

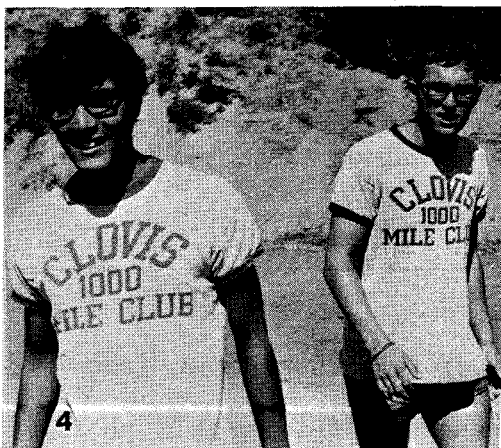
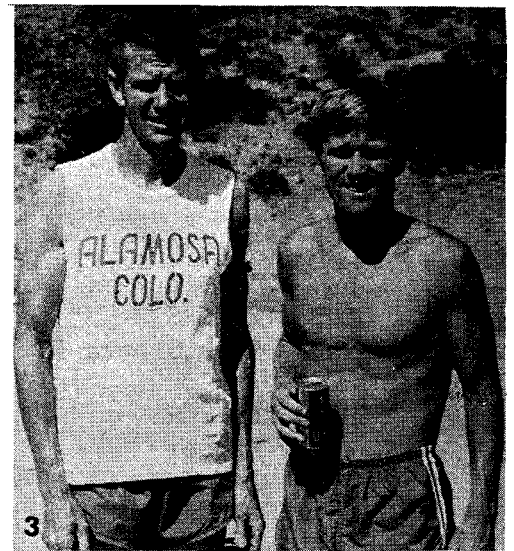
# VALLEY TRACK AND FIELD



October, 1971

Vol.1, No.1

35c



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ABOUT AND FOR VALLEY TRACK PEOPLE

A Publication About and for The Valley

October, 1971 Vol. 1, No. 1

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VALLEY TRACK AND FIELD is a new 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 results and news, (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 track and field articles.

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

The success of VALLEY TRACK AND FIELD will depend, 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, Fresno, California 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.

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**VALLEY TRACK AND FIELD NEEDS ADVISORS**

Advisors are needed to represent Valley girls and women, and age group areas. If you would like to be or know of someone who would like to be a consultant and representative for either of these two areas, please let us know.

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**ON THE COVER:**

- (1) Richard Lazano, early leader of Bakersfield College cross country team, from Garces High School. (Bakersfield College photo)
- (2) Jerry Wilson, outstanding Valley track man from Fresno C.C. (Fresno C.C. photo)
- (3) Wayne Van Dellen (L.), and Skip Houk have dominated the long distance scene for the couple of years.
- (4) Rick Fierro (L.) and Jim Hartig, members of a strong Clovis High team.
- (5) Ron Vogt, potential Valley Champion from McLane High in Fresno.
- (6) John Virden (L.) and Jim Thompson winners at the Watermelon Runs, from Lemoore High.

SCHEDULES:MEET VALLEY COACH

College and Open:  
 October 1  
 Fresno City at Conference Prelim. Meet,  
 Modesto, 4 p.m.  
 College of Sequoias at Valley Conf. Meet.  
 Bakersfield & Long Beach at L.A. Pierce.  
 October 2  
 Fresno State at Cal Poly(SLO), 11 a.m.  
 Fresno Pacific at U. of Nev., Las Vegas.  
 October 3  
 Napa Marathon, Napa, Calif., 9 a.m.  
 Santa Barbara Marathon, Santa Barbara, Calif.  
 October 8  
 Bakersfield at Pasadena CC.  
 October 9  
 Fresno State, Fresno City, COS at Sacramento  
 Invitational, 11 a.m.  
 Cal Lutheran at Fresno Pacific, 10 a.m.  
 October 10  
 21st Annual Columbus Day Races (5 and 10 kilo)  
 Oakland, Calif.  
 October 15  
 Bakersfield at Aztec Inv., San Diego, Calif.  
 Fresno City and Sacramento at Delta, Stockton.  
 October 16  
 Fresno State at Cal State LA, 10 a.m.  
 Reedley Road Races, Reedley  
 October 17  
 National AAU 50 mile championship, 8 a.m.  
 Rocklin, California  
 Open 10,000 meter race, Chico, Calif. 8 a.m.  
 October 20  
 Stanislaus State at Fresno Pacific  
 October 22  
 COS and Cosumnes at Fresno CC, 4 p.m.  
 LA Valley at Bakersfield, 3:30 p.m.  
 October 23  
 Fresno State and Fresno Pacific at Pleasant  
 Hill Invitational, 11 a.m.  
 PAAAU Junior Cross Country Championships  
 10,000 meters, Golden Gate Park, SF  
 10 a.m.  
 October 29  
 Modesto at COS  
 Bakersfield and Fresno CC at Mt. Sac Inv.,  
 Walnut, Calif. 10:30 a.m.  
 October 30  
 UCSB at Fresno State, 11 a.m.  
 Fresno Pacific at Chapman Inv. Orange, Ca.  
 Third Annual HSTC Road Races. Elem and JHS  
 mile, open 25 kilo, Woodlake, Calif,  
 9 a.m.  
 October 31  
 Sixth Annual Berkeley to Moraga 14 mile road  
 race. Berkeley, Calif., 10 a.m.  
 November 5  
 El Camino And Santa Monica at Bakersfield  
 American River at Fresno CC, 4 p.m.

Each month VALLEY TRACK AND FIELD will do a feature on one of the Valley coaches.

Bob Covey of Bakersfield College: If one were to attempt the impossible task of picking the most successful coach in the Valley, Coach Covey's name would have to be on the list of potential candidates. "Victory" and "winning" are terms often experienced by BC Renegade cross country and track teams.

Bakersfield has won three Metro Conf. cross country championships, were Southern California champs in 1967, and placed high in the State Meet the last four years (3,3, 5,4). They have a duel meet record of 54 wins and 20 losses since Coach Covey took the reins.

In track BC has won 7 Metro Conf. Championships out of the 8 years of Covey coaching. They have been Southern California champs the last two years, were State Meet champs last year, and have a duel meet record of 50 wins and 9 losses.

Bob Covey was born and raised in Iowa. At Ames High School he participated in football, basketball, and track. He was high scorer on their state championship football team, played on their state championship basketball team, and helped win three state track meets (both indoors and out). In high school Bob went undefeated in the 440.

At the University of Kansas Bob was a member of Bill Easton's 1959 NCAA National Championship track team, placed fifth in the Big Eight 440, placed third in the Big Eight indoor 600, and anchored the 1961 Big Eight mile relay championship.

After serving as an assistant to Sam Bell at Oregon State University he settled down in Bakersfield where he met his wife and has recently added another member to the family - a girl.

It's not hard to see that Coach Covey has experienced a lot of success. Some of the athletes he has worked with include: Rich Hitchcock, Edie Cadena, Robert Reader, Ray McGill, Steve Wilson, and Ben Olison. It's to these and all the other BC athletes he has coached, as well as the community, that Bob Covey credits the success of Bakersfield track and field.

Inbetween winning track meets Coach Covey was the Meet Director for the Women's National AAU Track Meet held in Bakersfield's Memorial Stadium last June.

Keep up the good work.

Schedules (Continued):

MEET VALLEY ATHLETE

November 6

Fresno Pacific at Biola Inv., La Mirada.  
Turkey Trot races, Oakland. Age group and open 10 mile.

November 12

San Joaquin Delta and Sacramento at COS Modesto at Fresno CC, 4 p.m.  
Bakersfield at Metropolitan Conference Meet, LA Pierce.

November 13

Fresno State at PCAA Championships, San Diego, 12 noon.  
Fresno Pacific at NAIA District Championship, Cal Lutheran, Thousand Oaks.  
PAAAU Championship Cross Country Race, Golden Gate Park, SF, 10 a.m.

November 19

Southern California JC Meet at Saddleback College, San Juan Capistrano.  
Northern California JC Meet at Rocklin

November 20

USTIFF Western Championship Cross Country Race, Fresno, 11 a.m.

November 27

State JC Meet at Rocklin, 12 noon.

VALLEY TRACK AND FIELD would like to print all Valley schedules, including: college, open, girls, women, seniors, age group, high school, junior high school and race walking. Please send in your schedules. If you know about a race or a meet let us know so we can let others know.

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FRESNO YMCA SUMMER TRACK PROGRAM

The Central Valley YMCA, under the direction of Jerry Adams and John Warkentin, conducted a summer long track program which included such things as clinics, instruction, workouts and meets. The meets were staged at Pacific College and were very well run. There was something for boys and girls of all ages. Ribbons and medals were presented at several of the award meets.

Several outstanding marks were recorded during the weekly Friday evening contests. Louis Amps raced to a 22.0 220. Roger Trujillo leaped 6'6" in the high jump and 45'10 $\frac{1}{2}$ " in the triple jump. Rick Penner ran a 39.3 330 intermediates. Dave Donaldson had a mile best of 4:31 and a 2:00 half. George Walker threw the softball 174 feet in the 8-11 year old division.

(Continued)

RON VOGT: Senior, McLane High School, Fresno. Born July 3, 1954, at Medford, Oregon. Began running in 1967 in the 8th grade.

BEST TIMES: 1320--3:17.6 (1970); mile--4:31 (70); 2 mile--9:38 (71); 6 mile--32:55 (71); 15 miles--1:14:39 (71). Favorite racing distance: 12 miles.

TRAINING: Twice a day, seven days a week, 12 months a year. 70-100 miles per week. Coached by Jerry Dorn.

DESCRIPTION: During the summer all overdistance, at fairly hard pace. Seldom runs LSD. During the school year a combination of overdistance and interval work. Six mile run every morning. Four afternoons a week of six to seven miles of intervals. The other three days longer runs. Weight training three afternoons a week.

A typical afternoon interval workout: 4X 880 in 2:24 with 3 minute rest, 4X330 with 3 minute rest, 12X110 with 30 second rest. 3 to 5 mile warm up, 1 mile cool down.

Although somewhat of a newcomer to the Valley scene, having transferring from Lompoc at the end of his sophomore year, Ron has shown he is capable of running with the **Valley's best**. He was last year's city 2 mile champ and also won the number two man race at the Fresno State Invitational cross country race last year.

Ron likes to run and likes to race "as much as possible." He believes that "in order to get tough consistency is most important." He has only missed 3 days of working out since January. As for goals, Ron would like to win the Valley Meet in cross country and track. A more long range goal is to run 2 miles in 8 minutes. He takes vitamin C and wheat germ oil and tries for at least 8 hours of sleep every night.

Some of the things that Ron has gained from running include sportsmanship, competitiveness, and the people he has met.

So far this season he is undefeated in cross country and is looking forward to the big meets. It's not hard to see that Ron has the desire and is willing to work hard enough to be a champion. Let's look for him at the Valley Meet - it probably won't be hard to find him. Anyone for an 8 minute 2 mile?

## WHY RUN?

by

Jim Klein

The question has come up a couple of times this year: "Why run?" "What am I doing this for?" "Why come out here every afternoon and beat my brains out?" "What's it prove?" Well, these are all good questions and they should be answered.

Running, in and of itself, probably doesn't prove much. The mere fact that a man ran a four minute mile probably won't mean much a hundred years from now or maybe even tomorrow. Running is possibly just as pointless as putting a man on the moon or constructing a monument or painting a picture or some of the other strange things that men do.

There are many valuable by-products to running and training and it's possible that the by-products are more significant than the product. First, there is physical fitness. You can arrive at a high state of physical fitness through running and exercising. Fitness is certainly in the limelight these days, and a sound body is certainly to be coveted. But fitness isn't a good enough excuse to come out and run yourself into the ground each evening. There must be a better reason than fitness because there are many easier and less painful ways of arriving at fitness. The fact is that some of the world's greatest men, men who have made tremendous contributions to our society, have been men who scorned exercise in any form.

Could the value in running be in defeating your opponent? Could setting yourself up as the champion and becoming confident and able to take on all comers be the thing to strive for? This breaks down pretty fast. Some of the men that get more out of competing than anyone else are those who run last or nearly last in every race they enter; and some of the men who lose more and are done more harm by competition are those who never taste defeat. A man cannot remain the champion long. Someone who is faster or stronger always comes along. Maybe it will take a while, but sooner or later that man will come along. Another interesting thing about being the champion is that once you reach the heights it doesn't seem as valuable anymore. It's just another of many little steps happening to be the top one.

Well, what is the sense of running? What is the logic of really punishing yourself each evening: of striving to become better, more efficient, tougher? The value in it is what you can learn about yourself. The value is in the position that it puts you. You are placed naked before yourself and your fellows. You can give it all you've got or you can give yourself an excuse and not really try. You can make an excuse for not winning or you can admit that your opponent was a better man on that day. In this sort of situation, all kinds of qualities come out; things that you may not have seen in yourself before and are hard to look at and accept as being you. You may see in yourself a tendency to loaf when the going really gets tough and your body is crying for a moment's rest. It is not fun to look at a quality like this, especially when you see it in yourself. You may find yourself talking a great race and yet not running one and see yourself as somewhat of a bag-of-wind. You may be a chronic excuse-maker, finding all sorts of fantastic reason for not really doing what you know you can do. There are dozens of other things that you might see, some pleasant, some unpleasant. The important thing is that these qualities are you, not just you as you relate to running, but you as you relate to your studies, to your schoolmates, your parents, your job, and all of life.

Through running, persevering, punishing, you get down to the real you as you can in few things. You get a rare glimpse of what you are really like. This is a privilege granted to a very few. Not many have the opportunity of taking themselves to the breaking point and then recognizing it and overcoming it. Each evening when you jog down to the track, you should look upon it as another opportunity to find out something about yourself or to work on something that needs working on. This may sound like a high and mighty concept of what running is, but think about it. This is what it is all about.

On looking back upon these words, I see that they sound a little negative. I've left out one possibility. You may get down to the real you and discover a determined, relentless, free spirit who meets and accepts victory or defeat with the same modesty. You may be a person who gives everything he has every time out and accepts the consequences. If this is what you see, it is possible that running has nothing to offer you except fitness or championships. Maybe you should go to the moon or paint a picture.

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#### Y M C A Summer Track & Field Records

220 yd. Dash	7-under boys	42.5	F. Montenez
	7-under girls	54.3	E. McDonald
	8-11 boys	30.9	R. Hudler
	8-11 girls	43.3	S. Johnson
Mile	18-over boys	4:31.1	D. Donaldson
	15-17 boys	4:45.4	N. Baied
	12-14 boys	8:10.0	M. Esqueda
70 HH	18-over boys	9.0	H. Adams
	15-17 boys	8.5	J. Brooks
80 LH	18-over boys	9.1	L. Amps & D. DeWitt
	15-17 boys	9.6	G. Ellis
	12-14 boys	10.5	C. Walker
	8-11 boys	14.6	Scott Thornton
25 yd. Dash	7-under boys	5.2	B. Estes
	7-under girls	5.6	Tammy Dewitt
50 yd. Dash	8-11 boys	6.9	S. Johnson
	8-11 girls	7.9	Carolyn Law
440 yd. Dash	18-over boys	52.5	J. Gonzales
	15-17 boys	55.2	M. Garza
	12-14 boys	59.8	G. Stevenson
	8-11 boys	1:35.2	P. McDonald
100 yd. Dash	30-over	11.8	D. Donaldson
	18-over boys	10.1	L. Amps & W. Foreman
	15-17 boys	10.4	L. Jackson
	12-14 boys	10.5	A.J. Hardamon
	8-11 boys	18.4	P. McDonald
	15-17 girls	13.6	Marie Foglio
	12-14 girls	12.8	Sandy Foglio
330 IH	18-over boys	39.3	R. Penner
	15-17 boys	44.5	R. Groeling

Y M C A Summer Track and Field Records (Continued)

880 yd. Run	18-over boys	2:00.6	D. Donaldson
	15-17 boys	2:12.3	Nigel Keep
	12-14 boys	2:24.0	F. Alcorta
	8-11 boys	2:49.8	S. Thorton
75 yd. Dash	8-11 boys	10.0	R. Hudler
	8-11 girls	11.4	C. Law
220 yd. Dash	18-over boys	22.0	L. Amps
	15-17 boys	24.1	L. Jackson
	12-14 boys	25.0	Eric Singleton
440 Relay	18-over boys	45.0	D. Devitt, J. Baladad, L. Amps, W. Foreman
	15-17 boys	46.7	Lynds, Rutledge, Hardamon, Malone
	12-14 boys	49.5	Merhik, Siedler, Stevenson, Hardamon
	15-17 girls	62.0	M. Foglio, B. Davis, C. Farris, S. Foglio
Mile Relay	18-over boys	3:31.1	Adams, Amps, Murphy, Gobelman
2 Mile	Open	10:43.7	N. Baird
3 Mile	Open	14:53.6	S. Houk
Long Jump	18-over boys	21' 8"	L. Amps
	15-17 boys	21' 9"	B. Hibner
	12-14 boys	19' 11"	E. Singleton
	8-11 boys	13' 2"	S. Otake
Standing L.J.	8-11 boys	5' 8"	Robert Schultz
	8-11 girls	5' 10"	Carolyn Law
	7-under boys	5' 7"	V. Hudler
	7-under girls	4' 0"	E. McDonald, T. Dewitt
Pole Vault	15-17 boys	12' 11"	Keith Herold
	12-14 boys	9' 0"	M. Thornton
	8-14 boys	7' 6"	S. Thornton
High Jump	18-over boys	6' 6"	R. Trujillo
	15-17 boys	6' 0"	A. Gonzales, L. Jackson
	12-14 boys	5' 5"	Robert Hammers
	15-17 girls	4' 5"	Beth Davis
Shot Put	18-over boys (16#)	30' 1½"	Louis Torris
	15-17 boys (12#)	48' 2"	M. McNaughton
	12-14 boys (10#)	41' 8"	H. Taylor
Discus	18-over boys	131' 0"	J. Powell
	15-17 boys (H.S.)	149' 4"	M. McNaughton
Triple Jump	18-over boys	45' 10½"	R. Trujillo
	15-17 boys	41' 3½"	T. Rotella
Softball Throw	8-11 boys	174' 8"	G. Walker
	8-11 girls	97' 10"	C. Law
	7-under boys	77' 1"	B. Estes
	7-under girls	28' 0"	E. McDonald

## VALLEY VIEWS

Bruce Pendleton was chosen Fresno State College Runner of the Week after his surprise performance at the Watermellon Runs....Sept. 18 Porterville and West Hills tied 28:28.... Bakersfield cross country runner Edie Granillo hurt his leg wrestling and will be out the first half of cross country season....The new track coach at the University of the Pacific in Stockton is Dr. John Santimeyer from Utah, he is assisted in cross country by John Cardinelle, former UOP middle distance standout.... March 21-22 Fresno State will host a USTFF Decathlon, for information contact Dutch Warmerdam at Fresno State....About 12 valley area distance runners spent two weeks at the Vandellen Distance Runners Camp in the Sierras.

Bakersfield College number one cross country man, Richard Lozano, didn't run cross country in high school....Lemoore had their all weather track resurfaced this summer....Would you believe the K-R Club is named after a teacher at Central High in Fresno?....Former Fresno State College distance ace, Dave Cords, is coaching at Hoover High School in Fresno and he runs with the team....Harry Nicholas, outstanding Valley runner from Reedley, is attending Nebraska....Fresno State cross country coach, Red Estes, ran his first (maybe last) marathon last year at the Golden Gate Marathon in San Francisco.

In the 2 mile race at the Watermellon Runs Jim Thompson of Lemoore High ran exactly the time he predicted - 11:15....Chick Ferro is now at Clovis High, Coach Lopez has replaced him at East Bakersfield. Clovis opened its season against EB, unofficially, and won....Both Fresno State and Fresno Pacific had week long training camps in the Sierras before school started.... It's rumored that Bakersfield might host the 1972 State JC track meet....Len Thornton, the winner of the 6 mile Watermellon Run (prediction), is the cross country coach at Sierra Junior High School. Some other running coaches include Bob Fries of Fresno CC, a Coach Lehman of Reedley College and Dale Opp of Corcan High School - any others?

Ask Skip Houk how hard it is to get a ticket for running red lights....Fresno State arrived 10 minutes late to their meet in Hayward and missed the race....USTFF and Track and Field News are conducting postal competitions for junior high, high school, college and open athletes, for information write: USTFF, 1225 N. 10th Avenue, Tucson, Arizona 85705.

## WOMEN'S WANDERINGS

The biggest happening in the Valley this summer for girls and women was the Nationals which were held on the new red tartan track at Bakersfield's Memorial Stadium. Valley participants included Janet Muckridge and Linda Loya of the San Joaquin Valley Track Club in the girl's 80 yd. low hurdles. The Bakersfield Saints ran 51.3 in their heat of the girl's 440 relay, but didn't qualify for the finals. Dora Lee Roberts placed 4th in the girl's long jump with an 18' 5" leap, she also has the third best jump in the nation this year, 20' 7". Iva Wright of the Fresno Elans TC won the girls discus with a 145' 6" toss and placed second in the shot put. Fifth in the girls discus with a 120' 9" was Yvette Brownlee, also of the Fresno Elans TC.

In the women's division Fresno Elan TC member Lynn Graham won the shot put with a 52' 0" put. Iva Wright was fourth in the disc with 151' 11".

Speaking of Lynn Graham, she not only won the Pan American Games in Colombia, but had quite a busy summer, otherwise. On June 20th she won the "Show Meet" in Champaign, Illinois (51' 0"). June 13th she won the California State Championships in Santa Ana (49' 3 $\frac{1}{2}$ ""). July 10th it was the Nationals. July 17th she placed second in the USA-Africa-All Stars meet in Durham, North Carolina (49' 11"). She presently has the USA years best mark with 53' 1". Iva Wright has the 16th best put with 42' 5 $\frac{1}{2}$ ". Iva also has the 6th best USA discus mark at 152' 1".

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CLOVIS SUMMER TRACK MEETS

An excellent series of summer track meets were put on by the city of Clovis under the direction of Ken Dose, former Clovis coach now at Fresno City. The meets alternated with field events on one day and running events on another - this seemed to be very successful in that it provided a greater concentration of officials for each event rather than having them spread thin over a large number of events. There was something for nearly everyone and the turn out of participants was large every night. Coach Dose welcomes any comments or suggestions concerning the Clovis meets, send to Fresno City College.

BEST MARKS: (for this summer)

MEN & BOYS

Bantam Division - 0-9 years:

HJ	Joe Garcia	3' 5"
LJ	Steve Martinez	12' 3"
50 yd dash	David Anderson	7.5
100 yd dash	Steve Martinez	14.6
220 yd dash	David Anderson	33.2
440 yd dash	David Anderson	77.2
880 yd run	Art Jaurgui	3:04
Mile run	David Anderson	6:30.1
TJ	Matt Estes	19' 4"
SP 6#	Matt Estes	15' 8 $\frac{1}{2}$ "

Midget Division 10-11 years:

SP 6#	Jim Battalia	26' 8"
HJ	Pat McClean	4' 2 $\frac{1}{2}$ "
PV	Scott Thornton	7' 2"
LJ	Monroe Cletin	14' 2"
50 yd dash	Rick White	7.1
880 yd run	Pat McClean	2:40.6
100 yd dash	Octavio Garcia	13.3
220 yd dash	Octavio Garcia	30.7
TJ	Brian Murray	27' 11"
120 LH	Scott Thorton	20.5
Mile run	Pat McClean	5:42.2
440	Joe Taylor	1:12.5
6 mile run	Patric McClean	41:40
2 mile run	Fred Flores	14:05

Junior Division 12-13 years:

SP	Mark Pankratz	34' 8"
HJ	Al Costa	5' 2"
DT	Mark Pankerty	79' 11"
LJ	Mario Santoyo	17' 1"
TJ	Mark Pankratz	30' 5"
PV	Mike Thornton	9' 0"
880 yd run	Blair King	2:20.3
220 yd dash	Blair King	26.4
6 mile run	Bob Abbott	39:05.0
Mile run	Vince Garza	5:13.8
100 yd dash	Rich Seiler	11.5
440 yd dash	Blair King	61.0

50 yd dash	Bobby Robles	7.3
70 yd HH(36")	None-record	11.1
120 yd LH	Bobby Robles	19.5
2 mile run	Tim Cornell	14:20

Intermediate Division 14-15 years:

SP 8#	Steve Hall	53' 10"
HJ	L.Powell,J.Woods	5' 5"
DT	Robert Stone	123' 8"
LJ	Robert Stone	19' $\frac{1}{4}$ "
TJ	Lowell Perkins	41' 11"
880 yd run	Mario Garza	2:09.3
100 yd dash	Willie Russell	11.1
2 mile run	Tom Avery	11:48
220 yd dash	Gene Norton	26.2
PV	Dave Raymer	10' 9"
120 LH	Dave Oaxaca	14.6
Mile run	Ned Baird	4:46.3
440 yd dash	Glen White	54.7
6 mile run	Dan.Esqueda	36:35.0
50 yd dash	Steve Hernandez	6.1
70 HH	Tom Avery	12.3
3 mile run	Rick Graffis	19:57

Senior Division 16-17 years:

PV	Tom Henderson	14' 6"
HJ	Steve Stafford	6' 1"
SP	Joe Tapia	47' 6"
DT	Ed King	126' 2"
LJ	Steve Rim	22' 7"
TJ	Tony Rotella	47' 1 $\frac{1}{2}$ "
880 yd run	Ernie Moreno	2:03.9
100 yd dash	Steve Cottengin	10.1
2 mile run	Byran Patterson	10:19.2
6 mile run	Bryan Patterson	35:20.0
220 yd dash	Steve Cottengin	23.5
180 LH	Bill Hebner	21.6
Mile run	Jon Garcia	4:43.1
440 yd dash	Steve Armstrong	58.2
70 HH	Craig Gibson	11.4
120 LH	Rich Guzman	15.1
50 yd dash	Gary Goodall	6.0
3 mile run	Bruce Pendleton	16:28

Open Division

HJ	Rick Fletcher	6' 10 $\frac{1}{4}$ "
PV	Steve Hardison	15' 6"
SP	Mike Wood	54' 4 $\frac{1}{4}$ "
DT	Dan Petrushkin	132' 5"
JT	Lonnie Powell	207' 7"
LJ	Roger Trujillo	24' 0"
TJ	Roger Trujillo	47' 4"
70 HH	John Warkentin	8.9
50 yd dash	Maxie Parks	5.3
880 yd run	John Warkentin	2:04.8
100 yd dash	Lorenzo Johnson	9.6
2 mile run	George Davis	11:04.5
6 mile run	Skip Houk	31:49.1

(Clovis continued)

HIGH SIERRA TRACK CLUB PLACES FOURTH IN  
OUTSTANDING TIME AT LAKE TAHOE  
72 MILE RELAY

220 yd dash	Louis Amps	22.9
220 IH	Louis Amps	22.9
Mile run	Cliff Rees	4:27.6
440 yd dash	John Warkentin	51.4
3 mile run	George Davis	16:04.0

Advanced Division 30-40 years:		
880 yd run	Fernie Montinez	2:04.8
2 mile run	Dave Donaldson	4:39.6
6 mile run	Rich Peterson	36:04.0
440 yd dash	Ray Pena	52.8
100 yd dash	Ray Pena	10.6
50 yd dash	Dennis Dewitt	5.8

Senior-Advanced Division 40 years and over:		
880 yd run	Joe Delgado	2:21.2
6 mile run	Len Thornton	37:04.0
220 yd dash	Gene Fertig	28.1
50 yd dash	Ara Hairbedian	5.9
100 yd dash	Ara Hairbedian	11.0
Mile run	Sid Toabe	5:18.7
440 yd dash	Gene Fertig	64.8
3 mile run	Sid Toabe	17:37

WOMEN & GIRLS

Bantam Division 0-9 years		
HJ	Nora Jaurgeni	2' 0"
50 yd dash	Susan Mahadkian	7.7
220 yd dash	Mary Ann Ray	37.2
LJ	Laurie Bretz	10' 10"
100 yd dash	Mary Ann Ray	15.4
440 yd dash	CoCo Flores	1:32.3
880 yd run	Nora Jaurgeni	4:04

Midget Division 10-11 years:		
LJ	Janet Yarbrough	12' 2½"
50 yd dash	Karen Bretts	7.4
220 yd dash	Carie Bretz	34.0
100 yd dash	Camie Bretts	14.3
440 yd dash	Carolyn Law	1:18.5

Junior Division 12-13 years:		
HJ	Oceavio Garcia	3' 2"
88 yd run	Mindy Sipin	2:33.1
100 yd dash	J.Brower,S.Foglio	12.8
220 yd dash	Lupe Mumoz	33.6
Mile run	Patty Anderson	5:51.0
440 yd dash	Patty Anderson	66.4
LJ	Daisy Yarbrough	11' 3½"
50 yd dash	Sandy Foglio	7.7

Intermediate Division 14-15 years:		
100 yd dash	Theresa Ray	12.2
220 yd dash	Theresa Ray	28.9
440 yd dash	Deanne Boyajian	79.9
Mile run	Tammy Smith	6:54.2
50 yd dash	Theresa Ray	7.7

Senior Division 16-17 years:		
100 yd dash	Judy Usher	12.1

August 14: Skip Houk and Wayne VanDellen ran remarkable legs to push HSTC to an outstanding time of 7 hours 3 minutes 33 seconds and a fourth place finish in the 6th annual 7 man 72 mile relay at Lake Tahoe.

Skip ran the first leg, which was 11.6 miles long, in 64:28 and was in second place when he passed off to Wayne. West Valley's Bill Clark was the only runner to beat Skip. Clark the week before set a national record for the one hour run - Skip was less than 30 seconds behind him at the exchange. VanDellen ran the second leg faster than the old course record and destroyed the West Valley runner who started ahead of him. His time for the uphill 9.5 miles was 55:41, which was 4 minutes faster than he ran it last year.

Carlos Bravo ran the third leg of 10.1 miles in 63:57. Carlos handed the baton (actually it was a sock) to fourth man, Don Gregory who ran his 10.0 mile leg in 62:05, and that with stopping to tie his shoe twice. Bruce Caputo did a very fine job running 57:20 for the 9.4 mile fifth leg. The last two legs were run by Dave Bronzan and Benny Sanchez. A last minute change of the passing point made the sixth leg longer and the seventh leg shorter. So David ended up running 11 miles (67:03) while Benny got off with a little over 8 miles. When Benny crossed the line the HSTC had run 14 minutes and 33 seconds faster than they had ever run it before.

HSTC was also represented by a second team that placed 14th out of the over 50 teams competing. The legs run by the second team were:

1. Elisio Martinez 1:15:04
2. Richard Peterson 1:10:31
3. Dan Esqueda 1:11:40
4. Non-member 1:02:34
5. Gary Self 1:07:24
6. Fernie Montanez 1:14:07
7. Art Fernandez 1:05:18

From HSTC Newsletter

SECOND ANNUAL FRESNO BUNION DERBY

Glen McCarthy again directed the popular Fresno Bunion Derby. Races of three, six, eight, and ten miles were run two weeks apart on the Fresno State Campus from July 10 through August 21.

Open 3 mile: record - 15:29.0 Cliff Clark

1.	Cliff Rees	Fly.Sq.TC	15:34
2.	Dave Bronzan	HSTC	15:37
3.	Steve Hall	FSTC	16:04
4.	Benny Sanchez	HSTC	16:21
5.	George Davis	FSTC	16:32
6.	Fernie Montanez	HSTC	16:35
7.	Gabe Zarragocca	Unatt. Fowler	16:57
8.	Ken Adams	KR Klub	17:00
9.	Dwight Mikklesen	COS	17:06
10.	Richard Fish	Bakersfld. Boys	17:12
11.	Dale Campbell	Unatt. Tulare	17:25
12.	Lang Russel	HSTC	17:27
13.	Dave Peacher	Kings Cnyn. Stdrs.	17:47
14.	Gary Campbell	COS	17:53
15.	Len Thornton	Unatt. Fresno	17:56
	(first over 40)		
16.	Bob Reynagga	Unatt. Porterville	18:27
	(second over 40)		
17.	Russ Oberman	HSTC	20:45
	(third over 40)		
18.	Harry Harder	HSTC	23:14
	(first over 50)		
19.	Dewey Jan	HSTC	25:06

High School 3 mile: old record - 16:10 J.Garza

1.	Ron Vogt	Univsl. Harriers	16:04
2.	Don Gregory	" "	16:24
3.	Jesse Torres	Monache	16:38
4.	Bruce Pendleton	Univsl. Harriers	16:45
5.	David Adame	Monache	16:49
6.	Dennis Idia	KR Klub	16:55
7.	Rick Fierro	Clovis	17:01
8.	Ken Hendrick	Bakersfld. Boys	17:07
9.	Zanas Moreno	Mt. Whitney	17:14
10.	Jim Hartig	Clovis	17:22
11.	Manuel Guerrero	KR Klub	17:37
12.	Greg Gonzales	Bakersfld. Boys	17:46
13.	Greg Rathbun	Unatt. Fresno	17:51
14.	Pat Neff	Bakersfld. Boys	17:52
15.	Mark Obermann	Clovis	17:55
16.	Tom Avery	Bullard	18:13
17.	Cregg Weinmann	Bakersfld. Boys	18:38
18.	Randy Neff	Bakersfld. Boys	19:06
19.	Richard Reynaga	Unatt. Porterville	19:16
20.	Robert Law	Clovis	19:24
21.	Craig Peoples	Bullard	19:28
22.	Darrel Jan	Fresno	21:58

Girls 1 Mile:

1.	Mindy Sipen	San Joaquin Vly.	6:08
2.	Patty Anderson	Clark JHS	6:08
3.	Carol Contreras	Nelson Elem.	6:39

Jr. High 1 mile: old record-5:04 L. Echorn

1.	Randy Wright	Sierra JHS	5:00
2.	Mike Jurkovich	Tenaya JHS	5:03
3.	Dan Esqueda	Kings Cnyn Stdr.	5:15
4.	Robin Hinman	Tulare	5:38

Elementary 880: old record-Rick Fuentes 3:0

1.	Pat McClean	Clovis	2:56
2.	Scott Thornton	Walters-Fresno	3:10
3.	David Anderson	Tarpey-Clovis	3:19
4.	Mich Esqueda	Lane	3:36

Open 6 mile: old record-32:02 L. Hildebrand

1.	Skip Houk		30:24
2.	Rick Vafeades		31:34
3.	Dave Bronzan		32:05
4.	Bill Cockerham		32:42
5.	Martin Urias		32:51
6.	Cliff Rees		33:09
7.	Carlos Bravo		33:40
8.	Fernie Montanez		33:53
9.	Benny Sanchez		34:02
10.	Ken Adams		34:10
11.	George Davis		34:43
12.	Dave Williams		34:50
13.	Dwight Mikklesenn		35:33
14.	Gary Campbell		35:36
15.	Mark Hemphill		35:38
16.	Elsio Martinez		36:06
17.	Gabe Zarrogocca		37:03
18.	Len Thornton		37:24
	(first over 40)		
19.	Cliff Vasquez		37:56
20.	Lang Russell		38:30
21.	Jim Thaxter		42:26
22.	Richard Fish		43:51
23.	Harry Harder		44:10
	(first over 50)		
24.	Russ Oberman		45:20
	(second over 40)		
25.	Shirley Springer		45:21
	(first woman)		
26.	Dewey Jan		47:55
27.	Ron Gates		50:57

High School 6 mile: old record-33:42 Juan Garza

1.	Don Gregory		33:14
2.	Jesse Torres		33:55
3.	Dinnis Idia		34:26
4.	Bruce Caputo		34:27
5.	Jim Hartig		34:28
6.	Bruce Pendleton		34:54
7.	Greg Gonzales		35:28
8.	Rick Fierro		35:48
9.	Dave Adame		36:20
10.	Dale Campbell		36:39
11.	Ken Hendrich		36:41
12.	Pat Neff		38:11

Fresno Bunion Derby continued:

13. Rod Williams	39:15
14. Mike Jurkovich	39:33
15. Dan Esqueda	39:33
16. Greg Rathbun	40:54
17. Cregg Weinmann	40:56
18. Mario Garza	40:57
19. Randy Neff	42:53
20. Tom Avery	43:18
21. Rodd Obermann	43:41
22. Craig Peoples	46:23
23. Robert Law	47:55

Elementary 3/4 mile: old record-4:22 R. Fuentes

1. Pat McClean	4:19
2. Scott Thornton	4:35
3. Mich Esqueda	5:43
4. Matt Estes	6:38
5. Barry Estes	7:08

Jr. High 1 1/2 mile:

1. Randy Wright	8:06
2. Mike Jurkovich	8:07
3. George White	8:18
4. Dan Esqueda	8:22
5. Robin Hinman	8:31
6. Vincent Garza	8:36
7. Frank Alcorta	8:43
8. Rand Garza	9:27

Girls 1 1/2 mile: (short)

1. Shirley Springer	7:51
2. Mindi Sipe	8:27

Open 8 mile: old record-42:33 Skip Houk

1. Skip Houk	42:24
2. Dave Bronzan	43:34
3. Wayne VanDellen	43:39
4. Bill Cockerham	44:22
5. Cliff Rees	45:49
6. Benny Sanchez	45:51
7. Fernie Montanez	46:51
8. George Davis	47:21
9. Dave Williams	48:03
10. Larry Lung	48:32
11. Ken Adams	48:56
12. Jim Kaprelian	50:43
13. Mark Hemphill	50:51
14. Len Thornton	51:24
15. Dwight Mikklesenn	53:01
16. Phil Holquinn	53:47
17. Bob Reynaga	53:54
18. Art Fernandez	53:55
19. Jim Thaxter	58:27
20. Harry Harder	58:47
21. Monte Lung	61:27
22. Dewey Jan	68:00

High School 8 mile: old record 47:09 Ron Vogt

1. Don Gregory	45:53
2. Bruce Caputo	46:02
3. Jesse Torres	46:51
4. Bruce Pendleton	46:52
5. Jim Hartig	47:37
6. Dennis Idia	47:55
7. Dave Adame	48:17
8. Dale Campbell	49:09
9. Rick Fierro	49:51
10. Ken Hendrick	50:01
11. Greg Gonzales	51:09
12. Nigel Keep	52:07
13. Cregg Weinmann	57:36
14. Richard Reynaga	57:42
15. Pat Neff	64:33
16. Robert Law	67:20

Elementary 1 mile: record-5:31 R. Fuentes

1. Russell Riddel	5:36
2. Scott Thornton	5:44
3. Pat McClean	8:02
4. Matt Estes	9:04
5. Barry Estes	9:43

Jr. High 2 mile: record 11:34

1. Mike Jurkovich	11:07
2. Dan Esqueda	11:19
3. Vincente Garza	11:27
4. Frank Alcorta	11:31
5. George White	11:44
6. Robin Hinman	11:51
7. Raul Garza	12:30

Girls 2 mile:

1. Shirley Springer	12:02
2. Mindi Sipe	12:32

Open 10 mile: old record-54:12 Cliff Clark

1. Skip Houk	53:20
2. Rick Vafeades	55:38
3. Dave Bronzan	56:57
4. Bill Cockerham	57:57
5. Benny Sanchez	58:42
6. Larry Lung	59:02
7. Dwight Mikklesenn	60:55
8. Fernie Montanez	61:05
9. Ken Adams	61:26
10. Mark Hemphill	63:54
11. Len Thornton	64:58
12. Phil Holquinn	68:32
13. Bob Reynaga	69:32
14. Monte Lung	71:18
15. Harry Harder	76:36
16. Dewey Jan	84:23

<u>High School 10 mile:</u> old record-58:34 J.Garza		September 18: 143 runners took part
1. Don Gregory	57:47	in the annual FSC Watermellon Runs. Awards
2. Bruce Pendleton	60:20	were made on the basis of predicted times.
3. Bruce Caputo	61:38	Afterwards 38 watermellons were put away.
4. Rick Fierro	62:23	Fast time places were:
5. Jesse Torres	63:54	<u>Two mile run:</u> George Wolf, 11:06; 2. Len
6. Jim Hartig	64:57	Elchorn, 11:10; 3. Ray Calistro, 11:11; 4.
7. Dennis Idia	66:09	Jim Thomason, 11:15; 5. Mike Berry, 11:20;
8. Dale Campbell	66:49	6. Alex Montelongo, 11:21; 7. Bob Hopkins,
9. Craig Peoples	68:06	11:21; 8. Marlo Garza, 11:22; 9. Dennis Ilok,
10. Dave Adame	68:30	11:25; 10. Doug Nowak, 11:26.
11. Richard Reynaga	71:46	
<u>Jr. High 3 mile:</u> old record-18:23 Dan Esqueda		<u>Four Mile Run:</u> John Virden, 22:24; 2. David
1. Mike Jurkovich	17:12	Williams, 23:53; 3. Rito Fuentes, 24:49; 4.
2. Dan Esqueda	17:30	Doug Hall, 24:53; 5. Dan Esqueda, 24:54; 6.
3. Vincente Garza	17:38	Bob Gillett, 24:55; 7. Bob Fries, 25:24; 8.
4. Frank Alcorta	17:54	Monty Lung, 27:08; 9. Hohn Kaliwara, 29:05;
5. Robin Hinman	17:57	10. Mark Ferry, 29:07.
6. Raul Garza	18:58	
<u>Elementary 1½ mile:</u> record-9:10 Ricky Fuentes		<u>Six Mile Run:</u> 1. Skip Houk, 31:10; Craig Ell
1. Pat McClean	9:26	32:56; 3. Curt Ella, 33:24; Bruce Pendleton,
2. Russ Riddell	9:29	33:37; 5. Kevin Dougherty, 33:44; 6. Keith
3. Scott Thornton	9:41	Strodl, 33:46; 7. Ken Adams, 33:52; 8. Larry
		Lung, 34:03; 9. Richard Wells, 34:40; 10.
		Steve Bushy, 34:43.

RECORDS CHANGED AT ONE HOUR RUN

The meet records were broken in three of the six divisions at the one hour run put on by Jerry Hobbs at the Mineral King Bowl in Visalia on June 19th. A large field of 35 runners started the main event at 9:00 p.m. There were also two shorter races for younger runners. The meet came off very smoothly and lap times were kept for all those who competed.

The closest race of the night was in the 30-39 year old class where John Weidenger defeated Fernie Montanez by a mere 11 yards after an hours running. Skip Houk and David Bronzan broke the meet record that had been held by John Kajiwari and Benny Sanchez. The old record of 10 miles and 1753 yards was set in 1969. Zenas Moreno and Harvey Gomez, both of Visalia, broke Dale Campbell's record of 8 miles 1502 yards in the 14-15 year age division. And the first three runners in the 12-13 year old division broke the old meet record.

1. Skip Houk	HSTC	Open	11 miles	875 yards
2. David Bronzan	HSTC	Open	11	110
3. Rick Vafeades	HSTC	Open	10	1746
4. Benny Sanchez	Unat.	Open	10	434
5. John Weidenger	Unat.	30-39	10	161
6. Fernie Montanez	HSTC	30-39	10	150
7. Rick Jensen	HSTC	16-17	10	120
8. Larry Lung	Fresno	Open	10	65
9. Ernie Moreno	Visalia	16-17	10	65
10. Bryan Patterson	Visalia	16-17	10	58
11. Don Gregory	Fresno	Open	9	1633
12. Dwight Mikkenson	Visalia	Open	9	1080
13. Zenas Moreno	Visalia	16-17	9	1059

One Hour Run continued:

14. John Quiroz	Visalia	16-17	9 miles	920 yards
15. Paul Kuroda	Fresno	16-17	9	893
16. Sal Alvarez	Fresno	16-17	9	356
17. Harvey Gomez	Visalia	14-15	9	196
18. Tim Arnold	Visalia	16-17	9	110
19. Jesse Torrez	Visalia	16-17	9	60
20. Dale Campbell	Tulare	16-17	8	1610
21. Kendall Hurstman	Visalia	16-17	8	942
22. Ed Hopkins	Visalia	14-15	8	217
23. George White	Fresno	14-15	7	1539

Boys age 12-13, 15 minute run:

1. Jess Magana	Merced	2 miles	987 yards
2. Henry Galan	Merced	2	946
3. Mike Ybarra	Merced	2	805

Boys age 9 and under, 7 minute run:

1. Doug White	Fresno	1452 yards
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FRESNO CITY COLLEGE INTERCLASS MEET

Roeding Park, September 15, 3 miles: The sophomores topped the freshmen in the annual FCC interclass meet. It was a good day for the entire squad and the first five finishers ran a total of 28 seconds faster than the first five last year.

1. Hall, S.	15:55	16:44 last year
2. Hall, G.	15:58	
3. Brooks, M.	16:05	17:10 last year
4. Rees, C.	16:35	16:29 last year
5. Dunning, P.	16:40	
6. Mireles, M.	16:49	
7. Hall, C.	16:49	
8. Kirk, J.	16:50	17:08 last year
9. Davis, G.	17:14	16:19 last year
10. Blalock, D.	17:20	
11. Robinson, P.	18:34	18:22 last year
12. Barnett, T.	18:42	
13. Lung, M.	19:13	18:32 last year
14. McClintock, T.	21:17	

BAKERSFIELD PLACES AT LONG BEACH INVITATIONAL

Long Beach State College, September 18: Bakersfield College finished third out of a field of twelve in the annual Long Beach Invitational cross country meet. The first three teams were tightly bunched and out classed the rest of the field.

Bakersfield finishers included: Rich Lazano 5th, Dan Villalobos 7th, Mike Lennemann 9th, Darel Cox 22nd, Lupe Solis 16th, and Ed Ramirez 64th. Team scores were: Long Beach CC 38, Golden West 51, Bakersfield College 54, LA Valley 128, San Diego Mesa 146, Rio Hondo 171, LA Pierce 189, Santa Monica CC 200, Fullerton JC 230, East LA 267, LA Harbor 297, Orange Coast 323

COLLEGE OF SEQUOIAS BEATS REEDLEY COLLEGE

Visalia, September 17: COS opened up its season with a win over Reedley on their home 4.0 mile course. Final Score 18:39.

PACIFIC HARRIERS BOW TO STRONG NEVADA-RENO TEAM

Reno, Nevada, September 18: Fresno Pacific College lost their opener to the University of Nevada at Reno 15 to 49. Despite the final score Coach Huhn feels this is the best team ever for Pacific and that they will fare well over the season. Six U. of Nev. runners finished before Pacific's Ron Genschmer, a frosh from Hayward, came in at 23:07 over the hilly 4.2 mile course. Finishing ninth was Pacific's Jeff Blydenburgh in 23:20. Reedley junior Robert Sosa and Roosevelt frosh Don Gregory followed Blydenburgh in 23:27 and 23:50.

1. Carlos Bravo	COS	22:13
2. Dale Campbell	COS	22:17
3. Eliseo Martinez	COS	23:07
4. Cliff Vasquez	COS	23:11
5. Raul Jugrez	RC	23:17
6. Roger Simms	RC	24:26
7. Castro Lopez	RC	24:50
8. Barry Moring	COS	25:27
9. Dennis Smith	COS	25:38
10. Roger Cantu	RC	26:14
11. Tony Garza	RC	27:36
12. Ron Armenta	RC	27:56
13. Dale Gates	RC	28:48
14. Don Yakakawa	RC	29:17

## FIFTH ANNUAL HUME LAKE RUNS

Hume Lake, September 4: Skip Houk continued his dominance of Valley summer distance races but failed to break his own course record. Wayne Van Dellen found the hilly course at altitude to his liking and easily took second position. High Sierra nosed out Pacific for the team title.

Lemoore's John Virden, running for the Fellowship of Christian Athletes, pulled away from the field at the half way mark and sailed in the winner of the high school race. FCA won the team race, but failed to break the team record set last year by Roosevelt H.S. KR Club was second.

RESULTS: Open 10,000 meters: 1-Skip Houk (HSTC) 32:40.6, 2-Wayne Van Dellen (HSTC) 33:38.0, 3-Bill Cockerham (Pacific) 35:46, 4-Larry Lung (KR) 36:58, 5-Don Gregory (Pacific) 37:08, 6-Dwight Nikelson (HSTC) 37:13, 7-Peter Acosta (Pacific) 37:29, 8-Rick Jensen (Pacific) 37:50, 9-Ken Adams (KR) 39:45, 10-Gary Self (HSTC) 40:13, 11-Mark Hemphill (KR) 42:09, 12-Robert Reymaga (HSTC) 42:32 1st over 40, 13-Jerry Hobbs (HSTC) 46:05, 14-Sam Marcas (unatt.) 46:26, 15-Harry Harder (HSTC) 47:29 1st over 50.

High School 5,000 meters: 1-John Virden (FCA) 17:05.7, Ron Vogt (McClane) 17:25.3, 3-John Garcia (Redwood) 17:33, 4-Jim Hartig (Clovis) 17:53, 5-Bryan Patterson (Redwood) 17:59, 6-Rick Fierro (Clovis) 18:28, 7-Jim Thomassou (FCA) 19:03, 8-Bob Gillett (FCA) 19:13, 9-Vincente Garza (KR) 19:27, 10-Mario Garza (KR) 19:44, 11-Randy Sells (FCA) 19:48 12-Frank Alcorta (KR) 20:11, 13-Mike Berry (unatt.) 20:15.

Meet Records: 10,000 meters-Skip Houk (HSTC) 32:14.5, Team-High Sierra Track Club (Van Dellen, Bronzan, Hobbs) 1:45:44. 5,000 meters-John Virden (FCA) 17:02, Team-Roosevelt H.S. (Fuentes, Williams, D., Gregory) 52:37.

### DAVE BRONZAN WINS MONTEREY 17 MILE RACE

June 5: High Sierra's Dave Bronzan ran away with the Monterey 17 mile road race. His time of 1:34:54 was nearly 3 minutes ahead of second place.

## Big Meadow 10 Mile Race

Big Meadows, July 31: A good field turned out for the annual qualifying run for High Sierra's Lake Tahoe 72 mile relay team. Elev. 7500 feet. Results: 1-Skip Houk 57:20, 2-Dave Bronzan 59:17, 3-Wayne VanDellen 60:50, 4-Benny Sanchez 64:39, 5-Carlos Bravo 64:39, 6-Dave Waco 66:27, 7-Glen McCarthy 67:01, 8-Don Gregory 68:22, 9-Rich Peterson 70:55, 10-Alisio Martinez 72:06, 11-Dan Esqueda 72:15, 12-Mark Hemphill 72:17, 13-Gary Self 72:18, 14-Martin Urias 74:22.

Seniors Division: 1-Bob Ruyanaga 1:20:48, 2-Harry Harder 1:25:19, 3-Lee Scott 1:31:37.

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The Third Annual High Sierra Track Club Road Races will be held Saturday, October 30 at Woodlake High School.

9:00 AM Elementary Mile Run.  
9:15 AM Junior High Mile Run.  
9:30 AM Open 25 kilo.

Awards: first three in each division.  
Eligibility: AAU cards in the open div.  
Entry fee: \$1.00 in all races.  
Check in: 8:30 AM at the high school track.  
Showers available.

Records: Elem. Mile 5:16.8 Kevin Knox  
J.H. Mile 5:19 Tim Wollin-  
barger  
25 kilo 1:28:03 Wayne VanDellen

Meet Director: Wayne VanDellen.

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### HOUK PLACES 8th IN NATIONALS AT EUGENE

June 6: Skip Houk of the High Sierra Track Club placed an outstanding 8th place in the National Marathon Championships in Eugene, Oregon. With a time of 2 hours 23 minutes and six seconds he showed that his hard training has, indeed, been worthwhile. The race was won by Ken Moore (Oregon TC) in 2:16:49. Frank Shorter was second in this his first marathon.



BAKERSFIELD AREA HIGH SCHOOL CROSS COUNTRY:

September 17: The biggest news of the week in Bakersfield high school cross country was the upset of last year's SYL champion, East Bakersfield, by the Bakersfield High thinclads.

Bakersfield High 28, East Bakersfield 72:  
(Clovis was the unofficial winner) 2 $\frac{1}{2}$  miles.  
Casteel (B) 14:15, Hernandez (E) 14:18, Villaloros (E) 14:27, Tanner (B) 14:48, Anderson (B) 14:50, Rodriguez (E) 14:53, Artiaga (E) 15:05.

JV Race-East 18, Bakersfield High 43:  
1. Scatena (E) 10:40, 2. Pinneo (E) 10:44, 3. VanTonningen (B) 10:47, 4. Luque (E) 10:49, 5. Pierucci (E) 10:52.

Frosh-Soph-East 19, Bakersfield High 45:  
1. Alan (E) 10:29, 2. Delacruz (E) 10:41, 3. Artiaga (E) 10:52, 4. Lloyd (B) 10:52, 5. Tobin (B) 10:55.

West 19, Highland 30, South 79:  
1. Boaen (W) 16:10, 2. Shendler (W) 16:11, 3. Hinze (W) 16:18, 4. Gonzales (H) 16:39, 5. Reynolds (W) 16:43, 6. Hendricks (H) 16:45, 7. Lennemann (H) 17:05.

JV Race-none of the teams had enough runners.  
Frosh-Soph-Highland won by forfeit:  
1. Garcia (H) 11:59, 2. Saba (H) 12:03, 3. O'Hearn (H) 12:28, 4. Duke (H) 12:48, 5. Tucker (H) 13:56.

Delano 27, Wasco 29: 1.7 miles.  
1. Beck (D) 8:34.1, 2. Burns (W) 9:00, 3. Garcia (W) 9:20, 4. Lopez (D) 9:23, 5. Pandol (D) 9:46.

Porterville 22, North 33, Foothill 73: 3 miles.  
1. Garcia (P) 16:03, 2. Baeza (P) 16:03, 3. Medina (P) 16:03, 4. Brez (N) 16:05, 5. Farley (N) 16:17, 6. Lergio (P) 16:25, 7. Spears (N) 16:26.

JV Race-North 22, Porterville 33, Foothill 79:  
1. Guillen (P) 11:56, 2. Merdith (N) 11:58, 3. Bugnal (N) 12:00, Fontaine (P) 12:28, 5. Macomber (N) 12:29.

Fr-So-Porterville 33, Foothill 44, North 49:  
1. Rodguéz (P) 11:59, Guitierrez (P) 12:01, 3. Newman (F) 12:02, Schanholtzer (N) 12:03, 5. Flores (N) 12:09.

LOZANO - BAKERSFIELD COLLEGE WHIP AMERICAN RIVER

Sacramento, September 17: Richard Lozano ran away from the field over American River's four mile course. His time of 20:55 was 15 seconds faster than Bakersfield ace, Rich Hitchcock, ran the same course two years ago. Other BC runners included: Rich Langford 21:00, Danny Villalobos 21:05, Lupe Solis 21:25, Rick Williams 21:30, Dave Salcido 21:42, Raul Sanchez 21:54, and Tony Pastma 21:56. Final Score 21-34.

FRESNO PACIFIC COLLEGE BEATS UNIV. OF PACIFIC

Fresno, September 25: Fresno Pacific College, led by 4:15 freshman miler Ron Genschmer, sailed by the University of the Pacific 19 to 38. Skip Houk of the High Sierra Track Club ran an excellent time of 24:08 for the 5 mile course, which was a little short due to a cut corner. HSTC with the addition of several ineligible Fresno Pacific runners were the unofficial team winners.

1. Skip Houk	HSTC	24:08
2. Rick Vafeades	HSTC	24:26
3. Ron Genschmer	FPC	24:35
4. Wayne Van Dellen	HSTC	24:52
5. John Caldwell	UOP	24:57
6. Frank Valencia	FPC	25:33
7. Jeff Blydenburgh	FPC	25:33
8. Robert Sosa	FPC	25:52
9. Dave Bronzan	HSTC	26:06
10. Don Gregory	FPC	26:15
11. Les Anderson	UOP	26:22
12. Bebee Rutledge	HSTC	26:38
13. Allen Gognia	UOP	26:59
14. Peter Acosta	HSTC	27:01
15. Rick Jensen	FPC	27:07
16. Benny Sanchez	HSTC	27:28
17. Dwight Mikkelsen	HSTC	27:34
18. George Thompson	UOP	27:51
19. Tommy Garcia	FPC	28:34
20. Fernie Montinez	HSTC	28:45
21. Rich Peterson	HSTC	29:40
22. Harry Harder	HSTC	33:35
23. Jeff Wagner	UOP	34:44

FRESNO AREA HIGH SCHOOL CROSS COUNTRY:

September 24: Both Madera and Hoover had to come from behind and win without the first two places.

Madera 27, McLane 28; McLane 33, Madera 33, Roosevelt 61  
1. Ron Vogt (Mc) 10:10, 2. Randy Wright (Mc) 10:23, 3. Lynn Elchhorn (R) 10:35, 4. Raul Alemarm (M) 10:42, 5. Leurs Rausican (M) 10:47, 6. Raul Arranza (M) 10:47, 7. Tony Rodriguez (M) 10:48.

JV Race-McLane 28, Roosevelt 28; Madera 27, Roosevelt 32; Madera 27, McLane 32.

Hoover 26, Fresno High 33:  
1. Ned Bairs (F) 10:25, 2. Joe Quinn (F) 10:26, 3. Bruce Deeter (H) 10:36, 4. Kevin Papagni (H) 10:42, 5. Dean Espitallier (H) 10:45, 6. Manuel Garcia (H) 10:46, 7. Rick Oaxaca (F) 10:50.

JV Race--Hoover 15, Fresno 41.



PORTERVILLE TOPS MERCED COLLEGE 17 TO 44

September 23: Porterville's Jesse Torrez not only led his team to victory, but his time of 21:58.0 was a new coarse record.

1. Torrez	P	21:58.0
2. Alame	P	24:00
3. Imbert	P	24:03
4. Davis	M	24:27
5. Zontek	P	25:07
6. Serna	P	26:38
7. Morales	P	26:38
8. Bowman	M	26:52
9. Torres	M	27:08
10. Garcia	P	27:23
11. Ybarra	M	28:59
12. Hand	M	31:26
13. Hill	M	34:32

FRESNO CITY BRINGS HOME GOLDEN GATE INVITATIONAL

San Francisco, September 25: Freshman Greg Hall, last year's Fresno city and NYL champ from McLane High, pulled in ahead of 214 other runners to lead Fresno City College to victory in the Golden Gate Invitational. Team finish: Fresno CC, San Mateo, Santa Rosa, Marin, West Valley, Diablo Valley, San Jose City, San Joaquin Delta, Sacramento City, College of Sequoias.

1. Hall	FCC	20:46
2. Garcia	SJD	20:48
3. Cortez	SM	20:49
4. Arago	M	20:51
5. Remak	DV	21:02
6. Rees	FCC	21:06
7. Crechsel	Solano	21:08
8. Carrey	SM	21:20
9. Menoza	SR	21:21
10. Marshal	DV	21:22

other FCC runners:

15. Mike Brooks		21:30
21. Pat Dunning		21:40
27. Steve Hall		21:51
37. Dave Williams		
39. George Davis		
40. Jim Kirk		

RENEGADES GO DOWN TO POWERFUL LONG BEACH  
BEAT PIERCE

Woodland Hills, October 1: Bakersfield won one and lost one when they met powerhouse Long Beach and not so powerful Pierce on Pierce's hilly four mile course. Individual winner was Larry Greer of Long Beach with 19:59. LB's Ron Sasser, who led most of the way, finished second at 20:07. The

\*Gades first man was Richard Lozano who finished third in 20:18. Danny Villalovos was fourth at 20:22 and Mike Lennemann placed seventh in 20:51.

Other Bakersfield runners who placed were Rick Williams, eighth at 21:04, Troy Postma ninth at 21:11, Dave Salcido tenth at 21:12, and Phil Foster thirteenth at 21:23.

FRESNO PACIFIC RUNS OVER UNIV OF NEVADA

Las Vegas, October 2: Little Fresno Pacific (433 students) chalked up another win over a university by soundly defeating the University of Nevada at Las Vegas. Fresno ran as a pack by the first mile in 4:48 which proved to be too much for Nevada to overcome. Final score 18-43.

1. Frank Valencia	FPC	26:08
2. Jeff Blydenburgh	FPC	26:20
3. Ron Genschmer	FPC	26:28
4. Ed Brown	Nev	26:32
5. Robert Sosa	FPC	26:41
6. Blain Clark	Nev	27:02
7. Don Gregory	FPC	27:03
8. Tommy Garcia	FPC	27:45
9. Rick Jensen	FPC	27:59
10. Efrin Rodriguez	Nev	28:36
11. Dan Copplin	Nev	30:18
12. Jimmy Chapman	Nev	31:44

MORE BAKERSFIELD AREA HIGH SCHOOL RESULTS

September 24: Sergo Rodriguez led Arvin to victory over Shafter 15 to 45. Sam Garcia of Wasco led his team past Taft 22 to 33. Larry Casteel and Bakersfield High topped South. Also, pacing their team to victory was Larry Boen of West as West beat Foothill. East rebounded from last weeks loss by beating North, Highland, and Delano.

Arvin 15, Shafter 45: 3 miles.

1. Rodriguez (A)	16:12	2. R Rodriguez (A)	16:32
3. Ramos (A)	17:46	4. Reyes (A)	17:53
5. B. Rodriguez (A)	18:25	6. Dobrenen (S)	19:01
7. Dubio (S)	19:34	8. Morales (A)	19:57
9. Bonds (S)	21:05	10. Reyes (A)	21:06
11. Gaeta (S)	21:22		

JV Race-Shafter won by forfeit.

1. Munez (S)	12:12	2. Franz (S)	12:53
3. Stern (S)	13:04	4. Franklin (S)	13:18
5. Wells (S)	13:20	6. Cates (S)	13:24
7. Romas (A)	13:29		

Frosh-Soph-Shafter 26, Arvin 30:

1. Gonzales (A)	12:25	2. Salaido (A)	12:26
3. Valquez (S)	12:34	4. Burgman (S)	12:50
5. Wall (S)	13:03	6. Gomez (S)	13:22
7. Machado (A)	13:33		



Bakersfield area cross country Continued

Wasco 22, Taft 33:

1. Garcia (W) 10:26 new coarse record, 2. Burns (W) 10:44, 3. Evanoff (T) 11:12, 4. Santillan (W) 11:16, 5. Gage (T) 11:25, 6. Hill (W) 11:26, 7. Keller (T) 11:42, 8. Farrow (T) 11:45, 9. Barbosa (W) 11:54, 10. Miller (T) 12:05, 11. Howard (T) 12:09, 12. Marriott (T) 12:10.

Bakersfield High 15, South 48:

1. Casteel (B) 16:25, 2. Tanner (B) 16:34, 3. Anderson (B) 17:05, 4. Cordes (B) 17:07, 5. Sharon (B) 17:08, 6. Vantanningers (B) 17:14, Lopez (S) 17:15, 8. Broaderick (S) 17:16, 9. Hand (B) 17:37, 10. Down (S) 18:23.

JV Race-Bakersfield High 15, South 50:

1. Garcia (B) 11:30, 2. Young (B) 11:39, 3. Langston (B) 11:39, 4. Mendez (B) 11:59, 5. Saccher (B) 12:14.

Frosh-Soph-Bakersfield High by forfeit:

1. Lloyd (B) 11:31, 2. Tobin (B) 11:47, 3. Jenkins (B) 11:50, 4. Corden (B) 11:52, 5. Corden (B) 12:15.

East 28, North 47, Highland 87, Delano 95:

1. Beck (D) 16:03, 2. Gonzales (E) 16:22, 3. Aguirre (E) 16:22, 4. Hernandez (E) 16:26, 5. Rhodes (N) 16:26, 6. Gonzales (H) 16:29, 7. Bray (N) 16:30, 8. Villoloves (E) 16:33, 9. Farley (N) 16:36, 10. Spears (N) 16:38, 11. Parmo (E) 16:45, 12. Hendrick (H) 16:47.

JV Race-East 15, North 68, Highland 198, Delano 215:

1. Arrlige (E) 11:06, 2. Gutierrez (E), 11:19, 3. Garcia (E) 11:20, 4. Smith (E) 11:24, 5. Pinneo (E) 11:26, 6. Solis (E) 11:29.

Frosh-Soph Race-East 20, North 50, Highland 81, Delano 89:

1. Flores (N) 11:22, 2. Weinmann (E) 11:27, 3. Moreno (E) 11:28, 4. Alan (E) 11:30, 5. Mesa (E) 11:35, 6. Artiaga (E) 11:36, 7. Shanholtzer (N) 11:42.

West 15, Foothill 45: 2.9 miles

1. Boaen (W) 14:29, 2. Hinz (W) 14:42, 3. Schlinder (W) 14:44, 4. Reynolds (W) 14:47, 5. Gates (W) 15:16, 6. Tarrin (F) 15:16, 7. Downhour (F) 15:13, 8. Paffett (W) 15:40, 9. Chavez (F) 15:48, 10. Lewarton (W) 16:01, 11. Nelson (F) 16:19, 12. Garnett (F) 16:46.

JV Race-West 16, Foothill 42:

1. Brackett (W) 11:21, 2. McGinty (W) 11:33, 3. Hall (W) 11:41, 4. Mann (W) 11:45, 5. Newman (F) 12:04, 6. Daney (W) 12:13.

Frosh-Soph - Foothill by forfeit:

1. Valless (F) 12:07, 2. Smithey (F) 13:20, 3. Lopez (F) 13:27.

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VALLEY PICS: a) Coach Bob Covey of Bakersfield College, featured in this months "Meet Valley Coach;" b) Coach Dale Opp of Corcoran running in the Fresno State Watermellon Runs; c) Three Fresno State College runners working out at Woodward Park, Mark Hemphill (L), Dave Lehn (C), and Mike McHenry; d) Randy Sells of Lemore running at Hume Lake; e) Coach Red Estes working out with his Fresno State College team; f) Peter Acosta, former Reedley runner, now at Fresno Pacific College.

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VALLEY PICS