

# LOS ALTOS HIGH SCHOOL TRACK AND FIELD

## THE LEO LONG YEARS



**1958-1963**

**1970-1979**

# **LEO LONG'S SIXTEEN YEAR COACHING RECORD AT LOS ALTOS HIGH SCHOOL**

## **DUAL MEET RECORD     128 WINS - 3 LOSSES**

(In 1963, the '62 Los Altos Track Team was named the #1 dual meet team in Northern California History)

## **SCVAL CHAMPIONSHIPS:     14**

(1958 - '59 - '60 - '61 - '62 - '63 - '70 - '72 - '74 - '75 - '76 - '77 - '78 - '79)

## **CENTRAL COAST SECTION CHAMPIONSHIPS: 1962            1970**

## **CALIFORNIA STATE CHAMPIONS:     1970**

In 1979 Leo was named the California State Coach of the Year by the California Coaches Association. He was also named Coach of the Year by the National High School Athletic Coaches Association and he was honored as the Teacher of the Year at Los Altos High School.

## SCVAL League Champions

It is well documented that Leo Long-coached athletes have excelled at the State Meet, the CCS meet, and made their mark as All-Americans and national record holders. Yet, the most important goal, in Leo's mind, for each of his sixteen teams at Los Altos, was to win the league championship. And this they did – in fourteen of sixteen years.

Los Altos teams dominated the league meet year after year. There were 79 individual league champions in sixteen years. But for any of us who ever heard Leo in one of the famous pre-league meet "psych" meetings, the most important athletes on the team were those who needed to get those crucial fourth, fifth or sixth place points. They were the ones who would make the difference between a championship team or a second or third place finish. In 1958, 1970 and 1979 this was especially true.

The following is a year by year summary of the sixteen league meets during Leo's tenure.

# Depth Wins League

## Track Title for Knights



A LOS ALTOS HIGH WINNER clears the bar in the pole vault at the SCVAL track and field championships last week, won by the Knights. This picture of John Erlich, who shared first in the vault at 11 feet 9 inches with two other contenders was taken by Mark Leonard, 11425 Mora Dr., a high school freshman.

## Los Altos Thinclads End League Season Unbeaten

By DAVID BALL

Los Altos High School, pre-meet favorite to win the SCVAL track and field championships upheld the experts last Friday by eking out a four point, 50½ — 46½ margin over Santa Clara. Knights gained the role of meet favorite by placing 18 entrants in the finals during last Tuesday's trials.

The winning of the coveted crown was not anticipated at the start of the season by anyone but Coach Leo Long's spirited group. The Knights finished the finals with 1/5 point last year and were figured by the oddsmakers to be easy meat for the "pre-season powers" Santa Clara, Washington, and Camden.

Early season experts didn't figure on depth, the factor which kept Knights unbeaten in SCVAL meets and sent them on for the championship.

For those who had inklings of hope for the Los Altos team, another big obstacle blocked the path in the name of Larry Guilford. The big Santa Clara is the top of the hurdling class, but Knight Tom Harrison runs a close second. Harrison would have eclipsed two league marks had it not been for Guilford.

Big Dave Keith and soph

phenom Robin Ruble were the big stars for Los Altos. Keith won the shot put with an excellent 52'2" effort and Ruble, ex-B star, won the half mile in 2:00.8.

John Ehrlich of Los Altos also topped the winners' stand in a three-way first place tie in the pole vault. He accomplished his top effort as he cleared 11'9".

Soph Jim McCracken eclipsed a 20 year old league record by high jumping 6'1½", but Camden's Lynn Gold cleared a 6' 2½" bar to take first. The mark doesn't seem destined to last another 20 years. Gold is a junior.

In Class B competition, Al Dexter heaved the discus 136' for a new league standard, but Santa Clara ran off with the meet with a whopping 42½ point lead. The Light Knights placed fourth.

Los Altos placed fifth under Santa Clara in the C meet and was edged 46-40 by Campbell in D competition for a second place standing.

Knights should be strong next year, too, with point getters Jim McCracken, John Ehrlich, Robin Ruble, Charlie Thompson, Jack Preston, and Bob Goodenough returning.

Preston ran into some hard luck in the mile this year. Weakened by the flu earlier in the big week, Jack still turned in his finest time of the season, a 4:42. Hartwig won in 4:40.5.

Medal winners in last Friday's events compete tomorrow in the Northern California championships, held at Fremont High.

## 1958 — THE FIRST CHAMPIONSHIP

Not many schools win a league championship in their first year of varsity competition. The 1958 team did it Leo's way — with "depth". Three individual champions, but a lot of fourth, fifth and sixth place points.

## 1958

1. Los Altos	50	8. James Lick	17
2. Santa Clara	46	9. Campbell	12
3. Camden	37	10. Andrew Hill	2
4. Fremont	32	11. Ayer	0
5. Sunnyvale	26	11. Buchser	0
6. Washington	25	11. Mt. View	0
7. Los Gatos	18		

880	Robin Ruble	2:00.8
Shot	Dave Keith	52'2"
PV	John Ehrlich	11'9"

## 1959

1. Los Altos	79	6. Mt. View	22
2. Campbell	46	7. Los Gatos	21
3. Fremont	34	8. Santa Clara	6
4. Sunnyvale	32	9. Cupertino	1
5. Camden	24	10. Buchser	0

440	Jerry Gassaway	50.8
880	Robin Ruble	1:55.9
Mile	Dave Boore	4:23.0
LJ	John Woolridge	21'7 1/2"
TJ	John Woolridge	41'10 3/4"



The 1959 team produced Los Altos' First North Coast Section Entries.

#### THEIR GOAL IS A TRIP TO BAKERSFIELD

(Times photo by Gene Tupper)

Los Altos High School will enter four track stars in the North Coast Section finals at the University of California tomorrow. From left to right are miler Dave Boore, high hurdler Jim

McCracken, coach Leo Long, broad jumper Bart Crawford, and half-miler Robin Ruble. The top three finishers in each event tomorrow qualify for the state meet in Bakersfield.

By 1960, Dave Boore and Robin Ruble had gone on to elite status in high school track and field. Both were All-Americans and Dave set a national record in the two mile run.



**ALL SMILES**—Robin Ruble (left) and Dave Boore of Los Altos High were all smiles after qualifying for the California State Track and Field meet at Bakersfield Friday night. Ruble was a close second in the half-mile at last weekend's North Coast Section Championships. Boore finished third in the mile. The Knights, both juniors, will become Los Altos' first representatives to the largest of the nation's prep cinder meets.

## 1960

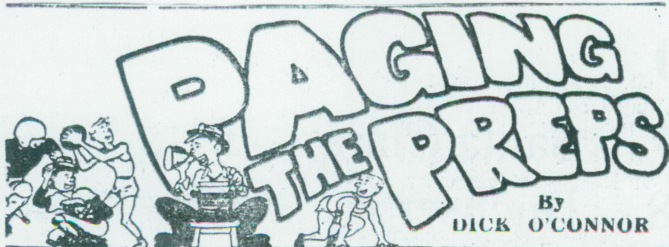
1. <b>Los Altos</b>	64	7. Santa Clara	21
2. Campbell	38	8. Buchser	9
3. Fremont	37	9. Cupertino	8
4. Los Gatos	28	10. Sunnyvale	5
5. Mt. View	27	11. Camden	3
6. Del Mar	23	12. Saratoga	0

220	Robin Ruble	22.4
880	Robin Ruble	1:54.4
Mile	Dave Boore	4:22.8
PV	Jim McCracken	12'

## 1961

1. <b>Los Altos</b>	65	7. Campbell	16
2. Cupertino	46	8. Santa Clara	12
3. Mt. View	37	9. Camden	7
4. Del Mar	30	10. Los Gatos	6
5. Buchser	26	11. Sunnyvale	2
6. Fremont	19	12. Saratoga	0

120 HH	Bob Owen	14.6
Shot	Bob Stoecker	56'2"
Discus	Bob Stoecker	177'4"



## Hillsdale coach rates Los Altos best-ever dual track meet team

Plato Yanicks, the Palo Alto lad who now is track coach at Hillsdale High School in San Mateo, must spend all his free time working on statistics.

His latest effort is a rundown on the best high school dual meet track teams of the last decade.

Yanicks' choice as the best is the Los Altos High School team of 1962. That was one that included Bob Stoecker, the national discus record holder, shot putter Randy Schneider, pole vaulter Mike Kamrar and hurdler Bob Feero.

### LOTS OF RESEARCH

Yanicks must have spent most of his nights in research. He includes records on all of the great East Bay teams — Berkeley, Castlemont, Alameda in 1954, McClymonds, and also the fine teams from Menlo-Atherton in 1958 and El Cerrito in 1962.

Yanicks has a reason why Los Altos is the best team. He credits the all-comer track program held during the summer for the success of area competitors.

He also gives credit to the cross country program developed by coaches like Forrest Jamieson of Palo Alto, Loren Lansberry of Carlmont, Leo Long of Los Altos, and Homer Smith, Yanicks predecessor at Hillsdale.

### TITLE MEET

Plato figures that Los Altos (1962) and Castlemont (1961) would have met in what hypothetically would be the best dual meet in Northern California prep track history.

He gives Los Altos a 57-56 win and with it the mythical Northern California championship.

In doping the meet Yanicks took the best performances of members of each team.

### KNIGHT WINNERS

The Los Altos winners were Tom Burton in the half mile (1:56.1), Bill Frost in the 220 (21.7) and Paul Graham in the mile (4:24.6), Steve Coy in the broad jump (22-8), Kamrar in the pole vault (13-3), Schneider in the shot (60-6), and Stoecker in the discus (195-4).

Ben Whitfield of Castlemont was given a double win in the hurdles (14.2 and 19.1), Ray Sadler a win in the 440 (47.6) and a tie with Frost in the 220, Curtis Crum in the high jump (6-7), and Don Evans in the 100-yard dash (9.7).

Castlemont was given the relay on its 1:26.0 time but still fell a point short in the make-believe championship.

### HEAD-TO-HEAD

In head - to - head competition with other great teams of the last 10 years, this is the way Los Altos would come out:

Los Altos 70, El Cerrito (1962) 43.

Los Altos 60, McClymonds (1961) 53.

Los Altos 71½, San Mateo (1960) 41½.

Los Altos 69, Richmond (1961) 35.

Los Altos 62, Berkeley (1957) 51, Los Altos 74½, Pittsburg (1962) 38½.

Los Altos 76, El Camino (1962) 37.

Los Altos 72½, Carlmont (1961) 40½.

Los Altos 89½, Pleasant Hill (1960) 24½.

One footnote to the above table: The Berkeley High School team of 1957 won the state track championship.

Not only was the 1962 team selected as Northern California's All-Time Dual Meet Champs, but they dominated the SCVAL Championships as no team before them ever had. The Knights won 8 of 14 events and scored 66 more points than the runner-up Mt. View Eagles. In addition, they set 3 SCVAL Meet Records: the 120 HH, 880 Relay and the Shotput.

## 1962

1. <b>Los Altos</b>	106	6. Fremont	13
2. Mt. View	40	7. Santa Clara	7
3. Cupertino	35	8. Awalt	5
4. Buchser	33	8. Wilcox	5
5. Sunnyvale	21		

100	Walt Lamb	9.9
880	Tom Burton	1:58.1
Mile	Paul Graham	4:25.2
120 HH	Bob Feero	14.6
880 Relay	Walt Lamb	1:30.3
	Tom Thomas	
	Jack Wohler	
	Bill Frost	
Shot	Randy Schneider	60'6"
HJ	Duncan Edwards	6'0"
PV	Mike Kamrar	12'6"

## 1963

1. <b>Los Altos</b>	68	6. Awalt	24
2. Fremont	56	7. Wilcox	12
3. Cupertino	42	8. Mt. View	5
4. Sunnyvale	33	9. Homestead	0
5. Buchser	26	9. Santa Clara	0

880	Paul Graham	1:55.2
180 LH	Art Mori	20.6
Discus	Chuck Smart	176'8"
LJ	Steve Coy	22'2 <sup>3</sup> / <sub>4</sub> "

## KNIGHTS CLIP PIONEERS

# Adams Posts Triple

By JEFF STOCKTON  
Mercury Sports Writer

CUPERTINO — Los Altos' Chris Adams and Rick Brown can spell disaster for any track team in the Central Coast Section but Cupertino found out Jim Andrew and Larry Davis can produce problems also.

While Adams and Brown continued to shatter the section's best times to date, Andrew and Davis pulled a few surprises which crushed any hope Cupertino had of pulling an upset Thursday. Los Altos methodically ripped the Pioneers, 76-60, in a Santa Clara Valley League meet on the loser's oval.

"Davis has to be the hero of the day," said Los Altos coach Leo Long. "His second place in the 440 turned the meet our way."

During the seven events preceding the quarter-mile, Cupertino had rolled up a 29-23 lead and the Pioneers were gaining points at a rate coach Bill Frost had planned.

The pioneers' 440-yard relay quartet blazed to a 43.4, the best in the CCS and Jeff Fowler registered a winning 9.9 in the 100.

But Davis garnered a second in the 440 in 49.6, second to Brown's winning 48.7 which is the best in the section.

Moments later, Andrew, who had lost earlier to Fowler in the 100, beat the Pioneer sprinter in the 220 with a 22.0 to upset Frost's dope sheet and send Los Altos on its way to its third SCVL win of the season.

Most amazing was Adams, possibly the best prep discus thrower in the state and certainly one of the top shot putters.

Adams, who hasn't competed in the shot because of a hand ailment, recorded a 59-10 on his first put which not only gained him his first of three individual wins, but was the best discus in Northern California.

He also registered a 195-foot discus throw against an unfavorable wind. The Knight senior has a NorCal best of 198.

To top his day off, he coasted to a 19.7 clocking in the 180 low hurdles—another section best. He also ran a leg on the Knights' 440 relay contingent

which lost but its time of 43.9 is the second fastest clocking in the CCS.

Brown paced himself to an

LA 76

Cup 60

Teacher Beats Pupil

880 win of 2:01 and then took triple jumpers in the section. second in the long jump behind Cupertino's Craig Conway, one of the best long and Brown also anchored the Knights' winning mile relay team.

## Knights Tabbed In Hill Trackfest

LOS ALTOS HILLS — Los Altos has left little doubt it is the team to beat once again in the ninth annual Hill-Kiwanis Invitational track and field meet Saturday at Foothill College.

Chris Adams, Rick Brown and the Knight relay teams certainly assure Los Altos of enough points to win the meet if they even come close to matching their performances Thursday against Cupertino.

"These kids won't be denied," said Los Altos coach Leo Long. "Adams gives you 300 per cent in whatever he does and Brown is another great one."

"I look for Gunn to supply us with the toughest competition."

Long tabs Brown for duties in the 440, 880 and mile relay while Adams will be gunning for the 200-foot mark in the discus and 60 feet in the shot put.

Cupertino's Craig Conway is the favorite in the triple jump due to his Central Coast Section best of 46-3½ although Leigh's Rick Miller could surprise.

Overfelt's Len Johnson, who ran a 9.8 century Thursday, has a 9.7 to his credit

this spring and ranks as the favorite in the 100 but will be pushed by Cupertino's Jeff Fowler (9.9) and possibly Los Altos' Jim Andrew.

If Sunnyvale's Benny Brown is ready to go all out in the 440, Los Altos' Rick Brown could be challenged.

Los Altos' mile relay contingent of Andrew, Bob Thompson, Larry Davis and Brown owns the CCS best clocking of 3:27.6 with Leigh (3:29.4) supplying the competition.

Cupertino's 440 relay quartet (43.4) must hold off the likes of Los Altos (43.9) and Menlo-Atherton (44.0).

## 1970

1. <b>Los Altos</b>	119	6. Wilcox	18
2. Homestead	114	8. Santa Clara	11
3. Cupertino	99	9. Buchser	5
4. Awalt	74	10. Sunnyvale	4
5. Lynbrook	26	11. Mt. View	2
6. Fremont	18	12. Peterson	1

440	Rick Brown	47.3
880	Rick Brown	1:51.7
120 HH	Vic Brooks	14.9
Mile Relay	Bob Thompson Larry Davis Jim Andrew Rick Brown	3:17.2
Shot	Chris Adams	60'2"
Discus	Chris Adams	190'4"

## 1971

1. Awalt	105	7. Santa Clara	23
2. Cupertino	102	8. Lynbrook	19
3. <b>Los Altos</b>	99	9. Mt. View	16
4. Homestead	56	10. Buchser	6
5. Sunnyvale	40	11. Wilcox	2
6. Fremont	27	12. Peterson	0

2 Mile	Bob Smith	9:26.5
Discus	Scott Overton	181'11"

# Overton Shatters National Discus Mark

By DENNIS DEISENROTH  
Staff Writer

LOS ALTOS — Scott Overton became Los Altos's third national record holder in the discus Friday afternoon as he led the Knights to the Santa Clara

Valley League track and field championship.

Overton threw the disc 204-5 to eclipse the old standard of 201-3 set by former Los Altos star Chris Adams in the 1970 State meet.

And it was Adams who shattered another former Knight's record with his toss. Before Adams, now at the University of California, broke the 200-foot barrier, the national standard was 195-4 set by Bob Stoeck-

er in 1961.

"He's broken the barrier now and the big throws are still to come," beamed Los Altos coach Leo Long, who has coached all three record holders.

"He's been flirting with

the record all year and I think it was more mental than physical why he didn't break it sooner."

Overton also won the shot put at 60-2½ to lead

(See OVERTON, Page 86)



SCOTT OVERTON  
... Surpasses Chris

## KNIGHTS ADD ANOTHER TITLE

# Overton Lifts Record

(Continued from page 81)

Los Altos to 87 points, 18 markers better than runnerup Homestead, only had three tosses Friday.

His first throw was 197-0. He smashed the mark on his second toss and finished with a 195 effort.

"The County Weights and Measures people came out and measured the toss with a steel tape," Long said. "Everything is official except we have to have the field surveyed ... that's just a formality, though."

The Knights, perennial SCVL cinder champions, weren't expected to win as easily as they did, but several come-through performances decided the outcome early.

Doug Hill and Dave Jackie took second and fifth, respectively, in the 100, while Jeff Norton broke the tape in the mile — all come-through performances.

Pete Taylor also surprised Los Altos assistant coach Roger Oswald taking third in the triple jump with a 45-11½ effort on his

last jump. While Los Altos was running away with its league meet, Leland was doing much the same thing in the Santa Teresa League.

The Chargers, paced by Tom Minneti, scored 92½ points to far outdistance

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### SANTA CLARA VALLEY

at Los Altos

Team Scores

Los Altos 87, Homestead 69, (tie) Awall and Buchser 56, (tie) Cupertino and Fremont 46, Mountain View 42, Lynbrook 37, Santa Clara 26, Wilcox 10, Monta Vista 9, Sunnyvale 6, Peterson 2.

### Results

100 — Marcki (Buchser) 10.0, Hill (LA) 10.0, Dodgen (A) 10.1, Ramey (A) 10.1, Jackie (LA) 10.1, Mannegold (F) 10.2.  
220 — Dodgen (A) 23.2, Hintz (B) 23.3, Ramey (A) 23.4, Mannegold 23.4, Escalada (P) 23.5, Biehl (L) 23.8.  
440 — Villereal (MV) 29.6, Carlson (F) 30.8, Kranz (F) 31.6, Kelly (L) 52.0, Carroll (L) 52.3, Silla (B) 52.5.  
880 — Carlson (F) 1:58.4, Bailey (B) 1:58.8, Carroll (L) 1:59.3, Kelly (L) 1:59.8, Villereal (MV) 2:01.5, Newell (L) 2:01.5.

1 Mile — Norton (LA) 4:24.1, Chamness (A) 4:27.9, Phillips (L) 4:29.0, Luckhardt (LA) 4:30.4, Carly (H) 4:31.2, Slavin (LA) 4:35.2.

2 Mile — Tello (SC) 9:41.0, Bardoff (C) 9:53.6, Church (H) 10:00.0, Robleda (MV) 10:03.5, Teschner (LA) 10:05.3, Erbes (H) 10:06.5.

120 LH — Groh (H) 14.5, Foster (LA) 14.6, Roesky (H) 14.7, Curtis (S) 14.8, Rodriguez (H) 15.0, McDaniel (LA) 15.1.

180 LH — Groh (H) 19.5, Roesky (H) 19.7, Foster (LA) 20.2, Reeve (L) 20.2, Rodriguez (H) 20.3, Curtis (S) 20.5.

440 Relay — Awall 43.6, Los Altos 43.7, Buchser 44.2, Fremont 44.4, Santa Clara 44.6, Sunnyvale 45.1.

4 Mile Relay — Buchser 3:22.4, Mountain View 3:24.8, Lynbrook 3:25.5, Homestead 3:25.6, Fremont 3:25.6, Monta Vista 3:32.5.

HJ — Seitenreich (C) 6-2, True (MV) 4-2, Erbes (H) 6-2, Christenson (SC) 6-2, Lima (C) 6-0, Effting (A) 6-0.

LJ — Lewis (SC) 23-2, Seitenreich (C) 22-7½, Marcki (B) 22-1, McCarthy (C) 21-10, Rodriguez (H) 21-5½, Pierce (C) 21-3.

TJ — Robb (W) 46-11½, McCarthy (C) 46-1, Taylor (LA) 45-11½, Roesky (H) 45-1, Porter (A) 45-1, Stowe (C) 44-3½.

PV — Hintz (B) 13-9, Kay (F) 13-6, Keehan (MV) 13-0, Jordan (C) 13-0, Krug (L) 12-6, Crider (A) 12-6.

SP — Overton (LA) 60-2½, Watkins (MV) 56-2½, Murray (H) 55-5¼, Pfandl (A) 53-10, Patterson 51-9¼, Lewis (F) 51-5¾.

D — Overton (LA) 204-5 (national record, breaks old mark of 201-3 set by Chris Adams of Los Altos in 1970), Patterson (LA) 175-1, Pfandl (A) 171-4¼, Watkins (MV) 165-0, McGowen (F) 164-¼, Pushkin (LA) 162-9¼.

## 1972

1. <b>Los Altos</b>	87	8. Lynbrook	37
2. Homestead	69	9. Santa Clara	26
3. Buchser	59	10. Wilcox	10
4. Awalt	58	11. Monta Vista	9
5. Cupertino	46	12. Sunnyvale	6
5. Fremont	46	13. Peterson	2
7. Mt. View	42		

Mile	Jeff Norton	4:24.1
Shot	Scott Overton	60'2"
Discus	Scott Overton	204'5"

## 1973

1. Cupertino	106	8. Mt. View	24
2. <b>Los Altos</b>	94	9. Wilcox	11
3. Lynbrook	83	10. Monta Vista	9
4. Buchser	70	11. Santa Clara	3
5. Homestead	38	12. Sunnyvale	1
6. Fremont	31	13. Peterson	0
7. Awalt	25		

100	Doug Hill	10.0
220	Doug Hill	22.2
Mile	Jeff Norton	4:19.7
2 Mile	Jeff Norton	9:26.1
440 Relay	Dennis Kimball	43.3
	Doug Hill	
	Mike Sanford	
	David Jakle	
Shot	Jay Pushkin	54'1"



SCVAL Sprint Camp Doug Hill (L) leaving the blocks. Note teammates David Jakle and Dennis Kimball in the background.

## 1974

1. <b>Los Altos</b>	151	8. Wilcox	16
2. Cupertino	87	9. Sunnyvale	11
3. Lynbrook	85	10. Monta Vista	6
4. Homestead	55	11. Buchser	3
5. Fremont	34	12. Mt. View	0
6. Peterson	22	12. Santa Clara	0
7. Awalt	18		

100 Doug Hill 9.8

220 Doug Hill 22.0

440 Relay Will Kavanaugh 42.9

Doug Hill

Kevin Fielding

David Jakle

Shot Rick Rossi 58'9"

Discus Kurt Vonogas 172'5"

LJ Roy Chestnut 22'11 1/2"

TJ Roy Chestnut 46'1 1/4"

## 1975

1. <b>Los Altos</b>	106	5. Buchser	18
2. Peterson	59	6. Awalt	4
3. Wilcox	31	7. Mt. View	3
4. Santa clara	27		

880 Alan Pramann 1:58.6

Mile Jeff Curran 4:21.3

2 Mile Jeff Curran 9:35.7

330 LH David Jakle 39.5

Shot Brent Long 59'7"

Discus George Ford 156'1"

PV Gordon Berg 13'6"

# Another year, another

## track title for Knights

Another year, another Santa Clara Valley Athletic League track and field championship for Los Altos High.

Los Altos, the closest thing there is to a sure bet in Midpeninsula prep team track, won its 16th SCVAL title in 19 years Friday night at Fremont High.

The Knights, led by distance ace Fred Behrmann, scored 100 points to easily beat Awalt and Buchser which tied for second place with 41.

Behrmann retained his perfect record of not having been beaten in competition this year by claiming the mile and two-mile, though severely pressed in each race by Leroy Bumbaca of Wilcox.

Both were clocked in 4:20.0 for the mile while Behrmann out-kicked Bumbaca over the last 15

yards to take the two-mile, 9:44.5 to 9:44.8.

Los Altos captured seven firsts, seven seconds and four thirds en route to the championship, racking up the majority of its points in the field events.

Matt Pear led a one-two-three Knight sweep in the shot put with a season's best throw of 56-9, with Todd Young second at 53-0 and Ray Franklin third at 52-2.

Franklin flipped the discus 168-3, Tony Vecchiet, a somewhat disappointing fourth in the long jump, won the triple jump at 46-6 while Wayne Johnson was a surprise pole vole victor with a leap of 13-6.

Johnson, who just recently became eligible, beat Buchser's Joe McMath who was third at 13-0 in the meet's only real upset.

Allen Goes accounted for the other Los Altos victory, nipping

Awalt's Jim Key in the 330 low hurdles. Both were clocked in 40.1.

Santa Clara, Awalt and Buchser split the remaining nine first places equally.

Santa Clara junior Mike Skinner captured the sprints in 10.0 and 22.8, joining Behrmann as the night's only double winners, while Mark Sindel cleared 6-5¼ in the high jump.

Key blitzed the field in the 120 high hurdles in 15.5, Steve Wise long jumped 22-7 and Awalt won the sprint relay in 43.9.

Buchser's Bruce Jensen posted a fine 1:56.8 half-mile, Rick Wallick edged Jensen in the 440, as both were caught in the 50.8 while Buchser got its other gold in the mile relay, running 3:29.2.

Top five in each event qualified for the Region II meet next Saturday at De Anza College.

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### VARSITY

Team scores — Los Altos 100, Awalt 41, Buchser 41, Santa Clara 35, Wilcox 27, Peterson 7, Mountain View 5.

440 relay — Awalt 43.9, Los Altos 44.0, Santa Clara 47.6, Buchser 44.8, Peterson no time.

880 — Jensen (B) 1:56.8, Pramann (LA) 1:57.5, Troedson (LA) 1:58.8, Bishop (LA) 2:01.5, Hayes (MV) 2:02.0.

120 HH — Key (A) 15.5, Crouch (A) 16.2, Atencio (B) 16.5, Metcalf (SC) 16.9, Wobber (LA) 16.9.

100 — Skinner (SC) 10.0, Colling (LA) 10.1, Dufer (W) 10.3, Arno (LA) 10.5, Wilks (LA) 10.5.

Mile — Behrmann (LA) 4:20.0, Bumbaca (W) 4:20.0, Norton (A) 4:30.5, Pramann (LA) 4:42.6, Mount (P) 4:42.8.

440 — Wallick (B) 50.8, Jensen (B) 50.8, B. Alexander (LA) 51.3, West (LA) 51.7, Rainer (B) 52.5.

220 — Skinner (SC) 22.8, Breg (P) 23.1, Wallick (B) 23.2, Beck (A) 23.2, Wilks (LA) 23.3.

330 LH — Goes (LA) 40.1, Key (A) 40.1, Pomeroy (W) 40.6, Mott (LA) 41.0, Pimental (SC) 42.0.

2 mile — Behrmann (LA) 9:44.5, Bumbaca (W) 9:44.8, Cassara (MV) 9:58.8, Pawl (W) 10:01.7, Knab (MV) 10:20.6.

Mile relay — Buchser 3:29.2, Los Altos 3:29.6, Awalt 3:32.7, Santa Clara 3:34.8, Peterson 3:43.6.

High jump — Sindel (SC) 6-5¼, S. Alexander (LA) 6-2, Wise (A) 6-0, Critchfield (LA) 5-10, Kappler (B) 5-10.

Long jump — Wise (A) 22-7, Nakashima (A) 21-1, Zoppi (W) 21-0, Vecchiet (LA) 20-8½, Goes (LA) 20-8.

Triple jump — Vecchiet (LA) 46-6, Zoppi (W) 43-9, Layton (SC) 42-9, Acosta (SC) 41-7, Eager (B) 40-11.

Pole vault — Johnson (LA) 13-6, Spierling (LA) 13-0, McMath (B) 13-0, Hintz (B) 12-6, Kappler (B) 12-6.

Shot put — Pear (LA) 56-9, Young (LA) 53-0, Franklin (LA) 52-2, Ferris (W) 42-4½, Garcia (W) 41-0.

Discus — Franklin (LA) 168-3, Parsons (SC) 147-6, Pear (LA) 146-7, Long (LA) 139-11, Casey (W) 135-6.



Leading the field

Fred Behrmann of Los Altos leads Leroy Bumbaca, left, and Jeff Norton,

## 1976

1. <b>Los Altos</b>	95	5. Wilcox	27
2. Awalt	46	6. Mt. View	5
3. Buchser	41	6. Peterson	5
4. Santa Clara	35		

Mile	Fred Behrmann	4:20.0
2 Mile	Fred Behrmann	9:44.5
330 LH	Alan Goes	40.1
Shot	Matt Pear	56'9"
Discus	Ray Franklin	168'3"
TJ	Tony Vecchiet	46'6 3/4"
PV	Wayne Johnson	13'6"

## 1977

1. <b>Los Altos</b>	130	6. Wilcox	28
2. Buchser	108	7. Palo Alto	15
3. Gunn	72	8. Mt. View	14
4. Awalt	50	9. Peterson	12
5. Santa Clara	48	10. Cubberly	6

Mile Relay	Alan Goes Mark Rychlik Mike Troedson Craig Copeland	3:33.5
Shot	Ray Franklin	54'3"
Discus	Ray Franklin	179'10 1/2"
TJ	Fred Grolle	45'7"
HJ	Bill Graber	6'8"

# LA spikers make most of second chance

By KEN LUTHY

You don't pull on superman's cape. You don't spit into the wind. And you don't give Los Altos High's track and field team a second chance.

The Knights, smitten by a rare dual-meet loss at Buchser a month ago, bounced back on the very same Bruin oval Tuesday to win their fourth straight Santa Clara Valley Athletic League title and 17th in 20 years.

Los Altos scored 130 points to 108 for Buchser to gain revenge for its 69-67 loss to the Bruins during

the dual season and claim the overall championship.

But it wasn't easy.

"It was tight," admitted Knight coach Leo Long, re-adding the figures he'd been scribbling on his clipboard all afternoon during the wind-swept meet.

"There were so many places where our kids came through."

Long could point to every event except the long jump where his blue-and-gold clad athletes did the job as that was the only event in which they did not score.

Ray Franklin won the weights,

as expected, with efforts of 54-3 and 179-10½, and junior Bill Graber took the high jump as figured at 6-8, a meet record.

But there were surprises as well, like Fred Grolle's triple jump victory of 45-7, Doug Wilks' fifths in both the 100 and 220, and sophomore Mark Rychlik's third in 330 low hurdles, to name a few.

The Knights added a little frosting to the cake by winning the mile relay after favored Buchser fell out of contention when Matt Bailey tripped while leading on the second leg.

## VARSITY Team scores

Los Altos 130, Buchser 108, Gunn 72, Awall 50, Santa Clara 41, Wilcox 28, Palo Alto 19, Mountain View 14, Peterson 12, Cubberley 6.

440 relay — Buchser (Rosa, Hintz, Raineri, Romero) 44.05, Gunn 44.3, Santa Clara 44.4, Los Altos 44.7, Wilcox no time.

120 HH — Wheat (MV) 15.0, Graber (LA) 15.2, Leone (B) 15.3, Ball (P) 15.9, Hindelman (LA) no time.

880 — Jensen (B) 1:56.5, Troedson (LA) 2:01.5, Gonzales (G) 2:02.9, Sullivan (B) 2:03.7, McCracken (B) no time.

100 — Skinner (SC) 9.8, Romero (B) 10.1, Winston (G) 10.1, Hintz (B) 10.1, Wilks (LA) 10.2.

440 — Jensen (B) 50.4, Copeland (LA) 52.0, Raineri (B) 52.9, Vega (MV) 53.5, Corrales (SC) 53.9.

2 mile — Smith (A) 9:43.9, Bailey (B) 9:48.0, Bunn (LA) 10:12.3, Pringle (G) 10:22.0, French (A) 10:24.0.

330 LH — Motooka (G) 39.2 (set meet record of 38.7 in trials, old record, 39.0, Dave Jakle, Los Altos, 1975), Ball (P) 40.8, Rychlik (LA) 41.0, Eaton (B) 41.5, Pimental (SC) no time.

220 — Skinner (SC) 23.0, Romero (B) 23.2, Hintz (B) 23.2, Motooka (G) 23.8, Wilks (LA) 23.8.

Mile — Smith (A) 4:30.4, Norton (A) 4:43.8, Boyer (C) 4:33.0, Troedson (LA) 4:36.8, Bailey (B) 4:36.8.

Mike relay — LA (Goes, Rychlik, Troedson, Copeland) 3:33.5, Wilcox 3:35.5, Santa Clara 3:37.1, Awall 3:40.4, Gunn 3:42.8.

SP — Franklin (LA) 54-3, Pear (LA) 54-0, Jacobs (B) 47-9½, Wells (PA) 47-1, Melot (W) 44-2.

Dis — Franklin (LA) 179-10½, Casey (W) 151-3, Wells (PA) 150-3½, Pear (LA) 144-5, Marks (LA) 136-10.

PV — McMath (B) 14-0, Hochscheid (G) 13-0, Burdick (W) 12-6, Chesnut (LA) 12-0, Hintz (B) 12-0.

LJ — Key (A) 22-9¼, Motooka (G) 22-4¼, Jordan (G) 21-7, Acosta (SC) 21-5¼, Romero (B) 21-4½.

HJ — Graber (LA) 6-8 (meet record, old, 6-6½, Bob Lima, Cupertino, 1973 and Mark Insley, Cupertino, 1974), Alexander (LA) 6-6¼, Helvey (A) 6-2, Critchfield (LA) 6-0, tie, Parsons (SC) and Armstrong (PA) 6-0.

TJ — Grolle (LA) 45-7, Armstrong (PA) 45-5, Richmond (G) 43-7, Jordan (G) 43-2½, Zoppi (W) 43-1½.



A far one for Franklin

Ray Franklin of Los Altos grits his teeth as he gets ready to toss the shot put. Franklin had a good put but wound up third.

## 1978

1.	<b>Los Altos</b>	112	6.	Gunn	27
2.	Cubberly	90	7.	Santa Clara	26
3.	Buchser	83	8.	Peterson	16
4.	Wilcox	62	9.	Mt. View	11
5.	Awalt	55	9.	Palo Alto	11

Mile Relay		3:30.3
Discus	Jim Krueger	147'8"
LJ	Fred Grolle	22'6 1/2"
TJ	Fred Grolle	46'6"
HJ	Steve Alexander	6'8"

## 1979

1.	<b>Los Altos</b>	99	6.	Wilcox	38
2.	Cubberly	97	7.	Peterson	24
3.	Gunn	70	8.	Mt. View	20
4.	Awalt	60	9.	Santa Clara	18
5.	Buchser	51	10.	Palo Alto	15

880	Tom Deeney	1:57.8
Mile	Bryan Carroll	4:31.8
2 Mile	Bryan Carroll	9:39.8
120 HH	John Connor	15.2
Shot	Jim Krueger	59'8"

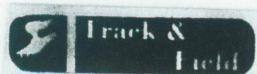
# THE LAST CHAMPIONS

Times showed it

## A good day for track

Saturday was another perfect day for a track meet, and some of the times reflected the warm, sunny weather.

Los Altos won both titles in the Santa Clara Valley League meet. The Los Altos boys edged Cubberley 112-90 and the Knight girls outscored Wilcox 88-63.



### SANTA CLARA VALLEY

#### Boys

**Team points**  
Los Altos 112, Cubberley 90, Buchser 83, Wilcox 62, Awall 55, Gunn 27, Santa Clara 26, Peterson 16, Mountain View 11, Palo Alto 11.

#### Individual results

**440R**—Cubberley 43.1, Gunn 44.7, Los Altos 45.0, 120HH—Wheat (MV) 14.8, Graber (LA) 15.2, Rogers (Buch) 15.6, 100—Green (Cubb) 9.7, Smith (Cubb) 10.0, Rasmussen (Pete) 10.2, 440—Green (Cubb) 47.6, Copeland (LA) 50.0, Fank (Gunn) 50.8, 220—Green (Cubb) 22.9, Copeland (LA) 22.9, Hage (Wil) 23.0, 880—Smith (Awall) 1:56.3, Fuhrman (SC) 1:58.3, Ross (Buch) 1:59.0, Mile—Smith (Awall) 4:22.9, Bailey (Buch) 4:36.4, Bryan (PA) 4:36.4, 2-mile—Pickens (Wil) 10:12.3, Arno (Buch) 10:16.2, Eubank (Pete) 10:22.3, 330LH—Smith (Cubb) 39.0, Je. Moss (Cubb) 39.3, Jo. Moss (Cubb) 40.0, MR—Los Altos 3:30.3, Cubberley 3:30.3, Buchser 3:31.0, Shol—Engle (SC) 54-1, Wevers (Awall) 52-54.2, Krueger (LA) 52-0 1/2, Disc—Krueger (LA) 147-8, Engle (SC) 146-5, Salinas (Wil) 131-4, LJ—Grolle (LA) 22-6 1/2, Lumactod (Buch) 22-5 1/2, Zoppi (Wil) 21-9 1/4, TJ—Grolle (LA) 46-6, Zoppi (Wil) 46-1, Hutton (Awall) 43-11, HJ—Alexander (LA) 6-8, Stuart (Gunn) 6-6, Graber (LA) 6-6, PV—Hollandsworth (Awall) 14-0, Hazel (Buch) 13-6, Mudd (Buch) 13-6.

1978

The Leo Long era in the SCVAL ended as it began; with two final Los Altos championships. It is fitting that in Leo's final league meet, Los Altos won by two points, thanks to sixth place finishes in the 100, the 330 LH, the Long Jump, and, of course, the discus.

### S. CLARA VALLEY FINALS

#### Boys

**Team points**—Los Altos 99 1/2, Cubberley 97 1/2, Gunn 70, Awall 60, Buchser 51, Wilcox 38, Peterson 24, Mountain View 20, Santa Clara 18, Palo Alto 15.

**Final league standings**—Los Altos 20, Gunn 17, Cubberley 16, Buchser 14, Awall 13, Wilcox 8 1/2, Mountain View 6 1/2, Palo Alto 6, Peterson 5 1/2, Santa Clara 3 1/2.

#### Region qualifiers

**440 relay**—Cubberley 43.5, Los Altos 44.4, Santa Clara 45.6, Awall 46.1, Gunn (no time), Buchser (no time).

**100**—B. Green (Cub) 9.6 (league record), Jef. Moss (Cub) 10.0, Hage (Wil) 10.1, Smith (Cub) 10.1, Bostic (Gunn) 10.2, Pasantino (MV) 10.6, Simpson (LA) 10.7.

**220**—B. Green (Cub) 21.5 (league record), Hage (Wil) 22.7, Fank (Gunn) 22.7, McCracken (Buch) 23.4, Lumactod (Buch) 23.5, Murph (MV) 24.1, Smith (Cub) 26.5.

**440**—B. Green (Cub) 47.8, Fank (Gunn) 49.2, R. Green (Cub) 50.3, McCracken (Buch) 50.4, Rogers (W) 52.5, Berger (SC) 52.6, Arno (Buch) 53.6.

**880**—Deeney (LA) 1:57.8, Ross (Buch) 1:58.0, Mvers (Awa) 1:58.7, Springer (MV) 1:59.3, Gonzales (Pete) 2:01.5, Meloy (Cub) 2:02.3, Pullen (MV) 2:03.2.

**Mile**—Carroll (LA) 4:31.8, Vavuris (Cub) 4:34.5, Rockavich (Pete) 4:35.4, Springer (MV) 4:35.4, Kurr (Gunn) 4:39.0, Fox (Gunn) 4:39.4, Eubank (Pete) 4:50.0.

**2-mile**—Carroll (LA) 9:39.8, Gonzalez (MV) 9:44.6, Arno (Buch) 9:56.1, Kurr (Gunn) 10:13.0, Henninger (Gunn) 10:25.5, Gashman (B) 10:30.7, Nlekarz (Buch) 10:33.4.

**120 HH**—Connor (LA) 15.2, Moss (Cub) 15.2, Temme (PA) 15.5, Sharp (LA) 15.5, Summers (Buch) 15.6, Bochenek (LA) 15.7, Stuart (Gunn) 16.4.

**330 LH**—T. Smith (Cub) 38.7 (league record), Cooke (Cub) 39.1, Deeney (LA) 39.3, Moss (Cub) 39.9, Rychlik (LA) 40.1, Ludeman (G) 41.1, Temme (PA) 41.8.

**Mile relay**—Gunn 3:26.0, Buchser 3:26.1, Los Altos 3:32.7, Awall 3:33.7, Mountain View 3:41.0, Palo Alto 3:43.2, Cubberley (no time).

**Shot**—Krueger (LA) 59-8 1/4 (league record), Wevers (Awa) 56-11 3/4, Salinas (Wil) 50-2, Wangness (LA) 49-6 1/2, Engel (SC) 48-11 1/2, Raney (LA) 47-6 3/4, Dale (Awa) 44-9 3/4.

**Discus**—Cowell (Gunn) 164-8, Wevers (Awa) 160-6, Dewerk (Gunn) 155-6, Garcia (Wil) 152-2, Salinas (Wil) 147-6, Engel (SC) 146-4, Konolratieff (LA) 138-7.

**HJ**—Stuart (Gunn) 6-4, Eaton (PA) 6-3, Wal. Gallagher (Wil) 6-2, Hansen (Buch) 6-2, Bunge (Awa) 6-1, Bochenek (LA) and Passell (Cub) 6-0.

**LJ**—Lumactod (Buch) 22-2 1/4, Ngai (Pete) 22-1 1/2, Jones (Gunn) 21-0 3/4, Hutton (Awa) 20-7 3/4, Byrd (Buch) 20-5 1/4, Skoles (Gunn) 20-2 1/2, Collins (LA) 20-2 1/4.

**TJ**—Hutton (Awa) 44-1 3/4, Ngai (Pete) 43-8, Taylor (LA) 43-0 1/2, Patterson (Awa) 42-10 3/4, Connor (LA) 42-10 3/4, Collins (LA) 42-5 1/2, Forsythe (PA) 40-3 1/2.

**PV**—Bahl (Awa) 13-0, Brigante (SC) 12-7, Brook (LA) 12-7, Sciono (Wil) 12-1, Bakey (LA) 12-1, Sweeney (Gunn) 11-7, Wilde (Awa) 11-1.

1979

# SCVAL LEAGUE MEET RECORD HOLDERS

## BY EVENT

440	Jerry Gassaway	50.8	1959	
	* Rick Brown	47.3	1970	
880	Robin Ruble	1:55.9	1959	
	Robin Ruble	154.4	1960	
	* Rick Brown	1:51.7	1970	
Mile	Dave Boore	4:23.0	1959	
	Dave Boore	4:22.8	1960	
120 HH	Bob Owen	14.6	1961	
	Bob Feero	14.6	1962	
330 LH	Dave Jakle	39.5	1975	
880 Relay	Walt Lamb – Tom Thomas	1:30.3		1962
	Jack Wohler – Bill Frost			
Mile Relay	Bob Thompson – Larry Davis	3:17.2		1970
	* Jim Andrew – Rick Brown			
Shot	Randy Schneider	60'6"	1962	
Discus	Bob Stoecker	177'4"	1961	
	Chris Adams	190'4"	1970	
	* Scott Overton	204'5"	1972	
High Jump	Bill Graber	6'8"	1977	
	Steve Alexander	6'8"	1978	

\* Still the SCVAL meet record, as of 2008.

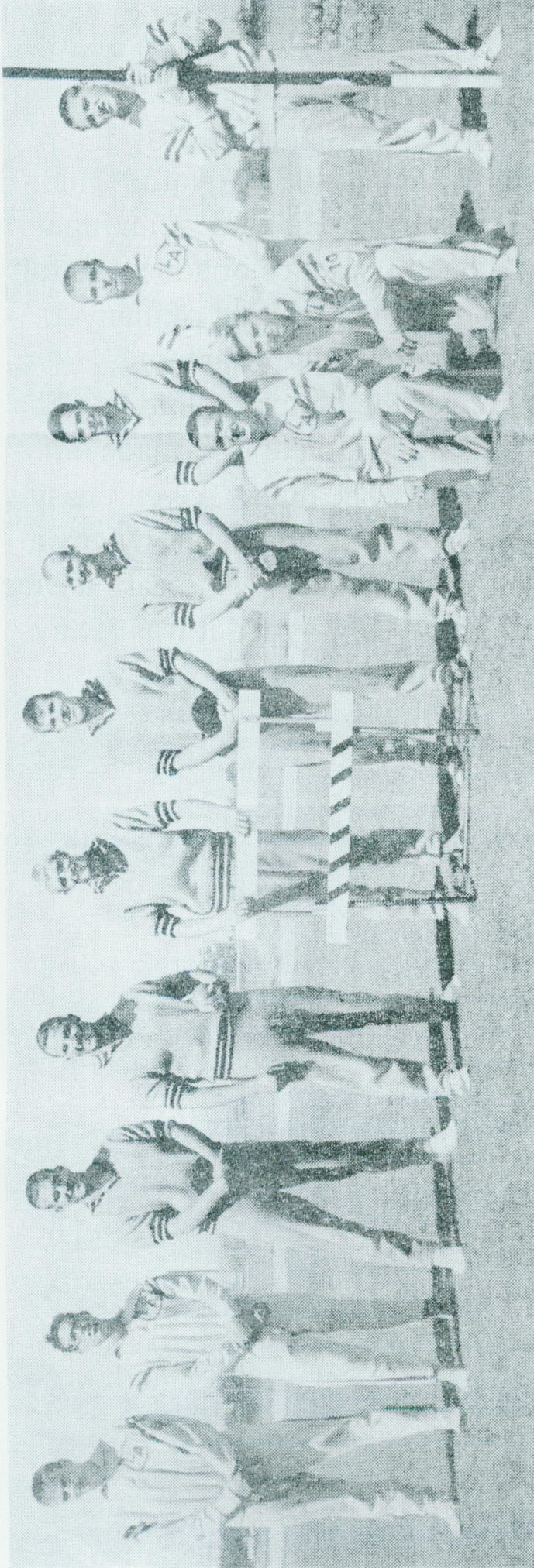


**Paul Graham ('63) won a Blue  
Suit for the Mile and 880**

# THE BLUE SUIT

Like most successful coaches, Leo was a master motivator. His team meetings before a big meet were legendary. He made winning a milkshake, whether for a good performance in practice or a meet or for beating him in a free throw shooting contest, the highlight of many a team member's year. And who could ever forget "the phantom"? But perhaps his greatest motivator of all was the famous "Blue Suit". The Blue Suit was given to any Los Altos track athlete who made or exceeded a pre determined mark in his event. The marks weren't easy, but with maximum effort and hard work they were attainable. Many a Los Altos athlete owes his personal best mark to his quest to earn a Blue Suit. While the list may have changed from year to year, it was always tough. Below are the Blue Suit standards for 1970.

100	-	9.8
200	-	22.0
440	-	49.5
880	-	1:58.0
Mile	-	4:28.0
2 Mile	-	9:45.0
HH	-	14.8
LH	-	19.8
440R	-	42.8
Mile R	-	3:20.0
LJ	-	22'6"
TJ	-	45'6"
HJ	-	6'1"
PV	-	13'6"
Shot	-	56'
Discus	-	165'



(Times photo by Gene Tupper)

## Los Altos track stars ready for North Coast Section meet at Stanford

From left to right are high jumper Duncan Edwards, broad jumper Steve Coy, discus man Dave Zager, shot putter Randy Schneider, hurdler Bob Feero, discus-hurdler Bob Stoecker, half-miler Tom Burton, sprinter Bill Frost, relay man Jack Wohler, and pole vaulter Mike Kamrara. In foreground are relay man Tom Thomas and sprinter Walt Lamb.

## The Blue Suit made its debut in 1962

# CENTRAL COAST SECTION CHAMPIONSHIPS

During Leo's first six years at Los Altos, the top four athletes in the Central Coast Section (CCS) Meet qualified to move on to the North Coast Section Meet. The top three qualifiers from the North Coast Section then moved on to the state meet. When he returned, in 1970, the top three finishers in the CCS qualified directly to the state meet. In both formats Los Altos athletes enjoyed great success. Leo coached CCS championship teams in 1962 and 1970. He also coached twenty-eight individual or relay champions during his sixteen years.

Today, nearly thirty years after his retirement, and fifty years since his first team, there are still several athletes from the Leo Long era in the top 10 in their events at the CCS level. These athletes are:

## CCS Rank

#1	Rick Brown	880	1:50.1	1970
#2	Scott Overton	Discus	204'5"	1972
#3	Chris Adams	Discus	201'3"	1970
#3	Bob Thompson	Mile Relay	3:15.6	1970
	Larry Davis			
	Jim Andrew			
	Rick Brown			
#6	Rick Brown	440	47.0	1970
#7	Bob Stoecker	Discus	196'3 1/2"	1962
#9	Jeff Curran	2 Mile	9:03.0	1974
#9	Chris Adams	Shot	62'9 1/2"	1970

# Los Altos wins NCS track championship

BY DICK O'CONNOR

Track coach Leo Long of Los Altos High School is an optimist. But not even in his brightest hope did he expect his Knight team to win the North Coast Section Group II meet Friday night by such a wide margin.

Los Altos won seven first places and set a meet record as it scored 73½ points at Fremont High School in Sunnyvale Friday night.

More than 2,000 fans sat through four hours of hot competition in chill weather.

The meet finally ended almost

A superb field in the pole vault kept most of the fans on hand until the bitter-cold end.

Dennis Chase of Westmoor High School in Daly City won with a meet record jump of 13-7<sup>3</sup>/<sub>4</sub>. The old record was 13-3<sup>3</sup>/<sub>4</sub> by Jim Majeka of Sequoia High School in 1956.

There was a four-way tie for second place between Dave and George Bardsley of Palo Alto, Mike Kamrar of Los Altos and Claude Schmidt of Santa Cruz.

The height of 13-1½ was common as dirt for the Bardsley boys and Schmidt. They have been higher. For Kamrar it was like jumping over Hoover Tower.

five hours after it started when the last competitor missed in the pole vault shortly after midnight.

The top races of the night were the 880 and the mile.

Ron Pennington of Buchser High School in Santa Clara surged ahead in the final 200 yards to win the half mile in 1:55.9. All five runners who qualified for the NCS finals at Stanford next Saturday did 1:56.4 or better.

Jim Holl, the South Peninsula Athletic League 880-yard champ from Palo Alto, ran 1:57 and finished seventh.

Pennington had to hold off

He had never before cleared  
13 feet.

The biggest upset of the night came in the high jump where Max Lowe of Awalt High School won with a jump of 6-1¼. Lowe was given first place on the basis of fewer misses.

Al Winfield of Hillsdale also cleared that height.

Clifton Grandy of Ravenswood, the favorite in the event, missed three times at 5-9. He cleared 6-2½ to set an SPAL record last week.

Sam Bartlett of Monterey to win. Bartlett lunged for the tape between Pennington and Tom Burton of Los Altos and almost "stole" first place.

Harry Cross was fourth and sophomore Jack Sandin of Carlmont was fifth.

In the mile, Walter Hewlett of Palo Alto stayed back in the pack until the final lap.

Then he passed runners like Silky Sullivan in the stretch.

He had to outrun a trio of Hillsdale High School stars to win. Larry Winward was second and Dick Leydigg was

third. Dick Hylton of Pioneer in until the race was fourth.

Hillsdale's Ralph Likens was San Jose, who was undefeated fifth.

Hewlett's time was 4:19.6 — almost half a second faster than he ever has run before.

Los Altos won most of the other events. Bob Stoecker won the discus and the high hurdles, Bill Frost took the 220, Bob Feero won the low hurdles, Randy Schneider won the shot put

and Walt Lamb beat a fine field in the 100-yard dash.

The Knight relay team of Lamb, Tom Thomas, Dave Wohler and Frost whizzed to a 1:29.1 clocking—a meet record.

Frost ran blazing anchor leg to get the mark. A month ago Bill was just another quarter-miler. With his 21.6 win in the 220, he is a sprinter to be reckoned with in the NCS finals and the state meet at Modesto June 2.

## NCS track meet results...

Shot (Fre).	Put—Schneider (LA).	Wilhelm (Cup).
1200	Harriaway (Mon).	Wenger (Cup).
Stoacker (LA); 59.5.		
1200	HH—Stoacker (LA).	Rockwell (Cup).
1200	Jamison (SM).	Bernstein (PA).
Henry (Aver); 14.7.		
880—Pennington (Mon).	Burton (LA).	Cross (SC).
880—Pennington (Mon).	Burton (LA).	Cross (SC).
(Car); 1:35.8.		
440—Medina (Hill).	Duran (Cup).	
Ross (Fre)	Fennell (Wat).	Varrille (SC); 49.4.
100—Lamb (LA).	Chappell (Cup).	Rose (Car); 9.8.
Figueroa (Sunn).	Kreidt (Cup).	Rose (Car); 9.8.
Discus—Stoacker (LA).	Wilkins (Mt. V.).	Reed (Mon).
Zager (LA); 186.6.		
Broad Jump—Harrison (Ray).	Coy (LA).	Moran (Sunn).
180 LH—Feero (LA).	McCall (Buch).	Sparr (LG); 22.5%.
180 LH—Feero (LA).	McCall (Buch).	Nelson (N. Sal).
(Car); 19.7.		
220—Frost (LA).	Rose (Car).	Figueroa (Sunn).
Hopkins (Mon).	Reed (Del Mar); 21.6.	
1 Mile—Hewlett (PA).	Winward (Hillsdale).	Leydig (Hillsdale).
1 Mile—Hewlett (PA).	Winward (Hillsdale).	Leydig (Hillsdale); 4:19.6.
880 Relay—Los Altos, Hill.	San Mateo, Buchser, Watsonville; 1:29.1 (new meet record), old one 1:29.5 by Menlo-Athletic, 1960).	
High Jump—Lowe (Awalt).	Winfield (Hillsdale).	Edwards (LA).
High Jump—Lowe (Awalt).	Winfield (Hillsdale).	Edwards (LA).
100 Yards (SM); 6-1/2.		
Pole Vault—Chase (West.) tie among G. Bardsley (PA).	Bardsley (PA).	Schmidt (S Cruz) and Kamrar (LA).
13-7/8.		

# TEAM AND INDIVIDUAL CCS CHAMPIONS

1959	Robin Ruble Dave Boore	880 Mile	1:54.9 4:30.2
1960	*Robin Ruble Dave Boore	880 Mile	1:54.1 4:25:9
1961	Bob Owen * Bob Stoecker	120 HH Discus	14.6 175'4"
1962	TEAM CHAMPIONS Walt Lamb Bill Frost Bob Stoecker Bob Feero Walt Lamb – Tom Thomas Jack Wohler – Bill Frost Randy Schneider * Bob Stoecker	100 220 120 HH 180 LH 880 Relay  Shot Discus	9.8 21.6 14.7 9.7 1:29.1  59'5" 186'6"
1963	* Paul Graham Steve Coy **Chuck Smart	880 LJ Discus	1:58.8 22'5" 167'4"
1970	TEAM CHAMPIONS Rick Brown Rick Brown Vic Brooks Bob Thompson – Larry Davis Jim Andrew – Rick Brown Chris Adams Chris Adams	440 880 120 HH Mile Relay  Shot Discus	47.1 1:50.6 14.5 3:15.8  62'4" 189'3 ½"
1971	Scott Overton	Discus	184'9"
1972	Scott Overton	Discus	191'1"
1973	Dennis Kimball – Doug Hill Mike Sanford – David Jakle	440 Relay	42.3
1974	David Jakle	180 LH	19.7
1975	David Jakle	330 LH	37.0
1976	Tony Vecchiet	TJ	47'9 ½"

\* Also won NCS Championship

\*\* Won NCS Championship

# STATE TITLE HOPES BOLSTERED

## Brown, Knights In CCS Runaway

By DENNIS DEISENROTH  
Mercury-News Sports Writer

LOS ALTOS HILLS — Los Altos, with another fantastic triple from will o' the wisp Rick Brown, left little doubt Saturday as to who is the Central Coast Section track and field champion.

The Knights easily claimed the CCS diadem with 60 points, 35 more than runner-up Gunn, before a sun-drenched crowd at Foothill College's all-weather oval.

Eight Section standards fell and two others were tied during the meet, which was

run under almost perfect conditions.

Brown set two marks with a 47.1 clocking in the 440 and a 1:50.7 in the half-mile. Rick's 880 time broke the 16-year-old standard of 1:52.3 set by Lincoln's Don Bowden, while his quarter-mile mark bettered former Overfelt, San Jose State and Olympian Lee Evans' 1965 time by a full second.

In the final running event of the afternoon, Brown turned in an amazing 46.5 anchor leg to lead the Knights to a 3:15.8 mile relay mark, bettering the former CCS best of 3:22.5 set by the Knights in 1968

Besides being CCS standards, all three times are state leading marks. "He's ready," noted Los Altos coach Leo Long. "That has got to be the best triple ever run by a high school athlete. I'm sure now that we will run him in both the 440 and 880 plus the relay at Berkeley."

Brown, along with teammates Chris Adams, Larry Brooks, Jim Andrew, Larry Davis and Bob Thompson will be one of the favored teams in next week's State meet at Berkeley's Edwards Stadium.

Adams turned in his usual fine performance with victo-

ries in the shot put (62-4) and discus (189-3 1/2), but the muscular Knight senior wasn't real happy with his day's showing.

"I wasn't up for the discus," lamented Adams. "The competition was good but I just didn't respond. I developed leg cramps after only a couple of throws in the shot and I just hope things work better next week." Adams' discus heave topped another Section standard. Former Knight Bob Stoecker held the old mark of 186-5 set in 1962.

The day's big surprise came from Brooks. After

finishing fourth in his 120 high hurdles heat in 14.9, he came back and took it to the finest hurdlers in the Section to win in the CCS record-tying time of 14.5.

"This is something he has wanted for four years and he

### TEAM SCORES

Los Altos 60; Gunn 25; Cupertino 24; Crestmoor 22; Sequoia 18; (tie) Home-Stead and Overfelt 14; Awallit 13 1/2; Leigh 12; Saratoga 10; (tie) St. Francis and Serra 8. (Top three finishers gain State Meet Berths)

100—Chuck Bommarito (Crestmoor) 9.7 (ties CCS record set by Brad Lyman of Los Altos, 1967); Len Johnson (Overfelt) 9.8; Jeff Fowler (Cupertino) 9.8; Don Green (Saratoga) 9.8; Wallace Head (Serra) 10.

200—Bommarito (Crestmoor) 21.6 (CCS record, old mark 21.7 set by Brad Lyman of Los Altos, 1968); Sam Perkins (R.L. Stevenson) 21.7; Boris Scaller (Cupertino) 22.1; Chris Foxworthy (Watson) 22.6; 22.7; Jerry Strangis (Willow Glen) 22.9.

440—Rick Brown (Los Altos 47.1) CCS record, old mark 48.1 set by Lee Evans of Overfelt, 1965; Jim Andrew (Los Altos) 47.8; Julian Lucas (Gunn) 48.3; John Kessel (Awallit) 48.5; Ken Phelps (Saratoga) 49.

880—Brown (Los Altos) 1:50 (CCS record, old mark 1:52.3 set by Don Bowden of Lincoln, 1954); Larry Davis (Los Altos) 1:52.7; Mike Tyrell (Saratoga) 1:54.6; Randy Carlson (Crestmoor) 1:54.7; Mike Overfelt (Overfelt) 1:55.1.

1 mile—Dave Cummings (Awallit) 4:14.6; Wayne Smith (Mills) 4:15.7; Dave Montoya (Burlingame) 4:23.7; Steve Brooks (Mount Pleasant) 4:23.2; Sheehan (Ara-

con) 4:26.1.

went out and got it," said Anderson. "It really gave us a lift," offered Long. "He just wasn't to be denied going to the State meet."

2 MILE—Bob McCarthy (St. Francis) 9:25.0; Randy Shahi (Homestead) 9:30.0; Hans Templemann (Carlmont) 9:31.8; Don Wells (Woodside) 9:34.7; Randy Sargent (Del Mar) 9:35.6; Vic Brooks (Los Altos) 9:36.0.

120 HIGH HURDLES—Rick Brown (Los Altos) 14.5 (ties CCS record set by Jim Miller of Carlmont, 1968); Steve Gibson (Saratoga) 14.6; Dave Bagshaw (Gunn) 14.6; Dave Eshelman (Gunn) 14.6; Jeremy Pura (King City) 14.6; Julian Lucas (Gunn) 14.7.

180 LOW HURDLES—Old mark 19.2 set by Jim Lindell of Sequoia, 1952; Len Swindell (San Mateo) 19.4; Cesar Gravello (Sequoia) 19.7; Tom Davenport (Cupertino) 19.8; Art Messer (El Camino) 20.1.

440 RELAY—Overfelt 42.5 (CCS record, old mark 42.6 set by Santa Cruz, Cupertino 42.5; Seaside 42.6; Monterey 42.6; Awallit 42.7).

MILE RELAY—Los Altos 3:15.8 (CCS record, old mark of 3:22.5 set by Los Altos, 1968); Gunn 3:19.6; Crestmoor 3:20.6; Awallit 3:23.3; Lynn Swann (Serra) 3:20.6.

800 YARD JUMP—Jay May (Sequoia) 6-6; Rick Miller (Leigh) 23-10 1/2; Ken Murphy (Menlo-Atherton) 23-5 1/2; Bute (Crestmoor) 22-10 1/2; McNeil (Fremont) 22-2 1/2.

HIGH JUMP—Jay May (Sequoia) 6-6; Rick Miller (Leigh) 6-3; Joe Wyrick (Mount Pleasant) 6-2; (tie) Bill Kahn (Mills) and Nate Carroll (Monterey) 6-2.

TRIPLE JUMP—Steve Conway (Cupertino) 49-9 1/2; CCS record of Sunnyvale 49-9 1/2; Rick Miller (Leigh) 47-7 1/2; Randy Bourdeau (Westmont) 47-1; Nate Carroll (Monterey) 46-4 1/2; Krebs (Gunn) 46-1 1/2.

POLE VAULT—Carl Goldstone (San Mateo) 14-10; Roger Martin (Camden) 14-0; John Cecilia (Homestead) 13-6; Alex Garibay (Palma) 13-0.

SHOT PUT—Chris Adams (Los Altos) 62-4; Chris Callero (Riordan) 57-4 1/2; Phil Florea (Hillside) 54-8 1/2; Marc McGrady (Watsonville) 54-4 1/2; Milazzo (Lynbrook) 53-7 1/2.

DISCUS—Adams (Los Altos) 189-3 1/2; CCS record, old mark of 186-5 set by Bob Stoecker of Los Altos, 1962; Jim Rover (Carmel) 175-9 1/2; Steve Bowen (Sunnyvale) 174-3; Mark Waller (Homestead) 168-8 1/2; John Tarabovich (Fremont) 167-7.

## THE STATE MEET

The California State Track Meet is the pinnacle of high school track and field. To participate is a great achievement. To place is a tremendous accomplishment. To be a California State Champion is, for most athletes, a dream. For seven Los Altos Knights, with Leo's help and guidance, it was a dream come true. Leo coached six individuals and one relay team to state championships. And in 1970, it was Leo's dream that came true. Los Altos High School became the first school in Central Coast Section history to win the California State Meet.

## THE 1970 STATE CHAMPIONS



L-R Vic Brooks, Larry Davis, Jim Andrew, Chis Adams,  
Bob Thompson, Rick Brown

[illegible]

**By LARRY LAVELLE**  
**Times Sports Writer**

**BERKELEY — Pressure?**  
**It doesn't get to Los Altos.**

"They knew it was coming," they're seasoned veterans," said Los Altos High track coach Bob Long on the eve of the CIF track and field championships at the University of California's Edwards Field. His Knights are favored to win for several reasons.

Chris Adams, the national

**record holder in the prep discus, is one reason.**

Then there is a mile relay team which has traveled faster than several Pacific-8 Conference foursomes, including Stanford.

But that isn't all. The Knights can collect more points from Jim Andrews in the 440, Larry Davis in the 880 and Vic Brooks in the high hurdles.

"We're going to be in there,"

said Long, "with any semblance of luck . . . to 20 points should win."

**Winning state meets isn't easy. Sure points sometimes fade to nothing. Batons get dropped. Stomachs become upset.**

Los Altos doesn't expect those things will happen.

Adams, who has hurled the discus better than 200 feet, took last week's Central Coast Section meet with a record 189-3½ throw. He sent the shot a win-

ning 62-4 and is capable of more.

"Those look like really solid points," said Long. "Adams is a man among boys — especially in the discus."

**Brown's record as a runner is truly awesome.**

Saturday at Foothill College in the CCS qualifying he ran the quarter in 47.1 and the half in

1:50.7, both records. Those marks would have placed him third and sixth respectively in the Pac-8 championships.

There is talent to back up Brown in both events. Andrew

turned the quarter in 47.8 and Davis flashed a 1:52.7 half last week. Both are brilliant performers in their own right.

Brooks, a surprise winner in the high hurdles in a meet record - tying 14.5, has "flawless technique . . . he gets points when we need them," describes Long.

Finally, points should be forthcoming from that mile relay team of Bob Thompson, Davis, Andrew and Brown.

The way Long calculates, to win the meet Los Altos has to beat Santa Ana, Morningside, Long Beach Poly and Castlemont.

"We hope we can rise to the occasion . . . we think we can . . . we're all very excited," said Long.

It all begins Friday at 4 p.m. with qualifying in nearly every event. Saturday's big show starts at 12:30 p.m.

# Knights' Coach On Right Track

By Tim Gartner

Los Altos High track coach Leo Long forecast before the State Track Meet his Knights had a chance to score a maximum of 31 points, but conceded "that's dreaming, I think."

Saturday, before 13,000 at sunny Edwards Stadium in Berkeley, Los Altos ran up 29 points to become the first Northern California high school in seven years and only the ninth in 52 years to win the meet. The elated Long admitted between back-slaps of congratulations, "It sure is like a dream, but a wonderful, happy dream."

The triumph was highlighted by some unprecedented and spectacular performances by the Knights. First, weightman Chris Adams hurled the discus a record 201-3, topping his own pending National prep mark of 201 feet. The 5-11, 190-pound, gregarious 18-year-old sipped a Coke as he adroitly and cheerfully handled questions.

"I was sure I could win, especially after my first throw of 189-3. I was able to relax and concentrate on the record." His concentration apparently is intense as he successively bettered his CIF Meet record of 190-4 before his record effort.

Los Altos' other standout was Rick Brown, 18, a shy 5-10½, 140-pound senior, who is headed for California, as is Adams. Brown became the first high school runner to double in the 440 and 880—winning the quarter in 47.8 and the half in 1:50.6.



RICK BROWN  
Ran like a dream

"I got a little tired and nervous," he says, "but I ran hard both days — I didn't hold any back. The toughest race was the first 880 on Friday because I was tight. I've been doubling all season, but I really wanted to win these two races today with a passion."

Asked if he achieved any goals he might have set for himself, Rick laughed. "My goal is to break 1:50 flat in the half and I didn't think I'd ever get as low as I've run in the quarter. I don't think I've peaked yet, however."

Commenting on the rarity of the 440-880 double, Brown said, "People think they can't do it and then they don't. You've got to set your mind to it and then do it."

Long added: "What I'm really happy about is this breakthrough — showing a double of this type can be run. We've proved it can be done. Challenge is what makes greatness and Rick was that today. When you ask him about the double, he says, 'It's no big deal.'"

Brown still had another race to run — the anchor leg on the mile-relay — his sixth race in two days against the best in California. Los Altos was last after one lap, fifth

after the second and second after Jim Andrew's fine 48.3 in the third quarter.

Rick then took the baton, was immediately boxed in and shoved back to fourth place. With less than 200 yards to go, however, he darted to the outside to get around the field and came home ahead by five yards with a 47.0 quarter. The Knights had won their fourth event of the day in a splendid 3:15.6.

Los Altos picked up another five points from Adams' third in the shot put (at 61-7½) and Andrew's fourth in the 440 (at 48.4).

There were two other State Meet records. In the two-mile, West Torrance's Ron Johnson ran 8:55.6 to break the 1969 mark of 8:57.0 by Ruben Chappins of Excelsior (Norwalk) and Oceanside's Jerry Culp won the high jump by clearing 7-0¼ to erase the 1968 record of 7-0 by Reynaldo Brown of Compton.

Johnson trailed until the final quarter when he kicked with 330 yards left to run away from the pack with a 61.6 quarter. Culp, who has now cleared 7 feet three times this season, passed until 6-4 and then made his initial jumps at 6-6, 6-8, 6-10 and 7-0¼.

Still, the day belonged to Los Altos. "We had a job to do," said Long, "and we came through on schedule." The challenge was accepted and met. The greatness is evident.

Rick Brown was named  
Runner of the Year for 1970 by  
the "Track and Field News."

Chris Adams set his national record (201'3") at the state meet.



# The first CCS team to win a relay at the state meet.



*In the relay, Bob Thompson passes to Larry Davis . . .*



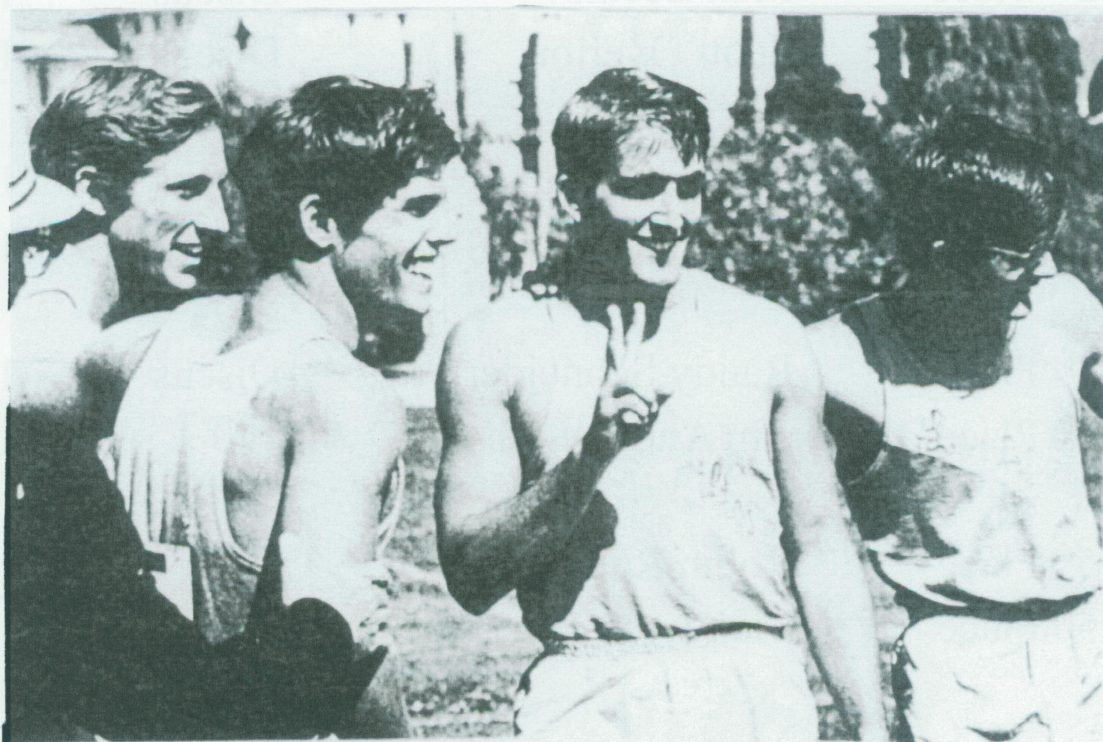
*Andrew passes to Rick Brown . . .*



*Davis passes to Jim Andrew . . .*



*who crosses the finish line in fine 3:15.6 . . .*



*then throws arms and baton in air and joins teammates so Thompson can flash victory sign. It certainly doesn't mean number two.*

# STATE MEET CHAMPIONS AND PLACE WINNERS

## TEAM CHAMPIONS

1970

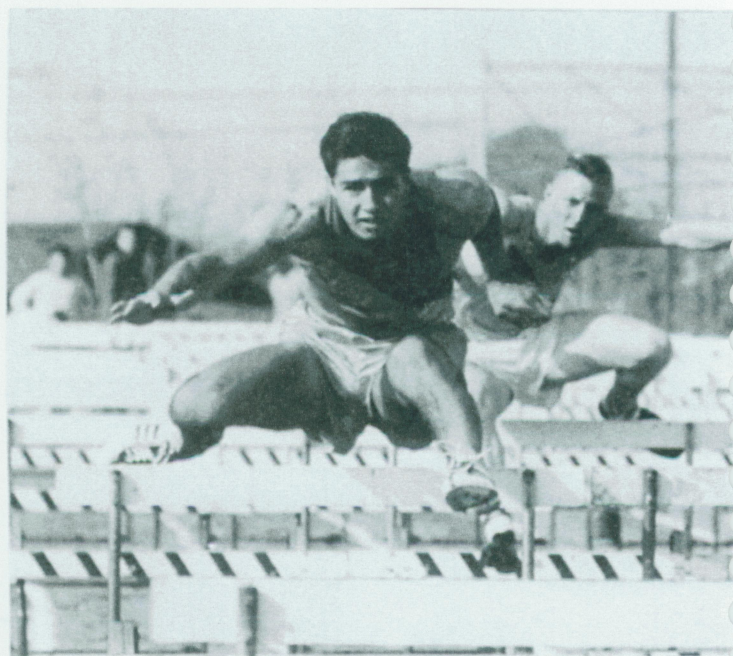
Champion	Bob Stoecker	Discus	1961
Champion	Bob Stoecker	Discus	1962
Champion	Rick Brown	440	1970
Champion	Rick Brown	880	1970
Champion	Bob Thompson	Mile Relay	1970
	Larry Davis		
	Jim Andrew		
	Rick Brown		
Champion	Chris Adams	Discus	1970
Champion	Scott Overton	Discus	1972
2 <sup>nd</sup> Place	Max Leetzow	Discus	1961
2 <sup>nd</sup> Place	Scott Overton	Discus	1971
3 <sup>rd</sup> Place	Chuck Smart	Discus	1963
3 <sup>rd</sup> Place	Chris Adams	Shot	1970
4 <sup>th</sup> Place	Randy Schneider	Discus	1962
4 <sup>th</sup> Place	Jim Andrew	440	1970
5 <sup>th</sup> Place	Robin Ruble	880	1960
5 <sup>th</sup> Place	Max Leetzow	Discus	1960

## TOP – 5 LISTS

The following is a Top-5 list for each event during the Leo Long years. Today, thirty years after his retirement, these marks probably exceed the school records at most schools in the CCS. Marks with an asterisk are still school records at Los Altos.



Steve Coy ('64)  
 LJ – 23'7 1/2" made in '63  
 TJ – 46'8" made in '62



Bob Owen ('61)  
 120 HH – 14.6



Jim Andrew ('70)  
 100 – 9.9  
 220 – 21.8  
 440 – 47.8

## 100

9.7	Doug Hill	1974
9.8	Walt Lamb	1962
9.8	Chris Adams	1970
9.8	David Jakle	1974
9.9	Jim Andrew	1970

## 440

47.0*	Rick Brown	1970
47.8	Jim Andrew	1970
48.3	Larry Davis	1970
48.9	Doug Hill	1974
50.0	Craig Copeland	1978

## Mile

4:12.8*	Robin Ruble	1960
4:17.0	Dave Boore	1960
4:17.5	Jeff Norton	1973
4:19.0	Jeff Curran	1974
4:19.0	Fred Behrmann	1976

## 120 HH

14.5	Vic Brooks	1970
14.5	John Foster	1972
14.6	Bob Owen	1961
14.6	Bob Feero	1962
14.6	Bob Stoecker	1962
14.6	Ron Owen	1975

## 220

21.5*	Doug Hill	1974
21.6	Bill Frost	1962
21.8	Jim Andrew	1970
22.0	Charlie Thompson	1959
22.4	Tom Thomas	1962

## 880

1:50.6*	Rick Brown	1970
1:52.7	Larry Davis	1970
1:53.0	Robin Ruble	1960
1:55.2	Paul Graham	1963
1:56.2	Tom Burton	1962

## 2 Mile

9:03.0*	Jeff Curran	1974
9:11.6	Jeff Norton	1973
9:21.8	Fred Behrmann	1976
9:26.5	Dave Boore	1960
9:26.5	Bob Smith	1971
9:26.6	Paul Graham	1962
9:26.6	Chris Berka	1971

## 180 LH

18.9*	David Jakle	1974
19.4	Bob Feero	1962
19.7	Jack Wohler	1962
19.7	Chris Adams	1970
20.1	Tom Harrison	1958



## Jeff Norton ('73)

Mile – 4:17.5

2 Mile – 9:11.6

## 330 LH

37.0	David Jakle	1975	23'7 ½"	Steve Coy	1963
38.1	Alan Goes	1977	22'11 ½"	Roy Chestnut	1974
38.8	Ron Owen	1975	22'11"	Tony Vecchiet	1976
39.3	Tom Deeney	1979	22'10 ¾"	David Jakle	1974
40.2	Mark Rychlik	1977	22'6 ½"	Fred Grolle	1978
			22'6"	Andy Tammar	1971

## Long Jump

## Triple Jump

47'9 ½"	Tony Vecchiet	1976	6'9 ¼"	Bill Graber	1977
47'9"	Steve Scott	1975	6'8"	Steve Alexander	1978
46'11 ¼"	Roy Chestnut	1974	6'4 ½"	Ken Baugh	1975
46'8"	Steve Coy	1962	6'3"	Andy Pauli	1971
46'6"	Fred Grolle	1978	6'2"	Clayton Anderson	1960
			6'2	Duncan Edwards	1962
			6'2	Mark Andersen	1963
			6'2	Neal Andersen	1970

## High Jump

## Pole Vault

14'	Peter Brunn	1971
14'	Wayne Johnson	1976
13'6"	Gordon Berg	1975
13'3"	Mike Kamrar	1962
13'	Eric Miller	1962
13'	Steve Berg	1971
13'	Dave Tsukushi	1971
13'	Todd McClean	1972

Obviously the 1970 State Champs are the best mile relay team of the Leo Long era. Following are the best 880 and 440 relay teams.



## **880 Relay – 1962**

**Walt Lamb – Tom Thomas**

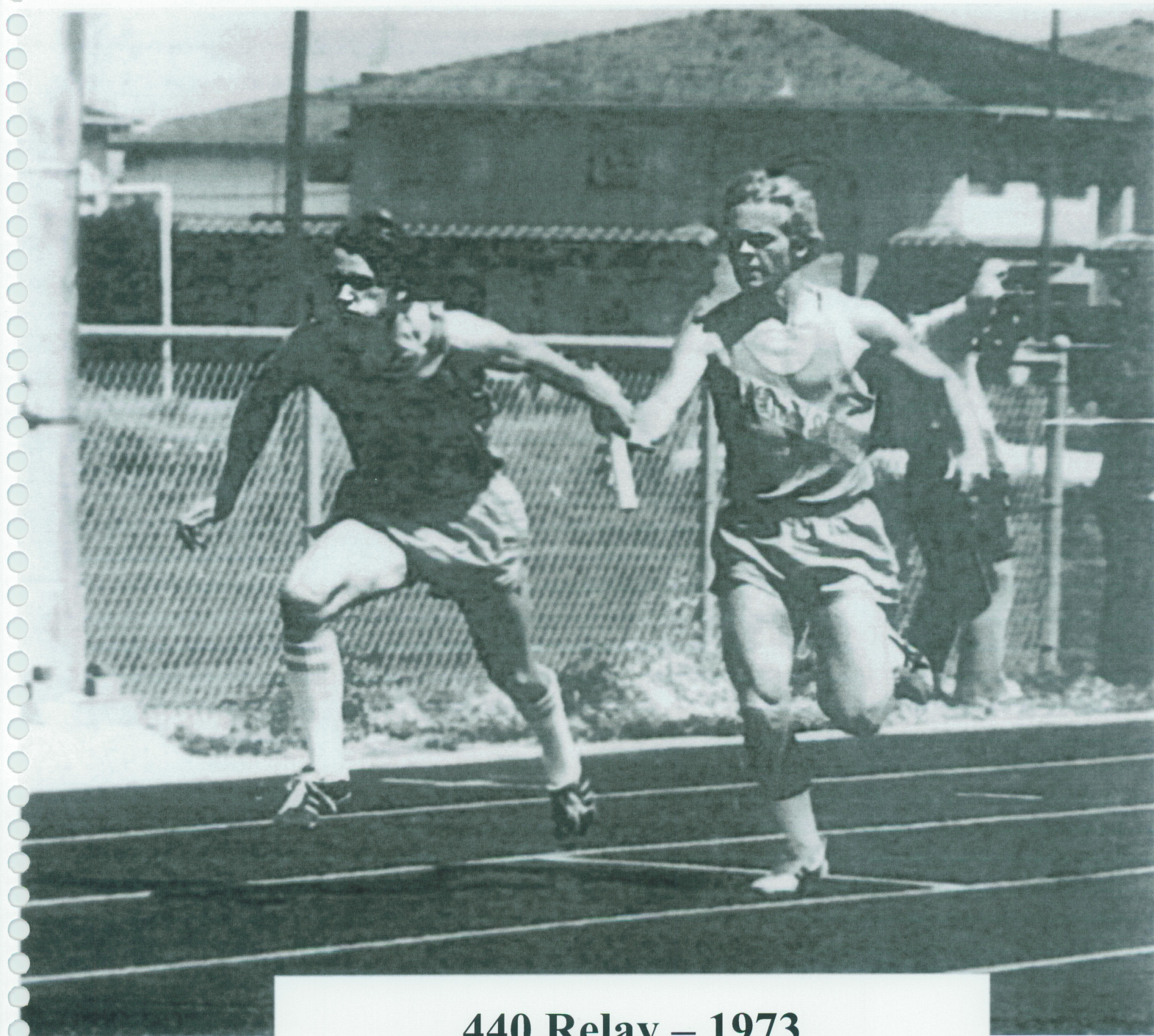
**Jack Wohler – Bill Frost**

SCVAL Champions 1:30.3

CCS Champions 1:29.1

3<sup>rd</sup> at NCS 1:29.0

First SCVAL team to go under 1:30.0



## **440 Relay – 1973**

**Dennis Kimball – Doug Hill**  
**Mike Sanford – David Jakle**

SCVAL Champions 43.3  
CCS Champions 42.3 \*

\* Still the school record

## Shot

## Discus

62'9 ½"	Chris Adams	1970	204'5"	Scott Overton	1972
61'5"	Scott Overton	1972	201'3"	Chris Adams	1970
60'6 ½"	Randy Schneider	1962	196'3 ½"	Bob Stoecker	1962
59'11 ½"	Bob Stoecker	1962	187'9"	Jay Pushkin	1972
59'9 ¼"	Ed Forrest	1963	183'4"	Ray Franklin	1977
59'8 ¼"	Jim Krueger	1979	177'8 ½"	Max Leetzow	1961
59'7"	Brent Long	1975	176'8"	Randy Schneider	1962
58'11 ½"	Rick Rossi	1974	176'8"	Chuck Smart	1963
58'6 ½"	Chuck Smart	1963	175'7"	Randy Patterson	1972
57'6"	Matt Pear	1976	172'5"	Kurt Vonogas	1974
57"	Ray Franklin	1977	172"	Bob Fors	1963
55'11 ½"	Scott Lewis	1960	169'10 ½"	Dave Zagar	1962

# LEO LONG AND THE THROWS

Los Altos track teams under Leo were strong in every area. There were no weak spots. Los Altos won with sprinters and hurdlers, with jumpers and vaulters, and excelled with middle and long distance runners. Don't forget, Leo's first national record holder was Dave Boore in the two mile (1960), and Dave and Robin Ruble were the first All-Americans in Los Altos track and field history. Still, when we think of Leo Long and Los Altos track and field, we think of the throws.

Leo's success in coaching the shot and discus is unparalleled. He coached three national record holders and four California state champions in the discus alone. In addition to the champions, there were six more state meet place winners in the shot and discus. In sixteen league meets, Los Altos throwers won twenty out of a possible thirty-two league championships, highlighted by the 1975 shot put title, which was won by Brent Long, Leo's son.

Because a top-5 list wouldn't have done justice to the Long years in the throws, see the top twelve throwers in each event under Leo's tutelage on the opposite page.

# Los Altos — the prep discus capital of the U.S.

By KEITH PETERS

It's a warm spring afternoon. The sky is clear, except for a few wispy clouds, and the smell of freshly cut grass is in the air.

A solitary figure stands motionless in the middle of a flat circle of concrete. Cradled in his strong hand is a discus. His feet are spread, shoulder-width apart.

Bringing the rubber platter back as far as possible, the young athlete twists at the waist, takes a deep breath and breaks into a spin.

After completing the turn and landing in a strong throwing position, the athlete starts a violent thrust with his right leg and sends the discus sailing into the blue sky.

This process is repeated over and over until each throw becomes a carbon copy of the first. A champion? Maybe. Only time and dedication will tell.

The scenario could well describe an afternoon just about anywhere, anytime. But for the moment, let it be Los Altos High.

The school, nestled snugly in the heart of Los Altos on Almond Avenue between Alicia Way and Valencia Drive, is unassuming in its location. But not in its athletic heritage.

In the past 16 years, Los Altos has produced five state discus champions and two national prep record holders. One thrower went on to win an NCAA championship while another captured a Pacific-8 Conference crown.

If there was ever such a place as the high school discus capital of the nation, Los Altos is it.

Leo Long is at the head of the production line which has turned out these champions and continues to do so even after it appears the supply has run out.

"You try to pick a good athlete to start with," says Long, himself a national javelin champion during his college days at Stanford. "Find a kid with an explosive arm, good balance, good equilibrium, quickness."

When Long finds an athlete with such qualities, he applies his well-defined program, a watchful eye and plenty of patience. And the system has evidently been a success.

Here are six of the best from Los Altos:

● **Scott Overton** — The all-time Los Altos record-holder in the discus, Overton threw 204-5 to become the all-time Northern California leader in 1972. He won the state title in '72 with a 185-10 throw and was second in '71. Competing for California this season, Scott won the Pac-8 crown at 195-8. His season's best is 200-1. "He had the most potential," says Long. "He is loaded with great ability." Still coached by Long, Overton works hard in Long's Palo Alto gym.

● **Chris Adams** — The recognized record-holder at 201-3, Adams is currently working as an engineer on an oil drilling platform in the North Sea.

had the balance and the speed. He was a super athlete," said Long. Adams is currently working as an engineer on an oil drilling platform in the North Sea.

● **Bob Stoecker** — The first of

Long's champions, Stoecker was a talented athlete who won state titles in 1961 and 1962. He graduated to Stanford where he was an NCAA champ. "He was truly outstanding," said Long. "He was in

front of his time." Stoecker, who took ballet lessons to improve his throwing, ranks third on the all-time Los Altos list with a best of 196-3½. He is currently an architect in Menlo Park.

● **Jay Pushkin** — Pushkin was the most dramatic thrower at Los Altos. He went from zero to 137 feet in three months to become the No. 4 thrower on the all-time Los Altos list. Had the misfortune to compete the same year as Overton. "He was a great learner," said Long. Pushkin, who returned to Long for coaching tips during his two years at Foothill College, is now a standout at Arizona State where he's thrown 187 feet this year.

● **Chuck Smart** — Primarily a shot putter in 1963, Smart still ranks No. 5 on the all-time list at Los Altos with a throw of 183-6. He took second in the 1964 state discus and third in 1963. Smart is now an IBM executive in Los Angeles.

● **Ray Franklin** — A current pupil of Long's at Los Altos, Franklin is the current NorCal leader with a best of 183-4 and is just two inches behind Smart on the Los Altos discus ladder. Another thrower with unlimited potential, Franklin closes out his high school career in the next two weeks.

Coaching on a day-to-day basis and weight training have been the keys to Long's success with his discus throwers. "We use a good system," says Long in an understatement.

"At Los Altos, all our discus throwers use basically the same technique and look very similar in their form. In my estimation, the most important thing in coaching the weight events is to communicate your observations on form faults to the athlete in language he understands.

"We try to instill in our throwers the desire to be the very best they can be."

And like an assembly line, the very best have come rolling out of Los Altos High like cars out of Detroit. And there have been few Edsels.

Ray Franklin attempts to move up the all-time ladder this week in Friday's Central Coast Section finals at San Jose City College.

Should the senior qualify in the top three, he'll make his second trip to the CIF State Meet the following weekend in Southern California.

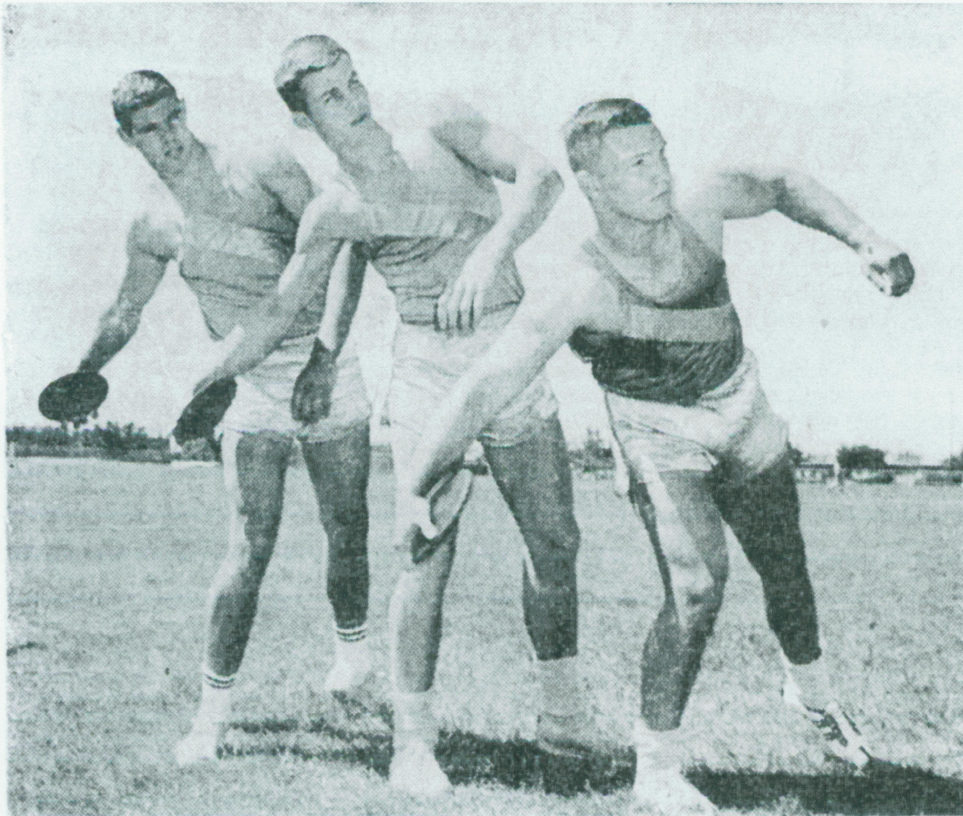
## The Knights' all-time best

204-5	Scott Overton	1972
201-3	Chris Adams	1970
196-3½	Bob Stoecker	1962
187-9	Jay Pushkin	1972
183-6	Chuck Smart	1964
183-4	Ray Franklin	1977
181-0	Steve Davis	1967
177-6	Max Leetzow	1961
176-0	Randy Schneider	1962
175-7	Randy Patterson	1972
172-5	Kurt Vonogas	1973
172-0	Bob Fors	1961



The best discus throwers through the years at Los Altos include (starting top left) Jay Pushkin, Bob Stoecker (inset), Scott Overton, Chris Adams and Ray Franklin — who listens intently to Leo Long, who's coached all the best at LA.

The headline says it all.



(Times photo by Gene Tupper)  
**THREE OF A KIND—STAR DISCUS THROWERS AT LOS ALTOS**

Los Altos High School could set a state record this year by having three discus throwers in the state meet at Los Angeles. Max Leetzow (left) placed fifth in the state meet last year.

Bob Stoecker (center) had thrown 181 feet this season. Randy Schneider has thrown better than 170 feet.

In 1961, Los Altos became the first high school in California track history to have three 170' discus throwers on the same team. Although Stoecker and Schneider threw farther in 1962, this threesome made history with throws of:

Bob Stoecker 188'6 1/2"

Max Leetzow 177'8"

Randy Schneider 172'

Stoecker's throw was good enough to win the state meet and establish a new National Junior class record.

This trio, however, was surpassed ten years later. In 1972, Los Altos had the greatest threesome in high school history.

Scott Overton 204'5"

Jay Pushkin 187'9"

Randy Patterson 175'7"

Overton's throw was a national record.

Leo's first 60 footer!

## Schneider hits 60-1 in shot put

Randy Schneider of Los Altos High School moved closer to the top of the list of Northern California shot putters by tossing the 12-pound ball 60-1 in a Santa Clara Valley Athletic League track meet with Mountain View Friday.

Schneider, a stocky 228-pound senior, just barely edged teammate Bob Stoecker in the shut put.

Stoecker threw 59-11 in one of the best one-two performances by one school in the history of prep shot-putting.

Stoecker also won the discus in 188-6, far below his best throw of 196-3 1/2.

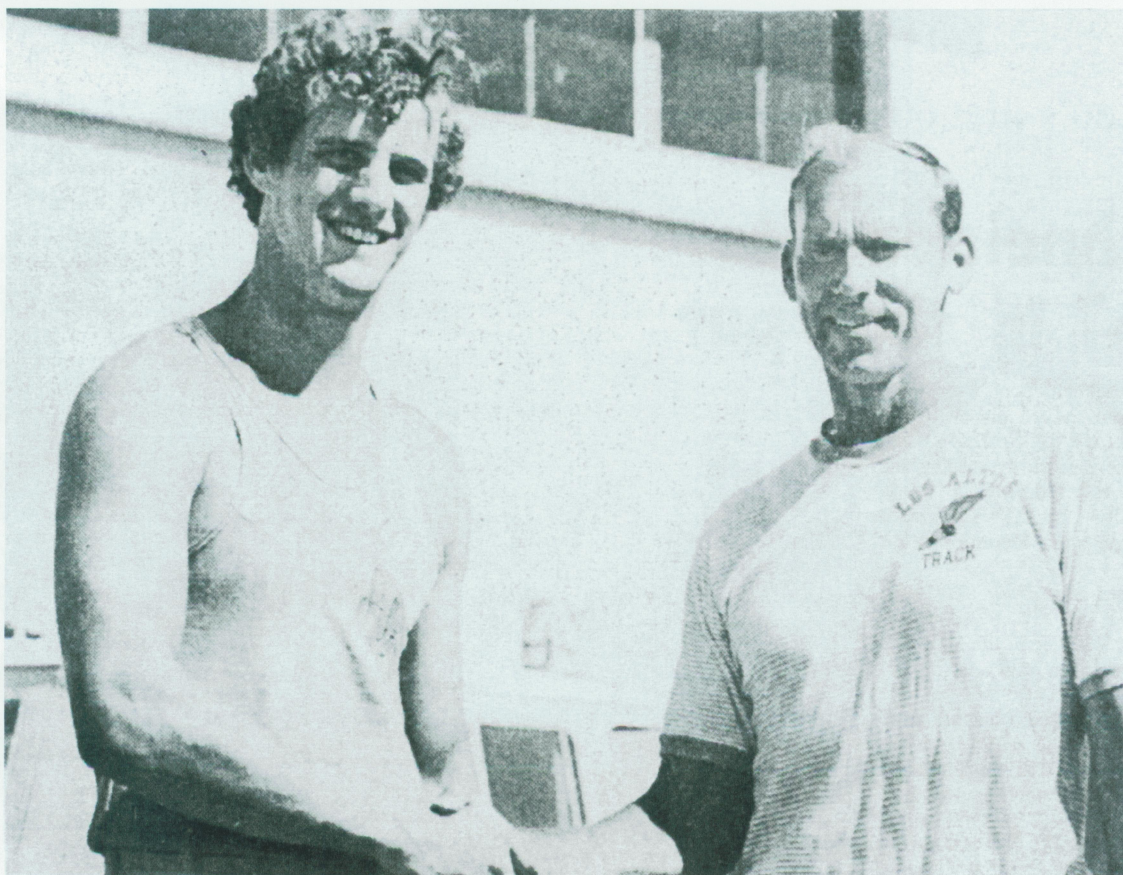
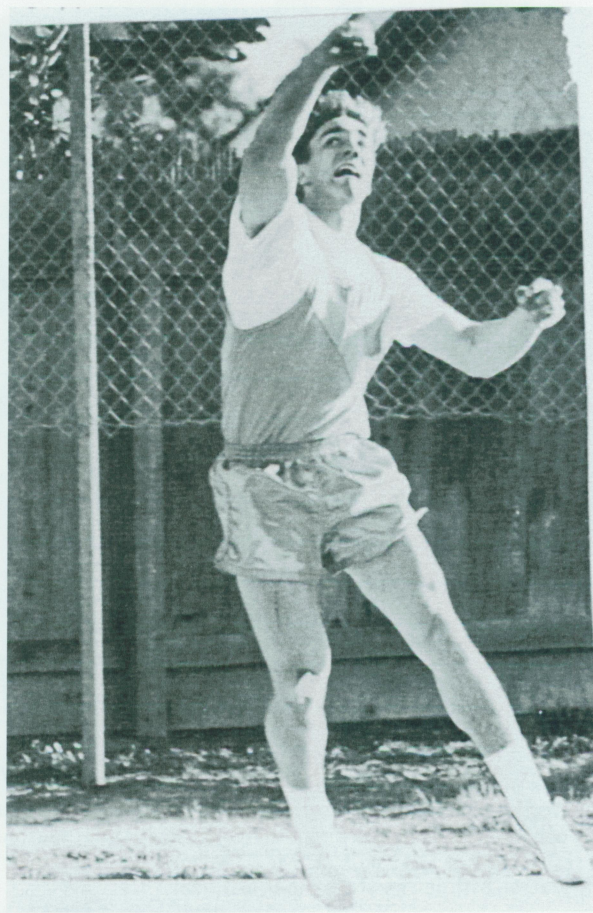


# THREE NATIONAL RECORD HOLDERS

Bob Stoecker ('62) 196'3 1/2"



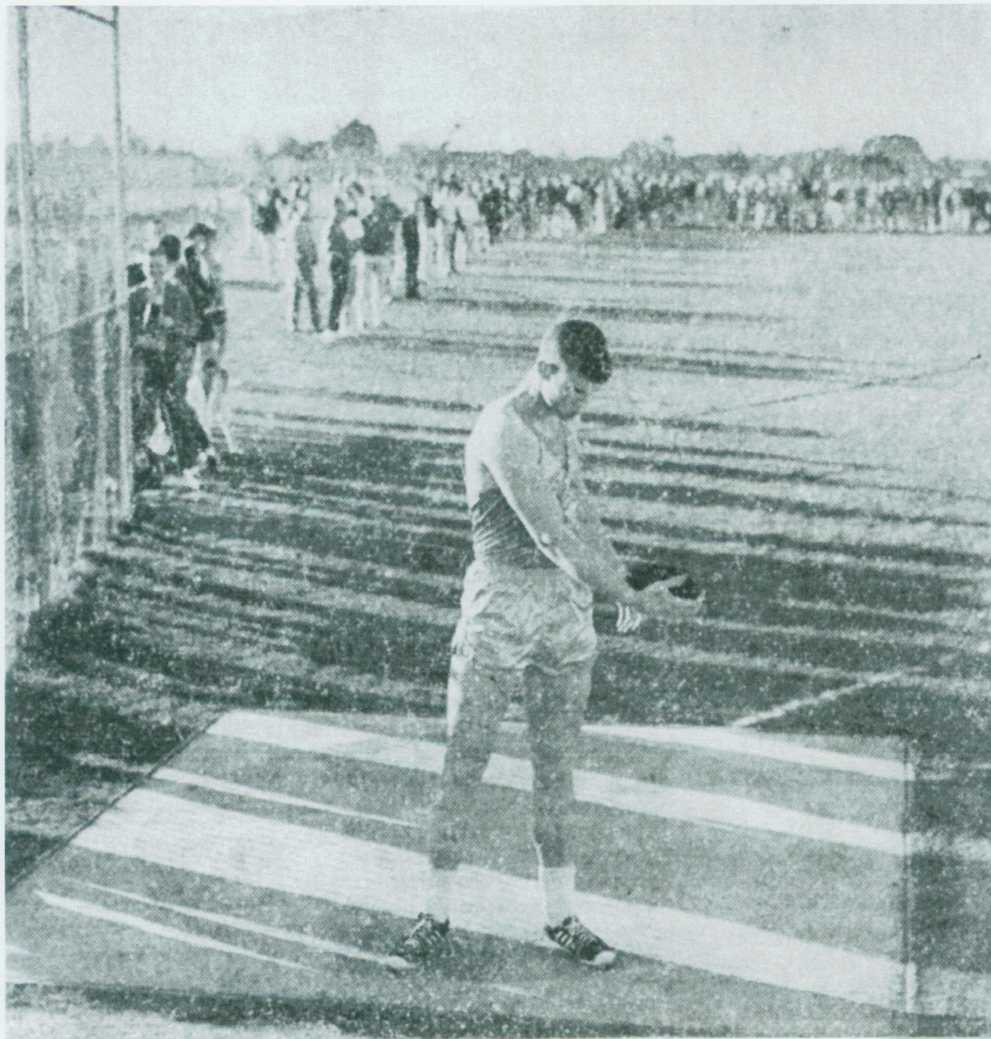
Chris Adams ('70) 201'3"



Scott Overton ('72) 204'5"



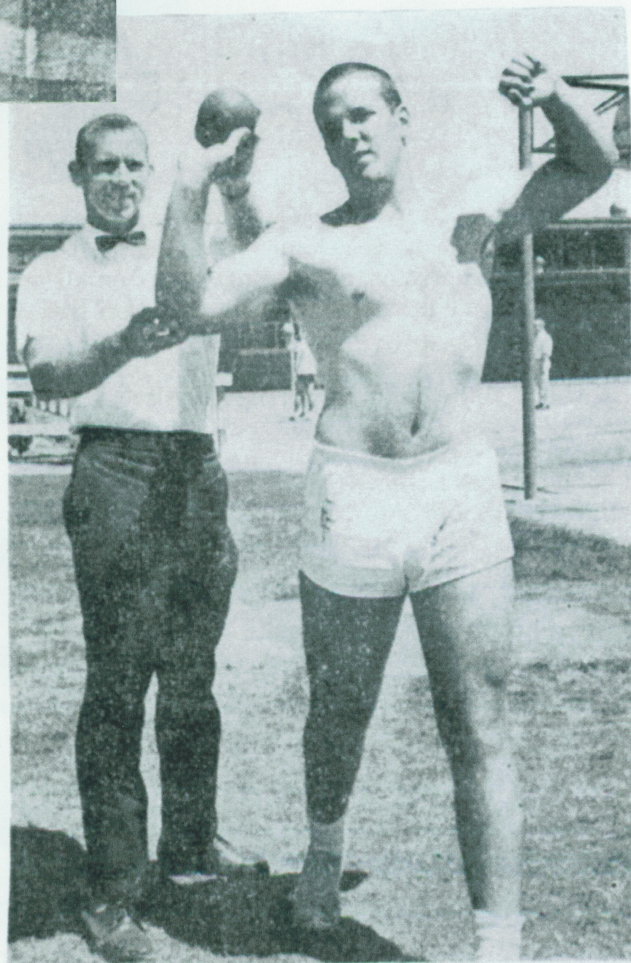
Measuring Scott Overton's 204'5" throw. This one was special because it was done at LAHS



Because of Leo, and athletes like Bob Stoecker, the shot and discus became spectator sports at Los Altos.

A 15'9" improvement in one year! That takes a great athlete and great coaching.

Historical note: Eddie agreed to wear a real uniform as soon as Leo lost the bow tie.



**NEW PROSPECT**—Leo Long, Los Altos High coach gives shot putter Ed Forrest a tip on his form. A transfer from St. Francis in Mountain View, Forrest has upped his best mark from 44-0 to 59-9 in a year.

# Los Altos 2nd In Martinez Relays

The throwers key  
a strong showing at a  
major invitational.

MARTINEZ — Bob power, Castlemont, which Stoecker and Randy Schneider, one of the nation's most dazzling weight combinations, paced Los Altos to firsts in the shot put and discus and a second place in the team standings Saturday in the Martinez Relays.

The powerful Los Altos aggregation scored 22½ points to rank behind Oakland's outstanding track

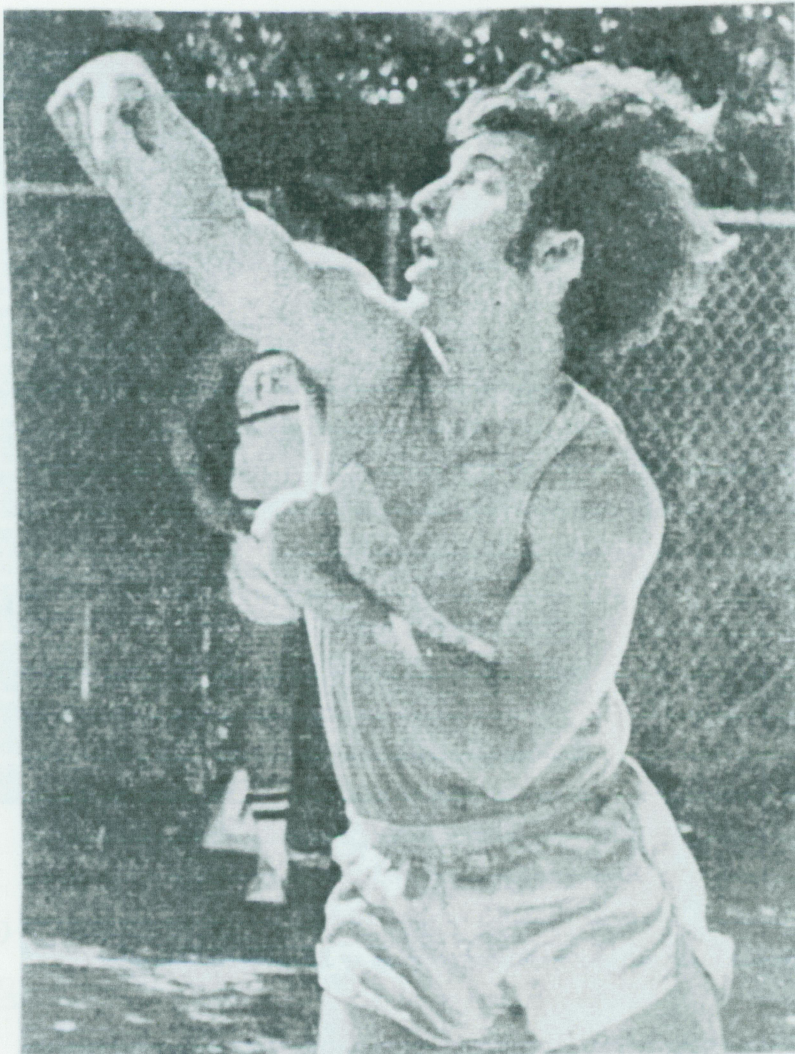
power, Castlemont, which piled up 33 points. Another sensational Oakland team, McClymonds, was third with 20 points.

Stoecker, national discus king, and Schneider each got off heaves of over 170 feet as the Los Altos platter quartet had a combined distance of 637-4½ inches to better the meet record by more than 70 feet.

Stoecker's toss went 172-8 and Schneider's heave was 170-6½. The throws might have been better if it weren't for a persistent cross wind. Bud Fors and Dave Zagar rounded out the foursome.

Stoecker and Schneider teamed up with Zagar and Don Derby for 197-8 in the shot put and another first.

The Los Altans also placed second in the medley, fourth in the 440 relay, fifth in the 480 shuttle low hurdles and second in the pole vault.



Randy Patterson ('72)  
175'7"

# MARCH 16<sup>TH</sup>, 2008 – LEO'S 77<sup>TH</sup> BIRTHDAY

## MASTERS MEET AT STANFORD



46 years after a national record, coach and athlete, both Stanford All-Americans and NCAA Champions, meet again.

1937 PETE ZAGAR Discus (156' - 3")	1938 RAY MALOTT 440-yard Dash (46.8)
1938 PETE ZAGAR Discus (162' - 3 1/4")	1939 CLYDE JEFFREY 220-yard Dash (21.1)
1939 PETE ZAGAR Discus (164' - 0 1/4")	1948 BUD HELD Javelin (209' - 8")
1949 BUD HELD Javelin (224' - 8 1/4")	1950 BUD HELD Javelin (216' - 8 5/8")
1954 LEO LONG Javelin (226' - 8 3/4")	1962 DAVE WEILL Discus (188' - 1")
1963 DAVE WEILL Discus (181' - 2 1/4")	1963 LARRY QUESTAD 100-yard Dash (9.7)
1965 BOB STOECKER Discus (183' - 7 1/4")	1977 TERRY ALBRITTON Shot Put (67' - 3 1/2")
1978 JAMES LOFTON Long Jump (26' - 11 3/4")	1998 BRAD HAUSER 5,000 meters (13:58.50)
1998 BRAD HAUSER 10,000 meters (28:31.30)	1998 TOBY STEVENSON Pole Vault (18' - 2 1/2")
1999 BRAD HAUSER 5,000 meters (13:52.79)	1999 NATHAN NUTTER 10,000 meters (29:11.96)
2000 BRAD HAUSER 5,000 meters (13:48.80)	2000 BRAD HAUSER 10,000 meters (30:38.57)
2000 GABRIEL JENNINGS 1500 meters (3:37.76)	2000 GABRIEL JENNINGS Mile (indoor) (3:59.46)
Team of GABRIEL JENNINGS, EVAN KELTY,	
2001 Team of DONALD SAGE, MARK HASSELL, JONATHAN STEVENS, GABRIEL JENNINGS	



Note the name at the top of the left-hand column. It's Pete Zagar, father of discus thrower Dave Zagar ('62).



**YOU'VE STILL GOT IT COACH!!**



YOU'VE STILL GOT IT COACH!!