



NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION
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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 in 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 photographs 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 work from it rather than the negative and can reduce or enlarge. All prints will be returned after being used.

Our publication is printed by Frank Cunningham; chief photographer is John Marconi. Our cartoonist is Lee Holley, who has really been lazy lately. Some of our contributors this month include Don Pemberton, Loren Lansberry, Art Reade, Joel Jameson, Walt Stack, Jeff Kroot, Ed DiGirolamo, Jon Hendershott, Bob McPeak, Steve Lund, Bill Ranney, Ken Scalmanini, Jim Hume, Ernie Marinoni, Dave Maggard, Keith Kruse, Jerry Kokesh, Harry Cordellos, Bruce Drummond, Jim Santos, Mike Ipsen, Barry Parr, Horace Crow, Nick Vogt, and Greg Chapman.

A reminder for our subscribers and club members: our mailing list now approaches 300 per month, and in the near future we are planning for a bulk permit, hopefully in a non-profit status. If your ZIPCODE does not appear on your address label, please send it to me immediately. ZIPCODE's must appear on all 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 sent to you with your last issue).

THANKS for the good response in regards to my request for high school and collegiate cross country schedules. We are, of course, lacking many meets, but most of the big invitationals & league meets are listed in the schedule section of this issue. If there are any changes, please write the editor.

WANTED: The use of an IBM card printer for our address labels. We will soon be losing the use of our current card printer and would like to know if any of our readers has access to any kind of printer (80 column cards). If you, or anyone else has access to such a machine (an IBM 407 accounting machine will do), please contact the editor immediately. We supply the labels of course. Thanks for your help.

o o o o o o o CLUB NEWS o 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 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 per year. Any material aimed at selling goods should be put in our classified section. Let's hear from your club!!

WEST VALLEY TC NEWS: During the month of September, WVTC gained five new members. Humberto Hernandez lives at 4207 Lorren Drive, #235, Fremont, 94536, Ph. 793-3116. Humberto is 24 and has best track times of 440 - 50.9, 880 - 1:53.7r, mile - 4:13.7, 2 mile - 9:27.8, and 3 mile - 14:22.4. His 1972 goal is to make the Olympic team for his country, Puerto Rico. Joseph McDevitt, Jr. is

now living at 684-16th St., Oakland, 94612, no phone. Joe is 26 and has bests of 4:34 for the mile, 9:00 for 2 miles, and 32 minutes flat for 6 miles. Gary Berthiaume is an ex-San Jose St. runner and currently resides at 59 So. Fifth, #11, San Jose, 95112, Ph. 287-4059. Gary is 23 and has track times of 4:12 in the mile, 9:09 for 2 miles, and 14:00 for 3 miles. Bob Epolito is going to start drawing some cartoons for us soon, and this will hopefully get Lee Holley on the stick. Bob's current address is 4390 Montgomery St., Oakland, 94611, Ph. 652-1039. At 22 years of age, Bob has bests of 23.5 for the 220, and 4:18.5 in the mile (1966!). Bob finished third in the Massachusetts State High School XC Championships in 1966 over 2.5 miles. Joe Ray also lives in Oakland at 2520 Cordova St., Ph. 536-5988. He is 30 years of age and has run the 100 in 10.9, 220 in 23.8, & has put the shot 37'-8".

Address changes of our members: Mike Ryan has moved across town to 14 Vandenberg Dr., Route 4, Tullahoma, Tenn. 37388. Bob Crow now lives in San Francisco at 5655 Geary Blvd., 94121 (Ph. 387-2337). Rich Delgado decided he didn't like Harvard after all and will be going to Law School at Cal instead. His address after October 1 will be 1602 Marin, Albany, CA. Chris Miller is now living at 2128 Cedar Ave., Menlo Park, 94025 (no phone yet).

Seamus O'Reilly has incurred some ruptured muscles in his thigh and just got out of surgery. He won't be able to compete for several months. His brother, Maurice, got married and moved to Idaho.

Sac'to Invitational: If you want to run in this year's Sacramento Invitational XC Meet on Oct. 9, please write me today. I have to send in the entries as a team entry (you can't send in the entry yourself & run for the team). Deadline for sending in entries is drawing close so let me know by phone or letter.

While in his home state Washington this summer, WVTC's Don Kardong ran at least one race that we know of, placing second to Ireland's and WSU's Dan Murphy, over a 6 mile course. Dan won in a time of 30:06.4 and Don had, 30:12. Next came Phil Burkewist (30:26), Bill Waters (30:34), and Randy James (31:06).

Sean O'Riordan's school address at WSU is Route 13, Box 91-E, Pullman, Wash. 99163.

Does anyone on the club know a lawyer that would be willing to help (for a small fee) us in applying for a non-profit organization? The tax savings, postage reduction, and numerous other advantages makes this a worthwhile venture. If you know of someone that could help us out in his spare time, please contact me at once.

Ellen Clark has just finished the monstrous task of making a total of 28 new jerseys for the club. They are now in the process of being lettered and should be ready in less than two weeks if things go well. We are currently thinking about making about 15 special meet jerseys (with West Valley TC spelled out on front and probably San Jose on back, similar to PCC jerseys). These would not be used in normal area road races, but would be given out to those competing in special competitions (away cross country meets, indoor meets, big relay meets, special road races like Culver City, Boston, etc.). They would be checked out by the individual before leaving and returned when he got back. Hopefully these will be ready by the time the Nationals roll around.

"PULSATORS" RUNNING CLUB NEWS: Our neighbors from up Alaska way send us the following news. Our year high event is the Equinox Marathon at the University of Alaska in Fairbanks, which this year is (was) scheduled for Sept. 18. The PULSATORS expected to participate were Marcie O. Trent (53), John P. Trent (53), Donald L. Hagen, Frank Wanamaker, Dale Wanamaker, Anna Wanamaker, Betty Wanamaker, Vernon Kenaga, Dr. Bob Layman, and Douglas Bunch. The PULSATORS welcomes new members. No dues. Report monthly mileage figures by the fifth to John Trent, 1700 Tudor Rd., Anchorage,

Alaska, 99502. Our Annual Awards Dinner, held on Ground Hog's Day, will be used to present letter awards for 365, 1000, and 2000 or more reported training miles. The Equinox represents the climax of running events this year. Marcie will be out to defend her title as the oldest woman in Alaska to complete a marathon and try to better her last year's all-woman first of 4:40:03.

THIS AND THAT.... Mad River's Bill Scobey is being sent to compete in the Kocise Marathon in Czechoslovakia in October. He was originally going to the Enshede Marathon in Holland, but an AAU foulup prevented him from going. *** A correction to one of the photo credits in last month's issue. The shot taken at the hour run was by Weymouth Kirkland, not John Marconi. *** Bruce Johnson of the Alameda TC left his running shoes (red and white, Mexican: Jet brand) and other articles in a mesh bag at the Alameda TC cross country race on Sept. 11. If found, please contact Bruce at 2455 34th Ave., #2, Oakland, 94601. *** NBC filmed this year's Pikes Peak Marathon, and will show part of it on October 5. *** Bay to Breakers winner, Kenny Moore, won a free trip to Australia to run in the Sydney Sun's equivalent race. He and Aussie John Farrington battled it out until the last few miles, when Kenny stormed away to a convincing 100-150 yard victory. Farrington will be sent to next year's Bay to Breakers by the Sydney Sun.

We are currently exchanging our publication with almost a dozen different running clubs throughout the country and abroad. If your club has any kind of a newsletter or information sheet, we would enjoy exchanging with you. Please write the editor. *** We are starting plans for our 1971 NorCal Distance Running Annual already. If you have any photos you would like to have considered for this booklet, please send them to the editor. We are especially interested in good action shots, group shots, and photos of collegians, high schoolers, and women. Also, we are lacking photos of some of our better senior runners. If you are interested in purchasing our 1970 Annual, please see the advertisement section. They are now selling at a sizeable discount.

On Sept. 8, the Long Distance Running Executive Committee met in San Francisco, with Peter Mattei presiding. A total of \$350 was collected (so far) from PA sponsored distance races. At present there are 2500 registered long distance runners in the Association, the largest of any U.S. District, including the Southern Pacific Ass'n. The PA-AAU is now definitely the long distance running capital of America. Bill Clark of the West Valley TC was nominated as long distance running's representative for the Sullivan Award, based on his six American track records from this year. Peter Mattei was re-elected as long distance chairman for 1972, but will have a committee of about 12 runners working with him to ease his burden. National Committee Members at the AAU Convention in October were chosen: John Disty and Robert E. DeCelle. These two individuals will be the PA-AAU's voting members in long distance running at the Convention. Peter Mattei was given the authority to recommend At-Large Members to the Convention.

Scheduling for 1972: If you are planning a race for next year (and most of you will be), please do one of the following. (1) If you will not be able to send a club representative to the Lake Merritt Race on October 10 in Oakland, then write a letter to Peter Mattei, 1000 North Point, San Francisco, 94109, stating what race your club would like to sponsor (more than one welcome), and the desired date. Peter Mattei must have this information before Oct. 10. (2) If at all possible, send a club representative to the Lake Merritt Race. There will be a meeting to discuss the 1972 LDR Schedule at the boathouse, after the race. Your help in this matter will be greatly appreciated. It saves Peter from having to write to every club in Northern California (over 50).

URGENT!! *** As you all know by now, we (the runners of the PA-AAU) are sending Darryl Beardall and Bob Deines to the famed London to Brighton 52 Mile Road Race (Sept. 26). The cost of Bob's plane ticket came to \$350, a savings of about \$380. Darryl's ticket was around \$730, because he's not quite as young as Bob and can't go youth fare (doubt if he could fake it either). To date (Sept. 20), our fund stands at \$770, a great job, but still \$310 short of our goal. Deines is already in London at the time of writing of this article, and Darryl will leave in a few days. A total of \$200 was sent to Bob and \$570 to Darryl to help cover the cost of their tickets, BUT they are having to foot the extra cost of going until we can reimburse them. I know a lot of you have already donated to the fund, and your contributions are deeply appreciated. For those of you that would like to be a part of our drive, and have not yet given, please send anything you can spare to Jack Leydig, 603 S. Eldorado St., San Mateo, CA 94402. Make all checks payable to West Valley Track Club and note what the check is for so we don't deposit it in our treasury by mistake. We have a circulation of nearly 500 per month. If each person who reads this (who has not donated) would simply enclose a dollar bill in an envelop and send it to us, I am sure we can make this drive a success. It will not be, until we get the necessary money *** \$1080. Let's not let Bob and Darryl down!! *** Incidentally, I have been informed that John Pagliano (U.S. Jr. 50 mile champion in 1971) is also making the trip to London, and probably Ted Corbitt and Jim McDonagh. We received a most generous contribution to our fund (\$10) from Ted Corbitt. If someone back on the East Coast can donate that much, I'm sure some of you can do the same.

NEW POINT TOTALS IN 1971 PA-AAU TEAM RACE: The road racing season is rapidly drawing to a close in respect to our point race. The Sacramento Invitational will be the last race, and we may only count AAU competitors here, not collegians. This issue of the NCRR will be the last one published before the voting for the 7 man team takes place at Lake Merritt on Oct. 10 (6 open, 1 senior). On the day of the voting (must have AAU card to vote), a ballot will be given to all those showing up (whether you race or not). You will indicate your choice of six open and top senior competitors. When the tallies are added up, the top runners will comprise the 1971 PA-AAU Cross Country Team. A copy of the final point standings will be attached to the ballot (probably only through the week before Lake Merritt and not including the Sac'to Invit.). The point totals should not necessarily be used as the sole deciding factor in who you vote for, but it should be used as a guide, so you can see how our top runners placed throughout the season. Only PA-AAU races will be listed in the totals, so if you feel that an individual ran an exceptionally good race or two outside of the Association, but is not ranked very high in the point totals, then vote according to how you feel. *** To figure the point totals for any runner, we count only races where competitors finish in the top ten (open) and top six (senior). You can go deeper than this to figure your own totals of course. On days where two races are held at one location, the longer race is counted for open competition and both are counted for senior standings. To figure the rating, take the average placing (for top ten or top six, accordingly) and divide it by the number of races this represents. The lower the rating, the better the runner, according to this system. Thus, the numeric rating is a measure of how high a runner finishes, and the number of races he competes in...in essence, a total measure of the runner's consistency. *** Races listed here include the following since last issue: Mt. Misery, Pierce Pt., Golden Empire (only top 5 open), Dipsea, Emerald Hills, Alameda (only top 7 open, and none in senior category), and Lake Wildwood. We still need 6th to 10th for the Golden Empire, all the senior and 8th to 10th in the Alameda Race, and all results for the Double Dipsea. These results and those for Walnut Creek, the PA-AAU 25 Km., and the Napa Marathon, will be included in the final totals to be distributed on voting day and in the October issue of the NCRR. *** Now that Rich Delgado has moved back into the area, he seems virtually assured of retaining his title from last year for open runners. The rest of the top five in that division remain unchanged from last month. Bill Mackey continues to dominate the seniors with a 0.0796, but a close race is looming for second place. Peter Wood currently has the advantage, but only slightly over Don Pickett (up from 5th last month) and Jim O'Neil. The totals:

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Bill Mackey/West Valley J & S (17)	12	4	1	0	0	0	1.35	.0796
Dr. Peter Wood/NCSTC (14)	8	4	0	1	1	0	1.86	.133
Don Pickett/SF Olympic Club (26)	1	5	10	2	4	4	3.58	.138
Jim O'Neil/SF Olympic Club (18)	3	8	4	2	0	1	2.50	.139
T.A. de Lusignan/Marin AC (14)	6	3	2	2	1	0	2.22	.158
Peter Mattei/NCSTC (20)	2	4	4	6	1	3	3.40	.170
Dave Stevenson/Stanford RC (18)	1	3	5	4	4	1	3.56	.198
(over 50) Paul Reese/NCSTC (13)	5	2	0	1	3	2	3.08	.237
Ross Smith/West Valley J & S (9)	4	0	4	1	0	0	2.20	.247

OPEN

<u>Runner/Club (# of races run)</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>9th</u>	<u>10th</u>	<u>Aver. Place</u>	<u>Rating</u>
Rich Delgado/West Valley TC (19)	9*	3	3	2	0	0	0	0	1	1	2.71	.143
Darryl Beardall/Marin AC (27)	2	4	7	2	3	1	2	3	2	1	4.67	.173
Alvaro Mejia/West Valley TC (6)	5	1	0	0	0	0	0	0	0	0	1.17	.194
Bill Clark/West Valley TC (9)	6	1	1	0	0	1	0	0	0	0	1.89	.210
Byron Lowry/SF Olympic Club (9)	1	6	2	0	0	0	0	0	0	0	2.11	.235
Ray Darwin/Culver City AC (14)	0	2	4	3	2	2	0	0	1	0	4.22	.301
Bill Scobey/Mad River Runners (7)	3	2	1	0	0	1	0	0	0	0	2.29	.327
Greg Chapman/Solano TC (16)	1	2	1	1	3	2	1	3	1	1	5.56	.348
Jose Cortez/RC Striders (14)	2	1	1	2	4	1	1	0	1	1	4.78	.342
Duwayne Ray/West Valley TC (7)	2	1	1	2	0	0	1	0	0	0	3.14	.449
Jack Leydig/West Valley TC (9)	0	2	3	1	0	0	1	2	0	0	4.45	.494
Steve Dean/Sacramento State Coll. (2)	2	0	0	0	0	0	0	0	0	0	1.00	.500
Doug Butt/Marin AC (11)	0	2	0	1	3	1	2	1	1	0	5.55	.505
Ron Elijah/Mad River Runners (7)	1	2	1	1*	0	0	1	1	0	0	3.93	.561
Dan Anderson/Valley TC (9)	0	1	1	1	2	1	0	2	0	1	5.67	.630

*Note: An asterisk above indicates that the individual had one tie where noted. For example, Rich Delgado tied once for 1st place. In the point scoring he is given 1.5 points, the average of 1st and 2nd place. The reversed arrows note that Jose Cortez should be ranked ahead of Greg Chapman. Simply transpose the two lines of figures. They are in reverse order.

SPECIAL ARTICLE

"MISSION IMPOSSIBLE", by Harry Cordellos: -- After competing in races for more than three years, I had the feeling that something was wrong. When I discovered that I was no longer limited to my familiar home town Bay to Breakers Race, I began to set new goals. But frustration finally caught up with me. I was constantly in conversation with other runners, and found myself using such words as Steep Ravine, Windy Gap, the stairs, Cardiac Hill, and other wellknown landmarks on what must be the most difficult course of them all -- the Dipsea. But these were only words to me. Somehow, they had to become real and that meant going over the course.

The idea began as a secret wish, then a hope, then a goal, and this year, an obsession. Many well meaning friends warned against such a plan, and many said it was possible only as a hike for me, and that even then, I'd have to take many of the down-hills on the seat of my pants. Most general agreement was to the fact that it might satisfy me to travel over the course, but for me it was out of the question on race day. I accepted this, knowing that I had no experience on such a course, but was happy to know that I might at least travel the Dipsea on a day when it was not crowded.

However, there were a few individuals who did think a real Dipsea was within my reach. One of these was Jack Bettencourt, a member of the Northern California Seniors TC, and also of the S.F. Dolphin Club. An excellent Dipsea runner himself, he knew every bump in the road, and was determined to get me over the trail at least on a practice run. On August 3rd, this question came to its first climax. We headed toward the 671 stairs and were going to settle this question once and for all. At Stinson Beach, if I got there, we would know if running the Dipsea without sight on raceday was practical, or whether I would go home, able to say, "yes, I have been on the Dipsea Trail," and just leave it at that. Running Commissioner, Peter Mattei, accompanied us and as we staggered down the rugged hills, he took alternate routes attempting to immitate my speed to see if there might be a better way. Ninety minutes later, we had an answer. Jack Bettencourt was determined to pace with me in the official Dipsea Race, and on the official course. We did choose to run the fire trail in many places where the cow trail would only slow us down and slow down other runners also. But so did other runners do the same.

Having written several times before about my impression of running, I will not take the time to repeat myself here. The big difference is in how we prepared for such a course, and what it took for someone like Jack Bettencourt to direct me. Unlike road races, the Dipsea required more than a partner who was willing to pace with me and maintain rhythmic strides. It took a man with knowledge of the course, sound judgement as to speeds which could be handled safely, equal or greater body weight than mine to give support in case of a slide or fall, a barrel of self-confidence, and most of all, a strong desire to see a meaningful goal of a fellow runner become a reality. Jack Bettencourt had all of these qualities, and more.

As for my special preparations, they were few, but different from what I do for a road race. Wrapping both ankles was my precaution against sprains. A glove on the right hand was all I took to aid in landing in case of a fall. Finally, a good rubdown with Fells Naptha soap to prevent poison oak infection. I didn't even know if I was sensitive to poison oak, but did not want to take any chances.

From here on, it was simply a matter of team work. We had to practice together and be sure that our signals were straight. The 1971 Dipsea is history now, and thanks to Jack Bettencourt, I was a part of it. People were offering me congratulations all along the way, as well as at the finish, but few persons ever realized that most of the credit rightfully should have gone to Jack. I simply expressed a wish to run the Dipsea, and stayed with it until it was over. But to face as many unknowns as there are when 1200 runners plow through Steep Ravine, and to believe it can be done safely when faced with countless warnings, takes more courage than I have ever seen displayed anywhere else in this great sport.

Times are not available at this writing, but we finished in 387th place out of more than 1200; and our unofficial time was something around 81 minutes. I honestly feel that Jack should be prouder of that time than the 58 minutes or so he would have had if he ran on his own. He accomplished something which many had long said couldn't be done, and shouldn't be done. Such an effort should be recognized, and while many will read of my finish in the Dipsea and think it quite commendable, I hope all who read this article will realize that it was not my doing alone, in fact it was very little due to my effort.

For me, it was mainly a problem of staying on my feet in the rough parts and trails, and maintaining contact with my partner for the entire race. This ranged from voice contact or light elbow bumping in the open areas, to a firm grip on Jack's arm in the steep rutty downhill areas. For Jack, these problems also were present, however, in addition, he had the task of choosing the trail or path which we would follow, making sudden decisions as to where to ask others to pass, left or right, controlling the speed and direction which we maintained down the mountainside, and warning me about low limbs and other unexpected obstacles. Above all, I am still amazed that he did all this without ever getting excited. This accounts for our confidence in the safety of the whole effort. Extreme tension and fear could cause even a slow walker to have a bad fall. I recall being fairly relaxed for most of the race, but it was only because Jack Bettencourt remained relaxed and confident for ALL of the time that this long awaited goal became a reality.

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 inch 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 (shading) is 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 rate will be proportional to how much extra we have to pay in postage. A seventh page will cost us 8¢ x 250 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, and mailed to the editor.

UNIVERSITY SPORTS - 2455-S Old Middlefield Way, Mountain 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 US 101 (Bayshore Freeway).

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.

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 KING!! (ed. - the new models are so classy that 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 with a good selection of sizes and styles.

RUNNING UNLIMITED: (Tiger Distributor) - Tom Laris, 407 California Ave., Palo Alto, CA 94306 (Ph. 328-4274). With cross country season just about to swing into full gear, 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 runs with his goods. If you are a high school runner, ask your coach about getting a special rate by buying Tigers for the whole team.

SPECIAL CLOSE-OUT SALE ON 1970 NORCAL ANNUALS: - If you still have been putting off getting this great little handbook, now is your chance to take advantage of our yearend close-out sale. The 1970 NorCal Distance Running Annual is the first of its kind in California to our knowledge, dealing exclusively with distance runners of all types (age group, women, seniors, high schoolers, collegians, the stars, the average runner, etc.). A full 80 pages of articles on your favorite runners...on you perhaps. Almost 100 photos, covering all phases of distance running. In addition there are statistical lists for marathon times run in 1970, winners of local races, club addresses and other important addresses, a complete 1971 schedule (probably good for most 1972 races as well), advertisements, and more. If you haven't seen one, take a look at the West Valley TC table at the next road race. But now...the important thing...SAVE 75¢ on your copy. That's right...we are now selling our Annual at \$1.25 (plus postage when mailed - 25¢). The normal price is \$2.00. Don't wait, get yours now. The more we sell, the better we can make our 1971 Annual. If mail ordered, send to Jack Leydig, 603 So. Eldorado St., San Mateo, CA 94402. All checks should be payable to West Valley Track Club.

THE LONG DISTANCE LOG, A PUBLICATION FOR RUNNERS BY RUNNERS: - The Long Distance Log is published monthly under the auspices of the United States Track & Field Federation, P.O. Box 190, Tucson, Arizona, 85702. Annual subscription rates are \$5.00, add \$3.00 for first class mail or \$5.00 for airmail, in U.S.A. or Canada. Single copies and back issues - 50¢. Second class postage paid at Tucson, Arizona. Please send race results and articles for publication to H. Browning Ross, 306 W. Center St., Woodbury, N.J. 08096.

No Northern California Portrait this month. We may have two next month, depending on space limitations.

WEST VALLEY PORTRAIT

Victor (Vic) Cary is 22 years old and is a teacher at Harry Ells High School in Richmond. He is single and currently lives at 727 Aileen St., Oakland, CA (Ph. 655-6582). Vic holds an A.A. Degree from City College of San Francisco, and an A.B. in History from U.C. Berkeley, where he just graduated this past spring.

Until recently, Vic had concentrated mostly on the shorter distances (1 and 2 miles), but he is determined to try the marathon at some time in the future, and has already done 1:29:36 for the rugged Ft. Baker course (15 miles). His best track times are: 440 - 51.9 (1967), 880 - 1:56.5 & 1:54.4r (1968), mile - 4:16 (1970), 2 mile - 9:04.6 (1971), 3 mile - 14:11 (1971), and 10 miles 1673 yards for the hour run (1971). Vic enjoys road racing and has done well. His better performances have come at the Statuto Race (2nd), Ft. Baker, Tiburon (8th), and Walnut Creek (7th) - he was 4th at Ft. Baker. His like for uphill running played a key part in West Valley's second place finish to Pacific Coast Club in the 1970 Tahoe Relay. He ran second leg. In cross country for Cal, his best performance in 1970 was a 5th in the All-Cal Championships. In 1971, he placed 7th in the WSU-WVTC-UC triangular, and second for Cal.

Some of Vic's most exciting moments came this year when he set two personal bests on the track, and qualified for the Pacific Eight Championships. His 14:11.2 three mile against Oregon (third) was a PR, as was his 9:04.6 in the Stanford dual. The latter performance gave him a trip to the Pac-8 Championships. While attending CCSF, Vic placed third in the NorCal JC Track Championships' two mile in 9:22. But his first big moment came in the AAA Track Championships (San Francisco) where he won the 880 in a time of 1:59.3.

"Since I'm no longer just a student, but a teacher as well, I have many new adjustments to face in the forth-coming year. I plan to do very little training and probably no racing, but am pointing for a comeback in the fall of 1972, when I have more or less settled into my new job." Vic's absence will certainly be felt. His fifth place on WVTC's team at the AAU Nationals last fall seems to indicate that he would be a great asset to any team. We will be awaiting your comeback.

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 Runners of San Francisco. Some of the races listed below are out of the PA-AAU (we have many subscribers now that are out of the local area and are getting requests for expanded schedules - here they are). These non-PA races are designated by an asterisk in parentheses (*). All requests for entries should be directed to the addresses listed.

- 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. (A flat, fast course!!)
- Oct 3 - Santa Barbara Marathon, Santa Barbara, CA, 7:30 am (handicap possibly). John Brennand, 4476 Meadowlark Ln, Santa Barbara, CA, 93105.
- Oct 3 - Eugene "Plodders" Marathon, - for more information write Kenny Moore, Box 277, Lowell, Oregon, 97452.
- Oct 9 - 15th Annual Sacramento Invit. XC Races. Write Cross Country Coach, c/o Athletic Dept., Sac'to St. College, Sacramento, CA.
- Oct 10 - 21st Annual Columbus Day Races (5 & 10 Km), Lake Merritt, Oak'd, 8:30 am. E. Dell Osso, 1803 3rd Ave., 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 (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 Championships, 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.
- Nov 6 - Turkey Trot Races (Age group & 10 Mi. open), Oakland (10 turkeys, 10 divisions). Peter Mattei, 1000 North Pt., S.F. 94109.
- Nov 6 - S. Nevada AAU 10 Mile District Championships, Valley H.S., 9 am. (*)
- Nov 13 - PA-AAU Sr. XC Championships, 10 Km., Golden Gate Park, SF, 10 am. SF Olympic Club, P.V. Carmichael, 524 Post St., S.F.
- Nov 14 - 5 Mile XC Race, Golden Gate Park Polo Fields, 10 am. (DSE Run)
- Nov 20 - Daly City Hill Run, 6.25 Mi., Daly City, 11 am. Daly City Recreation Dept., Daly City, Cal.
- Nov 20 - North Las Vegas Turkey Day Races (3 Mi. Junior & 7 Mi. Senior), North Las Vegas (time to be announced). (*)
- Nov 27 - Colfax Carnival Age Group XC Races (10 Mi. open), Colfax, 10 am. Ian Whitman, Rte. 1, Box 2699, Colfax, CA. (Ph. 346-2284)
- Nov 27 - 20 Km. Scratch Race, Vo. Tech, Las Vegas, 10 am. (*) (S. Nevada Ass'n)
- Nov 28 - Pleasanton-Dublin 12.5 Mile Run, Amador HS, 10 am. Herald & News, Sports Desk, 2277 Third St., Livermore, CA 94550.

AAU & COLLEGE XC SCHEDULE

- Oct 2 - West Valley TC, Pacific Coast Club & Stanford Triangular @ Stanford Golf Course, 4.2 Mi., 10 am; Chico State Invitational, Chico, 11 am; Camino Norte Invitational, College of Marin, 11 am.
 - Oct 9 - Sacramento Invit., Sac'to State College, (JC, Univ., Open) (all day meet) (see above schedule for details); Aggie Invitational, UC Davis, 11 am.
 - Oct 15 - West Valley College & Marin @ Contra Costa, 4 pm; Canada College @ Skyline College, 4 pm.
 - Oct 16 - West Valley TC vs. San Jose St. @ Coyote Park Course, 6 mi., 10 am; Cal State Hayward @ Sac'to State, 11 am; UC Berkeley & WSU @ Whitworth, Spokane, Wash., 11 am; Humboldt St. @ UC Davis; Stanford @ USC, 6 mi., 10 am.
 - Oct 19 - Santa Rosa & Skyline @ West Valley College, 4 pm.
 - Oct 23 - Wash. State & San Jose St. @ Stanford, 4.2 mi., 10 am; PA-AAU Jr. XC Championships @ Polo Fields (Golden Gate Pk., SF), 10 km., 10 am; Hancock Invitational, Santa Maria, 10 am; Pleasant Hill Invitational, Pleasant Hill, 11 am; Cal State Hayward @ Chico St., 11 am; Sac'to State & Humboldt St. @ San Francisco St., 11 am; UC Berkeley @ UCLA, 11 am.
 - Oct 29 - Skyline & Contra Costa @ DeAnza, 4 pm; West Valley College & Canada @ Solano, 4 pm; Mt. Sac. Invitational, Walnut, CA.
 - Oct 30 - West Valley TC & Oregon TC @ Mad River, Arcata, 3 pm; Stanford @ UCLA, 6 mi., 10 am; Cal State Hayward vs. SF State @ Coyote Hills, San Jose, 11 am; Sac'to St. & Chico St. @ UC Davis, 11 am; Sonoma & S. Oregon @ Humboldt St. (maybe 29th); USC & Stanford @ UC Berkeley, 11 am; Monterey Pen. College & Laney College @ Stanford (JV's), 4.2 mi., 10:45 am.
 - Nov 5 - DeAnza @ West Valley College, 4 pm; Solano & Marin @ Skyline College, 4 pm.
 - Nov 6 - West Valley TC, Santa Barbara AA, San Diego TC, SC Striders, & Golden West AA @ UCSB, 5-6 mi., 3 pm; Far Western Conference Championships at Humboldt St., 11 am.
 - Nov 10 - Camino Norte Conf. Meet @ College of Marin, 4 pm.
 - Nov 13 - Pacific-8 Conf. Meet @ UCLA, 6 mi., 11 am; PA-AAU Sr. XC Championships @ Golden Gate Pk. Polo Fields, SF, 10 km., 10 am; PCAA Conference Meet @ San Diego St.; NCAA College College Div. XC Championships @ Wheaton, Ill., 10 am.
 - Nov 19 - NorCal JC Championships @ Sierra College, 4 pm.
 - Nov 20 - U.S.T.F.F. Western Regional Championships @ Fresno, 10 am.
 - Nov 22 - NCAA Championships at Knoxville, Tenn., 6 mi., 11 am.
 - Nov 24 - U.S.T.F.F. National Championships @ Atlanta, Ga.
 - Nov 27 - State JC Championships @ Sierra College, 10 am; National AAU XC Championships, 6 mi., San Diego (write San Diego TC, P.O. Box 1124, San Diego, CA 92112 for applications) - Note: course will be 10 km., not 6 miles.
- * Note: UC Berkeley will also be in the meet at Stanford on Oct. 23. Add: SF City College @ Foothill, 4 mi., 4 pm (Nov. 4).

HIGH SCHOOL XC SCHEDULE

- Sep 30 - Bishop O'Dowd @ St. Elizabeth; Salesian @ St. Joseph; De La Salle @ St. Patrick.
- Oct 2 - Oceana @ Nevada Union; Aptos Invitational @ Aptos; Clayton Valley Invit. @ Clayton Valley.
- Oct 4 - Gunn, Leigh, Los Altos, Palo Alto @ Carlmont.
- Oct 5 - Moreau @ Bishop O'Dowd; St. Joseph @ St. Patrick; De La Salle @ St. Elizabeth.
- Oct 6 - Castro Valley & Hayward @ Marina.
- Oct 7 - Salesian @ Bishop O'Dowd; De La Salle @ Moreau; St. Elizabeth @ St. Joseph.
- Oct 8 - Aragon @ Westmoor.
- Oct 9 - Alisal Invitational, Alisal; Folsom Invit., Folsom; San Ramon Invitational, San Ramon; Susanville Invit., Susanville.
- Oct 11 - Mt. Pleasant, Homestead, San Mateo, St. Ignatius, Palo Alto @ Carlmont (possibly the 12th).
- Oct 13 - Jefferson & Half Moon Bay @ Oceana; Westmoor @ S.S.F.; San Lorenzo & Canyon @ Castro Valley.
- Oct 14 - Center Meet @ Crystal Sprgs. Course, Belmont; Bishop O'Dowd @ St. Joseph; St. Patrick @ Moreau; Salesian @ St. Elizabeth.
- Oct 16 - Camden Invitational, San Jose; Oceana @ Rio Linda.
- Oct 19 - Bishop O'Dowd @ De La Salle; St. Elizabeth @ Moreau; St. Patrick @ Salesian.
- Oct 20 - Oceana @ El Camino; Westmoor & Serramonte @ Half Moon Bay; Castro Valley & Tennyson @ Sunset, Hayward.
- Oct 21 - Center Meet @ Alum Rock Park, San Jose; St. Patrick @ Bishop O'Dowd; St. Joseph @ Moreau; De La Salle @ Salesian.
- Oct 23 - Soquel Invitational @ Soquel; Downey Invitational, Modesto; Pleasant Hill Invitational @ Pleasant Hill.
- Oct 27 - Westmoor & Oceana @ Terra Nova; Mt. Eden & Arroyo @ Castro Valley.
- Oct 28 - Center Meet @ Crystal Sprgs. Course, Belmont; Moreau @ Salesian; St. Joseph @ De La Salle; St. Elizabeth @ St. Patrick; Pre-CCS Meet @ Mt. Pleasant, San Jose.
- Oct 30 - Terra Nova Invitational, Pacifica; Blossom Hill Invit., Leigh HS, San Jose; Carlmont Invitational (tentative), Belmont.
- Nov 3 - El Camino & Jefferson @ Westmoor; S.S.F. & Oceana @ Serramonte (?); Hayward Athletic League Finals @ Hayward.
- Nov 4 - Catholic Athletic League Finals, site to be determined.
- Nov 6 - National Postal Meet @ San Jose St.; Robert Louis Stevenson Invit., Pebble Beach.
- Nov 10 - Monterey Bay League Finals, site to be determined.
- Nov 11 - NCS Division I Meet @ DeAnza HS.
- Nov 12 - North Peninsula League Finals @ Golden Gate Pk., SF; South Peninsula Athletic League Finals @ Crys. Sprgs, Belmont (or 11/13)
- Nov 17 - NCS Finals, site to be determined.
- Nov 18 - CCS Region 4 Meet, site to be determined.
- Nov 19 - CCS Region 1 Meet @ Golden Gate Park, SF; CCS Region 2 Meet @ Crystal Sprgs. Course, Belmont; Mid-Penin. League @ Mills (?).
- Nov 24 - CCS Finals @ Mt. Pleasant's Course in Alum Rock Park, San Jose.
- Dec 4 - National Postal Meet @ San Jose State.
- Dec 10 - 11th Annual Carlmont to San Carlos Turkey Trot, 3 pm.

WOMEN'S 1971 CROSS COUNTRY SCHEDULE

- Sep 26 - Roseville Invitational, Sierra College, 11 am. Gil Duran, 1325 Susan Circle, Roseville, CA.
Oct 2 - Millbrae Invitational, Dunes Beach (Half Moon Bay), 11 am. Jim Hume, 351 Hazel Ave., Millbrae, CA 94030.
Oct 9 - Sacramento State Invitational, 11 am. Will Stephens, 6349 Dorchester Ct., Carmichael, CA 95608.
Oct 23 - Salinas Invitational, Royal Oaks Park, 11 am. Dick Casper, 1427 Lassen Ave., Salinas, CA 93901.
Oct 30 - PA-AAU Championships, Canada College, Redwood City, 11 am. Mike Ipsen, P.O. Box 868, Redwood City, CA.
Nov 14 - California Conference Championships (State), Sacramento, 10 am. Will Stephens, 6349 Dorchester Ct., Carmichael, CA 95608.
Nov 20 - Junior National XC Championships, Eugene, Oregon.
Nov 27 - Girl's & Women's National XC Championships (& Age Group), Cleveland, Ohio.

RACE WALKING

- Oct 10 - Lake Merritt, Columbus Day Walk, 5 Km., Oakland, 9 am.
Oct 16 - National Sr. AAU 40 Km. Championships, Kansas City, Mo.

***For further information on scheduling (we obviously don't have much listed above), contact either Bill Ranney, One Barker Court, Fairfax, 94930 (Ph. 456-2641), or Steve Lund, 10 Francis Ave., #1, Larkspur, CA.

The race walking officers for the coming year have been appointed and are as follows: Chairman - Bill Ranney, Assoc. Chairman - Jim Bentley, Records & Statistics - Tom Dooley, Course Measurement - Goetz Klopfer, Newsletter - Steve Lund, and Age-Group - Jim Bentley. These, along with Phil Mooers, will make up the race walking executive committee. *** During the summer, three members of the PA-AAU were named to the Olympic Training Program at Boulder, Colorado: Jerry Lansing, Jim Bentley, Jr., and Jim Bean. *** Tom Dooley has been nominated as the outstanding walker of 1971. *** The Pacific Association plans to submit bids for the Senior National Championships at 15, 20, and 50 kilometers for 1972. The Association is also bidding for Junior Natl. Championships at 10 & 15 kilometers and one hour. *** The walking committee wishes to pay special attention and recognition to the outstanding services of our leading walking judge, Frank Hagerty. Frank has never been paid anything for his outstanding work, and continues, now into his fifth year of officiating, willing to help in any way he can to make our sport better for all those participating. We hope to gather recognition for Frank as a member of the International Panel of Judges during the coming season. He has now officiated at 10 National Championships, in addition to over 50 local races. He has spent considerable time viewing slides, films, and prints to better learn this complicated job. Thanks again Frank. -- Bill Ranney.

Bentley Brothers Take 1-2 in Handicap Walk, Ranney Has Fast Time: (Aug. 15) - Walking on the Golden Gate Park Course, the Bentley brothers made good use of their handicaps to outdistance a superbly conditioned Bill Ranney. The day was ideally suited for racing at 60 degrees. Ranney recorded an excellent 68:36 for the 15 kilometers, passing 10 km in 44:56! The order of finish and actual times for the seven finishers: 1 - Jim Bentley (1:21:30), 2 - Brad Bentley (1:28:00), 3 - Bill Ranney (1:08:36), 4 - Jerry Lansing (1:18:45), 5 - Bryan Snazelle (1:27:00), 6 - Steve Lund (1:19:56), 7 - Joe Lansing (1:31:59).

Jim Bean Finishes Fourth in High Altitude Walk: (Aug. 21, Boulder, Colo.) - In a road walk that covered 17.5 miles and changed in elevation from 5200 to 8200 feet, Jim Bean of the Stockton Walkers finished a good fourth (hot and sunny, 90 degrees too!!). Eighteen walkers finished and the winner emerged as Gary Westerfield in 2:47:45. He was followed by Ron Kulik (2:53:45), Todd Scully (2:55:01), and Bean (3:02:45).

Ranney Superb at National 30 Km. Championships: (Sept. 6, Black Diamond, Wash.) - Getting seemingly better with age, Athens AC ace Bill Ranney finished third in a very good field that included the Pan-American 20 Km. champ, Goetz Klopfer, also of Athens. A total of 14 walkers started and all finished, but Larry Young of Mid-America TC took top honors with 2:25:40. The top four finishers were together for the first 18 kilometers before Larry started to pull away. His splits for 10 and 20 km. were (48:20 & 1:36:00). Ron Laird of the New York AC was second in 2:28:10, and Ranney finished in a fine 2:31:35. Goetz managed 2:35:35. Next two finishers were Bob Bowman and Steve Tyrer (both of the SC Striders) in times of 2:38:07 and 2:45:04, respectively. The Striders won the team title as Athens AC had only two competitors.

Let's have some more results from current walks: Fairfax 5 miler on Sept. 12, etc. See next page (Caledonian Games) - results.

AGE GROUP RESULTS

At the National Junior Olympics (Air Force Academy, Colorado), two Northern Californians did well, both of them girls. Denise Kemp of Reno, Nevada set a new record in the girls' high jump with a leap of 5-4 3/4, eclipsing the old mark by only 1/4 inch. Iva Wright of Fresno took the girls' shot put with a heave of 46-5, a full two feet ahead of her nearest competitor. Alice Pfaff of Lexington, Massachusetts also jumped 5-4 3/4 in the high jump, but Denise won on fewer misses at lower heights.

San Jose Yearlings Invitational Cross Country: (Sept. 11, Central Park, Santa Clara) - 9 & Under (Girls) (3/4 Mi.): 1 - Mary Crevelt (RCS) 4:59, 2 - Nanette Rianda (SVTC) 5:09, 3 - Julianne Duran (RAC) 5:10, 4 - Cheryl Butler (RAC) 5:11, 5 - Kathy Temple (SVTC) 5:14. - 10-11 (Girls) (1 Mi.): 1 - Chris Sakelarios (RCS) 6:14, 2 - Alison Hanson (SVTC) 6:15, 3 - Kim McDonald (RCS) 6:18, 4 - Jody Cobb (SVTC) 6:21, 5 - Karen Stok (RCS) 6:22. - 12-13 (Girls) (1 Mi.): 1 - Beckie Zeigler (LVTC) 5:49, 2 - Karen Ledgerwood (LVTC) 5:50, 3 - Kim Jeter (LVTC) 5:53, 4 - Sherry Gidvanacci (LVTC) 5:55, 5 - Bridget Kehl (SVTC) 6:00. - 14-17 (Girls) (1.5 Mi.): 1 - Vicki Eberly (Millbrae) 8:15, 2 - Merrill Rodgers (SVTC) 8:22, 3 - Barbara Ellis (Integra) 8:44, 4 - Tracey Thibodeau (LVTC) 8:59, 5 - Barbara Cavagnaro (Millbrae) 9:09. - Women (1.75 Mi.): 1 - Shirlee Rose (RCS) 10:50, 2 - Betti Lechevalier (RCS) 10:57, 3 - Londa Kingery (RCS) 11:12, 4 - Linda Powell (unat.) 11:13, 5 - Audette Loomer (RAC) 11:20. - 9 & Under (Boys) (1 Mi.): 1 - Demetrius Cook (RRR) 5:51, 2 - Ray Eddy (SJS) 5:53, 3 - Robert Martinez (SJY) 5:55, 4 - Steve Burke (SVTC) 5:58, 5 - Tom Cunningham (SJS) 6:09. - 10-11 (Boys) (1.5 Mi.): 1 - Kevin Knox (WW) 7:30, 2 - Charles Assumma (RRR) 7:31, 3 - Danny Martinez (SJY) 7:33, 4 - Eddie Lujan (WW) 7:34, 5 - Frank Assumma (RRR) 7:53. - 12-13 (Boys) (1.75 Mi.): 1 - Dave Cortez (RCS) 9:00, 2 - Walter Bridges (RRR) 9:02, 3 - Mike Holts (Sparta) 9:06, 4 - Richard Martinez (SJY) 9:07, 5 - Pete Graycar (RCS) 9:08. - 14-15 (Boys) (1.75 Mi.): 1 - Mitch Kingery (RCS) 8:21, 2 - Ron Gallahan (SJY) 8:57, 3 - Joe Graycar (RCS) 9:06, 4 - Greg Wardwell (SVTC) 9:17, 5 - Gordon Holmes (SJY) 9:20.

TRACK & FIELD RESULTS

1971 Pacific AAU Decathlon Championships: (July 31 & Aug. 1, San Jose City College) - This year's district decathlon championships produced some very good performances, with Gerry Moro and Kenny Kring both breaking the 7000 barrier. The first day's events were held in the early morning, so the weather was not a factor; Dave Thoreson competed in four events but did not run the 400. The second day began at 11 am, so the 1500 was run about 4:30 when it was around 90°. Moro's and Robinson's vaulting was good (Robinson is an ex-Cal vaulter); Kring's javelin was a personal best and opened the door to 7000. In the 1500, Kring was going for 7000, Cain for 6000 and Hendershott for 5000. Only Kring made it. Cain seems to have a lot of promise. He is a hurdler from the College of Marin and this was his first ever decathlon. Kring's 7008 is second highest score by a JC athlete this year behind Mike Hill's (Mt. Sac) 7515. Buddy Kring (7th) will be a senior in high school. In fact, Robinson (top PA competitor), Lowey, Hayman, Johnk and Hecker are all high schoolers. The results, with individual marks for the top 10, are listed on the following page.

- (1) Gerry Moro (SC Striders) 7234 (track record) (11.3, 21-4, 46-7, 6-4, 53.9, 15.3, 149-1 1/2, 15-1 1/4, 171-9 1/2, 5:05.6);
- (2) Kenny Kring (Hancock JC) 7008 (11.3, 22-0, 37-2, 6-1, 50.4, 15.2, 104-6 1/2, 14-1 1/4, 165-9, 4:30.8);
- (3) Mike Robinson (unatt.) 6544 (11.3, 21-6, 31-10 1/2, 6-0, 52.4, 15.9, 110-8 1/2, 15-5, 139-10, 4:59.1) (not in high school);
- (4) Rich Kennealy (unatt.) 5860 (11.6, 18-11, 35-11, 5-6, 55.0, 15.7, 113-7 1/2, 11-6, 137-1 1/2, 4:59.7);
- (5) Ted Cain (College of Marin) 5780 (11.3, 21-7 1/2, 29-7 1/2, 5-6, 50.6, 16.3, 86-8 1/4, 10-0, 112-10 1/2, 4:39.2);
- (6) Mike Ackley (Alameda TC) 5602 (12.0, 19-6 1/2, 36-3, 5-8, 55.2, 16.8, 105-8, 8-6, 147-4 1/2, 4:39.2);
- (7) Buddy Kring (Santa Maria HS) 5277 (11.8, 19-11, 29-8 1/4, 6-2, 57.1, 17.2, 79-8, 12-6, 91-10 1/2, 5:14.0);
- (8) Tom Wilson (Chico State) 5001 (12.0, 19-9, 31-0 1/2, 6-6, 60.9, 17.4, 105-4, 10.0, 114-0, 6:26.7);
- (9) Jon Hendershott (unatt.) 4959 (11.5, 19-5 3/4, 27-7 3/4, 5-6, 53.8, 16.0, 72-6 1/2, 8-6, 128-7, 5:36.7);
- (10) Mark Lowey (Terra Linda HS) 4765 (12.5, 18-2 1/2, 31-7 1/2, 5-8, 58.6, 17.5, 92-6 1/4, 9-0, 124-0, 5:20.1);
- (11) Win Robinson (unatt., HS) 4640, (12) James Hayman (unatt.) 4421, (13) Pete Turner (unatt.) 3833, (14) Carl Johnk (unatt.) 3765,
- (15) Andy Hecker (W. Valley J & S) 3321.

1971 National AAU Pentathlon Championships: (Aug. 21, San Diego) - Being held on the West Coast and in Southern California really helped insure a good field for this sometimes neglected event. Rick Wanamaker was never worse than second, trailing after the long jump and 200 when Samara briefly led, but Rick clinched it in the discus and held it in the 1500. Headwinds hampered all in the long jump and 1500 or the scores might have been higher. Wanamaker's score is third highest ever among Americans (behind Toomey's 4123 world best and Hodge's 3625 earlier this year at Bakersfield). This was Hodge's second highest score ever, also a PR for Bannister and Samara; Bannister moved from 5th to 3rd with his 4:27.3 in the final event. Warkentin was in his first start since dropping out of the AAU decathlon because of a low thyroid count. Stencil is a high schooler from Bayonne, NJ, who scored 3318 this year, a prep best. He is headed for Arizona State as a tight end. Wanamaker's score was 3607 to Hodge's 3549 and Bannister had 3534. The only PA-AAU athlete to compete in the event was Jon Hendershott (unatt., Mtn. View), who scored 2500 in 10th. A total of 12 completed the event. Hendershott's marks were: (19-0 1/2, 85-9, 131-8, 23.7, 5:03.0).

Fifth Annual Police Olympics: (Sept. 4, San Francisco) - We only have very limited results at this time. Complete results would be appreciated if anyone has them. On Sept. 2, a four mile cross country race was won by former Olympian Tracy Smith of the L.A.P.D. Tracy also won the mile the following day in a time of 4:17 (new Police Olympic record). Tracy is coming back after an injury and is training for the Munich Olympics. Ken Scalmanini of the S.F.P.D. was fourth in this race in 22:41. First senior was Ed Preston at 22:30, good enough for 4th in the open division. In the marathon, held on Sept. 4, Scalmanini took second behind Connelly of the L.A.P.D. (2:46:20 to 2:51:19). Preston won the veteran's division in 2:59:55. Jaeger of Napa was third in this division in 3:15:55. The course was 5 1/2 loops around Lake Merced.

106th Annual Caledonian Games: (Santa Rosa, Sept. 4-5) - Keith Tice of Fresno established two of four track and field records that marked the 106th Caledonian Games on the Sonoma Fairgrounds in Santa Rosa. Tice broke the 35 pound weight throw with a 55-7 1/2 effort, erasing the old mark by more than 18 inches. He returned to crack the 16 pound shot put record with a 49-11 1/2 heave. The old mark was 48-6 1/2. Results: Mile: 1 - Chris Cole (SF Chuckers) 4:26.7, 2 - Darryl Beardall (Marin AC) 4:32.8, 3 - Dan Graham (SF Chuckers) 4:33.8; 440: 1 - Bruce Veal (RC Striders) 50.0, 2 - Terry Smith (SF Chuckers) 50.8, 3 - Wes Dickinson (unatt.) 51.5; 35# Wt: 1 - Keith Tice (Fresno) 55-7 1/2, 2 - Tom Fraus (San Rafael) 55-1 1/2, 3 - Bob Carlsen (unatt.) 48-4 1/2; SP: 1 - Keith Tice (Fresno) 49-11 1/2, 2 - Bob Carlsen (unatt.) 48-7, 3 - Pat Kelso (San Jose) 46-3 1/4; Hammer: 1 - Tice 177-0, 2 - Fraus 171-8, 3 - Carlsen 161-1; 5 Km. Walk: 1 - Steve Lund (unatt.) 24:28.4, 2 - Roger Duran (SJ Yearlings) 25:10.6, 3 - Mike Collier (Sonoma) 25:12.6, 4 - Brad Bentley (Stockton Walkers) 28:39.0, 5 - Kevin Brinthall (Stockton Walkers) 28:41.0..... 9 - Sheryl Robinson (Stockton Walkers) 30:17.0, (13 finishers).

MISCELLANEOUS RESULTS

Garden Grove 10 Mile Handicap won by Bill Scobey: (June 13) - Mad River's Bill Scobey descended upon Southern California like gang-busters and ran away with the Garden Grove 10 Miler in a strong 48:51. Ex-West Valley TCer, now running for the newly-formed Golden West AA, made his 1971 debut by finishing a strong 5th in 52:13. Who am I speaking of? None other than Wendell Smith, an ex-president of the club. He is just beginning to get into shape and should prove a threat at all distances this year.

National AAU 15 Km. Championships: (Aug. 7, Littleton, Col.) - In one of the best turnouts in recent years for this race, Tom Hoffman of the Univ. of Chicago TC took a 9 second victory over New Haven TC's John Vitale (48:28.3 to 28:37). SC Strider Greg Brock was top Californian in 4th (49:33). Mike Gregorio of the San Diego TC was 6th in 50:01. Other Californians who competed and finished were: 53rd - Robert Sells (unatt.) 59:10, 62nd - Dennis O'Rear (Valley TC) 60:01, 67th - James Barnett (Aviation AC) 60:25, 83rd - Bill Hammer (unatt.) 65:36, 89th - Dave Arnold (unatt.) 68:18, 92nd - Ernie Sells (NCSTC) 69:27, 98th - Ed Good (NCSTC) 71:18, 113th - Barry Parr (Valley TC) 84:46, 114th - Alvin Wiggins (NCSTC) 89:10. *** There were 116 finishers

Further Pikes Peak Results: (Aug. 15, Manitou Springs, Col.) - I have not attempted to list the places of each runner, but have merely indicated the times (* after time indicates ascent only was completed) since the results I received were fairly jumbled. Hope I don't miss anyone from Northern California. *** Greg Chapman (Solano TC) (3:14:32, 4:54:04), Jose Cortez (RC Striders) (3:05:56*), Roger Denlinger (Hayward) (dnf), Mike Ipsen (RC Striders) (4:06:53*), Buck Swannack (Dolphin Club) (4:07:24, 6:57:13), Skip Swannack (Dolphin Club) (4:21:30, 7:07:36), Warren Conrad (Danville) (3:51:02, 6:31:15), Mario de Ciutiis (San Francisco) (4:10:41, 6:03:00), Vincent de Ciutiis (SF) (??, 5:44:05), Bob Sells (unatt.) (2:56:46, 4:46:06), Mark Sells (unatt.) (4:10:44*), Greg Strong (Oakland) (5:11:20*), Mary Boitano (Pamakid) (6:34:20*), John Boitano (Pamakid) (4:06:17*), Bill Bristol (SF) (3:45:56, 6:31:15), Jess Chapman (Solano TC) (6:35:10*), Luka Sekulich (NCSTC) (6:10:43*), Ernie Sells (NCSTC) (3:29:56, 5:52:18), Gil Tarin (NCSTC) (3:14:36*), Monte Wolford (Yosemite) (4:36:58, 6:44:55), David Bingley (RC Striders) (3:27:15*), Maryetta Boitano (Pamakid) (6:34:30*), Mike Boitano (Pamakid) (4:54:27*), Dave Cortez (RC Striders) (2:53:35, 4:51:37), Mitch Kingery (RC Striders) (4:51:20*), Pat O'Malley (RC Striders) (3:51:06), Shirley Rose (RC Striders) (5:23:45*), Dave Wilson (RC Striders) (5:37:15*), Walt Stack (Dolphin Club) (4:03:15, 7:02). A total of 191 started the race. Skip Swannack was first woman finisher (round trip). Amazing Dave Cortez set a junior (8-15) record in both the ascent and roundtrip. I forgot to mention Peter Mattei, who broke his own senior's round trip record by two minutes in 4:37:10.

Lake Tahoe Relay Splits Still Not Received: Sorry to report that we do not yet have the Tahoe Relay splits (nor team times for all the teams that finished). They will appear in the October issue, God willing.

LEE FERRERO CAPTURES 1ST ANNUAL MOUNTAIN MISERY RACE

(Aug. 21): Lee Ferrero of the U.S. Air Force scored a narrow victory over Fred Veliz in the rugged 7.5 mile Mountain Misery Handicap Race. But, NorCal Senior runner Paul Reese took advantage of his handicap to come out first across the line. His 48:38 time was top among seniors too. Dave Cortez of the Redwood City Striders was second across the line. A total of 75 runners started the race and 72 finished. Based on handicap, the age group winners were: open - Nick Vogt (Gold Spike), H.S. - Ron Holloway (Motown Harriers), 40-49 - Bob Malain (NCSTC), 50-59 - Paul Reese (NCSTC), 60 & over - Herbert Dowler (unatt.) (81:11), junior - Dave Cortez (RC Striders). The Hangtown Harriers sponsored the race. The top 30 finishers, based on order of finish, and their true times are listed on the next page.

1 - Paul Reese (NCSTC)	48:38	11 - Fred Veliz (unatt.)	43:01	21 - Tertius Chandler (NCSTC)	58:50
2 - Dave Cortez (RC Striders)	49:02	12 - Lindsay Blount (unatt.)	53:04	22 - Steve Mathers (Nevada TC)	45:04
3 - Ron Holloway (Motown Harr.)	44:11	13 - Ron Hyatt (unatt.)	48:27	23 - Darryl Beardall (Marin AC)	45:05
4 - Nick Vogt (Gold Spike)	44:01	14 - Dave Boyet (unatt.)	48:29	24 - Pete Graycar (RC Striders)	55:14
5 - Bob Malain (NCSTC)	49:50	15 - Don Lucero (unatt.)	50:31	25 - Jose Cortez (RC Striders)	45:24
6 - Forrest Wimer (Gold Spike)	52:15	16 - Kim Potochnik (Motown Harr.)	48:53	26 - Bill Flodberg (Solano TC)	49:27
7 - Rock Meservey (Gold Spike)	47:17	17 - Doug Butt (Marin AC)	44:14	27 - Mike Kelly (unatt.)	50:35
8 - Dave Mata (unatt.)	47:20	18 - Dave Robertson (RC Striders)	44:38	28 - Donald Wimer (Gold Spike)	50:11
9 - Randy Buob (Motown Harriers)	47:24	19 - Vance Koerner (NCSTC)	52:46	29 - Frank Krebs (Sac'to State)	46:33
10 - Lee Ferrero (USAF)	42:50	20 - Preston Connick (NCSTC)	55:48	30 - Doug Peck (RC Striders)	51:36

GEORGE STEWART TAKES PIERCE POINT TITLE

(Aug. 22): Mid-America TC's George Stewart was an easy victor in the annual Pierce Pt. Ridge Run at the Point Reyes National Seashore. His time of 42:13 was more than two minutes off of John Loeschhorn's course record, set last year. Again this year, as in last year's race, there seems to have been some mixup at the last turnaround. The leaders evidently cut the course short due to poor markings, or the rest of the pack, led by Willie Cronin, went too far. The Redwood City Striders crammed four runners in the top eight places, but their fifth man finished 63rd. However, this was still enough to outdistance Alum Rock RA for the team title. The SF Chuckers took third. The battle for top senior honors was right down to the wire as Don Pickett tried to overtake PA point leader Bill Mackey. However, Bill turned on the steam and pulled out a 4 second victory edge. Don Coghlar and Bob Malain staged a similar battle in the battle for 3rd and 4th seniors. A close battle was the order of the day for second place in the open division too, as Bob Darling managed a two second margin over Ray Darwin, and another two seconds over teammate Dave Robertson. The weather was warm and clear with a slight breeze. Marin AC sponsored the meet and 96 runners finished. The top 45 finishers:

1 - George Stewart (MATC)	42:13	16 - John McVeigh (SF Chuckers)	48:40	31 - Bob Malain (NCSTC)	51:15
2 - Bob Darling (RC Striders)	42:41	17 - Frank Donohue (West Valley)	48:46	32 - Alex Monterrosa (South End)	51:27
3 - Ray Darwin (Culver City AC)	42:43	18 - Frank Hagerty (Napa Vly RC)	49:13	33 - Jose Garcia (unatt.)	51:30
4 - Dave Robertson (RC Striders)	42:45	19 - Dean Chesnut (Alum Rock RA)	49:19	34 - Pat McVeigh (SF Chuckers)	51:36
5 - Jose Cortez (RC Striders)	42:57	20 - Alex Aguilar (Alum Rock RA)	49:35	35 - Jose Gonsales (unatt.)	51:38
6 - Willie Cronin (West Valley)	46:06	21 - Ben Sawyer (Otherways AC)	49:45	36 - Jim Nicholson (NCSTC)	51:55
7 - Greg Chapman (Solano TC)	46:22	22 - Bill Posedel (SFFD)	49:55	37 - Willis Kleinsasser (STC)	52:00
8 - Gus Cano (RC Striders)	46:48	23 - Pat Stordahl (Chico)	49:58	38 - Jack Knebel (unatt.)	52:02
9 - Mike Fornaciari (Petaluma)	47:25	24 - Bill Mackey (West Valley J&S)	50:08	39 - Jeff Knox (Isla Vista)	52:10
10 - Arnold Garcia (Alum Rock RA)	47:40	25 - Don Pickett (SF Olympic Club)	50:12	40 - Hung Luong (SF Chuckers)	52:37
11 - Tom Beck (Marin AC)	48:00	26 - Dave Marsh (Pamakid)	50:33	41 - Ron Kinney (unatt.)	52:42
12 - Atkins Chun (SF Chuckers)	48:03	27 - Roger Stordahl (Chico)	50:53	42 - Phil Holder (Solano TC)	53:05
13 - Chris Cole (SF Chuckers)	48:06	28 - Jason McBride (unatt.)	51:01	43 - Herb Kallusch (Navy)	53:22
14 - Darryl Beardall (Marin AC)	48:16	29 - Andy Extein (Alum Rock RA)	51:03	44 - Ray Yamat (Alum Rock RA)	53:26
15 - Ted Guerrevo (Alum Rock RA)	48:27	30 - Don Coghlar (NCSTC)	51:05	45 - Bill Yee (Napa Vly RC)	53:43

FERRERO WINS AGAIN AT GOLDEN EMPIRE XC RUN

(Aug. 28): Picking up his second victory in a week, the Air Force's Lee Ferrero staged a close battle with several others during the course of the race, but pulled out to a sizeable 17 second victory over Dave Robertson of the Redwood City Striders, who is headed for the University of Utah this fall. Bob Darling was only two seconds back of Dave. The length of the open course was 4 miles, 420 yards. We only have partial results of each division (there were 7) for this issue. Hopefully we'll have complete results of at least the open run by next time. (1) Lee Ferrero (22:19), (2) Dave Robertson (22:36), (3) Bob Darling (RCS) 22:38, (4) Doug Butt (Marin AC) 22:47, (5) Jose Cortez (RCS) 22:55. In the senior division (same distance), Don Wimer was an easy winner over Art Branchini (35 years and over). (1) Wimer (Gold Spike) 27:38, (2) Branchini 28:08, (3) Mike Healy (Napa) 28:18, (4) Ralph Blout 28:37, (5) Larry Collins 28:53. Mitch Kingery just barely edged out Ron Hyatt for the high school title as both were caught in the same time (2 mi., 210 yds.). Sub-4:20 miler Rich Cowan of Ygnacio Valley was third. (1) Kingery (RCS) 11:08, (2) Hyatt 11:08, (3) Cowan (Ygnacio Vly) 11:13, (4) Rob Davis (unatt.) 11:15, (5) Mike Tulley (Sac'to TC) 11:22. The Redwood City Striders had a field day in the boys 10-14 division as Dave Cortez led the way over the 1 mile, 720 yard course with a 7:53 clocking. He was followed by (2) Pete Graycar (RCS) 7:56, (3) Pat O'Malley (RCS) 8:02, (4) Forrest Wimer (Gold Spike) 8:13, (5) Gary Canoun 8:23. In the 9 and under division, the females and males were run together (1/2 mile). Ray Eddy of the San Juan Striders came out on top with a 2:52 timing. He was followed closely by Artie Stebbins (unatt.) 2:54, (3) Nick Sakelarios (San Jose) 2:58, (4) Jeanette Alfred (San Juan) 3:02, (5) Mike Bunds (San Juan) 3:04. In the women's 9-13 division (1 mi., 720 yds.), another close developed as Lisa Edington of San Juan edged team mate Renee Nelson by a second, 8:50 to 8:51. Then came two more team mates, Kathy Adams (8:55), and Connie Hyrkas (9:10). Penny Reneau of the Bridgeport Roadrunners was fifth in 9:15. United San Juan was the team winner with 15 points to RC Striders' 50. In the woman's open, super-star Eileen Claugus of Will's Spiketees (a 4:44 miler or thereabouts) ran away with a huge victory margin of nearly a quarter mile. Her winning time over the 2 mile, 210 yard course was 11:55. Two team mates followed her, but far back: (2) Tina Anex 13:13, (3) Rona Lee Slosson 13:21. Then came Robbie Reneau (Bridgeport) 13:32, and Maureen Wiemeyer (Gold Spike) 13:55. However, the Lassen TC came out as team winners, 45 to 72 over Redwood City's Striders. United San Juan had 98 for third. We hope to have more extensive open and senior results for the October publication.

MIKE BOITANO WINS DIPSEA; RON ELIJAH SHATTERS RECORD

(Aug. 29): Most people had expected last year's winner, Norman Bright, to run off with the 1971 Dipsea title again. But more than a few had figured Mike Boitano had a good chance. In winning this year's race, Mike became the youngest ever to win the race. Vance Eberly had won it as a 10 year old several years back. Mike is 9. He used his 15 minute handicap to good advantage, but his good scratch time (corrected) of 58:53 was certainly not a bad effort, especially for one so young. Last year's winner, Bright, came in a well-beaten second, over a minute behind the winner. Meanwhile, back in the pack, Ron Elijah of the Mad River Runners was steadily eating away those in front of him. He only managed to finish fourth overall, but in so doing he established a new course record, shattering Don Makela's one year old mark of 46:42. Ron had an elapsed time of 46:08. At press time, we still don't have any complete results. We are hopefully going to have them by next issue, so says the Mill Valley JC's. The top ten finishers, based on order of finish, were Boitano, Bright, Owen Gorman (Senior TC), Francis Conley (1st woman), (insert Elijah before Conley), Jim O'Neil (SFOC), Dave Cortez (RCS), Byron Lowry (SFOC), Monti Wolford (SJV), R.A. Martinez. Top 10 times were: Elijah (46:08), Lowry (46:55), Don Makela (Mad River) 48:22, Jack Bellah (West Valley TC) 48:59 (1st high school), B. Glad (unatt.) 49:45, Greg Chapman (Solano TC) 49:58, Mike Arago (Tamalpais HS) 50:03, Howard Labrie (Mad River) 50:18, Jim Howell (West Valley TC) 50:40, and Steve Brooks (Alum Rock RA) 51:21. The top six senior times were Gorman (53:00), O'Neil (54:49), Don Pickett (SFOC) 54:59, P. Kelly (55:23), Peter Mattei (NCSTC) 56:14, and Dennis Teegarden (56:17). The Northern California Seniors ran off with the team title, one of the few times in the history of the race that Marin AC hasn't won. Harry Cordellos, the PA-AAU's blind marathoner, tried his hand at the Dipsea and finished in the top 400. He was guided through the sea of humanity and hazards by Jack Bettencourt. Read about his efforts in the special article on page 3 of this issue.

BILL CLARK TAKES EMERALD HILLS RUN; HIGH SCHOOLER BROOKS IMPRESSES

(Sept. 4): Bill Clark continued to dominate the Pacific Association running scene as he handily won the RC Strider sponsored Emerald Hills Run on a warm day. His winning time of 37:08 was good for a 15 second margin over second placer Bernie Lahde of the Maranon Club. But the most surprising performance of the day was probably the third place finish recorded by Mt. Pleasant senior to be, Steve Brooks. He managed to duck across the line in front of PA point leader Rich Delgado for third, but most impressive was his time of 37:40. He helped his all high school club to a third place finish in the team standings behind West Valley's defending champs and the host RC Striders. Peter Wood was the top senior, but he was pushed by the Olympic Club's Don Pickett, who seems to really be coming on strong in races of late, especially those with lots of hills. They finished 44th and 47th respectively, but only 16 seconds apart. Francie Larrieu of the San Jose Cindergals placed a strong 73rd in taking the top spot for women. She finished in the top third of the field, which had 239 finishers. Dave Cortez was the first junior (14 and under) in 37th. Oldest to finish was Tertius Chandler of the NorCal Seniors (130th in 51:22). Youngest to come in was A. Sakelarios of the RC Striders, 214th, 64:56). The course measures 7.5 miles in length. Below, the top 60 finishers and their times:

1 - Bill Clark (West Valley TC) 37:08	21 - Randy Lawson (RC Striders) 40:38	41 - H. Ferrill (unatt.) 43:07
2 - Bernie Lahde (Maranon) 37:23	22 - Alan Pollard (Alum Rock RA) 40:39	42 - S. Carey (unatt.) 43:11
3 - Steve Brooks (Alum Rock RA) 37:40	23 - Hans Templeman (Carlmont TC) 40:56	43 - R. Holloway (unatt.) 43:21
4 - Rich Delgado (West Valley) 37:40	24 - Jim Holl (West Valley TC) 40:59	44 - Peter Wood (NCSTC) 43:28
5 - Wayne Badgley (unatt.) 37:50	25 - A. Garcia (Alum Rock RA) 41:05	45 - R. Meservey (Gold Spike) 43:37
6 - Bill Kelly (West Valley TC) 38:07	26 - W. Clary (Willow Glen HS) 41:10	46 - Kent Rezowalli (Maranon) 43:38
7 - Dave Robertson (RC Striders) 38:27	27 - Mitch Kingery (RC Striders) 41:24	47 - Don Pickett (SF Olympic Club) 43:44
8 - Jack Leydig (West Valley TC) 38:32	28 - Evencio Hurtado (unatt.) 41:41	48 - M. O'Halloran (Maranon) 43:52
9 - Darryl Beardall (Marin AC) 38:36	29 - M. Greenough (RC Striders) 41:53	49 - K. McKelly (Alum Rock RA) 44:13
10 - Gary Berthiaume (West Vly) 39:00	30 - Alex Aguilar (Alum Rock RA) 42:03	50 - A. Extein (Alum Rock RA) 44:15
11 - Bob Darling (Redwood City St) 39:05	31 - Dan Chesnut (Alum Rock RA) 42:04	51 - F. Taylor (SC) 44:19
12 - George Manriquez (Alum Rock) 39:13	32 - Rich Greer (West Valley TC) 42:12	52 - Frank Donohue (West Valley TC) 44:20
13 - L. Sanchez (unatt.) 39:32	33 - Scott Carvey (Carlmont TC) 42:18	53 - B. Grove (RC Striders) 44:21
14 - George Kirk (RC Striders) 39:47	34 - Joe Salazar (unatt.) 42:40	54 - Bob Stephenson (West Valley) 44:24
15 - J. Butterfield (Boston AA) 39:50	35 - Norris Peterson (West Valley) 42:43	55 - Darrell Jeong (Pamakid) 44:27
16 - Greg Chapman (Solano TC) 39:52	36 - Chris Miller (West Valley TC) 42:50	56 - R. Hurtado (unatt.) 44:29
17 - Nick Vogt (Gold Spike) 39:57	37 - Dave Cortez (RC Striders) 42:52	57 - Randy Buob (unatt.) 44:30
18 - Bill Morgan (unatt.) 40:12	38 - Dan Best (RC Striders) 42:58	58 - M. Kasser (RC Striders) 44:34
19 - Tom Cathcart (Livermore Vly) 40:26	39 - Barry Pollard (Alum Rock RA) 42:59	59 - J. Sena (unatt.) 44:36
20 - (see note below) *** -----	40 - B. Flint (Alum Rock RA) 43:01	60 - Unknown runner 44:37

***Note: On the official result sheet, 11th place was left out (the number 11 was omitted). Whether a runner was omitted or not, is not certain. Times and runners match as on the original results, however, 11th thru 19th places have been moved up one place. That is, 11th above was 12th on the original sheet, etc....19th was 20th.

TOM BROWN TROUNCES FIELD AT WILDWOOD CROSS COUNTRY RACE

(Sept. 18): Chico's Tom Brown scored over a two minute victory in the Lake Wildwood Cross Country (10 Mile) Race, held over a hilly course on a very, very warm day. There were 44 starters and 31 finishers. Chico State took 5 of the top six places to walk away with the team title. First high schooler was Mike Tulley of the Sacramento TC. He finished fourth. Top senior finisher was Ross Smith of the West Valley Joggers & Striders, coming in 11th overall. Paul Reese edged out Dick Hart (but only place-wise, he had nearly a 4 minute edge in time) by one spot for second senior. Cathrine Smith, Ross' wife, was the only woman finisher in 27th. Forest Wimer was first junior in 23rd. All finishers are listed below.

1 - Tom Brown (Chico St.) 57:44	11 - Ross Smith (WV Joggers) 1:03:25	21 - Steve Ruta (unatt.) 1:12:09
2 - Epigenio Tores (Chico St.) 1:00:03	12 - Jim Barker (Sac. State) 1:03:31	22 - Lee Fox (Solano TC) 1:12:14
3 - Jim Price (Chico St.) 1:00:04	13 - Jim Bredy (Sac'to TC) 1:03:43	23 - Forest Wimer (Gold Spike) 1:12:38
4 - Mike Tulley (Sac'to TC) 1:00:05	14 - Mike Fornaciari (Chico St.) 1:03:45	24 - Dennis Letl (Solano TC) 1:13:37
5 - Scott McVay (Chico St/WVTC) 1:00:06	15 - Rock Meserey (Gold Spike) 1:05:15	25 - Mike Jerzak (Sac'to TC) 1:14:57
6 - Pat Stordahl (Chico St.) 1:01:20	16 - Paul Reese (NCSTC) 1:06:07	26 - Richard Read (Sac'to TC) 1:17:14
7 - Jim McPeak (Sac'to TC) 1:02:01	17 - Dick Hart (NCSTC) 1:09:58	27 - Cathrine Smith (WVJS) 1:29:51
8 - Greg Chapman (Solano TC) 1:02:12	18 - Greg Tinloy (unatt.) 1:10:32	28 - Phil Hart (Awalt HS) 1:33:11
9 - Mike Leonard (Chico St.) 1:02:35	19 - Ron Olitsky (unatt.) 1:10:49	29 - Tim Van Horn (Gold Spike) 1:46:22
10 - Nils Carlson (Solano TC) 1:03:00	20 - Jim Brown (unatt.) 1:11:42	30 & 31 - Unknown runners

PARTIAL RESULTS

Alameda XC Carnival: (Sept. 11) - Rich Delgado, Bill Kelly & Jack Leydig ran through the first lap together on the 10 kilometer course (long?), but then Leydig began to fade and finally finished some 33 seconds back as Rich & Bill purposely tied for first place. Their winning time was 35:22, forty seconds better than the record that Kelly set last year. Leydig was 35:55 and Valley TC's Dan Anderson was fourth, about another 15 seconds back. West Valley TC took team honors with their next two men in 6th & 7th (Mike Pinocci & Mike Ruffatto). Both are high schoolers at Washington High in Fremont. They too intentionally tied. We are awaiting complete results on this race and will print them in the October Review.

Double Dipsea: (Sept. 12) - We only have sketchy results on this one too. Jose Cortez won in around 1:47, with Darryl Beardall about 10 minutes back, and a surprising Homer Latimer in third, another minute or so back. The race was run under superhot conditions (in the 90's along the ridges) and only Jose seemed to be able to weather it all. We'll have complete results for you in next issue (Walt Stack gave his word, right Walt?).

Walnut Festival Race: (Sept. 19) - Tom Laris pulled away from Bill Clark about 75% of the way through the race and came within 28 seconds of Bill Morgan's course record of 26 minutes flat. A very much in shape Ray Darwin ran perhaps the best race he has done in years as he caught and outsprinted Clark in the homestretch, finishing only about 15 seconds in back of Laris. Napa's Darren George was another surprise as he closed a strong fourth, 10 seconds in front of a pack of West Valley runners that tied intentionally (Bob Crow, Bill Kelly, Rich Delgado, & Jack Leydig) in 27:34. Jim Dare of the Navy was 9th and John Sheehan (just out of high school) was 10th. John also runs for West Valley, the winning team. Next two finishers were Jose Cortez (RC Striders) and Gary Berthiaume (West Valley TC). Jim O'Neil (SF Olympic Club) was top senior, but no time or place is available at presstime. But perhaps the most amazing performance of the day came from RC Strider, Mitch Kingery, who at 15 years of age, finished 16th in the very strong field, with a time just under 29 minutes. Complete results of this next time too.

More WVTC Club News: Forgot to list finishers for the club in road races where members didn't come in high enough to be placed in the regular results section. At the Mountain Misery Race in Placerville, only West Valley TC'er was Mike Pinocci who got 33rd with a time of 52:24 (don't know what that time ranked him in fast time standings). At the Emerald Hills Run: 63 - Frank Cortez 44:45, 75 - Orval Osborne 45:09, 91 - Dan Bolster 46:06, 122 - Bob Greer 49:50, and Dave Causey (132nd, 51:32). Results from other races in the October issue.



Start of the 1971 Robert E. DeCelle, Jr. Memorial Lake Tahoe Relay (7 men, 72 miles), with almost 40 teams participating. West Valley TC (Bill Clark, Bob Crow, Chris Miller, Willie Cronin, Bill Kelly, Peter Duffy, and Jack Leydig) went on to break Pacific Coast Club's 1970 record with a 6:47:11. (Tahoe Tribune Photo)



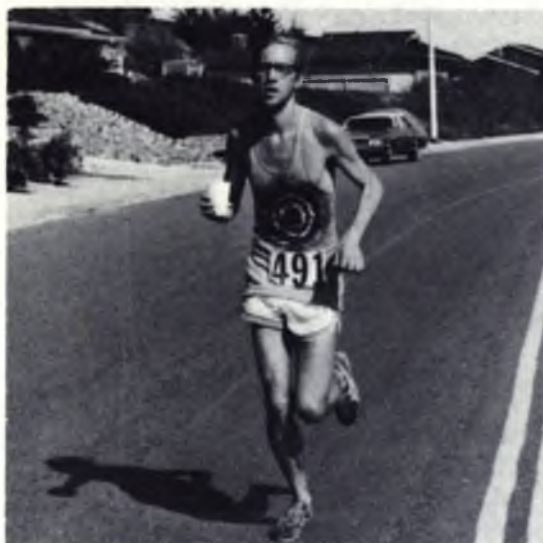
Featured in this month's West Valley Portrait, ex-UC Berkeley star, Vic Cary. (Marconi photo)



Okla. State's George Stewart won the Pierce Pt. Run. Shown during 1970 PA-AAU Mile. (Marconi photo)



Fran Conley, first woman in the 1971 Dipsea, finishing in fifth place overall. (Marconi photo)



Bob Deines is one of two PA-AAU runners being sent to the London to Brighton 52 Miler this month. He and Darryl Beardall are being sent on funds raised by the runners of Northern California. (Marconi photo)



Mad River's Ron Elijah broke Don Makela's year old Dipsea record by 34 seconds with a time of 46:08. Shown here within a half-mile of the finish. (Marconi photo)



Jack Bellah, starting his senior year at Leigh High in San Jose, was top high schooler at the Dipsea and placed 4th best timewise in 48:59. (Marconi photo)