

1971 SPAL Cross Count

Carlmont Heavily Favored

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The durability needed to run two to four miles in a cross country meet, not to mention five to 10 miles in daily practice, compared with, say, the ruggedness of football is an endless and useless debate. It's safe to say both sports have their merits. Still, the efforts of runners often are considered "minor," making cross country among the more unheralded high school sports today.

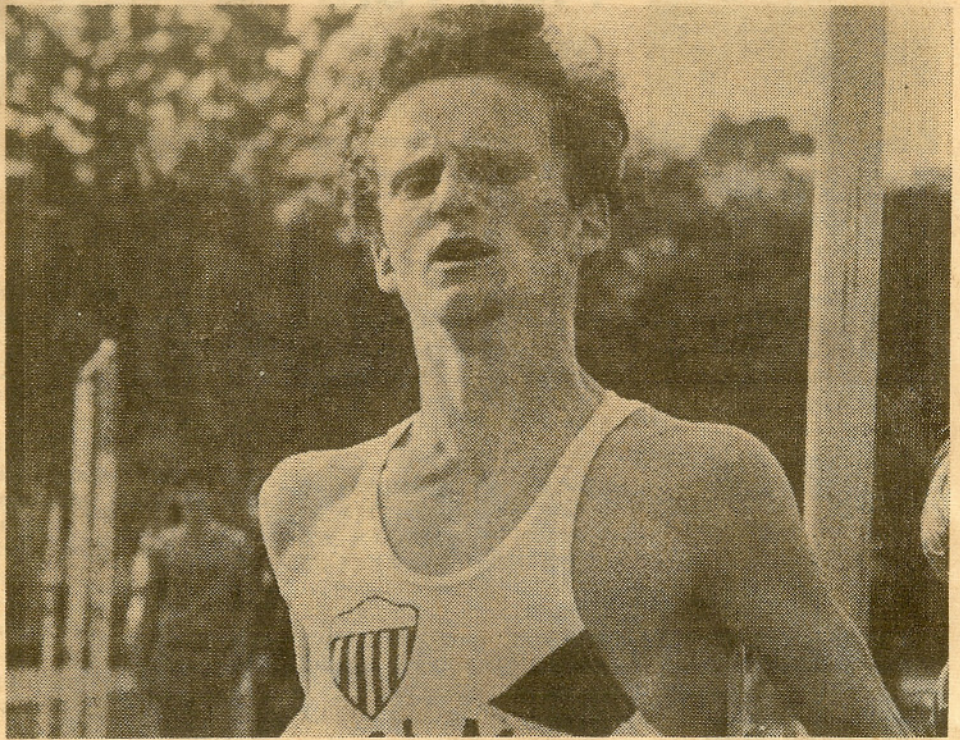
Yet, in Belmont the situation seems different. Cross country runners seem to be the city's number one natural resource. They turn up at Carlmont High in numbers that make opposing South Peninsula Athletic League coaches envious and colleges take notice.

The result has been impressive. Over the last 13 years Carlmont has displayed perhaps the nation's best prep cross country program, according to several veteran local coaches.

During that period, coach Loren Lansberry's Scots have compiled team times (best five runners' totaled) low enough to rank among the nation's top ten teams seven times and have won the SPAL crown eight occasions. Overall, the Scots have compiled a 474-58-4 record, including their current 20-0 dual meet mark.

"Tradition is the key," said Lansberry. "Everybody likes to join a winner and the kids work hard to improve on last year's team because they don't want to let the past runners, who worked so hard, down."

So, it comes as no surprise



Carlmont Stalwart Steve Miller

that Carlmont is heavily favored to repeat as SPAL champions by all the league's coaches. The Scots have probably the circuit's top runner in junior Steve Miller and a host of other talented trotters.

But there the "concession" stops. The battle for second and third places should be tough.

From all indications, San Carlos seems most likely to finish second, a position the Dons have occupied two years running, while Gunn appears a solid bet to finish third and may beat out SC.

After those three, the race appears wide open with Menlo-Atherton, Woodside, Sequoia and Cubberley somewhat evenly matched and Palo Alto seemingly as assured of last as Carlmont is of first.

Ravenswood is currently building a program under coach Tom Marks; Trojans out this season are running

lower division.

The important part of the cross country schedule begins tomorrow with three Peninsula center meets, including a 2:30 p.m. gathering at Crystal Springs in Belmont featuring most SPAL teams.

Center meets bring together most of an area's top cross country teams to compete over the same course at the same time; later postal meets, for national comparison purposes, will be held along with the traditional SPAL finals and Central Coast Section meets.

Carlmont

Even though losing the nation's eighth best two-miler, Hans Templeman, to graduation, Carlmont's SPAL title hopes aren't fazed in the least. The only question really to be settled at the league finals is by how much the Scots will win.

Lansberry feels he has an excellent "star" replacement for Templeman in junior Steve Miller, who ranked 10th in the nation last year with a 9:18 two-mile, the fastest sophomore time nationally. Miller was a little out of shape at the

beginning of the year, but seems to be rounding back into condition now, according to Lansberry.

Joining Miller are seniors Russ Black (9:36), the Scot Captain, Chuck Oliver (9:38) and Ed Barney (9:55) and juniors Carl Cattarin (9:42), Bill Lator (9:50) and Bruce Sayre.

Black, Oliver and Cattarin were All-SPAL picks last year, along with Miller, and all were also on Northern California's honorable mention list.

In the final Track and Field news tabulations, Carlmont ranked as the nation's best in the three-mile competition with a combined five-man clocking of 75:45. And, in the more widely run two-mile, the Scots were second nationally in 47:43.4.

Carlmont is also favored to repeat as league champs in all three lower divisions.

Leading the junior varsity, which Lansberry says "could beat several other varsity teams," are Dana Carvey, Steve Fiamengo, Al Cliff, Roger Fondacabe, Gordey Fetherolf, Ken Johnson, Steve Fuller and Perry Fondacabe.

San Carlos

When coach Jim Luttrell said this season's harriers are the best team potentially in SC's history, he may have been understating it a bit.

With five of the top seven runners seniors, the team has plenty of experience, but a freshman could make the difference.

Freshman Mitch Kingery, who has run primarily for the Redwood City Striders, is the concern for optimism. He appears to have both the time and potential to blossom into a star as evidenced by his first place finish in a five-way varsity race Monday. "He may be the best prospect this league ever had," said Luttrell.

Joining Kingery on the varsity are seniors Ken White, a returning All-SPALer, Jim Richter, Dave Trine, John Pirog and Chris Graycar and junior Matt Yeo.

Luttrell feels his JV's have a chance for first place with juniors Lee Shoop, Ron Cartmell, Bruce Huie and Bob Hart leading the way.

From all indications, the sophomore team appears able to give Carlmont its toughest battle for the crown. Paced by Kelly Lawson and Pete and Joel Graycar, the squad could improve if Kingery moves down. "As of now Kingery will run varsity," said Luttrell, "but we may move him down later."

Sequoia

"Once we get into shape, we'll be in the running for third place," says coach Wayne Tarr of his Cherokees.

Senior Mark Daniel is tabbed by Tarr as the "team's best and a sure thing for all-league selection." Daniel was an honorable mention choice last year and has run a 4:26 mile.

Daniel joins seniors Bob Cooper, Pat Purcell and juniors Frank Cortez and Luie Vigil in rounding out the varsity.

In the lower divisions, Tarr feels soph Marfread Mayer and freshman Dan Keller and Jose Garza are the most promising.

Woodside

"It'll be a battle for third place in the league," says Wildcat coach Bob Poole. "And I think we will be right in the middle of it."

Poole feels he has one of the "top runners in the league" in senior Pete Marks, a returning all-leaguer. Rounding out the squad are seniors Matt Rose, Joe Scaroni and Scott Rayer, junior Joel Stearn and soph Damon Wood.

Gunn

Gunn's "small in number but high caliber" team shouldn't finish any lower than third and has the best chance of beating out San Carlos for second place, besides Carlmont, of course. So says coach Dan Sarouhan and he may be right.

The squad may be young, but it isn't inexperienced. All five varsity runners, including top man Steve Crowley, out for his first season, have completed in either CCS track or cross country. Crowley won the CCS sophomore mile last spring.

Also on the team are juniors Steve Guptill, Henry Lawson, Arnie Nelson, Brian Lattimer, soph Bruce Ebnother and John Huggins, the only senior.

Menlo-Atherton

Coach Plato Yanicks feels his team is "better than last year's" but that doesn't assure the Bears a higher finish than last season's third place in the SPAL finals. The league appears that much tougher.

Topping Yanicks' list (10-5 dual record already this season) is senior John Barbour, an All-SPAL pick last year. Only 5-8 and 113 pounds, Barbour is "one of M-A's greatest competitors," Yanicks said.

Joining Barbour is junior Mark Hausler and what Yanicks tabs a "bumper crop of promising sophomores" in Pete Jones, Robert Arnold, Glenn Wemyess and John Lyle. Yanicks rates Jones a "great prospect."

The junior varsity has looked solid, led by senior Rick Helmke. Other JV's include juniors Mike Shibata, Greg Lambert, and Mike Simpson and sophomore Carl Johnk.

Neil Penny and Jim Ovrizzo pace the sophomore team, which could improve tremendously if some of the sophs of the varsity move down. "If the circumstances are right, we might do it," said Yanicks.

Juan Colin heads the freshman team, which also includes Mauri Galbez, Ron Washington and Joe Shield.

Palo Alto

Palo Alto has one of the league's best runners attending classes, yet the Vikings still face a long, though perhaps not completely frustrating season.

In fact, Paly coach Forrest