

VALLEY TRACK AND FIELD



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VALLEY TRACK AND FIELD
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A Publication About and for the Valley

September, 1972 Vol. 1, No. 12

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Contributors this month

Dave Bronzan
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Cliff Clark
Don Gregory
Donna Cockerham
Don Zarin
Wayne Van Dellen
John Brennand
No. Cal Running Rev.
Tom Bache
Larry Lung
Bob Fries

High School Statistician

Ron Blackwood

ON THE COVER:

- A.) Christy Grieco winner of the Junior Girl's Bunion Derby.
- B.) Bob Reynaga winner of the Hume Lake Senior Division 10,000 Meters.
- C.) High Sierra Track Club at the Lake Tahoe 72, 7 Man Relay. Back row(l to r) Don Gregory, Wayne Van Dellen, Rich Petersen, Bill Cockerham, Dave Bronzan, Juan Garza, Adolph Nava. Fron row: Steve Ward, Harry Harder, Tony Bueltna, Rich Reynaga, Rick Jensen, Dale Campbell, and Ned Baird.
- D.) Coach Joe Barba, featured in this month's "Meet Valley Coach."
- E.) Cliff Clark (1), featured in this month's "Meet Valley Athlete" with Dave Taylor.
- F.) A new outstanding Valley track club - North Visalia Track Club.
- G.) Dan Pineta - COS discus thrower at the State Meet.
- H.) Mike LaFave - Bakersfield College discus thrower at the State Meet.
- I.) Mike Jurgovich winning the Fresno County 2 mile for Bullard - he's only a soph.
- J.) Mike Denny has been leading the way for High Sierra TC at several road runs.
- K.) Don Zarin - good over fifty senior runner for High Sierra TC.
- L.) Lee Thomas running mile at Central California Senior Track Championships.
- M.) Winner of the Father Day Run, Bob Stout.

WHAT IS VALLEY TRACK AND FIELD?

VALLEY TRACK AND FIELD is a monthly publication. It is devoted to the promotion of all areas of track and field in the San Joaquin Valley. It is about and for Valley track people. VALLEY TRACK AND FIELD will do several things: (1) provide in-depth track news coverage, (2) give recognition to outstanding Valley performances, (3) present an opportunity to become better acquainted with other Valley track people, (4) be a source of educational and informative track and field articles.

As a track enthusiast, VALLEY TRACK AND FIELD will be a valuable tool to you, as well as an asset to track and field, in general, in the Valley.

The success of VALLEY TRACK AND FIELD depends, to a great extent, on the support from you, the readers. You can help by always sending in all news and results (pictures too) about your team, yourself, others, or any track news you have. Send to VALLEY TRACK AND FIELD 1717 South Chestnut Avenue, Fresno, Ca. 93702. All pictures will be returned. Don't assume we will have your results or news already, if you have pertinent information, please, send it. In a sense, this is your publication; it is for you. Help make it a success.

VALLEY TRACK AND FIELD is dedicated to serving all Valley track people, athlete, coach, and fan, alike. We welcome any comments and suggestions. We would be very happy to hear from you.

MEET VALLEY ATHLETE

CLIFF CLARK: Captain, United States Air Force (Castle AFB - Merced). Born August 10, 1944 at Southampton, New York. 6'3", 155 pounds.

BEST TIMES: Mile - 4:05.8(71); 2 mile - 8:42.8 (72); 3000 meter steeplechase - 8:36.3(72); 3 mile - 13:28.0(72); 5000 meters - 13:55.5(72).

TRAINING: works out once or twice per day (depending on time of year and the day), seven days per week, twelve months a year. Covers approximately 85-95 miles per week. Coached by Ted Lloyd.

DESCRIPTION: "Mostly road work, finishing with 110's (10-15) on the grass. Track training begins in April and consists of varied distances of interval training from 220's through mile, with short rest."

The few years that Cliff Clark has been stationed at Castle AFB have made quite an impact on valley distance running. He has done great things both as a runner and a coach (Merced High School). The young men at Merced High School will never forget the work and companionship of Coach Clark who led them to league and section championships in cross country (see VTF, Dec. '71). It will also be some time before all of Cliff's course records are erased from the books here in Valley road racing. When VTF finishes putting together the Valley Open all-time ranking, Cliff will head up several events.

Those who have had the privilege of meeting Cliff know what a friendly and likeable guy he is. He is truly a track nut and loves to just talk track with friends and strangers. The Olympic Trials brought out another side of Cliff as we saw a serious, determined young man giving 101% in a bid to make the U.S. Olympic Team. He did an excellent job in those trials in both the steeplechase and the 5000 meters placing 5th and 9th in the finals in those events. The Valley track world will certainly miss the radiant personality and superior running of Captain Cliff Clark when he is transferred from Castle AFB later this month.

Some of Cliff's accomplishments before coming to the Valley include: '65 NAIA All American Cross Country; '66 & '67 NAIA Track All American; 1966 AAU Athlete of the Year for Arkansas; Arkansas Intercollegiate Conference records in the mile and 2 mile; Harding College school record in 3000 meter steeplechase

(9:01.0 - still holds); Harding College X-C and track Captain 1965, '66, and '67.

Cliff is a hard worker but retains a philosophy of "run for fun" in his daily workouts which is part of the reason he has been able to continue running and competing for five years now since graduation from the college program; many others have long since hung up the ol' spikes. How long does he plan to keep competing? "Forever!" Why? "The reasons are many and varied -- of course, the ego trip aspect is one reason, but more importantly, the camaraderie among fellow competitors and other track 'nuts' is something known only by those involved. The friendships and common understandings and respect for each other is commonplace among distance runners the world over and could be an example for other of our citizenry to emulate. Also, the travel and thrill of competition is more than I can stay away from -- I'm hooked!"

Cliff's favorite event is the steeplechase. He likes to compete in some event once a week during the season. "Early season competition is unimportant, but I want to begin running well within 6 weeks of the championship meets and improve with each race." Competition strategy varies, "but usually I try to take the lead with an 880 to go".

Captain Clark plans to remain in the Air Force and upon his return from duty in Thailand is figured to coach at the USAF Academy in Colorado Springs. His immediate goal is to place in the top 5 in the AAU cross country championships. More long range goals and aspirations include "American record in the steeplechase and a spot on the '76 Olympic Team".

Additional thought from Cliff: "I am opposed to vitamin E, which is a popular vitamin among distance runners. I have read medical journal reports which show it to be harmful to the liver because it is an oil soluble vitamin and does not pass through the system. I do take Filobin, a multiple vitamin, through a doctor's prescription.

TYPICAL WORKOUTS:

Monday- 5 mi in a.m.; 8-10 mi in p.m. (5:30-5:45/mi)

Tuesday- 5 mi in a.m.; 3 mi warm-up, intervals on track, 3 mi warm-down.

Wednesday- 3 mi a.m.; 7 mi p.m. (5:20-5:35/mi)

Thursday- same as Tuesday
(continued, bottom of page4)

MEET VALLEY COACH

JOE BARBA of College of the Sequoias:

Coach Barba is beginning his second decade as head cross country mentor at College of the Sequoias in Visalia. During his 16 total years of coaching he has helped and worked with many fine runners. However, Coach Barba's running philosophy is quite different than the traditional "winning is everything" approach; he believes there is more than winning alone. We think you will find his ideas extremely refreshing.

Joe Barba was born in Brooklyn, New York and attended Cardinal Hayes High School in New York City where he competed four years in track and cross country. He was the Westchester Cross Country Champion in 1947, was undefeated in dual cross country meets 4 years, and captained the cross country team his senior year. Following high school, Coach Barba attended Purdue University.

In 1956 Joe accepted his first coaching position at Eureka, Nevada where he remained for two years until moving to the Valley as coach at Corcoran High School. In 1962 Coach Barba moved to the college level by filling the position as cross country coach at COS, where he has since remained.

His cross country teams at COS have won the Valley Conference in 1962 and the Sacramento Invitational (small school division) in 1971. While at Corcoran he coached Valley mile champ Ray Salazar in 1961 and "B" 880 champ, Art Ramos, in 1962. A list of some of the outstanding individuals he has coached at COS would include: Dave Bronzan, R.V. Dunnagan, Don Chapin, Lelon Rich, Ray Salazar, Ken Lampton, and Carlos Bravo. Coach Barba finds it difficult to pin-point his greatest thrill as a coach "because each season there is an outstanding performance as some runner reaches down and does the impossible. All of the above runners did that. There are many others. That's what running is all about."

It looks as if this could be an outstanding year for COS cross country as runners (Carlos Bravo, Juan Garza, [unclear], Adolph Nava, Bob Hopkins) have already proven themselves capable cross country runners.

Coach Barba's free spirit is evidenced by his hobbies of music and painting, but also by his coaching. To him a coach is

a teacher, teaching something higher than just winning. He says it best: "My coaching technique has always been based on a combination of over-distance and interval training. Most of us are adhering to the same basic principles. The heart and circulatory system need the long, slow distance. The muscles need graduated speed work and weight training for strength and speed. Then, you need interval training for pace development. The options are endless. I like Bowerman's approach of taking a runner's time down by using intervals over a long period. It takes time and patience. I really don't have anything new to offer.

"What I do want to say is that as a coach I feel a responsibility to relate to my runners as human beings, not machines. There's a tendency to make a cult of intensive, hard work-outs and fantastic results. I disagree. Running takes time. Runners are emotional creatures with normal problems, ups and downs, and each day the coach must be aware of all of this first if he really is to serve the whole person and not just the running machine. I believe we overemphasize performance and do not focus enough on the dynamics of our daily coaching experiences, our opportunities to help these young men handle defeat, weakness, and self-doubt. I enjoy coaching because it enables me to help young men become better people and learn to accept all that goes into victory and defeat. The improvement of running times comes naturally; above all it must be fun, an enjoyable experience, or we are all wasting our time. Anyway, that's what I think."

Friday- 3 mi a.m.; 5-7 mi in p.m.
(slowly - 6:30/mi)
Saturday- race plus 8 mi
Sunday- 12-18 mile run @6:00/mi

This is during track season: 15 April through 1st July; July is light, and then will start steady 90 mi/week thru Winter. Runs will all be under 5:45/mi and will finish with 15x110 on grass.

A FREAK SPEAKS
or
A WITNESS TO 760 TIMES AROUND THE TRACK
or
ISN'T THIS CARRYING THINGS JUST A LITTLE TOO FAR ?

by Don Gregory

Back in my earlier days of running, this last June 9th and 10th to be exact, I attempted a race reserved for those few "distance freaks" like myself.

Am I referring to one of those One-Hour Runs on the track where the "freaks" go around and around about 40 times at six o'clock in the morning in order to fall to their knees and puke up last night's dinner? Oh no, that's a conservative's game.

Or did I join the ranks of the "Super Freaks" by laboring my body over 26 miles of road, with blood blisters forming and popping and re-forming and re-popping, with knots in my calves and thighs, and thirst felt by my tongue pasted to the roof of my mouth? Wrong again. This marathon stuff is for the softies.

Did I hear Ted Corbett was rugged? Did I hear Van Dellen and Rich Peterson were "freaks gone wild"? Well, here is the race for all of you masochistic MEN!

This nasty game is promoted as the "24 Hour Relay". Basically, the rules of the game are: you pick x number of men for your team; you arrange them into a permanent relay order; you use a track and each individual runs 4 laps (1 mile) at a time and hands off in his relay order for a continuous relay. How continuous?.... 24 hours. The object of the "game" is not which team runs the fastest, but which goes the farthest in the 24 hours.

The real test that separates the "freaks" from the "really insane" is in the number of men chosen for the team. The ultimate is to have very few runners on the team so that the experience resembles that of repeats. This was the case of the Fresno Pacific College Frosh team. They ran with only a three-man team: Rick Jensen, Martin Urias, and Don Gregory. (Isn't college supposed to educate? Swallowing gold fish and cramming kids into telephone booths was back in the days when kids just didn't have anything better to do. Today we choose something with purpose, something that is worthwhile, fun, relaxing -- the 24 Hour Relay.)

We entered the race without proper preparation. We figured that the main ingredient for success would be pre-meet rest and sleep. We hardly slept all week and to make matters worse we had been up a full day before the race even began. Was this an act of daring by our fearsome threesome? No. This was the result of all day and night cramming for final exams that ended just the night before the race.

Friday morning we journeyed to San Jose State College, the site of the race. After spending a few hours on the road, and a few hours in Madera picking up a Super-Chicken team, and a few hours in San Jose with no place to stop and relax, we waited until evening. 8 p.m. was the starting time. It seemed it was time to end a day, not begin another one.

Our pre-race game plan was completely mapped. We would win by a combination of self-control, realistic assumptions, and our "cool". Being the self-appointed coach for this assignment, I drilled the team with race strategy and race pace. A very unorthodox plan turned out to be highly successful. Pep talk went something like this: "JOG! Look here, Rick, I don't care if it feels easy. You're only allowed to jog. Six minute miles might feel easy now, but just wait. After 100 miles you'll be wishing to stand up. We'll be behind, and we'll be lapped for a long time, but about 8 o'clock tomorrow morning we'll start flying by those wobbly turkeys. So just keep your cool and let 'em go. That goes for you, too, Martin!"

We were "cool", self-possessed dudes with a plan. Right through the night we

were lapped and lapped by men, boys, women, and little girls! But we jogged on through the night hoping and wishing that we had not made a mistake by getting so, so far behind.

At 3 a.m. it froze. Coming from our hot little valley we couldn't believe it. Without a tent, without warmth, and without preparation we shivered and stiffly cranked out our miles in rotation. Being frozen, far behind all the teams, and so dark that flashlights were held to see the track, our spirits dropped and friendships became edgy. In the back of our minds we knew that if the sun didn't come out soon we would fold under the tensions and body stress.

Could we last? Who were we to challenge Nature? Didn't we realize that we were challenging all the realities of biological man?

5 A.M. -- "The sun spit morning."

Hallelujah! Rejoice!

Our hopes soared and we were off to the races with sunlight and sun warmth to defrost our frozen joints. Having held back from earlier temptations to go whipping around the track and embarrassingly allowing little girls and an occasional shapely miss to go whiz ing by without pursuit had saved us for our task ahead--- the next day of running. We felt it was about time to unleash our harnessed desires.

After 10 hours of holding back and 14 more to go, we allowed ourselves to let loose. We all took turns whipping out 5:30 miles after having run some 80 miles as a team (about 27 miles each). It was a thrill to put down those "hot dogs" that had earlier made us look so silly. The conditions were right for the killing. The other teams were running out of gas and we were just beginning to do our thing. Even the 10-man teams, which allowed each member an hours rest between legs, were pushed under by the fearsome threesome.

Food became our next problem. The guys were getting hungry. The Martin Urias specialty was bananas. Bananas? Well, it's not too scientific, but it's better than Munchy's. Rick fell to temptation. He slapped together a good ol' ham sandwich. In an effort to survive, my scientific mind computed plain and simple sugar cubes and sugar wafers.

With eleven hours still to go, we broke the 3-man "world record". Every additional step was frosting on the cake and we loved it!

But about noon our enthusiasm for racing-on-in-glory began to dwindle. This occurred about the same time that Madera's 4-man Super Chicken team "crashed". They had broken the 4-man record and were content to send their minds and bodies to never-never land in their sleeping bags. Without the companionship of our Super Chicken friends (Frank Salcido, Lewis Ravisconi, Joe Cazares, and Paul Mendez), the Fresno Pacific Frosh began to drag. We crawled through the afternoon as the sun reddened our skins. The "rest" periods became our newest enemy. The 13-minute wait between runs proved to be sufficient to stiffen our muscles and make our painful starts appear as duck walks.

At 7 p.m., 23 hours after the start of our "game", we had run 190 miles. It was 80 miles farther than the old record and far beyond our wildest dreams of accomplishment. Fatigued, hungry, aching, and very sleepy, we retired to the grandstands.

Beans with the record? We wanted to go home.

With stiff muscles and complete body ache we paid the price for being "Super Freaks".

CLUB NEWS

Send news of your club to VALLEY TRACK AND FIELD. If you don't belong to a club why not join one, or start one of your own.

HIGH SIERRA T.C.

It's been a busy and successful summer for High Sierra Track Club. Some summer events included: 24 Hour Relay, running to Eugene Olympic Trials, 62 "over the mountains" Visalia to Mt. Whitney run, Dave Bronzan in the Olympic Trials, One Hour Run, Tahoe 72 Mile Relay, Bunion Derby, Tehachapi, Arcata Marathon, U.S. Masters Meet, Hume Lake, Big Meadows, Clovis Track Meets, and thousands of miles in training runs.

One of the highlights of the summer was the Lake Tahoe 72 mile, 7 man relay. Although number one qualifier, Mike Denny, could not run HSTC placed 6th with the first team and 15th with the second team. Also of note was that with just one more senior runner able to go there would have been a third and all senior High Sierra team. An all senior team gets an one hour head start, so just wait till next year. Competitors in that race are pictured on the cover.

High Sierra took first place honors at the recently completed Fresno Bunion Derby, with a team composed of Don Gregory, Wayne Van Dellen, and Juan Garza. However, the most impressive team was the HSTC Seniors team composed of Len Thornton, Sid Toabe, and Bob Reynaga, which picked up the third place team medals.

There's a possibility of competing as a team for many cross country meets this fall for both open and senior runners. If interested contact Bill Cockerham.

Wayne Van Dellen and Rich Petersen along with Santa Barbara AC's John Brennand ran across the Sierras from Mt. Whitney to Mineral King Bowl in Visalia. It took 16 hours to trek the 62 very up and down miles - are they crazy? That's not all - Wayne is planning a race up to the peak of Mt. Whitney in the future - if interested, see Wayne.

KR CLUB

It's been a good summer for the KR Club as they have progressed from an occasional gathering of a few runners to a strong Valley running club. They competed in a dozen or more summer events and showed they, indeed, are a serious running club. At Hume Lake they bettered their team time by over 10 minutes.

One of the best run and most attended summer events was the KR Club sponsored Bunion Derby. They will also be sponsoring the annual Big Dipper race. Club president, Larry Lung reports that it will be shortened to 6.5 miles on Sky Harbor Road this year. No date has been set as yet.

Two KR members are at the Olympics in Munich, Dennis Iida and Steve Lopez, who are working at the Games. Dennis is a courier in the main stadium. He qualified for that position by being an athlete with four years of German in high school.

New KR Club Records:

440 HS - Mario Garza 54.6
880 Open - David Tomerlin 2:03.9
1 mile xc Elm - Randy Pendleton 6:01
2 mile xc JHS - Vincente Garza 11:13
2 mile JHS - Vincente Garza 11:35.0
2 mile HS - Ned Baird 10:25.6
3 mile JHS - Vincente Garza 16:59.7
8 mile xc JHS - Frank Alcorta 52:46
8 mile xc open - Mike Russler 45:44
10 mile xc JHS - Frank Alcorta 79:30
10 mile xc HS - Dennis Iida 63:46

NORTH VISALIA T.C.

The newly formed North Visalia Track Club has already seen a considerable amount of success in this it's first summer. Most of the runners will now be competing for their various school cross country teams; and you can be sure they will have a much better season as a result of their participation in the NVTC.

NVTC did especially well in the Fresno Bunion Derby. In the Elementary Division Randy Guerra finished third overall and Ruben Gonzales fifth. In the Jr. High Division Jesse Gayton placed second, Ernest Dorado fourth and Danny Morfin sixth. In the High School competition Rafael Garcia was the winner. Competing in the Open section Adolph Nava finished up eighth.

SCHEDULES

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| <p>Sept 9
SP
Griffith Park X-C Runs, 3.6 mi. Age Group runs. Greek Theater parking lot. 8:00 am</p> <p>Sept 9
PA
Alameda Carnival Age-Group Run, Alameda, Ca. 10:00 am. Robert DeCelle, P.O. Box 362, Alameda, Ca. 94501</p> <p>Sept 10
PA
Third Annual Double Dipsea 13.6 Mile Run, Stinson Beach, Ca. 8:30 am. Stinson Beach to Mill Valley and return. Walter Stack, 321 Collingwood, San Francisco, Ca.</p> <p>Sept 11
PSW
San Diego State All-Comers X-C, 4.3 mi, Balboa Park, 4:30 pm</p> <p>Sept 16
CA
Fresno Watermelon Runs, 10:30 am, Fresno State University</p> <p>Sept 16
SP
Occidental X-C, 4.4 open, 9:30 am, Novice run, Oxy track.</p> <p>Sept 16
SP
Long Beach Invitational X-C, 5 mi, Long Beach State, 10 am.</p> <p>Sept 16
PA
PA-AAU 25 Kilo Championship Run, Golden Gate Park, San Francisco, 10 am. Peter Mattei, 1000 North Point St., San Francisco, 94109.</p> <p>Sept 16
PA
Lake Wildwood 10 Mile Run, Grass Valley, Ca. 10 am. Nick Vogt, Star Route, Smartville, Ca. 95977.</p> <p>Sept 17
CA
Bass Lake Half-Marathon, 3 pm, Bill Cockerham, 519 S. 11th St., Fresno, Ca. 93702.</p> <p>Sept 23
SP
Mt Sac X-C 4 mi, 9 am, Mt Sac Track, Walnut, Ca.</p> <p>Sept 23
PSW
SDTC vs San Diego State and others, 6 mi, Balboa Park.</p> <p>Sept 24
PA
28th Annual Walnut Festival 5.7 Mile Run, Walnut Creek, Ca., 10 am. ABSOLUTELY NO POST ENTRIES. Andrew MacCono, 1840 Geary Rd., Walnut Creek, Ca, 94596.</p> <p>Sept 29
RR
San Martin Runs, 5:30 pm. Bill Floodberg, 12925 Foothill, San Martin, Ca, 95046.</p> <p>Sept 30
PA
2nd Annual Fremont Atalanta 8 mi Women's Race, Fremont, Ca. 8 am. Fremont Chamber of Commerce, 39737 Paseo Padre Parkway, Fremont, Ca. 94538.</p> <p>Oct 1
PA
Napa Marathon, 9 am, Napa, Ca. Napa Valley Runners, Mike Healey, 690 Costa, Napa, Ca 94558.</p> <p>Oct 7
PA
16th Sacramento Invitational X-C, H. Roloff, Sac State College, Sacramento, Ca 95819.</p> | <p>Oct 8
PA
22nd Columbus Day 5 & 10 Kile Races, Lake Merritt, Oakland, 8:30 am Enrico Dell Osso, 1803 3rd Ave, Oakland, Ca 94606.</p> <p>Oct 14
PA
7.5 Mi Run, Daly City, 9 am, Westlake Park Clubhouse. Pamakid Runners, Pat Vidosh, 372 Northgate Ave, Daly City, Ca 94015.</p> <p>Oct 15
PA
PA-AAU and National AAU Championship 50 Mile Race, Rocklin, Ca. 8 am, Robert DeCelle, P.O. Box 362, Alameda, Ca 94501.</p> <p>Oct 15
PA
10 Kilo Race, Chico, Ca. 8:30 am. George Wright, Poli Sci Dept., Chico State College, Chico, Ca., 95926.</p> <p>Oct 16
SP
USTFF Western Championships, Long Beach, 6 mi, 10 am.</p> <p>Oct 21
PA
PA-AAU Jr. 10 Kilo X-C Race, Golden Gate Park, San Francisco, 10 am. Don Sommer, 3524 WebsterSt., San Francisco, Ca 94123.</p> <p>Oct 28
CA
25 Kilo Woodlake Run. Age Group. Wayne Van Dellen, 37149 Road 192, Woodlake, Ca.</p> <p>Oct 29
PA
Berkeley to Moraga 14 Mi Race, 10 am. Chas, MacMahon, 855 Glenome Circle, Oakland, Ca 94682.</p> <p>Nov 4
PA
Turkey Trot Races, Oakland, 10 mi Open, Age Group also. Peter Mattei, 1000 North Point, San Francisco, Ca 94109.</p> <p>Nov 11
PA
PA-AAU Championship 10 Kilo X-C Race, Golden Gate Park, San Francisco, 10 am. Jim Stephenson, 132 Del Casa Dr, Mill Valley, Ca, 94941.</p> <p>Nov 12
PA
PA-AAU Championship 50 Kilo Run, location to be selected. Peter Mattei, 1000 North Point, San Francisco, Ca 94109.</p> <p>Nov 18
PA
6.25 mi Daly City Hill Run, Daly City, 11 am. Daly City Recreation Dept., Daly City, Ca 94014.</p> <p>Nov 25
CA
Mooney Grove 5-Man 15-Mile Relay, 11 am. Jerry Hobbs, 15616 Ave 328, Ivanhoe, Ca.</p> <p>Nov 26
PA
7th Annual Pepsi 20 Mi Run, Sacramento, Ca. Noon. Sac Roadrunners, 2789 17th St., Sacramento, Ca 95818.</p> <p>Dec 2
CA
6 Mile Fresno Road Race. Fernie Montanez, 3053 W. Alamos, Fresno, Ca.</p> |
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RESULTS:

BIG TURNOUT FOR SECOND BUNION DERBY

July 29: A total of 62 competitors of all sizes and ages completed the second of the 1972 Bunion Derby races held on the Fresno State campus. Meet director Larry Lung went to great lengths to make sure that the runners did not have to slosh through the sprinklers this time. But Mother Nature decided to do Her thing --- it rained. Larry, it's not nice to try to fool Mother Nature!

Two new KR Club cross country records were set as Vicente Garza won the Junior High 1.5 mi. (7:58) and Randy Pendleton took second place in the Elementary division .75 mi with 4:17.

In the Open division 6 mi Cliff Rees of the Flying Squirrel Track Club led for the first 4 miles before being forced to drop out with foot problems. Rich Lozano of Bakersfield arrived a bit late (30 sec) to the race and had to play "catch-up", but he was all caught up and the unchallenged leader after 4 miles. Rich maintained the lead and finished with a time of 33:22.

OPEN DIVISION 6 MILES

1. Rich Lozano	Bakersfield	33:22
2. Bill Cockerham	HSTC	33:26
3. Don Gregory	HSTC	33:37
4. Juan Garza	COS	33:46
5. Mike Russler	KR CLUB	34:06
6. Bruce Pendleton	KR CLUB	34:20
7. Larry Lung	KR CLUB	34:25
8. Rich Peterson	HSTC	34:26
9. Adolph Nava	NVTC	34:54
10. David Tomerlin	KR CLUB	35:21
11. Cliff Vasquez	Visalia	35:25
12. Dennis Iida	KR CLUB	35:29
13. Rick Fierro	KR CLUB	35:34
14. Steve Ward	HSTC	35:39
15. Fernie Montanez	HSTC	36:37
16. Bruce Greenway	HSTC	37:19
17. Ben Bonilla	Visalia	37:32
18. Michael Kunz	Visalia	39:05
19. David Peacher	Fresno	39:48
20. Frank Delgado	Fresno	40:06
21. Joe Delgado	Fresno	41:18
22. Jim Thaxter	HSTC	41:24
23. Eugene Lynch	Fresno	42:24

HIGH SCHOOL DIVISION 6.0 MILES

1. Ned Baird	KR CLUB	34:49
2. Rafael Garcia	NVTC	35:00
3. Jim Huebner	Fresno	35:15
4. Lou's Grieco	HOOVER	35:37
5. Mark Hull	HOOVER	36:31
6. Mario Garza	KR CLUB	36:37
7. Robert Borec	HOOVER	37:22
8. Richard Reynaga	HSTC	37:24
9. Mark Southwick	Fresno	37:41
10. Frank Alcorta	KR CLUB	40:13
11. Mike Thornton	Fresno	42:34
12. Dan Recheson	Fresno	57:20

SENIOR DIVISION 6.0 MILES

1. Len Thornton	HSTC	36:05
2. Sid Toabe	HSTC	38:02
3. Bob Reynaga	HSTC	39:57
4. Harry Harder	HSTC	43:00
5. Don Zarin	HSTC	43:39
6. Dewey Jan	Fresno	50:10
7. Ron Gates	HSTC	54:10

JUNIOR HIGH DIVISION 1.5 MILES

1. Vicente Garza	KR CLUB	7:58
2. Jesse Gayton	NVTC	8:11
3. Robin Hinman	Tulare	8:28
4. Manuel Alcorta	KR CLUB	8:54
5. Ernest Dorado	NVTC	9:20
6. Dave Gonzalez	Fresno	10:48
7. Alan Garcia	Fresno	11:49
8. Bruce O'Deming	Fresno	11:51

ELEMENTARY DIVISION .75 MILE

1. Scott Thornton	Fresno	4:13
2. Randy Pendleton	KR CLUB	4:17
3. Gerald Grieco	WOLTERS	4:24
4. Randy Guerra	NVTC	4:30
5. Ruben Gonzalez	NVTC	4:42
6. Jason Allen	Fresno	4:45
7. Eddie Fierro	Fresno	5:11
8. Juan Garza	KR CLUB	5:15
9. Paul Thaxter	Fresno	5:17
10. Steve Fierro	Fresno	5:43
11. Jody Allen	Fresno	5:45

SENIOR GIRLS DIVISION 1.5 MILES

1. Donna Cockerham	HSTC	12:06
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COMPETITION FIERCE IN THIRD BUNION
DERBY RACE

August 7 and 12: What do you do when you have two races to run in one day and they are 200 miles apart? This was the problem that faced several valley runners recently. The third race in the 1972 Bunion Derby was scheduled for Saturday, Aug 12 on the Fresno State campus. Also scheduled that day was the 7th Annual Lake Tahoe Relay. High Sierra Track Club planned to send two 7-man teams to the relay, hence the problem. Bunion Derby meet director Larry Lung willingly offered to stage a proxy race for the benefit of these runners. So the proxy race was held (same time of day, same course) on Aug 7 and the regularly scheduled race on Aug 12. The winners were determined on the basis of times run.

The runners in the proxy race knew that they had to run fast times in order to be in good scoring position. And the runners in the Saturday knew what times they had to shoot for over the 4-loop 8 mile course. The two groups will meet head-on in the fourth and final Bunion Derby race on Aug 26; the race promises to be a real battle over the 10 mi course as the runners determine their final position in the Derby. Combined results of the third Bunion Derby races:

OPEN DIVISION 8.0 MILES

1. Mike Brooks	Fresno	44:48
2. Mike Russler	KR CLUB	45:44
3. Bill Cokerham	HSTC	46:13
4. Don Gregory	HSTC	46:53
5. Larry Lung	KR CLUB	47:00
6. Bruce Pendleton	KR CLUB	47:16
7. Rich Peterson	HSTC	48:39
8. Rick Fierro	KR CLUB	49:21
9. Denn's Iida	KR CLUB	49:22
10. Adolph Nava	NVTC	51:14
11. David Tomerlin	KR CLUB	52:16
12. Fernie Montanez	HSTC	52:20
13. Steve Ward	HSTC	56:45
14. Eugene Lynch	Fresno	58:28
15. David Peacher	Fresno	59:51
16. Jim Thaxter	HSTC	60:45

HIGH SCHOOL DIVISION 8.0 MILES

1. Mark Hull	HOOVER	47:39
2. Mario Garza	KR CLUB	49:28
3. Rafael Garcia	NVTC	49:29
4. Robert Borec	HOOVER	50:05
5. Louis Grieco	HOOVER	50:57
6. Richard Reynaga	HSTC	52:19
7. Mark Southwick	Fresno	52:44

8. Frank Alcorta	KR CLUB	52:46
9. Zenos Moreno	Visalia	53:15
10. Mike Thornton	Fresno	58:38

SENIOR DIVISION 8.0 MILES

1. Len Thornton	HSTC	49:37
2. Sid Toabe	HSTC	52:30
3. Bob Reynaga	HSTC	57:28
4. Don Zarin	HSTC	58:42
5. Harry Harder	HSTC	59:44
6. Dewey Jan	Fresno	66:25
7. Ron Gates	HSTC	72:25

JUNIOR HIGH DIVISION 2.0 MILES

1. Vicente Garza	KR CLUB	11:13
2. Robin Hinman	Tulare	11:40
3. Jesse Gayton	NVTC	11:54
4. Manuel Alcorta	KR CLUB	12:49
5. Danny Morfin	NVTC	12:59
6. Ernest Dorado	NVTC	13:57
7. Dave Gonzalez	Fresno	15:40

ELEMENTARY DIVISION 1.0 MILE

1. Scott Thornton	Fresno	5:52
2. Randy Pendleton	KR CLUB	6:01
3. Randy Guerra	NVTC	6:18
4. Gerald Grieco	WOLTERS	6:28
5. Jason Allen	Fresno	6:48
6. Ruben Gonzalez	NVTC	7:01
7. Juan Garza	KR CLUB	7:12
8. Eddie Fierro	Fresno	7:16
9. Paul Thaxter	Fresno	7:50
10. Jody Allen	Fresno	8:13

SENIOR GIRLS 2.0 MILES

1. Donna Cockerham	HSTC	18:08
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FATHERS TURN OUT TO RUN

Fresno, June 18: The Fathers Day Run becomes more popular every year. In 1967 there were only four fathers in the competition; this year, in the Sixth Annual Fathers Day Run there were 27 fathers in the race as well as 16 non-fathers. T-shirt awards were presented in senior age-group divisions as well as to the winning non-father and the father-son combination division. The road course measures 6 miles. *age division winners

**course record

Fathers:

1. Bob Stout	(44)	33:00**
2. Bob Fries	(42)	33:33
3. Gary Self	(33)	34:16*
4. Len Thornton	(41)	34:35
5. Fernie Montanez	(32)	35:23
6. Sid Toabe	(48)	36:24*
7. Frank Delgado	(36)	36:55*
8. Dave Peacher	(29)	37:58
9. Don Thomas	(39)	39:06
10. Lee Scott	(50)	39:18
11. Ray Douglas	(33)	39:46
12. Joe Delgado	(34)	40:18
13. Don Zarin	(53)	40:33
14. Gene Fertig	(45)	40:38
15. Harry Harder	(55)	40:42*
16. Chris Delgado	(37)	41:08
17. Jerry Gleason	(37)	41:20
18. Bert Woodruff	(38)	41:42
19. Brent DeMonte	(42)	41:44
20. Jim Thaxter	(39)	42:35
21. Lee Thomas	(49)	43:14
22. Pete Schoner	(31)	43:14
23. Bud Jewett	(34)	45:17
24. Elmer Harelson	(53)	46:24
25. Ron Gates	(40)	47:41
26. Dewey Jan	(48)	47:51
27. Vern Bickley	(37)	54:33

Non-Fathers

1. Cliff Rees	(20)	32:30
2. Larry Lung	(22)	32:38
3. Mike Fertig	(19)	32:49
4. Jim Huebner	(15)	33:16
5. Rich Wells	(20)	33:29
6. Don Gregory	(19)	33:56
7. Scott Fertig	(17)	35:08
8. Mark Hemphill	(23)	36:21
9. Kim Fertig	(13)	38:47
10. Dale Gates	(19)	39:53
11. Darrell Jan	(16)	42:34
12. Scott Thornton	(11)	42:52
13. Dawna Douglas (Mrs.)		44:21
14. Bobby Fries	(14)	51:52

15. Tom Fries (9) 52:47
16. Paul Thaxter (10) 3 Miles

Father-Son Combinations

1. Gene & Mike Fertig	1:13:27**
2. Len & Scott Thornton	1:17:27
3. Bob & Bobby Fries	1:25:25
4. Ron & Dale Gates	1:27:34
5. Dewey & Darrell Jan	1:30:25

ALL TIME FATHER'S DAY LIST

1. Bob Stout	1972	33:00
2. Bob Fries	1972	33:33
3. Fernie Montanez	1971	33:52
4. Gary Self	1972	34:16
5. Len Thornton	1972	34:35
6. Sid Toabe	1972	36:24
7. Ray Pina	1970	36:54
8. Frank Delgado	1972	36:55
9. David Peacher	1971	37:41
10. Art Fernandez	1971	38:31
11. Don Thomas	1972	39:06
12. Lee Scott	1972	39:18
13. M. Pacheco	1971	39:30
14. Gene Lynch	1971	39:45
15. Ray Douglas	1972	39:46
16. Jim Thaxter	1971	40:05
17. Joe Delgado	1972	40:18
18. Don Zarin	1972	40:33
19. Gene Fertig	1972	40:38
20. Harry Harder	1972	40:42
21. George Lowe	1971	40:59
22. Chris Delgado	1972	41:08
23. Jerry Gleason	1972	41:20
24. Bert Woodruff	1972	41:42
25. Brent DeMonte	1972	41:44
26. Jim Kantrakis	1970	42:12
27. Pete Schoner	1972	42:35
28. Russ Oberman	1971	42:55
Lee Thomas	1971	42:55
Mike Crill	1971	42:55
31. Bud Jewett	1972	45:17
32. Paraline	1970	46:22
33. Gordon Parrish	1971	46:23
34. Elmer Harelson	1972	46:24
35. Henry Perez	1970	46:26
36. Bob Bragg	1967	47:00
37. Harley Buller	1970	47:22
38. Don Fowler	1971	47:26
39. Matthew Margolis	1971	47:30
40. Don Green	1970	47:32

41. Ron Gates	1972	47:41
42. Dick Davidian	1970	47:49
43. Dewey Jan	1972	47:51
44. Mike Sandoval	1971	48:10
45. Clint Thaxter	1971	48:48
46. Cecil McGarland	1971	48:57
47. M. Johnson	1970	50:23
48. Don Merzofian	1970	50:46
W. Elder	1970	50:46
50. Joe Ginet	1970	50:48
Orville McAdams	1970	50:48
52. Terry Semrau	1970	51:58
53. Bob Smith	1968	52:00
54. Walt Sorenson	1970	52:28
55. Vern Bickley	1972	54:35
56. Bill Beatty	1969	56:23
57. Penny	1970	57:27
58. Menthol Rank	1969	58:00
59. Ernie McWilliams	1969	58:45

ALL TIME NON-FATHERS LIST

1. Cliff Rees	1971	31:17
2. Jim Dowdall	1971	31:33
3. Larry Lung	1972	32:38
4. Mike Fertig	1972	32:49
5. Jim Huebner	1972	33:16
6. Jeff Hill	1970	33:21
7. Rich Wells	1972	33:29
8. Don Gregory	1972	33:56
9. Ken Adams	1970	34:24
10. Russ Lang	1971	34:29
11. Larry Gobleman	1970	35:03
12. Scott Fertig	1972	35:08
13. George Davis	1970	35:19
14. Mark Hemphill	1972	36:21
15. Paul Kuroda	1971	36:46
16. Dale Gates	1971	37:36
17. Tom Garcia	1970	37:40
18. Terry Stewart	1970	37:42
19. Kim Fertig	1972	38:47
20. Larry Stocks	1970	39:40
21. Darrell Jan	1972	42:34
22. Monte Lung	1971	42:50
23. Scott Thornton	1972	42:52
24. Dawna Douglas (Mrs)	1972	44:21
25. Bobby Fries	1972	51:52
26. Tom Fries	1972	52:47
27. Gordon Parrish	1971	55:42
28. Milton Semrau	1971	59:09

VALLEY VIEWS

September is here, summer is gone and another track cycle is beginning with the new cross country season. Not only does September mark the start of a new running year, but also the end of the first year of VALLEY TRACK AND FIELD. Some, probably, didn't think we'd last this long, and we had our doubts at times, too. What started out as just an obscure idea to create a "Valley Track Newsletter" over a year ago has grown into something more than we could imagine. Of course we've had a good number of problems this past year and are still faced with some of them. But we're here for our first birthday, are making progress and are looking forward to an even better second year.

You can help VALLEY TRACK AND FIELD have an even better year, which, since we are here to serve you, will only help you to have a better year. There are two things you can do: (1) send in news, schedules, results, pictures, etc. about you, your team, other track people, or any type of track information you come across. You already know about it but there are others who don't who would like to, just as you would like to have some of the tid-bits traveling around in their noodle. We can only print news if we know about it - don't assume we already have it or someone else will send it in. (2) Support VALLEY TRACK AND FIELD by encouraging others to subscribe - fellow competitors, other coaches, libraries, etc. If a person has any interest in track at all he will find VALLEY TRACK AND FIELD of value. We can only continue and improve as long as we are able to pay the bills for printing and mailing - that's what your \$3.50 is for. The more subscribers the more we will be able to do.

Have we learned anything over this first year? You bet! We've found Valley track to be an exciting world filled with exciting and wonderful people. We've also found the Valley to be filled with potential which is yet to be realized. With a little more time, organization, and work we could be one of the track centers in the U.S.

Next month we hope to have a considerable amount of material on the Valley cross country scene. It would be very helpful if every coach and cross country athlete reading this would send in a copy of their cross country schedule and a little blurb about their team. Good luck to all of you.

VAN DELLEN THIRD AT TEHACHAPI

July 30: The July heat took its toll on the runners of the Tehachapi 15; 20 runners started the race but only half of that number managed to finish. One of the competitors, capturing third place in the race, was Wayne VanDellen of the High Sierra Track Club. Wayne describes the course as "hot, but beautiful". The course actually measured 14.4 miles and consisted of mostly rolling hills and flat at 4000 feet elevation; there was one giant hill of one mile length.

After the race, runners and their families enjoyed an awards barbeque as guests of the Stallion Springs Sales Corporation.

Open Division:

1. Mark "Bushman" Covert	CTC	1:21:14
2. Doug Schmenk	CTC	1:22:42
3. Wayne VanDellen	HSTC	1:25:06
4. Wayne Katiyama	unatt	1:25:52
5. Jim Perez	GOLDEN WEST	1:26:29
6. John Brennand	SBAC	1:28:00
7. John Gargenty	unatt	1:30:51

HIGH SIERRA STAGES TRIALS AT BIG MEADOWS

August 5: It was just like old home week for the High Sierra Track Club; runners and their families began arriving at the Big Meadows Campground as early as Friday morning for the 1972 Tahoe Trials. This race would determine who would run on High Sierra's first and second teams at the Lake Tahoe 72 Mile 7 Man Relay to be held on August 12.

And the runners kept arriving; they talked track, barbequed dinner, and sat around the campfire. Morning brought more competitors and by race time on Saturday, 22 runners and 14 spectators/timers had gathered for the trials.

The race was run at 7500 elevation over 10 miles of dusty, rolling hills. Mike Denny and Wayne VanDellen went out hard seeking the number one spot. Times were relatively unimportant -- the primary goal was to make the team.

Open Division:

1. Mike Denny	59:30
2. Wayne Van Dellen	62:38
3. Bill Cockerham	64:20
4. Don Gregory	64:20
5. Richard Peterson	65:11
6. Adolph Nava	66:25
7. Dale Campbell	68:13
8. Rick Jensen	69:00

9. Steve Ward	70:35
10. Sam Marquez	70:40
11. Tony Buelna	73:50
12. Fred Mendoza	76:07
13. Rich Reynaga	79:46
14. Jim Thaxter	84:44

Senior Division

1. Len Thornton	69:10
2. Bob Reynaga	76:30
3. Harry Harder	77:52
4. Don Zarin	81:54

TWO REMAIN UNDEFEATED AS BUNION DERBY '72 WINDS UP

Fresno, Aug 26: Hail, hail, the gang was all (or almost all) there for the fourth and final Bunion Derby Race 1972. This was the big one -- not only was it the final race in which the final individual standings would be determined, but team competition was held as well. The thrill of team competition brought some additional runners out of the woods who had not yet run in the '72 Derby. The scoring was based upon the combined times of the first three runners of five-man teams; some teams only entered three men and this proved to be their undoing as in several cases the third man ran into trouble and was unable to finish.

In the individual scoring, the places were determined upon points earned over the four races. The scoring was as follows: finishing the race = 1 point
every person a runner beats = 1 point

In the elementary division, Scott Thornton continued his winning streak by touring the 1.5 mile course in 9:23. Vicente Garza was also a winner in the Junior Hi division 3.0 mile with a time of 17:00. These two young men were the only competitors to complete the '72 Derby undefeated.

OPEN DIVISION: 10.0 Miles

1. Lupe Solis	Unatt.	56:30
2. Don Gregory	HSTC	56:52
3. Mike Brooks	FSTC	57:10
4. Ed Cadena	Unatt.	57:31
5. Juan Garza	HSTC	58:12
6. Wayne VanDellen	HSTC	58:12
7. Mike Russler	KR CLUB	58:46
8. Bill Cockerham	HSTC	59:44

9. Steve Hall	FSTC	59:56
10. Rick Fierro	KR CLUB	60:28
11. Rich Peterson	HSTC	61:09
12. Larry Lung	KR CLUB	63:04
13. Dennis Iida	KR CLUB	63:46
14. Adolph Nava	NVTC	64:06
15. Fernie Montanez	HSTC	64:41
16. Ken Wright	Unatt.	65:47
17. David Tomerlin	KR CLUB	72:06
18. Eugene Lynch	Unatt.	73:25
19. Jim Thaxter	HSTC	75:42
20. David Peacher	Unatt.	76:51

Team Scores: (Open, High School, Senior)

1. High Sierra TC (Gregory, Van Dellen, Garza)	2:53:16
2. Hoover High (Grieco, Hull, Borec)	3:16:52
3. High Sierra TC Seniors (Thornton, Toabe, Reynaga)	3:28:10
4. KR Club (Alcorta, Fierro, Tomerlin)	3:32:04

HIGH SCHOOL DIVISION 10.0 Miles:

1. Rafael Garcia	NVTC	62:33
2. Louis Grieco	HOOVER	63:32
3. Bruce Deeter	HOOVER	63:42
4. Richard Reynaga	HSTC	66:27
5. Mario Garza	KR CLUB	66:27
6. Robert Borec	HOOVER	67:38
7. Mark Hull	HOOVER	69:18
8. Mark Southwick	Unatt.	69:18
9. Mike Thornton	Unatt.	73:18
10. Frank Alcorta	KR CLUB	79:30

SENIOR DIVISION 10.0 MILES:

1. Sid Toabe	HSTC	0.44
2. Len Thornton	HSTC	68:08
3. N. Lomian	SENIORS TC	72:12
4. Bob Reynaga	HSTC	74:18
5. Harry Harder	HSTC	75:11
6. Don Zarin	HSTC	76:17
7. XXXXXXXXXX	XXXX	
7. Dewey Jan	Unatt.	86:16
8. Ron Gates	HSTC	94:19

JUNIOR HIGH DIVISION 3.0 Miles:

1. Vicente Garza	KR CLUB	17:00
2. Randy White	WASCO WILDKATS	18:10
3. Eric Sinclair	NVTC	18:37
4. Jesse Gayton	NVTC	18:58
5. Manuel Alcorta	KR CLUB	19:49
6. Eddie Lujon	WW	20:02
7. Kim Crawford	WW	20:08
8. James Grieco	Unatt.	20:16
9. Ernest Dorado	NVTC	20:19

Team Scores:

1. North Visalia TC	57:54
2. Wasco Wildkats	58:20

ELEMENTARY DIVISION 1.5 MILES:

1. Scott Thirnton	Unatt.	9:23
2. Randy Pendleton	KR CLUB	9:24
3. Gerald Grieco	WOLTERS	9:48
4. Jason Allen	Unatt.	9:52
5. Randy Guerra	NVTC	10:01
6. Ruben Gonzalez	NVTC	10:53
7. Eddie Fierro	Unatt.	11:21
8. Paul Thaxter	Unatt.	11:45
9. Jody Allen	Unatt.	12:03

Team Scores:

1. Unattached (Thornton, Pendleton, Grieco)	28:35
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JUNIOR GIRLS DIVISION 1.5 MILES:

1. Christy Grieco	Unatt.	13:45
2. Mary Guarnera	Unatt.	13:46

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FINAL POINT TOTALS - '72 BUNION DERBY

Open Division:

1.	Mike Russler	KR CLUB	105
2.	Don Gregory	HSTC	102
3.	Bill Cockerham	HSTC	96
4.	Larry Lung	KR CLUB	94
5.	Rich Peterson	HSTC	86
6.	David Tomerlin	KR CLUB	80
7.	Dennis Iida	KR CLUB	75
8.	Adolph Nava	NVTC	75
9.	Rick Fierro	KR CLUB	74
10.	Bruce Pendleton	KR CLUB	68
11.	Fernie Montanez	HSTC	64
12.	Mike Brooks	FSTC	59
13.	Juan Garza	HSTC	55
14.	Rich Lozano	Unatt.	55
15.	Steve Ward	HSTC	54
16.	David Peacher	Unatt.	48
17.	Eugene Lynch	Unatt.	45
18.	Jim Thaxter	HSTC	43
19.	Cliff Vasquez	Unatt.	30
20.	Bruce Greenway	HSTC	29
21.	Cliff Rees	FSTC	24
22.	Mike Lenneman	Unatt.	22
23.	Benjamin Bonilla	Unatt.	21
24.	David Salcido	Unatt.	16
25.	Michel Kunz	Unatt.	13
26.	Frank Delgado	Unatt.	11
27.	Joe Delgado	Unatt.	10
28.	James O'Donoghue	Unatt.	6
29.	Mark Hemphill	KR CLUB	5
30.	Greg Ralls	Unatt.	3

Senior Division:

1.	Len Thornton	HSTC	30
2.	Bob Reynaga	HSTC	24
3.	Sid Toabe	HSTC	22
4.	Harry Harder	HSTC	18
5.	Don Zarin	HSTC	18
6.	Dewey Jan	Unatt.	12
7.	Ron Gates	HSTC	8
8.	Joseph Barba	Unatt.	1

Junior High Division:

1.	Vicente Garza	KR CLUB	37
2.	Jesse Gayton	NVTC	32
3.	Manuel Alcorta	KR CLUB	27
4.	Ernest Dorado	NVTC	22
5.	Robin Hinman	Unatt.	17
6.	Danny Morfin	NVTC	8
7.	Bruce O'Deming	Unatt.	7
8.	Dave Gonzalez	Unatt.	6
9.	Alan Garcia	Unatt.	4
10.	Randy McGill	Roadrunners	3

Elementary Division:

1.	Scott Thornton	Unatt.	53
2.	Randy Pendleton	KR CLUB	46
3.	Randy Guerra	NVTC	39
4.	Jason Allen	Unatt.	38
5.	Ruben Gonzalez	NVTC	33
6.	Gerald Grieco	WOLTERS	32
7.	Eddie Fierro	Unatt.	26
8.	Paul Thaxter	Unatt.	21
9.	Juan Garza	KR CLUB	20
10.	Jody Allen	Unatt.	16
11.	Steve Fierro	Unatt.	7
12.	Matt Estes	Unatt.	2
13.	Barry Estes	Unatt.	1

High School Division:

1.	Rafael Garcia	NVTC	71
2.	Mario Garza	KR CLUB	69
3.	Louis Grieco	HOOVER	68
4.	Mark Hull	HOOVER	64
5.	Robert Borec	HOOVER	59
6.	Richard Reynaga	HSTC	57
7.	Mark Southwick	Unatt.	48
8.	Frank Alcorta	KR CLUB	43
9.	Mike Thornton	Unatt.	40
10.	Zenas Moreno	Unatt.	29
11.	Ned Baird	KR CLUB	20
12.	Jim Huebner	Unatt.	18
13.	Marty Higginbotham	NVTC	15
14.	Dan Recheson	Unatt.	11
15.	Alberto Balderas	NVTC	10
16.	Dan Esqueda	ROOSEVELT	9
17.	Wade Oberman	CLOVIS	5
18.	Lawrence Garcia	NVTC	4
19.	Ambrósia Flores	NVTC	3

Junior Girls:

1.	Christy Grieco	Unatt.	2
2.	Mary Guarnera	Unatt.	1

Senior Girls:

1.	Donna Cockerham	HSTC	3
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SIXTH ANNUAL HUME LAKE RUN

Hume Lake, September 2: The Hume Lake 10,000 Meter Run traditionally marks the opening of cross country season. Overlooking a mix-up in the timing of the High School Division the race was once again a success and the marks were good. In the Open Division Mike Denny and Lupe Solis were content to run together in the lead for the first $1\frac{1}{2}$ miles when Mike decided the pace was a little too slow to suite him and he surged ahead to win by a comfortable margin.

Ned Baird took off like a rocket in the High School Race and was never challenged as he powered his way home the winner.

Both runners ran a little slower than last year, but Bob Reynaga again won the Senior Race over "iron man" Harry Harder.

OPEN DIVISION: 10,000 Meters

1. Mike Denny, Air Force	33:17
2. Wayne Van Dellen, High Sierra	33:59
3. Lupe Solis, Fresno Pacific	35:02
4. Bill Cockerham, Fresno Pac	35:15
5. Bruce Pendleton, KR Club	35:17
6. Larry Lung, KR Club	35:50
7. Jim Bowles, Air Force	36:06
8. Raymond Cerankowski, Air F.	36:47
9. Rick Fierro, KR Club	37:18
10. Rick Jensen, Fresno Pacific	37:23
11. Richard Reynaga, High Sierra	41:40
12. Bill McCray, Air Force	41:57
13. Sam Marcez, High Sierra	42:45

Team Times: (1) Air Force - 1:46:10, (2) Fresno Pacific - 1:47:40, (3) KR Club - 1:48:25, (4) High Sierra - 2:00:24.

HIGH SCHOOL DIVISION: 5,000 Meters

1. Ned Baird, Fresno High	17:21*
2. Larry Butler, Merced TC	17:39*
3. Richard Bega, Merced TC	18:22*
4. Craig Weinmann, East Bak.	18:45
5. Bob Gillett, FCA	19:10
6. John Laird, East Bakersfield	19:40
7. Bill Stevenson, FCA	20:03
8. Ted Molina, FCA	20:32
9. John Weinmann, East Bak.	21:00

* unofficial

Team Times: (1) East Bakersfield - 59:25, (2) Fellowship of Christian Athletes - 59:45.

SENIOR DIVISION: 10,000 Meters

1. Robert Reynaga, High Sierra	44:35
2. Harry Harder, High Sierra	47:41

HUME LAKE "ALL TIME" LIST

OPEN DIVISION: Top 20

1. Skip Houk, High Sierra	32:10	70
2. Skip Houk, High Sierra	32:40	71
3. Wayne Van Dellen, High Sier.	33:10	70
4. Cliff Clark, Merced TC	33:14	70
5. Mike Denny, Air Force	33:17	72
6. Wayne Van Dellen, High Sier.	33:29	68
7. Wayne Van Dellen, High Sier.	33:38	71
8. Wayne Van Dellen, High Sier.	33:59	72
9. John Brennand, Santa Barbara	34:19	68
10. Wayne Van Dellen, High Sier.	34:27	69
11. Chuck Smead, Santa Barbara AC	34:45	70
12. Lupe Solis, Fresno Pacific	35:02	72
13. Bill Cockerham, Fresno Pac.	35:15	72
14. Bruce Pendleton, KR Club	35:17	72
15. Bill Cockerham, Fresno Pac.	35:46	71
16. Carlos Bravo, Unatt.	35:49	69
17. Larry Lung, KR Club	35:50	72
18. Jim Bowles, Air Force	36:06	72
19. David Bronzan, High Sierra	36:14	70
20. Jerry Hobbs, High Sierra	36:20	70
Bill Peck, High Sierra	36:20	69

HIGH SCHOOL DIVISION: Top 20

1. Jon Virden, FCA	17:02	70
2. Jon Virden, FCA	17:05	71
3. Rito Fuentes, Roosevelt HS	17:10	70
4. Dave Williams, Roosevelt HS	17:21	70
5. Ned Baird, Fresno HS	17:21*	72
6. Ron Vogt, MCLane HS	17:25	71
7. Harry Nicholas, Reedley HS	17:29	70
8. John Garcia, Redwood HS	17:33	71
9. Larry Butler, Merced	17:39	72
10. Ron Virden, FCA	17:53	70
Jim Hartig, Clovis HS	17:53	71
12. Bryan Patterson, Redwood HS	17:59	71
13. Don Gregory, Roosevelt HS	18:06	70
14. Richard Bega, Merced	18:22	72
15. Rick Fierro, Clovis HS	18:28	71
16. Doug Hall, FCA	18:38	70
17. Craig Weinmann, East Bak.	18:45	72
18. Rick Jensen, Van Dellen Rch.	18:54	70
19. Charls Hollister, San Marcos	18:55	70
Rodney Williams, Roosevelt	18:55	70

CROSS-COUNTRY AT FSU

1972

SEPTEMBER 16 - WATERMELON RUN

2 - 4 - 6 mile races. All ages welcome. CIF approved as a practice meet. Awards in each race based on predicted times. Swim in the PSU pool and eat free watermelon after the race. 50¢ entry.

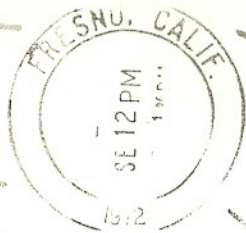
OCTOBER 7 - PSU INVITATIONAL

Moving to Woodward Park. Expanding to add a college-open division. High schools run 2 miles. College open run 6 miles. CIF approved. 50¢ individuals, \$10.00 schools.

NOVEMBER 13 - USTFF WESTERN X-COUNTRY CHAMPS

Woodward Park. High school 7 miles. College-open 6 miles. \$1 individual, \$5 team. CIF approved. No high school team entries, but high schoolers can run as individuals.

VALLEY TRACK AND FIELD
1717 South Chestnut Avenue
Fresno, California 93702



Coach Gene Estes
Athletic Dept.
Fresno State Univ.
Fresno, Ca. 93710