



NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION
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The Northern California Running Review, formerly the West Valley Newsletter, is published on a monthly basis by the West Valley Track Club of San Jose, California. It is a communication medium for all Northern California track and field athletes, including age group, high school, collegiate, AAU, women, and senior runners. The Running Review is available at many road races and track meets throughout Northern California for 25¢ an issue, or for \$3.50 per year (first class mail). All West Valley TC athletes receive their copies free if their dues are paid up for the year.

This paper's success depends on you, the readers, so please send us any pertinent information on the NorCal running scene that you would like to have printed. We can always use good photos for our publication. If you have any good contrast, preferably black and white, photos, please send them to the editor of this paper: Jack Leydig, 603 So. Eldorado St., San Mateo, Calif., 94402 (Ph. 415-342-3181). Be sure and give names of those pictured, event being run, and any photo credits. Any size picture is ok since we can photographically reduce large prints (no negatives are necessary, we can work from the print).

Our publication is printed by Frank Cunningham. Photographers are: Terri Mejia, John Marconi, Larry Winward and others from time to time. Our cartoonist is Lee Holley of Marin AC. Some of the contributors for this issue are Bob McGuire, Plato Yanicks, Bob Rush, Harold DeMoss, Orbin Jones, Harry Young, Paul Reese, Bill Ranney, Manny Adriano, Marcel Hetu, Pete League, Mike Ipsen, Tom Bache, Bob DeCelle, and many others.

For our subscribers: you will notice that we are now mailing our publication by first class mail. There are several reasons for this. First of all, the third class mailing service has been terrible lately. Some of our readers didn't get their issues for almost two weeks after mailing, and that was in the Bay Area. The second reason that we went first class is because we reduced our typesize, thus enabling us to make most of our issues weigh under one ounce. The average cost of third class mailing was 8¢ per issue; for first class it was 18¢ per issue. Now with the smaller typeset we can afford to bring you first class mailing without raising the subscription cost. Our paper weighs approximately half of what it used to. -- You will also notice that we have computerized our address labels for faster service. The set of numbers following your name is the date (month and year) that your last issue will be mailed. At that time you will receive a renewal notice automatically. For those who paid \$4.50 for first class postage on the Newsletter, you will receive 3 extra issues for what you paid. This should be reflected in the date on your address label. Please keep us informed as to any address changes and make sure we have your address typed correctly, including ZIPCODE. If your ZIPCODE does not appear on the label, please send it to the editor.

Let us hear from you concerning form and content of our publication. We can always use helpful suggestions that would improve upon our coverage. All letters to the editor will be printed eventually, but try and keep them under 200 words if possible. We can always use results. Don't assume we have already received them. Women's, age group, high school, and collegiate results and schedules are needed most. We can usually pretty well keep up with AAU results.

THE 1970 NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL....

Due to technical difficulties, the publication date for the Annual has been moved to the end of February. The first issues will go on sale either at the Martinez 8 miler or at the West Valley Marathon, but no later than the Marathon. The cost of the 1970 Annual will be \$2.00.

Although it is not completely put together as yet, some of the contents (not necessarily in this order) will be: a complete list of all running clubs in the Pacific Association with addresses; other useful addresses and phone numbers; a list of all 1970 winners in PA Road Races, including times; a PA marathon list featuring all times under 2:50 run in 1970, all senior times under 3:20, and all women under 5 hours; a section on the 1970 Pacific Association team (top 7 based on votes at Lake Merritt Race); sections on senior runners, women, high schoolers, collegians, age group; highlights of 1970; a 1971 road racing schedule, including all PA races and many well-known "out of association" races; many pictures of individuals and groups of runners (at least 60); an advertisement section so you know where to order your running equipment; and more.... Initially we will print up 500 Annuals. If the demand goes beyond that, we will print more. The booklet will be approximately 6½ x 8½ inches and in excess of 50 pages. To order yours, simply write the editor and send along a check made out to West Valley Track Club for \$2.15 (extra 15¢ to cover anticipated postage).

CLUB NEWS

Since we have changed our name to the Northern California Running Review, we have decided to change our format slightly from past issues of the Newsletter. Incidentally, credit for the change-of-name idea goes to Paul Reese (see letters to the editor section). In past issues we had a section on West Valley's new members. We will still have this of course since the publication is still a West Valley publication. But we have decided to have a "Club News" section (also Paul Reese's idea) where any club could put pertinent news. As long as the news is pertinent to running and kept to a reasonable length, we will print it, possibly in edited form. We have to keep our issues to 5 sheets or less in order to keep our rates at \$3.50 a year. As long as the news is not "profit-making", we will print it in the "Club News" section. Material aimed at selling goods should be put in the Classified Advertisement section. Our advertisement rates have changed slightly...see Classifieds for full information.

WEST VALLEY TC CLUB NEWS:

During the month of January, WVTC gained a total of 7 new members, making this one of our better months. The new members are: Don Ramos, Mike Edmonds, Robin Nowinski, Vernon Rose, David Causey, Richard Greer, and Bob Greer. Don Ramos lives at 1531 Guadalahara Dr., San Jose, 95120 (Ph. 269-2163). Don is 31 years of age and is an excellent sprinter who attended San Jose State. Don's best marks include a 9.6 for the 100, 20.9 in the 220, 46.6 for 400m, 22-11 for the long jump, 5-10½ in the high jump, and 7:39.6

for the mile walk. He has also scored 6543 points in the decathalon. Mike Edmonds is one of a host of Fremont runners that joined WVTC. Mike lives at 253 St. Phillip Ct., Fremont, 94538 (Ph. 657-6802). At 16 years of age, he has best times of 10:40 for 2 miles and 5:13 for the mile. Mike has also run in a few road races, one of which was the Felton 9.2 miler last year in which he clocked 63:23. Robin Nowinski lives at 1425 Palm Dr., Burlingame, 94010 (Ph. 347-9660), and is 29 years old. Besides using distance running to take up his spare time, Robin also rows for the Stanford Crew Ass'n. He feels that distance work conditions him for competitive rowing. Some of his best times are: 440 - 54.2, 880 - 2:04.5, mile - 4:42, 2 mile - 10:08, and 10 miles - 56:00. He recently completed his first marathon in 3:48 (Petaluma). Vernon Rose (2268 Jackson, Fremont, Ph. 656-1451) is 17 years old and has times of 2:14 for the 880 and 10:57 for two miles. He has also long jumped 17-3. Vern hopes to run under 3 hours in the rugged Belmont Marathon. David Causey (40167 Barbara St., Fremont, 94538, Ph. 657-6682) is also 17 and has best times of 11:30 and 17:31 for two and three miles. He also likes road racing and has done the Woodminister, Emerald Hills, and Felton races recently. Robert (27) and Richard (16) Greer live at 39939 Barbara St., Fremont, Ph. 656-4948). Both enjoy road racing. Bob's best races have come at the Dipsea, Double Dipsea, Petaluma Marathon, and Magnan 20 miler. Needless to say, Bob likes the rough ones. Richard has also done quite a bit of road competition, including the Belmont Marathon, Dipsea, Woodminister, and others. He has fairly good speed as well with times of 5.8 for 50 yds., 11.0 for 100, 24.4 for 220, 56.4 for 440, 2:14.2 for 880, 4:57.0 for the mile, and 10:31 for 2 miles. A warm welcome to all our new members. -- Peter Duffy now has a phone: (702)-786-8752.

Sean O'Riordan is leaving San Jose to go to school at Washington State Univ. in Pullman and compete for the Cougar's track team this spring. He had a going-away party at his house in San Jose on January 30. About 60 people (possibly more) showed up to bid farewell to one of WVTC's "Fighting Irishmen".

In the past it has been the Newsletter's policy to list all WVTC finishers in local road races. This was done in the results section. Since we have changed our format somewhat, we will now list West Valley runners that do not score high enough to be listed in the result section, but we will do so in the Club News section. *** Further Petaluma finishers not listed in last issue: 128-Frank Donohue (3:27:31); 175-Robin Nowinski (3:48:07); 177-Ted McRice (3:50:18). *** We don't have complete results for the PA 20 kilo championships yet, but we know that Fred Mendoza finished 45th in 1:17:33. Complete list of WVTC finishers not mentioned here will be printed next time. *** Magnan 20 Miler: 33-Bob Greer (3:20:50); 34-Robin Nowinski (3:24:34). *** If we miss someone by mistake, please write and let us know. Sometimes names are spelled wrong or affiliations are mixed up on results and we inevitably miss people.

West Valley TC will have a short meeting after the Regional (West Valley) Marathon so stick around after the awards ceremony if possible. It should only take 30 minutes at most. We have to talk about plans for the Boston Marathon (anyone, no matter if you're a 2:20 runner or 3:20 runner, that is interested in making the trip to Boston and who needs financial help, should sign up for the trip.). We will try and help everyone we can, regardless of ability. This will probably be the only "far-away" trip we will be making off the West Coast as a club this year, so we can afford to spend a little to help out runners that want to go. We also have to talk about re-writing our constitution and by-laws and getting a non-profit corporation status so we won't be taxed by Uncle Sam. Those interested will sign up with Jack Leydig at the meeting. We also have to talk about setting up a point system for our awards banquet at the end of the year. And of course the Holy City Run is getting closer and we will have to hold a formal club meeting in early May to discuss plans for this race. So try and stick around after the Marathon so we can get something done.

West Valley TC will have a dual meet with Athens AC on April 10 (place tentatively Cal-Berkeley), but field events will most likely not be scored since we have very few, if any, field event men. There will be a walking event (probably one or two miles, depending on what the majority want). The time of the meet will be announced later. *** We should have had a list of upcoming track meets for this issue but didn't get the information in time, but anyone interested in competing in the big Relay Meets (West Coast, Modesto, etc.) should get in touch with me. I will try and get a list of events for next issue. We will hopefully get a four mile relay or distance medley team in WCR.

DOLPHIN-SOUTH END CLUB NEWS: Pax Beale was the winner of the high point trophy in the annual DSE point race, based on workout mileage and number of races run. Anyone interested in a rundown on the point system should contact a DSE runner. Pax managed to pull ahead of his nearest competitors by staging a runathon from San Francisco to Reno with Ken Crutchlow. He finished almost 100 points up on John Boitano (650-556). John Brennan had 551 in third. Pax had run 52 races during the year to John Boitano's 50, and Mary Lucille Boitano's and Mike Boitano's 49 each. Seven year old Maryetta Boitano was next with 48 races. Top mileage getter was Will Baptiste (3,520 miles), followed by John Brennan's 3,012 and Jim Gallon's 2,940. Fastest runner of the year trophy went to WVTC's Willie Cronin. The Boitano's and Cunneen's were the club's running families of the year. Other awards were presented, but we don't have any other than the above information for this issue.

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THIS-AND-THAT.... At long last the Pacific Coast is getting some National Championships. In 1971 the following Championships will be held in track and field and long distance running: Senior 20 km. Walk, San Francisco, May 23; Senior 30 km. Walk, Black Diamond, Wash., Sept. 6; Senior 35 km. Walk, Pomona, Cal., May 2; Junior 15 km. Walk, Santa Monica, Cal., Aug. 22; Junior 20 km. Walk, Portland, Ore., May 9; Junior 50 km. Walk, Hollywood, Cal., March 20; Junior Hour Walk, Stockton, Cal., March 13; Senior Marathon, Eugene, Ore., June 6; Senior 50 Mile, Rocklin, Cal., Oct. 17; Senior Cross Country, San Diego, Cal., Nov. 27; Senior Hour Run (and other locations throughout country, postal), Santa Barbara, Cal., July 24; Junior Hour Run, Santa Barbara, Cal., July 24; AAU Track & Field Championships, Eugene, Ore., early June (?). Is that enough for one year? California will also have two Regional Marathons: West Valley @ Burlingame on March 7, and Madera on April 4.

Three gigantic one day Veterans track & field meets are scheduled for the near future. All over-40 years of age qualify. Competition will be in 3 age groups (40-49, 50-59, 60 and over). Anyone who will be 40 by June 15, 1971, may compete. The dates: Saturday, March 6 and Saturday, April 3 - Tentative time schedule, no entry fee, no awards, meet at L.A. Valley College, 5800 Fulton Av., Van Nuys, CA. Also: Sunday, May 2, tentative starting time 9 am, entry fee \$1.00 total for any number of events entered. Limit of two trophies per man in individual competition. Only relay will be mile relay. Place: Chapman College, 333 N. Glassell St., Orange, CA.

Concerning the Pan-American Games Trials in the Marathon: The top two from the Nationals in Eugene, Oregon (June 6) will go to the Pan-American Games in Cali, Colombia...unless...the times in the Nationals are not under 2:25, in which case the top two times from the Regionals will go to the Games. That means that the Regional Marathons could be Pan-Am qualifying races if the Eugene Race is not fast enough. So everyone should try their hardest at both West Valley and Madera for a possible chance at making the team. Both West Valley and Madera are flat and fast courses. I have not heard anything about the Eugene course as yet. More information on the Burlingame race on the following page.

Concerning the West Valley Regional Marathon: There has been a slight course change from the one that was indicated on the entry blank. All corners will be marked clearly and there will be individuals with flags on race day so no problems should occur. The Hillsdale interchange by Bay Meadows Racetrack is slightly different. Runners will use the south onramp in both directions. Instead of going back Oak Grove to Carolan, the race will proceed left on Burlingame Ave. from Dwight, turn right on Carolan, and finish on the semi-circular drive in front of the main building at Burlingame High. The course is certified. Runners will run with the traffic at all times except during the first ½ mile or so on Carolan, and upon coming back Hillsdale Blvd. from Foster City. Full instructions will be given to runners on race day in their packets. Make sure that you send your entry in by no later than February 27 if you want your name listed in the race program (booklet form, similar to the Dipsea program). All competitors will receive a program, as well as spectators, as far as they go (about 500 will be printed). Entry blanks can be obtained by writing the editor of this paper. There will be awards in open, 18 and under, 14 and under, 40-49, 50-59, 60 and over, women, father-son, mother-daughter, 200-pounder, and team. All finishers will receive a special West Valley Marathon T-shirt. We expect about 60 merchandise awards or more. We have received five pairs of running shoes, two large travel bags, and many books on track and field and distance running, dinners, and a lot of smaller items. Everyone will get something if they finish the race. So far it looks like a very fast field as we've received notes of interest (some definite) from Alvaro Mejia, Byron Lowry, Bill Clark, Rich Delgado, Chris Miller, Tom Heinonen, Skip Houk, Leonard Suarez, and many, many more. We expect a field of 300 or more runners.

Boston Marathon Group Fare: Don't forget that West Valley TC is again trying to set up a group fare deal to the Boston Marathon this year on April 19. We need 25 individuals (runners or otherwise) to take advantage of the 20% savings (\$256 instead of \$320). We will leave San Francisco on the morning of April 17 and must leave as a group. Return trip can be made at your own convenience. We need to act fast since the list of those going must be turned in by mid-March. If you have any interest, please write for complete details (the editor). The qualifying standards this year are 3:30 or a comparable time at a shorter distance. The West Valley Marathon is a good place to try and get your qualifying time if you haven't met it already. So far we have had very little response so let's hear from you today. You lose nothing by signing up and making a down-payment. Everything is completely refundable should you decide not to go. Let's have a good group at Boston like last year. If you have never run at Boston, you owe it to yourself to do so. It's an experience you'll never forget; take my word for it!

NEW TOTALS IN 1971 PA-AAU POINT RACE: We are still missing some results for our point totals, but are going to list them anyway in the hopes that someone will come through for us with old race results. So far no one has. We need results, partial or complete (anything is better than nothing) of the following races: Lake Merritt 5 km., Chico 10 km., Colfax Carnival, and the PA 15 km. Championship (which I should get by next issue without too many problems). The former three races are long overdue for results (oh, we still don't have Dipsea results, does anybody? - don't need them for point totals but would like to print them at least). The only points that have been tabulated for the three races mentioned are: open results for top 5 at Chico, winner at Colfax, and top senior (we won't count open runners in this race) in the Lake Merritt 5 km. ** For the uninitiated: our open competition point race counts only the top 10 in each race. If a runner finishes out of the top 10, his points don't count. We add up the total places and divide by the number of races he has run (squared). Thus, a 3rd, 4th, and 5th place finish would be computed by: $(3+4+5)/(3 \times 3) = 1.33$. The lower the score, the better the rating. The same is done for the seniors, except we only count the top 6 finishers (disregarding open competition). Each month we print the top 15 open runners and the top 9 seniors. We had hoped to start a high school point race in AAU competition, but this hasn't been done yet for several reasons: one being the fact that some high school age runners (i.e. - Marconi) don't compete for a high school and so have a definite edge on other runners. The other problem is that most race results don't list ages, or if a runner competes in high school. Thus, unless I happen to personally know, it is very easy to make a mistake and leave out a runner who might be rated fairly high. Most high school runners don't compete enough in road races for me to get to know the names. The only possible solution is that someone send me a list of good high school runners or that individuals keep track of their own points and then send them to me at the end of the month. All our open and senior competitors should check my figuring and tell me if I've made a mistake or if there seems to be a discrepancy. The results below go up to the Vallejo 10 mile race, but only the top five open competitors are known in the 15 km. PA Championship and the Vallejo race; no senior results available for this issue. Only PA sanctioned races (with exception of Pepsi 20 miler) are counted. Ray Darwin, although competing for Culver City AC, lives in the association and is thus counted. Bill Mackey and Darryl Beardall are the two leaders. Mackey holds his lead and Beardall moved up from fourth to displace Lowry.

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Bill Mackey/WV Joggers (7)	5	2	0	0	0	0	1.29	0.184
Jim O'Neil/SFOC (9)	1	4	1	2	0	1	2.89	0.321
T.A. de Lusignan/Marin AC (8)	2	2	2	1	1	0	2.62	0.328
Peter Wood/Marin AC (5)	3	1	0	0	1	0	2.00	0.400
Don Pickett/SFOC (8)	0	1	4	1	1	1	3.63	0.453
Peter Mattei/NCSTC (6)	1	0	2	2	0	1	3.50	0.583
Ross Smith/WV Joggers (2)	1	0	1	0	0	0	2.00	1.000
Dave Stevenson/Stanford RC (4)	0	0	1	2	0	1	4.25	1.062
Frank Harrison/NCSTC (3)	0	0	1	1	1	0	4.00	1.333

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Darryl Beardall/Marin AC (11)	2	2	3	0	2	1	1	0	0	0	3.45	0.314
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	0.438
Steve Dean/Sac'to State (2)	2	0	0	0	0	0	0	0	0	0	1.00	0.500
Ray Darwin/Culver City AC (8)	0	1	1	2	2	2	0	0	0	0	4.38	0.547
Bob Deines/Woodstock Nation (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
John Loeschhorn/Hamilton AFB (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
Alvaro Mejia/West Valley TC (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
Peter Duffy/West Valley TC (2)	1	0	1	0	0	0	0	0	0	0	2.00	1.000
Bill Scobey/Mad River (1)	1	0	0	0	0	0	0	0	0	0	1.00	1.000

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Jack Leydig/West Valley TC (4)	0	0	2	1	0	0	1	0	0	0	4.25	1.062
Jose Cortez/RC Striders (4)	1	0	1	1	0	0	0	0	0	1	4.50	1.125
Adam Ferreira/Travis RR (5)	1	0	0	1	0	0	1	1	1	0	5.80	1.160
Charlie Harris/West Valley TC (2)	1	0	0	1	0	0	0	0	0	0	2.50	1.250
Chris Miller/West Valley TC (2)	0	1	1	0	0	0	0	0	0	0	2.50	1.250

LETTERS TO THE EDITOR

You're doing a great job on the West Valley Newsletter. My personal thought is that it should be re-titled "Pacific AAU Runner's Review" -- or something like that -- subtitled sponsored by WVTC, etc. Seems to me you could even sell pages or columns to different clubs. Hope to run (?) in your marathon...but am crowded these days, logging about 10+ hours at work, with all the turmoil. Couldn't even get over to the Napa 9 miler today. Keep up the good work. **** Paul Reese

ADVERTISING

Since we have changed format somewhat, our ads have changed a little concerning costs. We still charge 50¢ per line per month, but since we get more on a line, the 50¢ charge is for an 8½ inch page with normal type (12 characters per inch)...or actually a 7½ inch wide page with ½ inch margins to make 8½ inches. So for those wanting ads, you will still be billed at the same rate, 50¢ per line (7½ inches, 12 characters per inch). Since we are now mailing first class, the postage will go up with inserts. We now must charge \$15.00 per page (can be both sides) to break even on mailing costs. Large ads that we must photograph and produce ourselves must be sent to me for evaluation. Reduced rates will be given wherever possible. All checks for advertisements should be made out to West Valley Track Club.

TRACK & FIELD NEWS is there: wherever it is happening, on and off the track, we are there to cover it for you and report it in an interesting, objective manner. Now expanded to give periodic reports on women, seniors, age-group, track, walking, road racing, etc. 18 issues per year, \$6.00. The bible of track & field since 1948. Write for our complete catalog. Track & Field News, Box 296, Los Altos, Calif., 94022.

USTFF PUBLICATIONS: "Mechanics Without Tears," Fred Wilt. This excellent work-book contains virtually every aspect of the study of mechanics, presented in a test form, and utilizing a variety of question-answer techniques designed to emphasize pertinent facts. (123 pp) \$5.00. **** "Arthur Lydiard's Runners Bible," Arthur Lydiard. One of the world's best known distance runners brings you his techniques...the insights learned and other information as only he can tell it. This excellent work belongs in every library, \$5.00. **** "Jogging the Lydiard Way...Anaerobics vs. Aerobics," Arthur Lydiard. Jogging...as described by the man who has done so much for distance running throughout the world. This excellent publication will provide information for both the distance runner and the acquaintance interested in jogging for fun..., \$4.00. **** U.S. Track & Field Federation, P.O. Box 190, Tucson, Arizona, 85702.

RUNNING UNLIMITED: (Tiger Distributor) - Pete League, 1515 Cornell St., Berkeley, Cal., 94702 (Ph. 524-5205). Pete is now the largest Tiger distributor in California with a full line of all kinds of running equipment. Pete can usually be found around most of our area road races with racing flats, spikes, carrying bags, singlets, shorts, insoles, running books, and a variety of other products. If you are a student or teacher, Pete will give you a \$1.00 discount on the retail price of shoes. Currently Pete is overflowing with stock, so order now before he runs out of your size. Fast service if he is out of what you want.

1970 NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL: We are now taking orders for our newest publication which sells for \$2.00. Includes schedule for 1971, club addresses, marathon lists for open, senior and women, sections on all aspects of running in Nor Cal, 60 or more pictures, in booklet form, 60 plus pages. For further information, see page one of this issue.

WIN A "USA" SWEATSUIT: Time is running short if you want to take a chance on winning that "USA" Sweatsuit that West Valley Track Club is raffling. Even though the size is small, we have been assured by the National Office of the AAU that we can trade it in for any size we want should someone win it and have it not fit. The drawing will take place on March 7 at the West Valley Marathon Awards Ceremony following the race. Tickets are available from the editor or any WVTC member for 50¢ each, no limit.

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

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

1971 MARATHON HANDBOOK: This book is a must for every marathon runner. It contains 1971 marathon dates for all U.S. and many international races, sections on women's marathoning, 50 mile statistics, all-time U.S., Canadian, and World lists and 1970 lists that go to three hours for U.S. runners. Plus special articles on marathon running and many good pictures. Available from Runner's World Magazine for \$1.75, P.O. Box 366, Mtn. View, CA., 94040.

SPECIAL ARTICLE: "THEY RAN TO RENO".

Dateline San Francisco, Dec. 28, 1970 (Story by Pat McCrystle, from local Channel 7): The Dolphin South End Running Club gave a victory celebration last night for Pax Beale of San Francisco and Britain's Ken Crutchlow after the two had arrived so far ahead of schedule yesterday in their San Francisco to Reno two-man-relay, that no one was ready to welcome them. Beale and Crutchlow, dressed appropriately in "Stars and Stripes" and "Union Jack" sweatpants, covered 200 miles the first 48 hours, but numerous delays and re-routings by the friendly but stern Highway Patrol forced them to ascend the Donner Pass at near freezing temperatures at night. Once in Reno they ran one circle around downtown in order to give the press officials and the Reno Chamber of Commerce welcoming committee time to assemble. And comedian Bill Cosby, who was supposed to run the final mile, barely made it in time to greet them.

The trip was supposed to be non-stop, but Beale and Crutchlow were so far ahead of schedule that it was requested they stop in Truckee the last night of their run. They did, and with six hours rest, they averaged seven miles per hour for the last 41 miles. The official finish time came at 1:35 pm, nearly an hour before the projected time. They covered a total of 280 miles. Beale ran to accumulate enough training points for the annual Dolphin Running Trophy, and to promote interest in Health by emphasizing the importance of keeping fit. Beale, 41, is the administrator of Cathedral Hill Medical Center. Crutchlow ran to promote his lecture tour on "Running for Health", which starts(ed) January 22nd at the Dolphin Club, 8 pm. The tour includes schools, Sierra Clubs, and Ski Clubs.

WEST VALLEY PORTRAIT

Joel Jameson is 16 years old, and currently attends Watsonville High School where he is a junior. Joel's current address is 614 Orchard St., Watsonville, CA. (Ph. 724-5130).

Joel's best two mile time last year was something over 10 minutes, but this year his improvement has been just short of sensational. While lacking somewhat in natural speed (57-58 secs. for the 440), Joel has really turned into an animal in the distances. This past cross country season, Joel ran a 9:29.0 for two miles on the track, about a 45 second improvement over his previous year's best. He has done 2:04 for 880 yards, 4:32 for the mile (on the way to his 9:29 two mile), and 3:21 for the 1320 in spring of 1970. In the Central Coast Section Cross Country Finals last fall he ran 12:08 to place 4th over a 2.6 mile course at Golden Gate Park.

All three of Joel's most exciting moments came during last cross country season. His 9:29 two mile and 4th place C.C.S. finish helped earn him the title of "All Northern California Junior for 1970", a distinction which he shared with two other juniors. In earning this award, he was also placed on the All Northern California Cross Country Honor Team, consisting of the top 22 runners in NorCal high school circles.

His current goal is to run well enough during his senior year to get an athletic scholarship at a top flight university. If Joel improves as he did this year, a 9:00 two mile is not too far away, and this should earn him the track and cross country scholarship that he desires. Expect to hear a lot about this talented runner in the not too distant future.

PACIFIC ASSOCIATION PORTRAIT

Meet Don Pickett: Tiburon, Cal. (San Francisco Olympic Club). 5'9", 150 lbs., 43 years old, born Jan. 11, 1928 (Boise, Idaho). Married, two boys aged 13 & 15, one girl aged 11. Began running in 1944 at age 16 for Salem High, Oregon. Ran through 1948 and then stopped until 1964, when he began his push to become a top senior runner. Coached by Bill Bowerman as an Oregon frosh, but otherwise self-coached. Occupation: exporter of auto parts to Far East and Middle East.

TRAINING: Once a day, five or six days a week, 11½ months a year - 40 miles a week. Training varies slightly for late fall: long distance (50 miles a week), and Senior's track events: more speed work. I don't think I build enough strength by running enough miles, so I try to build quality into my workouts by pushing it a little. Longest ever training run - 24 miles.

BEST TIMES: (over 40) - 440 (57.0), 880 (2:11), mile (4:45), 2 mile (10:26), 3 mile (15:58), 1 hr. run (10 mi., 65 yds.), marathon (3:07:25). Favorite frequency of competition: every 2 weeks. Favorite distances: 1, 2, and 3 miles and the Dipsea; I do better on hilly runs in cross country.

DESCRIPTION OF TRAINING AND RACING: My average training week includes: Mon. - short hill run, hard 4 miles; Tue. - track work, 12-16 x 440 plus jogging; Wed. - indoor track at SFOC, fartlek work; Thur. - flat road run or interval training, 7 mi.; Fri. - no workout; Sat. & Sun. - competition or flat road run for 10 mi. I'm probably not as "competitive" as I should be except for certain track events and hills runs such as the Dipsea. The tougher the senior competition is, the more I shy away from it except on certain favorite runs. Actually I'm watching my own times mainly, which are still generally improving. This is a good sign and keeps me in the running for high senior placing. The high points in my career came in 1968 when I won the Dipsea in an actual time of 54:16, which I suppose could be a senior or at least a "modern senior" record. Not much information to go on as far as the old days are concerned. Also, I consider my second placing behind Peter Mundle in the U.S. Masters two mile and third placing behind Mundle and Packard in the three mile, a great thrill (1969). My other high point came during last year's Dipsea when I finished 13th after handicaps were adjusted. I was first finisher over 40 and regained the plaque I had lost in 1969. I'm looking forward to many more years of senior competition.

LONG DISTANCE SCHEDULE

- Feb. 20 - Searsville Lake Run, 7.5 mi., 10 am., Woodside. Don Peterson, Stanford Running Club, 916 El Cajon Way, Palo Alto, 94303.
- Feb. 20 - Ivanhoe Road Run, 6 mi., 11:30 am., Ivanhoe. Jerry Hobbs, 15616 Ave. 328, Ivanhoe, Cal. (Central Ass'n).
- Feb. 27 - Martinez Run, 8 mi., 10 am, Martinez. NCSTC, c/o Luka Sekulich, 534 Darlene Dr., Concord, Cal. (685-5185).
- Feb. 28 - D.S.E. Run, 4 mi., 10 am, Twin Peaks run.
- Mar. 7 - West Valley & Western Regional Marathon, 26 mi. 385 yds (Certified), 9 am, Burlingame, Cal. WVTC, c/o Jack Leydig, 603 S. Eldorado St., San Mateo, Ca. 94402 (342-3181). Winner sent to National AAU Marathon in Eugene, Ore. on June 6.
- Mar. 14 - One-hundred mile run, Sacramento, Cal. (time & place to be announced), Paul Reese, 2789 17th St., Sacramento (443-1549).
- Mar. 14 - D.S.E. Run, 5 mi., 10 am, around Lake Merced.
- Mar. 21 - PA-AAU 30 Km. Championship, 9 am, Monterey (new course). MPAC, c/o Ted Larson, 477 Grove Acres, Pacific Grove, 93950.
- Mar. 21 - D.S.E. Run, 6 mi., 9 am, Ocean Beach Run, opposite foot of Balboa (Playland).
- Mar. 28 - Blossom Hill Run, 8.3 mi. open and age group, 9:30 am, Napa. NVR, Chuck Hall, 4516 Dry Creek Rd., Napa, Cal.
- Apr. 3 - Lake Merced (Seniors only) Run, 5 mi., 9:30 am, San Francisco. NCSTC, John Boitano, 3875 21st St., S.F., 94114.
- Apr. 4 - Madera Regional Marathon, Madera, Cal. Dee DeWitt, 521 Willis, Madera, Cal. Winner sent to Natls. in Eugene on June 6.
- Apr. 10 - 14 mile run and barbeque, 11 am, El Dorado, Ca. Peter Mattei, 1000 North Point, San Francisco, 94109.
- Apr. 18 - DeAnza Ridge Run, 9 mi., 10 am, Cupertino. Jogger-nauts, c/o James Woodruff, 531 Benvenue, Los Altos, Cal., 94022.
- Apr. 18 - Daly City (D.S.E.) Hill Run, 6.4 mi., 10 am, Daly City. To top of San Bruno Mtn. and back.
- Apr. 19 - Boston Marathon, Boston, Mass. BAA, c/o Will Cloney, c/o Boston Garden, North Station, Boston, 02114. (Ph. CA7-3200).
- **Addition** Feb. 27 - Trail's End Marathon, 11:30 am, Seaside, Ore. Seaside Chamber of Commerce, Box 7, Seaside, Oregon 97138.

TRACK & FIELD SCHEDULE

- Feb. 19 - San Diego Invitational Indoor Meet, San Diego, Calif.
- Feb. 26 - National AAU Indoor Championships, New York, N.Y.
- Apr. 10 - West Valley Track Club vs. Athens AC dual meet, time and site to be announced at a later date.
- Apr. 17 - Pacific Coast Club vs. San Jose State at San Jose State tartan track.
- Apr. 23 - Mt. San Antonio Relays, Walnut, Calif. - three day meet.
- May 1 - San Jose State Invitational Track & Field Meet at San Jose State tartan track.
- May 8 - West Coast Relays, Fresno, Calif. - C.A. Warmerdam, Fresno State College, Fresno, Ca. 93726 (c/o athletic department).
- **Addition** Mar. 27 - Sacramento State College Invitational, c/o Stan Wright, Athletic Dept., Sacramento State College.

HIGH SCHOOL SCHEDULE

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| Mar. 27 - Gilroy Invitational at Gilroy (small schools only). | Apr. 24 - El Cerrito Relays, 10 am, El Cerrito High. |
| Apr. 3 - Kennedy Relays, 12 noon, at Contra Costa College. | Apr. 24 - Downey Games, 10 am, Downey High, Modesto, Cal. |
| Apr. 3 - Hill Invitational at Foothill College, Los Altos Hills. | Apr. 30 - Howard Brevick Invit., 5 pm, Mt. Diablo High, Concord. |
| Apr. 3 - King City Relays at King City High School. | May 1 - Woodland Relays, 10 am, Woodland High, Woodland, Cal. |
| Apr. 10 - Diablo Easter Relays, 11 am, Diablo Valley College. | May 1 - Santa Cruz Invit., site undecided as of presstime. |
| Apr. 17 - Blossom Hill Relays at Leigh High, San Jose. | May 3,5 - Diablo Valley AL Championships, Diablo Valley College. |
| Apr. 17 - Santa Rosa Invitational, 10 am, Santa Rosa High. | May 3,5 - Foothill AL Championships, site undecided. |
| Apr. 23 - 3rd Charley Eaton Invit., 5 pm, Miramonte, Orinda. | May 4,7 - Sequoia Dist. Trials, Finals, Sequoia HS, 2:30/7:00. |

COLLEGIATE SCHEDULE

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| Feb. 27 - Golden Gate Conf. Relays, 10 am, Chabot College. | Apr. 30 - Golden Gate Conference Finals, 6:15 pm, San Jose CC. |
| Apr. 24 - Northern Calif. JC Relays, 10 am, Modesto. | May 14 - Northern Calif. JC Trials, 1 pm, Modesto. |
| Apr. 28 - Golden Gate Conference Trials, 2 pm, San Jose CC. | May 22 - Northern Calif. JC Finals, 1 pm, Diablo Valley Coll. |

WOMEN'S & AGE GROUP SCHEDULE

- Feb. 20 - Age Group Winter Games, El Camino High School, Sacramento, 11 am, Walt Hyrkas.
Mar. 13 - Season Opener, Clayton Valley High School, Concord, 10 am, Norm Woods.
Mar. 20 - Wills Relays, Encina High School, Sacramento, Cal., c/o Will Stephens, Wills Spikettes.
Mar. 27 - Age Group Sectionals, Campolindo High School, Moraga, Don Bailes; San Jose Yearlings, Gary Gallego.
Apr. 3 - Relay Carnival, Mills High School, Millbrae, Dr. Brown, Millbrae Lions TC.
Apr. 17 - San Jose Open, San Jose City College, E. Agrabright, San Jose Cinderghals.
Apr. 17 - Hanford Invitational, Hanford High School, Hanford, Calif. (near Fresno).
Apr. 24 - Salinas Invitational, Hartnell College, c/o Dick Casper.
May 1 - Roseville Invitational, Oakmont High School, Roseville, Calif., c/o Gil Duran.
May 8 - Orinda Invitational, Campolindo High School, Moraga, c/o Don Bailes.
May 15 - Pentathlon/Triathlon Championships, Mills High School, Millbrae, c/o Dr. Harmon Brown, Millbrae Lions Track Club.

RACE WALKING

- Feb. 21 - San Francisco Golden Gate Park, tennis courts, 20 kilo walk, 10 am. (to be held on Senior National loop).
Mar. 7 - Northgate Shopping Center, north of San Rafael, 15 kilo handicap walk, 10 am.
Mar. 13 - Junior National One Hour Walk, Stockton, meet director: Mr. James Bentley.
Mar. 21 - Monterey 30 kilo walk to be held in conjunction with PA 30 kilo run Championships, 9 am.
Mar. 27 - Sacramento State College open 10 km. walk to be held with Invitational Track meet, 12 noon, c/o Stan Wright.
Apr. 18 - San Francisco State College Track, 10 mile open walk, 5 mile high school-novice, 10 am.
May 9 - Sunnyvale High School track, Sunnyvale (10 km.), 10 am.

*** For further walking information, contact Bill Ranney, One Barker Ct., Fairfax, Cal., 94930 (Ph. 456-2641). A list of all local (West Coast) National walking championships is on page 2 of this issue (at bottom). *** There is a new 1970 ruling that high schoolers can walk all year...even during their school's track and cross country seasons.

Stockton All-Comers 5 km. walk: (Dec. 5, 1970) - The first of what we hope will be a regular series, this walk had some added stature in that our new National Chairman, Charlie Silcock, acted as the Head Judge and official. The course was in a small park on the outskirts of town and made three loops of about 1 mile. Ranney took the lead followed by Hanley and Bean. Jim Hanley is not quite in his best condition, and faded just after 1.5 miles. Fast-improving Bean stayed too close until 2.5 miles. A good battle for 4th between James Bentley and Jerry Lansing, with Jerry getting ahead over the last 25 yds. No cautions, exceptional awards, including a "Stockton Race Walkers Style Award" which Bill Ranney was awarded in a close battle with Hanley and Bean. Ranney (22:35), Bean (23:14), Hanley (24:01), Lansing (27:11), J. Bentley (27:14), Phil Mooers (WVTC) (28:44), B. Bentley (??).

Petaluma, Marathon Walk: (Dec. 13, 1970) - Anyone that walked this race - or ran it - probably should have the inner-workings of the control center looked into very closely. The temperature never got above 40 degrees, and it rained as hard as it could thru the 30 mile an hour winds. Actually the last 45 minutes wasn't too bad, if you got that far. Only two walkers attempted this one. Ranney went through splits of 41:29, 1:22:42, 2:04:48, 2:46:40 and 3:35 (est. 25 mi.). Jerry Lansing went out in 50:00, 1:45, and 2:43 and we weren't advised if he finished or not. At any rate we don't have any further splits.

Lansing wins PA 20 kilo track championship: (S.F. State College, Dec. 27) - In the smallest turnout for any Association Championships under 15 miles that I know of -- Jerry Lansing walked his best time, and gave notice that he will be tough to beat in the upcoming Jr. Natl. Carl Alarcon returned to local walking with his second place. Tom Knott of Pleasant Hill Track & Field Club walked a mile in 7:42 the same day. Lansing's winning time was 1:47:58.3 (53:50 at the 10 km.), and Alarcon was 2:10:30.

Laird tromps field in Examiner Mile Walk: (Jan. 22, Cow Palace) - Ron Laird of the So. Calif. Striders set an American Games and Cow Palace record of 6:35.2 as he litteraly walked away from a strong field and beat Runnerup Bill Ranney by over 20 seconds! Ranney's time was 6:55.9, followed by Mike Brodie (who held the old record of 6:38.0) in 7:14.5. Bob Kitchen (Athens AC) and Manny Adriano (West Valley TC) finished in 3rd and 5th with times of 7:12.0 and 7:17.6, but were disqualified, as was West Valley TC'er Wayne Glusker (finished either right in front of or just behind Brodie) on the last lap. This was Wayne's first big walking race and this shows a promise of better things to come.

THE 1970 ALL NORTHERN CALIFORNIA CROSS COUNTRY HONOR TEAM

The selection of the High School team was sponsored by the NorCal Track & Field Ass'n (Harry Young, Pres.). Coaches committee composed of Plato Yanicks, Bob McGuire, Bob Wall, Lou Bufkin, Terry Ward, Ken Thomas, Carl Renner, and Bob Woods. The selection committee could not come up with one outstanding runner of the year due to the closeness of the competition. In head to head competition, Hart beat Mork and Templeman, in the Natl. Postal Meet, but lost to Templeman in the Section Meet. Outstanding frosh was a tie between Hugh Miller (Jesuit of Carmichael) and Kelly Lawson (San Carlos). Top sophomore was Carlmont's Steve Miller. No agreement could be made on the outstanding junior (Brooks, Jameson and Grubbs were top contenders). The twenty-two runners who made the team, listed alphabetically: Jim Anderson (Ygnacio Valley), Mike Arago (Tamalpais), Guy Arthurholt (Modesto), Steve Brooks (Mt. Pleasant), Dave Chamness (Awalt), Juan Garcia (Watsonville), Ron Genschmer (Sunset), Bob Grubbs (Washington, Fremont),

Tom Hale (Campolindo), Mike Hart (Willow Glen), Joel Jameson (Watsonville), Mike Knott (Mt. Diablo), Lyle Lough (Lassen), Mark McConnell (Soquel), Steve Miller (Carlmont), Chuck Mork (Washington, Fremont), Ed Noyes (Soquel), Randy Palmer (Piner), Fred Robles (Lassen), Karl Schacterle (San Juan), Hans Templeman (Carlmont), and Mike Tolleson (Mira Loma). The North Coast, Central Coast, Northern, San Joaquin, San Francisco, and Oakland sections were represented.

TRACK & FIELD AND MISCELLANEOUS RESULTS

Flory Rodd of the Northern California Seniors TC, who was reportedly giving up in his attempt to run 12 marathons in 12 weeks, has gone all over the country so that he could run one a week since Culver City. He has run under 3 hours in all he has attempted since Culver City (including Petaluma, Atlanta, Madera, Mission Bay, and one in North Carolina, plus others we haven't heard about). His time at the Atlanta (Peach Bowl) Marathon was a superb 2:48:30 which netted him 16th place. Jack Bachelor won in 2:22:00.

We don't have any results from the San Jose City College All-Comers series this winter because none were printed up and I was unable to get ahold of results in the papers. However, on Feb. 6 (the last meet), we know that San Jose State's Buck Black ran a good early season 1:54 for 880 yards. Any other results would be appreciated so we can get them into the March issue.

All-Comers Meet @ CSM (Jan. 9): (OPEN) - 60: John Pettus (SFS) 6.3; 60HH: M. Fowler (NCC) 8.0; 220: Pettus 22.0; 440: Larry Woods (Athens) 50.7; 880: Jim Loftus (Santa Clara) 1:59.5, Santiago Gordon (Athens) 2:00.0, Geo. Stewart (un.) 2:02.3; Mile: Lt. Cliff Clark (USAF) 4:10.0, Arvid Kretz (Stanford) 4:10.2, Peter Duffy (WVTC) 4:13.2, Ralph Lee (Athens) 4:14.5; 3 Mile: Kretz 14:17.2, Clark 14:22.6, Steve Mathers (Nevada) 14:59.4; Mile R: Cal State (T. Sershen, Murphy, Webster, Gobleman) 3:22.7; PV: Eric Barney (Athens) 13-0; Jav: Max Drake (Fresno Pacific) 190-6; SP: Dave McKenzie (Sac. St.) 52-11, Dave Harrington (Upland Harriers) 51-8; LJ: Ron McFadden (CSCH) 21-0½, Fowler (NCC) 20-8; TJ: Fred Tinsley (CSCH) 39-10½, Tom Paton (SM High) 39-8½; HJ: Clyde Sadler (un.) 6-4; Disc: Harrington 169-8, McKenzie 155-11; - (HIGH SCHOOL) - 440R: Mt. View 49.5; 60: Avery Shelton (Merced TC) 6.8, Ottis Ginoza (Mt. View) 6.8; 60HH: Carl Johnk (MA) 10.0; 220: Ted Overton (Colusa) 23.3, Ginoza 24.0, Ed Dowell (NCSTC) 24.5; 440: Ron Crowell (Skyline) 54.5; 880: Cirilio Morgan (Lincoln, SF) 2:01.1, Dan Hughes (Vanden) 2:04.8; 2 Mile: Wolfgang Schmulewicz (Lincoln, SF) 9:54.4, Harold Luna (Merced TC) 9:55.0, Dave Taylor (Merced TC, soph) 10:05; PV: Frank Lawler (St. Ignatius) 12-0, Craig Constantine (Mills) 12-0; SP: Tom Perry (un.) 43-10½; LJ: Tom Paton (SM High) 17-6½; HJ: Paul Sullivan (LaSierra) 6-1, Tim Outman (SSF) 5-11; Disc: Eric Olson (Petaluma) 131-8; - (OTHER) - Sr. 60: Ed Dowell (NCSTC) 7.1, Stan Dowell (NCSTC) 7.1; Grade School 440: Bill Davis (Salinas TC) 65.4, Mark Rodriguez (Salinas TC) 68.3.

All-Comers Meet @ CSM (Jan. 16): (OPEN) - 60HH: Kirk Davis (CSCH) 7.6; Mile: Willie Eashman (CSCH) 4:16.2, Art Reade (WVTC) 4:18.1, Ron Genschmer (Sunset High) 4:23.0; SP: R. Bakkensen (Stanford) 49-3; Disc: Doug Adams (Stanford) 148-6; 60: Oscar Jones (Nairobi Club) 6.2; LJ: Ron McFadden (CSCH) 21-6½; 440: Ron Pennington (Athens) 49.6; 3 Mile: Peter Duffy (WVTC) 13:58.8, Bill Clark (WVTC) 14:04.2, John Sheehan (WVTC/Aragon) 15:03; HJ: Clyde Sadler (un.) 6-4; 220: Adrian Rogers (Castlemont) 22.0; 880: Santiago Gordon (Athens) 1:58.9, Dan Best (CSM) 1:59.4, Humberto Hernandez (CSCH) 1:59.4; Mile R: Cal-State (Parker, Waters, Bayless, Kermit) 3:31.1, WVTC (Kotsulis, Duffy, Leydig, Reade) 3:37.8; TJ: Mike Ipsen (RCS) 40-1; - (HIGH SCHOOL) - 440R: Oakland Tech (Thomas, Peters, Watson, Simpkins) 43.8, Castlemont 44.6, Berkeley 44.9; 60HH: Tom Looz (Wash-Fremont) 7.9; Mile: Dan Hughes (Vanden) 4:29.2, Butch Alexander (Sonoma) 4:34.1, Steve Bond (Petaluma) 4:38.2; SP: Tom Banducci (Serra) 46-4½; LJ: Larry Bowman (Castlemont) 19-10; 60: Mel Washington (Lincoln) 6.4; 440: Brad Coleman (Oak Tech) 52.4; Disc: Setoga (SSF) 147-9; HJ: Jerry Coleman (Castlemont) 6-2, Robert Rodgers (Castlemont) 6-0½; PV: Frank Lawler (SI) 12-0, Rod Doshier (Alameda) 12-0; 220: Mel Washington (Lincoln) 22.8; 880: Ron Genschmer (Sunset) 2:02.1, Butch Alexander (Sonoma) 2:04.5, Rob Kolberg (Ygnacio Valley) 2:04.8; Mile R: Castlemont (Bowman, Scott, Rodgers, Roberts) 3:35; - (WOMEN) - 60: Celina Green (Washington) 7.8; 440: Shirley Booth (un.) 60.3; - (SENIORS) - Mile: Peter Wood (NCSTC) 4:47.0, Frank Harrison (NCSTC) 4:57.0; 60: George Brown (NCSTC) 7.4, Al Guidet (NCSTC) 7.4. Addition: Girls 220: Booth (27.3), Celina Green (Washington) 28.5; Open PV: Greg Miguel (Athens) 14-6, Bryan McDowell (Menlo) 14-0.

All-Comers Meet @ CSM (Jan. 23): (OPEN) - 440R: SF State (Odums, Shields, Pettus, O'Neil) 43.2, Fresno State (Hurd, Besse, Davis, Temple) 43.2; 60HH: Mark Lindsroog (Fresno) 7.5, Mitch Fowler (Navajo) 7.5; Mile: Ron Genschmer (Sunset High) 4:22.1, Jim Dare (US Navy) 4:24.5, Bob Naninga (un.) 4:24.5; 60: John Pettus (SFS) 6.2, Reggie Davis (Fresno Pac) 6.3; Jav: Mike Lyngstad (SCS) 231-8, Max Drake (Fresno Pac) 192-9; LJ: Fowler 21-9 3/4, Derrick Williams (CCSF) 21-6 3/4; 440: Jim Dick (Fresno Pac) 51.6, Steve O'Neil (CCSF) 51.6; SP: Dave McKenzie (Sac. St.) 54-0½; HJ: John Radetich (OSU) 6-8; Gary Dilby (RCS) 6-0½; 3 Mile: Bob Crow (WVTC) 14:44.8, Kevin Dougherty (un.) 15:15.8, Dale Severy (un.) 15:18.4; 220: Pettus (SFS) 21.5, Larry Shields (SFS) 22.0, Reggie Davis (Fresno Pac) 22.4; 880: Jim Loftus (Santa Clara) 1:59.5, Bob Naninga (un.) 1:59.5, Mike Elder (Fresno Pac) 2:00.9; TJ: L. O'Neil (Laney) 44-6 3/4, Williams (CCSF) 44-2½, Aldredge (Fresno Pac) 43-11 3/4; Disc: Dave Harrington (Upland Harriers) 168-8, Steve Davis (Stanford) 163-5; Mile R: Fresno Pacific (Dick, Thompson, Elder, Davis) 3:32.6, Fresno Pac. "B" 3:34.3; PV: Dan Wennerlind (Fresno Pac) 12-0; - (HIGH SCHOOL) - 440R: Berkeley 45.8; 60HH: Tom Looz (Wash-Fremont) 7.9, Craig Van Anne (Wash-Frmt) 8.0; Mile: Dan Hughes (Vanden) 4:27.2, Dan Graham (SI) 4:35.2; LJ: Steve Trueman (Crestmoor) 21-0 3/4, Bruce Veal (RCS) 20-10; 60: Chuck Bommarito (Crestmoor) 6.4; SP: Rick Baldwin (Wash) 50-0½; 440: Rick Timms (Berk) 50.6, Gerald Morgan (Castlemont) 51.4, John Green (un.) 53.1; HJ: Bill Stone (Campolindo) 6-0½; 2 Mile: Ron Genschmer (Sunset) 9:38.0, Brad Duffey (Chuckers) 9:38.5, Ed Schelegle (El Camino) 9:50.8; 220: Ted Overton (Colusa) 23.0, Chuck Bommarito (Crestmoor) 23.2; TJ: Holliman (Berk) 43-11 3/4, Figoni (Riordan) 42-6½, Paton (SM) 40-5; 880: Rick Tims (Berk) 2:05.0, Gary Hicklin (Crestmoor) 2:05.3, Steve Bond (Petaluma) 2:05.6; Mile R: St. Ignatius (Perez, Kelly, Enright, Gilmore) 3:36; PV: Steve Trueman (Crestmoor) 13-1; Disc: Setoga (SSF) 149-11; - (WOMEN) - 440R: RCS (LeBlanc, Vaughan, Fitzpatrick, Riley) 52.3; 60: Frankie Riley (RCS) 7.5; HJ: Fitzpatrick (RCS) 4-10.

All-Comers Final Meet (CSM) - Jan. 30: (Awards presented) - (OPEN) - 3 Mile: Cliff Clark (USAF) 13:46.6 (top American mark so far to date), Bill Clark (WVTC) 14:06.4, Robert Hayman (Stanford) 15:13.4, Dale Severy (un.) 15:14.0; Mile: Art Reade (WVTC) 4:23.8, Daryl Zapata (Chuckers) 4:26.2, Bob Naninga (un.) 4:27.7; 880: Jim Loftus (Santa Clara) 1:56.4, Larry Gobleman (CSCH) 1:56.9, Randy White (Stanford) 1:57.1, Art Reade (WVTC) 1:57.1; 440: John Anderson (Stanford) 50.5, Mike Elder (Fresno Pac) 50.9, Jim Dick (Fresno Pac) 51.2; 220: John Pettus (SFS) 22.0; 60: Reggie Davis (Fresno Pac) 6.4 (6.2 in trials), Walt Parker (CSCH) 6.4; 60HH: Mark Lindsroog (Fresno Pac) 7.8, John Anderson (Stanford) 7.9; 440R: Fresno Pacific (Hurd, Thompson, Sconiers, Temple) 43.8, Stanford 43.8, Cal-State 44.9; Mile R: Merced TC (Taylor, Galeazzi, Luna, Shelton) 3:56.2 (correction, high school winner); Mile R: Fresno Pacific (Thompson, Dick, Elder, Elder) 3:25.0; HJ: D. Andjelkovich (Athens) 6-10, Tim Mayo (West Hills) 6-8, Clyde Sadler (un.) 6-2, Gordon Peters (Fresno Pac) 6-2; Jav: Steve Hopkins (Stanford) 223-3, Max Drake (Fresno Pac) 193-9; LJ: Derrick Williams (CCSF) 21-11, Mitch Fowler (Navajo) 21-5; PV: Greg Miguel (Athens) 14-6, Eric Barney (Athens) 14-6, Bryan McDowell (Menlo) 14-0, Phil Hubbard (Stanford frosh) 13-6; SP: Greg Born (SJS) 54-11½, Dave McKenzie (Sac. St.) 53-0½, Dave Harrington (Canada) 51-10 3/4; Disc: John Powell (Athens) 181-3, Steve Davis (Stanford) 169-7, Gary O'Sullivan (SJS) 162-1; TJ: Bruce Aldridge (Fresno) 44-9, Derrick Williams (CCSF) 44-8, Chuck Johnston (SFS) 44-4; - (HIGH SCHOOL) - 2 Mi: Steve Long (Merced TC) 9:44.4, Ed Schelegle (El Camino) 9:49.0, Harold Luna (Merced TC) 9:52.4, Dave Taylor (Merced TC) 9:53.0; Mile: Steve Long (MTC) 4:29.8, Luna (MTC) 4:31.1, Maurice O'Reilly (WVTC/Sacred Heart) 4:35.1; 880: Cirilo Morgan (Lincoln, SF) 2:02.4, Dave Duncan (Livermore) 2:02.7, Ed Cheshier (Merced TC) 2:03.4, O'Reilly (WVTC/Sacred Heart) 2:05.8; 440: Otis Ginoza (Mt. View) 53.3, Dick Murphy (Woodside) 54.3; 220: Mel Washington (Lincoln SF) 22.4, Ted Overton (Colusa) 23.0; 60: Mel Washington (awarded M.V. high school trophy) 6.4, Overton 6.6; 60HH: Dave Crudo (Moreau) 8.5; 440R: Mt. View (Ginoza, McKinney, Robledo, Parker) 47.6; HJ: Bill Stone (Campolindo) 5-10½;

LJ: Steve Trueman (Crestmoor) 21-3; PV: Trueman 13-0, Tom Henderson (Hoover, Fresno) 12-6; SP: John Stone (MA) 43-0 3/4; Disc: Setoga (SSF) 144-0, Tim Zumwalt (un.) 140-9; TJ: Joel Kock (Gunn) 42-7½, Tom Paton (SM) 41-5; - (GIRLS) - 220: Frankie Riley (RCS) 26.6, Mary Ann Reynoso (RCS) 27.1; HJ: Maureen Fitzpatrick (RCS) 4-6. *** The outstanding performance of the series, based on the international scoring tables, was Cliff Clark's 13:46.6 three mile run on Jan. 30. Cliff also ran a double of 4:10 and 14:22.6 with less than ½ hour rest between races. Cliff is coach of the Merced Track Club, a high school group from the Merced area.

Eighth Annual Examiner All-American Games: (Jan. 22, Cow Palace, S.F.) - Highlights of the meet: The outstanding performance of the meet came from PCC's Al Feuerbach, who defeated world record holder Randy Matson with a world record toss (indoor) of his own at 68-11. Matson was just 3 inches back. Jim Ryun returned to running by soundly trouncing the field in 4:04.4 after running his last 56.4 and his last 880 in 1:57.4. RESULTS: 60HH: Willie Davenport (Texas Str) 7.1, Lance Babb (Cal TC) 7.1, Rick Tipton (Stanford) 7.2; 60: Eddie Hart (Cal) 6.1, Warren Edmunson (UCLA) 6.1, Willie Turner (OSU) 6.2; 440: Lee Evans (un.) 49.1, Terry Musika (PCC) 51.2, Kermit Bayless (CSCH) 51.3, Don Webster (CSCH) 51.4; 880: Mark Winzenried (Wisc) 1:50.8, Kenth Andersson (PCC) 1:51.9, Clay Lowrey (Amer.Riv.JC) 1:57.3, Ralph Lee (Athens) 1:57.9; Mile: Jim Ryun (un.) 4:04.4, Duncan MacDonald (Stanford) 4:10.2, Rick Riley (Cougar TC) 4:13.5, Arvid Kretz (Stanford) 4:14.4, Peter Duffy (WVTC) 4:14.4, Willie Eashman (CSCH) dnf; 2 Mi: Kerry Pearce (Australia) 8:38.2, Gerry Lindgren (Cougar TC) 8:57.6, Bill Scobey (Mad River) 9:06.2, Bill Clark (WVTC) 9:08.2, Don Kardong (Stanford) 9:10.2; Mile Walk (see walking results section); Miler: Univ. of Cal. (Bonner, Ansley, Andrew, Brown) 3:23.3, Stanford 3:25.1, San Jose State 3:26.7, Cal-State 3:31.5; TJ: Milan Tiff (Cal TC) 52-7 3/4, Dave Smith (Cal TC) 51-3, Mohinder Gill (CalPoly) 50-11½, Lincoln Jackson (Athens) 50-9½, Sylvester Johnson (Athens) 50-2½, Jim Fraser (Cal) 49-3½; SP: Feuerbach (PCC) 68-11, Matson (Texas Str) 68-8, Doug Lane (USC) 61-0½, Richard Marks (Athens) 59-0; PV: Scott Cryder (USC) 16-0, Frank Reng (SJS) 15-6, Jack Carter (Athens) 15-6, Greg Miguel (Athens) 15-0; Invit. PV: Sam Caruthers (un.) 16-6, F. Tracanelli (UCLA) 16-6, Casey Carrigan (Stanford) 16-0, John Pennel (SCS) 16-0; HJ: Stan Whitley (Cal TC) 24-6½, Arnie Robinson (San Diego ST) 24-1, Gayle Hopkins (PCC) 23-11, Henry Hines (USC) 23-8½, Steve Rogaway (Cal) 22-9; HJ: Reynaldo Brown (Cal TC) 7-2, John Dobroth (PCC) 6-10, Clarence Johnson (Cal) 6-10, John Radetich (OSU) 6-10, Max Lowe (Athens) 6-8, Willie Crawford (SJS) 6-8; Devil Mile: Cliff Clark (USAF) 4:11.1, Ron Pettigrew (SCS) 4:16.5, Dave Cords (Stanford) 4:19.2, Humberto Hernandez (Cal-State) 4:21; Women's 1000: Francie Larrieu (SJ Cindergals) 2:38.1, Sandy Langan (Wills Spikettes) 2:38.2, Eileen Claugus (Wills) 2:40.4, Ronalee Slosson (Wills) 2:47.2, Tena Anet (Wills) 2:50.0, Linda McCain (Millbrae Lions) 2:51.1; Women's 60HH: Deanne Carlsen (Laurel TC) 8.1, Rhonda Albers (San Leandro TC) 8.5, Terri Seydel (Salinas Valley TC) 8.5, Bev Scott (Laurel TC) 8.6; Women's Sprint Medley: Millbrae Lions 1:15.1 (Christoff, Schafer, Hardeman, Hue), San Jose Cindergals 1:16.1, Dusters TC 1:18.4, Wills Spikettes 1:19.9; Seniors Mile: Pete Mundle (SMAA) 4:34.2, Jim Van Tatenhove (Seniors TC) 4:36.2, Bob Fries (Fresno Sr. TC) 4:43.1, Peter Wood (NCSTC) 4:45.4, Bill Mackey (WV Joggers) 4:52.6, Frank Harrison (NCSTC) 4:57.1; Sr. 60: George Rhoden (NCSTC) 6.8, Ed Dowell (NCSTC) 6.9, Ken Goetzel (NCSTC) 7.0, Stan Dowell (NCSTC) 7.1, Ed Manougian (Armenian AC) 7.1, Al Guidet (NCSTC) 7.2; Over-50 60: Al Guidet (NCSTC) 7.3, Sen. Alan Cranston 7.9, John Satti (NCSTC) 8.0, A.J. Puglizerich (NCSTC) 8.2, Ed Preston (NCSTC) 8.7, George Tracy (Dolphin Club) 9.4; Golden-Age 300: Bill Toomey 33.0, George Rhoden 34.7, Mike Larrabee 35.2; HS-2 Mi: Kurt Schoenrock (La Sierra) 9:27.8, Chuck Mork (Wash. Fremont/WVTC) 9:31.0, Tom Hale (Campolindo) 9:35.2, Mark McConnell (Soquel) 9:36.0, Hans Templeman (Carlmont) 9:39.6, Steve Brooks (Mt. Pleasant) 9:39.6, ... Joel Jameson (Watsonville/WVTC) 9:51; HS-Sprint Medley: Westmont (Flack, Jones, Gomez, Carlson) 3:42, Pinole Valley 3:45.3, El Cerrito 3:46.8, McClymonds 3:59.2; HS-60HH: Lew Bartholomew (Wash-Frmt) 7.6, John Alexander (Hoover) 7.6, Mike Lyons (Fresno) 7.6, Tom Cochel (Oakland Tech) 7.8, Doran Williams (Oakland Tech) 7.9, John Warren (Ygnacio Valley) 7.9; HS-60: Randy Williams (Edison) 6.3, Dotson Wilson (Albany) 6.3, Barry Phipps (Hoover) 6.4, Ernie Spencer (Ravenswood) 6.5, Sam Burns (El Cerrito) 6.5, John Roberts (Castlemont) 6.5; JC-60: Royce Ford (Merritt) 6.3, Ron Williams (Merritt) 6.4, Roger McGill (Contra Costa) 6.4, Larry Cooks (Contra Costa) 6.5, Ray Manning (Alan Hancock) 6.5, Jared Butler (Diablo Valley) 6.5; JC-Sprint Medley: San Mateo (Alexander, Raymond, Morrison, Robertson) 3:34.5, Merritt 3:34.5, Contra Costa 3:35.8, Alan Hancock 3:36.4, Fresno CC 3:36.9; correction: CSM's relay team consisted of Phelps in place of Alexander; ** These are all the results we have: only afternoon result is that WVTC's (Cabrillo College) Eddie Silva ran 4:23 to place second in the JC Devil-Take-the-Hindmost Mile. West Valley's Art Reade ran in the open Devil Mile but was dropped about 4 laps from the finish. Alvaro Mejia was invited in the two mile but didn't compete.

BILL KELLY WINS ALAMEDA TC CROSS COUNTRY CARNIVAL

(Dec. 19): West Valley TC's Bill Kelly hung up his first road race win as he nipped Marin's Darryl Beardall by 9 seconds in the 10 kilometer event. The race was run on a new course at the Alameda Municipal Golf Course, and for the most part was flat to slightly rolling. Medals were awarded to the top three in each division. The Alameda TC won the team title, followed by the Northern California Seniors TC. Bill Mackey of the West Valley Joggers and Striders continued his winning ways by finishing first in the senior division as he handily beat Jim O'Neil and Frank Harrison. In the high school division, Joe Taxiera was leading strongly when he stepped in a mud hole, losing one shoe. By the time he removed the shoe, he had dropped back to fourth and could never again regain the lost ground on the gravelly roadway. Butch Alexander of Sonoma won the high school award, followed closely by Richard Langford of Solano TC. In the shorter 5 km. event, Jim Fenske (unatt.) nipped Eddie Tico (WV Joggers) in a tight one, 23:02 to 23:17. Ann Perich won the women's/girls race in 23:31 to easily outdistance runnerup Marcella Tico (30:59). Cathy O'Neil was third in 33:40. The boys 5 km. race was for 14 years and under. The top 30 finishers in the 10 kilo race are listed below:

1 - Bill Kelly (West Valley TC)	36:02	11 - Joe Taxiera (Alameda TC)	39:39	21 - Ralph Paffenbarger (NCSTC)	43:02
2 - Darryl Beardall (Marin AC)	36:11	12 - Angelo Martinez (Alameda TC)	39:42	22 - Kevin Smith (Alameda TC)	43:13
3 - Ray Darwin (Culver City AC)	36:45	13 - Bruce Johnson (unatt.)	40:13	23 - Joe King (Alameda TC)	43:28
4 - Steve Parker (Alameda TC)	37:10	14 - Dan Woodward (Alameda TC)	40:15	24 - David Moles (Skyline High)	43:33
5 - Mike Buzbee (unatt.)	37:49	15 - Jim O'Neil (S.F. Olympic Club)	40:21	25 - Joe Devine (unatt.)	43:44
6 - Pat Buzbee (unatt.)	37:50	16 - Ron Luschar (Valley TC)	40:38	26 - Mike Ackley (Alameda TC)	44:35
7 - Butch Alexander (Sonoma)	38:29	17 - Mike Collier (Sonoma High)	41:10	27 - Mark Johnson (unatt.)	44:38
8 - Richard Langford (Solano TC)	38:36	18 - Frank Harrison (NCSTC)	41:41	28 - Walt Betschart (NCSTC)	44:38
9 - Lester Mina (Alameda TC)	38:57	19 - Flory Rodd (NCSTC)	42:04	29 - Eric Anderson (unatt.)	44:39
10 - Bill Mackey (WV Joggers)	39:35	20 - Tom Anderson (PHT&F)	42:30	30 - Edward Tico (WV Joggers)	45:54

MADERA MARATHON: SKIP HOUK WINS, HUGH MILLER SETS AGE GROUP RECORD

(Jan. 2): Under extremely adverse conditions, Skip Houk, running unattached, broke away from Cliff Clark after about ten miles and went on to win in a time of 2:31:26.3. The wind averaged around 35 knots during the entire race and the temperature was in the 40's. The course consisted of two 13 mile loops (flat), half of which was run into the wind. Jesuit High's (Carmichael) Hugh Miller, only a ninth grader and 14 years old, ran a splendid 2:43:04 to finish fourth overall and set a National Age Group record for 14 year olds and also for ninth graders. Flory Rodd was top senior runner, finishing in 2:56:01. Paul Reese had a near three hour pace going until the last few miles when the bottom fell out and he finished in 3:16:52 (14th). A total of 42 started the race, but only half that many finished under the adverse conditions. Cliff Clark ran a 2:35:50 in second for his first marathon attempt. The complete list of finishers and their times are listed on the next page. Dave Taylor and Mark Galeazzi were second and third place high schoolers. Merced Track Club was the team champion and the Northern California Senior TC was second.

1 - Skip Houk (unatt.)	2:31:26.3	8 - Dave Taylor (Merced TC)	2:58:58	15 - Paul Mendez (Madera)	3:23:08
2 - Cliff Clark (Merced TC)	2:35:50	9 - Pat Stordall (Sac. City Col)	2:59:54	16 - Horace Mochizuki (S.B.A.A.)	3:26:11
3 - Doug Butt (Marin AC)	2:41:02	10 - Mark Galeazzi (Merced TC)	3:00:39	17 - Roger Stordall (H. Johnson)	3:33:48
4 - Hugh Miller (Jesuit High)	2:43:04	11 - Bruce Caputo (Clovis)	3:03:30	18 - Rex Dietderich (NCSTC)	3:37:32
5 - Harold DeMoss (West Valley)	2:47:06	12 - Jim McCutchan (Alameda TC)	3:13:24	19 - Bill Snavely (unatt.)	3:45:45
6 - Flory Rodd (NCSTC)	2:56:01	13 - Don Gregory (Roosevelt High)	3:13:27	20 - Russell Riddell (Delano)	3:48:56
7 - Jim Kirk (Fresno City Col)	2:57:51	14 - Paul Reese (NCSTC)	3:16:52	21 - Don Zarin (unatt.)	4:01:58

BEARDALL WINS PA 32 MILER BY TWENTY MINUTES

(Jan. 3): Marin AC's Darryl Beardall, now 34 years old and improving with age it seems, thoroughly trounced the field over the 32 mile Santa Rosa course in a time of 3:15:54 to defend his title. Randy Lawson led his teammates with a second place finish and Jose Cortez was in third. However, Marin AC walked off with the team title with a score of 10 points and Redwood City was second. Cold and windy conditions persisted for most of the race as was the case in Madera the day before. Darryl still ran a full two minutes and then some faster than his winning time last year. Nineteen started the race and 15 finished, however, we only have the top 13 finishers. If anyone knows who was 14th and 15th, we'll be glad to print them in next issue. Oddly enough, no senior runners were present among the finishers. Lee Holley (38) was closest. Natalie Cullimore finished a fine 13th place in 4:24:37. The course is mostly flat roads. The finishers:

1 - Darryl Beardall (Marin AC)	3:15:54	6 - Joe Henderson (Maranon)	3:48:55	11 - Pat Crevelt (RCS, 14)	4:23:03
2 - Randy Lawson (RC Striders)	3:35:22	7 - Don Bennette (Napa Runners)	4:13:08	12 - Phil Schaffner (RCS, 14)	4:23:21
3 - Jose Cortez (RC Striders)	3:36:49	8 - Nick Vogt (??)	4:13:08	13 - Natalie Cullimore (DSE)	4:24:37
4 - Bob Gormley (Marin AC)	3:46:08	9 - John Pierog (??)	4:19:27	14 - ???	
5 - Lee Holley (Marin AC)	3:47:16	10 - Gerry Haslam (Napa Runners)	4:20:46	15 - ???	

BILL CLARK LEADS WEST VALLEY INVASION OF MISSION BAY

(Jan. 9): Bill Clark and his West Valley teammates made the long drive to San Diego worthwhile as they grabbed four of the top seven places and Clark hung up one of his best marathons, a sparkling 2:22:38, only 13 seconds off Mike Mahler's course record. The host San Diego Track Club put on an almost flawless race and Dave Pain had a very nice party at his house the night before the race. The SDTC went to the trouble of putting up the West Valley team at various homes of members (Tom Bache, the Gookin's and Dave Pain). The big surprise of the meet was the fine 2:25:16 recorded by 18 year old Arizona prep Charles Walker, who had a best of 2:42+ before Mission Bay. He bravely held on to Clark's pace until 20 miles and then faltered only slightly as he was passed in the last few miles by fast closing Doug Schmenk (2:24:19). Bob Crow (2:29:19) hung up his first sub-2:30 race, and Gary Dobrenz of the Seniors TC did likewise with a 2:29:55. The junior trophy (17 and under) was captured by Ed Grace in a fine 2:33:26, breaking Chuck Smead's junior course record. The fourth junior was 14 year old Dennis Wilson of Huntington Beach who ran 2:43:37 to just miss Hugh Miller's age group record set a week earlier in Madera (2:43:04). In the veteran's division, Bill Stock of the host SDTC ran a good 2:44:50 for a new course record (old record by Graham Parnell in the 1970 Master's Meet). The most amazing Monty Montgomery ran a remarkable 2:56:02 for 57th (Monty is only 64 years old!). A total of 216 finished the race, so he finished in the top 25% of the field. In the first Southern California Women's Marathon, 12 year old Carolyn McDonald (SDTC) won with a fine time of 3:37:04 (a probably girl's age group record) to edge out teammate Donna Gookin (3:42:36). West Valley TC was the easy team winner with 11 points to Westminster DC's 24, Arizona Road Racers' 29, and Seniors TC's 33. A post race picnic capped off a very smooth meet. Fine trophies and merchandise awards were given to many of the finishers. A large Northern California contingent ventured to the meet (see picture section): Clark, Crow, Jack Leydig, Jim Howell, Steve Regas, Ben Sawyer, Ralph Paffenbarger, Flory Rodd, John Brazinsky, and Pax Beale. If I've forgotten anyone, please excuse me and drop me a line. Below are listed the top 15 finishers and then the other Northern California finishers. Ralph Paffenbarger was 5th senior and Flory Rodd was 7th. The weather was overcast for most of the race with cool temperatures, making for fast times.

1 - Bill Clark (West Valley)	2:22:38	6 - Jack Leydig (West Valley)	2:32:01	11 - Mike Gregorio (Hawaii)	2:35:03
2 - Doug Schmenk (Westminster)	2:24:19	7 - Jim Howell (West Valley)	2:32:23	12 - Dave Waco (Seniors TC)	2:35:08
3 - Charles Walker (Arizona RR)	2:25:16	8 - Ed Grace (Aviation AC)	2:33:26	13 - Dave Castricone (Arizona RR)	2:35:09
4 - Bob Crow (West Valley)	2:29:19	9 - Wayne Akiyama (Westminster DC)	2:34:02	14 - Dave Russell (OCTC)	2:35:57
5 - Gary Dobrenz (Seniors TC)	2:29:55	10 - Ken Moffitt (unatt.)	2:34:44	15 - Allen Schofield (SDTC)	2:36:27

***Other NorCal finishers: 35 - Steve Regas (Athletes in Action) 2:46:57, 47 - Ben Sawyer (Otherways AC) 2:50:51, 51 - Ralph Paffenbarger (NCSTC) 2:55:08, 55 - Flory Rodd (NCSTC) 2:55:49, 105 - John Brazinsky (unatt.) 3:16:42, 170 - Pax Beale (unatt.) 3:42:26.

MEJIA LEADS WEST VALLEY IN NEAR SWEEP OF PA 20 KILO CHAMPIONSHIPS

(Jan. 17): Having just returned from a month's training at high altitude in his home town (Bogota, Colombia), Alvaro Mejia led his West Valley teammates to an overwhelming victory at Portola Valley in the Pacific Association 20 km. Championships. His winning time of 63:44.4 was just short of Rich Delgado's course record of 63:29. Delgado finished second this time, with teammates Chris Miller and fast improving Charlie Harris right on his heels. West Valley had a low point total of 16 (removing non-team runners), followed by Marin AC with 54 and the Redwood City Striders with 124. Top senior was Bill Mackey by over two minutes as he ran 32nd place in 1:15:16. He was followed by Marin's T.A. de Lusignan in 1:17:34 (46th), SFOC's Don Pickett (54th, 1:19:07), and Stanford RC's Dave Stevenson (55th, 1:19:41). Mary Cortez (84th, 1:26:40) was easily the first woman finisher. The race was sponsored by RUNNING UNLIMITED (Pete League) and the top 50 finishers received handsome T-shirts for their efforts. George Manriquez, only a sophomore at San Jose's Mt. Pleasant High, was top finisher in that division with a fine 12th (1:09:25). He was followed by Wolfgang Schmulewicz (1:10:24, 14th) and John Marshall (1:10:29, 15th). Ken Napier (38) of the West Valley Joggers and Striders, ran a very fast race to finish 16th (1:11:15). Watch out when he turns 40! Fourteen year old Mitch Kingery was 20th.

1 - Alvaro Mejia (West Valley)	1:03:44.4	11 - Bob Gormley (Marin AC)	1:09:24	21 - Art Dudley (unatt.)	1:12:39
2 - Rich Delgado (West Valley)	1:04:29	12 - George Manriquez (ARRA)	1:09:25	22 - Jim Bowles (West Valley)	1:13:01
3 - Chris Miller (West Valley)	1:04:49	13 - Ray Menzie (Marin AC)	1:09:34	23 - Steve Parker (Alameda TC)	1:13:14
4 - Charlie Harris (WVTC)	1:05:19	14 - Wolfgang Schmulewicz (unatt.)	1:10:24	24 - Lee Holley (Marin AC)	1:13:29
5 - Ray Darwin (Culver City AC)	1:05:54	15 - John Marshall (Maranon)	1:10:29	25 - Daryl Zapata (SF Chuckers)	1:13:42
6 - Darryl Beardall (Marin AC)	1:06:06	16 - Ken Napier (WV Joggers)	1:11:15	26 - Don Starbuck (Travis RR)	1:14:18
7 - Jack Leydig (West Valley)	1:07:09	17 - Don Bennette (Napa Valley RR)	1:11:36	27 - Steve Slawson (Solano TC)	1:14:39
8 - Doug Butt (Marin AC)	1:07:48	18 - John Remak (Maranon)	1:11:38	28 - Bob Stephenson (WVTC)	1:14:48
9 - Adam Ferreira (Travis RR)	1:08:56	19 - Steve Church (Maranon)	1:11:56	29 - Peter Duffy (West Valley)	1:15:11
10 - George Kirk (RC Striders)	1:08:58	20 - Mitch Kingery (RC Striders)	1:12:07	30 - Jim Engle (Napa Valley RR)	1:15:12

JOSE CORTEZ LEADS STRIDER SWEEP OF MAGNAN 20 MILER

(Jan. 27): Seemingly invincible on their home course, the Redwood City Striders swept the first three places in the Second Annual Eugene Magnan Memorial 20 miler. For all those that have run it, they will contest that it's the roughest course in Northern California. A steep (1500 foot climb in 2 miles) firetrail greets unsuspecting runners at about 12-13 miles through the race and this drops many out of the race. Front-running Ray Darwin and Darryl Beardall had a sizeable lead at the top of the firetrail when both took a wrong turn and never made back the lost distance. Jose Cortez took over to win in a good time of 2:27:17.2, despite muddy trails over much of the run. Teammates Randy Lawson and Gus Cano were not far behind, and fourth man Joel Stein took 6th to round out the scoring team. Wolfgang Schmulewicz was first high school runner in 8th with a time of 2:38:30. Peter Mattei took home his first victory in a long time as he was first senior (12th, 2:49:01). Don Pickett, Dave Stevenson, and Keith Campbell were next seniors to finish. First 14-and-under award went to the Striders' Dave Cortez (12) in 13th place. Mary Cortez was first woman to complete a Cortez sweep in the awards (29th, 3:13:41). Oldest finisher was John Satti who ran a great race to finish 31st in 3:17:37 (John is 57). Youngest runner to finish was Shannon Healy (7) of the Napa Valley Runners (77th, 5:24:47). The Jaeger family (father-and-son) from the Napa Valley Runners were the first in that division (David finished 36th and his father took 41st). A total of 77 runners finished the gruelling run. The top thirty finishers and their times:

1 - Jose Cortez (RC Striders) 2:27:17.2	11 - Bob Darling (RC Striders) 2:47:58	21 - Keith Campbell (unatt.) 3:05:47
2 - Randy Lawson (RC Striders) 2:31:09	12 - Peter Mattei (NCSTC) 2:49:01	22 - C. Hemmersbach (Pamakid) 3:07:40
3 - Gus Cano (RC Striders) 2:32:56	13 - Dave Cortez (RC Striders) 2:52:15	23 - P. Sebesta (Joggernauts) 3:09:10
4 - Ray Darwin (Culver City AC) 2:34:35	14 - Frank Donohue (West Valley) 2:53:03	24 - Steve Slawson (Solano TC) 3:09:24
5 - Darryl Beardall (Marin AC) 2:34:51	15 - Joe Henderson (Maranon) 2:55:39	25 - D. Stevenson (unatt.) 3:09:52
6 - Joel Stein (RC Striders) 2:35:19	16 - Fred Mendoza (West Valley) 2:55:59	26 - V. D'Aloia (Joggernauts) 3:11:00
7 - Harold DeMoss (West Valley) 2:36:03	17 - Darrell Zumwalt (unatt.) 2:58:41	27 - Don Peterson (Stanford RC) 3:11:04
8 - Wolfgang Schmulewicz (unatt.) 2:38:30	18 - Don Pickett (SF Olympic) 2:58:57	28 - J. Fowler (NorCal Studs) 3:13:20
9 - Dennis Matthews (Solano TC) 2:41:57	19 - Dave Stevenson (Stanford RC) 3:02:02	29 - Mary Cortez (RC Striders) 3:13:41
10 - J. Collins (Solano TC) 2:45:59	20 - J. Salazar (unatt.) 3:02:26	30 - S. Evans (YMCA) 3:16:49

PARTIAL RESULTS

(Jan. 24): West Valley's Charlie Harris won his first road run at the PA 15 kilometer championships in Napa over a slightly long course. Marin AC won the team title to avenge the 20 kilo loss a week earlier. Darryl Beardall was second and Darren George of the host team was third. John Marconi was fifth and first high school finisher. No times or other places are available. Complete results will be printed in the March issue.

(Feb. 6): West Valley's and Great Britain's Peter Duffy held off a fast-closing Alvaro Mejia to take a three second victory over his teammate in the 10 mile Solano TC sponsored Channel to Lake Run in Vallejo. Duffy and Mejia ran neck and neck for seven miles and then Mejia was slowed by a stitch. He found himself about 100 yards behind with a little more than a mile to go. A fast closing finish wasn't enough however as both smashed the former course record by almost two minutes (50:21 to 50:24). Peter Fredriksson of Sweden held the old record (set last year) of 52:15. Darryl Beardall took third for team winner Marin AC and John Marshall (Maranon) followed. Maranon was second team and West Valley third. Doug Butt was fifth overall. Ray Darwin was in third with a mile to go when he made a wrong turn (for the second week in a row) and finished out of the money. Complete results will be printed in the next issue.



Start of the PA 20 kilo Championships. Alvaro Mejia, to right of Miller (213) went on to win. (Marconi photo)



Start of the Over-50 60 yard dash at S.F. Indoor (Satti, Tracy, Puglizerich, Cranston, Preston, Guidet). (Marconi photo)



Lt. Cliff Clark, shown winning the Cow Palace Devil-Mile in 4:11.1. (Marconi)



Featured in this month's West Valley Portrait, Joel Jameson of Watsonville.



Peter Duffy, winner of Vallejo 10 Mile, shown during PA X-C Champs. (Marconi)



Jose Cortez, winner of Magnan 20 Miler, shown here at the 1970 Sacramento Invitational. (Marconi photo)



West Valley's Charlie Harris, winner of the PA-AAU 15 kilo. Shown here finishing fourth at 20 kilo. (Marconi photo)



LaSierra's Kurt Schoenrock trails Chuck Mork (Wash-Fremont) here, but went on to win S.F. Indoor 2 mile. (Marconi)



The Olympic Club's Don Pickett, featured in this month's Pacific Association Portrait. Shown here finishing the 1970 Dipsea as first senior.



NorCal runners at Mission Bay: left to right, top - Pax Beale, Flory Rodd, Bill Clark, Bob Crow, Jim Howell; bottom - John Brazinsky, Ralph Paffenbarger, Jack Leydig, Dave Power (didn't run); missing - Ben Sawyer & Steve Regas. (Bob Carmen photo)



Ken Crutchlow and Pax Beale at the beginning of their S.F. to Reno run. See special article in this issue for complete story. Pax, in a last ditch effort, came out as high point man in the D.S.E. point race by virtue of his Reno trek.



Athens AC's Bill Ranney has been winning many local walking races as of late and took second in the S.F. Indoor. Shown here battling it out with Romansky (Delaware T & F).



"WHAT MY HUSBAND MEANS WHEN HE SAYS HE TRAINS ON LSD...!"