

WEST
VALLEY



NEWSLETTER

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This Newsletter is published on a monthly basis by the West Valley Track Club of San Jose. It is a communication medium 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 - 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, Larry Winward, and others from time to time. Our cartoonist is Marin AC's Lee Holley.

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INSIDE THIS ISSUE...

Idea for a new point system in our unofficial race for an all-Northern California (Pacific Association) road running and cross country team. Progress report on Darryl Beardall's travel fund for the London to Brighton Race this fall. West Valley Portrait: Tony Casillas. A new section on PA-AAU runners and how they train - Ralph Paffenbarger in this issue. Road running schedule through mid-October. Road running results from Novato, Placerville, Felton, Ft. Baker, Tiburon, Half Moon Bay Marathon, and the Lake Tahoe Relay (partial only). Plus race walking and all-comers meet results and two full picture pages, and more!!

Your ideas for the continuing success of this paper are appreciated. We need especially the following: age group results, race walking results, high school & college racing.

WEST VALLEY'S NEW MEMBERS...

The club picked up quite a few runners of top caliber during the past month. These include Harry Cross, Vic Cary, Dave Kamrar, Dan Urtiaga, Fred Mendoza, Bill Lamb, and Manny Adriano.

Harry Cross lives at 2414 Virginia St., Berkeley, 94709 (Ph. 843-1431) and is 26. Some of his best track times include a 10.4 for the 100, 22.8 for the 220, 440 (49.7r), 880 (1:52.8), 1320 (3:09), mile (4:38) and two mile (10:08). He finished 165th in this year's Bay to Breakers in 47:45 and did 21:09 for a 4 mile race in 1968.

Vic Cary will be a senior at the University of California in Berkeley. He has a 4:15 mile best and 9:14 for two miles. He was instrumental in West Valley's second place finish at the Lake Tahoe Relay recently.

Dave Kamrar joined us a few months ago but we didn't have any of his best marks. His times are as follows: 660 - 1:18; 880 - 1:52; mile - 4:06; 2 mile - 9:03; and three mile - 14:17 (first place in the Missouri Valley Federation Meet).

Dan Urtiaga attends Cal State at Hayward and led off West Valley's "B" team at the Tahoe Relay. We don't have any of his best times available for this issue.

Fred Mendoza is 31 and lives at 780 N. Fair Oaks Ave. in Sunnyvale (Ph. 736-4664). Recently he has competed in the Bay to Breaker's, Holy City and Felton races. Fred is looking for others in the Sunnyvale area to train with. Give him a call if you're interested.

Bill Lamb is 25 years old and lives at 2149 Brown Ave. in Santa Clara (95051). He has best times of 27:27 for 5 miles and 59:11 for 10 miles. He has run the Pikes Peak Marathon three times!! His phone number is 247-1940.

A new addition to West Valley's walking ranks is Manny Adriano, 22 years old. He resides at 167 N. Taaffe St., Sunnyvale (94086). Phone: 739-4746. All his best walking times have been set recently (1969-70). Some of his best track times are: mile - 6:51.2; 2 mile - 14:57.6; 5 mile - 40:24; 15 km - 1:19:22. Before coming to West Valley, Manny ran with the Santa Clara Valley Youth Village (1962-68).

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THIS AND THAT....

Captain Abebe Bikila, the barefoot Ethiopian runner who twice won the Olympic marathon (1960, 1964), has not given up athletics. He recently competed in the International Paralympic Games in London. Bikila has been partially paralyzed and confined to a wheelchair since an auto accident last year.

San Francisco State College Athletic Director Paul Rundell announced recently that Gayle Hopkins, former Olympian and All-American from the University of Arizona, has been appointed head track and field coach effective with the start of the fall semester. Hopkins, 28, succeeds Bob Lualhati who accepted a similar position at Skyline Junior College in San Bruno.

Bill Clark, a newcomer to the Pacific Association and now living in San Jose, was invited to compete in the Canadian National Exhibition Marathon in Toronto on the 25th of August. Last year Jeff Julian won in a then personal best of 2:15:41. Bob Moore was second in 2:18:55. Bob Deines was the first American across the line in 7th at 2:27:52.6.

A bunch of address changes and telephone numbers for West Valley members: Harold DeMoss is now at 1203 W. McKinley Dr. in Sunnyvale (94087) - Ph. 964-6636. Herb Ashton moved to Hillside Square Apts. #204, 2727 Edison St., San Mateo. Martins Ande, West Valley's Nigerian Olympian, can be contacted at P.O. Box 68, Occidental College, Los Angeles, Cal. Grant Garber's phone number is 377-1093. Tony Casillas switched apartments and now lives at 23972 Second St., #7, Hayward. Jim Howell's phone number is 941-1030.

Our apologies to those at our Holy City Run that didn't get patches. We had promised patches to the top 200 finishers but the patches were mistakenly handed out on a first come basis (first to turn in their sticks). As a result, several people in the top 200 didn't get their patches. We checked on the possibility of ordering more, but we would have to order in lots of 100. This won't happen again next year.

Several Pacific Association runners were chosen to attend the Olympic Development training camp in Pullman, Washington (Washington State Univ.) during the last part of July and the first part of August. There may have been others, but we know of the following for sure: Byron Lowry, Bill Scobey, John Loeschhorn. Jerry Lansing and Jim Lopes attended a similar training camp for walkers in Colorado.

Pax Beale, Elaine Pederson, and Flory Rodd recently competed in the Spanish National Marathon (Madrid?). We don't know how they finished, but will have their times and places for the September issue.

While West Valley was taking second behind Pacific Coast Club at the Lake Tahoe Relay, wedding bells were ringing for Charlie Harris and Vivian Kisthardt. Charlie had qualified for our first team at Tahoe but obviously had more important matters to attend to on that day. Our congratulations. They spent their honeymoon in Hawaii.

Another timely (or untimely) happening was the birth of the Rustad's first baby, Kendrick, on August 3. All is well except for some lack of sleep. Doug's wife, Sonya, had just gotten out of the hospital at the time of the Tahoe Relay and thus Doug couldn't make the trip either.

Two Pacific Association walkers toured Europe this summer. They are Tom Dooley and Bill Ranney, both of the Athens Club. Dooley was on the U.S. National team that had dual meets with France, Germany and the USSR. He was pulled to his best clockings in the process, although we don't have the times for this issue.

If other track clubs in our area or Southern California put out similar Newsletters, we would like to exchange with you. We are currently doing so with the NCSTC, DSE, San Diego TC, and Seniors TC (Los Angeles).

Two 10 man teams, one from San Francisco Police Department and the other from the Los Angeles Police Department, started a race from L.A. to S.F. Each man was to run 10 miles at a time. Among the S.F. team were several Dolphin-South End Rowing Club members: Bill Pose-del, Ken Scalamini, Jack Jordan, Tom Dougherty, and Ed Preston. Unfortunately, injuries and hard luck forced the S.F. team to concede defeat before arrival home. However, they did an outstanding job.

We have had quite a few suggestions concerning our point system and the means of selecting an "All Star" team for the Pacific Association. Currently we are in the process of re-evaluating on the basis of a new system that I will describe below. As a result, this issue will not have any running totals. They will be printed in the September issue because we haven't finished tabulating them yet. If someone would like to offer more suggestions, don't hesitate to let us know. We have had suggestions whereby we should do a similar thing for senior runners. The auditing for all this is extremely heavy. We could establish a deadline whereby each runner in contention submits a form which has date, race, and place/time. These would be audited by our selection committee. This could be done for both seniors and regular runners. We have most of the results for the races complete, but are lacking the Alameda TC Cross Country carnival results. If anyone has them, please send us a copy at once.

The new system for point totaling that we are using consists of the following: Add up the place of finish for each race that the runner has competed in, but only if he has finished in the top ten in a race. This doesn't penalize a good runner who may have a bad day or two because of an injury, etc. For instance, if a runner places 4-5-2-7-10-4 in six races throughout the year, his point total would be 32. The next step is to take an average place. Thus, $32/6$ is 5.33. This represents the runner's average placing in the six races. If he has placed out of the top 10 in other races, these are not counted. Now, so that the number of races run plays a part in the standings, divide this average place once more by the number of races run (in the top 10). Thus, $5.33/6$ is 0.888. Using this system, two second place finishes is equivalent to a first place finish; two fourth place finishes is equal to a second, etc. The number of races plays a part, but is not the most important factor. The smaller the number, the better the runner. We could also start a PA-AAU record book for all-time low point totals. Theoretically, if a runner took a first place in all the races throughout the year, he would have the lowest total possible. If a runner is good enough, he may only have to run 6-8 races a year, but if he wins all of them or gets second in a few, he will probably still qualify for the "team". Actually, this could be a way for all runners in the Association to compare themselves on paper at home. Of course they need not limit themselves to the "top 10" rule I have set up. We are still going to use only Pacific Association races but will mention other good performances in a summary to be published either in next issue or October's.

There has also been talk about using a strict point system, and no voting. I can see two distinct advantages to this. First of all, the team would be chosen objectively and it would not turn into a popularity contest. Runners would be chosen for their running ability only. Secondly, unless a good balloting system is developed, this might tend to penalize some of the runners who are known only during a certain part of the year. For instance, some good runners compete only during certain times of the year and are not known by other runners very well. This could hurt them in balloting. Also, what races should the ballots be passed out at? As you can see, the balloting system probably causes more problems than it is worth. So, we ask our readers to determine a fair and objective point system so that this will be the way the team is determined. Counting the races through the end of July, it looks like we have the following placings for the top six runners (we haven't included point totals because this is only a rough estimate): Delgado, Beardall, Mejia, Rustad, Leydig, Butt. Mejia is third on the basis of his five first place finishes: average place is 1, divided by number of races (5) to get 0.200. We think this system is easy to use and is a much better indication than the old point system we were using. Comments?

Currently our Darryl Beardall fund stands at \$188.07. We need a total of \$700 for a round trip ticket to London. We hope to add several hundred dollars more at the Pierce Point Ridge Run. This race is solely for the purpose of raising money for Darryl. We need the total \$700 by no later than September 20 (approximately). If you haven't contributed, please help out, even if it's only a quarter. Send all donations to Jack Leydig, 603 So. Eldorado, San Mateo, 94402 (make checks out to same). It looks like we're going to make the necessary total only through individual donations, so please help out in any way that you can. We have a donation box at most road races. Some contributors that I can remember are Peter Mattei, Napa Valley RC, Don Pickett, John Marconi, Pete League (a very healthy sum too), Tom Tripodes, Paul Reese, Jim O'Neil, and many others who drop in coins and bills at the races. Also, a hearty thanks to all those who attended our fund raising banquet. One-fourth of our proceeds (\$41.50) went to the Beardall fund. Approximately 110 were in attendance. Pax Beale kindly offered to show his Dipsea film at no cost and also

postponed his trip to Spain in order to help out Darryl. We gathered \$28 in individual donations from people as they left the banquet (in addition to the proceeds of the ticket sales) as a result of a stirring speech made by 103 year old Larry Lewis. Special guest speaker was Norm Bright, Dipsea record holder, who came down from Washington for the banquet. Thanks to all West Valley members who helped make the banquet a success by bringing all the food for the dinner. We sort of misjudged on the spaghetti however and had about 50 pounds too much. Time is running out on our fund raising drive so let's make an all out effort to get the remaining money before the end of September. Let's show the rest of the country that the Pacific Association has top class distance runners too.

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ADVERTISING

Our classified rates are 50¢ per line (about 7 to 7½ inches) per month and 50¢ per sq. inch for reproduction of photos, sketches, large printing, etc. Special rates for extra large ads, inserts, etc. All advertising should be sent to the editor of this paper (not the publisher) at least a week before the end of each month to ensure space in the following issue. 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.

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.

DOUBLE DIPSEA: Are you man enough to eat Granny Goose? Do you have any iron in that thing? Join us in a 13.4 mile handicap Double Dipsea at 10 am on September 13, Lytton Square, Mill Valley. Entry fee \$2.00, patches to first 125, ribbons to all others. Many trophies - women, kids, old bastards. Special trophy to first man over 200 pounds to finish under 4 hours. Entry deadline is September 6th. Time limit: 4 hours. Mail entries to Walt Stack, 321 Collingwood St., S.F., 94114. Sponsors: S.F.-Dolphin-South End Runners. Co-sponsors: National Trophy Co., 2233 Market St., S.F. (861-6616) and Olympic Sporting Goods, 2241 Market St., S.F. (552-1675).

DOG REPELLANT: We are out of dog repellent sprays and are not planning on getting any more in stock. We sold about 100 of these very effective sprays in the past few months but have just plain run out of our supply. If there is enough demand, we will order more. Write us.

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WEST VALLEY PORTRAIT

Tony Casillas is 24 years old, married, and is a student at Cal State in Hayward and began teaching junior high at Roosevelt Jr. High this year. He attended So. San Francisco High School, College of San Mateo, and Cal State, Hayward. He has a BA degree, secondary credentials, and is currently working on his elementary credentials. He lives with his wife at 23972 Second St., #7, Hayward.

Before coming to West Valley last fall, Tony competed for the Redwood City Striders and the Golden Gate Track Club. Tony's best track times include the following: 880 - 1:56 (Golden Gate Conference Finals, 3rd place); mile - 4:22; 2 mile - 9:40; 3 mile - 15:00; 5000m - 15:28. In road racing and cross country, Casillas excels also. He was third in the GGC cross country finals in 1963 and went on to take 13th place in the Nor Cal finals that same year. He has a best of 10 miles, 1100 yds. for an hour run (which he recently broke - August 15, no distance yet available). During the successive years 1964-67, Tony finished 16th, 14th, 19th, and 20th in the Bay to Breakers Race.

His three most exciting moments in his running career were when he anchored his winning CSM team at the Golden Gate Invitation in 1965 (JC Sprint Medley). He passed the leader with 10 yards to go to win it. His third place GGC cross country finish as a freshman and making all-Nor Cal in the process also ranks high on his list. The other exciting moment in his career was when he placed 4th in the Peninsula League finals as a junior at South S.F. High. In this race he was only 15 and he was running against a team (Hillsdale) that was ranked number one in the National postal competition. Incidentally, in that race, current West Valley runners Larry Winward and Jack Leydig ran one-two.

Tony's goals are to enjoy running and improve his times. He wants to run as long as possible and feels he can at least equal his best times, mainly because he will not be running under pressure. He feels he had his best running days at CSM and thinks the best team

he ever associated with was the 1964 College of San Mateo cross country team. He has great admiration for Bernie Wagner, his collegiate coach (now head coach at Oregon State), and his high school coaches who helped him a great deal. Summing up his feelings toward running, Tony says, "I run because I dig it."

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PACIFIC ASSOCIATION PORTRAIT

Meet Ralph Paffenbarger: Berkeley, Calif. (Northern Calif. Senior TC). 5'8", 145 lbs., 47 years old (born Oct. 21, 1922) (Columbus, Ohio). Married, 6 children. Began racing on November 24, 1967 (the day after Thanksgiving!!), at age 45.

TRAINING: Daily noon time runs at 8-8½ minutes per mile, averaging 50-70 miles per week; little change with the season. One longer run on the weekend. Longest ever training run: 38 miles in 5:15.

BEST TIMES: marathon-2:52:56; 50 miles-6:39:30; 3-day 100 miler-12:29:02. Favorite racing range: every fortnight, more frequent indulgence proves too traumatic on the connective tissues of an old man. Favorite distance: marathon and farther.

DESCRIPTION OF RACING AND TRAINING: My coaches are Paul Reese, Flory Rodd, Jeff Kroot, Joe Henderson, Peter Mattei, and Pax Beale, although none of them knows it (until now!). For individuals motivated toward good health--physical, social and mental--the virtues of running are well established. One demonstrates self-discipline and perseverance in the process of regular (preferably daily) training runs. When properly programmed, fun and camaraderie are part of the picture.

As an epidemiologist, a scientist concerned with research in preventive medicine, I have the advantage of combining avocation and job assignment. With principal interests in coronary heart disease and stroke, I am studying the effect of sedentary living, along with other factors, on the risk of developing these serious diseases of man. I am comparing 50,000 former students from Harvard and the University of Pennsylvania as to their patterns of college living (athletes or not, fat or lean, high or low blood pressure) and as to the kinds of chronic diseases they develop in later life. Special interest attaches to the protective effect afforded athletes as compared with their more sedentary classmates. Results to date indicate a distinct, favorable effect from physical activity on the risk of developing high blood pressure, coronary heart disease and stroke. These and related studies will continue over the next decade, or as long as I am able to gerrymander my job assignment into a pattern that affords good health and pleasure of living.

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PA-AAU LONG DISTANCE RUNNING

- Aug. 30 - 60th Annual Dipsea Race, 6.8 miles, Mill Valley, Cal, 10 am; Mill Valley Jr. Chamber of Commerce, Mill Valley, Calif., 94941.
- Sept. 5 - 8th Annual Emerald Lake Run, 7.5 miles, Redwood City, Cal., 9:30 am; Redwood City Striders, Mike Ipsen, Box 868, Redwood City, Calif.
- Sept. 13 - First Annual Double Dipsea Race, Mill Valley, Cal., 10 am; Mill Valley to Stinson Beach and return. Dolphin/South End Rowing Club, Walt Stack, 321 Collingwood St., San Francisco, Calif. (MI-7-9459).
- Sept. 20 - Walnut Festival, 26th Annual, Walnut Creek, Cal., 5.7 miles, 10 am; NO POST ENTRIES! Andrew McCono, 1840 Geary Rd., Walnut Creek, Calif.
- Sept. 26 - PA-AAU 25 kilo Championship Race, Golden Gate Park, San Francisco, 10 am. Peter Mattei, 1000 North Point St., S.F., 94109.
- Oct. 4 - PA-AAU 15 kilo Championship Race, Reno, Nevada, 10 am. Skip Houk, 3235 Lode-star Ave., Reno, Nevada, 89503 (Skip has moved to Fresno and may not still be in charge of this race...if anyone can contact Skip or find out something about this, we'd appreciate it if you'd let us know for the Sept. issue.)
- Oct. 10 - 14th Annual Sacramento Invit. X-C Races, Sacramento, Cal. H. Roloff, Sacramento State College, Sacramento, Calif.
- Oct. 11 - 20th Annual Columbus Day Races. (3 & 6 miles), Oakland, Cal., 9 am. Enrico Del Osso, 1803 3rd Ave., Oakland, Cal., 94606.
- Oct. 18 - PA-AAU 50 mile Championship Race, Rocklin, Cal., 8 am. Peter Mattei, 1000 North Point, San Francisco, Calif., 94109.
- Oct. 18 - 10 kilo road race, Chico, Cal., 8:30 am. Rob Laxon, 1183 Manchester Road, Chico, Cal. 95926. (Ph. 342-8114).

Also....Sept. 27 - Santa Barbara AC Fifth Annual Marathon, Santa Barbara, 8 am, Seniors & open divisions.

For information concerning race walking scheduling, contact Bill Ranney, One Barker Court, Fairfax, Cal., 94930 (Ph. 456-2641); - If anyone has a formal race walking schedule, please send it to us so we can print it in our Newsletter.

Sept. 12 - Natl. Senior 50 km. walk championships at Carpinteria, Cal. (near Santa Barbara).
Oct. 4 - Natl. Senior one-hour walk championships at Walnut, Calif.

Adriano wins Natl. AAU Jr. 10 km. walk: In a near photo finish, West Valley's Manny Adriano edged out Mark Achen and Steve Geivel to win the Jr. walk championships over 10 kilos in a time of 54:02. The others had the same time. We have no further information on this race and would appreciate other comments.

Lopes beats Adriano in 20 km. road walk: Jim Lopes of the Athens Club beat out Manny Adriano in a 20 km. road race held in Marin County. The day was a little windy with moderate, warm temperatures. The course consisted of a 4 mile out and back loop which was walked 3 times plus a smaller loop to make up the difference between the 12 mile mark and the 20 km. mark. The course was probably a little long. Lopes had a winning time of 1:45:19 to Adriano's 1:48:00. Jerry Lansing (unatt.) was 3rd in 1:57:17 and 4th went to Tom Weindel (unatt.) in 1:57:47. Lopes and Adriano stayed together for 8 miles (67:05 to 67:06) before Lopes finally pulled away.

Adriano wins PA-AAU One-Hour walk title: West Valley's newly acquired Manny Adriano led his team mates to a convincing win in the Pacific Association one hour walk championships at San Jose City College. Adriano had a winning distance of 7 miles, 523 yds to easily beat Rich Santora of the San Jose Yearlings (6 mi., 1648 yds.). Next came West Valley's Phil Mooers (6 mi., 330 yds) and Bill Mackey (6 mi., 144 yds.). West Valley took the team title with 8 points to the San Jose Yearlings' 13 and the Redwood City Striders' 23. Over 80 men, women, boys and girls were entered in the race! The Yearlings' team was composed of Santora, Terry Johnson, and Chris Giblen. The women's division was won by Desiree Wilson (RCS) with 5 $\frac{1}{4}$ miles and 17 yds. Beth Sclar of the Yearlings finished second with 5 miles, 429 yds.

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ALL-COMERS RESULTS

Mill Valley All-Comer Best Marks through mid-July: (Reported by Don Pickett) - mile: Dave Power (CCSF) - 4:24; 2 mile: Geo. Stewart (Okla. St.) - 9:28. Pickett ran a 4:55 and 10:40 double for two good senior marks.

CSM All-Comers (July 4): Open events: 120 HH-Whitfield (Ariz. U.) 14.6; mile-Robertson (CSM) 4:26.5; 100-Whitfield (AU) 9.9; 440-Robertson (CSM) 52.5; 3 mile-Serschen (unatt.) 15:40; 220-Garcia (USF) 22.6; 880-Eashman (Cal State, Hayward) 1:56.0, Thomas (Stanford) 1:56.1; Long Jump-Johnston (SFS) 21-6 $\frac{1}{2}$; PV-Johnston (SFS) 14-9; HJ-Johnston (SFS) 6-1 $\frac{1}{2}$; TJ-Johnston (SFS) 46-5 $\frac{1}{2}$; SP-Wilhelm (KU) 62-2, Nichols (unatt.) 58-1 $\frac{1}{2}$; HT-Fraus (Athens) 183-2, Salvato (Athens) 175-1; 35-lb. wt.-Fraus (Athens) 57-3; Salvato (Athens) 52-2; Javelin-Harriman (SFC) 185-0; Discus-Wolfe (Oregon U) 180-3, Fahey (Athens) 159-3.
High School events: 100-Nelson (Hayward) 10.5; 440-Poppin (Aragon) 53.9; 2 mile-Duffy (Lowell) 10:13.6; 220-On (Lowell) 24.0; HJ-Hall (Carlmont) 5-10; PV-Paton (San Mateo) 12-0.

CSM All-Comers (July 18): Open events: Hammer-Fraus (Athens) 179-7; 35 lb. wt-Fraus (Athens) 55-9 $\frac{1}{2}$; SP-Penrose (UC) 49-3; HJ-Coward (Fresno St.) 6-4; LJ-Steffes (New Mexico U) 21-7 $\frac{1}{4}$; Javelin-Harriman (Sac St) 196-6; PV-Johnston (SFS) 14-9; TJ-Steffes (New Mexico U) 48-3 $\frac{1}{2}$; 440R-SF Chuckers (Shields, O'Neill, Dem, Roliphes) 43.9; 120HH-Whitfield (AU) 14.6; 100-Whitfield (AU) 9.9; mile-Jamieson (Sac St) 4:27; 440-Smith (Alberta U) 49.4; 3 mile - Dave Power (SF Chuckers) 15:04.6, Harris (West Valley) 15:10; 220-Garcia (USF) 22.6; 880-Reed (ASU) 1:58.6; Mile R-West Valley TC (Sheehan, Marconi, Loftus, Leydig) 3:45.9; (other West Valley placers) - 440-Ashton-51.6 (4th); High School events: HJ-Allazetta (Aragon) 6-0; LJ-Bule (Crestmoor) 21-2; PV-Henderson (Hoover) 13-6; TJ-Hall (Carlmont) 43-1; 120HH-Garton (San Carlos) 15.9; mile - Greenough (San Mateo) 4:47.5; 100-Hollingsworth (Mission) 10.5; 440-Bule (Crestmoor) 51.2; 2 mile-Sheehan (Aragon, West Valley) 9:54.4; 220-Walker (Berk) 23.8; 880-Wandro (Serra) 2:07; Mile R-Menlo School (Thompson, Daniels, Franklin, Kirk) 3:47.2. Women's events: 100-King (Millbrae Lions) 11.7.

CSM All-Comers (July 25): Open events: 440R-SF Chuckers (Shields, O'Neil, Demicant, Relampago) 43.6; 120HH-Whitfield (AU) 14.7; mile-Ray (Athens) 4:09.5; 100-Whitfield (AU) 9.7; 440-Smith (Alberta U) 49.4; 3 mile-Power (SF Chuckers) 15:10; 220-Shields (SF Chuckers) 22.9; 880-Cross (West Valley TC) 2:01.3; Mile R-CCSF (O'Neil-Tracy-Marvaez-Loftus) 3:37.5; HT-Fraus (Athens) 181-3; 35 lb wt-Fraus (Athens) 55-4; HJ-Johnston (SFS) 6-3; LJ-Johnston (SFS) 22-5; PV-Johnston (SFS) 14-0; TJ-Brewer (Cal St) 46-4, Johnston (SFS) 44-9; SP-Berry (Ex-III. Univ) 50-8; Javelin-Jale (unatt.) 174-1. High School events: 100-Bommarito (Crestmoor) 10.4; 440-Drummond (Sunset) 52.4; 2 mile-Trautner (Skline) 10:04.2; 880-Joyce (Lowell) 2:06.7; Discus-Buss (Gunn) 144-9; TJ-Paton (San Mateo) 39-1.

CSM All-Comers (Aug. 8): Open events: 440R-SF Chuckers 43.4; 120HH-Whitfield (AU) 14.8; mile-Reed (ASU) 4:21.6; 100-Whitfield (AU) 9.7; 440-Cook (SF Chuckers) 50.1; 3 mile-Ray (Athens) 14:34; 220-Shields (SF Chuckers) 23.0; 880-Cross (West Valley TC) 1:58.6, McCalla (unatt.) 1:58.6; Mile R-CCSF 3:30.0; HT-Kraus 177-4; 35 lb wt-Salvato 52-8; Javelin-McKee 197-0; HJ-Fishbaugh 6-2, Johnston (SFS) 6-2; LJ-Johnston (SFS) 21-10½; TJ-Johnston (SFS) 44-10½; PV-Johnston (SFS) 14-6. High School events: 440R-Soul TC 44.6; 120HH-Garton 15.1; mile-Arthurholt 4:29.0; 440-Carlson (RCS) 50.1; 2 mile-Trautner 10:07.2; 220-Bryan 22.6; 880-Franklin 2:04.0; Mile R-Redwood City Str. (Veal-Murphy-Kasser-Carlson) 3:33.7; HJ-Allazetta (Aragon) 5-10; LJ-Bryan 19-10; TJ-Drummond 40-4½; Discus-Hawkins 160-10. Women's events: 440-Shafer 58.1.

CSM All-Comers (Aug. 15): Open events: 120HH-Whitfield (AU) 15.2; Mile-Ray (Athens) 4:23.0; 440-Cain (San Rafael) 51.4; 100-Dahl (SJS) 10.1; 3 mile-Power (SF Chuckers) 15:08.2; 220-Garcia 23.0; 880-Ray (Athens) 1:54.9; HT-Salvato (Athens) 155-5; LJ-Royster (Athens) 22-2; Javelin-Ryback (NM ST) 192; SP-Billings (Serra) 48-0½; HJ-Radetich (Oregon St) 6-11; Discus-Wolf (Oregon) 177-2; TJ-Royster (Athens) 46-2; PV-Johnston (SFS) 14-6. High School events: 440R-Crestmoor (Tomei-Hicklin-Bule-Bommarito) 44.7; 120HH-Garton (San Carlos) 15.7; Mile - Genschmer (Sunset) 4:38.6; 440-Carlson (RCS) 49.7; 100-Bommarito 10.4; 2 mile-Genschmer 9:53; 220-Steiner (So. SF) 23.6; 880-Carlson (RCS) 1:59.0; Mile R-Redwood City Str. (Veal-Kasser-Carlson-Marshall) 3:49.2; LJ-Bule (Crestmoor) 20-2; Javelin-Popin (Aragon) 132-1; SP-Callero (Riordan) 48-4; HJ-Glavia (B'game Intermediate) 5-9; Discus-Callero 136-1; TJ-Figoni (Riordan) 40-3; PV-Trueman (Crestmoor) 12-6.

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DELGADO AND MARIN AC WIN NOVATO RIDGE RUN TITLES

(June 13): Running strongly all the way, West Valley's Rich Delgado soundly beat team mate Doug Rustad as Marin AC ran off with the team title (71-87) over Pleasant Hill. Marin had third and fourth places. We believe that the Olympic Club's Don Pickett was first senior runner across the line but we don't know for sure. Don finished in 34th place in 43:44. Below are the top 25 finishers and their times:

1 - Rich Delgado (West Valley TC)	36:37	14 - Jose Cortez (RC Striders)	40:42
2 - Doug Rustad (West Valley TC)	37:11	15 - Bettencourt (Pleasant Hill)	40:43
3 - Doug Butt (Marin AC)	38:09	16 - Bob Stephenson (West Valley)	40:47
4 - Darryl Beardall (Marin AC)	38:32	17 - Robertson (Pleasant Hill)	40:58
5 - George Manrigues (Alum Rock RA)	38:37	18 - Brooks (Alum Rock RA)	41:03
6 - Buck Black (Pittsburg)	39:22	19 - Wiggins (Pleasant Hill)	41:04
7 - Howard Labrie (unatt.)	39:40	20 - Anderson (Valley)	41:37
8 - Bill Kelley (unatt.)	39:49	21 - Moura (Pleasant Hill)	42:12
9 - Ernie Gamma (Maranon)	39:59	22 - Stein (Redwood City Striders)	42:15
10 - Schmolic (unatt.)	40:13	23 - Templeman (Carlmont)	42:20
11 - Mike Knott (Pleasant Hill)	40:15	24 - Wes Hildreth (Marin AC)	42:23
12 - Don Makela (Marin AC)	40:32	25 - Gary Haslam (Napa)	42:28
13 - Steve Peth (unatt.)	40:37		

----Other West Valley finishers: 56 - Terry Johnson - 45:45; 71 - Mignosa - 47:28. (175 finishers)

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FIRST ANNUAL HANGTOWN ROAD RUN: SCOBIE EDGES WALDON IN 95° HEAT

(July 5): Running on a hilly 5¼ mile course in scorching temperatures, Mad River's Bill Scobey burned off Marin's Bob Waldon in the last part of the race to win the race in 27:41.8 to 27:49. Marin placed 2-3-4-5 but didn't have any other runners and so consequently Mad River won with 55 points. First high schooler was Dan Dreschsel of Vanden (Travis AFB) in 8th place. Second and third high schoolers were Butch Alexander and Bill Strange. First three seniors were Paul Reese (32nd, 36:13), Alex Koenig (35th, 36:59), and Walt Betschart (46th, 38:46). First woman was Carol Sue Bauer (76th in 49:44). 96 started, 88 finished.

The race was sponsored by the Hangtown Harriers of Placerville. Below are the first 25 finishers and their times:

1 - Bill Scobey (Mad River Runners)	27:41.8	14 - Jim Bowles (West Valley)	31:39
2 - Bob Waldon (Marin AC)	27:49	15 - Steve Slawson (Solano TC)	31:47
3 - Darryl Beardall (Marin AC)	28:38	16 - George Steward (unatt.)	32:01
4 - Doug Butt (Marin AC)	29:17	17 - Ron Elijah (Mad River)	32:17
5 - Don Makela (Marin AC)	29:41	18 - Don Wiggins (Pleasant Hill)	32:21
6 - Howard Labrie (Mad River)	29:42	19 - Glen Rogers (Elk Grove AC)	32:31
7 - Bob Crow (Solano TC)	29:59	20 - Steve Parker (Alameda TC)	32:36
8 - Dan Dreschsel (unatt.)	30:29	21 - Rich Langford (Solano TC)	33:33
9 - Gary Miller (Mad River)	31:12	22 - Mark Byers (Mad River)	34:10
10 - Butch Alexander (Sonoma HS)	31:15	23 - Mike Collier (Sonoma HS)	34:30
11 - Tim Jordan (Elk Grove AC)	31:16	24 - Fred Leoni (Mad River)	34:31
12 - Bill Strange (Cordova HS)	31:17	25 - Herbert Bohlander (unatt.)	34:53
13 - Mike Knott (Pleasant Hill TFC)	31:31		

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RICH DELGADO LEADS WEST VALLEY TO VICTORY AT FELTON

(July 12): Fighting off a determined effort by Mad River's Howard Labrie, West Valley's Rich Delgado ran off over the last half of the course to win in a record 51:52. In doing so he led his West Valley teammates to an easy victory over the Alum Rock Running Association and the Valley Track Club. Doug Rustad finished a strong third in the standings. High schoolers were led by Alum Rock's Steve Brooks and George Manriquez, followed closely by West Valley's Keith Kruse. The seniors were led by Peter Wood (25th in 60:50), Don Pickett (32nd in 62:21), and Frank Harrison (37th in 63:13). Juniors were Steve Johnson at 6 years (also the youngest to finish), Maryetta Boitano (7), and Mike Boitano (8). Oldest to finish was the Dipsea Demon, Jack Kirk, at 63. Out of the 188 that started the extremely hilly course, a suprisingly good 174 finished. The course was advertised as being 9.2 miles long. Nine women participated in the race. Below are listed the top 25 finishers and their times:

1 - Rich Delgado (West Valley TC)	51:52	14 - Dan Anderson (Valley TC)	56:52
2 - Howard Labrie (Mad River Runners)	52:12	15 - Ward Crary (Willow Glen)	57:05
3 - Doug Rustad (West Valley TC)	52:57	16 - R. Heavens (SCAC)	58:02
4 - Doug Butt (Marin AC)	54:41	17 - B. Sawyer (Otherways AC)	58:05
5 - Steve Brooks (Alum Rock RA)	54:51	18 - Ken Napier (West Valley TC)	58:11
6 - Ray Darwin (Culver City AC)	55:16	19 - Tony Casillas (West Valley)	58:28
7 - D. Cords (unatt.)	55:17	20 - M. McConnell (Soquel)	58:35
8 - George Manriquez (Alum Rock RA)	56:13	21 - John Spurr (Stanford RC)	58:38
9 - Bob McGuire (Mad River Runners)	56:14	22 - Dan Urtiaga (West Valley TC)	59:46
10 - Keith Kruse (West Valley TC)	56:17	23 - F. Mateos (unatt.)	59:47
11 - T. Hollander (SCAC)	56:26	24 - R. Gray (PLTC)	60:16
12 - Greg Chapman (Solano TC)	56:35	25 - Peter Wood (NCSTC)	60:50
13 - Bob Stephenson (West Valley TC)	56:43		

----Other West Valley finishers: 39 - Chris Buck - 63:30; 43 - Bill Mackey - 64:08; 44 - Bob Mignosa - 64:18; 50 - Keith Campbell - 65:30; 60 - Dan Stevens - 66:48; 70 - Ted McRice - 68:10; 79 - Carl Martin - 69:05; 80 - H. Sandoval - 69:05; (results list Bob Mignosa as also finishing 84th in 69:31??).

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DELGADO NIPS LAHDE IN FT. BAKER HANDICAP RACE

(July 19): On a perfect day, West Valley's Rich Delgado and Maranon's Bernie Lahde ran together for the entire distance (15 miles) before Delgado pulled out a last ditch effort going across the final several hundred yards of grass. He won by five seconds in 1:26:13. The course was extremely hilly (both up and down). Starting with age 35, each runner got a minute head start for each year (1 minute for 35, 2 minutes for 36, etc.). The race was supposed to be geared for the older runners, however, only Ralph Paffenbarger and Peter Mattei broke into the top ten, as scratch runners took the other 8 top places. Although there was no official team title, Marin edged out West Valley in points by a score of 52 to 62. The top three high school runners were Jose Cortez, John Sheehan, and Andy Bet-tencourt. Below are the top 30 placers with their handicap time (in minutes) in parentheses if they received any. A total of 120 runners completed the race, 53 under 1:50 and 77 under 2 hours.

1 - Rich Delgado (West Valley)	1:26:13	16 - Brett Barnham	1:36:28
2 - Bernie Lahde (Maranon)	1:26:18	17 - John Sheehan (West Valley)	1:36:33
3 - Ralph Paffenbarger (NCSTC)	(13) 1:29:32	18 - Tim Jordan (Elk Grove AC)	1:37:07
4 - Vic Cary (unatt.)	1:29:39	19 - Andy Bettencourt (PHTFC)	1:37:51
5 - Jack Leydig (West Valley TC)	1:29:57	20 - Jim Shettler	(2) 1:38:13
6 - Doug Butt (Marin AC)	1:30:51	21 - Ron Grander	1:38:35
7 - Dave Power (S.F. Chuckers)	1:31:12	22 - Peter Wood (NCSTC)	(6) 1:39:05
8 - Darryl Beardall (Marin AC)	1:31:56	23 - Dennis Mathews (Solano TC)	1:39:37
9 - Wes Hildreth (Marin AC)	1:32:12	24 - Don Pickett (SFOC)	(8) 1:39:46
10 - Peter Mattei (NCSTC)	(12) 1:32:35	25 - Paul Reese (NCSTC)	(19) 1:40:18
11 - Bob Cort	(15) 1:33:09	26 - Keith Campbell (WVTC)	(9) 1:40:46
12 - Jose Cortez (Redwood City Striders)	1:34:41	27 - Tony Casillas (WVTC)	1:41:32
13 - Bob Stephenson (West Valley TC)	1:34:47	28 - Gus Cano (unatt.)	1:41:56
14 - T.A. de Lusignan (Marin AC)	(5) 1:35:25	29 - Joe McDevitt (unatt.)	1:41:59
15 - Bob Biancalana (Marin AC)	(11) 1:35:31	30 - Dan Best	1:43:15
----Other West Valley finishers: 35 - Dan Urtiaga - 1:44:10; 47 - Carl Martin (10) - 1:48:18; 62 - Bob Mignosa - 1:52:31.			

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RUSTAD NIPS DELGADO IN TENTH ANNUAL TIBURON RACE

(July 25): Under overcast skies and perfect running conditions (except for a persistent wind during the middle part of the race), West Valley ran 1-2-3 to win the 8.9 mile Tiburon roadrace by outscoring Mad River 26-51. West Valley's Jack Leydig took the early lead for about 1½ miles before Delgado and Rustad took off and ran together until the last half mile. Leydig, Mullins, Dreschsel, Day and Labrie made up the trailing pack until about two miles from home when they finally split apart with Leydig taking third. The first three seniors across the line were Peter Wood (29th in 46:57), Bill Mackey (58th in 48:49), and Jim O'Neil (65th in 49:20). Top three high school runners were Dan Dreschsel, Ron Elijah and Keith Kruse. However, there was a mixup in signing up for the high school award and the trophies went to Elijah, Knott, and Boltinghouse (or Anderson, not sure). Anderson was 31st in 47:00 and Boltinghouse was next with 47:02. There were 304 finishers!! Below are the top 30:

1 - Doug Rustad (West Valley TC)	42:14	16 - Ron Elijah (Mad River)	44:57
2 - Rich Delgado (West Valley TC)	42:24	17 - Gary Miller (Mad River)	45:17
3 - Jack Leydig (West Valley TC)	42:37	18 - George Kirk (R City)	45:30
4 - Dan Mullins (Mad River)	42:42	19 - Bob Stephenson (West Valley)	45:34
5 - Dan Dreschsel (Travis)	42:46	20 - Mark Byers (Mad River)	46:09
6 - Jan Day (unatt.)	42:49	21 - Keith Kruse (West Valley)	46:20
7 - Howard Labrie (Mad River)	43:09	22 - John Spurr (Stanford RC)	46:24
8 - Vic Cary (West Valley TC)	43:31	23 - B. Degen (Marin AC)	46:24
9 - George Stewart (Mad River)	44:01	24 - Mike Knott (Pleasant Hill)	46:31
10 - Don Makela (Marin AC)	44:08	25 - Robin Clark (Maranon)	46:44
11 - Darryl Beardall (Marin AC)	44:10	26 - Bill Bachrach (Alameda TC)	46:50
12 - Charlie Harris (West Valley TC)	44:18	27 - Wayne Glusker (West Valley)	46:50
13 - Jim Howell (West Valley TC)	44:20	28 - Steve Carroll (Marin AC)	46:56
14 - Adam Ferreira (Travis)	44:39	29 - Peter Wood (unatt.)	46:57
15 - Ron Iff (Mad River)	44:45	30 - Bob Darling (unatt.)	46:59
----Other West Valley finishers: 49 - Harold DeMoss - 48:20; 57 - Jim Bowles - 48:48; 58 - Bill Mackey - 48:49; 62 - Neil Kruse - 48:59; 84 - Chris Buck - 50:27; 103 - Grant Garber - 51:48; 115 - Ron Luschar - 52:31; 119 - Keith Campbell - 52:42; 120 - Carl Martin - 52:43; 129 - Bob Mignosa - 53:22; 142 - Ted McRice - 54:22; 160 - Dan Stevens - 55:04; 200 - Frank Cunningham - 57:52.			

**Note: The course is probably about a quarter mile or so short because of the many curves that runners cut. It is close to 8.9 miles by car measurement. The first four finishers in the race ran the third through sixth fastest times ever for the course. Marin's Bob Waldon (41:30.4) and Skip Houk (41:47) are the only two who have run faster.

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OCEAN TO BAY MARATHON: BILL CLARK RUNS TO A RECORD 2:33:57!!

(August 1): Ex-Notre Dame star Bill Clark ran away from defending champion Skip Houk to easily win the Eighth Annual Ocean to Bay Marathon over a much altered course. Due to logging operations, the first 10 miles of the course was changed and run over a much better surface with the hills being much less severe over the first part. Also the surface was asphalt instead of dirt and dust. Skip Houk ran 2:34:39 for second place. The team trophy was taken by Marin Ac with the Redwood City Striders second. Senior place winners

were Ralph Paffenbarger (26th in 3:04:09) and Peter Mattei (37th in 3:13:10). The Redwood City Striders' Jose Cortez and Bryan Gieser took home the fastest junior trophies. First woman was also an RC Strider, Mary Cortez, 76th in 3:50:04. Oldest finisher was 65 year old Clifford Beavers (5:14:02) and youngest was Maryetta Boitano (7 years) in 5:18:00. There were a record number of entries...158, of which 139 crossed the finish line. In addition to ten beautiful trophies for the top finishers, there were various merchant prizes awarded to the runners. All in all, it was a very successful and well run affair. The temperatures were a lot more bearable than in 1969 when the mercury soared to over 95. Below are the top 30 finishers and their times:

1 - Bill Clark (unatt.)	2:33:57	16 - T.A. deLusignan (Marin AC)	2:59:28
2 - Skip Houk (unatt.)	2:34:39	17 - Bryan Gieser (RCS)	2:59:56
3 - Doug Butt (Marin AC)	2:39:51	18 - Gus Cano (unatt.)	3:00:59
4 - Darryl Beardall (Marin AC)	2:41:25	19 - Noel Vigil (RC Striders)	3:01:04
5 - Jim Howell (West Valley TC)	2:42:46	20 - Matt Yeo (RC Striders)	3:01:17
6 - Jose Cortez (Redwood City Str.)	2:43:57	21 - Dave Power (Unatt.)	3:01:43
7 - Ray Darwin (Culver City AC)	2:45:06	22 - George Manriquez (ARRA)	3:02:11
8 - Tom L. Lee (unatt.)	2:45:46	23 - Steve Brooks (ARRA)	3:02:11
9 - Adam Ferreira (Travis Road Run.)	2:47:00	24 - Jim Bowles (West Valley)	3:02:20
10 - George Kirk (RC Striders)	2:47:34	25 - Ken Napier (unatt.)	3:02:54
11 - Bob Bruner (unatt.)	2:47:58	26 - Ralph Paffenbarger (NCSTC)	3:04:09
12 - Robin Clark (Maranon)	2:48:42	27 - Kurt Schroers (Aggie TC)	3:04:41
13 - Tom Renaghan (Maranon)	2:48:42	28 - Ward Crary (Willow Glen HS)	3:04:48
14 - John Spurr (Stanford RC)	2:49:12	29 - Bob Darling (Chico St. AC)	3:06:21
15 - Jan Sershen (unatt.)	2:58:03	30 - Terry Graves (unatt.)	3:08:29
----Other West Valley finishers: 43 - Keith Campbell - 3:23:07; 44 - Bob Stephenson - 3:23:32; 46 - Wayne Glusker - 3:23:56.			

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PACIFIC COAST CLUB RUNS OVER WEST VALLEY AT LAKE TAHOE 72 MILE RELAY

(August 8): Despite a strong comeback effort over the final two legs, West Valley lost its Tahoe Relay title to a very strong Pacific Coast Club team from Long Beach. The PCC team broke the old relay record of 6:55:01 set by a group of Olympic high altitude trainees in 1968 by running a fantastic 6:50:44. West Valley was also under 7 hours at 6:58:37, only the third team to ever do so. A well balanced team from Mad River was third in a time of 7:03:12 after being as close as 32 seconds going into the final leg. Complete results in this issue are unofficial (taken from Lake Tahoe newspaper) and complete results will be given in next month's issue. The top ten teams are listed here. If your teams have splits for your runners (and names), please send them to the editor as soon as possible. We would like to put as many splits into next issue as possible. Here we list the splits for Pacific Coast Club, West Valley, Mad River, and Marin. The fourth place team we do not have splits for as yet. We are trying to establish "best times" for each leg for record purposes, so if you think you qualify, send us your time. As far as we know, Scobey has the best time for the first leg (although Van Nelson might have run faster in 1968), Bob Crow for the second leg (we need the time however), ?? on third leg, Covert's 55:20 is no doubt the best for the 4th, Lipski has best so far for 5th, Delgado the 6th, and Doug Butt's 54:22 on the anchor leg in 1969 are best as far as we know. If anyone has splits on the winning team for 1968, please pass it on to us. Below are the splits on four teams thanks to Terri Mejia.

<u>Pacific Coast</u>	<u>West Valley</u>	<u>Mad River</u>	<u>Marin</u>
66:01 Von Ruden	66:31 Miller	63:49 Scobey	65:10 Waldon
57:53 Kaal	59:59 Cary	58:50 Labrie	63:27 Holley
61:10 LaBenz	62:02 Stephenson	63:25 ??	59:32 Beardall
55:20 Covert	62:03 Kruse	61:40 ??	66:23 ??
54:56 Lipski	56:55 Howell	57:16 ??	60:50 ??
58:35 White	54:53 Delgado	57:55 Elijah	?? Makela
56:42 Jobski	56:11 Leydig	60:17 Mullins	?? Butt

Total times for first 10 teams: 1 - Pacific Coast Club - 6:50:44; 2 - West Valley TC - 6:58:37; 3 - Mad River Runners - 7:03:12; 4 - Seniors TC of Los Angeles - 7:08:01; 5 - Marin AC - 7:12:20; 6 - High Sierra TC - 7:20:19; 7 - Solano TC - 7:25:14; 8 - Northern Calif. Sr. TC - 7:35:15; 9 - Redwood City Striders - 7:38:42; 10 - Willow Glen HS - 7:45:00. (Other West Valley teams: 13 - WVTC "B" team - 7:56:45; 14 - WVTC Seniors - 7:58:25; 32 - WVTC "C" team - 9:37:17).

A total of 41 teams entered and 39 finished. Senior teams got a one hour head start and teams composed of women and younger runners got somewhat less of a lead. More next time.

LATE FLASH!! BILL SCOBNEY RUNS 12 MILES 184 YDS. IN HOUR

(August 15): Running a beautiful race the entire way, Mad River's Bill Scobey hit the second best distance ever recorded by an American by winning the Pacific Association Hour Run Championships in 12 miles, 184 yards. This is second only to Mike Kimball's American record of 12 miles and 232 yards, set in 1967. Kimball's record also came in the Pacific Association Championships! Had he not gotten stitches with several miles to go, Scobey would no doubt have gotten the record. He hit his mile splits in 4:47, 9:40, 14:30, 19:24, 24:24, 29:20, 34:16, 39:17, 44:19, 49:23, 54:29, 59:32. Ex-marine Bill Clark ran a very strong second place with 11 miles, 1687 yards, just missing 12 miles. He was admittedly somewhat weak from a case of the flu only a week earlier. Third place was taken by Ray Darwin. No times (splits) or distances are available for other runners. They will be included in the September issue of the Newsletter.

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RESULTS OF U.S. MASTERS TRACK AND FIELD CHAMPIONSHIPS

(July 2,3,4,5): The following is a summary of how Northern California's seniors fared at the Third Annual Masters in San Diego. Any corrections or additions will be appreciated.

Marathon: 14 - Jim O'Neil - Olympic Club - 3:06:25; 26 - Keith Campbell (West Valley TC) - 3:24:24; 34 - Larry Fox (NCSTC) - 3:34:17; 38 - Pax Beale (NCSTC) - 3:50:12; --54 finished.
6 mile: Div. I - 5 - Peter Wood (NCSTC) - 33:17; 6 - Jim O'Neil (Olympic Club) - 33:49; Div. III - 2 - Norm Bright (unatt.) - 42:38; 6 - Paul Carmichael (Olympic Club) - 48:36.
3 mile: Div. I - 4 - Peter Wood (NCSTC) - 15:57.7; 6 - Don Pickett (Olympic Club) - 16:12; 7 - Jim O'Neil (Olympic Club) - 16:34; Div. III - 5 - Paul Carmichael (Olympic Club) - 26:21.8.
2 mile: Div. I - 7 - Peter Wood (NCSTC) - 10:35.6; 10 - Don Pickett (Olympic Club) - 10:45; 13 - V. Koerner (NCSTC) - 11:10; 23 - J. Stephenson (Olympic Club) 13:54.2; Div. II - 2 - Al Waterman (NCSTC) - 11:25.6; Div. III - 4 - Paul Carmichael (Olympic Club) 16:16.6.
1 mile: Div. I - 11 - V. Koerner (NCSTC) - 4:55.8; 12 - Harry Hill (West Valley TC) - 5:13.8; 16 - Emmett Smith (NCSTC) - 5:34.5; Div. II - 2 - Al Waterman (NCSTC) - 5:02.1.
880: Div. I (Sec. I) - 11 - Don Pickett (Olympic Club) - 2:13; (Sec. II) - 8 - J. Stephenson (Olympic Club) - 2:41; (Sec. III) - 1 - Carl Martin (West Valley TC) - 2:12.7; 2 - J. Hutchinson (NCSTC) - 2:14.9; 3 - Harry Hill (West Valley TC) - 2:15.8; 4 - W. Cameron (NCSTC) - 2:18.4; 5 - R. Holmes (2:18.9) - (NCSTC); 8 - Emmett Smith (NCSTC) - 2:29.
440: Div. I - 6 - B. Holler (NCSTC) - 55.8; 8 - J. Hutchinson (NCSTC) - 59.4; 9 - L. Fields (NCSTC) - 59.9; Div. II - 3 - Niblock (NCSTC) - 58.5; 5 - K. Thursby (NCSTC) - 60.9.
220: Div. I - 2 - T. Rademaker (NCSTC) - 24.7; 6 - O. Dawkins (NCSTC) - 25.3; Div. II - 2 - A. Guidet (NCSTC) - 25.4; 3 - R. Niblock (NCSTC) - 26.0; Div. III - 1 - A. Puglizevich (NCSTC) - 30.0.
100: Div. I - 1 - George Rhoden (NCSTC) 10.4; 5 - Ed Dowell (NCSTC) 11.0; 6 - A. Julliland (NCSTC) 11.0; 7 - T. Rademaker (NCSTC) 11.2; 8 - R. Holler (NCSTC) 11.6; 9 - L. Fields (NCSTC) 11.6; Div. II - 2 - A. Guidet (NCSTC) - 11.1; 4 - R. Niblock (NCSTC) 11.8; 8 - K. Thursby (NCSTC) 12.2; Div. III - 1 - A. Puglizevich (NCSTC) 12.9; 3 - K. Carnine (NCSTC) 13.3.
2 Mile Relay: 2 - West Valley TC (8:46.2) (J. Mackey, B. Mackey, Bill Mackey, C. Martin); 4 - NCSTC (9:19.0) (Koerner, Cameron, Waterman, Wood).
20 km. walk: 9 - Bill Mackey (West Valley TC) 2:22:02.
1 mile Relay: 3 - NCSTC (3:51.9) (Fields, Wood, Hutchinson, Holler).
440 Yd. Relay: 1 - NCSTC (45.3) (Tulland, Rademaker, Dowell, Rhoden); 5 - West Valley TC (52.4) (H. Hill, Bill Mackey, B. Mackey, J. Mackey).
Shot Put: Div. II - 7 - J. Hill (NCSTC) 33-10 $\frac{1}{4}$; Div. III - 3 - A. Puglizevich (NCSTC) 39-11 $\frac{1}{4}$; 4 - K. Carnine (NCSTC) 39-5 $\frac{1}{2}$; 10 - Bill Mackey (West Valley TC) - 19-3.
High Jump: Div. III - 3 - A. Puglizevich (NCSTC) 3-10.
Long Jump: Div. III - 2 - A. Puglizevich (NCSTC) 12-4 $\frac{3}{4}$; 3 - K. Carnine (NCSTC) 11-7 $\frac{1}{2}$.
Javelin: Div. I - 4 - Ed Dowell (NCSTC) 140-2; Div. II - 3 - Thursby (NCSTC) 116-6; Div. III - 1 - K. Carnine (NCSTC) 115-7; 2 - A. Puglizevich (NCSTC) 107-8.
120 Yd. Intermediate Hurdles: 2 - Rademaker (NCSTC) - 15.4.
Discus: Div. III - 1 - K. Carnine (NCSTC) 103-6; 3 - A. Puglizevich (NCSTC) 96-6 $\frac{1}{2}$.
Masters Six: (consists of 100, 440, Shot, Long Jump, Javelin and mile): 3 - Ed Dowell (NCSTC) (10.9, 53.2, 33-11 $\frac{3}{4}$, 16-0, 132-0, 5:11.7); 9 - J. Bettencourt (NCSTC) (12.4, 61.9, 28-9 $\frac{1}{2}$, 14-7 $\frac{3}{4}$, 80-3, 5:31.3); 15 - J. Hill (NCSTC) (12.8, 67.9, 34-11, 13-7, 90-9, 6:20.8). Each received point totals of 3071, 1899, and 1572 respectively.
Addition: 880 - Div. II - 3 - R. Niblock (NCSTC) 2:20.3.
Correction: 440 Yd. Relay (NCSTC) (Badinelli, Juilland, Rhoden, Dowell) - 45.3.

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Tony Casillas, featured in this issue's West Valley Portraits. (Marconi photo)



Winning 440 Yd. Relay team at U.S. Masters (NCSTC - 45.3, New Record). Don Badinelli, Alphonse Juilland, George Rhoden, and Ed Dowell.



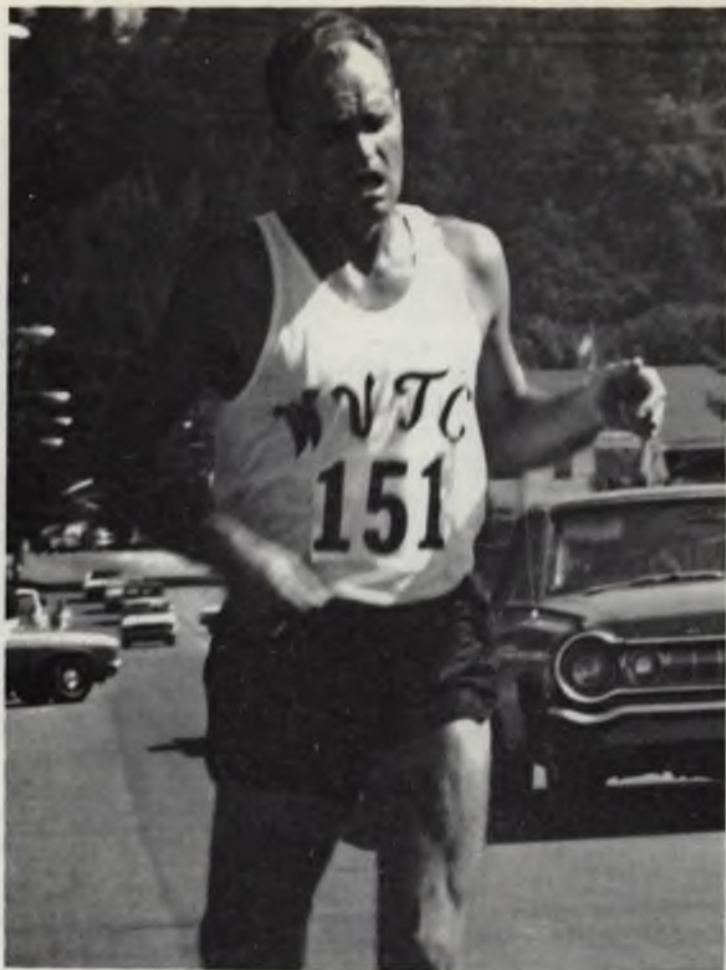
Help send Darryl Beardall to the London to Brighton 52 miler this fall. Send donations to editor. Darryl shown finishing 3rd at Holy City. (Marconi photo)



Mad River's Howard Labrie (left) and West Valley's Rich Delgado finished second and first respectively at the Felton race. (Marconi photo)



Start of the Lake Tahoe Relay. Tom von Ruden (221) led off for victorious Pacific Coast Club team. Bill Scobey (to left of 231) recently set second best mark ever by an American in the one hour run.



West Valley's Doug Rustad, winner of the Tiburon run. (Marconi photo)



Bill Clark and Skip Houk, one-two finishers in the Ocean to Bay Marathon. (Marconi photo)



Ralph Paffenbarger, this issue's Pacific Association Portrait. (Photo by Jeff Kroot)



The Olympic Club's Jim O'Neil finishing the 1969 Master's Marathon. He was top Nor-Cal finisher at 14th this year.



* FORGET THE GATORADE, MAN... WHERE'S THE OXYGEN! ? *