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STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

MAY 1971

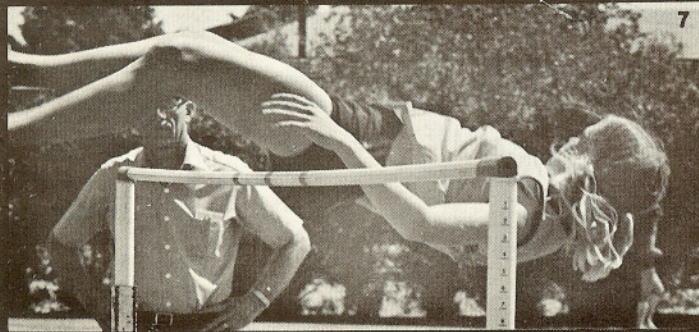
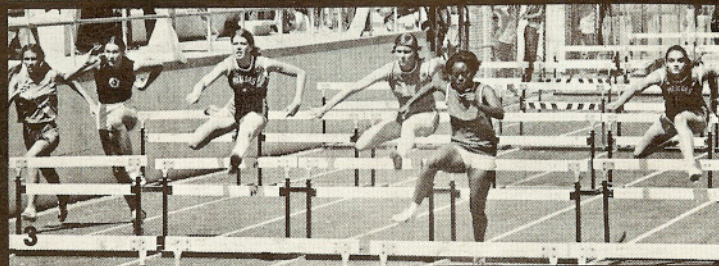
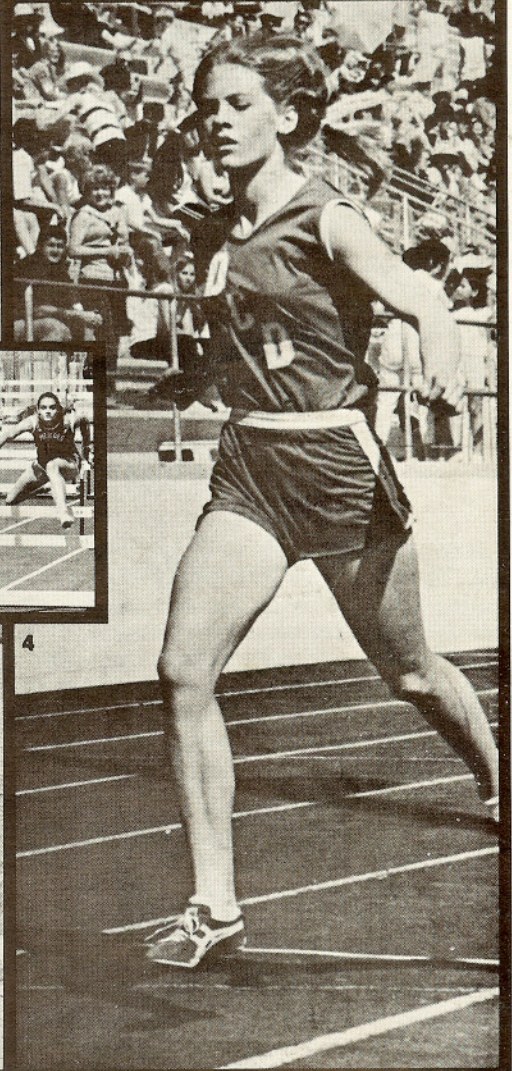
VOL. 1 NO. 4

P. O. BOX 878, RESEDA, CALIFORNIA 91335

EARLY SEASON STANDOUTS

PHOTO COVERAGE OF THE PHOENIX INVITATIONAL

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FORUM

Issues & Answers

BARRY GEISLER, SR., who replies to the questions below, is the Race Director for Age-Group and Senior Events for the Road Runners Club (RRC) of America. He has been running since he was 13 years old and now has four boys who run, "one very good one and the other three working hard at it". He drives a truck for a living and he became involved with the RRC while training in Van Cortlandt Park (Bronx, N.Y.) with his boys, where he met one of the Senior RRC members. He has been a part of the club ever since.

* * * * *

STARTING LINE - QUESTION. When and where was the Road Runners Club of America founded and how much geographical area does the club cover?

BARRY GEISLER - ANSWER. It was founded December 22, 1957 by two-time Olympian Browning Ross of Woodbury, New Jersey. Our activities range through the United States and Canada. We are patterned after the RRC of England.

Q. What are the purposes of the RRC? What do you do that other organizations don't do?

A. Our purpose is to encourage participation in running by all, regardless of age, sex or ability. The RRC was originally founded by runners for runners in order to provide a program where none existed in most areas. The age-group program was initiated to provide development for middle distance runners in races from $\frac{1}{2}$ mile to 2 miles. Because they weren't fast enough to run the sprints or quarters many kids were discouraged and turned away from track by coaches in schools, CYO, AAU and other programs. (Olympian Byron Dyce is a good example. While in high school, his coach told him he would never make a runner.) We promote development and championship class races, primarily 1 and 2 mile on the road and track, cross country $1\frac{1}{2}$ miles (ages 6 to 15) and $2\frac{1}{2}$ miles cross country (ages 16 and up). In addition, all age group runners who are qualified compete in races up to and including marathon distances.

Q. How is the RRC organized and who administers the program? What is the relationship between the local & national RRC and between the RRC and other organizations?

A. The RRC is organized into state or area associations, all of which pay dues to the National RRC. Once a year (the day before the Boston Marathon) the National RRC holds a meeting of all associations for the purpose of electing officers and planning programs for the coming year. The national body handles all the postal events coordinated on a national level. The local associations consist of AAU club (and sometimes USTFF) athletes. The current president is John O'Connell, Dean of Law, Tufts University, Boston.

Q. When was the RRC program for young runners inaugurated and what factors motivated the RRC officers to begin a junior running program?

A. Dr. Gabe Mirkin of Washington, D.C. RRC and Nat Cirulnick of the New York RRC organized a Run-For-Your-Life program, in which runners from six to eighty ran strictly for physical conditioning. Everyone enjoyed these runs. Meanwhile, I noticed that there were no programs in track for younger kids in the middle distances from one mile up. When we went to the AAU with our program they turned it down since they had set up specific distances at each age level (only sprints or 440s). This left all other children out of the track

program. So in 1965 we started the RRC Regional and National Championships which were closed to Road Runners Club members only. The entry fee for 14 years and under was considered membership in RRC. By being closed races it allowed us to dictate our own programs. The same method is now being used in areas other than in New York, where we started.

Q. What form do negative comments of the RRC junior program take? How do you counter these criticisms?

A. The program was initially opposed by our own AAU association, who said that young runners should not compete at distances over $\frac{1}{2}$ mile (girl runners were even more handicapped) and sanctions were denied for our races. But this has changed. Last year we received a sanction for a Regional 1 mile age championship. The race directors, coaches and local RRC directors have watched the kids run at all levels and distances. If these kids have any kind of a problem (especially in the hot summer months) we pull them out.

Q. What has been the most successful or rewarding aspect of the RRC age-group competition? Do you believe distance running competition for youth is now generally accepted or does it still have to be "sold"?

A. I think the National RRC Cross Country Championships last year were the most rewarding, because of the great runners from many parts of the country competing at each age level, with high school and college coaches standing at the finishline not believing their eyes. Our kids have proved not only that they can run long distances but they can run quality races too. Publicity received in various track publications is helping to prove the point also.

Q. What are the immediate and long range plans of the National RRC for age-group athletes?

A. Next year we are going to start half mile and two mile championship races at all age levels. This year we will have an eastern and western division of postal national championships at one mile on the track.

Q. How much response have you had from girls in your programs? How does their progress compare with the boys?

A. We have quite a few girls in our programs and some very good ones, but the boys have been superior except in a few cases. I believe this is because girls are not allowed to develop at a young age compared to boys, who are always running and doing hard exercise. But again times are changing and we hope to see big improvements among girls in our program.

R.R.C.A. YOUTH DEVELOPMENT COMMITTEE REPORT

* The Road Runners Club of America has started a program for the development of young boys and girls into distance runners -

*The age divisions will be as follows:
7/Under, 8-9, 10-11, 12-13, and 14-15, with separate divisions for boys and girls -

* The second annual RRC National Cross Country Championship will be held November 7, 1971 in Van Cortlandt Park, in New York -

* All future championships will be bid at the RRC annual convention in Boston, in April -

* The members of the committee are:
GABE MIRKIN M.D., 14411 Butternut Ct., Rockville, Md.20853
BARRY GEISLER, 1134 Findley Ave., Bronx, New York 11210
BRAD TOMASINI, Wasco Recreation and Parks
DALE KNOX, 714 Sixth St., Wasco, California 93280
KURT STEINER, 1660 East 21st. St., Brooklyn, N.Y.11210
MIKE SHEA, 2705 Royster Road, Raleigh, N. Carolina 27608
DAVE JAPS, 140 Roberts Court, Rialto, California 92378



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STARTING LINE is published monthly, except in February and November. Issue is mailed the first week of the month except in January and October. No Issue should require longer than two weeks delivery, proportionately less in areas closer to the mailing site of Reseda, Cal

SUBSCRIPTION RATES - one year \$4.00 . Add \$2.00 per year for first class mail and \$3.00 per year for Air Mail, within the United States. \$5.00 per year for regular mailed subscription to Canada; inquire about 1st class & Air Mail rates.

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SUBMIT MATERIAL (news, feature, photographs, etc) for inclusion in the next issue of STARTING LINE no later than the 20th of the month.

In order to have good coverage from all areas, we are in need of interested individuals who will contribute news, feature material and PHOTOS from their specific region.

From the Editors

It is the time of the month, when, protruding from your mail box, the latest issue of STARTING LINE has come your way again. Though only the fourth issue it seems somehow as if SL had always been here. And yet, just a few short months ago, the whole magazine was only an idea, an abstraction - something one talks about doing.

When we initially discussed this project, it seemed simple enough an objective; we have since learned a great deal more about it and we know better now. Maybe you should know more about it yourselves.

Before we could even begin putting anything down on paper many loose ends had to be tied together and many problems ironed out. For instance:

1) creating a format, settling the graphic and printing question and putting the magazine in production - this was one of our more difficult task as we were not well acquainted with this kind of situation (a gross understatement). After much tribulation, we were able to resolve this fairly well thanks to the help of numerous artist friends of ours, especially Gary Oliver, who has taken over the graphic aspect of the magazine and that is a relief. The present format is not our last word and we will strive to improve & innovate,

2) getting the right individuals to serve as section editors and handle specific material - there is no doubt in our minds that we have been more than fortunate to have been able to assemble as knowledgeable and dedicated a team as can be found in any T & F magazine,

3) contacting everyone who is involved with track and field at the age group level - hundreds of letters were mailed to coaches, recreation directors, clubs, organizations, etc. We have received very good response and are now obtaining better coverage from many parts of the nation, although far from what it could be and eventually will be,

4) getting the needed financing, in other words putting up the stakes - we are not being subsidized by anyone and are paying our own way. Technically speaking, you, the readers, are the stockholders of this enterprise; it is your subscription that underwrites this publication.

Finally came the biggest step of all: DOING IT...and we did. From the moment that our good friend Mel Klein sent in the first subscription, there was no looking back. Do you realize that since we began, every issue of STARTING LINE has been filled with a torrent of 20000 words of material and close to 10 yards of results (28 running feet as they say) and this is only a much edited version of the total material received.

Every single issue involves: thinking - planning - contacting - writing - calling - meeting - collecting - photographing - editing - typing - re-editing - cutting - re-typing - re-re-editing - proof-reading - correcting - finalising - pasting - fitting - cutting - printing - collating - folding - stapling - addressing - stuffing - sticking - stamping - checking - posting - mailing...sighing...

We would like you to note the most essential aspect of putting together this publication. Take a good look at the names that appear on the left side of this page. Those are the people that have made it all possible. Every single one of them has selflessly devoted his time and effort, so that we may be able to give you the kind of publication that you would like to see in print. They deserve your recognition as without their assistance, STARTING LINE could not be.

ON THE COVER

Photos 4 & 5 by R.G. KROKER/New Mexico Junior Sports Review; others by BILL FOSTER for S L

- (1) Mable Ferguson, 16, West Coast Jets 10.6, 23.9 sprint talent,
- (2) Jackie Rhodes, 11.3 sprinter from Arizona leads Denver's Cathy Dukes in 12-13 hundred, (3) Lorna Tinney, La Jolla, Cal, leads 80 yard hurdle field, (4) Linda Stecker, 13, completes 57.9 quarter,
- (5) Cathy Hart, 14, Duke City Dashers all-arounder, (6) Bobbette Krug, 14, running 28.1 for 200 meter hurdles, (7) Patty Carman, 13, 5-3½ high jumper, (8) Debbie Heald, 1500 meter winner, running second behind Debbie Derr and in front of Debbie Johnson, Lucille Jones, Ruth Kleinsasser (mostly hidden) and Diane Byington.

GIRLS Age Group

Editors: ROY SWETT / CALVIN BROWN

NAME GAME by CALVIN BROWN

Age group, as we use the term, is any athlete 17 or younger competing in track and field events. Girls age group track & field has come a long way since its inception, for example, into the AAU program in 1959. The 9 and under program started only in 1965.

At this time, I'd like to make you aware of some of the outstanding girls competing in age group track and field this season of 1971.

The sprints, remember the following names: Donna Corley, Mable Ferguson, Mavis Laing, Pat Benson, Yolanda Rich, Pam Greene, Judy Johnson, Linda Stecker, Therese San Agustin, Wendy Koenig, Janette Windle, Debbie Kainz, Debra Smothers, Kim Attlessey, Signe Carlson, Carol Mayes, Cynthia Williams, Jackie DeVose, Terri Frye, Tina Scott, Regina Johnson, Carol Von Drehle, Linda McQuarrie, Donna Beckstrom, Creola Miller, Denise Julian, Andrea Wilson, Clenitha Ray, Shelley Earl, Pam Hammond, Ditra Henry, Andee Garcia, Karen McDaniel, Alfreda Daniels, Michelle McMillan, Cordella Ingram, Betsy Hager, Andrea Shapiro, Betty Jo Hall, Tanya Bryant, Lisa Thomas, Gail Douglas, Shirley Finney, Jackie Rhodes, Andee Garcia, Sheila Ingram, Esther Stroy, Jill Thomas, Debra Edwards, Maureen Abare, Cynthia Rhodes, Bobbette Krug, Renalda England, Ann Christoff, Denise Morrow, Linda Blakely, Janet Morris, Diane Rodriguez, Nora Johnson.

In the hurdles, look for: Bobbette Krug, Cynthia McKenzie, Susan Kelly, Meg Swenson, Lorna Tinney, De Anne Wilson, Clydine Crowder, Sandy Goldsberry, Vicki Ward, Denise Cable, Judy Rejebian, Sue Harris, Diane Leineke, Signe Carlson, Sallie Caton, Carol Thomson, Dianna Windle, Terry-Wheeler, Cathy Clarke, Debbie Lansky.

The distance runs, watch for: Carol Hudson, Debbie Heald, Mary Decker, Debbie Johnson, Renee Quigley, Mary Barela, Karleen Clark, Donna Mueller, Teresa Tomasic, Robin Campbell, Effie Jordan, Doreen Assumma, Joyce Wolak, Ruth Kleinsasser, Becky Wolfenbarger, Linda Stecker, Dianne Holder, Sharon Groth, Shelley Earl, Kathy Jewell, Mickey Tupper, Jill Boyd, Debbie Derr, Betty Burns, Marcie Riccardi, Becky Gomez, Michelle Klein, Esther Marquez, Patty Cape, Marilyn McClung, Linda Green, Francie Larriau, Cheryl Toussaint, Tena Anex, Sally Balderston, Pam Bagian, Kathy Gibbons, Anne Gallaher, Vicki Clarke, Ellen Cornish, Janet Bristol, Vicki Mills, Dale Keough, Shawna Baxter, Susan White, Julia Shea, Karen Hurlocker, Elizabeth MacDonald, Leslie Rose, Nancy Paul, Dianna Anderson, Bev Jarvis, Betsy Miller, Teri Seipel, Jackie Ford, Donna Mueller, Donna Ten Eyck, Shelly Lewis.

High Jump: Anita Lee, Sandy Goldsberry, Deanne Wilson, Mitzi McMillin, Cindy Gilbert, Patty Carman, Brenda Simpson, Sally Plihal, Wendy Koenig, Susan Kelly, Chris Shahan, Cecily Ellsworth, Suzi Beugen, Anne Gilliland, Mary Barela, Lori Krug, Katie Solon, Kathy Hart, Diane Stuart, Cynthia McKenzie, Sharon Laughlin, Sue Parks, Jan Dill.

Long Jump: Anita Lee, Kim Attlessey, Sandy Goldsberry, Vicki Betts, Janette Windle, Laura Janousek, Pat Benson, Linda McQuarrie, Andee Garcia, Cathy Dukes, Dianna Windle, Donna Corley, Ginger Nielsen, Linda Stecker, Wendy Koenig, Sallie Caton, Sheila Owens, Nora Johnson, Audrey Morrocca, Diane Kummer, Alfreda Daniels, Carol Thomson, Cynthia Clemmons, Judy Rejebian, Rhonda Albers, Patty Carman, Jan Dill, Darla Crowell, Ina Wisdom.

Shot Put: Debbie Rivera, Sheila Yurkshot, Tammy Cordes, Sheila Williams, Debbie Brown, Kathy Schmidt, Debbie Nolan, Kelly Curran, Vickie Chiarello, Kathy Devine.

Discus Throw: Yvette Brownlee, Kathy Schmidt, Debbie Nolan, Vickie Chiarello, Terri Sabol, Debbie Brown, Tammy Cordes, Ann Seelye, Judith Lane, Brenda Bradley, Lorraine Painter, Debbie Langevain, Kim Baker.

Javelin Throw: Kathy Schmidt, Claudette Fabian, Kelly Fuiks, Lorraine Painter, Debbie Langevain, Karin Smith.

I've tried to give you the names; the marks will come later. I have combined all divisions into the individual events and in no particular order. If you were lucky, you found your name. If not, work hard and you may find it at another time.

Calvin Brown attended Compton and has a B.S. from Cal. State, Los Angeles, where he was captain of the track team. A 9.7, 21.5 sprinter and a "24 feet minus 1/4 inch" long jumper in college, he has now turned his attention to reporting the sport instead. He is the girls age-group editor for WTFW, compiles the girls A-G list and has been the announcer at five national championships. Cal works for the Los Angeles City Recreation Department.

Some Highlights of the 14-17 Division -

Dora Lee Roberts and Iva Wright, two of the brightest prospects ever to emerge from U.S. age group competition, scored shocking victories over better known opposition at the Long Beach Comets Invitational on April 10. These two come from the agricultural San Joaquin Valley of California, long known as a breeding grounds for many of the world's greatest track athletes (Rafer Johnson, Cornelius Warmerdam, Tommy Smith, Bob Mathias).

Iva improved her personal best in the discus by over 12 feet in recording a sensational 147-11. In doing so the 16 year old got a measure of revenge from Debbie Rivera, who only weeks before had succeeded Iva as the greatest sub-13 shot/discus doubler of all time. Debbie was soundly trounced in both events by the inspired Miss Wright, who saw her Fresno Elan teammates Lynn Graham (the first sub-18 to better 50 feet in the 8 pound shot) put 52-8 1/2 with the 4 kilo, the second best American effort of all time, and Yvette Brownlee bettered 40 feet with the 8 pounder for the first time.

Dora, also 16, became one of the country's few 20 footers in the long jump as she exceeded that distance by 1/2 inch on her first leap. In the process she demolished internationalists and/or national champions Martha Watson, Marilyn King, Vicki Betts and Janet Nelson. Dora was the first, and only, 13 year old to jump 19 ft.

SHOT/DISCUS CONTEST...In results of meets received thru April 20, Creighton Track Club of Phoenix leads both 13-Under categories while Long Beach (Calif) Track Club is first in both 17-Under categories. Consult last issue of STARTING LINE for contest rules. Results:

13-Under 6# Shot--1. Creighton (108-10) with Chiarello (38-11), Arnold (37-1) & Longnaker (32-10) 2. The Colorado Gold (102-7) with a team of Young, Rauch & Curran.
13-Under Discus--1. Creighton (282-2 1/2) team of Chiarello (108-3), Salazar (88-8) & Arnold (85-3 1/2) 2. Fresno Elans (235-9 1/2) with Haynes, G. Brownlee and Brewer.
17-Under 8# 4 kilo Shot--1. Long Beach TC (115-1/4) with a team of Schmidt (40-6 1/4), Rivera (38-11 1/2) & Nolan (35-6 1/2)
17-Under Discus--1. LPTC (393-1) with Rivera (137-10), Schmidt (133-3) & Nolan (122-0) 2. Fresno Elans (350-1 1/2)

BOYS Age Group

Editor: MAX ZUCKER

Although the 1970 season had been over for quite some time, it sure did linger on in this column for a while. Well, it's out of the way and it is time to roll in '71.

Girls have been busy on the cinder since march, but the boys are really just beginning. The West is starting to make some ripples, the East is thawing out and the South and the Midwest are slowly coming around.

So lets warm up...

* * * * *

RRCA POSTAL MILE -

There will be a National age-group one mile championship for Boys and Girls on June the 5th. There will be two sections: an Eastern section at Falls Church H.S., near Washington, D.C. - write to Gabe Mirkin, M.D., 14411 Butternut Court, Rockville, Md., and a Western section at Bakersfield College Stadium (newly installed tartan track surface), Bakersfield, Cal. - write to Dale Knox, 714 6th St., Wasco, Calif 93280.

The final National ranking will be decided by times. Get your entry blanks in a hurry, the deadline is May 31st and a late entry will cost you money. Don't miss it!

* * * * *

STARTING LINE'S POSTAL MILE RACE-WALK -

It is still time to enter a team in this contest. Three athletes walking together comprise a team - deadline is July the 5th - any boy or girl is eligible - look at the rules in the last two issues of S.L. - awards - certificates to all finishers - TRY IT!

* * * * *

EARLY SEASON HIGHLIGHTS - COAST TO COAST -

At this time of the year, the West (we might as well say California) is setting the pace in early season marks - and what a pace.

Sensational set of performances (I refuse to use any milder term) by KEVIN KNOX from Wasco. - the half mile in 2:18.9 (splits: 66.0 and 1:43 at the 660), the mile run in 5:05.4 (passing at the half in 2:31, the 1320 in 3:52) - both times are Nat. bests -, and if that is not enough to make you stop in your track, we'll throw in his 9 mi. 1128 yds in the one hour run. Now that should do it.

TODD KNOX, age 9, has been equally outstanding. He has replaced his brother on the record book with a 66.8 in the quarter and 2:29.6 half mile.

DALE KNOX, the father and coach of those two prodigies, has under his care a whole flock of great young athletes. ROBIN MESSICK -9- coming up very fast with 30.4 in the 220 70.9, 440 and 2:41.6 in the 880; all excellent times. 10 year old ROBERT NUNEZ - 67.0, 2:27.5 and 5:20.0 in the mile and EDDIE LUJAN - 64.8 and 2:28.7 in the 880, (this was his last race at age 10), and others...

Honestly Dale, what are you feeding those kids ?

Very talented MELVIN HOLLAND, from Menlo Park, is back in the 10-11 division: 6.4 in the 50, a very fast 11.7, 100, and 15-5 in the long jump. This boy has been consistently good for quite a few years. From the Los Angeles area, the best, at the same distances, will have to be KENNETH LAWLER (L.A.Jets), with marks of 6.8, 12.5, and 28.2 in the 220..and improving.

Another outstanding prospect is BRET WIGHTMAN from Encino, Cal, who is coming back in form and has registered marks of 67.8 and 2:36.2 as an 11 year older.

Two new comers: 10 yrs old BRIAN EDRINGTON (West Valley Pacers), running a fine 2:40.5 880, in his first competitive race at that distance, and RON JORDAN, 11- (L.A. Jets), 64.9 and 2:45.2 in very promising fashion.

Starting the season well in the 12-13 group:

VANCE EBERLY (12), Sparta TC, a mile in 5:11.3; M. ADAN (13), San Jose Yearlings, 11.1 and 25.6 sprints; TIM WOLFINBARGER (13), Rialto RR, 57.4 and 2:17.4 (880); KURT SCHUMACHER (13), W. Valley Pacers, 58.5 & 17-5(LJ); DAVE CORTEZ (13), Redwood City Striders, 10:37.8 for 2 miles (Dave also has age 11 marathon of 3h16:04)

Worthy of mention are two 14 year olds. One, a new recruit to track, RICHARD NANCE (W.V. Pacers), with excellent marks of 4:48.5 and 10:26.4 in the mile and 2 mile respectively, and DERRICK FORD (L.A. Jets), an experienced and terribly talented runner, who already has an 11.3 100, a 25.5 220 and has spanned 18-2½ in the long jump.

* * * * *

In the East, the very first outdoor results are just coming in and at this point this is how it looks:

From NEW YORK - the mile run seems to be the only event on the schedule so far, and here are some of the names that you will hear about as the season progresses - TIM MCCARTHY (6:02.3); MICHAEL HOGAN (6:06.0); GEORGE LUNITZ (6:07); those three boys just 9 years of age. VINCENT HOGAN -10 (5:40); BRIAN MCGARNEY -11 (5:30.3); CHRIS DYE -13 (5:21.8); a very talented trio. Not to forget the GEISLER brothers, ERIC -13 (5:45), LEE -10 (5:57) and RONALD -6 (6:46.6), whose best is still to come. In distance runs, N.Y. has to be accounted for.

* * * * *

From MARYLAND - still very little action but GOOD! Boys over the age of 10 must still be in cold storage, as we have no information from those age-groups, but what strenght lies in the 9/Under divsion - some of the best youngsters in the nation come from that area. 8 years old GENE MIRKIN is good enough to have his profile on the back page of this issue, where you can find out what this young phenomenon can do. Equally remarkable is 7 years old MIKE MCKINNEY who has already covered the mile in 6:00 and has to his credit an outstanding 20:13.2 in the 3 miles. KENNY MORRIS is another member of this precocious group with a 5:59.4 at age 8. All 3 boys belong to Sports International TC, a club coached by internationally known BROOKS JOHNSON.

* * * * *

From WASHINGTON - displaying good early season form, lets introduce CLARK CHRISTIANSEN (13.1, 100 and 69.4 in the 440), and MARK DAGG (71.7 and 2:43.5 in the 880); both boys are 11 and are members of the Portland T.C..

The Woodland developmental track meet attracted the best teams in the area: the Woodland TC, the Portland TC, the Ridgefield TC and the Flanagan Clan among others. The performances were hampered by drizzly weather; see all the results in the center pages.

* * * * *

The South brings us two outstanding prospects: 11 yrs old MARK WATERBURY, a determined youngster from St. Petersburg Beach, Fla., moving into the national list with 5:28 in the mile, 2:30 880 and 12:04.6 in the 2 Mi., and JON SLAUGHTER, from Nashville, Tenn., who demolished the 3 mile best in his age with 16:16.5. Jon also has a 4:53.8 mile and is Nol in the 6 with 33:01.6.

Worthy of mention is GARY BISHOP -8 (Pembroke, N.C.), in 6:05.4 Mi. and JIMMY HARTLE -10 (5:43.8), Gainesville, Fla.

* * * * *

The Midwest has been very quiet up to now, but Dr. TOM HALLSTROM, the chairman of the Jr.Olympic T&F for boys, has informed us that a series of meet are in the planning.

Of real interest, however, is the brilliant performance in the mile (indoors) by the 11 years old twins TODD and MARK MCCALLISTER, from Deerfield, Illinois, running the boards in 5:12.8 and 5:12.9. WOW!

Recommended by
the editors
of **STARTING LINE**

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and their coaches

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RACE WALKING

Editor: **JIM HANLEY**

Race Walkers are frequently asked the best way to train by athletes and coaches. Such a question is hard to answer because each top walker has his own favorite training method.

Thus, in the next few issues of **STARTING LINE** we will look at some of the top walkers and see how they train.

SPEED WORK....Ron Zinn

Former world record holder for the mile walk Ron Zinn (6:18.3) was the first American sprint walker with the endurance to go long distances. His 6th place 20 Km. (12½ miles) finish in the Tokyo Olympics — at a time when Americans never placed higher than 20th — was the "break-through" in American race walking quality. Later killed in Vietnam, Captain Zinn was the first of the new crop of world-class American walkers. Here's what he wrote about training before his great Olympic race:

"Race walking is a sport for the determined. Training for this sport requires as many days a week and as many months a year as the determined individual can possibly devote to it.

"Because there is a lack of regular competition in this country at the Olympic distances of 20 and 50 kilometers (approximately 12½ and 31 miles respectively), the United States race walkers are forced to compete in races at whatever distance they can find, from one to 31 miles. To be flexible and successful at all these distances, it has been necessary to develop a basic workout common to all distances.

"This consists of all out sprints with very little recovery time between them. For the one-mile race, 10 to 30 sprints of 150 yards each, with a fast 75 yard stroll between them are suitable. For two to 31 miles, eight to 25 sprints of 220 yards, with a fast 110 yard stroll in between, is desirable. These sprints are not timed but are measured in terms of the percent effort put forth, and the purpose of the exercise is to make the athlete exert himself while extremely tired, thus gaining stamina.

"Two or three all-out sprints will tire the athlete, but mentally he can still push himself through one more sprint no matter how many he has done. The following sprints will become progressively slower, but it will be an all-out effort on each. As the athlete's conditioning progresses, he will be able to do more of the sprints faster. He is conditioning his body and mind to go farther and faster.

"Of course, the number of sprints an athlete will take depends on how soon his next competition is. The closer the race date, the fewer sprints he will do. However, at least ten 150-yard sprints or eight 220-yd. sprints are necessary to make a productive workout. (NOTE — For all walking races, the athlete must always be in contact with the ground with some portion of one of the feet and, during the period of each step in which a foot is on the ground, the leg shall be straightened — not bent at the knee — for at least one moment. The heel must touch the ground first and the toe must be the last portion of the foot to leave it. The heel of the front foot must touch the ground before the other foot loses contact with the ground. Meanwhile the body must be kept strictly upright. Failure to obey these rules results in disqualification.)" — Quoted from Olympic Sports, U.S. Olympic Committee; "Walking Events" by Ron Zinn.

Don't forget our Postal Competition. Details in last month's issue of **STARTING LINE**.

THE FINISH LINE

A Summary of Results

This section includes results of national significance. Other summaries may be found in local and regional news on pages 12 and 13.

Deadline for submitting results for inclusion in next issue is 8 days prior to mailing date. When submitting summaries of meets please include the following:

- Date of meet
- Meet site (place and city)
- Type of facilities (all-weather, indoor, cinder etc.)
- Sponsoring organization
- Meet Director
- Marks of all timed or measured competitors (including heats and qualifying rounds if significant)
- First and last names of competitors
- Wind assistance information on sprints, hurdles, and long jump
- Weight of implements (shot, discus etc.)
- Other pertinent or interesting information

MICHIGAN STATE AAU GIRLS INDOOR CHAMPIONSHIPS

MARCH 21, 1971
COBO HALL
DETROIT, MICHIGAN
Track-160 yard, Board

9-Under Division
50 yard Dash
Denise Morrow, DTS 7.0
Cynthia Banks, MOT 7.1
Sheila Ross, DTS 7.2

220 yard Dash
Denise Morrow, DTS 30.9
Sheila Ross, DTS 32.2
Roberta Watkins, CLC 32.5

440 yard Dash
Roberta Watkins, CLC 77.0
Yvonne Hibner, MOT 80.1
Cynthia Banks, MOT 80.2

600 yard Run
Deandra Anderson, MOT 1:57.1
Melaine Tillman, DTS 1:58.9
Elise DuChamp 2:04.0
Janice Lelacheur, SUS 2:04.2

High Jump
Leslie Rose, OKP 3-5
Yvonne Hibner, MOT 3-3
Noreen Reid, DJ 3-3

Long Jump
Leslie Rose, OKP 12-9½
Pam Hard, CLC 12-5
Loreen Reed, DJ 10-8½

10-11 Division
50 yard Dash
Jacqueline Devose, DTS 6.6
Angela Johnson, MOT 6.7
Annetti Cook, CHP 6.8

220 yard Dash
Liza Talley, CLC 29.1
Angela Johnson, MOT 29.4
Jackie Devose, DTS 29.8
Kim Howard, DTS 29.9
Cheryl Brown, CHP 30.0

440 yard Dash
Lisa Talley, CLC 67.2
Brigette Davis, DTS 70.0
Amy Tucker, LFK 71.0

600 yard Run
Rochelle Collins, MOT 1:48.9
Kelly Thomas 1:52.0
Sabrina Plummer, DTS 1:52.5

880 yard Run
Perry Brooks, MCH 2:35.0
Erin McCue, CLH 2:50.1
Marcia Bylicki, MOT 2:55.8

High Jump
Kim Howard, DTS 4-2
Cheryl Brown, CHP 4-2

Long Jump
Marcia Bylicki, MOT 12-7
Rosita Caga, MOT 12-3
Darlene Dumas, CLC 12-2

Shot Put (6 pound)
Pat Cameron, CHP 28-3
Amy Tucker, LFK 25-½
Janice Knight, DTS 22-8½

12-13 Division
50 yard Dash
Romanetta Reese, DTS 6.5
Anita Lee, DTS 6.6
Linda Blakely, MOT 6.6
Rosalee Wright, DTS 6.6
Julie Gibson, MOT 6.6

220 yard Dash
Gwen Gunn, CLC 27.5
Rosalee Wright, DTS 28.1
Romanetta Reese, DTS 28.5

440 yard Dash
Gina Talley, CLC 64.4
Sonequa Daniels, DTS 66.0
Linda Pruitt, DTS 66.1

880 yard Run
Chris Akerman 2:40.9
Justine Titeca, LFK 2:42.0
Genita Billups, MOT 2:45.1

One mile Run
Ella Willis, LFK 5:41.1
Lynn Lovat, WOL 5:46.0
Betsy Miller, St Anne 5:51.9

50 yard Hurdles (30 inch)
Pamela Penn, DTS 8.6
Lynn Lovett, WOL 8.8

High Jump
Anita Lee, DTS 5-0
Loretta Matak, WOL 4-10
Barb Schwape 4-7

Long Jump
Anita Lee, DTS 17-3½
Ella Willis, LFK 15-2

Shot Put (6 pound)
Denise Males, LFK 38-5½
S. Williams, MOT 36-2½
H. Williams, MOT 32-10
B. Bundy, CHP 30-8½

14-17 Division
60 yard Dash
Alfreda Daniels, DTS 7.0
Theresa Rulison, WOL 7.1
Karen Buford, MOT 7.1
Given Smith, CLC 7.2

220 yard Dash
Gwen Smith, CLC 26.7
Sherice DuChamp 26.9
Karen Buford, MOT 26.9

440 yard Dash
Theresa Rulison, WOL 59.9
Mahalia Ewell, ENT 60.9
Amy Prentiss, TRR 61.1
Pat Hanna, TRR 61.3

880 yard Run
Sue Parks, WOL 2:25.4
Carol Schleede, MCH 2:28.2
Amy Prentiss, TRR 2:28.3

One mile Run
Mickey Tupper, MOT 5:15.1
Sue Parks, WOL 5:36.0
Karen Zimmerman, WOL 5:41.1
Vicki Slater, WOL 5:42.0

60 yard Hurdles (30 inch)
Debbie Lansky, WOL 8.1
Sherice DuChamp 8.2
Theresa Rulison, WOL 8.3

High Jump
Janet Siblex, WOL 5-3

Sue Parks, WOL 5-2
Nanette DuChamp 5-0

Long Jump
Sue McLalin, WOL 17-5
Alfreda Daniels, DTS 17-0½
Sheila Nelson, CHP 16-10½

Shot Put (8 pound)
V. Meyers 36-7½
Sue McLalin, WOL 35-11
D. Seaborn, CHP 34-1½
Kathy Maher, TRR 33-8½
K. Thompson, CLC 32-10
C. Allen, CLC 32-1½

PACIFIC AAU GIRLS SECTIONAL MEET

MARCH 27, 1971
SAN JOSE, CALIFORNIA

6-7 Division
50 yard Dash
Monica Silva, SJY 8.7
Marie Vasquez, SJY 8.8

100 yard Dash
Monica Silva, SJY 39.5
Marie Vasquez, SJY 40.7

9-Under Division
50 yard Dash
Kathy Gulyas, RCS 7.2
Lauraine Asuncion, SAL 7.4
Rita Meyer, RCS 7.5

100 yard Dash
Kathy Gulyas, RCS 13.9
Susan Springer, SAL 14.0

220 yard Dash
Kathy Gulyas, RCS 31.4
Janet Brown, RCS 32.4

440 yard Dash
Kathy Temple, SAL 80.2
Mary Crevelt, RCS 80.6
Robin Volk, RCS 81.1

High Jump
Janet Brown, RCS 3-10
Reesa Boston, SAL 3-2

Long Jump
Lauraine Asuncion, SAL 10-8
Kathy Perez, SAL 9-5½

Baseball Throw
Susan Springer, SAL 126-11
Gigi Kimball, RCS 92-3

10-11 Division
50 yard Dash
Dewitt, SAL 6.9
Rhodes, RCS 7.2

100 yard Dash
Springer, SAL 13.6
Coronel, SJY 13.7

220 yard Dash
Gomez, RCS 29.3
Oliver, RCS 30.4

440 yard Dash
Oliver, RCS 70.5
Gardepie, SAL 75.2

660 yard Run
Schull, SAL 1:58.2
McDonald, SAL 1:59.6

High Jump
Dewitt, SAL 4-3
McDonald, RCS 4-2
M. McDonald, RCS 4-0

Long Jump
Gomez, RCS 14-2½
Rodick, SAL 12-5½

Shot Put (6 pound)
Coronel, SJY 19-11
Sheldon, SAL 18-5
Watson, SAL 18-5

Baseball Throw
Springer, SAL 134-8
Sewell, SAL 117-10
Frazier, SJY 114-10

Ross, SJY 6.8

100 yard Dash
Didomenico, RCS 12.4
Bandong, SAL 12.5
Ross, SJY 12.6

220 yard Dash
Bandong, SAL 28.5
DeVoss, SAL 29.0
King, SJY 29.1

440 yard Dash
Sophie Vargas, SJY 69.2
Gayle Jufiar, SAL 71.8

880 yard Run
DeVoss, SAL 2:38.5
Anderson, SAL 2:42.6

50 yard Hurdles (30 inch)
Didomenico, RCS 8.0
Anderson, SAL 8.5
Jufiar, SAL 8.5

Shot Put (6 pound)
Monaco, RCS 31-7
Carmen, RCS 27-6

Discus Throw (1 kilogram)
Carmen, RCS 75-6
King, SJY 68-4
Monaco, RCS 68-3

14-17 Division
100 yard Dash
Reynoso, RCS 12.3
Walker, SJY 12.7

220 yard Dash
Rielly, RCS 26.5
Seydel, SAL 27.2

440 yard Dash
Rielly, RCS 63.1
Rogers, SAL 64.7

880 yard Run
Le Chevalier, RCS 2:30.4
Le Blanc, RCS 2:35.4

One mile Run
Cortez, RCS 5:28.9
Kingery, RCS 6:14.6

80 yard Hurdles (30 inch)
Seydel, SAL 11.2
Reynoso, RCS 14.4

High Jump
Fitzpatrick, RCS 4-10
Wilson, SAL 4-4
Kingery, RCS 4-4

Long Jump
Reynoso, RCS 15-8½
Seydel, SAL 15-3½

Shot Put (8 pound)
Smith, SJY 28-2
Herdman, RCS 25-7

Discus Throw (1 kilogram)
Martin, SJC 96-0½
Murphy, RCS 87-11

Javelin Throw (600 gram)
Herdmen, RCS 95-7½
Murphy, RCS 80-0

Shot Put (6 pound)
Martin, SJC 96-0½
Murphy, RCS 87-11

Javelin Throw (600 gram)
Herdmen, RCS 95-7½
Murphy, RCS 80-0

220 yard Dash
Denise Morrow, DTS 30.2
Roberta Watkins, CAN 31.1
Lynn Bates, CAN 33.4
Gail Nolan, DTS 33.7

440 yard Dash
Roberta Watkins, CAN 73.1
Gail Nolan, DTS 79.5
Kristine Thompson, DTS 79.6

660 yard Run
Leslie Rose 1:59.5
Dianna Anderson, MOT 1:59.5

High Jump
Laurine Reid, DJ 3-6
Leslie Rose 3-6
Yvonne Hibner, MOT 3-4

Long Jump
Leslie Rose 12-0½
Robin Glover, CAN 11-3½
Laura Thompson, DJ 11-3
Laverna Reid, DJ 11-0
Cynthia Royal, DTS 10-9½

10-11 Division
50 yard Dash
Jackie Devose, DTS 6.5
Angela Johnson, MOT 6.5
Sheila Burger, ACC 7.0
Clarise Goodwise, DTS 7.2

220 yard Dash
Jackie Devose, DTS 28.9
Lisa Talley, CAN 29.1
Kim Howard, DTS 29.4
Tonya Alred, MOT 30.2

440 yard Dash
Lisa Talley, CAN 65.5
Amy Tucker, LFK 65.8
Carrie Croaen, OH 71.5
Pat Colowerson, CAN 71.8

660 yard Run
Ben Jarvis, KTS 1:57.8
Rachelle Collins, MOT 2:00.0

880 yard Run
Juretha Datson, DTS 2:46.0
Erin McCue 2:48.4

High Jump
Amy Wright, KTS 4-1½
Leslie Palmer, GA 4-1½
Patty Schompe 3-10

Long Jump
Rosita Gaze 13-10½
Amy Tucker, LFK 13-0½
Marsha Bylicki, MOT 12-5½

Shot Put (6 pound)
Amy Tucker, LFK 25-3
Rita Hines, MOT 24-0
Markita Gieur, DJ 19-0

12-13 Division
50 yard Dash
Audrey Morrocco, CHH 6.4
Linda Blakely, MOT 6.4
Anita Lee, DTS 6.5
Rosalee Wright, DTS 6.6
Vicky Amstary, ACC 6.6

220 yard Dash
Janet Morris, SO 27.0
Gwen Green, CAN 27.4
Rosalee Wright, DTS 27.6
Ramonetta Reese, DTS 27.9
Audrey Morrocco, CHH 27.9
Chris Rossal, CHH 28.0

440 yard Dash
Janet Morris, SO 61.5
Sonequa Daniels, DTS 63.3
Gina Talley, CAN 64.5
Linda Pruitt, DTS 65.6
Vicky Amstary, ACC 67.3
Mariann Starr, KTS 67.3

880 yard Run
Juanita Phillips, MOT 2:37.3
Justine Titeca, LFK 2:39.9
Joann Dill, SUS 2:47.7
Kay Woodgard, KTS 2:47.8

One mile Run
Betsy Miller, SA 5:36.6
Teri Seipel, KTS 5:39.9
Sylvia Moore, DTS 5:59.9
Joyce Brown, KTS 6:05.5

50 yard Hurdles (30 inch)
Sue Kelley, CHH 7.3
Chris Rassel, CHH 7.6
Robin Patts, OH 8.4

High Jump
Anita Lee, DTS 4-10
Sue Kelley, CHH 4-8
Barb Schwape, SA 4-6

Long Jump
Anita Lee, DTS 17-9½
Audrey Morrocco, CHH 17-8
Nancy George, THH 14-9
Barbara Schwape, SA 14-6½

Shot Put (6 pound)
Sheila Williams, MOT 38-8
Sue Kelley, CHH 33-9
Helen Williams, MOT 32-1½
Pam Kathe, SA 32-0
Cathy Specci, LFK 29-10

**INLAND EMPIRE LEAGUE
GIRLS TRACK & FIELD MEET**

MARCH 28, 1971
POMONA COLLEGE
POMONA, CALIFORNIA

Sponsor-Los Angeles TC
Meet Director-Chuck Debus

6-7 Division

50 yard Dash	
Julie Peterson, OMC	8.2
Vicki Koustik, OMC	8.3
Kathy Aria, OMC	8.6
100 yard Dash	
Julie Peterson, OMC	15.8
Vicki Koustik, OMC	16.0
Cimi Ruderman, RRR	16.1
440 yard Dash	
Vicki Koustik, OMC	89.9
Diane Hafen, OMC	95.8
Lisa LaMorte, OMC	97.0

9-Under Division

50 yard Dash	
Lisa Erickson, OIM	7.5
Emily Dias, OMC	7.6
Noma Bradbury, RRR	7.8
100 yard Dash	
Debbie Kainz, OMC	13.7
Lisa Erickson, OIM	14.0
Emily Dias, OMC	14.3

220 yard Dash

Debbie Kainz, OMC	32.1
Charm Bishop, OMC	33.6
Emily Dias, OMC	33.2
Tina Scott, OMC (7)	33.5

440 yard Dash

Laurie Koustik, OMC	80.3
Terry Short, OMC	83.0

660 yard Run

Becky Gomez, FCB	2:00.8
Donna Sanchez, RRR	2:04.0
Barbi Gnehm, RRR	2:07.0
Julie Franks, OMC	2:07.0

High Jump

Charm Bishop, OMC	3-8
Laurie Koustik, OMC	3-5
Maria Smith, LMM	3-3

Long Jump

Judy Aria, OMC	11-0
Julie Sabol, LMM	10-11 1/2

Baseball Throw

Charm Bishop, OMC	146-3
Christie Wilson, LMM	121-10
Laurie Koustik, OMC	120-3

10-11 Division

50 yard Dash	
Vicki Aston, OIM	7.1
Laura Janousek, OMC	7.1
Cheryl Lance, WCV	7.3

100 yard Dash

Laura Janousek, OMC	13.0
Vicki Aston, OIM	13.5

220 yard Dash

Donna Mueller, RRR	30.2
Sharon Arce, LMM	30.5

440 yard Dash

Diane Rodriguez, LMM	65.8
Donna Mueller, RRR	68.0
Jill Boyd, OMC	69.1

660 yard Run

Becky Wolfenbarger, OIM	1:49.8
Linda Brodock, FCB	1:52.6
Patti Gnehm, RRR	1:55.2

High Jump

Sharon Laughlin, RRR	4-5 1/2
Juanita Barnett, RRR	4-4 1/4
Donna Traister, OMC	4-2 1/4
Sharon Arce, LMM	4-1 1/4

Long Jump

Laura Janousek, OMC	15-2
Diane Rodriguez, LMM	13-5 1/4
Donna Traister, OMC	13-5

Shot Put (6 pound)

Jill Faber, RRR	27-7
Bea Hunt, RRR	24-4 1/4

12-13 Division

50 yard Dash	
Joyce Wolak, LMM	6.7
Karen Stone, OMC	6.7
Laurie Hagerty, WCV	6.8
Cary Garrard, WCV	6.8

100 yard Dash

Jennette Steward, OMC	12.0
Joyce Wolak, LMM	12.5
Cindy McKenzie, OIM	12.5

220 yard Dash

Signe Carlson, LMM	27.8
Joyce Wolak, LMM	28.4
Laurie Hagerty, WCV	28.5

440 yard Dash

Jaime Gale, PSF	68.0
Laura Kainz, OMC	69.9

880 yard Run

Effie Jordan, RRR	2:25.6
Signe Carlson, LMM	2:30.4
Doreen Assumma, RRR	2:30.5
Renee Quigley, LMM (10)	2:30.5
Donna Mueller, RRR	2:32.7
Margit Sturham, LMM	2:32.7

One mile Run

Marie Albert, RRR	5:47.8
Debbie Pavlik, PSF	6:00.0
Rita Krattenmaker, PSF	6:07.9

High Jump

Ronda Saunders, WCV	4-5 1/2
Cynthia McKenzie, OIM	4-5 1/2
Julie Blanchard, WCV	4-5 1/2

Long Jump

Jennette Steward, OMC	15-0 1/2
Signe Carlson, LMM	14-2
R. Saunders, WCV	14-1 1/2

Shot Put (6 pound)

Debbie Rivera, LGB (14.83)	48-7 1/2
Val Tanguay, RRR	31-3
Shari Emanuelson, RRR	29-8 1/2

Discus Throw (1 kilogram)

Val Tanguay, RRR	60-9
Charm Bishop, OMC (9)	48-0

Javelin Throw (600 gram)

Jaime Gale, PSF	50-7
Val Tanguay, RRR	49-7

**DUKE CITY DASHERS
GIRLS INVITATIONAL**

APRIL 3, 1971
WILSON STADIUM
ALBUQUERQUE, NEW MEXICO

9-Under Division

50 yard Dash (wind-aided)	
Rhonda Adams, HTS	7.3
Carolyn Adams, DCD	7.5
Desi Mulvaney, ALV	7.5
Francis Madelock, DCD (7.24)	7.7
Vivian Flanders, DCD (7.54)	7.7

100 yard Dash (wind-aided)

Donna Corley, DCD	12.6
Desi Mulvaney, ALV	14.2
Mary Sedall, ALV (14.0wh)	14.5

220 yard Dash

Donna Corley, DCD	33.3
Teddi White, DCD (8)	34.3
Pam Murray, DCD	34.9

440 yard Dash

Kathy Gill, DCD	74.8
Vivian Flanders, DCD	77.6
Gale Pennington, DCD	78.3
Kelly Schuelke, GAL	78.8

660 yard Run

Lisa Gilliland, DCD	1:59.6
Tracy Bear, DCD	2:03.3
Aliza Zucht, DCD	2:05.9
Teddi White, DCD (8)	2:08.4

High Jump

Mary Sedall, ALV	3-6
Lisa Gilliland, DCD	3-4
Kathy Gill, DCD	3-4

Long Jump

Donna Corley, DCD	12-7 1/2
Tracy Bear, DCD	10-10 1/2
Terri Trumble, DCD	10-8 1/2

Baseball Throw

Shannon Turpen, ALB	137-1
Kathi Mallow, DCD	118-0
Gina Rubio, DCD	102-1

10-11 Division

50 yard Dash (wind-aided)	
Ginger Sewell, LW	6.7
Tana Meadows, DCD	6.8
Vicky Cox, PAC	6.9
Kathy Boardman, ALB	6.9

100 yard Dash (wind-aided)

Stephanie McDade, DCD	12.5
Ginger Sewell, LW (12.7wh)	13.1
Barbara Hobbs, DCD	13.1
Vicki Cox, PAC (13.0wh)	13.3
C. Brockhoff, HTS (12.9wh)	

220 yard Dash

Doreen Villa, DCD	30.5
Cheryl Sanchez, DCD	31.0
Chriselle Speller, DCD	31.2

440 yard Dash

Stephanie McDade, DCD	67.0
Doreen Villa, DCD	69.9
Lisa Andrews, DCD	72.3

880 yard Run

Chriselle Speller, DC	2:37.6
Amy Lucero, DCD	2:39.9
Cheryl Sanchez, DCD	2:40.4

High Jump

Carrie Hudiburgh, DCD	4-1
Kelley Kloppel, ALV	4-0

Long Jump

Christine Brockhoff, HTS	13-9
Amy Lucero, DCD	13-2 1/2

Shot Put (6 pound)

Kathy Fletcher, DCD	24-0 1/2
Cheryl Sanchez, DCD	24-0

Baseball Throw

Kathy Fletcher, DCD	134-9
Glenna Voight, ALB	125-10

12-13 Division

50 yard Dash (wind-aided)

Amy Roy, ALB	6.5
Karen Boardman, ALB	6.6
Kathy Ward, ALB (6.5wh)	6.6

100 yard Dash (wind-aided)

Alice Watson, DCD	11.7
Kim Kleoppel, ALB	11.8
Dini Norero, DCD	11.9

220 yard Dash

Kim Kleoppel, ALB	27.5
Linda Yount, DCD	28.5
Debbie Longenbaugh, DCD	28.6

440 yard Dash

Susie Vigil, DCD	65.2
Alice Watson, DCD	65.9
Lisa Gibbs, ALB	66.5
Cindy Ashby, ALB	66.7

880 yard Run

Ruth Ann Benavidez, DCD	2:39.3
Meg Lewis, ALB	2:40.7
Carrie Gilliland, DCD	2:41.2

One mile Run

Sally Balderston, DC (12)	5:40.1
Louise Alonzo, ALB	5:50.6
Laurie Ross, ALB	5:59.8

50 yard Hurdles

Karla Meadows, ALB	7.6
Linda Yount, DCD	7.7

Long Jump

Dini Norero, DCD	16- 1/2
Lisa Gibbs, ALB	15-9
Ann Bratun, DCD	15-8 1/2
Karen Boardman, ALB	15-1

Discus Throw (1 kilogram)

Tammy Cordes, ALB	86-6
Debbie Longenbaugh, DCD	68-10

Baseball Throw

Tammy Cordes, ALB	198-11
Ruth Benavidez, DCD (12)	187-4

High Jump

Ann Bratun, DCD	4-8 1/2
Kathy Weimer, HTS	3-8

**SAN JOSE YEARLINGS
BOYS INVITATIONAL**

APRIL 3, 1971
LEIGH HIGH SCHOOL
SAN JOSE, CALIFORNIA

Weather-Slight Wind (under 2.0 mps) aid sprints/jumps

Sponsor-Pacific AAU Boys T&F
and San Jose Yearlings
Meet Director-Gary Gallego

6-7 Division

50 yard Dash	
D. Rodigo, SJS	7.0
B. Tyner, RCD	7.2
Hickerson, SJY	7.4
Conyers, HMM	7.5
Taylor, HMM	7.7
M. Hale, SAL	7.8

440 yard Dash

B. Tyner, RCD	77.3
D. Rodigo, SJS	78.4
D. Conyer, HMM	81.1
J. Garvin, SAL	82.1
M. Greening, SPA	82.2
M. Hale, SAL	84.1

Long Jump

D. Rodigo, SJS	11- 2 1/2
M. Sherrard, HMM	10-11 1/2
B. Tyner, RCD	10- 9 1/4
J. Garvin, SAL	10- 1
A. Conyer, HMM	10- 0

9-Under Division

50 yard Dash	
G. Coken, SAL	7.0
T. Jenkins, HMM	7.1
K. Adamo, SJY	7.3
McConockie, SJS	7.3

100 yard Dash

T. McCreary, HMM	12.9
S. Bruce, HMM	13.0
Cohan, SAL	13.6
C. Washington, SJY	13.9
T. Jenkins, HMM	13.9
R. Holland, HMM	14.0

220 yard Dash

S. Bruce, HMM	30.0
T. McCreary, HMM	30.7
P. Conners, RCD	32.2
C. Washington, SJY	32.4
R. Deems, SAL	32.5

440 yard Dash

G. Capestany, RCT	68.2
T. Knox, WW	69.6
R. Messick, WW	73.4
R. McConockie, SJS	74.4
P. Conners, RCD	74.5
C. Fowler, SJY	74.6

880 yard Run

R. Messick, WW	2:41.6
A. Stebbins, SJY	2:42.9
J. Julian, SAL	2:50.5
D. Sullivan, RCS	2:51.8
S. Milstead, SPA	2:54.0
A. Green, SAL	2:56.5

One mile Run

T. Knox, WW	5:43.8
T. Cunningham, SJS	5:44.0
S. Burke, SAL	5:56.0
D. Sullivan, RCS	5:59.8
L. Lowmiller, SAL	6:03.4
L. Mora, SAL	6:05.9

One mile Walk

A. Green, SAL	10:48
D. Fowler, SJY	10:48
R. Martinez, SJY	

D. Ocampo, SAL	10.9
B. Nagent, SJS	11.0
R. Martinelli, RCT	11.1
T. Weaver, DEP	11.1
M. Milstead, SPA	11.2
One mile Walk	
C. Giblen, SPA	8:35.4
D. Fuschak, SJY	9:30.0
C. Johnson, SJY	9:57.6
C. Hills, SPA	10:03.0

High Jump	
K. Murphy, MVB	5- 1
R. Martinelli, RCT	5- 0
L. Wright, RCS	4-10
D. Stone, WW	4- 9
J. Siemen, WW	4- 9

Long Jump	
M. Adam, SJY	16- 9½
D. Luethecke, SJS	15-10
P. Vargas, SAL	15- 8
R. Monighetti, SAL	15- 6½
M. Greggano, RCT	15- 4
K. Stewart, SAL	15- 3½

Triple Jump	
E. Van Brink, RCS	36- 0½
M. Wright, SPA	34- 2½
R. Martinez, SJY	32- 6
P. Vargas, SAL	31-10

Shot Put (6 pound)	
E. Van Brink, RCS	39- 3½
H. James, DPP	38-11½
K. Murphy, MVB	38- 8½
P. O'Malley, RCS	32- 9½
R. Wilson, SAL	32- 2½

Discus Throw (1 kilogram)	
P. O'Malley, RCS	100-6
B. Layton, SJY	99-7
R. Wilson, SAL	91-7½

**MICKEY'S MISSILES
GIRLS INVITATIONAL**

APRIL 3, 1971
BALBOA STADIUM
SAN DIEGO, CALIFORNIA
Weather-Clear, Warm, Varying
Winds (no guage used)
Track & Runways-Grasstex
Sponsor-Mickey's Missiles
Track & Field Association
Meet Director-Mickey Tyler

9-Under Division	
50 yard Dash	
Bernice Moore, VOS (7.1h)7.3	
Rena Wynn, WCJ (7.2h)7.4	
Melanie Mandelin, VOS	7.4
Denise Cody, MM	7.5

100 yard Dash	
Janette Windle, LBC(13.3h)13.5	
Pat Austin, WCJ	13.8
Bernice Moore, VOS	14.0
Denise Cody, MM	14.6

220 yard Dash	
Janette Windle, LBC	30.4
Lisa Leivo, LBC	32.9
Stephanie Romero, LBC	32.9
Rena Wynn, WCJ	33.0

440 yard Dash	
Donna Mills, MM	76.5
Dawn Freeman, VOS	78.0
Mauri Gibbs, LS	78.2
Mary Jo Kosmala, IMM	79.0
Stephanie Romero, LBC	79.1

High Jump	
Cecily Ellsworth, CRT	4-0½
Terri Smithey, LBC	3-8
Dawn Freeman, VOS	3-6

Long Jump	
Janette Windle, LBC	12-10
Donna Mills, MM	12- 7
Sabrina Jackson, CRT	12- 2½
Terri Smithey, LBC	12- 2
Eileen Gallagher, LJA	11- 5

Baseball Throw	
Becky Howell, LJA	124-3
Christy Wilson, IMM	122-4
Joni Argento, IMM	106-8
Resa Ybarra, VOS	103-0
Tina Stanton, LBC	100-8

10-11 Division	
50 yard Dash	
Regina Johnson, MM	6.5
Linda McQuarrie, LBC	6.5
Linda Morrison, SIDM	6.7
Fay Foster, MM	6.8

Stephanie Demery, LAJ(6.7h)7.1	
Sharon Dill, LS (6.8h)7.2	
100 yard Dash	
Regina Johnson, MM	12.1
Terri Frye, WW	12.3
Linda McQuarrie, LBC	12.3

220 yard Dash	
Terri Frye, WW	28.6
Sharon Dill, LS	29.4
Karen Ueda, LBC	29.6
Donna Martin, VOS	29.8

440 yard Dash	
Carol Young, LAJ	68.5
Lori Krug, LJA	69.2
Marla Day, CRT	71.3

880 yard Run	
Renee Quigley, IMM(10)2:33.5	
Teresa Tomasic, LBC	2:34.3
Laura Katzer, LBC	2:35.2
Donna Mueller, RRR	2:35.7
Lauri Jewell, LBC	2:36.3
Tami Sheets, RRR	2:38.0

Shot Put (6 pound)	
Julie Williamson, LBC	29- 4
Sharon Laughlin, RRR	29- 3½
Kellye Richardson, CRT	25-11½
Jan McCaskill, LBC	25- 8½
Donna Yarbrough, CRT	25- 8½

Baseball Throw	
Lisa Van Bentham, LJA	174- 2
Eleanor Painter, LBC	161- 7
Kellye Richardson, CRT	158-11
Mariena Pond, LBC	146- 8
Lorelei VanBentham, LJA	136-10
Donna Yarbrough, CRT	132- 8

12-13 Division	
50 yard Dash	
Judy Johnson, LBC (6.2h)6.3	
Mesheal Ridley, LAJ(6.4h)6.5	
Denise Martin, LAM	6.5
Venus Johnson, LAM (6.5h)6.6	

100 yard Dash	
Gail Douglas, LAM	11.1
Judy Johnson, LBC	11.2
Signe Carlson, IMM	11.4
Yolanda Rich, LAJ	11.6
Tami Crowell, LS	11.8
Debra Cody, MM	11.9

220 yard Dash	
Signe Carlson, IMM	25.5
Andee Garcia, LBC	26.0
Tami Crowell, LS	26.8
Leonia Hemphill, MM	26.8
Charlene Mitchell, LAJ	27.6
Janet Bridgewater, CRT	27.6

440 yard Dash	
Yolanda Rich, LAJ	59.9
Shelley Earl, MM	60.3
Therese SanAgustin, LBC	62.8
Julie Lake, LS	63.2
Mary Stirewalt, LS	64.9
Joyce Wolak, IMM	65.0

880 yard Run	
Effie Jordan, RRR	2:25.1
Kathy Jewell, LBC	2:25.3
Dianne Holder, LBC	2:27.4
Heather McNair, LJA	2:33.4

One mile Run	
Mary Decker, LBC	5:13.1
Doreen Assumma, RRR	5:20.3
Betty Burns, WW	5:25.8
Margit Sturhann, IMM	5:26.0
Sonia Gerth, RRR	5:36.0
Marie Albert, RRR	5:36.2

50 yard Hurdles	
Cathy Clarke, LJA	7.5
Dianne Windle, LBC	7.6
Cindy Gilbert, LJA	7.8

High Jump	
Cindy Gilbert, LJA	5- 2
Jill South, PHX	4-10
Rene Miller, LBC	4- 7

Long Jump	
Cathy Clarke, LJA	16- 4½
Cathy Johnson, MM	15-10½
Teri Taylor, MM	15- 8½
Andee Garcia, LBC	15- 6½
Dianna Windle, LBC	15- 6½
Donna Nelsen, PCH	15- 2½

Shot Put (6 pound)	
Vickie Chiarello, CRT	38-11
Kathy Devine, LJA	37- 3
Cheryl Holley, IMM	34- 2½
Jane Hamade, LBC	33- 0
Lydia Nava, RRR	31- 7½
Val Tanguay, RRR	31- 3½

Discus Throw (1 kilogram)	
Vickie Chiarello, CRT	101-0
Annette Salazar, CRT	87-9
Debbie Houser, CRT	80-1
Kelly Fuiks, PCH	78-8
Cathy Slater, LBC	78-7
Lorraine Painter, LBC	75-3

Javelin Throw (600 gram)	
Kelly Fuiks, PCH	93-1
Annette Salazar, CRT	90-1
Lorraine Painter, LBC	89-6
Cathy Slater, LBC	87-1
Vickie Chiarello, CRT	83-4
Brenda Mills, MM	81-3

**DUKE CITY DASHERS
BOYS INVITATIONAL**

APRIL 10, 1971
WILSON STADIUM
ALBUQUERQUE, NEW MEXICO

9-Under Division	
50 yard Dash	
Robert Lujan, ALV	7.7
J. C. Batty, DCD	7.7
Clifton Spencer, HTS	7.8
Steven Lancaster, HTS	7.9

100 yard Dash	
Mark Corley, DCD (14.3h)14.6	
Steve McIlhaney, ALV(13.9h)14.7	
Eddie Padilla, DCD(14.0h)14.9	
Erwin Jackson, DCD(13.9h)15.6	

220 yard Dash	
Mark Corley, DCD	32.7
Drake Lemaster, HTS	33.6
J. C. Batty, DCD	34.5

440 yard Dash	
John Krone, DCD	79.3
Greg Ballew, HTS	81.2
Grayland Hightower, DCD	81.6

660 yard Run	
Albert Sanchez, HTS	2:02.7
Tommy Grisson, DCD	2:04.7

880 yard Run	
Billy Powell, DCD	2:50.0
Tim Sanchez, DCD	3:08.5

High Jump	
Steve McIlhaney, ALV	3-10
Brian Henderson, DCD	3- 9
William Clark, ALV	3- 7
Tim Anderson, ALV	3- 6
Long Jump	
Michael Fingado, ALV	10-6½
John Krone, DCD	10-6
Drake Lemaster, HTS	10-4

Baseball Throw	
Brian Henderson, DCD	143-7
Jeff Hood, HTS	122-0
Robert Shields, DCD	121-2

10-11 Division	
50 yard Dash	
Daryl Thornton, DCD	7.2
Stephen Keohane, HTS	7.3
Bobby Westerfields, ALV	7.3
Anthony Toney, DCD (7.2h)7.4	

100 yard Dash	
Steve Rodgers, DCD(12.5h)12.9	
Tony Peterson, DCD	13.3

220 yard Dash	
Steve Rodgers, DCD	29.1
Kevin Saylor, ARR	30.6
Lewis Davis, DCD	30.8

440 yard Dash	
Lewis Davis, DCD	69.4
Brad Brown, DCD	70.2

880 yard Run	
Walter White, DCD	2:39.4
Jon Anderson, ARR	2:43.9
Peter Thoma, HTS	2:49.5

One mile Run	
Kevin Saylor, ARR	5:47.6
Brian Salle, HTS	5:53.6
John Klingler, DCD	5:55.0

High Jump	
Jimmy Mathieu, Socorro	4-5
Mike Hanrahan, HTS	4-4
Steve Padilla, DCD	4-4

Long Jump	
Steve Padilla, DCD	12-10½
Jimmy Mathieu, Socorro	12- 9

Shot Put (6 pound)	
Curtis Spencer, HTS	25-6
Ronald Roybal, HTS	25-3½
John Williams, HTS	25-3½

Baseball Throw	
Ron Roybal, HTS	182-2
Mike Hanrahan, HTS	180-2
12-13 Division	
50 yard Dash	
Russell Longacre, HTS	6.6
Steve Vallejos, Taft JHS	6.8
Mark Barnes, Taft (6.6h) 6.9	

100 yard Dash	
Doug Leffler, Taft JHS	11.8
Theo Stephens, Taft	12.4

220 yard Dash	
Doug Leffler, Taft JHS	26.4
Theo Stephens, Taft	28.7
T. Gonzales, Taft	28.9

880 yard Run	
Mark Chavez, Taft JHS	2:28.6
Rick White, DCD	2:34.0

High Jump	
Ken Jones, AZT	4-5
Morris Aiken, DCD	4-4
Leonard Martinez, ALV	4-4

Long Jump	
Ken Jones, AZT	14-7½
Mark Barnes, Taft JH	13-2½

Shot Put (6 pound)	
Jinjo Montoya, Taft JH	35- 7½
R. Gonzales, Taft	33- 5½
Jim Avila, AZT	31-10½

Baseball Throw	
Jim Avila, AZT	210-10
David McLouglin, ARR	177- 4

**LONG BEACH COMETS
GIRLS INVITATIONAL**

APRIL 10, 1971
WILSON HIGH SCHOOL
LONG BEACH, CALIFORNIA
Weather-Clear, Cool
Track-Crushed Brick
Sponsor-Long Beach Comets
Meet Director-Don DeNoon

9-Under Division	
50 yard Dash (wind 0.5 mps)	
Lisa Erickson, OIM	7.4
Elizabeth Maddox, SJQ	7.4
Miriam Rosemond, OX (7.5h)7.7	
Joyce Miles, WVJ	7.7
Emily Diaz, OMC (7.7h)7.9	
Terri Smithey, LBC (7.8h)7.9	

100 yard Dash (wind 0.8 mps)	
Janette Windle, LBC	13.6
Deborah Smothers, WVJ	13.6
Lisa Erickson, OIM(13.7h)14.0	
Debbie Kainz, OMC(13.7h)14.2	
Helen Jacobs, OX (13.9h)14.3	
June Richard, WVJ(14.3h)14.4	

220 yard Dash (wind 4.2 mps)	
Janette Windle, LBC	31.0
Helen Jacobs, OX	32.1
Debbie Kainz, OMC	32.9
June Richard, WVJ	33.4
Lisa Leivo, LBC	34.0
Eileen Gallagher, LJA	35.2

440 yard Dash	
Kathy Weiss, CP	73.1
Penny Bridges, RRR	73.4
Barbie Gnelm, RRR	76.9
Laurie Koustik, OMC	77.2
Lisa Leivo, LBC	77.5
Janet Sims, LOM	77.7

660 yard Run	
Susie Sanchez, RRR	2:03.4
Marcie Riccardi, OMC	2:06.4
Pam Robison, LOM	2:07.6
Shelly Vessey, LS	2:08.3
Mary Jo Kosmala, IMM	2:08.4
Joni Caldwell, LBC	2:09.9

High Jump	
Terri Smithey, LBC	3-10
Kathy Weiss, CP	3- 8
Laurie Koustik, OMC	3- 6
Miriam Rosemond, OX	3- 4
Debbie Wilson, CP	3- 4
Brigetta Meek, WVJ	3- 4

Long Jump (max. wind 4.8 mps)	
Janette Windle, LBC	13- 5½
Deborah Smothers, WVJ	12- 7½
Mary Swain, CP	11-11½
Terri Smithey, LBC	11-10½
Eileen Gallagher, LJA	11- 6
Julie Sabol, IMM	11- 5

Baseball Throw	
Laurie Koustik, OMC	123-10
Christy Wilson, IMM	118- 5
Becky Howell, LJA	112- 9
Tina Stanton, LBC	108- 9
Joni Argento, IMM	106- 3

10-11 Division	
50 yard Dash (wind 1.7 mps)	
Laura Scollin, LOR	6.8
Vicki Aston, OIM	6.8
Sharon Dill, LS (7.1h)7.2	
Susan Husband, OX (7.1h)7.2	
Linda Walker, WVJ	7.3
Stephanie Demery, LAJ	7.3

100 yard Dash (wind 1.4 mps)	
Linda McQuarrie, LBC	12.4
Laura Scollin, LOR	12.4
Carol VonDrehleqf (12.4h)12.5	
Alice Howell, WVJ	12.5
Jan Fox, CP	12.9

Mary Stirewalt, LS	64.2
880 yard Run	
Effie Jordan, RRR	2:25.9
Dianne Holder, LBC	2:26.1
Pam Young, CG	2:29.4
Shelly Lewis, LMM	2:29.7
Perri Barrett, LOM	2:32.9
Anita Shoemaker, OMC	2:33.3

One mile Run	
Mary Decker, LBC (12)	5:08.2
Doreen Assumma, RRR	5:17.5
Kathy Jewell, LBC	5:23.6
Margit Sturhann, LMM	5:25.5
Sonia Gerth, RRR	5:37.1
Elizabeth MacDonald, LBC	5:42.1

50 yard Hurdles (wind nil)	
Cynthia McKenzie, OIM	7.6
Dianna Windle, LBC	7.7
Meg Swenson, CG	7.8
Cathy Clarke, LJA (7.7h)	7.9
Chris Remmling, LJA (7.9h)	8.8
Signe Carlson, LMM (7.4h)	

High Jump	
Patty Carman, RRR	5-3
Cindy Gilbert, LJA	5-1
Diane Stuart, DBV	5-0
Michelle Rauch, CP	4-7
Rene Miller, LBC	4-7
Martha Quinn, FEL	4-7
Beth Miller, LOM	4-6

Long Jump (max. wind 1.4mps)	
Andee Garcia, LBC	16- 3 $\frac{1}{2}$
Patty Carman, RRR	16- 0 $\frac{1}{2}$
Meg Swenson, CG	16- 0
Cathy Clarke, LJA	15-11 $\frac{1}{2}$
Dianna Windle, LBC	15-10 $\frac{1}{2}$
Cathy Sulinski, ML	15- 9 $\frac{1}{2}$
Marla McQuarrie, LS	15- 9

Shot Put (6 pound)	
Kathy Devine, LJA	39- 2
Honey Johnson, OIM	34- 1
Michelle Rauch, CG	33-10
Pam Young, CG	33- 1 $\frac{1}{2}$
Martha Quinn, FEL	32-10 $\frac{1}{2}$
Jane Hamade, LBC	32- 1

Discus Throw (1 kilogram)	
Lorraine Painter, LBC	92-8
Gwen Brownlee, FEL	82-4
Cathy Slater, LBC	79-5
Kathy Devine, LJA	70-0
Michelle Rauch, CP	68-0
Connie Gassen, CCS	67-7
Tarea Brewer, FEL	67-2

Baseball Throw	
Martha Brown, ML	209-7
Pam Young, CG	205-6
Becky Mara, HL	202-6
Lorraine Painter, LBC	202-0
Valerie Moore, LJA	183-9
Kathy Devine, LJA	181-4

Javelin Throw (600 gram)	
Lorraine Painter, LBC	90- 6
Cathy Slater, LBC	88- 9
Heather McNair, LJA	88- 3
Connie Gassen, CCS	81-10

14-17 Division	
100 yard Dash (wind nil)	
Kim Attlesley, LS	11.2
Lorna Timney, LJA	11.4
Janine Stirewalt, LS	11.6
Jody Peterson, OMC	11.7
Mary Buchanan, LJA (11.7h)	11.9
Roberta Fore, LS	12.1
Elna Drew, LJA (11.9h)	

220 yard Dash (wind 0.4 mps)	
Nora Johnson, LJA	26.1
Becky Welding, LBC	26.2
Cathy Hardeman, ML	26.4
Rita Carter, FEL	26.7
Janine Stirewalt, LS	26.8
Sue Kempen, LS	26.9

440 yard Dash	
Carol Mayes, LS	59.2
Becky Welding, LBC	59.5
Veronica Dawkins, LAJ	60.6
Maureen Meade, LBC	60.9
Mary Mueller, RRR	62.6
Debbie Johnson, RRR	62.6

880 yard Run	
Ruth Kleinsasser, RRR	2:19.6
Donna Ten Eyck, CG	2:24.0
Diane Byington, RRR	2:26.2
Patty Cape, LBC	2:28.1
Joyce Anderson, LAJ	2:29.0
Corinne Stirewalt, LS	2:29.4

One mile Run	
Debbie Johnson, RRR	5:14.7
Ruth Kleinsasser, RRR	5:15.3
Linda Green, LBC	5:26.7
Donna Ten Eyck, CG	5:28.4
Diane Byington, RRR	5:28.5

80 yard Hurdles (wind 0.7mps)	
Lorna Tinney, LJA	10.9
Gwen Garcia, FEL (11.3h)	11.5
Roberta Fore, LS (11.3h)	11.6
Yvonne Freeman, FEL	12.1
Lisa Attlesley, LS (12.0h)	12.2
Ann Wheeler, OMC (11.3h)	12.9

High Jump	
Gwen Garcia, FEL	5-0
Jan Dill, LS	5-0
Karen Kosmala, LMM	4-10
Long Jump (max. wind 0.8 mps)	
Kim Attlesley, LS	19-6 $\frac{1}{2}$
Sandi Goldsberry, LS	18-7
Nora Johnson, LJA	18-2 $\frac{1}{2}$
Darla Crowell, LS	17-9 $\frac{1}{2}$
Jan Dill, LS	17-8

Shot Put (8 pound)	
Iva Wright, FEL	42- 7 $\frac{1}{2}$
Yvette Brownlee, FEL	40- 8
Debbie Rivera, LGB	38-11 $\frac{1}{2}$
Debbie Nolan, LGB	35- 6 $\frac{1}{2}$
Debbie Brown, CCS	35- 2 $\frac{1}{2}$
Debbie Langevain, LS	33- 6

Discus Throw (1 kilogram)	
Iva Wright, FEL	147-11
Debbie Rivera, LGB	137-10
Debbie Nolan, LGB	122-0
Debbie Brown, CCS	119-0
Yvette Brownlee, FEL	115-11
Debbie Langevain, LS	109- 8

Javelin Throw (600 gram)	
Karin Smith, LJA	144- 5
Claudette Fabian, LA	130- 3
Denise Sherrill, LS	128- 8
Debbie Langevain, LS	122-10
Pat Hamlin, LMM	109- 4
Jamie MacEwing, LJA	107- 5

Shot Put (6 pound)	
Kathy Devine, LJA	39- 2
Honey Johnson, OIM	34- 1
Michelle Rauch, CG	33-10
Pam Young, CG	33- 1 $\frac{1}{2}$
Martha Quinn, FEL	32-10 $\frac{1}{2}$
Jane Hamade, LBC	32- 1

Discus Throw (1 kilogram)	
Lorraine Painter, LBC	92-8
Gwen Brownlee, FEL	82-4
Cathy Slater, LBC	79-5
Kathy Devine, LJA	70-0
Michelle Rauch, CP	68-0
Connie Gassen, CCS	67-7
Tarea Brewer, FEL	67-2

Baseball Throw	
Martha Brown, ML	209-7
Pam Young, CG	205-6
Becky Mara, HL	202-6
Lorraine Painter, LBC	202-0
Valerie Moore, LJA	183-9
Kathy Devine, LJA	181-4

Javelin Throw (600 gram)	
Lorraine Painter, LBC	90- 6
Cathy Slater, LBC	88- 9
Heather McNair, LJA	88- 3
Connie Gassen, CCS	81-10

14-17 Division	
100 yard Dash (wind nil)	
Kim Attlesley, LS	11.2
Lorna Timney, LJA	11.4
Janine Stirewalt, LS	11.6
Jody Peterson, OMC	11.7
Mary Buchanan, LJA (11.7h)	11.9
Roberta Fore, LS	12.1
Elna Drew, LJA (11.9h)	

220 yard Dash (wind 0.4 mps)	
Nora Johnson, LJA	26.1
Becky Welding, LBC	26.2
Cathy Hardeman, ML	26.4
Rita Carter, FEL	26.7
Janine Stirewalt, LS	26.8
Sue Kempen, LS	26.9

440 yard Dash	
Carol Mayes, LS	59.2
Becky Welding, LBC	59.5
Veronica Dawkins, LAJ	60.6
Maureen Meade, LBC	60.9
Mary Mueller, RRR	62.6
Debbie Johnson, RRR	62.6

880 yard Run	
Ruth Kleinsasser, RRR	2:19.6
Donna Ten Eyck, CG	2:24.0
Diane Byington, RRR	2:26.2
Patty Cape, LBC	2:28.1
Joyce Anderson, LAJ	2:29.0
Corinne Stirewalt, LS	2:29.4

Kendel Makin, FLC	10-4
Baseball Throw	
Sharmayne Gumm, Cath't	85- 0
Tina Alderman, FLC	72-10
Boys 10-11	
100 yard Dash	
Clark Christiansen, POR	13.1
Chris DeGallier, WOOD	13.7

220 yard Dash	
Mickey Ryan, GHG	32.7
Greg Hansen, WOOD	33.2
440 yard Dash	
Clark Christiansen, POR	69.4
Mark Dagg, POR	71.7
880 yard Run	
Mark Dagg, POR	2:43.5
Jim Banks, POR	3:02.3

70 yard Low Hurdles	
Mickey Ryan, GHG	12.4
Chris Friday, WOOD	12.5
Don Campbell, Cath'let	12.8
High Jump	
Randy Shill, WOOD	3-10
Stan McKinley, WOOD	3-10

Long Jump	
Greg Hansen, WOOD	13-8
Mickey Ryan, GHG	12-7
Shot Put (6 pound)	
Chris Friday, WOOD	27-0
Stan McKinley, WOOD	25-0

Discus Throw	
Chris Friday, WOOD	71-9 $\frac{1}{2}$
Rick Pengra, WOOD	48-5
Girls 10-11	
100 yard Dash	
Lori Eschelmann, POR	13.2
Val Gambee, POR	14.2

220 yard Dash	
Lori Eschelmann, POR	30.4
Val Gambee, POR	32.9
High Jump	
Mary Maynard, FLC	3-5
Kathy Skillings, LaCenter	3-0

Boys 12-13	
220 yard Dash	
Steve Snelling, POR	29.9
Tom Gunn, Cath'let	30.1
440 yard Dash	
B. Christiansen, POR	n.t.
Tom Gunn, Cath'let	65.1

880 yard Run	
Paul Cothren, Cath'let	2:22.9
Tony Garvey, POR	2:31.9
Neal Adkins, POR	2:32.0
One mile Run	
Paul Cothren, Cath'let	5:23.1
Pat Weidmann, POR	5:37.0

70 yard Low Hurdles	
Todd Gunn, Cath'let	11.4
Steve Snelling, POR	n.t.
High Jump	
Steve Snelling, POR	4-2
Cliff McDaniels, Cath'met	4-0

Shot Put (8 pound)	
Larry Carter, Morton	33-10
Steve Griffith, POR	29-11
Ron Weist, Cath'let	29- 6
Discus Throw	
Ed Cochran, Cath'let	86-11
Steve Griffith, POR	82- 3 $\frac{1}{2}$
Dave Dowd, Cath'let	78 4

Girls 12-13	
100 yard Dash	
Laura Allen, FLC	13.1
Leslie Spooner, Cath'met	13.7
220 yard Dash	
Martha Gambee, POR	32.4
Laura Spooner, Cath'met	32.9

440 yard Dash	
Sally Arther, POR	68.4
Jean Olson, POR	77.9
50 yard Hurdles (30 inch)	
Sally Arther, POR	8.7
Julie Kramer, Cath'let	9.3

Long Jump	
Laura Allen, FLC	15- 0 $\frac{1}{2}$
Laura Cameron, POR	13-10
Shot Put (6 pound)	
C. Hershey, LaCenter	24-1

Pettit, LaCenter	23-3
Discus Throw	
Laura Allen, FLC	72-11
Mildred Cochran, Cath't	58- 0

NEW MEXICO STATE AAU GIRLS A-G CHAMPIONSHIPS	
APRIL 17, 1971	
WILSON STADIUM	
ALBUQUERQUE, NEW MEXICO	
9-Under Division	
50 yard Dash	
Desisee Mulvaney, ALV	7.3
Rhonda Adams, HTS	7.4
Cheryl Thompson, HTS	7.5

100 yard Dash	
Desisee Mulvaney, ALV	13.7
Sandra Tatum, DCD	13.9
Vivian Flanders, DCD	14.4
Juanita Williams, DCD (4.3h)	14.4
220 yard Dash	
Tracy Bear, DCD	31.5
Sandra Tatum, DCD	32.7
Lisa Gilliland, DCD	32.9

440 yard Dash	
Tracy Bear, DCD	71.0
Lisa Gilliland, DCD	74.2
Gale Pennington, DCD	79.7
660 yard Run	
Kathy Gill, DCD	1:58.8
Aliza Zucht, DCD	2:02.2
Teddi White, DCD (8)	2:03.5

High Jump	
Mary Sedall, ALV	3-6
Terri Trumble, DCD	3-4
Lisa Gilliland, DCD	3-4
Pam Murray, DCD	3-4
Cynthia Cooper, DCD	3-4
Long Jump	
Kathy Gill, DCD	11-11 $\frac{1}{2}$
Tracy Bear, DCD	11- 8
Gina Rubio, DCD	11- 4 $\frac{1}{2}$
Cynthia Cooper, DCD	10- 7 $\frac{1}{2}$
Dominique Spain, ALV	10- 5 $\frac{1}{2}$

Baseball Throw	
Kathi Mallow, DCD	121-11
Debbie Garcia, HTS	115- 2
Gina Rubio, DCD	94- 3
10-11 Division	
50 yard Dash	
Barbara Hobbs, DCD	6.8
Chris Brockhoff, HTS (6.7h)	6.9
Valery Boyer, DCD	6.9
Vicki Cox, PAC	6.9
Tana Meadows, DCD	6.9
Kathy Boardman, ALB (6.9h)	

100 yard Dash	
Donna Corley, DCD (12.6h)	12.7
C. Brockhoff, HTS (12.9h)	13.1
Vicki Cox, PAC	13.3
Tana Meadows, DCD (12.9h)	13.5
Denise Martinez, HTS (29h)	13.7

220 yard Dash	
Donna Corley, DCD	29.9
Doreen Villa, DCD	30.1
Chrishelle Speller, DCD	30.6
Valery Boyer, DCD	30.7
440 yard Dash	
Cheryl Sanchez, DCD	68.4
Doreen Villa, DCD	69.8
Debbie Leeper, DCD	70.3
Barbara Hobbs, DCD	71.5

880 yard Run	
Chrishelle Speller, DCD	2:36.0
Beth Day, DCD	2:44.6
Diana Schneider, DCD	2:46.2
Cinda McDade, DCD	2:46.7
Carrie Jordan, ALB	2:48.3

High Jump	
Carrie Hudiburgh, DCD	4- 3
Ann Gilliland, DCD	4- 1
Sandy Greene, DCD	3-10
Kelly Kloepfel, ALV	3-10
Loretta Orosco, AZT	3-10

Long Jump	
Peggy Mallory, DCD	14- 7 $\frac{1}{2}$
Christine Brockhoff, HTS	13-11
Valery Boyer, DCD	13- 0 $\frac{1}{2}$
Carrie Hudiburgh, DCD	12-11
Debbie Griego, DCD	12- 9
Ann Gilliland, DCD	12- 7

Shot Put (6 pound)	
Cheryl Sanchez, DCD	24-5
Kathy Fletcher, DCD	22-4
Katy Marks, HTS	21-9 $\frac{1}{2}$
Baseball Throw	
Barbara Bell, HTS	143-11
Kathy Fletcher, DCD	136- 8
Shannon Turpen, ALB	133- 9
Lynn Alexander, AZT	129- 0
Barbara Gonzales, ALV	126- 7

12-13 Division	
50 yard Dash	
Dinie Norero, DCD	6.6
Kathy Isburgh	6.8
Leona Dunathick, PAC	7.0
Nanette Wales, ALB (6.9h)	7.1
Marie Dresser, HTS (6.9h)	7.1

100 yard Dash	
Susan Vigil, DCD	11.7
Alice Watson, DCD	11.8
Kim Kloepfel, ALB	12.1
Stephanie McDade, DCD	12.5
Rose Winterinck, ALB (12.3h)	12.7
220 yard Dash	
Susan Vigil, DCD	27.1
Debbie Longenbaugh, DCD	

In the last issue at STARTING LINE a brief description of the various distance training programs in use today was presented. Interval training, tempo training, long slow distance and Fartlek have all produced athletes of national and international caliber. What system is best suited to the age group distance athlete?

There is no one best method to train distance runners. Unfortunately, the physiology and psychology of distance running and training has defied the efforts of the world's most outstanding scientists. The experts have not been able to distill the many scientific facts into one distance training recipe that will produce the ultimate distance runner. Coaching the distance events is an empirical, non-exacting science - almost an art - that defies rigid laws or ideas. How then does the coach go about preparing distance runners, particularly young distance runners?

Examination of successful training systems used by outstanding coaches and athletes is the most prevalent method of determining a particular training program. Adapting the outstanding features of each system to meet the geographical, emotional, physiological and other individual needs of the athlete is the usual method which the good coach uses in arriving at his coaching system.

There are some recognizable trends in modern distance training that can serve as useful guidelines. For example, a marathoner runs more miles per week in training than the miler. The longer the distance to be run in competition, the greater the mileage in workouts. It would be unrealistic to expect an age group athlete to complete a marathon (26 miles, 385 yards) in good form if his weekly mileage total is only 20 miles. The mile runner, on the hand, would not necessarily have to run 100 miles per week to successfully compete since the race distance is not particularly long.

How much mileage in workouts should the young age group athlete attempt? There is no absolute definitive answer when discussing athletes from six to 16 years of age. The best guideline is the amount of mileage that the runner can handle without extreme fatigue or frequent injury, illness or discomfort. Age certainly would be a factor in considering the weekly total mileage. Previous experience with distance training would also have a great influence in determining the volume of mileage.

Another trend in modern distance training is the "hard-easy" method. In this system, an excessively long or strenuous workout day is followed by two or three days of relatively easy training. An example: a difficult interval workout followed by two or three days of

interval of Fartlek training well within the runner's capabilities. Or, an all out distance run followed by a few days of easy interval training.

The "hard-easy" method is certainly advisable with age group athletes. Constant training stress in the form of daily hard workouts will cause some form of breakdown (injury, illness, loss of interest) in any athlete.

Frequency of workouts for serious age group distance runners should not be less than five days per week. A number of studies have shown that fewer than 5 days per week of workouts produces minimal improvement and often just maintains the current level of overall fitness.

A combination of interval/tempo training and Fartlek/distance training is desirable in any workout program. Usually a preseason period of emphasis on long slow distance precedes the competitive running season. As the season approaches, more interval/tempo type training is introduced in order to sharpen the competitive instinct and tune the body physiologically for the exacting demands of the competition. It is generally thought that the effects of long slow distance/Fartlek training remain with the athlete longer than do the benefits of interval/tempo training. Also studies have shown that in most cases there have been less injuries when a preseason long distance program has been followed rather than using an interval schedule as the sole basis of the training program.

Caution is advisable where training young boys and/or girls is concerned. It is important to realize that distance running and training puts a tremendous burden on all systems of the body, psychological as well as physiological. The guiding principle in distance training is moderation. Studies have shown that the full potential of most distance runners is not reached until their late 20's or early 30's. Too much pressure to improve at an early age can, and often does, cause the young athlete to give up.

Realistic yearly goals, well within the reach of the young distance runner, should be planned in advance. The training systems used, whatever the combination may be, should be designed to achieve these realistic goals. An important fact to be remembered by coach and parent is that participation in distance events should be enjoyable; it should be FUN. If it is not, then someone is making a grave mistake. RUN FOR FUN and TRAIN DON'T STRAIN should be axioms familiar to every coach and athlete involved in long distance events.

The books listed below have been used in researching material for this article and are recommended to readers who desire more details. Most of the books are available from STARTING LINE; price is listed.

- Costil, David L., What Research Tells the Coach about Distance Running, Washington: AAHPER, 1968 (SL - \$2.95)
Freeman, William H., "Basic Elements of all the Distance Training Programs", Scholastic Coach, March 1971
Henderson, Joe, Long Slow Distance, the Human Way to Train, Los Altos, Cal., Tafnews Press, 1969 (SL - \$2.00)
Osler Thomas J., The Conditioning of Distance Runners, Long Distance Log Publication, 1967 (SL - \$1.25)
Ward, A.P., Middle Distance Training, London, AAA 1967 (SL - \$1.50)
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ACROSS the USA

Regional News & Highlights

In these pages we hope to encourage beginners, promote the formation of new teams, publicize worthwhile programs, and honor those individuals who are instrumental in improving the track picture near your home. Local teams and activities will be emphasized.

If you know of any events which, if publicized, will help encourage the athletes in your area, or might inspire other communities to follow your good example, by all means report such information to STARTING LINE. This is your page. Make good use of it.

THE WEST

Southern California - from Virginia Stone

SAN BERNARDINO - Apr. 17 - The Rialto Road Runners held an All-Comers Track and Field meet for boys on the all-weather track of San Bernardino Valley College. Despite the cold and rainy weather, 76 youngsters participated.

The outstanding performance of the day was Charles Assumma's 2 mile run. The 10 year old Rialto ace was at his best, lapping the field with a speedy time, 11:14.4! His split times were 5:41.8 at the mile and 8:36 at the 1 1/2 mile mark; meaning that he ran the last 880 in 2:38.4! His twin brother, Frank, who is in love with baseball these days, still won the 10-11 mile in 5:31.4.

Other highlights: 7/Under - 44/660, Mike Assumma(RRR) 86.4/2:08.9; 9/Under - 100/220, Derrick Lawler(LA Jets) 13.9/33.7; 220/440, Roger Phillips(VVikings) 35.1/74.2; 10-11 - 440, 1-Ron Jordan (LAJ) 66.6, 2-Bret Wightman (Van Nuys Bengals) 67.8, 3-Brian Edrington(W Val Pacers) 70.8; 880, 1-Bret Wightman 2:36.5, 2-R. Jordan 2:41.2, 3-Daniel Stone (RRR) 2:42.1; 12-13 - 220/440, Tim Wolf-inbarger (RRR) 27.8/57.4; 100, Hector Burrell 11.6; Mile, Steve Phillips (Valley Vikings) 5:46.2.

NEWPORT BEACH ROAD RUN
SOUTHERN PACIFIC AAU

MARCH 28, 1971

NEWPORT BEACH, CALIFORNIA

Junior High Division (3.7mi)

Sam Garcia, WW (15) 19:57
William Camacho 21:38
Jon Cook 21:58
Jim Dillingham, WW (13) 22:39
Andre Rodriguez 23:34
Jeff Garrison (13) 23:58
(Total Finishers, E & JH-25)

Weather-Slight overcast, Mild Breeze, Temp. 63°
Sponsor-Southern Pacific AAU
Long Distance Running Comm.

Elementary Division (3.7 mi)

Kevin Knox, WW (11) 20:24
Mary Decker, LBC (12) 20:45
Robert Nunez, WW (10) 21:15
Eddie Lujan, WW (10) 21:50
Shawn Shambaugh, WW(11) 22:44
Todd Knox, WW (9) 23:12
Robin Messick, WW 23:54
Chris Watson 24:28
Mike Mosby 24:29

RESEDA - Apr. 18 - White Oak Athletic Club staged another in a series of all-comers meets for boys and girls at Birmingham High School. Best marks included: Boys 9/Under 50/100, Miles Steward 6.8/13.6; Derrick Lawler(LA Jets) 6.9/13.8; 440/880/HJ/LJ, Roger Phillips(V Vikings) 74.3/2:53.2/3-8/11-6 3/4; 10-11 - 50/100/220, Kenneth Lawler 6.4/12.4/28.2; 880, Bret Wightman (Van Nuys Bengals) 2:36.2; 12-13 - 440/70LH/LJ, Kurt Schumacher (W Valley Pacers) 58.5/9.9/17-5; Mile, 1-Greg Brown 5:33.6, 2-Steven Phillips(VV) 5:45.3; 2Miles, S. Phillips 13:06; 14-15 - 100/220, Derrick Ford, 14, (LAJ) 11.3/25.5; Mile, Richard Nance (WVP) 4:46.9;

Elementary School Postal Mile Walk - 1-Mike O'Hara 10:04, 2-Eric Zucker 10:05, 3-Mike Bernstein 10:06; as a team, they are the new leaders in that division.

THE MIDWEST

Nebraska

OMAHA - The Midwestern Assn of the Jr. Olympics, headed by Dr. Tom Hallstrom, has always had a tremendous qualifying set-up and association championship (last year about 1200 boys and girls competed in the JO finals). But that was all there was. In order to remedy this situation, the Omaha Park and Recreation Dept., public schools and the Westside Community Schools have been conducting a series of Track and Field practice sessions for boys and girls, ages 8 thru 17, at various locations. Track coaches were at each site to give instruction in specific events for the different ages.

These practice sessions will lead to "All-Comers" meets that will be conducted at various sites throughout the city. Youngsters will be eligible to participate in any or all meets. There is no cost.

Two meets a week will be held throughout the month of May. For further information call (402) 556-6600, ext286.

THE SOUTH

North Florida

GAINESVILLE - Mar. 26 - In conjunction with the 28th annual Florida Relay, age-group mile runs for boys were held. The highlights of the competition were provided by Mark Waterbury who established a new meet record in the 11-12 mile in 5:37.6 and by 13 year old Jon Slaughter, from Nashville, Tenn., who completely dominated his division with a 4:53.8 mile (5th best of all time), beating his nearest rival by over a minute.

Following are the results of		9-10 Division (Elec. Time)	
the 12/Under competition:	Track-All-Weather	Jimmy Hartle, Fla	5:43.78
	Sponsor-U.S. Track & Field Federation (Jr. Champ)	Herbert Wills, Fla	5:46.50
	Meet Director-Jimmy Carnes	Mike Delucia, Fla	5:49.6
		Bob Carnes, Fla	5:51.4
		Charles Bishop, NC	6:13.5
7-8 Division(Electronic Time)		11-12 Division	
Gary Bishop, NC	6:05.44	Mark Waterbury, Fla	5:37.6
Kevin Burnsed, Fla	6:19.70	Bill Thorn, Ga	5:41.2
Ted Ballard, Fla	6:22.77	Laverne Chandler, Fla	5:50.7
Terry Thorn, Ga	6:41.31	Jerry Carnes, Fla	5:51.5
Randy Buxton, Fla	6:42.72	Tony Calloway, Fla	5:52.5

Georgia

EAST POINT - Apr. 17 - A Junior Decathlon (actually a six event sextathlon) was held at Briarwood High School. This age-group team and individual competition consisted of a 50 yard Dash, 440, 880 (7 & 8 year olds) or Mile (9 & 10 year olds), High Jump, Long Jump and Shot Put. Athletes competed in tennis shoes on a slow cinder track in 79 degree weather. Scoring was on the basis of 10-8-6-5-3-1 for the top six places in each event. Teamwise, Falcons (324 points) were winners, followed by Wingfoots (264) and Roadrunners (204). Below are best individual results:

10 year olds	50	440	Mile	H J	L J	S P
Mike Moss, FAL(49 pt)	7.5	72.4	6:19		11- 8	23- 7
Steve Brito, WF (41)	7.9	79.3	6:44	3-6	12- 8	21-11
Mike Langford, WF(34)	7.6	78.1	6:38		12- 5	

9 year olds	Mile			
Brian Gamel, WF (47)	7.6	79.7	6:34	12- 2 18- 4
Jeff Haney, WF (33)	7.9	72.9		11- 9 22- 9
Joe Davis, FAL (32)	7.7	81.0	6:44	10-10 21- 0

8 year olds	880			
C. McDuffie, FAL(30 1/2)	8.6	78.9	3:04	9- 9
H. Delaschmit, RR(30)	8.2	82.2	3:17	15- 2

7 year olds	880			
Terry Thorn, FAL (53)	9.1	87.5	3:17.8	3-2 9-11 15- 1
P. Delaschmit, RR(45)	8.1	92.0	3:32.5	10- 9 14- 0
Mark Moss, FAL (40)	9.1	90.0	3:20.3	8- 3 13- 4

THE EAST

New York - from Barry Geisler

BROOKVILLE - Mar. 28 - The New York Assn of the Road Runners Club of America, held an age-group meet for boys and girls on the all weather track of C. W. Post College.

There were 132 competitors and some excellent performances. The highlights of the meet were:

In the girls divisions - 3 year old Diane McCarthy, winning the 5-Under 440 and Nancy Frank, 10, placing first in the 10-11 mile in 5:54.7.

In the boys divisions - 4 boys breaking 6:00 in the 10-11 mile with Brian McGarney an easy winner in 5:30.3 and Chris Dye outkicking Curtis Hilliard in the 12-13.

Weather-Fair, no wind, 55°	
Track-All-Weather	
Sponsor-Road Runners Club	
New York Association	
Meet Directors-Peg O'Shea and John O'Shea	
Total Competitors-132 (64 Boys and 68 Girls)	
5-Under Division (440 yards)	
Diane McCarthy (3)	1:54
Kiernan O'Toole	2:11
Leonard Conway	2:12
Age 6-7 (1.00 mile)	
Ronald Geisler	6:46.6
Bill Daly	7:08
Michael McCarthy	7:11
John Keane	7:11.5
Girls 8-9 (1.00 mile)	
Mancine Olexa	7:27
Karen Spear	7:28.2
Patricia Sweeney (8)	7:46
Boys 8-9 (1.00 mile)	
Tim McCarthy	6:02.3
Michael Hogan	6:06
George Linitz	6:07

Girls 10-11 (1.00 mile)		
Nancy Frank (10)	5:54.7	
Rhonda Ross	6:05	
Margaret Shanhan	6:11.4	
Katie Smith	6:22	
Boys 10-11 (1.00 mile)		
Brian McGarney	5:30.3	
Vincent Hogan (10)	5:40	
Julio Medina (10)	5:51	
Lee Geisler (10)	5:57	
Myles Shanhan	6:02	
Girls 12-13 (1.00 mile)		
Donna Lantz (12)	5:56.4	
Laura Leale	5:58.6	
Laurie Bricker	6:09	
Elyse Wagener	6:11	
Boys 12-13 (1.00 mile)		
Chris Dye	5:21.8	
Curtis Hilliard	5:22.7	
Rich Pruce	5:23	
Tom Reid	5:33	
Mike Laga	5:35	
Charles Pierce (12)	5:41	
Eric Geisler	5:45	
Peter Morales (12)	5:46	

New York - Mar. 7 & 13 - A series of "Run for Fun" cross-country meets are being staged by the RRCA, New York division.

Following are the results of early March events:

BRONX, NEW YORK

Sponsor-New York RRC	
Meet Directors-Barry Geisler & Kurt Steiner	
9-Under (1.00 mile)	
John Sullivan, Queens	6:22
Tom McCarthy, Yonkers	6:59
George Ryan, Long Is.	7:08
Andre Rodriguez, Queens	7:09
Billy Strack, Queens	7:18
Ronald Geisler, Bronx(7)	7:21
Mike McCarthy, Yonkers(7)	7:30
10-11 (1.00 mile)	
Vin Hogan, Queens	5:46
Tim McCarthy, Yonkers(9)	5:50
Julio Medina, Queens	6:09
Lee Geisler, Bronx	6:19
Joe Seger, Queens	6:28
Paul Fetscher, Long Is.	6:30
Sam Grimmins, Queens	6:39
Jim Ryan, Queens	6:40
12-13 (1.00 mile)	
Eric Geisler, Bronx	5:37
Mike Laga, Long Island	5:43
Charles Pearson, N Jer.	5:45
Scott Harrison, N Jersey	5:51
Pete Morels, Queens	5:56
14-15 (1.00 mile)	
Kevin Redding, N Jersey	5:26
Robert Zapata, Queens	5:27
Fernando Daez, Queens	5:34

ALLEY POND PARK QUEENS, NEW YORK	
Meet Directors-Nat and Ann Cirulnick	
5-Under (0.35 mile)	
Diane McCarthy, Yonkers	3:53
Gina Geisler, Bronx	4:04
Brian Cirulnick, Queens	4:05
6-7 (1.25 miles)	
John Keane	8:27
Mike McCarthy, Yonkers	8:35
Andy Powderly	9:03
8-9 (1.25 miles)	
Tim McCarthy, Yonkers	6:57
John Sullivan, Queens	6:58
Mike Hogan, Queens	7:18
Vincent Giammona	7:48
Jim McKillop	7:50
Michael Powderly	7:55
Tom McCarthy, Yonkers	7:56
10-11 (1.25 miles)	
Vincent Hogan, Queens	6:48
Gerard Stoll	7:05
Lee Geisler, Bronx	7:09
Nancy Frank	7:12
James Wynn	7:22
12-13 (1.25 miles)	
Robert Zapata, Queens	6:35
Michael Laga, Long Is.	6:40
Eric Geisler, Bronx	6:52
Lee Cherney	6:59
Angelica Pichal	7:01
Peter Morales, Queens	7:03
Laura Leale	7:03

District of Columbia

WASHINGTON - Apr. 3 - Below find the results of a 9-under mile, a special event added to the American University relays. The track was very wet after a heavy rain and the wind was stiff, but what a race this was.

Weather-Wet, stiff wind
Track-Cinder

9-Under Division

John Sullivan, NY	5:46.9
Gene Mirkin, Md (8)	5:55.4

Mike McKinney, Va (7)	6:00.0
Kenny Morris, Md (8)	6:13.6
Joey Interlandi, Md(8)	6:26.2
Tim McCarthy, NY	6:33.0

On April 11, the same group of youngsters participated in another age-group mile at Falls Church HS, in Virginia and the order of finish was: 1) Gene Mirkin, Sports International (8), 5:53; 2) Mike McKinney, SI (7), 6:00; 3) Kenny Morris, SI (8), 6:16.

INTERNATIONAL NEWS

Canada

BRITISH COLUMBIA - In the westernmost province of Canada, age-group track has reached a relatively highly developed state. B.C. age best performances, as shown below, reflect 1) the full program of events for all ages, 2) the coordination of events between girls and boys programs, 3) the high level of performances and 4) the refined state of record keeping in the province.

Canada, including British Columbia, groups ages very similarly to the USA. Divisions are as follows: TYKE ≠ 9-Under; PEWEWE ≠ 10-11; BANTAM ≠ 12-13; MIDGET ≠ 14-15; JUVENILE ≠ 16-17. Unlike most U.S. programs, however, Canadians determine ages as of January 1 of the year, using birth year rather than birth date to group athletes. A BANTAM, for instance, may be 12, 13 or 14 years old on the day of competition. Like most of the English speaking nations of the world, Canada has converted completely to metric distances. British Columbia age bests are listed below (y= races run at yardage distances; e.g. Mile):

Age	100y/100m		200m/220y		400m/440y		800m/880y	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
13	10.8y	12.3	24.2	25.8	53.9y	59.8y	2:06.3	2:18.5y
12	11.2y	11.8y	26.0y	26.5y	57.4		2:16.0y	2:24.4y
11	12.0y	12.1y	27.8y	27.3y	63.7y	62.8y	2:29.5	2:33.8y
10	12.6y	12.7y	28.7	28.7y	67.5y	69.0	2:32.4	2:47.7
9	13.7y	15.2	31.1y	32.5	69.5	75.5	2:27.1	2:51.4
8	15.2	15.9	34.4	37.3y	73.8	87.0(7)	2:53.7y	3:05.4y

Age	1500m/Mile		Hurdles-30"-60y/80m		Long Jump		
	Boys	Girls	Boys	Girls	Boys	Girls	
13	4:27.3	5:17.9y		11.9	9.1y/13.3	19- 1½	17-1
12	4:42.8	4:47.9		12.6	9.5y/13.3	16- 7¼	16-7½
11	5:26.9y	5:12.7	9.9y/15.0	9.5y/13.4	15-11	15-8	
10	5:33.4y	5:31.8	10.8y	11.6y/18.4	14- 6½	14-6	
9	5:24.7	5:45.0	12.7y/18.4		30.9	12- 7	12-6
8	5:54.0	6:29.6y					

Age	High Jump		Shot-61b/4kg		Discus-1 kg		Javelin-600g	
	Boys	Girl	Boys	Girls	Boys	Girls	Boys	Girls
13	5- 5	5-1	42-5kg	35-6¼	121-8	100-11	141-1	100-8
12	4- 8	4-8	34-4kg	36-3¼	107-0	87- 2	91-5	74-3½
11	4- 7¾	4-6	35-4¼	30-9	81-3½	74- ½	86-6	68-8
10	4- 0	4-1	26-5	20-7	50-6½		73-1	
9	3-11½		21-2	21-5¾	34-1½	45- 1	42-5	49-5½

The outstanding boy to emerge from B.C. age-group competition is Dean Gordon, now 15, of Richmond, who has recorded province age bests at least ten times (thru 1970) in events ranging from 100 meters to 1 mile, plus javelin and long jump. His 57.4 (400m) and 4:42.8 for 1500 meters are listed as world age bests in Age Records (see page 6).

STARTING LINE CALENDAR

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

This Calendar is a good way to publicize the activities sponsored by your group. When submitting information please include as much detail as possible along the lines of the material presented below.

Groups wishing more space may inquire about rates for advertising track meets or other related activities in STARTING LINE.

NOTES Information (if available) is listed left to right in the Calendar below including:

1. Date of competition or other activity/
2. Eligible Participants (Boys, Girls, Coaches)/
3. Type of events (T=track; F=field, LDR=long distance run, including road runs and cross country; W=race walk; CL=clinic, training camp or workshop)/
4. Youngest age group eligible (9-Under, 10-11, 13-Under, 14-Over, High School, Junior High School, Elementary School, etc.)/
5. Sponsoring Organization (REC=recreation department; SCH=school; JCH=Junior Champ; RRC=Road Runners Club; CYO=Catholic Youth Organization; YMCA=Young Men's Christian Association; AC=all-comers; IG=league; JO=Junior Olympic; AAU=Amateur Athletic Union, etc.)---Note: AAU and JO activities listed require pre-registration (fees included), others usually do not; however most organizations limit their activities to members, with exception of those listed AC (check with meet director for complete info)/
6. Athletes Eligible (open=open to any athlete who qualifies under the rules of the sponsoring organization, regardless of place of residence; closed=restricted to athletes within the district mentioned; inv=invited athletes only; qual=previous qualification required)/
7. Title, Description and Location of meet or other activity/
8. Director of event and address or phone number (contact for more information). STARTING LINE is not responsible for changes by sponsoring organizations for which we have not received notice at press time. Send additional information and corrections to STARTING LINE, P.O. Box 878, Reseda, California 91335.

MAY

15

Girls/T&F/9-Under/AAU/open/Poinsettia Invitational, Ventura, Calif/Jack Greene, PO Box 2026, Ventura, Cal 93001

B & G/T&F/9-Under/AAU/closed/Ozark AAU Age-Group Championships, Poplar Bluff, Missouri/Sam Giambelluca, 1020 Kendall Ave, Poplar Bluff, Missouri

B & G/LDR/YMCA/Houston YMCA Family Run/Jim Austin, 1600 Louisiana, Houston, Texas 77002

16

B & G/LDR/7-Under/RRC/closed/Dist of Columbia Road Runners 1 Mile Runs, McLean (Virginia) High School/Gabe Mirkin, 14411 Butternut Court, Rockville, Maryland 20853

Girls/T&F/AAU/open/Colorado Gold Open, Broomfield (Col) H S/Lyle Knudson, 1330 Georgetown Rd, Boulder, Colo 80303
Boys/T&F/9-Under/AAU/closed/Pacific AAU Championships, Hartnell College, Salinas, Calif/Dick Casper, 1427 Lassen Ave, Salinas, California 93901

B & G/T&F&W/9-Under/REC/open/Branford Park All-Comers, Arleta, Cal/Dick Ortiz, 13310 Branford St, Arleta, Calif

Boys/T&F/7-Under/A-C/open/Rialto Road Runners All-Comers, Eisenhower High School, Rialto, Calif/Mrs H N Stone, 3655 Meridian Ave, San Bernardino, Calif 92410

22

Girls/T&F/14-Over/AAU/Region 8 Qualifying and Missouri Valley AAU, Shawnee Mission, Kansas/Dr. John Davis, Garlinghouse Bldg, Topeka, Kansas 66612

Girls/T/13-Under/AAU/inv/Gulf AAU Champ. Special Event/Herman Goldberg, 9706 Burdine, Houston, Texas 77035

Girls/T&F/14-Over/AAU/Oklahoma AAU Womens Champ, Oklahoma City/Ray Vaughn, Rt 1, Box 141, Oklahoma City 73111

Girls/T&F/9-Under/AAU/closed/Arizona AAU Girls Champ., Phoenix College/Roger Simpson, 6809 N 36th Drive, Phoenix, Arizona 85019

Girls/Pen-Tri/10-11/AAU/Oregon AAU Pentathlon Championships/Bruce Flanagan, Box 149, Woodland, Wash 98671

Girls/T&F/9-Under/AAU/closed/Pacific AAU Girls Championships, Mills HS, Millbrae, Calif/Dr. C.H. Brown, 2335 David Court, San Mateo, California 94403

23

B & G/LDR/5-Under/RRC/closed/New York Road Runners Club Age-Group Runs, Marine Park, Brooklyn, New York/Bill Moran (212) 339-6100

Girls/Pen-Tri/9-Under/AAU/Southern Pacific AAU Pentathlon-Triathlon Championships, Glendale (Calif) City Coll/Lois Divita, 3107 Sycamore Ave, La Crescenta, Calif 91274

29

Girls/T&F/9-Under/AAU/open/Miami Valley Invitational/Steve Price, 1117 Pursell, Dayton, Ohio 45420

Girls/T&F/14-Over/AAU/closed/Ozark AAU Womens Champ., Poplar Bluff, Missouri/Sam Giambelluca, 1020 Kendall Drive, Poplar Bluff, Mo 63901

Girls/T&F/AAU/open/Denver All-Stars Invitational, Denver, Colo/Evie Dennis, 3072 Cook St, Denver, Colo 80205

Girls/T&F/AAU/Oregon AAU Womens Championships, Betty Martin, 6128 SW 30th, Portland, Oregon 97201

LA JOLLA TRACK CLUB AAU MEET - Saturday, May 29
Balboa Stadium (all-weather track), San Diego, Calif.
- Girls - All age divisions, complete event schedule
- Boys - 14-15 division only, complete schedule
- Women - Selected individual events
FOR INFORMATION CONTACT: John Gallagher, Box 881, La Jolla, Cal 92037--(714) 454-1488/Entries close May 20/

30

B & G/LDR/7-Under/RRC/open/Dist of Columbia Road Runners Club 1 Mile Runs, Georgetown Univ, Washington, DC/Gabe Mirkin, 14411 Butternut Court, Rockville, Md 20853

B & G/LDR/5-Under/RRC/open/New York Road Runners Club Age-Group Runs, C W Post College, Brookville, N Y, Peg O'Shea (516) 221-6718

G & B/T&F/9-Under/JO/closed/Ozark Assn Junior Olympic Prelims, Sam Giambelluca, 1020 Kendall Drive, Poplar Bluff, Missouri 63901

Girls/LDR/14-Over/Little Grassy Marathon (Womens 5.0 Mile), Carbondale, Ill/Bill Fritz, RR 2, Box 42, Caterville, Illinois 62918

JUNE

3

Boys/T&F/CYO/Diocesan Olympics (Brooklyn & Queens),
Victory Field, Queens, New York

5

B & G/LDR/6-7/RRC/open/Road Runners Club of America
National One Mile Championship, Eastern Section, Falls
Church (Va) High School/Gabe Mirkin, 14411 Butternut
Court, Rockville, Maryland, 20953

B & G/LDR/5-Under/RRC/closed/New York RRC Age-Group
Runs, Aliey Pond Park, Queens, NY/Nat Cirulnick (212) 276-7451
Girls/T&F/11-Under/Canada TFA & AAU/open/Scarboro Op-
timist Invitational, Etobicoke, Ontario, Can/Frank Mann,
5 Martorino Drive, Scarboro, Ontario, Canada

B & G/T&F/9-Under/AAU/closed/Ohio AAU Age-Group Cham-
pionships/Steve Price, 1117 Pursell, Dayton, Ohio 45420

B & G/T&F/9-Under/JO/qual/Kansas Junior Olympics,
Hershberger Track, Lawrence, Kansas

G & B/T&F/9-Under/JO/qual/Ozark Assn Junior Olympic Fi-
nals, Poplar Bluff, Mo/ Sam Giambelluca, 1020 Kendall,
Poplar Bluff, Missouri

Girls/T&F/AAU/open/Gulf AAU Age-Group Meet/Herman Gold-
berg, 9706 Burdine, Houston, Texas 77035

Girls/T&F/Fort Worth Girls Track Meet/Herman Goldberg,
9706 Burdine, Houston, Texas 77035

B & G/T&F/JO/Montana Junior Olympics, Ronan, Montana
Girls/T&F/9-Under/Southwestern Inv, Los Alamos, N Mex
Girls/T&F/9-Under/JO/closed/Arizona Junior Olympic Ch.,
Phoenix Coll/ Roger Simpson, 6809 N 36th Dr, Phoenix
Girls/T&F/AAU/closed/Region 12 Girls Championships, Spo-
kane, Wash/3123 Bismarck W, Spokane, Washington 99208

Boys/T&F/Frontier Days Invitational, Milpitas, Calif/
Keith Avera, 545 Coakley, San Jose, Calif

Girls/T&F/9-Under/AAU/closed/So Pacific AAU Champ, Po-
mona (Calif) College/Calvin Brown, 10221 8th Ave, Ingle-
wood, California

6

Girls/T/9-Under/open/Terre Haute Relays, Indiana/Pete
Jones, 19 Marigold Dr, Terre Haute, Indiana 47803

Girls/T&F/14-Over/closed/Ozark AAU Champ, Poplar Bluff,
Missouri/Sam Giambelluca, 1020 Kendall, Poplar Bluff, Mo
Girls/Pen-Tri/10-11/AAU/closed/Ozark AAU Pentathlon-
Triathlon Champ, Poplar Bluff, Mo/Sam Giambelluca (above)

Girls/T&F/9-Under/AAU/closed/Pacific Assn Age-Group
Championships/San Jose (Calif) City College/Estle Arga-
bright, 1600 Stokes St #1, San Jose, Calif 95126

8

Girls/T&F/JO/closed/Gulf Assn Junior Olympic Meet/
Herman Goldberg, 9706 Burdine, Houston, Texas 77035

10

Girls/Pen-Tri/9-Under/AAU/closed/Arizona Pentathlon-
Triathlon Championships, Phoenix College/ Roger Simpson,
6809 N 36th Drive, Phoenix, Arizona 85019

12

Girls/T&F/14-Over/AAU/Ohio AAU Women's Champ, Dayton/
Neal Charske, 4192 Braawick Circle, Kettering, Ohio 45440
Boys/W/13-Under/One Mile Handicap Walk, Boulder, Colo/
Ned Amstutz, 2835 3rd Street, Boulder, Colorado

B & G/LDR/YMCA/Galveston (Texas) YMCA Family Run/Ger-
ald Tucker, 2222 Avenue L, Galveston, Texas 77550

Girls/T&F/9-Under/AAU/open/Midland (Michigan) Invita-
tional/Norm Skelly, 2007 Sharon Ct, Midland, Mich 48640

Boys/T&F/JC/Kansas City (Mo) Junior Champ Meet, South-
east High School, Kansas City, Missouri

Girls/T&F/AAU/inv/Golden Midwest Meet, Elmhurst, Ill/
Joe Newton, York-Elmhurst H S, Elmhurst, Illinois
Girls/Pen/14-Over/AAU/qual/National AAU Women's Pen-
tathlon, Los Alamos, New Mexico

Girls/T&F/9-Under/Meet of Champions, Aurora, Colorado/
Ernie Dennis, 3072 Cook St, Denver, Colo 80205

B & G/T&F/JO/qual/Missouri State Jr Olympics, Carthage

13

B & G/LDR/5-Under/RRC/closed/New York RRC Age-Group
Runs, Clove Lake Park, Staten Is/Bill Welsh (213) 981-7210

Girls/T&F/9-Under/AAU/open/Lipke-Wolverine Meet, Det-
roit, Mich/Joe Smetanka, 11727 Christy, Detroit 48205

Boys/LDR/Elem Sch/3/4 mile Run, South Lake, Colo/Joe
Arrazola, 12336 E Kentucky, Aurora, Colorado

Girls/T&F/12-13/AAU/qual/California State Champion-
ships, Santa Ana College/Trueman Betts, 4952 Rolling
Meadows Road, Rolling Hills Estates, Calif 90274

Boys/LDR/Elem Sch/AAU/open/Merced (Calif) Indian Gulch
Run/Benny Sanchez, P O Box 218, Merced, California

15

Boys/Pen/14-Over/REC/Lawrence (Kans) Rec Pentathlon

B & G/T&F/JO/Gulf Assn Junior Olympics/Herman Goldberg
9706 Burdine, Houston, Texas 77035

16

Boys/T&F/9-Under/SVC/Optimist "Friend of the Boy" Meet,
Shawnee Mission East High School, Kansas

Boys/T&F/16-17/REC/Kansas City (Missouri) Parks & Rec
All-Comers, Southeast High School, Kansas City, Mo

19

Girls/T&F/AAU/Rocky Mountain AAU Championships, Denver
Colorado/Ernie Dennis, 3072 Cook St, Denver, Colo 80205

Girls/T&F/9-Under/AAU/Oregon AAU Age-Group Champion-
ships/Bruce Flanagan, Box 149, Woodland, Wash 98674

Boys/LDR/Elem Sch/AAU/open/Visalia (Calif) 15 Minute
Run/Jerry Hobbs, 15616 Ave 328, Ivanhoe, California

Girls/T&F/12-13/AAU/inv/Western U S Games, Diablo
Valley High School, Concord, California/Norm Woods, 5520
Arizona, Concord, Calif 94521

20

B & G/LDR/5-Under/RRC/closed/New York RRC Age-Group
Runs, Van Cortlandt Park, Bronx/Barry Geisler (212) 536-3003

Girls/T&F/9-Under/AAU/open/Ozark TC Meet, St Louis, Mo/
Bob Hyten, 1033 Randle St, Edwardsville, Illinois 62025

B & G/T&FW/9-Under/REC/open/Branford Park All-Comers,
Arleta, Calif/Dick Ortiz 13310 Branford St, Arleta, Calif

Coaches/Clinic/open/High Sierras Coaches Conference,
Bridgeport, Calif/Bill Gill, Hawthorne High School, 4859
El Segundo Blvd, Hawthorne, Calif 90250 (Clinic 6/20-27)

22

B & G/T&F/JO/Gulf Assn Junior Olympics/Herman Goldberg,
9706 Burdine, Houston, Texas 77035

26

Girls/T&F/9-Under/open/Peoria (Illinois) Track Club In-
vitational/Dave Miller, Box 47a, Tremont, Illinois 61569

Girls/T&F/14-Over/open/Florissant Valley Track Club
Open, St Louis, Missouri/Ron Buss, Florissant Valley

Community College, St Louis, Missouri

Girls/Pen-Tri/AAU/Montana & Region 11 Championships

Girls/T&F/JO/qual/Pacific Assn Jo Champ, Reno, Nev

B&G/LDR/open/Yankee Doodle Run, Peck Park, San Pedro, Cal

Boys/T&F/9-Under/AAU/open/Vikings Games, Citrus Coll,
Azusa, Cal/Jim Phillips, 3328 Midhurst Dr, Covina, Cal 91774

CLOSE-UP

Profiles of Athletes

Donna Ten Eyck



Any 14 year old who can whip through a half mile in 2:12 certainly bears watching, but when that 14 year old has been running only nine months, she borders on the phenomenal. Such is the case with DONNA TEN EYCK of the Colorado Gold.

Donna, now a 15 year old sophomore at Ranum High School in Denver, began running under the guidance of Lyle Knudson in September of 1969. Her first major race was the Phoenix Invitational in March, 1970, in which she placed third in 2:21.1. She improved steadily and produced her 2:12.0 in the girls nationals at UCLA in June, as she finished a close fifth.

After so much success at the two laps, one would assume that Donna might plan to continue with the 880 as her prime event. Not so says Donna. Her favorite event is the mile and her long range goal is to win the gold medal in the 1500 meters in the 1976 Olympics. At press time, her best time in the mile is a 5:23.5 run last December. She hopes to drop this under 5:00 this year.

The half will probably continue to be her strongest event this year, however, and she has set her sights on a 2:08 before the summer is out.

Donna stands 5'4½" and weighs 110 pounds. Her other interests include gymnastics, baton twirling and ice skating. In addition to coach Knudson, she credits teammate Barbara Lawson and rival Carol Hudson of Albuquerque as those who have had a positive influence on her career. Donna exhibits a very mature attitude towards her running. She runs because she enjoys it but also because "it helps me get to know what I want in life and develop the will to be successful."

Her training program is varied, consisting of a weekly cycle of overdistance, pace speed, fartlek, maximum effort over ¾ distance and other work. Her weekly mileage varies from 25-30 in the early season to 10-15 as the big meets approach.

Donna is not being pushed by her coach. According to coach Knudson, "Donna is in the 'have fun' stage of her career. We'll get more serious about her training and competing in a couple of years". When that happens the middle distance runners in this country may find they have more to cope with than they can handle.

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Gene Mirkin

GENE MIRKIN, a third grader at Barnsley Elementary school, in Rockville, Md., started running when he was two years old, and according to his plans, won't stop until he has won the gold medal for the mile in the 1980 Olympic Games.

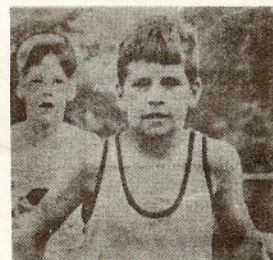
Now 8 years of age, and a member of the prestigious Sports International TC, he has become one of the best distance runner in his age-group. BROOKS JOHNSON, the coach and mentor of Gene the past two years, has nothing but praise for his young protegee. "He's just an amazing little kid".

Dr. Mirkin, an allergist and dermatologist and a former marathon runner (as well as National age-group chairman of the Road Runner of America), has been supervising his son's training; "he does the same workouts as anyone else in the club only on a mini scale. He goes at his own pace and doesn't compromise. The boy really wants and likes to run".

Gene is a very bright and attentive student who brings in his trophies and track medals to show-and-tell, instead of the more traditional pet frogs or vacation pictures.

"He enjoys this - he enjoys the spotlight", Dr. Mirkin said. "He was interviewed on a television sports show once and after he saw himself on T.V., his times really came down". When he was 7 years old, he was already running the mile in 5:57 indoors, and he has continued to progress rapidly ever since.

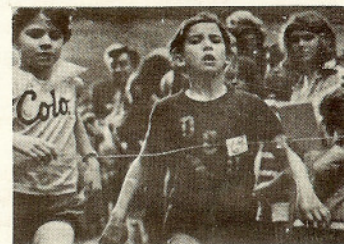
Gene was born on July 13th, 1962, and as an eight year old his record stands as follows:



the 3 miles in 20:03.4 - the best at his age level;
the 2 miles in 12:10.8 (performed indoors in an open race and therefore cannot apply towards the national list, but it does show the potential of this young athlete.)
and the mile in 5:53.0 (5:47 Indoor). He also has 1320 intermediate time of 4:23, age 8 best.

"The strongest driving force in a boy is success" says his father, and if that is to be the case, we have not heard the last of GENE MIRKIN.

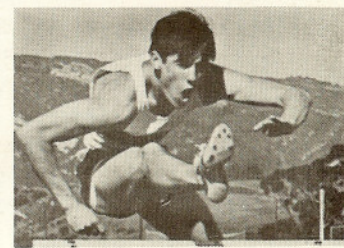
YOUNG ATHLETES IN ACTION



Lisa Gilliland, 9, Albuquerque (Photo - Kroker)



Teddi White, 8, quarter-miler (Photo-R.G.Kroker)



Bill Cheadle, Goleta, Cal (Submitted by A.Gallagher)

We invite readers to submit photos and feature material related to this and other sections in the magazine.