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### *On The Inside . . . . .*

- Statewide Schedules
- Tuttle's Topics
- Cross Country Results
- 1981 Womens' Rankings
- State All Comer Records
- Road Running Results
- and much more . . . . .

## California Track & Running News

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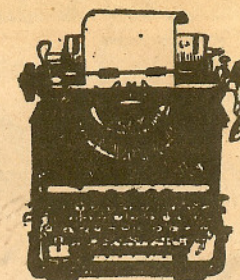
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**CALIFORNIA TRACK & RUNNING NEWS**

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# from the Editor:



Let's give TAC a break! No organization has suffered as much verbal abuse in the last few years as has The Athletics Congress of the United States (TAC).

TAC is the governing body for track & field, long distance running and race walking in the U.S., and they are recognized as such by the International Amateur Athletic Federation (IAAF). The IAAF, of course, is the world organization governing the majority of the Olympic amateur sports. The International Olympic Committee (IOC) is an arm of the IAAF just as the USOC is of TAC. The IAAF controls all international track and field and long distance running events including the Olympics. TAC is the USA's representative in the IAAF and is responsible to them.

So, what's the problem? What verbal abuse and why? If you've been following the progress of professional road racing you'll know exactly what I'm talking about. Any kind of professionalism in the sport is strictly against IAAF rules; rules which TAC has vowed to uphold. The sudden running boom has brought a number of changes to the sport, along with a lot of publicity and corporate interest in road racing. This has opened up new possibilities for road racers to cash in on their performances. The running corporate sponsors and meet directors want to press for more and they want it now.

TAC, in following IAAF instructions, stands opposed to these athletes, corporations and meet directors. A separate organization has been founded by some of these athletes, corporations and meet directors to try to force

fingers at TAC. TAC is blamed for the problems of the road racers.

So, why should we give TAC a break? Do they deserve the harsh criticism or are they doing their job? TAC isn't above criticism, that's for sure, but they are doing their job of operating track and field and long distance running in the United States within the rules and guidelines of the IAAF. If we are going to play the international game then we've got to abide by the rules.

I'll admit that TAC is not perfect. Few of us are. I'll also admit I've had my disagreements with TAC. I still balk at paying \$6.00 for a TAC card each year. I balk at having to pay high sanction fees for events I conduct. I haven't forgotten the thousands of dollars I lost trying to remain an amateur while a college coach. No one forces me to buy a TAC card, no one forces me to sanction my races, no one forced me to give up my coaching pay. It's a matter of choice. But, when TAC (formerly AAU) is the only game in town there really isn't much choice. If I'm going to play the game I must play by the rules until the rules are changed.

Now we get to the real problem: The rules. The rules need to be changed if change is needed. If you don't like the 55 mph speedlimit you don't take it out on the policeman who gives you a ticket for going 65 - you talk to the people who make the rules (speedlimits, in this case). Changes have to come through the IAAF. IAAF is made up of representatives from each of the 164 recognized national governing bodies for track and running throughout the world. TAC is only

winners in both indoor and outdoor track events;

•The sanctioning of events held in conjunction with professional races. At two road races this year, TAC sanctioned an amateur section held in conjunction with a professional event. At the Virginia 10-miler in Lynchburg on September 26, TAC sanctioned an event in which there were two sign-ups and two finish lines, one for those who wished to run as amateurs and one for those who ran for prize money. At the October 4, Boston Freedom Trail Race, professionals and amateurs wore different colored sets of numbers on their singlets. In both cases TAC was able to sanction the amateur sections of these road races with the complete approval of the IAAF.

•Relief from the 'contamination clause' of IAAF Rule 53. Under this regulation, any athlete who knowingly competes against a professional loses his eligibility. TAC sought - and received - from the IAAF a suspension of this rule. Today this is not in effect for domestic events in the U.S.

•Escrow accounts for athletes to place prize money into, in anticipation of IAAF approval of TAC's trust fund proposal, outlined earlier (See October issue, p. 26).

TAC has vowed to work with the rules. They're trying to effect change through the system, that is, through IAAF. If TAC were to unilaterally abolish the present eligibility rules, the IAAF would probably replace TAC with another national governing body in the U.S. which would enforce the rules. This would only serve to divide the U.S. track and running

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TAC, in following IAAF instructions, stands opposed to these athletes, corporations and meet directors. A separate organization has been founded by some of these athletes, corporations and meet directors to try to force change upon the rules. This organization is the Association of Road Racing Athletes (ARRA) - they have been defying and challenging TAC to enforce the rules by openly holding pro races and giving prize money. TAC has declared the money winners ineligible for further amateur competition in the USA (which automatically means no international competition, including the Olympics). The ARRA also openly mixes pros with amateurs in the same race which has been a no-no.

TAC has taken a lot of verbal abuse from athletes and others who want changes immediately. In this post-Watergate era people are automatically more suspicious of large bureaucratic organizations of which TAC is one. Journalists hopping on the popular investigative reporting bandwagon are quick to point

amateur while a college coach. No one forces me to buy a TAC card, no one forces me to sanction my races, no one forced me to give up my coaching pay. It's a matter of choice. But, when TAC (formerly AAU) is the only game in town there really isn't much choice. If I'm going to play the game I must play by the rules until the rules are changed.

Now we get to the real problem: The rules. The rules need to be changed if change is needed. If you don't like the 55 mph speedlimit you don't take it out on the policeman who gives you a ticket for going 65 - you talk to the people who make the rules (speedlimits, in this case). Changes have to come through the IAAF. IAAF is made up of representatives from each of the 164 recognized national governing bodies for track and running throughout the world. TAC is only one of these members. Since the IAAF's membership includes representation from nations whose social and economic systems are far different from those in the U.S., a move towards liberalizing the eligibility rules will take time. The emergence of rival organizations in the USA (ARRA, TFA/USA, RRCA) has pushed TAC to take more leadership in the changing of the rules, but it won't happen overnight.

What is TAC doing to help? In recent months, TAC has been able to provide more for the athletes than ever before in U.S. history, all without government support. This includes:

- Giving stipends to top athletes for training purposes with development funds provided by the U.S. Olympic Committee;

- The creation of a Grand Prix, in which funds provided by Mobil are given to the clubs of Grand Prix

- Relief from the 'contamination clause' of IAAF Rule 53. Under this regulation, any athlete who knowingly competes against a professional loses his eligibility. TAC sought - and received - from the IAAF a suspension of this rule. Today this is not in effect for domestic events in the U.S.

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TAC is in the unfortunate, but necessary, position of being in the middle - between the IAAF and the US road racers and track & field athletes. They have a delicate situation. It's hard to please both parties 100% of the time. It reminds me of my days as a Head Resident in a college dorm. Do you be an ogre and clamp down on all of the students' fun and keep the administration happy, or do you give the students a little slack and have the administration on your neck. It's hard to please both all the time. If you want to keep your job you please the administration. If you want a lot of friends you please the students. TAC wants to keep their sanction with IAAF so they've had to lose some friends.

But, let's give TAC a break - at least they are doing the job they were established to do. Now, on with the rule changes.

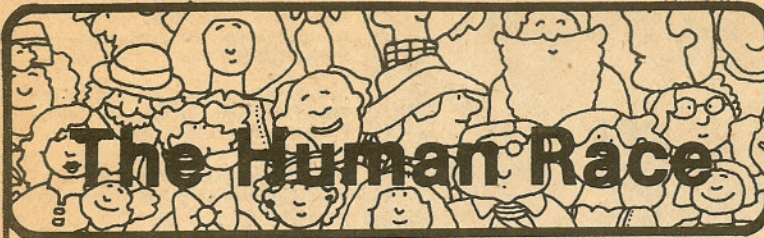
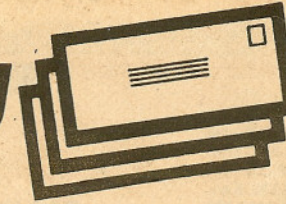
### ON THE COVER:

**Top Photo:** Mt. SAC Invitational Cross Country — Sweepstakes Race picturing the top 5 female runners (by time) of the day. 1 - Teresa Barrios (University, Irvine) 3rd 18:18, 2 - Denise Ball (Newbury Park) 1st 17:56, 3 - Lori Lopez (Sacred Heart, LA) 2nd 18:16, 4 - Tanya Fischer (Chaminade, Canoga Park) 5th 18:29, 5 - Vickie Cook (Alemany, Mission Hills) 4th 18:22. *photo by Greg Ryan.*

**Left:** Orange Coast runners on way to team championship in JC division of Mt. SAC Invitational. *photo by Bob Greenberg.*

**Right:** Eric Reynolds, outstanding junior from Camarillo High School. *photo by Herb Potter.*

# mailbag



By **LEN WALLACH**

Most of us in running swing on a pendulum from humility to megalomania, feeling in one moment that we have little worthy to contribute and in the next flicker of an eye, that the sport can hardly go on without us.

Last year in Honolulu, I decided to try to interview one of the true Neanderthals of running history, Scott Hamilton, thinking that I could put him down on paper for the enlightenment of those newcomers who hadn't been exposed to the King.

Scott Hamilton, is a typical fast master, thin as a bamboo chair, quick as a mosquito at a Red Cross blood drive, and opinionated in his convictions about the sport. He's a no nonsense running administrator, racer, and organizer, stopping only long enough in his pell mell path through life to see how far back the rest of the pack is.

And the pack is well back of Hamilton as he's been a leader in the running world so long that he rightly deserves the front runner title. Among his other achievements was his Presidency of Road Runners Club of America 15 years ago when running was just beginning its explosion. He's so much of one of the earlier leaders that today's honor trophy for the outstanding RRCA club president is the "Scott Hamilton Award."

Since his early leadership he's gone on to other hard tasks including setting up and steering the Honolulu Marathon Association's annual Race Directors Conference which has been a superb forum for running administrators to swap ideas, contacts, and problems. It will probably prove to be a lasting form and certainly the seed for the formation of the International Race Administrator group which is now still a seedling.

Hamilton is a product of a mix of Little Rock High School, Cornell University, a Fullbright scholarship at Oxford, and an IRON determination. His ability to make the future happen by dogged preparation, logical analysis, and industriousness is readily apparent at both his own running interest and in his lifestyle.

"It's difficult to get a good competent runner to take time out of his or her running to return something to the sport," he once lamented at the surprises which seem to lie ahead for the sport. "Running has reached a state of critical mass and will soon sort itself out. Those people who identify with running must pick and choose where they put their energy, which will mean a withdrawal of some old running leadership and

## Doubtful of Age Record

I read with interest Richard Slotkins account of the October 4th Mercury 10K in the November issue. My particular interest was the top three boys in the 12 & Under Division.

I am quite familiar with this age group as my son Mark Jones is age 9 and has run against James Brown and Craig Lawson many times in the past two years.

Mark holds the age 8 National Record for the 10K at 39:29 and this past year had run a 38:18 10K at San Juan Capistrano. It would have been a National Record for age 9 except that the city had decided not to renew their course certification. As of about August the existing age 9 National Record was still 39:51 set by Matt Matuszak in 1979 (National Running Data Center).

James Brown and Mark are the only two 9 year old boys I am aware of that have run a 10K in under 39 minutes and I follow this age group closely because of my son's activity. I have a real doubt that Dallas Jones is 9 years old, primarily because of the time. If he exists he hasn't done anything in boys age group track or cross country the past two years.

This is a real sucker if true. The time is astounding. Three minutes faster than the best 9 year olds I know of in the USA.

Since the Mercury 10K is a point-to-point course no National Record can be had as I understand the rules. However, it could go into the books alongside the actual record with an asterisk for point-to-point. It would be a real shame if in fact this was a deception or mistake.

Please see if you can find out more on the subject. I will contact the fathers of Craig Lawson and James Brown to see what they

## Ticked Off at Slotkin

I would like to voice my opinion of race reports you wrote for the California Track & Running News. I would like to clarify my performance at the Santa Monica Marathon, however "un-Trialish" it was. I was there to get in a long distance run, not to try to win the race or set any records. I would like to bring to your attention the fact that I was able to run a "Trialish" 2:17:20 at the Nike Marathon for 17th place two weeks later. I was quite satisfied with my performance there even though it was only my second marathon. I would have liked to run Chris Stewart in a half-marathon. Although he used to be a very top runner I think his age is starting to catch up with him. I found it difficult to get as excited about his 1:07:00 at Santa Monica, as you did.

If you wanted to get excited about a ½-marathon, you would have been justified if you would have "done back flips" for Kirk Pfeffer's 1:02:55 on a much tougher America's Finest City ½-Marathon course. I would know seeing how I ran both courses. But I guess you would rather get excited about an Englishman who wears a bowler hat with umbrella than a much more talented runner who has "as much charisma as a mortician."

I always thought reporters were supposed to write unbiased stories of events. It seems to me that you let your own emotions rule your writing. I have talked with different runners/readers who agree with me. I hope that your humor also improves because it does not help your articles too much.

Also, Mr. Slotkin, I feel that your "lack of real knowledge" concerning distance running and training

with the runners ideas. Slotkin - wake up - you're star struck and brainwashed. Happily I am moving back to Kansas City soon and believe me I won't miss L.A. and all of you phony "know-it-alls." Marty Liquori said it best (by the way, have you heard of him) in his book; "The West Coast (referring to S. Cal area) is dead, it's mostly has been track bums - unrealistically chasing rainbows." Hmm, come to think of it, how many of the top runners live and train here? Herb Lindsay, Craig Virgin, Rod Dixon, Stan Mavis, Bill Rodgers, Frank Shorter, Dick Beardsley, Garry Bjorkland, Alberto Salazar, Rick Rojas, Benji Durden, etc., etc.? The answer is none of the above!

Do you have the guts to print this letter in "mailbag"? I doubt it!

Charlie Gray  
Los Angeles

**Slotkins Reply:** Not only that, but I still can't break 40:00 in a 10K.

Dick Slotkin  
Long Distance Editor

## More CC All-Americans

I would like to thank you for honoring the Junior College athletes with All-American certificates. Would you please send two certificates for Renee Wyckoff's second place in the 3000 meters at the State Meet; one for her and one for the coach.

Gary Campbell  
Visalia

Consider it done.

Bill Cockerham  
Editor

## What Coverage!

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"It's difficult to get a good competent runner to take time out of his or her running to return something to the sport," he once lamented at the surprises which seem to lie ahead for the sport. "Running has reached a state of critical mass and will soon sort itself out. Those people who identify with running must pick and choose where they put their energy, which will mean a withdrawal of some old running leadership and perhaps more dynamic improvements or failures in the sport ahead," he added in forecasting what the future holds.

Hamilton's insight fascinates me as he seems to have an extraordinary grasp of what has happened, is happening and will happen in the changing face of running. It's that characteristic which transcends all else that he is. He seems to be on course all of the time, matter of fact appears to be a prototype of the self steering quality so often found in runners.

"When you are in the midst of conflict of the day, it's easy to be drawn off course; your course has to be in the future and not the past," he explained. "But there's a point in athletics and in life when you realize that the future is now; that you're in it in the moment. Focusing down on the moment is truly a championship characteristic. What the champion does at the critical juncture is the complete determination of where he or she will be at the finish line," he went on in his parallel with running, life, and the future of the sport.

"We, in running are at that critical point. What we do now, this moment, today, determines where we will be next year," he concluded.

I haven't seen Hamilton for a year and I hope we'll pick up where we left off last December after the Honolulu Marathon. He's one of the few people I've written about whose extemporaneous words ring like a literary bell.

It's not that Hamilton is to be remembered or even thought about but rather that he's had something to say worth saying. The future is now.

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Please see if you can find out more on the subject. I will contact the fathers of Craig Lawson and James Brown to see what they know. Unfortunately the way road races are run it would be real easy to pull a deception in most age groups.

Buck Jones  
Orange County

*We're trying to check that one out. See Points of Interest in Long Distance section of this issue.*

Dick Slotkin  
Long Distance Editor

### Fast Fan

Please find enclosed my check for a subscription. I saw your publication for the first time at a race the other day. Thought it was just great. I am looking forward to the November issue containing the masters records.

For your information, I just turned 50 in September and on October 31 at the Fall Color Tour 15K established the new National Record for my age group at 53:41. Also I have a personal best of 35:21 in the 10K. Both marks are on certified courses.

Morton Gray  
Santa Rosa

*Thanks for your support. Glad to have you aboard. Keep us posted.*

Bill Cockerham  
Editor

have justified myself as you would have "done back flips" for Kirk Pfeiffer's 1:02:55 on a much tougher America's Finest City 1/2-Marathon course. I would know seeing how I ran both courses. But I guess you would rather get excited about an Englishman who wears a bowler hat with umbrella than a much more talented runner who has "as much charisma as a mortician."

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Also, Mr. Slotkin, I feel that your "lack of real knowledge" concerning distance running and training methods has led to your gullability(*sic*) concerning coaches and training methods, i.e., SMTC, SFVTC, Joe Douglas & L. Tabori. Most all "class runners" have come to realize that Joe Douglas is really only interested in enhancing his own reputation and has ruined many potentially fine runners the last 5 years. However the word about Douglas has spread and that is why you don't see the national class runners rushing out here to join like they did in the past. The club now is pretty much of a joke and is laughed at around the country. The same can be pretty much said for SFVTC. It is obviously hard for you to see this situation from "arms length" considering Joe Douglas and the SMTC is "all you've ever known." Four years ago I'm told you were a "new jogger" that knew nothing about running - now you're an expert? Sure... The main reason I moved to L.A., Mr. Slotkin, was to run for SMTC or maybe SFVTC. But after talking to probably 15 or 20 "good runners" in the area upon moving to L.A., I thought it wiser to "go it alone." Besides, all of the good runners that I had wanted to train with had all quit the club and told me the training routine was a joke and Douglas and Tabori "thought they knew it all" and wouldn't work in unison

Dick Slotkin  
Long Distance Editor

### More CC All-Americans

I would like to thank you for honoring the Junior College athletes with All-American certificates. Would you please send two certificates for Renee Wyckoff's second place in the 3000 meters at the State Meet; one for her and one for the coach.

Gary Campbell  
Visalia

*Consider it done.*

Bill Cockerham  
Editor

### What Coverage!

I want to say that you are doing a fantastic job with California Track & Running News. What Coverage! I read it cover to cover.

Ron Morris  
Burbank

*Thanks, Ron, for the kind words. It's encouraging to hear kind remarks from an Olympian as yourself.*

Bill Cockerham  
Editor

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### About Your CT&RN Mailing Label

If you're a long time subscriber your mailing label each month probably has an outdated expiration code on it. It costs to have these updated at the mailhouse. In an economy move we don't use expiration codes any longer. It also costs to remove them so we've just left the old ones on. If you have such a code on your label please ignore it.

## POSTAL

SEP 1 - DEC 15, 1981: Puma-TFA Postal Championships. 3 mile and 2-Person 10 Mile Relay. On your own local track. Puma-TFA Postal, 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153. (816) 891-1077. *Please see advertisement in this issue.*

## DECEMBER

DEC 5: Olympians 10K Run. Laguna Niguel Regional Park, 8:30 am. Newport Beach Runners Association, 1162 Dorset Ln., Costa Mesa 92626. (714) 546-3663.

DEC 5: South Pasadena Tiger Run. 5K & 10K. 8 am. South Pasadena Booster Club, 1401 S. Fremont, So. Pasadena 91030.

DEC 6: Mt. Madonna Challenge. 12.1 miles. Spring Lake, Hwy 152, Mt. Madonna Park, 11 am. Bill Flodberg, 12925 Foothill, San Martin 95046. (408) 683-2453.

DEC 6: "Q" Jail Break Run. 10K. Courthouse Square Park, Hanford. 10 am. Sam Schwan, Q-105 FM/KQIQ, P.O. Box 1320, Hanford 93232. (209) 584-4466 or (209) 251-3362. *Please see advertisement and entry blank in last month's issue.*

DEC 6: Corona Tri-Run Classic. 5K, 10K & 1/2 Marathon. City of Corona High School, 8:30 am. Judy McAlister, Recreation Supervisor, 815 W. 6th St., Corona 91720. (714) 736-2241.

DEC 6: Beverly Hills 10K. 8 am. Rec. & Parks 10K. 450 No. Crescent, Beverly Hills 90210. (213) 550-4816. *Limited to 3,500 runners.*

DEC 6: Oakland Marathon & Half Marathon. Starts at Oakland Tribune Building at 8 am. Cherie Swenson, Race Director, Oakland Marathon, P.O. Box 2501, Oakland 94614. (415) 568-8884. *Please see advertisement and entry blank in October issue.*

DEC 6: Santa's Stampede. 2 miles & 5 miles. Napa College, Napa, 10 am. Reg Harris, 1267 Walnut, C66, Napa 94558. (707) 255-8705.

DEC 6: RRCA 25K Postal. 25K, 3K and 5 mile. Armstrong Grove St. Park, Guerneville, 10 am. Tom Ennis (707) 539-6535.

DEC 6: Culver City Marathon. Jack Nakanishi, Culver City Parks & Recreation, 4117 Overland Ave., Culver City 90230.

DEC 6: Decemberfest Road Run. 10K. The Factory, Campbell, 9 am. Don Campbell, Road Run Director, P.O. Box 97, Campbell 95009. (408) 379-5399.

DEC 11-12: Las Vegas Sun Marathon, Half Marathon & 10K. Four days of activities and races from November 10-13. Special rates on housing. For information and entry blank contact Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-9030. *Please see advertisement in last month's issue.*

DEC 12: The Toughest 10K in the West. Mt. SAC College stadium, 8 am. Track Office, Mt. San Antonio College, 1100 N. Grand, Walnut 91789. (714) 594-5611.

DEC 12: Discovery Bay Six Miller. 10:30 am.

Please send scheduling information directly to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

DEC 12: Sanger Striders Pre-Christmas Run. 6 mile race, 3 mile prediction. Madison School, Sanger, 10:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

DEC 12: Chicken Natural's 5K & 10K Run. Griffith Park, 8 am. Spirit Club, Los Angeles Valley College, 5800 Fulton Ave., Van Nuys 91401. Mark Covert (213) 781-1200, ext 208.

DEC 13: Pierce College Holiday Season 5 and 10K Bull Run IV. Pierce College, 8 am. Ed Bravo, Race Director, 22245 Chatsworth Street, Chatsworth 91311. (213) 347-0551.

DEC 13: Santa Maria Half Marathon. Rightelli High School, 9 am. Jim Batterson, Orcutt Road Runners, 412 W. Orchard St., Santa Maria 93454. (805) 922-0856.

DEC 13: Honolulu Marathon. For information and budget travel contact Stonestown Sportstravel, 80 Stonestown Mall, San Francisco 94132. (415) 661-3111.

DEC 13: Christmas Carol Charity Run. 10K. San Francisco Financial District, 8:30 am. Rick McCay (415) 393-8645.

DEC 13: Madera Mini Marathon. 13.1 miles. Madera, 10 am. Bob Owen, 121 Berry Dr., Madera 93637. (209) 673-3089.

DEC 13: Christmas Five Miller. Cal State Sacramento, 10 am. Karen Kelley, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

DEC 19: European Cross Country Race. Lodi Lake, 10 am. John Griffin, Fleet Feet, 4709 Quail Lakes Dr., No. 200, Stockton 95207. (209) 957-5646.

DEC 19: To The Bay Run. 6.8 miles. Newark to

DEC 19: Rudolf's Lancaster Classic. 5K and 10K. Lancaster Park, 9 am. Mary Tighe, Recreation Dept., 44804 North Elm Ave., Lancaster 93534. (805) 945-1811.

DEC 19: Big Macathon Run. 15K & 5K. McDonalds, Palm Desert, 9 am. John Marman, College of the Desert, 43-500 Monterey Ave., Palm Desert 92260. (714) 346-8041, ext. 315.

DEC 20: Christmas Relays. Lake Merced, San Francisco, 9 am. 5-person, 4.5 mile legs. Mari Kolb, 2043 Pin Oak Pl., Danville 94526. (415) 837-6674.

DEC 27: Westlake Village 20 Mile Run. 8 am. John Duhig, 1642 Trafalgar Pl., Westlake Village 91361. (818) 497-2011.

DEC 27: The 10K. Piner and Fulton Rd., 12 noon. Chris Webb (707) 546-5462.

DEC 31: Midnight Masquerade. 1 1/2 miles and 3 miles. Cal State Sacramento, 12 midnight. Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

JAN 24: Scott Molina Benefit 15K. Pinole Valley High School, 9 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

JAN 24: Super Bowl Sunday 10K Run. Redondo Beach Marina area of King Harbor, 8 am. Redondo Beach Super Bowl Sunday 10K Run, P.O. Box 3185, Redondo Beach 90277-3185. (213) 376-6911.

JAN 31: El Camino Stakes Races. 6.4 mile and 1 mile. Bay Meadows Race Course, San Mateo, 9 am. Joan Rosa, American Heart Assoc., 1801 Murchison Dr., Burlingame 94010 (415) 692-0981.

JAN 31: Super Race V. 10K and 1-mile. Monterey (Lake El Estero Park), 9 am. Earl Collins, 404 Camino El Estero, Monterey 93940. (408) 373-4166.

JAN 31: Crown City Optimist Club Runs. 5K, 10K, and Half Marathon. Rose Bowl, Pasadena, 8:30 am. Crown City Optimist, P.O. Box 105, Pasadena 91102. Jack Heather (213) 795-2016.

## JANUARY

JAN 2: First of the Year Half Marathon. Vail Pittman Elementary School, Las Vegas, NV, 9 am. Bill Callanan, 6252 Clarice, Las Vegas, NV 89107. (702) 870-8269.

JAN 9: High Sierra TC 5 Mile. Rd. 204/Hwy 41 in Madera County, 11 am. Joe Herzog, 822 S. Claremont, Fresno 93722. (209) 252-3897.

JAN 9: Wreck Run. 3 miles. Beresford Park,

## TRACK & FIELD

DEC 4: Holiday Decathlon. Santa Maria. Ray Kring, Track Coach, Allan Hancock College, Santa Maria 93454.

DEC 4: Holiday Decathlon. Mt. San Antonio College. Don Ruh, Track Coach, Mt. SAC, Walnut 91789.

DEC 4: Glendale All Comers. Glendale Col-

JAN 8: Glendale All Comers. Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

JAN 9: Santa Barbara All Comers Track & Field Meet. Santa Barbara City College, La Playa Stadium. John Goldhammer (805) 965-0581.

JAN 15: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

JAN 15: Glendale All Comers. Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

JAN 15-17: CSU Long Beach Field Event Camps. Flop, Pole Vault, Triple Jump, Shot, Discus, Distance. John Tansley, Track Coach, Cal-State Univ. Long Beach, 1250 Bellflower Blvd., Long Beach 90840.

JAN 16: Fresno All Comers. Fresno State University, 11:30 am. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

JAN 16: Mt. SAC Pre-Season All Comers Track & Field Meet. 10 am. Track Office, Mt. San Antonio College, 110 N. Grand, Walnut 91789. (714) 594-5611.

JAN 22: Glendale All Comers. Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

JAN 22-23: TFA Indoor Invitational. Kansas City, MO. Boys, Girls, Open and Masters. TFA/USA, 10920 Ambassador Dr., Suite 302, Kansas City, MO 64153.

JAN 22: Sunkist Invitational Indoor. Los Angeles Sports-Arean. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

JAN 23: Fresno All Comers Track & Field Meet and Weight Pentathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-1297.

JAN 23: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

JAN 29: Glendale All Comers. Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

JAN 30: Mt. SAC All Comers Track & Field Meet. 10 am. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

JAN 30: Fresno Coach of the Year Track & Field Clinic. Fresno State University. Bob Fraley, Assistant Track Coach, Fresno State University, Fresno 93740. (209) 294-4098.

JAN 30: Westmont Metric Meet. Santa Barbara. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

JAN 30-31: On Track Decathlon. Ron Morris, On Track, P.O. Box 1674, Burbank 91507. (213) 845-7147.

FEB 5: Los Angeles Times Indoor Games. The Forum, Los Angeles. Will Kern - Glenn Davis, Special Events Dept. Los Angeles Times. Los

Cherie Swenson, Race Director, Oakland Marathon, P.O. Box 2501, Oakland 94614. (415) 568-8884. Please see advertisement and entry blank in October issue.

**DEC 6: Santa's Stampede.** 2 miles & 5 miles. Napa College, Napa, 10 am. Reg Harris, 1267 Walnut, C66, Napa 94558. (707) 255-8705.

**DEC 6: RRCA 25K Postal.** 25K, 3K and 5 mile. Armstrong Grove St. Park, Guerneville, 10 am. Tom Ennis (707) 539-6535.

**DEC 6: Culver City Marathon.** Jack Nakanishi, Culver City Parks & Recreation, 4117 Overland Ave., Culver City 90230.

**DEC 6: Decemberfest Road Run.** 10K. The Factory, Campbell, 9 am. Don Campbell, Road Run Director, P.O. Box 97, Campbell 95009. (408) 379-5399.

**DEC 11-12: Las Vegas SUN Marathon, Half Marathon & 10K.** Four days of activities and races from December 10-13. Special rates on housing. For information and entry blank contact Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030. Please see advertisement in last month's issue.

**DEC 12: The Toughest 10K in the West.** Mt. SAC College stadium, 8 am. Track Office, Mt. SAC Antonio College, 1100 N. Grand, Walnut 91789. (714) 594-5611.

**DEC 12: Discovery Bay Six Miler.** 10:30 am. D.B.R.C., 1601 Discovery Bay Blvd., Byron 94514. (415) 634-3528.

Valley College, 5800 Fulton Ave., Van Nuys 91401. Mark Covert (213) 781-1200, ext 208.

**DEC 13: Pierce College Holiday Season 5 and 10K Bull Run IV.** Pierce College, 8 am. Ed Bravo, Race Director, 22245 Chatsworth Street, Chatsworth 91311. (213) 347-0551.

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**DEC 19: European Cross Country Race.** Lodi Lake, 10 am. John Griffin, Fleet Feet, 4709 Quail Lakes Dr., No. 200, Stockton 95207. (209) 957-5846.

**DEC 19: To The Bay Run.** 6.8 miles. Newark to Coyote Hills, 10:30 am. Newark Community Center, 35501 Cedar Boulevard, Newark 94560. (415) 793-1406, ext. 264.

P.O. Box 3185, Redondo Beach 90277-3185. (213) 376-6911.

**JAN 31: El Camino Stakes Races.** 6.4 mile and 1 mile. Bay Meadows Race Course, San Mateo, 9 am. Joan Rosa, American Heart Assoc., 1801 Murchison Dr., Burlingame 94010 (415) 692-0981.

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**JAN 9: High Sierra TC 5 Mile.** Rd. 204/Hwy 41 in Madera County, 11 am. Joe Herzog, 822 S. Claremont, Fresno 93722. (209) 252-3897.

**JAN 9: Wreck Run.** 3 miles. Beresford Park, San Mateo, 9 am. George Musante, San Mateo Parks and Recreation, 330 W. 20th Ave., San Mateo 94403. (415) 574-6730.

**JAN 10: Burlingame Fun Runs.** 2.85 miles. Coyote Point Park, Burlingame, 8:30 am. Brock Riddle, Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010.

**JAN 10: California 10.** 10 miles. Lincoln Senior Elementary School, Stockton, 10 am. Frank Hagerly, 7309 Camellia Ln., Stockton 95207. (209) 437-4124. Limited to 800, pre-entries only, close January 5.

**JAN 10: Crystal Springs Ribbon Runs.** 2-mile, 4.6 mile & 15K. St. Helena, 10 am. Therman Gibson, P.O. Box 519, Angwin 94508.

**JAN 10: Restoration Runs.** 5K & 10K. State Capitol Building, Sacramento, 9 am. Bobbie Stavis, Fleet Feet, 8128 Fair Oaks Ave., Fair Oaks (916) 323-8905.

**JAN 16: Run for Pro Life.** 10K. Simi Valley High School. Ron McGlaughlan (805) 522-7350.

**JAN 16: Willy's Road Races.** 1-mile and 5-mile. St. William Parish Hall, Los Altos, 9:30 am. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

**JAN 16: Telacu Health Center 5 Mile Run.** Griffith Park, 9 am. Jesse Ortiz, TELACU Health Center, 5224 N. Figueroa St., Los Angeles 90042. (213) 254-5225 or 256-5406.

**JAN 16: High Sierra Six Mile.** Woodward Park, Fresno, 9 am. Len Thornton, 5768 N. Millbrook, Fresno 93710.

**JAN 17: Mission Bay Marathon.** San Diego, 7 am. Marathon, 3711 Jackdaw St., San Diego 92103. (714) 295-6459. Deadline January 10.

**JAN 24: Tucson Marathon.** 8 am. Larry Schloss, Southern Arizona RRC, P.O. Box 40728, Tucson, AZ 85717. (602) 296-7421.

**JAN 24: Lake Merritt Joggers and Striders Fourth Sunday Fun Runs.** 5, 10 & 15K. Old Boat House, Lake Merritt, Oakland, 9 am. Janice Mulcahy, 1492 Sonoma Ave., Albany 94706. (415) 525-5519.

## JANUARY

## TRACK & FIELD

**DEC 4: Holiday Decathlon.** Santa Maria. Ray Kring, Track Coach, Allan Hancock College, Santa Maria 93454.

**DEC 4: Holiday Decathlon.** Mt. SAC Antonio College. Don Ruh, Track Coach, Mt. SAC, Walnut 91789.

**DEC 4: Glendale All Comers.** Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

**DEC 5: Northridge Fall Field Meet.** (Throws and Pole Vault). Cal State Northridge, 11:30 am. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

**DEC 5-6: TFA/USA Winter Decathlon.** Cal State Long Beach. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

**DEC 11: Long Beach All Comers Track & Field Meet.** Cal State Long Beach. John Tansley, see above.

**DEC 11: Glendale All Comers.** Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

**DEC 12: Northridge Fall All-Comers.** (No Throws). Cal State Northridge, 12 noon. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

**DEC 13: West Coast Weight Pentathlon.** Cal State Long Beach. John Tansley, see above.

**DEC 18: Long Beach All Comers Track & Field Meet.** Cal State Long Beach. John Tansley, see above.

**DEC 18: Glendale All Comers.** Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

**JAN 2: New Year's All Comers Track & Field Meet.** Mt. SAC College, 10 am. Track Office, Mt. SAC Antonio College, 110 N. Grand, Walnut 91789. (714) 594-5611.

**JAN 8: Challenge of the Ages Invitational Indoor Classic.** Long Beach Arena. Challenge of the Ages, H. Lewis Smith, 8306 Wilshire Blvd., Suite 316, Beverly Hills 90211. (213) 650-0060 or 674-5020.

Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-1297.

**JAN 22: Long Beach All Comers Track & Field Meet.** Cal State Long Beach. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 488-4666.

**JAN 29: Glendale All Comers.** Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

**JAN 30: Mt. SAC All Comers Track & Field Meet.** 10 am. Track Office, Mt. SAC Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JAN 30: Fresno Coach of the Year Track & Field Clinic.** Fresno State University. Bob Fraley, Assistant Track Coach, Fresno State University, Fresno 93740. (209) 294-4098.

**JAN 30: Westmont Metric Meet.** Santa Barbara. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

**JAN 30-31: On Track Decathlon.** Ron Morris, On Track, P.O. Box 1674, Burbank 91507. (213) 845-7147.

**FEB 5: Los Angeles Times Indoor Games.** The Forum, Los Angeles. Will Kern - Glenn Davis, Special Events Dept., Los Angeles Times, Los Angeles 90053. (800) 421-8603.

**FEB 5: Glendale All Comers.** Glendale College, 1:00 pm. Tom McMurray, Track Coach, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

**FEB 5: Long Beach All Comers Track & Field Meet.** Cal State Long Beach. John Tansley, see above.

**FEB 5: Northridge All Comers Track & Field Meet.** Cal State Northridge, 11:30 am. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

**FEB 5: Presidents' Birthday Open Track & Field Meet.** Mt. SAC Antonio College, 10 am. Track Office, Mt. SAC Antonio College, 1100 N. Grand Ave., Walnut 91789 (714) 594-5611.

**FEB 12: San Diego State All Comers.** Dixon Farmer, Track Coach, San Diego State University, 5402 College Ave., San Diego 92812. (714) 265-6569.

**FEB 13: Bakersfield Invitational.** Cal State Bakersfield. Charlie Craig, Track Coach, California State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2189.

**FEB 13-14: TFA National Masters Indoor Championships.** Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.

**FEB 14: Northridge Weightman's Pentathlon & Throwers Meet.** Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

**FEB 19: Jack in the Box Indoor Invitational.** San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

**FEB 19: San Francisco Indoor Games Olympic Development Meet.** Age Group, High School, Junior College, College, Masters. Most events are preliminaries for finals on Saturday. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

# CAL STATE NORTHRIDGE MID-YEAR SERIES

- Fall Throwers & Vault Meet Dec. 5 - 11:30 am••
- Fall All-Comers Meet Dec. 12 - noon (no throws)••
- Northridge All-Comers Classic Feb. 6 - 11:30 am••
- TFA Weightmen's Pentathlon & Throwers Meet••  
February 14

Open & Novice Divisions  
75¢ entry at meet for 1st 3 meets & \$4 for Pentathlon

For entries or information contact:

Bill Webb/Don Strametz  
California State University  
Northridge, CA 91330  
Phone: (213) 885-3608 or 885-3242





# TUTTLE'S TRACK TOPICS

## Blind is the Runner . . . at times

by Gary Tuttle

**H**undreds of articles have been written about the experiences one has while running.

Some articles are about the mental effects and experiences which occur on the run, some describe the physical effects of running, and most of the rest are travelogues of "what I've seen while running through the mountains of . . ."

To my knowledge, no one has ever shared their "non-experiences," or more specifically, the things they didn't see while running. If you think about it, the things you "didn't see" can be very interesting.

I've been running for 18 years and have covered over 70,000 miles, and believe me, there is plenty I haven't seen over the years.

Over the last 18 years, I didn't see the barbed wire stretched at knee's level...the nail that went through the shoe and into the foot...the curb that was added to my favorite night...course...or the countless holes that snared my unsuspecting foot.

Over the years, I've never seen the snake on the trail until my foot is four inches from it...the cow manure 10 yards further...the dog droppings a couple of miles

later...the blackbirds that attack me from behind...or the "bear that jumps on my back" at the 22-mile point of nearly every marathon.

While running and communing with nature, I didn't see the poor lizard until he was smashed...the huge stink bug that went down my throat...the butterfly that crashed into my eye...the three bees that stung me simultaneously...or the gull that dropped his load on my head.

Unfortunately, I also never saw (until it was too late), the skunk sitting on the narrow trail...the porcupine sitting and scratching ...or the mean camel behind the sand dune in Bahrain.

I'm a law-abiding runner, only interested in getting in non-stop miles. Unfortunately, one day I didn't see the policeman at the red light, (in fact, I didn't see the red light)...the train coming until I was on the high, long, narrow train trestle...the "Airport—No Trespassing signs, until I was...or how a military policeman could arrest me for "attempting to break into a car trunk," when all I was doing was stretching my hamstring.

We all see lots of cars while running, but it's the ones we don't see which are the most memorable. We never seem to see the car that

loudly honks its horn (until it's right on top of us)...the car on the "wrong-side of the road" in New Zealand and England (until we've stepped off the curb)...the car which throws the beer can...the cup of ice...the flashlight battery...the pennies...the Coke bottle...or the bra.

Some of the things we don't see involve people around us. I never could see how some of the girls can get into extra-small Dolfin

shorts...how Rosie Ruiz could have run 26 miles at any pace...why Fred Nagelschmidt would want to run 24 hours non-stop...or who knocked me down five yards into my high school cross country finals.

Some things which we expect to see, often never show up, which can be very disappointing. As an example, after four years of racing Bay to Breakers in San Francisco, I've still never seen the nude girl runner. Another case happened three years ago when I ran a 2:08 marathon in New Zealand. Unfortunately, the course was short, and I still haven't seen the last mile.

Sometimes, things are going great, we're seeing a lot, when disaster strikes. Some sad examples: I did see the pretty girl in the bikini, but I didn't see the crack in the sidewalk until I got back up...I did see the chalk marking the race course, but not until I should have turned left...I did see my running shoes were waiting for me on the backporch, but I didn't

see the huge spider that was waiting inside...and more than once, I did see the ugly, mean Doberman, but I didn't see a leash.

Yes, running is an exciting activity, you never know what you may or may not see while covering the miles. My last 18 years of running have been filled with many wonderful sights, many of which I still haven't seen.



# ALL COMER TRACK MEETS

Friday, December 4  
 Friday, December 11  
 Friday, December 18  
 Friday, January 8  
 Friday, January 15  
 Friday, January 22  
 Friday, January 29  
 Friday, February 5



**GLENDALE COLLEGE**

1981-82

1500 N. Verdugo Rd.  
 Glendale, California

FEB 20: San Francisco Indoor Games. Cow Palace. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: San Francisco Track & Field Clinic. In conjunction with the SF Indoor Games. Credit available. Athletes special rates. Ventures Track Clinic, Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: USC Multi Team Invitational. Ken

APR 6-7: TFA/USA Decathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 17: TFA/NIKE Invitational. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

APR 17: Woody Wilson Relays. UC Davis.

RUNNING EVENTS:

FIELD EVENTS:

miles, and believe me, there is plenty I haven't seen over the years.

Over the last 18 years, I didn't see the barbed wire stretched at knee's level...the nail that went through the shoe and into the foot...the curb that was added to my favorite night...course...or the countless holes that snared my unsuspecting foot.

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# ALL-COMER TRACK MEETS



**GLENDALE COLLEGE**

1981-82

1500 N. Verdugo Rd.  
Glendale, California

Friday, December 4  
Friday, December 11  
Friday, December 18  
Friday, January 8  
Friday, January 15  
Friday, January 22  
Friday, January 29  
Friday, February 5

## RUNNING EVENTS:

2:45 Open Novice 3,000m Steeplechase  
3:00 Open 60m HH - 42" (East Straight)  
3:00 Open 100m (West Straight)  
3:15 Novice 60m HH - 39" (East Straight)  
3:15 Novice 100m (West Straight)  
3:30 Novice 1500 (5:00 & under)  
3:40 Novice 1500 (5:01 & over)  
3:45 Open 1500 (4:20 & under)  
3:55 Open 1500 (4:21 & over)  
4:00 Novice 300m heats  
4:10 Open 300m heats  
4:20 Novice 800m (2:05 & under)  
4:25 Novice 800m (2:10 & under)  
4:30 Novice 800m (2:11 & over)  
4:35 Open 800m (2:00 & under)  
4:40 Open 800m (2:01 & over)  
4:45 Novice 3,000m  
5:00 Open 3,000m

## FIELD EVENTS:

1:00 Open, Novice, Girls Javelin  
2:00 Open, Novice, Girls Discus  
2:00 Open, Novice, Hammer - upper field  
2:00-3:30 Open 16 lb. Shot Put  
3:30-5:00 Novice 12 lb, Girls 8 lb Shot Put  
2:00-4:30 Open, Novice, Girls Long Jump  
4:30-5:00 Open & Novice Triple Jump  
2:00-5:00 Open Pole Vault (start 12-0)  
3:00-5:00 Novice Pole Vault (start 9-0)  
3:00-5:00 Novice, Girls High Jump (start 4-0)  
3:00-5:00 Open High Jump (start 6-0)

**No Finals — Just Heats**

**ACI Runways — Short Spikes Required**

**Admission to Field - 50¢**

**OPEN / JUNIOR COLLEGE, COLLEGE, UNIVERSITY, CLUB, UNATTACHED**

**NOVICE / HIGH SCHOOL, JUNIOR HIGH, MASTERS, WOMEN, GIRLS**

**OTHER DATE: December 20, 8:30 am. AAU Mt. Tom Hill Climb (4 miles)**

**FEB 20: San Francisco Indoor Games.** Cow Palace. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

**FEB 20: San Francisco Track & Field Clinic.** In conjunction with the SF Indoor Games. Credit available. Athletes special rates. Ventures Track Clinic, Box 764, Los Altos 94022. (415) 964-9238.

**FEB 20: USC Multi Team Invitational.** Ken Matsuda, Meet Director, University of Southern California, University Park, Los Angeles 90007. (213) 743-2754.

**FEB 20: USC Multi Team Invitational.** Ken Matsuda - see above.

**MAR 5-7: Aztec Invitational.** San Diego State. Dixon Farmer, Track Coach, San Diego State University, 5402 College Ave., San Diego 92812. (714) 265-6569.

**MAR 6: Long Beach Relays:** John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

**MAR 13: Northridge Relays.** Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

**MAR 13: Kingsmen Relays.** Cal Lutheran College. Don Green, Track Coach, Cal Lutheran, 60 Olsen Rd., Thousand Oaks 91360. (805) 492-2411.

**MAR 19: Santa Barbara Invitational.** UCSB. Tom Lionvale, Track Coach, University of California, Santa Barbara 92706. (805) 961-4316.

**MAR 20: Warrior Relays.** Westmont College. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

**MAR 27: Redlands Invitational.** Track Coach, University of Redlands, 1200 E. Colton Ave., Redlands 92373. (714) 793-2121.

**MAR 30-31: Martin Luther King Games Decathlon & Heptathlon.** Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

**APR 2-3: Martin Luther King Games Track Meet.** Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

**APR 3: Taco Bell Invitational.** Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

**APR 6-7: TFA/USA Decathlon.** Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

**APR 17: TFA/NIKE Invitational.** Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

**APR 17: Woody Wilson Relays.** UC Davis.

**APR 22-25: Mt. SAC Relays.** Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

**MAY 1: The Track Meet.** University of California at Santa Barbara. Track Coach, UCSB, Santa Barbara 93106. (805) 961-3400.

**MAY 8: West Coast Relays.** Lemoore. Red Estes, Track Coach, Fresno State University, Fresno 93740.

**MAY 8: San Francisco State Tune-Up Meet.** Coach Harry Marra, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561.

**MAY 14-15: PCAA Conference Championships.** Logan, Utah.

**MAY 16: UCLA-Pepsi Invitational.** UCLA. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

**MAY 17-18: So. California J.C. Decathlon & Heptathlon Championships.** Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

**MAY 22: Silliconex Invitational.** Long Beach State. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

**MAY 22: Warmerdam Classic.** Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

**MAY 31-JUN 1: State J.C. Decathlon & Heptathlon Championships.** Mt. San Antonio College. Track Office, Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789.

**JUN 1-5: NCAA Div. I National Championships.** Provo, Utah.

**JUN 12: Berkeley Invitational.** Edwards Stadium. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.



**Mark Your Calendar**

**MAY 8, 1982**  
**West Coast Relays**  
**Lemoore's All Weather Track**



# Around the State



Marshall Clark

## Spartan Mentor

One of the West Coast's most respected and popular cross country coaches is Marshall Clark now in his second year behind

13.1 miler has the prestige of being the number one half-marathon in the world.

Runners are offered a special package deal for only \$99.00. Part of this terrific package includes four days and three nights at the fabulous Hacienda Resort Hotel and Casino on the famous Las Vegas Strip. Other parts of this package include two marathon breakfasts, special gift to each participating runner staying at the Hacienda, special Western banquet presented at famous Los Rancheros, free "Hacienda Hotel Fun Pack" and more!

The last two years the Las Vegas Sun Championships have offered an outstanding field of top name runners--this year will be no different.

The 10k and 13.1 mile events will take place on Friday morning, December 11, both starting at 7:00 a.m., while the full marathon will go off December 12, also at 7:00 a.m.

This is a chance for runners to enjoy a weekend in Las Vegas and race in either a 10k, 13.1 or full marathon. For more information and/or entry blanks contact: Mandy Higginbotham, 1026 W. Princeton, Visalia, CA 93277.

## All Comers T&F Meets

There are many all comers track and field meets in California this winter. Check the schedule for meets in San Diego, Long Beach, Northridge, Mt. SAC, Glendale, Santa Barbara, Fresno. Other places which have traditionally hosted winter all comers but we haven't heard from this year include: UC Berkeley. Call Fry Hunt (415) 842-2152.

many gold medals so far in his track and field career. To Hal the highlight came in 1978 when he won the National Decathlon Championship. Twice he has won the Far Western Regional Pentathlon Championships. Smith has been described as an enthusiastic person, strong leader and hard worker. Once again, Hal, congratulations from *California Track & Running News*.



## Fresno Track Clinic

The Annual Fresno State "Coach of the Year" Track & Field Clinic will be held January 30, 1981 on the University campus. As last year, the purpose of the clinic is two fold: One is to honor the area's top elementary, high school and junior college coaches, and the other is to learn more about the sport in learn-by-doing sessions. Not only that, but everyone has a lot of fun talking track for an entire day in a relaxed atmosphere. Featured speaker is former world class shot putter Neil Steinhauer. If you'd like to attend contact Bob Fraley, Assistant Track Coach, Fresno State University, Fresno, CA 93740. (209)



## Name This Olympian

This former US Olympic competitor showed up recently at a local cross country race and took a place in his division. Can you name him? If you give up, see answer on page 24.



**Marshall Clark**

## Spartan Mentor

One of the West Coast's most respected and popular cross country coaches is Marshall Clark now in his second year behind the San Jose State harrier helm.

Clark came to San Jose State after serving a two year stint at the University of Montana. During that period, he was a cross country and track coach and the school's assistant athletic director.

Familiar with the San Francisco Bay Area collegiate sports scene, the 48-year old Clark coached the Stanford cross country teams from 1968 through 1977. During his tenure at Stanford, he led the Cardinals to a second place finish at the 1968 NCAA cross country championships. Among his many Stanford athletes were Olympians Duncan MacDonald and Don Kardong, fourth in the 1976 Olympic marathon.

The 1972 United States international AAU track coach, Clark began his coaching career at the prep level at Los Altos and Seaside High Schools. In ten years his teams won six league championships and one CIF section title. A three year track and cross country letterman at the University of Southern California, he was a half-miler on the 1955 Trojan NCAA championship track team.

## Las Vegas Sun Championships

From **MARTY HIGGINBOTHAM**

This is the month for the Las Vegas Sun Championships. The Sun Championships feature a 10k, 13.1 and full marathon. The

any field of top name runners--this year will be no different.

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## Hal Smith Honored

From **MARTY HIGGINBOTHAM**

Hal Smith of the Southern Cal Striders was the 1981 recipient of the annual Alan Cranston Award. This award is presented to an individual for outstanding leadership, sportsmanship and athletic achievement in masters track and field. Smith has been very active in the masters program since beginning as a submaster. He has been on the Board of Directors of the SPA-AAU Masters Track & Field Committee. This will be his third year as masters meet director of the Mt. SAC Relays. He was also masters meet director for three years of the Muhammed Ali Indoor Track & Field Meet. He has been involved in the Pan American Championships, working with meet director Bill Adler and Hilliard Sumner, Jr. Hal has also been field event coordinator of the Striders Relays under meet director Bill Adler and Ann Smith. Both of these are top masters track and field meets. Smith is a Life Member of the SCS and has been SCS president for two consecutive years--1977 and 1978. He has also competed in all major meets since 1975. Smith is the winner of



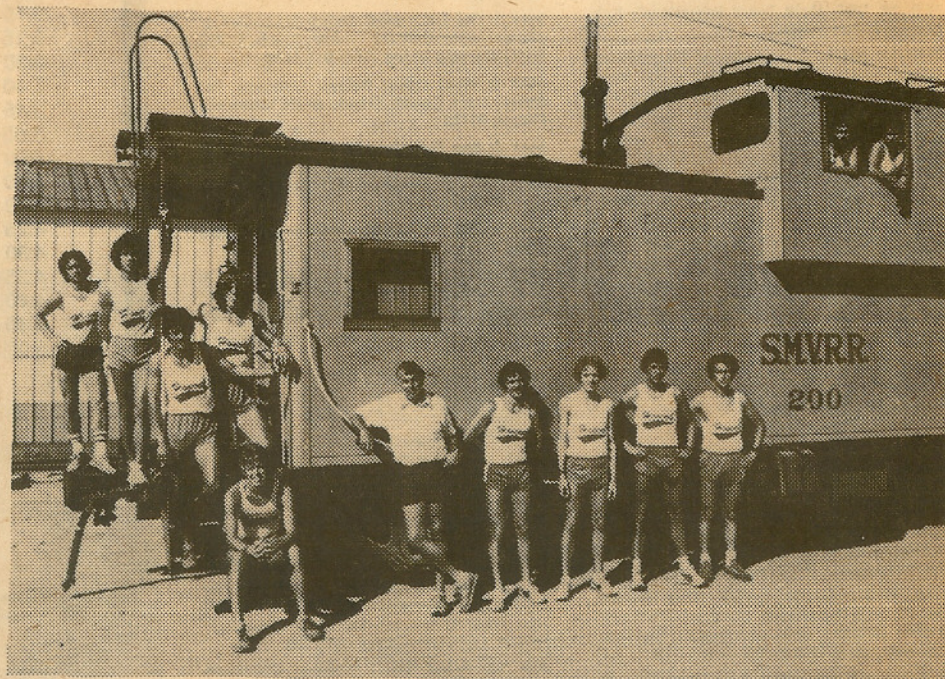
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## Name This Olympian

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## The Hancock College Cross Country Express

After winning the State Meet title in 1978 Allen Hancock Community College has been sidetracked the past two years, but they are once again chugging ahead full steam. Watch for a title contender once again.

## Presidio Ten— State and Western Regional Championship

From **MARTY HIGGINBOTHAM**

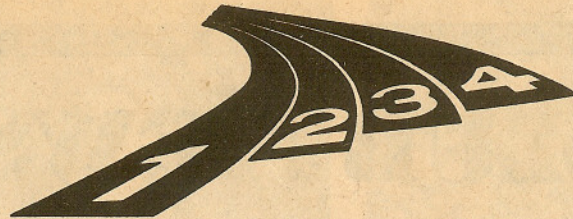
The Presidio Ten Mile, which is set for August 29, 1982, has been selected by the Road Runner's Club of America as the California State and Western United States Regional Ten Mile Championship. This year marked the first running of the Presidio Ten, and it was a smashing success—a great turnout along with a quality field. In addition to the 1982 State and regional championship, military personnel are invited to run in the first Military Ten Mile Championship.

The Presidio Ten is said to be a "tourist's delight" as it runs around the Presidio, the bay front and a Golden Gate Bridge crossing. Joann Dahlkoetter, the 1981 women's champion, was quoted in *City Sports* magazine as saying, "This is one of the nicest courses I could imagine—a runner's dream." The course has also proved to be a fast one as Dahlkoetter clocked a 61:09 and John Moreno, the men's winner timed a 50:55.

## Keeping Track

Fred Wilt, Head Womens' Cross Country and Track Coach at Purdue University in Indiana invites female track & field athletes from California to consider an education and athletic career at Purdue. Wilt, track fans will remember, is a former world class runner and two-time Olympian. He held the indoor two mile world record, is a member of the National Track & Field Hall of Fame and recipient of the Sullivan Award. Purdue boasts a new Omni outdoor track as well as a wall-to-wall indoor Tartan 220 oval. They are a Big-10 school with 32,000 students. Coach Wilt would like to hear from some lady athletes from California. He can be reached by writing: Fred Wilt, Women's Track Coach, Mackey Arena, Purdue University, West Lafayette, IN 47907.

Three runners from United States International University won awards in the recent Heart of San Diego Marathon and 10K runs, but a man in a wheelchair crossed the finish line first. Kris Lenzo, 21, drew loud cheers at San Diego Stadium as he wheeled his lightweight racing chair across the marathon finish line several minutes ahead of the first runner. Bob Dav, race director,



## San Francisco Games

**SAN FRANCISCO GAMES.** Saturday, February 20, 1982, Cow Palace, South San Francisco. This is San Francisco's (as well as Northern California's) only indoor meet of the year. Meet Director Jim Terrill promises Olympic champions, world record holders and a top cast of international and local athletes. See the world's greatest track athletes, who will be the heroes of the 1984 Los Angeles Olympics, perform on the world's newest and fastest indoor track. Tickets on sale at Cow Palace and all outlets.

In addition to the invitational portion of

the Games on Saturday; there will be an Olympic Development indoor meet the day before (Friday, February 19, 1982) for age group, high school, college and masters.

And if that isn't enough, there will also be a clinic for coaches and athletes which will feature many of the invitational athletes who will compete on Saturday. The Clinic will be on Saturday, February 20 before the big meet.

For more information on any of the San Francisco Games activities contact: Jim Terrill, P.O. Box 764, Los Altos, CA 94022. (415) 964-9238.

received from TAC multi-event chairman Ron Jensen of Idaho State University in Pocatello. In rescoring the meet Jensen discovered an error in the tabulations for Mann's javelin mark of 115-2. Man was credited with 645 points, and that mark rates 687 on the current scoring tables. The extra 42 points puts Mann in first place ahead of Laura Mills, Los Angeles, who finished with 5200 points. Mann's amended points total is 5211. Jensen concludes that the error probably came about when an official scoring the meet read Mann's javelin mark from the discus table.

How many cross country meets have you been to where there was a nice program for spectators and athletes? The Mt. SAC Invitational put out a 32 pager. Cross country often needs a little jazzing up, and it's things like programs, announcing, spectator vantage points, etc, that help. The Kinney Cross Country Meet is another one which puts out a program to give a little "class" to cross country. Speaking of the Kinney meet, Tony Sandoval of Stanford and marathon fame will be the spokesperson and starter at the National Championships on December 12th in Orlando, Florida. Speaking of jazzing up cross country, Ray Krings the coach at Allan Hancock College puts out a giant cross country guide each season, featuring all kinds of records and

The Challenge of the Ages Indoor Track Meet announced in last month's issue as being held on January 15th has been moved to January 8th. This meet, you'll remember pits top high school athletes against top masters athletes in a scoring competition.

The May 8th West Coast Relays will be held at Lemoore High School, about 40 miles south of the traditional Fresno site. The reason being the all-weather track & field facility at Lemoore. This will not only help athletes looking for qualifying marks but will speed up the meet as Lemoore has 10 lanes compared to 6 at Fresno's Rafters Stadium. The meet will now take only 3 hours, thus allowing teams from L.A. and the Bay Area to travel in and out on the same day. Divisions for both men and women will include: Invitational, College and High School. For entry information write: Red Estes, Track Coach, Fresno State University, Fresno, CA 93740.

The Cal Invitational Men's Cross Country meet Mike O'Reilly of Cal set a course record of 24:31 for the five mile Tilden Park loop. This record may stand for some time as cross country races are no longer allowed in the park. If this ruling holds true it will be a shame as this was an excellent and traditional site for cross country running.

Cal State University Long Beach will be hosting a field event camp. Under the direc-



## Classifieds

**BACK ISSUES AVAILABLE —** All issues of *California Track & Running News* are still available except issue number 36 (June, 1979). \$1.50 per issue. Specify which issue(s) by issue number or date. Please enclose payment with order. Send to: CT&RN, P.O. Box 6103, Fresno, CA 93703.

**"TRACK AND RUNNING EQUIPMENT"** Accusplit, Cronus, Puma, Pacer, Gill, Sandvik, Port-A-Pit, Dolfin, Sub-4, Chronomix, Fund-Raising, Poles, Training Films, Weights, and more. For information write: Ron Morris' ON TRACK, Box 1674, Burbank, CA 91507. (213) 845-7147.

**ROAD RUNNERS CLUB —** Join the Road Runners Club of America. For individual or club membership application write: Jerry Kokesh, 1226 Orchard Village Lane, Manchester, MO 63011.

**1981 NRDC BOOKS —** The National Running Data Center has the 1981 booklets for sale: Running Records by Age \$4.95, U.S. Distance Rankings \$6.95, U.S. Marathoners (four volumes) \$13.95. Send check to NRD, Box 42888, Tucson, AZ 85733.

**T-SHIRTS —** Screened T-shirts as low as \$1.85. Jack's Athletic Supply, Box 612, San Mateo, CA 94401. (415) 341-3119.

**TIME STANDARDS FOR COMPETITIVE RUNNERS —** Convert your

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Tim Varley, a 20-year old won the marathon with a 2:20:28. The women's winner was Ellen Turkel the long distance coach at USIU with a 2:53:19. Jon Hagelbrand, a student from Sweden, won the 10K race with a time of 30:15.

UC Berkeley Womens' cross country team traveled to Utah for the BYU Invitational and came home with the first place trophy by scoring 66 points to BYU & Montana with 87 each. Suzanne Richter of Cal was the overall winner in 18:48 over the long 5,000 meter course. In the Mens' Division of the BYU meet UCLA brought the men's trophy home to California as well with a win over Idaho State and BYU. Another California college traveling out of state for competition was University of Santa Clara competing in the National Catholic Championships in South Bend, Indiana. They placed 15th behind a 48th place finish from Larry Eder who clocked 26:25 over the 5 miles.

Error found in Jr. Pentathlon scoring: Heidi Mann of Glens Falls, NY, listed as the runnerup in the results of the US Hep-tathlon Championships held last June 26-27 in Spokane, has been declared the winner of that event. The news came from the Athletics Congress, following a letter

marking the 1981 season. The current scoring rates 687 on the current scoring tables. The extra 42 points puts Mann in first place ahead of Laura Mills, Los Angeles, who finished with 5200 points. Mann's amended points total is 5211. Jensen concludes that the error probably came about when an official scoring the meet read Mann's javelin mark from the discus table.

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Cal State Hayward and UC Davis womens' harrier squads have been battling it out all season, one winning one week, the other the next. So, what happens in the big conference meet (Golden State Conference) - they tie for first with 36 points each.

A reminder to road race meet directors who wish to have their course certified. The contact for course certification is Bob Letson, 4369 Hamilton St. No. 4, San Diego 92104. It's not hard to certify a course and it makes it a lot more attractive for the competitors. Write Bob for details.

Joe Henderson has started a running newsletter called *Running Commentary*. As Joe says, "I have long had a growing sense that there is a need for a medium that communicates with more conciseness, more immediacy, more usefulness. That's why *Running Commentary* is being started; it will be a personal, twice-a-month newsletter for runners." To order a one-year subscription send \$24 to Running Commentary, c/o Foothill Publishing Group, P.O. Box 1032, Los Altos, CA 94022.

New mens' cross country coach at Cal Poly San Luis Obispo. Make that two new mens' cross country coaches at CPSLO. It will take two hard workers to fill the shoes of Steve Miller who moved on to Kansas State during the summer. Former Steve Miller Mustangs Dan Aldridge & Manny Bautista will have a chance to see how well they learned from their former coach. They vow to keep the program as strong.

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Cal State University Long Beach will be hosting a field event camp. Under the direction of newly appointed track coach John Tansley, the camp will feature all of the standard field events. Dates are January 15, 16 and 17 at CSU Long Beach. For information contact: John Tansley, Cal-State Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840.

Cal State Stanislaus in Turlock has a brand new Chevron 400 surface on their track.

The NCAA Indoor Championship will move to the Silver Dome of Pontiac, Michigan for 1982.

Penn Mutual Life Insurance Company is firming plans for a 1982 National Masters Sports Festival in Philadelphia, August 12-15. Track and Field will be included in the festival and coincides with a city-wide celebration of William Penn's founding of Pennsylvania.

Santa Monica Track Club had a busy summer in Europe. Their two month tour included: Sweden, Norway, Italy, Germany, Ireland, Holland, Switzerland, England, Denmark, and France. Touring team members included: Jerry Masterson, David Mack, Jeff West, Brian Russell, Carl Lewis, Todd Harbor and Bill McChesney.

The Fresno State Annual Fall Jog-a-Thon saw 1,100 joggers participate with 11,000 persons pledging their support to the tune of \$60,000 dollars. Track coach Red Estes says that they can figure on getting about 80% of that collected, then about half of that goes to the various groups who participated - so the track team can expect to net around \$12,000 which will go towards scholarships.

(213) 845-7147.

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**TIME STANDARDS FOR COMPETITIVE RUNNERS** — Convert your time run to performance level. Analyze your performance and improvement rate. Send \$2.00 to Dr. Track, 5130 Nebraska Ave NW, Washington, DC 20008.

**1981 MASTERS AGE RECORDS** — Featuring World and US age records for track & field age 35 and above. Send \$4.00 to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

**HAWAII MARATHON** — December 9 - 16. Includes round trip air fare and 7 nights lodging plus extras for \$499. Write for brochure to Runner's Mailing, P.O. Box 891, Tarzana, CA 91356. (213) 888-5526.

**PERMANENT AWARDS** — Your copy engraved in metal: awards, documents, diploms, photos, sketches, graphics by Eterna-Craft, 824 W. Hyde Park Blvd., Inglewood, CA 90302. (213) 671-1784.

**RACE DIRECTORS** — Race results package available to races. Includes typing, printing, and mailing of complete results plus sending entry blank to all participants next year. For information write: Race Results, CT&RN, P.O. Box 6103, Fresno, CA 93703.

## Nor Cal Seniors Track Club

109 Golden Hinde, San Rafael 94903

Marty Maricle was the first woman finisher overall at the Cow Mountain 50 Miller on October 3. Her time was 8 hours 18 minutes.

Ruth Anderson captured first place in the 50 plus age group of the prestigious Nike Marathon. She also nabbed a second place at the Avon International Marathon in Ottawa, Canada. At the Walnut Creek 10K she clocked a 42:50 to capture top honors in the 50 plus division.

The NCSTC captured first in the masters division of the Tiburon Classic, with the team of Joan Don, Ruth Anderson, Marty Maricle, Barbara Carlson and Lillian Woodward. Anderson was the individual winner in her division.

Josephine Kolda set a world record at the Club West Santa Barbara Masters Track and Field Meet on October 3, as she clocked a 15.5 100m. She also set a new American record for age 63 in the 200m at 33.6 and timed a 83.8 400m.

NCSTC members won 45 of the 96 medals awarded at the Northern California Senior Olympics Track and Field Meet held in Oakland.

The NCSTC has recently welcomed three new members: Harold Knutson, age 41, who last year ran a 2:36 to win the masters division of the Oakland Marathon; Jim Detar, age 57; and John Ruedy, age 39.

## San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

The SLDC held its U.S. Track and Field Association Postal Three Mile Competition on September 2. Members of the SLDC will be out to defend their championship in the open team competition. The San Luis DC also had an individual national champion in Paul Spangler.

John Squires became the first member of the SLDC to complete a race longer than the 50 kilometer distance. Squires ran and completed the Pepsi of Reno's Lake Tahoe 72 Mile Run. Squires time for this difficult event was 15 hours 46 minutes and 58 seconds.

The SLDC has added Walter Clark, Leo Estes, Rob Gordon, Keith Handley, Phillip Moffat, and David Nord to their membership roster.

# CLUB NEWS

By MARTY HIGGINBOTHAM

Clubs wishing to be in the "Club News" section of *California Track & Running News* should send monthly updates or a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

## Las Vegas Track Club

4224 Claymont St., No. 3  
Las Vegas, NV 89109

Tony Gerardi represented the LVTC at the Nike Marathon. Gerardi timed a 2:28:51. Curt Wildemann led a group of thirty-two LVTC runners to the 5th Annual St. George Marathon in Utah on October 3. Wildemann placed 17th out of 1500 competitors to nab 4th position in the 25-29 division with his 2:35:34 clocking. Tony Gerardi ran a 2:37:41 which earned him 5th in the 35-39 age group. Lloyd Nietting ran to a 6th place finish in the 45-49 age group clocking 3:02:08. Lydia Russell timed a 3:23:57 for 3rd in the 25-29 age category.

Carlos Munoz passed Vegas runners in the Los Angeles Zoo Run 10K. Munoz placed 8th in 32:00. Rod Gardner ran a 34:00 place 37th, while Curt Wildemann placed 51st. Karla Kaluza was the 20th woman finished in the field clocking 41:27.

Rod Gardner was the winner at the Nellis Gunsmoke 10K with his 32:57 effort. Karla Kaluza took the women's crown in 40:01.

## Southern California Striders

The SCS recently held their 1981 Awards Banquet. Award winners included: Submaster running—Mike Jackson, submaster

## High Sierra Track Club

112 Green Oaks, Visalia 93277

Scott Thornton was the club's top finisher at the TFA/USA 10K Western Regional Cross Country Championships. Thornton timed 31:55 for sixth place. Len Thornton ran 35:12 to capture the 50 plus division. Rick Zamarripa timed 38:42 for third in the 40-49 age group. Ruby Hernandez ran 21:12 for fifth overall (fourth open division) in the women's 5K.

Dave Bronzan captured second in the submaster age group at the Central Cal TAC 20K Championships as he timed 1:09:20. Harry Harder ran 1:27:05 for first place in the 50 plus category. Ruby Hernandez ran 1:29:05 to capture the women's title.



## New West Running Club

9237 Pariso Drive, Whittier 90241

Jay Jurado was top club finisher at the September 5 Bellflower 10K. Jurado finished 11th in 32:27. George Luna placed 15th in 33:01, Phil Torres was 25th in 34:18, while Lorenzo Quezada was 29th. Torres competed in the Converse Runoff 10K the next day and placed 87th in 34:44.

The New West RC captured the 1981 TAC 5K Cross Country Team Championship. George Luna led the New West RC charge placing fifth overall in 15:44. He was followed by teammates Jay Jurado 7th 15:48, John Carrasco 10th 15:55, Phil Torres 15th 16:23, and Fernie Ramirez 43rd in 18:12.

Jay Jurado ran a 58:58 to capture top honors at the Aztlan Eleven Mile Run. Phil Torres finished 7th in 64:02.

## Aggie Running Club

675 A Chiquite Ave., Mountain View 94040

The Ags have had successful outings in several cross country meets. At the October 3 Aztec Invitational 10K, Rudy Munoz placed 14th in 30:40, Pete Sweeney was 35th in 31:32. Other Ags were Harold Celms 45th 31:45, Emil Magallanes 48th 31:51, Steve Hall 50th 31:53, and Tann Tyme 83rd in 32:40. The Ags placed 6th out of 26 teams.

A week later the Ags were the first place club and about eighth overall in the big Stanford Invitational. Leading the Ags was Joe Fabris in 15th at 31:06, Rich McCann was next in 23rd at 31:17, Dennis O'Halloran was 60th, Gordon Innes 72nd and Drew Paulin 88th.

October 17 the Ags grabbed a second place finish at the Poly Invitational. Pete Sweeney was the top Ag finisher over the 6.1 mile course as he clocked 29:46 for 4th place. Ivan Huff was 6th in 29:51, Mark Schilling 11th in 30:18, Rich Langford 16th in 30:46, Joey Gomez 22nd 31:09, Kevin Jones 27th 31:28, Frank Hutchinson 33rd 31:46, Timbo Killeen 43rd 33:02 and Mike Jones 52nd 34:51.

Jolie Houston-Geleson ran away with top honors at the TFA/USA Western Regional Cross Country Championships. Houston covered the 5 kilo layout in 18:27.2.

## Fresno Track Club

sion of the Oakland Marathon; Jim Detar, age 57; and John Ruedy, age 39.

## San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

The SLDC held its U.S. Track and Field Association Postal Three Mile Competition on September 2. Members of the SLDC will be out to defend their championship in the open team competition. The San Luis DC also had an individual national champion in Paul Spangler.

John Squires became the first member of the SLDC to complete a race longer than the 50 kilometer distance. Squires ran and completed the Pepsi of Reno's Lake Tahoe 72 Mile Run. Squires time for this difficult event was 15 hours 46 minutes and 58 seconds.

The SLDC has added Walter Clark, Leo Estes, Rob Gordon, Keith Handley, Phillip Moffat, and David Nord to their membership roster.

## Daisy Fresh Natural Juice Race Team

1026 W. Princeton, Visalia 93277

Ed Taylor led club finishers at the TFA/USA Western Regional Cross Country Championships. Taylor covered the 10k course in 34:15 finishing thirteenth overall. Younger brother, Robert, followed in sixteenth at 34:59, while Bryan Patterson was nineteenth in 36:25. John Pitman captured the 40-49 age group title in 36:28.

The Daisy Fresh Natural Juice Race Team captured the Central Cal TAC 20 Kilo Championships on November 7. Members of this winning team were Marty Higginbotham first overall 1:07:12; Ed Taylor 1:09:00 third overall, second in open division; Bryan Patterson fifth overall, third open division in 1:11:54; and Robert Taylor sixth overall, fourth open division in 1:12:01.

Higginbotham, Patterson and Ed Taylor competed in the Porterville Veterans Day 5K. Higginbotham captured first in 15:12.4 just ahead of teammate Ed Taylor in second -15:15.0. Patterson finished fourth overall and third in the open division in 15:57.2.

Ed Taylor will host the Holiday Run 5K December 19 at Mooney Grove Park in Visalia.

2:35:34 clocking. Tony Gerardi ran a 2:37:41 which earned him 5th in the 35-39 age group. Lloyd Nietting ran to a 6th place finish in the 45-49 age group clocking 3:02:08. Lydia Russell timed a 3:23:57 for 3rd in the 25-29 age category.

Carlos Munoz passed Vegas runners in the Los Angeles Zoo Run 10K. Munoz placed 8th in 32:00. Rod Gardner ran a 34:00 place 37th, while Curt Wildemann placed 51st. Karla Kaluza was the 20th woman finished in the field clocking 41:27.

Rod Gardner was the winner at the Nellis Gunsmoke 10K with his 32:57 effort. Karla Kaluza took the women's crown in 40:01.

## Southern California Striders

The SCS recently held their 1981 Awards Banquet. Award winners included: Submaster running—Mike Jackson, submaster field events—Lloyd Higgins, 40-49 running—Walt Butler and George Cohen, 40-49 field events—Hal Smith, 50-59 running—Bill Fitzgerald, 60-69 running—Bob Hunt, 60-69 field events—Art Vesco, 70 plus running—Tony Castro and 70 plus field events—Red Doms. Long distance awards were given to Jim Murphy 40-49, Walt Atcheson 50-59, and Harold Daughters 60-69. Ann Smith was the recipient of the women's award. Skip Witt was given a special Administrative Award while Konnie Johnson was given a special Communication Award. The Most Improved Athlete Award was given to Ken Stuart. The Annual Alan Cranston Award given for outstanding leadership, sportsmanship and athletic achievement in masters track and field was awarded to Hal Smith. Walt Butler was awarded a special World Record and American Record Award also, as he cracked the World and American record in the 110 high hurdles timing 14.67 as a 40 year old!

The new 1982 officers for the Striders are: President—Ann Smith, Vice President—Mike Jackson, Secretary—Ken Stuart, Treasurer—Red Doms. The Striders Board of Directors includes: George Cohen, Nick Newton, Hugh Cobb, Byron Potts, Skip Witt, Rod Ferguson, H. Lewis Smith, Hilliard Sumner, Hal Smith, Herman Franklin and John Harper.

The SCS has welcomed Delaine Wagner, age 55; Roy Gardner, age 38; and Dee Dennis DeWitt, 42; to their already strong roster.

open division) in the women's 5K. Dave Bronzan captured second in the submaster age group at the Central Cal TAC 20K Championships as he timed 1:09:20. Harry Harder ran 1:27:05 for first place in the 50 plus category. Ruby Hernandez ran 1:29:05 to capture the women's title.



Rudy Munoz

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## Fresno Track Club

P.O. Box 6103, Fresno 93703

The Kinney Western Regional and National Qualifying meet to be held at Woodward Park on Saturday, December 5, 1981, will again draw a star-studded field of the finest high school boys and girls from the states of Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming. The Fresno meet is one of four regional meets held in the United States with the top qualifiers moving into the National Championships in Orlando, Florida, on December 12. The top eight male and female runners will represent the Western Regionals. Hardworking meet director, Bill Cockerham of the Fresno Track Club, has been working on this prestigious event for many months and has a knowledgeable crew lined up to handle all of the many tasks. If last year's meet is any indication of the class of runners that we will see at Woodward Park, it's a "must see" for the rabid track and running follower. Four-year college and university coaches were seen taking notes and pictures last year. Bill can use all of the help he can muster, so if you are interested contact him at (209) 264-5847.

Al Lomeli continues his blistering pace as he ran a brilliant 9:45:4 to outrun a field of 298 at the recent Sportsmen of Stanislaus Two Mile Run at Modesto College. Fellow FTCEr, Bob Lindsey, impressed with a personal best of 33:05 in the 10k to place second to former Villanova University star, Dan Murray. Two-time Central California Marathon winner, Dennis Rinde of



Orangevale came back strong after his disappointing New York Marathon to place second in the 10k with a strong 30:36.

Dean Walker, running for Hoover High, won the Golden West Invitational Cross Country meet with a fine 15:49. Faring well were FTC runners Leroy Rivera of Clovis and Jesse Valdez of Corcoran. Rivera is joined by Gabe Torres at Clovis.

Greg Steinhauer has joined the McLane cross country team moving over from Porterville and has impressed with some very good times.

Taking over cross country coaching duties at Clovis High and Corcoran High respectively are first-time high school coaches Steve Ward and Larry Lung. Steve and Larry are doing an outstanding job and their cross country programs are models for others to follow.

Newest club members include Patricia (Pat) Hurst, Joelle Orme, Don Trout, and Ron Thomasson.

At the Veteran's Day race sponsored by Porterville College, Ken Takeuchi won the 50 plus 5K race with a 19:46.

FTC standout Jim Hartig was honored at the last club meeting with an Outstanding Service Award for his years of dedicated work on the club's newsletter.

Curt Elia timed 1:11:40 to capture the Central Cal TAC 13.1 Championships October 11. Al Lomeli was third (first 20-29) in 1:12:55. Bob Lindsey was fourth in the submaster group in 1:14:12, Dave Naranjo was sixth in the 19 and under group with a 1:18:31. Jim Raymond was fifth in the 40-49 age group in 1:29:57, while Ken Takeuchi was third in the 50 plus group in 1:36:12.

Mark Hull represented the FTC at the TFA/USA 10K Western Regional Cross Country Championships. Hull placed tenth (ninth open division) in 34:03. Bob Fries was second in the 50 plus age group in 35:49. Joni Lawrence placed second in the women's 5k in 20:08 while Wanda Morgan was fourth (third division) in 20:48.

Ken Takeuchi placed second at the Central Cal TAC 20K Championships November 7. Takeuchi clocked a 1:29:12.

## Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

The BTC has scheduled regular workouts which include Saturday mornings at 6:00 a.m., Sundays at 6:30 a.m. and weekdays at 5:30 a.m.

The next big BTC event will be the Annual Bakersfield Half and Full Marathon set for February 6, 1982. The courses are very fast and provide runners an opportunity for personal bests.

BTC Championship Race Series leaders are: Male 12 and under—Mark Ahrens, 13-18—Paul Anderson, 19-29—Rusty Gilbert, 30-39—Gene Lundquist, 40-49—Jim Lipford, 50 plus—Bert Beene. Female leaders are: 12 and under—Marie Erickson, 13-18—Lynn White, 19-29—Brenda Villanueva, 30-39—Susan Lucas, 40-49—Verla Phillips, 50 plus—Vivian Flick.

## Arete West

From KEITH CONNING

Fourteen Drake students and graduates were chased away from the Berlin Wall by East German guards, ran against stiff track competition in the pouring rain in Zurich, agonized over the thousands of horrible deaths at a Nazi concentration camp, listened to a talk on Freud in his library in Vienna, stared at the door Lenin rushed through on his way to lead the Russian Revolution in 1917, and climbed high above the clouds to the Matterhorn Hut in the Swiss Alps.

This was the second European trip in three years for Arete West. The organizer and leader is Mr. William Taylor, running coach at Drake High School. The Rotary Club of Ross Valley and Rotary International contributed half of the funds for the trip. The young people raised the other half themselves.

California 1981 State 1600 meter qualifiers, Katy Dykstra and Dan Caldwell led the Arete team on the track. Dykstra, still a young 16, ran (2:16.8) in the rain in Zurich in the 800 meters.

## Seniors Track Club

909 E. Yorba Linda Blvd, Suite K  
Placentia 92670

Several STC members ventured north to compete in the Nike Marathon. Ira Tawnick ran a 2:51:20 for a personal record. Steve Mager timed 3:14:40 while Chuck Lichter and Maynard Michelson both clocked 3:17:00.

Eddie Lewin, age 65, captured a couple victories as he nabbed first place honors in his division at the Santa Monica 10K timing 38:41 and the Jim Thorpe 10K clocking 39:29. Stan Neufeld, age 58, competed in both these events timing 43:10 at Santa Monica and 45:20 at the Jim Thorpe 10K.

Jim Knerr and Jan Fekkes both captured divisional crowns at the Agoura Pony Express Days 10K. Knerr timed 34:08 for top honors in the 40-49, while Fekkes clocked 35:57 to win the 50-59 division. In the 5k event, top STC finisher Joe Jacobson was followed by teammates Mike Froman 19:03, Jim Miller 20:01, Margaret Miller 20:29 and John McManus in 22:09.

Hal Winton and Ray Gil placed first and third in their District 5K Championships on October 4. Winton timed 17:56 while Gil clocked 18:17.

## Visalia Runners

P.O. Box 3638, Visalia 93278

Gary Campbell defended his submaster title at the TFA/USA 10K Western Regional Cross Country Championships October 31 at Mooney Grove Park in Visalia. Campbell timed 33:32. New member, Isais Luna ran

34:07 for eleventh place overall and tenth in the open division. Frank Padilla and Tom Upton placed second and fourth in the 40-49 age group timing 36:29 and 41:09. Cherie Stephenson placed seventh in the women's 5k event and second in the submaster division.

At the November 7 Central Cal TAC 20K Championships, Gary Campbell timed a 1:07:30 for the submaster title and second place overall. The Visalia Runners women's team took the women's team title as Debbie Aschwanden was second overall and first in the 30 plus clocking 1:31:42, while Pamela Jones was second in the 30 plus timing 1:34:04, Jacque Randolph and Cherie Stephenson finished third and fourth in the 30 plus division timing 1:34:14 and 1:37:13.

Once again, Gary Campbell led Visalia Runners at the Porterville Veterans Day 10K. Campbell placed first overall in 32:15.

## Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in your address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

8th Annual  
Bakersfield

February 6, 1982 — Saturday

TIME: 9:00 A.M. - Start - NO RACE DAY REGISTRATION  
PLACE: Grissom Park, White Lane & Grissom St., Bakersfield.

Mark Hull represented the FTC at the TFA/USA 10K Western Regional Cross Country Championships. Hull placed tenth (ninth open division) in 34:03. Bob Fries was second in the 50 plus age group in 35:49. Joni Lawrence placed second in the women's 5k in 20:08 while Wanda Morgan was fourth (third division) in 20:48.

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## 8th Annual Bakersfield



Natural Light  
BEER

## February 6, 1982 — Saturday

- TIME:** 9:00 A.M. - Start - NO RACE DAY REGISTRATION
- PLACE:** Grissom Park, White Lane & Grissom St., Bakersfield.
- ENTRY FEE:** \$6.00, entries accepted to midnight, Wednesday, February 3. Entries received after January 23 may pick up numbers on race day. Make checks payable to Bakersfield Track Club. Call or write for entry form (805) 832-0749; Mike O'Haver, P.O. Box 10371, Bakersfield, CA 93389.
- SPONSORS:** Advanced Beverage Company, distributors of "NATURAL LIGHT" beer. Organized and conducted by Bakersfield T.C.
- DETAILS:** Miles marked. Five-mile splits. Numerous aid stations. Top quality T-shirts to all finishers, both races. Six age divisions, male and female, 12 & Under, 13-18, 19-29, 30-39, 40-49, and 50+. Awards given up to fifth place, minimum. Post race drawing for merchandise awards. Free color photos. Certificates and results. Special airfare round trip to Boston for 2 runners qualifying in this race. Course certified - perfect Boston qualifier. Course paved and traffic protected, well marked and monitored at each intersection. Both races start together. Course is two loops for full marathoners; half marathoners finish after first loop.

Send self-addressed stamped envelope with all requests for entry forms.  
Mike O'Haver, P.O. Box 10371, Bakersfield, CA 93389 • (805) 832-0749

## FULL & HALF MARATHON

# PREP NOTES

by Keith Conning

Send all high school material directly to Keith Conning, California Track & Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

## Letters to Prep Editor

I'm sending a picture of Eric Reynolds. As of this writing Eric is undefeated. I have been keeping Eric out of many invitationals this year and that is why you have not heard about him lately. Southern Section C.I.F. is coming up soon and I expect Eric to be in the top three. Actually, I expect him to win, barring injury or illness. Eric is the best runner I have ever coached. I hope I can keep him healthy throughout his high school running career. It is a heavy responsibility trying to work with a great athlete - not burning him out.

Eric's fantastic season so far is as follows: September 17 Newbury Park 15:05 ties course record; September 26 Royal Invitational 15:17; October 8 Thousand Oaks 15:25 course record; October 15 Camarillo home course 15:44 new course record; October 23 Ventura County Championships at Moorpark College 15:09 meet and course record; October 28 Royal 16:22 new course record.

My team this year is nowhere

### □ HOW DO I GATHER HIGH SCHOOL RESULTS?

I spend many hours in the newspaper rooms of the Berkeley and Oakland Libraries gathering the results of the high school cross country meets. I also attend as many meets as I can in person. For example, last week on Wednesday, I saw the Richmond-Berkeley and Alameda County Athletic League Meets in Tilden Park, Berkeley. On Thursday I drove 85 miles to Pleasanton to see the East Bay Athletic League Meet and then to the Lafayette Reservoir for the Foothill Athletic League Meet. On Friday I drove 38 miles to Walnut Creek for the Diablo Valley Athletic League Meet. In three days I saw five league meets.

I also receive results by mail and telephone from coaches, parents and fans.

### □ PLEASE SEND MEET RESULTS

Northern California coaches can help out by sending your meet results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702 or in care of me at Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704.

Doug Speck (7503 N. Willowgrove Avenue, Glendora, CA 91740) covers both the Southern and Los Angeles City Sections.

Northern California is a very large area to cover and meet results don't always appear in the paper.

### □ SEND PHOTOS TO BILL COCKERHAM IN FRESNO

Since the paper is put together and printed in Fresno, would coaches please send their photos direct to Bill Cockerham? The address is P.O. Box 6103, Fresno, CA 93703. Continue to send results and news items, however, to my address in Berkeley above.

### □ ENCLOSE SELF-ADDRESSED STAMPED ENVELOPE

If you want a personal response, please send a self-addressed stamped envelope (SASE). At twenty cents each for stamps, I'd go broke fast on my skimpy schoolteacher's salary. As it is, I'm working on Saturdays giving the Scholastic Aptitude and Achievement Tests, in order to pay for my trips to Fresno for the Kinney Meet in December and to Sacramento for the State Meet in June. I also have to support a wife and

### □ ANTONIO MANNING IN SPORTS ILLUSTRATED

Antonio Manning of Los Angeles was featured in the "Faces in the Crowd" section of *Sports Illustrated* November 9. Antonio, 16 a sprinter for the Los Angeles Jets Track Club, ran the 100-meter dash in 10.6 and the 200 in 21.2 to set two national intermediate division records at the Athletic Congress' boys age-group track and field championships.

### □ TRACK OPENING AT CAL STATE UNIVERSITY HAYWARD

Cal State University Hayward began a search for a new coach for its track and field and cross country teams this week (October 28th) following the resignation of Norm Guest effective the end of the current quarter.

A teacher at Castro Valley High School, Guest indicated his decision came because the university has been unable to create a full-time faculty position for him, a situation which made him the Far West Conference's only non-faculty coach.

### □ MONTANA STATE CHAMPIONSHIPS

Great Falls Russell's Bob Missey won the individual class AA championship running a 15:40 to defeat defending state titlist Mark Schrage of Big Sky by 15 seconds. Russell's Scott Taylor was third at 15:57.

Jill Keller of Kalispell ran a 12:49 to take the individual class AA honors.

Gordon Rutenbur of Deer Lodge successfully defended his 1980 class A title, setting an Anaconda Hills Municipal Golf Course record of 15:38. He crossed the finish line 38 seconds ahead of Anthony Horn of Browning.

Mary Losensky of Hamilton won the class A race for the second straight year with a 12:43 clocking. Teammate and sister, Joanne Losensky, was second in 12:56.

### □ TIM BERRY WINS CROW CANYON RUN

San Ramon--Tim Berry of Walnut Creek captured first place in the 6.2 mile Crow Canyon Classic road race Sunday, October 25 with a time of 32:06.7.

Berry won despite a false start, which occurred when runners followed a turning car down the wrong street moments after the race started. But race director Gary Buckman got everybody back for a second start, setting up the win for Berry, a 17-year-old senior at Ygnacio Valley High School.

### □ PARENTS SUPPORT EL CERRITO AND PINOLE PROGRAMS

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My team this year is nowhere near as great as they were last year. We are struggling for third in our league, although early in the season we beat Newbury Park in a dual meet. We will be traveling to Kinney and should see you there.

Attended Lincoln HS 20-year reunion last May. It was great!

Herb Potter  
Coach, Camarillo High School

*Herb Potter and I were cross country teammates at Lincoln of San Francisco in 1958. He was two years behind me. One of his classmates was Mike Gibleau, the State Meet Champion in the 880.*

Keith Conning  
Prep Editor

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#### KEVIN WILLHITE

On Saturday, October 24, Kevin Willhite (Rancho Cordova), playing with a brace to protect his partially separated right shoulder, rushed for 89 yards on 15 carries--playing fullback because of the Lancers injury situation--in about 2½ quarters of action. He also caught two touchdown passes from Lanzenby in the second period covering 31 and 29 yards, to give the Lancers a 26-6 half-time lead.

On October 31, Willhite carried the ball 13 times for 127 yards. The 6-foot, 190-pound senior slashed through the Sacramento defense on touchdown romps of 64 and 47 yards.

#### LIZ MCDOWELL

The *Sacramento Bee* featured a story about Del Oro sophomores Liz McDowell and Stacey McAfee in the October 28th issue. McDowell, 5-4½ and 107 pounds, is considered a favorite for the section title. She placed third at Nevada Union, fourth at Rio Linda, and seventh at Chico. She has defeated every top Sac-Joaquin Section runner at least once.

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#### PARENTS SUPPORT EL CERRITO AND PINOLE PROGRAMS

The Richmond School District decided not to fund cross country this fall in order to save money. The parents at two of the schools--El Cerrito and Pinole--have raised enough money to fund their programs. El Cerrito is going to sponsor a road race at the end of the season. Local businesses aided the money-raising effort at Pinole. Parents at El Cerrito even drove their team down at Mt. San Antonio College to compete.

#### AMADOR VALLEY 26, SAN RAMON 29

In a classic dual confrontation between two of the best teams in the North Coast Section on October 29th, Tracy Walker shattered the course record in leading his team to a narrow victory. San Ramon's 26-year veteran coach Bob Vincent is retiring from teaching after this year, but hasn't decided whether he will continue to coach. Meanwhile, first year coach Jim Carroll, who played baseball at Lincoln High of San Francisco in the late fifties, was claiming a title for Amador Valley. Carroll also ran at UCSB.

#### HAROLD KUPHALDT IS NUMBER 1

Harold Kuphaldt of Bella Vista High School won his sixth straight invitational race Saturday, October 31st by besting runners from 265 schools at the Mt. San Antonio College Invitational Cross Country Race. So far this season he has won at Cordova, Nevada Union, Stanford, Rio Linda, Soquel, and Mt. SAC. I predicted at the beginning of the season (see p. 23 of the September issue) that he would be the number one cross country runner in California and the United States this season.

#### CONVERSE vs. NIKE

Converse wants to maintain its 40% share of the basketball shoe market and at the same time increase its share in the running shoe market, dominated by Nike with 34%. Converse has 5% of the running shoe market, while Nike has 24% of the basketball shoe market.

The company has put four new shoes on the market--Road Star (\$20), World Class (\$30), Arizona '84 (\$40), and Selena (\$50).

Converse was recently selected as the official athletic shoe of the 1984 Olympic Games in Los Angeles. Converse was chosen because of its commitment to youth sports. Converse is now searching for a runner to endorse its shoe. The company already has Julius Erving, Magic Johnson, Larry Bird, Chris Evert Lloyd and Tony Dorsett endorsing its products.

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**California Track & Running News**

*See Page 2 for an order blank*

# RESULTS

## ILH Diamond Head Run

From KEITH CONNING

September 26. Honolulu, Hawaii.

**Boys** (4.3 miles): 1 Beecher Adams(Punahou) 22:53, 2 Alan Anzal(St.Louis) 24:18, 3 Todd Good(Punahou) 24:25, 4 Bryan Kaaa(Dam.) 24:29, 5 Tim Nakamura(PF) 24:32, 6 Paul Farnsworth(St. Louis) 24:57, 7 Mike Marchigliano(St. Louis) 25:06. **Girls**: 1 Kathy Barcia(Iolani) 27:36, 2 Michelle Flipper(Punahou) 27:48, 3 Selene Carvalho(Kamehameha) 29:15, 4 Andrea Lam(PF) 29:21, 5 Kim Jellings(Kamehameha) 29:25, 6 Anna Kay(Punahou) 29:41, 7 Jean Akana(Kamehameha) 30:17.

## Center Meet

From KEITH CONNING

October 15. Crystal Springs, Belmont.

**Boys Teams**: 1 Carlmont 55 84:39, 2 Monta Vista 80 85:30, 3 Menlo Atherton 100 87:55, 4 Mt. View 119 89:34, 5 Sequoia 123 89:37, 6 San Mateo 126 89:28, 7 Mills 144 91:34, 8 San Carlos 177 92:56, 9 Woodside 190 94:20. **Individuals**: 1 Foster(MV) 15:31, 2 Anderson(C) 15:46, 3 Bohn(S) 16:28, 4 Mguyen(M) 16:39, 5 Erdelatz(M) 16:41, 6 Sakelarios(S) 16:44, 7 Clark(MTV) 16:45, 8 Bullock(C) 16:49, 9 Marks(SM) 16:54, 10 Marales(MV) 16:57. **Boys Soph Individuals**: 1 Gusto(SanMateo) 16:16. **Girls Teams**: 1 Mills 42 101:20, 2 Carlmont 60 104:38, 3 Mitty 73 105:56, 4 San Mateo 79 106:58, 5 Sacred Heart 115 109:31, 6 Menlo Atherton 124 110:41, 7 Woodside 175 115P:11.

### ED MILLER AND JAMES ROBINSON

Ed Miller, the former NCAA Decathlon champion from California, and James Robinson, who placed second in the World Cup 800 meters this summer, are now coaching together at Los Medanos College. Miller attended Pleasant Hill High School and Robinson went to McClymonds of Oakland. They attended the Diablo Valley League Cross Country Meet.

### BILL RODGERS RUNS WITH PUMA

Bill Rodgers, the world's No. 1 long-distance runner for three of the last five years, has signed a multi-year consulting contract with PUMA/USA, Wellesley, Massachusetts.

Rodgers ended his agreement with the Tiger Co., a Japanese marketer of running shoes, in August. Rodgers was receiving about \$3,000 a month from Tiger, plus bonuses when he won a race. One shoe exec speculated that Rodgers' agreement with Puma was for a considerably larger sum.

### MIKE BECKER DIES

Mike Becker, 20, a junior pole vaulter at Stanford University, was killed in an automobile accident on October 30th.

While at Pittsburg High School, Becker placed sixth in the pole vault in the 1979 California State Track Meet. His 1979 mark of 14-7 $\frac{3}{4}$  is the fourth highest vault in Eastbay high school history. He was the son of Jack Becker, a star athlete at Pittsburg High School and Diablo Valley College in the early '70s. His father is a math and driver education teacher at Pittsburg High School.

Kevin MacMillan, a junior from Portland, Oregon, was also killed. He was an all-state sports star in football, basketball and track and field during the 1978-1979 academic year.

A Stanford University senior was formally charged on November 6th with two counts of vehicular manslaughter and felony drunk driving in a one-car crash two weeks ago that killed two Stanford athletes.

Robert J. Simon, of Calgary, Canada, who suffered a broken arm and a head injury in an accident, was charged on three felony counts.

### BELIEVE IT OR NOT!

Toshihiko Seko, the winner of the Boston Marathon in May, studied at the University of Southern California. Even Marcus Allen couldn't keep up with Seko.

### UPSET OF THE YEAR

And the upset of the year occurred in the boys' varsity race at the

8 San Carlos 220 118:25. **Individuals**: 1 Gaenslen(M) 19:13, 2 McGough(M) 19:28, 3 Horve(C) 19:56, 4 Floyd(CAS) 20:00, 5 Kendall(M) 20:03, 6 Nelson(SM) 20:05, 7 Herch(MV) 20:25, 8 Threaghill(MT) 20:29, 9 Nelson(SM) 20:34, 10 Gardner(C) 20:43. **SOURCE**: LOREN L. LANSBERRY, Carlmont High School.

## Metro League

From KEITH CONNING

October 17. Seattle, Washington.

**Girls Teams**: Blanchet 23, Ingraham 40; Holy Names 23, Blanchet 36; Holy Names 14, Ingraham 49. **Individuals**: 1 Maryann Leban(Holy Names) 19:09. **Girls Teams**: Franklin 24, Roosevelt 35. **Individuals**: 1 Shami Maraghe(Roosevelt) 17:52 (course record, old record 18:08).

## Aloha Classic

From KEITH CONNING

October 17. Aloha, Oregon.

**Boys Teams**: 1 South Eugene 48, 2 Wilson 61, 3 Ashland 104, 4 North Bend 129, 5 North Eugene 155. **Individuals**: 1 Matt McGuirk(South Eugene) 15:01 (course record, old record 15:31, Scott Ball, Clackamas, 1980). **Girls Teams**: 1 Aloha 53, 2 South Eugene 77, 3 Sprague 105, 4 North Eugene 108, 5 North Bend 126. **Individuals**: 1 Kim Roth(Sprague) 10:01 (course record, old record 10:11 by Sherrie Crang, Hudson's Bay, 1980).

## East Bay Athletic League Dual Meet

From KEITH CONNING

**Boys Teams**: Amador Valley 26, San Ramon 29. **Boys**: 1 Tracy Walker(AV) 14:48 (course record, old record 14:53 by Steve Vargas), 2 Tom Cole(SR) 14:57, 3 Steve Vargas(AV) 15:06, 4 Leo Scott(SR) 15:08.

## Northern California High School Cross Country Rankings

From KEITH CONNING

### NORTH COAST SECTION

**Boys**: 1 Tim Berry(Ygnacio Valley), 2 Brian Abshire(DeAnza), 3 Sam Skinner(Redwood), 4 Kyle Kessler(Castro Valley), 5 Tracy Walker(Amador Valley).

**Girls**: 1 Marilyn Davis(Miramonte), 2 Lori Shanoff(Petaluma), 3 Robyn MacSwain(Terra Linda), 4 Laura Starrett(Redwood), 5 Laurie Hollingworth(Piner).

**Boys Teams**: 1 Northgate, 2 Castro Valley, 3 De La Salle, 4 San Ramon, 5 Amador Valley. **Girls Teams**: 1 Terra Linda, 2 Carondelet, 3 Piedmont, 4 Petaluma, 5 Miramonte.

### CENTRAL COAST SECTION

**Boys**: 1 Gary Lewis(Gunderson), 2 \*Grant Foster(Monta Vista), 3 Robert Anderson(Santa Teresa), 4 Kent Iglehart(Gunn), 5 Brian Bergstrom(Los Gatos).

**Girls**: 1 Maria King(Milpitas), 2 \*Susan Brodie(St. Francis), 3 Esther Berndt(Gunn), 4 Nancy Heyman(Live Oak), 5 Barbara Keehner(Hill/frosh).

**Boys Teams**: 1 Bellarmine, 2 Leigh, 3 Saratoga, 4 Lick, 5 Gunderson.

**Girls Teams**: 1 St. Francis, 2 Leland, 3 Carlmont, 4 Saratoga, 5 Mitty.

### SAC-JOQUIN SECTION

**Boys**: 1 Harold Kuphaldt(Bella Vista), 2 John Hansen(El Dorado).

**Girls**: 1 Joni Mooney(Vacaville), 2 Darlene Davis(Cordova).

**Boys Teams**: 1 Bella Vista, 2 Jesuit, 3 Vacaville, 4 Cordova.

**Girls Teams**: 1 Del Oro, 2 El Dorado, 3 Del Campo.

## CIF Southern Section—Final Top Ten

From DOUG SPECK

### GIRLS

**4A**: 1 University(Irvine), 2 Costa Mesa, 3 Foothill(Santa Ana), 4 Tustin, 5 Newbury Park, 6 Edison(Huntington Beach), 7 Palos Verdes, 8 Thousand Oaks, 9 Irvine, 10 Millikan(Long Beach).

**3A**: 1 San Marino, 2 Walnut, 3 Laguna Beach, 4 Saugus, 5 Bishop Montgomery(Torrance), 6 Bishop Amat(La Puente), 8 Nogales(La Puente), 9 South Pasadena, 10 Rowland.

**2A**: 1 Nordhoff(Ojai), 2 Chaminade(Canoga Park), 3 Victor Valley, 4 Ontario, 5 Valencia, 6 Brea, 7 Arroyo Grande, 8 Lompoc, 9 Rio Mesa(Oxnard), 10 Righetti(Santa Maria).

**1A**: 1 Sacred Heart(LA), 2 Paso Robles, 3 Atascadero, 4 Sherman Indian(Riverside), 5 Morro Bay, 6 LA Baptist, 7 Bishop, 8 Maranatha(Sierra Madre), 9 Paraclete(Palmdale), 10 Whittier Christian.

### BOYS

**4A**: 1 El Toro, 2 Crescenta Valley, 3 Fountain Valley, 4 Newbury Park, 5 Villa Park, 6 El Modena, 7 University(Irvine), 8 Foothill(Santa Ana), 9 Thousand Oaks, 10 Camarillo.

**3A**: 1 Mater Dei(Santa Ana), 2 Canyon-Canyon Country, 3 La Canada, 4 Norco, 5 Walnut, 6 South Hills, 7 Mira Costa(Manhattan Beach), 8 Montebello, 9 Hawthorne, 10 Buena Park.

**2A**: 1 Righetti(Santa Maria), 2 Arroyo(El Monte), 3 Barstow, 4 Victor Valley, 5 Nordhoff(Ojai), 6 Alemany(Mission Hills), 7 Montclair, 8 Indio, 9 Coachella Valley, 10 Lompoc.

**1A**: 1 Sherman Indian(Riverside), 2 Fillmore, 3 La Salle(Pasadena), 4 Carpinteria, 5 LA Baptist, 6 Atascadero, 7 Bishop, 8 Morro Bay, 9 Brentwood, 10 Bell-Jeff.



#### MIKE BECKER DIES

Mike Becker, 20, a junior pole vaulter at Stanford University, was killed in an automobile accident on October 30th.

While at Pittsburg High School, Becker placed sixth in the pole vault in the 1979 California State Track Meet. His 1979 mark of 14-7¾ is the fourth highest vault in Eastbay high school history. He was the son of Jack Becker, a star athlete at Pittsburg High School and Diablo Valley College in the early '70's. His father is a math and driver education teacher at Pittsburg High School.

Kevin MacMillan, a junior from Portland, Oregon, was also killed. He was an all-state sports star in football, basketball and track and field during the 1978-1979 academic year.

A Stanford University senior was formally charged on November 6th with two counts of vehicular manslaughter and felony drunk driving in a one-car crash two weeks ago that killed two Stanford athletes.

Robert J. Simon, 20, of Calgary, Canada, who suffered a broken arm and a head injury in an accident, was charged on three felony counts.

#### BELIEVE IT OR NOT!

Toshihiko Seko, the winner of the Boston Marathon in May, studied at the University of Southern California. Even Marcus Allen couldn't keep up with Seko.

#### UPSET OF THE YEAR

And the upset of the year occurred in the boys' varsity race at the Eastern Athletic League Meet in Oroville, when Herb Bladorn of Chico hit the tape one second in front of Lassen's Brian Butterfield. Butterfield had finished seventh in the prestigious Artichoke Invitational.

Pleasant Valley's Jennifer Korte, the defending North Section champ, twisted an ankle along the way, but still came up with a third-place showing.

"Because of the course, that race was as physical as the Almond Bowl football game," said Chico girl's coach Chuck Sheley.

## Southern Section Notes

From DOUG SPECK

•As usual it took something really bizarre to get cross-country on the front page of local papers. It seems 26-year old Johnny Avila convinced Tustin High School officials that he was eighteen year old mute, Jonni Kino, from Tacoma, Washington. Communicating with notes, and using phone calls and different outfits to portray a supposed brother and father, the charade went on for three weeks. During this time he rose to third man on Coach Tom Coffey's fine cross-country squad. Lack of transcripts and mistakes in outfits and which voice to answer the phone with finally caught up with the imposter. Tustin had to forfeit the four meets he competed in.

•Tustin's girls snapped Foothill of Santa Ana's unbeaten string of 38 meets since the school started the sport back in 1977, 25-31. However, the Knights were without injured star, Patience Unger, for the dual. Patience returned for the League Meet, where Foothill prevailed 25-32.

•Perfect scores of 15 in the League Finals were accomplished by two Southern Section powers, Arroyo (El Monte) and Mater Dei (Santa Ana) in their Boys' races.

29. Boys: 1 Tracy Walker(AV) 14:48 (course record, old record 14:53 by Steve Vargas), 2 Tom Cole(SR) 14:57, 3 Steve Vargas(AV) 15:06, 4 Leo Scott(SR) 15:08.

Girls Teams: 1 Del Oro, 2 El Dorado, 3 Del Campo.



Varsity girls Bay League finals start.

## Palos Verdes Invitational

From DOUG SPECK

October 17. Palos Verdes High School.

A very young home squad (all but one on its Men's Varsity are juniors) nabbed the Boys' team-time victory in this "first runner race," "second runner race," etc. meet. Los Gatos from up north fared nicely in third.

San Marino's girls' depth ate up the field here, while Vickie Cook raced comfortably ahead of Shelli Lachel (Monte Vista, San Diego) as both were under the course record.

**Boys Top Teams:** Palos Verdes 85:14; Thousand Oaks 85:43; Los Gatos 86:04; Monte Vista(SD) 86:14; Mira Costa 88:07. **Top Boys Individuals:** Wilhem (PV) 11:30; Sandoval (MV) 11:31; Hatch (TO) 11:34; Schauder (MV) 11:35; Moudakis (Burrough. Burb) 11:45. **Girls Top**

**Teams:** San Marino 103:40; Monte Vista-San Diego 105:21; Mira Costa 1:08:05; Palos Verdes 108:25; Rolling Hills 110:23. **Top Girls Individuals:** Cook (Alemany) 13:05; Lachel (MV) 13:14; Parkhurst (BM) 13:47; Bensch (PV) 13:52; Cattivera (MC fresh) 13:58.

## Kaiser Invitational

From KEITH CONNING

October 17. Kaiser, Honolulu, Hawaii.

**Girls:** 1 W. Hagmar(Kaimuki) 13:01, 2 C. Leong (Castle) 13:09, 3 N. Tapia(McKinley) 13:31, 4 S. Shim(McKinley) 13:32, 5 A. Good(Campbell) 13:54. **Girls Teams:** 1 McKinley 10, 2 Kaiser 45. **Boys:** 1 J. Lyau(McKinley) 15:27, 2 D. Deptula (Kaiser) 15:39, 3 M. Fors(Castle) 16:15, 4 J. Hughes(Campbell) 16:25, 5 T. Freitas(Damien) 16:27. **Boys Teams:** 1 Kaiser 50, 2 McKinley 57, 3 Damien 60, 4 Castle 77, 5 Campbell 100.

## 6th Annual St. Louis Invitational

From KEITH CONNING

October 17. St. Louis, Honolulu, Hawaii.

**Boys:** 1 Beacher Adams(Punahou A) 16:23, 2 Anlan Anzal(St. Louis) 17:06, 3 Todd Good (Punahou) 17:23. **Boys Teams:** 1 Punahou A 22, 2 St. Louis 39, 3 Punahou 59, 4 Kamehameha 113, 5 Our Redeemer 129. **Girls:** 1 Kathy Barcia(Iolani) 13:04, 2 Brenda Tsunade(St. Andrews) 14:07, 3 Debbie Felix (St. Andrews) 14:44. **Girls Team:** 1 St. Andrews 15.

continued on next page...

## Del Mar Invitational

From KEITH CONNING

**October 17. Del Mar High School. 2.2 miles.**  
**Boys Teams:** 1 Leigh 44, 2 Willow Glen 79, 3 Mt. Pleasant 90, 4 Prospect 116, 5 Granada 126, 6 Leland 136, 7 Newark-Memorial 222, 8 Santa Clara 239, 9 Soquel 248, 10 Milpitas 253.  
**Individuals:** 1 Jim LaFuente(MP) 10:33, 2 Steve Johnson(Lei) 10:35, 3 David Livingston(WG) 10:39, 4 Mike Livingston(WG) 10:52, 5 Todd Bartlett(NM) 10:53, 6 Roy Garcia(Lei) 10:54, 7 Ed Flores(Pros) 10:55, 8 Tim Davila(Gran) 10:56, 9 Chris Craig(Lei) 10:58, 10 Dave Bell(Lei) 11:00. **Girls Teams:** 1 Granada 113, 2 Willow Glen 115, 3 (tie) Mitty and Soquel 127, 5 Del Mar 140, 6 Sacred Heart 141, 7 Leland 155, 8 Milpitas 167, 9 Newark-Memorial 227, 10 Irvington 284. **Individuals:** 1 Maria King (Milpitas) 12:40 (course record), 2 Helen Muth (Soquel) 12:54, 3 Cathy Daley(Gran) 12:56, 4 Marcy Estrada(Pros) 13:06, 5 Carla Halford(Lei) 13:07, 6 Kelly Bungo(Mil) 13:08, 7 Cheryl Carswell(NM) 13:18, 8 Mary Jo Barry(Lei) 13:22, 9 Ruth Day(WG) 13:25, 10 Linda Van Housen(SH) 13:26 (first race this year).  
**SOURCE:** HOWARD WILLMAN (San Jose Mercury).

## St. Francis/Foothill Invitational

From KEITH CONNING

**October 17. Foothill College. 3.0 miles.**  
**Boys Seniors Teams:** 1 Bellarmine 16, 2 Palo Alto 46, 3 St. Francis 67. **Individuals:** 1 Scott Marconda(Menlo School) 15:24, 2 Kent Iglehart (Gunn) 15:31, 3 Todd Fitchen(Lynbrook) 15:50, 4 Bill Benevento(Bell) 16:11, 5 Mike Norcia (Saratoga) 16:20. **Boys Juniors Teams:** 1 Saratoga 24, 2 Bellarmine 32, 3 Palo Alto 98, 4 St. Francis 108, 5 Gunn 109. **Individuals:** 1 Jeff Hondo(Sara) 16:00, 3, 2 Rory O'Flaherty(Bell) 16:04. **Boys Sophomore Teams:** 1 Bellarmine 31, 2 Independence 49, 3 St. Francis 101. **Individuals:** 1 Shawy Ayers(Bell) 15:38, 8, 2 Doug Gollieher(Sara) 16:00, 3 Eugene Tung(Sara) 16:09, 4 Tom Legan(Ind) 16:20. **Girls Juniors/Seniors Teams:** 1 Half Moon Bay 20, 2 Palo Alto 37. **Individuals:** 1 Susan Brodie(St. Francis) 18:36, 2 Esther Berndt(Gunn) 19:00, 3 Judy Peterson(Westmont) 19:08, 4 Cecilia Salime(Cupertino) 19:53, 5 Sharon Yaninek (Presentation) 20:06, 6 Carolyn Lerch(Monta Vista) 20:07, 7 Michele Fuitts(Saratoga) 20:20. **Girls Freshmen/Sophomores Teams:** 1 St. Francis 33, 2 Homestead 57, 3 Half Moon Bay 70. **Individuals:** 1 Connie Buckler(Saratoga) 18:57, 1, 2 Michelle Seck(Lynbrook) 19:17, 3 Kim Himey(Sara) 19:30, 4 Sari Kelly(Cup) 20:08. **SOURCE:** HOWARD WILLMAN (San Jose Mercury).

## Rio Linda Invitational

From KEITH CONNING

October 17. Gibson Ranch. 3 miles.

averaged close to 20:00 in its 100:10 time for five ladies.

South Hills (Covina) featuring an all-junior top five, nipped Walnut and improving La Puente for the Men's title. Hacienda Heights Wilson's Ken Souza nipped junior Tim Cammack and junior David Loud for the individual title for the number one runners.

**Boys Teams:** 1. South Hills 84:55; 2. Walnut 85:12; 3. La Puente 85:33; 4. Damien 87:45; 5. HH Wilson 89:51; 6. Rowland 90:01. **Top Boys Individuals:** 1. Souza (HH Wilson) 15:36; 2. Cammack (South Hills) 15:50; 3. Loud (Charter Oak) 15:56; 4. Rosas (La Puente) 16:21; 5. Rodriguez (Pomona) 16:30; 6. Reynolds (SH) 16:30. **Girls Teams:** 1. Walnut 100:10; 2. Bishop Amat 101:42; 3. Rowland 104:34; 4. Nogales 104:29; 5. Los Altos 111:14. **Top Girls Individuals:** 1. K. Ebner (Bishop Amat) 18:19; 2. April Acosta (W) 19:01; 3. L. Zamora (Nogales) 19:17; 4. R. Acosta (W) 19:22; 5. Costa (Northview) 19:25.

## Orange County Championships

From DOUG SPECK

October 17. Irvine Park.

The action was hot and heavy in what is probably Southern California's hottest cross country area. With about 2/3 of the Section's top ten 4A boys and girls squads from the area varsity squads in both divisions were broken up into four balanced races.

Without Polly Plumer, University High of Irvine still raced to the top girls team time with Theresa Barrios leading the group with a course record.

Foothill's Jeff Williams continued undefeated in 1981 with a furious kick over the final 200 yards over Fountain Valley's Bob Erickson. Irvine's Cyril Obloud continued undefeated with a Race I win. Mater Dei (Santa Ana), the County's top ranked squad easily had the fastest team time.

**Boys Top Teams:** Mater Dei 81:31; Fountain Valley 82:27; El Toro 82:58; Foothill 83:03; El Modena 83:12. **Top Boys Individuals:** Obloud (I) 15:44; Williams (F) 15:44; Quinonez (HB) 15:48; Erickson (FV) 15:48; Planta (MD) 15:51; Parker (T) 15:51. **Girls Top Teams:** University 97:27; Tustin 98:21; Foothill 98:27; Costa Mesa 101:25; Edison 101:42. **Top Girls Individuals:** Barrios (U) 18:10; Kiernan (LA) 18:54; Miller (T) 18:59; Felt (MD) 19:01; Devetis (E) 19:01.

## Concord Classic

From KEITH CONNING

October 18. Concord.

Over 400 participated. **12-13 Boys:** Van Robins(Orinda) 35:49. **12-13 Girls:** Michelle Watkins(Berkeley) 58:55. **14-15 Boys:** John Latting(Martinez) 36:37. **14-15 Girls:** Deanne Ebert(Walnut Creek) 58:35. **16-17 Boys:** Grant Foster(Cupertino) 34:00. **16-17 Girls:** Una Stoddart(Oakland) 46:37. **Family Division:** Steve, Grant and Greg Foster(Cupertino). **Top Male Novice:** Mike Rivers(Fremont) 10:45. **Top Female Novice:** Paige Tully(Martinez) 11:54.

## Ventura County Championships

From DOUG SPECK

October 23. Moorpark College.

Wide victory margins were recorded by the individual winners, Eric Reynolds, a junior from Camarillo, and Newbury Park's Denise Ball. Ball's two minute margin over some quality people; is particularly impressive. Newbury Park is perhaps the top combined Guys-Girls Varsity squad in the Section.

**Boys Teams:** 1. Newbury Park 58; 2. Thousand Oaks 77; 3. Camarillo 79; 4. Westlake 122; 5. Royal 134. **Boys Individuals:** 1. Reynolds (C) 15:09; 2. Hatch (TO) 15:45; 3. Swangler (N) 15:50; 4. Jaeger (C) 15:53; 5. Rice (NP soph) 16:00. **Girls Teams:** 1. Newbury Park 40; 2. Thousand Oaks 60; 3. Westlake 125; 4. Buena 143; 5. Nordhoff 153. **Girls Individuals:** 1. D. Ball (NP) 17:08; 2. Murphy (TO) 19:09; 3. Stachura (NP) 19:12; 4. Gonzales (B) 19:19; 5. Fuess (Westlake soph) 19:33.

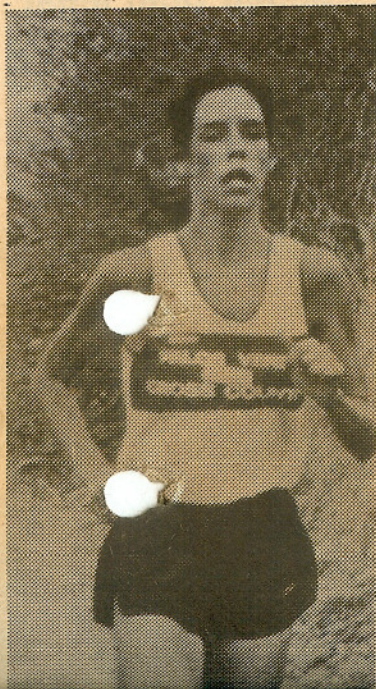
## Alemany Invitational

From DOUG SPECK

October 24. Cal State Northridge.

Vickie Cook (Alemany) continued her undefeated string against good friend Tanya Fisher (Chaminade, Canoga Park) a couple of

photo by Maurice Wilson



## Montana X-C Championships

From KEITH CONNING

October 24. Great Falls, Montana.

**Boys Class AA:** 1 Bob Missey(Great Falls Russell) 15:40, 2 Mark Schrage(Missoula Big Sky) 15:55, 3 Scott Taylor(Great Falls Russell) 15:57, 4 Bill Kelly(Missoula Hellgate) 16:00, 5 Shawn Campbell(Helena Capital) 16:00, 6 Bill Brist(Kalispell) 16:04, 7 Colin Hanley(Billings Senior) 16:08, 8 Jerry Mangan(Helena) 16:09, 9 Jim Weeks(Missoula Big Sky) 16:11, 10 Craig Schlichting(Billings Senior) 16:20. **Boys Class AA Teams:** 1 Billings Senior 75, 2 Helena 108, 3 Missoula Big Sky 139. **Boys Class A:** 1 Gordon Runnenbur(Deer Lodge) 15:38, 2 Anthony Horn(Browning) 16:16, 3 Mark Decker(Ronan) 16:33. **Boys Class A Team:** 1 Browning 31. **Girls Class AA:** 1 Jill Keller(Kalispell) 12:49, 2 Kim Milhouse(Missoula Sentinel) 12:53, 3 Kerri Gaustad(Missoula Big Sky) 12:57, 4 Lori Merrifield(Butte) 12:59, 5 Tracie Sanders (Missoula Big Sky) 13:06, 6 Sharon Olsen(Billings West) 13:07, 7 Susie Overturf(Billings West) 13:08, 8 Diane Barber(Billings West) 13:09, 9 Lisa Dunn(Bozeman) 13:09, 10 Loreen McRae(Missoula Big Sky) 13:10. **Girls Class AA Teams:** 1 Billings West 55, 2 Kalispell 71, 3 Bozeman 111. **Girls Class A:** 1 Mary Losenski (Hamilton) 12:43, 2 Joanne Losenski (Hamilton) 12:56, 3 Eva Morris(Browning) 13:15. **Girls Class A Team:** 1 Browning 43.

photo by Keith Conning



**School Teams:** 1 Bellarmine 92, 2 Lick 100, 3 Madera 140, 4 El Cerrito 140, 5 Mt. Pleasant 151, 6 Bella Vista 195, 7 Leland 222, 8 Silver Creek 232, 9 Monta Vista 253, 10 Prospect 296. **Individuals:** 1 Harold Kuphaldt(Bella Vista) 12:22, 2 Sam Skinner(Redwood) 12:42, 3 Grant Foster(Monta Vista) 12:46, 4 Jim LaFuente (Mt. Pleasant) 12:53, 5 Robert Anderson(Santa Teresa) 13:05, 6 Frank Munoz(Lick) 13:09, 7 Shawn Ayers(Bellarmine) 13:14, 8 Jim Gaffield(El Cerrito) 13:15, 9 Mike Lee(Bella Vista) 13:17, 10 Jim Bloomer(El Cerrito) 13:20. **Boys Small School Team:** 1 Aragon 40, 2 Tamalpais 49. **Individuals:** 1 Rome(San Lorenzo Valley) 13:20. **SOURCE:** BILL GAFFIELD, El Cerrito.

## Castro Valley Invitational

From KEITH CONNING

October 24. Canyon Junior High, Castro Valley.

**Girls Small Schools Teams:** 1 Carondelet 62, 2 Piedmont 80, 3 Petaluma 92, 4 Miramonte 96, 5 Campolindo 154, 6 Carlmont 162, 7 Shasta 185, 8 Encinal 195, 9 Alameda 211, 10 Las Lomas 251. **Individuals:** (2 miles & 75 yards, 97 finishers) 1 Marilyn Davis(Miramonte) 11:51, 2 Lori Shanoff(Petaluma) 11:55, 3 Wendy Sihner(Miramonte) 12:28, 4 Jill Ellingson (Hayward) 12:35, 5 Noreen DeBettencourt (Carondelet) 12:38, 6 Ann Bertucci(Petaluma) 12:40, 7 Heather Ryan(Piedmont) 12:51, 8 Val Knafelc (Carondelet) 12:57, 9 Missy Moore (Piedmont) 13:03, 10 Vicki Knafelc (Carondelet) 13:08. **Boys Small Schools Teams:** 1 DeLaSalle 40, 2 Miramonte 114, 3 Petaluma 121, 4 Carlmont 149, 5 Moreau 154, 6 DeAnza 159, 7 Campolindo 197, 8 Arroyo 217, 9 Westmoor 217, 10 Washington 272. **Individuals:** 1 Brian Abshire(DeAnza) 15:57, 2 Mike Anderson(Carlmont) 16:09, 3 Ron Gomez (Carlmont) 16:14, 4 Bill Anelli(DeLaSalle) 16:30, 5 Robert Gomez(St. Elizabeth) 16:33, 6 Dan McComb(DeLaSalle) 16:34, 7 Larry Moore (DeLaSalle) 16:38, 8 Frank Knafelc(DeLaSalle) 16:42, 9 Steve Soto(Moreau) 16:44, 10 Marc Lewis(Petaluma) 16:51. (5,000 meters less 110 yards, 110 finishers) **Boys Small Schools Fresh/Soph** (131 finishers): 1 David Dodge (Campolindo) 11:22. **Girls Large Schools Teams:** 1 Piner 66, 2 Granada 79, 3 Berkeley 88, 4 Mission San Jose 142, 5 Castro Valley 148. **Individuals:** (110 finishers) 1 Laurie Hollingworth(Piner) 12:26, 2 Cathy Dubay(Piner) 12:50, 3 Danise Rogers(Concord) 12:50, 4 Heidi Ertl(Pinole) 12:54, 5 Kathy Daley(Granada) 12:55. **Boys Large School Teams:** 1 Northgate 48, 2 Castro Valley 49, 3 Granada 111, 4 Jesuit 112, 5 Piner 157, 6 Mission San Jose 171, 7 Skyline 182, 8 Montgomery 191, 9 Antioch 208, 10 Berkeley 214. **Individuals:** (82 finishers) 1 Kyle Kessler (Castro Valley) 15:39, 2 Steve Mayberry (Castro Valley) 15:39, 3 John Victor(Pinole) 16:25, 4 Charlie Cypher(Skyline) 16:29, 5 Mike Spencer(Castro Valley) 16:36, 6 Mike Rivers (Mission San Jose) 16:46, 7 John Wilhelmy (Northgate) 16:46, 8 Tim Davila(Granada) 16:46, 9 Rick Horne(Northgate) 16:46, 10 Doran McGee(Berkeley) 16:53. **Boys Large School Fresh/Soph:** 1 Tom Legan(Independence) 11:02.9.

13:00, 4 San Gabriel Valley 16:20. **Boys Juniors Teams:** 1 Saratoga 24, 2 Bellarmine 32, 3 Palo Alto 98, 4 St. Francis 108, 5 Gunn 109. **Individuals:** 1 Jeff Hondo(Sara) 16:00.3, 2 Rory O'Flaherty(Bell) 16:04. **Boys Sophomore Teams:** 1 Bellarmine 31, 2 Independence 49, 3 St. Francis 101. **Individuals:** 1 Shawy Ayers(Bell) 15:38.8, 2 Doug Gollhofer(Sara) 16:00, 3 Eugene Tung(Sara) 16:09, 4 Tom Legan(Ind) 16:20. **Girls Juniors/Seniors Teams:** 1 Half Moon Bay 20, 2 Palo Alto 37. **Individuals:** 1 Susan Brodie(St. Francis) 18:36, 2 Esther Berndt(Gunn) 19:00, 3 Judy Peterson(Mastmont) 19:08, 4 Cecilia Salime(Cupertino) 19:53, 5 Sharon Yaninek(Presentation) 20:06, 6 Carolyn Lerch(Monta Vista) 20:07, 7 Michele Fuitts(Saratoga) 20:20. **Girls Freshmen/Sophomores Teams:** 1 St. Francis 33, 2 Homestead 57, 3 Half Moon Bay 70. **Individuals:** 1 Connie Buckler(Saratoga) 18:57.1, 2 Michelle Seck(Lynbrook) 19:17, 3 Kim Himer(Saratoga) 19:30, 4 Sari Kely(Cup) 20:08. **SOURCE:** HOWARD WILLMAN (San Jose Mercury News)

## Rio Linda Invitational

From KEITH CONNING

**October 17. Gibson Ranch. 3 miles.**  
**Boys Small School Teams:** 1 South Lake Tahoe 53, 2 Mira Loma 88, 3 La Sierra 89, 4 Colfax 89, 5 Las Plumas 93. **Individuals:** 1 Jason Flamm(LaSierra) 15:49, 2 Bill Llewelyn(Colfax) 15:58, 3 Steve Pappa(Mira Loma) 16:02, 4 John Mieras(SoLakeTahoe) 16:08. **Girls Small School Teams:** 1 Colfax 29, 2 South Lake Tahoe 31, 3 Vanden 89, 4 Amador 94, 5 St. Francis 130. **Individuals:** 1 Karen Haase(South Lake Tahoe) 19:13, 2 Theresa Perrin(Mira Loma) 19:34, 3 Jeanie Fuller(Mira Loma) 19:57. **Large School Girls Teams:** 1 Reno 40, 2 Del Oro 78, 3 El Dorado (Placerville) 97, 4 Del Campo 104, 5 Vacaville 110, 6 Cordova 149, 7 Bella Vista 167, 8 Grace Davis, Modesto 172. **Individuals:** (92) 1 A. Cook(Reno) 18:05, 2 Joni Mooney(Vacaville) 18:06, 3 Darlene Davis(Cordova) 18:24, 4 Liz McDowell(Del Oro) 18:34, 5 Sally Pinkner(Davis) 18:43, 6 Stacey McAfee(Del Oro) 18:53, 7 S. Whitehead(Reno) 19:03, 8 Laurie Bushling(Yuba City) 19:06, 9 K. Condrion(Reno) 19:13, 10 Julie Van Horn(Kennedy) 19:22. **Large School Boys Teams:** 1 Bella Vista 66, 2 Cordova 74, 3 Vacaville 86, 4 El Dorado 124. **Individuals:** (89) 1 Harold Kuphaldt(Bella Vista) 15:11, 2 John Hansen(Eldorado) 15:25, 3 Teddy Kunda(Cordova) 15:37, 4 Wayne Braten(Vacaville) 15:46, 5 Dean Rinde(CasaRoble) 15:54, 6 Roberto Cazars(Vacaville) 15:57, 7 Rod Curry(CBS) 15:58, 8 Andre Tenthorey(Cordova) 15:59, 9 Mike Lee(BellaVista) 16:05, 10 Rick Anderson(Cordova) 16:15. **SOURCE:** BILL GAFFIELD (El Cerrito).

## San Gabriel Valley Invitational

From DOUG SPECK

**October 17. At Mt. SAC**  
 Bishop Amat's Kathy Ebner blazed the final mile to record an impressive 18:19 over the hilly Mt. SAC course. Walnut's fine depth

undefeated with a Race I win. Mater Dei (Santa Ana), the County's top ranked squad easily had the fastest team time.

**Boys Top Teams:** Mater Dei 81:31; Fountain Valley 82:27; El Toro 82:58; Foothill 83:03; El Modena 83:12. **Top Boys Individuals:** Oblouk (I) 15:44; Williams (F) 15:44; Quinonez (HB) 15:48; Erickson (FV) 15:48; Pianta (MD) 15:51; Parker (T) 15:51. **Girls Top Teams:** University 97:27; Tustin 98:21; Foothill 98:27; Costa Mesa 101:25; Edison 101:42. **Top Girls Individuals:** Barrios (U) 18:10; Kiernan (LA) 18:54; Miller (T) 18:59; Felt (MD) 19:01; Devetis (E) 19:01.

## Concord Classic

From KEITH CONNING

**October 18. Concord.**  
 Over 400 participated. **12-13 Boys:** Van Robbins(Orinda) 35:49. **12-13 Girls:** Michelle Watkins(Berkeley) 58:55. **14-15 Boys:** John Latting(Martinez) 36:37. **14-15 Girls:** Deanne Ebert(Walnut Creek) 58:35. **16-17 Boys:** Grant Foster(Cupertino) 34:00. **16-17 Girls:** Una Stodart(Oakland) 46:37. **Family Division:** Steve, Grant and Greg Foster(Cupertino). **Top Male Novice:** Mike Rivers(Fremont) 10:45. **Top Female Novice:** Paige Tully(Martinez) 11:54. **Top 10 Overall:** 3 Grant Foster, 6 Van Robbins, 10 John Latting.

## Center Meet

From KEITH CONNING

**October 22. Crystal Springs, Belmont.**  
**Boys Teams:** 1 Bellarmine 42 81:21, 2 Willow Glen 51 81:38, 3 Carmont 91 83:31, 4 Aragon 93 85:29, 5 Serra 122 85:59, 6 Half Moon Bay 160 86:40, 7 Palo Alto 192 88:30, 8 Los Altos 236 90:41, 9 Capuchino 256 95:23, 10 Riordan 265 93:13. **Individuals:** 1 David Livingston(WG) 15:31, 2 Ayers(Be) 15:35, 3 Mike Livingston(WG) 15:45, 4 Gomez(Ca) 15:48, 5 Anderson(Ca) 15:52, 6 Kristofferson(Ar) 15:57, 7 Benevento(Be) 16:13, 8 O'Flaherty(Be) 16:18, 9 Rivera(WG) 16:28, 10 Sellard(Be) 16:31. **Boys Soph:** 1 Ghudossi(Capuchino) 16:31. **Second Varsity Boys Teams:** 1 Gunderson 61 83:42, 2 Leland 93 86:15, 3 Lynbrook 112 88:45, 4 Hill 138 89:05, 5 Gunn 165 87:46, 6 Milpitas 256 93:45. **Individuals:** 1 Lewis(Gund) 15:19, 2 Marconda(Me) 15:21, 3 Iglehart(Gu) 15:25, 4 Fichen(Ly) 16:01, 5 Biggs(Gund) 16:19, 6 Bohn(Se) 16:31. **Girls Teams:** 1 St. Francis 68 101:81, 2 Willow Glen 112 105:11, 3 Leland 149 107:56, 4 Carmont 163 107:45, 5 Milpitas 167 106:31, 6 Homestead 175 109:27, 7 Lynbrook 186 108:17, 8 Gunn 192 109:42, 9 Aragon 209 111:11, 10 Burlingame 223 113:00. **Individuals:** 1 King(Mil) 18:20, 2 Brodie(SF) 18:38, 3 Berndt(Gun) 18:57, 4 Heyman(Lo) 19:00, 5 Keehner(Hi) 19:03, 6 Himenes(SF) 19:17, 7 Seck(Ly) 19:22, 8 Dunofred(SF) 19:37, 9 McMahor(PG) 19:44, 10 Bungo(Mil) 19:44. **SOURCE:** LOREN L. LANSBERRY, Carmont High School.



Ann Bensch



Tracy Walker

minutes ahead of everyone else in this meet. Culver City's Sean Nuagent was the day's quickest boy.

**Top Boys:** Nugent (Culver City) 15:38; Marsh (La Jolla) 15:52; Grewe (Carp) 15:58; Dietrich (SV) 16:02; Dieth (El Camino Real) 16:03. **Boys Division Winning Teams:** Montebello, Norco, Coachella Valley. **Top Girls:** Cook (A) 17:52; Fisher (Cham) 18:00; Brazil (Chino) 18:51; Walther (Chatsworth) 19:15; Morales (Chino) 19:20. **Girls Division Winning Teams:** Millikan, Chaminade.

## Soquel Invitational

From KEITH CONNING

**October 24. Soquel High School, Soquel.**  
**Girls Teams:** 1 St. Francis 61, 2 Redwood 75, 3 Arroyo Grande 108, 4 Cupertino 128, 5 Live Oak 156, 6 Leland 157, 7 Soquel 169, 8 Sacred Heart 206, 9 Mills 211, 10 Seaside 231. **Individuals:** 1 Laura Starrett(Redwood) 14:51, 2 Susan Brodie(St. Francis) 15:30, 3 Nancy Heyman (Live Oak) 15:39, 4 Kelly Buzza(Arroyo Grande) 15:44, 5 Sue Radford(Seaside) 15:45, 6 Terrie Martin(Redwood) 15:49, 7 Helen Lehman (El Cerrito) 15:57, 8 Helen Muth (Soquel) 16:02, 9 Kim Himenes(St. Francis) 16:02, 10 Karen McGough(Mills) 16:13. **Boys Large**

(Carmont) 16:14, 4 Bill Anelli(DelLaSalle) 16:30, 5 Robert Gomez(St. Elizabeth) 16:33, 6 Dan McComb(DelLaSalle) 16:34, 7 Larry Moore (DeLaSalle) 16:38, 8 Frank Knafelc(DelLaSalle) 16:42, 9 Steve Soto(Moreau) 16:44, 10 Marc Lewis(Petaluma) 16:51. (5,000 meters less 110 yards, 110 finishers) **Boys Small Schools Frosh/Soph** (131 finishers): 1 David Dodge (Campolindo) 11:22. **Girls Large Schools Teams:** 1 Piner 66, 2 Granada 79, 3 Berkeley 88, 4 Mission 92, 5 142, 5 Castro Valley 148. **Individuals:** 1 Laurie Hollingworth(Piner) 12:26, 2 Cathy Dubay(Piner) 12:50, 3 Danise Rogers(Concord) 12:50, 4 Heidi Ertl(Pinole) 12:54, 5 Kathy Daley(Granada) 12:55. **Boys Large School Teams:** 1 Northgate 48, 2 Castro Valley 49, 3 Granada 111, 4 Jesuit 112, 5 Piner 157, 6 Mission San Jose 171, 7 Skyline 182, 8 Montgomery 191, 9 Antioch 208, 10 Berkeley 214. **Individuals:** (82 finishers) 1 Kyle Kessler (Castro Valley) 12:52, 2 Steve Mayberry (Castro Valley) 13:09, 3 John Victor(Pinole) 16:25, 4 Charlie Cypher(Skyline) 16:29, 5 Mike Spencer(Castro Valley) 16:36, 6 Mike Rivers (Mission San Jose) 16:46, 7 John Wilhelm (Northgate) 16:46, 8 Tim Davila(Granada) 16:46, 9 Rick Horne(Northgate) 16:46, 10 Doran McGee(Berkeley) 16:53. **Boys Large School Frosh/Soph:** 1 Tom Legan(Independence) 11:02.9.

## Sierra Foothill League

From KEITH CONNING

**October 28. Nevada Union High School, Grass Valley.**  
**Boys Teams:** 1 Nevada Union 35, 2 Placer 45, 3 Del Oro 87, 4 Oakmont 100, 5 Roseville 124, 6 Lindhurst 135, 7 Marysville 175. **Individuals:** 1 David Vanatta(Oak) 17:03, 2 Vance Goss(NU soph) 17:07, 3 Mark Edwards(NU) 17:08, 4 Chris Adcock(Placer) 17:14, 5 Ernie Arteaga(Lind) 17:15, 6 Shawn Youngstedt (Rose) 17:24, 7 Kit Grattan(NU) 17:27, 8 Joe Joward(Pla) 17:34, 9 Steve Adcock(Pla) 17:35, 10 Dave Good(NU) 17:41. **Girls Teams:** 1 Del Oro 20, 2 Nevada Union 43, 3 Placer 86, 4 Oakmont 107, 5 Roseville 119. **Individuals:** 1 Liz McDowell(DO soph) 19:29, 2 Stacey McAfee (DO soph) 19:46, 3 Lisa Davis(NU) 20:09, 4 Sheila Riley(NU) 20:27, 5 Beth Wilson(DO frosh) 20:54, 6 Wendy Lamb(DO) 21:28, 7 Lisa Lee(DO) 21:54, 8 Kriss Houser(NU soph) 22:02, 9 Julie Anderson(Rose) 22:09, 10 Jocelyn Poggi(Pla) 22:11. Note: Cold 45-50 degrees, windy rain/hail at times, muddy course, hilly, hard, 3 plus miles. **SOURCE:** CAL PISTON, Nevada Union High School.

## Eastern Athletic League

From KEITH CONNING

**October 29. Las Plumas High School, Oroville.**  
**Girls Teams:** 1 Chico 22, 2 Lassen 49, 3 Pleasant Valley 65, 4 Las Plumas 112. **Individuals:** 1 Chris Mayle(Oro) 12:46, 2 Britt Fellner(Chico) 13:02, 3 Jennifer Korte(PV) 13:16, 4 Becky Fratwell(Chi) 13:21, 5 Angela Pilluso(Chico Jr) 13:22, 6 Ail Cushman(Chico) 13:23, 7 Donna Phil



photo by Doug Speck



San Marino's "power trio" left to right: Shelley McClelland, Mary Ellen Bayardo & Sheila Van Steenberg.

Helen Lehman(El Cerrito) 21:04, 5 Kate McKenzie(Berkeley) 21:28, 6 Allison Rader (Berkeley) 21:43, 7 Nerissa Paul(Berkeley) 21:51, 8 Jeanette Stradtner(Berkeley) 22:09, 9 Kristin Henriksen(El Cerrito) 22:18, 10 Nadia Milleron(Berkeley) 22:21.

## Alameda County Athletic League

From KEITH CONNING

November 4. Tilden Park, Berkeley.  
**Boys Teams:** 1 Piedmont 39, 2 Encinal 50, 3 Alameda and Albany 63. **Individuals:** 1 Ross Davidson(Piedmont) 17:43, 2 Steve McIntire (Piedmont) 17:57, 3 Hank Sigmon(Alameda) 17:59, 4 Kevin Shaker(Albany) 18:07, 5 Alex Lopez(Encinal) 18:14, 6 Greg Matthews(Encinal) 18:23, 7 Kevin Cubillas(Alameda) 18:27, 8 David Reed(Albany) 18:30, 9 Grant Shiffen (Piedmont) 18:49, 10 Jeff Clark(Encinal) 18:55.  
**Girls Teams:** 1 Piedmont 30, 2 Alameda and Encinal 47. **Individuals:** 1 Missy Moore (Piedmont) 20:09, 2 Jennifer Thatcher(Encinal) 20:17, 3 Ann Ratto(Alameda) 20:30, 4 Missy Johnson(Encinal) 20:40, 5 Barbara Noe (Piedmont) 20:54, 6 Allison Keller(Piedmont) 20:59, 7 Dawn Dhames(Alameda) 21:22, 8 Heather Ryan(Piedmont) 21:29, 9 Cynthia Cane(Alameda) 21:47, 10 Laurel Cochrane(Piedmont) 22:03.

## Marin County Athletic League Meet

From KEITH CONNING

**Girls Teams:** Terra Linda 27, Redwood 30; Terra Linda 23, Drake 36; Redwood 23, Drake 34. **Individuals:** 1 Robyn MacSwain(Terra Linda) 16:29.8 (course record, previous record 17:59 by Terrie Martin, Redwood), 2 Laura Starrett(Redwood) 16:44, 3 Terrie Martin (Redwood) 17:27, 4 Katy Dykstra(Drake) 17:43, 5 Marcy Holzgang(Terra Linda) 17:52. **Final MCAL Girls' Standings:** 1 Terra Linda 7-0, 2 Redwood 6-1. **Boys Teams:** Terra Linda 24, Redwood 35; Terra Linda 18, Drake 45; Redwood 18, Drake 42. **Final MCAL Boys Standings:** 1 Terra Linda 7-0, 2 Redwood 6-1. **Individuals:** 1 Sam Shinn(Redwood) 14:21.9 (course record, old record inner 14:45), 2 Ed Gallagher(Terra Linda) 14:55, 3 John Mann(Redwood) 15:08, 4 Steve Sparks(Terra Linda) 15:14, 5 Henry Tyson(Drake) 15:28. **SOURCE:** DUNCAN MACSWAIN.

## Foothill Athletic League

From KEITH CONNING

November 5. Lafayette Reservoir.  
**Girls Teams:** 1 Miramonte 28, 2 Campolindo 59, 3 Acalanes 85, 4 Alhambra 96, 5 Las Lomas 109, 6 Liberty 144. **Individuals:** 1 Marilyn Davis(M) 16:32, 2 Wendy Sihner(M) 16:44, 3 Paige Tully(AI) 17:22, 4 Mary Ann Morse(LL) 17:33, 5 Sue Banfield(M) 17:48, 6

## PROFILE ON:

# Jim Pettis



**JIM PETTIS:** Porterville High School, senior. 17 years old, 5-11, 135 lbs. Born 2-24-64 in Porterville, California. Coached by Osgood and Jesus Guzman.

**Best Marks:** 880 - 2:00.0, mile - 4:26, 2 mile - 9:32, 3 mile - 14:52, 6 mile 31:05 all in 1981.

In just a few short years of running Jim Pettis has racked up quite a string of honors and awards. He's twice been captain of the cross country team. He's won the MVP in both cross country and track. He's also been East Yosemite League champion in both cross country and track. So far in the 1981 harrier season he is undefeated in Central Section CIF meets.

lips(Lass) 13:27, 8 Lisa Terrell(Chico) 13:32, 9 Jill Silva(PV) 13:33, 10 Bradbury(Chico Jr) 13:35. **Boys Teams:** 1 Paradise 33, 2 Las Plumas 44, 3 Lassen 54, 4 Oroville 108. **Individuals:** 1 Herb Bladorn(Chico) 15:25, 2 Brian Butterfield(Lass) 15:26, 3 Stedman(Lass) 15:37, 4 Deadmond(Par) 15:49, 5 Wallace(Par) 15:50, 6 Davis(Par) 15:59, 7 Elven(LP) 16:12, 8 O'Shead(Par) 16:14, 9 Williams(LP) 16:15, 10 Salinas(LP) 16:25. **SOURCE:** CHUCK SHELEY, Chico High School.

## Kern County Invitational

October 31.

**Boys Teams:** 1 Madera 33, 2 Foothill 83. **Individuals:** 1 John Lopez(East) 15:21.

## Metro Championships

From KEITH CONNING

October 31. Lower Woodland, Seattle, Washington.  
 2.9 mile course, top 3 teams to District. **AAA Girls Teams:** 1 Hale 29, 2 Garfield 67, 3 Blanchet 73. **Individuals:** 1 Wendy Thomas (Garfield) 17:25.7, 2 Shami Marghe(Roosevelt) 18:14, 3 Kathleen Crouch(Hale) 19:15, 4 Kirsten Cepp(Franklin) 19:18, 5 Sarah

(breaks listed national record of 59:18.1 by Pearl River, New York), 2 Leland 61:54.8, 3 Carlmont 62:26.5, 4 Mitty 62:48.0, 5 Mission San Jose 62:49.9, 6 Homestead 63:44.6, 7 Los Gatos 63:52.0, 8 Sacred Heart 63:58.0, 9 Leigh 64:21.7, 10 Soquel 64:50.0. **Individuals:** 1 Susan Brodie(St. Francis) 11:16.1 (10:29.7 for 3000 meters), 2 Kim Himenes(St. Francis frosh) 11:17.8 (10:37.8), 3 Connie Buckler (Saratoga) 11:24.2 (10:43.5), 4 Helen Muth (Soquel) 11:28.2 (10:43.9), 5 Barbara Gaenslen (Mills) 11:29.3, 6 Dana Whitney(Mission San Jose) 11:32.2, 7 Carla Halford(Leland) 11:35.5, 8 Susan Radford(Seaside) 11:37.5, 9 Lynne Grassi(St. Francis) 11:42.5, 10 Gabriele Zieschang(Mills) 11:48.4, 11 Krista Wendt (Leigh) 11:54.2, 12 Mary Jo Barry(Leigh) 11:54.5, 13 Kathy Donofrio(St. Francis) 11:54.9, 14 Judy Peters(Westmont) 11:56.5, 15 Lisa Horve(Carlmont) 11:57.3. 5th St. Francis Runner: Gail McClure 12:35.8. **SOURCE:** HOWARD WILLMAN.



Stedman(Lass) 15:37, 4 Deadmond(Par) 15:49, 5 Wallace(Par) 15:50, 6 Davis(Par) 15:59, 7 Elven(LP) 16:12, 8 O'Shead(Par) 16:14, 9 Williams(LP) 16:15, 10 Salinas(LP) 16:25. **SOURCE:** CHUCK SHELEY, Chico High School.

## Kern County Invitational

October 31.

**Boys Teams:** 1 Madera 33, 2 Foothill 83. **Individuals:** 1 John Lopez(East) 15:21.

## Metro Championships

From KEITH CONNING

October 31. Lower Woodland, Seattle, Washington.

2.9 mile course, top 3 teams to District. **AAA Girls Teams:** 1 Hale 29, 2 Garfield 67, 3 Blanchet 73. **Individuals:** 1 Wendy Thomas (Garfield) 17:25.7, 2 Shami Marghe(Roosevelt) 18:14, 3 Kathleen Crouch(Hale) 19:15, 4 Kirsten Capp(Franklin) 19:18, 5 Sarah Bolender(Hale) 19:44. **AA Girls Teams:** 1 Lakeside 30, Holy Names 45, 3 Sealth 78. **Individuals:** 1 Maureen Kenny(Holy Names) 18:30 (Metro record), 2 Mary Zamberlin(Prep) 18:44, 3 Mary Ann Levan(Holy Names) 18:46, 4 Katarina Kretschmer(Lakeside) 18:47, 5 Maegan Carney(Lakeside) 19:24, 6 Carolyn McHaffey(Lakeside) 19:25. **AAA Boys:** 1 Blanchet 46, 2 Hale 72, 3 Ballard 77. **Individuals:** 1 Jim Reinke(Blanchet) 15:20.5 (Metro AAA record), 2 Brent Felt(Hale) 15:34, 3 Karl Pessi (Ballard) 15:44, 4 Bruce Stirling(Roosevelt) 15:52, 5 Mike Arksey(Franklin) 15:54. **AA Boys:** 1 Lakeside 26, 2 Sealth 42, 3 O'Dea 62. **Individuals:** 1 Stowe Talbot(Lakeside) 15:09.2 (Metro AA record), 2 Emmett Kipp(Sealth) 15:26, 3 John D. Forest(Lakeside) 15:50.

## National 2 Mile Postals

From KEITH CONNING

October 31. Los Gatos High School.

**Boys Team Times:** 1 Bellarmine 48:59.3, 2 Leigh 49:02.6, 3 Saratoga 49:15.5, 4 Castro Valley 49:23.3, 5 Lick 49:40.0, 6 Gunderson 49:43.1, 7 Los Gatos 49:48.0, 8 Carlmont 50:10.3, 9 Mt. Pleasant 50:24.4, 10 Mission San Jose 50:50.2. **Individuals:** 1 Gary Lewis(Gunderson) 9:22.9 (8:48.2 for 3000 meters), 2 Grant Foster(Monta Vista) 9:23.2 (8:49.2), 3 Robert Anderson(Santa Teresa) 9:23.4 (8:48.4), 4 Kent Iglehart(Gunn) 9:23.6 (8:49.4), 5 Brian Bergstrom(Los Gatos) 9:24.2 (8:52.2), 6 Jim LaFuente(Mt. Pleasant) 9:26.5 (8:50.2), 7 Darryl Grimm(Los Gatos) 9:28.3, 8 Kyle Kessler(Castro Valley) 9:29.2, 9 Mike Anderson(Carlmont) 9:30.0, 10 Scott Marconda(Menlo School) 9:30.2, 11 Steve Mayberry(Castro Valley) 9:31.9, 12 Rodney Sellard (Bellarmine) 9:36.1, 13 Shawn Ayers (Bellarmine-soph) 9:37.5, 14 Ron Gomez (Carlmont) 9:37.8, 15 Orlando Biggs(Gunderson) 9:39.0. **Girls Team Times:** 1 St. Francis 58:45.0

Susan Brodie(St. Francis) 11:16.1 (10:29.7 for 3000 meters), 2 Kim Himenes(St. Francis frosh) 11:17.8 (10:37.8), 3 Connie Buckler (Saratoga) 11:24.2 (10:43.5), 4 Helen Muth (Soquel) 11:28.2 (10:43.9), 5 Barbara Gaenslen (Mills) 11:29.3, 6 Dana Whitney(Mission San Jose) 11:32.2, 7 Carla Halford(Leland) 11:35.5, 8 Susan Radford(Seaside) 11:37.5, 9 Lynne Grassi(St. Francis) 11:42.5, 10 Gabriele Zieschang(Mills) 11:48.4, 11 Krista Wendt (Leigh) 11:54.2, 12 Mary Jo Barry(Leigh) 11:54.5, 13 Kathy Donofrio(St. Francis) 11:54.9, 14 Judy Peters(Westmont) 11:56.5, 15 Lisa Horve(Carlmont) 11:57.3. 5th St. Francis Runner: Gail McClure 12:35.8. **SOURCE:** HOWARD WILLMAN.



Denise Ball

## Richmond-Berkeley Athletic League

From KEITH CONNING

November 4. Meadows Playfield, Tilden Park, Berkeley.

**Boys Teams:** 1 El Cerrito 35, 2 Berkeley 36, 3 DeAnza 58, Pinole and Richmond incomplete. **Individuals:** 1 Brian Abshire(DeAnza) 16:30, 2 John Victor(Pinole) 16:43, 3 Doran McGee(Berkeley) 16:44, 4 Jim Bloomer(El Cerrito) 16:45, 5 Jim Gaffield(El Cerrito) 16:53, 6 Eric Farwell(El Cerrito) 16:55, 7 Roger Daniels (Berkeley) 17:11, 8 Scott Lee(Richmond) 17:35, 9 Andrew Ream(El Cerrito) 17:37, 10 Martin Higginbotham(Berkeley) 17:46. **Girls Teams:** 1 Berkeley 18, 2 El Cerrito 51, Pinole incomplete. **Individuals:** 1 Heather Watkins (Berkeley) 20:01, 2 Heidi Ertl(Pinole) 20:18, 3 Doniece Johnson(Berkeley soph) 20:53, 4

## Foothill Athletic League

From KEITH CONNING

November 5. Lafayette Reservoir.

**Girls Teams:** 1 Miramonte 28, 2 Campolindo 59, 3 Acalanes 85, 4 Alhambra 96, 5 Las Lomas 109, 6 Liberty 144. **Individuals:** 1 Marilyn Davis(M) 16:32, 2 Wendy Sihner(M) 16:44, 3 Paige Tully(AI) 17:22, 4 Mary Ann Morse(LL) 17:33, 5 Sue Banfield(M) 17:48, 6 Trisha Herzog(C frosh) 17:58, 7 Mimi Sandel (C soph) 18:40, 8 Kim Halsey(M soph) 18:50, 9 Kate McIvor(Ac) 18:55, 10 Katie Leary(AI frosh) 19:01. **Boys Teams:** 1 Las Lomas 45, 2 Miramonte 58, 3 Acalanes 72, 4 Campolindo 79, 5 Liberty 109, 6 Alhambra 140. **Individuals:** 1 John Morse(LL) 14:27, 2 David Hansell(Ac) 14:44, 3 Marco Margiotta(LL) 14:56, 4 John Foley(M soph) 14:59, 5 Eric Jewell(M) 15:00, 6 David Dodge (C frosh) 15:01, 7 Jeff Mihm(Ac) 15:02, 8 Ken Hamilton(M) 15:12, 9 David Carver(Lib) 15:17, 10 David Austin(LL) 15:18.

## Diablo Valley Athletic League

From KEITH CONNING

November 6. Heather Farms, Walnut Creek.

**Girls Teams:** 1 Antioch 41, 2 Ygnacio Valley 44, 3 Concord 44, 4 Pittsburg 118, all others incomplete. Tie decided by best 6th runner. **Individuals:** 1 Danise Rogers(Con) 11:47, 2 Joyce Richardson(Con) 11:48, 3 Margaret Green(Ant) 12:25, 4 Ann Peissner(YV) 12:30, 5 Wendy Quick (YV) 12:45, 6 Leslie Adams(Ant) 12:57, 7 Cindy Lyster(Con) 13:10, 8 Gina Vann(Ant) 13:16, 9 Michele Maneswitsch(NG) 13:21, 10 Bev Hanna(YV) 13:24. **Girls Frosh/Soph:** 1 Michele Barrier(ClaytonVly) 12:45, 2 Carol Forster(CV) 13:11, 3 Shawn Ostrom(CV) 13:16. **Boys Teams:** 1 Northgate 24, 2 College Park 80, 3 Antioch 96, 4 Ygnacio Valley 106, 5 Pittsburg 129, 6 Mt. Diablo 151, 7 Clayton 174, 8 Concord 178. **Individuals:** 1 Tim Berry(YV) 15:37, 2 Rick Horne(NG) 16:06, 3 Jim Howard (NG) 16:08, 4 John Wilhelmy(NG) 16:12, 5 Jim Chaney(CP) 16:17, 6 Dave Peissner(YV) 16:21, 7 Dave Moore(NG) 16:26, 8 Chuck Getschel(NG) 16:29, 9 Jess Verhock(Mt. Diablo) 16:30, 10 Brian Werner(NG) 16:59.

results, continued next page...



**JIM PETTIS:** Porterville High School, senior. 17 years old, 15-11, 135 lbs. Born 2-24-64 in Porterville, California. Coached by Osgood and Jesus Guzman.

**Best Marks:** 880 - 2:00.0, mile - 4:26, 2 mile - 9:32, 3 mile - 14:52, 6 mile 31:05 all in 1981.

In just a few short years of running Jim Pettis has racked up quite a string of honors and awards. He's twice been captain of the cross country team. He's won the MVP in both cross country and track. He's also been East Yosemite League champion in both cross country and track. So far in the 1981 harrier season he is undefeated in Central Section CIF competition and looks to be the favorite in the "Valley" Championships on November 20th at Avocado Lake in Sanger.

The Porterville native favors the three mile in competition but has been a versatile athlete on the team, running winning races from the 880 to the six mile. Once in the race, if it's going to be tough competition he'll "...run with the front runners until end of race, then kick it in." He also said, "If the competition is not so stiff I'll try to run off and leave the front runners early."

Jim is training hard with the goal of winning the CIF Central Section "Valley" Cross Country title and then making it to the "State" in track. He is looking forward to college running and will choose a school with his major, computer science.

Pettis is still really just a beginner at the sport, "I didn't start running until my sophomore year in high school. They had a six minute mile run for physical fitness and I did pretty well in that and caught the eye of the cross country coach." He went on to say, "I've been running ever since."

But, he hasn't done it alone: "There have been many people who have inspired me. First of all, there are my parents. They urge me to go on even though the going gets tough. They are very supportive of my running, which I can never thank them enough for being this way. Next are my coaches. They know what they're doing! You can't find your true potential without good coaches. They're great. And, last but not least, all the people who cheer me on. It would be even harder to run without encouragement."

What does the coach have to say about his young star? Henry Osgood, himself a pretty good competitor in the sub-masters division of long distance running, comments: "Jim is an "A" student, has a great attitude and seems to have unlimited potential. He broke his ankle just before the league meet last track season (still won the 880 and was second in the mile). He thought he only had a sore achillies at the time. So, he missed the rest of the season. I predict he would have gone 9:20 by 'Valley.'"

Jim leaves this bit of advice to other young beginning runners, "Never get discouraged when running. It takes guts and I admire anyone who tries their best!"

## East Bay Athletic League

From KEITH CONNING

November 5. Shadow Cliffs Regional Park, Pleasanton.

**Boys Teams:** 1 San Ramon 43, 2 Amador Valley 52, 3 Livermore 55, 4 Granada 87, 5 California 104, 6 Foothill 153, 7 Monte Vista 190, Dublin no team. **Individuals:** 1 Tracy Walker(AV) 15:33, 2 Tom Cole(SR) 15:35, 3 Leo Scott(SR) 15:39, 4 Chris Swaim(Cal) 15:48, 5 Jim West(Liv) 15:56, 6 David Basinger(Gr) 16:01, 7 Mike Lego(Liv) 16:10, 8 Roark Roney(SR) 16:14, 9 Matt Maratsos(AV) 16:16, 10 Steve Vargas(AV) 16:20. **Girls Teams:** 1 California 40, 2 Granada 48, 3 Amador Valley 76, 4 San Ramon 93, 5 Livermore 108, Monte Vista incomplete. **Individuals:** 1 Suzie Ames(Cal) 15:30, 2 Becky Pierce(Cal) 15:35, 3 Charlene Schalk(SR) 15:36, 4 Janice Bishop(Liv) 15:39, 5 Kathy Daley(Gr) 15:42, 6 Annette Batley(Cal) 16:12, 7 Amy Cathcart(AV) 16:27, 8 Kerrie Albright(Gr) 16:41, 9 Becky Rabara(Gr) 16:48, 10 Chris Halford(Gr) 16:53.

## Mission Valley Athletic League

From KEITH CONNING

November 5. Lake Elizabeth, Fremont.

**Boys Teams:** 1 Mission San Jose 23, 2 Newark Memorial 61, 3 Irvington 79, 4 Washington 87, 5 Kennedy 130, Logan incomplete. **Individuals:** 1 Todd Bartlett(NM) 15:06, 2 Mike Rivers(MSJ) 15:14, 3 Scott Hill(MSJ) 15:42, 4 Miguel Munoz(Irv) 15:43, 5 Mark Cochran(MSJ) 15:44, 6 Jim Barnes(MSJ) 15:54, 7 Al Broch(MSJ) 15:58, 8 John Lynch(MSJ) 16:00, 9 Brent Schlieder(MSJ) 16:01, 10 Olson(Wash) 16:05. **Girls Teams:** 1 MSJ 30, 2 Newark Memorial 49, 3 Irvington 68, 4 Washington 77, Logan and Kennedy incomplete. **Individuals:** 1 Dana Whitney(MSJ) 11:32, 2 Cheryl Carswell(NM) 12:07, 3 Julie Rivers(MSJ) 12:34, 4 Laura Bryant(NM) 12:42, 5 Teresa Hadly(MSJ) 12:44, 6 Gea Johnson(Wash) 12:47, 7 Carmen Mendoza(NM) 12:55, 8 Akers(Irv) 13:01, 9 Mary Cosola(MSJ) 13:02, 10 Bolivia(Irv) 13:09.

## Sac-Joaquin Section District III

From KEITH CONNING

November 5. Rusch Park.

**Girls Teams:** 1 Vacaville 36, 2 Elk Grove 50, 3 El Camino 57. **Individuals:** 1 Joni Mooney(Vac) 18:04, 2 Brazelton(Vac) 18:36, 3 Van Horn(Kennedy) 18:51, 4 Tirapelli(Encina) 19:04, 5 Shelgren(EC) 19:14. **Notes:** Cordova disqualified, Darlene Davis missed turn, leaving only 4 teammates. **Boys Teams:** 1 Vacaville 38, 2 Cordova 41, 3 Mira Loma 61. **Individuals:** 1 Bratten(Vac) 15:25, 2 Curry(CBS) 15:34, 3 Kunda(Cor) 15:41, 4 Pappa(ML) 15:46, 5 Anderson(Cor) 15:53.

## North Central League II

From KEITH CONNING

November 7.

**Girls Teams:** 1 Calistoga 37, 2 St. Vincent's 37, 3 Upper Lake 46. **Individuals:** 1 Tara Leonard(Cal) 14:52, 2 Michelle Fountain(SV) 14:55, 3 Julie Glassmaker(SV) 14:58, 4 Lisa Wood(UL) 15:10, 5 Kelly Barrett(Cal) 15:11. **Boys Teams:** 1 St. Vincent's 25, 2 Calistoga 38, 3 Kelseyville 65. **Individuals:** 1 Saul Agapoff(Cal) 18:00, 2 Tim Maloney(SV) 18:32, 3 Tom Garvey(SV) 18:51, 4 Tony Powell(SV) 18:56, 5 Darron Jordan(Kei) 19:05. 12 prep 2

## Metro League Meet

From KEITH CONNING

November 7. Pier Park, Portland, Oregon.

**Boys Teams:** 1 Sunset 37, 2 Beaverton 69, 3 Central Catholic 85, 4 Jesuit 94, 5 Parkrose 123, 6 Hillsboro 124, 7 Aloha 187, 8 David Douglas 216. **Individuals:** 1 Dub Myers(Park) 12:56, 2 John McCarthy(Sun) 15:33, 3 Eric Fahlgan(Sun) 15:45, 4 Matt Moss(Sun) 15:52, 5 Dave Anderson(Bea) 15:57, 6 John Manning(CC) 16:01. **Girls Teams:** 1 Aloha 24, 2 Sunset 56, 3 Beaverton 66, 4 St. Mary's 101, 5 David Douglas 118, 6 Hillsboro 145. **Individuals:** 1 Lisa Johnson(Alo) 10:31, 2 Julie Mullis(Alo) 10:38, 3 Patty Aho(Bea) 10:40, 4 Ann Manning(SM) 10:45, 5 Lisa Mullin(Alo) 10:53, 6 Laura Daniel(Sun) 11:01.

## Mt. SAC Invitational

From DOUG SPECK

October 30-31. Mt. San Antonio College.

On Friday, October 30th, and Saturday, Halloween, high schools gathered at Mt. SAC for the thirty-third annual top-quality invitational. A change in this year's meet was to go with smaller school boys and girls races on Friday afternoon, and the larger schools on Saturday.

Plumer had only started racing in the last week or two after an injury. Cook, Fisher, Ball, and Barrios blasted away from the pack after a quarter mile and each added small bursts to push the pace through two relatively flat horseshoe loops up to the mile. Lopez was fifteen yards back with Plumer appearing content to hold off the rest of the field back in sixth. The fireworks happened during the tough third mile. A tough fifty yard "poop-out" grade precedes the two mile mark and it was there that Ball started to edge away from the group. During the third mile Lopez moved up also, as the Cook-Fisher duo faded a bit. Ball pulled away to win at 17:56. Lopez was second, with Barrios finishing ahead of Cook and Fisher. In Cook's defense, it seems she has been sick lately. University's girls averaged 19:06 to win the Sweepstakes team title easily with 45 points. Is there a team of high-school girls in the United States who could average under 18:00 for three miles on the flat to challenge this team from Irvine?

The Boys' Team Sweepstakes featured a bit of an upset, as a young El Toro (another Sea View League power, Jeez!) team used its depth to upset Mater Dei (Santa Ana) and San Diego power Valhalla (El Cajon). Crescenta Valley's Jeff Holyfield chased Mater Dei's Robert Planta down during the run over the final "Reservoir Hill" to win the individual duel 15:27-15:42.

The day's seeding mistake had the Sacramento area's Harold Kuphaldt (Belle Vista) and his team in the Individual Sweepstakes race. A late entrant, the nation's fastest returning prep two miler ran away and hid after three-quarters of a mile to win in 15:25.

The Southern Section will return to this facility November 14th and 21st for Prelim and Finals affairs.

### DIVISION ONE

#### Boys

**SWEEPSTAKES:** IND.—1. Marsh (La Jolla Country Day), 15:47; 2. Green (La Jolla), 15:55; 3. Hall (La Salle), 15:59; 4. Currie (Alemany), 16:03; 5. Zanetti (Apple Valley), 16:14, 6. De Anda (Salesian), 16:20; 7. J. Trevisnik (La Canada), 16:21; 8. Rosser (Rim of the World), 16:22; 9. Ledgewood (Lompoc), 16:29; 10. Sawyer (La Canada), 16:30. **TEAM—1.** La Canada, 78 (83:18); 2. Alemany, 141 (85:01); 3. Lompoc, 146 (85:26); 4. Fillmore, 150 (85:40); 5. Rim of the World, 163 (85:43); 6. Buena Park, 165 (86:00); 7. Sherman Indian, 173 (86:18); 8. La Salle, 231 (87:36); 9. LA Baptist, 234 (88:09); 10. Apple Valley, 242 (88:21); 11. La Jolla, 261 (88:33); 12. Bishop, 267 (89:06); 13. Salesian, 285 (90:10); 14. Morro Bay, 294 (90:09).

**RACE 14: IND.—1.** Swangler (Nordhoff), 15:56; 2. Spence (Ontario), 16:28; 3. Arce (Nordhoff), 16:34. **TEAM—1.** Nordhoff, 38 (84:22); 2. Ontario, 90 (88:10); 3. Calxico, 114 (89:58).

**RACE 15: IND.—1.** Smith (Perris), 15:40; 2. Clayton (Mar Vista), 15:52; 3. Guarino (Mar Vista), 16:53; 4. Silva (Coachella valley), 16:26. **TEAM—1.** Mar Vista, 50 (83:55); 2. Coachella Valley, 56 (85:20); 3. Ramona (SD), 94 (87:15); 4. Perris, 129 (87:41); 5. San Marino, 135 (89:01).

**RACE 16: IND.—1.** Mawhorter (LV Lutheran), 16:42; 2. Melendez (Coronado), 17:14; 3. MacFarland (Orange Lutheran), 17:22. **TEAM—1.** Twentynine Palms, 108 (91:48); 2. Serrano, 123 (92:12); 3. Coronado, 132 (92:15).

5. Ortiz (Barstow soph), 16:57; 6. Logan (El Toro), 16:00; 7. Rice (Newbury Park soph), 16:05; 8. Galvan (Valhalla), 16:05; 9. Floyd (Crescenta Valley), 16:06; 10. Mosher (Fountain Valley), 16:10. **TEAM—1.** El Toro, 80 (82:15); 2. Valhalla (El Cajon), 105 (82:34); 3. Mater Dei, 105 (82:36); 4. Newbury Park, 116 (83:04); 5. Crescenta Valley, 117 (82:37); 6. Barstow, 122 (83:17); 7. Fountain Valley, 127 (83:09); 8. Arroyo, 168 (84:33); 9. Monte Vista (SD), 210 (86:06); 10. Victor Valley, 236 (87:21).

**RACE 44: IND.—1.** Kuphaldt (Bella Vista, Fair Oaks), 15:25; 2. Nugent (Culver City), 15:40; 3. Cammack (South Hills), 15:46; 4. Clary (Katella), 15:47; 5. Vega (Chula Vista), 15:50; 6. Arriola (Gahr), 16:01; 7. Dietch (El Camino Real), 16:03; 8. Hemingway (Santana), 16:11; 9. Harris (Eisenhower), 16:15. **TEAM—1.** Bella Vista (Fair Oaks), 95 (83:47); 2. Santana (Santee), 99 (84:27); 3. Simi Valley, 143 (86:36); 4. Katella, 145 (86:16); 5. South Hills, 145 (86:21).

#### Girls

**RACE 45: IND.—1.** Ball (Newbury Park), 17:56; 2. Lopez (Sacred Heart), 18:16; 3. Barrios (University soph), 18:18; 4. Cook (Alemany), 18:22; 5. Fischer (Chaminade), 18:29; 6. Plumer (University) 18:56; 7. Cattivera (Mira Costa freshman), 19:06; 8. Nourse (University), 19:08; 9. Buzza (Arroyo Grande), 19:14; 10. R. Acosta (Walnut freshman), 19:24; 11. Armentrout (University), 19:26. **TEAM—1.** University (Irvine), 45 (95:32); 2. Costa Mesa, 110 (100:32); 3. San Marino, 115 (101:13); 4. Newbury Park, 116 (100:32); 5. Walnut, 145 (103:18); 6. Saugus, 160 (105:01); 7. Mira Costa, 207 (110:13); 8. Valhalla (El Cajon), 216 (109:50); 9. Arroyo Grande, 224 (111:20); 10. Alemany, 237 (114:23).

### DIVISION II

#### Boys

**RACE 32: IND.—1.** McCormack (Norco), 15:39; 2. Reed (Mission Bay), 16:05; 3. Emmons (Righetti), 16:10. **TEAM—1.** Norco, 64 (83:55); 2. Righetti, 67 (84:10); 3. Quartz Hill, 106 (86:42).

**RACE 33: IND.—Hobert (Redondo), 16:21. TEAM—San Dieguito, 45 (86:06).**

**RACE 34: IND.—Dorado (Rancho Alamitos), 16:24. TEAM—Fallbrook, 82 (89:53).**

**RACE 35: IND.—1.** Dodson (Aviation), 15:52. **TEAM—1.** Sunny Hills (7:17:00); 2. Crespi, 81 (87:11); 3. Orange Glen, 84 (87:13); 4. Torrey Pines, 85 (87:15).

**RACE 36: IND.—1.** Hisslevik (University), 15:47; 2. Howard (Costa Mesa), 15:59; 3. Watson (San Juan), 16:06; 4. Haheman (El Dorado), 16:11; 5. DeSoto (Canyon, Sau.), 16:15. **TEAM—1.** Canyon (Sau.), 90 (83:16); 2. Mira Costa, 111 (84:22); 3. University (Irvine), 123 (84:09); 4. El Dorado, 137 (84:54); 5. De la Salle (Concord), 139 (85:01); 6. Costa Mesa, 159 (85:40); 7. Hilltop (Chula Vista), 86:04; 8. Amador Valley (Pleasanton), 86:24; 9. Montclair, 191 (86:31); 10. Esperanza, 203 (87:17); 11. El Capitan (SD), 215 (87:14); 12. St. John Bosco, 238 (87:52).

#### Girls

**RACE 37: IND.—1.** Laddans (Fallbrook), 18:37; 2. White (Sonora), 19:03; 3. Marino (Montclair), 19:24. **TEAM—1.** Orange Glen, 52 (106:32); 2. Newport Harbor, 82 (110:47); 3. Fallbrook, 121 (112:40); 4. Sonora, 132 (113:55).

**RACE 38: IND.—Parkhurst (Bishop Montgomery), 18:50. TEAM—1.** Amador Valley (Pleasanton), 98 (106:59); 2. Bishop Montgomery, 110 (106:59); 3. Right-



Mt. SAC Invitational action left to right: Sean Nugent (Culver City), Harold Kuphaldt (Bella Vista), Ken Souza (Wilson) & Ron Harris (Eisenhower).

North Bay League

Marin County

photo by Doug Speck



**Mt. SAC Invitational action left to right: Sean Nugent (Culver City), Harold Kupholdt (Bella Vista), Ken Souza (Wilson) & Ron Harris (Eisenhower).**

## North Bay League

From KEITH CONNING

**November 7. Spring Lake, Santa Rosa.**  
**Boys Teams:** (3.2 miles, top 3 advance to NCS 3A) 1 Petaluma 40, 2 Ukiah 57, 3 Montgomery 58, 4 Cardinal Newman 83, 5 Rancho Cotata 110, 6 Santa Rosa 167. **Individuals:** (top 7 advance) 1 Mike Sutton(Ukiah) 16:58.1, 2 Marc Lewis(Pet) 17:02, 3 Ryan Gilliam(CN) 17:07.8, 4 Martin Ruiz(Uk) 17:08.7, 5 Milt Hare(Pet) 17:13.4, 6 Mark Vollmer(Mont) 17:19.5, 7 Rob Mackey(Pet) 17:26.5, 8 Stacy Van Horn(Mont) 17:38.8, 9 Gary Smith(RC) 17:42.11, 10 Aaron DeCailliet(?) 17:52.9. **Girls Teams:** 1 Petaluma 34, 2 Ursuline 54, 3 Ukiah 72, 4 Santa Rosa 91, 5 Montgomery 131, Rancho Cotata incomplete. **Individuals:** 1 Lori Shanoff(Pet) 19:13.6, 2 Ann Bertucci(Pet) 20:08.8, 3 Erica Rothenberger(SR) 20:37.9, 4 Julie Ruiz(Uru)20:51.7, 5 Becky Nieto(Uru) 20:59.7, 6 Melinda Hamson(Uru) 21:17.5, 7 Kim Reinking(SR) 21:38.7, 8 Kristi Hill(Uru) 21:38.7, 9 Amy Stout(Pet) 21:51.3, 10 Debie Noriel(Pet) 21:52.7.

## North Central League I

From KEITH CONNING

**November 7.**  
**Boys Teams:** 1 Fort Bragg 20, 2 Willits 60, 3 Lower Lake 81 (top 3 qualify for NCS Class A). **Individuals:** (3 miles, top 5 qualify) 1 Steve Bates(FB) 18:42 course record, 2 Greg Weber(FB) 17:40, 3 Shawn Nisson(LL) 17:44, 4 John Bernhise(FB) 17:47, 5 Mike Heff(FB) 17:57. **Girls Teams:** 1 Fort Bragg 23, 2 Clear Lake 62, 3 St. Helena 66. **Individuals:** 1 Dana Pyyre(FB) 13:52 course record, 2 Sandy Pickering(FB) 14:38, 3 Karen Martin(FB) 14:48, 4 Jeanine Brown(FB JH) 15:02, 5 Ida Rowe(LL) 15:12.

## Marin County Athletic League

From KEITH CONNING

**November 5.**  
**Girls Teams:** 1 Terra Linda 38, 2 Redwood 60, 3 Marin Catholic 65, 4 Tamalpais 102, 5 Drake 103, 6 San Marin 136, Novato and San Rafael incomplete. **Individuals:** 1 Robyn MacSwain(TL) 18:27.2, 2 Laura Starrett(Redwood) 18:38, 3 Katy Dykstra(Dr) 19:22, 4 Marcy Holzgang(TL) 19:27, 5 Terrie Martin(Red) 19:29, 6 Nancy Reese(TL) 20:11, 7 Mary Roach(MCC) 20:19, 8 Jenny Biddulph(Tam) 20:30, 9 Karin Jacobsen(MC) 20:34, 10 Valerie Smith(TL) 20:39. 5th TL-17 Mary Alice Erickson 21:05. Note: I did not receive the boys results, but I heard that Sam Skinner of Redwood won. **SOURCE: DUNCAN MACSWAIN (Terra Linda HS).**

## Sac-Joaquin Section Sub-Section District I

From KEITH CONNING

**November 5. Sierra College, Rocklin.**  
**Girls Teams:** 1 El Dorado 39, 2 Del Campo 46. **Individuals:** (3 miles) 1 Tammy Foster(ED) 18:47, 2 Deonne Self(DC) 18:53, 3 Jill Moss(BellaVista)NT, 4 Karin Haase(SoTahoe) NT. **Boys Teams:** 1 Bella Vista 54, 2 South Tahoe 81, 3 El Dorado 88, 4 Del Campo 100, 5 Casa Roble 124, 6 La Sierra 126, 7 Colfax 136. **Individuals:** 1 Harold Kupholdt(BV) 15:01 course record, 2 John Hansen(ED) 15:17, 3 Mike Lee(BV) 15:35, 4 Bill Llewellyn(Col) 15:44.

From KEITH CONNING

**November 7. Pier Park, Portland, Oregon.**  
**Boys Teams:** 1 Sunset 37, 2 Beaverton 69, 3 Central Catholic 85, 4 Jesuit 94, 5 Parkrose 123, 6 Hillsboro 124, 7 Aloha 187, 8 David Douglas 216. **Individuals:** 1 Dub Myers(Park) 12:56, 2 John McCarthy(Sun) 15:33, 3 Eric Fahman(Sun) 15:45, 4 Matt Moss(Sun) 15:52, 5 Dave Anderson(Sea) 15:57, 6 John Manning(CC) 16:01. **Girls Teams:** 1 Aloha 24, 2 Sunset 56, 3 Beaverton 56, 4 St. Mary's 101, 5 David Douglas 118, 6 Hillsboro 145. **Individuals:** 1 Lisa Johnson(Alo) 10:31, 2 Julie Mullis(Alo) 10:38, 3 Patty Aho(Bea) 10:40, 4 Ann Manning(SM) 10:45, 5 Lisa Mullin(Alo) 10:53, 6 Laura Daniel(Sun) 11:01.

## Mt. SAC Invitational

From DOUG SPECK

**October 30-31. Mt. San Antonio College.**

On Friday, October 30th, and Saturday, Halloween, high schools gathered at Mt. SAC for the thirty-third annual top-quality invitational. A change in this year's meet was to go with smaller school boys and girls races on Friday afternoon, and the larger schools running on Saturday. Past years featured girls on Friday and boys on Saturday, which made for some interesting bus rides for outlying schools two straight days. School sizing for races was a bit of a change, with schools able to request competition in Sweepstakes Races with top squads from all sizes. With Southern Section schools broken down into four divisions for their Sectional competition, this was a chance to see some top teams and individuals head to head for the only time. This is the first year at three miles for the ladies, and the Sweepstakes match-up would appear to give us an idea as to what a good girls time over this hilly course would be. The only regret was that in keeping with its last Saturday in October date the meet was held less than a week prior to most League Finals races - many in a tough League competition were late cancellations or never entered.

Friday's Division I match-ups of smaller schools featured La Canada's boys and Laguna Beach's girls in big Sweepstakes wins. 3A schools for Sectional competition due to the past successes of their League Coach Pat Logan's and Jim Toomey's squads showed their power when against schools of their own size.

On Saturday the large schools came to SAC, with some of Friday's individuals and squads choosing to wait until Saturday to face the Big Boys (and Girls). Saturday got to be pretty hot around noon when the best races came (84 degrees officially), and definitely slowed times a touch when compared to Friday's near-perfect cool conditions.

The coming together of a super crop of girls individuals in the Sweepstakes was Saturday's highlight. Vickie Cook (Alemany), Polly Plumer and Theresa Barrios (University, Irvine), Tanya Fisher (Chaminade, Canoga Park), Denise Ball (Newbury Park), and Lori Lopez (Sacred Heart, LA) had all been winning races in times that looked like typographical errors or else they had super credentials.

Jolla Country Day), 15:47; 2. Green (La Jolla), 15:55; 3. Hall (La Salle), 15:59; 4. Currie (Alemany), 16:03; 5. Zanetti (Apple Valley), 16:14; 6. De Anda (Salesian), 16:20; 7. J. Trevithick (La Canada), 16:21; 8. Rosser (Rim of the World), 16:22; 9. Ledgewood (Lompoc), 16:29; 10. Sawyer (La Canada), 16:30. **TEAM—** 1. La Canada, 78 (83:18); 2. Alemany, 141 (85:01); 3. Lompoc, 146 (85:26); 4. Fillmore, 160 (85:40); 5. Rim of the World, 163 (85:43); 6. Buena Park, 165 (86:00); 7. Sherman Indian, 173 (86:18); 8. La Salle, 231 (87:36); 9. LA Baptist, 234 (88:09); 10. Apple Valley, 242 (88:21); 11. La Jolla, 261 (88:33); 12. Bishop, 267 (89:06); 13. Salesian, 285 (90:10); 14. Morro Bay, 294 (90:09).

**RACE 14: IND—** 1. Swangler (Nordhoff), 15:56; 2. Spence (Ontario), 16:26; 3. Arce (Nordhoff), 16:34. **TEAM—** 1. Nordhoff, 39 (84:22); 2. Ontario, 90 (88:10); 3. Calxico, 114 (89:58).

**RACE 15: IND—** 1. Smith (Perris), 15:40; 2. Clayton (Mar Vista), 15:52; 3. Guarino (Mar Vista), 15:53; 4. Silva (coachella valley), 16:25. **TEAM—** 1. Mar Vista, 60 (83:55); 2. Coachella Valley, 56 (85:20); 3. Ramona (SD), 94 (87:15); 4. Perris, 129 (87:41); 5. San Marino, 135 (89:01).

**RACE 16: IND—** 1. Mawhorter (LV Lutheran), 16:42; 2. Melendez (Coronado), 17:14; 3. MacFarland (Orange Lutheran), 17:22. **TEAM—** 1. Twentynine Palms, 108 (91:48); 2. Serrano, 123 (92:12); 3. Coronado, 132 (92:15).

**RACE 17: IND—** 1. Grewe (Carpinterial), 15:34; 2. Loud (Charter Oak), 15:46; 3. Yuster (Brentwood), 15:52; 4. Brown (San Luis Obispo), 15:47; 5. Bishop (SLO), 16:16. **TEAM—** 1. San Luis Obispo, 57 (85:13); 2. Carpinteria, 85 (87:38); 3. St. Augustine, 105 (89:52); 4. Escondido, 115 (90:23); 5. Brentwood, 127 (90:56).

### Girls

**SWEPESTAKES: IND—** 1. Sterton (Coronado), 18:45; 2. McMillion (LA Baptist), 19:02; 3. Booth (Laguna Beach), 19:15; 4. Anaya (Coachella Valley), 19:30; 5. Snyder (LB), 19:42; 6. Corrigan (La Canada), 19:49; 7. Levy (Coronado), 20:15. **TEAM—** 1. Laguna Beach, 59 (100:48); 2. Coronado, 84 (102:53); 3. La Canada, 144 (105:53); 5. Paso Robles, 172 (107:37); 5. Sherman Indian, 184 (109:11); 6. Lompoc, 195 (108:04); 7. Apple Valley, 205 (108:56); 8. Bishop, 269 (111:56); 9. Louisville, 269 (112:48); 10. Escondido, 277 (110:44).

**RACE 20: IND—** 1. Kutner (Pasadena Poly), 19:06; 2. Torre (Bassett), 19:27; 3. Garcia (Brawley), 19:44; 4. Rohman (Valencia), 19:51; 5. Desantazgo (Ontario), 19:57; 6. Calderon (Calxico), 20:06; 7. Cort (Rio Mesa), 20:10; 8. Chiholm (Miraleste), 20:15. **TEAM—** 1. Ontario, 127 (106:10); 2. Brea, 130 (106:41); 3. La Jolla, 148 (107:44); 4. Rio Mesa, 151 (108:05); 5. Mar Vista, 161 (108:56); 6. Valencia, 166 (107:12).

**RACE 21: IND—** 1. Howard (Notre Dame, Riv.), 19:41; 2. Meyers (Royal Oak), 19:50; 3. Costa (Northview), 19:52. **TEAM—** 1. Nordhoff, 57 (105:28); 2. Southwest (SD), 63 (105:43); 3. Covina, 113 (108:48); 4. Bell-Jeff, 156 (112:46).

**SOPH: IND—** Irving (San Marino), 19:37. **FROSH: IND—** Flannigan (Memorial), 19:19.

### TEAM SWEEPSTAKES

#### Boys

**RACE 43: IND—** 1. Holyfield (Crescenta Valley), 15:27; 2. Planta (Mater Dei), 15:42; 3. Erickson (Fountain Valley), 15:46; 4. Roud (Valhalla, El Cajon), 15:51.

### Girls

**RACE 37: IND—** 1. Laddans (Fallbrook), 18:37; 2. White (Sonora), 19:03; 3. Marino (Montclair), 19:24. **TEAM—** 1. Orange Glen, 52 (106:32); 2. Newport Harbor, 82 (110:47); 3. Fallbrook, 121 (112:40); 4. Sonora, 132 (113:55).

**RACE 38: IND—** Parkhurst (Bishop Montgomery), 18:50. **TEAM—** 1. Amador Valley (Pleasanton), 98 (106:59); 2. Bishop Montgomery, 110 (105:59); 3. Right-Hi, 148 (110:37); 4. Norco, 159 (110:55); 5. Torrey Pines, 160 (110:40); 6. Los Altos, 187 (112:26).

**RACE 39: IND—** Ebiner (Bishop Amat), 18:58. **TEAM—** 1. Esperanza, 46 (106:16); 2. Aviation, 113 (111:33); 3. San Dieguito, 128 (113:11).

### DIVISION III

#### Boys

**RACE 46: IND—** 1. Qullella (Mira Mesa), 16:09; 2. Gutierrez (Pasadena soph), 16:10. **TEAM—** 1. Dos Pueblos, 49 (85:24); 2. Mira Mesa (SD), 107 (87:27).

**RACE 47: IND—** Quiroz (Huntington Beach), 16:07. **TEAM—** 1. Santa Barbara, 85:06; 2. Huntington Beach, 86:39.

**RACE 48: IND—** 1. Parker (Tustin), 16:06; 2. Aldama (Centra, El Centro), 16:15. **TEAM—** Tustin, 87:09.

**RACE 49: IND—** Hatch (Thousand Oaks), 16:09. **TEAM—** 1. Thousand Oaks, 59 (84:13); 2. Walnut, 87 (85:47); 3. Westlake, 94 (85:57); 4. Hawthorne, 123 (87:20); 5. Royal, 141 (87:43).

### Girls

**RACE 50: IND—** Gonzalez (Buena), 19:38. **TEAM—** 1. Victor Valley, 67 (108:30); 2. Vista, 76 (109:14); 3. Rowland, 80 (110:28); 4. Sweetwater, 101 (111:53).

**RACE 51: IND—** Biggers (El Toro freshman), 19:43. **TEAM—** 1. Alta Loma, 70 (105:05); 2. Dos Pueblos, 75 (106:28); 3. El Toro, 87 (106:29); 4. Eisenhower, 109 (108:48); 5. Central (El Centro), 140 (111:13).

**RACE 52: IND—** Stryker (Tustin), 19:02. **TEAM—** 1. Tustin, 54 (101:44); 2. Thousand Oaks, 73 (104:07); 3. Millikan, 88 (106:19); 4. Nogales, 137 (111:30); 5. Rubidoux, 139 (110:41); 6. Santa Barbara, 146 (110:58).

**RACE 53: IND—** Elliott (Alhambra), 19:33. **TEAM—** 1. Monte Vista (SD), 47 (106:48); 2. Mt. Carmel (SD), 63 (107:49); 3. Westlake, 74 (108:48); 4. Westminster, 141 (113:45).

# So. California X-C Diary

By BILL MINARIK

## ■ OCTOBER 18

In prep invitationals beginning at Irvine Park, the boys team from Mater Dei had an impressive 81:31 vs. 82:27 combined time margin over number one ranked Fountain Valley, although both won their respective sections. In the girls division, it was powerful University High with a 97:27 vs. 98:21 margin over Tustin.

In the San Gabriel Valley Invitational held at Mt. SAC, South Hills and Walnut High won the boys and girls divisions respectively with times of 84:55 and 100:10.

At the Palos Verdes Invitational, it was Palos Verdes boys and San Marino's girls in 85:14 and 103:40.

In college action at the Biola Invitational, it was UC Irvine and UNLV in a 46-all tie in Division I men's action, with Pt. Loma a 42-54 victor over Cal Lutheran in Division II. In the women's competition, it was the Oxy gals in a 50-78 win over USIU.

Speaking of USIU, the results of the heart of San Diego 10K Marathon indicate how that institution has upgraded its distance program. Former Grossmont star Tim Varley won the marathon in a nifty 2:20:28 while his USIU teammate Jon Hagelbrand, who hails from Sweden, won the 10k in 30:15. To top it off, the USIU women's X-C coach, Ellen Turner, won the women's marathon in 2:53.

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Newbury Park in a clean sweep as the boys topped powerful Thousand Oaks 58-77 while the girls likewise topped T/O 40-60.

## ■ NOVEMBER 2

The UCLA Bruins can now lay claim as the King of the South, as Coach Bob Larsen's hillclimbers outran the rest of the PAC-10 Southern Division teams 39-52-53-75 at Westwood. While the Bruins don't figure to be contenders for national honors this year, they may still give Northern Division Champ Oregon a run for their money at the PAC-10 meet two weeks hence.

At the SCIAAC Meet, Pomona-Pitzer scored a shockingly easy 19-45 win over pre-season favorite Occidental as the Sage Hens grabbed the first four places.

While the community colleges were wrapping up dual meet schedules, the high schools were having their day at Mt. SAC. In the boys division, El Toro High pulled off a real shocker by defeating most of the pre-season favorites from various CIF sections, despite the fact no one on the team broke 16 minutes. In the girls division, University High displayed an awesome first 5 which had a combined time which was an incredible 5 minutes faster than the next best team. When you consider that this meet draws virtually every top team in the Southern half of the state, a 5 minute time differential is totally unreal.

Individually, Harold Kuphaldt of NorCals Bella Vista High was the boys winner in 15:25, while Denise Ball of Newbury Park was an upset winner in the girls race at 17:55. Denise broke Alemany's Vickie Cook at the 2 mile mark and went to set the course record as this was the first time the girls had run 3 miles. This loss was the first

least eight teams have a shot at it, but the favorite would have to be College of the Sequoias which edged the best of SoCal by a point at Mt. SAC. With COS running on the familiar confines of Woodward Park and Renee Wyckoff having the #1 spot locked up, they should enjoy a 10-20 point margin at state time.

There has been a lot of bad news on the community college scene this fall, with no relief in sight. In addition to College of the Canyons; Pierce, Compton and Trade Tech all dropped the sport of cross country. Now, there is a drive going to do away with the State CC Track Championship Meet. The reason is supposedly to cut costs and the drive is allegedly being spearheaded by the President of Yuba College. If this is true, then this man is either a fool or has been badly misinformed. There are many invitationals which probably cost most schools more in expense money than the state meet because they would be bringing an entire team instead of just a few athletes. In addition, the State Meet is the most important meet of the year both from a team standpoint and to individuals. Most four-year colleg recruiters use the athlete's performance at the State Meet as the basis for scholarships. Without that meet, a lot of athletes just wouldn't be seen. The State Meet should be the last meet to be cut, not the first. If it is eliminated, it will be the greatest blow to community college track since freshmen became eligible at four-year schools.

I noticed where last year's womens CC state small school champ, Pam Burkes, was running in the 30-39 year category at a recent road race. I never thought Pam was that old. When you consider that she made first team All-America in a sport where girls considered to be over the hill at 25, then Pam is obviously a great success story to be heard. Unfortunately, there is nobody in SoCal who is in a position to tell it. If there is anybody in NorCal who knows a little bit about Pam, we would sure appreciate you writing in and telling us so we can share it with our readers.

While on the subject of female harriers, we might mention the Enciso sisters, who have come out of Burroughs High in Burbank. The sisters, who are known almost as well for their first names as they are for their running exploits, are named Jolly, Happy, Sunny and Delight. I guess their mother must have a very bright outlook on life.

It seems the controversy surrounding

former Olympic silver medalist from Oxy, and Stanton indicate there was no wrongdoing on their part. Officials indicate that any decision to prosecute will be made at the end of December when a full investigation has been completed. Barnes and Stanton were just 2 of 120 teachers in 17 L.A. County school districts to be named. Also, a source which asked not to be identified, indicated that the number could easily grow to over 1000, with the largest number being coaches. This person also indicated that law enforcement officials have bugged the phones of at least ten coaches whom they feel have participated willfully and knowingly in the deceit. Thus, if you are a coach who got credit for classes from those two colleges without ever attending, I would suggest you don't talk about it on the phone.

Some good news for Oxy fans. It seems that Arco, which will be installing six all-weather tracks at L.A. area institutions as training facilities for the 1984 Olympics, has selected Occidental as one of those lucky recipients. In fact, Arco is going to build an entire new stadium at the Eagle Rock campus. That stadium may come just in time because the last time I stopped by Patterson Field, the only thing that was holding the stands together was the termites holding hands. Apparently one of the Oxy alumni is now a VIP at Arco and was able to swing the deal. I wonder if the new facility will be able to resurrect the fading Oxy program?

Speaking of fading programs, when Steve Miller left CPSLO, there was serious consideration given by administration officials to drop the track and x-c programs. It was no secret that Steve was the backbone of the program and when he left, a lot of success left with him. A number of SLO athletes have told me that once the athletes that Steve recruited have left, the SLO program will drop down to a level approximately equal with that of Cal Poly Pomona. On whatever level the program finds itself, it's good to know that with such a beautiful campus and track facility, they will continue to be a program.

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The women's title in Division I still is between Grossmont and Orange Coast with Division II too close to call at this time.

#### ■ OCTOBER 26

There was limited invitational action over the weekend as most schools were either finishing dual meet seasons or gearing up for a big meet the following week. In action that did take place, the UCLA Bruins traveled up to Provo, Utah, where they gave some of the Rocky Mountain schools a lesson in distance running at the BYU Invitational.

The final count had the Bruin men ahead of Idaho State and BYU by a 41-74-84 score. In the women's competition, it was the Cal Bears a comfortable winner.

In community college action, all eyes were on the Mt. SAC course where Grossmont proved without a doubt that California CC's rule the nation. The Griffin men, along with NorCal power West Valley, humbled NJCAA power Pima, Arizona 37-66-96 at the Mt. SAC Invitational large school division, while the Orange Coast women edged the Grossmont gals 37-40 in the other large school race. In small school action, both Mission Conference powers Citrus and San Bernardino were easy winners in the men's section, while Sequoias lead by Renee Wyckoff was a narrow 1 point winner over Glendale and COD in the women's small school race.

In prep action at the Ventura County championships, it was the harriers from

freshmen became eligible at four-year schools. Hens grabbed the first four places.

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As a final note, former Oxnard CC runner Ann Gladue posted a nifty 2:45 marathon at the NYC Marathon. I know a lot of male CC runners who haven't been able to match that mark.

#### ■ NOVEMBER 9

For most schools, it was league or conference finals with no real surprises except for the score in a few instances. In community college action, Grossmont, El Camino, Harbor, Moorpark and Citrus were all men's conference champs while Orange Coast, El Camino, Harbor, Glendale and Desert were women's winners. In NCAA Division III Western Regional action, it was a repeat of the SCIAC Meet with Pomona-Pitzer topping the Oxy men 17-58, while the Oxy gals ran away from the Sage Hens 27-72. In women's Division II action CPSLO outran CSU Northridge 47-70.

Looking ahead to the community college state meet, I see things like this. Grossmont to win men's Division I, but with Orange Coast and West Valley much closer than last year. Orange Coast should be a close winner over Grossmont in women's Division I, but an upset could take place. In men's Division II, it appears that Citrus, barring a repeat of the accidents that happened at last year's SoCal meet, should be a comfortable winner, as the Owls have too much front line strength not to mention excellent depth. In women's Division II at

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It seems the controversy surrounding various athletes getting credit for courses they didn't take has now grown to include coaches also. In documents filed in a Los Angeles court, both John Barnes the cross country at Glendale High School and Miles Stanton the cross country coach at cross-town Glendale Hoover High were alleged to have participated in a program sponsored by Cal Lutheran and Ottawa, Kansas University whereby they received credit for classes they never attended, the ultimate objective being a higher salary at their institutions via the continuing education program. However, both Barnes, a

will be able to resurrect the racing Oxy program?

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As a final note, that controversy surrounding the L.A. Athletic Clubs 1980 Octoberthon goes on in court. The 1981 event, however, was run without a hitch as more than 300 members participated. However, according to P.E. Director Jim Golding, the two ladies involved in the 1980 controversy did not compete in 1981.



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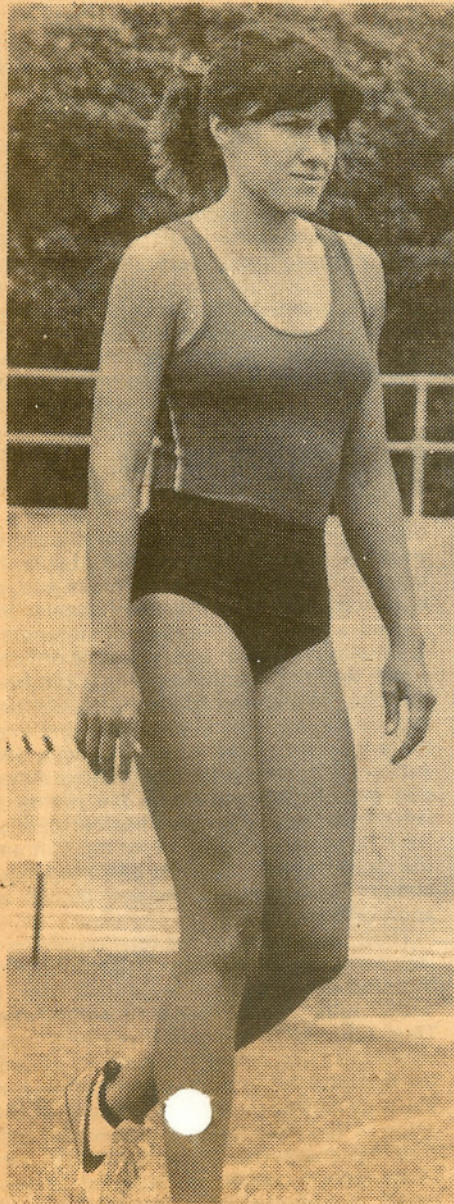
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VENTURA, CA 93003







photo by Don Gosney



Linda Hightower



Louise Romo

photo by Don Gosney



Robin Campbell

**800 METER RELAY**  
(100,100,200,400)

1:37.47	(2)	UCLA	5-29
1:37.86	(1)	LA Naturite TC	6-21
		(Hay, Inniss', Rich, Pusey')	
1:38:38	(2)	Shaklee A	6-21
		(T. Howard, Bolden, S. Howard, D. Howard-52.11)	
1:38.85	(3)	Shaklee B	6-21
		(Brown, Robinson, Fowler', Emerson)	

3:49.96y	(4)	San Diego State	5-10
		(Charles, Bottomley, Joyce, Lindemuth)	
3:49.13	(3)	Cal	4-5
3:49.40	(4)	Cal State Hayward	4-5
		(Castro, Banks, Buckley, Preisser)	
3:49.91	(2)	Mira Costa CC	5-30
		(Greisz, Zulkoski, Russell, Lucas)	
3:50.61	(3)	Los Angeles Southwestern	5-30
3:51.58	(2)	USC	4-2
3:51.80	(4)	West Valley JC	5-30

5-10	(1)	Kathy Hamilton (Cal)	4-18
5-10	(1)	Laura Campbell (THS)	4-23
5-10	(1)	Alison Walker (HHS)	5-2
5-10	(1)	Denise Yamada (DPHS)	5-23
5-10	(2)	Marlene Harmon (LANTC)	6-14
5-9 3/4	(H)	Lori Smith (CSLB)	4-23
5-9	(5)	Cindy Gilbert (USA)	2-1
5-9	(H)	Joan Russell (Coast Ath.)	3-27
5-9	(1)	Debbie Dibrow (GHS)	
5-9	(3)	Karen Lysaght (SFHS)	6-6

52-2	(5)	Ramona Pagel (CSLB)	5-30
51-8 1/4	(1)	Jane Frederick (AW)	5-10
49-6 1/2	(1)	Sharen Hamilton (CSB)	5-16
49-3 1/4	(1)	Susie Ray (UCLA/Shaklee)	4-11
48-10 1/2	(2)	Annie McElroy (CSLB)	4-11
48-10 1/4	( )	Carol Cady (Stanford)	
48-0	(3)	Cheryl Kennedy (SDSU)	4-25
48-0	(6)	Heidi Kauti (UCLA)	5-10
47-10 1/2	(1)	Vicky Gagne (Harbor JC)	5-23
47-9 3/4	(2)	Debbie Corley (GHS)	7-1
47-6	( )	Debra Pryor (ASU)	
47-2 1/4	(1)	Bonnie Dasse (SDSU)	6-13
46-0 1/2	(1)	Loraine Costanzo (SHS)	3-26
45-7 3/4	(H)	Tonya Alston (UCLA)	5-2
45-7 1/2	(3)	Yolanda Fletcher (CHS)	6-6
44-8 3/4	(2)	Pat Shaw (CSLB)	3-28
44-7 3/4	(1)	Rita Banks (Porterville JC)	5-9
44-6	(4)	Sue Springer (Cal)	4-5
44-6	( )	Wendy Bradshaw (SHS)	4-23
44-3	(1)	Diana Clements (SCHS)	5-15
44-3	(2)	Sandy Johnson (Diablo JC)	5-30
44-2	(4)	Kerry Zwart (USC)	4-2
44-0 1/2	( )	Laura DeSnoo (WHS)	
43-11 1/2	(2)	Dana Henderson (CPSLO)	4-18
43-9 1/2	( )	Amy Van Galder (AHS)	
43-7 1/2	(5)	Jacque Norton (MVHS)	5-2
43-5	(Q3)	Jacqui Sheffield (EHS)	6-5
43-4 1/2	(2)	Cindi Durchslag (SCHS)	4-10

**DISCUS**

186-11	(1)	Lorna Griffin (AW)	5-3
186-6	( )	Mariette VanHeerden' (LANTC)	
182-9	(1)	Leslie Deniz (ASU)	6-20
179-1	(3)	Jan Svendsen (Shaklee)	4-25
173-11	( )	Carol Cady (Stanford)	
169-3	(7)	Gale Zaphiropoulos (Cal/WC)	6-20
167-11	(2)	Leslie Hoerner (CSLB/AIA)	5-9
167-1	(Q1)	Laura DeSnoo (WHS)	6-5
162-10	(1)	Natalie Kaaiawahia (FHS)	6-6
161-3	(5)	Ramona Pagel (CSLB)	5-2
158-2	(2)	Jacque Norton (MVHS)	8-1
158-0	(2)	Pat Shaw (CSLB)	4-11
157-7	(2)	Dana Olson (Houston)	4-11
156-7	(3)	Susan Springer (Cal)	4-5
156-7	(Q2)	Karen Nickerson (CHS)	6-5
155-1	(8)	Lisa Vogelsang (Unat)	4-4
147-9	( )	Cindi Durchslag (SCHS)	
147-7	( )	Glenda Ford (CSH)	
147-7	(2)	Sue Compton (IBHS)	4-17
146-8	(Q3)	Cissy Laughlin (TPHS)	6-5
145-6	(2)	Loraine Costanzo (SHS)	5-2
144-7	(Q)	Sharon Piersen (THS)	6-5
144-4	( )	Keiser (VHS)	
143-11	( )	Rita Banks (Porterville JC)	
143-4	( )	Diane Oswald (LGHS)	
142-10	(1)	Donna Hollingworth (USC)	1-24
142-1	(Q)	Mary Dentinger (ECHS)	6-5
141-11	(Q)	Andrea Kriva (BHS)	6-5
141-5	( )	Janet Shitney (FHS)	
141-1	( )	Sandy Johnson (Diablo)	4-16
140-1	(2)	Vicky Gagne (Harbor JC)	5-30

**JAVELIN**

211-5	(1)	Karin Smith (CPSLO/Medalist/WAC)	5-10
200-1	(2)	Kate Schmidt (PCC)	5-10
179-8	(1)	Dana Olson (Houston)	3-19
177-10	(1)	Mary Osborne (Stanford)	4-25
177-8	(1)	Sherry Calvert (Unat)	3-7
171-3	(Q5)	Celeste Wilkinson (LANTC)	6-20
169-2	(5)	Jacque Nelson (UCLA/Shaklee)	5-30
168-7	( )	Donna Mayhew (Arizona)	
165-11	(1)	Linn Dunton (AIA)	5-23
165-1	(1)	Barbara Moro (Shaklee)	5-9
164-7	(1)	Susie Ray (UCLA/Shaklee)	5-2
162-2	(2)	Kristen Engle (Cal)	4-18
157-3	(1)	Debbie Dibb (SDSU)	4-18
154-10	(H)	Jane Frederick (AW)	5-24
153-6	( )	Danella Barnes (Fresno CC)	



# MASTERS SCENE

By **MARTY HIGGINBOTHAM**

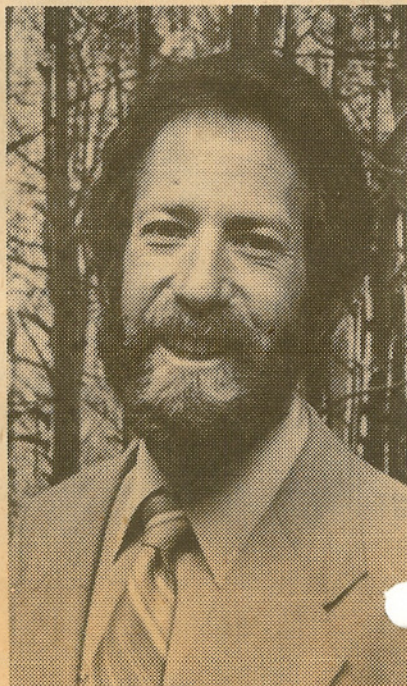
Congratulations should go out to divisional winners of the TFA/USA Western Regional Cross Country Championship. Gary Campbell of the Visalia Runners defended his title in the submaster age group as he ran almost a minute faster than last year in repeating his 30-39 age group victory in 33:32. John Pitman of the Daisy Fresh Natural Juice Race Team took top honors in the 40-49 age group clocking 36:28 a mere second ahead of second placer Frank Padilla of the Visalia Runners. High Sierra Track Club's Len Thornton captured the 50 plus title as he toured the 10k layout in 35:12. Carolyn Tiernan also of the High Sierra Track Club was the first woman submaster finisher in 20:30.

The Southern California Striders annual Alan Cranston Award, which is given to an individual for outstanding leadership, sportsmanship and athletic achievement in masters track and field, was given to Strider Hal Smith. Congratulations, Hal!

December 5-6 are the dates for the TFA Winter Decathlon and Weight Pentathlon to be held in Long Beach. For more information contact: John Tansley, Cal State University Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. Tansley will also host several all-comers track and field meets on December 11, 18, January 15, 22 and February 5.

Dorothy Stock established a new age 48 world one-hour run mark on August 4 in San Diego, as she traveled 9 miles 374 yards. On September 8 she ran a 5:38.6 for an age 48 mile record. Four days later she turned 49 and blitized an age 49 mile mark with a 5:33.5 clocking. Stock was also selected top master LDR woman of the San Diego/Imperial Athletics Congress.

## Advice for Masters Runners



By  
**STEVE SUBOTNICK**

### *The Surfaces We Run On*

carve turns or set an edge. My research, likewise, showed that, if a skier was bow-legged more than 5 to 7°, skiing on a parallel ski was almost impossible and the skier had to hop or stem. If there was an imbalance in the foot of more than 4 to 6°, the same problem occurred. By correcting the bowing of the legs with a cant, parallel skiing was possible. By correcting imbalances in the feet with an orthoses likewise, smooth parallel skiing with less fatigue and effort was possible. If a deformity in the leg and foot were present, utilizing a combination approach with the foot orthoses appeared to work well.

This runner, as well as his track coach, had heard of some of the work I was doing in skiing and came to me to see if I could apply my skiing research to running. After listening to the runner's story, it appeared as though changing the angle of the foot to the ground in a runner would have about the same effect as in a skier. Skiing, of course, is an edge control sport whereas running is a unidirectional activity with a float phase and a single support phase. Although the biomechanics of skiing differs from that of running, certain similarities exist and parallels can be drawn as to the treatment of biomechanical deficiencies for both sports. At least, this is my preliminary conclusion and, as most of you know, the years have proven these conclusions to be correct.

Upon carefully listening to the runner, therefore, it appears as though something could be done to help his knee by approaching the problem through the foot. The knee was examined at length and I could find only pain with compression on the knee cap. The more the runner bent his knee, the greater the pain under the knee

became more and more comfortable as the weeks and months passed. Eventually, he became one of my fondest friends and, as our knowledge of sports biomechanics improved, so did our utilization of materials. I eventually made him a semiflexible orthotic which was full length, meaning it ran from the heel to the end of the toes. Utilizing modern biomechanical principles and even more modern plastics and rubbers, this support absorbed shock controlled abnormal motion and encourage the runner to use proper form. The newer flexible plastics were far more comfortable for the foot and the newer rubber materials absorbed more shock. These devices became known as sport orthotics.

Thus, the camber of the road taught us a very early lesson. If, indeed, the camber of the road could improve a runner's knee, it could quite easily cause runner's knee. Thus, it's easy to see that, if you're running on the left hand side of the road facing traffic, that your left foot, the downhill foot, has the arch raised by the very nature of the slope of the road itself. The downhill foot becomes supinated. The uphill foot, in contradistinction, becomes flattened or pronated. A pronated foot is unstable and, thus, the ankle, knee, hip, and back become unstable on this side. A supinated foot is a stable rigid structure with a high arch which helps to stabilize the ankle, leg, knee, thigh and hip. Since the runner's left foot is downhill, he must lean to the right towards the center of the road. This causes a convexity on the downhill side which may cause strain on the outside of the ankle, knee, or hip. Since the uphill foot, or right foot, is pronated, this may cause instability of the knee or, in fact, runner's knee. The possibility of back strain with an uneven

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January 8, 1982 is the date for the "Challenge of the Ages Invitational." This is a meet that will put a select group of sub-master and master athletes against high school athletes. This meet will be held at the Long Beach Arena. There is a variety of races planned--a total of 23 events. For more information concerning this meet, contact: Challenge of the Ages, Attention: H. Lewis Smith, Meet Chairman, 8306 Wilshire Blvd., Suite 316, Beverly Hills, CA 90211 (213)650-0060.



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By  
**STEVE SUBOTNICK**

## **The Surfaces We Run On**

Ten or eleven years ago, when I got interested in sports medicine, it was by mere accident. I'd been doing some research on skiing and the biomechanics of skiing when an injured runner came to my office. He noted that, when he ran on the road facing traffic, strange predictable events were occurring in his body. If, for instance, he was on the left hand side of the road, he would note that his right knee would hurt under the knee cap. If he switched over to the opposite side of the road, running with the traffic, the opposite knee would start hurting but the injured right knee would improve. If this runner ran down the center of the road, the left knee felt fine but the right knee still ached and bothered him. This knee had been bothering him for the past six months and he gradually was decreasing his mileage as the pain increased.

To make the story even sadder, this runner had been preparing for the Boston Marathon. The Boston Marathon, in the old days, had no qualifying time and anyone who could make the distance and, likewise, find a ride from the West Coast to Boston was apt to participate. Of course, several years ago, there were very few runners and the size of the crowd at Boston was no problem.

I knew, from my research on skiing, that utilizing a wedge between the ski boot and the ski, or an orthotic (foot support), between the foot and the ski boot, could drastically change the ability of the skier to

run. I had heard of some of the work I was doing in skiing and came to me to see if I could apply my skiing research to running. After listening to the runner's story, it appeared as though changing the angle of the foot to the ground in a runner would have about the same effect as in a skier. Skiing, of course, is an edge control sport whereas running is a unidirectional activity with a float phase and a single support phase. Although the biomechanics of skiing differs from that of running, certain similarities exist and parallels can be drawn as to the treatment of biomechanical deficiencies for both sports. At least, this is my preliminary conclusion and, as most of you know, the years have proven these conclusions to be correct.

Upon carefully listening to the runner, therefore, it appears as though something could be done to help his knee by approaching the problem through the foot. The knee was examined at length and I could find only pain with compression on the knee cap. The more the runner bent his knee, the greater the pain under the knee cap. This was understandable inasmuch as the pressure under the patella, the knee cap, increases logarithmically as flexion increases. There appeared to be no obvious internal derangement of the knee joint itself. This patient had "runner's knee" or chondralgia patella. There was pain about the knee cap but no true chondromalacia (softening of the cartilage of the kneecap). Examination of the right foot showed that it pronated more than the left foot. The right knee, as you recall, was the symptomatic knee when the patient was road running.

In these early years of sports biomechanics, the thought of using soft temporary supports had not entered my mind. That being the case, the patient was casted for hard rigid plastic supports. It took about two weeks for the supports to be made and, when my athlete friend started running in them, he noted that his feet were uncomfortable and his knee did not drastically improve. I was somewhat discouraged and so was he but we both decided that it would be best for him to continue trying these hard rigid orthotic devices, which were customarily used for walking and not for running, for another week or two. After two weeks of utilizing the rigid orthotics, the knee began to respond. Both I and the patient were elated. After three weeks, the knee was asymptomatic and this young runner was increasing his mileage, again, in preparation for the Boston Marathon. To make a long story short, he completed the Boston Marathon and had no knee pain whatsoever. He continued to run with the hard supports which

sport orthotics. Thus, the camber of the road taught us a very early lesson. If, indeed, the camber of the road could improve a runner's knee, it could quite easily cause runner's knee. Thus, it's easy to see that, if you're running on the left hand side of the road facing traffic, that your left foot, the downhill foot, has the arch raised by the very nature of the slope of the road itself. The downhill foot becomes supinated. The uphill foot, in contradistinction, becomes flattened or pronated. A pronated foot is unstable and, thus, the ankle, knee, hip, and back become unstable on this side. A supinated foot is a stable rigid structure with a high arch which helps to stabilize the ankle, leg, knee, thigh and hip. Since the runner's left foot is downhill, he must lean to the right towards the center of the road. This causes a convexity on the downhill side which may cause strain on the outside of the ankle, knee, or hip. Since the uphill foot, or right foot, is pronated, this may cause instability of the knee or, in fact, runner's knee. The possibility of back strain with an uneven surface is not remote. The upper extremity, the shoulders and arms, must compensate by leaning towards the center of the road and an asymmetrical arm swing may occur causing excessive tension and excessive expenditure of energy in the upper extremity.

### **What to do?**

Well, all of us who are road runners must run on the roads; especially when it's rainy or wet and we cannot run on trails or grassy surfaces. When running on the road, the best place to run would be down the center of the road. There's only one problem--that of being hit by a car. If there is very little traffic and I know the roads well, I still tend to run down the center where I can easily move to the right or left lane as long as I have full visibility of the oncoming cars so I can plan appropriately. If there is more traffic, I tend to run on the shoulder but get well off the road and run on the gravel or packed dirt on the side. This tends to be more level than the road itself. If I notice stiffness or the first warning signs of an overuse injury in any joint, while running roads which are canted, I change my course to well-known routes where the roads are flatter.

### **What about the hills?**

When running uphill, there's about two times body weight and this tends to be a good form of training where the only real risk of injury is that of the calf muscles or Achilles tendon. Proper strengthening and stretching exercises virtually eliminate this risk. Running up hills strengthens the knees but very rarely causes damage to the knees.

The problem is how to get back downhill. Running downhill has about four times body weight and, since there is much more flexion taking place at the knees, there's more chance for knee injury. If the runner brakes at all when going downhill, the foot lands in front of the knee and this is inefficient running form which causes accentuated stress to be absorbed by the body. The foot, of course, should always land under the knee. When running downhill, for the foot to land under the knee, the runner should strive to land toward the ball of the foot. Leaning with the hill and landing towards the ball of the foot will cause the runner to run faster and faster and this, in itself, could cause other injuries. Oftentimes, when training, I'll run downhill in a lazy S manner or switch back manner going from side to side. If my knees are sore, I will race walk going downhill. When your knees are extended, as in race walk position, it's very difficult to injure them. They are stable and far less prone to overuse, overexertion, or any form of injury.

#### **What about grass, sand, or dirt trails?**

Running on grass, as long as it's not excessively soft, may be a form of medicine in itself. My experience has taught me that a golf course decreases the injury rate by 50% or may allow you to increase your mileage 50% before having the same overuse injuries you would have when road running. Why? Because of the surface. The surface is always changing; thus your foot is always changing. You do not have the chronic repetitive stress of road running. This is healthy and good for your body. This is the way the joints of your body and your feet were meant to function.

Are there hazards to running on grass? Yes! Hazards are that, if you have a hypermobile foot, the excessive softness of the grassy surface may accentuate hypermobility injuries. Thus, if you pronate excessively and have injuries secondary to this, the golf course may accentuate your injury. If you have a tendency to sprain your ankle, lateral instability of the ankle, then you may be at higher risk running on a golf course. A good precaution would be to tape your ankle before running on an unstable surface. A third hazard is that of being hit by a golf ball, stepping in a pot hole, or hitting a sprinkler head.

**Sandy surfaces.** Running on a beach usually causes far more injuries than most runners expect. The sandy surfaces allow the heel to sink down more than on other surfaces. This can cause tendoachilles strains or calf strains. Likewise, most runners tend to pronate excessively on sandy surfaces and this, in itself, can cause injury. When running along the ocean the

**Dirt Trails.** Dirt trails are my favorite. I love to trail run especially in wooded areas. There are hazards but the running is far more pleasurable and exciting for my money. Trail running is getting back to nature in its purest and simplest form. The trails absorb more shock than the roads; thus, there's less overstress injuries. The trails have constantly changing surfaces, thus there's less chronic repetitive fatigue. The trails have less abrasive qualities, thus the outsole of the shoe lasts longer.

#### **Is asphalt better than cement?**

Answer: Yes. Asphalt absorbs more shock than cement.

#### **What about tracks?**

If you're going to run on a track, it's best to reverse your direction every quarter mile to half mile. Going around the corner in the same direction can cause overuse injuries simply due to the asymmetry of the stride.

#### **What's new?**

I'm currently involved in two projects. The first is that of a clinical review of the interrelationship between shoes and injury. I'm critically reviewing various shoes used by runners to find out how quickly they deform or lose their ability to protect the foot. Careful clinical records are being kept and I'm sure that the results will be most interesting to you. Preliminary results suggest that many of the newer shoes lose their ability to protect the foot within 200 to 600 miles. This, of course, depends upon your weight, foot type, and running style. Runners will come to me with relatively new shoes which have very little wear on the outsole, yet are completely collapsed in the midsole. These shoes are causing injury yet the runners are reluctant to buy new shoes inasmuch as they've just laid out quite a bit of money for the shoes involved with the injury. Well, there'll be more to follow on this subject as I collect more data.

#### **What else is new?**

I'm utilizing a video system to critically analyze runner's form and function. Treadmill analysis of runners with the naked eye can give a fantastic amount of information. There are subtleties, however, which the naked eye cannot detect. Utilizing video analysis and playing back, step by step, can show just that part of the stride or foot strike which is causing the problem. The interrelationship between foot plant, midstance, and toe off, with the other joints of the body can readily be seen on a video analysis. The potential of utilizing video as a diagnostic and teaching aid is virtually unlimited.

Well, that's it for now. Let me know if you have any questions and keep on running.

## ATTENTION! RACE DIRECTORS AND COACHES

Tired of the same old T-shirt award or team promotional? Runners get the same old thing, week after week. They have closets full of T-shirts, many of which will never be worn.

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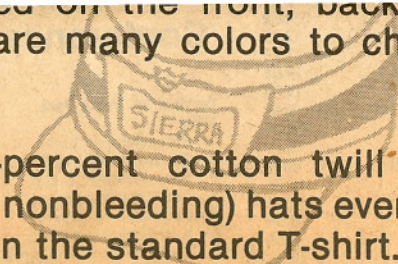
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# FSU ALL COMERS



## TRACK & FIELD MEETS



**JANUARY 16 and JANUARY 23**

At Fresno State University's All Weather Track & Field Facility  
Hosted by Fresno State University and Clovis High School

Meets will be run on excellent all-weather facilities. **Required:** Flats or ¼ inch spikes only!  
If participation warrants there will be separate divisions for high school, women and masters.  
**Entry Fee:** 50\* per person - unlimited participation.

**FOR FURTHER INFORMATION CALL:** Carlo Prandini (209) 299-7211, or Red Estes (209) 294-4097.



# College/Open Cross Country RESULTS

## TFA/USA Western Regional X-C Championships

From MARTY HIGGINBOTHAM

October 31. Mooney Grove Park, Visalia.  
Coach Marshall Clark's San Jose State Spartans did this year what Coach Jack Cook's UN-Reno Wolfpack did last year—ran away with the team championship at the TFA/USA Western Regional Cross Country Championships. Spartan Simon Kilili and Dan Harvey shared an early lead until about halfway, when Kilili broke away. Kilili went on to win in 30:49 shattering the old course record of 31:29 held by Jorgen Eisemo of UN-Reno. Dan Harvey held on to the second position finishing in 31:13 also under the old course mark. The Spartans took the next three positions with Tom Hussey in third at 31:46, Stan Ross fourth at 31:47 and Bret Baffert fifth in 31:47. Scott Thornton of the High Sierra TC broke up the San Jose State pack as he grabbed sixth place in 31:55. In seventh and eighth place were Spartans Sal Berumen 32:56 and Tim Nash 33:08. Gary Campbell of the Visalia Runners defended his submaster title as he ran 33:32—almost a minute faster than last year. John Pitman competing for the Daisy Fresh Natural Juice Running Team captured the 40-49 age group in 36:28, one second ahead of second place Frank Padilla of the Visalia Runners. Pitman's time established a new 40-49 age group course mark. High Sierra Track Club's Len Thornton also established a new 50 and over mark with his 35:12 time.

Jolie Houston-Geegan of the Aggie Running Club established a new women's course mark covering the 5k layout in 18:27. Joni Lawrence of the Fresno TC was second at 20:08 while High Sierra Track Club's Carolyn Tiernan was third (first 30-39) in 20:30. Wanda Morgan (Fresno TC) captured fourth in 20:48, Ruby Hernandez (HSTC) was fifth in 21:12, sixth place went to Patti Loveall of Los Angeles Baptist College in 21:29 with seventh going to Cherie Stephenson of the Visalia Runners in 21:37.

Men:

1 Simon Kilili(SJS)	30:49
2 Dan Harvey(Cal RT)	31:13
3 Tom Hussey(SJS)	31:46
4 Stan Ross(SJS)	31:47
5 Bret Baffert(SJS)	31:47
6 Scott Thornton(C)	31:55
7 Sal Berumen(SJS)	32:56
9 Gary Campbell(VisR) 130-39	33:32
17 Len Thornton(HSTC) 1-50 +	35:12
21 John Pitman(DFNJT) 40-49	36:28

Women:

1 Jolie Houston-Geegan(ARC)	18:27
2 Joni Lawrence(FTC)	20:08
3 Carolyn Tiernan(HSTC)	20:30
4 Wanda Morgan(HSTC)	20:48
5 Ruby Hernandez(HSTC)	21:12
6 Patti Loveall(LABC)	21:29
7 Cherie Stephenson(VisR)	21:37

## NCAA Division II Western Regional Cross Country Championships

From HARRY MARRA

October 31. Crystal Springs, Belmont. 10K. Men.

1 M. Conover(Humboldt)	31:12.5
2 F. Assumma(UC Riverside)	31:15.6
3 S. Pybus(East Wash)	31:34.3
4 C. Assumma(UC Riverside)	32:09.0
5 A. DiConti(Cal Poly SLO)	32:12.8
6 D. Aurit(Cal Poly SLO)	32:29.2
7 J. Christensen(Sac State)	32:31.2
8 E. Dotter(East Wash)	32:43.6
9 R. Cook(UC Riverside)	32:48.0
10 G. Cortez(Cal State LA)	32:49.6
11 T. Gruber(Humboldt)	32:51.8
12 B. Parks(UC Riverside)	32:58.2
13 S. Leibouitich(CSUN)	33:02.3
14 T. Faulk(CSUN)	33:09.2
15 S. Jenness(UC Riverside)	33:12.8
16 C. Schaller(CSUN)	33:16.5
17 L. Torres(CSUN)	33:21.6
18 R. Hood(East Wash)	33:22.9
19 P. Bellan(Cal Poly SLO)	33:27.8
20 A. Reimer(Seattle Pacific)	33:30.7
21 S. Smallwood(UC Davis)	33:37.7
22 M. Blica(Humboldt)	33:42.6
23 G. Jenkins(Sac State)	33:51.1
24 J. Klinkman(Seattle Pacific)	33:54.5

## BYU-Nike Autumn X-C Classic

October 24. Timpanogos Golf Course, Provo, Utah. 10,000 meters.

1 Paul Cummings(SoJ)	32:28
2 Dave Daniels(UCLA)	32:37
3 Phil Stephenson(ISU)	32:46
4 Jon Butler(UCLA)	32:52
5 Ben Paolillo(Wyo)	32:54
6 Doug Padilla	33:00
7 Richie Har	33:02
8 Derrick May	33:06
9 Jack Ramsey(Mont)	33:09
10 Mike Brady(Mont)	33:13
11 Steve McCormack(UCLA)	33:18
12 Matt Ebner(UCLA)	33:29
16 Joda Avila(UCLA)	33:41
18 Willie Ayyad(UCLA)	33:45
19 Ron Robert (A)	33:47

87 finishers

TEAM SCORES: 1 UCLA 41, 2 Idaho State 74, 3 BYU 84, 4 Montana 92, 5 Nevada-Reno 122, 6 Sojourners 191, 7 Utah State 231, 8 CEU 245, 9 Richs 310, Wyoming/no score.

## Cal Poly Pomona Bronco Open Run

From LANCE HARTER

## California Christian College Athletic Conference--5 Mile

October 24. Irvine Park.

MEN:

1 Ricky Perez(Pt.Loma)	24:13
2 Tomas Anderson(Pt.Loma)	24:34
3 Mike Oleata(Pt.Loma)	25:02
4 Paul Croft(Westmont)	25:10
5 Dan Powers(Pt.Loma)	25:18
6 Kurt Cook(Westmont)	25:20
7 Scott Swenson(Pt.Loma)	25:22
8 Aaron Martinez(AzusaPac)	25:28
9 Andy Morabe(Pt.Loma)	25:46
10 Zeke Rodriguez(AzPac)	25:47
11 Jon Hendrix(Biola)	25:53
12 Mitch Clark(Biola)	26:07
13 Greg Epp(Westmont)	26:15
14 Miguel Aguirre(Pt.Loma)	26:18
15 Tim Hill(AzusaPac)	26:19

TEAM SCORES: 1 Point Loma 18, 2 Westmont 58, 3 Azusa Pacific 71, 4 Biola 93.

WOMEN:

(3 miles)

1 Liz Gorman(AzPac)	17:21
2 Marilyn Martin(Pt.Loma)	17:33
3 Mary Ann Reed(Westmont)	17:51
4 Karmen Stickney(Pt.Loma)	18:54
5 Tammy Williamson(Westmont)	18:58

TEAM SCORES: 1 Point Loma 24, 2 Westmont 31, Azusa and Biola/no score.

## Aggie Invitational Women

October 10. UC Davis.

1 Patti Gray(UCD)	17:42.2
2 Katherine Virostko(UCD)	17:45
3 Denise Bigelow(Hayward)	17:46
4 Sue Munday(Hayward)	17:53
5 Karey Robinson(Hayward)	17:59
6 Jolie Houston(AggieRC)	18:16
7 Andrea Pernel(St.Marys)	18:36
8 Denise Fruit(UCD)	18:41
9 Teresa Jackson(Hayward)	18:45
10 Mary Rieboldt(Hayward)	18:48
11 Ana Pappas(UDC)	18:51
12 Kelley C...s(UCD)	18:55
13 Linda S... (Aggie)	18:56
14 Deb Farymarz(Aggie)	19:03
15 Vicki Bigelow(Aggie)	19:10
16 Kathy Kaiser	19:11
17 Wendy Faner(Aggie)	19:12
18 Stefani Stoutt(Hayward)	19:16
19 Lisa Maga(SF State)	19:17
20 Meg Per... (SoOreSt)	19:17

TEAM SCORES: 1 Hayward University 29, 2 UCD Varsity 31, 3 Aggie Moo Cows 127, 4 Hayward JV 139, 5 Chico 157, 6 Santa Clara 208, 7 So. Oregon 218, 8 Sac State 248, 9 Aggie Seven 259, 10 SF State 285, 11 Aggie Phred 290, 12 Mills College 304, 13 Foothill 316, 14 St. Mary's 323, 15 Aggie out of the Blue 357.

## 1981 PAC-10 Southern Division Championships





9 Steve McCormick(UCLA)	31:14.2
10 Bill Graham(Stan)	31:16.8
11 Felix Elleff(Cal)	31:27.3
12 Ron Roberts(UCLA)	31:32.6
13 Mike Sokolewicz(Stan)	31:37.9
14 Jeff Hess(AZ)	31:40.7
15 David Dobler(AZ)	31:41.1
16 Joe Avila(UCLA)	31:44.9
17 Mike McCollum(Cal)	31:46.6
18 Mark LaBonte(Cal)	31:51.7
19 Tim Barns(AZ)	31:58.3
20 Tom Bush(AZ)	32:06.9
21 Willy Ayyad(UCLA)	32:11.5
22 Ryan Petting(Stan)	32:19.9
23 Tom O'Neil(Stan)	32:21.3
24 Bob Love(Cal)	32:23.0
25 Matt Ebner(UCLA)	33:05.9
26 Eric Sappenfield(Stan)	33:14.3
27 Dan Brady(UCLA)	33:34.0
28 Rob Wentworth(AZ St)	33:37.7
29 Rod Berry(Stan)	33:42.9
30 Ryan Brady(Cal)	34:09.4
31 Jeff Thoenes(AZ)	34:43.3
32 Steve Valen(Cal)	34:43.5
33 Chuck Schwartz(AZ St)	35:08.2
TEAM SCORES: 1 UCLA 39, 2 Arizona 52, 3 Cal 53, 4 Stanford 75.	



photo by Keith Conning

## Mt. SAC Invitational Junior College

From ALBERTO BAZAN

**Men Division One:**

1 Evans (Grossmont)	20:05
2 Brennemann (LA Valley)	20:21
3 Kaiser (Pima Arizona)	20:23
4 Berman (West Valley)	20:25
5 Villas (Pima Arizona)	20:28
6 Brownberger (Grossmont)	20:30
7 Fuel (West Valley)	20:32
8 Sandoval (Grossmont)	20:34
9 Pope (Grossmont)	20:37
10 Scott (American River)	20:41

**Teams:** Grossmont 37, West Valley 66, Pima Arizona 96, American River 106, Orange Coast 110.



## PA-TAC Cross Country leaders left to right: Dan Gruber, Adrian Royal, Dan Grimes, ?, Duncan Macdonald.

**Men's Division Two:**

1 Fisher (Santa Ana)	20:56
2 Cruz (Santa Ana)	21:05
3 Mata (Harbor)	21:10

**Teams:** San Bernardino 55, Santa Ana 100, Bakersfield 102, Cosumnes River 116, Saddleback 126.

**Men's Division Three:**

1 Soler (Hancock)	20:44
2 Ruelas (Citrus)	20:51
3 Carlton (Citrus)	21:04

**Teams:** Citrus 28, Glendale 48, Hancock 62, Merced 124, Canada 156.

**Women Division One:**

1 Ludovise (Orange Coast)	18:43
2 Allen (American River)	18:51
3 Clift (Grossmont)	18:55
4 Gonzalez (Orange Coast)	19:04
5 Zika (Orange Coast)	19:10

**Teams:** Orange Coast 37, Grossmont 40, American River 56, Mt. SAC 130, Pima Arizona 174.

**Women Division Two:**

1 Wyckoff (Sequoias)	18:05
2 Jungston (Canada)	18:38
3 Silva (Canada)	19:03
4 James	19:07
5 Agrinson (Sequoias)	19:11

**Teams:** Sequoias 84, Glendale 85, Desert 85, Canada 89, Mesa Arizona 112.

**Pacific Association TAC Cross Country Championships**

From KEITH CONNING

Royal is a sophomore at the University of Nevada-Reno, where he will become eligible to compete in January. Last year he won the national Junior College Cross Country Championship as a student at Southern Idaho in Twin Falls. His record against Dr. Duncan MacDonald is now 4 victories to one defeat, that being at the Wharf to Wharf. His personal records are 3:43.6 (1500 meters), 4:00.3 (mile), and 13:59.8 (5000). He runs 110 miles a week.

1 Adrian Royal(22)Jun	30:39.3
2 Dan Grimes(22)PacWest	31:00.2
3 Dan Aldridge(25)Sub-4 TC	31:17.0
4 Duncan MacDonald(32)Jun	31:19.1
5 Larry Lawson(27)Stars & Stripes	31:21.0
6 Dan Gruber(26)Aggies	31:25.6
7 Benton Hart(26)Jun	31:32.8
8 Peanut Harms(30)Aggies	31:56.3
9 Mike Porter(28)WestVlyTC	32:02.7
10 Manny Bautista(23)Sub-4 TC	32:04.6
11 Matt Yeo(26)Aggies	32:09.1
12 Mike Pinocci(27)Sub-4 TC	32:12.6
13 Rich McCann(23)Aggies	32:25.6
14 Bob Dels(25)Aggies	32:27.5
15 Gordon Innes(27)Aggies	32:43.6
16 Harold Celms(24)Aggies	32:46.7
17 Rudy Munoz(23)Aggies	32:50.0
18 John Sheehan(26)Aggies	32:51.4
19 Dan Buntman(24)Greater SF	32:54.8
20 Steve Holl(20)Aggies	32:59.1
21 Tom Von Ruden(37)Jun	33:05
22 Paul Sechrist(22)Aggies	33:13
23 Ron Nabers(32)Greater SF	33:26
24 Dennis O'Halloran(29)Aggies	33:31
25 Pat McGuire(21)Jun	33:39

**Others:**

39 Sal Vasquez(41)Pamakids 1M	34:41
51 Charles Harris(41)WVTC 2M	35:25
65 Tom Kirchner(41)Tamalpa 3M	36:28
67 Harold Knutson(41)NCS 4M	36:42
73 Eileen Ciaugus(26)BuffChps 1W	37:28
80 Nancy Dietz(27) 2W	38:05
84 Vivian Soderholm(26)WVTC 3W	38:35

# CALIFORNIA'S All-Comer Records

Compiled by HOWARD WILLMAN

These are the best marks recorded in California in Olympic events (except walks) plus the mile and women's 3,000, 5,000, 10,000, 400 hurdles, and heptathlon. The pentathlon best is given, though the heptathlon supersedes that event, because the heptathlon is still in its infancy.

Multiple bests have been given in some events because the top mark was recorded either at altitude or indoors. In addition, second bests are given in the men's 200 and 400 because the top times, John Carlos' 19.92 and Lee Evans' 44.06, were recorded with "brush" spikes, which are illegal for record purposes. Hand times for races 400m or shorter are not listed.

Affiliations given are those that the athletes represented during most of the year since many athletes compete for more than one. All athletes are American except for those noted with a foreign country. The only foreigner not noted with her country is Jackie Pusey, a member of LA Naturite TC's 4x400 team. She is Jamaican.

Westwood's Drake Stadium (UCLA) is the site leader with 13 of the marks, followed by Walnut's Mt. San Antonio College and Sacramento's Hughes Stadium (Sacramento CC) with 8 each.

### Footnote abbreviations:

A = altitude-aided (site above 1000 meters)

i = mark recorded indoors

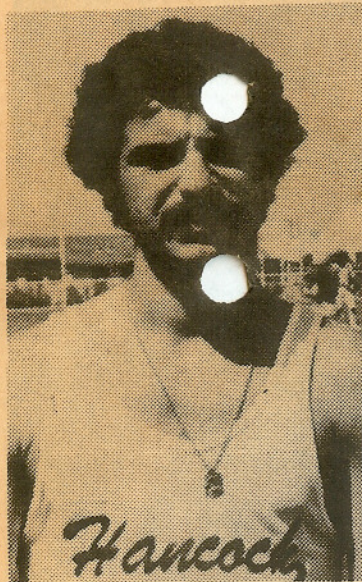
h = hand-timed decathlon (approximately 100-point advantage to auto-timed)

Affiliation abbreviations: AGAA - Age Group Athletic Association; AW - Athletics West; DCI - DC International; DOTC - Desert Oasis TC; ITA - International Track Association; LIU - Long Island U.; ORTC - Oral Roberts TC; PCC - Pacific Coast Club; SCVYV - Santa Clara Valley Youth Village; UCTC - U. Chicago TC; USC - U. Southern California.

### MEN'S EVENTS:

100m	10.02	James Sanford (USC)	Westwood	5-11-80
200m	19.82A	John Carlos (SCVYV)	Echo Summit	9-12-68
	20.03	Ciancy Edwards (USC)	Westwood	4-29-78
400m	44.06A	Lee Evans (SJ State)	Echo Summit	9-14-68
	44.19A	Larry James (Villanova)	Echo Summit	9-14-68
	44.70	Cliff Wiley (DCI)	Sacramento	6-21-81
800m	1:43.9	Rick Wohlhuter (UCTC)	Westwood	6-22-74
1500m	3:33.1	Jim Ryun (Kansas)	Los Angeles	7-8-67
Mile	3:50.6i	Eamonn Coghlan (Ireland)	San Diego	2-20-81
	3:51.1	Jim Ryun (Kansas)	Bakersfield	6-23-67
Steeple	8:21.59	James Munyala (Kenya)	Westwood	6-11-77
5,000m	13:08.4	Henry Rono (Wash St./Kenya)	Berkeley	4-8-78
10,000m	27:39.4	Craig Virgin (St. Louis TC)	Walnut	6-17-79
Marathon	2:13:15	Tom Fleming (New York AC)	Los Angeles	3-29-81
110mHH	13.00	Rinaldo Nehemiah (Maryland)	Westwood	5-6-79
400mIH	47.45	Edwin Moses (Morehouse)	Westwood	6-11-77
4x100m	38.69	U. Southern California	Los Angeles	2-23-80
4x400m	3:20.8	(Kevin Williams, Billy Mullins, James Sanford, Michael Sanford)		

9 Pope (Grossmont) 20:37  
 10 Scott (American River) 20:41  
**Teams:** Grossmont 37, West Valley 66, Pima Arizona 96, American River 106, Orange Coast 110.



Roger Soler

3 Carlton (Citrus) 21:04  
**Teams:** Citrus 28, Glendale 48, Hancock 62, Merced 124, Canada 156.  
**Women Division One:**  
 1 Ludovise (Orange Coast) 18:43  
 2 Allen (American River) 18:51  
 3 Clift (Grossmont) 18:55  
 4 Gonzalez (Orange Coast) 19:04  
 5 Zika (Orange Coast) 19:10  
**Teams:** Orange Coast 37, Grossmont 40, American River 56, Mt. SAC 130, Pima Arizona 174.  
**Women Division Two:**  
 1 Wyckoff (Sequoias) 18:05  
 2 Jungston (Canada) 18:38  
 3 Silva (Canada) 19:03  
 4 James 19:07  
 5 Agrinson (Sequoias) 19:11  
**Teams:** Sequoias 84, Glendale 85, Desert 85, Canada 89, Mesa Arizona 112.

## Pacific Association TAC Cross Country Championships

From KEITH CONNING

November 8. Golden Gate Park, San Francisco.  
 Adrian Royal, a 22-year-old from Manchester, England, won the European-style cross country race from one of the best fields ever assembled in San Francisco. In the process he set a new course record of 30:39.3.

1 Adrian Royal(22)Jun 30:39.3  
 2 Dan Grimes(22)PacWest 31:00.2  
 3 Dan Aldridge(25)Sub-4 TC 31:17.0  
 4 Duncan MacDonald(32)Jun 31:19.1  
 5 Larry Lawson(27)Stars & Stripes 31:21.0  
 6 Dan Gruber(26)Aggies 31:25.6  
 7 Benton Hart(26)Jun 31:32.8  
 8 Peanut Harms(30)Aggies 31:56.3  
 9 Mike Porter(28)WestVlyTC 32:02.7  
 10 Manny Bautista(23)Sub-4 TC 32:04.6  
 11 Matt Yeo(26)Aggies 32:09.1  
 12 Mike Pinocci(27)Sub-4 TC 32:12.6  
 13 Rich McCann(23)Aggies 32:25.6  
 14 Bob Dels(25)Aggies 32:27.5  
 15 Gordon Innes(27)Aggies 32:43.6  
 16 Harold Celms(24)Aggies 32:46.7  
 17 Rudy Munoz(23)Aggies 32:50.0  
 18 John Sheehan(28)Aggies 32:51.4  
 19 Dan Buntman(24)Greater SF 32:54.8  
 20 Steve Holl(20)Aggies 32:59.1  
 21 Tom Von Ruden(37)un 33:05  
 22 Paul Sechrist(22)Aggies 33:13  
 23 Ron Nabers(37)Greater SF 33:26  
 24 Dennis O'Halloran(29)Aggies 33:31  
 25 Pat McGuire(21)un 33:39  
**Others:**  
 39 Sal Vasquez(41)Pamakis 1M 34:41  
 51 Charles Harris(41)WVTC 2M 35:25  
 65 Tom Kirchner(41)Tamalpa 3M 36:28  
 67 Harold Knutson(41)NCS 4M 36:42  
 73 Eileen Clausus(26)BuffChps 1W 37:28  
 80 Nancy Dietz(27) 2W 38:05  
 84 Vivian Soderholm(25)WVTC 3W 38:35  
 95 Pat English(29)Tamalpa 4W 39:21  
 97 Leslie McMillan(31)Impala 5W 39:34  
 103 Denise Bigelow(20)Aggies 6W 39:56  
 104 Don Pickett(53)Tamal 1-50 40:24  
 107 Joann Dahlkoetter(28)WVTC 7W 40:24  
 113 James Nicholson(51) 2-50 40:42

h = mark recorded indoors  
 h = hand-timed decathlon (approximately 100-point advantage to auto-timed)

**Affiliation abbreviations:** AGAA - Age Group Athletic Association; AW - Athletics West; DCI - DC International; DOTC - Desert Oasis TC; ITA - International Track Association; LIU - Long Island U.; ORTC - Oral Roberts TC; PCC - Pacific Coast Club; SCVYV - Santa Clara Valley Youth Village; UCTC - U. Chicago TC; USC - U. Southern California.

### MEN'S EVENTS:

100m	10.02	James Sanford (USC)	Westwood	5-11-80
200m	19.92A	John Carlos (SCVYV)	Echo Summit	9-12-68
	20.03	Ciancy Edwards (USC)	Westwood	4-29-78
400m	44.06A	Lee Evans (SJ State)	Echo Summit	9-14-68
	44.19A	Larry James (Villanova)	Echo Summit	9-14-68
	44.70	Cliff Wiley (DCI)	Sacramento	6-21-81
800m	1:43.9	Rick Wohlhuter (UCTC)	Westwood	6-22-74
1500m	3:33.1	Jim Ryun (Kansas)	Los Angeles	7-8-67
Mile	3:50.6i	Eamonn Coghlan (Ireland)	San Diego	2-20-81
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110mHH	13.00	Renaldo Nehemiah (Maryland)	Westwood	5-6-79
400mIH	47.45	Edwin Moses (Morehouse)	Westwood	6-11-77
4x100m	38.69	U. Southern California	Los Angeles	2-23-80
4x400m	2:59.6	(Kevin Williams, Billy Mullins, James Sanford, Michael Sanford)	Los Angeles	7-24-66
		(Bob Frey 46.3, Lee Evans 44.5, Tommie Smith 43.8, Theron Lewis 45.0)		
High Jump	7-6½i	Dwight Stones (CS-Long Beach)	San Diego	2-21-76
	7-6½	Dwight Stones (DOTC)	Westwood	6-9-78
Pole Vault	18-4¼	Mike Tully (New York AC)	Walnut	4-19-80
	18-4¼	Earl Bell (New York AC)	Walnut	4-19-80
Long Jump	28-3½	Carl Lewis (Houston)	Sacramento	6-20-81
Triple Jump	57-7¼	Willie Banks (AW)	Sacramento	6-21-81
Shot Put	72-6½i	Brian Oldfield (ITA)	Daly City	4-4-75
	72-3	Brian Oldfield (UCTC)	Modesto	5-16-81
Discus	233-7	Ben Plucknett (SoCal Striders)	Modesto	5-16-81
Hammer	251-3	Giampaolo Urdano (Italy)	Walnut	6-14-80
Javelin	298-3	Gary Feldmann (Club NW)	Bakersfield	5-19-73
Decathlon	8417h	Bill Toomey (SoCal Striders)	Westwood	12-10/11-69

### WOMEN'S EVENTS:

100m	10.97	Evelyn Ashford (Maccabi TC)	Walnut	6-16-79
200m	22.30	Evelyn Ashford (Medalist TC)	Sacramento	6-21-81
400m	51.04	Lorna Forde (LIU/Barbados)	Westwood	6-10-78
800m	1:58.50	Madeline Manning (ORTC)	Sacramento	6-21-81
1500m	4:04.8	Zamira Zaitseva (USSR)	Berkeley	7-7-78
Mile	4:29.0i	Francie Larrieu (PCC)	San Diego	2-15-75
	4:29.3	Francie Larrieu (PCC)	Westwood	5-6-79
3,000m	8:42.6	Svyetlana Ulmasova (USSR)	Berkeley	7-8-78
5,000m	15:30.6	Jan Merrill (AGAA)	Stanford	3-22-80
10,000m	32:52.5	Mary Shea (NC HS)	Walnut	6-15-79
Marathon	2:38:04	Laurie Binder (adidas TC)	San Francisco	7-12-81
100mH	12.86	Debbie LaPlante (SD State)	Walnut	6-16-79
400mH	56.43	Sandy Myers (LA Naturite TC)	Sacramento	6-21-81
4x100m	43.27	Soviet Union	Berkeley	7-7-78
		(Vera Anisimova, Lyudmila Maslakova, Lyudmila Kondratyeva, Lyudmila Storozhkova)		
4x400m	3:27.90	LA Naturite TC	Sacramento	6-20-81
		(Rosalyn Bryant 52.0, Jackie Pusey 51.1, Yolanda Rich 52.5, Sandy Myers 52.3)		
High Jump	6-4¾	Pam Spencer (LA Naturite TC)	Sacramento	6-21-81
Long Jump	22-7½	Jodi Anderson (CS-Northridge)	Westwood	6-10-78
Shot Put	62-7¾	Maren Seidler (SJ Stars)	Walnut	6-16-79
Discus	221-5	Meg Ritchie (AZ/Great Britain)	Walnut	4-26-81
Javelin	218-3	Kate Schmidt (LATC)	Westwood	6-12-76
Pentathlon	4506	Jane Frederick (PCC)	Westwood	6-10-79
Heptathlon	6166	Jane Frederick (AW)	Walnut	4-23/24-81

## ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event \_\_\_\_\_ Location of Event \_\_\_\_\_

Name of Event \_\_\_\_\_

Type of Event: long distance run track meet cross country other \_\_\_\_\_

Starting Time \_\_\_\_\_ Distance if a running event \_\_\_\_\_

Other Important Info \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
 Street City State Zip

MAIL TO: California Track & Running News, P.O. Box 6103, Fresno, CA 93703

# LONG DISTANCE LOG



by **RICHARD SLOTKIN** LONG DISTANCE EDITOR  
 Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

photo by Richard Lee Slotkin



Mercury 10K winners: Back row left to right: Kyle Hefner, John Breneman, Thom Hunt, Marie VanLeuwen, Steve Alvarez. Front row left to right: Bill Donakowski, George Mason, Lance Packer, Charles Gray. See write-up and results in last month's issue.

"We had a record number of entrants and a record number of finishers," says McIntosh. "All told, 1,842 people finished the race; 494 in the full marathon and 1,348 in the half. It was a great race day for everyone."

Records abounded off the race-course as well as McIntosh notes that 11 masseuses gave an estimated 400 massages after the race. The annual carbo-load dinner at McIntosh's Sports Cottage featured spaghetti feed for a steady stream of runners between its start at 5:30 and its end at 8 pm.

### FULL MARATHON RESULTS

**MEN: Overall:** Dennis Rinde 2:22:04. 16-18: Kenny Bince 3:08:00. 30-39: Gary Walton 2:35:39. 40-49: Ken Gaal 2:47:30. 50-59: Robert Malain 2:58:16. 60 Plus: Charlie Swingrover 3:38:52.

**WOMEN: Overall:** Heike Skaden 2:47:57. 16-18: Joan Globus 4:15:51. 30-39: Joni Pendleton 3:15:06. 40-49: Joan Reis 3:03:48. 50-59: Erma Baker 3:57:07.

### HALF MARATHON RESULTS

**MEN: Overall:** Gregg Szanto 1:08:42. 12 & Under: Dennis O'Conner 1:35:06. 16-18: Perry Brown 1:17:57. 30-39: William Dunn 1:13:32. 40-49: Doug Rennie 1:13:07. 50-59: Ross Smith 1:16:14. 60 Plus: Paul Reese 1:27:43.

**WOMEN: Overall:** Eileen Claugus 1:16:41. 12 and Under: Michelle Dillon 1:47:33. 13-15: Carrie Garst 1:35:25. 16-18: Kelly McCoy 1:30:37. 30-39: Rita Fagundes 1:26:56. 40-49: Heidi Skaden-Poyser 1:29:48. 50-59: Mary Storey 1:36:24. 60 Plus: Marjorie Zimmerman 2:09:17.

photo by Keith Conning

## POINTS OF INTEREST

By **RICHARD SLOTKIN**

Musing on the New York Marathon: Though each set a new world's best, there was such a striking difference in the conditions of Alberto Salzar and Allison Roe following their crossing the line that one really does start wondering about whether women really do have an advantage on the long distance. Salazar was wasted. Roe looked as though she could have gone out on another run in no worse than 2:45.

And, did you notice Roe in those last two miles? She was dusting off guys like they were Sunday joggers. And these were guys who were on their way to something under 2:27!

Julie Brown took some flak for going out too fast and dying. Well, she didn't go to New York to run a 2:35. She went to break 2:30. And, to win. She had to get out fast. Dropping into the 2:40:00's isn't exactly dying either, but it is a compliment to the lady to consider it as such.

I wish someone had grabbed that moron who ran out onto the course and started shoving the runners and hit him right between the legs with a nightstick. Better yet, he should have been made to run the rest of the way to the finish line.

In my write-up of the Mercury 10K last month, I expressed some skepticism about 9-year-old Dallas Jones having run a 35:29. Then, I

## Orange Flyers TC Run

August 16, Irvine Park.

Open 5 Mile

1 Dan Hall	24:48
2 Brian Harold	25:22
3 Henry Carvajal	25:28
4 Steve Valen	25:42
5 Kyle Lubsen	25:43
6 Mike Corrao	25:48
7 Enrique Sen	25:55
8 Craig Fuller	25:59
9 Steve Lassegard	26:32
10 Dave White	26:38
11 Lance Hardy	26:44
12 Morris Rehn	26:45
13 Gary Dally	26:51
14 Joseph Orte	26:53
15 Ken Kayod	26:59
16 Bob Arnold	27:07
17 Robert Slick	27:08
18 Unknown	27:09
19 Jeff Byrd	27:13
20 John Elders	27:17
21 Gus Vincent	27:18
22 Al Arzaba	27:30
23 Mike Perez	27:37
24 Anselm Feliciano	27:43
25 Robert Sanchez	27:50
<b>Womens/Masters 5 Mile:</b>	
1 Tom Richards 1:40	28:22
2 Buzz Bennetts 2:40	29:06

40-49: 1 Danute Handy(SantaBarb)46 36:57.  
 Women 50 & over: Patricia Frankus(SantaBarb)54 37:45.

11k

1 Chris Hughes(LaMesa)23	34:55
2 Frank Duarte(Irvine)39	35:39
3 Tom Phillips(Carpinteria)27	36:06
4 John Brennan(SantaBarb)45	36:25
5 John Botke(SantaBarb)38	37:01
6 Harol Frobisher(SantaBarb)29	40:40
7 Ron Wadsworth(Placentia)21	41:41
8 Bill Norman(Carmarillo)35	41:55
9 Dennis Block(Lompoc)15	42:13
10 James Gillmon, Jr.(SantaBarb)30	42:27

## Whiskeytown Lake Relays

From **ANDY ZOPOLOS**

September 27, Whiskeytown Lake, Redding. 19.3 miles/4 person teams.

1 The Artesians (Men Open)	1:43:04
(Shawn Gallagher, John Frank, Jim Price, & Mark Frickett)	
2 Toe Jammers (M20-29)	1:47:51
3 Dynamic SRRC (3 of kind)	1:48:22
4 Diablo Road Runners(3 of kind)	1:49:33
5 Charlie's Boys (M15-19)	1:51:04
6 Tim Buck 2 (M15-19)	1:51:37
7 Dirty Dozen Minus 8(3 of kind)	1:52:26



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In my write-up of the Mercury 10k last month, I expressed some skepticism about 9-year-old Dallas Jones having run a 35:29. Then, I received a letter from a Buck Jones, obviously no relation as we shall see. Mr. Jones has a son, Mark, also aged 9, who has done some record setting himself in that age group. Because of his son's activities, Mr. Jones has become quite knowledgeable of what's going on among the tykes, and he says he never heard of Dallas Jones. He suspects that Dallas isn't even nine years old.

Well, Mr. Jones may be on to something. Recently, I received some results of a race put on by Athletes In Action, from my pal, Mr. Photogenic George Mason. In it I noticed that a Dallas Jones was 74th overall in 28:24.5, a pretty good time for a 5 miler. Dallas is shown as having entered in the "C" division, which is Men 19-29. Now *that* makes sense. If that is the story, then fess up Ikenberry's... and you too, Goulding! Wha' happen? We want the truth. Just who did you give the first place award to?

And, will the real Dallas Jones stand up and tell us his side of things.

Y'know, that *is* a neat name. Hmmm. Dallas Slotkin, fearless reporter...

If I-Open-It-Wider-Maybe-I-Can-Get-The-Other-One-In-Dept.:

A couple of months ago, I wrote an article taking Col. F. Don Miller, executive Director of USOC, to task. Two days ago, I received the new *Track & Field News* (November). In an editorial on the last page there was an inside story on the pressure that Miller and USOC President Bob Kane were put under by the Carter Administration. I hope everyone reads it. And, if it's even partly accurate, I hope that Col. Miller will accept my apologies... on the chance that he even read my article in the first place. (Well, *CT&RN* does get around.) In any case, *TFN* is usually quite accurate and I'm going to assume that this is no exception. So, it seems that in my outrage, and ignorance, I directed my anger at the wrong person. It is really more of a pleasure to discover my error and admit it, than to find that my position has been confirmed. Because, that means that maybe our Olympic fate is in better hands than we thought. And that is good to know.

## Run

August 16. Irvine Park.

Open 5 Mile

1 Dan Hall	24:48
2 Brian Harold	25:22
3 Henry Carvajal	25:28
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18 Unknown	27:09
19 Jeff Byrd	27:13
20 John Elders	27:17
21 Gus Vincent	27:18
22 Al Arzaba	27:30
23 Mike Perez	27:37
24 Anselm Felliciano	27:43
25 Robert Sanchez	27:50

Womens/Masters 5 Mile:

1 Tom Richards 1-40	28:22
2 Buzz Bennetts 2-40	29:06
3 Therese Kozlowski 1F	29:08
4 Don Cousins 3-40	29:26
6 Robyn Dubach 2F	29:48
8 Tracy Brown 1-50	30:09
9 Patience Ungerf 3F	30:39
12 Fran Solomon 4F	31:25
26 Reina Hart 1F-40	33:09
58 Paul Richards 1-60	35:45
94 Carol Cartwright 1F-50	42:04

Two Mile:

1 Mark Bates	10:13
2 Jeff Allison	10:40
3 Ron Simon	10:46
15 Lisa Papilla 1F	11:57

## 7-11 Run for Muscular Dystrophy

August 29.

7k	
1 John Jones(Goleta)32	21:20
2 Bob Brennand(SantaBarb)20	21:30
3 Eric Sappenfield(SantaBarb)19	22:01
4 Andy Fleming(SantaBarb)28	22:35
5 Mark Laver(SantaBarb)20	22:53
6 Tim Donovan(SantaBarb)31	23:05
7 Dan McCann(HuntBch)26	23:17
8 Tom Weber(Arlington,VA)	23:24
9 Gus Hermes(SantaBarb)18	23:26
10 Steve Waggener(Goleta)37	23:43
Men 40-44: 1 David Lowry(SantaBarb)43	30:22.
Men 45-49: 1 Gordon McClenathen(Goleta)47	28:29.
Men 50-54: 1 George Rosenberg(Ventura)50	28:57.
Men 55-59: 1 Ray Gil(Lompoc)56	28:17.
Men 60 & over: 1 John Schweitzer(SantaBarb)63	42:58.
Wheelchair: 1 Andy Fleming(SantaBarb)28	22:35.
Girls 18 & under: 1 Linda Kollmann(Goleta)17	28:25.
Women 19-29: 1 Tina Klay(Goleta)26	30:43.
Women 30-39: 1 Gail Cornett(Oxnard)35	29:50.

Women 50 & over: 1 Patricia Williams(SantaBarb)54 37:45.

11k

1 Chris Hughes(LaMesa)23	34:55
2 Frank Duarte(Irvine)39	35:39
3 Tom Phillips(Carpinteria)27	36:06
4 John Brennand(SantaBarb)45	36:25
5 John Botke(SantaBarb)38	37:01
6 Harold Frobisher(SantaBarb)29	40:40
7 Ron Wadsworth(Placentia)21	41:41
8 Bill Norman(Carmarillo)35	41:55
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10 James Gillmon, Jr.(SantaBarb)30	42:27

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From ANDY ZOPOLOS

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4 Diablo Road Runners(3 of kind)	1:49:33
5 Charlie's Boys (M15-19)	1:51:04
6 Tim Buck 2 (M15-19)	1:51:37
7 Dirty Dozen Minus 8(3 of kind)	1:52:36
8 Norcal Harriers(3 of kind)	1:53:28
9 Rldmistigg(M15-19)	1:54:43
10 Neckties(M20-29)	1:56:41
14 CRC Masters (M40-49)	1:59:41
46 CRC Going for Broke(Women Open) (Regina Silva, Kathy Kaiser, Cathy Quinn, & Jill Symons)	2:12:29
50 Fearless Over 50 Filers(M50 plus)	2:15:02

## Sacramento Marathon

From JOHN McINTOSH

September 27, Sacramento. Fifth Annual Sacramento Marathon.

Dennis Rinde and Helke Skaden were the individual winners in this year's Sacramento Marathon at William Land Park.

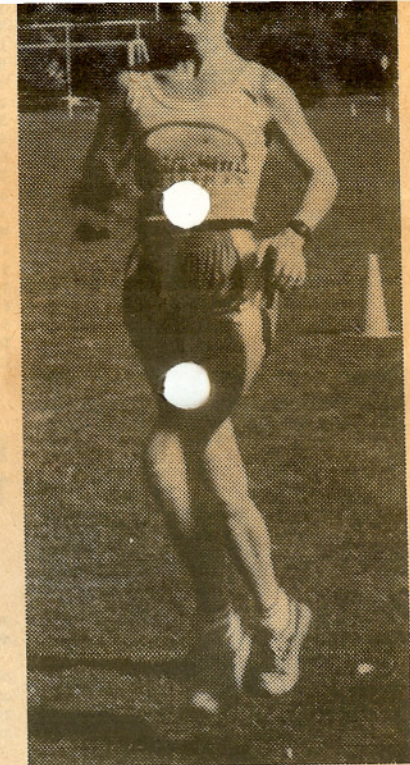
Both runners set course records for the 26.2 mile run as Rinde recorded a 2:22:04 mark and Skaden ran to 2:47:57. Rinde, whose best marathon came at Boston last April when he ran 2:12:01 came into the race a heavy favorite to win.

"It was a very tiring race for me," said Rinde. "I ran the Montreal Marathon two weeks before and wasn't completely recovered so I really died the last seven miles. It was very hard picking those legs up after that."

Rinde says he had hoped to break the 2:20 mark, but wasn't quite up to it. "Those last seven miles were just too tiring. I couldn't keep under a 2:20 pace and blew-up towards the end."

Rinde says he's happy with his victory, "I'm especially happy I broke the record, but I really would have liked to have run the first sub-2:20 in Sacramento."

According to Race Director John McIntosh, Rinde and Skaden aren't the only record holders for the 1981 Sacramento Marathon.



Florianne Harp

## Tiburon Classic

From KEES TUINZING

September 27, Tiburon. The "First New" Tiburon Classic. 8 miles.

When the Tamalpa Runners realized that former race organizer Don Capron, of the now defunct Marin Racers (he's moved back East), wasn't going to put on one of Northern California's oldest races (first held in 1965), they quickly prepared to take on the event at the request of councilman Dennis Rockey.

The effort was spearheaded by Kees Tuinzing of the Tamalpa Runners and Total Race Systems but the race had to be delayed from the usual August date until September in order to organize it properly. The new Tiburon Classic is now a certified 8 mile course, and includes a four mile aid station, Crystal Geyser water and Dannon Yogurt at the finish, and results to all finishers.

The early morning 8 am starting time more appropriate for the warmer August date was cool and drizzly on this September day. Some 270 runners ran under ideal running conditions and PR's happened all over the place. Sam Skinner of Marin County won in 42:39 with Tamalpa's Steve Ottaway taking second in 43:06.

**Women's Results:**

1 Pat English 28 (Corte Madera)	48:14
2 Florianne Harp 33 (Mill Valley)	49:23
3 Deryl Bunnell 28 (San Rafael)	50:14
4 Barbara Magid 38 (Mill Valley)	51:35
5 Andrea Eschen 24 (Mill Valley)	52:15
6 Patricia Whittingslow 41 (Oakland)	52:47
7 Hillary Naylor 35 (Oakland)	53:39
8 Gail Rodd 38 (San Francisco)	53:45
9 Marcy Amonette 26 (Ross)	53:58
10 Sue Vinella-Brusher 27 (Oakland)	54:08
12 Janet Buckendahl 47 (Petaluma)	54:46
14 Ruth Anderson (52) Oakland	55:23

**Men's Results:**

1 Sam Skinner 17 (Ross)	42:39
2 Steve Ottoway 28 (Corte Madera)	43:06
3 Tony Hyun 24 (Mill Valley)	43:18
4 Darryl Beardall 45 (Santa Rosa)	43:33
5 Doug Rustad 40 (Santa Rosa)	43:55
6 Tom Kirchner 41 (San Francisco)	44:15
7 Bill Catanese 43 (Mill Valley)	44:26
8 Marvin Stephens 37 (San Anselmo)	44:41
9 Mark Jaqua 30 (Sausalito)	44:46
10 David Hannaford 31 (Tiburon)	44:52
38 Don Pickett 53 (Tiburon)	50:18
41 Arnold Knepper 50 (Ross)	50:38
64 William Main 60 (Belvedere)	53:24

**MEN:**

1 Robert DeCastella(24)Canberra,Aus	28:43.7
2 Paul Williams(25)Toronto,Can	28:47.0
3 Tom Wysocki(24)LosAngeles	29:09.8
4 Duane Gaston(29)BowlingGrn,KY	29:13.7
5 Greg Fredericks(31)Boalsburg,PA	29:25.8
6 Ed Arriola(27)Tucson,AZ	29:29.2
7 Tony Staynings(28)BowlingGrn,KY	29:32.6
8 Bill Krohn(23)WhitePlns,NY	29:46.0
9 George Buckheit(24)NewCity,NY	29:50.7
10 Mike Burns(27)AnnArbor,MI	30:00.8

**WOMEN:**

1 Jan Merrill(23)NewLondon,CT	32:40.11
2 Karlene Erickson(16)Ericson,NE	33:51
3 Patsy Sharples(19)Moscow,ID	33:55
4 Julie Isphording(19)Cincinnati,OH	34:50
5 Ella Willis(24)Detroit,MI	35:04
6 Joy Hansen(22)SanAntonio,TX	35:05
7 Linda Edgar(30)FederalWv,WA	35:36
8 Shona Jones(19)Hastings,NE	35:38
9 Nancy Mieszczyk(32)Buffalo,NY	35:43
10 Beth Paxton(21)Morehead,KY	36:05

**MASTERS:**

**Men--**

1 Tom Laris	32:23
2 Bob Fischer	32:35
3 Ray Stevens	32:39

**Women--**

1 Joyce Black	37:47
2 Julia Eammons	39:45
3 Karen Holoppa	39:59

## Silverado Days 10K

October 17, Buena Park. Silverado Days 10K Road Race.



Skip Shaeffer



## RRCA National 10K Championship

By LEN WALLACH

Sunday is usually quiet in Silicon Valley in Santa Clara County. The computerized space related industrial park in Sunnyvale is almost trafficless when science takes the seventh day off.

But on Sunday, October 25th, the places and spaces of Moffett Industrial Park were blistered with the fast feet and feats of 400 athletes trying for the title of National Champion in the RRCA's 10-kilometer road race sponsored by the California Sports Association and Electronic Systems Laboratories.

Taking top honors in RRCA's National Championship was Tony Ramirez of Salinas in 29:44 on the flat-as-a-pancake course. Ramirez, who was the former winner of the San Francisco Marathon knocked one minute 17 seconds off of the time of Ken Misner's performance in last year's championship held in Boca Raton, Florida.



## Pepsi Challenge 10,000 Meter Series Nat'l Champs.

October 4. Purchase, New York.

Australian marathoner, Rob De Castella, made the last stop on his American road racing tour a successful one with a wire-to-wire victory at the Pepsi Challenge 10,000 Meter Series National Championships.

With Craig Virgin hobbled by a sore knee, De Castella's only serious competition over the 6.2 mile course at PepsiCo World Headquarters came from Canadian Paul Williams, who finished fifth in last year's championship race.

De Castella, who finished third at the Maple Leaf half-marathon (1:04:52) and defeated Bill Rodgers in the BMW 15K (43:54) in White Plains a week before the Pepsi Challenge National Championships, came from a pack consisting of Tom Wysocki (winner of the Pepsi Challenge Honolulu 10K) and Greg Fredericks (1980 U.S. 10k Olympian) at two miles. Only Williams was able to stay with De Castella.

De Castella, who is pointing toward the Fukuoka Marathon in December (2:10:44 last year) mounted to a 25-yard lead over Williams at four miles as he ascended the only hill on the course. A strong wind forced a slow fifth mile (23:19), but the physiologist from Canberra was able to build a 50-yard advantage, breaking the tape in 28:43.7. Williams closed to finish second in 28:47.

"I'm a marathoner, so I've got to be very pleased to win a 10,000 meter race," said De Castella, who was 10th at the 1980 Olympic Marathon. "All these races are a part of my program for Fukuoka and I'm very encouraged so far."

Also very pleased with her performance was Jan Merrill, who won the women's division of the Pepsi Challenge Championships for

## Columbus Run

From DAVE DODSON

October 10, Sanger. Sanger Striders Columbus Day 6 Mile Race and 3 Mile Prediction.

3 Mile Prediction: Ken Takeuchi (FTC) .9 sec. off. Women 30-39: Anna Ponce (Unat) 41:35. Women 19-29: Diane Reeves (Unat) 55:22. Women 15 & Under: Erin Valdez (FTC) 47:56. Men 60 Plus: Harry Harder (HSTC) 41:31. Men 40-49: Fernie Montanez (FTC) 34:42. Men 30-39: Bill Woody (FTC) 35:47. Men 19-29: Larry Martin (FJ) 34:21. Men 16-18: Martin Leal (Unat) 34:00. Men 15 & Under: Ricky Bernal (Unat) 34:05.

## Gales Creek Valley Marathon

October 11, Forest Grove, Oregon.

1 Alan Knoop(OregonCity)24	2:25:20
2 Tim Mallinski(Portland)22	2:32:39
3 Joe Charbonneau(Tigard)27	2:35:46
4 Toby Skinner(Beaverton)36	2:36:47
5 Holger Pagel(McMinnville)31	2:39:22
6 Warren Finke(Portland)39	2:39:28
7 Roger Meyers(Portland)33	2:42:13
8 Jim Sapp(Portland)31	2:42:28
9 Stan Fitzpatrick(Seattle)36	2:42:47
10 Eric Sten(Portland)37	2:43:27
14 Everett Knott(McMinnville)42	2:46:46
38 Jacqueline Hansen(Portland)32 F	3:02:48
48 Buz Masters(Portland)52 1-50	3:08:31
109 Alice Jones(Stvnsn,WA)43 1W-40	3:29:55
165 Gordon Sherbeck(Vancvr,WA)75	4:15:48

(National and World Record)

**Series National Championships.**

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Also very pleased with her performance was Jan Merrill, who won the women's division of the Pepsi Challenge Championship for the third year in a row. Although she did not set an American 10k record, as she did the two previous years, Merrill was satisfied with her 32:40.11 clocking, which was still more than a minute ahead of 16-year-old Karlene Erickson.

Erickson, who won the Pepsi Challenge Lincoln 10k, shattered her own age group record with a 33:51, defeating AIAW Division II 10,000 champion Patsy Sharples by four seconds. This marked Erickson's third top ten finish at the National Championships, and her second victory in the 19 and under age category.

Another former Olympian, Tom Laris, who competed for the U.S. in the 1968 Olympics in the 10k, won the 40-49 age bracket in 32:22.2. Laris, who won his age group at the Spokane Regional and resides in Palo Alto, CA, bested Tom Fischer and Ray Stevens as the first three masters finished within seven seconds of each other.

Joyce Black, of Plattsburgh, NY, won the women's masters in 37:47 completing a sweep of Pepsi Challenge 10k Series age category wins. In April, the 41-year-old Black won the Diet Pepsi Plattsburgh 10k and earned a trip to the Omaha Regional in July, where she won the 40-49 age group against other local winners. Black set an American record of 36:55 for a 41-year old woman at Omaha and also qualified for the National Championships and her subsequent national title.

Hal Higdon, noted running journalist and an American record holder at age 50, bested Boston's Tony Sapienza to win the 50 and over age group. Higdon, who won his age category at Omaha, crossed the wire in 33:20, more than a minute ahead of Sapienza.

Mila Kania of Warwick, NY won the women's 50 and over defeating Sister Modonna Buder, who won the 50 and over at the Spokane Regional.

The Pepsi Challenge National Championships is the culminating event of the Pepsi Challenge 10,000 Meter Series, the largest circuit of road races in the United States. This year's schedule included 122 local and regional races.

34:42. Men 30-39: Bill Woody (FTC) 35:47. Men 19-29: Larry Martin (FJ) 34:21. Men 16-18: Martin Leal (Unat) 34:00. Men 15 & Under: Ricky Bernal (Unat) 34:05.

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- |                                     |         |
|-------------------------------------|---------|
| 1 Alan Knoop(OregonCity)24          | 2:25:20 |
| 2 Tim Malinski(Portland)22          | 2:32:39 |
| 3 Joe Charbonneau(Tigard)27         | 2:35:46 |
| 4 Toby Skinner(Beaverton)36         | 2:38:47 |
| 5 Holger Pagel(McMinnville)31       | 2:39:22 |
| 6 Warren Finke(Portland)39          | 2:39:28 |
| 7 Roger Meyers(Portland)33          | 2:42:13 |
| 8 Jim Sapp(Portland)31              | 2:42:28 |
| 9 Stan Fitzpatrick(Seattle)36       | 2:42:47 |
| 10 Eric Sten(Portland)37            | 2:43:27 |
| 14 Everett Knott(McMinnville)42     | 2:46:46 |
| 38 Jacqueline Hansen(Portland)32 1F | 3:02:48 |
| 48 Buz Masters(Portland)52 1-50     | 3:08:31 |
| 109 Alice Jones(Stvnsn,WA)43 1W-40  | 3:29:55 |
| 165 Gordon Sherbeck(Vancvr,WA)75    | 4:15:48 |
- (National and World Record)

## Humboldt Marathon

October 11, Arcata. Humboldt Redwoods Marathon.

- |  |         |
|--|---------|
| 1 Virginio Dearaiyo 29 (San Fran)      | 2:27:49 |
| 2 Gerald Harnett 24 (Berkeley)         | 2:29:10 |
| 3 Michael Duncan 31 (San Mateo)        | 2:31:46 |
| 4 Steve Ottaway 28 (Corte Madera)      | 2:31:54 |
| 5 Mitch Greenberg 29 (Concord)         | 2:34:45 |
| 6 Martin Jones 38 (Sonoma)             | 2:34:53 |
| 7 Harry Cottrell 35 (Eureka)           | 2:36:11 |
| 8 Martin Rizzo 26 (Portola)            | 2:37:56 |
| 9 Richard Stewart 33 (Arcata)          | 2:39:29 |
| 10 James Schratz 33 (Mill Valley)      | 2:40:26 |
| 11 Walter Radloff 36 (San Jose)        | 2:40:29 |
| 12 Jeff Pecsar 31 (San Fran)           | 2:41:08 |
| 13 Michael Buzbee 29 (Yuba City)       | 2:41:52 |
| 14 Dan Stumpus 29 (Hermosa Beach)      | 2:42:35 |
| 15 Jim Noonan 20 (Arcata)              | 2:43:34 |
| 16 Kevin McCusker 24 (San Jose)        | 2:44:08 |
| 17 Richard McIntosh 33 (Oakland)       | 2:46:46 |
| 18 David Hillegeist 30 (Kneeland)      | 2:47:25 |
| 19 Scott Hill 25 (San Leandro)         | 2:48:24 |
| 20 Robert Iwamoto 29 (Big Bar)         | 2:48:52 |
| 21 James Isenberg 30 (Berkeley)        | 2:49:27 |
| 22 Peter Werbel 34 (Truckee)           | 2:50:02 |
| 23 Anton Gonzales 25 (Lake View Tr)    | 2:50:12 |
| 24 Kirk Schumacher 32 (Berkeley)       | 2:50:31 |
| 25 Ed Silver 50 (San Jose) 1-50        | 2:50:36 |
| 35 Patricia English 28 (C. Madera) 1-F | 2:54:43 |
| 37 Peter Leal 43 (San Jose) 1-40       | 2:55:07 |
| 40 Gard Leighton 47 (Napa) 2-40        | 2:56:41 |
| 41 Milan Zeman 40 (Mill Valley) 3-40   | 2:57:02 |
| 42 Bob Farrington 50 (San Jose) 2-50   | 2:57:27 |
| 56 Don Bemis 50 (San Jose) 3-50        | 3:00:51 |
| 93 Paul Reese 64 (Sacramento) 1-60     | 3:12:48 |
| 116 Jytte Fruchtmann 42 1-F 40         | 3:17:20 |
| 129 Susan Keener 34 (SF) 1-F 30        | 3:20:52 |



Frank Duarte

- MEN:**  
**14 & Under:** 1. Brett Killeen 36:47; 2. Jimmy Bolanos 37:24; 3. James Rodriguez 38:22.  
**15-18:** 1. Eric Ree 33:42; 2. Eddie Carrasco 34:09; 3. Frank Piano 34:10; 4. Brian Porter 34:13; 5. Ken Yuponco 35:28. **19-29:** 1. Armando Cendejas 30:50; 2. Duane Waltmire 31:31; 3. Mack McKinzie 32:04; 4. Jim Salcido 32:27; 5. Rich Medellin 32:46; 6. Kevin O'Hara 32:50; 7. Steve Moussetis 32:56; 8. David Dahl 33:20; 9. Bob Whyte 33:35; 10. Walt Waltmire 33:54; 11. Steve Heyl 33:55; 12. Lesslie Caldera 34:41; 13. Joe Senn 35:00; 14. Bruce Clark 35:19; 15. Fidel Diaz 35:47. **30-39:** 1. Frank Duarte 31:46; 2. Ron Kurrle 31:52; 3. Don Ocana 32:38; 4. Tom Burns 33:01; 5. Dennis Tracy 33:21; 6. Ron Jensen 34:00; 7. Jesse Harold 34:29; 8. Harold Larson 34:40; 9. Jerry Lavery 34:49; 10. Ted Newcome 35:42. **40-49:** 1. Skip Shaffer 33:33; 2. Jim Chenoweth 35:35; 3. Tom Cuevas 36:17. **50-59:** 1. Tracy Brown 36:38; 2. Patrick Devine 37:03; 3. Jack Resh 37:27. **60 Plus:** 1. Edward Nissen 46:34.

- WOMEN:**  
**14 & Under:** 1. Michelle Jones 55:00. **15-18:** 1. Catherine Cassuly 40:15. **19-29:** 1. Libby Roberts 38:22; 2. Deanna Deets 40:07; 3. Lala Clark 40:49; 4. Kim DiFilippo 41:43; 5. Tina Con-



Dr. Paul Spangler (left) 82 year young runner from San Luis Obispo with Congressman Pete McCloskey.

First woman was Marilyn Taylor-Allen of San Francisco and West Valley Track Club who finished in 36th overall position in 35:28 which was 47 seconds faster than Norma Suarez's time last year in the Florida contest. This was Marilyn's second win on the Sunnyvale course and considering that she was running with a broken toe, her time and position were commendable.

Top master was Tom Laris, former Olympian, who finished in 9th overall position in 32:16 and then dashed off to watch the New York Marathon on TV. First master woman was Diane Bromstead of Nor-Cal Seniors who finished in 45:07 in 168th position. Bromstead, who had been smacked by a car in February had to be put back in a cast for the Avenue of the Giants Marathon after another spill, had previously been first and second in the master's division in the 1980, and 1979 race.

Two other celebrities participated in the race; Dr. Paul Spangler captured the 80-plus division in 53:35 in 236th position, a little more than 6 minutes behind his namesake son, Paul Jr. who came in 191st place as the 37th master.

The other recognizeable personality on the streets was Congressman Pete McCloskey who finished in 51:02 in 219th spot as the 10th 50-59 year old on the block.

- stantino 42:24. **30-39:** 1. Patti Helerud 40:37; 2. Cheryl Butchers 41:49; 3. Lonnie Horn 42:34. **40-49:** 1. Judy Martin 40:37; 2. Viola Phillips 42:04; 3. Cherrig Lightburne 43:12. **50 Plus:** 1. Gabrielle Shaul 53:04.

- |                                 |         |
|---------------------------------|---------|
| 2 Thomas Diaz(Occidental)27     | 2:42:55 |
| 3 Boyd Hartley(Glendale)36      | 2:47:28 |
| 4 Donald Faith(Carpinteria)27   | 2:48:05 |
| 5 Gary Johanson(SantaBarb)29    | 2:51:18 |
| 6 Michael Somers(SantaBarb)25   | 2:56:15 |
| 7 Kemp Aaberg(Goleta)41         | 2:56:23 |
| 8 Charles McClung(Reseda)41     | 2:56:39 |
| 9 Rick Mollenkopf(SanAnselmo)33 | 2:56:54 |
| 10 Clem Michel(LosOsos)37       | 2:57:53 |

## Santa Barbara Marathon

From JOHN BRENNAND

- October 18, Santa Barbara.  
 1 Robert Hollister(SantaBarb)22 2:33:49



