

75¢



STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

OCTOBER-NOVEMBER 1973 VOL 3 NO 25 P. O. BOX 878, RESEDA, CALIFORNIA 91335

CANADA GAMES

**United States
Youth Games**

**Western
Training Camp**

**Age-Group
Rankings**



FORUM

LEVELS OF COMPETITION (CONT'D)

In response to the letters in the Forum Section (July issue), regarding different levels of competition, I would like to toss in the following:

I've been involved in both types of activities - the "run-for-fun" as well as the "pressure cookers". In New Jersey, ninth graders in junior high cannot compete against ninth graders in a four year high school, according to state athletic association rules. There was a need for an age group program and this year's initial venture in New Jersey age group track (see page 20, July issue) was a huge success.

We tried something different in the cross country program to encourage the youngsters to keep on participating. Points were awarded to the first nine finishers in each age group division (25-20-16-12-9-6-4-2-1) and at the end of the season trophies were awarded to the top three scorers in each division.

Last year we had two divisions - this year there are three. The boys were very much interested in their standings. Each Sunday, I distributed a ditto to every athlete, listing each runner in the previous week's races.

In the winter and spring track events (880 and up) we gave out awards to the top three in each event, and the first novice. In some cases we had novice events as well as events for boys under 5 feet tall. To encourage the runners to turn in their times (so a summary sheet could be typed), I offered a medal on a "sealed time" basis. Prior to the meet, I would select a time for an event and the award was given to the runner who came the closest to the selected time in his race. There was as much suspense for this as there are for the academy awards!

George J. Miller
Clark, New Jersey

S.L. HANDBOOK NOTES

I would like to take this time to thank you for the wonderful job you have done on the Handbook, and Starting Line Magazine. I read the magazine cover to cover and pass it on, but my Handbook is worn out. This book is great in more ways than reference.

As a coach I am reluctant to see boy's compete for rewards alone, although I accept this as an entity of children in competition. Your Handbook has done more to motivate boys and girls in the area of personal achievement. I have boys in the 8, 10, 12 and 14 year old category who continue to work and compete in order to match or better the performances listed in the Handbook.

I would like to ask you to include the hurdles and the relays results as these two events are worked on heavily and hold much interest by both coaches and competitors. You stated that time, space and cost prevented this information from being printed. I for one would be glad to pay two dollars next year for my copy of the Handbook.

I will try to supply you with information and pictures of our club and athletes.

Bob Meenahan
Boys' Club of Huntington Beach

SMOOTHER AND QUICKER MEETS? IT'S POSSIBLE WITH PATCHES

An Article by BOB HYTEN JR.

Sooner or later every good idea has its day. With the number of entries in meets rapidly increasing each year, perhaps the "patch scoring system" has come of age. When track meets fall behind schedule you can almost certainly fix the blame on either needless heats or delays at the finish line. The patch system can eliminate both of these problems as well as reduce pre-meet work for meet directors.

The key to the patch system is a simple stick-on name tag which contains all the important information about the athlete.

NAME _____	EVENT _____	
CLUB _____	SEEDING TIME _____	
REG. NO. _____	BIRTHDATE _____	AGE _____

A separate patch must be filled out for each athlete in each event he or she enters. One patch is filled out for each relay team. By filling out the patch completely the athlete gives the meet director all statistical data he needs, not only to set up the meet but later to properly submit statistics.

Using the patch system, no heats are set up until after the clerk of the course checks in the entries. Taking the patches which the meet director has stacked in order based on seeding times, the clerk calls for the name of the entries, removing from the stack the patches of those not present. The number of patches left will be used to determine the number of heats and qualifiers.

Eliminated are hours of setting up heats which are useless when entries fail to show. All heats are evenly seeded. No unneeded heats are run.

As they are placed in heats the athletes are given their patches to affix on top of their left shoulder. At the finish of the race the patch is removed from the athlete's shoulder and attached to a result sheet. The competitor's time is added and the scorer has all the information necessary to process the results. Less than one minute after the last finisher the next race could begin.

The patch system has had its trial run. For smoother and quicker meets we should put it to work at all appropriate track meets.

THANK YOU..

Just want to extend warm congratulations to you for the fine work you are doing. Starting Line is a great magazine and performs a valuable service. Your efforts are really meaningful and helpful in promoting age group track and field.

Gar Williams
President
Road Runners Club of America
Vienna, Virginia



OCTOBER-NOVEMBER 1973

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STARTING LINE

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PHOTO CREDITS

On the Cover

Both Photos on the cover were taken by our very active DOUG SCHWAB.

1) Running in Indian file, surrounded by beautiful lake and majestic trees in the Los Angeles National forest, a group of young athletes is seen in one of their long distance outing at the Rialto Road Runners summer camp.

Read the article about this camp on page 18 of this issue.

2) This photo symbolises the start of the Cross Country season. In actuality, it depicts the Girls 12-13 race at the Blue Angels (CA) Invitational.

In center of photo and leading is the eventual winner SUZANNE KEITH (Rialto R.R.) flanked on her right by her teammate PENNY BRIDGES and on her left by LAURIE JEWELL of the Long Beach Comets.

From the Editors

MAILING SCHEDULE

As you know, we are pledged to publish eight issues a year - and we do. According to Postal regulations, we must indicate when they will be mailed, and that, occasionally, leads to misunderstanding. On the left side of this page, it says that we are not coming out in Feb., May, Sept. and November.

In actuality, we have four "double-month" issues and we mail the copies when the material pertinent to that particular time of the year is thoroughly ready for publication.

As an example, the Aug/Sept issue came out towards the end of September, because the main body of this issue was to be the U.S. Junior European Tour, the Boys Nationals in Colorado and the National Junior Olympics in Michigan.

As it is our policy to give you reports that are original and in depth, we just can't pick up the latest UPI "quickies". So we have to wait a little bit longer. Thus, by the time all the results, commentaries and photos had been received, edited, screened, typed up and pasted down, it was mid-September and some of our readers were in the world was the magazine.

Our mailing schedule is largely determined by what is happening during a specific time of the year. It certainly does not make sense to sacrifice very newsworthy material just to satisfy predetermined mailing schedule.

One thing must be clear. We are committed to mail our readers eight issues a year and in that we shall not fail. But equally important in our mind, is to make sure that every issue contains the maximum amount of pertinent material, and we will occasionally have to wait to insure that it does.

Now that you have been made aware of the delays that occur from time to time, we sincerely hope that you will find the issues of STARTING LINE well worth waiting for.

The 1974 STARTING LINE HANDBOOK is already in the planning stages of development. We need your help. Please read carefully the announcement on Page 5 of this issue. It is important that you should.

RRCA ATHLETE of '73 Robin Campbell

Robin Campbell, 14, of Sports International Club (Washington, DC), has been selected the 1973 Outstanding Age Group Athlete of the Road Runners Club of America for the period of September 1972 to August 1973. She will receive the Alice Moran Memorial Trophy on November 4th, prior to the first race of the 1973 "National" RRCA Cross Country Age Group Championships.

Every year there is a different sponsor. This year Kurt Steiner donated the prize in honor of Mrs. Alice Moran, who died last year. Mrs. Moran was very active assisting her husband William Moran in directing the Age Group Program of the New York Road Runner Club in Brooklyn's Marine Park.

Robin Campbell was selected for winning the National RRCA Cross Country and Postal Mile Run Championship for girls during this season, and for her outstanding performances as a member of the US Junior Team that competed in Europe this season.

Robin's tour included victories against the Soviet Union in the 800 meters and as part of the winning 1600 meter relay team in the same dual meet. She also won the same two events in the USA-USSR Women's Indoor Meet in March.

Previous winners of the award:

1970 - Anita Scandurra, Suffolk AC Cinderbellies (NY)
1971 - Mark Zmuda, Park Junior High, Scotch Plains, NJ
1972 - Rick Buckstad, North Jersey Striders (NJ)



CORRECTION ON POSTAL MILE STANDINGS:

In the 12-13 Boys Division, the team of the SAN JUAN STRIDERS (No. CA) who were omitted in our compilation of the Postal Mile/Corcoran section, should have been listed in a tie for second place with Salinas Valley TC in that section and also in a tie for fourth in the national Combined Standings. The team was composed of SCOTT PORTER (5:02), TOM WILLIAMS (5:08) and BOB KADIE (5:13) for a total of 15:23.

In the results submitted, 2 members of the team were listed with the abbreviation SJ, while another was indicated by SJS. Our compiler didn't wish to assume that the two symbols identified the same team. Here we stand officially corrected.

NOTE: For those unaware of it, STARTING LINE put together for distribution to all participants of this summer's RRCA/AAU National Postal Mile for Boys and Girls, a booklet containing the complete and unabridged summary of the results of the 6 sites, plus the combined standing - 25 deep - in all divisions, boys and girls.

We overprinted and still have some left. You can order them for the minimal price of 50¢ each. For that matter, you can have 5 for 2 dollars.

In effect, the booklet is a 16 page document of the best age group milers of 1973. It is certainly worth every penny.

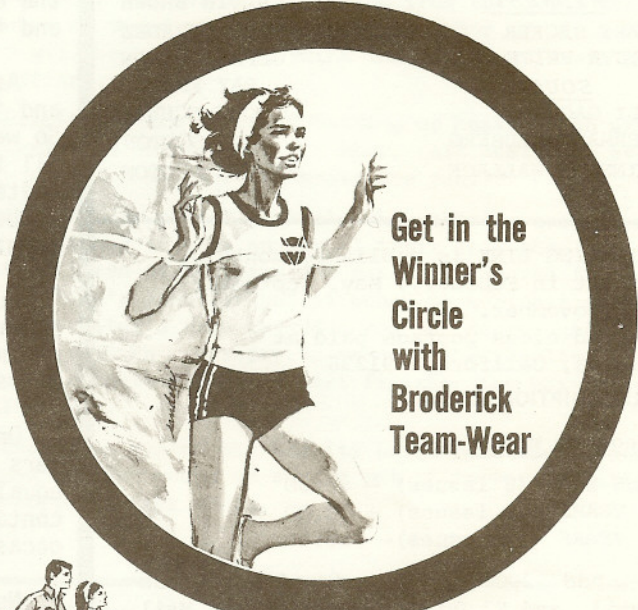
1973 WOMEN AND GIRLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS

and EXHIBITION AGE GROUP GIRLS
9-Under, 10-11 and 12-13


ALBUQUERQUE, NEW MEXICO
NOVEMBER 24, 1973

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GIRLS/ SHOT & DISCUS CONTEST

A change of names works wonders. The RIALTO ROAD RUNNERS, who had incorporated the "handle" Sports United for the past year or so, have taken the lead in both 13 and under wight events in our Annual Postal Contest. In both cases they are ahead of the winning marks of last year's postal winners.

For the older (17-under) division, Montana's FLATHEAD VALLEY TRACK CLUB (formerly Kalispell Timberettes) are in the lead in the Shot Put and the SOUTH COAST TRACK CLUB (last year's winners of the Discus event when they were called Long Beach TC) are the easy leaders in their favorite event once again.

A team from the east, SPORTS INTERNATIONAL, has made the 1st appearance from that area in our three years of the contest.

Take a look at the following standings and let us know if we have missed anything.

We'll take additions and/or corrections until December 31. The rules for this contest can be found in the Jan/Feb issue.

Shot Put (Girls born in '55 & later) 8 lb/4kg Shot (*=4kg mark plus 2')

1. FLATHEAD VALLEY TC, Mont....119-5
(Sally Newberry 40-5, Lori Lyford *40-0½, Kim Ereksen 38-11½)
2. FRESNO ELANS, California...112-5½
(Debra Haynes *42-7½, Martha Quinn 36-3½, Toni Landucci 33-6)
3. GAZELLES TC, Washington....103-1½
(Anne Seelye 36-10¼, Tina Talmadge 34-9½, Mari Bell 31-5½)

Discus Throw (Girls born '55 & later) 1.0 kilogram Discus

1. SOUTH COAST TC, Calif.....430-5
(Debbie Rivera 148-1, Debra Langevain 142-1, Terri Sabel 140-3)
2. FLATHEAD VALLEY TC, Mont...343-7½
(Lori Lyford 130-11, Kim Ereksen 113-8, Sally Newberry 99-0½)
3. SPORTS INTERNATIONAL, DC...337-7
(Jackie Gordon 124-8, Kim Pyles 108-3, Trish Green 104-8)

Shot Put (Girls born in '59 & later) 6 pound Shot

1. RIALTO ROAD RUNNERS, Ca...106-10¼
(Bea Hunt 39-8½, Sharon Laughlin 36-1¼, Rosemary Villavazo 31-0)
2. SALINAS VALLEY TC, Ca....104-11¼
(Susan Springer 37-5½, Marta Kuehl 37-2½, Joyce Springer 30-3½)
3. CRESCENTA-CANADA SPIKETTES.103-4¼
(Christi Pyle 38-10, Kerry Zwart 34-8½, Lori Thomas 29-10)

Discus Throw (Girls born '59 & later) 1.0 kilogram Discus

1. RIALTO ROAD RUNNERS, Ca....288-4½
(Bea Hunt 111-4, Sharon Laughlin 89-5½, Rosemary Villavazo 87-7)
2. CREIGHTON TC, Arizona.....286-5½
(Donna Yarbrough 105-11, Kelly Richardson 94-4½, C. Chiarello 86-2)
3. SALINAS VALLEY TC, Calif....269-0
(Joyce Springer 93-5, Marta Kuehl 90-0, Susan Springer 85-7)

READ THIS!

We are in the planning stages of production of the third edition of our very popular STARTING LINE HANDBOOK - the only Track and Field Annual for Junior Age Group Athletes - Boys and Girls.

It will cover the following subjects:

- a) extensive listing of Best Performers by AGE - from age eight and under thru age seventeen;
- b) in-depth Directory of Junior Track Clubs in the U.S.A. (and Canada, if we can get the Info on time);

Clubs

In the next few weeks, a questionnaire will be mailed to all clubs and teams on our mailing list. This question - naire will request certain information about your club and its members.

This information will be incorporated in the DIRECTORY OF CLUBS that will be published in the Handbook.

It is one of our more important project, as it serves as a ready reference source for those involved with the Track movement, as well as a source of information for those that wish to join it.

IS YOUR CLUB OR TEAM ON OUR LIST?

If you are not listed, write us a note requesting a club questionnaire.

It is important that you should be mentioned, as Meet Directors use this Directory when they mail out their entry blanks. Furthermore it publicizes your club in your area and serves as a means of contact by prospective new members.

DO WE HAVE YOUR AREA'S RESULTS?

We are still missing many meet summaries - especially in the boys competition at the Junior Olympic level.

If you are in a position to get copies of such results, or have connections in the right places, forward to us whatever you can. The kids will be glad you did.

BIRTHDATES

The most effective way to insure that we have the birthdates and place of residence of your charges, would be to mail a copy of your roster, if it were available.

- c) listing of Junior Olympic and Age Group Associations, as well as of the Major Organizations and their Officers;
- d) Age Group Rules and Events;
- e) pages of Photos from the 1973 Track and Cross-Country season.

At this point it looks like an 80 pager at the very least. Our readers can help in making this Handbook the best Annual yet, by reading carefully that which follows and by acting on the suggested recommendations.

Athletes

As the List presented in the Annual is an ALL-TIME AGE LIST, it is obvious that only athletes whose birthdates are known to us will be eligible.

YOUR NAME BELONGS IN THE RECORD BOOK AND WE MUST BE INFORMED OF YOUR BIRTHDATE...

... if you have made the yearly age-group lists that have appeared in the Magazine -

... if your performances are near the level of last year's Annual -

... if you placed well in the better meets in your regional area -

... if you had good marks in previous years that were not recorded by us, and should be mentioned -

... and if you just want to be in our files for future reference.

In regards to marks that have not been recorded - and should be - we must have solid documentation of the performances before they can be considered.

The best document would be a copy of the results. However we will consider other types of information, and each mark shall be assessed in all fairness according to our criteria of acceptance (see TIME & SPACE Section).

If you are a new subscriber and do not have a copy of last year's Handbook, we still have a few left. You can have one at the Special Introductory Price of only ONE dollar (+ 15¢ for postage). Even better, your club could give you a present by buying 10 of them for only \$7.50 and we pay for the postage.

The next best thing would be for you to select the more outstanding members of your club and forward the data about the youngsters. The least you should consider, is to announce to the parents that we are seeking such information and to please relay whatever they can to us.

PHOTOS

As we intend to illustrate the Handbook with as many photos as possible, you should make it your business to send to us pictures of yourselves or your team.

We can't promise anything, but the chances of the photos to be printed either in the Annual or in the big January issue - the year in review issue - are very good. It is a rare opportunity to be seen nation wide.

NOTE:

Black and White Prints or Negatives only -
Not too small and as clear as possible -
That's all there is to it.

Our deadlines are not entirely set, but we will be out much earlier than last year. We will keep you informed of our progress through the Magazine. You can speed up the whole production by forwarding the information requested at your earliest convenience.

BE RECORDED FOR ALL TIMES IN THE ANNALS OF THE JUNIOR AGE GROUP TRACK MOVEMENT.
IT'S WORTH A LITTLE EFFORT!

One mile Run

Table of one mile run results with columns for time, name, and location/state.

More information needed (complete results): 4:55.1-Julie Shea (59).NCar on 4/25, 5:00.5-Campbell on 5/5

High Jump

Table of high jump results with columns for height, name, and location/state.

More info needed (complete results): 4'11"-Sally Layman, Wash & *Tammy Welton (60) Colo, both on 7/28

Long Jump

Table of long jump results with columns for distance, name, and location/state.

Wind aided: 17'7"-Brockhoff on 6/18; 17'6"-Keating on 6/3; 17'1 1/2"-Carr on 6/3... 16'10 1/2"-Debbie Miller (60) NMex on 6/24; 16'3 1/2"-Cindy Perkins, SCal on 6/2; 16'1 1/2"-Mary Randolph (59) DC on 5/29; More info needed (questionable facilities or measurement, wind, complete results): 18'3"-Davenport on 6/2; 17'9 1/2"-Mcquarrie on 4/15; 17'9"-Debi Kilhoffer (59) Ill on 7/8; 17'5"-Lori Dinello (60) Ill on 7/7; 17'2"-Gay on 6/3; 16'10 1/2"-Hodges on 4/15; 16'6"-Brenda Coash (59) Colo on 6/16; 16'5"-Sherry Humphrey, Ill on 6/9; 16'3 1/2"-Robin Snowden, Ill on 7/8; 16'3"-Linda Morrison (59) SCal on 6/3; 16'1 1/2"-Ros-alind Love, Mo on 6/9; 16'1 1/2"-Shelly South, Ariz on 3/3 & Roxanne Wright, Cen Cal on 5/2; 16'1"-Paula Stephens, CenCal on 5/2; 16'0"-Lynne Marchi, NCal on 3/17 and Shivon Johnson, Mo on 6/9

Shot Put (6 pound)

Table of shot put results with columns for distance, name, and location/state.

More info needed (implements, facilities, questionable measurement): 38'9 1/2"-Oursio and 37'4 1/2"-James, both on 6/30; 37'0"-Debbie Yeager, Wash on 5/26; 36'0"-Pat Herrington, Wash on 6/16; 35'10"-Malaczewski on 4/29; 34'11 1/2"-Margaret LaCroix and 34'0 1/2"-Rose Boullion, both La?, both on 6/30

Discus Throw (1.0 kilogram)

Table of discus throw results with columns for distance, name, and location/state.

More info needed (implements, facilities, questionable measurement): 101'0"-Pat Herrington, Wash on 5/26; 97'3 1/2"-Radeccic on 5/13; 92'0"-Debbie Yeager, Wash on 5/26; 86'2"-Chiarello on 4/21 & Pat Malaczewski, Ohio on 5/19; 85'4"-Margaret LaCroix, La? on 6/30; 83'8"-Francine Kaylor, Colo on 6/16; 83'5 1/2"-Liz Schmidt, Ill on 7/8; 82'10"-Julie Schmelzer, Ariz on 5/19

Javelin Throw (600 gram)

Table of javelin throw results with columns for distance, name, and location/state.

More info needed (implements, facilities, complete results): 113'1"-Yarbrough on 4/21; 101'1"-Nancy Ellertson, Wash on 5/12; 95'6"-Williams on 4/21; 94'9"-Schmelzer on 5/19; 94'3"-Heidi Jolma, Wash on 6/16; 92'8"-Debbie Yeager, Wash on 6/16; 92'4"-Sonja Hardy, Colo on 6/16; 86'6"-Pat Herrington, Wash on 4/7; Lori Kinley, Ore? on 6/16

Pentathlon /80m Hurdles (30")/ 61b Shot Put/High Jump/ Long Jump/ 200m/

Table of pentathlon results with columns for name, location/state, and five event distances.

BEST MARKS IN OTHER EVENTS:

Baseball Throw

Table of baseball throw results with columns for distance, name, and location/state.

50 yard Hurdles (30 inch)

Table of 50 yard hurdle results with columns for time, name, and location/state.

GIRLS/ONE MILE RACE WALK

COMPILED BY BOB WHITMAN

The RACE WALK events have not received sufficient exposure in our pages and we are attempting to remedy to this situation. BOB WHITMAN, who knows a great deal about this sport, has compiled for us the following list. It is only a beginning and we intend to follow through. You can help by sending in your corrections and additions to STARTING LINE Magazine c/o BOB WHITMAN.



Photo/WOMEN'S T & F WORLD

SUE BRODOCK

Table of girls 10-11 one mile walk results with columns for time, name, and location/state.

Table of girls 12-13 one mile walk results with columns for time, name, and location/state.

Table of girls 9-Under one mile walk results with columns for time, name, and location/state.

Table of girls 14-17 one mile walk results with columns for time, name, and location/state.

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FORTUNE GORDIEN	San Bernardino City Coll.
JOE RODRIGUEZ	Lincoln H.S. (IL)
DICK TOMLINSON	El Camino City College
DON SAWYER	Cal State Hayward
DR. BERT LYLE	Texas Women's University

AT CHICAGO

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JOE NEWTON	York H.S.
JAN JOHNSON	Alabama University
BOB LAWSON	U. of Wisconsin (Park)
MAX ARMER	Lyons Twp
TONY PERRONE	Arch. Bish. Malloy (NY)
DR. BERT LYLE	Texas Women's Univ.
MIKE GOODRICH	E-St. Louis
WAYNE "SPIKES" DIXON	Indiana University
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GEORGE HOLLIDAY	Lincoln, Illinois
ROD WHITE	Centralia, Illinois
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WATCH FOR BROCHURE WITH YOUR GILL CATALOG

CANADA GAMES

BURNABY, BRITISH COLUMBIA - AUGUST 10 / 12

FROM CASEY IDE

Once every 4 years Canada produces its own "little Olympics" 1973 was the year of the summer games, which consist of 16 different sports and were put on this year in the adjacent cities of Burnaby and New Westminster, near Vancouver.

The Canadian government, the province of British Columbia and the two cities were the games were held shared in putting up the \$3 1/2 million dollars it cost... and the Games made money! The organization was unbelievable. More than a thousand volunteers worked for over a year on preparation. An elementary school was converted into an Athlete's Village. School district busses were used for transportation between the Village and the many venues. A local business furnished cars and drivers for the press representatives who were there from every major city in Canada. CANADA TAKES ITS GAMES SERIOUSLY.

I arrived in Burnaby armed with press cards from STARTING LINE and WOMEN'S T&F WORLD, unaware that track and field would not start for a week, which gave the press an opportunity to cover swimming, diving, baseball and the dozen other sports contested. The press center provided color TV, free lunches and transportation to all events and to the Village for interviews. Several provinces were bidding for the '77 Games and sought support by putting on pancake breakfasts, beef barbecues and lobster suppers, and handing out souvenir hats and lapel buttons. Sports Canada (for whom Harry Jerome now works) ran a huge Sports Cavalcade where youngsters could try their hand at various sports - free! CANADA TAKES ITS SPORTS PROGRAM SERIOUSLY.

Since track & field didn't begin until the final days of the Games, these athletes arrived and took over the Village as the competitors in other sports were moving out. Traditional "opening ceremonies" had been held at a stadium in New Westminster at the start of the Games, but for T & F it was all done over again - parade of athletes, lighting of the torch and all, at Swangard Stadium in Burnaby.

The Canada Games are comparable to the Regional and National Junior Olympics in the U.S. -- that is, the contestants are in the 14-17 age bracket. Each of the 10 provinces and 2 territories sent 2 contestants in each event, so we could expect 24 competitors in each race, and in most of the field events. This made planning of the time schedule quite simple and the sessions ran like clockwork. Each event culminated with the formal march to the victory stand for the 3 medal winners, escorted by girls in costumes.

Every session was a sell-out, with plane-loads of spectators coming from the farthest provinces to cheer for their teams--and not an international star on the program! CANADA TAKES ITS YOUTH ATHLETIC PROGRAM SERIOUSLY.

In comparing the results of these Games with the results of the Junior Olympics in the last issue of S.L., you must remember that the Canadian races were all in meters, and the J.O. races in yards.

I did not expect to be reporting on any but Women's events, so during many of the Men's events I was in the Assembly area interviewing girls! Therefore I can comment on girls only this time, but in the future will try to watch the boys also!

Some of the girls who impressed me most were DEBBIE BARKER, of Ontario, who not only won the pentathlon, but helped her province win points in both relays and competed in the open shot put; JEAN SPARLING of B.C., who won 3 gold and 1 silver medal, and BRIGITTE BITTNER of Ont., who high jumped 5-11. I asked John Hudson of Toronto (Exec. Director of the Canadian Coaching Ass'n), "How come Totonto comes up with so many great high jumpers?" He replied simply, "Coaching, Casey, coaching."

Another of Canada's teenage hopefuls in the high jump is ANNE FILION of Quebec. My most unforgettable memory of the Games--hearing my name shouted on the grounds of the athlete's Village, and seeing Anne running toward me waving her guitar in the air. It's her "security blanket". At the Satellite meet in Montreal she carried it with her to the high jump area but says she has not tried going over the bar with it! On the day of competition in Burnaby I asked her where the guitar was. "They made me leave it at the Village," she moaned. "I know I'll do just awful!" True, her 5-7 3/4 second place was not up to her best of 5-9 1/4, but the Canada Games silver medal should be some comfort.

Canada is preparing for the 1976 Olympic Games in Quebec. Undoubtedly some of the teenagers who represented their provinces in Burnaby this year will represent their country in Montreal. CANADA IS TAKING ITS OLYMPIC GAMES SERIOUSLY.

CASEY IDE, the very worldly and much traveled track enthusiast, will be writing feature articles for STARTING LINE in our upcoming issues. Next stop for Casey is the U.S. Women and Girls Cross-Country Nationals in New Mexico, and then on to Australia and New Zealand. Make sure to get hold of her when she comes your way, she loves to hear a good story.

BACKGROUND INFORMATION

The CANADA SUMMER GAMES competition in athletics (as it is known internationally) or Track & Field (as it is more commonly known in North America) takes place between teams representing the ten provinces and two territories of Canada.

The ten provinces are: Ontario, British Columbia, Quebec, Nova Scotia, Alberta, Manitoba, Saskatchewan, New Brunswick, Newfoundland and Prince Edward Island. The two territories are the North-West and the Yukon Territories

There were contests in 18 men's events, 13 women's events and 4 relay races. Each team consisted of a maximum of 45 athletes - 29 boys and 16 girls.

The athletes were of the "Juvenile" age class, which means they must be under 18 years of age on January 1, 1973 - i.e. born in 1955 or later.

This age class was selected by the Canadian Track & Field Association for this competition, since these athletes are likely to provide a substantial portion of the 1976 Canadian Olympic team.

All distances of running races and all measurements of heights and distances were internationally standardized, using the metric system (the field event marks were converted into feet and inches for the purpose of better comprehension by the readers of the United States). Canada will be converting to the metric system generally over the next ten years.

RESULTS:

Juvenile Men

100m Dash (wind -.40mps)
Murray Delorme, O 11.08
Victor Rempel, O 11.09
Harry Haley, BC 11.15
Thomas Stanley, NS 11.32
Jonathan Hammond, S .33
Robert Boulet, Q 11.37
Loren Williams, M 11.38

200m Dash (w +3.20mps)
Victor Rempel, O 21.85
Dan Biochi, Q 22.28
Bill Kennedy, O 22.35
Earl Bigelow, NS 22.37

400 meter Dash
Earl Bigelow, NS 48.70
Dan Biochi, Q 49.12
Bill Kennedy, O 49.54
Richard Moss, O 49.74

800 meter Run
David Karila, O 1:52.83
Pete Richardson, NB 3.68
Dino LaForges, O 1:55.41
Peter Spir, BC 1:55.75
Allan Bakker, BC 1:55.79

1500 meter Run
Pete Richardson 3:55.17
Mark Randall, O 3:35.31
Peter Spir, BC 3:59.93
Craig Johnston, M 4:00.53

1500 meter Steeplechase
Lawrie Lewis, M 4:18.32
Rick James, Q 4:20.04
Peter Walker, O 4:23.64
Wm Britten, O 4:24.45

3000 meter Run
Wm Britten, O 8:25.76
Rick James, Q 8:27.20
Peter Quance, Q 8:28.04
Rich Kirkham, BC 8:30.40
John Martens, BC 8:31.27

110 meter Hurdles (39")
G. Pinsonneault, O 15.12
Gordon Graham, BC 15.22
Mark Warbinek, BC 15.23

400 meter Hurdles (30")
Gordon Graham, BC 56.65
Gilles Rheault, Q 56.91
Timothy Page, BC 57.68

High Jump
Greg Joy, BC 6-10 1/4
Robert Forgett, Q 6-10 1/4
Peter Running, O 6-4 1/2
J-P Ouellet, Q 6-4 1/2

Pole Vault
Bruce Beasley, BC 14-5 1/2
Ken Wenman, BC 14-5 1/2
Mark Merrane, O 13-6
Andre Plamondon, Q 13-6

Long Jump
David Burton, A 22-5 1/2
Steve Chung, O 22-3
Jim MacAndrew, O 21-5 1/2

Triple Jump
Jim Rutka, O 46-2 1/2
Walter Huber, O 45-11 1/2
Daniel Cochrane, NS 45-10
Daniel Lajoie, Q 45-9 1/2

Shot Put (12 pounds)
Jacques Piorier, Q 55-9 1/2
Larry McKenney, BC 52-4
Kevin Thompson, O 52-0 1/2

Discus Throw (1.68 kg)
Luc Vinette, Q 160-6 1/2
Walt Kniginzyky, O 151-11 1/2
Scott Neilson, BC 149-8

Hammer Throw (12 pound)
Scott Neilson, BC 189-4
Jack Taylor, M 184-7
Luc Vinette, Q 173-3

Javelin Throw (800 gram)
Philip Olsen, BC 235-2
Walt Kniginzyky, O 208-5 1/2
Dan Lajeunesse, Q 204-11
Frank Dejak, O 199-6 1/2
Paul Laperriere, Q 199-0

Decathlon (100m, LJ, 12# SP, HJ, 400m, 110mH, 39")
DT (1.65kg), PV, JT, 1500m)
Richard Lacombe, Q 6060
Serge Leduc, Q 5550
Ian Campbell, BC 5484
Robert Williams, BC 5404

4 x 100 meter Relay
Ontario 42.60
Nova Scotia 43.23
British Columbia 43.34
Saskatchewan 43.82

4 x 400 meter Relay
Ontario 3:19.03
Quebec 3:21.64
Br Columbia 3:21.65

Juvenile Women

100m Dash
Jean Sparling, BC 12.16
Cynthia Robinson, BC .32
Cathy Attard, O 12.47
Arlene Keatley, O 12.49

200m Dash (wind 0.0)
Cynthia Robinson 25.00
Eleanor Mahal, O 25.28
Anne Bryan, O 25.59

400 meter Dash
Bev Cox, BC 55.59
Rachelle Campbell, O 6.54
Linda Halvorson, S 56.60
Deborah Campbell, NS 7.04
Micki Krotowski, O 57.14
Dianne Harris, M 57.39

800 meter Run
Linda Halvorson 2:11.18
Bev Cox, BC 2:12.91
Leslie Stubbs, BC :13.62
Debbie Mitchell, O :14.75

Susan Curry, NS 2:16.64h
Debbie Noble, S 2:15.87h
Robin Lee, O 2:16.57h
Barbara Muise, NS 2:15.15h

1500 meter Run
Leslie Stubbs 4:33.82
Lori Declerq, A 4:34.09
Lynn McCarthy, M 4:35.74
Barbara Muise, NS 38.05
Donna Churchill, O 40.65
Barbara Miller, NS 40.97
Holly Palynchuk, S 43.58

100 meter Hurdles (33")
Jean Sparling, BC 14.44
Christine Saull, Q 14.82
Lorna Robertson, BC 15.24
Donna Summerland, O 15.24

200m Hurdles (w +1.00m)
Jean Sparling, BC 27.43
Leah Harvey, O 28.62
Christine Saull, Q 28.82

High Jump
Brigitte Bittner, O 5-11
Anne Filion, Q 5-7 1/2
Dawn Storey, BC 5-5 1/2
Laurie Budd, BC 5-4
Janice Brewer, O 5-3
Marie Turcotte, Q 5-3
Janet Falkner, M 5-3

Long Jump
Anne Bryan, O 19-6
Donna Summerland, O 18-9 1/2
Jeanette Shrimpton 18-7 1/2
Suzy Short, Q 18-4

Shot Put (4 kg)
Mandy Klepic, BC 41-7 1/2
Pamela Scotchorn, O 41-4 1/2
JoAnn Calverley, BC 40-1 1/2

Discus Throw (1 kg)
JoAnn Calverley 130-11 1/2
Denise Tittley, Q 130-7 1/2
Debbie Barker, O 127-2

Javelin Throw (600 gr)
Laurie Kern, BC 161-4
C. VanDerKnapp, Q 152-11 1/2
E. Raaymakers, NS 130-2
Debbie Barker, O 129-2 1/2

Pentathlon (100mH-33", 4kgSP, HJ/LJ, 200m)
Debbie Barker, O 3605
Cecilia Branch, NS 3489
Suzy Short, Q 3439

4 x 100 meter Relay
Ontario 46.86
British Columbia 47.03
Saskatchewan 47.98

4 x 400 meter Relay
Br Columbia 3:47.52
Quebec 3:51.27
Ontario 3:51.44
Saskatchewan 3:54.77
Alberta 3:57.22

EASTERN GIRLS TRACK LEAGUE CROSS COUNTRY

HAGERSTOWN, Maryland - September 22 - from GABE MIRKIN

While girls honors were split between Latrobe Track Club of Pennsylvania and Sports International (DC), the Laurel TC of Maryland and the DC CYO shared most of the boys top places. In the girls open race SI's ROBIN HOLLIDAYOKE won decisively from Latrobe's GAIL HORNACK (10:37 to 10:48). SI looks strong in the girls 12-13 race as national 10-11 champ DONNA CAMPBELL ran only fourth for her team, while the relatively "new" District of Columbia CYO boys are getting it together quickly.

<u>Girls 9-Under (0.75 mi)</u> L. Lenz, Latrobe 5:01 D. Jackson, DC CYO 5:02 J. Mirkin, Sp Intl 5:17 L. Burnett, Mt Leb 5:18 L. Stoffer, Lat 5:21 Splindore, Latrobe 5:25 Mirabelli, Mt Leb 5:27 T. Wilson, DC CYO 5:31 (21 Finishers)	A. Massana, Lat 10:40 C. Dunn, S Jersey 10:41 (30 Finishers)	<u>Boys 10-11</u> T. Wiltison, Lau 11:04 J. Montigny, Lau 11:17 L. Lyles, DC CYO 11:20 N. Lyles, DC CYO 11:42 R. Dees, DC CYO 11:49 G. Hill, DC CYO 11:57 R. Laughlin, Virg 12:04 (22 Finishers)
<u>Girls 12-13</u> A. O'Connor, SI 11:05 Nouroha, Latrobe 11:22 J. Haworth, SI 11:33 B. Allgeier, SI 11:34 D. Campbell, SI 11:38 J. Sapovich, Lat 11:59 D. Carey, Fred'ck 12:03 S. Shaffer, Lat 12:13 J. Brown, DC CYO 12:19 (23 Finishers)	<u>Boys 9-Under</u> R. Ryerson, Laurel 11:33 T. Good, Sp Intl 11:45 R. Jackson, DC CYO 11:51 B. Montigny, Lau 11:56 J. Hurber, Laurel 12:01	<u>Boys 12-14</u> M. Dees, DC CYO 10:12 Desir, DC CYO 10:14 M. Randolph, DC CYO :29 T. Murry, DC CYO 10:36 T. Rhodes, Mt Leb 10:45 J. Caldwell, Virg 10:52 D. Saunders, DC CY 11:03 (18 Finishers)
<u>Girls 10-11</u> D. Sanderson, Lat 9:37 M. Davis, Latrobe 9:40 T. Lewis, DC CYO 9:51 R. Powell, Sp Intl 9:58 S. Gaskill, Carlisle :59 V. Hollidayoke, SI 10:04 T. Albright, Lat 10:20 T. Grant, DC CYO 10:21 K. Goff, Mt Lebanon :31	<u>Boys 10-11 (1.60 miles)</u> Steve Burke, SV 9:04 Robert Martinez, RCF :08 Steve Feeley, PH 9:09 Nick Sakelarios, RCF :10 Jim Scattini, SV 9:13 Tim O'Donnell, SJS 9:20 Bill Casper, SV 9:23 Tom Cunningham, SJS 9:27 Joe Olvera, SV 9:45 Mike Bunds, SJS 9:47 John Scott, SCruzers 48 Jim Hudson, ML 9:50 Greg Jones, CY 9:54 Randy Meyenberg, SV 9:58 (37 Finishers)	<u>Boys 12-13 (2.0 miles)</u> Tom Williams, SJS 11:03 Bobby Kadie, SJS 11:17 Kevin Reynolds, PH 11:34 Ray Eddy, SJS 11:39 Jim Lovmiller, SV 11:40 Danny Martinez 11:41 David Avila, CY 11:52 Ricky Escobar, ML 11:59 Phil Chaney, PH 12:10 Phil Hamilton, ML 12:18 (29 Finishers)

NEW YORK PAL GIRLS CROSS COUNTRY "INVITATIONAL"

BRONX, New York - September 30 - from HUGO PRUTER

It was a very successful meet with 150 girls from 12 clubs taking part. Junior internationalist DOREEN ENNIS of New Jersey was the winner of the women's division (15:45.7 for 2.5 miles) but her Nutley Track Club lost the team battle to a young Suffolk AC-team.

Among the age groupers, the Long Island Golden Spikes won the 9 & Under and 12-13 team race (led by runaway victories for EMMA LEALE and NANCY FRANK, respectively). Jersey AC surprised as the 10-11 team winner in a division won easily by Atoms Track Club's MARTHA MINGUES. Another new, but improving team, the Brooklyn Striders garnered two individual second places in ANN DOLAN (10-11) and KATHY CORRIGAN (12-13). /COURSE - Van Cortlandt Park, very hilly/ WEATHER - sunny, 70° / Top age group runner included:

<u>Girls 9-Under (1.0 mile)</u> Emma Leale, LIGS 7:11.2 Sherry Adams, NYP 7:43 Hope Havener, LIGS 7:50 Chris Vickers, LIGS 8:00 Michelle Cook, Jrsey 8:05 Barbara Rainer, CP 8:12 (20 Finishers)	Beth Howley, G'tway 8:00 Marsha Bartlett, Jrsey 02 Beverly Colwell, Jrsey 03 Kathy Quick, Suf 8:04 M. Margagliano, Jrsey 05 Francine Olexa, CP 8:06 Terry Kix, Suf 8:16 Cheryl Ellis, Jrsey 8:23 Lynn Kelly, Nutley 8:25 Lisa Quick, Suf 8:30 (43 Finishers)	<u>Girls 12-13 (1.5 miles)</u> Nancy Frank, LIGS 9:02.2 Kathy Corrigan, BS 9:26 Susan Suhr, LIGS 9:30 Cathy Anderson, LIGS :32 Diana Carazza, Suf 9:38 Jane McKay, LIGS 9:49 Barbara Andersen, LIG 54 Vickie Reardon, LIG 9:56 Mary Sollin, LIGS 9:59 D. Deluecchio, CP 10:02 Regina Felix, NYP 10:09 Claudia Wolf, Suf 10:30 Donna Smith, CP 10:38 Patti Dunn, LIGS 10:38 (43 Finishers)
<u>Leading Teams</u> Ing Is Gold' Spikes 36 New York Police AL 68	<u>Leading Teams</u> Jersey AC 78 Suffolk AC 92 LI Golden Spikes 119 College Point AC 130	<u>Leading Teams</u> LI Golden Spikes 21 College Point AC 87 New York PAL 109

ARIZONA AAU GIRLS CROSS COUNTRY

FLAGSTAFF, Arizona - September 22 - from SUE HUMPHREY

Phoenix area gals got a chance to take in the pines and altitude (and reasonable temperatures) of this mountain community. While GEORGE PEAR'S ever fresher Peaches dominated the two youngest age groups, the strong Arizona Track Club swept the 12-13's and had their DEBBIE DERR romp to an easy win in the open (14-up) class, with a 14:04 for 2.5 miles.

/COURSE - Kachina Village, hills, dirt/ WEATHER - cool/ TOTAL FINISHERS - 77/ Top placer and teams:

<u>Girls 9-Under (1.0 mile)</u> Monica Johnson, PP 5:47 Lisa Antebarger, Az 5:48 Amy Berberich, VOS 6:00 Coty Hernandez, VOS 6:22 Raney Wardlaw, PP 6:25 Sharon Smith, PP 6:29 Kim Grunewald, VOS 6:31 Donna Edens, VOS 6:32 (16 Finishers)	<u>Girls 10-11 (1.50 miles)</u> Linda Lindsey, PP 8:16 Patsy Navarro, PP 8:39 Theresa Smith, PP 8:49 Dawn Freeman, VOS 8:58 Sara Erickson, PS 8:58 Darla Berry, PP 9:13 MarLou Hieland, Arz 9:15 (25 Finishers)	<u>Girls 12-13 (2.0 miles)</u> Cheryl Symons, Arz 11:32 Shari Cassin, Arz 11:48 Melonie EdmonsonA 12:04 Marie Jorgensen, A 12:12 Vickie Bradshaw, A 12:17 Denise Lloyd, PP 12:24 Vicki Murray, VOS 13:01 Lisa Thompson, VOS 13:19 Robin Sayles, PS 13:20 (25 Finishers)
<u>Leading Teams</u> Pear's Peaches 33 Vly of the Sun TC 36 Arizona TC 52	<u>Leading Teams</u> Pear's Peaches 21 Arizona TC 65	<u>Leading Teams</u> Arizona TC 15 Pear's Peaches 69 Page Striders 78

PLEASANT HILL BOYS "INVITATIONAL" CROSS COUNTRY

PLEASANT HILL, California - September 29 - from GARY SANTOS

Eight of the strong northern California teams were led by the Salinas Valley Track Club, which won four of the five individual races and two divisions in the team scores. The SELLS boys, CURTIS (14-15 Division) and WENDELL (9-Under) took care of two individual titles. But the most convincing win was turned in by the San Juan Strider's TOM WILLIAMS, who led his team to an easy victory in the 12-13 class. All other individual races were nip and tuck. /COURSE - Pleasant Oaks Park/ TOTAL FINISHERS - 119/ Leading teams and runners:

<u>Boys 7-Under (0.77 mile)</u> Danny LeKander, SV 5:25 Bill Taylor, SV 5:26 Brad Duncan, SJS 5:28 Jonathan Olvera, SV 5:29 (13 Finishers)	<u>Leading Teams</u> Salinas Valley TC 37 Redwood Cty Flyers 48 Pleasant Hill T&FC 68	<u>Leading Teams</u> Salinas Valley TC 36 San Juan Striders 67 Redwood Cty Flyers 69
<u>Boys 9-Under (0.96 mile)</u> Wendell Sells, SV 5:41 Don Aviles, RCF 5:44 Gary LeKander, SV 5:46 Eric Carlson, CY 5:56 Dean Aviles, RCF 5:58 John Lattling, PH 6:02 Angelo Sakelarios, RC 04 Jim Salisbury, PH 6:10 David LeKander, SV 6:13 Pat Collins, SV 6:16 (37 Finishers)	<u>Boys 10-11 (1.60 miles)</u> Steve Burke, SV 9:04 Robert Martinez, RCF :08 Steve Feeley, PH 9:09 Nick Sakelarios, RCF :10 Jim Scattini, SV 9:13 Tim O'Donnell, SJS 9:20 Bill Casper, SV 9:23 Tom Cunningham, SJS 9:27 Joe Olvera, SV 9:45 Mike Bunds, SJS 9:47 John Scott, SCruzers 48 Jim Hudson, ML 9:50 Greg Jones, CY 9:54 Randy Meyenberg, SV 9:58 (37 Finishers)	<u>Boys 12-13 (2.0 miles)</u> Tom Williams, SJS 11:03 Bobby Kadie, SJS 11:17 Kevin Reynolds, PH 11:34 Ray Eddy, SJS 11:39 Jim Lovmiller, SV 11:40 Danny Martinez 11:41 David Avila, CY 11:52 Ricky Escobar, ML 11:59 Phil Chaney, PH 12:10 Phil Hamilton, ML 12:18 (29 Finishers)
	<u>Leading Teams</u> San Juan Striders 34 Millbrae Lions 77 Pleasant Hill T&FC 78 Cupertino Yearlings 98	

PEORIA FUN FESTIVAL

PEORIA, Illinois - September 16 - from DAVE MILLER

In a meet designed to give coaches an idea of conditioning and team balance, some excellent results came forth, though the weather was damp and chilly. Leading off the meet were cross country races at abbreviated distances for each age group. BEV ROLAND, 16, from Peoria ran away with the individual 14 & over title with a good 12:06 two-mile. Kirkwood Track Club took a first and second, teamwise, in the two age group divisions and their RUTH SIXKILLER pulled away from Peoria's TAMARA EHRENTREAU to win the 12-13 race. The 11-Under one mile showed TRACY WEBER of the Fox Valley Striders outkicking Kirkwood's HEATHER HEARNES.

An hours rest was followed by two-mile relays. In the age group contests, the Pacettes won a close 11:42.3 victory over the 12-13 teams of Kirkwood and Palos Hills Track Clubs. Kirkwood turned the tables easily in the 11-Under race, beating the Burbank Striders and Pacettes with a 12:20.2 time. The day wound up with a picnic for all competitors as well as their coaches, parents and escorts. /COURSE - Detweiller Park/ WEATHER - Rain, 60° / TOTAL FINISHERS - 72/ X-C Results:



Photo/Dave Miller

RUTHIE SIXKILLER of the Kirkwood Track Club outkicking TAMARA EHRENTREAU (Peoria Pacettes) to finish exciting 12-13 race.

<u>Girls 11-Under (1.0 mi)</u> Tracy Weber, FVS 5:50 Heather Hearnese, Kwd :50 Paula Jeannot, Kwd 5:58 Judy Cychol, PP 6:06 Beverly Williams, Kwd 09 Sharon Hartinberger, K 10 Kathy Riggs, Kwd 6:12 Tari Essington, PP 6:17 Kara Trimble, Kwd 6:18 D. Hess, BS 6:23 L. Pastorello, BS 6:24 (24 Finishers)	<u>Leading Teams</u> Kirkwood TC (Mo) 23 Burbank Striders 74	<u>Girls 12-13 (1.50 miles)</u> Ruthie Sixkiller 8:52 Tamara Ehrentreau, PP:54 Tami Essington, PP 9:05 Rhea Murphy, Palos H :15 Amy Riechard, Kwd 9:15 Kim Cassmeyer, Kwd 9:17 Carol Cychol, PP 9:20 Kathy Koepfel, PP 9:41
	<u>Leading Teams</u> Laura Storer, PalosH 48 Kelly Fagan, PalosH 9:49 D. Hess, BS 9:53 L. Mariner, BS 9:54 Lorrie O'Dowd, Kwd 9:58 (31 Finishers)	<u>Leading Teams</u> Peoria Pacettes 36 Kirkwood TC 43 Burbank Striders 88

STARTING LINE ILLUSTRATED

Jr. Track Clubs and Teams

(A) The SAN JUAN STRIDERS TRACK CLUB for Boys and Girls took a break from their high altitude training on Tahoe trails to have a picnic and swim in the lake. The team spent a week of training at Lake Tahoe to improve their Cross Country running.
/Photo submitted by MILDRED KADIE/

(B) One of the better known Girls High School team in Connecticut is the Track Team of FITCH SR. HIGH SCHOOL. The handsome looking group is shown with their coach JOHN CONTOULIS at left / Photo submitted by JOHN CONTOULIS/

(C) LATROBE GIRLS TRACK CLUB (PA) displaying some of their trophies, won by the team in two months of competition in Region II meets.
/Photo by DON LENZ/



SAN JUAN STRIDERS BOYS AND GIRLS TRACK CLUB OF NORTHERN CALIFORNIA



LATROBE GIRLS TRACK CLUB - PENNSYLVANIA



FITCH SR. HIGH SCHOOL TEAM - CONNECTICUT

STARTING LINE CALENDAR

November

- 3 USTFF MIDWEST CROSS COUNTRY CHAMPIONSHIPS, Kenosha, Wisconsin (Boys & Girls) Vic Godfrey, Univ of Wisconsin, Parkside, Kenosha, Wisconsin 53140
- 3 CENTRAL USA CROSS COUNTRY CHAMPIONSHIPS, Forest Park, St Louis, Mo (G & B, 9-U & up, 3:00 pm) Bob Hyten, 1033 Randle St, Edwardsville, Illinois 62025
- 3 LOS ANGELES (Calif) ALL-COMERS CROSS COUNTRY, Eagle Rock Rec Center (B & G, 9-Under & up, 9:30 am) Bill Peck, (213) 666-0546
- 4 RRCA "NATIONAL" AGE GROUP CROSS COUNTRY CHAMPIONSHIPS, Van Cortlandt Park, Bronx, NY (B & G, 6-7 & up) Barry Geisler, 1134 Findley Ave, Bronx, NY
- 4 DISTANCE RELAYS, Palos Hills, Illinois (Girls) Mike Beard, 10267 Huntington Court, Orland Park, Illinois 60462
- 4 ROCKY MOUNTAIN GIRLS ROAD RACE, Adams Country Fairgrounds, Colorado (Girls, 9-U & up, 12:00) Lyle Knudson, 1330 Georgetown Road, Boulder, Colo 80303
- 4 SO PACIFIC AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS, La Mirada (Calif) Regional Park (9-U & up) Roy Swett, 14514 Gardenhill, La Mirada, California 90638
- 10 REGION TWO AAU CROSS COUNTRY CHAMPIONSHIPS, Pittsburgh, Pennsylvania (Girls & Boys) John Harwick, 467 Beverly Road, Pittsburgh, Pennsylvania 15216
- 10 ROCKY MOUNTAIN AAU RACE WALK, Webster Lake, Northglenn, Colorado (Girls) Gail Bristol, 2930 Dover Drive, Boulder, Colorado 80303
- 10 EAST LOS ANGELES (Calif) ALL-COMERS CROSS COUNTRY, Belvedere Park (B & G, 9-U & up, 9:30 am) Bill Peck, 1140 N Alexandria Ave, Los Angeles, Ca 90029
- 11 REGION ONE AAU CROSS COUNTRY CHAMPIONSHIPS, Amherst, Massachusetts (Girls) Sugarloaf Mountain AC, Box 853, Amherst, Massachusetts 01742
- 11 NEW JERSEY AGE GROUP CROSS COUNTRY, Warinanco Park, Elizabeth (Boys, 11-Under to 14-15, 11:30 am) George Miller, 38 Autumn Avenue, Clark, NJ 07006
- 11 NEW YORK ROAD RUNNERS AGE GROUP CROSS COUNTRY, Clove Lake Park, Staten Island (Boys & Girls, 5-Under & up, 1:00pm) Dan Dougherty (212) 981-2532
- 11 NATIONAL AAU JUNIOR CROSS COUNTRY CHAMPIONSHIPS, Buffalo, New York (Boys, 19-Under)
- 11 J F KENNEDY 3 mile RUNS, Schenley Park, Pittsburgh, Pennsylvania (B & G 13-Under & up, 10:00 am) John Harwick, 467 Beverly Rd, Pittsburgh, Pa 15216
- 11 USTFF JUNIOR CROSS COUNTRY CHAMPIONSHIPS, Oklahoma City, Okla (Boys, 19-Under) Richard Carpenter, 2832 NW 23rd, Oklahoma City, Oklahoma 73107
- 17 NEW YORK ROAD RUNNERS AGE GROUP CROSS COUNTRY, Alley Pond Park, Queens, NY (B & G, 5-under & up, 11:00 a.m.) Nat Cirulnick (212) 276-7451
- 17 OHIO TRACK CLUB DISTANCE CARNIVAL, Columbus (LD Runs, Race Walks & Relays) Harry McKnight, 1715 Guilford, Columbus, Ohio 43221
- 17 DETROIT (Michigan) CROSS COUNTRY RUNS (Boys & Girls) Marv Fraser, 7510 Pettysville Road, Howell, Michigan 48843
- 17 MID-AMERICA CROSS COUNTRY CLASSIC, Peoria, Illinois (Boys & Girls) Dave Miller, Box 47A, Tremont, Illinois 61568
- 17 LOS ANGELES (California) ALL-COMERS CROSS COUNTRY, Elysian Park (B & G, 9-U & up, 9:30am) Bill Peck, 1140 N Alexandria Ave, Los Angeles, Ca 90029
- 18 FOUR MILE TURKEY TROT, Peoria, Illinois (Boys & Girls) Dave Miller, Box 47A, Tremont, Illinois 61568
- 24 NATIONAL AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS, Albuquerque, New Mexico (9-under & up) PO Box 6602, Albuquerque, New Mexico 87107
- 25 NEW YORK ROAD RUNNERS AGE GROUP CROSS COUNTRY RUNS, Marine Park, Brooklyn, NY (Boys & Girls, 5-under & up, 1:00 p.m.) Bill Moran (212) 339-6100

December

- 1 NEW YORK ROAD RUNNERS AGE GROUP CROSS COUNTRY RUNS, Alley Pond Park, Queens (Boys & Girls, 5-Under & up, 11:00 am) Nat Cirulnick, (212) 276-7451
- 1 SNOWSHOE "INVITATIONAL", Hoover Reservoir, Columbus, Ohio (Girls) Bob Nagel, 578A Arborwood Drive, Columbus, Ohio 43229
- 9 NEW YORK ROAD RUNNER AGE GROUP CROSS COUNTRY RUNS, Clove Lake Park, Staten Island (Boys & Girls, 5-Under & up, 1:00 pm) Dan Dougherty, (212) 981-2532
- 15 WASCO (California) ROAD RUNS (Boys & Girls, 9-Under & up) Brad Tomasini, PO Box 840, Wasco, California 93280
- 16 NEW YORK ROAD RUNNERS AGE GROUP CROSS COUNTRY RUNS, Marine Park, Brooklyn (Boys & Girls, 5-Under & up, 1:00 pm) Bill Moran, (212) 339-6100
- 22 REDWOOD HOLIDAY RUN, Visalia, California (Boys, Junior High School & up, Long Distance Run) John Pitman, 3936 West Paradise, Visalia, Calif 93277

Profile

FAMILY IN FOCUS

Togetherness Places First with Bob Cravens

Extracted from an article by JENICE JORDAN, staff writer for the COLUMBUS DISPATCH, OHIO.

Keeping up with the joneses is a snap compared to keeping up with the Bob Cravens of Columbus, Ohio.

They're off and running every day of the week for fun and family togetherness. The Craven daughters set the pace. Carrie, 13, is state Junior Olympic champion for the 880 and holds a personal best of 2:24.1. Laura ran her first unofficial race at 5, finishing right beside her father; she has the kind of endurance that permits such awesome performance as her 2:37.1 in the half mile at the Ohio State age group Championships...as an 8 year-old.

Mark, 16, is down to a jog because his school band schedule interfered with track this year. But his past experience qualifies him to help his father coach the 13 and under girls for the Ohio Track Club.

The father, Bob Craven, began running for his high school track team and is still going strong. A quiet, dark-haired man, he makes it a practice to spend his lunch hours at Janitrol running instead of eating.

"It takes away your appetite," he reports lightly while his wife, Alma, says proudly, "He can run six miles at a stretch without getting winded. Last year he could only do one."

A friendly, easy-to-know woman, she adds, "They all laugh at me. I jog with them sometimes but they just can't run as slowly as I do. It's exhausting until you've been at it at least a couple of months to build up stamina." Alma's stamina carries her about half a mile and stretches to include all the household details that need to be tied up so her family can get to weekday practices and weekend meets.

The Craven's lives have been going at a trot for about five years, "ever since we read about the Ohio Track Club," Alma remembers. "Bob and I were interested because we both came from small communities where high school track was important and because it's an individual sport instead of a team one."



Columbus Dispatch Photo by ROB RHEES

Bob Craven, who coaches the girls 13 and under, talks with son Mark about timing his charges during recent session.



Columbus Dispatch Photo by ROB RHEES

The CRAVEN family at a practice session at Worthington High School. At left, the parents Alma and Bob, in center, Carrie and brother Mark and in the back, 8 year-old Laura, Ohio Track Club's young prodigy.

"Mark was small for his age back then," she recalls "and you know how hard it is for smaller boys to fit into team sports." Carrie went along to practices "and just started running with the other kids. She was good so she was invited to join the group."

Laura eased into competitive running the same way. "She went with us to practices and one day she just got tired if sitting around coloring in books. She got up and started running." When Laura ran a winning 6:08 cross-country mile against children from all over the state at age 6, the family gained national recognition and one result was an invitation from the researchers at Ball State University, Ind., to come to their labs for testing.

"They tested the whole family," Alma reports, "trying to find out if people can run distances because of training or because their bodies use oxygen more efficiently." The tests took all day and were so extensive Alma, at least, "felt like dropping when they were over." They haven't heard results yet, but Mrs. Craven has her own conclusion: "They run well because they practice. Hard."

Three evenings of practicing aren't enough for the girls. On off days, they take off together for four-mile jaunts near their home.

Music is another family hobby. Carrie and Mark are band members at Blendon Junior High School and Westerville High, respectively. And the whole family likes to go to concerts. They are also tent-campers and rock collectors.

Keeping all these activities coordinated means "I don't have time for a lot of chores around the house," Alma laughs, revealing her happy philosophy that "enjoying things together is a lot more important than running a tight household ship."

We would like to have a continuing series on running families. If your club has one (or two) such family why don't you let us know, and we'll send you a questionnaire. You can even write it up yourself and give it that personal touch. We want to hear from you!

Western Training Camp

Commentary by BILL PECK

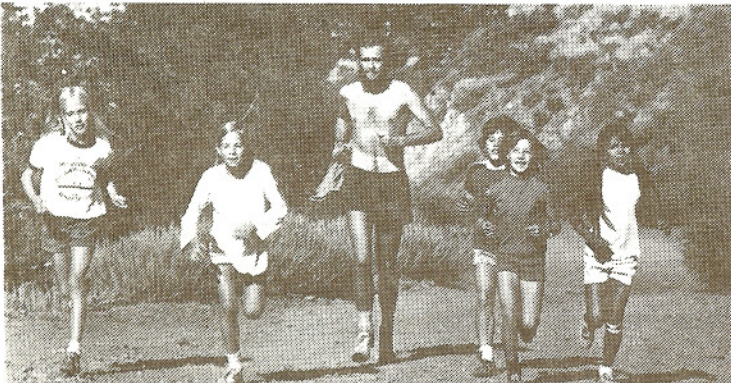
Photos by DOUG SCHWAB

There was no energy crisis at the fifth annual Rialto Road Runners Training Camp during the last week in August. Nearly 200 highly active distance running young gals and boys spent seven days filling their lungs with fresh mountain air and generally having fun, while putting in a lot of miles in the company of their fellow harriers in the rugged San Bernardino Mountains at 6000-7000 feet elevation.

The low cost (\$25 for one week) and the good reputation which the camp has enjoyed, attracted the majority of the top age group runners from eight southern California clubs (from 9 & unders on up) and a few top high school and college athletes as well. Among the familiar names of age group running families attending were such as Assumma, Knox, Cook, Sanchez, Nunez, McQuarrie, etc. Included among the "old folks" were such junior stalwarts as 4:08 high school miler Bob O'Brien, 4:13 11th grader Richard Nance, national girls intermediate hurdle champ Clydine Crowder, and junior internationalist Lynn Hollins.

Runners were grouped in cabins according to their age, with one or more coaches and/or parents living in the cabins of younger girls and boys. (The writer happened to be a cabin "daddy" for 13 super-competitive 10-12 year-old boys. For one week it was constant competition - in chess, volleyball, archery, high jumping, quizzes and even cleanup - not to mention unwanted competition in workouts).

Each day's schedule was enough to run your battery down if you weren't in reasonable condition to begin with. **Everyone's** day began at 6:30 a.m. and usually proceeded as follows:



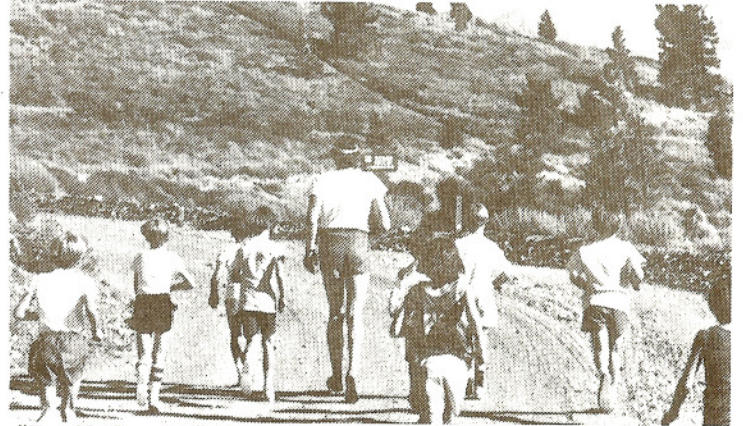
BRICE HAMMERSTEIN trying to keep up with some 9-unders



Among other activities, volleyball was a favorite.



6:30, getting ready for morning run. Cold..cold..



"Trail leader" JOHN COOK struggling up "inspiration point" with some real tough 10-11 year-olds.

- 6:30- 7:30 - early morning run (2 to 5 miles)
- 7:30- 8:30 - breakfast
- 8:30- 9:00 - cleanup of cabins and campgrounds
- 9:30-12:30 - morning activities (crafts, games, swimming, archery, etc.)
- 12:30-1:30 - lunch
- 1:30-2:30 - rest (theoretically)
- 2:30-4:30 - afternoon run (3 to 8 miles)
- 4:30-6:00 - afternoon activities (volleyball, horseback riding, games, etc.)
- 6:00-7:00 - dinner
- 7:00-9:00 - special events (films, talent show, band, hypnotist, etc.)
- 9:30 - lights out

Food, which was expertly prepared by camp cooks in well equipped kitchen, was mostly donated. The menu was high in carbohydrates (distance runners don't have much trouble with weight) and unusually well balanced. Breakfast offered pancakes and hot (or cold) cereal; lunch and dinner were heavy on salads, vegetables and potatoes, as well as meat and other protein; lots of milk and/or fruit juice was available at all times along with fruit.

For the most part, running groups were segregated according to age, sex and/or ability. Each group was led by a "trail leader" - an adult with at least some running background and basic conditioning. Runs consisted of traversing the many trails (some steep, some relatively easy) which surrounded the camp.

As the cross country season progresses you can be sure that many of the top runners of the fall campaign will be those who have attended one of the many summer training camps such as this one.

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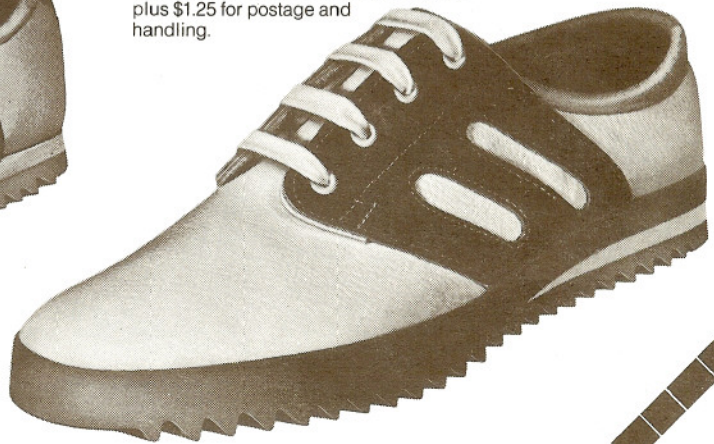
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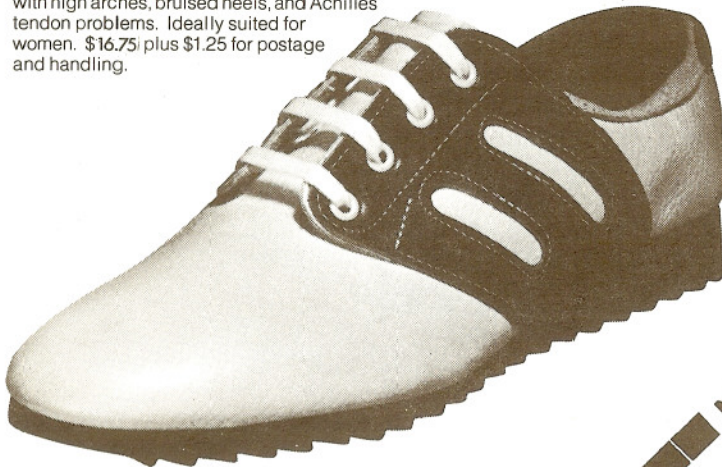
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- ▶ RRCA CROSS COUNTRY NATIONALS
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