



# NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION  
603 SO. ELDORADO, SAN MATEO, CALIF. - 94402  
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The Northern California Running Review 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 & field athletes, including age group, high school, collegiate, AAU, women, and seniors. The NCRR is available at many road races and track meets throughout Northern California for 25¢ an issue, or for \$3.50 per year by subscription (12 issues, first class mail). All West Valley TC athletes receive their copies free by mail 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, preferably black & white, and good contrast. Please send all information to the editor, Jack Leydig (see address in title block). Be sure and give photo credits, those competing, and event being run. Any size print is ok since we can photographically reduce or enlarge them.

Our publication is printed by Frank Cunningham; chief photographer is John Marconi. Our cartoonist is Lee Holley (we need some cartoons right away Lee!!). Some of our contributors this month include Harold DeMoss, Jeff Kroot, John Marconi, Augie Argabright, Joe Henderson, Jon Hendershott, Harry Young, Tom Bache, John Trent, Walt Stack, Bill Clark, Paul Reese, Dave Waco, Ted Larson, Bob Porter, and Don Peterson.

A reminder for our subscribers and club members: our mailing list now exceeds 250 per month, and in the near future we are planning on applying for a first class permit. If your ZIPCODE does not appear on your address label, please send it to me immediately. ZIPCODE's must be on bulk mail. Also, you can tell when your subscription runs out by looking at the numbers (month/year) following your name on the address label. This number represents the last issue you will receive (a renewal form will automatically be included with your last issue).

**WANTED** by September 15: High School & Collegiate cross country schedules for this fall. If your coach puts out a mimeo sheet listing your meets for this fall, please send me a copy immediately for printing in our Sept. NCRR. We are especially interested in Invitationals and League, Sectional, and Regional Meets. List date, name of meet, location, and starting time if available. \*\*\* In the near future (three to four months), the NCRR will lose access to its address label printer. Our labels are currently on IBM punched cards and we run them through a printer each month. If your business or place of work is within a 20 mile radius of San Mateo and has data processing equipment available, please contact the editor right away. Any type of printer will do, as long as it reads 80 column cards and has the ability to take variable width forms (an IBM 407 accounting machine would be ok, although a faster machine is desired).

## CLUB NEWS

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 track & field and kept to a reasonable length, we will print it, possibly in edited form. We have to keep our issues limited to 6 sheets or less in order to keep our rates at \$3.50 a year. Any material aimed at selling goods should be put in our classified section. The response to this column still remains a big zero, except for our own club....let others hear about your club activities, and it might help your membership!

**WEST VALLEY TC NEWS:** During the month of August, West Valley TC gained three new members, all high schoolers. Peter Brown lives at 733 Walnut Ave. in Burlingame (94010) (Ph. 343-2270) and will be a junior at Burlingame High. He has track times of 4:35 for the mile and 9:42 for two miles. He placed 44th in this year's

Bay to Breakers Race. Hank Kolar is 15 years of age and lives at 2257 Barrett Ave. in San Jose (95124) (Ph. 377-4800). He has a best two mile time of 10:52.2. Ed Schelegle just turned 18 and owns a 9:49 two mile best set this spring. His current address is 216 Verano Dr., So. San Francisco, 94080 (Ph. 588-5724).

Some address changes of our members: Sean O'Riordan will be going back to school as of mid-Sept. and his new address is Rte. 1, Box 91E, Pullman, Wash. 99163. He is currently at his San Jose summer address. Early next month Jim Howell will take off for Maine until January: RFD #1, Sangerville, Maine, 04479. Also moving out of the state, probably for about two years, is Rich Delgado, who is currently attending Harvard Law School. His temporary mailing address is c/o Harvard Law School, Boston, Massachusetts. Marcel Hetu, recently married to Linda McCain, is now living in San Mateo at 4337 Beresford, Apt. 6 (Zipcode is 94403), Ph. 573-6274.

Some corrections and news from our out-of-state runners. Anne (not Barb as noted in last issue) Ashton, finished 1839th in the Bay to Breakers. \*\*\* Colombian Alvaro Mejia set a personal best of 29:06.2 while finishing third to Frank Shorter and Mexico's Juan Martinez in the Pan American Games 10,000 meters. Shorter's winning time was 28:50.8 and Martinez got 29:05.0. Doubling back in the marathon under very warm conditions, Alvaro managed a fourth place in 2:27:59, well off his best of 2:17:22. Shorter staged a good double by winning this event too, in a time of 2:22:40, far ahead of Jose Garcia Gaspar (Mexico) and Alvaro's teammate Hernandez Barreneche (2:26:30 & 2:27:10). \*\*\* On August 4th in Albuquerque, Charlie Harris won a four mile race in 21:20, besting runnerup Lee Cain by 6 seconds. \*\*\* In Atlanta, Mike Ryan tried his first road race in many a year after just starting to get into some kind of shape. He finished 21st in a field of 59 starters. The race was held over a very hilly course with high temperatures and humidity.

West Valley TC runners who finished races in the past month or so, but didn't place high enough to get listed in the regular race results: At Ft. Baker - 62 - Frank Donohue (1:47:50). At Tiburon - 74 - Roy Kissin (49:48), 97 - Orval Osborne (51:12), 98 - Dan Bolster (51:15), 101 - Frank Cortez (51:19), 121 - Frank Donohue (52:45), 130 - Neil Kruse (53:35), 143 - Dave Causey (54:32), 148 - Bob Greer (55:00). At the Ocean to Bay Marathon - 69 - Dan Bolster (3:35:10), 71 - Dave Causey (3:37:03), 78 - Robin Nowinski (3:44:43), 124 - Vernon Rose (4:29:43), 145 - Orval Osborne (5:24:25).

The club directory is still not completed. If you still have not turned in your directory information slip (or need one), you should do so immediately. You will receive a copy of the directory in next month's NCRR. \*\*\* Herb Ashton is our new club record statistician. He has compiled lists that go five deep in all events (or less if some events haven't been run that many times by club athletes.) Next issue will have an attached sheet listing the fifth (or last) mark we have. If you have done better while on the club (not necessarily competing for the club, but you have to have been a member at the time the mark was set), then send the mark (approx. date) and where it was set to Herb right away (1240 Capuchino, Burlingame, Ph. 342-1669). We are especially weak on field events and sprints, so your time may even qualify for a club record.

**THIS AND THAT....** We are still about \$345 short of our goal in gathering money for Darryl Beardall & Bob Deines for the London to Brighton Race (52 miler in late September). Any donations at all will be appreciated. Donations should be sent to Jack Leydig, 603 S. Eldorado St., San Mateo, CA 94402 (please make checks payable either to Jack Leydig, or West Valley Track Club). Look me up at the next road race. We will be making a massive plea at the Dipsea Race. If everyone that runs here donates only about 25¢, we should be able to make our goal. We need your help.

The next regular meeting of the PA-AAU Board of Managers will be held Thursday, September 16th, in the Forum Room of the Firemans Fund Insurance Company, 3333 California St., San Francisco, at 8 pm. \*\*\* Any sport with more than 500 registered athletes is entitled to 2 (two) members on the National Sports Committee. That qualifies Long Distance Running. \*\*\* Officials needed: The 5th Annual Police Olympics, sponsored by the S.F. Police Dept. and held at SF State College on Sept. 2-4, are in need of qualified officials. Entries are expected over the entire state and will include officers from the FBI. Track & field will include all events and will start at 9 am on Friday only. In the event you can officiate, please contact George Newlon at either 342-5526 or 344-8804 (both area code 415). \*\*\* A program is being presented at the Univ. of California on Friday thru Sunday, Oct. 8-10. This will include small group workshops in which participants will explore the Coach-Athlete relationship, the educational value of athletics, the role of women in sport, the implications of a spectator versus participant orientation and the problem of drug abuse in athletics. The fee for this Course is \$50.00 for college credit and \$40.00 for non-credit. Friday is from 7 pm to 10 pm, Saturday is from 9 am to 10 pm, and Sunday is from 9 am to 3 pm. Jack Scott, Director, Institute for the Study of Sport & Society, Oakland, is the instructor. Guest speakers include David Baugin, executive sports editor from the SF Examiner; Art Rosenbaum, Sports Editor from the SF Chronicle; Phil Shinnick, Capt. U.S. Air Force and member of the 1964 U.S. Olympic Team; and Tom Waddell, M.D., decathlon member of the 1968 Olympic Team. For more information contact Mrs. Diane Swanson, Public Information Office, University Extension, (415) 642-3112. \*\*\* Three Pacific Association Athletes (in addition to ex-PA distance runner Alvaro Mejia who competed for Colombia) made the U.S. Pan American Team in Track & Field. They are Marilyn King (Millbrae Lions TC), and Tom Dooley & Goetz Kloffer (Athens Sports, Inc.). \*\*\* At the African Games in Durham, North Carolina, Marilyn King came in fourth in the Pentathlon. The Women's Coach for the Games was Ed Parker, Coach of the Millbrae Lions TC. Irene Obera was the Manager. \*\*\* The Pacific Association was well represented in the Junior Olympic National Championships held in Colorado Springs. The following athletes made the track & field finals: Denise Kemp (Will's Spikettes), Diana Yost (Cordova Dusters), Rhonda Albers (San Leandro TC), & Greg Densmore (unatt., Chico).

Below are listed the PA-AAU runners who have broken 2:40 for the marathon so far this year (all times):

Name (Club)	Time(Place)	Place	Date	Name (Club)	Time(Place)	Place	Date
Alvaro Mejia (West Valley TC)	2:17:22 (1)	B'game	7 Mar	Bill Clark (West Valley TC)	2:32:36(27)	Eugene	6 Jun
Alvaro Mejia (West Valley TC)	2:18:45 (1)	Boston	19 Apr	Chuck Frosolone (Maranon)	2:32:41(28)	Eugene	6 Jun
Bill Scobey (Mad River Runners)	2:20:35 (5)	Eugene	6 Jun	Dan Dreschel (Staters TC)	2:33:46(13)	Seaside	27 Feb
Byron Lowry (S.F. Olympic Club)	2:22:33 (2)	B'game	7 Mar	Jose Cortez (Redwood City Striders)	2:35:03 (8)	P.Verdes	22 May
Bill Clark (West Valley TC)	2:22:38 (1)	San Diego	9 Jan	Wayne Badgeley (Stockton TC)	2:35:06 (2)	Madera	4 Apr
Byron Lowry (S.F. Olympic Club)	2:22:45 (7)	Eugene	6 Jun	Jim Howell (West Valley TC)	2:35:11 (6)	B'game	7 Mar
Byron Lowry (S.F. Olympic Club)	2:23:20 (5)	Boston	19 Apr	Gary Tuttle (Mad River Runners)	2:36:00 (2)	Arcata	10 Jul
Charlie Harris (West Valley TC)	2:23:24 (3)	B'game	7 Mar	Jose Cortez (Redwood City Striders)	2:36:00 (2)	Belmont	31 Jul
Steve Dean (Sacramento St. Coll.)	2:23:47 (2)	Anaheim	6 Feb	Jack Leydig (West Valley TC)	2:36:43 (2)	Tiburon	29 May
Bill Scobey (Mad River Runners)	2:24:59 (1)	Arcata	10 Jul	Randy Lawson (Redwood City Striders)	2:36:45 (7)	B'game	7 Mar
Bill Clark (West Valley TC)	2:26:19(10)	Boston	19 Apr	Jim Howell (West Valley TC)	2:36:47(46)	Boston	19 Apr
Bob Deines (Otherways AC)	2:27:11 (6)	Seaside	27 Feb	Bob Crow (West Valley TC)	2:37:25(49)	Boston	19 Apr
Howard Labrie (Mad River Runners)	2:27:37 (7)	Seaside	27 Feb	Joel Stein (Redwood City Striders)	2:37:36 (8)	B'game	7 Mar
Russ Pate (Ft. MacArthur)	2:27:52(13)	Eugene	6 Jun	Jim Howell (West Valley TC)	2:37:49(40)	Eugene	6 Jun
Alvaro Mejia (West Valley TC)	2:27:59 (4)	Calif	5 Aug	Howard Labrie (Mad River Runners)	2:38:03 (3)	Arcata	10 Jul
Gary Miller (Mad River Runners)	2:28:12 (9)	Seaside	27 Feb	Jose Cortez (Redwood City Striders)	2:38:05 (7)	Las Vegas	6 Feb
Jose Cortez (Redwood City Striders)	2:28:21(11)	Seaside	27 Feb	Jose Cortez (Redwood City Striders)	2:38:28 (3)	Tucson	13 Feb
Ron Elijah (Mad River Runners)	2:29:14(16)	Eugene	6 Jun	Ray Darwin (Culver City AC)	2:38:36 (3)	Belmont	31 Jul
Bob Crow (West Valley TC)	2:29:19 (4)	San Diego	9 Jan	Darryl Beardall (Marin AC)	2:38:40 (3)	Tiburon	29 May
Bob Crow (West Valley TC)	2:29:33(18)	Eugene	6 Jun	Ray Menzie (Marin AC)	2:38:47 (9)	B'game	7 Mar
Charlie Harris (West Valley TC)	2:29:47(19)	Eugene	6 Jun	Ray Menzie (Marin AC)	2:39:03(60)	Boston	19 Apr
Chris Miller (West Valley TC)	2:30:50 (4)	B'game	7 Mar	Wolfgang Schmulewicz (unatt.)	2:39:12(10)	B'game	7 Mar
Rich Delgado (West Valley TC)	2:31:37 (1)	Tiburon	29 May	Harold DeMoss (West Valley TC)	2:39:12(45)	Eugene	6 Jun
Jack Leydig (West Valley TC)	2:32:01 (6)	San Diego	9 Jan	Jose Cortez (Redwood City Striders)	2:39:39(47)	Eugene	6 Jun
Jose Cortez (Redwood City Striders)	2:32:17 (5)	B'game	7 Mar	Mitch Kingery (Redwood City Striders)	2:39:43(14)	P.Verdes	22 May
Jim Howell (West Valley TC)	2:32:23 (7)	San Diego	9 Jan	Harold DeMoss (West Valley TC)	2:39:49(20)	Seaside	27 Feb
				Greg Chapman (Solano TC)	2:39:52(48)	Eugene	6 Jun

**NEW POINT TOTALS IN 1971 PA-AAU TEAM RACE:** Below are listed the top 15 open and top 9 senior runners through and including the One Hour Run. We are now up to date on all races in the open division and need only the Lake Merritt 5 km. results past first place for the senior results. Bill Mackey finished first. If you think you finished in the top six seniors in this race, please let me know. The 1971 race ends with the Lake Merritt Race (but not including it). The last totals will appear in next issue, but a final tally will be mimeographed for the Lake Merritt Race so it can be used as a voting guide. The PA-AAU cross country team will be chosen by your votes as usual on this day and the point totals are only a guideline to help you decide. The team will consist of six open competitors and one senior runner. \*\*\* Remember the rules we use to calculate our standings. Count all PA-AAU sanctioned road races except in cases where two races are at same location on same day. In this case the longer race will be used for open scoring and both races will be used in senior scoring. If an open runner doesn't finish in the top ten, he is not counted, thus not being penalized for a bad day. Same applies to seniors (only top six are counted here). Of those races where a competitor finished in the top ten (or top six for seniors), take the average placing and divide it by the number of races. This gives a number; the lower the number, the better the rating. \*\*\* Bill Mackey seems a cinch to win the senior title, with last year's winner, Peter Wood, moving into second from fourth last time. Rich Delgado continues to defend his 1970 title, but only by the slimmest of margins. Darryl Beardall or Bill Clark could possibly catch him since he has now moved back to Boston. Below are the standings:

**SENIORS**

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Bill Mackey/West Valley J & S (16)	11	4	1	0	0	0	1.38	.0859
Peter Wood/NCSTC (13)	7	4	0	1	1	0	1.92	.148
Jim O'Neil/SF Olympic Club (17)	3	7	4	2	0	1	2.53	.149
T.A. de Lusignan/Marin AC (14)	6	3	2	2	1	0	2.22	.158
Don Pickett/SF Olympic Club (23)	1	3	9	2	4	4	3.74	.163
Peter Mattei/NCSTC (19)	2	4	4	6	0	3	3.32	.174
Dave Stevenson/Stanford RC (17)	1	3	5	4	3	1	3.47	.204
Bob Malain/NCSTC (9)	4	1	0	2	2	0	2.67	.296
Ross Smith/West Valley J & S (8)	3	0	4	1	0	0	2.38	.297
(over 50) Paul Reese/NCSTC (11)	4	1	0	1	3	2	3.36	.306

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Rich Delgado/West Valley TC (17)	8	3	3	1	0	0	0	0	1	1	2.71	.159
Darryl Beardall/Marin AC (24)	2	4	7	2	3	1	2	2	1	1	4.36	.174
Alvaro Mejia/West Valley TC (6)	5	1	0	0	0	0	0	0	0	0	1.17	.194
Bill Clark/West Valley TC (8)	5	1	1	0	0	1	0	0	0	0	2.00	.250
Byron Lowry/SF Olympic Club (8)	1	5	2	0	0	0	0	0	0	0	2.12	.266
Bill Scobey/Mad River Runners (7)	3	2	1	0	0	1	0	0	0	0	2.29	.327
Ray Darwin/Culver City AC (13)	0	2	3	3	2	2	0	0	1	0	4.31	.331
Jose Cortez/RC Striders (11)	2	1	1	2	2	1	1	0	0	1	4.37	.397
Greg Chapman/Solano TC (13)	1	2	1	1	3	1	0	2	1	1	5.23	.402
Duwayne Ray/West Valley TC (7)	2	1	1	2	0	0	1	0	0	0	3.14	.449
Steve Dean/Sac'to St. Coll. (2)	2	0	0	0	0	0	0	0	0	0	1.00	.500
Jack Leydig/West Valley TC (7)	0	2	2	1	0	0	1	1	0	0	4.15	.592
Peter Duffy/West Valley TC (5)	2	0	1	1	0	0	1	0	0	0	3.20	.640
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

LETTERS TO THE EDITOR

I think the idea of awarding merchandise or merchandise certificates is a good one. However, I don't think it is necessary to give both trophies and the merchandise (as was the case at Tiburon). Perhaps the meet directors could allow the athletes to decide (in order of finish) which they prefer. Another possibility would be for the athlete to choose to receive no award, in which case the entry fee could be eliminated or at least reduced for him. Obviously the athlete would have to make this choice before the race.

--- Bill Clark

Visiting Crater Lake this summer, I got the glimpse of an idea. Running the Tahoe Relay this weekend I again caught sight of this idea: The excitement and fun of a relay around Crater Lake. I'm passing this brain storm on to you two live-wires. You may want to probe the local clubs to see if they are interested in this type of relay and, if so, to arrange, through Peter Mattei, with the Oregon Association for such a relay. A relay around Crater Lake would have to be run in late June or in July or August, because of the weather. I'm presuming the National Park Service would okay it. My guess is that the distance would be about half the Tahoe Relay so that a 3 to 5 man team could do it. Naturally, all this is predicated on the assumption that any senior team would get at least an hour's handicap.

--- Paul Reese

This acknowledges your letter, dated July 17, containing a request for funds to assist the USA in sending a team of long distance runners to the London to Brighton event. Your efforts, on behalf of Darryl Beardall and Bob Deines expenses, are appreciated. Certainly your efforts last year on behalf of Darryl were commendable and the injury unfortunate, but you certainly did the right thing by holding the money in a fund for this year's race. The National Long Distance Running Committee has not informed me of their desire to send a three man team to London, nor have I indicated such to the organizers in Great Britain. Steps have always been taken to assist the national committees with international competition where they think it is important, and this event would fall into the same category. However, our budget did not make allowances for any expenses to the Long Distance Running AAU Office. Best regards.

--- Ollan Cassell, AAU Track & Field Administrator.

ADVERTISING

Interested in selling your product, notifying others of your race? With a circulation of almost 500 per month (including 250 mailed subscriptions), the NCRR will get results for your ad. Why? Because we advertise to a select group --- runners!! Our rates are inexpensive and effectively improve sales for you: 50¢ per line, based on a 7 1/2 line, normal type, 12 characters per inch; for reproduction work - 25¢ per square inch for straight black & white, except 50¢ per square inch where half-toning (shades) are necessary. The per square inch rate applies to the final size you want your ad (we reduce or enlarge as required). If you desire to simply enclose an insert (8 1/2 x 11), the rate now varies with the number of issues we mail. We are assuming that unless our issues are 5 sheets (they are usually 6), the charge will be proportional to how much extra we have to pay in postage. A seventh page will cost us 8¢ x \$2.50 or \$20.00, plus a flat \$5.00 fee for the ad (both sides of sheet ok). If the extra insert does not make our issue exceed 6 sheets, then only \$5.00 will be charged. Send us 500 copies for a month. The photos you send should be good contrast, preferably black and white. All checks should be payable to West Valley Track Club.

A NEW RUNNING UNLIMITED DISTRIBUTION CENTER!! - For all you East Bay people who lost out when Pete League moved to Texas, Running Unlimited (Tiger Shoe Distributors) has opened a new branch in Oakland. Bill Yee, 2262 41st Ave., Oakland, 94601 (Ph. 533-4545) is now helping Tom Laris with his stock since Palo Alto is too far for many to drive. Bill is open for business from 5 to 9:30 pm on Monday thru Friday, or by appointment. Also, see Tom Laris' advertisement below.

EARN MONEY FOR YOUR CLUB! - Looking for a way to put some extra cash into your club's treasury, or even into your own pocket? Sell Northern California Distance Running Annuals (1970) and make 50¢ to 75¢ on each one you sell. Buy 5 or more for \$1.50 each instead of the regular \$2.00, or pay only \$1.25 each in lots of 15 or more. Possible greater discounts on very large orders. See advertisement below for information on Annual. Write to editor (or call 342-3181) today if you're interested.

STRENGTH, POWER AND MUSCULAR ENDURANCE FOR RUNNERS & HURDLERS (by John Jesse) - This publication presents a simply written and clearly understandable analysis of the advantages of weight training for all runners and hurdlers. Special emphasis is placed on developing an optimum level of strength, power and muscular endurance in muscles involved in the skill movements without, in any way, detracting from the maximum development of speed, flexibility, and circulo-respiratory endurance. This book offers exercises for sprints, medium and long distance, cross-country, marathon, hurdling and the steeplechase. All exercises presented are functional and have a direct relationship to the event. The suggested weight training programs can be used by the athlete without an elaborate weight room or a great deal of equipment. The anatomical illustrations provide the athlete with a better understanding of the muscles he is strengthening when performing a specific exercise. The chapter on Injury Prevention alone is worth the small price of this book. The techniques and exercises presented will assure the athlete that injuries that generally plague a runner or hurdler will rarely occur. Available for \$2.95 (paperbound, 160 pp) from The Athletic Press, P.O. Box 2314-D, Pasadena, CA 91105.

UNIVERSITY SPORTS - 2455-S Old Middlefield Way, Mtn. View, CA (Ph. 415/967-4150). Quality running shoes including ripple-soled shoes: HUMMEL\*NEW BALANCE\*REEBOK. Also, warm-up suits, insoles, socks, laces, travel bags, resoling materials, arch supports, and heel cups. Our hours are: 10 to 5 on Tuesday thru Friday (closed Mondays) and 10 to 4 on Saturday. Stop in today. We're only a few minutes from either El Camino Real or Bayshore Freeway.

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!! (ed. - the new models are so good looking you can get into any restaurant in the city with them). Contact: NorCal Distributor, Don Pickett, 1800 Vistazo West, Tiburon, CA 94920. Ph. 435-1117, evenings. Don is also at most area road races.

RUNNING UNLIMITED: (Tiger Distributor) - Tom Laris, 407 California Ave., Palo Alto, CA 94306 (Ph. 328-4274). With cross country season just about upon us, many of us need new training or racing shoes since we wore out our present pair during the long summer months. Tom has probably just what you need...all sizes...all styles. Tiger is by far the most popular distance shoe today. Take a look at the number of runners wearing them in the next race you go to. RUNNING UNLIMITED also carries shorts, shirts, insoles, running books, carrying bags, spikes, and a variety of other athletic needs. Tom is at many of the local road races with his goods.

1970 NORCAL DISTANCE RUNNING ANNUAL: Many of you still have not seen this great little handbook, so you should at least glance thru it next chance you get. Chances are your picture might be in it (almost 100 pictures in all). The contents include the highlights of the 1970 PA-AAU season, including articles on top runners. The winners of each race and their times are listed, and a marathon list that goes to 2:50, listing all performances, with up to 3:20 for seniors and 5 hours for women. Special sections on age group, seniors, high school, collegiate, and women's racing. Also sections on clubs, officials, and many pages on just you...the average runner who usually never gets recognized. Many group shots at races (you might be there). In addition to all this, there is also a complete list of all road races for 1971 (with addresses to write for entry blanks) and a club directory of PA-AAU long distance running, and track & field clubs (men's and women's). A big 80 pages, paperback (6 1/2 x 8 1/2), only \$2.00. Order from Jack Leydig, 603 S. Eldorado, San Mateo, 94402, or get yours at the next road race. Enclose an additional 25¢ for first class mailing.

#### NORTHERN CALIFORNIA PORTRAIT

Meet Elaine Pedersen: San Francisco, CA (Dolphin/South End Runners). 5'5", 118 lbs., 34 years old, born Dec. 27, 1936 (Connecticut), single. Began running in 1966 and have done so sporadically ever since. Self-coached, with a little help from my friends. Occupation: stewardess supervisor with United Airlines.

TRAINING: This varies due to my work (which involves a lot of travel). I try to get about 30 miles a week but sometimes it is only 10. Runs are mostly in the evening in the city. Some weeks I've been able to get in 50 miles, but that is rare. Longest ever training run was a marathon.

BEST TIMES: Mile - 6:09, Dipsea - 70:15, Marathon - 3:38:47 (Petaluma, 1970). Favorite frequency of competition: whenever AAU and my work schedule permit, usually once a month. Favorite distances: prefer about 10 miles, rolling hills or trails (no city smog) - the Dipsea is my favorite race.

DESCRIPTION OF RACING & TRAINING: My training varies according to races coming up. For the Dipsea, I run the course as much as possible and the hills of San Francisco (steps up Fillmore Street are ideal!). For marathons I do long flat runs to build endurance. Very little speed work. Most of my training is aimed at building a base for the longer races, since my strong point is certainly stamina rather than speed. In races, if the distance is under 10 miles, I just push as hard as I can all the way, although I usually start out more slowly than most. For a marathon, I pace the clock. In any race my goal is to beat my previous best time, and of course, whoever happens to be just up ahead. Aspirations: there is a rumor that women will be allowed to enter Boston officially next year. I'd love to qualify with a sub-3:30 marathon before that time - perhaps at Napa or Petaluma.

#### WEST VALLEY PORTRAIT

Phil Mooers is 54 years young and is a business teacher at Sunnyvale High School. His present address is 3163 South Court, Palo Alto, CA (Ph. 326-7427). Phil is married and has three children, ages 18, 19, and 21. Before coming to West Valley TC, Phil competed for the Santa Clara Valley Youth Village. He is originally from Massachusetts, but has been competing here in the Bay Area since 1946. Phil holds two degrees from San Jose State College, an AB in 1953 and an MA in 1958.

In high school Mooers was a dash man, but later became interested in distance running and race walking (his current love). He has run every distance from 15 yards (indoor, YMCA) to the marathon and walked all distances from the mile to the 50 kilometers. His competition has been continual for the last 40 years, since 1931!! "I run and race walk for fun and competition. My best times in race walking in recent years are 7:40 for the mile and 1:59:30 for 20 kilometers."

Phil feels that he gets his most exciting moments whenever he passes someone at the end of a race with a good kick. Before he retires from competition (if ever), he hopes to (1) get out on the track for a good workout on April 23, 2017 (his 100th birthday), (2) win a Junior National Championship in race walking, and (3) win either (or both) walks in a future Master's Championship. This year Phil did splendidly in the 50-59 age group division at this meet with a 3rd in the mile walk and a 4th in the 20 km. event, the latter being a good 2:06:50. With this kind of desire, I'm sure he will reach at least one of his goals in the year's ahead.

#### LONG DISTANCE SCHEDULE

Note: All runs listed below 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 Rowing Club of San Francisco. Some of the races listed below are out of the PA-AAU and are so designated by an asterisk (\*). All requests for entries and information should be directed to the addresses listed.

- Sep 4 - 9th Annual Emerald Lake Run, 7.5 Mi., Redwood City, 9:30 am. RC Striders, Mike Ipsen, Box 868, Redwood City, CA.
- Sep 4 - Hume Lake Run, 6.5 miles. David Bronzen, P.O. Box 385, Three Rivers, CA. (\*) (Central Ass'n)
- Sep 5 - Lake Merced Run, 5 mi., 10 am. (DSE Run)
- Sep 11 - Alameda XC Carnival, Age Group Run, Alameda, CA, 10 am. Alameda TC, Robert DeCelle, P.O. Box 362, Alameda, CA, 94501.
- Sep 12 - 2nd Double Dipsea, Mill Valley, 10 am. Dolphin/South End Rowing Club, Walt Stack, 321 Collingwood, S.F. (MI7-9459).
- Sep 18 - Lake Wildwood XC Open, Lake Wildwood, 10 miles, 10 am. Nicholas Vogt, Star Route, Smartville, CA 95977.
- Sep 19 - 27th Annual Walnut Festival (5.7 mile open, and age group runs), Walnut Creek, 10 am. ABSOLUTELY NO POST ENTRIES - all entries must be received by midnight, Sept. 16. Andrew McCono, 1840 Geary Rd., Walnut Creek, CA.
- Sep 25 - PA-AAU 25 Km. Championships, Golden Gate Park, S.F., 10 am. Peter Mattei, 1000 North Point, San Francisco, CA 94109.
- Sep 25 - Special Univ. of Nevada (Las Vegas) XC Run, 4 miles (college, HS, AAU), time to be announced. (\*)
- Sep 26 - Golden Gate Bridge Round Trip, 3 mi., 10 am. (DSE Run)
- Sep 26 - NAS Lemoore 6.5 Mile Run. Keith Westbay. U.S. Naval Air Station, Lemoore, CA. (\*)
- Oct 2 - Woodlake Run, 25 km. Wayne Van Dellan, 498 Castle Rock St., Woodlake, CA. (Age group runs) (\*) (Central Ass'n)
- Oct 3 - Napa Marathon, Napa, CA, 9 am. Napa Valley Runners, Chuck Hall, 4516 Dry Creek Rd., Napa, CA.
- Oct 3 - Santa Barbara Marathon, Santa Barbara, CA, 7:30 am (handicap). John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105
- Oct 9 - 15th Sacramento Invit. XC Races (women, HS, college, open). H. Roloff, Sacramento St. College, Sacramento, CA.
- Oct 10 - 21st Annual Columbus Day Races (5 & 10 Km), Lake Merritt, Oakland, 8:30 am. E. Dell Osso, 1803 3rd Av., Oakland, CA 94606.
- Oct 16 - Reedley Holiday Run, 4 Mi. Valley Championship (Age Group Runs). Cameron Ostrand, 197 W. Sycamore, Reedley, CA (\*)
- Oct 17 - 10 Km. Race, Chico, 8:30 am. Rob Laxon, 1183 Manchester Rd., Chico, CA 95926 (Ph. 342-8114).
- Oct 17 - PA-AAU & Natl. AAU 50 Mile Championships, Rocklin, 8 am. Peter Mattei, 1000 North Point, San Francisco, CA 94109.
- Oct 17 - Dolphin Club to Ferry Bldg., 4 Mi., 10 am. (DSE Run)

- Oct 23 - PA-AAU Jr. XC Championships, 10 Km., Golden Gate Park, SF, 10 am. Peter Mattei, 1000 North Point, S.F. 94109.  
 Oct 23 - 5 Mile AAU District Championship, Valley H.S., 9 am. (S. Nevada Ass'n) (\*)  
 Oct 23 - 1971 National Orienteering Championships, Little Grassy Lake, near Carbondale, Ill. Andrew H. Marcec, University Extension Services, Southern Illinois Univ., Carbondale, Illinois 62901.  
 Oct 30 - S. Nevada AAU 15 Km. Championships, Valley H.S., 9 am. (\*)  
 Oct 31 - 6th Annual Berkeley-Moraga 14 Miler, Berkeley, 10 am. Bay Area Roadrunners, Chas. MacMahon, 855 Glendome Circle, Oakland.

ADD: Oct. 3 - Eugene "Plodders" Marathon, write Kenny Moore, Box 277, Lowell, Oregon, 97452 for more information.

#### MISC. TRACK & FIELD & XC SCHEDULING

\*\*\*HELP!\*\*\* With cross country season coming up, we need schedules for high school and college competitions. If you attend either or if you are a coach or have access to any schedules, please send them to the editor today so we can get it into the Sept. NCRR. Last year I wrote to 75% of the high school coaches in the Bay Area requesting schedules and got two (2)!!! The apathy left a little something to be desired. So, this year I have given up wasting postage and am appealing to you readers. I'm sure that if each high school and college runner who reads this sends me a schedule, we would be in great shape. So don't wait for someone else to do it, because they won't. We are primarily interested in Invitationals and League meets, etc., but we'll print even dual meets if we have enough space. \*\*\* Below are some remaining track meets and a sketchy XC schedule from some of our helpful readers.

- Sep 2-4 - Police Olympics, S.F. State College, S.F. Contact PA-AAU Office or S.F. Police Department.  
 Sep 4-5 - 106th Annual Scottish Gathering & Games (Caledonian Games), Santa Rosa Fairgrounds (1 pm on Sat. & 9:30 am on Sun.) - events include caber toss eliminations, hammer throw, 16# S.P., and 35# Wt. Throw on Sat.; and 5000 meter walk, 440, Mile, and caber toss finals on Sunday. Write Horace H. Crow, Jr., 2222 Creekside Rd., Santa Rosa, 95405 (Home phone - 707-545-2640; Office phone - 707-527-2333).  
 Oct 2 - West Valley TC, Pacific Coast Club & Stanford Univ. @ Stanford Univ. golfcourse, 4.2 Mi., 10 am.; Chico Invitational @ Chico State College.  
 Oct 9 - Sacramento Invitational (women, high school, collegiate, AAU) - see long distance schedule.  
 Oct 16 - Humboldt St. @ UC Davis; USC at Stanford, 6 Mi., 10 am. (correction - Stanford will be at USC)  
 Oct 23 - Humboldt St. @ SF State; WSU, SJS, & Cal @ Stanford, 4.2 Mi., 10 am.  
 Oct 30 - UCLA @ Stanford, 6 Miles, 10 am; (tentative - West Valley TC, Oregon TC, Mad River @ Humboldt St., Arcata).  
 Nov 6 - Far West Conference Meet at Humboldt St.; West Valley TC, San Diego TC, Golden West AA, SC Striders & Santa Barbara AA at Santa Barbara (UC Campus), 5-6 Miles, 3 pm.

#### RACE WALKING

- Sep 4 - 10 mile walk, Oceanside, Calif.  
 Sep 5 - 5 kilometer walk, Santa Rosa County Fairgrounds, Santa Rosa, 9:30 am (on 15/16 mile racetrack). See above schedule.  
 Sep 6 - Natl. AAU Senior 30 Kilometer Walk Championships, Black Diamond, Wash.  
 Sep 12 - Fairfax 5 Miler, 12 noon.  
 Sep 19 - Sr. Natl. 25 Kilometer Championships, Long Island, New York.  
 Oct 10 - Columbus Day Lake Merritt 5 Kilometer Walk, 9:30 am, Oakland.  
 Oct 16 - Natl. Sr. AAU 40 Kilometer Championships, Kansas City, Mo.

\*\*\*For further information concerning race walking, contact Bill Ranney, One Barker Court, Fairfax, CA 94930 (Ph. 456-2641).  
 \*\*\*Attention walkers in the North Peninsula area! Brad Mills (1465 Cortez Ave., Burlingame, 94010, Ph: 342-3153) is interested in training with others in the area. If you or someone you know might be interested, please contact Brad at your convenience.

Jim Bean Finishes Seventh in Colorado 30 Kilo Walk: (July 17, Denver) - Jim Bean of the Stockton Walkers covered a hot, dry and hilly 30 kilometer course in 2:56:20 to finish seventh. Easy winner of the race was ex-Alameda TC star Floyd Godwin, who came across the line a full 6 minutes ahead of Gary Westerfield (2:30:33 to 2:36:41). Other Californian of note that I recognize was Jim Hanley who got ninth with a 3:07:50.

Klopfer & Dooley Go One-Two in Pan-Am 20 Kilo: (Cali, Colombia) - Two Athens Club teammates raced to a 1-2 finish in the Pan American Games 20 Kilometer Walk Championships. Goetz Klopfer pulled out a 45 second victory over Tom Dooley (1:37:30 to 1:38:15), as both recorded slow times because of the heat and humidity. Third was Juan Olivarez of Mexico. No time is available. \*\*\* Another American won the 50 Kilometer title, but had a close time at it, as Gabriel Hernandez was only 15 seconds off the pace. Larry Young was the winner in 4:38:31, and John Knifton was a good 4:42:15 in third place.

WE NEED RESULTS!! - If anyone has results (partial or complete) from the Golden Gate Park 15 Km. Handicap, please send immediately. We would also like results from the Jr. Natl. 20 Km., held in Santa Monica, and any other results. We have had very little help with results and you race walkers are the only ones that can do the job. Action will be appreciated by the editor and the readers.

#### WOMEN'S, AGE GROUP, & SENIOR RESULTS

Women's Results: The San Jose Cindergals won both the 14/17 division and the women's division in the AAU Meet. What was remarkable about the double victories, was that Francie Larrieu didn't compete in either meet. Outstanding individuals in the PA-AAU were: Deanne Carlson & Janet Benford (Laurel TC) in the hurdles; Myra Albrecht of Del Norte (now Cindergals) in the sprints and long jump (she was Natl. 14/17 champion in the long jump with 19-8); Kathy Hammond of the Sacramento Roadrunners was the top quarter-miler; Linda Wooten of the Cindergals was the 14/17 champion in the 440. Cis Shafer of the Millbrae Lions TC, Kim Miller and Francie Larrieu of the Cindergals were the top half-milers; Larrieu and Eileen Claugus (Will's Spikettes) were the top milers. Claugus was 14/17 National Champion with a very good 4:44.1. Larrieu was hit by flu virus at National time but she had a 4:41.5 earlier at the Kennedy Games. The weights were dominated by Millbrae with Linda Langford in the discus, Barbara Pickell in the javelin. Hanna Smith of Redwood City was the most consistent high jumper. The Cindergals' two mile relay team of Linda Wooten, Valerie Cooper, Kim Miller, and Francie Larrieu shattered the National record of 9:06.0 with an 8:53.1 at the Nationals. (Submitted by Augie Agrabright).

Results of National Age Group One Mile Championships: (June 5, Bakersfield (Western) & Washington DC (Eastern)) - BOYS: (7 & Under) Mike Assuma (Rialto Road Runners) 5:42.1 (new Natl. Rcd.), Mike McKinney (Sports Intl.) 5:53.9, Jimmy Salisbury (San Jose Yearlings) 6:14.6; (8 & 9) Lynn Couch (Oregon) 5:27.9, Todd Knox (Wasco Wildkats) 5:27.9, Tom Cunningham (San Juan Striders) 5:33.9; (10 & 11) Kevin Knox (Wasco) 5:00.3 (new Natl. Rcd.), Chuck Assuma (Rialto) 5:07.3, Eddie Lujan (Wasco) 5:09.6; (12 & 13) John Slaughter (Tenn) 4:49.6, Chris Dye (Oster Bay, NY) 5:03.7, Ed Hopkins (Planada Road Runners) 5:08.5; (14 & 15) Tom Elieff (Garces) 4:32.1, Ron Rowden (Bell Jr. High) 4:32.1, Dave Sandridge (Maryland) 4:32.5, Richard Nance (West Valley Pacers) 4:32.8; GIRLS: (7 & under) Kris Wilson (Long Beach Comets) 6:05.1 (new Natl. Rcd.), Kim Campbell (Sports Intl.) 6:09.8, Cimi Ruderman (Rialto Road Runners) 6:24.1;

(8 & 9) Susan Sanchez (Rialto) 5:55.9, Donna Sanchez (Rialto) 5:56.6, Jenny Busby (Rialto) 6:03.4; (10 & 11) Donna Campbell (Sports Intl.) 5:33.9, Nancy Frank (Valley Stream Comets) 5:35.0, Rhonda Ross (Suffolk AC Cinderbells) 5:35.0; (12 & 13) Robin Campbell (Sports Intl.) 5:10.5, Betty Burns (Wasco) 5:22.1, Susan White (Sports Intl.) 5:32.7; (14 & 15) Anita Scandurra (Suffolk) 5:11.5, Minoy Sipin (San Joaquin AC) 5:27.1, Anne McRae (Suffolk) 5:35.2. (Submitted by Dale Knox).

Results of Fourth Annual U.S. Masters Championships: (July 2, 3 & 4 at San Diego) - Following are a list of all NorCal finishers in this meet (to the best of my knowledge). If I missed anyone, please write so I can include your name in the Sept. issue.

Marathon: 7 - Jim O'Neil (SFOC) 2:47:32, 20 - Don Pickett (SFOC) 3:03:10, 21 - George Conlan (SFOC) 3:05:33, 25 - Keith Campbell (WVJS) 3:13:05, 56 - Jim Stephenson (SFOC) 3:59:55 (13th, Div. 2); 20 Km. Walk: 6 - Phil Mooers (WVTC) 2:06:50.2 (4th, Div. 2); Following results designated by divisions (I for Div. 1, II for Div. 2, etc.). Divisions are 40-49, 50-59, 60-69, and 70+.  
HT: (I) 5 - Chester Steele (NCSTC) 104-4 1/2; SP: (I) 7 - Steele 32-6 1/4, 11 - Peter Holmes (RHOD) 25-10 1/2, (III) 2 - Puglizevich (NCSTC) 42-9 1/4, 5 - Ken Carnine (NCSTC) 38-9 1/4; Disc: (III) 1 - Carnine 108-1, 3 - Puglizevich 95-0; Jav: (I) 7 - Steele 129-7, 10 - Ed Mahany (NCSTC) 96-5 1/2, 11 - Holmes 92-2 1/2, (II) John Kilbuck (NCSTC) 129-1 1/2 (5th), 8 - Karl Thursby (NCSTC) 104-5 1/2, (III) 1 - Carnine 103-0; TJ: (I) 1 - Bruce Grant (NCSTC) 37-5 3/4; 120HH: (I) Ted Rademaker (RHOD) 16.1; LJ: (I) 4 - Bruce Grant 17-10 1/2, 6 - Mahaney 17-4 3/4, (III) 4 - Puglizevich 12-2 1/4; HJ: (III) 4 - Puglizevich 3-10; Mile Walk: (I) 4 - Ross Smith (WVJS) 8:35.6, (II) 3 - Phil Mooers (WVTC) 8:41.1; Women's Mile: 7 - Elaine Pedersen (DSE) (no time, between 6:06 & 6:27); 100: (I) 4 - Rademaker 11.2, 5 - Huel Washington (RHOD) 11.5, 6 - W. Frederickson (NCSTC) 11.5, 7 - Mahany 11.5, (II) 2 - Al Guidet (NCSTC) 11.3, (III) 2 - Puglizevich 12.4, 4 - Carnine 12.9; 220: (I) 4 - Rademaker 24.0, 6 - Ed Dowell (NCSTC) 24.9, 8 - Frederickson 25.5, (II) 1 - Guidet 25.0, (III) 2 - Puglizevich 28.5, 3 - Carnine 29.2; 440: (I) 6 - Ruben Melgosa (NCSTC) 59.1, (II) 6 - Thursby 64.7; 880: (I) 12 - Harry Hill (WVJS) 2:13.8, 13 - Vance Koerner (NCSTC) 2:16, 14 - Bill Cameron (NCSTC) 2:25.2, 15 - Emmett Smith (NCSTC) 2:30.0, (II) 1 - Alan Waterman (Stanford RC) 2:17.9; Mile: (I) 11 - Hill 5:04.9, 12 - Bill Shank (NCSTC) 5:05.2, 13 - Vance Koerner 5:07.4, 16 - Smith 5:29.4, (II) 7 - Joe Carey (NCSTC) 5:32.8; 5000 M: (I) 5 - Peter Wood (NCSTC) 16:44.1, 21 - Ted Althausen (SFOC) 21:16.0, (III) 4 - Paul Carmichael (SFOC) 26:30.0; 10,000 M: (I) 4 - Wood 34:30.1, 5 - Ross Smith 35:10.1, 8 - George Conlan 36:26.0, 9 - Don Pickett 36:31.0; 440R: (I) 2 - Rhoden's Enterprise AC (Washington, Rademaker, Jordan, Rhoden) 46.7, 3 - NCSTC (Mahany, Melgosa, Frederickson, Grant) 47.4, 5 - West Valley Joggers & Striders (Jim Mackey, Bob Mackey, Bill Mackey, Bluefield) 56.7; Mile R: (I) 3 - West Valley Joggers & Striders (J. Mackey, B. Mackey, W. Mackey, Hill) 3:53.2; 2 Mile R: 2 - West Valley J & S (Smith, J. Mackey, B. Mackey, W. Mackey) 8:55.9 (splits of 2:15.8, 2:15.8, 2:13.6, 2:10.7); Masters 6: 26 - Puglizevich (DNF, only 4 events), 27 - Holmes (DNF, only 4 events). \*\*\* In addition to the above, Norman Bright, 1970 Dipsea winner, competing in Division III, finished second in the marathon (40th overall) with 3:22:05; finished second in the Mile & 10 kilometers as well with times of 5:23.5 and 37:34.3. He also tried the 880 and finished 7th (no time given). Sixth was 2:52.7. \*\*\* Others that I overlooked in the first pass: Marathon - 50 - Larry Fox (NCSTC) 3:44:09, 51 - Emmett Smith (NCSTC) 3:47:56; 5000 Meters (II) 6 - Al Waterman (Stanford RC) 18:47.0.

#### TRACK & FIELD RESULTS

Results of PA-AAU Pentathlon: (July 17, College of San Mateo) - Last issue we listed partial results. Since that time, Jon Hendershott has been kind enough to send complete results. We are listing the top ten and their marks, and the points scored by the rest.  
1 - Sam Goldberg (Woodstock Nation AA) 3179 (20-4 1/2, 163-11, 23.2, 124-1, 4:38.4), 2 - John Burns (unatt.) 2854 (18-8 1/2, 225-8, 24.5, 116-5 1/2, 5:30.1), 3 - Mike Robinson (unatt.) 2838 (20-6, 148-3 1/2, 23.5, 102-9, 4:58.6), 4 - Mike Ackley (Alameda TC) 2806 (18-10 1/2, 137-7, 24.0, 110-2, 4:36.0), 5 - Gary Dilley (RC Striders) 2725 (19-0, 157-0, 25.6, 107-7 1/2, 4:40.6), 6 - Chuck Johnston (SF State) 2678 (22-1 3/4, 168-11, 23.7, 73-10, 5:22.4), 7 - Don Ramos (West Valley TC) 2664 (19-2 3/4, 139-2 1/2, 22.8, 108-8 1/2, 5:29.4), 8 - Jon Hendershott (Athens TC) 2663 (19-2, 138-4, 22.9, 94-1, 5:05.2), 9 - Ted Cain (College of Marin) 2652 (19-7, 109-8, 22.8, 88-2, 4:41.8), 10 - Greg Marshall (RC Striders) 2641 (19-8 1/4, 117-8 1/2, 22.6, 82-5 1/2, 4:48.8), 11 - Tom Schwartzal (SSF HS) 2609, 12 - Jim Hayman (unatt.) 2394, 13 - Andy Alexander (RC Striders) 2342, 14 - John Estrada (Chabot JC) 2315, 15 - Mark Lowrey (Terra Linda HS) 2315, 16 - David Arnold (Athens TC) 2152 (only 4 events, 3 fouls on discus), 17 - Robin Clarke (Maranon Club) 2104, 18 - Mike Kenneally (Serra HS) 1969, 19 - Andy Hecker (West Valley Road Runners) 1457, DNF (Jim Penrose, Cal - 2461 after 4 events, did not finish 1500m - had 162-3 discus throw), DNF (Tom Patton, San Mateo HS - 808 after 2 events).

PA-AAU Decathlon: We have reports that two athletes broke 7000 in the District Championships (7235 and 7008), but we don't know anything else about the results. Someone please send us complete results, as well as the National Decathlon results from San Diego!

All-Comers Meet @ CSM (July 24): (OPEN) - SP: Bob Carlson (Athens) 50-1/2, Martin Cohen (unat.) 39-3 1/4, D. Stempel (unat.) 37-0; 120HH: Dave Lee (Arroyo) 16.3, Dave Garton (Linfield Col) 17.5; Mile: Yohannes Mohammed (Ethiopia) 4:10.2, John Drew (UC) 4:20.0, Art Reade (WVTC) 4:23.3; LJ: Chuck Johnston (SFS) 21-2, John Estrada (Chabot) 17-8; 100: Adrian Rodgers (Castlemont) 10.1, John Roberts (Castlemont) 10.1, Greg Marshall (RC Striders) 10.2; Jav: Craig Healy (Burlingame) 180-0, Swartzel 167-2; 440: Paul Armstrong (Columbia U.) 51.3, Bob Banning (UCLA) 51.7, Dave Franklin (Duke) 53.9; 3 Mi: Yohannes Mohammed (Ethiopia) 13:59.6, White Masresha (Ethiopia) 14:02.4, Mike Roundtree (CSM) 16:05.4; 400IH: John Aki-Buwa (Uganda) 52.2, Ted Cain (Col. of Marin) 56.9, Paul Armstrong 57.5; TJ: Chuck Steffes (UNM) 46-10, Estrada 41-2 3/4; Disc: John Powell (Athens) 193-0, Gary Wolf (Oregon TC) 180-1, John Heintz (unat.) 157-5; 220: Rodgers 23.5, Marshall 23.7, Sam Goldberg (Woodstock) 24.6; 880: Jim Loftus (Santa Clara) 2:01, Dan Best (RC Striders) 2:03.5, Armstrong 2:12; HJ: Paul Sullivan (Chico St.) 6-6 1/2, Jerry Coleman (Castlemont) 6-6 1/2, Dave Fishbaugh (UC) 6-4 1/2; Mile R: Unat. team (Drew, Haussler, Shaw, Rodgers) 3:35, SF Chuckers 3:49.3, Estrada's Striders 3:49.7; PV: Bob Pastor (Chabot) 13-0, Dan Hoff (Chabot) 11-6; (HIGH SCHOOL) - 440R: Crestmoor (Wilson, Giepel, Modica, Pierce) 46.3, Hillsdale 46.9, SF Chuckers (nt); SP: Bill Popin (Aragon) 49-5, Tom Swartzel (SSF) 49-2 1/2; 120HH: Len Zwahlen (Grace Davis HS, Modesto) 15.1, Swartzel 15.7, Franklin Deerman (Wilson) 16.4; Mile: Eddie Robledo (Mt. View) 4:41.8, Richard Patten (San Mateo) 4:42.6, Mike Paul (Crestmoor) 4:55.7; LJ: Bob Dean (Hillsdale) 19-6 1/2, Duane Pinson (San Mateo) 19-3, Ron DeRosans (Wilson) 19-1/4; 100: Todd Keckley (Sequoia) 10.2, Duke Fergeson (Merced) 10.6, Bill Poppin (Aragon) 10.8; 440: Tom Hare (Menlo School) 51.5, Clint Kellner (Arroyo) 52.5, Marty Abrams (Hillsdale) 54.7; 2 Mi: Mark Parsons (HMB) 10:08.5, Peter Brown (Burlingame/WVTC) 10:09.8, John McVay (SF Chuckers) 10:15.8; TJ: Tom Paton (San Mateo) 41-1/4, Sal Modica (Crestmoor) 39-7 1/2, Mike Kenneally (Serra) 39-7; Disc: Swartzel 140-11, Craig Healy (Burlingame) 123-9, Doug Wolf (Lowell) 112-1; 220: Fergerson 24.0, Zwahlen 24.2, Tom Henkle (SSF) 24.4; 880: Cirilo Morgan (Lincoln) 2:02.7, Clint Kellner (Arroyo) 2:08.1, Hare 2:09.1; HJ: Chris Schneider (Canyon) 6-1/2, Julis Bolds (Wilson) 5-10, Ron DaRosans 5-8 1/2; Mile R: (SSF-SM) 3:40.0; PV: Frank Lawler (SI) 13-0, Paton & Stavish (Oceana) 12-6.

All-Comers Meet @ CSM (July 31): (OPEN) - 440R: Smyth TC (Ginosa, Robuedo, Hammons, Harding) 47.6; 120HH: Dave Garton (Linfield) 15.1, Rick Kendall (Montana) 16.6; Mile: Jim Dare (US Navy) 4:29.8, Dan Graham (Chuckers) 4:45.8, Rick Bishof (Livermore) 5:02.6; LJ: 0. Carr (unat.) 22-2 3/4, Jim Frangos (UC) 18-2 1/2; 440: Mike Porter (Neways AC) 50.0, Bob Banning (UCLA) 51.9, Dave Franklin (Duke) 52.7; 100: Adrian Rodgers (Castlemont) 9.8, Greg Marshall (RC Striders) 10.0, O. Carr (SFS) 10.1; 3 Mile: Joe McDevitt (unat.) 15:23, Don Dooley (SMHS Coach) 16:44.6, Dave Fried (Livermore) 17:07.8; Jav: Craig Healy (Burlingame) 188-7 1/2, Bart Gale (ex-UC) 179-11, Tom Swartzel (SSF) 153-1; 220: Rodgers 21.5, Marshall 21.8, Stan Royster (unat.) 22.2; 880: Art Reade (West Valley TC) 1:55.8, Cirilo Morgan (Lincoln HS) 1:56.0, Tom Duranti (UCLA) 2:09.6; TJ: August O'Neil (unat.) 42-11 3/4; HJ: Dave Fishbaugh (UC) 6-8, Jerry Coleman (Castlemont) 6-4, Royster 6-2; Disc: John Powell (Athens) 182-2, Gary Wolf (Oregon TC) 176-9, John Heintz (unat.) 136-2; PV: Dan Hoff (Chabot) 12-6, Jim Frangos (UC) 11-0, Tom Griffin (SFPD) 11-0; (HIGH SCHOOL) - 120HH: Swartzel 15.7, Keith Harding (Ravenswood) 17.2; SP: Swartzel 50-9 3/4, Bill Popin (Aragon) 50-8, Tom Banducci (Serra) 49-2; Mile: Brent Masters (Amador) 4:39.0, Mike Roundtree (M/A) 4:41.0, Willie Roy (SF Poly) 4:49.0; LJ: Duane Pinson (San Mateo) 20-9 1/2, Mike Kenneally (Serra) 18-11 1/2, Jim Clifton (SI) 18-11 1/4; 440: Mike Paul (Crestmoor) 53.6, Marty Abrams (Hillsdale) 55.0, Otis Ginoza (Mtn. View) 55.1; 100: Roberts 9.9

Tom Blumberg (Lick) 10.6, Tom Henkle (SSF) 10.7; 2 Mile: John McVeigh (SI) 9:54.0, Ed Schelegle (El Camino/WVTC) 9:54.2, Rich Chitwood (Livermore) 9:54.4; 220: Henkle 24.0, Ginoza (Mtn. View) 24.2, Keith Harding (Ravenswood) 24.4; 880: Pete Jensen (Canyon) 2:06, Mike Paul (Crestmoor) 2:06.5, Mark Parsons (HMB) 2:06.5; HJ: Chris Schneider (Canyon) 6-2, Bob Black (Carlmont) 5-10, Bob Bressler (Lincoln) 5-4; TJ: Pinson 42-3 1/2, Kenneally 42-1, Clifton 39-5; Disc: Swartzell 132-9, Healy 130-4, Frank Morrison (El Camino) 122-8; PV: Frank Lawler (SI) 13-0, Bob Bressler (Lincoln) 12-6, Joe Stavish (Oceana) 11-6.

All-Comers Meet @ CSM (August 7): (OPEN) - 44OR: Livermore Valley RC (Vemon, Daves, Kowalsky, Flores) 48.8; 120HH: Al Petersdorf (Chico St) 14.7, Dave Garton (Linfield) 14.9; Mile: Duane Fried (Livermore) 5:08.7, Tom Jefferson (Livermore) 5:30.6; 100: Adrian Rodgers (Castlemont) 10.0, Donn Imrie (SFS) 10.0, Othello Carr (unat.) 10.2; SP: Larry Kennedy (Cal TC) 52-6, John Powell (Athens) 49-10 1/2, Bret Mannon (Los Gatos HS) 47-11 3/4; Jav: Craig Healy (Burlingame) 167-7, Mike Fitzpatrick (RC Striders) 167-4, Fred Mayden (unat.) 154-7 1/2; 440: Mike Porter (New Ways AC) 50.4, Bob Banning (UCLA) 51.6, Wes Hunter (DeAnza) 51.6; LJ: O. Carr (SFS) 22-5 3/4, Chuck Johnston (SFS) 21-11 3/4, Larry Kirkman (Canada Col.) 20-8 1/4; 3 Mile: Humberto Hernandez (West Valley TC) 15:36.8, Hugh Miller (Sac'to TC) 16:21.2, Larry Main (unat.) 16:31.0; Sr. 220: Karl Thursby (NCSTC) 29.2; 220: Rodgers 22.0, Bill Popin (Aragon) 23.4, Arno Lohloff (unat.) 25.4; 880: Jim Leggons (SCU) 1:58.7, Darryl Zapata (Chuckers) 1:58.8, Dennis Tracy (Hayward) 2:03.0; PV: Sal Modica (Crestmoor) 12-0, Barry Johnston (Mills) 11-6, Craig Constantine (Mills) 11-6; TJ: August O'Neil (Cal St) 47-3 1/2, Chuck Johnston (SFS) 46-4, Gene Jones (unat.) 44-5 3/4; HJ: Dave Fishbaugh (UC) 6-8, Jerry Coleman (Castlemont) 6-4, Don Rose (San Rafael) 5-10; (HIGH SCHOOL) - 44OR: Castlemont (Jones, Kirkman, Coleman, Rodgers) 45.0; 120HH: Derek Ligons (Mt. Eden) 15.0, Wayne Eich (Carlmont) 16.2, Mark Howard (El Camino) 16.6; Mile: Rich Enright (SF Chuckers) 4:43.1, John Barbour (M/A) 4:53.3, Fred Mal-lando (SSF) 4:55.6; 100: Bill Popin (Aragon) 10.4, Tom Henkle (SSF) 10.5, Otis Ginoza (Mt. View) 10.8; 440: Mike Paul (Crestmoor) 53.1, Henkle 53.8, Ginoza 54.5; LJ: Frank Lawler (SI) 19-4 3/4, Sal Modica 19-4 1/4, Fred Geipel (Crestmoor) 19-3 3/4; 2 Mile: Mike Tully (Jesuit HS, Sacto) 10:04.9, Mark Greenough (San Mateo) 10:17.8, Chris Beurke (Livermore RC) 10:33.0; 220: Henkle 24.0, Ginoza 25.0, Roy Harris (SF Wash.) 25.5; 880: Peter Jensen (Canyon) 2:05.8, Joe Quesada (Mtn. View) 2:08.1, Paul 2:11.8; TJ: Larry Baum-garden (Camden) 43-6, Fred Geipel (Crestmoor) 43-0, Mike Kenneally (Serra) 42-1 1/2; Disc: Craig Healy (Burlingame) 132-2, Frank Morrison (Lowell) 120, Doug Wolf (Lowell) 115-2; HJ: Bob Blach (Carlmont) 5-8, Joe Stavish (Oceana) 5-6, Peter Jensen (Canyon) 5-2.

All-Comers Meet @ CSM (August 14 - Final Meet): (OPEN) - 44OR: Senior Men (Gary McAuley, Ben Sargent, Rick Fambrini, Greg Marshall) 51.8; 120HH: Dave Garton (Linfield) 16.1, Ted Cain (Col. of Marin) 16.1, Frank Mercer (St. Francis) 16.7; Mile: Daryl Zapata (SF Chuckers) 4:24.9, Chris Cole (SI) 4:34.5, Greg Losey (Calistoga) 4:37.2, Ken Shaw (UC) 4:37.6; LJ: Chuck Johnston (SFS) 20-10 1/2, Othello Carr (SFS) 20-7 3/4, Norbet Payton (WSU) 20-1, Ted Cain 19-11; 100: Adrian Rodgers (Castlemont) 10.1, Payton 10.3, Ezra Payton (Laney Col.) 10.5; 440: Greg Marshall (RC Striders) 50.4, John Roberts (Castlemont) 50.8, Ted Cain 51.3; Jav: Frank Frye (Athens) 223-0, Bart Gale (unat.) 180-4, Craig Healy (Burlingame HS) 177-8; 3 Mile: Harry Skandera (US Army) 15:21.0, Joe McDevitt (unat.) 15:38.0, Larry Main (unat.) 15:59.2; 330IH: Cain 41.7, Mercer 42.7, Bart Pierce (Crestmoor) 43.5; SP: Larry Kennedy (Cal TC) 52-1/4, John Powell (Athens) 49-6 3/4, Art McCullum (Cal St) 48-1/2; TJ: Johnston 45-11 1/4, August O'Neil (Cal St) 43-10, Jim Frangos (UC) 37-11; 220: Rodgers 22.1, Marshall 23.2, Jim Lingel (unat.) 24.0; Disc: Powell 195-11, Kennedy 180-1, Gary Wolf (Ore TC) 177-10, Chuck Sherman (SJS) 167-10; 880: Jim Loftus (Santa Clara) 1:59.5, Greg Losey (Calistoga) 2:02, Roy Harris (SF Chuckers) 2:02.9; Mile R: Unat. team (Zapata, Smith, Cole, Loftus) 3:46.4, Unat. team (Main, Dailey, Bourke, Jefferson) 4:15.4; HJ: Paul Sullivan (Chico St) 6-8, Larry Kermabon (Oceana) 6-6, Dave Fishbaugh (UC) 6-6; (HIGH SCHOOL) - 44OR: Carlmont (Holm, Anderson, Dogg, Eich) 48.1, Livermore Vly RC (Flores, Allazetta, Discover, Stone) 50.1; 120HH: Derek Ligons (Mt. Eden) 15.4, Bart Pierce (Crestmoor) 16.8, Gerry Anderson (San Mateo) 16.9; Mile: John McVeigh (SI) 4:34.8, Ed Robleou (Mt. View) 4:38.2, Roy Harris (Chuckers) 4:38.9; SP: Bret Mannon (Los Gatos) 56-10, Bill Popin (Aragon) 51-8 3/4, Tom Banducci (Serra) 50-2, Swartzell (SSF) 49-8; LJ: Duane Pinson (San Mateo) 19-3 1/4, Jim Griffin (Menlo) 19-1 1/2, Ron Dercsans (Wilson) 18-11 1/2, Sal Modica (Crestmoor) 18-10; 100: John Roberts (Castlemont) 10.3, Popin 10.7, Larry Croon (San Mateo) 10.9; 440: Cirilo Morgan (Chuckers) 51.3, Otis Ginoza (Mt. View) 54.0, Tom Hare (Menlo) 54.7; 2 Mile: John McVeigh (Chuckers) 10:09.8, Chris Bourke (Livermore) 10:12.6, Mark Greenough (San Mateo) 10:13.0, Atkins Chun (Chuckers) 10:13.2; TJ: Fred Geipel (Crestmoor) 42-2, Jim Griffith (Menlo) 41-11 1/2, Tom Paton (San Mateo) 41-0; 220: Roberts 23.6, Popin 24.2, Ginoza 24.6; PV: Joe Stavish (Oceana) 12-6, Barry Johnson (Mills) 12-6, Sal Modica (Crestmoor) 12-6; 880: Morgan 2:00.6, Jim Bordon (St. Patrick) 2:00.7, Rich Enright (Chuckers) 2:03.8; Mile R: Chuckers (McVeigh, Hayman, Begen, Harris) 3:57.0; Disc: Mannon 155-0, Healy 132-11, Swartzell 132-5; HJ: Chris Schneider (Canyon) 6-4, Craig Joberg (Sequoia) 6-0, Julius Bolds (Wilson) 6-0; ADD Open PV: Chuck Johnston 14-0, Dick Oliver (Montgomery) 13-6, Frank Lawler (SI) 13-0.

#### MISCELLANEOUS RESULTS

1971 Combined Junior & Senior One Hour Run Championships: (Held at 12 different locations) - 1 - Greg Brock (SCS) 12-194, 2 - Mike Kimball (Summit AC) 11-1621, 3 - John Casso (CSF) 11-1593, 4 - Jim McDuffie (NCTC) 11-1593, 5 - Vic Nelson (UT) 11-1401, 6 - Ron Pettigrew (SCS) 11-1325, 7 - Dave Antoenoli (Summit AC) 11-1313, 8 - Chuck Smead (SBAA) 11-1274, 9 - Tom Bache (SDTC) 11-1242, 10 - Don Jayroe (NCTC) 11-1137, 11 - John Kennedy (SBAA) 11-1098, 12 - Phil Ryan (GWAA) 11-1057, 13 - Grant Colehour (unat.) 11-1041, 14 - Pat McMahon (BAA) 11-1000, 15 - George Wetherbee (Summit AC) 11-916, 16 - Carl Hatfield (FTC) 11-901, 17 - Ron Wise (SBAA) 11-871, 18 - Phil Ryan (BAA) 11-865, 19 - Mark Kushner (GWAA) 11-829, 20 - Benny Martinez (SDTC) 11-808, 21 - Wayne Frongello (BAA) 11-761, 22 - Jim Freeman (SNIC) 11-742, 23 - Will Van Dyke (CSU) 11-720, 24 - David Roosevelt (SCS) 11-703, 25 - Ed Hertford (NCTC) 11-695, 26 - Dennis Savage (SBAA) 11-687, 27 - Gary Dobrenz (GWAA) 11-681, 28 - Wayne Ristau (unat.) 11-611, 29 - Jack Mahurin (NCTC) 11-569, 30 - Perry Forrester (PCC) 11-535. Teams: North Carolina TC - 78, Santa Barbara AA - 81, So. Calif. Striders - 89, Golden West AA - 105, Boston AA 132, Summit AC - 133, Snohomish TC - 151, Cambridge Spts. Union - 206, Pacific Coast Club - 246. \*\* A total of 388 finished this year's combined race. The Junior championship went to Golden West AA, a new club primarily consisting of some ex-Senior TC runners and many of the better runners in the Los Angeles area who have been competing unattached.

First Resurrection Pass Trail Marathon: (Aug. 7, near Anchorage, Alaska) - There were 65 starters and 59 finishers with clearing skies and a partly muddy trail over some of the most scenic territory in North America. Winning time for the rugged course was 3:28 by Chris Haines. Second went to Terry Aldrich in 3:32, and third to John Morton in 3:36:30. First in the boys division and fourth overall was John Harney in 3:47. Proving that Alaskan women can be tough, Margie Mahoney finished a fantastic 13th place overall in 4:19, while Lynn Spencer was first in the girls division, just two places behind Margie in 4:20. First senior man to finish was Frank Wanamaker in 16th (4:33), and first senior woman was race director's wife, Marcie Trent, who did 5:25:58 for 31st. John Trent went over the entire trail with a 15 pound communications pack and took last in 7:44, only 14 minutes behind the next to last placer. This should be a good one for an expedition of hardy PA runners next year.

Steve Gachupin Wins Pikes Peak Marathon for Sixth Time: (Aug. 15, Pikes Peak, Colorado) - For the sixth consecutive year, Jemez Pueblo, Steve Gachupin won the fabled Pikes Peak Marathon. A huge group of Californians (see picture on back page) made the journey and finished somewhere behind Steve's 3:46:26 (ascent time of 2:17:23). A total of 220 runners started this year. About 40 of those were Californians, mostly from the North. At present we have only sketchy results, so we will do a complete thing in our next issue. Many records were broken, including Ralph Paffenbarger's senior ascent record (by Hal Higdon). Peter Mattei broke his own senior roundtrip record by an even two minutes (4:37:10). Dave Cortez set a new ascent record in his division. Skip Swannack was the only female to complete the round trip this time, and her time of 7:07:36 was just shy of Walt Stack's 7:02 (the only one in his division to go both ways). Of the 220 starters, only 75 made the complete round trip. Maryetta Boitano was the youngest ever to make the ascent. More results next time (Walt - please send the results you said you had).

JAYNES AND BRONZAN TAKE TOP HONORS AT MONTEREY RUNS

(June 5): David Bronzan of the High Sierra Track Club made his trip from near Fresno worth it all by easily taking a victory in the second annual 17 Mile Run in Monterey. His time of 1:34:57 was more than three minutes shy of Jack Leydig's course record however. West Valley TC's Willie Cronin ran a strong 1:37:42 for second. Another "outsider" came up from Southern California and took the top senior honors with no problem, finishing third overall. Senior TC'er Owen Gorman sure doesn't run like a senior. Don Lucero and Peter Mattei were next seniors in 12th and 13th. Arnaldo Garcia was the first junior runner in eighth. Owen's wife, Ivy, was first woman across the line in 46th (2:17:26) ahead of Skip Swannack (50th, 2:20:50). Athens TC runner Ed Jaynes won the shorter 7.4 miler in 42:58.2, also a full three minutes off the record of 39:59 held by John Martin of the Air Force. Jeff Akard was only 19 seconds back and took top junior award. Dave Stevenson of the Stanford Running Club was top senior in third place. Below are the top 15 from the 7.4 miler (27 finished), and the top 30 from the 17 miler (59 finished). Cynthia Hutcherson was first woman in the shorter race (24th, 59:53).

1 - Edward Jaynes (Athens TC)	42:58	6 - John Hutcherson (MPAC)	45:03	11 - Darryl Hamerton (unatt.)	46:29
2 - Jeff Akard (unatt.)	43:17	7 - Edward Tico (West Valley J&S)	45:27	12 - Michael O'Brien (unatt.)	48:00
3 - Dave Stevenson (Stanford RC)	43:31	8 - Ted McRice (West Valley TC)	45:38	13 - Donald Hays (Monterey Pen. AC)	48:09
4 - Harvey Sandoval (WVTC)	43:59	9 - Gary West (MPAC)	46:01	14 - Ron Kephart (Cumberland VAC)	48:43
5 - Paul Reese (NCSTC)	44:09	10 - John Brazinsky (unatt.)	46:04	15 - Edward Cantu (unatt.)	50:40
1 - David Bronzan (High Sierra)	1:34:57	11 - Walt Van Zant (WVJS)	1:48:25	21 - Barry Pollard (Alum Rock RA)	1:53:12
2 - Willie Cronin (WVTC)	1:37:42	12 - Don Lucero (unatt.)	1:48:40	22 - Rudy Snyder (unatt.)	1:53:18
3 - Owen Gorman (Senior TC)	1:39:01	13 - Peter Mattei (NCSTC)	1:48:57	23 - Keith Campbell (WVJS)	1:53:23
4 - Bob Gormley (Marin AC)	1:40:47	14 - Bill Flodberg (Solano TC)	1:49:32	24 - Doug Keeley (unatt.)	1:54:37
5 - Glenn McCarthy (Otherways)	1:44:42	15 - David Fontes (MPAC)	1:50:23	25 - Lee Johnson (MPAC)	1:56:06
6 - Jeff Kroot (Marin AC)	1:46:03	16 - Attila Matray (unatt.)	1:51:34	26 - Don Peterson (Stanford RC)	1:57:07
7 - Lee Holley (Marin AC)	1:46:26	17 - T.A. de Lusignan (Marin AC)	1:51:36	27 - J.M. Killen (NCSTC)	1:59:04
8 - Arnaldo Garcia (unatt.)	1:46:31	18 - Bil Bachrach (unatt.)	1:51:56	28 - Larry Gardepie (Salinas VTC)	2:00:20
9 - Alejandro Aguilar (ARRA)	1:46:34	19 - Doug Gates (unatt.)	1:52:05	29 - George Manriquez (ARRA)	2:01:00
10 - David Marsh (Pamakid)	1:46:47	20 - Bob Stephenson (WVTC)	1:52:27	30 - Vito D'Aloia (Joggeronauts)	2:01:20

DUFFY SMASHES FT. BAKER RECORD

(July 18): Despite a record-shattering performance, West Valley's Peter Duffy could not overcome the huge lead built up by Paul Reese who was given a 20 minute handicap because of his age. Duffy's time of 1:22:23 was almost four minutes on Rich Delgado's 1970 course mark. This year Rich was only one second off his record pace, but had fourth fastest time. Bernie Lahde again finished second fastest, losing only by a small margin of 15 seconds. Bill Scobey, fresh off a 2:24:59 marathon the week before (as were Reese and Mattei), could not hang on to the fast early pace and had to settle for a third, but still well under the old mark. Tom Hale, 8:57 high school two miler, finished fifth fastest to take top high school awards. Jack Bellah, two years Hale's junior, was 8th fastest and second high schooler. Paul Reese had the fastest senior time and was followed by Don Lucero, Ron Kinney, Peter Mattei, Don Pickett, and Keith Campbell. Other standouts were 10 year old Billy Tracey, 8 year old Tommy Owen, 1-2 in the under-12 division, and Kay Fuller, 18 year old winner of the women's division. The weather was mostly cool and foggy or windy and the sun only came out in a few places, especially toward the end. Below are listed the top 45 finishers with actual elapsed time.

1 - Paul Reese (NCSTC)	1:40:04	16 - Bill Solomon (RDTC)	1:33:29	31 - Ron Kinney (unatt.)	1:44:51
2 - Peter Duffy (West Valley TC)	1:22:23	17 - Don Chapman	1:34:13	32 - Homer Latimer (unatt.)	1:39:14
3 - Bernie Lahde (Maranon Club)	1:22:38	18 - Gus Cano (RC Striders)	1:34:48	33 - Joe Collins	1:39:25
4 - Bill Scobey (Mad River)	1:23:59	19 - Bob Nanninga (unatt.)	1:34:58	34 - Joe Muscarella	1:39:37
5 - Rich Delgado (West Valley)	1:26:14	20 - Dan Anderson (Valley TC)	1:35:27	35 - Harry Cottrell	1:39:41
6 - Tom Hale (Running Deer TC)	1:26:35	21 - Ralph Paffenbarger (NCSTC)	1:49:41	36 - Dan Hutton	1:39:47
7 - Jon Anderson (Oregon TC)	1:26:48	22 - Jeff Arnold	1:36:13	37 - Ed Jaynes (Athens TC)	1:41:15
8 - Bob Darling (RC Striders)	1:29:42	23 - Don Lucero (unatt.)	1:43:45	38 - Rich Cordone (San Diego TC)	1:41:27
9 - Jack Bellah (West Valley TC)	1:30:42	24 - Tom O'Brien	1:41:46	39 - D.A. Coughlin	1:50:19
10 - Greg Chapman (Solano TC)	1:30:52	25 - Keith Campbell (WVJS)	1:47:11	40 - Mark Hurlbert	1:42:52
11 - Darryl Beardall (Marin AC)	1:31:37	26 - William Pearson	1:37:24	41 - W. Flodberg (Solano TC)	1:45:57
12 - Ron Holloway	1:32:24	27 - Barry Buob	1:37:34	42 - Tertius Chandler (NCSTC)	2:05:07
13 - Willie Cronin (WVTC)	1:32:41	28 - J. Iones	1:37:45	43 - Billy Tracey (unatt.)	1:58:12
14 - Peter Mattei (NCSTC)	1:45:51	29 - Steve Slawson (Solano TC)	1:38:08	44 - Darryl Jeong (unatt.)	1:43:23
15 - Mike Knott (Pleasant Hill)	1:33:11	30 - Don Pickett (SF Olympic Club)	1:47:10	45 - T.B. Eng	1:43:46

CLARK SNAPS WALDON'S TIBURON RECORD

(July 24): This year the Tiburon Race was started in a different location, and most thought it would be a bit rougher since the hill came toward the end of the race, rather than at the beginning. But West Valley's Bill Clark thought differently and he proceeded to knock off Bob Waldon's two year old course record by running 41:20, ten seconds under the old standard. Mad River's Bill Scobey put up a good fight for about half the distance, and then slowly yielded. He joins Waldon, Clark, and Houk as the only runners to ever break 42 minutes. The team battle turned out to be a spirited one. West Valley and Mad River staged a dual that was to be a prelude to the Tahoe Relay. WVTC came out on top, 45 to 51.5 (half point because of a tie). Dr. Peter Wood was first over 40, but not by much, as Jim O'Neil came within 13 seconds. Dave Stevenson of the Stanford Running Club was third senior. Steve Brooks of the Alum Rock Running Association in San Jose took top high school honors in seventh, while another San Jose runner, Jack Bellah, was second (9th overall). John Sheehan in 14th was third in this division. Miss Dale Phillips of the Lassen Track Club was 180th (58:00) and first woman to make it in. Father and son award went to Rich (34th) and Bob Greer of the West Valley TC. Vicki and Myrrha Eberly took mother-daughter honors. Vicki was 197th and her mother was 248th. Wes Hildreth (11th) and his wife Nancy (231st) were first in that division. A total of 270 runners finished. The top 60 finishers:

1 - Bill Clark (West Valley TC)	41:20	11 - Wes Hildreth (Marin AC)	44:18	21 - George Manriquez (ARRA)	45:30
2 - Bill Scobey (Mad River)	41:54	12 - Harry Scanderra (US Army)	44:26	22 - Angelo Martinez (Alameda TC)	45:48
3 - Bob Darling (RC Striders)	42:31	13 - Willie Cronin (West Valley TC)	44:33	23 - Dan Anderson (Valley TC)	45:56
4 - George Stewart (Mid-America)	43:22	14 - John Sheehan (West Valley TC)	44:44	24 - Don Pemberton (West Valley TC)	46:29
tie- Ron Elijah (Mad River)	43:22	15 - Mark Byers (Mad River)	44:53	25 - Gus Cano (RC Striders)	46:39
6 - Ed Haver (Athletes in Action)	43:31	16 - Darryl Beardall (Marin AC)	44:59	26 - Leslie Anderson (Stockton TC)	46:42
7 - Steve Brooks (Alum Rock RA)	43:41	17 - Keith Kruse (West Valley TC)	45:09	27 - Barry Smith (Alameda TC)	46:43
8 - Jack Leydig (West Valley TC)	43:45	18 - Greg Chapman (Solano TC)	45:10	28 - Ed Brady (unatt.)	46:44
9 - Jack Bellah (West Valley TC)	43:58	19 - Terry Pintane (unatt.)	45:17	29 - Bruce Degan (Marin AC)	46:49
10 - Howard Labrie (Mad River)	44:10	20 - Don Makela (Mad River)	45:27	30 - Darren Walton (Marin AC)	47:04



31 - Joe Muscarella (Lake Erie)	47:07	41 - Ron Iff (Mad River)	47:57	51 - Berg Kamp (unatt.)	48:38
32 - Matt Church (Maranon)	47:08	42 - Tom Beck (Marin AC)	48:03	52 - Bob Bunnell (Marin AC)	48:40
33 - Arnold Garcia (Alum Rock RA)	47:11	43 - Dick Cordone (San Diego TC)	48:07	53 - Larry Dieu (unatt.)	48:41
34 - Rich Greer (West Valley TC)	47:12	44 - Harold DeMoss (West Valley TC)	48:08	54 - Dave Stevenson (Stanford RC)	48:42
35 - Jim Holl (West Valley TC)	47:20	45 - Joe Taxiera (Alameda TC)	48:10	55 - Harvey Sandoval (West Valley)	48:45
36 - Peter Wood (NCSTC)	47:24	46 - Darrell Jeong (Pamakid)	48:13	56 - Jim Bowles (West Valley TC)	48:53
37 - Carl Cattarin (unatt.)	47:30	47 - Rich Chitwood (Livermore VRC)	48:17	57 - Steve Silvey (unatt.)	48:55
38 - Jim O'Neil (SF Olympic Club)	47:37	48 - Vernon Rose (West Valley TC)	48:24	58 - Ernie Jeong (Pamakid)	49:01
39 - Homer Latimer (unatt.)	47:39	49 - Steve Smith (Alameda TC)	48:34	59 - Art Dudley (unatt.)	49:02
40 - Kevin Smith (Alameda TC)	47:49	50 - Arthur White (Napa Valley RC)	48:37	60 - Robert Malain (NCSTC)	49:03

ENGLISHMAN NABS NINTH ANNUAL OCEAN TO BAY MARATHON

(July 31): Robert Calvert, an Englishman competing for the Small Heath Harriers, took a narrow victory over National 100 Mile Champion, Jose Cortez. Calvert's winning time was several minutes short of Bill Clark's record run of 1970. Ray Darwin of the Culver City AC was third, and only other finisher under 2:40. A late entrant, who finished unofficially, was George Stewart of the Mid-America TC. He began about 25 minutes late and finished in 2:56, so chances are good that he would have won if he had gone out with the leaders. The Redwood City Striders successfully defended their title by placing 2-5-11. Paul Reese, again proving that 50 is not over-the-hill, was first senior across as he and Dr. Paffenbarger tied. Hans Templeman of Carlmont and Steve Fiamengo of Switzerland were the first two junior placers in 6th and 7th respectively. Londa Kingery, Mitch's sister we presume, was the first woman to make it to the Belmont Marineworld with a time of 4:02:40 in 101st. Of the 164 starters, 148 managed to make it all the way, despite temperatures that went into the 90's along Canada Road, some eight to ten miles from the end of the line. A well-conducted and class race as usual. The top 45:

1 - Robert Calvert (England)	2:35:24	16 - John Sheehan (West Valley)	2:55:48	31 - Alejandro Aguilar (ARRA)	3:09:57
2 - Jose Cortez (RC Striders)	2:36:00	17 - Steve Brooks (Alum Rock RA)	2:56:07	32 - Mark Greenough (unatt.)	3:10:06
3 - Ray Darwin (Culver City AC)	2:38:36	18 - John Spurr (Stanford RC)	2:57:11	33 - Corbin Scott (unatt.)	3:11:37
4 - Chuck Frosolone (Maranon)	2:41:37	19 - Russell Black (Carlmont AC)	2:57:36	34 - Doug Sailors (Culver City AC)	3:11:57
5 - George Kirk (RC Striders)	2:42:52	20 - Ronald Grander (WV College)	2:57:47	35 - Dan Hutton (Novato High)	3:12:25
6 - Hans Templeman (Carlmont AC)	2:43:17	21 - Dave Robertson (RC Striders)	3:00:13	36 - Don Peterson (Stanford RC)	3:13:27
7 - Steve Fiamengo (Switzerland)	2:44:46	22 - # 672 (no name in results)	3:00:39	37 - Ron Kinney (unatt.)	3:13:50
8 - Darryl Beardall (Marin AC)	2:47:07	23 - Alan Pollard (Alum Rock RA)	3:01:37	38 - Larry Kluger (unatt.)	3:14:29
9 - Willie Cronin (WVTC)	2:49:18	24 - Gus Cano (RC Striders)	3:02:15	39 - Peter Mattei (NCSTC)	3:16:10
10 - Kenneth Moffitt (unatt.)	2:49:22	25 - Paul Reese (NCSTC)	3:06:16	40 - Mike Pinocci (West Valley)	3:16:10
11 - Mitch Kingery (RC Striders)	2:52:10	26 - Ralph Paffenbarger (NCSTC)	3:06:16	41 - Dave Stevenson (Stanford RC)	3:18:17
12 - Randy Lawson (RC Striders)	2:52:38	27 - Dave Cortez (RC Striders)	3:08:13	42 - Jim Bowles (West Valley TC)	3:19:20
13 - George Manriquez (ARRA)	2:53:20	28 - Kurt Schroers (unatt.)	3:09:43	43 - Rich Greer (West Valley TC)	3:19:50
14 - Harold DeMoss (WVTC)	2:53:20	29 - Frank Donohue (WVTC)	3:09:55	44 - Frank Cortez (West Valley TC)	3:20:31
15 - Stewart Thompson (unatt.)	2:54:18	30 - David Zumwalt (unatt.)	3:09:56	45 - John Barbour (Edgewood LR)	3:20:31

CLARK & SCOBEEY BLITZ AMERICAN HOUR RUN RECORD

(Aug. 7): Running in perfect conditions and on what was considered by most to be a good track, West Valley's Bill Clark nailed his sixth American record by capturing the PA-AAU One Hour Run title held at Mt. Tamalpais High in Mill Valley. The race got under way at 7 pm with temperatures in the mid-60's and most of the track being shaded by the neighboring hills. Scobey must have had lingering thoughts of last year's near miss as he set a torrid opening pace, hitting the mile in 4:28 after a 65 second first lap. He continued to build up a fantastic lead, coming through two and three miles in 9:10 and 14:00. Already he had close to 200 yards on the foursome of Clark, Peter Duffy, Mark Covert and Tom Laris. Eventually the obvious began to happen as Scobey started to drop back. At six miles, Laris and Clark had dropped Covert and Duffy, passing the barrier at a scintillating 28:57, still 10 seconds back of Scobey. On the lap following six miles, Laris strained his left calf and was forced to drop out of the race. So now it was up to Clark to pick up the quickly tiring leader. Just as Clark passed Scobey at about 8 miles, Bill passed a comment, "Go get that American record, I've had it." By ten miles (which Clark passed in a stunning 48:42, only 14 seconds off the American record) he had now assured himself of victory and only a disaster could keep him from claiming the record. When official Art Butt blew the whistle to indicate one minute left, Clark stepped up the pace incredibly, and when the gun was fired he had covered a total of 12 miles, 527 yards. It is interesting to point out that from where Clark stopped, he had only to "walk" to an American 20 kilometer record. The record is 62:25 by Kenny Moore. He had only to cover 227 yards in 2:25. For Scobey, even though the record had escaped him for the second straight year, there was some satisfaction in knowing he had broken the old record held by Mike Kimball (also set in the PA-AAU Hour Run in 1968) which was 232 yards over 12 miles. Covert and Duffy couldn't quite stay on the pace, although both were under 50 minutes at 10 miles (49:58 & 49:50 respectively). They settled for 3rd and 4th with a bit under 12 miles. Clark's mile splits were (4:41, 4:51, 4:50, 4:52, 4:51, 4:52, 4:53, 4:55, 4:56, 5:01, 4:59, 4:59). West Valley TC had only five finishers, but that's all it needed to capture the team title with 43 points. Marin AC was runnerup with 76, and RC Striders had 88 for third. First high schooler was Mitch Kingery in 16th. Jack Bellah had a big lead over Kingery but had to make an unscheduled pitstop, losing several hundred yards in the process. He finally finished 19th and was second in that division. Frankie Riley of the Redwood City Striders edged out Daphne Fuller (unatt.) for top woman finisher as Miss Riley had 8-125 to Miss Fuller's 8-112. A total of 64 finished the race. Below are listed the top 30 finishers and their distances, marked as miles-yards.

1 - Bill Clark (West Valley TC)	12-527	11 - Ray Menzie (Marin AC)	10-1448	21 - Randy Lawson (RC Striders)	10-670
2 - Bill Scobey (Mad River)	12-389	12 - Gus Cano (RC Striders)	10-1379	22 - Bob Gormley (Marin AC)	10-663
3 - Mark Covert (Calif. TC)	11-1635	13 - Jeff Kroot (Marin AC)	10-1283	23 - Greg Chapman (Solano TC)	10-639
4 - Peter Duffy (West Valley TC)	11-1545	14 - Mark Byers (Mad River)	10-1251	24 - Roger Thanning (Marin AC)	10-283
5 - Bob Darling (RC Striders)	11-692	15 - Howard Labrie (Mad River)	10-1207	25 - Mike Fornaciari (Petaluma P)	10-239
6 - Wes Hildreth (Marin AC)	11-484	16 - Mitch Kingery (RC Striders)	10-996	26 - Dick Cordone (San Diego TC)	10-112
7 - Chuck Frosolone (Maranon)	11-307	17 - Harry Skandera (US Army)	10-972	27 - Lambert Kelly (Solano TC)	9-1715
8 - Ron Elijah (Mad River)	11-264	18 - Denis O'Halloran (Maranon)	10-956	28 - Steve Carey (Millbrae Lions)	9-1676
9 - Willie Cronin (West Valley)	10-1735	19 - Jack Bellah (West Valley TC)	10-921	29 - Steve Robinson (Stanford RC)	9-1649
10 - Vic Cary (West Valley TC)	10-1673	20 - Jon Sutherland (unatt.)	10-746	30 - Jeffrey Akard (unatt.)	9-1624

WEST VALLEY COMES FROM BEHIND TO BREAK TAHOE RELAY RECORD

(Aug. 14): Coming back strongly over the last three legs, West Valley TC regained the title it had lost to Pacific Coast Club in 1970, and in the process of doing so, smashed the 6:50:44 record that PCC had set. This year's winning time was 6:47:11, a full 3 and a half minutes under the old mark. Having to patch up its team for missing Rich Delgado and Duwayne Ray, the reserves came through and helped put second place Oklahoma St. (plus some other individuals) almost seven minutes arrears at the finish line.

Third place team, Mad River, was never really in a race for second until the anchor leg when Bill Scobey made up six minutes or so on Okla. State's Peter Kaal. Okla. State had a minute lead over WVTC going into the sixth leg, but Peter Duffy gave anchorman Jack Leydig a 5 minute lead and they won going away. The weather was hot and dry as usual, with a slight overcast on the leadoff leg. Complete results are not yet available, but we have listed the top 13 teams and their combined (team times) clockings. Add one hour to the fifth and sixth place teams which got a one hour headstart because they were composed of all seniors. The individuals are listed in the order they ran. (1) West Valley TC (Bill Clark, Bob Crow, Chris Miller, Willie Cronin, Bill Kelly, Peter Duffy, Jack Leydig) 6:47:11 (new record); (2) Oklahoma State TC (George Stewart, Johan Halberstadt, Larry Rose, Reid Harter, Kurt Schoenrock, Steve Mathers, Peter Kaal) 6:53:52; (3) Mad River Runners (Gary Tuttle, Howard Labrie, Lou Patterson, Craig Streichman, Don Makela, Ron Elijah, Bill Scobey) 6:55:23; (4) High Sierra TC (Skip Houk & Wayne Van Dellan ran first two legs) 7:03:33; (5) Northern California Sr. TC - 7:10:13; (6) West Valley Joggers & Striders (Srs.) - 7:25:33; (7) Marin AC - 7:25:51; (8) West Valley TC "Brown" Team - 7:30:44; (9) Stockton - 7:32:09; (10) West Valley TC "High School A-Team" - 7:34:06; (11) Pleasant Hill Track & Field Club - 7:50:26; (12) Alum Rock Running Ass'n - 7:51:37; (13) Stanford Running Club - 8:06:11. Members of other teams will be listed in next issue. Please send us the names of your team members if you want them published.



Bill Clark, Peter Duffy, Tom Laris, and Mark Covert during PA-AAU One Hour Run. (Marconi photo)



This month's NorCal Portrait is Elaine Pedersen (at Seaside Marathon) (by J. O'Neil)



Paul Reese is currently moving up well in the point standings. He won the Ft. Baker Handicap Race. (Marconi photo)



The four Mackey brothers at the U.S. Masters in San Diego. From left: Bill, Jr., Bill, Sr., Jim and Bob. (Photo by Dave Fehr)



Winning West Valley TC team at Tahoe Relay. Front: Jack Leydig, Willie Cronin, Bill Kelly; Back: Bill Clark, Chris Miller, Bob Crow, Peter Duffy). (Marconi photo)



Most of the 41 Californians who participated in the 1971 Pikes Peak Marathon in Colorado. (Walt Stack)



The long distance Olympic Development Training Camp in Missoula, Montana. Hans Templeman, Bob Crow & Byron Lowry represented the PA-AAU. (Bob Crow)

**LATE NEWS:** George Stewart won the Pierce Point Ridge Run and Bill Mackey was first senior to finish. Complete results next time. Bob Darling was second and Ray Darwin third, but all three ran short after making a wrong turn near the finish.