



WEST VALLEY

NEWSLETTER

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This Newsletter is published on a monthly basis by the West Valley Track Club of San Jose. It is a communication medium for WVTC members and all Northern California runners in general. Editorial matter, pictures, and race results should be sent to the editor: Jack Leydig, 603 So. Eldorado St., San Mateo, Calif., 94402 (Ph. 415-342-3181). This paper's success depends on you, the readers, so please send us any pertinent information on the Nor-Cal running scene that you would like to have printed. College, high school, age group and AAU material is welcome. Our publication is printed by Frank Cunningham. Photographers are Terri Mejia, John Marconi, Larry Winward, and others from time to time. Our cartoonist is Marin AC's Lee Holley.

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

THE 1970 NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL...

We are a bit behind schedule on our 1970 Annual but hopefully it should be on the Newsletter stand by the end of January. Again, the closest estimate we can give on cost is between \$1.00 and \$1.50. The price will ultimately depend on the number of pages and pictures we include. The Annual will be in booklet form (about 6½ x 8½) and will also have a thick cardboard cover, at least thicker than the regular pages. We will try to cover every facet of distance running in the Northern California area. There will be a section on the 1970 PA-AAU team, one for seniors, high school runners, women, and a lot of group shots. High points of 1970 will be reviewed. We have had very little help with pictures and for this reason we are behind schedule. **WANTED IMMEDIATELY:** Good contrast photos of top senior and high school runners, women runners, and closeups of large groups of runners. If you have any of these type pictures, please send them to the editor right away. If we can't use them you will get them back. If we use them you may have to wait several weeks before we send them back. On each picture, write the race and runners pictured and who the photo was taken by for credits in the Annual. The size of the photo is not important as we can reduce any size you send us. We need everyone's help so please take the time to look through your photo collection TODAY. Send us anything that you think might be worthy of printing.

During the month of December, West Valley TC gained three new members: Frank Cortez, Bob Crow, and Dave Powers.

Frank Cortez lives at 660 Hurlingame Ave., Redwood City (Ph. 366-9909). At 16 years of age, Frank has been running distance races for several years. Some of his better road races have come at the Dipsea (1968-1970), Clam Beach (1970), Novato (1969) and the PA-AAU Junior and Senior Cross Country Championships (1969). Before coming to West Valley, Frank competed for the Redwood City Striders (until July of this year).

Bob Crow is a veteran of Northern California road racing circuits and is currently attending UC Berkeley, where he is a senior. Bob lives at 2616 Dana St., Berkeley, 94704 (Ph. 848-2088) - school address. His home address is 325 E. Wyoming St., Fairfield, 94533 (Ph. 707-425-5113). Having just turned 22, he has best track times of 51.9, 1:56.5, 4:12.1, 9:05, 14:09.8 and 11 mi. 1008 yds. for the hour run. He has also run a 2:32:05 marathon and currently holds the all time best relay leg for the hilly second carry at the Lake Tahoe Relay. Before coming to West Valley, Bob competed for the Solano TC (until August of this year).

Dave Powers is currently attending San Diego State College but makes his home in San Francisco (289 Magellan Ave., 94116) (Ph. 566-8365). At the time of printing of this issue we did not have any information on Dave's best times. However, he recently ran in the Culver City Marathon and placed 21st (2:40:26) at his first-ever attempt in the 26 mile grind. More on Dave in next issue.

THIS AND THAT....

So all you WVTC members can keep your address books up to date, here are a few of our runners who have changed their addresses since last issue: Jim Sullivan now lives at 2366 Lucretia Ave., #4, San Jose (Ph. 289-8947). Larry Winward has moved across town to 1115 Haven in Redwood City (same phone as before).

West Valley's Willie Cronin has earned the title of fastest DSE runner for 1970 on the basis of six first-place finishes, and also a third and fourth place finish in Dolphin-South End races over the past year. He beat out Jim Gallon for the award.

West Valley's Jess Kreyling was running along in good position in the Terra Nova Invitational this past cross country season when he decided to make a last ditch effort to catch a few more runners over the last 100 yards of the race. As he did so, he suddenly fell to the ground and was unable to get up and finish. The reason... a broken leg. According to doctors, Jess had overdeveloped his muscles so that his skeleton could not adapt properly. During his final spurt to the finish line, Jess tightened up so much that he completely severed his left thigh bone, and was lucky not to have the bone pierce the flesh. Jess was in traction from November 1 to just before Christmas and must now wear a body cast (on the left side) that extends from his chest to his toes. The cast should come off sometime in mid-February. Doctor's say he will be able to run again but it will take a lot of work. Jess is eager to start training again and with this desire he should become one of West Valley's better runners in the years to come.

A correction to the results of the Daly City Hill Run as reported in last issue. The Olympic Club's Don Pickett was actually third senior to finish, not John Brennan. ** Bill Mackey was first senior finisher in the Lake Merritt 5 kilometer event. We would appreciate any other senior results from this race to make our point totals up to date.

West Valley high school runners Chuck Mork and Joel Jameson earned honors which placed them both on the All-Northern California high school cross country team, consisting of 22 runners. In addition, Jameson tied with two other juniors for All-Northern California Junior of 1970. Joel finished fourth in the C.C.S. Cross Country finals and Chuck won the N.C.S. Finals. Chuck has a 9:13.5 two mile and Joel a 9:29.0.

Pax Beale and Ken Crutchlow staged a marathon relay from San Francisco to Reno and ran into all kinds of unexpected trouble along the way. They finally made it in an elapsed time of about 67 hours!! Initially they alternated every three to five miles but cut this down to about a mile over the last 40-50 miles. They started on Christmas of all days. They actually had to jog around downtown Reno to wait for the reception committee to show up. Comedian Bill Cosby was supposed to run the last mile with Pax and Ken but only ran the last 100 yards or so. We will have a complete feature story on the exploits of these two great athletes in the February Newsletter.

1970 Dipsea Movie Report: Well, here is the "bad" news on the Dipsea Movie effort at Tamalpais High School in Mill Valley. For the uninformed, profit made from the movie was to be shared by participating clubs. Sadly, there was no profit. The loss was underwritten by Beale-Gorman Productions. The clubs did not risk any potential loss. Without being immodest,

most viewers seemed quite pleased in the film, considering the limited budget. I just wish we could have helped out the clubs. So many helped in varying ways, I won't start to mention names; you know who you are, and my personal thanks for your support. Regardless of the profit and loss statement, I think our mutual efforts were rewarding. Most people seemed to enjoy the movie, we had a chance to explain what running was all about to a few friends, and, of course, I think the tribute to Norman Bright was worth all the effort. Total expenses incurred in the making of the movie were \$2,499.93; total income was \$2,343.50. The net loss was \$156.43. This is so much better than last year's financial disaster, I almost feel good. Onward and upward...Pax Beale & Cameron Ninekirk.

BOSTON GROUP FARE: This year the West Valley Track Club is again sponsoring a group fare air ticket deal to the Boston Marathon. Last year we came up with about 4 short as I remember and therefore could not take advantage of the savings. This year we are going to try again, hopefully with better success. If you're planning on going to the Boston Marathon on April 19, or if you might be interested in going but aren't sure, here is a reason for going. The normal roundtrip fare to Boston is \$320. However, if we can get together twenty-five people, then the fare is reduced to \$256, a savings of \$64 or 20%. The group will leave S.F. International Airport on April 17 (Sat.) at 8:30 am on United Flight #92. Arrival in Boston is 4:40 pm (EST). Everyone must leave on this flight but can return on any date and flight they wish. If you think you might be interested in our group deal, please contact me (Jack Leydig, 603 S. Eldorado St., San Mateo, Cal., 94402 - Ph. 415-342-3181) IMMEDIATELY. We need to get our complete list by no later than March 15-20. You risk nothing by making reservations. Full details can be obtained by writing the editor of this paper. Don't wait...ACT TODAY!!
 *** Runners for next April's Boston Marathon will meet tightened standards, race director Will Cloney has announced. To be eligible for acceptance, runners will have had to meet several requirements: (1) To have completed an AAU-sanctioned full marathon (26 miles, 385 yards) within 3½ hours, including any previous B.A.A. event. (2) Or, have within the year completed a sanctioned race of 10 miles within 65 minutes, 15 miles in an hour and 45 minutes, or 20 miles within 2½ hours. Cloney pointed out, "We expect many of the world's best runners for the Diamond Jubilee race next Patriot's Day, so it is necessary to keep the field within bounds." There were 1011 starters in this race in 1970.

NEW TOTALS IN 1971 PA-AAU POINT RACE: This is the first listing of the point totals race for the 1971 PA-AAU All-Star team. We are still missing some results, but are printing totals for what we have to date. To our readers: if you have results for any of the following races please send them to us immediately. Don't wait for someone else to do it or we will never get them. We need the following: Senior results for the Lake Merritt 5 km. race only, all Chico 10 km. results, all Colfax results, all Alameda X-C results. *** Here is how our system works for the uninitiated. We have totals for both open competition and senior (over-40) competition. We choose only PA-AAU sanction races (with a few exceptions such as the Pepsi 20 miler). In any case, no out-of-Association races are considered. In open competition we only count points if the runner finishes in the top ten (a good runner is not penalized if he has a bad day now and then and finishes out of the top ten). In senior competition we only count points if the runner finishes in the top six (previously we counted the top five). The totals are figured by adding up the placings and dividing by the number of races to get an averaging places figure. This average place is once again divided by the races to get the final total. Thus, a runner need not be a winner all the time but if he runs well in enough races he has a chance to do well in the point standings. This is the reason for dividing the average placing by the number of races...to give a runner a chance if he competes in a lot of races. The lower the number, the better the rating. Delgado won last year's title with 0.119 and Peter Wood got the senior best with 0.107. Beginning with this issue, we will list the top 15 open competitors and top 9 senior competitors. Currently, the Olympic Club's Byron Lowry leads the open division with 0.400, an excellent early season total, good enough to place 10th overall last year. The West Valley Joggers' Bill Mackey holds a commanding lead over Peter Wood, last year's winner, in the senior division (0.222 to 0.312).

SENIORS

<u>Runner/Club (# races run)</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>Aver. Place</u>	<u>Rating</u>
Bill Mackey/WVJ (6)	4	2	0	0	0	0	1.33	0.222
Peter Wood/NCSTC (4)	3	1	0	0	0	0	1.25	0.312
Jim O'Neil/SFOC (9)	1	4	1	2	0	1	2.89	0.321
T.A. de Lusignan/Marin AC (7)	2	1	2	1	1	0	2.71	0.388
Don Pickett/SFOC (7)	0	0	3	1	1	2	4.29	0.612
Peter Mattei/NCSTC (5)	0	0	2	2	0	1	4.00	0.800
Ross Smith/WVJ (2)	1	0	3	0	0	0	2.00	1.000
Frank Harrison/NCSTC (4)	0	0	1	1	1	1	4.50	1.125
Flory Rodd/NCSTC (2)	0	1	0	0	1	0	3.50	1.750
Ed Preston/NCSTC (2)	0	1	0	0	1	0	3.50	1.750

OPEN

Runner/Club (# races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Byron Lowry/SFOC (5)	1	3	1	0	0	0	0	0	0	0	2.00	0.400
Duwayne Ray/unatt. (4)	2	1	1	0	0	0	0	0	0	0	1.75	0.458
Steve Dean/unatt. (2)	2	0	0	0	0	0	0	0	0	0	1.00	0.500
Darryl Beardall/Marin AC (6)	1	1	2	0	1	0	1	0	0	0	3.50	0.583
Ray Darwin/CCAC (6)	0	1	1	1	1	2	0	0	0	0	4.33	0.722
Bob Deines/WNAA (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
John Loeschhorn/NCTC (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
Bill Scobey/MR (1)	1	0	0	0	0	0	0	0	0	0	1.00	1.000
Jack Leydig/WVTC (3)	0	0	2	1	0	0	0	0	0	0	3.33	1.111
Adam Ferreira/TRR (4)	1	0	0	1	0	0	1	1	0	0	5.00	1.250
Jim Howell/WVTC (2)	0	1	0	1	0	0	0	0	0	0	3.00	1.500
Bill Clark/WVTC (2)	1	0	0	0	0	1	0	0	0	0	3.50	1.750
Chris Miller/WVTC (1)	0	1	0	0	0	0	0	0	0	0	2.00	2.000
Bill Kelly/WVTC (3)	1	0	0	0	0	0	0	1	1	0	6.00	2.000
Rich Delgado/WVTC (2)	1	0	0	0	0	0	0	0	1	0	5.00	2.500

We are not sure if Skip Houk is registered in the Pacific Association for 1971. If so, please notify us Skip. Skip has a second place finish and a rating of 2.000 to tie for 13th place if he qualifies. Ray Darwin runs for Culver City AC and John Loeschhorn runs for North Carolina TC, but both reside in the Pacific Association and so are included in the point totals. I am not sure if either can be legally voted on the Northern California Team for 1971 but we will still list them in our point totals. The totals include races up to the Los Altos Midnite Run.

WEST VALLEY MEMBERS: On December 20, the West Valley Track Club had its year-end meeting and elected officers for the coming year, 1971. Following is a summary of the meeting's business for those who were unable to attend.

There was one nomination for each office and all nominees were elected unanimously. Jack Leydig was re-elected President for his second term; Rich Delgado was elected Vice-President; Jim Howell was elected Secretary; and John Marconi is our new Treasurer. Marcel Hetu was re-elected as our correspondent for Invitational Indoor and Outdoor track meets.

The dues system was overhauled so that all athletes competing for a school, either high school or college, would not have to pay as much as a non-school member. If an athlete competes in either track or cross country for a school, he must pay \$5.00/year dues. If an athlete competes in both track and cross country for a school, he must pay only \$3.00/year dues. The normal membership fee (assuming non-competition on school level) is now \$10.00/year, payable in two \$5.00 payments or all at once. It was also decided that those not paying dues by the end of January would not receive their Newsletter until dues are paid unless approved otherwise by both President and Treasurer. All club members whose dues are paid up receive free Newsletters every month, either by mail or by some other means. Those whose dues are not paid must pay 25¢ per issue. If you have not paid your dues for the 1971 running season, fill out the attached dues form (back of paper) and mail your dues to Jack Leydig, 603 So. Eldorado St., San Mateo, Cal., 94402. I will pass them on to John Marconi and mail you your 1971 membership card. Checks should be payable to West Valley Track Club.

It was also voted that in the future all new members will purchase their running jerseys from the club (about \$4.00). In the past the club has provided members with jerseys but this has proved a drain on our treasury. Essentially, the purchasing of the jersey is like an initiation fee. For those under the old system who have still not received their jerseys, you will receive them shortly. The letters are in the process of being sewn on (courtesy of Mrs. Leydig) twenty-four new jerseys. If you still haven't received your jersey, please drop me a line with your size and I'll send it to you right away. Sizes are small, medium and large.

Plans were discussed concerning the upcoming West Valley Marathon (to be held March 7). This race will demand the help of all WVTC members to run smoothly. Let's show others how a race can be efficiently run. On the back of this issue is a list of jobs that need being done for the Marathon. Even if you are running the race, you can still help before and after. Sign up for the job(s) you'd be interested in and send the list back to me immediately. Time is growing short. We decided that the entry fee will be \$3.00. There will be no late entry fee, but if entries are not received by March 1, then they will not appear in the race program that will be given to all participants (this will be in booklet form). All finishers will receive "West Valley Marathon" T-Shirts. We will try and have enough to hand out to everyone at the race but will mail shirts to all that didn't receive them. In addition, we will seek to give numerous merchandise awards to as many finishers as possible. There will be awards (large medals most likely) in all divisions, including the top three teams. In addition, we will select a perpetual trophy for the winner. Much needs to be done in all phases of planning for this race so help out the club and sign up for a job today. If we don't get everyone's help the race will turn out to be sub-par in organization. We want this race to be the best organized run in Northern California if not the nation. We will have to work super-hard to beat the record set by the Trail's End Marathon at Seaside, Oregon.

Bill Clark has generously offered to raffle off his "USA Sweatsuit" that is too small for him to wear. All proceeds from this venture will go to West Valley's treasury. Tickets are 50¢ each and there is no limit to the number of tickets you can buy. All West Valley members will be given 5 or more tickets which to sell to friends. They must be either sold or returned before March 7, the date of the drawing (at the West Valley Marathon). If each club member sells only five tickets, this will bring about \$250 to the treasury! Remember, if the suit is too small for you to wear, you can always trade it to a foreign athlete or even a friend. He may have something you would like. Full instructions for selling and returning ticket stubs are attached to the back of the Newsletter for all WVTC members who have not yet received their tickets. Those members who attended the meeting already have theirs.

Other matters were discussed at the meeting; the most important of which was an attempt by the club to get a "non-profit corporation" status for taxation and other purposes. The San Diego Track Club is helping us out with some preliminary plans and our attempt will gather more momentum in the coming months. Anyone wishing to help out with writing up a new constitution and by-laws and helping with incorporation plans is advised to contact Jack Leydig. We need about 4 or 5 people on the committee.

We didn't have time to discuss plans on an awards and incentive system, possibly similar in form to the DSE system. This incentive program would consist of points based on training miles and race miles (or number of races, or a combination). At the end of the year we would have an awards banquet. This is still in the preliminary planning stages and we need help and ideas. Interested members should sign up with Jack Leydig.

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ADVERTISING

Our classified rates are 50¢ per line per month and 50¢ per square inch for reproduction of photos, sketches, large printing, etc. Special rates for extra large ads. All inserts of full size (8½ x 13) are \$5.00 per page per month. Actually, anything 8 x 10 or larger is the same price. Smaller inserts are proportionally less. All ads should be sent to the editor of this paper (see front page for address) by the last day of each month to ensure space in the following month's issue. Checks should be made payable to West Valley Track Club. Help us out and make this Newsletter a continuing success. You are not only helping yourself but amateur athletics as well.

RUNNING UNLIMITED: (Tiger Distributor) - Pete League, 1515 Cornell St., Berkeley, Calif., 94702 (Phone: 524-5205). Pete is usually at area road races with a good selection of racing flats, workout flats, and spikes, as well as racing shorts, singlets, insoles, workout gear, etc. Pete gives unusually fast service if he does not have your size in stock. Pete also gives a \$1.00 discount on the retail price of shoes for students and teachers. He just got a new shipment and his house is overflowing with merchandise. So if you've been waiting for that pair of Boston's, now is the time to buy.

THOUGHTS ON THE RUN: Runner's World editor Joe Henderson's unique new book has just gone on the market. It's the first book of its kind--dealing with the thoughts, experiences, and feelings that get to the heart of the sport and are common to all long distance runners. Includes over 150 topics, ranging from "addiction" to "fear" to "joy" to "relevance" to "why?". 116 pages, with many superb photos. Price: \$2.95 from Runner's World, Box 366, Mountain View, Calif., 94040.

1970 PACIFIC ASSOCIATION DISTANCE RUNNING ANNUAL: Our first attempt at a comprehensive look at road racing, 1970 style, in our association, is taking form and will be available in late January or early February. It will be in booklet form with hard cover, probably in excess of 30 pages, with many pictures, covering all phases of running in Northern California. Initially we hope to print 500 copies, so to make sure you get yours, order now from Jack Leydig, 603 So. Eldorado St., San Mateo, Cal., 94402. The price will probably be \$1.00 to \$1.50. Reserve your copy now (first come first served). Send no money (since we are unsure of the price). We will put you on our list and bill you later when we send you your issue. For further details on content, see first page of this issue.

WIN A PAIR OF "USA" SWEATS!! Win a "USA" sweatsuit, complete with large AAU patch. Bill Clark has generously offered to help out West Valley's treasury by raffling off the suit, which is too small for him. Tickets are 50¢ each, no limit. Two tickets are attached to this Newsletter. If you desire more, write the editor or contact any West Valley member. If you wish to validate your tickets, simply fill out both sides and mail the small stub (with 50¢ for each stub) to the editor. Checks should be made payable to West Valley Track Club if cash is not sent. I will validate the stubs by signing my initials on them once I have received them. Even if the suit is too small for you, you can trade it to a foreign athlete or friend. Remember, there is a good chance the U.S.-U.S.S.R. track meet will be at Stanford this year. You could acquire a Soviet warmup in exchange for these sweats. See back of ticket for drawing date. You need not be present to win. We will contact you.

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

1971 MARATHON HANDBOOK: This publication is a must for any marathon nut. It contains a 1971 marathon calendar, listing all the marathons in the United States and where to obtain entry blanks. In addition, the book will feature a combined look at Ron Hill, Derek Clayton, and Jerome Drayton, a story on women's marathoning, one on the role of age in the marathon, plus statistical lists (the U.S. list includes all runners who broke three hours during 1970). Order yours now from Runner's World Magazine, Box 366, Mountain View, Cal., 94040. The book will be available about mid-January. No price available at presstime.

UNIVERSITY SPORTS, 2455-S Old Middlefield Way, Mountain View, Cal. (Ph: 415-967-4150). A complete line of quality running shoes: HUMMEL-PUMA-REEBOK-TIGER. Bring in this ad (no need to clip out of paper, just bring Newsletter) for \$2.00 off on any one pair of spikes or flats. Hours: 10:00 to 5:30 Tues. thru Fri., (Closed Monday), Sat. 10:00 to 4:30.

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WEST VALLEY PORTRAIT

Harold DeMoss is 35 years old, single, and is employed as a pilot for Pan American Airlines. He received his B.S.E.E. degree from the University of Kansas in 1958 and currently lives at 1203 W. McKinley in Sunnyvale (Ph. 964-6638).

Harold is without a doubt one of the most improved runners in the Pacific Association over the past year. As a matter of fact, it was only a little over a year ago that he ran his first road race. He had been running for about three years prior to that but mostly for health purposes. Harold's competitive spirit opened up in several track races in 1968 and 1969. He set personal bests of 4:41.2 in 1968 and 10:30.2 in 1969. However, lacking basic speed, he feels his future lies in the marathon and longer races. In December Harold set a personal best in the marathon at Culver City by running a good 2:42:31 to finish in 29th place. His first marathon race was run at the Rocklin Regionals last March where he ran a 2:58:42. Considering he is beginning his second year of racing on the roads, a bright future lies ahead for Harold. A 16 minute improvement in 9 months time for a sub-3 hour marathoner is quite an achievement.

"Finishing any marathon is always a very satisfying feeling, but running at Boston and achieving a good time (2:48:42) was probably the greatest emotional experience of my life. My time at Culver City was very satisfying since I had been working since Boston to bring my times down." Incidentally, Harold was on about 2:37 pace at the twenty mile mark at Culver City but could not keep up the same effort over the last 6 miles. "I consider my 1:20:42 at the Berkeley-Moraga Race this year as another of my better races."

"I hope to improve well into my 40's and compete in the senior age groups. I consider myself a marathoner basically since I do lack basic speed, but I will occasionally run shorter races." Incidentally, Harold weighed in at 187 when he started running. He's now down to 130!

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PACIFIC ASSOCIATION PORTRAIT

Meet Mary Cortez: Redwood City, Calif. (Redwood City Striders). 5'2", 95 pounds, 17 years old (born Sept. 24, 1953) (Redwood City, Calif.). Single. Began running 2½ years ago. Coached by Mike Ipsen, Redwood City Strider Coach. Occupation: student.

TRAINING: Once per day, 5 days per week, 12 months per year. I average from 15 to 20 miles a week during track season and 25 to 35 miles a week during cross country. Longest ever training run - 15 miles.

BEST TIMES: 440 - 66 sec., 880 - 2:29, one mile - 5:29, 20 miles - 2:21:55. Favorite frequency of competition: once a week. Favorite distances: middle distance to long distance.

DESCRIPTION OF TRAINING AND RACING: My training is usually done at ¾ speed to all out. We work together as a group during practice. In races I try to stay with the leaders all the way through. - At the age of 17, Mary has proven herself as probably the best all around distance runner of our Association (for her sex). Admittedly she lacks basic speed, but she makes up for this with endurance. She is almost always the first woman finisher in area road races and could very well become a sub-3 hour marathoner in the not-so-distant future. Mary comes from a running family and she is sure to set as many records as her brothers. One of her most remarkable achievements came in the Double Dipsea race this year when she negotiated the course in 2:23:07.

- Jan. 17 - PA-AAU 20 kilo Championship Race, Woodside, Calif. (10 am). Pete League, 1515 Cornell St., Berkeley, Cal. 94702 (Ph. 524-5205).
- Jan. 24 - PA-AAU 15 kilo Championship Race, Napa, Calif. (10 am). Chuck Hall, 4516 Dry Creek Road, Napa, Calif., 94558.
- Jan. 30 - 20 mile cross country race, Woodside, Calif. (10 am). Redwood City Striders, c/o Mike Ipsen, Box 868, Redwood City, Calif.
- Feb. 6 - Channel to Lake 10 mile run, Vallejo, Calif. (10 am). Solano Track Club, Greg Chapman, 155 Lain Drive, Vallejo, Calif., 94590. (Ph: 644-9943).
- Feb. 6 - Sixth Annual Clam Beach Run, Trinidad (near Eureka), Cal. (8 miles) (3 pm). Dr. Ford Hess, P.O. Box 47, Trinidad, Calif., 95570.
- Feb. 6 - Fifth Annual Las Vegas Marathon, Las Vegas, Nevada (10 am). Dick Small, Chairman, 438 E. Sahara Ave., Las Vegas, Nev., 89105. Entry fee: \$4.00 for runners 19 and over, \$2.00 for runners 18 and under. Entries close midnite, Feb. 3, 1971. Late entry fee \$5.00 to all runners.
- Feb. 6 - Anaheim Marathon, Anaheim, Cal. (7 am) for open marathon. (1 pm) for World Masters Marathon, invitational. Entries from: Anaheim Marathon Day, Attn. Richard C. Doyle, 232 S. Lemon St., Anaheim, Calif., 92805.
- Feb. 20 - Searsville Lake Run. NEW COURSE. Woodside, Calif., 7.5 miles (10 am). Stanford Running Club, c/o Don Peterson, 916 El Cajon Way, Palo Alto, Cal., 94303.
- Feb. 27 - 8 mile run, Martinez (10 am). Northern Calif. Senior Track Club, c/o Luka Sekulich, 534 Darlene Drive, Concord, Cal. (Ph: 685-5185).
- Feb. 27 - Trail's End Marathon, Seaside, Oregon (11:30 am). Seaside Chamber of Commerce, Box 7, Seaside, Oregon, 97138.
- March 7 - West Valley Marathon, Burlingame H.S., Calif. (9 am). West Valley Track Club, Jack Leydig, 603 So. Eldorado St., San Mateo, Cal. 94402 (Ph: 342-3181). REGIONAL QUALIFYING MARATHON. WINNER WILL BE SENT TO NATIONAL AAU CHAMPIONSHIP MARATHON IN EUGENE, OREGON ON JUNE 6, 1971.

TRACK SCHEDULE

There will be a series of All-Comers meets at College of San Mateo's all-weather track. These meets will continue through the last Saturday in January (30th). Field events will begin at 11:30 am and running events at noon. Entry fee is 50¢ and there are both high school and open events, as well as some selected women's and senior's events if enough competitors are present.

There will be a series of winter All-Comers meets at San Jose City College going through the first Saturday in February (6th). These meets will begin at 9 am (previously announced as 11:30 am - not correct). Entry fee is 25¢.

At the final meet at the CSM all-comers, place ribbons and awards will be given. An athlete must have competed in two previous meets to qualify for a ribbon or award in the final meet. Showers and lockers are available, but the individual must supply his own towel, lock & soap.

- Jan. 9 - Qualifications for Examiner Indoor meet in certain events (mostly high school and collegiate) College of San Mateo in conjunction with regular All-Comers meet.
- Jan. 22 - Examiner All-American Games at the Cow Palace, Daly City, Calif. (indoors)
- Feb. 13 - Athens Club Invitational at Oakland Coliseum, Oakland, Calif. (indoors) (changed from last issue which indicated Feb. 20)
- Feb. 19 - Los Angeles Times Indoor meet. (correction: this meet has been scheduled for Feb. 12 instead).
- Feb. 19 - San Diego Invitational, San Diego, Calif. (indoors)

****Any additions or corrections to the above schedules should be sent to the editor of this paper at the earliest possible date. If you know of any all-comers meets, special races, postal competitions, or just friendly get-togethers for workouts, please let us know. The only way we can be of service to you is if we are informed. High school and college coaches are especially urged to help us out with schedules and results. This issue is by far our poorest coverage in several departments simply because we have not been sent the information.

RACE WALKING

For information concerning race walking scheduling, contact Bill Ranney, One Barker Court, Fairfax, Cal., 94930 (Ph: 456-2641); - We have about a half dozen walkers that regularly receive our Newsletter so let's hear from you concerning race results and scheduling and other race walking information that you'd like to see. We can't do a good job without results. A complete schedule should be out shortly (for the first 6 months) for 1971. I understand that there will be some walking events at the winter all-comers meets and Jim Bentley has said that he is going to be able to get one and two miles as well as 5 and 10 kilo walks at the All-Comers in the Stockton area.

Jan. 22 - S.F. Examiner Indoor meet - two mile walk - by invitation only. If you think you will or have qualified, let Bill Ranney know as soon as possible (I believe a 7:20 mile is qualifying time). He will handle the invitations for this meet and the Athens meet as well.

Feb. 13 - Athens Indoor Meet - Oakland Coliseum. A one mile walk by invitation only.

Ron Laird wins 10 km. track walk: Ron Laird won as he pleased over Jim Bean at a 10 kilometer track walk held in Altadena, Cal. on Dec. 12. Ron's winning time was 48:16.2. Other finishers that we know about: Jim Bean 48:58.6, John Kelly (41) 49:15.2, Steve Tyrer 49:43.0, John Hanna 50:55.6, Jim Hanley 53:06.6 (12 finished, 9 under 60 minutes).

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MISCELLANEOUS RESULTS

Knott Brothers Register Carnival Run Victories: Mike and Tom Knott emerged as winners of the Pleasant Hill Track & Field Club carnival as Mike, a recent All-East Bay and All-Northern California selection in prep cross country, won the 30 minute run nipping Joe Brennick, while brother Tom won the two mile walk. Dave Cantrell was winner of the Novice race with four miles, 1751 yards, while Dave Machholz recorded four miles, 1565 yards in the allotted 30 minutes. Mike Knott covered five miles, 1374 yards, while Brennick traveled five miles, 1279 yards. Tom Knott walked the two mile course in 14:56, beating runner-up Glenn Parker by almost two full minutes. Parker was timed in 16:26, while Terry Allen finished third with a time of 17:31. (Results courtesy of Bob McGuire)

Hanson and Haver lead Aggies to fast postal clocking: Bill Hanson and Ed Haver recorded excellent times of 13:51.0 and 13:52.5 for three miles on the Sacramento State track in leading the UC Aggie team to a 71:15 clocking. Third in the race was the Aggies Byron Spradlin in 14:20. The other members of the team were Axelson and Segel, although their times are not available. Both ran somewhere between 14:25 and 14:40. The race was held on November 19.

John Loeschhorn runs 16th in U.S.T.F.F. National X-C: John Loeschhorn, stationed at Hamilton Field in Marin County and winner of the PA-AAU Junior Cross Country title, helped his North Carolina TC team to a fourth place finish (122 points) in the U.S.T.F.F. Nationals in Pennsylvania on November 25 in 20^o weather. He finished 16th in around 30:05, although the exact time is not available. Florida Track Club, led by Frank Shorter, won the team title. Shorter won the individual time, edging out El Paso's John Bednarski by 0.6 seconds. His time for the 6 mile course was 29:01.4.

All-Comers Meet @ CSM (Dec. 12): (OPEN EVENTS) - 440 Yd. Relay: Stockton College (44.0); 60 Yd. HH: Vernon Young, West Hills TC (7.1); One Mile: Dan Best, CSM (4:22.7), Ron Genschmer, Sunset High (4:23.2), Daryl Zapata, SF Chuckers (4:25.0); 60: Clarence Jones, SJS (6.3), Lonny Brown, SJS (6.3); 440: Rich Cook, Chabot (50.0); 3 Mile: Noel Hitchcock, Sac. State (14:28.8), John Marconi, WVTC (14:57.8), Peter Marks, Woodside (14:58.8); 220: Howard Brock, UOP (22.5), Clarence Jones, Sac. State (22.5); 880: Frank Deryter, UOP (1:58.0), Art Reade, WVTC (1:58.9), Ron Pennington, Athens AC (2:00.6); Mile R: CSM (3:30.2); Javelin: Steve Hopkins, Stanford (220'6"); LJ: Elbert Holman, UOP (21'3-3/4"); HJ: Vernon Young, West Hills TC (6'4"), Tom Hancock, Butte Coll. (6'4"); SP: Greg Born, SJS (54'9"), Dave Harrington, Uplands (53'7 1/2"); TJ: Dale Krebs, Gunn HS (46'9 1/2"); Disc: Dave Harrington, Uplands (169'4"); PV: Bryan McDowell, Menlo Coll. (13'6"). (HIGH SCHOOL) - 440 R: Fremont (45.4), Washington TC (46.0); 60 HH: Tom Looz, Wash. Fremont (8.1), Mike Green, Wash. Fremont (8.1); One Mile: Jim Robertson, McClymonds (4:38.8); 60: Mike Thomas, Fremont (6.6); 440: Cirilo Morgan, Lincoln (52.0); 2 Mile: Tom Hale, Campolindo (9:22.8), Chuck Mork, WVTC (9:51.8), Mike Ruffato, Wash. Fremont (9:58.0); 220: Tony Watkins, McClymonds (23.9); 880: Jim Robertson, McClymonds (2:05.2), Dave Duncan, Livermore (2:06.3), Ron Genschmer, Sunset (2:07.7); Mile R: Wash-Fremont (3:39.7); Javelin: Mike Fitzpatrick (154'10"); LJ: Dale Krebs, Gunn (20'9 1/2"); HJ: Dave Allazella, Aragon (5'8"), Bill Stone, Campolindo (5'8"), Al Kelly, Wash. (5'8"); Disc: Tom Tatman, Mt. View (107'2"); PV: F. Lawler, St. Ignatius (12'0"). (WOMEN) - 440 R: Wash. TC (60.5); 60: Annette Marchan, Hayward (7.9); 880: Becky Morris (2:57.8).

All-Comers Meet @ CSM (Dec. 19): (OPEN EVENTS) - 440 R: Sac'to State (42.6), R.C. Striders (45.3); 60HH: Larry Livers, Athens AC (7.5); 60: Clarence Jones, Sac. St. (6.1), Ralph Ligons, Sac. St. (6.2), Lonnie Brown, Sac. St. (6.2), Jones, CSM (6.2); One Mile: Jack West, Butte Coll. (4:24.9), Humberto Hernandez, Cal State Hayward (4:27.0), Peter Marks, Woodside (4:33.3); 440: John Roberts, Castlemont (50.6), Dave Griffith, Sac. St. (50.8), Rick Thomas, Berkeley (51.0); 3 Miles: Arvid Kretz, Stanford (13:58.4), Tom Hale, Campolindo HS (14:39.0), Art Reade, WVTC (14:56.0); 220: John Pettis, SFS (21.8), Keith Bayless, Cal-St. (22.0), Stan Royster, unatt. (22.3); 880: Gary Hanson, unatt. (2:00.5), Jack West, Butte Coll. (2:00.8); Mile R: Cal-St. (Bayless, Hernandez, Serphen, Serphen) (3:28.4), Laney Coll. (3:30.4); SP: Bob Carlisen, SFS (49'11 1/2"); LJ: Dan Sarouhan (19'1-3/4"); TJ: Stan Royster, unatt. (43-2), Dale Krebs, Gunn HS (43-1 1/2); PV: Jim Eshelman, Stanford (13'6"); (HIGH SCHOOL) - 440R: Mt. Eden-Skyline (47.9); 60HH: Mike Green, Wash-SF (8.0); 60: John Roberts, Castlemont (6.5); One Mile:

Gorden MacMitchell, Gunn (4:33.9); 440: Bruce Veal, RC Striders (52.8), Gorden Snyder, SSF (53.1); 2 Mile: Bill Solomon, Monte Vista (9:48.8), Mike Ruffato, Wash-Fremont (9:56.0); 220: John Roberts, Castlemont (22.5); 880: Dale Krebs, Gunn (2:02.1), Dave Atkins, Campolindo (2:03.2); Mile R: Menlo (3:42.1); LJ: Dale Krebs, Gunn (20'10½"), Bruce Veal, RC Striders (20-8); TJ: Paton (38'8"); PV: Steve Trueman, Crestmoor (13'0"), Frank Lawler, St. Ignatius (12'6"); HJ: Louis Bartholomew, Fremont (6'7"), Paul Sullivan, LaSierra (6'2½"); Disc: Setoga (141'10"); SP: Jerry Gifford, Berkeley (51'4½"); (WOMEN) - 440R: RC STRIDERS (56.2), Wash. HS (58.8); 60: Annette Marran, Wash. TC (7.9); 440: Mary LeBlanc, RC Striders (64.1); 220: Mary LeBlanc, RCS (28.3). Addition: Open HJ - Tim Mayo, Delta JC (6'7").

All-Comers Meet @ CSM (Jan. 2): (OPEN EVENTS) - 440R: SF State (43.8); 60HH: Tom Waddell, unatt. (8.1); One Mile: Willie Eashman, Cal-St. (4:50.4); 60: Carl Cruz, RC Striders (6.2), Rich Cook, Chabot (6.3); 440: Rich Cook, Chabot (51.0), Don Webster, Cal-St. (52.4); 3 Mile: George Kirk, RC Striders (15:30.0); 220: John Pettis, SFS (22.2), Rich Cook, Chabot (22.3); SP: Dave McKenzie, Sac.St. (52'10½"), Dave Harrington, Uplands Harriers-Canada (52'1-3/4"); Disc: Mike Louisiana, BYU (181'10"), Dave Harrington, Uplands Harriers (181'6"), Pecar Zdravko, BYU (176'6"). (HIGH SCHOOL) - 440R: Castlemont (44.4); 60HH: Curly Bishop, Poly (8.2); One Mile: Joe Brennick, Ygnacio Valley (4:50.2); 60: Ernest Spencer, Ravenswood (6.3); 440: John Roberts, Castlemont (52.6); 2 Mile: Chris Cole, Chuckers (9:58.6), Peter Marks, Woodside (10:03.0); 220: John Roberts, Castlemont (22.6), James Shirley, Ravenswood (22.8), Ernest Spencer, Ravenswood (22.9); 880: Cirilo Morgan, Lincoln (2:13.8); PV: Frank Lawler, St. Ignatius (11'6"); LJ: Joel Koch, RC Striders (19'5-3/4"); Disc: Tim Zumwalt, unatt. (141'6"). (WOMEN) - 440R: RC Striders (60.8); 60: Frankie Riley, RCS (7.4); 440: Frankie Riley, RCS (64.5); 220: Betti LeChevalier, RCS (29.0); 880: Mary LeBlanc, RCS (2:48.6). Senior Mile (Examiner qualifying race): Bob Fries, NCSTC (4:57.6), Bill Mackey, West Valley Joggers (5:04.2), Peter Wood, NCSTC (5:05.3), Frank Harrison, NCSTC and Don Pickett, SFOC (no times available). Pentathalon: Chris Adams (3510), UC Berkeley (5-6, 6.3, 19-10, 48-9, 53.0); Sam Goldberg (3358), Woodstock Nation AA (6-0, 6.4, 19-2, 38-7½, 51.1); Bob Lindsay (3020), Cal-State Hayward (20-1½); Jon Hendershot (2699), Athens AC. VERY WINDY CONDITIONS.

U.S.T.F.F. Western Regional X-C: (Woodward Park, Fresno - Nov. 21) - 1. Arnie Kvalheim (Oregon TC) 30:08; 2. Knut Kvalheim (Oregon TC) 30:16; 3. Fred Dellinger (Oregon TC) 30:24; 4. Mike Manley (Oregon TC) 30:42; 5. Bill Norris (Oregon TC) 30:49; 6. Skip Houk (unatt.) 30:52; 7. Michael Macius (UOP TC) 31:01; 8. Dave Wilborn (Oregon TC) 31:03; 9. Curtis Terry (U. of Nevada) 31:05; 10. Fred Tibbitts (Cal Poly, SLO) 31:20; 12. Noel Hitchcock (Sac. St.) 31:29; 13. Mark Cameron (U. of Nevada) 31:35; 16. Bob Jamieson (Sac. St.) 32:00; 18. Kevin Furey (Sac. St.) 32:08; 19. Gogha (UOP TC) 32:16; 20. Danny Urutiaga (Cal-State/WVTC) 32:19. Teams: Oregon TC (15), Cal Poly SLO (74), Univ. of Nevada (95), UOP TC (108), Sac. St. TC (110), Spartan TC (168), Fresno State (171). - West Valley's Peter Duffy ran unofficially and placed around 11th. Charlie Harris also competed but failed to finish.

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WEST VALLEY TC FINISHES SIXTH IN AAU CROSS COUNTRY

(Nov. 28): Due to a mixup in scoring, West Valley Track Club moved from tenth place to sixth place overall in the National AAU Cross Country Championships held in Chicago. The Chicago papers had originally reported WVTC as finishing tenth with 224 points. However, upon receiving official results from Ted Haydon, West Valley actually finished in sixth place with 185 points. Highest finisher for the club was Bill Clark who took 14th in a time of 31:17. Next came Rich Delgado (48th, 32:11), Peter Duffy (56th, 32:29), Bill Kelly (84th, 33:01), Vic Cary (92nd, 33:06), Jack Leydig (103rd, 33:22), Sean O'Riordan (117th, 33:46), and Jim Howell (124th, 33:56). Other Northern California runners and their places and times: Don Kardong (3rd, 30:51), John Loeschhorn (40th, 31:59), Lee Ferrero (123rd, 33:54). The final top 15 teams and the respective point totals are: Pacific Coast Club (37), Florida TC (40), New York AC (129), Atomic City TC (146), North Carolina TC (148), West Valley TC (185), Eastern Michigan Univ. (191), Indiana Univ. (194), Univ. of Chicago TC (212), San Diego TC (218), East Tennessee State (237), U.S. Air Force (299), Central Indiana Striders (321), Cambridge Sports Union (335), and Eastern Washington State (359). A total of 25 teams finished along with 219 individuals. California took only three teams to the meet and came out 1-6-10. Many top runners didn't even finish in the top fifty places: they include Albie Thomas (32:13, 51st), Peter Fredrikson (32:16, 52nd), Dave Bailey (32:32, 58th), Bill Norris (32:33, 59th), Al Carius (32:34, 60th), Chuck LaBenz (32:46, 67th), Bob Maplestone (32:55, 75th), Ed Winrow (32:56, 76th), Jim Crawford (33:08, 95th), Tom von Ruden (34:54, 147th), Charles Messenger (34:56, 148th) and others. - After this fairly satisfying placing in the Nationals in their first try, West Valley will attempt to improve next year when hopefully runners like Alvaro Mejia and Doug Rustad and others can make the trip. Injuries hurt us all at once this year, but the club should be proud of its fine showing with the team it took. This indicates the team has fine depth and can place high even with several of its top five runners missing. Congratulations to all who went and thanks to all who supported our efforts. Next year we'll be shooting for the top three.

(Dec. 6): Starting in his usual slow manner and gradually picking up the pace, Sacramento State's Steve Dean warmed up for the PA-AAU Marathon by beating a good field in the Pepsi Twenty Miler at Sacramento over a very flat course. Byron Lowry's course record of 1:44 and some odd seconds still stands. Dean's winning time was 1:46:33.6, more than two minutes ahead of Mad River's Howard Labrie. The surprise of the race was without a doubt the 12th place finish of 9th grader Hugh Miller who ran a fantastic 1:55:29. Hugh is only 14 years old. He was first high school runner and came within only a few minutes of such stellar runners as Darryl Beardall and Doug Butt. Another 14 year old, Mitch Kingery of the Redwood City Striders, was 14th in an excellent 1:57:58, and was second high school finisher. The senior division was a tight one that saw Ross Smith of the West Valley Joggers edge out Jim O'Neil of the Olympic Club by a mere five seconds. O'Neil was followed closely by Don Pickett (SFOC) in 2:05:23. Smith had a time of 2:04:59. All three broke Paul Reese's senior record of 2:05:48. However, his record is still a best for 50 and over. Peter Mattei (47th in 2:06:10) and Bob Biancalana (48th in 2:06:25) closed out the top five in the very fast senior field. Mary Cortez, our Pacific Association Portrait for this issue, sped to a new women's record by finishing 114th in 2:21:55. There were 319 finishers, so you can see that Mary is in a class by herself. The Boitano kids, Mary Etta (7) and Mike (10), tied in a fine 2:41:54 to establish a new record winning time for the 10 and under age group. Athens AC's Goetz Klopfer beat a good many runners as he walked to 180th in 2:37:59, a truly remarkable performance. Bill Ranney was second (211th in 2:48:02). Since this was a Road Runners race, some affiliations are left out. I only put in those I know for sure. We are fairly sure that Marin AC would have won the title for best team (5-7-8-9). There is no way anyone could have beaten them with the standard 3 man team for over 30 km. Below are the top 40 finishers and their times: (West Valley's Peter Duffy ran 4th unofficially)

Table with 4 columns: Rank, Name (Affiliation), Time, Rank, Name (Affiliation), Time. Lists top 40 finishers including Steve Dean (1:46:34), Howard Labrie (1:48:40), Ron Elijah (1:50:11), Adam Ferreira (1:50:24), Don Makela (1:50:35), Noel Hitchcock (1:52:27), Darryl Beardall (1:52:38), Bob Gormley (1:52:54), Doug Butt (1:52:59), Lee Ferrero (1:55:02), Peter Reams (1:55:19), Hugh Miller (1:55:29), Steve Slawson (1:55:34), Mitch Kingery (1:57:58), Eric Ral (1:58:01), Edward Brady (1:58:08), Mike Yorbrough (1:58:45), Wolfgang Schmulewicz (1:58:47), Bob Jamieson (1:59:09), Douglas Essary (2:00:08), Lynden King (2:00:15), Nicholas Vogt (2:00:35), Joel Stein (2:00:40), Mike Brisbin (2:00:49), Randy Cooper (2:00:52), Pat Stordahl (2:01:15), Timothy Jordan (2:01:45), Mike Fornaciara (2:02:09), Bill Fairwell (2:02:24), Tim Lee (2:02:44), Mike Schultz (2:02:55), Curtis Duff (2:03:28), Mark Byers (2:03:49), Bob Giles (2:04:09), Fred Leoni (2:04:26), Ross Smith (2:04:59), Jim O'Neil (2:05:04), Tim Quinn (2:05:09), Randi Mittelstadt (2:05:20), Don Pickett (2:05:23).

***West Valley Finishers: 52 - Jim Bowles - 2:07:53, 59 - Frank Donohue - 2:09:20, 100 - Ted McRice - 2:18:50. (Harry Cordellos, the Association's great blind runner, finished 160th in a fine time of 2:32:25). - Additional WVTC finisher: 145 - Dan Stevens - 2:29:10.

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BYRON LOWRY FINDS WAY TO VICTORY AT CULVER CITY MARATHON

(Dec. 6): Many great things have happened in the Pacific Association over the past year and the Dipsea and 50 miler are just two of them. As a fitting final for 1970, the Olympic Club's Byron Lowry returned to Culver City to avenge his loss last year (if you could call it a loss). In 1969, Lowry, leading at 20 miles, took a wrong turn at a very poorly marked Y-intersection. In the process he led Fred Ritcherson and Chuck Smead, then running second and third, into the same mess. Only Smead managed to get back on the course and finish, but far back in the pack. This time Lowry made no wrong turns and led the entire distance to win in a great time of 2:21:07.6, sixth best time in the country this year I believe. Byron was pressed until about 20 miles by Bill Scobey in his first marathon attempt. Then Byron zipped away and scored a two minute plus victory. A total of nine runners cracked the 2:30 barrier in what was probably the best mass finish for Culver City. The weather started fairly cool but warmed up to about 80° by the end of the race, a bit too hot for those that took more than 2:30 to finish. Peter Mundle of the Santa Monica AA was first senior finisher in 2:41:50 (27th) to outdistance Owen Gorman by almost two minutes. T.A. de Lusignan of Marin AC ran a very good 2:46:31 to finish third senior and top NorCal entry in that division. About 400 started the race. Top finishers and all NorCal runners (over):

Santa Barbara AA was easily the team winner with their top three runners in the top eight positions and all under 2:30. Quite a marathon team!

1 - Byron Lowry (SF Olympic Club)	2:21:07	11 - Ray Darwin (Culver City AC)	2:34:10
2 - Bill Scobey (Mad River/Humboldt St)	2:23:23	12 - Ray Hughes (So. Calif. Str.)	2:34:44
3 - Peter Fredriksson (SDTC/Sweden)	2:25:46	13 - Dave Waco (Senior TC)	2:35:27
4 - Ed Goodfellow (El Camino College)	2:26:50	14 - Leonard Suarez (No. Ariz. U.)	2:35:45
5 - Bill Anderson (Santa Barbara AA)	2:27:15	15 - Dave Russell (OCTC)	2:36:49
6 - Skip Houk (unatt.)	2:28:25	16 - Roy Nilsson (unatt.)	2:37:20
7 - John Brennand (Santa Barbara AA)	2:28:44	17 - Orville Atkins (Senior TC)	2:37:53
8 - Mike Stamm (Santa Barbara AA)	2:29:13	18 - Bill Meredith (Glendale TC)	2:38:11
9 - Doug Schmenk (Westminster AC)	2:29:23	19 - Eddie Cadena (Athletes in Act)	2:38:35
10 - Phil Ryan (unatt.)	2:33:28	20 - Kenneth Moffitt (UCCY)	2:40:04

Northern California finishers: 21 - Dave Powers (San Diego State/WVTC) - 2:40:26, 29 - Harold DeMoss (WVTC) - 2:42:31, 34 - Ray Menzie (Marin AC) - 2:46:05, 36 - T.A. de Lusignan (Marin AC) - 2:46:38, 54 - Lee Holley (Marin AC) - 2:51:56, 64 - Steve Regas (Marin AC) - 2:57:23, Pax Beale and Flory Rodd (3:36:18). If we missed anyone let us know. (Reported by Harold DeMoss) ** Incidentally, we forgot to mention the great performance of Monty Montgomery, aged 64, who finished 62nd this year in a time of 2:56:47! Quite a performance I think.

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STEVE DEAN DEFENDS MARATHON TITLE, RUNS 2:24:44!

(Dec. 13): Sacramento State's Steve Dean didn't really start moving until around 10 miles, but when he did, he hauled in everyone, including front-running John Loeschhorn. In successfully defending his PA-AAU Marathon title, he clipped off over five minutes from his record and recorded a personal best in the process. His winning time last year was 2:29:59. This year the weather reminded many of the runners, including Steve, of the Boston Marathon. The start of the race was cold (low 40's) with a slight drizzle. As the race progressed, the rain came harder and so did the wind. Hands became numb from the cold and many dropped out before the finish line. A total of 340 started the race. Despite the cold weather, many of the runners, including at least the top five, recorded personal bests. Both Loeschhorn and Darryl Beardall dipped under 2:30 and West Valley's Jim Howell came close with a 2:31:04, knocking almost 12 minutes off his previous best time. Marin AC successfully defended its team title over West Valley (second last year too) with a score of 28 points. The Napa Valley Runners, led by Darren George's seventh place finish, were third team. Top senior was also a Marin runner, T.A. de Lusignan, who completed a successful one week marathon double, running 2:46:00 over the rolling course. Flory Rodd showed signs of getting back into shape with a fine time of 2:51:32 for second place in the senior division. Peter Mattei (67th, 3:03:10), Jim O'Neil (73rd, 3:04:44), Don Pickett (81st, 3:07:25), and Paul Reese (84th, 3:08:02) rounded out the top six seniors. Reese was first over 50. There were many other superlative performances. Natalie Cullimore ran a fine 3:32:05 for 146th place and fastest woman award. Next came Elaine Pedersen in 3:38:47 (161st). But the most outstanding woman's (hardly a woman yet though) came from 7 year old Maryetta Boitano who recorded a fantastic 3:57:42 to crack the four hour barrier. She ran over 30 minutes faster than she did last year. Now if only she can run 30 minutes faster next year, watch out! Several runners did not enter officially but recorded fast times and personal bests: Bob Crow was 2:32:05 and Tom Plum had a 2:39:???. Willow Glen High's Steve Peth was running along with Howell until about 13 miles but hung on to record a 2:42:04 for first high school runner. Steve Church followed in 2:45:06. The top 40 and their times:

1 - Steve Dean (Sac. State/unatt.)	2:24:44	21 - Lee Holley (Marin AC)	2:49:45
2 - John Loeschhorn (USAF)	2:26:24	22 - Mike Forrachai (HS)	2:50:27
3 - Darryl Beardall (Marin AC)	2:28:53	23 - Nicholas Vogt (??)	2:50:39
4 - Jim Howell (West Valley TC)	2:31:04	24 - Ken Adams (??)	2:50:55
5 - Russ Pate (Fort Ord)	2:36:06	25 - Flory Rodd (NCSTC)	2:51:32
6 - Sean O'Riordan (West Valley TC)	2:36:34	26 - Steve Regas (Marin AC)	2:51:39
7 - Darren George (Napa Valley RR)	2:36:45	27 - Bill Posedel (SFPD)	2:51:53
8 - Adam Ferreira (Travis AFB)	2:37:06	28 - Mike Basham (RC Striders)	2:52:34
9 - Bob Gormley (Marin AC)	2:40:54	29 - Greg Lyon (??)	2:52:36
10 - Ed Haver (Aggie TC)	2:41:10	30 - Ward Crary (Willow Glen HS)	2:53:31
11 - Denis O'Halloran (Maranon AC)	2:41:33	31 - George Manriquez (Mt. Pleasant)	2:53:53
12 - Joel Stein (RC Striders)	2:41:53	32 - Alan Pollard (??)	2:54:38
13 - Steve Peth (Willow Glen HS)	2:42:04	33 - Dennis Matthews (Solano TC)	2:55:10
14 - Steve Church (HS)	2:45:06	34 - Steve Regny (??)	2:55:58
15 - Ken Napier (West Valley Joggers)	2:45:23	35 - Keith Nowell (HS)	2:56:54
16 - T.A. de Lusignan (Marin AC)	2:46:00	36 - Tom Knott (Mt. Diablo HS)	2:57:14
17 - Terry Pintane (??)	2:46:36	37 - Jim Bowles (West Valley TC)	2:57:18
18 - Chuck Waldman (??)	2:47:01	38 - David Steye (??)	2:57:36
19 - Tim Docheff (17)	2:49:08	39 - Dick Cordone (??)	2:57:57
20 - Frank Vucci (??)	2:49:36	40 - Scott Matthews (HS)	2:58:09

Other West Valley finishers: 42 - John Sheehan (Aragon HS) - 2:58:15, ?? - Robin Nowinski - 3:38(?). We don't have complete results yet so those WVTC finishers that aren't listed here will be listed in the next issue.

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WEST VALLEY'S BILL KELLY WINS ALAMEDA CROSS COUNTRY CARNIVAL

(Dec. 19): West Valley's 4th place team man in the Nationals won his first Association race by beating Darryl Beardall and Ray Darwin. No times are available, nor are other places except in the senior division where we know Bill Mackey of the West Valley Joggers outran Jim O'Neil (SFOC) and Frank Harrison (NCSTC). We will have complete results for printing in February's Newsletter.

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BILL SCOBEY OUTSPRINTS BOB DEINES TO SET NEW MIDNIGHT RUN RECORD: 30:50

(Jan. 1): Chris Miller's three year old record was clipped by Mad River's Bill Scobey as he narrowly edged out Woodstock Nation's Bob Deines. The course record, set in 1967, was 30:53.2. Scobey clipped a little over three seconds off that, but he had to sprint hard over the last 200 yards to outkick a determined Bob Deines. Mike Dailey of the Redwood City Striders was a good third in 31:37 and then came the pack about another 40 seconds back. The winning team was Maranon AC with West Valley in second. West Valley's John Marconi took top high school honors by finishing in sixth overall with a time of 32:21. Randy Stahl of Homestead High was another 7 seconds back (woops - Stahl is no longer in high school!). Mike Hanigen was second high schooler and he was closely followed by John Sanchez and John Marshall. Peter Wood took senior honors by a large margin over Bill Mackey and Don Pickett. Wood was 41st in 35:46, Mackey 46th in 36:31, and Pickett 50th in 36:37. Frank Harrison was fourth senior runner in 85th (no time available). Mary Cortez took 90th place in 40:08 for top female honors. The race commenced at the stroke of midnight amidst a shower of confetti from the participants. A total of 167 finished the first race of the New Year. Below are the top 40 finishers and their times: (Race sponsored by Los Altos Crier and Runner's World)

1 - Bill Scobey (Mad River/Humboldt)	30:50	21 - Eddie Silva (West Valley TC)	33:41
2 - Bob Deines (Woodstock Nation AA)	30:55	22 - Bill Solomon (unatt.)	33:45
3 - Mike Dailey (RC Striders/Chico St.)	31:37	23 - Kent Rezowalli (Maranon/SJS)	33:47
4 - George Stewart (unatt./Okla. St.)	32:19	24 - Jose Cortez (Redwood City Str.)	33:49
5 - Darren George (Napa Valley Runners)	32:20	25 - Chris Berka (Maranon/Los Altos)	33:50
6 - John Marconi (West Valley TC)	32:21	26 - Dan Anderson (Valley TC)	33:52
7 - Denis O'Halloran (Maranon)	32:24	27 - Ray Menzie (Marin AC)	34:23
8 - Jon Sutherland (unatt.)	32:26	28 - Mike Brishin (Pittsburg TC)	34:29
9 - Bob Darling (Redwood City Striders)	32:27	29 - John Freemuth (unatt.)	34:31
10 - Randy Stahl (Maranon)	32:28	30 - Dave Hermosillo (West Valley TC)	34:35
11 - Mike Hanigen (??)	32:31	31 - Lester Mina (Alameda TC)	34:43
12 - John Sanchez (unatt.)	32:32	32 - Richard Hart (unatt.)	34:44
13 - John Marshall (Maranon)	32:44	33 - Ron Holloway (unatt.)	34:46
14 - Chuck Frosolone (Maranon)	32:45	34 - Ben Sawyer (Woodstock Nation AA)	34:54
15 - Bob Rubello (HS,unatt.)	32:51	35 - Joe Taxiera (Alameda TC)	34:56
16 - Chuck Waldman (Aggie TC)	33:00	36 - Ken Napier (West Valley Joggers)	35:00
17 - Bill Kelly (West Valley TC)	33:27	37 - Leo Morgan (unatt.)	35:14
18 - Bob Smith (unatt.)	33:31	38 - Vince Mendoza (Valley TC)	35:21
19 - Gary Miller (Mad River/Humboldt St.)	33:35	39 - Barry Buob (Modesto HS)	35:29
20 - Art Reade (West Valley TC)	33:37	40 - Matt Church (Maranon)	35:40

***Other West Valley finishers: 63 - Fred Mendoza - 37:37, 66 - Frank Cortez - 37:53, 73 - Bob Mignosa - 38:44, 129 - Frank Cunningham - (no time available). (Reported by Joe Henderson and Jim Howell).

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Additions: (Nov. 21) - Corvallis, Oregon: 4 mile XC - 1. Bill Scobey - 20:18, 2. Chris Carey - 20:23, 3. Mike Long - 20:28, 4. Dan Dreschell - 20:31, 5. Mike Lyons - 20:33, 6. Scott Jackson - 20:45. (Reported by Don Jacobs)

(Jan. 3) - Skip Houk won the Madera Marathon in 2:31 under very windy conditions. Cliff Clark was second. Hugh Miller was timed in 2:43 to set a new 9th grade and age 14 National record. Complete results in February's Newsletter. (Reported by Harold DeMoss)

We just received the Alameda TC X-C results too late for printing in this issue. Complete results in next issue. We still need the Colfax Carnival results. Someone in the Sacramento area, please send us these results right away. Still need complete Chico results too.



Bill Scobey ended Chris Miller's eight year win streak at the Los Altos Midnight Run and broke his three year old record by 3 seconds in the process. Shown during hour run. (Marconi photo)

Mary Cortez, featured in this month's Pacific Association Portrait, shown at Pierce Point Ridge Run. (Marconi photo)



Sacramento State's Steve Dean won both the Pepsi 20-Miler and PA-AAU Marathon, the latter in a record 2:24:44. Shown here during Las Vegas Marathon finish. (Leydig photo)

Harold DeMoss, featured in this month's West Valley Portrait, shown during the 1970 Rocklin Regional Marathon. (Marconi photo)

"HOW WAS THE RUN DEAR? IS THAT DOG DOWN THE STREET STILL BOTHERING YOU?"



Marin AC's 40 year old T.A. de Lusignan ran back-to-back 2:46 marathons in one week during December at Culver City & Petaluma.