

# 1970

## NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL



WEST VALLEY TRACK CLUB PUBLICATIONS

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A WEST VALLEY TRACK CLUB PUBLICATION

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RICH DELGADO: TOP PA-AAU LONG DISTANCE RUNNER FOR 1970.



# CONTENTS

PHOTO CREDITS.....	3
PREFACE.....	5
1970 PA-AAU CROSS COUNTRY TEAM.....	6
HIGHLIGHTS.....	11
WINNERS OF 1970 PA-AAU RACES.....	21
1970 MARATHON LIST.....	22
THE SENIORS.....	25
14 AND UNDER.....	35
WOMEN.....	38
CLUBS.....	44
THE RUNNER'S HELPER.....	47
A CROSS SECTION.....	52
HIGH SCHOOL.....	59
COLLEGIATE.....	63
CONCLUSION.....	67
1971 LONG DISTANCE SCHEDULE.....	68
PA-AAU CLUB DIRECTORY.....	71
OTHER IMPORTANT ADDRESSES.....	74
NOTES.....	75
ADVERTISEMENTS FOR RUNNING EQUIPMENT.....	77

# PHOTO CREDITS

I wish to thank all those individuals who contributed photos for the Annual. Some of those you sent, of course, were not used. We tried to use the best quality photos of those we received, although in some cases we had to make do with what we had. Below is a list of photo credits for each picture in this book. In some cases we didn't know who took the shot, but instead listed the individual who sent it to us. Some of the photos don't have any credits, either because we don't know who took them, or somehow lost the information. The pictures are listed by page and identified with a short phrase.

<u>PAGE</u>	<u>PHOTO</u>	<u>CREDITS</u>
1	Rich Delgado winning PA-AAU 20 Kilometer Title	Terri Mejia
6	Rich Delgado finishing second at Tiburon	John Marconi
	Darryl Beardall at finish of Holy City Run	John Marconi
	Jack Leydig at finish of Holy City Run	John Marconi
9	Alvaro Mejia winning PA-AAU 30 Kilometer Title	Terri Mejia
	Bill Scobey at the finish of the Dipsea	Terri Mejia
	Byron Lowry during Rocklin Regional Marathon	John Marconi
	Dr. Peter Wood during Examiner Games Senior Mile	????
13	Bob Deines winning AAU 50 Mile (note Houk's arm)	Jeff Kroot
14	West Valley's second place team at Tahoe Relay	Terri Mejia
	O'Reilly leading Rummakko, Fujita & Drayton at Boston	Ellen Clark
	Ken Moore nearing finish of Bay to Breakers Race	Bill Yee
16	Norman Bright and Don Makela on victory stand at Dipsea	Byron Lowry
	Steve Dean at halfway point in PA-AAU 30 Kilometer	Terri Mejia
	Bill Clark during PA-AAU One Hour Run	John Marconi
18	Skip Houk and his wife after winning Golden Gate M'thon	Jack Leydig
	Ken Napier finishing 1971 PA-AAU 20 Kilometer	John Marconi
	Doug Rustad at Rocklin Regional Marathon	John Marconi
	Doug Butt and Charlie Harris during 1971 20 Kilometer	John Marconi
	Chris Miller and Peter Fredriksson during 1970 20 Km.	Terri Mejia
	Ray Darwin finishing the 1971 PA-AAU 20 Kilometer	John Marconi
20	Top three in PA Senior X-C; Lowry, Ray, and Duffy	John Marconi
	Bob Waldon after winning Holy City Race	John Marconi
	Bob Crow at finish of 1971 Mission Bay Marathon	Tom Bache
	John Loeschhorn with winning trophy at Pierce Point	Jack Leydig
	Jose Cortez during Sacramento Invitational	John Marconi
27	Flory Rodd at hilltop in Daly City Run	Elaine Pedersen
	T.A. de Lusignan with 2 miles to go in GG Marathon	Prudence Wakelin
29	Dr. Ralph Paffenbarger finishing 1970 Dipsea	Terri Mejia
	Peter Mattei finishing 1970 Dipsea	Terri Mejia
	Bill Mackey handing off to Ross Smith at Tahoe Relay	Terri Mejia
	Don Pickett finishing a heat in the 880 (U.S. Masters)	Don Pickett
31	Jim O'Neil resting after Trail's End Marathon, Seaside	Jim O'Neil
	Paul Reese, finishing first over 50 at 1969 50 Miler	Jeff Kroot
	Ed Sias in Steep Ravine; 1970 Dipsea	Byron Lowry
	John Satti sprinting along the beach	John Satti
33	Walt Stack takes a breather during 1970 50 Miler	Jeff Kroot
	Jack Kirk, the Dipsea Demon, finishing 1970 Dipsea	Terri Mejia
	Ernie Marinoni, halfway through the Daly City Hill Run	Elaine Pedersen
36	Hugh Miller, National Age Group 14 Marathon Record Man	Sports Illustrated
	Mitch Kingery, fast improving 14 Year Old	Mike Ipsen
	David Cortez during Pierce Point Run	John Marconi



PAGE PHOTO

CREDITS

36	Vance Eberly finishing the 1970 Dipsea Race	Terri Mejia
38	Francie Larrie, Pacific Association's top female	Bob Anderson
	Natalie Cullimore, PA-AAU's top marathoner for 1970	Wesley Swadley
	Elaine Pedersen finishing Trail's End Marathon	Jim O'Neil
	Mary Cortez, running in a local road race	Cortez Family
40	Maryetta Boitano, halfway through the Daly City Run	Elaine Pedersen
	Vicki Eberly, winning a local track race	San Mateo Times
	Lindy Beale hurdling a barrier in a cross country run	Jim Hume
42	Start of women's section, 1970 Dipsea (2 photos)	Cortez Family
43	George Rhoden speaking at DSE Awards Banquet	Jerry Hawyrluk
	West Valley Track Club, early 1970	Larry Winward
45	The Dolphin/South End Rowing Club in front of D. Club	Jerry Hawyrluk
	The Redwood City Striders	Cortez Family
48	Pleasant Hill Track & Field Club	Bob McGuire
	Bill Emmerton, Larry Lewis, Bob DeCelle & Peter Mattei	Jerry Hawyrluk
49	Byron Lowry timed by Art Butt & Vern Juhl at Rocklin	John Marconi
	Frank Geis, Pacific Association of the A.A.U.	Frank Geis
	Art Butt and Terri Mejia at a Tahoe Relay checkpoint	Alvaro Mejia
51	RC Strider Coach Mike Ipsen during Pierce Point Run	John Marconi
	Pax Beale finishing the Trail's End Marathon	Jim O'Neil
	Joe Henderson finishing the Holy City Run	John Marconi
	Bob Anderson, halfway through the Daly City Hill Run	Elaine Pedersen
53	Shannon Healy and his daughter during a "DSE" Run	Jerry Hawyrluk
	Youngest & oldest finishers at Napa (Healy & Marinoni)	John Marconi
	The Cortez Family at the Napa Blossom Time Run	Cortez Family
	Pete League, passing one and bearing down on another	Elaine Pedersen
	Blind runner Harry Cordellos & B. Welsh at Petaluma	Bill Welsh
	DSE President leading this group in a "DSE" Run	Walt Stack
54	Start of 1969 50 Miler; Deines (#40) was winner	Jeff Kroot
	Crossing the river in the Searsville Lake Run	Runner's World
	Ted Corbitt & Jose Cortez after the AAU 50 Miler	Jeff Kroot
55	Start of 1970 Holy City Run	John Marconi
	Start of PA-AAU 20 Kilometer Championships	Terri Mejia
57	Start of a "DSE" race; eventual winner Willie Cronin	Jerry Hawyrluk
	Dones, McDonagh, Leydig, Corbitt, Houk & Pagliano at 50	Jeff Kroot
58	Mike & Maryetta Boitano with centenarian Larry Lewis	Jerry Hawyrluk
60	Chuck Mork and Tom Hale during Examiner H.S. 2 mile	Larry Winward
	Mike Hart, in front to stay in the C.C.S. Region III	Orbin Jones
	Hans Templeman running a relay leg at Carlmont High	John Marconi
	Steve Miller was top sophomore runner for 1970	John Marconi
	Dave Chamness leading Wayne Smith in N.C.S. mile	John Marconi
	Mike Palomino heading for home in El Cerrito Relays	John Marconi
62	Start of a race at the Terra Nova Invitational	John Marconi
	Bob Grubbs, 9:27 Junior 2 miler from Washington, Frmt.	John Marconi
	Joel Jameson of Watsonville, a top Junior 2 miler	Joel Jameson
	Bryan Gieser after Napa Blossom Run	Jack Leydig
	Mike Knott during PA-AAU One Hour Run	John Marconi
64	Start of JC race at Sacramento Invitational	John Marconi
	Gary Hanson, Ole Oleson, Don Kardong & Arvid Kretz	John Marconi
	George Stewart leading Clifton West, Schrabram & Carr	John Marconi
66	Top Nor Cal finisher in JC State X-C Meet, Jack Bush	Sean O'Riordan
	American River's Mike Weaver, winning Sacramento Invit.	John Marconi
	West Valley's Les Devoe finishing Sacramento Invit.	John Marconi
	Jim Howell finishing 7th in Mission Bay Marathon, 1971	Tom Bache
BACK	Cartoon	Lee Holley



# PREFACE

In an attempt to meet the needs of the long distance runner in Northern California, the West Valley Track Club is publishing the first ever Northern California Distance Running Annual. With the sport becoming so popular, we thought it was time for the beginning of a "Yearbook", dealing not only with the top name runners, but with all those who help make a contribution by participation. Admittedly, we have not hit every runner in the Pacific Association, but we have tried to give a good cross section of our running populace, all the way from 6 to 7 years up thru those over 100 (only one that we know of). Certainly no other athletic event can claim such a wide range of ages, and that is what makes our sport so rewarding...everyone can get into the act.

Distance running in the Pacific Association has grown so popular that today there are nearly 2000 long distance runners that are registered with the A.A.U. Obviously there are countless others that run for high schools and colleges who never run in the A.A.U. sanctioned events. With this large number of athletes comes a wide range of abilities. There are Olympians and there are joggers on both extremes...but, all who run share common bonds. This togetherness, so to speak, is portrayed wherever you find distance running. It is caused perhaps by the knowledge that each individual, no matter what his talent, must go through the same pleasures and tortures in the pursuit of his own excellence. Running is a sport that the entire family can take part in, benefitting the body both physiologically and psychologically.

We have tried to cover all phases of distance running: age group, high school, collegiate, open, seniors, women and more. Admittedly we are weak in some areas, mostly because of the lack of information and pictures. Many individuals participated in the making of this book, and some of those are listed under the photo credits on the preceding pages. Many more go unmentioned, but I would like to thank all those who helped make the 1970 Annual what it is. Any suggestions as to how we can make this a better publication in the years to come should be directed to the editor. Remember, this booklet is your job as well as ours. Improvements can always be made, and we are depending on our readers to help us out. Thanks, and good luck to each and all in 1971.





RICH DELGADO



DARRYL BEARDALL



JACK LEYDIG



# 1970 PA-AAU CROSS COUNTRY TEAM

Each year the runners of the Pacific Association of the AAU vote in order to select an "All Northern California Cross Country Team". Usually this voting takes place at the Lake Merritt Races on Columbus Day. A guideline is supplied to each voter whereby he can get an idea of how the top runners did throughout the year. Most often this is merely a list of how many firsts, seconds, etc. that a runner has taken throughout the year in PA-AAU road races and cross country races. Last year a more complicated procedure was used to help determine an "unofficial" team. This point system was set up by the West Valley Newsletter (now the Northern California Running Review) in an attempt to mathematically decide the top runners. But the final choice was still left up to the voters. The point system was only used as a guideline and as a method whereby runners could continually keep a check on their overall records in relation to others. Briefly, the method took into consideration both the number of races run and the placing in each race. No factor was used for the number of participants in a race. This might have been some measure of difficulty. The point system was used to rate both open runners and senior runners (40 years and over).

West Valley Track Club's Rich Delgado was the "unofficial" point winner and also the top vote-getter. Because of this, Rich was awarded the title of "PA-AAU Long Distance Runner for 1970." The mythical team consists of 7 runners (including one senior). Those voted onto the team were, in addition to Delgado: Darryl Beardall (Marin AC), Jack Leydig (West Valley TC), Alvaro Mejia (West Valley TC), Bill Scobey (Mad River Runners), Byron Lowry (San Francisco Olympic Club), and Peter Wood (Northern California Senior TC).

Rich Delgado: Throughout the year (from 1969 Lake Merritt Race to 1970 Lake Merritt Race), Rich ran a total of 19 races, finishing first in six of them, second in eight of them, and never taking worse than sixth place in any race. Perhaps his biggest win came at the Association 20 Kilometer Championships in January when he set a course record and beat a field which consisted of Chris Miller, Peter Fredriksson, and Steve Dean among others. The front page of this booklet shows him winning that race...decidedly very happy about it. Another of his better races was at the Lake Tahoe Relay, where he beat all competition



by several minutes over his leg, bringing his team from several minutes behind and into second place. Rich also had the distinction of holding the Dipsea course record for what was probably the shortest duration of time in history. He chopped 21 seconds off Norman Bright's 33 year old record, only to have a scratch runner (Don Makela) take 19 more seconds off the record a few minutes later. To cap off a highly successful year, Rich helped out his team to a sixth place finish in the National AAU Cross Country Championships by finishing 48th.

Darryl Beardall: Marin AC's ultra-marathon ace managed to fight off all sorts of physical ailments (one which kept him from going to the London-to-Brighton 52 miler) throughout 1970 and still run more races than any other top contender. He competed in and finished a total of 26 races...that's one every two weeks for an entire year. He averaged just about fourth place. With Darryl, age seems to be helping him along, especially in the long races. He hung on doggedly in the Natl. 50 miler to record the third fastest time ever by an American and then broke 2:30 in the marathon for the first time by running 2:28:53 at Petaluma to take third. Perhaps the toughest of all however was his win in the 3 day, 100 mile run. During the race(s) he stuck to nearly 6 minute mile pace and went home to work between runs. Beardall has been in the PA running picture for many, many years, and it looks as if he will stay there for many more to come.

Jack Leydig: West Valley TC's President made the PA team for the first time in 1970, running in a total of 22 races and averaging between fourth and fifth place. His only win during the year came in the Monterey 17-miler, but he was consistent enough to still come out third in the unofficial point standings. Perhaps his best race of the year was at Boston when he finished 34th among over 1000 starters. Had Jack not fallen apart in the last mile or two from the cold, he would have recorded close to 2:25. He dropped 20 places in the last two miles but still held on to record his second best ever, 2:30:52. Another thrill came in the Lake Tahoe Relay when Jack anchored his second place team and closed 30 seconds on Pacific Coast Club's Jerry Jobski in the process. 1970 was certainly his most successful year yet.

Alvaro Mejia: West Valley's Olympian from Bogota, Colombia, had his share of injuries in 1970, but was unbeatable when running





ALVARO MEJIA



BILL SCOBEY



BYRON LOWRY



DR. PETER WOOD



in top form. He ran only six races all year, but won five of those and took third in the other when he was in sub-par shape. Perhaps his best race all year long was the 30 Kilometer Championship Race at Pacific Grove where he destroyed the field by running a fantastic 1:37:32 over a rolling course, knocking two minutes off Eamon O'Reilly's course record in the process. He ran his second half almost a minute faster than the first half, certainly indicating that a much faster time could have been run. Some of his other notable races in 1970 came in the Athens Invitational (13:58, 6th place in 3 miles), the Sacramento Invitational Cross Country Meet (5th), and in the West Valley-WSU-Cal triangular in October (4th). Alvaro ended 1970 by vacationing and training in his native Colombia and shows definite signs of returning to top form.

Bill Scobey: While winning five races (he ran only six) in 1970, Bill Scobey just missed an American record at the PA One Hour Run (12 miles, 184 yards), recorded a 2:23:23 marathon in his first ever attempt at that distance, and demolished a good field at Lake Tahoe on the first leg (which included Bob Waldon, Tom von Ruden, and Chris Miller). He broke Van Nelson's record for that leg in the process. These are but a few of the many achievements of Mad River's Bill Scobey. Not only is he a good marathoner, but he also has run a 4:02 mile. Needless to say, we will hear a lot more from Bill in future years as he is only beginning to reach distance maturity at 25.

Byron Lowry: For a guy who had all the rough breaks during 1970, Byron came through at the end of it all with a "more-than-sentimental" victory at the Culver City Marathon in a sizzling 2:21:07. He had taken a wrong turn the year before while leading the field at the 20 mile mark. Among Byron's other accomplishments for 1970: a win in the Rocklin Regional Marathon (which earned him a trip to the Olympic Development & Training Camp), a third in the National AAU Marathon (which should have earned him a trip to the Kocise Marathon in Czechoslovakia), and a record smashing run at the Berkeley-Moraga 14 Miler (1:10:25). His best marathon (Culver City) came when he was in less than his best shape. Watch out in 1971 when he decides to really train!

Peter Wood: The PA's top senior runner for 1970 competed



in a total of 13 races all year and won a phenomenal 11 of them (against all senior competition). At the shorter distances he was virtually unbeatable. Not only is Peter a good distance man, he can also run swift 830's and miles. His best mile is near 4:40 and he has run the half-mile in about 2:04. Although he claims to be better at the track distances, his record for the year shows that despite this, his marks are top class in the four to six mile range. Peter is still a very young senior at 41 and should continue to improve for several years to come.

## HIGHLIGHTS

So many great races were run by Pacific Association athletes during 1970 that it would be easy to overlook some. We will attempt to cover just the highlights of the year past in this section. A complete list of all PA race winners for 1970 follows this section.

If we had to single out the greatest achievement for 1970, we certainly would be hard-pressed to come up with one. Pacific Association athletes set two American records and almost broke another during 1970. Eamon O'Reilly, competing for Athens AC while studying in Washington D.C., ran the fastest ever marathon by an American citizen while finishing second to England's Ron Hill at Boston. His time of 2:11:12 has not been approached by any other Northern California athlete in 1970, or ever for that matter. The other record came from Otherways AC's Bob Deines, who narrowly defeated Skip Houk in the National AAU 50 Miler as both led a mass assault on the old record (six broke it). Deines recorded a 5:15:19, and Skip was less than 3 seconds back. Darryl Beardall, Jose Cortez, John Pagliano, and Ted Corbitt also broke the old record. Bill Scobey came close to Mike Kimball's Hour Run record with 12 miles, 184 yards, just 48 yards short of the distance Mike recorded in the Pacific Association Hour Run in 1967. Another record was broken in 1970, not an American record, but certainly a noteworthy and longstanding one. Both Don Makela and Rich Delgado broke Norman Bright's 33 year old record while Norman had the satisfaction of an ironic win (his only win on the course) as he watched his record broken twice. We consider these to be the top feats for the year gone by...more highlights follow.



The distance running scene in 1970 was one of records and upsets. Sacramento State's Steve Dean pulled one of the biggest surprises of the year when he beat a good field in the Las Vegas Marathon, including 1969 National AAU Champion, Tom Heinonen. His winning time of 2:26:54 was even more remarkable considering the hot and dry conditions that caused him to nearly collapse at the finish. In the Bay to Breakers race, Ken Moore ran to victory to defend his title, beating such notables as Jim Crawford and John Mason. Although his time was no record, it was his third consecutive victory in the race, which annually draws more than 1000 participants. The 72 Mile Lake Tahoe Relay drew a record-breaking number of teams (39 completed the grind). Four teams dipped under West Valley TC's year-old record of 7:11:53, as Pacific Coast Club of Long Beach ran to a fantastic 7:50:44. West Valley became the third team to break 7 hours (an unofficial "team" from the Olympic Training Camp ran 6:55:01 in 1968) by circling the Lake in 6:58:37 as both Mad River and the Seniors TC of Los Angeles also broke the existing record.

Bill Clark capped off a good track season by finishing 7th in the AAU six mile in a time of 28:39.4. He also ran 2:20:39 marathon in Japan for the second best 1970 PA-AAU mark (he actually ran this while registered in another association). Bill also led West Valley TC to a sixth place finish in the National AAU Cross Country Championships in Chicago, placing 14th himself. The sixth place team finish was the highest by any Pacific Association club since Athens AC won the title in 1967. The fact that West Valley ran without many of its top performers (Miller, Mejia, Rustad, Harris, and others) was an indication that they could have placed much higher at full strength. Pacific Coast Club edged Florida TC for the title. Steve Dean ran impressively on two consecutive weekends in December, running 1:46:34 for 20 miles in Sacramento, and then coming back with a 2:24:44 marathon victory the following Sunday. That time was the fastest time run on a PA marathon course in 1970. Byron Lowry's rewarding victory at Culver City in 2:21:07 was certainly another highlight of the season. His time netted him third fastest this year in the Pacific Association.

The season was also filled with some real cliff-hanger finishes. Most notable of these was the AAU 50 Miler at Rocklin where Houk lost to Deines by less than three seconds. Deines





BOB DEINES WINNING NATIONAL AAU 50 MILE TITLE

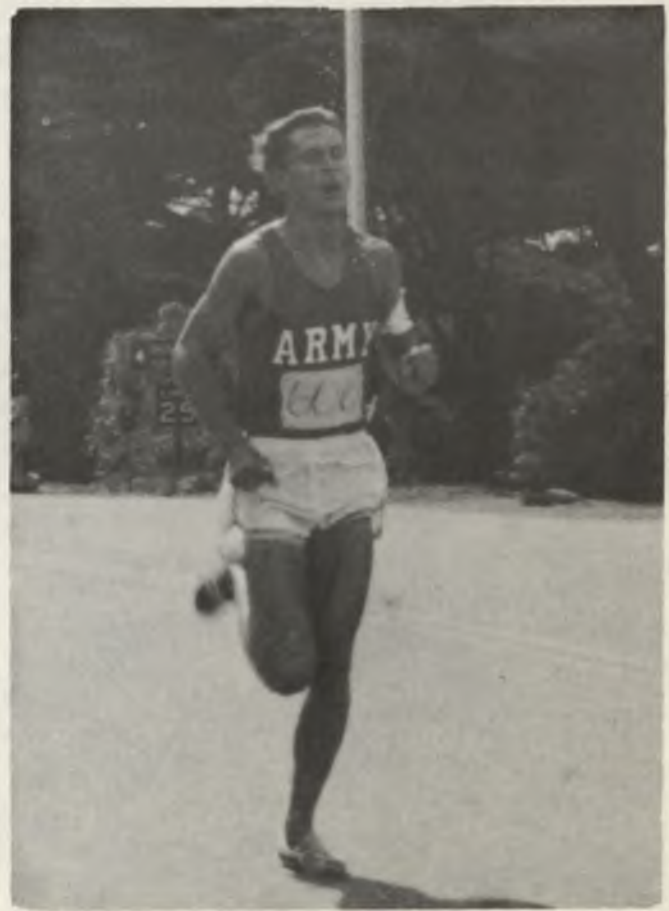




WEST VALLEY TC'S SECOND PLACE TAHOE RELAY TEAM



EAMON O'REILLY (#12) AT BOSTON



KEN MOORE



scored an even closer victory a few weeks earlier over Rich Delgado in the PA-AAU 25 Kilometer Championships. Here Bob made a last ditch effort and sprinted to a one second victory over the last 100 yards. Other close finishes during the year came at the Clam Beach Run (Scobey over Fredriksson by 3 seconds) and at Vallejo (Fredriksson over Beardall by 7 seconds), Placerville (Scobey over Waldon by 7 seconds), and Walnut Creek (Clark over Delgado by 8 seconds). Also, Delgado had to outspurt Bernie Lahde in the last 200 yards at Fort Baker to win by a scant 5 seconds in the 15 mile grind.

Other top Association runners that have received little or no mention up to now include Doug Rustad, Doug Butt, Ray Darwin, Chris Miller, Bob Waldon, Duwayne Ray, Peter Duffy, Bob Crow, Jose Cortez, John Loeschhorn, and many more. Ken Napier is in a class by himself. He is nearing 40 but regularly trounces runners that are much younger than he. Watch out in a year or so when he becomes a senior.

Doug Rustad started running well in early spring after being injured earlier in the year. He ran very well through the end of July and then had to terminate competition with a back injury. During those few months he won three races and scored high in all others he ran. His victories came at the Sacramento 20.7 miler in May, the 8 mile Golden Gate Park Race, and the Tiburon 8.9 Miler, probably the most impressive victory of the three.

Doug Butt ran well up until mid-summer. Included in his victories were the rough Magnan 20 Miler and the El Dorado 14 Miler where he beat Skip Houk.

Skip Houk, running mostly long races in 1970, did very well in most all he ran. His victories came at the Golden Gate Marathon and the PA-AAU 15 Kilometer Championships. Most noteworthy of course is his 5:15:22 for the second fastest 50 miles ever by an American.

Ray Darwin (the PA-AAU's barefoot wonder) runs for Culver City AC but is a resident of the Pacific Association and runs regularly in our races. Ray didn't win a single race all year but was consistently among the leaders. His best race was most likely his fifth place finish in the PA Senior Cross Country Race.





NORMAN BRIGHT AND DON MAKELA



STEVE DEAN



BILL CLARK



Chris Miller ran only a few races during 1970, but did well in all of them. His only win came in the Los Altos Midnight Run, where he recorded his eighth consecutive victory!! He ran second in a number of races, including the PA-AAU 20 Kilo, and the Chico 10 Kilo. His leadoff leg in the Lake Tahoe Relay was instrumental in helping his team to a second place finish.

Duwayne Ray is primarily a miler, but uses the fall to get good distance background for the following spring. He did just that this year, and surprised a few with his sparkling victory at the Association Cross Country Championships over a very "cross countryish" course. He won the Chico 10 kilometer race as well and placed high in everything he ran. Duwayne is a 4:02 miler and should have no trouble in dipping under 4 minutes this year with his good distance background and strength.

Peter Duffy started training after a summer layoff (he ran close to 9 minutes in track season last spring), and after only a few short months of semi-serious training, he stepped into the PA-AAU Senior XC Race and took third. He then joined West Valley and finished third man on the team at the Nationals in Chicago with a 53rd place. Peter also ran an unofficial 20 miles in Sacramento (he wasn't entered) in a time of around 1:50.

Bob Waldon competed in AAU races for only a few short months during the summer but ran exceedingly well in all of them. He won both the Woodminister and Holy City Races, setting records in each, and also broke Van Nelson's first leg record at the Tahoe Relay. His only loss came to Bill Scobey in a 5½ mile race in Placerville.

Bob Crow and Vic Cary are both students at UC Berkeley and thus cannot run AAU races except during the summer months and off season. Bob won the Statuto with Cary right behind. One week later Bob ran a 14:09 three mile, a personal best. He continued into the summer recording a second at Holy City and running a record leg at Lake Tahoe on the second carry. He switched to the marathon in December and recorded an unofficial 2:32:05 at Petaluma. Cary took a third at Ft. Baker and also ran well at the Tahoe Relay. Vic helped West Valley in the AAU XC Championships by finishing fifth man.





SKIP HOUK



KEN NAPIER



DOUG RUSTAD



DOUG BUTT & CHARLIE HARRIS



CHRIS MILLER & PETER FREDRIKSSON



RAY DARWIN



Jose Cortez was superb at the longer distances (marathon & over), setting slow paces and then coming on strong at the end. His seventh place at Las Vegas was excellent considering the heat. His best effort of the year had to be his 5:30:42 in the AAU 50 Mile Race in Rocklin. It was under the American record by some eight minutes and is the fourth fastest ever run (three finished ahead of him in the Rocklin race). Jose is only 18 years of age!

John Loeschhorn moved to the Bay Area in the spring and has been running superbly ever since. He had wins at the Pierce Point Ridge Run and the PA Junior Cross Country Championships. In June he ran in the International Military Championships in Italy and scored a brilliant double (29:44 for sixth in the 10 Km. and 2:26:10 for fourth in the marathon). John capped off a good cross country season by running 16th in the U.S.T.F.F. Nationals.

Bill Kelly (WVTC) and Adam Ferreira (Travis RR) each won a race in 1970. Bill took the Alameda Cross Country Carnival title over 10 Kilometers and also finished fourth for West Valley in the National AAU Meet. Adam won the Colfax Carnival 10 Mile Race and is steadily improving, as his 2:37:06 at the Petaluma Marathon seems to indicate.

There are obviously other AAU runners that deserve recognition for their achievements. You know who you are, and so does the rest of the running community. We haven't meant to slight anyone, but a line must be drawn somewhere. Perhaps if we haven't mentioned your name, at least your picture may be in this issue. We hope we have been complete as possible.

On the following pages are some of the achievements of our Association's athletes in 1970. We have listed the winners of all PA-AAU races for the year, along with their times. Following that is the 1970 Marathon List. We have attempted to be complete and don't think we missed anyone. However, if we did, don't hesitate to write. The list gives all performances under 2:50, all senior times under 3:20, and all women's marks below five hours. The list includes the runner's name, club, time, placing, and when and where the race was run. A total of 9 runners broke 2:30 a total of 17 times in 1970. In 1969 there were only 18 Americans under 2:30 in the marathon (3 PA-AAU athletes, Deines Leydig, & Dean).





BYRON LOWRY, DUWAYNE RAY, PETER DUFFY (TOP 3 IN SR. X-C)



BOB WALDON



BOB CROW



JOHN LOESCHHORN



JOSE CORTEZ



## WINNERS OF 1970 PA-AAU RACES

1 Jan	Los Altos Midnight Run (10 km)	Chris Miller (WVTC)	31:03
4 Jan	PA-AAU 32 Mile Championship	Darryl Beardall (Marin AC)	3:18:05
18 Jan	PA-AAU 20 Kilometer Championship	Rich Delgado (WVTC)	1:03:29
31 Jan	Eugene Magnan Memorial 20 Miler	Doug Butt (Marin AC)	2:24:25
7 Feb	Vallejo, Channel to Lake 10 Miler	Peter Fredriksson (unatt.)	52:15
14 Feb	Clam Beach Run	Bill Scobey (Humboldt St.)	41:50
21 Feb	Searsville Lake Run (7.6 Miles)	Alvaro Mejia (WVTC)	36:59
28 Feb	Martinez 8 Mile Run	Alvaro Mejia (WVTC)	38:37
8 Mar	Napa Valley Blossom Time Run (8.1 Miles)	Alvaro Mejia (WVTC)	40:57
13 Mar	Camellia Capital 100 Miler (3 days)	Darryl Beardall (Marin)	10:22:39
22 Mar	PA-AAU 30 Kilometer Championship	Alvaro Mejia (WVTC)	1:37:32
29 Mar	Rocklin Regional Marathon	Byron Lowry (SFOC)	2:28:56
4 Apr	Lake Merced 5 Miler (Seniors only)	Peter Wood (Marin AC)	27:35
11 Apr	El Dorado 14 Miler	Doug Butt (Marin AC)	1:21:58
26 Apr	Mt. Diablo Disturbance Handicap Run	Darren George (Napa VR)	50:17
9 May	Sacramento to Woodland 20.7 Miler	Doug Rustad (WVTC)	1:51:04
16 May	Golden Gate Park 8 Mile Run	Doug Rustad (WVTC)	41:18
16 May	Golden Gate Park 4 Mile Run (Seniors)	Don Pickett (SFOC)	22:55
24 May	Bay to Breakers (8 Miles)	Ken Moore (US Army)	39:29
31 May	Golden Gate Marathon	Skip Houk (Unatt.)	2:34:04
6 Jun	Monterey 17 Miler	Jack Leydig (WVTC)	1:31:51
6 Jun	Monterey 7.4 Miler	John Martin (Hamilton AFB)	39:59
7 Jun	Statuto 8 Miler	Bob Crow (Solano TC)	41:29
13 Jun	Novato Ridge Run (6.5 Miles)	Rich Delgado (WVTC)	36:37
21 Jun	Woodminister 9.3 Mile Handicap	Bob Waldon (Marin AC)	48:54
27 Jun	Redding, Sacramento River Run (8 Miles)	Bill Scobey (Mad River)	38:14
28 Jun	Holy City Run (9.08 Miles)	Bob Waldon (Marin AC)	47:38
5 Jul	Hangtown Road Run (5.5 Miles)	Bill Scobey (Mad River)	27:42
12 Jul	Felton Race to the Redwoods (9.2 Miles)	Rich Delgado (WVTC)	51:52
19 Jul	Fort Baker 15 Mile Handicap	Rich Delgado (WVTC)	1:26:13
25 Jul	Tiburon 8.9 Mile Road Race	Doug Rustad (WVTC)	42:14
1 Aug	Ocean to Bay Marathon	Bill Clark (Unatt.)	2:33:57
8 Aug	Lake Tahoe 72 Mile Relay	Pacific Coast Club	6:50:44
15 Aug	PA-AAU One Hour Track Run Championship	Bill Scobey (Mad River) 12mi/184yd	
23 Aug	Pierce Point Ridge Run (8 Miles)	John Loeschhorn (USAF)	40:10
30 Aug	Dipsea Handicap Race (6.8 Miles)	Don Makela (Marin AC)	46:42
5 Sep	Emerald Lake 7.5 Miler (**short course)	Rich Delgado (WVTC)	34:53
13 Sep	Double Dipsea Handicap Race (13.6 Miles)	Jose Cortez (RC Striders)	1:45:43
20 Sep	Walnut Festival Run (5.56 Miles)	Bill Clark (WVTC)	26:40
26 Sep	PA-AAU 25 Kilometer Championship	Bob Deines (Otherways AC)	1:21:27
4 Oct	PA-AAU 15 Kilometer Championship	Skip Houk (Unatt.)	48:32
10 Oct	Sacramento Invitational (Cross Country)	Bob Coe (Stanford)	25:23
11 Oct	Lake Merritt 10 Kilometer	Rich Delgado (WVTC)	29:51
11 Oct	Lake Merritt 5 Kilometer	Darren George (Napa VR)	15:00
18 Oct	Chico 10 Kilometer	Duwayne Ray (Athens AC)	30:04
18 Oct	National AAU 50 Mile Championship	Bob Deines (Otherways AC)	5:15:19
25 Oct	Berkeley to Moraga 14 Miler	Byron Lowry (SFOC)	1:10:25
31 Oct	PA-AAU Jr. Cross Country Championship	John Loeschhorn (USAF)	32:17
7 Nov	Turkey Trot (10 Miles)	Bill Clark (WVTC)	55:00
14 Nov	PA-AAU Sr. Cross Country Championship	Duwayne Ray (Unatt.)	33:01
21 Nov	Daly City Hill Run (6.5 Miles)	Darryl Beardall (Marin AC)	36:30
28 Nov	Colfax Carnival (10 Miles)	Adam Ferreira (Travis RR)	???
6 Dec	Pepsi 20 Miler (RRC Race)	Steve Dean (Sac. State)	1:46:34
13 Dec	PA-AAU Marathon Championships	Steve Dean (Sac. State)	2:24:44
19 Dec	Alameda Cross Country Carnival (10 Km)	Bill Kelly (WVTC)	36:02



# 1970 MARATHON LIST

The Marathon List includes all marathon times run by Pacific Association athletes in 1970 as follows: open - under 2:50, seniors - under 3:20, women - under 5:00. We may have omitted a few times, but for the most part, the list is correct. Any additions or corrections should be sent to the editor. If an athlete was registered in the Association for only part of 1970, then all his times for the year are still listed. The symbol (\*) stands for an unofficial time, run on a certified course, but the athlete did not officially enter the race. If the athlete competes for a club outside the PA-AAU, but if he still resides in the Association, then he is included in the list. The same applies to PA-AAU athletes residing outside the Association, but registered here for 1970. Best marks are in upper-case type, and other marks are in lower-case.

## OPEN

<u>NAME (CLUB)</u>	<u>TIME</u>	<u>PLACE</u>	<u>LOCATION</u>	<u>DATE</u>
EAMON O'REILLY (Athens AC)	2:11:12	2	Boston, Mass.	20 Apr
BILL CLARK (US Marines/West Valley)	2:20:39.2	6	Beppu, Japan	8 Feb
BYRON LOWRY (S.F. Olympic Club)	2:21:07.6	1	Culver City, Cal.	6 Dec
Bill Clark (Philadelphia AC/WVTC)	2:22:17	9	Boston, Mass.	20 Apr
BILL SCOBAY (Mad River Runners)	2:23:23.2	2	Culver City, Cal.	6 Dec
STEVE DEAN (Sacramento State College)	2:24:44	1	Petaluma, Cal.	13 Dec
BOB DEINES (Otherways AC)	2:24:50	15	Boston, Mass.	20 Apr
JOHN LOESCHHORN (USAF/Hamilton AFB)	2:26:10	4	Viareggio, Italy	14 Jun
John Loeschhorn	2:26:24	2	Petaluma, Cal.	13 Dec
Steve Dean	2:26:54	1	Las Vegas, Nev.	7 Feb
John Loeschhorn	2:27:28	1	Beltsville, Md.	22 Feb
Steve Dean	2:27:37	19	Boston, Mass.	20 Apr
SKIP HOUK (unattached)	2:28:25	6	Culver City, Cal.	6 Dec
Bill Clark (unatt./West Valley)	2:28:34.6	10	Toronto, Ontario	24 Aug
DARRYL BEARDALL (Marin AC)	2:28:53	3	Petaluma, Cal.	13 Dec
Byron Lowry	2:28:56	1	Rocklin, Cal.	29 Mar
Bob Deines	2:29:01	1	Palos Verdes, Cal.	24 May
JACK LEYDIG (West Valley TC)	2:30:52	34	Boston, Mass.	20 Apr
JIM HOWELL (West Valley TC)	2:31:04	4	Petaluma, Cal.	13 Dec
BOB CROW (unatt.)	2:32:05	*	Petaluma, Cal.	13 Dec
Byron Lowry	2:33:43.5	3	Redfield, Iowa	7 Jun
Bill Clark	2:33:57	1	Belmont, Cal.	1 Aug
Skip Houk	2:34:00.4	1	Tiburon, Cal.	30 May
RAY DARWIN (Culver City AC)	2:34:10	11	Culver City, Cal.	6 Dec
DOUG BUTT (Marin AC)	2:34:19	53	Boston, Mass.	20 Apr
Skip Houk	2:34:39	2	Belmont, Cal.	1 Aug
RICH DELGADO (West Valley TC)	2:35:25	2	Tiburon, Cal.	30 May
RUSS PATE (Fort Ord)	2:36:06	5	Petaluma, Cal.	13 Dec
Jack Leydig	2:36:10	2	Rocklin, Cal.	29 Mar
CHRIS MILLER (West Valley TC)	2:36:11	3	Tiburon, Cal.	30 May
Skip Houk	2:36:25	2	Santa Barbara, Cal.	27 Sep
SEAN O'RIORDAN (West Valley TC)	2:36:34	6	Petaluma, Cal.	13 Dec
DARREN GEORGE (Napa Valley Runners)	2:36:45	7	Petaluma, Cal.	13 Dec
ADAM FERREIRA (Travis Road Runners)	2:37:06	8	Petaluma, Cal.	13 Dec
JOSE CORTEZ (Redwood City Striders)	2:37:26	7	Las Vegas, Nev.	7 Feb
GEORGE KIRK (Redwood City Striders)	2:39:07	1	Falls City, Nebr.	18 Oct
Doug Butt	2:39:51	3	Belmont, Cal.	1 Aug
TOM PLUMB (unattached)	2:39:--	*	Petaluma, Cal.	13 Dec



DAVE POWER (San Diego State/WVTC)	2:40:26	21	Culver City, Cal.	6 Dec
BOB GORMLEY (Marin AC)	2:40:54	9	Petaluma, Cal.	13 Dec
ED HAVER (Aggie TC)	2:41:10	10	Petaluma, Cal.	13 Dec
Darryl Beardall	2:41:25	4	Belmont, Cal.	1 Aug
DENIS O'HALLORAN (Maranon)	2:41:33	11	Petaluma, Cal.	13 Dec
RAY MENZIE (Marin AC)	2:41:34	92	Boston, Mass.	20 Apr
JOEL STEIN (Redwood City Striders)	2:41:53	12	Petaluma, Cal.	13 Dec
STEVE PETH (Willow Glen High School)	2:42:04	13	Petaluma, Cal.	13 Dec
HAROLD DEMOSS (West Valley TC)	2:42:31	29	Culver City, Cal.	6 Dec
Jim Howell	2:42:46	5	Belmont, Cal.	1 Aug
Bob Deines	2:42:52	9	Seaside, Oregon	28 Feb
Bob Deines	2:42:53	3	Rocklin, Cal.	29 Mar
Darryl Beardall	2:43:07	4	Rocklin, Cal.	29 Mar
WILLIE CRONIN (West Valley TC)	2:43:26	4	Tiburon, Cal.	30 May
Darryl Beardall	2:43:45	5	Tiburon, Cal.	30 May
PETE LEAGUE (Marin AC)	2:43:53	104	Boston, Mass.	20 Apr
Jose Cortez	2:43:57	6	Belmont, Cal.	1 Aug
TOM RENAGHAN (Maranon)	2:44:48	6	Tiburon, Cal.	30 May
Ray Darwin	2:45:06	7	Belmont, Cal.	1 Aug
STEVE CHURCH (Maranon)	2:45:06	14	Petaluma, Cal.	13 Dec
KEN NAPIER (West Valley Joggers)	2:45:23	15	Petaluma, Cal.	13 Dec
FLORY RODD (NorCal Senior TC)	2:45:38	13	Seaside, Oregon	28 Feb
RON IFF (Mad River Runners)	2:45:39	15	Seaside, Oregon	28 Feb
PAT CAREY (Redwood City Striders)	2:45:45	7	Spokane, Wash.	13 Sep
TOM LEE (unattached)	2:45:46	8	Belmont, Cal.	1 Aug
T.A. DE LUSIGNAN (Marin AC)	2:46:00	16	Petaluma, Cal.	13 Dec
BRYAN GIESER (Redwood City Striders)	2:46:05	13	Las Vegas, Nev.	7 Feb
MIKE SPINO (Otherways AC)	2:46:13	124	Boston, Mass.	20 Apr
T.A. de Lusignan	2:46:31	37	Culver City, Cal.	6 Dec
TERRY PINTANE (???)	2:46:36	17	Petaluma, Cal.	13 Dec
Adam Ferreira	2:47:00	9	Belmont, Cal.	1 Aug
CHUCK WALDMAN (Aggie TC)	2:47:01	18	Petaluma, Cal.	13 Dec
Ray Menzie	2:47:21	17	Seaside, Oregon	28 Feb
Bob Gormley	2:47:34	135	Boston, Mass.	20 Apr
George Kirk	2:47:34	10	Belmont, Cal.	1 Aug
Flory Rodd	2:47:49	139	Boston, Mass.	20 Apr
LEE HOLLEY (Marin AC)	2:47:59	140	Boston, Mass.	20 Apr
JOSE GARCIA (San Francisco AC)	2:48:07	7	Tiburon, Cal.	30 May
Flory Rodd	2:48:30	16	Atlanta, Georgia	26 Dec
Harold DeMoss	2:48:42	149	Boston, Mass.	20 Apr
ROBIN CLARK (Maranon)	2:48:42	12	Belmont, Cal.	1 Aug
Tom Reneghan	2:48:42	13	Belmont, Cal.	1 Aug
Lee Holley	2:49:06	28	San Diego, Cal.	10 Jan
TIM DOCHEFF (???)	2:49:08	19	Petaluma, Cal.	13 Dec
JOHN SPURR (Stanford Running Club)	2:49:12	14	Belmont, Cal.	1 Aug
Byron Lowry	2:49:36	159	Boston, Mass.	20 Apr
FRANK VUCCI (???)	2:49:36	20	Petaluma, Cal.	13 Dec
Lee Holley	2:49:45	21	Petaluma, Cal.	13 Dec

#### SENIORS

FLORY RODD (NorCal Senior TC)	2:45:38	13	Seaside, Oregon	28 Feb
T.A. DE LUSIGNAN (Marin AC)	2:46:00	16	Petaluma, Cal.	13 Dec
T.A. de Lusignan	2:46:31	37	Culver City, Cal.	6 Dec
Flory Rodd	2:47:49	139	Boston, Mass.	20 Apr
Flory Rodd	2:48:30	16	Atlanta, Georgia	26 Dec
Flory Rodd	2:51:32	25	Petaluma, Cal.	13 Dec



RALPH PAFFENBARGER (NorCal Senior TC)	2:52:56	199	Boston, Mass.	20 Apr
Flory Rodd	2:52:--	7	Santander, Spain	19 Jul
JIM O'NEIL (S.F. Olympic Club)	2:55:20	4	Los Angeles, Cal.	21 Jun
Flory Rodd	2:56:19	22	Las Vegas, Nev.	7 Feb
Ralph Paffenbarger	3:00:06	10	Rocklin, Cal.	29 Mar
PETER MATTEI (NorCal Senior TC)	3:02:36	294	Boston, Mass.	20 Apr
Peter Mattei	3:03:10	67	Petaluma, Cal.	13 Dec
Ralph Paffenbarger	3:04:09	26	Belmont, Cal.	1 Aug
Ralph Paffenbarger	3:04:24	32	Las Vegas, Nev.	7 Feb
Flory Rodd	3:04:37	18	Tiburon, Cal.	30 May
Jim O'Neil	3:04:44	73	Petaluma, Cal.	13 Dec
Ralph Paffenbarger	3:04:51	46	Seaside, Oregon	28 Feb
Ralph Paffenbarger	3:04:57	19	Tiburon, Cal.	30 May
Jim O'Neil	3:06:25	14	San Diego, Cal.	5 Jul
DON PICKETT (S.F. Olympic Club)	3:07:25	81	Petaluma, Cal.	13 Dec
PAUL REESE (NorCal Senior TC)	3:08:02	84	Petaluma, Cal.	13 Dec
Ralph Paffenbarger	3:10:40	88	Petaluma, Cal.	13 Dec
T.A. de Lusignan	3:12:32	18	Santa Barbara, Cal.	27 Sep
Jim O'Neil	3:13:00	32	Tiburon, Cal.	30 May
ROSS SMITH (West Valley Joggers)	3:13:02	93	Petaluma, Cal.	13 Dec
Peter Mattei	3:13:10	37	Belmont, Cal.	1 Aug
DAVE STEVENSON (Stanford RC)	3:14:17	96	Petaluma, Cal.	13 Dec
Jim O'Neil	3:14:29	14	Rocklin, Cal.	29 Mar
Flory Rodd	3:14:30	15	Rocklin, Cal.	29 Mar
PAUL KUMMROW (unattached)	3:15:42	104	Petaluma, Cal.	13 Dec
BOB BIANCALANA (Marin AC)	3:16:17	108	Petaluma, Cal.	13 Dec
VITO D'ALOIA (Joggernauts)	3:16:27	109	Petaluma, Cal.	13 Dec
KEITH CAMPBELL (unattached)	3:16:45	22	Santa Barbara, Cal.	27 Sep
Paul Reese	3:17:15	35	Tiburon, Cal.	30 May
JIM NICHOLSON (unattached)	3:17:37	113	Petaluma, Cal.	13 Dec

WOMEN

NATALIE CULLIMORE (Dolphin-South End)	3:32:05	146	Petaluma, Cal.	13 Dec
Natalie Cullimore	3:32:--	**	Rocklin, Cal.	18 Oct
ELAINE PEDERSEN (Dolphin-South End)	3:38:47	161	Petaluma, Cal.	13 Dec
Elaine Pedersen	3:42:33	92	Seaside, Oregon	28 Feb
PAM SCHMIDT (Laurel TC)	3:46:59	171	Petaluma, Cal.	13 Dec
MARY CORTEZ (Redwood City Striders)	3:46:--	22	Rocklin, Cal.	29 Mar
Mary Cortez	3:50:04	76	Belmont, Cal.	1 Aug
Elaine Pedersen	3:53:--	??	Santander, Spain	19 Jul
MARYETTA BOITANO (Dolphin-South End)	3:57:42	188	Petaluma, Cal.	13 Dec
Mary Cortez	4:06:34	129	Tiburon, Cal.	30 May
DALE PHILLIPS (Lassen TC)	4:14:12	211	Petaluma, Cal.	13 Dec
BARBARA GREEN (Lassen TC)	4:14:13	212	Petaluma, Cal.	13 Dec
Natalie Cullimore	4:18:50	103	Belmont, Cal.	1 Aug
SKIP SWANNACK (Dolphin-South End)	4:22:31	217	Petaluma, Cal.	13 Dec
LUCILLE BOITANO (Dolphin-South End)	4:38:16	224	Petaluma, Cal.	13 Dec
CONNIE CUNNEEN (Pamakid)	4:38:16	225	Petaluma, Cal.	13 Dec
ROSE WHEELER (unattached)	4:50:51	123	Belmont, Cal.	1 Aug
TRIXIE RATLIFF (Lassen TC)	4:54:07	227	Petaluma, Cal.	13 Dec

\*\* In route to 50 mile run, place not available.



## THE SENIORS

Only recently has senior running (40 years and over) become a popular pastime. Almost all races now have senior division awards, thus giving this age group a chance to compete on its own level while still running with open competitors. Our own Association is no doubt one of the strongest in the country when it comes to this age group. We not only have good talent, but also a lot of depth.

Peter Wood of the Northern California Senior TC was top senior runner for 1970 based on voting and on unofficial point totals. Because of this he earned a position on the All Northern California Cross Country Team. Peter's achievements are covered in greater detail on the preceding pages under the 1970 PA-AAU Cross Country Team.

With runners like Ralph Paffenbarger, Flory Rodd, Jim O'Neil, T.A. de Lusignan (just turned 40 this year), Peter Mattei, Don Pickett, Bill Mackey, Keith Campbell, and many others, the PA-AAU certainly has a good representation anywhere it chooses to travel. Four of the above runners ran under 3 hours a total of ten times in 1970, with Flory Rodd recording the best (2:45:38 at Boston) and de Lusignan not far behind in a fine 2:46:00 at Petaluma. The amazing Flory Rodd had a total of 6 sub-3 hour efforts during the year.

Ralph Paffenbarger (the Red Baron), at the tender age of 46, competed in 17 races between Sept. 1969 and Sept. 1970, winning 8 of those. His average placing was second in all races he ran...quite a record. Ralph was frustrated at the Rocklin Regional Marathon when he missed breaking three hours by a scant 6 seconds. However, at the Boston Marathon he went under in fine fashion with 2:52:56, making him third fastest senior marathoner in the Association behind Rodd and de Lusignan. In the National AAU 50 Miler he ran 6:26:15 to place 13th overall. Ralph is still improving and is looking forward to a great year ahead.

Marin AC's T.A. de Lusignan only turned 40 in the latter



part of 1970, but since then he has been showing everyone that he is a runner to be recognized. Since reaching the senior age group, his most remarkable performances came in back-to-back races at Culver City and Petaluma in the marathon. With only one week's rest between them, de Lusignan ran the second and third fastest PA times in 1970, 2:46:31 at Culver and 2:46:00 at the PA Championships. In addition to this he ran a 3:12:32 in scorching 90 to 100 degree heat in the Santa Barbara marathon. Watch out in the future for a sub-2:40 effort from this top senior marathoner.

Flory Rodd doesn't believe in competing all year around, nor does he even train 365 days a year. He likes to get into shape by running marathons...sub-2:55 if possible. In the last few weeks of 1970 he ran at Culver City, Petaluma, and in the Peach Bowl Marathon in Georgia. He said he planned to continue from there by running 12 marathons, one per week, until he couldn't break three hours. Then he was planning on really concentrating on training, in preparation for Boston. With his six sub-3 hour efforts this year, he will probably double that number in 1971.

Peter Mattei, the Long Distance Running Commissioner of our Association, competed in more races during 1970 than any other top senior, winning 6 of them and averaging just a little better than third place. He failed to break three hours in the marathon in 1970, but set a senior record in the Pikes Peak Marathon in August. Paffenbarger broke the ascent record. With all the work Peter puts in helping out our running program, it's amazing that he still runs so well. Imagine if he could concentrate on just training? Watch out!

The S.F. Olympic Club's Jim O'Neil probably showed as much or more improvement than anyone in 1970. He became a sub-5 minute miler and sub-3 hour marathoner for the first time this year and took a tremendous fourth place in the Senior Olympic Marathon with a 2:55:20, after running both the 5000 and 10,000 meter races a few days earlier. His rapid improvement can only point to one thing: a sub-2:50 marathon in 1971.

Bill Mackey competed for both the West Valley TC and the West Valley Joggers & Striders in 1970. He won 4 races during





FLORY RODD





T.A. DE LUSIGNAN



the twelve month period from September 1969 and won that many races again between October 1970 and the end of the year! He was ranked 6th senior for 1970 but by the first of 1971 he was atop the list. Bill helped WVTC to a second place two mile relay placing in the Master's Meet in San Diego with a 2:10 clocking. He has also run the mile in the low 4:40's and continues to improve. He gave race walking a try while he was injured last spring and did remarkably well, placing high in the U.S. Masters 20 Kilometer event. Since joining the West Valley Joggers, Bill has been running better than ever at the longer races. We expect that he will give Peter Wood a real run for his money in face to face competitions in 1971.

Ross Smith, also running for the West Valley Joggers, has only recently placed highly in PA races. He lives in Reno and this is somewhat of a problem since most of the races are in the Bay Area. He broke 2:05 for 20 miles in December and shows excellent potential at the longer races. Ross should have no problem in breaking 3 hours during the first few months of 1971.

The Olympic Club's Don Pickett won 6 races during the 1970 voting period and came in fourth in the point standings. Don is 43 and claims to like hilly races best. This year he was top senior in the rugged Dipsea Race, as he was two years before. Not only is Pickett an excellent cross country runner, but he is also a fine miler with a best of 4:45. With a 3:07 marathon to his credit in 1970, he could very easily dip under that three hour barrier in the near future.

Keith Campbell is another senior runner who has improved tremendously during the past year. His best marathon is only a 3:16:45, but this came during the "very hot" Santa Barbara Marathon. Look for Keith to approach or possibly break three hours this year.

Another rapidly improving senior is the Stanford Running Club's Dave Stevenson. His 3:14:17 marathon best and his close finishes with some of our Association's seniors at the shorter distances indicates that great things lie ahead for Dave.

There are obviously many more senior runners in the Pacific Association that are in their 40's that show signs of becoming





DR. RALPH PAFFENBARGER



PETER MATTEI



BILL MACKAY GIVES TO ROSS SMITH



DON PICKETT (#127)



great. Some of those who are consistently in the top positions are Bob Biancalana, Paul Kummrow, and Jim Nicholson. Frank Harrison of the Nor Cal Seniors is perhaps already in the "great" category. He is on the verge of breaking 5 minutes for the mile and continually places in the top six seniors in local races. Perhaps his best race in 1970 came at the Lake Merced 5 Miler (for seniors only) when he finished second to Peter Wood in a fine time of 28:19. The list goes on: Alan Waterman, Lew Hoyt, Bob Cort, Vito D'Aloia, John Brennan.... Hope we haven't forgotten anyone that should have been mentioned. The rapidly increasing quantity and quality of over-40 running is now getting to the point where International competition on this level will become commonplace, just as with the younger runners.

In many of the road races, there are also divisions for those senior runners between 50 and 59 years of age, and for those 60 years and over. The quantity of these runners is not nearly as great as for those between 40 and 49, but the quality (at least proportionally) is every bit as good as in the younger age group.

The undisputed king of over-50 competition in our Association is without a doubt Paul Reese of the Northern California Seniors. In the 1970 point race Paul finished in fifth among all other seniors, including those in their forties. He scored higher than such notables as Bill Mackey and Flory Rodd. For a man in his mid-50's, this is a most remarkable achievement. Paul ran a 3:08 marathon toward the end of the year and should dip under the 3 hour mark within the next year...he's still improving!! With three wins in the voting period and an overall average of between second and third place, Reese is very definitely a young senior.

The Nor Cal Senior's Ed Sias is constantly hampered with leg problems and calcium deposits, but when he competes, he is the equal of any in the 40-49 group. In this year's Dipsea Race Ed finished eighth overall with a time of 56:42, beating such notable senior runners as Peter Mattei and coming close to Ralph Paffenbarger. If Ed ever gets rid of his injuries, he could very definitely challenge the best 40 year olds in Northern California.

John Satti is nearly 60 years of age and seems to still be





JIM O'NEIL



PAUL REESE



ED SIAS



JOHN SATTI



running personal bests on many courses. John attempted the Pikes Peak Marathon this year and ran it in under 7 hours. He always places well on the Dipsea course and seems to thrive on really tough courses like the Ocean to Bay Marathon and the Magnan 20 Miler. He can always muster up a fantastic sprint at the end of a long run, no matter how tired he looks. It would be interesting to see him even with a much younger runner in the last stages of a long race. I would certainly bet on John.

Another top notch over-50 runner is Ed Preston. Ed was an excellent runner in his college days and has won at least one Bay to Breakers Race (in his younger days). One of his best races in 1970 was the Lake Merced Senior Race when he placed 3rd in 29:28.

Incidentally, a correction to the preceding page. Alan Waterman (Stanford Running Club) is in this age group and not in the 40-49 range as mentioned. Bob Cort also turned 50 during 1970. Wayne Boutell (50) is another good senior runner who made the trip to Boston worthwhile by running an excellent time of 3:26:03. Others in this age group that deserve mention that I can think of are: Ray Talavera (Dolphin Club), Frank Cuzzillo (NCSTC), Ray Shackelford (NCSTC), and John Hill (NCSTC). I know that I probably have left someone out that deserves mention. I am just not that familiar with names and ages. Perhaps someone can compile a list (someone on the NorCal Senior TC) of senior runners and their birthdates (or ages at least) so I can keep more up to date and give more credit where due. Incidentally, the NorCal Senior club puts out an excellent newsletter on senior running in our Association.

There are just a few runners that are 60 years and over in our local races. The three top notch runners that I know of are Jack Kirk, Ernie Marinoni, and Walt Stack. Of course I can't forget Norman Bright either. He lives in Seattle but competes for the S.F. Olympic Club and often runs in our local races or just comes down to practice on the Dipsea Trail. Talk about dedicated!!

Jack Kirk, "The Dipsea Demon", has run the Dipsea Race now for around 30 or more years straight. I can't count that high. With his handicap in the Dipsea this year, he finished sixth in





WALT STACK





ERNIE MARINONI



JACK KIRK



a highly respectable 62:50. When you figure that Jack is in his 60's, and he beats many, many younger runners, this is something to think about. Kirk also loves tough races and set up a race of his own on Mt. Diablo in 1970. The handicap system was based on past Dipsea performances. The race is on the 1971 schedule.

Ernie Marinoni of the Hangtown Harriers (Placerville) is also in his early 60's; he is a newcomer to the running game, having been at it for only some 50 years...he plans to continue. He was the first over-60 runner at the Senior Lake Merced Race in the fine time of 35:51. Ernie is 64 years old, at least when he ran that race.

Walt Stack must be some kind of animal. He swims at least one full hour in San Francisco Bay every morning. Before this he runs 6 or more miles for a warmup. Then comes a 10 mile bike ride to work where he is a brick layer. Walt likes to run anything and everything. His exploits this year have been the Pikes Peak Marathon, the 50 miler and many, many other marathons. Walt is certainly a specimen of physical fitness for anyone to copy, not just those in their 60's.

Norman Bright, once a top class international competitor, decided to get back into shape last year when he saw Byron Lowry come withing seconds of his 32 year old Dipsea record. The goal in mind was to run the 1970 Dipsea and win. Only a very few close friends (Pax Beale the foremost believer) felt that he had even a breath of a chance in winning. But in late August he charged over the Dipsea trail in a fantastic time of 59:46 to hold off Rich Delgado's closing charge by a scant 15 seconds. The Dipsea was more or less his return to fame. He now plans to seriously compete on the senior (over 60) level and should become the best in the country, at least at the shorter distances.

Would you believe 103 years old? Now catch this. He still holds a full time job, gets up in the morning to run 6 miles, and then walks 5 miles to work. His name...Larry Lewis...one fantastic specimen of a man. Larry doesn't compete, but we don't feel this is a must for mention when you're the only 100 year old runner around. He has perfect vision, hearing and memory that is phenominal. He can easily lift a 275 pound man. He has been examined by the most distinguished medical men, and all leave in amazement. His running began in the...1880's??!!



## 14 AND UNDER

Since road racing has taken a huge upswing in the past few years, not only have the older runners been shining in the spotlight, but also the younger runners have been making their presence felt. Swimming has felt this youthful upsurge for quite a few years now, but it is really just starting in long distance running. In the grade schools, junior highs, and the first few grades of high school, it is becoming increasingly apparent that those runners who have participated in some road racing during the summer months are the ones that seem to do well on their school teams. The summer runs don't necessarily have to be pressure races, but the important part is that these young athletes are training well over much longer distances than they will be racing at in school. Because of this they show more confidence in running a 2 or 3 mile race. This distance seems short compared to many of the races they've been running in the summer months.

There are many that fall into the under-14 classification in our distance program. Several of the better runners: Mitch Kingery and Hugh Miller to name only two, have only recently taken to the sport. Both Kingery and Miller have shown remarkable talent in the long runs. Miller, running for Jesuit High in Carmichael (near Sacramento) as a freshmen, set a new National Frosh record and Age 14 standard in the marathon just as 1971 began (Jan. 2). His time was a phenomenal 2:43:04, and this was run against some very stiff competition which included Skip Houk, Cliff Clark and Doug Butt. These were the only three that beat him in the Madera Marathon, where he set his mark. Only a month earlier he had run a blazing 1:55:29 for 20 miles. Before these great road times, Hugh had the honor of being selected the top high school freshman in Northern California in cross country.

Mitch Kingery, running for the Redwood City Striders, is really coming into his own after only starting distance training in 1970. His progress in the past few months has been fantastic. He had best track times of 4:47 in the mile and 10:07 for two miles at age 14. Even more amazing was the way he beat much older competition on the roads. His 21st place in the PA-AAU Junior Cross Country Championships was just one example. Mitch is big





HUGH MILLER



MITCH KINGERY



DAVID CORTEZ



VANCE EBERLY



and strong for his age, and if he continues to improve at the rate he's doing now, there is no telling what he may eventually run the mile in. Mike Ipsen may have another Jim Ryun in the making.

Another Redwood City Strider, David Cortez, comes from a running family. He is the youngest but shows just as much or more potential than the others, including his oldest brother Jose, whom we have mentioned earlier in the Annual. At 12 years of age, David is running close to 5 minutes for the mile and is running even better in the longer races. As an example of his amazing feats, consider running the Dipsea course in 53:45. That was faster than the best senior time (Don Pickett) by over a minute and 15 seconds. What is even more amazing is the fact that David is able to do this and yet be so small. But David is able to haul down many a Goliath despite his stature. He finished right behind Kingery in the Junior Cross Country Championships in November. It certainly looks bright this lad who has several years yet before he even gets to high school.

Vance Eberly is also the youngest of another running family from San Jose. Running for the San Jose Yearlings in 1969, Vance pulled off a huge upset in the Dipsea by winning over favored Flory Rodd. Vance, at 10 years, was not even considered in the prerace calculations. But Flory never even saw Vance. He was only reminded over and over that "some little kid" was still out in front of him. In 1970, the handicaps were changed and this ruined Vance's chance of placing high. Nonetheless, he ran very well throughout the year in most everything he competed in.

Mike Boitano is another runner who at the age of 8 can be proud to have run some very fine road races, including several marathons. Mike is also a member of a running family, John, Lucille, and Maryetta.

Further down the State, in Wasco to be exact, Kevin Knox set two world age group records for 10 year olds by running back-to-back races of 5:08.9 and 11:01.1 for one and two miles on the track. We don't know much else about Kevin in the way of road racing, etc., but with these marks, there is obviously a bright future for this young harrier.





FRANCIE LARRIEU



NATALIE CULLIMORE



ELAINE PEDERSEN



MARY CORTEZ



# WOMEN

Just like age group running, only even to a greater extent, women's long distance running has expanded tremendously in the past few years. It was not too long ago when you had trouble finding a member of the fair sex at a road race. It seems that back in the early days of the Dipsea, quite a few ladies would get into the act. Since that time the A.A.U. has clamped down on letting women participate in long distance events. As of late, however, there has been an upsurge of interest in women's long distance running, and now you find the fair sex competing in everything up to 50 mile runs. It shouldn't be too long before you see the three hour marathon cracked by someone. This year a 16 year old, Caroline Walker, ran 3:02:53 at Seaside, Oregon, beating many male runners in the process.

The Pacific Association is certainly not lacking women runners, either in quantity or quality. I can't remember too many races in 1970 when there wasn't at least one lady participant. Some of the road racers are not quick enough to run world class times at shorter track events, but one in particular, Francie Larrieu, has shown that long overdistance training and racing during off season is the key to success. Francie runs right up with the best of our senior men most of the time. At the Searsville Lake Run this year, she ran 48th, placing in the top third of the large field over an extremely taxing course. She has recorded best track times of 2:05.9 for 800 meters, and a truly great 4:16.8 for 1500 meters. She has beaten Doris Brown on several occasions and is without a doubt the best female distance runner in our area at less than 10 miles. Perhaps someday she may even try out a marathon.

A relative newcomer to the women's running ranks is Natalie Cullimore of the Dolphin South End Club. Her first rise to stardom was the National AAU 50 Mile Championships at Rocklin in October. On her way to a 7:35:57 final time, she recorded a fantastic 3:32 marathon time, good enough to give her 14th best time nationally at the marathon distance in 1970. She ran 3:32:05 for her best official time at Petaluma, beating her rival Elaine Pedersen by over 6 minutes. The amazing thing is that Natalie runs most of her races with a neck brace that greatly inhibits her movements above the shoulders.





MARYETTA BOITANO



LINDY BEALE



VICKI EBERLY



Elaine Pedersen has probably been running road races in Northern California longer than any other woman. She has competed all over the country and this year she went to Spain to run in their National Championships with Flory Rodd and Pax Beale. In her best effort at Petaluma, she broke 3:40 in fine style, recording a 3:38:47. At Seaside, Oregon, in February, Elaine also ran well, finishing in 3:42:33. Although she often runs in shorter races, she claims to like the marathon best and should continue to improve for many years to come. What the Association needs is to have a lot more Elaine Pedersens in the action...right Pax?

Mary Cortez of the Redwood City Striders is only 16 years old but already holds a 3:46 marathon best. Her best racing distance appears to be something between 5 and 15 miles at present, but it shouldn't be long before Mary has developed enough maturity to run close to three hours in the marathon. Mary runs very well on rough terrain as her 2:23:07 in the double Dipsea proves. She lacks basic speed, but certainly can put many men to shame at the longer distances.

Pam Schmidt, at 17, is another of Northern California's up and coming lady marathoners. In 1969 she completed the PA-AAU 50 Miler and this year she brought her marathon time down to a very good 3:46:59 at Petaluma. This was the 18th best time in the country for 1970. Like Mary, Pam is still young, and it will only take time for her to be running near three hours.

You thought that Larry Lewis was amazing? Well, not taking anything away from him, I would say that Maryetta Boitano is just as remarkable. How many 7 year olds run in road races? Not too many, that's for sure. Well, how about a 7 year old completing a marathon...that's right, a full 26 miles, 385 yards. Not only did Maryetta complete one marathon, she's completed several over the past year or so, running her first at the tender age of six. But, I'm not to the good part yet. Maryetta ran a marathon this year in...would you believe...3:57:42?? This remarkable feat was accomplished on December 13 at the PA Championships, and her time ranks her as having the 26th best in the nation for 1970, and the 15th best individual! She has to take about twice as many steps in a marathon as her older rivals, yet she still runs well up among them, beating many. Just imagine what she'll do when she turns 10!!





TWO SHOTS OF THE START OF THE WOMEN'S SECTION OF THE 1970 DIPSEA







LUCILLE BOITANO, "PETIE", PAM SCHMIDT, GEORGE RHODEN, PAX BEALE



WEST VALLEY TRACK CLUB



I have only mentioned a few of the women distance runners in Northern California, paying particular attention to those that run in the distance road runs. Some of our other top runners are Vicki and Valerie Eberly, Linda McCain, Kay Hall, Lindy Beale, Skip Swannack, Lucille Boitano, Connie Cunneen, Lucille Boitano, and so many more that it would take the rest of this page to list them all.

The sudden upsurge is partly due to running husbands. The wives figure that if they're ever going to see their men, they'll have to take up running too. And so, more and more you'll be seeing husband and wife combinations in our races. We've tried to mention or show (by means of pictures) as many runners as possible. Hope we haven't hurt anyone's feelings.

## CLUBS

You can easily see by the listing of clubs in this booklet, that there are a fantastic number of teams; many have just sprung up during 1970. The club system in the A.A.U. provides a strong base whereby good runners can get financial help. But mostly, A.A.U. clubs are relatively poor and make most of their money by club dues, fund raising ideas, and by sponsoring road races through the year. However, the majority of runners will never become good enough to make a national team or travel anywhere. Therefore, it is important that clubs provide for the entire spectrum of runners that will be attracted.

There are several good reasons why clubs exist, aside from the financial aspects. Team competition provides a means whereby each individual can feel like he is a part of something. Even if he or she is the last runner on the team, he can feel that he belongs. Here the key is not how good a runner is, but how much of a participant he is. The true strength of the club system therefore lies not in excellence, but in participation...not always in running, but at least in social gatherings and other club functions.

There are many long distance runners in our Association that do not belong to any club. This, I believe, is a mistake. Perhaps





THE DOLPHIN/SOUTH END ROWING CLUB



REDWOOD CITY STRIDERS



these individuals shy away from the club system for good reasons. However, most of these reasons are probably unfounded. Some of the most common reasons for wanting to run unattached are: (1) a feeling that one is obligated to participate in races when running for a club; (2) it is cheaper to run for yourself...no club dues or uniform to purchase; (3) a feeling that one is inadequate and would not be able to help out the team; and (4) a tendency to feel that because of geographical location, he would not really be able to participate in many club functions.

On reason number one, this feeling of obligation could be well-founded, depending on what clubs the runner has approached. However, 99% of the clubs in our Association are not geared to a feeling of "you have to run this race". Nor should an individual feel that he is necessarily letting the team down by not competing in a given event. It should be a question of what races he would like to compete in, not which races he has to compete in.

It may be cheaper to run for yourself, but then again it may not be. In most instances, the difference is very minor...from \$3 to \$10 a year. In the long run, this money is returned either directly (in the form of saving gas money when driving in groups to a race) or indirectly (in the form of enjoyment you would not have otherwise been able to get). Most clubs have some form of graduated dues system anyway, so that those who can least afford to pay dues (high school and college students) can pay less than other members. This makes sense anyway since those individuals would not normally be able to participate for the club while running for an institutional team.

The illusion of inadequacy should certainly not play any part in your decision to become a club runner. The strength in any track club lies in diversity. These organizations should provide a base whereby the entire family can become involved. Olympians and joggers should be equally as welcome. Clubs that are too selective in their membership requirements are not really fulfilling their most desirable function. This selectiveness only causes polarization within the running community. The only requirement any club should have is that prospective members have a desire to become active in some way, not necessarily by running. All the people should get involved in one way or another, thus making for a closer group.



If a certain individual is holding back because of a particular geographical location, and he feels that his participation would be very limited, the best thing to do is start a club composed of runners within your immediate area. The steps for becoming a certified AAU club are not at all complicated, and you can get all the information you need from the AAU office in San Francisco.

Clubs encourage group participation and give the nobody a chance of becoming a somebody. There are fewer and fewer unattached athletes each year and I feel this is a good trend. So if you have had any doubts about joining a club, let's hope that you've changed your mind. For a listing of clubs in Northern California, see the last portion of this booklet. Look around and see what they have to offer. You'll really be surprised at what you have been missing.

Only four clubs sent us any kind of team picture for the Annual. We expect a lot more than this for our 1971 booklet. The clubs that did send us something (not usually anywhere near the entire club membership): Redwood City Striders, Pleasant Hill Track & Field Club, Dolphin/South End Rowing Club, and the West Valley Track Club. Rather than list the names of all those shown, we have merely indicated the name of the club. Many of those shown were not known personally by the editor, so rather than slight somebody, we felt it best not to mention anyone by name. You and your team mates know who you are.

## THE RUNNER'S HELPER

If it was not for many dedicated people in Northern California, distance running would be a complete flop. There are many who always manage to find fault in our officials and timers at local races...but would you like to try and take their places and do a better job? I think most of us would not. How many of us would like to get out of bed early every Saturday or Sunday morning in order to drive many miles for an officiating job? Sure, you say you go to races to run or get up early to work out. But you are not obligated to do this. Our officials have volunteered their services because they want to improve amateur athletics.





PLEASANT HILL TRACK & FIELD CLUB



BILL EMMERTON, LARRY LEWIS, BOB DECELLE, AND PETER MATTEI





ART BUTT & VERN JUHL CAREFULLY RECORD BYRON LOWRY'S TIME



FRANK GEIS



ART BUTT & TERRI MEJIA



For the most part they do this without pay. Have you noticed just how many timers we have in our area? The ones that show up number less than the number of fingers on your hands. Our most loyal officials: Art Butt, Bob DeCelle, and Vern Juhl, are all getting along in their years. What would we do without them? I think that it should be the responsibility of each club to have one trained and qualified official and/or timer. I am sure that Bob, Vern, and Art would be more than willing to train any interested individual. The only runner/official that I can think of right now at our road races is our Long Distance Chairman, Peter Mattei. I'm sure you'll agree that Peter has done an outstanding job while still trying to compete himself. This certainly isn't fair. There are a dozen or more races that Peter puts on by himself each year. With all the clubs in Northern California, this shouldn't happen. So all you clubs out there that don't have at least one race for 1971, why not sponsor a few this year? Remember, the first race you put on costs you nothing in the way of sanction fees and it is an excellent way to make money for your club treasury, plus gain experience in putting on road races.

Let's not forget our hard-working people at the AAU office in San Francisco either. Frank Geis has been with amateur athletics now for as long as I can remember. His secretary, Elena, devotes much of her spare time on weekends to help get all the records straight at the office. In addition she works full time at the office during the week.

There are probably others that have slipped my mind. Harry Young is one who does a great job at putting on our All-Comers meets. Marcel Hetu is doing a tremendous job as Women's Long Distance Running Commissioner. Terri Mejia has often helped out at races, either timing or recording finishers. It really isn't fair to have just these few individuals do all the work. In 1971 let's see more people getting involved so that it's easier for everyone.

Not only the officials are important to the promotion of long distance running. Coaches are most important, especially at the age group level. Our vote for outstanding coach in this respect is Mike Ipsen, the Redwood City Strider coach. In just a few short years, Mike has brought so many fine young runners along the road to success, that he is more or less "all by himself". In 1970, Mike coached his team to their first National





RC STRIDER COACH MIKE IPSEN



PAX BEALE



JOE HENDERSON



BOB ANDERSON



Championship in the 50 Miler at Rocklin. All three on the team had not reached their 19th birthday. Two were college frosh and the other was a high school senior: Jose Cortez, Randy Lawson & Bryan Gieser. Congratulations to Mike for doing such an outstanding job all year long.

Exclusive of the officials and coaches, many others do much to promote long distance running in our area. Bob Anderson and Joe Henderson, both working for Runner's World Magazine, certainly deserve unlimited credit for their work on this and other publications. By keeping us up to date, they have performed an invaluable service to our running community. Pax Beale is another who has gone beyond the call of duty in order to help out runners in Northern California. During the past two years, Pax has gone to the trouble of filming the entire Dipsea Race in color at a tremendous cost with only a thin possibility of getting his investment back. All this was done for the long distance runner. His attempt at putting any profits into the club system only underlines his interest in the sport.

I could go on and on discussing the contributions that individuals have made to long distance running. They have done this because they wanted to, not because someone told them to, or because they were getting paid for it. I think it is sufficient to say here that the efforts of those few should be copied by more of us. It doesn't take much effort if a large group of people try and do something, but it certainly isn't fair to have a handful of dedicated helpers do all the work.

## A CROSS SECTION

On the following pages, as well as on some of the preceding ones, we are attempting to show the enjoyment that people get from running. Also, the contrasts in age (Boitano's and Larry Lewis) (Corbitt and Cortez) are presented...primarily to indicate that our sport has no barriers. Perhaps one of our most amazing athletes is Harry Cordellos, a blind runner from Cal State Hayward, who consistently runs well in many of our road races at distances up to the marathon. Harry plans to run in Boston in 1971. With the aid of a fellow runner or two to help him along, Harry can





MIKE SHANNON HEALY AND DAUGHTER



SHANNON HEALY & ERNIE MARINONI



THE CORTEZ FAMILY



A DETERMINED PETE LEAGUE



BLIND RUNNER CORDELLOS & WELSH



A "DSE" SCENIC RUN





START OF 1969 PA-AAU 50 MILE CHAMPIONSHIPS



SEARSVILLE CROSS COUNTRY RACE



TED CORBITT & JOSE CORTEZ





START OF 1970 HOLY CITY ROAD RUN



START OF 1970 PA-AAU 20 KM. CHAMPIONSHIPS



run with many athletes whose only handicap is being out of shape.

Look at the faces of the runners on the pages that follow and on those throughout the book. You'll see a great cross section of expressions. Some are very determined, some are exhausted, some are happy and carefree, and some are expressionless. But all are in it because they enjoy it to some extent. Otherwise, what would be the point? Even if you finish last in most of the races, there is always something to point for...that next man in front of you. If you finish first you can still try to better your own times. There will always be someone to come and challenge you sooner or later.

Indications are that the reasons for running are as varied as the runners themselves. Probably no two runners will give you the same answer; some probably can't give you a definite answer at all. For the pain, the pleasure, the glory, for health, for the challenge...these are but a few. Companionship is definitely high on the list of reasons. It seems that one "nut" seeks out another with common interests.

A feeling of achievement, of doing something that very few others can do, is another common motivation. This applies to the very good runners and those who are not so good. Each can claim that he is doing something that is important to him. Others run for the opportunity of world travel. This doesn't necessarily apply to the world class runner either. Look at all those who run in the Boston Marathon each year, and how many of those are world class competitors?

One thing is certain, very few compete for the money...simply because there is usually no money to be had. It is questionable whether money would make an athlete try any harder. Those that are already in the sport would compete just as hard, and the extra incentive would probably tend to lure others into the sport who were more materialistic in nature. This is why amateurism is so beautiful...you are competing against yourself and others, not running for materialistic gain. If the money game came into long distance running, I am sure you would find less compatibility between the different classes of competitors (the stars and the joggers). This would occur mainly because the two groups would never be exposed to each other. Each would have his own separate race.



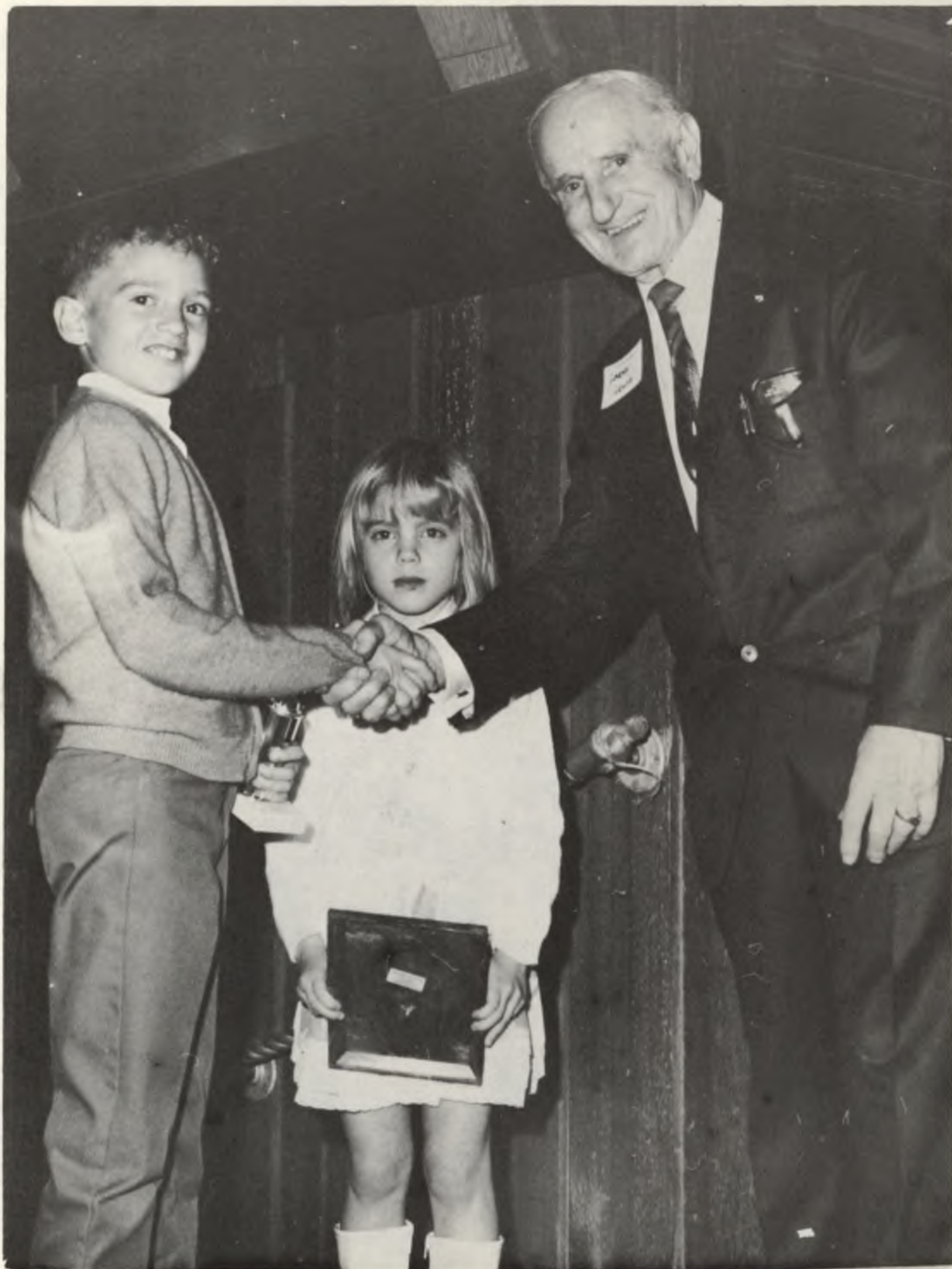


A DOLPHIN/SOUTH END ROWING CLUB RACE



DONES, MCDONAGH, LEYDIG, CORBITT, HOUK, AND PAGLIANO





MIKE & MARYETTA BOITANO WITH 103-YEAR-OLD LARRY LEWIS



# HIGH SCHOOL

No discussion of long distance running would be complete without mentioning the many talented runners in our high schools and colleges, some of whom participate in AAU races, but many of whom do not. Both in track and in cross country, Northern Californian's showed that they are not far behind their neighbors to the south, lacking mostly in depth, but certainly not in talent. Los Altos High certainly proved this by winning the California State Meet in June.

In track, Northern California produced many good milers and two milers. We seem to have misplaced our list of top marks in these two events, but here are some, most of which are close to the correct times: Dave Chamness (Awalt) 4:14 - second in State Meet; Wayne Smith (Mills) 4:15 - top 5 in State Meet; Mike Palomino (El Cerrito) 4:16 and 9:26 - top 6 in State Meet mile; Bob Manning (De LaSalle) 4:17.2; Dan McKenna (Balboa) 4:18.9; Cliff Rees (Dinuba) 4:19.0; Kurt Schoenrock (La Sierra) 4:19.0; Dave Montoya (Burlingame) 4:19.5; Chuck Mork (Washington of Fremont) 4:19.5 and 9:22.0; Mike Hart (Willow Glen) 4:19.6; Jack Bush (Piedmont Hills) 4:19.8; Tom Hale (Campolindo) 4:19.6 and 9:08.0; Bill Frank (Vanden) 9:17.9; Kasto Lopez (Sanger) 9:06 (?); Bob McCarty (St. Francis) 9:19.2; Granillo (E. Bakersfield) 9:20.4; Edwards (Highlands) 9:21.8; Mathers (La Sierra) 9:20.6; Stansberry (Elk Grove) 9:31.7; also Kurt Schoenrock 9:32.0 and Dave Montoya 9:28.8.

The cross country season produced some of the finest postal times ever, and the competition was always keen. In fact, in the annual voting for the 1970 Northern California High School Cross Country Team, no one could come up with an outstanding runner for the season. Instead, the following three runners were selected in a tie vote: Chuck Mork (Washington of Fremont), Mike Hart (Willow Glen), and Hans Templeman (Carlmont). Outstanding sophomore was Steve Miller (Carlmont), and there was also a tie for the outstanding frosh, Hugh Miller (Jesuit of Carmichael) and Kelly Lawson (San Carlos). No decision could be reached on the top junior, but Brooks (Mt. Pleasant), Grubbs (Washington of Fremont) and Jameson (Watsonville) were among the top vote-getters along with Mike Tolleson of Mira Loma. On the following page are listed the 22 runners that were voted onto the All-Nor Cal team.





CHUCK MORK AND TOM HALE



MIKE HART LEADS CCS III RACE



HANS TEMPLEMAN



STEVE MILLER



DAVE CHAMNESS LEADS WAYNE SMITH



MIKE PALOMINO



Jim Anderson (Ygnacio Valley)	Sr.	Mike Arago (Tamalpias)	Sr.
Guy Arthurholt (Modesto)	Sr.	Steve Brooks (Mt. Pleasant)	Jr.
Dave Chamness (Awalt)	Sr.	Juan Garcia (Watsonville)	Jr.
Ron Genschmer (Sunset)	Sr.	Bob Grubbs (Wash/Fremont)	Jr.
Tom Hale (Campolindo)	Sr.	Mike Hart (Willow Glen)	Sr.
Joel Jameson (Watsonville)	Jr.	Mike Knott (Mt. Diablo)	Sr.
Lyle Lough (Lassen)	Sr.	Mark McConnell (Soquel)	Sr.
Steve Miller (Carlmont)	So.	Chuck Mork (Wash/Fremont)	Sr.
Ed Noyes (Soquel)	Sr.	Randy Palmer (Piner)	Sr.
Fred Robles (Lassen)	Sr.	Karl Schacterle (San Juan)	Sr.
Hans Templeman (Carlmont)	Sr.	Mike Tolleson (Mira Loma)	Jr.

In the North Coast Section Finals, Washington of Fremont's Chuck Mork remained undefeated off the track with a narrow victory over Jim Anderson of Ygnacio Valley. In the Central Coast Section Finals, Hans Templeman completed a successful season by winning over Mark McConnell of Soquel. Soquel surprised by taking second behind Willow Glen in the team scoring as favored Carlmont had to settle for third. Mt. Diablo easily won was a fairly easy winner over Alameda and Ygnacio Valley in the NCS team battle.

In postal competition, Willow Glen's Mike Hart ruled supreme as he raced to a 9:10.0 for two miles on the track. He defeated Chuck Mork (9:13.5) and Hans Templeman (9:14.0) in addition to super-soph Steve Miller (9:18.2). Five others, including three juniors, were under 9:30, with another junior right at that time. Over three miles, Mt. Pleasant's Steve Brooks and George Manriquez ran times of 14:58 and 14:59 respectively. Manriquez is only a soph.

Many good high school road runners were also doing well in cross country. Bryan Gieser, John Sheehan, Butch Alexander, Wolfgang Schmulewicz, Mike Basham, and Mike Pinocci are just a few. John Marconi of Burlingame High chose not to run high school cross country this year but competed in AAU races instead. He placed well in the Lake Merritt and Midnight runs and shows signs of becoming an excellent marathoner. He has been first high schooler in a number of races with excellent competition at that level. John is the main photographer for the Northern California Running Review and for this Annual. Jose Cortez was a 2:37:26 marathoner while still a senior in high school. He is now a college frosh. Randy Lawson also ran well in track and on the roads last spring.





START OF A RACE AT THE TERRA NOVA INVITATIONAL



BOB GRUBBS



JOEL JAMESON



BRYAN GIESER



MIKE KNOTT



# COLLEGIATE

We are lacking marks for top collegians during track season, but some of the top competitors were Stanford's Greg Brock and Don Kardong (both excellent three milers) and Duncan MacDonald, the first Indian to dip under 4 minutes when he ran 3:59 in the Pac-8 Race. Clifton West of Cal also ran well over the mile and had a best of 4:05 or thereabouts. Willie Eashman did 4:08 for Cal State Hayward. Steeplechaser Brooks Thomas of Stanford broke 9 minutes and placed high in the Pac-8 Finals. Mike Dailey of Chico State did close to 9 minutes in the steeplechase also. Bob Crow of Cal Berkeley did a fine 14:09 for three miles in June. The Davis Aggie team of Byron Spradlin and Ed Haver also did well in the steeplechase, both getting near 9:00. Many others should be mentioned but we simply are lacking statistics. Included are Vic Cary, Gary Hansen, Dan Mullins, Howard Labrie, Darold Dent, Bill Hanson, and Kent Rezowalli. Next year we hope to include a better list of runners and times, but we need your help, so be sure and send us results.

The collegiate cross country season produced many fine times and many surprises. None was more pleasing than Don Kardong's excellent double in the NCAA and AAU meets. Don took third place in both title meets. Both Arvid Kretz and Duncan MacDonald of Stanford, along with Kardong, placed in the top 10 at the Pacific Eight Conference Meet in Pullman, Washington. Stanford took 3rd place in the team standings; the highest by any California squad. Humboldt State had a fine season but the team all came down with poison ivy the day before the big one (NCAA College Division Championships) and didn't compete. Bill Scobey ran superbly all season for Humboldt, just as he had done all summer on the roads. Bernie Lahde ran into injury problems toward the end of the season, but otherwise was one of Stanford's top men, placing a good sixth in the Sacramento Invitational at the season's start. At the NCAA College Division Meet in Wheaton, Illinois, Cal-Davis took third place teamwise as Hanson and Spradlin dipped into the top ten. Bob Coe of Stanford had a good season until he got sick towards the end of the season. He started off well by winning the Sacramento Invitational in a fine time of 25:23, nine seconds ahead of team mate Don Kardong. Gary Hansen of San Jose State also had his best cross country season ever, placing best against Stanford and USC.





START OF JUNIOR COLLEGE RACE AT SACRAMENTO INVITATIONAL



HANSEN, OLESON, KARDONG, KRETZ



CARR, WEST, SCHRABRAM, STEWART



To name but a few of the other Northern California collegians that did well in 1970 during cross country: Ron Elijah, Eugenio Amaya, Bob Crow, Vic Cary, Bob Darling, Craig Streichman, Steve Dean, Bob Giesler, Clifton West, Humberto Hernandez, Noel Hitchcock, and Mike Dailey. Our apologies to those we neglected to mention.

On the Junior College circuit, San Jose City College's Jack Bush was without a doubt the top performer. He was in a class by himself in conference competition as he won the GGC title by an amazing 25 seconds over a four mile course. In the Northern California Championships at Santa Maria he just barely edged out American River's Mike Weaver and West Valley's Les Devoe. In the State Meet, Southern California shut out the teams from the North as Jack Bush could manage to finish only 7th, the only NorCal finisher in the top fifteen.

Besides Bush, there were many other top individuals in JC competition this fall. Weaver, whom we have already mentioned, took the Sacramento Invitational over Les Devoe. Dan Cruz of West Valley also proved to a versatile runner as he managed to consistently be the team's second man. West Valley was second to Fresno City College in the NorCal Meet, but led all north state teams in the State Meet by finishing sixth, as the south again shut out the north. Two good road runners also did well on the JC circuit this fall. Don Makela (new Dipsea record holder) ran 7th in the NorCal Meet and competed well all season. Foothill's Jim Howell won most of his conference duals and took fourth in the GGC Finals. After the season he traveled to Chicago to help out West Valley's team at the AAU Championships. Two weeks later he raced to a personal best of 2:31:04 in the PA Marathon, improving on his best by 10 minutes! Other top runners were: Juan Ramirez (SJCC), Mike Brisbin (Diablo Valley), Duwayne Harms (DV), Ignacio Hurtado (Chabot), Cliff Reese (Fresno CC), Jose Cortez (CSM) - who also ran very well on the road circuit, Wayne Smith, and Dave Robertson (also CSM). College of San Mateo won the Golden Gate Conference Title as Vic Massa of CSM took second and Rich Milan (Chabot) was third.

An addition to the collegiate list is Frank Bautista of Cal State Hayward who ran well when he wasn't injured. He took a good fourth in the Pleasant Hill Invitational behind Maplestone, Lindgren, and Fredriksson.





JACK BUSH



MIKE WEAVER



LES DEVOE



JIM HOWELL



## IN CONCLUSION...

And so we conclude our first Northern California Distance Running Annual. It is obvious that we have not been as complete as we should have been, but for a first attempt we feel that an adequate job has been done. It is our hope that our readers will write and inform us of places that can be improved. By doing this, you will be taking part in making distance running an even greater sport than it is today. Please let us in on any new races you may be putting on that aren't on the official AAU schedule. This way we can let others know, and your race will be more of a success. Our publicity in the Northern California Running Review is free. Let us know what's happening to you and your club. Most of this Annual has been compiled from past NCRRR's and so we need results, etc. all year long, not just at the time we publish our yearbook. If you have any suggestions, please contact the editor. Remember, these two publications are primarily a voice of the runner, not the editor. Thanks for the help and good luck to all of you in the new year.

One last reminder: it would be appreciated if all race directors would send a copy of the results of their race to the editor. This includes high school, age group, women's, senior's, collegiate, open, and any other category. We want race walking results as well. Schedules of the season's track and cross country meets (for high schools, colleges, etc.) should also be sent to the editor.

## ADVERTISEMENTS

UNIVERSITY SPORTS: 2455-S Old Middlefield Way, Mountain View, Cal., (415) 967-4150. Complete line of quality running shoes: HUMMEL\* PUMA\*REEBOK\*TIGER. Bring in this ad for \$2.00 off on any one pair of spikes or flats. Hours: 10 to 5, Tues. thru Fri.; Sat. 10 to 4; closed on Monday.

NORTHERN CALIFORNIA RUNNING REVIEW: 603 S. Eldorado, San Mateo, Cal., 94402 (Ph. 342-3181). - Keep abreast on what's happening in track and field, race walking, distance running...all age groups, women...schedules, results, many photos. \$3.50/Year, First Class Mail.



# 1971 LONG DISTANCE SCHEDULE

- 2 Jan Madera Marathon; Madera, Cal.; noon; Dee DeWitt, Track Coach, Madera High School, Madera, Cal., 93637.
- 3 Jan 8th PA-AAU 32 Mile Championship; Santa Rosa; 9:30 am; Peter O. Mattei, 1000 North Point, San Francisco, Cal., 94109.
- 9 Jan Mission Bay Marathon, San Diego, Cal.; 8 am; Ken Bernard, Box 10512, San Diego, Cal., 92110.
- 17 Jan PA-AAU 20 Km. Championship; Woodside; 10 am; Peter League, 1515 Cornell St., Berkeley, Cal., 94702.
- 24 Jan PA-AAU 15 Km. Championship; Napa; 10 am; Chuck Hall, 4516 Dry Creek Rd., Napa, Cal., 94558.
- 30 Jan Magnan Memorial 20 Miler; Woodside; 10 am; Redwood City Striders, c/o Mike Ipsen, Box 868, Redwood City, Cal.
- 6 Feb Channel to Lake 10 Miler; Vallejo; 10 am; Solano Track Club, c/o Greg Chapman, 155 Lain Drive, Vallejo, Cal., 94590.
- 6 Feb 6th Annual Clam Beach Run; Trinidad; 3 pm; Dr. Ford Hess, P.O. Box 47, Trinidad, Cal., 95570.
- 6 Feb Las Vegas Marathon; Las Vegas, Nev.; 10 am; Dick Small, Las Vegas Track Club, 438 East Sahara, Las Vegas, Nev., 89105.
- 6 Feb Vigorade Marathon; Anaheim, Cal.; 7 am; Richard Doyle, 232 S. Lemon St., Anaheim, Cal., 92805. (Also World Masters Invitational at 1 pm on same day).
- 20 Feb Searsville Lake Run (7.5 miles); Woodside; 10 am; Stanford Running Club, c/o Don Peterson, 916 El Cajon Way, Palo Alto, Cal., 94303.
- 27 Feb Martinez 8 Mile Run; Martinez; 10 am; NCSTC, c/o Luka Sekulich, 534 Darlene Drive, Concord, Cal., Ph. 685-5185.
- 27 Feb Trail's End Marathon; Seaside, Ore.; 11 am; Chamber of Commerce, 20 North Columbia, Seaside, Ore., 97138.
- 7 Mar West Valley Marathon & Western Regional Marathon; Burlingame; 9 am; West Valley TC, c/o Jack Leydig, 603 S. Eldorado St., San Mateo, Cal., 94402, Ph. 342-3181. (Winner sent to National AAU Marathon in Eugene, Oregon on June 6).
- 14 Mar 100 Mile Run; Sacramento; time to be announced; Paul Reese, 2789 17th St., Sacramento, Cal.
- 21 Mar PA-AAU 30 Km. Championship; Monterey; 9 am; Monterey Peninsula AC, c/o Ted Larson, 477 Grove Acres, Pacific Grove, Cal., 93950.
- 28 Mar Blossom Hill Run (8.3 miles & age group run); Napa; 9:30 am; Napa Valley Runners, Chuck Hall, 4516 Dry Creek Rd., Napa, Cal., 94558.
- 3 Apr 5 Mile Lake Merced Run (Seniors only); San Francisco; 9:30 am; NCSTC, c/o John Boitano, 3875 21st St., San Francisco, Cal., 94114.
- 4 Apr AAU Western Regional Marathon; Madera, Cal.; Wayne Van Dellen, 498 Castle Rock, Woodlake, Cal., 93286. (Winner sent to Natl's in Eugene, Ore., June 6).
- 10 Apr 14 Mile Run & Barbeque; El Dorado; 11 am; Peter O. Mattei, 1000 North Point, San Francisco, Cal., 94109.
- 18 Apr De Anza Ridge Run (9 miles); Cupertino; 10 am; Joggeronauts, c/o James Woodruff, 531 Benvenue, Los Altos, Cal., 94022.
- 19 Apr Boston Marathon; Boston, Mass.; noon; Boston AA, c/o Will Cloney, Boston Garden, North Station, Boston, Mass., 02114. Tel: CA7-3200.
- 25 Apr Mt. Diablo Disturbance Race (6.6 Miles); Mt. Diablo; 9 am Daylight time; Jack Kirk, Star Route 4, Box 35, Mariposa, Cal., 95338. (Only male runners over 21 who have finished at least 3 Dipsea Races).
- 1 May Mt. Vaca Hill Climb (10.6 miles); Vacaville; 9 am; Bay Area Road Runners, Bill Flodberg, 12925 Foothill, San Martin, Cal., 95046.



- 8 May 22 Mile Sacramento-to-Woodland Capt. Freeman Memorial Race; Sacramento; 9 am; Woodland Chamber of Commerce, 520 Main St., Woodland, Cal., Ph: 662-7327.
- 15 May 8 Mile Road Race; Golden Gate Park, S.F.; 9 am; Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- 22 May Palos Verdes Marathon; Palos Verdes, Cal.; 8 am; SPA-AAU, Box 6015, North Hollywood, Cal., 91603.
- 23 May Bay to Breakers Race (8 Miles); San Francisco; 10 am; Frank Geis, Suite 601, 942 Market St., San Francisco, Cal., 94102.
- 29 May Second Annual Golden Gate Marathon; Tiburon; 7:30 am; PA-AAU LDR, c/o Rich Perry, 330 Gonzalez Dr., San Francisco, Cal., 94132.
- 5 Jun 17 Mile Run; Monterey; 10 am; Monterey Peninsula AC, c/o Ted Larson, 477 Grove Acres, Pacific Grove, Cal., 93950.
- 6 Jun 51st Annual Statuto Race (8 Miles); San Francisco; 9 am; San Francisco AC, 1630 Stockton St., San Francisco, Cal., 94133.
- 6 Jun Senior National AAU Marathon; Eugene, Oregon; Oregon TC, Athletic Dept., Univ. of Oregon, Eugene, Ore., 79403. (Pan-American Games Trials).
- 13 Jun Woodminister 9.3 Mile Handicap Race; Oakland; 10 am; Bay Area Roadrunners, Chas. MacMahon, 855 Glendome Circle, Oakland, Cal.
- 19 Jun Novato 6.5 Mile Race; Novato; 10 am; Marin AC, Jeff Kroot, P.O. Box 267, Lagunitas, Cal., 94938. Ph: 456-6194.
- 26 Jun 8 Mile Race; Redding; 10 am; Greater Redding Chamber of Commerce, John Gray, 4220 Oro St., Redding, Cal., 96001.
- 27 Jun Holy City 9 Mile Road Race; Holy City (near San Jose); 9:30 am; West Valley TC, c/o Jack Leydig, 603 S. Eldorado St., San Mateo, Cal., 94402. Ph: 342-3181.
- 4 Jul Second Annual Hangtown Road Race (5.25 Miles); Placerville; 9:30 am; Recreation & Parks Dept., P.O. Box 872, City Hall, Placerville, Cal., 95667.
- 4 Jul U.S. Masters Marathon; San Diego, Cal.; 8 am; Ken Bernard, Box 10512, San Diego, Cal., 92110.
- 11 Jul 9 Mile Road Race; Felton; 9 am; Felton Businessmen's Association, P.O. Box 458, Felton, Cal., 95018.
- 18 Jul 15 Mile Handicap Race; Ft. Baker, Marin County; 10 am; NCSTC, Emmett Smith, 2766 Summit Dr., Hillsborough, Cal., 94010.
- 24 Jul 9 Mile Road Race; Tiburon; 9 am; Marin AC, Jeff Kroot, P.O. Box 267, Lagunitas, Cal., 94938.
- 31 Jul Half Moon Bay to Belmont Marathon; Martins Beach; 9:30 am; Belmont Recreation Association, Belmont, Cal.
- 7 Aug PA-AAU One Hour Run Championship; Mill Valley; 5 pm; Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- 8 Aug Pikes Peak Marathon; Colorado Springs, Colo.; 7:30 am; Rudy Fahl, 2400 W. Colorado, Colorado Springs, Colo., 80904. (1971 Marathon Handbook list race on August 15...write meet director).
- 14 Aug PA-AAU 72 Mile, 7 Man Relay; Lake Tahoe; 9 am; Peter Mattei, 1000 North Point, San Francisco, Cal., 94109. (Clubs, schools or service teams only eligible).
- 21 Aug Mt. Misery 8 Mile Run; Placerville; 10 am; Hangtown Harriers, Ernie Marinoni, 5101 Newton Rd., Placerville, Cal.
- 22 Aug 8.5 Mile Pierce Point Ridge Run; Pt. Reyes Natl. Seashore; noon; Marin AC, Jeff Kroot, P.O. Box 267, Lagunitas, Cal., 94938.
- 29 Aug 61st Annual Dipsea Race (6.8 Miles); Mill Valley; 10 am; Mill Valley Jr. Chamber of Commerce, Mill Valley, Cal., 94941.
- 4 Sep 9th Annual Emerald Hill Run (7.5 Miles); Redwood City; 9:30 am; Redwood City Striders, Mike Ipsen, Box 868, Redwood City, Cal.



- 11 Sep Alameda Carnival; Alameda; 10 am; Alameda Track Club, c/o Robert DeCelle, P.O. Box 362, Alameda, Cal., 94501.
- 12 Sep Second Annual Double Dipsea; Mill Valley; 10 am; Dolphin/South End Rowing Club, Walter Stack, 321 Collingwood, San Francisco, Cal., Ph: MI7-9459.
- 19 Sep 27th Annual Walnut Festival 5.7 Mile Run; Walnut Creek; 10 am; Andrew MacCono, 1840 Geary Rd., Walnut Creek, Cal. (Absolutely no post entries).
- 25 Sep PA-AAU Championship 25 Km. Race; San Francisco, Golden Gate Park; 10 am; Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- 3 Oct Napa Marathon; Napa; 9 am; Napa Valley Runners, Chuck Hall, 4516 Dry Creek Rd., Napa, Cal., 94558.
- 3 Oct Santa Barbara Marathon; Santa Barbara, Cal.; 7:30 am; John Brennand, 4476 Meadowlark Lane, Santa Barbara, Cal., 93105.
- 9 Oct 15th Annual Sacramento Invitational X-C Races; Sacramento; H. Roloff, Sacramento State College, Sacramento, Calif.
- 10 Oct 21st Annual Columbus Day Races (5 Km. & 10 Km.); Oakland; 8:30 am; Enrico Del Osso, 1803 3rd Ave., Oakland, Cal., 94606.
- 17 Oct PA-AAU & National AAU 50 Mile Championship; Rocklin; 8 am; Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- 17 Oct 10 Kilometer Race; Chico; 8:30 am; Rob Laxon, 1183 Manchester Rd., Chico, Cal., 95926. Ph: 342-8114.
- 23 Oct PA-AAU Jr. X-C (10 Km.) Championship; Golden Gate Park, S.F.; 10 am; Peter O. Mattei, 1000 North Point St., San Francisco, Cal., 94109.
- 31 Oct 6th Annual Berkeley to Moraga 14 Mile Race; Berkeley; 10 am; Bay Area Road-runners, Chas. MacMahon, 855 Glendome Circle, Oakland, Cal.
- 6 Nov Turkey Trot Races; Oakland; Peter Mattei, 1000 North Point, San Francisco, Cal. 94109. (10 Divisions, 10 Turkeys)
- 13 Nov PA-AAU Sr. X-C (10 Km.) Championship; Golden Gate Park, S.F.; 10 am; San Francisco Olympic Club, P.V. Carmichael, 524 Post St., San Francisco, Cal.
- 20 Nov 6.25 Mile Daly City Hill Run; Daly City; 11 am; Daly City Recreation Dept., Daly City, Cal.
- 27 Nov Colfax Carnival X-C Races; Colfax; 10 am; Ian Whitman, Rt. 1, Box 2699, Colfax, Cal., Ph: 346-2284.
- 5 Dec Pepsi 20 Miler; Sacramento; 12:45 pm; Roadrunners, 2789 17th St., Sacramento, Cal., 95818. (Roadrunners Club Race).
- 5 Dec Western Hemisphere Marathon; Culver City, Cal.; 8 am; Syd Kronenthal, P.O. Box 507, Culver City, Cal., 90230.
- 12 Dec PA-AAU Marathon Championship; Petaluma; 10 am; Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- 31 Dec 12th Annual Midnight Run; Los Altos; midnight; Town Crier, P.O. Box F, Los Altos, Cal., 94022.

NOTE: The long distance schedule is always subject (though it shouldn't be) to change in starting time, etc. Also, there are usually a few new races every year that don't get on the schedule at the beginning of the year. The Monterey Peninsula AC is planning on holding a marathon sometime in 1971. For changes and additions in the long distance running schedule, consult the Northern California Running Review, a monthly publication aimed at keeping Northern California runners up to date on schedules, results, etc. The Running Review is available for 25¢ an issue or \$3.50 per year by subscription. Write the editor of this book for more information.

You will note that the above schedule contains races that are not PA-AAU events. When sufficient numbers of our athletes participate, we include other races.



# PA-AAU CLUB DIRECTORY

ADAK TRACK CLUB  
c/o Dennis E. Smith  
886 Maranta Ave.  
Sunnyvale, Calif. 94087

ALAMEDA TRACK CLUB  
c/o Robert E. DeCelle, Sr.  
P.O. Box 362  
Alameda, Calif. 94501

ATHENS ATHLETIC CLUB  
c/o Lew MacDonald  
118 Cambridge Way  
Piedmont, Calif. 94611

BURLINGAME TRACK CLUB  
c/o David Burns  
1109 Juanita Ave.  
Burlingame, Calif. 94010

CARLMONT ATHLETIC CLUB  
2504 Casabona  
Belmont, Calif. 94002

CORDOVA DUSTERS  
2649 Palo Vista Way  
Rancho Cordova, Calif. 95670

DIABLO VALLEY GIRLS TRACK CLUB  
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5545 Jasper Court  
Concord, Calif. 94521

EAST BAY TRACK CLUB  
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120 Scenic Drive  
Orinda, Calif. 94563

FIRESTRIDERS RUNNING CLUB  
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822 Alice St., #12 Engine  
Oakland, Calif. 94607

HERBERT HOOVER MEMORIAL BOYS CLUB  
400 Market Place  
Menlo Park, Calif. 94025

INDIAN TRACK CLUB  
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1411 Edgewood Drive  
Palo Alto, Calif. 94301

AGGIE TRACK CLUB  
c/o William C. Adams  
P.E. Dept. - UC. Davis  
Davis, Calif. 95616

ALUM ROCK RUNNING ASSOCIATION  
c/o Richard P. Kennealy  
3313 Tully Road  
San Jose, Calif. 95122

BRIDGEPORT ROAD RUNNERS  
c/o Jack Reneau  
P.O. Box 501  
Bridgeport, Calif. 93517

CALEDONIAN CLUB OF SAN FRANCISCO  
c/o Horace Crow, Jr.  
2222 Creekside Road  
Santa Rosa, Calif. 95405

CASTLEMONT TRACK CLUB  
c/o George Alan Mattern  
524 Post St.  
San Francisco, Calif. 94102

DALY CITY RECREATION DEPARTMENT  
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Daly City, Calif. 94014

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c/o Willie Dreyer  
P.O. Box GG  
Paradise, Calif. 95969

ELK GROVE ATHLETIC CLUB  
c/o Larkin Morse  
9673 Melrose Ave.  
Elk Grove, Calif. 95624

HANGTOWN HARRIERS  
c/o Ernie Marinoni  
5101 Newton Road  
Placerville, Calif. 95667

HYMAN'S ATHLETIC ASS'N OF SACRAMENTO  
P.O. Box 15774  
Sacramento, Calif. 95813

INTEGRA TRACK CLUB  
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1040 Steinway Ave.  
Campbell, Calif. 95008



JOGGERNAUTS c/o Paul Sebesta 1225 Weymoth Cupertino, Calif. 95014	LASSEN TRACK CLUB c/o Robert Wall 1400 North Street Susanville, Calif. 96130
MAD RIVER CLUB c/o Jim Hunt Golf Course Road Bayside, Calif. 95521	MARANON CLUB c/o Kent Rezowalli 671 So. Monroe St. San Jose, Calif. 95128
MARIN ATHLETIC CLUB c/o Ron Shafer 73 Vendola Drive San Rafael, Calif. 94903	MARIN TRACKETTES c/o Mrs. Lurana E. Hoetger 8 Homestead Road Mill Valley, Calif. 94941
MILLBRAE LIONS TRACK & FIELD CLUB c/o Dr. Harmon Brown 2335 David Court San Mateo, Calif. 94403	MILL VALLEY BLAZERS c/o John Garber P.O. Box 31, City Hall Mill Valley, Calif. 94941
MILPITAS TRACK CLUB c/o Keith Avera 545 Coakley Drive San Jose, Calif. 95117	MONTEREY PENINSULA ATHLETIC CLUB BOX 1247 Monterey, Calif. 93940
NAPA VALLEY RUNNERS CLUB c/o Clarence J. Hall 4516 Dry Creek Road Napa, Calif. 94558	NORTHERN CALIFORNIA SENIORS TRACK CLUB c/o Emmett Smith 2766 Summit Drive Hillsborough, Calif. 94010
NORTHERN CALIFORNIA TRACK AND FIELD ASS'N c/o Harry Young 2120 Adeline Drive Burlingame, Calif. 94010	ORINDA TRACK CLUB c/o D. Bailes 133 Selbourne Way Moraga, Calif. 94556
OTHERWAYS ATHLETIC CLUB (WOODSTOCK NATION AA) c/o Bob Deines 138 Monte Cresta Ave., #407 Oakland, Calif.	PAMAKID RUNNERS OF DALY CITY c/o Betty Cunneen 63 Clearview Dr. Daly City, Calif. 94015
PETALUMA PACERS c/o Doug Johnson 57 Baker Court Petaluma, Calif. 94952	PITTSBURG TRACK CLUB c/o Betty Nealon 123 Leland Pittsburg, Calif. 94565
PLEASANT HILL TRACK & FIELD CLUB c/o R.J. McGuire 2250 Castro Street Martinez, Calif. 94553	REDWOOD CITY STRIDERS c/o Mike Ipsen P.O. Box 868 Redwood City, Calif.
REDWOOD CITY TRACK CLUB 3829 Bret Harte Drive Redwood City, Calif. 94062	RENO ATHLETIC CLUB P.O. Box 2756 Reno, Nevada 89501
ROSEVILLE ATHLETIC CLUB c/o Gilbert Duran 1325 Susan Circle Roseville, Calif. 95678	SAINT GEORGE TRACK CLUB c/o Frank T. Quilantang 237 W. 6th Street Stockton, Calif. 95206



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San Francisco, Calif. 94133

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San Francisco, Calif. 94119

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3875 21st Street  
San Francisco, Calif. 94414

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Stockton, Calif. 95202

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655 Arastradero Road  
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Travis AFB Gymnasium  
Travis AFB, Calif. 94535

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c/o Hal Martin  
866 Via Manzanas  
San Lorenzo, Calif. 94580

WEST VALLEY JOGGERS & STRIDERS  
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Campbell, Calif. 95008

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SAN JOSE CINDERGALS  
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San Jose, Calif. 95112

SAN JUAN STRIDERS  
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3050 Edgehill Lane  
Carmichael, Calif. 95608

SOLANO TRACK CLUB  
c/o Greg Chapman  
155 Lain Drive  
Vallejo, Calif. 94590

STANFORD RUNNING CLUB  
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916 El Cajon Way  
Palo Alto, Calif. 94303

TELEGRAPH HILLS NEIGHBORHOOD ASS'N  
c/o Frank Geis  
1231 Grove Street  
San Francisco, Calif. 94117

THE OLYMPIC CLUB (SAN FRANCISCO)  
Don Pickett  
1800 Vistazo West  
Tiburon, Calif. 94920

UNITED SAN JUAN TRACK CLUB  
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2425 Tab Court  
Sacramento, Calif. 95825

WALNUT FESTIVAL ASSOCIATION  
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1840 Geary Road  
Walnut Creek, Calif. 94996

WEST VALLEY TRACK CLUB  
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603 So. Eldorado St.  
San Mateo, Calif. 94402



WILLS SPIKETTES  
c/o Will Stephens  
6349 Dorchester Court  
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\* \* \* \* \*

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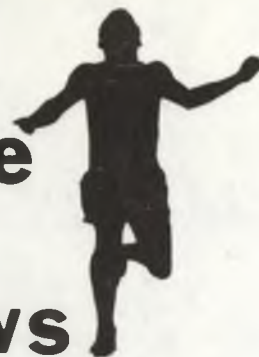
# NOTES



# NOTES



# Books on distance running from Track & Field News



- THE CONDITIONING OF DISTANCE RUNNERS.** Tom Osler's training ideas for the 10,000m. and up level.....\$1.25
- HOW THEY TRAIN,** Fred Wilt. Training programs of 140 runners, 880-10,000m.....Paperbound, \$2.00; Hard cover, \$3.50
- LONG DISTANCE RUNNING,** Hyman & Tulloh. British AAA instructional booklet by two ex-distance running greats..... \$1.50
- LYDIARD'S RUNNING TRAINING SCHEDULES.** Workout programs and schedules devised by Arthur Lydiard, coach of Halberg, etc. \$1.50
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