

WEST VALLEY



NEWSLETTER

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2nd Year - No. 2 ***** December 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. Some of the contributors for this issue are Orbin Jones, Bryan Gieser, Bob Rush, Bill Ranney, Manny Adriano, Tom Dooley, John Romero, Dan Schulgasser, Ed Knott, Marshall Clark, Peter Mattei, Bob McGuire, and many others. Thanks to all for helping make this issue.

While some prefer to get their Newsletter at the road races, many prefer to subscribe. If you would like to not have to worry about whether you will make it to a road race each month, the best route is a subscription. If you are interested, send a check for \$3.50 to the editor (payable to West Valley Track Club) of this paper. Back issues are available for 35¢ by mail (covers postage) or the regular 25¢ at the road races. We have issues as far back as March of this year. For first class mailing on subscriptions, add \$1.00 to the regular price. Make sure that we know your zip code to ensure fast delivery. For our present subscribers: If your ZIP is not on this issue, please send it to us. It can make a difference in several days when going third class. You can expect a normal delivery time of from 3 to 7 days by third class mail in Northern California.

THE 1970 PA-AAU ROAD-RUNNING ANNUAL...

We have decided to change the title of our WEST VALLEY ANNUAL to the above, or something similar. Tentatively it will be on the newstand around mid-January. The cost will most likely be \$1.25, instead of the previous estimate of 75¢ or \$1.00. The reasons for this are simple. This publication will be a high-quality handbook, similar to Runners World. At present I estimate the length to be around 20-30 pages, about half or more of which will be pictures. We will try to cover every facet of distance running in the Association, and perhaps even race walking, although this is very tentative. There will be a section on the 1970 All-PA-AAU team, a section on high school, college, seniors, women and a lot of group shots. To do a good job we still need pictures!! We have had very little response to our plea. We need pictures by the end of the year at the very latest. Mostly we'd like groups shots, unusual shots, senior photos and women. So if you think you have some pictures that we could use, don't hesitate to send them. The most important thing is that they be good contrast pictures, black and white or color. Size is not important because we can cut down an 8 x 10 easily. All shots will be returned as soon as possible. Please help us out. Don't be afraid to submit your photos; if we can't use them we'll send them back right away.

RICH DELGADO WINS TOP HONORS FOR 1970....

West Valley TC's Richard Delgado was the top vote getter in the Lake Merritt elections for Pacific Association team of 1970. This honor was a fitting climax to a nearly flawless year. Rich also came in first place in our point race with a score of 0.119, easily beating out Darryl Beardall who had 0.163.

The top senior runner for 1970 was Dr. Peter Wood who beat another doctor, Ralph Paffenbarger, for a spot on the PA cross country team. Wood also received the best point total in 1970 with a score of 0.107.

Rounding out the 1970 Pacific Association Team, in the order they wound up in the voting, were: Darryl Beardall (Marin AC), Jack Leydig (West Valley TC), Alvaro Mejia (West Valley TC) & Bill Scobey (Mad River) - tied, and Byron Lowry (S.F. Olympic Club).

Peter Mattei was overwhelmingly re-elected as the Long Distance Running Commissioner for 1971. This is his third consecutive year at the post. In the coming year, Peter will be helped out by a committee consisting of a representative from each club in the Association.

WEST VALLEY'S NEW MEMBERS....

During the past month, WVTC gained three new members: Bill Kelly, Peter Duffy, and Rene Yco.

Both Bill Kelly and Peter Duffy helped West Valley to a tenth place finish in the National AAU Cross Country Championships in Chicago. Duffy was third man in and Kelly fourth.

Kelly lives at 5552 Broadway in Oakland, 94618 (Phone: 655-7052). His best track times include a 6.5 for 60 yds., 4:29 in the mile, and 9:30.2 in the two mile. Bill was running unattached before he joined us.

Duffy attends the University of Nevada in Reno and lives at 1265 Seminary St. in Reno, 89503. Peter is 22 years old and has best times of 4:09 in the mile and 9:02 for two miles.

Rene Yco is 20 years old and attends San Jose City College. He has the following best track times: 56.0 in the 440, 4:47 in the mile, and 10:33 for two miles. He has run 21:19 for 4 miles cross country at the Foothill College course.

THIS AND THAT....

Address changes for WVTC members: Mike Duncan, currently attending UCLA, has a mailing address of 401 Circle Drive West, Los Angeles, 90024.

We have again decided to postpone the new 1971 point total race. Since there have only been a handful of races, and since we are lacking some results (especially seniors), we will publish our 1971 totals for the first time in the January issue, due to hit the newstand on January 17th at the PA-AAU 20 km. Championships.

West Valley's Alvaro Mejia will be returning to his native Colombia over the Christmas holidays for a vacation. He left on the 10th of this month and will return in mid-January, just before he is to appear in the S.F. Examiner Indoor Meet in the two mile.

Announcing the U.S. Olympic Committee Western Regional Clinic for Women's Track & Field: to be held on Dec. 27-29, contact Dr. C. Harmon Brown, 2335 David Ct., San Mateo, Cal., 94403.

Corrections to previous issues: In the October issue we said that Francie Larrieu was first woman in the men's race at the Walnut Festival. Actually, we must have received a faulty rumor because Francie never ran in the race. Cheryll Bridges, who placed second at the cross country nationals last year, was the first woman finisher. She just moved to California (San Luis Obispo) from Michigan. -- Another correction: Stanford's Bob Coe did not win the 1969 Sacramento Invitational as reported in last issue. That race was won by Gary Tuttle, then running for Humboldt State.

The Pacific Association of the AAU is now the largest single district in the entire AAU. We have a total of 19,000 registered athletes.

At this month's National AAU convention, which met in San Francisco, Jack Kelly was elected as new AAU President. Jack is an ex-Olympic rower and has plans to make sweeping changes to many archaic amateur rules. It looks like finally the athlete is going to get a fair deal. Olympic broad jumper Ralph Boston was reinstated by the AAU at the same meeting. He has been a TV sports broadcaster and thus lost his amateur status. Stanford was named as a possible sight for the 1971 U.S.-U.S.S.R. track meet in July. Also, it was decided that the National AAU 50 mile championships for 1971 will again be awarded to Rocklin, California, site of the 1970 race. That was the only National Championship race that the Pacific Association received for 1971. The National AAU Marathon will be held at Eugene, Oregon on June 6, with winners from all the Regional Marathons receiving paid trips to the Championships. The West will have two Regionals, one being the West Valley Marathon on March 7 and the other being a marathon in Madera, about a month later (no date known by us as yet). For further details on the West Valley Marathon, see the next page.

In the recent issue of Runners World Magazine, two Northern Californians made the top 25 for all time best marathons in the U.S. Bill Clark had 21st best with 2:20:39.2 (13th best individual ever) and Bob Deines was 24th with 2:20:48.0 (16th best individual). Floyd Godwin, originally from the East Bay, was 25th with 2:20:52.0 (17th best individual).

The South Peninsula showing of the 1970 Dipsea Film, "Thirty-Three Years to Victory," did not draw as many as was expected, but the club did get \$92 out of the deal, with the other half going to help pay for the film costs. Even though the crowd was fairly small, everyone agreed that it was an excellent movie, well worth paying \$2.00 to see. Several came back to see it for the second time. The profits that the club made were used to help finance our trip to the Nationals in Chicago. The club paid a total of \$638 to send a team of eight which included Bill Clark, Rich Delgado, Peter Duffy, Bill Kelly, Vic Cary, Jack Leydig, Sean O'Riordan, and Jim Howell. They had qualified for the trip because of their performances at the PA-AAU Senior X-C Championships on November 14. Charlie Harris also qualified but declined to make the trip. The rest of the costs were borne by the members themselves, the amount depending on financial ability. All in all, it was a worthwhile trip. See the results in the results section of this issue.

Announcing the First Annual West Valley Marathon: The Pacific Association has some very scenic and popular marathon courses, but it has always lacked a fast course, with the exceptions of Rocklin (which usually has poor conditions) and Santa Rosa (1968, which is no longer run). We thought it was time to lay down a good fast course, so this year WVTC is sponsoring its First Annual West Valley Marathon on March 7 at 9 am. The exact course has not been determined yet, but roughly speaking it will be in the Burlingame-San Mateo-Foster City area and will consist of an out and back route with several loops, all run on asphalt and extremely flat. This race will also be the Regional Marathon, the winner of which will be sent to the Nationals in Oregon on June 6th. We are hoping that not only will this be a very fast course, but will also be very popular in the future because of what we plan to give as awards. Tentatively we hope to have many merchandise prizes from local merchants, as well as trophies, and shoe certificates, good for buying shoes from either Pete League, Don Pickett, or Runners World. Many of the certificates will be only good for say, \$2.00. Some will be good for a new pair of shoes. By offering these as prizes as well as the traditional "gold", we hope to start a new trend whereby runners can win things that are useful. Even runners far back in the pack might get some kind of certificate, so that if this individual runs enough races he will more or less pay for them by receiving a pair of new running shoes eventually. At present, complete plans for awards, etc. are not available, but by next issue we should have a much better idea of what will be offered.

All West Valley TC members: (and other interested individuals) - There will be an extremely important meeting of all club members on December 20th at 1 p.m. at Jim Howell's house (1002 Solana Drive in Mountain View, phone 941-1030 if you get lost on the way). At this meeting we will elect new club officers for 1971, firm up plans and set up committees for work on our upcoming West Valley Marathon, discuss plans for club sponsorship, vote on a modified dues system whereby those attending school don't have to pay as much since they don't compete for the club year around, and discuss a variety of other small matters. There will be a team workout at 12 noon (one hour easy on the roads) at the above address for those interested in coming early. This will probably be without a doubt the most important meeting our club has ever had so circle the day on your calender and make every effort to be there. If you have trouble getting a ride, call me or someone else on the club in your area and try to arrange a car pool. In addition to the regular business, a club picture will be taken for the 1970 PA-AAU Annual. Let's try and have a good showing at the meeting. Last time we couldn't even vote for officers because of the lack of attendance. Since Jim's house is in the San Jose area, most of our members shouldn't have too much trouble getting there. *****IMPORTANT***** Make sure that you send for your 1971 AAU Registration card if you haven't done so already. I have about 100 re-registration cards, so if you need one, let me know or write the AAU office in S.F. Registration fee is \$1.50. Let's set a good example and have all club members registered on time this year.

WANTED: All PA-AAU clubs; if you have a team photograph of any sort, please send me a copy so we can include it in the 1970 Annual. Preferably, we would like an 8 x 10 so we can get a sharper reproduction when we cut down the size, but any size is ok, as long as it has good contrast, especially on the faces. It doesn't matter if the entire club is not present, just send us what you have by the end of the month.

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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 of full size (8½ x 13) are \$5.00 per page per month. Actually, anything 8 x 10 or larger is the same. Smaller inserts are less. All ads should be sent to the editor of this paper at least by the last day of each month to ensure space in the following month's 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, Cal., 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. He just got a new shipment and his house is overflowing with merchandise. So if you've been waiting for that pair of Boston's, now is the time to buy.

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 the market. 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.

1970 PACIFIC ASSOCIATION ROAD RUNNING ANNUAL: Our first attempt at a comprehensive look at road racing, 1970 style, in our association, is taking form and will be available sometime in January. It will be in booklet form, containing 20-30 pages, with many pictures. Initially, we will print up 500, so to make sure you get yours, order now from Jack Leydig, 603 So. Eldorado St., San Mateo, Cal., 94402 (Ph. 342-3181). The price is \$1.25 and checks should be made payable to West Valley Track Club or Jack Leydig. For further details on content, see the first page of this issue.

WIN A PAIR OF "USA" SWEATS!! Bill Clark is generously offering to help bolster the club's treasury by raffling off a pair of "USA" sweats that are too small for him. All proceeds from this venture will go to the West Valley treasury. Tickets will be made available starting on December 13 at the Petaluma Marathon for 50¢ each. You may buy as many tickets as you like for this price. The drawing will take place at the awards ceremony after the West Valley Marathon on March 7. The drawing will be done by someone chosen at random from the crowd. You need not be present to win. If you'd like to purchase a chance at winning these beautiful warmups, look us up at the next road race, ask any West Valley member, or send for your tickets by mail (checks payable to West Valley Track Club) from the editor. Tell your friends!!

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 Vistazo West, Tiburon, Cal. (Phone 435-1117). He is at most area road races with a good selection of sizes.

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WEST VALLEY PORTRAIT

Manny Adriano is 23 years old, single, and is currently working for his B.A. degree in physical education at San Jose State. Besides going to school, Manny works for Sunnyvale Florist as a driver after school. Currently he is living at 167 N. Taaffe, Sunnyvale, 94086 (Phone 739-4746). Before coming to West Valley, Manny walked for the Santa Clara Valley Youth Village (1962-1968). He helps to bolster WVTC's growing walking ranks along with former teammates Phil Mooers and Mark Price, and long-time West Valley members Wayne Glusker and Chris Buck. Phil has been Manny's coach since 1964.

Adriano has really come into his own during the past year and his marks show it. All his best race walking times have come in 1970 and are as follows: mile - 6:51.1, 2 mile - 14:57.6, 5 kilo - 23:35, 10 kilo - 50:08, 15 kilo - 1:19:22, 20 kilo - 1:47:53 and one hour - 7 mi. 523 yds.

Manny's three most exciting moments have come within the past year also. He traveled to Portland, Oregon to compete in the National AAU 10 kilometer championships and won under very warm conditions in a blanket finish as he nosed out Mark Achen and Steve Geiver, with all three recording identical 54:02 times. He continued his winning ways in the Northwest by taking the 10th Annual Black Diamond Invitational (4 miles) in Black Diamond, Washington. His other great thrill came at the PA-AAU one hour walk; he won handily in 7 mi. 523 yds. and led teammates Phil Mooers and Bill Mackey to a team victory for West Valley.

Manny has set his goals high for the future and should attain them if he keeps improving the way he has. He would like to make the Lugano Cup team and the U.S. Olympic team at some time in the future.

Meet Tom Dooley: Larkspur, Calif. (Athens A.C., Oakland). 5'10", 140 lbs., 25 years old (born Dec. 9, 1945) (San Francisco, Cal.). Single. Began walking in 1966. Self-coached.

TRAINING: Once per day, 7 days per week, all year around. I try to average 70 miles a week. Longest ever training walk was 35 miles.

BEST TIMES: 2 mi. - 13:37, 3 mi. - 20:48, 5 km. - 21:33, 10 km. - 43:50, 10 mi. - 72:17, 20 km. - 90:50, 15 mi. - 1:54:47, 20 mi. - 2:39:30. Favorite frequency of competition: once a month at a very hard effort. Favorite distances: 10 km., 20 km., 30 km., and 20 miles.

DESCRIPTION OF RACING AND TRAINING: I train consistently, two interval days a week, with a medium distance hard road walk in between, easy two days, and a long hard spin on Sunday of about 22-25 miles at 8:30 per mile pace. I train the same the year around, with virtually the same pattern every year since I started race walking. However, I vary the courses considerably. My training is usually so intense that I would break down if I raced hard more than once a month. I usually like to lead races except in international competition. My biggest thrill was to do so well in the Lugano Finals this year against the very best in the world (9th).

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PA-AAU LONG DISTANCE SCHEDULE

- Dec. 19 - Alameda TC X-C Carnival, Oakland, Calif., 10 am. Bruce Johnson, 25 Ardor Drive, Orinda, Cal. (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, Cal., 94022.
- Jan. 3 - PA-AAU 32 mile championships, Santa Rosa (9:30 am), Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- Jan. 9 - Mission Bay Marathon, San Diego, Cal., \$1.00, Bill Gookin, 5946 Wenrich Drive, San Diego, Calif., 92120.
- Jan. 17 - PA-AAU 20 km. championships, Woodside (10 am), Pete League, 1515 Cornell St., Berkeley, Cal., 94702 (Ph. 524-5205).
- Jan. 30 - Second Annual Magnan Memorial 20 miler, Woodside (10 am), Mike Ipsen, Box 868, Redwood City, Cal.
- Feb. 6 - 9 mile Channel to Lake Run, Vallejo, (10 am); Solano TC, Greg Chapman, 117 Springs Rd., Vallejo, Calif.
- Feb. 6 - Fifth Annual Las Vegas Marathon, Las Vegas, Nevada, (10 am), Dick Small, Chairman, 438 E. Sahara Ave., Las Vegas, Nevada, 89105. Entry fee: \$4.00 for runners 19 and over, \$2.00 for runners 18 and under. Entries close midnight, Feb. 3, 1971. Late entry fee \$5.00 to all runners.
- Feb. 6 - Anaheim Marathon, Anaheim, Cal. (7 am - open marathon, 1 pm - World Masters Marathon, invitational), Entries from: Anaheim Marathon Day, Attn. Richard C. Doyle, 232 S. Lemon St., Anaheim, Cal., 92805.

***See addition below.

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 (30th). Field events will begin at 11:30 am and running events at noon. Entry fee is 50¢.

There will be a series of winter All-Comers meets at San Jose City College going through the first Saturday in February (6th). These meets start on December 5 and will be on each Saturday (12 noon). Entry fee is 25¢.

- Jan. 9 - Qualifications for Examiner Indoor meet in certain events (mostly high school and collegiate). College of San Mateo in conjunction with regular all-comers meet.
- Jan. 22 - Examiner All-American Games at the Cow Palace, Daly City, Calif. (corrected from last issue which indicated Jan. 16 as the date).
- Feb. 19 - Los Angeles Times Indoor meet.
- Feb. 20 - Athens Club Invitational at Oakland Coliseum, Oakland, Calif.

****Any additions or corrections to the above schedule should be sent to the editor of this paper at the earliest possible date. If you know of any all-comers meets, special races, postal competitions, or just friendly get-togethers for workouts, please let us know. The only way we can be of service to you is if we are informed. High school and college coaches are especially urged to help us out with schedules and results. This issue is by far our best in the high school and collegiate department.****

Addition- Jan. 24 - 15 kilo road race, Napa (no time available), Clarence Hall, 4516 Dry Creek Rd., Napa, Calif., 94558.

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.

- Dec. 13 - PA-AAU 25 mile Championships, Petaluma, Cal. (10 am), @ Petaluma High School in conjunction with the PA-AAU Marathon (running) championships.
- Dec. 27 - PA-AAU 20 km. track championships, San Francisco State College track, (10 am), all-weather surface track. If you are interested in going a shorter distance for times, this is agreeable with all. Don't forget the qualifying time for the indoor meets this year is going to be about 7:20.
- Jan. 22 - S.F. Examiner Indoor meet - two miles - by invitation only. If you think you will or have qualified, let Bill Ranney know as soon as possible. He will handle the invitations for this meet, as well as the Athens meet, below.
- Feb. 20 - Athens Indoor Meet - Oakland Coliseum. A one mile walk, by invitation only.

***A complete schedule for the first six months of 1971 will be out during the last part of December. I understand that there will be the usual winter all-comers meets and Jim Bentley has said that he is going to be able to get one and two miles as well as 5 and 10 kilo walks at the All-Comers in the Stockton area.

The addition of two new walkers to our area. The Bentley boys, formerly of the Southern U.S. (Mississippi I think); and their father Jim, who was very active in the walking program there, are now living in the Stockton area. I am certain that we will be seeing lots from all three Bentley males--and hopefully we all will be traveling to the Stockton area for some new races in our yearly program. Welcome! -- Bill Ranney.

Bill Ranney Second in Senior National 30 km. Championships: (Oct. 10, Atlantic City, N.J., 58 starters) - In addition to picking up a second place in this race, Bill was awarded a prize for the best style. No times are available (if someone has them, we'd appreciate your sending them to us) but Ron Laird of the NYAC won and third place was taken by Ray Somers of the Philadelphia AC.

Klopfers Sets Five American Records in one race: (Nov. 15, Seattle, Wash.) - Athens AC's Goetz Klopfers set five American records on his way to a 20 mile track walk. His 20 mile time was a world class 2:33:59.8. In addition he set records of 2:23:14 at 30 km., 1:58:52 at 25 km., 15 miles in 1:54:47, and two hours in 15 miles 1192 yards. The existing American records for the last three events are currently held by Bill Ranney.

The Pacific Association is bidding for the Senior National 20 km., the Senior National 35 km., and the Junior National 10 or 15 km. race walking championships at the AAU Convention. We will let you know shortly which races, if any, we got.

Adriano wins 7 mile walk: (Nov. 15, Terra Linda, Cal.) - This race was open to all that had never been on any U.S.A. team. Adriano won very easily in a time of 57:26 as teammate Phil Mooers was fourth in 65:50 to lead West Valley. Steve Lund took second in 60:17, followed by Jerry Lansing at 61:46. Jerry Smith walked 68:37 in fifth to round out the field.

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KEVIN KNOX BREAKS TWO WORLD AGE GROUP RECORDS

On November 21, 1970, Kevin Knox, Wasco ten year old distance runner, broke two world ten year old age group track records in the one and two mile runs. Running on his home Wasco High School track, the Wasco Wildcat Track Club ace easily bettered his own one mile record of 5:16.8 with a 5:08.9 run. Following this outstanding performance, young Knox then came back to establish the two mile record at 11:01.1.

The setting of the two mile record gives Knox all the national ten year old records from the 220 to two miles. The following are his established records: 220- 28.7, 440 - 64.0, 660- 1:41.2, 880- 2:23.0, mile- 5:08.9, 2 mile- 11:01.1.

Other outstanding marks were recorded at the AAU sanctioned Wasco Distance Track Derby. Following Kevin to the finish line in the mile were two 10 year olds, Eddie Lujan at 5:28.8 and Robert Nunez at 5:29.2. The nine year old younger brother of Kevin, Todd Knox, recorded a good 5:41.5. Lujan came back to run the two miles in 11:44.3 to establish himself as one of the all-time best ten year old two milers.

A nine and under age group 880 yard run race produced some excellent times. Todd Knox ran the fastest time of the day with a 2:39.5, followed by Robin Messick at 2:43.4, Mike Mosby at 2:46.6, and Kim Crawford at 2:47.6.

North Peninsula League Championships: Oceana High School had its second straight NPL X-C title but had to work hard to nip out Terra Nova (42-47). Brad Moberly of Terra Nova won the competition at Golden Gate Park with a time of 12:33. He was followed by Van Dine (El Camino) 12:42, Lynch (Oceana) 12:49, Torres (Oceana) 12:49, Schlege (EC) 12:50, Richardson (TN) 12:53, Cano (SSF) 12:55, Ribera (O) 12:56, Hernandez (SSF) 12:56, and Liebowitz (TN) 12:56. Other team scores were El Camino (78), So. San Francisco (101), Half Moon Bay (117), Serramonte (171). In the soph division, Terra Nova won out over Westmoor, 48-57, with Oceana and Serramonte following (81 and 88). Torres of Serramonte took individual honors with a 13:26.8. Terra Nova again took the JV race with 27 to runnerup Serramonte's 32. South SF was a distant third with 98. Thompson of SSF won in 14:00. Westmoor took the frosh division but no individual placings are available.

West Valley League Championships: (Nov. 10 at Los Gatos) - Camden completely dominated their league championships as the top five men placed 3rd through 7th, only 15 seconds apart. The final score was Camden 25, Branham 73, Leigh 80, Saratoga 101, Westmont 112, Del Mar 167, Blackford 207, Prospect 215, Los Gatos 236, and Campbell (no team). No individual results are available except for three West Valley TC members who ran for Camden and did well (Bob Benson, 3rd in 15:40; Phil Claussen, 5th in 15:47, and Grant Garber, 11th in 16:11). Garber is a senior, the other two are juniors. Leigh High won the J.V. race with 25 points to Camden's 33 and Saratoga's 83. Camden went 1-2 with Everett Merrel (16:36) and Mike Morris (16:40). Camden also won the soph division with 44 to Leigh's 65 and Westmont's 73. The individual winner was Paul Ridgell of Camden in 16:37. Leigh took the frosh title with a near sweep and a score of 19 to overpower Del Mar (87) and Camden (109). No individual winner known.

NCS Division II Championships: (Nov. 12 at Pleasant Hill HS) - Brian King set a meet record of 14:36.6 for three miles as Mt. Diablo High captured both divisions of the North Coast Section II meet. Mt. Diablo had 42 points to defeat Ygnacio Valley (76) and Antioch (90). Following were Campolindo 118, Pleasant Hill 125, Amador 143, Piedmont 166, Pittsburg 249, etc. There were 94 finishers. Others in the top 10: Mike Knott (MD) 14:38, Greg Walton (College Park) 14:41, Jim Anderson (YV) 14:49, Tom Hale (C) 14:54, Terry Henshaw (Amador) 14:55, Tim Tyler (Pied) 14:59, Mike Kincheloe (MD) 15:00, Jesse Smith (Ant) 15:01, Mike Kelly (Ant) 15:03. Kelly is only a sophomore. The winner, King, is a junior. *** Led by San Ramon's Mike Dayton, the first three runners all cracked the existing record in the frosh-soph division. Dayton's winning time for the two mile course was 10:10.9. He was followed by Chris Bourke of Livermore (10:14) and Mike Poulin of Clayton Valley, a frosh (10:15). However, Mt. Diablo again took team honors with 50 to runnerup Campolindo (95) and Ygnacio Valley (106).

NCS Finals: (Nov. 18 at Vallejo) - Mt. Diablo became the first high school to repeat as both varsity and frosh-soph division winner in the North Coast Section Championships at Foley Park in Vallejo. Chuck Mork of Washington (Fremont) coasted around the course (3 miles) to win in 14:54.4. He was pressed most of the way by Ygnacio Valley's Jim Anderson (14:56). Then came Mike Arago (Tamalpais) 15:05, Randy Palmer (Piner, Santa Rosa) 15:14, Bob Grubbs (Washington) 15:18, Mike Knott (MD) 15:24, Jerry Metcalf (Arroyo) 15:33, Ron Genschmer (Sunset, Hayward) 15:36, Bryan King (MD) 15:36, Tom Hale (Campolindo) 15:42 (defending champion), Chris DeFazio (Eureka) 15:44, Jesse Smith (Antioch) 15:45, Greg Walton (Coll.Pk.) 15:47, Clark Bailey (El Cerrito) 15:48, and Mike Kincheloe (MD) 15:49. The team scoring went as follows: Mt. Diablo 59, Alameda 80, Ygnacio Valley 84, Washington(Fremont) 107, Antioch 127, Campolindo 151, Petaluma 186, Sonoma 202, El Cerrito 214, Eureka 232, Novato 299, Irvington 317. *** In the frosh-soph division (2 miles), Mt. Diablo outscored Ygnacio Valley, 67-90, followed by Washington (Fremont) 92, Campolindo & Alameda 134, San Ramon 145, Castro Valley 150, Napa 177, Redwood 221, Kennedy (Fremont) 245, Eureka 250, and Tamalpais 269. Individual winner was San Ramon's Mike Dayton in 10:55.2. He narrowly beat Mike Ruffato of Washington (Fremont) who did 10:58. Next came Ron Luschar (Canyon) 11:03, Tom Burrough (DeAnza) 11:10, Charles Hernandez (Geyserville) 11:13, Mike Poulin (Clayton Valley) 11:14, Mike Moulton (Campolindo) 11:16, Chris Bourke (Livermore) 11:17, Barry Parr (Castro Valley) 11:20, and Bruce Kaufman (Washington, Fremont) 11:21.

CCS Region II Championships: (Nov. 20) at Coyote Park, San Jose - Hans Templeman and Steve Miller led Carlmont to a close victory over Awalt (35-40) as they went 1-2 over the 2.65 mile course. Their times were 12:50 and 12:52. Awalt took the next three spots (Dave Chamness 13:02, Larry Chamness 13:07, and Rick Hart 13:12). Rounding out the top ten were Chris Berka (Los Altos) 13:13, Scott Carvey (Carlmont) 13:15, Bryan Gieser (San Carlos) 13:17, John Marshall (13:19) (Homestead), Dan Slavin (Los Altos) 13:19. The top five teams advanced to the CCS Finals (Los Altos 99, Homestead 113, San Carlos 114). In the small school varsity competition, Santa Clara claimed the top spot with 23, followed by Menlo with 51. Other results: Large F-S; Lynbrook 60, Homestead 88, Wilcox 89, Gunn 103, Cupertino 104. Small F-S; Monte Vista 27, Peterson 29. Junior Varsity; Carlmont 20, Awalt 66, San Carlos 96, Lynbrook 115, Los Altos 151. Freshman; Homestead 50, Lynbrook 51, Carlmont 82, Los Altos 92, Woodside 105. Incidentally, Lynbrook High is coached by ex-Olympian Jeff Fishback.

CCS Region III Championships: (at Coyote Park, San Jose) - Willow Glen High conquered troublesome Mt. Pleasant by a 29-35 tally as the victor's Mike Hart set a new course record of 12:49. He easily outdistanced Steve Brooks of Mt. Pleasant (13:03). Then came Walt Mitchell (MP) 13:03, George Manriquez (MP) 13:04, Tom Castaneda (WG) 13:06, Bob Ebert (WG) 13:09, Mark Scheacher (Branham) 13:09, Steve Peth (WG) 13:11, Bob Enriquez (WG) 13:19, Steve Bral-lier (WG) 13:23, Jack Bellah (Leigh) 13:25, Alan Donaldson (MP) 13:27, Mike Guido (Camden) 13:28, Phil Teresi (MP) 13:29, Ward Crary (WG) 13:30. It looked more like a dual meet as Willow Glen and Mt. Pleasant had 12 of the top 15 finishers. Other teams that qualified for the CCS Finals were Camden 89, Leigh 126, and Branham 131. The Willow Glen team time also set a new course record of 65:34, breaking the existing course record set by Awalt by 17 seconds. In the small school division Gilroy raced to the varsity and frosh-soph team titles. The large school frosh-soph race was a good one for Mt. Hamilton League entrants. Overfelt won the battle between Silver Creek and Mt. Pleasant, scoring 33 points to Silver Creek's 62 and Mt. Pleasant's 67.

CCS FINALS: (Nov. 25 - Golden Gate Park, S.F.) - Under cool and rainy conditions, Willow Glen pulled off a stunning upset over favored Carlmont as they compiled 69 points to runner-up Soquel's surprising second place score of 76. Carlmont was third with 84, followed by Awalt with 97, Mt. Pleasant 136, Watsonville 159, Los Altos 248, Camden 249, Homestead 254, San Carlos 271, Riordan 275, Leigh 297, St. Ignatius 312, Branham 316, Mills 379. However, Carlmont did manage to salvage something as Hans Templeman won in 12:01. He was followed closely by McConnell (Soquel), Chamness (Awalt) 12:07, Jameson (Watsonville/West Valley TC) 12:08, Noyes (Soquel) 12:08, Hart (WG) 12:09, Miller (Carlmont) 12:11, Garcia (Watsonville) 12:12, Brooks (MP) 12:13, Peth (WG) 12:14, Ebert (WG) 12:17, Manriquez (MP) 12:20, Chamness (Awalt) 12:21, Kinsella (Soquel) 12:22, Hart (Awalt) 12:23. Other West Valley TC runners and their places and times: John Sheehan (Aragon) 40th in 12:53, Bob Benson (Camden) 45th in 12:56, Grant Garber (Camden) 76th in 13:24, Phil Claussen (Camden) 88th in 13:42. The small school varsity was won by Sena of Lick High in 12:40 as he led his team to a 58-83 victory over Gilroy. Live Oak was third with 88. Willow Glen capped off an undefeated season in Junior Varsity competition as they nipped Carlmont, 37-45. Awalt was a distant third with 101. No individual results are available. In the large school frosh-soph, Mt. Pleasant took a convincing victory over Overfelt, 79-124, as Silver Creek took third with 144. Febrell of Overfelt won in 12:38, followed closely by MacMitchell of Gunn in 12:41. The rest were far back. The small school frosh-soph was taken by Burlingame with 52 points as Brown and Steil ran one-two for the victors. Brown ran an amazing 12:35 with Steil far back in 13:12. King City was second with 62, followed by Milpitas with 106. After placing poorly in all other divisions, Homestead managed to salvage the frosh competition by defeating Lynbrook, 43-83, with Leigh in third (124). No individual results available.

Postal Competition: (Nov. 7 - San Jose State tartan track): Carlmont narrowly defeated Willow Glen and Mt. Pleasant to feature a very fast array of times in a two mile postal meet which saw Willow Glen's Mike Hart run a sparkling 9:10.0 to defeat NCS and CCS champions Chuck Mork (Washington, Fremont) and Hans Templeman (Carlmont) who recorded times of 9:13.5 and 9:14.0 for personal bests. Carlmont's super-soph, Steve Miller, was fourth in 9:18.2. Then came Mark McConnell (Soquel) 9:24.5, Steve Brooks (MP) 9:24.5, Walt Mitchell (MP) 9:26.0, Bob Grubbs (Wash. Fremont) 9:28.0, Joel Jameson (Watsonville) 9:29.0, and Juan Garcia (Watsonville) 9:30.5. Six others were under 9:40 and a total of 25 dipped under 9:50. Thirty-eight went below 10 minutes. Other West Valley TC finishers besides Mork and Jameson: Bob Benson (Camden) 9:53.0, Phil Claussen (Camden) 9:56.0, Grant Garber (Camden) 10:09.0. They all ran in the second heat. Actually, the numbers given previously for individuals under certain times was for the first heat only. Twelve more cracked 10 minutes in the second heat. Carlmont's team time of 47:43.2 tied Burlingame's 1968 time and is the second best ever behind Homesteads 1968 clocking of 47:11.2. Willow Glen recorded the 4th fastest ever with 47:50.5 and Mt. Pleasant had sixth with 48:01.2. Next in the meet came Awalt - 48:42.0, Watsonville - 48:48.2, Soquel - 49:04.5, Los Altos - 49:30.8, Camden - 49:40.0, Washington of Fremont - 49:46.0, Willow Glen "B" team - 50:01.0, San Carlos - 50:04.4, and Carlmont "B" team - 50:16.4. *** Tony Munoz of Watsonville took the soph division with 10:17.0, but Mt. Pleasant took team honors over Carlmont, 51:01.6 to 51:18.4. Many of the sophs ran in the varsity race, but the team times are combined from both races. Homestead had the best frosh time with 53:24.7, followed by Los Altos with 54:46. The frosh race was won by Bob Powers of Los Altos in 10:29.0. However, two other frosh turned in better times: Kelly Lawson of San Carlos (10:08.0) in the varsity race and P. Erbes of Homestead in the frosh-soph race.

(Dec. 5 - San Jose State tartan track) - In a three mile postal sponsored by West Valley TC, Mt. Pleasant brought several teams and were led by Steve Brooks (14:58) and George Manriquez (14:59). Brooks is a junior and Manriquez only a soph. No team times are yet available, nor are other individual times. A complete list of U.S. results will be published by our February issue. Results can also be obtained from Track & Field News after the middle of January. Please send us any other top postal times between now and February.

Golden Gate Conference Championships: (Nov. 13 at Foothill College) - San Jose City College's Jack Bush was in a class by himself as he literally ran away from the field to set a course record of 19:10 over the 3.9 mile Foothill college course. College of San Mateo was an easy winner over SJCC, 45-73. Next came Diablo Valley 77, Chabot 78, CCSF 107, Foothill 128, Laney 212, Merritt 230. The rest of the top 10: Vic Massa (CSM) 19:35, Rich Milan (Chabot) 19:38, Jim Howell (Foothill/WVTC) 19:39, Ignacio Hurtado (Chabot) 19:42, Juan Ramirez (SJCC) 19:45, Wayne Smith (CSM) 19:47, Mike Brisbin (DV) 19:51, Jerry Maydahl (DV) 19:54, and Dave Robertson (CSM) 19:56. Weather was cool and overcast.

Northern California JC Championships: (Nov. 20 at Alan Hancock College, Santa Maria) - In a close three way battle, San Jose City's Jack Bush edged out Weaver (American River) and Les Devoe (West Valley College). Bush's winning time was 20:21.5 to Weaver's 20:22 and Devoe's 20:23. Rounding out the top 15 were: Omar Garcia (Hancock) 19:29, Ron Zarate (Hancock) 19:30, Cliff Reese (Fresno CC) 20:33, Don Makela (Marin) 20:33, Dan Cruz (West Valley) 20:34, Cliff Busby (Yuba) 20:39, Mike Brisbin (Diablo Valley) 20:42, Jim Howell (Foothill/WVTC) 20:43, Juan Ramirez (SJCC) 20:45, Duwayne Harms (Diablo Valley) 20:48, Ignacio Hurtado (Chabot) 20:48, and Steve Hall (Fresno CC) 20:49. Other West Valley College finishers were Scott McVay (28th, 21:14), Keith Kruse (37th, 21:26), and Gordon Blackwell (42nd, 21:31). Seamus O'Reilly (College of Marin/WVTC) took 104th in 22:45. In the team battle, Fresno City College edged out West Valley College, 96 to 111. Favorite Hancock placed only sixth and failed to go to State. Others going to State were San Jose City College 140, American River 145, and College of San Mateo 148. Hancock had 171.

California State Junior College Championships: (Nov. 28 at Moorpark College) - Los Angeles Valley ripped apart all competition as they went on to their third straight State title by defeating Santa Ana, 39-84. Johnson of El Camino won handily over Dave Babiracki (LA Valley), 19:53.6 to 19:59. Rounding out the top 10 finishers were Lloyd Apgar (San Diego City) 20:02, Ray Stephens (El Camino) 20:07, Steve Brown (LA Valley) 20:11, Tom Lipski (Santa Ana) 20:13, Jack Bush (San Jose City) 20:15, Keith Grinnell (LA Valley) 20:20, Terry McKeon (Golden West) 20:25, and John Gregario (Mt. San Antonio) 20:27. The Northern California entries were shut out in the team scoring and Jack Bush was highest placer, in fact the only one in the top 15. Other team scores were Mt. San Antonio 90, Bakersfield 115, El Camino 123, West Valley 169, Fresno City 190, College of San Mateo 192, San Jose City 197, American River 203. Other finishers from the CSM team were Jose Cortez (33rd), Wayne Smith (34th), Vic Massa (39th), Dan Best (42nd), Neil Glenesk (44th), Randy Lawson (47th) and Dave Robertson (51st).

NCAA College Division Cross Country Championship: (Nov. 14 - Wheaton, Ill.) - Cal State of Fullerton's Mark Covert won handily in 25:13 over John Cragg of St. John's of Minnesota 25:17. Defending champion Ron Stonitsch of CW Post was dropped to fifth (25:29). Eastern Michigan took the team title with 100 points followed by Cal Fullerton with 124. Another California team wasn't so lucky...Humboldt State's entire team came down with poison ivy and did not compete. Other Californian's in the top 15: 6 - Bill Hanson (UC Davis) 25:32, 8 - Tim Tubb (CSF) 25:37, 9 - Bill Ryan (Cal Poly/Pomona) 25:38, 10 - Byron Spradlin (UCD) 25:39; University of California at Davis picked up third team spot with 143 points. The defending champions, Eastern Illinois, were a distant 10th with 383.

Pacific-Eight Conference Championships: (Nov. 14 - Pullman, Wash.) (40°, wet course - record is 29:47 by Prefontaine, 1970) - University of Oregon's Steve Prefontaine led his team to a convincing victory in the talented PAC-8 meet. His time of 30:11.7 was way ahead of second placer Keith Munson of Oregon St. who had 30:26. Oregon's Steve Savage got the 3rd spot in 30:31. Next came Mark Hiefield (WSU) 30:32, Don Smith (WSU) 30:51, Randy James (UO) 30:53, Don Kardong (Stanford) 31:19, Arvid Kretz (Stanford) 31:27, Duncan MacDonald (Stanford) 31:28, and Leo Hill (OSU) 31:29. Washington State was second on their home course with 58 points, followed by Stanford 66, Oregon St. 79, Univ. of Washington 120, UCLA 138, USC 154, and Cal Berkeley 207. Stanford's other scorers were Bob Coe (17th, 31:55), and Bernie Lahde (25th, 32:20). Cal's top five were Cliff West (37th, 32:56), Carroll (38th), Green (39th), Eugenio Amaya (46th) and Bob Crow (47th) - no times available.

NCAA Championships: (Nov. 23 - Williamsburg, Va.) - A review of motion picture films 24 hours after the finish of the 32nd Annual NCAA cross country race flipped the apparent team finishing order and handed the championship to Villanova, 85-86, over Oregon. The films showed that Villanova's Les Nagy came across the finish line in 62nd position and a man in front of him fell. Nagy was held back momentarily, was passed by several others and handed a card showing he finished 67th. However, Oregon's Steve Prefontaine won in 28:00.2, a course record for the six miles. He was followed by Donal Walsh of Villanova (28:08) and surprising Don Kardong of Stanford (28:10). Oregon State's Keith Munson, second in the PAC-8, finished behind Kardong in sixth with a 28:22 clocking. Only California team in the top ten was San Diego State in ninth with 355 points.

Oklahoma State's George Stewart, a native of Marin county and graduate of Marin College, finished fifth in the Big-Eight Cross Country championships on Nov. 7th at Stillwater, Oklahoma. His time of 18:58 was only 4.5 seconds behind the winner in a blanket finish. His team took second with 72 points behind Missouri's 60.

Mather Air Force Base edged out Travis AFB in a dual meet recently. The score was 27-29. Winner was Lee Ferrero of Mather in 9:43 over Adam Ferreira of Travis in 9:51 over a two miles at Gibson Ranch. -- Reported by Jim Bowles.

West Valley's Mike Duncan, now attending UCLA, was fifth in the all-University cross country race which was won by a member of the regular UCLA varsity team. Mike was only 5 seconds behind the winner in a tight finish. A total of 165 runners participated.

Dec. 5 - San Jose State College tartan track: Under sunny skies (the first in about 10 days), West Valley TC's Bill Clark ran a solo effort 3 mile postal in a good time of 14:08.0. Other West Valley finishers were Art Reade (4th in 15:08.6), Ted McRice (14th in 17:46.2), and Dan Stevens (15th in 18:27.5). Bill came through the mile in 4:38 and two mile in 9:24 after taking the lead from the start.

In the PCAA Championships at San Jose, San Diego State's Otis Martin won handily in 29:36 to defeat Mike Wood of Cal State, Long Beach (29:38). Long Beach won the team title over San Diego State, 30-38, as San Jose State took third with 80. Gary Hansen of San Jose State was top finisher among Nor Cal entries with a fifth in 29:55.

Dec. 14 - SPA-AAU Cross Country Championships: Pacific Coast Club defended its title over the So. Calif. Striders, 23-33 and Valley State was third with 88. Tarry Harrison of the Striders won in 30:19.4 followed by John Mason (PCC) 30:29, Jerry Jobski (PCC) 30:31, Brooks Thomas (SCS) 30:53, George Scott (PCC) 31:04, and then came Lawson (PCC), Kurrle (PCC), ????, Woelk (SCS), Packus (SCS). -- Addition, Tom Heinonen (SDTC) was 7th, ahead of PCC's Ron Kurrle.

Those old guys I was telling you about in the last Newsletter made it from LA to the Sahara, only there wasn't a dozen of them like I said (there were only five, and one of them was a woman). Actually, the relay team started from LA on a cold, windy, rainy Wednesday, Nov. 25, at 5:42 pm and consisted of Walt Stack, 63; Monty Montgomery, 64; Walt Frederick, 63; coach Bill Selvin, 60; Jim Bole, 63; John Montoya, 59; and Isa Varella, 46 (she's the girl). Montoya and Bole led off and ran for two hours and twenty minutes and 2:15 respectively. The remaining five people continued on to Las Vegas. Montoya and Bole covered around 35 miles but couldn't leave the LA area because of work conflicts. In the remainder of the race, Stack ran 9:30, Montgomery 9:00, Frederick 8:20, Selvin 5:44, and Varella 7:50. Although no mileage was kept, unofficially Stack and Montgomery did around 75 miles each, Frederick about 61, Varella 37 and Selvin 28. It was really tough on Selvin, the originator of the event, because he's not a competitive runner and seldom does more than five miles a day. When the original team contained 11 people Bill was just going to run as a short distance relief man--but the way it turned out he took his turn through the run. Going up Ca-jon Pass the fivesome started with five minutes apiece but felt so good they lengthened their relay carries to 10 minutes. All felt fresh when they topped out at 4,300 feet. Montgomery beamed a dog with a perfectly heaved rock near the summit, running in total darkness and turning around to throw at the sound of gnashing teeth near his legs. Other runners from the Barstow area joined the team at the midway point and ran along for a few miles. It got rough the second day--especially the Baker Grade, which stretches for more than 15 miles before it hits the summit at Mountain Pass, around 4,000 feet. It took the team nearly 4 hours to climb it. Car caravans of TC and radio reporters began to form alongside the runners as they neared Las Vegas. One newsman, Darrell Dreyer of KRAM radio, wore some sneakers out to meet the runners 10 miles from town. "I'll run alongside and do a moving interview," said Dreyer, who imagined the runners would be slowed to a fast walk after two days. When Darrell reached the team, Frederick was running along easily at about 7:15 pace, waving his arms and making "V's" with his fingers. "Say," said Darrell, "that guy is running." He decided to stay in the car and do his interview at the finish line. The official finish time was 45 hours and 59 minutes. While everybody else gulped water at the Sahara lobby, Stack ordered bourbon and coke. Three other sleepless heroes of the piece were Dave Brusck, who drove the mobile home support vehicle, and Isa's husband and son, who piloted a smaller camper. The team saw Buddy Hackett in the Sahara showroom four hours after arrival and members were introduced to the audience by a startled Buddy, who just kept repeating, "Did they really do that?" Selvin was out to prove 60 isn't over the hill. He did it... - Reported and written by John Romero, Las Vegas Track Club.

In a 4 mile cross country race in Portland, Oregon, ex-Vanden High School ace, Dan Drechsel, finished fourth in a time of 21:03 behind a field of good runners including Jerry Tighe who was 3rd in 20:57. Dave Wighton was fifth in 21:09. 60 finishers, rainy, slippery course.

Nov. 21 - Western USITFF Championships at Fresno: We have very incomplete results on this race right now but do know that the Oregon TC swept the first five places, without Ken Moore, and was led by the Kvalheim brothers, who finished 1-2. West Valley's Peter Duffy ran unofficially and finished around 12th place in the field. Charlie Harris also ran but failed to finish. We should have more complete results for next issue.

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STILL NO DIPSEA RESULTS. HOLD ON AND WE'LL EVENTUALLY GET THEM I HOPE.

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RICH DELGADO WINS LAKE MERRITT 10 KILO RACE

(Oct. 11): Starting off the new running season (for point totals) in the proper fashion, West Valley's Rich Delgado defeated the Olympic Club's Byron Lowry over the two lap course, 29:51 to 30:17. West Valley's Jack Leydig and Culver City AC's Ray Darwin followed with times of 30:45 and 30:51. The West Valley Joggers were the surprise team victors. First senior across was Jim O'Neil (SFOC) in the remarkable time of 34:36, more than 1½ minutes ahead of the next senior, Ed Preston (36:07). T.A. deLusignan (Marin AC) rounded out the top three seniors with his 36:52. In the shorter 5 kilo event (one lap), there was a foulup at the finish and many came in without being accounted for. We have only the top six finishers and they are: Darren George (Napa Valley Runners) 15:00, Jan Day (unatt.) 15:10, Tom Cathcart (unatt.) 15:27, Dyer (Chabot) 15:35, Nolan (SF State?) 15:36, and Jim Howell (WVTC) 15:37. The top 35 finishers and their times are listed for the 10 kilo race:

1 - Rich Delgado (West Valley TC)	29:51	19 - Dave Peterson (West Valley Jog.)	35:49
2 - Byron Lowry (SF Olympic Club)	30:17	20 - Bill Flodberg (Solano TC)	35:50
3 - Jack Leydig (West Valley TC)	30:45	21 - Jim Engle (Napa Valley Runners)	35:51
4 - Ray Darwin (Culver City AC)	30:51	22 - Ed Preston (NCSTC)	36:07
5 - John Marconi (West Valley TC)	31:40	23 - John Geer (unatt.)	36:08
6 - Bill Ferlatte (Marin AC)	31:57	24 - Dick Cordoni (San Diego)	36:09
7 - Adam Ferreira (Travis AFB)	31:58	25 - Gerry Ockerman	36:12
8 - Joseph McDevitt (unatt.)	32:18	26 - Al White (Napa)	36:20
9 - Bob Gormley (Marin AC)	32:35	27 - Bob Blonder (West Valley Jog.)	36:34
10 - Ken Napier (West Valley Joggers)	33:12	28 - T.A. deLusignan (Marin AC)	36:52
11 - Jeff Kroot (Marin AC)	33:14	29 - Jack Ball (unatt.)	36:53
12 - Jose Garcia (SF State)	33:34	30 - Carl Martin (West Valley Jog.)	36:54
13 - Jim Shettler (unatt.)	33:44	31 - Peter Wood (unatt.)	36:55
14 - Chuck Burke (unatt.)	34:14	32 - Lou Fields, Jr. (unatt.)	37:00
15 - Don Roth (unatt.)	34:35	33 - Peter Mattei (NCSTC)	37:01
16 - Jim O'Neil (SF Olympic Club)	34:36	34 - Van Zandt (West Valley Joggers)	37:05
17 - Ed Jaynes (unatt.)	35:09	35 - Tom Mann (Fillmore West)	37:15
18 - Rudy Snyders	35:39		

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SKIP HOUK WINS RENO JOURNAL JOG IN 25:01

(Nov. 2): A group of Northern Californians voyaged up to Nevada to compete in a local, well conducted 5 mile race. Skip Houk, now living in Fresno, made a shambles of a fairly good field of runners, mostly from the University of Nevada. His winning time of 25:01 was 41 seconds better than second placer Pete Reams. Next came Anthony Risby (UN), Athol Barton (UN), Curtis Terry (UN), Peter Duffy (MD & E), Pete Sinnott (MD & E), Paul Bateman (MD & E), Steve Parker (Alameda TC), and Jim Bissonette (UN "B" team). In the men's 36-45 age group, Ross Smith broke his own course record by almost two minutes as he recorded 28:58. He was followed across by Allen Brady and Vance Koerner. Koerner and his son Mike won the father-son trophy. Flory Rodd, in slow time, but due to a strange 46-55 year age group, broke the course record also with 32:05. He finished in a time of almost 3 minutes better than the old record. His place was 54th overall. Koerner took 31st. Frank Harrison finished 43rd in 31:30. John Boitano finished third in the 46-55 category with a 34:50, also breaking the old record, by one second. Other Nor Cal runners included: Pat Cunneen (59th in 32:29), Pax Beale (81st in 34:05) - Pax set a new record for 200 pounders, breaking the old record by about 30 seconds, W. G. Dalzell (107th in 35:53), Elaine Pedersen (123rd in 37:06), Grant Newland (128th in 37:30), and Mrs. Mary Boitano (183rd in 46:29). The winning team was the University of Nevada "A" team. Catherine and Ann Smith combined to take the mother-daughter title for the run while Mary and Mary Etta Boitano were second in that category.

(Nov. 7): In what turned out to be a two-man race, West Valley's Bill Clark slopped his way to a 9 second victory over Byron Lowry on the rough 10 mile course in the Oakland hills. The first two finishers broke Chris Miller's record of 56:25.2. Turkeys were awarded to the top finishers in each category. Bill Mackey of the West Valley Joggers was first senior in with a time of 68:18. Jim O'Neil and Peter Mattei rounded out the top three in that division. In the over-50 group, John Satti finished first (36th in 83:28). Walt Stack took over-60 honors in 41st with a time of 90:18. In the high school 5 miles, Eric Moller of Marin AC led all others with a 31:03. Over the same distance, Gunter Mathews (unatt.) took the 10-12 year old title in 34:07. The woman's five miler went to Elaine Pedersen in 39:52. In the boys 10-12 (1½ miles) division, Tim Killeen (unatt.) won a turkey with a fine time of 8:32. Shannon Healy took the boys under 10 title with a 10:16 clocking and the girls under 10 race was taken by another Healy, Michelle, in 12:10. There were 56 finishers (19 over 40 years old!). I guess the youth is getting lazy. Below are listed the top 20 finishers in the 10 mile race:

1 - Bill Clark (West Valley TC)	55:00	11 - John Geer (unatt.)	69:22
2 - Byron Lowry (SF Olympic Club)	55:09	12 - Jim O'Neil (SF Olympic Club)	69:55
3 - Duwayne Ray (Athens AC)	57:01	13 - Peter Mattei (NCSTC)	70:13
4 - Tom Derderian (No. Medford Club)	60:08	14 - Al White (Napa)	71:28
5 - Wayne Badgeley (unatt.)	61:55	15 - Carl Dominik	71:29
6 - Ray Darwin (Culver City AC)	62:20	16 - Jim Nicholson (unatt.)	72:48
7 - Wayne Glusker (West Valley TC)	63:13	17 - Kevin Smith (Alameda TC)	73:05
8 - Dan Anderson (Chabot)	63:55	18 - T.A. deLusignan (Marin AC)	73:46
9 - Bill Mackey (West Valley Joggers)	68:18	19 - Paul Sebesta (Joggernauts)	74:02
10 - Steve Smith (Alameda TC)	68:25	20 - Mike Healy (Napa Valley Runners)	74:21

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DUWAYNE RAY BEATS GOOD FIELD AT PA-AAU CROSS COUNTRY

(Nov. 14): Over a somewhat different course than the Junior Championships, the PA-AAU 10 kilometer cross country championships (probably long) were staged under ideal conditions. Duwayne Ray, running unattached, pulled away from the Olympic Club's Byron Lowry over the latter stages, and won going away in a time of 33:01. Lowry was another 11 seconds back. The team title went to West Valley TC, although no one ran too well. The team was led by Bill Clark in 6th. Second place was taken by Sacramento State College and third went to the Marin AC. The senior division was taken by T. deLusignan who finished 49th in 38:08, just 2 places and 3 seconds ahead of Bill Mackey and another place ahead of Ross Smith, who was two seconds behind Mackey. Both Mackey and Smith run for the West Valley Joggers while deLusignan runs for Marin AC. Light refreshments were served after the race and winners received engraved aluminum beer steins. Below are listed the top 30 times:

1 - Duwayne Ray (unatt.)	33:01	16 - Anthony Risby (Univ. of Nevada)	34:56
2 - Byron Lowry (SF Olympic Club)	33:12	17 - Lee Ferrero (Mather AFB)	35:18
3 - Peter Duffy (unatt.)	33:27	18 - R. Jamieson (Sac'to State)	35:20
4 - Curtis Terry (Univ. of Nevada)	33:34	19 - Adam Ferreira (Travis AFB)	35:23
5 - Ray Darwin (Culver City AC)	33:44	20 - R. Narvaez (City College of S.F.)	35:42
6 - Bill Clark (West Valley TC)	33:50	21 - G. Henderson (Sac'to State)	36:07
7 - Ron Elijah (Humboldt State)	34:01	22 - M. Brisbin (Pittsburg TC)	36:08
8 - Bill Kelly (unatt.)	34:05	23 - S. Mathers (Univ. of Nevada)	36:22
9 - Rich Delgado (West Valley TC)	34:08	24 - J. Moura (Univ. of Nevada)	36:23
10 - Wayne Badgeley (unatt.)	34:16	25 - P. Busbee (unatt.)	36:27
11 - Charlie Harris (West Valley TC)	34:21	26 - Dan Urtiaga (West Valley TC)	36:29
12 - Jack Leydig (West Valley TC)	34:26	27 - Willie Cronin (West Valley TC)	36:30
13 - Russell Pate (Fort Ord)	34:36	28 - A. Amador (Pittsburg TC)	36:31
14 - Sean O'Riordan (West Valley TC)	34:48	29 - Darold Dent (unatt.)	36:32
15 - Jim Howell (West Valley TC)	34:54	30 - Pete Reams (Univ. of Nevada)	36:33

*** Other West Valley TC finishers: 38 - Wayne Glusker - 37:13, 57 - Jim Bowles - 38:41, 68 - Greg Aronson - 39:22, 106 - Bob Mignosa - 43:47.

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HELP! - We need complete results of the Chico 10 kilometer race, held on October 18. If anyone has either partial or complete results, please send us a copy before the end of the month. Otherwise we won't be able to include this race in our point totals.

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(Nov. 21): On an overcast and cool day, Marin AC's Darryl Beardall set a new course record (breaking his own, set 3 years ago) of 36:29.6 in racing to a 20 second victory over West Valley's Jim Howell. The race starts at the base of San Bruno Mountain in Daly City and proceeds to the top before turning around and heading back down the same route. The course is approximately $6\frac{1}{2}$ miles long. In the high school division (all ran in the same race, but were recorded separately), Wolfgang Schmulewicz of Lincoln in San Francisco raced to a 36:59 clocking to take third place overall. Mike Knott of NCS champion Mt. Diablo High took second with 37:33, good enough for fourth place overall. He was followed by Mike Pinocci of Washington High in Fremont with a time of 38:24. In the senior division, Dr. Peter Wood scored a large victory over T.A. deLusignan of Marin, and John Brennan of the South End Rowing Club. Their times were 40:59, 41:43, and 42:24 respectively. No team title was at stake. Below are listed the top 30 best times, high school and open mixed:

1 - Darryl Beardall (Marin AC)	36:29.6	16 - George Kellog (unatt.)	39:23
2 - Jim Howell (Foothill College/WVTC)	36:50	17 - Lynden King (Elk Grove AC)	39:24
3 - Wolfgang Schmulewicz (Lincoln HS)	36:59	18 - Barry Buob (Downey HS)	39:34
4 - Mike Knott (Mt. Diablo HS)	37:33	19 - Calvin Lantrip (Oroville HS)	39:34
5 - Ernie Gamma (Foothill Col/Maranon)	37:45	20 - John Weed (Folsom HS)	39:35
6 - Jan Sershen (unatt.)	37:58	21 - Tom Brown (Oroville HS)	39:49
7 - Rudolfo Narvaez (SF State College)	38:19	22 - Gilberto Rocha (CCSF)	39:53
8 - Wayne Glusker (West Valley TC)	38:23	23 - Tom Knott (Mt. Diablo HS)	39:54
9 - Mike Pinocci (Wash. Fremont HS)	38:24	24 - Mike McCoulf (Solano TC)	40:04
10 - Mike Basham (San Carlos HS/RCS)	38:26	25 - Joel Stein (RC Striders)	40:05
11 - Greg Chapman (Solano TC)	38:31	26 - Eric Rae (Davis HS)	40:20
12 - Butch Alexander (Sonoma HS)	38:34	27 - Lee Holley (Marin AC)	40:22
13 - Joseph McDevitt Jr. (unatt.)	38:53	28 - Ernest Jeong (CCSF)	40:29
14 - Keith Nowell (Lincoln HS, S.F.)	39:14	29 - Robert Nowell Jr. (unatt.)	40:34
15 - Timothy Jordan (Elk Grove AC)	39:20	30 - Tony Gordinier (Encinal HS)	40:37

***Other West Valley TC finishers: Open - 43 - Bob Mignosa - 46:28; High School - 48 - Ted McRice - 43:33, 64 - Jeff Goldman - 47:04 (both of Mission San Jose HS).

The women's division was won by Mary Etta Boitano of the South End Rowing Club in 52:45, followed closely by Connie Cunneen (Pamakid TC) 53:14. Sandra Jones was third in 55:42. Top Daly City resident was Bill Posedel (42:01), followed by Pat Cunneen (Pamakid TC) 45:13, and Richard Geimer (Napa Valley RC) 45:14.

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BILL CLARK TAKES 14TH, WEST VALLEY 10TH IN AAU CROSS COUNTRY

(Nov. 28): West Valley, not at its strongest, but still running with a highly respectable team, finished tenth place overall in a very strong field at the National AAU Cross Country Championships in Chicago. West Valley's leading runner was Bill Clark who finished 14th out of a field of 238 runners. Frank Shorter completely dominated the large field as he won easily in a time of 30:15.7 for the 10 kilometer course that was almost solid mud for the entire distance. Second placer Jack Bachelier was 28 seconds behind. Pacific Coast Club retained their national title but only by three points over the Florida Track Club. It was easily the largest mass finish in the history of the meet, disregarding Shorter. Sixth place was 31:02, while 41st was just one minute back. Complete results have not yet been received and so the times and places of West Valley's runners are not known exactly. We should have them by next issue. Rich Delgado was around 48th, Peter Duffy 52nd, Bill Kelly 84th, Vic Cary 92nd, Jack Leydig 104th, and Jim Howell and Sean O'Riordan around 120th. The team garnered a total of 224 points, only two points behind San Diego TC and another ten points behind Univ. of Chicago TC. Indiana, who finished fourth in the NCAA meet, could only manage 7th with 197 points. Below are the top 25 finishers and their times:

1 - Frank Shorter (Florida TC)	30:15.7	14 - Bill Clark (West Valley TC)	31:18
2 - Jack Bachelier (Florida TC)	30:44	15 - Bob Finlay (Toronto OC)	31:19
3 - Don Kardong (Stanford Univ./unatt.)	30:55	16 - Jerry Jobski (Pacific Coast)	31:20
4 - Steve Stageberg (Georgetown Univ.)	30:58	17 - Grant Colehour (UCTC)	31:21
5 - John Mason (Pacific Coast Club)	30:59	18 - Tarry Harrison (SC Striders)	31:24
6 - Sam Bair (Pacific Coast Club)	31:02	19 - Barry Brown (NYAC)	31:28
7 - Keith Colburn (Sports Internat'l)	31:03	20 - Bill Reilly (NYAC)	31:29
8 - Dave Ellis (Eastern Michigan)	31:04	21 - John Parker (Florida TC)	31:31
9 - Ken Misner (Florida TC)	31:06	22 - Bruce Mortenson (Rochester TC)	31:31
10 - Tom Hoffman (UCTC/unatt.)	31:08	23 - Tim Tubb (Pacific Coast Club)	31:33
11 - Mike Kimball (Summitt AC)	31:10	24 - Garreth Hayes (N. Carolina TC)	31:34
12 - Tom Donnelly (Philadelphia AC)	31:15	25 - Anthony Barrett (Atomic City TC)	31:35
13 - Mark Covert (Pacific Coast Club)	31:17	(Teams: PCC - 37, FTC - 40, NYAC - 131, ACTC - 148, NCTC - 150, EM - 195, Indiana - 197, UCTC - 212, SDTC - 222, WVTC - 224.)	



Byron Lowry leading early stages of PA-AAU Sr. X-C Championships at Golden Gate Park. He finally wound up second. (Marconi photo)

Bill Clark ran 14th in the Natl. AAU X-C Meet in Chicago. Shown here at PA-AAU Sr. X-C meet. (Marconi photo)



Featured in this month's West Valley Portraits, Manny Adriano.

Featured in this month's Pacific Association Portrait, Tom Dooley.



Willow Glen High of San Jose won the C.C.S. Finals and raced to a 47:50.5 postal clocking. Left to right: Bob Ebert, Mike Hart, Ward Crary, Tom Castaneda, Steve Peth, Steve Brallier, and Bob Enriquez. Hart holds the Nor-Cal postal best with a 9:10.



West Valley's winning PA-AAU Sr. X-C team: Bottom- Bill Clark, Jack Leydig, Rich Delgado, Jim Bowles, Al Mejia; Top-Art Reade, Charlie & Vivian Harris, Jim Howell & Sean O'Riordan. (Marconi photo)



Top three at PA-AAU Sr. X-C Championships: Byron Lowry (SFOC) - 2nd, Duwayne Ray - 1st, and Peter Duffy - 3rd. (Leydig photo) **FLASH:** Press time reports that Lowry won Culver City Marathon in 2:21:07.6.



Darryl Beardall won the Daly City Hill Run by 20 seconds and set a new course record in the process. (Marconi photo)



The start of a race at the Terra Nova Invitational. Best time was recorded by Washington of Fremont's Chuck Mork. (Marconi photo)



Willow Glen's Mike Hart leads C.C.S. III Regionals at mile mark, followed by Steve Brooks, Tom Castaneda, Walt Mitchell, and Steve Peth.

