

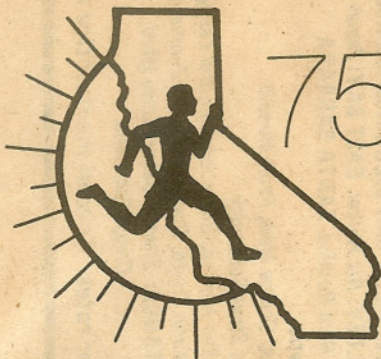
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CALIFORNIA TRACK NEWS

JANUARY FEBRUARY

ISSUE NUMBER 15 **1977**

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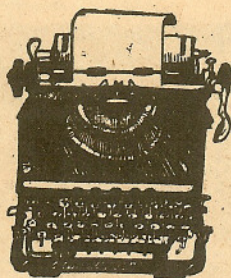
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77 Athletic Department
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from the editor...



Upon receiving the results of the AAU Master's National Cross Country Championships I was somewhat surprised to see long time friend John Brennand of Santa Barbara as the name in the overall Champion slot. Not that I didn't think John had it in him — he has continually amazed me with his accomplishments in running, both as a competitor and an administrator.

John didn't really start running until he was nearly thirty. He's now 41 and still improving. When I was a student at Westmont College in Santa Barbara and later as a member of the Santa Barbara Athletic Association I had placed John in the jogger category. But as it turns out he's the real runner and I am the jogger. He's winning national championships and running long distance times faster than I can even let my imagination play with. And my current condition? A jogger! I'm happy with 5 easy miles every morning, but I'll have to admit thinking about John and what he is able to do stirs up the old competitive juices. Maybe I will do seven miles tomorrow morning.

Not only is John impressive in his running but also the leadership he has provided in the sport of long distance running. He's the administrator and founder of the computerized results and handicap system in the Southern Pacific Association. He is race director for a number of major events, including the Santa Barbara Marathon and the National One Hour Run. He is an administrator in the Santa Barbara AA. He is presently Chairman of the sub-committee to select long distance athletes to compete abroad.

John has always willingly offered his help whenever I needed it, as a young college long distance runner and track man and now as editor of CTN. John sees that we get most of the SPA results. He's a very interesting and stimulating fellow and I thought it might be good to share a chat with him among the readers of CTN:

Editor: John, how and when did you get started in long distance running?

Brennand: Except for one year of track in high school and one of cross

the benefits of this growth is that so many races are now available that one doesn't have to travel great distances to reach regular competition.

Nationally, on the LDR scene, the changes have been really profound. First, Americans are world class in the marathon now. I think Buddy Edelen was the turning point when he ran 6th in Tokyo, even with his sciatica problem. Mexico, because of the altitude, didn't let us show our strength, but Ken Moore was world class then as he proved four years later in Munich. One reason for the improvement is that our top runners have the increased exposure to international competition. Perhaps 15-20 top Americans compete abroad each year. This helps.

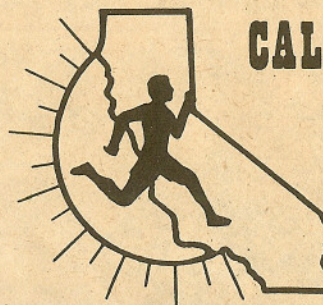
Another big change in the national scene has been the marathon phenomena. Americans are marathon crazy. It's a trend which I think has gone too far. I believe that we need fewer marathons and more quality runs in the 10-20 mile range. Charleston and the Springbank Invitational are good in this regard.

We didn't use to have any true national LDR championships, but only regional ones. Now the AAU 10 kilo cross country meet is a true championship as is the One Hour Run.

Perhaps the most far reaching change to occur since I've been running is the emergence of the master's program. Within a few years, the master's track and field program will have their own Olympics and yearly world championships, as the open runners are just beginning to have (World Cup).

Editor: I lot has sure happened and LDR has come a long way in the last 15 years. What do you see in the future?

Brennand: I foresee that more sponsors will help with athletes expenses to get large quality fields together. The NYC Marathon spent \$40,000 to \$50,000 on this year's race alone! That's a bit lavish but they put on quite a race



CALIFORNIA TRACK NEWS

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EDITOR: Bill Cockerham

MANAGEMENT: Judy Cockerham

HIGH SCHOOL: Ron Blackwood, Keith Conning, Jack Shepard

GIRL'S AND WOMEN'S EDITOR: Calvin Brown

JUNIOR COLLEGE STATS: Fred Baer, Ken Dose, Don Mulligan

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PHOTOGRAPHERS: Bud Hanson, Diane Johnson, Bill Leung, Jr., Karin Smith, Dave Stock, Jeff Zimmerman.

PRODUCTION ASSISTANCE: Steve Kroaker, Steve Ward, Cregg Weinmann

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ordinator (I've been doing it for about 5 or 6 years - around 900 participants). I am also getting a Santa Barbara Road Run started this year with the City of Santa Barbara. It will be in the neighborhood of 5 to 8 miles on February 5. I also help with the Culver City Marathon right after the race.

Another involvement is being chairman of the subcommittee to select LDR athletes to compete abroad (if sponsor doesn't specify a particular runner, which they often do. This takes much time on the phone (other committee members: Joe Henderson, Ron Daws, and Fred Best).

And then, I'm a member of the SPA LDR Committee, President of the Gaucho Track and Field Club (booster club for UCSB track and cross country teams), and long time Secretary-Treasurer of the Santa Barbara AA.

Editor: What about your own training? When do you have time to stay in such great shape?

at a lesser distance. I run for the most part at noon, from 6½ to 10 miles at 6:30 to 7:30 pace. On weekends I try to get in one long one, say 15 to 17 miles at 7:00 pace; occasionally faster if someone wants to push.

I hate interval work, but need it to run track. I feel that my track potential is pretty good (in the masters sense not open). I'm currently starting on a build-up of strength training to reach 80 miles per week in April. In June and early July I'll cut back for hill work, then start track in preparation for Sweden in mid-August. It's pure Lydiard scaled down to 70-80% of the distance.

Editor: What are your long range goals for yourself in terms of performance?

Brennand: I still feel that I can run some good track times if I train sensibly. I'm fortunate to have the physiological make up for it (about 75 ml/min. kg. maximum oxygen consumption in many treadmill tests).

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Editor: John, how and when did you get started in long distance running?

Brennand: Except for one year of track in high school and one of cross country in Colorado(which was only to get in shape for skiing), I didn't run until the age of 26 in Santa Barbara. I worked for a firm near the track at UCSB and began running at noon. Just a mile or so a day at first and then up to about 30-40 miles a week in about 8 months time. My first race was at Griffith Park in September. At the end of that year I ran 2:48:48 at Culver City, but the course was probably 1300 to 1600 yards short then.

Editor: What great benefits have you received, if any, from your years of participation in LDR, and has it created any problems?

Brennand: Best of all is the good feeling one gets from being in shape — knowing that you can run up a mountain if you wanted. I also get a great deal of satisfaction from competing, particularly when I do my best for whatever shape I'm in at the time. I would say that the biggest problem related to running is the lack of time it leaves for other things. I'm always behind in whatever projects I have, whether they are work, home, family, or running related. Running really does require sacrifices.

Editor: What changes have you seen during your time in the sport, at the local and national level of long distance running?

Brennand: Naturally the biggest change is growth. Quality has improved, but not as much as the size of the fields. When I began running, I never saw another runner on the roads that I didn't know, and I saw few of those. This morning I saw two other runners during a 10 miler (besides the two with me) and I knew neither of them. One of

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Brennand: I foresee that more sponsors will help with athletes expenses to get large quality fields together. The NYC Marathon spent \$40,00 to \$50,000 on this year's race alone! That's a bit lavish, but they put on quite a race. I hope that this trend also occurs in the master's program. It is also already evident in the women's races.

Another trend, which may cause problems, is that the running movement is becoming fragmented. We now have separate committees for men's track and field, women's track and field, master's track and field, men's LDR, and women's LDR. I can foresee that age group(young) and masters LDR will want their autonomy(as Masters already does). This trend is both good and bad. The good is that they can do their own thing. The bad is that it further dilutes what administrative talent is available.

Editor: What is this computer work you do with the SPA?

Brennand: About seven years ago I started developing a computerized handicapping and results system for the SPA. It basically does two things. ONE, it prepares the results in a format suitable for photoreduction and printing using punched card input. Secondly, for about 500 of the most regular runners it keeps a handicap based on their past performances. The computer is used to maintain the records and compute the handicap times for each race. We give handicap awards in about 25% of the races. It gives the average runner a chance to win an award once in awhile.

Editor: Training and competing is enough for a busy schedule, but you have added the computer work and what else?

Brennand: I put on three events each year. The SPA 15 kilo Championship(240 starters in '76), the Santa Barbara Marathon(310 starters) and the ONE Hour Run, for which I'm the co-

right after the race.

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Editor: What about your own training? When do you have time to stay in such great shape?

Brennand: I have never trained much compared to most other runners. My highest mileage year was 1970 when Mike Stam ran with me and I averaged 63 miles per week. I ran 2:28:44 at Culver City that year. I averaged 55 miles a week in 1971 and ran 2:28:33 which qualified for '72 Olympic Trials where I placed 31st. in 2:31:12. Since then I have averaged about 50 miles a week which isn't enough for good marathons, but will produce an occasional good race

to run track. I feel that my track potential is pretty good (in the masters sense not open). I'm currently starting on a build-up of strength training to reach 80 miles per week in July. In June and early July I'll cut back for hill work, then start track in preparation for Sweden in mid-August. It's pure Lydiard scaled down to 70-80% of the distance.

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I don't know if I'll ever break 2:30 again in the marathon, because it may require more training than I'm prepared to do, but after my recent 2:35:42 at Culver City on 50 miles per week (I jogged in from 23 miles because of bad blisters), I know it's possible. The main thing I've noticed about getting older is that it seems to take more training to keep the same performance level, but I suppose experience can compensate for this to some extent.



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ON THE COVER: The Jamul Toads track club started the 1976 cross country season by winning this race — the Long Beach Invitational and finished it out two months later by winning the National AAU crown.

photo by Bill Leung, Jr.

meet the staff:



photo by Dave Stock

Dave Stock

Since his first photographic contribution over a year ago, Dave Stock has been one of our best published photographers. Dave is presently a 20-year old senior at Cal Poly/San Luis Obispo where he is majoring in photojournalism. His interest in photography started over six years ago when he started running track and cross country at San Jose's Leigh High School where he eventually captained his team to a national postal title in 1973. Since then he has shot approximately 95,000 pictures, many of which were taken at cross country and

track meets.

Dave doesn't spend all of his time at the shooting end of the camera, though. He is currently a member of Cal Poly's cross country and track teams, and will play a major role in Poly's bid for the Division II cross country title next year. Dave's goal for this track season is to run in the low 29:00s for six miles on the track.

Besides photography and running, Dave's hobbies include guitar, piano, basketball, and his girlfriend, Karen.

Toads take their place with great track clubs

By RICK DAVIS

And now in the great running tradition of the New York Athletic Club and the Colorado Track Club, we bring you the Jamul Toads.

The Jamul Toads?

That's right, those San Diego upstarts with the funny-sounding nickname Saturday tarnished in one fell swoop the musty tradition of some of the nation's prestigious track clubs.

Over a narrow, hazardous Fairmount Park course in Philadelphia, the Toads snatched the 1976 national AAU cross country championship from the reaches of New York, Colorado and a few others.

"It must have been embarrassing," claimed Toads' coach Bob Larsen today. "Those teams from Florida, New York and Colorado had to call in their results after the race Saturday.

"How do you suppose they felt saying they had been beaten for the national title by the Jamul Toads?"

It was enough to cause Sports Illustrated to take notice, which is precisely what happened. The national magazine had a writer in Philly and some of the Toads were interviewed following the upset.

Make no mistake, they deserve the ink.

San Diego, Monday, November 29, 1976



BOB LARSEN

Led by a second-place finish from Terry Cotton and a fourth place from Kirk Pfeffer, the Toads had 45 points to 63 for two-time defending champion Colorado. NYAC was third, followed by Florida, then Chicago TC.

Jamul also had Eddie Mendoza in the top 10. He was ninth. Teammates David Harper, 15th; Tom Lux, 23rd; Thom Hunt, 77th; Glenn Best, 104th, and Dale Fleet, 116th, completed the San Diego finish.

"A couple of my guys, Harper and Lux, absolutely ran the races of their lives," their coach said.

"Lux was sixth with a mile to go. He was running 10 feet over his head."

In the end, Lux dropped back but the count still favored the San Diego area club by a comfortable margin, as cross country races go.

Cotton even made a madman's rush to catch winner Rick Rojas of Colorado TC at the wire.

"Terry made up 30 yards on Rojas in the final 660 yards," recalled Larsen, who has built a long-distance dynasty among junior college ranks at Grossmont College.

Cotton lost by 15 yards. "Another 100 yards of race, he might have caught him," said Larsen of the 10,000-meter event.

Individual Leaders

1—Rick Rojas, Colorado Track Club	30:23.8
2—Terry Cotton, Jamul Toads	30:26
3—Jeff Bradley, Reading Berks	30:27
4—Kirk Pfeffer, Jamul Toads	30:33
5—Barry Brown, Florida Track Club	30:34
6—Mark Finucane, East Tennessee State	30:37
7—Ted Castaneda, Colorado Track Club	30:38
8—Bobby Thomas, Maricabi	30:40
9—Ed Mendoza, Jamul Toads	30:41
10—Steve Foster, Florida Track Club	30:43
11—Tom Fleming, New York A.C.	30:43
12—George Malley, Nittany Lions	30:43
13—Bill Lundberg, Chicago Track Club	30:44
14—Ron Zarate, Reno Track Club	30:47
15—Dave Hauper, Jamul Toads	30:47
16—John Gregorio, Colorado Track Club	30:49
17—Bob Hodges, Greater Boston	30:50
18—Matt Gontrowitz, New York A.C.	30:50
19—Pete Squires, New York A.C.	30:50
20—Ron Speirs, New York A.C.	30:51
21—Charley Vigil, Colorado T. C.	30:53
22—Herman Atkins, Club Northwest	30:53
23—Tom Lux, Jamul Toads	30:55
24—Randy Thomas, Greater Boston T.C.	30:55
25—Moran Fennell, New York A.C.	30:59

Team Point Scores

Jamul Toads	45	Wash Redskins	417
Colorado T.C.	63	Philadelphians	474
N.Y.A.C.	79	Reading Berks	540
Florida T.C.	159	Fairleigh Dickinson	552
Chicago T.C.	189	Sugar Loaf Mtn	556
Nittany Vally T.C.	204	Seacoast Striders	562
Club Northwest	207	Milrose A.A.	591
All-Ileles In Action	212	Greater Roch T.C.	594
Greater Boston T.C.	239	Dela Sports Cencil	621
Quartrico Maritimes	283	Shoro A.C. (B)	649
Atlantic T.C.	291	Fairleigh Cnly Strd	662
West Valley T.C.	312	Sports East	669

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Quantic Marines	283	Fairfield Cnty Strd	657
Atlantic T.C.	291	Sports East	689
West Valley T.C.	312	Wyoming Vly Strd	687
Summit A.C.	341	Oleny Kiwanis	771
Shore A.C.	363	Sugar Lf Min (B)	827
Club Midwest	406	Rasac	830
Santa Monica T.C.	416		

PROFILE

Felix Elieff

by: CREGG WEINMANN

FELIX ELIEFF: Highland High School in Bakersfield. Senior. 5 feet, 10 inches; 132 pounds. Born January 29, 1959, in Portland, Oregon.

Best Marks: 440- 54.0, 880- 1:59.0, mile- 4:26.0, 2 mile- 9:20.0, 3 mile cross country- 14:23.0. Coached by Paul Owens and Paul Vallegra.

Felix has achieved quite some notoriety during his high school career. To date he has been selected most valuable runner for the '74, '75, and '76 cross country seasons; Most Inspirational, Most Outstanding, and Most Improved during three track seasons; Bakersfield Californian(newspaper) prep athlete of the week; and Bakersfield Jockey Club Athlete of the Month(October 1976).



Felix was 1975 South Yosemite League, and Southern Area cross country champion, and went on to place second in the Central Section CIF Championship that year. He continued during the track season by taking the SYL mile and two mile titles, the South Area two mile, and finally qualifying for the State Meet with a second place finish in the Central Section.

The 1976 cross country season saw Felix unbeaten, including wins at the Wasco Invitational, the Madera Invitational, the Kern County Invitational, the South Yosemite League meet, the South Area Championship, and the Central Section CIF Championship by 20 seconds.

Felix enjoys the two mile on the track the most, and isn't concerned with how frequently he races, due to the high school schedule. He always tries to stay loose and run relaxed, to "Have a fun time running while enjoying the crowd and the course."

He usually only peaks once per season but feels he could probably peak more often. He usually retires by 9:00 pm, but adds that "I enjoy life very much." Felix takes several vitamins each day, including doses of A, B, C, and E, in addition to Cod Liver Oil, and a daily protein drink. Felix says, "I give a lot of credit to Momma" for her help in his training regimen.

He plans to "Just keep improving my times" as short range goals, and questioned as to long range goals he replied, "It's a secret, nobody knows except me, and only me." He credits track, and the competition with helping to develop his self discipline.

He plans to attend either the University of Oregon, or the University of Washington or San Jose State, because of the combination of good athletic program and English departments, as he would like to become a writer in some field. Felix doesn't know for sure how long he will compete, but "I'll know when the time comes."

CROSS COUNTRY TRAINING:

Sunday- 10-14 mile run.

Monday- 5X880.

Tuesday- 9 miles in hills plus 4X22.

Wednesday- 3X1 mile.

Thursday- long run(saturday competition) or rest(friday competition).

Friday- competition or rest.

Saturday-competition or long run.

TRACK TRAINING:

Sunday- 7-8 miles.

Monday- 10 miles plus morning run.

Tuesday- 6X1320 plus morning run.

Wednesday-8X880 plus morning run.

Thursday- 20X110 plus morning run.

Friday- competition.

Saturday- 10 miles.

the JEWELL'S

"The family that plays together, stays together." The Jewell family is living proof of this well worn axiom. With four children actively involved in long distance running a family would either have to center their lives around track or else go goofy.

Pam is the oldest of the four and the first to get into the running scene. She started a decade ago in junior high and it wasn't long before sisters Kathy and Laurie followed and all three of them joined the Long Beach Comets AAU track team. Pam won her first AAU race after only a week of training (the SPA-AAU District Cross Country Championships).

With three sisters on the go with track it was just a matter of time before Greg felt left out and as he says, "I had to start running, too, or leave the family — everybody else was in it."

What effect does four running kids have on family unity? Mon (Mrs. Loretta Jewell) says, "We have always been family oriented, so wherever the kids went, we went, or wherever we went, the kids went. We have always played card games and other games all together as a family since the kids were very small, and we always enjoyed (and still do) going to parks and having picnics and playing baseball, etc. Glen started playing little league baseball when he was eight years old, and his father was always the coach of the team he was on. We all went as a family to every one of his games and rooted for him for eight years, which was how long he was in the Carson Little League.

"Pam started in 1969. Kathy and Laurie followed that same year and Glen joined the 'band wagon' a year later. Grandma, who is 67 years old, jogs nearly every morning and usually jogs with the kids when we visit.

"Track has changed our life immensely because we all became so involved

that we couldn't keep active with everything, so the kids decided to drop everything else and concentrate on track. We started going to track meets on weekends instead of other activities. We still play card and other games together but not nearly as much as we did before track. We, as parents, try to go to all of their track meets, except the ones out of state. We would go to those too, if we could afford it. Sometimes we go to two or three track meets in one day, since the kids are all running for different teams right now. I also go to Kathy's and Laurie's workouts nearly every day. It's a hectic life, but we all love it!

pam

PAM JEWELL: Cal State University at Long Beach. 5 feet, 5 inches; 100 pounds. Born July 21, 1953 in Los Angeles.

Best Marks: one mile- 4:57, 880- 2:16. Currently coached by Preston Davis.

In 1969 Pam won the SPA-AAU Girl's Cross Country Championship and placed third in the state meet. As a student at Harbor College she placed 8th in the Women's Cross Country Nationals. She is presently working out with Francie Larrieu Lutz and looking forward to an especially good track season.

"Our family has been very active in sports. Running seems to be a speciality. Out of four children we all are distance runners. My Mon and Dad are just as involved as we are in track. They drive anywhere anytime for a meet. One thing I treasure most are the friends



photo by Bill Leung, Jr.

(left to right): KATHY, GLENN, PAM, LAURIE

glenn

GLENN JEWELL: Cal State University at Long Beach - Unattached. 5 feet, 11 inches; 150 pounds. Born August 30, 1954 in Los Angeles.

Best Marks: one mile- 4:13(74), marathon- 2:50(72). Currently coached by Jerry MacDonald (former HS coach).

third years at Carson she won both the 880 and the mile in the City Meet and left City Records behind her.

She is attending Long Beach City College but there isn't a girls track team at LBCC so she is planning to transfer to Long Beach State very soon and run with Pam. She is studying to be a nurse.

"Laurie, Pam, and I have been running since 1969. Glenn, my brother, started a year later because he felt left out. We get together quite often and run on the distance days. We really enjoy it because we run a good pace and still have fun talking, laughing and acting silly. Our family has always been close.

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photo by Bill Leung, Jr.

(left to right): PAM, LAURIE, KATHY, GLENN

glenn

GLENN JEWELL: Cal State University at Long Beach - Unattached. 5 feet, 11 inches; 150 pounds. Born August 30, 1954 in Los Angeles.

Best Marks: one mile- 4:13(74), marathon- 2:50(72). Currently coached by Jerry MacDonald(former HS coach).

Even though Glenn started running to follow in his sisters steps, he has earned his own place in the sport. As a high school senior he notched the Carson HS school record in the mile(4:25) and then earned "Most Improved" his first cross country season at Long Beach State.

"We are a real close family - always doing things together. Even though I don't live at home anymore we still get together a lot to play penny-ante poker, progressive rummy and other games. We've always played games. When we were younger we went to bed real early so we also got up real early. My sisters used to play a whole game of monopoly before they went to school. Everything we do is family oriented. Just within the last two years we all have gotten into square dancing. We all go together at least once a week.

kathy

KATHY JEWELL: Unattached. 5 feet, 5½ inches; 118 pounds. Born June 28, 1957 in Los Angeles.

Best Marks: 880- 2:15.9(75), 1500 meters- 4:38.5(75), 3,000 meters- 9:59.7(76). Currently coached by Ron Petkovic.

Kathy's first year of running at Carson High she was LA City champ in both the 440 and 880. Her second and

third years at Carson she won both the 880 and the mile in the City Meet and left City Records behind her.

She is attending Long Beach City College but there isn't a girls track team at LBCC so she is planning to transfer to Long Beach State very soon and run with Pam. She is studying to be a nurse.

"Laurie, Pam, and I have been running since 1969. Glenn, my brother, started a year later because he felt left out. We get together quite often and run on the distance days. We really enjoy it because we run a good pace and still have fun talking, laughing and acting silly. Our family has always been close. We like to sing, while my brother plays his guitar; we like to travel; go square dancing; go on picnics; and just have a good ol' time together.

laurie

LAURIE JEWELL: Long Beach Comets. 5 feet, 6½ inches; 107 pounds. Born January 4, 1960 in Los Angeles.

Best Marks: one mile- 5:14(76), two mile- 10:56(74). Coached by Terry Crow.

Laurie placed second behind sister Kathy in the high school LA City Meet 880 and mile, in 1974. However her favorite event is cross country, especially the two mile course. She wants to be a math teacher and is looking to Long Beach State to follow the family tradition.

"Sometimes it seems as though track is all our life, but we all enjoy square dancing and we travel a lot. We also used to tap dance for convalescent homes, juvenile homes, hospitals, etc.

"Our track traveling has taken us to such places as Hawaii, Mexico City, Missouri, New York, Ohio and many other interesting places."

PRO

Gary Hernandez



GARY D. HERNANDEZ: San Diego Mesa Junior College, sophomore. 5 feet, 9 inches; 145 pounds. Born December 26, 1956 at Moline, Illinois. Also competed for Mission Bay High School.

Best Male High School- 880-1:57.6, one mile- 4:18.6, two mile- 9:13.4. Freshman year at Mesa- 3 mile- 14:10.7, 5,000 meters- 14:41.5. Coached by Dick Coxe.

An AAU National Two Hour Run is in the process of being conducted, similar to the One Hour event — by postal competition. Races may be held at anytime from December 1, 1976 through November 30, 1977. Write to race coordinator for official entry blank and instructions (include a self-addressed, stamped envelope, please): Connie Rode-wald, 852 Sharon Dr., Camarillo, CA 93010.....Don Palmer, age 47, of Corona Del Mar Track Club succumbed to a heart attack on December 6, 1976, after a workout with friends. Our deepest condolences to Don's wife, Kathy..... Corona Del Mar is working with UC Irvine for a Don Palmer Memorial Masters Track Meet. The tentative date is May 28, 1977, at Irvine.....Several Californians recently placed well in the National AAU Junior Olympic Cross Country Championships held in Forest Park, St. Louis, Missouri, on December 11. Linda Goen of Bakersfield placed third in the girl's 14-15 two mile. Greg Williams of Chico placed sixth in the boy's 14-15 two mile. Mike Wall of Susanville placed eighth in the boys nine and under one mile and Doran McGee of Albany placed eighth in the boy's 10-11 mile and a half.

California indoor meets and dates: January 14- Sunkist at LA Sports Arena, January 21- San Francisco Examiner at the Cow Palace, January 21-22- Southern California Indoor Games at Long Beach Convention Center, February 4- Los Angeles Times at the Forum in Inglewood, February 19- San Diego Indoor.....Track & Field News magazine has recently named it's 1976 High School All American team (three per event). Californians earning honors were: Dave Daniels of San Geronio in the steeplechase, Eric Hulst in the two mile, six mile and long distance, Thom Hunt in the two mile and long

KEEPING TRACK

Harrier magazine picked the top 50 high school cross country runners in the US this past season and has designated them High School All Americans. Five of the 50 were from California: Carlos Carrasco of Mt. Pleasant HS in San Jose, Darrel Cessor of Hawthorne HS, Charles Christensen of Edison HS in Huntington Beach, Dave Daniels of San Geronio HS in San Bernardino, and Tim Holmes of Downey HS in Modesto.....Two recent track marriages of note: 1500 meter runners Dennis Caldwell(Athletes in Action — 3:45) to Ruth Kleinsasser(Blue Angels — 4:16); and Marathoners Jack Leydig(West Valley TC — 2:25) to Judy Gumbs(West Valley TC — 2:57).....Pleasant Hill High School set some sort of "first" by capturing first place in all five divisions of the Diablo Valley Athletic League Cross Country Championships: Boys Varsity, Girls Varsity, Boys Frosh-Soph, Girls Frosh-Soph, and Boys JV.

In a track race at Cal State Northridge, Julie Brown reset her American Record in the 5,000 meters by a full 24 seconds, with a time of 16:14.0. The world record is 16:04.0, set by Finland's Nina Holman in 1975..... A number of California athletes placed well at the National AAU Age Group Cross Country Championships held November 20, at Raleigh, North Carolina: Big Hooker of Fontana won the 8-9 race, Daniel Bell of Fontana 2nd in the 10-11 division, Ralph Sacido of Santa Ana 10th in the 10-11, Robert Planta of Santa Ana won the 12-13 race, Steve Mead of Fontana 6th in the 12-13, Mike Assuma 8th in the 12-13, and the Orange County Blue Angels were the winning team in the 12-13 age division.....Miki Gorman broke the women's veteran class world's record for the marathon with a time of 2:39:11 to win her division of the New York City Mar-

The Jamul Toads track club brought the National AAU Cross Country title home to California. And, the San Diego area based club did it without the help of imported runners. Every member is a local product from the San Diego area and five were Grossmont Junior College alumni.....The Los Angeles Track Club won the Women's AAU Cross Country Nationals with Julie Brown pacing the way in second place and Sue Kinsey in fourth.

BOOK REVIEW: TRACK AND FIELD OMNIBOOK, 2nd. edition, revised and updated. by Ken Doherty.

Ken Doherty has spent almost five decades of his life competing in, coaching, and writing about the sport he loves: track and field. As a competitor he was an Olympic decathlete; as a coach he coached championship teams at Michigan and Penn (and was long-time director of the Penn Relays), as a writer, he is probably the most influential track text author of our generation. When his magnum opus, Track and Field Omnibook, first came out five years ago, it gained almost instant adoption at schools around the country, finding its way into the track courses of more than 140 colleges and universities.

So it's news when a second, revised and updated edition of this classic is published. The new edition is still as comprehensive and authoritative as the original, while it expands the sections on technique and training and the coach's relationships with his athletes. Material from the Montreal Olympics is added, along with a number of new excellent sequence drawings.

Price: \$12.00. Order from TAF-NEWS Press, P.O. Box 296, Los Altos, CA 94022.

Another new book is out: DISCUS — WILKINS vs POWELL — A COMPAR-

MESA

GARY D HERNANDEZ: San Diego Mesa Junior College, sophomore. 5 feet, 9 inches; 145 pounds. Born December 26, 1956 at Moline, Illinois. Also competed for Mission Bay High School.

Best Male High School- 880-1:57.6, one mile- 4:18.6, two mile- 9:13.4. Freshman year at Mesa- 3 mile- 14:10.7, 5,000 meters- 14:41.5. Coached by Dick Coxe.

Gary has just wrapped up his JC cross country career in fine style. He won the South Coast Conference title in 20:13 on the Fullerton course; won the Southern California meet with a 19:57 on the tough College of the Canyons course; and capped it all with a second place finish in the California State Championship, improving his time at COC to 19:50.

Gary's favorite event in track is the 5,000 meters and he is shooting for consistent efforts below 14:00 this coming outdoor season. He doesn't have any problem racing once a week but does like to save something for the big meets

Some comments on Gary by his coach, Dick Coxe: "Gary is sure to be a successful runner because he has everything going for him - he comes from a fine home with everyone most interested in his endeavours, he is a very healthy individual with few ailments and no bad health attitudes or habits, and he has the emotional temperament to organize things around him and get the job done when it need to get done.

"Gary has a fine training attitude. He is gradually realizing that success comes sooner in the fall season when he doesn't take too long a rest in the summer months. Once he starts training seriously he really comes on. He favors two a day workouts with the longer runs by himself. Once he has his background set he just eats up all types of off the track intervals. Most of which is in the form of varied hill inclines or repetitions

boy's 10-11 mile and a half.

California indoor meets and dates: January 14- Sunkist at LA Sports Arena, January 21- San Francisco Examiner at the Cow Palace, January 21-22- Southern California Indoor Games at Long Beach Convention Center, February 4- Los Angeles Times at the Forum in Inglewood, February 19- San Diego Indoor.....Track & Field News magazine has recently named it's 1976 High School All American team (three per event). Californians earning honors were: Dave Daniels of San Geronio in the steeplechase, Eric Hulst in the two mile, six mile and long distance, Thom Hunt in the two mile and long distance, Jim Sane of Cordova HS in long distance, Charles White of San Fernando HS in the 330 hurdles, John Lane of American HS in the high jump, Tom Hintnaus of Aviation HS in the pole vault, Larry Doubley of Manual Arts HS in the long jump, Greg Caldwell of Fremont HS in the triple jump, Steve Montgomery of Lassen HS in the shot put, John McKenzie of Hart HS in the shot put, Scott Ender of Hoover HS in the discus, and the Kennedy of Barstow 440 relay team. Hulst, Sane, White, Doubley, Caldwell and Montgomery were picked number one.

on grass at near race pace and with tempo variations. During warm-up we are now also putting a lot of time into static stretching.

"He is of quite high competitive nature and is an aggressive racer and not afraid to take command of a lagging race. To him cross country is an important sport and an important event in itself."

Gary says he has, "10 to 15 or more good years of running ahead of me." He is a good student with a "B" average and currently looking at San Jose State, University of Arizona and Point Loma College for next year.

A number of California athletes placed well at the National AAU Age Group Cross Country Championships held November 20, at Raleigh, North Carolina: Big Hooker of Fontana won the 8-9 mile race, Daniel Bell of Fontana 2nd in the 10-11 division, Ralph Sacido of Santa Ana 10th in the 10-11, Robert Planta of Santa Ana won the 12-13 race, Steve Mead of Fontana 6th in the 12-13, Mike Assuma 8th in the 12-13, and the Orange County Blue Angels were the winning team in the 12-13 age division.....Miki Gorman broke the women's veteran class world's record for the marathon with a time of 2:39:11 to win her division of the New York City Marathon. Gorman, age 41, broke her own record by 8 minutes. Overall Miki finished 70th among the 2002 starters.

Are you interested in running in the famed Boston Marathon this coming April 18th.? If so, you can save \$84 to \$106 or more by joining the NorCal Running Review tour group - and have more fun traveling with fellow runners at the same time. If interested write for details: NCR, P.O. Box 1551, San Mateo, CA 94401

more than 140 colleges and universities. So it's news when a second, revised and updated edition of this classic is published. The new edition is still as comprehensive and authoritative as the original, while it expands the sections on technique and training and the coach's relationships with his athletes. Material from the Montreal Olympics is added, along with a number of new excellent sequence drawings.

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Another new book is out: DISCUS - WILKINS vs POWELL - A COMPARATIVE STUDY. By Ernie Bullard and Larry Knuth with Mac Wilkins and John Powell. Over 100 action photos. Covers everything from grip to release. Plus - drills and weight training programs. Price \$3.95 plus 6% tax(Calif residents). Order from LK Publications, 11665 San Vicente Blvd., Los Angeles, CA 90049.

FIRST ANNUAL HIGH SIERRA 10 MILE ROAD RACE

SATURDAY, JANUARY 22, 1977

WOODWARD PARK

10:00 a.m. --- Check in
11:00 a.m. --- Race starts

DIVISIONS:

Open	40 to 49
High School	50 and Over
Junior High & Below	Junior High & High School Girls
30 to 39	Women

Write for entry blank to: Len Thornton, 5768 North Millbrook, Fresno, CA 93710 (please enclose a stamped, self-addressed envelope).

C.T.N. INTERVIEW:



3 Mile postal meet, December 4th. Tim Holmes 13:59.9,
Rod Berry (Redwood) 14:00.0

photo by Keith Conning

*TIM HOLMES, in the final year of a spectacular career at Downey High School in Modesto, tops the list as California High School Cross Country Runner of the Year-1976. For the second year Holmes has also been named High School Cross Country All American by *Harper's Magazine*, and Northern California Cross Country Runner of the Year by the Northern California Track and Field Association. Only Ron Larriue of Palo Alto High in the mid-1950s and Mike Ryan of Wilcox High in Santa Clara a decade ago have ever been named NCTFA Cross Country Athlete of the Year twice.*

He has been Sac-Joaquin CIF Section Cross Country Champion for the last three years. Best track times include:

any other training rules or extras besides the running part of your training?

Holmes: I take daily doses of vitamins E, C and others. I feel I need at least seven hours of sleep a night and especially good sleep two nights before a competition.

CTN: Fast approaching is your senior year in track. Have you thought about any goals?

Holmes: 4:12 in the mile, 8:50 in the two mile, 13:50 in the three mile and 28:50 in the six mile don't seem unreasonable.

CTN: Do you have any long range goals, and how long do you plan to compete?

Holmes: I plan to be active in track indefinitely, and, of course, would like to be a part of the 1980 and 1984

summer before the senior year; 690 in 12 weeks of junior cross country; and 655 (tonsils out) in 12 weeks of the senior cross country season. Tim just had enough ability to have success despite the low mileage.

This year we felt ready to boost things somewhat, beginning with tonsils out in October to alleviate numerous winter infections. That interuped this year's cross country quite a bit and accounts for the slow start. This winter Tim is trying to get into the 80s per week (once a day running). He hasn't make it yet but has stayed healthier. Also we are

tonsilectomy the first week of October, causing him to lose 8 days of any training, working several weeks at a weakened conditioned, and forcing the scraping of any speed work the entire season. Each Each of the last several winters Tim has been sick 4 to 5 times with colds and throat infections and after he lost a week to two colds in early September we decided, in the long run, it would be best to have the tonsils out. With these selective plans we also decided that after the tonsilectomy Tim should concentrat first on improving his endurance, pointing for the AAU Juniors, and only secondly

Tim Holmes

just now trying to begin some weight training and increasing flexibility work.

Cross country training involves distance runs of 10 to 14 miles and about a dozen speed workouts (varying from 660 to 1320). Intervals done at race pace early are increased in speed later on. All intervals are done in parks and some over varying hill circuits. The winter training has been long slow distance, but this winter we have added one aerobic interval workout per week. Track work is centered around distance and aerobic intervals till early March, then we have go into eighteen speed sessions spaced to end the end of May.

CTN: What happened to Tim at the Mt. SAC Invitational Cross Country Meet; and why did you choose to go at that time?

Mensing: This season had a serious ramification in that Tim underwent a

on sharpening up for the remainder of the cross country season, even though this might make his remaining cross country season a little less impressive. Concerning Mt. SAC, we had considered going to it last summer as a very important experience builder against the always tough Southern California runners, thinking the race experience would help a lot next spring in the State track meet. Even though Tim had only two weeks to get over his tonsils, and Mt. SAC is a short, speed-oriented course, we still thought the experience would be worthwhile, despite knowing his condition at that time was not good. Tim could have skipped Mt. SAC, saved a 400 mile trip, and had another undefeated season. This would have looked good on paper but gained little in valuable experience. All things considered, third at Mt. SAC isn't bad.

Garment Screening

California High School Cross Country Runner of the Year-1976. For the second year Holmes has also been named High School Cross Country All American by *Harper's Magazine*, and Northern California Cross Country Runner of the Year by the Northern California Track and Field Association. Only Ron Larrieu of Palo Alto High in the mid-1950s and Mike Ryan of Wilcox High in Santa Clara a decade ago have ever been named NCTFA Cross Country Athlete of the Year twice.

He has been Sac-Joaquin CIF Section Cross Country Champion for the last three years. Best track times include: 4:17.3(76), 9:02.3(76), 13:59.8(76). The 13:59, coming in the December Three Mile Postal Competition. Also in December Tim placed second behind UC Berkeley's Hal Schultz in the PA-AAU Junior Men's 10 Kilo Championship; thereby earning an expense paid trip to the Junior International Trials, February 12th.

Let's find out a little-bit more about Tim from himself and his coach, Bill Mensing:

CTN: What are your favorite events and how often do you like to race them?

Holmes: Right now I don't know if I have a favorite, at least I haven't found my best event yet. I'm still learning and growing. I like to compete about twice a week over a variety of distances.

CTN: What about your competition strategy? We know you are usually in the lead at the finish line. Do you have any one typical tactical approach to getting there first?

Holmes: Actually, I don't run all of my races in just the same way. It depends, but many times I will use the approach of depending on my kick.

CTN: What about peaking your performances for the "big" ones at the end of the season?

Holmes: Yes, at least that's what we try to do.

CTN: You are obviously dedicated in your running training, but is there

vitamins E, C and others. I feel I need at least seven hours of sleep a night and especially good sleep two nights before a competition.

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CTN: Do you have any long range goals, and how long do you plan to compete?

Holmes: I plan to be active in track indefinitely, and, of course, would like to be a part of the 1980 or 1984 Olympic Team.

CTN: What is it that you like about track?

Holmes: I like it because I have been successful and I like the competition; it's a test of my capabilities. I like running because it is an outlet for my nervous energy and it also gives me a certain sense of freedom.

CTN: Any thoughts, yet, about a choice of a school for next year?

Holmes: I really haven't decided on a major field of study which might make a difference - I think I am interested in sociology. I like the looks of U.C. Irvine because of solid coaching and the good location for running.

CTN: Maybe Coach Mensing could share some of your training methods with us, and also fill us in on the early season let-up in the 1976 cross country campaign.

Mensing: Tim's training load has been relatively low before this year (that is, compared to other equal runners), by design, as we have always been wary of too much training too early with young runners. Before this year, he rarely got into the 70s for weekly mileage, and usually only two speed sessions per week in competitive season. Summers and winters have been similarly keyed, with 680 miles run in the 15 week period from the end of cross country till March 1, of his sophomore year; 385 during the same period of his junior year; 400 the summer before his junior year; 440 the

feated season. This would have looked good on paper but gained little in valuable experience. All things considered, third at Mt. SAC isn't bad.

Meet; and why did you choose to go at that time?

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Garment Screening

QUALITY SCREENING AT DISCOUNT PRICES: - Jack Leydig, Box 1551, San Mateo, CA 94401. --- If you have T-shirts or warmups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through John-John, Inc., who does the Bay-to-Breakers, Tahoe Relays, Dinsea, Christmas Relays, WVTC, San Diego TC, and many other local shirts. But, as a dealer, I can offer a substantial discount below his normal retail prices (about 20-25% off). Prices below are for "Texdye" paint screening, a color-fast, completely washable paint. We can also screen in "Vinyl" and "Vinyon" paints, designed exclusively for stretchable fabrics such as nylon. There are other incidentals such as art-charges and screen charges for small orders, so if you think you think you might be interested, write for complete details. Turnaround time is usually about 2 weeks if the shirts are in stock. T-shirt costs are currently \$1.65 for medium-weight (with trim) and \$1.95 for heavy-weight (solid colors)...plain white shirts are somewhat less. However, be advised that prices can change at any time. Screening prices (below) are also subject to change. Number of colors is noted in the left column:

	6-11	12-35	36-71	72-143	144-287	288+
1	\$1.45	\$0.95	\$0.75	\$0.60	\$0.48	\$0.40
2	-----	\$1.45	\$0.95	\$0.75	\$0.60	\$0.48
3+	-----	-----	\$1.45	\$0.95	\$0.75	\$0.60

Schedule

JANUARY

- 15 MISSION BAY MARATHON. San Diego, 8 am (also half marathon). Bill Gookin, 5946 Wenrich Dr., San Diego 92120.
- 15 SAN MATEO ALL COMERS. San Mateo Junior College, 11 am.
- 15 SUNKIST INDOOR. Los Angeles Sports Arena.
- 15 HANFORD TO CORCORAN 16 MILE. 10 am. Must be pre-entered by 1-14. Parks & Recreation Dept., 800 Dairy Ave., Corcoran.
- 15-16 San Jose TRACK & FIELD WORKSHOP. Office of Continuing Education, San Jose State University, San Jose 95192.
- 15-16 AMERICAN RIVER TRACK SEMINAR. Al Baeta, 4700 College Oak Dr., Sacramento 95841.
- 16 PAUL MASSON MARATHON. Saratoga, 9 am. Dan O'Keefe, 20032 Rodrigues Ave. Cupertino 95014. (408) 257-6670.
- 16 ZOO RUN. 5 miles. San Francisco Zoological Gardens. Norman Gerschenz, 1476 Willard, SF 94117.
- 16 LONG BEACH OCEAN RUN. 10 kilo, 3 pm. Geza Bottlik, 4119 Exultant Dr., P.V. Peninsula 90274.
- 21 S.F. EXAMINER INDOOR GAMES. San Francisco Cow Palace.
- 21-22 SOUTHERN CALIFORNIA INDOOR GAMES. Long Beach. Ken Karnes, 7911 Ring St., Long Beach 90808.
- 22 SAN JOSE ALL COMERS. San Jose Junior College, 9 am.
- 22 SAN DIEGUITO HALF MARATHON. Jim Waters, 295-8460.
- 22 POPP MARIANO MEMORIAL RUN. 9.6 miles. Montebello, 9 am. Richard Soria, Montebello Park & Rec. Dept., Montebello. Phone: 722-4100 days.
- 22 REEDLEY ALL COMERS. Reedley Junior College, 11 am.

FEBRUARY

- 4 LOS ANGELES TIMES INDOOR. Forum, Inglewood.
- 5 SANTA BARBARA WINTER ROAD RUNS. 6 & 10 miles. Robert Aronson, P.O. Drawer P-P, Santa Barbara 93101.
- 5 SAN MATEO ALL COMERS. San Mateo Junior College, 11 am.
- 5 BAKERSFIELD MARATHON. Also half marathon and 10 kilo. Larry Arnt, 5000 Belle Terrace No. 72, Bakersfield 93309.
- 6 HERMOSA BEACH DISTANCE RUN. 5 mile. 9 am. Martin DeMott 376-6984, ext 48 — days only.
- 6 WOMEN'S WOODSIDE 5 MILER. 10 am. Penny DeMoss, 765 Campbell Ave., Los Altos 94022.
- 12 JUNIOR MEN'S 8 KILO INTERNATIONAL CROSS COUNTRY TRIALS. Balboa. Ken Bernard, P.O. Box 80512, San Diego 92138.
- 12 SAN MATEO ALL COMERS. San Mateo Junior College, 11 am.
- 12 AZUSA RELAYS & 10 KILO. Marvin Mardock (213) 963-8377 home.
- 12 REEDLEY ALL COMERS CHAMPIONSHIPS. Reedley Junior College.
- 12 IVANHOE ROAD RACE. 6 mile. Dave Bronzan, 1173 Eymann, Reedley 93654.
- 12 SANTA MARIA HALF MARATHON. Tentative. Stan Rosenfield, Box 1134, San Luis Obispo 93406.
- 13 HIDDEN VALLEY MARATHON. Also half and quarter marathons. Larry Bellaw 180 Academy Dr., Newbury Park 91320.
- 13 WEST VALLEY MARATHON. San Mateo 9 am. Jack Leydig, P.O. Box 1551, San Mateo 94401.
- 19 SENIOR MEN'S 12-KILO INTERNATIONAL CROSS COUNTRY TRIALS. Alameda, Bob DeCelle, P.O. Box 1606, Alameda 94501.

MARCH

- 5 SAN FERNANDO HANDICAP. 6 mile. 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 5 BIDWELL CLASSIC MARATHON AND ROAD RUNS. (marathon plus 3 & 12 milers). Chico, 10 am. Walt Schafer, 1413 Salem, Chico 95926.
- 5 LONG BEACH RELAYS. High School Varsity, College, University-Open.
- 5 PISMO CLAM FESTIVAL. 5 mile beach run. Tentative. Stan Rosenfield, P.O. Box 1134, San Luis Obispo 93406.

- 6 PA-AAU 30 KILO CHAMPIONSHIP. Watsonville, 10 am. Mike Jones, 109 Valencia Ave., Aptos 95003.
- 12 GARLAND RANCH SPRING RUN. 8 to 10 miles. Gary Goettelmann, Story Rd., Carmel Valley 93924.
- 12 SPA-AAU 25 KILO CHAMPIONSHIP. Lunada Bay, 9 am. Carl Paulson, 89 15th Street, Hermosa Beach 90254.
- 12 CCA-AAU 15 KILO CHAMPIONSHIP. Big Creek. Rich Peterson, P.O. Box 206, Laton 93242.

Classified ADS

CLASSIFIED RATES: Meet information @ 10 cents per word; general advertisements @ 20 cents per word. Count name and address as five words. All ads must be paid in advance. Closing dates: February 20, April 20, June 20, August 20, October 20, and December 20.

NEW BALANCE FLATS: Club and team prices 10 to 20 percent off! Len Thornton, 5768 N. Millbrook, Fresno, CA 93710. Phone: 439-5468.

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A HISTORY OF INDOOR TRACK & FIELD
Now, for the first time, the history of indoor track and field is available in a 262 page, hard-covered book. By Wally Donovan. \$9.95. Order from Wally Donovan, 105 Redwood Ave. - 7, El Cajon, CA 92020.

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Read about the stars of tomorrow in today's Starting Line magazine; the track & field

- 27 S.F. EXAMINER INDOOR GAMES. San Francisco Cow Palace.
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- 22 REEDLEY ALL COMERS. Reedley Junior College, 1 pm.
- 22 HIGH SIERRA 10 MILE ROAD RACE. Fresno, 11 am. Len Thornton, 5768 N. Millbrook, Fresno 93710.
- 23 CASITAS DAM HANDICAP. 10 kilo. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 23 PA-AAU 20 KILO CHAMPIONSHIP. Portola Valley, 10 am. Harold DeMoss, 765 Campbell Ave., Los Altos 94022.
- 28-29 NATIONAL TRACK & FIELD COACHES CLINIC. Palo Alto. Jim Gaughran, Dept. of Athletics, Stanford University, Stanford 94305.
- 29 SAN JOSE ALL COMERS. San Jose Junior College, 9 am.
- 29 SAN MATEO ALL COMERS. San Mateo Junior College, 11 am.
- 29 BLACK MT. RUN TO THE TOP. 10 kilo, 8 am. Wayne Zook 223-8774.
- 29 MT. SAC ALL COMERS. Mt. San Antonio Junior College, 3 pm.
- 29-30 USTFF LOS ANGELES INVITATIONAL DECATHLON. Cal State Los Angeles, 10 am. Walt Williamson, Track Coach, CSULA, 5151 State University Dr., Los Angeles 90032.
- 30 PEACH BOWL PACERS 10 KILO RUN. Marysville, 11 am. Ed Williams, 835 Spiva Ave., Yuba City 95991.
- 30 WORLD MASTERS MARATHON. Orange 7:30 am. Bill Selvin, 2025 N. Tustin No. 3, Orange 92665.
- 30 BIG DIPPER HANDICAP. Fresno, 2 pm. Larry Lung, 784 Jana Way, Hanford 93230.
- Bronzan, 1173 Eymann, Reedley 93654.
- 12 SANTA MARIA HALF MARATHON. Tentative. Stan Rosenfield, Box 1134, San Luis Obispo 93406.
- 13 HIDDEN VALLEY MARATHON. Also half and quarter marathons. Larry Bellaw 180 Academy Dr., Newbury Park 91320.
- 13 WEST VALLEY MARATHON. San Mateo 9 am. Jack Leydig, P.O. Box 1551, San Mateo 94401.
- 19 SENIOR MEN'S 12-KILO INTERNATIONAL CROSS COUNTRY TRIALS. Alameda, Bob DeCelle, P.O. Box 1606, Alameda 94501.
- 19 WASHINGTON'S BIRTHDAY RUN. Ridgecrest, 10:30 am. Frank Freyne, 201-A Blue Ridge Rd., China Lake 93555.
- 19 BAKERSFIELD ALL COMERS. Charlie Craig %Cal State Bakersfield.
- 19 SAN DIEGO INDOOR MEET.
- 19 PORTERVILLE MARATHON. Also half marathon. Don Kavadas, 283 N. South, Porterville.
- 20 EXCELSIOR EAST END RUN. 7.9 mile Golden Gate Park, 10 am. Frank Donahue, 1482 9th Ave., No. 4, SF 94122.
- 20 TULARE ROAD RACE. 6 mile. 2 pm. Youth Services, Box 212, Tulare 93274.
- 20 SPA-AAU 30 KILO CHAMPIONSHIP. Culver City, 8 am. Veterans Auditorium.
- 21 WASHINGTON'S BIRTHDAY RUN. Fresno. Paul Buch 1545 N. Authur, Fresno
- 23-24 CALIFORNIA INVITATIONAL DECATHLON. Azusa. Marvin Mardock, (213) 963-8377 home.
- 26 MARTINEZ TO PORT COSTA BRICK YARD RUN. 8.4 mile. 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520.
- 26 LONG BEACH RELAYS. Junior College.
- 26-27 REEDLEY DECATHLON. Hugh Adams, Reedley College, Reedley 93654.
- 27 PA-AAU 50 MILE CHAMPIONSHIP. near Sacramento. Paul Reese, P.O. Box 2271, Sacramento 95810.
- 27 L.A.P.D. 6.1 MILE ROAD RUN. LAPD Academy, 9 am.

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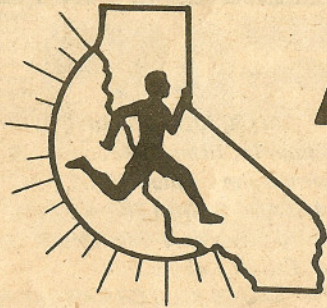
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CALIFORNIA TRACK NEWS



ATHLETES OF THE YEAR 1976

It's time to wrap up 1976 and begin 1977 with the past year's outstanding athletes selections. Ballots were mailed out to our panel of experts and their choices are tabulated here. The most outstanding California athlete for each division is listed with the vote-points received. The other athletes receiving votes and the number follow each selection.

MASTERS DIV. I (40-49) TRACK

SHIRLEY DAVISSON(20): National AAU Masters Champion in long jump and triple jump in his division.

Others: Dave Jackson(10), Nick Newton(8), Phil Conley(7), Don Cheek(6), Bob Humphry(6), Van Parish(2), Graham Parnell(2).

Previous selections: Bill Fitzgerald-1974; F. Mundle 1975.

MASTERS DIV. II (50-59) TRACK

MASTERS DIV. I (40-49) CROSS COUNTRY/ROAD RACING

TRUMAN CLARK(46): Four marathons at 2:32 or better. Several masters age records during Two Hour Run.

Others: Jim Shettler(40), Bill Crum(18), Jerry Smartt(16), Darryl Beardall(13), John Brennand(13), Kent Guthrie(10), John Rudberg(4), Sam Nicholson(4), Ross Smith(4), Ralph Bowles(2), Richard Bartek(1), Ray Menzie(1), Frank Thomas(1).

Previous selections: Bill Gookin 1974; Jerry Smartt 1975.

MASTERS DIV. II (50-59) CROSS COUNTRY/ROAD RACING

JIM O'NEIL(46): Many firsts, including National Masters AAU Cross Country and Pepsi 20 Mile Road Race.

Others: Ray Gil(20), Ed Almeida(18), Sid Toabe(15), Brian Freeman(7), Julius Karabel(6), Dick Davies(5), Al Gorwin(2), Flory Rodd(2), Paul Reese(2), Clyde Alling(1), Art Waggoner(1)

Previous selections: Jim O'Neil 1975.

photo by Diane Johnson



SHIRLEY DAVISSON(20): National AAU Masters Champion in long jump and triple jump in his division.

Others: Dave Jackson(10), Nick Newton(8), Phil Conley(7), Don Cheek(6), Bob Humphry(6), Van Parish(2), Graham Parnell(2).

Previous selections: Bill Fitzgerald-1974; P. Mundle 1975.

MASTERS DIV. II (50-59) TRACK

BILL FITZGERALD(26): 1976 world leading marks in 800 and 1500 meters in his division.

Others: Jim O'Neil(16), Payton Jordan(7), Tom Patsalis(4), Al Guidet(4), Bob Hunt(3), Bob Watanabe(2).

Previous selections: Bill Fitzgerald 1975.

MASTERS DIV. III (60-69) TRACK

JACK THATCHER(30): Winner of National AAU Masters shot put and discus with world age-group records.

Others: Ken Carnine(24), Tom Montgomery(6), Joe Caruso(6), John Damski(6), Ted Hatlen(4), Sid Madden(3), Vince Godfrey(2), Bob McConaghy(2).

MASTERS DIV. IV (70+) TRACK

PAUL SPANGLER(24): Winner of National AAU Masters 400, 800, 1500, 5000 and 10,000. Many age records.

Others: Winfield McFadden(20), Stan Herman(12), Monty Montgomery(6), Sing Lum(4), Ted Mumby(1).

MASTERS DIV. II (50-59) CROSS COUNTRY/ROAD RACING

JIM O'NEIL(46): Many firsts, including National Masters AAU Cross Country and Pepsi 20 Mile Road Race.

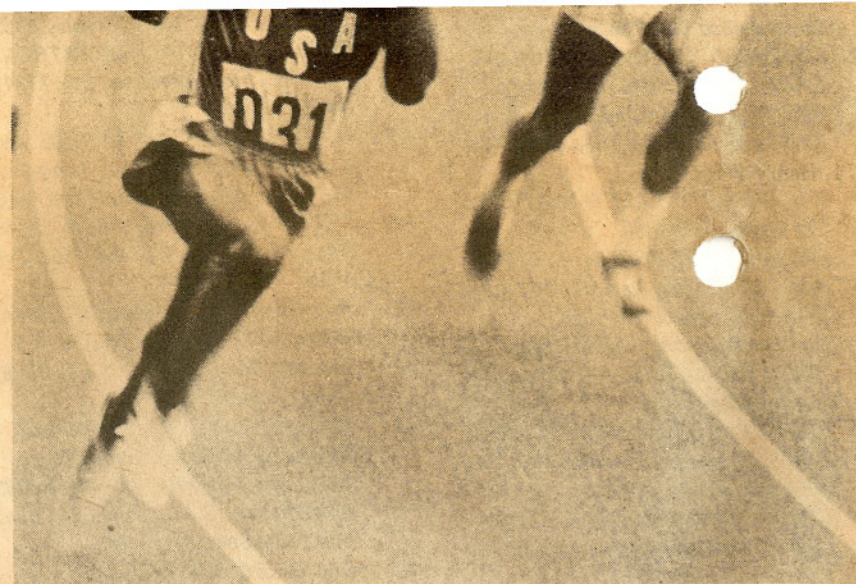
Others: Ray Gil(20), Ed Almeida(18), Sid Toabe(15), Brian Freeman(7), Julius Karabel(6), Dick Davies(1), Al Gorwin(2), Flory Rodd(2), Paul Reese(2), Clyde Alling(1), Art Waggoner(1)

Previous selections: Jim O'Neil 1975.



PAUL SPANGLER at AAU Natl' Cross Country Championships.

photo by Dave Stock



MILLARD HAMPTON – 200 meter heat at Olympic Games

MASTERS DIV. III (60-69) CROSS COUNTRY/ROAD RACING

JOHN MONTOYA(50): Consistent winner.

Others: Chuck Seekins(18), James Bole(10), John Wahl(10), Walt Stack(7), Frank Cuzzillo(6), Chick Palsten(4), Al Clark(4), Sid Madden(1).

MASTERS DIV. IV (70+) CROSS COUNTRY/ROAD RACING

PAUL SPANGLER(42): Second at National AAU Masters Cross Country (first Californian).

Others: Monte Montgomery(32), Lou Gregory(6), Ben Hirsh(6).

BOYS HIGH SCHOOL TRACK

LARRY DOUBLEY(26): Undefeated in long jump, including International Prep Invitational and West German Juniors. 25-11½ is third best all time prep jump.

Others: Eric Hulst(16), Steve Montgomery(12), Charles White(10), Greg Caldwell(3), Thom Hunt(1).

Previous selections: Rich Kimball 1974; Dedy Cooper 1975.

BOYS HIGH SCHOOL CROSS COUNTRY

TIM HOLMES(20): Undefeated in Northern California "big" meets. Third at Mt. SAC(5th best time, only 4 seconds off

best) but just out of hospital with tonsillectomy.

Others: Rod Berry(12), Charlie Christensen(4), Felix Elief(4), Dave Daniels(2), Ebiner(1), Larry Prislac(1), Carlos Carrasco(1), Darrell Cesson(1), Steve Ortiz(1).

Previous selections: Ralph Serna 1974, Thom Hunt 1975.

JUNIOR COLLEGE TRACK

MILLARD HAMPTON(60): 10.2, 20.1, 46.5. State Junior College, AAU, and Olympic Trials championships. Collegiate 200 record and two Olympic medals.

Others: John Rudd(14), Chris De-france(11), Steve Brown(9), Marcus Gordien(9), Kirk Pfeffer(8), San Jose 400 Relay(6), Steve LaRusch(6), Paul Jackson (1).

Previous selections: James Robinson 1974; Grant Niederhaus 1975.

JUNIOR COLLEGE CROSS COUNTRY

BOB PAULIN(30): Winner Northern Cal and State Championships. Course record at State Meet.

Others: Ed Ramirez(26), Gary Hernandez(14), Kevin Burkin(4), Bob Mapstead(3), Jay Rubino(1).

Previous Selections: Bob Thomas 1974; Henry Perez 1975.

photo by Bill Leung, Jr.

SENIOR WOMENS TRACK

KATHY SCHMIDT(46): Olympic Bronze medal and American record in javelin.

Others: Rosalyn Bryant(34), Cyndy Poor(30), Evelyn Ashford(6), Jane Frederick(5), Martha Watson(4), Francie L. Lutz(2), Jan Svendsen(1).

Previous selections: Francie Larrieu 1974; Jane Frederick 1975.

JUNIOR WOMENS TRACK

FRIEDA COBBS(21): Third USSR Juniors(23.9) and second West Germany Juniors(23.4). Injured during Spring and didn't come on till Summer.

Others: Cathy Sulinski(20), Kerry Zwart(12), Brenda Winston(10), Jodi Anderson(8), Kathy Weston(6), Kari Gosswiller(6), Linda Broderick(1).

Previous selections: Mary Decker 1974; Cathy Sulinski 1975.

SENIOR WOMENS CROSS COUNTRY

JULIE BROWN(86): Winner AIAW Nationals and second in AAU Nationals (first Californian).

Others: Sue Kinsey(30), Judy Graham(20), Cyndy Poor(4), Phyllis Olrich(4), Tina Anex(2), Ann Throop(2), Miki Gorman(2), Debbie Heald(1), Sharon Furtado(1), Ruth Kleinsasser(1), Heather Tolford(1).

Previous selections: Julie Brown 1974; Julie Brown 1975.

photo by Bill Leung, Jr.



DWIGHT STONES – Olympic bronze medalist and World Record holder.

JUNIOR WOMENS CROSS COUNTRY

BOB FAULIN(30): winner Northern Cal and State Championships. Course record at State Meet.

Others: Ed Ramirez(26), Gary Hernandez(14), Kevin Burkin(4), Bob Mapstead(3), Jay Rubino(1).

Previous Selections: Bob Thomas 1974; Henry Perez 1975.

Others: Sue Kinsey(30), Judy Graham(20), Cyndy Poor(4), Phyllis Olich(4), Tina Anex(2), Ann Throop(2), Miki Gorman(2), Debbie Heald(1), Sharon Furtado(1), Ruth Kleinsasser(1), Heather Tolford(1).

Previous selections: Julie Brown 1974; Julie Brown 1975.

photo by Bill Leung, Jr.



JULIE BROWN

photo by Bill Leung, Jr.



KATHY SCHMIDT

DWIGHT STONES – Olympic bronze medalist and World Record holder.

JUNIOR WOMENS CROSS COUNTRY

VICKY BRAY(20): Several course records and many victories at various distances.

Others: Kelly Wells(16), Linda Broderick(12), Doreen Assuma(12), Darcy Burleson(11), Linda Goen(10), Tami Darr(6), Roxanne Bier(6), Paula Rose(4), Linda Robinson(4), Susie Meek(4), Tara Hobbs(2).

Previous selections: Debra Johnson 1974; Suzanne Keith 1975.

FOUR YEAR COLLEGE CROSS COUNTRY

TERRY COTTON(20): Tough all season. Eighth WAC, 18th. NCAA, and second at AAU.

Others: Terry Williams(12), Thom Hunt(12), Kirk Pfeffer(12), Ralph Serna(2).

Previous selections: Dave Taylor 1974; Terry Williams 1975.

FOUR YEAR COLLEGE TRACK

DWIGHT STONES(50): NCAA and AAU Champion. Olympic bronze. Two world high jump records.

Others: Quentin Wheeler(18), James Owens(15), Terry Albritton(7), James Robinson(6), Ken Randle(4), Tom Andrews(2), James Gilkes(1).

photo by Dave Stock



GARY TUTTLE — Two time winner National AAU Marathon. Shown here at the Olympic Trials in the 10,000 meters.

BOBBY THOMAS ---- Open Cross Country Athlete of the Year



photo by Bill Leung, Jr.



GARY TUTTLE — Two time winner National AAU Marathon. Shown here at the Olympic Trials in the 10,000 meters.

OPEN CROSS COUNTRY

BOB THOMAS(20): Eighth at National AAU Cross Country.

Others: Ed Mendoza(6), Dave Harper(4), Tom Lux(2), Chuck Smead(1).

MALE LONG DISTANCE/ROADS

GARY TUTTLE(50): AAU Marathon and 15 Kilo champion. Unbeatable on roads in California.

Others: Jim Nuccio(28), Chuck Smead(24), Carl Swift(15), Tony Sandoval(4), Ron Kurrle(4), Frank Bozanich(4), Mike Chambliss(2), Phil Camp(2), Kirk Pfeffer(1), Tom Lux(1), Ron Wayne(1), Fred Carnahan(1).

Previous selections: Gary Tuttle 1974; Gary Tuttle 1975.

OPEN TRACK

BRUCE JENNER(42): Olympic champ and world record decathlon.

Others: James Butts(17), Mac Wilkins(16), Arnie Robinson(16), Don Quarrie(6), John Powell(2), Randy Williams(1), Maxie Parks(1).

Previous selections: Bruce Jenner 1974; John Powell 1975.

FEMALE LONG DISTANCE/ROADS

MIKI GORMAN(64): Year's best marathon(2:39). AAU Masters Cross Country champion in division.

Others: Jackie Hansen(24), Julie Brown(22), Penny DeMoss(20), Dianne Barrett(10), Nadia Garcia(10), Leal Reinhart(10), Cyndy Poor(9), Joan Ulyot(7), Ruth Anderson(4), Judy Gumbs-Leydig(3), Nicki Hobson(2), Phyllis Olrich(2), Kathy Martin(1).

Previous selections: Jacki Hansen 1974; Jacki Hansen 1975.



BRUCE JENNER — Olympic champion and World Record holder

photo by

photo by Diane Johnson

TRAINING & TECHNIQUE

Plyometric Training

by VERN GAMBETTA

Plyometric training is still a relatively new method of training in the U.S. For the past eight years, the Russians have used it extensively with outstanding success. Only in the past three years has it's value in training track and field athletes been recognized in this country. As a training method, plyometric training bridges the gap between pure strength training and power training (power = speed X strength). This produces the explosive-reactive movements inherent in jumping, throwing, and sprinting.

Plyometric training has been used in various forms all over the world for many years. The fundamental research as to why it is beneficial and the quantification of it in terms of training was done by the Russians in the mid and late 1960's. Many of the jumping drills that are now called plyometric jumping drills have been practiced by triple jumpers and long jumpers for many years. It is just that recent research has defined it so that we can apply it more effectively to our specific training programs.

DEFINITION AND PHYSIOLOGICAL BASIS

A strict definition of plyometric training is difficult. Fred Wilt interprets plyometric as those exercises that produce "an overload of isometric type muscle action which invokes the stretch reflex in muscles."

than if there had been no pre-stretching. "A body movement, requiring an extremely high end velocity (jumping, throwing), can best be achieved by starting it with a movement to the opposite direction. The braking of the opposite movement, provided the change takes place smoothly, creates positive acceleration power for the original movement." Examples of this action would be the backswing in golf or baseball. This braking of the opposite movement activates what is known as the stretch or myotic reflex: The muscle will resist overstretching. The stretch-receptors in the muscle cause a powerful contraction in order to prevent overstretching.

An example in an inanimate body would be dropping a rubber ball from a height. The ball when it hits the ground is deformed to store the energy acquired in the drop. As the ball returns to its original shape the stored energy will be released to bring the ball back to the height from which it was dropped.

The flop style of high jump is successful because the faster takeoff action results in the stretch reflex action in the muscles of the takeoff leg. It is interesting to note that Dwight Stones' training program includes hopping and bounding in order to train this stretch reflex. Pat Matzdorf did a great amount of plyometric training the two years previous to his record jump. Plyometric training in the form of hopping and bounding is an integral part of Valery Borzov's training.

the drills because injury potential is high, especially for the young athlete.

Build a good strength base before embarking on an extensive plyometric program. The Russians recommend that unless leg strength is more than double body weight, the athlete should concentrate on pure strength before doing any plyometrics. I feel that this is too extreme, but a good strength base is very important.

Plyometric drills should be practiced every other day in order to give muscles and the nervous system time to recover.

PLYOMETRIC THROWING EXERCISES

Exercise No. 1: Begin the action of shot putting or discus throwing off an elevated platform 30-40cm high. The athlete lands on the ground in the putting position and immediately performs the remainder of the putting or throwing action. This exercise develops the supporting and driving leg in the throw.

Exercise No. 2: A 10-20kg weight is suspended from above. Push the weight out by the left hand and catch and push it with the right in a normal putting action.

Exercise No. 3: Same as exercise No. 2, but using a 8-15kg weight while imitating a discus throwing action.

Exercise No. 4: The same as No. 2 and 3, but use a 10-20kg weight in a javelin throwing action.
Note: In order to increase resistance

box and perform a straddle takeoff, or a flop takeoff with a rotation in the air. Note: You should increase resistance by increasing the height from which you jump. Do not add resistance by adding weight or wearing a weight vest. The young jumper should begin at very low heights, about 12", and progress gradually from there.

Exercise No. 4: Repeat hops and bounds for a 30-50m distance.

PLYOMETRIC DRILLS FOR SPINTERS

These drills consist entirely of jumping drills. They are designed to improve the speed-strength preparation of the sprinter. The drills are divided into two types of jumps: 1) "Short Jumps" and "Long Jumps."

The "Short Jumps" develop explosive power at the start and the acceleration phase of the sprint. These "Short Jumps" are performed at distances from 30-100m in various combinations of hopping and bounding. The emphasis when executing these jumps should be on exploding upward off each leg with very little emphasis on forward speed.

The "Long Jumps" help develop an increase in maximum running speed and endurance. These jumps are also performed in various combinations of hopping and bounding for distances from 30-100m. The emphasis in performing these jumps should be on speed of movement while still maintaining powerful takeoffs.

Several factors must be considered in plyometric training for sprinters: 1) The greatest volume of jumps should take place in the Fall preparatory phase of training. During the season, training should consist primarily of short jumps up to 50m; 2) "Short Jumps" should be performed before sprinting and "Long Jumps" after sprinting.

years. It is just that recent research has defined it so that we can apply it more effectively to our specific training programs.

DEFINITION AND PHYSIOLOGICAL BASIS

A strict definition of plyometric training is difficult. Fred Wilt interprets plyometric as those exercises that produce "an overload of isometric type muscle action which invokes the stretch reflex in muscles."

In isotonic (involving movement) muscle action, there are two types of muscle contractions: 1) concentric contraction - the action of the muscle shortening and 2) eccentric contraction - the action of the muscle lengthening. An eccentric contraction occurs when a muscle is loaded sufficiently to lengthen it, even though at the same time it is trying to shorten. The faster the muscle is forced to lengthen, the greater tension it exerts. The rate of stretch is more important than the magnitude of the stretch. In order to achieve high level results from the eccentric contraction (pre-stretching), the concentric contraction which follows must take place rapidly. To sum up the basis of plyometric training -- a concentric contraction (shortening action) is much stronger if it immediately follows an eccentric contraction (lengthening) of that same muscle.

Plyometric exercises train the eccentric aspect of muscle contraction in order to improve the relationship between maximum strength and explosive power. Many athletes have tremendous strength but they cannot apply this to the specifics of jumping or throwing. They lack the ability to convert this strength to the explosive-reactive action. The key is not in increasing strength or power but in relating the two.

As stated previously, a concentric contraction that immediately follows an eccentric contraction is much stronger

height from which it was dropped.

The flop style of high jump is successful because the faster takeoff action results in the stretch reflex action in the muscles of the takeoff leg. It is interesting to note that Dwight Stones' training program includes hopping and bounding in order to train this stretch reflex. Pat Matzdorf did a great amount of plyometric training the two years previous to his record jump. Plyometric training in the form of hopping and bounding is an integral part of Valery Borzov's training.

APPLYING PLYOMETRICS

In Applying plyometrics to your training program, use imagination. Develop your own exercises. Don't be afraid to experiment. In setting up a plyometric training program, keep in mind the following: 1) Maximum tension is produced when the muscle is stretched rapidly; 2) The faster the muscle is lengthened, the greater the tension; 3) The rate is more important than the magnitude of the stretch; 4) Use the overload principle -- strength can only be increased if the muscle works at a greater intensity than normal; 5) Do not change the basic pattern of the movement which you are trying to imitate.

East German research has determined that plyometric exercises should be performed in sets of eight to ten repetitions with six to ten sets of various exercises performed in a training session. The research also recommends that 10 to 15 minutes rest be taken between exercises. Remember: Each exercise should be performed at maximum effort in order to stimulate the neuro-muscular system.

A word of caution: Be patient and start out with a few exercises and gradually increase the load. Pay close attention to proper technique in performing

action. This exercise develops the supporting and driving leg in the throw. Exercise No. 2: A 10-20kg weight is suspended from above. Push the weight out by the left hand and catch and push it with the right in a normal putting action.

Exercise No. 3: Same as exercise No. 2, but using a 8-15kg weight while imitating a discus throwing action.

Exercise No. 4: The same as No. 2 and 3, but use a 10-20kg weight in a javelin throwing action. Note: In order to increase resistance when using pendulum movement, it is advisable to increase the pendulum swing rather than increase the weight of resistance.

Exercise No. 5: Using a normal weight javelin, the athlete stands with right leg forward (for right hand throwers), the javelin held in a bent right arm. Next the athlete moves both his right leg and throwing arm back to delivery position with pre-stretched chest and shoulder muscles and immediately performs a throw.

Exercise No. 6: For discus throwing. Place a barbell of 50-60lbs on the shoulders. Twist shoulders to the right and then to the left. Start the motion to the left before the motion to the right is completed and vice versa.

PLYOMETRIC JUMPING EXERCISES

Exercise No. 1: a) A rebound jump off a box 30" high with a double leg takeoff. The athlete jumps as high as possible after the rebound. b) The same exercise from a higher height. c) The same exercise performed on one leg.

Exercise No. 2: A hop off a 12-24" box onto the ground, followed by a triple jump step and jump for distance.

Exercise No. 3: Perform a jump off a 12-24" box, landing 8 feet from the

hopping and bounding for distances from 30-100m. The emphasis in performing these jumps should be on speed of movement while still maintaining powerful takeoffs.

Several factors must be considered in plyometric training for sprinters: 1) The greatest volume of jumps should take place in the Fall preparatory phase of training. During the season, training should consist primarily of short jumps up to 50m; 2) "Short Jumps" should be performed before sprinting and "Long Jumps" after sprinting.

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ALL CALIFORNIA HONOR ROLL

1976

Guy Abrahams 4CT
Candy Acres JWT
Kathy Adams SWT
Steve Albright 4CT
Terry Albritton 4CT
Dal Aldrich MT
Sam Alexander JCT
Steve Alexander 4CT
Ed Almeida MXCLD
Reuben Amaya 4CT
Barry Anderson 4CT
Jodi Anderson JWT
Ruth Anderson FLD
Andren 4CT
Alvis Andrews MT
Joel Andrews 4CT
Mal Andrews MT
Mark Andrews JCT
Tom Andrews 4CT
Tina Anex SWXC
Jim Arriola HST
Evelyn Ashford SWT
Fred Assef 4CT
Doreen Assumma JWXC
Ed Austin

Dave Babiracki OT
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Rick Brown OT
Ron Brown JCT
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Keven Brownlee HST
Tim Brownlow HST
Hans Bruhner MT
Avery Bryant MT
Rosalyn Bryant SWT
Tom Bryant OT
Mike Budincich 4CT

Dennis Caldwell 4CT
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Ruth Kleinsasser Caldwell
SWXC, SWT
Sherry Calvert SWT
Phil Camp MLD
Steve Campbell 4CT
Gerardo Canchola JCT
Glen Cannon HST
Patty Cape SWT
Mark Carley JCT
Fred Carnahan MLD
Barney Carral JWT
Carlow Carrasco HSXC
Dan Carter 4CT

photo by Dave Stock



Each year CALIFORNIA TRACK NEWS attempts to select the most outstanding California athletes in the various divisions of our sport and award them "All California" status. In determining "All California" standing performance at the national and state level was taken into account and then quality of performance and consistency were also considered. The abbreviations used for the various categories are: HST=boys high school track, HSXC = boys high school cross country, JCT = junior college track, JCXC = junior college cross country, 4CT = four year college track, 4CXC = four year college cross country, JWT = junior women track (under 18), JWXC = junior women cross country (under 18), SWT = senior women track (18 & over), SWXC = senior women cross country (18 & over), MT = masters track (40 and over), MXCLD = masters cross country and long distance (40 and over), MLD = male long distance, FLD = female long distance, OT = open track (out of school), OXC = open cross country (out of school).

Bill Clark MLD, OXC
Truman Clark MT, MXCLD
Gary Close 4CXC
Freida Cobbs
Tom Cochee 4CT
Tom Colley 4CXC, JCT
Collier HSXC
Aldo Congi 4CT
Phil Conley MT
Rod Connors 4CT
Kathy Cook SWT
Paul Cook MLD
Dedy Cooper 4CT
Kevin Corbett HST
Denise Cornell SWT
Jon Cory JCXC
Kathy Costello SWXC
Kim Costello JWT
Kris Costello JWT
Carlos Cota MT
Terry Cotton 4CT, 4CXC
Frank Cozzillo MXCLD
Buell Crane MT
Mike Crittenden JCT
Clydine Crowder SWT
Bill Crum MXCLD
Paul Cummings OT
Anthony Curran HST
Carol Czarnetski JWT

John Damski MT
Becky Daniel JWT
Dave Daniels HSXC
Tammy Darr JWXC
Bill Davies JCXC
Dick Davies MXCLD
Shirley Davison MT

Raimo Eskola JCT
Gil Esparza 4CXC
Tony Esteban JCT
Bill Eyans MT
Ron Evans OT
Julian Evola JCT

Peter Farmer OT
Duke Ferguson 4CT
Blake Fernside HST
Scott Fessenden JCXC
Pete Fetter MT
Al Feuerbach OT
Andrew Fields HST
Bill Fitzgerald MT
Dollie Fleetwood JWT
Carl Florant 4CT
Julie Flynn JWT
Greg Francis HST
Clarence Frazier 4CT
Jane Frederick SWT
Bill Frederickson
Brian Freeman MXCLD
Kevin French 4CT
George Frenn OT
Dave Friday 4CT
Ron Fritzke JCT
Ralph Fruguglietti 4CT
Sharon Furtado FLD, SWXC

Robert Gains 4CT
Peter Galle OT
Juan Garcia JCT, 4CXC
Nadia Garcia SWT, FLD
Chris Garpenborg OT
Mike Garrett JCT
Roger George OT

Mvelyn Ashford SWT
Fred Assef 4CT
Doreen Assumma JWXC
Ed Austin

Dave Babiracki OT
Don Baird 4CT
Gordon Banks HST
Willie Banks 4CT
Bob Barnes JCXC
Diane Barrett FLD
Bob Barrows JCT
Dick Bartek MXCLD
Doug Basham MT
Mark Baughman JCT
James Baxter OT
Darryl Beardall MXCLD
Rayfield Beaton 4CT
Steve Beck 4CT
Marquita Belk JWT
Art Bell 4CT
Jack Bellah 4CT
Chip Benson HST
Anthony Berry JCT
Ed Berry JCT
Rod Berry HSXC
Glen Best JCXC
Roxanne Bier JWT, JWXC
Wilfred Bigelow MT
Carolyn Bing SWT
Jim Birnbaum 4CXC
Charm Bishop JWT
Wyatt Bishop HST
Pam Blackburn JWT
Scott Blackburn JCXC
Brian Blue 4CXC
Gary Blume 4CXC
Tom Bobertz HST
Tim Boersma HST
Jim Bolding OT
Jim Bole MXCLD
Bob Bouillon HSXC
Kelia Boulden JWT
Frank Boutin 4CXC
Renaye Bowen SWT
Ralph Bowles MXCLD
Charles Boyd JCT
Frank Bozanich MLD
Mark Bradley HSXC
Dupree Branch HST
Phil Bransom JCT
Vicki Bray JWT, JWXC
John Brennan MXCLD
Stanford Brewer 4CT
Cheryl Bridges SWT
Linda Broderick JWT, JWXC
Joyce Brodock SWT
Linda Brodock SWT



RALPH SERNA, RICH McCANDLESS, TONY SANDOVAL
at the Stanford Invitational Cross Country meet.

Bob Burch JCXC
Steve Burch JCXC
Burgess JWT
Kevin Burkin JCXC
Darcy Burlison JWXC
Michelle Bush JWXC
James Butts OT
Debbie Byfield SWT
Curtis Byrd OT

Harold Carter JCT
Joe Caruso MT
Armando Cendejas JCT
Darrell Cesson HSXC
Tim Chain JCXC
Tim Chambers HST
Mike Chambliss MLD
Bill Cheadle 4CT
Charlie Christensen HSXC
Vic Churchill JCT
Al Clark MXCLD

Terry Cotton 4CT, 4CXC
Frank Cozzillo MXCLD
Buell Crane MT
Mike Crittenden JCT
Clydine Crowder SWT
Bill Crum MXCLD
Paul Cummings OT
Anthony Curran HST
Carol Czarnetski JWT

John Damski MT
Becky Daniel JWT
Dave Daniels HSXC
Tammy Darr JWXC
Bill Davies JCXC
Dick Davies MXCLD
Shirley Davisson MT
Oswald Dawkins MT
Greg Dean JCXC
Martin Dean 4CXC
Chris DeFrance JCT
Hugo DeGroot MT
Bob Deis JCT
Penny DeMoss FLD
Kathy Devine SWT
John Dick MT
Debbie Dibb JWT
Bill Diehl OT
Charles Dillon MT
Tom DiStanislao 4CT
Fred Dixon OT
Emily Dole SWT
Brian Donahue JCT
Jerry Donley MT
Don Donnelly MT
Pat Donnelly SWT
Larry Doubley HST
Monette Driscoll SWT
Rayfield Dupree OT
Kurt Durham HST
Sharon Duthie JWT
Don Dyer 4CT

Frank Ebner HSXC
Joe Ebner JCXC
Denice Eddington JWT
Dave Edds HST
Clancy Edwards OT
Darrell Elder 4CT
Felix Elieff HSXC
Scott Ellison HSXC
Karen Elmore SWT
Bob Emerling MT
Dave Emery HST
Jerome Emory 4CXC
Scott Endler HST
Joanne Erb JWT
Robert Erb JCT

Jane Frederick SWT
Bill Frederickson
Brian Freeman MXCLD
Kevin French 4
George Frenn OT
Dave Friday 4CT
Ron Fritzke JCT
Ralph Fruguglietti 4CT
Sharon Furtado FLD, SWXC

Robert Gains 4
Peter Galle OT
Juan Garcia JCT, 4CXC
Nadia Garcia SWT, FLD
Chris Garpenborg OT
Mike Garrett JCT
Roger George OT
Kevin Gibson HST
Ray Gil MXCLD
James Gilkes 4CT
Orville Gillett MT
Burl Gist MT
Cheryl Glazier JWT
Ron Glenn HST
Wayne Glusker OT
Vince Godfrey MT
Sal Godinez HST
Linda Goen JWXC
Ed Gookin MXCLD
Fortune Gordien MT
Kelly Gordien HST
Marcus Gordien JCT
Miki Gorman FLD, SWXC
Kari Gosswiller JWT
Lisa Courdine JWT
Judy Graham SWT, SWXC
Rich Grant 4CT
Dan Gruber 4CT
Al Guidet MT
Kent Guthrie MXCLD

Dave Haake JCT
Dave Haber 4CT
Andre Hall JCT
Ed Halpin MT
Ken Hammer 4CXC
Curt Hampton JCT
Millard Hampton JCT
Jacki Hansen FLD
Gerald Hardeman 4CT
Reid Harder MLD
Peanut Harms OXC
Dave Harper OXC
Derald Harris HST
Benton Hart 4CXC
Jim Hartig OXC
Ted Hatlen MT
Chuck Hattersley JCT
Jeff Haynes 4CT

Tommy Haynes OT
 Debbie Heald SWXC
 Dave Helgeson JCXC
 Mike Helsby 4CT
 Stan Hermann MT
 Charles Hernandez JCXC
 Gary Hernandez JCXC
 Mauro Hernandez MT
 Len Hilton OT
 Tom Hintnaus HST
 Joe Hippensteel 4CT
 Ben Hirsch MXCLD
 Tara Hobbs JWXC
 Nicki Hobson FLD
 Denise Holloway SWT
 Tim Holmes HST,HSXC
 Michele Hopper SWT
 Jim Howard 4CT
 Sandra Howard SWT
 Randy Hubbell MT
 Eric Huff JCXC
 Chris Hughes JCXC
 Eric Hulst HST,4CXC
 Bob Humphrey MT
 Bob Hunt MT
 Thom Hunt HST,4CXC

Gordon Innes 4CXC,4CT
 Kjell Ksakssoon OT

Dave Jackson MT
 Paul Jackson JCT
 Shawn James JCT
 Steve Jarvis 4CT
 Mark Jenkins HST
 Bruce Jenner OT
 Conrad Jepson HST
 Larry Jesse OT
 Cindi Johnson
 Ken Johnson OT
 Larry Johnson 4CT
 Mike Johnson 4CT
 Paul Johnson HST
 Rich Johnson HST
 Kimmo Jokivarto JCT
 Andy Jones JCXC
 Bob Jones JCT
 Lloyd Jones 4CT,HST
 Norris Jones HST
 Randy Jones JCT
 Jerry Jordan JCT
 Payton Jordan MT

Ulrich Kaempf MXCLD
 Gaylord Kerschmid MT
 Julius Kerschmid MXCLD
 K. C. Keffer MT
 Keller HSXC
 Coleman Kells JCT
 Bruce Kennedy OT
 Larry Kennedy OT
 George Ker MT

Todd Lovejoy HST
 Ed Lowell MT
 Sing Lum MT
 Francie L. Lutz SWT
 Mark Lutz OT
 Tom Lux OXC

Bob MacConaghy MT
 Sid Madden MT
 Emil Magallones 4CXC
 Derek Mahaffey MT
 Bob Malain MXCLD
 Mark Malone HST
 Ralph Mann OT
 Bob Mapstead JCXC
 Rich Marks OT
 Mike Marlow JCT
 Carl Martin MXCLD
 Kathy Martin FLD
 Roger Martin 4CT
 Angelo Martinez 4CXC
 Mark Maxham JCT
 Vernoy Mayweather JCT
 Mitch McCalli HST
 Rich McCandless 4CXC
 John McCollum OT
 Kevin McConnell HST
 Winfield McFadden MT
 Greg McGee 4CT
 Lew McGlothlin JCT
 John McKenzie HST
 Bob McMeans HST
 Mitzi McMillin
 Matt McNaughton HST
 Jim Mebust JCXC
 Susie Meek JWT,JWXC
 Jay Meisler 4CT
 Ed Mendoza 4CT,OXC
 Lisa Metheny JWT
 Kathy Middleton JWT
 Ed Miller 4CT
 Steve Miller JCT
 Phillip Mills 4CT
 Mike Mince JCT
 Robbie Mitchell JWT
 Ron Moers OT
 Scott Monroy JCT
 Rick Monseth JCT
 Wally Montenegro JCXC
 Monte Montgomery MXCLD
 Steve Montgomery HST
 Tom Montgomery MT
 John Montoya MXCLD,MT
 Bouncy Moore OT
 Bill Morales MT
 Ramon Morales HSXC
 Pete Moreno HST
 Don Moses HST
 Billy Mullins HST
 Marl Murray 4CT
 Bennie Myles 4CT

Mike Rae JCT
 C. A. Rahman OT
 Ed Ramirez JCXC
 Tony Ramirez 4CXC
 Ken Randle 4CT
 Alison Reed JWT
 Paul Reese MXCLD
 Leal-Ann Reinhart FLD
 Tom Rhoads HST
 Yolanda Rich SWT
 Pete Richardson MT
 Steve Riggins JCT
 Dan Ripley OT
 Debbie Roberson SWT
 Arnetta Robinson JWT
 Arnie Robinson OT
 James Robinson 4CT
 Linda Robinson JWXC
 Flory Rodd MXCLD
 Adrian Rodgers OT
 Russ Rodgers 4CT
 Bob Roimer MT
 Gary Romesser OXC
 Paula Rose JWXC
 Candy Ross JWT
 Bruce Rothschild 4CT
 Jay Rubino JCXC
 John Rudberg MXCLD
 John Rudd JCT
 Brian Russell HST
 David Russell HST
 Ron Russell

Mike Sabatino 4CT
 Donna Sanchez JWT
 Jerry Sanders HST
 Tony Sandoval OXC,MLD,4CT
 Al Sanford HST
 Paul Santiago JCT
 Martin Sarkesian JCT
 John Satti MT
 Mark Sawyer 4CT
 Mark Schilling OT
 Bill Schmidt OT
 Kathy Schmidt SWT

Kirk Pfeffer 4CXC,JCT,MLD
 Tom Philbert HST
 Andre Phillips HST
 Joe Phillips 4CT
 Billy Pierce HST
 Mike Pinocci OXC
 Robin Platero HST
 Cyndy Poor FLD,SWT
 Chris Powell HST
 John Powell OT
 Walt Pratt JCT
 Randy Prine JCXC,JCT
 Larry Prislac HSXC
 Bob Pullard OT
 George Pullen 4CXC
 Christi Pyle JWT

Mike Rae JCT
 C. A. Rahman OT
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 Tony Ramirez 4CXC
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 John Rudd JCT
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 David Russell HST
 Ron Russell

John Starr MXCLD
 Percy Stephens MT
 David Stern MXCLD
 Dave Stevenson MT
 Bill St. John 4CXC
 Bill Stock MT
 Dorothy Stock SWXC
 Dwight Stones 4CT
 Stohr JWT
 Jeff Stover HST
 Larry Stuart OT
 Conrad Suhr 4CT
 Mike Sula HST
 Cathy Sulinski SWT
 Gary Sutherland JCXC
 Jan Svendsen SWT
 Art Swarts OT
 Pete Sweeney OXC
 Sarah Sweeney JWXC,JWT
 Carl Swift MLD
 Jon Switzler HST

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 Bill Stock MT
 Dorothy Stock SWXC
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 Jeff Stover HST
 Larry Stuart OT
 Conrad Suhr 4CT
 Mike Sula HST
 Cathy Sulinski SWT
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 Jan Svendsen SWT
 Art Swarts OT
 Pete Sweeney OXC
 Sarah Sweeney JWXC,JWT
 Carl Swift MLD
 Jon Switzler HST



JEFF HAYNES

photo by Bill Leung, Jr.

John Starr MXCLD
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 Stohr JWT
 Jeff Stover HST
 Larry Stuart OT
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 Cathy Sulinski SWT
 Gary Sutherland JCXC
 Jan Svendsen SWT
 Art Swarts OT
 Pete Sweeney OXC
 Sarah Sweeney JWXC,JWT
 Carl Swift MLD
 Jon Switzler HST

Lisa Vogelsang SWT
 Dave Voorhees 4CT
 Larry Walker OT
 Tom Walker JCT
 John Wall MXCLD
 Duane Waltmire 4CXC
 Shawn Ward JCT
 Todd Ward HST
 Tony Ward HST
 Lucy Wardle JWT
 John Warkentin OT
 Bob Watanabe MT
 Alan Waterman MT
 George Waterman
 Pam Waters JWT
 Martha Watson SWT
 Ron Wayne MLD
 Stan Webster HST
 Bill Weed JCT
 Mike Weeks 4CT
 John Weldy MT

Andy Jones JCXC
Bob Jones JCT
Lloyd Jones 4CT,HST
Norris Jones HST
Randy Jones JCT
Jerry Jordan JCT
Payton Jordan MT

Ulrich Kaempf MXCLD
Gaylord K. Kerschmid MT
Julius K. Kerschmid MXCLD
K. C. Keffer MT
Keller HSXC
Coleman Kells JCT
Bruce Kennedy OT
Larry Kennedy OT
George Ker MT
Kathy Keyes SWT
Jim King OT
Marilyn King SWT
Mitch Kingery JCXC,JCT
Lisa Kinimaka SWT
Sue Kinsey SWXC
Jim Knaub 4CT
Percy Knox MT
Chris Koko HST
Konigh 4CXC
Rory Kotinek OT
David Krough 4CT
Martha Kuehl JWT
Diane Kummer SWT
Bruce KupperSmith 4CT
Ron Kurrle MLD

Adrian Lair JWT
John Lane HST
Linda Langford SWT
Rich Langford JCT,4CXC
Kiki Lantry JWXC
Luc La Perriere JCT
Steve LaRusch JCT
Dave Laut JCT
Jim Laut MT
Larry Lawson OT
Leonard Ledet HST
Lee JWT
S. Letcher MT
Chris Letlow HST
Lewis HST
Adrienne Lewis SWT
Tori Lewis JCT
Judy Gumbs-Leydig FLD
Tom Light HST
Derek Ligons OT
Miles Lister OT
Brenda Little SWT
James Lofton 4CT
Tom Lomax HST

Ron Moers OT
Scott Monroy JCT
Rick Monseth JCT
Wally Montenegro JCXC
Monte Montgomery MXCLD
Steve Montgomery HST
Tom Montgomery MT
John Montoya MXCLD,MT
Bouncy Moore OT
Bill Morales MT
Ramon Morales HSXC
Pete Moreno HST
Don Moses HST
Billy Mullins HST
Marl Murray 4CT
Bennie Myles 4CT

Jim Neidhart 4CT
Jackie Nelson JWT
Paul Nevau 4CXC,HST
Lee Newell HST
Nick Newton MT
Orville Nichols MT
Jim Nicholson MXCLD
Sam Nicholson MXCLD
Jack Noble MT
Mike Nowacki JCT
Jim Nuccio MLD, OXC

Phyllis Olrich SWXC,FLD
Jim O'Neil MXCLD,MT
Paul O'Neil JCXC
Bob Orell 4CT
Orr 4CT
Steve Ortiz HSXC
Modupe Oshikoya SWT
D. Owens OT
James Owens 4CT

Rod Palon HST
Chick Palsten MXCLD
Van Parish MT
Jim Parks MT
Maxie Parks OT
Mike Parks 4CT
Graham Parnell MT
Doug Parrell JCT
Mike Patrick HST
Tom Patsalis MT
Bob Paulin JCXC
Joe Paur JCT
Jim Pearce OT
Perez HSXC
Henry Perez JCT
Curtis Perry HST
Jim Perry JCT
Dawn Peters JWT
Scott Peters 4CXC

John Rudd JCT
Brian Russell HST
David Russell HST
Ron Russell
Mike Sabatino 4CT
Donna Sanchez JWT
Jerry Sanders HST
Tony Sandoval OXC,MLD,4CT
Al Sanford HST
Paul Santiago JCT
Martin Sarkesian JCT
John Satti MT
Mark Sawyer 4CT
Mark Schilling OT
Bill Schmidt OT
Kathy Schmidt SWT
Pete Schmock OT
Hal Schultz HST
Jarvis Scott SWT
Leslie Scott JWT
Steve Scott 4CT,4CXC
Doug Searle JCT
Bill Seaver OXC,MLD
Danny Seay OT
Chuck Seekins MXCLD
Ron Semkiw 4CT
Ralph Serna 4CXC,4CT
Jan Sershen MLD
Al Sheahan MT
Rhan Sheffield JCT
Jim Shettler MXCLD
Jill Shinkle JWT
Albert Shorts 4CT
Bill Shuff OT
Jim Sidler HST
Mike Simmons 4CT
Vicken Simonian JCT
Jon Sissler 4CT
Mark Slayton HST
Jerry Smartt MXCLD
Chuck Smead MLD, OXC, 4CT
Bruce Smith JCT
Dennis Smith HST
George Smith HST
Hal Smith MT
Karin Smith SWT
Steve Smith HST
Steve Smith 4CT
Tom Smith JCT
Soward HST
Paul Spangler MT
Alvin Spencer JCT
Ray Spencer MT
Mark Spillsbury HST,4CXC
Susan Springer JWT
Walt Stack MXCLD
Ken Stadel OT
Jamie Starmer JCT

Bill Stock MT
Dorothy Stock SWXC
Dwight Stones 4CT
Stohr JWT
Jeff Stover HST
Larry Stuart OT
Conrad Suhr 4CT
Mike Sula HST
Cathy Sulinski SWT
Gary Sutherland JCXC
Jan Svendsen SWT
Art Swarts OT
Pete Sweeney OXC
Sarah Sweeney JWXC,JWT
Carl Swift MLD
Jon Switzler HST

Taylor JCT
Taylor JWXC
Dave Taylor 4CT,4CXC
Ed Taylor JCXC
Gene Taylor 4CT
Keith Taylor JCT,HST
Anthony Terry OT
Jack Thatcher MT
Bob Thomas 4CT,OXC
Donn Thompson HST
Stew Thompson MT
Len Thornton MXCLD
Ann Thrupp SWXC
Carolyn Tiernan FLD
Don Timm OXC,OT
Sid Toabe MXCLD
Heather Tolford SWXC
Robert Traba HSXC
Ann Trason JWXC,JWT
Bob Triplett 4CT
Tracy Trisco JWT
Chris Troffer JWT
Alice Trumbly JWXC,JWT
Mike Tulley 4CT
Bill Turner JCT
Tom Turner JCT
Vivian Turner SWT
Willie Turner OT
Gary Tuttle MLD
Steve Tyler HST
Mike Tyrell JCT

Joan Ulliyot FLD
Fred Vance JCT
Jim VanDine 4CXC
Pat Van Wolvelare SWT
Lupe Vargas JCT
Jim Vernon MT
Becky Villalvazo JWT
Ron Vinson HST

John Wall MXCLD
Duane Waltmire 4CXC
Shawn Ward JCT
Todd Ward HST
Tony Ward HST
Lucy Wardle JWT
John Warkentin OT
Bob Watanabe MT
Alan Waterman MT
George Waterman
Pam Waters JWT
Martha Watson SWT
Ron Wayne MLD
Stan Webster HST
Bill Weed JCT
Mike Weeks 4CT
John Weldy MT
Dave Wells JCT
Kelly Wells JWXC
Wessell JWT
Kathy Weston SWT,SWXC
Quentin Wheeler 4CT
Ron Whitaker 4CT
Charles White HST
Randy White HSXC
Tommy Lee White OT
Barbara Whitfield SWT
John Whittemore MT
Mac Wilkins OT
Bart Williams 4CT
Darrell Williams HST
Harold Williams 4CT
Henry Williams HST
Jerry Williams HST
Leo Williams JCT
Phil Williams JCT
Randy Williams OT
Terry Williams 4CT,4CXC
Wes Williams OT
Wilbur Williams MT
Tugil Willis HST
Craig Wilson JCT
Dennis Wilson JCT
Kevin Wilson HST
Paul Wilson HST
Ted Wilson MT
Brenda Winston JWT
Greg Woepse JCT
George Woods OT
Tom Woods OT
Mike Wright HST

Glen Yates HST
Danita Young JWT
Joe Young HSXC
Scott Young JCT

Hank Zibell HST
Kerry Zwart JWT

ALL-TIME California Women

compiled by CALVIN BROWN

100

- 10.0 (1) Chi Cheng Reel 6/13/70
- 10.4 (1) Barbara Ferrell 6/8/69
- 10.4 (1) Mable Ferguson 4/3/71
- 10.4 (1) Kathie Lawson 6/22/73
- 10.4 (1) Renaye Bowen 5/18/74
- 10.4w (1) Doreen Porter 4/25/64
- 10.4w (1) Marilyn White 5/17/64
- 10.5 (H) Williamae Ferguson 3/25/72
- 10.5 (H) Bobbetie Krug 3/25/72
- 10.5 (1) Martha Watson 3/25/73
- 10.5 (H) Sandra Howard 5/23/75
- 10.5 (1) Brenda Winston 5/9/76
- 10.5w (1) Diana Wilson 5/17/64
- 10.5w (1) Bernetta Glenn 3/27/66
- 10.5w (1) Vilma Charlton 1966
- 10.5w (2) Dee Debusk 5/13/67
- 10.6 (1) Willie Mae Nichols 7/4/69
- 10.6 (H) Jackie Thompson 3/25/72
- 10.6 (H) Toni Griffin 3/25/72
- 10.6 (3) Patsy V. Johnson 5/13/73
- 10.6 (1) Debbie B. White 6/1/75
- 10.6 (1) Evelyn Ashford 6/21/75
- 10.6 (1) Sam Waters 5/14/76

220/200

- 22.4w (1) Chi Cheng Reel 7/4/70
- 22.87m (1) Barbara Ferrell 10/17/68
- 23.05m (1) Rosalyn Bryant 4/8/76
- 23.08m (H) Jackie Thompson 7/11/73
- 23.0w (1) Una Morris 4/17/66
- 23.0m (1) Adrienne Lewis 5/2/76
- 23.1m (1) Kathie Lawson 7/9/71
- 23.3 (2) Mable Ferguson 6/22/73
- 23.41m (1) Freida Cobbs 7/7/76
- 23.3m (1) Kathy Hammond 6/1/68
- 23.5w (2) Vilma Charlton 3/12/66
- 23.5w (1) Diana Wilson 6/29/68
- 23.5w (1) Renaye Bowen 6/9/74
- 23.72m (1) Esther Rot 6/14/75
- 23.6 (2) Williamae Ferguson 7/3/70
- 23.6w (2) Charlette Cooke 4/17/66
- 23.80m (1) Brenda Winston 5/31/76
- 23.94m (2) Sandra Howard 6/7/76

- 2:07.5m (9) Kathy Costello 5/8/76
- 2:07.45m (4) Kate Keyes 5/31/76
- 2:08.5 (1) Tecla Chembawai 1974
- 2:08.5 (1) Kathy Keyes 8/2/75
- 2:08.0m (1) Kim Miller 1971
- 2:09.7 (3) Ann Larsson 5/26/75

MILE/1500

- 4:06.20m (3) Francie L. Lutz 8/6/76
- 4:06.83m (4) Cyndy Poor 8/6/76
- 4:13.5m (1) Julie Brown 6/28/75
- 4:15.1m (3) Judy Graham 8/31/75
- 4:16.03m (4) Ruth Kleinsasser 6/12/76
- 4:17.3m (1) Kate Keyes 6/8/75
- 4:38.5 (1) Debbie Heald 3/16/72
- 4:40.1 (3) Mary Decker 3/16/72
- 4:40.7 (3) Eileen Clausus 6/23/73
- 4:22.08m (5SF) Sue Kinsey 6/11/76
- 4:22.8m (2) Lee Chiu-Shia 4/26/75
- 4:46.1 (2) Teri Anderson 6/1/74
- 4:24.6m (7SF) Paula Rose 6/11/76
- 4:47.4 (4) Sandy Langan 6/5/71
- 4:28.2m (3) Gundilla Lindh 4/29/72
- 4:48.5 (4) Linda Heinmiller 2/15/75
- 4:29.0m (1) Natalie Rocha 7/26/67
- 4:29.0m (11) Carol Flournoy 6/28/75
- 4:29.5m (2) Kathy Costello 3/21/76
- 4:50.2 (2) Jacki Hansen 3/27/76

- 10:36.1 (1) Lee Chiu-Shia 5/26/75
- 10:35.8 (1) Linda Heimiller 2/15/76
- 10:36.2 (3) Nadia Garcia 6/9/74
- 10:36.6 (2) Cyndy Poor 4/12/75
- 10:39.6 (1) Lynn Morin 2/23/75
- 10:39.9 (1) Kiki Lantry 5/15/76
- 10:40.3 (4) Debbie Johnson 6/29/72
- 10:42.0 (1) Suzanne Keith 6/8/75
- 10:44.1 (1) Kathy Costello 11/26/74

3 MILE

- 15:43.4 (1) Julie Brown 6/16/74
- 16:04.0 (1) Judy Graham 12/24/74
- 16:12.2 (2) Clare Choate 6/16/74
- 16:35.5 (2) Teri Johnson 1/12/74
- 16:36.0 (1) Cheryl Bridges 3/13/71
- 17:24.6 (1) Peggy Lyman 1/18/75
- 17:28.5 (2) Debbie Johnson 6/5/71
- 17:53.0 (1) Corinne Nunez 5/2/76
- 17:56.0 (3) Esther Marquez 6/5/71
- 17:58.3 (4) Cathie Buhlert 6/5/71
- 18:00.8 (2) Sandy DeNoon 5/2/76
- 18:12.8 (1) Marie Albert 3/31/73
- 18:24.9 (1) Sonia Gerth 6/13/71
- 18:31.2 (1) Ruth Kleinsasser 4/18/71
- 18:31.2 (3) Margit Sturhann 6/26/71
- 18:35.0 (3) Doreen Assumma 5/2/76
- 18:39.0 (1) Patty Dillingham 1/20/71
- 18:45.2 (2) Pam Allen 6/13/71
- 18:45.3 (3) Mary Cortez 6/13/71
- 18:46.0 (4) Donna Mueller 6/26/71

- 2:58:14 (6) Nicki Hobson 12/6/76
- 2:58:55 (3) Peggy Lyman 2/10/74
- 2:59:51 (1) Penny DeMoss 1976
- 3:00:36 (1) K. Himmelberger 1976
- 3:01:00 (1) Eileen Waters 12/1/74
- 3:01:15 (4) Mary Etta Boitano 2/10/74
- 3:04:30 (1) Sue Neary 1975
- 3:04:42 (1) Caron Schaumberg 1975
- 3:05:07 (6) Lucy Bunz 2/10/74
- 3:05:49 (9) Ruth Anderson 5/2/76
- 3:06:02 (9) Teresa Hom 12/6/76

MILE WALK

- 7:10.9 (1) Sue Brodock 1/25/76
- 7:46.5 (1) Tracy Trisco 5/31/76
- 7:46.8 (1) Cindi Johnson 1/25/76
- 7:47.5 (1) Chris Sakelarios 4/27/75
- 7:47.5 (1) Cindy Vaughan 5/31/76
- 7:53.5 (1) Vickie Cook 5/17/75
- 7:53.7 (2) Terri Teegarden 6/8/75
- 7:55.9 (2) Linda Bottlik 6/13/76
- 7:56.0 (1) Sheila Thomsen 5/27/74
- 7:58.1 (1) Joyce Brodock 5/23/76
- 7:59.4 (1) Kati McIntyre 6/3/72
- 8:01.7 (3) Becky Villalva 6/13/76
- 8:02.0 (2) Jessica Waskow 5/23/76
- 8:02.1 (2) Georgia Sakelarios 5/31/76
- 8:02.1 (4) Shelley Quintana 5/31/76



4:29.5m (2) Kathy Costello 3/21/76
4:50.2 (2) Jacki Hansen 3/27/76

18:45.3 (3) Mary Cortez 6/13/71
18:46.0 (4) Donna Mueller 6/26/71

8:02.1 (2) Georgina Sakelarios 5/31/76
8:02.1 (4) Shelley Quintana 5/31/76

22.4w (1) Chi Cheng Reel 7/4/70
22.87m (1) Barbara Ferrell 10/17/68
23.05m (1) Rosalyn Bryant 4/8/76
23.08m (1) Jackie Thompson 7/11/73
23.0w (1) Una Morris 4/17/66
23.0m (1) Adrienne Lewis 5/2/76
23.1m (1) Kathie Lawson 7/9/71
23.3 (2) Mable Ferguson 6/22/73
23.41m (1) Freida Cobbs 7/7/76
23.3m (1) Kathy Hammond 6/1/68
23.5w (2) Vilma Charlton 3/12/66
23.5w (1) Diana Wilson 6/29/68
23.5w (1) Renaye Bowen 6/9/74
23.72m (1) Esther Rot 6/14/75
23.6 (2) Willamae Ferguson 7/3/70
23.6w (2) Charlette Cooke 4/17/66
23.80m (1) Brenda Winston 5/31/76
23.94m (2) Sandra Howard 6/7/76
23.8 (2) Kathy Smallwood 6/21/70
23.8 (1) Debbie Byfield 3/16/74



photo by Diane Johnson

SUE BRODOCK



KARIN SMITH

440/400

50.62m (1) Rosalyn Bryant 7/28/76
51.64m (3) Kathy Hammond 9/7/72
51.91m (5) Mable Ferguson 9/4/72
52.5 (1) Chi Cheng Reel 6/20/70
52.4m (1) Charlette Cooke 10/16/67
52.7m (1) Jarvis Scott 10/16/68
53.13m (2) Kathy Weston 6/28/74
53.2m (3) Debbie B. White 6/27/75
53.6 (1) Karin Lundgren 4/30/72
53.7 (1) Janice Wiser 5/27/74
53.84m (3) Mary Decker 7/14/73
54.2 (3) Una Morris 8/8/66
54.15m (1H) Yolanda Rich 6/14/76
54.1m (1) Willamae Ferguson 6/3/72
54.1m (2) Debbie Roberson 6/8/75
54.5 (1) Ann Larsson 3/27/72
54.5 (2) Marquita Belk 6/13/76
54.6 (2) Elizabeth Randarz 3/26/72
54.7 (1) Joan Pirie 7/3/70
54.93m (6) Sherrie Golden 6/15/76
55.1 (2) Jodi Anderson 6/8/75

880/800

2:00.15m (1) Cyndy Poor 8/10/76
2:00.22m (1) Francie L. Lutz 8/20/76
2:00.73m (3) Kathy Weston 6/22/76
2:02.3 (1) Mary Decker 2/17/74
2:04.6 (1) Charlette Cooke 7/23/66
2:03.87m (2) Ruth Kleinsasser 5/8/76
2:04.5m (3) Jarvis Scott 8/24/68
2:04.84m (2) Julie Brown 5/31/76
2:06.0 (1) Lee Chiu-Shia 5/26/75
2:05.93m (3) Lynn Hollins 6/10/76
2:07.2 (1) Judy Graham 8/11/72
2:07.0m (1) Cis Schafer 7/8/72
2:07.3m (1) Marie Mulder 7/31/65
2:07.5m (2) Lynn Smith 8/19/75

2 MILE

9:39.3(1) Francie Larrieu 2/17/74
10:07.0 (1) Judy Graham 12/24/74
10:10.2 (1) Teri Anderson 6/9/74
10:11.20 (1) Julie Brown 5/17/75
10:11.8 (2) Clare Choate 6/9/74
10:12.4 (x) Debbie Heald 3/16/73
10:12.45 (3) Kate Keyes 5/17/75
10:19.4 (1) Eileen Claugus 6/23/73
10:28.0 (1) Jacki Hansen 6/8/75
10:31.2 (2) Cheryl Bridges 4/19/75
10:34.0 (3) Tena Anex 6/23/73

MARATHON

2:38:19 (11) Jacki Hansen 10/12/75
2:39:11 (1) Miki Gorman 10/24/76
2:45:32.2(1) Julie Brown 12/6/76
2:46:23 (2) Diane Barrett 12/6/76
2:49:40 (1) Cheryl Bridges 12/5/71
2:50:36 (3) Leal Ann Reinhart 12/6/76
2:51:15 (4) Joan Ulliyot 12/6/76
2:53:40 (1) Teri Anderson 3/4/73
2:54:10 (1) Marilyn Paul 11/27/75
2:54:28 (1) Judy Ikenberry 1/12/74
2:57:13 (9) Judy Gumbs 10/2/76

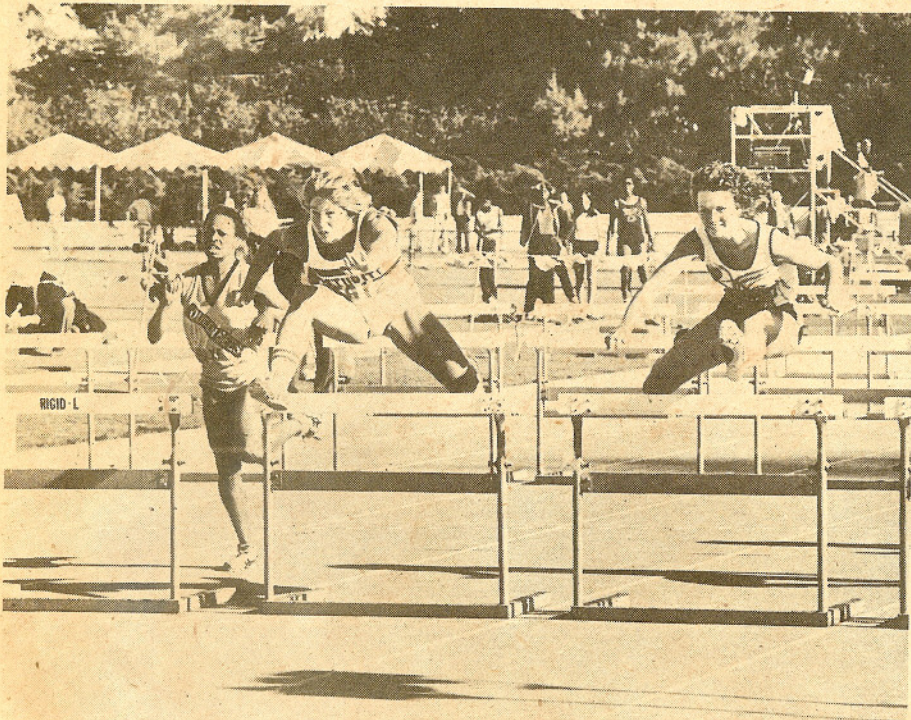
8:02.7 (2) Chris Ramirez 6/13/76
8:03.8 (3) Lynn Holmbeck 5/23/76
8:03.8 (3) Kathy Kiernan 6/13/76

3000 METER WALK

14:40.0 (1) Sue Brodock 5/9/76
14:50.2 (1) Lisa Metheny 6/15/76
15:30.7 (2) Tracy Trisco 6/15/76
15:43.4 (2) Linda Brodock 5/23/76
15:49.3 (3) Becky Villalvazo 6/15/76
16:04.2 (3) Cindi Johnson 5/23/76
16:08.0 (2) Terri Teegarden 5/16/76

- | | | | |
|--------------|----------------------------|-------------|--------------------------|
| 16:11.4 (1) | Jessica Waskow 4/17/76 | 5-10 (P) | Marilyn King 6/21/76 |
| 16:14.8 (2) | Chris Sakelarios 5/31/76 | 5-9 3/8 (1) | DeAnne Wilson 7/8/72 |
| 16:28.4 (10) | Laura Spencer 6/15/76 | 5-9 3/8 (2) | Sandy Goldsberry 7/8/72 |
| 16:29.4 (11) | Melissa Steinle 6/15/76 | 5-9 (2) | Candy Ross 6/5/76 |
| 16:30.8 (3) | Jill Steiner 5/31/76 | 5-9 (2) | Cathy Cook 7/10/76 |
| 16:32.6 (2) | Joyce Brodock 4/17/76 | 5/8 1/2 (3) | Derise Cornell 6/15/76 |
| 16:34.4 (3) | Sharlene McGinley 5/16/76 | 5-8 1/2 (6) | Brenda Little 6/15/76 |
| 16:37.2 (3) | Karlana Waskow 2/29/76 | 5-8 1/2 (1) | Chris Remmling 1976 |
| 16:38.8 (13) | Laura Jandusek 6/15/76 | 5-8 | Franzetta Parham 8/20/67 |
| 16:56.2 (4) | Debbie Porter 5/16/76 | 5-8 (2) | Brenda Simpson 7/4/70 |
| 16:56.8 (18) | Georgia Sakelarios 6/15/76 | 5-8 (1) | Linda Hedmark 4/8/73 |

photo by Diane Johnson



JANE FREDERICK

- | | | | |
|-------------|--------------------------|----------|------------------------|
| 17:03.8 (3) | Shelley Quintana 4/17/76 | 5-8 (1) | Kim Maddox 6/7/75 |
| 17:23.8 (6) | Narwold 2/29/76 | 5-8 (T5) | Cindy Sandberg 6/28/75 |
| | | 5-8 (1) | Susan Long 7/26/75 |
| | | 5-8 (3) | Mitzi McMillin 3/6/76 |

100 METER HURDLES 33"

- | | |
|------------|-------------------------|
| 12.8 (1) | Chi Cheng Reel 7/12/70 |
| 12.9w (1) | Paty W. Johnson 6/23/73 |
| 13.29 (1) | Jane Frederick 6/12/76 |
| 13.41 (1) | Esther Rot 8/31/75 |
| 13.52 (1) | Pat Donnelly 5/16/76 |
| 13.5 (5) | Lorna Tinney 7/8/72 |
| 13.5 (1) | Deby Lansky 6/28/74 |
| 13.5 (P) | Modupe Oshikoya 5/16/76 |
| 13.6 (1) | Bobbette Krug 7/71 |
| 13.7 (55F) | Marilyn King 6/12/76 |

LONG JUMP

- | | |
|---------------|------------------------|
| 21-9 3/4w(1) | Martha Watson 5/26/74 |
| 21-0 3/4(1)i | Chi Cheng 2/28/70 |
| 20-11 3/4(1) | Vicki Betts 6/6/76 |
| 20-11 1/2 (4) | Jodi Anderson 6/19/76 |
| 20-10 (P) | Jane Frederick 6/22/76 |
| 20-9 1/2 (P) | Marilyn King 5/16/76 |
| 20-9 1/2 (1) | Kim Atlesley 7/30/72 |

- | | |
|------------|--------------------------|
| 176-0 (1) | Linda Langford 6/6/76 |
| 173-11 | Joan Pavelich 1974 |
| 171-0 (3) | Monette Driscoll 5/22/76 |
| 165-9 (1) | Terri Sabol 8/31/75 |
| 159-2 (1) | Pamela Kurrell 5/28/60 |
| 158-9 (3) | Nancy Norberg 8/18/68 |
| 157-9 (1) | Lynn Graham 7/3/65 |
| 154-7 | Lisa Vogelsang 5/23/76 |
| 153-5 (2) | Iva Wright 3/25/72 |
| 148-1 (4) | Debbie Rivera 4/29/73 |
| 146-10 (2) | Kathy Schmidt 4/14/71 |
| 146-9 | Melody McCarthy 6/12/65 |
| 145-5 1/2 | Judy Lane 3/28/76 |
| 144-11 (1) | Debbie Langevain 3/16/73 |
| 142-3 (1) | Christi Pyle 5/16/76 |
| 141-2 (1) | Denise Holloway 7/9/76 |

JAVELIN

- | | |
|---------------|------------------------------|
| 218-3 (1) | Kathy Schmidt 6/12/76 |
| 203-10 (2) | Karin Smith 6/12/76 |
| 196-3 (1) | RaNaë Bair 7/2/67 |
| 196-1 (1) | Cathy Sulinski 6/6/76 |
| 192-1 (2) | Lynn Cannon 6/29/74 |
| 192-0 (1) | Sherry Calvert 5/13/72 |
| 186-4 (1) | Roberta Brown 3/21/71 |
| 180-3 (1) | Asa Westmon 5/3/75 |
| 174-6 | Barbara P. Whitfield 5/22/76 |
| 170-9 1/2 (1) | Gloria Wilcox 5/9/64 |
| 170-0 (x) | Karen A. Oldham 10/26/56 |
| 168-6 (4) | Debbie Langevain 6/23/73 |
| 168-5 1/2 | Fran Davenport 9/8/63 |
| 167-8 (3) | Nadine Bowers 5/3/75 |

- | | |
|-----------|---------------------------|
| 166-9 (2) | Babs Brandin 4/23/66 |
| 165-9 (1) | Cathy Corr 5/18/75 |
| 162-9 (2) | Margareta Carell 4/9/72 |
| 161-1 (1) | Lisa Van Benthem 5/26/75 |
| 160-2 | Pamela Livingston 4/24/70 |
| 160-1 (1) | Linda Langford 6/13/70 |

PENTATHLON

- | | |
|-----------|---------------------------|
| 4732 (1) | Jane Frederick 3/30/76 |
| 4374 (3) | Marilyn King 6/21/76 |
| 4359 | Pat W. Bank 10/16/67 |
| 4348 (2) | Modupe Oshikoya 5/16/76 |
| 4329 | Chi Cheng Reel 8/24/68 |
| 4024 | Lorna Tinney 1972 |
| 4012 (2) | Barbara Emerson 9/8/68 |
| 3994 (6) | Mitzi McMillin 6/21/76 |
| 3943 (4) | Kerry Zwart 5/16/76 |
| 3884 (4) | Sandy G. Tyler 6/20/75 |
| 3883 (9) | Pat Dommelly 6/23/72 |
| 3840 (2) | Lucia Vaamonde 5/29/71 |
| 3819 (2) | Lisa Kinimaka 6/28/74 |
| 3817 (3) | Dianne Spangler 6/28/69 |
| 3759 (3) | Jan Svendsen 9/8/68 |
| 3725 (7) | Denise Cornell 5/28/76 |
| 3693 (1) | DeAnne Wilson 5/23/71 |
| 3647 (14) | Rosemarie Gilbert 6/24/72 |
| 3641 (3) | Cam Conley 5/13/72 |
| 3595 (9) | Alberta Martin 6/28/69 |

Please send all additions and/or corrections to Calvin Brown, 228 E. Artesia Blvd., Apt. No. "C", N. Long Beach, Calif., 90805.

Track & Field News

Good things come from Track & Field News, serving the track community for almost thirty years.

1 The best way to keep informed about what's happening across the nation and worldwide in track and field is by reading TRACK & FIELD NEWS, universally recognized as the bible of the sport. All the major news and excitement, from high school track through the Olympics,

3 Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Johnson, Dwight Stones, Steve Williams, Tony Waldrop, all in full color. Still available are color posters of Shorter, Prefontaine, Wottle, and Ryun/Kojima. All color posters are \$2.50 each and 50¢ per order for postage and handling.

4 T&FN is still the foremost publisher of books on track and field. Recent titles are The

17:03.8 (3) Shelley Quintana 4/17/76
 17:23.8 (6) Narwold 2/29/76

5-8 (1) Kim Maddox 6/7/75
 5-8 (T5) Cindy Sandberg 6/28/75
 5-8 (1) Susan Long 7/26/75
 5-8 (3) Mitzi McMillin 3/6/76

100 METER HURDLES 33"

12.8 (1) Cheng Reel 7/12/70
 12.9w (1) Betty W. Johnson 6/23/73
 13.29 (1) Jane Frederick 6/12/76
 13.41 (1) Esther Rot 8/31/75
 13.52 (1) Pat Donnelly 5/16/76
 13.5 (5) Lorna Tinney 7/8/72
 13.5 (1) Deby Lansky 6/28/74
 13.5 (P) Modupe Oshikoya 5/16/76
 13.6 (1) Bobbette Krug 7/71
 13.7 (5SF) Marilyn King 6/12/76
 14.00 (2) Janet Benford 5/15/76
 13.9 (3H) Cherrie Sherrard 7/1/72
 13.9 (2) Janice Lester 5/31/75
 13.9 (6) Mitzi McMillin 6/12/76
 13.9w Deanne Carlsen 1973
 14.1 Deanna Galian 6/13/70
 14.36 (5SF) Yvonne Boone 6/14/76
 14.2 Alberta Martin 1970
 14.3 (P) Dianne Spangler 6/24/70
 14.3 (2) DeAnne Wilson 5/8/71
 14.3 (P) Sandy G. Tyler 6/20/75

400 METER HURDLES 30"

58.62 (4) Clydine Crowder 6/12/76
 59.5 (1) Janice Lester 6/9/74
 59.6 (3) Michele Hopper 6/27/75
 60.8 (1) Patty Cap 5/10/75
 61.31 (2) Alison Reed 6/14/76
 62.70 (4) Carolyn Bing 6/14/76
 63.0 (1SF) Ethis Hunter 6/22/73
 63.36 (1) Amber Souza 5/31/76
 63.3 Leslie Clark 1974
 63.5 (1) Marilyn Neufville 5/13/73
 63.6 (1) Carol Burkland 6/9/74
 63.7 Dalah Ahmad 1974
 64.0 (2SF) Mary Lee Erickson 6/25/74
 64.0 (1SF) Beth Howell 6/25/74
 64.4 (2) Diane Dellinger 6/10/73
 64.4 (3) Effie Jordan 6/20/73
 64.5 Linda DeLaRue 1974
 64.5 Alberta Martin 1974
 64.6 (4) Cathy Clarke 6/10/73
 64.6 (2) Linda Hightower 4/30/76

HIGH JUMP

5-11 (3) Modupe Oshikoya 4/24/76
 5-10½ (1) Cindy Gilbert 4/27/74
 5-10 (T1) Jane Frederick 3/3/75
 5-10 (1) Pam Blackburn 4/27/75
 5-10 (1) Kari Gosswiller 6/5/76

LONG JUMP

21-9 3/4w (1) Martha Watson 5/26/74
 21-0 3/4 (1)i Chi Cheng 2/28/70
 20-11 3/4 (1) Vicki Betts 6/6/76
 20-11½ (4) Jodi Anderson 6/19/76
 20-10 (P) Jane Frederick 6/22/76
 20-9½ (P) Marilyn King 5/16/76
 20-9½ (1) Kim Attlesey 7/30/72
 20-8½w (1) Pat Winslow 7/2/67
 20-7 (1) Dora Lee Roberts 5/1/71
 20-5 3/4 (2) Anita Neil 5/27/72
 20-4½ (3) Barbara Ferrell 5/27/72
 20-3 3/4 (3) Modupe Oshikoya 3/20/76
 20-3w (1) Lisa Gouridine 7/31/76
 20-2½ (4) Denise Paschal 7/24/66
 20-1½w (1) Sonia Guss 9/68
 20-0 3/4 (3) Karen Elmore 5/1/76
 19-11 3/4 (1) Renaye Bowen 3/24/73
 19-10 (P) Barbara Emerson 9/20/68
 19-9½ Franzetta Parham 1969
 19-9 (1) Kathy McMillian 8/12/74

SHOT PUT 4 kg

56-11 (1)i Maren Seidler 2/16/74
 54-9 1/8 (1) Earlene Brown 9/22/60
 53-5½ (1) Jan Svendsen 8/8/72
 53-1 (1) Lynn Graham 5/28/71
 50-0½ (1) Emily Dole 6/8/75
 49-8 (2) Jane Frederick 5/22/76
 49-6 (2) Kathy Devine 6/29/74
 48-11 Linda Langford 1975
 48-9 (4) Cel Rutledge 8/31/75
 47-6½ (1) Joan Pavelich 5/28/73
 46-2 (1) Pat W. Bank 12/19/71
 46-1½ (1) Denise Holloway 4/25/76
 45-6 3/4 (1)i Vera Peco 1/25/75
 44-7 3/4 (1) Iva Wright 6/13/71
 44-6 (2) Kerry Zwart 5/23/76
 44-3 (4) Judy Lane 6/20/73
 43-10½ Mary Jo Peppler 6/7/64
 43-5½ Janis Nay 1968
 42-9 3/4 (x) Susie Ray 5/22/76
 42-8½ (1) Jennifer Wagstaff 4/25/76

DISCUS

193-3 (x) Olga Connolly 8/8/72
 180-11 (1) Jan Svendsen 1976
 178-8 (x) Vivian Turner 7/11/72
 176-10 (1) Earlene Brown 7/16/60

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FALSE STARTS: We inadvertently left the photo credit off of last issue's cover photo. It was by Bill Leung, Jr. An earlier error, in issue No. 13, on page 9, the picture of Mac Wilkins actually belongs to Bill Leung, Jr., too. We still love you, Bill.

Masters Update 1976

100

(40-49)

Percy Knox (CDM) 42	9.9y
Nick Newton (BHS) 42	10.1y
Van Parish (NCS) 42	11.1m
George Waterman (CDM) 41	10.2y
Ted Vick (CDM) 46	10.5y
Bob Radford (CDM) 44	10.5y
Jim Parks (STC) 42	10.7y
Tony Nasaralla (STC) 44	10.7y
Dick Marlin (NCS) 46	10.7y
Hans Bruhner (NCS) 42	10.7y
Bill Frederickson (NCS) 45	11.6m
Dick Glasgow (SDTC) 40	11.8m
Bruce Springbett (NCS)	11.8m

(50-59)

Bob Watanabe (STC) 50	11.6m
Payton Jordan (CDM) 59	11.7m
Tom Patsalis (CDM) 54	11.0y
Al Guidet (CDM) 58	11.1y
Bob Cooper (NCS)	11.3y
Bob Roemer	11.3y
Wayne Ambrose (CDM) 57	12.5m
Tom Clayton (CDM) 51	12.6m
Bob Hunt (BHS)	12.7m
Wilbur Buchanan (SFV) 53	12.7m
Pete Fetter (CDM) 55	12.7m

(60+)

Bill Morales (CDM) 60	13.2m
Joe Caruso (STC) 66	13.4m
Ken Carnine (NCS) 68	13.5m
O. Nichols (BAC) 63	12.7y
Tony Castro (STC) 67	13.9m
Ted Hatlen (NCS) 65	13.2y
Winfield McFadden (SDTC) 71	14.5m
Sing Lum (STC) 71	14.5m
P. Thomasson (70+)	13.7y

220/200

(40-49)

Nick Newton (BHS) 42	23.0y
Percy Knox (CDM) 42	23.2y
Hans Bruhner (NCS) 41	23.3m
Van Parish (NCS) 42	23.4m
George Waterman (CDM) 41	23.7y
Ted Vick (CDM) 46	23.9m
Bill Frederickson (NCS) 45	23.8m
Jim Parks (STC) 46	24.2y
Bob Radford (CDM) 44	24.2y
Tony Nasaralla (SR) 44	24.4y
Dick Marlin 46	24.4m

compiled by PERCY KNOX
PETER MUNDLE

880/800

(40-49)

Bob Emerling (BHS) 40	2:04.7m
Gaylord Kalchschmid (SFV) 43	2:05.5m
Jim Parks (STC) 42	2:06.9m
John Weldy (ARR)	2:08.0m
Robert Holmes (SDTC) 47	2:11.1m
Don Palmer (CDM)	2:13.0y

(50-59)

Bill Fitzgerald (STC) 51	2:03.2m
Avery Bryant (STC) 52	2:12.9m
Robert Poet (STC) 51	2:17.5m
Jack Noble (STC) 50	2:17.8m
Ed Halpin (CDM)	2:25.0y

(60+)

Sid Madden (SFV) 68	2:36.0m
Ed Lowell (STC) 60	2:36.2m
Mel Shine (NCS) 67	2:38.5m
Ray Mahanna (STC) 60	2:38.6m

MILE/1500

(40-49)

John Weldy (ARR)	4:11.0m
Wilbur Williams (STC) 43	4:21.6
Gaylord Kalchschmid (SFV) 43	4:21.6
Jan Pekkes (STC)	4:43.0
Peter Wood (NCS) 46	4:44.4y
Bob Emerling (BHS)	4:48.3y
Chuck Beeman 40	4:38.2m
Frank Delgado	4:57.0y

(50-59)

Bill Fitzgerald (STC) 51	4:18.0
Avery Bryant (STC) 52	4:32.9m
Mauro Hernandez (SMTC)	4:40.0m
Jack Noble	5:10.5y
Ed Halpin (CDM)	5:08.2m
Alan Waterman (NCS) 57	4:58.0m

(60+)

Sid Madden (SFV) 68	5:24.0m
---------------------	---------

120/110 HIGH HURDLES

(40-49) 39"

Dave Jackson (CDM) 44	15.6
Van Parish (NCS) 42	16.2
Mal Andrews (BAS) 42	16.3
Bill Adler (BHS) 43	16.8
John Tansley	17.4
Don Donnelly (SDTC) 47	19.5

(50-59) 36"

Tom Patsalis (CDM) 54	17.7
Burl Gist (CDM) 56	18.4
Robert Hunt (BHS) 56	18.6
Wayne Ambrose (CDM)	18.6
Robert Roemer (NCS) 51	18.6
Roy Higginson (NCS) 50	19.2
Dave Brown (CDM)	20.6
Tom Clayton (CDM) 57	20.9

(60+) 30/33"

Vince Godfrey (SDTC) 62	18.9
Ted Hatlen (NCS) 65	19.6
Orville Nichols (BAC) 63	19.8

440 YARD INTERMEDIATES

(40-49) 36"

Van Parish (NCS) 42	62.1
Al Sheahan (SFV) 45	62.4
Mal Andrews (BAS) 42	62.4
Tony Nasrella (STC) 43	65.2

(50-59) 33"

Bob Hunt (BHS)	63.7
Bob Roemer (NCS) 51	65.4
Al Guidet (CDM)	67.0
Tom Clayton (CDM)	67.4
Wayne Ambrose (CDM)	67.7

(60+) 30"

Vince Godfrey (SDTC) 62	77.5
Ed Lowell (STC) 60	84.1
Wilfred Bigelow (NCS) 65	86.7

STEEPLECHASE

(40-49)

Bill Stock (SDTC) 45	10:43.0
Graham Parnell (SDTC) 46	10:43.0
Doug Basham (NCS) 40	10:44.2
Dave Stevenson 47	10:55.0

(50-59)

Jack Noble (STC) 50	11:13
Avery Bryant (STC) 52	11:28
Alan Waterman (STC) 57	11:48
Bob Long (BHS) 57	13:01.8

(60+)

Wilfred Bigelow (NCS) 65	15:01.6
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LONG JUMP

(50-59)

Burl Gist (CDM) 55	5-2 $\frac{1}{2}$
Orv Gillett (CDM) 56	5-2 $\frac{1}{2}$
Bob Ogle (CDM)	5-0
Jim Vernon (STC) 59	4-10
Dave Brown (CDM)	4-10

(60-69)

Ted Wilson 61	4-8
John Dick 60+	4-4
Ted Hatlen (NCS) 65	4-4
Hugo DeGroot (STC) 60	4-3
Wilfred Bigelow (NCS) 65	4-0
Robert MacConaghy (CDM) 68	3-10
Delmar Mitchelson (STC) 67	3-8

(70+)

Percy Stephens (SDTC) 72	4-1
Win McFadden (SDTC) 71	4-0
Buell Crane 76	4-0

TRIPLE JUMP

(40-49)

Alvis Andrews (CDM)	45-1 $\frac{1}{2}$
Dave Jackson (CDM) 44	42-10 3/4
Shirley Davison (CDM) 36	40-10
Phil Conley (WVTC) 41	39-7
K.C. Keffer (CDM) 42	37-2
Tony Nasaralla (SR) 44	36-9
Phil Schlegel (CDM) 46	36-6
John Tansley (STC) 40	36-4 $\frac{1}{2}$

(50-59)

Tom Patsalis (CDM) 54	39-8
Ron Spencer (SDTC) 53	34-3
Dave Brown (CDM)	33-8 $\frac{1}{2}$
Bob Ogle (CDM)	33-7
Jim Vernon (STC) 59	32-5

(60+)

John Damski 60+	31-4 $\frac{1}{2}$
Joe Caruso (STC) 66	29-5
Orville Nichols (BAC) 63	29-4
Winfield McFadden (SDTC) 71	28-9
John Dick 60+	28-0 $\frac{1}{2}$
Walt Westbrook 70+	25-2 $\frac{1}{2}$

POLE VAULT

Carlos Cota (SDTC) 40	12-6
K.C. Keffer (CDM) 43	12-5 3/4
Jerry Donley 46	12-0
Duane Telliano	11-6
Roger French	11-6
John Tansley 40	11-1
Hal Wallace (STC)	11-0
Doug Ditmer	11-0
Harry Hawke (SDTC) 46	10-6
G. Davis	10-6
Roy Fitzhugh	10-0
Ted Ensslin	10-0

(50-59)

Jim Vernon (STC) 60	11-6
Dave Brown (CDM)	11-0
Don Grosh (CDM) 51	10-9

Sing Lum (STC) 71
P. Thomasson (70+)

14.5m
13.7y

220/20

(40-49)

Nick New (BHS) 42	23.0y
Percy Kn (CDM) 42	23.2y
Hans Bruhner (NCS) 41	23.3m
Van Parish (NCS) 42	23.4m
George Waterman (CDM) 41	23.7y
Ted Vick (CDM) 46	23.9m
Bill Frederickson (NCS) 45	23.8m
Jim Parks (STC) 46	24.2y
Bob Radford (CDM) 44	24.3y
Tony Nasaralla (SR) 44	24.4y
Dick Marlin 46	24.4m
Huel Washington 47	24.5m
Ozzie Dawkins (STC) 47	24.6m

(50-59)

Bob Watanabe (STC) 50	24.4m
Al Guidet (CDM) 58	24.9m
Bob Roemer (NCS)	25.2y
Bob Cooper (NCS)	25.3y
Wayne Ambrose (CDM) 57	25.9m
Tom Clayton (CDM) 50	
Robert Hunt (BHS) 56	26.4m
Ed Halpin (CDM)	26.9y

(60+)

John Satti (STC) 62	28.1m
Ken Carnine (NCS) 68	28.1m
Orville Nichols (BAC) 63	28.9m
Tony Castro (STC) 66	29.2m
Bill Morales (CDM) 60	29.2m
Joe Caruso (STC) 66	29.6m
Winfield McFadden (SDTC) 71	30.4m
Sing Lum (STC) 71	31.1m

440/400

(40-49)

Hans Bruhner (NCS) 43	53.2m
Jim Parks (STC) 42	53.6m
Nick Newton (BHS) 42	54.0y
Tony Nasaralla (STC) 43	53.9m
Van Parish (NCS) 42	53.9m
Don Cheek (CDM) 46	54.2m
Oswald Dawkins (STC) 47	55.7m

(50-59)

Bob Roemer (NCS) 51	56.5m
Bill Fitzgerald (STC) 50	57.0y
Bob Hunt (BHS) 56	57.8m
Tom Clayton (CDM) 51	58.5m
Robert Poet (STC) 51	59.2m
Bill Bowers (SDTC)	60.3y

(60+)

John Satti (STC) 62	63.8m
Ken Carnine (NCS) 68	65.5m

(40-49)

John Weldy (ARR)	4:11.0m
Wilbur Williams (STC) 43	4:21.5
Gaylord Kalchschmid (SFV) 43	4:21.5
Jan Pekkes (STC)	4:43.0
Peter Wood (NCS) 46	4:44.4y
Bob Emerling (BHS)	4:48.3y
Chuck Beeman 40	4:38.2m
Frank Delgado	4:57.0y

(50-59)

Bill Fitzgerald (STC) 51	4:18.5
Avery Bryant (STC) 52	4:32.9m
Mauro Hernandez (SMTC)	4:40.0m
Jack Noble	5:10.5y
Ed Halpin (CDM)	5:08.2m
Alan Waterman (NCS) 57	4:58.0m

(60+)

Sid Madden (SFV) 68	5:24.0m
Ed Lowell (STC) 60	5:31.6m

3 MILE/ 5,000

(40-49)

Truman Clark (BHS) 40	16:19.6m
Graham Parnell (SDTC) 46	16:20.8m
Bill Stock (SDTC) 46	16:38.0m
Jerry Smartt(BHS) 44	16:47.6m
Wilbur Williams (STC) 43	16:51.0m
Dave Stevenson 47	17:01.0m

(50-59)

Jim O'Neil (SFOC) 51	16:14.0m
Mauro Hernandez (SMTC) 53	16:24.0y
Ed Halpin (STC) 58	18:37.0m
Alan Waterman(NCS) 57	18:24.8y

(60+)

Ed Lowell (STC) 60	20:36.0y
John Montoya (STC) 64	21:21.8m
Chick Dahlsten 60	21:01.0y
Sid Madden (SFV) 68	22:04.0m
Paul Spangler 77	23:06.0m

6 MILE/10,000

(40-49)

Truman Clark (BHS) 40	32:10.6y
Graham Parnell (SDTC) 46	34:04.0m
Dave Stevenson 47	34:09.0m
Jerry Smartt (BHS) 44	35:36.0m
Frank Thomas (BHS) 46	35:41.4y

(50-59)

Jim O'Neil (SFOC) 51	33:30.0m
Harry Perry (SDTC) 52	38:44.8m
Wayne Zook (SDTC) 59	39:03.0y

(60+)

John Montoya (STC) 64	43:24.0m
Sid Madden (SFV) 68	42:57.2y
Ed Lowell (STC) 60	43:44.6y

STEEPLECHASE

(40-49)

Bill Stock (SDTC) 45	10:43.0
Graham Parnell (SDTC) 46	10:43.0
Doug Basham (NCS) 40	10:44.2
Dave Stevenson 47	10:55.0

(50-59)

Jack Noble (STC) 50	11:13
Avery Bryant (STC) 52	11:28
Alan Waterman (NCS) 57	11:48
Bob Long (BHS) 57	13:01.8

(60+)

Wilfred Bigelow (NCS) 65	15:01.6
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LONG JUMP

(40-49)

Shirley Davisson (CDM) 46	21-8 3/4
Alvis Andrews (CDM)	21-4 1/2
Dave Jackson (CDM) 44	21-1 1/2
Nick Newton (BHS) 42	20-1 1/2
Hugh Cobb (BHS) 43	19-9
Mal Andrews (BAS) 42	19-10
Phil Conley (WVTC) 41	19-5 1/2
Phil Schlegel (CDM) 46	19-2 1/2
Tony Nasaralla (STC) 44	19-2

(50-59)

Tom Patsalis (CDM) 54	20-3 1/2
Ray Spencer	16-11
Dave Brown (CDM)	16-10 1/2
Jim Vernon (STC)	16-8 1/2
Pete Fetter (CDM) 55	16-4 1/2
Tom Clayton (CDM) 57	16-3
Bill Morales (CDM) 59	16-0 1/2
Bob Watanabe (STC) 50	15-11

(60+)

John Satti (STC) 62	16-4 1/2
Joe Caruso (STC) 66	15-0
John Damski 70+	14-11
Winfield McFadden 70+	13-6
Don Mowrer 60+	12-4 1/2

HIGH JUMP

(40-49)

Ed Austin (CDM) 46	5-8
Nick Newton (BHS) 42	5-8
Bill Evans (BHS)	5-8
Don Rose 41	5-7
Bob Billings (BHS)	5-6 1/2
John Tansley	5-4
Shirley Davisson (CDM) 46	5-2
Leon Frankamp	5-2
Ray Fitzhugh	5-2
Phil Conley (WVTC)	5-2
K.D. Piffer (CDM)	5-2
Hal Smith (BHS) 41	5-0

POLE VAULT

Carlos Cota (SDTC) 40	12-6
K.C. Keffer (CDM) 43	12-5 3/4
Jerry Donley 46	12-0
Duane Tellianno	11-6
Roger French	11-6
John Tansley 40	11-1
Hal Wallace (STC)	11-0
Doug Dittmer	11-0
Harry Hawke (SDTC) 46	10-6
G. Davis	10-6
Roy Fitzhugh	10-0
Ted Ensslin	10-0

(50-59)

Jim Vernon (STC) 60	11-6
Dave Brown (CDM)	11-0
Don Grosh (CDM) 51	10-9
Orv Gillett (CDM) 56	10-6
Tom DeVaughn	10-0

(60+)

Bob MacConaghy 68	9-7
Hugo DeGroot (STC) 60	8-0

SHOT PUT

(40-49) 16#

Hal Smith (BHS) 41	46-3
Bob Humphrey (CDM) 40	45-6
Stew Thompson (BHS) 43	45-1
Fred Simona 40	41-6 1/2
George Waterman (CDM) 41	41-3

(50-59) 12#

George Kerr (CDM) 53	48-7 1/2
Jack Thatcher (CDM) 59	41-5 3/4
J. Mesiak 56	39-9
W. Wiggington	39-8 1/2
Dan Aldrich (CDM)	39-0 1/2
Terry Siefert	36-9 1/2
Pete Fetter (CDM) 55	35-4

(60+) 8#

Jack Thatcher (CDM) 60	49-6 1/2
Tom Montgomery (CDM) 61	48-1 3/4
Hugo DeGroot (STC) 60	48-1 3/4
Vernon Cheadle 66	43-9 1/2
Red Doms 60+	43-1
Gene Hanson 60+	42-11
Stan Hermann (CW) 71	40-9
Randy Hubbell (STC) 66	38-3
Art Vesco 60+	37-1

DISCUS

(40-49) 2 kg

Bob Humphrey (CDM) 40	182-8
Stew Thompson (BHS) 43	150-10
Harry Hawke (SDTC) 47	138-3
Carlos Fernandez	134-7

Don Maurer (SDTC) 46 124-5
 Hal Smith (BHS) 41 120-1
 George Waterman (CDM) 41 120-1
 Phil Conley (WVTC) 41 114-7
 Richard Stroub (SDTC) 113-9
 Hal Wallace (STC) 48 111-4
 John Tansley 40 109-2

(50-59) 1.6 kg
 Fortune Gordien (CDM) 53 160-0
 Jack Thatcher (CDM) 59 146-7
 George Ker (CDM) 53 140-6
 Dan Aldrich (CDM) 57 133-1
 Orville Gillett (CDM) 57 109-3
 Erick Jordan 108-0

(60+) 1 kg
 Jack Thatcher (CDM) 60 146-7
 Ken Carnine (NCS) 68 141-7
 Hugo DeGroot (STC) 60 135-1
 Earl Archer (NCS) 63 130-10
 Chuck McMahon 60 130-3
 Vernon Cheadle 66 127-11
 Jim York (NCS) 62 123-0
 John Dick 60 121-1
 E. Botts 60+ 116-9
 Stan Hermann (CW) 77 112-11
 Red Doms 60+ 110-8
 Bob McConaghy (CDM) 68 103-3
 Art Vesco 60+ 101-8
 Bill Wolfe 60 100-1
 Frank Hicks 60+ 100-0

JAVELIN

(40-49) 800 g
 Phil Conley (WVTC) 41 216-11
 S. Letcher (NCS) 44 184-8
 Robert Darling 41 175-4
 John Tansley 41 163-1
 Don Rose 40 162-8

Harry Hawke (SDTC) 47 156-10
 Hal Wallace (STC) 48 153-7
 K.C. Keffer 42 152-9
 B. Norton (CDM) 46 148-9
 Dick Straub (SDTC) 47 147-3
 George Waterman (CDM) 145-7

(50-59)
 Bill Morales 161-5
 Pete Fetter 160-1
 Dan Aldrich 159-4

(60+) 600 g
 Orville Nichols (BAC) 63 132-6
 Chuck McMahon 60+ 132-3
 Hugo DeGroot (STC) 60 132-2
 Bob MacConaghy 67 131-10
 Ken Carnine (NCS) 68 126-10
 John Dick 60+ 112-8
 Bill Wolfe 60 100-11

HAMMER

(40-49) 16#
 Stew Thomson (BHS) 43 168-6
 Dave Douglas (BHS) 44 114-6

(50-59) 16#
 Dan Aldrich (CDM) 57

(60+)
 Tom Montgomery (CDM) 61 123-2
 Randy Hubbell (STC) 67 112-5
 Charles McMahon (SDTC) 60 106-5
 Jim York (NCS) 62 96-8
 Robert Ulsh (NCS) 69 90-2
 Stan Hermann (CW) 76 89-8
 John Whittemore (MYC) 76 75-2
 Del Mitchelson (STC) 67 68-4



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CLUES:

- 1) He was the only man to win two 100 meter Olympic gold medals.
- 2) This man won two golds in the 800 meters, running the exact same time in both Olympics.
- 3) He is the only person to win the 1500 meter run twice. His name implies why he ran so fast.
- 4) This American won two gold medals in the high hurdles.
- 5) This man won the 400 meter hurdles in the same Olympics as another American won the high hurdles.

Track

from MIKE LENNEMANN

R S O N I E T S N I R P A J E G
 K N D S P M A H C N H D C O I
 B E C O T W L O D V H R B L P D
 S D R A H C I R I M A T H I A S
 H I T T K J A E V L H R N A V E

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CLUES:

- 1) He was the only man to win two 100 meter Olympic gold medals.
- 2) This man won two golds in the 800 meters, running the exact same time in both Olympics.
- 3) He is the only person to win the 1500 meter run twice. His name implies why he ran so fast.
- 4) This American won two gold medals in the high hurdles.
- 5) This man won the 400 meter hurdles in the same Olympics as another American won the high hurdles.
- 6) This man never won a gold medal in an individual event, but was on two consecutive winning 400 meter relay teams.
- 7) He was on two winning 400 meter relay teams; London & Helsinki.
- 8) This American was on 3 Olympic gold medal 400 meter relay teams.
- 9) In the early part of the century when the standing broad jump, standing high jump, and standing triple jump were part of the Games, this man won 10 gold medals in 4 Olympics.
- 10) He is the only man to be on two winning 1600 meter relay teams.
- 11) This man now a minister won two gold medals in the pole vault in two Olympics.
- 12) This early Olympian was in 3 Olympics winning twice in the long jump as well as twice in the triple jump.
- 13) This shot put champion won two consecutive Olympic golds in the early part of the century.
- 14) This man won two Olympic shot put gold medals. His second win was over 60 feet.
- 15) This man won two Olympic discus championships.
- 16) This man won three Olympic discus championships.
- 17) This man won four Olympic discus championships.
- 18) This man won three consecutive hammer throw gold medals.
- 19) This former congressman from California was a two time winner in the decathlon.

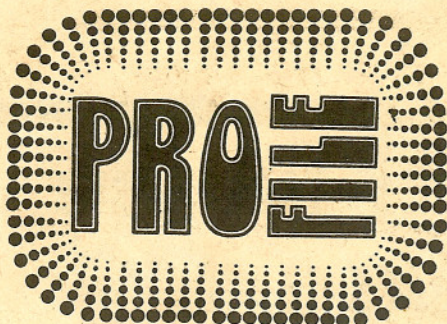
from MIKE LENNEMANN

R S O N I E T S N I R P A J E G
 K N D S P M A H C N H D C O I
 B E C O T W L O D V H R B L P D
 S D R A H C I R I M A T H I A S
 H I T T K J A E V L H R N A V E
 E B I R E P Q K L R E D K R U B
 R M T T P Y S I N S E A G R I L
 I F C E F C D O U A C T C P F N
 D U H R N I N O S I H C R U M A
 A S S I U P H O B R I E N M E G
 N I Y L O M M R E T R E O H D A
 T V I F H Y R O E B H T N F A N
 O A G B L L I W D L O G G N L A
 P D M R A O R K C A R T I E I L
 J F F O C Y W H I T F I E L D F

Hidden in this maze of letters are the names of American men Olympic gold medalists who have won in the same event more than once (including 1906). How many can you find by consulting the brief clues? There are nineteen. You will probably have to resort to the almanac. The names read forward, backward, up, down or diagonally, are always in a straight line and never skip letters. If you think you have found them all send it in and we will have a drawing of all those with the most with the winner receiving a free one year renewal to CTN.

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Bob Paulin

BOB PAULIN: Freshman, West Valley College in San Jose. Age 18; 5 feet, 8 inches; 130 pounds. Born March 30, 1958, in Bitburg Air Force Base, Germany.

Best Marks: One Mile- 4:20.7(76), Two Mile- 9:13(76), Three Mile- 14:24(76). Coached by Bill Campbell.

Bob Paulin of West Valley College didn't win the Golden Gate Conference individual cross country title this fall - but you won't catch him complaining. Why should Paulin complain about a second place finish in the GGC? The Viking freshman came back to win the Northern California and State championships.

At the State Meet Bob set a course record at the College of the Canyons four mile championship course when he toured it in 19:45 to lead the junior college. Bob had to beat his GGC nemesis, Mitch Kingery, to finish first at Northern Cal and State. The former Camden High School star finished far ahead of San Mateo's Kingery who had to settle for seventh at State. In the Northern Cal contest Bob posted a low 20:15 time on the 4.19 mile Crystal



"Bob wanted very much to train with Ron Fritzke this year at West Valley (Fritzke ran 8:54 and 13:55 last track season at West Valley). Fritzke, after an impressive start (he beat Paulin the first three races) was injured. At that point Bob took command and became a real team leader and became much more aggressive in competition. As a very humble youngman, Bob, is the first to admit Fritzke probably would have won the State if healthy."

MID-SEASON CROSS COUNTRY WORKOUT:

Monday- 12 mile hill run @ 6:00 pace, weight training. Tuesday- mile repeats on cross country course - 5 @ 4:30-4:35, weight training. (Tuesday-

4:30-4:35, weight training. Wednesday- 8 mile steep hill run @ 6:30 pace, weight training. Thursday- 3 miles @ 7:00, 3 sets of 5 400 yard hill repeats, 3 miles @ 7:00, weight training. Friday- rest. Saturday- competition. Sunday- 10 miles east. Each morning (Monday through Friday) consists of an hour run (about 8 miles).



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Bob showed signs of real promise last year as a high school senior. As a prep he was Central Coast CIF champion in cross country and the two mile in track. Since high school Bob is looking toward the longer events like the 5 and 10,000. He's still got another whole year after this one at West Valley after which he isn't sure, but would like to go into physical therapy.

Bob has been named California Junior College Cross Country Athlete of the Year for 1976 and Coach Bill Campbell is especially excited about Bob, "Bob has been a real pleasure to train because he is so coachable. He had run four years non-stop all through high school so we agreed to take the entire summer off. He started training the last week in August and then followed our basic two a day West Valley program.

"The first part of the season training consisted of more quantity with just the last four weeks spent on intensity and quality. Bob trained through all of his races right up till Northern Cal.

"Bob and I are, obviously, very pleased with his success. We established a goal of finishing in the top three in the State Meet at the first of the season. By winning he became only the second Northern California runner ever to win the State (the first being Henry Perez just last year).



HUMBOLDT STATE cross country team members proudly display the second place trophy they captured in the NCAA Division III national competition at Cleveland, Ohio. The meet was run in the snow. Lumberjack harriers in the front row, left to right, are Mike Killeen, Gordon Innes, Jerry Tucker, Ken Hammer and Scott Peters. In the back row, l to r, are Chris Speere, Coach Jim Hunt and Bruce Caputo.

LTS..RESULTS..RESU

August 28. 3rd Annual Dammit Run. Novitiate Vineyard

1) Bill Seaver(WVTC)	30:10
2) John Moreno (CaminoWest)	30:23
3) Joe Salazar(SJCC)1st 14+	30:54
4) Bill Clark (WVTC)	30:55
5) Rod Berry (WVTC)	31:02
6) Paul Burke (un)	31:13
7) Rich Vasquez (DiabloVly)	31:17
8) Damon Wood (CaminoWest)	31:18
9) Bruce Rider (WV Jog/Str)	31:19
10) Paul Thompson (un)	31:20
11) Robert Lange (Camino W)	31:23
12) Gary Goettelman (WVTC)	31:26
13) Willie Diaz (un)	31:31
14) Bill Weed (HeinakenHarr)	31:41
15) Armand Moreno (VMTC)	31:44
16) Daniel Cruz (CaminoWest)	31:50
17) Javier Barragan(LGP)	31:52
18) Keith Crowder (WVJS)	31:53
19) Mike Macallair (un)	31:54
20) Chris Kadoch (un)	31:55
21) Gilbert Munoz(Watsonvl)	32:03
22) Mike Duncan (WVTC)	32:04
23) Kurt Lua (Morgan Hill)	32:08
24) John Higley (WVTC)	32:11
25) Jay Marlowe (Camino W)	32:12
26) David Himmelberger (un)	32:13
27) Wayne Glusker (WVTC)	32:14
28) Greg Miller (un)	32:30
29) Ralph Bowles (WVJ&S)1-M	32:35
30) Bob Love (Camino West)	32:40
40) Ken Napier (WVJ&S)2-M	33:17
47) Roger Bryan(TRAC) 3-M	33:37
49) Ulrich Kaempf(TRAC) 4-M	33:48
111)Judy Graham (un) 1st W	36:03
118)Vicky Bray(SJC)1st G 14+	36:23
146)Sue Munday(un) 2nd W	37:25
176)Diane Williams 2nd G 14+	38:32
184)Sally McPherson 3rd W	39:02
190)Peggy Lyman (WVTC) 4-W	39:15
191)Ann Wotherspoon(SJC)5-W	39:21

/Maynard Orme/

September 24. Livermore. Livermore Invitational Varsity:

1) T. Holmes (Downey)	13:38
2) R. Castro (Logan)	13:52
3) M. O'Reilly (SanRafael)	14:09
4) T. O'Neil (Jesusit)	14:12
5) D. Coulman (SanMarin)	14:16
6) P. Gaul (Jesusit)	14:19
7) T. Hussey (Logan)	14:28
8) J. Slater (Logan)	14:32
9) C. Wright (Moreau)	14:32
10) K. Hurst (Downey)	14:34
11) J. Foster (Jesusit)	14:37
12) B. Miller (McAteer)	14:45
13) V. Capurro (Moreau)	14:46
14) M. Chastaine (Mission)	14:47
15) D. Saylor (Mission SJ)	14:50
Jesusit 47, Mission SJ 103, Moreau 112, McAteer 183, Kennedy 189	

Varsity:

1) L. Craig (Berkeley)	7:59
2) K. Ross (Acalanes)	8:10
3) C. Lyons (Granada)	8:22
4) P. Bowers (American)	8:26

SENIOR WOMEN (14-OVER) 3 MILE

1. Diane Byington	RRR	19:18.6
2. Clydyne Crowder	UCLA	19:34
3. Debbie Roberson	UCLA	19:53
4. Mary Ann Maric	CSUB	19:58
5. Jan Ling	AIA	20:23
6. Roberta Takahashi	UN	21:21
7. Diane Lester	UCLA	21:17
8. Tina Stough	LBC	22:07
9. Jo Smith	BA	23:03
10. Carol Passineau	LBC	25:12

October 2. La Mirada. Blue Angels 1976 Sports Festival, Mile Square Park

9 & under (1 Mile):

1) Paulette Willis (LBC)	5:48
2) Andrea Rolfe (LBC)	5:50
3) Lisa Torres (RRR)	5:52
4) Corina Quezada (SCC)	5:53
5) Rose Martinez (SCC)	5:55
6) Christine Standley (BA)	5:56
7) Bridgett Jackson (SCC)	5:57
8) Jan Hale (RRR)	5:58
9) Barbara Wilson (SCC)	6:01
10) Dannie Dearen (BA)	6:02

SCC 40, RRR 59, BA 74.

10 & 11 (1 1/2 Mile):

1) Vicki Cook (RRR)	7:25
2) Jenny Cervantez (RRR)	7:28
3) Kathy Kierman (BA)	7:38
4) Andrea Kirkorn (BA)	7:40
5) Marcy Anderson (RRR)	7:41
6) Sandra Katzer (BA)	7:43
7) Regina Crawford (RRR)	7:45
8) Sherylyn Schuman (SCC)	7:46
9) Sonja Cooper (RRR)	7:48
10) Cindy Nunez (RRR)	7:49

RRR 24, BA 40, SCC 92.

12 & 13 (2 Mile):

1) Kiki Lantry (RRR)	11:45
2) Tami Darr (BA)	12:10
3) Kelly Cerda (BA)	12:13
4) Sharon Hulse (Un)	12:16
5) Jane Wintermute (SCC)	12:18
6) Kristi Wilson (BA)	12:21
7) Detra Washington (BA)	12:23
8) Terri Hollins (RRR)	12:24
9) Michelle Mason (VTC)	12:28
10) Shelly Quintana (BA)	12:29

BA 28, RRR 59, SCC 86.

14 - 18 (2 1/2 Mile):

1) Carol Czarnetski (BA)	15:11
2) Donna Sanchez (RRR)	15:14
3) Paula Rose (BA)	15:32
4) Susie Meek (BA)	15:45
5) Becky Villalvazo (RRR)	15:57
6) Lauri Jewell (LBC)	15:59
7) Kathy Jewell (un)	16:09
8) Lori Johnson (RRR)	16:16
9) Cheryl Bowman (BA)	16:33
10) Pam Hodges (BA)	16:38

BA 27, RRR 39.

Women:

1) Heather Tolford (SFVTC)	16:50
2) Leal Reinhart (SFVTC)	16:59
3) Doreen Assumma (RRR)	17:10
4) Ruth Kleinasser (BA)	17:20

October 2. La Mirada. Blue Angels Sports Festival 10,000 Meter Cross Country Run

1) Lou Patterson	30:05
2) Ron Kurrle	30:16
3) Mark Dulaney	30:40
4) Paul Cook	31:08
5) Carl Swift	31:13
6) Richard Govi	31:30
7) Steven Chase	31:36
8) Steve Broten	31:41
9) Dennis Caldwell	31:53
10) Terry Ziegler	31:57

40-49:

1) Jerry Smart	33:03
2) Bill Crum	33:47
3) Pete Dowrey	36:51

50-59:

1) Eddie Halpin	40:18
2) Julius Karabel	41:08
3) Ed Saicoe	42:17

60-69:

1) Chick Dalsten	41:35
2) Ed Stosenberg	42:27
3) Jim Bole	47:36

/D. Gordon Follett/

October 30. La Mirada. Biola Invitational. 5 miles.

Division I:

1. Ralph Serna(UCI)	24:21
2. Eric Hulst(UCI)	24:21
3. Steve Scott(UCI)	24:21
4. Rich McCandless(LBS)	24:25
5. Rich Langford(FSU)	24:34
6. Paul Fredrickson(UNR)	24:42
7. Tony Ramirez(FSU)	24:43
8. Duane Waltmire(APC)	24:47
9. Don Moses(UCI)	24:47
10. Tom Colley(Oxy)	24:57
11. Steve Bitterly(Oxy)	25:01
12. George Aguirre(FSU)	25:03
13. Rich Kuhn(UNR)	25:12
14. Rom Wysocki(UNR)	25:13
15. Mark Konings(UCI)	25:14
16. Tom Cusick(CSUN)	25:15
17. David Haake(FSU)	25:16
18. Mike Jurkovich(FSU)	25:25
19. Mark Odum(APC)	25:26
20. Mike Munox(CSUN)	25:29

Division I Team Scores:

1) UC Irvine	30
2) Fresno State University	59
3) University Nevada-Reno	93
4) Occidental	118
5) Azusa Pacific	126
6) Long Beach State	130
7) Cal State Univ.-Northridge	140
8) Cal State Los Angeles	211

Division II Team Scores:

1. Pt. Loma	48
2. University Nevada-Las Vegas	113
3. Cal Poly Pomona	112
4. Biola College	120
5. UC Riverside	120
6. Westmont	127
7. Lovola	187

October 10. Carmel Valley. Garland Ranch Regional Park 6.92 Mile Race

1) John Routh Jr. (WS)	39:38
2) Tadeusz Woliczko(Pama)	40:28
3) Greg Haney	41:44
4) Dave Stern (WVTC)	41:46
5) Charles E. Schwarz	43:30
6) John Lavigne	43:57
7) Benjamin Sawyer (SRC)	44:06
8) William Reinhart	44:17
9) Michael Deis (Mtry HS)	44:36
10) Robert Wellick (MtryHS)	44:55
11) Bruce Campbell	45:38
12) Steve Rice	45:52
13) Ricky Gaches	46:09
14) John Houlette (SophiaTC)	46:22
15) Bob Lytle (TRAC)	46:31

/Gary & Gail Goettelmann/

October 16. Valencia. Canyons Invitational Cross Country Meet. 4.0 Mile:

1) Ed Ramirez (Oxnard)	20:01
2) Mitch Kingery (SanMateo)	20:06
3) Hernandez (SDMesa)	20:11
4) Pisse (SDMesa)	20:21
5) Palland (W.Valley)	20:30
6) Montenero (S.Jose)	20:34
7) Ebner (MtSac)	20:36
8) Baker (W.Valley)	20:46
9) Alfred Lara (FresnoCC)	20:51
10) Burch (SDMesa)	20:53
11) Burch (SDMesa)	21:00
12) Minor (Monterey)	21:01
13) Jones (Monterey)	21:02
14) Jose Renteria (FresnoCC)	21:05
15) Bennaman (Canyons)	21:16

Large Schools: San Diego Mesa 65, Mt. San Antonio 68, Fresno City 84, Orange Coast 101, San Mateo 119.
Small Schools: Monterey 60, Canyons 73, SD City 106, Saddleback 140, S. West 142. /Bob Fries/

October 23. Gardner, Massachusetts. National AAU Senior 20 Kilometer Road Race

1) Chuck Smead (AIA)	61:52
2) Randy Thomas (GBTC)	62:12
3) James Crawford (NYAC)	63:18
4) Tom Dowling (BostonAA)	63:38
5) Hamilton Amer (SummitAC)	65:41

Team Results: 1) Greater Boston TC /Pete Gava/

Cross-Country Finians Channel League of Dos Pueblos

Varsity: 1. Jeff Coffman (DP) 9:42, 2. Jerry Wise (H) 9:59, 3. Stan Heinrichs (SB) 10:00, 4. Reid Parker (DP) 10:04, 5. Mark Shields (DP) 10:10, 6. Brent Wilson (V) 10:11, 7. Chris Rowley (B) 10:14, 8. Chuck Herrera (H) 10:15, 9. David Schless (G) 10:16, 10. David Olson (SA) 10:17, 11. Ron Shoemaker (H) 10:18, 12. Elias

October 23. Sacramento. Matador Relays
at Rusch Park

- Varsity:
 1) Holmes (Downey) 13:31
 2) Youkers (Armiyo) 13:37
 3) Rongzak (Rio A) 14:00
 4) Swan (Lincoln) 14:02
 5) Isball (Jesuit) 14:08
 6) Lopez (St. Marys) 14:09
 7) Martin (Foothill) 14:11
 8) Vance (Sac) 14:19
 9) Maxwell (El Camino) 14:21
 10) Smith (Sac) 14:22
 Girls Team: Rio Americana 53:31,
 La Sierra 56:57, South Tahoe 57:47,
 Lodi 59:00, Davis 59:36.
 Varsity Team: South Tahoe 71:03,
 Jesuit 71:30, Mira Loma 73:04, Bella
 Vista 74:30, McClatchy 75:25.

October 29. Merced. Central California
Conference Meet at Applegate Park

- Girls:
 1) Diane Miller (Turlock) 11:54
 2) Nayares (Dow) 12:05
 3) Gavino (Dow) 12:19
 4) Crisp (Downey) 12:20
 5) Lillie Hughes (Merced) 12:23
 Varsity:
 1) Holmes (Downey) 14:42
 2) Hurst (Downey) 15:13
 3) McKinstry (Merced) 15:17
 4) Ochoa (Merced) 15:23
 5) Ortega (Davis) 15:26

November 2. South Coast Conference
Championships at Fullerton Wells,

- 4.0 miles:
 1) Gary Hernandez (SDM) 20:13
 2) Dave Helgeson (Grossmont) 20:20
 3) Joe Ebner (Mt.Sac) 20:41
 4) Randy Prine (SLM) 20:43
 5) Paul O'Neil (F) 20:44
 6) Joe Dowling (SAC) 20:50
 7) Scott Fessenden (F) 20:54
 8) Chris Hughes (Grossmont) 20:55
 9) Jim Austin (Grossmont) 20:57
 10) Billy Jones (MSac) 21:02
 11) Chuck Hattersley (Grossm) 21:04
 12) Greg Gerich (Occ) 21:06
 13) Barry Boettcher (MtSac) 21:12
 14) Mike McGarry (F) 21:16
 15) Dan Davies (Grossmont) 21:19
 /Don Mulligan/

November 6. New York City. National
AAU Senior 50 Mile Championship in
Central Park

- 1) Frank Bozanich (USMarine) 5:36:02
 2) John Garlepp (Millrose AA) 5:42:03
 3) Ed Ayres (un) 5:46:51
 4) Steve Molnar (HumanEnergy) 5:48:21
 5) Nick Marshall (Harrisburg) 5:51:38
 6) Joe Erskine (Millrose AA) 5:53:46
 7) Park Barner (Harrisburg) 5:54:22
 8) John Hess (HumanEnergy RC) 5:54:33
 9) Kerry Green (HumanEnergy RC) 5:55:55
 10) James Osche (E. Stroudsberg) 6:02:53
 Team Scores:
 1) Human Energy Running Club (Pa.)
 2) Millrose Athletic Assoc. (New York)
 /Pete Cava/

October 23. Los Altos. 3rd Annual
Foothill College/St. Francis High
School Invitational

- Girls (8th grade & under) 1.5 Mile:
 1) Kerry Brogan (Arrow TC) 9:26
 2) Maria King (Arros) 9:44
 3) Michon Kelley (Brownell) 10:04
 4) Jackie Marvin (Arrow TC) 10:11
 5) Hillary Bray (Arrow TC) 10:34
 Boys (7th grade) 2.0 Mile:
 1) Islehard Kent (Terman) 12:38
 2) Bobby Broga (Arrow TC) 13:12
 3) Wade (Wilbur) 13:31
 4) Todd Parker (Terman) 13:50
 5) Herrera (Wilbur) 13:50
 Boys (9th grade) 3.0 Mile:
 1) Jack Kurr (Gunn) 15:51
 2) Dan Gonzalez (Mtn View) 16:53
 3) Matt Keehn (Gunn) 17:10
 4) Jim Kaspari (St. Francis) 17:22
 5) Steve Reiling (Mtn View) 18:03
 Girls (High School) 2.0 Mile:
 1) Toni Taylor (Sunnyvale) 12:35
 2) Yvette Cotte (Cupertino) 13:28
 3) Jeanett Cotte (Cupertino) 13:39
 4) Holly Himenez (St. Francis) 13:41
 5) Celia Brown (Mtn View) 13:56
 Boys (8th grade) 2.0 Mile:
 1) Rob Fessenden (Terman) 11:57
 2) Hutchins (Benner) 12:22
 3) Jay Kilby (Terman) 12:59
 4) George Jenkins (Terman) 13:13
 5) Alex Colman (Terman) 13:16
 Boys (10th grade) 3.0 miles:
 1) Mike Sapp (Fremont) 16:37
 2) Vavuris (Cubberly) 16:58
 3) Nejera (Sunnyvale) 17:16
 4) Sid Yeh (Gunn) 17:23
 5) Martinez (Cubberly) 17:26
 Boys (11th grade) 3.0 Mile:
 1) Sanchez (Sunnyvale) 16:05
 2) Marcus Jones (Menlo) 16:12
 3) Boyer (Cubberly) 16:10
 4) Robert Smith (Awalt) 16:37
 5) Kasper (Cubberly) 16:44
 Boys (12th grade) 3.0 Mile:
 1) Mike Troedson (Los Altos) 16:01
 2) Ed Tangney (Fremont) 16:22
 3) Sterling (Sunnyvale) 16:30
 4) Chris Shols (Menlo) 16:54
 5) Schaefer (Sunnyvale) 16:57
 /Hank Ketzler/

October 30. Metro. Conference Cross
Country J.C. Championships

- 1) Kevin Burkin (LAVly) 19:39
 2) Hal Godinez (Pasadena) 20:02
 3) Ron Russell (Pierce) 20:04
 4) Mike Seeker (Pasadena) 20:17

November 6. Chico. Almond Bowl Run

- 6 Mile:
 1) Peanut Harms (Davis) 29:20
 2) Pete Sweeny (Davis) 29:20
 3) Robert Deis (Citrus Hts) 29:40
 4) David Wood (Chico) 29:57
 5) Dennis Swart (Chico) 30:15
 6) John Flores (Sacramento) 30:3
 7) Ray Darwin (Quincy) 30:35
 8) Russell Black (Mt.View) 30:35
 9) Dave Boyet (Sacramento) 30:36
 10) Bruce Caputo (Humboldt) 30:43
 11) Patrick Stordahl (Sacramento) 30:45
 12) Jim Bowles (Sacramento) 30:51
 13) Steve Barr (Davis) 30:57
 14) Ross Smith (Reno) 40-49 31:12

November 6. Fresno. Valley Confer-
ence Cross Country Championship,
at Woodward Park, 4.0 Mile:

- 1) Jim Mebust (AmerRiv) 20:27
 2) Art Baudendistel (AmRiv) 20:31
 3) Gary Sutherland (AmRiv) 20:34
 4) Tim Farrell (AmerRiv) 20:35
 5) Brad Brown (Delta) 20:37
 6) Bill Weed (AmerRiv) 20:38
 7) Ed Taylor (COS) 20:40
 8) Jose Renteria (Fresno) 20:48
 9) Earl Lagomansino (AmRiv) 20:54
 10) Jon Higley (Cosumes) 20:59
 11) Phil Wright (COS) 21:01
 12) Mike Bregante (Delta) 21:05
 13) Alfred Lara (Fresno) 21:07
 14) Ray Rubio (Fresno) 21:08

November 13. Youngstown. Nation-
al AAU 25 Kilometer Championship

- 1) Frank Shorter (Boulder, Colo) 1:17:56
 2) John Vitale (Rocky Hill, Conn) 1:17:57
 3) Tom Fleming (Bloomfield, NJ) 1:18:08
 4) Carl Hatfield (Philippi, WV) 1:18:34
 5) Dean Foster (Toronto, Can) 1:18:36
 /Pete Cava/

November 6. Delano. Fi
Annual
Delano Turkey Trot

- 9 & under (1 1/2 miles):
 Boys
 1) Kelly Cargill (Shafter) 9:36
 2) Felix Valdez (Corcoran) 9:40
 3) Loyd Cockrall (Buttontw) 10:26
 Girls



STANFORD INVITATIONAL runners passing the one mile mark

photo by Dave Stock

STANFORD INVITATIONAL runners passing the one mile mark

Nejera (Sunnyvale) 17:16
Sid Yeh (Gunn) 17:23
Martinez (Cubberly) 17:26
Boys (11th grade) 3.0 Mile:
1) Sanchez (Sunnyvale) 16:05
2) Marcus Jones (Menlo) 16:12
3) Hoyer (Cubberly) 16:10
4) Robert Smith (Awalt) 16:37
5) K... (Cubberly) 16:44
Boys (1... grade) 3.0 Mile:
1) Mike Troedson (LosAltos) 16:01
2) Ed Tangney (P...mont) 16:22
3) Ste... (Sunnyvale) 16:30
4) Ch... (Menlo) 16:33
5) Sch... (Sunnyvale) 16:57
/Hank Ketcels/

October 30. Metro. Conference Cross Country J.C. Championships
1) Kevin Burkin (LAVly) 19:39
2) Hal Godinez (Pasadena) 20:02
3) Ron Russell (Pierce) 20:04
4) Mike Seeker (Pasadena) 20:17
5) Mike Vasquez (Bkflid) 20:19
6) Louis Silva (LAVly) 20:22
7) Joel Zaragoza (LongBeach) 20:26
8) Art Grasso (El Camino) 20:33
9) Denis Hoshizaki (ElCamino)20:34
10) Bobby Bray (Bakersfield) 20:40
11) Clark Cox (Long Beach) 20:41
12) Al Meyer (Bakersfield) 20:44
13) Mike Henry (El Camino) 20:48
14) Tony Guerra (El Camino) 20:53
15) John Curry (El Camino) 20:56
El Camino 59, L.A. Valley 74, Long Beach City 75, Pasadena City 87, Bakersfield College 98, Pierce College 115, East L.A. 168.
/Don Mulligan/

October 31. Kohnert Park. 2nd Annual Sonoma State Wrong Turn Marathon at Sonoma State College:
1) Jan Sershen (29) 2:26:10
2) Patrick Miller (25) 2:31:58
3) Michael Tymn (39) 2:34:21
4) John Lodin (32) 2:34:59
5) Frank Krebs (33) 2:36:31
6) Darryl Beardall (40) 2:40:01
7) Tom Lunne 2:43:19
8) Fred Fravvens (23) 2:44:06
9) Dick Ratliff (27) 2:44:29
10) Roger Bryan (40) 2:45:43
11) Ronald Kunst (19) 2:46:48
12) Jesus Garza (24) 2:47:29
13) Terry Hughes (33) 2:47:58
14) Mike Larsen (25) 2:48:33
15) Fred Forsberg (28) 2:49:23
16) Guy Ealey (36) 2:49:29
17) Doug Garibaldi (28) 2:50:21
18) Don Chaffee (37) 2:50:21
19) Gene Schaumberg (36) 2:51:12
20) Ted Wilson 2:51:58
21) Ted Castro (29) 2:52:14
22) Frank Hagerty (29) 2:52:14
23) Keith Whittingslow (37) 2:52:23
24) Kerry Kilgore (30) 2:53:45
25) John Notch (28) 2:54:32
34) John Graham (43) 2:58:00
37) Lee Holley (44) 2:58:54
50) Penny DeMoss (26) W 3:02:00
112) Jeanie Kayser (40) MW 3:22:44
121) Ellen Sadofsky (25) 3:24:43
132) Jean Schauberg (35) 3:29:28
/ Bob Lynde/

November 6. Chico. Almond Bowl Run
6 Mile:
1) Peanut Harms (Davis) 29:20
2) Pete Sweeny (Davis) 29:20
3) Robert Deis (Citrus Hts) 29:40
4) David Wood (Chico) 29:57
5) Dennis Swart (Chico) 30:15
6) John Flores (Sacramento) 30:3
7) Ray Darwin (Quincy) 30:3
8) Russell Black (Mt.View) 30:35
9) Dave Boyet (Sacramento) 30:36
10) Bruce Caputo (Humboldt) 30:43
11) Patrick Stordahl (Sacramento) 30:45
12) Jim Bowles (Sacramento) 30:51
13) Steve Barr (Davis) 30:57
14) Ross Smith (Reno) 40-49 31:12
15) Pat Buzbee (Turlock) 31:18
16) Rodger Stordahl (Chico) 31:25
17) Michael Garrett (Sacramento) 31:31
18) David Mineau (Chico) 31:32
19) DeWayne Little (Humboldt) 31:40
20) Mike Buzbee (Yuba City) 31:45
22) Bob Meyers (Oakley) 30-39 31:57
23) Robert Ricketts (Chico) 30-39 31:59
30) Paul Holmes (Sacto) 40-49 34:22
32) Robert Malain (Sacto) 40-49 34:35
39) Tena Amax (Davis) 18-29 35:10
52) Marilyn Taylor (6 Riv.) 18+F 36:23
67) Merrill Cray (Chico) 18-29F 38:15
71) Jane Wooton (Arcata) 18-29F 38:54
75) Gus Hannickel (Loomis) M50+ 39:22
97) Richard Waldo (Castro) M50+ 42:28
98) Regina Silva (Redding) 18-29F 42:46
109) Catherine Smith (Reno) F40+ 44:20
115) Friscilla Myers (Oak) F30-39 46:26
117) J.P. Wirick (Sacto) M50+ 47:15
3 Mile:
1) Lee Ferrero (Weed) 14:18
2) Jim Price (Chico) 14:28
3) Dennis Rinde (Sacto) 14:33
4) John Clary (SanJose) 30-39 14:56
5) Mike Sweeny (Davis) 15:03
6) David Leopold (PaynesCrk) 15:08
7) Brian Farrell (Carmichael) 15:23
8) Richard Stillier (Menlo) 30-39 15:24
9) Tom Burns (Sacto) 15:25
10) Stan Edwards (Chico) 15:33
16) Brian Newell (Napa) 30-39 16:56
19) Lisa Foy (Chico) F18-29 17:19
24) Kathy Spence (Chico) F18-29 17:57
26) Kathy Sullivan (Chico) 18-29F 18:05
30) Thomas Jennie (Anderson) M40+ 18:28
/ Frank Burk/

November 11. San Francisco. San Francisco High Schools All-City Championships, Golden Gate Park
Varsity:
1) Brian Miller (McAteer) 15:34
2) Bob Griepenberg (Lincoln) 15:39
3) Kevin Silk (Mission) 15:57
4) Stanford Fletcher (Washin.) 16:04
5) Brian Pentony (McAteer) 16:10
McAteer 68, Mission 83, Balboa 84, Lincoln 86, Washington 103, Lowell 115, Galilee 151, Wilson 276.
/Keith Conning/

November 6. Fresno. Valley Conference Cross Country Championship. at Woodward Park, 4.0 Mile:
1) Jim Mebust (AmerRiv) 20:27
2) Art Baudendistel (AmRiv) 20:31
3) Gary Sutherland (AmRiv) 20:34
4) Tim Farrell (AmerRiv) 20:35
5) Brad Brown (Delta) 20:37
6) Hill Weed (AmerRiv) 20:38
7) Ed Taylor (COS) 20:40
8) Jose Renteria (Fresno) 20:48
9) Earl Lagomansino (AmRiv) 20:54
10) Jon Higley (Cosumnes) 20:59
11) Phil Wright (COS) 21:01
12) Mike Bregante (Delta) 21:05
13) Alfred Lara (Fresno) 21:07
14) Ray Rubio (Fresno) 21:08
15) Bal. Betancourt (Fresno) 21:19
American River 16, Fresno City 67, Delta 86, Modesto 121, College of the Sequoias 122, Cosumnes 123, Sacramento 188.

November 8. Humboldt-Del Norte League Cross Country Championships at Baywood Golf Course
Varsity Boys (3.08 Mile):
1) Dan Smith (Eureka) 15:42
2) Glen Borland (DelNorte) 16:05
3) Rick Smith (Eureka) 16:14
4) Wayne Arrison (Eureka) 16:20
5) Jaime Gonzalez (Eureka) 16:31
6) Mike Williams (Arcata) 16:35
7) Karl Maxon (Eureka) 16:41
8) Phil Martien (Arcata) 16:52
9) Jerry McCurtain (Arcata) 17:04
10) Rafael Sanchez (Fortuna) 17:15
Eureka 20, Arcata 48, Fortuna 68, Del Norte 101, South Fork 136.
Varsity Girls (1.75 Miles):
1) Muneca Alcorn (DelNorte) 10:35
2) Alyse Borland (DelNorte) 10:55
3) Candy Miller (Eureka) 11:03
4) Debbie Wolcott (DelNorte) 11:07
5) Kathy Latimer (DelNorte) 11:10
6) Debbie Clayton (DelNorte) 11:15
7) Tracy Rider (Arcata) 11:24
8) Wandy Kibby (DelNorte) 11:25
9) Lori Hagerty (Arcata) 11:35
10) Dena Lawrence (Eureka) 11:39
Del Norte 18, Arcata 53, Eureka 67, South Fork 108, Fortuna 129.
/Chuck Ehlers/

November 13. Fremont. Bay Area Christian High School League Meet. 2.7 Miles:
1) Bob Trocha (VlyChris) 18:31
2) Don Monez (Regular Bapt) 18:53
3) Doug Brunner (VlyChris) 19:26
4) Tygor Fropp (RegularBapt) 19:38
5) Fred Mozenski (Fremont) 20:00
Fremont Christian 54, Monte Vista 69, Regular Baptist 75, Valley Christian 81, Redwood Christian 102, Paymonte Christian 115.
/Mark Barsaleau/

November 13. Youngstown Ohio. National AAU 25 Kilometer Championships
1) Frank Shorter (Boulder, Co) 1:17:56
2) John Vitale (Rocky Hill, Conn) 1:17:57
3) Tom Fleming (Bloomfield, NJ) 1:18:08
4) Carl Hatfield (Phillippi, WV) 1:18:34
5) Dean Foster (Toronto, Can) 1:18:36
/Pete Cava/

November 6. Delano. Fl... Annual Delano Turkey Trot
9 & under (1 1/2 miles):
Boys
1) Kelly Cargill (Shafter) 9:36
2) Felix Valdez (Corcoran) 9:40
3) Loyd Cockerail (Burtonw) 10:26
Girls
1) Sonya Mitchell (Wasco) 10:19
2) Nora Marin (Wasco) 10:36
3) Pam Towery (Shafter) 11:25
10 & 11 (1 1/2 miles):
Boys
1) Jesse Valdez (Corcoran) 8:04
2) Mario Valdez (Corcoran) 8:22
3) Jimmy Escobedo (Corcoran) 8:26
Girls
1) Sandy Leal (Bakersfield) 9:16
2) Amanda Fisher (Wasco) 9:42
3) Julie Blain (Bakersfield) 10:00
12 & 13 (1 1/2-Miles):
Boys
1) Sergio Perez (Corcoran) 7:08
2) Daniel Rodriguez (Arvin) 7:19
3) Shawn Smallwood (Corc.) 7:24
Girls
1) Sandra Kearny (Clovis) 8:50
2) Monique Guidry (Bkflid) 9:05
3) Colleen Nikkel (Bkflid) 10:05

14 thru 18 (2 miles):
Boys
1) Todd Oberman (Clovis) 10:07
2) Rickey Rice (Bkflid) 10:19
3) Chuck Barrett (Clovis) 11:02
Girls
1) Jennifer Heaton (Clovis) 11:53
2) Kelly Nolen (Delano) 20:25
3) Gloria Lara (Richgrove) 25:36

19 thru 29 (3 Miles):
Men
1) Gary Romesser (Clovis) 14:22
2) Craig Elia (Fresno) 15:12
3) Richard Rodriguez (Lamont) 15:18
Women
1) Deborah Quiring (Fresno) 17:59
2) Marcia Romesser (Clovis) 20:12
3) Marilyn Sailer (Fresno) 20:51

30 thru 39 (3 Miles):
Men
1) Ron Rodman (Wasco) 15:35
2) Art Freeze (Shafter) 16:01
3) Rey Pena (SanLuisObispo) 16:03
40 & over (3 Miles):
Men
1) Len Thornton (Fresno) 15:33
2) Jim Webb (SanLuisObispo) 16:57
3) Bob Lehman (Reedley) 18:37
Women
1) Gladys Lehman (Reedley) 27:21

(2.0 miles); 2. Leslie de la Torre (Roy) 12:20; 3. Darlene Love (DP) 12:22; 4. Connie Hogan (SB) 12:23; 5. Kelly Staller (Roy) 12:25; 6. Debbie Altus (San Marcos) 12:27; 7. Cathy Peters (Simi) 12:27; 8. Pam Cox (SB) 12:38; 9. Molly Miller (SB) 12:38; 10. Liz Moore (BH) 12:42; 11. Barbara Serrano (SB) 12:44; 12. Cindy Schmandt (SB) 12:44; 13. Julie Cregut (Camarillo) 12:51; 14. Carol Gould (Arc) 12:52; 15. Stephanie Ambrose (Bishop Diego) 12:54.

/Vern Gambetta/

BOYS: INDIVIDUAL—1. Stillings (A), 9:33; 2. Wiellenga (B), 9:38; 3. B. Kester (A), 9:50. TEAM—1. Artesia, 36; 2. Bellflower, 60. GIRLS: INDIVIDUAL—1. Stave (A), 12:38; 2. Clark (A), 13:13; 3. Carpenter (N), 13:33. TEAM—1. Artesia, 29; 2. Neff, 40.

IVY LEAGUE FINALS

INDIVIDUAL—1. Arguelles (C), 9:53; 2. Nelson (PS), 10:03; 3. Bezenah (Rubidoux), 10:03. TEAM—1. Corona, 31; 2. Palm Springs, 83. (Colton will advance to CIF as the second place team).

SAN ANTONIO LEAGUE FINALS
INDIVIDUAL—1. Innes (U), 10:20; 2. Mark Trilevsky (U), 10:22; 3. Breaux (C), 10:40. TEAM—1. Upland, 31; 2. Claremont, 50.

FOOTHILL LEAGUE FINALS

BOYS: INDIVIDUAL—1. Hethmon (Canyon), 9:46; 2. Gil Hoover (Canyon), 9:51; 3. Jimenez (Blair), 9:51. TEAM—1. Burbank, 39; 2. Crescenta Valley, 57. GIRLS: INDIVIDUALS—1. Moran

SOUTH COAST LEAGUE FINALS

BOYS: INDIVIDUAL—1. Glass (U), 9:49; 2. Kolar (CM), 9:58; 3. LaBonte (Mission Viejo), 9:59. TEAM—1. Costa Mesa, 35; 2. University, 55. GIRLS: INDIVIDUAL—1. Darr (Mission Viejo frosh), 11:36; 2. Fisher (CM frosh), 11:59; 3. Harryman (Laguna soph),

SANTA FE LEAGUE FINALS
INDIVIDUAL—1. Peralta (Santa Fe), 9:31; 2. Schriever (M), 9:36; 3. Arroyo (P), 9:42. TEAM—1. Montebello, 37; 2. Pioneer, 51. (Montebello and Pioneer were declared co-champs). GIRLS: INDIVIDUAL—1. Ream (Sierra), 12:10; 2. Bennett (Sierra), 12:26; 3. Hernandez (P), 12:32. TEAM—1. Santa Fe, 51; 2. Pioneer, 61.

/Vern Gambetta/

November 6. Woodlake. Woodlake 20 Kilo

- Open:
- 1) Fred Carnahan (HSTC) 1:06:34
 - 2) Gary Romesser (FPTC) 1:07:02
 - 3) Wayne Van Dellen (HSTC) 1:08:47
 - 4) Dave Bronzan (HSTC) 1:14:30
 - 5) Robert Stephenson (un) 1:15:14
 - 6) Joe Delgado (un) 1:15:36
- 40+:
- 1) Frank Delgado (un) 1:20:49
 - 2) Don Thomas 1:21:43
 - 3) Bert Woodruff (FJ) 1:24:14
- 50+:
- 1) Harry Harder (HSTC) 1:26:05
 - 2) James Martin 1:37:10
 - 3) Lee Thomas (HSTC) 1:49:32
 - 4) Dorothy Thomas (HSTC) 1:50:53

Winning Team: High Sierra TC
/Wayne Van Dellen/

November 6. Riverside. 1976 SCCTF Cross Country Championships

- 1) Garcia (UCR) 25:17
- 2) Mueller (UCR) 25:51
- 3) Williams (Biola) 26:11
- 4) Blum (CLC) 26:18
- 5) Weitz (Biola) 26:20
- 6) Reilly (UCR) 26:37
- 7) Collins (CLC) 26:39
- 8) Jenkins (FnPacific) 27:13
- 9) Taylor (Biola) 27:24
- 10) Stickney (Biola) 27:41
- 11) Hopkins (FnPacific) 27:42
- 12) Bernath (UCSD) 27:48
- 13) Clennan (UCR) 27:56
- 14) Jacobson (UCSD) 28:10
- 15) Wegener (FnPacific) 28:17

/Chris Rinne/

November 6. Western State Conference Cross Country 1976

- 1) E. Ramirez (Oxnard) 20:28
- 2) J. Rubino (Glendale) 20:32
- 3) M. Santiago (Santa Barb) 21:10
- 4) J. Cory (Glendale) 21:17
- 5) D. Kinsler (Ventura) 21:43
- 6) J. Starinieri (Canyons) 21:45
- 7) J. Landeros (Canyons) 21:46
- 8) M. Pierroz (Canyons) 21:49
- 9) G. Heney (Glendale) 21:53
- 10) M. Smith (Ventura) 22:03
- 11) J. Terrones (Canyons) 22:07
- 12) Ramirez (Oxnard) 22:08
- 13) M. Frank (Ventura) 22:09
- 14) Milewski (Moorpark) 22:16
- 15) R. Fuller (Canyons) 22:18

/Monte Cartwright/

November 6. Stockton. Sac-Joaquin C.I.F. Cross Country Championships at Delta College

- Girls:
- 1) K. Robinson (Franklin) 12:13
 - 2) Kody Wanamaker (SumvleHi) 12:26
 - 3) Kari Briscoe (SumvrleHi) 12:27
 - 4) Jody LaGote (Lodi) 12:27
 - 5) Dora Nayares (Downy) 12:30
 - 6) Patti Minatra (Lincoln) 12:37
 - 7) Lori Crisp (Downy) 12:38
 - 8) Diane Miller (Turlock) 12:43
 - 9) Heidi Haggard (Lincoln) 12:47
 - 10) Karen (Lincoln) 12:48
- Lincoln 44, Downey 53, Lodi 56

Boys Varsity:

- 1) Tim Holmes (Downey) 14:35
 - 2) Gonzalo Aquila (Manteca) 15:12
 - 3) Stan Winkley (Hughson) 15:19
 - 4) C. Munoz (Franklin) 15:31
 - 5) Rick Baker (Slagg) 15:45
 - 6) M. Perez (Franklin) 15:49
 - 7) Greg McKinstry (Merced) 15:51
 - 8) Gilbert Garcia (Merced) 15:51
 - 9) Steve Thompson (Manteca) 15:53
 - 10) M. Caballero (Franklin) 15:53
- Franklin 23, Manteca 44, Amador 65
/Bill Mensink/

November 13. Central Area NCS Cross Country Meet at Mt. Diablo High School

- Boy's Varsity (3 Mile):
- 1) Rich Vasquez (ClaytonVly) 15:02
 - 2) Greg Cross (Mt. Diablo) 15:08
 - 3) Mark Conover (Miramonte) 15:09
 - 4) Gael Williams (Miramonte) 15:25
 - 5) Greg Balburz (Northgate) 15:28
 - 6) John Mullin (Northgate) 15:31
 - 7) Mark Baker (San Ramon) 15:35
 - 8) Rod Van Buskirk (PleasHil) 15:36
 - 9) Craig Hochhaus (ClayVly) 15:46
 - 10) David Fike (Berkeley) 15:49
- Pleasant Hill 64, Miramonte 114, San Ramon 134, Mt. Diablo 146, Northgate 164, Campolindo 180, Clayton Valley 183.

Girl's Varsity (2 Mile):

- 1) Laura Craig (Berkeley) 11:38
 - 2) Linda Robinson (PleasHil) 11:50
 - 3) Kristi Roos (Acalanes) 11:52
 - 4) Cheri Williams (Livermore) 11:56
 - 5) Susan Blevins (Campolindo) 12:02
 - 6) Wendy Behrbaum (Amador) 12:13
 - 7) Laura Gerdson (Miramonte) 12:18
 - 8) Juli Maxworthy (Miramonte) 12:21
 - 9) Kathy Lyons (Granada) 12:28
 - 10) Karen Daley (Granada) 12:30
- Pleasant Hill 55, Miramonte 59, Granada 85, Northgate 110, Acalanes 123.
/Keith Conning/

November 13. Trinidad. Redwood Empire 3-A Cross Country Championships at Patrick's Point State Park

- Varsity Boys (3.0 Mile):
- 1) Rod Berry (Redwood) 14:30
 - 2) Aran Collier (Tam) 14:42
 - 3) Glen Borland (DelNorte) 15:01
 - 4) Colin Chapman (Redwood) 15:03
 - 5) Dan Smith (Eureka) 15:05
 - 6) Armand Moreno (Piner) 15:11
 - 7) Mike Biando (Piner) 15:16
 - 8) Richard Carlsen (Tam) 15:19
 - 9) Phil Brock (Redwood) 15:29
 - 10) Rick Smith (Eureka) 15:30
 - 11) Dave Bullano (Piner) 15:31
 - 12) Burt Gardner (Redwood) 15:32
 - 13) Marty Martin (Piner) 15:33
 - 14) Jeff Baumsteiger (Marin) 15:34
 - 15) Bill Johnson (Montgomery) 15:42
- Eureka 46, Piner 50, Tamalpais 71, Redwood 97, Montgomery 150.

Varsity Girls (2.0 Mile):

- 1) Sarah Sweeny (Marin) 11:52
 - 2) Bonnie Broderick (Tamal.) 12:04
 - 3) Diane Kenny (Novato) 12:08
 - 4) Heidi Messerschmidt (Mont) 12:24
 - 5) Dominique Stewart (Redw) 12:38
 - 6) Laurie Genitin (Novato) 12:46
 - 7) Sarah Hamilton (Tamal.) 12:50
 - 8) Lisa Pugliese (Novato) 12:53
 - 9) Cindy Boeck (Redwood) 12:55
 - 10) Candy Miller (Eureka) 12:56
 - 11) Dawn Gunter (Montgomery) 12:57
 - 12) Deanne Neff (Montgomery) 12:59
 - 13) Jeannie Lloyd (Tamal.) 13:00
 - 14) Michelle Tani (Montgom.) 13:01
 - 15) Jenny Spaan (Redwood) 13:03
- Montgomery 57, Redwood 65, Tamalpais 70, Novato 98, Marin Catholic 104.
/Chuck Ehlers/

Northridge. CCAA Cross Country Championships 1976

- 1) Paul Wright (CSUN) 32:04
 - 2) Felipe Brizuela (CSLA) 32:20
 - 3) Mike Ayon (CSUN) 32:32
 - 4) John Beck (CSUN) 32:42
 - 5) Mike Munoz (CSUN) 32:48
 - 6) Jim Warrick (CPSLO) 33:04
 - 7) Luis Arreola (CPSLO) 33:08
 - 8) Tom Cusick (CSUN) 33:16
 - 9) Anthony Reynoso (CPSLO) 33:24
 - 10) Stan Hockerson (CPSLO) 33:34
 - 11) Steve Durand (CSUN) 33:46
 - 12) Greg Gonzales (CSUN) 33:54
 - 13) Ken Kettenacker (CSUN) 33:54
 - 14) Pete Mogg (CSLA) 34:02
 - 15) John Fisanotti (CSLA) 34:10
- CSUN 28, CPSLO 49, CSLA 79, CPP 102, CSUB 108.
/Dave Stock/

November 16. Pleasant Hill. AAU Junior Olympic Cross Country Trials at Pleasant Oaks Park

- Boys 8-9 (1.0 Mile):
- 1) Robert Latting (Martinez) 5:50
 - 2) Tim Roush (Concord) 5:57
 - 3) Damian Stocking (Livermore) 6:02
- Girls 8-9 (1.0 Mile):
- 1) Laura Manning (Concord) 6:21
 - 2) Trisha Herzog (Babayette) 6:26
 - 3) Kelly Brous (Clayton) 6:46
- Boys 10-11 (1.25 Mile):
- 1) Jim Chaney (PleasHil) 7:14
 - 2) John Latting (Martinez) 7:18
 - 3) Doran McGee (Albany) 7:31
- Girls 10-11 (1.25 Mile):
- 1) Kim McGarraugh (Piedmont) 8:25
 - 2) Becky Sanchez (PleasHil) 9:20
 - 3) Vickie Knafele (Babayette) 9:26
- Boys 12-13 (1.5 Mile):
- 1) Joe Ogden (Walnut Crk) 7:57
 - 2) Richard Black (Pinehco) 8:02
 - 3) Hector Flores (Pittsburg) 8:12
- Girls 12-13 (1.5 Mile):
- 1) Chris Manning (Concord) 8:34
 - 2) Lisa VanBuskirk (Walnut Crk) 8:40
 - 3) Yvonne Campbell (PleasHil) 8:54
- Boys 14-15 (2.0 Mile):
- 1) Kelly King (Oakland) 10:16
 - 2) Dennis McDonald (Livermore) 10:23
 - 3) Bernie Erickson (Moraga) 10:30
- Girls 14-15 (2.0 Mile):
- 1) Shade Felix (Antioch) 12:05
 - 2) Lynne Bachard (Berkeley) 12:14
 - 3) Carol Manning (Concord) 12:48
- Boys 16-17 (3.0 Mile):
- 1) John Mullin (Walnut Crk) 14:48
 - 2) Mike Gulli (Martinez) 14:51
 - 3) David Fike (Berkeley) 15:02
- Girls 16-17 (2.0 Mile):
- 1) Michelle Abbuchon (Liver) 11:51
 - 2) Shirley Virden (Antioch) 12:42
 - 3) Elizabeth King (Berkeley) 13:24
- /Diablo Valley Track Club/

November 18. San Jose. Central Coast Section III at Coyote Park, 2.85 miles:

- Boy's Varsity:
- 1) Carlos Carrasco (Mt. Pleas) 14:24
 - 2) Mark Stillman (Willow Glen) 14:39
 - 3) Paul Brewer (Leigh) 14:41
 - 4) Vance Eberly (Los Gatos) 14:46
 - 5) Paul Seerest (Piedmont) 14:48
 - 6) Joe Lua (Live Oak) 14:54
 - 7) Joe Russell (Blackford) 15:01
 - 8) Willie Diaz (Silver Creek) 15:02
 - 9) Javier Barrigan (Campbell) 15:03
 - 10) Bill Ritt (Leigh) 15:08
- /Keith Conning/

3) Odom (Azusa)	25:46
4) Sadler (Pt. Loma)	25:56
5) Delach (Azusa)	26:01
6) W. Waltmire (Azusa)	26:02
7) Van Arsdale (Pt. Loma)	26:07
8) Coots (Pt. Loma)	26:09
9) Williams (Biola)	26:19
10) Houseworth (Westmont)	26:22
11) Keith (Pomona)	26:29
12) Blum (Lutheran)	26:34
13) Lucero (FresnoPacific)	26:37
14) Weitz (Biola)	26:38
15) Tarn (Redlands)	26:46
16) Esquerra (Pt. Loma)	26:51
17) Burns (Pt. Loma)	26:54
18) Gaisie (Cal Lutheran)	26:56
19) Rock (Pt. Loma)	27:01
20) Thwing (Westmont)	27:03
21) Hunter (Azusa)	27:08
22) Wegener (FresnoPacific)	27:11
23) Cronin (Claremont)	27:11
24) Hopkins (FresnoPacific)	27:15
25) Peterson (Biola)	27:18

/Collin McDougal/

November 15. Arcata. CIF North Coast Sect.

AT ARCATA

North Coast Section AAA

Team Standings - Redwoods 46, Piner 50, Tamalpais 71, Eureka 97, Montgomery 150, Arcata 166, Petaluma 201, Sonoma 206, McKinleyville 212, Rancho Cotate 234, Healdsburg (incomplete team)

Individuals - Berry Redwood 14:30, 2. Collier Tam 14:42, Borland Del Norte 15:01, Chapman Redwood 15:02, Smith Eureka 15:05, Moreno Piner 15:11, Biando Piner 15:16, Carlson Tam 15:19, Brock Redwood 15:29, Rick Smith Eureka 15:30, Martin Piner 15:34, Dave Bellano Piner (13th) 15:38.

Varsity Girls

Team Standings - Montgomery 57, Redwood 65, Terra Linda 70, Novato 98, Martin Catholic 104, Del Norte 111, Arcata 182, Casa Grande 209, Eureka 227, Ukiah (incomplete team)

Individuals - Sweeney Marin Catholic 7:52, 3. Broderick Tamalpais 12:04, Kenny Novato 12:08, Heidi Messerschmidt Montgomery 12:24, Stewart Redwood 12:38, Genitin Novato 12:46, Hamilton Tam 12:50, Pugliese Novato 12:53, Boeck Redwood 12:55, Miller Eureka 12:58.

/Keith Conning/

November 17. Oakland. Oakland Athletic League Cross Country Final, Joaquin Miller Park, 2.0 Mile:

Varsity	
1) Schneider (Skyline)	10:16
2) Johnson (Skyline)	10:23
3) Busby (Skyline)	10:29
4) Valdez (Skyline)	10:31
5) P. Downs (Skyline)	10:32
6) T. Downs (Skyline)	10:34
7) Owyang (Oakland)	10:46
8) Gonsales (Oakland)	10:55
9) Janet (Oakland)	11:23
10) Clark (Oakland)	11:24

Skyline 15, Oakland 50, Castlemont 96, Fremont 97.

November 20. Fresno. Central California Association Junior Olympic Cross Country Championships at Woodward Park

Girls 9 & under (1 Mile):	
1) Andrea Veatch (Maturango)	6:13
2) Leslie Wilson (Maturango)	6:23
3) Jody Tone (Tarpey Elem)	6:41

Boys 9 & under (1 Mile):	
1) Jan Barglowski (Maturango)	6:21
2) Ralph Vela (Houston)	7:01
3) Felix Valdez (Corcoran)	7:04

Girls 10-11 (1 1/2 Mile):	
1) Sandra Kearney (ClovisW)	7:36
2) Pam Clarkson (Tarpey)	7:41
3) Sara Washman (Pixley)	7:48

Boys 10-11 (1 1/2 Mile):	
1) Zack Totten (Hamilton)	7:20
2) Tom Morgan (un)	7:21
3) Sonny Lopez (Tarpey)	7:34

Girls 12-13 (1 1/2 Mile):	
1) Brenda Wilcox (Clark)	9:21
2) Kathy Snyder (Ahwahnee)	9:32
3) Laura Kemp (Tenaya)	9:49

Boys 12-13 (1 1/2 Mile):	
1) Sergio Perez (Muir, Corc.)	7:36
2) Jose Mascarro (Muir)	7:47
3) Shawn Smallwood (Muir)	7:48

Girls 14-15 (2.0 Mile):	
1) Linda Goen (un-Bkfld)	11:10
2) Diane Barrett (Hoover)	11:16
3) Jennifer Heaton (ClovisW)	12:24

Boys 14-15 (2.0 Mile):	
1) Scott Thornton (HSTC)	10:07
2) John Hutchins (Hamilton)	10:24
3) Tony Hernandez (Madera)	10:26

Girls 16-17 (2.0 Mile):	
1) Marci Muller (un)	12:19
2) Becky Kamps (HSTC)	12:42
3) Helen Lopez (un)	13:26

Boys 16-17 (3.0 Mile):	
1) John Covington (un-Lem.)	15:35
2) Steve Hulce (Hoover HS)	15:41
3) Ramon Garcia (Madera)	15:46

/Joe Herzog/

November 21. Merced. Central California Association AAU 10,000 Meter Cross Country Meet at Bear Creek

Open:	
1) Grover Prowell (un)	31:10
2) Gary Romesser (PPTC)	32:09
3) Keith Jeffers (PPTC)	32:18
4) Brian Foley (FTC)	32:25
5) Jon Wegener (PPTC)	32:54
6) Craig Elia (FTC)	33:13
7) Jim Hopkins (PPTC)	33:16
8) Frank Ricker (PPTC)	33:18
9) Larry Lung (FTC)	33:44
10) Louis Grieco (FTC)	33:49

40-49 Men:	
1) Len Thornton (HSTC)	35:08
50+ Men:	
1) Bob Lehman (un)	41:48

Women Open:	
1) Diane Barrett (un)	36:56
Women 40+:	
1) Gladys Lehman (un)	60:40

Team Scores Men Open:	
Fresno Pacific TC	20
Fresno Track Club	35

/Alan Beymer/

November 20. Redwood City. Pacific Association Junior Olympics Cross Country Championships at Red Morton Park

9 under Girls (1 Mile):	
1) Nanette Garcia (Santa Clara)	8:31
2) Diana Rossman (Cupertino)	8:43
3) Andrea Cervantes (Roseville)	8:51
4) Lisa Lee (Loomis)	8:56
5) Sylvia Greer (Roseville)	8:57

10-11 Girls (1 1/2 Mile):	
1) Michele Miller (San Jose)	9:56
2) Kim Salinas (San Jose)	10:31
3) Jada Chretien (San Jose)	10:32
4) Diana Braswell (Roseville)	10:49
5) Alaine Nila (San Jose)	10:57

12-13 Girls (1 1/2 Mile):	
1) Michelle McKeen (Ranch Cord)	10:56
2) Mary Boitano (San Franc)	11:07
3) Cindi Vaughn (San Carlos)	11:16
4) Yvonne Campbell (Pleasant Hill)	11:17
5) Suzette McKeen (Ranch Cord)	11:20

14-15 Girls (2 Mile):	
1) Kerry Brogan (Mtn View)	14:36
2) Deanna Pearson (Bldr Crk)	15:21
3) Jamie Lynch (San Bruno)	15:29
4) Lynne Bachand (Berkeley)	15:30
5) Rosemarie Lagunas (Sta Clara)	15:32

16-17 Girls (2 Mile):	
1) Heidi Moen (Hillsborough)	14:45
2) Sherrill Webb (Marysville)	15:37
3) Michele Aubuchon (Livermore)	15:59
4) Debbie Kelichner (Fairfield)	16:11
5) Celia Duran (Roseville)	16:22

/Redwood City Flyers/

November 20. Redwood City. Pacific Association Junior Olympics Cross Country Championships, Red Morton Park

9 under Boys (1 Mile):	
1) Robert Latting (Martinez)	7:22
2) Mike Wall (Susanville)	7:31
3) Andy Murray (Fallon, Nev)	7:32
4) Greg Shelley (Chico)	7:36
5) Keith DeBrine (Redwood City)	7:50

10-11 Boys (1 1/2 Mile):	
1) John Latting (Martinez)	10:02
2) Michael McManus (Oakland)	10:03
3) Jeff Rossman (Cupertino)	10:09
4) Jim Chaney (Pleasant Hill)	10:16
5) Richard Henneman (Chico)	10:18

12-13 Boys (1 1/2 Mile):	
1) Don Aviles (San Carlos)	9:44
2) Joe Ogden (Walnut Creek)	10:14
3) Brett Hickman (Sol Lake Tahoe)	10:17
4) Steve Larson (Stockton)	10:22
5) Richard Black (Pacheco)	10:23

14-15 Boys (2 Mile):	
1) Greg Williams (Chico)	12:37
2) David Swan (Stockton)	12:40
3) Kevin Stokes (Susanville)	12:50
4) Jon Reyes (San Bruno)	12:58
5) Tim Voight (San Jose)	12:59

16-17 Boys (3 Mile):	
1) Doug Avrit (Chico)	17:06
2) Harry Youkers (Suisun)	17:27
3) Kurt Graves (Chico)	17:43
4) Greg Bachand (Berkeley)	17:52
5) Kevin Boone (Chico)	18:10

/Redwood City Flyers/

19) Mike Jurkovich (CSUF)	31:07
20) John Flores (CSUS)	31:13
21) Richard Aguirre (CSUF)	31:16
22) Bryan Foley (CSUF)	31:18
23) Jim Howard (CSUS)	31:24
24) Darrel Cox (FPCTC)	31:28
25) Rich Hart (Aggie)	31:35
26) Dave Boyet (Aggie)	31:40
27) Greg Hall (FPCTC)	31:42
28) Mark Payne (Aggie RC)	31:43
29) John Leeming (UNRRC)	31:44
30) John Clary (TRAC)	31:45
31) Len Thornton (HSTC)	34:33
32) Roger Bryon (TRAC)	34:40
33) Sid Toabe (HSTC)	36:41
34) Harry Harder (HSTC)	42:36

November 21. 2nd Annual Santa Clara Valley Autumn Ridge Run

6.07 Mile	
Masters:	
1) Jerome Lewis	36:46
2) Myron Newraumont	39:24
3) Don Lucero	40:18
4) Gary Gibson	43:28
5) Kenneth Filkowski	44:00

Open Men:	
1) Mike Pinocci	31:57
2) Bill Seaver	32:34
3) Boyd Tavin	33:17
4) Pat Miller	34:16
5) Armando Lagunas	34:44
6) Ernie Rivas	34:55
7) Donald Day	35:17
8) Bob Woodliff	35:22
9) Keith Crowder	35:28
10) John Natch	35:59

Women:	
1) Mary Mapelli	42:26
2) Karolynn Coleman	48:31
3) Carolyn Kovacevic	49:19

Boys 14-17:	
1) Brent Cushenbery	36:23
2) Sheldon Larson	36:29
3) Allen Flemming	36:29

Girls 14-17:	
1) Vicky Bray	39:00
2) Rosemarie Lagunas	43:16

10.76 Mile	
Masters:	
1) Ulrich Kaempf	70:48
2) Roger Bryan	71:38
3) Robert Malain	73:50

Open Men:	
1) Jan Sershen	62:48
2) Bruce Wolfe	64:54
3) Hal Tompkins	66:08
4) Joe Salazar	66:46
5) Tim O'Halloran	70:18

/Cupertino Yearlings/

Boys:

1) Rod Berry (Redwood)	12:15
2) Aran Collier (Tamalpais)	12:24
3) Glen Borland (Del Norte)	12:33
4) Greg Cross (Mt. Diablo)	12:34
5) Rich Vasquez (ClaytonVly)	12:35
6) Dan Smith (Eureka)	12:40
7) Steve Strangio (MissionSJ)	12:41
8) Mike Biondo (Piner)	12:43
9) Ken Romiguiere (Canyon)	12:44
10) Armando Moreno (Piner)	12:46
11) Colin Chapman (Redwood)	12:52
12) Paul Burke (DeLaSalle)	12:55
13) Gael Williams (Miramonte)	12:56
14) Dave Bullard (Piner)	12:57
15) Ray Kindle (Alameda)	12:58

Piner 60, Redwood 88, Mission San Jose 95, Tamalpais 99, Pleasant Hill 139, Eureka 142, Canyon 148, Moreau 202, San Ramon 231.

Girls Varsity:

1) Linda Robinson (Pleasant Hill)	11:53
2) Michelle Stevenson (Castro)	11:54
3) Sarah Sweeny (MarinCath)	12:01
4) Diane Kenry (Novato)	12:05
5) Laura Craig (Berkeley)	12:14
6) Heidi Messerschmidt (Mont)	12:19
7) Pam Bowers (American)	12:20
8) Arlene Daley (Granada)	12:22
9) Kathy Way (Alameda)	12:23
10) Bonnie Broderick (Tamalpais)	12:24

Granada 80, Pleasant Hill 96, Miramonte 99, Montgomery 131, Redwood 138, Tamalpais 140, Northgate 153, Novato 191, Bishop O'Dowd 204, Alameda 208, Piedmont 301, Encinal 305, Clear Lake 317.

November 27. Fresno. Region 13 Junior Olympic Cross Country Championships at Woodward Park

Girls 9 & under (1 Mile):

1) Diana Rossman (Los Altos)	5:50
2) Nanette Garcia (SantaCl)	6:03
3) Andrea Veatch (Maturango)	6:07

Boys 9 & under (1 Mile):

1) Mike Wall (Susanville)	5:44
2) Keith DeBrine (Redwood)	5:45
3) Mike Isenor (FountainVly)	5:56

Girls 10-11 (1 1/2 Mile):

1) Trisha Ramirez (SoBayStr)	7:15
2) Valarie McVicar (Saugus)	7:30
3) Kim Carter (Redding TC)	7:31

Boys 10-11 (1 1/2 Mile):

1) Jeff Rossman (Los Altos)	6:57
2) Bobby Cambron (Redwood)	6:58
3) Chuck Haggard (Santa Rosa)	7:01

Girls 12-13 (1 1/2 Mile):

1) Yvonne Campbell (Pleasant Hill)	8:39
2) Teresa Ann Crown (Ojai)	8:44
3) Brenda Wilcox (Clark)	8:50

boys 12-13 ogden

Boys 12-13 (1 1/2 Mile):

1) Joe Ogden (Walnut Crk)	7:47
2) Don Aviles (Redwood City)	7:51
3) Richard Black (Pacheco)	7:52

Girls 14-15 (2 Mile):

1) Linda Goen (N.Bkfld HS)	11:40
2) Diane Barrett (HooverHS)	11:53
3) Jennifer Heaton (Clovis W)	12:10

2) Becky Kamps (HSTC)	12:29
3) Marci Muller (Bkfld)	12:37

Boys 16-17 (3.0 Mile):

1) Doug Avrit (Chico HS)	15:05
2) Manuel Guaderrama (PSA)	15:12
3) Steve Strangio (WVTC)	15:19

/Joe Herzog/

November 22. Denton, Texas. National Collegiate Athletic Association Championships

1) Henry Rono (Wash St)	28:06
2) Samson Kimombwa (Wash St)	28:16
3) Craig Virgin (Illinois)	28:26
4) Herb Lindsay (Mich St)	28:30
5) John Treacy (Providence)	28:34
6) Wilson Waigwa (UTEP)	28:39
7) N. O'Shaughnessy (Ark)	28:43
8) Sam Maritim (UTEP)	28:46
9) Rudy Chapa (Oregon)	28:49
10) James Munyala (UTEP)	28:52
11) Jim Peterson (Georgetown)	28:54
12) Josh Kimeto (Wash St)	28:55
13) Thom Hunt (Arizona)	28:57
14) Bruce Bickford (NoEastern)	28:58
15) Kip Sirna (UTEP)	29:00
16) Terry Williams (Oregon)	29:01
17) Art Redhair (BYU)	29:03
18) Terry Cotton (Arizona)	29:04
19) Greg Meyer (Michigan)	29:06
20) George Malley (Penn St)	29:07
21) John Flora (NoEastern)	29:09
22) Robert Hodge (Lowell)	29:10
23) Tony Staynings (W.Ky)	29:11
24) Henry Marsh (BYU)	29:12
25) Dave Taylor (Oregon)	29:18
34) Eric Hulst (Irvine)	29:23
44) George Pullen (San Diego St)	29:33
47) Kirk Pfeffer (Colorado)	29:36
52) Juan Garcia (UTEP)	29:42
54) Benton Hart (BYU)	29:44
57) Gil Esparza (Boise)	29:45
60) Rich Langford (Fresno St)	29:48
74) Ralph Serna (Irvine)	29:51
78) Brian Blue (San Diego St)	29:52
81) B. St. John (San Diego St)	29:54
107) James Van Dine (Boise St)	30:06
108) Paul Neveau (San Diego St)	30:06
110) Gary Blume (California)	30:07
113) Martin Dean (California)	30:08
143) Gary Close (Arizona)	30:21
146) R. McCandless (Long Beach St)	30:23
148) Mark Spilsbury (Colorado)	30:24
155) Jerome Emory (Stanford)	30:28
158) Frank Boutin (Stanford)	30:30
162) Emil Magalanes (Boise St)	30:31
187) Steve Scott (Irvine)	30:46
199) Tony Ramirez (Fresno St)	30:53
221) Lawson (San Diego St)	

(322 starters)
Team Places:
1) Texas El Paso 62, 2) Oregon 117, 3) Washington State 179, 4) Brigham Young 182, 5) Illinois 227, 6) Tennessee 280, 7) Arizona 324, 8) San Diego State, 9) Providence 371, 10) Arkansas 373.

November 28
APPLE VALLEY 6.3 mile HANDICAP

Mike Mueller	RRR	33:40
Dave White	OT	33:51
Mike Harrie		33:57
Joe Dowling		34:11
Marv Alvarez		34:17
Rich Govi		34:28
Robin Platero	NAU	35:04
Kevin O'Hara		35:35
Enrique Serratos		36:17
Wilt Robinson		36:17
Larry Taff	RRR	36:30
Brice Hammerstein		36:31
Tom Gleason		37:17
Ramon Estrada		37:22
Jim Troutman	RRR	37:50
Dennis Stansauk	SFVTC	37:55
Jay Nunes		38:22
Doug Cromack	USAF	38:27
Bill Crum	STC	39:09 1 40
Hal Winton	STC	39:57 2 40
Fred Linch		42:03 1 SM
Jack Nohe	STC	42:48 1 50
Eddie Halpin	CDM	42:58 2 50
Patricia Garcia	AZTL	44:37 1 WV
Julie Rodewald	VCTC	60:03 1 G

/ Jim Corroll, Connie Rodewald /

November 28
APPLE VALLEY 3.1 mile JUNIOR RUN

Pete Morse	AV	16:33	1 HS
Alex Heiges		17:00	2 HS
Gary Strassman	AATC	17:36	3 HS
Chai Colton	LB	18:01	4 HS
Charlie Smith	LB	18:20	5 HS
Howard Gomez	OTC	18:28	
Russ Hammond	AVYM	18:34	1 JH
Jeff Akina	AV	18:40	
Ralph Fournier	NHH	18:42	
Randy Wilson	N	18:45	
Steve Todd	MTC	18:51	
Alvin Gomez	RTH	18:53	2 JH
Boyd Roberts	AV	18:57	
Rich Apherton	LB	18:54	
Darren Hanson	AVYM	19:11	3 JH
Dan Dik	LB	19:11	
Martin Rodriguez	BSS	19:12	4 JH
John Kerrigan	NHFC	19:42	
David Brown	VII	19:45	
Arturo Gonzalez	BSS	19:51	5 JH
Bobbie Morales	AZTL	21:04	1 HSJ
Lupe Hernandez	AZTL	21:36	2 HSJ
Michael Martin	YV	21:26	1 E
Karen Jerusalem	EA	22:03	1 JHJ

/ Jim Corroll, Tom Gleason /

December 10

ALL-COMERS MEET
At Glendale College
OPEN: 100-Baldwin (Pasadena), 9.7 MILE-Berry (California), 4:16.0. HJ-Garnett (Pasadena), 6-8. PV-1. Lock (UCSB), 16-0. 2 Johnson (SJS),

Keith Conning
Vern Gambetta
Rich Romine/

November 27. Fresno. State Inter
5 Man 15 Mile Relay at Rosemead Park

Open Division:

1) Fresno Pacific TC (A)	75:06
Gary Romesser	14:10
Darrel Cox	15:17
Greg Hall	15:29
Keith Jeffers	15:08
Jim Hartig	14:32

2) Athletes in Action 75:06
3) High Sierra Track Club 77:30
4) Merced Track Club 80:22
5) Fresno Pacific TC (C) 80:47

Pick-up Division:

1) Fresno Unattached	74:12
Brian Foley	14:51
Mike Jurkovich	14:50
Jose Reneteria	15:18
Dave Cords	14:46
Tony Ramirez	14:27

2) Fresno Pacific TC (B) 79:52
3) Bad Bears 83:07
4) Wombats 92:28
5) Sprinters 100:06

Junior High Division:

1) John Muir (Corcoran)	85:48
Shawn Smallwood	17:21
Pete Escobedi	17:05
Jose Mascorro	18:01
Eddy Umitio	17:01
Sergio Perez	16:20

2) Kings Canyon 89:53
3) John Muir (Corcoran) 92:55
4) Hamilton "A" 96:13
5) Hamilton "B" 102:03

High School Division:

1) Fresno High School	85:48
Darrell Serrano	17:55
Dean Goerzen	16:22
Roy Long	18:52
Johnny Rodriguez	16:21
Brian Hall	

Female Division:

1) Bakersfield High School	98:38
Bird Anderson	19:07
Lolita Abarca	22:42
Laura McCarthy	20:06
Jill Walker	19:04
Wendy Walker	17:39

15-6. 3. Bentz (Northridge TC), 15-6. 4. Davis (UCSB), 15-6. SP-1. McKenzie (USC), 56-2 1/2. 2. Iacopetti (CSN), 15-10 1/2. DT-Gordien (Cal Poly Pomona), 181-9. JT-Kibbe (CSN), 206-2.
HIGH SCHOOL: 100-Russell (Glendale), 100. 330-Gitney (Millikan), 35.5 MILE-Eagle (Crescenta Valley), 4:24.0. TWO MILE-Schrifer (Montebello), 9:42.4. PV-1. Thielken (Millikan), 13-6. 2. Epper (Belmont), 13-0. 3. White (La Canada), 13-0. LJ-Asami (Sunny Hills), 21-7.

/Vern Gambetta/

November 28. Sacramento. Pepsi 20 Mile.

Table with columns: Finish Division, Place, Division, Name, Time. Lists race results for the Pepsi 20 Mile event.

December 4. Glendale. USTFF Winter Decathlon at Glendale College

Table with columns: Rank, Name, Time. Lists results for the USTFF Winter Decathlon.

December 4. Fresno. Fresno Road Race, 6.0 Mile:

Table with columns: Rank, Name, Time. Lists results for the Fresno Road Race.

High School Division:

Table with columns: Rank, Name, Time. Lists results for the High School Division of the Fresno Road Race.

Seniors I (40-49):

Table with columns: Rank, Name, Time. Lists results for Seniors I (40-49).

Seniors II (50+):

Table with columns: Rank, Name, Time. Lists results for Seniors II (50+).

December 12. Belmont. 1976 FA-AAU Men's Jr. 10-Kilo Cross Country Championships, Crystal Springs Course

Table with columns: Rank, Name, Time. Lists results for the Belmont Cross Country Championships.

December 4. Saratoga. 1976 Varsity Postal Rankings--San Jose, 3 Mile:

Table with columns: Rank, Name, Time. Lists postal rankings for San Jose.

December 18. LaCrescenta. National 3,000 Meters Team Championship

Table with columns: Rank, Name, Time. Lists results for the National 3,000 Meters Team Championship.

Senior (Open) Division:

Table with columns: Rank, Name, Time. Lists results for the Senior (Open) Division.

December 18. Wasco. Wasco Midwinter Road Run

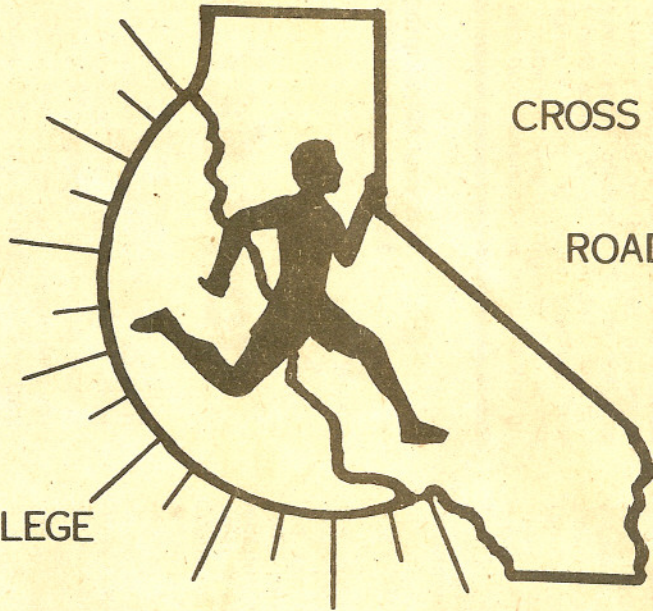
Table with columns: Rank, Name, Time. Lists results for the Wasco Midwinter Road Run.

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