

Gross
Country
1974

Cross Country 1974

The 1974 cross country season was expected to be best-ever in the 16-year history at Castro Valley. The entire 1973 team was returning after winning the League Championship and placing 7th in the North Coast Section finals. The 1973 team had gone undefeated in both the varsity and the JV's so it was no wonder that there was considerable optimism for 1974.

The team of Kevin Rudy, Phil Hornig, Ron Stevenson, Doug Hall, Phil Arzino, Dave Strodtbeck, Steve Roberts, and Terry Trimble was solid from the start and the only question was "how good were they?" and "how close together could we get out top five runners?"

The first meet of the season was against defending North Coast Champion, San Ramon, and was the only close meet of the year, but we still won without too much trouble. The remainder of the dual meet season was a relative breeze with most of our competition coming at the various invitational meets.

The team completed the season undefeated with a 12 - 0 record, placed 2nd at the Oakland Invitational, 1st at the San Ramon Invitational, and 2nd at the Pleasant Hill Invitational. They won their second consecutive League Championship and captured the school's first Divisional Championship.

Phil Hornig began the season as our third man behind school course record holder Kevin Rudy, and Doug Hall. But at the first meet Phil ran shoulder to shoulder with Kevin to establish himself as a contender to Kevin's reign as Castro Valley's top runner. At mid-season, Hornig defeated Rudy in a dual meet; then, the two ran side by side for the next several meets tying for 1st place. However, at the league final Hornig out-kicked Rudy to take the individual championship. At the Divisional Championships the two ran away from the field after the first mile and ran side-by-side until the last 220 where Hornig's kick again proved the winning margin with Rudy taking 2nd once again.

Ron Stevenson has been a real solid third runner and missed by a judge's decision of taking a 1-2-3 sweep at league finals. He was given 4th place but still joined Hornig and Rudy as All-League selections. Steve Roberts, Doug Hall, Terry Trimble and Phil Arzino all took turns as our 4th, 5th, 6th, and 7th runners along with Dave Strodtbeck, Dave Milichichi, Jim Hoffer, and Mark Behning.

The JV team had a 7 - 6 record but the losses were primarily due to the fact that our JV's were often better than the opponents' varsity and we would run them on the varsity so they would get varsity points toward their block letter. Consequently, we often fielded a JV team that had only a partial team. However, in the invitationals, our JV's were almost unbeatable. At the league finals they captured the League Championship with David Milichichi setting a course record for the JV race followed closely by Dave Strodtbeck and Jim Hoffer to give us a 1-2-3 sweep. Newcomer Jeff Schloss was our 4th finisher in 8th place and Eric Overland was our 5th finisher in 10th place.

The Frosh-Soph record was 7 - 4 - 1 and again many of the losses were because we had our Sophomores running on the JV team since the JV's were running varsity. Nonetheless, at the League Finals, Sophomore sensation Mark Behning ran away with the individual championship and lead the team to our 2nd Frosh-Soph title in 3 years. The other members of this championship team were all newcomers to our cross country program. They included: Bill Bodin, Kevin O'Leary, Greg Routh, David Fisher, David Fordahl, and Greg Lapum.

The Girls' team was lead by Freshman standout Michele Stevenson. Michele was the top girl finisher in the league and placed 5th in a Bay Area Invitational for girls. The girls' record was 3 - 2. The other team members were: Sandy Livingston, Kirsten Roberts, Darcie Thomason, Renee Stevenson, Laurel Thomason, Debbie Simpson, Joan Hornig, and Joan Lateer.

Our team in 1974 was small in numbers but huge in their accomplishments. Everyone is to be congratulated on their outstanding achievements. This was the first time that any school in the league had won the Varsity, JV, and Frosh-Soph Championships all in the same year...not to mention the fact that we had the individual winner in each of the three races and the top girl finisher. Surely...running must be fun!

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NOT TRUE

HOME COURSE BEST TIMES

<u>3 Mile Course</u>	<u>1974</u>	<u>1973</u>	<u>1972</u>	<u>Mileage Chart (including summer)</u>	
Phil Hornig	15:34	16:26	17:45	Kevin Rudy	634
Kevin Rudy	15:34	15:53	16:42	Steve Roberts	614
Ron Stevenson	16:18	16:41		Ron Stevenson	594
Doug Hall	16:49	16:22	17:05	Phil Hornig	534
David Strodtbeck	17:00	17:12		Phil Arzino	529
Phil Arzino	17:34	17:05	17:09	Greg Routh	527
				Doug Hall	494
				Dave Fisher	481
				Dave Strodtbeck	413
				Dave Milichichi	344
				Jim Hoffer	336
				Terry Trimble	326
				Mark Behning	313
				Brent Cooper	260
				Landen Humphrey	251
				Eric Overland	225
				Kevin O'Leary	210
				Jim Trimble	174
				Bill Bodin	153
				Dan Dela Riva	144
				Bob Tieman	137
				Chris Kraus	118
				Doug Babb	108
				Jeff Schloss	107
				Dave Fosdahl	106
				Greg Lapum	106

<u>2 Mile Course</u>	<u>1974</u>	<u>1973</u>	<u>1972</u>		
Terry Trimble	11:03	11:28			
Mark Behning	11:08	12:01			
Jim Hoffer	11:14	11:33	12:21		
David Milichichi	11:18	11:45	12:03		
Dave Fosdahl	11:53				
Jeff Schloss	11:59				
Gregg Routh	12:06				
Dave Fisher	12:06				
Eric Overland	12:09	13:12			
Kevin O'Leary	12:15				
Bob Tieman	12:23				
Bill Bodin	12:33				
Greg Lapum	12:48				
Doug Babb	12:52				
Jim Trimble	12:53				
Brent Cooper	12:54	13:49			
Landon Humphrey	13:10				
Dan Dela Riva	13:40				

1½ Mile Course - Girls

Michele Stevenson	9:39		
Sandy Livingston	10:40	10:59	
Darcie Thomason	10:51		
Kirsten Roberts	10:56		
Laurel Thomason	11:00	10:24	
Debbie Simpson	11:21		
Joan Hornig	11:38		
Renee Stevenson	11:44	11:16	
Joan Lateer	13:43		

3 Mile Course Top 10

1974 Included

Phil Hornig	15:34	1974	Junior
Kevin Rudy	15:34	1974	Senior
Scott Wood	16:00	1970	Senior
Ron Stevenson	16:18	1974	Junior
Dan Anderson	16:22	1969	Senior
Doug Hall	16:22	1973	Junior
Barry Parr	16:23	1970	Junior
Ed Riggs	16:29	1968	Senior
Dave Chamness	16:31	1968	Sophomore
Steve Derr	16:33	1970	Junior

2 Mile Course Top 10

1974 Included

Terry Trimble	11:03	1974	Senior
Mark Behning	11:08	1974	Sophomore
Mike Rudy	11:09	1970	Sophomore
Jim Hoffer	11:14	1974	Senior
Dave Milichichi	11:18	1974	Senior
Gene Rodgers	11:28	1971	Sophomore
Phil Hornig	11:28	1972	Freshman
Don Lew	11:30	1973	Senior
Ken Haubrock	11:32	1973	Junior
Doug Hall	11:42	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 1974 were:

10/18/74 MARK BEHNING

Mark Behning ran his best race of his young career at the Oakland Invitational early this month. He was moved up to the JV team as he was undefeated in two outings on the Frosh-Soph level and it was thought he could help the JV's win a trophy by placing. He not only placed but he defeated our entire JV regulars in the process and finished overall in second place.

Mark has run in two varsity races this year so far and has been our 6th and 7th man respectively. In his last race on our home course he ran the fastest time ever recorded by a sophomore.

Mark displays some of the same characteristics as our other outstanding runners present and past which include hard work, desire to succeed, and a willingness to pay the price for success.

10/24/74 KEVIN RUDY

Team co-captain, team mileage leader, and team workout leader are all terms that describe Kevin Rudy. Kevin was our top runner in the early part of the season and lately he has shared that honor with fast-moving Phil Hornig. Everyone looks to Kevin as the team leader.

Success has come as a result of many miles run as indicated by his number one position on the mileage chart. His example has had a profound effect on the entire team.

10/10/74 PHIL HORNIG

Phil was the big surprise of our first meet with San Ramon as he finished shoulder to shoulder with All-Northern California Team Member Kevin Rudy.

Last Saturday Phil was our first place finisher at the Oakland Invitational and yesterday at Tennyson he placed 1st leading and 1-2-3-4 sweep. Like our other runners, Phil is a tremendous competitor and is willing to pay the price to be a champion.

SPARTAN HARRIERS TROUNCE NCS CHAMPION SAN RAMON

There was little similarity between NCS champion in 1973 and the 1974 version as displayed at Lake Chabot yesterday. First place finisher, Roy Kissin and 7th place finisher, Ted Morrow were the only two hold-overs from the NCS race last November.

In contrast, the Spartan team from that November race was intact at least through the top five positions. In that race Kevin Rudy was a full minute behind Kissin however yesterday both Kevin and Phil Hornig were only 25 seconds behind him. Also, Ron Stevenson was over 2 full minutes behind Kissin in November whereas yesterday he was under one minute behind.

This shows that our team is still improving yet the season is just beginning. Doug Hall, Terry Trimble, and Steve Roberts are not in top shape yet. Phil Arzino is still nursing a bad foot and Dave Strodbeck just did not run a competitive race.

Nonetheless, when you beat the defending NCS champions... it's a good day.

Mark Behning looked great in the Frosh/Soph race and freshmen Greg Routh and David Fisher did well for their initial baptism in cross country as did sophomores Kevin O'Leary and David Fordahl. Dan DelaRiva, Brent Cooper, and Landon Humphrey are just beginning to run and it is much too early to make any judgements on them.

I must say it was embarrassing to see only three Spartans in the JV race. That has to rank as an all-time first that we couldn't even field a full team. EVERYONE MUST GET ON THE BALL AND RECRUIT. We may have won the varsity meet but we lost both the JV and Frosh/Soph. We have good talent walking around on this campus and it takes a little effort to get people out. Let's not loose 2 out of 3 again... RECRUIT.

SAN RAMON and NEWARK vs CASTRO VALLEY

Divison: Varsity

CROSS COUNTRY at CASTRO VALLEY

Date: 9/18/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	14:47	SR	Roy Kisson		
2	15:12	CV	Phil Hornig		
3	15:12	CV	Kevin Rudy		
4	15:24	N	Walker		
5	15:40	N	Mike Smith	Final Score:	
6	15:43	CV	Ron Stevenenn		
7	15:54	SR	Jed Morrow	CV	33
8	15:56	SR	Marty James		
9	15:57	CV	Doug Hall	SR	42
10	16:15	N	Mike Plummer		
11	16:25	N	Rick Martines	N	46
12	16:33	SR	Brian Norris		
13	16:36	CV	Steve Roberts		
14	16:47	SR	Dave Robertson		
15	16:51	CV	Phil Arzino		
16	16:52	N	Danny Martines		
17	17:07	CV	Dave Strodtbeck		
18	17:37	SR	Perry Buckley		

SAN RAMON and NEWARK vs. CASTRO VALLEY

Division: Junior Varsity

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	10:19	SR	Tim Gawin		
2	10:20	CV	Terry Trimble		
3	10:43	SR	Paul Swenson		
4	10:45	N	Willy Villamor		
5	10:47	SR	Scott Simmons	Final Score:	
6	10:51	N	Eric Jensen		
7	10:54	N	Barry Starkey	CV	24
8	10:58	CV	Dave Milicheech		
9	11:14	SR	Rick Klinger	SR	28
10	11:16	SR	Stan Benedict		
11	11:17	N	Jim Pitman	N	43
12	11:27	SR	Dennis Henson		
13	11:34	SR	Bruce Kackman		
14	11:41	CV	Eric Overland		
15	11:59	N	Wes Walker		
16	12:08	SR	Tom Floyd		

SAN RAMON and NEWARK vs CASTRO VALLEY

Division: Frosh-Soph

CROSS COUNTRY at CASTRO VALLEY

Date: 9/18/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	10:25	CV	Mark Behning		
2	10:33	SR	Jason Preece		
3	10:55	SR	Whitey Hendricks		
4	10:56	SR	Mark Dayton		
5	11:14	SR	Jim Anklam		
6	11:20	CV	Greg Routh		
7	11:23	CV	David Fisher		
8	11:29	CV	Kevin O'Leary		
9	11:32	N	Calie Ramiren		
10	11:39	SR	Nelson Snook	CV	33
11	11:45	CV	David Fordahl		
12	11:55	SR	Mike Lescure	SR	24
13	11:59	CV	Dan Delariva		
14	12:01	CV	Brent Cooper	N	81
15	12:24	N	John Barton		
16	12:25	CV	Landen Humphray		
17	12:36	SR	Bill Morgan		
18	12:48	SR	Marty Jansen		
19	13:02	N	Bill Kent		
20	13:22	SR	Matt Sullivan		
21	15:41	N	Mike Nelson		
22		N	Mark Jenson		

AMADOR vs Castro Valley

Division: Varsity

CROSS COUNTRY at San Jose

Date: 9/24/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	15:41	CV	Kevin Rudy	
2	15:57	CV	Ron Stevenson	
3	16:11	CV	Phil Hornig	
4	16:36	A	Mark Kindle	
5	16:37	A	Joe Martin	
6	16:38	A	Rick Prunery	
7	16:46	CV	Doug Hall	
8	16:49	CV	Steve Roberts	
9	16:56	A	Phil Dillenburg	
10	16:57	CV	Terry Trimble	Final Score:
11	16:59	CV	Dave Strodbeck	
12	17:02	CV	Phil Arzino	CV 21
13	17:06	A	Dale Warner	
14	17:31	A	Jim Helton	A 37
15	17:50	A	Paul McInnis	
16	17:56	A	Chuck Tockey	
17	18:27	A	Mark Larson	
18	18:56	CV	Eric Overland	

AMADOR vs Castro Valley

Division: Frosh

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	17:51	CV	Mark Behning	
2	18:31	A	Steve Blaylock	
3	18:34	A	Mario DaSilva	
4	18:36	A	Steve Reginaldo	
5	19:52	CV	Greg Routh	Final Score:
6	19:59	CV	David Fisher	CV 26
7	20:18	CV	David Fordahl	
8	20:44	A	Steve McDonald	
9	20:45	A	Steve Slosick	A 29
10	21:03	CV	Brent Cooper	
11	21:09	A	Steve Shamblin	
12	21:15	A	Rich Sorenson	
13	21:18	A	Mike Wilcox	
14	21:19	CV	Landon Humphrey	
15	21:20	A	Randy Okins	
16	21:23	A	Jim Wiggins	
17	22:15	CV	James Trimble	

Oakland Invitational

October 5, 1974

The Castro Valley Spartan Cross Country team took second place to strong Skyline by a narrow 28 to 31 margin. The deciding factor actually took place before the race began as a last minute decision was made to hold out the Spartan's number one runner, Kevin Rudy due to a cold.

As it ended up, a juggled line-up in the Varsity, JV, and Frosh showed the spartans taking second place in both the varsity and JV and third in the Frosh/Soph division.

A thoroughly rested spartan squad ran extremely well. The surprise of the day was sophomore Mark Behning's second place finish and outstanding time in the JV race. Other outstanding individual efforts were Phil Hornig's second place finish in the varsity division and freshman David Fisher's fine effort in the Frosh race.

Summary--Oakland Invitational

2.3 Miles

12:24	Hornig
12:39	Stevenson
12:50	Hall
13:07	Roberts
13:13	Behning
13:14	T. Trimble
13:29	Arzino
13:39	Hoffer
13:43	Strodtbeck
14:22	Milichichi
15:09	J. Trimble
15:13	Overland

1.7 Miles

10:41	Fisher
10:58	Fordahl
11:13	O'Leary
11:18	Tieman
11:25	Routh
12:19	Cooper

SPARTANS SMASH TENNYSON

Resembling a calvary charge, the Spartan Harriers completely over-ran the Tennyson Lancers for the most one-sided victory in the history of the CV-Tennyson meet.

Phil Hornig, Kevin Rudy, Ron Stevenson, and Doug Hall ran together for the first mile and there was no Tennyson runner close to the front at any time. Steve Roberts finished as our 5th man and was 53 seconds behind Phil Hornig's 1st place finish. Phil Arzino and Terry Trimble both finished strong and our 7th man was only 67 seconds behind our 1st.

That is improvement.

The JV team was not complete because some people missed the bus and we just do not have the large turnout this year. Consequently we forfeited the JV race even though Jim Hoffer, Dave Strodbeck, and Dave Milichichi finished 2d, 3rd, and 4th respectively. We need more help on the JV team. It's a shame to have to forfeit a race when we run as well as these guys did.

Mark Behning again lead our Frosh Team with a tremendous effort. Dave Fisher again ran extremely well and Dave Fordahl continues to surprise everyone with his rapid improvement. Greg Routh is still recovering from a cold but still ran one of his best races. Kevin O'Leary ran a little slow during the first part of the race but finished strong to be our fifth man and sealed our first Frosh-Soph victory.

Over-all... Castro Valley looked unbeatable... this time.

Castro Valley vs Mount Eden & Tennyson

Division: Varsity

CROSS COUNTRY at Tennyson

Date: 10/9/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	15:12	CV	Hornig	
2	15:15	CV	Rudy	
3	15:26	CV	Stevenson	
4	15:45	CV	Hall	
5	15:49	T	Hill	Final Score
6	16:05	CV	Roberts	
7	16:16	T	Enanaria	CV 16
8	16:16	CV	Arzino	
9	16:19	CV	Trimble	ME 66
10	16:43	ME	Massingale	
11	16:53	ME	Bales	
12	16:56	T	Judy	
13	17:08	T	Medina	
14	17:24	ME	Juntz	
15	17:50	ME	Ortiz	
16	20:28	ME	Huffstutler	

Castro Valley vs Mount Eden & Tennyson

Division: JV

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	10:27	T	Morta	
2	10:30	CV	Hoffer	
3	10:34	CV	Strodtbeck	
4	10:44	CV	Milichichi	
5	10:45	ME	Breece	
6	10:53	T	Blanch	
7	10:55	T	Condie	
8	11:15	T	Herbst	
9	11:27	T	Ellington	Final Score
10	11:45	T	Noble	
11	11:57	T	Alexander	T 31
12	12:09	ME	Byrne	
13	12:16	T	Keith	ME 59
14	12:34	ME	Crawford	
15	12:36	T	Garcia, P.	
16	12:43	T	Jessop	
17	12:45	T	Schouten	
18	12:48	ME	Nava	
19	12:52	T	Bier	
20	12:53	ME	Huffstutler	
21	12:54	T	Luallin	
22	13:10	T	Garcia, J.	
23	13:42	T	Burell	

Castro Valley vs Mount Eden & Tennyson

Division: Frosh/Soph

CROSS COUNTRY at Tennyson

Date: 10/9/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	10:23	CV	Behning	
2	11:03	T	Elliot	
3	11:05	CV	Fisher	
4	11:06	CV	Fordahl	
5	11:08	T	Hill	
6	11:19	CV	Routh	
7	11:25	T	Sanders	
8	11:26	CV	O'Leary	
9	11:27	T	Colyer	
10	11:30	T	Barber	
11	11:32	T	Gomes	
12	11:34	CV	Trimble	
13	11:39	T	Chin	Final Score
14	11:45	T	Tolman	
15	11:46	T	Baca	CV 22
16	11:55	CV	Tiemen	
17	12:04	CV	Cooper	TENN 33
18	12:07	CV	Babb	
19	12:12	CV	Humphrey	ME NS
20	12:18	ME	Demeduk	
21	12:23	T	Silva	
22	12:40	ME	Traynor	
23	13:02	T	Moore	
24	13:02	T	Juarez	
25	13:16	ME	Edmonds	
26	13:17	ME	Ferguson	
27	13:31	T	Parsons	
28	14:05	CV	DelaRiva	
29	14:09	T	Costa	
30	14:32	T	Kavanaugh	
31	14:53	T	Bickell	
32	16:33	T	Hurtado	

SPARTANS CAPTURE SAN RAMON INVITATIONAL TITLE

The Castro Valley Cross Country Team showed that they are a team to be reckoned with in North Coast Section as they captured the Large School Division at San Ramon. Actually, the Spartans should have been in the Medium School Division but requested to run against the larger schools. Kevin Rudy finished 7th overall followed closely by Phil Hornig in 8th, Ron Stevenson in 10th, Doug Hall was 21st and Phil Arzino was 25th out of 90 who ran. The amazing aspect was that there was only 22 seconds separating our first and fifth runner. Any time a team can do that, they deserve to win.

The JV team placed 2nd with Dave Strodtbeck, Terry Trimble, Dave Milichichi, and Jim Hoffer and Eric Overland. This team needs one more runner and they will be nearly unbeatable. Dave Milichichi and Eric Overland showed tremendous improvement from last year's race here.

The Frosh/Soph team went unplaced but Sophomore Mark Behning finished a fine 3rd place. His time was good enough to win the Medium School Division Frosh/Soph race had he been there. Newcomer Dave Fordahl again ran exceptionally well as did Dave Fisher, Kevin O'Leary, and Greg Routh. There is no doubt that this team would have done much better if they had been in their own Division.

This was a great day for Castro Valley. The question now is... "Can they keep it up!"

1974 SUMMARY

1973

8:43	Rudy	8:51
8:44	Hornig	9:35
8:47	Stevenson	8:58
9:05	Hall	8:54
9:05	Arzino	9:15
9:15	Roberts	9:38
9:20	Strodtbeck	9:31
9:20	Trimble	9:37
9:21	Behning	
9:23	Milichichi	10:05
9:25	Hoffer	
9:59	Fordahl	
10:07	Fisher	
10:09	O'Leary	
10:09	Routh	
10:18	Overland	11:17
10:20	Lapum	
10:27	J Trimble	
10:36	Tieman	
10:49	Bodin	
11:18	Dela Riva	
11:43	Babb	
12:34	Cooper	11:38

SPARTANS SWEEP CANYON AND SAN LORENZO

Kevin Rudy, Phil Hornig, and Ron Stevenson crossed the finish line together followed closely by Steve Roberts and Doug Hall. Sophomore Mark Behning in his first varsity race finished as our 6th man closely behind San Lorenzo's top runner, Hatakeyama. Dave Strodtbeck was our 7th man and both Dave and Mark Behning finished ahead of Canyon's Jeff Lee. Our top five were only 29 seconds apart and our top seven were only 40 seconds apart.

Terry Trimble, Jim Hoffer, Phil Arzino, and Dave Milichichi finished in that order behind Canyon's Lee and Rock to give us 11 out of the top 14 places in the race. San Lorenzo's coach said "There ought to be a law against us". Considering the weather... the times were excellent.

Jeff Schloss running his first race ever ran easily and lead a 1-6 sweep as San Lorenzo did not field a team and Canyon's only runner dropped out. Eric Overland, Bill Bodin, James Trimble, Brent Cooper, and Doug Babb finished in that order. Cooper improved his personal best by 31 seconds from last year.

Dave Fordahl was very impressive again as he was our top runner in the Frosh/Soph race raking 2nd to Canyon's Romiguere. Dave was followed by Greg Routh, David Fisher, and Bob Tieman who finished 3, 4, and 5. Kevin O'Leary was our 5th runner and Landon Humphrey was our 6th and Dan DelaRiva was our 7th. Our Frosh/Soph team ran to their second consecutive victory after a relatively slow start.

CASTRO VALLEY vs. Canyon and San Lorenzo

Division: Varsity

CROSS COUNTRY at Castro Valley

Date: 10/16/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	16:20	CV	Kevin Rudy	
2	16:20	CV	Phil Hornig	
3	16:20	CV	Ron Stevenson	
4	16:35	CV	Steve Roberts	
5	16:49	CV	Doug Hall	
6	16:50	SLZ	Dale Hatakeyama	
7	16:54	CV	Mark Behning	
8	17:00	CV	Dave Strodt-Beck	
9	17:01	C	Jeff Lee	
10	17:02	C	Brad Rock	
11	17:07	CV	Terry Trimble	
12	17:18	CV	Jim Hoffee	
13	17:34	CV	Phil Arzino	Final Score
14	17:36	CV	Dave Milichichi	CV: 15
15	18:04	SLZ	Brian Newsome	
16	18:20	C	Jeff Romiguere	C: 64
17	18:25	SLZ	Greg Slentz	
18	18:48	SLZ	Ed Marsden	SLZ: 60
19	19:22	C	Jeff Barton	
20	19:55	SLZ	Nate Triggs	
21	19:57	SLZ	Bruce Dillinger	
22	20:25	C	Wadie Harb	
23	20:31	SLZ	Eric Yamshita	
24	20:39	SLZ	Ed Gabrielson	

CASTRO VALLEY vs. Canyon and San Lorenzo

Division: Junior Varsity

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	Final Score
1	12:28	CV	Jeff Schloss	CV: 21
2	12:46	CV	Eric Overland	
3	13:02	CV	Bill Bodin	C: 0
4	13:09	CV	Jim Trimble	
5	13:18	CV	Brent Cooper	SLZ: 0
6	13:33	CV	Doug Babb	

CASTRO VALLEY vs. Canyon and San Lorenzo

Division: Frosh Soph

CROSS COUNTRY at Castro Valley

Date: 10/16/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	11:51	C	Ken Romiguere	
2	11:53	CV	David Fordahl	
3	12:25	CV	Greg Routh	
4	12:37	CV	Dave Fisher	
5	12:52	CV	Bob Tieman	
6	12:56	SLZ	Richard Elgin	Final Score
7	12:57	CV	Kevin O'Leary	
8	13:10	CV	Landen Humphrey	CV: 21
9	13:25	C	Scott Flagg	
10	13:27	C	Tom Jensen	C: 47
11	13:40	CV	Dan Delariva	
12	13:46	SLZ	Garry Archer	SLZ: 66
13	14:38	C	Rich Windrich	
14	15:10	C	Greg Romiguere	
15	15:12	SLZ	Matt Anaya	
16	15:29	SLZ	Jeff Bernard	
17	15:31	SLZ	Harley Halseth	

RECORDS FALL AS SPARTANS SMOTHER O'DOWD

Pushed by a fast pace set by O'Dowd's Mike Collins, Phil Hornig and Kevin Rudy blistered a new course record shaving 19 seconds off the record Kevin set last year. Kevin had a 10 yard lead going into the last 220 but Phil put on a well-timed sprint and finished a half-step in front. Both were timed in 15:34. Ron Stevenson was by himself for the last mile but still finished in his own personal best time by 2 seconds. Steve Roberts, Doug Hall and Dave Strodbeck finished out the scoring in 6th, 7th, and 8th place respectively. Doug still is bothered by stomach cramps.

Terry Trimble lead a 1, 2, 3, 4 sweep in the JV Race setting a new 2 mile course record in the process. Following Terry were Jim Hoffer and Dave Milichichi (in the 3rd and 4th fastest times ever run on the course) and fast-improving Jeff Schloss. Eric Overland was 6th and had his best time by 37 seconds.

Mark Behning ran almost alone in the Frosh/Soph race and finished in a new course record only to have the record broken again minutes later by Trimble by 5 seconds. Nevertheless Marks' time was the fastest ever recorded by a Sophomore. Greg Routh was our 2nd man bettering his best by 19 seconds followed by David Fisher who bettering his best by 31 seconds. Dave Fordahl was 5th and Kevin O'Leary was 6th bettering his best by 42 seconds. Bob Tieman was 9th and bettered his best by 29 seconds followed closely by Bill Bodin, Greg Lapum, Doug Babb, James Trimble, and Brent Cooper.

CASTRO VALLEY vs O'DOWD

Division: Varsity

CROSS COUNTRY

Date: 10/18/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	15:34	CV	Phil Hornig	
2	15:34	CV	Kevin Rudy	
3	15:52	OD	Mike Collins	
4	16:18	CV	Ron Stevenson	
5	16:37	OD	Dale Rowl	
6	16:48	CV	Steve Roberts	
7	17:00	CV	Doug Hall	Final Score
8	17:04	CV	Dave Strodbeck	
9	17:20	OD	Ronald B.	CV: 20
10	17:28	OD	Emett Knight	
11	17:30	OD	Patrick Scannel	OD: 38
12	17:57	OD	Edgar Erkor	
13	17:57	OD	Bob Comming	

CASTRO VALLEY vs O'DOWD

Division: Junior Varsity

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	11:03	CV	Terry Trimble	
2	11:14	CV	Jim Hoffer	
3	11:18	CV	Dave Milichichi	
4	11:59	CV	Jeff Schloss	
5	12:05	OD	Kevin Corbett	
6	12:09	CV	Eric Overland	Final Score
7	12:12	OD	Keith Martinez	
8	12:16	OD	Fernando Ramas	CV: 16
9	12:20	OD	Bob Sauer	
10	12:39	OD	Paul Collins	OD: 39
11	13:09	OD	Tom Barbriere	
12	13:42	OD	Greg Debord	
13	15:02	OD	Mike Rodrigues	

CASTRO VALLEY vs O'DOWD

Division: Frosh-Soph

CROSS COUNTRY at Castro Valley

Date: 10/18/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	11:08	CV	Mark Behning	
2	12:01	OD	Ronald Coll	
3	12:06	CV	Greg Routh	
4	12:06	CV	Dave Fisher	
5	12:06	CV	David Fordahl	
6	12:15	CV	Kevin O'Leary	
7	12:22	OD	Dave Smith	
8	12:23	OD	Mathew Zahner	
9	12:23	CV	Bob Tieman	
10	12:33	CV	Bill Bodin	Final Score
11	12:48	CV	Greg Lapum	
12	12:52	CV	Doug Babb	CV: 19
13	12:53	CV	Jim Trimble	
14	12:54	OD	Paul Stevens	OD: 40
15	12:54	CV	Brent Cooper	
16	12:56	OD	Eldon Anderson	
17	12:58	OD	Jeff Walteis	
18	13:49	OD	Don Blake	
19	14:59	OD	Mike Moglia	
20	16:43	OD	Kenric Bailey	

SPARTANS SWEEP FIRST 10 PLACES AGAINST SUNSET AND ARROYO

History was set yesterday at Sunset High School as our powerful harriers lead by Kevin Rudy and Phil Hornig took the first 10 places in a three-way meet against Sunset and Arroyo. Our first 5 were 32 seconds apart; however, Rudy and Hornig ran a very relaxed pace. Ron Stevenson was 3rd, and Doug Hall 4th (finally getting rid of the stomach cramps which have plagued him recently). Steve Roberts was our 5th man right behind Doug Hall and was running very well.

Fast improving Terry Trimble was 6th, sophomore Mark Behning was 7th, Dave Strodtbeck was 8th and Phil Arzino and Jim Hoffer were 9th and 10th respectively.

The JV race was very similar to the varsity as we took 8 out of the top 9 spots. Jeff Schloss lead the way followed closely by Bill Bodin, Chris Kraus, Greg Lapum and James Trimble. Brent Cooper, Doug Babb and Michele Stevenson finished 7th, 8th and 9th in that order. Michele was the first girl ever to run on a Castro Valley JV team and she finished ahead of Sunsets' first runner. The first five finished 23 seconds apart which is excellent.

The Frosh/Soph race was the only disappointment of the day however in all fairness to our team sunset dropped their two top varsity runners who are sophomores to the Frosh/Soph race. Even at that we did not run as well as we could have or as well as we will have to if we have a chance to win the Frosh/Soph race at League. If our Sophomores had been in the race yesterday with the times recorded we would have tied Sunset 36 to 36.

Our top runner was Dave Fisher who finished 5th and was followed by Greg Routh in 7th, Dave Fordahl in 9th, Kevin O'Leary in 13th and Bob Tieman, Landon Humphrey, and Dan DelaRiva in 16, 17, and 18th place.

Castro Valley vs Arroyo & Sunset

Division: Varsity

CROSS COUNTRY at Sunset

Date: 10/23/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	15:16	CV	Kevin Rudy	
2	15:16	CV	Phil Hornig	
3	15:33	CV	Ron Stevenson	
4	15:44	CV	Doug Hall	
5	15:48	CV	Steve Roberts	
6	15:58	CV	Terry Trimble	
7	16:04	CV	Mark Behning	
8	16:04	CV	Dave Strodbeck	Final Score
9	16:17	CV	Phil Arzino	CV 15
10	16:18	CV	Jim Hoffer	
11	16:36	A	Dave Emery	A 50
12	16:37	A	Russ Wright	
13	17:18	A	Dan Bouton	
14	17:20	A	Link Litov	
15	17:23	A	Ken Grace	
16	17:25	S	Larry Newcomb	
17	17:30	CV	Eric Overland	
18	17:32	A	Gary Craig	
19	17:52	S	Paul Canaday	
20	18:15	S	Russell Hills	
21	18:19	S	Frank Diaz	
22	18:24	A	Rick Romero	

Castro Valley vs Arroyo & Sunset

Division: JV

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	11:51	CV	Jeff Schloss	
2	11:54	CV	Bill Bodin	
3	11:58	CV	Chris Kraus	
4	12:04	CV	Greg Lapum	
5	12:14	CV	Jim Trimble	
6	12:17	A	Julian Soto	Final Score
7	12:33	CV	Brent Cooper	CV 15
8	12:37	CV	Doug Babb	
9	12:51	CV	Michele Stevenson	
10	12:55	S	Brian Hutchinson	S 66
11	12:59	A	Frank Tapia	
12	13:19	S	Dave Mendez	
13	13:49	S	Dave Will	
14	15:57	A	Mark Souza	
15	17:02	S	Mike Clemens	
16	17:08	S	Dave Holochuck	

Castro Valley vs Arroyo & Sunset

Division: Frosh/Soph

CROSS COUNTRY at Sunset

Date: 10/23/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	11:08	S	Jesse Magallow	
2	11:15	S	Paul Lebon	
3	11:27	A	William Fanning	
4	11:34	S	Jerry Quarry	
5	11:36	CV	Dave Fisher	
6	11:42	A	Bob Cuddy	Final Score
7	11:44	CV	Greg Routh	
8	11:51	S	Joe Martin	CV 50
9	11:53	CV	David Fordahl	
10	12:02	A	Gary Wright	A 42
11	12:03	A	Ed Hohl	
12	12:07	A	Ken Butts	S 29
13	12:08	CV	Kevin O'Leary	
14	12:09	S	Dan Camacho	
15	12:15	S	Joe Engberson	
16	12:29	CV	Bob Tieman	
17	12:52	CV	Humphrey Landen	
18	13:07	CV	Dan Delariva	
19	13:51	A	Bob Miguel	

CASTRO VALLEY TAKES 2ND AT PLEASANT HILL

Phil Hornig lead the Spartan Harriers to a 2nd place finish in the biggest meet of the year so far. Phil placed 5th in the field of 96 runners and Kevin Rudy was 8th. Ron Stevenson was our next finisher in 20th and was one second off the time he ran here last year. Doug Hall was next at 29th and Steve Roberts running ill was our 5th man in 35th. Phil Arzino was our 6th finisher and was off his best time on this course by eight seconds. Our top 5 were 44 seconds apart and that is too much for a meet like this one. We obviously did not run our best race but we will meet the team that beat us at North Coast Section and we'll save our best for them.

The JV team lead by Terry Trimble ran a super with the top five just 21 seconds apart. Terry was 4th out of a field of close to 150 and super-sophomore Mark Behning was 8th just 2 seconds behind Terry. Jim Hoffer was next in 15th, Dave Strodbeck was 23rd, and Dave Milichichi was 24th. I don't see how anyone could beat us but Mt. Diablo did by one point.

The Frosh team went unplaced primarily because Mark Behning was moved up to the JV team. Kevin O'Leary was our first man in 31st followed closely by Bill Bodin in 36th, David Fisher in 37th, Greg Routh in 46th, and David Fordahl in 47th. James Trimble was 57th. There was only 15 seconds separating our top five but we just did not have enough high place finishes to do well.

Michele Stevenson took 11th out of some 90 girls in some top flight competition. Following Michele were Sandy Livingston in 72nd, Kirsten Roberts in 75th, Debbie Simpson in 77th, and Renee Stevenson in 81st.

PLEASANT HILL SUMMARY

	<u>1974</u>	<u>1973</u>	<u>1972</u>	<u>1971</u>
Hornig	9:46	10:15		
Rudy	9:49		10:36	11:34
Stevenson	10:13	10:12	10:56	
Hall	10:24		10:52	11:06
Trimble	10:26			
Behning	10:28	11:14		
Roberts	10:30	10:49		
Hoffer	10:38		11:45	
Arzino	10:40		10:32	
Strodtbeck	10:43			
Milichichi	10:47			
O'Leary	11:08			
Bodin	11:14			
Fisher	11:16			
Kraus	11:21			
Routh	11:23			
Fordahl	11:23			
J. Trimble	11:41			
M. Stevenson	12:24			
S. Livingston	14:28			
K. Roberts	14:40			
D. Simpson	14:43			
R. Stevenson	14:54			

SPARTANS FINISH DUAL SEASON UNDEFEATED

Our strong varsity team finished the season with a 13 - 0 record as they defeated Marina and Hayward easily. Phil Hornig and Kevin Rudy once again ran together and finished together a feat which they may repeat at the league finals next week. Steve Roberts ran well as he replaced a sub-par performance by Ron Stevenson who has been our third runner all year. Phil Arzino ran one of his best races of the year and was followed closely by Ron and Terry Trimble. Dave Strodbeck, Dave Milichichi, and Jim Hoffer were our 7th, 8th, and 9th placers.

Marina loaded up the JV team and easily defeated our JV's 20-35. Jeff Schloss was our top runner taking 3rd with Chris Kraus running one of his better races this year our 2nd runner finishing 6th. Eric Overland has been very consistant for us and finished 7th followed by sophomores Greg Lapum, Jim Trimble, Landon Humphrey, and freshman Bob Tieman.

The girls ran in the JV race and Michele Stevenson finished ahead of one Hayward JV runner.

Mark Behning had a close race with Hayward's DelRio with Mark winning in the last 330. Hayward took the next three places and Dave Fisher, Dave Fordahl, and Bill Bodin were 5th, 6th, and 7th. Greg Routh was our next runner followed by a sub-par performance by usually strong Kevin O'Leary. Dan DelaRiva and Brent Cooper both finished ahead of Marina's first runner. The final score was 28 to 28 with Castro Valley and Hayward tieing. We should have won this meet but we did not have real solid performances by everyone and that's what we will need next week at the league finals. The Hayward coach told me after the meet that they were going to beat us next week. What do you say about that?

CASTRO VALLEY vs MARINA and HAYWARD

Division: Varsity

CROSS COUNTRY at MARINA

Date: 10/30/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>
1	16:06	CV	Phil Hornig
2	16:06	CV	Kevin Rudy
3	16:30	M	Jeff Ziegler
4	16:33	CV	Steve Roberts
5	16:37	M	Mike De Groot
6	16:40	CV	Phil Arzino
7	16:47	CV	Ron Stevenson
8	16:48	CV	Terry Trimble
9	16:54	M	Dan Bettridge
10	16:55	CV	Dave Strodtbeck
11	17:00	M	Dave Munoz
12	17:03	CV	Dave Milichichi
13	17:16	H	Mike Sandmark
14	17:21	CV	Jim Hoffer
15	17:37	M	Chuck Reyna
16	17:38	M	Ralph Hernandez
17	17:45	M	Paul Navaro
18	17:49	H	Mike Griffin
19	19:40	H	Chris Black

Final Score:

Castro Valley 20

Marina 40

Hayward Forfeit

CASTRO VALLEY vs MARINA and HAYWARD

Division: Jr. Varsity

CROSS COUNTRY at MARINA

Date: 10/30/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>
1	11:28	M	Greg Torres
2	11:42	M	Bjord Reed
3	12:02	CV	Jeff Schloss
4	12:06	M	Steve Motta
5	12:08	M	Larry Nolan
6	12:15	CV	Chris Kraus
7	12:18	CV	Eric Overland
8	12:19	M	Kevin Clevinger
9	12:28	CV	Greg Lapum
10	12:29	CV	Jim Trimble
11	12:30	H	Dave Marcheschi
12	12:31	M	Don Peterson
13	12:43	H	Chris Martin
14	12:50	CV	Humphrey Landen
15	13:02	CV	Bob Tieman
16	13:06	H	Ed Madeiros
17	13:09	CV	Doug Babb
18	13:18	H	Phil Ribera
19	13:26	H	Karl Heuken
20	13:27	H	Bruce Banford
21	13:30	CV	Michelle Stevenson
22	14:04	H	Bill Crosby
23	15:09	CV	Sandy Livingston
24	16:19	CV	Kirsten Roberts
25	16:29	CV	Debbie Simpson
26	17:19	CV	Renee Stevenson
27	18:09	CV	Joan Hornig
28	18:15	CV	Joan Lateer

Final Score:

Castro Valley 35

Marina 20

Hayward 75

Castro Valley vs Marina & Hayward

Division: Frosh/Soph

CROSS COUNTRY at Marina

Date: 10/30/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	11:08	CV	Mark Behning	
2	11:13	H	George DelRio	
3	11:41	H	Greg Griffin	
4	11:51	H	Robert Smith	
5	11:53	CV	Dave Fisher	
6	11:55	CV	David Fordahl	
7	11:58	CV	Bill Bodin	Final Score
8	12:01	H	Jim Norsworthy	CV 28
9	12:11	CV	Greg Routh	
10	12:37	CV	Kevin O'Leary	H 28
11	12:58	H	Bruce Goethe	
12	13:00	CV	Dan Delariva	M Forfeit
13	13:13	CV	Brent Cooper	
14	14:00	H	Rich Wallace	
15	14:27	H	Robert Thompson	
16	14:59	M	Brian Dubbs	

Castro Valley vs Moreau

Division: Girls

CROSS COUNTRY at Castro Valley

Date: 10/1/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	10:14	CV	Michele Stevenson	
2	11:04	M	Katy Chevalier	
3	11:04	M	Nancy Scarlett	
4	11:40	M	Katie Sullivan	
5	11:55	M	Suzy Devane	Final Score
6	11:57	CV	Sandy Livingston	
7	11:59	M	Frances McKenney	CV 34
8	12:00	CV	Kirstein Roberts	
9	12:09	CV	Darcey Thomason	M 21
10	12:12	CV	Joan Hornig	
11	14:20	M	Liz Gines	
12	14:43	M	Karen Anderson	
13	16:44	M	Teresa Tavares	
14	16:47	M	Carlene Leal	

Castro Valley vs Holy Names

Division: Girls

CROSS COUNTRY at Castro Valley

Date: 10/22/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	9:52	CV	Michele Stevenson	
2	10:40	CV	Sandy Livingston	
3	11:08	HN	Dian Kehres	
4	11:09	HN	Alycia Young	
5	11:10	CV	Darcy Thomason	
6	11:13	CV	Kirsten Roberts	Final Score
7	11:18	HN	Kyra Knight	
8	11:21	CV	Debbie Simpson	CV 22
9	11:38	CV	Joan Hornig	
10	11:50	CV	Laurel Thomason	HN 37
11	12:14	HN	Karen Knight	
12	12:22	HN	Kathy MacIntyre	
13	12:34	HN	Shaila Crumplo	
14	14:05	HN	Lisa Cohen	

Castro Valley vs Los Lomas

Division: Girls

CROSS COUNTRY at Castro Valley

Date: 10/8/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	9:39	CV	Michele Stevenson	
2	9:44	LL	Tamasin Gray	
3	10:05	LL	Carolyn Hermann	
4	10:47	LL	Mary Falferek	
5	11:05	LL	Bodil Flisland	
6	11:37	CV	Sandy Livingston	Final Score
7	12:02	CV	Darcey Thomason	
8	12:18	CV	Renee Stevenson	CV 31
9	12:20	CV	Kirsten Roberts	
10	12:23	CV	Laurel Thomason	LL 26
11	12:23	CV	Joan Hornig	
12	12:50	LL	Janice Bowerman	
13	13:06	LL	Leslie Car	

Castro Valley vs San Lorenzo
 CROSS COUNTRY at Castro Valley

Division: Girls
 Date: 10/16/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	10:00	CV	Michele Stevenson	
2	10:38	SLZ	Wendy Elgin	
3	11:10	CV	Sandy Livingston	
4	11:24	CV	Darcie Thomason	
5	11:34	CV	Kirsten Roberts	
6	11:39	SLZ	Debbie Blaton	Final Score:
7	11:40	SLZ	Denise Freeman	
8	11:44	CV	Renee Stevenson	CV 21
9	11:53	CV	Debbie Simson	
10	11:56	SLZ	Linda Formet	SLZ 36
11	12:33	SLZ	Elene Wedemeyer	
12	13:01	CV	Joan Hornig	
13	13:43	CV	Joan Lateer	
14	13:50	SLZ	Rhoda Kirk	

Castro Valley vs O'Dowd
 CROSS COUNTRY at Castro Valley

Division: Girls
 Date: 10/18/74

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	9:36	OD	Sheila Scannell	
2	9:44	CV	Michele Stevenson	
3	10:28	OD	Annette O'Valley	
4	10:46	CV	Sandy Livingston	
5	10:51	CV	Darcie Thomason	
6	10:52	OD	Anne Caleso	Final Score
7	10:56	CV	Kirsten Roberts	
8	11:00	CV	Laurel Thomason	
9	11:36	OD	Lisa Ivory	CV 26
10	11:43	CV	Debbie Simpson	
11	11:55	CV	Renee Stevenson	
12	12:30	OD	Julie Doerner	OD 31
13	12:46	OD	Liz Collins	
14	13:08	CV	Joan Hornig	

1974

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

November 6, 1974
Hayward High School

VARSIITY

1	Phil Hornig	15:27	CV	25	Mike Huffstutler	17:33	ME
2	Kevin Rudy	15:36	CV	26	Jack Blanch	17:35	T
3	Steve Gray	16:02	T	27	Brad Speckman	17:38	T
4	Ron Stevenson	16:02	CV	28	Paul Navarro	17:38	M
5	Dale Hatakeyama	16:16	SL	29	Chuck Reyna	17:44	M
6	Andy Enanoria	16:19	T	30	Dan Boulton	17:47	A
7	Brett Hill	16:23	T	31	Ken Grace	17:50	A
8	Terry Trimble	16:32	CV	32	Jeff Barton	17:56	C
9	Brad Rock	16:35	C	33	Alex Medina	17:57	T
10	Jeff Ziegler	16:44	M	34	Clark Bales	17:58	ME
11	Phil Arzino	16:46	CV	35	Ed Marsden	18:08	SL
12	Mike Degroot	16:47	M	36	Lincoln Litov	18:52	A
13	Dan Bettridge	16:51	M	37	Gary Craig	19:02	A
14	Mike Sandsmark	16:53	H	38	Eric Yamashita	19:14	SL
15	Steve Roberts	16:56	CV	39	Nate Triggs	19:22	SL
16	Dave Munoz	16:56	M	40	Larry Newcomb	19:28	S
17	Jim Masingale	17:01	ME	41	Frank Diaz	19:42	S
18	Greg Slentz	17:02	SL	42	Matt Heath	19:45	H
19	David Emery	17:09	A	43	Rick Romero	19:54	A
20	Mike Griffin	17:10	H	44	Ed Gabrielson	20:38	SL
21	Rich Breece	17:11	ME	45	Bruce Banford	20:59	H
22	Russ Wright	17:15	A	46	John Crawford	21:00	ME
23	Jeff Romiguere	17:22	C	47	Karl Heuken	21:18	H
24	Brian Newsome	17:25	SL	48	Bill Crosby	22:13	H

TEAM SCORES

1	Castro Valley	26	1120123
2	Tennyson	69	
3	Marina	79	
4	San Lorenzo	120	
5	Arroyo	138	
6	Mt. Eden	144	
7	Hayward	168	
	Canyon	no score	
	Sunset	no score	

1974

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

November 6, 1974
Hayward High School

JUNIOR VARSITY

1	Dave Milichichi	10:48	CV	16	Chris Black	12:14	H
2	Dave Strodtbeck	10:59	CV	17	Jim Ellington	12:16	T
3	Jim Hoffer	11:03	CV	18	Don Petersen	12:24	M
4	Jim Moita	11:08	T	19	Chris Martin	12:30	H
5	Mark Molina	11:13	T	20	Jerry Jessop	12:35	T
6	Rich Judy	11:22	T	21	Armando Orubeondo	12:35	ME
7	Mikael Christensen	11:28	M	22	Devi Marcheschi	12:38	H
8	Jeff Schloss	11:34	CV	23	Ed Madeiros	12:44	H
9	Mike Condie	11:40	T	24	Larry Huffstutler	13:03	ME
10	Eric Overland	11:42	CV	25	Kevin Byrne	13:04	ME
11	Chris Kraus	11:44	CV	26	Bob Juntz	13:05	ME
12	Mike Herbst	11:49	T	27	Ricky Anderson	13:27	ME
13	Steve Motta	11:49	M	28	Phil Ribera	13:28	H
14	Larry Nolan	11:51	M	29	Bryan Dubbs	15:25	M
15	Kevin Clevenger	11:56	M				

TEAM SCORES

1	Castro Valley	24
2	Tennyson	36
3	Marina	67
4	Hayward	108
5	Mount Eden	123
6	Arroyo	no score
7	Canyon	no score
8	San Lorenzo	no score
9	Sunset	no score

1974

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

November 6, 1974
Hayward High School

FROSH - SOPH

1	Mark Behning	10:42	CV	26	Glen Hill	12:03	T
2	George Delrio	10:45	H	27	Tom Gomes	12:05	T
3	Greg Griffin	11:02	H	28	Scott Flagg	12:08	C
4	Jesse Magallon	11:05	S	29	Wadie Harb	12:08	C
5	Bob Smith	11:08	H	30	Ed Hohl	12:09	A
6	Ken Romiguere	11:09	C	31	Joe Engberson	12:10	S
7	Paul Lebon	11:11	S	32	Dan Camacho	12:14	S
8	Gerald Elliott	11:12	T	33	Tom Jensen	12:15	C
9	Jerry Quarry	11:13	S	34	Bruce Goethe	12:20	H
10	Bill Bodin	11:15	CV	35	John Traynor	12:27	ME
11	Kevin O'Leary	11:24	CV	36	G. Archer	12:36	SL
12	Keith Ortiz	11:25	ME	37	Steven Caldwell	12:51	A
13	James Rorsworthy	11:26	H	38	Garry Archer	13:04	SL
14	Greg Routh	11:27	CV	39	Mark Demeduk	13:13	ME
15	David Fisher	11:29	CV	40	Bob Miguel	13:21	A
16	David Fordahl	11:32	CV	41	Rick Windrich	13:22	C
17	Rick Collier	11:34	T	42	Don Looby	13:24	ME
18	Robert Cuddy	11:34	A	43	James Silva	13:27	T
19	Joe Martin	11:45	S	44	David Mendez	13:31	S
20	Gary Wright	11:54	A	45	Mike Ferguson	13:58	ME
21	Greg Lapum	11:54	CV	46	Harley Halsetn	13:58	SL
22	Ken Butts	11:58	A	47	Estrada Bernard	14:26	SL
23	Calvin Sanders	11:59	T	48	Matt Anya	14:50	SL
24	Steve Barber	12:02	T	49	Debbie Blanton	15:02	SL
25	Mark Hager	12:03	A	50	Greg Romiguere	-----	C

TEAM SCORES

1	Castro Valley	51
2	Hayward	57
3	Sunset	70
4	Tennyson	98
5	Arroyo	115
6	Canyon	137
7	Mount Eden	173
8	San Lorenzo	215
9	Marina	no score

1974

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

November 6, 1974
Hayward High School

RESERVES

1	Russ Hills	11:50	S	22	Michele Stevenson	13:16	CV
2	Tom Noble	11:57	T	23	Jon Garcia	13:20	T
3	John Witherspoon	12:03	T	24	Bill Burrell	13:35	T
4	Julian Soto	12:13	A	25	Pete Kavanagh	13:43	T
5	James Trimble	12:15	CV	26	Bob Ryan	13:44	A
6	Bob Alexander	12:16	T	27	James Costa	13:47	T
7	Landon Humphrey	12:17	CV	28	Ray Will	13:52	S
8	Bob Tieman	12:22	CV	29	Denny Moore	13:52	T
9	Tom Luallin	12:30	T	30	Wendy Elgin	13:56	SL
10	Nicholas Olmo	12:37	T	31	Denise Griedman	14:26	SL
11	Dan Dela Riva	12:42	CV	32	Randy Parsons	14:37	T
12	Doug Babb	12:44	CV	33	Sandy Livingston	14:41	CV
13	Brent Cooper	12:47	CV	34	Kirsten Roberts	14:44	CV
14	Bob Bier	12:52	T	35	Linda Gourmet	15:23	SL
15	Brian Keith	12:55	T	36	Ellen Wedemeyer	15:27	SL
16	Brian Hutchinson	12:58	S	37	Mark Souza	15:32	A
17	Frank Tapia	13:03	A	38	Chris Hurtado	15:38	T
18	Steve Bickell	13:06	T	39	Debbie Simpson	15:55	CV
19	Gary Gomes	13:12	T	40	Dave Hodlchuck	16:25	S
20	Chris Juarez	13:13	T	41	Joan Hornig	16:29	CV
21	Rich Wallace	13:15	H				

HAAL powerhouse

C.V. runners 'team to beat'

By JOHN HICKEY

HAYWARD — Two years ago, a group of freshman and sophomore distance runners from Castro Valley High captured the North Coast Section's frosh-soph cross country title at Lafayette Reservoir.

This year, the NCS varsity cross country championships are being run at Lafayette Reservoir, and that same group of runners is hoping to repeat its victory of two years ago.

First, however, the Spartans must get through the Hayward Area Athletic League season and championship meet. Most people close to the sport, however, see the Spartans as virtual shoo-ins in the HAAL.

"This is the best team we've ever had at Castro Valley," says Spartan coach Norm

Guest, whose teams have taken the league title four of the past five years and whose 1973 team took seventh in the NCS last year with no seniors on the squad.

"I hate to say it," says Tennyson's Ron Stark, "but it almost seems as if CV is unbeatable."

Leading the Spartans is senior Kevin Rudy, who may be the top runner in the league. Juniors Phil Hornig and Ron Stevenson are very nearly in Rudy's class, and senior Doug Hall and junior Steve Roberts round out the top five for the Spartans.

Last year's individual champion, Doug Padilla of Marina, has graduated, and the second-through-sixth place finishers at last year's meet were the Spartans mentioned above.

Tennyson, as usual, will field a good team led by Steve Gray and Brad Speckman. The Lancers are currently hurting, however, with Gray limping because of a sprained ankle and Speckman trying to recover from shin problems.

Other top runners in the league this year include San Lorenzo's Dale Hatakeyama, Arroyo's Dave Emery and Canyon's Jeff Lee, winner of the HAAL frosh-soph title a year ago.

They'll all begin running tomorrow afternoon in a trio of triangular matches: Arroyo and Hayward at San Lorenzo; Canyon and Marina at Sunset; Castro Valley, Mt. Eden at Tennyson.

The Daily Review Hayward, Calif.
Thursday, October 10, 1974 29

HAAL cross country

Spartans easy winners

Marina, San Lorenzo and Castro Valley High posted wins yesterday as the Hayward Area Athletic League kicked off the cross country season with three triangular meets.

Dave Bradrock of Canyon was clocked in 16:00 over Sunset High's course, but his individual victory wasn't enough as Marina posted a 27-44-55 win over the Cougars and the Falcons.

In other matches, Castro Valley trounced Mt. Eden, 16-44, while Tennyson didn't field enough of a varsity team

to figure in the team scoring, and San Lorenzo squeaked past Arroyo and Hayward, 38-41-41.

The defending champion Spartans captured the first four places and five of the first six in beating the Monarchs, Phil Hornig, Kevin Rudy, Ron Stevenson and Doug Hall all clocked under 16 minutes over the Tennyson course.

Dale Hatakeyama was the run away winner for the Rebels, traversing his home course in 16:09. Arroyo's Dave Emery was second in 16:31, and Hayward's George Del Rio was third in 16:34.

Marina's victory came as Jeff Ziegler and Dan Bettridge finished two-three behind Bradrock.

Castro Valley 14, Mt. Eden 44, Tennyson no score

Hornig (CV), 15:12; Rudy (CV), 15:15; Stevenson (CV), 15:26; Hall (CV), 15:43; Hill (T), 15:49; Roberts (CV), 16:08; Enaricio (T), 16:16; Arzoo (CV), 16:18; Trivette (CV), 16:19; Mazonale (ME), 16:43.

JV Score — Tennyson 31, Mt. Eden 38, Castro Valley no score. W — Matto (T), 16:27.

F-6 Score — Castro Valley 22, Tennyson 38, Mt. Eden no score. W — Bettridge (CV), 16:22.

Marina 27, Canyon 44, Sunset 55
Bradrock (C), 16:00; Ziegler (M), 16:05; Bettridge (M), 16:20; DeGroot (M), 16:24; Romiguero (C), 16:28; Lee (C), 16:31; Magoni (S), 16:32; Navarro (M), 16:38; Lebon (S), 16:48; Bjorn Reed (M), 17:28.

Junior Varsity

Fresh-Soph
Canyon 22, Sunset 38, Marina no score

San Lorenzo 38, Arroyo 41, Hayward 41
Hatakeyama (SL), 16:09; Emery (A),

16:31; DeRita (M), 16:34; Oridin (M), 16:41; Wright (A), 16:42; Mowbrine (SL), 16:47; Sauton (A), 17:01; Stantz (SL), 17:04; Smith (SL), 17:10; Norworthy (M), 17:11; Cuddy (A), 17:14; Sandmark (M), 17:15; Grace (A), 17:16; Dellinger (SL), 17:28.

Junior Varsity
Arroyo 27, Hayward 38, San Lorenzo 38

Hornig, Rudy in harrier record

CASTRO VALLEY — Phil Hornig and Kevin Rudy of Castro Valley share a new course record after leading the Spartans to a 26-38 cross country win over Bishop O'Dowd yesterday on their home course.

Hornig crossed the finish line first, but he and Rudy were both timed in identical 15:34 to break the old record set in 1973 by the same Kevin Rudy at 15:53.

Bishop O'Dowd's Mike Collins finished third with a time of 15:52.

CASTRO VALLEY 26, BISHOP O'DOWD 38
Hornig (CV) 15:34 (new course record); Rudy (CV) 15:34 (new course record); Collins (OD) 15:52; Stevenson (CV) 16:10; Reese (OD) 16:27; Roberts (CV) 16:48; Hall (CV) 17:00; Stredbeck (CV) 17:04; Bee (OD) 17:20; Knight (OD) 17:28.

JUNIOR VARSITY
Castro Valley 14, Bishop O'Dowd 38
Trivette (CV) 11:40 (new course record).

FRESH-SOPH
Castro Valley 22, Bishop O'Dowd 40

C.V. runners favored

PLEASANT HILL — Castro Valley High, undefeated in Hayward Area Athletic League cross country competition to date, will be one of the favorites tomorrow in the 10th annual running of the Pleasant Hill High Cross Country Jamboree.

Mt. Diablo is the defending champion in the medium school division and would have been the favorites until CV defeated the Red Devils in the San Ramon Invitational.

The Spartans, led by Kevin Rudy and Phil Hornig, will have to contend with the Red

Devils' one-two punch of Ron Criner and Bill Bedecarre, both of whom are juniors.

Other South County schools in the meet include Livermore, Amador, John F. Kennedy-F and Mt. Eden.

Competing in the small schools category will be Pacific, San Leandro, Moreau and Bishop O'Dowd, while Irvington and Mission San Jose will be among the large schools entered.

Cal State Hayward will be among the 11 teams entered in the collegiate race.

Pleasant Hill Cross County Jamboree

STARTING TIMES — Elementary Schools, 9 a.m.; Junior High Schools, 9:15 a.m.; Frosh race, 9:35-9:45 a.m.; Junior Varsity race, 10:45 a.m.; Girls Varsity race, 11 a.m.; Small Schools Varsity race, 11:15 a.m.; Medium Schools Varsity race, 11:35; Large Schools Varsity race, 11:50 a.m.; Collegiate race, 12:30 p.m.

Spartans win final triangular

Castro Valley High closed out the triangular meet portion of the Hayward Area Athletic League cross country season with its fourthstraight victory yesterday, as the Spartans sent Marina and Hayward down to defeat.

The Spartans, led by Phil Hornig and Kevin Rudy, who tied for first place at 16:06, garnered 20 points to 40 for the Titans and the Farmers did not field enough men to figure in the final tally.

In other meets, Brad Rock and Jeff Lee tied for first place in 16:04 to give Canyon's Cougars a 24-44-44 win over Arroyo and Mt. Eden and Tennyson easily bested San Lorenzo.

18-42, with Sunset a non-scorer in the triangular.

Next Wednesday at Hayward, the league's nine schools will get together for the annual league meet with CV a heavy favorite to win the championship. The Spartans were 4-0 in the triangular.

Steve Gray set the pace for Tennyson, winning by 15 seconds over teammate Bret Hill. Gray was timed in 15:22 at the Tennyson course, and set a school record en route to victory.

Canyon 24, Arroyo 44, Mt. Eden 44

Lee (C) and Rock (C) (tie), 16:04; Emery (A), 16:14; Wright (A), 16:21; Romiguere (C), 16:24; Masingale (ME), 16:27; Hufstutler (ME), 16:58; Bates (ME), 16:59; Barton (C), Boulton (A), 17:05.

JV Score — Mt. Eden 22, Arroyo and Canyon no score, W—Soto (A), 11:54.

F-S Score — Arroyo 24, Canyon 36, Mt. Eden 60, W—Romiguere (C), 11:24.

Castro Valley 28, Marina 48, Hayward no score

Hornig (CV) and Rudy (CV) (tie), 16:06; Ziegler (M), 16:30; Roberts (CV), 16:33; DeGroot (M), 16:37; Arzino (CV), 16:40; Stevenson (CV), 16:47; Trimble (CV), 16:48; Bettridge (M), 16:54; Strodbeck (CV), 16:55.

JV Score — Marina 20, Castro Valley 35, Hayward 75; W—Torres (M), 11:28.

F-S Score — Castro Valley 28, Hayward 28, Marina no score, W—Behning (CV), 11:08.

Tennyson 18, San Lorenzo 42, Sunset no score

Gray (T), 15:22; B. Hill (T), 15:37; Hatakeyama (SL2), 15:41; Enanoria (T), 16:06; Speckman (T), 16:26; Blanch (T), 16:31; Newsome (SL2), 16:37; Sientz (SL2), 16:43; Medina (T), 17:21; Marsden (SL2), 17:26.

JV Score — Tennyson 15, Sunset 50, San Lorenzo no score, W—Motta (T), 10:17.

F-S Score — Tennyson 28, Sunset 28, San Lorenzo 96, W—Elliott (T), 10:32.

Spartans nab first 10 places in cross country

Castro Valley High took the first ten places in its meet with Arroyo and Sunset yesterday to highlight Hayward Area Athletic League cross country competition.

While CV polished off the Dons and the Falcons, Tennyson defeated Canyon and Hayward, 27-42-62, and Marina triumphed over San Lorenzo and Mt. Eden, 23-48-55.

In an Alameda County Athletic League meet, San Leandro bested Kennedy and Pacific, 27-48-53.

Kevin Rudy and Phil Hornig finished in a dead heat for first place for the Spartans, and Ron Stevenson and Doug Hall were not far behind.

Steve Gray led Tennyson to victory with a 17:19 clocking over three miles, with Canyon's Jeff Lee (17:31) and Brad Rock (17:55) finishing 2-3. Top Hayward finisher was Mike Sandmark.

The first five finishers in the meet — Gray, Lee, Rock, Tennyson's Andy Enanoria and Canyon's Jeff Romiguere — all broke the existing course record at Canyon.

Dale Hatakeyama finished first for San Lorenzo, but Marina runners took the next four places to pace a Titan victory.

Hatakeyama was timed in 15:33, with Jeff Ziegler (15:59), Mike DeGroot (16:12), Dave Munoz (16:16) and Dan Bettridge (16:20) of Marina coming in behind him. Top ME finisher was Jim Masingale, who was seventh at 16:35.

San Leandro's victory was paced by Steve Pitcher, who covered the Joaquin Miller Course in Oakland in 18:14.

John Muir Junior High's Craig Cutting covered the two-mile course in a school record 12:27 to win the soph race. Muir was an easy soph winner in the four team race, beating Pacific, San Leandro and Kennedy, 27-44-82-93.

Marina 23, San Lorenzo 46, Mt. Eden 55

Hatakeyama (SL), 15:33; Ziegler (M), 15:59; DeGroot (M), 16:12; Munoz (M), 16:16; Bettridge (M), 16:20; Newsome (SL), 16:23; Masingale (ME), 16:35; Ortiz (ME), 16:38; Reyna (M), 16:39; Boles (ME), 16:45.

JV Score — Marina 15, Mt. Eden 45, San Lorenzo no score. W — Christiansen (M), 11:20.

PS Score — Mt. Eden 24, San Lorenzo 31, Marina no score. W — Elgin (SL), 12:14.

Tennyson 27, Canyon 42, Hayward 62

Gray (T), 17:19; Lee (C), 17:31; Rock (C), 17:55; Enanoria (T), 18:00; Romiguere (C), 18:08; Hill (T), 18:23; Speckman (T), 18:38; Sandmark (H), 18:45; Medina (T), 18:56; Bianche (T), 19:03.

JV Score — Tennyson 17, Hayward 41, Canyon no score. W — Judy (T), 13:23.

PS Score — Tennyson 29, Canyon 36, Hayward no score. W — Romiguere (C), 13:05.

Castro Valley 13, Arroyo 30, Sunset Incomplete

Hornig (CV), 15:16; Stevenson (CV), 15:33; Hall (CV), 15:44; Roberts (CV), 15:48; Trimble (CV), 15:58; Behning (CV), 16:04; Strodtbeck (CV), 16:04; Arzino (CV), 16:17; Hoffer (CV), 16:18. Junior Varsity

Castro Valley 13, Sunset 44

Jeff Schloss (CV) 11:51. Fresh soph

Sunset 29, Arroyo 42, Castro Valley 30

Jesse Magallon (S) 11:08.

HAAL meet at Hayward

Spartans in defense of cross-country title

By JOHN HICKEY

HAYWARD — Castro Valley High sets out in defense of its Hayward Area Athletic League cross country championship tomorrow at 3:15 p.m. at Hayward High.

The Spartans, who went undefeated in varsity triangular meet competition, will not be at full strength, however, with one runner out for sure and another hobbled.

Doug Hall will not see competition for CV after being hospitalized last week with an injury. Ron Stevenson twisted his ankle last week, but is expected to run. Hall and Stevenson have been the third and fourth runners this year for the Spartans.

But before you break out the crying towel for coach Norm Guest's squad, let it be noted that the Spartans are still favored to take home the varsity championship tomorrow.

Among the swift runners at Guest's disposal are Phil Hornig and Kevin Rudy, two of the best runners in the league. In addition, Steve Roberts is probably the best No. 5 man in the league — although he'll be moved up to fourth with Hall injured.

Traditionally strong Tennyson is good again this year — its only loss in triangular competition coming at the hands of CV — but even with Hall missing from the Spartan lineup, it's questionable whether or not the Lancers can overtake the defending champs.

Steve Gray is the Lancers' top threat, and he figures to fight it out with Hornig and Rudy for the individual honors. There are also some darkhorses in the race for individual honors, including Canyon's Jeff Lee, San Lorenzo's Dale Hatakeyama and Arroyo's Dave Emery. All three were good performers last year, but haven't quite lived up to expectations this year.

Hayward and Sunset seem capable of giving the Spartans a good run in the frosh soph race. Both the Farmers and the Falcons have good crops of young runners in the freshman and sophomore classes.

Prep of the Week

Hornig proves surprise for C.V. harrier squad

By JOE DeLOACH

CASTRO VALLEY — The demanding sport of cross country has always been synonymous with success at Castro Valley High.

According to popular coach Norm Guest, the Spartans have had their finest team this year in the school's history.

Last week, as expected, Castro Valley easily won the Hayward Area Athletic League team championship. What wasn't expected, though, was the winning performance of the Spartans' Phil Hornig, this week's Daily Review Prep of the Week.

Hornig, a junior, used a strong finishing kick to upset pre-meet favorite Kevin Rudy, also of Castro Valley, to come away with top individual honors.

Hornig's time over the Hayward High course equalled the HAAL meet mark of 15:27 that was established by San Lorenzo's Ted Quintana in 1972.

"This year he (Hornig) has really come into his own," praises Guest. "Last year he just didn't do anything outstanding. It was a surprise to me that he could catch and pass Rudy."

All season long, Hornig and Rudy, who is a senior, have been running strong races. In an early-season meet against eventual Catholic Athletic League champion Bishop O'Dowd, Hornig defeat Rudy.

"After that race," recalls Guest, "they both just seemed to run side by side. They have finished together at least three times in meets this year. They kind of wait and see how the race will go. It is a gentlemen's agreement between them."

If Hornig has one particular drawback as a runner, it is that he works out more than he really needs to. Well, at least, that is what his coach says.

"He is the kind of kid that runs too much," says Guest cryptically. "I told him to quit running so much because he was getting some foot and knee problems. I told him to do quality workouts instead of quantity."

The Spartans and Alameda will probably be the two top teams competing for first place honors in tomorrow's North Coast Section Division I Meet at Coyote Hills in Newark.

"There is no doubt about it," says Guest. "This is the best team that I have ever had, individual wise and depth wise. The kids have their sights at that section meet because they know this is our best shot."



**PHIL
HORNIG**

CASTRO VALLEY HIGH SCHOOL'S OUTSTANDING CROSS COUNTRY RUNNER WHO CAPTURED FIRST PLACE IN THE H.A.A.L.'S CROSS COUNTRY MEET LAST WEEK... HIS TIME OF 15:27 EQUALED THE H.A.A.L. COURSE RECORD THAT TED QUINTANA OF SAN LORENZO SET IN 1972. THE SPARTANS COMPETE IN THE NORTH COAST SECTION DIVISION I MEET AT COYOTE HILLS TOMORROW



The members of the Cross Country Team wish to express their sincere thanks and appreciation to the parents who have followed us so faithfully this year, provided transportation, and provided snacks and refreshments at the conclusion of our meets.

Mr. & Mrs. Arzino
Mrs. Behning
Mr. & Mrs. Hornig
Mrs. Roberts
Mrs. Trimble

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