

**LONG DISTANCE RESULTS**

Weeks/SJS 61-3 3/4, Semkiw/SJS 60-9, Slinkard/Stan 52-2; DT: Weeks/SJS 175-3, McCollum/Un 171-1, Nave/WVTC 167-9, Ritzman/Fthl 149-10; PV: Chappel/England 15-7 1/4, Migue/Un 15-7 1/4, Flint/Stan 15-7 1/4, Dixon/Fthl 14-6, Dillard/CSM 14-6; TJ: Jackson/Chab 46-7, Carter/SJS 45-4; Masters-880: Richardson/Sund 2:00.6; (HIGH SCHOOL) 100m: Johnson/Skyl 11.0, Hill/Sund 11.0; 120HH: Clark/M-A 14.6; 220: Foster/Skyl 23.1; 440: Arnerich/ATA 51.1, Walker/CstInt 51.2; 880: Schneider/Skyl 2:01.3; Mile: Wright/Van 4:24.9, McMeans/DeAnza-WVTC 4:26.7, Baker/Sund 4:29.4, Nelson/Ara-WVTC 4:29.9, Green/Ara 4:31.1, Hawkey/Vint 4:31.7; 2 Mi: Breganti/Stagg 9:44.0, Valdez/Skyl, 9:44.6, Lee/Vint 9:45.2; LJ: Kelly/Skyl 21-7 1/2, Bates/M-A 21-0 1/2; SP: Lucas/SFR 50-7 1/2; DT: Lucas/SFR 137-8; TJ: Kelly/Skyl 44-1, Bates/M-A 43-4 1/4; HJ: Kniffin/Serra 6-4, Keller/Skyl 6-2, Havens 6-2, Robinson/Skyl 6-2; PV: Schindler/Moreau 11-0 1/2. /Harry Young/

STANFORD 116, HAYWARD 76: (Feb. 28, Hayward) - 400mR: Stanford 41.7; HT: Dyer/H 174-11, Sawyer/H 167-11; 1500m: Parietti/S 3:54.8, Celms/S 4:00.3; 3000mSC: Bellah/S 9:26.8; JT: Macrorie/S 207-7; 110mHH: Densmore/S 15.1; 400m: Hogsett/S 48.4, Wingo/S 49.4, Washington/SC 49.5; LJ: Lofton/S 23-7 1/2, LeGrande/H 23-2 1/4, Wamble/H 23-1 1/4; 100m: Clark/H 10.7, Holmes/S 10.7, Smith/H 10.8; SP: Slinkard/S 53-2 1/4; HJ: Haber/H 7-0, Friday/H 6-10; 800m: Nolte/H 1:53.7, Hadley/S 1:54.5, McCarthy/S 1:56.0; 400mIH: Densmore/S 56.7; PV: Flint/S 16-0; 200m: Sheats/S 21.4, Holmes/S 21.4, Clark/H 21.6; TJ: LeGrande/H 48-3 1/4, Murphy/H 46-0; DT: Dyer/H 154-0; 2 Mi: Parietti/S 9:06.8, Tracy/WVTC 9:06.8, Bellah/S 9:13.6; 1600mR: Stanford 3:16.3, Hayward 3:20.8. /S.F. Examiner/

NATL. AAU INDOOR CHAMPIONSHIPS: (Feb. 27, New York City) - (MEN) -60HH: (II) Hill/Army 7.1, 4-Carty/WVTC 7.1; TJ: Haynes/Army 55-5 1/2 (American Rcd.), Livers/SJS-PPC 54-8, 6-Dupree/Army 52-10 1/4; (WOMEN) 880: Forman/Falmouth 2:07.9, Weston/WS 2:08.7, 6-Costello/LATC 2:14.8; Mile: Merrill/AGAA 4:38.5, 5-Keyes/LATC nt. --- Add: Men's HJ: 4-Livers/SJS 7-2. /Saplin/

US-USSR INDOOR: (March 6, Leningrad) - Men's HJ: 4-Livers/SJS 6-10 3/4; TJ: 3-Livers/SJS 51-9 1/4; Women's 800m: 2-Weston/WS 2:10.2; Women's 1500m: 3-Keyes/LATC 4:24.0. /S.F. Examiner/

CAL 109, SAC'TO ST. 37: (March 6, Berkeley) - DT: Overton/Un 179-3, Nave/WVTC 172-1, Woody/S 153-5; TJ: Dobbins/C 48-1 1/2, Thorp/C 48-1 1/4; 400mIH: Butler/BAS 52.6, Roesky/C 53.2, Rapides/BAS 55.7; 2 Mi: Duffey/C 8:58.0, Blume/C 9:11.6, Clifford/C 9:12.2; SP: Marks/WV 63-1 1/4, Davis/WV 55-8 1/2, Mannon/C 54-6 3/4; LJ: Silva/WV 23-2, Thorp/C 22-8 3/4; 1500m: Robinson/C 3:54.2, Nicholson/WV 3:55.2, Harris/C 3:58.5, Bailey/WV 3:59.1; 400mR: Cal 40.9, BAS 41.0, WVTC 41.6; 110mHH: Carty/WV 14.0, Mosley/C 14.0, Florant/C 14.2; JT: Seals/WV 220-2, Moshos/WV 214-8, Ryan/Un 207-5; 100m: (I) Wallace/C 10.8, Kirtman/WV 10.8, Williams/BAS 10.8; (II) Walker/C 10.5, R. Walker/WV 10.9, Ligons/Un 11.1; 400m: Rodgers/BAS 47.5, Rochee/WV 47.9, Grasha/C 48.8, Bolton/S 49.1, Harris/WV 49.2, Woodard/WV 49.4; PV: Hintz/C 16-6 1/2, Paton/C 15-6, Weidig/BAS 15-6; 800m: MiJares/S 1:54.0, Robertson/WV 1:54.9, Barry/C 1:55.6, Ennis/C 1:56.0; 200m: Ligons/BAS 22.4, Payton/BAS 22.6, Fullerton/C 22.7; HJ: Murphy/C 6-10, Coleman/WV 6-8; MileR: WVTC 3:17.3. /Exo Hunt/

SMALL COLLEGE MEET: (March 6, San Jose) - HT: Congi/SJ 182-1, Dyer/H 179-11 1/4, Sawyer/H 166-10; SP: Weeks/SJ 61-8; Mile: Gruber/SJ 4:06.3; 120HH: Austin/SJ 14.5; 440: Whitaker/SJ 47.8; JT: Krogh/SF 218-5, Staengel/SJ 214-1 1/2; 440R: SJS 41.9, CSH 42.4; LJ: LeGrande/H 24-11, Huey/SJ 24-10, Carter/SJ 24-4 1/4; 100: Clark/H 9.8, Brown/W 9.8, Smith/H 9.8; 880: Kasser/SJ 1:54.3, 3-Cagle/SFS 1:55.9; 440IH: Wyatt/SJ 53.6, Fitzhenry/SJ 54.2, Austin/SJ 54.9; HJ: Friday/H 6-10, Nelson/SJ 6-8 1/2; 220: Farmer/SJ 21.2w, Ellis/SJ 21.3, Clark/H 21.4; 2 Mi: Prowell/SJ 9:16.6; MileR: SJS 3:19.7; DT: Howard/W 181-11, Weeks/SJ 174-4; PV: Martin/SJ 16-1 1/4; TJ: Johnson/SJ 51-2 3/4w, LeGrande/H 50-4 1/2, Carter/SJ 49-8 1/2.

STANFORD 95, FRESNO ST. 68: (March 6, Stanford) - 3 Mi: Kissin/S 13:56.6, Bellah/S 13:59.1; 440R: Stanford 41.6; Mile: Sandoval 4:07.3, Parietti/S 4:10.3; LJ: Lofton/S 24-6; 440: Wingo/S 49.3; 100: Holmes/S 9.9, Sheats/S 9.9; SP: Slinkard/S 54-9; 880: McManus/F 1:53.9, Foley/F 1:55.3, Hadley/S 1:55.9; JT: Macrorie/S 210-5; 330IH: Hogsett/S 38.6; 220: Sheats/S 21.8, Holmes/S 22.9; 2 Mi: Parietti/S 9:01.0, Bellah/S 9:08.9; MileR: Stanford 3:15.5; DT: Hill/S 166-1; PV: Lewis/F 15-6, Flint/S 15-0; HT: Sorenson/F 170-10; 120HH: Gaeta/F 14.7; HJ: Leach/F 6-2, Hammock/F 6-2, Byron/F 6-2; TJ: Zizzo/F 47-0, Taplac/F 46-11 3/4, Johnson/F 46-8 1/2. /S.F. Examiner/

PHELAN BLIND HANDICAP: (Nov. 22, Phelan) - 15.0 Miles: 1-Covert 1:21:06, 2-Swift/AATC 1:21:17, 3-Caldwell/AIA 1:23:24, 4-Branch/CCAC 1:24:12, 5-Waco/Un 1:26:56 (40+). /J. Brennand/

APPLE VALLEY HANDICAP: (Dec. 14, Apple Valley) - 6.3 Miles: 1-Dave White/AATC 33:19, 2-Colley/SURR 33:39, 3-Swift/AATC 33:58, 4-Berthiaume/Un 34:09, 5-P.Ryan/GWAA 34:47, 6-Cavanaugh 34:53...12-Crum/STC 36:28 (40+). /John Brennand/

MT. TOM HILL CLIMB: (Dec. 20, Glendale) - 4.0 Miles: 1-Ken Moffitt/ELATC 26:44, 2-Harrie/RRR 27:17, 3-Adams/Un 27:47, 4-Fisanotti 28:38, 5-Durand/Un 28:46...10-Waco/Un 30:28 (40+). /John Brennand/

SKUNK HOLLOW HANDICAP: (Dec. 21, L.A. Area) - 9.3 Miles: 1-Phil Ryan/GWAA 49:59, 2-Alexander/Un 50:46, 3-Shaffer/CCAC 51:38, 4-Durand/Un 52:32, 5-Vermillion/WPM 52:52, 6-Jones/STC 52:57, 7-Brotten/STC 53:02...21-Lumian/STC 60:06 (40+)...29-Vallalvazo/RRR 61:59 (1st Girl). /John Brennand/

ELYSIAN PARK 5-KILO X-C: (Dec. 27, Los Angeles) - 1-Gary Nit-Ti/UCLA 15:18, 2-Colley/SURR 15:19, 3-Lough/AZTL 15:20, 4-Smead 15:29, 5-Amaya/AZTL 15:31, 6-Walthiese/AIA 15:34, 7-P. Ryan/GWAA 15:35, 8-Simmons/AZTL 15:36, 9-Hayes/SBAA 15:38, 10-Simonian 15:43, 11-Odom/AIA 15:47, 12-Silva/GPAC 15:54, 13-Caldwell/AIA 15:58...66-W. Williams 17:35 (40+). /S. Brotten/

LOMPOC WINTER RUN: (Jan. 3, Lompoc) - 5.5 Miles: 1-George Aguirre/SBAA 29:44, 2-J. Jones/SCH 29:55, 3-R. Aguirre/SBAA 30:55, 4-Fabing/LVDC 31:40, 5-Genschmer/WVTC-VAFB 33:59... (40+) Lynch/HSTC 36:12. /Joe Sciamel/

STC AGE-GROUP RACES: (Jan. 4, L.A. Area) - 3.9 Miles: 1-Paul Cook/AIA 18:41, 2-Simonian 18:46, 3-Waltermier 18:53, 4-Colley/SURR 19:07, 5-P. Ryan/GWAA 19:10, 6-Gerace 19:24, 7-Odom/AIA 19:30, 8-Frickel 19:32, 9-Edwards/Un 19:35, 10-Branch/CCAC 19:37, 11-Swift/AZP 19:38, 12-Waltermier 19:43, 13-Mueller 19:45, 14-Haller 19:46, 15-Hitt 19:57...27-Crum/STC 20:49... 59-Ballalvazo 23:05 (1st Girl). /John Brennand/

SIGNAL HILL RUN: (Jan. 4, L.A. Area) - 6.0 Miles: 1-Carl Swift/AZP 30:40, 2-Reynoso 31:12, 3-Cavanaugh 31:22, 4-Brotten/STC 31:29, 5-Arce 32:21...8-Crum/STC 33:46 (40+). /J. Brennand/

MISSION BAY MARATHON: (Jan. 10, San Diego) - A record 609 finished the full marathon distance, and 286 completed half the distance. --- 1-Mario Cuevas/Mexico 2:18:05, 2-Phil Camp/SDTC-Navy 2:18:07, 3-Fitts/SLTC 2:20:46, 4-Bryant/SMTC 2:21:20, 5-Jones/SCH 2:21:39, 6-Forrester/SMTC 2:22:47, 7-Nabers/FTC 2:23:16, 8-White/AATC 2:23:31, 9-Reyes/SCH 2:23:54, 10-Alexander/WTC 2:24:24, 11-McInnes/NSW 2:25:42, 12-Barker/WVTC 2:26:28, 13-Hulst/Un 2:27:25, 14-Hattersley/JT 2:28:02, 15-Close/JT 2:28:03, 16-Oropeza/Phoenix 2:28:13, 17-Steingraber/CSFR 2:28:47, 18-C. Hughes/LaMesa 2:29:31, 19-Johnson/SDTC 2:29:55, 20-Freemuth/Clairemont 2:30:37...25-T. Clark/BHS 2:32:32 (40+), 33-Goettelmann/WVTC 2:34:45, 38-Brian Moroney/Clairemont Coll. 2:38:33, 54-Dillie/WVTC 2:44:06, 58-Almeida/SDTC 2:44:54 (50+), 82-Sawyer/SoqRC 2:50:31, 87-Dally/WVTC 2:51:12 (40+), 96-Trachok/USMC 2:54:45, 97-Catanese/Unat 2:54:53, 111-Williams/SoqRC 2:56:00, 132-Mezzapelle 2:58:32, 153-Andes/LVRC 3:00:44, 180-Nicki Hobson/SDTC 3:05:18 (1st woman, 40+), 203-Fridshal/ChicoRC 3:08:34, 215-Dingwall/PAMA 3:10:17, 275-Dito/S.F. 3:17:59, 277-R. Webb/Un 3:18:13, 286-Caldwell/Un 3:19:27, 334-Betty Best/ChicoRC 3:25:40, 367-Wolinski/S.F. 3:29:32, 405-Vitti/Alameda 3:35:06, 432-Pat Whittingslow/DSE 3:39:36, 454-Chamberlain/DSE 3:44:24, 589-Myers/Un 4:39:20...TEAMS: 1-SMTC 17, 2-SDTC 19, 3-Phoenix Col-lege 23, 4-WVTC 29. \*\*\*HALF-MARATHON: 1-Suggs/JT 71:24, 2-Rouillard/LaMesa 73:09...41-Remillard/ChicoRC 87:26, 67-Freer/WVTC 1:31:15, 120-Swift/Un 1:36:48, 203-Kearns/Jgnts 1:53:44, 250-Rosalie Webb/DSE 2:14:18, 267-Alice Dingwall/PAMA 2:19:46, 274-Cammie Dingwall/PAMA 2:28:25, 284-Sylvia Dingwall/PAMA 3:00:31. /Bill Gookin/

CRYSTAL SPRINGS 12-KILO X-COUNTRY RUN: (Jan. 17, Belmont) - 1-Joe Henderson & Mike Coke 49:57.1, 3-Dayton/WVTC 59:47, 4-Flodberg/WVJS 63:30 (1.2 extra miles), 5-Wallach/WVTC 64:57. (This was a trial run on the course for the US Sr. International X-C Trials...see Jan. 31). /Bill Flodberg, Len Wallach/

DSE PRESIDIO GATE RUN: (Jan. 18, S.F.) - 3.74 Miles: 1-Mike Smith/PAMA 19:08, 2-Scalmanini 19:13, 3-Weidinger/ETC 19:19, 4-Martinez 19:38, 5-Plymale/PAMA 20:08...65-Diane Major 24:32.



(LEFT) West Valley T.C. won the team title in the Jr. Natl. 8-Kilo X-Country at Irvine (also the U.S. International Trials meet) with a team of (left to right): Dave Stock, Tim Holmes, Rod Berry, Craig Corey, Roy Kissin and Hal Schulz. /Dave Stock/ (CENTER) Top five finishers in the Sr. International Trials at Belmont, displaying their hardware, donated by Krefeld's Trophy Center in Redwood City: (left to right) Tony Sandoval (5th), Glenn Herold (4th), Don Kardong (3rd), Dave Babiracki (2nd) and Gary Tuttle, the winner. /Dennis O'Rourke/ (RIGHT) Chuck Smead (left) and Rich Kimball at the International Trials. /Jeff Zimmerman/

**NATL. AAU JR. 8-KILO X-C:** (Jan. 24, Irvine) - This meet served as both the National Championships and the selection meet for the Jr. International X-C (top 6 went to Wales). Eric Hulst won easily, but then there was a scramble for the next eight spots (13 seconds spread). WVTC picked up the team title with a 24:20 average per man to best runnerup SBAA's 24:27 average. 1-Hulst/Un 22:48, 2-Hunt/SDTC 23:08, 3-Salazar/MASS 23:09, 4-Serna/UCI 23:13, 5-Froelick/SHS 23:18, 6-Moses/CVHS 23:19, 7-Kissin/WVTC 23:20, 8-Hunsaker/UCI 23:21, 9-Holmes/WVTC 23:44, 10-G. Aguirre/SBAA 23:54, 11-Earle/SBAA 24:01, 12-Bordell/PPTC 24:03, 13-Scharsu/ATC 24:05, 14-Spillsberry/Fthl 24:06, 15-Bundy/CSU 24:12, 16-Nance/SVTC 24:19, 17-Kindle/ATC 24:24, 18-Hallinan/Un 24:31, 19-Haake/SBAA 24:34, 20-Daly/Un 24:35...23-Emory/CW 24:38, 26-Corey/WVTC 24:52, 27-Schulz/WVTC 24:52, 30-Berry/WVTC 24:55, 42-Smith/PAMA 25:30, 43-Stock/WVTC 25:37.

/John Brennan/

**DSE COIT TOWER RUN:** (Jan. 25, S.F.) - 2.483 Miles: 1-John Weidinger/ETC 13:23, 2-Steer 13:37, 3-Garcia 13:48, 4-Orwig/WVTC 13:49, 5-Lee 13:51, 6-Pat Scannell 13:55...77-Diane Major 16:50, 83-Peggy Lavelle 17:01.

/DSE Newsletter/

**WORLD MASTERS MARATHON:** (Jan. 25, Orange) 1-Carl Swift/AIA 2:19:39, 2-Ron Kurrle/SFVTC 2:22:44, 3-Lee/Un 2:23:50, 4-Moffitt/Azt1 2:26:15, 5-P. Ryan/GWAA 2:26:47, 6-Bozanic/UCMC 2:26:54, 7-Johansen/SDTC 2:28:44, 8-White/AATC 2:29:33, 9-Carlson/AATC 2:29:33, 10-Covert/Un 2:29:44, 11-Shaffer/CCAC 2:30:47, 12-Truman Clark/BHS 2:31:48 (40+)...15-Bartek/SBAA 2:34:36 (40+), 18-Rudberg/STC 2:36:39 (40+), 23-Lopez/Monterey 2:40:10, 63-Bowles/WVTC 2:52:03.

/Bill Selvin/

**CASITAS 10-KILO HANDICAP:** (Jan. 25, L.A. Area) 1-Kilpatrick 34:25, 2-Adams/Un 35:09, 3-S. Adams 35:41, 4-Wise/SBAA 36:02, 5-Rowley/CCAC 36:15, 6-Avo1 36:22, 7-Pontinen/SBAA 36:33...17-Starr/CCAC 39:23 (40+).

/John Brennan/

**U.S. SR. INTERNATIONAL X-C TRIALS:** (Jan. 31, Belmont) - 12 Km: Held at Crystal Springs Course, College of San Mateo hosting. Top 8 qualify; first 6 expenses paid. --- A small field (45 finishers) of quality runners took off over the newly prepared 12-kilo course, with Gary Tuttle proving the class of the bunch with a 6-second victory over fellow Southern Californian, Dave Babiracki. The top placers: 1-Tuttle/BHS 37:23.4, 2-Babiracki/SFVTC 37:29.2, 3-Kardong/CNW 37:34.2, 4-Herold/WiscTC 37:41, 5-Sandoval/Stanford 37:46, 6-Flanagan/ColoTC 37:57, 7-Hulst/Unat 38:15, 8-Smead/ColoTC 38:20, 9-Perez/Sund 38:21, 10-Bryant/SMT 38:28, 11-Kimball/Un 38:51, 12-Nuccio/WVTC 38:54, 13-Pfeffer/Gr 39:00, 14-Steele/ShoreAC 39:07, 15-Hatfield/WVaTC 39:15, 16-Wysocki/Nev 39:28, 17-Cook/AIA 39:34, 18-Jones/Un 39:37, 19-Sutherland/Un 39:55, 20-Pullen/JT 40:07, 21-Ruffatto/ColoTC 40:09.

/Bob Rush, Len Wallace/

**DSE FERRY BUILDING RUN:** (Feb. 1, S.F.) - 3.851 Miles: 1-Dennis Tracy/WVTC 19:00, 2-Rivas/PAMA 19:03, 3-Smith/PAMA 19:43, 4-Weidinger/ETC 19:45, 5-Muela/ETC 20:07...34-Dominique Carron/MLTC 23:42, 43-Judy Gumbs/WVTC 24:38.

/DSE Newsletter/

**SAN MARTIN RRC RUN:** (Feb. 7, San Martin) - 6.28 Miles Open: 1-Holiday 34:53, 2-Lanker 34:55.

/Bill Floberg/

**BAKERSFIELD MARATHON & MINI-MARATHON:** (Feb. 7, Bakersfield) 1-Paul Cook/AIA 2:24:13, 2-Ankeny/AIA 2:39:00, 3-Harrie/RRR 2:39:46...5-Waco/CCAC 2:42:37 (40+). --- (13.1 Miler) 1-Swift/AIA 1:10:10, 2-Thompson/Un 1:13:28, 3-Hiserman/Un 1:13:30, 4-Ellison/Un 1:13:45...12-Nanninga/WVTC 1:17:44.

/Bob Nestor/

**HERMOSA BEACH RUN:** (Feb. 8, Hermosa Beach) - 5.0 Miles: 1-Bruce Johnson 26:40, 2-Edwards 26:44, 3-Kilpatrick 26:56, 4-Swift/AIA 27:20, 5-Waltmire/AIA 27:35, 6-Hitt 27:43, 7-Day 28:17, 8-W. Waltmire/AIA 28:22...14-Smartt/BHS 29:38 (40+)...19-Gil/STC 30:00 (50+).

/John Brennan/

**LAS VEGAS MARATHON:** (Feb. 8, Las Vegas) 1-Tom Wysocki/Nev-Reno 2:26:18, 2-Berger/Un 2:34:39, 3-Fridly/LVTC 2:43:27, 4-Caputo/LassenTC 2:46:16...10-Neal/LVTC 2:54:19 (40+), 22-Hernandez/MaderaHS 3:07:25, 30-Rubio/MaderaHS 3:14:34.

/Las Vegas T.C./

**TRINIDAD BEACH RUN:** (Feb. 14, Trinidad) - 8.5 Miles: 1-Ron Elijah 43:15, 2-Hammer 43:24, 3-Cole 43:27, 4-Dulaney 43:37, 5-Innes 43:53, 6-Elias 44:10, 7-Anderson 44:12, 8-Hayes 44:30, 9-Smead 45:03, 10-O'Halloran 45:04, 11-Labrie 45:18, 12-Jenkins 45:29, 13-Borland 45:35 (high school), 14-Smith 46:00 (HS), 15-Lowry 46:07, 16-Bunnell 46:38, 17-Medel 46:49, 18-K. Malain 46:52, 19-Church 47:00, 20-Cottrell 47:04, 21-Wells 47:05, 22-Blackburn 47:23, 23-Hulbert 47:33, 24-Frauens 47:55, 25-Byers 48:23, 26-Johnson 48:25, 27-Hensen 48:31, 28-Dawson 48:36, 29-Davy 48:48, 30-Meyer 48:57...38-B. Malain/NCSTC (40+) 50:34.

/Dick Gilchrist/

**SUNRISE TRAIL RUN:** (Feb. 14, Fair Oaks) - 7.6 Miles: 1-Langford 38:01 (Course Rcd), 2-Deis 38:48, 3-Sturgeon/GWTC 39:01, 4-O'Neil/Jesuit HS 39:56 (HS Rcd), 5-Weed 40:12, 6-Duff/Unat 40:22, 7-Lagomarsino 40:34, 8-Wolfe 40:49, 9-Farrell 40:55, 10-Jordan/GWTC 41:00, 11-Adams 41:17, 12-Krebs/GWTC 41:41, 13-Baudendistel/GWTC 41:46, 14-Makowski 42:00, 15-Ferreira 42:12, 16-Jim O'Neil/SFOC 42:31 (50+), 17-Coronado/WVTC 42:39, 18-Rennie/BCTC 42:43, 19-Mastee 42:59, 20-Anex 43:00, 22-Payne/HHTC 43:30, 23-Ellis/WVTC 43:38, 24-Kipp 43:42, 25-Faggella 43:45...36-Tina Anex 44:45 (Rcd).

/Dan Davidson/

**ARIZONA ADMISSIONS DAY MARATHON:** (Feb. 14, Tucson, Arizona) - 1-Robert Duncan/Mass. 2:24:19 (Rcd), 2-Heaberlin/Tucson 2:25:49...12-Mandanis/WDS 2:41:05, 26-Boullanger/CCAC 3:01:32, 46-J. Ellison/WDS 3:20:09, 47-D. Ellison/WDS 3:20:26, 57-McFadden/WDS 3:25:12, 65-Vogelgesang/LaCrescenta 3:30:05, 76-Davidson/San Diego 3:39:33, 96-Holli Himes/WDS 3:56:10, 102-Gina Mandy/WDS 4:16:37.

/McGee Evans/

**SPA-AAU 30-KILO CHAMPIONSHIPS:** (Feb. 15, Culver City) 1-Mark Kushner/CCAC 1:39:11, 2-Simons/Azt1 1:40:05, 3-Lee 1:40:45, 4-Swift/AIA 1:41:10, 5-Ferguson/AIA 1:42:19, 6-W. Waltmire/AIA 1:43:47, 7-Branch/CCAC 1:44:33, 8-Moffitt/ELATC 1:44:39, 9-Waco/Un 1:45:36 (40+), 10-Burgasser/STC 1:46:10, 11-Clark/BHS 1:46:34 (40+), 12-Levinson/STC 1:47:26, 13-Brennand/SBAA (40+) 1:47:38, 14-Smartt/BHS 1:47:56 (40+), 15-Rudberg/STC 1:48:04 (40+)...29-Jackie Hansen/SFVTC 1:54:47.

/John Brennan/

**WASHINGTON'S BIRTHDAY 8-MILE HANDICAP:** (Feb. 21, Ridgecrest) 1-Marrie/RRR 41:30, 2-Rowley/CCAC 43:17, 3-Hammerstein 43:52,

4-Richardson/WVTC 45:09, 5-Hughes/OTHTC 45:17...8-Starr/CCAC 48:07 (40+). /Byron Richardson/

**PISMO CLAM FESTIVAL BEACH RUN:** (Feb. 21, Pismo Beach) - 5 Mi. - 1-John Jones/SCH 24:34, 2-Reyes/SCH 25:21, 3-Schmenk/SCH 25:59, 4-Arreola/SLDC 26:16, 5-Thoma/SLDC 26:21, 6-Schofield/SBAA 26:26, 7-Nanninga/WVTC 27:05, 8-Beaton/SLDC 27:05, 9-Deines/Un 27:12, 10-Sanchez/AGHS 27:26, 11-Jesse Mitchell/AGHS 27:33, 12-Flanigan/Un 27:34, 13-Hutchings/HSTC 27:37, 14-Hurley/SLDC 27:38, 15-Waterbury/SLDC 27:39...19-Conway/CPSLO-WVTC 27:53... 26-Sandy Dorbin/Un 29:09 (40+)...72-Barbara Arreola/SLDC 32:38. --168 finishers. /Stan Rosenfield/

**PA-AAU 50 MILE CHAMPIONSHIP:** (Feb. 22, Marysville to Sacramento) Despite taking a wrong turn early in the race and over-running the course by about three miles, Darryl Beardall, 38, of Santa Rosa and the Marin Harriers, won the Pacific AAU 50-Miler with a good 6:21:59.8. Bob Cooper, 21, of Sacramento, and Abe Underwood, 38, of Sacramento, finished in the next two spots with clockings of 6:30:43 and 6:48:12. The masters division was won by Vic Crosetti of Sunnyvale in 7:33:15, while Paul Reese, 58, placed second at 8:03:40. The lone woman entry, Penny DeMoss, trying for a national women's record, had to drop out at 33 miles with leg cramps. Weather was 55 degrees, clear and sunny. 1-Darryl Beardall/MH 6:21:59, 2-Robert Cooper/WDS 6:30:43, 3-Underwood/BCTC 6:48:12, 4-Choi/ETC 6:58:45, 5-Citarella/Un 7:03:36, 6-Crosetti/TRAC 7:33:15, 7-Jose Cortez/WDS 8:02:16, 8-Reese/NCSTC 8:03:40, 9-Wiley/PAMA 8:08:05, 10-Schaffner/WDS 8:17:33, 11-Lem/PAMA 8:17:52, 12-Lynn/WDS 9:42:55, 13-Smith/WVTC 10:02:40, 14-Jarvis/Un 10:11:59, 15-Sawyer, Shafer, Winningham (all Marines) 10:29:10. Team: Woodside Striders. /Paul Reese/

**SEASIDE (TRAIL'S END) MARATHON:** (Feb. 28, Seaside, ORE) Canadian Brian Maxwell, Cal-Berkeley's assistant track coach, ran off with a one-minute plus victory at the popular Seaside Marathon. A total of 576 finishers had to battle cold rain in route, but the cold must have kept everyone going as 21 dipped under 2:30. 1-Brian Maxwell/Cal-Canada 2:17:13, 2-Hensley/UO 2:18:27, 3-Bramley/Colo 2:19:40, 4-Armstrong/Canada 2:21:49, 5-New/Canada 2:23:36, 6-Barren/Canada 2:23:43, 7-Moore/Canada 2:23:53...22-Labrie/SRRC 2:30:16, 49-Medel/SRRC 2:37:19, 51-Nettles/SRRC 2:37:21, 53-Garrison/SRRC 2:37:25, 57-Schafer/ChicoRC 2:37:45, 73-Myers/PAMA 2:41:40, 74-Kirby/SRRC 2:41:40, 81-Rocha/SRRC 2:44:41, 98-Bunne11/SRRC 2:49:28, 114-Pezzi/SRRC 2:52:35, 159-Tyval1/SanDiego 3:00:55, 224-Wiles/SRRC 3:15:48, 233-Cummins/SanDiego 3:17:50, 242-J. Myers/PAMA 3:19:05, 272-Ruth Anderson/NCSTC 3:22:57, 293-Ehlers/SRRC 3:27:22, 310-Elster/L.A. 3:30:44, 330-Sharkey/LaJolla 3:34:35, 357-Scannell/SF 3:39:47, 392-Norris/SRRC 3:46:19, 395-Barb Carlson/NCSTC 3:46:52, 425-Karen Scannell/SF 3:55:16, 426-Pris Myers/PAMA 3:55:21, 462-John 4:04:10, 484-Wiley 4:08:34, 524-Fagan/Torrance 4:20:51, 530-Nemith/S.F. 4:23:08, 548-Jan Kirby/SRRC 4:30:11. /Ralph Davis/

**IAAF WORLD X-COUNTRY CHAMPIONSHIPS:** (Feb. 28, Wales) - Only the U.S. finishers are known at present, but the U.S. Junior team scored a near sweep in scoring 16 points (4 men), while the US women finished a respectable third. No word on how the Senior team did, except for individuals...all US finishers listed below: (Juniors) 1-Eric Hulst 23:53.8, 2-Thom Hunt 24:06.8, 5-Salazar 24:36, 8-Moses 24:43, 11-Froelick 24:47, 19-Serna 25:02.



(LEFT) Cal's Assistant Track Coach, Brian Maxwell, won the Seaside Marathon in a PR 2:17:13. (RIGHT) Darryl Beardall ran three miles off course but still captured the PA-AAU 50-Miler by almost nine minutes. /Photos by Jim Engle/

(Seniors) 7-Gary Tuttle 35:19, 20-Tony Sandoval 35:44, 37-Don Kardong 36:07, 39-Babiracki 36:08, 58-Herold 36:31, 82-Perez 37:00, 92-Flanagan 37:08, 139-Kissin/WVTC 38:36, DNF-Kimball (injured). (Women) 7-Lynn Bjorkland 17:02, 17-Doris Brown 17:19, 19-Quatier 17:21, 21-Judy Graham/SJC 17:24, 23-Neppel 17:27, 38-Bridges 17:42. /Robert DeCelle/

**DSE LAKE MERCED RUN:** (Feb. 29, S.F.) - 5 Miles: --Weather cold with wind and rain. -- 1-Bob Darling/ETC 25:24, 2-Weidinger/ETC 25:45, 3-Martinez 26:26, 4-O'Brien 26:30, 5-Watson/WVTC 26:31...37-Judy Gumbs/WVTC 30:20, 78-Mary Etta Boitano/RGaz 33:16. /DSE Newsletter/

**MALIBU CANYON/TAPIA PARK 10-KILO:** (Feb. 29, L.A. Area) - Phil Ryan knocked 1-second off his course record and ran his string of victories on this course to four. A strong contingent from Toyo University in Japan made the race an interesting one... they are temporarily training in the United States. 1-Ryan/GWAA 33:07, 2-Carlson/AATC 33:15, 3-Kazuhiisa-Takeba/Japan 33:21, 4-Tsutomu/Japan 33:28, 5-Swift/AIA 33:31, 6-Kazuhiiko-Sagara/Japan 33:47, 7-Kilpatrick 33:53, 8-W. Waltmire/AIA 33:54, 9-Rude 34:11, 10-Sasaki/Japan 34:13, 11-Miller/CCAC 34:16, 12-Kurrie/SFVTC 34:22, 13-Branch/CCAC 34:26, 14-Kawada/Japan 34:34, 15-Ocana 34:50, 16-Lee 35:05, 17-Wise/SBAA 35:11, 18-Ridley/CCAC 35:32, 19-Osamu-Fujita/Japan 35:37, 20-S. Adams /35:42, 21-Streichman 35:44, 22-Rowley/CCAC 35:45, 23-Misao-Sekiguchi/Japan 35:47, 24-Shaffer/CCAC 35:50, 25-Rustad/STC 35:55, 26-Baxter/RRR 35:56, 27-Brennand/SBAA 36:06 (40+), 28-Young 36:09, 29-Gomez 36:20, 30-Pontinen/SBAA 36:24...40-Williams/STC 38:02 (40+), 52-Micki Gorman/SFV 39:09. /Brennand/



WVTC's record-setting women's team at Xmas Relays: (l-r, top to bottom) Sue Neary, Joan Ulylot, Betsy White, Judy Gumbs, Johnny Ulylot (for Ellen Clark), Fran Conley, and Kathy Himmelberger. /Gene White/



The record-setters in the Christmas Relays were (except Ron Wayne, who set a record for the 4th leg and is shown on the cover), from left to right: Rich Kimball (Leg #1) /Jeff Zimmerman photo/; Bob Bailey (Leg #3); George Stewart (Leg #5); Jim Warrick (Leg #6); and Terry Williams (Leg #7). /Dave Stook photos/

**AT LAST--CHRISTMAS RELAY RESULTS!** (Dec. 21, Santa Cruz to Half Moon Bay) - By the time you get this issue you should be getting close to getting the results too (at least the team captains should)...we apologize for the long wait, but on the early legs we had big problems with splits because there were several instances where we either had not enough or too many times recorded and not enough cross-checks. So we did a lot of calling, writing, figuring, and crying...it's still not completely correct, but we are pretty sure those with splits written down for a particular leg are correct. We simply left the ones that we weren't sure of with a blank. My thanks to Judy Gumbs who spent many, many hours trying to straighten out this mess and found out why it takes a heck of a long time to get results right in a relay of this magnitude. We felt we would rather take some extra time and do a fairly good job then to put out something that was near meaningless. We hope you feel the same way. --- Anyhow, below are listed the top 50 teams, with splits for the top 10 teams (cumulative times)...refer to the Nov/Dec issue for a brief writeup: (Letters in parentheses following each team name refer to the Division that team was entered in)---(1) West Valley TC "A" (A) (50:23, 1:13:30, 1:41:03, 2:28:55, 2:53:10, 3:16:14, 4:07:45), (2) Weed Patch Sniffers Road Runners (B) (50:38, 1:15:06, 1:43:10, 2:32:55, 2:58:32, 3:21:03, 4:11:27), (3) Camino West TC "A" (A) (49:15, 1:14:09, 1:41:50, 2:31:25, 2:56:22, 3:19:20, 4:13:41), (4) The Disciples (B) (52:12, 1:16:10, 1:44:25, 2:33:30, 2:58:36, 3:22:19, 4:18:33), (5) Pamakid "A" (B) (50:00, 1:15:09, 1:44:21, 2:33:46, 2:59:31, 3:23:38, 4:19:05), (6) West Valley TC "B" (A) (53:32, 1:17:56, 1:46:10, 2:36:26, 3:02:45, 3:26:41, 4:22:16), (7) Excelsior TC (A) (51:28, 1:16:24, 1:45:05, 2:37:14, 3:04:22, 3:28:49, 4:24:49), (8) Camino West TC "B" (A) (51:51, 1:16:21, 1:44:05, 2:36:07, 3:02:28, 3:27:50, 4:26:03), (9) Redwood High School (C) (52:18, 1:17:11, 1:46:55, 2:38:58, 3:07:26, 3:30:01, 4:27:33), (10) Carmichael Kids (B) (56:05, 1:22:50, 1:54:00, 2:49:05, 3:14:41, 3:40:11, 4:36:20), (11) Hogwash (B) 4:38:21, (12) Buffs (B) 4:38:39, (13) Ophir Prison "A" (B) 4:40:12, (14) Morgan Hill (B) 4:41:23, (15) Go Dogs Go (B) 4:41:37, (16) Armijo High School (C) 4:42:57, (17) Buffalo Chips "A" (A) 4:43:32, (18) Boners Babies (C) 4:44:07, (19) Stag High School (C) 4:44:35, (20) Dry Heaves Again (B) 4:45:58, (21) Dasko Dons (Aragon HS) (C) 4:46:11, (22) Tax Reducers AC (A) 4:46:27, (23) West Valley Joggers "A" (E) and West Valley Joggers "B" (A) 4:47:27 (tie), (25) Camino West TC "C" (A) 4:48:21, (26) Six Studs & One Tie Tack "B" (B) 4:49:20, (27) Seagram "7" Vintage H.S. 4:50:08, (28) Tennyson H.S. (C) 4:50:08, (29) Cupertino H.S. (C) 4:50:54, (30) Mission Valley Striders (B) 4:51:46, (31) Good Earth Runners (B) 4:53:36, (32) East Bay Runners (B) 4:56:25, (33) Saratoga H.S. (C) 4:57:30, (34) Ophir Prison TC (Del Oro H.S.) (C) 4:59:10, (35) Rocklin Tech (B) 5:00:11, (36) Pama Pickups (B) 5:00:45, (37) Burlingame H.S. (C) 5:00:45, (38) Los Gatos H.S. (C) 5:01:30, (39) Pleasant Hill (B) 5:02:15, (40) NCSTC "A" (E) 5:02:25, (41) B-Sharks (B) 5:02:50, (42) TRAC-40 (E) 5:03:25, (43) Pamakid Masters "A" (E) 5:03:55, (44) Orinda Road Runners (B) 5:04:21, (45) The Mighty Moles (B) 5:04:25, (46) San Luis Distance Club (A) 5:04:35, (47) St. Ignatius H.S. (C) 5:05:03, (48) Menlo T.C. (A) 5:05:34, (49) Mission Harriers (C) 5:06:05, (50) Sequoia Road Runners (B) 5:06:26. --- Individual Leg Winners: #1--10.052 Miles: Rich Kimball 49:30; #2--4.826 Miles: Mike Pinocci 23:07; #3--5.477 Miles: Bob Bailey 27:33; #4--9.531 Miles: Ron Wayne 47:52; #5--5.100 Miles: George Stewart 24:15; #6--4.507 Miles: Jim Warrick 22:31; #7--10.507 Miles: Terry Williams 50:24. Only leg record that wasn't broken was Fred Emerling's 1974 mark of 22:50 on the second leg. Divisional Winners: "A"--West Valley TC 4:07:45; "B"--Weed Patch Sniffers Road Runners 4:11:27; "C"--Redwood High School 4:27:33; "D"--Ralston Junior High 5:22:22; "E"--West Valley Joggers & Striders 4:47:27; "F"--Magnificent "7" 5:25:26; "G"--West Valley Women 5:22:34; "H"--Marin Missiletotes 5:40:18; "I"--Fleet of Foot 6:11:50. All records fell in the divisional standards. If you'd like a copy of the results (ribbons were sent to team captains), please send a self-addressed, stamped envelope to: WVTC, P.O. Box 1551, San Mateo, CA 94401. /Leydig, Judy Gumbs/

**RON WAYNE LEADS TOP FIVE UNDER COURSE MARK AT DAISY HILL RUN:** (Jan. 11, Rohnert Park) - Darryl Beardall again lowered his course mark at the 13.5 mile Daisy Hill Run, this time to 1:14:59...one second faster than in 1975! However, five others managed to get in ahead of him this time around (he had won the race four consecutive years, each time with a new mark). Ron Wayne led the parade with a superlative 1:12:14 over the hilly terrain, followed by teammate Humberto Hernandez (1:13:04), who seems to be improving all the time. Jan Sershen and Ernie Rivas had a fairly close battle (1:13:42 to 1:13:52), and then came Gene Fitzgerald by himself at 1:14:35. Jim Shettler's 1:22:13 snapped Bob Malain's year-old mark by over two minutes in the master's division with a fine 1:22:13. Other records were set by Karen Scannell in the 35-39 Women's Division (1:53:59), and by Paul Reese (1:34:09) in the 50-59 Division. Susan Anthony turned up the top woman at 1:32:00, a long ways ahead of just-turned-40, Jeanne Kayser (1:43:42), and ailing (flu-bug) Joan Ulyot's 1:46:19. There was a 6.75 mile informal run in conjunction with the longer race, and Armand Moreno took top honors here with a 36:53, ten seconds in front of Richard Carlson. Tops over-40 in this race was Richard Austin's 42:29 (10th), while the fair sex was led by 14-year-old Jeanette Allred (14th, 44:57). The race was the most successful to date, in terms of both numbers (97 and 42 finished the longer and shorter races, respectively) and talent (overall depth). Results on the next page. /Bob Lynde/



Start of the 1976 Daisy Hill Run...second-placer, Humberto Hernandez is at center of photo. /Jim Engle/

1 - Ron Wayne/WVTC	1:12:14	12 - Michael Larsen	1:19:27	23 - Sal Citarella	1:23:15	34 - Robin Clark	1:28:29
2 - Humberto Hernandez	1:13:04	13 - Bruce Degan	1:19:46	24 - Fred Kenyon/VMTC	1:23:51	35 - James Jacobs/NCS	1:29:11
3 - Jan Sershen/ETC	1:13:42	14 - Mike Smith/PAMA	1:20:00	25 - Kurt Schroers	1:24:18	36 - Bruce Jones	1:29:27
4 - Ernie Rivas/PAMA	1:13:52	15 - Ralph Bowles/WVJS	1:20:03	26 - Don Chaffee/ETC	1:24:29	37 - Chris Steer	1:29:34
5 - Gene Fitzgerald/PK	1:14:35	16 - John Kleinback/ETC	1:20:15	27 - Edward Lee	1:24:52	38 - Cliff Wolery	1:30:05
6 - Darryl Beardall/MH	1:14:59	17 - David Zumwalt	1:20:57	28 - Rodney Mowbray	1:25:51	39 - Don Lucero/WVTC	1:31:20
7 - John Mollring/Son	1:16:31	18 - Glen McCarthy	1:21:40	29 - Pat O'Connor	1:25:55	***WOMEN***	
8 - Kent Guthrie/WVJS	1:16:36	19 - Mike Plummer	1:21:52	30 - Bill Johnson	1:26:48	41 - Susan Anthony	1:32:00
9 - Clark Rosen/PAMA	1:16:45	20 - Jim Shettler/WVJS	1:22:13	31 - Stephen Swesey	1:26:51	65 - Jeanne Kayser	1:43:42
10 - Tad Woliczko	1:18:28	21 - Bob Myers/PAMA	1:22:27	32 - Scott Molina	1:27:27	71 - Joan Ulliyot/WVTC	1:46:19
11 - Paul Burke	1:18:54	22 - Barry Starkey	1:23:09	33 - Jim Blank	1:27:59	82 - Gail Gustafson/Un	1:51:22

PA-AAU 20-KILO: WAYNE, SMITH & HIMMELBERGER TAKE TITLES: (Jan. 18, Woodside) - Ron Wayne picked up his second victory in a row over a classy field in the District 20-Kilo Championships but failed to come close to Jon Anderson's stellar 61:34 record with his 63:25. Canadian marathon champ, Brian Maxwell, pushed him a bit (see cover photo), but then there was a big gap until Bill Clark came across in third. Ross Smith captured the Masters title in 1:10:08, somewhat off his 69:19 course standard. However, Jim Shettler actually broke the over-40 record with a 69:12, but elected to compete for the WVJS "Senior" team instead of the "Masters" team, thus making him ineligible for awards. His time will still go down in the recordbooks as an over-40 record. The women had a real battle as Sue Neary held the lead until 4 miles, then Penny DeMoss grabbed it. They were back together again from 7 to 9 miles before Penny opened it up a bit. Then Kathy Himmelberger, bidding her time, made a strong move and passed both to finish some 40 seconds in front at the tape. She missed Peggy Lyman's course standard by about 30 seconds. Depth was the order of the day as 21 dipped below 70 minutes (12% of the finishing field)...and the fifth-place woman was under 84 minutes. WVTC captured both the Senior and Women's titles (team), while the NorCal Seniors grabbed the Masters crown. Starting in 1976 all PA-AAU team championships will be determined by cumulative times, not points. The course was measured and certified and discovered 217.8 yards shorter than the old, supposedly certified course. /Harold DeMoss/

1 - Ron Wayne/WVTC	1:03:25	22 - Ross Smith/Un	1:10:08	43 - Mike Huwaldt/Un	1:15:06	64 - Jeff Richman/Un	1:20:05
2 - Brian Maxwell/Un	1:03:34	23 - Greg Mandanis/WDS	1:10:19	44 - Ross Rowley/Un	1:15:27	65 - Don Lucero/WVTC	1:20:21
3 - Bill Clark/WVTC	1:04:47	24 - Bruce Rider/WVJS	1:10:31	45 - Joel Caldwell/Un	1:15:38	66 - Ray Smith/TRAC	1:20:23
4 - Al Hernandez/WVTC	1:04:54	25 - Jake White/TRAC	1:10:33	46 - Keith White/Un	1:15:41	67 - Kathy Himmelberger	1:20:26
5 - Jan Sershen/ETC	1:04:58	26 - Dave Himmelberger	1:10:46	47 - Jim Reinertsen/Un	1:16:07	68 - Bert Johnson/LVRC	1:20:37
6 - Chris Berka/WVTC	1:05:22	27 - Ralph Bowles/WVJS	1:11:00	48 - Glenn Pruitt/PAMA	1:16:11	69 - Tom Fodor/Un	1:20:40
7 - Mike Emry/PAMA	1:05:24	28 - Jack Kleinbach/ETC	1:11:01	49 - Joe Salazar/WTC	1:16:47	70 - Cliff Stewart/PAMA	1:20:51
8 - Gene Fitzgerald/PK	1:06:25	29 - Bruce Wolfe/WVTC	1:11:05	50 - Bob Powell/CW	1:16:48	71 - Ray Woodruff/LVRC	1:20:52
9 - Doug McLean/WVTC	1:07:02	30 - Bill Seaver/WVTC	1:11:28	51 - R. Montenegro/WTC	1:16:49	***WOMEN***	
10 - Tad Waliczko/SoqRC	1:07:12	31 - Mike Conroy/ETC	1:11:29	52 - Joe Fields/Un	1:16:50	67 - K. Himmelberger/WV	1:20:26
11 - Roland Watson/WVTC	1:07:17	32 - John Sheehan/WVTC	1:11:30	53 - Jim Nicholson/NCS	1:17:20	75 - Penny DeMoss/WVTC	1:21:06
12 - Ernie Rivas/PAMA	1:07:32	33 - Dan Moore/LVRC	1:12:27	54 - Walt Betschart/BC	1:18:04	80 - Sue Neary/WVTC	1:22:16
13 - Damon Wood/CW	1:07:44	34 - Ben Sawyer/SoqRC	1:12:59	55 - Wayne Hooper/TRAC	1:18:17	82 - Judy Gumbs/WVTC	1:22:29
14 - Daryl Zapata/WVTC	1:07:59	35 - Bill Spence/WVTC	1:13:13	56 - Hoyt Walker/LVRC	1:18:18	85 - Vicky Bray/Arrow	1:23:24
15 - Kent Guthrie/WVJS	1:08:09	36 - Bill Yaley/TRAC	1:13:20	57 - Robin Clark/Un	1:18:26	97 - Joan Ulliyot/WVTC	1:25:31
16 - Doug Butt/WVTC	1:08:20	37 - Brian Bonner/LVRC	1:13:32	58 - Bill Catanese/Un	1:18:50	99 - Ruth Anderson/NCS	1:25:49
17 - Clark Rosen/PAMA	1:08:28	38 - Bob Myers/PAMA	1:14:10	59 - Phil Sanfilippo	1:19:06	104 - Betsy White/WVTC	1:27:00
18 - Glen Berwick/Un	1:08:43	39 - Edward Lee/LVRC	1:14:13	60 - Mike Fenner/Un	1:19:13	106 - Peggy Lyman/WVTC	1:27:40
19 - Joe Becerra/ETC	1:08:48	40 - Bob Miller/CW	1:14:29	61 - Dennis Smith/Stn	1:19:28	111 - Yvette Cotte/WVTC	1:29:06
20 - Jim Shettler/WVJS	1:09:12	41 - Robert Cooper/WDS	1:14:33	62 - James Rader/Un	1:19:33	113 - Peggy Lavelle/ML	1:29:10
21 - Denis O'Halloran	1:09:44	42 - Walt Van Zant/WVJS	1:14:55	63 - Tate Miller/SoqRC	1:19:56	120 - Julie Ortiz/WVTC	1:30:21

SHARON FURTADO DESTROYS FIELD AT FIRST ANNUAL WOODSIDE WOMEN'S 5-MILER: (Jan. 24, Woodside) - Petite Sharon Furtado of Buchser High in Santa Clara (see NorCal Portrait for this issue) started out fast as usual, except this time there were no men to try to catch. It didn't seem to make much difference, however, as she lengthened her lead over the distance, finally recording a superlative 29:38...even more amazing when you realize the course has at least one good uphill stretch of some 600 yards. Vicky Bray ran a super race and upset a strong contingent of WVTC'ers for second place. Comebacking Peggy Lyman slipped into third, about 20 seconds back of Vicky, 30:37 to 30:59. There were no divisions, as such, since 'participation' was the theme of the run... everyone who finished got an award, and all 67 starters finished! Ruth Anderson was the first over-40 runner to finish, however, placing a very strong eighth. The top 32 finishers are listed below with their times. /Penny & Harold DeMoss/

1 - Sharon Furtado/Un	29:38	9 - Peggy Lavelle/MLTC	33:21	17 - Connie Cunneen/MLTC	34:47	25 - Patricia Brown/ML	36:06
2 - Vicky Bray/Arrow TC	30:37	10 - Jamie Lynch/Un	33:35	18 - Mary Mapelli/Un	35:07	26 - Janice Bridgman/Cabr	36:19
3 - Peggy Lyman/WVTC	30:59	11 - Teresa Gilbreath/ML	33:36	19 - Carol O'Conner/NCS	35:19	27 - Camille Lee/Un	36:28
4 - Kathy Himmelberger/WV31	31:28	12 - Kathy Maloney/PAMA	33:39	20 - Pat Whittingslow/Un	35:21	28 - Barbara Carlson/NCS	36:55
5 - Penny DeMoss/WVTC	32:07	13 - Jeannette Cotte/WV	33:49	21 - Ellen Clark/WVTC	35:31	29 - Sandra Vours/TRAC	37:08
6 - Joan Ulliyot/WVTC	32:34	14 - Yvette Cotte/WVTC	33:55	22 - Sue Grigsby/Fthl	35:46	30 - Rachel Bray/Arrow	37:35
7 - Dominique Carron/ML	32:47	15 - Skip Swannack/WDS	34:01	23 - Irene Rudolf/WVTC	35:52	31 - Karen Scannell/PAMA	37:45
8 - Ruth Anderson/NCSTC	33:08	16 - Kathy O'Conner/CW	34:09	24 - Elizabeth Brown/ML	36:05	32 - Lauren Roth/MLTC	37:57

NUCCIO DUMPS CALIFORNIA-10 FIELD IN 48:37: (Jan. 24, Stockton) - Jim Nuccio continued his winning ways of 1975 by obliterating a bewildered Henry Perez and Ron Wayne over the flat and fast new 10-mile circuit in Stockton. Jim's 48:37 was so quick that it left JC steeplechase record-holder, Henry Perez, a full quarter-mile arrears...and Henry is no slouch at the longer distances either (he notched an impressive victory over Roy Kissin and Tim Holmes at the PA-AAU Jr. X-C recently)! Ron Wayne was over a half-mile behind, but still notched a good 51:38. Jim Nicholson travelled all the way from San Francisco and came home a winner in the Masters division, easily defeating Walt Betschart by over a half-minute, 60:03 to 60:35. Debbie Hickman (69:14) outclassed Kerry Brogan (71:05) for top honors in the female class. Top finishers are below and on following page. /Frank Hagerty/

1 - Jim Nuccio/WVTC	48:37	11 - Paul Burke/Un	54:34	21 - Robert Ogg/BCTC	59:10	31 - Ross Rowley/Un	60:14
2 - Henry Perez/Sundance	49:58	12 - Jake White/TRAC	54:56	22 - Chris Shultz/CB	59:15	32 - Fraser Rasmussen/BC	60:17
3 - Ron Wayne/WVTC	51:38	13 - Steve Bird/Un	55:19	23 - Craig Wells/Un	59:27	33 - Mike Souza/Un	60:30
4 - Gary Singer/Sundance	52:20	14 - Frank Krebs/GWTC	55:32	24 - David Lopez/Un	59:32	34 - Jim Logan/Un	60:33
5 - Roland Watson/WVTC	52:37	15 - John Clary/TRAC	56:00	25 - Rich Blake/Un	59:33	35 - Walt Betschart/BCTC	60:35
6 - Joe Cordova/Sundance	52:44	16 - Bradley Brown/Sund	56:30	26 - Rich Stillier/TRAC	59:34	36 - Lloyd Sampson/Un	60:36
7 - Keith Jacobson/Sund	53:20	17 - Jim Cook/Un	56:53	27 - Harry Yonkers/Un	59:36	37 - Floyd Clendenen/Un	60:40
8 - David Wood/Un	53:40	18 - Martinez/Un	57:25	28 - Mike Raffante/Sund	59:59	38 - Steve Swesey/Un	60:50
9 - Dale Fuller/GWTC	53:48	19 - Paul Keller/HH	58:09	29 - Jim Nicholson/NCSTC	60:03	39 - Jack Dixon/Un	61:03
10 - Doug Butt/WVTC	53:49	20 - Ted Wilson/Un	58:46	30 - Beauchamp/Un	60:03	40 - Dieter Diekmeyer/Sn	61:26

41 - Bill Naveley/Sund	61:26	25 - James Jacobs/NCSTC	62:24	49 - Dennis Egley/Un	62:43	90 - Kerry Brogan/Un	71:05
42 - Patrick Scannell	61:46	46 - Doug Bennett/Un	62:36	50 - Bill Lovelace/Un	62:55	92 - Karen Bessey/Sund	71:39
43 - Ken Harvey/Un	61:53	47 - Jose Torrez/Un	62:39	***WOMEN***		103 - Karen Pascoe/Un	77:16
44 - Mike Rower/Un	62:05	48 - David Smith/Drivers	62:42	84 - Debbie Hickman/Un	69:14	105 - Ann Anderson/Un	77:44

**PEREZ BLITZES MISNER AT PEACH BOWL 10-KILO:** (Jan. 25, Marysville) - Doubling back after a taxing 10-miler the day before (49:58) proved no problem for the tough Henry Perez. Running the race as if he were alone (he was), the Delta College soph chopped 30 seconds from Jim Birnbaum's 32:30 standard and left his nearest challenger, Ken Misner, a full minute arrears. Jim O'Neil pressed Ross Smith a bit for the masters division title (36:19 to 36:55), as both took care of Bob Malain (37:25). Diane Williams' 41:28 was good enough to grab the women's race by almost a quarter-mile. The sponsoring Peach Bowl Pacers TC had a good turnout with 148 runners finishing. /Ed Williams/

1 - Henry Perez/SUND	32:00	15 - Walt Schafer/Chico	35:17	29 - Keir Furey	36:47	43 - Jamie Leon	38:28
2 - Ken Misner/USAF	32:59	16 - Harry Ellis/WVTC	35:19	30 - Jan Makowski	36:52	44 - Frank Burk	38:32
3 - Robert Deis	33:26	17 - Adam Ferreira	35:20	31 - Doug Rennie	36:53	45 - Steve Coronado/WVTC	38:33
tie Steve Dean/GWTC	33:26	18 - Rich Vasquez	35:27	32 - Jim O'Neil/SFOC	36:55	46 - Craig Wells	38:35
5 - Jon Higley/WVTC	33:44	19 - Jim Sane	35:35	33 - David Mineau	37:07	47 - Stephen Swesey	38:37
6 - Al Hernandez/WVTC	33:57	20 - Paul Keller/HH	35:50	34 - Martin Szekires	37:12	48 - Dan Celemens	38:39
7 - Tom Castro/Un	34:02	21 - Matt Dowling	35:55	35 - Nick Vogt/GSTC	37:15	49 - Dennis Kilian	38:51
8 - Pete Flores/AGTC	34:04	22 - Mike Plummer	36:00	36 - Genaro Venegas	37:18	50 - Jim Harris	39:06
9 - Keith Malain	34:12	23 - Mike Larsen	36:06	37 - Bob Malain/NCSTC	37:25	***WOMEN***	
10 - David Bruhn	34:32	24 - Barry Starkey	36:07	38 - Clifford Clarke	37:38	81 - Diane Williams/PBP	41:28
11 - Bruce Caputo/Lassen	34:36	25 - Greg Gagen	36:17	39 - Mark Hurlburt	37:48	97 - Jennifer Daniell	42:57
12 - Tom O'Neil/Jesuit	34:49	26 - Ross Smith	36:19	40 - Jack Betschart	37:49	108 - Jeanette Allred/NCTC	44:25
13 - Richard Flores	34:50	27 - Mickey McAviney	36:26	41 - Abe Underwood/BCTC	37:51	116 - Jeani Fuller/NCTC	45:49
14 - George Lynch	35:11	tie Tom Olson	36:26	42 - Jim Middleton	38:02	122 - Ellen Daly	46:31

**BRIAN MAXWELL MAKES SHORT WORK OF 10-MILE FIELD:** (Feb. 1, Vallejo) - Under warm conditions, Cal's Assistant Track Coach, Brian Maxwell, stretched out his lead and easily took victory from Sacramento's Richard Langford, 52:02 to 52:57. Jon Anderson's 47:45 record (1972) looks just about untouchable, figuring that Maxwell is himself a sub-2:20 marathoner. Jim Shettler was more than two minutes off his masters course standard but still won easily over Bill Jensen, 56:47 to 57:24. Penny DeMoss eclipsed Ruth Anderson's mark for women (67:27) with her 66:24, while Ruth was down a bit (68:10) from last year, but the time was still good enough to take second by a minute margin over Jeanette Cotte. Ten-year-old Jim Myers had little trouble in winning the 13-and-under title over Dan Gomalem (67:08 to 68:13). Participation was again good (244 finishers) in this popular point-to-point run. Top finishers below: /Solano T.C./

1 - Brian Maxwell/Canada	52:02	23 - Leon Tony/Un	57:23
2 - Rich Langford/HH	52:57	24 - Bill Jensen/PAMA	57:24
3 - Gene Fitzgerald/PAMA	53:24	25 - Doug Rennie/GCTC	57:40
4 - Pete Flores/AGTC	53:45	26 - Paul Keller/HHar	57:45
5 - Tad Woliczko/SoqRC	53:46	27 - Brian Benner/LVRC	57:47
6 - Jim Sane/BCTC	54:07	28 - Ron Newstat/SHAPE	57:48
7 - Doug Butt/WVTC	54:24	29 - Bill Carson/SHAPE	57:59
8 - Randy Sturgeon/GWTC	54:38	30 - Edward Lopez/USAF	58:11
9 - Kent Guthrie/WVJS	54:41	31 - Kevin Kirby/AGTC	58:21
10 - Mark Proteau/Un	54:48	32 - Greg Chapman/SolTC	58:43
11 - Clark Rosen/PAMA	55:17	33 - Tim Swezey/PAMA	58:52
12 - Dale Fuller/GWTC	55:27	34 - Bob Myers/PAMA	58:59
13 - Angelo Martinez/AGTC	55:28	35 - Michael Lamb/WVTC	59:27
14 - Bruce Wolfe/WVTC	55:42	36 - Jeff Nixon/Un	59:28
15 - Pat Buzbee/SHAPE	55:58	37 - Steve Sinclair/Un	59:29
16 - Adam Ferreira/HH	56:38	38 - Robert Ogg/BCTC	59:42
17 - Jim Shettler/WVJS	56:47	39 - Ross Rowley/Un	59:46
18 - Joe Taxiera/AGTC	56:48	40 - Floyd Clendenen/Un	60:13
19 - Mike Larsen/MVTC	56:51	41 - Harry Yonkers/Armijo	60:18
20 - Kurt Vineyard/Armijo	56:53	42 - Abe Underwood/BCTC	60:36
21 - Fred Aragon/MVTC	57:21	43 - Ray Sibley/SolTC	60:43
22 - Ralph Bowles/WVJS	57:22	44 - Chris Shultz/CB	60:44

**STEVE DEAN LEADS THREE OTHERS TO OLYMPIC QUALIFYING STANDARD AT WEST VALLEY MARATHON:** (Feb. 8, San Mateo) - On an overcast and drizzly (at least at the start) day, Golden West TC's Steve Dean changed his usual 'stay behind and go later' tactics by hanging with the leaders from the start. The result was a PR of 2:19:13 which would have been in the 2:18's had it not been for a missing patrolman at a stoplight within a mile of the finish...the situation was quickly remedied, but not before Dean almost panicked. Fast-closing Ron Zarate also grabbed an expense-paid trip to the Olympic Trials with his best time by nearly four minutes (2:19:38). Joe Carlson and Chris Berka made it under the 2:23 qualifying standard and get room & board at the Trials. Several runners just missed the standard, and a total of thirteen cracked 2:30, amounting to six-percent of the finishers. In all, a third of the runners broke the three-hour barrier. Berka led WVTC to it's umpteenth team title, as he, Bill Clark, and Doug McLean averaged 2:23:14 to chalk up the second-best team time ever for the course. The Beverly Hills Striders have a 7:08:18 (in the AAU Nationals in 1973), compared to WVTC's 7:09:42. Truman Clark ran his third or fourth marathon within the past month and copped the masters division (40-49) with a good 2:34:55 for 17th place. Kathy Himmelberger, running in her first-ever marathon, came within 36-seconds of the magic three hour barrier to lead the women. Injury-free Judy Gumbs was running for a workout for 10 miles at 7:30's, then decided to go for a good time and cruised to a 3:07:04, just 4 minutes off her best. Ed Almeida blitzed to a 2:41:09 to grab 50-59 honors and set an age-53 record in the process.



Steve Dean /Marconi Photo/



Start of Vallejo's Channel-to-Lake 10-Miler. /Jim Engle Photo/

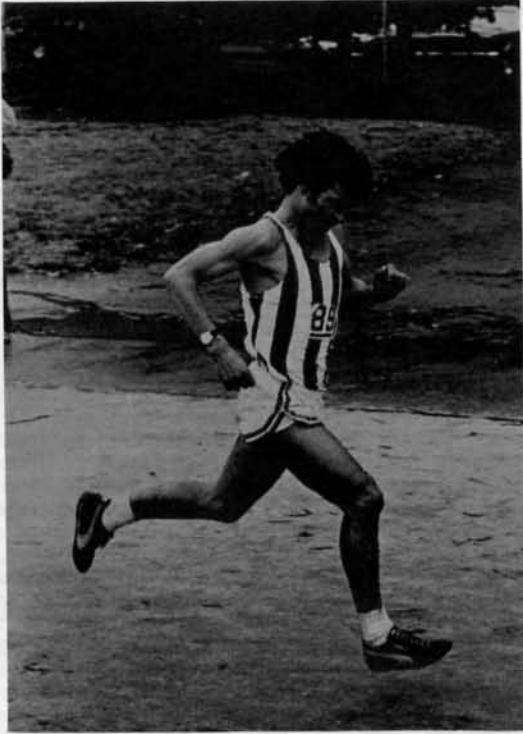
45 - Gary Alderman/Un	60:47	62 - Stephen Swesey/MVTC	63:28
46 - Lloyd Sampson/Un	60:53	63 - Jeff Igelman/Un	63:34
47 - Harold DeMoss/WVTC	61:01	64 - James Jacobs/NCSTC	63:38
48 - Philip Holder/MI	61:10	65 - Bill Catanese/Un	63:43
49 - Art Beauchamp/Un	61:16	66 - Patrick Clark/MVTC	64:08
50 - Hoyt Walker/LVRC	61:30	67 - Mike Souza/BCTC	64:12
51 - Armand Moreno/VMTC	61:33	***WOMEN***	
52 - Paul Holms/BCTC	61:39	90 - Penny DeMoss/WVTC	66:12
53 - Jim Moore/Un	61:53	102 - Ruth Anderson/NCSTC	68:10
54 - Fred Kenyon/VMTC	61:55	107 - Jeannette Cotte/WV	69:06
55 - Larry Pugh/Un	62:02	117 - Yvette Cotte/WVTC	71:13
56 - Bob Barber/Un	62:12	127 - Jeannette Allred/NC	73:15
57 - Joe Maher/Un	62:20	129 - Katherin O'Conner/CW73:45	
58 - Walt Betschart/BCTC	62:36	135 - Carroll O'Conner/NCS74:20	
59 - Marvin Winer/WVTC	63:06	151 - Nancy Edelson/PAMA	77:49
60 - Michael Gulli/DVTF	63:20	161 - Barbara Carlson/NCS	80:22
61 - Michael Coker/GPPMB	63:24	168 - Marje Heinlein/NCS	82:56

Mitch Kingery ran his first marathon in quite some time and hung up his second-best time of 2:26:56 to capture Junior honors. Tom O'Neil, only 16 years old and a junior at Jesuit High in Sacramento, did 2:29:01 in his first attempt to take second in the Junior division. He and father Jim (2:47:52) combined to set a new 'world record' for a father-son team in the same marathon with a 5:16:53 cumulative time...the old mark was 5:21:21. Dave & Kathy Himmelberger were both running their first marathons and to our knowledge no other husband-wife team has ever done better in the same race (5:38:56 total time). If anyone knows of a quicker clocking we'd appreciate your telling us. Jeanie Kayser, just recently turned 40, had little trouble capturing her division in 3:16:32...watch out Ruth! By the time the last runner had crossed the finishline, the rain finally stopped and dried out a cold and tired pit crew who hung around until the last runner came in sometime after 5 hours. The wet weather kept down the size of the field (200 finishers), but very few complained (lots of PR's today). \*\*\* T-SHIRTS: The weather put a bit of a crimp in our shirt-selling business, but if you missed one, please send us \$3.00/shirt and let us know your size (P.O. Box 1551, San Mateo 94401). We have about half of them left and need to move them or we stand to take a loss on the race...your buying T-shirts is the only way we can keep the entry fee at \$1.50, so please help us out! RESULTS should be out shortly...we still haven't gotten the 5-mile splits back from our man in Fresno who's doing it (you'll get a certificate and finish photo with them). Photos (film) ran out at just under 4 hours. Below are some of the finish times. /Jack Leydig/

1 - Steve Dean/GWTC	2:19:13	34 - Walt Van Zant/WVJ	2:46:49	67 - Bob Porter/NCSTC	2:59:41
2 - Ron Zarate/Un	2:19:38	35 - Ed Dally/WVTC	2:47:26	68 - Lloyd Sampson/Un	2:59:50
3 - Joe Carlson/AATC	2:22:02	36 - Ben Sawyer/SoqRC	2:47:31	69 - Don Lucero/WVTC	3:00:08
4 - Chris Berka/WVTC	2:22:09	37 - Ted Wilson/Un	2:47:42	70 - James Rader/Un	3:00:18
5 - Bill Clark/WVTC	2:23:34	38 - Jim O'Neil/SFOC	2:47:52	71 - K.Himmelberger/WV	3:00:36
6 - Doug McLean/WVTC	2:23:59	39 - Harry Ellis/WVTC	2:49:23	72 - John Finch/NCSTC	3:01:06
7 - Jan Sershen/ETC	2:24:10	40 - Tom Mann/ETC	2:49:42	73 - Jay Marlowe/CW	3:01:10
8 - Dave White/AATC	2:24:59	41 - Tom Fodor/Un	2:50:49	74 - Kenneth Paul/WVTC	3:01:28
9 - Gene Fitzgerald/PK	2:25:06	42 - Ross Rowley/Un	2:51:37	75 - Richard Houston	3:01:59
10 - Mitch Kingery/CW	2:26:56	43 - Joe Becerra/ETC	2:52:53	76 - Steven Deschler/Un	3:02:07
11 - Ernie Rivas/PAMA	2:27:50	44 - Douglas Young/Un	2:53:02	77 - Pat Shaughnessy/WV	3:02:09
12 - Doug Schmenk/SCH	2:28:35	45 - Frank Nolan/Un	2:53:31	78 - Robert Hopper/Navy	3:02:53
13 - Tom O'Neil/Jesuit	2:29:01	46 - Darrell Jeong/ETC	2:53:46	79 - Dennis Anderson/Un	3:03:52
14 - Dennis Dillie/WVTC	2:30:22	47 - Robin Clark/Un	2:53:53	80 - Lee Holley/Un	3:04:17
15 - John Weidinger/ETC	2:33:39	48 - William Mitchell	2:53:56	81 - Don MacIntosh/NCS	3:07:03
16 - Tom Castro/Un	2:34:10	49 - John Flather/Un	2:54:25	82 - Judy Gumbs/WVTC	3:07:04
17 - Truman Clark/BHS	2:34:55	50 - Bob Nelson/WVTC	2:55:08	83 - Richard Willets/Un	3:07:10
18 - Dave Hull/CW	2:35:24	51 - Ignatius DeV'liers	2:55:14	84 - Bob Paredes/CW	3:08:21
19 - Doug Essary/Army	2:35:46	52 - Brian Mason/Un	2:55:28	85 - Jim Moore/Un	3:08:58
20 - Jon Higley/WVTC	2:35:57	53 - Dave Smith/Un	2:55:31	86 - Matt Gray/MVS	3:09:00
21 - Ragnar Thaning/MH	2:36:17	54 - Jim Nicholson/NCS	2:56:25	87 - Harry Cordellos/PK	3:09:15
22 - Gary Goette/Imann/WV	2:36:19	55 - Javier Barragan/Un	2:57:09	***WOMEN***	
23 - Ross Smith/Un	2:37:08	56 - David Fuller/Un	2:57:48	71 - Kathy Himmelberger	3:00:36
24 - Bob Paulin/Camden	2:37:33	57 - Bill Snavelly/Sund	2:58:02	82 - Judy Gumbs/WVTC	3:07:04
25 - Dan Moore/LVRC	2:37:37	58 - Donal Coghlan/Un	2:58:11	91 - Carolyn Tiernan/WV	3:11:46
26 - D. Himmelberger/WV	2:38:20	59 - Joe Green/Aragon	2:58:16	102 - Jeanie Kayser/PK	3:16:32
27 - David Warren/ETC	2:39:50	60 - Tom Cooper/CRR	2:58:19	109 - Sharon Furtado/Un	3:18:55
28 - Ed Almeida/SDTC	2:41:09	61 - P.Sanfilippo/WVJS	2:58:50	127 - Julie Ortiz/WVTC	3:23:49
29 - Allen Sandretti/Un	2:43:33	62 - Richard Buxton/Un	2:59:04	128 - Yvette Cotte/WVTC	3:24:07
30 - Brion Allen/Un	2:45:00	63 - Joe Maher/Un	2:59:04	131 - Lolitia Bache/SDTC	3:25:19
31 - Mike Paredes/Un	2:46:17	64 - Stuart Ruth/PAMA	2:59:09	135 - Karen Bessey/Sund	3:26:07
32 - Glenn Pruitt/PAMA	2:46:23	65 - Richard Fenner/Un	2:59:10	142 - Ellen Clark/WVTC	3:28:20
33 - Doug Butt/WVTC	2:46:41	66 - John Clary/Un	2:59:28	151 - Barb Carlson/NCS	3:32:18



Kathy Himmelberger, first woman at WV Marathon. /Marconi/



(LEFT) Truman Clark captured the Masters Division of the West Valley Marathon. (CENTER) Ron Zarate dipped under 2:20 for second place in the same race. /John Marconi Photos/ (RIGHT) Jan Sershen won the Excelsior East End Run by 30 seconds. /Jim Engle/



(ABOVE) Start of Excelsior East End Run. /Jim Engle/ (RIGHT) Mary Mapelli was first woman at the same run in 55:23. /Dave Warren/



**SERSHEN WINS EAST END RUN:** (Feb. 22, S.F.) - Jan Sershen of the host Excelsior T.C. finally evened things up a bit with Humberto Hernandez. Hernandez had beaten him at both the Daisy Hill and 20-Kilo affairs in January, but it was no contest today as the smooth-striding distance ace pulled away fairly early in the run and coasted home a 30-second victor. His 41:45 will be a course record (new race) for this 8-mile double-loop circuit. The host club also won the team title with 43 points to the Pamakids' 61 and WVTC's 89. Mary Mapelli, a recent East Coast transfer, grabbed her first AAU race in this area with a 55:23 clocking, two minutes ahead of Colleen Scannell. Bill Jensen clipped Jim Nicholson by three minutes to dominate the over-40 category and place sixteenth overall. A total of 216 finished this initial running of the event. /Donahue/

1 - Jan Sershen/ETC	41:45	20 - Dave Lopez/SUND	47:53	39 - Thomas Martin/Un	50:44	58 - Alan Swartz/Un	52:46
2 - Al Hernandez/WVTC	42:15	21 - Mike Plummer/MVS	48:06	40 - Evan MacBride/Un	50:45	59 - Richard Siciliano	53:05
3 - Ernie Rivas/PAMA	42:58	22 - Jim Logan/SUND	48:11	41 - Chuck Stagliano/DSE	50:47	60 - John Hutchinson/NCS	53:20
4 - Bruce Degen/MH	43:09	23 - Bob Woodliff/WVJS	48:14	42 - Richard Cooper/MI	50:55	61 - Herb Blanchard/Un	53:27
5 - Dan Anderson/WVTC	43:24	24 - Clifford Stewart/PK	48:15	43 - Wm. Lovelace/Un	51:03	62 - Leroy Hursh/DSE	53:33
6 - Bob Darling/ETC	43:39	25 - Lloyd Sampson/Un	48:19	44 - John Ryan/Un	51:12	63 - Tom Holliday/MercTC	53:35
7 - Mike Smith/PAMA	44:08	26 - Michael Coke/GPPMB	48:25	45 - Don Lucero/WVTC	51:19	64 - Frank Harrison/DSE	53:42
8 - Daryl Zapata/WVTC	44:15	27 - Pat Scannell/Un	48:36	46 - Jamie Waste/Un	51:32	65 - Roland Delatorre/Un	53:46
9 - John Weidinger/ETC	44:45	28 - Marco Martin/Un	48:46	47 - Alex Bangert/Serra	51:42	***WOMEN***	
10 - Mike Conroy/ETC	45:11	29 - Tony Balsamo/WVTC	48:57	48 - Richard Mayers/Un	52:08	85 - Mary Mapelli/Un	55:23
11 - Tim Swezey/PAMA	45:30	30 - Jim Nicholson/NCS	49:04	49 - Ed Preston/SFPAC	52:11	103 - Colleen Scannell/Un	57:23
12 - Ralph Bowles/WVJS	45:35	31 - Steve Bailey/Un	49:37	50 - Arlon Jahnke/MVS	52:13	108 - Gail Gustafson/Un	57:49
13 - Barry Starkey/MVS	45:52	32 - George Ridout/Un	49:52	51 - Jeff Smith/MVS	52:14	116 - Carroll O'Conner/NCS	58:19
14 - Mike Bregante/SUND	45:53	33 - Bill Catanese/Un	50:07	52 - Barry Haines/Un	52:15	120 - Pat Whittingslow/Un	58:27
15 - Jeff Baker/SUND	45:56	34 - Danyal Kasaplial	50:13	53 - Edward Lee/LVRC	52:20	127 - Peggy Lavelle/MLTC	58:59
16 - Bill Jensen/PAMA	46:01	35 - Mike Heim/Un	50:20	54 - Mark Scheuer/DSE	52:21	132 - Kathy Maloney/PAMA	59:28
17 - Jack Kleinbach/ETC	46:49	36 - Jon Gerrans/Un	50:23	55 - Mark Ashizawa/Un	52:39	133 - Laurie Bangert/MLTC	59:29
18 - Steve O'Brien/Un	47:35	37 - George Roach/Un	50:24	56 - Peter Alexander/Un	52:42	145 - Connie Cunneen/MLTC	61:07
19 - Richard Blake/Un	47:38	38 - Mike Vernalli/MLTC	50:42	57 - Allen Stanbridge/Un	52:45	146 - K. Balamuth/Un	61:21

**FLORES SHOWS STRONG FINISH AT MARTINEZ TO PORT COSTA RUN:** (Feb. 28, Martinez) - Pete Flores of the Aggie Track Club (Davis) withstood a brief challenge by Bill Seaver halfway through the 8.4-Miler, but he proved too strong over the last few hills and went on to score an easy win, 42:08 to 42:36. Gene Fitzgerald was a close third at 42:41. Dennis Teegarden held off a surprising Craig Roland to garner masters laurels, 48:15 to 48:19, with Bob Malain another 10 seconds back. Sharon Furtado went out super-fast as usual but held on well to destroy her female competition, 52:19 to 55:14 for surprising runnerup Betsy White. Sue Munday grabbed third in 55:27. A total of 168 came across the finishline on an overcast but muggy day. /Luka Sekulich/

1 - Pete Flores/AGTC	42:08	24 - Bill Spence/WVTC	47:55	47 - Karl Cottrell	51:24	70 - David Walters	53:39
2 - Bill Seaver/WVTC	42:36	25 - Lloyd Sampson	47:58	48 - Stan Vukalovich	51:26	***WOMEN***	
3 - Gene Fitzgerald	42:41	26 - Dennis Teegarden	48:15	49 - Steve Lanker	51:52	58 - Sharon Furtado/Un	52:19
4 - Darryl Beardall/MH	43:25	27 - Craig Roland	48:19	50 - Ken Israel/WVJS	51:54	87 - Betsy White/WVTC	55:14
5 - Doug Butt/WVTC	43:49	28 - Paul Holmes	48:27	51 - Don Lucero/WVTC	51:55	89 - Sue Munday/SJC	55:27
6 - Clark Rosen/PAMA	44:02	29 - Sal Citarella	48:29	52 - William Lovelace	51:56	92 - Yvette Cotte/WVTC	55:53
7 - Tim Jordan/GWTC	44:11	30 - Bob Malain/NCSTC	48:29	53 - James Hamiter	51:58	112 - Jeannette Cotte/WVTC	58:54
8 - John Weidinger/ETC	44:28	31 - Robert Ernst	48:41	54 - Ted Fuller	52:03	115 - Carroll O'Conner/NCS	59:11
9 - David Fuller	44:35	32 - Lance Renshaw	48:51	55 - Gene F. White	52:10	120 - Kathleen O'Conner/CW60	59:53
10 - Michael Larsen/MVTC	44:41	33 - Clifford Stewart	48:59	56 - James E. Carr	52:13		
11 - Ralph Bowles/WVJS	45:14	34 - V.M. La Pierre	49:11	57 - Lee Fox	52:14		
12 - Ken Holladay	45:25	35 - Gary Whittemore	49:16	58 - Sharon Furtado/Un	52:19		
13 - Rich Vasquez	45:30	36 - Noel Vigil	49:23	59 - Bill Tillson	52:20		
14 - Warren Herman	45:45	37 - Bill Zachary	49:38	60 - John Dressler	52:26		
15 - Mark Proteau	45:53	38 - Marvin Winer/WVTC	49:42	61 - Miles Pepper	52:32		
16 - Paul Keller/HH	46:16	39 - Dennis Egly	50:05	62 - Philip Little	52:37		
17 - Gerald Werner	46:24	40 - Michael Gulli	50:16	63 - Thomas J. Moungey	52:40		
18 - Doug Rennie	46:49	41 - Hoyt Walker/LVRC	50:23	64 - Larry Guinee	52:48		
19 - Ross Rowley	46:54	42 - Mark Gallo	50:30	65 - Paul Kellman	52:52		
20 - Bob Gormley	47:04	43 - Art Beauchamp	50:35	66 - Jack Garnett	53:03		
21 - Ignatius de Villiers	47:09	44 - Walt Betschart	50:48	67 - Jim McKinnon	53:10		
22 - Rick Rockwell/WVTC	47:17	45 - Richard Cooper	51:02	68 - Robert L. Felsch	53:15		
23 - Gary Alderson	47:54	46 - Steve Bailey	51:05	69 - Ralph T. Waller	53:21		



Pete Flores (winner) leads Gene Fitzgerald (3rd) early in the Martinez Run. /Engle/



MileR: (I) Mt. Pleasant 3:23.6, San Mateo 3:24.9; (II) Grant-34:19.8, Sac'to 3:21.0; (Girls) 440R: Granada 49.9, Harbor 50.5 San Rafael 50.7; 100y: Rapatz/SRAF 11.3, Selman/Lodi 11.3, Stohr/Gr 11.5; 440: Peterson/Hrbr 59.0, Stohr/Gr 59.4; Mile: Munday/Linc 5:04.6, Jackson/LO 5:05.5, Broderick/Tam 5:07.8, Kearns/YC 5:09.0, Neary/Apt 5:16.0, Vardell/YC 5:16.7. (JC) 4MR: Fullerton 17:25.0, 3-Am.Rvr. 17:45.8, WVC 17:49.0; DMR: Fullerton 10:06, WVC 10:08.4, 4-SJCC 10:15.9; 440R: (I) SJCC 41.4, 3-CCC 41.8; LJ: Jones/ELA 24-7 1/2, 3-Richardson/AR 23-6, Haynes/CCC 23-0; 440IH: (I) 3-Brown/AIA 55.5; (II) Rudd/Pasad 50.7 (JC Rcd), 4-Neilson/SJCC 53.8; 120HH: Hall/MSAC 14.0, Crittenden/CCC 14.0; SMR: 3-CCC 3:31.0; 100m: Hampton/SJCC 10.3, Jackson/AIA 10.3, Williams/SJD 10.4, Brown/CCC 10.6; DT: Brown/Full 191-7, 3-Santiago/AR 171-5; 2MR: 2-Am.Riv. 7:51.4; JT: Hodges/Glen 211-1 1/2, Gall/DA 202-3; 2 Mi: Perez/SJD 8:54.6, Simonian/LACC 8:55.7, Deis/AR 8:59.0, Fritzsche/WV 9:03.5, James/SJCC 9:15.4, Kennedy/DA 9:17.6; SP: Santiago/AR 56-2 3/4, Greco/SJCC 53-4 1/2; 200m: (I) Turner/EC 21.7, Douglas/SJCC 21.7; (II) Hampton/SJCC 20.6, Williams/SJCC 21.2; HJ: Nowacki/SB 7-0, Allen/SJCC 6-10; TJ: Taylor/LAH 50-8, 3-Fincher/SJCC 48-11 1/2, Rice/AIA 48-8 1/2, Rojas/SJCC 48-6 1/2; MileR: (I) SJCC 3:15.9, 4-Santa Rosa 3:19.5; PV: Brown/EC 16-7 1/4, 4-Searle/WV 15-6, Lawry/SR 15-6, Oravetz/WV 15-0. (Open SP): Feuerbach/PCC 69-9 1/4, Stewart/CTC 66-0, Marks/WVTC 65-2 1/2, Semkiw/SJS 64-2 1/2, Weeks/SJS 59-11 1/2. /Bert Bonanno/



Cal's James Robinson flashed to a very quick early-season 1:46.9m to win here over USC ace, Rayfield Beaton, who was 1:47.1. /Jim Engle/

UCLA 89, STANFORD 56: (April 17, Stanford) - SC: Bellah/S 9:06.0, Geiken/S 9:28.6; 440R: UCLA 40.5, Stan 41.7; 1500m: Parietti/S 3:52.5, 3-Celms/S 3:56.2; 110mHH: Owens/U 13.8, Foster/S 13.9; 400m: Theriot/U 47.4, Wingo/S 47.8; 100m: Wilson/U 10.5, Holmes/S 10.7; 200m: Myles/U 21.0, Sheats/S 21.3, Holmes/S 21.6; 800m: Suhr/U 1:50.7, 3-Hadley/S 1:55.2; 5000m: Sandoval/S 14:10.6, Kissin/S 14:50.8; 400mIH: Foster/S 53.9; MileR: Stanford 3:12.0; SP: Neidhart/U 62-9 1/4, 3-Slinkard/S 55-0; DT: Gunther/U 180-4, 3-Hill/S 160-11; LJ: Lofton/S 24-9 1/2; TJ: Banks/U 51-4 1/4; HJ: Meisler/U 6-10; PV: Tully/U 16-0, 3-Flint/S 15-6; JT: Macrorie/S 214-1. /Marshall Clark/

LATE NEWS: - We don't have full reports from Mt. SAC yet, so that'll be next issue...however, big Mac Wilkins whirled the discus 226-11 to better John Powell's world record by 4 inches. Stanford's Tony Sandoval did 29:20.2 for 10,000 meters to win and set a meet record. John McCollum of the Bay Area Striders upset a top field to win the 100 meters in 10.3. --- At the Sac'to Prep Meet, Tim Holmes nipped Tim Farrell, 9:15.6 to 9:15.8 to win the 2-mile there, with Tom O'Neil third, 9:20.2.

### LONG DISTANCE RESULTS

24TH ANNUAL ROSEBOWL HANDICAP: (Nov. 30, Pasadena) - 10.08 Mi - (Fast times): 1-White/AATC 49:19, 2-Forrester 49:40, 3-Bryant/SMTCC 49:58, 4-J. Williams 50:10, 5-Lemos 50:17, 6-Moffitt/ELATC 51:21, 7-P. Ryan/GWAA 51:34, 8-Lee 51:47, 9-Rios 52:34, 10-Greifinger 52:42, 11-Martinez 53:35. /John Brennan/

28TH ANNUAL POP MARTY MONTEBELLO RUN: (Feb. 1, Montebello) - 9.601 Mi - 1-Waltmire/AIA 49:25, 2-Harter/SFVTC 50:12, 3-Kushner/CCAC 50:35, 4-Swift/AIA 50:43, 5-W. Waltmire/AIA 51:10, 6-Branch/CCAC 51:12, 7-Hitt/AIA 52:02, 8-Delach/AIA 52:38, 9-Shaffer/CCAC 52:42, 10-Blakely 52:50, 11-Rupp 53:22, 12-Waco/Un(40+) 53:23, 13-Gonzalez 54:04, 14-Kendall 54:04. /Brennan/

DSE TWIN PEAKS RUN: (Feb. 15, San Francisco) - 3.6 Mi. - 1-M. Smith/PAMA 18:05, 2-Torres 18:17, 3-D. Martinez 18:42, 4-Weidinger/ETC 18:56, 5-Himmelberger/WVTC 19:05...66-Colleen Scanell 23:44, 76-Judy Gumbs/WVTC 24:07, 81-Diane Major 24:24, 84-Kathy Himmelberger 24:33. /Tim Smith--DSE Newsletter/

VALENTINE DAY RUNS: (Feb. 15, Lake Merritt-Oakland) - (5-Kilo) 1-Dennis Tracy/WVTC 15:01, 2-Undentified Runner 15:03, 3-Biasdel 15:41, 4-Vasquez 16:20, 5-Emboly 16:22, 6-Spence/WVTC 16:43, 7-Orwig/WVTC 16:44, 8-Nixon 16:45...23-Sue Neary 18:24. (10-Km) 1-Bill Seaver/WVTC 32:11, 2-Ben Tucker/Un 32:17, 3-Notch/Un

34:05, 4-Moore/LVRC 34:12, 5-Alderman 34:40, 6-Walder 34:52, 7-Walker 36:18, 8-Schad 36:21, 9-Sampson 36:37, 10-Homeyer 36:53...37-Mary Mapelli 40:57, 46-Ruth Anderson 41:43, 50-Louise Burns 42:12. /Alameda County Heart Ass'n./

RRR ANDERSON DAM 10-MILER: (Feb. 21, near Gilroy) - 1-Joe Salazar 56:30, 2-John Clary 57:20, 3-Slubsager 61:01, 4-Carlson 61:30, 5-Mader 62:00, 6-Parnell 62:16, 7-Egley (50+) 63:17, 8-R. Smith 63:55, 9-Segobia 64:30, 10-Foley (40+) 68:59... (2 Mile) 1-Joe Salazar 10:16.5, 2-Marlowe 10:50. /Flodberg/

4TH ANNUAL 3RD OLYMPIAD MEMORIAL MARATHON: (Feb. 29, St. Louis) - 1-Dan Cloeter/III 2:20:47, 2-Busby/Mo 2:21:31, 3-Brien/Ire 2:22:09...133-Karen Kokesh/SLTC 3:39:08, 135-Tom Burns/Berk 3:41:59, 196-Pete Strudwick/LaPalma 4:54:55. /Jerry Kokesh/

22ND SAN FERNANDO HANDICAP: (March 6, San Fernando) - 6 Mi. - 1-White/AATC 31:10, 2-Cook/AIA 31:49, 3-Swift/AIA 32:01, 4-Avila 32:13, 5-Rude 32:26, 6-Harrie/RRR 32:51, 7-Branch/CCAC 32:52, 8-Chambliss/SBAA 32:54, 9-Kennedy/SFVTC 33:07, 10-Thompson/STC 33:30. /John Brennan--Connie Rodewald/

DSE OCEAN BEACH RUN: (March 7, San Francisco) - 6 Mi. - 1-Bob Darling/ETC 30:03, 2-Weidinger/ETC 30:41, 3-Spangler 30:46, 4-Martinez 30:48, 5-Torres 31:01, 6-Blake 31:39, 7-Casey/ETC 32:17, 8-Stagliano 32:17, 9-Myers 32:19...57-Maryetta Boitano 37:40, 63-Diane Major 38:06. /Tim Smith--DSE Newsletter/

CHOI OUTLASTS FIELD IN CAMELLIA FESTIVAL 100-MILER: (March 13, Sacramento) - The course was a loop of 4540 feet on a cement sidewalk. The very hard surface, and the temperatures which approached 80-degrees (with fairly high humidity) made this year's race more difficult than usual. Don Choi, who led John Arberry by about 15 minutes in the early going, was passed at 40 miles and was about an hour behind at 60 miles. From there he gained and went ahead to stay after 80 miles, recording a 21:36:31 for the full 100 miles. Arberry was the only other finisher in 23:26:06. They both join Natalie Cullimore as the only two-time finishers of this run! Cullimore's 16:11 in 1971 is still the world best for women. Others who started but didn't finish (who can blame them?): Mike Chatterton 15:46 for 57.6 miles; Noe Vigil 9:18:30 for 56.8 miles; Andrew Levinson 6:43 for 50.7 miles; Steve & Terry Chatterton 13:44 for 50 miles; Tate Miller 11:22:15 for 49.9 miles; Jack Wiley 9:36:10 for 43.9 miles; Jim Bevans 5:59:45 for 37 miles; Tony Stratta 9:00:00 for 31.8 miles; Sue Neary 3:53 for 21.5 miles. /John Hill/

6TH NORMAN K. TAMANAHA MARATHON: (March 14, Hawaii) - 1-Dan Moynihan 2:31:41, 2-Haller 2:40:17, 3-Noble 2:42:36, 4-Dierdorff 2:44:07, 5-Wilder 2:44:23, 6-Gallup(40+) 2:46:30...10-Leal Soares 3:04:30. /Tom Ferguson/

DSE GOLDEN GATE PLAZA RUN: (March 21, San Francisco) - 6.931 Mi. - 1-Fitzgerald/PMK 36:51, 2-Torres 38:07, 3-Steer 38:13, 4-Weidinger/ETC 38:27, 5-Benz/WVTC 38:36, 6-Swezey/PMK 38:49, 7-Martinez 38:58...10-Mike Boitano 40:10, 66-Betsy White/WVTC 47:06, 70-Jeannie Kayser (40+) 48:03, 78-Peggy Lavelle 48:12, 83-Gail Gustafson 48:39. /Tim Smith--DSE Newsletter/

3RD MORRO BAY 5-MILER: (March 27, Morro Bay) - 1-Bob Ridley/CCAC 25:42, 2-Thoma/SLDC 26:05, 3-Schofield/SBAA 26:06, 4-Beaton/SLDC 26:20, 5-Nanninga/WVTC 26:20, Rupp/STC 26:23, 7-Wegeener/FPCT 26:51, 8-Waterbury/SLDC 27:13, 9-Hu11/SLDC 28:15, 10-Pena/CDM 28:24...14-Carman(40+)/SBAA 29:26, 15-Delgado(40+)/Un 29:30...27-Barbara Arreola/SLDC 30:30, 32-Mary Carman/Un 31:25. /Stan Rosenfield/

DSE LEGION OF HONOR RACE: (March 28, San Francisco) - 4.5 Mi. - 1-Bob Miller/CWTC 24:01, 2-D. Martinez 24:16, 3-Larsen 24:19, 4-Weidinger/ETC 24:24, 5-Steer 24:30...64-Maryetta Boitano 29:59, 66-Gail Gustafson 30:02. /Tim Smith--DSE Newsletter/

RRR 12-KILO X-COUNTRY RUN: (April 3, Belmont--Crystal Sprgs XC Course) /Rain/ 1-Denis O'Halloran/Un 42:35, 2-David Fuller 43:53, 3-Weidinger/ETC 46:06, 4-Lee 47:14, 5-Jerome/Un 48:05, 6-Egley(50+)/Un 49:24, 7-Mann/ETC 49:56, 8-Northacker 49:56, 9-Nielsen 50:05, 10-K. O'Connor 51:09. /Len Wallach/

8TH BIRCH BAY MARATHON: (April 10, Blaine, Wash.) /70°/ 1-Jim Pearson 2:30:19, 2-Dave Hambly 2:37:06, 3-Case 2:40:00, 4-Prior 2:43:48, 5-Soler 2:47:56. /Jim Pearson/

SRRC ONE-HOUR RUN: (April 11, Arcata) - 1-Chuck Smead 12/307, Bunell 11/400, Elias 11/30...Marilyn Taylor 9/110. /D.Meyer/



(Above) Part of the NCR's Boston Tour Group ready to depart from Boston's Logan Airport after "The Ordeal"...several photos pieced together by Ron Neumann (pretty good, Ron!). (Left) NorCal's top woman finisher was Judy Gumbs in 3:12:27 (your editor to the left). /Jeff Johnson Photo/

**FULTZ WINS HOTTEST BOSTON MARATHON:** (April 19, Boston) - The 80th Annual Boston Marathon is now history, but the memory lingers on for most of those that ran in this year's 'ordeal'. With record temperatures sweeping the Northeast, all the marathoners were praying for rain or cooler temperatures which didn't appear... but the day before would have been worse, because sea breezes at least cooled off downtown Boston and points nearby on race day. However, the temperature at the starting line was in the mid-90 range and very humid. Temperatures really didn't start to drop until well into the race (and then it was too late), but for the ones that struggled on towards the finish, the drop in temperature (to the mid-60's at the end) was a savior. Little-known Jack Fultz took the race from a top-quality field that included New Zealand's Jack Foster and many top Latin American runners who were used to the unseasonal temperatures. Fultz's 2:20:19 clocking was indeed incredible since it was his PR...he was the only runner from the U.S. to dip under the Olympic Trials qualifying standard of 2:23. Top Californian to finish was Ron Kurrle of Long Beach. His 2:26:22 was good enough for eighth place among the some 2000 starters. Kim Merritt ran a strong race to whip California's Miki Gorman in the women's competition, recording an excellent 2:47:10 (to 2:52:26), despite severe blisters and exhaustion from the heat. Last year's winner, Liane Winter of Germany, had noticeable problems with the heat and wilted to tenth in 3:11:55 this year. --- We don't have all the

official results yet, but below are the somewhat official times (& some places) of NorCal finishers. If we missed you, write us and we'll get you next time (we should have the official results by then too). --- (1) Fultz/G'twn Univ. 2:20:19, (2) Cuevas/Mex 2:21:13, (3) de Jesus/Puerto Rico 2:22:10, (4) Foster/NZ 2:22:30, (5) Berka/Minn 2:24:32, (6) Pacheco/Puerto Rico 2:25:11, (7) Burke/Mass 2:26:12, (8) Kurrle/Long Beach 2:26:22, (9) Slusser/JH 2:26:40, (10) Fiskin/NZ 2:26:44... (276) Joe Maher 2:53:45, (298) Jim O'Neil/SFOC 2:54:54, (347) Peter Wood/NCS 2:56:36, (388) Ray Bonner 2:58:56, (413) Brian Bonner 2:59:59, (418) Bob Layton 3:00:07, (499) Kees Tuinzing 3:03:53, (599) Ed Jerome 3:07:12, (749) Walt Van Zant 3:12:22, (754) Jack Leydig 3:12:27, (796) Armando Menocal 3:13:47, (803) Chuck Stagliano 3:14:03, (832) Theo Jones 3:15:13, (857) Richard Jackson 3:15:52, (859) Harold DeMoss 3:15:56, (886) Ralph Paffenbarger 3:17:01, (949) Stu Ruth 3:20:10, (1039) Jack Garnett 3:22:54, (1071) Mike Boitano 3:24:13, (1103) Don Lucero 3:25:39, (1121) John Kerr 3:26:13... Steve Subotnick 3:27, Lee Holley 3:27, Gary Near 3:29, John Sheehan & Harry Cordellos 3:29, Larry Fox 3:32, Gene White 3:35, Sid Wolinsky 3:39, Flory Rodd 3:40, Richard Houston 3:40, John Naylor 3:44, Mel Cotter 3:46, Mike O'Neil 3:51, Tom Fong 3:59, Harry Hlavac 4:30. --- (11) Judy Gumbs 3:12:27, (13) Gail Gustafson 3:14:02, (14) Joan Ull-yot 3:14:37, (16) Penny DeMoss 3:15:55, (21) Ruth Anderson 3:18:22, (28) Jeanie Kayser 3:23:28, ... Betsy White 3:30, Louise Burns 3:31:15, Kathy Himmelberger 3:37:40, Mary Healy 3:47:16, Julie Ortiz 4:14.

**FERRERO AND LARSEN GRAB BIDWELL CLASSIC VICTORIES:** (March 6, Chico) - A record field turned out for the 3 and 12 mile Bidwell Park races with the winners of both races having little trouble with their competition. Lee Ferrero handled Pat Finn (14:42 to 15:08) in the shorter of the two runs, while Mike Larsen upended Pat Buzbee by 40-seconds with his 1:06:57. Dick Symons won the masters division in the 3-mile (18:33), but most of the old guys chose the harder route, with Bob Malain upending John Jamieson, 1:12:12 to 1:12:51, as 50-year-old Dennis Egly grabbed the third spot in 1:14:16. Carol Stanley pulled off a one-second victory over Lisa Foy, 19:33 to 19:34, while Jennifer Daniell took a clear victory over Stephanie Atwood in the longer trek (1:30:32 to 1:32:12). A total of 111 finished the 3-miler, while only 42 decided to go four times that distance. /Walt Schafer/

1-Lee Ferrero/Redding 14:42	7-Jeff Liedtke/Pl'ville 16:36	13-Tom Hayes/Chico 17:21	19-Steve Growdon/Chico 17:53
2-Pat Finn/Chico 15:08	8-Greg Williams/Chico 16:38	14-John Lundquist/Chico 17:25	20-Danny Roa/Princeton 18:11
3-Bob Coulson/Placerv'le 15:35	9-Jim Middleton/Redding 16:38	15-Craig Doty/Willits 17:27	21-Dave Swearingen/Pr'tn 18:11
4-Mike Brown/Shingle Sgs 15:44	10-Kevin Boone/Chico 17:09	16-Tony Osa/Chico 17:28	***WOMEN***
5-Tom Olson/O'Brien 16:23	11-John Maran/Paradise 17:17	17-Robert Chavez/Chico 17:31	43-Carol Stanley/Chico 19:33
6-Wayne Moss/Weaverv'le 16:31	12-Gary Grant/Chico 17:18	18-Pat Clark/Vacaville 17:45	44-Lisa Kay Foy/Chico 19:34

1-Mike Larsen/Vacaville 66:57	7-Brent Cushenbery/Resc 70:07	13-Ed Stromberg/Sac'to 74:04	19-David Moss/Kelseyville 78:07
2-Pat Buzbee/Turlock 67:37	8-David Mineau/Chico 71:15	14-Dennis Egly/Snyvle 74:16	20-Steve Crescenti/Chico 78:55
3-Bill Flint/Chico 68:32	9-Bob Malain/Redding 72:12	15-Tom Wilson/Chico 75:04	21-Guy Ealey/Davis 79:01
4-Jeff Wray/Chico 69:07	10-John Jamieson/App'gte 72:51	16-Harry Daniell/Redding 75:23	***WOMEN***
5-Paul Keller/Pl'ville 69:25	11-Paul Koski/ETC 73:25	17-John Lanzavecchia/Chic 76:11	32-Jennifer Daniell/Rdg 90:32
6-Mike Buzbee/Yuba City 70:03	12-Steve Swensey/Vac'vle 73:51	18-Jim Remillard/Chico 77:04	35-Stephanie Atwood/Pdmt 92:12

**JAN SERSHEN BEATS HEAT AND COMPETITION AT PA-AAU 30-KILO:** (March 7, Corralitos-Watsonville) - Excelsior TC's Jan Sershen, used to the cool fog of Pacifica, didn't let the warm temperatures bother him at all as he cruised a PR 1:38:56 over the rolling 18-mile plus course near Watsonville. Nearest competition was Jim Sane (used to the hot weather--from Sacramento area), who finished over a half-mile back at 1:42:27. Amazing Jim Shettler showed why he was the top over-40 runner in the Pacific Association last year as he grabbed fifth spot overall in a fine 1:46:06. Jim O'Neil also did a fine job with his 1:52:37 for second in that division. Jim is in Division II (over-50). The race for the women's title was a lot more exciting, with the lead changing hands several times during the course of the run. Come-backing Judy Gumbs, apparently free from her nagging injuries of late last year, edged ahead of teammates Penny DeMoss and Kathy Himmelberger in the final stages to record a 2:03:50 victory, which averages out to a 6:39 per mile. Penny's 2:04:23 and Kathy's 2:04:55 were also very fast. Senior Teams: WVTC, Excelsior TC, WVJS. Women's Teams: WVTC "A", WVTC "B". Master's Teams: NCSTC. For those that are interested, Jan's winning per mile average figures out to a 5:18, while Shettler clocked out at 5:42's. Ruth Anderson was seventh woman overall and was the first masters woman to finish, some 12 minutes ahead of Carroll O'Conner in 2:17:35. A total of 89 runners completed the two-loop course, with all finishers making it in under 3 hours! Last place was 2:54:23. The top 46 finishers and top 7 women are listed on page 23. /Mike Jones/

1-Jan Sershen/ETC	1:38:56	19-Bruce Rider/WVJS	1:57:30	37-Dwight Hendrix/Un	2:04:09
2-Jim Sane/Buffalo Ch.	1:42:27	20-Ed Lopez/BRC	1:57:43	38-Penny DeMoss/WVTC	2:04:23
3-Al Hernandez/WVTC	1:43:07	21-Jim Nicholson/NCS	1:57:56	39-Henry Lelin/Un	2:04:48
4-Gary Goettelmann/WV	1:45:27	22-Wayne Purnell/Un	1:58:09	40-Kathy Himmelberger	2:04:55
5-Jim Shettler/WVJS	1:46:06	23-John Armstrong/Un	1:58:10	41-Phil Sanfilippo/WVJS	2:06:16
6-Dave Himmelberger/WV	1:46:22	24-Walt Van Zant/WVJS	1:59:25	42-Colby Harmon/Un	2:06:26
7-Frank Krebs/BCTC	1:46:38	25-Ed Jerome/AmNatl	2:00:20	43-Hoyt Walker/LVRC	2:06:55
8-Fritz Watson/WVTC	1:46:42	26-Ed Lee/LVRC	2:00:46	44-Bob Lewis/BRC	2:07:22
9-John Sheehan/WVTC	1:48:38	27-Tom Mann/ETC	2:00:56	45-Bob Romano/TRAC	2:08:22
10-Tad Woliczko/Un	1:49:18	28-Bill Catanese/Un	2:01:23	46-John McCrillis/TRAC	2:08:26
11-Arne Nelson/Un	1:50:30	29-Ed Dally/WVTC	2:02:11	***WOMEN***	
12-Doug Butt/WVTC	1:52:00	30-Lee Holley/Un	2:02:42	36-Judy Gumbs/WVTC	2:03:50
13-Jim O'Neil/Un	1:52:37	31-Wendy Seablom/Un	2:02:51	38-Penny DeMoss/WVTC	2:04:23
14-John Clark/TRAC	1:53:24	32-Dieter Diekmeyer/Un	2:03:18	40-K. Himmelberger/WV	2:04:55
15-Rick Rockwell/ETC	1:55:15	33-Gary Temple/Un	2:03:30	51-Sharon Furtado/Un	2:09:22
16-Dan Moore/LVRC	1:56:35	34-John Brazinsky/Un	2:03:33	56-Peggy Lyman/WVTC	2:12:08
17-Brian Bonner/LVRC	1:56:35	35-Eric Steiner/Stanfd	2:03:49	61-Louise Burns/Un	2:15:17
18-Bill Peck/Un	1:57:13	36-Judy Gumbs/WVTC	2:03:50	66-Ruth Anderson/NCS	2:17:35



PA-AAU 30-Kilo champ, Jan Ser-shen, shown winning his club's East End Run in Golden Gate Park. /David Warren Photo/



Start of this year's Lake Merced 5-Mile Masters Run, won by Jim Shettler in 26:38. /D. O'Rourke/

**SHETTLER DEFENDS MASTERS TITLE AT LAKE MERCED:** (March 14, San Francisco) - Although missing his 1975 course standard of 26:19, NorCal's top over-40 runner, Jim Shettler, left little doubt that he was going to win early in the going. After a mile or so, he pulled away from spunky 50-year-old Jim O'Neil and opened about a 100-yard gap by 3 miles. In the closing stages, however, O'Neil appeared to maintain the distance he had lost and wound up only 20 seconds behind at the tape. Dennis Teeguarden was a badly beaten third in 28:07, just eight seconds ahead of NorCal Srs. teammate, John Finch. Another great effort was turned in by 59-year-old Ed Preston as he made it under the 6-minute per mile barrier with a quick 29:50, good enough to place twelfth overall. Jeanie Kayser pulled an upset of sorts when she upended perennial women's masters champ, Ruth Anderson, 32:46 to 33:08. Fast-improving Carroll O'Conner was third in 33:45. A total of 120 finished this very popular masters 'championships'. /Bettencourt/

1-Jim Shettler/WVJS	26:38	12-Ed Preston	29:50	23-Vic Crosetti/TRAC	31:30	34-Jim Collins	33:03
2-Jim O'Neil/SFOC	26:58	13-Bob Romano/TRAC	29:59	24-Bruce Dingwall	31:32	35-Ruth Anderson/NCS	33:08
3-Dennis Teeguarden/NCS	28:07	14-Don Carpenter/SRC	30:03	25-Frank Cuzillo/NCS	31:43	36-Jim Waste	33:26
4-John Finch/NCS	28:15	15-Mickey Moberg/LVRC	30:17	26-Douglas Moore	32:21	37-Richard Larson	33:30
5-Jerome Lewis/NCS	28:42	16-Paul Weggenmann	30:24	27-Frank Young/Un	32:26	38-Carroll O'Conner/NCS	33:45
6-Jim Nicholson/NCS	28:52	17-Phil Paulson/NCS	30:41	28-Pete Dahl	32:33	39-Bill Bugler	33:49
7-Tom Purkiss/Mam'th Mtn	29:24	18-Richard Austin	30:46	29-David Williams	32:34	***WOMEN***	
8-John Jamieson/Ap'gate	29:29	19-Rich Mueller	30:54	30-Ed Good	32:35	32-Jeanie Kayser/PMK	32:46
9-George Moss/WVJS	29:44	20-Don Lucero/WVTC	30:59	31-Ed Heinlein/NCS	32:42	35-Ruth Anderson/NCS	33:08
10-Carl Martin/WVJS	29:46	21-Ray Minkel/SFPD	31:10	32-Jeanie Kayser/PMK	32:46	38-Carroll O'Conner/NCS	33:45
11-John Soubier/DSE	29:48	22-K.C. Shaw	31:14	33-Jim Killeen	32:55	66-Ruth Dettering/NCS	36:05

**KEN MISNER BLITZES 'STAMPEDE' FIELD:** (March 21, Sacramento) - Florida TC's Ken Misner, currently with the Air Force in Sacramento, didn't have much of a lead halfway through the race, but over the last 5 miles he showed his national class form appears to be returning by leaving Pete Flores nearly a minute arrears in the 10-Mile Buffalo Stampede, held in conjunction with the Natl. 50-Kilo (see next page). The warm conditions held down the times, and Misner was a long ways off Ron Elijah's 1975 standard of 50:22. George Martin of the Aggie TC took the masters field apart with a fine 54:43 to upend Jim O'Neil, who did 57:38. Karen Bain and Sharon Furtado had a real battle in the women's race with Karen finally pulling ahead to a 7-second margin, 63:44 to 63:51. No one else was close. The 172 finishers were treated to free beer by the sponsoring Buffalo Distributing Co., and no one seemed to have any qualms with the 80-degree temperatures towards the end of the race. /Abe Underwood/

1-Ken Misner/FTC-USAF	51:13	21-Bruce Jones/Un	57:34	41-Robert Malain/NCS	62:03	61-E. Eisenbud/AMJA	64:14
2-Pete Flores/Aggie TC	52:03	22-Jim O'Neil/SFOC	57:38	42-Ray Sibley/Solano TC	62:07	62-Jim Finnegan/BCTC	64:27
3-Angelo Martinez/Aggies	53:11	23-Gordon Innes/MH	58:14	43-Dieter Diekmeyer/SUND	62:09	63-Howard Jacobson/BCTC	64:48
4-Jim Birnbaum/WVTC-USAF	53:23	24-Bob Bunnell/MH	58:15	44-Walt Lange/BCTC	62:15	64-Martin Dugard/CB	64:50
5-Tom Castro/Un	53:28	25-Don Makeja/Un	58:17	45-Mickey Moberg/LVRC	62:30	65-A.A. White/Ophir	64:58
6-James Howard/Un	53:56	26-Ron Elijah/Un	58:18	46-Bob Woodliff/WVJS	62:35	66-Keith Hastings/Un	65:10
7-Unidentified Runner	54:16	27-Bob Jamieson/Un	58:19	47-Ed Stromberg/BCTC	62:39	67-Larry Sumner/BCTC	65:13
8-Frank Donahue/ETC	54:34	28-Terry Casey/ETC	58:30	48-Don Spickelmier/BCTC	62:48	68-Charles Albert/BCTC	65:17
9-Gary Singer/Un	54:39	29-Paul Keller/HH	59:00	49-Evan MacBride/BCTC	62:58	69-Lee Fox/BCTC	65:22
10-George Martin/Aggies	54:43	30-Ross Rowley/Un	59:02	50-James Dix/Un	63:05	70-George Dugard/CB	65:24
11-Harry Ellis/WVTC	55:30	31-Robert Ogg/BCTC	59:12	51-John Dressler/LVRC	63:08	71-Jonathon Brown/BCTC	65:29
12-Walt Schafer/Chico RC	55:34	32-David Brown/Un	59:30	52-John Baker/Un	63:13	72-Mike Andrews/ChicoRC	65:34
13-Frank Krebs/BCTC	55:45	33-Bob Keller/Un	59:36	53-Larry Pugh/Un	63:17	73-Joe Diaz/Ophir	65:36
14-Mike Conroy/ETC	56:13	34-Paul Koski/ETC	59:41	54-Tellus Calhoun/Un	63:19	***WOMEN***	
15-Tim Jordan/Un	56:30	35-Stephen Swesey/MVTC	59:46	55-Luis Bernal/BCTC	63:20	59-Karen Bain/RioAm.HS	63:44
16-Joe Taxiera/Aggie TC	56:57	36-Robin Clark/Un	59:47	56-Miles Pepper/Ophir	63:28	60-Sharon Furtado/Un	63:51
17-Peter Marks/Aggie TC	56:58	37-Rick Rockwell/ETC	59:51	57-Ralph Waller/Un	63:34	109-Karen Bessey/SUND	72:57
18-Craig Wells/Linc. HS	57:00	38-Harold DeMoss/WVTC	59:55	58-Bob Felsch/Un	63:43	123-Madeleine Roese/Un	76:27
19-Bob Myers/Pamakids	57:10	39-Larry Main/WVTC	60:08	59-Karen Bain/Rio Amer.HS	63:44	131-Jeani Fuller/NCTC	77:47
20-Doug Rennie/BCTC	57:29	40-Paul Holmes/BCTC	60:33	60-Sharon Furtado/Un	63:51	132-Tammy Reneau/NCTC	77:48



(Left to Right) Ken Misner at the turnaround (5 miles), on his way to victory at the Buffalo Stampede. -- Chuck Smead is running back along the river, on his way to a U.S. 50-Kilo best. /Jim Engle photos/ Penny DeMoss also set a U.S. record for women in the same race. /Abe Underwood/ Jim Nuccio took the PA-AAU 15-Kilo by a full two-minute margin over Jan Sershen. /Dennis O'Rourke/

**SMEAD AND DEMOSS SET U.S. RECORDS AT 50-KILO:** (March 21, Sacramento) - Chuck Smead ran what was almost a time trial for his Natl. 50-Kilo victory and U.S. standard of 2:50:45.8. After passing through the 10-miles in 53:39, leaving his closest competition (Jim Pearson and Darryl Beardall) nearly a mile behind, he proceeded to pass the half-way point in 1:23:12 and the marathon in an unbelievable 2:18:26! Pearson, U.S. 50-Mile record-holder, pulled ahead of local ace Darryl Beardall over the last 10 miles and won going away for second (3:03:39 to 3:06:18). Truman Clark led the masters contingent in 3:20:30, some 7:25 up on John Rudberg. Best local finisher was Dick Willets in 3:59:13 for fifth in the over-40 Championship. Penny DeMoss defended her PA-AAU title and lowered her own US standard for the distance to 3:48:27 after passing the marathon in 3:10:41. Ruth Anderson's 4:17:53 was next and is certainly a US standard for masters (women). The Six Rivers RC grabbed the National Sr. team title, with the Buffalo Chips next, while the Seniors TC of Los Angeles upended the local Tax Reducers for the Masters National title. A total of 41 of the original 54 starters managed to endure the high temperatures (up to 80°) and finished. Below are the combined placings of both the senior and masters divisions, with masters denoted by an asterisk (\*) preceding the time. /Harold DeMoss/

1-Chuck Smead/SRRC	2:50:46	9-Ed Jerome/Un	3:27:07	17-Bob Cooper/WDS	3:48:57	25-Walt Betschart/BCTC*	4:07:24
2-Jim Pearson/FFRR	3:03:39	10-John Rudberg/STC	*3:27:25	18-Don Kirby/SRRC	3:50:47	26-Bob Romano/TRAC	*4:07:54
3-Darryl Beardall/MH	3:06:18	11-Brian Bonner/LVRC	3:30:06	19-Fraser Rasmussen/BC	3:51:46	27-Jack Harper/STC	*4:09:21
4-Brian Chapman/OreTC	3:10:05	12-Jim Sane/BCTC	3:31:10	20-Tom Moungey/ChicoRC	3:52:33	28-Hoyt Walker/LVRC	4:11:05
5-Howard Labrie/SRRC	3:11:30	13-Dave Parker/STC	*3:31:27	21-Mike Souza/BCTC	3:56:35	***WOMEN***	
6-Kaj Johansen/SDTC	3:18:26	14-Bill Peck/Bakfld TC	3:45:40	22-Tom Bowen/Un	3:57:22	16-Penny DeMoss/WVTC	3:48:27
7-Truman Clark/BHS	*3:20:30	15-Don Jones/STC	*3:48:02	23-Dick Willets/Un	*3:59:13	29-Ruth Anderson/NCS	*4:17:53
8-Jack Leydig/WVTC	3:24:47	16-Penny DeMoss/WVTC	3:48:27	24-Terry Lingbloom/FFRR	4:06:18	32-Yvette Cotte/WVTC	4:26:16

**NUCCIO WHIPS STRONG 15-KILO FIELD:** (March 27, Los Altos Hills) - Seemingly recovered from his four pulled wisdom teeth (see PHOTO QUIZ answer to last issue on page 4), and probably a bit stronger from a forced rest, Jim Nuccio continued his domination of local road runs with a brilliant 44:59 clocking on the new certified 15-Kilo loop in Los Altos Hills (actually 3 loops). Clicking off 4:50 miles like they were part of his makeup, he pulled away from all opposition early in the race (shortly after a mile) and built up a 2-minute margin over Jan Sershen, recent 30-Kilo champ, at the finishline. Bill Seaver nabbed the next spot in 47:46. The masters competition was much closer, but only between two runners. Jim Shettler had to fight hard to stay ahead of determined Jim O'Neil, as both placed in the top 15 and recorded scintillating times of 50:14 and 50:27, the latter surely being a US Masters Div. II best. Ken Napier was a distant third in 53:13. Shettler's time averages out to an amazing 5:23 per mile! The women had a lot of class in their division too as Vicky Bray averaged 6:04 per mile to clock a super 56:35, well ahead of Penny DeMoss' 57:59 and Judy Gumbs' 58:12. Kathy Himmelberger and Kerry Brogan also dipped under one hour (6:26/mile). West Valley TC grabbed team titles in both the senior men's and women's divisions, while the West Valley Joggers upset the NorCal Seniors for the masters title. The race also featured a random drawing for various merchandise awards (mostly food!). /Dave Himmelberger & Bill Clark/

1-Jim Nuccio/WVTC	44:59	22-Terry Casey/ETC	52:49	43-Harold DeMoss/WVTC	55:54	64-Judy Gumbs/WVTC	58:12
2-Jan Sershen/ETC	46:59	23-Edward Lee/LVRC	52:59	44-Bill Catanese/Un	56:14	65-Mickey Moberg/LVRC	58:25
3-Bill Seaver/WVTC	47:46	24-Ken Napier/WVJS	53:13	45-Don Dugdale/Un	56:30	66-Bill Lovelace/RRC	58:26
4-John Sheehan/WVTC	48:02	25-Peter Wood/NCS	53:23	46-Michael Fenner/Un	56:32	67-Preston Hill/WVJS	58:34
5-Denis O'Halloran/Un	48:32	26-Walt Van Zant/WVJS	53:38	47-Phil Sanfilippo/WVJS	56:33	68-Paul Kellman/TRAC	58:37
6-Daryl Zapata/WVTC	48:47	27-Ed Johnson/Un	53:38	48-Vicky Bray/Un	56:35	69-Richard Cooper/MIM	58:48
7-Gary Goettelmann/WVTC	49:30	28-Keith Larson/Un	53:38	49-Marvin Winer/WVTC	56:47	70-Edward Syrett/Un	58:50
8-Jack Leydig/WVTC	49:36	29-Gary Alderman/Un	53:51	50-Tim Chalmers/Un	56:55	71-Loren Blaco/Un	58:55
9-Bruce Rider/WVJS	49:40	30-Kurt Sterling/Un	53:58	51-Don Carpenter/SRC	56:59	72-Peter Alexander/Un	58:56
10-John Weidinger/ETC	49:57	31-John Finch/NCS	54:10	52-George Moss/WVJS	57:06	73-Colby Harmon/Un	58:57
11-Jim Shettler/WVJS	50:14	32-Jerome Lewis/NCS	54:16	53-Charles Sinclair/SRC	57:11	74-Don Lucero/WVTC	59:05
12-Bob Darling/ETC	50:23	33-Kent Guthrie/WVJS	54:24	54-Carl Martin/WVJS	57:14	75-Kathy Himmelberger/WV	59:12
13-Homer Latimer/Un	50:26	34-John Hellman/Un	54:25	55-Mark Scheuer/Un	57:15	***WOMEN***	
14-Jim O'Neil/SFOC	50:27	35-Larry Washington/WVTC	54:38	56-Evan MacBride/BC	57:18	48-Vicky Bray/Un	56:35
15-Dick Schupbach/WVTC	50:29	36-Gary Temple/Un	54:40	57-John Dressler/LVRC	57:19	63-Penny DeMoss/WVTC	57:59
16-Bruce Wolfe/WVTC	50:31	37-Robin Clark/Un	54:46	58-Skip Marquard/WVTC	57:28	64-Judy Gumbs/WVTC	58:12
17-Ralph Bowles/WVJS	50:50	38-Rick Lenon/Un	54:50	59-Henry Melin/Un	57:33	75-Kathy Himmelberger/WV	59:12
18-Chris Steer/PMK	51:39	39-Jim Nicholson/NCS	54:54	60-Larry Guinee/Un	57:44	81-Kerry Brogan/Un	59:59
19-Jerry Hall/Un	52:23	40-Dennis Egly/Un	55:01	61-Kenneth Israel/WVJS	57:46	93-Ruth Anderson/NCS	62:36
20-Tim Swezey/PMK	52:29	41-Ed Jerome/Un	55:25	62-Brian Jarvis/Un	57:51	103-Carroll O'Conner/NCS	64:11
21-Bill Spence/WVTC	52:32	42-Mike Healy/WVJS	55:34	63-Penny DeMoss/WVTC	57:59	119-Jamie Lynch/Un	66:28

**WOLICZKO UPENDS BEARDALL AT IL SAN JO:** (March 28, Santa Rosa) - Darryl Beardall appeared to have a good shot at winning on his home course (he lives a few miles away), but Tad Woliczko surprised with his first win of the year in 56:44 for the 10-Miler, and Beardall followed, seven seconds back. Bob Bunnell was next at 57:05. Betsy White had little trouble with the women on the hilly cross-country terrain, winning in 72:39, a mile ahead of Jeannie Kayser. Craig Roland (62:07) surprised Ross Smith (62:24) in the over-40 class. Bob Malain was third at 63:34...111 finished. /David Hughes/



(Above) Start of Lake Il San Jo 10-Miler. (Right) The winner, Tad Woliczko. /Jim Engle Photos/

1-Tad Woliczko/Un	56:44	17-Lloyd Sampson	62:57	33-Scott Dowthit	67:08
2-Darryl Beardall/MH	56:51	18-Tad Wilson	62:58	34-Larry Pugh	67:11
3-Bob Bunnell/MH	57:05	19-David Sjostedt	63:20	35-Dennis Johnson	67:16
4-Robert Parks/VMTc	57:11	20-George Ridout	63:26	36-Gene White	67:31
5-Gene Fitzgerald/PMK	57:20	21-Bob Malain/NCS	63:34	37-Mike Andrews	67:41
6-Clark Rosen/Un	58:31	22-John Malankey	64:05	38-Jack Ball	67:49
7-Pete Flores/Aggie TC	59:25	23-Clifford Stewart	64:30	39-Joe Fiori	68:04
8-Dave Warren/ETC	59:47	24-Lee Damron	64:31	40-Theo Jones	68:11
9-Hersh Jenkins/SRRC	61:24	25-Fred Wellman	65:01	41-Charles Albert	68:17
10-Mike Coke/GPPMB	61:50	26-James Carson	65:59	***WOMEN***	
11-Glen McCarthy	61:53	27-Mike Pena	66:16	56-Betsy White/WVTC	72:39
12-Sal Citarella	62:00	28-Philip Little	66:29	78-Jeannie Kayser/PMK	79:22
13-Craig Roland	62:07	29-Thomas Moungey	66:36	84-Susan Medway	82:56
14-Ross Smith/Un	62:24	30-Wesley Hurlbut	66:42	89-Karen Scannell	84:21
15-Bob Myers/PMK	62:26	31-Larry Summer	67:01	90-Ruth Dettering/NCS	84:32
16-Ed Jerome/Un	62:50	32-Abe Underwood/BC	67:02	91-Pris Myers/PMK	84:40

**SERSHEN GRABS ANOTHER WIN AT LOCKHEED-ARROW 10-KILO:** (April 4, Sunnyvale) - Taking the lead from the gun, Excelsior's top gun, Jan Sershen, recorded another road win, besting WVTC's Bill Clark, making a strong comeback after an injury caused a short cutback in training. Jan's 31:13.4 was a full 220 yards (38 seconds) ahead of Clark. John Routh, also running well after an injury last fall, took third in 32:18. Most felt that the layout was a bit longer than 10-Kilos, although it was a supposedly certified circuit (someone wanna check it?). Ken Napier held off Jerry Lewis, 34:49 to 34:52, for the masters title, and LDR Chairman Harold DeMoss was next with 36:16. The women's race was a real close with Roxanne Bier nipping Vicky Bray and Sharon Furtado as all three were at 6-minute/mile pace. Bier had 37:01, with the other two at 37:09 and 37:15. Jim Myers was the boys' 12-Under winner with a good 38:35, which netted him 51st overall in a field of 185 finishers. Danny Gonzalez did 36:56 to grab honors in the 13-16 age-group. Carroll O'Conner led the women-over-forty with a good 43:56 effort. /Warren Olds/

1-Jan Sershen/ETC	31:13	23-Bob Paredes/Camden	35:57	45-Evan MacBride/BC	37:50	67-Charlie Lewis/ATC	39:41
2-Bill Clark/WVTC	31:51	24-Bob Woodliff/WVJS	36:13	46-Robert Sferra/Un	37:51	68-Glenn Olds/ATC	39:46
3-John Routh/Menlo TC	32:18	25-Harold DeMoss/WVTC	36:16	47-Peter Alexander/Un	38:06	69-Kenneth Moore/NCS	39:47
4-Jack Leydig/WVTC	33:00	26-Bertram Johnson/Un	36:30	48-Joe Ballard/Un	38:15	70-Jeff Rossman/ATC	39:53
5-Gordon McIlroy/Wales	33:12	27-Jim Moore/Un	36:32	49-Dennis Parks/GER	38:27	71-Michael Small/MVS	39:57
6-Dave Himmelberger/WVTC	33:13	28-Peter Wood/NCS	36:36	50-John Whetstone/Un	38:31	72-Rich Henk/Un	40:02
7-Bill Benz/WVTC	33:36	29-Kurt Sterling/Un	36:39	51-Jim Myers/PMK	38:35	73-Lorenzo Chambliss/Un	40:13
8-Homer Latimer/Un	33:45	30-Marvin Winer/WVTC	36:41	52-Ken Israel/WVJS	38:36	74-Ann Wotherspoon/SJC	40:15
9-Bill Meinhardt/WVJS	33:51	31-John Jent/Un	36:50	53-Jon Reyes/Un	38:39	75-Roy Scellato/Un	40:19
10-Gerald Werner/Un	33:56	32-Michael Healy/WVJS	36:54	54-Ron Kovacs/TRAC	38:40	76-Chuck Holdaway/MPAC	40:22
11-Jay Marlowe/CWTC	34:22	33-Danny Gonzalez/ATC	36:56	55-Kerry Brogan/ATC	38:41	77-Jackie Marvin/ATC	40:23
12-Jake White/TRAC	34:23	34-John Flather/TRAC	36:59	56-Ed Bermingham/TRAC	38:44	***WOMEN***	
13-Robert Wellock/MPAC	34:26	35-Roxanne Bier/SJC	37:01	57-Dick Croteau/WVJS	38:56	35-Roxanne Bier/SJC	37:01
14-Bob Myers/PMK	34:37	36-Vicky Bray/Un	37:09	58-Dan Gray/ATC	39:04	36-Vicky Bray/Un	37:09
15-Robert Mahon/WVJS	34:39	37-John Ulate/Un	37:12	59-Dee Baltzer/Un	39:11	40-Sharon Furtado/Un	37:15
16-Ken Napier/WVJS	34:49	38-Anthony Flores/Un	37:12	60-Sheldon Gersh/TRAC	39:13	55-Kerry Brogan/ATC	38:41
17-Jerry Lewis/NCS	34:52	39-Santos Reynaga/WVTC	37:13	61-Edward Syrett/Un	39:14	65-Demetra Mavis/SJC	39:32
18-Larry Washington/WVTC	34:54	40-Sharon Furtado/Un	37:15	62-Robert Kennedy/Un	39:17	74-Ann Wotherspoon/SJC	40:15
19-Michael Coke/GPPMB	34:59	41-Terry Mullen/TRAC	37:15	63-Jerry Costa/MVS	39:22	77-Jackie Marvin/ATC	40:23
20-Kerry Kilgore/SUND	35:01	42-Mark Scheuer/Un	37:33	64-Len Brink/Un	39:23	82-Estella Guina/SJC	40:34
21-Clifford Stewart/TRAC	35:03	43-John Ryan/Un	37:33	65-Demetra Mavis/SJC	39:32	93-Michele Miller/AppTC	41:29
22-Rich Stiller/TRAC	35:29	44-Bob Romano/TRAC	37:42	66-Craig Shore/Un	39:39	100-Gail Gustafson/Un	42:18

**RON WAYNE OUTKICKS TIGHT PACK AT GOLDEN GATE PARK 8-MILER:** (April 10, San Francisco) - Known more for his endurance than his kick, WVTC'er Ron Wayne displayed a vicious kick coming off the top of the final hill at the popular Golden Gate 8-Miler. A tight pack of Wayne, Bill Seaver, Jan Sershen, and visiting Kim Nutter stayed together until the last uphill stretch when it came down to who had the biggest kick. Although it appeared a tactical race with no one making a move until the end, the times were good... only Wayne Badgley & Jim Nuccio's course record (39:50) and Jack Leydig's 40:54 are faster than the top four times this year. The masters field didn't have near as much depth as the open race, and Mike Healy took it upon himself to nip Dieter Diekmeyer by 7 seconds to win it, 48:09 to 48:16, with Tom O'Brien a well-beaten third (49:56). Sharon Furtado clipped Maryetta Boitano's course standard for women, running 50:03 (old mark was 50:50) and soundly beating an injury-free Phyllis Olrich, cautiously making her first road appearance of 1976. Ruth Anderson led the masters women and was third female overall with a fine 54:38. Larry Guinee did 50:06 to annex the junior (13/Under) plaque. West Valley TC was a 9-minute plus team victor (add top 5 times) over Excelsior TC, with the Pamakids another thirteen-plus minutes behind. A healthy 180 finished in an intermittent rain. /Jaak Leydig/

1-Ron Wayne/WVTC	40:57	8-Ernie Rivas/PMK	42:14	15-Tad Woliczko/Un	43:19	22-John Weidinger/ETC	45:02
2-Bill Seaver/WVTC	40:58	9-Bill Clark/WVTC	42:48	16-Clark Rosen/PMK	43:31	23-Mike Conroy/ETC	45:29
3-Jan Sershen/ETC	41:02	10-Gary Goettelmann/WVTC	42:50	17-Bob Darling/ETC	43:48	24-Steven Fuller/WDS	46:17
4-Kim Nutter/Army-WVaTC	41:03	11-Daryl Zapata/WVTC	42:52	18-Jon Higley/WVTC	44:17	25-Robt. Woodliff/WVJS	47:04
5-Denis O'Halloran/Un	41:43	12-Genaro Venegas/Un	42:59	19-Frank Donahue/ETC	44:21	26-I.P. de Villiers/Un	47:06
6-Pete Flores/Aggie TC	41:53	13-Dennis Tracy/WVTC	43:09	20-Bill Spence/WVTC	44:22	27-Richard Lenon/Un	47:07
7-Gene Fitzgerald/PMK	42:02	14-Tom Castro/Un	43:16	21-Romero Mendoza/VMTc	44:39	28-Kees Tuinzing/MH	47:21

29-Ross Rowley/Un	47:27
30-Charles Hubay, Jr./Un	47:34
31-Robert Ogg/BC	47:38
32-Lloyd Sampson/Un	47:42
33-Steven Abernathy/OPTC	47:49
34-Gary Temple/Un	47:50
35-Ted Wilson/KJ	47:57
36-Byron Richardson/WVTC	48:04
37-Mike Healy/WVJS	48:09
38-Dan Williams/Un	48:12
39-Dieter Diekmeyer/SUND	48:16
40-Rick Rockwell/ETC	48:22
41-George Ridout/Un	48:29
42-Paul Koski/ETC	48:35

43-Tom Mann/ETC	48:47
44-Mike Eash/ETC	48:51
45-Marvin Winer/WVTC	49:02
46-Bill Catanese/Un	49:11
47-Samuel Clark/Un	49:12
48-Jim Moore/Un	49:14
49-Harry Nothacker/Un	49:22
50-Marco Martin/Un	49:24
51-Monty Schafer/Un	49:49
52-Tom O'Brien/PMK	49:56
53-Sharon Furtado/Un	50:03
54-Floyd Clendenen/Un	50:04
55-Larry Guinee/Un	50:06
56-Steve Bailey/Un	50:42

57-Tom Swanson/Un	50:57
58-David McCormack/Un	51:00
59-Rich Lyon/Un	51:09
60-Richard Mayers/Un	51:10
61-Richard Cooper/MIM	51:11
62-John Dugan/Un	51:12
63-Rob Alemany/Un	51:14
64-Philip Little/Un	51:14
65-Paul Weggenmann/Un	51:15
66-Phyllis Olrich/WVTC	51:16
67-Larry Main/WVTC	51:17
68-Donald MacDonald/Un	51:37
69-Ken Israel/WVJS	51:45
70-Richard Austin/KJ	51:54

71-Harold Crangle/Un	52:17
72-Bryan E. Holmes/Un	52:19
73-Phil Holder/US Navy	52:25
74-Tokihiko Suyehiro/Un	52:26
***WOMEN***	
53-Sharon Furtado/Un	50:03
66-Phyllis Olrich/WVTC	51:16
89-Ruth Anderson/NCS	54:38
110-Jamie Lynch/Un	57:01
119-Louise Adamson/Un	57:49
122-Karen Bessey/SUND	58:19
125-Carroll O'Conner/NCS	58:27
135-Karen Scannell/PMK	60:39
141-Barbara Carlson/NCS	61:10



(Above) Start of Golden Gate Park 8-Miler. (Right) Top four finishers at full steam ahead. Left to right: Kim Nutter, Jan Serhsen, Bill Seaver, and victor Ron Wayne. /Dennis O'Rorke/



**SEAVER AND FURTADO WIN BIG AT CHARITY RUN:** (April 11, Castro Valley) - Weather conditions were ideal for this first annual race, but the course was changed due to mud, shortening it about 70 yards from the original 6.9 (certified) miles. Although a bit slow due to mud, the course stayed in fairly good shape and was not sloppy. At the start, a pack of five runners (Bill Seaver, John Routh, Doug McLean, Dan Anderson and Ted Quintana--unofficial) moved out to a big lead over the field. Once they hit the hills, about 2 miles out, Seaver left them very easily. Dennis Tracy, running well back in the pack, was able to catch everyone but the leader. Seaver had gotten a close second the day before at Golden Gate Park. The different age-groupings made for great races: Homer Latimer, Ralph Bowles & Jim Shettler led the 35-44 division, while Ross Smith, Bob Malain, and Don Carpenter led the 45-and-up parade. Sharon Furtado proved she is almost unbeatable on a hilly course with a 2-1/2 minute victory and 29th overall in a finishing field of 122! Ruth Anderson did not let the 35/over age-grouping stop her, as she won her division by 7 minutes over Barbara Easterling. Profits from the race went to the Chesnut Branch of the Children's Hospital. /Dennis Tracy/

1-Bill Seaver/WVTC	37:52
2-Dennis Tracy/WVTC	38:48
3-John Routh/Menlo TC	38:54
4-Doug McLean/WVTC	39:03
5-Homer Latimer/Un	39:25
6-Ralph Bowles/WVJS	39:39
7-Dan Anderson/WVTC	39:43
8-Bill Benz/WVTC	39:43
9-Jim Shettler/WVJS	40:10
10-Hal Tompkins/Un	40:17
11-Peter Borden/WVTC	40:22
12-Bill Spence/WVTC	40:40

13-Tim Swezey/PMK	40:54
14-John Thomas/Chabot	40:58
15-Ross Smith/Un	41:15
16-Kent Guthrie/WVJS	41:45
17-Mike Cole/Un	41:45
18-Ross Rowley/Un	42:34
19-Glen Walder/Un	42:51
20-Bob Malain/NCS	43:57
21-Dan Hintz/WVTC	44:00
22-Don Lotz/Un	44:41
23-Alan Chesterman/Un	44:44
24-Jeff Nixon/Un	45:05

25-John Ryan/Un	45:06
26-Don Carpenter/SRC	45:10
27-Paul Navaro/Un	45:35
28-Ralph Walker/Un	45:38
29-Sharon Furtado/Un	45:40
30-Thomas Martin/Un	45:47
31-Gough Reinhardt/NCS	46:25
32-Santos Reynaga/WVTC	46:35
33-Craig Shore/Un	47:04
34-Bill Lovelace/Un	47:08
35-Richard Cooper/Un	47:42
36-Don Lucero/WVTC	47:59

37-Terrance Noyes/Un	48:18
38-Charles Hansen/Un	48:36
39-Les Esterling/Un	48:43
40-John Whitstone/Un	48:49
41-Stephen Roulas/Un	48:54
42-Stan Hoffman/Un	48:57
***WOMEN***	
29-Sharon Furtado/Un	45:40
43-Dianne Williams/PBP	49:13
55-Betsey Brew/Un	50:49
63-Ruth Anderson/NCS	51:55
88-Diana Rossman/Un	56:52



Marathon winner, Ernie Rivas, at GG Park 8-Miler. /D. O'Rorke/

**RIVAS NIPS SMEAD AT PAUL MASSON CHAMPAGNE MARATHON:** (April 17, Cupertino) - After running together for most of the 26-plus miles of the race, Chuck Smead, full of enough glory from winning the Natl. 50-Kilo a few weeks earlier, let Ernie Rivas step over the line first to avoid a tie in this popular marathon. Although several changes were made in the course this year, the winning times indicate it's still not fast, as Rivas clocked 2:34:49, about nine minutes off his best. The sponsors promise to make additional changes in 1977. Jim Nicholson just missed the 3-hour barrier but ran good enough to take his division amongst NorCal masters...however, Norm Lumian, a 'sleeper' from the Seniors TC of Los Angeles, slipped in ahead of him at 2:57:56. Yvette Cotte was nearly five minutes in front of Lise Spielman to take the woman's trophy. A total of 162 finished the race. /Dan O'Keefe/

1-Ernie Rivas/PMK	2:34:49
2-Chuck Smead/Un	2:34:50
3-Dennis Dillie/WVTC	2:41:39
4-Jim Sane/Un	2:41:57
5-Arthur Clausung	2:48:35
6-Tony Mezzapelle/Un	2:49:39
7-Byron Richardson/WV	2:51:05
8-James Jacobs/Cabr	2:51:46
9-Joseph Mandel/Un	2:53:50
10-Ted Pawlak/Un	2:54:22
11-Bill Peck/Bak'fd TC	2:54:32
12-Ted Wilson/KJ	2:54:42
13-Doug Rennie/BC	2:56:32
14-Dwight Hendrix/Un	2:57:07
15-Norm Lumian/STC	2:57:56
16-Tim Chalmers/Un	2:59:18
17-Jim Nicholson/NCS	3:00:37
18-Wm. Dougherty/Un	3:00:48
19-Cliff Wolery/Un	3:01:10
20-Raphael Reichert/Un	3:02:11
21-Thomas Bowen/Un	3:02:58
22-Ross Rowley/Un	3:04:42

23-Clifford Stewart/PMK	3:04:43
24-Robert Ogg/BC	3:09:33
25-Abe Underwood/BC	3:09:57
26-Walt Betschart/BC	3:09:58
27-Sal Citarella/Un	3:10:51
28-Bob Stephenson/Un	3:10:56
29-Don Peterson/SRC	3:13:16
30-Santos Reynaga/WVTC	3:13:37
31-R.H. Lee/Un	3:13:56
32-Mark Harris/Un	3:14:29
33-Ed Fuller/Un	3:14:42
34-Robert Ernst/WVJS	3:14:50
35-Richard Willets/Un	3:15:25
36-Alan Larson/Un	3:15:58
37-Dennis Egly/Un	3:16:13
38-R.M.Lajeunesse/Un	3:17:44
39-Arthur Kessner/Un	3:17:58
40-Kelvin Yamada/Un	3:19:38
41-Eric Steiner/SRC	3:19:55
42-Barry Ackley/Un	3:20:32
43-Dan Hintz/WVTC	3:20:42
44-Alan Swartz/Army	3:21:40

45-Mike Souza/BC	3:22:02
46-Rus Ellis/Un	3:22:08
47-John Dugan/Un	3:22:18
48-Gordon Stewart/Un	3:22:29
49-Jim Coughlin/Un	3:22:35
50-Evan Golder/Un	3:22:35
51-John Hellman/Un	3:23:03
52-Walter Cole/Un	3:23:57
53-Art Waggoner/BC	3:24:03
54-Paul Holmes/BC	3:24:03
55-Dennis Lem/PMK	3:27:08
56-Edwar Syrett/Un	3:27:16
57-John Lemke/Un	3:27:40
58-Fred Schwarzer/Un	3:27:53
59-Len Brink/Un	3:28:25
60-Kenneth O'Neil/Un	3:29:33
***WOMEN***	
73-Yvette Cotte/WVTC	3:36:29
78-Lise Spielman/Un	3:41:12
84-Stephanie Atwood/Un	3:47:07
100-Susan Fox/Un	3:56:19
104-Karen Scannell/PMK	3:57:46

### LATE GNUS

ADD TO SCHEDULE: - Jun 5: Mt. Misery 10-K/10 X-Country Run, Placerville, 10 am. Contact: Ernie Marinoni, 5101 Newtown Rd., Placerville, CA 95667.

Ahhh!--It sure does feel good to uncrap my fingers from these typewriter keys! See you all next issue (late June).



(Left) Besides winner Jack Fultz, few runners notched PR's at this year's Boston Marathon...Gail Gustafson's 3:15:26 was her best ever as she took 13th place. /Jeff Johnson/ (Right) Don Kardong leads Tony Sandoval at the International X-C Trials in January...Don & Sandy took third & fourth at the Olympic Marathon Trials, with Don getting a trip to Montreal. /D. O'Rourke/

**DSE DIAMOND HEIGHTS RUN:** (April 25, S.F.) /4 Mi./ 1-Weidinger/ETC 21:15, 2-Torres 21:28, 3-Martinez 21:29, 4-Kilinan 22:45, 5-Erickson 23:01, 6-Jerome 23:04, 7-Blake 23:10, 8-Jensen/PAMA (40+) 23:15...27-Maryetta Boitano 25:10, 37-Judy Gumbs 25:52.

**MT. DIABLO DISTURBANCE RUN:** (April 25, Mt. Diablo) /6.6 Mi./ (Finishers listed by fast time...add handicap time, following name, to get handicap finish time) 1-Rowley(28) 48:07, 2-Emmons (28) 51:07, 3-Woodliff(31) 51:44, 4-Flodberg(30) 52:50, 5-Ball (22) 52:54, 6-Robben(26) 53:04, 7-Mott(22) 55:20, 8-Bell(18) 55:41.5 (Handicap winner), 9-Williams(19) 56:58, 10-Hayman(24) 57:31, 11-Chuey(25) 57:35, 12-Mellmer(20) 59:01, 13-Dingwall (21) 60:35, 14-Fukuda(17) 61:45, 15-Burke(26) 62:33. /J.Kirk/

**PAN-AMERICAN ROAD RUN:** (May 1, LA Area) /6.0 Mi./ 1-Harter/SFV 29:29, 2-Chambless/Un 29:51, 3-Carlson/AATC 30:17, 4-Kurrie/SFV 30:45, 5-Hurtado/Un 32:21, 6-Ferguson/AIA 32:28, 7-Tribole/Un 32:57, 8-Leckman/Un 33:05, 9-Fitzpatrick/Un 33:24, 10-Downey/SM 33:37...13-Nicholson/STC(40+) 35:15, 20-Gibbs(Girl) 36:39.

**PODIATRY SEMINAR 10-KILO:** (May 1, S.F.) /Golden Gate Pk./ 1-Ron Wayne/WVTC 37:52, 2-Donahue/ETC 38:48, 3-Conroy/ETC 38:54, 4-Eash/ETC 39:03, 5-Richardson/WVTC 39:25, 6-Casey/ETC 39:39, 7-Pagliano/GWAA 39:43...Maryetta Boitano 44:41, Gail Gustafson/Un 46:35. /Steve Subotnick/

**NUCCIO HOT AT LIVERMORE--JUST LIKE THE WEATHER:** (April 24, Livermore) - Although missing his course standard (42:28) by a full minute, WVTC's Jim Nuccio still recorded an excellent time in mid-70° weather, besting NCRP Point Leader, Jan Sershen, by 1:34. Sharon Furtado had similar difficulty in trying to get Maryetta Boitano's 55:11 standard as she fell short by nearly a minute at 56:00; her nearest opposition, Ruth Anderson, was nearly 5 minutes back! Jerome Lewis likewise had an easy time of the masters race (51:21 to 51:59) over teammate John Finch, but was way off Ken Napier's 48:34 record from way back in 1972. The third master was Bob Malain in 52:56. Other divisional winners were: Junior Men--Frank Lee 56:57; Junior Women--Ann Culligan 83:30; Master Woman--Ruth Anderson 60:57 (record); 50/Over Men--Paul Reese 58:29; 50/Over Women--Nancy Bean 91:41. Despite the temperatures, a total of 212 finished the rolling 8.56 mile run. The top finishers follow (masters runners--over 40--are indicated by an asterisk) in all results beginning with this issue. /Bill Dunlop & Tok Suyehiro/

1-Jim Nuccio/WVTC	43:24	21-Kerry Kilgore/SUND	51:51	41-Evan MacBride/BC	55:41	61-Ron Kovacs/TRAC	57:45
2-Jan Sershen/ETC	45:02	22-Ross Rowley/Un	51:56	42-Gough Reinhardt/NCS	55:42*	62-Ken Israel/WVJS	58:14
3-Bill Clark/WVTC	45:22	23-John Finch/NCS	51:59*	43-Larry Pugh/Un	55:54	63-Dan Dawson/LVRC	58:24
4-Pete Flores/AGTC	45:24	24-Bert Johnson/LVRC	51:59	44-Donald MacDonald/Un	55:59*	64-Paul Reese/BC	58:29*
5-Bill Seaver/WVTC	47:02	25-Rich Fishbaugh/Un	52:02	45-Sharon Furtado/Un	56:00	65-Ed Peterson/Un	58:32
6-Daryl Zapata/WVTC	47:17	26-Abe Underwood/BC	52:20	46-David McCormack/Un	56:02	66-Philip Little/Un	58:39
7-Doug McLean/WVTC	47:32	27-Edward Lee/LVRC	52:30	47-John Ryan/Un	56:03	67-Server Sadik/Un	58:47
8-John Weidinger/ETC	48:25	28-Bob Malain/NCS	52:56*	48-Larry Wight/LVRC	56:05	68-Harry Harder/HSTC	58:49*
9-Kent Guthrie/WVJS	48:40	29-Hoyt Walker/LVRC	53:14	49-Bryan Holmes/Un	56:13*	69-Dick Croteau/WVJS	58:54
10-Ted Quintana/WVTC	49:06	30-Floyd Clendenen/Un	53:20	50-Larry Summer/BC	56:18	70-Dan Leahy/CNEG	58:58*
11-Roland Watson/WVTC	49:30	31-Bob Woodliff/WVJS	53:37	51-Jim Moore/Un	56:35	71-Paul Kellman/TRAC	59:01
12-Keith Crowder/TRAC	49:45	32-Gary Alderman/Un	53:57	52-Tok Suyehiro/LVRC	56:40*	72-Rich Siciliano/Un	59:31
13-Dan Moore/LVRC	49:58	33-Ed Jerome/Un	54:16	53-Steve Lazarus/Swtbnd	56:46	73-Tom Jefferson/LVRC	59:33
14-Ralph Bowles/WVJS	50:07	34-Frank Nolan/Un	54:22	54-Santos Reynaga/WVTC	56:51	***WOMEN***	
15-Bill Dunlop/LVRC	50:42	35-I.P. deVilliers/Un	54:39	55-Frank Lee/Un	56:57	45-Sharon Furtado/Un	56:00
16-Gerald Werner/Un	50:58	36-Marvin Winer	54:40	56-Paul Weggenmann/Un	57:05*	88-Ruth Anderson/SUND	60:57*
17-Monty Schafer/Un	51:07	37-Bill Catanese/Un	54:47	57-Larry Shaw/LVRC	57:12*	111-Karen Bessey/NCS	64:08
18-Jerome Lewis/NCS	51:21*	38-Lou Daugherty/NVRC	55:25	58-John Dressler/LVRC	57:21	117-Carroll O'Conner/NCS	64:39*
19-Brian Bonner/Un	51:30	39-Richard Ryon/LVRC	55:26	59-Save Crescenti/Chico	57:29	130-Barbara Pike/Un	65:58
20-Bob Myers/PMK	51:50	40-Rob Alemany/Un	55:38	60-Dave Cargill/Un	57:32	160-Priscilla Myers/PMK	71:00

**4TH HANSON DAM/CCAC RUN:** (May 9, LA Area) /10.0 Mi./ 1-Alexander/Un 50:34, 2-Cook/AIA 51:48, 3-Brown/Un 51:49, 4-Chambless/BB 52:16, 5-White/AATC 52:54, 6-Kurrie/SFV 53:03, 7-Sutherland/Un 53:18, 8-Branch/CCAC 53:27, 9-Lee/CCAC 53:38, 10-Swift/AIA 53:54, 11-Adams/BB 55:14, 12-Alfaro/AZTL 55:24, 13-Avol/BB 55:28, 14-Rupp/STC 55:32, 15-Brennan/SBAA 55:37 (40+) ...30-Winton/STC 60:28 (40+). /John Brennan/

**DSE PRACTICE BAY-TO-BREAKERS:** (May 9, S.F.) /7.628 Mi./ 1-Fitzgerald/PMK 41:05, 2-Weidinger/ETC 41:22, 3-Swezey/PMK 42:29, 4-Jeong/PMK 43:31, 5-Nowak 43:45, 6-Plymale 43:55, 7-Pruitt 44:23...76-Sis Boitano 50:49, 100-Ruth Anderson 52:04, 104-Jeannie Kayser 52:36, 107-Peggy Lavelle 52:43, 108-Betsy White/WVTC 52:44. /DSE Newsletter/

**DSE MT. DAVIDSON RUN:** (May 23, S.F.) /3 Mi./ 1-Weidinger/ETC 20:23, 2-Martinez 20:41, 3-Reickle 20:46, 4-Sabo 21:02, 5-Kasapliligil 21:12...44-Sis Boitano 24:03. /DSE Newsletter/

**OLYMPIC MARATHON TRIALS:** (May 22, Eugene, Ore.) /70° at start, cooled off somewhat, slight wind/ 1-Shorter/FTC 2:11:51, 2-Rodgers/GBTC 2:11:58, 3-Kardong/CNW 2:13:54, 4-Sandoval/Stam 2:14:58, 5-Fleming/NYAC 2:15:48, 6-Varsha/AtITC 2:15:50, 7-Bramley/CoIst 2:17:16, 8-Pfeffer/JT 2:17:58, 9-Galloway/FTC 2:18:29, 10-Burfoot/MS 2:18:56, 11-Busby/Un 2:19:05, 12-Hatfield/WVaTC 2:19:18, 13-Sudzina/Un 2:19:55, 14-Forrester/SMTc 2:20:10, 15-Kurrie/SFVTC 2:20:18, 16-Camp/SDTC 2:20:27, 17-Strabel/NCTC, 18-Fidler/AtITC 2:20:56, 19-Pate/ColumTC 2:20:59, 20-McDonald/CPTC 2:21:24, 21-Berka/WVTC 2:22:56...24-Zarate/Un 2:24:37, 26-Carlson/AATC 2:25:04, 30-Harter/SFVTC 2:28:10, 38-Swift/AIA 2:30:43, 39-Lee/CCAC 2:31:20. /Joe Henderson/

**DSE BAKER BEACH RUN:** (May 31, S.F.) /4 Mi./ (no times) 1-Weidinger/ETC, 2-Tanada, 3-Martinez, 4-Notch/WVTC, 5-Faulkner...58-Joan Ulyot/WVTC. /DSE Newsletter/

**MT. MISERY HANDICAP:** (June 5, Placerville) /10 Km./ (Subtract handicap time (after name) to get actual time) 1-Hadley(5) 43:45, 2-Arnes(10) 50:19, 3-R.Anderson(10) 51:07, 4-M.O'Neil (10) 51:21, 5-Dugard(10) 52:05, 6-Keller(15) 53:04 (fast time), 7-Wirich(10) 53:58, 8-Gulli(15) 54:25, 9-Underwood(15) 54:44, 10-Mattson(10) 55:48. /Ernie Marinoni/

**JACK MOORE RACE:** (June 6, McKinleyville) /5.7 Mi./ 1-Smead 28:30, 2-Innes 28:34, 3-Cole 28:53, 4-Elias 28:53, 5-Hayes 29:04, 6-Rocha 33:59, 7-Harper 34:12, 8-Meyer 34:27, 9-Wheeler 34:32, 10-Ackerman 35:45...19-Marilyn Taylor 37:10. /D.Meyer/

**PALOS VERDES MARATHON:** (June 12, Palos Verdes) /More results next time/ 1-Carlson/AATC 2:26:42, 2-Edwards/SBAA 2:32:59, 3-Rawlings/WVP 2:36:00, 4-Araucilla/AATC 2:39:43, 5-Rodriguez/Un 2:39:58...Worthen(40+) 2:45:57, 74-Penny DeMoss/WVTC 2:59:51 (PR), 76-H. DeMoss(40+) 3:00:08...Niki Hobson/SDTC (W-Vet) 3:11:53. /1170 Starters!--Warmish/ /Harold DeMoss/



(Above) Start of the Avenue of the Giants Marathon. (Left to Right) Winner Ernie Rivas, who just missed Olympic Trials qualifying time of 2:23; Women's winner, Jackie Hansen, who turned a 2:50:18; Ruth Anderson set a PR of 3:05:49, won the masters women's division, and placed fourth overall. /L.Rorke/



**RIVAS AND HANSEN ARE MARATHON VICTORS:** (May 2, Weott) - Winning his second marathon in less than a month, Ernie Rivas of the Pamakids chopped some 3-1/2 minutes from his previous best and just nipped a determined Paul Cook from Costa Mesa and Athletes in Action. The margin was only nine seconds at the tape. Third place Jim Barker came all the way from Hawaii to take a last stab at the Trials standard, but fell way short with a 2:26:52. Although the race lacked that 'stellar' field that one might expect, it was half-expected this year since the Trials followed by just three weeks. But there was lots of depth, as ten runners dipped under 2:30, three of them (O'Halloran, Schelegle, & Goettelmann) for the first time. Out of 431 starters, there was an amazingly high percentage (408) who finished (95%): Jackie Hansen came all the way up from Los Angeles for a crack at her world mark, but ran a disappointing (for her) 2:50:18. She was still the class of the field, as second-place Judy Gumbs, only two weeks off a race at Boston, clocked 3:01:19, a personal best. The next two women, Leal-Ann Reinhart (3:02:43) and Ruth Anderson (3:05:49), also got PR's, with Ruth annexing the women's masters award. First-timer Marilyn Taylor clocked a good 3:09:32 to round out the sub-3:10 crowd. Another Los Angeles runner, John Rudberg, captured the men's masters crown with a fine 2:40:28, but he had to do some looking behind to make sure that San Diego's amazing Ed Almeida (53 years old) didn't catch him. Ed missed his world age-record (set at West Valley Marathon this year) by a mere 2 seconds, zipping to a 2:41:11. /Dick Meyer/

1-Ernie Rivas/PMK	2:23:17	39-Alan Jensen/Un	2:47:59	77-Louis Daugherty/NVRC	2:55:08	115-Bill Daugherty/Un	3:03:23
2-Paul Cook/AIA	2:23:26	40-Doug Rennie/BC	2:48:15	78-John Dzelzkals/Un	2:55:16	116-Jim Coughlin/Un	3:03:34
3-Jim Barker/WVTC	2:26:52	41-Tony Mezzapelle/Un	2:48:41	79-Edward Lee/LVRC	2:55:35	117-Jim Oury/Un	3:04:39
4-Denis O'Halloran/Un	2:26:57	42-David Swezey/SRRC	2:48:54	80-Thomas Bowen/Un	2:55:51	118-Bill Brace/CambrSU	3:04:48*
5-Ed Schelegle/AGTC	2:27:24	43-John Notch/WVTC	2:49:07	81-Mike Rowerdink/Un	2:56:31	119-Wilson Wendt/Un	3:05:07
6-Howard Labrie/SRRC	2:27:48	44-Joe Delgado/HSTC	2:49:20	82-Richard Blake/Un	2:56:43	120-Charles Albert/BC	3:05:13
7-Daryl Zapata/WVTC	2:27:54	45-Jack Welch/OTC	2:49:23	83-Mike Williams/SoqRC	2:56:48	121-Ed Stromberg/BC	3:05:13
8-Brock Hinzman/Un	2:29:15	46-Mickey Moberg/LVRC	2:49:24*	84-Bill Snavely/SUND	2:57:18*	122-Gordon Stewart/Un	3:05:21
9-Gary Goettelmann/WV	2:29:28	47-Fraser Rasmussen/BC	2:49:27	85-Bob Holtel/Un	2:57:23*	123-Hoyt Walker/LVRC	3:05:31
10-Pat Buzbee/ChicoRC	2:29:52	48-Craig Roland/Un	2:49:31*	86-Donald Wiles/SRRC	2:57:53	124-Colby Harmon/Un	3:05:32
11-Jim Sane/BC	2:31:50	49-Douglas Young/Un	2:49:31	87-Rick Garrison/SRRC	2:57:53	125-Henry Melin/Un	3:05:41
12-Bob Bunnell/MH	2:32:30	50-George Roach/Un	2:49:52	88-Harry Cottrell/SRRC	2:57:53	126-Tom Hayes/SWEAT	3:05:45
13-John Weidinger/ETC	2:33:29	51-Gregory Pape/Texas	2:50:14	89-Ben Sawyer/SoqRC	2:58:12	127-Ruth Anderson/NCS	3:05:49*
14-Clayton Steinke/MOYV	2:33:38	52-Jackie Hansen/SFVTC	2:50:18	90-Mike Fenner/Un	2:58:20	128-Neil Finn/SDTC	3:06:01
15-Jim Howard/Sac'to	2:33:41	53-Bob Deines/Un	2:50:21	91-Monty Schafer/Travis	2:58:20	129-Francis Layher/Un	3:06:26*
16-Dennis Dillie/WVTC	2:33:58	54-Earle Carroll/Un	2:50:41	92-Dale Nelson/Un	2:58:21	130-Thomas Klump/Un	3:07:37
17-John Butterfield/Nvy	2:34:06	55-Dieter Diekmeyer/SUN	2:51:09*	93-Roy Woodruff/LVRC	2:58:31	131-Ozzie Gontany/SDTC	3:07:41
18-Romero Mendoza/VMTC	2:36:57	56-Ted Wolfe/ASC	2:51:38	94-V.M. LaPierre/BC	2:59:07	132-Fred Frauens/Un	3:07:41
19-Jake White/TRAC	2:39:00	57-Gary Pezzi/SRRC	2:51:42	95-Clifford Stewart/PMK	2:59:10	133-Cowman Shirk/Un	3:07:55
20-Walt Schafer/ChicoRC	2:39:49	58-Frank Burk/ChicoRC	2:51:52	96-Sandy Dorbin/Un	2:59:12*	134-Art Waggoner/BC	3:08:14*
21-Brian Bonner/LVRC	2:40:15	59-Wendell Seablom/Un	2:52:01	97-Don Dugdale/Un	2:59:39	135-R.M. LaJeunesse/Un	3:08:19
22-John Rudberg/STC	2:40:28*	60-Harry Daniell/SWBD	2:52:08*	98-Mark Reeder/STC	2:59:43	136-Theo Jones/PMK	3:08:27
23-Mark Elias/SRRC	2:40:38	61-Alden Glidden/ORRC	2:52:11	99-Dennis Anderson/Un	3:00:09	137-Stephen Blich/Un	3:08:30
24-Ed Almeida/SDTC	2:41:11*	62-Fred Mertz/Un	2:52:24	100-Laurence Prosser/HPS	3:00:10	138-Steven Deschler/Un	3:08:38
25-Bob Myers/PMK	2:41:14	63-Rich Brown/Un	2:52:41	101-Raphael Reichert/Un	3:00:23	139-Richard Gilchrist/SR3	3:08:59*
26-Frank Krebs/BC	2:41:37	64-Mike Simms/Colo	2:53:41	102-Gene Lynch/HSTC	3:00:38*	140-Marilyn Taylor/SRRC	3:09:32
27-Chuck Stagliano/Un	2:42:22	65-Mike Souza/BC	2:53:55	103-Don Richey/ChicoRC	3:00:52	141-Gary Alderman/Un	3:10:00
28-Atkins Chun/Un	2:42:35	66-Ernie Cunliffe/Tex	2:54:05	104-Bill Robbins/Un	3:01:11	142-John Ridlon/SRRC	3:10:22
29-David Warren/ETC	2:42:56	67-Tom Wilson/ChicoRC	2:54:06	105-Dwight Hendrix/Un	3:01:12	143-Guy Ealey/Un	3:10:24
30-Richard Lenon/Un	2:44:16	68-John Soubier/Un	2:54:18*	106-Judy Gumbs/WVTC	3:01:19	***WOMEN***	
31-Paul Keller/HH	2:44:37	69-Bundy Phillips/Un	2:54:18	107-Kees Tuinzing/MH	3:01:20	52-Jackie Hansen/SFVTC	2:50:18
32-Rod Smith/SRRC	2:44:43	70-Bill Catanese/Un	2:54:18	108-Wayne Moss/SWEAT	3:01:27	106-Judy Gumbs/WVTC	3:01:19
33-Abe Underwood/BC	2:45:03	71-Flory Rodd/ATC	2:54:18*	109-Everett Knott/Un	3:01:59	113-L.A. Reinhart/SFVTC	3:02:43
34-Tim Nikceovich/Un	2:45:34	72-George Ridout/Un	2:54:25	110-Franz Brazil/Un	3:02:18	127-Ruth Anderson/NCS	3:05:49
35-Dan Moore/LVRC	2:45:49	73-Bruce Jones/Un	2:54:32	111-Gary Timms/OTC	3:02:28	140-Marilyn Taylor/SRRC	3:09:32
36-Robert Parks/PMK	2:46:52	74-John Postlethwait	2:54:44	112-Richard Ryon/LVRC	3:02:43	156-Joan Uilyot/WVTC	3:14:17
37-William Dunlop/LVRC	2:47:35	75-Marc-andre Gilbert	2:54:45	113-Leal-Ann Reinhart/SF3	3:02:43	161-Teresa Bertolino/Un	3:15:05
38-Ed Jerome/Un	2:47:37	76-Bertram Johnson/Un	2:54:47	114-John Dressler/LVRC	3:02:57	177-Eileen Burger/Un	3:18:44

**SERSHEN BREAKS RECORD AT MAY RUN:** (May 2, Oakland) - With little opposition except the clock, Excelsior's Jan Sershen continued his winning ways by chopping a healthy 1:09 from Dennis Tracy's 1975 course standard with a quick 30:18 over the most-likely short, though downhill course (advertised as 6.5 miles, which would have given him a 4:40/mile average!). Bill Seaver was several hundred yards back at 30:53, also under the old mark. Jim O'Neil continues to mangle the masters competition, finishing seventh overall and topping Bill Jensen by over a minute (32:19 to 33:29). Sharon Furtado continues her domination of local road runs with a convincing victory over Penny DeMoss, 36:12 to 36:42. Diane Williams was a well-beaten third at 38:22. Bob Paredes topped the high school entries with his 33:20. A total of 280 finished the run...quite a few seeing it had to contend with Avenue. /Mary King/

1-Jan Sershen/ETC	30:18	5-Vince Spangler/Un	32:15	9-Jose de Araujo/ELS	32:28	13-Bill Zachary/Un	32:57
2-Bill Seaver/WVTC	30:53	6-Kent Guthrie/WVJS	32:18	10-Ralph Bowles/WVJS	32:30	14-Rich Stiller/TRAC	33:03
3-Frank Donahue/ETC	32:01	7-Jim O'Neil/SFOC	32:19*	11-Keith Crowder/TRAC	32:37	15-Bob Paredes/CWTC	33:20
4-Bob Darling/ETC	32:10	8-John Clary/TRAC	32:22	12-Doug Butt/WVTC	32:52	16-Ted Wilson/KJ	33:21



17-Bill Jensen/PMK	33:29*	33-Michael Coke/GPPMB	35:19	49-George Moss/WVJS	36:23*	75-Len Brink/Un	37:19
18-Bill Spence/WVTC	33:42	34-Jay Miller/Un	35:21	50-Thomas Martin/Un	36:26	66-Chris Bowman/SBS	37:22
19-Barry Armstrong/Un	33:56	35-Adrian Wong/Un	35:22	51-Gough Reinhardt/NCS	36:30*	67-Tim Lynch/Un	37:24
20-Rick Rockwell/ETC	33:57	36-Edward Healy/AA	35:28	52-Chris Paynter/Un	36:30	68-Don Lucero/WVTC	37:25*
21-Curtis Caughey/SMTC	33:58	37-Dennis Coulter/Un	35:29	53-Larry Jay Wiley/Un	36:33	69-Ed Bermingham/TRAC	37:26
22-Edward Smith/Un	34:07	38-Samuel Clark, III/Un	35:30	54-Penny DeMoss/WVTC	36:42	***WOMEN***	
23-Lloyd Simpson/Un	34:16	39-Marvin Winer/WVTC	35:32	55-Franklin Robben/Un	36:52*	45-Sharon Furtado/Un	36:12
24-Jim Moore/Un	34:28	40-Nick Vogt/GSTC	35:43	56-Jim McCullough/Un	36:53	54-Penny DeMoss/WVTC	36:42
25-Dennis Kroll/Un	34:36	41-Mark Wegner/Un	35:51	57-Ken Israel/WVJS	36:55	83-Diane Williams/PBPTC	38:22
26-Wes Hurlburt/Un	34:38	42-Bill Hotchkiss/Un	35:56	58-Gene White/NCS	36:58*	127-Colleen Fox/ETC	40:55
27-Danyal Kasapligil/Un	34:40	43-Santos Reynaga/WVTC	36:01	59-Richard Mayers/Un	37:03	133-Nancy Edelson/PMK	41:14
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31-Pieter Visser/Merritt	34:57	47-Jim Johnston/ORR	36:17	63-Tok Suyehiro/Un	37:16*	155-Ellen Clark/WVTC	43:29
32-Harold DeMoss/WVTC	35:14*	48-Don Capron/Un	36:21	64-Joe Ballard/Un	37:18*	156-Susan Medway/Un	43:50

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2-Tad Woliczko	49:55	9-Harold DeMoss/WVTC	55:56*	16-Richard Bawcom	58:09*	23-Gough Reinhardt/NCS	59:34*
3-Fritz Watson/WVTC	50:25	10-Mike Gourley	55:58	17-Bill Flodberg/WVJS	58:25*	***WOMEN***	
4-Ross Smith/Un	53:16*	11-Don Dugdale	57:19	18-Dave Adams	58:32	19-Penny DeMoss/WVTC	58:38
5-Ben Sawyer/SqRC	53:52	12-Ulrich Kaempf/TRAC	57:46*	19-Penny DeMoss/WVTC	58:38	20-Sharon Furtado/Un	58:40
6-Bob Wellck	53:57	13-Bill Reinhart	57:59	20-Sharon Furtado/Un	58:40	35-Yvette Cotte/WVTC	69:38
7-Bill Peck	54:16	14-Philip Sanfilippo	58:03	21-Franz Brazil	59:14	40-Kim Baer	76:05

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Bay-to-Breakers winner, Chris Wardlaw of Australia. /Lois Gowen/

1-Chris Wardlaw/Austral	37:28	33-Bob Parks/PMK	40:32	65-Ralph Bowles/WVJS	41:46	97-Kevin Blasdel/Un	42:32
2-Jim Nuccio/WVTC	37:45	34-Pete Flores/AGTC	40:39	66-David Warren/Un	41:49	98-Rick Lenon/StanMedSch	42:33
3-Matthew Segura/NMTC	37:50	35-Harold Celms/Stanford	40:42	67-Dick Ratliff/HRC	41:50	99-Lester Mina/AGTC	42:34
4-Ron Zarate/RenoTC	38:10	36-Ron Adams/BB	40:43	68-Martin Medina/NMTC	41:52	100-Bob Bourbeau/RenoTC	42:35
5-Ron Wayne/WVTC	38:12	37-Jack Bellah/WVTC-Stan	40:44	69-David Schmidt/Un	41:55	101-Frank Freyne/CCAC	42:36
6-Jon Sutherland/CSN	38:14	38-Frank Donahue/ETC	40:45	70-Roland Watson/WVTC	41:56	102-Dave Whiteing/CTC	42:40
7-Mike Bardell/USAF	38:22	39-Joe Taxiera/AGTC	40:46	71-Frank Krebs/BC	41:57	103-Terry Casey/ETC	42:41
8-Bill Clark/WVTC	38:32	40-Jim Bowles/WVTC	40:50	72-Bill Meinhardt/WVJS	42:00	104-Jim Truitt/Un	42:43
9-Jan Sershen/ETC	38:37	41-Dave Himmelberger/WV	40:51	73-John Geer/UCATC	42:01	105-Glen Berwick/Un	42:43
10-Mike Niemiec/WVTC	38:49	42-John Weidinger/ETC	40:52	74-Frank Lee/Un	42:02	106-Jim Gordon/Un	42:44
11-Tom Derderian/SMAC	38:56	43-Mike Lennemann/FPTC	40:53	75-Tony Burns/Qantas	42:03	107-Rich Karlgaard/Un	42:45
12-Brian Maxwell/Canada	38:58	44-Steve O'Brien/SBS	40:55	76-Unknown Runner	42:04	108-Ray Bonner/TSRC	42:49
13-Bill Seaver/WVTC	38:59	45-Mike Spino/Esalen	41:00	77-Ron Penton/Un	42:05	109-Thomas Pitchford/Un	42:50
14-Jim Birnbaum/AF-WVTC	39:05	46-Jack Leydig/WVTC	41:01	78-Steve Adams/BB	42:06	110-Alan Honma/Un	42:51
15-John Moreno/SFS-CWTC	39:07	47-Kim Nutter/Army-WVatC	41:02	79-Chris Nowak/Un	42:07	111-Mike Boitano/Un	42:52
16-Mike Chambliss/BB	39:17	48-Ed Aval/BB	41:03	80-Jose de Araujo/Brazil	42:08	112-Peter Borden/WVTC	42:54
17-Bill Morgan/Un	39:20	49-Hal Tompkins/WVTC	41:04	81-Mike Duncan/WVTC	42:09	113-Darrell Jeong/ETC	42:55
18-Damon Wood/Cal	39:34	50-Kent Guthrie/WVJS	41:05	82-Harry Ellis/WVTC	42:10	114-Peter Jones/Un	43:00
19-Darren George/AIA	39:37	51-Atkins Chun/Un	41:12	83-Doug Peck/RCS	42:11	115-Larry Coburn/ORRC	43:04
20-Daryl Zapata/WVTC	39:41	52-Dan Anderson/WVTC	41:13	84-Jerry Hall/Un	42:13	116-Jim Himmelsbach/Un	43:05
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29-Gene Fitzgerald/PMK	40:19	61-Keith Kruse/WVTC	41:35	93-James Ferris/GBTC	42:28	416-Judy Gumbs/WVTC	49:33
30-Rick Katz/ColoTC	40:20	62-Gary GoetteImann/WVTC	41:39	94-Knut Frostad/KJ	42:29	460-Carolyn Tiernan/WVTC	50:38
31-John Beaton/SLDC	40:21	63-Wayne Plymale/PMK	41:40	95-David Warren/ETC	42:30	492-Joan Ulyot/WVTC	51:09
32-Ken Schultz/CN	40:25	64-Vince Spangler/Un	41:42	96-Bill Jensen/PMK	42:31*	496-Sharon Furtado/Un	51:13

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27-Bob Nanninga/WVTC	40:16	59-Bob Weaver/CWTC	41:27	91-Armando Lagunas/Un	42:21	***WOMEN***	
28-Dennis Tracy/WVTC	40:18	60-Bob Darling/ETC	41:28	92-John Kleinbach/ETC	42:27	411-Maryetta Boitano/RG	49:20
29-Gene Fitzgerald/PMK	40:19	61-Keith Kruse/WVTC	41:35	93-James Ferris/GBTC	42:28	416-Judy Gumbs/WVTC	49:33
30-Rick Katz/ColoTC	40:20	62-Gary Goettelmann/WVTC	41:39	94-Knut Frostad/KJ	42:29	460-Carolyn Tiernan/WVTC	50:38
31-John Beaton/SLDC	40:21	63-Wayne Plymale/PMK	41:40	95-David Warren/ETC	42:30	492-Joan Ulliot/WVTC	51:09
32-Ken Schultz/CN	40:25	64-Vince Spangler/Un	41:42	96-Bill Jensen/PMK	42:31*	496-Sharon Furtado/Un	51:13

**IRISHMEN WIN "RACE FOR OPEN SPACE":** (May 29, Belmont) - Steve O'Brien decided to run both the 1.2 and 6.5 mile races on the Crystal Springs X-C Course...he won the first handily in 6:04 (hilly), but then had a bit of trouble duplicating his efforts in the longer run when another Irishman, Denis O'Halloran, defeated a small group of talented runners to win in 35:21. Mike Niemiec, tenth in the Bay-to-Breakers run this year, grabbed second in 35:43, while three-time Colombian Olympian, Alvaro Mejia, admittedly not in condition, followed suit in 36:36. O'Brien was a badly beaten fourth at 37:31. Joan Ulyot won easily over Ruth Anderson in the longer race, 45:02 to 46:47, while Kerry Lauer (7:23) beat Linda Tico (7:44) for honors in the shorter test, to capture women's honors. Top ten finishers in the 1.2 mile: 1-O'Brien/SBS 6:04, 2-Ken Thompson 6:27, 3-Alan Dale 6:29, 4-Jon Reyes 6:30, 5-George Moss/WVJS 6:48, 6-Jack Wiley 6:57, 7-Jon Mohr 6:57, 8-Ken Israel 7:01, 9-Phil Rocky 7:05, 10-Darby Fuerst 7:07. A total of 65 completed the short run and a whopping 105 ventured forth to finish the long one. /Gary Nielsen/

1-Dennis O'Halloran/Un	35:21	12-Peter Foster	39:53	23-Bryan Holmes	41:24*	34-Luis Cardenas	44:11
2-Mike Niemiec/WVTC	35:43	13-Dave Stevenson/SRC	39:54*	24-Dale Nelson	41:30	35-Jon Mohr	44:13
3-Alvaro Mejia/WVTC	36:36	14-Mark Ford	40:01	25-Richard Jonsen	41:35	36-Jon Reyes	44:28
4-Steve O'Brien/SBS	37:31	15-Brian Pentony	40:07	26-Danilo Sanchez	41:41	37-Paul Kellman	44:32
5-Gerald Werner	38:07	16-Unidentified Runner	40:23	27-Dennis Millstein	42:21	38-Frank Evans	44:35*
6-Jon Valerga	38:32	17-Roger Bryan	40:33*	28-Ray Scellato	42:32	39-Mike McNamara	44:45
7-Peter Wood/NCS	38:49*	18-Kevin O'Connor	40:54	29-Miguel Mendoza	42:56	***WOMEN***	
8-John Finch/NCS	39:02*	19-Peter Hein	40:57	30-Brian Miller	43:14	41-Joan Ulyot/WVTC	45:02
9-Charlie Harris/WVTC	39:12	20-George Marienthal	41:03	31-John McCrillis	43:43	57-Ruth Anderson/NCS	46:47*
10-Ulrich Kaempf/TRAC	39:28*	21-Joe Ogden	41:19	32-Robert Frauens	43:55	66-Carroll O'Conner/NCS	49:02*
11-Ed Jerome/Un	39:40	22-Tom Mann/ETC	41:20	33-John Flather/SRC	43:58*	89-Karen Scannell	56:26



Tim Peterson put on a strong kick over the last mile to win the TRAC 6-Miler. /S. Gerah/

**PETERSON WINS TRAC 6-MILER ON SWIFT FINISH:** (May 30, San Jose) - WVTC's Tim Peterson doesn't run too many races, but when he does, you know he's there. After the field broke apart at about the two-mile mark, Peterson and Australian Dennis Nee pulled away together. But over the final mile it was all Peterson as he easily opened up a large gap on second place. Jim Shettler had a fairly easy go at the masters division, winning in 32:57 to teammate Ken Napier's 33:25...no one else was even close. Penny DeMoss showed her heels to a couple of fast high-schoolers as she dominated the female section of the run. Her 36:40 was two minutes up on 5-minute miler, Sue Munday (Lincoln, San Jose), who admittedly was taking it easy after a hard run two nights before at the CCS Finals. Debbie Hickman was next at 38:51, just ahead of marathoner Judy Gumbs' 38:55 effort. Joe Salazar improved by a minute over 1975 and easily took the high school division in 30:54, which was good enough for fifth overall. Greg Mandanis (31:51) was nearly a minute back. A crowd of 242 finished the fast, flat course around Hellyer Park and the surrounding area. A great job was done by the sponsoring Tax-Reducers A.C., who gave splits every mile. /John Clary/

1-Tim Peterson/WVTC	29:49	20-Pat Shaughnessy/WVTC	32:32	46-Bob Woodliff/WVJS	34:16	72-Jim Webb/SLDC	35:59
2-Dennis Nee/Australia	30:11	21-Steve Watkins/Un	32:35	47-Mike Huffman/Un	34:24	73-Nick Nickols/Un	35:59
3-Tad Woliczko/PMK	30:44	22-Bill Meinhardt/WVJS	32:42	48-Tom Pawl/Un	34:28	74-Santos Reynaga/WVTC	36:14
4-Jack Leydig/WVTC	30:50	23-Paul Fetscher/LIAC	32:47	49-Walt Van Zant/WVJS	34:33	75-Arthur Philpot/Un	36:21
5-Joe Salazar/WTC	30:54	24-Jim Shettler/WVJS	32:57*	50-Chris Kadoch/Un	34:35	76-Don Carpenter/SRC	36:24*
6-Roy Hoglund/CWTC	31:12	25-Bruce Wolfe/WVTC	32:58	51-Kevin Klein/Un	34:44	77-Richard Mayers/Un	36:29
7-Bruce Rider/WVJS	31:22	26-Keith Crowder/Un	32:59	52-Kurt Sterling/Un	34:45	78-Roy Scellato/Un	36:33
8-Hal Tompkins/WVTC	31:28	27-Martin Krenn/Un	33:01	53-John Armstrong/Un	34:46*	79-Don Lucero/WVTC	36:34
9-Vince Spangler/Un	31:36	28-Bob Paredes/CWTC	33:02	54-Michael Coke/GPPMB	34:49	80-Dete Kraus/Un	36:35
10-Kent Guthrie/WVJS	31:38	29-Vance Eberly/Un	33:08	55-Nick Granados/WVTC	34:50	81-Rob Alemany/Un	36:36
11-Armando Lagunes/Un	31:47	30-Ben Sawyer/SoqRC	33:09	56-Dave Billmaier/Un	34:51	82-Larry Guinee/Un	36:37
12-Greg Mandanis/WDS	31:51	31-John Hellman/Un	33:12	57-Larry Pugh/Un	34:54	83-Fred Martin/Lockheed	36:39
13-Carl Davis/Un	31:53	32-Bob Myers/PMK	33:17	58-Mike Kennada/Un	35:17	84-Penny DeMoss/WVTC	36:40
14-Bill Benz/WVTC	31:54	33-Robert Mahon/WVJS	33:25	59-Dennis Anderson/Un	35:20	85-Richard Mueller/NCS	36:41*
15-Dave Himmelberger/WVTC	31:55	34-Ken Napier/WVJS	33:25*	60-Curtiss Smith/Un	35:26	86-Jim Hansell/Un	36:43*
16-Gil Brooks/Un	32:03	35-Brent Cushenberry/BC	33:26	61-Hoyt Walker/LVRC	35:28	***WOMEN***	
17-Kurt Lua/Un	32:11	36-Javier Barragan/Un	33:27	62-Robert Powell/CWTC	35:30	84-Penny DeMoss/WVTC	36:40
18-John Butterfield/BAA	32:14	37-Edward Lee/LVRC	33:29	63-David Zermer/Un	35:41	118-Sue Munday/Un	38:43
19-Stan Newton/Un	32:30	38-George Gilbert/SJCC	33:42	64-Mike Fish/Un	35:42	120-Debbie Hickman/SUND	38:51
		39-Edward Tico/WVJS	33:45	65-Don Capron/Un	35:45	121-Judy Gumbs/WVTC	38:55
		40-Bill Villa/SJS	33:46	66-Kurt Ponter/Un	35:47	128-Michelle Miller/AppTC	39:03
		41-Ed Jerome/Un	33:54	67-Carl Martin/WVJS	35:48*	139-Maria King/ArrowTC	39:53
		42-Ray Aver/Un	33:58	68-Stan Rosenfield/SLDC	35:49	146-Pauline Vasquez/AppTC	40:30
		43-Mike Plummer/MVS	34:01	69-Brian Jarvis/Un	35:50	149-Sue Neary/WVTC	40:48
		44-Jim Moore/ETC	34:03	70-Mike Fenner/Un	35:51	169-Megan Hayes/Un	42:06
		45-Tom Cooper/Un	34:11	71-Gerald Flynn/Un	35:52	185-Elten Clark/WVTC	43:33

**FERRERO APPROACHES RECORD AT LAKE REDDING RUN:** (June 6, Redding) - Lee Ferrero of S.W.E.A.T. ran a quick 38:48 for the 7th Annual Sacramento River Run (now called Lake Redding Run) to become the second-fastest runner of all time behind Bill Scobey's 1970 record of 38:14. Conditions were nearly perfect (65°) with no wind to aid in the record assault. Pat Finn was the only other runner in the race that challenged at any time, as he finished in 39:16. Steve Hensen was another half-mile back. Jim Dawson of Phoenix, Oregon, came down to grab the masters trophy in 49:56 (17th overall). Harry Smith was second, almost a minute back. A total of 53 of the 56 starters completed the 7.62 mile course. /Len Edholm/

1-Lee Ferrero/SWEAT	38:48	15-Jerry Arndt/SWEAT	48:39
2-Pat Finn/Chico	39:16	16-Bob Gordon/Un	49:38
3-Steve Hensen/SWEAT	41:54	17-Jim Dawson/PhoenixORE	49:56*
4-Chris Boudreau/Un	44:51	18-Tom Mouncey/Chico	50:13
5-Jon Schmidt/Un	45:09	19-Lynn Aase/SWEAT	50:32
6-Ken Riley/Un	45:50	20-Harry Smith/SWEAT	50:46*
7-Wayne Moss/SWEAT	46:26	21-Gus Chas. Petras/Un	51:02
8-Tom Hayes/SWEAT	46:28	22-Clayton Dumont/SoOrSz	51:06
9-Don Richey/Chico	47:15	23-Len Edholm/SWEAT	51:21
10-Jerry Swartzley/SoOre	47:37	24-John Van Hagen/Chico	51:33
11-Jim Middleton/SWEAT	48:11	25-Bob Milton/SWEAT	51:44*
12-V.I. Wexner/SWEAT	48:14	***WOMEN***	
13-Jim Claesgins/Chico	48:20	41-Laura Bagley/Un	59:10
14-Alan Hillensheim/Un	48:35	50-Peggy Patten/Un	69:33

## LATE GNUS

**SCHEDULING:** - Got this one too late for the Scheduling Section--Aug. 7 (Sat.): American River Run (6.2 Mi.), at Lower Sunrise Pk. in Rancho Cordova, 9 am...Contact: Canadian Bacon RC, 10696 Biscay Way, Rancho Cordova, CA 95670 (c/o Alan Withers...Ph. 916/635-8308). This is not an AAU-Sanctioned race to my knowledge. \*\*\* RESULTS: Haven't received the results for Angel Island, Golden Gate Charity Run, Statuto, etc., as we go to press (June 19)...nor the 1975 Dipsea!!! Results of the big National Championships (AAU, NCAA, Olympic Trials, etc.) will be in next issue, along with the State JC Champs. Should be a really thick issue next time...figure on around mid-September when I get settled into a new house!

**SOUTH EL MONTE HANDICAP:** (June 26, El Monte) /7.90 Miles/ 1-Ed Cháidez/Un 43:18, 2-Cook/AIA 43:46, 3-Frickle/Un 43:48, 4-Swift/AIA 44:34, 5-Perez/AZTL 45:05, 6-Grant/Un 45:20, 7-Ridley/CCAC 45:35, 8-Shaffer/CCAC 46:48...17-Ed Almeida/SDTC(50+) 51:07, 19-Starr/CCAC(40+) 51:12, 61-Barb Paterson 58:54...103 finishers.  
/Steve Broten/

**DSE GOLDEN GATE PARK X-C:** (June 27, S.F.) /5 Miles/ 1-Mitch Kingery/CW 24:47, 2-Bill Morgan/Un 24:54, 3-Moreno/CW 25:05, 4-Gormley/Un 25:56, 5-Conroy/ETC 25:59, 6-Notch/WVTC 26:03...99-Jeanne Kayser/PMK 33:07 (40+), 100-Betsy White/WVTC 33:08, 101-Ruth Anderson/NCS (40+) 33:15...321+ finishers. /DSE News/

**BIG ISLAND MARATHON:** (July 3, Hawaii) - 1-Dan Mognihan 2:29:26, 2-Jim Barker/WVTC 2:29:27...Cindy Dalrymple 3:07:47. /RW/

**FIRECRACKER RUN:** (July 4, Brentwood) - /5 Miles+/ 1-Mike Emry/PMK 26:42, 2-Burke 27:54, 3-Vasquez 28:04, 4-Myers/PMK 28:54, 5-Swezey/PMK 29:13, 6-Stewart 29:20, 7-Zumwalt 29:30, 8-Moore/LVRC 29:36, 9-Molina 29:43, 10-Long/PMK 30:43...17-Moss/WVJS (40+) 32:58, 27-Jeanne Kayser/PMK(40+) 37:43. /George Moss/

**NATL. AAU 15-KILO:** (July 4, Santa Barbara) 1-Garry Tuttle/TS 45:42, 2-Smead/SRRC 46:12, 3-Nuccio/WVTC 46:28, 4-Bryant/SMTC 47:01, 5-Harter/SFVTC 47:25, 6-G.Aguirre/SBAA 47:27, 7-Patterson/AIA 47:37, 8-Simons/AZTL 48:05, 9-White/AATC 48:12, 10-Hunt/SDTC 48:23, 11-Hayes/SBAA 48:28, 12-Hanson/CCAC 48:33, 13-Smith/Engl 48:34, 14-Spangler/Un 48:45, 15-Jones/SMTC 48:49, 16-Colley/SURR 48:56, 17-D.Waltire/AIA 49:03, 18-Nitti/SMTC 49:09, 19-Forrester/SMTC 49:10, 20-Lee/CCAC 49:12, 21-Akiyama/SDTC 49:16, 22-Chambless/Un 49:17, 23-Maier/CCAC 49:22, 24-McCalley/SMTC 49:37, 25-Findley/SMTC 49:42, 26-Perez/AZTL 49:44, 27-Swift/AIA 49:47, 28-Martinez/AIA 49:50, 29-George/AIA 49:51, 30-Rios/SMTC 50:20...50-Bartek/SBAA(40+) 52:41, 51-Brennan/SBAA(40+) 52:43, 145-Diane Esslinger/QCC 62:40. Teams: SMTC 4:03:46, AIA 4:06:08, CCAC 4:09:07...254 finishers. /John Brennan/

**DSE DOUBLE LAKE MERCED:** (July 5, S.F.) /9.5 Miles/ 1-Jan Ser-shen/ETC 50:59, 2-Scalmanini/PMK 51:11, 3-Darling/ETC 51:23, 4-Gormley/Un 51:32, 5-Notch/WVTC 53:25, 6-Pruitt 54:12, 7-Martinez 54:14, 8-Plymale/PMK 54:20...80-Betsy White/WVTC 63:14, 89-Jeanne Kayser/PMK(40+) 64:44, 94-Pat Whittingslow 65:04...267+ finishers. /DSE News/

**DSE COIT TOWER RUN:** (July 11, S.F.) /2.483 Miles/ 1-Craig Elia 13:27, 2-Gormley 13:33, 3-Lung 13:40, 4-Martinez 13:43, 5-Gripenburg 13:46...52-Maryetta Boitano/RG 16:26, 86-Peggy Lavelle 17:50, 94-Colleen Fox 18:03...220+ finishers. /DSE News/

**RACE TO THE REDWOODS:** (July 11, Felton) - Results & times invalid (some ran long...got lost; some didn't...only you know who)...7.8 miles (long course) & 6.9 miles (regular course). 1-Rosewall 49:02, 2-Kingery/CW 49:05, 3-Garrett 49:22, 4-Salvadar 49:40, 5-Correa(40+) 49:42, 6-Burke 49:54, 7-Lee 49:55, 8-Robinson 50:00, 9-Montenegro 50:06, 10-Bellah/WVTC 50:08, 11-O'Halloran 50:12, 12-Willetts 50:19, 13-Buters 50:20, 14-Hurd 50:21, 15-Woliczko/PMK 50:22, 16-J.Smead 50:23, 17-Salazar 50:24, 18-Kimm 50:28, 19-Latimer 50:29, 20-Anderson/WVTC 50:34, 21-MacAlair 50:41, 22-Cooper/WDS 50:45, 23-Thiessen 50:46, 24-Slivkoff 50:48, 25-Mawkins 50:52, 26-Fagundes 51:05, 27-R.Williams 51:10, 28-Palladino/CW 51:17, 29-Eberly 51:17, 30-Mandanis 51:24, 31-Bruns 51:42, 32-Moreno/CW 51:49, 33-Tracy/WVTC 51:56, 34-Lange/CW 51:58, 35-Chuey 52:08...50-Skip Swannack 53:17, 76-J. Bonacich 54:46, 123-L. Hayes 56:58, 127-Sue Munday /Un 57:11...225 finishers. /Bruce Jones/

**MORRO BAY TO CAYUCOS FUN RUN:** (July 17, Morro Bay) /6 Miles/ - 1-Ben Martinez/AIA 30:49, 2-Cadena/SLDC 30:56, 3-Jewell/Unat 31:20, 4-Butler/AIA 31:22, 5-Hethmon/CSHS 31:24, 6-Warrick/CPSLO 31:39, 7-Huff/SLDC 31:50, 8-McCann/RHS 31:53, 9-Reyes/USAF 32:21, 10-Arreola/SLDC 32:24, 11-Hollister/SBAA 32:33, 12-Reynoso/SLDC 32:40, 13-Shaffer/CCAC 32:41, 14-Marlow/SBP 32:55, 15-Durand/Un 32:59, 16-Nanninga/WVTC 33:07, 17-Howell/SBAA 33:15, 18-Smith/NPHS 33:16, 19-Wise/SBAA 33:25, 20-Bowles/WVTC 33:31...64-Starr/CCAC(40+) 36:07, 66-Gil/STC(50+) 36:13, 94-Kathy Jewell/Un 37:15, 130-Laurie Jewell/CHS 39:28...349 finishers. /Stan Rosenfield/

**THE GREAT RACE:** (July 17, Rancho Cordova) - A unique relay race sponsored by Eppie's Restaurants, featuring bikes, man-powered watercraft, and runners (3-man teams)...really catching on as 161 teams completed the race! (OVERALL) 1-Ron's Raft Rentals #1 (W.Weed, J.Weed, R.Langford) 1:21:22, 2-Big Bubba's Ice Cream Kids (Peck,Bolger,Yeo) 1:23:04, 3-Livermore Fluke's Minus One (Hornig,Roberts,Seaver) 1:23:10, 4-Creatures of Light & Darkness

(Ramos,Allen,Spence) 1:23:11, 5-Ophir (Barton,Reimers, Sisler) 1:24:01, 6-Synergy II (Johnson,Evans,Martinez) 1:24:18, 7-Village Sauna Trind (Lange,Seppa,Read) 1:26:33, 8-Ron's Raft Rental #2 (G.Weed,Bolster,B.Weed) 1:26:35, 9-Last Chance (Limeburner,Meyers,Kingery) 1:26:42, 10-Sac'to Cyclery I (Christin,Johnson,Horn) 1:27:06. (WOMEN) The "Tokin" Women (Childers, Gilman,Heald) 1:35:52, Willow Crk. Racquet Club (Clausus,Burton,Adams) 1:36:16, Kirby's Girls (Pickett,Sunderland,Lyman) 1:37:37. (MASTERS) Deliverance+2 (Burke,Campbell, Napier) 1:29:27, Tiger Masters (Swannack,Sommers,Cunneen) 1:32:25, Ready-Willing-and-Able Ron's Raft (Fana,Davis, Koerner) 1:34:41. (JUNIORS) Bicentennial Butt Busters (R.Szerkeresh,Smith,M.Szerkeresh) 1:32:56, Invinceables (Clarke,Cross,Brinkman) 1:33:37. (SPECIAL) Blind Ironman (Harry Cordellos,G.Hemmersbach) 1:35:15, The Lone Buffalo (Abe Underwood) 2:01:22. /McClelland/



Rich Langford anchors winning team in Great Race, Ron's Raft Rentals #1. /Andrew DeLucia/

**DSE FORT POINT RUN:** (July 18, S.F.) /3.676 Miles/ 1-Damon Wood /CW 18:59, 2-Scalmanini/PMK 19:12, 3-Timmerman 19:22, 4-Gormley 19:30, 5-Swezey/PMK 19:43...80-Maryetta Boitano/RG 24:09, 105-Julie Ortiz/Un 25:11, 109-Kathy Maloney 25:16...283+ finishers. /DSE Newsletter/

**DESERET NEWS MARATHON:** (July 24, Salt Lake City) 1-Cabanillas/Mexico 2:25:15, 2-Naylor/SLC 2:31:29, 3-D.Beardall/MH 2:34:19, 4-Nolan/NJ 2:35:19, 5-Freemuth/Pomona & Kittleson/Pomona 2:36:15...189 under 4-1/2 hours.

**DSE GOLDEN GATE BRIDGE RUN:** (July 25, S.F.) /5 Miles+/ 1-Swezen/PMK 26:??, 2-Martinez 26:44, 3-Myers/PMK 26:47, 4-Gripenburg 26:53, 5-Rochford 26:55...105-Colleen Scannell/PMK 33:34, 115-Pat Whittingslow 33:54...292+ finishers. /DSE News/

**PIKES PEAK MARATHON:** (Aug. 1, Colorado) /Full results in #62/

**DSE DIPSEA PRACTICE:** (Aug. 8, Mill Valley) /6.8 Miles, hilly/ 1-Timmerman 52:29, 2-Chaffee/ETC 52:31, 3-Notch/WVTC 52:39, 4-Martinez 55:06, 5-Barni 55:39, 6-Jerome 55:42, 7-Lee 55:43...77-Maryetta Boitano/RG 71:18...193+ finishers. /DSE News/

**PLANKTON FESTIVAL 3-MILER:** (Aug. 14, Avila Beach) 1-Anthony Reynoso/SLO 14:44, 2-Beaton 14:50, 3-Jones/SCH 14:51, 4-Reyes/USAF 15:02, 5-Arreola/SLO 15:04, 6-Huff 15:25, 7-Nanninga/WVTC 15:29, 8-Waterbury/SLO 16:10...21-Webb/SLO(40+) 17:42, 24-Cline(40+) 17:59, 35-Barb Arreola/SLDC 19:24. /S.Rosenfield/

**DSE DIPSEA PRACTICE:** (Aug. 15, Mill Valley) /6.8 Miles, hilly/ 1-Carlson 54:22, 2-P.Scannell 54:54, 3-Gold 54:58, 4-Nicholson/NCS(40+) 55:06, 5-Lawrence 56:33...38-Maryetta Boitano/RG 66:36, 53-Colleen Scannell/PMK 69:52...138+ finished. /DSE News/

**TOP-OF-THE-STATE 7-MILER:** (Aug. 21, Weed) - 1-Leonard Hill/SOS 39:07, 2-Ferrero/SWEAT 39:13, 3-Claypoole/SDTC 40:46, 4-Hensen/SWEAT 41:29, 5-Barry/SOS 41:55, 6-Kissee/SOS 42:06, 7-Sanders 42:43, 8-Mix/SOS 43:10, 9-Ashton/SOS 43:24, 10-McIntosh/SOS 43:52...16-Daniell/SWEAT(40+) 46:41...45 finished. /L.Ferrero/

**DSE BIATHLON:** (Aug. 22, S.F.) /2.5 Mi. Run, 1/4 Mi. Swim/ 1-Atan Spano 23:36, 2-Walter 23:48, 3-Price 24:01, 4-Matheson 24:13, 5-Notch/WVTC 24:23...56-Irene Rudolf/WVTC 33:05, 66-Robyn Paulson/NCS 34:43...113 finishers. /DSE Newsletter/

**FIVE-BROOKS RUN:** (Aug. 22, Pt. Reyes) /7 Miles?/ - Fifty runners showed...no meet director; runners put on race anyway. Winner made several wrong turns but won anyway. 1-Pat Stordahl/WVTC 37:55, 2-Degen/MH 38:00, 3-Bowles/WVJS(40+) 38:07, 4-Burke 39:32, 5-Macy 39:57, 6-Black 41:08, 7-Lee 41:47, 8-Zawlin 42:08, 9-Masten 42:36, 10-Ridout 42:53, 11-Rockwell 43:02, 12-McCarthy 43:59, 13-Brock 44:13, 14-Thumen 45:53, 15-Johnstone(40+) 45:59...26-Nancy Edelson 53:43, 28-Camille Lee 56:03...34 finishers. /Tim Swezey, Kent Guthrie/

**WEST VALLEY DETHRONED AT TAHOE RELAYS:** (Aug. 14, Lake Tahoe) - After five straight years of winning (since 1971), with four records over that period, it was eventually bound to happen. It seemed that most of WVTC's big guns were vacationing or just not interested this year. As a result, the "Humboldt Alumni" displaced last year's champ with a time of 6:27:47 (second fastest ever behind the 1975 record of 6:24:43). Conditions were cloudy and drizzly, good for fast times...and a total of eight teams responded by dipping under 7 hours. The Humboldt team won by ten minutes over another pickup team, the Flying Plows, and then came the first club team, Camino West, with a time of 6:40:27. WVTC finished fifth overall (2nd club team) in 6:48:55. Gary Tuttle led off the Humboldt team with a leg record of 61:13, eclipsing Phil Camp's 61:46 clocking, set in 1974. Pete Sinott of the "Mad Dogs & Englishmen" pickup team obliterated the fifth leg standard with a 51:05 (Pat Smith did 52:29 in 1974). Chuck Smead no doubt set a record for the tough sixth carry, as reported by several of his teammates, but whomever had the 'official timing sheet' at the last exchange never turned it in to Harold DeMoss and so we have no way of knowing whether any records were officially set for either the sixth or seventh legs. If anyone knows the whereabouts of the timesheets, please let the NCCR know. Actually, we don't even know whether it was Pete Sinott who set the fifth leg mark (we only went by the order of running as listed on the entry form) or if it was someone else on the team...someone verify for us please! While the WVTC men were disappointed, their women's team was making up for it by shattering the old mark of 8:59:37 with an amazing 8:22:08. Women's records for all legs except number one fell by the wayside: #2-Carolyn Tiernan 72:73, #3-Kathy Himmelberger 75:02, #4-Phyllis Olrich 70:45, #5-Sue Neary 67:30, #6-Judy Gumbs 69:00, #7-Penny DeMoss 65:20...all WVTC members. Members of the winning division teams are as follows: (Peggy Lyman ran first leg for the WVTC women); Humboldt Alumni (1st pickup team) /Gary Tuttle, Denis O'Halloran, Ron Elijah, Bill Scobey, Mark Elias, Chuck Smead, Bob Hayes/; Camino West (1st club team) /Steve Palladino, Mitch Kingery, Damon Wood, Jerry Emory, Dan Cruz, Bob Miller, John Moreno/; Tax-Reducers Masters /Ulrich Kaempf, Bob Lytle, John Flather, Bob Romano, Jerry Scherzler, Roger Bryan, Bob DeLozier/. \*\*\* Following results are all that are available (direct from H. DeMoss). Due to rainy weather, many of the splits at checkpoints were difficult or impossible to read, and any splits beyond 18th are non-existent. \*\*\* Humboldt Alumni #1 (61:13, 1:56:52, 2:53:13, 3:49:38, 4:43:12, --, 6:27:47), 2-Flying Plows (65:42, 2:01:07, 3:01:05, 3:56:30, 4:51:30, --, 6:37:57), 3-Camino West "A" (65:22, 1:59:55, 2:56:36, 4:07:17, 4:49:55, --, 6:40:27), 4-Fresno Pacific "A" (65:12, 1:59:48, 2:57:54, 3:54:45, 4:52:28, -- 6:46:06), 5-WVTC "A" (67:56, 2:06:15, 3:05:39, 4:03:53, 4:57:25, --, 6:48:55), 6-Mad Dogs & Englishmen (64:03, 1:59:10, 2:55:46, 3:52:45, 4:43:50, --, 6:50:30), 7-Ophir "A" (70:08, 2:08:22, 3:04:40, 4:07:19, 5:03:23, --, 6:59:22), 8-Pamakid "A" (67:23, 2:04:23, 3:05:30, 4:08:43, 5:05:37, --, 7:00:00), 9-Chico RC (67:10, 2:05:40, 3:10:41, 4:11:17, 5:04:36, --, 7:01:55), 10-Little Hills Str. #1 (64:18, 2:00:17, 3:00:48, 4:01:32, 5:00:02, --, 7:02:28), 11-Humboldt Alumni #2 (71:08, 2:06:48, 3:07:44, 4:12:03, 5:09:26, --, 7:04:52), 12-Excelsior "A" (66:40, 2:05:06, 3:05:13, --, 5:03:58, --, 7:06:59), 13-Buffalo Chips "A" (70:00, 2:06:04, 3:08:47, 4:11:22, 5:08:40, --, 7:08:14), 14-Gas House 7 (65:43, 2:05:28, 3:07:25, 4:07:17, 5:10:45, --, 7:08:18), 15-Desperados (70:40, 2:11:00, 3:17:28, 4:17:38, 5:16:51, --, 7:13:11), 16-Camino West "B" (70:21, 2:08:20, 3:11:08, --, 5:08:26, --, 7:14:06), 17-Woodside Str. (66:59, 2:07:25, 3:07:38, 4:08:45, 5:06:03, --, 7:14:49), 18-Sundance "A" (--, 2:12:33, 3:16:03, 4:15:58, 5:15:47, --, 7:17:34), 19-Washouts 7:20:10, 20-Fresno Pacific "B" 7:21:55, 21-Marin Fun 7:25:03, 22-Excelsior "B" 7:30:05, 23-East Bay Grease 7:32:34, 24-Beaver Beer 7:35:22, 25-Oxnard DC 7:40:37, 26-Pamakid "B" 7:42:47, 27-Tax Reducers #1 7:44:11, 28-Skyline Str. 7:47:01, 29-Alameda TC 7:52:22, 30-Livermore Vly RC 7:53:57, 31-Little Hills Str. #2 7:53:57, 32-El Cerrito Str. 7:59:02, 33-Ophir "C" 7:59:03, 34-Ophir "D" 8:01:01, 35-So.Tahoe HS 8:02:12, 36-Creed Ranch Runners 8:03:30, 37-Tax Reducers Masters 8:05:49, 38-Buffalo Chips "B" 8:06:00, 39-Buffalo Chips "E" 8:09:11, 40-Sundance "C" 8:09:15, 41-Sundance "B" 8:10:20, 42-Clayton Weavils 8:15:26, 43-Orinda RR 8:15:29, 44-WVTC "B", 45-Cal Ski Team 8:18:11, 46-So.Tahoe TC 8:18:50, 47-WVTC Women 8:22:08, 48-Stereoscope Loafers 8:24:39, 49-Lake Tahoe TC 8:24:57, 50-Bozo's 8:27:18, 51-Ophir "B" 8:30:59, 52-San Marin "Plus" 8:31:49, 53-Bishop Honkies 8:32:29, 54-SFOC 8:32:39, 55-Bishop Broncos 8:33:42, 56-WAL Running Team 8:33:44, 57-Icehouse Gang 8:35:20, 58-Gold Spike TC 8:35:38, 59-HSTC "Jrs" 8:39:55, 60-Buffalo Chips "D" 8:41:33, 61-Buffalo Chips "C" 8:46:48, 62-Jake II 8:49:05, 63-Coyote Str. 8:58:51, 64-Buffalo Chips Masters 9:00:20, 65-So.Tahoe Seniors 9:04:28, 66-TRAC #2 9:05:20, 67-Ophir Mental Facil. 9:13:40, 68-Dirty Doctors 9:17:20, 69-Rudolf's Reindars 9:20:08, 70-Sundance "D" 9:24:40, 71-Pamakids "C" 9:26:00, 72-Pamakids Women 9:43:45, 73-Hoseits Harlots 9:44:00, 74-Thank You Masked Men 9:48:44, 75-Engineers-in-Training 9:49:20, 76-Sundance Masters 9:53:20, 77-Sundance Women 10:11:00.

/Harold DeMoss/

**O'HALLORAN & GUMBS IN MARATHON VICTORIES:** (Aug. 21, Half Moon Bay to Belmont) - It was not a day (or course) for swift times, but 160 started anyway in the revived Ocean-to-Bay Marathon. A climb of 2000-feet in the first 10 miles, plus 75° temperatures after halfway assured there would be few PR's. Denis O'Halloran still sped to a good 2:41:02 clocking, 7 minutes up on Greg Jewett, a relative newcomer, and that was good enough to win. Sub-2:20 man Jim Bowles was next with 2:49:30. The women had more at stake... three trips for the top places. Winner Judy Gumbs (3:07:24) was never in doubt of winning after 20 miles, as she slowly built up an enormous lead over early leader Marilyn Taylor, who didn't hold up well in the heat. Taylor finished several miles back in 3:21:38, with Carolyn Tiernan at 3:25:13. Judy wins a trip to Waldniel, Germany on Oct. 2 for the Women's International Marathon, while Marilyn & Carolyn get paid trips to the Women's AAU Marathon in Culver City on Dec. 5...all trips courtesy of the local LDR Committee (ahhh!--those T-shirt and LDR Handbook sales really do pay off!). Ulrich Kaempf was top master, easily besting Bob Malain (2:58:43 to 3:09:29). /Ken Israel/



(Left) Denis O'Halloran was overall victor in Ocean-to-Bay Marathon. (Right) Judy Gumbs was first woman in the same race and won a paid trip to the International Women's Marathon in Germany as a result. /Lorraine Rorke/ **\*\*\*WOMEN\*\*\***

1-Denis O'Halloran/Un	2:41:02	21-Dennis Gustafson	3:10:06
2-Greg Jewett/Un	2:48:09	22-Jason Moreno/Un	3:12:35
3-Jim Bowles/WVTC	2:49:30	23-John Dressler/LVRC	3:13:45
4-Dennis Dillie/WVTC	2:51:53	24-Gough Reinhardt/NCS	3:14:25*
5-Tom Schreck/MenloTC	2:53:26	25-David Muela/ETC	3:16:46
6-Ed Jerome/TRAC	2:54:28	26-Mike Stubblefield/Un	3:16:56
7-Art Clausung/III.TC	2:55:48	27-Jack Wiley/PMK	3:16:58
8-Bob Miller/CWTC	2:57:27	28-Orin Dahl/Un	3:17:26*
9-Ulrich Kaempf/TRAC	2:58:43*	29-Chris Villa/Un	3:17:35
10-Dwight Hendrix/Un	3:00:55	30-David Tepper/Un	3:18:12
11-Bill McCray/WVTC	3:01:07	31-Dennis Martinez/SBS	3:18:57
12-David Fuller/HRC	3:01:10	32-Don Lucero/WVTC	3:19:01*
13-Santos Reynaga/WVTC	3:01:39	33-Ronald Sova/Un	3:19:56
14-Gary Alderman/PMK	3:04:57	34-Lee Holley/Un	3:20:57*
15-Fred Fraumen/Un	3:05:55	35-Steve O'Brien/SBS	3:21:17
16-Judy Gumbs/WVTC	3:07:24	36-Raymond Caughron/Un	3:21:33
17-Kevin O'Halloran/Un	3:07:49	37-Marilyn Taylor/SRRRC	3:21:38
18-Michael Williams/Soq	3:09:03	38-Ian Watts/Un	3:23:25
19-Bob Malain/NCS	3:09:29*	39-Paul Reese/BC	3:23:37*
20-Rich Hornstra/SBS	3:09:54	40-Carolyn Tiernan/WVTC	3:25:13

41-Jon Mohr/PMK	3:25:14	16-Judy Gumbs/WVTC	3:07:24
42-Bill Lovelace/Un	3:25:27	37-Marilyn Taylor/SRRRC	3:21:38
43-James Roche/Un	3:25:28	40-Carolyn Tiernan/WVTC	3:25:13
44-Kurt Schroers/SUND	3:26:34	67-Gail Gustafson/Un	3:42:25
45-Dana Burall/Honolulu	3:26:37	70-Louise Burns/NCS	3:43:27
46-Mike Macallair/Un	3:26:38	74-Irene Rudolf/WVTC	3:48:30
47-Jack Slobodinn/NCS	3:27:55*	80-Karen Scannell/PMK	3:52:07
48-Harrison Smith/SWEAT	3:28:22*	82-Carroll O'Conner/NCS	3:52:14*



Down the hill into Muir Woods in the 1975 Dipsea. /Zimmerman/

**SURPRISE!!--1975 DIPSEA RESULTS:** (Aug 24, 1975--Mill Valley to Stinson Beach) - Guess they figured they had better get the results out before the 1976 race...we got them in early August! See issue #55 of the *NCR* for a story on the race. Items not known then: winning team was Marin Harriers (Lowry, Bunnell, Beardall, Pickett, Biancalana); father-son team (Gil & Boyd Tarin of San Ramon); mother-daughter team (Carol & Kathleen O'Conner of Belmont) with 72:17 & 88:33 respectively; husband-wife team (Gene & Betsy White of Berkeley)...1380 finishers. Actual times (scratch) are listed, with handicap following name in parentheses (in minutes). /M.V. Jaycees/

1-Joe Patterson/Aus (7)	51:58
2-Don Pickett/MH (9)	54:09
3-George McGrath/Aus (13)	58:14
4-Darryl Beardall/MH (5)	50:51
5-Debbie Rudolph/Un (11)	56:59
6-Byron Lowry/MH (2)	48:17
7-Bob Biancalana/MH (10)	56:18
8-Gil Tarin/WVJS (7)	54:10
9-Bob Malain/NCS (9)	56:14
10-Bob Bunnell/MH (1)	48:26
11-D.T. Seamont/Un (11)	58:41
12-Worling (13)	61:04
13-Betsy White/WVTC (14)	62:13
14-Don Makela (0)	48:22
15-Bill Scobey/Un (3)	51:23
16-Don Chaffee/ETC (5)	53:32
17-Mike Healy/WVJS (7)	55:35
18-Chuck Stagliano/Un (4)	52:41
19-Karl Marshall/Un (9)	58:05
20-Jim Nicholson/NCS (7)	56:20
21-Petter Mattei/NCS (10)	66:38
22-Wayne Zook/SDTC (14)	63:42
23-Bill Glad/MH (0)	49:46

24-K. Rovtley/Un (10)	59:59	56-R.K. Kiernan (5)	56:05	88-Mike Coke/Un (5)	60:48
25-Paul Reese/NCS (14)	64:02	57-Don Lucero/Un (9)	62:31	89-J.J. O'Keefe/Un (2)	57:50
26-Joan Ulyot/WVTC (14)	64:10	58-B.D. Lunsford/Un (9)	62:35	90-J. Valerga/Un (4)	59:52
27-Dennis Teegarden (7)	57:12	59-Ted Cain/Un (5)	58:36	91-John Weidinger/Un (4)	59:53
28-L.E. Hoyt/NCS (9)	59:20	60-Pam Allen/Lassen (11)	64:40	92-V.B. Bjelasac/Un (11)	66:56
29-Hersh Jenkins/Un (0)	50:26	61-Dave Stock/WVTC (0)	53:42	93-R.C. Ratliff/Un (1)	56:57
30-Bruce Degen/MH (3)	53:29	62-Bill Kirchmier/NCS (7)	60:43	94-B.N. MacMahon/Un (6)	61:59
31-Gene Fitzgerald/PK (3)	53:30	63-Jack Gottsche/WVTC (11)	64:49	95-G. Von Buchau/Un (4)	60:00
32-T. Bertolino/Un (11)	61:31	64-L.J. D'Aquisto/Un (6)	59:50	96-D.L. Coulman/Un (4)	60:01
33-Greg Chapman/Sol (1)	51:42	65-R.K. Kunst/Un (0)	53:51	97-F.A. Robben/Un (7)	63:02
34-Chuck Seekins/Un (14)	64:50	66-A.M. Clark/NCS (14)	67:58	98-Jack Kirk/Un (14)	70:06
35-John Finch/NCS (7)	57:56	67-Gene White/NCS (7)	61:27	99-John Boitano/Un (11)	67:09
36-P.E. Kelly/Un (9)	60:11	68-Pete Sweeney/MH (0)	54:31	100-L.J. Perkins/Un (2)	58:10
37-W.A. Main/Un (12)	63:18	69-Ray Bonner/Un (4)	58:35	101-John Brazinsky/Un (5)	61:12
38-Ragnar Thaning/Un (2)	53:22	70-Jim Allen/NCS (11)	65:37	102-H.J. Smith/Un (9)	65:13
39-R. Paffenbarger (11)	62:33	71-R.A. Morris/Un (10)	64:40	103-P.H. Holmes/Un (5)	61:15
40-Mike Boitano/Un (6)	57:37	72-Cathy Coulman/Un (11)	65:42	104-J.C. Merryman/Un (0)	56:17
41-J.F. Foley/Un (11)	62:40	73-J.P. Carey/Un (14)	68:43	105-P.K. O'Connor/Un (4)	60:19
42-R.M. Arago/Un (0)	51:47	74-John Soubier/Un (7)	61:44	106-E.A. Albritton/Un (11)	67:21
43-Colleen Scannell (11)	62:56	75-K. Whittingslow/OC (5)	59:46	107-J.A. Johnstone/SDTC (6)	62:22
44-Hans Roenau/NCS (9)	61:22	76-Doug Basham/MH (6)	60:53	108-D.A. Thomas/HSTC (7)	63:23
45-Carl Gillette/WVJS (7)	59:24	77-R.G. Greenwald/Un (2)	56:54	109-W.C. Currier/Un (7)	63:26
46-Denis O'Halloran (0)	52:26	78-R.G. Nielsen/Un (5)	59:56	110-Ron Elijah/MH (0)	56:33
47-K.R. Hall (7)	59:30	79-R. Houston/NCS (11)	66:01	111-O.F. Gorman/Un (8)	64:34
48-John Flather (7)	59:37	80-L.J. Merryman/Un (0)	55:04	112-E.J. McGowan/Un (14)	70:35
49-M. McManus/Un (11)	63:45	81-Pat Scannell/Un (4)	59:05	113-S.W. Sherwood/Un (2)	58:37
50-Ralph Bowles/WVJS (6)	58:57	82-K.O. Bolter/Un (9)	64:06	114-Bob Black/Un (0)	56:45
51-Boyd Tarin/Un (0)	53:05	83-P.N. Anderson/Un (10)	65:26	115-D.W. Will/Un (4)	60:51
52-Maryetta Boitano (11)	64:07	84-Castro/Un (9)	64:27	116-R.R. White/Un (3)	59:53
53-Flory Rodd/Un (10)	63:11	85-Bob Bourbeau/Un (7)	62:42	117-Dick Cordone/Un (1)	57:57
54-B.C. MacMahon (6)	59:12	86-J.A. Clever/Un (6)	61:43	118-Kathy Costello/Un (11)	67:58
55-M.D. Dawson/Un (0)	53:25	87-R.P. Anderson/NCS (14)	69:44	119-J.F. McDonough/OC (5)	61:59

**RON WAYNE LEADS FIVE UNDER OLD MARK AT ANGEL ISLAND:** (May 10, Angel Island--S.F. Bay) - Marathoner Ron Wayne decided to try his speed in preparation for the upcoming Olympic Trials and discovered he was very quick indeed. The frequent sub-2:20 man proved he could run well over a shorter distance too by knocking off some very good opposition on the 4.78-mile circuit around the island. In the process he shattered Bill Clark's 1975 standard by over a half-minute (23:07 to 23:40) and led four others under the old mark. Defending champ, Clark, could do no better than seventh, but still had a quick 24:08. Teammate Tim Peterson gave Ron a bit of a battle, finishing 8 seconds back. Bill Jensen had a close call in the over-40 competition, nipping John Finch, 26:33 to 26:37. Shettler's 25:44 record was not approached. Since the printed results listed only first initials and last names and gave no indication of division or sex, we had to guess at the top women...we may have made mistakes. If so, please write us immediately. We think Carolyn Tiernan was top woman in 29:43, just off Diane Williams' 29:25 course record, set in 1974. Kathy Himmelberger was way back (we think she was second) at 31:22, nipping T. Gilreath, who had the same time. A suggestion to meet directors: please list full name, or indicate division/sex, in your printed results! There were 1174 finishers this year! /Phil Fernandez/

1-Ron Wayne/WVTC	23:07	32-Ed Jerome/TRAC	26:52	63-P. Navarro	28:21	94-T. Hughes	29:08
2-Tim Peterson/WVTC	23:15	33-Ray Orwig/WVTC	26:54	64-K. Bain	28:22	95-M. Stewart	29:09
3-Dennis Nee/Australia	23:28	34-D. Sjostedt	27:01	65-Dan Hintz/WVTC	28:22	96-J. Dix	29:10
4-Ron Elijah/MH	23:31	35-S. Petit	27:03	66-L. Guinee	28:24	97-D. Cargill	29:11
5-Pete Sweeney	23:39	36-W. Witscher	27:08	67-R. Woolworth	28:25	98-P. Hill	29:12
6-Bill Seaver/WVTC	23:59	37-D. Kroll	27:11	68-D. Huff	28:26	99-S. Deschler	29:13
7-Bill Clark/WVTC	24:08	38-J. Hurley	27:21	69-K. Hastings	28:26	100-T. Martz	29:14
8-Pete Flores/Aggie TC	24:21	39-Abe Underwood/BC	27:24	70-D. Lyon	28:27	101-M. Fitzgerald	29:15
9-Bob Bunnell/MH	25:03	40-E. Lee	27:25	71-Don Pickett	28:28*	102-G. Chan	29:16
10-Hal Tompkins/WVTC	25:08	41-Michael Coke/GPPMB	27:27	72-Noe Vigil	28:30	103-G. Behlmer	29:17
11-Dave Himmelberger/WVTC	25:11	42-Craig Roland	27:29*	73-R. Greenwald	28:31	104-J. Power	29:18
12-R. LaZimer	25:19	43-R. Ernst	27:31	74-P.R. Kiernan	28:33	105-D. McCormack	29:20
13-D. Flaten	25:36	44-L. Sampson	27:33	75-R. Marston	28:38	106-H. Pena	29:21
14-Steve O'Brien/SBS	25:51	45-Dennis Teegarden/NCS	27:43*	76-M. Pepper	28:40	107-D. Monsen	29:21
15-B. Linscott	25:57	46-Jim Nicholson	27:45*	77-Don MacDonald	28:41*	108-D. Crawford	29:22
16-D. Brett	26:07	47-B. Mahan	27:51	78-J. Westerberg	28:43	109-J. Schaeffer	29:23
17-J. Hall	26:10	48-Phil Holder	27:53	79-T. Chalmers	28:44	110-D. Madronich	29:25
18-John Notch/WVTC	26:16	49-Dave Brown/WVTC	27:56	80-John Flather	28:46*	111-E. Cherrstrom	29:26
19-Vince Spangler	26:24	50-A. Winkley	27:58	81-Doug Basham/MH	28:47	112-M. Costello	29:27
20-K. Frostad	26:25	51-P. Ligman	28:00	82-R. Weggerman	28:48	113-S. Lazarus	29:29
21-Don Chaffee/ETC	26:30	52-K. Surls	28:01	83-E. Richardson	28:49	114-P. Farrell	29:30
22-Bill Jensen/PMK	26:33*	53-Matt Dowling	28:03	84-J. Rader	28:50	115-Hans Roenau	29:32*
23-Jost Schmitt/WVTC	26:36	54-D. Kraus	28:06	85-A. Gonzales	28:51	116-Don Lucero/WVTC	29:33*
24-John Finch/NCS	26:37*	55-R. Young	28:09	86-L. Davis	28:52	***WOMEN***	
25-J. Hiserman	26:39	56-A. Wong	28:11	87-George Moss/WVJS	28:55*	129-Carolyn Tiernan/WVTC	29:43
26-C. Caughey	26:40	57-D. Fregnlia	28:13	88-Larry Sumner	28:57	222-Kathy Himmelberger/WV	31:22
27-Kees Tuinzing/MH	26:41	58-M. Killen	28:15	89-R. Nemeth	29:03	224-T. Gilreath	31:22
28-T. Wilson	26:42	59-T. Weinert	28:17	90-A. Wong	29:06	280-Peggy Lavelle	32:43
29-Wayne Plymale/PMK	26:43	60-C. Paynter	28:18	91-S. Stark	29:07	333-Phyllis Olrich/WVTC	34:00
30-D. Herzog	26:44	61-K. Conroy	28:19	92-J. Akers	29:07	355-Pat Whittingslow	34:29
31-A. Honma	26:49	62-B. Kraus	28:20	93-P. Hager	29:08	363-Cathy Coulman	34:41

**COLE & TIERNAN SET RECORDS AT CHARITY RUN: (May 22, Ft. Baker to S.F.)**

- Pax Beale's Golden Gate Charity Run was a tremendous success, both for the runners and for the Big Brothers & Sisters Charities, which netted over \$2500 in profits from the race. Chris Cole of Humboldt St. (former St. Ignatius, S.F.) had little difficulty in blitzing the field and Wayne Badgley's course standard of 30:08 with his 29:41 for the 6-Mile "over-the-bridge" battle. Mike Bordell (USAF) also dipped under the old mark with a 30:07. Carolyn Tiernan was also a convinc-

ing winner in 37:37 over Judy Gumbs (38:14), as Maryetta Boitano's 38:09 mark was shot down. Jim O'Neil (over 50) led all masters runners with a 33:36, only a half-minute off Jim Shettler's time of 1975. Bill Jensen (34:05) and John Finch (34:31) were next in that division. Meet Director Pax Beale also had challenge competition for the 1975 NCRF Point Leaders (all divisions). Those not in the standings for the previous year had to compete in another class for awards, making it interesting competition. Results a donation of NCRF. /Pax Beale/

1-Chris Cole	29:41	92-Carolyn Tiernan	37:37	183-Terry Bruns	41:02	274-Norman Albright	44:15	365-Len Wallach	47:20
2-Mike Bordell	30:07	93-R. Mayers	37:43	184-Jim Johnson	41:03	275-Danny Burger	44:16	366-Mike Kelley	47:27
3-Ron Elijah	30:23	94-Rob Alemany	37:44	185-Tim Graney	41:04	276-John Bigley	44:18	367-Tom Granucci	47:28
4-Jan Sershen	30:46	95-Mark Scheuer	37:45	186-Rich Fitzgerald	41:06	277-Charles Lee	44:19	368-Nick Ninos	47:32
5-Dale Bateman	31:09	96-Gough Reinhardt	37:58	187-Bill Freital	41:10	278-Scott Kendrick	44:20	369-Bob Strafford	47:33
6-Bill Clark	31:43	97-Chris Paynter	37:59	188-W.P. Biggs	41:17	279-Steve Gladstone	44:21	370-Ron Boring	47:34
7-Jack Leydig	32:00	98-Tom McManis	38:01	189-Bob Ward	41:20	280-Charles Marot	44:23	371-Mel Montaiba	47:36
8-Frank Donahue	32:06	99-Ed Donahue	38:02	190-Bill Save	41:21	281-Lise Spielman	44:24	372-William Helm	47:37
9-Bob Darling	32:15	100-Don Lots	38:03	191-Fred Hornbrach	41:23	282-Howard Schopman	44:25	373-Bill McKee	47:38
10-Jim Sane	32:16	101-E. Eisenbue	38:10	192-Maryetta Boitano	41:24	283-Stan Morner	44:26	374-John Whalen	47:39
11-Doug Schmenk	32:37	102-Thomas Palmer	38:12	193-Bob Hudson	41:26	284-William Poore	44:28	375-Kathy O'Conner	47:40
12-Jim Anderson	32:41	103-Ron Treabess	38:13	194-Gail Gustafson	41:26	285-Al Petri	44:29	376-Don Bibeault	47:43
13-Homer Latimer	32:45	104-Judy Gumbs	38:14	195-Betsy White	41:28	286-Greg Gabor	44:30	377-Chris Robbins	47:44
14-Dave Himmelberger	32:56	105-Alan Swartz	38:15	196-Gerald Webb	41:29	287-Bill Fischer	44:32	378-Bill Robbins	47:46
15-Gary Goettelmann	33:02	106-Dennis Monson	38:16	197-Mike McKenzie	41:30	288-Eileen McGowan	44:34	379-C. Arthur	47:47
16-Vince Spangler	33:04	107-Steve Lippi	38:17	198-Scott Haas	41:32	289-Paul Christensen	44:36	380-Greg Anestad	47:48
17-Bill Benz	33:19	108-John McCrislus	38:22	199-David Mitchell	41:36	290-Ray Skjelbred	44:37	381-Chip Megeath	47:49
18-Ray Bonner	33:35	109-Brian Holmes	38:23	200-T. Masterson	41:38	291-Mike Beritzhoff	44:38	382-Don Potter	47:50
19-Jim O'Neil	33:36	110-K. Whittingslow	38:24	201-James Burke	41:39	292-Ron Kreuzberg	44:39	383-T.J. Dalton	47:51
20-Earle Carroll	33:39	111-Gary Chan	38:25	202-Mike O'Neil	41:40	293-Vicki Blankership	44:40	384-Noel Turner	47:52
21-Roland Watson	33:41	112-Steve Lyons	38:26	203-Mike Lipschutz	41:41	294-Ken Watson	44:41	385-Ricardo Bishop	47:53
22-Jim Gordon	33:42	113-Peter Wilson	38:27	204-Steve Keeley	41:43	295-Ralph Hams	44:42	386-Nora Smiriga	47:54
23-Mark Conover	33:53	114-Mike Lohnberg	38:28	205-Ed Heinlein	41:44	296-Harry Siitonen	44:53	387-Laurel Wagner	47:56
24-Don Chaffee	34:00	115-Douglas Dray	38:34	206-Michael Flucke	41:45	297-Robert Myers	44:55	388-Art Miller	47:58
25-Steve Haas	34:04	116-Michael Bowen	38:35	207-Cathy Coulman	41:46	298-Barbara Carlson	44:59	389-David Nassen	48:01
26-Bill Jensen	34:05	117-Roger Shine	38:36	208-Tony Avalos	41:48	299-Vic Turks	45:00	390-Laura Irvin	48:02
27-Chuck Stagliano	34:21	118-S.R. Blackstone	38:39	209-Bill James	41:50	300-John Ginel	45:02	391-Sandra Uaurs	48:03
28-Jim Flanigan	34:30	119-Ron Sova	38:40	210-Paul Banchero	41:57	301-Dennis Morley	45:04	392-Ted Weicken	48:04
29-John Finch	34:31	120-Ron Neumann	38:43	211-Jack Slobodin	42:02	302-Wilbur Holloway	45:09	393-Nancy Waller	48:05
30-Robert Ogg	34:32	121-H.P. Castellanos	38:45	212-Keith Weaver	42:03	303-R.L. Abbott	45:10	394-Richard Miller	48:20
31-Lloyd Sampson	34:33	122-Jim Goar	38:45	213-Frank Patterson	42:04	304-Dan Schell	45:12	395-Peter Nystroom	48:22
32-Ted Wilson	34:34	123-Gene White	38:46	214-Joe Devane	42:05	305-Richard DeForest	45:13	396-Matt Culligan	48:29
33-Ted Pawlak	34:35	124-David Hansen	38:47	215-Rick Waters	42:06	306-Gordon James	45:14	397-Joe Burger	48:31
34-Mike Souza	34:39	125-L. Hoyt	38:48	216-Fred Miller	42:08	307-Bob Jones	45:15	398-Tom Culligan	48:32
35-Darrell Jeong	34:52	126-Keith Campbell	38:50	217-Mark Tuttle	42:09	308-Bob Bowe	45:17	399-Ed Baker	48:33
36-Robert Malain	34:53	127-Clinton West	38:51	218-Raul Perez	42:10	309-Bob Clark	45:23	400-Donald Reid	48:34
37-David Sabo	34:59	128-Sheldon Gersh	38:52	219-Mike Saltzberg	42:11	310-Tom Bomer	45:24	401-Kenneth Busher	48:34
38-Joe Maher	35:05	129-Jim Myers	38:55	220-Pat Whittingslow	42:12	311-Richard Waldo	45:31	402-Fred Ullman	48:43
39-Ed Jerome	35:05	130-Mike Rios	38:56	221-Greg Thomas	42:15	312-Tim Weaver	45:33	403-William Monheit	48:48
40-Dennis Kroll	35:08	131-Gary High	38:57	222-Tom Standing	42:17	313-Bob Bender	45:34	404-Richard Collins	48:49
41-Rick Rockwell	35:13	132-Jim Siler	39:01	223-Johnie Glover	42:18	314-Andy Anderson	45:39	405-Jack Parker	48:50
42-Nick Granados	35:14	133-Marvin Pettay	39:02	224-Robert Hoffman	42:20	315-Emmett Smith	45:41	406-Joe Bigas	48:51
43-Mike Buckingham	35:17	134-Robert Frauens	39:03	225-Chuck Volz	42:21	316-Oliver Twigg	45:42	407-Al Wihtol	48:52
44-Ulrich Kaempff	35:18	135-Gary Crangle	39:04	226-David Tanner	42:22	317-Cecil Wells	45:44	408-Angelo Festa	48:53
45-Gary Alderman	35:24	136-William Mott	39:05	227-Steve O'Neil	42:23	318-Bret Martin	45:45	409-Arnold de la Rosa	49:02
46-Dennis Gustafson	35:26	137-Evan Tuttle	39:06	228-Carroll O'Conner	42:24	319-Bob Burger	45:46	410-Chris Beel	49:04
47-Ron Busby	35:27	138-Len Bring	39:08	229-Jeff Armstrong	42:26	320-Glen Martin	45:47	411-Joe Adams	49:06
48-Monty Schaefer	35:29	139-Mark Englert	39:09	230-Richardson Larson	42:27	321-Brian Gagan	45:49	412-Tom McGee	49:08
49-Peter Hein	35:29	140-Jerry Block	39:10	231-Mike McManis	42:28	322-Bob Schzberg	45:53	413-Tom Schmidt	49:11
50-John Riddle	35:30	141-Jim McKinnon	39:13	232-Kevin Martin	42:33	323-Hank Mahler	45:54	414-Wade Taylor	49:13
51-John Kerr	35:31	142-Glen Brumbaugh	39:14	233-Norm Gatzert	42:35	324-Dwight Wygant	45:58	415-Bob Wallace	49:16
52-Mike Coke	35:36	143-Michael Preece	39:17	234-Jeff Smith	42:36	325-John Franck	45:59	416-Chuck Grettou	49:17
53-Jim Nicholson	35:37	144-Ruben Carreon	39:20	235-Julie Ortiz	42:37	326-Keith Olson	46:00	417-Craig Payne	49:19
54-Rick Kell	35:46	145-Ray Minkel	39:24	236-Larry Owen	42:41	327-Tom Paterson	46:01	418-Lauren Roth	49:20
55-Dick Fregulia	35:47	146-Jim Gault	39:30	237-Baoul Kennedy	42:42	328-Lionel Foster	46:02	419-Tim Hassler	49:22
56-Frank Haro	35:53	147-Tim Ballard	39:32	238-Dave Will	42:43	329-Miles Hersey	46:04	420-Doug Parks	49:24
57-Bruce Carradine	35:57	148-Paul Gateus	39:39	239-John Boitano	42:44	330-Tina Chee	46:05	421-James Vincek	49:27
58-Terry Hughes	35:58	149-Joel Stein	39:42	240-Don Graves	42:45	331-Terry Fleming	46:10	422-Eric Shelby	49:32
59-J. Peter	36:01	150-Brian Stewart	39:43	241-Daniel Page	42:47	332-B. Bently	46:11	423-Stan Bricker	49:33
60-Mike Boitano	36:02	151-Cindy Chapman	39:45	242-Walt MacCarron	42:53	333-Ron Berg	46:12	424-Hank Carlson	49:34
61-K. Gilligan	36:04	152-Spence Milne	39:47	243-Colleen Fox	42:57	334-Emil Richmond	46:13	425-Andy Fin	49:35
62-Gail Williams	36:11	153-Keith Newton	39:48	244-Lance Wright	42:58	335-Michael Williams	46:14	426-Jim Fin	49:39
63-Don Pickett	36:12	154-Ken Israel	39:49	245-John Clinton	43:01	336-Jorden McDevitt	46:15	427-Pat Keeley	49:41
64-Gene Spark, Jr.	36:13	155-Michael Smith	39:50	246-Rick Hague	43:02	337-Jim Bernnan	46:16	428-Scott Doye	49:44
65-Roger Major	36:17	156-Eileen Burger	39:54	247-Al Weil	43:04	338-Marty Post	46:17	429-Jan Hutchinson	49:45
66-Clifford Stewart	36:18	157-Dave Werner	39:55	248-J. Valentine	43:05	339-Suzanne Kalman	46:18	430-Jenny Ray	49:46
67-Larry Sellers	36:20	158-Cliff Janoff	39:58	249-Jim Wirick	43:07	340-Pris Myers	46:20	431-Liz Ray	49:54
68-Kevin Brown	36:33	159-Steven Hinkel	40:02	250-Bill Purgley	43:08	341-Karen Scannell	46:21	432-Bill Mahoney	49:55
69-Dick Lyon	36:39	160-Malcom Minasian	40:03	251-Mike Rudy	43:15	342-William Smith	46:26	433-Preston Petty	50:00
70-John Flather	36:40	161-T. Zechlin	40:04	252-Ed Murray	43:16	343-Skip Swannack	46:27	434-Cathy Vergara	50:01
71-Don MacDonald	36:43	162-Grady Wright	40:05	253-Gary Carleton	43:19	344-Aurjoon Ghosh	46:28	435-Al Stanbridge	50:06
72-Chris Warren	36:44	163-Jon Mohr	40:06	254-Adam Castellanos	43:21	345-J. Feagin	46:29	436-Don Gerich	50:07
73-Tim Hicks	36:46	164-Gary Charlson	40:07	255-Bob O'Conner	43:23	346-Oscar Orozeo	46:30	437-Marlys Green	50:08
74-Jeremy Akers	36:53	165-Bruce Murdoct	40:08	256-Jack Chamberlain	43:24	347-Sandy Miller	46:36	438-Pat E. Hogen	50:10
75-Richard Jonsen	36:54	166-Jim Thimen	40:09	257-John Gray	43:25	348-Kim Rubin	46:37	439-Dan McGill	50:11
76-Bill Lovelace	36:55	167-Bert Oxley	40:10	258-John Dougherty	43:26	349-Bill Connors	46:38	440-Fred Kalman	50:12
77-Lee Damron	37:02	168-Joe Camisa	40:15	259-John Betz	43:28	350-Lorraine Rorke	46:39	441-Jim Bardon	50:14
78-Russell Deirman	37:13	169-Bob Wright	40:25	260-Alan Kreuzberger	43:21	351-Richard Jones	46:40	442-Gail Goettelmann	50:19
79-Jim Moore	37:14	170-Thomas Chuey	40:26	261-James Thornton	43:32	352-Ken Granberg	46:42	443-W. Marsico	50:20
80-Steve Bailey	37:21	171-Marty McNair	40:27	262-William Martin	43:33	353-Don Lins	46:42	444-Graham Beard	50:22
81-Dave Cargill	37:22	172-Kent Rubie	40:28	263-Brook Byers	43:34	354-Mate Williams	46:50	445-Walt Stack	50:27
82-Mike Plummer	37:25	173-Ruth Anderson	40:31	264-Daves Davis	43:38	355-Tim Freeman	46:52	446-Ray Cobler	50:47
83-Gerald Flynn	37:26	174-Dale Pfeiffer	40:32	265-Butch Turk	43:42	356-Kennedy Foo	46:53	447-Bill Fischer	50:48
84-Jerry Larimer	37:28	175-John Blankenship	40:34	266-Joe Gaidosh	43:50	357-Mariam Seltzer	46:54	448-Dave Neilson	50:49
85-Jim Clapp	37:29	176-Douglas Tubb	40:36	267-Howard Waldron	43:52	358-Robert Morrill	47:01	449-Carol Schneider	50:50
86-John Power	37:30	177-Jim Collins	40:51	268-Otto Sommerauer	43:53	359-Lawrence Albert	47:08	450-Lyndi Beale	50:51
87-Larry Guinee	37:31	178-Skip Latham	40:52	269-Ed Sommerauer	43:55	360-Bob Highsmith	47:09	451-Annabel Marsh	n.t.
88-Joe Fields	37:32	179-Don Smith	40:57	270-Irene Rudolf	43:56	361-George Zimmerman	47:10	<i>(I suspect there were more finishers, but probably no times...this is all I got from Pax Beale.)</i>	
89-Mike Wheeler	37:33	180-Curtis Caughey	40:58	271-Martin Laggar	43:57	362-Mary Teeters	47:11		
90-Pete Christensen	37:34	181-Ken McRae	40:59	272-Kris John	44:03	363-Jerry Hanen	47:17		
91-Don Richey	37:36	182-Kent Bolter	41:00	273-Peter Krebsler	44:04	364-Kathy Maloney	47:18		



Carolyn Tiernan on her way to an easy victory in the 8-Mile Statuto Run. Two weeks previously she had won the Golden Gate Charity Run. /O'Rourke/

SEAVER & SERSHEN TAKE NARROW STATUTO WINS: (June 6, San Francisco) - The 56th Annual Statuto Run almost turned into a disaster as a result of poor (like none) course guides. Both races (4.29 & double that) were conducted simultaneously...two loops for the longer run. A tight group of Bill Seaver, Jan Sershen, Dennis O'Halloran and Angelo Martinez (the latter three running the longer race) were leading by about 10 seconds at the three-mile point over Jack Leydig, and Frank Donahue was another 25 yards back. Donahue yelled ahead to Leydig, who was about to make the same mistake as the four leaders, and the eventual 'winner' (Leydig) took a sharp turn in the right direction as the leaders corrected themselves and doubled back. Leydig crossed the line first but gave Seaver the winner's trophy, realizing that he could not have caught his teammate had the wrong turn not been made...thus, the times below that are noted with a "#" are about 20 seconds longer than if the proper course had been run. Sershen went on to score a narrow win of 9 seconds over fast-closing J. Kirk (who he?). Most of the top masters opted for the double loop (don't know who won the short race...no divisions on results sheets), with Jim 'the slim' O'Neil winning handily in 49:56 (3-1/2 minutes up on John Soubier). Pat Whittingslow (29:13) and Carolyn Tiernan (56:20) were easy winners in the women's races. Excelsior displayed good depth in winning both team trophies, as 190+ finished each race. /S.F. Athletic Club/

1-Jack Leydig/WVTC	22:18
2-Bill Seaver/WVTC	22:31#
3-Frank Donahue/ETC	22:36
4-Kent Guthrie/WVJS	23:26
5-James Tracy/ETC	23:38
6-Terry Casey/ETC	24:22

1-Jan Sershen/ETC	45:18#
2-J. Kirk/Un	45:27
3-Angelo Martinez/AGTC	45:49#
4-Darryl Beardall/MH	46:08
5-Denis O'Halloran/Un	46:36#
6-Joe McDevitt/WVTC	47:30
7-Dan Anderson/WVTC	47:36
8-Bob Darling/ETC	47:44
9-Homer Latimer/Un	47:49
10-Frank Krebs/BC	47:57
11-Tom O'Neil/Un	48:01
12-Mike Conroy/ETC	48:15
13-Ralph Bowles/WVJS	48:32
14-Bill Spence/Un	48:39
15-Bruce Wolfe/WVTC	49:28

7-Bob Gripenbury/Un	24:31
8-Mike Souza/BC	24:37
9-Keith Simonian/Un	24:40
10-John Notch/WVTC	25:02
11-David Muela/ETC	25:03
12-Brad Carpenter/Un	25:04
13-Bob Powell/CWTC	25:07
14-Jim Blank/Un	25:08
15-Larry Main/WVTC	25:22
16-Harry Cross/WVTC	25:25
17-Tom Mann/ETC	25:29
18-Matt Ulturu/Un	25:39
19-Bill Catanese/Un	25:40
20-Scott Ruffing/WVTC	25:40
21-Scott Anderson/Un	25:58
22-Thomas Fodor/WVTC	26:05
23-Dennis Boyle/Un	26:11
24-Phil McCarthy/Un	26:12

16-B. Slacer/Un	49:45
17-Jim O'Neil/SFOC	49:55*
18-Doug Rennie/BC	49:56
19-Greg Jewitt/Un	50:09
20-Barry Armstrong/Un	50:11
21-Ray Bonner/Un	50:12
22-Jim Scannell/Un	50:40
23-Don Chaffee/ETC	50:57
24-Jordan McDevitt/Un	50:57
25-Lloyd Sampson/Un	50:57
26-David Warren/ETC	51:05
27-Ross Rowley/Un	51:07
28-Darrell Jeong/ETC	51:30
29-Chris Nowak/Un	51:37
30-Dennis Kroll/Un	52:00

25-Frank Lee/SFC	26:13
26-Gerald Flynn/Un	26:14
27-Michael Skiff/Un	26:36
28-Michael Leinicc/Un	26:38
29-Curtis Miyaji/Un	26:38
30-Victor Briggs/Un	26:44
31-Stephan Roulan/Un	27:03
32-Bill Bugler/Un	27:05
33-Jim Mullany/Un	27:15
34-Len Brink/Un	27:16
35-Steve Lyons/BC	27:16
36-Glenn Brumbaugh/Un	27:18
37-George Anwar/WTC	27:18
38-Scott Hunter/Un	27:40
39-Keith Cumming/Un	27:41
40-Douglas Freer/WVTC	27:55
41-Rich McDonald/SFOC	28:00
42-Dick Fitzgerald/Un	28:03

31-M. Gulli/Un	52:04
32-David Fuller/SPC	52:13
33-Evan MacBride/BC	52:21
34-Nick Marshall/HRC	52:43
35-Jim Moore/ETC	52:51
36-Paul Holmes/BC	52:57
37-L. Leume/TSRC	53:00
38-David Teppel/Un	53:17
39-Michael Trainor/FFRC	53:27
40-John Soubier/Un	53:35*
41-Bob Miccer/CTC	53:54
42-Dean Gilbert/Un	54:08
43-Douglas Garibaldi/Un	54:13
44-Rich Kell/PMK	54:17
45-Don Macdonald/Un	54:19*

43-Jon Gerrans/BC	28:05
44-Joel Lewitz/Un	28:15
45-Joe Devine/HATC	28:26
46-Rich Malmgren/Un	28:27
47-Tom Martz, Jr./SFOC	28:38
48-Mike McNamard/Un	28:41
49-Dave Anderson/Un	28:42
50-James Baker/WTC	28:55
51-Dana Dahlquist/Un	28:56
52-Dave Wischmeier/Un	29:00
53-Rich Henderson/Un	29:10
54-Gary Near/NCS	29:12
55-Pat Whittingslow/Un	29:13
***WOMEN***	
55-Pat Whittingslow/Un	29:13
71-Carol O'Conner/NCS	30:03*
76-Sue Bugler/MLTC	30:26
101-Kay Busher/Un	32:24

46-Peter Wood/NCS	54:24
47-J. Houston/Un	54:38
48-Keith Whittingslow/OC	54:53
49-Jim Coighlin/Un	55:13
50-W.F. Golder/Un	55:17
51-Orin Dahl/Un	55:32*
52-Don Lucero/WVTC	55:38*
53-D. D'Carrenn/Un	55:40
54-Mark Peterson/Un	55:47
55-Hans Roenau/NCS	55:50*
***WOMEN***	
60-Carolyn Tiernan/WVTC	56:20
86-Cathy Coulman/Un	59:12
88-Jeannie Kayser/PMK	59:37*
93-Betsy White/WVTC	60:02

NUCCIO BREAKS 12 MILES FOR HOUR: GUMBS SETS PA-AAU WOMEN'S MARK: (June 12, S.F. State) - It didn't take long for Jim Nuccio to break away from the star-studded field, and when he did, you could tell he was out for the District record of 12 miles, 527 yards, set in 1971 by Bill Clark (still the second-best ever by an American). However, a sporadic leg pain forced him to slow up (only 5:00-5:10/mile!!) for a few miles in route, possibly costing him the record. His 12-372 still came dangerously close to the standard, and averaged out at 4:55+ per mile. He lapped everyone in the race at least once while dragging his competition to top marks too...13 runners (almost 20% of the finishers) broke 11 miles, while over half (35 of 69) did 10 miles or more! Ray Menzie didn't approach his own PA-AAU standard (10-938), but was still three-fourths of a lap ahead of Jim Nicholson with 10-492. Judy Gumbs started slowly, passed early leader Diane Williams a few miles out, and went on for a PA record of 9-743 (breaking Diane's 9-109 mark of 1974). Overcast skies contributed to the good marks, and WVTC's 57 miles, 965 yards (5 men) is sure to place well in the National Postal Competition. /Paul Koski/

1-Jim Nuccio/WVTC	12- 372	14-Frank Donahue/ETC	10-1678
2-Brian Maxwell/Canada	11-1601	15-Ralph Bowles/WVJS	10-1538
3-Jim Birnbaum/AF-WVTC	11-1511	16-Mike Conroy/ETC	10-1519
4-Jan Sershen/ETC	11-1437	17-John Clary/TRAC	10-1475
5-Mike Bordell/USAF	11-1159	18-Atkins Chun/Un	10-1457
6-Jack Leydig/WVTC	11- 959	19-Ken Scalmanini/PMK	10-1433
7-Mike Niemiec/WVTC	11- 559	20-Earl Carroll/SARR	10-1410
8-Hal Tompkins/WVTC	11- 508	21-Jake White/TRAC	10-1051
9-Tad Woliczko/PMK	11- 459	22-Ben Sawyer/SqRC	10- 968
10-Bob Darling/ETC	11- 440	23-Brent Cushenbery/BC	10- 745
11-Gary Goettelmann/WV	11- 327	24-Russell Black/TRAC	10- 739
12-Daryl Zapata/WVTC	11- 130	25-Kees Tuinzing/MH	10- 580
13-Ernie Rivas/PMK	11- 101	26-Ray Menzie/WVTC	10- 492*



PA-AAU Hour Run winners, Ray Menzie (left) and Jim Nuccio... Ray was first master and Jim took overall honors. /D. O'Rourke/

27-Bob Coulson/Un	10- 479	34-Jim Nicholson/NCS	10- 144*
28-Ted Wilson/KJ	10- 368	35-Rich Stiller/TRAC	10- 132
29-Jim Engle/NVRC	10- 236	***WOMEN***	
30-Bill Catanese/Un	10- 162	44-Judy Gumbs/WVTC	9- 743
31-Kurt Schroers/Un	10- 156	48-Kathy Himmelberger/WV9	189
32-Tom Mann/ETC	10- 151	52-Diane Williams/PBP	9- 000
33-Mike Brown/Un	10- 148	53-Ruth Anderson/NCS	8-1693*



**CORDELOS & SEARLS TAKE TOP HONORS AT WOODMINSTER:** (June 13, Oak-land) - Blind runner, Harry Cordellos, took full advantage of a whopping 25-minute headstart to defend his title in the Woodminster Handicap (9.3 Miles), improving by seven minutes his 1975 clocking. Runnerup Darryl Beardall, with a 4-minute headstart of his own, finished more than a half-mile back. Kevin Searls, who took third spot, had the fastest scratch time of 50:18, but fell way short of Ted Quintana's 48:32 record from 1975. Handicaps were based on age and sex, with the women coming out a bit on the short end (some had only a 4-minute headstart on the scratch runners). Ruth Anderson could do no better than 25th, even with a 12-minute headstart, and she was high-finishing for the women. Betsy White, however, notched the fastest scratch time for the fair sex, edging Teresa Bertolino by two-seconds with a 64:38. Jim Nicholson was quickest (scratch) over-40 at 59:44. A total of 250 finished this rugged, but popular race. /Chas. MacMahon/ --Scratch times are listed, with handicaps in parentheses--



(Left) Hour-Run placers, (front to back): Jim Birnbaum-3rd, Mike Bordell-5th, Brian Maxwell-2nd & Jan Serphen-4th. (Right) Ralph Bowles, just a bit more than a month away from turning 40, recorded just short of 11 miles in that race. /O'Rourke/

1-Harry Cordellos (25)	69:02	22-Dennis Teeguarden (8)	62:24*	43-Orin Dahl (4)	60:36*	61-H.P. Castellanos (4)	62:43
2-Darryl Beardall/MH (4)	51:20	23-Mike Coke/GPPMB (4)	58:50	44-Betsy White/WVTC (8)	64:38	62-Nick Carmona (0)	58:44
3-Kevin Searls (0)	50:18	24-Peter Wood/NCS (8)	62:56*	45-Gene White/NCS (4)	60:40*	63-Dan Moore/LVRC (0)	58:45
4-Don Chaffee/ETC (4)	54:38	25-Ruth Anderson/NCS (12)	66:57*	46-Mike Plummer (0)	56:41	64-Lloyd Sampson (0)	58:52
5-Mike McManus (15)	66:05	26-Dennis Tracy/WVTC (0)	55:15	47-Steve Roberts (0)	56:57	65-Dean Gold (0)	59:05
6-Paul Burke (0)	51:17	27-Steve Lloyd (0)	55:22	48-Frank Evans (4)	61:00*	66-Dana O'Hara (0)	59:08
7-Jim Nicholson/NCS (8)	59:44*	28-Ross Rowley (0)	55:26	49-Mike Small (15)	72:02	67-Mark Nordeen (0)	59:15
8-Jim Myers/PMK (15)	67:15	29-Ray Kindle (0)	55:28	50-Dennis Kroll (0)	57:06	68-Paul Gosse (0)	59:16
9-Martin Dean (0)	52:44	30-Wolf Gouban (0)	55:32	51-Nick Granados/WVTC (0)	57:07	69-Jeff Houston (0)	59:17
10-Don Pickett (8)	61:11*	31-Adam Castellanos (15)	70:35	52-Frank Lemus (0)	57:27	70-Tom McManus, Jr. (4)	63:20
11-Bob Malain/NCS (8)	61:25*	32-Gough Reinhardt (8)	63:36*	53-Dan Martinez (0)	57:48	71-Dave Cargill (0)	59:34
12-Gil Tarin/WVJS (8)	61:31*	33-Gunter Hammersbach (4)	59:39	54-Charles Becker (4)	61:52	***WOMEN***	
13-Dan Anderson/WVTC (0)	53:30	34-Joseph Mouille (0)	55:45	55-Dave Smith (0)	58:13	25-Ruth Anderson/NCS (12)	66:57*
14-Bob Biancalana/MH (8)	61:40*	35-John Notch/WVTC (0)	56:04	56-James Schneider (0)	58:15	44-Betsy White/WVTC (8)	64:38
15-Mike Duncan/WVTC (0)	53:41	36-Dick Fregulia (4)	60:06	57-Edward Lee (0)	58:26	80-T. Bertolino (4)	64:40
16-Scott Molina (0)	53:43	37-David Sabo (0)	56:16	58-K. Whittingslow/OC (4)	62:--	85-Skip Swannack (8)	69:13
17-John Soubier/Un (8)	61:53*	38-Don Lucero/WVTC (8)	64:24*	59-John Valerga (0)	58:31	86-Carroll O'Conner (12)	73:34*
18-Ted Wilson (4)	58:03	39-Mike Carlson (0)	56:25	60-Ed Jerome/TRAC (0)	58:32	96-Gail Gustafson (4)	67:19
19-Arthur Clausing (4)	58:04	40-Greg Jewett (0)	56:34				
20-Bob Gormley (0)	54:05	41-Hans Roenau/NCS (8)	64:35*				
21-Peter Castellanos (15)	69:19	42-Bryan Holmes/BC (4)	60:36*				

**ANGELO MARTINEZ CLIPS RECORD AT HOLY CITY:** (June 20, Holy City) - UC Davis' Angelo Martinez showed a fine return to form with a solo victory of 47:15 on the up-and-down Holy City circuit (9.08 miles), eclipsing Jack Bellah's year-old mark by 3.6 seconds. The defending champ finished a distant 18th today, having taken a well-deserved rest since the end of track season at Stanford. Second spot today went to Ray Montenegro of San Jose's Westside TC in a fine 48:54. Mountain-man Ross Smith came down from Reno to capture the 40+ title with a quick 52:08, but missed his own course PR and record by a half-minute. Ken Napier was a full two minutes behind for second. The women's record stayed intact (57:49 by Sue Munday last year), as the defending champ and LDR Chairperson, Penny DeMoss, decided to come across in a tie at 59:15. Camino West was the easy team winner with 66, as WVTC was a distant second (133). The host team (WVJS) slipped in for third (167). Joe Salazar was top prep finisher in tenth (50:57)...248 finished.-Napier

1-Angelo Martinez/AGTC	47:15	21-Ernie Rivas/PMK	52:57	41-Glenn Pruitt/PMK	54:58	61-Dave Weikel/CWTC	56:42
2-Ray Montenegro/WSTC	48:54	22-Ted Wilson/KJ	52:59	42-Ed Spurr/SRC	55:14	62-S. Specker/Un	56:44
3-Denis O'Halloran/Un	48:59	23-Frank Hagerty/SUND	53:08	43-Steve Bruns/WVTC	55:23	63-G. Temple/Un	56:49
4-John Moreno/CWTC	49:13	24-Bob Lange/CWTC	53:20	44-D. Castro/Un	55:34	64-M. Nordeen/MVS	56:51
5-Bob Cooper/WDS	49:48	25-Bob Weaver/CWTC	53:27	45-Bob Malain/NCS	55:44*	65-D. Hendrix/Un	56:54
6-Bill Clark/WVTC	50:04	26-M. Miller/CWTC	53:29	46-D. Marsh/Un	55:57	66-Harold DeMoss/WVTC	56:55*
7-Mitch Kingery/CWTC	50:10	27-S. Newton/Un	53:45	47-C. Castro/Un	56:07	67-C. Stewart/PMK	57:06
8-Gary Goettelmann/WVTC	50:27	28-Brent Cushenbery/BC	53:46	48-Paul Holmes/BC	56:09	68-R. Antal/Un	57:25
9-Steve Fiamengo/WDS	50:35	29-Ken Napier/WVJS	54:07*	49-Mike Fenner/Un	56:19	69-J. Cowling/Un	57:30
10-Joe Salazar/WSTC	50:57	30-M. Gorley/STC	54:08	50-Jerome Lewis/NCS	56:23*	70-B. Joseph/Un	57:30
11-Homer Latimer/Un	51:00	31-Ed Tico/WVJS	54:09	51-G. Dean/Un	56:23	71-Peter Wood/NCS	57:35*
12-Bob Miller/CWTC	51:17	32-J. Barragan/Un	54:10	52-M. Fish/NCS	56:23	72-T. Hutchins/Un	57:45
13-Bob Gormley/MH	51:19	33-D. Paul/Un	54:11	53-Roger Bryan/Un	56:24*	73-John Soubier/Un	57:48*
14-C. Kardock/Un	51:30	34-Ulrich Kaempf/TRAC	54:27*	54-K. Sterling/Un	56:29	74-R. Anaya/MVS	57:51
15-Paul Keller/Un	51:58	35-Manny Mahon/WVJS	54:29	55-Phil Sanfilippo/WVJS	56:29	***WOMEN***	
16-Greg Mandanis/WDS	52:04	36-S. Fuller/WSTC	54:31	56-Gary Alderman/PMK	56:31	92-Sue Munday/Un	59:15
17-Ross Smith/WVJS	52:08*	37-David Muela/ETC	54:34	57-A. Takaha/CWTC	56:33	tie-Penny DeMoss/WVTC	59:15
18-Jack Bellah/WVTC	52:39	38-Mike Plummer/MVS	54:46	58-Ray Menzie/WVTC	56:34*	153-Peggy Lyman/WVTC	66:40
19-Steve Palladino/CWTC	52:45	39-C. Hutchings/Un	54:50	59-R. Ernst/WVJS	56:35	172-M. Hayes/Un	69:12
20-M. Bregante/SUND	52:54	40-W. Diaz/Un	54:55	60-K. Klein/Un	56:36	178-Carroll O'Conner/NCS	69:30*

**FLORES & DEMOSS WIN BEACH RUN:** (June 26, San Francisco) - Pete Flores of the Aggie TC opened a 20-second gap in the second mile that runnerup Jack Leydig could never close. At the turnaround, with about 3 miles of beach remaining, the margin was down to about 50 yards, but after that it was all Flores, as he slowly increased his lead to 25 seconds at the tape. The 35:31 winning time was over 3 minutes off John Halberstadt's 1975 standard, but most times today were hindered by very loose sand, whereas the beach was firm the previous year. Penny DeMoss wasn't interested in a tie this week (like she did at Holy City), and she proceeded to build her margin to more than a minute over Sue Munday, 43:56 to 45:00. Ruth Anderson ran a super race for third (and first over 40) spot at 45:42. Jim Nicholson chose a good day (or maybe bad) for masters competition. His margin of victory over second-placer Ron Neumann (45:20) was nearly 4 minutes. Ed Heinlein rounded out the top three in that division with a 46:23. A total of 218 finished this increasingly popular run, which is approximately two-thirds on the beach...6.25 Miles. /Bob Darling/

1-Pete Flores/AGTC	35:31	6-Dennis Tracy/WVTC	37:30	11-Steve Lee/SUND	38:10	16-Vance Eberly/Un	38:50
2-Jack Leydig/WVTC	35:56	7-Richard Carlsen/MH	37:37	12-Stan Newton/Un	38:16	17-Steve Palladino/CWTC	38:56
3-Damon Wood/CWTC	36:06	8-Jim Anderson/Un	37:43	13-Ray Castro/UCTC	38:37	18-Scott Weakley/MVS	38:56
4-Paul Burke/Un	36:55	9-Bob Miller/CWTC	37:50	14-James Moore/ETC	38:41	19-Bob Weaver/CWTC	39:06
5-David Fuller/Un	37:12	10-Doug Butt/WVTC	37:51	15-Joel Petersen/Un	38:43	20-Mike Plummer/MVS	39:13

21-David Sabo/AGTC	39:38	36-Doug Rennie/BC	40:34	51-Bill Catanese/Un	41:55	66-Mark Gallo/BC	42:52
22-Harry Youkers/Un	39:43	37-Ray Russell/Un	40:35	52-Jaime Leon/MVS	41:58	67-Evan MacBride/BC	43:11
23-David Galdames/Un	39:46	38-Dan Devlin/Un	40:36	53-Bob Nelson/WVTC	42:00	68-Ted Fuller/Un	43:24
24-Danyal Kasapligil/Un	39:48	39-John Hillbrink/Un	40:37	54-Bob Barnett/CWTC	42:03	69-Rob Alemany/PMK	43:25
25-Jim Cook/Un	39:50	40-Greg Martinez/WDS	40:39	55-Dave Nelson/MVS	42:11	70-Tom Arnez/CB	43:26
26-Paul Gosse/Un	39:51	41-Mike Barone/Un	41:05	56-George Ridout/Un	42:12	71-Gerald Flynn/Un	43:28
27-Frank Lemus/Un	39:52	42-Clifford Stewart/PMK	41:07	57-Dana Burall/Honolulu	42:16	***WOMEN***	
28-Jim Logan/SUND	39:53	43-Paul McClure/Un	41:13	58-Mike Boitano/Un	42:22	79-Penny DeMoss/WVTC	43:56
29-Kees Tuinzing/Un	39:56	44-Dennis Martinez/SBS	41:19	59-Jerry Jimenez/Un	42:32	87-Sue Munday/Un	45:00
30-Danny Martinez/DVTC	40:02	45-Paul Holmes/BC	41:25	60-Tim Chalmers/Un	42:33	94-Ruth Anderson/NCS	45:42*
31-Ed Jerome/TRAC	40:05	46-Chris Schultz/CB	41:35	61-Lloyd Sampson/Un	42:34	114-Maryetta Boitano/RG	47:55
32-David Castro/Un	40:11	47-Peter Wilamoski/Un	41:38	62-William Sevald/Un	42:36	126-Jeanie Kayser/PMK	49:11*
33-Steve Metoxen/Un	40:13	48-Jim Nicholson/NCS	41:39*	63-Kent Fraker/Un	42:37	134-Carroll O'Conner/NCS	49:57*
34-Ray Aver/Un	40:18	49-Mark Bullock/Un	41:42	64-David Zermer/Un	42:38	135-Lise Spielman/Un	50:02
35-Mark Harries/Un	40:28	50-Dan Williams/Un	41:47	65-Tom Massey/Un	42:39	138-Pat Whittingslow/PMK	50:12

**KINGERY BLITZES RECORD AT FOLSOM 10-KILO:** (July 3, Folsom) - The conditions were perfect for record-setting, and Camino West's Mitch Kingery did just that with a superb 30:40 clocking over the rolling hills near Sacramento, smashing the two-year-old mark of 31:31 by WVTC's Jim Birnbaum. In fact, the top three finishers were under that time today, with Rich Langford a distant second (31:05). Ty Hadley of Placerville wiped Walt Betschart's over-40 standard off the books by 12 seconds with a good 35:41. His nearest opposition was nearly two minutes back (Don MacDonald at 37:21, followed closely by Art Waggoner, 37:21). Jeanette Fuller had her women's record obliterated too, as Sally Edwards recorded a 41:38 to nip the old mark by 33 seconds. She likewise was not pushed, winning her division by over 3 minutes. Tom O'Neil had a bit more competition in his high school division (grades 11-12), as he edged Greg Mandanis by only 4 seconds. /Krebs; Underwood/



Start of the 1976 Folsom Road Run, which saw 190 finishers.

1-Mitch Kingery/CWTC	30:40	17-Steve Fuller/WDS	33:36	33-Chris Otis/MVHS	35:15	49-John Riddle/BC	36:08
2-Rich Langford/Un	31:05	18-Fred Forsbery/Un	33:59	34-Mike Brown/Un	35:24	50-Steve Finn/Un	36:15
3-Mike Van Horn/BC	31:27	19-Mike Miller/CWTC	34:03	35-Steve Metoxen/DCHS	35:26	51-Nick Vogt/GSTC	36:18
4-Jim Sane/BC	31:34	20-Paul Keller/HH	34:05	36-Ken Harvey/DCHS	35:26	52-Mike LaPierre/BC	36:20
5-Adam Ferreira/Un	31:45	21-Doug Rennie/BC	34:11	37-Marty Szekeresh/Ophir	35:34	53-Rick Edson/BC	36:25
6-Bob Cooper/WDS	31:53	22-Pete Gaul/Un	34:15	38-Fraser Rasmussen/BC	35:35	54-Don Spickelmier/BC	36:27
7-Pete Flores/AGTC	32:11	23-Terry Ogg/BC	34:32	39-David Maldonado/MHS	35:37	55-Tom Arnez/CB	36:41
8-Randy Sturgeon/WVTC	32:16	24-Bruce McInturf/Un	34:46	40-Ty Hadley/Un	35:41*	56-Brian Barton/Un	36:43
9-Dennis Rinde/SacStr.	32:50	25-Steve Palladino/CWTC	34:47	41-Dan Davison/Un	35:42	57-Bill Fairwell/Un	36:49
10-Frank Krebs/BC	32:53	26-Bob Barnett/CWTC	34:49	42-Tom Carroll/MHS	35:48	58-Jose Cortez/WDS	36:50
11-Doug Butt/WVTC	33:02	27-Abe Underwood/BC	34:54	43-Steve Coronado/Un	35:51	***WOMEN***	
12-Tom O'Neil/Un	33:03	28-Walt Lange/BC	34:58	44-Mark Gallo/BC	35:52	121-Sally Edwards/Ophir	41:38
13-Greg Mandanis/WDS	33:07	29-Dale Fuller/Un	35:01	45-Paul Holmes/BC	35:52	149-Ellen Daly/Un	44:43
14-Jim Bowles/WVTC	33:16	30-Roger Stordahl/IMAA	35:03	46-David Call/BC	36:04	158-Karen Bain/Un	46:16
15-Dennis Swart/Un	33:19	31-Frank Turner/Colfax	35:06	47-Jim Holben/WVTC	36:05	160-Karen Stok/WDS	46:35
16-Noel Hitchcock/Un	33:35	32-Brent Cushenbery/BC	35:08	48-Matt Gary/ECHS	36:07	161-Sarah White/Un	46:37

**WOLICZKO TROUNCES FIELD AT KENWOOD 10-KILO:** (July 4, Kenwood) - After two straight wins, Jim Nuccio decided to pass the Kenwood race up this year (primarily for the Natl. 15-Kilo in Santa Barbara, where he took 3rd...see page 21)...lucky for Tad Woliczko. Without trusty 'Nino' to bother him, Tad had little problem in winning over always tough Darryl Beardall, 33:39 to 34:50. Third spot was yet another minute back (or close to it). Craig Roland had a bit more competition in the masters lineup, as Bob Malain finished less than 100 yards back. Neither approached Bill Jensen's 36:06 mark for that division. Cathy Coulman missed Kathy Costello's record for women, but still recorded a strong 44:57 to easily outdistance Jo Ellen Howard, 44:57 to 49:22. Jon Valerga's 37:03 was a record by over four minutes in the 14-15 year-old division. There were 94 finishers. /Fred Kenyon/

1-Tad Woliczko/PMK	33:39	10-Jeff Jahn/VMTTC	37:49	19-William Lovelace	40:23	28-Martin Delaphaine	41:48
2-Darryl Beardall/MH	34:50	11-Craig Roland/Un	38:10*	20-Leo D'Acquisto	40:28	29-Dave McCormack	41:50
3-Mike Biando	35:37	12-Jim Moore	38:17	21-Dave Moss	40:30	30-Dennis Doris	41:51
4-Armand Moreno	35:53	13-Abe Underwood/BC	38:23	22-Gene Schaumberg/VMTTC	40:47	31-Pat O'Connor	41:59
5-Dave Sjostedt	36:34	14-Bob Malain/NCS	38:30*	23-Art Waggoner/BC	40:52*	***WOMEN***	
6-Mike Shields	36:35	15-Richard Cooper	38:55	24-James Beazell	40:56	47-Cathy Coulman	44:57
7-Bruce Wolfe/WVTC	36:36	16-Steve Howard	39:32	25-Robert Cerf	41:16	??-Jo Ellen Howard	49:22
8-Jon Valerga	37:03	17-Alan Chesterman	39:51	26-Don Madronich	41:16	??-Caron Schaumberg/VMTTC	51:11
9-Greg Jewett	37:16	18-Mike Collier	39:54	27-Gene Griffith	41:39	??-Barb Easterling	57:51

**"OLD BOYS" TAKE PARADE RUN:** (July 4, Redwood City) - The over-30's (old?) showed they still had some good leg speed as Bill Clark (14:52) and Dennis Tracy (14:55) grabbed the top two spots in 3-Mile Parade Run. They were the only two to break 15 minutes, as 211 finished the sprint through Redwood City's downtown area. Jerome Lewis had a little easier time with his over-40 competition, recording an 18-second margin of victory over Jim Simpson. Little 14-year-old Roxanne Bier of the Cindergals completely dominated the women's competition with a superlative 17:19 effort, besting runnerup Phyllis Olrich by nearly a full minute. There were ump-teen divisions in the race, as the R.C. Recreation Dept. saw to it that everyone got a chance to compete. We have combined the divisional listings to give overall placings, and have also listed the top women separately, regardless of age. /Sten Mawson/

1-Bill Clark/WVTC	14:52	11-Joe Salazar	15:45	21-Greg Mandanis/WDS	16:12	31-Gilbert Dean	16:37
2-Dennis Tracy/WVTC	14:55	12-Bill Benz/WVTC	15:46	22-Steven Fuller	16:13	32-Nick Nichols	16:38
3-Mike Niemiec/WVTC	15:08	13-Steve Watkins	15:47	23-Bill Joseph	16:16	33-Danyal Kasapligil	16:48
4-Ed Schelegle/AGTC	15:10	14-Terrence Boynton	15:48	24-Danny Hernandez	16:25	34-Jim Simpson/WVJS	16:51*
5-Greg Martin	15:11	15-Dan Anderson/WVTC	15:55	25-Tom Schreck	16:27	35-Mike Plummer/MVS	16:53
6-John Routh	15:20	16-Peter Borden/WVTC	16:01	26-Bob Woodliff/WVJS	16:30	36-Scott Weakley	16:55
7-Robert Cooper/WDS	15:29	17-Amol Sayena	16:02	27-Terry Casey/ETC	16:31	37-Danilo Sanchez	16:57
8-Gary Goldstien	15:32	18-Chris Kadoch	16:06	28-Jerome Lewis/NCS	16:33*	38-Edward Tico	16:58
9-John Clary/TRAC	15:37	19-Mark Daniel	16:08	29-Pat Markham	16:34	39-Ed Jerome/TRAC	17:00
10-Jerry Hall	15:40	20-Robert Schug	16:10	30-Bob Miller/CWTC	16:35	40-Larry Main/WVTC	17:03

41-John Pepper	17:04	51-Harry Cross/WVTC	17:24	61-Kevin Cruikshank	17:43	71-Stephen Mawson	18:03
42-Joe Henderson	17:12	52-Jeffrey Rogers	17:25	62-Don Carpenter/SRC	17:44*	72-Don Lucero/WVTC	18:05*
43-Les Loerer	17:14	53-Bob Kennedy	17:26	63-Hal Tompkins/WVTC	17:44	***WOMEN***	
44-Kurt Porter	17:15	54-Larry Vasquez	17:27	64-Roy Scellato	17:44	47-Roxanne Bier/SJC	17:19
45-Ruben Alvarado	17:16	55-Bob Lytle	17:30*	65-Ken Israel/WVJS	17:44	79-Phyllis Olrich/WVTC	18:14
46-Tas Barse	17:17	56-Bruce Kelly	17:31	66-Jaime Leon	17:45	??-Peggy Lyman/WVTC	18:26
47-Roxanne Bier/SJC	17:19	57-Mark Nordeen	17:38	67-Marcus Jones	17:46	??-Sue Neary/WVTC	18:29
48-Gerald E. Flynn	17:20	58-Danny Cervantes	17:40	68-Manuel Escamilla	17:54	??-Hollie Himnes	19:16
49-Paul Kellman	17:21	59-Gilbert Hernandez	17:41	69-Brad Jacobs	18:01	??-Michelle Miller	19:16
50-Steve Lippi	17:22	60-Carlos Saldivar	17:42	70-John Foley	18:02	??-Skip Swannack	19:36

**MIKE EMRY WINS BIG AT LAFAYETTE 10-KILO:** (July 10, Lafayette Reservoir) - Having run around the Lafayette Reservoir many times in his high school days (NCS X-C meets are commonly held there) certainly couldn't have hurt, as Mike Emry ran to an unexpected victory over the likes of Bill Clark, Bill Seaver, and several other top-flight competitors. His 31:37 was more than a minute off of Nuccio's 1975 jaunt, but it was still quick enough to clobber runnerup Bill Clark by 32 seconds. Rod Berry, only starting his junior year this fall, placed a strong fifth at 32:57, with Joe Salazar and Phil Hornig trailing (whoops...& Kevin Searls too!). In all, four of the top nine places were grabbed by prep talent. The competition was quite keen in the masters division as Bryan Holmes nipped Don MacDonald, 38:44 to 38:47. Gough Reinhardt (39:10) was a close third. Carolyn Tiernan continued her winning ways by annexing the women's trophy, having to work a little to beat teammate Joan Ulyot, 39:28 to 39:44. Other divisional winners were: Ruth Anderson (Masters Women) 42:40; Cheri Williams (H.S. Girls) 43:19; Kerry Brogan (Junior Girl) 42:14; John Foley (Junior Boy) 38:22. A total of 282 runners completed the double circuit, 6.2-mile course. /Mike Foley/

1-Mike Emry/PMK	31:37	21-J. Barragan/Un	34:55	41-Jose Cortez/WDS	37:41	61-Don MacDonald/Un	38:47*
2-Bill Clark/WVTC	32:09	22-Larry Lung/Fresno TC	34:58	42-Ken Harvey/DCHS	37:48	62-Gough Reinhardt/NCS	39:10*
3-Bill Seaver/WVTC	32:31	23-Ted Wilson/KJ	35:23	43-Jerry Quarry/HATC	37:54	63-R. Wendell Smith/Un	39:11
4-Bob Cooper/WDS	32:38	24-Dennis Kroll/Un	35:40	44-Marvin Winer/WVTC	37:55	64-Ralph Waller/Un	39:19
5-Rod Berry/WVTC	32:57	25-J. Mullin/Un	35:56	45-Alan Sauer/PMK	37:56	65-Bruce Kuefner/Un	39:26
6-Clay Elia/Fresno TC	33:01	26-Gilbert Dean/Un	35:57	46-Mike Molina'Un	38:04	66-Carolyn Tiernan/WVTC	39:28
7-Joe Salazar/WSTC	33:16	27-Bob Woodliff/WVJS	36:00	47-Brent Cushenbery/BC	38:10	67-Michael Wheeler/Un	39:40
8-Kevin Searls/Un	33:25	28-Lloyd Sampson/Un	36:06	48-John Foley/OrinRR	38:22	68-R. Wieand/WDS	39:41
9-Phil Hornig/WVTC	33:26	29-Jim Moore/ETC	36:07	49-Jon Wollridge/Un	38:24	69-Thomas Martin/Un	39:42
10-David Fuller/Un	33:29	30-Ralph Bowles/WVJS	36:17	50-J. Magallon/HATC	38:26	70-Wayne Burdick/Un	39:43
11-Rich Vasquez	33:38	31-John Spurr/SRC	36:18	51-Robert Alemany/PMK	38:27	71-Joan Ulyot/WVTC	39:44
12-Ray Castro/UCTC	33:42	32-Boyd Tarin/WVTC	36:33	52-Hans Frazier/WDS	38:28	***WOMEN***	
13-Bob Gormley/MH	34:00	33-Terry Hughes/Un	36:35	53-Dennis Boyle/Un	38:31	66-Carolyn Tiernan/WVTC	39:28
14-Vance Eberly/Un	34:04	34-Gary Alderman/PMK	36:50	54-S. Pait/Un	38:33	71-Joan Ulyot/WVTC	39:44
15-Doug Butt/WVTC	34:14	35-Allen Robertson/Un	36:51	55-John Carlton/Un	38:34	91-Sue Neary/WVTC	41:00
16-Greg Mandanis/WDS	34:15	36-Mike Plummer/MVS	36:53	56-Chris Sherwood/Un	38:36	96-Kathy Costello/LATC	41:28
17-David Himmelberger/WVTC	34:17	37-Jim Johnson/OrinRR	37:09	57-Richard Buxton/Un	38:40	113-Kerry Brogan/ArrowTC	42:14
18-Dennis Tracy/WVTC	34:34	38-Mike Boucher/Un	37:14	58-Evan MacBride/BC	38:42	123-Ruth Anderson/NCS	42:40*
19-Bruce Wolfe/WVTC	34:39	39-Fraser Rasmussen/BC	37:31	59-Bryan Holmes/Un	38:44*	132-Cheri Williams/Un	43:19
20-Steve Fuller/WDS	34:54	40-Jim Holben/WVTC	37:33	60-I.P. de Villiers/Un	38:45	135-Roxanne Bier/SJC	43:22



(Left) Mike Emry winning the Lafayette Reservoir 10-Kilo in a time of 31:37. (Above) Start of the 8.4-Mile Oakland Watermelon Run...can you find the winner--I can't! (Right) Winner of the Watermelon Run for the second year in a row, Bill Clark. He was also runnerup in the Lafayette 10-Kilo. /Lois Gowen/

**BILL CLARK DEFENDS WATERMELON TITLE:** (July 17, Oakland) - Ex-Notre Dame star Bill Clark, now 'over-the-hill' at the grand age of 32, seems to be running better in the hills and slower in the flats with each passing year...could it be that old age causes rigor mortis of the hamstrings, thus making for more efficient uphill stride-length? Whatever the cause, Bill had little trouble in disposing of runnerup Tad Woliczko, as the margin of victory was nearly a full minute. His 44:28 missed Tom Hale's 1974 record of 43:16, but still ain't half bad for a 50-mile per week man. Another newcomer in the sub-masters bracket, Dennis Tracy (30), grabbed third...Dennis set a PR for the 880 this past spring at 1:53+. Ross Smith made one of his infrequent (as of late) Bay Area appearances and managed to pick a race without too many good competitors in his class. His 48:56 was some 40 seconds off of Ken Napier's over-40 standard, but it was plenty fast to ship Jim Nicholson and Bob Malain by over 3 minutes. Paul Burke of DeLaSalle High was the first in his division (4th overall), besting Greg Mandanis by 1:21. Joan Ulyot appears to have made her return to fitness at last with a two-minute-plus margin of victory over teammate Carolyn Tiernan, 55:42 to 57:58. That easily broke Sue Neary's 1975 mark of 57:41 (set under very warm conditions, however). WVTC was the team winner over Camino West, 46-128, with the sponsoring Alameda TC next at 254. There were 210 finishers on the two-loop, 8.4-mile run (dirt roads). /Bob DeCelle/

1-Bill Clark/WVTC	44:28	7-Steve Palladino/CWTC	47:07	13-John Notch/WVTC	48:06	19-Ross Smith/WVJS	48:56*
2-Tad Woliczko/PMK	45:22	8-Greg Mandanis/WDS	47:17	14-Bruce Wolfe/WVTC	48:15	20-Steve Metoxen/Un	48:58
3-Dennis Tracy/WVTC	45:55	9-Steve Fuller/WDS	47:32	15-Stephen Roberts/Un	48:32	21-Greg Jewett/Un	49:16
4-Paul Burke/DeLaSalle	45:56	10-John Thomas/Un	47:35	16-Don Paul/Un	48:41	22-Santos Reynaga/WVTC	49:23
5-Tony Webb/Un	46:08	11-David Wishart/CC	47:40	17-David Sabo/Alameda TC	48:42	23-Howard Iseri/McClatchy	49:24
6-Dan Cruz/CWTC	46:54	12-Doug Butt/WVTC	47:52	18-Ray Kindle/Alameda TC	48:42	24-Ron Busby/WVTC	49:41

25-Dennis Kroll/Un	49:49	38-David Weikel/CWTC	51:16	51-Evan MacBride/BC	52:41	64-Bruce Carradine/Un	54:02*
26-Glenn Dean/WVTC	49:52	39-Danya Kasapligil/ATC	51:18	52-Dan Devlin/DelaSalle	52:46	65-Robert Cerf/Un	54:08
27-Lloyd Sampson/Un	50:03	40-Mike Moss/CB	51:31	53-George Ridout/Un	52:49	66-Mark Gibby/McClatchy	54:08
28-Ted Wilson/KJ	50:05	41-Bob Miller/CWTC	51:44	54-Mark Hager/Un	52:56	67-Michael Wanner/McClat	54:12
29-Dan Anderson/WVTC	50:19	42-Jim Nicholson/NCS	51:50*	55-Adrian Wong/McAteer	53:01	***WOMEN***	
30-Nick Granados/WVTC	50:36	43-Mark Stillman/WSTC	51:53	56-Richard Cooper/Un	53:03	90-Joan Uilyot/WVTC	55:42
31-Bill Benz/WVTC	50:39	44-Chris Villa/SJHS	52:01	57-Bill Catanese/Un	53:03	111-Carolyn Tiernan/WVTC	57:58
32-Steven Strangio/WVTC	50:51	45-Robert Wharton/Un	52:10	58-Hoyt Walker/LVRC	53:18	115-Cathy Coulman/Un	58:26
33-Bob Weaver/CWTC	50:54	46-Bob Malain/NCS	52:15*	59-Andy Takaha/CWTC	53:26	125-Ruth Anderson/NCS	59:39*
34-Matt Console/Un	50:56	47-Mike Plummer/MVS	52:22	60-Tom Carroll/McClatchy	53:26	140-Carroll O'Conner/NCS	62:49*
35-Chris Shultz/CB	50:59	48-Tony Casillas/Un	52:31	61-Rob Alemany/PMK	53:44	145-Pat Whittingslow/PMK	63:23
36-Clyde Rockwell/ETC	51:07	49-Tom Lucas/WDS	52:34	62-Gough Reinhardt/NCS	53:50*	147-Maria Gutierrez/WDS	63:39
37-David Maldonado/Un	51:12	50-Joel Caldwell/Ca1	52:35	63-K. Whittingslow/SFOC	53:55	148-Linda Van Housen/WDS	63:39

LAKE TAHOE MARATHON SUCCESS STORY: (July 18, Incline Village) - Out of 61 starters, a whopping 56, or 92% finished! Now that's a good percentage at sea level, but it's fantastic when you consider the race was held at 6300 feet (minimum elevation). We have word that the first part of the run was very 'uphillish', probably going well over 7000'. John Paulson's winning 2:41:09 time has got to be worth a sub-2:30 at sea level. Second-placer, Jim Sane, was more than 8 minutes behind...but the times on the results sheet don't make sense (either 2nd or 3rd was printed in error). Someone let me know for next issue! Both of you guys (Sane & Butterfield) let me know...I know you both get 'the rag'. Don Lucero was first master in 3:27:47, and Yvette Cotte beat out the rest of the women in 3:41:51 for the quickest time. /Skip Youngdahl/ --Skip says this will now be an annual event!

1-John Paulson	2:41:09	8-Ed Jerome/TRAC	3:01:16	15-Jim Waters	3:16:02	22-Evan Golder	3:32:46
2-Jim Sane/BC	2:49:43	9-Mike Williams	3:03:22	16-Steve Thomson	3:18:38	23-Bryan Holmes	3:36:11*
3-John Butterfield	2:48:28	10-Alan Larson	3:12:15	17-Doran Pedri	3:19:14	24-Fritz Goreham	3:40:15*
4-Mark Williams	2:51:59	11-Robert Ogg	3:12:19	18-Thomas Moungey	3:26:00	***WOMEN***	
5-Scott Claypoole/SDTC	2:58:34	12-Jeff Liedtke	3:13:09	19-Don Lucero/WVTC	3:27:47*	25-Yvette Cotte/WVTC	3:41:51
6-Brent Cushenbery/BC	3:00:04	13-Frank Custino	3:16:02	20-Kurt Sterling	3:29:08	39-Karen Scannel/PMK	4:23:30
7-Robert Coulson	3:00:35	14-Donald Choi	3:18:38	21-Reg Bedell	3:31:52	40-Penny Reneau	4:25:12

HORNIG IN CLOSE WIN AT MARIN HEADLANDS RUN: (July 24, Ft. Cronkite) - Phil Hornig and Greg Mandanis had it pretty much to themselves at this first annual affair on the lower Marin Peninsula. Hornig managed to have the stronger finish, however, and prevailed, 30:26 to 30:32, with the next runner over a 440 back. Bill Jensen had a good race, finishing twelfth overall to grab the over-40 crown in 33:40, with Jim Nicholson runnerup (34:16). The 'under-20' runners really predominated, with seven of the top ten being 'juniors'. Phyllis Olrich showed why she's a national class x-c runner with an excellent 38:08 (45th overall), almost two minutes up on Cathy Coulman's 39:54. Carroll O'Conner took women's 40-and-over honors (43:03). A total of six divisions for each sex spread the 'gold' around for everyone. With 214 finishers, Kees Tuinzing looks like he has a winner. /5.4 Mi./ -Tuinzing



Start of 1st Annual Marin Headlands Run, won by Phil Hornig. /Lois Gowen/

1-Phil Hornig/WVTC	30:26	18-Bob Malain/NCS	34:38*	35-Thomas Martin	36:50	52-Joe Camisa	38:54
2-Greg Mandanis/WDS	30:32	19-John Lynde	35:17	36-K. Whittingslow/OC	37:09	53-Michael Korbholz	38:57
3-Steve Fuller/WDS	32:03	20-Dave Cargill	35:25	37-Warren Moorman	37:18*	54-Jacob Epstein	38:58
4-Bob Miller/CWTC	32:07	21-Fred Leoni	35:30	38-John Ellison	37:21	55-Ken O'Neill	39:05
5-Dave Hansen	32:18	22-Don Pickett	35:33*	39-Don Huff	37:25*	56-Frank Patterson	39:08
6-Michael Bradner	32:32	23-Rob Allemany	35:37	40-E.C. Cherrstrom	37:29	57-Richard Malmgren	39:25
7-Richard Hornstra/SBS	32:45	24-Dan Hintz/WVTC	35:39	41-Tom Lucas	37:31	58-Lee Fox	39:31
8-James Howe/WVTC	32:47	25-Bill Divita	35:46	42-Richard Divita	37:48	59-Arther D.(?)	39:36*
9-Dennis Martinez/SBS	32:48	26-Orin Dahl	36:02*	43-Bruce Van Borstel	37:55	60-Fred Buhl	39:36
10-Don Chaffee/ETC	32:56	27-William Lovelace	36:13	44-Robert Trumbull	37:55	61-Jack Moerschbaecher	39:39
11-Joseph Mouille	33:25	28-Michael Heim	36:28	45-Phyllis Olrich/WVTC	38:08	***WOMEN***	
12-Bill Jensen/PMK	33:40*	29-Wes Hurlburt	36:29	46-Paul Gatens	38:09	45-Phyllis Olrich/WVTC	38:08
13-Don Paul	33:48	30-Pat Scannel/PMK	36:31	47-Raoul Kennedy	38:17	80-Cathy Coulman/Un	39:54
14-Larry Mastin	34:10	31-John Gerrans	36:32	48-Ken Israel/WVJS	38:25	83-Kerry Brogan/ArrowTC	40:14
15-Jim Nicholson/NCS	34:16*	32-Pat Cunneen	36:36*	49-Charles Caldwell	38:26	95-Nancy Edelson	42:59
16-John Sheehan/WVTC	34:25	33-Hans Frazier	36:44	50-Sean Scannel/PMK	38:28	96-Carroll O'Conner/NCS	43:03*
17-Joe Maher/MS	34:35	34-Robert McNally	36:46	51-Brad Jacobs	38:50	99-Linda Van Housen	43:28

CLARK NIPS SERSHEN AT FOSTER CITY LEVEE RACE: (July 31, Foster City) - Resurgent Bill Clark, rounding back into shape again, was the winner of the 1st Annual Levee Race in this San Mateo suburb (they don't like to think of themselves as a suburb...but the post office does). The winning time over the 6-mile (approx.?) course was 29:58, with Sershen a close second at 30:06. Jerome Lewis's 35:19 was plenty enough for a 40-second margin of victory over John Flather. San Mateo resident, Ken Paul, had one of his best races in a long (36:33) to take third in that division (masters). Skip Swannack also seems to be getting better with age as she pulled an upset over Kerry Brogan, 40:30 to 41:02, for the women's title. There were five age divisions in each sex...so with three awards in each division, about one out of every seven of the 211 finishers got something. /Mike McGuire/

1-Bill Clark/WVTC	29:58	11-Brian Hurdal/CWTC	33:46	21-Jerome Lewis/NCS	35:19*	31-Bill Lovelace	36:36
2-Jan Sershen/ETC	30:06	12-Tony Montano	33:50	22-Bob Wharton	35:24	32-Jeff Vines	36:43
3-Damon Wood/CWTC	30:37	13-Ken Salet/CWTC	34:06	23-Don Swanson	35:34	33-Mark Ford	36:52
4-Bill Seaver/WVTC	30:56	14-Mike Daniels/BHS	34:10	24-Eric Benson	35:41	34-Mike Heim	36:53
5-Dennis Tracy/WVTC	31:07	15-Ed Jerome/TRAC	34:22	25-Ed Lopez	35:42	35-Craig Corey/WVTC	36:58
6-Steve Palladino/CWTC	31:12	16-Dave Weikel/CWTC	34:27	26-Andy Takaha/CWTC	35:53	36-Spencer Ferguson	36:59
7-Marc Lund/WVTC	32:29	17-Joe Green/Aragon	34:53	27-John Flather	35:59*	37-Richard Lyon	37:00
8-Mike Miller	32:47	18-Mark Hager	35:06	28-John Ladniak	36:24	38-Jon Mohr	37:05*
9-Brian Moroney	33:28	19-Bill Divita	35:12	29-Ken Paul/WVTC	36:33*	39-Richard Divita	37:07
10-Ron Busby/WVTC	33:43	20-Rick Rincombe	35:17	30-Tim Rostege/WVTC	36:35	40-Bill Lindsell	37:11

41-Colin Templeman	37:17*	51-Tom Gouveia	38:11	61-Sheldon Gersh/TRAC	38:43	71-Herb Blanchard	40:07
42-Don Dooley	37:32	52-Theo deLusignan	38:20*	62-Frank Evans	38:57*	72-Dick Peterson	40:11
43-Don Lucero/WVTC	37:33*	53-Ken Israel/WVJS	38:21	63-Stanley Kavalczyk	39:00	73-Jim Edmunds	40:14
44-Gerald Flynn	37:39	54-Timothy Treacy	38:23*	64-Frank Patterson	39:04	74-Mike Kennedy	40:24
45-Bill Bugler	37:40*	55-Geoffrey Hill	38:24	65-Andrew Kerr	39:27*	***WOMEN***	
46-Bob Lualhati/NCS	37:41*	56-Harry Kellogg	38:27	66-Robert Miller	39:34	76-Skip Swannack	40:30
47-Ruben Luna	37:55	57-John Branfitt	38:29*	67-John Whetstone	39:38	83-Kerry Brogan/ArrowTC	41:02
48-Nelson Nugent	38:01	58-Grady Wright	38:32*	68-Walter Sapp	39:42*	96-Maria King	41:45
49-Tom Masters	38:05	59-Rick Eichler	38:33	69-Don Mittelstardt	39:57*	98-Jackie Lewis	41:49
50-Mike Korbholz	38:06	60-Charlie Lewis	38:42	70-James Wilkins	40:02	100-Carroll O'Conner/NCS	42:28*

O'HALLORAN NIPS MALAIN AT FT. BAKER: (Aug. 1, Ft. Baker) - Denis O'Halloran became the first scratch runner in many a year to win this race, which tends to favor the 'oldies'. Bob Malain almost had it sewn up, but the long-striding Humboldt State runner took the lead going across the grass field in the last few hundred yards to win by 5 seconds, having made up an incredible 15 minutes on his competitor. The 1:25:06 was a long way from Peter Duffy's 1:22:23 of 1971, but it was enough to win. Kent Guthrie looked for awhile like he might also win it as he closed to within 19 seconds of Malain. Last year's handicap winner, Bob Biancalana, was fifth this year, 3 minutes out of the gold. The handicaps work such that you get a one-minute headstart for each year over 34 you are...no maximum. The women got an extra 15 minutes on top of that, no matter what age. Gail Gustafson churned a 1:58:46 for the 15.1-mile up-and-down (total climb is 2110 feet...not all at once) run and was the quickest female scratch runner. Malain also had the fastest scratch time of any master, with Roger Bryan close behind (1:40:11 to 1:40:40). A total of 200 'insane' runners managed to pummel themselves through the entire distance...try it and you'll see what I mean! /Jim Nicholson/ (Times below are actual running times...handicaps are in parentheses (if any)...MISTAKE--Ulrich Kaempf was top master (1:39:52).



Start of the 15.1-Mile Ft. Baker Handicap Race. /Lois Gowen/

1-Denis O'Halloran/Un	1:25:06	19-Bob Gormley/Un	1:36:26	37-Greg Mandanis/WDS	1:40:41	55-H. Blank/Un (12)	1:57:59*
2-Bob Malain/NCS (15)	1:40:11*	20-John Notch/WVTC	1:36:38	38-J. Edwin/TRAC	1:40:42	56-D. Galdamez/Un	1:46:01
3-Kent Guthrie/WVJS (5)	1:30:30	21-Frank Cuzzillo (26)	2:03:01*	39-Bill Catanese/Un(4)	1:44:49	57-Evan MacBride/BC	1:46:13
4-Gene Fitzgerald/PMK	1:27:23	22-R. Gevi/MH	1:37:21	40-R. Ross/Un	1:40:53	58-D. Tepper/Un	1:46:40
5-Bob Biancalana/MH(17)	1:45:18*	23-Dan Moore/LVRC	1:37:32	41-B. Bonner/LVRC	1:41:10	59-Mike Daniels/Un	1:47:02
6-Ulrich Kaempf/TR(11)	1:39:52*	24-Greg Jewett/Un	1:37:43	42-Lee Holley/Un (10)	1:51:34*	60-George Roach/Un	1:47:20
7-George Stewart/WVTC	1:29:14	25-Dennis Kroll/Un	1:37:52	43-E. Lee/LVRC	1:42:--	61-Otto Sommerauer (24)	2:11:40*
8-Hans Roenau/NCS (14)	1:45:03*	26-Lloyd Sampson/Un	1:38:02	44-J. Blank/Un	1:42:18	62-R. Malone/Un (11)	1:59:19*
9-Gough Reinhardt (14)	1:45:54*	27-R.Paffenbarger(19)	1:57:09*	45-R. Mavor/Un (2)	1:45:03	63-Bob Griepenburg/Un	1:48:22
10-Don Lucero/WVTC (15)	1:47:37*	28-Bruce Carradine (9)	1:47:18*	46-Bob Lualhati/NCS(9)	1:52:28*	64-Theo Jones/PMK (3)	1:51:25
11-Frank Krebs/BC	1:33:24	29-Carroll O'Conner(26)	2:04:20*	47-K.Whittingslow/OC(3)	1:46:33	***WOMEN***	
12-Paul Burke/Un	1:33:34	30-D. Hendrix/Un	1:38:25	48-Jim Moore/ETC	1:43:39	29-Carroll O'Conner(26)	2:04:20*
13-Brent Cushenbery/BC	1:33:39	31-B. Wright/BRC (19)	1:57:33*	49-Gail Gustafson (15)	1:58:46	49-Gail Gustafson (15)	1:58:46
14-Ted Wilson/KJ (5)	1:38:45	32-P. Kiernan/Un (4)	1:42:48	50-J. Foley/ORR (15)	1:59:01	53-Louise Burns/Un (16)	2:00:54
15-Roger Bryan/TRAC (6)	1:40:40*	33-Orin Dahl/Un (7)	1:46:08*	51-P. Minkel/Un (13)	1:57:16*	73-Pat Whittingslow(17)	2:08:19
16-Don Carpenter/SRC(14)	1:49:00*	34-Tertius Chandler(27)	2:07:06*	52-Bryan Holmes/Un (8)	1:52:27*	81-Skip Swannack/WD(16)	2:08:28
17-Bill Jensen/PMK (8)	1:43:07*	35-Gary Temple/Un	1:40:22	53-Louise Burns/Un (16)	2:00:54	82-Irene Rudolf/WV(15)	2:07:28
18-Lew Hoyt/NCS (16)	1:51:15*	36-Santos Reynaga/WVTC	1:40:25	54-T. Hicks/ACAC	1:45:32	88-Peg Lyman/WVTC (15)	2:07:52

HORNIG TOUGH ON HILLS--LAFAYETTE RIM RUN: (Aug. 8, Lafayette) - Unlike the relatively flat Lafayette 10-Kilo, this goodie has some hills that you wouldn't want to crawl up, let alone run. It didn't seem to make much difference to Phil Hornig of Castro Valley. His 37:22 clocking is probably third best all-time, behind Tom Hale's 36:20 record, and Matt Yeo's 37:06, although we didn't check into it closely. Hans Templeman's 1975 winning time was 37:23. Anyhow, Damon Wood and Rod Berry (only a junior this fall at Redwood High in Larkspur) both dipped under 38 minutes too, but Phil had things pretty much in control with a 16-second bulge over Wood. Ralph Bowles, who just turned 40 on July 22, spent no time in trying to assert himself as the area's top masters runner (taking off where teammate Jim Shettler left). His eleventh overall and 40:11 time shows he has the credentials...he obliterated Peter Mattei's over-40 standard by nearly five minutes. Roger Bryan (42:11) and John Finch (42:22) battled it out for second, but it was a different race. The women's race was even more of a runaway, as Vicky Bray's 47:47 was in a different class from Pat Whittingslow's 54:10 in runnerup spot. A healthy(?) 149 souls completed the grind, which is supposed to be something like six miles. /CharLes MacMahon/



Phil Hornig shown winning the Lafayette Rim Run. /L. Gowen/

1-Phil Hornig/WVTC	37:22	17-Craig Corey/WVTC	41:35	33-Christopher Villa	43:20		
2-Damon Wood/CWTC	37:38	18-Frank Lemus	41:39	34-Jeff Baker	43:22		
3-Rod Berry/WVTC	37:55	19-Paul Gosse	41:50	35-Bob Malain/NCS	43:41*		
4-Darren George/AIA	38:40	20-Jon Higley/WVTC	41:54	36-Dan Hintz/WVTC	43:53		
5-Dennis Tracy/WVTC	38:48	21-Gilbert Dean	41:56	37-Bob Woodliff/WVJS	44:06		
6-Homer Latimer/Un	38:58	22-Jeff Lee	41:59	38-Marvin Winer/WVTC	44:22		
7-Rich Vasquez	39:02	23-L. George	42:04	39-Stu Gruendl/WVTC	44:46		
8-Ken McBride/WDS	39:30	24-Roger Bryan/TRAC	42:11*	40-Richard Cooper	44:55		
9-John Kleinbach/ETC	39:36	25-John Finch/NCS	42:22*	41-Bill Lovelace	45:07	49-Bryan Holmes	46:12*
10-Steve Fuller/WDS	40:02	26-Sheldon Larson	42:30	42-C. Ogden	45:11	50-Mike Conlin	46:15
11-Ralph Bowles/WVJS	40:11*	27-Jack Knebel/WVTC	42:36	43-Joey Doser	45:13	51-Craig Bannatune	46:20
12-Kent Guthrie/WVJS	40:13	28-Scott Weakley	42:44	44-Ray Wieand	45:25	***WOMEN***	
13-Greg Mandanis/WDS	40:21	29-Ted Wilson/KJ	42:45	45-Gerald Flynn	45:48	67-Vicky Bray/Un	47:47
14-Glenn Dean/WVTC	40:28	30-Gary Alderson	43:11	46-Joe Hamiter	45:49	101-Pat Whittingslow/PMK	54:10
15-Phil Darne11/Un	41:05	31-Lloyd Sampson	43:15	47-Tod Fuller	46:00	108-Maria Gutierrez	55:16
16-Bruce Wolfe/WVTC	41:22	32-Mike Bregante	43:18	48-Bradley Jacobs	46:10	117-Cathy Demmelmaier	57:20

## LATE GNUS

Not much room this time! Just got Wharf-to-Wharf results as I was finishing this issue...won by Mitch Kingery. Dipsea was won by ex-Leigh H.S. coach, Homer Latimer (6th in Rim Run, above)...results *sometime*? Cindy Poor won Natl. AAU Women's 10K in 34:32, while Jim Nuccio won accompanying PA-25K in 1:18:59. Lots of results in #62!

ATASCADERO COLONY DAYS 4-MILER: (Sept. 19, Atascadero) 1-Cadena/SLDC 19:32, 2-Huff/SLDC 19:56, 3-Warrick/CPSLO 20:03, 4-Arreola/SLDC 20:03, 5-Nanninga/WVTC 20:26, 6-Hockerson/CPSLO 20:30, 7-Beaton/SLDC 21:20, 8-Small/UCTC 21:24, 9-Hiserman/DHRC 21:36, 10-Pena/CDM 22:00...23-Webb/SLDC(40+) 24:14, 25-Jani Rouda/CPSLO 24:42, 26-Barb Arreola/SLDC 25:12. /Stan Rosenfield/

LAKE TAHOE 72-MILE RUN: (Sept. 24, Tahoe City) - Don Choi, 28, of San Francisco, was an easy winner in the Pepsi of Reno 72-Mile Lake Tahoe race in a swift 9:45:22. Choi credited his victory to prepping with six weeks of running 130-140 miles per week. His 72-mile time was a vast improvement over his 18:20:05 for 100 miles. Choi's feat is best understood by recognizing that single-handedly he would have beaten at least four of the seven-man teams in last August's Tahoe Relays. Moving rapidly, Choi took his frequent liquid refreshments on the run and, exercising remarkable water management, made only one pit stop over the entire distance. Equally remarkable was the performance of second place finisher, Dr. Ralph Paffenbarger, of Berkeley, who, averaging only 11 miles of running per day for the two months before the race, clocked an 11:34:24. Like Choi, Paffenbarger kept moving all the way and, though 25 years older than Choi, matched him in the bladder matter. Both Choi and Paffenbarger went the entire distance without any major difficulties. Paffenbarger's time was a comparative improvement over his 100-mile time of 16:42:58. Third-placer, Abe Underwood, 38, in 11:53:15, was venturing a new distance; his longest run had been 50 miles in 6:48:18. Underwood was competing off a daily average of 11 miles for the previous two months. Except for having trouble with leg muscles between 50-60 miles, his pacing was constant, and he covered the distance without undue strain. Bob Murphy, 22, of Carson City, Nevada, running an even pace throughout, finished 4th in 13:12:37. Paul Reese, 59, the oldest finisher, weathering the same storm as Underwood between 50-60 miles, turned in a 13:45:40 for fifth, a time relatively slower than his 17:15:34 for 100 miles. Experimenting, Reese heeded Van Aaken's advice and walked five minutes at the end of each 10-mile split which, he said, made the run considerably more easy and enjoyable than the 100, which he made nonstop. Though he had never gone over the marathon distance, Tate Miller, 28, of Aptos and the Soquel RC, moved smoothly over the first 40 miles at close to an 8:30 pace before blisters began to slow him, and finally caused him to do considerable walking. He managed to finish sixth in 13:47:17. Having the altitude advantage of living at South Lake Tahoe, but the disadvantage of never having run over 20 miles, seventh placer, Doug Peck, 21, the youngest to complete the run, clocked a creditable 13:58:30. Joe Maher, 29, of Larkspur, eighth, was running well and variably in 4th-5th place up to 60 miles when he was besieged with cramps that stopped him several times as he fought the last 12 miles of the race. His time was 14:24:13. Supreme determination was manifested by Harry Siitonen, 50, of San Francisco, completing the route in 21 hours, 45 minutes, meaning that he finished at 3:45 am, Saturday, a race that began at 6 am, Friday. The race started and finished near the Truckee River Bridge in Tahoe City. Weather conditions were excellent considering the time span. Finishers 4 thru 7 had to run in 60-90 minutes of darkness...minor compared to Siitonen's seven hours under the stars. The distance problem of the race is obvious. Most of the runners agreed that the second major problem was not the hills, but instead, concentration of traffic, vital to survival because of the restricted road space for running. All runners agreed unanimously that an individual handler is essential to a road race of this type. Though organized on short notice and too late for the printed AAU schedule, the race attracted 19 entries...ten finished; nine didn't; two did not start. The sponsor, Pepsi of Reno, provided each starter with a specially designed race tank top and gave each finisher his choice of a silver serving tray or bowl, as well as presenting a marble plaque to each runner who went over the marathon distance. /Paul Reese/

SPA-AAU 20-KILO CHAMPIONSHIPS: (Sept. 25, L.A.) 1-Smead/Unat 61:37, 2-Martinez/AIA 63:29, 3-Kurrle/SFVTC 63:36, 4-Hayes/SBAA 64:11, 5-Chambliss/BB 64:14, 6-Perez/Azt1 64:40, 7-Arquilla/AIA 65:33, 8-Caldwell/AIA 65:38, 9-Branch/CCAC 65:39, 10-Dulaney/AIA 65:50, 11-Ziegler/TulsaRC 66:08, 12-Swift/AIA 66:24... Teams: AIA 5:26:54, AZTLAN 5:35:50, CCAC 5:43:24. /Buttermore/

WHISKEYTOWN RELAYS: (Sept. 25, Redding) - This first-ever event took place at 9 am from the Whiskeytown launching ramp, going counter-clockwise around the Lake, with four persons per team. Each member ran around 5 miles for the 20.5, hilly, scenic course. This event, which takes place 8 miles west of Redding,

was sponsored by the Shasta Wonderland Elite Athletic Team (S.W.E.A.T.) and a local printing shop, The Press Room. Because of this, the prizes and organization were more impressive than most races. For the nominal price of \$2, every runner received a t-shirt with the Whiskeytown Relays emblem silk-screened on it. Also, free pop and beer were donated. Each division winner got individual medals (4 divisions), and CB'ers were on hand to help direct traffic. The temperature was 65-75°, no wind, and clear blue skies. This first year a total of 22 teams started the race. Setting the course standard was the Chico Running Club with a time of 1:53:14, followed closely by SWEAT's 1:54:21. First team in the 30-39 division went to Chico RC's "A" team with a time of 2:10:19. The women's division was also garnered by Chico RC with a 2:26:10, while SWEAT took the masters division (2:26:17, only seven seconds behind the women's squad. All teams finished before four hours were up, giving ample time for swimming, picnicing, and travel. Scott Claypoole of the San Diego TC, living in Redding for the year, ran the entire loop alone and placed seventh in 2:15:48. The Southern Oregon Sizzlers (SOS) from Medford took the third spot overall with 1:56:22. /Len Edholm/

DSE DALY CITY HILL RUN: (Sept. 26, Daly City) /6.2 Mi./ 1-Swezey/PMK 40:10, 2-Myer/PMK 40:52, 3-Bonner/TSRC 41:18, 4-Bashiruddin 41:38, 5-Damron 41:58...34-Maryetta Boitano/RG 46:45, 52-Skip Swannack 48:54, 63-Eileen Allen 50:12. /DSE News/

CITY-TO-PORT 12-MILER: (Sept. 26, San Luis Obispo) 1-Cadena/SLDC 61:45, 2-Nanninga/WVTC 62:50, 3-Reynoso/CPSLO 65:00, 4-Warrick/CPSLO 65:00, 5-Mysliviec/CPSLO 65:41, 6-Arreola/CPSLO 66:02, 7-Waterbury/SLDC 66:10, 8-Beaton/SLDC 66:27, 9-Hiserman 66:27, 10-Hurley/CPSLO 67:58, 11-Tracy/CPSLO 68:29, 12-Casper 68:47, 13-Ramos 69:16, 14-Thompson 70:17, 15-Lyons/CPSLO 71:09...21-Webb (40+) 72:52, 24-Shaw/SLDC(40+) 73:04, 25-Jani Rouda/CPSLO 74:39. /Stan Rosenfield/

MT. VACA HILL CLIMB: (Sept. 26, Vacaville) /10.6 Mi./ 1-Bear-dall/MH 67:06, 2-Woodliff/WVJS 68:50, 3-Hanson 72:12, 4-Rowley 75:02, 5-Malain/NCS(40+) 75:15, 6-Pugh 75:47, 7-Jamieson(40+) 75:47, 8-Cargill 77:04, 9-Holmes/BC(40+) 77:14, 10-Burrall/Un 77:32, 11-Flodberg/WVJS(40+) 78:03, 12-Holben/WVTC 78:44, 13-Ganza 79:35, 14-Brewer 83:41, 15-Scellata 83:47. /B. Flodberg/

HARVEST FESTIVAL RUN: (Oct. 2, Arroyo Grande) /10.25 Mi./ 1-Nanninga/WVTC 58:20, 2-Beaton/SLDC 58:20, 3-Hiserman/CPSLO 58:20, 4-Waterbury/SLDC 60:14, 5-Pena/CDM 61:10, 6-Casper/SLDC 61:42, 7-Rosenfield/SLDC 62:01, 8-Saldivar/Stanford 62:09, 9-Cline/SLDC(40+) 62:34, 10-Shaw/SLDC(40+) 63:42...22-Jean Spierling/SLDC(40+) 75:27. /Stan Rosenfield/

INTERNATIONAL WOMEN'S MARATHON CHAMPIONSHIP: (Oct. 2, Waldniel, W.Germany) - Led by Kim Merritt's 2:47:11, the American women's marathoners proved they are the best in the world by sweeping to a one-two team victory. West Germany's Christa Vahlensieck grabbed the lead from Merritt after the halfway point and won in 2:45:24.4, good time considering the fairly warm (low 70's) and humid conditions. The next four slots were only a bit over a minute apart. Gayle Barron took a big chunk off her PR with a 2:47:43, closing well on the leaders at the end of the race. World-record holder, Jackie Hansen had an off day and managed only a 2:55:50, over seventeen minutes off her world standard. Judy Gumbs, who had won the trip to Waldniel by finishing first in the Ocean-to-Bay Marathon (funds came from PA-AAU LDR Committee), notched a 2:57:13, good enough for ninth overall and a new NorCal record for women. Joan Ulyot, not yet in her best condition, came through with a superb 3:01:07 on 'instinct', and that was good enough for twelfth. Diane Williams was the only other NorCal finisher (3:18:03), as Penny DeMoss had a bout with side stitches and dropped out, along with Marilyn Paul of Portland. --- 1-Vahlensieck/WG 2:45:24.4, 2-Merritt/USA"A" 2:47:11, 3-Barron/USA"A" 2:47:43, 4-Spauwen/Holland 2:47:50, 5-Angenvoorth/WG 2:48:29 (Preuss), 6-Monspart/Hungary 2:51:23, 7-Ilands/Belgium 2:54:45, 8-Hansen/SFVTC-USA"A" 2:55:50, 9-Gumbs/WVTC-USA"B" 2:57:13, 10-Langlace/France 2:58:08, 11-Taylor-Tuthill/USA"B" 3:00:36, 12-Ulyot/WVTC-USA"B" 3:01:07...16-Bevans/USA 3:10:40, 21-Williams/PBP-USA 3:18:03, 24-Kokesh/St.Louis-USA 3:25:25. /Judy Gumbs/

DESERT EMPIRE FAIR 4-MILER: (Oct. 3, Ridgecrest) 1-Baxter/RRR 20:57, 2-Richardson/WVTC 21:53, 3-Hammerstein/RRR 22:09, 4-Mc-Mahan/OTHC 22:19, 5-Contreras/RRR(40+) 22:32. /Richardson/

LAKE MERRITT 3.2-MILER: (Oct. 3, Oakland) 1-Main/WVTC 16:56, 2-Orwig/WVTC 17:22, 3-Cross/WVTC 17:37, 4-S.Hodges 17:49. /Cross/



Gary Tuttle is obviously quite happy about defending his AAU Marathon title in record time (2:15:15). /Cy Quinn Photo/

**LAKE MERRITT COLUMBUS DAY RACES:** (Oct. 10, Oakland) /5 Km./ 1-Himmelberger/WVTC 15:40, 2-Notch/WVTC 16:12, 3-??? 17:01... /10 Km./ 1-Cross/WVTC 35:49, 2-Kalp 36:09, 3-Mota 36:14. /Cross/

**KINGERY SCORES BIG WIN AT WHARF-TO-WHARF:** (July 31, Santa Cruz to Capitola) - Camino West's and College of San Mateo's Mitch Kingery ran away from sub-8:30 two-miler Benton Hart of BYU to win a big test at the popular mid-summer race which saw 763 finishers this year. Clipping of 4:54 miles over the 5.813 mile course, Mitch came within 15 seconds of Hans Templeman's 1975 standard of 28:12. Hart was a well-beaten second in 28:40, with surprising John Moreno another second back. Veteran distance runner Bill Clark, now 32, also dipped under 29 minutes with a 28:54. Ralph Bowles, starting off in good fashion as an over-40 competitor (he turned that magic age on July 22), turned a quick 30:34 (5:15/mile average) to whip his opposition by over a minute (Ulrich Kaempff's 31:47 and Ken Napier's 31:56). He broke the old masters standard by over a minute in the process. Sue Munday dominated the women, but fell way short of Teri Anderson's superlative 33:45 course mark with her 34:33. LDR Women's Chairman, Penny DeMoss, was a minute back at 35:31. Below are the top placers overall, along with the top women. /Capitola City Hall/

1-Mitch Kingery/CWTC	28:27	37-Mike Conroy/ETC	30:43	73-Bob Woodliff/WVJS	32:17
2-Benton Hart/BYU	28:40	38-Michael MacAllair	30:44	74-Joe Peterson	32:20
3-John Moreno/CWTC-SFS	28:41	39-Wayne Glusker/WVTC	30:45	75-Mike Bregante	32:20
4-Bill Clark/WVTC	28:54	40-William Diza	30:46	76-Robert Wellick	32:21
5-Emil Magallanes/WVTC	29:12	41-Bob Miller/CWTC	30:47	77-Terry Casey/ETC	32:26
6-Jack Bellah/WVTC	29:14	42-Allen Sandretti	30:48	78-Tom Paul	32:31
7-Jim Sireles	29:15	43-Mike Miller	31:16	79-Paul Holmes	32:31
8-John Sup	29:17	44-Steve Strangio/WVTC	31:18	80-Bill Meinhardt/WVJS	32:31
9-Tad Woliczko/PMK	29:41	45-Frank Lemus	31:20	81-Ed Jerome/TRAC	32:33
10-Damon Wood/CWTC-Cal	29:42	46-Dave Muela/ETC	31:21	82-Ken Salet/CWTC	32:33
11-Jerry Emory/CWTC-Stan	29:43	47-Paul Sechrist	31:23	83-Dan Devlin	32:33
12-Paul Burke/DeLaSalle	29:44	48-Javier Baragan	31:24	84-Mike Naples	32:33
13-Rumaldo Montenegro	29:59	49-Greg Mandanis/WDS	31:27	85-Richard Walters	32:34
14-Dan Cruz	29:59	50-Steve Fuller/WDS	31:27	86-Rick Ifland	32:34
15-Steve Palladino/CWTC	30:01	51-Don Roth	31:33	87-Gilbert Dean	32:37
16-Joe Salazar	30:01	52-Dan Makowski	31:34	88-Chris Villa	32:39
17-Gary Goettelmann/WVTC	30:04	53-John Hellman	31:34	89-Santos Reynaga/WVTC	32:41
18-David Velum	30:14	54-Ed Price	31:34	90-Ruben Lee, Jr.	32:48
19-Andrew Coron/WVTC	30:15	55-Paul Fredrickson	31:38	91-Bob Paredes	32:48
20-Rudy Munoz	30:16	56-Keith Crowder	31:43	92-Jim Simpson/WVJS	32:51*
21-Mark Greenough	30:17	57-Jim Tracy	31:43	93-Curtis Lomax	32:52
22-Greg Haney	30:20	58-Mannie Mahon	31:43	94-Mike Williams	32:56
23-Shawn James/UCLA	30:21	59-Jay Marlowe	31:45	95-Glenn Pruitt	32:56
24-Armando Lagunas	30:22	60-Gary Alderman	31:45	96-George Teague	32:56
25-Bruce Wolfe/WVTC-Stan	30:25	61-Ulrich Kaempff/TRAC	31:47*	97-Kevin Kilein	32:56
26-Tom Smith/WVTC	30:26	62-Ray Kindle	31:47	98-Ed Tico/WVJS	32:59
27-Bruce Rider/WVJS	30:27	63-Richard Stiller/TRAC	31:47	99-Martin Krenn	32:59
28-Bob Darling/ETC	30:28	64-Bob Coulson	31:47	100-Rick Firson	32:59
29-Bob Lange/CWTC	30:32	65-Brent Cushenbery/BC	31:50	101-Mark Harlan	33:01
30-Mark Stoker	30:33	66-Brian Hurdal	31:54	102-Paul Goose	33:01
31-Ralph Bowles/WVJS	30:34*	67-Ken Napier/WVJS	31:56*	103-Ben Sawyer	33:01
32-Bob Gormley	30:35	68-Michael Gourley	31:58	104-Robert Deavel	33:01
33-Dave Stock/WVTC-CPSLO	30:36	69-Ray Aver	32:07	105-Mike Plummer	33:01
34-Chris Kadoch	30:37	70-Greg Jewett	32:12	106-Tony Casillas	33:03
35-Steve Niedrauer	30:40	71-Michael Chastaine	32:14	107-Greg McDonald	33:08
36-Kurt Lua	30:42	72-Pete Churney	32:17	108-Duane Moore	33:12
				109-Robert Bourret	33:13
				110-Roger Brian	33:14*
				111-Wayne Purnell	33:17
				112-Dieter Diekmeyer/SUND	33:19*
				113-Rick Rockwell/ETC	33:19
				114-Alan Harkness	33:22
				115-David Castro	33:25
				116-Michael Hobbs	33:25
				117-William Reinhart	33:25
				118-John Armstrong	33:28
				119-Mick Nickols	33:30
				120-Bill Joseph	33:30
				121-Carlos Saldivar	33:32
				122-Rick Plume	33:35
				123-Joel Caldwell	33:35
				124-Dete Kraus	33:35
				125-Paul Kellman	33:38
				126-Jack Reime	33:38
				127-Ken Harvey	33:42
				***WOMEN***	
				168-Sue Munday/Un	34:33
				199-Penny DeMoss/WVTC	35:31
				220-Sally McPherson/SJC	36:11
				304-Margaret Audle	38:53
				305-Teri Hagerty	38:53
				309-Yvette Cotte/WVTC	39:05
				315-Maria King	39:12
				340-Paula Jacobson	39:53
				358-Ann Slivkoff	40:22
				361-Demetra Mavis	40:31



Mitch Kingery

***TODDLER 99-YD***		13-B. Coulson	38:37	34-D. Milligan	41:47	7-Ben Davis Str.	51:43
1-M. Fisher	0:22	14-Ulrich Kaempff/TRAC	38:47*	35-J. Andrews	41:54	8-Gavilan College	51:58
2-J. Curroso	0:22	15-M. Gulli	38:54	36-T. Noyes	41:58	9-San Bruno Str.	52:32
3-A. Meinhardt	0:23	16-G. Werner	39:20	37-A. Takaha/CSM	42:06	10-Mission San Jose "A"	52:46
***TOT 99-YD***		17-S. Erickson	39:33	38-B. Mott	42:08*	11-Mahon	52:51
1-S. Roach	0:20	18-J. Moore	39:48	39-T. Johnson	42:09	12-Little Hills #2	52:57
2-M. Laughlin	0:21	19-J. Rayes	40:15	40-Sharon Furtado/WVTC	42:10	13-Lulu Belle	53:13
3-C. Michely	0:21	20-Dave Robertson/WVTC	40:19	***WOMEN***		14-Burlingame Prep	53:16
***9.99 KILO RUN***		21-Harold DeMoss/WVTC	40:22*	33-Phyllis Olrich/WVTC	41:41	15-Woodside Str.	53:32
1-Bill Seaver/WVTC	33:45	22-B. Cushenbery/BC	40:27	40-Sharon Furtado/WVTC	42:10	16-Alameda TC #1	53:58
2-Pete Sweeney/AGRC	33:55	23-E. Lopez	40:33	54-Peggy Lyman/WVTC	45:03	17-S.F. PAL "A"	54:09
3-Bill Clark/WVTC	34:04	24-D. Garcia	40:48	57-Penny DeMoss/WVTC	46:13	18-Andy's Chinese	54:31
4-Mike Niemiec/WVTC	36:03	25-G. Flynn	41:00	81-Ruth Anderson/NCS	49:44*	19-Little Hills #3	54:25
5-Damon Wood/CWTC	36:04	26-Bryan Hurdall	41:06	87-Carroll O'Conner/NCS	51:13*	20-CMC Striders	54:41
6-John Moreno/CWTC-SFS	36:04	27-R. Worthington	41:12	***9-MILE RELAY***		21-Mission Valley	54:51
7-Ernie Rivas/PMK	36:41	28-B. Miller	41:21	1-Camino West	48:31	22-WVJS "D"	55:12
8-Dan Anderson/WVTC	36:51	29-Ed Jerome/Un	41:29	2-Little Hills Str.	48:51	23-WVJS	55:20*
9-B. Tracy	37:51	30-Britt Brewer	41:33	3-Hogwash	49:25	24-Pugh's	55:31
10-D. Sjostedt	38:22	31-T. Nielsen	41:34	4-Pamakids	50:28	***WOMEN***	
11-Kevin O'Connor	38:35	32-B. Gouveia	41:38	5-TRAC-30	51:26	37-West Valley Floozies	59:01
12-B. Coulson	38:37	33-Phyllis Olrich/WVTC	41:41	6-Camino West	51:32	69-Woodside Str.	67:44



(Left) Cyndy Poor (#4), Peg Neppel (#2), & Judy Graham (#12) at about 3 miles in 10K. /Engle/ Start of Natl. Women's 10K. /Rorke/

**NEPPEL UPSET AT NATIONAL WOMEN'S 10-KILO CHAMPIONSHIPS:** (Sept. 12, San Francisco) - Iowa State University brought all its big guns to California for a shot at the Women's AAU 10-Kilo Championships. Peg Neppel had the American record for the same distance on the track and was figured to be pressed by her teammates, Carol Cook and Katy Schilly. As it turned out, however, Cyndy Poor of the San Jose Cindergals made good use of her speed and strength to make a shambles of the field over the last few miles after running through the half-way mark with Neppel and ex-teammate, Judy Graham. Her 34:32.4 was a full 25 seconds up on Graham, and more than a minute ahead of the fast-fading Neppel. But the ISU runners grabbed 3-4-5 to cinch the team title, however, we have just heard reports that the members were not all eligible to compete for the team and thus won't count. This makes the Cindergals the winners with a total cumulative time (3 runners) of 1:49:56 (ISU would have had 1:47:32). The West Valley TC "A" and "B" teams fought it out for second and third, as the pairings didn't come out the way they had figured. A total of 102 women finished the 2-loop course in Golden Gate Park, with many going on to run the full 25-kilo distance (PA-AAU 25-Km. championships were being held simultaneously). Meet Director, Penny DeMoss, did a great job at organizing a very well-attended National Championship. Although it was not an official "Masters" championship Kayser-Jones celebrated by nipping Ruth Anderson, 42:14 to 42:32. Following are the first 40 finishers. /Penny DeMoss/

1-Cyndy Poor/SJC "A"	34:32	11-Nadia Garcia/SDTC	38:25	21-Kathy Himmelberger/WV	39:38	31-Karin Stok/WDS	43:45
2-Judy Graham/Un	34:57	12-Joan Ulliot/WVTC "B"	38:40	22-Tracy Weber/SJC	40:12	32-Joanne Shearer/SJC	43:55
3-Peg Neppel/ISU	35:36	13-Karen Bain/Un	38:52	23-Skip Swannack/WDS	40:59	33-Peggy Lavelle/MLTC	44:25
4-Katy Schilly/ISU	35:50	14-Sharon Furtado/WVTC "A"	38:52	24-Sandy Briscoe/WVTC	41:52	34-Ruth Waters/NCS	44:40*
5-Carol Cook/ISU	36:04	15-Dede Mavis/SJC "B"	39:03	25-Nina Beattie/NVRC	41:54	35-Connie Cunneen/MLTC	44:54
6-Vicky Bray/SJC "A"	36:11	16-Peggy Lyman/WVTC "B"	39:06	26-Jeanie Kayser-Jones/PK	42:14*	36-Moira Casey/ETC	45:02
7-Carol Urish/CTC-Texas	37:02	17-Sally McPherson/SJC "A"	39:13	27-Ruth Anderson/NCS	42:32*	37-Ellen Clark/WVTC	45:11
8-Leal-Ann Reinhart/SFV	37:08	18-Phyllis Olrich/WVTC "A"	39:16	28-Peggy Stok/WDS	42:57	38-Carroll O'Conner/NCS	45:12*
9-Judy Gumbs/WVTC "A"	37:38	19-Diane Williams/PBP	39:18	29-Pat Whittingslow/PMK	43:10	39-Elaine Miller/Un	45:15
10-Stacey Kearns/PBP	37:59	20-Ann Wotherspoon/SJC	39:27	30-Yvette Cotte/WVTC	43:35	40-Gail Gustafson/Un	45:18

**NUCCIO WINS 25-KILO HANDILY--JUST MISSES COURSE RECORD:** (Sept. 12, San Francisco) - The District 25-Kilo Championship was held concurrently with the Natl. Women's 10-Kilo on nearly exact 5-kilo loops in Golden Gate Park. Thus, the women got most of the early fanfare, and then they could wait and watch the men finish, three loops later. Jim Nuccio, as fit as ever, ran with a tight pack for the first 10-15 kilos or so, and then decided to go it alone. Without the aid of a good racing partner over the last half of the race, Jim still ran within 5 seconds of the course mark with a great 1:18:59, which averages out to 5:05 per mile or thereabouts! Teammate Bill Seaver almost didn't see a fast-closing Ron Zarate, but managed to hold him off for second in an exciting finish (see photo on next page), 1:20:18 to 1:20:20. WVTC defended their team title for the umpteenth time, with Excelsior TC and the Pamakids filling the next two slots. Ralph Bowles proved he's tough at the longer distances too with a rather easy victory in 1:29:09. Runnerup Roger Bryan was a full three minutes behind. Diane Williams, who finished nineteenth in the 10-Kilo, kept on running and recoreded a very fine 1:41:33. She won her division by over eight minutes (actually, the next woman to finish was a master, Ruth Anderson, with 1:49:55). The NorCal Seniors grabbed both the masters men's and women's titles, and the Pamakids dumped West Valley for the senior women's awards. A very large turnout (286 finishers) kept this race as one of the PA-AAU's more popular longer runs. Top finishers listed on the next page. /Penny DeMoss/





(Left) Start of PA-AAU 25-Kilo Championships. /John Marconi/ (Center) Leaders of same race at about 3 miles...winner (Nuccio) is second from right. /Tim Smith/ (Right) Bill Seaver takes a quick look to make sure he's beaten Ron Zarate for second place in same race. /Lois Gowen/

1-Jim Nuccio/WVTC	1:18:59	25-David Warren/ETC	1:29:36	49-Mike Gulli	1:33:59	73-Dwight Hendrix	1:36:56
2-Bill Seaver/WVTC	1:20:18	26-John Notch/WVTC	1:29:37	50-Terry Casey/ETC	1:34:06	74-Bruce Carradine	1:37:12*
3-Ron Zarate/Un	1:20:20	27-Jack Kleinbach/ETC	1:29:39	51-Ed Pierce	1:34:12	75-Tom Mann/ETC	1:37:21
4-Jan Seršen/ETC	1:21:51	28-Greg Mandanis/WDS	1:30:04	52-Jack Jamieson	1:34:14*	76-Darrell Jeong/PMK	1:37:22
5-Bill Clark/WVTC	1:22:37	29-Gilbert Dean	1:30:06	53-Ernie Rivas/PMK	1:34:51	77-Keith Whittingslow	1:37:31
6-Denis O'Halloran/Un	1:23:26	30-Greg Jewett	1:30:37	54-Kurt Schroers	1:34:51	78-Paul Holmes/BC	1:37:38*
7-John Routh/WDS	1:23:37	31-Doug Black	1:30:50	55-Rich Hornstra	1:35:01	79-Mike Gourley	1:37:49
8-Gene Fitzgerald/PMK	1:23:40	32-Glenn Dean/WVTC	1:30:54	56-Ted Wilson	1:35:03	80-Bob Woodward	1:37:50
9-Mark Proteau/NVRC	1:24:08	33-Bill Benz/WVTC	1:31:27	57-Tom Bartasi	1:35:08	81-Marvin Winer/WVTC	1:37:52
10-Daryl Zapata/WVTC	1:24:19	34-Dick Ratliff	1:31:28	58-Nick Granados/WVTC	1:35:09	***WOMEN***	
11-Russ Black/TRAC	1:24:33	35-Bob Lange/CWTC	1:31:43	59-Jim Nicholson/NCS	1:35:28*	107-Diane Williams/PBP	1:41:33
12-Rich Vasquez	1:24:40	36-Cliff Stewart/PMK	1:31:50	60-Bill Catanese	1:35:33	166-Ruth Anderson/NCS	1:49:55*
13-Paul Thompson	1:25:21	37-Bob Myers/PMK	1:31:50	61-Gary Temple	1:35:34	178-Jeanie Kayser-Jones	1:51:30*
14-Tad Woliczko/PMK	1:25:45	38-Edward Lee	1:32:10	62-Phil Sanfilippo/WVJ	1:35:35	203-Karen Scannel/PMK	1:56:53
15-Dennis Tracy/WVTC	1:26:50	39-Roger Bryan/TRAC	1:32:10*	63-Doug Garibaldi	1:35:41	211-Gail Gustafson/Un	1:58:32
16-Dave Muela/ETC	1:27:29	40-Mike Plummer	1:32:24	64-Kees Tuinzing/MH	1:35:45	213-Judy Gumbs/WVTC	1:58:48
17-Gary Goettelmann/WV	1:27:46	41-Ray Orwig/WVTC	1:32:32	65-Ross Rowley	1:35:55	214-Carroll O'Conner/NCS	1:58:58*
18-Jake White	1:28:13	42-Bill Peck	1:32:34	66-Mike Fenner	1:36:03	218-Yvette Cotte/WVTC	1:59:20
19-John Clary/TRAC	1:28:14	43-Byron Richardson/WV	1:32:44	67-Greg Durbin	1:36:05	222-K. Armbruster	1:59:42
20-Bob Woodliff/WVJS	1:28:20	44-Mike Huffman	1:32:46	68-Lloyd Sampson	1:36:08		
21-Mike Conroy/ETC	1:28:34	45-Robert Welick	1:33:00	69-Ed Jerome/Un	1:36:09		
22-Tim Swezey/PMK	1:29:05	46-Santos Reynaga/WVTC	1:33:04	70-Bob Laroque	1:36:36		
23-Ralph Bowles/WVJS	1:29:09*	47-Bill Long/PMK	1:33:27	71-George Scott	1:36:40		
24-Keith Kruse	1:29:17	48-Jim Moore	1:33:51	72-Dennis Kroll	1:36:42		



Jim Nicholson winning the Double Dipsea Race...he also had the tenth fastest scratch time. /John Hildebrand/

**NICHOLSON HOLDS OFF LATIMER IN DOUBLE DIPSEA:** (Sept. 18, Stinson Beach) - Making good use of his 20-minute handicap (headstart), 45-year-old Jim Nicholson of the NorCal Seniors managed to hold off the fast-closing Homer Latimer, who the previous month had captured the famed Dipsea Race (see cover photo). Latimer is the only one to have ever won both races (he won the Double Dipsea in 1974). The 37-year-old Latimer notched the third fastest scratch time today, behind only Paul Thompson's 1:42:49 and Bob Bunnell's 1:42:56. Many-time Pikes Peak Marathon champ, Rick Trujillo, was not quite used to the difficult trails and wound up eleventh, although his time (scratch) was fifth overall. Maryetta Boitano had the best scratch time for any female runner on the course--a 2:23:50. Ruth Anderson, just back from European competition and the Pikes Peak Marathon, broke her foot during the run and had it put in a cast (it's now out we presume). A grand total of 275 finished the out-and-back 13.6-mile trek, almost one-hundred more than in any previous year. Who ya been brain-washing, Walt? /Walt Stack/ ---Actual running times listed!

9-Paul Thompson	1:42:49	35-Maryetta Boitano/RG	2:23:50	61-Michael Lisowski	2:01:57
10-Bob Bunnell/MH	1:42:56	36-Gough Reinhardt/NCS	2:13:51*	62-Cliff Janoff	2:11:14
11-Rick Trujillo/Colo	1:44:15	37-George Scott	2:03:43	63-Francis Mason	2:02:31
12-Art Waggoner/BC	2:09:17*	38-Charles Keck	2:03:59	64-Jim Miller	2:11:41
13-Denis O'Halloran/Un	1:45:23	39-Brian March	1:55:15	65-Mike Trainor	2:11:55
14-David Warren/ETC	1:54:26	40-Jack Ball	2:04:28	66-Dane Larsen	2:03:11
15-James Williams	1:54:50	41-Ted Wilson	2:04:45	67-Dwight Hendrix	2:03:15
16-Bob Holte	2:02:20*	42-Fraser Rasmussen	2:04:52	68-Jette Wright	2:33:24
17-Ed Jerome/Un	1:56:59	43-Steve Sherwood	1:56:34	69-Greg Chavez	2:03:33
18-Paul Holmes/BC	2:03:17*	44-Kees Tuinzing/MH	1:56:42	70-Jim Gault	2:23:55*
19-Orin Dahl	2:03:32*	45-Reach Conger	2:06:36	71-Michael Moberg	2:19:08*
20-Ted Quintana/WVTC	1:49:32	46-M.V. MacKenzie	2:06:44	72-John Emery	2:19:24*
21-Kevin Reynolds	1:58:59	47-Mary Tiscornia	2:28:21	73-John Boitano	2:29:37*
22-Bob Wright	2:15:29*	48-Jerome Bock	2:07:27	74-Michael Stubblefield	2:04:38
23-Bob Hoffman, Jr.	1:59:40	49-Donald Kerr	2:07:30	75-Emmet Keefe	2:13:49
24-David Sharp	2:11:12*	50-W.J. Swiatecki	2:23:34*	76-Bruce Dingwall/PMK	2:19:54*
25-Rodney Mowbray	1:51:13	51-Eileen McGowan	2:28:41	77-Steve Starkweather	2:05:29
26-Dennis Gustafson	2:00:20	52-Ron Peck	2:07:50	78-Gregor Weiss	2:05:43
27-Edward Lee	2:00:47	53-Richard Greenwald	1:59:16	79-Paul Naylor	2:14:52
28-Dick Emmons	2:07:13*	54-Carroll O'Conner/NCS	2:29:21*	80-Fred Schwarzer	2:06:22
29-Bill Kirchmier/NCS	2:12:31*	55-Arnold Knepper	2:19:27*	81-Lee Damron	2:06:59
30-Dennis Egley	2:17:50*	56-Tim Hicks	2:09:01	82-C. Bannan	2:07:27
31-Hans Roenau/MH	2:13:12*	57-Joe Maher	2:00:11	83-Jeff Houston	2:07:47
32-Dave Whitzenck	2:02:29	58-W.D. Frank	2:00:22	84-Jim McGowen	2:22:50*
33-Ed Stromberg	2:02:37	59-Raymond Caughron	2:10:02	85-Mark Lauer	2:17:09
34-Tom Lunne	1:53:38	60-Dick Willets	2:16:53*	86-Barbara Carlson/NCS	2:38:15*



(Left) Early leaders at the Walnut Festival (left to right): Peanut Harms, Bill Seaver, Angelo Martinez and Mike Emry. /Marooni/  
 (Center) Kevin Searls set a new record in the Boys 13-18 race with a 16:47 clocking. (Right) Mike Boitano won the "family race" over Dave Pratt with a 12:37 clocking. /Kevin Kirby Photos/

**MARTINEZ OUTKICKS SEAVER TO WIN WALNUT FESTIVAL RUN:** (Sept. 19, Walnut Creek) - Angelo Martinez, who has a habit of getting injuries before he's really in shape, certainly isn't injured this fall. Breaking away from everyone but Bill Seaver in the last few miles, Martinez opened up in the final half-mile to clinch a 6-second victory over WVTC's fast-improving runner. His 27:41 was only 18 seconds shy of Jim Nuccio's course mark, set last year in a solo victory. Angelo's "Aggie" teammates easily outscored an outmanned West Valley squad, 30-101. The masters race was just as exciting as the open competition. George Martin, who doesn't race all that often, succeeded in handing Ralph Bowles his first over-40 loss, 30:22 to 30:28. Ironically, the race was dedicated to Jim Shettler, and both Martin and Bowles erased his course standard (31:06) from the books. The mark had stood since 1973. Jim O'Neil got into the action with a superlative 31:18 to take the 50-and-over division without a challenge. Carolyn Tiernan had the race pretty much to herself, coasting to a 38:07 victory, far off the 35:11 time set by Phyllis Orlach in 1974. Kevin Searls won the Boys 13-18 race for the fourth straight year! He set a new mark of 16:47 in the process, pulling Rich Vasquez under the 17:13 record too. Mike Boitano and his sister Maryetta took one-three in the family run, but Bob, Mike & Carol Wall tallied the least points (24), obtained by adding finish place of mother, father, and one child. Top finishers in all divisions are listed below, including the age-group girls races, conducted by Frank Sutton. There were 181 finishers in the big race. /MacCono/

1-Angelo Martinez/AG	27:41	24-Mike Larson/Mt.Vaca	30:34	47-Gerald Werner	33:13	2-Janice Bain/CN	6:21
2-Bill Seaver/WVTC	27:47	25-Dave Mills/Chico	30:45	48-Tom Massey/WVJS	33:15	3-Andrea Cervantes/RG	6:40
3-Pete Sweeney/AG	28:03	26-Damon Wood/Cal	30:54	49-Ed Jerome	33:29	4-Amy Wulff	7:00
4-Mike Emry/PMK	28:18	27-Mike Daugherty/AG	30:58	50-Corey Sterner/AG	33:31	5-Lisa Lee/RG	7:19
5-Randy Terraberry/Chico	28:32	28-Rich Chitwood/AG	31:04	51-Ted Wilson/KJ	33:32	***GIRLS 10-11*** (1.25 Mi.)	
6-John Sheehan/WVTC	28:41	29-Dan Anderson/WVTC	31:12	52-Jeff Simons/AG	33:33	1-Maria King/Arrow	6:40
7-Albert Lenchi/AG	28:54	30-Jim O'Neil/SFOC	31:18*	53-Robert LaRogue	33:34	2-Jeanne Fuller/Un	6:46
8-Peanut Harms/AG	28:58	31-Walt Schafer/Chico	31:19	54-Larry Washington/WVTC	34:16	3-Jenny Ray/Un	7:03
9-Grover Prowell/MercTC	29:00	32-Kevin Kirby/AG	31:24	55-Gil Tarin/WVJS	34:34*	4-Jackie Lewis/Arrow	7:10
10-Dennis Tracy/WVTC	29:09	33-Tim Swezey/PMK	31:33	56-Russ Montello	34:35	5-Hilary Bray/Arrow	7:19
11-John Leeper/AG	29:41	34-Gary Alderman/PMK	31:49	57-Gerald Flynn	34:37	***GIRLS 12-13*** (1 Mile)	
12-Mark Paine/AG	29:49	35-Lon Berquist/AG	31:55	58-Ken Napier/WVJS	34:38*	1-Stacie Denison/Un	5:56
13-Bryan Tracy/Marin	29:56	36-Ross Smith/WVJS	31:58*	59-Virgil Chavez	34:42	2-Deenna Pearson/BldCrk	6:02
14-Harry Ellis/AG-WVTC	30:01	37-Roger Bryan/TRAC	32:00*	60-Bryan Holmes/BC	34:43*	3-Mary Gaffield/Un	6:16
15-Clark Jeffrey/AG	30:06	38-Terry Hughes	32:11	***BOYS 13-18*** (3.345 Mi.)			
16-Richard Smith/Chico	30:12	39-Charles Poutasse/AG	32:26	1-Kevin Searls	16:47	4-Karen Morris/RG	6:25
17-Mike Sweeney/AG	30:16	40-Geoffrey Adams/AG	32:30	2-Rich Vasquez	16:58	5-Kathy Ray/Okld	6:26
18-Ken Scalmanini/PMK	30:18	41-Thomas Weir	32:53	3-Rob Fairly	17:18	***GIRLS 14-17*** (2 Miles)	
19-George Martin/AG	30:22*	42-William Light	33:00	4-Craig Corey/WVTC	18:16	1-Debbie Rudolf/Lassen	12:40
20-Kevin Rudy/AG	30:24	43-Steven Barr/BC	33:02	5-Boyd Tarin/WVTC	18:21	2-Karen Nachbar/Orinda	12:59
21-R. Dressendorfer/Nitt	30:27	44-Robert Nelson/AG-WVTC	33:06	6-Stephen Cotten	18:21	3-Karen Foster/Lassen	15:01
22-Czermony Kaprys/AG	30:27	45-Dirk Rohloff/AG	33:12	***GIRLS 9/U*** (1 Mile)			
23-Ralph Bowles/WVJS	30:28*	46-Lloyd Sampson	33:12	1-Diane Rossman/Arrow	6:13	4-Ladelle Treece/Lassen	15:47
						5-Sue Uptegrove/Lassen	15:53

**JON ANDERSON MARK EVADES NUCCIO AT LAKE MERCED RUN:** (Oct. 3, San Francisco) - Although he was never really challenged during the race (40-second victory), WVTC's Jim Nuccio was not quite fast enough to haul in Jon Anderson's 1972 mark of 34:25 at the Pamakid Lake Merced 7-Miler. The PA-AAU handbook lists the record as 34:36 by Bill Clark, but we believe that's in error. Bill Seaver, running all alone in second place (35:15) ran a very strong race also. Daryl Zapata made it 1-2-3 for the West Valley men, before Denis O'Halloran broke it up. WVTC's score was 28, to runnerup Pamakid's 103 and Excelsior's 137. The hosts did salvage the women's team award, besting Millbrae Lions and the NorCal Seniors TC. Ralph Bowles continued pushing towards his goal of winning the NCR Point Trophy this year by nipping Jim Shettler's old course mark by 6 seconds in 37:42. Ross Smith was a distant second at 38:46. Vicky Bray ran a very strong race to demolish her opposition in the women's division. However, she did not approach Joan Ulliot's 1975 record (42:29) with her 43:33. Peggy Lavelle was next at 47:48. Jeanie Kayser-Jones bested Carroll O'Conner for the women's masters trophy in the absence of Ruth Anderson. A whopping 315 finished this popular run. About a third of them are listed below and on the following page. /Pamakid Runners/

1-Jim Nuccio/WVTC	34:35	8-John Clary/TRAC	36:52	15-Ralph Bowles/WVJS	37:42*	22-Jake White	38:41
2-Bill Seaver/WVTC	35:15	9-Mike Conroy/ETC	37:00	16-Gary Goettelmann/WVTC	37:47	23-Ross Smith/WVJS	38:46*
3-Daryl Zapata/WVTC	36:03	10-Bill Spence/Un	37:13	17-Marc Lund/WVTC	37:48	24-Fred Fravens	38:48
4-Denis O'Halloran/Un	36:14	11-Clark Rosen/PMK	37:16	18-Rich Hornstra	38:04	25-David Muela/ETC	38:55
5-Pat Miller	36:16	12-Tim Chain	37:17	19-Bill Benz/WVTC	38:23	26-Ronald Kunst	39:03
6-Dennis Tracy/WVTC	36:19	13-Randy Selzer	37:31	20-Bob Darling/ETC	38:32	27-Tim Swezey/PMK	39:08
7-Bob Lange/CWTC	36:20	14-Ernie Rivas/PMK	37:36	21-Gary Alderman/PMK	38:38	28-Ulrich Kaempf/TRAC	39:15*

29-John Finch/NCS	39:25*	50-Bob Lualhati/NCS	41:40*	71-Gerald Flynn	43:54	92-Al Amador	45:37
30-Bob Myers/PMK	39:32	51-Tom Pierce/PMK	41:48*	72-Lorenzo Chambliss	43:59	93-Mark Scheur	45:42
31-Ken Napier/WVJS	39:55*	52-Don Capron	41:51	73-Bill Bugler	44:04	94-Tom Yackle	46:01
32-Edward Lee	40:10	53-Jim Nicholson/NCS	41:52*	74-William Lovelace	44:06	95-Don Lucero/WVTC	46:02*
33-Kees Tuinzing	40:13	54-George Green	42:13	75-Dennis Kilian	44:15	96-John Fritzen	46:11
34-Rick Rockwell/ETC	40:15	55-George Roach	42:16	76-Grady Wright	44:24	97-Tom Callendar	46:20
35-Greg Jewett	40:25	56-Keith Whittingslow	42:23	77-Don Elsner	44:27	98-Steve Dean	46:21
36-Ted Wilson/KJ	40:27	57-Ray Menzie/WVTC	42:34*	78-Joe Camisa	44:30	99-Rich Salinas	46:23
37-Mike Plummer	40:32	58-Dick Lamb	42:41	79-Tom Robinson	44:34	***WOMEN***	
38-Lloyd Sampson	40:40	59-Mike Wheeler	42:45	80-A.P. Stanbridge	44:35	68-Vicky Bray/SJC	43:33
39-Ed Jerome	40:49	60-Charles Albert	42:51	81-Sheldon Gersh/PMK	44:35	116-Peggy Lavelle/MLTC	47:48
40-Hoyt Walker	41:13	61-Gough Reinhardt/NCS	42:56*	82-Jon Mohr	44:36	120-Jeanie Kayser-Jones/PK	48:02*
41-William Smith	41:18	62-Lawrence Czewsta	43:00	83-Jim Allen/NCS	44:40*	123-Pat Whittingslow/PMK	48:11
42-Jason Moreno	41:20	63-Richard Cooper	43:05	84-William Flodberg/WVJS	44:53*	128-Maria King/WDS	48:41
43-George Ridout	41:21	64-Cliff Collins	43:12	85-Tom Masterson	44:57	143-Theresa Gilbreath	49:12
44-John Malarkey	41:22	65-Ralph Worthington	43:26	86-Rich Harley	45:02	149-Julie Ortiz	49:33
45-W.D. Frank	41:25	66-Daniel Seamount	43:30	87-James Jacobs/NCS	45:08*	164-Carroll O'Conner/NCS	50:22*
46-Keith Larsen	41:28	67-Adrian Wong	43:32	88-Flory Rodd/NCS	45:12*	165-Nancy Edelson/PMK	50:28
47-Bill Catanese	41:29	68-Vicky Bray/SJC	43:33	89-Jonathon Brown	45:17	168-Karen Scanne11/PMK	50:38
48-David Black	41:32	69-David Kornek	43:49	90-Elmer Sanborn	45:25	169-Elizabeth Brown	50:41
49-Don Chaffee/ETC	41:35	70-Dave Larson	43:50	91-Raoul Kennedy	45:30	170-Sally Edwards	50:43



(Left) Start of the Berkeley Waterfront Run... winner Ron Zarate behind right shoulder of leader. (Right) Kathy Himmelberger--1st woman. /Engle/



**ZARATE & HIMMELBERGER WIN BY BIG MARGINS AT BERKELEY WATERFRONT RUN:** (Oct. 9, Berkeley) - Ron Zarate came down from Reno to make a run for some of the merchandise awards given by the sponsoring Athletic Dept. and Sierra Designs and came away the winner with a quick 24:46.2. Although 23 seconds off of Jim Nucchio's 1975 course mark, it was sufficient to best runnerup Bill Clark by about an eighth of a mile. Recent newcomer to the area, Pat Miller, was only two seconds back of Clark in third. Pat hails from the Los Angeles area and will be living in Berkeley for a few years going to school. Ralph Bowles continued to dominate the masters crowd with a great 26:44 time. This crushed the late Jim Shettler's 1975 standard by 37 seconds! Ulrich Kaempf, second in this division, only missed the old record by six seconds. Kathy Himmelberger dashed to a two-minute plus victory over Julie Ortiz to grab a top merchandise award. Pat Whittingslow ducked in for third, just three seconds back of Julie. Perfect conditions prevailed for the duration of the 5.09 mile race, as 60-degree temperatures and overcast skies ensured a pleasant run for the 328 finishers. Below are listed the top third of the finishing field. /Ron Wayne/

1-Ron Zarate	24:46	28-Terry Casey/ETC	27:38	55-John Armstrong	29:34*	82-Alan French	31:14
2-Bill Clark/WVTC	25:22	29-David Sjostedt	27:46	56-Ed Jerome	29:35	83-Bill Turrentine	31:17
3-Pat Miller	25:24	30-Roger Bryan/TRAC	27:47*	57-Mike Huwaldt	29:36	84-Larry Arata	31:18
4-Dennis Tracy/WVTC	25:37	31-Vic Cary	27:54	58-Jeffrey Blum	29:39	85-Bruce Maxwell	31:19
5-Mike Niemiec/WVTC	25:39	32-Gary Krauss	28:02	59-Charles Albert	29:43	86-Jon Mohr	31:25
6-Mark Proteau/NVRC	25:43	33-Larry Washington/WVTC	28:05	60-Mike O'Donnell	29:50	87-Steve Wong	31:32
7-Ted Quintana/WVTC	25:44	34-Jim Holben/WVTC	28:07	61-Larry Czelusta	29:56	88-Jeffrey Rogers	31:33
8-John Clary/TRAC	25:46	35-Kerry Kilgore/SUND	28:09	62-Albino Amador	29:58	89-Kathy Himmelberger/WV	31:34
9-Dave Himmelberger/WVTC	25:54	36-Paul Holmes/BC	28:10*	63-Ray Menzie/WVTC	30:00*	90-Jerry Conedera	31:38
10-Ron Wayne/WVTC	26:18	37-Lloyd Sampson	28:19	64-Jim Clapp	30:08	91-T. Callander	31:39
11-Bill Spence/Un	26:20	38-Ted Wilson/KJ	28:21	65-Bill Lovelace	30:09	92-Stephen Waller	31:40
12-Bruce Degen/MH	26:25	39-Bob Woodward	28:24	66-Glen Harada	30:10	93-Jim Allen/NCS	31:41*
13-Ralph Bowles/WVJS	26:44*	40-Greg Bachand	28:32	67-Jeff Houston	30:12	94-Gordon Phillips	31:44
14-Jake White	26:48	41-Doug Geribald	28:35	68-Gerald Flynn	30:25	95-William Roach	31:46
15-Bennie Jordan	26:50	42-Bruce Carradine	28:40*	69-Mike Kinnicutt	30:27	96-Dick Atten	31:48
16-Ray Bonner/TSRC	26:52	43-Ray Corona	28:52	70-Tom Robinson	30:32	97-Michael Griffith	31:56
17-Kent Guthrie/WVJS	27:00	44-Rick Rockwell/ETC	28:53	71-Thomas Edwards	30:34	98-S. Kowalceyk	31:58
18-Jeff Zimmerman	27:02	45-George Roach	29:00	72-Marvin Pettey	30:35	99-Geoffrey Hill	32:00
19-David Muela/ETC	27:04	46-Dana Burall/Un	29:02	73-Eric Hartman	30:37	***WOMEN***	
20-Tom Castro	27:05	47-David Black	29:08	74-Ron Nemeth	30:38	89-Kathy Himmelberger/WV	31:34
21-Dick Ratliffe	27:11	48-David Brown/WVTC	29:13	75-Warren Moorman	30:40*	151-Julie Ortiz	33:42
22-Doug Rennie	27:20	49-Mike Wheeler	29:14	76-Jeff Vines	30:58	153-Pat Whittingslow/PMK	33:45
23-Don Swanson	27:22	50-Mike Healy/WVJS	29:16*	77-Richard Austin	30:59	167-Francis St. John	34:03
24-Dennis Krol	27:23	51-Donand McDonald	29:23*	78-Harold Rosen	31:01	190-Kathy Maloney	35:21
25-Ray Orwig/WVTC	27:25	52-David Moon	29:25	79-Bill Robbins	31:06	193-Moira Casey	35:39
26-Ulrich Kaempf/TRAC	27:27*	53-Jerry Jimenez	29:27	80-Stan Fink	31:07	197-Tina Chee	36:06
27-Bob Myers/PMK	27:29	54-Jack Jamieson	29:33*	81-Richard Keene	31:13	201-Joan Dryer	36:28

**ROUTH, STERN AND FURTADO WIN BY LARGE MARGINS AT GARLAND RANCH RUN:** (Oct. 10, Carmel Valley) - WVTC's southern annex put together a very scenic and challenging course over 6.92 miles of trails in the Garland Ranch Regional Park. The turnout was about as large as expected (87 finishers), however, the divisional winners kind of walked off with their honors rather easily. John Routh of the Woodside Striders took a 50-second victory over Tad Woliczko of the Pamakids and Santa Cruz. John's 5:44/mile average attests to the fact that the course is challenging. Third was Greg Haney, just over two-minutes behind the winner, and top dog in the high school division. Dave Stern served notice that he will be a major factor in the masters scene as he grabbed fourth overall, only a couple of strides out of third. Just as impressive was Sharon Furtado, who runs for West Valley College on days when she doesn't run for WVTC. Her sixteenth position overall (just behind the second master, Bob Lytle) and 46:42 time shoes why she's considered one of the top hill runners in the area. Her nearest challenge came from Barbara Wangoe who was over twelve minutes back. Other divisional winners were Marge Kohler (1:19:13), first woman over forty, and Rosemary Vasquez (13/Under). /Goettelmann & Marquard/

1-John Routh, Jr./WDS	39:38	10-Robert Wellck/MPAC	44:55	19-John Brazinsky/Un	47:48	28-Paul Naylor/Un	49:05
2-Tad Woliczko/PMK	40:28	11-Bruce Campbell/Un	45:38	20-Jay Cook/Un	47:49	29-Doug Evans/Un	49:07
3-Greg Haney/Un	41:44	12-Steve Rice/Un	45:52	21-Mike Kimberling/MVS	47:50	30-Franz Brazill/Un	49:46
4-Dave Stern/WVTC	41:46*	13-Rickey Gaches/Un	46:09	22-Gary Upham/Un	48:01	31-George Vasquez/Un	50:04
5-Charles Schwarz/Un	43:30	14-John Houlette/Tokyo	46:22	23-Richard Bawcom/RRC	48:20*	***WOMEN***	
6-John Lavigne/Un	43:57	15-Bob Lytle/TRAC	46:31*	24-Michael Baxter/MtryHS	48:31	16-Sharon Furtado/WVTC	46:42
7-Ben Sawyer/Soquel RC	44:06	16-Sharon Furtado/WVTC	46:42	25-John McCrillis/TRAC	48:49	64-Barbara Wangoe/Un	59:05
8-William Reinhart/Un	44:17	17-Bob Hertan/WVTC	47:13	26-Jeff Tolhurst/York	48:50	71-Marsha Elam/Un	63:22
9-Michael Deis/MtryHS	44:36	18-Don Dugdale/Un	47:26	27-Eimer Sandborn/Un	49:02	74-Marty Wellck/MPAC	64:23

**MAXWELL SCARES LOWRY MARK AT BERKELEY-MORAGA:** (Oct. 17, Berkeley) - Canadian Brian Maxwell, assistant cross-country coach at UC Berkeley, put a scare into Byron Lowry's long standing (1970) course mark of 1:10:25 with what is believed to be the second fastest time ever (1:10:54) over this challenging up-and-down course. Although temperatures got rather warmish towards the last half of the run, Maxwell didn't seem to be bothered by it. He finished over a quarter-mile ahead of Excelsior's NCCR 'point leader', Jan Ser-shen, who notched a good 1:12:20 time himself. Denis O'Halloran, recent Ocean-to-Bay Marathon victory, picked up the third spot. Ralph Bowles scored a similar margin of victory over Ulrich Kaempf, 1:18:50 to 1:20:11, with division-II runner, Jim O'Neil, picking up third in a fine 1:21:12. Ralph missed Ross Smith's 1973 time of 1:17:46 by a bit more than a minute. Sharon Furtado was the only one who managed to take in a course mark with her 1:26:45, just 13 seconds better than Kathy Rankin turned last year. Her time averages out to 6:14 per mile! Considering the difficulty of the course, that's a super-fast average per mile. The first five miles or so is all uphill...not steep, but always up! Joan Ulyot, just back from Germany and the International Women's Marathon, where she did a 3:01+, took runnerup spot with a not-so-bad 1:34:07...only two weeks following her 26-miler. Much-improved Jeanie Kayser-Jones (must be the married life, right Jeanie?!) nailed down the next position in a fine 1:37:15, as she was also the first in the over-40 women's category. Another newly-wed, Karen Bessey-Diekmeier, also dipped under 1:40 with a 1:39:50. A huge crowd of 351 made it to the finishline at St. Mary's College in Moraga, after winding over the Berkeley hills from the Claremont Hotel. Only real complaint I heard was the obvious lack of water stops...like none?! /Charles MacMahon/

1-Brian Maxwell/Canada	70:54	36-Valmore LaPierce	84:04	71-Orin Davis	88:42
2-Jan Ser-shen/ETC	72:20	37-Guy Ealey	84:11	72-Tom Mota	88:54
3-Denis O'Halloran/Un	72:58	38-Hashim Basheddin	84:11	73-Bill Rupley	89:17
4-Patrick Miller	74:04	39-Michael Duncan/WVTC	84:47	74-Ted Fuller	89:23
5-Gene Fitzgerald/PMK	74:58	40-Leonard Berman	84:53	75-Lorenzo Chambliss	89:24
6-Bob Cooper/WDS	75:12	41-Jim Nicholson/NCS	84:58*	76-Joe Domek	89:25
7-Mark Proteau/NVRC	75:53	42-Norm Boyd	84:58	77-Warren Moorman	89:26*
8-Paul Thompson	75:56	43-Lloyd Sampson	85:16	78-Jack Ball	89:49
9-David Fuller	76:12	44-Larry Lawson	85:20	79-Dave Larsen	89:50
10-Keith Kruse	77:04	45-Joel Caldwell	85:25	80-Jim Allen/NCS	89:52*
11-Bob Woodliff/WVJS	77:23	46-Doug Garibaldi	85:32	81-Alan Chesterman	89:56
12-Clark Rosen/PMK	77:23	47-Cliff Stuart	85:41	82-Bill Lovelace	89:57
13-Greg Jewett	78:41	48-Paul Holmes/BC	85:54*	83-Charles Cauldwell	90:00
14-Ralph Bowles/WVJS	78:50*	49-Steve Lloyd	86:00	84-Edward Greub	90:02*
15-Fred Frauens	78:56	50-Keith Whittingslow	86:05	85-John Soubier	90:09*
16-Dick Ratliff	79:22	51-Dana Burall/Un	86:09	86-Myron Nevaumont	90:30
17-Ronald Kunst	79:43	52-Jack Eva	86:10	87-Mike Trainor	90:32
18-Tim O'Halloran	80:06	53-Mike Wheeler	86:25	88-Vikram Gosain	90:35
19-Ulrich Kaempf/TRAC	80:11*	54-Marvin Winer/WVTC	86:25	89-Fred Arndt	90:55
20-Brian Bonner	80:26	55-Ed Lee	86:36	90-Jonathan Fink	91:16
21-John Notch/WVTC	80:40	56-Francis Mason	86:41	91-David Eck	91:33
22-Roger Bryan/TRAC	80:59*	57-Bob Wandro	86:44	92-Harnsberger	91:34
23-Tim Nikcevik	81:02	58-Sharon Furtado/WVTC	86:45	93-Thomas Palmer	91:38
24-Dennis Kroll	81:10	59-Hoyt Walker	86:47	94-Pete Mattei/NCS	91:44*
25-Jim O'Neil/SFOC	81:12*	60-Dwight Hendrix	86:54	95-James Jacobs/NCS	91:52*
26-Gene Schaumburg	81:14	61-Don MacDonald	86:59*	***WOMEN***	
27-Ted Wilson/KJ	81:52	62-Richard Emmons	87:10*	58-Sharon Furtado/WVTC	86:45
28-Dave Muela/ETC	82:37	63-Randy Hansen	87:12	124-Joan Ulyot/WVTC	94:07
29-Raymon Juncosa	82:38	64-Bill Kirchmier/NCS	87:17	143-Jeanie Kayser-Jones/PK97:15*	
30-Roland Watson/WVTC	82:52	65-Thomas Boyle	87:20	170-Karen Diekmeyer/SUND	99:50
31-Santos Reynaga/WVTC	83:24	66-Mike Stubblefield	87:33	183-Caron Schaumburg	101:22
32-Peter Wood/NCS	83:46*	67-Bob Ernst	87:46	200-Pat Whittingslow/PMK	103:05
33-Bob Anderson	83:51	68-Dieter Diekmeyer/SUND	87:56*	220-Julie Ortiz	105:19
34-Tom Linne	83:54	69-Charles Keck	87:57	222-Gail Gustafson	105:31
35-Eric Nelson	83:56	70-Clyde Helms	88:28	229-Carroll O'Conner/NCS	106:50*

\*\*Note: - Made a mistake above...turns out Roger Bryan was the third masters runner in this race with a great 1:20:59. We'll have to change the NCCR point totals next time to reflect this too. The results sheet didn't have him indicated as a master and I just now caught it.



(Left) Start of the Garland Ranch Run. (Above) Sharon Furtado at Garland Ranch Run, leading Bob Malain (DNF?). /O'Rourke/ (Above) Brian Maxwell on way to Berkeley-Moraga win. /Marconi/

### LATE GNUS

Still no results for the Dipsea, Dammit, and Lake Wildwood runs in late August and early September. If anyone has them, please send us a copy if you receive them before the end of November. We really don't expect the Dipsea results

until sometime next summer, but we can dream? Quick flashes of some various results: - Jan Ser-shen (2:26) and Penny DeMoss (3:02) took the Sonoma Marathon. Jim Nuccio, Wolfgang Schmulewicz and Gary Blume tied for first at the Excelsior West End Run and Sharon Furtado was top woman.



AD: - Contact Dennis Tracy if you want to sell or buy a home in So. Alameda Co. (Okld. to Fremont & Livermore)...Better Homes Realty (B) 783-5800; (H) 538-7573.

**FERREIRA WHIPS DEIS AT GOLDEN EMPIRE X-C:** (Aug. 21, Penn Valley) - Adam Ferreira of North Highlands (near Sacramento) had little trouble in taking victory over Bob Deis at this multi-race cross country meet. His 21-second margin of victory was one of the largest margins in this meet's history. There were fairly small turnouts in most of the age-group divisions, and top placers are listed below. /Nick Vogt/

<b>***BOYS 9/U*** (0.9 Miles)</b>	3-Larry DeWitt/VMTC 14:46	3-Robert Cooper/WDS 28:11	<b>***GIRLS 9/U*** (0.9 Miles)</b>
1-Jim Mancarusu/VMTC 6:44	4-Ken Harvey/Un 14:54	4-Mike Adams/HH 29:07	1-Kristen Calegam/WDS 7:56
2-Chuck Haggard/VMTC 6:44	5-David Lampson/GSTC 15:17	5-Stacy Geiken/WDS 29:18	<b>***GIRLS 10-11*** (1.42 Mi.)</b>
3-Mathew Gunderson/VMTC 7:00	6-Randy Fairchild/BC 15:38	6-Mike Dougherty/Davis 30:51	1-Linda Van Housen/WDS 9:28
<b>***BOYS 10-11*** (1.42 Mi.)</b>	<b>***BOYS 16-17*** (3.3 Mi.)</b>	7-Peter Hansen/OPHIR 31:12	<b>***GIRLS 12-13*** (2 Mi.)</b>
1-Jack Kegg/VMTC 9:02	1-Armand Moreno/VMTC 18:05	8-James Walton/Un 31:27	1-Sandy Beauchamp/Un 13:28
2-Dave McFadden/WDS 9:07	2-Dennis Rinde/OPHIR 18:09	9-Fred Kenyon/VMTC 31:54	<b>***GIRLS 14-15*** (2.54 Mi.)</b>
<b>***BOYS 12-13*** (2 Mi.)</b>	3-Scott MacDonald/EG 18:37	10-Steve Coronado/HH 32:10	1-Deenna Pearson 17:49
1-Duarte Machade/VMTC 11:20	4-Greg Mandanis/WDS 19:09	11-Jose Cortez/WDS 32:33	2-Joy Chun/Hunky Bunch 17:59
2-Daven Chun/Hunky Bch 11:24	5-Frank Turner/Colfax 19:19	<b>***MEN 35/OVER*** (5.05 Mi.)</b>	<b>***WOMEN 16/OVER*** (3.3 Mi.)</b>
3-Dave Rodriguez/VMTC 11:43	6-Jerry Chun/Hunky Bch 19:32	1-Tim Jordan/BC 28:37	1-June Chun/Hunky Bunch 22:26
<b>***BOYS 14-15*** (2.54 Mi.)</b>	<b>***MEN 18/OVER*** (5.05 Mi.)</b>	2-Bob Bourbeau/Un 29:35*	2-Kathy Adams/Un 22:48
1-Dave Swan/SUND 14:22	1-Adam Ferreira/Un 27:37	3-Ross Smith/WVJS 30:19*	<b>***WOMEN 35/OVER*** (5.05 Mi.)</b>
2-Steve Howard/VMTC 14:31	2-Robert Deis/Un 27:58	4-Doug Rennie/BC 30:32	1-Gail Warness/Ananda 50:40

**PINOCCI & BOWLES TOPPLE RECORDS IN BIG VICTORIES AT ALAMEDA:** (Sept. 4, Alameda) - Mike Pinocci and Ralph Bowles had it pretty much to themselves at this year's Alameda X-C Carnival. Pinocci grabbed the open division, blitzing a 31:04 Nuccio mark with a swift 30:11 over the 6-mile course. Bowles, making a shambles of the masters competition, destroyed Jim Shettler's course mark of 34:26 with an incredible 33:07. Both the efforts by Pinocci and Bowles were essentially solo. Ray Castro annexed the high school trophy with a 32:17, winning handily by over a half-minute. In the shorter 3-mile race, Kathy Adams' record of 17:02 was not even approached, as Karen Bain needed only a 19:30 to win by a large, 50-second margin. Canyon High School took the team honors in the prep division, and West Valley TC did likewise in the open race. A good turnout of some 150 runners toed the line at the Alameda Golf & Country Club. Top marks from all divisions are listed below. /Bob DeCelle/

<b>***OPEN***</b>	15-Richard Matthews/Un 34:36	8-Philip Brock/Un 34:33	<b>***BOYS 14/UNDER***</b>
1-Mike Pinocci/WVTC 30:11	16-Larry Main/WVTC 34:44	9-Gordon Kirby/Un 35:53	1-Britt Brewer/Un 18:52
2-Boyd Tarin/WVTC 31:46	17-Ted Wilson/Un 34:46	10-Karl Machscheffes/PAL 36:04	2-Raoul Kennedy/DSE 19:19
3-Peter Jones/Un 32:36	18-Jeff Romiguere/Un 34:55	11-Peter Foster/Un 36:04	3-Michael Kennedy/Un 21:05
4-Mike MacAllair/Un 32:36	19-Tony Casillas/Un 35:25	12-Dennis King/Un 36:49	4-Mike Small/Un 21:26
5-Bill Spence/Un 32:37	20-Lloyd Sampson/Un 35:57	13-Robert Anaya/Un 36:49	<b>***GIRLS 14/UNDER***</b>
6-Dave Robertson/WVTC 33:05	21-Ed Jerome/Un 35:59	14-Carlos Martinez/Un 36:53	1-Sandra Beauchamp/WS 21:53
7-Doug Butt/WVTC 33:07	<b>***HIGH SCHOOL***</b>	<b>***MASTERS***</b>	2-Deenna Pearson/Un 22:25
8-Mike Plummer/Un 33:19	1-Ray Castro/Un 32:17	1-Ralph Bowles/WVJS 33:07	3-Veronica Cunningham 24:23
9-Dennis Urriaga/Un 33:22	2-Ken Romiguere/Un 32:48	2-Bill Snavely/Sund 36:08	<b>***WOMEN***</b>
10-Greg Hodson/Un 34:09	3-Ray Kindle/ATC 33:17	3-Bryan Holmes/Un 37:35	1-Karen Bain/Un 19:30
11-Gary Alderman/PMK 34:09	4-Harry Youkers/Un 33:24	4-Joe King/ATC 38:45	2-Teri Hagerty/Sund 20:20
12-Bill Benz/WVTC 34:16	5-Dan Martinez/Un 33:59	5-Anthony Chavez/Un 40:33	3-Carolyn Tiernan/WVTC 21:01
13-Frank Hagerty/Sund 34:24	6-Danyal Kasapligil/Un 34:02	6-Robert Abbott/DSE 43:00	4-Cheri Williams/Un 21:36
14-Fraser Jensen/Un 34:35	7-Scott Flagg/Un 34:14	7-Gene Leeks/NCSTC 43:57	5-Susan Laird/Un 23:11

**BOB COOPER BEATS MEET DIRECTOR IN SILVER STATE MARATHON:** (Sept. 5, Washoe Valley, Nev.) - Meet Director, Skip Houk, almost pulled off a big win in his own marathon, but Bob Cooper made sure he didn't get too close, winning by some four minutes. Skip's first attempt at putting on a marathon turned out to be a huge success. Sponsored by the Nevada Heart Fitness Institute, the race was a co-feature with a seminar on the previous day that was attended by 300. The marathon itself drew 250 starters...not bad at all for a high-altitude affair that might not normally tend to draw a large field. The altitude and warm temperatures got to a good portion of the participants, but 186 still managed to complete the grueling race. Roger Bryan led the over-40 crowd with a super 2:56:04 and seventh place overall. This won his division by more than ten minutes! Debbie Rudolph of Westwood was also unchallenged in the women's division, clocking a 3:37:11, which was some 22 minutes ahead of the next female finisher...whoa!, I take that back. Elizabeth Curtin of Mammoth Lakes was fairly close at 3:40:40. The Buffalo Chips of Sacramento took the team prize. With all the support from the community this year, and the good turnout, looks like this'll be even better next year. /Skip Houk/

1-Bob Cooper/WDS 2:39:09	18-Daniel Brown/Ore 3:13:00	35-Steve Parker/Reno 3:21:35	52-Bruce Brinkema 3:27:42*
2-Skip Houk/WVTC 2:43:15	19-Robert Ogg/BC 3:13:43	36-Bob Lualhati/NCS 3:22:11*	53-Cal Pettengill/Reno 3:28:55
3-Clayton Steinke/Ore 2:48:37	20-Brian Stansauk 3:15:04	37-Kevin Buchanan/Reno 3:22:22	54-Skip Youngdahl 3:29:10*
4-Lynn Mentzer/Reno 2:51:24	21-John Lavin/Reno 3:15:59	38-Paul Holmes/BC 3:22:37	55-Walt Calcagno/S.F. 3:29:29
5-Greg Mandanis/WDS 2:53:22	22-Art Waggoner/BC 3:16:06*	39-Bob Jensen/Wash. 3:23:50	56-David Pratt/Denver 3:29:43
6-Dennis Stansauk 2:55:30	23-Austin Angell/SLT 3:17:12	40-Fred Pinkerton/Reno 3:24:10	57-Tim Hicks 3:31:32
7-Roger Bryan/TRAC 2:56:04*	24-Tom Purkiss/MamLks 3:17:31*	41-Stephen Dow/Reno 3:24:45*	58-Rick Breen 3:31:34
8-Dennis Rennie/BC 2:57:07	25-Greg Nelson/Reno 3:17:37	42-Calvin Lau/L.A. 3:24:58	59-Harrison Smith 3:31:43*
9-Kevin Collins/Reno 2:57:46	26-Aaron Goldman 3:18:21*	43-Robert Johnson/Reno 3:25:36*	60-DeArmond Sharp 3:32:43
10-T.J. Lokke/Reno 2:59:15	27-Mark Wynne/Elko 3:18:38	44-Donald Potter/Sonora 3:25:50	61-Walter Basinger 3:32:57
11-Ed Jerome/Un 2:59:38	28-Jay Clark/Hawaii 3:19:12*	45-James Ray/N.M. 3:26:31	62-Mike O'Halloran 3:33:21
12-Frank Lemus/Sparks 3:00:40	29-Tom Lucas/WDS 3:19:27	46-James Kemp/Denver 3:26:41	<b>***WOMEN***</b>
13-Bill Peck/Wasco 3:02:57	30-Walt Currier/SLT 3:19:28*	47-Anthony Gomes/Denver 3:26:41	68-Debbie Rudolph 3:37:11
14-Kees Tuinzing/MH 3:04:41	31-Richard Edson 3:20:10	48-Paul Reese 3:26:45*	81-Liz Curtin/MamLks 3:40:40
15-Ty Hadley 3:07:26*	32-Noel Lincicome/Reno 3:20:53	49-Robert Ortiz 3:26:46	107-Donna Scaff/Hawaii 3:59:19
16-Byron Richardson/WV 3:08:33	33-David Wilday/Reno 3:21:07	50-V.I. Wexner 3:27:01	108-Susie Gosar/Reno 3:59:33
17-Doug Rennie 3:10:53	34-Gary Stansauk 3:21:10	51-Pat Downey/TahoeCty 3:27:42	115-Fatima Ali/Penna. 4:04:11

**TIMES-NINE RACES: SEAVER WINS INDIVIDUAL RACE; CAMINO WEST TAKES RELAY:** (Sept. 6, Belmont) - The San Mateo Times billed this event as the 'something for everyone' races. There were 99-yard dashes for the small-fry, 9.99-kilos for those who wanted an individual event, and a 9-mile relay (3 by 3 miles). Camino West opted to put their strength into the relay event, coming out with a narrow victory over the Little Hills Striders, 48:31 to 48:51. In the individual race, Bill Seaver of WVTC did battle with Pete Sweeney of the Aggie RC, with Seaver coming out on top, 33:45 to 33:55. Bill Clark was another 9 seconds back to make it a close three-way race. The rest of the pack was several minutes back. Ulrich Kaempff was 14th overall with a good 38:47 clocking to grab over-40 honors, with LDR Chairman, Harold DeMoss, next in 40:22. Phyllis Olrich was a half-minute ahead of Sharon Furtado in the women's division, 41:41 to 42:10. Both the relay and the individual race had many divisions, but there were way too many to list extensively here. If you want a copy, send a self-addressed envelope to the San Mateo Times. The first all-female team to finish was the "West Valley Floozies", composed of Phyllis Olrich, Peg Lyman & Penny DeMoss (59:01). Results follow: /S.M. Times/

10-Vetter/ISU 17:41, 11-Gorman/SFV 17:43, 12-Cook/ISU 17:56, 13-Bankes/KK 17:56, 14-Tolford/SFV 17:57, 15-Bridges/LATC 17:58 ...28-Poor/AIA 18:26, 31-Furtado/WVTC 18:32, 38-Costello/LATC 18:52, 53-Hagerty/SUND 19:30, 56-Olrich/WVTC 19:38. /Olrich/

NAT'L. 3-MILE POSTAL: (Dec. 4, Saratoga) Teams: Piner 74:52.5, Redwood 75:33.9, Carlmont 75:37.7, Watsonville 75:46.0, Leigh 77:12.1...1-Holmes/Downey 13:59.9, 2-Berry/Red 14:00.4, 3-Love/Carl 14:21.4, 4-Sup/Palma 14:30.0, 5-Brewer/Lei 14:39.8, 6-Castro/Log 14:43.8, 7-Munoz/Wat 14:48.2, 8-Biando/Pin 14:48.8, 9-Mandanis/Carl 14:49.0, 10-Bullano/Pin 14:52.9, 11-Moreno/Pin 14:53.8, 12-Martin/Pin 14:55.2, 13-Chapman/Red 14:56.6, 14-Siqueros 14:56.8, 15-Boynton/Cu 15:02.0. Frosh: O'Conner/Carl 15:18.0, Kurr/Gunn 15:35.5. /Bill Hotchkiss, Keith Conning/

NAT'L. JR. OLYMPIC X-C CHAMPIONSHIPS: (Dec. 11, St. Louis, MO) /Girls 14-15/ 1-O'Connor/Md. 10:36.6...3-Goen/Bak'fld 11:11; /Boys 9-Under/ 1-Nie/III. 5:39...8-Wall/Susanville 5:54; /Boys 10-11/ 1-Williams/Md. 6:45.4...8-McGee/Albany 6:56; /Boys 14-15/ 1-Clark/Fla. 9:48.8...6-Williams/Chico 10:00. /Rick Harmon/

## LONG DISTANCE RESULTS

NOTES: - We are lacking most results from Southern California because John Brennan's computer was wiped out...hopefully, he will have things back together shortly and we'll be able to print past results. Anyone having even partial results should send them to us...we ain't got nothin'.

1ST ANNUAL LAS TRAMPAS TRAIL RUN: (Nov. 1, 1975...Alamo) Yup! We got the date right. Just received a copy of the results a few weeks back, along with the 1976 results. Since we never did print the 1975 results, we'll put them here...not too many, but just enough for a bit of nostalgia. --- 1-Seaver/WVTC 45:08, 2-Guthrie/WVJS 45:34, 3-Lower 46:09, 4-Tracy/WVTC 46:24, 5-Benz/Un 46:27, 6-Cathcart/LVRC 47:17, 7-Rowley 47:39, 8-White 47:55, 9-Shettler/WVJS(40+) 49:29, 10-Finch/NCS(40+) 49:52, 11-Tutino 50:15, 12-Malain/NCS(40+) 50:27, 13-Flodberg/WVJS(40+) 52:19, 14-James 52:37, 15-Jewett 53:20, 16-Garnett(40+) 53:25, 17-Pinckard 53:45, 18-Lee 53:50, 19-Woodliff 54:00, 20-Evans(40+) 54:10 ...35-Skip Swannack/WDS 60:59, 39-Nancy Edelson/PMK 65:59. Approx. 8 miles. /Peter Mattei/

NIKE/OREGON TC MARATHON: (Oct. 10, Eugene, Ore.) 1-Hensley 2:21:56, 2-Merrill 2:23:27, 3-Oja 2:25:46, 4-Steinke 2:33:49, 5-Jenes 2:34:40, 6-Ross 2:35:18, 7-Storbeck 2:36:19, 8-Mineau 2:37:52, 9-Kershar 2:37:57, 10-Babich 2:38:02...15-Schafer/CRC 2:40:12, 37-Jerome/TRAC 2:49:52, 39-Diane Barrett/Fresno 2:51:05, 63-Brewer/Davis 2:57:16, 67-Richey/CRC 2:58:27, 99-Harold DeMoss/WVTC 3:14:14, 107-Penny DeMoss/WVTC 3:18:46, 129-Wurm 3:27:38. /Goeff Hollister/

SANTA BARBARA MARATHON: (Oct. 17, Santa Barbara) - The top 20 finishers were listed in last issue...here are some other Nor-Cal finishers that we did not have data on last time: 22-Stein/TRAC 2:54:31, 29-Sawyer/SoqRC 2:57:06, 34-Jerome/TRAC 2:58:20, 44-Reinhardt/LVRC 3:02:40, 47-Moberg/LVRC 3:03:11...Ryon/LVRC 3:20:24, Campbell/LVRC 3:23:38, Crosetti/TRAC 3:23:45, Collins/WVJS 3:40:17, Kimberling/MVS 3:42:18, Siitonen/Un 4:10:35. /John Brennan/

NEW YORK CITY MARATHON: (Oct. 24, New York City) 1-Rodgers/GBTC 2:10:10, 2-Shorter/FTC 2:13:12, 3-Stewart/Engl 2:13:21, 4-Hughson/TOC 2:16:10, 5-Paivarinta/Fin 2:16:17, 6-Fleming/NYAC 2:16:52, 7-Hatfield/WVaTC 2:17:26, 8-McDaid/Ire 2:17:48, 9-Mielke/WG 2:18:16, 10-Hill/Engl 2:19:43, 11-Usami/Jap 2:20:30... 36-Rivas/PMK 2:29:49...(Women) 1-Gorman/SFVTC(40+) 2:39:11 (2nd fastest of all time), 2-Brown-Heritage/Falc 2:53:02...8-Curtin/Un-Cal. 3:22:26, 39-Jung/DSE 4:10:03. /Fred Lebow/

JOURNAL JOG: (Oct. 24, Reno, Nev.) /5 Miles/ 1-Zarate/NevTC 23:44, 2-Pinocci/WVTC 23:57, 3-Barton/NevTC 24:08, 4-Dicus/WVTC 25:09, 5-Dauncey/Susanville 25:27, 6-Jones/WVTC 25:28, 7-Burrell 25:28, 8-Paulson 25:30, 9-Hernandez 25:59, 10-Sinnott/NevTC 26:23...(40+) Bourbeau/WVJS 27:19, Smith/WVJS 27:51; (Women) K. Bain/CN 29:44, Guyer/Reno 31:11. /552 Starters/ /M. Pinocci/

BAY-AREA INDUSTRIAL LEAGUE RACE: (Oct. 24, Sunnyvale) /10 Km./ 1-Clark/GESV 32:41, 2-Meinhardt/GESJ 33:35, 3-Bonner/LLL 33:41, 4-Smith/BayCh 34:25, 5-Galloway/GESJ 34:27, 6-Lewis/Lhd 34:32, 7-Moore/LLL 34:41, 8-Lee/LLL 34:44, 9-Specker/GESJ 34:51, 10-Johnson/LLL 35:10...Teams: LLL 39, GESJ 41, RayChem 87, Lockheed 89, GESV 154, Measurex 227. /Ken Napier/



Tim Holmes leads Rod Berry during the final stages of their 3-Mile Postal battle. /Conning/

FUND-RAISING HOUR RUN: (Oct. 26, Arcata) 1-Innes 11-1210, 2-Munoz 11-1200, 3-Peters 11-550, 4-Hammer 10-1705, 5-Little 10-1650, 6-Davey 10-1548, 7-Cottrell 10-1490, 8-Kausen 10-1320, 9-Tucker 10-1320, 10-Caputo 10-1160...Marilyn Taylor 9-880, Sue Gribbsby 9-460. /Meyer/

NAT'L. AAU 20-KILO: (Oct. 31, Gardner, Mass.) 1-Smead/AIA 61:52, 2-Thomas/GBTC 62:12, 3-Crawford/NYAC 63:28, 4-Dowling/BAA 63:38, 5-Amer/SAC 63:41, 6-Buckley/GBTC 63:50, 7-Talkington/SAC 63:56, 8-Duggan/GBTC 64:30, 9-Reed/SS 64:53, 10-Griffin/SAC 65:24...23-Wayne/WVTC 66:53. Teams: GBTC, Summit AC, Sugarload Mtn. AC. /Bob Campbell/

NAT'L. AAU 50-MILER: (Nov. 6, NYC) 1-Bozanic/USMC 5:36:02, 2-Garlepp/MAA 5:42:03, 3-Ayers/Un 5:46:51, 4-Molnar/HERC 5:48:21, 5-Marshall/HAA 5:51:38, 6-Erskine/MAA 5:53:46, 7-Barner/HAA 5:54:22, 8-Hess/HERC 5:54:33, 9-Green/HERC 5:55:55, 10-Osche/ESSC 6:02:53. /Pete Cava/

DSE TURKEY TRIATHLON: (Nov. 7, San Francisco) /7 Mile Bike, 4 Mile Run, 1/2 Mile Swim @ 58°/ 1-Roth 50:31, 2-Hemmersbach 53:58, 3-Ball 53:59, 4-Patti Baier 55:19, 5-Chew 56:08, 6-Harley 57:44, 8-Cunneen 58:13 (40+). /DSE Newsletter/

TURKEY TROT: (Nov. 13, Pacifica) /2 Miles/ 1-Moreno 9:42, 2-Hornstra 9:42, 3-Berwick 9:59, 4-Skiff 10:06, 5-Hejm 10:26, 6-Peterson 10:35, 7-Anderson 10:40, 8-Findlay 10:44, 9-Linhars 10:48, 10-Marsh 10:49...Porter(40+) 11:25...Judy Leydig 11:53, Kerry Lauer 12:09...Evans(50+) 12:10. /Judy Leydig/

DSE YACHT HARBOR RUN: (Nov. 14, San Francisco) /7.6 Miles/ - T-Gullit 40:54, 2-Swezey/PMK 41:08, 3-Weidinger/ETC 41:19, 4-Smith/PMK 41:30, 5-O'Brien 41:34, 6-Myers/PMK 42:03...88-Vicki Blankenship 51:58, 93-Pat Whittingslow 52:30. /DSE News/

PIONEER NINE-MILE ROAD RUN: (Nov. 14, Phoenix, Ore.) 1-Tibbetts 47:18, 2-Norton 49:00, 3-McIntosh/SOS 50:13, 4-Ashton/SOS 51:26, 5-Barry/SOS 53:13. /Jerry Swartzley/

CUP AND SAUCER RUN: (Nov. 20, Napa) /8.7 Miles/ 1-Flores/AGRC 44:15, 2-Beardall/MH(40+) 47:32, 3-Durbin 48:52, 4-Lee 48:52 (HS), 5-Meyer (nt)...35 entrants. /Brian Newell/

LOMPOC VALLEY TURKEY TROT: (Nov. 20, Lompoc) /6 Miles/ 1-Warwick/CP 32:40, 2-Reynoso/CP 32:40, 3-Small/CP 32:40, 4-Raynes/CP 34:45, 5-Casper/SLDC 35:37...9-Gil/STC(50+) 36:52...18-Cristen Uhler/UCSB 41:30. /Joe Sciamel/

DSE GOLDEN GATE PROMENADE RUN: (Nov. 21, San Francisco) /7.5 Miles/ 1-Leydig/WVTC 38:27, 2-O'Brian 39:52, 3-M. Smith/PMK 40:20, 4-Wm. Smith 40:43, 5-Fields 40:50, 6-Lee 40:57...88-Skip Swannack/WDS 48:39, 119-Jeanie Jones/PMK(40+) 50:40, 123-Elizabeth Brown 50:49. /DSE Newsletter/

TURKEY TROT: (Nov. 21, Pleasant Hill) /8.1 Miles/ 1-Vasquez/CVHS 45:40, 2-Fitzgerald/PMK 47:36, 3-Fuller 48:33, 4-McMeans/WVTC 49:20, 5-Searls 49:41, 6-Hochhaus 50:13, 7-Gullit 50:39, 8-Swezey/PMK 50:43, 9-Watts 50:59, 10-Jones 51:23, 11-Ogden 51:41, 12-Myers 51:57, 13-Coke 52:51, 14-Sampson 52:52, 15-Wilson/KJ 52:53...(40+) Holmes 57:02, Tillson 57:15, Bowles/WVJS 58:40...Linda Robinson 59:40, Patty Allen 65:27. /Bob Berggren/

STATE CENTER 5-MAN, 15-MILE RELAY: (Nov. 27, Fresno) /OPEN/ 1-Fresno Pac. TC (Romesser, Cox, Hall, Jeffers, Hartig) 75:06, 2-AIA (Hitt, DeLach, Walthire, Swift, Odum) 75:06, 3-High Sierra TC 77:30, 4-Merced TC 80:22. /PICK-UP/ 1-Unat./Fresno (Foley, Jurkovich, Reneteria, Cords, Ramirez), 2-Fresno Pacific TC (Rubio, Betancourt, Thompson, Lomel, Ward) 79:52, 3-Bad Bears 83:07. /FEMALE/ 1-Bakersfield HS Girls 98:38. /HIGH SCHOOL/ 1-Fresno HS 85:48. /JUNIOR HS/ 1-John Muir (Corcoran) 85:48, 2-Kings Canyon 89:53. /Bill Cookerham/

REDWOOD SHORES BIATHLON: (Nov. 28, Redwood City) /3 Mile Run, 1/2 Mile Swim/ - (Overall) 1-Scott Molina 22:14, 2-Drummond 23:15, 3-Dave Scott 23:48, 4-Reel 24:10, 5-Spano 24:17...more

6-Dawson 24:30, 7-Roth 24:32, 8-Beck 24:38, 9-Chapman 24:43, 10-Matheson 25:18, 11-Harper 25:48, 12-Morimoto 25:53, 13-Christian 26:05, 14-McCarthy 26:12, 15-Price 26:15, 16-DeGrazia 26:39, 17-Scott 26:44, 18-Walter 26:51, 19-Green/WVTC 26:52, 20-Stevenson/SRC(40+) 27:06, 21-Fuchs 27:17, 22-Fulton 27:24, 23-Hanlon 27:42, 24-Ball 27:51, 25-Glusker/WVTC 27:59, 26-Chew 28:05, 27-Knochenhaver 28:15, 28-Arroyo 28:24, 29-Puryear 28:28, 30-Patti Baier 28:35, 31-Flynn 28:42, 32-Newton 28:45, 33-Clark 28:46, 34-Garcia 28:54, 35-Miller 29:01, 36-Mahaney 29:02, 37-Hildebrand 29:06, 38-Suda 29:08, 39-Gourley 29:13, 40-Will 29:24. Division Winners: (Men) HS--Scott Molina 22:41; (18-29)--Dave Scott 23:48; (30-39)--Don Roth 24:32; (40+)--Dave Stevenson/SRC 27:06; (Women) HS--Shane Felix 32:35; (18-29)--Patti Baier 28:35; (30-39)--None; (40+)--Robyn Paulson 35:51. /Judy Matray/



Start of the First Annual Run 'n Swim Biathlon at Redwood Shores... note the squeeze-play on the far left! /Lois Gowen/

**NATIONAL AAU WOMEN'S MARATHON CHAMPIONSHIP:** (Dec. 5, Culver City) - We are still awaiting complete results on both the Nationals and the regular Culver City Marathon. However, we'll print as much as we know of the women's results below...they are not 'official', but they are the only results we've got! --- San Fernando Valley TC, without the services of Jackie Hansen and Miki Gorman, still managed to grab team honors with an amazing display of depth, coupled with a notably off day for WVTC's women, who were the favorites going into the race. Leg troubles side-lined both Judy Leydig & Penny DeMoss, and the hope of a team title went down the drain. Julie Brown grabbed the individual title in her first ever attempt at the distance, recording a very easy-looking 2:45:32. Diane Barrett of Fresno (just recently moved from Arizona) was less than a minute behind Julie (2:46:23), and was the top Junior finisher. Two other women knocked big chunks off their PR's, as a total of eight broke three hours. Leal Reinhart went under that barrier for the first time, and in good fashion too with a super 2:50:36, holding off a fast-closing Joan Ulyot, whose 2:51:15 was some 7 minutes below her previous best time. Joan's time is also a new Northern California best, erasing Judy Leydig's 2:57+ time from Germany in October. Nicki Hobson of the San Diego TC was the top masters runner and managed to place sixth overall with a fine 2:58:14. --- Teams: SFVTC (Reinhart, Milkie, Peterson) 9:12:58, RRR (Ikenberry, Assumma, ?????) 9:15:16, WVTC (Ulyot, Rudolf, Lyman) 9:31:02. --- 1-Julie Brown/LATC 2:45:32, 2-Barrett/Un 2:46:23, 3-Reinhart/SFVTC 2:50:36, 4-Ulyot/WVTC 2:51:15, 5-Heale/Canada 2:57:49, 6-Hobson/SDTC(40+) 2:58:14, 7-Bevans/Balt.Suns 2:58:29, 8-Eikenberry/RRR 2:58:38, 9-Hom/SMTC 3:06:02, 10-Arenz/TCTC 3:06:49, 11-Milkie/SFVTC 3:06:56, 12-Krenn/SDTC 3:07:17, 13-Assumma/RRR 3:07:29.

**CULVER CITY MARATHON:** (Dec. 5, Culver City) - Just a quickie rundown on the top finishers as we haven't received complete results as of this printing. \*\*\* 1-Lionel Ortega/UNM 2:18:18.6, 2-Tom Lee 2:21:41, 3-Perry Forrester/SMTC 2:22:04, 4-Ed Chaidez 2:22:14, 5-Tom Heinonen/OTC 2:23:23, 6-Kiilholma/Fin 2:24:47, 7-Swift/AIA 2:24:48, 8-Kurrle/SFVTC 2:25:28. /Jack Leydig/

**DSE SOUTH EMBARCADERO RUN:** (Dec. 5, San Francisco) /6.3 Mi./? 1-Muela/ETC 33:26, 2-Weidinger/ETC 33:33, 3-McMillan 33:44, 4-Smith 34:23, 5-Randolph 34:23...73-Maryetta Boitano/RG 40:52, 81-Skip Swannack/WDS 41:14. /DSE Newsletter/

**MT. MADONNA CHALLENGE:** (Dec. 5, Gilroy) /Distance unknown/ 1-Francis Mason 1:13:26, 2-Salazar/SJCC 1:13:54, 3-Kadoch/LickHS 1:15:10, 4-Nickols/HollisterHS 1:15:58, 5-Blaha/Leland HS 1:18:40, 6-Hernandez/LickHS 1:19:37, 7-Christensen/SeasideHS 1:20:14, 8-Weaver/CAMWST 1:20:30, 9-Mahan/Leland HS 1:20:30, 10-Schwartz/Seaside HS 1:21:24...15-K.Campbell/LVRC(40+) 1:25:21, 18-Ann Trason/PGHS 1:27:22 (Rcd). /Jay Marlowe/

**LAS VEGAS MINI-MARATHON:** (Dec. 5, Las Vegas, Nev.) /18.1 Mi./ 1-Tom Wysocki/Nev-R 1:07:45, 2-Weaver 1:10:25, 3-Ybarra/Lick-R 1:10:58, 4-Eubank 1:11:24, 5-Fridly 1:12:01, 6-Hammons 1:12:14, 7-Leeming/Nev-R 1:13:15, 8-Jackson 1:13:42, 9-Ross Smith/WVJS (40+) 1:13:55, 10-Guyll 1:14:37. /Las Vegas TC Newsletter/

**FIESTA BOWL MARATHON:** (Dec. 11, Scottsdale, Ariz.) 1-Ed Mendoza/JT 2:18:58, 2-Castenada/CTC 2:19:22, 3-Kurrle/SFVTC 2:19:57 ...Robt. Lopez (H.S.) 2:28:11, Joe Livesay (40+) 2:46:13, Reggie Heywood (13) 2:48:02 (Age Rcd.), Marjorie Kaputt 2:56:05. /Las Vegas TC Newsletter/

**WEST END RUN:** (Dec. 11, Arcata) /4.6 Mi./ 1-Innes 22:30, 2-C. Lowry 22:45, 3-Cottrell 23:50, 4-Brown 24:20, 5-Harper 24:56, 6-Medel 25:11, 7-Wesp 25:31, 8-Moss 25:51, 9-Washington 26:10, 10-Rocha 26:18...18-Geo.Crandell(40+) 27:27, 20-Lengyel(40+) 27:33, 22-Marilyn Taylor 27:42, 29-Jane Wooten 29:34. /Meyer/

**LIVERMORE 11.8-MILER:** (Dec. 11, Livermore) /Note: course seems to be a bit long. Bill Seaver & Bill Spence were leading at about half-way and took a wrong turn, following the marathon course instead/ 1-Jon Higley/WVTC 1:05:44, 2-Walter 1:08:16, 3-M.Buzbee 1:08:59, 4-Cowling 1:10:33, 5-Cathcart 1:11:35, 6-Antel 1:12:04, 7-Puryear 1:12:11, 8-Deschler 1:12:20, 9-Cantanes 1:12:25, 10-Hughes 1:13:01, 11-Moss 1:13:13, 12-Robinson 1:13:31, 13-Flather(40+) 1:14:06, 14-Whittingslow 1:14:17, 15-Cross/WVTC 1:14:58, 16-Rostege/WVTC 1:15:08, 17-Basinger 1:15:17, 18-Judy Leydig 1:15:46, 19-Mayer 1:16:49, 20-Craig 1:17:41, 21-Spear 1:17:46, 22-Keefe 1:18:06, 23-Felgar 1:18:12, 24-Dally(40+)/WVTC 1:18:41, 25-Blaine/WVTC 1:18:44, 26-Rogers 1:18:47, 27-Suyehiro 1:19:03, 28-Houston 1:19:28, 29-Pettibone 1:20:11, 30-Thiessen 1:20:12...33-Louise Adamson 1:20:37, 36-Dede Mavis 1:21:35, 44-Carolyn Tiernan/WVTC 1:23:12. /D.Moore/

**HONOLULU MARATHON:** (Dec. 11, Honolulu, HI) 1-Duncan Macdonald/MPRR 2:20:37, 2-Wayne/WVTC 2:21:26, 3-Fultz 2:24:05, 4-Galloway 2:24:42, 5-Moore/OTC 2:24:42, 6-Moynihan 2:27:26, 7-Sandoval/WVTC 2:28:02, 8-Foster/NZ(40+) 2:28:12, 9-Barker/WVTC 2:28:25, 10-Haller 2:29:05...17-Kardong/CNW 2:33:24...Joan Ulyot/WVTC 3:07:13. (Natl. Masters Marathon) (Div.I-A) 1-Gallup/MPRR 2:32:32, 2-Mueller/NYC 2:35:10, 3-Faerber/MPRR 2:39:21...7-Menzie/WVTC 2:47:42, 9-Stern/WVTC 2:53:08, 14-Lualhati/NCS 2:59:05, 25-Paul/WVTC 3:13:34, 38-Settlemyer/DSE 3:53:57; (Div.I-B) 1-Darty Cronin/STC 2:51:18, 2-H. Daniell/Redding 2:53:44...25-Cain/Un 4:13:44, 28-Wolfekohler/Un 4:49:11; (Div.II-A) 1-Jim O'Neil/SFOC 2:40:56, 2-Freeman/SDTC 2:51:38; (Div.II-B) 1-Wm. Zappas/STC 3:20:29...6-Middaugh/DSE 5:13:48; /WOMEN/ (Div.I-A) 1-Murchie/HMC 3:29:51, 2-Carlson/NCS 3:54:40; (Div.I-B) 1-Ruth Anderson/NCS 3:18:17. Teams: MPRR 8:08:59, SDTC 8:31:02, STC 8:35:31, WVTC 8:54:24, Metro Toronto F.C. 9:13:22. --- Macdonald becomes the first two-time winner of the event. Kim Merritt was first woman finisher in a fine 2:44:44, her fastest time yet. Australia's Elizabeth Richards and Gayle Barron were 2:50:26 & 2:52:16. /Ferguson & Mensie/



(Above) Honolulu Marathon winner, Duncan Macdonald. /Mike Niemiec/ Don Choi in route to his 100-Km. win. /L. Rorke/



MADERA MARATHON & MINI-MARATHON: (Dec. 18, Madera) 1-Jack Case/Porterville 2:38:23, 2-Coke/GPPMB 2:39:14, 3-Renteria/Madera 2:42:05, 4-Rubio/Madera 2:44:35, 5-Gonzales/Strathmore 2:44:58, 6-Bowles/WVTC 2:45:20, 7-Wegener/FP 2:46:56, 8-Chandler/Clovis 2:48:42, 9-Nickols/Hollister 2:48:58, 10-Daugherty/Napa Vly 2:49:55 (28 finishers). /Mini-Marathon/--13.1 Mi.--1-Fred Carahan/HSTC 1:06:34, 2-Lucero/FPTC 1:10:40, 3-Jeffers/FPTC 1:12:53, 4-Grieco/FPTC 1:13:00, 5-Higginbotham/HSTC 1:13:23, 6-Lozano/Visalia 1:13:57, 7-Bronzan/HSTC 1:15:13, 8-Garcia/Madera 1:15:24, 9-Thornton/HSTC(40+) 1:15:30, 10-Lennemann/FPTC 1:16:10 (63 finishers). /Dee DeWitt/

NATL. 3000-M TEAM CHAMPIONSHIP: (Dec. 18, LaCrescenta) /Sr.Div./ Teams: AIA 45:11, SMTC 45:16, SFVTC 47:11, SDTC 47:40, Aztlan 48:04...1-Babiracki/SFV 8:49.2, 2-Dulaney/AIA 8:52, 3-Jones/SMTC 8:54, 4-Bryant/SMTC 8:59, 5-Timm/AIA 9:00, 6-Simons/Aztl 9:01, 7-Smead/AIA 9:03, 8-Nitti/SMTC 9:04, 9-Waltmire/AIA 9:06, 10-Mounts/SMTC 9:09, 11-Patterson/AIA 9:10, 12-Rios/SMTC 9:10, 13-Cornish/SMTC 9:15, 14-Caldwell/AIA 9:16, 15-Canchoia/SFV 9:17. /Masters/ Teams: STC 50:53, TS 51:03, SMTC 55:04, CCAC 55:18...1-Smart/TS 9:51, 2-Crum/STC 10:00, 3-Fekkes/STC 10:03, 4-Williams/STC 10:05, 5-Thompson/STC 10:08, 6-Logan/TS 10:11, 7-Emmerling/TS 10:13, 8-Davis/TS 10:14, 9-Waco/CCAC 10:22, 10-Clark/TS 10:34, 11-Cronin/STC 10:37, 12-Fields/SMTC 10:42, 13-Hernandez/SMTC 10:43, 14-Mora/SMTC 10:45, 15-Sturak/TS 10:50. /Women/ (Non-Championship) 1-Heald/SFV 10:38, 2-Tolford/SFV 10:53, 3-Reinhart/SFV 11:28, 4-Arnoh/SMTC 11:39, 5-Firestone/SFV 11:40, 6-Andrews/SFV 12:07...Teams: SFVTC 56:46, SMTC 62:18, Basin Blues 72:49. /Sam Nicholson/

CHOI RUNS TO THIRD FASTEST 100-KILO: (Dec. 26, San Francisco) - Running pretty much by himself for the entire race, Don Choi showed that he's a factor to be reckoned with in the ultra-distances. Jack Wiley's dream of a long race around Lake Merced

SEAVER JUST MISSES COURSE MARK AT DAMMIT RUN: (Aug. 28, Los Gatos) - The third annual "Dammit" run is beginning to turn into an alternate race choice for those that don't care to maim themselves on the Dipsea trails. This time a total of 613 finished the ever-growing 5.6 mile race. West Valley's Bill Seaver had a fairly easy time of it, however, coming out on top by nearly 100 yards over SF State's John Moreno, competing for Camino West. His 30:10 just missed teammate Bill Clark's 30:07 mark, set the previous year. It seemed to be a race for the young this year, as four of the top seven slots were gobbled up by 14-17 division runners. Joe Salazar, a frosh at San Jose CC, led this group with a 30:54 and got third spot overall. Defending champ Bill Clark was another second back. Ralph Bowles continued his domination of the masters circuit with a relatively effortless win over teammate Ken Napier, 32:35 to 33:17. Fast-improving Roger Bryan grabbed the third over-40 position. Judy Graham got some spirited competition from Vicky Bray before she won her division, 36:03 to 36:23, with Sue Munday another minute back. /Rick Chappell/

came true, as 21 hearty starters braved cold weather at 7 am on the day after Christmas. The competitors had a choice to either run 50 miles (non-championship), or the full 100-kilos, and could even decide after they had reached 50 miles if they still wanted to go on. The only competition that Choi had was Jim Bowles, who led him through ten miles and then dropped off, stopping at 29.7 miles with foot problems. Pushing through fast early splits that sometimes dipped into the 31's for 5 miles, Choi wisely backed off a bit, but still came through 50 miles in 5:58:50, in route to a final clocking of 7:44:42, unofficially the third fastest time ever by an American (thru Sept. 15). Wayne Glusker, normally a race-walker, decided to give it a go and managed 34.65 miles in 4:13+. Others that went beyond the marathon distance and their times: (50-Miles) 1-Bill DiVita/Un 6:44:27, 2-Ed Jerome/TRAC 6:46:00, 3-Lynnard Phipps/USCG 7:47:25, 4-Tom Chuey/PMK 7:47:52, 5-Jack Wiley/PMK 9:40:27. (100-Km.) 1-Don Choi/Un 7:44:42, 2-Ruth Anderson/NCS(40+) 11:22:46 (was 8:30:01 at 50 miles), 3-Harry Siitonen/NCS(50+) 16:24:35 (was 12:50:21 at 50 Mi.), 4-Len Wallach/WVTC 21:30:19 (was 12:53:54 at 50 Mi., then went home to eat and shower and returned at 1 am to finish...ahhh!, for the love of points!). Ruth Anderson also set a record for the 100-kilo distance...fastest on record before her was a 13:22:05. /Jack Wiley/

17TH ANNUAL LOS ALTOS MID-NIGHT RUN: (Jan. 1, Los Altos) /5 Mi./ 1-Benton Hart/BYU 23:45 (Old Rcd. was 24:25 by Rich Kimball in 1976), 2-Bill Seaver/WVTC 24:22, 3-Sutherland/CSN 24:26, 4-Berka/WVTC 24:29, 5-Geiken/Stan 25:10, 6-Nance 25:19, 7-Hall 25:32, 8-Bellah/WVTC 25:37, 9-Clark/WVTC 25:47, 10-Lawson/Un 25:55, 11-Freemuth/Pomona 26:10, 12-Kindle 26:10, 13-Stiller/TRAC 26:23, 14-Willis 26:27, 15-Orwig/WVTC 26:30, 16-Boynton 26:46, 17-Ford 26:49, 18-Behmann 26:51, 19-Schmidt 26:55, 20-Howell 26:56, 21-S.Sutherland 27:01, 22-J.Hall 27:06, 23-Gass 27:13, 24-T.O'Halloran 27:18...Sharon Furtado/WVTC 30:14. /Henderson/

1-Bill Seaver/WVTC	30:10	28-Greg Miller/Un	32:30	55-Ed Price/SoqRC	34:07	94-Jim Doran/WVJS	35:33
2-John Moreno/SFS-CAMWST	30:23	29-Ralph Bowles/WVJS	32:35*	56-Gerald Werner/OkvTC	34:09	95-Mike Barnes/SLDC	35:36
3-Joe Salazar/SJCC	30:54	30-Bob Love/CAMWST	32:40	57-Jaime Altamirand/Un	34:16	96-Unidentified Runner	35:37
4-Bill Clark/WVTC	30:55	31-Terry Boynton/Un	32:41	58-David Salinger/Un	34:18	97-Mike Young/Un	35:38
5-Rod Berry/WVTC	31:02	32-Rick Sanders/Un	32:43	59-Mike Gourley/CAMWST	34:19	98-Fred Kenyon/VMTC	35:39
6-Paul Burke/Un	31:13	33-Jerry Hall/Un	32:48	60-Pat Bryant/Un	34:20	99-Jim Caldwell/Un	35:44
7-Rich Vasquez/DVTC	31:17	34-Keith Kruse/Un	32:54	61-Mike Hoffman/Un	34:21	100-Robert Felsch/Un	35:45
8-Damon Wood/CAMWST	31:18	35-John Sup/Un	33:00	62-Steve Coronado/Un	34:22	101-Henry Melin/Un	35:46
9-Bruce Rider/WVJS	31:19	36-Bob Paredes/CAMWST	33:02	63-Fred Acosta/Un	34:27	102-Mike Paredes/Un	35:50
10-Paul Thompson/Un	31:20	37-Keith Shepardson/Un	33:11	64-Sonny Reynaga/WVTC	34:28	103-Larry Fritz/Un	35:51
11-Bob Lange/CAMWST	31:23	38-Bob Woodliff/WVJS	33:13	65-Larry DeWitt/VMTC	34:29	104-Frank Soares/Un	35:52
12-Gary Goettelmann/WVTC	31:26	39-Steve Wiedraver/Un	33:15	66-Nick Nickols/Un	34:33	105-Rene Rivera/Un	35:53
13-Willie Diaz/Un	31:31	40-Ken Napier/WVJS	33:17*	67-Greg Durbin/Napa JC	34:34	106-Tracy Johnson/Un	35:55
14-Bill Weed/Un	31:41	41-Kevin Klein/Un	33:26	68-Ken Salet/CAMWST	34:35	107-Stan Rosenfield/SLDC	35:56
15-Armand Moreno/VMTC	31:44	42-Bill Joseph/Un	33:29	69-David Weikel/CAMWST	34:36	108-David Clingan/Un	35:57
16-Dan Cruz/CAMWST	31:50	43-Peter Dolan/Un	33:31	70-Pete Kraus/Un	34:37	109-Sheldon Larson/Un	35:59
17-Javier Barragan/Un	31:52	44-Tom Massey/WVJS	33:33	71-Phil Sanfilippo/WVJS	34:38	110-Tony Hutchins/Un	36:01
18-Keith Crowder/WVJS	31:53	45-Mike Tambini/Un	33:34	72-Mark Mirza/MVAC	34:40	111-Judy Graham/Un	36:03
19-Mike Macallair/Un	31:54	46-Ed Tico/WVJS	33:36	73-Luis Hidalgo/Un	34:41	112-Bruce Gouveia/Un	36:05
20-Chris Kadoch/Un	31:55	47-Roger Bryan/TRAC	33:37*	74-Tom Thiabault/PMK	34:43	113-Eric Eccleston/Un	36:06
21-Gilbert Munoz/Un	32:03	48-Manny Mahon/WVJS	33:38	75-Glenn Pruitt/Un	34:45	114-Bill Hotchkiss/Un	36:08
22-Mike Duncan/WVTC	32:04	49-Ulrich Kaempf/TRAC	33:48*	76-Martin Isenberg/Un	34:46	115-Adolph Moncibias/Un	36:18
23-Kurt Lua/Un	32:08	50-Tom Pawl/Un	33:49	77-Eryn Quinn/WVTC	34:47	***WOMEN***	
24-John Higley/WVTC	32:11	51-Danny Hernandez/Un	33:53	78-Larry Pugh/Un	34:50	111-Judy Graham/Un	36:03
25-Jay Marlowe/CAMWST	32:12	52-Eric Windes/Un	33:54	79-Kurt Porter/Un	34:51	118-Vicky Bray/SJC	36:23
26-Dave Himmelberger/WVTC	32:13	53-Gilbert Brooks/Un	33:57	80-Stan Newton/Un	34:52	146-Sue Munday/Un	37:25
27-Wayne Glusker/WVTC	32:14	54-Dave Castro/Un	34:06	81-Rob Ripplinger/Un	34:54	176-Diane Williams/PBP	38:32
				82-Unidentified Runner	34:55	184-Sally McPherson/SJC	39:02
				83-John Hilbrink/Un	35:00	190-Peggy Lyman/WVTC	39:15
				84-Greg McDonald/CRR	35:05	191-Ann Wotherspoon/SJC	39:21
				85-Jerome Lewis/NCS	35:06*	192-Dede Mavis/SJC	39:22
				86-Tom Atarcon/CRR	35:09	223-Cheri Williams/Un	40:23
				87-Steve Hatfield/Un	35:13	272-Tracy Weber/SJC	41:36
				88-Kurt Sterling/Un	35:14	277-A. Slivkoff/SJC	41:46
				89-Ed Jerome/TRAC	35:22	281-Alicia Munoz/Un	41:58
				90-Walt Van Zant/WVJS	35:24	288-Megan Hayes/Un	42:06
				91-Peter Wood/NCS	35:25*	289-Michelle Miller/Un	42:07
				92-Ron Wieand/WDS	35:26	295-Cathy Demmelmaier/SJC	42:17
				93-Robert Coell/Un	35:29	296-Maria King/ArrowTC	42:18



Start of the Angwin-to-Angwish Run. /Photo by Jim Aldied/



FLORES COASTS TO VICTORY AT LAKE WILDWOOD: (Sept. 11, Grass Valley) - Although missing Ron Zarate's ten-mile standard of 54:32, set in 1974, Aggie TC's Pete Flores didn't really need to run too much faster to ensure an easy win, so there's no telling how fast he might have gone with some competition. His 56:26 was nearly a minute up on Brent Cushenbery, who was also the top high school runner to finish. Ross Smith continues to amaze (he's approaching 50 now) everyone, including perhaps himself. His 59:20 today was good enough for fifth place overall (out of 62 finishers), and he smashed his own masters standard by nearly a minute in the process (old mark was 60:16 back in 1973). Teammate Bob Bourbeau just missed that time with a 60:19, good for sixth overall. Top female to finish was Catherine Smith, who competes in the masters division. Her 87:18 might be a record for that age-group, but it misses Michelle McKeen's 68:18 standard by a long shot. Catherine's nearest competition was about a mile behind. Following are the 40-percent or so of the finishing field. /Ross Smith & Brent Cushenbery/

1-Pete Flores/AGRC	56:26	8-Paul Keller/HH	61:41	15-Ed Stromberg/BC	63:54	22-Mike Foster/Un	68:27
2-Brent Cushenbery/BC	57:14	9-Randy Hansen/OPHIR	62:25	16-Mark Gallo/BC	64:34	23-Guy McMahon/GSTC	68:42
3-David Call/BC	58:18	10-Ed Jerome/TRAC	62:32	17-Don Jardine/OPHIR	65:24	24-Ron Stillwell/Un	69:05
4-Doug Butt/WVTC	59:09	11-Guy Ealy/AGRC	62:59	18-Gough Reinhardt/LVRC	65:27*	***WOMEN***	
5-Ross Smith/WVJS	59:20*	12-Bob Malain	63:09*	19-Dave Carbill/Un	66:33	56-Catherine Smith/NCS	87:18*
6-Bob Bourbeau/WVJS	60:19*	13-Larry Sumner/BC	63:19	20-Britt Brewer/Un	67:19	58-Joan Wright/Un	95:51
7-Abe Underwood/BC	60:29	14-Robert Fetach/Un	63:40	21-Don Spickelmier/BC	67:19	60-Sandi Gialiani/Un	95:51

BLUME CRUSHES ANGIN TO ANGWISH RECORD; GUTHRIE BLITZES MASTERS STANDARD: (Oct. 24, Angwin) - Cal's Gary Blume wasted no time in running away from his coach, literally. Canadian, Brian Maxwell, the 1976 Marathon Champion from 'north of the border', is the distance coach at Cal-Berkeley. Guess Blume was just trying to show Brian he was ready. The course is most likely quite a bit short of its advertised 8.2-mile distance...otherwise Blume would have averaged about 4:41/mile with his course best of 38:24!! That's a bit much when you figure all those hills too. So Maxwell had to settle for second, and barely held off Jan Serphen, who was only three-seconds back, 39:16 to 39:19. Darren George held the old mark of 39:33, set back in 1974. Kent Guthrie, new arrival to the over-40 crowd, wasted no time in establishing a masters record for himself, obliterating the 42:52 time that Ross Smith had set in 1975. His 41:16 was good enough for eighth overall in a race that saw 206 finishers. Another newcomer, Darryl Beardall, was over two minutes back of the fleeting Guthrie. Caron Schaumberg won the women's competition as she pleased (53:56 to 56:23 over Nancy Edelson), but was way off Joan Ulyot's super 48:43 of 1975. /Ken Bullington/

1-Gary Blume/Cal	38:24	18-F.L. Mason	43:40	35-Dana Burall/WVTC	45:44	52-Mike Souza	47:10
2-Brian Maxwell/Un	39:16	19-Bob Myers/PMK	43:48	36-Mike Howaldt	45:48	53-Alan Hart	47:11
3-Jan Serphen/ETC	39:19	20-Kees Tuinzing/Tamalpa	44:27	37-Robert Neal	45:56	54-Joel Martin	47:24
4-Mark Proteau/Un	40:01	21-Gerald Werner	44:33	38-Todd Ferguson/AIA	45:58	55-Charles Morgan	47:27
5-Tad Woliczko/PMK	40:02	22-Fraser Rasmussen	44:41	39-Larry Sumner/BC	45:59	56-Raymond Simone	47:28
6-Pat Stordahl/WVTC	40:25	23-John Lynde	44:44	40-Brian Newell/NVRC	46:04	57-Alvin Hamilton	47:30
7-Richard Govi	40:25	24-Kent George	44:48	41-Pepe Cendejas	46:05	58-Robert Affeldt	47:31
8-Kent Guthrie/WVJS	41:16*	25-Jim O'Neil/SFOC	44:52*	42-Don Spickelmier	46:14	59-Don Mason	47:33
9-Bruce Wolfe/WVTC	41:20	26-Larry Pugh	44:54	43-Orin Dahl	46:24*	60-Marvin Pettey	47:34
10-Kevin Searls	41:22	27-Bill Posedel	44:54	44-Mike Healy/WVJS	46:25*	***WOMEN***	
11-Bob Woodliff/WVJS	41:31	28-Charles Keck	44:55	45-Reg Harris	46:26	120-Caron Schaumberg/VMTC	53:56
12-Mike Duncan/WVTC	42:10	29-Rodney Mowbray	45:06	46-Kirk Grace	46:46	140-Nancy Edelson/PMK	56:23
13-David Muela/ETC	42:52	30-Ray Menzie/WVTC	45:09*	47-Ralph Whitehead	46:46	144-Bettina Brownstein	57:24
14-Darryl Beardall/MH	43:19*	31-Ed Stromberg	45:10	48-Craig Roland	46:48*	145-Sally Edwards	57:24
15-Clifford Stewart	43:25	32-Paul Holmes/BC	45:13*	49-Michael Kinnicutt	46:51	150-Lucy Shapiro	57:49
16-Gary Alderman	43:28	33-Don Capron/Tamalpa	45:22	50-Moche Casneda	46:53	166-Pris Myers/PMK	60:01
17-Doug Butt/WVTC	43:32	34-Mark Reese	45:36	51-Monty Shafer	47:07	172-Louise Burns/NCS	61:03

COOPER EATS UP THE HILLS TO WIN SECOND LAS TRAMPAS HILL RUN: (Oct. 30, Alamo) - Fast-improving Woodside Strider distance-man, Robert Cooper, showing that he can go with the best on the hills, had no trouble in capturing the second annual affair on Peter Mattei's own personal running country. However, although Bob's 42:23 is far superior (timewise) to Bill Seaver's 45:08 of last year, Pete admits that the race was run on newly-graded firetrails and not the sloppy mess of 1975. Don't know if it was really the same course or what...we assume it was. Pete Flores' 43:05 in second, and the next three finishers as well, were all far under last year's winning time. Kent Guthrie showed teammate Ralph Bowles that he'll have to do some working in 1977 if he wants that NCCR "Point Trophy", as he collected his second win over tough competition in a week. Kent's 44:20 was 5 minutes(!) under Shettler's standard. Ralph was 1:17 behind. Sharon Furtado's 50:26 was equally impressive, eclipsing Skip Swannack's 1975 time by over ten full minutes (are you sure it's the same course as last year Peter?). Her nearest opposition was several miles back! The finishing field was nearly double (!!!) that of 1975...next year maybe 250? /Peter Mattei/

1-Robert Cooper/WDS	42:23	9-Lane Mason	46:05	17-Gary Montante	49:21	25-Gerald Flynn	51:18
2-Pete Flores/AGRC	43:05	10-Danya Kasapligil	47:17	18-Steve Hehner	49:45	26-Wm. Lovelace	51:30
3-Jan Remak	43:45	11-Jim Nicholson/NCS	47:24*	19-Miles Pepper	49:52	27-T. Robinson	51:34
4-Dennis Tracy/WVTC	43:51	12-Rey Corano	48:45	20-Ed Jerome/TRAC	50:20	28-Gough Reinhardt/LVRC	51:37*
5-Kent Guthrie/WVJS	44:20*	13-Don MacDonald/PMK	48:46*	21-Bob Malain/NCS	50:22*	29-Tim Rostege/WVTC	51:48
6-Bob Woodliff/WVJS	45:25	14-Ray Randolph	48:55	22-Sharon Furtado/WVTC	50:26	***WOMEN***	
7-Ralph Bowles/WVJS	45:37*	15-L. Sampson	48:58	23-Tom Mann/ETC	50:50	22-Sharon Furtado/WVTC	50:26
8-Greg Jewett/Un	45:41	16-Mike Wheeler	49:04	24-Harry Skandera	50:52	79-Gail Gustafson/Un	61:30

SERSHEN ALL ALONE AT WRONG-TURN MARATHON: (Oct. 31, Rohnert Park) - After the problems with last year's race, Jan Serphen probably didn't feel too much like taking the lead. But it seemed to be the natural pattern of things and he soon found himself all alone, striding on towards his second best marathon ever (2:26:10). Southern California import, Pat Miller, was all along in second with a 2:31:58, less than a minute off his PR. Surprise third-placer was 39-year-old Michael Tymn of Honolulu, who knocked 26 seconds (that's a second a mile, right?) from his previous best time with a 2:34:21. Darryl Beardall ran his first 26-miler as a master and nearly got a sub-2:40 effort (2:40:01), placing sixth overall. His all-time mark is 2:28:52, set some 5 or so years ago. Roger Bryan, who says his son got him running on a bet that he couldn't run the Bay-to-Breakers last May, was 2:45:43 and second in the over-40 division. Now how's that for improvement? Penny DeMoss ran a 3:02:00, making it look pretty easy in the process and defeating Jeanie Kayser-Jones by some twenty-minutes. Although there was not an abundance of fast times in any division, there were the few standout marks. What was significant was the fact that 230 finished. /Bob Lynde/

1-Jan Serphen/ETC	2:26:10	7-Tom Lunne	2:43:19	13-Terry Hughes	2:47:58	19-Gene Schaumberg	2:51:12
2-Pat Miller/Un	2:31:58	8-Fred Fravnens	2:44:06	14-Mike Larsen	2:48:33	20-Ted Wilson/KJ	2:51:58
3-Michael Tymn/Hawaii	2:34:21	9-Dick Ratliff	2:44:29	15-Fred Forsberg	2:49:23	21-Ted Castro	2:52:14
4-John Lodin/Un	2:34:59	10-Roger Bryan/TRAC	2:45:43*	16-Guy Ealey	2:49:29	22-Frank Hagerty/SUNC	2:52:14
5-Frank Krebs/BC	2:36:31	11-Ronald Kunst	2:46:48	17-Doug Garibaldi	2:50:21	23-Kieth Whittingslow	2:52:23
6-Darryl Beardall/MH	2:40:01*	12-Jesus Garza	2:47:29	18-Don Chaffee/ETC	2:50:21	24-Kerry Kilgore/SUND	2:53:45

25-John Notch/WVTC	2:54:32	43-Valmore LaPierre	2:59:30	61-Don Lucero/WVTC	3:06:24*	79-Keith Campbell	3:12:29*
26-Ben Sawyer	2:55:01	44-Robert Wellick	3:00:25	62-Paul Holmes/BC	3:06:59*	80-Dean Metcalf	3:12:41
27-Doug Rennie	2:55:22	45-Howard Crangle	3:00:28	63-Pete Kraus	3:07:06	81-David Lodin	3:12:41
28-Robert Ernst	2:55:42	46-Don Dugdale	3:00:30	64-Andrew Lewis	3:07:40	82-Server Sadik	3:12:44
29-Clyde Helms	2:56:26	47-Ed Fuller	3:00:38	65-H.L. Butler	3:07:57	83-Rick Plume	3:13:02
30-Phillip Watson	2:56:38	48-David Innes	3:01:24	66-Dan Goodwin	3:08:12	84-Peter Stein/TRAC	3:13:50
31-Dave Sjostedt	2:56:47	49-Cliff Janoff	3:01:30	67-Steven Deschler	3:08:39	85-Chester Valdes	3:13:58
32-David Black	2:56:50	50-Penny DeMoss/WVTC	3:02:00	68-Hal Baker	3:09:17	86-Jackson Wiley	3:14:02
33-Dennis Kroll	2:57:08	51-Kees Tuinzing/Tam	3:02:12	69-Jonathan Brown	3:09:22	87-Greg Nelson	3:14:11
34-John Graham/Penna.	2:58:00*	52-Mike Fenner	3:03:03	70-Dennis Byrne	3:09:55	88-Larry Sellers	3:14:24
35-Ed Stromberg	2:58:08	53-Terry Noyes	3:04:31	71-Mickey Moberg	3:10:13*	89-Gary Crangle	3:14:36
36-Jim Bowles/WVTC	2:58:42	54-Orin Dahl	3:04:41*	72-Mike O'Donnell	3:10:25	***WOMEN***	
37-Lee Holley/WVJS	2:58:54*	55-Rodney Mowbrey	3:04:52	73-Gary Alderman	3:10:36	50-Penny DeMoss/WVTC	3:02:00
38-Phil Sanfillippo/WVJS	2:58:58	56-David Muela/ETC	3:05:04	74-Alan Swartz	3:10:39	112-Jeanie Kayser-Jones	3:22:44*
39-Chris Hamer/SacSt	2:59:11	57-Tom Pierce/PMK	3:05:13*	75-Charles Hubay	3:11:31	121-Ellen Sadofsky	3:24:43
40-Walt Van Zant/WVJS	2:59:21	58-Jim Doran	3:05:20	76-Robert Felsch	3:11:37	132-Caron Schaumberg/VM	3:29:28
41-Ed Jerome/TRAC	2:59:29	59-Warren Moorman/PMK	3:06:01*	77-R.M. LaJeunesse	3:11:53	154-Barbara Carlson/NCS	3:36:47*
42-Ross Rowley	2:59:30	60-Edward Lee	3:06:11	78-Bruce Campbell	3:12:14	161-Liz Kemp	3:39:24



(Left) Pete Sweeney of the Aggie Running Club tied with teammate 'Peanut' Harms in winning the Almond Bowl 6-Miler...shown here at the Aggie Invit. /Dave Stock/ (Center) Cal's Gary Blume running to an intentional first-place tie with Jim Nuccio and Wolfgang Schmulewicz at the Excelsior West End Run. (Right) The West End Run started with a dash to see who could get to the 'water jump' before anyone else did. /Dennis O'Rourke Photos/

FERRERO, SWEENEY AND HARMS TAKE HONORS AT ALMOND BOWL RUNS: (Nov. 6, Chico) - Nearly two-hundred & fifty runners finished both races in the Almond Bowl Classic, showing just how much running has grown in and around the Chico area recently. Lee Ferrero of Weed opted for the short race and bounced Chico's Jim Price over 3 miles, 14:18 to 14:28. Peanut Harms and teammate Pete Sweeney paired up at the finishline in a good 29:20 for double that distance. Robert Deis followed, some 20 seconds back. We don't know the course records for the shorter of the two races, but the open 6-mile time set by Dennis Swart in 1975 withstood the challenge (by three seconds!). The masters really gave Walt Betschart's 6-mile mark of 34:57 a trouncing, with Ross Smith doing an amazing 31:12, pulling three others under the old mark as well...but about a half-mile back! Tena Anex destroyed Merrill Cray's 40:47 with an equally fine 35:10, and three others went below the old time as well. Marilyn Taylor just missed a six-minute per mile average with her 36:14. Lisa Foy placed very high (19th) in the 3-mile to record a fine 17:19 time, with Kathy Spence nearly 200 yards behind. The masters men appeared to put all their 'good guys' in the longer run, and this left the race wide open. The battle went down to the wire between Thomas Jennis (18:28) and Harrison Smith (18:32). Top finishers in both these races are listed below...three mile first. /Mike Andrews/

1-Lee Ferrero/SWEAT	14:18	11-David Callnon	15:43	21-Clint Simis	17:41	31-Frank Swoboda	18:30
2-Jim Price/Chico	14:28	12-Michael Hovas	16:00	22-Leon Gillett	17:48	32-Harrison Smith	18:32*
3-Dennis Rinde	14:33	13-Bill Anderson	16:05	23-Esteban Nava	17:54	33-Martin McManus	18:50
4-John Clary/TRAC	14:56	14-Nelson Cobb	16:11	24-Kathy Spence	17:57	34-Thomas Browning	18:53
5-Mike Sweeny	15:03	15-Joshua Strong	16:12	25-Arturo Sanchez	18:00	35-Gary Britner	18:55
6-David Leopold	15:08	16-Brian Newell/NVRC	16:56	26-Kathy Sullivan	18:05	***WOMEN***	
7-Brian Farrell	15:23	17-Vincent Soto	16:58	27-Jack B. Frost	18:08	19-Lisa Foy	17:19
8-Richard Stiller/TRAC	15:24	18-Roberto Chavez	17:16	28-Richard Henneman	18:16	24-Kathy Spence	17:57
9-Tom Burns	15:25	19-Lisa Foy	17:19	29-Clarence Ashcroft	18:25	26-Kathy Sullivan	18:05
10-Stan Edwards	15:33	20-Jerry Arnat	17:32	30-Thomas Jennie	18:28*	58-Carol Stanley	20:56
1-Peanut Harms/AGRC	29:20	16-Rodger Stordahl	31:25	31-Dick Look	34:28	46-Jim Claesgens	35:42
-Pete Sweeney/AGRC	29:20	17-Michael Garrett	31:31	32-Bob Malain	34:35*	47-Mike Patrick	35:45
3-Robert Deis	29:40	18-David Mineau	31:32	33-Lloyd Sampson	34:37	48-V.I. Wexner	35:49
4-David Wood	29:57	19-DeWayne Little	31:40	34-Larry Pugh	34:44	49-Dave Cargill	35:51
5-Dennis Swart	30:15	20-Mike Buzbee	31:45	35-John Armstrong	34:51*	50-Steve Daniels	35:52
6-John Flores	30:32	21-Steve Ellis	31:53	36-Don MacDonald/PMK	35:01*	51-Don Andrews	36:11
7-Ray Darwin	30:33	22-Bob Meyers	31:57	37-Lyle Lough	35:02	52-Marilyn Taylor	36:14
8-Russell Black/TRAC	30:35	23-Robert Ricketts	31:59	38-Steven Crescenti	35:09	53-Don Richey/CRC	36:23
9-Dave Boyet	30:36	24-Joe Ferreiro	32:06	39-Tena Anex	35:10	54-Gerald Flynn	36:37
10-Bruce Caputo	30:43	25-Guy Ealey	32:17	40-Larry Summer	35:15	***WOMEN***	
11-Pat Stordahl/WVTC	30:45	26-Chris Hamer	32:21	41-Jeff Wray	35:18	39-Tena Anex	35:10
12-Jim Bowles/WVTC	30:51	27-Edwin Jerome/TRAC	32:30	42-Don Mason	35:20	52-Marilyn Taylor	36:14
13-Steve Barr	30:57	28-Robert Felsch	32:38	43-Harry Daniell	35:36*	67-Merrill Cray	38:15
14-Ross Smith/WVJS	31:12*	29-Tom Hayes	33:00	44-Britt Brewer	35:37	71-Jane Wooton	38:54
15-Pat Buzbee	31:18	30-Paul Holmes/BC	34:22*	45-Wayne Moss	35:41	98-Regina Silva	42:46

THREE-WAY TIE AT EXCELST WEST END RUN: (Nov. 7, San Francisco) - It was a funny kind of race...the three runners that were to eventually tie for first place spent most the race running with someone else. At the first mile, Nuccio, Seaver, Pinocci, and Schmuliewicz had broken away from the pack and appeared to have the top four spots sewn up. Then, moving down Kennedy Dr., Cal's Gary Blume slowly picked away at the gap as Schmuliewicz fell back. By the time they were on the Great Hiway, Blume had moved up to Nuccio's shoulder and the others had dropped a bit. Blume and Nuccio then ran stride for stride until they were joined by a resurgent Schmuliewicz over the final half-mile. I seemed like an exciting buildup, but I guess nobody really wanted to race that much on such a nice Sunday morning. The winning time of 31:02 for the 10-Kilo circuit was quick considering the hills. Ralph Bowles had his hands full trying to place high in today's talented crowd, but nonetheless grabbed twenty-fifth in 34:22, better than a minute ahead of Ulrich Kaempf's 35:32. Sharon Furtado displayed her talent in cross-country as she demolished the other women with a 38:46. Joan Ulyot was second in 40:22, with Penny DeMoss another half-minute back. Nearly 350 finishers helped to make this one of the more popular runs on the schedule...nearly a third of them are listed below. /Paul Koski/

1-Gary Blume/Cal	31:02	29-Mike Duncan/WVTC	35:12	57-Richard Cooper/Navy	37:39	85-Bryan Holmes/WVJS	39:13*
-Wolfgang Schmuliewicz	31:02	30-Tim Swezey/PMK	35:13	58-David Garcia/TRAC	37:40	86-Ryan Smith/Un	39:27
-Jim Nuccio/WVTC	31:02	31-Mike Gulli	35:16	59-Gus Cano/ETC	37:42	87-Steve Bailey/Un	39:29
4-Bill Seaver/WVTC	31:15	32-Ernie Rivas/PMK	35:21	60-Bruce Carradine/Un	37:43*	88-Jack Wiley/PMK	39:35
5-Mike Pinocci/WVTC	31:27	33-Bruce Wolfe/WVTC	35:25	61-George Scott/Un	37:49	89-Marco Martin/PMK	39:38
6-Boyd Tarin/WVTC	32:17	34-Ulrich Kaempf/TRAC	35:32*	62-Tim Rostege/WVTC	37:54	90-C. Bernal/Un	39:41
7-Bill Clark/WVTC	32:31	35-Donald Swanson/Un	35:42	63-Michael Kinnicut/Un	38:09	91-William Lovelace/Un	39:47
8-Pete Flores/AGRC	32:36	36-Greg Jewett/PMK	35:43	64-Tom Mann/ETC	38:09	92-R.D. Caughron/Un	39:53
9-Dennis Tracy/WVTC	32:38	37-Mike Plummer/MVS	35:43	65-Gary Grellmann/Un	38:20	93-Leonard Stein/Un	40:01
10-Denis O'Halloran/Un	32:39	38-Mike Smith/PMK	35:58	66-Myron Neuraumont/Un	38:27*	94-Pete Alexander/PMK	40:08
11-Brian Maxwell/Canada	32:46	39-Joel Caldwell/Cal	36:00	67-Joe Camisa/Un	38:27	95-Richard Mayers/Un	40:09
12-Daryl Zapata/WVTC	32:49	40-Don Paul/Un	36:05	68-George Gilbert/ETC	38:30	96-Ramon Towne/Un	40:10
13-Tad Woliczko/PMK	32:54	41-Kees Tuinzing/Tam	36:07	69-Dana Burall/WVTC	38:32	97-Jim Allen/NCS	40:11*
14-David Fuller/Un	33:08	42-David McCann/Un	36:14	70-Jeff Houston/Un	38:38	98-Thomas Burns/Un	40:19
15-Chris Berka/WVTC	33:09	43-Kim Schaurer/Un	36:22	71-Dick Fragulia/Un	38:38	99-Joan Ulyot/WVTC	40:22
16-John Routh/WDS	33:21	44-Larry Main/WVTC	36:27	72-Steve Hehner/Un	38:42	100-Tom Martz/Un	40:40
17-Lester DeVoe/Un	33:33	45-Rick Maloney/Un	36:28	73-Bill Bugler/Un	38:44*	101-Steve Baker/Un	40:45
18-Daniel Cruz/CAMWST	33:34	46-William Smith/Un	36:33	74-H.B. Harsfield/Un	38:45	***WOMEN***	
19-Paul Thompson/Un	33:35	47-Richard Owen/Un	36:34	75-Sharon Furtado/WVTC	38:46	75-Sharon Furtado/WVTC	38:46
20-Gary Goettelmann/WVTC	33:44	48-Ray Menzie/WVTC	36:40*	76-Ralph Worthington/Un	38:47	99-Joan Ulyot/WVTC	40:22
21-Mike Spino/Esalen	33:56	49-George Green/Un	36:50	77-Charles Keck/Un	38:48	105-Penny DeMoss/WVTC	40:55
22-Rich Hornstra/Un	34:03	50-W.L. Reinhart/Un	37:07	78-Warren Mooman/PMK	38:58*	108-Morijo Connelly/Un	40:58
23-Clark Rosen/PMK	34:05	51-Mike Wheeler/Un	37:14	79-Tim Chavez/Un	39:05	123-Maryette Boitano/RG	41:51
24-Peter Jones/Cal	34:07	52-Mac Larson/MillroseAA	37:14	80-Dave Clingam/Un	39:06	150-Carolyn Tiernan/WVTC	43:14
25-Ralph Bowles/WVJS	34:22*	53-Jeffrey Wall/Un	37:15	81-James Jacobs/NCS	39:08*	161-Pat Whittingslow/Un	43:50
26-Jeff Zimmerman/Cal	34:23	54-George Ridout/Un	37:16	82-Doug Gambaldi/Un	39:09	162-Jeanie Kayser-Jones	44:01*
27-Roland Watson/WVTC	34:49	55-Jim Nicholson/NCS	37:25*	83-Keith Whittingslow/Un	39:12	164-Mary Mapelli/PMK	44:03
28-Robert Nash/Cal	35:02	56-Ray Randolph/Un	37:30	84-Gerald Flynn/Un	39:12	179-Gail Gustafson/Un	44:38



(Left) Women's Championship Team from Nat'l. AAU Masters X-C--San Diego T.C. (l-r): Dorothy Stock, Elsa Evans, Nicki Hobson, Kathy Muller, Donna Gookin & Cathy Hargus.  
(Right) "What the hell you mean, 'Pick it up!'" Jim O'Neil (Sacramento Slim) on his way to the Div. II title at the Men's Masters 10-Kilo X-C.  
/Dorothy & Bill Stook/

#### GORMAN AND BRENNAND CAPTURE MASTERS X-C:

(Nov. 14, Belmont) - The National Masters 10-Kilo X-C Championships were held in two stages...one for the women and one for the men. Miki Gorman led the women from start to finish and would have been 34th in the men's race with her 38:54 clocking. The fact that she ran the entire race along is even more impressive. Her nearest competitor, SDTC's Nicki Hobson, was more than three and a half minutes back! Hobson led her teammates to the team title in this first-ever National Women's Masters X-C Championships. They had a low point score of 33, as opposed to the NorCal Seniors' 43. In the 50+ division, however, an All-Star team from the Pacific Ass'n, led by Ruth Dettering (who was also the top Division II runner), tallied 100 points but had no opposition. A total of 27 women finish-

ed the race, almost one-fourth of the men's field, and a good showing for their first national championship race. In the men's race, John Brennand had a lot more company (see cover shot), but pulled out a convincing victory over the last mile or two, recording a 34:36. That time would have placed him 25th in the talent-laden PA-AAU Sr. Championships, which were the third race of the day (see following page for story and results). Darryl Beardall, who had just turned 40, was a solid second in 35:10, followed by Kent Guthrie's 35:30. Jim O'Neil, now 51, outclassed his Division II competitors completely. He took 14th overall and bested Sid Toabe, the runnerup in his division, by over two minutes. John Wall of Maryland likewise had an easy time besting Frank Cuzzillo for the 60-and-over individual title (41:49 to 44:17). There were even two competitors in the Division IV medal-hunt. Lou Gregory came all the way from Florida to score a 1:43 margin of victory over Paul Spangler of San Luis Obispo. The almost unstoppable West Valley Joggers gobbled up the forty-plus team title with a team time of 3:02:41, compared to SDTC's 3:06:01 and the Masters Striders' 3:09:46. The NorCal Seniors tallied a total time of 3:36:12 to SDTC's 3:37:34 to grab the Division II team title. Complete results are available if you didn't receive them...please send a self-addressed, stamped envelope. Below are the top placers in each of the Championship races. Div. II athletes noted with an asterisk (\*), Div. III with (\*\*), etc.

1-Miki Gorman/SFVTC	38:54	5-Donna Gookin/SDTC	46:11	9-Barbara Carlson/NCS	50:10	13-Catherine Smith/NCS	52:17
2-Nicki Hobson/SDTC	42:28	6-Ruth Anderson/NCS	46:37	10-Martha Maricle/Un	50:15	14-Ruth Dettering/PA-50+	53:27*
3-Dorothy Stock/SDTC	43:09	7-Ruth Waters/NCS	47:32	11-Elsa Evans/SDTC	51:13	18-Els Tuinzing/PA-50+	57:41*
4-Jeanie Kayser-Jones/PK45:17		8-Carroll O'Conner/NCS	48:29	12-Kathy Muller/SDTC	51:55	19-Cathy Hargus/SDTC	58:47*
1-John Brennand/Un	34:36	5-Jerry Smartt/MS	35:50	9-Ralph Bowles/WVJS	36:26	13-Bob Bourbeau/WVJS	36:50
2-Darryl Beardall/MH	35:10	6-Fred Best/Shore AC	35:57	10-Ulrich Kaempf/TRAC	36:31	14-Jim O'Neil/SFOC	37:02*
3-Kent Guthrie/WVJS	35:30	7-Edwin Gookin/SDTC	36:17	11-Jerome Lewis/NCS	36:35	15-Roger Bryan/TRAC	37:10
4-Dave Stern/WVTC	35:45	8-Ross Smith/WVJS	36:21	12-Joe Livesay/SDTC	36:37	16-Bob Wiermaa/SDTC	37:16

# T-SHIRTS

## A.A.U. X-C & Xmas Relays

If you were one of the unfortunate people who didn't get a souvenir T-Shirt from either the Christmas Relays or the National Masters/PA-AAU X-Country Championships, then we've got good news. We still have shirts available from both races at \$3.50 Each (includes shipping). The X-C shirt is a two-color (red & blue) design with trimmed neck & arms; the Xmas Relays is a great three-color job. But don't wait...our supply is limited, and we are already out of some sizes, as indicated below, and very low on others. Make your check or money-order payable to: West Valley T.C., P.O. Box 1551, San Mateo, CA 94401.

PLEASE INDICATE NUMBER OF EACH: AAU-XC \_\_\_\_\_ Sm <sup>or</sup> Med \_\_\_\_\_ Lg \_\_\_\_\_ X-Lg  
 XMAS \_\_\_\_\_ Sm \_\_\_\_\_ Med \_\_\_\_\_ Lg \_\_\_\_\_ X-Lg

Total amount enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ T-Shirts.

NAME \_\_\_\_\_

ADDR \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

17-Bill Phillips/SDTC	37:21	37-Sid Toabe/CCA	39:14*
18-Ray Menzie/WVTC	37:27	38-Eugene Lynch/CCA	39:27
19-Ken Napier/WVJS	37:34	39-Bob Cushen/Un	39:32
20-Pat Logan/MS	37:43	40-Bob Lytle/TRAC	39:42
21-Jim Davis/MS	37:50	41-Richard MacDonald	39:46
22-Bob Rush/WVTC	37:50	42-Carl Martin	39:48*
23-Mike Healy/WVJS	37:56	43-Don Thomas/CCA	39:50
24-Jim Nicholson/NCS	38:08	44-Frank Thomas/MS	39:51
25-Tom Pierce/PMK	38:27	45-Bob Luathati/NCS-B	40:08
26-Don Evans/SDTC	38:30	46-Paul Weggenmann/PMK	40:09
27-Dave Worthen/SDTC	38:31	47-Brian Freeman/SD50	40:18*
28-Bob Emmerling/MS	38:32	48-Bryan Holmes/WVJS-B	40:23
29-Don MacDonald/PMK	38:33	49-Ken Paul/WVTC	40:25
30-Harold DeMoss/WVTC	38:34	50-Tom Sturak/MS	40:27
31-Bruce Carradine/Un	38:35	51-James Jacobs/NCS	40:28
32-Jack Johnstone/SDTC	38:49	52-Myron Neuraumont/Un	40:32
33-Frank Delgado/CCA	38:53	63-John Wall/HCS-Md.	**41:49
34-Bob Malain/NCS	38:56	77-Frank Cuzzillo/NCS	**44:17
35-Don Pickett/Tam	38:56	107-Lou Gregory/Fla.	***51:08
36-Bill Stock/SDTC-NS	39:10	110-Paul Spangler/SLDC	***52:51

**NUCCIO & ZARATE DEADHEAT AT PA-AAU 10-KILO:** (Nov. 14, Belmont) - The PA-AAU Sr. Men's Championships were the third race held on the same day...the first two were the Nat'l. Masters Championships, as reported in the above paragraph. The meet turned out to be a dual meet between WVTC and Nev-Reno TC, with athletes from those two teams taking the top twelve slots, and fifteen of the top sixteen. WVTC came out on top by the narrowest of margins on total team time: 2:41:06 to 2:41:38. The battle for top slot was just as exciting as the team race, but Jim Nuccio and Ron Zarate decided not to make it too exciting and agreed to a tie during the final mile. Paul Frederickson had a close battle out on top by two seconds. In addition to the regular Sr. Championship awards, there was a special women's division...not a PA-AAU Championship, because the women were having their State X-C Meet the same day over 3 miles in Sacramento. Joan Ulliyot showed definite signs of being ready for a good marathon as she defeated Penny DeMoss, 41:27 to 42:23. A small turnout but super competition seemed to be the name of the game, as only 85 finished the 10-Kilo circuit, but half of those averaged six minutes a mile or better on very rugged terrain. Most of the finishers are listed because of the quality of marks. /Jack Leydig/

1-Jim Nuccio/WVTC	31:41	14-Jairo Vargas/UNTC	33:35	27-Daniel Cruz/CAMWST	34:50	40-Kees Tuinzing/Tam	36:48
Ron Zarate/UNTC	31:41	15-Terry Ybarra/UNTC	33:36	28-Clark Rosen/PMK	34:55	41-Larry Main/WVTC	37:05
3-Paul Frederickson/UNTC	31:53	16-Daryl Zapata/WVTC	33:45	29-Mike Spino/Esalen	34:58	42-Terrence Casey/ETC	37:15
4-Mike Pinocci/WVTC	31:55	17-Gene Fitzgerald/PMK	33:50	30-Jeff Zimmerman/Un-Cal	35:01	43-Don Swanson/Un	37:31
5-Bill Clark/WVTC	32:20	18-Ramsay Thomas/Un	33:56	31-Bruce Wolfe/WVTC	35:19	44-Joe Fields/Un	37:35
6-Bill Seaver/WVTC	32:23	19-Rudy Munoz/CAMWST	34:04	32-Peter Jones/Un	35:30	45-Manny Mahon/WVJS	37:39
7-Tom Wysocki/UNTC	32:25	20-Dave Murphy/UNTC	34:05	33-Francis Mason/Un	35:32	46-Dana Burall/WVTC	37:40
8-Robert Kuhn/UNTC	32:36	21-Erniv Rivas/PMK	34:07	34-Frank Duarte/Un	35:57	47-Clifford Stewart/PMK	37:45
9-Jack Bellah/WVTC	32:47	22-Rich Hornstra/Un	34:08	35-Randy Belzer/Synanon	35:59	48-Dave Robertson/WVTC	37:59
10-Mike Dagg/UNTC	33:03	23-Denis O'Halloran/Un	34:11	36-Michael Duncan/WVTC	36:00	49-Ted McRice/Un	38:26
11-Boyd Tarin/WVTC	33:21	24-Chris Berka/WVTC	34:27	37-Robert Woodliff/WVJS	36:13	***WOMEN***	
12-Dennis Tracy/WVTC	33:28	25-Russell Black/TRAC	34:40	38-Kevin Christensen/UNTC	36:14	63-Joan Ulliyot/WVTC	41:27
13-Grover Prowell/MercTC	33:33	26-John Routh/WDS	34:46	39-Harry Hoffman	36:39	66-Penny DeMoss/WVTC	42:23

**PINOCCI AND SERSHEN CAPTURE RIDGE RUN TITLES:** (Nov. 21, Milpitas) - Records tumbled in both the short and long races today, as probably one of the best turnouts ever here stimulated competition. Mike Pinocci was in command most of the way in the 6.07 miler, recording a fine 31:57 to eclipse the old course record of 32:55 by Mike Emry. Bill Seaver was also under the old mark with his 32:34. New standards were set in the masters and women's divisions too as Jerome Lewis nipped Jim Simpson's 37:09 with a 36:46. Vicky Bray set a very quick 39:00 clocking that will probably stand for awhile. Jan Sershen destroyed Doug Butt's 1975 mark of 65:38 with a super 62:48, and second-placer Bruce Wolfe was also under the old time with his 64:54. Ulrich Kaempff's 70:48 rewrote Ross Smith's 71:40 record in the masters division, and Roger Bryan was also two seconds under the old time. The only strange thing about the race was that no women/girls competed...so Roxanne Bier's 77:31 will stand until at least the next race on this course. A total of 127 completed the shorter race, while 59 were successful in doing the hilly 10.76 miler. /Ron Landman/

1-Mike Pinocci/WVTC	31:57	14-Allen Flemming	36:29	27-Ralph Worthington	39:02	40-Kenny Apperson	42:02
2-Bill Seaver/WVTC	32:34	15-Jeff Nixon	36:39	28-Kurt Porter	39:23	41-Tom Proscnt	42:08
3-Boyd Tarin/WVTC	33:17	16-Jerome Lewis/NCS	36:46*	29-Myron Neuraumont/Un	39:24*	42-Dave McDonald	42:08
4-Pat Miller/Un	34:16	17-Fred Reichert	37:19	30-Chris Mills	39:31	43-Richard Collins	42:08
5-Armando Lugunas	34:44	18-Peter Borden/WVTC	37:41	31-Don Lucero/WVTC	40:18*	44-Mary Mapelli	42:26
6-Ernie Rivas/PMK	34:55	19-Ed Jerome/TRAC	37:47	32-Edward Baker	40:38	45-John Dunlavey	42:26
7-Donal Day	35:17	20-Michael Kinnicut	37:48	33-James Saldivar	40:47	***WOMEN***	
8-Bob Woodliff/WVJS	35:22	21-David Black	37:48	34-Glenn Olds	40:53	26-Vicky Bray/SJC	39:00
9-Keith Crowder	35:28	22-Larry Pugh	38:20	35-Ron Kovacs	40:54	44-Mary Mapelli	42:26
10-John Notch/WVTC	35:59	23-Michael Brown	38:27	36-James Turner	40:56	48-Michelle Miller	42:37
11-Joe Fabris	36:09	24-David Garcia	38:39	37-Dale Thiessen	41:26	50-Cathy Demme/maier	42:50
12-Brent Cushenbery/BC	36:23	25-Robert Felsch	38:57	38-Kenneth O'Neil/WVTC	41:40	51-Rosemarie Lagunas	43:16
13-Sheldon Larson	36:29	26-Vicky Bray/SJC	39:00	39-Douglas Stevens	41:54	64-Pauline Vasquez	44:26
1-Jan Sershen/ETC	62:48	9-John Armstrong	71:25	17-Keith Crowder	73:46	25-Jeff Richnan	76:11
2-Bruce Wolfe/WVTC	64:54	10-Roger Bryan/TRAC	71:38*	18-Kurt Sterling	73:49	26-Larry McGrael	77:15
3-Hal Tompkins/WVTC	66:08	11-Dennis Anderson	71:48	19-Bob Malain/NCS	73:50*	27-James Jacobs/NCS	77:59*
4-Joe Salazar/SJCC	66:48	12-Marty Kruger	71:49	20-Torrence Parsons	74:44	28-Roy Scellato	78:17
5-Nick Nickols	67:33	13-Tom Adams	71:51	21-Santos Reynaga/WVTC	74:15	29-William Lovelace	78:47
6-Tim O'Halloran	70:18	14-Walt Van Zant/WVJS	72:34	22-Ed Jerome/TRAC	74:16	30-Ed Fuller	79:10
7-Bob Woodliff/WVJS	70:27	15-Robert LaRoque	72:37	23-Don Dugdale	75:07	31-Jim Gaughran	79:24*
8-Ulrich Kaempff/TRAC	70:48*	16-Robert Weaver	72:42	24-Dick Croteau	75:27	32-Larry Arata	80:03



San Diego TC's 2nd place Div. I team at the Natl. AAU Masters X-C... (left to right in order of finish) Ed Gookin, Joe Livesay, Bob Wiermaa, Bill Phillips and Don Evans. Non-scorers in the back row: Dave Worthen, Jack Johnstone and Bill Stock. /Donna Gookin/

**FLORES IN PEPSI UPSET; TINA ANEX BLITZES WOMEN'S RECORD:** (Nov. 28, Clarksburg) - Who would have believed a few years ago that nearly a thousand runners would start the Pepsi 20-Miler each year? Needless to say, it would not draw that many runners if a certain man (Paul Reese) and his helpers didn't put on a super show every year. With superb organization, the word gets around, and pretty soon everyone wants to do it...and besides, it IS a fast course! This year was one of surprises. Pete Flores pulled one out of his pocket to upset sub-8:30 two-miler Benton Hart of BYU. His 1:45:58 winning time is still a long way off Byron Lowry's 1:42+ (I noted the handbook says Steve Dean has the mark...someone wanna check on it?), but when you win, who cares? Jan Sershen was all alone in third position with a good 1:47:14, as Flores only won by some 100 yards. The big story was that of Tena Anex. We can't remember her ever having tried anything approaching this long, at least in a race, but there's no doubt in anyone's mind that she has the ability to run a good marathon now! Her 2:03:56 equates to 6:12 per mile, or a 2:42+ marathon at the same pace. Sharon Furtado's 1975 mark of 2:13:21 was also erased by Penny DeMoss, who did a fine 2:10:14. Other new standards came in the sub-masters division, where Gary Goettelmann raced to a 1:49:25, good for seventh overall. Tom O'Neil was hot on Gary's heels (only 4 seconds back) in setting a new high school standard of 1:49:29. Kent Guthrie clipped over five minutes from Jim Shettler's over-40 mark, and Darryl Beardall was under it too, despite getting a late start...and Bob Bourbeau was under the mark too. Jim O'Neil decided if his son could set a record, then so could he. His new

50-and-over mark is now 1:57:25, which averages out to 5:52 per mile! Frank Cuzzillo likewise lowered the 60-and-over record to a quick 2:24:11, and Tim Smith even got into the act with a new 'heavyweight' (over 200#) mark of 2:26:26. Paul Spangler, not to be outdone, recorded a new 70/over time (was there one before?) of 2:49:14, while Ruth Dettering established a 2:56:02 for women 50-and-over. Even the 60-and-over women got into the act as Mavis Lindgren (any relation to Gerry?) took 4:12:40 to establish her bit of history. And so, that's it folks...another super race. I'm sure the runners agree, there isn't quite anything like it around these parts. Following is an attempt at listing some of the finishers. /Paul Reese/ \*(Jeanie Jones set 40+ Record)\*

1-Pete Flores/AGRC	1:45:58	35-Tim Jordan	1:55:20	69-Chris Turney	1:59:30	103-Tena Anex	2:03:56
2-Benton Hart/BYU	1:46:16	36-Bob Bourbeau/WVJS	1:55:23*	70-Richard Raferty	1:59:34	104-Frank Burk	2:04:03
3-Jan Sershen/ETC	1:47:14	37-Jim Sane/BC	1:55:39	71-Chris Little	1:59:49	105-Aaron Goldman	2:04:06*
4-Adam Ferreira	1:48:42	38-Ted Pawlak	1:55:41	72-David Fuller	1:59:57	106-Kurt Graves	2:04:08
5-Robert Kuhn/Nev-R	1:49:01	39-David Mineau	1:55:45	73-Mike Chastaine	2:00:02	107-Jeff Nicklow	2:04:12
6-Tad Woliczko/PMK	1:49:09	40-Tim Lee	1:55:48	74-Mike Buzbee	2:00:04	108-Benjamin Sawyer	2:04:20
7-Gary Goettelmann/WV	1:49:25	41-Mike Conroy/ETC	1:55:54	75-Bill Amable	2:00:12	109-Randy Hale	2:04:32
8-Tom O'Neil/Jesuit	1:49:29	42-Kerry Kilgore/SUND	1:56:04	76-Ray Menzie/WVTC	2:00:48*	110-Joe Ferreira	2:04:34
9-Daryl Zapata/WVTC	1:50:16	43-Abe Underwood/BC	1:56:21	77-Santos Reynaga/WVTC	2:00:49	111-Jesus Garza	2:05:03
10-Tom Castro	1:50:38	44-Art Baudendistel	1:56:30	78-Michael Souza	2:00:52	112-Robert Ernst	2:05:04
11-Jim Bowles/WVTC	1:51:01	45-Tom Lunne	1:56:35	79-Chuck Stagliano	2:00:57	113-Frank Custino	2:05:08
12-Rich Vasquez	1:51:04	46-Kurt Dicus/WVTC	1:56:51	80-Brian Bonner	2:00:58	114-Don Dugdale	2:05:15
13-Kent Guthrie/WVJS	1:51:07*	47-Andrew McBride	1:56:54	81-David Warren/ETC	2:01:03	115-Daniel Houchell	2:05:24
14-Mark Proteau	1:51:43	48-Steve Barr	1:57:07	82-Steve Finn	2:01:03	116-Paul Holmes/BC	2:05:25*
15-Bradley Brown	1:51:56	49-Frank Hagerty/SUND	1:57:08	83-Larry Morton	2:01:04	117-Ken Hurst/WVTC	2:05:26
16-Roland Watson/WVTC	1:52:04	50-Jim O'Neil/SFOC	1:57:25*	84-Donald Swanson	2:01:33	118-William Andrews	2:05:31
17-Bob Paulin/WVC	1:52:10	51-Bob Myers/PMK	1:57:25	85-Craig Hochhaus	2:01:46	119-Mike Plummer/MVS	2:05:34
18-Clark Rosen/PMK	1:52:19	52-Frank Goss	1:57:29	86-T.J. Lokke	2:01:51	120-John Notch/WVTC	2:05:35
19-Bruce McInturf	1:52:50	53-Terry Hughes	1:57:39	87-Dan Smolich	2:01:59	121-Ed Jerome/TRAC	2:05:36
20-Harry Youkers	1:52:53	54-Kevin Kirby	1:57:51	88-Norman Boyd	2:02:02	122-Glenn Pruitt	2:05:38
21-Lynn Mentzer	1:53:03	55-Lee Ferrero/SWEAT	1:57:58	89-Chris Hamer/WVTC	2:02:08	***WOMEN***	
22-Fred Emerling/WVTC	1:53:07	56-Kevin Searls	1:58:12	90-William Peck	2:02:11	103-Tena Anex	2:03:56
23-Darryl Beardall/MH	1:53:11*	57-Robert Calvert	1:58:26	91-Fred Forsberg	2:02:13	182-Penny DeMoss/WVTC	2:10:14
24-Pat Buzbee	1:53:16	58-Frank Lemus	1:58:33	92-Guy Ealey	2:02:15	259-Joan Ulyot/WVTC	2:16:29
25-Pete Gaul	1:53:32	59-Ed Nicholson	1:58:36	93-Tom Mann/ETC	2:02:16	260-Ann Trason	2:16:32
26-Bob Coulson	1:53:53	60-Brent Cushenbery/BC	1:58:46	94-Mike LaPierre	2:02:17	315-Eileen Barger	2:19:29
27-Frank Krebs/BC	1:54:08	61-Michael Coke/GPPMB	1:58:55	95-Robert Ogg	2:02:39	320-Sally Edwards	2:19:34
28-Dennis Dillie/WVTC	1:54:29	62-Stan Winkley	1:58:58	96-Bert Johnson	2:02:46	347-Jeanie Jones/PMK	2:22:01*
29-James Howard	1:54:31	63-Rick Rockwell/ETC	1:59:04	97-Jim Nicholson/NCS	2:02:56*	357-Pam Best	2:22:50
30-Mike Wright	1:54:32	64-Paul Mallory	1:59:05	98-John Sullivan	2:02:56	383-Gail Gustafson	2:25:33
31-Robert Herrick	1:55:01	65-Jim Cook	1:59:08	99-John Leeper	2:02:58	392-Irene Rudolf/WVTC	2:26:18
32-Tim Farrell	1:55:08	66-Roger Bryan/TRAC	1:59:17*	100-Ricky Buck	2:03:14	416-Louise Adamson	2:28:19
33-Earl Lagomarsino	1:55:17	67-Kees Tuinzing/Tam	1:59:23	101-Bill Catanese	2:03:35	423-Karen Diekmeyer	2:28:47
34-Jake White/TRAC	1:55:20	68-Richard Stiller/TRAC	1:59:28	102-Keith Whittingslow	2:03:47	437-Ruth Anderson/NCS	2:29:59*

**VAN HORN NIPS JONES AT CHAMPION GOLD MINE RUN AS RECORD FALLS:** (Dec. 4, Nevada City) - Sacramento State's Mike Van Horn, prepping for the PA-AAU Jr. X-C the following weekend, really came alive and won a tight race with WVTC's Skyler Jones over the 8-mile circuit in the Mother Lode area. Tom O'Neil's 42:33 mark went by the wayside to both runners, with Van Horn getting credit for a new course record of 41:41. Bob Bourbeau made sure he got a record too by knocking nearly a minute from Jim O'Neil's 1974 time...and to make sure everything was broken, Madeleine Roese of the Aggie RC chipped in a fine 56:33 effort to erase Karen Van Tassel's 60:55 from last year. The masters race was a tight one, with Bourbeau pulling teammate and new NCRR Point Trophy holder for 1976, Ralph Bowles, under O'Neil's old record too. This was the last race that Ralph wanted to run (anything but a marathon, right?) in order to pull ahead of the late Jim Shettler in the 'point ratings'. He figured it would take a second place, and he was right. The weather cooperated well and this year saw a total of 49 runners make it through the entire race. Following are the top half or so of that finishing field. /Nick Vogt/

1-Mike Van Horn/BC	41:41	8-Nick Vogt/GSTC	45:35	15-Bill Carson/Un	48:48	22-Stephen Storelli/Un	50:51
2-Skyler Jones/WVTC	41:45	9-Mike Buzbee/CRC	45:46	16-Thomas Regan/Un	48:51	23-Fred Brock/Un	51:00
3-Pat Buzbee/Un	44:36	10-Bob Bourbeau/WVJS	45:51*	17-Mike Souza/BC	49:03	24-Britt Brewer/Un	52:24
4-Randy Sturgeon/WVTC	nt	11-Ralph Bowles/WVJS	46:13*	18-Larry Pugh/Un	49:25	***WOMEN***	
5-Dale Fuller/Un	44:56	12-Mark Nygaard/GSTC	47:33	19-Jim Holben/WVTC	49:35	33-Madeleine Roese/AGRC	56:33
6-Bruce Jones/Un	45:13	13-Andy Gonzales/OPHIR	47:44	20-Tim Holdener/MV	49:46	41-Carol Moses/Un	62:05
7-Doug Butt/WVTC	45:27	14-Bob Felsch/Un	48:28	21-Paul Holmes/BC	49:55*	45-Carol Catton/AGRC	64:50



(Above) Portions of top three teams at PA-AAU Jr. X-C. (Others, from left) PA-AAU Jr. Champ, Hal Schulz; Tim Holmes leading Phil Hornig at same meet; Mike Van Horn, winner of Gold Mine Run at PA Jr. X-C. /Coming/



**VICKY BRAY STARS AT LIVERMORE MARATHON:** (Dec. 11, Livermore) - San Jose Cindergal, Vicky Bray, took most of the limelight at the PA-AAU Marathon Championships at Livermore as she cruised to a 2:53:14 in her first serious attempt at the distance. Her time is the second fastest ever for a Northern California woman, only two minutes behind Joan Ulyot's record, set the previous week in Culver City. What makes this even more amazing is that Vicky is only 15 years old. Wait until she builds up some endurance! Almost lost in the shuffle was Penny DeMoss' PR 2:57:57, the fourth fastest NorCal clocking of all time. The men's race seemed to be all Jan Sershen's through about twenty miles, but then problems developed in his legs which forced him to drastically cut down his pace, yielding to Adam Ferreira and Bob Cooper, both of whom broke 2:30. Ferreira won in what we believe to be a PR of 2:26:31. Likewise, Cooper dipped under 2:30 for the first time (2:28:36) we think. Sershen wound up with a 2:30:30, but was lucky to have finished at all he said. UCLA geologist Art Boettcher was the top man over 40 in 2:46:42, which tied, would you believe, Jim Simpson's 1975 record. Ferreira's time was also a course standard. John Armstrong of San Jose became the PA-AAU masters champion, but only because of Boettcher's non-residency. As it was, John was only 9 seconds back at the finish. Flory Rodd took the Ray Hominger award for the top over-50 runner for the second year in a row with a fine 2:58:47. WVTC won the PA-AAU open men's team award while host Livermore edged out the Pamakids for second. The NorCal Seniors were the top masters men's team with the Livermore masters second...no complete women's teams! Jeanie Kayser-Jones was top masters woman with a 3:12:12, just two minutes off Ruth Anderson's 1975 record. A total of 302 survived the full marathon & many are listed here. /D. Moore/

1-Adam Ferreira/Un	2:26:31	30-K. O'Halloran/Un	2:49:23	59-D. Hendrix/Un	2:58:57	88-R. Hansen/Ophir	3:06:36
2-Bob Cooper/WDS	2:28:36	31-Steve Simpson/WVTC	2:49:50	60-R. Sellato/TRAC	2:59:02	89-P. Foster/Un	3:06:42
3-Jan Sershen/ETC	2:30:30	32-B. Johnson/LVRC	2:49:53	61-T. Edwards/KJ	2:59:37	90-J. Cook	3:07:28
4-Gary Goettelmann/WV	2:32:12	33-Ted Wilson/KJ	2:50:50	62-D. Casmeay/FresnoJ	2:59:57	91-E. Peterson	3:07:51*
5-Roland Watson/WVTC	2:32:35	34-N. Boyd/Un	2:51:05	63-Phil Lenihan/Un	3:00:04*	92-D. Dagdale	3:08:37
6-Pat Buzbee/Un	2:34:42	35-Steve O'Brien/PMK	2:51:26	64-Larry Pugh/Un	3:00:16	93-D. Ramirez	3:09:02
7-B. Bonner/LVRC	2:37:09	36-Santos Reynaga/WVTC	2:52:01	65-B. Brace/CSU	3:00:59*	94-D. Peck/WDS	3:09:06
8-Denis O'Halloran/Un	2:37:21	37-Vicky Bray/SJC	2:53:14	66-Gough Reinhardt/LVRC	3:01:13*	95-Keith Campbell/LVRC	3:09:13*
9-Mike Spino/Esalen	2:37:53	38-Peter Wood/NCS	2:53:36*	67-Joe Maher/Tamalpa	3:01:26	96-L. Czelusta	3:09:16
10-Bob Bunnell/Un	2:38:35	39-Dennis Kroll/Un	2:53:52	68-P. Sanfilippo/WVJS	3:01:31	97-T. Duffy	3:09:25
11-R. Kunst/Un	2:38:54	40-C. Helms/Un	2:54:20	69-G. Krawies	3:01:47	98-T. O'Dell	3:09:38
12-Z. Gagzenko/Un	2:39:07	41-E. Fuller	2:54:36	70-M. Hoschler	3:01:56	99-B. Hintze	3:09:50
13-T. Pawlak/Un	2:39:11	42-M. Conover/Un	2:54:51	71-Brian Newell/NVRC	3:02:02	100-Jack Wiley/PMK	3:09:51
14-Jack Leydig/WVTC	2:41:49	43-Drew Stevick/WVTC	2:55:22	72-Hoyt Walker/LVRC	3:02:02	101-Walt Van Zant/WVJS	3:09:58
15-T. O'Halloran/Un	2:43:28	44-Ed Jerome/TRAC	2:55:44	73-Ted Brock/Un	3:02:09	102-Mike Fenner	3:10:37
16-Greg Jewett/PMK	2:44:16	45-Chris Hamer/WVTC	2:56:15	74-R. Fletcher	3:02:29	103-Dave Stevenson	3:11:20*
17-Jim Bowles/WVTC	2:45:12	46-Tom Pierce/PMK	2:56:17*	75-A. Lewis	3:02:41	104-Richard Houston/NC	3:11:34*
18-Randy Belzer/Syn	2:45:37	47-B. Woodward/Un	2:56:48	76-B. Savett	3:03:06	105-Don Lucero/WVTC	3:11:44*
19-T. Chavez/Un	2:45:53	48-R. Scott/Un	2:57:10	77-K. Leal	3:03:08	106-T. Bennett	3:12:01
20-B. Dunlop/LVRC	2:45:59	49-T. Parsons	2:57:28	78-F. Lee	3:03:17	107-S. Shearer	3:12:11
21-M. Williams/Un	2:46:35	50-Ross Rowley	2:57:29	79-M. O'Donnell	3:03:46	108-Jeanie Jones/PMK	3:12:12*
22-Art Boettcher/Un	2:46:42*	51-L. Sellers	2:57:30	80-M. Post	3:04:02	109-M. Fish/NCS	3:12:31*
23-John Armstrong/Un	2:46:51*	52-D. Halverton	2:57:41	81-Mark Reese	3:04:05	***WOMEN***	
24-Byron Richardson/WV	2:47:59	53-Penny DeMoss/WVTC	2:57:57	82-Orin Dahl	3:04:52*	37-Vicky Bray/SJC	2:53:14
25-John Notch/WVTC	2:48:02	54-Bill DiVita	2:58:06	83-J. Carr	3:05:16	53-Penny DeMoss/WVTC	2:57:57
26-T. Mikchevich/Un	2:48:36	55-S. Cushner	2:58:11	84-L. Sampson	3:05:48	108-Jeanie Jones/PMK	3:12:12*
27-D. Anderson/Un	2:48:49	56-Marv Winer/WVTC	2:58:14	85-W. Frank	3:06:14	140-Kathy Rankin/Un	3:19:49
28-Dennis Rinde/Ophir	2:49:00	57-Wakabayashi	2:58:31*	86-Ron Kovacs/TRAC	3:06:16	186-B. Pike/Un	3:30:38
29-Ben Sawyer/Un	2:49:01	58-Flory Rodd/NCS	2:58:47*	87-K. Crowe	3:06:27	207-Karen Diekmeyer/SD	3:39:04

**SCHULZ LEADS WEST VALLEY SWEEP OF PA-AAU JR. 10-KILO:** (Dec. 12, Belmont) - Hal Schulz, Tim Holmes, Mike Van Horn, Boyd Tarin, and Greg Mandanis all won free trips to the Jr. International Trials in San Diego as a result of their finishes in the PA-AAU Jr. 10-Kilo...funding coming from the Long Distance Running Committee. Holmes, the NorCal Prep of the year, and Phil Hornig, second in the NorCal JC Championships, took the early lead, along with Boyd Tarin. Schulz lay back comfortably and finally made his move coming up the second long hill and pulled away over the final two miles for a 14-second victory. Holmes and Hornig had a spirited battle for second, with Hornig almost catching Holmes at the wire before the Downey senior looked over his shoulder and dug in for the sprint. WVTC defended their team title with a cumulative time of 2:44:27, with Camino West (2:55:29) and Woodside Striders (2:57:00), taking the other two award spots. Those not turning 20 in 1977 are eligible to compete at the Natl. 8-Kilo (and International Trials) in February in San Diego (see scheduling section for details). /Jack Leydig/

1-Hal Schulz/WVTC	32:05	10-Kurt Dicus/WVTC	34:20	19-Craig Corey/WVTC	35:22	28-Kevin O'Conner/CAMWST	36:17
2-Tim Holmes/WVTC	32:19	11-Javier Barragan/Un	34:22	20-Joe Green/WVTC	35:30	29-Dave Hull/CAMWST	36:26
3-Phil Hornig/WVTC	32:21	12-Pete Gaul/Un	34:23	21-Luis Hidalgo/Un	35:35	30-Greg McDonald/Un	36:27
4-Jerry Emory/CAMWST	32:53	13-Tim Minor/Un	34:27	22-Federico Arroyo/Un	35:43	31-Brian Hurdal/CAMWST	36:28
5-Mike Van Horn/BC	33:05	14-Tom O'Neil/Un	34:38	23-Dave Cortez/WDS	35:48	32-Stan Newton/Un	36:31
6-Boyd Tarin/WVTC	33:31	15-Gary Goodstein/WDS	34:46	24-Ken Hurst/WVTC	35:49	33-Greg McKinstry/Un	36:34
7-Greg Mandanis/WDS	33:53	16-Ken Romiguere/Un	35:10	25-Bill Amable/CAMWST	35:52	34-Peter Ild/Un	36:42
8-Bob Love/CAMWST	34:01	17-Bob Coulson/Un	35:12	26-Rodney Rodriguez/Un	36:10	35-James Durocher/Un	36:47
9-Harry Youkers/WVTC	34:11	18-Danny Martinez/WDS	35:20	27-Mike Plummer/Chabot	36:15	36-Steve Watkins/MPC	36:52

NOTE: - The results for the Xmas Relays will be in next issue. Printed results and misc. items (ribbons, plates, etc.) will be mailed to your team captain shortly if it hasn't been yet. Send self-addressed, stamped envelopes for all correspondence please!