

WEST VALLEY

HOLY CITY SUMMIT RUN

NEWSLETTER



Pg. 1

1st Year, No. 8 ***** June 1970 ***** 25¢ Per Issue, Subscription Rate: \$3.50/Yr.

This Newsletter is published on a monthly basis 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, pictures, and race results should be sent to the Editor: Jack Leydig, 603 So. Eldorado St., San Mateo, Calif., 94402. Phone No. 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 publication is printed by Frank Cunningham. Photographers are Terri Mejia, John Marconi, and Larry Winward, although some photos are taken by others. Our cartoonist is Lee Holley of the Marin AC.

minimal fee so that we could keep up the quality. After discussing this matter with many area runners, we decided on the latter. Newsletters will still be available at most road races but for a 25¢ charge. Subscription rates are \$3.50 a year, a slight savings considering mailing.

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WEST VALLEY'S NEW MEMBERS...

Greg Aronson joins West Valley from San Francisco State. Although he didn't compete for SFS this spring, Greg has run the following track times: 53.0, 1:58.0, 4:23.0, 9:47. Just recently he ran 54th in the Bay to Breakers Race in 43:35. Greg also completed in the Golden Gate Marathon and ran about a 3:12.

A bit more on Carl Martin, our new senior runner from San Jose. Carl has just recently run an 880 in 2:15 and will represent West Valley in the Master's two mile relay at San Diego along with the Mackey brothers. He is 43 years old.

Dave Kamrar comes to us from Carlmont High School and Kansas University. He is just beginning to train again after a two year layoff. We don't have Dave's best times for this issue.

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NEWSLETTER COSTS 25¢ PER ISSUE...

Up until this time, the West Valley Newsletter has been a free publication, being supported solely by club funds and advertising. However, the response to advertising has been extremely disheartening. We are down to about \$5 per month. We were left with two alternatives: (1) discontinue our picture pages, or (2) charge a

West Valley added three new high school runners this month. Mike Palomino comes to us from El Cerrito High School and has best times this year of 1:56.5, 4:19.9, 9:26.0. Mike is a senior and recently finished second in the NCS Finals (mile) which qualified him for the State Meet. Jim Coffey is a senior from Hillsdale High (San Mateo) and lives at 3512 Martin Drive (345-7126). Jim is rather tall for a distance runner at 6'6½" and weighs about 200 pounds. His best mile is 4:38 (1967) and 9:59.7 (1969). He has also thrown the discus 123 feet. Joel Jameson is a 16 year old from Watsonville High and has best times of 3:21 (1320), 4:39.5 and 10:17. He lives at 614 Orchard St. in Watsonville (724-5130).

We have just added two age-groupers, both 14. They are Mike Wheyland and Jess Kerling. Mike recently ran a 2:16 half-mile. Both live in San Mateo and we will give more information on these fine runners in our next issue.

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THIS AND THAT.....

West Valley members please note the following address changes for these members: Ed Smoot (20995 Valley Green, Apt. 240, Saratoga - 252-1386); Harold DeMoss (20 Dior Terrace, Los Altos - 948-9498).

West Valley will hold a club meeting on June 21st (Sunday) at Ken Napper's house (1612 Bearden, Los Gatos). For those that want to come early there will be a team workout at 1 p.m. followed by the meeting at two. This is a very important meeting so let's see everyone there. We will discuss the upcoming Holy City Race and our fund raising banquet for Darryl Beardall. We will have to figure out who will bring what in regards to the food so it is necessary that all members attend if at all possible.

West Valley's Charlie Harris and Vivian Kisthardt will be married on August 8th. Unfortunately, this is the date of the Lake Tahoe Relay so not too many West Valley runners will be able to attend the wedding. The editor recommends a change in date (how about the 9th?).

Marin AC's friendly Tiger Distributor Pete League is proud to announce that his wife Lynn gave birth recently to a son, Timothy Alan. Our congratulations and best wishes.

It is with regret that we mention the death of Mrs. Vera Geis, wife of one of our most hard working Officials. During the years that Frank was Chairman of Registration, Vera was a volunteer worker typing the registration cards - mailing them and sanctions issued. All of us offer our condolences to Frank.

West Valley's Willie Cronin will not be returning to his native Ireland this summer as he expected. Instead he will probably not return home until sometime in April of next year.

A salute to San Jose State's head track coach, Bud Winter, who is retiring after many long years of service at State, during which time he developed many world record holders.

Recently West Valley's Martins Ande has been returning into good running form after a leg injury. Last month he won the SPA-AAU 25 kilo championships in a time of 1:22:09, beating such men as Larry Pontinen, Gary Hamilton and John Kennedy in the process.

Doug Rustad is currently ranked 25th by Track & Field News for American six milers off his 29:39.4 at the San Jose State Invitational.

In the recent Runner's World ranking of U.S. marathon runners, the following northern California runners were in the top 20: 1 - Eamon O'Reilly (Athens AC) 2:11:12; 7 - Bob Deines (Otherways AC) 2:24:50; 11 - Steve Dean (Sacramento State) 2:26:54; 12 - John Loeschorn (USAF) 2:27:28.

Starting either in July or August, the West Valley Newsletter will start a feature column on Pacific Association runners of note. It will feature workouts, races, etc.

To make the race for the Pacific Association cross country team interesting, we have decided to print unofficial monthly point totals based on 10 points for first, 9 for second, ... , 1 point for 10th. These totals will be based on all PA-AAU road and cross country races since (and including) Lake Merritt. If two races are held in conjunction with each other as in the Lake Merritt Races, then the longer race will be used in the figuring. Also, out of the Association races will not count (Las Vegas, Boston, etc.). Our unofficial figuring (except for the Alameda TC cross country carnival and the Mt. Vaca race - please send us results if you have them) shows Marin AC's Darryl Beardall still leading with 104 points. He leads West Valley's Jack Leydig for second by 17 points. After Beardall the totals are as follows: Jack Leydig (West Valley TC) 87, Rich Delgado (WVTC) 71, Doug Butt (Marin AC) 60, Byron Lowry (SF Olympic Club) 54, Doug Rustad (WVTC) 53, Jose Cortez (Redwood City Striders) and Alvaro Mejia (WVTC) 51, Chris Miller (WVTC) 48, Steve Dean (Sacramento State College) 43. - (Correction, Mejia has 50 points).

Paxton Beale reports that he has found a personal solution for curing achilles tendon problems. Pax told me that he had severe achilles problems and got rid of them by putting ice wrapped in a towel around the ankle area. He does this after he runs. Within a few days he noted very marked improvement and is now able to run with very little pain.

ANNOUNCING a fund raising banquet on July 10 (Friday) at 7 p.m. (This is a correction to the date of June 19 which we had in our last issue). The purpose of this banquet is to help raise funds to send Darryl Beardall (Marin AC) to the London to Brighton 52 mile race next fall. The banquet will be a pot-luck type dinner furnished by West Valley members. The 1969 Dipsea film which was put together by Paxton Beale will be shown. If you haven't seen this movie, you owe it to yourself to do so. It features some excellent action photography of one of the area's most famous races. We are also planning to have a guest speaker (as yet unknown) for the banquet. College of San Mateo will be the site (cafeteria for dinner). The college is easy to reach. Take the 19th Ave. Freeway (Half Moon Bay exit) off Bay-Shore Freeway in San Mateo and follow the signs to the college. The price for this fest will be only \$2.50 (\$1.50 for 12 and under). Any interested person is encouraged to attend. Bring your family and friends for a fun-filled outing with all your distance running friends from Northern California. We will guarantee 25% of all profits from this banquet to go to Beardall's travel fund. Individual and group donations to the fund are also welcome. So far we have donations from Jim Bowles, Jack Leydig, Peter Wood, and Jan Day for a total of \$10.00 in the fund. We will print a monthly total in the Newsletter hereafter so everyone can see how the fund is progressing. Let's have a Pacific Association runner at London this fall! All donation should be sent to Jack Leydig, 603 So. Eldorado, San Mateo, 94402 and checks should be made out to same. If you are planning on attending this banquet, write and let us know how many you intend to bring so we can make better seating and food arrangements.

Pete League has tentatively set the Tiburon race and maybe another as fund raising efforts for Darryl's fund. Marin will most likely donate 50% of the entry fees to the fund according to Pete.

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ADVERTISING

Our classified rates are 50¢ per line (about 7 to 7½ inches) per month and 50¢ per square inch for reproduction of photos, sketches, large printing, etc. Special rates for extra large ads. All advertising should be sent to the editors of this paper (not the publisher) 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 montly basis or something more convenient if desired. Checks should be made payable to West Valley Track Club. Help us out and make this Newsletter a continuing success. You are not only helping yourself but amateur athletics as well.

DISTANCE RUNNING BANQUET: A fund raising banquet to help send Darryl Beardall to the London to Brighton Race next fall. A pot-luck dinner, 1969 Dipsea film and a guest speaker. Date: July 10 (7 p.m.) at College of San Mateo cafeteria. Cost is \$2.50 per person (\$1.50 under 13). Twenty-five percent of profits to Darryl's fund. See more information above.

RUNNING UNLIMITED: (Tiger Distributor): Pete League, 1515 Cornell St., Berkeley, Calif., 94702 (Phone: 524-5205). 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 Southern California distributor to mail you your order directly.

DOG REPELLANT: West Valley TC is selling small dog repellent sprayers for \$2 each 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 weigh only an ounce. They are pressurized and will spray a fine mist over a wide area. They are probably good for about 15 "attacks". These are available at most area road races from Jack Leydig. No mail orders please as it is illegal to mail these in California. Hurry, our supply is getting small (only about 15 left)!

WEST VALLEY PORTRAITS

John Marconi

John is a junior at Burlingame High School and just recently joined West Valley. He lives at 1810 Elmwood Rd. in Burlingame. Phone number (342-5490). John is 17.

Marconi ran for the San Francisco Olympic Club before coming to West Valley. Some of his best times are 100 - 12.5, 220 - 27.5, 440 - 61.2, 880 - 2:08.5, mile - 4:38, 2 mile - 9:39.6, 3 mile - 15:22. Marconi has also done 1:49:47 for 30 km. on the roads (hilly course) and 3:39 for the marathon (1968) on the rugged Ocean to Bay course.

Some of John's best road races have been the 1968 Emerald Lake Run when he placed 24th in about 42:50. In the 1970 Napa Run he placed a strong 9th in 45:20 and was second high school runner.

Some of John's most exciting moments in running were being on Burlingame's second ranked 2 mile postal team in 1968 when he was a sophomore, and when his teammate Amaya ran a 4:11 mile in the 1969 State Meet Trials.

John is determined to make the marathon his favorite distance, mainly because of his limited speed. His single most important goal is to become a world ranked runner at this distance.

This summer John hopes to be working part time at Runner's World Magazine as a shipping clerk.

Photography is one of John's favorite hobbies and he is currently an active photographer for our Newsletter.

His major grievance is the fact that high school runners are not allowed to compete in open AAU competition during their regular seasons in cross country and track.

Chris Miller

Chris graduated from Los Altos High, received his B.S. from Lewis and Clark College in 1966 and his MA from Stanford the following year. He is 27, married, and has no children.

He is currently a physical education teacher at Portola Valley Junior High and lives at 659 Kendall Ave., Palo Alto, (phone 328-1236).

Miller holds some of West Valley's better times at the longer distances. His best track times are: 440 - 51.7, 880 - 1:53.6, mile - 4:05.3, two mile - 8:48.7, 3 mile - 13:43.4, 6 mile - 28:53.8 (29:50.4 for 10,000), 10 mile - 50:31.7, and steeplechase - 9:00.2.

His most exciting moments in his running career were his 4:06/9:11 double in a dual meet in 1966, his winning effort in the NAIA 3 mile in 1966 (14:18.8), and his victory in the Spanish Marathon in 1967 - 2:22:09.4.

Before joining West Valley, Chris competed for the Oregon TC (1962-66), Athens AC (1967) and the SF Olympic Club (1968).

Chris's immediate goal is to make the 1972 Olympic team. His goal beyond that is to keep running (not necessarily competitive) until he "goes under". He'll continue to run competitively until it becomes a "chore".

In area road racing he has always placed high and has won the Los Altos Midnite Run for eight consecutive years to date. Just recently he took third in the Golden Gate Marathon after not running competitively for three months.

Miller's resemblance to Jack Bachelor is shown mainly in his facial expressions and not in his track times.

Why is it that so few area road races have team championship awards? It seems to me that this would be one of the major awards to have. Otherwise, why bother to have teams at all? Many mediocre runners join a team in order to have a chance at winning. They may not be good enough to place high themselves, but they could help out a team by scoring in the top 25 or 30 runners. Clubs form a basis whereby runners that have graduated from college or are not competing for a high school or college can actively participate in the sport. If there were no clubs you would find a lot less interest in running after high school and college. I think that all area road races should at least offer some sort of award to the top two or three teams, assuming there are enough runners to make more than one team. I would appreciate any further comments on this editorial and would hope that some of the sponsors of races would offer team awards if they aren't already doing so.

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PA-AAU LONG DISTANCE RUNNING SCHEDULE

- June 13 - Novato 6.5 mile road race, Novato, Cal., 10 am; Marin AC, John Woodman, 705 Hacienda Way, San Rafael, Cal., 94903 (479-5768).
- June 21 - Woodminister 9.3 mile handicap race, Oakland, Cal. 10 am; EB-RRC, Chas. MacMahon, 855 Glendome Circle, Oakland, Cal.
- June 27 - 8 mile race, Redding, Cal., 10 am; Greater Redding Chamber of Commerce, John Gray, 4220 Oro St., Redding, Calif., 96001.
- June 28 - Holy City Run (9.08 miles), near San Jose, 9:30 am; West Valley TC, Bill Mackey, 5112 Rafton Dr., San Jose, Calif.
- July 5 - 5½ mile Wagon Train Day Race, Placerville, Cal., 9:30 am; Chuck Marks, 2879 Molly Lane, Placerville, Cal. 95667.
- July 12 - 9 mile road race, Felton, Cal., 9 am; R. Brown, Felton Businessmen's Association, P.O. Box 458, Felton, Calif. 95018.
- July 19 - 15 mile handicap race, Ft. Baker, Marin County, Calif., 10 am; Northern California Sr. Track Club, Tertius Chandler, 2400 Dwight Way, Berkeley, Calif. 841-1890.
- July 25 - 9 mile road race, Tiburon, Cal.; Marin AC, 10 am; John Woodman, 705 Woodman, 705 Hacienda Way, San Rafael, Calif. 94903 (479-5768).
- Aug. 1 - Half Moon Bay to Belmont Marathon (9:30 am); Belmont Recreation Association, Belmont, Calif.
- Aug. 8 - PA-AAU Lake Tahoe Relay (7 men, 72 miles), 9 am; Clubs, schools, or Service Teams only eligible. Peter O. Mattei, 1000 N. Point St., San Francisco, Calif. 94109.

UPCOMING TRACK & FIELD MEETS

- June 13 - PA-AAU Track & Field Championships, Sacramento, Cal., (5 km., 10 km., steeplechase, etc.); A. Baeta, 4700 College Oak Dr., Sacramento, Calif., 95841.
- June 18-21- Senior Olympics, Los Angeles Memorial Coliseum; Information and entries from: Senior Olympics, Helen Hall, 8760 Venice Blvd., Los Angeles, Cal., 90034.
- June 20 - Golden West Invitational (high school only), Sacramento, Calif.
- June 26-27- Natl. AAU Track and Field Championships, Bakersfield, Cal., Meet Director Gil Bishop, 2105 24th St., Bakersfield, Cal. 93301.
- June 27 - Northern Cal. Srs. TC track meet, 10 am, site to be announced.
- July 2-5 - Third Annual US Masters Track & Field Championships, San Diego, Calif. Entry information available from Flory Rodd, Sec-Treas., Nor. Cal Sr. TC, 1816 Harvard Dr., Alameda, Cal. 94501. Entries close on June 29th.

June 13 - Pacific Association Championships, Sacramento, Cal. (5 km).

****For further information and details on the above race and for other race walking information, contact Bill Ranney, One Barker Ct., Fairfax, Calif., 94930 (Phone: 456-2641).

AGE GROUP SCHEDULE

****For information concerning age group racing, contact one of the following individuals:

Gary Gallego 3682 Bridgeport Ct. San Jose, Cal.	Mike Ipsen Box 868 Redwood City, Cal.	Dick Casper 1427 Leissen Rd. Salinas, Cal.
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Van Parish 148 Hedge Rd. Menlo Park, Cal.	John Garber P.O. Box 31 Mill Valley, Cal.	Keith Avera 545 Coakey Dr. San Jose, Cal.
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RACE WALKING RESULTS

(May 30): Kennedy Games: 5000 meter walk - winner was Bill Ranney of the Athens AC in 23:40.8 over Jim Lopes (24:10), Brodie (25:09.8), Lansing (25:13.4), Heidenreich (25:37.0). (Bruce Adair - US Army - finished first in 23:05.8, but was disqualified for running).

***** These are all the results that we have for May. I know that we are missing a lot but were not sent any further information. Come on you walkers, send us information on your races. Don't assume we get results from someone else.

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AGE GROUP RESULTS

We have not been sent any age group results and therefore cannot write much in this category. We do have some information on how some of West Valley's age groupers did recently. On April 5th in the Woodside Invitational, Chris Clark (10-11) took a 3rd in the 220 in 30.7 and a 5th in the 440 in 70.0. Richard Clark (12-13) took a 4th in the mile (5:28.0) and a 4th in the 440 (66.0) in the same meet. In the PA-AAU Championship Meet at San Jose, Chris took 3rd in the 220 in 29.0 and Richard took first in the pole vault. Richard already has the state record for his age group in the pole vault and is only six inches shy of the national record. In the same meet, West Valley's newest addition, Mike Weyland (14-15) took a second place in the 880 with a good 2:16.1. In the 14-15 age group mile relay West Valley's team took a fourth but ran at a disadvantage with the underage Clarks. The top six teams qualified for the State Meet which is to be held on June 6 at Sequoia High in Redwood City (8 pm). In the relay, Jess Kerling was West Valley's other runner. Richard and Chris Clark recently placed 646th and 788th respectively in the Bay to Breakers race.

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MISCELLANEOUS RESULTS

On May 6, West Valley's John Marconi raced to a personal best two mile behind teammate Dave Montoya (9:39.4 to 9:39.6). West Valley's Jim Bowles ran to a 4:15.8 mile last month in Sacramento. Doug Rustad was invited to compete in the Modesto Relays 5000 meter race. He ran a 9:19 for the first two miles before dropping out. The race was won by Gerry Lindgren in 13:58.

In the Northern California JC Meet, West Valley College's Dan Cruz ran to a good 4:12.7. He later placed 5th in the State meet at Modesto in 4:17.3. He was Nor Cal's first finisher. Hernandez of SF City College was 6th in 4:18.0. Nor Cal entries did better in the two mile: Weaver (Amer. River) - 9:13.4, Currie (DeAnza) - 9:13.5, and Bautista (Chabot) - 9:21.7. They finished second through fourth respectively.

On May 17, there was a practice run for the Bay to Breakers Race. It was a two way race, out and back, with some stopping at the halfway point. West Valley's Willie Cronin took top honors going out (42:35) and made it back even faster (42:05) for a total time of 1:24:40. The others were far back (five minutes on the one way and 13 minutes on the round trip).

Stanford's Duncan MacDonald ran a 3rd place in the Pacific Eight mile and recorded the first sub-4:00 mile by a Stanford runner with his 3:59.6. Rick Riley won in 3:59.2 and Roscoe Divine was right behind in 3:59.3. Brook Thomas, also of Stanford, took 4th in the steeplechase as he just dipped under 9 minutes.

On April 19, West Valley's Rich Delgado ran to a 31 second victory over Marin AC's Darryl Beardall in the 5 1/2 mile Mt. Vaca race (all uphill). Delgado's winning time was 38:42 and Beardall was 39:13. These are the only results we have available and would like to print the rest if someone would send them to us. The race was in Vacaville.

Results of a six mile track race held at Foothill College on May 19. First place was Peter Wood (Marin AC) in 33:15. Other finishers were: John Stockwell (Foothill JC) 33:35, Joe Henderson (Marin AC) 33:50, Ken Wada (Foothill JC) 35:22, Bob Anderson (unat.) 35:22, Bill Flodberg (Solano TC) 35:36, Bruce Castle (unat.) 37:35, Paul Sebasta (unat.) 40:45, Urgan Faubian (unat.) 42:13, -- that's all folks.

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WEST VALLEY'S JIM HOWELL WINS MORGAN HILL RUN

(May 2): On a hot day in the low 90's, West Valley ace Jim Howell ran to a two minute victory over Foothill's Tom Renaghan. The race was supposed to be 9.5 miles and was in the area of Anderson Dam near Morgan Hill. The finishers were: (19 finishers)

- | | | | |
|-----------------------------------|-------|----------------------------|-------|
| 1 - Jim Howell (West Valley TC) | 52:14 | 11 - Urban Faubian (unat.) | 68:57 |
| 2 - Tom Renaghan (Foothill JC) | 54:26 | 12 - Bruce Castle (unat.) | 69:43 |
| 3 - Peter Wood (Marin AC) | 54:56 | 13 - Joe Ruiz (unat.) | 70:37 |
| 4 - Fernando Triado (Morgan Hill) | 57:52 | 14 - Mark Bittle (unat.) | 72:28 |
| 5 - John Stockwell (Foothill JC) | 59:25 | 15 - Darson Faber (unat.) | 72:28 |
| 6 - Joe Henderson (Marin AC) | 60:33 | 16 - Joe Hernandez (unat.) | 73:07 |
| 7 - Rich Peterson (unat.) | 61:29 | 17 - Bob Labrado (unat.) | 74:00 |
| 8 - Bill Flodberg (Solano TC) | 63:59 | 18 - Dwight Fawler (unat.) | 77:08 |
| 9 - Thurle Thorton (unat.) | 64:46 | 19 - Jim Woodruff (unat.) | 79:08 |
| 10 - Vito Dalvia (unat.) | 68:11 | | |

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DOUG RUSTAD LEADS WEST VALLEY TO SAC'TO 20.7 MILE WIN

(May 9): West Valley's Doug Rustad and John Loeschhorn of the Air Force ran neck and neck for 10 miles (53:13) before John pulled out with stomach cramps and Rustad went on to score a 3 minute victory over Steve Dean who took second. West Valley easily won the team title as its first three men were in the top five. Surprise fourth place finisher was West Valley's Willie Cronin who has been showing marked improvement lately. The top three senior finishers were Ralph Paffenbarger (NCSTC), Paul Reese (NCSTC) and Jim O'Neil (SFOC). All three finished in the top 20 (44 finished). Sixty-nine started but the heat forced many to quit.

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|-----------------------------------|---------|-------------------------------|---------|
| 1 - Doug Rustad (West Valley) | 1:51:04 | 11 - Frank Hagerty (unat.) | 2:13:17 |
| 2 - Steve Dean (Sac'to State) | 1:54:17 | 12 - Burton Roseman (Texas) | 2:14:11 |
| 3 - Doug Butt (Marin AC) | 1:57:27 | 13 - Bob Stephenson (WVTC) | 2:14:53 |
| 4 - Willie Cronin (West Valley) | 2:01:57 | 14 - Ralph Paffenbarger(NCS) | 2:15:16 |
| 5 - Jack Leydig (West Valley) | 2:02:09 | 15 - Joe Henderson (Marin AC) | 2:17:12 |
| 6 - Bill Peck (High Sierra TC) | 2:02:26 | 16 - Ted de Lustignan (Marin) | 2:18:01 |
| 7 - Darryl Beardall (Marin AC) | 2:05:22 | 17 - Paul Reese (NCSTC) | 2:18:59 |
| 8 - Dennis Mathews (Solano TC) | 2:08:11 | 18 - Jim O'Neil (SFOC) | 2:20:36 |
| 9 - Pete Hanson (unat.) | 2:12:16 | 19 - Jim Bowles (West Valley) | 2:22:13 |
| 10 - Chuck Waldman (Cal Aggie TC) | 2:12:42 | 20 - Bill Yee (unat.) | 2:25:00 |

DOUG RUSTAD, DON PICKETT WIN GOLDEN GATE PARK 8 AND 4 MILE RUNS

(May 16): On a warm day (high 70's), West Valley's Doug Rustad won his second race in a row by taking a 55 second victory over teammate Jack Leydig in an 8 mile run held in Golden Gate Park. West Valley won the team title by scoring (1-2-4-8-9). In the shorter 4 mile senior race, the SF Olympic Club's Don Pickett won handily in 22:55. This race was run by some under 40 and women and children, although it was supposed to be for only men over 40. Below, their times are included but not their places. Peter Wood ran thru the first 4 miles in close to winning time but chose to go the entire 8 as did nine other senior runners. Peter was first senior finisher in the long race. Flory Rodd was second (36th) and John Hutchinson was third (53rd). The two races were held at the same time and the runners who ran only four miles merely came through the finish at the end of the first lap (two lap course). A total of 164 runners turned out. Below are winners and placers of both races:

1 - Doug Rustad (West Valley)	41:18	11 - Tony Casillas (WVTC)	47:06
2 - Jack Leydig (West Valley)	42:13	12 - Jose Dones (SBAA)	47:23
3 - Doug Butt (Marin AC)	44:02	13 - Bob Baglan	47:40
4 - Jim Howell (West Valley)	44:39	14 - Darrell Geong	47:48
5 - W. Schmulewich (Lincoln HS)	44:51	15 - Bill Posedel	48:01
6 - Tom Renaghan (Maranon)	45:14	16 - Burt Roseman	48:18
7 - John Spurr (Stanford RC)	45:58	17 - Ken Scaladini	48:34
8 - Bob Stephenson (West Valley)	46:03	18 - Glen McCarthy	48:41
9 - Ken Napier (West Valley)	46:26	19 - Mike Conroy	48:46
10 - August Cano	46:35	20 - Peter Wood (40)(Marin)	48:57
(other West Valley finishers: 68 - Bob Mignosa - 56:02)			
1 - Don Pickett (SFOC)	22:55	7 - Gene Santos	25:13
2 - Frank Harrison	23:20	8 - Jack Bettencourt (SFOC)	25:16
3 - Dave Stevenson	23:32	Keith Nowell (16)	25:23
4 - Alan Waterman	23:52	Mark Ashton (16)	25:26
Steve Lippi (17)	24:11	9 - Phil Paulson	25:33
5 - Carl Martin (West Valley)	24:17	Steve Johnson (18)	25:48
Pat Cunneen (36)	24:21	10 - Harry Williams	25:51
6 - Peter Mattei (NCSTC)	24:32	11 - Bob Porter	25:58

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KEN MOORE WINS BAY TO BREAKERS RACE FOR THIRD STRAIGHT TIME

(May 24): Army's Ken Moore ran away with the Bay to Breakers title for the third consecutive year with a time of 39:29, well off his course record. The times this year were slower than normal due to a strong headwind that hampered runners for most of the distance. Trophies went to the Pacific Coast Club for the team title, Dr. Paul Spangler for being the oldest finisher (72), to George and Steve Martin of Davis as the first father-son combination, Dr. Peter Wood as the first senior and to Ron Elijah of Novato High School as the first prep. We do not have complete team scores at press time for the race because the Examiner hadn't figured them out by five days after the race. We'll have complete team scores in July's Newsletter. Sorry for the delay. Top three Pacific Association runners were John Loeschhorn (5th), Rich Delgado (6th) and Skip Houk (11th). Below are listed the top 60 finishers and their times. Please excuse us for misspellings of names and improper affiliations. We are taking the results from the Examiner.

1 - Ken Moore (US Army)	39:29	31 - Jose Garcia (SFAC)	41:53
2 - Jerry Jobski (Pacific CC)	39:38	32 - KA. Schroers (Aggie TC)	41:54
3 - Jim Crawford (BTC)	39:40	33 - Victor Cary (unat.)	41:57
4 - Bill Norris (US Army)	39:42	34 - Humberto Hernandez (unat.)	42:01
5 - John Loeschhorn (Air Force)	39:47	35 - Jay Segal (??)	42:02
6 - Rich Delgado (West Valley TC)	39:52	36 - David Heffern (unat.)	42:05
7 - Pete Kaal (Okla. State Univ)	40:02	37 - Kirk Hall (Air Force)	42:07
8 - John Mason (Pacific Coast)	40:03	38 - Dale Severy (unat.)	42:11
9 - Chuck LaBenz (Pacific Coast)	40:13	39 - Steve Dean (Sac'to State)	42:12
10 - Tom Von Ruden (Pacific Coast)	40:13	40 - John Axelson (Aggie TC)	42:13
11 - Skip Houk (Athens AC)	40:37	41 - Bob Darling (Chico State)	42:20
12 - Bernie Lahde (Maranon TC)	40:42	42 - Danny Stilwell (Aggie TC)	42:21
13 - Ed Haver (Aggie TC)	40:51	43 - Mike Knott (unat.)	42:25
14 - Byron Spradlin (Aggie TC)	41:01	44 - Bob Stephenson (WVTC)	42:35
15 - John Lawson (Pacific Coast)	41:02	45 - Jim Howell (West Valley)	42:42

16 - Jack Leydig (West Valley)	41:05	46 - Greg Chapman (Solano TC)	43:04
17 - Byron Lowry (SFOC)	41:11	47 - Greg Walton (unat.)	43:10
18 - Bill Moran (unat.)	41:23	48 - Steve Noland (SF State)	43:11
19 - Terry Donnelly (unat.)	41:24	49 - J. McDevitt Jr. (unat.)	43:13
20 - Ray Darwin (Culver City AC)	41:26	50 - Willie Cronin (WVTC)	43:15
21 - Bill Kelley (unat.)	41:27	51 - Bruce McBurney (Air Force)	43:18
22 - Darryl Beardall (Marin AC)	41:34	52 - Frank Hagerty (Alameda TC)	43:28
23 - Bob Crow (Solano TC)	41:36	53 - Rudolpho Navarez (unat.)	43:32
24 - Doug Butt (Marin AC)	41:37	54 - Greg Aronson (WVTC)	43:35
25 - Jan Day (unat.)	41:41	55 - John Martin (Air Force)	43:37
26 - Darren George (Napa Valley TC)	41:53	56 - Bill Seaver (unat.)	43:47
27 - Mark Norman (unat.)	41:47	57 - Evan Smith (unat.)	43:48
28 - Don Makela (Marin AC)	41:49	58 - Frank Freyne (CCAC)	43:52
29 - Ron Elijah (Marin AC)	41:50	59 - H. Hansen (Aggie TC)	43:55
30 - Bill Ripple (unat.)	41:50	60 - Ernie Gamma (Foothill JC)	43:56

(other West Valley finishers: 70 - Ken Napier (44:34), 80 - Jim Bowles (44:59), 115 - Tony Casillas (46:24), 223 - Mike Haswell (48:56), 315 - Keith Campbell (50:03), 355 - Bob Mignosa (50:30), 370 - Dave Kamrar (50:38), 383 - Jim Mackey (50:49), 471 - Frank Cunningham (52:03), 615 - Richard Clark (55:01), 748 - Chris Clark (56:50).

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SKIP HOUK RUNS OFF WITH FIRST ANNUAL GOLDEN GATE MARATHON

(May 30): On a rather warm day (75-80°), Athens' star Skip Houk ran away from a strong field at five miles to win the First Annual Golden Gate Marathon in a time of 2:34:04 to beat runnerup Rich Delgado of West Valley Track Club by almost two minutes. Delgado led a virtual West Valley sweep as the club also ran off with third and fourth place. The race started at a quick pace as Houk and West Valley's Leydig hit the five mile mark in 27:15. At ten miles Houk was all alone and pulling away in 55:10. Leydig was still second in 55:40. Shortly after 12 miles Miller pulled into second and Delgado into third as Leydig fell to fourth. The position stayed that way until 23 miles when Cronin passed Leydig who eventually dropped out heat exhaustion. With a mile or so to go, Delgado passed Miller and went on to finish second. Miller was third and fast improving Cronin took fourth. Below are partial results. Look for complete results in next issue as well as corrections to any times we may be wrong on. About 400 started the race and we don't know how many finished. The course was a tough one with several good hills and one tough hill at about 22 miles. The race started on the east side of the Tiburon Peninsula and finished on the Marina Greens in San Francisco after winding through Mill Valley, Sausalito and other parts of Marin County. The race also proceeded over the Golden Gate Bridge where many runners had to dodge pedestrians. The top 12 finishers (times for first 10):

1 - Skip Houk (Athens AC)	2:34:04	7 - Jose Garcia (SFAC)	2:48:07
2 - Rich Delgado (West Valley TC)	2:35:40	8 - Doug Sailors (CCAC)	2:50:40
3 - Chris Miller (West Valley TC)	2:36:11	9 - John Spurr (StanfordRC)	2:51:41
4 - Willie Cronin (West Valley TC)	2:43:26	10 - Maron (Long Beach)	2:51:44
5 - Darryl Beardall (Marin AC)	2:43:45	11 - Jim Howell (WVTC)	no time
6 - Tom Renaghan (Maranon TC)	2:44:48	12 - Ken Napier (WVTC)	no time

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BEST NOR-CAL PREP DISTANCE MARKS THRU MAY 28

Rick Brown (Los Altos)	1:51.7	Dave Chamness (Awalt)	4:15.7
Geoff Henderson (Wash SF)	1:53.0	Bob Manning (De LaSalle)	4:17.2
Victor Scott (Sacramento)	1:53.1	Dan McKenna (Balboa)	4:18.9
Mark Van Elswyck (Burbank)	1:53.2n	Cliff Rees (Dinuba)	4:19.0
Larry Davis (Los Altos)	1:53.3n	Kurt Schoenrock (La Sierra)	4:19.0n
Bob See (Del Valle)	1:53.9n	Dave Montoya (Burlingame)	4:19.5n
Tom Verette (Awalt)	1:54.1n	Chuck Mork (Wash. Fremont)	4:19.5
Harry Nicholas (Reedley)	1:54.2	Mike Hart (Willow Glen)	4:19.6
Randy Carlson (Westmont)	1:54.6n	Jack Bush (Piedmont Hills)	4:19.8
Mike Tyrrell (Saratoga)	1:54.6n	Mike Palomino (El Cerrito)	4:19.9

Tom Hale (Campolindo)	9:08.0	Granillo (E. B'field)	9:20.4
Bill Frank (Vanden)	9:17.9n	Edwards (Highlands)	9:21.8n
Kasto Lopez (Sanger)	9:19.0	Mathers (La Sierra)	9:20.6n
Bob McCarty (St. Francis)	9:19.2	Mork (Wash. Fremont)	9:22.0n



Winners in the 20.7 mile Sacramento to Woodland Run (race chairman Don Giebel, 1st placer Doug Rustad (West Valley), 2nd - Steve Dean (Sacramento State), 3rd - Doug Butt (Marin AC), Sue Corcoran (Miss Yolo County), Ralph Paffenbarger (NCSTC) - 1st senior, Paul Reese (NCSTC) - 2nd senior, Jim O'Neil (SFOC) - 3rd senior, and starter Slim Roberts).
 (Woodland Daily Democrat Photo)



Skip Houk (Athens AC) is on the comeback trail after a series of leg injuries. He recently finished 11th in the Bay to Breakers and won the Golden Gate Marathon. Marin's Darryl Beardall still remains the high point man in the unofficial point standings for the PA-AAU cross country team for 1970. (DRN Photo)



"FOR THE NEXT BAY TO BREAKERS WE'D BETTER WORK ON A FASTER START"



Chris Miller, featured in this issue's West Valley Portraits. (Photo by J. Marconi)



John Marconi, featured in West Valley Portraits. (Photo by Leydig)



Marin AC's Peter Wood has been the class of the Nor Cal Senior field this year. He recently was first over 40 in the Bay to Breakers.



West Valley's Jim Howell recently won the Morgan Hill 9.5 mile run and finished 11th in the Golden Gate Marathon. (Photo by L. Winward)



The Army's Ken Moore took his third consecutive victory in the Bay to Breakers Race. (Photo by J. Marconi)



West Valley's Rich Delgado placed sixth in the Bay to Breakers (here) and second in the G.G. Marathon. (Photo by Marconi)



Junior Morgan
High jump - Relay



Keith Campbell
6 mile, 3 mile, & 2 mile
Relay - Marathon



Frank Cunningham
Discus - Hammer - Marathon



Bob Morrisette
Sprints, Relay,
B. Jump



Harry Hill
2 mile, 1 mile, Relay



The Mackeys - L to R.
Bill - Shotput, Bill Jr. - Relay
Jim - Relay; Bob - Relay



Carl Martin
Relay