

12/4/70.

Dear Plato:

Thank you for writing to me in regard to my helping you and your committee on the All Northern California Cross Country suggestions. I see that you are still the same old Plato working 110% for the good of track and field.

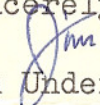
I would like to recommend two (2) athletes from our area, whom I think are deserving of the above honor.

I will give you a little summary of the two athletes involved.

(Senior)	Randy Palmer	Piner High School	<u>Junior</u>	<u>Year</u>	<u>Performance</u>
	**Note: Sick in bed for 6 days prior to NBL I & II Champ. with one light workout day before meet, but as you can see bounced back and if no set back occurred may have been NCS Champ. 1968(So) 16th NCS; 7th NCS(Jr.) 4th NCS(Sr.)		2 Mile	9:38.0	Div. Champ. 5th NCS. Track 2nd Team All N.Cal. 4th NCS, 4th Div. 2nd NBL I & II.
			<u>Senior</u>		

(Senior)	Mike Arago	Tamalpias High School
		Div. III Champ; NCS 3rd Also M.C.A.L. Champ.

Sincerely,


Jim Underhill, Jr.

P.S. Sorry I was slow in returning the information.

I just came back to school after a short illness.