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The Only Publication Devoted to California Track



CALIFORNIA TRACK NEWS

P.O. Box 6103
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Area Correspondents still needed for many parts of the state. If interested in serving on our staff please write for details.

PROFILE ON:

Jeff Nelson

by BILL MINARIK



photo by Leon Frankamp

was probably the greatest cross country season in California prep history.

After beginning the season by obliterating state mile champ, Paul Medvin, in the Kenny Staub Invitational, Jeff continued undefeated right through the CIF Championships breaking every course record in the process; and as Jeff's coach, Dave Kemp pointed out, the closest anyone came to Jeff was teammate Lin Whatcott in a league dual meet.

Even more remarkable than the cross country season was Jeff's comeback from injuries to win the state two mile title last track season. While rolling along to what appeared to be a good season (9:16 PR), he felt a pain in his foot during a workout. An examination showed him to have a stress fracture; and in addition he was found to have bronchitis. Couple that with a knee problem and back spasms that had prematurely ended his junior cross country season and it looked like track season was also over. However, thanks to a 12 month training program and a bicycle exercise routine, Jeff was able to stay in competitive condition until the final dual meet of the season when he was able to return to track training. Even after resuming competition, Jeff didn't expect to be a contender for the state title. But then, as Jeff tells it, "I found that during the CIF prelims and finals, I was able to stay right with the leaders for almost the whole race. I knew then I had a chance to win it all."

Even after winning the state qualifying meet most experts were still tabing Redwood High's Rod Berry, the prior year runner-up to be first. However, anyone who remembers the cover of the June, 1978 issue of *California Track News* knows it was Jeff who pulled out

JEFF WALTER NELSON: Burbank High School senior. Age 17. Born March 28,

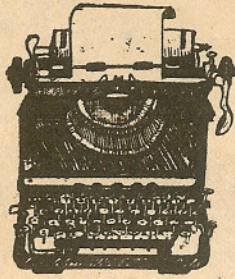
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from the editor...



Wow! What a cross country season. For me it was the most exciting and best ever. I'm not just saying that because our Fresno Pacific College harriers equaled their best ever performance (3rd in NAIA District 3) with four "All District" runners.

From the standpoint of the cheering fan it was a fantastic year. Some special highlights might include: the continued JC dominance of Grossmont College - how a two year school, which loses half of its team every year can remain on top so long is beyond me. The emergence of Cal Poly as a major California cross country power was exciting to follow - junior Jim Schankel was running "wild." Or, how about the amazing one year improvement of UC Santa Barbara, Sacramento State and the UC Berkeley women. Then there was Julie Brown winning the AAU with the San Jose Cindergals in the runner-up team slot.

It was also an exceptional cross country year for me because things worked out so that I could be at the NAIA, NCAA Division I, and the Men's AAU nationals. The cold north-west sweep. Those meets were a thrill to witness. But after viewing the three "biggies" all within a week's span I'm left with some questions: (1) Why are

they up in the cold? There are warmer sites in the States that time of year. (2) Why were there wrong turn hassles in two of the three? Maybe its just an inescapable part of the game. (3) Why are the fields so large? These are national championship races, not the Boston Marathon.

Part of the excitement, challenge, and fun of cross country is in the unexpected - 1978 was no exception.

Judy and I wish every one of you a very merry Christmas. We appreciate your continued help and support and hope that 1979 will be your best year yet.

Bill & Judy

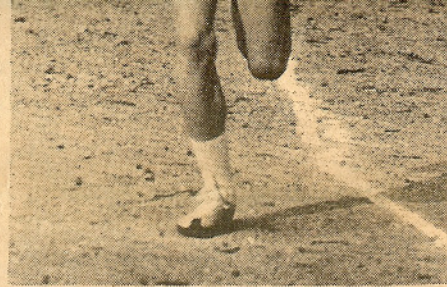


photo by Leon Frankamp

JEFF WALTER NELSON: Burbank High School senior. Age 17. Born March 28, 1961, in Van Nuys, California.

Best Marks: 4:28 and 9:28 as a sophomore; 4:21 and 8:59 as a junior. Coached by Dave Kemp.

Anyone who had doubts that Burbank High distance star Jeff Nelson, was the state's top prep distance runner after his two close two mile win in last year's State High School Track Championships must have had those doubts dispelled after seeing Jeff complete what

dual meet of the season when he was able to return to track training. Even after resuming competition, Jeff didn't expect to be a contender for the state title. But then, as Jeff tells it, "I found that during the CIF prelims and finals, I was able to stay right with the leaders for almost the whole race. I knew then I had a chance to win it all."

Even after winning the state qualifying meet most experts were still tabing Redwood High's Rod Berry, the prior year runner-up to be first. However, anyone who remembers the cover of the June, 1978 issue of *California Track News* knows it was Jeff who pulled out a near photo finish.

When asked what his goal for this track season was now that he is on top in both track and cross country, Jeff replied, "To stay healthy." Well, it seems that he has lined up a very healthy schedule, which includes all the big indoor meets and possibly the World Junior Cross Country Championships, as well as a full compliment of outdoor meets.

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ON THE COVER: California's top finishers in the AIAW Nationals. Decker 1st., Thrupp 10th. photos by Keith Conning

TEAM SPOTLIGHT:

Camino West racing team

Camino West was founded in the summer of 1973 by Peter Michon. Pete has, since that inception, served as it's only head coach and president. Camino began as an organization to meet the needs of runners who looked to other forms and types of competition for their favorite sport. The club gave them a team concept in addition to that of their scholastic programs; and allowed them to more fully realize their potential over a number of years after their schooling was completed. It brought them in contact with a wide variety of runners of all ages. There was a pride to belong and Camino West built it's team on that concept.

Since its founding five years ago, the club has won the Lake Tahoe Relays twice, the Runner's World 24 Hour Relay, the Christmas Relays and many individual road races. They have consistently placed high in Pacific Association AAU Championships despite the youthfulness of the membership. In 1974 Camino West was the only team to place two teams in the top ten in the Junior Cross Country Nationals (fifth and eighth place). More recently member Steve Palladino won the San Francisco Marathon in his first effort in the time of 2:20.

West can hold it's own in national competition as well as the juniors.

Camino West's future stars are some of the toughest high school runners in the Central Coast Section. Led by 1977 CCS champion Bob Love, John Hoch, Kevin O'Connor, Dan Hernandez, Jesse Colvin, Ken Apperson and Greg Wimmer.

Other top notch competitors include San Jose State's Dan Harvey, College of San Mateo's Paul Mello, Cal Poly's Wally Montenegro and Joe Fabris, University of Nevada's Rudy Munoz, Stanford's Jerry Emory, UC Davis' Roy Hogle and Bob Miller. In the up and coming women's section, Sue Munday is Camino West's finest.



The 5th Annual

Bakersfield Marathon & Half-Marathon

13.1 and 26.2 miles

SATURDAY, FEBRUARY 3, 1978

6:30 A.M. CHECK-IN

8:00 A.M. START

WEST HIGH SCHOOL PARKING LOT

- T-SHIRTS TO HALF AND FULL MARATHON FINISHERS
- TROPHIES TO THIRD, MEDALS TO 10th — MARATHON
- TROPHIES TO THIRD, MEDALS TO 5th — HALF MARATHON
- FINISHING PHOTOS TO MARATHONERS
- AID STATIONS EVERY THREE MILES
- MILES MARKED
- SPLITS GIVEN EVERY 5 MILES
- FAST, FLAT AND COOL (45-55 degrees) CERTIFIED COURSE
- PRIZES RAFFLED OFF AFTER RACE
- POSITIONAL STARTING
- \$5.00 ENTRY FEE — \$7.00 LATE ENTRY FEE
- ENTRY DEADLINE DATE: JANUARY 27, 1979

Make check payable to Bakersfield Track Club. AAU registration required.

ENTRY BLANK

relay, the Christmas Relays and many individual road races. They have consistently placed high in Pacific Association AAU Championships despite the youthfulness of the membership. In 1974 Camino West was the only team to place two teams in the top ten in the Junior Cross Country Nationals (fifth and eighth place). More recently member Steve Palladino won the San Francisco Marathon in his first effort in the time of 2:20.



JOHN MORENO

Camino West is a road racing team; and they've chosen the symbol of the eagle in flight to grace their uniforms. The red, white and blue jersey emphasizes their free spirit and freedom to choose when and where to compete. Much of their strength and enjoyment has come from the team concept of running. As a club, Camino West, sees to it that any and all of its members find their certain place in this runner's world. To the jogger or the racer, Camino West welcomes you.

The club is led by some of the finest young runners in the Pacific Association. Their ages range from 14 to 24 and make up over 90% of the team. Camino West is most prolific in the Bay Area but includes members from all over the PA territory. Many have left for schools all around the country, however, are still very much an integral part of Camino West. Led by John Moreno, Mitch Kingery, Steve Palladino, Dave Murphy, Damon Wood and Ron Fritzke, Camino



STEVE PALLADINO

As for club leadership; it's Peter Michon all the way. The club is handled entirely through his capabilities and that of his assistants. They are involved in many road race sponsorships, promotions and race coordinations. In this regard, the strong membership is responsible for the raising of funds essential to their operation. The trio of Roy Michon, Tom Nelson and Peter Michon make up one of the most efficient and effective road racing crews in the business.

Camino West from time to time prints a mini magazine of its club as sort of a year book. It includes the year's highlights, photographs, information, results and ratings, among other things of interest.

Camino West Racing Team is a road race—long distance team that is involved with the many aspects of competition from low key fun runs and all comer meets to Divisional and National Championships, in both junior and senior divisions. It won't be long and the women's program, as well, will be ready for high caliber competition. Everyone is welcome to join the team and be a part of it all; and to share the friendship and integrity Camino West is so proud of.

● FAST, FLAT AND COOL (45-55 degrees) CERTIFIED COURSE

● PRIZES RAFFLED OFF AFTER RACE

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Make check payable to Bakersfield Track Club. AAU registration required.

ENTRY BLANK

I want to participate in the — Half Marathon — Full Marathon.
(please indicate)

Best Marathon Time: _____ Shirt Size: S M L XL
(circle one)

In consideration of your accepting this entry, I, Intending to be legally bound, hereby for myself and my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accure against the Bakersfield Track Club, West High School, their representatives, successors and assigns, for any and all injuries suffered by me at this Bakersfield Marathon.

PRINTED NAME: _____

SIGNATURE: _____
(If under 18 parents signature)

AGE: _____ BIRTHDATE: _____

ADDRESS: _____

DIVISION ENTERING (please check one):

___ Male 13 & under ___ Male 14-19 ___ Male 20-29 ___ Male 30-39

___ Male 40-49 ___ Male 50 & over.

___ Female 29 & under ___ Female 30 & over.

If in need of more information send SASE to Bakersfield Track Club, P.O. Box 9391, Bakersfield, CA 93309.

NCAA II

November 11, Pennsylvania—

Meadowlane Country Club was the site of the NCAA Division Two Cross Country Championships. The grassy, but hilly 10,000 meter run was staged by the Indiana University of Pennsylvania. Host team used the home course advantage as they placed sixth in the 55 degree temperature.

California was represented by one super-power squad and an additional three strong harrier teams. Of the four all but Cal State Los Angeles performed up to expectations. Cal Poly - San Luis Obispo did it all in winning with a low score of 42 points. Sacramento State placed fourth just 10 points out of second. UC Riverside was in the top 10 teams with their 9th place finish, just 24 points shy of a sixth place plaque.

Californians were even more impressive from an individual standpoint. Cal Poly's Jim Schankel was no match for any of the runners that day. Schankel's win was certainly not a surprise as he capped an undefeated season. The big surprise, though, came from several other Cal Poly runners— Mitch Kingery pulled off the second place finish, and then John Capriotti and Dan Aldridge snatched 7th and 8th. Fifth man for the Mustangs was Eric Huff, just missing "All American" in 27th.

Also running exceptionally well at the national level were Sacramento's Jim White in fourth place and Riverside's Steve Alvarez in fifth. Riverside had another "All American" in Mike Garcia who notched 11th. Seven of the top 11 were Californians — not bad!

November 11, Pennsylvania. NCAA Division II National Cross Country Championships

- at Meadowlane Country Club:
- | | |
|----------------------------|-------|
| 1) Jim Schankel (CPSLO) | 30:34 |
| 2) Mitch Kingery (CPSLO) | 30:52 |
| 3) Stephen Eachus (Bloom) | 31:04 |
| 4) Jim White (CSU Sac) | 31:23 |
| 5) Steven Alvarez (UC Riv) | 31:28 |



NATIONAL



by BILL COCKERHAM

- | | |
|-----------------------------|-------|
| 13) Lee Anderson (Mankato) | 31:47 |
| 14) D. Hisenrote (WIU) | 31:47 |
| 15) Steve Venable (Troy) | 31:48 |
| 27) Eric Huff (CPSLO) | 32:10 |
| 33) Dennis Rinde (CSU Sac) | 32:23 |
| 35) Mike Van Horn (CSU Sac) | 32:27 |
| 36) Lance Packer (CSUN) | 32:32 |
| 46) Jay Rubino (CSLA) | 32:42 |
| 47) Tom Westfall (UC Riv) | 32:42 |
| 50) Robby Bray (CPSLO) | 32:44 |
| 53) Brad Brown (CSU Sac) | 32:47 |
| 70) Tim Farrell (CSU Sac) | 33:09 |
| 74) Craig Parks (UC Riv) | 33:12 |
- Cal Poly SLO 42, South Dakota St 165,
Valdosta St 167, CSU Sacramento 175,
Eastern Illinois 192, Indiana Univ
of Penn. 202, Troy State 204, Mankato
State 220, UC Riverside 226, Univ. of
Northern Iowa 253. /Steve Miller/

NAAIA

November 18, Kenosha, Wisconsin—

Cold and crowded were the characteristics of the NAAIA Cross Country Championships; held for the third straight year at the University of Wisconsin — Parkside.

Parkside did an admirable job of conducting the national championships, but there was nothing they could do about the weather or about the large



"All American" in 27th.

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| 4) Jim White (CSU Sac) | 31:23 |
| 5) Steven Alvarez (UC Riv) | 31:28 |
| 6) John Doub (Ship) | 31:32 |
| 7) John Capriotti (CPSLO) | 31:36 |
| 8) Dan Aldridge (CPSLO) | 31:42 |
| 9) Mark Curp (Cen Mo) | 31:42 |
| 10) Mike Bills (SoDakSt) | 31:43 |
| 11) Mike Garcia (UC Riv) | 31:45 |
| 12) Brian Jordan (Edin) | 31:46 |



MITCH KINGERY(1ft) and JIM WHITE finished 2nd and 4th at the NCAA II

NAIA

November 18, Kenosha, Wisconsin—

Cold and crowded were the characteristics of the NAIA Cross Country Championships; held for the third straight year at the University of Wisconsin — Parkside.

Parkside did an admirable job of conducting the national championships, but there was nothing they could do about the weather or about the large field of runners — 400 bodies all fighting to be in the front. The NAIA cross country coaches refused to limit the field any further or to go to a regional qualifying. At the same business meeting



SAMMY MERITIM top Californian at the NAIA National Championships



1 1/2 mile mark in the crowded NAIA

before the meet, they nixed a proposal to lengthen the distance from 5 miles to 10,000 meters. Progress is slow. The NAIA will remain with a 400+ runners over only 5 miles in the national championships (I would like to hear what John Chaplin of Washington State would have to say about that).

Just one California team and only a handful of individuals made the trek to nationals. Traditionally Californians don't do well in the meet. Maybe it's the cold? They don't have any trouble holding their own in the distance events at the track championships in May.

Azusa Pacific, the NAIA District III champion, placed 17th in the race this year. They were paced by Kenyan and former UTEPer Sammy Meritim who notched 42nd. The second Californian was Juan Garza of Fresno Pacific in 56th.

Kelley Jensen of Southern Oregon was a surprise winner over defending champion Gary Henry of Australia and Pembroke State, North Carolina. Although Henry settled for second he paced his team to the team crown. Saginaw Valley, Michigan, was second and defending champion Adams State, Colorado, was third.

November 18. Kenosha, Wisconsin. NAIA Cross Country Championships (5 miles):

- | | |
|-----------------------------|-------|
| 1) Kelly Jensen (So Oregon) | 25:07 |
| 2) Garry Henry (Pembroke) | 25:15 |
| 3) Dan Buntman (Wis-StvPt) | 25:21 |

- | | |
|--------------------------------|-----------|
| 4) Dan Bulloch (Dakota Wes) | 25:23 |
| 5) Tom White (Adams State) | 25:24 |
| 6) David Lewis (Pembroke) | 25:25 |
| 7) Mike Duran (U of So Co) | 25:26 |
| 8) Henry Winger (Pitts) | 25:27 |
| 9) Robert Fink (Adams St) | 25:30 |
| 10) Richard Ledoux (U So Co) | 25:31 |
| 42) Sammy Maritim (AzusaPC) | 26:09 |
| 56) Juan Garza (FresnoPacif) | 26:16 |
| 132) Terry Drake (Azusa Pac) | 27:00 est |
| 133) Scott Hunter (AzusaPac) | 27:00 est |
| 142) Tom McCann (AzusaPac) | 27:05 est |
| 147) Doug Jacobson (CaSanDieg) | 27:08 est |
| 177) Ezkial Rodriguez (Azusa) | 27:23 est |
| 197) Tom Ashcraft (Azusa) | 27:35 est |
| 259) Chuck DeGarmo (Westmont) | 28:00 est |
| 264) Peter Dolan (CaSanDiego) | 28:10 est |
| 366) Steve Heyl (Azusa Pac) | 29:30 est |

Pembroke State NC 126, Saginaw Valley Michigan 147, Adams State CO 180, Wisconsin Lacrosse 204, Eastern Washington 225---17th - Azusa Pacific 499.

NCAA I

November 20, Madison, Wisconsin—

It was cold - cold - cold. 19 degrees, snow on the ground and a biting wind. We Californians aren't used to these conditions for a run through the park. I must have covered nearly 10,000 meters myself, running over the Yahara Hills Golf Course just to stay warm.

CROSS COUNTRY

With defending champions Henry Rono of Washington, and the University of Oregon team both looking strong I figured the real excitement for me would come from watching the handful of Californians. I was right and I was wrong. I was right about the Californians - they did a remarkable job in the blizzard like conditions. Thom Hunt of Arizona via San Diego's Crawford High School, was fantastic as he finished third. Thom put in a gutsy effort as he actually led from about the two to four mile.

Jim Schankel, the NCAA Division II champion, from Cal Poly, came on like gang-busters in the final mile to notch 8th place. Schankel's teammate Mitch Kingery recorded 50th. Other super performances by Golden Staters were former Porterville JC steeplechase star, Joaquin Leano of Nevada-Reno in 35th.; Jim White of Sacramento State in 45th.; and Kirk Pfeffer, a Grossmont College state cross country champ, of Colorado in 46th.

I was wrong with my title picks of Rono and Oregon. The Washington State Kenyan apparently made a wrong turn with several of the other leaders at about

broke away from the field at the four mile mark and was uncontested from that point. His first place finish, however, was not enough for the Oregon Ducks to pull off the team championship as they lost to the University of Texas at El Paso 56 to 72.

November 20. Madison, Wisconsin.
46th NCAA Cross Country Championships (10,000m):

- 1) Alberto Salazar (Or) 29:29.7
- 2) Michael Musyoki (UTEP) 29:33.2
- 3) Thom Hunt (Az) 29:34.1
- 4) Sul. Nyambui (UTEP) 29:35.9
- 5) Steve Lacy (Wi) 29:36.5
- 6) Marc Hunter (Cleve St) 29:39.7
- 7) Don Clary (Or) 29:47.3
- 8) Jim Schankel (CPSLO) 29:48.0
- 9) Bob Snyder (Penn St) 29:48.2
- 10) Dan Henderson (Wheaton) 29:48.5
- 11) Mickey Morris (Ut) 29:50.0
- 12) James Munyala (UTEP) 29:50.3
- 13) Tom Graves (Aub) 29:51.6
- 14) Rudy Chapa (Or) 29:54.5
- 15) Jim Spivey (In) 29:56.9
- 16) James Rotich (UTEP) 29:58.8
- 17) Jeff Randolph (Wi) 30:02.3
- 18) Mark Muggleton (Ar) 30:02.6

AIAW

November 18, Boulder, Colorado—

While many of the cross country national meets were laboring under cold weather conditions, the women's collegiate meet, the AIAW, was run under clear skies with temperatures approaching the 50's. Here, however, the limiting factor became the altitude.

California's Mary Decker, who's been altitude training as a student at host school Colorado, took advantage of the home course and pressed herself hard the final 1000 meters to pull off the individual championship over the 5,000 meter course.

Right from the start it looked like California would have an individual champ as Northridge's Julie Brown and Sue Kinsey went out in the lead but

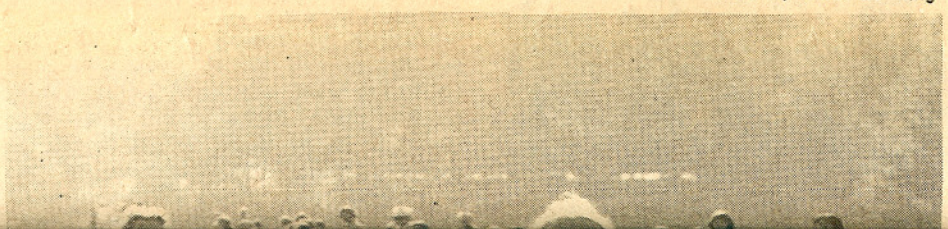
Other than Decker the biggest come throughs of the day were by Stanford's Ann Thrup who finally managed to shake her injuries and came in 10th.; and Cal Poly's Maggie Keyes just 3 seconds behind Ann. California's prep star last track season, Cheri Williams of Livermore now running for the University of Oregon finished a very respectable 32nd.

California teams didn't do too badly, either. UC Berkeley's first year squad placed seventh and Cal Poly was 11th. Northridge wound up 15th with Brown counting and 21st without Brown. Many observers were picking UCB for a higher place than seventh — based on their undefeated season and strong showing in the Western Regionals. However, one must realize the Bear girls had never been to a national championship, were very young and relatively inexperienced. Their pre-season goal of placing in the top 10 was most realistic - and they will be back!

November 18. Denver, Colorado. Fourth Annual Assoc. for Intercollegiate Athletics for Women (5000m):

- 1) Mary Decker (Colo Un) 16:59.4
- 2) Julie Shea (No Carolina) 17:01
- 3) Kathy Mills (Penn St) 17:01
- 4) Margaret Groos (U Virg.) 17:15
- 5) Brenda Webb (U Tenn) 17:20
- 6) Joan Benoit (No Carolina) 17:24
- 7) Debbie Vetter (Iowa St) 17:30
- 8) Martha White (U of Virg.) 17:34
- 9) Lynn Jennings (Princeton) 17:37
- 10) Ann Thrupp (Stanford) 17:40
- 11) Karen Bridges (Oklahoma) 17:41
- 12) Maggie Keyes (CPSLO) 17:43
- 13) Janet Ensrud (St. Olaf) 17:44
- 14) Janet McColl (U of Virg) 17:46
- 15) Dianna Halpin (U Houston) 17:47
- 16) Liz Berry (Penn St) 17:48
- 17) Janice Oehm (Cal Berk) 17:50
- 18) Lorna Orleman (Boston) 17:51
- 19) Jody Rittenhouse (U Ark) 17:53
- 20) Judi St. Hilaire (U Verm) 17:54

photo by Keith Conning



in 46th.

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- | | |
|-------------------------|---------|
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meter course.

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- | | |
|-------------------------------|-------|
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photo by Keith Conning



THOM HUNT leads the NCAA Division I Championships



JIM SCHANKEL (left) finishing 8th. at NCAA Division I Nationals.



JANICE OEHM leads teammate **SUZANNE RICHTER**

two miles — the others quickly recovered the lost ground, but Rono didn't. I don't see how anyone would get lost. The yellow chalk lines on the snow were visible the whole way, there were tall bright colored flags, always in vision, to run to, and a jeep led the way 40 yards ahead of the leaders. Alberto Salazar of Oregon, the eventual winner, was destined to suffer the same wrong turn fate just the very next weekend at the AAU meet. Salazar, a junior at Oregon,

- | | |
|---------------------------|---------|
| 19) Dan Dillon (Prov) | 30:03.0 |
| 20) Jim Stintzi (Wi) | 30:04.7 |
| 21) John Hunsaker (Co) | 30:06.9 |
| 22) Ken Martin (Or) | 30:07.0 |
| 23) Rey Treacy (Prov) | 30:07.4 |
| 24) Simon Kilili (Wy) | 30:12.6 |
| 25) Steve Plasencia (Mn) | 30:12.8 |
| 35) Joaquin Leano (Nev/R) | 30:22.8 |
| 45) White (Sac State) | 30:29.5 |
| 46) Kirk Pfeffer (Co) | 30:30.1 |
| 50) Mitch Kingery (CPSLO) | 30:34.8 |
- UTEP 56, Oregon 72, Wisconsin 134, Penn State 220, Colorado 234, Tennessee 247, Arizona 248, Indiana 253, Colorado State 255, Arkansas 301.

quickly fell victim to the thin air — Brown dropping to 12th. at the finish and Kinsey way back to 193rd.

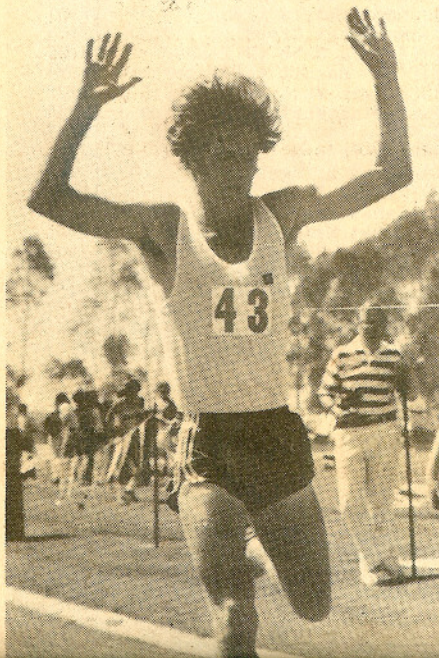
Her finish wasn't the only disappointment for Brown, either. The AIAW voted that she had used her eligibility already before this year and would not be able to run. Northridge coach Chuck Debus appealed on the basis that when Julie was a freshman at UCLA she didn't participate in AIAW. She was allowed to run unofficially but it is doubtful she will be allowed to count.

- | | |
|--------------------------------|-------|
| 21) Debbie Mitchell (UTEP) | 17:55 |
| 22) Kimberlee Dunlap (U Md) | 17:57 |
| 23) Kiame Vetter (Iowa St) | 17:58 |
| 24) Renee Urish (Kansas St U) | 17:59 |
| 25) Kathy Adams (U Wash) | 18:00 |
| 32) Cheri Williams (U Oregon) | 18:09 |
| 51) Lynn Hjelte (Cal Berk) | 18:22 |
| 53) Sue Munday (CPSLO) | 18:23 |
| 66) Alice Trumbly (Cal Berk) | 18:31 |
| 91) Linda Broderick (UCLA) | 18:45 |
| 100) Sheila Ralston (UCLA) | 18:52 |
| 101) Suzanne Richter (CalBerk) | 18:53 |

- 108)Jani Rouda (CPSLO) 18:58
 - 111)Pam Cox (Cal Berk) 18:59
 - 122)Diane Riley (SanDiegoSt) 18:59
 - 123)Tammy Hogge (CSUN) 19:04
 - 125)Kate Keyes (CPSLO) 19:08
 - 129)Pam Morris (Oxy) 19:11
 - 132)Michelle Aubuchon (CS Hay) 19:11
 - 138)Kathy Chisam (UCLA) 19:15
 - 145)Susie Meek (Cal Berk) 19:22
 - 150)Janice Kelley (CPSLO) 19:24
 - 171)Cathy Jones (CSUN) 19:43
 - 181)Wendy Walker (CSUN) 19:52
 - 183)Eileen Kraemer (CPSLO) 19:53
 - 192)D. Bubarja (Cal Berk) 20:04
 - 193)Sue Kinsey (CSUN) 20:05
 - 208)Laurie Jewell (CSLB) 20:26
 - 211)Debbie Dobbs (CPSLO) 20:34
 - 229)Kathy Robertson (CSUN) 21:40
- Iowa State U 119, No. Carolina St. 144, Penn State U 145, Colorado U 147, U of Oregon 180, Wisconsin-Madison 190, Cal Berkeley 199, U of Virginia 208, U of Maryland 210, Michigan St 212, Cal Poly SLO 254, Cal State Northridge (21st) 534.
/Eddy Cadena/

AAU MEN

photo by Richard Lee Slotkin



mark. Other leading contenders weren't as fortunate. By the time Craig Virgin and some of the others started moving up Salazar and Meyer had broken loose and opened up a large lead over the rest of the field. And that's how they stayed.

At about the two mile mark, however, the plot thickened as the two leaders took a wrong turn pulling everyone with them. Apparently a course guide hesitated a moment and then they were off the wrong way. Here's what happened: In most basic terms the course was two large loops of about two miles each. The first loop was to be repeated before going onto the second loop which went on into the finish area. The first time on the first loop the runners headed right out on the final finishing loop instead of repeating the first loop before. Bill Roe frantically managed to have them steered past the chute and back out onto the first loop again. Remarkably it worked out and the distance must have been pretty close to 10K.

Can you imagine the thoughts of the runners as they were heading for the finish after just 2½ miles? And then as they went by the chute at about 4 miles, not knowing what was next or how far to go? It could have been worse — what would have happened if only some of the runners would have made the wrong turn and the others went correctly?

Salazar and Meyer continued to look easy running way out front, but then put on a finishing burst when they saw the finish line; with Meyer eeking out a one yard victory.

Top California finisher was Guy Arbogast running for the Colorado Track Club. The top runner representing a California team was Santa Monica Track Club's Larry Lawson in 12th. San Fernando Valley's Dave Babiracki was 18th., Jim Schankel was 23rd. and Thom Hunt was 25th to give California five All Americans.

The Santa Monica Track Club was, for the second straight year, the top California team with their 259 points in seventh place. Right behind them was the San Diego based Jamul Toads, a former national champion team, in 8th. Had usual Toads Thom Hunt and Kirk Pfeffer been representing the Toads

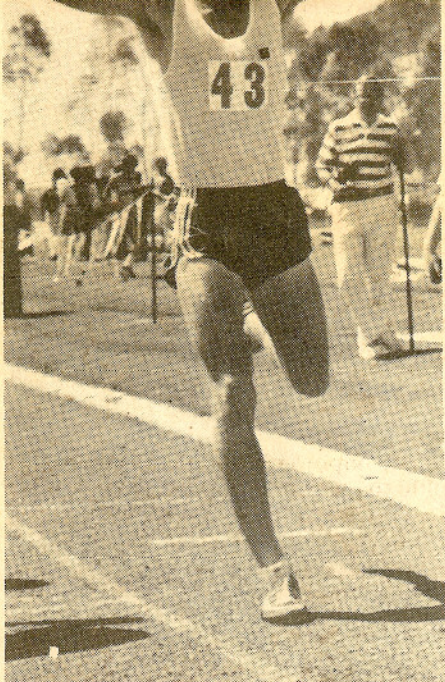


GUY ARBOGAST (216) and LARRY LAWSON (41) were California's number one and number two finishers at the AAU Nationals

- 28) Tom Burrige (Mason-Dix) 30:45
- 29) Garry Bjorklund (UCTC) 30:46
- 30) Rudy Chapa (U Oregon) 30:48
- 31) Kirk Pfeffer (U Colorado) 30:51
- 32) Bill Gillin (GreaterBost) 20:54
- 33) Paul Williams (Ontario) 30:55
- 34) Tom Bryant (SMTC) 30:56
- 35) Nil Lavalee (Ontario) 30:57.4
- 36) Larry Mangan (Penn St) 30:57.9
- 37) Tony Staynings (Mason-Dix) 30:58
- 38) Jeff Wells (Ath West B) 30:59.3
- 39) Alex Kasich (Ath West B) 30:59.8
- 40) Ted Castaneda (Colo TC) 31:02
- 41) Don Kardong (CNW A) 31:03
- 43) Matt Leddy (Jamul Toads) 31:03.8
- 50) Chris Hughes (Jamul Tds) 31:17
- 56) John Moreno (CamWest) 31:24
- 57) Scott Peters (Jamul) 31:25
- 58) Stan Vernon (SM) 31:26
- 59) Mitch Kingery (CamWest) 31:26.4
- 69) Dave Taylor (OTC B) 31:30.3
- 77) Dave Smith (AIA) 31:36.4
- 89) Jerald Jones (SMTC) 31:43
- 91) Rob Stanley (Maccabi) 31:44.1
- 92) Gary Romesser (FPTC) 31:44.6
- 103)Mike Porter (WVTC A) 31:49.3
- 104)John Capriotti (Maccabi) 31:49.8
- 106)Juan Garcia (FPTC) 31:50.6
- 110)Brian Hunsaker (Maccabi) 31:52
- 111)Duncan MacDonald (WVTC) 31:54
- 112)Steve Palladino (CamWest) 31:54.4

Mason-Dixon 73, Univ. of Oregon 84, Greater Boston 100, Colorado TC 114, Athlatic West 150, Penn State 160





DAVE BABIRACKI third Californian at National AAU Championships.

November 25, Seattle, Washington—

Wet weather and confusion highlighted the day at the Men's National AAU Cross Country Championships. But, both the weather and the confusion could have been worse. Just the weekend before it snowed five inches on the West Seattle Golf Course, site of the run. The chaos created by a wrong turn in mid-race was miraculously brought under control by meet director Bill Roe.

As the field toed the starting line it was obvious there was going to be a lots of slipping, sliding, and falling over the soggy, muddy 10,000 meters as 300 runners scrambled for position. Speaking of slippery; as I warmed up the day before with the Fresno Pacific Track Club team I fell twice (my back is still tight) without any traffic. The entry blank emphasized waffle soled shoes were a must but spikes were the order of the day.

University of Oregon's Alberto Salazar, Greater Boston's Greg Meyer and Boston teammate Bob Hodge managed to get right up front by the ½ mile

Top California finisher was Guy Arbogast running for the Colorado Track Club. The top runner representing a California team was Santa Monica Track Club's Larry Lawson in 12th. San Fernando Valley's Dave Babiracki was 18th., Jim Schankel was 23rd. and Thom Hunt was 25th to give California five All Americans.

The Santa Monica Track Club was, for the second straight year, the top California team with their 259 points in seventh place. Right behind them was the San Diego based Jamul Toads, a former national champion team, in 8th. Had usual Toads Thom Hunt and Kirk Pfeffer been representing the Toads rather than Quest and Colorado TC, the Toads would have done quite better.

Mason-Dixon Track Club was a surprise winner over the University of Oregon and Greater Boston. Had Salazar run for his club, Greater Boston, instead of his school, it would have made the difference.

After the mud had settled and I was mulling over our disappointing Fresno Pacific TC showing and how much the trip had cost the club, I thought, "Wouldn't it be nice if the AAU had some type of qualifying procedure (maybe a regional lead-up) for the nationals?" And, then as long as I was dreaming, "And, they paid the way for all qualifiers." Dream on!

November 24. Seattle, Washington.
National AAU Cross Country Championships
(10,000m):

- 1) Greg Meyer (GreaterBoston) 29:35.9
- 2) Alberto Salazar (U Ore) 29:36.3
- 3) Craig Virgin (St. Louis) 29:56.6
- 4) Don Clary (U Oregon) 30:03.2
- 5) Wilson Waigwa (PhilPion) 30:05.2
- 6) Carry Cuzzort (Mason-Dix) 30:05.8
- 7) Dave Murphy (Mason-Dix) 30:07.4
- 8) Guy Arbogast (Colo TC) 30:07.7
- 9) Tom Wysocki (Las Vegas) 30:10.6
- 10) Bill Dorhowski (NYAC) 30:15.4
- 11) Dan Dillon (GreaterBoston) 30:18
- 12) Larry Lawson (SMTTC) 30:22
- 13) Mark Anderson (U Colo) 30:24
- 14) Bob Hodge (GreaterBoston) 30:25
- 15) Peter Butler (Alberta) 30:25.4
- 16) Mark Finucane (Mason-Dix) 30:26
- 17) Ken Misner (Un) 30:27
- 18) Dave Babiracki (SFVTC) 30:29
- 19) Herb Lindsay (UCTC) 30:31.1
- 20) Steve Flanagan (Colo TC) 30:31.6
- 21) Tony Sandoval (AthWest B) 30:32
- 22) Ken Martin (U Oregon) 30:36
- 23) Jim Schankel (MaccabiBlue) 30:40
- 24) Charley Vigil (Colo TC) 30:40.9
- 25) Thom Hunt (Quest Club) 30:43.1
- 26) John Ziegler (Penn St) 30:43.7
- 27) Steve Plasencia (U Minn) 30:44.5

- 39) Alex Harrison (Ath West) 31:37.0
 - 40) Ted Castaneda (Colo TC) 31:02
 - 41) Don Kardong (CNW A) 31:03
 - 43) Matt Leddy (Jamul Toads) 31:03.8
 - 50) Chris Hughes (Jamul Tds) 31:17
 - 56) John Moreno (CamWest) 31:24
 - 57) Scott Peters (Jamul) 31:25
 - 58) Stan Vernon (SM) 31:26
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 - 110) Brian Hunsaker (Maccabi) 31:52
 - 111) Duncan MacDonald (WVTC) 31:54
 - 112) Steve Palladino (CamWest) 31:54.4
- Mason-Dixon 73, Univ. of Oregon 84, Greater Boston 100, Colorado TC 114, Athletics West 150, Penn State 169, Santa Monica 259, Jamul Toads 316, Chicago TC 360, Club Northwest 370, 12th-Maccabi 393, 17th-West Valley TC 500, 20th-Camino West 523, 23rd-Fresno Pacific TC 601, 25th-Aggie RC 635, 30th-Athletes in Action 930, 33rd-West Valley TC "B" 1041, 37th-Pamakid 1171.



JULIE BROWN — AAU Champion

photo by Keith Conning

AAU WOMEN

November 25. Memphis, Tennessee.
AAU Women's Championships(5000m):

November 25, Memphis, Tennessee—

It was Julie Brown's day. Finally! Her finishing kick was too much for defending champ Jan Merrill. Her win at the Women's AAU Cross Country Championships on November 25, in Memphis, partially made up for her disappointment at Boulder the week previous.

Teammate Sue Kinsey also showed she was ready to make up for last week as she finished in 11th. The next Californians to cross the line were a trio of runners from the runner-up team San Jose Cindergals: Ann Wotherspoon in 21st; Kathy Perkins in 22nd; and Roxanne Bier in 23rd.

Brown earned the right to represent the United States in the International Cross Country Championships next March in Ireland (top 6 finishers today were selected to team). The international race is one Julie has won before.

- 1) Julie Brown (LANTC) 16:33
 - 2) Jan Merrill (AGAA) 16:36
 - 3) Julie Shea (NC St) 16:42
 - 4) Kathy Mills (Penn St) 16:44
 - 5) Jennifer White (WRC) 16:47
 - 6) Margaret Groos (CharTC) 16:47
 - 7) Ellison Goodall (un) 16:51
 - 8) Joan Benoit (LAC) 16:59
 - 9) Debbie Vetter (ISTC) 17:01
 - 10) Dia Elliman (LAC) 17:02
 - 11) Sue Kinsey (LANTC) 17:04
 - 12) Deanna Coleman (CNW) 17:09
 - 13) Nancy Rooks (un) 17:10
 - 14) Lorna Coleman (LAC) 17:13
 - 15) Paula Newnham (LAC) 17:16
 - 16) Doris Heritage (CNW) 17:17
 - 17) Karen Bridges (Ok St) 17:22
 - 18) Liz Berry (Penn St) 17:25
 - 19) Cindy Bremser (Wi TC) 17:25
 - 20) Joan Hanson (Quest) 17:26
 - 21) Ann Wotherspoon (SJC) 17:28
 - 22) Kathy Perkins (SJC) 17:30
 - 23) Roxanne Bier (SJC) 17:33
 - 24) Terri Wells (FPTC) 17:34
 - 25) Marybeth Spencer (WiTC) 17:35
- Liberty AC 75, San Jose Cindergals 141, Club Northwest 142, Wisconsin TC 239, Quest Club 253.

TRAINING & TECHNIQUE

1600m RELAY

by VERN GAMBETTA

by LARRY CLINTON

This is the second part of a two part series by Larry Clinton. Last issue's part 1 dealt with the 400 meter relay. Larry Clinton is the head track coach at Ohio University. He served as the Relay Chairman for the U.S. Olympic Development Committee at the 1978 Olympic Learn by Doing Clinic in Colorado Springs.

STRATEGY

1. You have the best team by far - then run your second fastest man first and get out of potentially dangerous traffic. Use Number three or four man with a small field.
2. You have one questionable or injured athlete - run him fourth and give the others a chance, he may rise to the occasion.

There are a lot of teams and all of equal abilities - try to get an early lead and break from the pack to avoid being forced to run slower because of fighting through traffic.

4. There are two or three good teams which you know will be in the race after the first leg and you have the best anchorman, run your competition, don't take chances of "bricking" or being disqualified.
5. You are in race, you are ranked 9th out of 9 teams with very little chance. Pick a good team in the race and match up your men per man with them and start the leadoff with one of your men you know can do his job and hope it's contagious.

6. Conference championship is on the line in the 1600 meter relay. The other team

extra stimulus to get out fast. After the first exchange, usually the teams are spread out enough that which way you are facing doesn't matter.

We don't switch the baton. Before the race, we go over what hand each runner is going to receive with and he knows to keep it there. If you have someone who feels uncomfortable with a baton in a particular hand, have him do his running in workouts with a baton. If the outgoing runner forgets in which hand he is to receive, he merely looks at the incoming runner and knows he gets the baton in the hand opposite the runner who is carrying the baton.

We use the visual pass with the outgoing runner judging the speed of the incoming runner so as to get the baton as soon as legally possible and not cause the incoming runner to break stride. The outgoing runner takes a stance facing the direction he's to run with his feet pointing forward, similar to the 400 meter relay stance. Judging the speed of the incoming runner, he will take off with the receiving arm extended and slightly lower than shoulder height. The thumb and four fingers form a V with the palm up. He then looks the baton into his hand. A common mistake at this point is to turn the head forward; this sometimes moves the hand to the side causing

incoming runner so he can hand off when He's ready. The outgoing runner can move as fast as necessary with his arm up and head back.

The incoming runner must also look the baton into the hand of the outgoing runner. I don't believe in just sticking it up in the air and letting it be snatched by the outgoing runner. The arm action is merely a reaching forward with the baton when at the proper distance to make the handoff. The incoming runner should avoid running along with the baton extended the last few strides - it's a very common mistake and can cause loss of balance, loss of speed, and sloppy exchange.

HINTS FOR 1600 METER RELAY

1. Use practice drills for making exchanges. The importance of the exchanges in the 1600 meter relay is extremely underrated and less-practiced than necessary.
2. The outgoing runner must accelerate immediately upon receiving the baton. The speed of the baton is slowest at the start of the race and at the exchanges. Therefore, more valuable time is ticking away during these periods.
3. The easiest time to build up a lead is while the competition is still waiting on the baton. What is a 10 meter lead at the exchange can be 15 meters very easily. Why? Because the outgoing runner should be going faster than the opponent's incoming runner.
4. When getting relay splits, be sure to time when the baton crosses the finish line. For the three turn stagger split, the only answer is to be on the curve and find the middle of the zone.
5. Run with the baton protected if it's in the right hand with runners on your right shoulder. Be alert!
6. Do some of your wind sprints and acceleration drills coming off the finish curve.

SELECTION OF PERSONNEL

Unless you are blessed with four athletes of equal physical and mental abilities, proper positioning for the relay should be dictated by the competitive situation. Take into consideration the following: your competition, number of teams entered, opponent's running order, your lane for the first leg, physical status of your athletes late in the meet, usually when the mile relay is scheduled.

However, there are a few guidelines to follow when selecting the proper positions:

- 1) Your leadoff man must be a good starter and steady in the blocks. He

Unless you are blessed with four athletes of equal physical and mental abilities, proper positioning for the relay should be dictated by the competitive situation. Take into consideration the following: your competition, number of teams entered, opponent's running order, your lane for the first leg, physical status of your athletes late in the meet, usually when the mile relay is scheduled.

However, there are a few guidelines to follow when selecting the proper positions:

1) Your leadoff man must be a good starter and steady in the blocks. He must be brave and not afraid to take an early lead if strategy dictates that approach in a given competition. Can also be your shorter distance man, 390 plus meters with an early exchange.

Against stronger competition, lead off with your second or third best runner. Against weaker competition, lead off with your third or fourth best runner. At any rate, number one must maintain contact with the leaders and is probably more consistent than the number two or number three runners.

2) Traffic manager: your second man has to be an intelligent runner because he is the one who cuts in and is the first leg not in lanes and the field should still be crowded at this point. The second and third legs are excellent positions for the individual who seems to always run better on a relay than he does in the open 400 meters, but balks at the pressure of leadoff or anchor.

3) Third leg's responsibility is to keep the team in contention, or if opponents have a super star anchorman, he has to get a lead. If you feel your first and second legs can keep you real close, the third leg is a good position for your second fastest runner, hoping he can break it open with a lead and make your opponent's anchorman play catchup and burn themselves out.

4) The anchorman has to be the "chips are down" man, "blood and guts," etc. Your anchorman can also be someone who can't seem to run as fast in one of the other positions. He has to be able to run from behind or maintain a lead. He is your less likely to "brick" or "tie up" candidate.

through traffic.

4. There are two or three good teams which you know will be in the race after the first leg and you have the best anchorman, run your competition, don't take chances of "bricking" or being disqualified.

5. You are in race, you are ranked 9th out of 9 teams with very little chance. Pick a good team in the race and match up your men per man with them and start the leadoff with one of your men you know can do his job and hope it's contagious.

6. Conference championship is on the line in the 1600 meter relay. The other team has the best relay team but you have the fastest 400 meter man. Run your second fastest man first and tell him to establish an early lead, then your second and third runners should run just hard enough to keep from being passed. If they are challenged, they have to hold the lead; otherwise, the pace will be too fast and the lead will be too big for the anchorman to overcome.

There are numerous other situations which demand many different responses, but the above are the most common. If you have a great team, you don't have as many worries. You let the other people worry about how to beat you. Add to the above situations the indoor 1600 meter relay on the boards, and you really come up with some interesting situations.

BATON EXCHANGE TECHNIQUES

Our first handoff is determined by the lane we are in. If we are in lane 1, 2, or 3, we have the number two runner receive with the right hand. If we're in the outside lanes, number two will receive with the left hand. We still run some meets in which you break for the pole immediately after the first exchange (almost all indoor meets), and this gives number two a better view and helps avoid accidents. But even with the three turn stagger before breaking, I feel it gives number two runner a better view of his competition and may provide a little

incoming runner so as to get the baton as soon as legally possible and not cause the incoming runner to break stride. The outgoing runner takes a stance facing the direction he's to run with his feet pointing forward, similar to the 400 meter relay stance. Judging the speed of the incoming runner, he will take off with the receiving arm extended and slightly lower than shoulder height. The thumb and four fingers form a V with the palm up. He then looks the baton into his hand. A common mistake at this point is to turn the head forward; this sometimes moves the hand to the side causing a dropped or poor exchange. An athlete must practice running with his head and eyes looking back. I know some teams run a few strides then turn and extend the arm; but being a former quarter miler, I feel it's important to have a constant target available for the

exchange can be 15 meters very easily. Why? Because the outgoing runner should be going faster than the opponent's incoming runner.

4. When getting relay splits, be sure to time when the baton crosses the finish line. For the three turn stagger split, the only answer is to be on the curve and find the middle of the zone.

5. Run with the baton protected if it's in the right hand with runners on your right shoulder. Be alert!

6. Do some of your wind sprints and acceleration drills coming off the finish curve.

7. For improved performances, get your 1600 meter relay team into some big meets. I know it's true of all track events to a degree, but relay teams, more so than individuals, tend to do just enough to win.



RENEW EARLY

Don't Drop The Baton!

To insure you don't miss out on any of California's track action, renew your California Track News subscription before it expires. Check the date/year indicated on your address label; this is the date of the last issue you will receive.

SCHEDULE

FEBRUARY

DECEMBER

- 23 COYOTE HILLS TO THE BAY 6.8 MILE RUN. Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406.
- 23 ROSEBOWL 10 MILE HANDICAP Pasadena, 10 am. Gayle Cory, 2632 Hollister Terr., Glendale 91206.
- 26 HOLIDAY INVITATIONAL 15 KILO RUN. Camarillo, 10 am. Jim Fagnant, 58 Calle Escalon, Camarillo 93010. (805) 482-1587.
- 28 BIG DIPPER HANDICAP. Fresno, 6 miles. Larry Lung, 784 Jana Way, Hanford 93230. (209) 584-5142.
- 30 ELYSIAN PARK 10 KILO X-C. Los Angeles, 8 am. Brutus, 2632 Hollister Terr., Glendale 91206.
- 30 HOLIDAY HALF MARATHON San Luis Downs, 9 am. (714) 433-9000, x290.
- 30 B-4 SPORT SHOP RUNS. San Diego. Bill Middleton (714) 566-1361.
- 7 JOG FOR JUSTICE 10 KILO West Los Angeles, 8 am. Cheri Leslie, 304 S. Broadway, Suite 210, Los Angeles 90013. (213) 627-8513.
- 7 WOMEN'S INDOOR QUALIFIER. UCLA. Tentative. Watch the schedule for details.
- 7 CALIFORNIA 10. 10 miles, Lincoln HS, Stockton, 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 478-0265.
- 7 GREAT RACE. 3.7 miles. Los Gatos, 10 am. Peter Michon, 174 Crestview, San Carlos 94070. (408) 255-4700.
- 12 ALL COMERS TRACK MEET. Glendae Junior College, 2:45 pm. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.
- 13 HIGH SIERRA 5 MILE RUN. Fresno. Joe Herzog, 822 S. Claremont, Fresno 93727.
- 13 ALL COMERS TRACK MEET. Fresno State University. Carlo Prandini, 287 W. Barstow, No. 143-B, Clovis 93612. (209) 298-4659.
- 13 LONG BEACH ALL COMERS Cal State Long Beach, 10 am.
- 14 MASTERS RECORDS MEET. College of the Desert, 11 am.
- 14 MISSION BAY MARATHON. No half marathon this year. San Diego, 7 am. M.B.M., P.O. Box 1124, San Diego, CA 92112.

JANUARY

- 2 LA TIMES INDOOR GAMES. Los Angeles Forum, Inglewood. Will Kern, Special Events Dept., LA Times, Los Angeles 90053. (213) 625-2345.
- 3 SANTA BARBARA WINTER ROAD RUNS. 10 kilo & 10 mile 10:15 am. Eric Arneson, P.O. Drawer P-P, Santa Barbara 93101 (805) 963-0461.
- 3 BAKERSFIELD MARATHON See display add this issue for details.
- 4 DALY CITY WEST SIDE RUN 7 miles, 10 am. Ralph Gowen, 174 Crocker Ave., Daly City 94014. (415) 584-1329.
- 4 AVENUE OF THE OLIVES MARATHON. Puta Creek Lodge, U.C. Davis, 10 am. Tena Anex, P.O. Box 312, Davis 95616. (916) 256-3808.
- 4 LAS VEGAS MARATHON. 309 S. Third St., Suite 316, Las Vegas, NV 89101. (702) 385-4720.
- 4 POP MARTY RUN. 9.6 mile Montebello, 9:15 am. Al King, 1600 W. Beverly Blvd., Montebello 90640. (213) 725-1200.
- 4 HERMOSA BEACH 5 MILE RUN 9 am. Martin DeMott, City Hall, Hermosa Beach 90254. (213) 376-6984.
- 10 IVANHOE ROAD RACE. 6 miles. Dave Bronzan, 1173 W. Eymann, Reedley 93654.
- 10 FRESNO STATE ALUMNI ALL COMERS. Red Estes, FSU Athletic Dept., Fresno 93740. (209) 487-2167.
- 10 PLAZA DE LA RAZA 10 KILO RUN. Los Angeles, 9 am. Kevin Ryan, 3302 Silver Lake Blvd., Los Angeles 90039. (213) 661-0233.
- 10 CHAPMAN COLLEGE RELAYS
- 20 SUNKIST INDOOR. Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills (213) 879-9210.
- 20 COVINA ROAD RUNS. 5 & 10 kilos. 9 am. Fran Delach, 125 E. College, Covina 91723. (213) 331-0111, x222.
- 20-21 AMERICAN RIVER TRACK SEMINAR. Al Baeta, 4700 College Oak Dr., Sacramento 95841. (916) 484-8143.
- 21 PICO RIVERA ANNIVERSARY RUN. 5 mile. 9 am. Dennis Tarango, 6615 Passons Blvd., Pico Rivera 90660. (213) 692-0401
- 21 SOMIS 10 KILO RUN. 10:30 am Dale Smith, Cal Lutheran College, P.O. Box 1136, Somis 93066. (805) 482-2673.
- 21 SUPERBOWL SUNDAY MORNING RUN. 10 kilo. Redondo Beach, 8:30 am. Redondo Beach Chamber of Commerce, 1215 N. Catalina, Redondo Beach 90277.
- 21 ZOO RUN. 4 miles, San Francisco Zoo, South Gate, 9 am. Norman Gershenz, S.F. Zoo, Skyline Blvd., Zoo Rd. San Francisco 94132. (415) 661-2023.
- 25 AZUSA PACIFIC ALL COMERS DECATHLON. 1 pm, two days. Marvin Mardock, Azusa Pacific College, Hwy 66 at Citrus, Azusa 91702.
- 26 ALL COMERS TRACK MEET. Glendale Junior College, 2:45 pm. John Tansley, Glendale College.

JANUARY

- 30 HOLLISTER TERR., GLENDALE 91206.
HOLIDAY HALF MARATHON San Luis Downs, 9 am. (714) 433-9000, x290.
- 30 B-4 SPORT SHOP RUNS. San Diego. Bill Middleton (714) 566-1361.
- 1 HANGOVER HANDICAP. Fresno, 6 miles. Jim Martin, 2530 N. Barton, Fresno 93703. (209) 255-8846.
- 5 ALL COMERS TRACK MEET Glendale Junior College, 2:45 pm. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.
- 6 BURGER KING 7 MILE. Fresno Pacific College, 10 am. Fresno Pacific Track Club, 1717 South Chestnut Ave., Fresno 93702. (209) 251-7194.
- 6 LONG BEACH JUMP CLINIC Cliff Abel, Athletic Dept., Cal State Long Beach, Long Beach. (213) 498-4666.
- 6 MUHAMMAD ALI INDOOR Long Beach Arena. 9701 Wilshire Blvd., Suite 710, Beverly Hills 90202. (213) 823-4541.
- 6 MILES OF SMILES RUN. 4.36 miles. Ventura, 9 am. Inside Track, 1410 East Main, Ventura 93003. (805) 643-1104.
- 6 BOX TO BOX RUN. 11 miles. Huntington Beach, 9 am. Dave Murphy, 13211 Illinois, Westminster 92683. (714) 894-9002.
- 6 IN-N-OUT BURGER 10 KILO West Covina, 8 am. Hester Teall, 1021 S. Hillborn, West Covina 91791. (213) 331-6060.
- 7 THE GREAT HOLMES LOOP 6 mile. Northridge, 8 am. Charles Horn, 714 E. Acacia, Glendale 91205. (213) 240-3459.
- 13 ALL COMERS TRACK MEET. Fresno State University. Carlo Prandini, 287 W. Barstow, No. 143-B, Clovis 93612. (209) 298-4659.
- 13 LONG BEACH ALL COMERS Cal State Long Beach, 10 am.
- 14 MASTERS RECORDS MEET. College of the Desert, 11 am.
- 14 MISSION BAY MARATHON. No half marathon this year. San Diego, 7 am. M.B.M., P.O. Box 1124, San Diego, CA 92112.
- 14 LONG BEACH OCEAN 10 KILO 3 pm. Geza Bottlik, 4119 Exultant Dr., Palos Verdes Penn. 90274.
- 14 SUNKIST QUALIFIER. 10 kilo for men and 5 kilo for women. Los Angeles, 8 am. Sports Clinic, 1150½ S. Elm Drive, Los Angeles 90035.
- 14 ST. JOHNS HOSPITAL MARINA DEL REY 10 KILO. 8:30 am Donna Miller, 1328 22nd. St., Santa Monica 90404. (213) 329-8911.
- 14 OPEN HANDICAP 10 MILE WALK. Marin County. Golden Gate Walker, 106 Sanchez St., Apt. 17, San Francisco 94114.
- 19 ALL COMERS TRACK MEET. Glendale Junior College, 2:45 pm. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.
- 19-20 NATIONAL TRACK COACHES CLINIC. Palo Alto. Jim Gaughran, Dept. of Athletics, Stanford Univ., Stanford 94305.
- 19-20 NATIONAL TRACK COACHES CLINIC. Newport Beach. Bob Gaughran, Department of Athletics, Santa Ana College, Santa Ana 92706
- 20 HIGH SIERRA 10 MILE RUN Fresno. Len Thornton, 5768 N. Milbrook, Fresno 93710.
- 20 NATIONAL AAU SR. MEN MARATHON CHAMPIONSHIPS. Houston, Texas. Pete League, 2043 Round Spring, Kingwood, TX 77339.
- 21 ZOO RUN. 4 miles, San Francisco Zoo, South Gate, 9 am. Norman Gershenz, S.F. Zoo, Skyline Blvd., Zoo Rd. San Francisco 94132. (415) 661-2023.
- 25 AZUSA PACIFIC ALL COMERS DECATHLON. 1 pm, two days. Marvin Mardock, Azusa Pacific College, Hwy 66 at Citrus, Azusa 91702.
- 26 ALL COMERS TRACK MEET. Glendale Junior College, 2:45 pm. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.
- 26 SF EXAMINER INDOOR GAMES San Francisco. Jim Terrill, Box 1032, Los Altos 94022.
- 27 PETERS CANNON HALF MARATHON. Irvine, 10 am. Irvine Community Services Dept., 17200 Jamboree, Irvine 92714. (714) 754-3600.
- 27 STOVALL'S ALL SPORTS CLINIC. Two Days. Inn of Tomorrow, 1110 W. Katella Ave., Anaheim 92802.
- 27 ALL COMERS TRACK MEET. Fresno State University. Carlo Prandini, 287 W. Barstow, No. 143-B, Clovis 93612. (209) 298-4659.
- 27 LONG BEACH ALL COMERS Cal State Long Beach, 10 am.
- 28 CHAMPAGNE MARATHON. Saratoga, 9 am. Dan O'Keefe, 20032 Rodrigues Ave., Cupertino, CA 95014. (408) 257-6670.
- 28 CASITAS DAM HANDICAP. 10 Kilo. Foster Park, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- 28 WORLD MASTERS MARATHON Orange, 7:30 am. Bill Selvin, 2125 N. Tustin, Sp. 3, Orange 92665.
- 28 POMONA PROGRESS BULLETIN RUN. 10 kilo. 9 am. David Hostetter, 1311 Paseo Anacapa, San Dimas 91773.
- 10 IVANHOE ROAD RACE. 6 miles. Dave Bronzan, 1173 WI Eymann, Reedley 93654.
- 10 FRESNO STATE ALUMNI ALL COMERS. Red Estes, FSU Athletic Dept., Fresno 93740. (209) 487-2167.
- 10 PLAZA DE LA RAZA 10 KILO RUN. Los Angeles, 9 am. Kevin Ryan, 3302 Silver Lake Blvd., Los Angeles 90039. (213) 661-0233.
- 10 CHAPMAN COLLEGE RELAYS Rex Ressler, Chapman College, 333 N. Glassell Ave., Orange 92666. (714) 633-8821.
- 11 HIDDEN VALLEY MARATHON & ¼ MARATHON. Newbury Park, 8 am. John Duhig, 1642 Trafalgar Place, Westlake Village 91361. (805) 497-2011.
- 11 WEST VALLEY MARATHON San Mateo, 9 am. Roland Longley, Jr., 1221 Jones St., Number 5-F, San Francisco 94109. (415) 673-0682.
- 11 CHINATOWN RUN. 3 & 6 mile. San Francisco. Kurt Chun, Chinatown YMCA, San Francisco.
- 11 GOLD TRAIL HALF MARATHON Hornitos, 10 am. Michael Chakerian 354 E. 21st St., Merced 95340 (209) 383-1677.
- 16 SAN DIEGO INDOOR MEET. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 879-9210.
- 17 VALLEY NEWS 10 KILO RUN Van Nuys, 10 am. Hal Harkness, Valley News, P.O. Box 310, Van Nuys 91411. (714) 529-6938.
- 17 BAKERSFIELD METRIC MEET Charlie Craig, Cal State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2200.
- 18 SOUTH COAST PLAZA & TIGER RUN. 15 kilo. Costa Mesa, 8 am. Dennis Caldwell, 320 E. Katella Orange 92667. (714) 771-3621.
- 18 EXCELSIOR EAST END RUN 7.87 miles. Golden Gate Park, 10 am. Bob Darling, 650 Madrid, San Francisco 94112.

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January 6, 1979



30 EVENTS



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Beverly Hills, California 90202 213-823-4541

- 18 SPA-AAU 30 KILO CHAMPIONSHIP. Culver City, 8 am. Frank Freyne, Culver City AC, 508 Randall St., Ridgecrest 93555. (714) 375-7962.
- 18 SANTA MONICA MOUNTAIN RELAY (5 man, 50 mile). 7 am Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- 19 WASHINGTON'S BIRTHDAY RUN. Fresno, 6 miles. Jim Martin, 2530 N. Barton, Fresno 93703. (209) 255-8846.
- 24 LONG BEACH RELAYS. JC, College and Open. Cliff Abel, Athletic Dept., Cal State Long Beach, Long Beach. (213) 498-4666.
- 24 MARTINEZ TO PORT COSTA BRICK YARD RUN. 8.4 miles 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. 685-5185.
- 24 WASHINGTON'S BIRTHDAY RUN. 8 miles. Ridgecrest, 10:30 am. Frank Freyne, 508 Randall St., Ridgecrest 93555. (714) 375-7962.
- 24 SAN CLEMENTE 6½ MILE RUN 9 am. Steve Judd, Parks & Rec Dept., 100 Seville, San Clemente 92672. (714) 492-5101, x264.
- 25 BLACK HISTORY 10 KILO RUN Carson, 9 am. Eugene Blankenship, P.O. Box 5034, Carson 90746.
- 25 GREATER LOS ANGELES MARATHON. Tom Sturak, P.O. Box 1602, Santa Monica 90406.

- 25 ADIDAS-A-THON. 6 miles. San Jose 9:45 am. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 298-2181.
- 25 PA-AAU 50 MILE RUN. Sacramento area. Hal Baker, 1182 Cavanaugh Way, Sacramento 95822 (916) 443-4514.

MARCH

- 2 LONG BEACH RELAYS. High School.
- 3 MUSCULAR DYSTROPHY RUN Fresno. JoEllen Howard, 702 W. Harvard, Fresno 93705. (209) 227-3959.
- 3 SPA-AAU 25 KILO CHAMPIONSHIP. Ventura, 8 am. Tim Hughes, Inside Track, 3019 E. Harbor Blvd., Ventura 93003.
- 3 BIDWELL CLASSIC MARATHON & ROAD RACE. Chico, 9 am. Walt Schaffer, 1413 Salem St., Chico 95926.
- 4 SAN FERNANDO 10 KILO HAN-DICAP.
- 4 VALLEJO CHANNEL TO LAKE RUN. 10 mile. 10 am. Ron Pet-rilla, Lain Dr., Vallejo 94590. (707) 642-8188.

- 10 BIG CREEK 15 KILO RUN. Near Fresno. Rich Petersen, P.O. Box 206, Laton 93242.
- 10 VALLEY CONFERENCE J.C. RELAYS.
- 10 KINGSMEN RELAYS. Cal Lutheran College, 60 Olsen Rd., Thousand Oaks 91360.
- 11 PAMAKID LAKE MERCED RELAYS. 4.5 mile/leg. Lake Merced, San Francisco, 10 am. Jim Scannell, 342 24th. Ave., Number 202, San Francisco 94121 (415) 752-3542.
- 11 WOMEN'S PA-AAU 10 KILO CHAMPIONSHIP. Gayle Kerstetter, 734 Shriley Blvd., Arcata 95521 (707) 822-5002.
- 17 NORTHRIDGE RELAYS. Bill Webb, Track Coach, Cal State Northridge, Northridge 91330.
- 17 ST. PATRICK'S DAY MARATHON. Porterville. Parks and Leisure Services Dept., P.O. Box 432, Porterville 93257.
- 18 MERCED PANCAKE RUN. 1 & 6 miles. Frank Russell, P.O. Box 2462, Merced 95340.
- 18 SAN JOSE MERCURY NEWS RACE. 6.6 miles, 10 am. Robert Thompson, San Jose Mercury News 750 Ridder Park Dr., San Jose 95190. (408) 289-5534.

- 18 BUFFALO STAMPEDE & PA-AAU 50 KILO CHAMPIONSHIP (10 mile). UC Davis, 10 am. Abe Underwood, 6555 Park Riviera Way Sacramento 95831. (916) 392-7672.
- 23 SANTA BARBARA INVITATIONAL. Sam Adams, UCSB Athletic Dept., Robertson Gym, Santa Barbara 93107. (805) 961-3291.
- 24 CALIF. CHRISTIAN COLLEGE ATHLETIC CONFERENCE CHAMPIONSHIPS. Fresno.
- 24 NORCAL 10 MILER & 3 MILE Redding, 10 am. Tom Hayes, 1830 Riviera Dr., Redding 96001. (916) 241-5706.
- 24 USTFF DECATHLON. Two days. UCSB. Sam Adams, UCSB Athletic Dept., Robertson Gym, Santa Barbara 93107. (805) 961-3291.
- 25 LAKE MERCED MASTERS RACE 4.95 miles, 11 am. Jack Bettencourt, 136 Dundee Dr., San Francisco 94080. (415) 755-9681.
- 25 A RUN FOR YOUR LIFE. 3 mile and 10 kilo. Novato, 11 am. Lee Strauss, 712 5th. Ave., San Rafael, 94901. 454-1550.
- 31 REDLANDS INVITATIONAL. For collegiate men and women. Vince Reel, University of Redlands, Redlands 92373. (714) 793-2121.
- 31 ROEDING PARK 6 MILE RUN Fresno, 9 am. Frank Delgado, 1560 N. Durant Way, Fresno 93728.

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STAGE 00210011 1102

junior college state meet

Southern California schools gave quite a convincing demonstration of strength at the 1978 State Junior College Cross Country Championships held at San Diego's Balboa Park on November 18. The five southern teams all beat the northern teams in the men's large schools; and only Sierra from the north broke into the top 5 in the small schools men.

Modesto's Bill Hurst and Sierra's Greg Hitchcock, however, saved face for the northern men by winning both individual titles. Hurst remained undefeated all season as he ran away with the large school crown with the excellent time of 19:21 over the 4 mile course. Bill's teammate, Tim Holmes, won this race last year but this year wasn't in the same condition so Hurst went on to win it for Modesto. Like Holmes last year the State Meet win puts him in good position to receive the California Junior College Cross Country Runner of the Year award.

Hurst's closest challenger for the "Runner of the Year" would be Greg Hitchcock of Sierra who just as impressively downed the small school runners with his 19:38.

Grossmont College proved to be a poor host as they once again won the state title for the umpteenth time. The Griffins established a state meet record low score of 29 points in racing to their seventh consecutive state crown. The real team race was for the second and third trophies. The previous week El Camino was second place behind Grossmont with Fullerton and Bakersfield tied for third. Fullerton pulled it out in the State Meet, however, with Bakersfield in third and El Camino fourth.

Small school men's team race came down to the expected Hancock - Glendale battle. With Hancock proving they were the best on this day.

The women's races were somewhat of a reverse of the men's. Here, the northern California runners were the dominant force. Nor Cal schools went 1-2 in the large schools with West Valley and Fresno and were champs in the



photo by Diane Johnson

RUTH CALDWELL is congratulated by husband Dennis

Ruth Caldwell, as expected, ran away with the small schools race in 17:27.

Grossmont wasn't the only "super-power" at the meet as West Valley

November 18. San Diego. State Cross Country Championships at Morley Field

Small/Men--4.0 mile:

1) Greg Hitchcock (Sierra)	19:38
2) Terry Gibson (Glendale)	19:43
3) Eero Keranen (Hancock)	19:50
4) Mark Lewis (Glendale)	20:29
5) John Sup (Monterey)	20:33
6) Scott Mayfield (Hancock)	20:36
7) Phil Hendrick (SDCC)	20:40
8) Chris Haver (Sierra)	20:43
9) Kevin Lunderen (Hancock)	20:44
10) Jerry Maserjian (Glend)	20:45
11) Bob McDaniel (Skyline)	20:46
12) Tim Perwell (SoWest)	20:48
13) Rick Eller (Glendale)	20:51
14) Jess Mitchell (Hancock)	20:51
15) Bill Vasquez (Saddle)	20:54
16) Ivan Huff (Hancock)	20:55
17) Mark Bradley (Moorpark)	20:59
18) Jim Christensen (Mont)	21:02
19) Robert Tapia (Hancock)	21:02
20) Ricardo Vargas (Hart)	21:02
21) Mike Galligas (Yuba)	21:06
22) Henry Mendoza (Glendale)	21:13
23) Ron Routh (Moorpark)	21:14
24) Scott Gillis (SantaBarb)	21:15
25) Jerry Wise (Moorpark)	21:16
26) Tom Fitzgerald (Moorprk)	21:19
27) Joe Stimpson (MiraCosta)	21:19
28) Jim Dietler (Sierra)	21:21
29) Brian Parks (SoWest)	21:27
30) Jim Sam (Sierra)	21:29
Allan Hancock 44, Glendale Coll 46, Sierra College 96, Moorpark 131, Southwestern 155, Monterey 166, Mira Costa 173, Skyline 175, Yuba 212, Cuesta 218.	

Small/Women--3.0 mile:

1) Ruth Caldwell (Citrus)	17:27
2) Robin Tracy (Antelope)	18:05
3) Franie Castro (Hancock)	18:19
4) Diana Pappas (Yuba)	18:26
5) Sabrina Peters (Monterey)	18:28
6) Beth Milewski (Ventura)	18:38
7) Diane Williams (Yuba)	18:41
8) Emily Whitney (Glendale)	18:44
9) Stacey Kearns (Yuba)	18:49
10) Sheila O'Donnell (Cuesta)	18:51
11) Tina Moran (Glendale)	18:51
12) Leann Knedler (Shasta)	19:04
13) Karen Moore (Moorpark)	19:10
14) Morje Connelly (Skyline)	19:16
15) Carol Crumly (Sowest)	19:23
16) Judy Brookshire (Vent)	19:25
17) Lori Wilson (Palomar)	19:25
18) Colleen Gould (Citrus)	19:26
19) Luanne Park (Butte)	19:28
20) Lynne Newton (Citrus)	19:34
Yuba 68, Citrus 69, Ventura 72, Glendale 78, Monterey 98, Moorpark 125, Shasta 153, Cabrillo 179. /Ray Kring/	

Large School Men:

1. Bill Hurst (Modesto)	19:21
2. Steve Ortiz (Grossmont)	19:32
3. Angel Carrillo (Bakersfield)	19:41

was second place behind Grossmont with Fullerton and Bakersfield tied for third. Fullerton pulled it out in the State Meet, however, with Bakersfield in third and El Camino fourth.

Small school men's team race came down to the expected Hancock — Glendale battle. With Hancock proving they were the best on this day.

The women's races were somewhat of a reverse of the men's. Here, the northern California runners were the dominant force. Nor Cal schools went 1-2 in the large schools with West Valley and Fresno and were champs in the small race with Yuba City. Top five places in large school run, also, went to northern women.



photo by Diane Johnson

RUTH CALDWELL is congratulated by husband Dennis

Ruth Caldwell, as expected, ran away with the small schools race in 17:27. But Kathy Perkins of West Valley put together just as good a performance in the large school race with her winning 17:30. Teammate favorite and NorCal champ Ann Wotherspoon was fourth.

Grossmont wasn't the only "super-power" at the meet as West Valley College also scored an amazingly low score of 29. The small school race, on the other hand, wasn't as one-sided as Yuba squeaked out their win by one point over Citrus, four points over Ventura and just 10 over Glendale.

10) Sheila O'Donnell (Cuesta)	18:51
11) Tina Moran (Glendale)	18:51
12) Leann Knedler (Shasta)	19:04
13) Karen Moore (Moorpark)	19:10
14) Morje Connolly (Skyline)	19:16
15) Carol Crumly (Sowest)	19:23
16) Judy Brookshire (Vent)	19:25
17) Lori Wilson (Palomar)	19:25
18) Colleen Gould (Citrus)	19:26
19) Luanne Park (Butte)	19:28
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Yuba 68, Citrus 69, Ventura 72, Glendale 78, Monterey 98, Moorpark 125, Shasta 153, Cabrillo 179. /Ray Kring/	

Large School Men:

1. Bill Hurst (Modesto)	19:21
2. Steve Ortiz (Grossmont)	19:32
3. Angel Carillo (Bakersfield)	19:41
4. Chris Shalert (LA Valley)	20:00
5. Rick Rose (Grossmont)	20:02
6. Mark Kellen (Grossmont)	20:07
7. Matt Ledy (Grossmont)	20:09
8. Ron Cornell (Long Beach)	20:12
9. Swift Katepa (Sequoias)	20:15
10. Bill Saiki (El Camino)	20:19
11. Nick Breuer (Am. River)	20:20
12. Scott Allison (Fullerton)	20:21
13. Mike Lohr (Grossmont)	20:22
14. Jose Barcenas (Bakersfield)	20:24
15. Joey Gomez (Fullerton)	20:26
16. Mike Dyer (West Valley)	20:27
17. Brian Osmann (Fullerton)	20:28
18. Paul Sechrist (San Jose)	20:30
19. Dan Grimes (DeAnza)	20:40
20. Dennis Hamblin (Grossmont)	20:40

Teams: Grossmont 29, Fullerton 79, Bakersfield 114, El Camino 123, Long Beach 124.

Large School Women: (3 mile)

1. Kathy Perkins (West Valley)	17:30
2. Irene Crowley (San Jose)	17:44
3. Connie Hester (Fresno)	17:57
4. Ann Wotherspoon (West Valley)	18:09
5. Karen Robinson (Delta)	18:13
6. Cheri Simmons (Harbor)	18:22
7. Lorie Proulx (Grossmont)	18:38
8. Diana Davis (West Valley)	18:41
9. Valerie Everly (West Valley)	18:44
10. Jackie Hendrickson	18:49
11. Skip Swannick (Canada)	18:53
12. Suzanne Blevins (Diablo V.)	18:54
13. Pam Bowers (West Valley)	18:58
14. Diane Bateman (Diablo Valley)	19:04
15. Serena Domingues (Fresno)	19:12
16. Erin Gallaghes (Orange Coast)	19:14
17. Terry Lafferty (Grossmont)	19:18
18. Esther Scherzinger (Cypress)	19:23
19. DeAnn Neff (Santa Rosa)	19:25
20. Martha Gailey (Mt. SAC)	19:28

Teams: West Valley 29, Fresno 89, Orange Coast 110, San Jose 113, Grossmont 131.

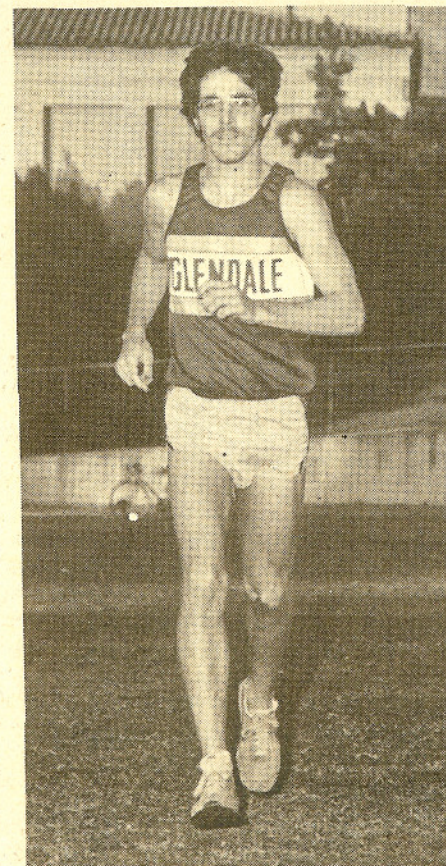


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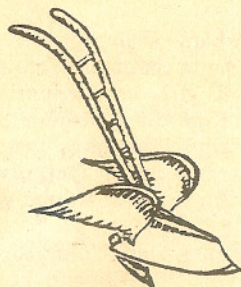
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Based on a drawing of all the correct puzzles, BOB ENZWEILER is the winner of the one year free subscription or renewal and track related gift.

Since this last puzzle was pretty easy Mike Lennemann has put together another toughie to really challenge the "track nuts." Hidden in the letter scramble are the names of California junior college state champions (individual - not relay) who went on to win an Olympic medal (relay included) or set a world record (ratified by the IAAF).

The reader submitting the most correctly circled names will win the one year free subscription or renewal and track related gift (book, poster, T-shirt, etc.). In case of a tie a drawing will decide the winner. Entries must be received by January 27, 1979.

Last issues puzzle drew the biggest response yet. 25 individuals sent in their list of circled Olympic Games sites. Of those 25, 19 submitted perfect puzzles with all 19 sites circled (actually only 17 since two of them were repeats).

The readers sending in correct puzzles were: Hugh Adams (Selma), Gary Tokumori (Los Angeles), Bob Enzweiler (Aptos), Barry Foose (Lake View Terrace), Vernon Lohse (Hanford),

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So. California X-C Diary

by BILL MINARIK

November 15—

Some predictions on the State JC Meet: The large school title looks like a runaway for Grossmont. I can't understand what happened to American River in the north. I thought they had most of their people back from last year.

The small school title looks like it's between Hancock from the south and Sierra from the north. Glendale which has a potent dual meet team with its strong first three, doesn't figure to have the depth to win the State Meet after losing their 4th, 5th, 6th, and 7th men for the season with illness(mono) and injuries. According to the Glendale coach, they will be going into the State Meet with their 4th and 5th positions filled by people who were not even on the traveling squad earlier in the season.

The Hancock coach, on the other hand, said his team is over it's mid-season illness binge and he figures his team will put seven in the top 20 in the state meet. To give an idea of how strong Hancock is coming along the last few weeks, here is their scores in the past three meets compared to Glendale's in the same meets:

- 1) Dual Meet— Hancock 32, Glendale 23
- 2) Conf. Meet— Hancock 33, Glendale 32
- 3) SoCal Meet— Hancock 35, Glendale 47

Southwestern of San Diego which won the rugged Mission Conference with just 20 points faded to fourth in the SoCal Championships. Their demise may have been caused by road races in which team members competed on weekends.

November 20—

Some post JC State Meet thoughts: The men's races didn't produce many surprises for southern California fans. Grossmont, as usual, won the large school title, while Hancock edged conference rival Glendale for the small school title.

Hancock's victory ended two years of head-to-head battles with Glendale, which saw both teams take turns beating each other. Hancock approached the meet with a "Win-one-for-the-Gipper" attitude as their coach, Ray Kring, was hospitalized during the week for removal of his gall bladder, and was not at the meet. For Glendale, it was another heartbreaking loss, as last year they lost by one point to San Jose.

Unfortunately, there was a sour note to the small school meet. It seems that at the NorCal Championships, runaway winner Sierra was found to be running a

man who had used up his eligibility five years earlier at San Jose City College.

The man had used an alias and competed this year. The coaches rules committee not sure what they could do about it, let Sierra compete minus the ineligible man in the State Meet. Now, after the meet was over, all individual and team trophies were held up pending a review by an administrative board.

The only real surprises of the day were the strength of the NorCal women and weakness of the NorCal men. After last year's strong showings by San Jose, Monterey Peninsula, and American River I thought the days of southern dominance were over, but apparently not.

November 28—

Cross country season ended last week for the area's CIF schools. Even though all divisions had to run Mt. SAC's rain course, Jeff Nelson of Burbank High continued his reign as the state's premier high school distance runner by posting the fastest time of the day in route to the individual title of the 3-A Division. Jeff's cross town rival, Burroughs High, was not quite as fortunate as their 1-2 punch of Brian Lowe and Dave Delong was cut in half when Delong broke his foot in the league finals; thus a probable 3-A championship was reduced to a third place finish.

The reader submitting the most correctly circled names will win the one year free subscription or renewal and track related gift (book, poster, T-shirt, etc.). In case of a tie a drawing will decide the winner. Entries must be received by January 27, 1979.



photo by Keith Conning



JAN OEHM

Gord Stewart is a Canadian decathlete who has spent considerable time training in Santa Barbara. He presently teaches part-time at the University of Victoria in Victoria, British Columbia with special areas of interest in track and field and adult fitness. On a recent visit to California he talked with Vern Gambetta, Cal Women's Cross Country coach, about their program.

Tilden Park, high in the Berkeley Hills, has landmarks most park visitors are unaware of. Some of these landmarks are named after Cal women runners who frequently run in the park. Their 5,000 meter cross country course starts in "Metteer Meadow," ending near "Lynn's Loop." Jill's Hill" and "Meek Mountain" are up in the harder parts of the course. English harrier running comes to mind in "Gambetta Gulch" and the "Oehm Crossing" where the park stream wanders through the course. Course maps even include a "Richter Scale" charting the "hard, harder and hardest" parts of the route.

Nine of the Cal runners and their coach attended the USOC Regional Distance Camp in Squaw Valley by invitation the last week of August. Dormitory living, cafeteria food, testing

North Lake Tahoe September 7th to 15th for more time together, away from it all, to further nurture that team feeling which makes cross country something very special.

The lady Bear cross country runners just completed a very special season, too. They were undefeated all the way to the AIAW Nationals where they were the first California team with a very respectable seventh place finish.

The specialness of the Cal program starts with a coach who somehow is able to combine a scientific yet very human approach to sport. Add to this a group of highly motivated athletes attending a demanding academic institution and you have an interesting study in how individuals must survive and excel in both school and athletics.

Cal — as one of the finest academic institutions in the world — places great demands on its students. Newcomers must learn quickly to keep the "student-athlete" ratio in the right perspective. Cal's reputation, itself, plays a big part in recruiting. The university provides a challenging environment for the serious student-athlete with high aspirations. In fact, it attracts the very athletes Vern most enjoys coaching.

Vern further suggests a scientific

athlete. An important thing to remember is that more (mileage) is not necessarily better.

"Each athlete must know exactly where she stands at anytime of the year." Vern relates. For this reason the Cal program follows a logical sequence of training phases, each phase having a specific emphasis. The summer is for endurance training and occasional fun runs. Next comes the cross country season, itself, followed by a hill emphasis December through February, as a foundation between seasons. March-April brings a fartlek-interval period and, finally, May-June is sharpening in track

photo by Don Gosney



photo by Don Gosney



UC BERKELEY WOMEN

'you've come a long way...'

by GORD STEWART

meter cross country course starts in "Metteer Meadow," ending near "Lynn's Loop." Jill's Hill" and "Meek Mountain" are up in the harder parts of the course. English harrier running comes to mind in "Gambetta Gulch" and the "Oehm Crossing" where the park stream wanders through the course. Course maps even include a "Richter Scale" charting the "hard, harder and hardest" parts of the route.

Nine of the Cal runners and their coach attended the USOC Regional Distance Camp in Squaw Valley by invitation the last week of August. Dormitory living, cafeteria food, testing, lectures and group training provided the first opportunity to bring the team together. The full team of twelve runners (three returning athletes and nine newcomers) and their coach returned to

attending a demanding academic institution and you have an interesting study in how individuals must survive and excel in both school and athletics.

Cal — as one of the finest academic institutions in the world — places great demands on its students. Newcomers must learn quickly to keep the "student-athlete" ratio in the right perspective. Cal's reputation, itself, plays a big part in recruiting. The university provides a challenging environment for the serious student-athlete with high aspirations. In fact, it attracts the very athletes Vern most enjoys coaching.

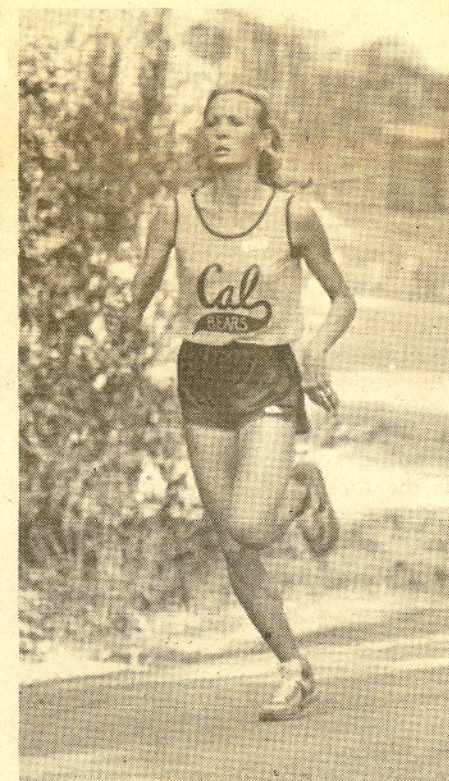
Vern further suggests a scientific approach be followed in order that each athlete realize personal improvement. He says, "Cross country is a team sport but our training programs are very much individualized. We experiment to find the optimum training distance for each

photo by Don Gosney



SUZIE MEEK

photo by Don Gosney



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season. This systematic approach includes the European concept of periods of "active rest," as well. Periods of swimming and cycling follow cross country and track seasons.

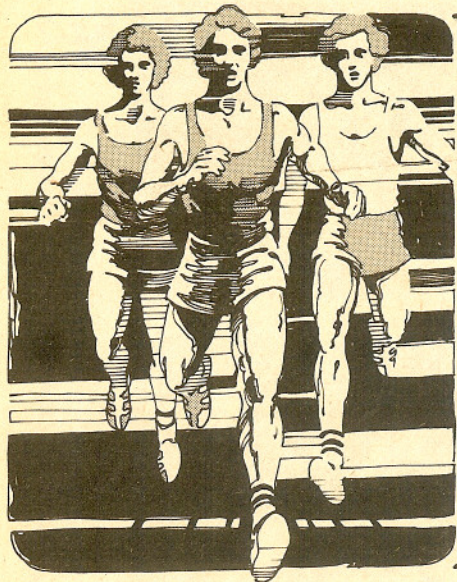
Vern, himself, followed an interesting path before his arrival on the Cal campus in the Fall of 1977. After his football playing days at Fresno State, he taught and coached (football, basketball, track and cross country) at La Cumbre Junior High in Santa Barbara. His interest in track grew during that time as he coached and also pursued a competitive career in the decathlon. He took time out from teaching in 1973-4 to earn an M.A. in physical education at Stanford before returning for three years of teaching and coaching (this time only cross country and track)

as a kind of 'tour guide.' The idea is to point athletes in the right direction, then guide and motivate them to achieve what they are after.

"The cornerstone of our program is personal improvement. There is only one individual and team 'winner' in each race. But success? Well, that's different. If at the end of the race you can honestly say, 'I tried as hard as I could,' then you've succeeded.

"Running is really an extension of what you learn in the classroom. You get to know yourself in a different light. How you respond to a stressful situation The great thing about distance running is that the success achieved is commensurate with the amount of effort and the degree of one's personal commitment."

We will be hearing a great deal about the Cal women distance runners in the months and years to come.



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TUTTLE'S TRACK TOPICS

by GARY TUTTLE

As evidenced by our ever-expanding Scheduling section, running is becoming an important part of the American public life. Everyday, a new person makes a commitment to fitness, and usually the person begins by jogging.

Twenty million Americans are now using jogging as their form of exercise because it is the quickest, cheapest, and least complicated way to exercise. How-



**TURNING
OUT
UNIQUE
EARTHEN
VESSELS**

As evidenced by our ever-expanding Scheduling section, running is becoming an important part of the American public life. Everyday, a new person makes a commitment to fitness, and usually the person begins by jogging.

Twenty million Americans are now using jogging as their form of exercise because it is the quickest, cheapest, and least complicated way to exercise. However, many people are starting off on the wrong foot, with no program, direction or goal in sight. It is to these beginners in your house that I'm now speaking, "Now is the time to do something for your body - take the time to help yourself."

To start a program there are six steps which should be followed. First, if you are overweight, begin slowly to lose pounds through dieting. Second, correct any muscle weaknesses or injuries through light exercises. Third, begin flexibility or stretching exercises, especially in the calf, hamstring and back muscles. Fourth, obtain the proper footwear, even a walking program needs good shoes. Fifth, visit a doctor for a medical check-up, especially if you are a smoker, overweight, or over 35 years old. The sixth, and easiest step is to just begin moving more, park the car further from work, walk to the store, etc.

Once you have started moving you have begun a program of fitness. Now that you are walking, slowly, begin to add a little jogging in every week. Gradually increase the amount of jogging until you are jogging the entire distance. If your reason for jogging is just to obtain an acceptable level of fitness, then you should work up to 15-20 minutes of jogging four times a week.

The effort put into the jog doesn't have to be strenuous. You only need to exercise at 75% of your maximum heart rate. Since most people do not know their maximum rate, a less scientific way is needed. An approximate rule is to maintain your heart rate at 175 beats per minute, minus your age. The rate should be counted for six seconds,

and then add a zero to the total, that will give you your rate for one minute. (If you count for the entire minute, your heart will slow down as you rest giving you a slow rate.)

When you get to the point where you are jogging the total 20 minutes non-stop, you are in shape. If at that point you become addicted, and wish to

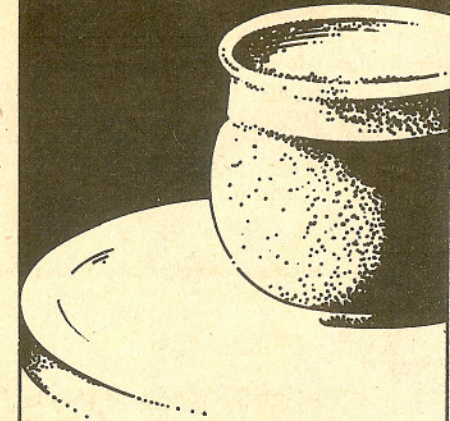
increase the running, by all means go ahead. It's at this point you must be cautious, and not increase too fast and get hurt. Increase the mileage slowly.

Most importantly, whatever you do, do it for yourself, and have fun doing it. Exercising is one of the best things you can ever do for yourself, so why wait, do it now!



Gary Tuttle crossed the "finnish" line first during the Lasse Viren-Finnish 20-kilometer run, sponsored by Natural light beer at Point Magu State Park, November 19.

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LONG DISTANCE LOG

Text and Photos by RICHARD L. SLOTKIN

12th ANNUAL SENIORS TRACK CLUB 10 MILE MEDLEY RELAY: October 29, Alondra Park, Torrance.

This is one of the few truly fun events of the year in the Los Angeles area. Each team has 4 persons, the lead-off running one mile, number 2 running 2 miles, etc. This year's race was a replica of last year's Santa Monica Track Club win. In fact, SMTC entered about 15 teams of its own, ranging from a 12-and-under all the way to a couple of teams stocked with national class runners.

The course consisted of 10 one mile loops through Alondra Park, over grass and through trees, with some unusual hazards such as dropings along the duck pond, which made for slippery going, hidden pot-holes in the grass in one 30 yard stretch and some very tight turns. The nice thing about this race is that no matter who you are, you know that there are at least 3 people rooting for you.

new record; 13-15: Elites (A group from Banning HS - Rendon, Guzman, Artega, Orozco) 54:34 - new record; 12 AND UNDER: Santa Monica TC (Edwards, Slotkin, Wolpert, Huff) 78:16; WOMEN: Manny's Girls (Pedroza, Quintana, Lopez, Simmons) 62:44.

There were two discordant notes. One was the expressed dissatisfaction by several of the females at only one category for females. Race director Ron Watson agreed with them and assures us that next year more will be added. Also, Kelly Edwards, running the mile for SMTC's winning 12 and under team claimed she was kicked by some boys on bicycle. It appeared that her first place medal was sufficient compensation.

NATURITE INTERNATIONAL DISTANCE RUN: November 5, Hollywood Park Race Track.

The setting was the Hollywood Park Horserace Track, but the horses weren't running this one, nor would they have wanted to. For one thing, instead of just once around the track, this race



Naturite 10,000. Left to right: TERRY HOM, SUE MEI LEE, KATHY MINTIE, LINDA GOEN, JULIE BROWN

MEN 30-39:		
1. B. Foose		33:27
2. D. Leedy		33:33
3. B. Smalten		34:26
MEN 40-49:		
1. Joe Burgasser		33:36
2. Richard Vasquez		35:01
3. Jack Stewart		35:15
MEN 50-59:		
1. Darty Cronin		35:19
2. Elizarraras		40:52
3. J. McManus		41:27
MEN 60 & OVER:		
1. Eddie Lewin		39:24
2. John Zentmyer		51:05
WOMEN UNDER 18:		
1. L. Delotorres		40:24
2. S. Quintana		41:07
3. Lora Lopez		42:09
WOMEN 19-29:		
1. Terry Hom		38:29
2. Paulette Halel		39:43
3. R. Miloy		40:07

HOLLYWOOD YMCA 10,000 METER November 12, Hollywood.

The weather was clear and cold. Behind the starting line, 3000 runners packed themselves together, the closer the better, to keep warm. The expected turnout of Hollywood stars never materialized, John Philip Law being the notable exception. But runners don't care much about that....just fire the gun already so we can get going.

The route was Hollywood all the way, starting....and ending....in front of what used to be called Grauman's Chinese Theater, but in these days of merger and acquisition is now called Mann's Chinese Theater. Then a little over a mile east on Hollywood Blvd, a dog



The nice thing about this race is that no matter who you are, you know that there are at least 3 people rooting for you.



STAN VERNON at 10 Mile Relay

Seniors Track Club threw in several teams of their own, and though they looked good in winning the 30-39 age group, they were surprised by an upset minded Santa Monica team in the 40-49 group, which included Joe Douglas, the coach of SMTC, running the 2 mile leg. In all, Santa Monica took 4 of the 8 team awards, including open, 40-49, 50 plus, and 12 and under. The 50 plus team had Senior Olympic medalist Mauro Hernandez and world class Pete Mundle.

Division Winners:

OPEN: Santa Monica TC (Whalen, Jones, Bryant, Vernon) 48:18; 30-39: Seniors TC (Duhig, Coventry, Hanson, Close) 52:59; 40-49: Santa Monica TC (Elliot, Douglas, Fields, Riesbord) 56:33; 50 PLUS: Santa Monica TC (Linde, Stotenberg, Hernandez, Mundle) 58:13 -

NATURITE INTERNATIONAL DISTANCE RUN: November 5, Hollywood Park Race Track.

The setting was the Hollywood Park Horserace Track, but the horses weren't running this one, nor would they have wanted to. For one thing, instead of just once around the track, this race required 6 trips. Secondly, spaced at various points were hurdles made of long saw horses and bales of hay, presenting the runners with the choice of wearing themselves out going over them or losing time going around them. There was a third choice for the wood barriers: going under them.

So, the 10,000 meter "steeplechase" (surprise!) divided into separate men's and women's events, was run on this late Sunday afternoon. Although both events featured some rather good local runners, each was won handily by a world class competitor. Julie Brown, who runs for Naturite and who had won a college race the previous day, was content to let others set the pace until about the last mile. Then she moved into the lead for an easy win. Similarly, in the men's event, sub-4 miler Jeff Jerele, of the Santa Monica Track Club, hung back in second place behind Basis Blues' Jerry Alexander until midway through the final lap. Then, showing his miler's kick, he sprinted around the last barrier, shot into the lead and took it home for a convincing win..

WOMEN'S	10,000	METER:
1. Julie Brown(Naturite)		36:43
2. Kathy Mintie(Unatt)		37:37
3. Linda Goen(Unatt)		37:51
4. Sue Mei Lee (Rep. China)		38:01
5. Tania Fischer(Unatt)		39:28
6. Terry Hom(SMTC)		39:37
MEN'S 10,000 METER:		
1. Jeff Jerele(SMTC)		30:25
2. Jerry Alexander(BBTC)		30:32
3. Jeff Lough(CSULA)		31:55
4. Dennis Wilson(Jamul)		31:48
5. Dave Frickle(SSAC)		32:02
6. Bill Entz(BBTC)		32:54

Behind the starting line, 3000 runners packed themselves together, the closer the better, to keep warm. The expected turnout of Hollywood stars never materialized, John Philip Law being the notable exception. But runners don't care much about that....just fire the gun already so we can get going.

The route was Hollywood all the way, starting....and ending....in front of what used to be called Grauman's Chinese Theater, but in these days of merger and acquisition is now called Mann's Chinese Theater. Then a little over a mile east on Hollywood Blvd., a dog-leg turn and on down Gower to Santa Monica Blvd. Then it's west with a swing on to Sunset Blvd. and back to Hollywood Blvd. via Fairfax Ave., the home of world famous Cantor's Restaurant. Oh well, so much for the scenery.

Tom Bryant, formerly of Ohio State and now with the Santa Monica Track Club, took off in front, tailed closely by Dennis Wilson of Grossmont College. By the time they got to Gower, though, Bryant was opening up a lead and from there on it was his race. At 30:20 he had finished the job, better than a minute and a half ahead of Wilson.

The women's battle was even more lopsided. Miki Gorman, all 43 years and 89 pounds of her, showed the young and old alike the way to do it with a time of 35:31. The nearest one to her was Santa Monica's Terry Hom who finished in 38:29. The fact that Miki enters in her age group, hedging her bets possibly, allowed Terry to win the big trophy for the open group.

Because the line of finishers backed up considerably from the finish line, many of the runners will be shocked at their official time, which was up to two minutes slow. Longer finish chutes are what is needed. Promoters and race directors: take note!

MEN UNDER 18:	
1. B. Zimmerman	33:17
2. J. Parker	33:36
3. Scott Winfield	33:59
MEN 19-29:	
1. Tom Bryant	30:20
2. Dennis Wilson	31:51
3. J. Eggers	32:25
4. G. Carlos	32:26
5. Joe Terrones	33:16

MEN 50-59:	
1. Darty Cronin	35:19
2. Elizarraras	40:52
3. J. McManus	41:27
MEN 60 & OVER:	
1. Eddie Lewin	39:24
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WOMEN 19-29:	
1. Terry Hom	38:29
2. Paulette Halel	39:43
3. R. Miley	40:07
4. Terry Sweetman	40:32
5. T. Christensen	41:03
WOMEN 30-39:	
1. Hillary Baker	48:52
2. Margo Lazzari	48:59
3. M.J. Mirhell	49:04
WOMEN 40-49:	
1. Miki Gorman	35:31
2. Catherine Grow	40:12
3. L. Bingham	46:55
WOMEN 50-59:	
1. Carol Cartright	44:18
2. A. Doran	44:31
3. D. Wong	57:29
WOMEN 60 & OVER:	
1. J. Kewley	49:15
2. C. Bublin	54:40

ROSE BOWL ¼, ½ AND FULL MARATHON: November 19, Pasadena.

This annual renewal of a popular event also took place in cool weather. The quarter marathoners had it the easiest not only in terms of time, but in terms of terrain. They had to go merely twice around the old Rose Bowl, a nice flat course, and they were done. Of course, for their trouble, all they got was the T-shirt. There were no place awards.

The ½ and full marathoners continued on out into Pasadena streets and a hill or two.

As she did the week before at the Hollywood YMCA 10 Kilo, little Miki Gorman led all the ladies back from the 1/2 marathon. While she was doing that, Sue Peterson was taking care of business in the marathon leading all the women and most of the men as she finished 7th overall. Her 2:42:32 was another PR for her, and shows that she really means business. Since this summer, Sue has become one of the top female marathoners in the country.

Ben Wilson was an easy winner overall, six minutes ahead of second place Steve Burch. What makes this even more interesting is that Wilson is in the 30 to 39 age group. For that matter, so would Sue Peterson have been, had they had any division breakdown for women. Youth wasn't served this time.

MARATHON OPEN MEN:

1. Steve Burch - 2nd overall

1. Steve Burch - 2nd overall 2:29:12
2. Rick Delanty 2:38:03
3. George Guerro 2:43:25
4. Ken Kendall 2:43:50
5. Richard Rodrigues 2:44:35

MARATHON 19 AND UNDER MEN:

1. Rueben Ruiz 2:31:39
2. Daniel Rodriguez 2:55:00
3. Frank Peters 2:59:00

MARATHON WOMEN:

1. Sue Peterson 2:42:32
2. Maleah Grover 3:23:18
3. Judy Sheklow 3:25:24
4. Nancy Schreiber 3:28:25
5. Christine Nino 3:32:43

MARATHON 30-39 MEN:

1. Ben Wilson - 1st overall 2:23:44
2. Boyd Hartley 2:34:47
3. Art Aurand 2:41:32
4. Joe Gassman 2:42:08
5. Pete Peterson 2:42:32

MARATHON 40-49 MEN:

1. Jim Knerr 2:42:52
2. Kan Jew 2:56:25
3. KD Nelson 2:59:11
4. Joseph Vogl 2:59:30

MARATHON 50 AND OVER MEN:

1. Marvin Powers 3:08:01
2. Luan Dosti 3:13:38

1/2 MARATHON OPEN MEN:

1. Robert Burch 1:07:23
2. Ray Sigla 1:11:56
3. David Vanderveen 1:13:49
4. Edward Connell 1:14:00
5. Bruce Bills 1:14:35

1/2 MARATHON 19 AND UNDER MEN:

1. Tim Varley 1:09:01
2. David Varley 1:10:18
3. Steve Siders 1:14:59

1/2 MARATHON WOMEN:

1. Miki Gorman 1:15:58
2. Kay Harrold 1:21:32
3. Sandy Kiddy 1:23:00
4. Dina Dasilva 1:27:31
5. G. Mundo 1:29:54

1/2 MARATHON 30-39 MEN:

1. Bob Day 1:13:42
2. Ron Parrs 1:14:13
3. E. Blankenship 1:14:30
4. Robert Deines 1:14:45
5. Tom Gleason 1:15:02

1/2 MARATHON 40-49 MEN:

1. John Rudbers 1:14:26
2. Fred Kiddy 1:15:54
3. Joe Tyler 1:17:30
4. N. Rosendorough 1:20:25
5. Patricio Llerena 1:20:35

1/2 MARATHON 50 AND OVER MEN:

1. Karty Cronin 1:15:06
2. Victor McCarty 1:23:24



SUE & PETE PERERSON at the Rose Bowl Marathon



Rose Bowl Marathon winner - BEN WILSON

t-shirts for runners

1. Ben Wilson - 1st overall 2:23:44
2. Boyd Hartley 2:34:47
3. Art Aurand 2:41:32
4. Joe Gassman 2:42:08
5. Pete Peterson 2:42:32

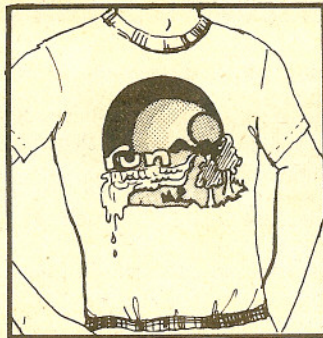


Rose Bowl Marathon winner – BEN WILSON

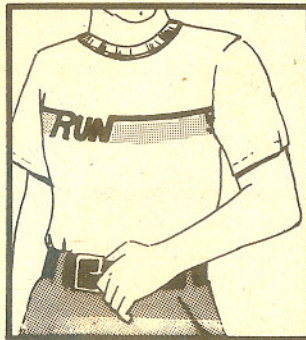
t-shirts for runners



MOCKBA (TZT-2)
multi color design



RUN (TZT-13)
multi color design



RUN (TZT-14)
2-color design



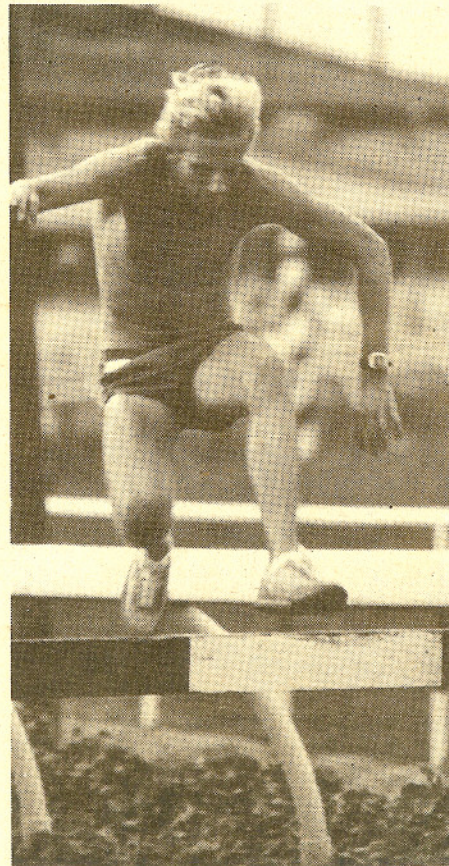
JOCK (TZT-15)
2-color design

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JEFF JERELE at Hollywood Park



MIKI GORMAN at Rose Bowl
1/2 Marathon

Book Review

RUNNER'S INDEX: by Joseph C. Mancuso, Box 5183, Albany, NY 12205.

Joeseeph Mancuso has put together the very first index of running/jogging information. The text of *Runner's Index*, beginning on page 1, contains hundreds of subject headings related to running. The subject headings, by themselves, constitute an authoritative terminology for the sport.

Under each subject heading, the reader will find compact, clear citations to articles contained in thirty-five periodicals related to running.

Runner's Index, plus subscriptions to one or more of the indexed periodicals, offers the running enthusiast a mini-library of current, exciting information about his sport. *Runner's Index* is the first turly complete book of running on the market. With it, the running enthusiast has access to the fullest possible range of information. Moreover, that body of information is periodically and thoroughly updated so that the enthusiast is privy to the most recent insights into the sport.

THE RUNNING SAGA OF WALTER STACK: by Bob Bishop. Celestial Arts, 231 Adrian Rd., Millbrae, CA 94030.

The Running Saga of Walter Stack is the true story of a 70-year old marathon runner who took up running at age 58 in an attempt to increase his stamina for long distance swimming. To date he has logged 34,000 miles.

He gets up in the early morning darkness and runs 17 miles across San Francisco's Golden Gate Bridge to Saus-

Women Only," is "by itself, worth the price of the book," according to Dr. Joan Ulyot, an exercise physiologist and author of *Women's Running*.

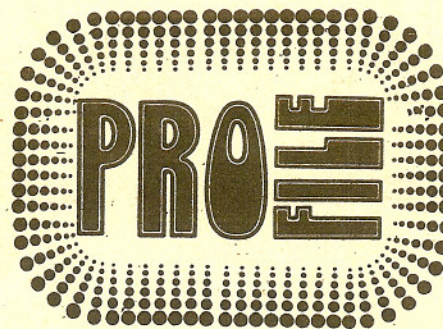
For more advanced runners, the chapters on Injuries and Racing are invaluable. The 36-page "Injuries" divides the perplexing causes of running ailments into eight categories. Karlgaard shows how each cause has a simple and uncostly solution that will drastically reduce the chances of repeat injury.

THE HUMAN RACE: Bay to Breakers, Largest Run for Fun in the World: by Len Wallach. California Living Books, Suite 223, The Hearst Building, Third and Market Streets, San Francisco, CA 94103.

More than any other foot race in the world, amateur runners say the Bay to Breakers (run in San Francisco) generates a sense of sharing in a joyful human event. So every spring since 1912 they join together by the thousands to pit their home-grown running skills and their will to succeed against San Francisco's grueling, hilly course.

The Human Race, tells the exciting story of this race; the stories of the men and women who have run it; the colorful historical events which have surrounded it throughout the world. Recreated with bold strokes are those early moments of greatness which made heroes of Oliver Millard, Bobby Vlught, HL Morton, Edgar Stout, George Wyckoff, six-time winner Ken Moore and the invincible Walt Stack.

The Bay to Breakers is a survivor.



Mark
Lewis

by BILL MINARIK



photo by Paul Locher

thoroughly updated so that the enthusiast is privy to the most recent insights into the sport.

THE RUNNING SAGA OF WALTER STACK: by Bob Bishop. Celestial Arts, 231 Adrian Rd., Millbrae, CA 94030.

The Running Saga of Walter Stack is the true story of a 70-year old marathon runner who took up running at age 58 in an attempt to increase his stamina for long distance swimming. To date he has logged 34,000 miles.

He gets up in the early morning darkness and runs 17 miles across San Francisco's Golden Gate Bridge to Sausalito and back. He follows this with a 30 minute swim in the frigid waters of the Bay, goes to the sauna and then hops on his bike for the ride to work. He is a hod carrier.

Walter Stack's indomitable love of life and physical exertion and his exceptional motivation are an inspiration and a guide to others, and are spawning a legend that is rapidly spreading throughout the world of running.

THE LAST WORD ON RUNNING: by Richard Karlgaard. Caroline House Publishers, Inc., Box 738, Ottawa, Illinois 61350.

The Last Word on Running opens with "Don't Call It Jogging," which banishes the six letter word from the running world's vocabulary. Chapters on the history and future of running, the principles of aerobic exercise, and a five minute stress test (which can be taken in the comfort of a chair) that identifies your present level of fitness -- and thus whether you should take a cardiovascular stress test before starting -- orient the beginner.

Once you've begun to run, Mr. Karlgaard guides you through three different levels of training, proper running style, shoes and clothing, diet and weight control, weather, age, and stress.

In "Is Running A Natural High?", Karlgaard explains the physiological reasons for running's euphoric appeal, and why this has been successful in treating depression. The chapter, "For

together by the thousands to pit their home-grown running skills and their will to succeed against San Francisco's grueling, hilly course.

The Human Race, tells the exciting story of this race; the stories of the men and women who have run it; the colorful historical events which have surrounded it throughout the world. Recreated with bold strokes are those early moments of greatness which made heroes of Oliver Millard, Bobby Vlught, HL Morton, Edgar Stout, George Wyckoff, six-time winner Ken Moore and the invincible Walt Stack.

The Bay to Breakers is a survivor. It has survived course changes and sponsors. It has survived political change and wars. It is this sense of survival, this sense of history, which distinguishes *The Human Race* from all other running books, and finally gives to the enormous population of runners everywhere a first-hand account of their roots and the knowledge that they are part of a glorious past as well as an exciting future.

Hidden Causes of Injury, Prevention and Correction for RUNNING ATHLETES and Joggers: by John Jesse. The Athletic Press, P.O. Box 2314-D, Pasadena, CA 91105.

The first thing a coach, trainer, or orthopedic physician is likely to say on seeing a work like this is, "What? Another book on the injuries and disabilities of the athlete or physical fitness jogger?" This book, however, is entirely different from its predecessors; it deals with the prevention of athletic injuries and overuse syndromes through exercise. Fitness is the best prevention against injury.

The book stresses the importance of physical exercise as a preventive and corrective measure.

Some chapters, from the very nature of the subjects treated, require use of scientific terminology; but every effort has been made to keep technicalities down to their simpler terms. Wherever possible, anatomical terms and postural and foot fault terminology are explained by appropriate illustrations or explanations in parentheses, and a glossary is included at the end of the book as an additional aid to the reader.

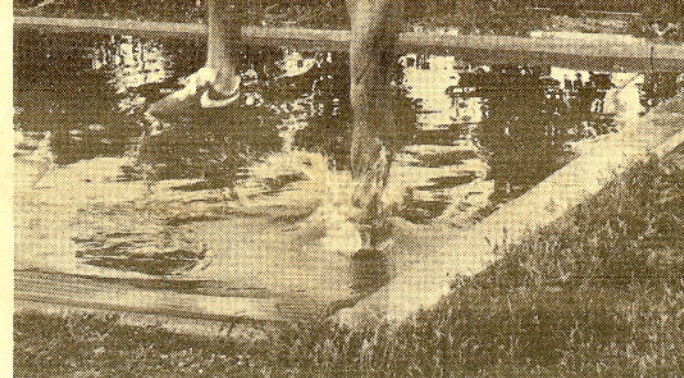


photo by Paul Locher

MARK S. LEWIS: Glendale College. Age 18; 6 feet, 144 pounds. Born December 4, 1959, in Los Angeles.

Best marks: 9:19 two mile (1977), 9:02 steeplechase (1978). Coached by Tom McMurray.

It's not often when a runner takes a dip in a pool during a big track race, but such was the case during last year's Community College Track and Field Championships at Bakersfield. Mark Lewis, Glendale College freshman steeplechaser was on his way to a first place finish and an estimated time of 8:55 when, at the final water jump, he tripped on the barrier and dove head first into the pool. He arose in time, however, to salvage second place with a time of 9:02. "I took my eye off the barrier for just a moment to check the man behind me," stated Mark, "and that broke my concentration and caused the fall. It's something I'll have to chalk up to experience."

Mark began running as a member of the Green and Gray Track Club during his junior high days in his home town of Eagle Rock. However, as late as the end of his junior year at Eagle Rock High, his best time was a 9:59 two mile. However, during his senior year, thanks to a revised training schedule, he domin-

ated the track and cross country scene at Los Angeles City's Northern League, and ran a creditable 9:19 at the State Meet, good for 19th place.

After sitting out his first semester at Los Angeles Valley College, Mark transferred to Glendale where his track debut was less than spectacular. "We started Mark out at 5000 meters," said his coach, Tom McMurray, "but we were loaded in that event and Mark didn't figure to be better than third man, so we switched him to the steeplechase where we were thin." After starting out with a time of approximately 10:00, Mark improved every meet thereafter up to and including the State Meet.

Mark has also shown that he can hold his own in cross country as he placed fourth in this year's State Community College Cross Country Championships.

Coach McMurray went on to say that "Mark is the smoothest steeplechaser I've ever seen. He is a definite candidate for our 1980 Olympic Team and should be in the 8:40's by the end of the coming track season.

A physical education major, Mark says that upon graduation from Glendale, he would like to attend a college or university with a strong distance program.

WANTED: Writers, correspondents, and photographers from all parts of the state. Write for details on how you can be a part of the CTN staff. California Track News, P.O. Box 6103, Fresno CA 93703.

MOVING ON

WHERE THE TOP PREP AND JUNIOR COLLEGE ATHLETES GO ON TO CONTINUE THEIR EDUCATION AND TRACK CAREER

women

Sprints & Hurdles

Stacy Shols(Chico HS)	11.1, 26.0	UC Davis
Luann Park(Chico HS)	58.9	Butte JC
Robin Dunbar(Mt. SAC JC)	25.8, 59.0	CS Bakersfield
Melinda Ellis(Summerville HS)	26.0	CS Bakersfield
Lori Saia(Sir Francis Drake HS)	58.0	UC Berkeley
Lisa Vukicevich(Sir Francis Drake HS)	59.0	Cal Poly SLO
Vicki Booker(Solano JC)	11.8m, 25.2m	CS Hayward
Beatrice Sanchez(Redwood HS)	15.2 hurd.	Sequoias JC
Melanie Bane(Bakersfield HS)	15.2 hurd.	CS Bakersfield
Bonnie Newman(Mills HS)	14.8 hurd.	CS Hayward
Yvonne Boone(Alameda JC)	14.6, 63.6 hurds.	CS Hayward
Donna Stewart(Mt. Miguel HS)	16.4 hurd.	Grossmont JC
Kathy Weston(CS Northridge)	24.8, 53.0	Oregon State
Florence Griffith(LA Jordan HS)	10.8, 24.5	CS Northridge
Cindy Cumbess(LA Wilson HS)	56.9	UCLA
Wanda Morgan(Bakersfield JC)	57.4	CS Fresno
Freida Cobbs(Berkeley HS)	11.82, 23.72, 53.12	Arizona State
Deby LaPlante(Michigan HS)	11.9m, 24.5m, 13.1 hurd.	San Diego State
Maureen Abare(Crawford HS)	10.7, 23.8, 54.4	San Diego State
Cindy Mellas(Michigan HS)	14.1 hurd.	San Diego State
Jonnie Allen(Rio Linda HS)	16.3 hurd.	not in school
Kris Costillo(Lynbrook HS)	11.0, 24.3, 13.8 hurd.	Univ. of Oregon
Kelia Bolton(Hill HS)	11.63m, 23.75m	UC Berkeley
Elaine Parker(Pacifica HS)	11.4m	UC Berkeley
Michelle Hawthorne(El Cerrito HS)	14.2, 63.9 hurds.	UC Berkeley
LaJean Fortune(Cordova HS)	25.6, 56.4	UC Davis
Marilynn Johnson(Liberty Union HS)	14.8 hurd.	Chico State
Jewel Lovelady(San Diego JC)	25.7	San Diego Mesa
Lynne Shisler(Clairemont HS)	15.7 hurd.	San Diego Mesa
Michelle Williams(Fairfield HS)	17.0 hurd.	Chabot JC
Judy Reed(Crawford HS)	11.84m, 23.5, 57.6	UCLA
Sharon White(Berkeley HS - '76)	10.8	UCLA
Roxanne Wright(Fresno Edison HS)	11.9m, 24.8	UCLA
Kim Law(Santa Ana Valley HS)	55.3	UCLA

Field Events

Rosalie Russell(Redwood HS)	5-4	working
Melinda Ellis(Summerville HS)	5-6	CS Bakersfield
Kathy Vols(Thousand Oaks HS)	5-3	Cal Lutheran
Bonnie Newman(Mills HS)	5-6, 17-8	CS Hayward
Vicki Hanaford(Mt. Eden HS)	119-8	CS Hayward
Sonya Harrigfeld(Beyer HS)	5-8, 17-3, 3,617 pent.	Oregon State
Esther Scherzinger(Kennedy HS)	5-8	Cypress JC
Kim Daniel(Newark HS)	35-8 $\frac{1}{2}$, 123-11	Chabot JC
Kari Gosswiller(Upland HS)	5-10 $\frac{1}{2}$	CS Northridge
Becky Rohrer(Red Bluff HS)	18-11	CS Sacramento
Florence Griffith(LA Jordan HS)	17-7	CS Northridge
Shirley Smith(LA Jordan HS)	17-4 $\frac{1}{2}$	CS Los Angeles
Farrilyn Gaston(Bakersfield JC)	39-11, 123-1	CS Bakersfield
Michelle Withrow(Bakersfield JC)	38-3 $\frac{1}{2}$	CS Bakersfield
Sheena Parrish(Bakersfield JC)	114-0 $\frac{1}{2}$	working
Kelly Maxwell(Bakersfield JC)	112-0	Cal Poly SLO
Cindy Mellas(Michigan HS)	18-4 $\frac{1}{2}$	San Diego State
Patty Stafford(Clairmont HS)	5-6 (77)	San Diego State
Deby Kellar(Poway HS)	5-4	San Diego State
Jonnie Allen(Rio Linda HS)	5-2	working
Joan Martin(San Lorenzo Valley HS)	5-6	Univ. of Oregon
Kathy Haynes(Madera HS)	5-6, 19-8	USC
Lindsey Martin(Sanger HS)	40-1 $\frac{1}{2}$	Fresno JC
Cindy Banks(Santa Barbara JC)	144-10, 3436 pent.	UC Berkeley
Marilynn Johnson(Liberty Union HS)	5-5, 17-5	Chico State
Jewel Lovelady(San Diego JC)	17-10	San Diego Mesa
Denise Cobb(La Jolla HS)	38-2 $\frac{1}{2}$	San Diego Mesa
Sara Larson(Fairfield HS)	113-8	St. Mary's
Debbie Deatherage(Foothill HS)	113-8	CS Sacramento
Roxanne Wright(Fresno Edison HS)	19-1 $\frac{1}{2}$	UCLA
Judy Reed(Crawford HS)	18-2	UCLA
Bridgit Lawrence(Connecticut HS)	44-9 $\frac{1}{2}$, 114-10	UCLA
Cheryl Kennedy(La El Camino Real HS)	43-5	UCLA
Kath Herch(Henry HS)	43-4, 136-0	UCLA
Janeen Del Acqua(San Diego State)	150-1 jav	UCLA
Julie Morgan(USC)	136-2 jav	UCLA
Roberta Lenard(Pacific Palisades HS)	17-1, 35-0	UCSB
Karen Ueda(Gardena HS)	17-10 $\frac{1}{2}$	Harvard
Kawen Young(Gardena HS)	35-5 $\frac{1}{2}$	CS Long Beach
Kay Patterson(Garces HS)	38-6, 117-0	Arizona State
Christi Pyle(Glendale Hoover HS)	158-4	CS Northridge
Karen Stampfli(Lassen HS)	150-10	CS Northridge
Sandy Crabtree(Arizona HS)	20-1 $\frac{1}{2}$	USC
Maria Lopez(Oregon HS)	145-8	USC



onzan

Cindy Cumbess(LA Wilson HS)	10.8	24.5	CS Northridge
Wanda Morgan(Bakersfield JC)	56.9		UCLA
Freida Cobbs(Berkeley HS)	57.4		CS Fresno
Deby LaPlante(Michigan HS)	11.82,	23.72, 53.12	Arizona State
Maureen Abare(Crawford HS)	11.9m,	24.5m, 13.1 hurd.	San Diego State
Cindy Mellas(Michigan HS)	10.7,	23.8, 54.4	San Diego State
Jonnie Allen(Rio Linda HS)	14.1	hurd.	San Diego State
Kris Costillo(Lynbrook HS)	16.3	hurd.	not in school
Kelia Bolton(Hill HS)	11.0,	24.3, 13.8 hurd.	Univ. of Oregon
Elaine Parker(Pacifica HS)	11.63m,	23.75m	UC Berkeley
Michelle Hawthorne(El Cerrito HS)	11.4m		UC Berkeley
LaJean Fortune(Cordova HS)	14.2,	63.9 hurds.	UC Berkeley
Marilynn Johnson(Liberty Union HS)	25.6,	56.4	UC Davis
Jewel Lovelady(San Diego JC)	14.8	hurd.	Chico State
Lynne Shisler(Clairemont HS)	25.7		San Diego Mesa
Michelle Williams(Fairfield HS)	15.7	hurd.	San Diego Mesa
Judy Reed(Crawford HS)	17.0	hurd.	Chabot JC
Sharon White(Berkeley HS - '76)	11.84m,	23.5, 57.6	UCLA
Roxanne Wright(Fresno Edison HS)	10.8		UCLA
Kim Law(Santa Ana Valley HS)	11.9m,	24.8	UCLA
Cindy Griffin(LA El Camino Real HS)	55.3		UCLA
Wendy Wallis(LA El Camino Real HS)	58.4,	15.6 hurd.	Pierce JC
Aleta Sperling(Gardena HS)	58.0		BYU
Linda Cassidy(W. Torrance HS)	25.9		CS Long Beach
Deandra Carney(Indiana HS)	24.5m,	54.8m	USC
Kim Robinson(Los Angeles HS)	11.69m,	23.8m	CS Dominguez
	11.50m		USC



photo by Dave Bronzan

SUZIE MEEK leads the field in the 1978 high school state meet two mile.

Distances

Suzanne Richter(Chico HS)	2:20.0,	4:52.4, 11:13.5	UC Berkeley
Jill Symons(Chico HS)	5:16.0,	11:39	Chico State
Robin Dunbar(Mt. SAC JC)	2:15		CS Bakersfield
Nancy Ramirez(Ventura JC)	5:01m,	10:37m	CS Bakersfield
Lori Saia(Sir Francis Drake HS)	2:14.5,	5:11	UC Berkeley
Lisa Vukicevich(Sir Francis Drake HS)	2:22.4		Cal Poly SLO
Cathy Fulkerson(Camarillo HS)	2:18.1,	5:07.2, 11:37.0	Cal Lutheran
Wendy Behrbaum(Amador Valley HS)	11:28		CS Hayward
Michelle Aubuchon(Chico State)	10:21m		CS Hayward
Christine Anderson(Mt. Miguel HS)	2:22		UCSB
Cheryl Brown(Mt. Miguel HS)	2:22		San Diego State
Sonya Harrigfeld(Beyer HS)	2:19.0		Oregon State
Irene Crowley(Overfelt HS)	5:18,	10:48	San Jose JC
Ester Scherzinger(Kennedy HS)	2:13		Cypress JC
Judy Steese(Canyons HS)	5:15,	11:27	Cypress JC
Toni Taylor(Sunnyvale HS)	5:13.2,	11:31.5	DeAnza JC
Sue Munday(San Jose JC)	4:39.5,	11:14	Cal Poly SLO
Kristi Kucera(Wilson HS)	2:22		UCSB
Kathy Mintie(Rosary HS)	4:52.8		Arizona State
Cheri Williams(Livermore HS)	2:06.5r,	4:20.9m, 10:09.8	Univ. of Oregon
Le Ann Stafford(Madera HS)	11:31.2		USAF
Alice Trumbly(West Hills JC)	2:11.2m		UC Berkeley
Pam Cox(Cal Poly SLO)	17:59.0m		UC Berkeley
Suzie Meek(Palos Verdes HS)	4:49.7,	9:56.5	UC Berkeley
Jan Oehm(Massachusetts HS)	9:43m		UC Berkeley
Diana Bubarja(Piedmont HS)	11:24		UC Berkeley
LaJean Fortune(Cordova HS)	2:21.3		UC Davis
Vicki Majors(San Diego JC)	5:15		San Diego Mesa
Jeana West(New Mexico HS)	2:19.99		San Diego Mesa
Cindy Warner(Beverly Hills HS)	2:10.9	(77)	Scripps
Andrea Ward(LA Lutheran HS)	2:15.9,	5:03.0m	UCLA
Brenda Falash(Idaho HS)	2:13.0m,	5:16.0m	UCLA
Wanda Burke(Dos Pueblos HS)	2:17.2,	5:18.6m	UCLA
Jenny Smith(LA El Camino Real HS)	2:19		Pierce JC
Roberta Lenard(Pacific Palisades HS)	2:16		UCSB
Kate Keyes(UCLA)	4:17.3m		Cal Poly SLO
Ann Trason(Pacific Grove HS)	35:11.2m		New Mexico

ADDITIONS TO LAST ISSUE'S MOVING ON FEATURE FOR MEN

Scott Ruffing(Mission San Jose HS)	1:55.9	San Jose State
Mike Chastaine(Mission San Jose HS)	9:39, 31:20	CS Hayward
Jim Spano(Enterprise HS)	39.4	Shasta JC
Mike Berliner(Enterprise HS)	46-1 TJ	Shasta JC
Dan Prielipp(Enterprise HS)	6-7	Shasta JC
Tony Thompson(Woodside HS)	47.9	UCLA
Rick Cisneros(Valencia HS)	4:21.3, 9:29	Fullerton JC
Joey Gomez(Valencia HS)	4:22.8, 9:32.1	Fullerton JC
Keith Morgan(Mt. Miguel HS)	40.0	US International
Charles Vest(Mt. Miguel HS)	44-3 TJ	US International
John Swartz(Mt. Miguel HS)	164-0 DT	Grossmont JC
Tony Salerno(Mt. Miguel HS)	152-0 DT	Grossmont JC
John Lopez(Sunnyvale HS)	9.8	DeAnza JC
Dave Kennedy(Sunnyvale HS)	9.8, 22.1, 50.0	DeAnza JC
Rick Sanchez(Sunnyvale HS)	1:57.0, 4:20.8, 9:36.0	DeAnza JC
Rick Scheibley(Sunnyvale HS)	14.9, 39.1	Chico State
Joe Sorenson(Sunnyvale HS)	56-11, 166-0	DeAnza JC
Steve Struble(Sunnyvale HS)	53-2, 183-0	US Army
Don Thompson(Sunnyvale HS)	51-1, 160-0	Utah State
Frank Dauncey(Lassen JC)	9:16 steeple	Humboldt State
Brian Appell(Fountain Valley HS)	1:56, 4:17, 9:23	Orange Coast JC
Mike McCaa(Estancia HS)	4:20, 9:35	Orange Coast JC
Jon Goldstein(Edison HS)	9:35	Orange Coast JC
Paul Rodriguez(Texas HS)	1:57.6	Pt. Loma
Nick Ciaccio(Grossmont JC)	1:54.8	Pt. Loma
Dan Powers(San Jose)	4:19	Pt. Loma
John Mahr(Taylor Univ.)	6400 dec	Pt. Loma
Uno Vesterlund(Sweden)	173-2 DT	Pt. Loma
David Reed(Mt. Eden HS)	22.5, 49.5	Chabot JC
Tony Woods(Mt. Eden HS)	6-6	Dartmouth
Maomad Lualemana(Mt. Eden HS)	56-2, 160-3	San Jose State
Jon Jackson(San Marcos HS)	4:19.2	Santa Barbara JC
Bill Johnson(San Marcos HS)	6-7½	Fresno State

1978 California Marathon Ranking

compiled by STEVE WOLTERS

photo by Diane Johnson



photo by Don Gosney

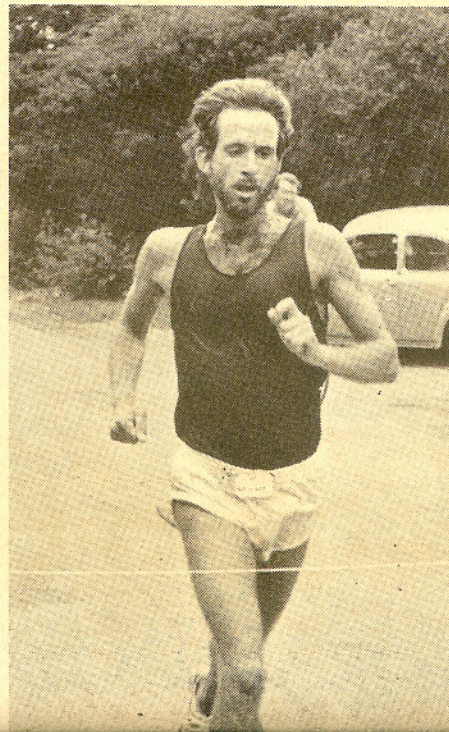


photo by Diane Johnson

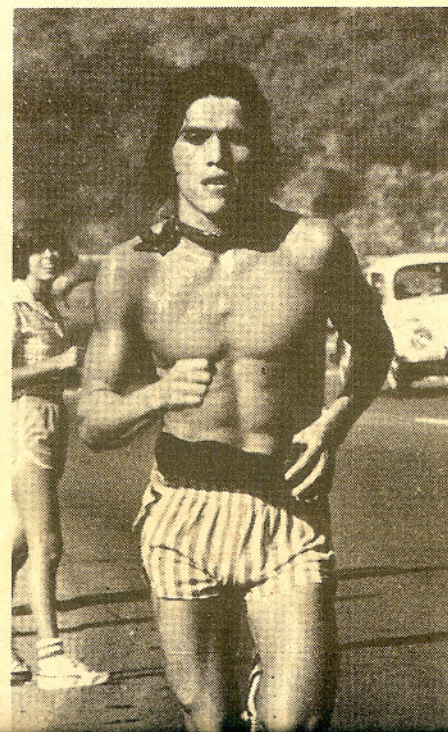
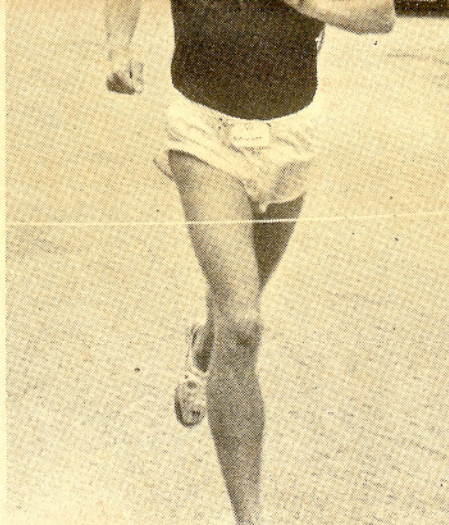


photo by HF Hanson





RON KURRLE



JAN SERSHEN



ED MENDOZA



ED CHAIDEZ

2:14:44 Chuck Hattersly (21)
 2:15:15 Ron Wayne (29)
 2:16:25 Mike Pinocci (29)
 2:17:16 Duncan MacDonald (29)
 2:18:41 Joe Carlson (26)
 2:19:17 Bill Seaver
 2:19:36 Wayne Badgley
 2:19:43 Dave Frickel (23)
 2:19:57 James Bowles
 2:20:06 Brian Maxwell
 2:20:21 Matt Yeo
 2:20:23 Tim Nickceovich
 2:20:44 Ed Schlegle (25)
 2:21:14 Tom Bryant (26)
 2:21:15 Steve Pallidino
 2:21:18 Gerardo Canchola (23)
 2:21:28 Ed Mendoza
 2:21:42 Dave Harper (26)
 2:21:52 Ron Kurrle
 2:21:59 Gary Romesser (27)
 2:22:02 Jeff Galloway
 2:22:08 Angel Martinez
 2:22:17 Mark Sisson
 2:22:21 Ken Moffitt
 2:22:44 Victor Cary (28)
 2:22:47 John Bordell

2:22:52 Dave White
 2:22:54 Roy Trup (24)
 2:22:57 Robert Burch (20)
 2:23:19 Christopher Cole
 2:23:30 Tom Lux (24)
 2:23:36 Gordon Innes
 2:23:41 Bob Hayes
 2:23:44 Ben Wilson
 2:23:51 Atkins Chun
 2:24:00 Kevin McDonald
 2:24:35 Peter Castellanos (39)
 2:24:35 Jean Ellis (32)
 2:25:02 Mario Falviriz
 2:25:12 Don Ocana
 2:25:21 Tom Kelly
 2:25:29 Mike Smith
 2:25:30 Henry Barksdale (24)
 2:25:30 John Brawmley
 2:25:41 John Sheehan (24)
 2:26:20 Pat Curran
 2:26:22 Jan Sershen (31)
 2:26:32 Bill Clark
 2:26:32 Mark Stevenson
 2:26:45 Frank Dauncey

2:26:47 Ed Chaidez
 2:26:52 Walt Waltmire
 2:27:01 Gary Goettelman
 2:27:20 Ernie Rivas
 2:27:29 Darryl Zapata
 2:27:40 James Langley (20)
 2:27:59 Ray Rubio
 2:28:08 Bill Britten
 2:28:24 Michael Niemiec (28)
 2:28:30 Gregory Wall
 2:28:36 James Barker (31)
 2:28:45 Dennis Rinde
 2:28:51 John Botke
 2:28:59 Bruce Dewsberry
 2:29:03 Jeff Detmer
 2:29:09 Tony Ramirez
 2:29:12 Steve Burch
 2:29:15 John Madvig
 2:29:25 John Brennand (43)
 2:29:30 Chris Kenney
 2:29:34 Paul Thompson
 2:29:34 Roger Rouiller (40)
 2:29:36 Rick Brown
 2:29:48 Art Meyer

NCAA II

by CREGG WEINMANN



JIM SCHANKEL

a challenge for the entire field, geared perhaps more toward the "mountain goats," than those accustomed to the flatlands.

The individual race proved exciting, with pre-race favorite, Jim Schankel of Cal Poly SLO, finishing in 30:46, less than a minute off the course record, set by John Ngeno of Washington State, in the 1974 National AAU Cross Country Championships.

Sacramento State's Jim White prevented a runaway, finishing second in 31:07. Cal Poly SLO eased toward the national championship, by finishing in places 5-9 behind Schankel's individual win. Poly's seventh man, Robby Bray, finished 15th, rounding out a fine team effort. Cal Poly finished with an excellent low score of 27 points, and helped support coach Steve Miller's claim to the best college/university team in California.

Sacramento State followed Jim White's example, by finishing in the runner-up position with 73 points.

The first four individuals led their respective teams to the first four team places, qualifying for the trip to the Indiana, Pennsylvania national championship meet. Steve Alvarez of UC Riverside was third place placing UCR to the third team slot. Jay Rubino of Cal State Los Angeles used the tough course to his advantage in placing fourth, and was responsible for tilting the scales in the favor of Los Angeles for the fourth

Classified ADS

CLASSIFIED RATES: Meet information @ 10 cents per word; general advertisements @ 20 cents per word. Count name and address as five words. All ads must be paid in advance. Contact California Track News, P.O. Box 6103, Fresno, CA 93703. (209) 264-5847.

INSIDE TRACK: The complete running shop. Operated by runners for runners. Dolfin shorts, New Balance Trail. Largest selection of running gear in Southern California. Owned and operated by Gary Tuttle and Dan Ruffin. Inside Track, 1410 E. Main St., Ventura, CA 93003. (805) 643-1104.

RUNNERS TRAVEL CONNECTION: February 22-25. AAU Indoor Nationals, New York City. \$479 includes: air fare, transfers, 3 nights Statler-Hilton (across from the Garden), tickets to competition. Write: Tri Travel, 8380 Melrose Ave., Los Angeles, CA 90069 (213) 651-5422. Attn: Lynda Huey.

CROSS COUNTRY - THE RUNNERS GAME: A game for runners by runners. Luck, strategy and knowledge are equally involved in this game. \$7.20 all inclusive. Make check payable to Cross Country, 1720 Halford Ave., Apt. 226, Santa

FOR SALE: Stamps for investment or hobby. U.S. mint and used singles from 1871. Plate block collection from 1938. S.J. Barkman, P.O. Box 6103, Fresno, CA 93703. (209) 226-3534.

BODY AND SOLES: New Balance shoes-Super Comp, 320s, 305s and Trail. Athletic vitamins and Body Punch. New Balance running shorts (with brief). 20% off regular price. Len Thornton, 5768 N. Millbrook, Fresno, CA 93710 (209) 439-5468.

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JIM SCHANKEL

The NCAA Division II Western Regional qualifying meet provided a showcase for an outstanding Cal Poly San Luis Obispo cross country team. The change in format for qualifying teams for the national championship proved successful, as a stronger group of teams was sent from the Western Region.

The 10,000 meter race was held on the tough hilly course at Crystal Springs, in Belmont. Several long hills, and some narrow portions of the course provided

low score of 27 points, and helped support coach Steve Miller's claim to the best college/university team in California.

Sacramento State followed Jim White's example, by finishing in the runner-up position with 73 points.

The first four individuals led their respective teams to the first four team places, qualifying for the trip to the Indiana, Pennsylvania national championship meet. Steve Alvarez of UC Riverside was third place placing UCR to the third team slot. Jay Rubino of Cal State Los Angeles used the tough course to his advantage in placing fourth, and was responsible for tilting the scales in the favor of Los Angeles for the fourth place team over Cal State Northridge, 107 to 110.

Northridge did not come away empty handed, as Lance Packer, and Robert Traba qualified for the East Coast race. Other individual qualifiers were Jose Ramirez of Cal Poly Pomona, Steven Burch of Cal State Bakersfield, and Bill Villa, of Chapman College.

San Francisco State coach Dave Fix should be commended for hosting an organized and well run meet, fine job.

COMING NEXT ISSUE:

- **National Masters Marathon. First Californian under 3:30.
- **Culver City Marathon.
- **Mission Bay Marathon.
- **High school cross country round-up and wrap-up.
- **1978 California women's marathon ranking.
- **Early indoor action.
- **Six Rivers Running Club feature.
- **Athlete of the Year selections, and "All California" Honor Roll.

February 22-25. AAU Indoor Nationals, New York City. \$479 includes: air fare, transfers, 3 nights Statler-Hilton (across from the Garden), tickets to competition. Write: Tri Travel, 8380 Melrose Ave., Los Angeles, CA 90069 (213) 651-5422. Attn: Lynda Huey.

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CALIFORNIA TRACK NEWS. THANKS

RESULTS

July 9. San Francisco. San Francisco Marathon

1) Steve Palladino (CamWest)	2:21:15
2) Mark Sisson (WVTC)	2:22:17
3) Victor Cary (WVTC)	2:22:44
4) Unknown	2:23:16
5) Henry Barksdale	2:25:30
6) John Sheehan (WVTC)	2:25:41
7) Ron Nabers (FTC)	2:26:17
8) Jan Sershen (ETC)	2:26:22
9) James Langley (WVTC)	2:27:40
10) Wayne Badgley (STC)	2:28:04
11) Dale Arbour (Mid MichTC)	2:28:13
12) Michael J. Niemic (WVTC)	2:28:24
13) Jim Barker (WVTC)	2:28:36
14) Eric Olsen (Portland RR)	2:30:22
15) Daryl Zapata (WVTC)	2:30:34
16) Bill Clark (WVTC)	2:31:10
17) Bill Morgan (Last Lap)	2:32:04
18) Richard Mead (FPTC)	2:32:45
19) John Botke (SBAA)	2:32:55
20) Mark Williams (Yale Med)	2:33:07
21) Jeff Merrow (FPTC)	2:33:28
22) Rick Swinney	2:33:30
23) Bill Sevald (ETC)	2:33:35
24) Allen Sandretti (un)	2:33:48
25) Terry C. Hughes (Diablo)	2:34:11
26) Joe Sweeney (un)	2:34:27
27) Ted Pawlak (un)	2:33:33
28) Dave Dunbar (un)	2:34:46
29) Doug Black (Excel TC)	2:35:39
30) Ulrich Kaempf (TRAC)	2:35:42
31) Gary Green (BuffChips)	2:36:01
32) Lee Gerrero (SWEAT)	2:36:16
33) Chris Berka (WVTC)	2:36:33
34) Dick Look (SWEAT)	2:36:30
35) Unknown	2:36:44
36) Mark Beyster (un)	2:37:30
37) Dan Rueckert	2:38:33
38) Unknown	2:38:50
39) Tom Robinson (Pamakids)	2:38:53
40) Mark Hines (DSE)	2:39:19
41) Ralph Bowles (WVJ&S)	2:39:25
42) Mike Conroy (Excel TC)	2:39:27
43) Ray Bonner (Turk St RC)	2:39:32
44) Neil Berg (Lk Merritt)	2:39:36
45) Keith Kruse (un)	2:39:53
46) Phillip Bush (SealBch)	2:39:55
47) Dave Smith (BodyAmmo)	2:40:08
48) Gregor Burton (Excel TC)	2:40:19
49) Pete Flores (Aggie)	2:40:24
50) Dave Muela (Excel TC)	2:40:30
51) Bill Brodhead (un)	2:40:47
52) Doug Sailors	2:40:54
53) Ross Smith (WVJ&S)	2:41:02

56) Bill Amble (un)	2:41:47
57) Dan Williams (Lk Merritt)	2:41:50
58) Michael Brown (Excel TC)	2:42:14
59) Dan Smolich	2:42:18
60) Michael Plummer (WVTC)	2:42:30
61) John Rupp (STC)	2:42:43
62) Jeff Wall (Excel TC)	2:42:56
63) Tom Hayes (SWEAT)	2:43:05
64) Mike Wright (Solona Str)	2:43:08
65) Edward Spurr (un)	2:43:29
66) Joe Quinones (Rocky Mtn)	2:43:35
67) John Skeels (un)	2:43:36
68) Archie Turner	2:43:37
69) Ken Arpenson (CamWest)	2:43:41
70) Thomas Niemeier (RockyMtn)	2:44:06
71) Mike Narr	2:44:07
72) David Bartolomew	2:44:10
73) Rosebar (un)	2:44:15
74) Mike Gulli (un)	2:44:36
75) John Sullivan (Mass)	2:44:45
76) Mike Skiff (un)	2:44:57
77) John Burns (Oregon RR)	2:44:58
78) Robert Stephenson (un)	2:45:14
79) Mark Reese (Buff Chps)	2:45:20
80) Roger Major (Dolphin SE)	2:45:42
81) Sal Gitarella (un)	2:45:43
82) Steve Malley (SMTTC)	2:45:53
83) Raymond Taketa (un)	2:45:53
84) Harry S. Cottrell (SixRv)	2:45:57
85) Richard Patterson (BufCh)	2:46:02
86) Myron Neuraumont (WVJ&S)	2:46:13
87) Doug Rennie (BuffChips)	2:46:21
88) Anthony B. Helfet (CPTC)	2:46:24
89) William Peck (Bkfld TC)	2:46:25
90) Dennis Reager (SanFranAC)	2:46:31
91) Randy Belzer (Syn)	2:46:33
92) Hans Swindler (WVTC)	2:46:38
93) Ross Rowley (Sundance)	2:46:41
94) Robert McLennan (un)	2:47:08
95) Tim Campbell (un)	2:47:08
96) Fidel Serrano (un)	2:47:10
97) Donald Nokes, Jr. (un)	2:47:11
98) John Hawkes (un)	2:47:15
99) Byron Holmes (WVJ&S)	2:47:27
100) Philip Sanfilippo (WVJ&S)	2:47:38
Top 10 Women:	
1) Sue Petersen (STC)	2:50:14
2) Judy Gumbs (WVTC)	2:53:42
3) Carol Young (Body Ammo)	2:54:15
4) Penny DeMoss (WVTC)	2:55:25
5) Elaine Miller (Pamakids)	3:00:40
6) Kathy Perkins (SJC)	3:04:35
7) Irene Rudolf (WVTC)	3:05:06
8) Sue Vinella-Bruiser (BA)	3:06:00

Top 10 Master Men:	
1) Ulrich Kaempf (TRAC)	2:35:42
2) Ralph Bowles (WVJ&S)	2:39:25
3) Ross Smith (WVJ&S)	2:41:09
4) John Burns (Oregon RR)	2:44:58
5) Myron Neuraumont (WVJ&S)	2:46:13
6) Bryan Holmes (WVJ&S)	2:47:27
7) Paul Holmes (Buff Chips)	2:49:50
8) Tom Pierce (Pamakids)	2:50:08
9) Hans Roenau (Tamal)	2:50:35
10) Patricio Llerena (SMTTC)	2:52:31
Top 10 Master Women:	
1) Lyn Levy (Sun Vly)	3:08:09
2) Michele Gauthier (Synanon)	3:18:48
3) Ruth Anderson (NCS)	3:18:51
4) Frances Sackerman (NCS)	3:21:30
5) Jeanie Kayser-Jones (Pama)	3:23:15
6) Marty Maride (NCS)	3:28:57
7) Marilyn Harbin (DiabloRR)	3:31:50
8) Elaine Peterson (NCS)	3:33:10
9) Katharine Brieger (NCS)	3:39:54
10) Gert Brieger (NCS)	3:40:02

/Steve Penner/

July 22. Cleveland, Ohio. National AAU Junior 5k Walk:

1. Pete Timmons (New York AC), 25:30.6
2. Dave Cummings (Niagara Race Walkers), 26:11
3. Tim Good (Potomac Valley Walkers), 26:17
4. Troy Engle (Island TC), 26:56
5. Butch Borket (Niagara Race Walkers), 27:11
6. Jim Janos (Lake Erie Race Walkers), 28:04

/Pete Cava/

August 13. Blue Lake. Annie & Mary Days Race (4.5 Mile):

Open--	
1) Howard Labris	24:21
2) Greg Davy	25:03
3) Karl Maxon	25:15
4) Bert Proust	25:24
5) George Ziblich	26:24
6) Alan Sanborn	27:31
7) Joe Bruce	28:13
8) Paul Gossard	28:39
9) Mike Wool	30:23
10) Dave Boyd	30:46
Women--	
1) Jacqueline Hansen	27:02
2) Kathy Wool	35:35
3) Kathy Scheideler	39:02
4) Cheryl Oliveira	39:32
5) Renee Oakley	42:48
30-39--	
1) Harry Cottrell	25:45
2) Dick Johnston	26:54
3) William Daniel	28:10
4) Aaron Krohn	28:29
5) Bob Benson	29:05
30-39 Women--	
1) Flossie Horgan	29:38
2) Cyril Barch	30:33
3) Julie Bowman	37:12
40-49--	
1) Lenny Escarda	27:09
2) Richard Gilchrist	27:31
3) Don Hughes	29:34

Freshwater Race (5.9 Mile):

1) Howard Labris	24:21
2) Greg Davy	25:03

5) George Ziblich	32:43
6) Dick Johnston	34:07
7) Greg Davy	34:36
8) Bill Daniel	34:38
9) Lenny Escarda	35:01
10) John Pennington	35:59
18) Sheila Masiovich	37:09

Kenny Staub Cross Country Invitational

Varsity Boys:	
1) Jeff Nelson (Bk)	15:05
2) Paul Medvin (Univ)	15:35
3) Lin Whatcott (Bk)	15:44
4) Wesbovitch (Chat)	15:45
5) Brennand (S Marcos)	15:54
6) Bryan Lowe (Burr)	15:59
7) Borron (Upl)	16:03
8) Capringio (Chat)	16:08
9) Dave DeLong (Burr)	16:10
10) A. Porter (West)	16:12
11) Ken Smith (DP)	16:12
12) Guzman (Burr)	16:16
13) Bob Conroy (DP)	16:21
14) Smoot (FV)	16:24
15) Callaway (DP)	16:25
Varsity Girls:	
1) Vickie Cook (Cham)	11:42
2) Cindy Schmandt (SB)	11:43
3) Villaneuva (FV)	11:52
4) Diane Brink (SM)	12:06
5) Kelly Wells (QH)	12:12
6) Paula Rose (CDM)	12:18
7) Ragan (SAU)	12:24
8) Mary Botch (NP)	12:27
9) Hazlett (SAU)	12:30
10) Nancy Morefield (QH)	12:38
11) Mitchell (SAU)	12:40
12) Teresa Falk (Chat)	12:42
13) Sheila Van Steenberg (SM)	12:48
14) Barbie Ludovise (CDM)	12:50
15) Diane Hughes (NP)	12:54

September 3. Washoe Valley, Nevada. Third Annual Silver State Marathon:

1) Brad A. Roy (24)	2:30:44
2) Skip Houk (36)	2:31:56
3) Marc Hoschler (27)	2:42:38
4) Noel D. Lincome (30)	2:44:34
5) Clifford D. Steward (28)	2:45:10
6) Bill Foulk (Mont) (45)	2:45:52
7) Tom Iredale (33)	2:47:55
8) Ted Pawlak (22)	2:48:36
9) Myron Neuraumont (44)	2:51:33
10) Jim Bevins (40)	2:52:03
11) Robert Bourbeau (43)	2:52:38
12) Roger N. Bryan (42)	2:52:56
13) Frank Lemus (32)	2:54:03
14) James L. Hamlin (32)	2:54:39
15) Lance Koll (33)	2:57:09
16) Kees Tuinzing (31)	2:58:04
17) Robert D. Hedges (32)	2:58:09
18) Tim Hicks (35)	2:58:22
19) John Finney III (28)	2:58:49
20) William Beckwith (45)	2:59:10
21) Ed Stromberg (35)	2:59:33
22) Edwin A. Jerome II (34)	2:59:50
23) John F. Prochnau (39)	2:59:54
24) William S. Fitzpatrick	2:59:56
25) William D. May (28)	2:59:59

492 finishers /Skip Houk/

September 9. Pebble Beach. Pebble Beach Invitational (4 Mile):

1) McDaniel (Sky)	19:54
2) Sun (MPC)	20:02

31) Gary Green (Burtonips)	2:36:01
32) Lee Gerrero (SWEAT)	2:36:16
33) Chris Berka (WVTC)	2:36:33
34) Dick Look (SWEAT)	2:36:30
35) Unknown	2:36:44
36) Mark Beyster (un)	2:37:30
37) Dan Rueckert	2:38:33
38) Unknown	2:38:50
39) Tom Robinson (Pamakids)	2:38:53
40) Mark Hines (DSE)	2:39:19
41) Ralph Bowles (WVJ&S)	2:39:25
42) Mike Conroy (Excel TC)	2:39:27
43) Ray Bonner (Turk St RC)	2:39:32
44) Neil Berg (Lk Merritt)	2:39:36
45) Keith Kruse (un)	2:39:53
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48) Gregor Burton (Excel TC)	2:40:19
49) Pete Flores (Aggie)	2:40:24
50) Dave Muela (Excel TC)	2:40:30
51) Bill Brodhead, (un)	2:40:47
52) Doug Sailors	2:40:54
53) Ross Smith (WVJ&S)	2:41:09
54) Louis Grieco (FPFC)	2:41:27
55) Larry Sellers (Tamal)	2:41:46

87) Doug Kennie (Burtonips)	2:46:21
88) Anthony B. Helfet (CPTC)	2:46:24
89) William Peck (Bkfld TC)	2:46:25
90) Dennis Reager (SanFranAC)	2:46:31
91) Randy Belzer (Syn)	2:46:33
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94) Robert McLennan (un)	2:47:08
95) Tim Campbell (un)	2:47:08
96) Fidel Serrano (un)	2:47:10
97) Donald Nokes, Jr. (un)	2:47:11
98) John Hawkes (un)	2:47:15
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7) Irene Rudolf (WVTC)	3:05:06
8) Sue Vinella-Brusher (BA)	3:06:00
9) Jane Sowersby (Pamakids)	3:07:56
10) Lyn Levy (Sun Valley Str)	3:08:09

3) Kathy Scheideler	39:27
4) Cheryl Oliveira	39:32
5) Renee Oakley	42:48
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2) Dick Johnston	26:54
3) William Daniel	28:10
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3) Julie Bowman	37:12
40-49--	
1) Lenny Escarda	27:09
2) Richard Gilchrist	27:31
3) Don Hughes	29:34

11) Robert Bourbeau (43)	2:52:30
12) Roger N. Bryan (42)	2:52:56
13) Frank Lemus (32)	2:54:03
14) James L. Hamlin (32)	2:54:39
15) Lance Koll (33)	2:57:09
16) Kees Tuinzing (31)	2:58:04
17) Robert D. Hedges (32)	2:58:09
18) Tim Hicks (35)	2:58:22
19) John Finney III (28)	2:58:49
20) William Beckwith (45)	2:59:10
21) Ed Stromberg (35)	2:59:33
22) Edwin A. Jerome II (34)	2:59:50
23) John P. Prochnau (39)	2:59:54
24) William S. Fitzpatrick	2:59:56
25) William D. May (28)	2:59:59
492 finishers	/Skip Houk/

September 9. Pebble Beach. Pebble Beach Invitational (4 Mile):

1) McDaniel (Sky)	19:54
2) Sup (MPC)	20:02
3) Mayfield (AHC)	20:05
4) Carlson (Marin)	20:09
5) Sechrist (SJCC)	20:10

Freshwater Race (5.9 Mile):

1) Howard Labrie	30:50
2) Harry Cottrell	31:10
3) Bert Proust	31:41
4) Karl Maxon	32:15

NCAA Division 8

November 11, Fresno, NCAA Division Eight Regional Qualifying Meet for Nationals.

It was a wild and crazy day. First of all, because this race was actually three races in one: the PCAA Championship, the PAC-10 Championship, and the NCAA Western Regional. Also because meet director Red Estes was on the course in the rain at 5:00 AM setting up a rain course, but by the time the race came around the original layout was in great shape for running.

The race for the overall winner went according to form as Henry Rono was first one home and the University of Oregon waltzed away with the team title with just 26 points for both the NCAA Regional and PAC-10. Oregon made it look easy, however, Rono had to dig down to come from behind to overtake runner-up Alberto Salazar of Oregon in the final mile.

First California team was UC Irvine. Or, was it? Talk about wild and crazy! In the NCAA Regional Irvine outdis-



DAVE DANIELS (UC Irvine)

an individual qualifier for NCAA I

tanced UC Santa Barbara 172 to 181 for fifth place. But in the PCAA scoring (counting only the PCAA schools) UCSB came out on top 32 to 36.

This was the first ever cross country league championship for the Gauchos who finished last in last years title run. Getting the first place trophy after the meet proved to be just as tough as upsetting Irvine. There was a mixup in computing the scores and UC Irvine was initially declared PCAA champion, but the error was discovered a half-hour later and the Santa Barbara winners had to locate the Irvine team who had already headed for food and home.

Which Division I team is the best in California? UC Irvine or UC Santa Barbara?

November 11. Fresno. N.C.A.A. District 8 Regional Cross Country Championships at Woodward Park (10,000 meters):

1) Henry Rono (WSU)	29:29.5
2) Alberto Salazar (UO)	29:34.4
3) Thom Hunt (UA)	29:55.3
4) Don Clary (UC)	30:00.2
5) Rudy Chapa (UO)	30:06.5
6) Joshua Kimeto (WSU)	30:15.3
7) Ken Martin (UO)	30:19.6
8) Bill McChesney (UO)	30:28.6
9) David Daniels (UCI)	30:33.6
10) Derrick Lakeman (UA)	30:42.6
11) Arthur Boileau (UO)	30:47.4
12) Joaquin Leano (UNR)	30:49.5
13) Samson Kimombwa (WSU)	30:53.1
14) Bill Stolp (UW)	30:53.5
15) David Shoots (UA)	30:55.8
16) Joel Cheruiyot (WSU)	31:01.7
17) Mark Hallenbeck (UW)	31:05.7
18) Gary Gustafson (UW)	31:06.3
19) Vicken Simonian (UCLA)	31:06.8
20) Roy Kissin (SU)	31:07.6

21) Chris Hughes (UCSB)	31:19.2
22) Harold Schulz (UCB)	31:25.3
23) Boyd Tarin (UNR)	31:31.9
24) Roderick Berry (SU)	31:33.3
25) Kirk Spangler (UW)	31:34.7
26) Don Moses (UCI)	31:36.1
27) David Peckham (UA)	31:45.2
28) Jerome Emory (SU)	31:48.0
29) Charles Christensen(UCI)	31:48.7
30) Steve James (WSU)	31:49.1
31) Mark Van (UW)	31:49.5
32) Chris Villani (UW)	31:50.1
33) Mike Lebold (UCSB)	31:51.0
34) Armando Cendejas(CSULB)	31:56.8
35) Bill McClement (UW)	31:58.2
36) Mark Melahn (OSU)	31:58.8
37) Paul Burke (UCB)	32:03.6
38) Joe Ebner (UCSB)	32:05.5
39) Chip Pierce (WSU)	32:07.2
40) Rob Evans (WSU)	32:10.0
41) Tim Minor (UNR)	32:10.6
42) Patrick Hamilton(UA)	32:14.0
43) Mark Hilton (UCSB)	32:16.2
44) David Coulman (FSU)	32:18.5
45) Michael O'Reilly (UCB)	32:21.4
46) Craig Hochhaus (UCSB)	32:22.1
47) Tim Gruber (SJSU)	32:22.5
48) Jim Triplett (UCSB)	32:22.9
49) Craig Corey (SU)	32:23.9
50) Joseph Avila (UCI)	32:25.0

Final Team Standings:
PCAA--UCSanta Barbara 32, UC Irvine 36, Fresno State Univ 83, Cal State Long Beach 91, San Jose State 111.
NCAA--Univ of Oregon 26, Washington State 66, Univ of Arizona 97, Univ of Washington 105, UC Irvine 172, UC Santa Barbara 181, Stanford 184, U of Nevada Reno 192, UC Berkeley 210, Oregon State Univ 278, UC Los Angeles 288, Fresno State Univ 308, Cal State Long Beach 329, Univ of Portland 375, San Jose State 386.
PAC-10--Oregon 26, Washington State 56, Arizona 79, Univ of Washington 116, Stanford 139, UC Berkeley 153, UCLA 187, Oregon State 190.
 /Red Estes/

- also:
 18. Marty Liquori (Athletic Attic), 30:13
 24. Frank Shorter (Colorado TC), 30:45

Women

1. Mary Decker (Univ. of Colorado), 34:38
2. Marge Rosasco (Baltimore Road Runners), 34:54
3. Cathie Twomey (unattached), 35:22
4. Gayle Barron (Atlanta TC), 35:45
5. Lynn Petronella (unattached), 35:54
6. Jane Robinson (Club Northwest), 36:15
7. Cindy Dairymple (Mid Pacific Road Runners), 37:01
8. Gail Volk (unattached), 37:06
9. Sharon Barbano (Greater New York AA), 37:21
10. Renee Urish (unattached), 38:07

/Pete Cava/

- 8) Daniel Betker 2:40:40
 - 8) Bruce La Belle 2:41:17
 - 9) Joseph Schieffer 2:41:21
 - 10) Kent Guthrie (40+) 2:41:54
 - 62) Elaine Naldy-Miller 2:58:00
- Half-Marathon:
- 1) Pete Flores 1:08:57
 - 2) Tim Jordan 1:13:13
 - 3) Paul Alvarez 1:14:18
 - 4) Jeff Scott 1:15:36
 - 5) Dan Lentz 1:16:14
 - 6) Steve Salandez 1:16:20
 - 7) Robert Bourbeau (40+) 1:16:25
 - 8) Rudy Dressendorfer 1:17:05
 - 9) Walt Schafer 1:17:25
 - 10) Richard Patterson 1:17:27
 - 56) Candy Hearn 1:29:09

/Britt Brewer/

September 24. Oakland. The Second Oakland Brass Pole Run:

- 1) Gary Blume 29:15.4
- 2) Pete Flores 29:33.1
- 3) E. Schelegle 29:56.9
- 4) Kent Mulkey 30:54.1
- 5) Berud Heinrich 31:05.6
- 6) Ted Quintana 31:26.7
- 7) James Tracy 31:33.5
- 8) Michael Wheeler 31:50.3
- 9) Steve Haas 31:51.0
- 10) Unknown 31:53.1
- 11) Ken Scalmanini 32:10.3
- 12) H. Franklin 32:13.5
- 13) Joe Maher 32:18.3
- 14) Unknown 32:19.9
- 15) Unknown 32:20.4
- 16) Dan Williams 32:24.2
- 17) Bruce Wolfe 32:42.2
- 18) Tom Mota 32:52.4
- 19) David Gowen 33:01.5
- 20) Gary Alderman 33:02.3
- 21) Unknown 33:09.0
- 22) Jeff Porto 33:28.0
- 23) Ray Batz 33:28.6
- 24) Rich deGlymes 33:31.0
- 25) Stephen Armstrong 33:36.1
- 26) John Thompson 33:36.6
- 27) Lloyd Sampson 33:42.3
- 28) Brian Williams 33:43.5
- 29) Ray Bonner 33:45.5
- 30) Ross Rowley 34:01.5
- 31) Kevin Kennedy 34:04.0
- 32) Wayne Cottrell 34:07.5
- 33) Harry Cross 34:16.6
- 34) Fred Lambie 34:21.4
- 35) Roxanne Bier 1W 34:21.7
- 36) Tom Varela 34:26.7
- 37) Tony Mattern 34:35.0
- 38) Jon Coleman 34:37.9
- 39) Walt Betschart 34:44.1
- 40) John Monteverdi 34:45.9
- 132) Sue Vinella-Brusher 2W 37:36.0
- 151) Marcia White 1 JG 37:56.7
- 186) Consuelo Underwood 3W 38:40.7
- 260) Toni Yale 4W 40:06.3
- 263) Jolie Houston 5W 40:08.4
- 1604 Finishers /Ray Gatchalian/

October 7. Davis. Cal-Aggie Invitational at the UC Davis Arboretum (5 mile):

- 1) Jim Schankel (CPSLO) 23:52
 - 2) Mitch Kingery (CPSLO) 24:01
 - 3) Jim White (Sac) 24:03
 - 4) Dan Aldridge (CPSLO) 24:10
 - 5) John Capriotti (CPSLO) 24:17
 - 6) Manny Bautista (CPSLO) 24:50
 - 7) Robby Bray (CPSLO) 24:54
 - 8) Felix Elieff (Cal) 24:57
 - 9) Tim Farrell (Sac) 24:58
 - 10) Bill Brown (Sac) 24:59
 - 11) M. VanHorn (Sac) 25:01
 - 12) Al Lara (CSUF) 25:02
 - 13) P. Burke (Cal) 25:05
 - 14) Eric Huff (CPSLO) 25:06
 - 15) Juan Garza (FPC) 25:08
 - 16) Andy Clifford (Cal) 25:09
 - 17) Richard Aguirre (CSUF) 25:11
 - 18) D. Coulman (CSUF) 25:16
 - 19) M. Santizo (CSUF) 25:17
 - 20) M. Higginbotham (FPC) 25:21
 - 21) G. Sutherland (Sac) 25:22
 - 22) B. Miller (UCD) 25:27
 - 23) G. Aguirre (CSUF) 25:29
 - 24) M. Pratt (UCD) 25:29
 - 25) T. Gruber (SJS) 25:30
- Cal Poly SLO 18, Sacramento State 54, Fresno State 98, Cal Berkeley 100, Cal Davis 161, Fresno Pacific 161, San Jose State 179, San Francisco State 200, Chico State 248.

October 8. Antioch. Contra Loma Reservoir Run (10 kilometers):

- 1) Mike Fanelli (22) 33:15
 - 2) Hersh Jenkins (27) 33:50
 - 3) Don Paul (28) 34:29
 - 4) George Green (27) 34:30
 - 5) Phil Kay 34:38
 - 6) Daniel Anderson (26) 34:46
 - 7) Tim Sweezey (28) 34:58
 - 8) Ernie Rivas (28) 35:33
 - 9) Thomas Cathcart (40) 1M 35:49
 - 10) Douglas Bell (40) 2M 36:07
 - 11) Bob Myers (39) 1SM 36:14
 - 12) D. J. Durbin (27) 36:25
 - 13) Larry Pugh (31) 2SM 36:46
 - 14) David Zumwalt (27) 36:53
 - 15) Terry Hughes (35) 3SM 37:30
 - 56) Christi Chisholm (31) 1W 49:01 SM
 - 59) Pris Myers (36) 2W SM 50:34
 - 60) Audrey Nyser (15) 50:50
 - 66) Nancy G. Felix (27) 1W 0 52:59
- /Jack Byrd/

- 35-39: Kenneth Stephens 56:36
 - John Pisk 38:35
 - John Duhig 40:49
 - 30-34: Arthur Durand 35:32
 - Robert Hutton 35:51
 - David Carrasco 36:59
 - Randy Kilpatrick 35:04
 - David Heri 36:16
 - Rae Clark 36:29
- Women:
- 50-54: Carol Cartwright 45:30
 - Billie Mendelson 64:00
 - 40-44: Barbara Henon 50:46
 - Yvette Tauzin 51:48
 - Jane Dodds 53:25
 - 35-39: Carol Chouinard 45:29
 - Geri Cole 51:24
 - Judy Lewis 62:29
 - 30-34: Roberta Takahashi 43:01
 - Elaine Everson 44:11
 - Beverly Lockwood 48:17
 - 25-29: Peggy Jamison 49:21
- 75-79: H. Anderson 21.0
 65-69 H. Koppel 13.6
 60-64 J. Vernon 13.9
 55-59 P. Fetter 13.2
 50-54 D. Wagner 13.7
 45-49 B. Springbett 11.8
 40-44 N. Newton 11.7
- 800m
 65-69 C. Beach 2:45.6
 60-64 G. Poloynis 2:37.4
 55-59 D. Lewis 2:32.3
 50-54 D. Jackson 2:17.4
 45-49 J. Harper 2:27.0
 40-44 H. Vanderwal 2:03.9
- 5000m
 75-79 P. Spangler 23:55.6
 60-64 E. Preston 18:59.0
 55-59 M. Hernandez 17:26.0
 50-54 P. Mundle 16:28.6
 40-44 P. Spangler 18:48.4
- 4x400 Relay
 40-44 Torrance TC 4:10.8
- 200m
 60-64W J. Kolda 38.8
 55-59W D. Smith 46.2
 40-44W C. Miller 29.4
 65-69 H. Koppel 29.5
 60-64 G. Poloynis 30.3
 55-59 P. Fetter 27.6
 50-54 D. Wagner 27.4
 45-49 B. Springbett 24.3
 40-44 N. Newton 23.8
- /George Adams/

October 7. Santa Barbara. Masters Track & Field Meet at UC Santa Barbara

- Discus
- 80+ T. Mumby 63-1
 - 75-79 H. Anderson 85-3
 - 70-74 R. Doms 121-3
 - 65-69 J. York 119-3
 - 60-64 D. Aldrich 152-1
 - 55-59 G. Ker 133-2
 - 50-54 H. Wallace 113-0
 - 45-49 E. Van Pelt 134-5
 - 40-44 H. Smith 124-8

- Hammer
- 80+ T. Mumby 58-2
 - 75-79 J. Whittemore 71-3
 - 70-74 L. Pereseny 95-3
 - 65-69 R. Hubbell 97-6
 - 60-64 J. Sanz 116-6
 - 55-59 B. Stone 102-3
 - 50-54 P. Evans 99-11
 - 45-49 J. Wojick 86-6
 - 40-44 H. Smith 90-7 1/2

- Long Jump
- 80+ T. Mumby 8- 1/2
 - 75-79 H. Anderson 11- 1/2
 - 70-74 H. Van Gelder 12-2 1/4
 - 65-69 J. Caruso 14-5 3/4
 - 60-64 B. Burke 14-5 1/2
 - 55-59 R. Spencer 16-6 1/4
 - 50-54 N. Milicevic 18-9 3/4
 - 45-49 Dave Jackson 20-1 1/4
 - 40-44 A. Henry 19-9 1/2

- High Jump
- 80+ T. Mumby 3-2
 - 75-79 H. Anderson 4-3
 - 70-74 L. Pereseny 4-1
 - 65-69 C. Beach 4-3
 - 60-64 B. Ogle 4-3
 - 55-59 O. Gillett 5-11
 - 50-54 D. Wagner 4-3
 - 45-49 E. Austin 5-6
 - 40-44 N. Newton 5-11

- Javelin
- 80+ T. Mumby 47-3
 - 75-79 H. Anderson 81-4
 - 70-74 B. MacDonaghy 119-1
 - 65-69 E. Archer 91-3
 - 60-64 D. Aldrich 142-3
 - 55-59 P. Fetter 131-11
 - 50-54 H. Wallace 125-1
 - 45-49 H. Hawk 150-5
 - 40-44 L. Weed 133-9

October 21. Madison, Wisconsin. USTFF:

- 1) Virgin (un) 29:43
 - 2) Lacy (Wi) 29:53
 - 3) Randolph (Wi) 30:20
 - 4) Jackson (Wi) 30:24
 - 5) Wysocki (Nev/R TC) 30:27
 - 6) Stinzi (Wi) 30:28
 - 7) Nenow (Ky) 30:40
 - 8) Nzau (Wv) 30:41
 - 9) Hunter (Cleve St) 30:43
 - 10) Leano (Nev/R TC) 30:45
- Wisconsin 25, Kentucky 101, Minnesota 103, Tennessee 110, Nevada/Reno TC 114.

October 21. Hayward. 1st Annual Hayward State Invitational Women's 3 Mile Cross Country Run:

- 1) Ann Thrupp (Stan) 17:53
 - 2) Michelle Aubuchon (CSUH) 18:17
 - 3) Eugenia Zorrich (Cal) 18:25
 - 4) Wendy Behrbaum (CSUH) 18:40
 - 5) Karey Robinson (Delta) 18:49
 - 6) Debi Gazafy (CSUH) 18:55
 - 7) Linda Robinson (CSUH) 18:56
 - 8) Annette Mungai (Stan) 18:57
 - 9) Jill Campbell (Cal) 19:02
 - 10) Beth Harrison (Stan) 19:29
 - 11) Dana Hooper (SF State) 19:38
 - 12) Ann Bower (SF State) 19:42
 - 13) Diana Stohr (Chabot) 19:52
 - 14) Lori Saia (Cal) 20:05
 - 15) Debbie Santa Maria (Chab) 20:07
- Cal State Hayward 37, Stanford University 52, UC Berkeley 83, San Francisco State 101, Chabot College 110, Delta Jr. College 135, Univ. of San Francisco 187, Santa Clara Univ 199.

November 4. Riverside. 1978 Southern California Collegiate Track Federation Cross Country Invitational (5 mile):

1) S. Alvarez (UCR) 25:04
2) M. Garcia (UCR) 25:54
3) T. Westfall (UCR) 26:34
4) Nichols (CLC) 26:46
5) P. Dolan (UCSD) 27:11
6) S. Giudici (UCR) 27:21
7) C. Parks (UCR) 27:35
8) P. Morton (UCSD) 27:52
9) J. Halperin (UCSD) 27:59
10) T. Helms (UCSD) 28:09
UC Riverside 19, UC San Diego 45, Cal Lutheran 66, Biola 91./Chris Rinne/

November 4. Fresno. 1978 Valley Conference Cross Country Championships at Woodward Park (4.0 mile/Men, 3.0 mile/Women):

Men
1) Bill Hurst (Mod) 19:33
2) Randy Hale (Delta) 20:09
3) Nick Brewer (AR) 20:27
4) Tim Holmes (Mod) 20:33
5) Dan Will (AR) 20:34
6) Jack Dixon (Delta) 20:39
7) Greg Pope (FCC) 20:40
8) Chris Otis (CRC) 20:52
9) Malcolm Maxwell (AR) 20:53
10) Stan Winkley (Mod) 20:56
11) Tom Lohse (COS) 20:58
12) Steve McDannald (FCC) 21:01
13) Tim Hill (COS) 21:07
14) Swift Katepa (COS) 21:07
15) Jimmy Leos (COS) 21:18
16) Danny Meyer (FCC) 21:19
American River 58, Modesto 70, Sequoias 70, San Joaquin Delta 82, Fresno CC 85, Cosumnes River 158.

Women

1) Connie Hester (FCC) 17:57
2) Karey Robinson (Delta) 18:10
3) Serena Domingues (FCC) 18:51
4) Nora Vargas (FCC) 19:13
5) Diana Tichellar (AR) 19:17
6) Ann Olson (FCC) 19:31
7) Jocelyn Sisson (COS) 19:46
8) Diane Norton (AR) 20:26
9) Diana Macias (FCC) 20:38
10) Wendy Parrott (Delta) 20:39
11) Teri Stout (COS) 20:47
12) Gabriella Nunez (COS) 20:52
13) Ruby Hernandez (COS) 20:59
14) Irene Torres (FCC) 20:59
15) Sheryl Grant (AR) 21:05
/ Bob Fries/

November 4. Woodlake. Central California AAU 20 Kilo Championship:

1) Dave Bronzan (HSTC) 31 1:07:54
2) Curt Elia (FPTC) 26 1:08:47
3) Craig Elia (FPTC) 26 1:09:56
4) Jack Case (HSTC) 31 1:16:32
5) John Whetstone (FJ) 27 1:25:25
9) Brent DeMonte (FJ) 49 1:30:28
15) Harry Harder (HSTC) 61 1:36:12
22) Audrey Erkelens (HSTC) 34 1:57:43
/Wayne Van Dellen/

1111 Championship
Park 94, 4. Channel Islands 95, S. Ventura 141, 6. Royal 163, Small: 1. Santa Paula 25, Rio Mesa 31. Overall: 1. TO 48, SV 49, 3. Santa Paula 84, RM 96, CI 149.

Varsity Girls: 1. Michelle Mason (Buena) 11:27.2, 2. Sue Broccoli (NP) 11:40.3, 3. Mary Botch (NP) 11:54.4, 4. Denise Ball (NP) 11:56.5, 5. Diane Hughes (NP) 12:01.6, 6. Vivian Metzger (RM) 12:04.7, 7. Kelly Hansen (NP) 12:09.8, 8. Teresa Giorgianni (NP) 12:12.9, 9. Leslie DelaTorre (Royal) 12:19.10, 10. Renee Bartoe (SV) 12:29.11, 11. Lorraine Mercado (O) 12:29.12, 12. Lilia Urias (H) 12:32.13, 13. Sharon Jennings (W) 12:42.14, 14. Tracy Trisco (NP) 12:43.15, 15. Karen Haller (B) 12:44.16, 16. Jean McLaughlin (TO) 12:47.17, 17. Marina Perez (H) 12:53.18, 18. Mary Dietrich (SV) 12:57.19, 19. Colleen Trout (SV) 13:02.20, 20. Margaret Ford (W) 13:05.21, 21. Julie McElvain (W) 13:08.22, 22. Joyce Donaldson (H) 13:09.23, 23. Annmarie Virzi (R) 13:12.24, 24. Diane Brickman (SV) 13:22.25, 25. Patty Marschik (SV) 13:23. Large team scores: 1. Newbury Park 20, 2. Simi Valley 79, 3. Buena 97, 4. Hueneme 108, 5. Thousand Oaks 129. Small: 1. Westlake 21, 2. Rio Mesa 41. Overall: 1. NP 21, 2. SV 96, Buena 119.

/ Rich Romine /

November 6..Humboldt Del Norte Cross Country Championships

VARSITY GIRLS 1.75 miles

1 Muneca Alcorn Del Norte 10:29.8
2 Candy Miller Eureka 10:51
3 Dena Lawrence Eureka 10:57
4 Pam Stratton Arcata 11:04
5 Marcie Dennison Del Norte 11:19
6 Sue Bradsberry Eureka 11:24
7 Theresa Robbins Arcata 11:27
8 Becky Partee Arcata 11:28
9 Angela Hodge Arcata 11:29
10 Debbie Fugate Del Norte 11:57
11 Robbin Bostwick Del Norte 11:58
12 Sheryl Bostwick Del Norte 12:01
13 Julie Bonnell Arcata 12:09
14 Liga Claassen Arcata 12:20
15 Wendy Johnson Eureka 12:55
16 Terri White Del Norte 13:25
17 Lori Delashmatt Arcata 13:27
18 Taml Nyberg Fortuna 14:00
19 Sandi Lawrence Eureka 14:12
20 Kathy Ferrioggalro Arcata 15:20
21 Jackie Steen Arcata 15:44
22 Doris Clark Fortuna N.T.

Del Norte 39, Arcata 41, Eureka 45

VARSITY BOYS 3.08 miles

1 Mike Williams Arcata 15:53.9
2 Steve Romero Eureka 16:05
3 Karl Jolly Arcata 16:17
4 Grant Rider Arcata 16:19
5 David Ely Del Norte 16:28
6 Clay Elder Fortuna 16:29
7 Mike Brunner Eureka 16:50
8 John Reichlin Del Norte 16:57
9 Tom Halley Arcata 17:02
10 Tom Latimer Del Norte 17:09
11 Barry Davey St. Bernards 17:16*
12 Dave Thompson Del Norte 17:21
13 Shawn Snell Eureka 17:29

1) Nance (Pt. Loma) 25:44.6
2) Garza (FresnoPacific) 25:48.0
3) McCann (Azusa Pacific) 25:57.2
4) DeGarmo (Westmont) 26:01.7
5) Drake (Azusa Pacific) 26:05.5
6) Walters (Fresno Pacific) 26:10.1
7) Ashcraft (Azusa) 26:14.5
8) Jacobson (UC San Diego) 26:15.7
9) Nichols (Cal Lutheran) 26:21.16
10) Esqueda (Pt. Loma) 26:32.3
11) Dolan (UC San Diego) 26:33.6
12) Rodriguez (Azusa Pacific) 26:39.5
13) Higginbotham (FresnoPacific) 26:43.5
14) Renteria (FresnoPacific) 26:48.0
15) Sadler (Pt. Loma) 26:52.2
16) Earle (Westmont) 26:54.7
17) Sawney (Pt. Loma) 26:56.5
18) Maritim (Azusa Pacific) 27:02.0
19) Bourret (Cal Tech) 27:03.6
20) Black (Cal Lutheran) 27:10.4
21) Antonik (Cal Lutheran) 27:12.6
22) Garman (Pt. Loma) 27:14.6
23) Schoelz (Pt. Loma) 27:17.5
24) Halperin (UC San Diego) 27:19.4
25) Kleinsasser (Pt. Loma) 27:22.7
Azusa Pacific 45, Pt. Loma 65, Fresno Pacific 79, UC San Diego 99, Cal Lutheran 110, Westmont 151, Cal Tech 169, Biola 212, USIU 269, Cal State Dominguez 271, LA Baptist 314.

November 11..Fresno. First Annual Central California Marathon

1) Dave Bronzan (HSTC) 1st 30+ 2:38:40
2) Al Lomeli (FPTC) 2:41:39
3) Steve Penner (FPTC) 2:42:01
4) Arthur Meyer (FPTC) 2:42:38
5) Robert Stephenson (HSTC) 2:44:23
6) Bill Peck (BTC) 2:46:41
7) Ed Fernbach (ORR) 2:47:35
8) Ben Dewell 2:47:49
9) Gordon Keller (FPTC) 2:47:58
10) James Lambe (FPTC) 2:48:08
11) Robert Malain (BC) 1st 50+ 2:51:50
12) Christopher Delgado (BC) 2:51:58
13) Isidro Suarez 2:52:45
14) Frank Delgado (FPTC) 2 40+ 2:53:19
15) Ray Hernandez, Jr. 2:53:53
16) Vince Mathews (Sacto) 2:54:25
17) Frank Ortega (FJ) 2:54:50
18) Larry Arata 2:55:16
19) Walt Betschart (BC) 2-50+ 2:55:27
20) Bill Weber 2:55:34
21) Bob Lindsey (FPTC) 2:56:03
22) Jack Wilkinson (NFC) 2:56:16
23) Sid Toabe (FPTC) 3-50+ 2:56:48
24) Greg Lyons (FPTC) 2:58:15
25) Floyd Clendenen (BTC) 2:58:32
26) Paul Martin (FJ) 3-40+ 3:00:10
27) Gerry Kramer (AATC) 3:00:35
28) Jim Ostergaard (FJ) 3:00:48
29) James Scott (FPTC) 3:03:26
30) Pete Schoener (BC) 3:04:48
31) Sheila Maskovich 1st W 30+ 3:05:05
45) Carolyn Tiernan (WVTC) 1-W 3:10:57
47) Michael Duarte (OCBL) 1-J 3:11:06
60) Daphne Dunn (Pam) 2W 30+ 3:20:17
66) Gloria Sumarco (FJ) 3W 30+ 3:23:12
85) Susan Martin (BC) 2W open 3:34:19
/ Gordon Keller /

207 Donna McClain (Santimon) 19:20
Tie: Grossmont & Harbor 80, Orange Coast 83, El Camino 112, Golden West 120, Santa Monica 132, Mt. SAC 141, Pasadena 143, Bakersfield 162.

Small/Men--4 mile:

1) Terry Gibson (Glendale) 19:14
2) Eero Keranen (Hancock) 19:20
3) Kevin Lundgren (Hancock) 19:37
4) Jerry Maserjian (Glend) 19:42
5) Mark Lewis (Glendale) 19:48
6) Joe Stompson (MiraCosta) 19:51
7) Phil Hendrick (SDCC) 19:52
8) Scott Gillis (SantBarb) 19:53
9) Bill Vasquez (Saddle) 20:01
10) Ron Routh (Moorpark) 20:03
11) Ivan Huff (Hancock) 20:05
12) Scott Mayfield (Hancock) 20:06
13) Jess Mitchell (Hancock) 20:06
14) Danny Hernandez (Sowest) 20:13
15) Jeff Ruland (Sowestern) 20:14
16) Henry Mendoza (Glend) 20:15
17) Tom Fitzgerald (Moorpark) 20:16
18) Coy Kendrick (Hancock) 20:17
19) Jerry Wise (Moorpark) 20:20
20) Mark Bradley (Moorpark) 20:21
Allan Hancock 35, Glendale 47, Moorpark 95, Southwestern 100, Mira Costa 124, College of the Canyons 140, Saddleback 154, Citrus 187.

Small/Women--3 mile:

1) Ruth Caldwell (Citrus) 16:46
2) Emily Whitney (Glend) 17:56
3) Beth Milewski (Ventura) 17:59
4) Franie Castro (Hancock) 18:03
5) Tima Moran (Glendale) 18:14
6) Chris Noone (Ventura) 18:28
7) Carol Crumbly (Sowest) 18:38
8) Colleen Gould (Citrus) 18:40
9) Lori Wilson (Palomar) 18:46
10) Donna Lechman (Ventura) 18:49
11) Judy Brookshire (Vent) 18:51
12) Marilyn Martin (Palom) 18:52
13) Darlene Love (SantBarb) 19:02
14) Karen Moore (Moorpark) 19:02
15) Sally Funston (Glend) 19:07
16) Barbara Buchan (Moorpark) 19:08
17) Lynne Newton (Citrus) 19:12
18) Lori Wakefield (SantBarb) 19:18
19) Laurel Spector (Glend) 19:23
20) Carmen Urbina (SDCC) 19:27
Ventura 52, Glendale 63, Citrus 68, Santa Barbara 101, Moorpark 110, Palomar 112, Southwestern 168, San Diego CC 170. /Ray Kring/

November 11. Corona. SPA-AAU District 10k Championship

1) Stan Vernon (SMTc) 30:24
2) Brian Blue (Toads) 30:26
3) Larry Lawson (SMTc) 30:39
4) Dave Babiracki (SFVTC) 30:41
5) Jerald Jones (SMTc) 30:42
6) Bob Daniels (SFVTC) 30:56
7) Tom Colley (SCRR) 30:59
8) Jon Sutherland (BasBlu) 31:03
9) Dave Harper (Toads) 31:05
10) Cleveland Whalen (SMTc) 31:12
11) Ben Martinez (AIA) 31:17
12) Tim Varley (Toads) 31:32
13) Matt Thornsberry (Toads) 31:32
14) Wally Buckingham (Toads) 31:36
15) Duane Waltmire (AIA) 31:37
16) Jim Mosher (SDTC) 31:41
17) Gary Close (Toads) 31:42
18) Pat Weiler (SMTc) 31:47

19) Steve McCalley (SFVTC) 31:50
 20) Carl Smith (BasinBlues) 31:51
 21) Steve Brown (SFVTC) 31:56
 22) Ed Chaidez (BasinBlues) 31:57
 23) Jim Scott (SMTC) 31:58
 24) Trup (Toads) 32:01
 25) Vince Engel (BasinBlues) 32:05
 26) Mike Cour (I) 32:09
 27) Dennis Wilson (Toads) 32:11
 28) M. Chambliss (BasinBl) 32:15
 29) Frickel (I) 32:17
 30) Siddons (Maccabi) 32:19
 1-Santa Monica TC 154:44, San Fernando Valley TC 158:15, Basin Blues TC 159:11, Athletes in Action 160:59, S. Calif Roadrunners 164:50, Maccabi TC 165:20, Santa Monica #2 173:45.
 /Nick Vogt/

November 11

NORTHERN CALIF. COMMUNITY COLLEGE CHAMPIONSHIPS
 At Crystal Springs

LARGE SCHOOL (Men): IND.—1. Hurst (M), 20:09.8; 2. Grime (De Anza), 20:39; 3. Dyer (WV), 20:44.
TEAM—1. West Valley, 84; 2. Sequoias, 92; 3. Modesto, 102.

SMALL SCHOOL (Men): IND.—1. Hitchcock (SI), 20:07; 2. Sup (MP), 20:32; 3. Hamer (SI), 20:43. **TEAM—1.** Sierra, 28; 2. Skyline, 76; 3. Monterey Peninsula, 67.

LARGE SCHOOL (Women): IND.—1. Wetherspoon (WV), 17:14; 2. Perkins (WV), 17:18. **TEAM—1.** West Valley, 35; 2. Fresno, 89; 3. Canada, 104.

SMALL SCHOOL (Women): IND.—1. Tracey (Antelope Valley), 17:46; 2. Pappas (Y), 18:26. **TEAM—1.** Yuba, 34; 2. Monterey Peninsula, 42; 3. Shasta.

HIGH SCHOOL CAMINO REAL LEAGUE

BOYS: IND.—Martinez (S), 14:54; 2. Trujillo (SB), 15:15; 3. Carlton (SB), 15:46. **TEAM—1.** Salesian, 23; 2. St. Bernard, 45; 3. Cantwell, 66.

/Bill Minarik/

November 12
 California State AAU Women's Championships at Crystal Springs, Belmont---

9u:
 1) Carol Doody (RR) 7:57.9
 2) Kerry Bratton (CY) 8:13
 3) Kristin Harkins (BA) 8:23
 4) Alisa Fong (RG) 8:24
 5) Carolyn Coviene (un) 8:25
 6) Julie Ryan (SV) 8:32
 7) Kelly Sage (RR) 8:33
 8) Marlene Reyes (TB) 8:36
 9) Janell Gomez (un) 8:36
 10) Angela Berg (RG) 8:50

10-11:
 1) Tanya Fischer (RR) 9:59.8
 2) Pauline Vasquez (SJ) 10:12
 3) Nanette Garcia (SJ) 10:15
 4) Kim Carther (RT) 10:17
 5) Rosanne Carillo (IV) 10:19
 6) Diana Crabtree (BA) 10:25
 7) Michelle Miller (SJ) 10:26
 8) Saarlene Rogers (SJ) 10:27
 9) Valerie McVicar (SC) 10:28
 10) Rosie Martinez (RR) 10:36

12-13:
 1) Kathy Kiernan (BA) 12:22.7
 2) Chris Ramirez (RR) 12:46
 3) Leslie Pratt (RR) 12:52
 4) Maria King (SJ) 13:04
 5) Candy Rouiller (RR) 13:05
 6) Jada Cretien (SJ) 13:06
 7) Trisha Ramirez (RR) 13:09
 8) Jennie Cervantes (RR) 13:10
 9) Andrea Heinbecker (SJ) 13:12
 10) Suzy Martinez (SS) 13:14

14-15:
 1) Kerry Brogan (SJ) 14:13.1
 2) Cathy Demmelmaier (SJ) 14:38
 3) Tracy Weber (SJ) 15:02
 4) Francie Negri (un) 15:04
 5) Kim Gonzales (VE) 15:09
 6) Shari Wheeler (RR) 15:11
 7) Michelle Gaiche (RR) 15:13
 8) Paula Cobb (RR) 15:20
 9) Kathy Kel (RR) 15:22
 10) Kelly Cerda (RR) 15:35

Junior:
 1) Diane Gong (WV) 19:12.3
 2) Nancy Wouters (RR) 19:55
 3) Suzanne Keith (RR) 20:27
 4) Nina Lucera (RR) 20:28
 5) Shelly Bradford (RR) 20:56

Open:
 1) Roxanne Bier (SJ) 17:01.2
 2) Phyllis Olrich (SJ) 17:25
 3) Judy Fox (WV) 18:02
 4) Sue Brodock (RR) 18:12
 5) Su Mei Lee (RR) 18:27
 6) Judy Leydig (WV) 18:29
 7) Marie Albert (RR) 18:39
 8) Marcia Romesser (FF) 18:44
 9) Vicky Bray (SJ) 18:45
 10) Tere de Anda (RR) 18:46
 11) Mercedes Brucker (RR) 18:53
 12) Cookie Hernandez (RR) 19:00
 13) Skip Swannack (WS) 19:01
 14) Lindy Hayes (SJ) 19:09
 15) Diana Figliomeni (SJ) 19:22

Team Scores:
 9 under--Cupertino Yearlings 77, So. Calif. Road Runners 81, Blue Angels 116, So. Calif. Thunderbirds 129, Roseville Gazelles 129, Salinas Valley TC 167.

10-11 -- San Jose Cindergals 33, So. Calif. Road Runners 85, Blue Angels 86, Roseville Gazelles 131, Redding TC 146, Woodside Striders 178.
 12-13 -- So. Calif. Road Runners 30, San Jose Cindergals 'A' 59, San Jose Cindergals 'B' 138, Quad City Cobras 140, Roseville Gazelles 204.

14-15 --- San Jose Cindergals 39, So. Calif. Road Runners 40, Roseville Gazelles 92.

Junior--So. Calif. Road Runners 21.
 Open -- So. Calif. Road Runners 37, San Jose Cindergals 41, West Valley TC 68, Woodside Striders 104, Fresno Pacific TC 105. /Jerry Colman/

November 12. San Francisco. YMCA Golden Gate Marathon

Men
 13-17:
 1) Bob Shannon (13th) 2:46:42
 2) Mark Nielsen (208th) 3:22:04
 3) Mike Boland (211th) 3:22:18

18-29:
 1) Mike Porter (1st) 2:25:37
 2) Ron Nabers (2nd) 2:26:26
 3) E. David Muela (3rd) 2:28:30
 4) Dave Collins (4th) 2:31:11
 5) David James (5th) 2:38:45
 6) Jesus Garza (6th) 2:38:59
 7) Harold Yamauchi (7th) 2:41:15
 8) Joseph Schieffer (9th) 2:43:18
 9) Michael Stanfield (10th) 2:45:00
 10) Robert Muller (11th) 2:46:07

30-39:
 1) Richard Levitzinger (14th) 2:46:49
 2) Dennis Tracy (15th) 2:47:12
 3) Reginald Bedell (17th) 2:48:40

40-49:
 1) Stewart Fall (8th) 2:42:31
 2) Edward Greub (16th) 2:47:59
 3) Michael Coke (20th) 2:49:07

50-59:
 1) Hans Roenau (42nd) 2:51:53
 2) Joseph Wakabayashi (113th) 3:07:23
 3) John Naylor (120th) 3:08:18

60+ :
 1) Ed Burke (256th) 3:26:30

Women

13-17:
 1) Christine Harrington(590) 4:21:46

18-29:
 1) Sue Krenn (36th) 2:51:04
 2) Mary-Pat Kroyer (262nd) 3:27:27
 3) Colleen Fox (291st) 3:30:23
 4) Virginia Besthoff(348th) 3:36:38
 5) Terri Durbin (375th) 3:40:42
 6) Janet Kwit (393rd) 3:43:55
 7) Diane Waymen (398th) 3:41:53
 8) Jody Kaufman (401st) 3:41:56
 9) Pam Marsh (410th) 3:46:29
 10) Janice E. Sullivan (416th) 3:46:57

30-39:
 1) Joan Ulliyot (94th) 3:03:59
 2) Louise Burns (170th) 3:16:28
 3) Gail Gustafson (190th) 3:19:12

40-49:
 1) Betsy White (330th) 3:34:54
 2) Kayo Aoki (460th) 3:54:38

50-59:
 1) Annabel Marsh (640th) 4:55:34

60+ :
 1) Kay Atkinson (600th) 4:28:11

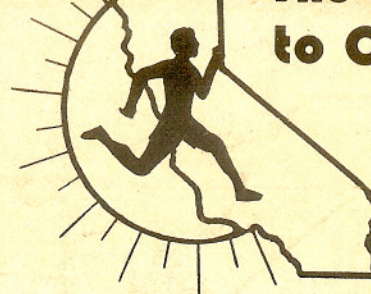
/Ralph Hill/

November 19. Malibu. Lasse Viren 20 Kilometer:

Men:
 1) Gary Tuttle (30) 1:01:45
 2) Chris Stewart (32) 1:02:32
 3) Lasse Viren (29) 1:03:18
 4) Mike Pinocci (23) 1:03:43
 5) Eero Keranen 1:05:06
 6) Jean Ellis 1:06:16
 7) Vincent Engel 1:06:28
 8) Jim Arquilla 1:06:52
 9) Hakan Spik 1:07:11
 10) Bill McDermott 1:07:41
 11) Richard Weeks 1:07:58
 12) Steve Close 1:08:11
 13) Steve Blum 1:08:17
 14) Carl Sorenson 1:08:25

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1) Annabel Marsh (640th) 4:55:34
60+ :
1) Kay Atkinson (600th) 4:28:11
/Ralph Hill/

November 19. Malibu. Lasse Viren
20 Kilometer:

Men:		
1) Gary Tuttle (30)		1:01:45
2) Chris Stewart (32)		1:02:32
3) Lasse Viren (29)		1:03:18
4) Mike Pinocci (23)		1:03:43
5) Eero Keranen		1:05:06
6) Jean Ellis		1:06:16
7) Vincent Engel		1:06:28
8) Jim Arquilla		1:06:52
9) Hakan Spik		1:07:11
10) Bill McDermott		1:07:41
11) Richard Weeks		1:07:58
12) Steve Close		1:08:11
13) Steve Blum		1:08:17
14) Carl Stromberg		1:08:25
15) Michael Mahler		1:08:31
16) Bart Coventry		1:08:37
17) Michael Calvano		1:09:15
18) Gary Polhill		1:09:25
19) Bill Knapp		1:10:11
20) Will Pitteneer		1:10:13

Women:		
1) Marty Cooksey (51st)		1:15:35
2) Paulette Halel		1:25:27
3) Christa Rompaneu		1:33:38
4) Chris Zacho		1:33:56
5) Kari Nordaus		1:34:22

November 18. Pico Rivera. 1978 Tenth
Annual Turkey Trot

High School 5 Mile:	
1) John Espinosa (BellGard)	27:30
2) Fernando Valesquez (ELM)	27:59
3) Alex Nedelmonn (Redondo)	28:19
4) Mark Guzman (SanFern)	29:00
5) Art Zapata (ELMonte)	29:41

Women's Open 10 Mile:	
1) Tmelda Carranza (HachHts)	72:52
2) Jessie Smith (PicoRiv)	82:21
3) Chris Gaston (LongBch)	85:14

50 & Over:	
1) Lono Tyson (CulvCity)	68:09
2) Sam Bilich (HarborCity)	69:33
3) Julius Karabel (STC)	71:10

60 & Over:	
1) Clyde Alling (CulvCity)	72:32
2) John Montoya (Colton)	72:41

40 & Over:	
1) Joe Burgasser (RPV)	56:33
2) Rick Vasquez (PicoRiv)	59:36
3) Jack Stewart (Wood.Hills)	60:30

Men's Open:	
1) Steve McCalley (Burbank)	53:09
2) Louis Vergara (PicoRiv)	55:04
3) Paul Cook (SantaAna)	55:44
4) Bill Pewen (Covina)	55:47
5) David Schriver (Irv)	56:09

/Armie Briones/

