

WEST VALLEY
HOLY CITY SUMMIT RUN
NEWSLETTER

Pg. 1

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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.

Our publication costs have risen in the past few months. It now costs us \$8.00 per photo page and \$2.00 per regular page. Thus, a 14 page issue with two photo pages costs us a total of \$40.00. We are just clearing publication costs each month. So please help us out by continuing to buy our publication if you already do, and by telling your friends about us. Remember, you can receive a year's subscription for only \$3.50. This way you don't have to worry about missing an issue if you happen to be away from road racing for awhile.

Your ideas for our continuing success, and in fact our very existence, are appreciated. We need especially the following: age group results, race walking results, high school and college results. Letters to the editor are encouraged. If you have something to say, let other people hear it too. Also, if you have any good photos, send them to us for consideration. They should have good contrast and be preferably black and white. We return all photos after we use them.

WEST VALLEY'S NEW MEMBERS....

During the past month, the club gained the following new members: Bill Clark, Dick Strand, Dirk George, and Phil Mooers.

Bill Clark lives at 6210 Lean Ave., San Jose, 95123 (Ph. 227-4347). Some of Bill's best track times are: 50.5, 1:52.8, 4:08, 8:10 (3000m), 13:33.4, 28:09.8 & 28:56.6(m). His marathon best is a very good 2:20:39.2 which he ran in Beppu, Japan this year. He finished sixth. He finished 2nd in the NCAA XC championships in 1964 while running for Notre Dame. Before coming to West Valley, Clark ran for the Quantico Marines and Philadelphia AC. At 26 years, Bill hopes for continued improvement for several years to come.

Dick Strand lives at 100 South St., #108, Sausalito (Ph. 332-9430). He is mainly a 440 runner although he recently competed in and finished the Dipsea. He competed for the Univ. of Nebraska (1962-65) and has best times of 47.2 (46.7r) and 1:11.6 for 600 indoors. Dick is 27 and is looking forward to relay competition this coming indoor and outdoor season as part of West Valley's rising mile relay team.

Dirk George comes to us from Watsonville High School and lives at 44 Amesti in Watsonville, 95076 (Ph. 724-2616). He is 15 years old and has bests of 11.2, 55.8 and 10' (PV). Last year he ran cross country as well.

Phil Mooers lives in Palo Alto at 3163 South Court (Ph. 326-7427). Phil is a race walker and looks forward to being a top notch senior racer at distances of from 1 to 25 mi. Before joining West Valley, Mooers walked for the Santa Clara Valley Youth Village for many years. He is now 53.

The Darryl Beardall travel fund had a total of \$632 in it at the time this paper was being written (Sept. 13). We are just \$68 short of our goal. Some of the money that has come into the fund since last issue has been from the Pierce Pt. Race (\$148), individual contributions at the Dipsea (\$115), Marin AC (\$100), and a list of other individual contributors that I can remember which include: Dave Freeman, Jack Kirk, Lee Holley, Bob Rice, Walt Stack, Runner's World Magazine, John Satti, Larry Fox, Don Sommer, and many, many others. The London to Brighton Race is set for Sept. 27. We are asking the Pacific Association to contribute the remainder of the money that we can't raise, but Darryl will go to London regardless. We have come a long way in just a few short months. I don't know of another association in the country that has done this for a fellow runner, and I want to thank everyone who participated in the drive. I think it shows that the Pacific Association has a hell of a lot of spirit. Let's see some PA power in England.

While Darryl Beardall is competing in London, the Olympic Club's Byron Lowry will be preparing himself for another international competition: the Kocise Marathon in Czechoslovakia. On the basis of his third place finish at the National AAU Marathon in Redfield, Iowa in June, Byron, Bob Fitts and Ron Daws will represent the U.S. in this great race. His fellow runners in the Pacific Association wish him the best of luck.

Using the new point system that was mentioned in the August Newsletter, I have tabulated the top 15 runners in the Pacific Association. These totals do not include complete results for either the Dipsea or Emerald Lake Runs. The totals reflect an unofficial tabulation for the Dipsea (based on fast times) since we only received partial results up to press time. Only the first five places of the Emerald Lake race were tabulated because I did not know the exact finish of Beardall and Darwin; both finished in the top 10. This would not affect Darryl's total appreciably but might change Darwin's standing. Anyway, the system works like this: 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 he ran. If he placed out of the top 10 on other occasions, 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 places is equivalent to a first place; two fourth places is equal to a second, etc. The number of races plays a part but is not the most important factor. 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 ten" 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 at the end of the totaling period (either October or November). We will probably start our next total period at the beginning of next year since it makes a little more sense to go from January to December for a "team of the year". Going into the last month of competition, West Valley's Rich Delgado has a seemingly insurmountable lead with a score of 0.135. Second place is Marin's Darryl Beardall with 0.172. Then the next four places are really tight. Jack Leydig has 0.218, Doug Rustad has 0.220, and Bill Scobey and Alvaro Mejia are tied with 0.222. Then comes Doug Butt at 0.255, Byron Lowry with 0.286, Bob Waldon - .333, Chris Miller - .472, Steve Dean - .480, Ray Darwin - .500, Howard Labrie - .506, Jose Cortez - .507, and Skip Houk - .556. I suggest that these individuals figure their own totals and compare them against mine for a check. Also, how about someone on the NCSTC doing a similar thing for the Senior Team? The top seniors in all the races are usually listed in the NCSTC Newsletter so it shouldn't be hard for someone to tabulate. I would appreciate it if someone would do this and then send me the totals for publication in our next issue. Remember, comments are welcome. We can always improve the system.

A correction to last month's issue. I had stated that the winning Northern California Senior TC team in the 440 Relay at the U.S. Masters Meet was composed of Badinelli, Juilland, Rhoden, and Ed Dowell. Badinelli ran for Corona Del Mar. The fourth member of the team I had right in the first place but it was marked incorrectly on the picture I received and so I used it by mistake. Ted Rademaker from Fresno was the other member of the record setting team. Thanks to Emmett Smith for pointing this out to me.

West Valley has tentatively scheduled some top class cross country powers on its meet schedule for this fall. All appears ok for an October 17 meeting with Univ. of California and Washington State at Cal. Also, San Jose State and Fresno State have invited us into their dual meet at SJS on Sept. 26. San Jose State also would like to run some postal competition against us towards the end of their season (three miles on the track). We are still trying to arrange meets with Stanford and Humboldt State. Sac'to Invit. is on October 10th.

On the 19th of July, a Pacific Association expedition of Flory Rodd, Pax Beale, and Elaine Pederson, having arrived only a few days earlier, competed in the 36th Annual Spanish National Marathon in Santander. Flory ran a beautiful 7th place finish of 2:52. The winner, Carlos Perez, was timed in 2:23:12. For being the first American across the line, he received a beautiful Spanish hand-carved wooden shoe. Elaine finished next in 3:53 and was presented with a trophy and a large bouquet of flowers on the victory stand. Pax, fighting with cramps most of the way, finished in 4:12. The three were invited to several banquets after the race and all traded away their running suits with San Francisco USA on the back and returned home with ones reading ESPANA. The winner, Perez, expressed desire to run in next year's Boston Marathon. After exchanges of address, the three agreed to take care of Perez while on his visit to the United States. "When he comes," said Pax, "we'll try to duplicate the fine Spanish hospitality that was extended to us. It will be difficult to do."

Those West Valley members who haven't yet paid their 1970 dues, please do so now. Send \$5.00 to Keith Kruse, 14434 Lenray Ave., San Jose. You will not receive your club jersey until you do. The new batch of 24 jerseys still have not arrived but it shouldn't be too long now (famous last words). We have to pay the price of waiting longer for getting them at a cheaper price.

Anyone interested in doing some volunteer coaching? If so, please contact Jerry Lucey of the Redwood City Track Club. He needs help in coaching age group runners (9-14) on Monday, Wednesday and Thursday and to travel some on weekends (however, the schedule could be made more flexible). Jerry can be reached at home: 366-3470 or at work: 369-2956.

Pete League, our friendly Tiger distributor, ran across some unexpected trouble at the Dipsea race this year. Coming down the hill at the top of windy gap he fell on his arm and broke it just above the elbow. He was flown to the hospital (faster than running) by helicopter.

I have discussed the possibility of setting up an AAU cross country league for the Bay Area (Pacific Association) with members of several other clubs including Marin and Redwood City (Striders). It seems a bit late to do anything about it this season, but I would like suggestions on this. Anybody interested? These could be held as triangular meets or duals and a regular league standings could be set up. The Pacific Championships could be the League Finals and this might be worth 2 dual meets. There could be different divisions as well if there was enough interest (equivalent to varsity, JV, etc.). Please write me and give me your suggestions.

West Valley will be sending some sort of team to the National AAU Cross Country Championships in Chicago this November 28. The women's Nationals is also in the midwest on the same day (in St. Louis). Millbrae and the RC Striders are sending teams as far as we know. In Southern California there will be the Pacific Coast Club, SC Striders, San Diego TC, and perhaps some others going to the men's Nationals. We are looking into the possibility of chartering an entire plane for the trip back east to the Nationals. If any individuals or teams are interested in getting into a deal like this, please contact me immediately. The flight would originate in LA or SF and from there we would go to St. Louis and then Chicago. If your team is planning on going, send me the approximate number that will probably go.

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LETTERS TO THE EDITOR

I think that there should be a change in the types of awards given out at local road races. For most races there are trophies which are nice, granted, but what can you do with a house full of trophies? On the east coast they have merchandise awards for even small races, and maybe trophies too. It seems that the merchants should be willing to donate a few small things. The Belmont Marathon is the only welcome exception to the rule that I can think of right at the moment. Or, ...better yet, why not give coupons valued at so many dollars for top prizes. These coupons could be redeemable to Pete League for shoes or equipment, something that the runner can use. The runner could save up a number of coupons throughout the year and maybe get himself several pairs of shoes. You could have these coupons start at maybe \$10 and go down to 50¢. This way a runner who finished in say 50th place could get a coupon and by running in enough races could get himself a pair of shoes. Essentially the money he puts into entry fees could actually be turned around to help him out. I'm not saying that we ought to do away with trophies and medals altogether, but at least there should be some variation. How about it? -- Byron Lowry

Byron: This is an excellent idea and we should talk to Pete League about it and see if he would buy such a deal. He could sell coupons redeemable for shoes and help his business.

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, 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.

DOG REPELLANT: We are out of dog repellent sprays and are not planning on getting any more in stock unless there is sufficient demand. We sold about 100 of these very effective sprays in the past few months but have just plain run out of our supply. If you're interested in buying one, write us. If we get enough inquiries (say 25-30) we will send for some more.

1970 High School Annual: This publication sells for \$1.00 and has all the top high school marks from last year. If you're interested in buying a copy, write the editor or pick up a copy at our Newsletter stand at the next road race you go to.

THOUGHTS ON THE RUN: Runner's world editor Joe Henderson's unique new book has just gone on sale. It's the first book of its kind--dealing solely with the thoughts, experiences, and feelings that get to the heart of the sport and are common to all long distance runners. Includes over 150 topics, ranging from "Addiction" to "Fear" to "Joy" to "Relevance" to "Why". 116 pages, with many superb photos (including one of yours truly - WVN editor, Jack Leydig). Price: \$2.95 from Runner's World, Box 366, Mountain View, Calif., 94040.

1970 DIPSEA FILM & GOLD MEDAL WINNER BOB SCHUL: If you saw last year's 1969 Dipsea production, you owe it to yourself to see this year's which is a lot better. Pax Beale says that over 3 hours of footage were taken at the race from 8 cameras and a helicopter. About one third of this footage will capture all the excitement of the Pacific Association's most popular race. This film will be shown on October 2, Friday at Tamalpais High School in Mill Valley. The time: 9 pm. The length of the showing will be 1½ hours and this includes a personal appearance by 1964 Olympic 5000 meter victor, Bob Schul, who will be narrating his 5000 meter race. Bring your friends and relatives for an unforgettable experience. Tickets can be purchased from Jack Leydig, 603 S. Eldorado St., San Mateo, 94402 for \$2.50. Ticket sales end September 28 so be sure and get yours early while they last.

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CALIFORNIANS' TRIUMPHAL PIKES PEAK ASSAULT

The 15th Annual AAU-sanctioned Pikes Peak Marathon (26.8 mi., 13 up and 13.8 down) (extra length to finish downtown) was run by over a hundred runners ranging in ages from 15 to 72 years. The run was won this year by Steve Gachupin for the fifth year in a row. The 29 year old Gachupin is an Indian school custodian from New Mexico. He ran 2:18:25 for the ascent and had a round trip time of 3:45:52. Woops, forgot Walt Stack (62?).

The California delegation consisted of the following: Peter Mattei (42), Dr. Ralph Paffenbarger (46), John Satti (56), Pamela Schmidt (16), Ed Grace (16), and James Barnett (18). The latter two are from Manhattan Beach in Southern California. The San Francisco delegation all either won a team trophy (Satti, Mattei, and Paff) for NCSTC or broke Senior ascent record (Paff) or Senior Round Trip Record (Mattei) or first in their division (Stack) in Master's Division (over 60).

Three days before the marathon, Mattei was running the course up Barr Trail and had real trouble breathing (first day) and laid down twice and fell asleep; and looked up at the sky and asked himself, "what am I doing here?" After starting up again, about 8 miles up the trail he ran into Satti, lying crumpled up on the trail and looking dead. After ascertaining that John was alive, Pete proceeded up to finish his first practice ascent in 5 hrs. & 15 minutes. Meanwhile John thought it better to proceed full pace to the bottom.

The next day before the race Mattei, Satti and Stack took a 19 mile ride up the hiway to the summit for a brief 3 hour training session in the 10,000 to 14,110 elevation between the 10 and 13 mile marks. It was snowing furiously. As we were freezing together, drinking cocoa with the open-mouthed gaping tourists in the Summit House after the 3-hour training stint, we talked about this "structured play" and "fun" but not "ha-ha fun" that Joe Henderson writes about in the books and as editor of Runner's World; and we joked about our miserable coldness.

Paffenbarger hadn't flown in yet. This time we were sure, based on pre-run acclimatization and pre-run training on the mountain, Paffy didn't have a chance. He couldn't beat Mattei unless he had some special doctor pills that only doctors know about (some rear end jet pill). (Mattei ran to the top in 3 hours the second day). The writer even offered to kiss a section of Peter Mattei's anatomy in front of the Ferry Building on Market Street in San Francisco at high noon if Dr. Paffenbarger won this race between them. Pete would have a button made saying "I beat Paffenbarger".

On the day of the Marathon, Paffy was sixth in a field of nearly 100 runners at the 16 mile mark. He had made it to the summit, without altitude training, in the phenomenal time of 2:51:16, breaking the Senior ascent record by over 8 minutes. In the ascent, Stack won first place in the over 60 division with a time of 4:19:49, Satti following eleven minutes behind in 4:31. Times for Seniors, Masters and Juniors are only based on the ascent and trophies and medals awarded to those categories don't count their overall time. One has to receive permission to run the descent.

Paff, who was in 6th place, strayed from the trail and was temporarily lost. Mattei made time on him. Mattei beat him in the descent and came in eighth in the overall time of 4:39:10, a new senior record. Paff's overall time was 4:48:16; Satti's was 6:53:41, and Stack had a 7:00:00. Pam Schmidt flew in an hour before the race, due to injuries last month, and got in the starting line 10 minutes before the gun went off. She did well for the first 2 miles and later, suffering from lack of oxygen, she strayed off the trail, became lost, and wound up on top 7 hours and 21 minutes later. A real great sense of achievement prevailed and all misery and misfortune was forgotten in the glow of victory -- getting to the top. Ed Grace ran the ascent only in a great 2:38:44. James Barnett did the round trip (3:12:24 and 5:07:50).

For a marathoner not to accept the challenge of the Pikes Peak Marathon reflects a poverty of the imagination -- make Pikes Peak a 1971 Long Distance Runners Mecca. See you there, August 8, 1971.

--Walt Stack

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WEST VALLEY PORTRAIT

Herb Ashton is 24 years old, married, and is currently working for his Masters Degree at Cal-State in Hayward. He received his B.A. in Economics from Cal-State in 1969. Before that he attended College of San Mateo and South San Francisco High. Herb lives with his wife at 2727 Edison St., #204, in San Mateo.

Before coming to West Valley this year, Ashton ran for the Redwood City Striders (1965-67) and the West Bay Track Club (1967-68). Herb's best track times include a 9.8 for the 100 (San Jose State, 1968, 7th), 21.8 for the 220 (Univ. of Nevada, 1968, 1st), and 47.7 in the 440 (NCAA Regional Trials), and was also credited with a 47.7 relay leg the same day. It's unusual for a sprinter to do a lot of distance training, but Herb does a lot of background work of this nature. He on occasion competes at longer distances for the fun of it and did 54:13 for the Bay to Breakers.

Herb lists the following three moments as the most exciting in his running career: Anchoring the C.S.M. indoor mile relay and winning in the 1965 Examiner Invitational Indoor at the Cow Palace; the entire 1968 season, running consistently well the whole year, setting personal bests in all events, competing in four races each meet, and just enjoying the competition and fun of running well; in the NCAA Finals held at Hayward in 1968 - at the end of the season he developed foot trouble and leg problems which kept him from working out, but he was still able to run the mile relay. In stead of anchor leg he asked to run second so as not to hurt the team too badly. He then proceeded to run a 47.2 and came from third to first. "It was a thrill to know I was needed and that I gave it all I had and came through under pressure."

His immediate goals are to get back in shape and bring his quarter times into the 47's and half-mile under 1:55. His distant goals are just to stay in shape and to compete as long as possible. Herb will be seeing a lot of action on West Valley's mile relay team this track season.

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PACIFIC ASSOCIATION PORTRAIT

Meet Bill Scobey: Arcata, Calif. (Mad River TC). 5'8", 133 lbs., 25 years old (born March 13, 1945) (Inglewood, Calif.). Married, 2½ yr. old daughter. Began racing in February 1961 as a high school junior (layoff from June 1965 to Jan. 1967 - army).

TRAINING: Two times daily; 7 days a week; every day in the year unless I decide to do something else or I sleep through it. Average 125 miles per week on a dedicated week, five miles of jogging the day before a competition, distance only in the summer, intervals during track season, mixing both during fall cross country. Longest ever training run: 32 miles (5 miles in morning and 27 miles of intervals consisting of 110's and 220's at 3 pm).

BEST TIMES: 440 - 49.8, 880 - 1:52.7, 1320 - 2:59 (relay), mile - 4:03.2, 2 mile - 8:48.4, 3 mile - 13:44.6, 6 mile - 29:18 (on way to hour run), 20 mile - 1:45:40 (roads). Favorite racing range: every week. Favorite distance: mile on up.

DESCRIPTION OF RACING AND TRAINING: Coached by Atis Petersons (early) and Jim Hunt and himself now. I train because it gives me some feeling of accomplishment, using weekends for competition which the week of training aims at. I don't think I would run unless I could compete. I hope to run for as long as I can because it's a "blast", even when I lose. It's all our own doing when we train and race to see what kind of shape we are in compared to others. It's really a hobby with my family and I. I've been running now for so long I'd be at a loss without it. What would I do?!. A typical interval day would be: 2 miles jog, 6 x 110 @ med. easy pace, 440 jog, 6 x 110 at med. pace, 440 jog, 4 x 110 @ hard pace, 440 jog, 4 x 440 @ :67 (110 jogs between), jog 440, 5 x 220 @ med. (or quick sprint pace) (55 yd. jogs), jog 440, 5 x 220 (same), 440 jog, 1 x 660 (1st 440 @ med. pace and then kick in @ 1:27 or so), jog 440, 8 x 180 (graduated from easy to hard with 6 sec. rest between each), 10 x 110 shakedown, 50 x situps w/bent legs, 25 x push-ups. -- Alternating Mon., Wed., Fri., I use weightroom Universal Machine working on upper body only. I've only started this summer and I feel it makes all the difference in my racing this year. In long runs I run how I feel that day, sometimes all out, sometimes OUT! Usually on the average of 12 miles per run. Racing tactics are simple: if I know the runner is better than I am I run behind and hope to outkick him in the end. I do the same if I'm out of shape or feeling lousy. If I feel good or I'm in no competition I go out and run as hard as I can at that time, hoping for a good time.

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PA-AAU LONG DISTANCE RUNNING

- Sept. 26 - PA-AAU 25 kilo Championships, Golden Gate Park, San Francisco, 10 am. Peter Mattei, 1000 North Point, S.F., 94109. (Race consists of 5 loops)
- Sept. 27 - Santa Barbara AC Fifth Annual Marathon, Santa Barbara, 8 am, Srs, open.
- Oct. 4 - PA-AAU 15 kilo Championships, Reno, Nevada, 10 am. Skip Houk, 3235 Lodestar Ave., Reno, Nev., 89503. (Skip has recently moved to Fresno and may not still be in charge of this race...if anyone knows about this, spread the word.)
- Oct. 10 - 14th Annual Sacramento Invit. XC Races, Sacramento, Cal. (all divisions), 9 am. H. Roloff, Sacramento State College, Sacramento, Cal.
- Oct. 11 - 20th Annual Columbus Day Races (3 and 6 miles), Oakland, Cal., 9 am. Enrico Del Osso, 1803 3Rd Ave., Oakland, 94606.
- Oct. 18 - PA-AAU and National AAU Championship 50 mile race, Rocklin, Cal., 8 am. Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- Oct. 18 - 10 km. road race, Chico, Cal., 8:30 am. Rob Laxon, 1183 Manchester Road, Chico, Calif., 95926. (Ph. 342-8114).
- Oct. 25 - Fifth annual Berkeley to Moraga road race (14 miles), 10 am. EB-RRC, Chas. MacMahon, 855 Glendome Circle, Oakland, Calif.
- Oct. 31 - PA-AAU Jr. X-C Championship Run, Golden Gate Park, San Francisco, 10 am. Peter O. Mattei, 1000 North Point, San Francisco, Cal., 94109. (10 kilo)
- Nov. 7 - Turkey Trot Races, 10 miles open class, Oakland, Calif., 9 turkeys, 9 sections. Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- Nov. 14 - PA-AAU Sr. X-C Championship Run, 10 kilo, Golden Gate Park, San Francisco, Calif., 10 am. S.F. Olympic Club, P.V. Carmichael, 524 Post St., San Francisco, Calif.
- Nov. 21 - 8.2 mile Daly City Hill Run, Daly City, Cal., 10 am. Daly City Recreational Dept., Daly City, Calif.

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RACE WALKING

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. Thanks.

Oct. 4 - Natl. Senior one hour walk championships at Walnut, California.

West Valley's Wayne Glusker has recently been taking up race walking as a past time along with running. He has found it to his liking and recently has lowered his mile best to a very good 7:11.4, good enough to qualify him for the Examiner Indoor meet in January. In the same race, the San Jose Yearlings Santora was timed in 7:13.2. The week before Glusker did 7:22.3 and won there also. Both performances came at All Comers meets at San Jose City College.

Addition: Oct. 11 - Lake Merritt, Oakland, 5000 meters walk, 9 am.

Adriano wins Natl. AAU Jr. 10 km. walk: (June 7, Portland, Oregon, warm - 85°; 22 started and 20 finished). -- In what must have been the closest finish in the history of National races, Manny Adriano edged out Mark Achen and Steve Geiver at the finish line as all recorded the same time. Achen led by 57 seconds at the 5 km. with Adriano in second and Geiver in third. With a mile to go Achen had a 16 second lead on Adriano and Geiver. By this time Adriano and Geiver were fighting out for second. With 800 meters to go the kill was made, but Achen and Geiver were still in the race. All three finished in 54:02, a slow race due to the warm weather. Results: 1. Adriano (WVTC) - 54:02, 2. Achen (Columbia TC) 54:02, 3. Geiver (Seattle OC) 54:02, 4. Chuck Dhulst (Olympic Hopefuls) 56:35, 5. Tom Manske (Edmonton OC) 57:05, 6. Jon Malmin (N. Medford) 57:18, 7. Steve Robinson (Olympic Hopefuls) 58:31, 8. Dave Sperry (Seattle OC) 58:35, 9. Jostein Berg (Seattle OC) 58:35, 10. Wes Edwards (Olympic Hopefuls) 60:33, 11. Paul Kaald (Seattle OC) 61:05, 12. Phil Mooers (WVTC) 61:11, 13. Roy Terry (Mt. Hood CC) 64:42, 14. James Henry (Mt. Hood) 64:57, 15. Ken Fowler (unatt.) 64:58, 16. Rick Johnston (Mt. Hood) 65:00, 17. Dean Ingram (Seattle OC) 65:05, 18. Dick Arkley (Seattle OC) 66:30, 19. Don Jacobs (Portland TC) 66:38, 20. Martti Laitinen (Seattle OC) 72:04.

Dooley rips Ranney and Lopes at Santa Rosa 5 kilo: (Sept. 5, Santa Rosa Fairgrounds, 105th Annual Scottish Gathering and Games, 11 am). - Race was on a one mile horsetrack at the Santa Rosa Fairgrounds. -- Returning from a successful European tour, Tom Dooley continued to walk well as he easily defeated Bill Ranney and Jim Lopes (23:00, 23:50, 24:14) over a five kilometer distance. No other results available.

Adriano and Mooers do well in Pacific Northwest race walking: West Valley TC's walking travelers Manny Adriano and Phil Mooers did well in two back to back races on Sept. 6 and 7. In the 10th Annual Black Diamond Invitational (4 miles) there were 36 starters (race walking is big in the Pacific Northwest) and West Valley's duo came out first (Adriano - 32:10) and tenth (Mooers - 37:54). Adriano's time was a personal record. Close behind was Steve Geiver of the Seattle OC in 32:32. In third place was Steve Tyrer (Portland TC) in 33:46. Then came Dave Sperry (33:48), Craie Jones (34:09), and Ed Glander (34:47). Mooers was the first senior finisher in the race. -- The following day, the duo took 2-10, as Geiver reversed his defeat of the day before over 10 kilometers (Pacific NW Championships). Geiver won over 32 starters in a time of 49:46 and Adriano was second in 50:08 (Personal best). Mooers, again the first senior to finish, was timed in 60:03. Third went to Steve Tyrer (52:26). Then came Ed Glander (53:10), Dave Sperry (54:40), and Dick Baker (57:12).

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MISCELLANEOUS RESULTS

West Valley's Terry Johnson recently took second in the PA-AAU Pentathlon Championships (high school division) held at San Jose City College. He also took 1st in the 880 (2:09.0) in the SJCC All-Comers meet on Aug. 18 (16-17 division) and two nights later won the mile walk (8:12) and the 120 LH (15.9).

Bill Clark runs 10th in CNE Marathon: (Toronto, Ont., Aug. 24 - night run). West Valley's Bill Clark (although not running for the club at that time), still recovering from the effects of a bout with the flu and a very hard hour run the week before, ran 10th overall in the CNE International Invitational Marathon in a time of 2:28:34.6. There were 19 runners in the race which was witnessed by some 100,000 persons. There was a motorcycle escort (for each runner!!) according to Bill. Jack Foster led his New Zealand team to a sweeping victory as Wood and Julian finished right behind him. Foster (38 years old) ran a splendid 2:16:23.8 to Wood's 2:18:18.4 and Julian's 2:18:48.2. Then came Andy Boychuk (Can) 2:18:54.8, Bob Moore (Can) 2:19:30, Herb Lorenz (US) 2:20:40.8, Pat McMahon (Ire) 2:23:53.8, Pat McLanlan (GB) 2:24:34.2, Ron Wallingford (Can) 2:27:34.6, and then Clark.

Marin AC's Ray Menzie took a vacation on the East Coast this summer and just recently returned. He ran in several races and we have the results of some (he will send us the others later). The following are courtesy of the Racing Report: Aug. 9 - Rochester, NY, Natl. Sr. 25 km. Championships - 1. Moses Mayfield (Pa) 1:20:16.8, 2. Ken Howse (Mich) 1:24:21, 3. Gary Muhrcke 1:26:54, 4. Don Brown 1:27:13, 5. Jim McDonagh (46) 1:27:50, 6. John Garlep 1:30:36, 7. Bill Speck 1:32:06, 8. Ray Menzie (Marin AC) 1:32:16 - 55 started, 31 finished. *** Aug. 15, Littleton, N.H., 10 mile road run - 1. Mike Gallagher (Vt) 53:20, 2. Roland Cormier (Mass) 54:19, 3. Bill Van Dyke (Mass) 54:28, 4. Louis Paul (Mass) 56:25, 5. John Jarek (Mass) 56:38, 6. Tom Dowling 56:50, 7. Ray Menzie (Marin AC) 56:57 - 52 finished, 13 under 60 minutes, 62 degrees, tough course.

(August 8): We still don't have splits for all the runners so the best we can do is give you the team times for everyone that finished. Maybe we can have some splits for next time. Here are the team results: (Official result for Mad River was different than what we got).

1 - Pacific Coast Club "A" Team	6:50:44	21 - Awalt Track Club	8:39:43
2 - West Valley TC "A" Team	6:58:37	22 - Pleasant Hill TC "B" Team	8:41:26
3 - Mad River TC	7:04:15	23 - Napa TC "A" Team	8:42:23
4 - Senior TC (Los Angeles)	7:08:01	24 - Redwood City Striders "B" Team	8:45:26
5 - Marin Athletic Club "A" Team	7:12:20	25 - Adak Track Club	????
6 - High Sierra TC "A" Team	7:20:19	26 - South End Rowing Club "A" Team	8:49:04
7 - Solano TC "A" Team	7:25:14	27 - Travis AFB	8:56:04
8 - Northern Calif. Sr. TC "A" Team	7:35:25	28 - Solano TC "B" Team	9:08:00
9 - Redwood City Striders "A" Team	7:38:42	29 - Kennedy High School "A" Team	9:27:55
10 - Willow Glen High School	7:45:00	30 - South End Rowing Club "B" Team	9:21:26
11 - Pleasant Hill TC "A" Team	7:45:46	31 - Pleasant Hill TC "C" Team	9:33:55
12 - High Sierra TC "B" Team	7:52:49	32 - West Valley TC "C" Team	9:37:17
13 - West Valley TC "B" Team	7:56:45	33 - Cupertino Juggernauts	9:38:06
14 - West Valley TC Seniors	7:58:25	34 - Lassen TC	9:55:27
15 - Alameda TC "B" Team - Reno	8:02:04	35 - Del Oro High School	10:05:42
16 - Stanford Running Club	8:08:29	36 - Marin Athletic Club "C" Team	10:06:19
17 - Northern Cal. Sr. TC "B" Team	8:12:38	37 - West Valley Joggers	10:07:54
18 - Alameda TC "A" Team	8:16:54	38 - Napa TC "B" Team	10:16:16
19 - Pacific Coast Club "B" Team	8:19:34	39 - Kennedy High School "B" Team	10:45:36
20 - Marin Athletic Club "B" Team	8:27:02		

*** It's obvious that the times on the 29th and 30th place teams are mixed up but that is what the official results had. If these teams can write me and tell me what their times should have been I'll gladly print them.

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PA-AAU ONE HOUR RUN CHAMPIONSHIPS

(August 15): Repeating the fact that Bill Scobey ran the second best ever by an American for one hour on the track and missed the record by a scant 48 yards, suffices to say that he ran one hell of a race. In fact, the record was also set in the PA-AAU Championship in 1967 (by Mike Kimball). Bill Clark was just shy of 12 miles. The evening at Tamalpais High was overcast and slightly windy, almost perfect conditions for the record attempt. Had Scobey not had stitch problems with several miles to go he no doubt would have had the record. Ray Darwin ran over 11½ miles in one of the best races he has run this year. The team title went to Mad River with 19. Then came Marin AC "A" team with 40, Solano TC with 87, and Marin AC "B" team with 100. There were 57 finishers. Don Pickett was first senior finisher in 27th. Below are the results: (listed in miles and yards)

1 - Bill Scobey (Mad River)	12- 184	16 - Bruce Degen (Marin "A")	10-1371
2 - Bill Clark (unatt.)	11-1688	17 - Mark Byers (Mad River)	10-1354
3 - Ray Darwin (Culver City AC)	11- 935	18 - Don Makela (Marin "A")	10-1331
4 - Jan Day (unatt.)	11- 853	19 - Joseph McDevitt (unatt.)	10-1272
5 - Howard Labrie (Mad River)	11- 611	20 - Robin Clark (Maranon)	10-1227
6 - Tom Derderian (Massachusetts)	11- 362	21 - John Gale (Solano TC)	10- 948
7 - Doug Butt (Marin "A")	11- 316	22 - Eric Muller (Marin "A")	10- 593
8 - Wes Hildreth (Marin "A")	11- 303	23 - Frank Haggerty (Alameda TC)	10- 559
9 - Bob Stephenson (West Valley)	11- 149	24 - Chas. Frosolone (Maranon)	10- 404
10 - Ron Elijah (Mad River)	11- 69	25 - Dick Cardone (SDTC)	10- 343
11 - Gary Miller (Mad River)	10-1665	26 - Gus Cano (unatt.)	10- 294
12 - Ron Iff (Mad River)	10-1657	27 - Don Pickett (SFOC)	10- 62
13 - Jeff Kroot (Marin "A")	10-1501	28 - Mike Knott (Pleasant Hill TC)	10- 10
14 - Dennis Urutiaga (West Valley)	10-1496	29 - Frank Donahue (West Valley)	9-1738
15 - Tony Casillas (West Valley)	10-1494	30 - Don Elsener (Marin "B")	9-1605

Scobey's unofficial mile splits are as follows: 4:47, 9:40, 14:30, 19:24, 24:24, 29:20, 34:16, 39:17, 44:19, 49:23, 54:29, 59:32. Clark was 19:41 at 4 miles, then 24:40, 29:41, 34:47, 39:56, and 45:08. That's all we have for Bill. -- Results thanks to Marin's Pete League.

(August 23): In a very mixed up affair, many runners finally found their way to the start of the Pierce Point race only to get lost on the course. Due to a mixup in entry blanks, two starting times were listed and therefore there were two races. The first started at 10:30 with most of the field. Then at about noon the second group started out and about the first 10 runners took a wrong turn that was poorly marked. Finally the results were tabulated by a two minute addition to all those who took the wrong turn. The top 8 times were turned in during the first heat. John Loeschhorn of the Air Force broke away from the Olympic Club's Byron Lowry over the last few miles of the 8 mile race to win handily, 40:10 to 40:58. The West Valley Track Club, led by Charlie Harris, beat Redwood City and the Alum Rock Running Association for the team title. The high school trophies went to Steve Brooks, who just barely beat Jose Cortez for second. They ran in different races. In the senior division, West Valley's Keith Campbell took 33rd to beat runnerup Don Pickett by over a minute. Frank Harrison was another two seconds behind Pickett (49:37 to 49:39). First woman finisher was the RC Striders' Mary Cortez in 68th (55:38). Ed Healy III and his son (Ed IV) took father and son honors and a very nice trophy. The course was run on dirt roads for the most part with a sandy stretch just before the finish. All the entry fees (save \$5.00 that went to the AAU) went to the Beardall travel fund (\$148). Even though it was a mixed up affair, it helped out Darryl immeasurably. There were 97 finishers. The top 40:

1 - John Loeschhorn (USAF)	40:10	21 - Arnold Hamala (unatt.)	45:47
2 - Byron Lowry (S.F. Olympic Club)	40:58	22 - Chris Berka (Maranon TC)	46:00
3 - Bob Deines (Otherways TC)	42:14	23 - ????	46:04
4 - Ray Darwin (Culver City AC)	42:39	24 - Gus Cano (unatt.)	46:11
5 - Tom Derderian (Massachusetts)	42:57	25 - Joe Vasquez (Sac'to CC)	46:21
6 - Bob Crow (unatt.)	43:12	26 - Joel Stein (Redwood City Str.)	46:25
7 - Charlie Harris (West Valley)	43:35	27 - Darrel Jeong (unatt.)	46:27
8 - Steve Brooks (Alum Rock RA)	43:37	28 - Tony Casillas (West Valley)	46:32
9 - Jose Cortez (Redwood City Str.)	43:39	29 - Bob Schuchard (unatt.)	46:35
10 - Jack Leydig (West Valley)	43:58	30 - Keith Nowell (unatt.)	46:58
11 - Chris Carey (Redwood City Str.)	44:19	31 - Pete League (Marin AC)	47:08
12 - Howard Labrie (Mad River)	44:23	32 - Ken Scalmanini (SFPD)	48:06
13 - Kurt Schroers (Aggie TC)	44:27	33 - Keith Campbell (West Valley)	48:22
14 - John Gale (Solano TC)	45:09	34 - Robert Davies (Travis)	48:22
15 - Pat Carey (Redwood City Str.)	45:13	35 - Tom O'Brien (unatt.)	48:39
16 - Michael Horniciaci (Petaluma)	45:14	36 - Mike Collier (Sonoma)	48:59
17 - Willie Cronin (West Valley)	45:20	37 - Jim Bigelow (Alum Rock RA)	49:08
18 - Butch Alexander (Sonoma)	45:23	38 - Jeff Arnold (unatt.)	49:20
19 - Dennis Urtiaga (West Valley)	45:25	39 - Don Pickett (S.F. Olympic Club)	49:37
20 - Steve Parker (Alameda TC)	45:37	40 - Frank Harrison (NCSTC)	49:39
---Other West Valley finishers: 57 - Frank Donahue - 53:39.			

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NORMAN BRIGHT WINS 1970 DIPSEA, RECORD FALLS TWICE!

(August 30): In what could easily be the most ironic turn of events in distance running history, the Dipsea course record holder, Norman Bright, returned after 33 years to win his first Dipsea race, only to have two runners smash his 33 year old record! Bright took advantage of his 15 minute head start (over 57, Norm is 60) and was never headed. He flashed across the line in a time of 59:46 to nip fast closing Rich Delgado of West Valley by only 15 seconds. In the process of taking second, Rich, with a two minute head start of his own, sliced 21 seconds off Bright's 33 year old record with his 47:01. However, Delgado's record held up for perhaps the shortest time ever as Marin's Don Makela blazed to a 46:42 clocking and just barely caught the Redwood City Striders' Dave Cortez (7 minute handicap) in the closing dash. Dave was only 3 seconds behind, and ran an incredible 53:45 corrected time. Dave is only 11. The first senior across the line was the Olympic Club's Don Pickett in 13th place with a corrected time of 55:03 (Don is 42). Mary Cortez was first woman in (no time available). First high school finisher was Ron Elijah for the second straight year with a time of 49:01 (he finished 12th). The Marin Ac, always seemingly invincible on their home course, took team honors with Don Makela, Darryl Beardall, Wes Hildreth, Bob Biancalana, and Larry Hoyt. At press time complete results were not yet available so we will have them for you (at least the top 50) in the October issue. Other notable performances came from Bill Scobey (3rd best scratch time with 48:21) and Howard Labrie (48:50). Tom Derderian (49:28) and George Bartholemei (49:39) were also under 50 minutes. Ed Sias, in the 51-54 category, got an 8 minute handicap and had a corrected time of 56:42 (8th place). And so another Dipsea goes on the records, this one being perhaps the most ironic of all. Everyone who finished was a winner in his own right. Nearly half the field was literally cut and bleeding from numerous falls on the slippery trails.



PA-AAU One Hour Run: Stephenson (9th), Hildreth (8th), Elijah (10th), Miller (11th), Makela (18th). (Marconi photo)

John Loeschhorn and Byron Lowry, first and second place at Pierce Point. (Marconi photo)



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Mary Cortez shown finishing at the Dipsea. (Photo by Terri Mejia)



A group of runners during the early stages of the Tiburon race. (Marconi photo)



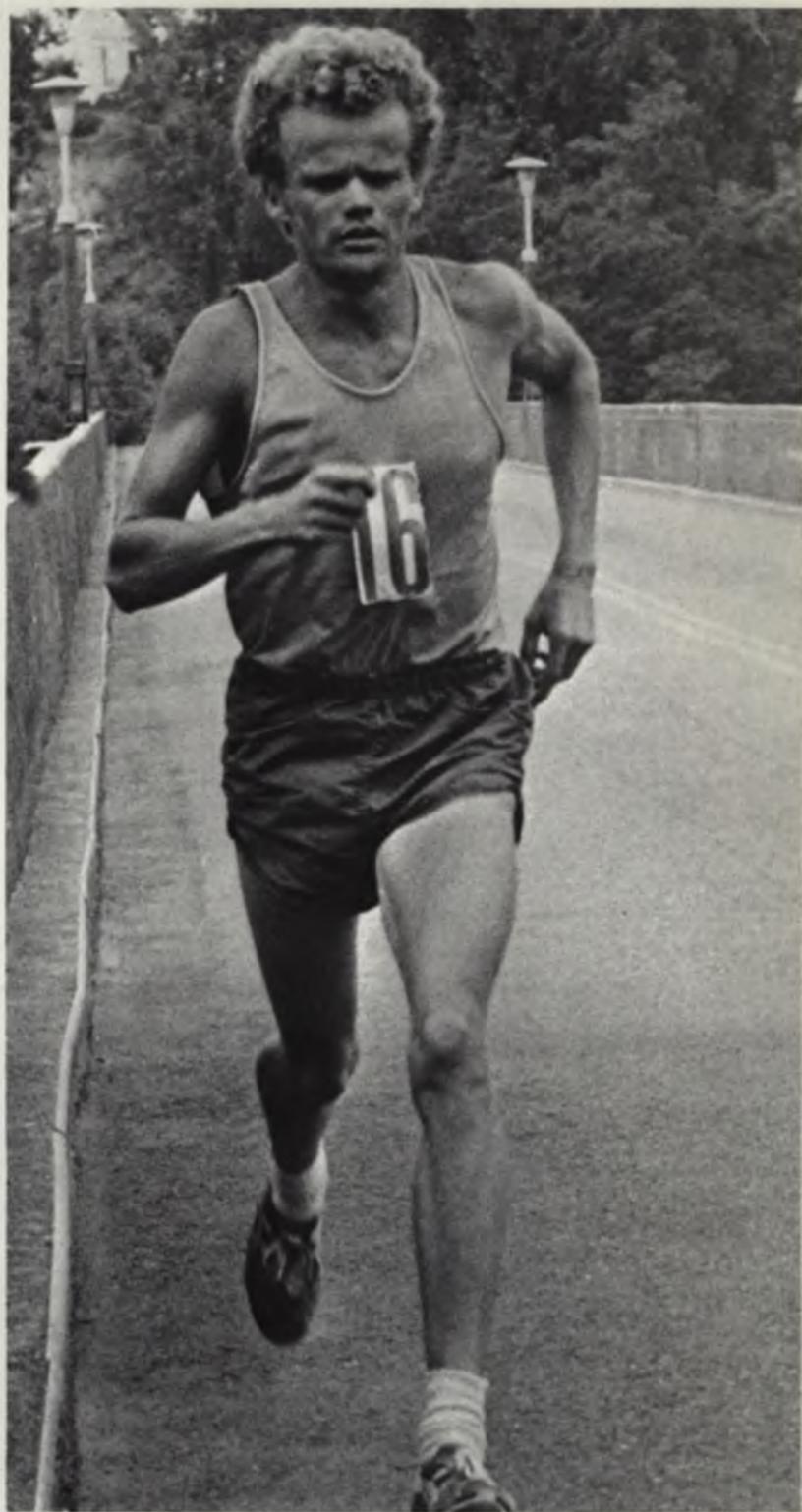
After a 33 year absence, Norman Bright returns to win his first Dipsea Race. (Photo by T. Mejia)



Dan Urtiaga hands off to Wayne Glusker for WVTC "B" team at Tahoe Relay. (Photo by T. Mejia)



Marin's Don Makela broke Norman Bright's 33 year old Dipsea record with a 46:42. (Marconi Photo)



Featured in this month's Pacific Association Portrait, Mad River's Bill Scobey.



Culver City AC's Ray Darwin ran well over 11½ miles in the PA-AAU One-hour Run. (Marconi photo)



Herb Ashton, featured in this month's West Valley Portraits.



West Valley's 2nd place Tahoe team (Kruse, Stephenson, Cary, Leydig, Delgado, Howell, Miller). (Photo by T. Mejia)