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STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

DECEMBER 1973 VOL 3 NO 26 P. O. BOX 878, RESEDA, CALIFORNIA 91335

AAU & RRCA
CROSS COUNTRY NATIONALS

Year-End Lists



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FORUM

WORDS FOR THE WISE...

In the Oct/Nov issue, we printed a letter by Mark Becker, coach of the Mound TC (Ohio), critical of AAU rules and restrictions. Our own editorial supported his point of view. On this page we present the response by two dedicated and influential individuals. Their message is important.

At the AAU convention which was held at Yellow Stone, Montana, I was elected Chairman for the National AAU Age Group Committee.

I would like at this time to respond to the Forum letter by Mark Becker, as well as your editorial of the Oct/Nov issue of this magazine.

I would like to advise all parties, that many changes have been made and more are in the coming. We have revised the national boys events and we have dropped all limitations. In other words, we are now leaving it up to the coaches and the meet directors to decide how many events an athlete may or may not run in his meet. As far as we are concerned, there are no longer any restriction as to the number of events, track or field.

In my meets, I allow all athletes, boys and girls, four events. At the next convention, in Washington, I will push for a change to four events. I feel if a girl 14-17 can run four events, why not a boy who certainly is not weaker than a girl.

In regard to specific questions in Mark's letter I would like to state: 9-unders can run the 880; there was a printing error in the AAU handbook and the 220 is a legal event in the 10-11 division; the mile has been added to the 10-11 group as well as various race walking events; in the 12-13 division, the mile is added and in regard to the 1320, this event went out with grandma's underwear. If a boy can go 3/4, he can go a quarter more; in the 14-15, we have the mile and the two mile, as well as the 330 Intermediate hurdles (36").

In regards to meets sanctioned by the AAU, if a meet director wishes to run some extra events, meaning some events or races not stated in the rules, he is free to do so. A majority of the events on the program must be those stated in the rules, so as to receive legal sanction. You may, however, add whatever event you see fit in order to give some flavor to your meet. We, of course, cannot accept records for those events not listed, but this is no reason not to run them, is it??

I agree with Mark's contention that the boys should take a clue from the girls. No reflection to hard working Joe Arrazola, our past chairman, but AAU meetings do get sidetracked occasionally. But let me assure everyone, that the meeting at Yellowstone did not get sidetracked. It was all business. We revised the age group events, dropped the restrictions and limitations, allowed once again tabulations for the 16-17 boys and added a compromise Senior level (16-19) which can be ran instead of the 16-17.

To Mr. Mark Becker and other coaches, I want to say this: If you coaches (and I am one too) would quit arguing among yourselves and forward your complaints and suggestions to those who have the power to try to make revisions in the program, we could have a boys age group program of the highest level.

And so, with no remorse, I suggest to STARTING LINE and to all the coaches that in the next few months you evaluate your programs and send to me direct Certified Mail your suggestions and ideas, to up date the National age group program, and I assure you that at the next convention I will bring all these suggestions up and try to revise the program further. If we do not receive such information we cannot do much changing. In order to bring in new legislation, the vote of the committee must be 100% unanimous; and that's a problem. But if you men will state your cases, I will see to it that it gets on the floor of my committee.

I am for the youngster and for him only. I have been in AAU track for over 18 years and have put on more than 300 J.O. and age group meets in that time, and my objective has always been to make the kids happy, as I feel that's the name of the game (encouragement).

In conclusion, we are trying and we have made the steps forward during the week of Oct 6/13 at Montana. Now we must do more. So lets hear from you. I want to further the program, but I need more than my own ideas. I need other meet directors voicing their ideas, so that we may bring about the kind of progress that's good for the kids, the coaches and the boys age group program.

ROY J. SILVA
Route 10, Box 330,
Lenoir, North Carolina 28645
Chairman, National AAU Boys'
Track and Field Committee

Mark Becker's comments regarding AAU rule confusion are certainly well taken. A major problem with the AAU is that all major decisions and appointments are made at the National convention.

The average age group coach is unable to afford flying all over the country for conventions. Thus, although well meaning, most AAU officials are older individuals, financially comfortable, and often not intimately involved in present problems.

Major problems with the AAU boys distance running at present are: 1) no clearly defined distance guidelines, other than restrictions, 2) boys cannot race with girls, 3) no provisions regarding AAU cards for the financially disadvantaged, and 4) no committee comprised of people who are doing the work in age group distance running.

I will fill both the Road Runners Club and AAU age group (Distance Running) committees only with people who are coaching or putting on races for age group boys. There will be no exceptions.

I would encourage anyone active in age group distance running who would like to be on this committee to write to me requesting appointment. I would appreciate specific recommendations regarding rule changes to improve AG distance running.

Within a few months I will mail a complete constitution regarding Boys Age Group Distance Running to committee members for a vote and we will present the final draft to the AAU convention in Washington in 1974.

GABE MIRKIN, M.D.
9900 Georgia Avenue,
Silver Spring, Md 20902
Chairman, Boys Age Group Subcommittee
Long Distance Running Committee, AAU
CoChairman, Youth Development, RRCA

(MORE ON PAGE 4)



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PHOTO CREDITS

On the Cover

- 1) Photo of race at RRCA National by STEVE SUTTON
- 2) Photo of race at AAU girls National by DOUG SCHWAB / S.L.

1) This Photo taken at the start of the 10-11 boys race at the RRCA National in New York's Van Cortland Park course is very indicative of the popularity of this annual event.

A total of 2587 runners (!) of all ages participated in what probably is the largest championship ever assembled in the United States. For all the details, turn to page 11 of this issue.

2) Another impressive start. That one was taken in New Mexico at the Girls National Cross Country Championships. The photo illustrates the 14-17 Girls division just taking off, with the outcome of the race still anyone's guess.

Not for long, however, as LYNN BJORKLUND of the Duke City Dashers of Albuquerque, took the lead after the first 880 and never looked back. Lynn is seen in the center of picture (959), moving up on the initial leaders, where we recognize the three VETTER sisters (131, 132 and 133) and MARY DECKER, the eventual runner-up. All about it on Page 12.

THE EDITORS OF STARTING LINE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK OUR READERS FOR THEIR ENCOURAGEMENT AND SUPPORT. WE ALSO WANT TO WISH ALL OUR FRIENDS EVERYWHERE A HAPPY HOLLIDAY AND A VERY SUCCESSFUL YEAR.

From the Editors

Now that the shortage of energy sources is finally forcing all of us to re-evaluate our wasteful modes of living, it may be the opportunity for those of us involved in junior track and field, to look for ways of getting more out of our local and regional programs.

One cannot help but notice that many of the meets that come under the heading of "national championships", are really only a little bit more than regional in scope, with a small out-of-the-area representation. The recent cross country championships are typical examples of such a pattern. The RRCA meet, in New York, was primarily a gathering of athletes from the eastern states, and the Girls AAU, in New Mexico, was completely dominated by New Mexican and Californian clubs.

Especially for the younger age groups (e.g. under fourteen), the benefits of traveling 1000 to 3000 miles for competition are hardly worth the tremendous efforts expended in raising the funds for such trips, not to mention the toll taken on athletes and adults alike, in arranging for the logistics of the trip itself.

Although we believe that one of the more enjoyable aspect of track and field is taking trips to see new places and meet new people, there is, however, a need for moderation.

Most of the efforts mentioned above could be better served, we believe, in developing more extensive and better organized competition in your own community, county or state. For those who say you can't get adequate competition for the better athletes on the local level, we say that there are potential Wilma Rudolph's or Steve Prefontaine's in nearly every town or neighborhood or school in the country.

Turn the energy crisis to your advantage. Look inward. Develop your local and regional programs. National champions, not to mention a mentally and physically healthy youth, will spring forth from this effort.

(CONTINUED FROM PAGE 2)

AAU rules are confusing to those who never read the Track & Field Rule Book, or do not wish to follow regulations that have been in practice for some time. It is true that these rules are adopted at National Conventions, but it is not true that they are either presented or adopted by people unfamiliar with current problems.

It is my hope that Dr. Gabe Mirkin, whom I appointed to the age group Long Distance Chairmanship and those in the age group development will understand that age group swimming is what it is, because many people worked together to make a large program bigger.

Rules help make the game easier for all of us. When we all pull in the same direction, our own interests will be better served.

ROBERT De CELLE
Chairman, L.D. Committee, AAU
Alameda, California

THANKS FOR TRYING DR. BROWN...

In the years I served as AAU Girls Age Group Chairman (1967-73), we have tried to keep in touch with the publication of occasional newsletters and have printed a yearly tabulation of national rankings. Dr. Glenn Shaw volunteered his services as statistician from 1967 to 1972 and did an excellent job. Since then Mr. George Larrier has stepped in and continued this tradition of excellence. Until this year all expenses for printing and postage were borne out-of-pocket by the statistician and myself.

Our output must be considered good, considering the amount of input we receive (or don't receive). In 1966, twenty-one AAU associations reported their best girls age group performances to the Chairman. Despite repeated pleas, threats, phone calls and personal contact we have never received information from more than 20 associations, even though the program has grown enormously. This year we have heard from 17 associations. I wish my successor better luck!

Harmon Brown, M.D.
Outgoing Chairman
AAU Girls Age Group Track

EYE WITNESS REPORT...

Read your article on the boys nationals in Colorado and thought I would drop a few comments on what was possibly the worst national meet ever held. Below are some of the things I witnessed at the meet:

1. No curve or lane judges on the first day and only two the second day. Several runners in the 220 were bumped out of their lanes and several runners in the 440 ran one lane too wide around the curves (lane one was left open at the end of the race).
2. Timers had to pick places also (only one timer for each place) and some of the timers were cheering on the runners they knew first and timing second (two of the timers were girl runner with no experience timing).
3. Many runners were unable to finish their events as onlookers were permitted to congratulate winners.
4. The high jump bar looked to be several years old and the jumpers had to clear as much as two inches higher than the lowest point of the bar in order to clear the height.

I now know why boys age group track is so far behind girls age group track.

John Greene
Thornton, Colorado

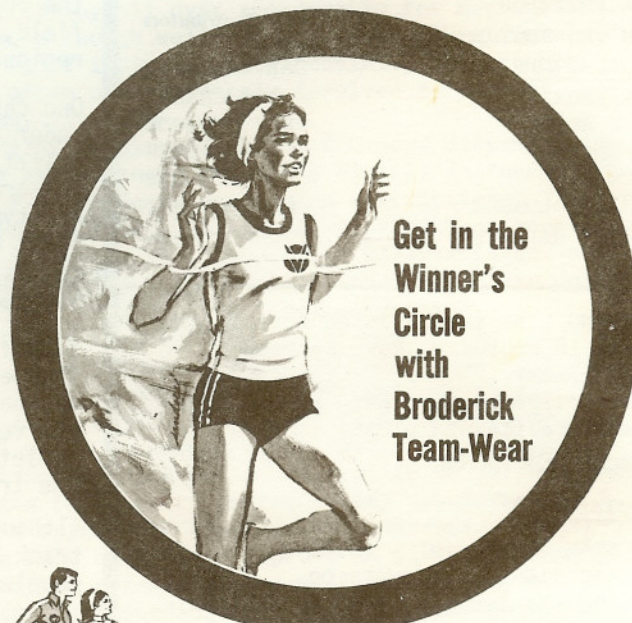
INITIAL PREVIEW OF 1974

*** Junior athletes from the Soviet Union will be visiting the U.S. this summer for the third annual Junior Dual Meet between the two countries. The meet is to be held in Austin, Texas on July 5-6. Both Junior Men (born in 1955 or later) and Junior Women (born in 1956 or later) will be competing.

*** Qualifying for the junior men will take place in the National AAU Junior Championships, to be held once again in Gainesville, Florida on June 22 & 23.

*** Girls (14-17) National AAU Championships has been tentatively set for Bakersfield, California on either June 18-19 or June 25-26. Presumably, this will be one of the qualifying meets for the USSR-USA Dual. In typically confused fashion, however, there is a movement afoot at the National AAU Office to change the site (to Fort Lauderdale, Florida?) and date (to ??) and even the age limits (to 14-18?).

*** The third annual Boys National AAU Age Group Championships (14-15 division and below) has been awarded to Lenoir, North Carolina and will be run at Jeff Storie Memorial Stadium there. For information, contact Roy J. Silva, Route 10, Box 330, Lenoir, North Carolina 28645.



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High Jump		6-4 Jerry Flowers (57) SCAL 5/26	
6-9	Greg Lambdin (57) Tex 3/24	6-4	John Washington (57) SCAL 7/21
6-8	Matt Barney (58) Ariz 5/11	6-3½	Johnny Smith, Tex 7/10
6-6½	Dave Shattuck (57) Ill 8/4	6-2	Doug Stewart (57) SCAL 5/5
6-6	Ed Mann (57) Wash 8/4	6-2	Dave Christie (57) SCAL 5/5
6-4½	Tracy Edington, Mo 6/9	6-2	Patterson, Kans 6/23
6-4½	Dwayne Joseph (57) SCAL 5/26	6-1½	Mark McNeal, Wash 6/23
6-4	Jay Keesling, SCAL 4/27	6-0½	Mark Mattison, Ohio 6/9

More info needed (questionable competition, incomplete results): 6'7¼-John Washington on 7/27; 6'4-Joe Fahey, SCAL on 4/12 and Bill Hurlbut, SCAL on 6/28; 6'3-Chris Mussack (57) SCAL on 3/29; (unknown facilities, incomplete results): 6'4½-Mark Hoening (57) Kans on 6/3

Long Jump		21-1½ Chris Jurgenson, NMex 6/2	
21-11½	Ray Kelly (57) SCAL 5/25	21-1½	Yassussi, Kans 6/23
21-7	Ron Biscoegli (57) SCAL 4/10	20-7	Dave Worthey (58) NMex 8/4
21-4½	Dave Shattuck (57) Ill 8/4		

More info needed (wind, questionable facilities): 22'1-Jim Runner and 20'10½-Andrew Wicks, both Pa, both on 7/14; (questionable facilities & competition, incomplete results): 21'10-John Carlson (57) SCAL on 2/7

Triple Jump		42-4 Bruce Parsons (58) NY 8/4	
44-8	Vincent Parrette (57)Ks 6/23	42-2	Steve Townsell, Mo 6/9
44-7	J. Duebendorfer, SCAL 7/21	42-0½	E. Van Brenk, NCal 6/2
43-3½	Barry David, Mo 6/9	41-2½	Dave Morland (58) Colo 8/4
43-0½	C. Taylor, NCal 6/2	41-0	Pierre Gamache (58) Colo 8/4
42-9	*Kyle Jones (58) Wash 5/27		

More info needed (incomplete results): 45'9¾-Vincent Parrette on 6/24

Pole Vault		13-0 Dan Thomas (57) SCAL 5/19	
14-9	Brian Goodman (57) SCAL 5/19	13-0	Brian Worden (57) SCAL 5/25
13-10	Tim Vahlstrom (57) SCAL 6/9	13-0	James Hamman (57) SCAL 5/25
13-6	Tom Curran (57) SCAL 5/19	13-0	Pierre Gamache (58) Colo 8/4
13-0	Keith Schimmel (57) SCAL 5/18		

Shot Put (12 pound)		49-8½ Chuck Vance, Wash 6/23	
61-1	Dave Karrasch, SCAL 5/25	48-6½	Don Cummings, SCAL 7/21
56-7	Bob Bushman (57) SCAL 4/18	48-3½	Foster, Kans 6/2
54-2	Gary Montejano (57) SCAL 4/27	48-3	Tom Gouffon (57) Tenn 6/16
54-0½	Kent Kayhill, Kans 6/23	48-0½	Wayne Carpenter, Wash 6/24
52-9½	*Jack Wall (58) Pa 7/6	47-0	Joe Mango, SCAL 6/2
52-6	Jeff Pill (57) Wash 7/6	47-4½	Greg Taylor, Mo 6/9
50-9½	Nelson, Kans 6/23	47-1	Louis Rovere, Fla 7/7

More info needed (questionable competition & facilities, incomplete results): 55'4½-Dan Lindquister (57) SCAL on 8/1; 54'2½-Scott Thomas (57) SCAL on 3/2; (unknown implement): 58'2½-Pill and 48'0½-Wayne Carpenter, Wash, both on 6/24

Discus Throw (1.6 kilogram)		142-9 Crownover, Kans 6/23	
153-10	Tom Gouffon (57) Tenn 7/14	141-1	Brad Blodgett, Wash 6/24
152-1	Jeff Pill (57) Wash 6/24	140-9	Ken Talton, Pa 7/14
147-10	*Jack Wall(58) Pa 8/1	140-2	Garrison, Kans 6/23
144-7	Scott Endler, CenCal 4/	140-1	Scott Harrell, Mo 6/9
144-2	Bishop Brown, CenCal 4/	139-7	Mark McNaughton, CenCal 4/
143-9	Lee Atkins, Tex 4/8	138-1	Billy Higgins, Tex 4/8
143-2	Remmers, Kans 6/23	137-9	Mark Allen, Tex 4/8

More info needed (questionable implement, facilities & competition): 155'2-Richard Steward (57) SCAL on 4/5; 142'0-Kevin Corbett, SCAL on 4/25

STARTING LINE CALENDAR

On this page STARTING LINE presents the Calendar of forthcoming track & field, long distance running, race walking and other related events of any organization catering to athletes 17 years and younger. While this is by no means a complete listing, it is intended to provide data for coaches, parents and schedule planners.

STARTING LINE is not responsible for late changes, of which the editors have not been notified. Send additional information and corrections to STARTING LINE, P. O. Box 878, Reseda, California 91335. Include name and address of meet director or other source of info.

This Calendar is a good way to publicize the activities sponsored by your group. When submitting information, please include complete details, along the lines of the material presented on this page. Groups wishing more space may inquire about special low rates for advertising track meets or other activities in STARTING LINE.

JANUARY

- 5 ARIZONA AAU "ALL-COMERS", Phoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Ariz 85016 (602)265-3796
- 5 SOUTHERN PACIFIC AAU "ALL-COMERS", so California (Girls, 9-U & up, T & F) Phil Snyder, 27102 Woodbrook Rd, Palos Verdes, Calif 90274 (213)377-3133
- 6 NEW JERSEY AAU ONE MILE RUNS, St Josephs HS, Metuchen, NJ (Boys, 11-U to 14-15, Track, 12:00n) George Miller, 38 Autumn Ave, Clark NJ 07066 (201)388-3443
- 6 METROPOLITAN AAU DEVELOPMENTAL MEET, West Point, New York (Girls) Ramona Massey, 112-36 2030 Place, Hollis, New York 11412
- 12 METROPOLITAN AAU DEVELOPMENTAL MEET, Columbia University, New York (Girls, Age Group & up) Ramona Massey, 112-36 2030 Place, Hollis, New York 11412
- 12 USITFF RELAYS, Schoonmaker Hall, South Park, Pennsylvania (Boys, 9-U to 12-13/Girls, 9-U to 12-13) John Harwick, 467 Beverly Road, Mt Lebanon, Pa 15216
- 18-20 GILL NATIONAL TRACK & FIELD CLINIC, Sheraton Universal Hotel, N Hollywood, Calif.....Jim Santos, Calif State Univ, Hayward, Ca 94542 (415)846-7287
- 19 ARIZONA AAU "ALL-COMERS", Phoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Arizona 85016 (602)265-3796
- 20 NEW JERSEY AAU DISTANCE RUNS, Cranford (NJ) HS (Boys, 11-Under to 14-15, Track, 12:00n) George Miller, 38 Autumn Avenue, Clark, NJ 07066 (201)388-3443
- 25-27 GILL NATIONAL TRACK & FIELD CLINIC, Sheraton-O'Hare Hotel, Rosemont, Illinois.....Joe Rodriguez, PO Box 415, Mokena, Illinois 60448 (312)479-5169
- 26 SOUTHERN PACIFIC AAU "ALL-COMERS", so California (Girls, 9-U & up, T & F) Bob Seaman, 648 S Pamela Kay Lane, La Puente, California 91746 (213)333-3395
- 27 UNION COUNTY PARKS CROSS COUNTRY, Warinanco Park, Elizabeth, New Jersey (Boys, 11-Under to 14-15, 11:00am) George Miller, 38 Autumn Ave, Clark, NJ

FEBRUARY

- 3 NEW JERSEY AAU HALF-MILE RUNS, Peddie Prep Sch, Hightstown (Boys, 11-U to 14-15, Track, 2:30pm) George Miller, 38 Autumn Ave, Clark, New Jersey 07066
- 3 METROPOLITAN AAU DEVELOPMENTAL MEET, West Point, New York (Girls) Ramona Massey, 112-36 2030 Place, Hollis, New York 11412
- 3 ALBUQUERQUE (New Mexico) OLYMPETTE INDOOR "INVITATIONAL", Tingley Coliseum (Girls, 9-U & up, T & F) Floyd Highfill, 1516 Hoffman NE, Albuquerque, NM 87110
- 9 PITTSBURGH INDOOR TRACK CLASSIC, Schoonmaker Hall, South Park, Penna (Boys & Girls, 9-U to 12-13) John Harwick, 467 Beverly Road, Mount Lebanon, Pa 15216
- 10 ATOMS "INVITATIONAL", Princeton, New Jersey (Girls) Fred Thompson, 309 Lafayette Avenue, Brooklyn, New York 11258
- 10 NEW JERSEY AAU DISTANCE RUNS, St Josephs HS, Metuchen, NJ (Boys, 11-U to 14-15, Track, 12:00n) George Miller, 38 Autumn Ave, Clark, New Jersey 07066
- 16 ARIZONA AAU "ALL-COMERS", Phoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Arizona 85016 (602)265-3796
- 17 NEW JERSEY AAU DISTANCE RUNS, Peddie Prep School, Hightstown (Boys, 11-U to 14-15, Track, 2:30pm) George Miller, 38 Autumn Ave, Clark, New Jersey 07066
- 17 SOUTHERN PACIFIC AAU "ALL-COMERS", so California (Girls, 9-U & up, T & F) Bob Seaman, 648 S Pamela Kay Lane, La Puente, California 91746 (213)333-3395
- 24 UNION COUNTY PARKS CROSS COUNTRY, Warinanco Park, Elizabeth, New Jersey (Boys, 11-Under to 14-15, 11:00am) George Miller, 38 Autumn Ave, Clark, NJ 07066

MARCH

- 3 NEW JERSEY AAU DISTANCE RUNS, St Josephs HS, Metuchen (Boys, 11-U to 14-15, Track, 12:00n) George Miller, 38 Autumn Ave, Clark, NJ 07066 (201)388-3443
- 3 PITTSBURGH TRACK & FIELD CLINIC, Schoonmaker Hall, South Park, Pennsylvania.....John Harwick, 467 Beverly Road, Mount Lebanon, Pennsylvania 15216
- 9 ARIZONA AAU "ALL-COMERS", Phoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Arizona 85016 (602)265-3796
- 9-10 SOUTHERN PACIFIC AAU SEASON OPENER, so California (Girls, 9-Under & up, T & F) Bob Seaman, 648 S Pamela Kay Lane, La Puente, Calif 91646 (213)333-3395
- 10 NEW JERSEY AAU ONE MILE RUN, Peddie Prep School, Hightstown (Boys, 11-U to 14-15, Track, 2:30pm) George Miller, 38 Autumn Ave, Clark, New Jersey 07066
- 16 MICKEY'S MISSILES "INVITATIONAL", Balboa Stadium, San Diego, Calif (Girls, 9-U & up, T & F) Mickey Tyler, 5526 Mira Flores Dr, San Diego, Calif 92114
- 23-24 PHOENIX "INVITATIONAL", Phoenix (Arizona) College (Girls, 9-U & up, T & F) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Arizona 85016 (602)265-3796
- 24 NEW JERSEY AAU DISTANCE RUNS, Cranford (NJ) HS (Boys, 11-Under to 14-15, Track, 12:00n) George Miler, 38 Autumn Ave, Clark, NJ 07066 (201)388-3443

SUBMIT MATERIAL FOR CALENDAR PAGE AT LEAST TWO MONTHS PRIOR TO THE DATE OF THE EVENT

THIS WILL GUARANTEE THAT YOUR EVENT WILL BE INCLUDED IN TIME FOR READERS TO TAKE ADVANTAGE OF YOUR INFORMATION.

NATIONAL MEETS

RRCA NATIONAL AGE GROUP CROSS COUNTRY CHAMPIONSHIPS
BRONX, NY - November 4

FROM KURT STEINER & BARRY GEISLER

In near ideal conditions for cross country, a total of 2587 runners of all ages performed in one of the largest championship meet ever assembled anywhere in the USA.

Innumerable RRC volunteer officials opened the day's activities by presenting the 1972-73 Outstanding Age Group Trophy to ROBIN CAMPBELL of Washington, DC. Then the record-breaking races began.

On the standard and oft-used Van Cortland Park course, the leading runners in the four age group races bettered former meet records. Marlow Heights, Maryland's CRAIG HALL, 9, completed a clean sweep of major boys meets and topped Frank Assumma's three year-old meet 9-under best by 8.6 seconds.

KALEIGH BALDWIN led the girls race in the same age group, leading her Ambler (PA) Olympic Club teammates, as she bettered the meet record by 12 seconds.

Thomas Stringfellow's 12-13 record, set in 1971, was broken by no less than five runners, with MICHAEL DEES barely edging out ERIC AHTI from Massachusetts. Mike's DC neighbor DAVIDA JACKSON accounted for the other meet best, in taking the girls 6 & 7 race.

The boys 10-11 race was a hotly disputed affair, with LOU McCLENDON (Detroit) beating Sports International's GENE MIRKIN by a whisker and half a dozen other boys by just seconds.

JANET and MICHELLE SMARTT (Michigan) had only JUDY SCHAFER (PA) in between them, stopping a 1-2 sister act.

In the 14-15 boys division, only KEITH HENDERSON (Michigan) was able to give Shore AC's MATT LEDDY any trouble. In the girls race, ROBIN HOLLIDAYOKE (Sports International) won comfortably over Pennsylvania's ROBIN PERRY.

The leading young competitors in the Open (2.5 mile) races were Internationalist DOREEN ENNIS, 16, who won the Women's race by 21 seconds (14:46.1) and former RRCA age group champ RICK BUCKSTAD, who finished ninth (12:59) in the Men's race. Both are 16 year-olds from New Jersey.

Among runners in the top 25 in all races, were representatives of 14 states - from as far away as Oregon and Florida. Leading the "clan" representation were KELLY, TIM, KIERHAN, THERESA and SHAWNEE O'TOOLE of Valley Stream, Long Island, all of whom placed in the top ten in their races. Most successful, however, were two youngsters from Fitchburg, Mass; ERIC AHTI, the near winner in the 12-13 boys race and Eric's spry 40 year-young dad, RAIMO, who ran away with the veterans (40 and over) race.

In contrast to most cross country programs, the Road Runners Championships follow the Olympic idea of awarding only individuals (not teams).

The leading age group runners are listed below / Weather-windy, 60°; Sponsors- Benjamin Electrical Engineering Inc. of N.Y. and the National Road Runners Club of America/

Boys 6-7 (1.50 miles)
Joe O'Connor, NJ 10:37.8
Tod Gibbons, NJ 10:40
Mike Catalanello, NJ :41
Dan Hansen, Md 10:59
Joe Bove, NY 11:18
James O'Hara, NY 11:33
Henry Wilson, DC 11:49
Chris Drausfeld, NJ :57
Stephen Macri, NY 11:58
Paul Schrader, NJ 12:12
Warren Manners, NY 12:16
Matthew Donovan, NJ :17

Boys 8-9 (1.50 miles)
Craig Hall, Md 9:16.4
Robert Ryerson, Md 9:41
Chas. Jackson(8)DC 9:52
Dan Perkins (8) NY 9:55
Scott Keifer, Oh 10:02
Bruce Montigny, Md 10:07
Matthew Buzzard, NY :09
Jim Huber, Md 10:11
Thomas Manley, NY 10:16
Mark Shea, NC 10:16

Boys 10-11 (1.50 miles)
Lou McCleendon, Md 9:15.7
Gene Mirkin, DC 9:16
Mike McCracken, Oh 9:17
Lester Lyles, DC 9:18
Peter Durning, NJ 9:19
Michael Moran, NY 9:20
Tim O'Toole, NY 9:21
Chris Sherwin, DC 9:22
William Reggio 9:23
Craig Bartsch, NJ 9:24
Reginald Dees, DC 9:25
Mike Cleary, NY 9:26
Kevin Edmonson, Va 9:27
Maurice Coverdale, Ill 31
Jeff Montigny, Md 9:34
David Pharr, Pa 9:35
Ken Reichner, NY 9:36

Boys 12-13 (1.50 miles)
Michael Dees, NY 8:31.2
Eric Ahti, Mass 8:32
Mark Whitney, NY 8:33
Lincoln Johnson, Mch 35
Scott Dahm, Oh 8:37
Chris Wakeford, Oh 8:46
Elis Colton, NY 8:53
Tom Noel, DC 8:54
Ben Bisco, Va 8:56
Neil Comody, NY 8:57
Brian Bent, NC 8:58
Richard Moore, NY 8:59
Vincent Hogan, NY 9:02
Jon Buzzard, NY 9:09
Brian Durning, NJ 9:10
Mark Soltis, Pa 9:11
Ray Gibbons, NJ 9:14

Chris Andrews, NY 9:15
Ed Reynolds, NY 9:16
David Parker, NY 9:17

Boys 14-15 (1.50 miles)
Matt Leddy, NJ 7:57.2
Keith Henderson, Mch 8:04
Tom Stringfellow, DC 22
Dan Shepard, NY 8:28
Dan McFarland, NY 8:31
Bill Kovach, Md 8:32
Craig Staffeldt, Ct 8:33
Jeffrey Harris, NY 8:34
Ken Slaton, Oh 8:35
Guy Gordon, NJ 8:41
Tom Grimes, NY 8:42
Tim O'Dowd, NY 8:43
Mike Randolph, DC 8:44
Anthony Desir, DC 8:44
Gary Schouten, NY 8:46
Keith Smith, Mich 8:47
Toby Meyer, NY 8:48
Walber Lagaranne, NY 8:49
Martin Lake, NY 8:50
Douglas Beck, Pa 8:51
David Kroupa, Fla 8:52
Paul Standler, NJ 8:53
Glen Merkle, Ct 8:54
Tim Good, DC 8:55
John Spinney, Mass 8:56

Boys/Girls 5-U (200 yd)
Shawnee O'Toole, NY :57
Kerry Crowell, NY 1:01
Theresa O'Toole, NY 1:02
Ken Ryerson (4) Md 1:06
Pat Reynolds, NY 1:14
John Souza (4) NY 1:16
Lona DiTommaso(4)NY 18

Girls 6-7 (1.50 miles)
Davida Jackson, DC 11:00.7
Wendy Freeman, DC 11:15
Denise Sauge, Pa 12:15
Maureen Conroy, DC 12:28
Carolyn Comatello, NY 33
Juli Willard, Ore 12:40
Kathleen Cohan, NJ 13:03

Girls 8-9 (1.50 miles)
Kaleigh Baldwin 9:57.2
Kim Gallagher, Pa 10:03
Donna Gray, Mch 10:09
Tracy Wilson, Pa 10:15
Sherrilynn Graham, Va 28
Nisi Davis, Pa 10:35
Lori Vultaggio, Mch 41
Sharon Cuttman, Pa 10:44
Nadine Dahm, Oh 10:50
Jan Mirkin, DC 10:53
Fran Dorsey, Mch 11:01

Robin Schaefer, DC 11:04
Alma Leak, Pa 11:06
Nisi Blount, Pa 11:07
Cynthia Zich, DC 11:19

Girls 10-11 (1.50 mi)
Janet Smartt, Mch 9:41.4
Judy Schaffer, Pa 9:47
Michelle Smartt, Mch 9:49
Tanya Richardson, Pa 50
Lori Willard, Ore 9:57
Sue Johnson, Pa 9:59
Caryn Kennedy, Pa 10:02
Robin Powell, DC 10:03
Tito Lewis, DC 10:04
Marissa Schmidt, Pa 07
Tarin Harrar, Pa 10:09
Rose Richardson, Pa 09
Val Hollidayoke, DC 13
Marge Hartman, Pa 10:15
Kris Baldwin, Pa 10:18
Cheryl Delore, DC 10:19
Tracy Grant, DC 10:20
Val Fisher, DC 10:22

Girls 12-13 (1.50 mi)
Stephanie Clemens 9:13
Michele Collins, Mch 14
Pamela Dutton, Pa 9:17
Donna Campbell, DC 9:24
Nancy Frank, NY 9:27
Kelly O'Toole, NY 9:30
Aileen O'Connor, DC 9:38
Gail Hafley, NC 9:40
Monica Sherwin, DC 9:58
Jill Haworth, DC 9:59
Beckie Algeier, DC 9:59
Elaine vandeZande 10:00
Cathy Anderson, NY 10:04
Donna Draycott, NJ 10:07
Samantha McCarthy, Ct 08
Jennifer Martin, Md 11
Sue Suhr, NY 10:11
Linda Nash, NY 10:11

Girls 14-15 (1.50 mi)
Robin Hollidayoke 9:17
Robin Perry, Pa 9:22
Carol Conlan, NJ 9:26
Debra Hall, Md 9:28
Mandy Caiazza, NY 9:34
Jaso Ecbakjian, NJ 9:37
Cathy Green, NY 9:39
Delores Jackson, Pa 9:44
Lynn Boucher, Mass 9:48
Rhonda Ross, NY 9:53
Gwen Robinson, Pa 9:55
Anna Trotta, NY 9:57
Missy Stratton, NY 10:00
Gina Caiazza, NY 10:05
Cindy Sanchuk, NY 10:06

PHOTO COVERAGE BY STEVE SUTTON

On top we see the very dynamic start of the girls 9-under race.

- 1) Girls 6-7 winner DAVIDA JACKSON
- 2) Boys 6-7 winner JOSEPH O'CONNOR
- 3) Boys 8-9 winner CRAIG HALL
- 4) Girls 14-15 winner ROBIN HOLLIDAYOKE
- 5) Boys 12-13 winner MICHAEL DEES
- 6) Boys 14-15 winner MATT LEDDY



BY DOUG SCHWAB AND BRICE HAMMERSTEIN

Yearly, this meet has threatened to become an exclusive romp for runners from the far west. In 1973, this threat became a reality, as only two junior girls from other regions managed to place among the first fifteen individuals in any divisions.

Furthermore, ALL of the top five teams in each division came from the Rocky Mountains or Far West.

Easterners and midwestern contenders, either stayed home (due to the expenses and/or fear of the effect of the 5000+ foot altitude) or were generally out-run.



ALL PHOTOS BY
 DOUG SCHWAB

(Top) Near the start of 10-11 race; MARI GIBBS (307) eventual winner.

(Right) LYNN BJORKLUND great 14-17 victor.

(Bot. Right) Light-footed SUSIE SANCHEZ had no opposition.

(Bot. Left) Angel's KRISTI WILSON, the very best 9-under.



Leading the onslaught were the Albuquerque based team of the Duke City Dashers, who took no less than three team titles and contributed the most notable individual performer of the meet with LYNN BJORKLUND. Lynn, who lives and trains at the atomic research center community of Los Alamos (7000+ altitude), completely decimated the 14-17 field, which included MARY DECKER and the lone defending champion DEBRA JOHNSON.

Summary of each division follows.

/Weather-60°, slight breeze; course mostly grass with some sand and dirt, downhill drop of 70 feet in first half of course, with corresponding rise uphill in second half/

TWELVE-THIRTEEN RACE:

The first four placers were twelve year-olds. SUSIE SANCHEZ of Rialto came from far off the early pace to outrun SHANNON CLINE of Ohio's Golden Angels, the meet's only high placer from west of the Mississippi. Susie was 22nd after the first half-mile (led at 2:42) and Shannon was only 17th. By the mile, both had moved to the front with the Buckeye lass leading (5:40), but Susie soon opened up a lead of fifty yards and won going away. Duke City's CINDA McDADDE closed fast to barely miss second place, just ahead of teammate CATHIE GILL, who had stayed with leader's pace through the mile. PAM BOWERS (San Jose Cindergals) and SUZANNE KEITH of Rialto closed fast and almost caught Cinda and Cathie. They were barely ahead of the winning Dasher's DIANE SCHNEIDER and Portland's ERYN FORBES. Rialto drew its third runner-up team trophy.

Girls 12-13 (2.0 miles)

- Susie Sanchez,RRR 11:41
 Shannon Cline, GA 11:56
 Cinda McDade, DCD 11:57
 Cathie Gill, DCD 11:59
 Pam Bowers, SJC 12:00
 Suzanne Keith,RRR 12:00
 Diane Schneider,DCD :01
 Eryn Forbes,Prtlnd :02
 Julie Andrews,DCD 12:08
 Suzi Greenberg,SJC :09
 Lesa Gilliland,DCD :11
 Cynthia Lackey,DCD :12
 Tracy Bear, DCD 12:18
 Beverly Everts,DCD :21
 Karen Bain,BrgportRRR 23
 Jamie Mitchell,Prtlnd 23
 Shari Cassin,ArzTC :24
 Laurie Jewell,LBC 11:25
 Rhonda Holland,RRR :25
 Tracy Miller, SJC 11:26
 Debra Rudolph,W'wood 29
 Robin Castor, CP 11:29
 Jill Linebarger,SCC :31
 Sandy Hoffman, GA 11:32
 Paula Rose,OrgCoast 35
 LaDonna Phillips,SCC 36
 Michelle Smithart,DCD 6
- Becky Villalvazo,RRR 39
 Diane Esslinger,SCC :40
 Michelle Waters,SCC :45
 Mary Bolton,AlbTC 12:46
 Janelle Miller,AlbTC 46
 Marsha Pierce,LMMetrs 6
 Beverly Jarvis,KS 12:46
 Vicki Secrest, AO 12:46
 Beth Day, DCD 12:50
 Regis Waters, SCC 12:52
 Tammy Mahoney, KS 12:55
 Melissa Steinle,SJC :56
 Teri Beamish,LMMeteor 7
 Tina Campbell,SJC 12:57
 (137 Finishers)
- Leading Teams
 Duke City Dashers 34
 Rialto Rd Runners 101
 S Jose Cindergals 115
 So Calif Cheetahs 145
 DC Dashers "B" Tm 211
 Golden Angels 280
 Alb'que Olympettes 308
 Kettering Striders 315
 Arizona TC 336
 Albuquerque TC 391
 (15 Teams Finished)

FOURTEEN-SEVENTEEN RACE:

Duke City won its third team championship as easily their leader, LYNN BJORKLUND won the individual run. Early on, MARY DECKER led Lynn (2:32 at the 880), but the Los Alamos miss took over soon after and opened up a lead of as much as 300 yards (5:24 at the mile, 8:38 for the 1 1/2 mile). Mary managed to hold on to second place, out-kicking VAL EBERLY of the second place San Jose Cindergals team. LINDA STECKER of DCD and DEBRA JOHNSON also threatened to overtake Decker late in the race.

Girls 14-17 (2.5 miles)

- Lynn Bjorklund,DC 14:38
 Mary Decker, BA 15:16
 Val Eberly, SJC 15:18
 Linda Stecker,DCD 15:20
 Debbie Johnson,RRR :30
 Stephanie McDade,DCD 36
 Doreen Assumma,RRR :36
 Debbie Brundige,OreTC 7
 Estella Guina,SJC 15:42
 Linda McQuarrie,LBC :43
 Vicky Monroe,Lassen :44
 Chrishelle Speller,DC 8
 Penny Reneau,Brgport 49
 Susan Vigil, DCD 15:55
 Arlene Mears, SJC 16:00
 Esther Marquez,RRR :04
 Karen Parish :16:05
 Amy Lucero, DCD 16:06
 Kathy Jewell, LBC 16:08
 Debbie Vetter,BlueRbn 9
 Janet Burns, SJC 16:09
 Linda Brodbeck,RRR :09
 Lisa Greenberg,SJC :11
- Sonia Gerth, RRR 16:13
 Debbie Derr,ArzTC 16:19
 Ruth Benavidez,DCD :21
 Amy Welch,SyracuseCh 26
 Carrie Gilliland,DCD 31
 Lou McKaye,Ojai Vly :38
 Pat Reed, PortlandTC 39
 Victoria Jones,SJC :39
 Colleen McManus,SJC :40
 Lynn Hollins, RRR 12:41
 Lynne Miller 12:42
 Anne Gilliland,DCD :43
 Donna Schellhaus,BA :44
 (112 Finishers)
- Leading Teams
 Duke City Dashers 37
 S Jose Cindergals 71
 Rialto Rd Runners 74
 Long Beach Comets 204
 Blue Angels 228
 So Calif Cheetahs 327
 San Juan Striders 330
 (10 Teams Finished)

Girls 14-Over (3.0 miles)

- 3-Julie Brown (UCLA) 17:50, 4-Debbie Quatier (Falcons) 17:57, 9-Tena Anex (Will's Spiketees) 18:22, 12-Kathy Adams(WS) 18:37, 14-Wendy Koenig (The Colorado Gold) 18:44, 16-Charlotte Lettiss (Sugarloaf Mt AC) 18:46, 20-Cindy Rice (Albuquerque Olympettes) 18:55, 21-Cindy Ashby (AO), 23-Nancy Ihrman (Phoenix TC) 19:01, 26-Debbie Heald (La Mirada Meteors) 19:18, 27-Debbie Kirchoffer (Colorado Pacers) 19:22, 29-Teri Seippel (Kettering Striders) 19:26, 30-Karen Cramond (AO) 19:29, 31-Kathy Slattery (AO) 19:31, 32-Catherine Schrader (Electric City AC) 19:36, 34-Anne Gallaher (Phx TC), 36-Doreen Ennis (Nutley TC) 19:41...94 Finishers
- Leading Teams
 Duke City Dashers 57
 Rialto Rd Runners 99
 Albuquerque TC 101
 DC Dashers "B" Tm 111
 Blue Angels 168
 Roseville Gazelles 289
 So Calif Cheetahs 305
 (13 Teams Finished)

NINE & UNDER RACE:

KRISTI WILSON and CAROL LANTRY of the Blue Angels (fourth and second in 1972) quickly separated from the pack at the start. Only CIMI RUDERMAN (15th last year) was with them as they passed the half mile in 2:53, some five seconds ahead of Cimi's Rialto Road Runner teammate VICKI COOK and San Juan Strider's TAMMY FRYE. The one-two finish of Kristi and Carol enabled their team to win the division title, as two of their teammates (SHARON HATFIELD and ANDREA KIRKORN) were also in the top ten. Though the two Road Runners were passed by Miss Frye, their team was an easy second, ahead of the Albuquerque TC, led by 6th placer BOBBY GALLEGOS.

Girls 9-Under (1.0 mile)

- Kristi Wilson, BA 5:58
 Carol Lantry, BA 6:01
 Tammy Frye, SJS 6:12
 Victoria Cook, RRR 6:14
 Cimi Ruderman, RRR 6:17
 Bobby Gallegos,AlbTC 21
 Jeanni Fuller, SJS 6:22
 Sharon Hatfield,BA 6:23
 Andrea Kirkorn, BA 6:24
 Pat Brockwell,AlbTC :24
 Sue Martinez, WS 6:25
 Angela Johnson,RRR 6:26
 Kelli Cerda,OrgCst :30
 Maggie Stein, Cupr :30
 Holly Haskew,AlbTC 6:31
 Cindy Nunez, RRR 6:31
 Diedra Barker,AlbTC :31
 Jennifer Weber,DCD 6:34
 Crystal Wolfe, CP 6:34
- Paula Cobb, RRR 6:35
 Wendy Bigham, RRR 6:35
 Jenny Lauck, BA 6:35
 Holly Hickey, BA 6:37
 Diana Jones,PsnSpdr 38
 Sherry Higgins,DCD 6:39
 Lisa Anetsberger,Arz 41
 Monica Johnson,PrsPch 41
 Georgia Martin,AlbTC 42
 Tracy Meeks, BA 6:44
 Lisa Stary, LBC 6:44
 (77 Finishers)
- Leading Teams
 Blue Angels 42
 Rialto Rd Runners 57
 Albuquerque TC 76
 Duke City Dashers 156
 San Juan Striders 169
 Colorado Pacers 171
 (8 Teams Finished)

TEN-ELEVEN RACE:

Rialto's CORINNE NUNEZ took a five second lead in the first 880 (2:43), followed by last year's runner-up MARI GIBBS of Lakewood (Cal) International and the hometown favorite, '72 nine & under champ SANDRA BEACH. Before the mile (5:47), Mari took the lead for good, while Sandy came up in a hurry to nip the early pacesetter for second place. The Duke City Dashers came with a late rush to easily outpace Rialto for the team title placing THERESA DORWART, DENISE FALZONE, LAURELI MAZIK and PATRICIA COLLINS in the top ten.

Girls 10-11 (1.5 miles)

- Mari Gibbs,LkwInt 9:06
 Sandy Beach, AlbTC 9:19
 Corinne Nunez, RRR 9:20
 Theresa Dorwart,DCD :27
 Sally Marquez, AO 9:28
 Lori Keel, AlbTC 9:28
 Denise Falzone,DCD 9:31
 Laureli Mazik, DCD 9:36
 Janice Quintana,AlbTC 7
 Patricia Collins,DCD 38
 Becky Gomez, RRR 9:39
 Alicia Kirkorn, BA 9:39
 Jeanette Allred,SJS :43
 Judy Schaffer,Jets 9:43
 Dawn Craven, DCD 9:46
 Tami Darr, BA 9:46
 Lorie Coffield,DCD :46
 Linda Lindsay,PrsPch 47
 Becky Smatana, DCD 9:48
 Teddi White, DCD 9:49
 Susan Johnson,Jets 9:50
 Rechelle Pool,Brgprt 50
 Donna Sanchez, RRR 9:51
 Danielle Mojica,SCC :54
 Christine Silva,DCD :54
- Lori Oliver, DCD 9:55
 Ana Strathman,BA 9:55
 Karen Russell,DCD 10:01
 Amy Van Tassel,SJS :01
 Lenelle Waskow,RRR :02
 Lisa Matthews,DCD 10:02
 Shelly Kaplan,RRR 10:02
 Tammy Reneau,Brgport 02
 Laura Ortiz,DCD 10:03
 Brenda Hoskins,RC 10:03
 Teresa Catsimanes,Psp 3
 Robin Rosemeier,GA :04
 Mary LeMaster,AlbTC :04
 Lenora Hrivnak,DCD :05
 Sandra Beauchamp,Rg :06
 (137 Finishers)
- Leading Teams
 Duke City Dashers 57
 Rialto Rd Runners 99
 Albuquerque TC 101
 DC Dashers "B" Tm 111
 Blue Angels 168
 Roseville Gazelles 289
 So Calif Cheetahs 305
 (13 Teams Finished)

**BOYS AAU "NATIONAL" CROSS COUNTRY CHAMPIONSHIPS
and RIALTO GIRLS CROSS COUNTRY MEET
San Bernardino, CA - October 27**

Though the quantity was limited to 111 finishers, the quality certainly was not lacking in this first attempt at an AAU Boys age group National Championships in Cross Country.

Most of the quantity was provided by talented lads from northern and southern California, with some flavor added by top athletes from Oregon (Portland Track Club), New Mexico (Duke City Dashers) and Maryland (CRAIG HALL of the Cavaliers).

The latter was the most convincing individual winner, adding to his triumphs at Kettering and the Road Runners Club's National in New York. Craig's 9 and under runaway was at the unusually long 2.3 miles (over roads with some steep winding hills), as all age divisions were run at the same distance.

Team battles were extra-close in the two youngest divisions. The Redwood City Flyers (Northern Cal) edged the Dashers in the 9 & under group, while Dashers squeaked by the Flyers and Rialto Road Runners in the 10-11 contest. This division was the strongest overall, with Salinas' STEVE BURKE confirming his leadership in that group.

Rialto swept the top three places in the 12-13, with the ASSUMMA brothers and BIRT SHIRLEY. CHUCK and FRANK had the top times of the day, including the 14-15 race. Most commendable was the fourth place standing of Portland's MIKE BERGMAN. In the 14-15 group, DAVID CORTEZ led his Redwood City Strider team to victory, winning a close one with Rialto's WALTER BRIDGES.

The Boys meet was designated "National" in the absence of a country-wide AAU meet elsewhere. /Weather-hot & dry; Course-dirt & hills/

Boys 9-Under (2.3 miles)

Craig Hall, Cav 15:07
Frank Morgan, DCD 15:27
Dean Aviles, RCF 15:28
Jiggs Stein, CupF 15:42
Don Aviles, RCF 15:58
John Simpson, Brdgt 16:01
Gordon Rabing, Por 16:13
Eric Carlson, CupF 16:17
Ralph Salcido, BA 16:29
Bob Camaron, RCF 16:58
John Webster, DCD 17:05
David Gates, CY 17:08
Mike McIlran, DCD 17:09
Chip McGinnis, DCD 17:11
Dennis Moody, RRR 17:12
(27 Finishers)

Nick Sakelarios, RCF :06
Robert Martinez, RCF :12
Tom Owen, RCS 15:13
Eric Padilla, DCD 15:33
Ken Thomas, RCF 15:49
Mike Assumma, RRR 15:50
Doug Bergmann, Por 15:53
Eddie Garcia, DCD 15:57
Darwin Davis, BA 15:57
Greg Jones, CY 15:58
Bim Barry, OC 16:03
Barry Ruderman, RRR :17
George Vasquez, SV 16:26
Randy Meyenberg, SV :29
Pete Newhausen, OC 16:33
Keith Hedlund, SV 16:38
(41 Finishers)

Mike Bergman, Por 14:40
Tom Graycar, RCS 14:48
David Avila, CY 15:00
David Daly, BA 15:02
Keith Yarwood, BA 15:06
Danny Martinez, RCS :06
Rob Arkes, Por 15:10
Robert Aragon, RRR 15:13
Norm Adkins, Por 15:13
Paul Fishbeck, BA 15:15
Phil Shirley, RRR 15:17
(30 Finishers)

Leading Teams
Rialto Rd Runners 31
Redwood C Striders 62
Blue Angels 71
Portland TC 78

Leading Teams
Redwood City Flyers 53
Duke City Dashers 56
Blue Angels 109

Leading Teams
Duke City Dashers 70
Redwood City Flyers 72
Rialto Rd Runners 77
Salinas Valley TC 95

Boys 14-15 (2.3 miles)
David Cortez, RCS 13:46
Walter Bridges, RRR :50
Andre Rodriguez, R 14:07
David Gilmer, RRR 14:38
Dan Farwell, RCS 14:55
(13 Finishers)

Leading Teams
Redwood C Striders 27
Rialto Rd Runners 31

Boys 10-11 (2.3 miles)

Steve Burke, SV 14:33
Ray Cook, RRR 14:37
Jon Lantry 14:54
Tim Sanchez, DCD 15:03

Boys 12-13 (2.3 miles)
Chuck Assumma, RRR 13:15
Frank Assumma, RRR 13:30
Birt Shirley, RRR 14:25

The Girls section of the meet turned out to be largely a preview of the National age group meet in Albuquerque. Visitors from New Mexico's Duke City Dashers tangled with southern Californian's (mainly Road Runners and Blue Angels) in a battle of the top female age groupers in the land.

DCD emerged triumphant in the 10-11 thru 14-17 groups, all in tough team battles. Most surprising individual was Rialto's SUZANNE KEITH, whose 12-13 time nearly equalled the clocking turned in by MARY DECKER in the 14-17 race.

Girls 9-Under (1.0 mile)

Kristi Wilson, BA 6:01
Carol Lantry, BA 6:02
Vicki Cook, RRR 6:06
Jenny Lauck, BA 6:10
Cindy Nunez, RRR 6:14
Andrea Kirkorn 6:18
Cimi Ruderman, RRR 6:26
Tracy Waterbury, OC 6:27
Sandra Katzer, LBC 6:27
Paula Cobb, RRR 6:27
(41 Finishers)

Leading Teams
Duke City Dashers 30
Rialto Rd Runners 37

Girls 14-15 (2.5 miles)
Lynne Miller 16:05
Roberta Gomez, RRR 17:09
Laurie Blanco, LMM 17:23
Teri Teegarden 17:25
(13 Finishers)

Leading Teams
Rialto Rd Runners 36
Blue Angels 45

Girls 12-13 (2.3 miles)
Suzanne Keith, RRR 14:43
Linda McQuarrie, LB 5:03
Cathy Gill, DCD 15:06
Susie Sanchez, RRR 15:13
Lisa Gilliland, DCD :27
Jill Linebarger, SCC :29
Shelli Waters, SCC 15:30
Cynthia Lackey, DCD :32
Eryn Forbes, Por 15:37
Rhonda Holland, RRR :40
Beverly Evetts, DCD :43
Diane Schneider, DCD :44
Laurie Jewell, LBC 15:47
Penny Bridges, RRR 15:48
Debbie Shyrack, LBC :48
Becky Villalvazo, RRR 49
Tracy Bear, DCD 15:50
Diane Esslinger, SCC :52
Janet Waterbury, OC :55
Beth Day, DCD 15:58
(77 Finishers)

Girls 14-17 (2.3 miles)
Mary Decker, BA 14:41
Doreen Assumma, RRR :53
Chris Speller, DCD 15:06
Marie Albert, RRR 15:11
Susan Vigil, DCD 15:17
Carrie Gilliland, DC :18
Stephanie McDade, DC :19
Esther Marquez, RRR :23
Amy Lucero, DCD 15:28
B. Wolfenbarger, SCC :29
Linda Stecker, DCD 15:32
Ruth Benavidez, DCD :36
Kathy Jewell, LBC 15:50
Lynn Hollins, RRR 15:55
Linda Brodbeck, RRR 15:56
Donna Schellhaus, BA :59
(45 Finishers)

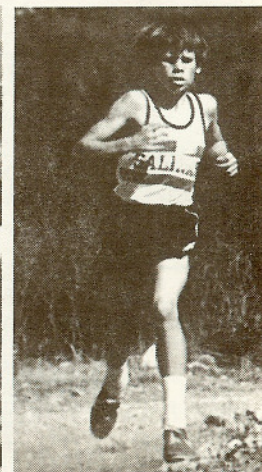
Girls 10-11 (1.5 miles)

Corinne Nunez, RRR 9:25
Becky Gomez, RRR 9:32
Donna Sanchez, RRR 9:40
Teddi White, DCD 9:46
Theresa Dorwat, DCD 9:53
Christine Silva, DCD :55
Denise Falzone, DCD 9:55
Becky Smatana, DCD 9:56
Pat Collins, DCD 10:03
Lori Oliver, DCD 10:09
Lenelle Waskow, RRR :12
Terri Lorenz, RRR 10:14
June Wintermute, SCC :17
Danielle Mojica, SCC :18

Leading Teams
Duke City Dashers 39
Rialto Rd Runners 45
So Calif Cheetahs 78
Long Beach Comets 107

Leading Teams
Duke City Dashers 30
Rialto Rd Runners 43
Blue Angels 97
So Calif Cheetahs 105
Long Beach Comets 116

PHOTOGRAPHIC COVERAGE BY DOUG SCHWAB



1) Sensational running by the leaders FRANK and CHARLES ASSUMMA whose times in the 12-13 divisions were the best overall.
2) Very good shot of the 10-11 group near the start. RAY COOK (at left), was the eventual runner-up in that division.
3) Salinas Valley's STEVE BURKE, who has been outstanding all year, does it again, winning it all in the 10-11 race.
4) DAVID CORTEZ came south to take a break from his habitual marathons and proved that 2.3 miles was not too short for him.
5) After winning every big meet this year, CRAIG HALL came all the way from Maryland to show that he was the best 9-under.

THE FINISH LINE

A Summary of Results

Cross-Country Results

COLORADO GIRLS CROSS COUNTRY & DISTANCE CARNIVAL
COLORADO SPRINGS & BOULDER, Colo - October 6 & 7
 From LYLE KNUDSON

This was a most interesting weekend for girls in the Rockies and helped break the tedium of the usual cross country schedule.

On Saturday, gals from New Mexico and Wyoming, as well as the host state traveled to Colorado Springs for the normal cross country run. As expected the visiting Duke City Dashers of Albuquerque were dominant (they swept the first 11 places of 10-11 race!).

Their top new star was LYNN BJORKLUND of Los Alamos, NM, who ran away with the open (14-over) three mile in 17:59s. Overcoming the DCD tide were the individual efforts of Colorado Pacer's ROBIN CASTOR (a major national threat in the 12-13 division) and 9-under DONNA BOFFEY.

/Weather - fair, 68°; Course - grass, sand/ Under-14 Results:

Girls 9-Under (1.0 mi)

Donna Boffey, CP 6:43
 Kristal Wolfe, CP 6:51
 Jennifer Weber, DCD 6:53
 Diana Jones, PS 7:02
 Yvette Yapa, DCD 7:08
 Linda Burinek, DCD 7:10
 Anita McElyea, CP 7:11
 Sherri Higgins, DCD 7:11
 Kathy Benson, BC 7:17
 Judy Blackshire, CP 7:17
 Ann McGinnis, BC 7:17
 Janet Lee, CG 7:20
 Laurie Catsimanez, PS 20
 Robin Dill, BC 7:20
 (32 Finishers)

Leading Teams

Colorado Pacers 36
 Duke City Dashers 37
 Poison Spider TC 78

Girls 10-11 (1.50 miles)

Therese Dorwart, DC 9:44
 Denise Falzone, DCD 9:45
 Teddi White, DCD 9:45
 Patricia Collins, DCD 9:46
 Christine Silva, DCD 9:50
 Becky Smataha, DCD 9:51
 Lori Oliver, DCD 9:54
 Lorrie Coffield, DCD 9:55
 Dawn Craven, DCD 10:00
 Lisa Matthews, DCD 10:04
 Allison Weber, DCD 10:05
 Tammy Avis, CG 10:06
 Pam Bonnett, BC 10:07
 Nancy Rogowski, BC 10:14
 Lauri Mazik, DCD 10:20
 Liz Golden, CG 10:22
 Julie Kautz, CG 10:22
 (43 Finishers)

Leading Teams

Duke C Dashers "A" 20
 Duke C Dashers "B" 36
 Boulder Cinderb'ls 100
 The Colorado Gold 109

Girls 12-13 (2.0 miles)

Robin Castor, CP 12:23
 Cynthia Lackey, DCD :25
 Tracy Bear, DCD 12:26
 Cathy Gill, DCD 12:29
 Diane Schneider, DCD :30
 Lisa Gilliland, DCD :37
 Beth Day, DCD 12:40
 Vickie Secrest, AO 12:50
 Beverly Evetts, DCD :52
 Alisa Zucht, DCD 12:59
 Marlene Maloy, DCD 13:01
 Sandra Pargas, DCD 13:02
 Kathy Weiss, CG 13:11
 Tena Miranda, AO 13:18
 (40 Finishers)

Leading Teams

Duke C Dashers "B" 27
 Colorado Pacers 31
 Duke C Dashers "A" 46
 Alb'que Olympettes 79

On Sunday, most of the harriers trekked to the University of Colorado rubberized asphalt track for a series of seldom run distance contests.

Included in all age groups were (1) a run for distance, in which the competitors cover as much ground as they can within a specific time, (2) alternating 440 relays, which required a team of two girls to pass the relay baton alternately for one lap apiece, until the team completes a pre-determined number of laps and (3) a time prediction run, where the actual time for individual runners in their race is compared with the time they predicted for the distance before the race began. RESULTS:

Girls 9-U 10 minute Run

Jennifer Weber 1m837y
 Sherri Higgins 1m794y
 Linda Burinek 1m783y
 Janet Lee, CG 1m747y

Leading Team

Weber & Higgins, DCD

Girls 10-11 15 min Run

Theresa Dorwart, 2m523y
 Teddi White 2m523y
 Denise Falzone 2m522y
 Patricia Collins 2m517y
 Christine Silva 2m498y
 Lori Oliver 2m477y

Leading Team

Dorwart & White, DCD

Girls 12-13 20 min Run

Kathy Gill 2m945y
 Diana Schneider 2m945y
 Cynthia Lackey 2m944y
 Tracy Bear 2m944y
 Sandra Pargas 2m896y
 Lisa Zucht 2m863y
 Vickie Secrest, AO 830y

Leading Team

Schneider & Gill, DCD

G 9-U alternate 8x440

Donna Boffey CP 12:01
 Kristal Wolfe

10-11 alternate 10x440

Tammy Avis CG 12:27.8
 Julie Kautz
 Liz Golden CG 15:01.7
 Kammy Bishop

12-13 alternate 12x440

Tena Miranda AO 16:36.4
 Johanna Anderson
 Kathy Weiss CG 16:51.9
 Stacy Arterburn

14+ alternate 16x440

Jan Fox CG 20:38.9
 Wendy Koenig
 Karen Cramond
 Donna Argo AO 21:51.4

9-U Time Prediction .5m

Rhonda Thornton, CP 3:24
 (Predicted Time: 3:25,
 (Difference: 1 second)

10-11 Time Pred. (1.0 mi)

Barbara Boffey, CP 7:46
 (PT-7:42, Diff-4sec)
 Debbie Wilson, CP 7:15
 (PT-7:05, Diff-10sec)
 Pam Deming, CG 7:08
 (PT-7:20, Diff-12sec)
 Debbie Taylor, CP 7:27
 (PT-7:15, Diff-12sec)
 Sally Marquez, AO 6:05
 (PT-5:52, Diff-13sec)

Leading Team

Boffey & Wilson 14sec

12-13 Time Pred (1.5mi)

Kelly Kloepffel, AO 10:00
 (PT-9:45, Diff-15sec)
 Brenda Jesser, CP 11:15
 (PT-11:35, Diff-20sec)
 Paula Romine, CP 11:08
 (PT-11:40, Diff-32sec)

Leading Team

Jesser & Romine 52sec

GOLDEN TRIANGLE CROSS COUNTRY INVITATIONAL
YPSILANTI, MICH - September 30 - from BOB PARKS

More than 360 girls, boys, men and women were attracted by this early Sunday meet, in the heart of "cross country country".

While Michigan and Ohio teams were predominant, squads from Pennsylvania, Missouri and Illinois also figured in the scoring.

LYNN LOVAT of Lincoln Park, Michigan was the leading junior in the Open (14-over) competition, taking third (18:04 for 3 miles) in the Women's race, ahead of the Michigammas ANN FORSHEE (sixth at 18:27).

Age group results: /Weather - cloudy, cool; course - medium hills/

Boys 9-Under (1.0 mi)

Chris Caudell, DS 6:07
 Darryl Bernard, KS 6:10
 Scott Keifer, KS 6:11
 Jay Porter, Mound 6:18
 Kevin Slaton, Mnd 6:26
 Bobby Reily, KS 6:29
 Barry Bemis, KS 6:32
 (20 Finishers)

Leading Team, 4 boys

Kettering Striders 18

Boys 10-11 (1.50 mi)

Louie McClendon, DS 9:00
 Dennis Harden, Sag'w 09
 Emory Callaway, DS 9:40
 Bryan Kiernan, Wolv 9:41
 Rod King, Mound 9:42
 Matt Tice, Gold Tr 9:42
 Johnny Pierce, DS 9:44
 (17 Finishers)

Leading Team, 3 boys

Detroit Striders 11

Boys 12-13 (2.0 miles)

Mike Singer, Sag'w 11:23
 John Singer, Sag'w 11:24
 Scott Dahm, KS 11:40
 Lyndon Johnson, DS 11:41
 Keith Smith, DS 12:02
 Terry Dogan, GT 12:07
 Tim Kenny, Mot City :12
 Mark Henry, KS 12:21
 Andy Hawk, KS 12:25
 Matt Harris 12:26
 Brian Hull, KS 12:32
 (31 Finishers)

Leading Teams, 5 boys

Kettering Striders 51
 Motor City PAL 86

Girls 9-Under (1.0 mi)

Kayla Skelly, FF 6:14
 Paula Jeamett, Kwd 6:18
 Donna Gray, DS 6:19
 Brenae Burton, DS 6:21
 Leslie Duckwall, Bky :24
 Kathy Riggs, Kwd 6:32
 Lori Vultaggio, Lpk 6:36
 Linda Porter, Mnd 6:37

SKETEERS GIRLS CROSS COUNTRY INVITATIONAL

PARAMUS, N.J. - October 6 - from JOCK BROWN

193 girls from Pennsylvania, New Jersey, New York and Connecticut took part in the first Skeeters "Invitational", at Van Saun Park.

New Jersey's tough DOREEN ENNIS (Nutley Track Club) ran away with the women's (14-over) race, outdistancing the field by 37 seconds at 2.2 miles (12:14.3).

The high school race drew the greatest number of competitors and was dominated (except for first place) by the active Red Bank Catholic High. The top spot was taken by KATHY CLANCEY from Bayard Ellard High, who covered the same 2.2 mile distance in an outstanding 12:46.1 time.

Age group individual races were shared by gals from the Padukies, Ambler and Jets clubs of Pennsylvania.

High School and Under-fourteen results:

Girls 9-Under (1.0 mi)

Kim Gallagher, Am 5:55.8
 Kaleigh Baldwin, Am 6:10
 Adele Robinson, Amb 6:17
 Sherie Sharpe, Pad 6:21
 Tracey Wilson, Amb 6:24
 (13 Finishers)

Girls 10-11 (1.0 mile)

Judy Schaffer, J 5:47.2
 Caryn Kennedy, Amb 6:00
 Marge Hartman, Jets 6:04
 Martha Minguens, Atoms 07
 Tarin Harrar, Ambler :09
 Sue Johnson, Jets 6:10
 Chris Baldwin, Amb 6:13
 Rosie Richardson, Pad 16

Leeann Yanik, Lpk 6:38

Cathy Berry, FF 6:42
 Kathy Regan, Kwd 6:43
 Beth Chamberlin, FF 6:44
 Cindy Allen, GrFalc :45
 Leslie Hearnes, Kwd 6:46
 (44 Finishers)

Leading Teams, 5 girl

Kirkwood TC (Mo) 48
 Fleet Feet 62
 Lipke TC 99

Girls 10-11 (1.50 mi)

Janet Smartt, DS 9:22
 Deanna Macreno, Lpk 9:30
 Lori Schaffer, Wolv 9:31
 Michelle Smartt, DS 9:40
 Heather Hearnes, Kwd :46
 Ann Berry, FF 9:53
 Ann Henry, PeoFacs' 57
 Judy Cychol, PP 10:04
 Mary Lou Porter, Mnd :06
 Brenda Isenburg, FF :07
 Sheila Taylor, DS 10:09
 Patti Connors, Bky 10:14
 Beverlee Williams, K :15
 (51 Finishers)

Leading Teams

Fleet Feet 69
 Detroit Striders 75
 Kirkwood TC 86

Girls 12-13 (2.00 mi)

Mary Palmore, DS 11:51
 Mary Ann Opalewski :57
 Diane Simon, Wolv 12:11
 Stephanie Clemons, DS 25
 Rochelle Collins, MC :28
 Kathy Grimm, PS 12:51
 Mandi Lipinski, PH 12:52
 Michelle Owens, PS 12:53
 Carol Guardiola, Wolv 54
 Sally Slocum, Bky 12:57
 Stacie Porter, Wlv 13:00
 Pat Chelenyak, Wlv 13:04
 Kelly Jo Yesmunt, FF :07
 Tamara Ehrentreau, FF 08
 Ruth Sixkiller, Kwd :09
 Cindy Kressler, FF 13:10
 Wendy Kellog, FF 13:12
 Rhea Murphy, PH 13:13
 Cheryl McKettrick, GT 15
 Mary Ann Petteerol, FF 16
 Pat Kubisiak, FF 13:17
 (66 Finishers)

Girls 14-15 (2.50 mi)

Sylvia Moore, DS 16:27
 Barb Laux, PH 16:38
 Tracy Baker, Wolv 16:49
 Pat Jackson, BurbStr :59
 Cathy Martin, FF 17:12
 (21 Finishers)

Leading Team, 4 girls

Fleet Feet 33

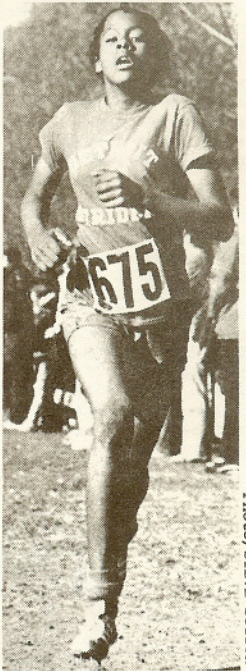


PHOTO: STEVE SURTON

JANET SMARTT (D.S.)

Leading Teams, 5 girl

Wolverines TC 67
 Fleet Feet 87
 Palos Hills TC (I) 136
 Penna Striders 156
 Buckeye TC (Ohio) 159
 Kirkwood TC 159

Girls 14-15 (2.50 mi)

Sylvia Moore, DS 16:27
 Barb Laux, PH 16:38
 Tracy Baker, Wolv 16:49
 Pat Jackson, BurbStr :59
 Cathy Martin, FF 17:12
 (21 Finishers)

Leading Team, 4 girls

Fleet Feet 33

High Sch Girls (2.2 mi)

Kathy Clancey, Elv 12:46
 Monica Loncola, RB 13:16
 Monica Cangialasi, RB :19
 Cathy DoRan, Red Bank 20
 Susan Frenz, RBC 13:22
 Ida Meehan, Paramus C 27
 Holly O'Hern, RBC 13:28
 Monica Lorenz, Pasc'k 29
 Mary Anne Meehan, RBC 31
 (71 Finishers)

Leading School Teams

Red Bank Catholic 21
 Pascook Hills 86

KETTERING STRIDERS INVITATIONAL CROSS COUNTRY MEET
BELLBROOK, Ohio - October 6 - from STEVE PRICE

Without any doubt this has become the top affair for age group leather lungers in the Midwest and SL believes the top age group meet in the country, all things considered. This year 516 finishers from 11 states and Ontario (Canada) provided terrific individual and team competition.

Teamwise it was the CYO of Washington, DC, who almost completely dominated the under-fourteen boys competition. On the distaff side, the Fleet Feet of Midland, Michigan, outran the host Kettering Striders and Latrobe (PA) Track Club in the three girls age group races.

Easiest individual winners were in the nine and under races: CRAIG HALL, from the Cavaliers of Maryland, outpaced the boys field by more

Boys 9-Under (1.04 mi)
 Craig Hall, Cav 6:14.4
 Jay Porter, Mound 6:38
 Charles Jackson, DCY 42
 Scott Kiefer, KS 6:44
 Teddy Good, SpIntl 6:44
 Darryl Bernard, KS 6:44
 Bob Reilly, KS 6:55
 Kevin Slaton, Mound 56
 Chris Nabors, ML 7:00
 Will Loftis, ML 7:04
 Richard Blong, ML 7:06
 Bret Kesteven, DCY 7:10
 Barry Bemis, KS 7:11
 Steve Shanton, Oh 7:15
 Jim Jordan, GrFalcons 18
 Mike Todd, Ohio TC 7:23
 Rick Scialo, Burbank 24
 Jeff Jordan, GrFal 7:24
 Shawn Mullen, Vilas 7:24
 (50 Finishers)

Leading Teams
 Kettering Striders 50
 Washington(DC)CYO 101
 Mt Lebanon TC(Pa) 102

Boys 10-11 (1.44 miles)
 Gene Mirkin, DCY 8:43.2
 Lou McCleendon(10)DS 50
 Mike McCracken, NCH 8:51
 Kevin Mullen, Vilas 8:57
 Rod King, Mound 9:03
 Lester Lyles, DCY 9:11
 Chris Sherwin, DCY 9:16
 Brian Kiernan, Woly 9:19
 Emory Callaway, DS 9:19
 Reginald Dees, DCY 9:21
 Nelson Lyles, DCY 9:22
 John Gailey, ML 9:23
 Chris Bucciani, NCH 9:25
 (37 Finishers)

Leading Teams
 Washington(DC) CYO 35
 Mt Lebanon TC 137

Boys 12-13 (1.86 miles)
 Scott Dahm(2)KS 10:37.3
 Mike Dees, DCY 10:40
 Tim Murray, DCY 10:57
 Mike Singer, Saginaw 05
 Tom Rhodes, ML 11:05
 John Singer, Sag 11:10
 Tom Noel, DCY 11:22
 Jim McCracken, NoCoH 37
 Mark Henry(12) KS 11:39
 Andy Hawk (12) KS 11:44
 Tim Visosky, DCY 11:45
 Brian Hull(12) KS 11:51
 Mark Mazewski, ML 11:53
 Jeff Jenkins, Mnd 11:55
 Mark Allen, GrFalcon 57
 Bill Clark, OSL 11:58
 Frank Luzzopone, DCY :59
 (41 Finishers)

than 23 seconds, while the Ohio Track Club's LAURA CRAVEN, only 8 years old, ran away with the girls race by 15 seconds. MARY OPALEWSKI, now with the Fleet Feet, fleet footed her way to a comfortable 16 second victory in the girls 12-13 contest.

Among the many family groups present at this meet, the more prominent were Kettering's SCOTT DAHM (who won the boys 12-13 race), sister MADINE who was fifteenth in the girls 9-under race and mom GINNY who finished 5th in the senior women's (30 and over) race. Most numerous was the Wisconsin's MULLEN clan, which consisted of SHANNON (15th in women's open race), LAURIE (3rd in 12-13 girls), KEVIN (4th in boys 10-11) and SHAWN who came in 19th in the boys 9-under.

The quality of the meet was distinguished by the win of former NCAA champ Mike Ryan in the men's open race, while in the women's race MARLENE HAREWICZ established herself as the top female junior in the area, in finishing second to BRENDA WEBB.

Age group results: /Weather - mild, slight wind; Terrain - hilly, w/itto creek jumps per lap; Sponsors - Kettering Striders and Bellbrook Boosters/

Leading Teams
 Washington(DC) CYO 40
 Kettering Striders 57
 Owen Sound Legion No
 Stars (Ont, Can) 107

Girls 9-Under (1.04 mi)
 Laura Craven(8)Oh 6:35.8
 Donna Gray, DS 6:51
 Anne Vargo, CHC 6:54
 Kayla Skelly, PF 6:54
 Lori Lenz, Lat 7:02
 Paula Jeannot, Kwd 7:07
 Kathy Riggs, Kwd 7:10
 Leslie Duckwall, Bky 13
 Lori Stouffer, Lat 7:15
 Lori Vultaggio, Lpk 7:16
 Beth Chamberlain, PF 19
 Andria Collins, Bur 7:20
 Cathy Berry, PF 7:22
 Le Ann Yanik, Lpk 7:23
 Nadine Dahm, KS 7:26
 Lisa Burnett, ML 7:27
 Jackie Cudahy, PF 7:30
 Jan Mirkin, SpIntl 7:32
 Kathleen Regan, Kwd 7:35
 Rachel Danduran, Oh 7:36
 Jody Helzer, Ohio 7:38
 Susan Rebsamen 7:38
 Robin Schaefer, DCY 7:39
 Lori Splendore, Lat 7:40
 Melody Evans, Kwd 7:42
 Cindy Allen, GrFalc 44
 Leigh Mamm, B Ribbon 44
 Trisha Wilson 7:44
 Davida Jackson, DCY 7:45
 Christy Skinner, KS 7:45
 Dannie Hays, PF 7:46
 (83 Finishers)

Michelle Smartt, DS 9:29
 Lori Shaffer, Woly 9:29
 Juanita Vetter, BR 9:33
 Robin Rosemeier, GA 9:35
 Joann Wood, NoCoH 9:37
 Mary Davis, Lat 9:39
 Ann Berry, FF 9:40
 Mary Porter, Mound 9:44
 Terri Albright, Lat 9:45
 Sue Ritt, CHC 9:47
 Robin Powell, SpIntl 9:49
 Beth Huff, FF 9:50
 Patti Connors, Bky 9:53
 Tita Lewis, DCY 9:54
 Joanna Skaates, Bky 9:55
 Judy Cychol, PP 9:57
 Tracy Grant, DCY 9:59
 Rita Hammer, CHC 10:02
 Diane Hays, FF 10:08
 Joan Luebben, KS 10:08
 Regina Hutchins, GA :10
 Lexis DeVries, KS 10:10
 Chrissy Janoch, CHC :12
 Jan Gatwood, GroveCty 14
 Deanna Macreno, Lpk :15
 Tammy Tripp, KS 10:16
 (86 Finishers)

Kelly Yesmunt, FF 12:22
 Stacie Porter, Woly :22
 Denise Wheeler(2)KS :22
 Beth Gailey, ML 12:27
 Amy Reichard, Kwd 12:29
 Joan Sapovich, Lat 12:29
 Sue Kovazik, Lat 12:31
 Ruth Sixkiller, Kwd :32
 Tara Coon, GA 12:34
 Mary Fetterolf, FF 12:34
 Lisa Loftis, ML 12:35
 Peggy Fitzgerald, WS :37
 Liz Eickhoff, GA 12:37
 Sandy Hoffman, GA 12:37
 Sally Slocum, Bky 12:38
 Tamara Ehrentreau, PP 39
 Carol Guardiola, Woly 40
 Pat Kubisiak, FF 12:41
 Wendy Kellog, FF 12:42
 Jackie Mason, GA 12:46
 Cindy Kressler, FF 12:51
 Cindy Theim, KS 12:55
 Debby Porter, Mnd 12:58
 (103 Finishers)

Leading Teams
 Fleet Feet 100
 Kettering Strider 126
 Latrobe TC 133
 Wolverines TC(Mch)144
 Golden Angels(Oh) 152
 Kirkwood TC 228
 Buckeye TC (Ohio) 260
 Peoria Pac'ts (Ill) 304
 W Suburban TC (Ill) 317

Leading Teams
 Fleet Feet 99
 Latrobe TC 109
 Kettering Strider 177
 Clv Hts Comets(Oh)177

Girls 12-13 (1.86 mi)
 Mary Opalewski 11:31.2
 Diane Simon, Woly 11:47
 Laurie Mullen, Bdgtrts 49
 Mary Palmore, DS 11:52
 Stephanie Clemons, DS 57
 Aileen O'Connor, SpIn 57
 Carrie Craven, Oh 12:04
 Carrie Shuster, BR 12:06
 Bev Jarvis, KS 12:10
 Marsha Neurohr, Lat :13
 Tammy Mahorney, KS 12:14
 Patty Buckeye, BR 12:15
 Annette Cotner, Oh 12:17

Girls 10-11 (1.44 mi)
 Doreen Sanderson, J 9:17.6
 Margaret LaPorte, WS 19
 Janet Smartt, DS 9:26
 Nancy Thurston, PF 9:27

Girls 14-Over (3.09 mi)
****juniors only listed****
 places 2 thru 11
 Marlene Harewiczm 19:20
 Lynn Lovat, Woly 19:50
 Janis Vetter, BR 19:58
 Melody Miller, WS 20:03
 Gail Hornack, Lat 20:07
 Bev Roland, PF 20:09
 Ella Willis, Lpk 20:21
 Teri Seippel, KS 20:30
 Diane Vetter, BR 20:39
 Lisa Hamity, WS 20:43



GENE MIRKIN
& LOU McCLENDON

OUTSTANDING
TEN-ELEVEN
AGE-GROUP
RUNNERS

Photo/SNEVE SUTTON

CENTRAL AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS
PALOS HILLS, Illinois - October 20 - from MICHAEL BEARD

Cross Country is developing very nicely in Illinois AAU circles. This year 106 girls from nine teams took part, including two new squads, the Burbank Striders and the West Suburban TC, who made their presence felt.

These two traded wins in the 11-under divisions and the Suburbanites won the 14-over championship as well. In that last race, they were led by high schooler LISA HAMITY (18:51) and MELODY MILLER (18:59), who finished second and third respectively in the three miler. BEV ROLAND of Peoria won the race (18:37) and two of her clubmates won age group races. The Pacette's TAMARA EHRENTREAU took advantage of a spill by Palos Hill's MANDI LIPINSKI (who fell while leading in the last 75 yards), to win the 12-13.

Age group Results: /Weather - 72°; Course - tall grass and hilly, with gravel road hill at start/

Girls 9-Under (1.0 mi)
 Andrea Collins, Bur 6:34
 Tracy Fagan (8) PH 6:37
 Susan Rebsamen 6:45
 Andrea Mollenbach, WS 49
 Pam Cripps, Bur 6:53
 Margaret Manion, WS 6:59
 (21 Finishers)

Margaret LaPorte 10:10
 Tracy Weber, FoxVly :20
 Valerie Eaton, PH 10:23
 Judy Cychol, Peo 10:26
 Laura Pastorello, Bur 38
 Maureen Manion, WS 10:42
 Dawn Hess, Bur 10:51
 (25 Finishers)

Leading Teams
 West Suburban TC 53
 Burbank Striders 63

Girls 10-11 (1.56 mi)
 Ann Henry, Peo 10:07

Girls 12-13 (2.0 mi)
 Tamara Ehrentreau 13:14

Mandi Lipinski, PH 13:15
 Donna Hess, Bur 13:17
 Kelli Fagan, PH 13:21
 Laura Storer, PH 13:23
 Laura Marinier, Bur :29
 Tammy Kurtz, FoxVly :36
 Carol Cychol, Peo 13:41
 Rhea Murphy, PH 13:42
 Peggy Fitzgerald, WS :53
 (36 Finishers)

Leading Teams
 Palos Hills TC 37
 Peoria Pacettes 57
 West Suburban TC 67

ARIZONA AAU GIRLS STATE CROSS COUNTRY CHAMPIONSHIPS
PHOENIX, Arizona - November 10 - from SUE HUMPHREY

A total of 152 girls completed El Dorado Park's grass courses in the usual warm weather, with major honors being split between girls from Peoria's Peaches, Scottsdale and Arizona Track Clubs.

Easiest team champ was Scottsdale's 10-11 crew, while MONICA JOHNSON took the 9-under mile by a whopping sixteen seconds for the top individual triumph. DEBBIE DERR was the best junior finisher in the open three mile jaunt, recording 17:32 in third place.

Best under-fourteen results: /Meet Director - Bob Snider/

Girls 9-Under (1.0 mi)
 Monica Johnson, PP 6:33.4
 Lisa Anetsberger, Az 6:49
 Kim Gruenwald, VOS 6:56
 Lynn Flowers, Arz 7:09
 Sharon Smith, PF 7:13
 JoAnn Chatterton, PP :16
 Karen Bradshaw, Arz 7:19
 Rhonda Weddle, Crt 7:20
 (29 Finishers)

Patsy Navaro 8:52
 Robin Crozier, Sct 8:55
 Karen Hooper, Crt 8:57
 Jennie Stevens, Crt 8:58
 Theresa Smith, PP 9:00
 Angie Frazier, Arz 9:07
 Joyce Schmall, PP 9:07
 Sandy Pollock, Sct 9:10
 Rebecca Juyasa, Sct 9:15
 Marlou Heiland, Arz 9:19
 Judy Anderson, Sct 9:20
 Monica Zepeda, Sct 9:22
 Dawn Freeman, VOS 9:23
 (53 Finishers)

Girls 12-13 (2.0 mi)
 Shari Cassin, Az 11:13.4
 Pat Paul, Sct 11:26
 Cheryl Symons, Arz 11:47
 Diane Barrett, Arz 11:53
 Krista Holmes, Sct 12:08
 Marie Jorgenson, Arz :10
 Sandy Cuevas, Arz 12:12
 Sloan Thompson, Sct :14
 Vickie Bradshaw, Arz :15
 Kim Crookston, Sct 12:20
 Annette Secchiari, Sc 34
 Vicki Murray, WS 12:38
 (44 Finishers)

Girls 10-11 (1.25 mi)
 Linda Lindsey, PP 8:44.2
 Sara Ericson, PageS 8:50

Leading Teams
 Scottsdale TC 45
 Peoria's Peaches 66
 Arizona TC 80

Leading Teams
 Arizona TC 21
 Scottsdale TC 36

PACIFIC AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS
SALINAS, CA - October 27 - from LOREN GREEN

Girls from 16 teams tangled on a very hot day at Toro Park, and at the end, the host Salinas Valley Track Club was the only team to emerge with a double win (taking the 10-11 and 12-13 team titles).

TENA ANEX and ESTELLA GUINA ran a virtual dead-heat in the 14-17 race, with Estella's San Jose Cinderghals teammates sweeping to an overwhelming team win.

Other individual winners were KAREN BAIN of the Bridgeport Road Runners in the remote high Sierras, ROXANNE BIER of the new Appaloosa TC in the San Francisco Bay area and TAMMY FRYE of the Sacramento Valley's San Juan Striders. The Roseville Gazelles from the northern San Joaquin Valley, won the 9-under team title and barely lost the 10-11 race. Results:

Girls 9-Under

Tammy Frye, SJS	7:49
Sherri Grijalva, SV	7:55
Maggie Stein, CY	8:01
Jeani Fuller, SJS	8:02
Sue Martinez, WS	8:11
Suzette McKeen,USJ	8:24
Shelly West, CY	8:34
Holli Brashear, RG	:36
Michelle Miller,App	:41
Julie Anderson, RG	8:43
Tonya Butler, RG	8:45
Sherrie Avedissian,Ap	7
Suzette Harris,App	8:48
Debbie Dunean, SJS	8:49
Molly Myall,StCruzer	50
Betsy Thompson,LaLtos	0
Rachelle Tafolla, RG	:50
Lorie Cutsforth, CY	8:50
Michelle Monty, RG	8:52
Linn Wolcott, Tahoe	8:56
(56 Finishers)	

Leading Teams

Roseville Gazelles	65
Cupertino Y'rlings	83
Appaloosa TC	84
San Juan Striders	85

Girls 10-11

Roxanne Bier, App	10:09
Jeanette Allred,SJS	:14
Marian Franklin, ML	:34
Tiffany Choy, SV	10:45
Amy Van Tassel,SJS	:56
Brenda Hoskins, RG	11:02
Beth Carother, SV	11:02
Michelle McKeen,USJ	:06
Lorraine Vasquez,App	07
Sandy Beauchamp, RG	:09
Mary Crevelt, RCF	11:10
Carol Gleason, CY	11:16
Cindy Vaughan,RCF	11:16
Thyra Ladyman, WS	11:18
Nancy Bingley,RCF	11:21
Nanette Rianda,SV	11:26
Tammy Reneau,Brdgprt	27
Holly Himenez,RCF	11:28
Alison Adams,Orinda	:28
Rechelle Pool,Brdgpt	28
Georgette Harris,App	29
Kelly Nee,StCruzers	36
(72 Finishers)	

MICHIGAN AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS
MOUNT PLEASANT - October 20 - from EILEEN SKELLY

Three team and one individual championships for the Fleet Feet; three individual and one team win for the Detroit Striders was the way the age group results went at Central Michigan University's Riverwood Golf Course.

The Striders SYLVIA MOORE, STEPHANIE CLEMONS and JANET SMARTT, plus the Fleet Footer's KAYLA SKELLY were the individual champions.

Top junior in the open race was LYNN LOVAT of the Wolverines, who was third at 18:10 for three miles. The top ten runners in each division compose the Michigan State team which competed in the Champion of Champions meet in Cincinnati on October 27.

/Weather - 49° and cloudy/ Results of 15 and Under:

Girls 9-Under (1.12 mi)

Kayla Skelly, FF	6:35
Donna Gray, DS	6:39
Lori Vultaggio,Lpk	6:56
Cathy Berry, FF	7:03
Jackie Cudahy, FF	7:08
Ann Smith, FF	7:09
Beth Iesumt, FF	7:13
Tracy Huebner, FF	7:15
Fran Dorsey, MC	7:17
(18 Finishers)	

Leading Teams

Fleet Feet	23
Lipke TC	65

Girls 10-11 (1.5 miles)

Janet Smartt, DS	9:13
Lori Schaffer, Wolv	9:21
Deanna Macreno,Lpk	9:22
Michelle Smartt,DS	9:23



Photo/DOUG SCHWAB

ESTELLA GUINA (SAN JOSE CINDERGALS)

Leading Teams

Salinas Valley TC	89
Roseville Gazelles	90
Appaloosa TC	94
Redwood Cty Flyers	99

Girls 12-13

Karen Bain,Brdgprt	12:44
Ann Trayson, SV	12:47
Jody Cobb, SV	12:57
Renay Wolfe, RCF	12:58
Shaun Seibel, USJ	13:13
Alison Hansen, SV	13:25
Ann Drake, SV	13:26
Kris Taylor,S Leandro	27
Charlene Allred,SJS	:28
Georgia Sakelarios,RCF	5
Anne Hamilton, ML	13:36
Laurie Green,Orinda	:37
Lezli Peterson,SCruz	38
Kelly Hintz, CY	13:38
Jeannette Cotte,RCF	:44
Chris Pool,Bridgprt	:46
Julie Sans, RCF	13:47
Terry Scheider,SCruz	48
(56 Finishers)	

Leading Teams

Sn Jose Cinderghals	29
Wills Spikettes	68

Leading Teams

Salinas Valley TC	50
Redwood Cty Flyers	83

Girls 14-17

Tena Anex, WS	14:26
Estella Guina,SJC	14:26
Kathy Adams, WS	14:43
Arleen Mears, SJC	14:46
Val Eberly, SJC	14:50
Dominique Carron,ML	:51
Colleen McManus,SJC	:54
Janet Burns, SJC	14:57
Penny Reneau,Brdgprt	59
Ronell Powell,SJC	15:09
Lisa Greenberg,SJC	:23
Diane Dimmick,SJC	15:27
Chris Sakelarios,RCF	29
Cynthia Gentry,WS	15:30
Karen Nachbar,SJS	15:33
Dee Dee Eddy, SJS	15:36
Kathy Haughey,SJC	15:38
Robbie Reneau,Brdgprt	43
(56 Finishers)	

Leading Teams

Sn Jose Cinderghals	29
Wills Spikettes	68

UNION COUNTY PARKS BOYS CROSS COUNTRY CHAMPIONSHIP
ELIZABETH, NJ - November 11 - from GEORGE MILLER

Despite excellent weather (partly cloudy, 34°) the turnout of 68 athletes was 41 short of last year's first meet. However, there were several outstanding battles in the three age group divisions. This was the final race in the high point series.

In the 10-under race, Nutley's CRAIG BARTSCH got tired of the runner-up role, so he turned the tables on previously undefeated PETER DURNING (Cranford) who was the high point trophy winner for the division. Craig and Peter were the first runners in the division to break 8 minutes for the course.

MIKE CATALNELLO, age 6, finished twelfth to take the novice award. JOHN LYNCH was the third high point scorer for the division.

The Irish brigade of MIKE O'BRIAN, BOB O'LEARY and BRIAN MURPHY finished in that order in the 12-13 race, though winner O'Brian was 11 seconds off his best of 7:04 for the 1.4 mile course. Murphy of Cranston was the series high point winner over BRIAN DURNING, who finished 5th in this race.

Manahawkin's JEFF FLOCK took the 14-15 final race in a narrow win over the series high point winner JEROLD LAMBERT (Cranford). Jerold's fellow townsman DOUG STEHLIN was the series high scorer runner-up, though he was a distant fifth in the final race. Results:

Boys 11-Under (1.4 mi)

Craig Bartsch, Nut	7:50
Peter Durning,Cran	7:53
Jeff Knowles,Spr'd	8:16
John Lynch, Metuchen	17
Jon Steel, Nutley	8:19
Pat Doherty, Met	8:36
Joe O'Connor, Met	8:42
Bob Catalnello, Met	8:43
Kevin Mulkerin, Met	8:46
Doug Massey, W'field	:50
Todd Gibbons, Met	8:58
(24 Finishers)	

Boys 12-13 (1.4 miles)

Mike O'Brien,W'fld	7:15
Bob O'Leary,Linden	7:21
Brian Murphy,Cranf	7:23
Colin Kerwin,W'fld	7:34
Brian Durning,Cranf	:39
Frank Prial,S Orange	41
Brian O'Connor,Met	7:55
Ray Gibbons, Met	7:57
Ned Hallinan,Bernard	58
John Lagarenne,Ber	7:58
(10 Finishers)	

Boys 14-15 (2.0 miles)

Jeff Flock,Man'kin	10:23
Jerold Lambert,Cran	:25
Mike Aquinas,Ramsey	:26
Paul Timony,TomsR	10:27
Doug Stehlin,Cran	10:45
Erl Schnell,Ramsey	10:59
Phil Jones,Ramsey	11:00
Jeff Nelson,W'fld	11:08
Rob French,Cranford	:11
Steve Triantafyllou	:13
Terry Brady,W'fld	11:14
(23 Finishers)	

RAELETTS GIRLS CROSS COUNTRY INVITATIONAL
BRONX, New York - October 21 - from RAY JENKINS

A smashing triumph by CATHY SHRADER from Albany's Electric City TC was the highlight of the second Raeletts "Invitational". Cathy ran away from internationalist DOREEN ENNIS to capture the 14-over race by 14 secs, as the top five places (at least) were filled by juniors.

All told, there were 211 finishers, with the honors in the 13 and under races being shared by runners from metropolitan Philadelphia and New York.

Most interesting division was the 10-11, which resulted in a close team race between the Padukies and Ambler Olympic Club, and a convincing win by JUDY SCHAFFER of the Jets (of Pennsylvania, not to be confused with the Staten Island Jets and the numerous other Jets around the country). /Weather - fair/ Results:



Photo/STEVE SUTTON

KALEIGH BALDWIN (AMBLER OC)

L. Kornberger,LIGS	7:52
Laura Quinn, LIGS	7:54
Beth Fisher, Jets	8:01
Beth Howley, Gateway	03
Kathy Quick, Suffolk	04
Martha Minques,Amb	8:07
Teddy Morris, NYP	8:11
Karen Spear, Suf	8:15
Lynn Kelly, Nutley	8:16
(56 Finishers)	

Leading Teams

Padukies (Pa)	35
Ambler OC (Pa)	42
Suffolk AC (NY)	111
New York PAL	135
LI Golden Spikes	171

Girls 12-13

Pam Dutton, Pad	8:42.5
Nancy Frank,LIGS	8:45.2
Kelly O'Toole,LIGS	8:50
Rhonda Ross, Suf	9:05
Diana Caizza, Suf	9:22
Samantha McCarthy,AG	24
Jane McKay, LIGS	9:29
Vanessa Landis	9:34
Kathy Corrigan,BrkSt	35
Regina Felix, NYP	9:39
Cathy Anderson,LIGS	:41
Vickie Reardon,LIGS	:43
Rosemary Giampalmo,SJ	6
Marianne Mickay,LIGS	47
Leslie Cordy,Atoms	9:48
Kim Chavis, NYP	9:51
(42 Finishers)	

Leading Teams

LI Golden Spikes	37
Suffolk AC	92

Girls 14-over

Cathy Shrader,EC	12:17.9
Doreen Ennis,Nut	12:34
Judy Fontaine,AG	13:00
Betty Cuthbert,Pad	:10
Robin Perry, Amb	13:11

Girls 9-Under

Kaleigh Baldwin	6:42.7
Adele Robinson,Amb	6:47
Kim Gallagher, Amb	6:59
Sherie Wilson, Pad	7:06
Tracey Wilson, Amb	7:12
Denise Davis, Pad	7:14
Emma Leale, LIGS	7:15
Denise Blount, Pad	7:41
Alma Leak, Pad	7:42
(24 Finishers)	

Leading Teams

Ambler OC (Pa)	22
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Girls 10-11

Judy Schaffer,Jt	7:05.4
Tanya Richardson,P	7:17
Rosie Richardson,P	7:20
Carolyn Kennedy,Am	7:22
Susan Johnson,Jets	7:25
Marisse Schmidt,Am	7:34
Kris Baldwin, Amb	7:35
Margie Hartman,Jets	:37
Val Fisher, Pad	7:40
Wanda Trottie, Pad	7:41
Veronica Gallashaw,P	42
Tracee Hackett,Amb	7:45
Sharon Handy, Amb	7:51

CENTRAL USA CROSS COUNTRY CHAMPIONSHIPS
 ST. LOUIS, Mo - November 3 - from BOB HYTEN

Although the tenth annual Central USA meet did not have the longest entry list, it did attract most of areas' best runners as usual. Runners from Ohio, Illinois, Missouri and Tennessee numbered 281 all told. It seemed to be family day on the Planetarium Course at Forest Park. Ohio Track Club's LAURA and CARRIE CRAVEN each won their races impressively (9-under and 12-13, respectively), while Blue Ribbon's TC's JANIS, DIANE and DEBBIE VETTER took third thru fifth in the Open (Women's) three mile race, behind 16 year-old BEV ROLAND of the Peoria Pacettes, the most improved distance runner in the Midwest this season. Bev was clocked in 18:03 for the distance, just six seconds ahead of Janis. The Vetter's little sister JUANITA was fifth in the 10-11 race. Just as impressive was the easy 1-2 finish of the McCALLISTER twins, MARK and TODD in the 12-13 group for boys. They were just ahead of DENNIS ZURWELLER from Florissant TC, whose sisters KAREN and DIANE finished first and sixth in the 10-11 race. Nashville, Tennessee's COCKE family had three outstanding contenders as well. BRIAN was a strong third in the 11 and under contest for boys, DEBBIE took a solid fifth in the girls 12-13 and CATHY, just 14, was the youngest finisher in the top ten in the Women's race (she ran 18:51 for the three miles). Under-fourteen results follow /Weather - clear, 50°):



PART OF THE KIRKWOOD TRACK TEAM OF ILLINOIS

<p><u>Boys 11-Under (1.50 mi)</u> Paul Vandersteen, Bl 8:43 Eugene Albes, Mo 8:52 Brian Cocke, NW 8:58 Tom Woodley, Bl 9:00 Tim Gilliland, Bl 9:02 Chris Crewell, Bl 9:11 David Schroeder, Bl 9:16 Tom Albes, MA 9:25 Dennis Parkas, Bl 9:27 Vincent Mosley, SLB 9:30 Don Kuda, Mol 9:34 Kevin Zurweiler, Fl 9:35 Larry Gerst, Fl 9:37 (35 Finishers)</p> <p><u>Leading Teams</u> Bloomington TC (Ill) 23 Moline TC (Ill) 58 Florissant TC 89</p> <p><u>Boys 12-13 (2.00 miles)</u> Mark McCallister 11:06 Todd McCallister 11:07 Dennis Zurweller, Fl 16 Rich Renshaw, Fl 11:33 Kip Pabst, BG 11:49 (18 Finishers)</p> <p><u>Leading Teams</u> Florissant TC 49 Bloomington TC 52</p>	<p><u>Girls 9-Under (1.0 mi)</u> Laura Craven, Oh 6:08 Kathrine Riggs, Kwd 28 Paula Jeannot, Kwd 6:29 Tracy Fagan, PH 6:36 Kathleen Regan, Kwd 6:37 Leslie Hearnes, Kwd 6:39 Rachel Danduran, Oh 6:41 Kristy Cassmeyer, Kwd 47 Andria Collins, Bur 6:47 (21 Finishers)</p> <p><u>Leading Teams</u> Kirkwood TC (Mo) 24 Burbank TC (Ill) 68</p> <p><u>Girls 10-11 (1.50 mi)</u> Karen Zurweller, Fl 9:02 Sloan Burton, NW 9:10 Heather Hearnes, Kwd 11 Ann Henry, PP 9:13 Juanita Vetter, BR 9:18 Diane Zurweller, Fl 9:24 Valerie Eaton, PH 9:34 Beverlee Williams, Kwd 6 Joanna Skaates, Bky 9:37 Barbara Peterson, Kwd 39 Judy Cychol, IP 9:43 Patty Conners, Bky 9:47 Laura Gerst, Fl 9:52 (37 Finishers)</p> <p><u>Leading Teams</u> Kirkwood TC 50 Florissant TC 68 Buckeye TC (Oh) 80</p> <p><u>Girls 12-13 (2.0 miles)</u> Carrie Craven, Oh 12:09 Bev Jarvis, KS 12:12 Carrie Shuster, BR 12:22 Amy Reichard, Kwd 12:35 Debbie Cocke, NW 12:39 Tamara Ehrentreau, PP 41 Tammy Mahorney, KS 12:43 Carol Smith, NW 12:44 Jean Bieser, Kwd 12:46 Denise Wheeler, KS 12:53 Laura Storer, PH 12:54 Patty Buckeye, BR 12:55 Ruth Sixkiller, Kwd 57 Sally Slocum, Bky 12:58 Mandi Lipinski, PH 13:02 Kelli Fagan, PH 13:07 Louise Graf, NW 13:09 Cindy Thiem, KS 13:11 (52 Finishers)</p> <p><u>Leading Teams</u> Kettering Striders 65 Nashville Whippets 89 Palos Hills TC (Ill) 91 Kirkwood TC 95</p>
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CURRIE CREEK RUN
 MIDLAND, Mich - October 13 - From NORM SKELLY

A steady rain greeted the 120 runners that competed in nine divisions. SUE PARKS, 17, of the Golden Triangle TC, won the open women's division (3 miles in 17:40), while a daughter/father combination of LORI and GORDON SCHAFER was respectively third in the girls 10-11 and the men's open. /Weather-62°, rain; Course-mostly flat, with 3-5 40 foot hills/ Age group results:

Boys 9-Under (1.0 mile): Chris Caudell (Detroit Striders) 6:54; Boys 10-11 (1.5 miles): Lou McClendon (DS) 8:41, Brian McKiernan (Wolverines) 8:49; Boys 12-13 (2.0 mi): Lyndon Johnson (DS) 13:37, Tim Kenney (Motor C) 13:52;

Girls 9-Under (1.0 mile): Kayla Skelly (Fleet Feet) 6:42, Donna Gray (DS) 6:43, Cathy Berry (FF) 6:44...13 Finishers; Girls 10-11 (1.5 miles): Janet Smartt (DS) 9:18, Nancy Thurston (FF) 9:19...23 Finishers; Girls 12-13 (2.0 miles): Rochelle Collins (Motor City PAL) 13:13, Mary Palmore (DS) 13:16, Diane Simon (Wol) 13:34, Stephanie Clemons (DS) 13:58, Kelly Jo Yessumt (FF) Cindy Kressler (FF) 14:02...25 Finishers; Girls 14-15 (2.5 miles): Sylvia Moore (DS) 16:42, Tracy Baker (Wol) 17:11, Cathy Martin (FF) 17:25...14 Fin.

ALLEGHENY MOUNTAIN AAU AGE GROUP CROSS COUNTRY
 MT LEBANON, PA - October 27 - From JOHN HARWICK

The usual large fields (245 finishers) graced this Association meet at Mt Lebanon Park. RESULTS:
Boys 9-Under (1.0 mile): Will Loftis (Mt Lebanon TC), Chris Nabors (MLTC), Thomas Deis (Churchill), Roy Swintek (Bethel Park), Mark Escott (MLTC), Earnie Pagnelli (Ch)...33 finishers...Teams: MLTC 25, Mt Lebanon AA 64;
Boys 10-11 (1.50 miles): Shawn Ross, John Gailey (MLTC), Mike Hughes (Pennsylvania Striders), Mark Gourley (PS), Jim Olson (MLTC), Glenn McKenzie (MLTC), Mike Gregos (PS), Steven Maag...34 Finishers...Teams: MLTC 34, MIAA 84;
Boys 12-13 (2.0 miles): Tom Rhoads (MLTC), Jack Toolin (Ch), Rusty Froats (Burgettstown), Ron Froats (Bur), Mike Rencheck (Bur), Lee Shackelford (PS), Larry Rizzo (Mt Lebanon AA)...25 Finishers...Teams: Bur 45, MLTC 59, PS 69;
Boys 14-15 (2.5 miles): Joe Mulqueen, John Mulqueen, Shaun Campbell (MLTC), Aaron Winburh (Ringgold), John Stiehm (Rin), Jeff Moores...16 Finishers;
Girls 9-Under (1.0 mile): Robin Wormsley (New Image), Terry Williams (Dor-mont TC), Molly Murphy (Dor), Lisa Burnett (MLTC), Janine Wurtzer (Dor), Lori Stouffer (Latrobe TC), Lori Lenz (Lat)...35 Finishers...Teams: Dor 31, L 68;
Girls 10-11 (1.50 miles): Doreen Sanderson (Lat), Mary Jo Davis (Lat), Bunny Gilkeson (Dor), Paye Wilson (NI), Joanne Hazlip (NI), Lynn Dissen (Dor), Terri Albright (Lat), Amy Massena (Lat)...41 Finishers...Teams: L 32, D 39;
Girls 12-13 (2.0 miles): Joan Sapovich (Lat), Marsha Neurohr (Lat), Joann Hall (Dor), Beth Gailey (MLTC)...46 Finishers...Teams: Lat 40, Dor 61;
Girls 14-15 (2.5 miles): Marlene Harewick (MLTC), Susan Gailey (MLTC), Pat Hall (Dor), Sue Roehm (MLTC), Cheryl Brown (Tri-State TC)...15 Finishers

CALIFORNIA STATE BOYS AAU AGE-GROUP CHAMPIONSHIPS
 SALINAS, CA - November 10 - from LOREN GREEN & DOROTHY COBB

The quality of performances was excellent in this hastily convened state meet, although only one team from southern California was able to attend. However, the Rialto Road Runners (the team that came) is one of the strongest group in the southern section of the state and demonstrated their talent by dominating the two older divisions. The many-talented SELLS brothers of Salinas rivaled Rialto's three ASSUMMA's, especially WENDELL, the nine & under winner. During the track season, Wendell is better known for his high jumping skills, an event in which he leads in his age group with a great 4-8 1/4. Another pair of brothers to watch is DON and DEAN AVILES of the Redwood City Flyers.

Every race was highly contested. Two of the finest youngsters in the 10-11 division this year, STEVE BURKE and JONATHAN LANTRY battled it out to the wire, with Steve gaining a narrow victory. TOM WILLIAMS of the San Juan Striders just couldn't stay with the ASSUMMA twins, who just ran away from the whole 12-13 pack; by the time Tom passed the finish line CHUCK and FRANK were already putting on their sweat suits! Rialto's WALTER BRIDGES had to work really hard to shake off Duster's JIM SANE who was only 1 second behind as they came in the chute. Top placers and teams included:



Photo/DOUG SCHWAB

THE AVILES TWINS - REDWOOD CITY FLYERS
 (DON AND DEAN OR IS IT DEAN AND DON)

<p><u>Boys 9-Under</u> Wendell Sells, SV 7:25 Don Aviles, RCF 7:27 Eric Carlson, CY 7:29 Dean Aviles, RCF 7:30 John Simpson, Brgdprt 32 John Letting, PH 7:42 Jiggs Stein, CY 7:46 Angelo Sakelarios, RCF 48 Bob Cambron, RCF 7:56 David Gates, CY 8:00 Dennis Moody, RRR 8:03 David LeKander, SV 8:04 Donny Galang, Ap'loosa 6 Mike Warrington, PH 8:07 Jamie Cunningham, SJS 08 Gordon Mueller, RCF 8:11 Michael Green, RCF 8:15 Paul Stebens, PH 8:16 Richard Vasquez, SV 8:17 (47 Finishers)</p> <p><u>Leading Teams</u> Redwood Cty Flyers 39 Cupertino Y'rlings 73 Salinas Valley TC 75 Pleasant Hill TC 83</p> <p><u>Boys 10-11</u> Steve Burke, SV 9:27 Jon Lantry, SV 9:29 Ray Cook, RRR 9:43 Tommy Owen, RCS 9:45 Jim Scattini, SV 9:46 Mike Assumma, RRR 9:48 T. O'Donnell, SJS 9:58 Nick Sakelarios, RCF 00 Bill Casper, SV 10:05 Benny Sells, SV 10:13 Mike Bunds, SJS 10:13 Tom Cunningham, SJS 16 Robert Martinez, RCF 22 Greg Jones, CY 10:24 Joe Olivera, SV 10:30</p>	<p>George Vasquez, SV 10:31 Keith Hedlund, SV 10:33 Gary LeKander, SV 10:33 Pat Quinlan, RRR 10:36 David Oliver, RCF 10:38 Robert Landrum, RRR 40 (51 Finishers)</p> <p><u>Leading Teams</u> Salinas Valley TC 40 San Juan Striders 79 Redwood Cty Flyers 89 Rialto Rd Runners 96</p> <p><u>Boys 12-13</u> Chuck Assumma, RRR 10:37 Frank Assumma, RRR 10:41 Tom Williams, SJS 11:17 Kevin Reynolds, PH 11:24 Bert Shirley, RRR 11:28 Tom Graycar, RCS 11:34 Danny Martinez, RCS 38 Bobbie Kadie, SJS 11:40 Phil Shirley, RRR 11:44 Rich Vasquez, PH 11:44 Ray Eddy, SJS 11:45 David Avila, CY 11:48 Scott Porter, SJS 11:50 Bobby Sanguinette, RCS 52 Jim Lowmiller, SV 11:56 Phil Chaney, PH 11:59 (43 Finishers)</p> <p><u>Leading Teams</u> Rialto Rd Runners 34 San Juan Striders 53 Pleasant Hill TC 73</p> <p><u>Boys 14-15</u> Walter Bridges, RR 10:56 Jim Sane, Dusters 10:56 Andre Rodriguez, RR 11:17 Mike Bernstein, RRR 1:18 Curtis Sells, SV 11:30 Dan Farwell, RCS 11:49 (21 Finishers)</p> <p><u>Leading Teams</u> Rialto Rd Runners 36 Redw'd Cty Strider 50</p>
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JOHN F KENNEDY MEMORIAL THREE MILE RUNS
PITTSBURGH, PA - November 11 - from JOHN HARNWICK

Increasingly gaining in popularity, the eleventh annual memorial to the late president had a total of 281 finishers in five divisions, from 13 and under to seniors. They included entrants from Ohio, Ontario (Canada), West Virginia and New York.

Latrobe (PA) Track Club took the girls 13-under team race and Mount Lebanon made off with the two boys age group runs (the 14-17 division by a narrow 2 point margin over Central TC of Pittsburgh).

The fastest time among juniors for the common three mile distance was BOB LEE of Central. Fastest junior women's time was by MARLENE HAREWICZ of Mt Lebanon in the 14-over race, as she bested Latrobe's GAIL HORNACK 20:21 to 21:34.

An exciting three-way battle developed in the boys 13-under group, with TOM RHODES eventually running away from STEVE GALLAGHER of Gateway (PA) who outleaned SCOTT DAHM from Kettering (Ohio). Junior Results:

Boys 13-Under	Tom Rhodes, ML 19:56.4	Steve Gallagher 20:09.5	Scott Dahm, KS 20:09	Jim McCracken, NCHill 49	Matt Schuerger, ML 20:50	George Fox, Mann Sch :51	Mark Mazesky, ML 20:54	Mike McCracken, NCH :55	Russell Froats, Bur :56	Jack Toolin, Chur'11 :59	Shawn Ross, Salem 21:04	Jeff Jenkins, Mound :15	Mike Rencheck, Bur 21:16	Ron Froats, Burg 21:17	Craig McKenzie, ML 21:28	John Gailey, ML 21:34	Kurt Kemp, OS 22:01	Mark Henry, KS 22:08	Glenn McKenzie, ML 22:08	Dean Helfer, ML 22:15	Tim King, Mound 22:25	Dale Brodmerkel, Bur :32	Scott Copeland, ML 22:36	Will Loftis, ML 22:40	Tim Costa, Salem 22:44	Scott Vining, OS 22:54	Bob King, Mound 22:55	Ted Stevens, OS 23:04
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Tim Mackey, OS 23:06	Bob Brock, Mound 23:07	(112 Finishers)
Leading Teams		
Mt Lebanon TC 44	Burgettstown TC 93	Mound TC (Ohio) 121
Owen Sound (Ont,C)136	Salem TC 185	

Boys 14-17	Bob Lee, Central 17:25	John Pardy, ML 17:33	Mike Sprys, ML 17:47	Damon Clark 17:47	David McDonald, Ce 17:51	Mark Studnicki, Ce 17:52	Brett McKenzie, ML 17:59	John Lewardowski, Ce :11	Steve Carveris, ML 18:13	John Rhodes, ML 18:15	Dan Shriver, Wayn'brg 18	Joe Malqueen, CXI 18:19	(91 Finishers)
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Girls 13-Under	Pam Dutton, Pad 21:36	Marsha Neurohr, Lat :40	Beth Gailey, ML 21:43	Joan Sapovich, Lat 21:46	Mary Jo Davis, Lat 22:03	Tanya Richardson, Pad 10	Doreen Sanderson, Lat 11	Lisa Loftis, ML 22:22	Sarena Birkhimer, Ch 24	Sue Kovalik, Lat 22:39	Rose Richardson, P 23:00	Val Fisher, Pad 23:04	Dawn Foreman, Pad 23:14	Donna Price, Lat 23:25	Patty Buckeye 23:26	Simone Grillo 23:48	Terri Albright, Lat :54	Sandy Wallace, ML 23:55	Debbie Porter, Mnd 24:12
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(60 Finishers)			
Leading Teams			
Latrobe TC 28	Padukies 43	Mt Lebanon TC 78	Mound TC 133

AAU REGION TWO GIRLS CROSS COUNTRY CHAMPIONSHIPS
MT LEBANON, PA - November 10 - from JOHN HARNWICK

Ambler Olympic Club and Sports International each won two team titles, with the Pennsylvania club taking the youngest divisions and the DC squad running off with the oldest.

SI easily took the open (14-over) team race, despite a smashing individual win by Mount Lebanon's vastly improved MARLENE HAREWICZ, who ran 18:05.5 for three miles. The team champs were led by youngsters ROBIN HOLLIDAYOKE (second in 19:47) and ROBIN CAMPBELL (sixth in 20:29).

Though the race certainly was not for the birds, yet another ROBIN... Ambler's PERRY...ran 20:29 for fourth place, ahead of GAIL HORNACK from Latrobe Track Club.

Ambler held off Latrobe in the 10-11 race, though the Jets of Pa., provided the individual champ in JUDY SCHAFFER. ROBIN WORMSLEY of the New Image TC, from western Pa., proved herself to be the top nine-and-under as she ran away from a trio of tough Amblerites in what may have been the most noteworthy triumph at Mount Lebanon Park.

Age Group Results:



JUDY SCHAFFER (JETS, PA)

Girls 9-Under (1.25 mi)	Robin Wormsley, SI 7:38.2	Kim Gallagher, Amb 7:44.5	Kaleigh Baldwin, Amb 7:54	Tracey Wilson, Amb 8:02	Terry Williams, Dor 8:05	Sherie Sharpe, Pad 8:11	Lisa Burnett, ML 8:19	Janine Wurtzer, Dor 8:20	Nisi Davis, Pad 8:22	Lori Lenz, Lat 8:25	Jan Mirkin, Spintl 8:38	Nisi Blount, Pad 8:41	Caryn Smart, Amb 8:43	(33 Finishers)
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Leading Teams	Ambler OC 40	Padukies 57	Dormont TC 76
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Girls 10-11 (1.75 mi)	Judy Schaffer, J 10:50.2	Doreen Sanderson, L 02.3	Caryn Kennedy, Amb 11:08	Tanya Richardson, Pad 13	Mary Jo Davis, Lat 11:20	Adele Robinson, Amb :23	Rose Richardson, Pad :25	Tarin Harrar, Amb 11:27	Marisa Schmitt, Am 11:32	Sue Johnson, Jets 11:34	Kris Baldwin, Amb 11:39	Marge Hartman, J 11:41
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Bunny Gilkeson, Dor :46	Sheila Dallo, Pad 11:49	Wanda Truttie, Pad 11:54	Molly Murphy, Dor 11:58	Lori Stouffer, Lat 11:59	Lynn Disson, Dor 12:01	(49 Finishers)
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Leading Teams	Ambler OC 37	Latrobe TC 56	Padukies 62
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Girls 12-13 (2.25 mi)	Pam Dutton, Pad 14:09.0	Aileen O'Connor, SI 16.1	Lisa Loftis, ML 14:21	Joan Sapovich, Lat 14:30	Donna Campbell, SI 14:41	Jill Haworth, SI 14:46	Joann Hall, Dor 14:53	Monica Sherwin, SI 14:58	Sue Kovalik, Lat 15:00	Becky Algeier, SI 15:08	Marsha Neurohr, Lat :19	Simone Grillo 15:22	Donna Price, Lat 15:32	Michelle Owens, PaStr 40	(32 Finishers)
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Leading Teams	Sports Internat'l 31	Latrobe TC 56	Dormont TC 95
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HAMILTON JR HIGH SCHOOL CROSS COUNTRY INVITATIONAL
FRESNO, CA - November 2 - from JOE HERZOG

In five years this meet for boys and girls has grown from 88 runners to this year's 386 finishers. Fresno city schools now have a city wide junior high cross country program with thirteen of fourteen schools participating.

In this encounter, Fresno County boys ran slightly faster over the common 1.35 mile course at crowded Roeding Park. The top overall team, however, was the eight grade group from Fresno City's Ahwahnee Jr High, which swept their race with a perfect team score of 15.

Clark Intermediate School took three team titles in the county boys and combined city/county girls races.

TOP RESULTS:

City 7th Grade Boys	E. Little, Ahwahnee :05	S. McDannald, Ahw 7:10	B. Rowen, Wawona 7:17	N. Stockton, Ahw 7:21	D. Adney, Ahw 7:27	A. Verdugo, Waw 7:30	A. Marez, Yosemite 7:31	J. Clark, Waw 7:33	J. Guarnerro, Ahw 7:34	(65 Finishers)
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St. Barnett, Ti 7:10	J. Grieco, Ahwahnee :11	D. Allen, Kings Cyn :11	B. Bean, Ft Miller 7:14	D. Goerzen, FtM 7:16	J. Huebner, Waw 7:18	R. Fuentes, Sequoia :18
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Leading Schools	Ahwahnee JHS 15	Sierra JHS 75	Hamilton JHS 87	Kings Canyon JHS 96
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County 8th Grade Boys	M. Perez, J Muir 7:02	A. Gonzales, T-M 7:18	K. Stork, Clark 7:18	G. Salcido, Planada :21	G. Franquez, JM 7:23	J. Criado, McCabe 7:23	M. Aguirre, JM 7:27	(48 Finishers)
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7th Grade Girls	I. Jaramillo, CI 8:26	L. Adcox, Hamilton 8:47	E. Cano, Washington :47	C. Dow, J Muir 8:48	M. Toabe, Wash 8:48	S. Peterson, Clark 8:49	R. Crawley, JM 8:52	(48 Finishers)
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Leading Teams	Clark 42	John Muir 55
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8th/9th Grade Girls	C. Laslo, Clark 8:29	R. Escamilla, JM 8:39	S. McPherson, CI 8:42	C. Garza, Gen Grant :45	D. Baker, Clark 8:54	R. Flores, JM 8:56	(35 Finishers)
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Leading Teams	Clark 24	Washington, Sanger 85
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City 8th Grade Boys	M. Sadler, Sierra 6:56	P. Rodriguez, Waw 7:00	M. Oicotti, Tioga 7:07
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BATH JUNIOR HIGH CROSS COUNTRY INVITATIONAL
BATH, Maine - November 6 - From PETER KENNEY

For the fourth time in six years, ninth graders from Cheverus High of Portland won the team title as they compiled a score of 57 to edge Mahoney Junior High of South Portland by only eight points.

In third place was Medomac Valley (106), followed by the host Bath team (117), Wiscasset and Brunswick (118 each).

MARK ROGUS from the latter school was clocked in 7:39 to win by six seconds over PETER CAMERON of Mahoney who was another 6 seconds ahead of WALK CROCKETT from Cheverus.

There were 67 finishers from ten teams.

VIRGINIA STATE JUNIOR OLYMPICS CROSS COUNTRY
CHARLOTTESVILLE, VA - November 17 - From GEORGE MANCINI

Virginia's top distance runners met on the grounds of the beautiful University of Virginia. Twenty schools and track clubs sent their boys and girls to this annual event. The first ten in each age group qualified for the Eastern Regional Junior Olympic meet on the same course. Richmond's MARK PALMER edged BOBBY BRYANT of Blacksburg in the boys 14-15 two mile, in the tightest finish of the day.

Former RRCA champ SHERRI GRAHAM (girls 9-under) was the most convincing winner. Results of top placers:

Boys 9-Under (1.0 mile) -Ronnie Saacke (Blacksburg) 7:10, Delwin Basham (Stewartsville) 7:21, Ray Hormon (St) 7:22, John Booker (Richmond TFC) 7:58;
Boys 10-11 (1.25 miles) -Don Mancini (Virginia Comets) 7:07, William Barr (Ri) 7:20, Roger Neel (Auburn) 7:21, Danny Moose (Aub) 7:34, Kenneth Davis (Stew) 7:36, Kevin Barnes (Stew) 7:39, Eric Wolfe (Bl) 7:44, Guy Sublette (St) 7:45;
Boys 12-13 (1.50 miles) -Scott Ross (Rich) 8:15, Randy Dow (St Christopher) 8:30, Paul Webb (Rich) 8:32, Gary Lynton (Bl) 8:35, Willie Cooper (Aub) 8:47; William Henderson (LA TFC) 8:49, Ken Holder (Ri) 8:51, Ken Ritchie (Bl) 8:55;
Boys 14-15 (2.0 miles) -Mark Palmer (Ri) 10:23, Bobby Bryant (Bl) 10:24, Gregg Thomas (VC) 10:27, Mark Walker (Ri) 10:34, Rich Moore 10:39, Stu McKinney :42;
Boys 16-17 (3.0 miles) -Mike Jennings (Marshall) 16:17, Lee Zarn (Ben) 17:02;
Girls 9-Under (1.0 mile) -Sherry Graham (Salem) 6:38, Jinx Mancini (VC) 7:58;
Girls 10-11 (1.25 miles) -Joanne Alston (Ri) 7:52, Kristeen Saacke (Bl) 8:06;
Girls 12-13 (1.50 miles) -Marie Beth Falls (Ri) 9:45, Jackie Fore (Bl) 10:32;
Girls 14-15 (2.0 miles) -Anna Goldstein (Lane) 13:49, Kim Davis (Ri) 14:51;
Girls 16-17 (3+ miles) -Millie Moseley (Liberty), Donna Caffalee (Auburn)

*** ALEX FERENCZY, coach of the U.S. Girls Junior International team in 1973, is compiling a Who's Who in Women's Track & Field in the United States, which will be available to the public.

He intends to include information on female track and field athletes of all age divisions, plus coaches and officials involved in the sport.

If you are interested in being included contact Alex at P.O. Box 1965, Cleveland, Ohio 44106

*** The Clayton (New Jersey) Recreation Commission is another of the local organizations beginning a cross country program for youth.

In a series of three meets in October and November, KARL FRITZ (age 9) was the lone triple winner in the five age group divisions for both boys and girls.

*** In upstate New York, the Syracuse Chargers and a local radio station, WEBL, sponsor age group cross country meets.

The first meet drew 48 girls and boys in six age divisions. Most impressive were MATT (9) and JON (12) BUZZARD.

*** Calais, Maine, grade school (grade 6-8), from the eastern-most town in the U.S., competes in regular cross country dual meets with neighboring schools. The undefeated Calais team has 22 girls and 18 boys members.

*** Indian Island was host to the North American Indian Cross Country Championship races, in gusty winds and 30° temperature, on November 18. Native Americans from Maine, New Brunswick and Nova Scotia were represented in the three age divisions.

The program is promoted by enthusiastic MICHAEL RANCO of the Penobscot Indians. Boys and girls competed for prizes including the Andrew Sockalexis Memorial Trophy, in honor of the famous Indian runner who was fourth in the marathon in the 1912 Olympic Games.



CHAMPION RUNNERS RONALD PAUL [LEFT] AND LORI NELSON [RIGHT]

HOUSE CALL

by DR. GABE MIRKIN

OVER-MILEAGE

QUESTION: *I am a 4:30 miler and every time I run real well, I get injured. I read all the books on running and try to keep my mileage over eighty miles a week.*

DR. MIRKIN: You may be answering your own question. When I think of Dave Bedford running 200 miles per week and Gerry Lindgren writing off 300 miles per week. I see uncountable young high school runners headed for sheer disaster. Most kids do not realize that it takes years to build up to that kind of mileage.

Most top runners never run hard workouts on successive days. They use some modification of alternate hard-easy days. (Remember that Frank Shorter can have an easy day on 20 miles).

I would suggest that you not be so obsessed with mileage, to the point of driving yourself when you are severely dead-legged.

Heavy mileage is fine if you know when to back off.

STRETCHING ..

QUESTION: *I think stretching is a waste of time. Can you defend it?*

.... outstanding Maryland HS runner.

DR. MIRKIN: Both animal and human studies have shown that optimal training is basically a process of overextending and cutting back.

Another way of putting it is that training is a process of breaking down and healing muscles. When the muscle heals, it shortens. The runner recognizes the shortening as tightness and soreness, especially the day after a hard run.

With shortening comes increased tension on the muscles, making them unusually susceptible to injury. Stretching the shortened muscle helps release some of the tightness.

The principle of healing with shortening would explain the success of training methods that alternate hard-easy days. You spend the day after a hard workout stretching and not putting great tension on the muscles.

WEEKLY LONG RUN...

QUESTION: *I am a half miler. Why does my coach make me go out on weekly ten mile runs?*

DR. MIRKIN: Sprinters can compete in races up to 600 yards on speed training alone. However, when you race at distances over 800 yards, endurance becomes a necessary factor.

Training for endurance requires at least a weekly long run of ten or more miles or multiple repeats of a certain distance, so that the quantity of work will be rather considerable. (e.g. 20 quarters not at full speed with a short rest of less than a minute).

Therefore, your coach is on sound ground with his weekly long runs.

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