



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 (1st 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 S. Eldorado St., San Mateo, Cal. 94402 (Ph. 342-3181). Be sure and give names of those pictured, event being run, and photo credits. Any size print is ok since we can photographically reduce or enlarge your particular picture (no negatives 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 Marin AC's Lee Holley. Some of our contributors this month include Peter Mattei, Joe Henderson, Flory Rodd, Harry Cordellos, Jerry Kokesh, Bill Flodberg, Jim Woodruff, Father Ben Sargent, Midge Chilton, and Dutch Warmerdam.

Let us hear from you concerning the form and content of our publication. We can always use helpful suggestions that would improve our coverage. All letters to the editor will be printed but try to keep them under 200 words if possible. We would like to print a special article each issue, so if you have any ideas, written either by you or a friend, please send them to us for consideration. We can always use results. Don't assume that we already have them. Women's, high school, collegiate, and age group results and schedules (race walking too) are needed most. Don't be afraid to send us anything at all concerning the sport.

o o o o o o CLUB NEWS o o o o o o

This section of our publication is devoted to various club news. If your club has any announcements or news that you would like to have printed, please send it to us. 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 6 sheets or less in order to keep our rates at \$3.50 a year. As long as the news is not "profit-making" in nature, we will print it in this section. Material aimed at selling goods should be put in our classified section. The response to this column has been poor. We need your help!!

WEST VALLEY TC NEWS: During the past month, WVTC picked up 3 young runners: Bill Babcock, Ron Genschmer, and Robert Gaebler. Bill is 17 years old and lives at 4697 Sloan St., Fremont, Cal. (Ph. 657-1982). He has best times of 5:23.9 in the mile and 11:10 for two miles, both run this year. He has also run 17:08 for 3 miles cross country and did 3:36:04 for his first marathon attempt at the Plodders Marathon a little over a month ago. Ron Genschmer just turned 18 years old in February and has some really superb times. He lives at 22256 Western Blvd. in Hayward, Cal. 94541 (Ph. 537-4506). His best track times are 52.2 in the 440, 1:57.5 in the 880, 4:15.2 for the mile, and 9:32.0, 14:26.1, and 19:51.0 for 2, 3, and 4 miles. He has also high-jumped 5-11. Ron is a senior at Sunset High and will probably attend Chabot College this fall. Bob Gaebler started running only five months

ago and ran his first road race at the 8 mile Golden Gate Park Run in 50:26. He lives at 1525 Montalto Dr., Mtn. View 94040 (Ph. 967-1415). Bob is 19 years old and has best track times of 2:13.0 for the 880, 5:08.4 for the mile, and 11:15 for 2 miles.

West Valley TC's high school runners have been doing well recently. Watsonville's Joel Jameson (only a junior) ran a 9:24 for a third in the King City Invitational 2 mile behind Chuck Mork's second (time not available). Mork, peaking at the right time for the big meets, won his League in 9:13.5 (a personal best) and then took second behind Tom Hale in the NCS Finals (9:12). Aragon High's John Sheehan did 4:20.2 for fifth in the Downey Games mile (a personal best), then got injured and was running in the 4:40's. But he is making a comeback and turned in a winning effort in the Regionals held at Burlingame, clocking a 4:23.3 for his second best ever. Maurice O'Reilly of Sacred Heart was fourth in 4:30. Ron Genschmer advanced to the State Meet with a tactical 4:22 for fourth in the NCS Finals. Please send us any other marks (seasonal bests) that we may have missed.

On the collegiate scene, Nevada's Peter Duffy continues to run well with a good double at the West Coast Relays in Fresno. He did a 14:06 three mile (good for second in the college division) and came back with 8:57 for the invitational two mile (10th) which was won in 8:30.5 by George Young. Cal's Vic Cary lowered his two mile record to 9:04 against Stanford for third behind Kardong and Kretz. This qualified him for the Pacific-8 Meet. Wayne Glusker of San Jose State ran 31:27 for six miles at the San Jose Invitational, but started at the 660 mark after missing the gun.

On the road racing scene, those who did not place high enough to be mentioned in the race results of this issue, but who ran well nonetheless, are: James Lippert (49th in 81:41) at the De-Anza Ridge Run; we don't have complete results for the Golden Gate Park 8 miler yet, so those who ran, except for the top ten, will have to wait until next issue.

Looking toward the summer months, West Valley plans to have a triangular meet with Alameda TC and Marin AC (Track & Field) on July 10. However, since the Runners World 24 Hour Relay is being held that weekend, it may be necessary to change dates since WVTC will no doubt enter several teams there. Watch next month's Club News column for further developments. We may hold it in conjunction with an All-Comers meet (at CSM?) to make it easier as far as judging goes (field events, etc.). Then we could score the meet by taking out the other competitors on paper. Something definite on this shortly. ** All those WVTC runners interested in running in the 24 Hour Relay, please contact me at once so we can set up teams. ** We will be organizing an all high school team for the Tahoe Relay this summer so get ready for the qualifying race at Tiburon in July. If you don't run this race, you will have to voted onto the team. The team can consist of seniors who graduated this June. ** Let's try and have full participation in the PA Track & Field Championships at Cal-State on June 12 (see schedule page for more information). Get your entry blanks now because the entries close soon. Participation helps our club gain funds from the AAU.

We have set up what is definitely the best cross country schedule in West Valley's history for next fall. We meet all the strong teams on the West Coast, beginning with Pacific Coast Club & Stanford on Oct. 2 at Stanford, then: Sac'to Invitational - Oct. 9; Oregon TC at Humboldt St. (triangular) either on Oct. 17 or Oct. 30, or possibly Nov. 20; So. California Striders at Golden Gate Park on Oct. 23; Santa Barbara AA & San Diego TC at Santa Barbara on Nov. 6 (tentative); Nov. 13 - PA-AAU Senior 10 km.; and to cap it off, the AAU Nationals in San Diego on Nov. 27. We will take as many teams as possible to this meet, two at least. There will be no restrictions on numbers traveling to any of our away meets as far as I know, as long as we can dig up the necessary transportation.

THIS & THAT.... Apologies for several goofs in last issue. Jim Howell and Bob Crow ran 46th and 49th, respectively at Boston, not the other way around as reported in the April issue. Buck Black of San Jose State has done 4:05.1 this year (against Stanford), not 4:06 as previously noted. Harry Cordellos and Natalie Cullimore both run for the Dolphin Club, not the South End Rowing Club. The Dolphin South End Runners consist of runners from both clubs.

On May 22, Pax Beale & Ken Crutchlow attempted the impossible. They are attempting to beat the "Arcadia", a passenger liner, from San Francisco to Ketchikan, Alaska. How? They are using bicycles of course. They have challenged this P & O Steamship Liner to a "long distance relay race", and must pedal 376 miles per day for 5 days! This is necessary in order to catch the last ferry at Prince Rupert, B.C., that is going to Ketchikan Island. If they beat this maiden voyage of the Arcadia, they are then honored guests aboard ship for the trip back. If however, they fail to do so, they then are on their own to motor home. This will be in the motor vehicle driven the long way 'up' by Petie, carrying a second cycle, spare parts, tires, etc. Late news has it that they were beaten to the Golden Gate Bridge by the "Arcadia", but it has to go to Los Angeles first before making the journey northward. Just outside of Sausalito they were stopped by the CHP, but somehow managed to talk them out of a ticket, etc. We will have a complete story on the trek in next issue.

Those interested in going to see the Pan American Games in Cali, Colombia this summer can make the entire trip, including airfare, transfers to and from airport, tickets to opening and closing ceremonies, 10 tickets to sporting events of your choice, sight-seeing, and some meals. Date of departure is July 29 and the cost is \$498. When making reservations, refer to the Donna de Varona Pan American Games Tour 14 Day Package. Reservations should be made through Diners Fugazy Travel, 666 E. Ocean Blvd., Long Beach, Cal. 90802 (Ph. 213-437-0777). Or you can also contact your local Avianca Airlines Office. Flight leaves from LA International Airport I think.

Needed: Rides to Eugene!! This is urgent. All those interested in going to the AAU Marathon in Eugene on June 6, please contact me immediately. (Jack Leydig, 603 S. Eldorado St., San Mateo, CA - Ph. 342-3181). From all indications, there will be a group of about 15 from the Bay Area going to the Nationals. If you are going and are planning on driving, let me know when you are leaving, when you are returning, and how many individuals could ride with you and share expenses. If you are going and haven't decided on a mode of transportation yet, contact me and let me know your plans. This must be done immediately. Call after 9 on weekdays. Or call 641-2613 during the day (7:30 to 4). We will probably leave in as large a group as possible so that if a car breaks down on the way up, the stranded individuals could be spread out in the rest of the cars.

The next meeting of the Board of Managers of the PA-AAU will be held on Thursday, June 17, at 8 pm, location to be announced. Nominations of delegates to the National AAU Convention will be made at this meeting. Election of Delegates will be held at the Board of Managers meet on July 15 at 8 pm. Location also to be announced.

University of California Track Coach Dave Maggard has just been named the Head Coach of the U.S. National team that will meet the Soviet Union and the Rest-of-the-World in a triangular meet at Berkeley on July 2-3. Congratulations Dave!

NEW TOTALS IN 1971 PA-AAU POINT RACE: The point totals below go through the Golden Gate Park 8 Mile Run, held on May 15, and are complete except for the senior results from the Lake Merritt 5 km. race back in September, or I guess it was October. Bill Mackey was top senior but that is all we know. If anyone knows who the next few senior finishers were (time and place doesn't matter), please contact us immediately so we can get our records straight. For those uninitiated with our system, we figure the relative merit of both open and senior (40 and over) runners in the Pacific Association as follows: We take all AAU sanctioned races (road & cross country) in our Association except when there are two runs on the same day at the same location (Lake Merritt, etc.), and here we take only the top seniors from each race. The open scoring is always based on the longest of the two races. Several races (like the Pepsi 20 Miler) are not AAU sanctioned, but have sufficient numbers participating to warrant including them in our figuring. Points are figured for a runner only if he finishes in the top 10 (top 6 for seniors). This doesn't penalize a person if he has a bad day. We list the top 9 seniors and top 15 open runners based on the following scoring system: Take the average place of the runner (only when he finished in the top 10 or top 6 for seniors) and divide it by the number of races run. The race scoring starts at the Lake Merritt Races (1970) and ends with the last race before Lake Merritt in 1971. *** This month Marin AC's Darryl Beardall took over the top rating from West Valley's Alvaro Mejia, who has now returned to Colombia. Last year's champion, Rich Delgado, moved up from fifth to third to take a slight lead over Byron Lowry. Beardall has now run 20 races since the 1971 point race began. The next closest in number of races run is Ray Darwin with 11. Adam Ferreira and Chris Miller dropped off the list and Greg Chapman and Jim Howell moved up. Chapman came out of nowhere to take over the ninth spot. In the senior scoring, Bill Mackey continued his dominance and tied Peter Wood's 1969-70 record with 0.107. The top seven places remained unchanged, but Flory Rodd dropped off the list from eighth, being replaced by Ross Smith, up from 9th. Dave Stevenson was a newcomer in ninth.

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Bill Mackey/West Valley J & S (13)	9	3	1	0	0	0	1.38	.107
Jim O'Neil/SF Olympic Club (15)	3	6	3	2	0	1	2.53	.169
T.A. de Lusignan/Marin AC (12)	5	3	2	1	1	0	2.17	.181
Don Pickett/SF Olympic Club (17)	1	3	6	1	3	3	3.65	.215
Peter Wood/NCSTC (9)	4	3	0	1	1	0	2.11	.235
Peter Mattei/NCSTC (13)	2	3	3	2	0	3	3.31	.254
Bob Malain/NCSTC (7)	3	1	0	1	2	0	2.71	.388
Ross Smith/West Valley J & S (6)	2	0	3	1	0	0	2.50	.416
Dave Stevenson/Stanford RC (8)	0	0	3	3	1	1	4.00	.500

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Darryl Beardall/Marin AC (20)	2	4	6	2	3	1	1	1	0	0	3.60	.180
Alvaro Mejia/West Valley TC (6)	5	1	0	0	0	0	0	0	0	0	1.17	.194
Rich Delgado/West Valley TC (10)	5	2	2	0	0	0	0	0	1	0	2.40	.240
Byron Lowry/SF Olympic Club (8)	1	5	2	0	0	0	0	0	0	0	2.12	.266
Ray Darwin/Culver City AC (11)	0	2	2	3	2	2	0	0	0	0	4.00	.364
Duwayne Ray/unatt. (4)	2	1	1	0	0	0	0	0	0	0	1.75	.483
Jose Cortez/RC Striders (10)	2	0	1	2	2	1	1	0	0	1	4.60	.460
Steve Dean/Sac'to State (2)	2	0	0	0	0	0	0	0	0	0	1.00	.500
Greg Chapman/Solano TC (8)	1	1	1	1	2	0	0	1	0	1	4.75	.594
Bill Clark/West Valley TC (4)	2	1	0	0	0	1	0	0	0	0	2.50	.625

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Doug Butt/Marin AC (9)	0	2	0	0	2	1	2	1	1	0	5.78	.642
Charlie Harris/West Valley TC (6)	1	0	1	2	1	0	1	0	0	0	4.00	.667
Jim Howell/West Valley TC (6)	0	2	0	1	1	1	1	0	0	0	4.33	.722
Bob Deines/Otherways AC (2)	1	1	0	0	0	0	0	0	0	0	1.50	.750
John Loeschhorn/Hamilton AFB (2)	1	1	0	0	0	0	0	0	0	0	1.50	.750

LETTERS TO THE EDITOR

Two weeks ago I started (advised by a local student doing his Masters Paper on the subject) taking Vitamin "E" (400 I.U.) each day. My race at Fresno was part of the results. Until yesterday I kept up the Vitamin "E", going downhill daily. Today I was dragging bottom, but now, off the doses and back to about 4 weeks of Wheat Germ Oil, I already feel better (after one day off). My advice to your subscribers is, "Don't change boats in the middle of the stream." You might sink without knowing why. A stupid thing to do in the middle of a season, I realize, but I have heard so many good things about "E" in the past, I thought it might improve my times. I guess the ol' saying "You don't get something for nothing" applies here. The only thing I got was a constant feeling of relaxing, like after a long run, but without the muscle soreness. Bad trip, for me anyway, this Vitamin "E". Wish there were more studies on distance runners available. -- Bill Scobey

The "world road record" for 100 miles is 12:18:16 by England's Ron Hopcroft, Oct. 25, 1958 (the old record had been 12:20:28 by South Africa's tough guy, Wally Hayward. Dave Box's record can't be broken in a road race. Even he had to break the record twice to get credit for it. The IAAF, so far, is not crediting any marks beyond 30 km I believe. The Road Runners Club of England is serving as the agency to check out record performances beyond 30 km. They use the same tough, business-like standards that the IAAF uses and in fact if the IAAF ever does recognize marks for the marathon and beyond, the marks accepted by the RRC's standards/record committee will also be acceptable to the IAAF. Track marks must be made on a certified track, using calibrated watches, skilled officials, and every lap must be timed for each runner, etc. The RRC of England has paid less attention to road race records but apparently has kept track of them. -- Ted Corbitt

I wish to express my most sincere thanks and appreciation to all of you who contributed to the fund to send me to the Boston Marathon. I considered it a very special privilege and a high honor to be one of California's representatives in one of the world's most famous running events. The way in which runners have accepted me as one of the group, and the enthusiasm that was demonstrated in the project to send me to Boston, is the highest compliment I have ever been given in my life. The Boston Marathon will be run many more times; but the 1971 version will always remain as one of the happiest moments I can remember. For those of you who wondered how I did, and were confused by the first results, my official finish just received from Boston is: time, 3:30:33, place - 598. It's a little off my best time, but certainly one I was happy to get. Thanks again to all of you who made it all possible, and especially to those who contributed anonymously and whom I could not acknowledge personally. -- Harry Cordellos

ADVERTISING

Monthly rates in our classified section are as follows: 50¢ per line, based on a 7½ inch line, normal type, 12 characters per inch; for reproduction work - 25¢ per square inch for black & white, except 50¢ per square inch where half-toning is required... that is, shading in black and white. The per square inch rate applies to the final size you want the ad (we can reduce or enlarge as necessary). If you desire to simply enclose an insert (8½ x 11), the rate is \$15.00 per page (one or two sides). Send or bring 400 to 500 inserts for a month. The photos you send should be good contrast, preferably in black and white. All checks should be payable to West Valley Track Club and mailed to the editor (address in title block on page 1). Help us make this a successful paper by sending us classified ads. Remember, this publication is solely reader-supported.

HOW DOES RON HILL DO IT? What kind of workouts do Derek Clayton, Bob Deines, Ken Moore, Walt Stack do? Find out by reading **ROAD RACERS AND THEIR TRAINING**, Joe Henderson's superb volume which gives workout programs and training philosophies, etc. of over 60 road runners of various age and ability levels. \$2.50 from Track & Field News, Box 296, Los Altos, CA 94022. Add 25¢ for postage & handling. 5% tax in California.

NEW ROAD KING SHOES: New brown suede reverse leather style for running and casual wear available in addition to the regular white, two-stripe running shoe. Extra cushion and improved construction minimizes road shock. Why fight blisters and sore tendons? Wear **ROAD KINGS!** Contact: NorCal Distributor, Don Pickett, 1800 Vistazo West, Tiburon, Cal. 94920. Ph. 435-1117, evenings.

TRACK & FIELD DYNAMICS: The rest of the world is fast catching up to the U.S. in track & field development and performance, and a crucial reason for this is the technical proficiency of foreign coaches, particularly in their understanding of the laws of physics and their relation to movement in track & field. Tom Ecker has set out, in this new book, to help make American coaches and athletes more knowledgeable in this area, to show them how to apply mechanical principles to track and field skills and thereby improve performance. With this presentation, the first clear, easy-to-follow explanation of dynamics, U.S. and other coaches can now add an invaluable "tool of the trade" to their coaching repertoire. Tom Ecker is a widely known coaching authority and the author of several books and articles on track & field; he explains all in layman's language and explodes many widely believed coaching myths along the way. Available from Tafnews Press, P.O. Box 296, Los Altos, CA 94022. Price: \$4.95, hardback; \$3.50, paperback. 112 pages, 50 figures (photographs and photo-sequences).

RUNNING UNLIMITED: (Tiger Distributor)-Pete League, 1515 Cornell St., Berkeley, CA 94702 (Ph. 524-5205). With the summer road racing season fast approaching, it's about time for many of us to reach into our pocketbooks and purchase a new pair of training or racing flats. Pete has probably just what you need...all sizes...all styles. Tiger is definitely the "in" shoe as far as road racing goes. But Pete has more than just shoes. He carries running shorts, singlets, insoles, running books, carrying bags, spikes, and a variety of other athletic products. If you are a teacher or student, Pete will give you a \$1.00 discount on the retail price of shoes (per pair). Either contact him at home or at many local road races.

UNIVERSITY SPORTS: 2455-S Old Middlefield Way, Mountain View, CA 94040 (Ph. 415-967-4150). A complete line of quality running shoes: **HUMMEL-PUMA-REEBOK-TIGER**. Bring in this ad (no need to clip it out) for \$2.00 off on any one pair of spikes or flats. Our hours: 10 to 5 on Tues. thru Fri.; (closed Mondays); 10 to 4 on Saturday.

1971 HIGH SCHOOL ANNUAL: The 1971 High School Annual, published by Track & Field News, can now be obtained from this publication for \$1.00. Contains statistical lists from 1970 track season, all-time lists, both indoor and outdoor, pictures, and more. A must for every high school runner. Send your order to 603 S. Eldorado St., San Mateo, CA 94402 (checks payable to West Valley Track Club).

WEST VALLEY MARATHON T-SHIRTS: We still have size XS, S, and M left from our 1971 Regional Marathon at Burlingame. We are selling these shirts, excellent for working out, at cost...only \$1.25, plus 25¢ postage (first class). They are available at most road races or by mail through the editor. Get yours while they last.

1970 NORCAL DISTANCE RUNNING ANNUAL: This book is truly a distance runner's handbook, whether he be in high school, college, or AAU ...you name it. This publication is not only a review of the 1970 season, but also a handbook for 1971. It contains the 1970 PA-AAU Cross Country Team; 1970 Highlights; Winners of all 1970 AAU races and their times; 1970 Marathon lists up to 2:50 for open, 3:20 for seniors, and 5 hours for women - all performances by NorCal runners; Sections on seniors, age group, high school, collegiate, women, clubs, even officials and others connected with promoting our sport; a cross section of all our runners; 1971 Long Distance Schedule; PA-AAU club directory, with addresses of all distance and track & field clubs; advertisements, and much more. A big 80 pages in its entirety (booklet form, 6½ x 8½) with almost 100 photographs of our Northern California runners. Order yours today from Jack Leydig, 603 S. Eldorado St., San Mateo, CA 94402. Only \$2.00 plus 15¢ for postage (payable to West Valley Track Club). Order yours today while the supply still lasts...they're going fast. You won't regret it!

VISIT TO A RUNNER'S WORLD

The following special article was written by Harry Cordellos concerning his eventful trip to the Boston Marathon this past month. Some of the content has been edited due to lack of space.

The powerful jet plane lifted off the runway, vanished among the clouds which hung over San Francisco, broke out into the bright sunshine above, and then headed east on what was to be a routine flight for most of those on board. However, for about 25 of the passengers, it was a flight to be remembered. Some had made it before, while others like myself were here for the first time and we sat anxiously in our seats waiting for each new chapter to unfold before us. The topic of the day was running-- in fact it was to be the topic for the next few days. Yes, it was still hard to believe it was true. We were headed for the Boston Marathon.

The busy city of Boston would suddenly come to a stop for the 75th time; runners from just about everywhere would be gathering and preparing for the one race every jogger or serious runner dreams of being in some day. Marathon fever was in the air even two days before the race. I stood at the Prudential Plaza with a few of the runners who also made the trip and there in front of us painted on the street, was a yellow line with the word, "finish". A citizen of Boston was soon telling us about the race, and I could already feel the excitement. More events began to happen, one after another, each one unforgettable. There was the warmup run I took with my partner, Larry Fox. Running in Boston was like running anywhere else except for the event just hours away. The jog around the area suddenly seemed like a dress rehearsal as we got onto the actual course and zipped across the finish line. Then came all the runners from all over the United States. One after another seemed to appear at the hotel. Many more whom we did not meet were in town, and there was no question why people were running in the streets almost unconcerned about the cars which normally have the right of way.

For me, the race took on an additional exciting aspect, as if I really needed any more. Unlike any other race I have ever run, the Boston Marathon was going to give me my first chance to run in even competition with another athlete on equal terms. Joe Pardo, a blind runner who entered the race last year, was back, and was much improved. A story about him appeared in the Boston paper on the day before the race, and it became obvious that he was not a forgotten runner. At the hotel, on the streets, in the eating places, and everywhere I went with my white cane, people would greet me with something like, "Hi Joe, good luck". After hearing about Joe Pardo last year, I thought how exciting it would be to come to Boston and run in competition with him. But after the trip became a reality, I only thought of finishing the Boston Marathon, that is until Joe came into the hotel lobby. Then the excitement I thought of casually last year became as real as the race itself. I think we both felt about the same; we wanted to do our best, and hopefully beat our opponent, but neither of us had the nerve to say with much confidence who would come in first.

Race day found us up early, boarding the busses at the finish line, talking with more runners from other distant places, and then came the seemingly endless ride out to Hopkinton, where the race was to start. Time seemed to stand still at the check-in point, but it must have been moving a little bit, because we soon were on the narrow street bunched together waiting for the gun. The tension increased still more as the crowd quieted down for the starting command. It just didn't seem like that many people were there, as it really did get quiet. Then everything I had heard about Boston happened as I had been told it would. The race started and it was impossible to hear anything but loud cheering. The country-like atmosphere was shattered with the enthusiastic cheers of encouragement mile after mile. It was as if suddenly everybody in the world was interested in every runner in the race. Spectators seemed to put as much into their shouting and cheering as we were putting into our running.

Larry Fox and I quickly settled into a rhythmic stride and we ran like one machine that had worked many times. Yet, Larry Fox had never run a mile in competition with me as a partner before. It's one thing to have a running partner, but when you find yourself in the world's most exciting race for your first time and have the job of picking a path for a runner who is blind, Larry Fox had a challenge, and he handled it with confidence. Joe Pardo had gone past us already at one mile, and we never caught him again until about the three mile point. We all ran in a group for awhile, then Joe dropped back a little. We were still too concerned about the whole race in general to be thinking of individual competition at this point. Then as the time went on, I thought of how everybody seemed to be rooting for us, and quickly remembered that there were many many more rooters who put me in the marathon in the first place. After turning in a qualifying time in the West Valley Marathon, the Dolphin Club and runners from all over the Bay Area decided to make sure I went to Boston. So many of them had told me they were not sending me because I was blind, but because I earned the right to run in Boston and they wanted me to run a few steps for them. I was probably the most well-equipped runner on the course as far as morale is concerned. Physically, I probably carried more wealth to the starting line than any other runner. No great sum of money was needed. But I did have the grand total of eleven cents. Before leaving for Boston, the Pamakid Runners at Lake Merced, where most people find me on Wednesday nights, gave me a lucky dime with the instructions to take it with me and use it to call for encouragement or help if I needed it.

After finishing my first competitive swim with the S.F. Dolphin Club last year, I was given a good luck penny from 7 year old Maryetta Boitano, world record holder in the marathon for two age groups. I told her that if I ever went to Boston, I would take the penny with me. Well here I was on the course I had thought about and heard about so often, and though eleven cents couldn't get me a ride home on the subway, I was knocking off the miles feeling stronger along the way.

Larry had sensed that a previous bout with the flu might slow him down later in the race. He arranged for a new partner to be ready at Heartbreak Hill if he felt tired at that point. I am convinced today that Larry was stronger than he admitted, but he advised me to change partners so I could finish in my best possible time. We stayed together for a time, but he did drop back slightly and at the top of Heartbreak Hill he was not within talking range. I was happy to learn that he did finish just a few minutes back, but that was only part of the tension in the later stages of the race. Since the fans had no real advance notice that I was blind, nobody even knew there was a problem-- even when I ran with Bill Cove who took over for Larry. When we came upon bad surfaces or car tracks, Bill gave me noticeable guidance and immediately, the crowd yelled "Come on Joe, keep it up, you're doing great!" I had heard this earlier as Larry gave me help over touchy areas, and we laughed at how suddenly the yells and cheers changed. For once, I knew that I was being encouraged not as a blind person, but as another runner. When it was obvious that I was unable to see, the cheering was even more enthusiastic, even though they thought I was Joe Pardo. However, I was not thinking as clearly at 22 miles and beyond, and when I heard cheers for Joe, I forgot that I was being guided and therefore identified, and figured that Joe had caught up and was ready to pounce on me at the finish. Prudential Plaza was just around the corner and the street got bumpy. More guidance, and more screaming for Joe. I knew he was there now, but couldn't push any harder. The street leveled and we ran for the finish. I asked where Joe was and somebody said he had come in a few minutes earlier they thought. But though I did not learn my official time while in Boston, I did learn that Joe came in several minutes after we did.

The Boston Marathon was history now, but the cheering went on. This truly different world where running and runners were all that mattered, was something new to me. Where else but in Boston could an unknown runner walk into a building to pick up his sweat clothes an hour after the race had been won and still get cheered by hundreds of enthusiastic spectators? It was not just for me, but for every runner who pushed through the doors of the Prudential Center after the race.

After all that had happened, it might have been a sad moment to return, but thrilling moments continued to come my way right to the end. After being assigned a seat on the plane beside Alvaro Mejia, the West Coast's first Boston Marathon Champion, what more could one want? Before we had landed, all of us enjoyed visiting with all the other runners in our group and had yet another surprise. Champaign and cake were served to all of us.

And now, I find it hard to believe that it is all over. With all the enthusiasm and sincere dedication on the part of so many who were determined to see me run at Boston, I only wish it could have lasted longer and that I could have done more. Long after next year's Boston Marathon, and after many many Bostons, the one just completed will be as vivid in my memory as it is today. It is impossible to find words to express my feelings toward all those who made it all happen for me. Just saying thank you seems so insignificant in view of what happened on that memorable trip. Athletics has changed my life from something which could have been a complete waste, to something meaningful and worthwhile; and running especially has given me the boost I have needed when things looked dim. In view of the difficulty I have had in being accepted in the employment world, the confidence that runners everywhere have had in me and their willingness to accept me has been the highest compliment I have ever received. Since I have been around for 33 years, that is saying quite a bit. With this in mind, perhaps everyone who did so much to get me in the Boston Marathon this year will have some idea how I feel. Thank you is a small word, but in this case, it has a meaning that is more than 26 miles long.

Note: The above special article was inserted in place of the promised article by Flory Rodd on the Boston Race. We didn't have room for both in this issue, so we will put it in the next time.

There will be no West Valley Portrait in this issue. Two portraits will appear in the June publication instead.

PACIFIC ASSOCIATION PORTRAIT

Meet Ron Genschmer: Hayward, Cal. (West Valley TC). 6'2", 160 lbs., 18 years old, born Feb. 3, 1953 (Santa Cruz, Cal.). Single. Began running in 1969, just off basketball season. Coached some by John Fekete, but mostly self-coached. Student at Sunset High School in Hayward.

TRAINING: I train once a day, 4 times a week, 7 months a year. I rarely run over 40 miles a week, and my training varies very little. Longest ever training run - 16 miles.

BEST TIMES: 440 - 52.2, 880 - 1:57.5, mile - 4:15.2, 2 mile - 9:32, 3 mile - 14:26.1, 4 mile - 19:51, high jump - 5-11. Favorite frequency of competition: once a week with an occasional layoff. Favorite distances: none specifically, if any it would be the mile.

DESCRIPTION OF TRAINING & RACING: I train mostly on the track. My workouts never last more than an hour, but in that hour I train hard and fast, mostly quarter miles. I'll do as many as possible under 60 seconds, but once I hit 60 I'll quit. I am primarily a follower in races except when there is no competition. I follow until the last quarter mile, where I tell myself I have won. When I hit the first turn I sprint like there was only 50 yards left. I usually open a 10 to 20 yard lead and then let up some until the final 100 yards, when I kick all out.

After running only 2 years, it appears that Ron is destined to become a great athlete. With good speed and an amazing amount of endurance for small amounts of training, he will certainly be a threat in the upcoming high school State Meet in San Diego. Although he hasn't decided definitely yet, he will most likely attend Chabot College in Hayward this coming fall, competing in cross country in the fall, and track in the spring. He also plans to take up some road racing during the summer months to build a good endurance background.

LONG DISTANCE SCHEDULE

- Jun 5 - 17 mile run, Monterey, 10 am. Monterey Peninsula AC, Ted Larson, 477 Grove Acres, Pacific Grove, Cal. 93950.
- Jun 6 - 51st Annual Statuto Race, 8 Mi., 9 am. San Francisco AC, 1630 Stockton St., San Francisco, Cal.
- Jun 6 - Senior Natl. AAU Marathon Championships, 5 pm, Eugene, Oregon (Univ. of Oregon).
- Jun 13 - Woodminister 9.3 Mile Handicap Race, Oakland, 10 am. Bay Area Road Runners, Chas. MacMahon, 855 Glendome Circle, Oakland.
- Jun 13 - Merced Indian Gulch 10 Mile Run. Benny Sanchez, P.O. Box 218, Merced, Cal. (CCA-AAU)
- Jun 19 - Novato 6.5 Mile Race, Novato, 10 am. Marin AC, c/o Jeff Kroot, P.O. Box 267, Lagunitas, Cal. 94938 (Ph. 456-6194).
- Jun 19 - Visalia One Hour Run, Jerry Hobbs, 15616 Ave. 328, Ivanhoe, Cal. (CCA-AAU)
- Jun 26 - 8 Mile Race, Redding, 10 am. Greater Redding Chamber of Commerce, c/o John Gray, 4220 Oro St., Redding, Cal. 96001.
- Jun 27 - Holy City 9 Mile Road Race, Holy City (nr. San Jose), 9:30 am. West Valley TC, 603 S. Eldorado St., San Mateo, Cal. 94402.
- Jul 3 - Bunion Derby, Fresno, 3 mi. (CCA-AAU)
- Jul 4 - Second Annual Hangtown Road Race, 5 1/4 mi., Placerville, 9:30 am. Recreation & Parks Dept., P.O.Box 872, City Hall, Placerville, Cal. 95667.
- Jul 4 - Telegraph Hill Run, 3 mi., 10 am. (DSE Race)
- Jul 9 - Runner's World 24 Hour Relay, Foothill College, Los Altos, 8 pm. Runner's World Magazine, P.O. Box 366, Mtn. View, CA 94040.
- Jul 11 - 9 Mile Road Race, Felton, 9 am. Felton Businessmen's Ass'n, P.O. Box 458, Felton, Cal. 95018.
- Jul 11 - Men's and Women's Relay, 3 mi, 10 am, Stow Lake in Golden Gate Park, S.F. (DSE Race)
- Jul 18 - 15 Mile Handicap Race, Ft. Baker, Marin County, 10 am. NCSTC, Emmett Smith, 2766 Summit Dr., Hillsborough, CA 94010.
- Jul 21 - 9 Mile Road Race, Tiburon, 9 am. Marin AC, Jeff Kroot, P.O. Box 267, Lagunitas, CA 94938.
- Jul 31 - Half Moon Bay to Belmont Marathon, 9:30 am. Belmont Recreation Ass'n, Belmont, Calif.
- Aug 1 - Presidio Run (starts at Presidio Gate), 5 mi., 10 am. (DSE Run)
- ADD: Jul 31 - Big Meadows Run, 10 miles; Wayne Van Dellan, 498 Castle Rock St., Woodlake, Cal. (CCA-AAU)

Note: All runs listed above are sanctioned AAU events except those specified as DSE Races. These are strictly run-for-fun events that are sponsored by the Dolphin/South End Runners of S.F. Some of the races listed are out of the PA-AAU (CCA-AAU is Central Ass'n).

TRACK & FIELD SCHEDULE

- Jun 5 - Kennedy Games at UC Berkeley, Dave Maggard, c/o Athletic Dept., UC Berkeley, Berkeley, CA.
- Jun 5 - Compton Invitational at Los Angeles Coliseum, 7 pm.
- Jun 11 - AAU Decathlon Championships at Porterville, Cal. (2 days); USTFF Track & Field Championships, Wichita, Kans. (2 days)
- Jun 12 - PA-AAU Track & Field Championships, 11 am, Cal-State at Hayward. Ben Morjig, 592 Harlan St., San Leandro, Ca. 94577 (Ph. 352-5400, or Home phone - 537-4300). Entries must be received by June 4, Friday.
- Jun 15 - PA-AAU Decathlon, College of San Mateo, 2 days. See Harry Young, Meet Director, 2120 Adeline Dr., Burlingame, CA 94010.
- Jun 19 - Orange Invitational, Orange, Calif.
- Jun 25 - Natl. AAU Championships (Track & Field), Eugene, Ore. (2 day meet).
- Jul 2 - U.S. vs. U.S.S.R. vs. World Track & Field Meet, UC Berkeley, 4 pm.

HIGH SCHOOL & COLLEGIATE SCHEDULE

- Jun 4 - NorCal JC Decathlon Championships at Allan Hancock College, Santa Maria; Calif. State HS Championships, Westwood; Hollister Relays, Hollister.
- Jun 5 - S.F. St. & Sac'to St. at Cal-State, Hayward; UC Davis at San Bernardino Invit.

- Jun 6 - Twilight Meet, Eugene, Oregon (also AAU Marathon Championships).
- Jun 7 - S.P.A.L. Decathlon, 3:15 both days, Menlo-Atherton H.S.
- Jun 11 - NCAA College Division Championships at Sacramento St. College, 2 day meet.
- Jun 17 - NCAA Championships, Seattle, Wash. (3 day meet).
- Jun 19 - Golden West Invitational High School Meet, Sacramento, Cal.

AGE GROUP, SENIOR, WOMEN'S SCHEDULE

- Jun 6 - Pacific Association Girl's Age Group Championships, San Jose City College, contact Estle Agrabright, 467 S. 8th St., San Jose, 95112; 3rd Annual NorCal Seniors Invit. Track and Field Meet, College of Marin, Kentfield, - also qualifications for PA-AAU Track & Field Meet (Cal-State) on June 12, contact Emmett Smith, 2766 Summit Dr., Hillsborough, CA 94010.
- Jun 12 - AAU Women's Championships at Cal-State Hayward; Jr. Olympic Sectionals (2 days) sponsored by S.F. PAL, Alameda TC, San Leandro Track & Field Club, Sacramento Kiwanis, Salinas TC, San Jose Cindergals, Crescent City Rec., Stockton Boys Club, Novato Rec., and Redwood City TC; Calif. State Women's Track & Field Championships, San Diego ???; Women's Natl. Pentathlon Championships, Los Alamos; Senior events at PA-AAU Championships at Cal-State (100 meters, 1500 meters, 12# shot, long jump); Central Calif. Senior Track Championships, 5 pm, Pacific College of Fresno, age groups: 30-39, 40-49, 50 and over, entries must be received by June 10, contact Sid Toabe, 4566, N. Del Mar, Fresno, CA 93704.
- Jun 19 - Western Women's Games, Diablo Valley College, Concord, contact Norm Woods; World Senior Championships, Los Angeles, CA.
- Jun 27 - Junior Olympic Championships, Univ. of Nevada, Reno, contact Dick Ellis, 2 day meet.
- Jul 2 - 4th Annual US Masters Track & Field Championships, Balboa Stadium, San Diego (3 day meet with 20 km. walk & marathon to be held on July 4 at Mission Bay, San Diego), contact Ken Bernard, P.O. Box 10512, San Diego, CA 92110.
- Jul 9 - Women's AAU Championships, Bakersfield, CA (2 day meet).

***Any corrections or additions to the above schedules should be sent immediately to the editor. We lack meet contacts on many women's and age group meets and would appreciate further information. The regular All-Comers meets will probably be held at College of San Mateo and San Jose City College and Foothill as usual, but we lack definite information at present. We'll try and have a complete list of these meets for next issue. Contact Harry Young, 2120 Adeline Dr., Burlingame, CA 94010, for information on CSM All-Comers.

RACE WALKING

- Jun 5 - Kennedy Games Invitational 5 kilometer walk, UC Berkeley, Berkeley, Calif.
- Jun 12 - PA-AAU Championships, 2 mile walk, Cal-State, Hayward. See track & field schedule for contacts.
- Jun 12 - AAU Senior 50 Kilometer Championships, Cedar Grove, N.J. (Montclair)
- Jul 4 - Natl. AAU Jr. 10 kilometer Championships, Denver, Colorado.

***For further walking information, contact Bill Ranney, One Barker Ct., Fairfax, Cal., 94930 (Ph. 456-2641). We are lacking results for many recent walks, so if they aren't listed in this issue, please send us results immediately. We need help if we are to continue giving walking coverage. It doesn't take long to send a copy of race results or a schedule, so take some time and do so today. Thanks.

Klopfers Wins 50 Km. Track Walk: (Seattle, Wash. - Apr. 17) - Athens AC's Goetz Klopfers walked to a fast 50 km. clocking of 4:23:01 to easily outdistance Steve Geiver (4:56:15). These were the only two to finish. No further information. (Reported by Jack Mortland)

Dooley Wins Mt. Sac. 5 Km. Title: (Walnut, Cal. - Apr. 24) - Tom Dooley of Athens AC was an easy winner over the NYAC's Ron Laird in the Mt. Sac 5 kilometer walk. His winning time was 21:52 to Ron's 22:16. Laird had previously won the 10 km. race in 44:57 over Larry Walker (45:24).

Ranney Third, Lund 9th in AAU 35 Km. Championships: (Pomona, Cal. - May 2) - Athens AC's Bill Ranney walked to a good third in the Sr. AAU 35 Km. Walk with a time of 3:08:57, behind Larry Young's 3:02:22 and Ron Laird's 3:04:11. Another PA-AAU walker, fast improving Steve Lund, placed 9th overall in 3:25:43. There were 19 reported finishers. (Reported by Jim Hanley & Martin Rudow).

Bentley & Buck Place 4th and 5th in AAU Jr. 20 Km.: (Portland, Ore. - May 9) - Fifteen year old Jim Bentley of the Stockton Walkers placed 4th behind Todd Scully (1:44:40), Pete Von Handel (1:52:27), and Bob Gray (1:52:37) with a time of 1:55:53 in the National AAU Junior 20 Km. Road Walk. West Valley TC's Chris Buck was a place behind Jim in 1:59:30. There were 17 starters and 15 finishers.

Late Flash: Tom Dooley and Goetz Klopfers placed one-two to lead Athens AC to the Natl. AAU Sr. 20 Kilometer Championships team title over several other strong teams including the NYAC and Colorado TC. Bill Ranney of Athens AC was third man in at 7th place. No times or places are available at presstime, but complete results will be printed in next issue. Race was held on May 23 in Golden Gate Park.

WOMEN'S RESULTS

Cis Shafer Leads Cal State to Second Place in NCAA Women's Championships: (Cheney, Wash.) - With Cis Shafer winning both the 440 and the 880, Cal State, Hayward scored a surprising second place finish behind Texas Women's University in the National Women's Collegiate Track & Field Championships. Cal State totaled 53 points, only 3 points shy of TWU's total. Cal Poly at Pomona, paced by world record holder Chi Cheng Reel, finished third with 46 points. Cis ran a superlative 56.2 in the 440 to tie the meet record set by Gale Fitzgerald of Montclair St. in 1970. She beat her nearest rival by three seconds. In the 880 she did likewise, although running well off her best in 2:15.6. Linda McCain helped out with a second in the mile (5:13.7), just a second behind the winner. Cal-State's Marilyn King won the 200 meter hurdles in 27.7 to just hold off Coffey of Murray St. who had the same time. She also scored a third in the long jump at 19-3.

HIGH SCHOOL & COLLEGIATE RESULTS

Top NorCal High School Marks Through May 19: (Most of the following marks are taken from the S.F. Chronicle's list of high school bests. Any additions or corrections should be sent to the editor). 100: Mike Shavers (Albany) 9.5, Brown (Pittsburg) 9.5, Joe DeDora (Santa Rosa) 9.6; 220: Mike Shavers (Albany) 21.3, Brown (Pittsburg) 21.4, Jim Henry (Napa) 21.4, Burns (El Cerrito) 21.5; 440: Benny Brown (Sunnyvale) 47.3, Joe DeDora (Santa Rosa) 48.0, Jarold Curry (Castlemont) 49.2, James Shirley (Ravenswood) 49.2; 880: Scott (El Cerrito) 1:52.9, Bob See (Del Valle) 1:53.7, George Guischart (Del Valle) 1:54.1, Chakra Chappell (San Marin) 1:54.5, Scott MacTavish (Pleasant Hill) 1:54.9; Mile: Ron Genschmer (Sunset) 4:15.2, Mike Hart (Willow Glen) 4:17.2, Tom Hale (Campolindo) 4:17.3, Dave Montoya (Burlingame) 4:18.5, Vian Collier (Tamalpais) 4:19.0, Cowan (Ignacio Valley) 4:19.1; 2 Mile: Hale 9:06.2, Chuck Mork (Wash. Fremont) 9:12.3, Hans Templeman (Carlmont) 9:14.4, Mike Arago (Tamalpais) 9:17.6, Jerry Metcalf (Arroyo) 9:20.4, Anderson (Ygnacio Valley) 9:21.7, Jameson (Watsonville) 9:22; 1200H: Hamilton (Richmond) 14.0, Porter (Vallejo) 14.1, Bartholomew (Fremont, Oak.) 14.1, Wallace (Hogan) 14.2; 180LH: John Minnifield (Kenn. Richmond) 19.0, Hamilton 19.0, Jessie McGaffie (Fre. Oak.) 19.3; 440R: El Cerrito 41.9, Berkeley 42.1, Pinole Valley 42.2, El Cerrito 42.3, Pleasant Hill 42.4; MileR: Castlemont 3:17.4, Richmond 3:19.9, El Cerrito 3:21.6, Kennedy, Rich. 3:21.8; HJ: Ed Miller (Pleasant Hill) 6-9, Mark Viera (De La Salle) 6-8, Randy Zimmer (Castro Vly) 6-7, Mike Roman (St. Francis) 6-6 3/4; LJ: Bernard Maxwell (Balboa) 23-11, Mike Rock (Kenn. Richmond) 23-4 1/2, Cleghorn (Berkeley) 23-4, Emile Shaffer (Albany) 23-3; PV: Martin (Camden) 15-6, Steve Trueman (Crestmoor) 14-6, Terry Webb (Hillsdale), Mercer (St. Francis) 14-1 1/2, Cain (McKinleyville) 14-0;

TJ: Craig Conway (Cupertino) 48-11, Dale Krebs (Gunn) 47-10 3/4, Mike Hall (Carlmont) 47-5, Ron Reed (Kenn. Richmond) 47-4, Mike Hughes (Sequoia) 47-1 3/4; SP: Godsey (McKinleyville) 60-0 1/4, Dave Gherardi (St. Ignatius) 58-3 1/2, Turner (Sunset) 57-7 3/4, Jim Glantz (Monte Vista) 57-5, Coffey (Eureka) 57-3 3/4; DISC: Ken Cowl (Castro Vly) 182-11 1/2, Rich Gunter (Campolindo) 182-8 1/2, Rich Turner (Sunset) 182-5, Williams (Berkeley) 179-9 1/2; 4 Mile R: Awalt 17:50.2. ADDITIONS: 880- Randy Carlson (Westmont, Campbell) 1:53.5, Mike Tyrrell (Saratoga) 1:53.8.

NorCal JC Track & Field Bests: This issue will not carry a list of JC bests. The June issue will list the final JC bests for the 1971 season, probably at least 5 deep.

OTHER RESULTS

Morgan Hill 15 Km.: (Apr. 3) - West Valley TC's Jim Howell was an easy victor in the RRC sponsored event. His winning time was a good 51:42 for the slightly rolling course. Ken Wada was second in 54:28, followed by Bill Dunaway (55:07). Keith Campbell (West Valley Joggers) was first senior in 59:14. Skip Swannack was the first woman (1:13:09).

Bob Nanninga wins Cross City Practice Run: (May 9) - Bob Nanninga won a close victory over West Valley's Seamus O'Reilly in the DSE sponsored cross city practice run, edging out a one second margin, 43:06 to 43:07. West Valley's Willie Cronin was 3rd in 43:28, followed by Marin AC runner Pete League (45:30).

Results of San Jose Invitational: (May 1) - at San Jose City College, overcast, cold, windy. 100: Bobby Turner (CP/SLO) 9.3, Don Quarrie (SCS) 9.3, Chuck Smith (Oxy) 9.4; 220: Don Quarrie (SCS) 20.6, Jim Kemp (SCS) 21.0, Jerry Bright (US Army) 21.2; 440: Lee Evans (Stockton TC) 46.9, Len Van Hofwegen (PCC) 47.2, Terry Musika (PCC) 47.3; 880: Mathuas Michael (Stockton TC) 1:51.1, Larry Lemaster (US Army) 1:51.8, Willie Eashman (CS Hay'd) 1:52.0; Mile: Arne Kvalheim (Oregon TC) 3:58.1, Chuck LaBenz (PCC) 4:04.8, George Scott (PCC) 4:04.8; 3 Mile: Jim Crawford (US Army) 13:38.6, Dave Cords (Athens) 14:05.6, Nick Rosner (SJS) 14:40.2; 6 Mile: Jerry Jobski (PCC) 28:01.8, Tom Laris (NYAC) 28:27.8, Bill Clark (West Valley TC) 28:54.8, Lee Ferrero (USAF) 29:27.2, Byron Lowry (SFOC) 29:31.6, Ray Darwin (Culver City AC) 29:33.0, Dave Heffern (US Army) 29:44, Russell Pate (US Army) 29:55, Charlie Harris (WVTC) 30:24, Bob Crow (WVTC) 30:31, Chris Miller (WVTC) 30:41, Bob Deines (OWAC) 30:57; 120HH: George Carty (SJS) 13.8, Dave Currle (PCC) 14.0, Gary Power (SCS) 14.2; 440IH: Roger Johnson (PCC) 51.7, Larry Walls (Stockton TC) 53.2, Len Gaskill (SJS) 53.9; 440R: US Army 41.1, Cal Poly 41.6, Cal State Hay'd 42.3; Mile R: Pacific Coast Club 3:10.3, Stockton TC 3:11.2, US Army 3:12.5; LJ: Phil Shinnick (SCS) 24-9, Stan Royster (unatt.) 24-9, Chuck Sundsten (SJS) 24-7 1/2; HJ: Reynaldo Brown (CP/SLO) 7-0, John Hartfield (US Army) 6-10, John Dobroth (PCC) 6-10; PV: Sam Caruthers (Stockton TC) 16-6, Steve Smith (PCC) 16-0, Bob Steinhoff (SCS) 16-0; Jav: Larry Stuart (SCS) 262-9, Bill Schmidt (US Army) 259-11, John Burns (Athens) 244-0; SP: Bruce Wilhelm (US Army) 65-2 1/4, Richard Marks (Athens) 62-4 3/4, Lahcen Samsam (Athens) 62-4; IJ: Lincoln Jackson (Athens) 49-8 1/4, Stan Royster (unatt.) 49-7 1/4, S. Johnson (Athens) 49-6 3/4; Disc: Gary Ordway (PCC) 191-2 1/2, Tim Vollmer (US Army) 190-6 1/4, John Bakkensen (Portland TC) 182-1 1/2; ** Arne Kvalheim ran the first sub-4 minute mile ever in San Jose (his splits were: 60.0, 2:00.5, 3:00.6, 3:58.1). (Reported by Gary Kelmenson)

Results of 40 and Over Track & Field Championships: (May 2, Chapman College, Orange, Cal) - Only Northern California marks are listed. Some may be left out; let me know if they are so we can mention them in next issue. *** 40-49 Age Group *** 220: 1-Radamaker 24.9; guess that was the only NorCal competitor after looking over the results. Wait a minute, I take that back. In the 50-59 bracket, Father Sargent of San Francisco won a real close one in the 440 (60.4) over Boyle (also 60.4). Sargent also finished second in the 120 high but was given no time. Winner was clocked in 17.8.

44TH Annual West Coast Relays: (May 7-8) - 100: Kemp (SCS) 9.4, Turner (CP/SLO) 9.4, Smith (CTC) 9.4, Quarrie (SCS) 9.5, Miller (SCS) 9.5 - Kemp ran 9.3 in his heat in the semis; 120HH: White (SCS) 13.7, Carty (SJS) 14.1, Livers (Athens) 14.1, Mauck (UNM) 14.2, Magee (Athens) 14.3; 440IH: Mann (BYU) 50.7, Johnson (PCC) 51.3, Williams (SDTC) 51.7, Low (BYU) 52.0, Walls (Stockton TC) 52.5; 5000M: Bringhurst (Utah) 14:12.1, Backus (SCS) 14:20.6, Cords (Athens) 14:38.9, Ellis (Utah) 14:49.9, Brock (SCS) 14:59.5; 2 Mile R: BYU 7:41.3, SJS 7:52.1, Cal Poly 7:55.7; 3000M Steeplechase: Cliff Clark (USAF) 8:40.9, Price (AAIA) 8:43.8, Mullins (Humboldt) 8:57.2, Haver (UC Davis) 8:59.1, Dailey (Chico St.) 9:02.3; 440R: Sac'to St. 41.0, Cal Poly 41.1, San Diego St. 41.7, Chico St. 41.9, Univ. of Utah 42.5; Dist. Med.: Villanova 9:38.1, Houston 9:41.9, Univ. of Utah 9:52.5, Chico St. 10:03.2; 880R (Club): SCS 1:23.6, Cal. TC 1:26.0; 880R (Coll.): Cal State, LA 1:25.8, Cal Poly 1:25.9, BYU 1:26.2, Sac. St. 1:26.3, Univ. of Utah 1:28.5; Mile R (Club): Stockton TC 3:11.5, Cal. TC 3:15.1; Mile R (Coll.): Univ. NM 3:11.3, BYU 3:11.5, San Diego St. 3:15.5, San Jose St. 3:16.3, Utah 3:16.9; DISC: Silvester (unatt.) 204-1, Vollmer (Army) 198-9 1/2, Ordway (PCC) 190-11, Kohler (SCS) 186-4 1/2, Louisiana (BYU) 186-2; JAV: Skinner (NYAC) 277-2, Lyngstad (Army) 250-1, Burns (Athens) 248-3, Lovelle (SCS) 246-8, Murro (Ariz. St.) 244-11; PV: Railsback (SCS) 16-6, Dias (SJS) & Phillips (Staters TC) 16-6, Richards (SJS) 16-6, Simpson (SCS) 16-6; LJ: Robinson (San Diego St.) 25-11, Whitley (CTC) 25-8 1/4, Royster (NCTC) 25-2 1/4, Blaisdell (Army) 24-9 1/4, Walker (Utah) 23-9; SP: Wilhelm (Army) 65-9, Salb (Kansas) 65-1, Wilhelm (Kansas) 64-1 1/2, Engels (BYU) 61-10 1/2, Pirnie (Canadian T&F) 60-10 1/2; HJ: Dobroth (PCC) 7-0, Hartfield (Army) 6-10, Allen (Ariz.) 6-10, Culp (San Diego St.) & Watson (CTC) 6-8; IJ: Gill (CP/SLO), 55-1 1/4, Smith (CTC) 53-11 1/2, Royster (NCTC) 51-0 1/2, Williams (San Diego TC) 51-0 1/2, Johnson (Athens) 50-11 1/4; HI: Frenn (PCC) 226-4, Hart (Ft. MacArthur) 181-11, Tice (FSC) 179-10, Frederick (Army) 169-5, Barbee (unatt.) 165-3; Invit. Mile: Crawford (Army) 4:02.0, LaBenz (PCC) 4:02.0, Selby (Nor. Ariz.) 4:02.4, Roberts (NM) 4:02.5, Trerise (Univ. of BC) 4:03.0; Invit. 440: Evans (Stockton TC) 46.2, Musika (PCC) 46.7, Snyder (UCSB) 47.5, Dees (SJS) 47.5, Blaisdell (Army) 48.3; Invit. 2 Mile: Young (unatt.) 8:30.5, Pearce (unatt.) 8:36.0, Sliney (Nor. Ariz.) 8:38.6, Harrison (SCS) 8:38.6, Shorter (Florida TC) 8:43.0; Invit. Sr. Mile: Fitzgerald (Palos Verdes Pen.) 4:45.5, Fries (Fresno) 4:50.7; Invit. 100 (Sr.): Rhoden (NCSTC) 10.7, Rademaker 11.1, Washington 11.5, Barnes 11.7; Pentathlon: Warkentin (unatt.) 3424, Wells (Porterville TC) 3338, George (FSC Frosh) 3320.

DELGADO WINS EL DORADO 14 MILER

(Apr. 10): Getting into good shape after a lengthy series of subpar races, West Valley's Rich Delgado showed definite signs of returning to the form that earned him the "NorCal Distance Runner of 1970" award by running to a good 1:18:17 over the rugged El Dorado 14 mile course in the Sierra foothills. But he had to do some real running to shake off the determined efforts of Marin's Darryl Beardall and Doug Butt, both within a minute of him. Ross Smith of the West Valley Joggers & Striders was the first senior to finish as he easily outdistanced the Olympic Club's Don Pickett by over 5 minutes. Ross got 11th place overall. Top high school was Garcia (first name not available) in 27th (1:45:34). No official team scores were kept, but the NorCal Seniors seemed to be the only team that had five finishers, or at least with the lowest score. No other details are available. The top 30 finishers and their times:

1 - Rich Delgado (West Valley TC) 1:18:17	11 - Ross Smith (WVJS) 1:29:21	21 - Vance Koerner (NCSTC) 1:39:07
2 - Darryl Beardall (Marin AC) 1:18:50	12 - Wayne Smith (Millbrae LTC) 1:33:20	22 - Pete Hanson (unatt.) 1:41:29
3 - Doug Butt (Marin AC) 1:19:09	13 - Jim Finch (Millbrae Lions TC) 1:33:20	23 - Bill Roay (Dolphin Club) 1:41:49
4 - Ray Darwin (Culver City AC) 1:20:50	14 - Bill Flodberg (Solano TC) 1:33:53	24 - John Brennan (SERC) 1:42:39
5 - Greg Chapman (Solano TC) 1:21:38	15 - Don Pickett (SF Olympic Club) 1:34:24	25 - Lee Fox (Solano TC) 1:43:05
6 - Wes Hildreth (Marin AC) 1:23:07	16 - Mike Healy, Sr. (Napa VRC) 1:35:38	26 - Dennis Letl (Solano TC) 1:45:00
7 - Mike Conroy (Redwood City Str) 1:23:57	17 - Ron Olitsky (unatt.) 1:36:24	27 - Garcia (unatt.) 1:45:34
8 - Matray (unatt.) 1:28:20	18 - Willie Cronin (unatt.) 1:36:25	28 - Williams (NCSTC) 1:47:25
9 - Dave Zumwalt (unatt.) 1:28:42	19 - Peter Mattei (NCSTC) 1:36:46	29 - Viarnes (unatt.) 1:48:50
10 - Gus Cano (unatt.) 1:29:13	20 - Freeman (Napa Valley RC) 1:39:00	30 - Mike Healy, Jr. (Napa VRC) 1:53:12

DELGADO AND MALAIN TAKE TOP HONORS IN FIRST ANNUAL DE ANZA RIDGE RUN

(April 18): The Joggnauts organized a great race in their first attempt and succeeded in drawing almost 100 entrants over a hilly 10 mile course in the Cupertino area. West Valley TC's Rich Delgado again staged a dual with Marin's Beardall and Butt, emerging the victor by some 30 seconds over Butt. His winning time of 60:14.8 was a very good time for the extremely hilly terrain. Making the journey from Redding a successful one, the NCSTC's Bob Malain made a runaway of the top senior award as he finished 12th overall in an excellent 70:50. Bob is 43. Second placer in that division was a surprise, Ron Kinney, running unattached. Keith Campbell of the West Valley Joggers has been rapidly improving lately, and he took third senior spot. The only woman to finish was Mary Boitano who took 88th in a time of 2:24. In the team division, a West Valley TC team composed of Delgado, Stephenson, Cortez, Kruse and Mendoza had a low score of 53, followed by their crosstown rivals, the West Valley Joggers and Striders, with 87 points. Redwood City was third with 97. The top 45 finishers and their times: (Mitch Kingery made a runaway of the first high school award in 6th: 14 yrs!)

1 - Rich Delgado (West Valley TC)	60:14	16 - Bill Flodberg (Solano TC)	72:39	31 - Loren Blaco (Stanford RC)	75:13
2 - Doug Butt (Marin AC)	60:44	17 - Ron Kinney (unatt.)	72:45	32 - Vic Weber (unatt.)	75:25
3 - Darryl Beardall (Marin AC)	61:06	18 - Dennis Stevenson (unatt.)	73:04	33 - David Cortez (RC Striders)	75:39
4 - Greg Chapman (Solano TC)	62:07	19 - Kirk McKelvey (Alum Rock RA)	73:16	34 - Carl Martin (West Valley J & S)	76:16
5 - Jim Dare (US Navy)	63:31	20 - William Flint (Alum Rock RA)	73:16	35 - Joe Quesada (unatt.)	76:52
6 - Mitch Kingery (RC Striders)	65:25	21 - Keith Campbell (West Vly J & S)	73:30	36 - Rich Brock (unatt.)	77:18
7 - Jose Cortez (RC Striders)	65:50	22 - Tom Pinckard (unatt.)	74:03	37 - Ernst Hayman (unatt.)	77:39
8 - Ken Napier (West Valley J & S)	66:45	23 - George Manriquez (Alum Rock RA)	74:11	38 - Mike Diatherage (Solano TC)	78:44
9 - Bob Stephenson (West Valley TC)	67:18	24 - D.C. Peterson (West Vly J & S)	74:16	39 - Vito D'Aloia (Joggnauts)	79:22
10 - Nicholas Vogt (Chico State)	67:55	25 - Al White (Napa Valley RC)	74:20	40 - Tom Ryan (SF Fire Dept.)	79:27
11 - Willie Cronin (unatt.)	69:37	26 - Eddie Robledo (unatt.)	74:32	41 - Keith Conning (unatt.)	79:37
12 - Robert Malain (NCSTC)	70:50	27 - Donald Kerr (unatt.)	74:51	42 - Bob Blonder (West Valley J & S)	79:42
13 - Ruben Gonzales (unatt.)	72:05	28 - Neil Kruse (West Valley TC)	74:54	43 - Jerry Barrack (Joggnauts)	80:12
14 - Tom O'Brian (unatt.)	72:27	29 - Fred Mendoza (West Valley TC)	74:55	44 - Michael Skelly (SF Olympic Club)	80:20
15 - Frank Cortez (West Valley TC)	72:30	30 - Fred Ertman (unatt.)	75:07	45 - Bob Reynaga (unatt.)	80:34

FAST IMPROVING CHAPMAN IS VICTOR IN MT. DIABLO RUN

(April 25): Under perfect running conditions, Solano TC's Greg Chapman proved that he is definitely a runner to be recognized as he beat both Rich Delgado and Darryl Beardall. All three blitzed the old course record of 50:17, with Chapman recording an amazing 43:18. The race was a handicap affair organized by Jack Kirk, "The Dipsea Demon", and it is certainly one of the more difficult runs in our Association. It goes up steep trails on the upper slopes of Mt. Diablo and then comes down slippery shale trails. Last year it was snowing at the top during the race. Peter Wood, who usually doesn't run the hilly races, decided to do so and did very well, but not quite well enough as he was beaten to the senior title by Peter Mattei, who often trains on Mt. Diablo's slopes. Hey, wait a minute! In examining the results again, I find that Peter Wood actually got third. The race sponsor himself got up for the second senior finisher and placed 8th with the 7th best time. Below are listed the actual finishers in the order they finished. The field was small, but fairly strong. A total of 14 runners finished the run.

1 - Greg Chapman (Solano TC) 43:18; 2 - Ernst Hayman (unatt.) 54:55; 3 - Rich Delgado (West Valley TC) 44:36; 4 - Tom Pinckard (unatt.) 52:45; 5 - Darryl Beardall (Marin AC) 46:35; 6 - Walt Betschart 58:50; 7 - Peter Mattei (NCSTC) 54:06; 8 - Jack Kirk (unatt.) 57:32; 9 - Peter Wood (NCSTC) 57:58; 10 - John Satti (NCSTC) 65:46; 11 - Luka Sekulich (NCSTC) 72:23; 12 - Paul Carmichael (SF Olympic Club) 82:05; 13 - George Green 78:00; 14 - Bill Carpenter 89:28.

DELGADO EDGES CHAPMAN & BEARDALL AT MT. VACA

(May 1): Winning his third race in the last four races, Rich Delgado had to work hard to hold off Greg Chapman's fast closing downhill finish to win the 4th Annual Mt. Vaca Hill Climb. This was the first year the RRC sponsored race had obtained an AAU sanction and also the first year it had been run up and down the mountain. Formerly it had just been a run to the top. The rugged test was 10.6 miles, 5.3 miles each way. Delgado won the event for the fourth straight time. Chapman had the best downhill time of anyone as he averaged a torrid 4:42 per mile on that part of the run. Eleven seniors participated in the event, with T.A. de Lusignan of Marin AC coming out on top in 10th place overall. He was followed very closely by Peter Mattei, only 8 seconds behind. Mattei had the best average per mile coming down with a 5:14. Weather conditions were near perfect. All 33 finishers are listed below:

1 - Rich Delgado (West Valley TC)	63:32	12 - Peter Mattei (NCSTC)	75:47	23 - Roy Kissen (West Valley TC)	86:22
2 - Greg Chapman (Solano TC)	64:02	13 - Steve Smith	76:32	24 - Colin Templeman	86:42
3 - Darryl Beardall (Marin AC)	64:04	14 - Nils Carlson	77:27	25 - Gil Tarin	87:50
4 - Jose Cortez (RC Striders)	65:45	15 - Ron Kinney (unatt.)	77:53	26 - Brian Lodge	93:18
5 - Doug Butt (Marin AC)	68:38	16 - James Nichol森	78:09	27 - Jeff Collins	93:30
6 - Dave Zumwalt (unatt.)	70:50	17 - Dave Nelson	79:54	28 - John Boitano (South End RC)	95:35
7 - Leo Morgan	71:21	18 - Don Pickett (SF Olympic Club)	80:16	29 - Lee Adams	99:15
8 - Pete Hanson (unatt.)	73:29	19 - Donal Coellar	82:26	30 - Charles Recasen	102:37
9 - Bill Flodberg (Solano TC)	74:39	20 - John Brennan (South End RC)	85:45	31 - Buck Swannack (Dolphin Club)	113:48
10 - T.A. de Lusignan (Marin AC)	75:39	21 - Mike Deatherage (Solano TC)	86:15	32 - Skip Swannack (Dolphin Club)	116:11
11 - John Palo	75:40	22 - Rex Diederick	86:46	33 - K.L. Van Scyoc	116:11.1

SKIP HOUK RUNS TO RECORD AT SACRAMENTO

(May 8): High Sierra TC's Skip Houk made the trip from Fresno worthwhile as he set a new record for the Capt. Freeman Memorial 20.7 miler from Sacramento to Woodland. His time of 1:50:04 was run under ideal overcast and drizzling conditions, and it knocked exactly one minute off Doug Rustad's course record which was set last year under very hot conditions. Jim Howell, although well back of Houk, ran a very good race with a 1:54:01 timing, followed by Greg Chapman with 1:55:15. In the senior division, Sacramento's Jim O'Neil broke away from de Lusignan over the final few miles and recorded an excellent 2:08:44 in twelfth. A total of 55 runners began the race, but only 42 could finish. Marin AC's Beardall, Butt, and de Lusignan took top team honors.

1 - Skip Houk (High Sierra TC)	1:50:04	9 - Nick Vogt (Chico State)	2:04:20	17 - Jim Engle (Napa Valley RC)	2:15:19
2 - Jim Howell (West Valley TC)	1:54:01	10 - James Haberkom	2:06:09	18 - Robin Clark (Maranon Club)	2:16:26
3 - Greg Chapman (Solano TC)	1:55:15	11 - Joel Stein (RC Striders)	2:08:43	19 - Jeff Collins (Solano TC)	2:16:34
4 - Darryl Beardall (Marin AC)	1:57:11	12 - Jim O'Neil (SF Olympic Club)	2:08:44	20 - Mike Healy, Sr. (Napa Vly RC)	2:16:58
5 - Jose Cortez (RC Striders)	1:59:33	13 - T.A. de Lusignan (Marin AC)	2:19:21	21 - Bill Snavely (unatt.)	2:17:16
6 - Doug Butt (Marin AC)	2:02:32	14 - Joe Henderson (Marin AC)	2:11:25	22 - Ernst Hayman (unatt.)	2:17:43
7 - Frank Krebs (Sac'to State)	2:02:50	15 - Bob Barker (unatt.)	2:11:35	23 - Keith Campbell (West Vly J&S)	2:17:56
8 - Tom O'Connor (unatt.)	2:03:26	16 - Ron Olitsky (unatt.)	2:14:13	24 - Bill Roay (Dolphin Club)	2:18:22

DELGADO NIPS LEYDIG IN 8 MILE RACE

(May 15): Rich Delgado continued his winning ways at the Golden Gate Park 8 miler, but had to turn it on in the last few miles to hold off a determined challenge from teammate Jack Leydig, who ran his first good race since January following a hip injury. Delgado took command immediately and he and Darold Dent broke away from a knot of runners at about 1½ miles. Leydig began slowly, covering his first 4 mile lap in 21:12, but closing the final loop in 20:24, overtaking Dent at about 4½ miles. Chabot College's Dan Anderson looked good the entire race and seemed to hold even with Leydig over the last 4 miles. Doug Rustad's 1970 record of 41:18 remained intact. Bill Mackey showed why he's leading the seniors this year with a big victory over Peter Wood, last year's top senior runner. No times are available past 10th for this issue (for further results, see next issue), but the top seniors after Mackey and Wood were Dave Stevenson, Frank Harrison, Bob Malain, and Don Pickett. Elaine Pedersen took top honors in the women's division, followed by Vicki Paulson and Skip Swannack. The top 10 and their times: 1 - Rich Delgado (West Valley TC) 41:25, 2 - Jack Leydig (West Valley TC) 41:36, 3 - Dan Anderson (Chabot/Valley TC) 41:47, 4 - Ernie Gamma (Foothill/Maranon) 42:05, 5 - Jim Howell (West Valley TC) 42:18, 6 - Darold Dent (unatt.) 42:20, 7 - Wes Hildreth (Marin AC) 43:24, 8 - Greg Chapman (Solano TC) 43:36, 9 - Art Reade (West Valley TC) 43:47, 10 - Mike Conroy (Redwood City Striders) 43:53.

MOORE, CRAWFORD, CLARK SMASH BAY TO BREAKERS RECORD

(May 23): Running against a record field of nearly 2000 starters, Oregon TC's Ken Moore completely dominated the strong challengers and by the three mile mark had the race almost to himself. He built his margin of victory to 50 seconds, and in the process completely obliterated the old standard which he had set several years previously. Jim Crawford of the US Army team pulled away from West Valley's Bill Clark over the last 440, as his superior 3:59 mile speed proved the difference in the stretch. Both Crawford and Clark were also under the old record. The winner received a trip to the Sydney Sun's comparable 10 mile race in Australia next fall. The winner there (assuming it's not Moore I guess) will receive a trip to the 1972 Bay to Breakers race. Due to the fact that several runners ran without numbers (listed as unreported in the Examiner), we are attempting to clear things up a bit in the top placings. Several runners wore the numbers of friends since they didn't have their own and their friends weren't running, thus the reason for some discrepancies. In addition, it was discovered that the unreported runners' times were not recorded and so after sixth place the times were wrong as listed in the paper. To figure the correct times we simply removed the unreported runners and moved everyone else up the correct number of places. Therefore, we don't know the times of the unreported runners (Duffy in 7th, and then others in 17th, 22nd, and 44th.) West Valley's running machine put 10 runners in the top 24 places and had their top 5 in the first 13 to score a low of 45 points for the team title. No other team results were known at press time, but complete results will be listed next time. Top high school finisher was West Valley's (Burlingame HS) John Marconi who did an excellent 41:18 to place 21st. Mike Knott was second in that division. Fran Conley of Palo Alto was the top woman finisher in 418th (50:45). She combined with her husband Phil (several hundred places behind) to take the husband-wife award. More than 150 women competed as the AAU's new ruling allowed them to compete officially this year. The most courageous runner award was given to blind runner Peter Romero of Berkeley who was competing in his first road race. Oldest finisher was again Dr. Paul Spangler of San Luis Obispo, a ripe 72 years of age. The youngest listed participants were Maryetta Boitano and Courtney Reno, both 8 years of age. Jim and Mike Killeen of the Marin AC easily won the father-son trophy. More results in special divisions will be listed next time. We think Bill Mackey and Peter Wood were the first two seniors to finish but no official results were available at press time. Below are listed the top 50 finishers as listed in the May 24th Examiner, with the exceptions of some changes as explained above.

1 - Ken Moore (Oregon TC)	36:57	18 - Wes Hildreth (Marin AC)	41:07	35 - Harry Skandera (unatt.)	42:19
2 - Jim Crawford (US Army TC)	37:47	19 - Don Makela (unatt.)	41:12	36 - Joseph McDevitt (unatt.)	42:30
3 - Bill Clark (West Valley TC)	37:52	20 - Bob Crow (West Valley TC)	41:13	37 - Bob Gormley (Marin AC)	42:32
4 - Tom Laris (New York AC)	38:52	21 - John Marconi (West Valley TC)	41:18	38 - Bob Hayman (SF Olympic Club)	42:33
5 - Bill Norris (Oregon TC)	39:03	22 - Unreported Runner	41:??	39 - Mike Conroy (RC Striders)	42:34
6 - Bill Scobey (Mad River Runners)	39:07	23 - Art Reade (West Valley TC)	41:24	40 - Bob Deines (Otherways AC)	42:35
7 - Peter Duffy (West Valley TC)	39:??	24 - Keith Kruse (West Valley TC)	41:27	41 - Wayne Smith (Millbrae Lions TC)	42:38
8 - Skip Houk (High Sierra TC)	39:23	25 - Greg Chapman (Solano TC)	41:35	42 - Mike Killeen (Marin AC)	42:40
9 - Ray Darwin (Culver City AC)	39:31	26 - Dale Severy (unatt.)	41:42	43 - Unreported Runner	42:4?
10 - Rich Delgado (West Valley TC)	39:33	27 - Bob Nanninga (unatt.)	41:52	44 - Dan J. Hutton (unatt.)	42:46
11 - Duncan MacDonald (Stanford)	40:04	28 - Humberto Hernandez (CSCH)	42:03	45 - Eric Moller (Marin AC)	42:47
12 - Jack Leydig (West Valley TC)	40:12	29 - Mike Knott (Pleasant Hill TFC)	42:07	46 - Jim Shettler (unatt.)	42:49
13 - Charlie Harris (West Valley TC)	40:32	30 - Mike Ionocci (unatt.)	42:08	47 - Angelo Martinez (Alameda TC)	42:59
14 - Bill Morgan (unatt.)	40:38	31 - Dave Stanley (Valley TC)	42:13	48 - Gregory Griffin (unatt.)	43:01
15 - Jim Howell (West Valley TC)	40:47	32 - Jim Dare (US Navy)	42:14	49 - Jon Ahnberg (unatt.)	43:04
16 - Dan Anderson (Chabot/Valley TC)	41:00	33 - Lester Mina (unatt.)	42:17	50 - Unreported Runner	43:??
17 - Unreported Runner	41:0?	34 - Mark Norman (Sac'to State)	42:18		

The following poem was written by Midge Chilton. As the poem indicates, this will be the end of her husband's (Gary) first year of competition, which has been undoubtedly enjoyable for both of them.

"HURRAY"

You have run many a mound, hill and hard paved street;
You have faced the sun, rain and hailing sleet,
You've completed one full year of events, my mate -
And now on to your second Marathon of the Golden Gate.

After having prepared the old watering jug,
I'll lead you on in the little beige bug.
I'll quickly find a shady place and park,
So to give you a drink at the 7-Mile mark.

Now you wind up through the Tiburon Hill,
And it's actually quite pretty, peaceful and still.
The roads are carefully marked with arrows in white,
Just to be sure you keep the trail in sight.

Along this fantastic course of twenty-six miles,
You'll be greeted by hundreds of encouraging smiles.
They'll applaude you and feed you and see you on your way;
"It's quite amazing!" to their neighbor they'll say.

Ahead of you now is the famed Sausalito proper,
And the hill beyond it is called "THE STOPPER."
But pay no heed to the tales told in woe,
Just keep on going, taking it kinda slow.

Now before you is the wonder that beats all -
The great Golden Gate standing so tall.
The breeze of the ocean is the runner's delight,
But best of all - the end is in sight.

Now down the Marino at a very quick pace,
Just a few hundred yards and it's the end of the race.
And I'll be there when you cross the finish line
With the loudest "HURRAY" being very much mine.

by Midge Chilton

LATE NEWS & CORRECTIONS, ADDITIONS, ETC. *** All-Comers meets will begin at the College of San Mateo on June 19th (11:30 for field events) and at Foothill College (Los Altos Hills) on June 22 (Tuesday) at around 5 or 6 pm (not sure of time, but it will be in the evening). *** The Senior Sports International (Senior Olympics) will be held June 19-27 this year. Entries can be obtained from W. Blaney, 619 South Dunsmuir Ave., Los Angeles, CA. Competition in this meet will be divided into 8 divisions (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 and over). *** Point total correction for seniors on page 2 of this issue. Peter Wood should be in 6th behind Mattei (Wood should have 3 firsts and 1 third, Mattei should have 3 firsts and 2 seconds). This gives Wood an average placing of 2.33 and score of 0.259 and Mattei an average placing of 3.23 and score of 0.249. *** Bob DeCelle has announced that a letter was mailed to the AAU Office in Indianapolis on May 17 concerning discussion of distribution of Track & Field TV Funds at the upcoming National AAU Convention this fall. The letter was answered and discussion will be taken up on the matter. The point brought out by DeCelle was that currently the AAU is using unfair distribution methods for these funds, tending to weaken the club system. *** The upcoming meeting of the Track & Field Executive Committee (at the Fireman's Fund on California St., S.F.) will be an important one for all clubs. Be sure and send your representative (AAU delegate) for voting. The meeting will be at 8 pm on June 9. The Track & Field Executive Committee meets the second Wednesday of every month at the Fireman's Fund. Help make the AAU an organization that is "athlete controlled" by showing up to vote and discuss important issues!!



Ex-College of Marin ace, George Stewart, now at Okla. St., has done 4:03.8 so far this year. (Marconi photo)



Stanford's Kardong ran a lifetime best 3 mile of 13:20 to place second in the Pac-Eight Meet. (Marconi photo)



Pacific Association Portrait, Sunset High's Ron Genschmer, has a 4:15.2 & top NorCal time. (Alwyn Silva photo)



The Olympic Club's Jim O'Neil displays his new California license plates for 1971. The extra \$25 he paid goes to help fight pollution.



Top finishers at the Mt. Vaca Hill Climb: Darryl Beardall (3rd), Greg Chapman (2nd), and winner Rich Delgado. (Photo by T.A. de Lusignan)



Sacramento 20.7 Mile Winners: back, Skip Houk and Jim Howell (1st & 2nd), Elaine Pedersen (1st woman), Greg Chapman (3rd), Don Giebel (race director); front, Bill Tracey (1st under 10), top seniors T.A. de Lusignan (2nd), Keith Campbell (3rd) & Jim O'Neil (1st), Mike Healy (1st jr.) (Woodland Daily Democrat photo)



Start of the De Anza Ridge Run. Three runners on right went on to take top honors (Delgado, Beardall & Butt). (Photo by Dick Reese)

1971 HOLY CITY SUMMIT RUN

DISTANCE: 9.08 Miles

PLACE: Holy City, Calif. (West of San Jose on Hiway 17 to Santa Cruz)

DATE: Sunday, June 27, 1971.

TIME: Checkins start at 8 am. Race begins promptly at 9:30 am.

SPONSORED BY: West Valley Track Club.

SANCTIONED BY: Pacific Association of the Amateur Athletic Union.

COURSE: About 1½ miles gradual uphill, ½ mile steep uphill, 5 miles rolling, and 2 miles gradual downhill at end. Large course map will be posted on race day.

ENTRY FEE: \$1.00 per contestant for entries received on or before June 26. An additional 50¢ per entry will be charged for those registering on the day of the race. No applications will be accepted without this registration fee and a valid AAU number for 1971. Fees may be submitted on race day for \$1.00 if entry is received before June 27, but no one will be permitted to run without paying the entry fee. Checks payable to West Valley Track Club.

MAIL ENTRIES TO: Holy City Summit Run, 603 So. Eldorado St., San Mateo, CA 94402.

For more information phone (415) 342-3181 after 9 pm on weekdays.

RULES: All contestants must be amateur, registered with the AAU with a current 1971 registration card. Cards may be obtained by writing Registration Chairman, Suite 601, 942 Market St., San Francisco, CA 94102. Minors must have parent or guardian sign entry form below.

PRIZES: Trophies will be awarded to the first three individuals, the first senior runner (40 and over), the first woman runner, and the first three teams (a scoring team will consist of 5 runners and the team must be specified on the entry blank). Merchandise awards will be awarded to at least the top 10 finishers (running shoes, Northern California Running Review subscriptions, 1970 NorCal Distance Running Annuals, etc.). Discount certificates on running equipment (from Running Unlimited, and Road King Shoes) for at least the next 40 finishers (valued at 50¢ to \$2.00 each).

* * * * *

WAIVER

In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against the sponsors, the Pacific Association of the AAU, the officials, and/or the Amateur Athletic Union of the U.S., while traveling to and from the event and participating in the event.

(Date) Signed: _____
(Participant)

Signed: _____
(Parent or Guardian)

NAME: _____ BIRTHDATE: _____

ADDRESS: _____
Number Street City State ZIPCODE

REPRESENTING: _____ AAU REGISTRATION # _____
(Club, School, Service, unattached)

DIVISION ENTERED: _____ ENTRY FEE ENCLOSED? _____ PHONE NO. _____
(Open, Sr., Women)