

San Carlos Host To Harriers 9/19

San Carlos High hosts the first big prep cross country meet of the season Monday afternoon in the hills behind the Don football field.

Running starts at 3:30 p.m.

On hand to start the season along with the Dons are Carlmont, Sequoia, Menlo-Atherton and Pioneer.

Carlmont, the defending SPAL champion, will be favored Monday, as Scot coach Loren Lansberry feels his 1970 squad may be the best in school history, which is quite a feat, considering the Scots have been the SPAL champions six of the last seven years.

In another cross country opener Monday, Menlo School travels to Vallejo to meet St. Patrick's at 3:30 p.m.

Harriers Hopeful

This year's version of the Menlo-Atherton varsity cross country team should be similar in many respects to past teams, according to Coach Plato Yanicks.

What that means is that the Bears should be a good team. However, they may not be quite as good as

some of the other outstanding teams in the SPAL, which is one of the roughest cross country leagues in the country.

The varsity has four runners who have all looked good in workouts and it is hard to say which will come out number one. Of the four, two are hold-overs from last year's varsity: Team Captain Dan Meub and junior John Barbour. Right up with these two will be senior Doug Yost, a hard worker in his first year out, and senior Rick Krenigel, an all-SPAL frosh-soph performer who did not go out last year.

The number five spot on the varsity is being hotly contested by seniors Harry Wong and Earl Newenweather, sophomore Gordon Bernheart, and sophomore Scott Johnson.

The only JV's out so far are seniors Cam Miller and Art Middel. Both of whom missed summer workouts and who could be ready to challenge for a varsity spot by the end of the season. Other JV's will be John Gonzales and Rick Helmeke.

The sophomore squad will be headed by vastly improved Craig Lambert, who has been very impressive in workouts, with hard-working Mike Shibata and track star Dave Lewis not far behind. These runners are all veterans and if more sophomores turn out, they could develop into an excellent team.

As of now, 11 freshmen have signed up for cross country--a fair turn out.

M-A Harriers To Start Today In Good Shape

Varsity football players aren't the only athletes who have kept themselves in condition throughout the summer at Menlo-Atherton High.

With the only organized summer running program in the South Peninsula Athletic League, M-A cross-country Coach Plato Yanicks' Harriers begin their first official practice today at 3:00 slightly ahead of the rest of the circuit.

"Cross-country at Menlo-Atherton," noted Coach Yanicks, "will be about the same as last year—good but not great."

Although Carlmont is far and above the favorite to win the league crown with 8-10 runners returning from last season and San Carlos is predicted for second, M-A's summer galloping may pay off as they'll probably be in a dogfight for third place with Sequoia, Woodside and Gunn.

Rich Kringle, John Barbour, Dan Meub and Doug Yost are the four top harriers in the order presented.