

S.P.A.L. CHAMPS!

SAN CARLOS

1970-71

CROSSCOUNTRY



SAN CARLOS HIGH SCHOOL
GROSS COUNTRY SCHEDULE
1970.

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>	<u>CLASS EXCUSE</u>
Mon., Sept. 21....	Carlmont Pioneer Menlo-Atherton Sequoia.....	San Carlos.....	3:45 P.M.....	None
Mon., Sept. 28....	Awalt St. Francis Woodside Sequoia Carlmont Terman (Fr).....	Carlmont.....	3:15 P.M.....	2:00 P.M.
Fri., Oct. 2.....	San Leandro Bellarmine Sequoia.....	Hayward State.....	3:15 P.M.....	1:45 P.M.
Thurs., Oct. 8....	Andrew Hill Woodside Gunn.....	San Carlos.....	3:45 P.M.....	None
Sat., Oct. 10....	Sacramento Inv....	Sacramento State.....	10:00 A.M.....	None
Thurs., Oct. 15...	Center Meet.....	Golden Gate Park.....	3:00 P.M.....	1:30 P.M.
Thurs., Oct. 22...	Center Meet.....	Coyote Park (SJ).....	3:00.....	1:30 P.M.
Thurs., Oct. 29...	Center Meet.....	Golden Gate Park.....	3:00.....	1:30 P.M.
Sat., Nov. 7.....	National Postal ..	Foothill College.....	10:00 A.M.....	None
Thurs., Nov. 12...	SPAL FINALS.....	Golden Gate Park.....	3:15 P.M.....	1:30 P.M.
Fri., Nov. 20....	Region II Meet....	Coyote Park.....	3:00 P.M.....	1:30 P.M.
Wed., Nov., 25....	CCS FINALS.....	Golden Gate Park.....	3:00 P.M.....	1:30 P.M.

Principals: Mr. William Walti
Athletic Directors: Mr. John Duzanica
Coaches: Mr. Jim Luttrell

School Address: 2600 Melendy Dr., So
School Phone: 369-1411 Ext. 50
School Colors: Red and White

SAN CARLOS HIGH SCHOOL - CROSS COUNTRY RULES

1. You will act as gentlemen at all times. This includes on and off campus, at meets, on the bus, and in class.
2. After one (1) unexcused absence from practice you will be warned. Your second unexcused absence will drop you from the team.
3. Any horseplay while taking a shower or while in the locker room will drop you from the team.
4. Bad conduct reports and/or P's from teachers during cross country season can make you ineligible to compete in meets.
5. Set the best possible example for your teammates by putting forth 100% effort both at practice and during meets.
6. Encourage your teammates at all times (meets and practice).
7. Report all injuries, no matter how small, to the coach. Be especially carefull of tetanus.
8. Always run with a buddy while off campus. Stay within sight of each other.
9. Always stay on paths, roads, sidewalks (where possible). Never take shortcuts through the brush.
10. Develop a winning desire - both individually and as a team.

WINNERS

- ARE:
1. Ambitious
 2. Coachable
 3. Have Endurance
 4. Res^onsible
 5. Aggressive
 6. Intelligent and Flexible
 7. Emotionally Stable
 8. Tough-Minded
 9. Leaders
 10. Love what they are doing

SAN CARLOS CROSS COUNTRY HALL OF FAME

Top 8 Runners of All Time *

JOHN LILLY --All SPAL 1964, 1965

BOB WILLIAMS--All SPAL --1963, 1964, 1965

TERRY KANE **All SPAL 1963, 1964, 1965

PHIL ASHFORD--All SPAL 1966, 1968

RICK NOLAN -- All SPAL 1966, 1967, 1968

RANDY LANSON-- All SPAL 1967, 1968, 1969

MATT PHILLETTE --All SPAL 1968

BRYAN GIESER-- All SPAL 1968, 1969

*This list will be added to as time goes on

PROSPECTS FOR 1970 CROSS COUNTRY SEASON

The Dons will open the cross country season on Monday, September 21 at home in a big, five-team meet. Many times SPAL champion Carlmont will be making its first-ever visit to the tough San Carlos Course. Along with the Scots our team will be battling Always tough Sequoia, unknown Menlo-Atherton, and visiting Pioneer High School from San Jose.

The 1970 season will see San Carlos travel to a number of interesting meets with a variety of courses. Carlmont, with the oldest established course on the peninsula, Cal State at Hayward, Sacramento, Golden Gate Park, and Coyote Park in San Jose offer Don runners a diversity of terrain types on which to run. Come the SPAL finals in November, the Dons should be battling for varsity first place honors. Expected to give San Carlos its stiffest competition will be ever powerful Carlmont, Sequoia, and provably Menlo-Atherton and Woodside. San Carlos should place very high in both Region and Section meets this year.

The San Carlos J.V. team like a powerful group at this time. Two or three of the Don J.V.'s could probably make many high school varsity teams.

Sophomore team prospects at San Carlos are unknown at this time. With the probable loss of Terry Jackson and the knee injury of Randy Fillpot things don't look as bright as they could look. Still, there are more than five very good prospects who could give the Dons a title contender in the Sophomore Division.

The Freshman Team looks great in these, the closing pre-season days. Several runners of known quality are expected to make the Dons a definite title contender here.

PROFILES OF 1970 VARSITY

BRYAN GIESER (Sr.) All-SPAL VARSITY in 1968 and 1969. Bryan should have a great year, possibly surpassing Randy Lawson as the Dons greatest ever cross country runner.

MATT YEO (So.) Could be just as great as Gieser. Has every attribute of a great runner. Ran under ten minutes in two-mile as a freshman.

MIKE BASHAM (Sr.) In the best condition of his life. Should be one of the top ten runners in the SPAL.

KEN WHITE (Jr.) Greatest sophomore middle distance runner in the school's history. When he overcomes a foot injury he will be a great cross country runner.

JIM RICHTER (Jr.) All SPAL sophomore in 1969. Finished a strong 16th in varsity finals as a sophomore last fall. He has the makings of an all-time great runner here at San Carlos.

DAVE TRINE (Jr.) All-league sophomore in 1969. Once he recovers from a foot wound he will push hard to be one of the team's top five.

KELLY LANSON (Fr.) The greatest freshman distance runner to ever enter San Carlos High School. He just might be one of the school's top five runners as a ninth grader!

Other varsity possibilities include Jon Pierog, Bruce Reznick, and Chris Graycar.

SAN CARLOS HIGH SCHOOL CROSS COUNTRY COURSE RECORDS

TOP TEN VARSITY TIMES ON SAN CARLOS LONG COURSE (ALL RUNNERS)

1. LAWSON (SAN CARLOS).....16:18.5...1969
2. Wells (Woodside).....17:09.....1969
3. BASHAM (SAN CARLOS).....17:18.....1969
4. Cortez (Sequoia).....17:24.....1969
5. GIESER (SAN CARLOS).....17:27.....1969
6. Stein (Sequoia).....17:31.....1969
7. Patrick (Sequoia).....17:59.....1969
8. DERN (SAN CARLOS).....18:11.....1969
9. TRINE (SAN CARLOS).....18:20.....1969
10. Finn (Serra).....18:26.....1969

TOP FIVE TIMES ON SAN CARLOS COURSE (SHORT)--ALL SOPHOMORE RUNNERS

1. BRYAN GIESER (SAN CARLOS).....12:18.....1968
2. Dailey (Sequoia).....12:28.....1967
3. JIM RICHTER.....12:33.....1969
4. Gruening (Aragon).....12:34.....1967
5. Sosa (Sequoia).....12:38.....1967

TOP FIVE TIMES ON SAN CARLOS COURSE (SHORT)--ALL FRESHMEN RUNNERS

1. Cortez (Sequoia).....13:27.....1968
2. MATT YEO (SAN CARLOS).....13:37.....1969
3. RANDY FILLIOT (SAN CARLOS).....13:43.....1969
4. Ewigleben (Aragon).....13:45.....1968
- MIKE RICHTER (SAN CARLOS).....13:45.....1969

TOP FIVE SAN CARLOS SOPHOMORE RUNNERS ON HOME COURSE

1. BRYAN GIESER.....12:18.....1968
2. JIM RICHTER.....12:33.....1969
3. BRIAN SANDERS.....12:51.....1967
4. DAVE TRINE.....13:05.....1969
5. KEN WHITE (SAN CARLOS).....13:17.....1969

TOP FIVE SAN CARLOS FRESHMEN RUNNERS ON HOME COURSE

1. MATT YEO (SAN CARLOS).....13:37.....1969
2. RANDY FILLIOT (SAN CARLOS).....13:43.....1969
3. MIKE RICHTER (SC).....13:45.....1969
4. CHIRLIE BOTTI (SC).....13:54.....1968
5. JIM CLARK (SC).....13:58.....1967

TOP VARSITY TIMES ON LONG COURSE (two meets in 1969)

1. SAN CARLOS.....87:34
2. Sequoia.....92:19
3. Woodside.....95:21

Top Sophomore Time (Team)

Sequoia.....64:26.....1967

Top Freshman Team Time

SAN CARLOS.....71:03.....1968

CARLMONT COURSE RECORDS
By SAN CARLOS RUNNERS

TEN FASTEST SAN CARLOS RUNNERS ON CARLMONT LONG COURSE

1.	PHIL ASHFORD.....	1968.....	10:17
2.	BOB WILLIAMS.....	1965.....	10:18
3.	JIM McNUTT.....	1962.....	10:21
4.	JOHN LILLY.....	1963.....	10:22
5.	MATT PHILLIPPE.....	1969.....	10:27
6.	BRYAN GIESER.....	1969.....	10:31
7.	HARRY CROSS.....	1961.....	10:36
8.	TERRY KANE.....	1964.....	10:38
9.	RANDY LAWSON.....	1969.....	10:39
10.	RICK NOLAN.....	1968.....	10:50

FIVE FASTEST SAN CARLOS SOPHOMORE RUNNERS ON CARLMONT SHORT COURSE

1.	BOB WILLIAMS.....	1964.....	8:36
2.	BRYAN GIESER.....	1968.....	8:51
3.	BILL ZACHARY.....	1963.....	8:54
4.	JIM RICHTER.....	1969.....	9:02
5.	BOB HARRISON.....	1968.....	9:12

FIVE FASTEST SAN CARLOS FRESHMAN TIMES ON CARLMONT SHORT COURSE

1.	BOB WILLIAMS.....	1963.....	9:12
2.	GARY McCLANAHAN.....	1966.....	9:29
3.	KARL KANBERGS.....	1965.....	9:30
4.	MATT YEO.....	1969.....	9:41
5.	KEN BUICKEROOD.....	1962.....	9:43

SAN CARLOS VARSITY TEAM TIMES BY YEARS

1961.....	58:10	1966.....	59:02
1962.....	61:53	1967.....	No Meet
1963.....	59:37	1968.....	53:49
1964.....	55:20	1969.....	54:30
1965.....	53:44		

SAN CARLOS SOPHOMORE TEAM TIMES BY YEARS

1961.....	50:24	1965.....	53:44
1962.....	49:23	1966.....	48:24
1963.....	59:37	1968.....	46:44
1964.....	55:20	1969.....	47:27

SAN CARLOS FRESHMAN TEAM TIMES BY YEARS

1961.....	55:36	1965.....	51:48
1962.....	52:00	1966.....	49:54
1963.....	50:10	1968.....	51:49
1964.....	55:16	1969.....	51:31

FASTEST SAN CARLOS INDIVIDUALS BY YEARS

1961.....	HARRY CROSS (VARSITY).....	10:36	1965.....	BOB WILLIAMS (VAR.).....	10:18
	JIM KNUTZ (SOPH).....	9:43		STEVE FISHEL(SO).....	9:34
	KIM ANDERSON (FR).....	10:44		KARL KANBERGS (FR).....	9:30
1962.....	JIM McNUTT (VARSITY).....	10:21	1966.....	PEPE PHILLIPPE(VAR).....	11:52
	RICK STEWART(SOPH).....	9:38		FRANK MORRIS(SO).....	9:29
	KEN BUICKEROOD (FR).....	9:43		GARY McCLANAHAN (FR).....	9:29
1963.....	MARK JONES (VARSITY).....	11:06	1968	PHIL ASHFORD (VARSITY).....	10:17
	BILL ZACHARY (SOPH).....	8:54		BRYAN GIESER(SOPH).....	8:51
	BOB WILLIAMS (FR).....	9:12		DAVE TRINE (FR).....	9:55
1964.....	TERRY KANE (VARSITY).....	10:38	1969.....	MATT PHILLIPPE(VAR).....	10:27
	BOB WILLIAMS (SOPH).....	8:36		JIM RICHTER (SO).....	9:02
	STEVE FISHEL (FR).....	10:17		MATT YEO(FR).....	9:41

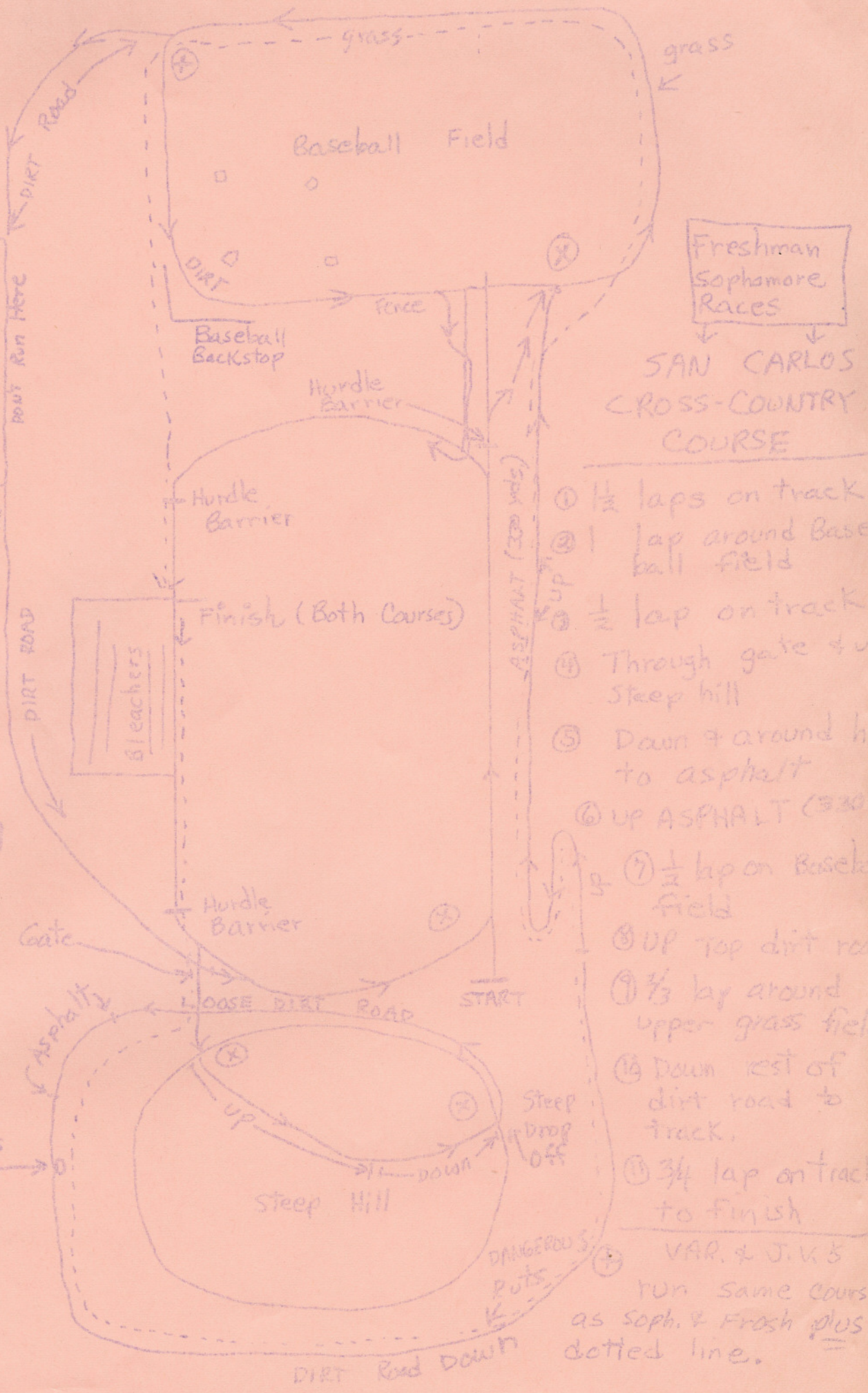
Short Course
2.2 miles
Long Course
3.0 miles

Grass

Upper
Grass
Field

⊗ = Judge
5 hurdle
barriers total

Dangerous
Hole



Freshman
Sophomore
Races

SAN CARLOS
CROSS-COUNTRY
COURSE

- ① 1/2 laps on track
 - ② 1 lap around Base ball field
 - ③ 1/2 lap on track
 - ④ Through gate & up steep hill
 - ⑤ Down & around h to asphalt
 - ⑥ UP ASPHALT (300 yds)
 - ⑦ 1/2 lap on Baseba field
 - ⑧ UP top dirt road
 - ⑨ 1/3 lap around upper grass field
 - ⑩ Down rest of dirt road to track.
 - ⑪ 3/4 lap on track to finish
- VAR. & J.V.'s
run same course as soph. & Fresh plus dotted line.