

Canyon's last year of cross country was easily its best. Tony Casillas had promised a championship within five years when he returned to Canyon in 1973. It took him four years, and he did it without a senior on the team! The varsity team, composed of juniors Ken Romiguere, Jason Lee, Scott Flagg, Tom Jensen, Greg Romiguere, and Bob Vitton, and sophomore Charlie Harb, were 13-1 in dual meets for the year, 8-0 for the league dual meet championship, won the HAAL meet, finished 2nd in the NCS AAA championships, and seventh in the North Coast finals. The team also won the small schools division championship at the Livermore Invitational, and finished the season ranking seventh in the East Bay.

Individually, the team was led by Ken Romiguere. Ken was undefeated in the HAAL, broke the school record in the only 2 mile race he ran, won the Livermore Invitational, finished second at the OAL Invitational, 3rd at the NCS AAA meet, and ninth at North Coast. In addition, he was named to the All-East Bay team and was second team all-Northern California. This was the greatest season ever turned in by a Canyon runner. Jason Lee, Charlie Harb, and Scott Flagg traded the 2-3-4 slots on the team all year, and their running was one of the biggest reasons for Canyon's sudden rise to the top this year. Lee and Harb were all-HAAL, and Flagg missed the honor by 3 seconds. Harb, in his only frosh-soph race of the year, won the HAAL Invitational and broke the course record in the process. Although that triumvirate was important, perhaps the most important men to Canyon's success this year were Tom Jensen and Greg Romiguere. Throughout the summer, everyone had become aware that there would be a very solid first four, but that's what Tennyson had last year when they lost to Castro Valley. The question was, would we have a strong fifth man? Jensen and Romiguere answered that question with an emphatic yes. Tom was the man who keyed the wins over Hayward and Castro Valley in the dual meets, and was able to get past enough people at the HAAL finals to give Canyon the win, despite a painful foot injury. Greg was more than adequate backup for Tom at the end of the year, and was the reason for the Cougars' second place at the NCS AAA meet with a super race. This team returns intact next year at Castro Valley, with the addition of Dave Fisher, Greg Routh, and Doug Rodgers, which should create a team which will be one of the most powerful in the Bay Area.

Canyon's frosh-soph team had an uneven, but very exciting year, as would be expected with a team which had only one man who had run cross country before. Darin Rock, Mike Yepez, Steve Fazzini, Pat Todd, Rick Leizgold, Basem Harb, and Mark Duchaineau finished 6-8 overall, 5-3 in league, and sixth at the HAAL finals. The JV team was led by Gordon Granger and Greg Osborne, and bolstered by the occasional addition of Greg Romiguere or Bob Vitton from the Varsity. They finished with a 5-8-1 overall record, and a 4-4 record in league. Granger and Osborne came up with excellent races at the league finals, finishing fifth and seventh, respectively.

MEET: 4th Annual Time Trial  
 DATE: September 17, 1976  
 COURSE: 2.0 miles; very hilly and narrow

RESULTS:

1. Ken Romiguere(Varsity)	12:00	10. Rich Cameron(Varsity)	14:27
2. Jason Lee(Varsity)	12:13	11. Greg Osborne(Varsity)	14:46
3. Scott Flagg(Varsity)	12:20	12. Darin Rock(Frosh-Soph)	14:48
4. Peter Jensen(Alumni)	12:28	13. Mike Yepez(Frosh-Soph)	14:52
5. Jeff Romiguere(Alumni)	12:47	14. Pat Todd(Frosh-Soph)	15:32
6. Tim Kuta(Alumni)	12:48	15. Rick Leizgold(Frosh-Soph)	15:55
7. Greg Romiguere(Varsity)	13:10	16. Steve Fazzini(Frosh-Soph)	16:29
8. Charlie Harb(Varsity)	13:58	17. Basim Harb(Frosh-Soph)	16:45
9. Tom Jensen(Varsity)	14:09	18. Mark Dushaneo(Frosh-Soph)	17:15

Canyon made an auspicious debut in its time trial, defeating a nominal alumni team, 6-15. Ken Romiguere, Jason Lee, and Scott Flagg, all juniors, moved away from their three alumni challengers to gain a sweep in the three-man scoring. The frosh-soph team also came up with a very impressive performance, led by freshman Darin Rock and first-year runner Mike Yepez, who was in just his third day of workouts. Charlie Harb and Greg Osborne were the only varsity runners who failed to get a PR(personal record) for the course. Ken Romiguere got his best by nearly a full minute, Jason Lee, in his first year of serious cross country, ran a spectacular time, Scott Flagg lopped 51 seconds off his PR, Greg Romiguere 39, Tom Jensen 2, and Rich Cameron a healthy 2:04.

This race marks the beginning of a new feature in the meet reports; the institution of giving out awards for each race. For each race, three awards will be given: best performance(which will not be simply the best time, but will be awarded to the runner who runs closest to, or farthest above, his own potential), the intestinal fortitude award, which will go to the runner who displays the most of that particular quality, and one miscellaneous award, which will be made to fit the situation, and should not be taken the least bit seriously. Here then, without any further ado, are the awards for the time trial:

VARSIITY Best Performance: GREG ROMIGUIERE  
 Intestinal Fortitude: JASON LEE  
 "But really, I didn't run hard": KEN ROMIGUIERE

FROSH-SOPH Best Performance: DARIN ROCK  
 Intestinal Fortitude: MIKE YEPEZ  
 "I guess these new guys can beat  
 me after all" : STEVE FAZZINI

## VARSIITY

SCORE: Canyon 35, Amador Valley 36, Newark 59

DATE: September 20, 1976

COURSE: hilly and confusing; 2.5 miles(?)

CONDITIONS: breezy

### RESULTS:

1. Danny Martinez (Newark)	13:54	11. Charlie Harb (Canyon)	15:12
2. Ken Romiguere (Canyon)	13:57	12. Nouacek (Amador)	15:19
3. Kendall (Amador)	14:06	13. Tom Jensen (Canyon)	15:28
4. Scott Flagg (Canyon)	14:24	14. Villamor (Newark)	15:34
5. Jason Lee (Canyon)	14:35	15. Greg Romiguere (Canyon)	15:39
6. Edney (Amador)	14:36	16. Chapman (Amador)	15:48
7. Smith (Newark)	14:37	17. Lowney (Newark)	16:27
8. DaSilva (Amador)	14:46	18. Greg Osborne (Canyon)	17:33
9. Smith (Amador)	14:46	19. Rich Cameron (Canyon)	18:39
10. Safreno (Amador)	14:51	20. Juan Garcia (Newark)	19:29

Canyon eked out a victory in its first meet of the season under some strange circumstances. Very few of the runners from Canyon and Newark had figured out the course, despite the Amador coach's claim that "it's the simplest course in the league". Because of that assessment, he didn't bother to mark the course, nor did he have anyone on the course directing the runners. As a result, the leaders predictably took a wrong turn, cutting nearly a quarter-mile off the course. Canyon's triumvirate of juniors, Ken Romiguere, Scott Flagg, and Jason Lee, persevered anyway to lead Canyon to the victory which establishes its record at 2-0. Particularly impressive was normal sixth man Tom Jensen's performance, as he was able to take up the slack when Greg Romiguere had a bad day. Canyon will take an undefeated record into its first home meet Thursday when they take on Logan, led by one of the most highly-regarded distance runners in the East Bay, Ray Castro, and Moreau, a perennial Catholic League power.

Awards for this meet:

Best Performance: TOM JENSEN

Intestinal Fortitude: GREG OSBORNE

"HEY, you guys are going the wrong way!!!": SCOTT FLAGG

FROSH-SOPH

SCORE: Newark 15, Amador Valley 45, Canyon 69

DATE: September 20, 1976

COURSE: 1.9 miles; rolling hills

CONDITIONS: breezy

RESULTS:

1. Martinez(Newark)	11:18	13. Mike Yepez(Canyon)	12:19
2. Elliott(Newark)	11:25	14. Grizoffi(Newark)	12:22
3. Waseo(Newark)	11:29	15. Billings(Amador)	12:25
4. Kent(Newark)	11:34	16. Rick Leizgold(Canyon)	12:27
5. Wood(Newark)	11:40	17. Steve Fazzini(Canyon)	12:46
6. Waters(Amador)	11:51	18. Matern(Amador)	12:53
7. Lester(Amador)	11:53	19. Hamilton(Amador)	13:18
8. Lund(Amador)	11:55	20. Basim Harb(Canyon)	13:40
9. Cence(Amador)	12:03	21. Mark Dushaneo(Canyon)	13:55
10. Jensen(Newark)	12:11	22. Shutts(Amador)	14:55
11. Pat Todd(Canyon)	12:16	23. Mills(Amador)	15:30
12. Darin Rock(Canyon)	12:18	24. Larson(Amador)	16:26

Newark overwhelmed Amador and Canyon by sweeping the first five places in the first meet of the season for all three teams. Canyon was led by sophomore Pat Todd, who ran his first-ever cross country race, as did the rest of his teammates, excluding number five man Steve Fazzini. Considering those circumstances, the Cougars did a fine job, as only 30 seconds separated Todd from Fazzini. Other impressive performances were turned in by freshman Darin Rock and sophomore Mike Yepez, who continues to show that he is the guttiest runner Canyon has had in a long time.

This meet's awards:

Best Performance: PAT TODD

Intestinal Fortitude: MIKE YEPEZ

Most Nervous Runner Before his First Race Ever:

(tie) DARIN ROCK and MARK DUSHANEO

## VARSIITY

SCORE: Canyon 29, Moreau 37, Logan no score  
DATE: September 23, 1976  
COURSE: 3.0 miles; very hilly and narrow  
CONDITIONS: warmish

### RESULTS:

1. Ken Romiguere (C)	16:51	12. Glenn Noga (Moreau)	19:27
2. Ray Castro (L)	17:05	13. Tom Jensen (Canyon)	19:33
3. Jason Lee (Canyon)	17:41	14. Rob Wright (Moreau)	19:37
4. Chuck Wright (Moreau)	17:43	15. Greg Romiguere (Canyon)	20:00
5. Scott Flagg (Canyon)	17:45	16. Don Lotz (Moreau)	20:04
6. Vince Capurro (Moreau)	18:13	17. Greg Osborne (Canyon)	20:09
7. Charlie Harb (Canyon)	18:51	18. Rich Cameron (Canyon)	20:55
8. Mike Grajeda (Moreau)	18:58	19. Jerome Brown (Logan)	21:00
9. Tim Krajcar (Moreau)	19:02	20. Keith Davies (Logan)	21:01
10. Mike Riley (Moreau)	19:12	21. Joe Thornton (Moreau)	21:08
11. Dave Capurro (Moreau)	19:21	22. Jim Digilio (Logan)	26:03

Canyon ran its record to 4-0 with a very impressive victory over Moreau and Logan in its first home meet. Canyon also came out on top in the individual battle, as Ken Romiguere outdueled Ray Castro, last year's NCS AA Frosh-Soph champion. In the process, Ken broke the course record of Mike Smith, who was the varsity champion in that meet last year, by a whopping 25 seconds. Castro was also well under the old record of 17:16, but it wasn't nearly enough, as Ken went by in the canyon after the last big hill, and he was unable to respond. The rest of Canyon's first five ran excellent races also, as all were running the varsity course for the first time in a race except for Jason Lee, who had run it just twice. Particularly impressive was Charlie Harb, the only sophomore on an otherwise all-junior team. Canyon goes on to the Livermore Invitational on Saturday, where they will be the favorites in the small schools division, according to meet director Gil Tarin.

This week's awards are particularly difficult because of the great number of outstanding performances, but here they are:

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: CHARLIE HARB

Best job of ignoring fast-approaching footsteps: JASON LEE  
(he only looked back once  
in the last straightaway)

## JUNIOR VARSITY

SCORE: Moreau 21, Canyon 38, Logan no score  
DATE: September 23, 1976  
COURSE: 2.1 miles; very hilly and narrow  
CONDITIONS: warmish

### RESULTS:

1.	Gregg Betz (Moreau)	13:40
2.	Bob Vitton (Canyon)	13:40
3.	Brian McCarthy (Moreau)	14:10
4.	Dan Graves (Moreau)	14:26
5.	Gordon Granger (Canyon)	14:41
6.	Greg Martin (Moreau)	14:45
7.	Chris Fleischman (Moreau)	14:47
8.	Bob Radecke (Moreau)	15:26
9.	Scott Parker (Canyon)	15:54
10.	John McHenry (Canyon)	16:18
11.	George Straggas (Moreau)	17:01
12.	Mark Dushaneau (Canyon)	17:46

Canyon put together a JV team at the last minute, and managed to do reasonably well against one of the toughest JV teams around. This team figures to do quite well in league competition, especially with the addition of Wadie Harb and two runners from among Greg Osborne, Rich Cameron, and Bob Vitton (one will make varsity). This performance is most impressive when you consider the condition of the team. Bob Vitton was in his third day of running, as was John McHenry; Scott Parker and Gordon Granger were in their first day, and Mark Dushaneau was running on a twisted ankle.

Best Performance: BOB VITTON

Intestinal Fortitude: GORDON GRANGER

Best Performance on the spur of the moment: SCOTT PARKER  
and  
GORDON GRANGER

FROSH-SOPH

SCORE: Logan 32, Moreau 34, Canyon 55  
DATE: September 23, 1976  
COURSE: 2.1 miles; very hilly and narrow  
CONDITIONS: warmish

RESULTS:

1. Jim McHugh(Logan)	13:06	10. Darin Rock(Canyon)	14:30
2. Peter Schoengenberger(Moreau)	13:07	11. Jerry Lucas(Logan)	14:49
3. Jeff Porto(Moreau)	13:20	12. Dan Devane(Moreau)	14:55
4. Dan Magalhaes(Moreau)	13:41	13. Chris Galloway(Moreau)	15:04
5. Larry Searcy(Logan)	13:46	14. Steve Fazzini(Canyon)	15:26
6. Mike Yepez(Canyon)	13:59	15. Joe Martin(Moreau)	15:34
7. Leonardo Acosta(Logan)	14:02	16. Basim Harb(Canyon)	15:45
8. Steven Beers(Logan)	14:15	17. Mike Del Santo(Moreau)	15:54
9. Pat Todd(Canyon)	14:27	18. Rick Leizgold(Canyon)	16:40

Canyon's frosh-soph showed considerable improvement in the course of just three days, compared with Monday's loss to Newark and Amador. Continual improvement should leave them ready to be a force to contend with in the HAAL this year. In less than a week (since the time trial) Mike Yepez improved his PR by 53 seconds, Pat Todd by 1:05, Darin Rock by 18 (despite an injury), Steve Fazzini by 1:03, and Basim Harb by 1:00.

Best Performance: MIKE YEPEZ

Intestinal Fortitude: DARIN ROCK

Most Improvement despite being forced to wear a jersey: BASIM HARB

## VARSIITY

SCORE: Canyon 40, St. Ignatius(SF) 57, Liberty 110, Clear Lake 126,  
Foothill 128, Acalanes 129, Monte Vista 154

DATE: September 25, 1976

COURSE: 2.8 miles; rolling hills

CONDITIONS: breezy and pleasant

### RESULTS:

1. Ken Romiguere(Canyon)	14:22	11. Horat(Clear Lake)	15:44
2. Rogers(Foothill)	14:47	12. Charlie Harb(Canyon)	15:54
3. Scott Flagg(Canyon)	14:56	13. Healy(SI)	15:59
4. Jason Lee(Canyon)	15:04	14. Handeman(SI)	16:10
5. Hannuwalt(St. Ignatius)	15:07	15. St. John(Liberty)	16:11
6. Griepenburg(Lincoln-SF)	15:17	16. Driskill(Foothill)	16:14
7. Tristant(SL)	15:30	17. Figueroa(St. Elizabeth)	16:17
8. Machschefes(Lincoln)	15:36	18. Low(SI)	16:28
9. Anderson(Acalanes)	15:39	19. Bassett(Clear Lake)	16:35
10. Nowak(Liberty)	15:41	20. Tom Jensen(Canyon)	16:37

(46 runners finished)

Canyon ended its first week of cross country competition in 1976 just as it started: winning. In just six days, the Cougars ran their dual meet record to 4-0 and won the small schools division of the Livermore Cross Country Invitational. Ken Romiguere led for all but the first half-mile of the race en route to an easy 25-second victory which completed a spectacular brother act, Ken running away with the varsity and twin brother Greg doing the same in the JV race. Scott Flagg and Jason Lee continued their leapfrog act, as they beat each other in alternate races throughout the week. Today it was Scptt's turn. The three juniors continued their record of placing in the top five in every meet, and keyed this win because of it. Charlie Harb and Tom Jensen both ran strongly to complete the easy team victory, accomplished with the bare minimum of five runners.

### AWARDS

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: SCOTT FLAGG

Worst Job of Avoiding the Traffic Jam at the Start: JASON LEE



## JUNIOR VARSITY

SCORE: St. Ignatius 26, Canyon 39, Lincoln no score  
DATE: September 25, 1976  
COURSE: 1.8 miles; rolling hills  
CONDITIONS: pleasant and breezy

### RESULTS:

1. Greg Romiguere (Canyon)	9:34	11. Greg Osborne (Canyon)	10:32
2. Linehers (SI)	9:55	12. Pierotti (SI)	10:37
3. Delamara (SI)	10:04	13. Hughes (SI)	10:38
4. Zuffo (SI)	10:06	14. Rivas (SI)	10:43
5. Rich Cameron (Canyon)	10:07	15. Steve Fazzini (Canyon)	10:47
6. Daniels (Lincoln)	10:08	16. Pat Todd (Canyon)	10:47
7. Mike Yepez (Canyon)	10:08	17. Kilmartin (SI)	11:23
8. Tallerico (SI)	10:12	18. Plagenar (SI)	11:40
9. Wlussowsky (SI)	10:13	19. Deleon (Lincoln)	12:03
10. McCarthy (SI)	10:15		

St. Ignatius' superior balance overcame Canyon's JV in the Livermore Cross Country Invitational, despite Greg Romiguere's individual victory. Greg ran off and hid from the opposition on the fast course at Del Valle Reservoir. Another junior dropping down from the varsity, Rich Cameron won out in a three-man battle for fifth at the finish. The loser in that race was sophomore Mike Yepez, who has improved tremendously in just 10 days of running. In a somewhat lighter moment for everyone except perhaps the participants, Steve Fazzini beat out Pat Todd in a mad dash for the finish in pursuit of a medal (they were awarded to only the top fifteen in each race). Now if they could just learn to throw elbows at their opponents the way they did against each other. . .

### AWARDS

Best Performance: MIKE YEPEZ  
Intestinal Fortitude: RICH CAMERON  
Meanest Runner: STEVE FAZZINI and PAT TODD (tie)

## VARSIITY

SCORE: Alameda 27, Canyon 33, Pacific 77  
DATE: September 29, 1976  
COURSE: 3.0 miles; very hilly and a little slick  
CONDITIONS: overcast and cool

### RESULTS:

Ken Romiguere	2nd	17:35
Jason Lee	3rd	18:14
Scott Flagg	4th	18:18
Charlie Harb	10th	19:29
Bob Vitton	14th	20:23
Greg Romiguere	15th	20:33
Tom Jensen	16th	20:36
Greg Osborne	19th	22:33

Canyon absorbed its first (and hopefully last) loss of the season, falling by six points to Alameda at Joaquin Miller Park in Oakland. Ken Romiguere was beaten for just the second time this year, by Ray Kindle, an Alameda senior. Scott Flagg and Jason Lee ran strong races as usual, but Alameda's great balance overcame that. Bob Vitton, running his first varsity race (and only his second race altogether) performed very well, taking up the slack for normal fifth man Tom Jensen, who ran cautiously to protect an injured knee. Canyon comes back here Saturday for the OAL Invitational, and their primary competition figures to come from this same Alameda team.

### Awards

Best Performance: BOB VITTON

INTESTINAL Fortitude: JASON LEE

"We're glad you woke up before the race was over": SCOTT FLAGG

## FROSH-SOPH

SCORE: Alameda 23, Canyon 34, Pacific no score  
DATE: September 29, 1976  
COURSE: 2.0 miles; very hilly and a little slick  
CONDITIONS: overcast and cool

### RESULTS:

Mike Yepez	2nd	13:32
Pat Todd	4th	13:36
Darin Rock	7th	13:52
Rick Leizgold	10th	14:13
Steve Fazzini	11th	14:14
Basem Harb	14th	15:45
Mark Duchaineau	15th	16:16

Canyon came up with a performance that was by far its best of the season in losing to Alameda and semi-beating Pacific (they didn't have a team). The gap from the first to the fifth man was an excellent 42 seconds, and if this team can continue to improve together, they will be a prime contender for the championship by the time the league meet comes around. Mike Yepez and Pat Todd were running 1-2 with about a half-mile left, but took a wrong turn and lost out in the stretch. Darin Rock fought off his ankle injuries to finish a strong fifth, and Rick Leizgold and Mark Duchaineau both ran their strongest races of the season.

### Awards

Best Performance: RICK LEIZGOLD and MIKE YEPEZ (tie)  
Intestinal Fortitude: PAT TODD  
Best First 880 after being told so many times he couldn't avoid it:  
MARK DUCHAINEAU  
(and one additional award this week)  
Best Spelling Job: PETER JENSEN, your friendly author, who spelled everybody's name right for the first time in the season (I think)

## VARSIITY

MEET: OAL Invitational

SCORE: Alameda 82, Moreau 83, Bishop O'Dowd 93, Pleasant Hill 115,  
Canyon 116, Piedmont 121, Hayward 182, Marina 188,  
St. Joseph's 220, Encinal 242, Kennedy(R) 294,  
McClymonds 320

COURSE: 2.3 miles; very hilly and slick

CONDITIONS: misty rain

### RESULTS:

Ken Romiguere	2nd	11:55
Jason Lee	17th	12:39
Scott Flagg	22nd	12:43
Charlie Harb	30th	12:59
Greg Romiguere	45th	13:23
Tom Jensen	47th	13:29

70 runners finished

The OAL Invitational Small Schools race was one of the best cross country races held in the East Bay for quite a while. The top six teams are undoubtedly among the best 15 teams in the East Bay. The closeness of the six teams is indicated by the 39 point difference from first-place Alameda to sixth-place Piedmont. Ken Romiguere proved himself one of the best individuals in the East Bay with his second place finish to Rick Harbaugh of Piedmont. Ken beat runners like Ray Kindle of Alameda, Mike DeGroot of Marina, Joe Avalos of St. Joseph's, Pat Scannell and Dave Smith of O'Dowd, and Chuck Wright and Dave Capurro of Moreau, all of whom are very highly regarded distance runners. Canyon outclassed the other two HAAL teams in the race, Hayward and Marina. Canyon begins its quest for an undefeated record in HAAL triangulars this Wednesday against Marina and San Lorenzo at the Titans' home course.

### Awards

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: CHARLIE HARB

Most Excuses (I can't see- my glasses are fogged up, I have a cold,  
etc., etc.): SCOTT FLAGG

## FROSH-SOPH

MEET: OAL Invitational

SCORE: Moreau 37, Bishop O'Dowd 60, Kennedy(R) 88, Alameda 91,  
St. Joseph's 97, Piedmont 101, Canyon 169

COURSE: 1.7 miles; very hilly and slick

CONDITIONS: misty rain

### RESULTS:

Mike Yepez	27th	10:47
Pat Todd	29th	10:49
Darin Rock	11:13	37th
Steve Fazzini	40th	11:37
Basem Harb	12:14	41st
Tom Engbrock	46th	14:31

48 runners finished

Canyon was in over its head against an excellent set of frosh-soph teams, and as a result, didn't have one of its better meets. On the bright side, Basem Harb filled in well in the absence of Rick Leizgold, Mike Yepez and Pat Todd again ran close to each other at a fast pace, and Tom Engbrock got through his first race, and even found something left for a kick at the finish. Further, Marina and Hayward were unable to field full teams, and Yepez and Todd beat the top Marina runner who was in the race. That bodes well for the team's league opener against Marina and San Lorenzo, as they will finally be facing a team that is more at their level, that is, without considerable running experience.

### Awards

Best Performance: PAT TODD

Intestinal Fortitude: TOM ENGBROCK

I guess it was just too early in the morning: STEVE FAZZINI

## VARSIITY

SCORE: Canyon 22, Marina 38, San Lorenzo 68

DATE: October 6, 1976

COURSE: 3.0 miles; simple and flat

CONDITIONS: hot and smoggy

### RESULTS:

1. Ken Romiguere (Canyon)	14:55	11. Bob Vitton (Canyon)	17:09
2. Mike DeGroot (Marina)	15:26	12. Dan Peterson (Marina)	17:11
3. Scott Flagg (Canyon)	15:39	13. Brian Brown (SLz)	17:12
4. Jason Lee (Canyon)	15:54	14. Mac Nielson (SLz)	17:35
5. Charlie Harb (Canyon)	15:56	15. William Gault (SLz)	17:58
6. Chuck Reyna (Marina)	15:57	16. Greg Romiguere (Canyon)	18:36
7. Scott Nielson (SLz)	16:44	17. Ken Indalecer (Marina)	18:41
8. Bob Rodgers (Marina)	16:50	18. Gene Judson (Marina)	19:05
9. Tom Jensen (Canyon)	16:53	19. Dan Tomlinson (SLz)	19:38
10. Jim Robles (Marina)	16:58		

Canyon started its league season with an easy victory over Marina and San Lorenzo, led by Ken Romiguere's course record win over the pre-season favorite to win the league individual title, Mike DeGroot. After those two, Scott Flagg, Jason Lee, and Charlie Harb, who is coming on now after a slow start, were all able to beat tough senior Chuck Reyna to go 3-4-5 and seal the meet for Canyon. Tom Jensen was the fifth man, just 1:58 behind Ken, which is one of the best time differentials from one to five in the league. Next week, Canyon has its first home league meet of the season against Arroyo and Mt. Eden. Meanwhile, the other two first week winners, Castro Valley and Hayward will clash in an interesting confrontation.

Awards for this meet:

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: CHARLIE HARB and SCOTT FLAGG

"You mean Canyon came up with a tennis player who can beat us?": BOB VITTON

## JUNIOR VARSITY

SCORE: Marina 27, Canyon 53, San Lorenzo no score

DATE: October 6, 1976

COURSE: 1.9 miles; flat and boring

CONDITIONS: hot and smoggy

### RESULTS:

1.	Ragnar Eid(Marina)	10:59
2.	Rich Noble(San Lorenzo)	11:02
3.	Rich Cameron(Canyon)	11:45
4.	Carl Kawaguchi(Marina)	11:46
5.	Marty Blair(San Lorenzo)	11:48
6.	Thomas Wermberg(Marina)	11:50
7.	Steve Mello(Marina)	12:05
8.	Mike Jepsen(San Lorenzo)	12:12
9.	Nick Wiseman(XMarina)	12:20
10.	Bill Herndon(Marina)	12:22
11.	Mark Duchaineau(Canyon)	12:50
12.	Randy Gove(Canyon)	13:18
13.	Bill Klatt(Canyon)	14:05
14.	Tom Engbrock(Canyon)	18:27

Canyon's lost to Marina and beat an incomplete San Lorenzo squad in its first meet at Marina. The team had its problems, in that Randy Gove and Tom Engbrock were in just their second race, and Bill Klatt in his first. Despite that, all performed admirably and should improve markedly. Junior Rich Cameron led the team, outkicking a three-man contingent over the last 200 yards to finish third. The team will be helped next week by the return of Greg Osborne, who was out this week with an injury, and Gordon Granger and John McHenry, who were out for unknown reasons.

### Awards

Best Performance: MARK DUCHAINEAU

Intestinal Fortitude: RICH CAMERON

Couldn't turn it on at the finish after all, eh?: RANDY GOVE

## FROSH-SOPH

SCORE: Canyon 15, Marina 47, San Lorenzo no score  
DATE: October 6, 1976  
COURSE: 1.9 miles; flat and boring  
CONDITIONS: hot and smoggy

### RESULTS:

- |    |                        |       |
|----|------------------------|-------|
| 1. | Mike Yepez (Canyon)    | 11:17 |
| 2. | Steve Fazzini (Canyon) | 11:25 |
| 3. | Pat Todd (Canyon)      | 11:31 |
| 4. | Darin Rock (Canyon)    | 11:51 |
| 5. | Rick Leizgold (Canyon) | 12:06 |
| 6. | Basem Harb (Canyon)    | 12:11 |

13 runners finished

Canyon dropped a bombshell on Marina and San Lorenzo, sweeping the first six places in a remarkably impressive league debut. Mike Yepez won a race for the first time, and the other two sophomores on the team, Steve Fazzini and Pat Todd, finished second and third respectively. Freshmen Darin Rock, Rick Leizgold, and Basem Harb completed the sweep. Canyon had a fantastic time differential, just 54 seconds separating the first and sixth men, and a mere 49 from first to fifth. If the team can continue that kind of performance, they will not be easy to beat. They will try to extend their league record to 4-0 against Arroyo and Mt. Eden next week on their home course.

### Awards

Best Performance: STEVE FAZZINI  
Intestinal Fortitude: BASEM HARB and MIKE YEPEZ (tie)  
Best Display of Happiness and Team Togetherness: EVERYBODY



## VARSIITY

SCORE: Canyon 16, Arroyo 47, Mt Eden 77  
DATE: October 13, 1976  
COURSE: 3.0 miles, very hilly and narrow  
CONDITIONS: hot and smoggy

### RESULTS:

1. Ken Romiguere (Canyon)	17:03	11. Mark Demeduk (Mt Eden)	21:25
2. Jason Lee (Canyon)	18:01	12. Greg Romiguere (Canyon)	21:26
3. Scott Flagg (Canyon)	18:11	13. Ken Thompson (Arroyo)	21:38
4. Charlie Harb (Canyon)	18:39	14. Carl Fahlman (Arroyo)	22:37
5. Steve Grace (Arroyo)	19:17	15. Dave Beviracqua (Arroyo)	22:51
6. Tom Jensen (Canyon) <i>91/29</i>	19:35	16. Ed Hohl (Arroyo)	23:40
7. Dan Pratt (Arroyo)	19:43	17. Steve Sanchez (Arroyo)	23:55
8. Mark Hager (Arroyo)	20:22	18. Bob Patterson (Mt Eden)	24:35
9. Terry Tucker (Mt Eden)	20:44	19. Mark Rickey (Mt Eden)	25:39
10. Greg Osborne (Canyon)	21:23	20. Walt Buckner (Mt Eden)	25:43

Canyon ran off and hid from Arroyo and Mt. Eden to run its record to 9-1, 4-0 in league. Only Arroyo's Steve Grace was able to prevent a Couga sweep, as he beat out Tom Jensen by 18 seconds. Ken Romiguere continued to provide proof that he is the league's premier runner by winning the race by 58 seconds over teammate Jason Lee. Ken's time is the second-fastest ever recorded on this course, behind his own 16:51. Charlie Harb ran an excellent race, leading Scott Flagg for the first half of the race before fading. Also running well was Greg Osborne in his return to varsity competition after a back injury which still bothers him. Canyon takes on Hayward and Sunset next week at Sunset, and will be favored to take its record to 6-0 in preparation for the decisive final meet against Castro Valley and Tennyson at home.

### Awards

Best Performance: CHARLIE HARB

Intestinal Fortitude: TOM JENSEN

Most Scared Expression(when he looked back and saw Charlie at the second level): JASON LEE

## JUNIOR VARSITY

SCORE: Canyon 17, Arroyo and Mt Eden no score  
DATE: October 13, 1976  
COURSE: 2.1 miles, very hilly and narrow  
CONDITIONS: hot and smoggy

### RESULTS:

- |                           |       |
|---------------------------|-------|
| 1. Bob Vitton(Canyon)     | 13:32 |
| 2. Gordon Granger(Canyon) | 14:45 |
| 3. Rich Cameron(Canyon)   | 16:23 |
| 4. Ken Butts(Arroyo)      | 16:32 |
| 5. Randy Gove(Canyon)     | 17:30 |
| 6. Bill Klatt(Canyon)     | 17:54 |
| 7. Tom Engbrock(Canyon)   | 21:24 |

Canyon got a double victory over Arroyo and Mt. Eden by simply fielding a team, as the race was the nearest thing to a time trial. Bob Vitton, staying out of the varsity race because of a cold, took control immediately and ran an excellent time under the conditions. Gordon Granger's running on the sly proved successful, as he ran a strong race, and Randy Gove and Bill Klatt were able to show a great deal of improvement over last week.

### Awards

Best Performance: BOB VITTON

Intestinal Fortitude: RANDY GOVE

Maybe he won't work out with us because of executive privilege: GORDON GRANGER

## FROSH-SOPH

SCORE: Canyon 23, Mt Eden 32, Arroyo No Score

DATE: October 13, 1976

COURSE: 2.1 miles, very hilly and narrow

CONDITIONS: hot and smoggy

### RESULTS:

1. Ralph Quinones (Mt Eden)	13:19	8. Perry Gee (Mt Eden)	15:08
2. Mike Yopez (Canyon)	13:53	9. Andy Anaya (Mt Eden)	15:39
3. Pat Todd (Canyon)	14:01	10. Kelly Miles (Mt Eden)	15:42
4. Martin McDonald (Mt Eden)	14:04	11. Basem Harb (Canyon)	15:46
5. Rick Leizgold (Canyon)	14:31	12. Steve Kirchner (Mt Eden)	16:00
6. Darin Rock (Canyon)	14:33	13. Tom Davis (Mt Eden)	16:02
7. Steve Fazzini (Canyon)	14:50	14. Mark Duchaineau (Canyon)	16:53

Canyon maintained its perfect record in league competition with a victory over Mt. Eden and a non-existent Arroyo team. Mt. Eden was clearly giving away the varsity and gunning for a victory in this race, as they dropped down number 2 varsity man Ralph Quinones and number five man Martin McDonald. Canyon was able to overcome that move with their characteristic balance: just 57 seconds separated first man Mike Yopez from fifth man Steve Fazzini. Canyon's strength in the canyon was decisive, as they were well out of it during the first mile. The runner who really got the ball rolling was Rick Leizgold, who performed a daredevil act by passing three Mt. Eden runners on the outside on the second level. Rick and Darin Rock came up with excellent races to save the meet.

### Awards

Best Performance: RICK LEIZGOLD

Intestinal Fortitude: PAT TODD

Best Tightrope Act: RICK LEIZGOLD

FROSH-SOPH

COURSE: Pleasant Hill 62, JFK 89, Newark 104, Piner 120, SL 171, Tennyson 215  
Alameda 231, Canyon 234, Calif. 238, CV 276, MSJ 326, O'Dowd 366

DATE: October 16, 1976

COURSE: 2.0 miles; few hills, mostly flat

CONDITIONS: sunny and warm

RESULTS:

- |                      |       |
|----------------------|-------|
| 1. Charlie Harb      | 10:38 |
| 51. Mike Yopez       | 11:57 |
| 52. Steve Fazzini    | 11:58 |
| 64. Pat Todd         | 12:10 |
| 66. Rick Leizgold    | 12:11 |
| 70. Darin Rock       | 12:16 |
| 98. Basem Harb       | 12:53 |
| 116. Mark Duchaineau | 13:42 |
| 128. Tom Engbrock    | 15:17 |

(129 runners finished)

Canyon had a good performance in the HAAL Invitational led by Charlie Harb. Charlie won the race with a tremendously exciting finishing sprint. Also having excellent kicks were Steve Fazzini and Pat Todd. These two ran a very strong race and came from quite a distance to place where they did. Rick Leizgold also ran well and was a major factor in how the team placed. But the most remarkable fact of all was that the spread from 1st man (Mike Yopez normally) to 5th was an unbelievable 19 seconds! If these guys can keep this up they will be a strong force to contend with when the league finals come around. On this high note the team will go on to race Hayward and Sunset in a very tough meet. If they win this meet CV better look out for them in the final tri-meet of the season along with Tennyson.

Best Performance: Charlie Harb

Intestinal Fortitude: Steve Fazzini

Best Finishing Kick: Charlie Harb and Steve Fazzini (tie)

## VARSIITY

SCORE: Canyon 20, Hayward 47, Sunset no score  
DATE: October 20, 1976  
COURSE: 3.0 miles; very flat  
CONDITIONS: sunny and warm

### RESULTS:

1. Ken Romiguere (Canyon)	14:56	10. Jeff Turnbull (Hayward)	16:33
2. Jerry Quarry (Sunset)	15:36	11. Brian Healy (Hayward)	16:53
3. Jason Lee (Canyon)	15:51	12. Greg Griffin (Hayward)	17:02
4. Charlie Harb (Canyon)	15:55	13. Bob Vitton (Canyon)	17:04
5. Scott Flagg (Canyon)	15:58	14. Robbie Smith (Hayward)	17:14
6. George DelRio (Hayward)	16:23	15. Fred Sandsmark (Hayward)	17:22
7. Tom Jensen (Canyon)	16:30	16. Dave Mendez (Sunset)	18:14
8. Bill Wenik (Hayward)	16:30	17. Greg Osborne (Canyon)	18:40
9. Jesse Magallon (Sunset)	16:32		

Canyon made good on Tony Casillas' slogan: "One, two, three, four, and say hello to George", except that they forgot to beat Jerry Quarry, who ran perhaps the best race of his life in finishing second. Canyon made it look very easy against a team that Castro Valley was able to beat only by an unconvincing 25-33. Perhaps this will make Castro Valley think twice on their plans for an undefeated league season, which they think they will complete against Canyon and Tennyson on the Cougars' home course. Ken Romiguere remained undefeated in the HAAL as he prepares to meet a confident Mark Behning next week. Ken missed Ron Genschmer's (4:17 mile and state meet participant) course record by seven seconds on an off day for him. Charlie Harb showed that he is no longer an out-of-shape sophomore by beating Scott Flagg for the first time this year, and breaking 16 minutes for three miles in the process. Fifth man Tom Jensen continues to let people know that Canyon is not just a four-man team, as he held off highly-regarded runners like Bill Wenik, Jesse Magallon (who was beating Romiguere two years ago), Jeff Turnbull, and Brian Healy (who finished fourth in the league in frosh-soph last year).

### Awards

Best Performance: CHARLIE HARB

Intestinal Fortitude: TOM JENSEN

Maybe if you hadn't been so tight, you would have run a decent race(?!!?):  
KEN ROMIGUIERE

## JUNIOR-VARSITY

SCORE: Hayward 19, Canyon 41, Sunset no score  
DATE: October 20, 1976  
COURSE: 1.9 miles; very flat  
CONDITIONS: sunny and warm

### RESULTS:

1. Jon Rekenenthaler (Hayward)	11:14	8. Rich Cameron (Canyon)	13:37
2. Greg Romiguere (Canyon)	11:38	9. Bill Klatt (Canyon)	13:59
3. Keith Faber (Hayward)	12:11	10. John McHenry (Canyon)	14:13
4. Wayne Dodson (Hayward)	12:16	11. Jeff Marciel (Sunset)	14:19
5. Mike Healy (Hayward)	12:46	12. Randy Gove (Canyon)	15:59
6. Steve Rekenenthaler (Hayward)	12:56	13. Mark Gregg (Hayward)	16:21
7. Jim Stokel (Sunset)	13:22		

Canyon split with Hayward and Sunset to leave its league record at 4-2 with only a meet against Castro Valley and Tennyson remaining. Jon Rekenenthaler and Greg Romiguere hooked up in a good individual battle, Rekenenthaler moving away in the last mile. Hayward's excellent depth showed after those two, though, as they took the next four places. For Canyon, freshman Bill Klatt ran his most competitive race of the season, and showed his continuing improvement by beating John McHenry and Randy Gove for the first time.

### Awards

Best Performance: BILL KLATT  
Intestinal Fortitude: BILL KLATT  
NO, the race is 2 miles, not 2 laps: RANDY GOVE

FROSH-SOPH

SCORE: Sunset 22, Canyon 35, Hayward no team

DATE: October 20, 1976

COURSE: 1.9 miles; very flat

CONDITIONS: sunny and warm

RESULTS:

1. Oscar Mendez(Sunset)	11:10	9. Pat Todd(Canyon)	12:34
2. Larry Guinea(Sunset)	11:22	10. Mark Duchaineau(Canyon)	13:32
3. Mike Gellie(Sunset)	11:40	11. Basem Harb(Canyon)	13:38
4. Jeff Berg(Sunset)	11:50	12. Keith Powers(Sunset)	13:43
5. Steve Fazzini(Canyon)	12:05	13. Reinhard Loewe(Sunset)	14:00
6. Mike Yopez(Canyon)	12:10	14. Ralph Moller(Sunset)	15:31
7. Darin Rock(Canyon)	12:11	15. Tom Engbrock(Canyon)	17:35
8. Rick Leizgold(Canyon)	12:31		

Sunset's very strong frosh-soph team dealt Canyon its first defeat of the league season Wednesday on their home course. Canyon dropped from its tie for first place, falling to 5-1. This sets up next week's meet at Canyon against Castro Valley and Tennyson as the meet which will decide the league dual meet championship, as both opponents will come into the meet at 6-0. Sunset's runners took off early, and Canyon's pack was only able to engulf one of the five men who took off. Steve Fazzini was the number one man for the first time this year, despite a slow start, and Darin Rock ran his best race since he first had problems with his ankle.

Awards

Best Performance: DARIN ROCK

Intestinal Fortitude: STEVE FAZZINI

See the miscellaneous award for JV: PAT TODD

## VARSIITY

SCORE: Canyon 25, Castro Valley 30, Tennyson 67

DATE: October 27, 1976

COURSE: very hilly and narrow; 3.0 miles

CONDITIONS: sunny and warm

### **RESULTS:**

1. Ken Romiguere(Canyon)	16:43	11. Glenn Hill(Tennyson)	18:43
2. Mark Behning(CV)	17:21	12. Mike Gama(Tennyson)	18:54
3. Dave McHugh(CV)	17:38	13. Enrique Gruz(Tennyson)	19:01
4. Charlie Harb(Canyon)	17:41	14. Greg Romiguere(Canyon)	19:02
5. Scott Flagg(Canyon)	17:50	15. Jon Jobe(Tennyson)	19:06
6. Jason Lee(Canyon)	17:59	16. Dennis Chinn(Tennyson)	19:13
7. David Fordahl(CV)	18:04	17. Andy Schloss(CV)	19:33
8. David Fisher(CV)	18:14	18. Bob Vitton(Canyon)	20:26
9. Tom Jensen(Canyon)	18:19	19. Bob Tieman(CV)	21:56
10. Bill Bodin(CV)	18:24		

Canyon won its first-ever varsity dual meet championship in the HAAL by a comfortable margin over perennial champions Castro Valley. The meet finishes Canyon's dual meet season at a perfect 8-0 in league, and 13-1 overall. Now, however, the real season starts, as the HAAL Finals will be held at Hayward High next Wednesday, followed by the NCS AA Southern Division meet, and then the NCS meet. Canyon and Ken Romiguere established themselves as the team and individual favorites for the league meet with this race. Each of the seven positions on the teams were better for Canyon than Castro Valley except for number 2, so the meet was really not as close as the score might indicate. The individual race was as much a runaway as the times indicate, though, as Ken Romiguere broke the race wide open with a spurt on the second level which completely demoralized Mark Behning. Sophomore Charlie Harb continued to improve by leaps and bounds, and now has to be considered a favorite to finish in the top five at league. Scott Flagg and Jason Lee ran not spectacular races, but they were more than adequate to get the job done. Fifth man Tom Jensen finally made believers out of Castro Valley, who had hoped to put all seven men in front of him. They got four. Greg Romiguere ran easily his best race of the season, as he hacked 2:24 from his time of two weeks ago. Other PR improvements went to Ken Romiguere by 8 seconds (breaking his own course record), Charlie Harb by 58 seconds, Scott Flagg by 21 seconds, Jason Lee by 2 seconds, and Tom Jensen by 1:16.

### Awards

Best Performance: TOM JENSEN

Intestinal Fortitude: CHARLIE HARB and GREG ROMIGUIERE

Best Moneymaker(For various people who bet on him over Behning):  
KEN ROMIGUIERE



## JUNIOR-VARSITY

SCORE: Castro Valley 29, Tennyson 33, Canyon 61

DATE: October 27, 1976

COURSE: 2.1 miles; very hilly and narrow

CONDITIONS: sunny and warm

### RESULTS:

				<u>T</u>	<u>CV</u>
1. Chris Juarez (Tenn)	13:16	11. James Silva (Tenn)	14:42	13:16	13:20
2. Dave Fernandez (CV)	13:20	12. Rich Cameron (Canyon)	15:00	13:22	13:30
3. Tom Gomes (Tenn)	13:22	13. Larry Brown (Tenn)	15:05	13:42	13:51
4. Dan Delariva (CV)	13:30	14. Steve Bickell (Tenn)	15:06	14:42	13:57
5. Rick Collier (Tenn)	13:42	15. John McHenry (Canyon)	15:20	15:05	14:25
6. Brent Cooper (CV)	13:52	16. Maria Jacobson (CV)	15:55	70:07	69:04
7. Michelle Stevenson (CV)	13:57	17. Randy Gove (Canyon)	16:31		
8. Greg Osborne (Canyon)	14:16	18. Tom Engbrock (Canyon)	16:50		
9. Gordon Granger (Canyon)	14:22	19. Julia Cooper (CV)	19:19		
10. Mike Dittman (CV)	14:25	20. Dan Casipit (Tenn)	20:58		

Canyon's thrown together JV team was exposed by two very strong teams in Castro Valley and Tennyson. Canyon's runners performed quite well as individuals, but the team couldn't compete with their two opponents today. Greg Osborne ran particularly well, despite myriad injuries, and the sprinters, Gordon Granger, John McHenry, and Randy Gove gave a good account of themselves. Freshman Tom Engbrock made the biggest improvement of anyone, knocking 2:34 off his time of just two weeks ago. Other PR improvements: Gordon Granger 23 seconds, Rich Cameron 1:23, Randy Gove 59 seconds, and John McHenry 53 seconds from the Moreau-Logan meet.

### Awards

Best Performance: TOM ENGBROCK

Intestinal Fortitude: GREG OSBORNE

You better not be a minute behind Fernandez in the 440: GORDON GRANGER

## FROSH-SOPH

SCORE: Castro Valley 26, Tennyson 44, Canyon 50

DATE: October 27, 1976

COURSE: 2.1 miles; very hilly and narrow

CONDITIONS: sunny and warm

### RESULTS:

1. Doug Rodgers(CV)	12:51	20. Jeff Carter(CV)	14:55	1251
2. Doug Wright(Tenn)	12:52	21. Tony Nannini(CV)	15:09	1306
3. Dave Paiva(CV)	13:06	22. Basem Harb(Canyon)	15:13	1331
4. Joe Casey(Tenn)	13:18	23. Ferdbuss Denson(Tenn)	15:14	1356
5. David Glass(CV)	13:31	24. Phil Ducan(CV)	15:20	1402
6. Darin Rock(Canyon)	13:42	25. Rick Burstedt(CV)	15:40	6724
7. Mike Yepez(Canyon)	13:47	26. Mark Duchaineau(Canyon)	15:53	
8. Ray Tieman(CV)	13:56	27. Dante Najera(Tenn)	16:17	
9. Dennis Milam(CV)	14:00	28. Thanh Nang(Tenn)	16:23	
10. Ed Silva(Tenn)	14:05	29. Brent Kernan(CV)	16:36	
11. Rick Leizgold(Canyon)	14:05	30. Clayton Casipit(Tenn)	16:45	
12. Steve Fazzini(Canyon)	14:13	31. John Vertrees(CV)	16:58	
13. Ed Blanch(Tenn)	14:15	32. Rick Bocage(Tenn)	17:03	
14. Pat Todd(Canyon)	14:17	33. Ben Valencia(Tenn)	17:20	
15. Will Labostrie(Tenn)	14:18	34. Jim Barreiza(Tenn)	17:43	
16. John Lateer(CV)	14:41	35. Bill Philrott(Tenn)	17:56	
17. Jeff Shore(CV)	14:46	36. Roy Stahl(CV)	18:29	
18. Scott Craig(CV)	14:47	37. Walter Kohler(Tenn)	19:23	
19. Dolton Simmons(Tenn)	14:52			

Castro Valley won the HAAL Frosh-Soph dual meet championship in a race which was a throwback to the days of 10 years ago, in that an incredible total of 37 runners ran the race (15 from both Castro Valley and Tennyson and 7 from Canyon). Tennyson edged Canyon to secure second place with a 6-2 mark to the Cougars' 5-3. Canyon's superior balance, their trademark, wasn't enough in this race, as their first man, Darin Rock, finished back in sixth. The spread from Darin to fifth man Pat Todd was 35 seconds. The race was not only the largest ever held on this course, it was the fastest, as Doug Rodgers and Doug Wright both eclipsed the course record of Charlie Harb. Canyon's results reflected this, as almost every member of the team got a PR for this course: Darin Rock cut his time of two weeks ago against Arroyo and Mt. Eden by ~~5~~ 51 seconds, Mike Yepez improved by 6 seconds, Rick Leizgold by 26, Steve Fazzini by 37, Basem Harb by 33, and Mark Duchaineau by an even minute.

### Awards

Best Performance: DARIN ROCK

Intestinal Fortitude: MARK DUCHAINEAU

You've come a long way, baby: EVERYBODY (check out your times in the time trial and compare)

## VARSIITY

MEET: HAAL Championships

SCORE: Canyon 43, Castro Valley 45, Marina 85, Hayward 92, Tennyson 117,  
Mt. Eden 219, Arroyo, San Lorenzo, and Sunset no score

DATE: November 3, 1976

COURSE: 3.0 miles; relatively flat

CONDITIONS: hazy and coolish

### RESULTS:

1. Ken Romiguere (Canyon)	15:55	26. Dennis Chinn (Tennyson)	17:46
2. Mark Behning (CV)	16:11	27. Greg Romiguere (Canyon)	17:50
3. Mike DeGroot (Marina)	16:15	28. Chris Juarez (Tennyson)	17:53
4. Jerry Quarry (Sunset)	16:22	29. Brian Healy (Hayward)	17:57
5. George Del Rio (Hayward)	16:23	30. Willie Gaul† (San Lorenzo)	18:01
6. Charlie Harb (Canyon)	16:26	31. Bob Vitton (Canyon)	18:04
7. Jason Lee (Canyon)	16:33	32. Tom Gomes (Tennyson)	18:07
8. Scott Flagg (Canyon)	16:36	33. Jerry Reyna (Marina)	18:15
9. Bill Bodin (CV)	16:39	34. Greg Routh (CV)	18:17
10. Dave McHugh (CV)	16:42	35. Andy Schloss (CV)	18:19
11. Dave Fordahl (CV)	16:52	36. Rick Collier (Tennyson)	18:23
12. Jesse Magallon (Sunset)	16:57	37. Keith Ortiz (Mt. Eden)	18:27
13. Dave Fisher (CV)	16:59	38. Greg Griffin (Hayward)	18:29
14. Chuck Reyna (Marina)	17:01	39. Rich Noble (San Lorenzo)	18:31
15. Bill Wenik (Hayward)	17:03	40. Bob Forrester (Arroyo)	18:36
16. Jon Jobe (Tennyson)	17:06	41. Gene Judson (Marina)	18:40
17. Don Peterson (Marina)	17:10	42. Mark Demeduk (Mt. Eden)	18:47
18. Randy Rogers (Marina)	17:17	43. Jim Norsworthy (Hayward)	18:55
19. Robbie Smith (Hayward)	17:22	44. Terry Tucker (Mt. Eden)	19:05
20. Steve Grace (Arroyo)	17:24	45. Ken Indalecio (Marina)	19:12
21. Tom Jensen (Canyon)	17:24	46. Ed Hohl (Arroyo)	19:30
22. Enrique Cruz (Tennyson)	17:28	47. Bob Patterson (Mt. Eden)	19:40
23. Carl Nielson (San Lorenzo)	17:30	48. Carl Fahlman (Arroyo)	19:40
24. Jeff Turnbull (Hayward)	17:34	49. Mark Rickey (Mt. Eden)	20:03
25. Glenn Hill (Tennyson)	17:34	50. Rick Tomlinson (San Lorenzo)	20:33

Canyon won its first ever HAAL championship at the varsity level by slipping past Castro Valley by the barest of margins at Hayward High. Ken Romiguere led the six junior-one sophomore team with an easy 16-second victory over Mark Behning. Charlie Harb, Jason Lee, and Scott Flagg allowed no one to get between them, as they did all year, finishing 6-7-8, to lock the meet away. However, there were some anxious moments before Tom Jensen did his characteristic chase act, moving up to 21st by the finish. Greg Romiguere and Bob Vitton were by far the best 6th and 7th men in the race, finishing 27th and 31st. Next week the HAAL champions face by far their toughest test of the year at the NCS ~~3A~~ Southern Area championships. MVAL champion Mission San Jose, ACAL champion Alameda (the only team to beat Canyon in a dual meet this year), CAL champion Bishop O'Dowd, and other powerful teams like DeLaSalle, Moreau, Piedmont, and Washington will also be competing for the four available trips to Santa Rosa for the NCS 3A finals.

### Awards

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: CHARLIE HARB

All-League in our hearts, but not in the results: SCOTT FLAGG

## JUNIOR VARSITY

MEET: HAAL Championships

SCORE: Castro Valley 24, Tennyson 56, Marina 61, all others no score

DATE: November 3, 1976

COURSE: 2.0 miles; relatively flat

CONDITIONS: hazy and coolish

### RESULTS:

1. Bob Tieman(CV)	11:26	11. James Silva(Tennyson)	12:25
2. Dan Delariva(CV)	11:37	12. Dolton Simmons(Tennyson)	12:42
3. Dave Fernandez(CV)	11:39	13. Bill Herndon(Marina)	12:49
4. Randy Parsons(Tennyson)	11:44	14. Larry Brown(Tennyson)	12:52
5. Gordon Granger(Canyon)	11:56	15. Steve Bickell(Tennyson)	12:53
6. Carl Kawaguchi(Marina)	12:02	16. Steve Mello(Marina)	12:53
7. Greg Osborne(Canyon)	12:04	17. Nick Weissman(Marina)	13:07
8. Mike Dittman(CV)	12:16	18. Stuart Lund(Marina)	13:41
9. Martin Indalecio(Mar)	12:23	19. Randy Gove(Canyon)	14:45
10. Brent Cooper(CV)	12:24	20. Greg Young(Marina)	17:07

Canyon ended up with only three JV runners at the league finals, but that didn't seem to bother Gordon Granger and Greg Osborne, both of whom probably ran his best race of the year. The two ran together for the first mile and a half, starting slowly, but then picking off several runners until they reached the last hill, where Gordon took off, whipping past Carl Kawaguchi, and eating up ground on everyone in front of him down the last straight. This excellent run brought him a totally unexpected fifth place finish, and it speaks well of his chances to break the school record and be one of the top quarter-milers in the league this year. Osborne held on well to finish 7th. Canyon's third runner, Randy Gove, had a bad day and ended up only 19th, but the training will undoubtedly help him in track.

### Awards

Best Performance: GORDON GRANGER

Intestinal Fortitude: GREG OSBORNE

It must have been those basketball shoes: RANDY GOVE

## FROSH-SOPH

MEET: HAAL Championships

SCORE: Tennyson 50, Castro Valley 71, Sunset 90, Hayward 100,  
Arroyo 127, Canyon 137, Mt. Eden 138

DATE: November 3, 1976

COURSE: 2.0 miles; mostly flat with minor hills

CONDITIONS: hazy and warmish

### RESULTS:

1. Larry Guinee(Sunset)	10:58	27. Martin McDonald(Mt. Eden)	12:10
2. Jon Rekenhtaler(Hayward)	10:59	28. William Labostrie(Tenn.)	12:10
3. Dan Pratt(Arroyo)	11:07	29. Steve Fazzini(Canyon)	12:12
4. Mike Gama(Tennyson)	11:11	30. Pat Todd(Canyon)	12:16
5. Doug Wright(Tennyson)	11:12	31. Dave Bevilacqua(Arroyo)	12:16
6. Joe Casey(Tennyson)	11:18	32. Craig Carter(CV)	12:16
7. Dave Glass(Castro Valley)	11:25	33. Perry Gee(Mt. Eden)	12:20
8. Fred Sandsmark(Hayward)	11:26	34. Brian Smith(Marina)	12:22
9. Jeff Berg(Sunset)	11:28	35. Eddie Blanch(Tennyson)	12:28
10. Dante Najera(Tennyson)	11:31	36. Kelly Miles(Mt. Eden)	12:29
11. Dave Paiva(CV)	11:31	37. Wayne Dodson(Hayward)	12:40
12. Oscar Mendez(sunset)	11:32	38. Mike Kraft(Mt. Eden)	12:40
13. Doug Rodgers(CV)	11:32	39. Mike Healy(Hayward)	12:42
14. Keith Faber (Hayward)	11:33	40. Basem Harb(Canyon)	12:44
15. Brian Brown(San Lorenzo)	11:37	41. Fred Indalecio(Marina)	12:44
16. Ralph Quinones(Mt. eden)	11:47	42. Steve Kirchner(Mt. Eden)	13:09
17. Darin Rock(Canyon)	11:50	43. Steve Rekenhtaler(Hayward)	13:13
18. Ray Tieman(CV)	11:54	44. Mike Jepsen(San Lorenzo)	13:17
19. Ken Thompson(Arroyo)	11:55	45. Ken Fried(Marina)	13:31
20. Mike Gellie(Sunset)	11:55	46. Mark Duchaineau(Canyon)	13:37
21. Mike Yepez(Canyon)	11:58	47. Ed Xavier(Marina)	13:38
22. Jeff Dittman(CV)	11:59	48. Ralph Moller(Sunset)	13:40
23. Jeff Kramm(Arroyo)	12:01	49. Reinhard Loewe(Sunset)	13:44
24. Jeff Shore(CV)	12:02	50. Jeff Marciel(Sunset)	14:12
25. Ed Silva(Tennyson)	12:02	51. Andy Soto(Arroyo)	14:24
26. Tom Davis(Mt. Eden)	12:07	52. Tom Engbrock(Canyon)	15:50

Canyon finished its season with a mediocre performance at the HAAL finals, finishing sixth. The team was hurt by the absence of Rick Leizgold, who was out with the flu. Freshman Darin Rock led the team, as he ran perhaps his best race of the year, finishing an excellent 17th. Sophomore Mike Yepez finished a very successful first cross country season with a 21st place. Steve Fazzini and Pat Todd finished together about fifteen seconds behind Yepez, and freshman Basem Harb finished another 30 seconds later, running one of his best races as he tried to fill the vacuum created by Leizgold's absence. Mark Duchaineau continued to improve, as he has all year, and showed signs that he will be a good runner in the near future.

### Awards

Best Performance: DARIN ROCK

Intestinal Fortitude: BASEM HARB

If the race had only been a couple of miles longer . . . : PAT TODD

## VARSIITY

MEET: National 2-mile Postal  
DATE: November 6, 1976  
COURSE: 2.0 miles; Tartan track  
CONDITIONS: warm and pleasant

RESULTS: 16th (of 52 teams) 50:47

Ken Romiguere	3rd	9:39.0	(School Record)
Scott Flagg	30th	10:02	(4th in Canyon All-Time List)
Charlie Harb	38th	10:13	(Personal Record)
Jason Lee	39th	10:15	(Personal Record)
Tom Jensen	49th	10:38	(Personal Record)
Greg Romiguere	51st	10:47	(Personal Record)

54 runners finished

Canyon came up with an impressive performance at the 2-mile postal at West Valley JC, getting six PR'S, even though some people expected more. Ken Romiguere broke Dave Mills' 8-year old school record, and knocked off 14.8 seconds from his PR. Ken finished 7th among all the juniors at the meet, of which there were approximately 190 runners. Scott Flagg got a tie for 30th among juniors, as he knocked 8 seconds from his PR. Charlie Harb got a PR by 5 seconds, Jason Lee got his by 12 seconds, Greg Romiguere got his by nearly a minute, as did Tom Jensen. Greg, amazingly enough, even got a PR in the mile by running 5:09 for his first mile. The team finish of sixteenth is quite impressive, especially considering some of the teams Canyon beat (Monte Vista, Half Moon Bay, San Ramon, St. Ignatius, Sunnyvale, San Carlos, Alameda, Logan, Hillside, Los Altos, Washington, Soquel, and South San Francisco). All those teams have always been cross country powers, except perhaps South City, which has been sort of weak ever since some guy named Casillas graduated. Canyon, incidentally, also beat HAAL foe Tennyson by a healthy 3:15.

This race should serve as a good tuneup for the NCS 3A Southern Area meet next week at Chabot Gate in Oakland, where one of the prime contenders will be Mission San Jose, which beat Canyon by just 13 seconds.

### Awards

Best Performance: TOM JENSEN

Intestinal Fortitude: SCOTT FLAGG

Boy Scout: KEN ROMIGUIERE (his good deed for the day was knocking Dave Mills' name off the school record board)

## VARSITY

MEET: North Coast Section AAA Southern Area Championships

SCORE: see page 2

DATE: November 13, 1976

COURSE: 3.0 miles; rolling hills, all dirt

CONDITIONS: foggy and cool

### RESULTS:

1. Steve Strangio (MSJ)	15:18	50. Dean Manning (Alameda)	17:06
2. Paul Burke (DeLaSalle)	15:22	51. Robbie Smith (Hayward)	17:07
3. Ken Romiguere (Canyon)	15:33	52. Don Malcolm (MSJ)	17:08
4. Ray Castro (Logan)	15:34	53. Bill Bodin (CV)	17:09
5. Ray Kindle (Alameda)	15:36	54. Greg Hertz (Washington)	17:12
6. Tom Hussey (Washington)	15:43	55. Stu Gruendl (O'Dowd)	17:15
7. Vernon Sallaz (San Leandro)	15:45	56. Mike Riley (Moreau)	17:17
8. Pat Scannell (O'Dowd)	15:53	57. Arlon Jahnke (Kennedy)	17:19
9. Chris Avalos (St. Joseph's)	15:55	58. Tom Jensen (Canyon)	17:20
10. Mark Behning (CV)	15:56	59. George Del Rio (Hayward)	17:20
11. Chuck Wright (Moreau)	15:57	60. Joe Budmark (Kennedy)	17:21
12. Rick Harbaugh (Piedmont)	16:00	61. Dave Fisher (CV)	17:22
13. Scott Molina (DeLaSalle)	16:03	62. Billy Kent (Newark)	17:22
14. Bruce Hiler (Washington)	16:06	63. Mark Rodriguez (Kennedy)	17:23
15. Dave Smith (O'Dowd)	16:07	64. Mark Sigmon (Alameda)	17:26
16. Mike Chastaine (MSJ)	16:08	65. Kevin Dundon (St. Joe's)	17:27
17. Chuck Maroney (O'Dowd)	16:08	66. Martin Kuks (Washington)	17:28
18. Scott Ruffing (MSJ)	16:12	67. Jim Blank (DeLaSalle)	17:29
19. Vince Capurro (Moreau)	16:13	68. Drake McCleary (Kennedy)	17:30
20. Dave Saylor (MSJ)	16:15	69. Joe Scornorenchi (O'Dowd)	17:31
21. Matt O'Brien (Piedmont)	16:16	70. Frank Henneffer (O'Dowd)	17:32
22. Steve Giles (MSJ)	16:20	71. Francis Blankenberg (DLS)	17:33
23. Joe Fields (Alameda)	16:22	72. David Bail (DeLaSalle)	17:34
24. Dan Devlin (DeLaSalle)	16:23	73. Jim Hogland (Piedmont)	17:35
25. Jason Lee (Canyon)	16:23	74. Glenn Noga (Moreau)	17:36
26. Scott Weakley (Kennedy)	16:23	75. Roland Delatorre (Albany)	17:38
27. Danny Martinez (Newark)	16:24	76. Tom Pinocci (Washington)	17:40
28. Willie Villamor (Newark)	16:27	77. Bob Vitton (Canyon)	17:44
29. Jeff Smith (Newark)	16:28	78. John Lamborn (Piedmont)	17:53
30. Andre Ladrech (St. Joe's)	16:29	79. Andy Schloss (CV)	17:57
31. Tim Krajcar (Moreau)	16:30	80. John Gioynn (Piedmont)	18:02
32. Kelly King (St. Joe's)	16:32	81. Mark Beil (DeLaSalle)	18:03
33. Dave McHugh (CV)	16:32	82. Eric Citron (Washington)	18:04
34. Jerry Quarry (Sunset)	16:38	83. Don Lotz (Moreau)	18:04
35. Mike DeGroot (Marina)	16:39	84. Randy Rogers (Marina)	18:05
36. Charlie Harb (Canyon)	16:42	85. Brian Healy (Hayward)	18:06
37. Scott Flagg (Canyon)	16:44	86. Don Peterson (Marina)	18:09
38. John Stalone (Albany)	16:46	87. Dave Lowney (Newark)	18:13
39. Pat Shaughnessy (MSJ)	16:46	88. Danny O'Connor (St. Joe's)	18:22
40. Bill Brown (Kennedy)	16:50	89. Kevin Miyamoto (Albany)	18:29
41. Bill Wenik (Hayward)	16:52	90. Andy Mayeda (Albany)	18:33
42. Robert Anaya (Kennedy)	16:52	91. Tony Deichler (Piedmont)	18:34
43. Greg Romiguere (Canyon)	16:54	92. Mike Ferguson (St. Joe's)	18:37
44. Jeff Armstrong (Albany)	16:54	93. Jim Valenzuela (Washington)	18:40
45. Dave Capurro (Moreau)	16:55	94. Jim Norsworthy (Hayward)	18:41
46. Benn Fenn (Alameda)	16:56	95. Thomas Tokunbo (Albany)	18:45
47. Frank Leeds (Alameda)	16:59	96. Danny Lin (Albany)	18:45
48. Jim Peters (Alameda)	17:00	97. Jerry Reyna (Marina)	19:22
49. Jim Soughlin (Piedmont)	17:04	98. Gerry DeGuzman (St. Joe's)	19:28

## TEAM RESULTS

1.	MISSION SAN JOSE	69
2.	CANYON	133
3.	MOREAU	150
4.	BISHOP O'DOWD	152
5.	ALAMEDA	157
6.	DE LA SALLE	167
7.	WASHINGTON	204
8.	KENNEDY	211
9.	ST. JOSEPH'S	212
10.	PIEDMONT	220
11.	NEWARK	221
12.	CASTRO VALLEY	223
13.	HAYWARD	315
14.	ALBANY	321
	MARINA	no score

Canyon proved once and for all that they are among the best cross country teams in the Bay Area by finishing a lofty second behind untouchable (on this day) Mission San Jose at the NCS 3A Southern Area championships. The list of teams Canyon beat for second reads like a who's who of East Bay cross country for the past decade: Bishop O'Dowd, the CAL champions; Alameda, the only team to beat the Cougars in a dual meet all year; perennial powers DeLaSalle, Washington, and Piedmont; Castro Valley, the team that gave Canyon quite a scare at the HAAL Finals last week; and even Moreau, the team that wasn't sure that Canyon was good enough to run against.

Ken Romiguere led the team, as he has all year, with an excellent third place finish in a race with one of the classiest fields seen in the East Bay this year. Jason Lee came up with a big race at the right time to finish 25th. Charlie Harb and Scott Flagg ran together as they have in most of their races this year, and ended up 36th and 37th. The key to the second place finish was Greg Romiguere, who finished just 10 seconds behind Flagg when he had been about a minute behind him all year. Greg finished 43rd, and was the second fifth man to finish (behind MSJ's Steve Giles) which locked up second place as a team. Tom Jensen, who has been the fifth man all year, was overshadowed by Greg's performance, but ran well enough to give Canyon second even if Greg had not run as well as he did, ending up 50th. Seventh man Bob Vitton proved again that he is much more than just a tennis player getting in shape by finishing 77th (the second best seventh man in the race), and beating some good runners in the process.

Next week, Canyon hits the big time for the first time in the school's history as they travel to Santa Rosa for the North Coast Section AAA Championships. Some of the best teams in Northern California will be competing, and Canyon will get its chance to prove that it is a member of that elite group.

### Awards

Best Performance: GREG ROMIGUIERE

Intestinal Fortitude: JASON LEE

Well, I guess this means you have to run for one more week: BOB VITTON



VARSIITY

MEET: North Coast Section Championships  
COURSE: 2.8 miles; flat or rolling, very fast  
DATE: November 20, 1976  
CONDITIONS: cool and foggy

RESULTS:

1. Rod Berry (Redwood)	13:15	46. Greg Valdez (Mt. Diablo)	14:37
2. Aran Collier (Tamalpais)	13:24	47. Hartinger (PH)	14:37
3. Glen Borland (Del Norte)	13:33	48. Grames (Piner)	14:38
4. Greg Cross (Mt. Diablo)	13:34	49. Baffert (San Ramon)	14:39
5. Rod Vasquez (Clayton Val)	13:35	50. Mike Grajeda (Moreau)	14:40
6. Mark Smith (Eureka)	13:40	51. Galdamez (Tamalpais)	14:41
7. Steve Strangio (MSJ)	13:41	52. Dave Smith (O'Dowd)	14:43
8. Mike Biando (Piner)	13:43	53. Chamberlain (Redwd)	14:44
9. Ken Romiguere (Canyon)	13:44	54. Dave Drew (Ft. Bragg)	14:46
10. Armand Moreno (Piner)	13:46	55. Pat Shaughnessy (MSJ)	14:48
11. Colin Chapman (Redwood)	13:52	56. Tim Krajcar (Moreau)	14:49
12. Paul Burke (DeLaSalle)	13:55	57. Glen Morimoto (PH)	14:50
13. John Williams (Miramonte)	13:56	58. Mickle (Redwood)	14:51
14. Mike Bullano (Piner)	13:57	59. Gonzalez (Eureka)	14:51
15. Ray Kindle (Alameda)	13:58	60. Tom Jensen (Canyon)	14:53
16. Ray Castro (Logan)	14:02	61. Don Malcolm (Mission SJ)	14:54
17. Marty Martin (Piner)	14:03	62. Gold (Tamalpais)	14:55
18. Paul Baker (San Ramon)	14:04	63. Evans (San Ramon)	14:56
19. Scott Ruffing (MSJ)	14:06	64. Romero (Eureka)	14:59
20. Greg Balburz (Horthgate)	14:09	65. O'Hara (Tamalpais)	15:00
21. Carlsen (Tamalpais)	14:14	66. Bannatyne (Mt. Diablo)	15:01
22. Brock (Redwood)	14:15	67. Greg Romiguere (Canyon)	15:02
23. Chuck Wright (Moreau)	14:16	68. Joe Scornorenchi (O'Dowd)	15:03
24. Clarke (Tamalpais)	14:17	69. Preece (San Ramon)	15:04
25. Gardner (Redwood)	14:18	70. Mark Dayton (San Ramon)	15:05
26. Mike Chastaine (MSJ)	14:19	71. Linehan (Piner)	15:08
27. Croft (Pleasant Hill)	14:19	72. Hersh (Redwood)	15:14
28. Matt Smith (Eureka)	14:21	73. Frank Hennefer (O'Dowd)	15:15
29. Ray Van Buskirk (PH)	14:22	74. Glenn Noga (Moreau)	15:16
30. Mike Baroni (Tamalpais)	14:23	75. Butler (Mt. Diablo)	15:18
31. Charlie Harb (Canyon)	14:24	76. Pat Lawlor (Moreau)	15:19
32. Daniel Kasapligil (HeadR)	14:25	77. Bratsberg (Ft. Bragg)	15:21
33. Steve Kruger (Piner)	14:26	78. Mike Riley (Moreau)	15:22
34. Pat Scannell (O'Dowd)	14:27	79. Sterling (St. Helena)	15:23
35. Dave Saylor (MSJ)	14:28	80. Nelson (Mt. Diablo)	15:25
36. Jason Lee (Canyon)	14:29	81. Lauth (O'Dowd)	15:26
37. Prouty (Pleasant Hill)	14:30	82. Bob Vitton (Canyon)	15:29
38. Vince Capurro (Moreau)	14:31	83. Siddens (Ft. Bragg)	15:30
39. Steve Giles (MSJ)	14:31	84. Regalia (Ft. Bragg)	15:32
40. Arrison (Eureka)	14:32	85. Chris Hand (O'Dowd)	15:35
41. Russo (Pleasant Hill)	14:32	86. D'Acquito (Ft. Bragg)	15:43
42. Maxon (Eu)	14:33	87. Wilder (Ft. Bragg)	15:51
43. Jeff Van Buskirk (PH)	14:34	88. Johnson (San Ramon)	16:09
44. Dennis Drew (Ft. Bragg)	14:36	89. Hansen (Mt. Diablo)	16:20
45. Scott Flagg (Canyon)	14:37	90. Simpson (Mt. Diablo)	16:27

## TEAM RESULTS

1.	PINER	60
2.	REDWOOD	88
3.	MISSION SAN JOSE	95
4.	TAMALPAIS	99
5.	PLEASANT HILL	139
6.	EUREKA	142
7.	CANYON	148
8.	MOREAU	202
9.	SAN RAMON	231
10.	MT. DIABLO	237
11.	BISHOP O'DOWD	267
12.	FORT BRAGG	300

Canyon finished its best cross country season ever with an excellent seventh place at the North Coast Section championships at Spring Lake in Santa Rosa. The Cougars had not been expected to do anything in this meet, but they ended up just nine points behind Pleasant Hill, whose second team beat them handily in the early season OAL Invitational. The Cougars slaughtered old nemesis Moreau for the third time this year, and beat other teams like San Ramon and Mt. Diablo, who were supposed to be far above them.

Ken Romiguere proved he could run with the best of them in finishing ninth. In doing so, Ken beat runners like Paul Burke (who had beaten him last week), Ray Kindle, Ray Castro, Colin Chapman, and everybody from team champion Piner. Charlie Harb finished the season with a bang, ending up in 31st, and undoubtedly one of the top sophomores in the race. Jason Lee and Scott Flagg also ran excellent races, finishing 36th and 45th, respectively. Tom Jensen was back in his customary fifth spot, after Greg Romiguere had taken the spot with a fantastic race last week. Tom finished 60th, with Greg just nine seconds behind him in 67th. Seventh man Bob Vitton ended up 82nd. Bob deserves more credit than anyone has given him this year: he was a guy who came out with very little badgering from anybody, had never run competitively before, hadn't been subjected to workouts like those he had to plunge into as a member of the varsity team, and he came out of it as one of the best seventh men in South County. Everyone is now hoping that Bob can do something which no Canyon athlete has accomplished in a long time: be a member of two league champion teams, and even possibly go through an entire school year without being involved in a losing meet! The cross country team did its part, with an 8-0 league record; now it's up to the tennis team to uphold their end of the deal.

### Awards

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: CHARLIE HARB

It couldn't have happened to a nicer guy: TONY CASILLAS

CROSS COUNTRY SCORES

ARROYO

CANYON

	<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>		<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>
1964							
1965	27	26	18		92	-	21
1966	33	17	15		57	72	68
1967	39	16	19		29	62	-
1968	30	26	21		81	-	123
1969						NO TEAM	
1970	29	15	28		53	-	-
1971	43	19	68		54	-	-
1972	38	51	-		-	-	-
1973	29	22	62		-	-	21
1974	44	-	24		34	-	36
1975	57	55	71		51	46	38
1976	47	-	-		16	17	23

# CROSS COUNTRY SCORES

## CASTRO VALLEY

## CANYON

	<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>		<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>
1964		34	25			61	67
1965	28	38	-		92	-	21
1966	39	51	60		57	72	68
1967	56	57	53		29	62	-
1968	28	33	28		81	-	123
1969						NO TEAM	
1970	24	19	18		56	-	-
1971	35	15	19		54½	-	-
1972	28	16	-		-	-	-
1973	16	20	40		66	-	25
1974	15	15	21		64	-	47
1975	23	21	19		51	46	38
1976	30	29	26		25	61	50

# CROSS COUNTRY SCORES

## HAYWARD

## CANYON

	<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>		<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>
1964		57	26			61	98
1965	50	29	30		80	-	-
1966	59	43	-		43	42	31
1967	52	29	-		38	57	-
1968	42	-	29		90	-	-
1969						NO TEAM	
1970	-	43	-		56	-	-
1971	76	35	19		42	-	-
1972	55	15	15		57	-	-
1973	47	35	-		66	-	25
1974	62	41	-		42	-	38
1975	45	-	44		28	15	18
1976	47	19	-		20	41	35

CROSS COUNTRY SCORES

MARINA

CANYON

	<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>	M	<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>
1964	74	79	91		108	-	67
1965	41	40	-		73	-	-
1966	58	34	38		57	62	-
1967	54	33	-		30	62	-
1968	51	43	-		80	-	-
1969						NO TEAM	
1970	51	43	-		55	-	-
1971	-	-	35		32	-	-
1972	51	40	-		65	-	48
1973	26	35	36		-	-	21
1974	27	15	-		44	-	23
1975	32	-	-		29	19	25
1976	38	27	47		22	53	15

CROSS COUNTRY SCORES

Mt. EDEN

CANYON

	<u>Varsity</u>	<u>JV</u>	<u>FS</u>		<u>Varsity</u>	<u>JV</u>	<u>FS</u>
1964			119		-	-	192
1965	20	50	-		42	-	-
1966	27	31	28		53	72	59
1967	26	15	17		45	56	-
1968	29	18	19		70	-	-
1969						NO TEAM	
1970	38	40	27		53	-	-
1971	23	21	-		42	-	-
1972	33	-	-		48	-	-
1973	56	-	65		-	-	34
1974	44	22	60		34	-	36
1975	61	-	31		29	19	25
1976	77	-	32		16	17	23

CROSS COUNTRY SCORES

SAN LORENZO

CANYON

	<u>Varsity</u>	<u>JV</u>	<u>FS</u>		<u>Varsity</u>	<u>JV</u>	<u>FS</u>
1964	54	35	51		108	-	67
1965	15	26	25		80	-	-
1966	18	35	37		43	42	31
1967	33	34	-		38	57	-
1968	26	-	34		90	-	-
1969						NO TEAM	
1970	40	26	37		72	34	-
1971	49½	-	-		54½	-	-
1972	21	-	-		57	-	-
1973	43	-	-		59	-	15
1974	60	-	66		64	-	47
1975	-	-	68		28	15	18
1976	68	-	-		22	53	15



CROSS COUNTRY SCORES

SUNSET

CANYON

VARSDTY

JV

FS

VARSDTY

JV

FS

1964		59	80		61	98
1965	38	17	-	42	-	-
1966	43	29	33	53	72	59
1967	63	53	62	45	56	-
1968	26	27	36	70	-	-
1969					NO TEAM	
1970	24	-	29	72	34	-
1971	26	15	30	32	-	-
1972	43	-	25	48	-	-
1973	22	-	58	59	-	15
1974	55	-	32	44	-	23
1975	62	73	65	45	36	46
1976	-	-	22	20	41	35

.

CROSS COUNTRY SCORES

TENNYSON

CANYON

	<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>		<u>VARSIITY</u>	<u>JV</u>	<u>FS</u>
1964			15		-	-	192
1965	17	15	15		73	-	-
1966	21	23	17		57	62	-
1967	36	32	15		30	62	-
1968	15	22	-		80	-	-
1969						NO TEAM	
1970	24	24	15		55	-	-
1971	31	40	18		54	-	-
1972	23	21	21		65	-	48
1973	20	17	27		-	-	34
1974	27	17	29		42	-	38
1975	22	20	21		45	36	46
1976	67	33	44		25	61	50

CANYON ALL\*TIME CROSS COUNTRY TEAM

1. KEN ROMIGUIERE 1975- sophomore #2 man for most of the year 5th at Livermore, 2nd(frosh-soph) at OAL Invitational top sophomore at HAAL Finals 1976- HAAL champion undefeated in HAAL competition 1st at Livermore, 2nd at OAL(under old course record) course records at Canyon and Marina 3rd at NCS Southern Area 9th at NCS All-East Bay, 2nd team All-Northern California
2. RON LUSCHAR 1971 - junior HAAL Champion, 2nd at San Ramon, 6th at Terra Nova 2nd team All-East Bay 1972- senior 3rd in HAAL
3. CHARLIE HARB 1976- sophomore 6th in HAAL, first sophomore All-Leaguer in at least five years set course record for Hayward's frosh-soph course in winning the HAAL Invitational
4. JEFF LEE 1972- freshman #2 varsity man behind Ron Luschar in dual meets before dropping to frosh-soph at HAAL Finals 1973- HAAL Frosh-Soph champion 1974- junior among the top runners in HAAL before injury that kept him out of the finals 1975- 8th in HAAL ran second-fastest time on Canyon course all-time
5. JASON LEE 1975- sophomore #3 varsity man before mid-season injury 1976- junior #2 or 3 man 7th in HAAL, All\*League, 36th at North Coast, 4th at Livermore
6. DOUG GIBBONS 1967- 8th in HAAL
7. SCOTT FLAGG 1975- #4 varsity man in dual meets 1976- junior 8th in HAAL, 3rd at Livermore, lost to only four runners from other HAAL schools all year

COACH- TONY CASILLAS 1970- 1-7 varsity, 3rd in HAAL JV  
1973- Varsity 0-8, no JV, frosh-soph 7-1 HAAL champions, 6th at NCS Division I  
1974- Varsity 4-4 in HAAL, 5-4 overall; no JV; Frosh-Soph 5-3 HAAL, 5-4 overall, 6th in HAAL finals  
1975- Varsity 6-2 in HAAL, 8-4 overall; 4th in HAAL finals, 14th at NCS Division I, 2nd at Livermore Invitational; JV 6-2 HAAL, 8-, overall, 3rd in HAAL finals; Frosh-Soph 6-2 HAAL, 10-2 overall, 3rd in HAAL finals, 11th at NCS Division I, OAL Invitational and Livermore Invitational champions  
1976- Varsity 8-0 HAAL, 13-1 overall, HAAL Champions, 2nd at NCS Southern Area, 7th at NCS Finals, Livermore Invitational champions; JV 4-4 in HAAL, 5-8-1 overall; Frosh-Soph 5-3 in HAAL, 6-8 overall, 6th in HAAL Finals