

WEST



VALLEY

# NEWSLETTER

Pg. 1

1st Year, No. 5 \*\*\*\*\* March 1970 \*\*\*\*\* Editor: 603 So. Eldorado, San Mateo, Cal.

This Newsletter is published monthly by the West Valley Track Club of San Jose. It is a publication that serves as a communication media for WVTC members and all Northern California runners in general. Editorial matter and race results should be sent to Editors: Jack Leydig & Marcel Hetu, 603 So. Eldorado St., San Mateo, Cal., 94402 - Phone 342-3181. This paper's success depends on you, the readers, so please send us any pertinent information on the Nor Cal running scene that you would like to have printed. College, high school, age group and AAU material is welcome. Our publishers are Bill Mackey and Frank Cunningham. Photographers are Terri Mejia and Larry Winward, although some photos are taken by others.

\*\*\*\*\*

## WEST VALLEY'S NEW MEMBERS....

Our newest high school runner is Ted McRice of Washington High in Fremont. Ted is 16 years old and lives at 48207 Cottonwood St., Fremont, 94538 (Phone: 656-9687). Best track times include a 10.9 in the 100, a 2:16 half mile and 5:05 in the mile. All these marks he set at the age of 15. Ted's best road races have come at Felton (27th in 65:15) and the Emerald Lake Run (56th in 48:00). Both marks were set last year. More recently he finished 53rd (3:35:55) in the very tough Magnan Memorial Run (20 miles). West Valley is the first club that Ted has run for. His goal is to make the PA-AAU cross country team at sometime in the future. He joins Chuck Mork as our second runner from Washington High of Fremont.

Another recent member is Charles Harris of 3752 Rolison Rd., Apt. 4, Redwood City, 94063 (no home phone). He is a 1962 graduate of Indiana University, placing in the top ten in the Big 10 cross country championships in both his junior and senior years. At present he is only beginning to get back in shape after several years of running on and off, but his recent 14th place finish at the Martinez 10 miler indicates that he is rounding into form rapidly. Charlie's best track times include a 9:30 two mile (1961) and a 31:49 six mile (1964). In 1960 he ran a 20:10 for 4 miles of cross country. Although he has only been with us for two races, he has proved instrumental in helping West Valley to victories in both. Charlie finished our fifth man at Searsville and our third man at Martinez. It looks like he will soon develop into one of Northern California's better distance men.

\*\*\*\*\*

## THIS & THAT....

West Valley's Jim Bowles is currently vacationing in New York and plans on running several races there, depending on how well his knee has healed following his injury at Petaluma.

Bill Jones is now living at 3087 David Ave., Apt. 3, San Jose and his phone number is 378-7761. Bill has not run too much recently because of a recurring leg injury.

Bill Mackey fractured a bone in his left ankle while at work a few weeks ago but it is healing rapidly he says.



Wayne Glusker is vacationing in Connecticut and is planning on running the Boston Marathon with team mates Jack Leydig and Harold DeMoss on April 20th. Martins Ande might also run at Boston for West Valley depending on some hip trouble he has been having that forced him to pass up the Las Vegas Marathon. For those who would like to write Wayne, his temporary address is: c/o Mrs. Stella Winialfki, 1245 Boulevard, West Hartford, Conn.

Group Air Fare to Boston Marathon: The West Valley Track Club is organizing two discount packages with TWA for those interested in participating in the Boston Marathon on April 20 (Monday). We hope to sign up 25 or more from the Nor Cal area and also 25 or more from Southern Cal. The round trip fare (group rate of 25 or more) from either SF or LA (including tax) will be a savings of about \$60. Total cost, not including hotel accommodations, will be \$248.85. If a total of 25 cannot be attained from the SF area, then the SF group will have to join the LA group and pay \$31.50 extra for the round trip commute via LA. We are assuming that it will be easier to get 25 from the LA area. If we can get 25 from both SF and LA, then we will set up two separate flights, one from each of the two cities. Otherwise we will link up with the LA group. Although everyone must travel to Boston together, they need not return at the same time. Seats must be reserved by March 18 and a deposit of \$25 should be included. Full payment should be made by April 10, as this is the time the travel agency that we are working through will mail tickets out. Hotel accommodations can also be made through the same travel agency. If you would like full information concerning this discount package, please write to the editors of this paper (see front page for address). Act quickly because time is running out. Let's have a California sweep at Boston this year. Don't send your deposit to the editors. Write or call us for information and the Travel Agency address.

There will be a Senior Olympics at the Los Angeles Coliseum on June 18-21 this year with three age groups (40-50, 50-60, and 60 up). There will be at least track and swimming competition (all metric distances) and there will be a father and son (both over 40) championship in the 200 meters (track and swimming). We don't have any further information at present but will keep you up to date as we learn more.

Training for achilles tendon injury: Here are a couple of helpful hints from some of our readers concerning achilles tendon injuries. A good way to strengthen your achilles tendon is to put a rolled up towel under your toes and try to bring the towel back under the arch by grabbing it with your toes. West Valley's Chris Miller came up with this suggestion. Doug Rustad told us of an exercise that you can do to keep your legs in shape if you are unable to run because of too serious an injury to your tendon. The exercise is called 100-ups and consists of running (actually fast walking) in place, but being careful not to get up on your toes. You lift each knee to about waist level alternately a total of 100 times. Make sure that you land flat-footed so as not to strain the achilles area. You can do more than 100 of these or simply increase the speed to make them harder. Doug used this system during the last few months while he had his achilles injury and seems not to have lost too much condition in the process. We encourage our readers to send us helpful little hints like these so we can spread the word.

The following is taken from page 9 of January 1970's Long Distance Log. Walt Stack, Pax Beale, John Boitano, Mrs. Mary Lucille Boitano and Miss Elaine Pederson received top trophy awards for number of races run in 1969 at the San Francisco-Dolphin-South End Runners Trophy Presentation Banquet on January 10, 1970. Honored guests were: Bill Emmerton, Internationally famous ultra long distance runner, (105,000) miles run in lifetime ("if I can make it") of Death Valley running fame-1969; Larry Lewis, famed 102 year old "sprinter"; Dr. George Rhoden, former Olympic 400m champion and record holder of 100 yard dash for over 40 runners; and three dedicated AAU officials- Bob DeCelle, Vernon Juhl and Peter Mattei.

AAU REGIONAL MARATHON CHAMPIONSHIPS: This race will be held on March 29 at Rockland, Calif. (east of Sacramento) at 9 a.m. It will be held over the same course as the PA-AAU 50 miler. The race includes runners from the Rocky Mts. westward and the winner will be sent to the National AAU Marathon in Iowa in June. For more information and entry blanks write to: Bob DeCelle, 276 Beach Rd., Alameda, Calif.



West Valley TC's Alvaro Mejia is currently ranked 14th (Feb. T & FN) in the three mile over U.S. and Canadian indoor circuits with his 13:58.0 sixth place finish at the Athens Invitational on February 6. Only other Northern California runner rated in the 3 mile is Stanford's Greg Brock who has the tenth best clocking at 13:49.4, also at Athens.

Marathon times from Northern California's best (from the 1970 Marathon Guide, published by The Runner's World) for 1969: (the number preceding the names stands for the ranking of that time among all times turned in by North American athletes last year).

16.	Bob Deines (Otherways AC) @ Las Vegas (first)	2:22:04.0
18.	Bob Deines (Otherways AC) @ Boston (sixth)	2:22:49.0
29.	Bob Deines (Otherways AC) @ Toronto (seventh)	2:27:32.0
37.	Jack Leydig (West Valley TC) @ Culver City (second)	2:28:52.0
38.	Bob Deines (Otherways AC) @ Palos Verdes (third)	2:29:03.0
45.	Steve Dean (Sacramento State) @ Petaluma (first)	2:29:59.0
73.	Bob Deines (Otherways AC) @ San Diego (second)	2:32:55.0
100.	Jack Leydig (West Valley TC) @ Petaluma (second)	2:34:25.0
109.	Darryl Beardall (Marin AC) @ Petaluma (third)	2:35:11.0
125.	Mike Spino (Otherways AC) @ Culver City (twenty-first)	2:36:54.0
147.	John Spurr (Stanford RC) @ Culver City (twenty-fourth)	2:38:24.0

These times rank the runners individually as follows among North American marathoners for 1969: (9) Deines, (22) Leydig, (28) Dean, (71) Beardall, (81) Spino, and (97) Spurr. Incidentally, ex-West Valley ace Wendell Smith had the 134th best time with a 2:37:34.0 at Palos Verdes to earn him an 11th place finish there and an 88th place finish on the North American list. Wendell is now competing for the Southern California Striders.

More on the S.F. Dolphin-South End Awards Banquet (courtesy of Walt Stack). The world's fastest centenarian runner is Larry Lewis (102). He ran the 100 yard dash in 17 seconds at this age. He runs 6 miles every morning and then walks five miles to work. Larry is a waiter at the St. Francis Hotel in San Francisco. Six year old Maryetta Boitano and her brother Mike, age 7, received an award for distinguished performance from Larry at the Banquet (see picture section of this issue). Both Maryetta and Mike are (went) to New York to be on "What's My Line" which was to be taped on February 12 and shown later. Both plan on running the Pikes Peak Marathon in August.

West Valley tried to get invitations for several of its top runners at the Santa Barbara Easter Relays on March 28 but we found out that the meet wasn't sanctioned by the AAU and hence is not open to club runners.

In regards to West Valley's efforts to get a four mile relay in the West Coast Relays this May, the following was received from Meet Director, C.A. Warmerdam: "At present our Relays is not considering the four mile relay in our program. For such a race to be attractive there would have to be at least two teams capable of breaking the world record, otherwise in a long race such as that, spectators would lose interest. We do have an open 5000 meters and will probably run a special two mile race. Please keep me posted on the progress of your men. I'm sure we would be happy to have them with us." ....We have not given up yet however and Marcel is writing to Oregon in the hopes that they might want to compete against the Pacific Coast Club. Both could push the world record and thus get the event into the relays along with a West Valley team and maybe several others.

Announcing the Millbrae Lions Relay Carnival: This meet has an AAU sanction and will be held on April 18 at Mills High School in Millbrae. It is primarily a women's track and field meet but there will be some other races, including an invitational 5000 meter run for men. This event will be held at 2 p.m. Only 20 runners can be invited to this race and so qualifying standards have been drawn up and are as follows: 9:35 two mile or 14:45 three mile. If you have not met these times and feel that you might have a chance anyway, write and we will let you know if you have been invited. For entry forms, write Marcel Hetu, 603 S. Eldorado, San Mateo, 94402. All entries close on April 13 (postmarked by this date). Entry fee is \$2.00. This will be a good chance to get qualifying times for the Nationals so let's have a good turnout.





Marcel Hetu

Marcel is co-editor of the West Valley Newsletter and is 1970 Vice-President of the Club. He has lived in the Bay Area for most of his life and has just turned 25. Currently he is a 6th grade teacher at the Bayside Middle School in San Mateo but is also a coach of the Millbrae Lions TC (a girls club).

Before joining West Valley a little over a year ago, Marcel competed for Arizona University in Tucson. In 1964 he was a member of the Golden Gate Track Club. Marcel attended Hillsdale High School and graduated in 1963. From there he went to the College of San Mateo and then to Arizona Univ. in 1965.

Marcel considers himself best at one to three miles, although he shows considerable promise in the longer events too. His best times include: 4:08 mile, 1:53.7 880, 13:52 three mile, and 29:31 six mile. All these marks were set in 1967. He quit running soon thereafter to begin training again last year. In 1964 he was third in the State JC cross country championships and in 1968 he placed 7th in the WAC Conference Championships while running for Arizona. His only road racing victory came last summer in the 15 mile Ft. Baker race.

His most exciting moments in running: Being on Hillsdale High's national record breaking 4 mile relay team (17:49.9) in 1962; being on Hillsdale's national 2 mile postal record breaking team (49:04.2 in 1961); and being the State JC Mile Champ in 1965 (4:12).

Marcel places his goals high as he hopes to run a sub-four minute mile and in the low 13's for three miles. He'd like to go 29:00 for 10,000m.



Jack Leydig

Jack is co-editor of the Newsletter and is 1970 President of the Club. He has lived in the Bay Area his entire life and now resides in San Mateo with Marcel in a rented house. He is employed by the Hunters Point Naval Shipyard as a naval architect and is also working as a teacher (computer programming) on a part time basis for three nites each week.

Jack joined West Valley in 1967 and has also belonged to the East Bay TC (1962) and the Golden Gate TC (1964). While attending Hillsdale High in San Mateo he was Marcel's team mate. Upon graduating in 1962, Jack attended So. Illinois Univ. for six years, receiving a B.S. and M.S.

While slowly improving at the shorter distances, Jack considers himself mainly a six miler to marathoner. His best track times include a 1:58.1 half and 4:16.7 mile (both in 1966) & a 9:18.3 two mile (1964). Jack hasn't run these shorter races on the track in several years but recently did a 4:18.0 on all overdistance work. He still considers himself a novice in the marathon at the age of 26 but is rapidly improving as his 2:28:52 in last year's National AAU Marathon (2nd) shows. Last September he also ran a good 25 km. on the roads in 1:22:25.

Jack's most exciting moments in his running career coincide with Marcel's to a certain extent. Jack was on both of Hillsdale's record breaking relay teams his senior year. Two other big thrills were his second place in the AAU marathon last year and Southern Illinois' track victory over Kansas in 1966 (Kansas was NCAA indoor champion) by 30 points.

Jack hopes to dip under 2:15 in the marathon and make the 1972 Olympic team.



I have been very impressed with your West Valley Newsletter publication. You are doing a fine job with this publication.

You indicated that you did not wish to sell your paper and were forced to advertise to meet your sagging economy.

Six months ago, this office took over the publishing of the Long Distance Log. Browning Ross had written it for thirteen years and was heavily in debt. This office made it possible for him to get out of debt and to continue as editor. We publish, print, and mail the publication. This is done as a service to our great sport of Track and Field, and neither Browning Ross nor this office realizes a very great profit from it. However, we are operating in the black and will realize a small profit at the end of the year.

Women's Track and Field World publication, written by Vince Reel, was also having financial difficulties. I made an offer to him to publish this magazine. My offer was twenty-four hours too late and he had made other arrangements that were not as good as the offer I made to him.

I certainly hope that you will be able to make it financially with your Newsletter, but in the event that it appears that you cannot, please contact me as I would be interested in helping you with your publication.

Carl W. Cooper  
Executive Director  
U.S. Track & Field Fed.  
Tucson, Arizona

\* \* \* \* \*

\*\*\*\*ADVERTISING\*\*\*\*

The West Valley Newsletter has received permission from the Pacific Association of the AAU to advertise in our paper so that we may cover publication costs and thereby increase our circulation and improve our monthly by printing more information and more pictures. To date, Bill Mackey and Frank Cunningham were footing the entire publication costs on their own and this is a welcome aid to our sagging economy. We will advertise for anyone as long as it's pertinent to track and field and long distance running or walking. Our rates are very minimal considering the select group of people who read our publication. We charge 50¢ per line (about 7 to 7½ inches) per month and 50¢ per square inch for reproduction of photos, sketches, large printing, etc. Sports distributors, track magazines, trophy houses, anyone, --- help us out and make this Newsletter a continuing success. You are not only helping yourself but helping amateur athletics as well. All advertising should be sent to the editors of this paper (not the publishers) at least a week before the end of each month to ensure space in the following month's issue. We will bill you on a monthly basis or something more convenient if desired. Checks should be made payable to West Valley Track Club. Special rates for large ads.

\* \* \* \* \*

\*\*\*\*ADVERTISEMENT SECTION\*\*\*\*

RUNNING UNLIMITED (Tiger Distributor): Pete League, 1515 Cornell St., Berkeley, Calif., 94702. (No phone at present). -- Pete is usually at most area road races with a good selection of racing flats, workout flats, and spikes, as well as racing shorts, singlets, etc. Pete gives unusually fast service if he does not have your size in stock and will request the So. Cal. distributor to mail you your order directly. Make sure to see Pete at the next road race you go to if your old shoes have just about had it.

ARE YOU READING TRACK & FIELD NEWS? If not, why not? It's 18 issues each year contain all the major news of the sport, from highschool to the Olympics, U.S. and foreign, indoor, and outdoor. With personality and opinion pieces, interviews and profiles, action photos, performance lists, and more. Ask for a free sample copy and our complete catalog of books, films, watches, etc. One-year subscription to T&FN, \$5.00. Box 296W, Los Altos, Cal. 94022.



ANNOUNCING: Sat., April 4 @ 10 am, the 2nd Annual 5 mile run around Lake Merced, San Francisco. Seniors only (over 40). Sponsored by the Nor. Cal. Sr. TC. Write to John Boitano, 3875 21st St., San Francisco, 94114. Trophies for top three. Trophy 1st 50 or over, medals next 2. Trophy 1st 60 or over, medals next 2. Trophy 1st woman & medals next 2.

DOG REPELLANT: West Valley TC is selling small dog repellent sprayers at \$2.00 apiece to help build up the club treasury. These are similar to the type that mailmen carry and are very effective against dogs and people. They are very small and weight much less than an ounce. They are pressurized and will spray a fine mist over a wide area. I have used mine two or three times and found it to be quite effective. They are probably good for about 15 "attacks". I ran with one in the Petaluma marathon (carrying it in my hand the entire distance) and it saved me a lot of trouble with one dog at about 15 miles. These will be available at most road races and can be purchased from most West Valley runners. No mail orders as it is illegal to mail these in California.

\* \* \* \* \*

EDITORIAL MATTER

All editorial matter is solely the voice of the editors of this paper. Letters to the editors concerning our editorials or anything in our paper or just plain letters in general should be sent to us for consideration. We will try and print everything that is sent to us and we welcome criticism as this is what will make us a more objective publication.

\* \* \* \* \*

During the Christmas holidays I wrote to four Indoor Meet Directors or Promoters (San Diego, LA Times, LA Invitational, and Athens). The only response returned was by Dave Maggard of the Athens Meet. Needless to say, many of our top athletes were very disappointed. I am hoping that the response from the Meet Directors of the big outdoor meets will at least let us know where we stand. It is extremely depressing for me to have one of our top athletes waiting to hear if he has been accepted and not being able to get an answer because the meet director will not even give me the courtesy of a response. -- Marcel Hetu

I think that it's high time that the people who put on road races do a little better job of marking their courses. Just to name a few of the courses that people wound up getting lost on last year and early this year: Novato, Emerald Hills, Culver City Marathon, 32 miler, Woodside 20 miler, and almost in the Bay to Breakers had it not been for Delgado leading the pack the right way. What is the point of even putting on a race if people are going to get lost or confused on the course? In Culver City the meet directors had stated before the race that nobody had ever gotten lost on the course, there would be someone on every corner and a police escort. Well, as everyone now knows, the top three runners in that race took a wrong turn just 6 miles from the finish due to a badly marked (or not marked at all) Y-intersection with nobody at the corner to direct runners. As the Bay to Breakers film shows, even the police escort didn't know where he was going at the entrance to Golden Gate Park and had to be shown the way by Delgado. Perhaps some of the smaller races can be excused for lack of personnel, but in races like the National AAU Marathon??? I feel that a race should not even be run if the people organizing them can't even mark or police the course properly. All corners should be clearly marked with either flags, lime, or large signs and in addition there should be someone stationed at each corner. This will save a lot of hot tempers and generally lead to better run races. So as not to appear too harsh, I have noted some improvement in course marking in the past few years, notably the Ocean to Bay Marathon, which is quite easy to follow but which used to be a yearly maze for runners to challenge. Let's all work together and make this year one in which we have less confusion in this area. We'd appreciate any comments and suggestions concerning this subject. -- Jack Leydig

\* \* \* \* \*

We were supposed to run a feature article on Byron Lowry's trip to South America in January but didn't get the information from Byron in time. So we'll have to include it in April's Newsletter.

\* \* \* \* \*



LONG DISTANCE RACING SCHEDULE

Pg. 7

- March 13 - 100 mile run (3 days, 33 1/3 miles per day), Sacramento, (9 am); Paul Reese, 2789 17th St., Sacramento, Cal. - 443-1549.
- March 14,15 - 100 mile run (continuing)
- March 22 - PA-AAU 30 km. Championships, Pacific Grove, Cal. (9 am); Peter Mattei, 1000 North Point St., San Francisco, Cal.
- March 29 - Regional Marathon Championships, Rockland, Cal. (9 am); Bob DeCelle, 276 Beach Rd., Alameda, Calif. (Winner sent to Natl. AAU Marathon Championships in Iowa in June)
- April 4 - 5 mile run, Lake Merced, SF, Cal. (Seniors only), 10 am; John Boitano, 3875 21st., San Francisco, Cal. 94114.
- April 11 - 14 mile run and barbeque, El Dorado, Calif. (11 am); Peter Mattei 1000 North Point St., San Francisco, Cal.
- April 18 - Invitational 5000 meter run in conjunction with the Millbrae Lions Relay Carnival (qualifying standards: 9:35 2 mile or 14:45 3 mile), Millbrae, Cal. (2 pm); Marcel Hetu, 603 So. Eldorado, San Mateo, Calif. 94402. -- Also see page 3 of this issue.
- April 20 - Boston Marathon, Boston, Mass., (Invitational this year, must have broken 4 hours or have run two 10 mile races or greater in the past year), (12 noon); Will Cloney, B.A.A. Athletic Committee, Boston Garden, Boston, Mass. 02114. -- See Pg. 2 of this issue for information concerning discount air fare. (Entries definitely close on April 3)
- May 9 - 22 mile Sacramento to Woodland Captain Freeman Memorial Race (10 am); Woodland Chamber of Commerce, 520 Main St., Woodland, Calif., 662-7327.
- May 9 - West Coast Relays, Fresno, Calif.; Meet Director, C.A. Warmerdam, Fresno State College, Intercollegiate Athletics, Fresno, Calif. 93726.
- May 16 - 8 mile road run and 4 mile senior road run, Golden Gate Park, San Francisco, 10 am.; Peter Mattei, 1000 North Point, San Francisco, Cal. 94109.
- May 23 - California Relays, Modesto, Calif.; (no information on where to get information, try Chamber of Commerce, Modesto, Calif.).
- May 24 - Bay to Breakers Race, 8 miles, San Francisco, Cal. (10 am); F. Geis, Suite 601, 942 Market St., San Francisco, Cal. 94102.
- May 31 - First Annual Golden Gate Marathon, Tiburon to SF (9 am); Rich Perry, 330 Gonzalez Dr., SF, Cal. 94132 (593-2155).

RACE WALKING SCHEDULE

- March 13-15 - 100 mile race in conjunction with running race (see above sched)
- March 22 - 30 km. walk - Pacific Grove, Cal. (see above sched)
- April 5 - Northgate--San Rafael course, 7 mile open, and under 18 (10 am)
- April 12 - 40 km. walk -- location to be announced later
- April 18 - Mills High School, 5 mile track championships (see above note on Lions Relay Carnival 5000 meter invitational)
- May 3 - Sunnyvale High track walk - 10 km. (10 am)
- May 9 - Sacramento to Woodland walk (see above sched.) (10 am)
- May 16 - Mills high school, 2 mile championships (separate awards)

\*\*\*\*For further information and details on the above race walking schedule, contact Bill Ranney, One Barker Ct., Fairfax, Cal. 94930 (456-2641).

\*\*\*\*Upcoming National Championship walks in California are as follows: Jr. National 50 km. - Los Angeles on March 14; Jr. National 20 km. - Lakewood on April 19.



Due to the increase of the Age Group boys membership on many of the PA-AAU clubs, the editors of this paper feel that there is a definite need to include their 1970 schedule in our future issues.

- March 7 - Redwood City Open, Sequoia High, Redwood City, 10 am.
- March 21 - Salinas vs. San Jose at San Jose, 10 am.
- March 21 - Redwood City vs. Milpitas at Sequoia High, Redwood City, 10 am.
- April 5 - San Jose Open at Leigh High, San Jose, 10 am.
- April 18 - Salinas Track Meet at Alisal High, Salinas, 10 am.
- April 25 - Herbert Hoover Relays (no site yet).
- May 2 - San Jose State Invit. (relays only)?, San Jose CC, 10 am.
- May 3 - Mill Valley Open, Mt. Tamalpias High, 10 am.
- May 9 - San Jose vs. Redwood City at Sequoia High, Redwood City, 10 am.
- May 16 - St. George Track Club, Stockton, 10 am.
- May 30 - PA-AAU Age Group Championships, Milpitas, 10 am.
- June 6 - State Championships, Redwood City, 8 pm.
- June 27 - National Invitational Track Meet (site not available yet).

\*\*\*\*Please contact Gary Gallego, c/o San Jose Yearlings, 3682 Bridgeport Ct., San Jose, Calif., 95117, for more information concerning the above schedule. Mike Ipsen of the Redwood City Striders will also be of help concerning these meets. He is usually at most area road races.

IMPORTANT HIGH SCHOOL MEETS

- March 21 - Andrew Hill Invitational @ Foothill College, 10 am.
- April 4 - King City Invitational @ King City High, 10 am.
- April 18 - Blossom Hill Invitational @ Leigh High, San Jose, 9:30 am.
- May 23 - Region II Trials & Finals @ San Jose CC or SJS, 9:30 am.
- May 30 - CCS Trials & Finals @ Foothill College, 9:30 am.
- June 5 - State Meet Trials @ Berkeley (Univ. of Calif.), 9 am.
- June 6 - State Meet Finals @ Berkeley (Univ. of Calif.), 1 pm.

\* \* \* \* \*

LATE RACE WALKING RESULTS

Results of the February 8, 15 mile road race walk held in the Greenbrae Marina near San Rafael High School. The course was a one mile plus loop done 14 3/4 times. Flat course.

1 - Tom Dooley	1:57:34	6 - Steve Lund	2:17:08
2 - Bill Ranney	2:02:16	7 - Jerry Lansing	2:24:02
3 - Ron Laird	2:13:09	8 - Jerry Heinright	2:26:47
4 - Jim Hanley	2:14:30	9 - Manny Adriano	2:29:59
5 - Jim Lopes	2:14:57		

This was Tom Dooley's third race in three days. He missed the National Record in the 2 mile walk the day before by a scant 8 seconds with Ron Laird well back. Ron won the indoor mile at the Athens meet two days earlier and so both Tom and Ron had 3 races in about 36 hours. Ron is presently overweight and not in shape for distance.

\* \* \* \* \*

WEST VALLEY RUNNERS DO WELL AT ATHENS MEET

(Feb. 6): Australia's Ron Clarke pushed himself to the limit of his diminished resources to win the open three mile in 13:21.8 before a poor turnout of 5800 fans at the Athens Invitational track meet in Oakland's Coliseum. He had been up for 37 consecutive hours before the race. Bombing through his first mile in 4:19.4, he slowed considerably in the final two miles, but still managed a noteworthy performance. John Kennedy of the SC Striders was second in a good 13:36.4 followed by Stanford's Greg Brock in 13:49.4. Apparently not in top form and finishing fourth was the Pacific Coast Club's Jerry Jobski at 13:53.0. The battle for 5th and 6th was close as the Strider's Tarry Harrison edged out West Valley's Alvaro Mejia, 13:57.6 to 13:58.0. Other runners in the race included Cal's Bob Waldon and ex-UC star Bob Price. Mejia was happy with his time as he had hoped to break 14 minutes. This good early season time was done on very little interval training and mostly overdistance.



Two other West Valley runners did well in the high school mile. Chuck Mork (Washington of Fremont) and Eddie Silva (Watsonville) placed first and fourth respectively in the race with times of 4:20.3 and 4:26.9. Showing a good finishing kick over the final two laps, Mork scored a resounding victory over rival Tom Hale of Campolindo (Moraga) and fast improving Geoff Henderson of Washington (SF) who had times of 4:23.2 and 4:24.7. We are not sure of fifth place but were told that it was probably Dan McKenna of Balboa (SF) in a time of about 4:27.5. We would appreciate a verification of this. Rounding out the field were San Carlos High's (Redwood City Striders) Randy Lawson in 4:30.0 and Vanden's (Travis AFB) Howard Frank (4:31.0). If others were in the race, we don't have their times.

A correction to what was said on the previous page: Tom Dooley won the mile walk and not Ron Laird. Dooley was timed in a good 6:34.0 and Ron was just a bit back in 6:35.7. Other finishers include Larry Walker (SC Striders) in 6:40.8; Jim Hanley (Striders) in 6:54.6; Bill Ranney (Athens) 7:03.3; and Jerry Lansing (unat.) 7:21.0.

The senior relay was canceled and so the four Mackey brothers did not represent West Valley in this event. However, Jim Mackey did run the Sr. 60 yd. dash and finished 6th in 7.5. The event was won by George Rhoden in 6.8. Following George were: Ed Dowel (Sacramento) 6.9; Ken Goetzel (SF) 7.0; Bruce Grand 7.2; Alphonse Juilliand 7.3 and Jim Mackey (WVTC) 7.5.

\* \* \* \* \*

MARIN AC'S DOUG BUTT WINS 1ST MAGNAN MEMORIAL 20 MILER

(Jan. 31): On a very warm day, Marin's Doug Butt took the lead after some 17 miles and won the first annual Magnan Memorial Run in a time of 2:24:25 as the two leaders strayed from the course (Beardall and Deines). Beardall managed to find his way back onto the course and still take fourth, but Deines was not so lucky and he came across the finish line in 3:10:34 after running nobody knows how many extra miles. The host Redwood City Striders took team honors easily with a low score of 18 points (4 runners). Second place went to Jose Cortez of the Striders in 2:29:04. Jose was also the first high school runner to finish but only beat team mate Bryan Gieser by 13 seconds to take this honor. First senior runner was the Nor Cal Sr. Track Club's Ralph Paffenbarger in 2:54:23. He took a good 20th place. The first woman to finish was Mary Cortez of the Striders (Jose's sister) in a fine time of 3:22:24 for 43rd place. She beat 33 male runners in the process. First under 13 years to finish was also an RC Strider, Mike Crevelt (3:02:21) in 28th. Oldest finisher was Paul Reese of the Senior's TC in 3:03:44 for 30th place. Paul is 52. A third Cortez was the youngest finisher with a 3:19:31 for 38th. David Cortez is only 11 years old. Top finishers were:

- |                                 |         |                                 |         |
|---------------------------------|---------|---------------------------------|---------|
| 1 - Doug Butt (Marin AC)        | 2:24:25 | 11 - Dennis O'Halloran (M'non)  | 2:44:29 |
| 2 - Jose Cortez (RCS)           | 2:29:04 | 12 - Wayne Glusker (WVTC)       | 2:44:46 |
| 3 - Bryan Gieser (RCS)          | 2:29:17 | 13 - Ray Darwin (CCAC)          | 2:45:27 |
| 4 - Darryl Beardall (Marin AC)  | 2:39:40 | 14 - Lee Holley (Marin AC)      | 2:48:01 |
| 5 - John Pagliano (LASTC)       | 2:39:56 | 15 - Brooks (Alum Rock RA)      | 2:48:27 |
| 6 - Rosner (unat.)              | 2:39:57 | 16 - R. Clark (unat.)           | 2:48:34 |
| 7 - Charles Baldwin (Otherway)  | 2:40:49 | 17 - Joe Henderson (Marin AC)   | 2:48:51 |
| 8 - Mike Basham (RCS)           | 2:41:36 | 18 - Geo. Manriquez (ARRA)      | 2:49:11 |
| 9 - Matt Yeo (RCS)              | 2:42:32 | 19 - Bill Yee (unat.)           | 2:49:47 |
| 10 - Frank Hagerty (Alameda TC) | 2:44:02 | 20 - Ralph Paffenbarger (NCSTC) | 2:54:23 |

Other West Valley TC finishers: 49 - Keith Campbell (3:31:19), Bob Stephenson (56th in 3:39:03), Bob Mignosa (57th in 3:40:27).

\*\*\*Note: This course was run over extremely mountainous trails and firetrails and it was impossible to run the entire race. Considering this, the times don't reflect too much. We think Mike Ipsen is some kind of a sadist for setting up this course....luckily there are a lot of masochists around to run it.

\* \* \* \* \*

SWEDEN'S PETER FREDRICKSON WINS VALLEJO 10 MILER

(Feb. 7): Peter Fredrickson is currently vacationing in California and will return to Sweden sometime in May probably. In the meantime he is running in a lot of local road races and doing quite well. He is an ex-Sacramento State College runner. His winning time in the Solano TC's Vallejo 10 mile run was a good 52:15.4 over a rolling course, just edging out Marin AC's Darryl



Beardall and San Jose State's Gary Berthiaume who ran 52:22 and 52:23, respectively. The team battle was also close as Maranon AC edged out a slim victory over Marin, 76 to 78. The host team, Solano TC, was third with 138. There were 127 finishers, and all finished under 1:40. First high school finisher was Dennis O'Halloran (11th in 55:08), followed by team mate Bob McCarty (13th in 55:42) and Massimo Fonda (56:13 for 15th). First three seniors were Peter Wood (Marin AC) - 53rd in 62:22; Frank Harrison (NCSTC) - 59th in 63:28; and Ed Preston (NCSTC) - 61st in 63:33. First Vallejo resident to finish was Tom Yergovich (33rd in 59:17), followed by Mike McCoulf (41st in 60:27) and Steve Slawson (55th in 62:58). Little 6 year old Maryetta Boitano was the first woman finisher in 106th (1:17:33) followed by Sue Conley (1:20:10) and Kay Hall (1:32:08). The oldest runner to finish was Ernest Marinoni (Hangtown Harriers) in 105th place with a time of 1:17:22. He just edged out the youngest runner, young Maryetta Boitano, also the first woman finisher. The top 30 finishers and their times:

1 - Peter Fredrickson (unat.)	52:15	16 - Randy Stahl (Maranon)	56:14
2 - Darryl Beardall (Marin AC)	52:22	17 - Tony Bettencourt (unat.)	56:16
3 - Gary Berthiaume (unat.)	52:23	18 - Ray Darwin (Culver City)	56:23
4 - Byron Lowry (SFOC)	52:52	19 - Ray Menzie (Marin AC)	56:24
5 - Gary Rezowalli (unat.)	52:59	20 - Mike Knott (Devils Mt.TC)	56:28
6 - Jack Lawson (Redwood CityTC)	53:50	21 - Pat Buzbee (Chico)	56:29
7 - Ed Haven (Aggie TC)	54:24	22 - Mike Buzbee (Chico)	56:30
8 - Doug Butt (Marin AC)	54:38	23 - Greg Chapman (Solano TC)	56:44
9 - Charles Baldwin (Otherways)	55:01	24 - Jan Remak (Maranon)	56:53
10 - David Reese (unat.)	55:08	25 - Gene Gilligan (Chico)	57:17
11 - Dennis O'Halloran (Maranon)	55:08	26 - Rich Smith (Devils Mt.TC)	57:37
12 - Bob Crow (Solano TC)	55:28	27 - John Keller (PHTFC)	57:55
13 - Bob McCarty (Maranon)	55:42	28 - Bob Stephenson (WVTC)	58:13
14 - Jim Howell (West Valley TC)	55:46	29 - Pete League (Marin AC)	58:21
15 - Massimo Fonda (SFAC)	56:13	30 - Harold DeMoss (WVTC)	58:31
Other West Valley finishers:		87 - Keith Campbell - 69:59.	

\* \* \* \* \*

#### STEVE DEAN WINS LAS VEGAS MARATHON IN 2:26:54

(Feb. 7): A fairly strong Northern California contingent journeyed to Las Vegas with Sacramento State's Steve Dean scoring an upset victory over 1969 AAU Marathon champion Tom Heinonen of the San Diego Track Club. Taking and keeping the lead after 17 miles, Steve fought off the 80 degree desert heat (which caused about half the field to drop out) and 10 percent humidity to hold off the fast closing Heinonen. The early leader was West Valley's Jack Leydig (second to Heinonen in the AAU marathon last year). At about seven miles Mike Mahler (Pacific Coast Club) and Phil Camp (So. Cal. Striders) joined Leydig and they ran together until just after 10 miles. Then Leydig started to fade and was caught by Dean at about 12 to 13 miles. At 15 miles Leydig began to suffer from achilles problems and was finally forced to drop out at 18 miles. Meanwhile Dean had caught Camp and Mahler. Mahler fell out shortly after. Otherways AC ace Bob Deines (second ranked U.S. marathoner behind Ken Moore in 1969) also suffered achilles tendon problems and dropped out shortly before 10 miles. Among those Bay Area runners that were forced to drop out because of the torrid heat: Pax Beale, Elaine Pederson, and Peter Mattei (the last two dropped out for the first time in their running careers). However, despite the misfortune of some, Northern California runners did well as a whole individually as Jose Cortez of the Redwood City Striders led his team to the high school trophy with his 7th place finish. Bryan Gieser and Mike Basham rounded out the team in 13th and 29th places. Aviation AC of So. Calif. was a distant second. Florry Rodd of the Northern California Seniors TC took a fine second place behind Bob Foley (Twin Cities TC) in the 40-49 year old division. Ralph Paffenbarger (NCSTC) also did well as he finished fifth senior and set a personal marathon best in the process (3:04:24). Steve Dean, Jose Cortez, and Ralph Paffenbarger were only among a few others who set personal bests in this heat. (Editor's comment: It seems to me that the race could have been started earlier in the morning, not in the middle of the day. Also, there certainly could have been more relief stations instead of only one every five miles and none over the last 6 plus miles.) Another PA-AAU runner who did well was David Cortez of the Redwood City Striders who finished 47th overall in 3:16:04 to win the first place prize for 12 and under (David is only 11). His time is the fastest ever by an 11 year old according to the LV Marathon Committee. Ten year old David Hargus (San Diego TC) also set an age group record with his 3:24:09 in 56th place. Top 20 on the next page:



1 - Steve Dean (Sac'to State)	2:26:54	11 - Norm Patenaude (Vic.B.C.)	2:41:37
2 - Tom Heinonen (San Diego TC)	2:28:03	12 - Dave Vahey (LASTC)	2:44:00
3 - Phil Camp (SCS)	2:30:20	13 - Bryan Gieser (RCS)	2:46:05
4 - Wayne Van Dellan (HSTC)	2:35:10	14 - John Brennand (SBAA)	2:48:27
5 - Dave Waco (SCS)	2:35:17	15 - John Pagliano (LASTC)	2:48:27
6 - Phil Carlon (LASTC)	2:36:46	16 - Tom Sturak (SCS)	2:48:48
7 - Jose Cortez (RCS)	2:37:26	17 - Ed Grace (Aviation AC)	2:49:12
8 - Tulley Mann (Nor. Arizona)	2:37:36	18 - Bob Foley (Twin CitiesTC)	2:53:00
9 - Jim Van Manen (SBAA)	2:39:43	19 - Bob Bruner (SCS)	2:53:20
10 - Nick Duarte (LASTC)	2:40:43	20 - Cliff Rees Jr. (unat.)	2:53:27

Other Pacific Association finishers: 22 - Flory Rodd (NCSTC) - 2:56:19;  
29 - Mike Basham (Redwood City Striders) - 3:01:19; 32 - Ralph Paffenbarger  
(NCSTC) - 3:04:24; 47 - David Cortez (Redwood City Striders) - 3:16:04;  
50 - Lee Holley (Marin AC) - 3:18:07; -- Larry Fox (NCSTC) - 4 hours plus.

Winning team was the Southern California Striders (3-5-16) and second was taken  
by the Los Angeles Seniors TC (6-10-12). The Redwood City Striders picked up  
a fine third place with (7-13-29) to beat out Santa Barbara AA (9-14-38).

\* \* \* \* \*

#### RESULTS OF CLAM BEACH RUN INCOMPLETE - SEE APRIL ISSUE

\* \* \* \* \*

#### ALVARO MEJIA LEADS WEST VALLEY TO SEARSVILLE LAKE WIN

(Feb. 14): Coming off his fine 13:58 at the Athens Invitational, West  
Valley TC's Alvaro Mejia took off fast and scored a decisive victory over  
Richard Delgado. The official time for Mejia was 36:58.6, but his margin of  
victory was about 200 yards, indicating that the timer was probably off by 30  
seconds. The course was very cross countryish as usual with one extremely  
steep and muddy hill (about 600 yards) and a wide stream to jump across. The  
course was three identical loops. The official length of the course is put  
at 7.6 miles, but this seems a bit long considering the conditions. West  
Valley put its top five finishers in the top 21 places to defend its 1969  
title with a score of 48 points (54 points won last year). Redwood City's  
Striders were a distant second with 111 in the absence of Cortez and Gieser.  
There was a close battle for the high school title as Bob McCarty reversed  
his second place Vallejo decision with an 11 second victory over team mate  
Dennis O'Halloran (St. Francis High). Randy Stahl of Homestead High was 3rd,  
another 23 seconds back. Flory Rodd (NCSTC) was first senior with a 43rd  
place (45:26) as second went to Ralph Paffenbarger (NCSTC) in 45:58 (46th).  
Jim O'Neil of the Olympic Club followed (49th in 46:27). Francie Larrieu  
of the San Jose Cindergals ran a tremendous race to finish 48th (46:25) as  
the first woman. She beat 94 others in the process. Following are the top 30:

1 - Alvaro Mejia (West Valley)	36:59	16 - Frank Hagerty (ATC)	41:13
2 - Rich Delgado (unat.)	37:02	17 - Rich Terriberry (RCS)	41:20
3 - Doug Rustad (unat.)	37:39	18 - Greg Chapman (Solano TC)	41:34
4 - Jan Day (unat.)	38:11	19 - Mike Basham (RCS)	41:56
5 - Darryl Beardall (Marin AC)	38:30	20 - Noel Vigil (RCS)	41:57
6 - Charley Baldwin (Otherways)	38:54	21 - Charlie Harris (W. Valley)	42:05
7 - Sean O'Riordan (WVTC)	39:02	22 - Steve Church (Homestead)	42:07
8 - Jack Leydig (West Valley)	39:14	23 - Robert Berg (NVRC)	42:33
9 - Bob McCarty (St. Francis Hi)	39:24	24 - Ken Napier (West Valley)	42:35
10 - Dennis O'Halloran (SF Hi)	39:35	25 - Matt Yeo (RCS)	42:36
11 - Jim Howell (West Valley)	39:52	26 - Kevin Sanford (unat.)	42:39
12 - Randy Stahl (Homestead Hi)	39:58	27 - Bob Stephenson (WVTC)	42:54
13 - John Marconi (SFOC)	40:03	28 - Jon Gray (STANFORD RC)	42:56
14 - Gordon Blackwell (Saratoga)	40:18	29 - Tom Yergovich (unat.)	43:21
15 - Bill Gillingham (Athens AC)	40:43	30 - Al Thompson (RCS)	43:41

Other West Valley finishers: 71 - Keith Campbell - 49:36.

Due to Stanford University land requirements the present course will probably  
have to be changed for next years meeting. -- Stanford Running Club.



ALVARO MEJIA WINS MARTINEZ RACE - FIRST SEVEN UNDER OLD RECORD

(Feb. 28): West Valley TC's Alvaro Mejia took command after about 2½ miles and pulled the talented field along behind him as the first seven finishers broke Rich Delgado's old course record of 41:42 over the 8 mile course (short?). Mejia's 38:37.4 put him 42 seconds ahead of second place finisher Karl Weiser who is vacationing in California (he is from Mercer Island, Washington). Defending champion Delgado was another 12 seconds back. The day was overcast with a light rain and perfect for record setting. Al pulled his West Valley team mates to an unofficial team title (no team prize) (1-6-14-23-24). Fourth and fifth place finishers for West Valley (Willie Cronin and Marcel Hetu) ran their first race in months for the team and appear to be on the road back. Hetu had a severe ankle injury and Cronin got a bad case of the flu while in Ireland in January (he lost 20 pounds in 4 days). First high school finisher was John Marconi of Burlingame High and the Olympic Club. No other results are available for other divisions as we go to the presses. Below are the top 25 finishers and their times:

1 - Alvaro Mejia (West Valley)	38:37	14 - Charlie Harris (West Valley)	43:49
2 - Karl Weiser (Washington)	39:19	15 - Bill Bachrack (Alameda TC)	43:52
3 - Rich Delgado (unat.)	39:31	16 - Heine Hartwig (unat.)	44:16
4 - Peter Fredrickson (Sweden)	39:42	17 - Bruce Johnson (OtherwaysAC)	44:27
5 - Doug Rustad (unat.)	39:54	18 - Tom Cathcart (unat.)	44:35
6 - Jack Leydig (West Valley)	39:57	19 - Greg Chapman (Solano TC)	44:46
7 - Darryl Beardall (Marin AC)	40:17	20 - Rich Terriberry (RCS)	44:52
8 - Jan Day (unat.)	41:58	21 - Vern Lewis (Maranon AC)	44:53
9 - Doug Butt (Marin AC)	42:39	22 - Mike Basham (RCS)	45:12
10 - Kurt Schroers (Aggie TC)	43:18	23 - Willie Cronin (West Valley)	45:13
11 - Dave Reese (UC Berkeley)	43:20	24 - Marcel Hetu (West Valley)	45:18
12 - John Marconi (SFOC)	43:35	25 - Jose Cortez (RCS)	45:19
13 - Bill Gillingham (Athens AC)	43:43		

\* \* \* \* \*  
\* \* \* \* \*

WEST VALLEY'S SILVA AND KRUSE SCORE HIGH IN U.S. POSTAL RESULTS

The USTFF/Track & Field News sponsored high school postal competition results were listed in February's Track & Field News. Eddie Silva of Watsonville and Keith Kruse of Camden were both high in the three mile rankings for 1969 on the basis of their 1-2 finish in a postal meet mentioned in the December Newsletter. Silva's 14:47.8 rated him 7th nationally and Kruse's 14:48.8 ranked him 9th. Silva also had a 9:33.8 two mile which rated him 13th in that competition. Watsonville High's team placed 10th overall in the two mile team race with a cumulative time of 49:59.8 for their top five runners. Watsonville placed three notches higher in the three mile team race with a seventh place ranking of 78:23.2. Other Northern California individuals and teams are listed below:

Three mile competition: 12 - Dave Chamness (Awalt, Mt. View) - 14:51.4; 19 - Andy Carsoner (Irvington, Fremont) - 15:00.2; 20 - Hans Templeman (Carlmont, Belmont) - 15:02.0. \*\*\* Teams: 2 - Homestead (Sunnyvale) - 76:14.0 (Stahl - 15:09.6, Brassell - 15:12.2, Gaesser - 15:15.6, Thompson - 15:17.0, Marshall - 15:19.6); 3 - Carlmont (Belmont) - 76:33.6 (Templeman - 15:01.0, Black - 15:17.0, Haley - 15:22.8, Carvey - 15:24.2, Furnari - 15:27.6); 4 - North Highlands - 76:59.6; 5 - Kennedy (Sacramento) - 77:37.8; 6 - Elk Grove - 78:03.6; 8 - Awalt (Mt. View) - 78:25.4.

Two mile competition: 15 - Randy Stahl (Homestead, Sunnyvale) - 9:35.8; 16 - Bob McCarty (St. Francis, Mt. View) - 9:36.4; 17 - Hans Templeman (Carlmont, Belmont) - 9:36.4; \*\*\* Teams: 4 - Homestead (Sunnyvale) - 48:44.8 (Stahl - 9:35.8, Gaesser - 9:43.0, Remak - 9:47.0, Brassell - 9:48.0, Thompson - 9:51.0); 8 - Carlmont (Belmont) - 49:27.6.

Thus, Eddie Silva was top Northern California runner in both postal competitions and Keith Kruse was second Nor Cal 3 miler. Both are excellent college material and should set many records in the future. \*\*\* West Valley's Chuck Mork ran a 9:22.0 (not in postal competition) this past fall which would have placed him fifth in the postal competition rankings and only 3 seconds out of second place.





UTEP's Kerry Pearce leading Steve Prefontaine in the Examiner Indoor. Pearce went on to win in 8:39.4.  
(Photo by Larry Winward)



Marin AC's Doug Butt, winner of the First Annual Magnan Memorial 20 miler. Shown here during PA-AAU 20 km.  
(Photo by Terri Mejia)



Sweden's Peter Fredrickson, winner of the Vallejo 10 miler, shown here with Chris Miller (left) and Rich Delgado (hidden) in the PA-AAU 20 km.  
(Photo by Terri Mejia)



Sacramento State's Steve Dean, winner of the 1970 Las Vegas Marathon, shown here during PA-AAU 20 km. race.  
(Photo by Terri Mejia)



Watsonville High's Eddie Silva, winner of Nor Cal USTFF/T&FN two and three mile postal races for 1969, shown during PA-AAU 20 km. championships.  
(Photo by Terri Mejia)



Richard Delgado, second at Searsville and third at Martinez, shown on his way to victory at the PA-AAU 20 km.  
(Photo by Terri Mejia)





Top high school team at the Las Vegas Marathon: Redwood City Striders. Kneeling, David Cortez; Standing, Jose Cortez, Mike Basham, Bryan Gieser. David was the fastest finisher under 12 and set an age group record with a 3:16:04. He is 11.  
(Photo by Mike Ipsen)



Chuck Mork (right) edges out Tom Hale in the Athens Invitational trials for the high school mile. Both were timed in 4:19.6 and fell to the track just after this was taken. Mork went on to win the Athens meet in 4:20.3.  
(Photo by Jack Leydig)



Australia's Ron Clarke shown leading West Valley's Alvaro Mejia, Pacific Coast Club's Jerry Jobski and Stanford's Greg Brock. Clarke went on to win the Athens 3 mile in a good 13:21.8. Locally, Mejia recently won the Searsville & Martinez road races.  
(T&FN Photo by Jeff Kroot)



Mike Boitano (7) and Maryetta Boitano (6) receiving an award for distinguished performance at the annual S.F. Dolphin-South End Awards Dinner from world's fastest centenarian runner, Larry Lewis (102 years old) - 100 yard dash in 17 seconds.  
(Photo - courtesy of Walt Stack)