

Cross country preview:

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Get ready for this — the SPAL title is not, repeat not, virtually assured to that king of high school cross country kings, the Carlmont Scots, before the final race even begins this season.

Things have changed.

The long-suffering but usually talented San Carlos Dons are primed to unseat the Scots from the title throne, from where their Belmont rivals have ruled the SPAL and much larger territories the last three seasons and eight of the previous nine.

This alone should make this SPAL season the most interesting one in years. Also, there are a host of swift trotters around the loop, though that doesn't include Carlmont senior Steve Miller, the SPAL's best last year who's passed up running to concentrate on religious work.

Miller's loss was the biggest blow to coach Loren Lansberry's Scots. But the absence of Bill Lator, No. 3 man who moved, and Steve Fuller, top backup who has a broken arm, hurts, too.

But the SPAL certainly doesn't lack talent. Seniors Carl Cattarin of Carlmont, Steve Crowley of Gunn and Matt Yeo of San Carlos are all around 9:20 for the two-mile.

And there's also Mitch Kingery, nothing less than an SC sensation last year as only a freshman. Don coach Jim Luttrell feels his experience has made him much better.

Gordon MacMitchell, who sat out last fall transferring from Gunn to Palo Alto, is back and could replace Miller as the loop's finest if his health holds up.

After finishing a distant but still quite respectable second to Carlmont three straight years, San Carlos seems a step ahead of Carlmont with more depth as shown by the Dons' 32-33 practice win over the Scots in September. But Gunn's strong team can't be overlooked either.

After the season's first center meet was rained out last week, two will be held tomorrow, one at Crystal Springs and the other at Mt. Madonna Park near Watsonville. Later postal meets will be held for comparison purposes prior to the SPAL and Central Coast Section finals.

Carlmont

The depleted Scots' apparent "demise" comes at the height of their glory.

Last year, Carlmont went unbeaten (outscored 50 teams in 11 meets), had the nation's fastest two-mile, postal team time and second best three-mile time, won the SPAL and Region II crowns and finally took its first CCS title.

Cattarin, a 9:20 two-miler and 4:25 miler, is a capable replacement for Miller. An All-SPALer last year, Cattarin finished fourth in the CCS and made the All-Northern Califor-



MITCH KINGERY
Don soph sensation

Dana Carvey (9:55, 4:38) and Bruce Sayre (9:55, 4:41) hold down the next two spots after Cattarin. Both seniors made the all-league honorable mention list last year.

Henry Templeman, picked as a top SPAL sophomore last year along with two others, moves up to the varsity, while promising soph Ed Young will probably be the Scots No. 5 man.

Also in the running for the last spot are juniors Rich and Bruce Wernick, Mark Luce, and John Shroyer and senior Perry Fondacabe. Along with Al Cliff and Tim Regalado, they'll make up the junior varsity.

Promising Pat O'Malley and Glen Hurdal head the soph team, which also includes Bill Donohue, Skip Hutnek, Brian Hurdal and Ben Thomas. Top freshmen include Ken Wernick and Vince Bruno.

Cubberley

Junior Stacey Geiken heads coach Jay Vierra's Cougar crew, which also includes juniors Bob Peyton and Kip Owens and senior Steve Adams.

Geiken ran the third fastest time by a junior on Menlo-Atherton's 2.2 mile course earlier this season. Cubberley, along with Sequoia, will probably bring up the SPAL rear.

Gunn

At the season's start, Titan coach Dan Sarouhan figured his squad had as good a chance at the title as anyone, but now admits, "We'll probably finish in third place in the finals like last year."

The Titans, though, started the season late and most aren't in shape yet. "Once we get into shape we won't be far behind San Carlos and Carlmont," Sarouhan added. And, they should be right there to move up if anyone slips.

Crowley, a 4:15 miler and a 9:25 two-miler, was the SPAL's biggest surprise last year, finishing second to Miller in both the SPAL and Region II finals as a junior. He was ill during the CCS race

Terry Emory, maybe second only to Kingery as the loop's top sophomore, is not far behind Crowley. Emory (9:28) broke all of MacMitchell's records at Terman last year. Seniors Hank Lawson (also 9:28), Brian Lattimer, Artie Nelson and Steve Guptill round out the team.

Menlo-Atherton

"When Peter Jones (one of the three chosen as the SPAL's top sophomores last year) moved away I didn't think we'd do that well, but these kids have really surprised me," said M-A coach Plato Yanicks.

Yanicks has 41 names on his roster ("our biggest turnout ever") and many have been improving rapidly.

Promising junior Mike Dunne, who managed the football team last fall, is the biggest Bear surprise. In his second meet, he won the race over M-A's 2.2 mile course in 11:08, "a good time for a newcomer," Yanicks pointed out. He lowered that by eight seconds in his next race.

Senior co-captains Mark Hausler and Mike Shibata, junior Bob Arnold and soph Dave Hull round out the team, which has already recorded the school's fastest home-course time since 1968.

John Lyle, Brian Hancock and Phil Hutchings top Yanicks' JV list, while John Ghelata and Jim Larkin head the soph team and Marshall Magoon, Doug Epperley and Mike Ebaugh lead a good frosh team.

Palo Alto

Coach Forrest Jamieson, who has brought cross country back to life at Paly since his return last year, knows the Vikings could do a lot better than last season's last place

finish if MacMitchell runs.

However, Jamieson is more concerned about making sure his star distance runner, who has a 4:16 mile and a 9:17 two-mile, is ready for the track season. MacMitchell missed much of last track season with tonsil trouble.

Even if MacMitchell doesn't run in the finals, Jamieson feels his program is improving with senior Doug Peck and sophs George Chan, Chris Grundenn and Al Kenrick.

San Carlos

The Dons certainly have the tools to knock off Carlmont and win their first title since 1968 — even though Luttrell is naturally cautious about the race.

"It's pretty even between us and Carlmont. I think it's a toss-up," he said.

The Dons have excellent balance with a young star (Kingery), a senior ace (Yeo), two seasoned veterans, and a promising junior.

Kingery became the first freshman to win a berth on the all-league team in modern SPAL history last year. Kingery, who ran a 9:39 and a 4:39, finished ninth (with the same time as Miller) in the CCS race last year. He didn't run track last spring, but is in "very good shape."

Yeo (9:02, 4:36) has been bothered by injuries near the end of each of his last three seasons. "We're not going to push him hard so he won't stumble at the end of the season," Luttrell said.

Seniors Lee Shoop (10:00) and Ron Cartmell (10:14) both move up from a JV team that finished second to Carlmont in the SPAL finals last year, but beat out the Scots in the region and CCS race.

Junior Mike Barnett is the No. 5 now, but he's "improv-

SC Dons, Scots tops

ing very fast and should move up soon," according to Luttrell. Other top runners include seniors Randy Fillpot and Bob Hart and juniors Jeff McNesby and Phil Schaffner.

Seniors Mike Richter and Mike Nelson top the JVs, while Pete Graycar and Jeff Lynn head the sophs. Mark Davis and Mark Hart lead the frosh.

Sequoia

Tribe coach Wayne Tarr has

high hopes for his sophomore team led by Dan Keller, Jose Garza and Luis Sandoval.

"They could be one of the better teams in the league," said Tarr. Keller and Garza were both All-SPAL frosh picks last year.

For the varsity, Tarr admits it'll probably be another long season. Senior Frank Cortez and junior Manfred Maier (all-league soph last year) pace the squad which also includes seniors LeRoy Rosing

and Frank Boyen and junior Doug Hambly.

Woodside

"We have some good runners and they are getting better every race," said new coach Claude Turner, who feels his Cats will battle M-A and Palo Alto for fourth place.

Junior Damon Wood, who shared the SPAL's most outstanding sophomore award with two others last year, and Chet Wrucke, back after play-

ing football, pace the team, which also includes senior Joel Stearn and junior brothers Pat and Mike Crevelt.

Turner is excited about his soph team which has beaten 17 schools and only lost to Carlmont and Sequoia so far. Tim Lease, Connor Taylor, Dave Maahs, Chris Poole and John Cigich make up the squad.

Seniors Jeff Floyd and Pete Struffenegger lead the JV's, while promising Dan Farwell and Dave Crevelt pace the frosh.