

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 media for WVTC members and all Northern California runners in general. Editorial matter, pictures, and race results should be sent to the editor: Jack Leydig, 603 So. Eldorado St., San Mateo, Calif., 94402 (Ph. 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.

It hardly seems possible that we are rounding out our first year with this issue. In only one short year, the runners of this Association have helped us come from oblivion to an unbelievable success. At first, practically no one sent us material for our publication. Now we have many regulars that send us race results, editorials, stories, pictures, and much miscellaneous information. Our success is due to all of you. Keep up your support and we'll make our second year better still.

Currently we are exchanging Newsletters with the Dolphin-South End Club, the Nor Cal Senior TC, the Seniors TC of Los Angeles, the Las Vegas Track Club, and the San Diego TC. If your club has any type of Newsletter or poop sheet that you put out for your members, we'd like to be on your mailing list. In return, we'll put you on ours. It's an excellent way of exchanging ideas and information and contributes greatly to communication in our Association. If you, as an individual, would like to receive our Newsletter on a monthly basis, subscription rates are \$3.50 per year, third class mail. Add \$1.00 for first class.

THE 1970 WEST VALLEY ANNUAL...coming soon...

Within two or three months (probably in early January), we will be putting out our first West Valley Annual. Since this is a new venture, we are not sure how popular it will be, but we are going to try it because we think our readers will come through for us. Basically, it will consist of mostly pictures (probably 10 pages). We are going to concentrate on the full range of runners in the Pacific Association, not just the stars. But...we need your help! Help, help! We are hurting for good group shots with hordes of runners. If you have any such pictures and you would like to see it printed in our annual (with credits), please send them to the editor before the end of November. You will receive them back after we are finished using them. If we can't use a certain picture, we'll send them back right away. Preferably, we would like black and white photos with good contrast, but color shots will do too. So...all you camera freaks that I see taking pictures at the races, send us your artwork. The cost of the Annual will be either \$.75 or \$1.00. We will have to estimate our costs more closely before we can set a definite price.

WEST VALLEY'S NEW MEMBERS....

During the month of September, West Valley gained three new members: Art Reade, Jeff Goldman, and Mark Price.

Art Reade lives at 360 Talbot (#5) in Pacifica, 94044 (Ph. 359-6071). He graduated from Arizona State University and has best track times of 48.4r, 1:50.8, 4:08 and 9:02. All these marks were set in 1968. He has run 50:51 for 10 miles on the roads and 1:20:16 for 15 miles. Before coming to West Valley, Art ran for the Santa Monica AA under Igloi. He is now 27.

Jeff Goldman is 16 and runs for Mission San Jose High. He lives at 48208 Cottonwood St. in Fremont (Ph. 657-4583). Last year he ran 5:21 and 11:24 for one and two miles. Jeff has also participated in local summer road races, running in the Tiburon race this year and in the Dipsea the past two years.

Mark Price is West Valley's newest race walker. He lives at 1018 Blair Ave. in Sunnyvale, 94087 (Ph. 736-6762) and is 21 years old. On the track, Mark has done 3 miles in 25:26, 10 kilos in 55:30 and has covered 6 miles, 888 yards for an hour walk. These marks were set in 1967-68. Before coming to West Valley, Mark competed for the Santa Clara Valley Youth Village.

THIS AND THAT....

We have had so many comments from readers, that we decided to turn our pages "right-side up" for a change. Most people read the Newsletter like a book and not like a clipboard and so we'll follow this policy from now on.

Lots of address changes in the WVIC roster over the past month: Charlie Harris to 1212 Whipple (#209) in Redwood City (Ph. 365-8251); Harry Cross to 2516 Ridge Rd. (#2) in Berkeley, 94709 (Ph. 849-0815); Neil Kruse to 576 So. 5th Ave., San Jose, 95112; Dave Kopp to 5076 Joseph Lane, San Jose, 95118; Marcel Hetu to 1513 Sanchez in Burlingame (Ph. 344-8219); Jim Bowles, Saratoga Apts. (#51), 9830 Lincoln Village Dr., Sacramento; also a mistake was noted on our last club address sheet - Sean O'Riordan's phone number is 294-2994.

Someone lost a thermos at the Emerald Hills Race last month. If it's yours, contact Jerry Lucey of the Redwood City Track Club (home phone: 366-3470, work phone: 369-2956). Jerry is also still looking for volunteer coaching help. He needs help in coaching age group runners (9-14) on Monday, Wednesday, and Thursday and to travel some on weekends (however, the schedule is flexible if the above doesn't suit you). Please contact him immediately if you are interested or know of anyone that might be of help.

Thanks to Warren Conrad for his \$5.00 donation to the West Valley Newsletter. With support like this, we will be able to keep bringing you bigger and better issues in the future.

In regards to West Valley's communications to the AAU recently, asking for allotment from the National Track & Field Travel Fund: At the August 20 Board of Managers Meeting, a motion was made by Mr. Sandell, seconded by Mr. Geis, to send our request to the National Office. The motion carried. We should hear from the National AAU shortly concerning this matter. We applied for the maximum \$2,000 for the upcoming indoor and outdoor seasons.

California track coach Dave Maggard, who led his team to the NCAA Championship last spring, has been named "Track Coach of the Year" by Coach and Athlete Magazine. Maggard, who guided the Bears to their national title in his first year as head coach, received a plaque commemorating the honor from the national publication.

At the recent (Oct. 3) A.A.U. Annual Meeting and Election of Officers and Convention Delegates, race walker Tom Dooley was nominated as the Pacific Association's outstanding track and field athlete. Tom recently competed in the Lugano Cup (20 and 50 km. walks) in Eschborn, East Germany (October 1).

Comments on the 1970 Dipsea Film: If you haven't seen this film, you owe it to yourself to do so at the next opportunity. After seeing it twice myself (I sat through both showings at its premier at Tam High School on October 2), all I can say is WOW! Pax set out about the task of filming this historic race for the second year in a row and this year's accomplishment can only be described as fantastic. Not only is the entire movie put together better this year, but the action photography is out of this world. Even a non-runner would enjoy seeing this flick. There is a good possibility of the film being shown again in the fairly near future at a location on the South Peninsula, near San Jose. Many this far away did not feel like driving to Marin to see the first showing so now there will be a chance for you to catch it at a closer location. If you're interested in seeing the film, please write the editor of this paper because we need to give Pax some kind of estimate of the number of people we can expect. The exact date will be announced at a later date. Keep your eyes open for announcements at upcoming road races.

A correction to last issue's Pierce Point results. In the mass confusion at the end of the second heat (probably a Pacific Association first) someone forgot to add two minutes to Keith Campbell's time in the results since many runners cut off a big chunk near the end. Consequently, Keith was not the first senior, but the third senior, behind Don Pickett and Frank Harrison. We'd appreciate any more corrections that you might detect. Maybe next year we can have three heats? A race for those that can't find the start.

A late bulletin from Paul Reese concerning the Camellia Festival 100 mile run for the upcoming 1971 season. "If you were not blinded from your strenuous workouts, you would see a flag of surrender in front of you." Get this.... "Which means that for the Camellia Festival--March 14, we will have only a hundred mile run--no twenty-six mile marathon, which is the way you runners and Pete League called the shot. Some gory details about the hundred, in addition to where to bury the bodies, need to be decided--what time to start? Handlers? Are we firm on the Rocklin course? Etc. Maybe some of us will get a chance to talk about these at the fifty. Keep running." -- Yes folks, that means 100 miles in one shot, not in three days like last year. Lots of luck to the hardy souls that can hack this one. Think I'll pass it up.

The U.S.T.F.F. Western Championship Cross Country meet will be held in Fresno on November 21. At the present time the race does not have an A.A.U. sanction. However, I have written to Mr. Cooper of the U.S.T.F.F. in an attempt to get a sanction for this meet. I expect to hear from him shortly on this matter and we will have the full story in the November issue at the Sr. Cross Country Championships in Golden Gate Park (Nov. 14). Since this may be too late a date for entry into the race, if it gets a sanction, you should try to contact me about the end of October if you're interested in running. I will most likely have the info by then.

San Jose State is interested in postal competition for the U.S.T.F.F. - Track & Field News sponsored annual competition at the 3 mile and 2 man 10 mile relay distances. Early December is the most desirable date for these competitions. Interested persons contact Coach Bullard at San Jose State.

Darryl Beardall came up with severe intestinal troubles (bleeding) the week before he was scheduled to leave for the London to Brighton 52 mile race. As a consequence, he did not make the trip. So...we have a total of \$696.99 in the fund. Most of this was in the form of individual donations, so obviously we can't give the money back. I feel that the best plan would be to wait until next year to send Darryl, and in the meantime, work on raising another \$800 so we can send a three man team (probably Darryl, Deines and Cortez). I recently checked into air fare rates on some foreign flights and it turns out that Icelandic Airways offers roundtrip service from New York to London for about \$200. It only costs about \$300 to fly from S.F. to New York. So we should be able to send three to London for \$1500. In the meantime the money will be gaining interest. This obviously is only my idea. We have had other suggestions including one from Rich Delgado. He thinks it would be a good idea to use part of the money to send the winner of the 50 miler to the Nationals next year. But, it would be the top Association finisher actually since it is quite conceivable that some out-of-Ass'n runner could win. -- At any rate, we would appreciate any other suggestions you might have. A lot of people did a really great thing for the Association's Long Distance Running program by contributing. I don't see why we can't have a fund like this with donations coming in throughout the year. It would be used to help send deserving athletes to big national and international competition. -- Some other people who donated to the fund before the deadline and after our last issue: Pat Cunneen, Andy MacCono, Horace Crow, and also \$50 from the LDR Committee.

In our last issue we mentioned that we were trying to charter an airplane to fly to the women's and men's cross country nationals in St. Louis and Chicago. Both are on November 28. After much checking, I came to the conclusion that chartering will not be the best way to go. Western has a 70 passenger plane (the largest we could consider) that would cost us the same per person as a regular flight, even if we filled it up. Smaller planes aren't any better. So...it looks like the group fare is the best way to travel. We tried this for Boston last year but came up about 5 people short. Basically, we need a total of 25 people to get the approximately \$40/person discount. The price doesn't go down if you get any more than 25 individuals. I don't have the complete information as of yet on the group fare costs, or the exact date and time of departure. So, if you're interested in going to either of these meets, or know someone (or a complete team) who is, write me immediately and I can get you the complete information. Tentatively, it looks like this: we will leave S.F. either the evening of the 26th or morning of the 27th, and return on the afternoon of the 28th, although it is not necessary that everyone has to come back together (you only have to leave in a group.). From S.F. we will pick up a group in Los Angeles (routing through LA is no more expensive than flying directly to St. Louis) to complete our group. From there we will fly to St. Louis and then the men will continue on to Chicago. The return trip could be different, we will have to see. So far I have received letters of interest from United San Juan (women) and the San Diego TC (men). This comprises a group of anywhere from 11 to 18 persons. Pacific Coast Club is obviously going back and I will contact them shortly. The S.C. Striders will also send some men no doubt. If you would like to take advantage of this savings, please write me. In addition to the above mentioned teams, West Valley plans to go and I have received letters of intent from two individuals as well. This makes it pretty close to the necessary 25 already. Keep informed at road races. I will have a mimeo sheet out shortly with full details on trip.

Well, here it is folks: a final tabulation for All-Northern California (PA-AAU) road racing and cross country team. The actual voting for the team took place on October 11 at the Lake Merritt Races, and this was only used as a guide for those that had doubts on whom they might vote for. But regardless of who the people voted for, many feel that this is a good method to keep interest up during the year, and so we will continue it in 1970-71. The first totals will be listed in the November issue. The results of the vote will be published in the November issue. The team will consist of one senior runner and 6 others.

All races were taken into account (PA-AAU sanctioned road and cross country races) and in the cases where there were two races on a given day (one short and one long), we chose only the longer one, since the majority of good runners will run the longer race. However, in the case of the senior scoring, we took all races (even short and long on one day) because it turns out that many times the good senior runners will split themselves over both races. In the scoring process itself, we only tabulated points if the runner finished in the top 10 (top 5 in the case of the seniors). This way a good runner wasn't penalized for having a bad day. It has been suggested by Rich Delgado that the best way to include the quality of the race in the point calculations would be to throw in a factor for the number of runners in the race. I will have to give this some thought. I guess eventually, with enough suggestions, we could come up with a two page formula for calculating point totals. Anyway, here are the final results I came up with (12 open and 6 senior). I have listed the individual, the number of races he ran in, and the number of times he finished first, second, third, etc. Then I have listed his average place. The runner's point rating is based on his average placing and the number of races he has run: $\text{Rating} = \text{Aver. Place} / \# \text{ of races}$. The lower the number, the better the rating. The noted low scores for the seniors can be explained by the fact that there are not near as many good senior runners in the Association as compared to the number of open runners. It seems that it is a very rare occasion when more than 3 or 4 top class seniors appear at one race and this is the reason for their high average placing. The senior placing, of course, was based only on other senior runners and not on their overall finish in the race.

Runner (# of races run)	OPEN										Aver. Place	Rating
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th		
Rich Delgado (19)	6	8	2	1	1	1	0	0	0	0	2.26	0.119
Darryl Beardall (26)	2	3	3	8	5	0	4	1	0	0	4.23	0.163
Jack Leydig (22)	1	4	3	3	4	3	1	1	1	1	4.63	0.211
Doug Rustad (10)	4	2	3	0	1	0	0	0	0	0	2.20	0.220
Bill Scobey (6)	5	0	1	0	0	0	0	0	0	0	1.33	0.222
Doug Butt (19)	2	1	4	3	2	1	3	1	1	1	4.84	0.255
Alvaro Mejia (7)	5	0	1	0	1	0	0	0	0	0	1.86	0.265
Byron Lowry (8)	3	2	1	1	1	0	0	0	0	0	2.38	0.297
Bob Waldon (3)	3	0	0	0	0	0	0	0	0	0	1.00	0.333
Chris Miller (7)	1	2	2	1	0	1	0	0	0	0	3.00	0.428
Jose Cortez (13)	1	2	2	0	0	3	0	1	3	1	5.69	0.438
Bob Deines (5)	2	0	3	0	0	0	0	0	0	0	2.20	0.440

Runner (# of races run)	SENIOR					Aver. Place	Rating
	1st	2nd	3rd	4th	5th		
Peter Wood (13)	11	0	1	1	0	1.38	0.107
Ralph Paffenbarger (17)	8	3	4	0	2	2.12	0.125
Peter Mattei (21)	6	3	6	2	4	2.76	0.132
Don Pickett (15)	6	5	1	1	2	2.20	0.147
Paul Reese (11)	3	3	4	0	1	2.36	0.215
Bill Mackey (8)	4	3	0	1	0	1.75	0.219

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SOME THOUGHTS ABOUT U.S. VETERAN TRACK, PRESENT AND FUTURE. By: David H.R. Pain, Manager, U.S. Masters International Track Team.

The great national obsession for fitness during the past five years has had a marked impact on track and field. Not only have the ranks been expanded, but new blood has been infused into the sport. This increased interest has further resulted in many new events being scheduled and with old established events adding veteran classes. The most dramatic example has been the U.S. MASTERS TRACK AND FIELD CHAMPIONSHIPS, sponsored by the San Diego Track Club, which is now entering its fourth consecutive year. Last year at the Masters, there were 700 veteran event entries with at least 1,000 entries expected in 1971. Competition is in three classes: 40 to 49, 50 to 59, and 60 and over.

One of the most revealing and significant developments stemming from the U.S. MASTERS has been the interest in the sprints, middle distances, relays, and field events. In the

first year, field-event performances were mediocre. However, after three years of competition, we observed in 1970 a 13-6 pole vault; 20-2½ long jump; and a 6 foot high jump. The outstanding mark was a 229-3 javelin throw by former world-record holder, Bud Held. With veteran meets, such as the U.S. MASTERS, being scheduled, former field event performers are warming up once again their discarded skills and producing efforts close to their former record tries. As a general rule, the athlete in the field events is one who had developed these skills during his collegiate career. This is in marked contrast to many of the runners who have never engaged in competitive sports prior to reaching their forties. Another interesting aspect has been the steady improvement in the running performances. A typical example is the 880 in which the first three runners this year finished in 2:01.

We should also note the significant lack of serious injuries resulting from this type of competition. The view has been held by numerous medical people that men over forty should not engage in violent athletic competition. As a general rule this is probably valid considering the sorry physical condition of the majority of middle-aged men. However, for a select group of highly-motivated and superbly-conditioned adult males, this is not true. Life for many has taken on new meaning upon reaching forty in being able to compete in such events as the U.S. MASTERS. For those of us involved, "life" truly "begins at forty".

As a result of the sustained interest by this group of dedicated people, it is now safe to assume that veteran track and field is carving a permanent niche in the American track scene. Because of this opportunity to compete, personal interest has been stimulated; and the track movement has gained much needed leadership.

One significant aspect flowing from veteran competition is the concept that any physically fit man forth and over should be permitted to compete regardless of his skills or ability. This philosophy stems from the fact that the primary purpose of this program is to stimulate adult males to achieve physical fitness. The establishment of records is of secondary importance. Another area of impact on the amateur track scene is the fact that these events are conducted without regard to the rule of professionalism. The veterans believe that any man over forty should be permitted to compete regardless of his professional status. As a result, many fine athletes such as high school and collegiate coaches, YMCA instructors, and former professional athletes may once again sip from the stimulating cup of competition.

This emergence of veteran track, as well as the world-wide interest in the Olympic Games, has resulted in the formation of the U.S. MASTERS INVITATIONAL TRACK TEAM. This group, under the leadership of David H.R. Pain, a San Diego attorney and the originator of the U.S. Masters, already numbers 300 strong. They plan to attend the Olympic Games in Munich in 1972 and also to engage in several veteran track and long distance events both immediately before and after the Olympics. At this writing, the U.S. MASTERS INVITATIONAL TRACK TEAM will compete in the All-British Track & Field Championships to be held on the Crystal Palace (Tartan) Track in London, August 24-25, 1972, as well as the World Veteran Association of Long Distance Runners Track and Field Championships and Marathon to be held in Cologne, Germany, September 15-17, 1972. The Olympics in Germany commence August 26 and will be completed on September 10. Because of the veterans' emphasis on fitness, joggers, non-athletes, wives and other camp followers are invited to accompany the U.S. Veteran team.

Although Europe is considered to be the fountainhead of veteran running, the promise of U.S. Veteran competition in Europe in 1972 has also had its impact on the European veteran running scene. Heretofore, their veteran events have traditionally been restricted to cross-country, long distance, and marathons. Because of the U.S. veterans interest in both track and field as projected by negotiator Pain, the European meets scheduled in 1972 will include for the first time, the sprints, relays and field events. To further stimulate interest in this international competition, U.S. events such as the U.S. MASTERS and the LA Senior Olympics are going to the metric distances.

With the advent of inexpensive jet travel we can now expect frequent veteran international competition in both track and field. Ultimately Olympic type competition at the veteran level is a certainty. Plans are presently under way to conduct the first Veteran World Olympics in Montreal following the 1976 Olympic Games. The future of Veteran Track is most promising in light of current interest and its rapid ascent during the past few years.

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LETTERS TO THE EDITOR

Great damage can be done by the irresponsible reporting of On the Run (July issue of Runner's World Magazine), and such drivel should not go unchallenged. A grave injustice has been done to California runners, inflicted by "reporter" Hal Higdon. His article is completely uncalled for, and as one of the "west coast finks" I feel compelled to take him to task for his remarks. Either he is completely stupid or completely humorless, or possibly both.

As reported, there was indeed a champagne party following the Boston Marathon in Room 311 of the Lenox Hotel. By what means freeloader Higdon was present I don't know, but I suggest that we be more selective in our invitations next year. A guest with any manners at all does not slander his host, and Higdon's reference to the "obscene California flag" is

a tasteless slur. We Californians had looked forward to the Walter Cronkite Show for two reasons: to hear his report on the Boston Marathon, and to view his interview with Jock Semple. Standing directly behind Mr. Semple's right shoulder was yours truly, and when I appeared on the screen my fink friends soundly booed me. Perhaps they were booing my performance, which left a lot to be desired, but make no mistake, it was O'Neil they were booing and not Mr. Semple. A reporter worth his salt gets his facts straight before going to press, Mr. Higdon. Perhaps your hosts' Cold Duck bubbly blurred your vision and affected your judgment. If you can run as fast as you can jump to conclusions, we might yet see a two hour marathon.

Running the Boston Marathon is one of the greatest thrills of my life, and I'm sure that the rest of the San Francisco contingent join me in expressing our appreciation to Jock Semple and the other fine people who work so hard to stage this great event.

The Second Annual Golden Gate Marathon will be held in May of 1971. Mr. Higdon, I invite you to compete in this race, but strongly suggest that you bring your own champagne.

- Jim O'Neil

I am organizing a relay type run for men over 60 years of age. It will be held Thanksgiving weekend. Present plans call for the event to start at Los Angeles City Hall on Wed., Nov. 25th about 5 p.m. It will end in Las Vegas. These plans are all tentative. You are invited, along with any runners or joggers (speed is not important) to attend a meeting at Culver City Municipal Auditorium, Sat. Sept. 19th (ed. - a little late for the paper I'm afraid). This event has tremendous potential and appeal. It will be covered nationally through all the news media. I would like the world to know about men like yourself. Would also like to let them know that all men over 60 are not ready for walking canes, rocking chairs or listening to youngsters telling them to take it easy pop, etc. It might shame some of the younger men (30-60) with beer bellies away from their sedentary routine into jogging, exercising or even taking a walk around the block. This group competing in the event could be the inspiration needed to add many more runners to the Senior and Vet ranks.

(ed. - so far, as of Sept. 20, the following runners had applied to run in the relay: Al Burton, Rudy Fahl, Walt Frederick, Fred Grace, Mike Kish, Monty Montgomery, Walt Stack, Nelson Williams, Bill Selvin, and Isa Varela.) - Bill Selvin
130 W. Wilson #6
Orange, Ca. 92667

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ADVERTISING

Our classified rates are 50¢ per line (about 7-7½ inches) per month and 50¢ per square inch for reproduction of photos, sketches, large printing, etc. Special rates for extra large ads. All inserts are \$5.00/page/month. All advertising should be sent to the editor or this paper (not the publisher) at least by the last day 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.

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 to the editor of this paper, 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. Price: \$2.95 from Runner's World, Box 366, Mountain View, Calif., 94040.

SEE OLYMPICS IN '72 - COMPLETE! - Join the U.S. MASTERS INTERNATIONAL TRACK TEAM TOUR and see the '72 Olympics in Munich, Germany, and if you wish, compete in several veteran long distance and track events scheduled both before and after the Olympics. You do not have to be a competitor to join the club.... Wives, girl friends, kids, and others may join the tour. 500 seats have been reserved in the Olympic Stadium. Unlike other tours, you MAY select the events and price you wish for tickets. We will get them. See insert at back of this issue.

NO WEST VALLEY PORTRAIT IN THIS ISSUE...WE WILL HAVE TWO PORTRAITS IN NEXT ISSUE.

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PACIFIC ASSOCIATION PORTRAIT

Meet Francie Larrieu: Sunnyvale, Calif. (San Jose Cindergals). 5'4½", 105 lbs., 17 years old (born Nov. 23, 1952) (Palo Alto, Cal.). Single. Began racing in March 1966, but has had several 3 month layoffs since then.

TRAINING: Once per day, 10 months per year, 5 to 6 days per week, 50-60 miles per week. As the different seasons (track, x-country, indoor) come and go I build and taper. Just recently I started training twice per day, seven days per week, trying 12 months per year, approximately 75-85 miles per week. Longest ever training runs: 15 miles of interval type training, 8 miles of straight running.

BEST TIMES: 200m - 25.8, 440 - 56.2r, 600 - 1:25, 800m - 2:05.9, 1500m - 4:16.8, 1 mile - 4:50.8. Favorite frequency of competition: in season, approximately once per week. Favorite distances: 800 and 1500 meters.

DESCRIPTION OF RACING AND TRAINING: Coached by Estle "Auggie" Argabright. Basically my training consists of quality workouts. When I started running I was a follower. I feel as you progress as an athlete slowly you develop into a leader, and that is what is happening to me. I am a leader more now than ever before. (ed. - Francie, although an international class athlete, is only just going on 18. On several occasions she has soundly beaten Doris Brown in international competition. In local area races she usually has things pretty much her way. Quite often she runs road races with the men and does well. At Searsville and Tiburon this year she beat several good senior men (over 40). Her race at the Walnut Festival race, not Tiburon as I have just stated, was run only a short time after she won a shorter race of about 2 miles, just 30 minutes before. I am sure that we will hear a lot from Francie in the future.)

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PA-AAU LONG DISTANCE SCHEDULE

- Oct. 25 - Fifth Annual Berkeley-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 Mattei, 1000 North Point, San Francisco, Cal., 94109. (10 kilometers)
- Nov. 7 - Turkey Trot Races, 10 miles open class, Oakland, 9 turkeys, 9 sections. Peter Mattei, 1000 North Point, S.F., Cal., 94109.
- Nov. 14 - PA-AAU Sr. X-C Championship Run, 10 kilo, Golden Gate Park, San Francisco, 10 am. S.F. Olympic Club, P.V. Carmichael, 524 Post St., San Francisco, Calif.
- Nov. 21 - USIFF Western Championships (cross country) - tentative, no AAU sanction as yet, Fresno, California.
- Nov. 21 - 8.2 mile Daly City Hill Run, Daly City, Cal., 10 am. Daly City Recreational Dept., Daly City, Calif.
- Nov. 28 - Natl. Sr. AAU Cross Country Championships, Washington Park, Chicago, Ill. - write to Ted Hayden, c/o Univ. of Chicago Athletic Dept., Chicago, Ill. - See discount air fare information on page 3 of this issue.
- Nov. 28 - Colfax Carnival X-C Races, Colfax, Cal., 10 am. Jim Hecker, Box 827, Colfax, Cal.
- Dec. 6 - Culver City (Western Hemisphere) Marathon & SPA-AAU Championship Marathon, Culver City, Calif., 8 am.
- Dec. 13 - PA-AAU Marathon Championship, Petaluma, Cal., 10 am. Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- Dec. 19 - Alameda TC X-C Carnival, Oakland, Calif., 10 am. Bruce Johnson, 25 Ardor Drive, Orinda, Calif. (254-4195).
- Dec. 31 - 11th Annual Midnight Run, Los Altos Hills, Calif., 10 km., 12 midnight. c/o Town Crier, P.O. Box F, Los Altos, Calif., 94022.

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ALL-COMERS, HIGH SCHOOL & JC INFORMATION

Tentatively, there will be a series of All-Comers meets at CSM (College of San Mateo) beginning on Dec. 12 and going every Saturday through the last Saturday in January. More information on the scheduling of these meets in the November issue.

- Jan. 22 - S.F. Examiner Indoor Meet
- Feb. 19 - Los Angeles Times Indoor Meet
- Feb. 20 - Athens Invitational Indoor, Oakland

On the next page we have a very limited high school and junior college cross country schedule (big meets). I sent out a letter to over 75 high schools and colleges in the area but got absolutely no response in my plea for schedules or results. We can't do more without cooperation. Sorry.

High School Meets: Nov. 12 - Mid-Peninsula League Finals; Oct. 22, 29 - CCS Center Meets at Golden Gate Park, S.F.; Nov. 20 - CCS, Region I Meet @ Golden Gate Park; Nov. 25 - CCS Finals @ Golden Gate Park.

Junior College Meets: Oct. 23 - West Valley College vs. DeAnza at DeAnza; Oct. 30 - West Valley College vs. Solano at Solano; Marin vs. West Valley College at WVC (Nov. 6); Nov. 13 - West Valley College vs. Santa Rosa @ SR; Nov. 20 - NorCal @ Central Conference; Nov. 27 - JC State Meet (South). - Note: All meets at 4 p.m.

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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. 17 - 10 km. - Arleta, Calif., 10 am.
Oct. 24 - 15 km. - Chino, Calif., no time available.

AAU Senior 50 Km. Road Walk Championships: (Santa Barbara, Cal. - Sept. 13) - Jim Lopes walked perhaps the best race of his life in his fifth place finish, only a little more than 8 minutes behind the winner. Lopes led all Northern California walkers in the event. Bill Ranney also did very well in finishing 7th, nearly 11 full minutes ahead of 8th placer Ron Laird! Finishers (top 10) were: John Knifton (NY) - 4:35:02; John Kelley (40) - 4:37:54; Bob Kitchen (Mass) - 4:38:46; Goetz Klopfer (Wash) - 4:42:32; Jim Lopes - 4:43:37; Bryon Overton - 4:48:54; Bill Ranney - 4:50:44; Ron Laird - 5:01:43; Steve Geiver (Wash) - 5:03:55; Gerry Willwerth - 5:07:07. - DNF: Dave Romansky (NJ), Ron Daniel (NY). - Reported by Hanley.

AAU Senior One-Hour Track Walk: (Walnut, Cal.--Oct. 4) - Bill Ranney finished a very good third place to lead all Northern California walkers in the AAU Sr. Championship One-Hour Walk Championships, won by Larry Walker in an easy victory over Ron Laird. Only other Nor Cal walker that I could recognize in the results (correct me if I'm wrong) was West Valley's own Manny Adriano who took 11th with 6 miles, 1229 yards. Manny was somewhat off his form since he has done 7 miles, 523 yds, which would have been good enough to place 5th today. Results: Larry Walker - 7-1611; Ron Laird - 7-1065; Bill Ranney - 7-951; John Kelley (40) - 7-820; Jim Hanley - 7-352; Bryon Overton - 7-341; Bob Bowman - 7-128; Ray Parker - 6-1751; Steve Tyrer (ore) - 6-1521; Steve Merrilees - 6-1463; Manny Adriano - 6-1229; Gerry Willwerth (Pa) - 6-1000. (16 finished, all over 6 miles; warm and humid). Reported by Jim Hanley.

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MISCELLANEOUS RESULTS

West Valley College won their first three cross country meets quite handily as they ran over Diablo Valley (first five), Skyline (first ten), and Sacramento City and Chabot (first four). West Valley's top five are Devoe, Cruz, Kruse, McVay and Sargent. West Valley TC's Keith Kruse finished second in the Sac'to-Chabot meet.

Marin AC's Ray Menzie ran several road races in the Eastern U.S. this past summer. Here is a summary of how he did: July 18 - Lake Erie AAU One Hour Run at Mansfield, Ohio, 7th with 10 miles, 1184 yds.; July 28 - Syracuse TC 6 mile road run at DeWitt, NY, 3rd in 33:22; August 5 - Lockport-Sears Roebuck 5 mile road race at Lockport, NY, 3rd in 26:47; August 9 - National Sr. AAU 25 km. Championships at Henrietta, NY, 8th in 1:32:16; August 12 - Alfred Univ. 5 mile X-C run at Alfred, NY, 2nd in 28:16; August 15 - Littleton, N.H. 10 mile road run, 7th in 56:57; August 23 - Bedford 15 miler, Bedford, Ohio, 10th in 1:30:28. "As compared with the PA-AAU events, the races above contained more compact fields, (aver. number of starters was 55); and while an outstanding runner or two would be present, the quality of depth was lacking. Most races were run at twilight; and even with the temperature an actual 92° at Littleton, it wasn't uncomfortable during the race. The only occasion in which the weather was distracting was at Henrietta where the race started at 11 am and the 82 degree temperature combined with high humidity, caused severe heat distress to two runners. Prizes consisted entirely of the medal, trophy variety and were fantastic. At Alfred they had nine starters and ten trophies and Bedford had at least 40 trophies for 52 finishers!" (ed. - I think the PA-AAU ought to send a touring team to acquire trophies for our local road races, or melt them down and make money for our Long Distance traveling fund.).

A verification of Bill Scobey's fastest ever split on the first leg of the Tahoe Relay this year. He ran 63:49. Fastest previous time was by Van Nelson in the 1968 relay. He ran 64:22 that year. If anyone has fast time splits for Tahoe we'd like to hear from you.

Campolindo High's Tom Hale, who ran a 9:08 two mile as a junior last year, was training in Spokane during the summer and ran 5th in a 6 mile road race on August 22. His time was 31:54. Lindgren won the race in 30:03.

Results of Santa Barbara Marathon (Sept. 27): About 130 starters dwindled down to about half that number under a merciless sun that sent starting temperatures (80° at 8:30) soaring to a killing 102° at the finish line. No breezes either. The only life-saver was the abundance of water stops, but even a good drenching evaporated away within a few minutes. Meet director John Brennand of the Santa Barbara AA did a great job of setting up the race, but the times were less than spectacular. The Southern California Striders' Jim Backus started out very fast and won as he pleased, although slowing a lot in the last 10 miles. His time of 2:34:32 was about 8 minutes off the course record. Former PA-AAU star Skip Houk, now living in Fresno, came down to SB and ran off with second after holding off a determined challenge by Bill Anderson in the latter stages of the race. Perhaps the most outstanding performance of the day came from 64 year old Monty Montgomery, who finished 16th overall and helped his Strider teammates tie Santa Barbara for the low point total of 13. The IA Seniors TC was a close third with 19. A barbeque was held afterwards on the beach. There were quite a few Northern California casualties including Jack Leydig, Pax Beale, and Elaine Pederson. I believe the top PA-AAU finisher was Marin's Dale deLusignan (18th in 3:12:32). Keith Campbell set a personal best (in the heat too) of 3:16 and some odd seconds. Maranon's Robin Clark did 3:23:46. Jim O'Neil also finished but we have no time available. I may have missed a few PA runners, so write and tell me if I did. Top 10 finishers and their times: Backus (SCS) - 2:34:32, Houk (unatt.) - 2:36:25; Anderson (SBAA) - 2:37:37; Dave Roosevelt (SCS) - 2:39:18; John Brennand (SBAA) - 2:44:22; Dobrenz (STC) - 2:46:04; Dave Waco (STC) - 2:50:46; Mike Stamm (SBAA) - 2:50:50; Martin Smith (Cal Tech) - 3:01:04; John Pagliano (STC) - 3:01:04+.

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DIPSEA RESULTS

(August 30): Our September issue told the story of the 1970 Dipsea race. However, we didn't have very extensive results because the Mill Valley JC had not finished compiling the placings. As we go to our October issue, the complete results are still not available. Bill Devlin has assured me that the results will be available for the November issue. Anyway, we do have the top twenty finishers as of this issue. We will print further results next time. The times are actual scratch times. The placings are correct.

1 - Norman Bright (SFOC)	59:46	11 - Wes Hildreth (Marin AC)	50:57
2 - Rich Delgado (West Valley TC)	47:01	12 - Ron Elijah (Mad River)	49:01
3 - Don Makela (Marin AC)	46:42	13 - Don Pickett (SFOC)	55:03
4 - David Cortez (RC Striders)	53:45	14 - Pat Kelley	55:07
5 - Bill Gray	51:37	15 - Rich Burkhardt	64:08
6 - Jack Kirk (unatt.)	62:50	16 - Ralph Paffenbarger (NCSTC)	56:15
7 - Bill Scobey (Mad River)	48:21	17 - Tom Derderian (N. Medford)	49:28
8 - Ed Sias	56:42	18 - Alan Beardall	51:36
9 - Howard Labrie (Mad River)	48:50	19 - George Bartholemei	49:39
10 - Darryl Beardall (Marin AC)	50:54	20 - Peter Mattei (NCSTC)	56:43

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DELGADO RIPS LOESCHHORN AT EMERALD LAKE, MEJIA THIRD

(Sept. 5): In what had started out to be a flawless race, a motorcycle police escort forgot his directions and took the leaders (Delgado, Loeschhorn, and unofficial Deines) on about a two minute shortcut (calculated approximately). The results of the first two finishers are thus about 2 minutes faster than they should be, but are correct for the distances they ran. Jack Leydig, following in fourth at the time, called to the leaders but to no avail. The rest of the field followed Jack and no more cut the course short. The team contest was won by West Valley TC as they completed a near sweep with runners in 1-3-4-5-22. They were followed by Willow Glen High School, the Redwood City Striders, and Maranon. Top seniors were Dave Stevenson (unatt.) in 54th with a fine 45:04 and Keith Campbell (unatt.) in 81st with a 48:09. Mary Cortez was only 9 seconds behind Keith with 86th place. She was first woman across the line. Youngest finisher Tommy Owen (7 yrs.) got a trophy, as did the Redwood City Striders' Clyde Devine (58 yrs.) for being the oldest to finish. The top high school runner was Steve Brooks, running for the Alum Rock Running Association. He finished an excellent 6th place. Steve Peth and Denis O'Halloran followed closely in 9th and 10th for the next to high school placings. Other than the wrong-way mishap, Mike Ipsen put on an excellent race. Conditions were almost perfect, although getting warm at the end. On the next page are listed the top 30 finishers and their times:

1 - Rich Delgado (West Valley TC)	34:53.2	16 - Greg Chapman (Solano TC)	40:20
2 - John Loeschhorn (Hamilton AFB)	35:47	17 - Pat Cary (Redwood City Str.)	40:23
3 - Alvaro Mejia (West Valley TC)	37:54	18 - George Manriquez (ARRA)	40:30
4 - Jack Leydig (West Valley TC)	37:55	19 - Robin Clark (Maranon)	40:34
5 - Charlie Harris (West Valley TC)	38:12	20 - Bryan Gieser (RC Striders)	40:39
6 - Steve Brooks (Alum Rock RA)	38:14	21 - Randy Middelstadt (PHTC)	40:44
7 - Darryl Beardall (Marin AC)	38:16	22 - Bob Stephenson (West Valley)	40:49
8 - Ray Darwin (Culver City AC)	38:24	23 - Noel Vigil (RC Striders)	41:20
9 - Steve Peth (Willow Glen HS)	38:46	24 - Wayne Glusker (West Valley)	41:33
10 - Denis O'Halloran (Maranon)	39:38	25 - Larry Woodward (Willow GlenHS)	41:36
11 - Bill Bachrach (Alameda TC)	39:42	26 - Bob McCarty (Maranon)	41:39
12 - John Sutherland (unatt.)	39:42	27 - Tony Casillas (West Valley)	41:41
13 - Mike Hart (Willow Glen HS)	39:55	28 - Tom Renaghan (Maranon)	41:44
14 - Jose Cortez (Redwood City Str.)	40:08	29 - Mike Basham (RC Striders)	41:45
15 - Bryan Allen (unatt.)	40:14	30 - Ward Crary (Willow Glen HS)	41:51

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DOUBLE DIPSEA: CORTEZ FAMILY WINS THREE TITLES!

(Sept. 13): In what was surely a winning day for the Cortez family, the three Redwood City Strider aces took the fastest time award (Jose in 1:45:43), the fastest woman (Mary in 2:23:07), and first place overall (David in 2:09:45). The Redwood City Striders also ran away with the team title, packing their first five in the top twelve (1-3-10-11-12). Greg Chapman (Solano TC) and Russell Pate (Fort Ord) had the second and third fastest overall times in the race. Last year it was not a handicapped race. Peter Mattei, Ralph Paffenbarger, and Don Pickett took the top three senior awards. Pickett was the 1968 Dipsea winner. Elaine Pederson and MaryEtta Boitano were second and third female runners to finish. Oldest runner was Ernie Marinoni (65) from the Hangtown Harriers of Placerville. He took 66th today in 2:43:56. He won the Dipsea in 1940. Youngest to finish was Shannon Healy (7) of the Napa Valley Runners (124th in 3:22:12). Fastest 200 pounder was without a doubt, Pax Beale (NCSTC). He placed 44th in 2:25:31. Heaviest finisher was George Tracy of the Dolphin Club at 3:25:32 (128th). A total of 155 runners started and an amazing 144 crossed the finish line. Patches were given to the top 125 and survivors ribbons to all others. It was a beautiful day with cooling ocean breezes. Over 30 volunteers manned the course to keep runners from being lost and served them refreshments at many stations. Winners in the 50-58 year old category were John Satti (Marin AC) in 2:27:48. John is now 56 and was the 1962 Dipsea winner. Winner in the over 58 category was Norman Bright, this year's Dipsea winner, in an amazing 2:15:47. Below are listed the top 30 finishers and their true finish times:

1 - David Cortez (RC Striders)	2:09:45	16 - Dan Dreschsel (Travis RR)	1:58:25
2 - Peter Mattei (NCSTC)	1:59:59	17 - R. Kinney (unatt.)	2:12:14
3 - Jose Cortez (RC Striders)	1:45:43	18 - Ed Healy (Travis RR)	2:25:15
4 - Ralph Paffenbarger (NCSTC)	2:02:15	19 - M. Kingery (RC Striders)	2:00:29
5 - Greg Chapman (Solano TC)	1:49:28	20 - Mark Suda (Redwood City TC)	2:25:39
6 - Norm Bright (SF Olympic Club)	2:15:37	21 - Jack Kirk (unatt.)	2:26:43
7 - Russell Pate (US Army, Ft. Ord)	1:52:05	22 - Frank Harrison (NCSTC)	2:14:22
8 - Don Pickett (SF Olympic Club)	2:05:48	23 - John Brennan (SERC)	2:14:33
9 - Darryl Beardall (Marin AC)	1:55:01	24 - John Satti (Marin AC)	2:22:48
10 - Joel Stein (RC Striders)	1:57:06	25 - Dale deLusignan (Marin AC)	2:03:12
11 - Ricky Volk (RC Striders)	2:22:53	26 - Gary Miller (Mad River)	2:03:44
12 - Dave Crevelt (RC Striders)	2:22:54	27 - Gary Haslam (unatt.)	2:03:52
13 - P. Finn (SH)	1:58:05	28 - P. Snyders (unatt.)	2:03:56
14 - Mary Cortez (RC Striders)	2:23:07	29 - Bill Mackey (unatt.)	2:17:14
15 - Ken Napier (unatt.)	1:58:13	30 - MaryEtta Boitano (SERC)	2:31:18

---West Valley TC finishers: 76 - Terry Johnson - 2:22:14, 125 - Hunt Corregan - 3:17:33.

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BILL CLARK NIPS RICH DELGADO AT WALNUT FESTIVAL RACE

(Sept. 20): In a very fast mass finish, Bill Clark, in his first race for West Valley, nipped teammate Rich Delgado by 8 seconds to win the 26th Annual Walnut festival race in a very good time of 26:40. West Valley crammed their first five runners in the top eight to walk off with the team prize with a score of 24 points. This was the third straight year WVTC had won the team title. The Cal Davis Aggie TC was a distant second with 137. Then came Pleasant Hill TC with 329, NCSTC - 441, Redwood City Striders - 452, San Jose Yearlings - 644. Top 3 JC teams were Chabot - 226, Diable Valley - 327, and Hartnell - 371. Bill Mackey (unatt.) was first senior runner in 59th with a time of 31:01. He was far ahead of

any other senior as the next four were between 83rd and 92nd: Frank Harrison (NCSTC) - 32:21; 89 - Ed Preston (NCSTC) - 32:40; 90 - Peter Wood (unatt.) - 32:41; 92 - Don Pickett (SFOC) - 32:45. Oldest finisher was Jack Kirk(63) in 234th with a time of 38:58. Youngest finisher was Pat Curneen (6) in 291st, timed in 46:47. Father-son trophy went to Vance (95th - 32:55) and his son Mike (93rd in 32:46) Koerner. There was 302 official finishers! Andy MacCono put on a flawless race as usual. Had it not been for Andy's foresight, Don Pickett might have been in real trouble. MacCono had ambulances at the finish and Don was suffering from a bad case of heat exhaustion. It's too bad that all PA-AAU road races can't be run as smoothly. Below are the top 40 and their times:

1 - Bill Clark (West Valley TC)	26:40	21 - Jose Cortez (RC Striders)	29:01
2 - Rich Delgado (West Valley TC)	26:48	22 - Mark Norman (unatt.)	29:05
3 - Bob Deines (Otherways AC)	26:58	23 - Wes Hildreth (Marin AC)	29:09
4 - Duwayne Ray (Athens AC)	27:03	24 - Don Shaw (Hartnell)	29:14
5 - Byron Lowry (SF Olympic Club)	27:23	25 - Albino Amador (Pittsburg TC)	29:18
6 - Jack Leydig (West Valley TC)	27:43	26 - Greg Chapman (Solano TC)	29:26
7 - Vic Cary (West Valley TC)	27:50	27 - John Marconi (unatt.)	29:28
8 - Charlie Harris (West Valley TC)	27:52	28 - Tim Jordan (Elk Grove AC)	29:31
9 - Ray Darwin (Culver City AC)	27:57	29 - Robin Clark (Maranon)	29:34
10 - Bob Crow (unatt.)	28:02	30 - John Hanzlik (Lassen)	29:39
11 - John Loeschhorn (Hamilton AFB)	28:03	31 - Tony Casillas (West Valley TC)	29:41
12 - Bill Hansen (Aggies TC)	28:04	32 - Rick Malin (Chabot)	29:42
13 - Ed Haver (unatt.)	28:05	33 - Phil Garcia (Hartnell)	29:45
14 - Tom Derderian (North Medford)	28:28	34 - Bill Cockerham (Livermore)	29:49
15 - Noel Hitchcock (Sac'to State)	28:37	35 - Lee Ferrero (Mather AFB)	29:56
16 - Byron Spradlin (Aggies TC)	28:43	36 - Mark Robinson (PHTC)	29:59
17 - Dan Anderson (Chabot)	28:46	37 - Robert Hayman (SF Olympic Club)	30:01
18 - Dan Stillwell (Aggies TC)	28:56	38 - Tim Docheff (Walnut Creek)	30:02
19 - William Kelly (unatt.)	28:57	39 - Larry Bridges (San Luis Obispo)	30:03
20 - Wayne Badgeley (unatt.)	28:59	40 - Jack Bellah (Los Gatos)	30:04
---Other West Valley TC finishers: 43 - Bob Stephenson - 30:07; 48 - Terry Johnson - 30:23; 68 - Ken Johnson - 31:30; 189 - Bob Mignosa - 36:40.			

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DEINES & DELGADO, 25 KILOMETERS, ONE SECOND APART AT FINISHLINE

(Sept. 26): In one of the closest races the Pacific Association has ever seen, Bob Deines finally outkicked Rich Delgado in the last 100 yards after they had run together for nearly 15½ miles. This was the highlight of the PA-AAU 25 kilo championships, held in Golden Gate Park. The temperature was in the mid-80's to low-90's, but this didn't stop the two leaders from setting some very impressive marks in route (5 km. splits were: 15:53, 31:55, 48:15, 1:04:57, 1:21:27). Delgado's time was actually about a half-minute faster than he ran last year when it was run under ideal overcast skies. West Valley had only 7 runners, but placed five of them in the top 14 to win the team title with a score of 38 points. Marin AC was second with 88. Marin's Bob Biancalana was first senior across the line in 33rd place. Dave Stevenson was second senior to finish. The top 40 and their times:

1 - Bob Deines (Otherways AC)	1:21:27	21 - Jose Garcia (SF State)	1:41:33
2 - Rich Delgado (West Valley TC)	1:21:28	22 - Bill Yee (Otherways AC)	1:41:55
3 - Duwayne Ray (Athens AC)	1:25:02	23 - Gus Cano (SF State)	1:42:29
4 - Chris Miller (West Valley TC)	1:26:14	24 - Darell Jeong (unatt.)	1:42:35
5 - Alvaro Mejia (West Valley TC)	1:27:07	25 - Jim Engle (Napa Valley R.)	1:42:42
6 - Wayne Badgeley (unatt.)	1:29:14	26 - Rudy Snyders (unatt.)	1:43:15
7 - Bob Gormley (Marin AC)	1:29:50	27 - Clarence Hall (Napa Valley R.)	1:43:49
8 - Ray Menzie (Marin AC)	1:30:22	28 - Gary Chilton (Stanford RC)	1:45:24
9 - Adam Ferreiro (Travis RR)	1:31:08	29 - Alex Fontes (MPAC)	1:45:25
10 - Jeff Kroot (Marin AC)	1:32:05	30 - Lee Holley (Marin AC)	1:45:31
11 - Ken Napier (unatt.)	1:35:30	31 - Tom Pinckard (unatt.)	1:46:16
12 - Gerry Haslam (Napa Valley R.)	1:35:40	32 - Keith Nowell (unatt.)	1:47:04
13 - Jim Howell (West Valley TC)	1:37:06	33 - Bob Biancalana (Marin AC)	1:47:08
14 - Bob Stephenson (West Valley TC)	1:37:35	34 - Walt Van Zant (West Valley J)	1:47:38
15 - Joel Stein (RC Striders)	1:37:59	35 - Don Sommer (Napa Valley R.)	1:47:55
16 - Ken Scalmanini (SF Police Dept.)	1:38:05	36 - Vic Weber (unatt.)	1:48:17
17 - Rick Spavins (Otherways AC)	1:38:15	37 - Bob Nowell (unatt.)	1:49:03
18 - Mike Conroy (SF State)	1:38:47	38 - Dave Stevenson (unatt.)	1:49:05
19 - Frank Hagerty (unatt.)	1:41:08	39 - Steve Johnson (CCSF)	1:49:41
20 - Wolfgang Schmulewitz (unatt.)	1:41:16	40 - Ric Geimer (Napa Valley R.)	1:50:29
---Other West Valley TC finishers: 43 - Fred Mendoza - 1:51:18; Greg Aronson (running for San Francisco State now) finished 48th in 1:54:14.			

(Oct. 4): On a warm and beautiful Reno morning, 32 entrants turned out to participate in the PA-AAU Championships of 15 kilometers. Skip Houk was the meet director and he took first place honors in the good time of 48:31.7, only 10 seconds off Mejia's winning time last year. He pulled away from the Air Force's John Loeschhorn on the first three miles of hills and won going away. John seemed to have quite a bit of trouble handling the altitude but native Nevadan Houk didn't have any such problems. The senior trophy went to Ross Smith of Reno, who placed 6th in 57:25. O'Neil of the Olympic Club and Koerner of the NCSTC were next two finishers in the senior division. Youngest to finish was Shannon Healy of Napa, age 7. The oldest runner was 60 year old Norman Bright, the winner of this year's Dipsea race. In a very thoughtful gesture, Skip presented his first place trophy to cute little 7 year old Maryetta Boitano. The team title was taken by the Redwood City Striders, followed by Swope Junior High of Reno, and the Napa Valley Runners. Below are the full 32 finishers and their times: (submitted by Jim O'Neil).

1 - Skip Houk (unatt. - Fresno)	48:32	17 - David Gregory (Swope JHS)	1:06:39
2 - John Loeschhorn (Hamilton AFB)	49:40	18 - Norman Bright (SF Olympic Club)	1:06:59
3 - Ray Menzie (Marin AC)	53:00	19 - J.W. Jacobs (RC Striders)	1:08:49
4 - Joel Stein (RC Striders)	55:05	20 - Mike Ipsen (RC Striders)	1:10:51
5 - Paul Bateman (Reno)	56:35	21 - Stewart Wells (Reno)	1:13:36
6 - Ross Smith (42) (Reno)	57:25	22 - Kevin Hampson (Swope JHS)	1:13:56
7 - Jim O'Neil (SF Olympic Club)	57:32	23 - Mike R. Healy (Napa Valley R.)	1:14:59
8 - Mitch Kingery (RC Striders)	58:44	24 - Gary Larkin (Swope JHS)	1:15:04
9 - David Wieland (Reno)	59:54	25 - Pax Beale (NCSTC)	1:15:06
10 - Dennis Mathews (unatt.)	1:00:56	26 - Maryetta Boitano (Napa VR)	1:17:38
11 - John Jones (Reno)	1:00:56	27 - John Boitano (Napa Valley R.)	1:17:39
12 - David Sharp (Reno)	1:01:29	28 - Grant Wells (Reno)	1:22:52
13 - Vance Koerner (NCSTC)	1:02:11	29 - Dan Peters (Swope JHS)	1:22:57
14 - Duff Armstrong (Swope JHS)	1:03:34	30 - Shannon Healy (7) (Napa VR)	1:36:13
15 - David Cortez (RC Striders)	1:04:14	31 - Mike Boitano (Napa Valley R.)	1:41:11
16 - Mike Healy (Napa Valley Runners)	1:04:15	32 - Lucille Boitano (Napa Valley R)	1:42:25

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COE LEADS STANFORD TO VICTORY IN SACRAMENTO INVITATIONAL

(Oct. 10): Only partial results are available at the time of publication. Complete results will be in next issue. Stanford University showed good depth in putting its top five in the first 16 places in the high class Sacramento State Invitational 4.8 mile cross country race. Much of the course was in loose sand and dust. Stanford and West Valley TC each had 3 men in the top six places to completely shut out other strong individuals such as Bill Scobey and Mark Covert. Stanford's winning score was 33. West Valley had 72. Then came Cal State at Fullerton with 88 and Humboldt State with 128. Top 11 finishers and their times are unofficially as follows:

1 - Coe (Stanford)	25:23
2 - Kardong (Stanfd)	25:32
3 - Clark (WVTC)	25:44
4 - Delgado (WVTC)	25:49
5 - Mejia (WVTC)	26:05
6 - Lahde (Stanford)	26:05
7 - Covert (Ful'ton)	26:10
8 - Kretz (Stanford)	26:20
9 - Scobey (Humboldt)	26:25
10 - Ray (Athens AC)	26:28
11 - Lowry (SFOC)	26:38

Other West Valley finishers were Sean O'Riordan (27th), Charlie Harris (33rd), and Jack Leydig (60th). Art Reade ran but developed bad blisters and didn't finish.

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LATE NEWS: Delgado beats Lowry in Lake Merritt 10 km. race in 29:51. Lowry was 30:17, followed by Leydig (30:45) and Darwin (30:51). Deines ran unofficially and beat Leydig by about one second. Jim O'Neil won senior trophy. West Valley Joggers won team trophy. First and second in the 5 kilo race were Darren George and Jan Day (15:00 to 15:10). Complete results will be printed in next month's Newsletter.

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Tom Dooley, nominated PA-AAU Track & Field Athlete of the Year. (B. Anderson photo)

Jose Cortez, fast time winner in the Double Dipsea race, third overall. (Kroot photo)



Keith Kruse hands off to Jim Howell for WVTC at Tahoe Relay. (Mejia photo)

Double Dipsea winner David Cortez, being caught by Makela in Dipsea. (Mejia photo)



Bob Darling, Dan Urtiaga, and Pete League shown at recent road race. (Marconi photo)

Norman Bright receiving perpetual trophy for his Dipsea win from Bill Devlin. (Mejia photo)



Featured in this month's Pacific Association Portrait, Francie Larrieu. (Tom Perez photo)

Mark Covert hands off to Tom Lipski for PCC at Tahoe Relay. (Mejia photo)



Fresno's Skip Houk, winner of PA-AAU 15 kilo Championships at Reno. (Marconi photo)

Bob Deines, PA-AAU 25 kilo winner, shown leading Leydig, Mejia. (Marconi photo)



Stanford's and Maranon's Bernie Lahde finished 6th in the Sac'to Invitational. (Marconi photo)

Winning Tahoe Relay team was Pacific Coast Club (Von Ruden, LaBenz, Covert, Kaal) in 6:50:44. (Mejia photo)