

CARLMONT CROSS COUNTRY BROCHURE 1970



CARLMONT HIGH SCHOOL

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When I was a child I spoke as a child and behaved like a child -
but when I became a man, I put away childish things. Or
rather, when I put away childish things - I became a MAN.

"WE ARE THE BEST OF THE BEST"

INTRODUCTION FOR 1970

For most teams a league championship proves quite an accomplishment, but for Loren Lansberry and his 1970 Carlmont High School cross country team that won't exactly be the case.

Lansberry has a stable of 10 top flight harriers vying for the five man first team, all of whom clocked under 10:27 a season ago.

The best aggregate time for returnees is 48:29, a mark that could probably withstand the challenge of San Carlos and Woodside and enable the Scots to take South Peninsula Athletic League laurels again this year. It would be their eighth title in nine years.

That, of course, is with the unlikely prospect that not a Highlander will improve on his time of last year.

Self improvement and breaking records however, is the name of the game, which may lead a track buff to believe the national postal prep record of 47:11.2 set by Homestead of Sunnyvale in 1968 may be in jeopardy.

If Carlmont's best returning five can shave 16 seconds each off 1970 times the record could be theirs. A 10 second per man reduction could land the Scots in the number two spot on the all-time high school list, currently held by Burlingame at 47:43.2, another Peninsula aggregation.

Senior Hans Templeman, who has toured the two mile in 9:30.1 as a junior, should pace Lansberry's charges, with sophomore sensation Steve Miller - 9:39.9 as a frosh - and senior Scott Carvey (9:42.0) in hot pursuit.

Junior Russ Black (9:53.0) and seniors Larry Regalado (10:04) and Lyle Thomas (10:05) are expected to battle for the fourth and fifth spots.

The pacesetter's can't expect to coast though, with sophomore Carl Cattarin (10:11), junior Chuck Oliver (10:13), sophomore Dana Carvey (10:26) and senior Bob Schug (10:27) not very far behind.

At this writing, it would appear that most of Carlmont's competition will come from within its own ranks. Templeman could have his hands full with young Miller, whom Lansberry says, may prove to be the best of a long line of fine Carlmont distance men.

Last year Miller posted the best times in the United States for a freshman in both the mile and two mile with marks of 4:23 and 9:39.9 respectively. It should prove to be a healthy situation to say the least.

Like every preceding season, Lansberry is looking forward to this campaign with enthusiasm. He's optimistic and perhaps more importantly, confident, and with the continual groundwork he lays, coupled with the pride he instills in his teams, you're wise to listen to what the veteran mentor has to say.

"If it's hard work and dedication, we've never had a better team".

Enough said.....!!!!

GARY WHITE
SPORTS WRITER
SAN MATEO TIMES

CARLMONT HIGH SCHOOL CROSS COUNTRY SCHEDULE

September 21st (Monday)	San Carlos, Menlo Atherton, Hillsdale, Aragon	3:15pm	San Carlos	an
September 28th (Monday)	Sequoia, St. Francis, Terman Awalt, San Carlos, Woodside	3:15pm	CARLMONT	ah me
October 5th (Monday)	San Mateo, Los Altos, Mt. Pleasant	3:15pm	CARLMONT	sp fu th wh me
October 10th (Saturday)	Susanville Invitational	11:00am	Susanville	th th
October 12th (Monday)	Burlingame, Homestead, St. Ignatius,	3:15pm	CARLMONT	th th
October 15th (Thursday)	Center Meet	2:30pm	San Jose Coyote Park	1.
October 22nd (Thursday)	Center Meet	2:30pm	Golden Gate San Francisco	2. 3.
October 29th (Thursday)	Center Meet	2:30pm	San Jose Coyote Park	4.
November 7th (Saturday)	National Postal Meet (CARLMONT HOST)	9:00am	??	5.
November 13th or 14th	SPAL CHAMPIONSHIPS	3:00pm	Crystal Springs	6.
November 20th (Friday)	C.C.S. Region I Championships	2:00pm	Coyote Park	7.
November 25th (Wednesday)	C.C.S. Championships	3:00pm	Golden Gate Park	8.
December 5th (Saturday)	National Postal Meet	9:00am	??	9. 10.
December 11th (Friday)	Tenth Annual CARLMONT To San Carlos Turkey Trot	3:00pm	CARLMONT	11. 12.

General Information

13.
 Superintendent-----George P. Chaffey
 Principal-----Dr. Bill Craig
 Dean of Boys-----Fred Mangini
 Cross Country Coach-----Loren L. Lansberry, (Home Phone 591-0417)
 Athletic Director-----Ron Sweet-
 School Address-----1400 Alameda, Belmont, California 94002
 School Phone-----415-369-1411, ext. 13
 Enrollment-----2,380
 Nickname-----SCOTS
 School Colors-----Blue and Gray (white)
 League-----South Peninsula Athletic League
 Other Member Schools-----Cubberley, Gunn, Menlo Atherton, Palo Alto,
 Ravenswood, S n Carlos, Sequoia, and Woodside

TRAINING AND PRACTICE PROCEDURES

To all those who are new to cross country this season, to all those who are returning for another season--a sincere welcome to the Carlmont cross country fold.

You are signing up for a team with tremendous success behind it and an even greater future ahead of it. The Carlmont cross country teams of past years have won more than their share of meets, and championships. This year it is again possible to have the best team in this area.

The record of the past was compiled by hard, sometimes disagreeable work; loyalty and team spirit; and just plain guts. Success never comes easily, and it won't this year. There will be fun, a tremendous sense of satisfaction, a share of that thing called "glory" maybe; but also there will be hard, discouraging work; work when it's cold; work when it's wet and windy; work when you'd rather play. There will be times when you'd like to quit but must keep trying. Remember the challenge is what life is all about. We want you to be the best of the best.

If you can wholeheartedly fit yourself into this picture of work and success you belong on this cross country team. If you think it's not worth the sacrifice and effort, then do yourself, the coach, and above all, the men who will make up the team, a favor by not signing up.

1. Your first responsibility after signing up for the team is to get your PHYSICAL EXAMINATION AND PARENTAL CONSENT SLIPS TO Mr. Mangini's office.
2. Uniforms (sweat clothes) will be issued the day you turn out for practice.
3. FOR ALL PRACTICE SESSIONS, ATHLETES WILL BE ON THE TRACK IN SWEAT CLOTHES BY 2:30 p.m. You warm up with your sweats on. When practice starts, you may remove sweats and run with trunks and "T" shirt.
4. AFTER your workout and during rest periods of a workout, ALWAYS PUT YOUR SWEAT CLOTHES ON. KEEP WARM. This will help you to prevent your coming down with colds, and will keep your muscles supple. Cold muscles could mean a strained or pulled muscle.
5. ALL athletes will report to the coach for their workout and will not go in for a shower until their workout is completed. (Report to coach before leaving the field).
6. THERE will be no horseplay during workout or in the shower room. PRACTICE IS NOT OVER until you leave the locker room to go home.
7. PRACTICE will begin September 2, 1970 at 2:30 p.m. No excuse from practice will be granted except for IMPORTANT REASONS WHICH MUST BE APPROVED BY THE COACH.
8. THOSE who think that they have a valid excuse for practice must contact the coach to receive permission to be excused from practice prior to the final bell at 2:15 p.m.
9. ALL athletes who cut practice once will be given a warning. Those who cut practice a second time will be dismissed from the squad.
10. NO one will be cut from the squad as long as they display an outstanding attitude and a willingness to work hard.
11. ALL athletes will compete in all meets during the season unless physically incapable of doing so.
12. On the bus traveling to and from any athletic contest, cross country athletes will conduct themselves in a manner reflecting well upon themselves and the school. Singing is permitted and encouraged provided the content of the song is in keeping with the spirit of the first sentence of this paragraph.
13. ALL workouts for EACH INDIVIDUAL will be posted on the cross country bulletin board in the locker room every morning before or during first period.
14. ALL ATHLETES are expected to cooperate with the coach in all ways. All athletes are expected to put forth maximum effort--both physical and mental--throughout the entire season. Any behavior which is not directed toward these ends is detrimental to both the team and the individual concerned.
15. BE HONEST with yourself on training habits. Late hours work a tremendous hardship on the human anatomy. Indulging in the taboos of smoking and intoxicating beverage is a sure way to concede your race. If you use such depressants, do yourself and conscientious teammates a favor by dropping from the cross country squad.

CARLMONT HIGH SCHOOL RANKINGS ON CRYSTAL SPRINGS COURSE 69

1. Carey, Chris	11	11:21	43. Lator, Bill	9	13:30	
2. Templeman, Hans	11	11:26.4	44. Cuneo, Dave	10	13:31	YE
3. Carey, Pat	12	11:37	45. Ferranti, Gary	11	13:32	
4. Haley, Terry	12	11:53	46. Leopold, Gary	10	13:32	19
5. White, Ron	12	12:00	47. Barney, Ed	10	13:33	19
6. Furnari, Ralph	12	12:09	48. Huseman, Bill	12	13:34	19
7. Miller, Steve	9	12:10	49. Carvey, Brad	11	13:34	19
8. Regalado, Larry	11	12:10	50. Miller, Jim	12	13:35	19
9. Black, Russ	10	12:16	51. Zempel, Dave	10	13:36	19
10. Allen, Mark	11	12:19	52. Cliff, Al	9	13:39	19
11. Light, Dan	12	12:30	53. Hallett, John	11	13:43	19
12. Helbush, Bill	11	12:27	54. Allen, Kent	11	13:43	19
13. Stradley, Steve	12	12:29	55. Sylvestri, Jim	10	13:46	19
14. Coons, Al	11	12:33	56. Eaton, Mark	10	13:52	19
15. Heartsner, Joe	11	12:34	57. Freeman, Craig	9	13:56	19
16. Fondacabe, Greg	11	12:39	58. Dempster, Pete	9	13:58	19
17. Thompson, Mark	10	12:42	59. Niermeier, Bryce	10	13:58	19
18. Shaw, Kevin	12	12:42	60. Weeden, Tom	9	14:00	19
19. Oliver, Chuck	12	12:47	61. Levesque, Rich	10	14:03	19
20. Fetherolf, James	11	12:47	62. Richmond, Kim	12	14:05	19
21. Thomas, Lyle	9	12:50	63. Au, Bob	10	14:07	19
22. Hayes, Rich	11	12:50	64. Kalvass, Pete	9	14:13	
23. Zibell, Hugh	12	12:54	65. Fondacabe, Roger	9	14:14	
24. Cattarin, Carl	9	12:55	66. Dempster, Paul	9	14:32	
25. Rugge, Mike	12	13:03	67. Wilson, Doug	9	14:46	
26. Herminghaus, Kim	10	13:04	68. Johnson, Ken	9	14:50	
27. Hill, Marc	10	13:10	69. Scott, Bill	10	14:52	19
28. Simon, Ted	10	13:10	70. Zneimer, Al	10	14:52	19
29. Schug, Bob	11	13:14	71. Thomas, Lynn	9	14:56	19
30. Fetherolf, Gordon	10	13:16	72. Hall, Mike	10	14:03	19
31. Bufkin, Scott	11	13:16	73. Ormomonde, Rich	9	15:11	19
32. Mott, Wayne	11	13:17	74. Ferranti, Dennis	9	15:12	19
33. White, Rich	9	13:20	75. Crowell, Chris	12	15:13	19
34. Carvey, Dana	9	13:22	76. Zneimer, Al	9	15:22	19
35. Williams, Steve	9	13:23	77. Brown, Kevin	9	15:23	19
36. Smith, Dan	12	13:24	78. Franklin, Al	9	15:24	19
37. Burley, Bill	11	13:24	79. Gruman, Tim	10	15:34	19
38. Hill, Jeff	9	13:24	80. Graham, Paul	9	15:46	19
39. Moorehead, Wayne	10	13:25	81. Fondacabe, Perry	9	16:25	19
40. Wood, Dan	12	13:25	82. Ruthormund, Walt	9	16:41	19
41. Mulligan, Roark	11	13:27				19
42. Benson, Gene	11	13:28				19

TOP RUNNERS BY CLASS - CRYSTAL SPRINGS COURSE STATISTICS

SENIORS

1. Bernie Lahde	St. Francis	11:11
2. Rich Jurgens	Mills	11:13
3. CHRIS CAREY	CARLMONT	11:21
4. Bob McCarty	St. Francis	11:21
5. Arvid Kretz	Mills	11:22
6. Randy Stahl	Homestead	11:28
7. Randy Lawson	San Carlos	11:28
8. Dennis O'Halloran	St. Francis	11:33
9. Jack Bush	Piedmont Hills	11:34
10. Jim Tracy	Riordan	11:35

JUNIORS

1. HANS TEMPLEMAN	CARLMONT	11:26
2. CHRIS CAREY	CARLMONT	11:32
3. Ernie Ribera	Oceana	11:38
4. Steve Sofos	Burlingame	11:44
5. Bob McCarty	St. Francis	11:48
6. Tom Bales	Sequoia	11:52
7. Jim Finch	Mills	11:53
8. SCOTT CARVEY	CARLMONT	11:54
9. Dave Chamness	Awalt	11:55
10. Joe Whytock	Burlingame	11:55

SPAL CROSS COUNTRY TEAM CHAMPIONS

YEAR	VARSITY	JUNIOR VARSITY	FROSH-SOPH	FRESHMAN
1952	Lincoln			
1953	Palo Alto			
1954	CARLMONT	Palo Alto		
1955	Palo Alto			
1956	Palo Alto		CARLMONT	
1957	Palo Alto	CARLMONT	CARLMONT	
1958	Palo Alto	CARLMONT	CARLMONT	CARLMONT
1959	Palo Alto	Palo Alto	Palo Alto	CARLMONT
1960	CARLMONT	Sequoia	CARLMONT	CARLMONT
1961	Palo Alto	Palo Alto	CARLMONT	CARLMONT
1962	Cubberley	CARLMONT	CARLMONT	CARLMONT
1963	CARLMONT	Palo Alto	CARLMONT	San Carlos
1964	CARLMONT	CARLMONT	CARLMONT	CARLMONT
1965	CARLMONT	CARLMONT	CARLMONT	CARLMONT
1966	CARLMONT	CARLMONT	CARLMONT	Menlo Atherton
1967	CARLMONT	CARLMONT	Sequoia	CARLMONT
1968	San Carlos	CARLMONT	CARLMONT	CARLMONT
1969	CARLMONT	CARLMONT	CARLMONT	CARLMONT

SPAL CROSS COUNTRY INDIVIDUAL CHAMPIONS

1954	Larrieu (PA)	Whitson (PA)		
1955	TOM JENT (CARL)			
1956	Northway (PA)		Northway (PA)	
1957	Northway (PA)	Henderson (MA)	Shade (SEQ)	
1958	Linn (PA)	Brody (PA)	KAMRAR (CARL)	Selby (SEQ)
1959	Lehner (PA)	Elame (Raven)	Nelson (PA)	LONG (CARL)
1960	KAMRAR (CARL)	Smith (Raven)	LONG (CARL)	Kuntz (SC)
1961	Hewlett (PA)	Cross (SC)	SANDIN (CARL)	NICHOLS (CARL)
1962	Hileman (PA)	Heffner (SEQ)	NICHOLS, (CARL)	BRADFIELD (CARL)
1963	MCCANN (CARL)	LARSEN (CARL)	BRADFIELD (CARL)	Williams (SC)
1964	MCCANN (CARL)	Byers (Gunn)	Williams (SC)	WHITE, CARL)
1965	McLenneggan (CUB)	BRADFIELD (CARL)	LIGHT (CARL)	KENNEDY (CARL)
1966	Hunter (Gunn)	STRADLEY, (CARL)	ALLEN (CARL)	Thomas(M A)
1967	CAREY, C. (CARL)	LIGHT (CARL)	Wells (Wood)	THOMAS (CARL)
1968	CAREY, C. (CARL)	REGALADO (CARL)	HEARTSNER (CARL)	HILL (CARL)
1969	TEMPLEMAN (CARL)	HELBUSH (CARL)	BLACK (CARL)	MacMitchell(Terman)
1970	??	?	?	?

TOP RUNNER BY CLASS - CRYSTAL SPRINGS COURSE continued from page 11

SOPHOMORES

1.	John Kensella	Soquel	11:41
2.	Brooks Geiken	Cubberley	11:45
3.	Bob McCarty	St. Francis	11:48
4.	Randy Wetteland	Hillsdale	11:57
5.	HANS TEMPLEMAN	CARLMONT	11:58
6.	John Guerin	Riordan	11:59
7.	Steve Brooks	Mt. Pleasant	12:00
8.	Phil Clausen	Camden	12:03
9.	John Marconi	Burlingame	12:04
10.	RUSS BLACK	CARLMONT	12:16
	Bryan Geiser	San Carlos	12:16

FRESHMEN

1.	George Manriques	Mt. Pleasant	12:01
2.	Vern Lewis	Homestead	12:04
3.	Gordon MacMitchell	Terman	12:06
4.	STEVE MILLER	CARLMONT	12:10
5.	Chamness	Awalt	12:10
6.	Pete Brown	Burlingame	12:22
7.	Jeff Arcee	Wilcox	12:32
8.	Rich Sofos	Burlingame	12:41
9.	Matt Church	Homestead	12:50
10.	Jeff Hall	Riordan	12:51

TOP FIVE RUNNERS IN S.P.A.L.

1954	(Stanford)			1955	(Stanford)				
1.	LARRIER, RON	Palo Alto	10:10.4	1.	JENT, TOM	CARLMONT	10:18.		
2.	HECTOR	Jefferson	10:30	2.	MORRISON, JOHN	Palo Alto	10:22		
3.	SPILMAN, CRAIG	CARLMONT	10:37	3.	CATHCART, TOM	Palo Alto	10:26		
4.	JENT, TOM	CARLMONT	10:38	4.	SPILMAN, CRAIG	CARLMONT	10:28		67
5.	BARNEY, JERRY	CARLMONT	10:50	5.	LARRIER, RON	Palo Alto	10:36		69
									67
1956	(Stanford)			1957	(Stanford)				67
1.	JENT, TOM	CARLMONT	10:19	1.	NORTHWAY, JOHN	Palo Alto	10:13		68
2.	NORTHWAY, JOHN	Palo Alto	10:19	2.	LINN, GEORGE	Palo Alto	10:13		
3.	LEE, DON	Lincoln	10:27	3.	BEARHRS, JACK	Palo Alto	10:24		
4.	WHITSON, BILL	Palo Alto	10:31	4.	FLORA, CHARLES	Lincoln	10:28		
5.	LINN, GEORGE	Palo Alto	10:32	5.	REAMS, JIM	CARLMONT	10:34		1.
									2.
1958	(Stanford)			1959	(Stanford)				3.
1.	BRADY, RIC	Palo Alto	10:47	1.	LEHNER, MIKE	Palo Alto	9:43		4.
2.	FINCH, JIM	Palo Alto	10:49	2.	LEE, ED	Palo Alto	10:17		5.
3.	STALEY, TOM	Palo Alto	10:56	3.	BRADY, RIC	Palo Alto	10:23		
4.	PETTY, BRIAN	CARLMONT	10:58	4.	SHADE, LARRY	Sequoia	10:26		
5.	LEDOUX, RON	CARLMONT	10:59	5.	EDELER, JIM	Palo Alto	10:28		1.
									2.
1960	(Stanford)			1961	(Stanford)				3.
1.	KAMRAR, DAVE	CARLMONT	9:52.8	1.	HEWLETT, WALT	Palo Alto	9:56		4.
2.	HEWLETT, WALT	Palo Alto	9:56.2	2.	HUFF, JIM	Woodside	10:04		5.
3.	O'BRIEN, PHIL	CARLMONT	10:12	3.	HALL, JIM	Palo Alto	10:07		
4.	LARSEN, BRUCE	CARLMONT	10:16	4.	CROSS, HARRY	San Carlos	10:08		
5.	MCHURON, DAVE	CARLMONT	10:21	5.	RYE, DAN	Palo Alto	10:14		
									THRE
1962	(Stanford)			1963	(Stanford)				
1.	HILEMAN	Palo Alto	9:53	1.	MCCANN, MIKE	CARLMONT	9:51		
2.	HOYT	Cubberley	9:56	2.	MCCANN, MARTIN	CARLMONT	9:57		
3.	MCKINLEY	Cubberley	10:01	3.	BRADFIELD, BILL	CARLMONT	9:58		
4.	HEFNER,	Sequoia		4.	FURST, DAVE	Cubberley	10:00		
5.	FURST, DAVE	Cubberley		5.	BRUNO, RON	Cubberley			
									1968
1964	(San Mateo College)			1965	(Crystal Springs)				
1.	MCCANN, MIKE	CARLMONT	13:10	1.	MCCLENNEGAN, SEVE	Cubberley	12:44		CARL
2.	MCCANN, MARTIN	CARLMONT	13:27	2.	HUNTER, RICHARD	Gunn	12:49		
3.	BRUNO, RON	Cubberley	13:33	3.	LILLY, JOHN	San Carlos	12:49		
4.	BRADFIELD, BILL	CARLMONT	13:47	4.	WILLIAMS, BOB	San Carlos	13:04		
5.	WAKE, TOM	CARLMONT	13:52	5.	BRADFIELD, BILL	CARLMONT	13:04		
1966	(Crystal Springs)			1967	(Crystal Springs)				
1.	HUNTER, RICHARD	Gunn	10:31	1.	CAREY, CHRIS	CARLMONT	11:49		
2.	ENSOCOE, JON	Palo Alto	10:34	2.	CAREY, PAT	CARLMONT	11:56		
3.	DAILEY, MIKE	Sequoia	10:43	3.	WHITE, RON	CARLMONT	12:07		
4.	CAREY, CHRIS	CARLMONT	10:45	4.	BILL RESPINI	Palo Alto	12:10		
5.	EISENLAUER, JOE	Cubberley	11:01	5.	MALLORY, BOB	Menlo Atherton	12:14		
1968	(Crystal Springs)			1969	(Crystal Springs)				C.C.
1.	CAREY, CHRIS	CARLMONT	12:23	1.	TEMPLEMAN, HANS	CARLMONT	11:26		
2.	TEMPLEMAN, HANS	CARLMONT	12:44	2.	LAWSON, RANDY	San Carlos	11:47		
3.	ASHFORD, PHIL	San Carlos	12:49	3.	CORTEY, JOSE	Sequoia	11:51		
4.	LAWSON, RANDY	San Carlos	12:53	4.	SETH, BROOKS	Cubberley	11:57		
5.	TING, ART	Woodside	12:58	5.	CARVEY, SCOTT	CARLMONT	12:07		
									5.
1.	CARLMONT (29)	3.	Cubberley (8)	5.	Sequoia (4)	7.	Woodside	6.	
2.	Palo Alto (24)	4.	San Carlos (6)	6.	Gunn (2)	8.	Menlo Atherton		

SCHOOL RANKINGS BY COMPARING ABOVE LIST

16. TRY and get at least nine hours of sleep a night. You are out for one of the most grueling of all sports. Sleep is as important as the proper food. You can only strengthen yourself and improve if your body has the proper rest to regenerate itself by rest after a difficult workout.
17. AFTER a hard workout or a tough competitive race, you are very tired and your resistance to disease and infection is at a very low state. This is the most dangerous time of the day for you. Don't go out that night. Stay home and go to bed. If you don't, you will risk a cold, pneumonia, or worse.
18. WHEN the weather gets colder, be sure you dry your hair well after a shower so that you don't catch cold when leaving the warm locker room to go home. Always wear a jacket and a hat on cold days so that you keep warm on the way home from practice.
19. DIET is very important to successful running. Your mother can help in your training diet by remembering the following rules: Feed you like a king for breakfast as breakfast is the most important meal of the day. (Protein) Eat like a duke for lunch. (Carbohydrates) Eat like a pauper for supper. A light evening meal is advisable as you engage in very little activity at night and the body just stores the food as fat. (Stuff yourself with carbohydrates is a good rule during training and competitive season.)
20. IF YOU must eat before you retire to bed, eat fruit. (Oranges, grapes, raisins, apples, etc.)
21. I WOULD also recommend vitamin tablets each day plus one 100 mg tablet of Vitamin C daily.
22. IF YOU can't eat a big breakfast in the morning, it means you had too much to eat the evening before.
23. ALL injuries regardless of degree must be reported to the coach. You must also report to Mr. Mangini if you have received medical aid from a doctor for the injury if you desire the insurance to cover all or part of medical expense. This must be done within five (5) days from the date of the injury.
24. ANY ATHLETE MAY AT ANY TIME BRING TO THE ATTENTION OF THE COACH ANY GRIEVANCE WHICH THEY AS ATHLETES, HONESTLY BELIEVE TO BE WORTHY OF ATTENTION.
25. IT IS your responsibility to keep academic grades up; however, if you are having a problem do not hesitate to notify your coach.
26. REMEMBER, the only way you can benefit from practice is to push yourself when you are tired. If you quit as soon as the first pain signals occur, you will not improve very much. The body adjusts to a remarkable extent when you push yourself a little more each day. You must ignore the body's preliminary warning signals and gain the will and satisfaction of being master of your body. Control your body. DON'T LET IT CONTROL YOU.
27. IN ORDER TO BE A CHAMPION, YOU MUST BE PREPARED TO PAY A FAR GREATER PRICE THAN YOUR OPPONENT WILL PAY.

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POINTS TO REMEMBER

1. Develop desire for WINNING! We're not working to lose.
2. Work on weaknesses and develop strong points.
3. Strive for perfection. Do everything perfectly.
4. Make sacrifices. DON'T BE THE ONE WHO LACKS THE CHARACTER TO SEE THE JOB THROUGH.
5. You get out of it what you put into it. Never give up.
6. Think of success in terms of team success--loyalty to school, to team and coach.
7. Get to practice on time.
8. Don't ever be caught doing nothing.
9. No swearing or foul talking ever. Obscene language never made a man.
10. No alibis.
11. Representation on and off the track or course should be courteous and gentlemenlike. You are a representative of the cross country team of CARLMONT HIGH SCHOOL.
12. GO TO ALL CLASSES. If you miss a day be sure that you go and see the teacher and explain the situation, and find out what you have missed and what has to be made-up.
13. Remember--Be the "best of the best".

CHAMPIONSHIPS WON BY CARLMONT CROSS COUNTRY TEAMS

			Total
1954	Varsity	League Champs N.C.S. Group IV, N.C.S. Champs	3
1955	Varsity	Runner-up in League, 2nd Group III, 3rd N.C.S. Finals	0
1956	Varsity	Runner-up in League, Group III Champs, 2nd N.C.S. Finals	1
1957	Varsity	Runner-up in League, 3rd N.C.S. Finals, State Meet	0
	Frosh-Soph	League Champs	1
	Jr. Varsity	League Champs	1
1958	Varsity	Runner-up in League, N.C.S. Group V Champs, 2nd N.C.S. Finals	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1959	Varsity	Runner-up in League, N.C.S. Group V Champs, 7th N.C.S. Finals	1
	Frosh Team	League Champs	1
1960	Varsity	League Champs, N.C.S. Group V Champs, 2nd N.C.S. Finals	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1961	Varsity	Runner-up in League	1
	Soph Team	League Champs	1
	Frosh Team	League Champs, Terra Nova Invitational Champs	2
1962	Varsity	Runner-up in League, N.C.S. Group VIII Champs, 4th N.C.S. Finals	1
	Jr. Varsity	League Champs	1
	Soph Team	League Team	1
	Frosh Team	League Team	1
1963	Varsity	League Champ, N.C.S. Group V Champs, N.C.S. Champs	3
	Soph Team	League Champs	1
1964	Varsity	League Champs, N.C.S. Group VII Champs, 2nd N.C.S. Finals	2
	Jr. Varsity	League Champs	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1965	Varsity	League Champs	1
	Jr. Varsity	League Champs	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1966	Varsity	League Champs, C.C.S. Group III Champs, 3rd C.C.S. Finals	2
	Jr. Varsity	League Champs	1
	Soph Team	League Champs	1
1967	Varsity	League Champs, 2nd Region I C.C.S., 4th C.C.S. Finals	1
	Jr. Varsity	League Champs, Region I C.C.S. Champs	2
	Soph Team	Region I C.C.S. Champs	1
	Frosh Team	League Champs, Region I C.C.S. Champs	2
1968	Varsity	Runner-up in League, 4th Region I, 5th C.C.S. Finals	1
	Jr. Varsity	League Champs	1
	Soph Team	League Champs, Region I C.C.S	2
	Frosh Team	League Champs	1
1969	Varsity	League Champs, 2nd Region II, 2nd C.C.S Finals - Susanville Invt.	2
	Jr. Varsity	League Champs, Region II Champs, 1st in CCS Finals	3
	Soph	League Champs, Region II Champs	2
	Frosh	League Champs, Region II Champs	2
			TOTAL 59

Varsity All-Time Dual Meet Record

Year	Won	Loss	Tie	Year	Won	Loss	Tie
1954	11	0	1	1962	7	2	0
1955	7	2	0	1963	12	0	0
1956	6	0	0	1964	6	0	0
1957	5	1	0	1965	8	0	0
1958	9	1	0	1966	9	4	0
1959	4	5	0	1967	9	1	0
1960	9	0	0	1968	5	4	0
1961	6	1	1	1969	12	0	0
				TOTALS	119	15	2

Varsity All-Time (Over All) Won Loss

Year	Won	Loss	Tie	Year	Won	Loss	Tie
1954	17	0	1	1962	38	7	0
1955	14	4	0	1963	49	1	0
1956	16	1	1	1964	35	1	0
1957	15	3	0	1965	23	10	0
1958	20	1	0	1966	24	5	0
1959	25	8	0	1967	34	4	0
1960	43	3	1	1968	27	8	0
1961	26	7	1	1969	37	1	0
				TOTALS	414	56	4

ALL-TIME CARLMONT HIGH SCHOOL CROSS COUNTRY RANKINGS

CARLMONT LONG COURSE 2.0 MILES

As of September 1, 1970

<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>	<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>
1. Carey, Chris	12	9:27	1968	55. Ragsdale, Tod	12	11:00	195
2. McCann, Mike	12	9:38	1964	56. Petty, Steve	12	11:00	195
3. <u>Templeman, Hans</u>	11	9:52	1969	57. Boccio, John	12	11:01	196
4. McCann, Martin	12	9:52	1964	58. Robinson, Dave	12	11:02	195
5. Carey, Pat	12	9:59	1967	59. McCartney, Jack	12	11:03	195
6. <u>Carvey, Scott</u>	11	10:01	1969	60. Petty, Brian	12	11:04	195
7. Wake, Tom	11	10:07	1964	61. Bronson, Dick	10	11:05	195
8. Jent, Tom	12	10:09	1956	62. Trogdon, Jim	12	11:06	196
9. Mills, John	12	10:11	1964	63. <u>Schug, Bob</u>	11	11:07	196
10. Furnari, Ralph	12	10:12	1969	64. Bosse, Jim	11	11:07	196
11. Bradfield, Bill	12	10:12	1965	65. Walters, Kent	12	11:07	196
12. Reams, Jim	12	10:14	1958	66. O'Brien, Phil	12	11:07	196
13. Haley, Terry	12	10:15	1969	67. Fritz, Bill	12	11:07	196
14. Haley, Marion	12	10:16	1958	68. Bates, Ron	11	11:09	196
15. White, Ron	12	10:21	1967	69. Moon, Greg	11	11:09	196
16. <u>Regalado, Larry</u>	11	10:22	1969	70. Merritt, Doug	12	11:11	196
17. Nichols, Ken	12	10:22	1964	71. Allen, Jim	11	11:12	195
18. Walsh, Dave	12	10:24	1965	72. Hill, Jeff	11	11:13	196
19. Allen, Mark	11	10:25	1967	73. Crowell, Chris	11	11:14	196
20. Kamrar, Dave	12	10:25	1960	74. Dixon, Jim	11	11:16	196
21. Fassett, Howard	12	10:29	1964	75. <u>Allen, Kent</u>	11	11:17	196
22. Kennedy, Bob	12	10:31	1966	76. Ziphel, Don	11	11:17	195
23. <u>Fondacabe, Gregg</u>	11	10:32	1969	77. Convey, Bob	11	11:18	195
24. Joe Heartsner	11	10:34	1967	78. Darling, Bill	11	11:19	196
25. Larson, Gary	12	10:34	1963	79. LeDoux, Ron	11	11:19	195
26. Long, Grant	11	10:34	1961	80. Miller, Jim	12	11:20	196
27. Eaton, Bruce	11	10:36	1965	81. Towne, Doug	11	11:20	195
28. Spilman, Craig	12	10:37	1955	82. Greiss, Larry	12	11:22	196
29. <u>Thomas, Lyle</u>	11	10:39	1969	83. Grandfield, Larry	12	11:22	196
30. Green, Jon	12	10:39	1965	84. Madden, Rich	11	11:22	195
31. Bradfield, Henry	11	10:41	1965	85. Wood, Dan	12	11:23	196
32. Sandin, Jack	11	10:43	1962	86. Helwig, Tom	11	11:25	196
33. Merz, John	12	10:43	1965	87. Russell, Larry	12	11:25	196
34. Higbee, Steve	12	10:43	1961	88. Klose, Bill	11	11:25	195
35. Montante, Gary	12	10:43	1965	89. Carvey, Brad	12	11:27	196
36. Nichols, Stan	12	10:45	1966	90. Smith, Dan	11	11:27	196
37. Hegarty, Ron	12	10:47	1959	91. Gress, Gerald	11	11:27	195
38. <u>Hayes, Rich</u>	11	10:48	1969	92. <u>Mulligan, Roark</u>	11	11:28	195
39. Jenkins, Earl	12	10:50	1965	93. Couch, Jerry	12	11:29	195
40. Daubert, Steve	12	10:50	1963	94. Werder, Gil	11	11:29	195
41. McHuron, Dave	12	10:50	1960	95. Burley, Bill	11	11:30	195
42. Day, Jim	12	10:50	1959	96. Fong, Steve	12	11:30	195
43. <u>Fetherolf, James</u>	11	10:51	1969	97. Sheldon, Barry	12	11:30	195
44. Coons, Al	12	10:51	1969	98. Mott, Wayne	12	11:32	195
45. Light, Dan	12	10:51	1967	99. Bufkin, Scott	11	11:34	195
46. Shaw, Kevin	12	10:52	1968	100. Benson, Gene	11	11:34	195
47. Frost, Don	11	10:52	1963	101. Leopold, Gary	11	11:35	195
48. Barney, Jerry	12	10:52	1955	102. Binetti, Brent	12	11:51	195
49. Stradley, Steve	12	10:53	1967	103. Bonney, Steve	10	11:31	195
50. Larson, Bruce	12	10:54	1960	104. Mason, Tim	12	11:35	195
51. Quick, John	11	10:54	1958	105. <u>Hallett, John</u>	11	11:36	195
52. Rugge, Mike	12	10:57	1959	106. Smith, Harley	12	11:38	195
53. Bernal, Clyde	11	10:58	1964	107. Ferranti, Gary	11	11:39	195
54. <u>Helbush, Bill</u>	11	11:00	1969	108. <u>Cuneo, Dave</u>	11	11:40	195

ALL-TIME CARLMONT CROSS COUNTRY RANKINGS

Continued

	<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>	<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>	
109.	Weiler, Pete	12	11:40	1960	139.	Hayler, Louis	11	12:17	1960
110.	Crane, Rich	11	11:42	1963	140.	True, Greg	11	12:18	1965
111.	Balestrero, Dan	11	11:43	1965	141.	Newman, Jim	12	12:19	1960
112.	Talamentez, Art	11	11:45	1964	142.	Franklin, Al	12	12:21	1969
113.	Martino, Gary	11	11:47	1964	143.	Hadreas, John	11	12:27	1959
114.	Trekell, Doug	11	11:48	1961	144.	Bonney, Fred	11	12:28	1956
115.	Bartlett, Gary	11	11:52	1958	145.	Magner, Mike	12	12:29	1958
116.	Huseman, Bill	12	11:54	1969	146.	Graf, Phil	12	12:31	1964
117.	Zibell, Hugh	12	11:54	1969	147.	Rockwell, Al	11	12:33	1960
118.	Phillips, Dennis	11	11:54	1961	148.	Hadreas, Pete	11	12:33	1960
119.	Mobley, Dennis	11	11:55	1964	149.	Warden, Gary	11	12:34	1956
120.	Helstrup, Don	11	11:56	1956	150.	Saarela, Ed	11	12:35	1957
121.	<u>Niermeier, Bryce</u>	11	12:01	1969	151.	Unger, Dorrian	12	12:41	1960
122.	Ritchie, Dave	11	12:04	1961	152.	Abell, Craig	11	12:43	1965
123.	Sudman, John	12	12:04	1954	153.	Kane, Dennis	11	12:49	1959
124.	Renard, Ron	11	12:04	1961	154.	Lehmer, Ed	11	12:50	1963
125.	McCabe, Mike	11	12:06	1966	155.	Goerke, Jim	11	12:54	1960
126.	Walker, Jim	11	12:06	1955	156.	Cunningham, Dennis	12	12:56	1961
127.	Weis, Dan	11	12:07	1959	157.	Landini, Ron	11	12:56	1959
128.	Smith, Ed	12	12:07	1957	158.	Sterling, Brian	11	13:06	1966
129.	Richmond, Kim	12	12:08	1969	159.	Bettinger, Bob	11	13:11	1964
130.	Barthold, Todd	11	12:08	1955	160.	Boyd, Jeff	11	13:15	1960
131.	Sadeler, Gerd	11	12:09	1961	161.	Seawell, Ned	11	13:18	1963
132.	Woodruff, Barry	12	12:10	1955	162.	Russell, Mike	11	13:43	1962
133.	Koops, Jerry	11	12:12	1966	163.	Levy, Alan	12	13:46	1960
134.	McGurrin, Martin	12	12:12	1954	164.	Young, Glenn	11	13:47	1959
135.	Crowe, Richard	11	12:13	1958	165.	Rivera, Carlos	11	13:49	1963
136.	Baccala, Walt	11	12:13	1956	166.	Bowling, Jerry	11	14:10	1964
137.	Rinamon, Bill	12	12:14	1959	167.	Blumenthal, Ken	11	14:17	1961
138.	Couldon, Jim	11	12:15	1965	168.	Lorenzen, Dave	11	15:11	1960

TOP 10 FOREIGN RUNNERS TO COMPETE ON THE CARLMONT CROSS COUNTRY COURSE

1.	Sofos, Steve	Burlingame	9:43	1967	7.	Boore, Dave	Los Altos	9:51.9	1959
2.	Hunter, Rich	Gunn	9:42	1966	8.	McCarty, Bob	St. Francis	9:52	1969
3.	Amaya, Euginio	Burlingame	9:45	1968	9.	Whytock, Joe	Burlingame	9:53	1967
4.	Kretz, Arvid	Mills	9:46	1967	10.	Sanford, Dave	Homestead	9:53	1967
5.	Ryan, Mike	Wilcox	9:49	1963	11.	Lehner, Mike	Palo Alto	9:53	1959
6.	Flynn, Steve	Homestead	9:50	1968					

BEST CARLMONT TEAM TIME ON LONG COURSE

1955	1956	1957	1958
Jent, Tom 10:25	Jent, Tom 10:09	Reams, Jim 10:42	Reams, Jim 10:14
Spilman, Craig 10:38	Reams, Jim 10:35	O'Brien, Tim 11:11	Haley, Marion 10:16
Petty, Steve 11:14	Allen, Jim 11:00	Quick, John 11:13	Quick, John 10:54
Barney, Jerry 11:07	Ziphel, Don 11:17	Petty, Brian 11:20	Ragsdale, Tod 11:02
Werder, Gill 11:29	Quick, John 11:18	Couch, Jerry 11:29	McCartney, Jack 11:10
<u>54:53</u>	<u>54:19</u>	<u>55:55</u>	Hegarty, Ron 11:10
			<u>53:36</u>
1959	1960	1961	1962
Hegarty, Ron 10:47	Kamrar, Dave 10:25	Long, Grant 10:32	Nichols, Ken 10:34
Day, Jim 10:50	Long, Grant 10:34	Higbee, Steve 10:43	Sandin, Jack 10:43
Ragsdale, Tod 11:00	McHuron, Dave 10:50	Merritt, Doug 11:11	McCann, Mike 10:44
Robertson, Dave 11:02	Larson, Bruce 10:54	Trogdon, Jim 11:13	Trogdon, Jim 11:06
McCartney, Jack 11:03	O'Brien, Phil 11:07	Dixon, Jim 11:16	Walters, Kent 11:15
<u>54:42</u>	<u>53:50</u>	<u>54:55</u>	<u>54:22</u>

ALL-TIME CARLMONT HIGH SCHOOL CROSS COUNTRY RANKINGS

CARLMONT SHORT COURSE 1.5 MILES

As of September 1, 1970

<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>	<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>
1. Templeman, Hans	10	8:14.0	1968	57. McHuron, Dave	10	9:17	1958
2. McCann, Mike	10	8:15.0	1962	58. Higbee, Pete	10	9:17	1962
3. Mills, John	10	8:29.0	1962	59. Dixon, Jim	10	9:18	1960
4. Nichols, Ken	10	8:29.0	1962	60. Quick, John	9	9:18	1956
5. <u>Black, Russ</u>	10	8:30.0	1969	61. <u>White, Rich</u>	9	9:20	1969
6. <u>Carvey, Scott</u>	10	8:32.0	1968	62. Keck, Dave	10	9:20	1963
7. <u>Thomas, Lyle</u>	10	8:34.0	1968	63. Trogdon, John	10	9:20	1960
8. Bradfield, Henry	10	8:35.0	1964	64. Bollinger, Dick	10	9:20	1957
9. McCann, Martin	10	8:35.0	1962	65. Daubert, Steve	10	9:21	1961
10. Wake, Tom	10	8:36.0	1963	66. Day, Jim	10	9:21	1957
11. Allen, Mark	10	8:39.4	1966	67. Leopold, Gary	9	9:21.9	1966
12. Light, Dan	10	8:40	1965	68. Blum, Tim	10	9:22	1965
13. Walsh, Dabe	10	8:40	1963	69. Tamentes, Carlos	9	9:22	1964
14. Bradfield, Bill	10	8:40	1963	70. Madden, Rich	10	9:22	1958
15. <u>Oliver, Chuck</u>	10	8:42	1969	71. Ruge, Mike	9	9:22	1964
16. <u>Hayes, Rich</u>	10	8:43	1968	72. <u>Moorehead, Wayne</u>	10	9:24	1969
17. Sandin, Jack	10	8:43	1961	73. Carvey, Brad	9	9:24	1965
18. <u>Fondacabe, Greg</u>	10	8:46	1968	74. Monroe, Mike	10	9:25	1964
19. Frost, Don	10	8:46	1962	75. LeDoux, Alan	10	9:25	1959
20. White, Ron	10	8:49	1965	76. Bonney, Steve	10	9:26	1957
21. Heartsner, Joe	10	8:50	1966	77. Levsque, Rich	10	9:27	1967
22. <u>Hill, Marc</u>	10	8:52	1969	78. Seawell, Ned	10	9:27	1962
23. <u>Regalado, Larry</u>	10	8:52	1968	79. <u>Cliff, Al</u>	9	9:28	1969
24. Carey, Chris	9	8:52	1965	80. Kalvass, Pete	10	9:28	1968
25. <u>Sylvestri, Jim</u>	10	8:53	1969	81. Dvorak, Randy	10	9:28	1962
26. Long, Grant	9	8:53.9	1959	82. Fritz, Bill	10	9:28	1958
27. Paul Jennings	10	8:55	1967	83. Allen, Mike	9	9:28	1957
28. Rivera, Ed	10	8:55	1964	84. Reams, Jim	9	9:28	1958
29. Simon, Ted	10	8:56	1967	85. Rivera, Bob	9	9:29	1965
30. Carey, Pat	10	8:56	1965	86. Towne, Doug	10	9:29	1956
31. <u>Fetherolf, Jamie</u>	10	8:58	1968	87. <u>Cuneo, Dave</u>	10	9:30	1968
32. Stradely, Steve	10	8:58	1965	88. Knight, Dave	10	9:30	1961
33. Hill, Jeff	10	8:58	1968	89. Anglin, Bob	10	9:30	1966
34. Thompson, Mark	10	8:59	1967	90. <u>Helbush, Bill</u>	10	9:31	1961
35. Kennedy, Austin	9	9:01	1965	91. Kamrar, Dick	10	9:31	1961
36. Sheldon, Kent	10	9:01	1964	92. Jones, Doug	10	9:31	1959
37. <u>Fetherolf, Gordon</u>	10	9:02	1969	93. <u>Barney, Ed</u>	10	9:32	1961
38. Crowell, Chris	10	9:03	1965	94. Scott, Mike	10	9:33	1961
39. Higbee, Steve	10	9:03	1959	95. Bosse, Jim	9	9:34	1961
40. Kamrar, Dave	10	9:03	1958	96. Smith, Gerald	10	9:34	1951
41. Petty, Brian	10	9:03	1957	97. Mendoza, Ed	9	9:35	1961
42. Thompson, Dave	10	9:04	1967	98. Griess, Larry	10	9:35	1961
43. <u>Williams, Steve</u>	9	9:05	1969	99. <u>Hallett, John</u>	10	9:36	1961
44. <u>Mulligan, Roark</u>	10	9:05	1968	100. Bennett, Steve	9	9:36	1961
45. Burley, Bill	10	9:06	1965	101. Talamentez, Art	10	9:36	1961
46. <u>Cattarin, Carl</u>	9	9:07	1969	102. Crane, Rich	10	9:37	1961
47. <u>Zempel, Dave</u>	10	9:08	1969	103. Enfinger, John	9	9:37	1961
48. Darling, Bill	10	9:09	1963	104. Renard, Ron	10	9:37	1961
49. <u>Allen, Kent</u>	10	9:10	1968	105. Stacken, Don	10	9:37	1961
50. Boccio, John	10	9:10	1964	106. <u>Helstrup, Don</u>	10	9:37	1951
51. King, Randy	10	9:12	1965	107. <u>Fondacabe, Roger</u>	9	9:38	1961
52. <u>Lator, Bill</u>	9	9:13	1969	108. Nichols, Stan	10	9:38	1961
53. Herminhaus, Kim	10	9:13	1967	109. Freman, Neil	9	9:39	1951
54. McCartney, Jack	10	9:15	1957	110. Eaton, Bruce	10	9:39	1961
55. <u>Eaton, Mark</u>	10	9:16	1969	111. Coons, Al	10	9:40	1961
56. Mott, Wayne	10	9:17	1967	112. Benson, Gene	10	9:41	1961

.. SHORT COURSE (continued) ..

	NAME	CLASS	TIME	YEAR	NAME	CLASS	TIME	YEAR
	113. Oates, Jon	9	9:41	1959	170. Price, Graig	9	10:14	1966
	114. Merritt, Doug	10	9:42	1959	171. Ghigliano, Stan	9	10:15	1966
	115. Robertson, Dave	10	9:42	1957	172. Thomas, Lynn	9	10:17	1967
	116. Balestero, Dan	10	9:43	1964	173. Budd, Bill	10	10:17	1966
	117. <u>Neirmeire, Byrce</u>	10	9:44	1968	174. McArdle, Jerry	9	10:17	1962
	118. Sheldon, Barry	10	9:45	1957	175. Miles, Jim	10	10:17	1961
	119. <u>Dempster, Paul</u>	10	9:45	1969	176. Krimmer, Jack	10	10:18	1959
	120. Bruce, Dale	10	9:46	1964	177. Poston, Fred	9	10:19	1966
	121. Phillips, Dennis	10	9:46	1961	178. Chaney, Tom	10	10:19	1955
	122. Block, Kevin	10	9:47	1964	179. Stern, Sonnett	9	10:20	1966
	123. Caccamo, Joe	10	9:47	1957	180. White, Joe	10	10:20	1964
	124. <u>Weeden, Tom</u>	9	9:48	1968	181. Barnes, Roger	9	10:21	1959
	125. <u>Johnson, Ken</u>	9	9:49	1969	182. Coulson, Jim	10	10:21	1964
	126. Bennetti, Brent	10	9:49	1963	183. Pierce, Larry	10	10:21	1959
	127. Bartlett, Gary	10	9:49	1957	184. Pancoast, Rich	10	10:22	1963
	128. Kane, Terry	9	9:50	1962	185. Merritt, Joe	9	10:22	1960
	129. Patterson, Steve	9	9:50	1959	186. Daubert, Chris	10	10:23	1965
	130. Pantell, Dave	9	9:51	1963	187. Oliveri, Gary	9	10:23	1960
	131. Grandfield, Larry	10	9:51	1962	188. Kauscha, John	9	10:23	1959
	132. Mason, Tim	10	9:51	1959	189. Hadreas, Pete	10	10:23	1959
	133. O'Brien, Phil	10	9:51	1958	190. Bates, Ron	10	10:25	1964
	134. Saarela, Ed	10	9:51	1956	191. Lockmanese, R.	10	10:25	1963
	135. <u>Madden, Glenn</u>	10	9:52	1968	192. Sanders, Sandy	9	10:26	1957
	136. Bernal, Clyde	10	9:52	1963	193. Podolsky, Larry	9	10:26	1963
	137. Anderson, Tom	9	9:55	1956	194. Regli, Keith	9	10:28	1962
	138. Lincoln, Jim	10	9:56	1960	195. Gress, Gerald	10	10:29	1959
	139. Weis, Don	10	9:56	1958	196. Blumenthal, Ken	10	10:30	1960
	140. Au, Bob	10	9:57	1968	197. Holsti, Olaf	10	10:30	1958
	141. Moon, Greg	10	9:57	1964	198. Okerlund, Tom	10	10:31	1963
	142. Scott, Bill	10	9:58	1967	199. Johnson, Mike	9	10:31	1958
	143. Larson, Gary	10	9:58	1961	200. Gruman, Tim	10	10:32	1967
	144. Landini, Ron	10	9:58	1957	201. Babcock, Ken	9	10:33	1956
	145. Trezell, Doug	10	9:59	1960	202. MacMahon, Ken	9	10:33	1955
	146. Hansen, Ken	10	10:00	1965	203. <u>Ferranti, Dennis</u>	10	10:34	1968
	147. Sadeler, Gerd	10	10:00	1960	204. Russell, Mike	10	10:34	1964
	148. Hayler, Louis	10	10:02	1959	205. Drotleff, Tom	10	10:34	1963
	149. Archer, Bob	10	10:02	1956	206. Lehmer, Ed	9	10:37	1961
	150. Bridges, Mark	9	10:03	1966	207. Vezzolini, Rich	9	10:38	1963
	151. Fong, Steve	10	10:03	1961	208. Meen, Tom	9	10:38	1961
	152. Weess, Todd	10	10:03	1957	209.			
	153. Newman, Jim	10	10:04	1959	210. Hall, Mike	9	10:49	1967
	154. <u>Zneimer, Al</u>	10	10:04	1969	211. Niles, Grant	10	10:40	1962
	155. Brown, Dave	10	10:05	1955	212. <u>Dempster, Pete</u>	9	10:42	1969
	156. Ergas, Dennis	10	10:06	1962	213. Coel, Jack	9	10:42	1961
	157. Warden, Gary	10	10:06	1955	214. Brown, Kevin	9	10:43	1968
	158. Fletcher, Lex	9	10:07	1965	215. Jones, Chris	9	10:44	1955
	159. Newman, Dave	9	10:07	1960	216. Couch, Jerry	9	10:44	1955
	160. Bellinis, Wayne	10	10:08	1965	217. Passanisi, Dan	9	10:46	1966
	161. <u>Proctor, Ed</u>	10	10:09	1968	218. Ellison, Chris	10	10:46	1965
	162. Rivera, Carlos	10	10:09	1961	219. Struck, Jerry	9	10:47	1957
	163. Chartock, Art	10	10:09	1955	220. Askew, Chuck	9	10:47	1966
	164. Wilson, Doug	10	10:11	1964	221. Kempenich, Bob	9	10:48	1960
	165. Bell, Tom	10	10:11	1964	222. Wilson, Larry	9	10:48	1960
	166. Schmeichel, Armand	10	10:11	1958	223. Hessler, Jim	10	10:49	1957
	167. Russell, Larry	10	10:12	1960	224. Morell, Gary	9	10:50	1962
	168. Rosisky, Jack	9	10:12	1960	225. McDonald, Mike	10	10:50	1957
	169. Parvin, Glenn	10	10:13	1962	226. Mehl, Tom	9	10:51	1965

TRACK AND FIELD NEWS POSTAL MEET STATISTICS

ALL TIME BEST POSTAL TEAM TIMES: Two Mile

TOP 100 TEAMS

PO

Rank	Team Name	Time	Year	Postal
1.	<u>Homestead</u> , Sunnyvale, California	47:11.2	1968	54
2.	<u>Burlingame</u> , California	47:43.2	1968	55
3.	York, Elmhurst, Illinois	47:53.0	1968	56
4.	<u>Mills</u> , Milbrae, California	48:01.2	1967	57
5.	Upland, California	48:01.6	1969	58
6.	<u>Homestead</u> , Sunnyvale, California	48:04.0	1967	59
7.	Proviso West, Hillside, Illinois	48:05.9	1964	60
8.	<u>Homestead</u> , Sunnyvale, California	48:09.0	1965	61
9.	<u>Wilcox</u> , Santa Clara, California	48:20.7	1964	62
10.	<u>CARLMONT</u> , Belmont, California	48:21.7	1964	63
11.	Ossing, New York	48:28.3	1966	64
12.	Westminister, California	48:28.5	1966	65
13.	El Modena, Orange, California	41:31.8	1969	66
14.	South, Torrance, California	41:31.8	1969	67
15.	Ray, Corpus Christi, Texas	48:32.2	1966	68
16.	Kirkwood, Missouri	48:38.8	1968	69
17.	Falfurrias, Texas	48:40.4	1966	70
18.	<u>Tennyson</u> , Hayward, California	48:40.6	1965	71
19.	York, Elmhurst, Illinois	48:43.0	1964	72
20.	<u>Homestead</u> , Sunnyvale, California	48:44.8	1969	73
21.	Upland, California	48:45.8	1968	74
22.	South, Shawnee Mission, Kansas	48:49.0	1968	75
23.	Ossing, New York	48:49.5	1963	76
24.	York, Elmhurst, Illinois	48:50.0	1967	77
25.	South Salem, Salem, Oregon	48:50.0	1962	78
26.	Mira Costa, Manhattan Beach, California	48:50.2	1969	79
27.	Kirkwood, Missouri	48:55.0	1967	80
28.	Fox Lane, Bedford, New York	48:55.3	1966	81
29.	East, Wichita, Kansas	48:57.3	1964	82
30.	Catholic, Roselle, New Jersey	48:58.8	1968	83
31.	Rogers, Spokane, Washington	49:01.0	1965	84
32.	Monte Vista, Spring Valley, California	49:02.1	1966	85
33.	Mt. Tahoma, Tacoma, Washington	49:04.0	1968	86
34.	<u>Hillsdale</u> , San Mateo, California	49:04.2	1961	87
35.	Watsonville, California	49:05.0	1963	88
36.	Columbus, Georgia	49:05.2	1969	89
37.	<u>CARLMONT</u> , Belmont, California	49:07.4	1963	90
38.	Bonham, Texas	49:07.6	1967	91
39.	Pleasant Hill, California	49:08.2	1966	92
40.	Pittsburg, California	49:09.0	1964	93
41.	<u>Burlingame</u> , California	49:10.0	1967	94
42.	York, Elmhurst, Illinois	49:10.1	1965	95
43.	<u>Cupertino</u> , California	49:11.0	1965	96
44.	Los Altos, California	49:15.0	1968	97
45.	Wyandotte, Kansas City, Kansas	49:16.4	1966	98
46.	Riverside, Brookfield, Illinois	49:16.6	1968	99
47.	<u>CARLMONT</u> , Belmont, California	49:17.0	1967	100
48.	El Modena, California	49:16.8	1968	
49.	West Torrance, California	49:19.0	1967	CARL
50.	<u>Riordan</u> , San Francisco, California	49:19.0	1967	52:3
51.	South Torrance, Torrance, California	49:19.8	1966	1963
52.	La Habra, California	49:20.6	1969	a te
53.	Mira Costa, Manhattan Beach, California	49:20.6	1960	49:1

POSTAL STATISTICS (continued)

54.	Pleasant Hill, California	49:22.3	1965
55.	Pt. Loma, San Diego, California	49:23.4	1968
56.	Kearsley, Flint, Michigan	49:25.0	1968
57.	Monte Vista Spring Valley, California	49:25.2	1968
58.	Kirkwood, Missouri	49:26.7	1964
59.	CARLMONT, Belmont, California	49:29.5	1969
60.	Culver City, California	49:28.8	1960
61.	Redford, Detroit, Michigan	49:29.6	1961
62.	Sunnyvale, California	49:32.0	1966
63.	Homestead, Sunnyvale, California	49:32.2	1964
64.	Campbell, Westmont, California	49:34.8	1967
65.	CARLMONT, Belmont, California	49:36.6	1968
66.	Principia, St. Louis, Missouri	49:36.7	1966
67.	Wilcox, Santa Clara, California	49:38.0	1968
68.	North Eugene, Oregon	49:38.2	1966
69.	Molley, Jamaica, New York	49:38.5	1965
70.	Cupertino, California	49:39.0	1966
71.	San Marino, California	49:39.0	1965
72.	Concord, New Hampshire	49:39.6	1964
73.	San Carlos, California	49:40.0	1969
74.	Westminster, California	49:41.0	1965
75.	Tennyson, Hayward, California	49:43.0	1966
76.	Palo Alto, California	49:44.0	1966
77.	Palo Alto, California	49:45.0	1961
78.	Homestead, Sunnyvale, California	49:46.0	1966
79.	South Torrance, California	49:46.0	1969
80.	Power Memorial, New York, New York	49:46.7	1965
81.	Mr. Eden, Hayward, California	49:46.8	1967
82.	Wilcox, Santa Clara, California	49:47.0	1965
83.	Mira Costa, California	49:47.0	1969
84.	East, Wichita, Kansas	49:49.0	1963
85.	Clayton Valley, Concord, California	49:51.6	1960
86.	Awalt, Mountain View, California	49:52.0	1969
87.	Yankton, South Dakota	49:52.0	1967
88.	Tennyson, Hayward, California	49:54.0	1964
89.	Aviation, California	49:54.1	1964
90.	South Torrance, Torrance, California	49:54.5	1965
91.	Westminster, California	49:55.0	1969
92.	Wyandotte, Kansas City, Kansas	49:55.6	1967
93.	Pittsburg, California	49:56.4	1966
94.	South Shawnee Mission, Kansas	49:56.8	1967
95.	Los Altos, California	49:57.0	1967
96.	Westminster, California	49:57.4	1964
97.	Garden Grove, California	49:58.0	1967
98.	Midland, Texas	49:56.9	1959
99.	Watsonville, California	49:59.8	1969
100.	Tennyson, Hayward, California	50:00.0	1963

CARLMONT placed fourth in 1958 with a team time of 51:41.2, 28th in 1959 with a team time of 52:37, 4th in 1960 with a team time of 50:37, 20th in 1961 with a team time of 52:30, 2nd in 1963 with a team time of 49:07.4, 3rd in 1964 with a team time of 48:21.7, 26th in 1965 with a team time of 50:50, 20th in 1966 with a team time of 50:15, 7th in 1967 with a team time of 49:17.0, 15th in 1968 with a team time of 49:36.6, and 8th in 1969 with a team time of 49:27.5

ALL TIME CARLMONT TWO MILE RANKINGS

<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>	<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>
1. Carey, Chris	11	9:12.2	1967	57. Simon, Ted	10	10:32.0	1966
2. McCann, Mike	12	9:18.1	1964	58. Russell, Larry	12	10:32.0	1966
3. McCann, Martin	12	9:30.2	1964	59. Hayes, Rich	10	10:33.0	1958
4. Templeman, Hans	11	9:30.3	1970	60. Robertson, Dave	12	10:34.0	1958
5. Miller, Steve	9	9:39.9	1970	61. Thompson, Mark	10	10:36.0	1966
6. Wake, Tom	11	9:40.0	1964	62. McCartney, Jack	12	10:36.0	1958
7. Carvey, Scott	11	9:42.8	1969	63. Barney, Ed	10	10:38.0	1970
8. Bradfield, Bill	11	9:43.0	1965	64. Rugge, Mike	12	10:40.0	1966
9. Kamrar, Dave	12	9:43.0	1960	65. Crowell, Chris	11	10:40.0	1966
10. Carey, Pat	12	9:45.0	1967	66. Hegarty, Ron	12	10:43.0	1958
11. Kennedy, Bob	12	9:48.3	1967	67. Fritz, Bill	12	10:44.0	1966
12. Reams, Jim	12	9:49.9	1958	68. Fetherolf, Jamie	11	10:45.0	1966
13. Long, Grant	10	9:50.5	1960	69. Wood, Dan	12	10:45.0	1966
14. White, Ron	12	9:51.0	1967	70. Petty, Brian	12	10:45.0	1958
15. Black, Russ	10	9:53.0	1969	71. Allen, Kent	10	10:45.0	1958
16. Walsh, Dave	11	9:55.0	1964	72. Kennedy, Austin	9	10:47.2	1966
17. Mills, John	12	9:56.0	1964	73. Miller, Jim	12	10:48.0	1966
18. Daubert, Steve	12	9:56.1	1963	74. Boccio, John	12	10:49.0	1966
19. O'Malley, Mike	12	9:56.6	1968	75. Merritt, Doug	12	10:49.0	1966
20. Nichols, Ken	12	9:56.6	1963	76. Convey, Robert	11	10:50.0	1958
21. Montante, Gary	12	9:58.9	1965	77. Dixon, Jim	11	10:51.0	1966
22. Eaton, Bruce	12	10:00.5	1967	78. Helwig, Tom	11	10:51.0	1966
23. Larsen, Gary	12	10:00.5	1963	79. Enfinger, Dave	9	10:51.0	1966
24. Furnari, Ralph	11	10:02.0	1968	80. Bonney, Steve	10	10:52.0	1958
25. Allen, Mark	12	10:03.0	1969	81. Poston, Fred	9	10:53.4	1966
26. Nichols, Stan	12	10:04.0	1966	82. Jennings, Paul	9	10:53.5	1966
27. Regalado, Larry	11	10:05.0	1965	83. Hill, Jeff	10	10:54.0	1966
28. Fassett, Howard	12	10:05.4	1965	84. Mulligan, Roark	10	10:55.0	1966
29. Haley, Marion	12	10:06.9	1958	85. Carvey, Brad	11	10:57.0	1966
30. Thomas, Lyle	11	10:07.0	1970	86. Fetherolf, Gordon	10	10:57.0	1970
31. Light, Dan	12	10:07.0	1968	87. Leopold, Gary	9	10:57.5	1966
32. Heartsner, Joe	11	10:08.0	1967	88. Madden, Rich	11	10:58.0	1958
33. Haley, Terry	11	10:10.0	1969	89. Darling, Bill	10	10:59.0	1966
34. Jent, Tom	12	10:10.0	1956	90. Moore, Dave	10	11:00.0	1966
35. Sandin, Jack	12	10:10.0	1963	91. Burley, Bill	10	11:01.0	1966
36. Cattarin, Carl	9	10:11.0	1970	92. Ritchie, Dave	11	11:02.0	1966
37. Higbee, Steve	12	10:11.0	1961	93. Fondacabe, Greg	10	11:03.0	1958
38. McHuron, Dave	12	10:12.5	1960	94. O'Brien, Tim	12	11:03.0	1958
39. Trogdon, Jim	12	10:13.0	1962	95. Herminghaus, Kim	10	11:04.0	1966
40. Oliver, Chuck	10	10:13.1	1970	96. Mott, Wayne	9	11:05.0	1966
41. Walters, Kent	12	10:14.0	1962	97. Mendoza, Ed	9	11:06.0	1966
42. Coons, Al	12	10:15.4	1969	98. Lator, Bill	9	11:07.8	1966
43. Helbush, Bill	11	10:16.0	1970	99. Blum, Tim	10	11:09.0	1966
44. Moon, Greg	12	10:16.8	1967	100. Talamentez, Art	10	11:13.0	1966
45. Green, Jon	12	10:17.0	1965	101. Thompson, Dave	10	11:13.0	1966
46. Shaw, Kevin	12	10:20.0	1968	102. Bosse, Jim	9	11:13.0	1966
47. Stradley, Steve	12	10:23.0	1967	103. King, Randy	10	11:14.0	1966
48.				104. Benson, Gene	12	11:15.0	1966
49. Frost, Don	11	10:25.0	1963	105. Day, Jim	12	11:18.0	1966
50. Ragsdale, Tod	12	10:26.9	1959	106. Ferranti, Gary	10	11:19.0	1966
51. Merz, John	12	10:27.0	1965	107. Cliff, Craig	9	11:20.0	1966
52. Jenkins, Earl	11	10:27.0	1965	108. Greiss, Larry	12	11:20.0	1966
53. Carvey, Dana	9	10:28.0	1970	109. Smith, Dan	12	11:20.0	1966
54. O'Brien, Phil	12	10:28.0	1960	110. Gress, Gerald	11	11:23.0	1966
55. Schug, Bob	11	10:28.2	1970	111. Scott, Bell	10	11:24.0	1966
56. Quick, John	11	10:28.6	1958	112. Fondacabe, Roger	9	11:25.0	1966

(Continued page 2)

POSTAL TEAM TIMES --- CARLMONT HIGH SCHOOL

1958 (4th)	1959 (20th)	1960 (4th)	1961 (20th)
Reams, Jim 9:58.3	Kamrar, Dave 10:19	Kamrar, Dave 9:43.0	Long, Grant 10:10
Haley, Marion 10:07.9	Ragsdale, Tod 10:28	Long, Grant 9:50.5	Higbee, Steve 10:11
Ragsdale, Tod 10:29	Long, Grant 10:31	McHuron, Dave 10:12.5	Sandin, Jack 10:29
Quick, John 10:30	Robertson, Dave 10:34	Larsen, Bruce 10:22.5	Merritt, Doug 10:49
McCartney, Jack 10:36	Petty, Brian 10:45	O'Brien, Phil 10:28.5	Trogdon, Jim 10:51
<u>51:41.2</u>	<u>52:37</u>	<u>50:37.0</u>	<u>52:30</u>
1962 (6th)	1963 (2nd)	1964 (3rd)	1965 (26th)
McCann, Mike 9:54	McCann, Mike 9:28.6	McCann, Mike 9:18.1	Bradfield, Bill 9:57
Nichols, Ken 10:08	McCann, Martin 9:37.5	McCann, Martin 9:30.2	White, Ron 10:12
McCann, Martin 10:11	Nichols, Ken 9:56.6	Wake, Tom 9:49.0	Walsh, Dave 10:12
Walters, Kent 10:14	Bradfield, Bill 9:57.4	Bradfield, Bill 9:50.0	Montane, Gary 10:12
Trogdon, Jim 10:18	Wake, Tom 10:07.0	Walsch, Dave 9:55.0	Green, Jon 10:17
<u>50:45</u>	<u>49:07.1</u>	Mills, John 9:56.0	<u>50:50</u>
		<u>48:21.7</u>	
1966 (20th)	1967 (7th)	1968 (15th)	1969 (8th)
Carey, Chris 9:38.0	Carey, Chris 9:14	Carey, Chris 9:12.6	Templeman, Hans 9:36.4
Carey, Pat 10:03	Carey, Pat 9:47	Templeman, Hans 9:58.8	Carvey, Scott 9:42.8
Nichols, Stan 10:04	White, Ron 9:53	Carvey, Scott 10:02.0	Black, Russ 9:53.0
White, Ron 10:15	Heartsner, Joe 10:08	Allen, Mark 10:03.0	Miller, Steve 10:06.8
Eaton, Bruce 10:15	Light, Dan 10:15	Furnari, Ralph 10:20.0	Furnari, Ralph 10:08.4
<u>50:15</u>	<u>49:17</u>	<u>49:36.6</u>	<u>49:27.5</u>

CARLMONT HONOR ROLL BY CLASS----2 mile

SENIORS

1. Chris Carey	9:12.6	1964
2. Mike McCann	9:18.1	1964
3. Martin McCann	9:30.2	1964
4. Dave Kamrar	9:43.0	1960
5. Pat Carey	9:47.0	1967
	<u>47:30.9</u>	

JUNIORS

1. Hans Templeman	9:30.3	1970
2. Chris Carey	9:12.2	1967
3. Mike McCann	9:28.6	1963
4. Martin McCann	9:37.5	1963
5. Tom Wake	9:40.0	1964
	<u>47:26.6</u>	

SOPHOMORES

1. Chris Carey	9:29.9	1967
2. Hans Templeman	9:44.5	1969
3. Grant Long	9:50.5	1960
4. Mike McCann	9:54.0	1962
5. Russ Black	9:53.0	1969
	<u>48:51.9</u>	

FRESHMEN

1. Steve Miller	9:39.9	1970
2. Hans Templeman	10:05.4	1968
3. Chris Carey	10:09.8	1966
4. Russ Black	10:10.5	1969
5. Carl Cartarin	10:11.0	1970
	<u>50:16.6</u>	

ALL TIME LEAGUE TWO MILERS

1. CHRIS CAREY	11	CARLMONT	9:12.2	1967	13. Mike Chilton	12	Palo Alto	9:38.6	1959
2. MIKE McCANN	12	CARLMONT	9:18.1	1964	14. Ron Larrieu	12	Palo Alto	9:39.0	1956
3. Rich Hunter	12	Gunn	9:21.0	1966	15. Dan Rye	12	Palo Alto	9:39.2	1961
4. Tom Huntsberger	12	Palo Alto	9:28.6	1967	16. Steve Miller	9		9:39.9	1970
5. Jon Enscoe	12	Palo Alto	9:29.0	1967	17. TOM WAKE	11	CARLMONT	9:40.0	1964
6. MARTIN McCANN	12	CARLMONT	9:30.2	1964	18. Tom Bales	11	Sequoia	9:41.0	1968
7. Hans TEMPLEMAN	11	CARLMONT	9:30.3	1970	19. SCOTT CARVEY	11	CARLMONT	9:42.8	1970
8. George Linn	12	Palo Alto	9:31.2	1959	20. BILL BRADFIELD	11	CARLMONT	9:43.0	1965
9. Walt Hewlett	12	Palo Alto	9:32.9	1961	21. DAVE KAMRAR	12	CARLMONT	9:43.0	1960
10. Don Wells	12	Woodside	9:33.5	1970					
11. Mike Lehner	12	Palo Alto	9:33.8	1959					
12. Mike Dailey	12	Sequoia	9:35.4	1967					

ALL TIME SAN MATIO COUNTY TWO MILERS

1. Eugenio Amaya	12	Burlingame	9:11.9	1969	11. Montoya	11	Burlingame	9:39.8	19
2. Arvid Kretz	12	Mills	9:11.0	1968	12. STEVE MILLER	9	CARLMONT	9:39.9	19
3. CHRIS CAREY	11	CARLMONT	9:12.2	1967	13. SCOTT CARVEY	11	CARLMONT	9:42.8	19
4. Steve Sofos	11	Burlingame	9:14.4	1968	14. Carols Prieto	12	Jefferson	9:27.0	19 1.
5. MIKE McCANN	12	CARLMONT	9:18.1	1964	15. Marcel Hetu	12	Hillsdale	9:28.0	19 2.
6. Larry Winward	12	Hillsdale	9:24.8	1961	16. Whytock, Joe	11	Burlingame	9:29.0	19 3.
7. Jim Finch	11	Mills	9:24.8	1969	17. MARTIN McCANN	12	CARLMONT	9:30.2	19 4.
8. Ted Lydon	12	San Mateo	9:26.5	1966	18. HANS TEMPLEMAN	10	CARLMONT	9:30.3	19 5.
9. Rick Jurgens	12	Mills	9:26.5	1967	19. Bill Yaley	12	Serra	9:32.0	19 6.
10. Dan Vincent	12	Tera Nova	9:26.7	1962	20. Steve Denny	12	Mills	9:34.0	19 7.
					21. TOM WAKE	11	CARLMONT	9:40.0	19 8.

TOP 10 SCHOOL WITH ALL NORTHERN CALIFORNIA SELECTIONS

1. CARLMONT	27	4. Hillsdale	10	7. Clayton Valley	10	10. Washington	12.
2. Palo Alto	27	5. Miramonte	10	8. Wilcox	8		13.
3. Homestead	11	6. Los Altos	9	9. Berkeley	8		14.

CARLMONT RUNNERS WHO HAVE MADE THE ALL NORTHERN CALIFORNIA TEAM

1953	1954	1955	1956	1957	1958
Craig Spilman	Craig Spilman	Tom Jent	Tom Jent	Jim Reams	Jim Reams
	Tom Jent	Craig Spilman	Jim Allen	John Quick	Marion Haley
	Jerry Barney				
1959	Harley Smith	1960	1961	1962	1963
	Dick Bronson	Dave Kamrar		Mike McCann	Mike McCann
		Grant Long			Martin McCann
1964	1965	1966	1967	1968	1969
Mike McCann		Chris Carey	Chris Carey	Chris Carey	Hans Templeman
Martin McCann					
Tom Wake					

RESULTS OF TWO MAN 10 MILE RELAY

NATION SCHOOL RECORD	CARLMONT SCHOOL RECORD
Lloyd Apgar--Otis Martin, Lincoln, San Diego	Mike McCann--Martin McCann, 44:09.7 196
43:38.7 1966 (65.5 Per quarter-average)	

CALIFORNIA STATE RECORD	SPAL RECORD
Same as above	Same as above

NATIONAL LIST OF ALL TIME RUNNERS UNDE 9 MINUTES

	<u>TIME</u>		<u>BIRTH</u>	<u>DA</u>	
1.	8:41.6	Steve Prefontaine (Marshfield, Coos Bay, Oregon)	1/25/51	4/25	5.
2.	8:48.4	Rick Reley (Ferris, Spokane, Washington)	3/5/48	5/28	6.
3.	8:53.6	Gerry Lindgren (Rogers, Spokane, Washington)	3/9/46	6/5	7.
4.	8:54.6	Pete Romero (Reedley, California)	6/8/48	3/10	8.
5.	8:55.2	Fred Ritcherson (Salesian, Los Angeles)	2/8/50	6/14	9.
6.	8:55.2	Mark Hiefield (Milwaukee, Oregon)	7/27/51	6/14	10.
7.	8:55.4	Tim Danielson (Chula Vista, California)	12/3/47	6/18	11.
8.	8:55.6	Johnson (West Torrance)		6/7	12.
9.	8:56.4	Scott Hiles (Madison Heights, Anderson Indiana)	2/7/50	6/15	13.
10.	8:56.6	Dave Merrick (Lim Way, New Lenox, Illinois)		6/7	14.
11.	8:56.8	Rich Elliott (Proviso West, Hillside, Illinois)	1/2/50	5/11	15.
12.	8:57.0	Ralph Gamez, (Berkeley, California)	4/6/48	6/18	16.
13.	8:57.0	Ruben Chappins (Excelsior, Norwalk, California)	9/16/51	6/7	17.
14.	8:57.4	Mike Keoug (Essex Catholic, Newark, New Jersey)		6/7	18.
15.	8:57.8	Mike Ryan (Wilcox, Santa Clara, California)	1/8/47	11/7	19.
16.	8:59.0	Ron Johnson (West Torrance, California)	9/15/52	6/7	20.
17.	8:59.8	Dave White (El Modena, Orange, California)	3/4/52	6/7	

ALL TIME CARLMONT THREE MILE RANKINGS

197	196	NAME	CLASS	TIME	YEAR	NAME	CLASS	TIME	YEAR
	196	1. Carey, Chris	12	14:59.0	1968	20. Fetherolf, Gordon	10	17:08.8	1969+
	196	2. Templeman, Hans	11	15:01.9	1969	21. Williams, Steve	9	17:22.4	1969
	196	3. Black, Russ	10	15:17.0	1969	22. Carvey, Dana	9	17:30.2	1969
	196	4. Haley, Terry	12	15:22.8	1969	23. Zibell, Hugh	12	17:33.0	1969
	197	5. Carvey, Scott	11	15:24.1	1969	24. Hallett, John	10	17:34.0	1969
	195	6. Furnari, Ralph	12	15:27.6	1969	25. Zempel, Dave	10	17:39.8	1969
	196	7. Regalado, Larry	11	15:48.4	1969	26. Eaton, Mark	10	17:41.4	1969
	196	8. Helbush, Bill	11	16:03.3	1969	27. Richmond, Kim	12	17:48.0	1969
		9. Hayes, Rich	11	16:10.2	1969	28. Cliff, Al	9 +	17:35.0	1969+
		10. Oliver, Charles	10	16:16.9	1969	29. Cuneo, Dave	10	17:49.0	1969
		11. Fondacabe, Greg	11	16:21.1	1969	30. Neirmere, Bryce	10	17:50.0	1969
n	8	12. Cattarin, Carl	9	16:31.5	1969	31. Huseman, Bill	11	17:52.0	1969
		13. Schug, Bob	11	16:33.3	1969	32. Johnson, Ken	9	18:09.0	1969
		14. Hill, Marc	10	16:50.7	1969	33. Moorehead, Wayne	10	17:52.8	1969
		15. Fetherolf, Jamie	11	16:51.0	1969	34. Fondacabe, Roger	9	18:19.0	1969
		16. Mulligan, Roark ++	11 ++	16:39.8	1969++	35. Ormonde, Dick	9	18:55.0	1969
		17. Mott, Wayne	12	16:57.2	1969	36. Zneimer, Al	10	19:43.0	1969
		18. Lator, Bill ++	9	16:52.4	1969++	37. Fondacabe, Perry	9	20:17.0	1969
		19. Allen, Kent	11	17:13.0	1969				

ALL TIME BEST POSTAL TEAM TIMES----Three Mile Stats

1.	Kirkwood, Missouri.....	73:50.6	1969
2.	Homestead, Sunnyvale, California.....	76:14.0	1969
3.	CARLMONT, Belmont, California.....	76:33.6	1969
4.	Highlands, North Highlands, California.....	76:59.6	1969
5.	Mt. Diablo, Concord, California.....	77:09.0	1969
6.	Kennedy, Sacramento, California.....	77:37.8	1969
7.	Elk Grove, California.....	78:03.6	1969
8.	Mt. Tahoma, Tacoma, Washington.....	78:15.4	1969
9.	Watsonville, California.....	78:23.2	1969
196	10. Awalt, Mountain View, California.....	78:25.4	1969

NATIONAL LIST OF ALL TIME RUNNERS UNDER 14:30.

DATE	TIME	NAME	Birth	YEAR
	1. 13:17.0	Gerry Lindgren, (Rogers, Spokane, Washington)	3/9/46	8/15/64
	2. 13:35.6	Rick Riley, (Ferris, Spokane Washington)	3/5/48	6/4/66
	3. 13:43.0	Steve Prefontaine (Marshfield, Coos Bay, Oregon)	1/25/51	6/29/69
	4. 13:58.2	Rich Elliott (Proviso West, Hillside, Illinois)	1/2/50	6/8/68
/25/	5. 14:01.0	Ron Stjern (snohomish, Washington)	7/3/48	8/13/66
/28/	6. 14:01.2	Glen Herold (Watertown, Wisconsin)	11/23/50	7/5/69
6/5/	7. 14:01.8	Jim Ryun (East, Wichita, Kansas)	4/29/47	7/18/65
/10/	8. 14:11.6	Mike Ryan (Wilcox, Santa Clara, California)	1/8/47	6/12/65
/14/	9. 14:12.6	Art Dulong (Randolph, Mass)	6/1/48	6/27/65
/14/	10. 14:13.6	Loren Kambasted (Bristol, South Dakota)		7/5/69
/18/	11. 14:17.4	Steve Squires (Marshall, Portland, Oregon)	1/13/49	6/3/67
6/7/	12. 14:19.8	Dave White (El Modena, California)		69
5/15/	13. 14:20.6	Randy James (Ferris, Spokane, Washington)	3/26/52	6/28/69
6/7/	14. 14:20.8	Bob Marias (Belmont, Los Angeles, California)	10/2/49	6/9/67
5/11/	15. 14:21.8	Mike Petterson (East, Wichita, Kansas)	5/5/47	6/9/67
5/18/	16. 14:22.4	Kerry Hogan (Kirkwood, Missouri)	12/14/49	5/21/68
6/7/	17. 14:22.8	Jim Berkart, Kirkwood, Missouri)		69
6/7/	18. 14:23.0	Pete Romero (Reedley, California)	6/18/48	6/6/67
11/7/	19. 14:23/8	Kirk Hogan (Kirkwood, Missouri)	12/14/49	5/21/68
6/7/	20. 14:26.0	Tony Baker (mia Costa, Mahhattan Beach, California)		12/2/67

BEST CARLMONT TEAM TIME ON LONG COURSE (continued from page 8

1963		1964		1965		1966	
McCann, Mike	9:51.8	McCann, Mike	9:38	Bradfield, Bill	10:12	Carey, Chris	10:07
McCann, Martin	9:52	McCann, Martin	10:06	Walsh, Dave	10:24	White, Ron	10:24
Bradfield, Bill	10:22	Wake, Tom	10:07	Eaton, Bruce	10:36	Kennedy, Bob	10:31
Walsh, Dave	10:31	Mills, Tom	10:11	Green, Jon	10:39	Carey, Pat	10:31
Nichols, Ken	<u>40:32.9</u>	Bradfield, Bill	<u>10:12</u>	Bradfield, Henry	<u>10:41</u>	Eaton, Bruce	<u>10:42</u>
	51:10.7		50:14		52:32		52:15
1967		1968		1969			
Carey, Pat	9:59	Carey, Chris	9:27.0	Templeman, Hans	9:52		
Carey, Chris	10:04	Templeman, Hans	10:15	Carvey, Scott	10:01		
White, Ron	10:21	Allen, Mark	10:34	Furmari, Ralph	10:12		
Allen, Mark	10:25	Coons, Al	10:51	Haley, Terry	10:15		
Heartsner, Joe	<u>10:34</u>	Shaw, Kevin	<u>10:52</u>	Regalado, Larry	<u>10:22</u>		
	51:23		51:59		51:59		

BEST FOREIGN TEAMS

Homestead-----50:07-----1968

Burlingame-----50:41-----1968

CARLMONT SHORT COURSE 1.5 MILES (continued from page 10

227.	Kosloski, Mike	10	10:52	1960	245.	Link, Alan	10	11:06	1956
228.	Woodson, Jack	9	10:53	1955	246.	Price, Vince	9	11:09	1956
229.	Burakiewicz, Mike	9	10:54	1966	247.	Lye, Jim	9	11:10	1963
230.	Whitaker, Robert	9	10:54	1959	248.	Graham, Mark	9	11:13	1967
231.	Cuneo, Dave	9	10:56	1967	249.	Mayer, Bob	10	11:17	1963
232.	Castronova, Bob	9	10:56	1967	250.	Abell, Craig	10	11:24	1964
233.	Neinmeir, Bryce	9	10:56	1967	251.	Collin, Rick	10	11:26	1961
234.	Whitehead, Don	9	10:56	1963	252.	Falt, Jeff	10	11:41	1958
235.	Ronberg, Phil	9	10:57	1955	253.	Graboqski, Fred	9	11:41	1961
236.	Backus, Charles	10	10:58	1955	254.	Nash, Jim	10	11:46	1964
237.	Gahagen, Jim	9	10:59	1961	255.	Briner, Wayne	9	11:54	1964
238.	Rinaldi, Bruce	10	11:00	1958	256.	Speed, Phil	9	11:57	1964
239.	Larsen, Jim	10	11:01	1959	257.	Wade, Fred	9	12:57	1958
240.	Fondacabe, Perry	9	11:03	1960					
241.	Lorenzen, Dave	10	11:03	1959					
242.	Gould, Rich	10	11:03	1959					
243.	Bettinger, Bob	10	11:04	1963					
244.	Roybal, Ervin	9	11:06	1966					

COURSE RECORD: Mike Ryan, Wilcox H.S. 8:02.4-1964
 TEAM RECORD: CARLMONT HIGH SCHOOL 42:40.0-1964
 FOREIGN TEAM RECORD: Wilcox H.S. 43:17.4-1964
 43:59---1964

ALL TIME CARLMONT TWO MILE RANKINGS (continued from page 17

113.	Sheldon, Barry	12	11:25.0	1959	134.	Parvin, Glen	11	11:58.0	1964
114.	Pubols, Dan	9	11:27.0	1968	135.	Au, Bob	10	11:59.0	1964
115.	Seawell, Ned	11	11:34.0	1963	136.	Miller, Doug	9	12:00.5	1970
116.	Eaton, Mark	10	11:36.0	1970	137.	Coel, Jack	9	12:05.0	1964
117.	Phillips, Dennis	10	11:38.0	1961	138.	Hall, Mike	9	12:06.0	1964
118.	Hill, Marc	9	11:38.0	1969	139.	Johnson, Ken	9	12:08.0	1964
119.	Fox, Dave	10	11:40.0	1957	140.	Zempel, Dave	9	12:10.0	1964
120.	Shirey, Gary	11	11:41.0	1969	141.	Mehl, Tom	9	12:12.0	1964
121.	Anglin, Bob	10	11:45.0	1966	142.	*Bellinis, Wayne	10	12:13.0	1964
122.	Rinamon, Bill	12	11:46.0	1959	143.	Fondacabe, Perry	9	12:18.0	1964
123.	Rivera, Ed	9	11:46.0	1955	144.	Rothermund, Walt	9	12:23.0	1964
124.	Pubols, Dan	10	11:47.6	1969	145.	Moorehead, Wayne	9	12:26.0	1964
125.	Cuneo, Dave	10	11:49.0	1968	146.	Anderson, Tom	9	12:34.0	1964
126.	Thomas, Lynn	9	11:51.0	1967	147.	Madden, Glen	10	12:36.0	1964
127.	Fletcher, Lex	9	11:52.0	1965	148.	Proctor, Ed	10	12:35.0	1964
128.	Kalvass, Pete	9	11:52.0	1967	149.	Budd, Bill	9	12:43.0	1964
129.	Neimeire, Bryce	9	11:54.0	1968	150.	Graham, Paul	9	12:48.0	1964
130.	Weeden, Tom	9	11:55.0	1968	151.	Gruman, Tim	10	12:51.0	1964
131.	Dempster, Paul	9	11:57.0	1968	152.	Zneimar, Al	9	12:52.0	1964
132.	*Hallet, John	9	11:54.0	1968	153.	Sommer, Chris	9	13:50.0	1964
133.	Unger, Dorrian	12	11:57.0	1960					