

WEST VALLEY



NEWSLETTER

Pg. 1

2nd Year - No. 1 ***** November 1970 ***** 25¢ Per Issue; Subscription Rate. \$3.50 Per year

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 (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.

This issue begins our second year of publication. We started out as a free publication, but found that we were falling in debt fast since advertising didn't cover our costs. Also, two picture pages each issue ran into too much money. So we began to charge 25¢ an issue in May. Since that time we have managed to come out slightly ahead each month. Our subscription list now is about 75 (not counting club members). I was looking into cutting our subscription costs from \$3.50 to \$3.00 per year by getting a bulk rate permit. However, we need 200 subscribers (combined with club members) in order to do this. We lack about 60. So, if you don't subscribe yet, why not do so. You will be sure of getting your Newsletter each month and will be helping us to lower subscription costs by 50¢ a year. If you desire first class mailing, add one dollar (\$4.50 a year). For those now subscribing; if your ZIP CODE does not appear on the mailing cover of this issue, please send it to me. Since the Newsletter is 3rd class mail, the ZIP is almost imperative if you want decent service.

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

Within a short time (probably by mid-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 or more pages worth). We are going to concentrate on the full range of runners in the Association, not just the stars. The format will be different and well put together with a section devoted to the young, the old, the stars, women, teams, outstanding accomplishments of the year, high school. This is really only a rough idea. We also plan to have several cartoons, human interest shots, etc. It should be a publication well worth its anticipated cost of 75¢ to \$1.00. But we need your help!! We are really 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 as soon as possible, and preferably before the end of December, earlier if possible. You will get them back after we are finished using them. If we can't use a certain picture, we'll send it back right away. Preferably, we would like black and white photos with good contrast, but color shots will do too. The size does not matter as we can photographically reduce them. Actually, a reduced 8 x 10 will come out very sharp. Faces are especially important: they should be well-lighted. So...all you camera freaks that I see taking pictures at the races; send us your artwork. The more runners in a picture, the better. We are also lacking good shots of the good senior runners in the Association.

During the past month, West Valley TC acquired one new runner. He is Don Pemberton who currently attends Hillsdale High School in San Mateo. His address is 332 Landfair in San Mateo (Phone - 345-5828). Don's best track times are :58.0 for the 440 (as a freshman), 2:05 for the 880, 4:52 for the mile and 10:36 for 2 miles (all as a soph). Don took up road racing this summer and took 64th in the Statuto, 80th at Tiburon, and 40th in the Ocean to Bay Marathon (3:19:51). Don is 16 years of age (last month).

THIS AND THAT....

The following West Valley members changed their address last month: Harry Cross to 6435 Raymond St., Oakland, 94609 (Ph. 654-0597). Bill Lamb to 642 Hollenbeck, #3, Sunnyvale, 94087. Vic Cary to 2616 Dana, Berkeley (Ph. 841-9978). -- If you have moved recently be sure and send me your address change and new phone number so other members can keep their lists up to date. If you do not have a current WVTC membership list, write me and I'll mail you one.

The following were elected to serve as officers of the PA-AAU for the coming year: Donald Kane (Pres.), Mel Augustine (First VP), Al Sandell (Sec-Treas) and Robert DeCelle, Sr. (Handicapper). Al Sandell has held his secretary-treasurer post for 27 years now!! The following are on the 1971 Registration Committee: Edwin Olson (Chairman) & Horace H. Crow, Jr.; Tom Haddy, Al Mattern, and Irene Schmidt. The executive committee consists of: Yosh Uchida, Andy Burke, Al Mattern, George Shistar, Frank Geis, Robert DeCelle, Sr., Donald Kane, Mel Augustine, Al Sandell, Edwin Olson, and Bernard J. Favaro. Bill Ranney is Race Walking Sports Committee Chairman. The same office for Long Distance Running is held by Peter Mattei, for Men's Track & Field by Bob DeCelle, Sr., and for Women's Track & Field by Roxy Andersen.

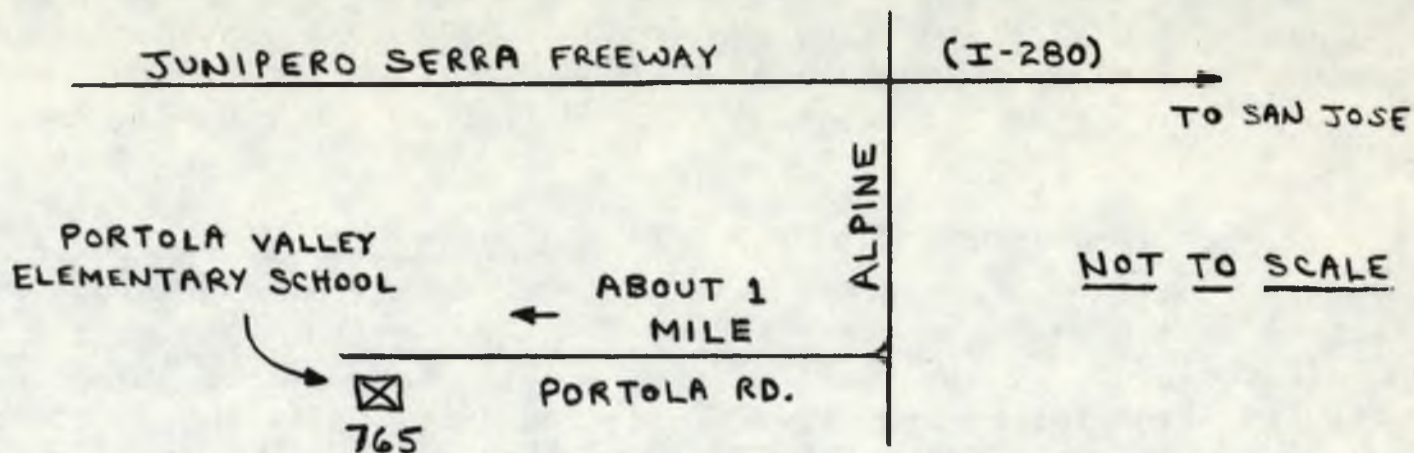
West Valley's Alvaro Mejia, 1968 Olympian from Colombia, will return to vacation in Bogota and other cities over the Christman holidays with his wife Terri, a 1964 Olympic swimmer. Al also competed in the 1964 Tokyo Olympiad. He plans to do a month's high altitude training before returning. He has been invited to compete in the S.F. Examiner All-American Games on January 16 in the Cow Palace. He will run the two miles. He was invited to compete last year but had to withdraw because of a pinched nerve in his neck that occurred the day before the competition.

Any suggestions on the starting time for the upcoming 100 miler in March? Remember, this year it will be all in one shot. That's right, 100 miles in one day (or more if you can't make it in 24 hours). The RC Striders' coach, Mike Ipsen, has suggested that the race start around midnight. This way, most would probably finish sometime during the daylight hours. This seems to be a pretty good idea I think. Any other suggestions? If so, let us know.

Our group air fare deal to Chicago for the National AAU Cross Country Championships almost made it off the ground, but not quite. We got 6 confirmed from the San Diego TC, 3 from Pacific Coast Club, probably 6 from the SC Striders, 5 from West Valley (possibly more, but doubtful), and one individual, Bill Kelly. We needed 25 for the reduced rate. This would have saved each person almost \$50. Well, we're not giving up because we've had two close misses. We plan on arranging another group fare deal to the Boston Marathon this year (1971). Watch for circulars around the first of the year.

The Stanford Assistant Cross Country Coach, Marshall Clark, has invited West Valley to compete in their formal time trial (4.2 miles) on the Stanford Golf Course. The date will be October 2, 1971. Time of the meet will be announced at a much later date.

Now's your chance to see the 1970 Dipsea story, "Thirty-three Years to Victory", if you missed the premier showing in Mill Valley last month. After seeing it myself, I just can't say enough about it. The West Valley Track Club will show the film on November 20, Friday, at Portola Valley Elementary School (see map on next page). The film will start at 8 o'clock sharp and tickets will be \$2.00 each, 50¢ less than at the original showing. The proceeds of this showing will help pay off the cost of the film and will help support running and jogging in our club. -- The inspirational win of 60 year old Norman Bright at this year's Dipsea is a human interest story that everyone should see, not just runners. So, bring your friends and help support our great sport. Pax has gone to a lot of time and effort to produce this great movie and the results show it. Not only is the entire movie put together better than last year's film, but the action photography is just fantastic. The action shot of Norman coming down the last 100 yards to victory shows all the agony of an effort that earned him first place after 33 years. If you have any questions about the showing of the film, please write or phone me (342-3181). Bring the entire family to one hell of a great show!



LOCATION OF NOVEMBER 20TH SHOWING OF 1970 DIPSEA FILM

Since we don't yet have results for the Lake Merritt races, we won't publish our new point totals for either the open or senior competition. Beginning next month, we will publish the top 12 contenders for the open competition and top 6 for the seniors. We will use the same method for totaling as we did last year until we can come up with a better way. Comments to improve our system are welcome. Send your ideas to the editor. One thing that could be added is a factor for difficulty of race, based on the number of runners competing (finishing). For example, a first place in a race with only 50 entrants should not be worth a first place in the Bay to Breakers or Dipsea, both of which draw over 1000 entrants.

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LETTERS TO THE EDITOR

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., September 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/month/page. All advertising should be sent to the editor of 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 area road races with a good selection of racing flats, workout flats, and spikes, as well as racing shorts, singlets, insoles, workout gear, etc. Pete gives unusually fast service if he does not have your size in stock. Pete also gives a \$1.00 discount on the retail price of shoes for students and teachers.

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. This publication contains all-time, as well as 1970, marks. Many pictures are also included.

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 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. Five hundred 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! For information contact: Dave Pain, 1160 Via Espana, La Jolla, Calif., 92037.

SEE THE 1970 DIPSEA STORY: THIRTY-THREE YEARS TO VICTORY - If you missed the premier showing of Pax Beale's 1970 Dipsea film, then you really missed out on a good thing. But, for those that did miss it, you will have another chance. West Valley Track Club is bringing the film to the South Peninsula area for an exclusive engagement on November 20, Friday, at 8 pm in the auditorium at Portola Valley Elementary School. Cost of the tickets will be \$2.00, part of which will help pay for the film costs and part of which will go to support running and jogging on our club. Some of that will go into making this a better Newsletter for all runners. If you have any questions, contact Jack Leydig (342-3181) after 9 pm on weeknites. See the previous page for a map on how to get to the school. More information still on page two.

THE ROAD KING - A RUNNING AND WORKOUT SHOE: This excellent shoe was designed by Don Bergin of New Zealand and is now being introduced in the U.S. after 7 years of testing in New Zealand's road racing circuits. Of particular note are the shoe's blister resistant features along with a reinforced heel that minimizes road shock. Sizes 4 to 13½ for men and women. Contact Don Pickett, 1800 Vistavo West, Tiburon (Phone - 435-1117). He is at most area road races with a good selection of sizes.

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WEST VALLEY PORTRAIT

Jim Howell is 25 years old, married, and is currently a student at Foothill College, as well as working as a negative engraver. Before coming to California, Jim attended high school in Guilford, Maine, graduating in 1962, and was active in the Armed Services (Army) from 1963 to 1966. He plans to graduate from Foothill this coming June. He and his wife live at 1002 Solana Drive in Mountain View (Phone 941-1030).

While in the Army, Jim competed for the University of Heidelberg Track Club in Germany. This was from 1964 to 1965. Howell joined West Valley about one year ago and has since proven to be one of the club's most consistent top performers. While Jim is of rather large build to be a distance runner, he has done very well at distances up to and including the marathon. His best track times are 55.4 for the 440, 2:00.6 for 800 meters, 4:24.8 in the mile, 9:44 for two miles, and 15:11 for three miles. Most of these marks came in 1970.

Jim has run good cross country races since high school. He finished 5th in the state meet (Maine) his sophomore year, and second place his junior and senior years. More recently, while running for Foothill, he has set home course records of 19:44 (3.9 miles) and 19:57 (4.0 miles) this season. Both were first place finishes, the former against the Stanford JV's and the second against Golden Gate Conference leader, College of San Mateo. He has run two good marathons during the past year, both on very rough courses. His best effort came in the Ocean to Bay Marathon with a 2:42:44, only 9 minutes behind Bill Clark's winning time. He also represented Maine for three years in the New England Cross Country Championships.

Howell's three most exciting moments in running stretch over a twelve year period. A twenty-third place finish in the state cross country meet while still a freshman in high school, and a 4:49 mile the same year rank high on Jim's list. His other great moment came this past summer in the Ocean to Bay Marathon where he finished fifth in a very fast field. In the process he developed a blister that covered nearly one-third of the bottom of his foot. However, the following week he ran a good fifth leg in the Lake Tahoe Relay.

Jim would like to break 2:30 for the marathon in a year or so. He plans on concentrating on the marathon distance after this cross country season is over. He feels he has a good chance to go to the State J.C. X-Country Meet this fall but will switch to the marathon from there on out. He would like to coach cross country as a free-thinking sport after finishing college. After teaching geography for a few years he would hopefully return to Maine and open up a recreation area there. If possible he may enter a four year school with a marathon program. Jim says he will continue running for many years to come as he finds it to be a great part of his everyday life.

Larry Winward is 26 years old, married, and the father of a baby girl. He and his wife live at 1443 Kentfield, #3, in Redwood City (Phone: 369-8304). Larry, who goes by the nickname "Lars", is currently Assistant to the President of Sunset Magazine. He went to high school at Hillsdale in San Mateo and from there got his B.S. at Brigham Young University in 1969. After his freshman year at BYU he did missionary work in Brazil for several years.

Lars first joined West Valley two years ago. However, since he left school he has been bothered by a pinched nerve in his lower back. This has prevented him from training recently, but he shows signs of a return and has been running easily for several weeks. Winward never ran the mile at sea level since high school (4:20.2), but did run a 4:18.0 indoors at Provo, Utah (5000 feet). His two mile time is a very swift 8:53.2, which he ran in spring track in 1968. This was at Arizona State University and he lost by only a few seconds to the likes of George Young and Jerry Jobski.

Two of Larry's most exciting moments in running came while a senior in high school. His high school team set two National records (Jack Leydig and Marcel Hetu were also on that team) that are still considered to be very good times. He led his team to a 49:04.2 clocking in the Track & Field News sponsored postal competition (5 x 2 miles on the track). His fastest time that year was 9:24.8. The following spring (1962) he led off a record breaking four mile relay team that just clipped the record by a scant second (17:50.0). His split was 4:25 that day. His other exciting moment came during his 8:53.2 two-mile when he finally learned to kick with a 59 second final lap and 4:23 final mile after a slow start.

His immediately goal is to get his back well and then start running seriously again. With Larry's record, he should rank high in the U.S. if he recovers sufficiently from his injury.

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PACIFIC ASSOCIATION PORTRAIT

Meet Bob Deines: Oakland, Calif. (Woodstock Nation A.A. - formerly Otherways AC). 6'1", 140 lbs., 23 years old (born June 6, 1947) (Los Angeles, Cal.). Single. Began running in 1964. Self-coached.

TRAINING: Once per day, 7 days per week, 12 months a year. I try to get at least 100 miles a week. I feel best at 110 to 120 miles, but it takes a lot of time. Longest ever training run: 56 miles in 7½ hours.

BEST TIMES: 100 - 12.9; 220 - 27.6; 440 - 56.6; 880 - 1:58.8; mile - 4:16.1; 2 mile - 9:00.4; 3 mile - 14:01 (14:29m); 6 mile - 29:54 (30:54m); 10 mile - 49:58; 1 hour - 11 mi. 1321 yds.; 20 miles - 1:46:07; marathon - 2:20:48; 50 miles - 5:15:19 (Amer. record); mile walk - 7:29.4. Favorite frequency of competition: would like to race several times per month, but I don't like to spend time traveling too far for races, except on special occasions like Boston. Favorite distances: my favorite running is my long training runs of 25 to 40 miles. Next to that comes marathons and 50 milers. I run short races for entertainment only.

DESCRIPTION OF RACING AND TRAINING: Basically, I try to be as lazy as possible in all things. That is my goal in life, and as it applies to running. The easiest way to get 100 miles per week is to run for two hours immediately upon getting out of bed. Running is more pleasant in scenic areas, and usually this means that you must run over hills, but I have found that if I run slow enough, the hills don't seem to bother me much. I feel that there is some ultimate value in racing, but I haven't yet been able to figure out exactly what that value is. On the occasions when racing is most consistent with my life and views, I will try to run as well as possible with as little effort as possible. At certain times and certain races, their only value is entertainment. At these races I may try different tactics, or maybe even no tactics at all. As I grow older and more serious in my efforts to achieve absolute laziness, I feel less of an attraction to most races, as there are few races which really attract me, except from the entertainment angle.

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PA-AAU LONG DISTANCE SCHEDULE

Nov. 21 - 8.2 mile Daly City Hill Run, Daly City, Cal. - 10 am. Daly City Recreation Dept., Daly City, Calif.

Nov. 21 - National AAU Jr. Cross Country Championships, 10 km., San Diego, Calif. - 11 am.

Nov. 21 - USIFF Western Championships (cross country) - Fresno, Calif. - (no AAU sanction).

Nov. 21 - National AAU Jr. Cross Country Championships (women) - Sacramento, Cal. - contact Will Stephens (Wills Spikettes).

Nov. 28 - National Senior AAU Cross Country Championships, Washington Park, Chicago, Ill. - write to Ted Hayden, c/o Univ. of Chicago Athletic Dept., Chicago, Illinois.

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. Sydney Kronenthal, City Hall, Culver City, Cal. Entries close on November 27. Entry fee - \$2.00.
- Dec. 6 - Pepsi 20 miler (Road Runners Club race) - Sacramento, Cal., 12:45 pm. Roadrunners, 2789 17th St., Sacramento, Cal., 95818.
- 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, Cal., 10 km., 12 midnight. c/o Town Crier, P.O. Box F, Los Altos, Calif., 94022.

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TRACK SCHEDULE

There will be a series of All-Comers meets at CSM (College of San Mateo) beginning on December 12 and going every Saturday through the last Saturday in January. Field events will begin at 11:30 and running events at noon. Entry fee will be 50¢.

- Jan. 16 - San Francisco Examiner All-American Games at the Cow Palace, Daly City, Calif.
- Feb. 19 - Los Angeles Times Indoor Meet.
- Feb. 20 - Athens Club Invitational at Oakland Coliseum, Oakland, 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.

- Nov. 21 - 10 kilometer, Arleta, Calif.
- Nov. 22 - 10 mile, Los Angeles, Calif. (Griffith Park, 10 am)

Lugano Cup (Eschborn, West Germany - Oct. 10-11): In finishing ninth, Tom Dooley, the Pacific Association's Track & Field nominee for the Sullivan Award, barely lost out in becoming the first American finisher as he was nipped by Dave Romansky (1:30:46.6 to 1:30:50.0) over 20 kilometers. The race was won by Hans Reimann of East Germany in 1:26:54.6. Russians and East Germans filled the first six places. Ron Daniel (1:37:01.2) and Ron Kulick (1:37:37.8) finished 23rd and 24th respectively for the U.S. In the longer 50 kilo walk, Christoph Hohne again scored a victory for East Germany in a fine time of 4:04:35.2, beating the next finisher by over 5 minutes. Top U.S. finisher was John Knifton in 4:28:41.6, followed by Goetz Klopfer (4:33:23.6) and Bob Kitchen (4:37:53.6). Jim Lopes also participated but didn't finish. The Americans placed 16th, 19th and 22nd respectively.

32nd Annual National AAU 40-kilometer Walk: (August 9, Long Branch, N.J. - 87° high humidity) - Dave Romansky won handily in 3:32:29. Jim Lopes of the Athens AC was 8th in 3:53:11.

Lake Merritt 5 kilo walk: (Oct. 11) - In a very close finish, Jim Bean handed West Valley's Manny Adriano a four second defeat (23:28 to 23:32) as Jim Bentley took third in 27:01.

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MISCELLANEOUS RESULTS

West Valley's and Foothill College's Jim Howell has been running well after a slow start this cross country season. He finished first in a meet against the Stanford JV team and set a course record of 19:44 in the process (3.9 miles). In a meet won by College of San Mateo, Howell beat Jose Cortez in 19:59 over the same course. He also won a meet with City College of S.F. in 20:04. So far this season he has three wins and two seconds. Ernie Gamma is pressing Howell as Foothill's number one man.

West Valley's John Sheehan, running for Aragon High, set a course record of 15:17 for three miles at Burlingame. In the process he broke John Marconi's old record by 10 seconds. Marconi also runs for West Valley.

Seamus O'Reilly, currently running for the College of Marin, is doing well. He recently placed second to teammate Don Makela in a dual meet with Sonoma. Seamus joined West Valley this summer. Makela runs for Marin AC when not going to school. Makela was timed in 20:25 for the four mile course.

George Kirk of the Redwood City Striders is currently going to school in the midwest. He made Strider power felt recently when he won the Tri-State Marathon (Nebraska-Kansas area) in 2:39:49, his first time under 2:40.

Further results from the Santa Barbara Marathon (Sept. 27): Those Northern California finishers not in the last issue - (22) Keith Campbell (unatt.) - 3:16:45; (23) Jim O'Neil (SFOC) - 3:20:07; (26) Robin Clark (unatt.) - 3:23:56; (46) Rex Dietderich (NCSTC) - 3:46:33; (48) Ernie Sells (NCSTC) - 3:50:44. -- Others who did not finish: Jack Leydig (WVTC) - 1:31:26 at 15 miles; Ben Sawyer (OWAC) - 1:37:52 at 15 miles; Pax Beale (NCSTC) - 2:40:40 at 15 miles; Elaine Pedersen (CHMC) - 2:11:16 at 15 miles. The heat definitely took its toll as only 66 of 122 starters finished in the near 100 degree heat. If I missed any Northern California runner, drop me a line and I'll include you next time.

Results of West Valley - Washington State - Univ. of Calif. meet on October 24: Washington State lived up to their reputation as one of the toughest teams in the Pacific-Eight Conference as they handily ran over West Valley and UC Berkeley over a hilly four mile plus course behind the Cal campus. West Valley runners ran unattached but would have come out second place in the triangular, 30-43-50. In the double dual scoring, WSU had 24 to West Valley's 33; WSU beat Cal 21-34; WVTC beat Cal 25-31. Had Vic Cary run for West Valley instead of Cal, WSU would have won by a scant three points, 26-29. In fact the meet was even closer than that. Three seconds total separated two WSU and WVTC battles. Clark was 2 seconds behind Hiefield and Leydig only 1 second back of WSU's Clark. Results below:

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|---------------------|-------|---------------------|-------|--------------------|-------|
| 1 - Smith (WSU) | 20:08 | 9 - Clark (WSU) | 20:55 | 17 - Carroll (Cal) | 21:45 |
| 2 - Hiefield (WSU) | 20:11 | 10 - Leydig (WVTC) | 20:56 | 18 - Harris (WVTC) | 21:49 |
| 3 - Clark (WVTC) | 20:13 | 11 - Greene (Cal) | 20:58 | 19 - Crow (Cal) | 21:58 |
| 4 - Mejia (WVTC) | 20:24 | 12 - Morton (WSU) | 21:02 | 20 - Larsen (Cal) | 22:02 |
| 5 - West (Cal) | 20:27 | 13 - Reese (Cal) | 21:06 | 21 - Montoya (Cal) | 22:09 |
| 6 - Hutchison (WSU) | 20:42 | 14 - Amaya (Cal) | 21:13 | 22 - Hansen (Cal) | 22:09 |
| 7 - Cary (Cal/WVTC) | 20:43 | 15 - Ristau (WSU) | 21:15 | 23 - Plum (unatt.) | 22:23 |
| 8 - Delgado (WVTC) | 20:46 | 16 - Robinson (WSU) | 21:16 | | |

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HIGH SCHOOL RESULTS

- Nov. 18 - North Coast Section Finals (Santa Rosa??)
- Nov. 20 - Central Coast Section, Region I Meet, Golden Gate Park, San Francisco
- Nov. 25 - Central Coast Section Finals, Golden Gate Park, San Francisco

Diablo Valley A.L. Invitational: (Oct. 3) - Mt. Diablo High squashed all opponents as they took all four divisions (Varsity, JV, Frosh-Soph, and Frosh-Soph reserves). Their depth was apparent in both varsity and frosh-soph races. They had a bit of trouble with Ygnacio Valley in the varsity as they squeaked by 59-66 (Riordan was third with 105). But the JV race was no contest as MD beat runnerup Castro Valley 33-94. Pleasant Hill was 3rd with 110. Mt. Diablo again beat Ygnacio Valley in the two frosh-soph races (45-57 and 18-53). San Ramon and Mission San Jose were runnerups (79 and 102). Jim Anderson of Ygnacio Valley won the Varsity race in 15:11.6 to beat runnerup Greg Walton of College Park (15:19). In the varsity race, West Valley's Dan Stevens (Mission San Jose) finished 82nd in 18:11. The JV race was won by Robb Kolberg of Ygnacio Valley in 11:10, followed by Paul Tjogas of Monte Vista in 11:14. Jeff Goldman & Ted McRice (Mission San Jose) finished in 24th & 27th in 11:58 and 12:00 respectively. Jeff just joined West Valley and Ted has been a member since June. The frosh-soph race was taken handily by Dave Thomas of Diablo Valley in 10:45 over Mike Dayton of San Ramon (10:56). The F-S Reserve race was a 1-2 sweep for Mt. Diablo as George Steffan and Lain Couch did 11:28.8 and 11:39. Diablo also took 4-5-6.

Sacramento Invitational: (Oct. 10) - Mira Loma High easily won the varsity team race as it ran 2-3-4 and scored 35 points to runnerup Merced. The individual winner was West Valley's and Washington of Fremont's Chuck Mork, an easy winner in 15:42 over Tolleson (16:04). The only other West Valley runner in the race was John Sheehan of Aragon (19th in 17:36). In the varsity individual race, Ron Genschmer of Sunset (Hayward) nipped Mike Arago of Tamalpais (16:08 to 16:11). The next finisher was over a minute back! The junior team winner was Cordova and Merced was again second (78-110). Bob Grubbs (Washington of Fremont) was first across the line in 15:55 but was declared disqualified when he accidentally strayed from the poorly marked course. Bob Solomon of Monte Vista was the declared winner in 16:08. West Valley's Dan Stevens (Mission SJ) was 47th in 19:01. In the individual race (juniors), Merced's Nick Rodriguez won over Novato's Dan Hutton (17:22 to 17:29). Jeff Goldman ran 31st in 20:27 for Mission SJ & West Valley. In the sophomore team race, Christian Bros. High came out with 114 to 133 for Del Campo. The race was won by Ruffatto of Washington (Fremont) in 12:42.8. Second went to Parr of Castro Valley (time listed as 12:42??). The individual race

for sophs was taken by Roy Main of Oakdale in 13:21.7 over Jenke of Armijo (13:32). Mitch Kingery of Redwood City Jr. High took the frosh team title with a 13:21.7 over Hernandez of Geyserville (13:25). Swope Jr. High of Reno won the team affair in fine fashion with 62 points to 88 for La Sierra of Sacramento. The frosh individual race was won in grand fashion by Nahirny of Washington in 13:37.0 over Geiser of San Carlos (14:21).

Modesto Invitational: Chuck Mork of Washington (Fremont) continued his winning ways in fine fashion by beating Ron Genschmer (Sunset, Hayward) for the individual varsity title. No times or team scores are available.

Pleasant Hill Invitational: (Oct. 24) - The 6th Annual Pleasant Hill Invitational Cross Country Jamboree was undoubtedly the best of the series, despite the absense of defending champion Tom Hale of Campolindo, out with shin-splints. Winner of the special varsity race was Diablo's Brian King in 9:40.5, third fastest time ever recorded on the course, despite rain the night before. He beat Pleasant Hill's MacTavish (9:47), Piedmont's Tyler (9:48) and his own teammate Mike Knott (9:49) in the process. Diablo won the team title handily with 25 points to Pleasant Hill's 60. The regular varsity race was won by Walton of College Park in a fine 9:50.3. He was all alone as he beat runnerup Kelly of Antioch by 13 seconds. However, Antioch won the team title with 52 points to Campolindo's 65 (minus Hale). Diablo continued its winning ways by taking the JV, Frosh-Soph, and Frosh races by scores of 63-97 over Amador, 63-118 over Campolindo, and 19-93 over Richmond respectively. This was the second year that Mt. Diablo had swept the four races. The JV race was won by Canyon High's Ron Luschar in 10:21 over Kelly of Mt. Diablo (10:30).

Golden Gate Park Center Meets: Willow Glen High of San Jose has been doing extremely well on the GG Park course, placing their first five in the top ten on one occasion according to informed sources. No times or scorings are available. If anyone has some, please send to the editor.

Terra Nova Invitational: This October 31st extravaganza featured 12 races; four divisions, with three races in each division (one for small, medium and large schools, based on enrollment). Rather than list all the team scoring, I will simply list the best times recorded in each division (mix small, medium and large together). In the varsity, West Valley's stellar Chuck Mork continued his winning ways, outsprinting Mike Arago of Tamalpais in the stretch (10:02 to 10:07). Mark O'Connell (Soquel) followed with 10:13, then came Steve Brooks (Mt. Pleasant) 10:14, Ed Noves (Soquel) 10:15, Ron Genschmer (Sunset) 10:16, George Manriquez (Mt. Pleasant) 10:16, George Manriquez (Mt. Pleasant) 10:16 - whoops!!, I meant Walt Mitchell (Mt. Pleasant) 10:19, Joel Jameson (Watsonville & West Valley TC) 10:20, and Mike Knott (Mt. Diablo) 10:21. Other West Valley runners were John Sheehan (Aragon) 10:40 and 16th in the large schools race, Harvey Sandoval (Mission San Jose) 11:01 and 19th in the medium schools race. The top five times in the JV races were recorded in the large school race with Mark Daniel of Sequoia the only runner under 11 minutes in 10:53. Then came Alan Pollard (Mt. Pleasant) 11:02, David Lennon (Berkeley) 11:03, Noel Vigil (Sequoia) 11:04, Bill Flint (Mt. Pleasant) 11:05. Three West Valley runners did well in the medium school JV race: Ted McRice (4th in 11:36), Jeff Goldman (18th in 12:19), and Dan Stevens (29th in 12:29). All attend Mission San Jose High. In the Frosh-Soph battle, MacMitchell of Gunn won handily in 10:54, followed by Mike Lavering (Mt. Diablo) 10:59, Barry Pollard (Mt. Pleasant) 11:01, Craig Loop (Ygnacio Valley) 11:02, and Mark Dingley (Mt. Diablo) 11:05. The frosh race was won by Mike Kasser of St. Francis in 11:21, followed by Manuel Torres and Lupe Gutierrez, both of Serramonte (11:26 and 11:30), Joe Schumacker (Awalt) 11:41, and Dave Cantrell (Mt. Diablo) 11:42. Team winners (small, medium and large) in each division, starting with frosh: Terra Nova, Awalt, Mt. Diablo; Terra Nova, Alameda, Mt. Pleasant; Soquel, Awalt, Sequoia; Soquel, Awalt, Mt. Pleasant.

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COLLEGE RESULTS

- November 14 - Pacific-8 Conference Championships, Pullman, Washington.
- November 20 - NorCal Meet at Central Conference, 4 p.m. (Junior colleges)
- November 27 - State JC meet (south), 4 p.m.

Chico State Invitational Cross Country Meet: (Oct. 3) - UC Davis nipped Humboldt State for the team battle, 53-61. Cal State Hayward was third with 70 and UC Berkeley had 72. Individual winner was Bill Scobey (Humboldt) 25:04, followed by Byron Spradlin (UCD) 25:27, Ed Haver (UCD) 25:42, Frank Bautista (CSH) 25:51, Slater (S. Oregon) 25:53, Cliff West (UCB) 25:57, Willy Eashman (CSH) 26:01, Durbin (S. Oregon) 26:02, Craig Streichman (Humboldt) 26:11, and Chuck Green (UCB) 26:12. West Valley runners who finished: Danny Urutiaga (CSH) 15th in 26:42 and Frank Donohue (S.F. State) 38th in 28:06. There were 53 finishers and the course was on five miles of dirt trails in Bidwell Park (85° temperatures). -- Reported by Bob Crow.

Sacramento State Invitational: (Oct. 10) - College of San Mateo handily won the Large JC race by defeating Fresno City College, 75-108. West Valley College was third with 115. Then came American River (121), Stanford Frosh (122) and Modesto JC (202). There were fifteen teams in the race. First 10 finishers: Weaver (Amer. R.) 22:07.2, Les Devoe (W. Valley) 22:15, Jack Bush (SJCC) 22:30, Ron Elijah (Humboldt) 22:36, Jose Cortez (CSM) 22:43, Don Makela (Marin) 22:46, Robertson (CSM) 22:48, Dan Cruz (W. Valley) 22:48, Gernstein (Stanford) 22:48, Cautley (Stanford) 22:53. Other West Valley College finishers: McVay (16th in 23:21), Blackwell (39th in 24:09), Hamilton (50th in 24:30), Sargeant (55th in 24:38), Keith Kruse (66th in 24:54). Seamus O'Reilly, West Valley TC'er running for Marin College was 78th in 25:26. There were 137 finishers.

Results of Cal-Univ. of Wash. dual meet: (Oct. 10) - At Seattle, 4.3 miles of rolling hills, overcast and cool. UW beat Cal by a score of 21-35 as the first three places went to the host school. Jim Johnson and Bill Smart both tied in 21:54.9 for a new course record. Bill Koss followed in 22:14. Then came Cliff West, Bob Crow and Vic Cary in a tight group for Cal (22:28, 22:29, 22:32). Other Cal finishers were Chuck Green (9th in 23:01) and Steve Carroll (11th in 23:11). The Husky Spike Club ran third with 84 points.

Other Cal Berkeley results: UCLA handed Cal a setback on their home course as Chappins won handily for UCLA in a time of 20:09. West Valley's Vic Cary ran second for Cal and set a personal best of 20:46? for the course. Cliff West was Cal's lead man as usual. -- In a close loss to Stanford on Nov. 7, Don Kardong won in 18:50 over a different course at Cal. Cliff West was next in 19:10. Then came Stanford's Bernie Lahde and Cal's Eugenio Amaya, who has shown signs of rapid improvement lately. Middlestadt was fifth for Stanford. Vic Cary had a bad day and finished 10th.

Stanford whips UCLA: (Oct. 24) - Arvid Kretz led a 1-2-3 sweep for Stanford as the Indians went by the Bruins easily, 21-34. Arvid's time of 29:52 sliced 26 seconds off the UCLA course record (held by Tarry Harrison of the Striders - 30:18 this year). Stanford runners broke the race wide open the second time up Sunset Blvd. as UCLA's Neil Sybert lost contact with the leaders. Kardong was second in 29:59, followed by Bob Coe (30:06) and Sybert in 30:16, as the first four broke the old record. Duncan MacDonald, Stanford's sub-four miler turned in a brilliant fifth in 30:19. Chappins, winner of the Cal-UCLA meet could only muster a 6th in 30:31. Lahde of Stanford was 10th (31:15) to round out the scoring five.

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STILL NO DIPSEA RESULTS -- WE ALSO NEED LAKE MERRITT RESULTS AND CHICO 10 KM. RESULTS

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FURTHER SACRAMENTO RESULTS

(Oct. 10): In last month's issue we printed the top eleven finishers. The rest of the top thirty are listed below. Team winner was Stanford (33) with West Valley TC second (72), followed by Cal State at Fullerton (88) and Humboldt State College (128). There were a total of ten teams and 101 individual finishers over the very rough 4.8 mile course that was run over a long stretch of sand in the middle of the race.

| | | | |
|---------------------------------------|-------|--------------------------------------|-------|
| 11 - Byron Lowry (SFOC) | 26:38 | 21 - D. Schmenk (Cal-Fullerton) | 27:36 |
| 12 - Gary Hanson (San Jose State) | 26:53 | 22 - Craig Streichman (Humboldt) | 27:37 |
| 13 - Steve Dean (Sacramento State) | 26:56 | 23 - Danny Urtiaga (Cal State Hywd) | 27:37 |
| 14 - Tim Tubb (Cal-Fullerton) | 27:07 | 24 - Gary Berthiaume (Athens TC) | 27:40 |
| 15 - Bob Darling (Chico State) | 27:12 | 25 - Tony Risby (Nevada) | 27:45 |
| 16 - Bob Geisler (Stanford) | 27:15 | 26 - J. Casso (Cal-Fullerton) | 27:48 |
| 17 - M. Greer (San Jose State) | 27:19 | 27 - Sean O'Riordan (West Valley TC) | 27:49 |
| 18 - L. Patterson (Humboldt) | 27:29 | 28 - N. Hitchcock (Sacramento State) | 27:50 |
| 19 - Humberto Hernandez (CalStateHwd) | 27:30 | 29 - Dennis O'Halloran (Humboldt) | 27:50 |
| 20 - Dave White (Cal-Fullerton) | 27:33 | 30 - H. Miller (Chico State) | 27:53 |

Other West Valley finishers: 33 - Charlie Harris (28:05), 60 - Jack Leydig (29:06), 76 - Wayne Glusker (San Jose State - 29:55). -- Danny Urtiaga (23rd) also runs for West Valley. Had he run for the club, the score would have been 33-62 in favor of Stanford.

Stanford's Bob Coe won the race for the second year in a row. He seems to thrive on tough courses and this is a real toughie. Results thanks to Mr. Harvey Roloff, Meet Director. The high school and JC results were also submitted by Mr. Roloff.

(Oct. 18): Duwayne Ray's 4:02 mile speed proved too much for Chris Miller's endurance as the Athens AC star pulled away over the latter stages of the race to win handily, 30:03.5 to 30:35.8 over a 10 kilometer course. The weather was overcast with a slight drizzle (52°). We only have limited results of this race, despite efforts to obtain complete times from the meet director. If anyone has seen a copy of the full results, please send us one. Below are the top five plus a few others we managed to get from stray reports:

| | | | |
|-----------------------------------|-----------------------------|-------------------------------|-------|
| 1 - Duwayne Ray (Athens AC) | 30:03.5 | 4 - Lee Ferrero (USAF) | 34:01 |
| 2 - Chris Miller (West Valley TC) | 30:35.8 | 5 - Greg Chapman (Solano TC) | 34:19 |
| 3 - Bob Jamieson | 33:47.2 | 6 - Steve Slawson (Solano TC) | ??? |
| | 10 - John Silva (Solano TC) | 35:50 | |

(33 started and finished)

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FIFTY MILER: DEINES NIPS HOUK BY 3 SECONDS, SIX UNDER AMERICAN RECORD OF 5:38:16!!!

(Oct. 18): The National AAU 50 mile Championships at Rocklin, California (just east of Sacramento) drew a truly national field as Ted Corbitt and Jim McDonagh (defending National champion) came across the country to run against the Pacific Association's best. The PA did not fail to provide enough competition as three of the top four were from this Association. The second placer, Skip Houk, just moved out of the area or it would have been a clean sweep. So many fantastic things happened that it's hard to remember them all. The most heart-catching happening of the day was no doubt the final sprint to the finish line. Everyone at the finish had thought that Deines was way out in front, only to have that idea shocked out of them by seeing Skip Houk come charging down the homestretch to miss catching Bob by a scant 2.8 seconds. Back in third place, Marin AC's Darryl Beardall, recovered from intestinal problems that prevented him from going to the London-to-Brighton Race, was staging a comeback of his own that fell some 3½ minutes short. Darryl closed some in the latter stages but it wasn't quite enough. He still ran a magnificent time of 5:18:55 behind Deines' and Houk's 5:15:19.2 and 5:15:22. Then came miraculous Jose Cortez of the Redwood City Striders. At 18 years of age he took almost 8 minutes off the old American record himself. Oddly enough, the old record was set on the same course by Houk in 1968. He only beat Beardall by 11 seconds that time! Some felt the course was short. Dave Waco of the Seniors TC had his own method and proceeded to walk around the course with a calibrated wheel, only to find the course accurate within a few feet. Conditions were ideal over most of the race and only a slight warming over the last 10 miles hindered the runners somewhat. John Pagliano, who had won the Natl. Junior 50 mile title a few weeks before, finished a highly respectable fifth in 5:33:03, just ahead of stellar Ted Corbitt, who at 50 years of age must certainly be the best senior ultra-marathoner around. He was also under the old record with a 5:34:01.

But this is just half the story. Mike Ipsen and the Redwood City Striders did just a great job in winning the National Championship team title with about a dozen runners competing, the oldest of which was 18 (Jose Cortez). Another surprise was the superb running of Natalie Cullimore who ran her first race seven months ago. She passed the marathon somewhere between 3:30 and 3:35 and went on to finish the 50 in 7:35:57!! She did this despite a "horse collar" around her neck for most of the race (the kind you put on for a whiplash injury). She came in relatively fresh and ran every inch of the way. Another interesting thing was the number of finishers, 26 as compared to 16 last year, 4 in 1968, and 3 in 1967. Ten mile splits for the first three finishers are: Deines (63:08, 2:06:27, 3:10:38, 4:11:47, 5:15:19); Houk (62:44, 2:04:20, 3:06:12, 4:09:53, 5:15:22); Beardall (62:43, 2:04:19, 2:34:47, 4:11:42, 5:18:55). Below are the finishers and their total times for the fifty miles. Northern Calif. Senior TC was second in team standings with 47 points, behind the Striders' 21.

| | | | |
|---|-----------|---------------------------------|---------|
| 1 - Bob Deines (Otherways AC) | 5:15:19.2 | 14 - Dale DeLusignan (Marin AC) | 6:31:38 |
| 2 - Skip Houk (unattached) | 5:15:22 | 15 - Peter Mattei (NCSTC) | 6:39:29 |
| 3 - Darryl Beardall (Marin AC) | 5:18:55 | 16 - Al Meehan (Connecticut) | 7:02:43 |
| 4 - Jose Cortez (Redwood City Str.) | 5:30:42 | 17 - Mike Crevelt (RCS) 14 | 7:12:43 |
| 5 - John Pagliano (Seniors TC, LA) | 5:33:03 | 18 - Natalie Cullimore (DSE) | 7:35:57 |
| 6 - Ted Corbitt (New York Pioneer Club) | 5:34:01 | 19 - Paul Reese (NCSTC) 53 | 7:38:49 |
| 7 - Gary Dobrenz (Seniors TC, LA) | 6:03:12 | 20 - Brad Gieser (RCS) | 7:56:09 |
| 8 - Randy Lawson (Redwood City Str.) | 6:05:45 | 21 - Phil Schaffner | 8:04:52 |
| 9 - Bryan Gieser (RCS) 17 | 6:07:40 | 22 - Walt Stack (NCSTC) 63 | 8:08:58 |
| 10 - Bob Bruner (Sports International) | 6:09:55 | 23 - David Cortez (RCS) 12 | 8:32:18 |
| 11 - Ken Young (Univ. of Chicago TC) | 6:10:32 | 24 - Mitch Kingery (RCS) | 8:51:41 |
| 12 - Jim Bowles (West Valley TC) | 6:25:50 | 25 - Rex Dietderich (NCSTC) | 8:53:37 |
| 13 - Ralph Paffenbarger (NCSTC) 47 | 6:26:15 | 26 - Mike Ipsen (RCS) | 9:41:55 |

(Oct. 25): On a beautiful overcast day, perfect for record-setting, the Olympic Club's Byron Lowry did just that, knocking almost a minute of his one year old record of 1:11:18. His time of 1:10:25.4 over the 14 mile course was almost three minutes ahead of runnerup Ray Darwin, who ran the entire race in his normal barefoot fashion. Marin AC easily won the unofficial team title as their fifth man finished 13th. Fourth placer Bob Maplestone of Eastern Washington State College and Wales, had beaten Gerry Lindgren over a five mile course at the Pleasant Hill Invitational the day before. (See results below). First five senior runners were Peter Wood (28th), Jim O'Neil (31st in 1:24:27), T.A. deLusignan (34th in 1:25:08), Bob Biancalana (44th in 1:27:24), and Don Pickett (45th in 1:27:34). Elaine Pedersen was first woman in 116th (1:43:46). A total of 161 finished the race. Joe C. Ross and Barry M. Jahn, both of Eastern Washington State College, finished between tenth & eleventh places, but were overlooked by the recorder. The course winds up about four miles of uphill from Berkeley and then proceeds downhill for about the same distance before finishing on the flat in Moraga at St. Mary's College. The course is 13.9 miles but may be shorter because of the many corners that can be cut in the winding road. Below are the top 30:

| | | | |
|---|-----------|--------------------------------------|---------|
| 1 - Byron Lowry (SFOC) | 1:10:25.4 | 16 - Greg Chapman (Solano TC) | 1:19:59 |
| 2 - Ray Darwin (Culver City AC) | 1:13:16 | 17 - Stephen Regas (Athletes in Act) | 1:20:20 |
| 3 - Jack Leydig (West Valley TC) | 1:13:53 | 18 - Bill Cocheran | 1:20:27 |
| 4 - Bob Maplestone (E. Wash. State) | 1:14:04 | 19 - Wolfgang Schmulewicz | 1:20:31 |
| 5 - Darryl Beardall (Marin AC) | 1:14:37 | 20 - Gerald Haslam (Napa Runners) | 1:20:38 |
| 6 - Tom Cathcart (unatt.) | 1:15:42 | 21 - Harold DeMoss (West Valley) | 1:20:42 |
| 7 - Doug Butt (Marin AC) | 1:16:14 | 22 - George Blanchard (Solano TC) | 1:20:46 |
| 8 - Wayne Glusker (West Valley TC) | 1:17:26 | 23 - Ken Napier (W. Valley Joggers) | 1:21:48 |
| 9 - Ray Menzie (Marin AC) | 1:17:31 | 24 - Bob Stephenson (West Valley TC) | 1:22:21 |
| 10 - Tom Derderian (N. Medford) | 1:17:32 | 25 - Pete League (Marin AC) | 1:22:46 |
| 11 - Pat Moses (E. Wash. State) | 1:18:23 | 26 - John Silva (Solano TC) | 1:23:12 |
| 12 - Wes Hildreth (Marin AC) | 1:18:35 | 27 - Malcolm Musson (E. Wash. St.) | 1:23:40 |
| 13 - Jeff Kroot (Marin AC) | 1:18:48 | 28 - Peter Wood (unatt.) | 1:23:44 |
| 14 - Dennis Mathews (Solano TC) | 1:19:12 | 29 - Ken Scalmanini (SFPD) | 1:24:19 |
| 15 - Seamus O'Reilly (WVTC/unatt.) | 1:19:37 | 30 - Lee Holley (Marin AC) | 1:24:20 |
| ---Other West Valley finishers: 83 - Bob Blonder (1:35:33). | | | |

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FLASH! - GERRY LINDGREN BEATEN IN PLEASANT HILL INVITATIONAL

(Oct. 24): Bob Maplestone of Wales and Eastern Washington State blitzed away from Lindgren in the final mile to win handily over five miles in 24:23. Lindgren was 25:06, followed by Peter Fredrickson (USIU) 25:14 and surprising Frank Bautista of Cal State Hayward in 25:17. The team race was close as the U.S. International University won with 61 over Fresno State's 66, Cal State's 69, and Eastern Washington's 80. The meet was USTFF sanctioned and Lindgren ran exhibition only.

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JOHN LOESCHHORN WINS BIG IN PA-AAU JUNIOR CROSS COUNTRY RACE!!

(Oct. 31): Running all alone after the first mile, the Air Force's John Loeschhorn pulled away steadily from Byron Lowry to win in 32:17 over 10,000 meters of real cross country, as Duwayne Ray caught Lowry for second. The course, partially engineered by West Valley's Willie Cronin, was definitely a European-type course with sand, water jumps, fences, grass, pavement, mud, twisting downhill stretches, steep uphill climbs, and you name it. The course will be used, with perhaps slight modifications, for the PA Senior Cross Country meet. Loeschhorn found the course to his liking and won by over a minute. The Redwood City Striders took home the team trophy as they scored 89 points over Solano's 158 and Napa's 212. In the over-40 division, Bill Mackey ran 26th for 38:29 and a solid win over Peter Wood (30th in 38:52). Jim O'Neil ran well, almost catching Wood (33rd in 38:55). It was all Redwood City Striders in the 14 and under category as Mitch Kingery, David Cortez, and Rich Voelk (57th in 42:10) scored a shutout. Linda Beale (104th in 49:06) was first woman, followed by Connie Cunneen (106th in 49:53) and Sandra Jones (107th in 50:15). Kelley Cunneen was 109th in 52:07. A total of 121 finished the race under sunny skies. The course started out with two laps of the polo field and then two laps of the course. With about 600 yards to go, the runners had to jump over a 3½ foot barrier of cyclone fence. This fence had to be jumped twice during the course of the race. There have been suggestions that the Senior course consist of three loops with nothing around the polo field. This would be in excess of 10,000 meters but should be a great course. The top 30 finishers are listed on the next page:

| | | | |
|--|-------|-------------------------------------|-------|
| 1 - John Loeschhorn (USAF) | 32:17 | 16 - Dennis Mathews (Solano TC) | 36:43 |
| 2 - Duwayne Ray (Athens AC) | 33:19 | 17 - Steve Slawson (Solano TC) | 36:47 |
| 3 - Byron Lowry (SF Olympic Club) | 33:36 | 18 - Greg Chapman (Solano TC) | 37:06 |
| 4 - Jack Leydig (West Valley Track Club) | 33:57 | 19 - Gerald Haslam (Napa Valley R) | 37:13 |
| 5 - Russell Pate (Fort Ord) | 34:08 | 20 - Daryl Zapeta (SF Chuckers) | 37:25 |
| 6 - Ray Darwin (Culver City AC) | 34:14 | 21 - Mitch Kingery (RC Striders) | 37:56 |
| 7 - Charlie Harris (West Valley TC) | 34:21 | 22 - David Cortez (RC Striders) | 38:02 |
| 8 - Tom Derderian (No. Medford Club) | 34:31 | 23 - Joel Stein (RC Striders) | 38:10 |
| 9 - Bill Kelly (unatt.) | 34:35 | 24 - Ken Scalmanini (SFPD) | 38:15 |
| 10 - Jose Cortez (RC Striders) | 34:40 | 25 - Darrell Jeong (CCSF) | 38:20 |
| 11 - Sean O'Riordan (West Valley TC) | 35:06 | 26 - Bill Mackey (West Valley Jog.) | 38:29 |
| 12 - R. Navarez | 35:18 | 27 - John Greer (unatt.) | 38:32 |
| 13 - Randy Lawson (RC Striders) | 35:28 | 28 - John Silva (Solano TC) | 38:36 |
| 14 - Art Reade (West Valley TC) | 36:05 | 29 - Bill Bachrach (Alameda TC) | 38:44 |
| 15 - Ken Napier (West Valley Joggers) | 36:41 | 30 - Peter Wood (unatt.) | 38:52 |

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OTHER NEWS

Skip Houk recently won the Journal Jog, sponsored by Reno's Newspaper. No times are available at press time, but about 300 runners participated. Pax Beale won first prize in the special 200 pound division, beating Skip's brother. Pax can now proudly wear his "I beat Houk" button.

(Nov. 7): West Valley's Bill Clark staged a seesaw battle with the Olympic Club's Byron Lowry and finally emerged the victor in the Oakland Turkey Trot: 10 miles through the mud. The course was sloppy the entire distance and the winning time of 55:00 indicates just that. Lowry was a scant 9 seconds back and Duwayne Ray was much further back in third. No other times or places are available at press time. Complete results will be in next issue. Ray Darwin ran the entire race barefoot and finished 4th or 5th.

As yet, no report on how the voting went for the All-Northern California cross country team. The voting was done at the Lake Merritt race on October 11. Perhaps next year the voting can be done over an extended period of time, perhaps a month. People can have their AAU cards punched to guard against stuffing the ballot box. By spreading out the voting over a month or so, a much more representative group can vote. Another suggestion might be to have the voting done at one big race such as the Dipsea. But then there is enough to worry about registering on that day without having to vote too. Any suggestions will be welcome. The All-Northern California team will be announced next time. It will consist of seven runners; six plus one senior runner.

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A happy Jeff Kroot & Peter Mattei running side by side in PA 20 km. (Winward photo)



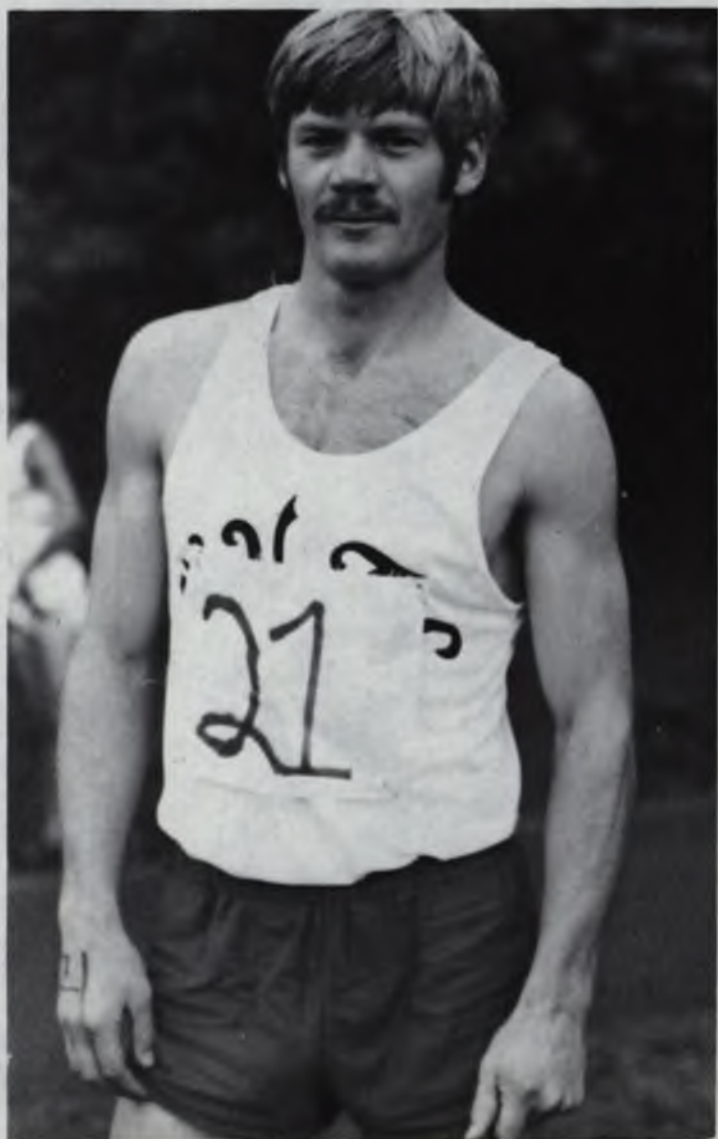
Winner of Sacramento State Invitational, Stanford's Bob Coe. (Marconi photo)



Alvaro Mejia leading Duwayne Ray, Chico winner, during Sac'to Invit. (Marconi photo)



Chuck Mork, Washington of Fremont, has been the Nor Cal high school leader so far this season (shown at S.F. indoor). (Winward ph)



Jim Howell, featured in this month's West Valley Portraits. Shown after PA-AAU Sr. Cross Country Championships in 1969.



John Loeschhorn whipped a good field at the PA-AAU Jr. X-Country Championships. (Marconi photo)



RC Strider coach Mike Ipsen, taking a "time out" during 50 miler. (Marconi)



Byron Lowry set course record and won by three minutes at Berkeley-Moraga race. (Marconi photo)



Oleson, Kardong and Hanson during a triangular at Stanford. Stanford, led by Kardong, won handily. (Marconi photo)



Featured in this month's PA Portrait, Bob Deines, shown nipping Skip Houk at finish of record 50 mile race in Rocklin. (Photo by Jeff Kroot)

Featured in this month's West Valley Portraits, Larry Winward, shown getting ready to pass a Utah State runner in a mile race.

