

SAN FRANCISCO STATE UNIVERSITY
CROSS COUNTRY
1978

WOMEN'S CROSS COUNTRY PROGRAM BEGINS

A week before classes started, San Francisco State made the decision to sponser a women's varsity cross country team. Devie Nelson, former assistant at Mills High School, was hired to assist Men's coach David Fix in the coaching of the new team. Despite the lateness of the announcement, women already in attendance at San Francisco State responded until 13 runners were on the team.

Running at the Cal Aggie Invitational for the first time as a team, the Gators finished 7th in a field of 11 collegiate teams. On the flat UC Davis course, speed proved to be the order of the day.

Dana Hooper paced the Gators with a 15th place finish in a fine 19:30 (6:16.4 per mile) clocking for the 5000 meter course. Ann Bower (20th in the 1978 Boston Marathon) finished 23rd in 20:15 and Devera Mason followed closely in 29th with a time of 20:39. Halah Omran (73rd) and Denise Valkema (74th) tallied the final Gator points.

The Gators travel next to the Stanford Invitational. The hilly Stanford course should help the Gator's performances as they will be better able to utilize their strength rather than speed.

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GATORS FALL SHORT AT DAVIS

San Francisco State finished 8th at the Cal Aggie Invitational to equal their 1977 team position. In a strong field that included 4 NCAA Division I schools as well as Division II national contender Cal Poly SLO, the Gators disappointedly lost their match-up with UC Davis in a preview of the FWC race for 3rd place. The Gators fell a few steps short of the Aggies at each scoring position. Those small differences must be reversed by the Gators for a better conference finish.

For the third week in a row the Gators were led by Bob Lange as he recorded a fine 25:38 (5:07.6 mile pace) for 27th on the 5 mile course. An encouraging improvement was Rich Hornstra moving to within 9 seconds of Lange at 25:47 for 31st.

Dan Martinelli finished with a 26:25 to maintain his 3rd man position for the Gators. David Ponas (27:41) and Keith Larsen (27:46) rounded out the Gator top five.

The Gators run at Crystal Springs next against another competitive FWC team, CSU Hayward. Since Hayward did not race at the Cal Aggie meet, this will be the Gators first meeting with yet another team that is vying for 3rd in the FWC Championships which are just two weeks away.

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LANGE BECOMES SECOND FASTEST GATOR

Bob Lange tuned-up for the Far Western Conference Championships by becoming the second fastest Gator on the 5.1 mile Crystal Springs course. Lange's time of 27:14 (5:20.4 per mile) ranks him behind All-American John Moreno on the San Francisco State top times list. UC Riverside won the meet with 20 points followed by CSU Hayward with 48 and San Francisco State with 59 points.

Rich Hornstra, nursing a sore hamstring, finished second for the Gators in 28:23 and was followed by Dan Martinelli in 28:46. Both were well off their best marks on the course of 27:18 and 27:32 respectfully.

The Running Gators must race better at Turlock in the FWC Meet is they expect to improve on their 1977 fourth place finish.

WOMEN RACE AT STANFORD

Dana Hooper again paced the Gators with her 35th place finish in a field of 97 runners. Hooper's time was 19:58 (6:25.4 per mile) for the 5000 meter Stanford Invitational course.

The Gators finished 10th against 16 schools at the meet. Among the Golden State Conference teams, San Francisco State placed sixth.

Ann Bower finished 46th and Devera Mason 54th in 20:56 and 21:31 respectfully. Racing in her first meet for San Francisco State, Kathy Heckman placed 71st in a time of 22:12. Denise Valkema in 85th rounded the Gator scoring.

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MARTINELLI LEADS GATORS TO FOURTH

Dan Martinelli saved his best race of the season for the most important race, the 22nd Far Western Conference Championships. The Junior letterman finished 15th in 33:04 for 10 Kilometers which improved his placing 12 positions from the 1977 FWC Meet.

The Gators matched their 1977 team place of fourth but closed the point gap from third place. Last year the Gators were 53 points behind UC Davis for third, but 1978 saw them only 14 points back of UC Davis.

Bob Lange improved 15 places over his 1977 FWC race to finish in 17th with a 33:10 clocking. Rich Hornstra and Dave Ponas were both knocked down in the first half mile but recovered to finish 23rd and 30th respectfully. Hornstra improved 3 places and Ponas 16 places over their 1977 performances.

As a team, San Francisco State had an average individual improvement in places from 1977 to 1978 of 11.5 places, by far the most improvement in the FWC.

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WOMEN PLACE FOURTH AT HAYWARD

The neophyte San Francisco State women's cross country team ran their best race to date for a fourth place finish at the Hayward State Invitational. Nine schools went to the starting line and 61 runners finished. The Gators had their first four in the top 22 racers.

Dana Hooper lead the way for the Gators as she has every race this season. Hooper finished 11th with a time of 19:38 (6:32.6 per mile) for the 3 mile course. Ann Bower finished right behind Hooper in 12th with a 19:42 clocking. Devera Mason was the third Gator in with her 19th place and 20:26 time. Kathy Heckman followed in 22nd place in a time of 20:38. Halah Omran completed the scoring with her 43rd place finish.

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NATIONALS BARELY ELUDE LANGE

The 1st Annual NCAA Division II West Regional Meet was a showcase of the running power in California. Ten schools sent teams to Crystal Springs for a 10 Kilometer race to decide who would represent the West at the National Meet.

San Francisco State runners competed well but the competition was stiff. The Gators ended up in ninth place.

Bob Lange bounced back from his disappointing FWC race to miss qualifying as an individual by just two places. The top five runners not members of the top four teams qualified to advance to the National Meet. Lange placed 26th with a time of 33:43.1 (5:25.4 per mile). Dan Martinelli continued his end of the season charge by finishing 30th in 33:59.0.

Rich Hornstra's hamstring strain was no match for the hilly Crystal Springs course as he finished 54th. Dave Ponas was 60th and frosh Dave Skoufos ran his best race of the season to finish 62nd.

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GATORS FINISH SUCCESSFUL FIRST SEASON

The San Francisco State women's cross country team finished sixth in the 1st Annual Golden State Conference Championships. Every Gator runner ran her best time of the season on the 5000 meter course as the first four Gators again place in the top half of the field.

Dana Hooper was the first Gator finisher with her 17th place and 19:41.5 (6:00.2 per mile) clocking. Ann Bower place 22nd in 20:06.1 and was closely followed by Devera Mason who finished 25th with a time of 20:12.5. Kathy Heckman placed 31st in 21:04.9 to give the Gators a solid front four.

Halah Omran placed 47th, Denise Valkema 51st, and Adelle Lopez 62nd to complete the San Francisco State contingent.