sectionals, etc.) with a few exceptions; and (3) Rankings (not necessarily based on the best seasonal performance). We certainly don't mean to slight our many prep readers and their followers, but it's just that unless I make some heavy 'cuts' somewhere, the magazine will soon not exist at all. Suggestions are appreciated. Since the local newsmedia usually give fairly good coverage to prep activity, we feel that this is one place we can "trim" a bit.

- NorCal Prep X-C Rankings -

These rankings are based on the following criteria: (1) Honors won, (2) Win-Loss record, (3) Sequence of marks. The rankings indicate how the athletes performed relative to each other over the course of the whole season. Therefore, the importance of any one competition is not overly stressed. All those listed in the "top 10" below were also selected by the NorCal coaches for the "22-person" "All NorCal Teams". We are also listing the other 12 individuals who made the "Teams". Runners had to compete for their high school during the season to be ranked. Codes: ***=fresh, **=soph, *=junior.

BOYS

RUNNERS OF THE YEAR (tie): Jay Marden (Mission San Jose) and John Frank (Central Valley)

OUTSTANDING SENIOR: John Frank (Central Valley)

OUTSTANDING JUNIOR: Jay Marden (Mission San Jose, Fremont)

OUTSTANDING SOPH: Tim Berry (Pleasant Hill)

OUTSTANDING FROSH: Jose Lopez (Downey, Modesto)

Rankings: - (1) John Frank/CV, (2) *Jay Marden/MSJ, (3) Rich Read/MSJ, (4) Bret Baffert/SanRamon, (5) Fernando Balderas/San Jose, (6) *Jeff Scott/El Camino-Sac'to...continued on next pg.

(NorCal Prep Rankings, X-Country...continued) - (7) Tom Foran/Mira Loma-Sac'to, (8) Kevin O'Connor/Carlmont-Belmont (9) Mike Vail/Mira Loma-Sac'to, (10) *Jesse Torres/Independence San Jose...(others): Jim Kasper/St. Francis, Pedro Reyes/Jesuit,*Angel Vasquez/Watsonville,*Mike McCollum/Palo Alto,*Dave Shea/Castro Valley, Dennis Macdonald/Mt. Eden, Greg Long/Calaveras, John Carey/MSJ, Bob Biando/Piner, Dave Perlman/Las Lomas, John Hoch/Menlo-Atherton, Felix Soto/Mt. Pleasant.

Boys' Teams: (1) Jesuit/Carmichael, (2) Mission San Jose/Fremont, (3) Leigh/San Jose, (4) Watsonville, (5) El Dorado/Placerville, (6) San Ramon/Danville, (7) Mira Loma/Sac'to, (8) Castro Valley, (9) Skyline/Oakland, (10) St. Francis/Mtn.View.



(L-R) John Frank, Jay Marden & Fernando Balderas. /K. Conning/

GIRLS

RUNNER OF THE YEAR: Kerry Brogan (Los Altos)
OUTSTANDING SENIOR: Liz Strangio (Mission San Jose, Fremont)
OUTSTANDING JUNIOR: Kerry Brogan (Los Altos)
OUTSTANDING SOPH: Robyn MacSwain (Terra Linda, San Rafael)
OUTSTANDING FROSH: Jessica Van Leeuwen (Carlmont, Belmont)

Rankings: - (1) *Kerry Brogan/Los Altos, (2) Shelly Nieto/Merced, (3) Liz Strangio/MSJ, (4) **Robyn MacSwain/Terra Linda, (5) *Mary Gaffield/El Cerrito, (6) Diane Gong/Lowell, S.F., (7) Amy Harper (Prospect, Saratoga), (8) **Lori Shanoff/Petaluma, (9) **Suzy Martinez/San Juan, Citrus Hgts, (10) **Ruth Day/Willow Glen, San Jose...(others): Lisa Dailey/Petaluma, *Judy Smith/Lassen-Susanville, **Joyce Richardson/Concord, **Esther Berndt/Gunn-Palo Alto, *Marcia White/Miramonte, **Marilyn Davis/Miramonte, Lisa Sandel/Campolindo-Moraga, ***Jessica Van Leeuwen/Carlmont-Belmont, **Jeannie Fuller/Mira Loma-Sac'to, **Sabrina Stevenson/Castro Valley, *Karin Lambden/Castro Valley, Linda Jungsten/Carlmont.

Girls' Teams: (1) Drake/San Anselmo, (2) Carlmont/Belmont, (3) Mira Loma/Sac'to, (4) Castro Valley, (5) Shasta/Redding, (6) Miramonte/Orinda, (7) Lassen/Susanville, (8) South Lake Tahoe, (9) Gunn/Palo Alto, (10) Carondelet/Concord.



(Top) Mission San Jose and (bottom) Castro Valley went 1-2 in NCS and ranked 2nd & 8th in NorCal. /Conning/



(L-R) Kerry Brogan; Joyce Richardson, Liz Strangio, and Mary Gaffield...all ranked high among NorCal preps. /Don Gosney/

- X-C Results -

NATIONAL 2-MILE POSTAL (Nov. 4, Los Gatos): /BOYS/ 1-Balderas/SJ 9:23.3, 2-O'Connor/Carl 9:24.8, 3-Torres/Ind 9:26.4, 4-Kurr/Gunn 9:32.1, 5-Hoch/MA 9:32.7, 6-Vasquez/Wat 9:35.9, 7-Samario/Leigh 9:43.4, 8-Cox/LG 9:43.7, 9-Gomez/Carl 9:45.7, 10-Ingram/Westmont 9:46.8...**Teams:** 1-Watsonville 49:26, 2-Carlmont 50:16, 3-Independence 51:08, 4-Lick 51:20, 5-Gunn 51:50. /GIRLS/ 1-Harper/Prospect 10:52, 2-Brogan/LA 11:09.6, 3-Van Housen/Wdsde 11:20.2, 4-Jungsten/Carl 11:33.9, 5-Huston/Gunn 11:46.2...**Teams:** Carlmont 60:45, Soquel 62:28, Leigh 62:52.

NORTHERN SECTION (Nov. 3, Chico): /BOYS/ 1-Frank/CV 13:43, 2-Dippel/Par 14:18, 3-Tedford/LP 14:20, 4-Richardson/Las 14:26, 5-McKendrick/LP 14:35...**Teams:** Paradise 52, Shasta 92, Enterprise 108, Lassen 112, Central Valley 122. /GIRLS/ 1-Hughes/RB 12:50, 2-Smith/Las 12:56, 3-Sweeney/Sh 13:02, 4-Moore/Ent 13:06, 5-David/Y 13:12...**Teams:** Shasta 43, Lassen 56, Chico 101, Enterprise 102, Pleasant Valley 111.

SAC-JOQUIN SECTION (Nov. 12, Rocklin): /BOYS/ 1-Foran/ML 15:21, 2-Scott/EC 15:23, 3-Vail/ML 15:30, 4-Torres/Johnson 15:41, 5-Long/Calav 15:42, 6-Franse/Lodi 15:45, 7-Reyes/Jesuit 15:47, 8-Knowles/Vaca 15:48, 9-Warr/Vaca 15:48, 10-Hoefer/SLT 15:49...**Teams:** Jesuit 65, Elk Grove 86, El Dorado 91, Bella Vista 129, Mira Loma 135. /GIRLS/ 1-Nieto/Mer 12:43, 2-Martinez/SJuan 13:04, 3-Haase/SLT 13:23, 4-K. Haase/LT 13:25, 5-Santa Cruz/ML 13:29, 6-Baker/ED 13:32, 7-Chituras/Dow 13:33, 8-Frommelt/JS 13:36, 9-Keeton/WdInd 13:38, 10-Perrin/ML 13:41...**Teams:** SLT 75, Cordova 87, Mira Loma 90, Merced 118, Placer 157.

OAKLAND SECTION (Nov. 14, Oakland): /BOYS/ 1-Pluth/Sky 13:55, 2-Young/Okld 14:27, 3-Wilkens/Okld nt, 4-Weber/Sky nt, 5-Rateaver/Sky nt...**Teams:** Skyline 23, Oakland 49, McClymonds 92, Castlemont 102. /GIRLS/ 1-Ray/Okld 12:19, 2-McLeod/Sky 12:28...**Teams:** Skyline 22, McClymonds 68.

NORTH COAST SECTION (Nov. 17, Santa Rosa): /BOYS/ 1-Marden/MSJ 14:14.5, 2-Read/MSJ 14:26, 3-Baffert/SR 14:34, 4-McDonald/ME 14:37, 5-Shea/CV 14:52, 6-Grabowsky/SR 14:55, 7-Perlman/LL 14:57, 8-Berry/PH 14:57, 9-Williams/Liv 14:59, 10-Hoyt/Pin 15:01...**Teams:** MSJ 78, Castro Vly 90, San Ramon 112, Las Lomas 121, Pleasant Hill 145. /GIRLS/ 1-Strangio/MSJ 12:39.6, 2-MacSwain/TL 12:41, 3-Dailey/Pet 12:42, 4-Shanoff/Pet 12:47, 5-White/Mir 12:52...more...



Shelly Nieto /Gosney/

(NCS Championships, cont'd...) 6-Davis/Mir 12:55, 7-Sandel/Camp 12:55, 8-Morse/Car 13:03, 9-Lambden/CV 13:06, 10-Stevenson/CV 13:07...Teams: Miramonte 10, Castro Valley 97, Carondelet 105, Petaluma 105, Drake 138, Redwood 143.

CENTRAL COAST SECTION (Nov. 19, Belmont): /BOYS/ 1-Balderas/SJ 14:45.8, 2-O'Connor/Carl 14:46.6, 3-Torres/Ind 14:59, 4-Kaspari/SFr 15:01, 5-Hoch/MA 15:02, 6-Soto/MP 15:04, 7-Gonzales/MV 15:07, 8-Bernal/Wstmt 15:10, 9-McCollum/PA 15:11, 10-Colvin/LYN 15:12...Teams: Leigh 72, Watsonville 132, St. Francis 136, Los Gatos 137, Hollister 163. /GIRLS/ 1-Brogan/LA 17:43, 2-Harper/Pro 18:00, 3-Day/WG 18:31, 4-Berndt/Gunn 18:34, 5-Choy/Sal 18:40, 6-Foanini/Carl 18:47, 7-Wilson/Wat 18:48, 8-Van Leeuwen/Carl 19:01, 9-Pelzysynski/LA 19:03, 10-Glockner/SH 19:11...Teams: Carlmont 84, Gunn 111, Los Gatos 116, Leigh 138, St. Francis 154, Soquel 167.

NORCAL CHAMPIONSHIPS (Nov. 24, Belmont): /BOYS/ 1-Frank/CenVly 14:51.6, 2-Marden/MSJ 15:06, 3-Baffert/SR 15:07, 4-Read/MSJ 15:12, 5-Balderas/SJ 15:17, 6-Kaspari/SFr 15:22, 7-Scott/EC 15:27, 8-Vasquez/Wat 15:32, 9-Reyes/Jes 15:32, 10-McCollum/PA 15:34, 11-Torres/Ind 15:39, 12-Foran/ML 15:40, 13-Shea/CV 15:45, 14-O'Connor/Carl 15:46, 15-Biondo/Piner 15:49, 16-Carey/MSJ 15:52, 17-Long/Calv 15:54, 18-Hoefer/SLF 15:56, 19-Redmond/ED 15:57, 20-McDonald/ME 15:57...Teams: Watsonville 80, Jesuit 100, El Dorado 108, Leigh 114, MSJ 120, Elk Grove 148, San Ramon 173, Skyline 182, Castro Valley 200, St. Francis 215. /GIRLS/ 1-Brogan/LA 12:35, 2-Nieto/Merc 12:45, 3-MacSwain/TL 12:53, 4-Gong/Lo 12:56, 5-Harper/Pr 13:01, 6-Shanoff/Pet 13:05, 7-Dailey/Pet 13:10, 8-Van Leeuwen/Carl 13:18, 9-Jungsten/Carl 13:19, 10-Sandel/Camp 13:19, 11-Davis/Mir 13:21, 12-Keeton/Wld 13:22, 13-Stevenson/CV 13:23, 14-Perrin/ML 13:23, 15-Miller/Las 13:27, 16-Lambden/CV 13:29, 17-White/Mir 13:29, 18-Berndt/Gunn 13:32, 19-Frommfeil/JS 13:33, 20-Wilson/Wat 13:33...Teams: Castro Vly 101, Carlmont 108, Mira Loma 112, Miramonte 115, Lassen 134, S. Lake Tahoe 142, Gunn 192, Skyline & Carondelet 197, Cordova 210.

KINNEY WESTERN REGIONAL (Dec. 1, Belmont): /BOYS/ 1-Thomas/SB 14:37, 2-DiConti/LC 14:41, 3-Marden/MSJ 14:41, 4-McGlade/Wash. 14:43, 5-Read/MSJ 14:45, 6-Butler/Edison-HB 14:47, 7-Pyeatt/Wash. 14:50, 8-Newman 14:58, 9-Begay/Ariz 14:59, 10-Spilmann/SV 15:01, 11-Scott/EC 15:05, 12-Thorleifson/Ariz 15:07, 13-O'Connor/Carl 15:09, 14-Torres/Alamany 15:10, 15-Bowlus/RH 15:15, 16-Boelet 15:26, 17-Dunn 15:27, 18-Ruelas 15:29, 19-Alonso/Alham 15:30, 20-Cammarano 15:30. /GIRLS/ 1-Lyons/Idaho 16:30.6, 2-Cook/Cham 16:50, 3-Carney/Ariz 17:11, 4-Kiernan/FV 17:28, 5-Brogan/LA 17:32, 6-Bier/Ind 17:37, 7-Demme/maier/Sar 17:40, 8-Harrell 17:43, 9-Gaffield/EC 17:50, 11-Knowlton/Wash. 17:52, 12-Nieto/Merc 17:54, 13-Deegan 17:55, 14-Ley/Wash. 18:03, 15-Gong/Lowell 18:03, 16-Rogers 18:04, 17-MacSwain/TL 18:10, 18-Karamitsos/Righetti 18:17, 19-Scott 18:24, 20-Johnson 18:25.

KINNEY NATIONALS (Dec. 9, San Diego): /BOYS/ Brent Steiner/Kansas 15:05.7, 2-Thomas/SB 15:10, 3-Stephens/VA 15:19, 4-DiConti/LC 15:27, 5-Smith/NJ 15:28, 6-Marden/MSJ 15:29, 7-Magee/FLA 15:30, 8-Butler/HB 15:31, 9-Hacker/WI 15:33, 10-Hews/Maine nt. /GIRLS/ Lyons/Idaho 17:29, 2-Strauss/PA 17:45, 3-Gladue/NJ 17:51, 4-Bier/Ind 17:57, 5-Girard/NY 17:57, 6-Cook/MH 18:05, 7-Carney/Ariz 18:12, 8-Welch/Mass 18:21, 9-Sullivan/TN 18:28, 10-Rose/VA 18:31.

JR. OLYMPICS NATIONAL CHAMPIONSHIPS (Dec. 8, Hightstown, NJ): (Note: Only NorCal finishers listed who



(Left) Start of Boys Regional Kinney High School Meet at Crystal Springs, Belmont; (Ctr.) Castro Valley High's NorCal team champs; (Right) Hurdler Sherifa Sanders. /Don Gosney/



Robyn MacSwain /Gosney/

placed in top 10). /BOYS/ 10-11: 4-Wall/Susanville 8:16; 16-17: 1-Frank/CenVly 15:24.5; /GIRLS/ 10-11: 7-K. Himenes/WS 8:48.

THANKS TO MY CONTRIBUTORS: - I'd like to thank the following contributors for their assistance this past fall season: Bill Taylor (Drake HS, San Anselmo), Duncan MacSwain (Terra Linda HS), Bill Mensing (Downey HS, Modesto), John Hoch (Menlo-Atherton HS), David Peterson (Skyline HS), Jack Marden (Mission San Jose HS), Howard Willman (San Jose Mercury), Bill Gaffield (El Cerrito), Chuck Sheley (Skyline), and unnamed librarians in the newspaper rooms of the Oakland, Berkeley, Hayward & S.F. Libraries.

I am starting to burn out. I would appreciate if coaches & athletes and fans would send me results of major competitions (several schools competing in same meet). That way I wouldn't have to live in cold and forboding dungeons (newspaper rooms) of public libraries. The majority of my results come from newspapers, despite my long list of contributors.

- Track Results -

LOS ANGELES TIMES INDOOR (Feb. 1, Inglewood): - HS 2-Mile: 1-DiConti/LCHS 9:02.3, 2-Frank/CV 9:12.4, 3-Sappenfield/SB 9:12.7, 4-Marden/MSJ 9:14.0, 5-Butler/Edison 9:27.5, 6-Read/MSJ 9:29.9, 7-Smallwood/Corcoran 9:31.8. /Jack Marden/

SAN FRANCISCO EXAMINER GAMES TRIALS (Feb. 2, Berkeley): /BOYS/ 2 Mi: Reyes/Jes 9:17.6, Long/Calaveras 9:18.4, Shea/CasV 9:18.7, Yeager/Frmt-Snyvle 9:22.6, Dunn/AG 9:23.3, McCollum/PA 9:24.6, Lohse/Hanford 9:26.0, Baffert/SRam 9:26.0, Guinee/CasV 9:26.3, Torres/Johnson 9:27.3, Ball/Drake 9:32.2; LJ: Frazier/Mission 22-7 3/4, Abston/Hogan 22-6, Wright/Armijo 22-2 3/4, Lunactod 22-1 3/4, Smith/MA 21-11 1/2, Bonner/Vallejo 21-10 3/4; 50m: Miller/MA 5.8, Parneil/Hogan 5.9, Robinson/Brk 5.9, Williams/NDR 5.9, Daumas/Gal 5.9; 1600mR: Berkeley 3:21.1, Oakland 3:23.0, Highlands 3:24.4, Palo Alto 3:24.6, Gilroy 3:27.2; /GIRLS/ Mile: King/Ayer 5:02.2, Brogan/LA 5:07.1, Ray/Dkld 5:11.9, Keeton/Wld 5:12.4, Van Housen/Wdsde 5:13.6, White/Mir 5:13.6, Negri/Fthl 5:13.9, Nieton/Merc 5:14.0, Yaninek/Pres 5:14.5, Shanoff/Pet 5:14.5, MacSwain/TL 5:15.2, Dailey/Pet 5:16.1; 1600mR: Berkeley 3:58.9, Drake 4:07.3, Saratoga 4:10.4, Carlmont 4:12.3, Casa Roble 4:13.8. /Fred Baer/

SUNKIST INVIT. (Feb. 15, Los Angeles): /BOYS/ HJ: 3-Morris/Johnson-Sac 6-4; PV: 3-Bahl/Awalt 14-0, 4(tie)-Jacques/DM and Crumpler/MA 14-0; 880: 3-Richardson/Berk 1:56.9; TJ: 4-Crid-dle/EC 48-2; 2 Mi: 4-Baffert/SRam 9:27.8, 5-O'Connor/Carlmont 9:42.2, 6-Soto/MP 9:55.0; Mile: 2-Guinee/CV 4:12.5, 4-Reyes/Jes 4:18.0. /GIRLS/ Mi: (Rated) (I) 1-Gong/Lowell 5:04.5; (Seed-ed) 4-MacSwain/TL 5:12.4, 5-Weber/Lyn 5:13.8, 8-Nieto/Merced 5:17.6, 9-Bier/Ind 5:18.7; 500y: (I) 3-Webster/Berk 1:09.7; 880y: 1-King/Ayer 2:17.4, 4-Keeton/Wld 2:18.5. /Al Franken/

SAN FRANCISCO EXAMINER GAMES (Feb. 23, Daly City): /BOYS/ Mile: Highlands 3:29.6, Oakland 3:30.0, Berkeley 3:30.0; LJ: Frazier/Mission 23-6 1/2, Abston/Hogan 22-5 3/4, Wright/Armijo 22-0 1/2, Lunatod/Buchser 21-5 1/2; 50m: Robinson/Berk 5.89, Williams/NDR 5.95, Daumas/Gal 6.04, Brenner/Gund 6.09, Ward/SM 6.12; 2 Mi: Guinee/CV 9:24.3, Reyes/Jes 9:24.3, Marden/MSJ 9:24.3, Long/Calav 9:27.6, Baffert/SR 9:28.6; /GIRLS/ Mile: Berkeley 4:10.0, Saratoga 4:13.9, Casa Roble 4:14.4, Drake 4:16.3, Carlmont 4:18.0; Mile: Bier/Ind 5:05.1, Brogan/LA 5:08.5, King/Ayer 5:09.1, MacSwain/TL 5:12.5, Keeton/Wld 5:13.5, Nieto/Mer 5:14.1, White/Mir 5:14.4. /Fred Baer/



Cross Country Report



NOTE: - We realize that this issue is very late, and therefore we're featuring just the "highlights" of the season, especially some of the bigger late-season meets. We'll try and key on the performances of locals in the National Championships, rather than listing all the top finishers, which can usually be found in other publications (*Track & Field News, The Harrier, etc.*).

BERKELEY INVIT. (Sep. 22, Berkeley): **Teams**-Cal 15, CSH 65, Long Beach 71, Sac'to St. 134. 1-Oehm/C 17:46, 2-Richter/C 18:11, 3-Schmandt/C 18:15, 4-Hjelte/C 18:18, 5-Trumbly/C 18:21, 6-Olrich/SJC 18:28, 7-Craig/LB 18:43, 8-Aubuchon/H 18:53, 9-Robinson/H 19:00, 10-Flowers/C 19:06 (5,000m course). /V. Gambetta/

FRESNO STATE INVIT. (Sep. 29, Fresno): **/MEN/ Teams:** CPSLO 21, Stanford 45, Nev-Reno 108, FSU 119, CPSLO "B" 143, FPTC 149, Aggie RC 154. 1-Schankel/CP 30:43.8, 2-Aldridge/CP 31:12, 3-Lobsinger/S 31:17, 4-Gruber/AGRC 31:21, 5-Huff/CP 31:23, 6-Bautista/CP 31:24, 7-Gibson/CP 31:24, 8-Kissin/S 31:25, 9-Garcia/FP 31:28, 10-Berry/S 31:30, 11-Graham/S 31:41, 12-Holmes/FS 31:55, 13-Haldeman/S 31:56, 14-Minor/Nev 31:57, 15-Thompson/LVTC 32:10, 16-I.Huff/CP 32:11, 17-Marden/CP 32:13, 18-Fitzgerald/FS 32:15, 19-E.Leano/Nev 32:17, 20-Foley/FS 32:18. **/WOMEN/ Teams:** Cal 26, CP-SLO 63, CSH 105, SJCG 114, Stanford 137. 1-Keyes/CP 16:23, 2-Oehm/C 16:32, 3-Schmandt/C 16:43, 4-Schnurpfeil/S 16:45, 5-Hjelte/C 16:49, 6-Trumbly/C 16:59, 7-Olrich/SJC 17:10, 8-Aubuchon/H 17:17, 9-Bier/SJC 17:18, 10-Cox/C 17:19, 11-Perkins/CP 17:21, 12-Kramer/CP 17:28, 13-Thrupp/S 17:32, 14-Regan/WVC 17:38, 15-Hester/H 17:39, 16-Flowers/C 17:45, 17-King/SJC 17:49, 18-Kelly/CP 17:52, 19-Hagopian/CL 17:55, 20-Wanamaker/CP 17:58. /Steve Miller; Don Gosney/

CAL INVIT. (Oct. 6, Berkeley): **/MEN/ Teams:** Cal 32, CWRT 74, WVTC 79. 1-Macdonald/WV 24:57, 2-Dyer/C 25:10, 3-Schulz/C 25:15, 4-Moreno/CW 25:16, 5-Porter/GB 25:21, 6-Duffey/Un 25:31, 7-Kingery/CW 25:34, 8-McCann/C 25:45, 9-Downs/C 25:55, 10-O'Reilly/C 26:06, 11-Sup/C 26:21, 12-Hurst/WV 26:27, 13-Gentry/CW 26:28, 14-Green/ETC 26:34, 15-Burke/C 26:40. **/WOMEN/ Teams:** Ariz 39, Cal 48, CPSLO 73, Stanford 126, CSH 134. 1-Keyes/CP 17:33, 2-Schmandt/C 17:48, 3-Schnurpfeil/S 17:53, 4-Trumbly/C 18:06, 5-Hansen/A 18:09, 6-Wierson/A 18:10, 7-Hjelte/C 18:10, 8-Joan Hansen/A 18:12, 9-Kaput/A 18:30, 10-Arfman/OS 18:31, 11-James/A 18:32, 12-Perkins/CP 18:33, 13-Aubuchon/H 18:33, 14-Thrupp/S 18:36, 15-Kramer/CP 18:38. /Brian Maxwell; Vern Gambetta/

AGGIE INVIT. (Oct. 6, Davis): **Teams:** Sac St. 37, AGRC 43, CPSLO TC & FPTC 87, FSU 159. 1-Britten/AG 24:19, 2-Smith/YC 24:25, 3-Hartig/FP 24:29, 4-Romesser/AG 24:31, 5-Van Horn/Sac 24:36, 6-Carrillo/Sac 24:38, 7-Gruber/AG 24:41, 8-Brown/Sac 24:44,

9-Pincombe/Sac 24:46, 10-Parks/Sac 24:46, 11-Becker/CP 24:52, 12-Ramirez/FP 24:53, 13-Winkley/Sac 24:54, 14-Galligan/Sac 24:55, 15-Small/CP 24:55, 16-Foley/FP 24:58, 17-Harms/AG 25:03, 18-Langford/AG 25:12, 19-Duelo/CP 25:15, 20-Peters/Un 24:18... 5.0 Mi. (130 finishers). /Steve Miller/

STANFORD INVIT. (Oct. 13, Stanford): **/MEN/ Teams:** CPSLO 40, UCLA 68, Stanford 105, Humboldt 107, Cal 109, FSU 169. (Club Div.) AGRC 35, CPTC 61, CW 68, WVTC 100. 1-Schankel/CP 30:47, 2-Ortiz/UCLA 31:07, 3-Alvarez/UCR 31:28, 4-Holmes/FS 31:32, 5-Schulz/C 31:36, 6-Best/UCLA 31:40, 7-Aldridge/CP 31:44, 8-Kissin/S 31:45, 9-Bautista/CP 31:48, 10-Gibson/CP 31:48, 11-Grimes/H 31:53, 12-Berry/S 31:54, 13-E.Huff/CP 32:04, 14-Ernst/UCLA 32:06, 15-Morales/H 32:07, 16-T.Downs/C 32:07, 17-Young/UCI 32:08, 18-Lusitana/UCLA 32:12, 19-McCann/C 32:15, 20-Conover/H 32:17, 21-Gruber/SJ 32:20, 22-Harvey/SJ 32:22, 23-Assuma/UCR 32:22, 24-Corey/S 32:22, 25-I.Huff/CP 32:23. (**Club Race**) 1-Arbogast/CTC 30:59.1, 2-Hunter/CTC 30:59.2, 3-Macdonald/WVTC 31:03, 4-Romesser/AG 31:19, 5-Moreno/CW 31:21, 6-Hunsaker/CTC 31:28, 7-Porter/GB 31:43, 8-Hart/Un 31:44, 9-Gruber/AG 31:58, 10-Garcia/FTC 32:01, 11-Kingery/CW 32:09, 12-Foley/FTC 32:28, 13-Langford/AG 32:30, 14-Duelo/CPTC 32:33, 15-Alexander/CTC 32:45. **/WOMEN/ Teams:** 1-Keyes/CP 17:18.5, 2-Oehm/C 17:21, 3-Soderholm-Difatte/WVTC 17:33, 4-Schnurpfeil/S 17:34, 5-Trumbly/C 17:35, 6-Goen/UCLA 17:40, 7-Schmandt/C 17:41, 8-Hjelte/C 17:44, 9-Broderick/UCLA 17:50, 10-Ralston/UCLA 18:00, 11-Perkins/CP 18:01, 12-Regan/WVC 18:06, 13-Aubuchon/H 18:07, 14-Kramer/CP 18:07, 15-Symons/Chico 18:08, 16-Munday/GB 18:13, 17-Thrupp/S 18:16, 18-Brogan/Fthl 18:29, 19-Bier/SJC 18:32, 20-Kelley/CP 18:32. /Steve Miller; Dean Clark; Laurel Treon/

USTFA NAT'L CHAMPIONSHIPS (Oct. 20, Kenosha, Wisc.): **Teams:** UCTC 57, Nevada-Reno 58, Wisc. TC 87, WMU 98. 1-Lindsay/UCTC 24:12, 2-Correa/Nev 24:44, 3-Plasencia/UCTC 24:59...8-Minor/Nev 25:26, 12-J.Leano/Nev 25:39, 19-Eiremo/Nev 26:05, 21-Hitchcock/Nev 26:11, 30-Tarin/Nev 26:28, 49-E.Leano/Nev 27:14. /Wagner/

CPSLO INVIT. (Oct. 20, Morro Bay): **Teams:** CPSLO 28, AGRC 53, UCSB 57, FSU 89, AIA 123. 1-Schankel/CP 24:16-CR, 2-Aldridge/CP 24:41, 3-Hughes/SB 24:55, 4-Kingery/Un 24:58, 5-Romesser/AG 24:58, 6-Britten/AG 25:01, 7-Reigh/SB 25:02, 8-Bautista/CP 25:04, 9-E.Huff/CP 25:12, 10-Ramirez/FTC 25:16, 11-Holmes/FS 25:17, 12-Jones/Un 25:22, 13-I.Huff/CP 25:25, 14-McGrath/AG 25:29, 15-Hilton/SB 25:33...57 finished. /Steve Miller/

NOR-CAL WOMEN'S X-C CHAMPS (Oct. 26, Stanford): **Teams:** Cal 23, Stanford 36, Santa Clara 97, USF 102. 1-Schmandt/C 17:19.5, 2-Schnurpfeil/S 17:25, 3-Trumbly/C 17:47, 4-Hjelte/C 17:56, 5-Thrupp/S 18:24, 6-Wotherspoon/S 18:41, 7-Flowers/C 18:41, 8-Ross/C 18:57, 9-Zorich/C 18:59, 10-Claiborne/C 19:05. /Treon/

PAC-10 SOUTHERN DIV. (Oct. 27, Westwood-UCLA): **Teams:** Stanford 47, UCLA 48, Ariz. 57, Cal 61. 1-Hunt/A 29:27.2-CR, 2-Berry/S 30:47, 3-Schulz/C 30:54, 4-Ortiz/UC 31:00, 5-Kissin/S 31:11, 6-Best/UCLA 31:17...9-Lobsinger/S 31:24, 11-Dyer/C 31:33.



(L-R) Some of NorCal's top collegiate women runners this past x-country season: Cindy Schmandt (Cal), Jan Oehm (Cal), Michelle Schnurpfeil (Stanford) and Maggie Keyes (Cal Poly-SLO), who took 6th at the AIAW Natis. /D. Gosney/

PA-AAU AGE-GROUP & WOMEN'S X-C CHAMPS (Oct. 28, Belmont): GIRLS/ Women: (Teams) SJC 44, WVTC 73, Aggie RC 94, WDS 121. 1-Olrich/Un 17:28, 2-Demmelmaier/SJC 17:34, 3-King/SJC 17:36, 4-Soderholm-Difatte/WV 17:51, 5-Graham/AG 17:58, 6-Van Housen/WDS 18:02, 7-Leydig/WV 18:05, 8-Brogan/Un 18:19, 9-Swannack/WDS 18:20, 10-Schmidt/WDS 18:29, 11-Kwong/SJC 18:33, 12-Anex/AG 18:37, 13-Devine/SJC 18:41, 14-Martinez/RG 18:47, 15-Stearns/SJC 18:54, 16-Taylor/WV 18:56, 17-Rudolf/WV 18:59, 18-Benevento/Un 19:01, 19-Houston/AG 19:03, 20-Powers/AG 19:13. Youth: (Teams) SJC 27, RG 86, RenoTC 114. 1-Vasquez/SJC 12:46, 2-Carter/RTC 12:58, 3-Miller/SJC 13:05, 14-Heimbecker/SJC 13:10, 5-Schreder/RTC 13:14, 6-Berindt/Un 13:17, 7-McDowell/RG 13:18, 8-McAfee/RG 13:22, 9-Yaninek/SJC 13:28, 10-Bonnet/SJC 13:30. Midget: (Teams) SJC 54, SCVGG 94, RG 123. 1-K.Himenes/WDS 10:16, 2-Garcia/SJC 10:27, 3-Clark/ArTC 10:40, 4-Rogers/SJC 10:43, 5-Kim Himenes/WDS 10:44, 6-Manning/OTC 10:49, 7-Bratton/CY 10:50, 8-Massey/GG 10:57, 9-Liotta/GG 10:58, 10-Lee/RG 11:02. Bantam: (Teams) SCVGG 51, RG 76, ApTC 80. 1-Corsiglia/GG 11:28, 2-Sawyer/CY 11:32, 3-Woods/ArTC 11:35, 4-Doerges/GG 11:54, 5-Maki/RG 11:58, 6-Maximovich/WDS 11:59, 7-Mahoney/CY 12:13, 8-McIntyre/Un 12:18, 9-Ryan/GG 12:19, 10-Dux/GG 12:24. BOYS/ Youth: (Teams) RenoTC 45, DVTC 53, RG 92. 1-Wilson/Un 11:30, 2-Mihm/Un 11:50, 3-Vicencio/RG 11:54, 4-Foster/Un 11:58, 5-Barr/DV 12:00, 6-Howard/DV 12:09, 7-Rush/RTC 12:12, 8-Susong/RTC 12:17, 9-Mathison/RTC 12:18, 10-Murphy/RTC 12:20. Midget: (Teams) DVTC 23, ReddingTC 69, DVTC "B" 93. 1-Latting/DV 9:42, 2-Scott/R 9:50, 3-Swart/DV 9:58, 4-Steele/BEBTC 10:01, 5-Robbins/DV 10:04, 6-Fottrell/DV 10:08, 7-Flage/CB 10:10, 8-Mertens/DV 10:11, 9-Woods/SV 10:18, 10-Scattini/SV 10:21. Bantam: (Teams) DVTC 31, RG 110. 1-Gibson/DV 6:31, 2-Schreder/RTC 6:37, 3-Johnston/RTC 6:41, 4-Heredia/DV 6:46, 5-Wilson/VMT 6:52, 6-Savatgh/DV 6:55, 7-Sutch/DV 6:59. /Hume/



Duncan Macdonald was 6th in the AAU X-C Nationals & made the U.S. squad for the International X-C in Paris. /Don Gosney/

AIAW REGION 8 (Nov. 3, Rocklin): DIV. I/ Teams: Cal 44, Arizona 51, UCLA 70, CPSLO 97, Stanford 156. 1-Mintie/UCLA 16:17, 2-Keys/CP 16:51, 3-Oehm/C 16:53, 4-Trumbly/C 17:14, 5-Joy Hansen/A 17:19, 6-Joan Hansen/A 17:19, 7-Schmandt/C 17:20, 8-Hjelte/C 17:24, 9-Goen/UCLA 17:29, 10-Wierson/A 17:32, 11-Schnurpfeil/S 17:34...14-Thrupp/S 17:41, 15-Broderick/UCLA 17:43, 18-Perkins/CP 17:53, 19-Keys/CSN 18:05. DIV. II/ Teams: CSH 46, Nev-Reno 47, UCR 64, CP-P 100. 1-Albert/UCR 18:12, 2-Thrupp/UCSB 18:41, 3-Martel/UCSB 18:49...8-Schmidt/NR 19:36, 9-Smith/NR 19:37. DIV. III/ Teams: CSH 35, Sac St. 58, Cal Luth. 100, Chico 100, UCD 125. 1-Symons/C 17:44, 2-Aubuchon/H 17:51, 3-Hester/H 18:04, 4-Foy/S 18:16, 5-Scannell/Sac 18:17, 6-Tracy/CLAR 18:19, 7-Strout/H 18:29, 8-Brandt/D 18:41, 9-Pappas/S 18:45, 10-Fulderson/CL 18:46, 11-Castro/H 18:47, 12-Robinson/H 18:55, 13-Bigelow/H 19:00, 14-Felix/H 19:01, 15-Oddone/C 19:01. /Don Gosney/

NORCAL JC CHAMPS (Nov. 10, Belmont): MEN, Div. I/ SRJC 77, SJCC 92, Marin 96, COS 103, ARJC 104. 1-Hernandez/SJ 20:32, 2-Williams/WV 20:35, 3-Will/AR 20:39, 4-Royal/SR 20:43, 5-Thornton/FCC 20:44, 6-Jones/SR 20:52, 7-Arago/COM 20:53, 8-Beruman/SJ 21:00, 9-Baumsteiger/COM 21:00, 10-Otis/CR 21:02, 11-Lozano/COS 21:10, 12-Jenkins/WV 21:12, 13-Baldocchi/CSM 21:13, 14-Powell/AR 21:15, 15-Goss/AR 21:15. MEN, Div. II/ Butte 43, Sierra 77, MPC 93, AV 109, Cuesta 117. 1-Christensen/MP 20:34, 2-Fernandez/SISK 21:24, 3-Devine/Las 21:36, 4-Plaisted/MP 21:37, 5-Hofhenke/Butte 21:48, 6-Miles/Butte 21:50, 7-Elliott/Y 21:50, 8-Heinrichs/Cues 21:51, 9-Powell/AV 21:54, 10-Turner/Sierra 21:56. WOMEN, Div. I/ WVC 32, FCC 96, SJD 107, COS 122, CCF 126. 1-Ortiz-Wykoff/COS 17:26, 2-Regan/WV 17:28, 3-Crowley/SJ 17:45, 4-Eberly/WV 18:09, 5-Dominguez/FC 18:12, 6-Dalwis/WV 18:20, 7-Way/SJD 18:29, 8-Blevens/DV 18:44, 9-Hendrickson/WV 18:55, 10-McPhillips/AR 19:00. WOMEN, Div. II/ MPC 31, Skyline 53, Hartnell 57, Butte 103, Cabri11o 112. 1-Peters/MP 17:43, 2-Trujillo/H 17:52, 3-Burkes/H 18:23, 4-Doan/MP 18:38, 5-Williams/Y 18:54, 6-Hamilton/Sky 18:57, 7-Connelly/Sky 19:00, 8-English/MP 19:05, 9-Warner/Red 19:07, 10-Grossman/Sky 19:12. /Dave Shrock/

NCAA DISTRICT 8 X-C (Nov. 10, Stanford): Teams: Oregon 28, WSU 73, UCLA 99, Stanford 127, Arizona 130, Cal 164, UCSB 192. 1-Rono/WS 29:07-CR, 2-Salazar/O 29:15, 3-Hunt/A 30:10, 4-Ortiz/UCLA 30:29, 5-McChesney/O 30:29, 6-Chapa/O 30:36...11-Kissin/S 31:04, 13-Holmes/FS 31:16, 24-Schulz/C 31:48, 25-Graham/S 31:51, 26-Lobsinger/S 31:52, 28-T.Downs/C 31:53, 30-Haldeman/S 31:55, 31-Dyer/C 31:58, 35-Berry/S 32:05, 36-Corey/S 32:09,

37-Gruber/SJ 32:10, 40-McCann/C 32:19, 41-O'Reilly/C 32:20, 42-Melendez/S 32:20. /Dean Clark/

NCAA DIV. II (Nov. 10, Riverside): Teams: CPSLO 45, 2-Sac St. 108, EIU 157...10-CSN 287, 13-UCR 326. 1-Schankel/CP 29:42, 2-Alvarez/UCR 29:55, 3-Curp/CMSU 30:10, 4-Aldridge/CP 30:23, 5-Kieia/UNC 30:28, 6-E. Huff/CP 30:32, 7-Galligan/Sac 30:36...17-Gibson/CP 30:43, 22-Bautista/CP 30:49, 23-Van Horn/Sac 30:50, 24-Brown/Sac 30:51, 25-I.Huff/CP 30:52, 32-Carrillo/Sac 31:05, 37-Pincombe/Sac 31:15, 38-Winkley/Sac 31:16, 50-Parks/Sac 31:28, 62-Medvin/CP 31:38.

WOMEN'S STATE AAU X-C (Nov. 11, Huntington Beach): (14/Over) SMT 69, LANTC 80, SCRR 81. 1-Brown/LAN 17:19, 2-Poor/AIA 18:09, 3-Morris/SM 18:15, 4-Bush/UCLA 18:18, 5-Heinmiller/SM 18:21...7-Brogan/Un 18:34, 10-King/SJC 18:56. (14-15) WDS 62 (only team) 1-Demmelmaier/SJC 15:32, 2-Van Housen/WDS 15:34, 3-Mason/VG 15:50, 4-Stearns/SJC 16:22...6-Glockner/WDS 16:49, 8-Gleason/SJC 16:56. (12-13) SJC 29, SCRR 54. 1-Walther/CC 12:50, 2-Miller/SJC 12:57, 3-Vasquez/SJC 13:07, 4-Carter/RTC 13:11, 5-Heimbecker/SJC 13:15...7-Bonnet/SJC 13:19, 12-Yaninek/SJC 13:30, 13-Schreder/RTC 13:52. (10-11) SJC 49, BA 62, SCRR 88. 1-Clark/ArTC 9:38, 2-Crabtree/BA 9:42, 3-Garcia/SJC 9:51, 4-Rogers/SJC 9:52, 5-Kim Himenes/WDS 9:53, 6-Karen Himenes/WDS 9:54...8-Bratton/CY 9:56, 11-Chretien/SJC 10:05, 13-Liotta/GG 10:17, 14-Weisberg/SJC 10:17. (9/Under) SCT 38, SCRR 84, ApTC 117. 1-Harkins/BA 10:14, 2-Gomez/SCRR 10:21, 3-Castillo/SCTB 10:32, 4-Lawson/NVGB 10:33, 5-Chavez/SCTB 10:40...9-Corsiglia/GG 10:46, 10-Woods/AP 10:48, 12-Sawyer/CY 10:52, 14-Doerges/GG 10:56. /Robert Hickey/

AIAW NATIONALS (Nov. 17, Tallahassee, FL): DIV. I/ No. Carolina St. 108, Oregon 120, Penn St. 138...7-Cal 218, 10-CPSLO 294. 1-J.Shea/NCS 16:35, 2-Groos/UVA 16:37, 3-Jennings/Pr 16:41...6-Keys/CP 16:57, 16-Schnurpfeil/St 17:14, 17-Oehm/C 17:18, 28-Williams/Ore 17:32, 31-Trumbly/C 17:33, 34-Schmandt/C 17:34, 35-Hjelte/C 17:35, 45-Perkins/CP 17:44, 55-Broderick/UCLA 17:49, 67-Thrupp/St 17:57, 155-Flowers/C 19:01, 164-Ross/C 19:07, 182-Cox/C 19:30. DIV. II/ Air Force 79...19-UCR 471, 20-CSBak 471. 1-Corvin/CP 17:10...21-Albert/UCR 18:23. DIV. III/ Hywd St. 56...6-Sac'to St. 161. 1-Benoit/Bwdn 17:14, 2-Ensrud/SO 17:50, 3-Aubuchon/CSH 18:01...9-Hester/CSH 18:24, 11-Foy/Sac 18:27, 14-Symons/Chico 18:31, 20-Brandt/UCD 18:43, 24-Castro/CSH 18:48, 31-Stoutt/CSH 18:59, 35-Robinson/CSH 19:05, 39-Scannell/Sac 19:10, 47-Pappas/Sac 19:17, 51-Felix/CSH 19:19, 55-Seibel/Sac 19:24, 58-Oddone/Chico 19:28, 68-Bigelow/CSH 19:40, 104-Klopsch/Sac 20:39, 113-Santa Maria/Sac 21:16, 120Rudolph/Sac 21:33. /Harrier; Cal Track News/

NCAA DIV. III (Nov. 17, Rock Is., IL): (Teams) No. Central 85, Humboldt St. 93...10-Pomona Pitzer 319. 1-Hunt/BS 24:12, 2-Palmquist/SO 24:18, 3-Mausling/Macalester 24:19...8-Grimes/HSU 24:31, 11-Conover/HSU 24:34, 27-Morales/HSU 24:59, 37-Ebiner/HSU 24:59, 38-Dauncy/HSU 25:09, 58-Searls/HSU 25:27, 114-Watkins/HSU 25:56. /Cal Track News/

TFA/USA WESTERN REGIONALS (Nov. 17, Fresno): (Teams): Nev-Reno 31, FTC 45, FSU 54. 1-Smith/YFC 32:13, 2-Foley/FTC 32:14, 3-Garcia/FTC 32:19, 4-Porter/GB 32:29, 5-Navarro/NR 32:33, 6-Garza/FS 32:34, 7-Bowers/NR 32:44, 8-Prabere/NR 33:03, 9-G.Aguirre/FTC 33:12, 10-McGuire/NR 33:38, 11-Hammons/NR 33:42, 12-Valdez/FS 33:47, 13-Kurtze/FS 34:11. /FTC/

NCAA DIV. I (Nov. 19, Bethlehem, PA): (Teams) UTEP 86, Oregon 93...15-UCLA 386, 21-Nev-Reno 468. 1-Rono/WSU 28:20, 2-Salazar/Ore 28:37, 3-Koskei/NM 28:47...15-Schankel/CP 29:34, 61-Kissin/Stan 30:33, 83-J.Leano/NR 30:49, 104-E.Huff/CP 31:03, 108-Holmes/FS 31:06, 162-Minor/NR 31:42, 203-E.Leano/NR 32:33, 233-Hitchcock/NR 35:21. /CTN/



Roy Kissin was top Bay Area runner in PAC-10 Meet. /Gosney/

NATL. AAU X-C CHAMPIONSHIPS (Nov. 24, Raleigh, NC): /WOMEN/ 1-Groos/ChTC 16:54, 2-J.Shea/NCSTC 17:02, 3-Merrill/AGAA 17:12, 4-Webb/KTC 17:16, 5-Jennings/LAC 17:21, 6-Benoit/LAC 17:22... 10-Larrieu/AA 17:30, 26-Poor/AIA 18:20, 34-Broderick/UCLA 18:29, 45-Soderholm/WVTC 18:36, 50-Williams/OTC 18:44. /MEN/ (Teams) 1-GBTC 154.71 minutes, 2-Sub-4 160.07, 3-OTC 160.44... 8-Jamul Toads 162.68, 9-SMTC 163.05, 10-WVTC 163.35. 1-Salazar/GBTC 30:28, 2-Lindsay/UCTC 30:47, 3-Hodge/GBTC 30:53, 4-Dillon/GBTC 30:57, 5-Meyer/GBTC 31:01, 6-Macdonald/WVTC 31:04, 7-Scott/Sub4 31:06... 27-Schanke/Sub4 31:54, 38-Romesser/AGRC 32:12, 49-Kingery/CW 32:25, 59-Berry/WVTC 32:34, 83-McGrath/AGRC 32:59, 92-Porter/WVTC 33:03, 100-Conover/WVTC 33:07, 114-Ebner/CW 33:14, 117-Britten/AGRC 33:16, 132-Langford/AGRC 33:29, 138-T.Downs/WVTC 33:34, 142-O'Halloran/AGRC 33:36, 149-Gruber/AGRC 33:42, 158-E.Huff/AGRC 33:52, 165-Yeou/AGRC 34:01, 169-AGRC 34:07, 172-Sweeny/AGRC 34:12, 177-Proteau/AGRC 34:15, 178-Fritzke/CW 34:16, 203-Holl/AGRC 34:36, 208-Gibson/CW 34:41, 211-Bautista/CW 34:46, 258-Churney/GB 35:39, 261-George/AIA 35:42. /JR. WOMEN/ 1-Gallagher/AOC 18:26... 10-Bier/SJC 18:59. /GIRLS 14-15/ SJC 76.84 (74)... 5-RG 205. 1-Ridenour/KWTC 14:37, 2-Hartsfield/QC 14:47, 3-King/SJC 14:52... 8-Demmelmaier/SJC 15:09. /GIRLS 12-13/ Ohio Angels 97... 3-SJC 206, 10-RG 341. /GIRLS 10-11/ 1-Pacholder/KS 8:31... 7-Rogers/SJC 8:48, 9-Clark/SpartanTC 8:53. /GIRLS 9/Under/ 12-RG 503. 1-Hanlon/OlneyTC 8:52... 10-Koffel/SpartanTC 9:32. /BOYS 16-17/ Smith/MMRD 15:42. /BOYS 14-15/ Nicholas/KS 15:45. /BOYS 12-13/ DVTC 95. 1-Vandendreis/CYODC 13:21... 11-Chaney/DV 14:05, 17-Balatti/DV 14:14, 19-Mihm/DV 14:19, 20-Barr/DV 14:19, 28-Howard/DV 14:32, 64-Moore/DV 15:15, 80-Callahan/DV 15:34. /BOYS 10-11/ DVTC 72. 1-Latting/DV 10:56, 2-McKenna/Arrow 10:58.5... 7-Scott/RTC 11:18, 10-Swart/DV 11:25, 18-Robbins/DV 11:40, 19-Fottrell/DV 11:40, 24-Mertens/DV 11:46, 32-Lepak/DV 11:58, 57-Bacon/DV 12:24. /BOYS 9/Under/ 1-Miller/AMRR 11:40... 6-Doe/11/RG 12:06. /Pete Cava; Gary Santos; Bob Baxter/ (Top 8 to IAAF X-C in Paris)

IAAF SR. MEN'S X-C TRIALS (Jan. 19, Eugene, Ore.): /12 KM./ 1-Virgin/SLTC 36:43.7, 2-Dillon/GBTC 37:08, 3-Arbogast/FSTC 37:30, 4-Anderson/Co 37:30, 5-Plasencia/UCTC 37:45, 6-Sinclair/Co 37:46, 7-Clary/OTC 37:46(?), 8-Macdonald/WVTC 37:59, 9-Martin/Ore 38:02, 10-Wysocki/SSTC 38:15, 11-Moreno/CW 38:19, 12-Crooks/Prov 38:20... 21-Kingery/CW 39:26, 23-Morales/CW 39:58, 25-Conover/WVTC 40:17, 26-Hoglund/CW 40:27, 31-Becker/CW 42:21... 35 finishers. /Pete Cava/

IAAF JR. MEN'S X-C TRIALS (Jan. 26, Belmont): /8 KM. - Also the PA/TAC District Championships/ (Teams) SBAA 2:08:33, CW 2:10:50, WVTC 2:11:48, AGRC 2:37:29. 1-T. Downs/WVTC 24:35.4, 2-Eyestone/BYU 24:41, 3-Caprioglio/SBAA 25:01, 4-Sappenfield/SBAA 25:05, 5-Graham/Stanford 25:07, 6-Fields/UCLA 25:20, 7-Frank/CW 25:28, 8-Mansy/ETS 25:31, 9-Nolan/111 25:50, 10-Williams/CW 25:55, 11-Jay Marden/WVTC 25:57, 12-Callaway/SBAA 25:58, 13-Thomas/SBAA 26:04, 14-McCollum/AGRC 26:05, 15-Hernandez/CW 26:09, 16-Jack Marden/WVTC 26:21, 17-Brennand/SBAA 26:25, 18-Whitesides/Un 26:27, 19-Roberts/Un 26:29, 20-Walling/Un 26:31... 47 finishers. /Dave Shrook/ (Top 6 to IAAF X-C in Paris)

IAAF WORLD X-C CHAMPIONSHIPS (Mar. 9, Paris, France): /MEN/ England 100, USA 163, Belgium 175, France 184, USSR 246. 1-Virgin/US 37:01, 2-Orthmann/WG 37:02, 3-Rose/ENG 37:05, 4-Schots/B 37:11, 5-Robson/Scot 37:20, 6-Antipov/SU 37:21, 7-Moseyev/SU 37:21, 8-Prieto/Sp 37:21, 9-Jones/Wales 37:23, 10-Ford/ENG 37:25... 12-Dillon/US 37:28, 23-Martin/US 37:53, 36-Plasencia/US 38:08, 48-Anderson/US 38:27, 104-Macdonald/US 39:25. /JR. MEN/ USSR 50, USA 75, Spain 79, Belgium 86, England 89. 1-Garcia/Sp 22:17, 2-Gryaznov/SU 22:23, 3-Eyestone/US 22:27, 4-Stark/Can 22:34, 5-Downs/US 22:34, 6-Kiselyov/SU 22:36, 7-Denkeyev/SU 22:38... 11-Graham/US 22:53, 56-Sappenfield/US 23:53, 82-Caprioglio/US 24:34, 88-Fields/US 25:03. /WOMEN/ USSR 15, England 49, USA 49, Norway 71, Italy 101. 1-Waitz/Nor 15:05, 2-Bondarchuk/SU 15:45, 3-Sipatova/SU 15:49, 4-Romanova/SU 15:52, 5-Merrill/US 15:53, 6-Ulmasova/SU 15:57... 10-Groos/US 16:09, 13-J.Shea/US 16:10, 21-Webb/US 16:23, 26-Benoit/US 16:28, 35-Goodall/US 16:42. /Pete Cava/ Note: - Virgin is the first American to win the men's IAAF X-C in history! □

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TRACK AND FIELD RESULTS



Only top marks are being listed in most all-comers meets due to lack of space.

ALL-COMERS MEET (Dec. 15, Berkeley): /OPEN/ 55m: 5.7; 60mHH: Florant 7.3; 200m: Trask 21.7; 400m: Robinson 48.3; 800m: Webster 1:54.8; 5000m: Romesser 14:23.0; TJ: Bates/Cal 51-0; DT: Tafra/15/WVTC 170-11. /WOMEN/ 55m: Parker 6.6; 200m: Franklin/Cal 24.2; 800m: Franklin 2:11.3. /HIGH SCHOOL/ 60mHH: Williamson 7.5; 400m: Williams 50.7; 800m: Dumont 2:07.7; TJ: Frazier 47-10½; HJ: Simonsen 6-4. /Conning/

ALL-COMERS MEET (Dec. 15, Los Gatos): /OPEN/ 100: Green/WVTC 9.8; 2 Mi: Clark/WVTC 9:30; SP: Plucknett/WVTC 64-11, Oldfield 63-11½; DT: Weeks 185-10, Oldfield 182-4; PV: Bohni/SJS 17-0; /WOMEN/ Mile: Williams/Ort 5:04.4; /HIGH SCHOOL/ Springer 2:01.2; Mile: Yeager/Frmt 4:24.3; PV: Crumpler/MA 14-6; LJ: Robinson/Carl 22-9; DT: Cowell 155-2; /MASTERS/ 100y: Latorre/Un 11.1. /J. Erbes/

ALL-COMERS MEET (Dec. 22, Berkeley): /OPEN/ 70mHH: Cowling 7.4; 55m: (I) Kent/CP 5.7, (III) Hart/BAS 5.7; 400m: (I) Robinson 48.0; 800m: Smith/Colorado 1:56.5; 5000m: Scrutton/Col 14:00.8; 1600mR: BEBTC 3:21.5; DT: Tafra/15/WVTC 167-1; SP: Tafra/15 56-0½; TJ: Alston 49-8½. /WOMEN/ 1500m: Kenny 4:49.8; 70mH: Hawthorne 9.1; 400m: White 55.5; 800m: Castro/CSH 2:13.3; /HIGH SCHOOL/ 70mHH: Williamson 7.5; 800m: Richardson 1:57.4; 1600m: Baffert/WVTC 4:22.2; TJ: Frazier 47-10½; W-200m: Hansen 25.8. /Conning/

ALL-COMERS MEET (Dec. 22, Los Gatos): /OPEN/ 100: Krulee 9.8; 2 Mi: Gyorey/PW 9:24.8; PV: Bockmiller/BAS & Gutteridge/Un 16-6; SP: Oldfield 65-8½; DT: Burns 205-1; /HIGH SCHOOL/ PV: Lian/MA 15-0. /WOMEN/ 100y: Hammonds 11.1. /MASTERS/ 100y: Latorre/NCS 11.0; Mile: Lewis/TRAC 4:47. /J. Erbes/

ALL-COMERS MEET (Dec. 29, Los Gatos): /OPEN/ 70mH: Rublick/Un & Ragster/WVTC 8.8; 220: Krulee/PW 21.5; SP: Oldfield/Un 68-11 3/4; DT: Powell/Un 205-11, Oldfield 191-8; TJ: Leberherz 49-2½; PV: Bohni/SJS & Hintnaus/Un 17-0. /HIGH SCHOOL/ 70mH: Livingston/Scrk 8.7; 2 Mi: Hoch/CW 9:35.8; PV: Ellis/MA 15-0. /WOMEN/ Mile: Graham/Un 5:10.0; HJ: Hamilton 5-8; SP: Zapp 44-9. /MASTERS/ Mile: Lewis/TRAC 4:46.4. /J. Erbes/

RUNNERS WORLD INDOOR CLASSIC (Jan. 4, Daly City): /MASTERS/ Mi: Vanderwal/Canada 4:31.1... 4-Cathcart/WVTC 4:38.4, 5-Knebel/WVTC 4:39.0, 6-Meinhardt/WVJS 4:41.2, 7-Richardson/WVTC 4:42.8, 8-Botta/TAM nt, 9-Lewis/TRAC 4:48.8, 10-Bevens 4:48.9;

50m(60+): Jordan 6.6, Koppel 7.1, Satti 7.1; /COLLEGE/ MileR: CPSLO 3:26.1, Stanford 3:26.8; LJ: Brooks/CSH 23-1½; /OPEN/ Jr.Mile: Verbeek/Belg 4:14.3, Medvin/CPSLO 4:15.0, Berry/Stan 4:16.2; 500m: Green/USC 64.7, Solomon/Trin 64.9; 300m: King/TS 35.1, Hampton/BAS 35.5; SP: Feuerbach/AW 65-0½; 50mH: Dixon/Fthl 6.84; (II) Cooper/BAS 6.62, Florant/ICAC 6.73; 800m: Robinson/ICAC 1:51.6... 3-White/Cal 1:53.9, 4-Smith/Col 1:54.0; PV: Woepse/Un 17-0; Mile: Robson/Scot 4:04.5... 6-Macdonald/WVTC 4:07.2; /WOMEN/ 3000m: Waitz/Nor 8:51.0; Jr.Mile: Goen/UCLA 4:54.8, Bier/SJC 4:58.7, Schnurpfeil/Stan 4:59.9; 50mH: Anderson/LANTC 7.44, Johnson/StanTC 7.54, Costello/OTC 7.66, Sanders/BEBTC 7.71; 50m: Fleetwood/MSAC 6.49... 4-Parker/Cal 6.61; 400m: 3-Belton/Cal 58.3; 1500m: Decker/AW 4:11.1... 4-Schmandt/Cal 4:31.5; 800m: Campbell/StanTC 2:05.2... 5-Regan/SJC 2:12.1, 6-Castro/CSH 2:12.7; MileR: LA Merc 3:52.1, BEBTC 3:59.0, SJC 4:07.8, CPSLO 4:12.4. /Dave Shrook/



Robin Campbell doubled 52.35 (PR) and 2:03.2 at King Games. /Gosney/

ALL-COMERS MEET (Jan. 5, Los Gatos): /OPEN/ Mi: Dyer/Cal 4:21.5; DT: Powell/Un 207-1, Plucknett/Un 206-0, Oldfield/Un 189-1; SP: Oldfield 70-4½; PV: Bohni/SJS 17-0; /HIGH SCHOOL/ 44Q: Green/PA 50.9; /WOMEN/ Mi: Graham/AGRC 5:02.0; DT: Zappacosta 158-3; /MASTERS/ Hansen/NCS 11.2. /Jim Erbes/

ALL-COMERS MEET (Jan. 19, Los Gatos): /OPEN/ 70HH: Dixon/Fthl 8.4; 100: Prince/Fthl 9.6; 220: Prince 21.6; 2 Mi: Cassaday/WVTC 8:58.9; SP: Oldfield 66-4; DT: Powell/Un 194-5, Oldfield 189-0; PV: Bockmiller/Un 17-0¼; /HIGH SCHOOL/ 880: Bell/Lyn 2:01.0; 100: Smith/PA 9.9; HJ: Bergbower/LeLand 6-6; PV: Ellis/MA 15-0; /WOMEN/ Mi: Munday 5:07.0; HJ: Craig 5-6; SP: Pollack 39-9½; /MASTERS/ 100: Springbett 10.8; Mi: Lewis/TRAC 4:53.1. /Jim Erbes/

ALL-COMERS MEET (Jan. 19, Berkeley): /OPEN/ 400m: White/Cal 48.2; 800m: Romain/WVTC 1:56.0; 1500m: Johnson 3:55.2; 5000m: White/AGRC 14:41.8; 300IH: Brovelli/Cal 38.8; HJ: Myers/BEBTC 6-8; TJ: Leberherz 49-8; LJ: Jackson/Ala 23-1; PV: Philbert/Cal 14-6; SP: Parker/Cal 53-7; DT: Tafrales/WVTC 167-5; /WOMEN/ 55m: Ware/BEBTC 7.1; 55H: Sanders/BEBTC 8.4; SP: Zuger/Cal 42-6; /HIGH SCHOOL/ 55m: Robinson/BEBTC 6.4; 400m: Ford/BEBTC 49.4; 55H: Williamson/Sky 7.7; 1600mR: Berkeley 3:23.8; 300IH: Williamson 39.8. /Keith Conning/

ALL-COMERS MEET (Jan. 26, Berkeley): /OPEN/ 50m: Kennedy 5.8; 200m: Kent 21.7; 400m: Kennedy & Kelly 48.9; 800m: Grimes/UC 1:55.7; 1500m: Navarro/NR 3:54.7; 5000m: J.Leano/NR 14:31.2; 1600mR: Cal 3:16.5; LJ: Bates/Cal 23-0; HJ: Nelson/Cal 6-8; JT: Roller/Sky 208-9; SP: Parker/Cal 53-6; /WOMEN/ 50m: Ware & Rogers 6.5; 200m: Franklin/Cal 24.6; 400m: Webster 57.1; 1500m: Hamilton/Sky 4:47.0; 1600mR: Cal 3:56.6; SP: Springer/Cal 40-7; DT: Springer 139-2; HJ: Winlock 5-11½; /HIGH SCH/ 50m: Williams & Caridyo 6.5. /Keith Conning/

EXAMINER GAMES TRIALS (Feb. 2, Berkeley): /WOMEN/ HJ: Raugust/Hart 5-6, Broussard/SJCC 5-6; 800m: Graham/AGRC 2:16.4; 50m: Ware/BEBTC 6.4, Cobbs/BEBTC 6.5, Webster/BEBTC 6.5, Ward/King 6.5; 60mH: Hawthorne/Cal 8.1, Sanders/BEBTC 8.4, Fleming/BEBTC 8.5; 1600mR: BEBTC 3:49.4, GBTC 4:02.5, Orinda TC 4:04.5; /AGE-GROUP/ Girls-R: BEBTC 3:45.6, Hilltop 3:46.1; Boys-R: BEBTC 2:51.4, EOYDC 2:55.3, 1980TC 2:55.4; /HIGH SCHOOL/ - see "Prep Ramblings" section of this issue.

EXAMINER GAMES TRIALS (Feb. 2, San Jose): /JC/ SpMR: SJCC 3:33.0, ARJC 3:34.6, Alameda 3:34.8; PV: Crook/SJCC15-0; 60y:(I) Prince/Fthl 6.2, Gipson/CCC 6.3, Green/SJCC 6.3, (II) Burton/Ala 6.2, Taylor/SJCC 6.3; MileR: SJCC 3:14.7, Foothill 3:17.2, SRJC 3:18.4, Alameda 3:20.8, Hartnell 3:21.5; W-MileR: WVC 3:54.9, SJCC 4:02.7, ARC 4:06.2; (Exhib.) LJ: Boardinham/Sierra 23-7½, Jackson/Ala 23-4; 2 Mi: McDaniel/Sky 9:17.4, Christensen/MPC 9:25.0; /OPEN/ Devil-Mile: Magallanes/LCTC 4:10.5, Denesik/Sac 4:11.0, Arago/MR 4:15.1, Thomas/WVTC 4:18.0, McGrath/AGRC 4:18.5, Tracy/WVTC 4:18.8, Burns/AGRC 4:18.8, Will/ARC 4:19.7, Kissin/WVTC 4:20.8; /MASTERS/ Mi: Cathcart/WVTC 4:33.1, Donaldson/Merc 4:36.8, Knebel/WVTC 4:37.2, Krogh/TAM 4:39.0, Schafer/CRC 4:40.0, Botta/TAM 4:41.0, Richardson/WVTC 4:44.0, Jordan/Un 4:46.0, Guthrie/WVJS 4:50.0, Chaffee/ETC 4:51.0; 60y: (40+)(I) Parish/NCS 6.7, Fuller/NCS 6.8, Martin/NCS 7.0, (II) Sanchez/CM 6.9, DeWitt/NCS 6.9, Springbett/NCS 7.0, Anderson/NCS 7.0; 60y(60+): Koppel/NCS 7.8, Satti/NCS 7.9, Huseny/AHC 8.2, Fairbank/SRC 8.4; SMR: NCS 2:40.3, Diablo Str. 2:40.5, NCS 2:41.4; W-Mi: Bigelow/AGRC 5:39.5, Skaden/BC 5:53.4, Jones/PMK 5:52.0, Carlson/NCS 5:57.9, Anderson/NCS 6:01.0, Waters/NCS 6:14.0, Brieger/NCS 6:25.0; 60y: Obera/NCS 7.6, Ligon/NCS 7.8, Parish/NCS 8.0, Don/Un 8.9, Skaden/BC 9.2. /Fred Baer/

VANDAL INVIT. (Feb. 9, Moscow, ID): - Ben Plucknett led 2 others over the American record for the indoor discus with a 211-7 here (no wind!). Powell 208-7, Wilkins 203-7. /Track & Field N./

SUNKIST INVIT. (Feb. 15, L.A.): W-60H: 5-Johnson/StanTC 8.10; 60HH: 2(tie) Cooper/BAS 7.6, 4-Margerum/Stan 7.8; 60y: 2-Hart/BAS 6.27, 5-Nelson/Stan 6.38; TJ: 2-Marlow/Cal 53-7 3/4, 4-Livers/PPC 53-7; W-880: Campbell/StanTC 2:08.3, 3-M.Keyes/Macc 2:11.3, 5-Regan/SJC 2:14.8, 6-Ward/AGRC 2:15.5;

(Sunkist, Cont'd) 500y: 4-B. Williams/CPSLO 57.7; 2 Mi: Aldridge/CPSLO 8:47.5; 880: 4-Clifford/BAS 1:52.4. /Al Franken/

JACK-IN-THE-BOX INVIT. (Feb. 22, San Diego): 60H: Cooper/BAS 6.7, 3-Cowlings/Cal 6.9; 60y: Hart/BAS 6.0; 880: Boit/AFS 1:47.9(ties WR), 4-White/Cal 1:51.3; TJ: 2-Livers/PPC 54-11½, 4-Marlow/Cal 53-7; W-880: Decker/AW 1:59.7(WR), Campbell/STC 2:10.5. /Al Franken/

SAN FRANCISCO EXAMINER GAMES (Feb. 23, Daly City): MW-Mile: Bigelow/AGRC 5:38.7, Jones/PMK 5:43.0, Skaden/BC 5:46.2, Waters/NCS 5:59.1, Anderson/NCS 6:04.5; M-SMR: CDM 3:26.3, NCS 3:29.2; JCW-MileR: ARC 4:04.6, WVC 4:07.8; HS-MileR: Highlands 3:29.6, Oakland 3:30.0, Berkeley 3:30.0; HSW-MileR: Berkeley 4:10.0, Saratoga 4:13.9, Casa Roble 4:14.4; M-Mile: Cathcart/WVTC 4:30.5, Knebel/WVTC 4:38.2, Schafer/CRC 4:39.7, Botta/TAM 4:40.7, Guthrie/WVJS 4:43.2, Jordan/Un 4:45.0; HS-LJ: Frazier/Mission 23-6½, Abston/Hogan 22-5 3/4, Wright/Armijo 22-0½; JC-MileR: SJCC 3:23.3, SRJC 3:25.3, Fthl 3:28.2; JC-PV: Crook/SJCC 16-0, Kibort/WV 15-0, Tardieu/WV 15-0; W-HJ: Van Zee-land/GB 5-8, Linderman/Mar 5-6, Broussard/SJCC 5-6; C-SMR: Stanislaus 3:09.3; MW-50m: Obera/NCS 6.92, Sherrard/NCS 6.93, Parish/NCS 7.36, Ligon/NCS 7.49; JC-50m: Burton/Ala 5.92, Prince/Fthl 5.93, Nash/DV 5.98, Gidson/CCC 6.05, Green/SJCC 6.07; W-50m: Ashford 6.26, Ware/BEB 6.46, Cobbs/BEB 6.54; M-50m:(40+) Dennis/CDM 6.29, Parish/NCS 6.39, DeWitt/NCS 6.40, Sanchez/Chabot 6.50, Springbett/NCS 6.52; M-50m:(60+) Jordan/Stan 6.89, Koppel/NCS 7.30, Satti/NCS 7.39; 50m: McTeary/AlITC 5.84, Kent/ICAC 5.87, Simmons/SATC 5.98, Payton/BAS 5.98, Edmonson/Ala 6.0... Evelyn Ashford 6.24; C-TJ: McGlory/CSH 49-4, Alston/CSH 49-2 3/4, Cook/Stansl 48-5 3/4; W-60H: Johnson/STC 7.9, Hawthorne/Cal 8.1, Sanders/BEB 8.1; C-60yH: Conley/CSH 7.66, Hill/CSH 7.68, Reynolds/SFS 7.77, Campbell/UCD 7.79; 60yH: Babb/Ala 7.12, Cooper/Un 7.25, Cowling/Cal 7.36; SP: Laut/AW 67-0, Feuerbach/AW 66-0, Oldfield/Un 65-10; Devit-Mi: Magallanes/LCTC 4:20.1, Churney/GB 4:21.9, McGrath/AGRC 4:22.9, Burns/AGRC 4:23.4, Denesik/Sac 4:27.5; GAG-Relay: BEBTC 2:40.6; 400m: Hampton/BAS 50.5, Edmonson/Ala 50.6; 600m: Tufariello/Vill 1:20.4, Guss/Cal 1:20.7, Evans/JCTC 1:21.0, Johnson/ICAC 1:21.8; W-MileR: BEB 3:59.6, SJC 4:07.6; LJ: Myricks/AA 26-8½, Marlow/GB 24-8½... 4-Bates/Cal 23-8 3/4; HJ: Reinhart/CSH 7-0, Gibbs/SJS 7-0, Stones/AA 7-0, Nelson/Cal 6-10, Radan/BAS 6-10; 3000m: Korir/Vill 8:11.8, Lawson/SMTC 8:11.8, Schankel/CPSLO 8:12.2, Elieff/Cal 8:17.4, Blume/Cal 8:26.8, Dyer/Cal 8:27.8, Sweeney/AGRC 8:30.2; 2-Mile: Hiering/SCRR 12:59.5; BAG-Relay: BEBTC 2:02.0, EOYDC 2:05.4; W-800m: Campbell/STC 2:08.9, Merrill/AGAA 2:09.4, Graham/AGRC 2:14.8; Mile: Paige/Vill 4:02.6... 3-Aldridge/Sub-4 4:06.7, 5-Macdonald/WVTC 4:07.0; MileR: Stanford 3:25.7; PV: Bell/NYAC 17-10½, Tully/NYAC 17-6, Woepse/SSTC 17-0... 5-Black/SJS 16-6; JC-SMR: Alameda 3:11.7, SJCC 3:12.7. /Fred Baer/

TAC/USA INDOOR CHAMPIONSHIPS (Feb. 29, New York): /MEN/ TJ: Livers/PPC 55-1½... 6-Marlow/Macc 53-4½; SP: 3-Feuerbach/AW 66-3, 4-Oldfield/UCTC 65-10½, qual. - Pyka/SJStars 64-6½; /WOMEN/ 880: Manning/ORTC 2:04.5, Campbell/StanTC 2:04.7; Mile: M. Keyes/Macc 4:39.3; MileWk: 6-Sakelarios/Un 7:53.2; SP: Seidler/SJStars 57-0 3/4. /P. Cava/

ALL CLUB MEET (Mar. 1, San Jose St.): HT: Oswald/WVTC 186-0; 400mR: SJS 40.5; LJ: Atchade/SJ 25-1½, Anderson/SA 24-0 3/4, Wayne/Un 23-8½; 1500m: Salez/Un 3:54.6; HJ: Nelson 6-10, Gibbs/SJS 6-10; JT: Kennedy/Un 269-8; 400m: Williams/Un 47.2, Williams/SJS 49.3; SP: Stadel/Un 59-7, Tafrales/WVTC 57-4, Gummerson/Un 56-9; 800m: Salez/Un 1:52.2, Johnson/SJS 1:53.9; 400mH: Kennedy/Un 53.0, Beardon/SJS 53.0, Wyatt/WVTC 53.2; 200m: Williams/Un 21.6, Triplett/WVTC 22.0, Jackson/SJS 22.0; TJ: Langeland/Un 47-11, Roberts/SJS 47-9½; 2 Mi: Harvey/SJS 9:07.6, Ross/SJS 9:09.4, Embody/USAF 9:14.0; DT: Burns/Un 194-0, Tafrales/WVTC 164-5; PV: Bohnt/SJS 17-4, Black/SJS 17-0, Bockmiller/BAS 17-0, Williams/Un 16-6, Slover/Un 16-0. /Dave Shrook/

CALIFORNIA/WASHINGTON/UTAH STATE WOMEN'S MEET (Mar. 22, Berkeley): DT: Zaphiropoulos/C 158-7; SP: Zaphiropoulos 41-9; 1500m: Trumbly/C 4:31.0, Adams/W 4:35.5; 100mH: Hawthorne/C 13.9; 400m: Franklin/C 55.1; 800m: Trumbly 2:10.8; 200m: Bolton/C 23.59w; 3000m: Schmandt/C 9:28.0... 3-Hjelte/C 9:49.6, 4-Richter/C 9:53.2. /Gambetta/



Brian Oldfield, who just recently got back his amateur status, is getting it back together again, having already done 70'4½" in a Jan. 5 all-comers meet at Los Gatos. /D. Stock/

LONG DISTANCE RESULTS

How come so few results? Well...we had a choice! Either this issue was going to be another couple of weeks in getting out, or I was going to try and get a big chunk out now and then follow up with another issue in 3-4 weeks hopefully. Since there are so many race results to catch up on, the next issue will be largely just that--roadrace results. The schedule will also be extended a month or two, with any additions also noted. So, we're sorry we don't have much room for LDR results this time around...next time we'll give you an overdose. Also, you will note that we're eliminating writeups for the most part on all our results...primarily so we can cover more races, although because there are so many we may not go quite as deep as before. We've found that people (for the most part) would rather see a list of results than read a story on the race and fewer actual names listed. What do you think? CODING: * = Master; F = Woman.

HOOK & LADDER 10K (Aug. 19, San Francisco): 1-David Palmer/Un 32:20, 2-Tim Morse/ETC 32:28, 3-Batz/SFFD 33:30*, 4-Hurtado/OPD 33:45, 5-Gustafson/SFPD 33:46, 6-McAbee/PMK 33:51*, 7-Stefani/SFFD 33:58, 8-J.Batz/PMK 34:07, 9-O'Leary/SFFD 34:12, 10-T.Darling/UCSB 34:14, 11-Sobsey/DSE 34:16, 12-DeGlymes/OFD 34:29, 13-Bates/CDF 34:36, 14-Deschler/ETC 34:38, 15-Eshia/PMK 34:42...31-Diane Killen 36:03F, 33-Ryan/SFFD 36:28*, 48-Garry/SFPD 37:37*, 51-Millard/SFFD 38:01*, 52-Ullyot/WVTC 38:01F, 107-Nelson/Un 42:10F...411 finishers. /Tim O'Brien/

SILVER STATE MARATHON (Sep. 2, Washoe Valley, Nev.): 1-Pawlak 2:35:36, 2-Lincicome 2:39:02, 3-Starck 2:41:31, 4-Hernandez 2:42:38, 5-Bevins 2:47:55*, 6-Bryan/WVTC 2:48:20*, 7-Daniels 2:50:03, 8-Doser 2:50:53, 9-Hedges 2:53:06, 10-Ko11/WVTC 2:54:48, 11-Stansauk 2:55:52, 12-Scellato 2:56:39, 13-Schaefer 2:56:51, 14-Morrissey 2:56:57, 15-Ange11 2:57:07, 16-Sylvester 2:58:40, 17-Hicks 2:58:50, 18-Higgins 2:59:08, 19-Helgerson 2:59:57, 20-Fitzpatrick 3:00:05...25-Treacy/PMK 3:03:11*, 27-Brinkema 3:04:24*, 30-Pauwels(60) 3:05:27*, 36-Waggoner 3:08:22*, 37-Chase 3:08:31*, 88-Nancy Berndt 3:23:21F, 105-Mack 3:29:17F, 106-King 3:30:05F, 112-Shaw 3:32:15F...330 finishers. /Brady/

SUGAR CITY FUN RUN (Sep. 8, Crockett): /10K, hilly, hot!!/ 1-Peanut Harms/AGRC 31:23, 2-Corona 32:45, 3-Searls 33:20, 4-Pawlak 33:23, 5-Kotchever 34:03, 6-Watts 35:01, 7-Monteverde 35:21, 8-Larson 35:54, 9-Scott 36:03, 10-Stein 36:10...19-Mary Gaffield/ECHS 38:35 (note--results show no age or sex of finishers so we won't attempt to identify top masters/females).

GOLDEN STATE WOMEN'S 10K (Sep. 8, Sacramento): 1-Patty Hoseit 38:39, 2-Heike Skaden 38:57, 3-Carter/RTC 39:31, 4-Burleson/CRC 40:53, 5-Schreder 42:08, 6-E. Schreder 43:27, 7-Heide Skaden 45:54*, 8-Taylor 45:56, 9-McKillop 45:59, 10-Bispo 46:15...16-Fong 47:45*, 18-Odell 48:13*, 22-Hinsdale 49:54*...63 finished. /Fleet Feet/

COUNTRY FAIR DAY RUN (Sep. 16, San Anselmo): /4.44 Mi./ 1-Rod Berry/WVTC 22:48, 2-Demaris/MR 23:30, 3-Degan 24:04, 4-Johnston 24:34, 5-Moore 25:32, 6-Tardy 25:37, 7-Ridout 25:38, 8-Jones 25:50, 9-Hannaford 25:58, 10-Handerson 26:12...20-Basham 27:35*, 32-Jones 28:48*, 33-Melinda Creel 28:51F, 38-Jacques 29:29*, 44-Martin 30:05F, 55-Wilson 30:59F, 72-Hannaford 31:47F, 88-Parli-man 32:50F*...238 finishers. /Barry Spitz/

NATL. AAU 50K (Sep. 16, Brattleboro, VT): 1-John Cederholm/BAA 2:56:43, 2-F. Mueller/CPTC 2:59:05*, 3-Bellah/WSAC 3:00:44, 4-Fetscher/WSAC 3:01:03, 5-Tetreault 3:01:34, 6-Cleary/Millrose 3:02:21...9-Bozanich/CA 3:03:39...Team: CPTC. /Pete Cava/

LAKE TAHOE 72-MILER (Sep. 21, Lake Tahoe): 1-Prewitt/Ore 9:55:02, 2-C.Ferguson/Idaho 10:29:19, 3-D.Ferguson/Idaho 10:31:43*, 4-Kovacs/TRAC 10:48:51*, 5-Williams 10:48:55, 6-Miller 10:48:55, 7-M.Reese 10:54:46, 8-Hedges 11:14:52, 9-Zumwalt 11:22:12, 10-Shepich 11:23:25, 11-Branham/WVTC 11:27:13*, 12-Gailson 11:39:50, 13-Eileen Waters/SDTC 11:43:22F...17-McManus 13:11:47*, 18-Davis 13:16:46*, 20-Letl 13:36:40*, 21-Conners 13:37:37F...73 started & 44 finished. /Charlie Mersereau/

AVON WOMEN'S INTERNATIONAL MARATHON (Sep. 22, Waldniel, W.G.): 1-Joyce Smith/Eng(42) 2:36:27*, 2-Merritt/US 2:39:43, 3-Gould/Eng 2:40:37, 4-Hassal/Australia 2:42:04, 5-Guerin/US 2:42:44...Doppes/US 2:46:38...Peterson/US 2:53+...Ullyot/WVTC 2:54:50...Kiddy/US 2:56:14*...Gorman/US 2:56:55*...36 under 3 hours. We don't have complete results, but will print other U.S. finishers if we receive them. Joyce Smith set a world masters record, breaking Miki Gorman's 2:39:11. /Nat'l. Masters News/

RUN TO THE CREEK 10K (Sep. 23, Aptos): 1-Dan Gruber/AGRC 30:26, 2-Seqieros 31:38, 3-Hurst/WVTC 32:23, 4-McConnel 32:55, 5-Vasquez 34:06, 6-Silva 34:11, 7-Vedder 34:13, 8-Grellman 34:16, 9-Grieco 34:28, 10-Pruitt 34:55, 11-Fails 35:00, 12-Jansen 35:15, 13-S.Goettelmann/WVTC 35:16, 14-Driscoll 35:24, 15-Shartle 35:26...20-Sue Munday 36:14F, 23-Liettk/WVJ 36:26*, 38-Martin/WVJ 38:38, 39-Steelman 38:40*, 62-Jacobson 40:43F, 70-Bridgman 42:07F, 72-Baer 42:30F...190 finished. /Fritz Watson & Ben Sawyer/

ACORN RUN (Sep. 23, Oakland): /6.86 Mi./ 1-Quintana 32:33.4, 2-Franklin/WVTC 33:02, 3-Mina/AGRC 33:40, 4-Perlman 33:47, 5-Jewett/ETC 33:48, 6-Casey/ETC 35:37, 7-Gallagher 36:24, 8-Van Otten 36:42, 9-Gin 36:55, 10-Moresi 36:57, 11-Feasley 37:05, 12-Barnett 37:11, 13-Yee 37:22, 14-Sobsey 37:24, 15-Peregoy 37:36...29-Grabowski 39:07*, 31-Ball 39:16*, 32-Alacantas 39:20*, 36-Farkas 39:38*, 39-Baker 40:09*, 57-Jill Ellingson 41:41F, 61-Prudhomme 41:52F, 71-Casey/ETC 42:26F, 85-McMullin 43:25F, 88-Crans 43:37F...399 finished. /Taketa & Welpton/

MICHIGAN "50" (Sep. 23, Copper Harbor, MI): /50 Mi./ 1-Bozan-Tch 5:05:37 (No. American Rcd.), 2-Naslund 5:24:43, 3-Olson 5:39:55*, 4-Riske 5:44:36, 5-Jackson 5:51:54...7-Sue Ellen Trapp 6:12:12F (No. American Woman's Rcd.)...14-Don Macintosh /SF 6:44:16* (4th master), 15-Barner 6:44:16...45 finishers. /Don MacIntosh/

FORERUNNER GOLDEN GATE WOMEN'S 10K (Sep. 29, San Francisco): 1-Marilyn Taylor/WVTC 38:50, 2-V. Bigelow/AGRC 39:04*, 3-Rudolf/WVTC 39:39, 4-Gustafson/WVTC 40:44, 5-Whittingslow/WVTC 41:24, 6-Key/WVTC 41:30(1st Jr.), 7-Rankin 41:36, 8-Provo1 41:51, 9-We11s 42:14, 10-Casey/ETC 42:32, 11-Burns/NCS 42:58, 12-Blake 43:01, 13-Ko1b/WVTC 43:03, 14-Kutulas 43:26, 15-Menz 43:27...22-Ray 44:35*, 23-Brieger/NCS 44:46*, 39-Houston/NCS 48:30*...85 finishers. /Belzer, Notch, Vinella-Brusher/



(L) Marilyn Taylor, winner of the Forerunner's 10K in 38:50. /Jim Engle/ (R) Vicki Bigelow pushed Taylor in winning the masters title, taking second overall. /John Sheretz/

NAT'L AAU (DIET PEPSI) 10K (Sep. 29, Purchase, NY): - Local placers in their various divisions were: Men's 36-49: (3) Weymouth Kirkland 32:32; Men's 50+: (2) Jim O'Neil/BC 35:14.3 (3/10ths sec. behind division winner); Women's 50+: Frances Sackerman/NCS 42:03. 1-Lindsay/UCTC 38:34.2, 2-Staynings 28:36, 3-We11s/AW 28:37, 4-Virgin/SLTC 28:45, 5-Thomas/GBTC 28:53...7-Rodgers/GBTC 29:04, 11-Hart/WVTC 29:16, 14-Sandoval /AW 29:34 (20 under 30 min.). /Pete Cava, Jim O'Neil/

BERKELEY WATERFRONT RUN (Oct. 6, Berkeley): /5.09 Mi./ 1-Sea-ber/WVTC 25:50, 2-Geiken 26:16, 3-Brooks/WVTC 26:18, 4-Castro nt, 5-De Araujo 26:42, 6-Guthrie/WVJ 26:54*, 7-Stordahl 27:14, 8-Robinson 27:22, 9-Lewis/TRAC 27:40*, 10-Timmerman 27:47, 11-Casey/ETC 27:54, 12-Schieffer 27:57, 13-Gowen 28:07, 14-Armstrong/WVTC 28:12, 15-Zimmerman 28:16...21-Smith/50+ 28:37*, 31-Van Zant/WVJ 29:33*, 38-Williams 29:56*, 39-Huff 29:57*, 74-Sue Brusher 31:45F, 76-Randall 31:50F, 84-McMullin 32:29F, 88-Gustafson 32:59F...134-Brieger 36:13F*...239 finishers. /The Athletic Dept./



PA-AAU ONE HOUR RUN (Oct. 6, San Bruno - Skyline JC): /windy w/scattered showers/ 1-Bob Darling/ETC 11-1178, 2-Watson/WVTC 11-764, 3-Muela/ETC 11-128, 4-Hines/ETC 10-1577, 5-Bowles/MW 10-991*, 6-Moore/ETC 10-642, 7-Machscheffes/ETC 10-449, 8-McAbee/PMK 10-281*, 9-Chaffee/ETC 10-148*, 10-Provol/ETC 9-1394, 11-Marilynn Harbin/MW 9-86F* (PA Rcd.), 12-Pam Provol/ETC 8-1173F, 13-King/ETC 8-389F...16 finishers. Teams: Excelsior TC won Sr. Men's & Women's titles (no other teams). /Marv/

SALINAS SKYCLIMB (Oct. 6, Salinas): /7.5 Mi./ 1-Gil Munoz 48:45(Rcd), 2-Pawlak 50:53, 3-Dameron 53:26, 4-Tierrafría 53:55, 5-Hennessy 54:19, 6-Davidson 54:35, 7-Hart/WVTC 54:36...18-Brazil 59:29*, 19-Bieber 59:35*, 22-Flodberg/WVJ 60:03*, 38-Sally Edwards/FF 62:38F, 50-Chavez 65:50F...112 finished. /Dugdale/

SAN FRANCISCO HALF-MARATHON (Oct. 7, San Francisco): 1-Gary Blume/Cal 66:03, 2-Romesser/AGRC 72:38, 3-Rotkis 73:19, 4-Conroy/ETC 74:17, 5-Haskett 74:38, 6-Nona 75:16, 7-Gehrig 76:29, 8-Stark 76:31, 9-Armstrong 77:23, 10-Stevens 77:44, 11-McNab 77:47, 12-Vivian Soderholm/WVTC 78:04F, 13-Twesten 78:38, 14-Addison 79:00, 15-Henderson 79:08, 16-Mattern 79:21*...20-Ardell 79:58*, 32-Yeend 82:15*, 33-Treacy 82:38*, 37-Ruiz 83:09*, 41-McMahon 83:21*...Vivian and all the other women actually ran a second race, so her 12th place above is incorrect & everyone following moves up a place. /Women/ 1-Soderholm/WV 78:04, 2-Rudolf/WV 89:22, 3-Crans 94:27, 4-Kring/WV 95:35, 5-Sheehan 95:51, 6-Sperling 96:47*, 7-Moley 97:07, 8-Andrews 97:22...32-Andres 1:47:22*, 33-Eielson 1:48:48*...329 finished both races. /Don Capron/

CONCORD CLASSIC 10K (Oct. 7, Concord): 1-Nabers/WVTC 33:40, 2-Franklin/WVTC 34:53, 3-Warr/MR 35:02, 4-Bettencourt/DRR 35:10, 5-Molina/Un 35:14, 6-Rostege/WVTC 35:18, 7-Aldermand/DRR 35:22, 8-Berry/Un 35:31, 9-Perez/Un 35:31, 10-Anderson/Un 35:41, 11-Butt/WVTC 36:00, 12-Peissner/Un 36:23, 13-Rodrigues/Un 36:30...22-Bowles/MW 37:10*, 23-Nevrbaumt/WVJ 37:16*, 29-Moore/Un 37:58*, 37-Gehl/PMK 38:37*...69-D. Bigelow/AGRC 40:38F, 85-V. Bigelow/AGRC 41:31F, 88-McMullin/Un 41:43F, 90-Prudhomme/Un 42:00F, 113-Harbin/MW 43:01F*...416 finishers. /Gary Santos/

NATL. AAU 50 MILER (Oct. 13, Seattle, WA): - 1979 PA champ, Chris Hamer, led until about 45 miles but then had to withdraw (completely "burnt out" he says). 1-Bozanich 5:32:36, 2-Finke 5:35:20, 3-Pearson 5:38:51...6-Nathanson/S.F. 5:52:38, 7-Lundkvist/SMTC 5:55:51, 9-Scellato/TRAC 5:57:50, 10-Vanture/Oregon 6:06:28*, 13-Warnock/Ore 6:15:42*...16-Kovacs/TRAC 6:24:03*, 19-Wieand/WDS 6:29:42, 20-Scott/Berkeley 6:32:19, 21-J. Cortez/WDS 6:36:49, 29-Sue Ellen Trapp 6:57:52F, 43-Dorothy Paul/Davis 8:08:55F...50 finishers. /Chris Hamer/

SKYLON (NATL. AAU MASTERS) MARATHON (Oct. 14, Buffalo, NY): - /20mph headwind for 20 miles of race/ 1-Dave Smith/YFC 2:17:30, 2-Severance 2:19:21...10-Herb Lorenz/NJ 2:27:03*, 17-Burgasser/STC 2:31:24*, 35-Kaempff/WVTC 2:36:24*(4th master & winner of 45-49 age-group)...72-Bryan/WVTC 2:42:02*, 82-Menzie/MW 2:42:57*, 83-Latimer/WVTC 2:43:14*, 1139-Wurm(60+)/Oakland 3:33:29* (5th in div.), 1153-Storm/Suose 3:33:50*, 1299-Hatfield/LGatos 3:39:59, 1550-Powers/Dkld 3:50:57...2253 finished. Teams: WVTC won Natl. Masters team title & 3rd open team. /Sky Lon Mora./

RICE FESTIVAL MARATHON (Oct. 14, Crowley, LA): 1-Ron Kurrle/Long Beach 2:25:12, 2-Ron Nabers/WVTC 2:28:47, 3-Duval/Alabama 2:30:42...248 finishers. /Charlie Attwood/



Marilynn Harbin set a new PA record for masters women in the One Hour Run at 9 miles & 86 yards. /Jim Engle/



Gary Blume easily handled Gary Romesser to win the S.F. Half-Marathon in a swift 66:03. /D. Gosney/

SRI CHINMOY 7-MILER (Oct. 14, San Francisco): 1-Philip Kay/PMK 35:20, 2-Cooley 35:20, 3-Lawrence 37:15, 4-Urtiaga 38:07, 5-Palomino 38:18, 6-MacDougall 38:48, 7-Fanelli 38:50, 8-Gehrig 38:52, 9-Yoder 39:15, 10-Rowley 39:20, 11-Ardell/TAM 39:33*, 12-Addison 39:49...17-Mattern 40:56*, 23-LaCasse 43:48*, 25-Vicki Randall 44:04F, 27-McCain 44:09*, 28-Bray 44:21*...34-Irvine(50+) 45:22F*, 45-Wellis 46:48F, 59-Robin-Sauers 48:19F...159 finishers. /Sundari Michaelian/

PLEASANTON PUMPKIN RUN (Oct. 14, Pleasanton): /6.4 Mi.? - advertised as 10K/ 1-Ted Quintana 31:45, 2-Anderson 33:56, 3-Cathcart/WVTC 34:38*, 4-Dietrich 35:26, 5-Walker 35:56, 6-Adelson 36:07, 7-Cowling 36:11, 8-Hurtado 36:15, 9-Milton 36:16, 10-Shaughnessy/WVTC 37:21...13-Gane 37:48*, 19-Mensing 39:22*, 27-Suyehiro 41:05*, 37-Patty Grey 42:52F, 48-Holguin 44:15F, 51-Bohner 44:24F...254 finished. /Barry & Vassallo/

HUMBOLDT REDWOODS MARATHON (Oct. 14, Weott): 1-Mike Chambliss 2:28:49, 2-Berg 2:31:01, 3-Buzbee, Pat 2:33:22, 4-Mike Buzbee 2:36:07, 5-Rocha/SRRK 2:38:29, 6-Heistuman 2:38:29, 7-Tuinzing/TAM 2:40:29, 8-Preston/VMRC 2:40:56, 9-Hornstra 2:41:11, 10-Zygaczko 2:43:34, 11-Jones 2:44:29, 12-Twombly 2:44:54, 13-Rousseau 2:44:59, 14-Riggs 2:45:14, 15-Weeks 2:46:02, 16-Comroe 2:46:08...27-Givin 2:52:06*, 42-Krogh/TAM 2:56:01*, 43-Daniell 2:56:02*, 61-Williams 3:00:19*, 64-McCormish 3:01:15*, 72-Houston(58) 3:02:51*...84-Gail Campbell/WVJ 3:09:22F, 92-Daniell 3:11:06F, 107-Singer 3:15:10F, 121-Hausman 3:17:50F, 128-Cutler 3:20:17, 131-Neeley 3:20:33F*...388 finished...high humidity (75%) but conditions ideal otherwise. /G. Kerstetter/

LAGOON VALLEY LOPE/NATURAL LIGHT 15K (Oct. 14, Fairfield): 1-Frank Goss/SS 49:38, 2-Hoglund/CW 49:58, 3-Laxson/Un 50:29, 4-Vega/SS 52:11, 5-Warr/SS 52:36, 6-Butt/WVTC 52:37, 7-Bear-dall/MW 52:50*, 8-Donohoue/Un 52:54, 9-Bratten/Un 52:55, 10-Lee/NVRC 53:01, 11-Cargil/SS 55:14, 12-Golding/NVRC 55:23, 13-Rubio/SS 55:29, 14-Lozano/NVRC 55:43, 15-Felsch/SS 55:54...27-Hutchinson/SS 60:10*, 30-Martin/Un 60:37*, 31-Schulz/ER 60:42*, 47-Dana/SS 63:34*, 50-Myra Troske/FANS 64:13F, 61-Cowan/SacSp 66:07F, 77-Berggren/FANS 69:31F, 82-0'Neil/Un 70:20F...124 finishers. /Solano Striders/

BERKELEY-TO-MORAGA RUN (Oct. 14, Berkeley): /13.1 Mi...hilly/ 1-Eric Williams/MR 74:07, 2-Alexander 76:05, 3-Hendrix 77:51, 4-Goubau 78:03, 5-Johnson 78:19, 6-Molina 79:01, 7-Sampson 79:10, 8-Hernandez 80:28, 9-0'Neil/BC(50+) 81:17*, 10-Watkins 82:10, 11-Bugler/PMK 82:16*, 12-Warren 82:57, 13-Langer 83:42, 14-Fernbach 83:46, 15-Williams 83:49, 16-Talavera 84:17, 17-Malain/BC(50+) 84:23*, 18-Coke 85:12*...28-Lenihan 88:10*, 29-Bochmann 88:43*, 30-Winer/WVTC 88:50*...40-Sue Brusler 89:54F, 68-Schnake 95:09F, 77-Tiernan/WVTC 96:08F, 98-Anderson/NCS 98:52F*, 110-Weiss 1:40:00F...116-Maricle 1:40:40F*...210 finishers. /Sue & Bill Brusler/

HUMAN RIGHTS 5K (Oct. 20, San Francisco): 1-Mike Porter 14:40, 2-Hurst/WVTC 15:29, 3-Green/ETC 15:34, 4-Barry 15:43, 5-Gonzales 16:09, 6-Coots 16:12, 7-16:23, 7-Ferguson/WVTC 16:23, 8-Lee 16:28, 9-J.Batz 16:44, 10-Flatland 16:45...21-McCain 18:22*, 20-Marilynn Harbin/MW 19:16F*, 31-Garner 19:24*, 37-Lauer 20:19F, 38-Brown 20:21F, 39-Gilreath 20:26F, 40-Ziechang 20:35F, 42-Ryan 20:37*...102 finished. /Nancy Buxton/

REDWOOD RUN (Oct. 21, Santa Cruz): /6 Mi./ 1-Dan Gruber/AGRC 30:00.3, 2-Engleman 31:05, 3-Heycke 33:08, 4-Olsen 33:11, 5-Jansen 33:50, 6-Kanter 33:54, 7-Young 33:55, 8-McLean 34:11, 9-Wilken 34:12, 10-Apperson/CW 34:37. /Women/ 1-Sue Munday 35:52, 2-Demme/maier/SJC 38:00, 3-Val Eberly/SJC 39:56, 4-Mason 42:30, 5-Whipple 42:47. (No ages were listed and no indication of division either, so we can't list masters with the results...sorry!) /Wayne Brunbach/

BRIDGE TO BRIDGE RUN (Oct. 21, San Francisco): /7.9 Mi./ 1-Christopher Herle/W.Germany 39:53.5, 2-White/SacSt 40:05, 3-Seaver/WVTC 40:51, 4-Kay 41:17, 5-Hoill/AGRC 41:35, 6-Bachand/Cal 42:04, 7-Laha 42:30, 8-Goodstein 42:31, 9-Bettencourt 42:50, 10-DeAraujo 43:09, 11-Rostege/WVTC 43:21, 12-Giesecke 43:27, 13-Aldermand 43:34, 14-Piquette 44:12, 15-Preuninger 44:13, 16-Herzog 44:31, 17-Addison 44:41, 18-Lanzarin 44:42, 19-Johnston 45:28, 20-Carroll 45:46...25-Sowell 46:38*, 27-Mattern 46:47*, 49-Williams 47:49*...90-Skip Swannack 49:37F, 133-Taylor/WVTC 50:58F, 176-Denton 52:14F, 233-Key/WVTC 53:26F, 240-Mehra 53:32F, 286-Shattuck 54:27F...339-Marion Irvine(40+) 55:15F*...6000+ finishers. -- Herle, visiting here from Germany, was a last-minute entry and topped the field easily, leading from the start. /KNBR & City Sports/

MIIS SPRINT

Laguna Seca Raceway (Monterey-Salinas Highway)

Monterey, California

SATURDAY, APRIL 26, 1980

10 a.m.

Check-in 8:30 a.m. - 9:30 a.m.

SPONSOR: Friends of the Monterey Institute of International Studies
(Proceeds used for scholarships, etc.)

COURSE: 10,000 meters, macadam closed raceway, undulating, irregular course.
Restroom facilities, parking, store own gear.

ENTRY FEE: \$6.00

T-SHIRTS: Applications must be received by April 21 to receive T-Shirt.

AWARDS: Trophies to first 3 winners in each category. Ribbons to all finishers.

----- (Clip & Mail) -----

To: MIIS Sprint, P.O. Box 221356, Carmel, California 93922

NAME _____ ADDRESS _____

CITY _____ ZIP _____ AGE _____

SCHOOL/COLLEGE _____ CLUB _____

T-Shirt Size (Circle): S M L XL

DIVISIONS: UNDER 14 _____ BOY _____ GIRL

JUNIOR (14-19) _____ BOY _____ GIRL

OPEN (20-29) _____ MAN _____ WOMAN

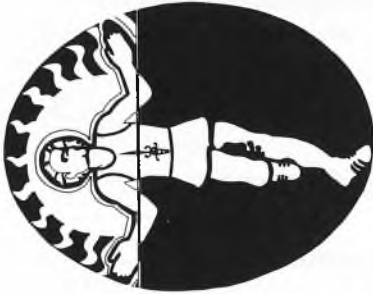
SUB-MASTER
(30-39) _____ MAN _____ WOMAN

MASTER (40-50) _____ MAN _____ WOMAN

50-60 _____ MAN _____ WOMAN

60 & OVER _____ MAN _____ WOMAN

Turn over for waiver — which must be signed.



Second Annual

RUN FOR DAYLIGHT

10 Kilometers

LAFAYETTE, CALIFORNIA
 Sunday, April 20, 1980
 A Benefit for The American Cancer Society

Sponsored by:
Coors of CONTRA COSTA and BANK OF AMERICA BANKCARDS

RACE

Date & Time: Sunday, April 20, 10:00 a.m.
Start/Finish: First Street & Golden Gate Way in Lafayette (3 blocks from BART)
Course: AAU Certified 10K (6.2 mi.) loop through Lafayette's beautiful tree-lined streets, along bike trail on old R.R. bed and over green Las Trampas Ridge. Gentle slope. Pavement, firm cut grass and hard packed dirt along bike trail.
Timing & Results: Chronomix Timing. Official results mailed to all registered runners.
Refreshments: Coors Premium & Coors Light Beer to registered runners.
T-Shirts: FREE-T SHIRTS will be given to the first 1200 registered runners.
Award Categories: Men & Women: 12 & Under, 13-17, 18-29, 30-39, 40-49, 50-59, 60+
Awards: Engraved Plaques to 60+ winner, to top 3 - other categories
Prizes: Thousands of dollars of prizes. Prizes for winners in each category plus a drawing for registered runners immediately after race.
Registration: \$5.00 registration. Mail application/check payable to American Cancer Society to Box 4295, Walnut Creek, CA 94596 (415) 934-7640

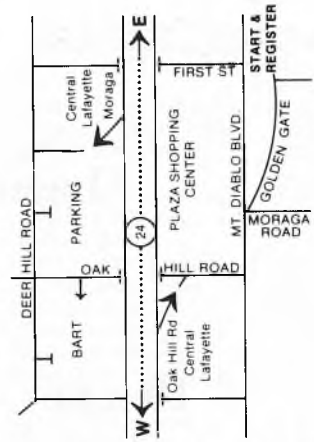
DIRECTIONS

6 miles East of Caldecott Tunnel, 3 miles West of Walnut Creek, 30 min. from San Francisco, 15 min. from Oakland, 10 min. from Berkeley.

FROM OAKLAND/SAN FRANCISCO: Take Highway 24 East through the Caldecott Tunnel to the Oak Hill Road/Central Lafayette exit. Follow signs to parking in BART parking lot or to Plaza Center.

FROM SAN JOSE: Take 680 North to Highway 24 then to Central Lafayette/Moraga exit. Follow signs to parking and race.

FROM PITTSBURG/MARTINEZ: Take Highway 24 West to Central Lafayette/Moraga exit. Follow signs to parking and race.



MIIS SPRINT

PARTICIPANT WAIVER AND AGREEMENT TO INDEMNIFY

In consideration of the grant to the undersigned of permission to enter upon the Laguna Seca Raceway, I, the undersigned on behalf of myself as well as on behalf of my heirs, executors, personal representatives and assigns, do hereby:

1. Waive any and all claims for damage or loss to my person and/or property which may be caused by any act or failure to act on the part of the County of Monterey, its officers, agents and/or employees, the Monterey Institute of International Studies, The Friends of the Institute, the officers, directors and employees of said organizations, and/or by the condition of the Laguna Seca Raceway and/or any part thereof. I expressly assume the risk of all dangerous conditions, whether known or unknown, in and/or about the property and waive any and all notice of the existence of such conditions.

2. Promise and agree to indemnify, defend and save harmless the County of Monterey, its officers, agents and employees and the Monterey Institute of International Studies, The Friends of the Institute, the officers, directors and employees of said organizations from any and all liability, loss or damage the County, its officers, agents or employees and the Monterey Institute of International Studies, The Friends of the Institute, the officers, directors and employees of said organizations may suffer as a result of claims, demands, costs or judgements against it arising out of or in connection with participation by the undersigned in the MIIS Sprint at the Laguna Seca Raceway, including any liability, loss or damage caused either in whole or in part by or as a result of negligence or other fault on the part of the County, its officers, agents and/or employees, the Monterey Institute of International Studies, The Friends of the Institute, the officers, directors and employees of said organizations, or otherwise.

If participant (rider) is under 18 years of age, this document must be signed and agreed to by the participant's parent or legal guardian who shall be bound by the terms hereof.

RACE INFORMATION AND
 ENTRY BLANK ON RE-
 VERSE...PLEASE CLIP
 AND RETURN.

Participant's Signature

Date

Age

Parent's Signature

Date

THE THIRD ANNUAL



\$3,000

COURSE: 6.2 MILES

WORTH OF PRIZES

SUNDAY, MAY 4, 1980 — 10:00 a.m.

START & FINISH:

The "Village" at Town & Country — Danville

**FREE RACE T-SHIRTS TO THE
FIRST 500 PRE-REGISTERED ENTRIES**

DEVIL MOUNTAIN RUN
BOX 727 ALAMO, CA 94507
(415) 837-8030 (415) 837-8554

**EXPENSES GENEROUSLY DONATED BY
VALLEY REALTY**



MOTHER'S DAY RUN FOR FLUORIDATION

Sunday May 11, at 10:00 a.m.
Lake Merritt, Oakland

- A.A.U. SANCTIONED 5 AND 10K
- T SHIRTS FOR ALL PARTICIPANTS
- AWARDS ● MUSIC ● CALISTOGA POST RACE REFRESHMENTS
- FLOWERS FOR ALL MOTHERS
- GUEST APPEARANCE BY THE TOOTH FAIRY AND COUNT CAVITY
- REGISTRATION \$5 (\$3 - AGE 16 YRS. AND UNDER)

A BENEFIT FOR THE ALAMEDA CONTRA COSTA CITIZENS TO SAVE FLUORIDATION
 PROCEEDS FOR "YES ON MEASURE T" --EAST BAY WATER DISTRICT
 FOR INFORMATION CALL GAYLE AT (415) 357-0474

3rd Annual



NAS Moffett Field, CA.
Sunday,
June 8, 1980
9:00 a.m.

The Commanding Officer of Moffett Field Naval Air Station is proud to sponsor this annual event. The race will feature a 7.6 mile and a 3 mile course laid out around the flat runways of NAS Moffett Field with the starting line at the North end of Hangar One. Entry fee is \$2 (deadline is Friday, June 6), or \$3 on raceday. Trophies will be awarded to the first three places in each of the eight divisions, plus an additional 100 prizes. To enter, fill out the form below.

START TIME: **Sunday, June 8, 1980**
 3 mile - 9:00 a.m.
 7.6 mile - 9:15 a.m.

MAIL THIS FORM TO: **Round the Runway**
Special Services
Building 25
NAS Moffett Field, CA. 94035

FOR MORE INFORMATION: Call the Athletic Office at (415) 966-5206

NAME (Please Print) _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 TELEPHONE NUMBER: () _____

CHECK ONE: Open ____ Masters ____ Women ____ Women Masters ____
 Military ____ Boys 12-18 ____ Girls 12-18 ____ Ages 11 & under ____
 CHECK ONE: 7.6 mile race _____ 3 mile race _____

Mail to arrive not later than **Friday, June 6, 1980**



ANGEL ISLAND STATE PARK

SATURDAY,
MAY 10, 1980
12:00 NOON

- AAU SANCTIONED 4.8 MILE COURSE AROUND THE ISLAND
- RUNNER'S MERCHANDISE DRAWING FOR PRE-REGISTERED RUNNERS
- 30 PIECE DEUTSCHER MUSIKVERIN BAND FOR AWARDS CEREMONY AND PICNIC
- CALISTOGA MINERAL WATER FOR ALL RUNNERS
- OFFICIAL RACE PROGRAM WILL LIST RUNNERS' NAMES WHO REGISTER BEFORE APRIL 20

ENTRY FEES: All fees contribute to sending underprivileged children to summer camp.
 Pre-registration: Adults \$5.00—Children (under 14) \$3.00—Families (maximum of 4) \$8.00.
 Race day: Adults \$6.00—Children (under 14) \$4.00—Families (maximum of 4) \$9.00.

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

Additional Entry Forms or questions: Contact The Guardsmen, 12 Geary Street, San Francisco 94108, Phone (415) 989-6403.

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

Each runner must complete this form. Deadline for pre-registration is May 8, 1980.
 Angel Island Race: Saturday, May 10, 1980, 12:00 noon.
 Mail to: Angel Island Committee, The Guardsmen, 12 Geary St., San Francisco 94108

Name _____ Teammate's Name _____

Address _____ City _____ Zip _____

Club Affiliation _____ AAU# _____

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

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

Signed on _____ day of _____, 1980 _____

FOR OFFICE USE

Race No.

Category

Finish Position

Time

Position in Class

YOU ARE INVITED...

STANFORD HEALTH SYMPOSIUM & FITNESS RUN

Sunday, May 11

On the Stanford Campus

THE PROGRAM

Health Symposium – 9 a.m. - Noon Kresge Auditorium

Speakers:

Peter Wood – Exercise and Heart Disease

Tom Tutko – Psychological Aspects of Exercise

George Williams – Exercise and Optimal Health

Warm-up and Stretching Clinic – Noon - 1 p.m. Angell Field

Led by Stanford All-Americans Ken Margerum and Darrin Nelson; and by track and cross country coaches Brooks Johnson and Laurel Treon.

Fitness Runs – 1 p.m. - Angell Field Peterson Loop Course

Three distances: 2 mile fun run, 10,000 meter fitness run, 7.8 mile Bay-to-Breakers training run.

Post Run Stretching Clinic – 2 p.m. Angell Field

Led by Jean Couch, author and instructor in yoga for runners.

Post Run Picnic – 2:30 p.m. - Chuck Taylor Grove

Picnic lunches available on a cost basis or bring your own.



Added Attraction: Stanford Band and Dollies

Certificates to all participants; Special prizes for oldest, youngest and last place finishers.

Entry Fees: *In advance* – \$2 for students, seniors over 62, and handicapped; \$5 for adults; \$8 for couples and families. *At the event* – \$3, \$6, and \$10 respectively.

Sponsored by the Stanford Athletic Department as a benefit for a Stanford gymnast who is paralyzed as a result of a recent accident.



ENTRY FORM AND WAIVER

I, intending to be legally bound for myself, my heirs executors and administrators, waive and release any and all rights and claims I may have against Stanford University, Stanford Athletic Department and for any and all persons, officials, and organizations affiliated with this event and assigns for any and all injuries suffered by me while traveling to and from, or while participating in the Stanford Health Symposium and Fitness Run.

Your Signature

Parent or Guardian Signature (if under 18 years old)

Please Print Clearly

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

Mail to: Stanford Health Symposium and Fitness Run, Stanford University, Department of Athletics, Stanford, CA 94305



MEMORIAL WEEKEND BENEFIT RUN

Sunday - May 25, 1980

Ass to Ass 13.2 mi. - 9 AM Half Ass 7.7 mi. - 9 AM

Help Send A Kid to Camp!

All proceeds benefit the Sonoma County Camp Foundation

All donations tax exempt.

All participants receive:

Ass to Ass T-shirt, chicken barbecue lunch with beverage
followed by festival activities at finish.

Sponsored by the Brass Ass Saloons Santa Rosa and Cotati

- Entry fees for both runs:
 - Pre-run registration \$6.00 under 18
 - \$8.00 19 & older
 - Race day registration \$10.00 all ages
- Pre-run registration closes May 16th, 1980.
- A large entry is anticipated so pre-registration is helpful
- Pre-registered runners must be at respective starts at 8:00.
- Race day registrants must be at respective starts at 7:00.

Ass to Ass Start: Brass Ass Saloon,
535 Summerfield Road,
Santa Rosa, CA.

Half Ass Start: 3300 Petaluma Hill Rd.,
Between Santa Rosa
and Cotati

Finish: Both races end at
Brass Ass Saloon,
550 E. Cotati Ave.,
Cotati, CA

Entry Form

Name _____
(Last) (First)

Address _____

Signature _____

Parental Signature (if under 18) _____

Amount enclosed \$ _____ (checks & m.o.'s only)

Mail entries to:

Ass-to-Ass
996 Santa Cruz Way
Rohnert Park, CA 94928

Race

Check one:

- Ass to Ass 13.2
 Half Ass 7.7

Sex

- Male Female

Divisions

- Under 18
 Open (19-29)
 Sub-master (30-39)
 Master (40-49)
 Senior (50 & up)

Pacific Sun Marathon and 10K Race

co-sponsored by Tamalpa Runners

Monday, Memorial Day, May 26, 1980

7:30am 26 miles 385 yards

8:00am 10 kilometers (6.2 miles)

Entry fee: \$8 marathon (\$10 after May 14)

\$6 10 kilometers (\$8 after May 14)

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

T-shirts and certificates for all finishers*

Medals in many divisions

Raffle for merchandise prizes*

Course description: The AAU-certified marathon course, on macadam roads, paved bike paths and a short section of dirt road, begins at the College of Marin track and, in a single loop, goes through Kentfield, Larkspur, Corte Madera, Mill Valley, Strawberry, around the Tiburon peninsula, and back to College of Marin. The route will be chalked, marshalled and lined with eight aid stations. The 10-kilometer course, an out-and-back run, is flat, on macadam roads and paved bike paths. There will be lead and sweep bicycles for both races.

***Late registration:** There are several advantages to registering before May 14. To begin with, your entry fee will be \$2 less than those who register after May 14. Also, you will be eligible for the raffled prizes and your name (marathoners only) will appear in the official program. Finally, T-shirts and certificates will be distributed to late registrants only after *all* runners have crossed the finish line.

I plan to run:

- 10 kilometers
 26 miles 385 yards

T-shirt size

- Small
Medium
Large
Extra-large

men

-

women

-

Sex _____

Age on race day _____

Club name _____

(for team title, marathon only)

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights and claims or damages I may accrue against the Pacific Sun, Tamalpa Runners, Marin County, and any and all sponsors of the race, their successors, representatives, and assigns, for any and all injuries suffered by me while traveling to and from and while participating in the Pacific Sun Marathon and 10K Race on May 26, 1980. I attest and verify that I am physically fit and sufficiently trained to participate in this event.

Date _____ Signature _____

Signature of parent or guardian if runner is under 18 _____

Print name _____

Address _____

City/zip _____ Phone _____

Return signed entry form, check (payable to Pacific Sun Marathon) and a stamped, self-addressed business-size envelope to Pacific Sun Marathon, Box 553, Mill Valley, CA 94941. We will mail you a registration packet including your number, name tag and course map. No unregistered runners, please.

second annual SRI CHINMOY MARATHON JUNE 1, 1980



"This marathon was the flattest and best organized marathon I've ever run."
JAY HELGERSON (who ran 52 marathons last year)

START: 7:00 A.M. at Coyote Point Park, 15 minutes south of San Francisco on the Bay; within a short jog of airport motels.

COURSE: Begins at Coyote Point Park, makes a 2 mile loop northward and then proceeds south on a scenic paved bicycle path, circling around Foster City and back. Course is truly flat; the only inclines being several small bridges. Surfaces paved with a few areas of hard-packed dirt.

WEATHER: Average high 64°, average low 51°.

SERVICES TO RUNNERS: Splits every mile. Aid every mile after mile three. Free post-race banquet.

AWARDS: T-shirts to all entrants. Certificates to all finishers. Trophies and medals to top finishers in each division: MEN'S open(18-29), sub-master(30-39), master(40/over). WOMEN'S open(18-34), 35/over.

ENTRY FEE: \$7.00 **DEADLINE** May 16.

REGISTRATION: Field limited to 1,000. Mail entries must be postmarked by May 16. THERE WILL BE NO RACE DAY REGISTRATION. Packets will be mailed to each runner.

SANCTION: Race sanctioned and certified by the A.A.U. Sanction number pending.

RESULTS: Will be mailed to all entrants 2 - 3 weeks after the race.

RACE DIRECTOR: Sundari Michaelian. For information call 861-4148.



=====

PLEASE PRINT OR TYPE - *SEND TO: 2438 - 16th Av., San Francisco 94116.*

Name (last) _____ (first) _____ Sex _____

Address _____ City _____ State _____

Zip _____ A.A.U. Number _____ T-shirt size S M L XL _____

Club Affiliation _____ Is this your first marathon? _____

Best previous time _____ Age (on race day) _____

Intending to be legally bound, I hereby certify that my training and health are adequate for me to safely compete in a marathon, and I hereby waive any claims for damages I might suffer due to participation in the Sri Chinmoy Marathon on June 1, 1980.

Your signature _____

Please make checks payable to S.C.C.R.C. Thank you.



PULGAS PEDDLE 'N PLOD RELAY



SUNDAY, JUNE 8, 1980

5 MILE BIKE

4 MILE RUN



ENTRY FEE:

\$8.00 (team) pre-registration
\$10.00 (team) race day
\$4.00 (ironman) pre-registration
\$5.00 (ironman) race day

AWARDS:

T-Shirts to ALL finishers.
Valuable prizes to division winners. Post race drawing for additional prizes.

COURSE:

Bikers start at Pulgas Water Temple. They head South on Canada Road to Edgewood Road, circle a pylon, then proceed North on Canada Road to the bike path (near Highway 92). Runners will receive numbered wristband from bikers, then climb over the 280 Freeway on the bike path to Fox School; through the playground to St. James; enter the Crystal Springs Watershed at gate near Wemberly; head down the path (follow yellow arrows) and under the 280 Freeway; enter another gate and proceed on path until reaching Canada Road; then left on Canada Road to the finish line at the Pulgas Water Temple. The Bike portion of the course has rolling hills; the Run portion features the first 1 1/2 miles uphill; the balance of the course is level or downhill.

REGISTRATION:

8:00 am to 9:30 am

REFRESHMENTS:

Will be served to all finishers

RACE BEGINS:

10:00 am sharp!

LOCATION:

Registration/Start/Finish at
Pulgas Water Temple/Canada Road
Redwood City, California

RACE INFORMATION:

Call Ken Israel (415) 349-3181

BIKER _____	AGE _____	RUNNER _____	AGE _____
ADDRESS _____		ADDRESS _____	
CITY, STATE _____		CITY, STATE _____	
TEAM NAME _____		DIVISION (circle appropriate categories)	
MALE _____	FEMALE _____	MIXED (M/F) _____	FAMILY (any combination in immediate family) _____
14 and under	15-18	19-39	40 and over Ironman (one person)

WAIVER: Intending to be legally bound, I hereby certify that my training and health are adequate for me to safely compete in the Pulgas Pedal and Plod Relay, and I hereby waive any claims for damages I might suffer due to my participation in this race.

DATE _____ SIGNATURE _____

DATE _____ SIGNATURE _____

(Parent or Guardian if under 18)

Make checks payable to City of Belmont and mail with fee to:
Ken Israel 305 Del Rosa Way San Mateo, CA 94403

The Hon. Bud Jobin, Lt. Governor, Province of Manitoba
The Hon. Robert Banman, Minister of Sport
His Worship Mayor Bill Norrie, City of Winnipeg

are proud to announce
the running of the



2nd ANNUAL MANITOBA MARATHON

in aid of the Mentally Retarded



**Sunday,
June 15, 1980
Winnipeg,
Manitoba,
Canada**

*Hosts for the North American
Masters Marathon Championships
and the Canadian Masters (closed)
Marathon Championships.*



Take an Historic Route

Retrace the steps of the men and women of history who established Upper Fort Garry and ran the fur trade. Enjoy a scenic 26 mile route steeped in history.

Run one of the Fastest Courses

Your spirits will soar as you run along this aesthetically-pleasing course combining urban, suburban and rural roadways interspersed with miles of parklike surroundings. It may be one of the fastest courses you will ever run on; wide, flat [total elevation change 10' (el 770)] and 80% asphalt.

A Beautiful City, a Beautiful Season

Winnipeg will be in her prime during this exhilarating run; average temperature for the day of the race is 59 degrees fahrenheit, average relative humidity, 54%.

Set for a Second Success

Last year the Manitoba Marathon attracted 4,700 runners from 13 countries, 18 states and nine provinces. Chris Johansson set a new Swedish National Record and the five top male finisher runners all ran their personal bests.

Race Information

Date: June 15th, 1980, 7:00 a.m.

Splits: Interval times (splits) will be provided at one and two miles then at 5 mile intervals. Large digital clocks will be used as well as amplified audio times. **LEADER BOARD** - At five mile intervals the name, place and times of the leaders will be posted on a large sign.

Eligibility: Special Divisions: cardiovascular, wheelchair, blind, etc. should request special entry form in advance.

The event is open to everyone. Youths under the age of 15 may run in a non-competitive capacity. Novices are advised to have complete medical check-ups.

Canadian Masters Championship: Any resident 40 years or older on June 15th (age 35 for females).

North American Masters Championship: Any North American Resident (including Central America, Mexico, Cuba, Puerto Rico and all other islands) 40 years or older on June 15, 1980 (35 for females).

Accommodations: All out-of-province runners will be assigned an official host who will contact the visitor directly upon request. Special rates and packages are available. Winnipeg has an international airport.

Entry Fee: \$7.00 (includes "Finisher" T-shirt)

\$4.00 (without T-shirt)

Fees are non-refundable. Make cheque or money order payable to: Manitoba Marathon.

How to Enter: Write Manitoba Marathon, P.O. Box 53, Winnipeg, Manitoba, Canada R3C 2G1. Phone (204) 453-0931.

9:00 a.m.-4:00 p.m. Central Time. Notification of acceptance will be sent within 10 days.

DEADLINE: JUNE 1, 1980.

**Come to Winnipeg in 1980
and be a part of history in the making!**

Cascade Run Off



June 29, 1980

9 a.m.

PORTLAND OREGON



PORTLAND'S 15 KILOMETER ROAD RACE

- REGISTER NOW for the 3rd annual 9.3 mile race through Portland's scenic waterfront, Old Town, Park blocks and lower West Hills.
- Internationally competitive field of runners.
- Past winners: Herb Lindsay, 1979; Gary Bjorklund, 1978, who set 15 Km U.S. record here with 44:06; Marty Cooksey, 1978, and Joan Benoit, 1979, who set former 15 Km world record here with 51:27.
- Selected one of TOP 15 American Road Races by Runner's World Magazine.
- Also, enjoy the U.S. Olympic Trials in Eugene the week prior to the race.

**FOR REGISTRATION INFORMATION WRITE:
Cascade Run Off, 3500 First National Bank Tower, Portland, Oregon 97201**



I TOOK THE DAM TEST RUN

July 26, 1980

Registration 7 AM, Race 8 AM

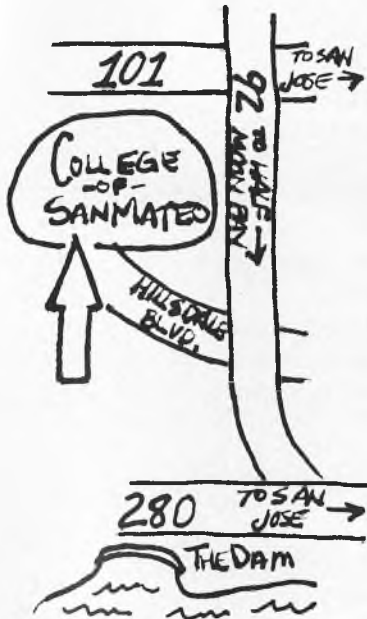
Awards: DIPLOMAS AND RIBBONS
to all finishers,

T-Shirts to first 700 entrants
registered before July 15,

Prizes, trophies to age groups.
Entry Fee: \$6

**KIWANIS CLUB -
SAN MATEO-DOWNTOWN**

10K - 6.2 MILES



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 San Mateo-Downtown Kiwanis Club, the city of San Mateo, County of San Mateo, the state of California, the College of San Mateo, and the meet director; and assign for any and all injuries suffered by me while traveling to or from or while competing in the Kiwanis "Dam Test Run" on July 26, 1980. I further attest that I am physically fit and have sufficiently trained for competition in this event.

Date _____ Signature _____

Date _____ Signature _____

Name (Print) _____ (Parent or Guardian if under 18)
Phone() _____ Age _____

Address _____ City _____ Zip _____

Please Circle Categories:
Division: Male Female
 13 and under 14-17 18-29 30-39 40-49
 50-59 60 and over

Make checks payable to Kiwanis Club of San Mateo-Downtown
Please include stamped self-addressed envelope for return of number and race information.

Mail Entry to Chaplain Warren Dale, 100 S. San Mateo Dr. San Mateo, CA 94401

The PermaFoam insole actually shapes itself around your individual foot.



THE LIBERATOR WILL FIT ONLY ONE WOMAN.

The woman is you.

Our new Liberator is the first woman's training flat we've ever made that actually shapes itself to your foot.

It has a removable, washable insole made from Nike PermaFoam.[™] It's an unusual new styrofoam-type material that allows your individual foot strike impression to create a fit that's unique to you, and you alone.

Run in them for a few miles and the impression is made. Permanently.

The Liberator is slip lasted and sized especially for the bone structure in a woman's foot. It gives you a Nike Waffle outersole for traction and cushion. A flared heel for running stability. And "breathing" polyester uppers for running cool.

They're lightweight, and give you super comfort and support. And once you make your impression on them, they won't fit any other woman in the world.

Except you.



Beaverton, Oregon.

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

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