

CROSS COUNTRY

1972



## CROSS COUNTRY 1972

Cross country 1972 was to be a great season. Ken Miller, our top finisher in 1971 was returning along with Tim Rose and Mike Rudy, our 3rd and 4th top finisher in 1971, and Barry Parr who was the 3rd best runner ever at Castro Valley. Gene Rodgers, Dave Morgan, and Blake Cooper were expected to fill out the rest of this powerful team.

Practice meets were scheduled with strong teams and we were eagerly waiting for cross country season to begin.

Our plans began to alter when Barry Parr graduated at the end of his junior year. Then, when school opened we found that 1) Ken Miller had temporarily lost interest in running and had not run at all during the summer 2) Tim Rose had not recovered from a foot injury suffered during track season 3) Gene Rodgers had decided to retire and 4) Dave Morgan decided to play football.

This left us with team captains Mike Rudy and Blake Cooper as our only returning letter winners. Things did not look too promising. What eventually happened is now history but basically it came down to this: Sophomores Kevin Rudy and Doug Hall improved tremendously as did Bob Kuchenmeister. Any of the three could have run on any varsity team in the league. Newcomers sophomore Phil Arzino and Senior Brian Benitez emerged as sturdy varsity performers in just their first year of cross country. Freshman Phil Hornig just amazed everyone.

This crew managed a 6 win - 2 loss record in league competition and an 8 win and 4 loss record overall. Mike Rudy and Kevin Rudy took turns in leading the varsity throughout the season.

The JV team was lead by Jim Holt, Don Low, and Chuck Stanton and they compiled a record of 7 wins and 1 loss in league and 9 wins and 2 losses overall. Ron Stevenson, Ken Hanbrock, and David Milichichi were the leaders in the Frosh-Soph team during the dual meets and the Frosh-Soph record was 7 wins 1 loss in league and 9 wins and 1 loss overall.

In the various invitationals our Frosh-Soph team was tremendous. They were 1st at Clayton Valley, 2nd at San Ramon, and tied for 2nd at Pleasant Hill. They completely annihilated all competition at the league finals and became Castro Valley's first NCS Division I Frosh-Soph champions last week. They have yet to run their best race however we hope they are saving it for the NCS finals.

The members of the championship Frosh-Soph team are:

Kevin Rudy, Sophomore  
Doug Hall, Sophomore  
Phil Hornig, Freshman  
Phil Arzino, Sophomore

Ron Stevenson, Freshman  
David Milichichi, Sophomore  
Ken Hanbrock, Sophomore  
Dan Larson, Freshman

Congratulations to these boys for a tremendously successful season, and to all on the 1972 cross country team for another victorious year. With all this talent, I can't help but wonder what 1973 has in store for us.



1972 HOME COURSE  
BEST TIMES

MILEAGE CHART  
1972

3 Mile Course

Kevin Rudy	16:42
Mike Rudy	16:57
Doug Hall	17:05
Phil Arzino	17:09
Brian Benitez	17:13
Tim Rose	17:37
Phil Hornig	17:45
Blake Cooper	17:52
Ken Miller	18:07
Bob Kuchenmeister	18:42
Chuck Stanton	19:21
Neil Delfino	19:38

2 Mile Course

Phil Hornig	11:28
Ron Stevenson	11:45
Jim Holt	11:51
Ken Haubrock	11:53
Ken Miller	11:55
Chuck Stanton	11:56
Brian Benitez	11:57
David Milichichi	12:03
Mike Arne	12:04
Don Lew	12:06
Dan Larson	12:11
Rick Blake	12:12
Jim Hoffer	12:21
Bob White	12:24
Stefan Lundeborg	12:28
Rich Anderson	12:30
David Strodtbeck	12:32
Neil Delfino	12:37
Mark Skreden	12:51
David McKaig	12:55
Joel Souza	13:37
Tim Dutra	13:37
Brad Jones	14:08
John Liskey	14:33
Dan Johnson	14:35

Bob Kuchenmeister	364
Dan Larson	354
Phil Arzino	295
Blake Cooper	282
David Milichichi	276
Kevin Rudy	248
Ron Stevenson	228
Chuck Stanton	207

Mike Arne	197
Don Lew	177
Brian Benitez	174
Ken Haubrock	165
Phil Hornig	160
Doug Hall	157
Joel Souza	148
Mike Rudy	147
Jim Holt	144
Neil Delfino	135
Stefan Lundeborg	133
David Strodtbeck	132
Rich Anderson	124
Dan Johnson	121
Chris Kraus	102

Brad Jones	99
Bob White	97
Jim Hoffer	96
Tim Dutra	93
Mark Skreden	81
David McKaig	81
Rick Blake	63
Greg Patrick	61



3 MILE COURSE TOP 10  
1972 Included

Scott Wood	16:00	1970	Senior
Dan Anderson	16:00	1969	Senior
Barry Farr	16:23	1970	Junior
Ed Riggs	16:29	1968	Senior
Dave Chauness	16:31	1968	Sophomore
Steve Derr	16:33	1970	Junior
Kevin Rudy	16:42	1972	Sophomore
Ken Miller	16:44	1971	Junior
Tom Delfino	16:46	1971	Senior
Tim Rose	16:49	1971	Junior

2 MILE COURSE TOP 10  
1972 Included

Mike Rudy	11:09	1970	Sophomore
Gene Rodgers	11:28	1971	Sophomore
Phil Hornig	11:28	1972	Freshman
Doug Hall	11:42	1971	Freshman
Tom Delfino	11:45	1970	Junior
Randy DeValle	11:45	1970	Junior
Ron Stevenson	11:45	1972	Freshman
Tim Rose	11:46	1970	Sophomore
Blake Cooper	11:48	1971	Junior
Kevin Rudy	11:49	1971	Freshman



## "HARRIER OF THE WEEK AWARDS"

Each week during the season one member of the team is selected as the "Harrier of the Week". This selection is made by the coach and is based on the individual's performance in the meet that week. The individual's picture is posted on the bulletin board along with a short article explaining his selection. The "harriers of the week" for 1972 were:

10/4/72 PHIL HORNIG

"Freshman standout Phil Hornig is setting records already. In only his 4th cross country race, Phil ran the 2nd fastest time ever recorded on the 2 Mile course. A look at the names of those whose record he has beaten leaves little doubt that this is a young man to keep your eyes on."

10/11/72 MIKE RUDY

"Running Hayward's 3 $\frac{1}{2}$  mile course, Mike was simply overpowering. Mike has been our top runner these past 2 weeks and he gets stronger each race.

In our last home meet, Mike bettered his previous best time by 66 seconds. He is the "old man" of our young top 5 and he sets the pace for the others.

During practices, Mike sets the example for the entire team and no one works harder."

10/18/72 KEVIN RUDY

"For the second time this year Kevin finished as our number 1 runner. Kevin is a super-sophomore who knows that hard work and dedication pay off. He covered over 200 miles this summer, is always near the top in daily mileage, and he has missed less than 3 morning practices all year and then only when he was sick.

Kevin has an advantage however, he has an older brother who sets the example for him."

10/25/72 RON STEVENSON

"In his first race on our home course, Ron tied the 9th fastest time on the 2 Mile course. This week Ron improved his time to 11:45 which is the 4th fastest time ever run by a Castro Valley JV or Fresh-Soph.

Ron is only a freshman and has consistently been one of our top 10 runners on our team this year."



INVITATIONAL SUMMARIES

CLAYTON VALLEY 10/7/72

Kevin Rudy	11:15
Mike Rudy	11:20
Phil Arzino	11:28
Brian Benitez	11:39
Phil Hornig	11:48
Bob Kuchenmeister	11:57
Ron Stevenson	11:59
Flake Cooper	11:59
Ken Miller	12:05
David Milichichi	12:07
Ken Haubrock	12:17
Dan Larson	12:34
Rick Blake	12:42
Jim Holt	12:49
Don Lew	12:50
Rich Anderson	12:56
Jim Hoffer	12:59

2 Miles

SAN RAMON 10/14/72

Phil Arzino	9:13
Kevin Rudy	9:17
Bob Kuchenmeister	9:26
Brian Benitez	9:27
Phil Hornig	9:35
Flake Cooper	9:36
Ken Miller	9:38
Doug Hall	9:41
Ron Stevenson	9:47
Tim Ross	9:48
Chuck Stanton	9:58
Ken Haubrock	10:00
Dan Larson	10:09
David Milichichi	10:10
Mark Skreden	10:20
Don Lew	10:26
Neil Delfino	10:30
David Stredbeck	10:36
Mike Arne	10:39
Chris Kraus	11:01
Tim Dutra	11:14
Joel Souza	11:30
Richard Dixon	11:56
Dan Johnson	12:21

1 3/4 Miles

PLEASANT HILL 10/28/72

Phil Arzino	10:32
Kevin Rudy	10:36
Mike Rudy	10:41
Bob Kuchenmeister	10:45
Doug Hall	10:52
Ron Stevenson	10:56
Ken Miller	11:00
Chuck Stanton	11:22
Blake Cooper	11:25
Ken Haubrock	11:26
Neil Delfino	11:42
Dan Larson	11:44
Jim Hoffer	11:45
Mike Arne	12:01
Chris Kraus	12:16
Joel Souza	12:50

2 Miles



CASTRO VALLEY vs Moreau & San Leandro

Division Varsity

CROSS COUNTRY at Castro Valley

Date 9/13/72

Place	Time	School	Name	CV	M	SL
1	16:08	M	Steve Noga		1	
2	17:37	CV	Kevin Rudy	2		
3	18:03	CV	Mike Rudy	3		
4	18:09	CV	Phil Arzino	4		
5	18:10	CV	Doug Hall	5		
6	18:18	M	Paul Huizar		6	
7	18:20	CV	Flake Cooper	7		
8	18:22	SL	Tom Freitas	(21)		8
9	18:41	SL	Tom Meelhatton			9
10	18:46	M	Ed Pigirolomo		10	
11	18:52	CV	Bob Kuchenmeister	11		
12	19:02	M	Chris Kristof		12	
13	19:21	CV	Chuck Stanton	13		
14	19:38	CV	Neil Delfino			
15	19:47	SL	John Coats			14
16	19:55	M	Ira Cook	(34)	15	
17	20:29	M	Mike Sinnott		16	
18	20:31	M	Mike AcAvoy		17	
19	21:30	M	Steve Canurro			
20	21:59	SL	Charles Gilcrest			18
21	22:51	SL	Leonard Fernandes			(68) 19
22	23:10	M	Mike McMahon			

JV/Fresh-Soph 2 Miles

1	11:49	CV	Phil Hornig	1		
2	11:57	CV	Brian Benitez	2		
3	12:18	CV	Ken Haubrock	3		
4	12:44	CV	Dave Milichichi	4		
5	12:54	CV	Don Lew	(15) 5		
6	12:56	CV	Dan Larson	6		
7	12:57	CV	Jim Holt	7		
8	12:58	M	Phil Hazelwood		8	
9	13:19	CV	Rich Andersen			
10	13:37	CV	Tim Dutra			
11	13:50	SL	Pete Lovecchio			9
12	13:51					
13	14:17	SL	John Piperis			10
14	14:30	M	Ed O'Flinn		11	



CASTRO VALLEY vs Livermore

Varsity 2.8 Miles

CROSS COUNTRY at Livermore

Date: 9/19/72

Place	Time	School	Name	CV	L
1	13:54	L	Rich Chitwood		1
2	13:54	L	Chris Bourke		2
3	14:38	CV	Mike Rudy	3	
4	14:39	CV	Kevin Rudy	4	
5	14:40	CV	Phil Arzino	5	
6	15:03	L	Phil Herzog		6
7	15:11	CV	Blake Cooper	7	
8	15:11	L	Eric Rotsten		8
9	15:22	CV	Frian Benitez	9	
10	15:27	L	Jim Ransome	(29)	10
11	15:32	L	Pat Hazen		11 (27)
12	16:27	CV	Bob Kuchernaister	12	
13	16:33	CV	Neil Delfino	13	

JV 1.8 Miles

Place	Time	School	Name	CV	L
1	11:18	L	Dan Richards		1
2	11:35	L	Steve Reese		2
3	11:39	CV	Chuck Stanton	3	
4	11:58	CV	Don Lew	4	
5	11:59	L	Part Quimby		5
6	12:04	CV	Mike Arne	6	
7	12:12	L	Phil Martin		7
8	12:23	CV	Jim Holt	8	
9	12:27	CV	Rich Anderson	9	
10	13:03	L	Joe Yoder	(30)	10 (25)
11	13:33	CV	Mike Pusha	11	
12	14:38	CV	Brad Jones	12	

Fresh-Soph 1.8 Miles

Place	Time	School	Name	CV	L
1	10:49	CV	Doug Hall	1	
2	10:54	CV	Phil Hornig	2	
3	11:22	L	Tom Yanes		3
4	11:27	CV	Ken Haubrock	4	
5	11:34	CV	Dan Larson	5	
6	11:43	L	Tom Tarin		6
7	11:45	L	Frett Hazen		7
8	12:01	CV	David Mellichichi	(20)	8
9	13:11	L	Dave Frank		9
10	13:22	L	Carl Ng		10 (35)
11	14:27	L	Charles Houlding		11



CASTRO VALLEY vs Mission San Jose

Varsity

3 Miles

CROSS COUNTRY at Mission San Jose

10/2/72

Place	Time	School	Name	CV	MSJ
1	15:45	MSJ	Tom Read		1
2	15:47	MSJ	Paul Fudeanna		2
3	17:02	MSJ	John Whiting		3
4	17:03	CV	Phil Arzino	4	
5	17:04	MSJ	Jeff Neves		5
6	17:05	CV	Kevin Rudy	6	
7	17:14	CV	Prian Benitez	7	
8	17:24	MSJ	Mike Shaughness		8
9	17:40	MSJ	Steve Morris		9
10	17:42	MSJ	Mike Gam		10
11	17:43	CV	Doug Hall	11	
12	17:47	MSJ	Ken Schwed		
13	17:55	CV	Bob Kuchermeister	12	
14	18:00	MSJ	Caran Barry		
15	18:08	MSJ	Mark Tovar		
16	18:23	MSJ	Paul Losali		
17	18:55	CV	Ken Miller	13	
18	19:00	CV	Chuck Stanton	14	
19	19:04	MSJ	Bill Dischmarg		
20	19:10	CV	Bob White		
21	19:47	CV	Jim Holt		
22	20:01	MSJ	Kan Peterson		
23	20:17	MSJ	Wes Gonzales		
24	21:14	MSJ	Steve Oliverio		
25	21:33	MSJ	John Burner		
26	23:14	CV	Brad Jones		

Frosh-Soph

2 Miles

Place	Time	School	Name	CV	MSJ
1	11:29.5	CV	Phil Hornig	1	
2	11:40	MSJ	Steve Penson		2
3	11:45	MSJ	Alan Anderson		3
4	11:46	CV	Ron Stevenson	4	
5	11:49	CV	Ken Haubrock	5	
6	11:55	MSJ	Roam Barry		6
7	11:57	CV	Dave Milichichi	7	
8	12:12	CV	Dan Larson	8	
9	12:17	CV	David Strodbeck	9	
10	12:23	CV	Jim Hoffer	10	
11	12:28	MSJ	Dan Harris		11
12	12:35	MSJ	David Adams		12
13	12:43	MSJ	Mike Galloway		13
14	12:58	MSJ	Miguel Lomas		14
15	13:00	MSJ	Gary Wilson		



CASTRO VALLEY vs Arroyo & Canyon

Varsity

3 Miles

Cross Country at Castro Valley

10/11/72

Place	Time	School	Name	CV	A	C
1	16:29	C	Ron Laschar			1
2	16:52	A	Russ Wright		2	
3	16:57	CV	Mike Rudy	3		
4	17:00	CV	Kevin Rudy	4		
5	17:02	A	Mike Emery		5	
6	17:15	CV	Doug Hall	6		
7	17:19	CV	Phil Arzino	7		
8	17:40	CV	Brian Berditez	8		
9	17:57	A	Dean Lewis	(28)	9	
10	18:04	A	Scott Carlsen		10	
11	18:07	CV	Ken Miller	11		
12	18:10	CV	Blake Cooper	12		
13	18:36	A	Gary Cubillo		13	(34)
14	19:55	CV	Bob Kuchermeister			14
15	20:35	C	John Tedesco			15
16	21:59	A	Rich Tapia		16	
17	22:13	A	Chris Kellner		17	

JV 2 Miles

Frosh-Soph

2 Miles

Place	Time	Sch	Name	CV	A	C	Place	Time	Sch	Name	CV	A	C
1	11:51	CV	Jim Holt	1			1	11:28	CV	Phil Hornig	1		
2	11:56	CV	Chuck Stanton	2			2	11:43	C	Jeff Lee			2
3	12:04	CV	Mike Arns	3			3	11:51	CV	Ron Stevenson	3		
4	12:09	CV	Don Iew	4			4	12:00	CV	Ken Haubrock	4		
5	12:15	A	Lank Litou			5	5	12:03	CV	Dave Willichichi	5		
6	12:21	CV	Jim Hoffer	(16)	6		6	12:11	CV	Dan Larson	(19)	6	
7	12:24	CV	Bob White		7		7	12:12	CV	Rick Blake		7	
8	12:28	CV	Seafan Lundberg	8			8	12:14	A	Dave Emery			8
9	12:30	CV	Richard Anderson				9	12:32	CV	Dave Stredbeck	9		
10	12:35	A	Eddie Hill		9		10	12:56	C	Marvin Bowerman			10
11	12:40	A	Steve Pilodeau		10		11	13:07	A	Gay Smith		11	
12	13:00	A	Jim Hoos		11		12	13:27	A	Eric Tauscheck		12	
13	13:12	A	Steve Vilas	(47)	12		13	13:31	A	Jock Wermod		13	
14	13:16	A	Jon Ellis		13		14	13:33	C	Jeff Barton			14
15	13:22	C	Steve Guidotti			14	15	13:52	C	Glen Mitchell			15
16	13:45	A	Rob Schultz		15		16	13:56	A	Greg Goguen	(60)	16	
17	14:03	A	Dave Ruxton				17	14:10	A	Mike Krantz		17	
18	14:12	CV	Brad Jones				18	14:40	A	Dan Kaufman		18	
19							19	14:49	A	Gary Craig			
							20	14:50	A	Dave Robinson			
							21	15:07	CV	Dan Johnson			
							22	15:48	C	Doug Coons			19
							23	18:07	A	Dino Arieta			(60)
							24	19:08	A	Matt Desimone			



CASTRO VALLEY vs Hayward & Sunset

Varsity 5 1/2 Miles

Cross Country at Hayward

10/12/72

Place	Time	School	Name	CV	H	S
1	18:39	CV	Mike Rudy	1		
2	18:51	CV	Kevin Rudy	2		
3	19:14	CV	Phil Horrig	3		
4	19:18	CV	Phil Arzino	4		
5	19:22	CV	Doug Hall	5		
6	19:36	S	Mark Shane			6
7	19:49	S	Rob Beltran			7
8	19:50	H	Mike Ramos		8	
9	19:51	CV	Bob Kuchemister	9		
10	19:55	CV	Brian Benitez	10		
11	20:07	CV	Ken Miller			
12	20:13	H	Tom Anderson		11	
13	20:14	S	Freitas Helder			12
14	20:15	CV	Blake Cooper			
15	20:18	H	Larry Key		13	
16	20:29	S	Pete Maloney			14
17	20:34	H	John Thomas		15	
18	20:48	H	Roy Steegel		16	
19	21:01	S	Ramon Gawinc			17

JV 2 Miles

Fresh-Soph 2 Miles

Place	Time	Sch	Name	CV	H	S	Place	Time	Sch	Name	CV	H	S
1	11:55	CV	Don Low	1			1	11:45	CV	Ken Haubrock	1		
2	12:04	CV	Chuck Stanton	2			2	11:55	CV	Ron Stevenson	2		
3	12:05	CV	Jim Hoffer	3			3	11:58	CV	David Mellichioni	3		
4	12:08	H	Randy Cruz		4		4	12:00	H	Mike Griffin		4	
5	12:10	H	Steve Cochran		5		5	12:27	CV	Dan Larson		5	
6	12:12	CV	Bob White	6			6	13:00	H	Chris Black		6	
7	12:14	CV	Jim Holt	7			7	13:05	S	Marcus pare			7
8	12:15	CV	Mike Arna	8			8	13:09	S	Paul Genaday			8
9	12:15	H	John Vassar		9		9	13:22	H	Chris Martin		9	
10	12:28	CV	Neil Delfino	10			10	13:40	S	Robin Armstrong			10
11	12:29	H	Don Utokas		11		11	13:41	CV	Joel Souza		11	
12	12:43	CV	Stephen Lundberg				12	13:41	H	Bill Crosby		12	
13	12:53	CV	David McKaig				13	13:51	S	Pat Danielson			13
14	13:16	S	Ben Washington			12	14	16:05	CV	Dan Johnson		14	
15	13:18	S	Larry Newcomb			13	15	16:05	S	Cecil Perez			15
16	13:20	CV	Brad Jones			16	16		H	Dave Soares		16	
17	13:51	H	Dwight Wilson		14							17	
18	13:59	S	Hans Popp			15							18
19	14:17	S	Mike Dewhirst			16							19
20	14:52	S	Bill Brookshire			17							20







CASTRO VALLEY vs Tennyson & Mt. Eden

Varsity 3 Miles

Cross Country at Castro Valley

10/25/72

Place	Time	School	Name	CV	T	ME
1	16:08	T	Victor Garcia		1	
2	16:10	ME	Alan Traynor			2
3	16:25	T	Dave Reiter		3	
4	16:38	T	Joe Arisman		4	
5	16:42	CV	Kevin Rudy	5		
6	16:57	CV	Mike Rudy	6		
7	17:02	T	Art Durazo		7	
8	17:05	CV	Doug Hall	8		
9	17:06	T	Jim Micheals		9	
10	17:09	CV	Phil Arzino	10		(24)
11	17:10	T	Dave Velasquez		11	
12	17:13	CV	Brian Benitez	(41) 12		
13	17:35	ME	Terry Smith			13
14	17:37	CV	Tim Rose	14		
15	17:45	CV	Phil Hornig	15		
16	17:50	ME	Jim Searer			16
17	17:52	CV	Blake Cooper			
18	18:15	ME	Dan August			17
19	18:44	CV	Bob Kuchensmeister			
20	18:47	ME	Dana Enco			18
21	19:42	ME	Curt Nerea			(60) 19

JV 2 Miles

Frosh-Soph 2 Miles

Place	Time	Sch	Name	CV	T	ME	Place	Time	Sch	Name	CV	T	ME
1	11:20	T	Paul Gray		1		1	11:18	T	Brad Speckman			1
2	11:39	T	Eugene Elliott		2		2	11:21	T	Jim Moita			2
3	11:44	T	Rich Frock		3		3	11:45	CV	Ron Stevenson	3		
4	11:55	CV	Ken Miller	4			4	11:49	T	Tom Noble		4	
5	12:06	CV	Don Lew	5			5	11:53	CV	Ken Hautbrock	5		
6	12:10	T	Chuck Mollason		6		6	12:15	CV	Dan Larson	6		
7	12:14	CV	Chuck Stanton	7			7	12:19	T	Dan Remer		7	
8	12:22	CV	Jim Holt	8			8	12:21	T	Brad Stosich		8	
9	12:23	ME	Bob Medeiros			9	9	12:28	T	Jerry Jessop		9	(32)
10	12:28	CV	Jim Hoffer	(24) 10			10	12:29	T	Steve Gray		10	
11	12:31	CV	Rob White	11			11	12:32	T	Vincent Brown			
12	12:37	CV	Neil Delfino	12			12	12:33	T	Jack Blance			
13	12:46	CV	Mike Arne				13	12:50	CV	David Strodbeck	11		
14	12:55	CV	David Melichichi				14	12:51	CV	Mark Skreden	12		(57)
15	12:57	T	Tom Scott	(25) 13			15	12:53	CV	Dave Melichichi	13		
16	12:59	T	Tony Wilson	14			16	12:54	CV	Rich Blake	14		
17	13:17	ME	Ed Slack		15		17	12:58	T	Mike Bohl			
18	13:26	T	Tony Dear		16		18	13:01	T	Mike Sheets			
19	13:39	ME	Cliff Yank			17	19	13:18	T	Kevin Scull			
20	13:39	ME	Jim Fletcher			18	20	13:24	T	Gregg Schouten			
21	14:08	CV	Brad Jones				21	13:32	T	Andy Unanoria			
22	14:35	ME	Alex Marchan	(78) 19			22	13:37	CV	Joel Soza			
23	15:24	T	David Vargas				23	14:24	T	Jim Ellington			
							24	14:33	CV	John Liskey			
							25	15:35	CV	Dan Johnson			
							26	14:36	T	Erian Denis			



1972

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS  
 Nov. 1, 1972 - Hayward High School

VARSITY

1	Ted Quintana	15:27	SL	24	Howard Banford	17:31	H
2	Alan Traynor	15:36	MI	25	Blake Cooper	17:34	CV
3	Ron Luschar	15:49	C	26	Ed Jaramello	17:38	SL
4	Victor Garcia	16:17	T	27	Bob Kuchenmeister	17:43	CV
5	Dave Reiter	16:25	T	28	Jim Seaver	17:46	ME
6	Doug Padilla	16:27	M	29	Alan Shrewsburg	17:46	A
7	Joe Arisman	16:28	T	30	Tom Anderson	17:57	N
8	Terry Smith	16:43	ME	31	Paul Navarro	17:58	M
9	Mike Emery	16:45	A	32	Mike Ramos	18:00	H
10	Art Durazo	16:47	T	33	Jeff Ziegler	18:00	M
11	Mike Rudy	16:50	CV	34	John Thomas	18:06	H
12	Dave Valesquez	16:57	T	35	Chuck Stanton	18:16	CV
13	Wayne Moses	17:00	SL	36	Brad Speckman	18:21	T
14	Jim Michaels	17:03	T	37	Mike Scott	18:29	SL
15	Kevin Doyle	17:04	M	38	Gary Cubillo	18:30	A
16	Ken Watson	17:13	M	39	Paul Davis	18:50	M
17	Al Wall	17:15	SL	40	Steve Cochran	19:01	H
18	Brian Fenitez	17:18	CV	41	John Tedesco	19:16	C
19	Mark Shane	17:20	S	42	Tony Cervone	19:35	M
20	Dale Hatakeyama	17:22	SL	43	Rich Pappia	19:54	A
21	Dane Rhee	17:23	ME	44	Chris Kellner	20:21	A
22	Tim Rose	17:23	CV	45	Bill Frookshire	21:07	S
23	Dan August	17:28	ME	46	Hans Popp	21:08	S

TEAM SCORES

1	Tennyson	36
2	San Lorenzo	77
3	Mt. Eden	82
4	Marina	101
5	Castro Valley	103
6	Hayward	160
7	Arroyo	163
	Canyon	no score
	Sunset	no score



FROSH/SOPH

1	Russ Wright	10:30	A	21	Pete Maloney	11:46	S
2	Kevin Rudy	10:37	CV	22	Steve Vilas	11:47	A
3	Doug Hall	10:38	CV	23	Steve Gray	11:48	T
4	Phil Arzino	10:39	CV	24	Steve Bilodeau	11:50	A
5	Phil Hornig	10:46	CV	25	Vincent Brown	11:51	T
6	Scott Carlsen	10:56	A	26	Jerry Jessop	11:52	T
7	Jim Moita	10:58	T	27	Marvin Bowerman	12:20	C
8J	Jeff Lee	11:00	C	28	Chris Plack	12:31	H
9	Ron Stevenson	11:09	CV	29	Paul Canaday	12:35	S
10	Ramon Gamino	11:12	S	30	Jeff Salo	12:35	M
11	Dean Lewis	11:14	A	31	Glen Mitchel	12:36	C
12	Tom Noble	11:16	T	32	Steve Pape	12:45	S
13	Mike Griffin	11:17	H	33	Phil Ribera	12:52	H
14	Link Litov	11:18	A	34	Larry Newcomb	13:01	S
15	Ken Haubrock	11:21	CV	35	Chris Martin	13:02	H
16	Dor Bettridge	11:33	M	36	Robin Armstrong	13:13	S
17	Dan Larson	11:34	CV	37	Bill Crosby	13:32	H
18	Dan Remer	11:35	T	38	Cecil Perez	14:33	S
19	Jack Blanch	11:38	T	39	Doug Cuomo	14:42	C
20	Roy Stegall	11:43	H				

TEAM SCORES

1	Castro Valley	23
2	Arroyo	54
3	Tennyson	79
4	Sunset	126
5	Hayward	129
	Canyon	no score
	Marina	no score
	Mt. Eden	no score



JUNIOR VARSITY

1	Eugene Elliott	11:13	T	19	Paul Piscotto	12:06	SL
2	Don Lew	11:20	CV	20	Lino Rosas	12:08	SL
3	Randy Cruz	11:22	H	21	Jack Mermod	12:10	A
4	Robert Medeiros	11:26	ME	22	Phil Semens	12:10	A
5	Jim Hoos	11:33	A	23	Eric Tausbeck	12:15	A
6	Bob White	11:35	CV	24	David McKaig	12:17	CV
7	Denis Wilkinson	11:42	T	25	Rob Schultz	12:18	A
8	Chuck Volleson	11:43	T	26	Ed Slack	12:19	ME
9	Don Stoker	11:44	H	27	Guy Smith	12:20	A
10	Mike Arne	11:45	CV	28	Randy Skreden	12:21	CV
11	Prad Stotch	11:47	T	29	John Ellis	12:30	A
12	Jim Holt	11:51	CV	30	Hank Vialobes	12:31	SL
13	Peter Frey	11:53	SL	31	Chris Dutra	12:37	M
14	Neil Delfino	11:54	CV	32	Doug Mouson	12:38	H
15	Curt Ferea	11:55	ME	33	Jim Fletcher	12:48	ME
16	Tony Dean	12:02	T	34	Cliff Yank	12:57	ME
17	John Vassar	12:04	H	35	Alex Marchan	13:20	ME
18	Mike Christensen	12:05	M				

TEAM SCORES

1	Tennyson	43
2	Castro Valley	44
3	Arroyo	96
4	Mt. Eden	112

RESERVES

1	Paul Gray	10:50	T	19	Dave Ruxton	12:42	A
2	Rick Brock	11:02	T	20	Kevin Scull	12:43	T
3	Jim Hoffer	11:44	CV	21	Gary Craig	12:48	A
4	Fret Hill	11:59	T	22	Dwight Wilson	12:50	H
5	David Strodtbeck	12:02	CV	23	Joel Souza	12:51	CV
6	Mike Sheets	12:05	T	24	Sal Ceremello	12:51	C
7	Chris Kraus	12:06	CV	25	Greg Coguen	13:14	A
8	Tom Scott	12:10	T	26	Jim Ellington	12:55	T
9	Tony Wilson	12:11	T	27	Brad Jones	13:15	CV
10	Rick Blake	12:11	CV	28	Mike Krantz	13:30	A
11	Eugene Enamoris	12:22	T	29	Dan Kaufman	13:37	A
12	Prad Fitzgerald	12:24	T	30	Dan Johnson	13:53	CV
13	Ken Wan	12:26	CV	31	Frank Tapia	13:55	A
14	Ben Washington	12:30	S	32	Jeff Felson	14:07	H
15	Mike Pohl	12:31	T	33	Don Depolo	14:38	T
16	Pat Danielson	12:32	S	34	Mike Dewhirst	14:49	S
17	Steve Guidotti	12:37	C	35	Brian Denis	14:50	T
18	Alex Madrid	12:41	H				



## Results of North Coast Section Cross Country Meet

At Lafayette Reservoir

Wednesday, Nov. 15, 1972

<u>Varsity</u>	<u>Frosh-Soph</u>	<u>Frosh (Exhibition)</u>
1 Redwood 50	1 Castro Valley 73	1 Portola Jr. High 89
2 San Ramon 88	2 Miramonte 103	2 San Rafael 95
3 Irvington 90	3 Ygnacio Valley 112	3 College Park 118
4 Petaluma 146	4 Mt. Diablo 116	4 Alameda 126
5 Washington 174	5 Irvington 128	5 Mt. Diablo 127
6 Ygnacio Val 178	6 Amador 137	6 Kennedy (Fre.) 129
7 Alameda 188	7 Tamalpais 165	7 Livermore 133
8 Pleasant Hill 208	8 Redwood 166	8 Mission San Jose 138
9 Antioch 230	9 El Cerrito 168	9 San Ramon 186
10 Eureka 253	10 Bishop O'Dowd 254	10 Redwood 225
11 De La Salle 254	11 Sonoma 273	
12 San Rafael 260	12 Analy 277	
13 Napa 296	13 Eureka (No Entry)	



Varsity (3 Miles)

1 Rich Kimball	DeLaS	14:12	45 Brian Mc Curdy,	S Raf	15:44
N.C. Record for Laf. Res. (Old Rec. - Tom Hale - Campo - 14:18)			46 John McDaniel	Napa	45
2 Roy Kissin	S Ram	14:22	47 Jed Morrov	S Ram	47
Ind-Tom Read	Mission	26	48 Scott Bennett	Petaluma	48
3 Mike Ruffatto	Wash	30	49 Corky Schoonmaker	Eureka	48
4 Angelo Martinez	Alameda	34	50 Blake, Pete	Pl Hill	50
Ind-Ted Quintana	S Lor	38	51 Kevin Van Katwyk	Ygnacio	51
5 Ned Overend	Redwood	43	52 Bruce Kaufman	Wash	51
6 Rusty Nahirny	Wash	47	53 Tom Stibich	S Raf	51
7 Pete Sweeney	Redwood	48	54 Steve Reeves	Eureka	51
8 Dan Aldridge	Petaluma	50	55 Olaf Van Ardenne	Ygnacio	52
9 Bryan Tracy	Redwood	53	56 Robert Moore	Antioch	56
10 Jon Sisler	Petaluma	54	57 Virgil Chavez	Pl Hill	57
11 Dan Arriola	Irving	55	58 Glenn Parker	Pl Hill	58
12 Jan-Eric Moller	Redwood	56	59 Craig Loop	Ygnacio	16:01
Ind- John Mijares	Pitt	59	60 Frank Prado	Pl Hill	01
13 Steve Houseworth	Irving	59	61 Paul Breittkopf	Alameda	01
14 Mike Jones	S Ram	59	62 Bill Wetjen	Petaluma	01
15 Perry Anderson	Antioch	15:01	63 Jim Ortez	Alameda	01
16 Steve Lundin	S Ram	02	64 Steve Przybyszewski	Petaluma	01
17 Mike Killeen	Redwood	04	65 Dan Ingram	Petaluma	10
18 Mike Stauber	Petaluma	05	66 Randy Gilliam	Antioch	13
19 Barry Smith	Alameda	08	67 John Diola	Alameda	14
20 Oliver Bastien	Napa	11	68 Jim Devlin	De La S	15
21 Don Guillard	Irving	12	69 Gary Duarte	Antioch	15
22 Stacy Hanoum	Irving	14	70 Frank Wagner	De La Salle	15
23 Tony Martinez	Irving	14	71 John Embody	De La S	15
24 Mike Kelly	Antioch	15	72 Rod McDaniel	Napa	15
25 Dan Cunningham	Pl. Hill	16	73 Mark Brandt	Antioch	31
Ind-Paul Phillipp	Analy	18	74 Tikos Blankenberg	De La S	31
26 Mike Dayton	S Ram	22	75 Gary Reed	Wash	35
Ind-Steve Ricker	Montgom	24	76 Steve Leslie	Eureka	37
27 Joe Ciraulo	Ygnacio	25	77 John Warren	Alameda	38
28 Gary McManus	Ygnacio	27	78 Mike Chessar	Napa	48
29 Ed Phelps	Redwood	28	79 Greg Higgins	De La S	49
30 Mark Schratz	S Ram	28	80 Terry Kelly	Napa	59
31 Lynn Ryan	Irving	30	81 Darrel Divis	Irvington	17:00
32 David Wells	Eureka	30	82 John Bushner	Wash	02
33 Brian Woodhouse	S Raf	31	83 Rick Hardina	Eureka	05
34 Pete Demarais	Redwood	32	84 Bob Pfaffenberger	Antioch	13
35 Steve Nicolini	Ygnacio	32	85 Dennis Fid	Napa	18:18
36 Alan Sauer	Pl. Hill	33	86 Steve Foehr	S Raf	22
37 Keith Jacobson	Ygnacio	33	87 Jim Reed	Napa	27
38 Jerry Walters	Wash	33	88 Ron Hill	S Raf	28
39 Rick Connett	S Ram	35			
40 Roger Smith	Pl Hill	38			
41 Mike Norton	Alameda	38			
42 Mike Whitehead	Eureka	38			
43 Ray Green	S Raf	39			
44 Dave Del Beccaro	De La S	40			



North Coast Section C.C. 1972

Frosh-Soph (2 Miles)

Ind-Terry Lomax	Albany	10:46	47 Bob Amaral	El Cer	11:56
Ind-Russ Wright	Arroyo	47	48 Steve Haas	Miramonte	57
1 Mike Collins	O'Dowd	52	49 Brian Pepper	Miramonte	59
2 Eric Lund	Miramonte	53	50 Scott Seaton	Ignacio V	12:00
3 Bob Turney	Ignacio V	59	51 Andy Smith	Redwood	01
4 Kim Baez	Tamal	11:03	52 Dave Stephens	Irvington	01
5 Joe Martin	Amador	04	53 Pete Dewlaney	Mt. Diab	02
6 Alan Bell	Ignacio V	05	Ind-Dave Redding	Ukiah	03
7 Jon Barbara	Miramonte	06	54 John Gioia	El Cer	04
8 Doug Hall	Castro V.	07	55 Dale Rowe	O'Dowd	05
9 Phil Arzino	Castro V	10	56 Dave Milichichi	Castro V	08
10 Kevin Rudy	Castro V	11	57 Rod Matteri	Analy	09
11 Dave Flores	Irvington	11	58 Jeff Simons	Ignacio V	09
Ind-Kim Orndoff	De Anza	12	59 Ken Haubroch	Castro V	09
12 Dennis Chase	Mt. Diab	14	60 Alan Divis	Irvington	11
13 Phil Hornig	Castro V	15	61 Gene Kruppa	Amador	14
14 Steve Fether	Ignacio V	15	62 Richard Moore	Ignacio V	16
15 Bob Garrison	Mt. Diab	17	63 Tim Heskett	Sonoma	17
16 Ken Keeth	Irvington	19	64 Bob Mash	Redwood	19
17 Augie Louis	Redwood	20	65 Ed Erker	O'Dowd	21
18 Dean Allen	El Cer.	21	66 Bob Cumming	O'Dowd	24
19 Bob Shardrew	Mt. Diab	23	67 Don Stone	O'Dowd	39
20 Rhett Wilkes	Tamal	24	68 Mike Wilson	Analy	42
21 John Schauter	Miramonte	25	69 Holly Wilson	Analy	45
22 Jim Reichle	El Cer.	26	70 Mark Larson	Amador	49
23 Steve Locey	Tamal	27	71 Myray Bollman	Sonoma	56
24 Allen Staples	Irvington	27	72 Romiguere	O'Dowd	13:02
25 Phil Dillenburg	Amador	29	73 Dave Hughes	Analy	03
26 Scott Hickman	Redwood	31	74 Doug Gross	Analy	04
Ind-Ken Turner	De Anza	34	75 Simon Thornton	Tamal	13
27 Andy Picetti	El Cer	35	76 Eric Vezle	Tamal	14
28 Chuck Tockey	Amador	35	77 Nathan Silverman	El Cer	39
29 Bill Watson	Miramonte	37	78 Kevin Martin	Sonoma	44
30 Henry Klassen	Sonoma	38	79 Mike Palme	Sonoma	14:05
31 Fred Montini	Sonoma	38	80 Richard Stello	Sonoma	34
32 Brian Cox	Redwood	40			
33 Ron Stevenson	Castro V	40			
34 Brad Livers	Mt. Diab	42			
35 Robert Mangan	Irvington	43			
36 Rob McMillan	Mt. Diab	46			
37 George Melo	Analy	47			
38 Jim Helton	Amador	48			
39 Scott Grill	Ignacio	49			
40 Hal Schulz	Redwood	50			
41 Rob Burton	Amador	52			
42 Tony Martinez	Irvington	53			
43 Doug Ober	Tamal	54			
44 David Jones	Miramonte	55			
45 Jeff McQuay	Mt. Diab	55			
46 Jim Thorne	Analy	56			



North Coast Section C.C. 1972

Frosh (2 Miles)

1 Albert King	Port. Jr Hi	11:09	53 Bruce Linscott	Redwood	12:51
2 Brooke Chesnut	S Rafael	10	54 Mario Lopez	Redwood	54
3 Kevin Searls	College P	12	55 Steve Colombe	S Rafael	57
4 Don Pangborn	Kennedy	13	56 Stephen French	Port Jr Hi	13:04
5 Jim Doohan	S Ramon	14	57 Deke Welch	S Rafael	05
6 Steve Benson	Mission SJ	38	58 Jeff Newhaus	Redwood	07
7 Joe Acton	College P	39	59 Fred Bode	S Rafael	14
8 Brian McGuire	S Rafael	44	60 Greg Kackman	S Ramon	15
9 Boyd Tarin	Livermore	45	61 Ron Milnes	S Ramon	22
10 Brett Hazen	Livermore	46	62 Dave Frank	Livermore	25
11 Steve Roberts	S Rafael	49	63 Carl Slawinski	S Ramon	35
12 Alan Bakker	Port Jr Hi	50	64 Mark Silva	Livermore	46
Ind-Steve Parker	Zane Jr Hi	51	65 Dan Grebner	S Ramon	49
13 Rob Young	Mt. Diab	51	66 Rich Lawson	College P	14:43
14 Mike Nagel	Livermore	53	67 John Nienstein	Redwood	15:28
15 Steve Chin	Alameda	57	68 Jim Trimble	Livermore	30
16 Chuck McMillan	Redwood	12:00			
17 Mark Sanchez	Kennedy	01			
18 Mark Nordeen	Kennedy	01			
19 Tony Alex	S Rafael	04			
20 Kendall Yoshisato	Port Jr. Hi	05			
21 David Acosta	Alameda	08			
22 Dave Getty	Mt. Diab	10			
23 Brian Norris	S Ramon	12			
24 Roger Koide	Port Jr Hi	13			
25 Dan Harris	Mission SJ	14			
26 Al Anderson	Mission SJ	16			
27 Chris Warren	Alameda	17			
28 Keith Van Sickle	Alameda	17			
29 Scott Furmann	Mt. Diab	17			
30 Bill Bedcarie	Mt. Diab	19			
31 Matt Dowling	College P	20			
32 Mike Charter	Port Jr. Hi	21			
33 Jim Randazzo	Mt Diab	22			
34 Joe Hennessy	College P	23			
35 Don Brownson	Alameda	23			
36 Lee Guess	Port Jr Hi	24			
37 Mark Voegeli	S Ramon	26			
38 Jim Daly	Livermore	27			
39 David Davis	Alameda	29			
40 Bob Jewel	Mission SJ	30			
41 Ronan Barry	Mission SJ	32			
42 Steve Battaion	Kennedy	34			
43 Gus Echols	College P	36			
44 Ed Peggs	Redwood	36			
45 Tony Corse	Mt Diab	40			
46 Nick Zappas	Mt Diab	42			
47 Randy Cox	Mission SJ	44			
48 Steve Small	Kennedy	47			
49 Dennis Addison	Mission SJ	48			
50 Frank Alonzo	Alameda	48			
51 Jerry King	Kennedy	49			
52 Rick Parodi	Kennedy	50			



NORTH COAST SECTION CROSS COUNTRY MEET 1972

These are the results of the North Coast Section Cross Country Meet held at the beautiful Lafayette Reservoir on Wednesday, November 15, 1972 under anything but beautiful weather conditions.

The race was supposed to be "around" the Reservoir, but there wasn't much difference from trying to run "across" it.

Congratulations to a very fine Redwood Varsity Team with a very low team score of 50 points. Also, Castro Valley in the Frosh-Soph & Portola Jr. High in the Frosh Divisions showed real team balance in their victories.

All teams represented culminated very good seasons and are to be commended for their hard work and dedication over the long tough season.

It was quite a disappointment to me to have such adverse conditions, but I have to compliment everyone of you on your wonderful cooperation once we decided to go ahead with the meet. You coaches, runners, and officials didn't complain or ask any special favors or make any excuses--you didn't even tell me I was "nuts" (even though you must have been thinking it--I was!!)

You all helped out wherever help was needed, and what really amazes me is that my officials didn't lose a boy in any race. We have a name, school, and time for everyone as far as I know. We don't usually do that well on a good day. My thanks to all of you! Good luck in Track & next year's Cross Country Seasons!!

It was too bad that we didn't have better conditions to honor Phil Hempler, but I also thank him, Dutch Williams, and Paul Gaddini for doing the job of making the awards to our outstanding runners.

Last, but certainly not least, we all thank the East Bay Municipal Utility District for the wonderful cooperation they have given us the last 3 weeks. Dennis Hill and I have each put on our 2 League Meets & 2 North Coast Meets here. I know we caused them a lot of trouble, but they have helped us in every way possible to make our jobs a little easier and to make conditions as good as possible for you Athletes, Coaches, & Spectators.

Sincerely yours,

Bob Vincent, Meet Director  
San Ramon High School