



NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION

603 SO. ELDORADO, SAN MATEO, CALIF. - 94402

PH. (415)-342-3181

SECOND YEAR * * * NUMBER 12 * * * OCTOBER 1971 * * * 25¢ PER ISSUE * * * SUBSCRIPTION RATE: \$3.50/YEAR

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 and field athletes, including age group, high school, collegiate, AAU, women, and seniors. The NCRRR 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 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 see in print. We can always use good photos for our publication, preferably black & white, and of good contrast. All information should be sent 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 will do. Please do not send the negative. We will return prints after we're through.

Our publication is printed by Frank Cunningham; chief photographer is John Marconi, and our cartoonist is Marin AC's Lee Holley, but we encourage others to send us cartoons for consideration. We can't pay you for any of the material used, but you will be doing a service to other athletes by sending information, etc. Some of our contributors this issue are: Harold DeMoss, Walter Stack, Peter Mattei, Charlie Harris, Andy MacCono, John Sheehan, John Brennand, Mike Ackley, Jon Hendershott, Bob Anderson, Flory Rodd, Harry Young, Gerry Haslam, Bill Cockerham, Bob Deines, Kenny Moore, Bob McGuire, Ben Sawyer, Tom Bache, Ross Smith, Bob DeCelle, Butch Alexander, Bill Devlin, Jose Cortez, Mike Ipsen, Jon Anderson, and Lee Fox. Many thanks to all...keep the results coming!!

SPECIAL DISCOUNT: To celebrate our second anniversary, we will offer subscriptions at only \$2.50 through the month of November; that's \$1.00 off the regular price. So if you've been putting off getting that subscription, now's the time to get it done. This offer is good only through November for new subscriptions. Renewals are still \$3.50. All checks should be payable to West Valley Track Club. Don't forget the special on NorCal Distance Running Annuals, now \$1.25 instead of the regular \$2.00. See our classified section for more details.

IN THIS ISSUE

Results of balloting for 1971 PA-AAU Cross Country Team, plus final point totals in the NCRRR races for top open and top senior competitors. Editorial on San Diego TC's important step in taking over sponsorship of the San Diego Indoor Meet in 1972. Northern California (training) Portraits on Ray Darwin and Cliff West, and a West Valley Portrait on Peter Brown. Road racing schedule thru the end of the year, plus high school and collegiate cross country schedules, and winter All-Comers Track Meet information. Cross country results from many high schools and colleges. Road racing results from Equinox, Santa Barbara, Albuquerque, Eugene and Napa Marathons; London-Brighton Ultramarathon, Lake Tahoe Relay Splits, DIPSEA!!, Alameda TC XC Carnival, Double Dipsea, Walnut Festival, 25 Km. (partial only), Columbus Day Races, and 50 Miler. Pictures! We need race walking results. Let's see some of our subscribers send us some for next time (Adriano, Ranney, Lund...we need help!)

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. Let's hear from you.



WEST VALLEY TC NEWS: During the past month, WVTC gained four new members. Wayne Badgley decided to join the day of the PA 25 Kilometer Championships, and proceeded to win in the third fastest time ever for the course. Since then he has been running well in cross country, losing by only 10 seconds to teammate Don Kardong in the SJS dual, and narrowly beating Bill Scobey in the PA Junior XC race. Wayne currently lives at 330 Greenoch Way, Apt. A, Stockton, 95207 (Ph. 477-4272). He has best track times of: 880 - 2:01 (during mile), mile - 4:11.5r, 2 mile - 9:08, 3 mile - 14:04.5, 6 mile - 29:45. In his only marathon attempt he did 2:35:06 on a hot day at Madera last spring. His immediate goals are to break 2:20 at the Culver City Marathon in December, and qualify for a spot on the U.S. Olympic Team in 1972 (marathon). Wayne is 27. Bill Scobey will be eligible to compete for the club come Nov. 1. He is currently living at 1819 Margaret Lane, Arcata, 95521 (Ph. 822-4553), and is 26 years of age. His best track times are: 880 - 1:52.6, mile - 4:03.2, 2 mi - 8:48.3, 3 mi - 13:38, 6 mi - 28:43.2, 10 mi - 48:57, 1 Hr - 12 mi, 389 yds (second best ever by an American behind Bill Clark). He took fifth in the AAU Marathon this year in 2:20:35, proving he has both endurance and speed. His aspirations (in this order) are to run a sub 4 minute mile in 1972, make the Olympic Team in 1972, run the marathon in 2:12 by 1974, and "retire when I die". Ritchie Geisel is also 26 and lives at Escondido Village, Apt. 36-A, Stanford, 94305 (Ph. 328-5678). His best track times: mile - 4:11.5, 2 mi - 9:06.9, 6 mi - 29:24, 880 - 1:54.5, 1 Hr - 11 mi, 625 yds, 3000m SC - 9:10.0. He has also done a 2:36 marathon in his only attempt. His aspirations are to become a national calibre competitor in the steeplechase. Jon Hendershott is 25 years of age and lives at 15 Starr Way, Mountain View, 94040 (Ph. 964-0657). His primary interests currently lie in the pentathlon (2662) and decathlon (4959). Some of his better marks include: 120HH - 15.2, 440IH - 58.4, 220 - 22.8, 440 - 49.2r, LJ - 19-9. His goals are to improve each year, enjoy running, and try to give back to track something for the many valuable things it has given him. A sincere welcome to all our new members. In addition, Al Sanford (ex-Stanford miler, 4:03) has indicated a desire to join, but hasn't as yet sent in his application. More on Al next issue.

Some address changes for club members: (you can record these in your club directory, which was just mailed out a short time ago) - Alvaro Mejia's new mailing address is Calle 26,

#34-14, Apto 502, Bogota, Colombia, South America. Rich Delgado has a phone number now: 527-0980. Don Kardong also has a phone: 854-2901. Duwayne Ray has moved to 1124 Sutter Ave., Apt. 112, Modesto, 95351 (same phone number, but this is not his house, it's his mother's in case of emergency).

Reports on how some of our runners are doing in high school and college (where not reported elsewhere in this issue): Brad Mills is running XC now (he is normally a race walker) and recorded a 21:30 for the 3 mile Mills course. Ron Genschmer is running very well for Fresno Pacific. He recently ran a 24:35 for a 5 mile course, won by Skip Houk in 24:08 (Ron took 3rd). Two WVTC runners met head to head in the Hillsdale vs. Burlingame XC dual, with Burlingame's Peter Brown coming out the victor over Don Pemberton, and setting a new course record of 14:59 (3 miles) in the process. Hillsdale won the team title however.

In road racing, WVTC finishers not reported in the regular results: Dipsea (hope I didn't miss anyone, if so, let me know) - 122 - Harvey Sandoval (56:26), 124 - Frank Cortez (56:28), 158 - Rich Greer (58:21), 204 - Jim Holl (60:10), 430 - David Causey (67:31), 459 - Bob Greer (68:20). Double Dipsea - 118 - Robin Nowinski (3:43:55), Dan Bolster finished in something over 4 hours but was not given an official time (127th). Walnut Festival - 135 - James Jacobs (35:08) (Jim, please contact me, I don't have your mailing address), 220 - Dan Bolster (40:00) (listed under Hangtown Harriers, don't know if you ran or not). Columbus Day 10 km. - 47 - Tony Casillas (38:41), 61 - Jim Jacobs (40:08).

Our new batch of club jerseys are finally ready. Ellen Clark made them, and Mrs. Leydig sewed on the letters. Since they are hand made, there is no size indicated on them. So, for those of you who have already paid for your jersey, I'll send you one, and hope it fits. If it doesn't, either return it, or wait until I see you next (at a race or meeting, see below for next meeting). I will carry a full stock of jerseys at each race I attend from now on.

URGENT: Last issue I mailed everyone a memorandum concerning WVTC's upcoming cross country schedule. I received very little response concerning interest in going to meets. If you have not let me know yet concerning your plans, please do so immediately. If you wish to go to the Santa Barbara Invitational (Nov. 6), call me by phone. If you would like to go to the Nationals in San Diego, please write, indicating need of housing, transportation, etc. It looks like we'll definitely be taking two teams, maybe more, but probably not. Teams consist of eight men each (or less). We will decide in a short meeting following the PA-AAU Sr. XC Race on Nov. 13, just who will go, and on what teams. The PA race itself will not necessarily be a determining factor for going, especially since many of our collegians and high schoolers cannot attend it. But, I need to know before Nov. 13 if you have any interest at all in going, or being considered for a team. All those concerned should show up after the Nov. 13 race (even if you are not running it) if possible. There we will go over the list of eligibles and determine from season performance, improvement, etc. just what team each person will run on. We need good representation at the meeting, so try and be there. Above all, let me know your intentions for the nationals or I'll assume you don't want to go. The club will try and give \$15 or so to each runner making the trip, to help with miscellaneous expenses (gas, food, etc.). Housing will be supplied by San Diego TC, but I need to know if you want to go now, because free housing is on a first come, first served basis and I have to send in our club list in short order. Be sure and let me know if you are planning on bringing someone besides yourself (wife, kids, etc.). Transportation (who will be driving) will also be discussed at the meeting. Let's get it together then; long distance phone calls should be held down.

Charlie Harris was on a business trip from Albuquerque on October 19, and stopped by long enough to work out with me one evening. He recently ran a 2:27:16 marathon in Albuquerque and beat Pikes Peak winner, Steve Gachupin, in the process (see results section). He passes on his and Vivian's regards to their friends here in the Bay Area. Charlie plans to run in the Nationals this month.

Alvaro Mejia recently wrote me a long letter (all in Spanish, so I had Byron Lowry do the translating). Concerning the Pan American Games, he said that Shorter and Bjorkland broke loose from he and Martinez after 5000 meters in 14:18 during the 10 km. He managed to pull up on Martinez somewhat after a fairly strong finish, but not enough. The heat bothered him a lot in the marathon, as it did Moore, who failed to finish. Actually, only 10 days before the Games, Alvaro had a bad case of food poisoning, and was flat on his back in the hospital, being given intravenous transfusions. So considering this, it is surprising that he even competed at all. The Colombian press is continually giving him a bad time. Running a personal record 10,000 meters doesn't seem to be good enough after being seriously ill a short time before he ran.

He passes his and Terri's regards to all his friends in America. I am trying to put together a tape to send them in a few weeks. I will bring it to some of the upcoming road races, so if you (anybody out there in NCRRLand) want to send your wishes via the magic of magnetic tape, look me up at the next race.

NEEDED, \$\$\$ TO FLY MEJIA TO SAN DIEGO: The West Valley TC is in the process of trying to gather enough money to bring Alvaro to the National Cross Country Championships in San Diego on Nov. 27. It will cost in the neighborhood of \$400 to do this. It will most likely be impossible to do this (and still give per diem to the others going) without quite a bit of help. So we are asking all club members to try and help out by sending a dollar or two (only the cost of a road race or two) to the editor. If you are not on the club, but would like to see Alvaro come "home" for a visit, we would greatly appreciate your contributions. It would give our club a chance to bring the National Championship home to the Bay Area for the first time since the Athens AC did it four years ago. Please send your contributions today; they are needed urgently (before Nov. 15). In case Mejia is unable to make the trip up, that money donated by club members will go into the club treasury, and that donated by non-club members will go into the AAU London-Brighton Fund.

Charlie Attwood, the only physician on our club, has generously offered his services at a greatly reduced rate to club members only. He realizes that the required physical exams for some competitions can run into a lot of money, and is willing to do physical exams for WVTC members for a fee of only \$2.00 to cover his staff's paperwork. Anyone interested may call his office for an appointment. (Phone: 583-6278, Millbrae Medical Center). Thanks Charlie! Your offer is greatly appreciated.

Those WVTC members interested in competing in the SF Examiner Games on January 21, 1972, please write to me immediately. I must return a nominations form to the meet director by not later than Dec. 10. Please indicate the event you would like to compete in (60, 440, 880, Mile, 2 Mile, 60HH, PV, SP, HJ, LJ). Include your best mark in the event (or similar equivalent event) and your predicted mark by meet time. Also indicate interest in any other indoor meets (Athens, San Diego, etc.).

Jon Hendershott and Marcel Hetu are our two new schedulers for the upcoming track season. We plan on organizing meets with several area colleges this spring, as well as some other track clubs. If your club or school is interested in meeting with us, please write Jon (15 Starr Way, Mtn. View, 94040) or Marcel (4337 Beresford, Apt. 6, San Mateo, 94403).

The West Valley TC will hold its annual meeting and dinner sometime in mid-December, probably after school lets out, to give our out-of-staters a chance to attend. A definite date and location will be announced in the next NCRRL. The place will probably be John Marconi's house in Hillsborough. It will most likely be a potluck dinner, with members bringing various dishes.

THIS & THAT

As most of you probably know by now, Darryl Beardall was unable to run in the London-to-Brighton Race again this year because he came down with the flu, just one week before he was to leave. Bob Deines did compete however, and the results of the race can be found in the results section of this issue. We got two generous donations in the past few weeks that certainly deserve mention. The PULSATORS Running Club (from Anchorage, Alaska!!) got word of our fund raising drive and sent a \$10 check, as did Dr. Charles Attwood. A total of \$350 was given to Deines for his trip, leaving \$430 in the fund for next year, when we will hopefully be able to raise the extra \$300 needed to send Darryl. The money is currently gaining interest. Thanks again to all those who helped to make this possible. I think we have the most spirited (and most talented) Association in the nation!

Progress note: Bill Morgan (who still holds the Walnut Festival record at 26:00), who is co-owner of the five North Beach Leather Stores, is taking over Off Broadway and will chuck the topless dancers (so long, Carol Doda); the name will be changed to North Beach Festival -- rock, "a little organic food," street musicians, mimes, "a whole new scene." Good luck Bill!!

The question of rising entry fees was brought before the Long Distance Committee meeting after the Lake Merritt (Columbus Day) Races by Jeff Kroot and Ben Sawyer. A long discussion ensued, and the result was that Ben Sawyer was appointed to draw up a questionnaire which will be submitted to the Committee for criticism and possible alterations, after which it will be passed out to all PA-AAU distance runners to poll them on their feelings. The subjects that it will deal with will be entry fees, awards, and result sheets. Perhaps standardized race numbers can be added to the list too!? (editor's comment)

Lurana Hoetger, the PA-AAU's Office Manager, is now recovering from a serious operation and is recuperating at home under the watchful eyes of her husband, Ralph. Ignoring her doctor's orders, she sneaked into the Executive Office to help get the October PA-AAU Bulletin out. Many thanks, but take it easy. Some of the following information is from that bulletin.

National AAU Convention News: (Lake Placid, N.Y. - Oct. 3-9) - Two items which have great impact to the Pacific Association were approved by the Board of Governors: (1) The National Insurance Program was adopted. Besides making available accident insurance for the athlete, a standardized registration application will be required by all District Associations. The PA will be most likely affected by this program more than any other. Our Registration Office procedures will have to be considerably modified in order to comply with the new program. (2) Applies only to swimming...sorry, should have read ahead. Next year's Convention was awarded to the Missouri Valley Association and will be held in Kansas City, Mo. The Pacific Association was runner-up for the Progress Award this time. This award is given based on registration increases over the previous year. The Missouri Valley Ass'n won the award. *** Bob DeCelle, the PA-AAU's Track & Field Chairman, was elected Chairman of the National AAU Long Distance Running Committee for a two year term, replacing Browning Ross. Mr. DeCelle appointed the following staff: Vice-Chairman, Sam Stafford; Secretary, Jack Leydig; Legal Counsel, Bill Bachrach; Medical Counselor, Dr. Harmon Brown; and the following throughout the country: Joe Arrazola (Rocky Mtn.), Butch Hammer (Central), and Vince Chiappetti (East). Congratulations Bob! *** The Western Regional Marathon Championships were awarded to the Pacific Ass'n, and will be sponsored by West Valley TC, as was the case last year. This year the race will be scheduled about a month earlier to allow high school athletes to compete if they desire. Date will be February 13, Sunday, at 9 am. Entry blanks will be available within a month or so. *** The National AAU Marathon was awarded to Syracuse, N.Y. (date to be determined). This will not be the Olympic Trials Race, according to all indications. Instead, the Olympic Trials Marathon will be held in conjunction with the Track & Field Trials, to be held in Eugene, Oregon, at the end of June. It will be a 10 day meet, with the marathon being held on the last day. The scheduling will parallel that of the Munich Games. Any athlete who makes the qualifying times for the Trials will be allowed to compete (unlike previous years when the fields were limited to a maximum of 18). There will be trial heats in the 10,000 meters for the first time (both in Trials and at Munich). Also, according to Bob DeCelle, there will be a qualifying time for the marathon this year too, for the first time. In order to run in the Trials, an individual must have run under 2:30 for a certified marathon in 1972. The winners of the various Regionals will get a free paid trip to either the Nationals in Syracuse, or the Olympic Trials in Eugene, whichever he decides. However, in order to qualify for the paid trip, the winners of the Regionals must run a sub-2:30...otherwise he can't go at all unless he has run a faster time somewhere else. *** The National AAU 50 Mile Championships was again awarded to Rocklin, Cal., for the third straight year. The National 25 Km. Championship was awarded to San Diego (Dec. 18). The tentative date for the Syracuse (Marathon Nationals) event will be May 21. *** Another big move was made concerning Junior National Championships. These races used to be open to anyone who had never won a national title. Starting next year, junior championship races will be open to runners under 20 years of age only. This falls in line with the European (and world for that matter) practice. It's about time I think.

Anyone interested and qualified for a high school coaching position (cross country), contact Bob DeCelle immediately. You may have yourself a job! His address is P.O. Box 362, Alameda, CA, 94501 (Ph. 523-2264, days between 9 and 4).

1972 AAU Registration Changes: (From PA-AAU OFFICE) - The Registration Committee is not yet fully knowledgeable of the entire scope of the National AAU Program as adopted at Lake Placid. At the present time, 1971 cards are still issued. However, please do not send money for 1972 cards yet!! You may write or call the Executive Office (942 Market St., Suite 601, S.F. 94102, Ph. 986-6725) and give the number of 1972 Applications which your club will require. These will be mailed out shortly, along with detailed information of the new procedures.

A High School Cross Country Newsletter? I was recently approached by Coach Forrest Jameson of Palo Alto High School concerning the feasibility of publishing a high school XC newsletter, about 6-8 issues, only for cross country season. The idea sounds great, but in order to do an adequate job, of course, it would require a hell of a lot of work. Where would the lines be drawn. Certainly you couldn't cover every dual meet in Northern California. Maybe only the large invitationals, other noteworthy performances, league standings, schedules, etc. The first thing that seems necessary is to get at least a dozen reporters. Writing the results is one thing, but getting them is another matter. Obviously it's too late to start looking in this direction for 1971, but I'd like to get some opinions on the feasibility of this idea. I don't think I would be interested in doing such a job myself, along with editing the NCR, but maybe someone out there would? The scope of this project, if done properly, is much greater than one man alone can do. Your suggestions are appreciated. Write either me or Mr. Jameson, c/o Athletic Dept., Palo Alto High School. Maybe in 1972?!

FINAL POINT TOTALS AND 1971 PA-AAU XC TEAM

After the Annual Columbus Day Races at Lake Merritt in Oakland, it has been traditional to vote for the Pacific Association's top runners in order to choose an All Northern California AAU Cross Country Team. The NCR's point race, which was started only a little over a year ago, was our way of keeping interest up throughout the year, and also giving voters something to look at...the records of the better runners in the PA-AAU. It was by no means to be used as "the word", but only as a guideline, especially for those new runners less acquainted with the top runners. Still, five of those chosen filled the top five spots in our point race, and the other finished seventh. The top senior runner in the point standings was also the senior chosen for the team. Therefore, I think it is safe to assume that the NCR point system is pretty accurate in determining who the best runners are. Rich Delgado repeated as the top man in the point category, but Bill Clark was voted the Association's outstanding runner, an honor well deserved on the basis of his six American track records this past year (incidentally, five of those records were approved at the AAU Convention in New York...the hour run record was not submitted by some lack of foresight). Bill Mackey garnered the top senior award and was thus placed on the team (both pointwise and voting-wise). Only runner to make the point total team and not the actual team (based on voting) was Ray Darwin. Alvaro Mejia garnered the second highest number of votes, followed by Jose Cortez, Rich Delgado, Darryl Beardall, and Byron Lowry. Those seven mentioned compose the 1971 PA-AAU Cross Country Team. Congratulations! *** The final NCR point totals are listed below. Only PA-AAU races are counted, and the rating is figured by dividing the average placing by the number of races run (finishing in top 10 for open and top 6 for seniors). Bill Mackey obliterated Peter Wood's old point record by recording a fantastic 0.0796. Rich Delgado's open record of 0.119 (set last year) still stands.

SENIORS

<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>Aver. Place</u>	<u>Rating</u>
Bill Mackey/West Valley J & S (17)	12	4	1	0	0	0	1.35	.0796 (new Sr. record)
Jim O'Neil/SF Olympic Club (20)	5	8	4	2	0	1	2.35	.118
Peter Wood/NCSTC (16)	7	6	0	2	1	0	2.00	.125
Don Pickett/SF Olympic Club (28)	1	5	10	2	5	5	3.72	.133
Peter Mattei/NCSTC (23)	2	5	4	7	2	3	3.44	.149
T.A. de Lusignan/Marin AC (14)	6	3	2	2	1	0	2.22	.158
Dave Stevenson/Stanford RC (21)	1	4	7	4	4	1	3.43	.163
Paul Reese/NCSTC (15) (over 50)	6	3	0	1	3	2	3.00	.200
Ross Smith/West Valley J & S (10)	5	0	4	1	0	0	2.10	.210
Bob Malain/NCSTC (13)	4	2	1	3	3	0	2.92	.225

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Rich Delgado/West Valley TC (21)	9*	3	3	2	1	1*	0	0	1	1	3.00	.143
Darryl Beardall/Marin AC (28)	2	5	7	2	3	1	2	3	2	1	4.57	.163
Alvaro Mejia/West Valley TC (6)	5	1	0	0	0	0	0	0	0	0	1.17	.197
Bill Clark/West Valley TC (10)	6	1	2	0	0	1	0	0	0	0	2.00	.200
Byron Lowry/SF Olympic Club (9)	1	6	2	0	0	0	0	0	0	0	2.11	.235
Ray Darwin/Culver City AC (16)	0	4	4	3	2	2	0	0	1	0	3.94	.246
Jose Cortez/RC Striders (15)	3	1	1	2	4	1	1	0	1	1	4.53	.302
Bill Scobey/Mad River (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
Jack Leydig/West Valley TC (11)	0	2	3	1	0	2*	1	2	0	0	4.77	.434
Duwayne Ray/West Valley TC (7)	2	1	1	2	0	0	1	0	0	0	3.14	.449
Steve Dean/Sac'to State (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
Dan Anderson/Valley TC (11)	0	1	1	2	2	1	0	2	0	2	5.91	.537
Tom Laris/New York AC (6)	3	1	0	1	0	0	0	0	0	1*	3.25	.542

Note: An asterisk (*) following a number above (under placings) indicates that one of the times that runner finished in a tie for that particular placing. For example, 9* means 8 firsts and one tie for first. A tie for first is given 1.5 points (average between 1st and 2nd) for calculating his average placing.

EDITORIAL

The following editorial concerns the controversy stemming from San Diego Track Club's successful bid to sponsor the 1972 San Diego Indoor Invitational Meet on February 19. While this matter may seem unconnected with Northern California track and field, it is, in reality, connected with not only Northern California athletics, but all amateur athletics. The events that are now taking place in the southland as a result of San Diego TC's bold move are something that all of us, as amateurs and as individuals, should take note of. The editorial comments that follow, aside from the introductory explanation of the controversy (taken from the October SDTC Newsletter), are strictly the viewpoints of the editor, and in no way reflect the viewpoints of any other organization or individual. But, I am sure that after you read this, you too will feel as I do, or you have no business being in amateur athletics.

(Following paragraph from 10/71 SDTC Newsletter, by Ken Bernard, SDTC President): "Acting on the suggestion of David Pain, the San Diego Track Club Board of Managers, in turn, authorized him to propose to the new Sports Arena management that the San Diego TC would bid for the sponsorship and operation of an expanded meet whose profits would be shared with other local track and field organizations. The basis for sharing would be the relative amounts of assistance provided to us and the money would be used to help continue San Diego programs. Mr. Pain was successful in convincing Mr. Ornest (Manager) and Mr. Graham of the Sports Arena of the value of this principle, and the SDTC Board ratified the terms of the agreement and appointed Dave Pain to be General Chairman of the meet. The inevitability of a reaction to their decision to award the date to us was discussed by the Board, and this reaction was displayed prominently in the local press. Al Franken, who had successfully and profitably promoted the meet under the former Arena management, was understandably upset upon learning of the decision, and in an interview with Rick Smith of the San Diego Evening Tribune denounced at length the actions of Pain, the SDTC, and the Sports Arena management. Also interviewed by Smith was David Pain, who made some injudicious remarks about Bob Breitbard and the local journalistic fraternity which were duly published. We have received AAU and USTFF sanctions and congratulatory telegrams from the national administrative directors of both organizations. Compliments were received on the one hand for our lead in taking on indoor sponsorship and on the other for the provision of the competitive opportunity for college athletes. Both have offered their assistance in making the meet a success."

(Editorial comment): Al Franken is a professional promoter who puts on track meets to make money. His meets (San Diego Indoor, L.A. Sunkist, San Diego Meet of Champions in '68, etc.) are known for very small but select fields. This is, of course, the way to maximize profits. With five or six stars the gate will be as big as it's going to get, and costs are held down. He is also known as the king of the under-the-table paymasters. Under the table payments are marvelous things for meet promoters. For example, say athlete X is worth \$1000 at the gate. You pay him \$100 to run. You then compromise his integrity and also put him forever in your pocket since you and X are co-conspirators in a deed that can get the athlete in much trouble and the promoter in none. For example, Franken has never had an NCAA Sanction for a meet and was suspended by the AAU for years until reinstated last year, yet he still put on meets just the same. Anyway, Franken, in my view, is a meet promoter without whom the sport would be better off. He admits to \$6500 for his efforts in last year's San Diego Meet (that's a lot of money for a guy involved in amateur sport). Needless to say, Franken is very upset about it all. SDTC is the "good guys" who are trying to give more athletes a chance to compete (by including an afternoon session), with no paid help other than ticket sellers, etc., and with all the proceeds going into the San Diego area track and field program, with 40% going to SDTC. Franken can't stand to see athletes getting a chance to compete, especially when he isn't getting any of the proceeds. As a result, he is now contacting all prominent athletes he knows (which is many) and urging them to boycott the meet. He is also making a threat to hold another meet elsewhere in California on the same date. He is doing his best to destroy the meet and deeply wound SDTC because this money has been taken away from him. Given his sense of values, he's doing the sensible thing. The disturbing thing is the backing he's had so far. Tom Jennings has announced that Pacific Coast Club will boycott the meet. Seagren has done the same. There are rumors that others (who consider themselves Franken men) will follow. There is also the rumor floating around (via some uninformed press media) that David Pain is simply another promoter who is ousting Franken because he wants the money for himself. This could hardly be farther from the truth as Dave is working for far less than free...he'll most likely spend hundreds of dollars of his own money. Meet director Tony Sucec will not receive any salary either. The point that must somehow be made is that the people putting on this meet are the same ones who put on the Masters Meet, the AAU Cross Country, All-Comers Meets, etc. for no hope of anything other than breaking even and improving the sport. If top athletes know this and still support the selfish over the selfless...we're in really bad shape. After all, SDTC is only trying to do what U.A.A. (United Amateur Athletes) says they are trying to do...get what little money there is in track, funnelled back into the sport. I feel that support, verbal or otherwise, for SDTC's cause could have a major bearing on the future of amateur sport. If Franken succeeds in destroying the meet, then there will be little hope of any support for "track & field programs" in the future. Instead, only the few will benefit. Any of you superstars out there who would be interested in "not boycotting" the meet, but in competing, please write to Tom Bache, 4920 Kane St., San Diego, CA 92110 (Ph. 276-8791). *** Comments to this editorial are most welcome.

ADVERTISING

Interested in selling your product? With a circulation of almost 500 per month (including nearly 300 mailed subscriptions), the NCCR will get results for you. Why? Because we advertise to a select group --- track & field athletes!! 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 and the size of our issue. If the insert causes our mailing weight to exceed one ounce, then we must charge the extra postage (currently about \$25.00) in addition to a flat rate of \$5.00 for the insert (may be printed both sides). We usually don't know how big our issues will be until they're sent to press. For more details, write the editor. For inserts, send 500 copies per month. All checks should be made to West Valley TC.

MOTIVATION & COACHING PSYCHOLOGY: (by Fred Wilt and Ken Bosen) - "There is no thread in life so narrow as that which separates those who win from those who lose," declares Fred Wilt in his essay "Motivation, a Positive Approach for Athlete and Coach" which forms Part I of this new book. Wilt, veteran writer and coaching authority, has reached into the world of dynamic salesmanship and positive thinking and applied those successful techniques to the motivation of athletes. Wilt explains the interconnection of thinking and action (you are what you think) and how thinking or believing you can do a thing leads to your actually doing it. Part II offers practical pointers for the coach, dealing with his communication and relationship with his team members. These tips won't solve all problems facing the coach in this area, but they will remind him of inter-personal factors the busy coach is apt to neglect. Ken Bosen, India's 1964 Olympic Coach, is the author of this section. *** Publisher: Tafnews Press (Book Division of Track & Field News), Sept. 1971, 64 pages, paperback, \$2.00, with 19 sketches. Write to P.O. Box 296, Los Altos, CA 94022.

TEAM DISCOUNT: If you are a member of a recognized AAU, college, or high school team, you are entitled to a major discount on prices quoted in the enclosed RUNNING SHOP price list. These discounts are available from both the Larkspur office at 924-6370, and the Berkeley office, located at 1515 Cornell (Phone 525-2748). Write or call now.

RUNNING UNLIMITED: (Tiger Distributor for Northern California) - With the dock strike cutting off most of the Tiger supplies, Tom Laris was one step ahead of everyone...he got his supply stocked before the strike. Running Unlimited now has two distribution centers besides the main office in Palo Alto (407 California Ave., Ph. 328-4274). If you live in the East Bay, you can contact Bill Yee at 2262 41st Ave., Oakland, 94601 (Ph. 533-4545). Bill is open for business from 5 to 9:30 pm on Monday thru Friday, or by appointment. Or, there is now a new San Francisco office: Bob Crow handles sales in the North Peninsula and Marin County areas. He is located at 5655 Geary Blvd., S.F. 94121 (Ph. 387-2337). His hours are 6-10 pm, Sunday thru Thursday, or by appointment. *** The Tiger brand is by far the most popular distance shoe on the market...take a look around you at the next road race. RUNNING UNLIMITED also carries shorts, shirts, insoles, running books, carrying bags, spikes, and a variety of other athletic needs. Check out either Tom, Bill or Bob at the next road race. If you are a high school or college runner, ask your coach about getting a special rate by buying Tigers for the whole team. For the price you can't beat 'em.

PEPSI 20 MILE RUN: December 5, Sunday, Sacramento, promptly at noon. Flat, fast macadam course that begins and ends at Burbank High School. Awards: 200 T-shirts, 200 Pepsi 6 Paks, ribbons to all finishers plus trophies and plaques to top finishers in the open, high school, senior, grade 9-11 years, women, and age 10 and under divisions. Entries: Roadrunners, P.O. BOX 2271, Sacramento, CA 95810.

UNIVERSITY SPORTS: 2455-S Old Middlefield Way, Mountain View, CA 94040 (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).

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 you can get into just about any restaurant with them). Contact NorCal Distributor, Don Pickett, 1800 Vistazo West, Tiburon, CA 94920 (Ph. 435-1117), evenings only. Don is also at most area road races with a good selection of sizes and styles. Check him out next time.

SPECIAL CLOSE-OUT SALE ON 1970 NORCAL ANNUALS: If you have been putting off buying your 1970 Northern California Distance Running Annual, now is your chance to make a savings. We have slashed our prices from \$2.00 to \$1.25, a price you can't afford not to buy at. A full 80 pages of articles on your favorite runners...perhaps on you. Almost 100 pictures and a marathon list that goes all the way to 2:50 for open runners and 3:20 for seniors, 5 hours for women. In addition, the Annual contains a complete list of distance running clubs' addresses, ideal for mailing out entry forms for your next race. Don't wait, our supply is running out. Get yours at our newstand or by mail (add 25¢ for postage). Order from editor (see front page) & make checks out to West Valley TC.

SECOND ANNIVERSARY SALE; NCRR SUBSCRIPTIONS FOR ONLY \$2.50!! If you've been saying you're going to subscribe to the Review for the past year, but just haven't gotten around to it, now is your chance. This offer is good only thru the month of November on new subscriptions (renewals are still \$3.50). To celebrate our second complete year of publishing, we are offering our regular \$3.50 subscriptions for only \$2.50, a savings of \$1.00. But, act now. We must receive your check by no later than Nov. 30. With Christmas time coming around, a subscription to the NCRR would prove an ideal gift for a friend.

NORTHERN CALIFORNIA PORTRAITS

Meet Ray Darwin: Alameda, CA (Culver City AC). 5'10", 135 lbs., 31 years old, born Oct. 1, 1940, married with one child. Began running in 1956 for Desert High School (as a junior). Only one significant layoff since then was between 1965 and 1969 when he was in the Navy. He has always been self-coached. Occupation: teacher.

TRAINING: What? And give away my secrets? Oh, alright. Once a day, over some completely enjoyable trail or forrest road; about 10 miles three times a week, 18 miles three times a week, and a race. I increase the mileage only when capable...sort of in plateaus or steps. Longest ever training run: about 3 1/2 hours in the hills (didn't keep track of the mileage).

BEST TIMES: Mile - 4:23, 2 Mile - 9:21, 3 Mile - about 14:30, 6 Mile - 29:33 (in 1971 SJS Invit.), Marathon - 2:24:36 (on a short course at Culver City in 1962). Favorite frequency of competition: I prefer once a week, but actually run only about twice a month. Favorite distances: 10 miles is comfortable; the marathon is a pain but seems to be my best effort (patience must be one of my virtues -- certainly not speed).

DESCRIPTION OF RACING & TRAINING: My training has been inconsistent, matching my inconsistent performances. The most important recent revelation is my thorough enjoyment of my workouts in the various regional parks and forests. The other revelation came from a long talk with Alvaro Mejia, at which time he laid on me the idea of emphasis on recuperation rather than workouts. A hard concept to swallow, and harder to incorporate, but it seems to work for me at this time. I miss the long, flat beaches of Southern California, but not enough to return! Barefoot running I do not recommend for cross country or glass covered highways. The only reason I go barefoot is because I can't stand wearing shoes -- my feet are weird and hard to fit, and racing shoes are rather hard to obtain, even at those outlandish prices!

It seems that Ray is making good his comeback after a four year layoff in the service. Although his performances are far from consistent, as he mentioned, many recent races seem to indicate that he certainly has the ability to become a national class runner. His recent triumph over Bill Clark at the Walnut Festival seems to bear this point out. And speed? If anyone had seen him outkick Bill over the last 200 yards, you could hardly say he doesn't have a good finishing drive. Looks like we'll be hearing a lot more from the "barefoot wonder".

Meet Cliff West: Berkeley, CA (unattached, UC Berkeley). 5'10", 138 pounds, 21 years old, born Sept. 17, 1950 (Port Arthur, Texas), married with one child. Began running in the fall of 1965. No extensive layoffs, but trains only very lightly in the summer months, about 20-30 miles a week. Coached by Dave Maggard, Univ. of California track coach. Occupation: student at UC Berkeley.

TRAINING: My training varies quite a bit, depending on the time of year. In the summer I hardly run at all. In the fall I run anywhere from 70 to 100 miles a week with one day of intervals. In the spring I run both interval and overdistance until it is time to peak, then just hit intervals. Longest ever training run: 22 miles.

BEST TIMES: 880 - 1:52.4r, Mile - 4:04.3r & 4:04.4, 2 Mile - 9:01.4. Favorite frequency of competition: every other week if possible. Favorite distances: mile and half-mile.

DESCRIPTION OF RACING & TRAINING: I believe that a great percentage of being able to run to "full" capacity is dependent on one's mental tenacity; not only the mental tenacity one needs in workouts, but even more important, that which is needed in races. True, being in good physical shape is a prerequisite, but even this is made malleable by one's mental condition. It is very possible for a runner who believes he is in top shape, yet in reality is not in as good a shape as a runner who believes himself not to be in good shape, to defeat the latter under racing conditions. As far as tactics go, I run as I feel for the most part. If I am overmatched I might hang behind hoping to outsprint my competitor at the end. Usually if I go into a race with a certain race plan, I rarely follow it.

With one remaining track season at Cal, Cliff West is rapidly approaching the four minute barrier. While being consistent in the 4:05-4:08 range, he still lacks the something that will push him under 4 minutes. With his fairly good natural speed, an excellent coach like Dave Maggard, and a good mental outlook plus diligent training, Cliff is almost sure to reach that goal before the school year is out.

WEST VALLEY PORTRAIT

Peter Brown is a 16 year old junior at Burlingame High School and joined WVTC just this past summer. His present address is 733 Walnut Ave., Burlingame, 94010 (Ph. 343-2270). Since coming out for cross country in his freshman year at Burlingame High, Peter has always been a top class runner for his age. In this, his third cross country season at Burlingame, he is beginning to show signs of great things to come, as he consistently beats older competition and continues to set new course records on most of the courses he runs.

Last year, as a sophomore, Peter ran a 4:35 mile and 9:42 two mile. So far this year he has recorded no track postal times, but has set a Burlingame High School XC course record of 14:59 for about 3 miles. This is something quite significant when you consider the many top runners in the past that have competed here. They include such greats as Arvid Kretz, Eugenio Amaya, John Marconi, Steve Sofos, Joe Whytock, and many others. Peter's mark was some 8-9 seconds under the old record. Peter also set an identical clocking on Hillsdale High's 3 mile course, breaking the old course mark by something like 30 seconds. But in addition to being an excellent track and cross country competitor, Peter has talent on the roads. His 42:50 finish in this year's Bay To Breakers Race bears out that fact. This put him in the top 50 finishers as a sophomore in high school! Quite an accomplishment.

Brown's most exciting moments in his racing career have come in the past year. Last spring, in the Mid-Peninsula League Finals, he won the two mile as a soph. Then, just a few weeks ago at the Alum Rock Invitational in San Jose, he literally tore apart Carlmont High's best runners, including Steve Miller, to win by 11 seconds in 12:07. Brown is definitely in contention now for top CCS honors. Coincidentally, the CCS Finals this year will be on that same Alum Rock course. His immediate goals in running are simply to begin to realize his potential and to enjoy the sport.

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 (if noted). More information on the SPA-AAU LDR schedule can be obtained by sending a self-addressed, stamped envelope to John Brennan, 4476 Meadowlark Ln., Santa Barbara, CA 93110. Likewise, for other associations: Pacific SW (Tom Bache, 4920 Kane, St., San Diego, CA 92110), Southern Nevada (John Romero, 438 E. Sahara, Las Vegas, Nev.), and Central Calif. (Bill Cockerham, 1717 S. Chesnut Ave., Fresno, CA 93702). DSE Race information can be obtained from Walt Stack, 321 Collingwood St., San Francisco, CA 94114. A complete schedule of 1972 PA-AAU races should be out by the first part of December. Send a self-addressed, stamped (16¢) envelope to PA-AAU, 942 Market St., Suite 601, San Francisco, CA 94102. Abbreviations are used to indicate the Association of the AAU, below.

- Nov 6 - Turkey Trot Races (Age group & 10 Mi. open), Oakland (10 turkeys, 10 div.). Peter Mattei, 1000 N. Point, S.F., 94109.
- Nov 6 - Southern Nevada AAU 10 Mile District Championships, Valley H.S., 9 am. (*SNA)
- Nov 7 - Phelan Blind Handicap, 5 & 15 Miles, Phelan, 10 am. (*SPA)
- Nov 13 - PA-AAU Sr. XC Championships, 10 Km., Golden Gate Pk., S.F., 10 am. SF Olympic Club, P.V. Carmichael, 524 Post St., S.F.
- Nov 13 - SPA-AAU 10 Km. XC Championships, Mt. San Antonio College, 10 am. (*SPA)
- 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, CA.
- Nov 20 - North Las Vegas Turkey Day Races (3 Mi. Jr. & 7 Mi. Sr.), No. Las Vegas, (time to be announced). (*SNA)
- Nov 20 - Southern California Veteran's XC Championships, Balboa Park, San Diego, 11 am. (*PSWA)
- Nov 20 - National AAU Veteran's XC Championships, Detroit, Michigan.
- Nov 21 - Third Pico Rivera Turkey Trot, 9 Miles, El Rancho HS, Pico Rivera, 9:30 am. (*SPA)
- Nov 27 - Colfax Carnival Age Group XC Races (10 Mi. Open), Colfax, 10 am. Ian Whitman, Rte. 1, Box 2699, Colfax, GA (Ph. 346-2284).
- Nov 27 - 20 Km. Scratch Race, Vo. Tech., Las Vegas, 10 am. (*SNA)
- Nov 27 - National AAU XC Championships, 10 Km., San Diego, 12 noon. Pre-entries req'd. Nat'l AAU XC, Box 1124, San Diego, CA 92112.
- Nov 28 - Pleasanton-Dublin 12.5 Mile Run, Amador H.S., 10 am. Herald & News, Sports Desk, 2277 Third St., Livermore, CA 94550.
- Nov 28 - Rosebowl Handicap, 10 Mi. Open & 3.75 Mi. HS, 9 am & 10:30 am. (*SPA)
- Dec 4 - Avocado Lake 4 Mi. Valley Championship. Cameron Ostrand, 197 W. Sycamore, Reedley, CA. (*CCA)
- Dec 4 - 5 Mile Handicap, Valley H.S., 10 am. (*SNA)
- Dec 5 - Pepsi 20 Mile Run, Sacramento (Burbank HS), 12 noon. Roadrunners, P.O. Box 2271, Sacramento, CA 95810.
- Dec 5 - Western Hemisphere Marathon, Culver City, 8 am (Entries close 11/26). Carl Porter, W. Hemis. Marathon, Culver City Recreation & Parks Dept., P.O. Box 507, Culver City, CA 90230. (*SPA)
- Dec 11 - 10 Km. Track Run, Valley H.S., Las Vegas, 10 am. (*SNA)
- Dec 11 - Mooney Grove 5 Man-15 Mile Relay. Jerry Hobbs, 15616 Avenue 328, Ivanhoe, CA. (*CCA)
- Dec 12 - PA-AAU Marathon Championships, Petaluma, 10 am. Peter Mattei, 1000 North Point, San Francisco, CA 94109.
- Dec 12 - 10th Apple Valley Blind Handicap, 6.4 & 3.2 Miles, 11 am. (*SPA)
- Dec 18 - So. Nevada 30 Km. AAU District Championships, Vo. Tech., Las Vegas, 10 am. (*SNA)
- Dec 18 - Mission Bay 15 Mile, Mission Bay, San Diego, 10 am. Mission Bay 15, Box 1124, San Diego, CA 92112. (*SWPA)
- Dec 19 - Mini-Marathon, Madera, 13 Miles. Dee DeWitt, 521 Willis, Madera, CA. (*CCA)
- Dec 26 - Devil Take the Hindmost 12 Miler, Griffith Park, 9 am. (1 Mile loops, 1/12 of field eliminated each lap). (*SPA)
- Dec 31 - 12th Annual Midnight Run, Los Altos, 10 Km., midnight. Town Crier, P.O. Box F, Los Altos, CA 94022.

TRACK & FIELD SCHEDULE

All-Comers Meets: This winter, the Northern California Track & Field Association will again conduct a series of meets at the College of San Mateo, beginning the weekend of Dec. 4. The meets will run each Saturday through Feb. 12, except for Dec. 25th, Jan. 1st, & Jan. 22nd. Field events will start at 11:30 am and track events at noon. The entry fee is 50¢ and 1/4 inch spikes or flats are required on CSM's all-weather track. Shower, towel and locker provided (bring your own lock). There are two new tartan runways with 32 foot and 36 foot takeoff boards on the triple jump pit. The pole vault and high jump pits also have new takeoffs. The short races will be 60 yards and 60 yard high hurdles (5 hurdles) to prepare individuals for indoor qualifying standards. The shower facilities will be open to both men and women. Trials for the S.F. Examiner All-American Games will be held here at the regular time on January 8th, under the direction of Harry Young & George Newlon. The All-American Meet is on January 21st, Friday evening. *** The success of these All-Comers Meets have been made possible by the volunteer officials who give of their time and effort each Saturday. Please call Harry Young (574-6452) or George Newlon (342-5526) or (344-8804), regarding what you can do to help out. Harry has another number too (343-3378). **** In addition to the above meets, Doug Essary of the Sacramento TC has prematurely announced that their club will be putting on 3 or 4 All-Comers Meets in the Sac'to area in December and January. For further information, please contact Doug at 4401 Surita St., Sacramento, CA 95825.

Special Note: Art Reade and several other members of WVTC are interested in qualifying for the SF Indoor Meet. Art (and others) would like to assure fast fields in the mile (and possibly 2 or 3 mile) on certain days during the CSM All-Comers Meets. Too often a good runner will show up all by himself and have to try and turn in a good solo performance...sometimes very difficult to do. So if you'd be interested in getting together fast fields in any of the distance events on certain days at CSM, phone or write to Art (360 Talbot, #5, Pacifica, CA 94044 - Ph. 359-6071). Even if you do not want to run a fast race yourself, if you'd be interested in setting a fast first half pace for the rest of the field, let Art know.

AAU & COLLEGE XC SCHEDULE

- Nov 5 - DeAnza @ West Valley College, 4 pm; Solano & Marin @ Skyline College, 4 pm.
- Nov 6 - WVTC, SC Striders, SBAA, SDTC, GWAA, & others @ Santa Barbara Invit. (Calif. AAU Championships?), Univ. of Cal., Santa Barbara, 6 Miles, 3 pm; Far Western Conference Championships at Humboldt St., 11 am.
- Nov 10 - Camino Norte Conference Meet @ College of Marin, 4 pm.
- Nov 13 - Pacific-8 Conference 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 Div. XC Championships, Wheaton, Ill, 10 am.; SPA-AAU XC Championships at Mt. San Antonio College, Walnut, 10 Km., 10 am.
- Nov 20 - U.S.T.F.F. Western Regional Championships @ Fresno, 10 am; All-California College Championships @ San Diego, 11 am; Southern Cal. Veteran's Championships, San Diego, 11 am; National AAU Veteran's XC Championships, Detroit, Mich.
- Nov 22 - NCAA Championships at Knoxville (Univ. of Tennessee), 6 Mi., 11 am.
- Nov 24 - U.S.T.F.F. National XC Championships @ Atlanta, Ga.
- Nov 27 - State JC Championships @ Sierra College, 10 am; National AAU XC Championships, 10 Km., San Diego (see LDR Schedule), noon.

HIGH SCHOOL XC SCHEDULES

- Nov 3 - El Camino & Jefferson @ Westmoor; S.S.F. & Oceana @ Serramonte (?); Hayward Athletic League Finals @ Hayward; Diablo Valley Athletic League Finals @ Pleasant Hill HS.
- Nov 4 - Catholic Athletic League Finals, site to be announced.
- 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; NCS Division II Meet @ Granada HS (Livermore).
- Nov 12 - North Peninsula League Finals @ Golden Gate Park., SF; South Peninsula Athletic League Finals @ Crys. Sprgs, Belmont (11/13?)
- Nov 16 - North Coast Section Finals @ Logan HS (Fremont).
- 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 - Central Coast Section 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 CROSS COUNTRY SCHEDULES

- 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

***At present we have no race walking schedule! I don't know if there are any scheduled for the rest of the year (there certainly must be), or if I just haven't heard about them. I have had absolutely no scheduling or results sent to me in the past month concerning race walking. The only sketchy results I do have are from Racing Report, and none of these are local races. Who has the results for the Lake Merritt (Columbus Day) 5 Kilometer? I know this race was completed, because I was there. Someone please send them to me immediately. *** For other information concerning race walking, contact either Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 456-2641) or Steve Lund, 10 Francis Ave., #1, Larkspur, CA. (We still need Fairfax 5 Mile results from Sept. 12).

Bob Kitchen Finishes Strong Third in AAU 25 Kilo: (Brookville, NY - Sept. 19) - Athens AC's Bob Kitchen was the top Californian in the AAU's National Senior 25 Kilometer Walk in New York. He finished behind two New Yorkers, Ron Laird (2:01:48.4) and John Knifton (2:03:34.4), in a good time of 2:04:12.6. Gary Westerfield of the Striders was fifth overall in 2:06:35.2, and teammate Ron Kulik was next in 2:07:17.6. A total of 57 started (quite a field!!) and 44 finished, with 24 of those under 2 1/2 hours.

Bentley Brothers Place Well in AAU Jr. 15 Kilo: (Santa Monica, Aug. 21) - Stockton's Bentley brothers, Jim and Brad, came out well in the National AAU Junior 15 Kilometer Race with Jim finishing third in 1:24:22, and Brad in sixth with a 1:32:55. Dennis Reilly took the title with a 1:22:17, followed very closely by Mike Ryan (1:22:18), only a second behind. In the open 15 Km. race, held the same day, Chris Clegg (over 50) cruised to a splendid 1:32:25. Bob Long (also over 50), did a good job by finishing 9th in the Junior race (1:36:32). Clegg took third in the open race behind Larry Walker (1:12:47) and forty-plus John Kelly (1:21:55), which would have been sufficient to take the Junior title.

Young Tromps Laird in AAU Sr. 40 Kilo: (Kansas City, Oct. 16) - Rapidly improving Larry Young thoroughly trounced NYAC's Ron Laird to walk off with the Senior 40 Kilo Title in 3:29:18 to Laird's 3:39:04. Only these results are available at press time.

HIGH SCHOOL CROSS COUNTRY RESULTS

Fourth Annual Block D Invitational XC Relays: (Pleasant Hill H.S., Sept. 25) - Varsity Team: (1) Antioch - 36:12, (2) Mt. Diablo - 36:30, (3) Alameda - 37:00, (4) Livermore - 37:11, (5) Pleasant Hill - 37:14, (6) San Ramon - 37:30, (7) Irvington - 37:35, (8) Newark - 38:00, (9) Petaluma - 38:00, (10) Monte Vista - 38:10....Individual Winner: Debban (Mt. Diablo) 7:58. JV Team: (1) Mt. Diablo - 38:42, (2) Antioch - 39:00, (3) Alameda - 39:30, (4) San Ramon - 39:42, (5) Irvington - 39:42, (6) Pleasant Hill - 40:25. Frosh-Soph Team: (1) Clayton Valley - 38:37, (2) Mt. Diablo - 38:45, (3) San Ramon - 40:13, (4) Pleasant Hill - 40:16, (5) De Lasalle - 41:14, (6) Livermore - 41:39....Individual Winner: Poulin (Clayton Valley) 8:41. Frosh-Soph Reserves Team: (1) Mt. Diablo - 42:14, (2) Pleasant Hill - 43:33, (3) Tennyson - 43:49, (4) De Lasalle - 44:24, (5) San Ramon - 44:32, (6) Alhambra - 45:01. *** Open Class Over-All Championship Sweepstakes: (1) Mt. Diablo (1st,2nd,1st,2nd) - 6 pts., (2) Pleasant Hill (2nd,4th,6th,5th) - 17 pts., (3) San Ramon (5th,3rd,4th,6th) - 18 pts., (4) Irvington (7th,7th,5th,8th) - 27 pts.

Seventh Annual Clayton Valley Invitational: (Oct. 2) - Varsity Team: (1) Antioch - 48, (2) Diablo - 87, (3) Ygnacio Valley - 110, (4) Pleasant Hill - 155, (5) San Ramon - 161, (6) Riordan - 193, (7) Mission San Jose - 219, (8) Amador - 221, (9) Castro Valley - 239, (10) Clovis - 241. JV Team: (1) Mt. Diablo - 26, (2) Antioch - 58, (3) Ygnacio Vly - 61, (4) San Ramon - 102, (5) Pleasant Hill - 131, (6) Mission San Jose - 149. Frosh-Soph Team: (1) Clayton Valley - 32, (2) Mt. Diablo - 72, (3) Pleasant Hill - 101, (4) San Ramon - 141, (5) Clovis - 188, (6) Ygnacio - 193, (7) Riordan - 223. F-S Reserves Team: (1) Diablo - 32, (2) Pleasant Hill - 76. No individual results available.

First Annual San Ramon Invitational: (Oct. 9) - Large School Varsity: (Individuals) - (1) Brian King (MD) 8:29, (2) Jesse Smith (A) 8:32, (3) Perry Anderson (A) 8:43, (4) Mike Kelly (A) 8:46, (5) Ken Sisler (Pet) 8:47, (6) Dave Mata (A) 8:53, (7) Dave Thomas (MD) 8:56, (8) Clark Bailey (EC) 8:57, (9) Dale Scott (EC) 8:59, (10) Jim Kelly (MD) 9:01. (Team) - Antioch (31), Mt. Diablo (42), Petaluma (89), El Cerrito (104), Skyline (144), Richmond (170), Mt. Eden (171), Berkeley (187), Castlemont (202), Fremont (257). Large School JV: Mt. Diablo (38), Antioch (43), El Cerrito (67). Large School F-S: Clayton Valley (27), Mt. Diablo (28), Berkeley (83). Large School Frosh: Portola Jr. High (36), Mt. Diablo (36), Berkeley (50). Med. School Varsity: (Individuals) - (1) Martinez (Al) 8:43, (2) Quintana (SL) 8:44, (3) Dayton (SR) 8:47, (4) Immethun (Al) 8:49, (5) Bourke (Liv) 8:54. (Teams) San Ramon (73), Pleasant Hill (78), Livermore (84), Alameda (92), Castro Vly (118), Amador (158), Tennyson (169), San Lorenzo (195), Dublin (195), College Pk (273). Med. School JV: Alameda (35), San Ramon (62), Tennyson (69), Castro Vly (114). Med. School F-S: Pleasant Hill (39), San Ramon (65), College Pk (96), Dublin (96), Tennyson (117). Med. School Frosh: Pleasant Hill (42), San Ramon (49), Castro Vly (71), Tennyson (74), Amador (80). Small School Var.: (Individuals) - (1) Robinson (McCl), (2) Cordinier (Enc) - both timed in 8:54, (3) Lushchar (Canyon) 9:01. (Team) - Oceana (65), Miramonte (72), Piner (84), Encinal (111), Canyon (132), Pacific (160), DeLasalle (173), Pittsburg (175), McClymonds (189). Small School JV: Oceana (36), Piner (53), DeLasalle (63). Small School F-S: Piner (80), DelValle (85), Serramonte (94). Small School Frosh: DeLasalle (28), Oceana (32).

Center Meet @ Crystal Springs, Belmont: (Oct. 14) - Varsity: (Individuals) - (1) Chris Berka (LA) 15:29 (CR), (2) Miller (Carlmont) 15:51, (3) Marks (W) 15:59, (4) Catterin (Carl) 16:00, (5) Black (Carl) 16:07, (6) Tello (SC) 16:10, (7) Oliver (Carl) 16:10, (8) Slavina (LA) 16:13, (9) Barber (MA) 16:32, (10) Barney (Carl) 16:38. (Teams) - Carlmont 26 (80:46) (CR), Los Altos 59 (83:24), San Carlos 83 (85:40), Woodside 128 (87:49), Mills 134 (88:17), Sequoia 160 (89:50), Monte Vista 202 (92:00), Mtn. View 228 (93:15), Aragon 264 (95:08), Fremont 266 (95:36), Santa Clara & Mitty 269 (95:23). JV: (Individual) - Dana Carvey (Carl) 17:22. (Team) - Carlmont 31, San Carlos 39, Los Altos 124, Crestmoor 138, Mitty 163, Mills 171, Cubberley 221, Woodside 228, Sequoia 229, Menlo-Atherton 254, Palo Alto 297, Fremont 302, Aragon 322, Monte Vista 341. Sophs: (Individual) - Hastings (Crestmoor) 16:44. (Teams) - Carlmont 41, Los Altos 60, Crestmoor 99, Menlo-Atherton 105, Fremont 127, Aragon 159, Mtn. View 222. Frosh: (Individual) - Emory (Terman) 17:12. (Teams) - Los Altos 49, Carlmont 70, Terman 85, Mills 118, Fremont 121, Wilber 193, Menlo-Atherton 210, Serra 230, San Carlos 253, Sequoia 274, Aragon 282, Jordan 287, Mitty 306, Monte Vista 367.

Alum Rock Invitational: (Oct. 21) - Varsity: (Individuals) - (1) Peter Brown (Burl) 12:07, (2) Steve Miller (Carl) 12:18, (3) Ed Catterin (Carl) 12:18, (4) Russ Black (Carl) 12:19. (Teams) - Carlmont 22, Los Altos 58, Homestead 82, Burlingame 134, Fremont 144, Woodside 150, South SF 178, Menlo School 190. JV: (Individual) - Dana Carvey (Carl) 13:12. (Teams) - Carlmont 20, Burlingame 61, Homestead 85, Fremont 98, Los Altos 107, Woodside 141, South SF 184. Sophs: (Teams) - Carlmont 37, Homestead 45, Los Altos 65, Aragon 122, Fremont 164. Frosh: (Teams) - Los Altos 37, Homestead 53, Carlmont 57, Woodside 123, Burlingame 134, Aragon 183.

Center Meet @ Crystal Springs, Belmont: (Oct. 21) - With perennial power Carlmont at the Alum Rock Invitational, San Carlos had an easy time of topping 15 other schools in the Center Meet. San Carlos frosh Mitch Kingery electrified the crowd by running to a one second victory over Riordan's Jim Martinez on the very hilly three mile course. It was the third fastest time ever recorded on the new course, behind Chris Berka's great 15:29 of one week ago and Miller's (Carlmont) 15:51 on the same date. Marks of Woodside is now tied with Kingery's 15:59 for third fastest. Varsity: (Individuals) - (1) Kingery (SC) 15:59, (2) Martinez (R) 16:00, (3) Crowley (Gunn) 16:10, (4) Greenough (SM) 16:12, (5) Ryan (R) 16:20, (6) Stewart (Lyn) 16:21, (7) White (SC) 16:22, (8) Huggins (Gunn) 16:28, (9) Chamness (Awalt) 16:33, Pemberton (Hills) 16:34. (Teams) - San Carlos 50, Lynbrook 88, Gunn 131, Riordan 134, Awalt 139, San Mateo 142, Sunnyvale 200, Crestmoor 231, Hillside 260, Capuchino 273, Mtn. View 278, Monte Vista 280, Cupertino 307, Palo Alto 317, Wilcox 383, Serra 418. JV: (Individual) - Vigil (Sequoia) 17:37. (Teams) - San Carlos 30, Sequoia 86, Lynbrook 86, San Mateo 116, Crestmoor 137, Awalt 143, Cubberley 165, Capuchino 168, Menlo-Atherton 208. Sophs: (Individual) - Brazil (Wilcox) 16:41. (Teams) - San Carlos 54, Wilcox 86, Lynbrook 106, Awalt 112, Menlo-Atherton 128, San Mateo 154, Crestmoor 158, Hillside 164, Capuchino 191, Cubberley 223, Serra 263, Monte Vista 303. Frosh: (Individual) - Emory (Terman) 16:51. (Teams) - Lynbrook 80, Terman 107, Wilber 142, Cupertino 151, Hillside 157, Awalt 170, San Mateo 196, Menlo-Atherton 214, Jordan 232, Sequoia 257, San Carlos 258, Riordan 261, Serra 276, Crestmoor 277.

COLLEGE CROSS COUNTRY RESULTS

Third Annual Half Moon Bay Beach Run: (Sept. 17, 4.0 Miles) - Individuals: 1 - Bruce Johnson (EC) 20:40 (CR), 2 - Ed Goodfriend (EC) 20:41, 3 - Jose Cortez (CSM) 20:49, 4 - Greg Hall (F) 20:56, 5 - Mike Arago (Marin) 21:15, 6 - Bob Vinson (EC) 21:14, 7 - Chic Perkins (EC) 21:17, 8 - Lou Patterson (EC) 21:18, 9 - Kenny Souza (EC) 21:21, 10 - Pat Lawlor (EC) 21:25, 11 - John Marshall (DA) 21:28, 12 - Vian Collier (Marin) 21:32, 13 - Mike Townsend (EC) 21:34, 14 - Cliff Rees (F) 21:36, 15 - Lee Hotchkin (Marin) 21:37, 16 - Scott Carvey (CSM) 21:38, 17 - Mike Lundblad (MPC) 21:41, 18 - Mike Brooks (F) 21:53, 19 - Neil Glenesk (CSM) 21:55, 20 - Ed Schlegle (Skyline) 21:56. (Teams) - El Camino College 23, Fresno City 81, College of Marin 83, College of San Mateo 98, DeAnza College 137, Skyline College 167, Monterey Peninsula College 186. (Conditions: Slight overcast, mid-50's).

Golden Gate Park Team Race: (Sept. 25, 4.0 Miles) - (Individuals): 1 - Greg Hall (F) 20:46, 2 - Dave Garcia (Del) 20:48, 3 - Jose Cortez (CSM) 20:49, 4 - Mike Arago (Marin) 20:55, 5 - Jan Remak (De) 21:02, 6 - Cliff Rees (F) 21:06, 7 - Dan Drechsel (Solano) 21:08, 8 - Scott Carvey (CSM) 21:20, 9 - Romero Mendoza (SR) 21:21, 10 - John Marshall (De) 21:22, 11 - Duff Curtis (Sac) 21:24, 12 - Vian Collier (Marin) 21:24, 13 - Butch Alexander (SR) 21:27, 14 - Carlos Bravo (COS) 21:28, 15 - Mike Brooks (F) 21:30, 16 - Larry Kirk (SR) 21:31, 17 - Albino Amador (DVC) 21:34, 18 - Mike Schaecher (WVC) 21:37, 19 - Pete Flores (Yuba) 21:38, 20 - Neil Glenesk (CSM) 21:39. (Teams) - Fresno City 67, Santa Rosa 111, CSM 117, Marin 144, West Valley 160, Diablo Vly 164, SJCC 191, DeAnza 208, San Joaquin Delta 220, Sac'to CC 249, Coll. of Sequoias 263, Laney 304, Lassen 327.

Univ. of Calif. at Davis vs. Cal State Hayward: (Sept. 25 @ Coyote Regional Park, 5 Miles) 1 - Fred Veliz (H) 25:10, 2 - John Sheehan (D) 25:17, 3 - Randy White (D) 25:58, 4 - Dwayne Harms (D) 26:09, 5 - Humberto Hernandez (H) 26:19.

Chico Invitational: (Oct. 2 @ Chico St., 5 Miles) (Individuals): 1 - Cliff West (UC) 24:50.6 (New CR, old mark by Bill Scobey in 1970 @ 25:04), 2 - Eugenio Amaya (UC) 24:56, 3 - John Sheehan (UCD) 25:03, 4 - Dwayne Harms (UCD) 25:09, 5 - Noel Hitchcock (Sac) 25:11, 6 - Scott McVay (Chico) 25:16, 7 - Frank Bautista (CSH) 25:17, 8 - Fred Veliz (CSH) 25:18, 9 - Tom Brown (Chico) 25:19, 10 - Kim Ellison (Chico) 25:33, 11 - Maxwell (UC) 25:34, 12 - Willie Eashman (CSH) 25:35, 13 - Don Makela (H) 25:36, 14 - Wolfgang Schmuliewicz (UC) 25:38, 15 - Junior Torres (Chico) 25:39, 16 - Emerson Davis (UC) 25:40, 17 - John Axelson (UCD) 25:41, 18 - Howard Labrie (H) 25:43, 19 - Jaime Baldovinos (UC) 25:44, 20 - Bob Giles (UCD) 25:45, 21 - Larry Miller (S. Ore.) 25:51, 22 - Dan Mullins (H) 25:52, 23 - Randy White (CSH) 25:53, 24 - Jim Price (Chico) 25:55, 25 - Jerry Metcalf (CSH) 25:56, 26 - Don Wells (UCD) 25:57, 27 - Jerry Maydahl (UCD) 25:58, 28 - Pat Stordall (Chico) 25:59, 29 - David Wood (Chico) 26:00, 30 - Rudolfo Narvaez (Stan) 26:03, 31 - Frank Donohue (CCSF) 26:07, 32 - Craig Streichman (H) 26:15, 33 - Randy Hansen (UC) 26:16, 34 - Humberto Hernandez (CSH) 26:20, 35 - Kevin Furey (Sac) 26:24, 36 - Denis O'Halloran (H) 26:28, 37 - Larry Corpus (Sac) 26:40, 38 - Danny Urutiaga (CSH) 26:56, 39 - Gus Cano (CCSF) 26:59, 40 - Tim Quinn (Sac) 27:01. (Teams): UC Berkeley 44, Chico St. 64, UC Davis 67, Cal State Hayward 86, Humboldt St. 121, Sacramento St. 160, SF City College 211, Southern Oregon 240, Stanislaus 267. *** Weather was slightly warm, clear; course was extremely rocky but fairly firm due to earlier rain. The pace was fast from the start (4:35 first mile, although it could be short). West & Amaya took the lead before the one big hill at 2 miles, then pulled away pretty decisively with 1.5 to go.

West Valley TC vs. Stanford: (Oct. 2 @ Stanford Golf Course, 4.2 Miles, rolling hills) Team Score: WVTC 24.5, Stanford 30.5. 1 - three way tie - Duncan MacDonald (S), Don Kardong (WV), & Bob Coe (unat.) 20:20, 4 - Bernie Lahde (S) 20:23, 5 - Jon Anderson (unat.) 20:42, 6 - Bill Kelly (WV) 20:49, 7 - Jim Dare (unat.) 21:10, 8 - Gary Berthiaume (WV) 21:18, 9 - Jack Leydig (WV) 21:27, 10 - tie between Arvid Kretz (S) and Kurt Schoenrock (S Frosh) 22:00, 12 - Bob Crow (WV) 22:05, 13 - Dave Whiteing (S) 22:12, 14 - Decker Underwood (S) 22:13, 15 - Mark McConnell (S Frosh) 22:20. (29 finishers)

Camino Norte Invitational: (Oct. 2, 3.9 Miles) - (Individuals): 1 - Mike Arago (M) 20:31, 2 - Dan Drechsel (Sol) 20:52, 3 - Vian Collier (M) 20:57, 4 - Romero Mendoza (SR) 21:00, 5 - Butch Alexander (SR) 21:04, 6 - Jan Remak (DA) 21:04, 7 - Mike Schaecher (WV) 21:15, 8 - John Marshall (DA) 21:23, 9 - Leo Morgan (SR) 21:26, 10 - Gordon Blackwell (WV) 21:28, 11 - Jim Everard (SR) 21:36, 12 - Ron Grander (WV) 21:44, 13 - Kevin Sanford (WV) 21:48, 14 - Darren Walton (M) 21:58, 15 - Ed Schelegle (Skyline) 22:10, 16 - Larry Kirk (SR) 22:17, 17 - Dave Finochio (WV) 22:18, 18 - Dave Stancliffe (M) 22:22, 19 - Anthony (DA) 22:24, 20 - Greg Riley (SR) 22:27, 21 - Mike Hanger (WV) 22:31, 22 - Jon Ahnberg (WV) 22:35, 23 - Vic Stallone (CC) 22:37, 24 - Joe Mouille (M) 22:39, 25 - Pat Rexroad (WV) 22:45. (Teams): Santa Rosa (1:47:23), Marin (1:48:27), West Valley (1:48:33), DeAnza (1:51:57), Skyline (1:55:40), Canada (2:00:03), Contra Costa (2:05:27). (Solano only had 4 men in race). (Conditions - sunny & warm).

College of San Mateo vs. Diablo Valley College: (Oct. 5, 4.0 miles @ Joaquin Miller Park in Oakland, extremely hilly) - Team Score: CSM 18, DVC 40. 1 - Jose Cortez (CSM) 24:29, 2 - Scott Carvey (CSM) 25:15, 3 - Neil Glenesk (CSM) 25:33, 4 - Albino Amador (DVC) 25:52, 5 - Vic Massa (CSM) 26:40, 6 - Brent Nolan (DVC) 26:44, 7 - Tim Wright (CSM) 26:48, 8 - Ken Phelps (CSM) 26:46, 9 - Rich Smith (DVC) 27:00, 10 - Jack Bentz (DVC) 27:02. (Conditions: Hot & smoggy).

Cal Aggie Invitational XC Meet: (Oct. 9, 5.0 Miles @ UC Davis) - (Individuals): 1 - John Sheehan (UCD-A) 25:16.2, 2 - Dwayne Harms (UCD-A) 25:22, 3 - Frank Bautista (CSH) 25:27, 4 - Strod (FS-A) 25:32, 5 - Dougherty (FS-A) 25:35, 6 - Van de Erve (UCD-A) 25:38, 7 - Axelson (UCD-A) 25:51, 8 - Bob Darling (unat.) 26:01, 9 - Elia (FS-A) 26:02, 10 - Ed Haver (unat.) 26:08, 11 - Giles (UCD-A) 26:09, 12 - Russler (FS-A) 26:16, 13 - Hill (FS-A) 26:16, 14 - Randy White (UCD-A) 26:23, 15 - Willie Eashman (CSH) 26:29, 16 - Maydahl (UCD-A) 26:31, 17 - Wells (UCD-A) 26:34, 18 - Narvaez (Stan. St.) 26:38, 19 - C. Elia (FS-A) 26:46, 20 - Seymour (FS-B) 26:52. (Teams): UC Davis "A" Team 25, Fresno St. "A" Team 38, Cal State Hayward 81, Fresno St. "B" Team 107, Stanislaus St. 163, SF State 163, UC Davis "B" Team 204, Fresno St. "C" Team 209, Sonoma Roadrunners 238. (Conditions: 80°, 45% humidity, calm. ** Frank Bautista led for the first 3.5 miles and then Sheehan took over to score his first win as a Cal Aggie.)

Sacramento Invitational (Large JC, Univ. Frosh Division): (Oct. 9 @ Sacramento St. College, 4.0 Miles - Conditions: 98°) - No other results are currently available. I have sent for complete results (all divisions) but have not as yet received them. Mark Covert took a big margin of victory in the open race over Stanford's Bernie Lahde. Steve Brooks of Mt. Pleasant won the high school senior title over Mike Tolleson). *** (Individuals): 1 - Guy Artherholt (Modesto) 19:51, 2 - Greg Hall (F) 19:55, 3 - Dave Garcia (DV) 20:07, 4 - Mike Arago (Marin) 20:12, 5 - Cliff Rees (F) 20:17, 6 - Rich Langford (AR) 20:20, 7 - John Marshall (DA) 20:22, 8 - Steve Hall (F) 20:28, 9 - Jose Cortez (CSM) 20:32, 10 - Pat Phelan (AR) 20:39, 11 - Martin Molina (DV) 20:41, 12 - George Kellog (Modesto) 20:42, 13 - Mike Schaecher (WV) 20:43, 14 - Romeo Mendoza (SR) 20:51, 15 - Pat Dunning (F) 20:53. (Teams): Fresno City 53, American River 111, West Valley 123, Modesto JC 137, College of San Mateo 152, Santa Rosa 182, Marin 182, DeAnza 184, San Joaquin Delta 201, Diablo Valley 213, Stanford Frosh 237, Sacramento City 312, Contra Costa 489.

West Valley TC vs. San Jose State: (Oct. 16 @ Coyote Hills Park, San Jose, 6.0 miles) Team Score: WVTC 19, SJS 38. 1 - Don Kardong (WV) 29:32.6 (Course Record), 2 - Wayne Badgley (WV) 29:43.4, 3 - Byron Lowry (unat.) 29:52.2, 4 - Jon Anderson (unat.) 29:52.2, 5 - Les Devoe (SJS) 30:22.0, 6 - Bob Crow (WV) 30:22.1, 7 - Bill Kelly (WV) 30:33.5, 8 - Maury Greer (SJS) 30:45.3, 9 - Gary Berthiaume (WV) 30:48.1, 10 - Mark Donnell (SJS) 31:07, 11 - Art Reade (WV) 31:09, 12 - Steve Peth (SJS) 31:15, 13 - John Haines (SJS) 31:55, 14 - Bob Stevens (SJS) 32:30, 15 - Grover Provell (SJS) 32:46, 16 - Mark Evans (SJS) 33:52.2, 17 - Dave Kopp (SJS/WVTC) 34:29, 18 - Al Sanford (WV) 34:55, 19 - Hijic (SJS) 35:24, 20 - Pat Palazzolo (SJS) 35:48, 21 - Cliff Chisham (SJS) 35:49, 22 - Kessler (S) 35:57.

Stanford vs. USC & UCLA: (Oct. 16 @ Westwood, 6.1 Miles of hills) Team Scores: Stanford 27, UCLA 40, USC 56; Stanford 22, UCLA 33; Stanford 20, USC 35; UCLA 22, USC 33. (Individuals): 1 - Duncan MacDonald (S) 31:11 (Course Rcd, old record was 32:21.5 by Ron Pettigrew of the Striders this year), 2 - Tom Lipski (USC) 31:32, 3 - Bernie Lahde (S) 31:36, 4 - Bob Coe (S) 31:41, 5 - Ron Johnson (UCLA) 31:44, 6 - Ruben Chappins (UCLA) 31:48, 7 - Arvid Kretz (S) 31:51, 8 - French (UCLA) 31:54, 9 - Fred Ritcherson (USC) 32:26, 10 - Joe Balasco (UCLA) 32:28, 11 - Ruben Mejia (UCLA) 32:32, 12 - Kurt Schoenrock (S) 32:44, 13 - Bernick (USC) 32:53, 14 - Brown (USC) 33:35, 15 - Dave Whiteing (S) 33:47, 16 - Mark McConnell (S) 33:56, 17 - Godoy (UCLA) 34:01, 18 - Robert Hayman (S) 34:06.

WSU Upends Cal, Whitworth: (Oct. 16 @ Spokane) Triangular Scores: WSU 30, Cal 49, Whitworth 56.

West Valley JC Beats Santa Rosa & Skyline: (Oct. 19 @ Saratoga, 4 Miles) - Team Scores: WVC 20, SR 39, Skyline 74. 1 - Mike Schaecher (WV) 21:06 (New Rcd., old record was 21:11 by Les Devoe in 1970), 2 - Jon Ahnberg (WV) 21:24, 3 - Keith Kruse (WV) 21:27, 4 - Larry Kirk (SR) 21:42, 5 - Butch Alexander (SR) 21:46, 6 - Gordon Blackwell (WV) 21:51, 7 - Ed Schelegle (S) 21:53, 8 - Del Finochio (WV) 21:58, 9 - Romero Mendoza (SR) 22:11, 10 - Jim Everard (SR) 22:13.

Washington State 18, Stanford 45, San Jose State 72: (Oct. 23 @ Stanford, 4.2 Miles, rolling hills) - WSU's Irishman Dan Murphy did what most people thought would be still a long time coming. He blitzed the old Stanford course record by running 19:31! Ironically, the old course record was held by Danny Murphy of San Jose State (set in 1962); it was 19:33.6. The WSU team proved just too strong for a good Stanford team that was missing Bob Coe and this now sets it up to be a good battle between them and Oregon in the Pac-8. Duncan MacDonald, in finishing third, set a new Stanford record (Harry McCalla had old record of 19:55). *** 1 - Dan Murphy (WSU) 19:31 (CR), 2 - Dave Harper (WSU) 19:49, 3 - Duncan MacDonald (S) 19:52, 4 - Mark Hiefield (WSU) 20:02, 5 - Dale Fleet (WSU) 20:03.

UC Davis 30, Humboldt State 40, U.O.P. 66: (Oct. 16 @ UC Davis, 5.0 Miles) - Mile splits of 4:50, 9:55, 15:05, 20:01 for the leaders. Sheehan took the lead at 2 miles, was jumped by Elijah and Mullins for a short period between 3 and 4 miles, and then took the lead until the final 100 yards when Mullins scooted past. Results: 1 - Dan Mullins (H) 24:48, 2 - John Sheehan (D) 24:49, 3 - Mathias Michael (UOP) 24:50, 4 - Dwayne Harms (D) 24:55, 5 - Ron Elijah (H) 25:02, 6 - John Axelson (D) 25:03, 7 - Don Makela (H) 25:14, 8 - Bill Hansen (D) 25:21, 9 - Caldwell (UOP) 25:23, 10 - Jerry Maydahl (D) 25:28.

MISC. ROAD & CROSS COUNTRY RESULTS

Charlie Harris Triumphs in Tour of Albuquerque Marathon: (Sept. 12) - West Valley TC's Charlie Harris, just recently having moved to Albuquerque, New Mexico, picked up where he left off by running his third marathon in under 2:30 (in only his third attempt at the distance). In doing so, he outdistanced Pikes Peak Marathon winner Steve Gachupin by over 3 1/2 minutes. The race was the 2nd Annual event and was contested over a flat, uncertified course at mile-high altitude. A total of 48 started and 32 finished. The top five: (1) Harris (WVTC) 2:27:16, (2) Gachupin (Jemez Pueblo) 2:30:49, (3) Blair Johnson (unatt.) 2:33:11, (4) Bill Schrandt (unatt.) 2:45:27, (5) Gerry Garcia (unatt.) 2:49:07.

Equinox Marathon - Harold DeMoss Sets Senior Record & Finishes Fifth Overall: (Sept. 18, Alaska) - Traveling to Fairbanks because "every marathon deserves to be run at least one time", West Valley TC's Harold DeMoss did some real running on what he terms the roughest course he's ever seen ("cross country ski trails, game trails, and access roads that only 4-wheel drive vehicles go on; extremely primitive & unimproved. It rained 2 days before so we had everything from mud and swampland at the bottom to frozen mud at the top of the 2380 foot mountain. The temperature was 30 at the start and foggy, but later it warmed up to the mid-40's). Harold made his traveling worth it, by taking fifth overall and setting a new senior (started at 35 years old here) record of 3:12:33. The old record was 4:51 and the first 10 seniors bettered that mark. Harold took it down more than a little bit. The winner, Mike Devecka (23) is on the US Army Biathlon team stationed in Alaska. Biathlon is cross country ski-racing and carrying a rifle and shooting at targets. He has been on 3 US National XC Ski teams, one of which was the 1968 Olympic Team, so he's well qualified. His time of 2:59:48 was just off Chris Haines' course record of 2:59:01 (set in 1970). Second thru fourth were: (2) Gene Morgan (Alaska Methodist U) 3:02:58, (3) Dave Thomas (U of A Ski Team) 3:04:37, (4) Thomas Corbin (US XC Ski Team) 3:11:53. Corbin was US National XC Ski Champ last year. Marcie Trent (50 plus years) successfully defended her senior women's title, finishing an hour and 16 minutes ahead of her nearest rival in 4:45:28. Only one woman was faster (under 35), and then only by less than 4 minutes. However, one high school girl was quite a bit faster at 4:24:04 (Marian May). She is on the Lathrop High Ski Team. *** All in all, a very successful race. Let's see a whole group of Bay Area runners take on this challenge next year!!

London-to-Brighton (52 3/4 Miles): (Sept. 26, London, England) - Dave Levick (Witwatersrand Univ., So. Africa) was the youngest man in the field, but he ran over a good field and set a new course record in the process (5:21:45) over the rugged London-Brighton circuit (hilly over last 15 miles). Top American to finish was Jim McDonagh (Millrose AA) in 9th at 5:51:12. Next came John Pagliano (Golden West AA) 6:15:21 (18th); J. Garlepp (Millrose AA) 6:17:04 (19th); Bob Deines (Otherways AC) 6:33:49 (23rd); S. Grotsky (Millrose AA) 6:44:34 (27th); Rick Spavins (Otherways AC) 7:11:38 (38th); and P. Heath (No. Medford, Mass.) 8:00:45 (50th). A total of 52 finished (66 started). Following description reported by Bob Deines, the Pacific Association's representative in the race (along with Rick Spavins, who paid his own way): "It was perfect weather, and I felt quite good at the start, staying back in about 10th and comfortably near the lead, as no one was starting fast. The first 20 miles were all within the suburbs of London, and by the time we were coming out, I was in a small group with only 2 others out in front, one of whom was Levick. We came through 10 miles in 63 minutes and 20 in 2:05, which was maybe a little bit fast, but still pretty comfortable. Things stayed pretty much the same for the next 10 flat miles and we hit 30 at 3:08, but I was starting to feel a bit tired. I was about 3 minutes ahead of last year's Rocklin pace at this point. At 35 miles, just before getting to the hilly and rough part of the course, my legs were getting really tired and my calf started to cramp where I had first felt a strain during the early part of the race. I slowed to a walk, but felt no better...in fact wondering whether I would have to walk the last 17 miles, a pretty dismal prospect. I kept walking for about 5 miles, drank several cokes, and started to feel better (just a bit) at 40 when Pagliano and Spavins caught up with me. They were both feeling the miles too, and Spavins soon stopped to get rid of his breakfast. From 40 on I jogged most of the way, but my legs were quite dead on the hills, up or down, and thus, I jogged past the beautiful gardens and parks of Brighton to the shore to finish. My only consolation (not much) was seeing Jeff Julian come in a minute later. He'd strained a calf muscle 4 days earlier and hobbled and walked the whole way. But he said he wanted to run the Brighton while he was in England as he's soon to return to New Zealand." *** Bob expects to be in Rome by mid-November (after travelling much of Europe) and his mailing address there will be c/o Lucinda Hawkins, Vicolo del Cedro 23, Trastevere, 00153 Rome, Italy. He conveys his deep gratitude to all those who helped make his trip to the London-Brighton possible.

Gookin Wins Seventh Santa Barbara Marathon: (Oct. 3) - San Diego TC's Bill Gookin defeated Occidental College's and West Valley TC's Martins Ande (ex-Nigerian Olympian) by a goodly margin of more than 3 minutes, proving that all is not gone as one approaches forty. The heat (80 degrees plus) proved too much for most of the fairly classy field, and Gookin, who started off slowly, came crashing down on the leaders during the latter stages of the race, clicking off miles at near 5:20 pace. His winning time of 2:29:33 was very good considering the conditions. Only Bay Area finisher besides Ande was the SF Olympic Club's Jim O'Neil (29th, 3:15:26), who found that going to a beach party with Flory Rodd the night before a marathon is not necessarily the best racing strategy. The Santa Barbara AA copped the team title from the Striders. Top 15 finishers: (1) Gookin (SDTC) 2:29:33, (2) Ande (Oxy/WVTC) 2:32:33, (3) Larry Pontinen (unatt.) 2:34:59, (4) Mike Mahler (unatt.) 2:35:52, (5) Dave Russell (SCS) 2:42:30, (6) Tully Mann (SDTC) 2:42:44, (7) Mike Maron (SBAA) 2:44:51, (8) Bill Anderson (SBAA) 2:46:46, (9) Curt Thomson (unatt.) 2:48:01, (10) Dave Roosevelt (SCS) 2:48:57, (11) Howard Priest (unatt.) 2:52:24, (12) John Brennan (SBAA) 2:53:15, (13) Dave Waco (GWAA) 2:53:30, (14) Doug Sailors (CCAC) 2:53:47, (15) Tom Sturak (SCS) 2:55:28. Additions: Two other Bay Area finishers that I missed on the first glance - (27) Ben Sawyer (Otherways AC) 3:14:06, (40) Doug Gates (unatt.) 3:27:35. If I missed anyone else, please notify me. A total of 92 runners finished.

Jose Cortez Runs Class Marathon at Eugene!! (Oct. 3) - The Redwood City Striders' Jose Cortez finally came of age (19 years worth) at the Oregon TC's All-Comers Marathon in Eugene by running to a national class 2:21:38. The mark was a new JC record and new national age group (for 19 year olds) record (old record was 2:23:26 by Ed Walkwitz at Boston in 1970). The old JC record was held by Phil Burkwest of Spokane Falls Comm. Coll. (Wash.) at 2:25:26, also set in 1970. Oregon TC's Mike Manley went out at about 2:15 pace but was slowed by stomach cramps at 20 miles and finished fourth. Ex-Fort Ord ace Russ Pate, now running for Oregon TC, was second after being overtaken by Cortez in the last few miles. His 2:22:09 time was also by far a personal best. Hal Jackson of the Portland TC was next in 2:28:03, followed by Manley in 2:29:29 to complete the sub-2:30 group. The weather conditions were excellent with temperatures in the mid-60's and mostly overcast with a light breeze. The course was flat with 4 x 6 1/2 mile loops. A total of 97 marathoners started and 63 finished. Mike Ipsen's gang of Striders carried the PA's colors well as everyone set a personal record except coach Mike Ipsen, who was only a few minutes off. Thirteen year old Dave Cortez (brother of Jose) made it a family affair by setting a new national record for that age group with a 2:45:30 and a most amazing seventh place finish overall!! Third Strider across was coach Ipsen in 29th (3:25:17), followed by 11 year old Tom Graycar (37th, 3:34:00), 12 year old Dave Crevelt (38th, 3:37:07), 11 year old Dave Wilson (39th, 3:38:24), and 15 year old Londa Kingery (52nd, 3:58:07) (Mitch Kingery's sister). Londa was third in the women's open division, won by Ona Dobratz of the Oregon TC in a scintillating 2:59:40. David Cortez won the Junior High and under division by over 34 minutes, with Graycar, Crevelt and Wilson taking 3rd through 5th in the same division. In a half marathon contested on the same day, the Oregon TC's Bill Norris won handily in 1:11:31 over teammate Geoff Hollister (3rd in 1:12:44) & Oregon State's Ted Wolfe (2nd, 1:12:28). Congratulations to Oregon TC on a well run race and good luck on the Olympic Trials!!

Nevada Cross Country Carnival: (Oct. 16, Idlewild Park, Reno) - Men's Open 5.4 Miles: (1) Lee Ferrero (Athens AC) 30:18, (2) Estaban Valle (unat.) 30:30, (3) Ron Plemmons (unat.) 30:34, (4) Paul Bateman (unat.) 31:13, (5) Ross Smith (over 40) (West Valley J&S) 31:14, (6) Bob Bourbeau (unat.) 32:02...20 finishers. Women's Open 2.5 Miles: (1) Dale Phillips (Lassen) 15:31, (2) Catherine Smith (unat.) 18:17, (3) Suzanne Valle (unat.) 20:21. College Varsity 5.4 Miles: (1) Peter Duffy (Nevada/WVTC) 27:10, (2) Ron Zarate (Nevada) 27:30, (3) Curtis Terry (Nevada) 27:55, (4) Pete Sinnott (Nevada) 27:59, (5) Larry Hildenbrand (Nevada) 28:00, (6) John Moura (Nevada) 28:15, (7) Larry Miller (S. Oregon) 29:00, (8) Tony Risby (Nev) 29:05, (9) Rudolfo Narvaez (Stanislaus) 29:18, (10) John Barry (S. Oregon) 29:25. *** Course was hilly, weather cold - (in high 20's with a light snow falling). -- Reported by Ross Smith.

TAHOE RELAY SPLITS (AUG. 14)

Yes, at last we have the Relay Splits from Lake Tahoe. West Valley TC set a new course record of 6:47:11, besting Pacific Coast Club's 1970 record of 6:50:44. We are printing the top 10 team splits, plus the total times for all finishing teams. At a later date, all splits should be available on mimeo sheets for distribution at races. Total times at exchanges are listed.

1 - West Valley TC "A" Team (Bill Clark 63:58, Bob Crow 2:02:03, Chris Miller 2:58:00, Willie Cronin 4:00:12, Bill Kelly 4:54:40, Peter Duffy 5:56:43, Jack Leydig 6:47:11); 2 - Oklahoma St. Runners Plus Others (George Stewart 66:10, John Halberstadt 2:00:02, Larry Rose 2:57:40, Reid Harter 3:57:30, Kurt Schoenrock 4:54:37, Steve Mathers 6:01:58, Peter Kaal 6:53:52); 3 - Mad River Runners (Gary Tuttle 67:17, Howard Labrie 2:04:06, Lou Patterson 3:06:01, Craig Streichman 4:03:50, Don Makela 5:00:54, Ron Elijah 6:09:48, Bill Scobey 6:55:23); 4 - High Sierra TC (Skip Houk 64:28, Wayne Van Dellan 2:00:09, Carlos Bravo 3:04:06, Don Gregory 4:06:11, Bruce Caputo 5:03:04, Dave Bronzan 6:10:46, Benny Sanchez 7:03:33); 5 - NCSTC (All Seniors, 1 Hour Handicap) (Paul Reese 18:00, Dick Hart 1:22:50, Vance Koerner 2:35:41, Jim O'Neil 3:44:32, Bill Kirchmier 4:53:10, Jim Nicholson 6:14:36, Peter Wood 7:10:13); 6 - West Valley Joggers (All Seniors, 1 Hour Handicap) (Bill Mackey 15:00, Alex Koenig 1:24:30, Jim Mackey 2:41:27, Frank Cunningham 3:58:06, Keith Campbell 5:06:48, Ross Smith 6:15:06, Harry Hill 7:25:33); 7 - Marin AC (Ray Menzie 1:12:32, Darryl Beardall 2:13:08, Lee Holley 3:18:05, Bruce Degan 4:24:32, Darren Walton 5:23:04, Bob Gormley 6:36:25, Doug Butt 7:25:51); 8 - West Valley TC "B" Team (Danny Urutiaga 69:23, Wayne Glusker 2:12:09, Russ Swift 3:16:34, Bob Stephenson 4:22:28, Dave Kopp 5:26:29, Keith Kruse 6:39:06, Scott McVay 7:30:44); 9 - Stockton TC (Randy Bemb 69:30, Ron Holloway 2:15:42, Guy Artherholt 3:19:54, Ed Brady 4:26:55, Barry Buob 5:30:30, Middlestadt 6:37:44, Potochnik 7:32:09); 10 - West Valley TC High School Team (Don Pemberton ??, Mike Pinocci 2:19:54, Rich Greer 3:27:46, Bob Grubbs 4:36:23, John Sheehan 5:32:28, Jack Bellah 6:41:05, Chuck Mork 7:34:06); 11 - Pleasant Hill T & F (High School) 7:50:26; 12 - Alum Rock RA (High School) 7:51:37; 13 - Stanford RC 8:06:11; 14 - High Sierra "B" Team 8:06:38; 15 - Alameda TC 8:08:35; 16 - Lassen TC 8:09:25; 17 - Solano TC 8:11:19; 18 - Marin AC "B" Team 8:19:59; 19 - Willow Glen HS 8:22:33; 20 - Placerville-Del Oro 8:30:50; 21 - Napa Valley Runners 8:31:47; 22 - West Valley TC "C" Team 8:34:19; 23 - Pleasant Hill T & F "B" Team (HS) 8:42:15; 24 - Stanford RC "B" Team 8:40:30 (Places should be switched with 23rd); 25 - Reno YMCA 8:52:05; 26 - Travis Roadrunners 8:53:03; 27 - Joggnauts 9:03:10; 28 - Mad River "B" Team 9:03:20; 29 - So. Lake Tahoe 9:05:53; 30 - West Valley TC "D" Team 9:07:18; 31 - Alum Rock RA "B" Team (HS) 9:37:09; 32 - Pleasant Hill T & F "C" Team (HS) 9:45:55; 33 - Napa Valley Runners "B" Team 10:10:34; 34 - So. Lake Tahoe "B" Team 10:10:34; 35 - ?? 10:21:05; 36 - Cathedral Hill MC (Women's team) 10:25:30; 37 - ?? 11:13:45. *** Note: On the splits for the first 10 teams, the runners may not have been given the correct leg, due mainly to the switching of numbers from the way originally entered on application. You know what leg you ran...the splits are official.

DIPSEA RESULTS

(Aug. 29) - The write-up on the 1971 Dipsea story was printed in the September issue of the NCR. At that time we were lacking all but the top 10 finishers. Only categories of winners we didn't list were the father-son award (to J.A. Killeen and M.A. Killeen) and the mother-daughter award (to Mary and Maryetta Boitano). Below are listed the top 120 finishers (including top 10) according to their actual order of finish. In parentheses following the times are handicaps (in minutes) which should be added to the listed times to get actual elapsed running times. If no number follows, then the finisher had no handicap (he ran from scratch).

1 - Mike Boitano (SERC)	43:53 (15)	41 - S.J. Carey (unat.)	51:35 (4)	81 - Bruce Degan (Marin AC)	54:36
2 - Norman Bright (unat.)	45:08 (15)	42 - R. Lawler (unat.)	51:44 (6)	82 - Unknown Runner	54:36
3 - Owen Gorman (Seniors TC)	46:00 (7)	43 - Darryl Beardall (Marin)	51:47 (1)	83 - S. Beck (unat.)	54:38 (15)
4 - Ron Elijah (Mad River)	46:08	44 - Harry Skandera (unat.)	51:48	84 - K.S. Maurer (unat.)	54:48 (4)
5 - Fran Conley (unat.)	46:18 (15)	45 - Homer Latimer (unat.)	51:49	85 - Mark Lowry (unat.)	54:51
6 - Jim O'Neil (SF Olympic Club)	46:49 (8)	46 - Bill Flodberg (Solano TC)	51:51 (4)	86 - Unknown Runner	54:55
7 - David Cortez (RC Striders)	46:53 (6)	47 - Joe McDevitt (unat.)	51:59	87 - A.M. Garcia (ARRA)	54:56
8 - Byron Lowry (SF Olym. Club)	46:55	48 - Jim Nicholson (NCSTC)	52:02 (7)	88 - Tommy Owen Jr. (RCS)	54:57 (15)
9 - Monty Wolford (CR T&T)	47:22 (6)	49 - Mark Byers (Mad River)	52:19	89 - Don Coghlan (NCSTC)	55:04 (7)
10 - R.A. Martinez (SJY)	47:45 (15)	50 - Bill Roay (Dolphin Club)	52:21 (7)	90 - S.H. Rogers (ARRA)	55:08 (4)
11 - Mike Killeen (Marin AC)	47:52 (4)	51 - Don Lucero (unat.)	52:24 (7)	91 - R.P. Yamat (unat.)	55:10 (4)
12 - G.G. Garbarino (unat.)	47:53 (4)	52 - Jack Kirk (unat.)	52:27 (15)	92 - Vance Koerner (NCSTC)	55:12 (7)
13 - Don Pickett (SF Olym. Club)	47:59 (7)	53 - Bob Thaning (Marin AC)	52:36	93 - Bob Bunnell (Marin AC)	55:13
14 - Peter Mattei (NCSTC)	48:14 (8)	54 - P.S. O'Malley (RCS)	52:37 (6)	94 - B. Brown (unat.)	55:16 (4)
15 - Dbn Makela (unat.)	48:22	55 - M.C. Johnson (unat.)	52:38 (4)	95 - C.O. Hermans (unat.)	55:22 (4)
16 - P. Kelly (Dolphin Club)	48:23 (7)	56 - Tom Beck (Marin AC)	52:40	96 - R.J. Godwin (unat.)	55:23
17 - Mitch Kingery (RC Striders)	48:35 (4)	57 - R.A. Lyon (unat.)	52:51 (7)	97 - Walt Betschart (NCSTC)	55:24 (7)
18 - Wes Hildreth (Marin AC)	48:39 (1)	58 - J.J. Moura (unat.)	52:54	98 - J.M. Graycar (RCS)	55:25 (4)
19 - Jack Bellah (West Valley TC)	48:59	59 - D.J. Martinez (SJY)	52:55 (8)	99 - M.C. Murray (SDTC)	55:28 (7)
20 - Ralph Paffenbarger (NCSTC)	49:07 (8)	60 - C.K. Giblin (Sparta TC)	52:58 (6)	100 - Tom Graycar (RCS)	55:31 (8)
21 - Dennis Teegarden (NCSTC)	49:17 (7)	61 - P.M. DeMarais (unat.)	53:06 (6)	101 - Unknown Runner	55:32
22 - Paul Reese (NCSTC)	49:19 (10)	62 - P.L. Jaeger (NVRC)	53:09 (7)	102 - J.L. Dawson (unat.)	55:33 (7)
23 - Barry Pollard (ARRA)	49:26 (4)	63 - Scott Daggatt (unat.)	53:19	103 - Miller (Marin AC)	55:34 (1)
24 - D.P. Giblin (Sparta TC)	49:35 (15)	64 - H.G. Morrison (unat.)	53:20 (7)	104 - A.T. Castro (unat.)	55:35 (8)
25 - Bob Malain (NCSTC)	49:40 (7)	65 - P.J. Ellis (Sparta TC)	53:23 (15)	105 - M.J. Crabtree (unat.)	55:42
26 - C.M. McDonald (SDTC)	49:44 (15)	66 - G. Tarin (NCSTC)	53:26 (7)	106 - D.J. Hutton (unat.)	55:44
27 - B. Glad (unat.)	49:45	67 - Butch Alexander (unat.)	53:33	107 - T. Jordan (RC Striders)	55:47 (4)
28 - A. Aguilar (Alum Rock RA)	49:50 (4)	68 - A.M. Perich (unat.)	53:45 (15)	108 - G. Manriquez (unat.)	55:49
29 - K.E. Henry (unat.)	49:51 (4)	69 - Bob Grubbs (WVTC)	53:47	109 - R. Shaw (unat.)	55:51 (4)
30 - Greg Chapman (Solano TC)	49:58	70 - M.K. Kasser (RCS)	53:54 (4)	110 - M.C. Wright (Sparta TC)	55:52 (6)
31 - G.B. Conlan (SFOC)	49:59 (7)	71 - L.E. Hoyt (Marin AC)	53:55 (8)	111 - D.C. Elsener (unat.)	55:55 (4)
32 - Mike Aragon (Marin AC)	50:03	72 - T.R. Kelly (unat.)	53:59	112 - M.A. Sommer (unat.)	55:56
33 - Howard Labrie (unat.)	50:18	73 - Elaine Pedersen (CHMC)	54:04 (15)	113 - F.A. Wilmoth (unat.)	55:57 (4)
34 - Jim Howell (West Valley TC)	50:40	74 - Bill Yee (unat.)	54:07	114 - John Satti (NCSTC)	56:01 (15)
35 - Ron Kinney (unat.)	50:48 (7)	75 - Unknown Runner	54:13	115 - G.L. Griffin (unat.)	56:15
36 - John Butterfield (unat.)	51:01 (1)	76 - R. Black (unat.)	54:21	116 - Tom O'Brien (unat.)	56:16 (4)
37 - Peter Wood (NCSTC)	51:19 (7)	77 - Mike Healy (NVRC)	54:28 (7)	117 - F.A. Robbin (unat.)	56:21 (4)
38 - Steve Brooks (Alum Rock RA)	51:21	78 - R.J. Maulsby (unat.)	54:30	118 - Rich Clark (WVTC)	56:22 (6)
39 - D.A. Stock (unat.)	51:29 (6)	79 - R. Ryon (unat.)	54:31 (4)	119 - Lyle Lough (Lassen TC)	56:23
40 - Bill Kirchmier (unat.)	51:35 (4)	80 - W.J. Swiatecki (unat.)	54:34 (8)	120 - J.M. Killeen (NCSTC)	56:24 (7)

KELLY & DELGADO DEAD HEAT IN ALAMEDA XC

(Sept. 11) - After running through the first loop (3.3 miles) of the course with teammate Jack Leydig, Rich Delgado and Bill Kelly slowly pulled ahead over the last three miles to record a 33 second margin of victory. All three were under Kelly's old course record of 36:02, set last year. Paul Reese took an easy victory over Dave Stevenson in the senior division, 39:35 to 40:45. In the high school division (same race), West Valley's Mike Pinocci and Mike Ruffatto tied in 37:25 to place 6th overall, and out-distance the nearest high schooler by almost 3 minutes. Liz Healy was the first woman in (33rd, 49:50). In the shorter, one lap race, Edward Healy of the Travis Fliers won handily in 21:14. Michelle Healy of the Napa Valley RC was first girl in the shorter race in 25:33. The team title went to West Valley TC with a low of 19 points. No other team had five runners. The day was clear and sunny and probably a bit warm (80°). Top 21 finishers (40 completed race) in the 6.6 Miler:

1 - Bill Kelly (West Valley TC)	35:22	8 - John Toki (Alameda TC)	38:29	15 - Dave Boyet	40:43
(tie) Rich Delgado (West Valley TC)	35:22	9 - Ray Miranda (Napa Valley RC)	38:59	16 - Dave Stevenson (Stanford RC)	40:45
3 - Jack Leydig (West Valley TC)	35:55	10 - Adam Ferreira (Travis RR)	39:08	17 - John Geer (Whittier Alum TC)	41:19
4 - Dan Anderson (Valley TC)	36:12	11 - Paul Reese (NCSTC)	39:35	18 - Phil Holder (Solano TC)	41:23
5 - Mark Donnell (Alameda TC)	37:20	12 - Willie Cronin (WVTC)	40:12	19 - Dave Larson	41:28
6 - Mike Pinocci (West Valley TC)	37:25	13 - Forrest Wimer	40:16	20 - Raymond Orvig	41:40
(tie) Mike Ruffatto (West Valley TC)	37:25	14 - Steve Noga	40:32	21 - Edward Healy (Travis Fliers)	41:46

JOSE CORTEZ WINS DOUBLE DIPSEA TITLE

(Sept. 12) - Although missing his course record by over two minutes, RC Strider Jose Cortez did gain one consolation by finishing first overall in this gruelling race. Last year brother Dave beat him to the line, but this year Dave could do no better than 8th. Runnerup Darryl Beardall's handicap was quickly swallowed up (6 minutes) by Cortez, who finally bested Beardall by over two minutes. Darryl had second fastest elapsed time, and Homer Latimer, who ran perhaps the best race of his life, took third place, both placewise and timewise. John Butterfield of the Boston AA was 4th fastest (and finished 4th). The fastest female runner was Elaine Pedersen by a long ways. She recorded a 2:43:44 and took 27th place. In the senior divisions, Ron Kinney took the 40-44 category (7th), Peter Mattei the 45-49 group (5th), Dale Shute was tops in the 50-57 class (70th, 3:04:00 actual time), and Norman Bright took the 58 and over award (13th). Shannon Healy was the Boys 10 and under winner (63rd, 3:04:27) and Mary Crevelt was the Girls winner in the same division (68th, 3:08:15). Oldest finisher under 4 hours was Ernie Marinoni (66th, 3:06:59). Youngest finisher under 4 hours was Pat Cunneen (95th, 3:25:05). Ernie is 66 years old and Pat is 7. J. Emory won the special 190 pounds plus award (80th, 2:59:14). Course length is 13.4 miles of extremely hilly trails. The weather didn't cooperate at all today as the temperature pushed near 100 along the ridges before the race was over. Considering this, Jose's time this year was something else! The top 45 finishers and their actual adjusted (elapsed) times are listed below:

1 - Jose Cortez (RC Striders)	1:47:57	16 - Daniel Arias (unat.)	2:07:40	31 - Gus Cano (RC Striders)	2:21:21
2 - Darryl Beardall (Marin AC)	1:56:04	17 - Rich Lyon (unat.)	2:15:06	32 - Phillip Jaeger (NVRC)	2:33:36
3 - Homer Latimer (Unat.)	1:57:24	18 - Tony Stagliano (Dolphin C)	2:15:37	33 - Rudy Snyders (HMB XC)	2:22:05
4 - John Butterfield (Boston AA)	1:58:18	19 - Bill Posedel (Pamakid)	2:17:01	34 - Don Sommer (NVRC)	2:29:06
5 - Peter Mattei (NCSTC)	2:07:32	20 - Peter Demarais (unat.)	2:17:33	35 - Jason McBride (unat.)	2:23:33
6 - Ralph Paffenbarger (NCSTC)	2:10:00	21 - Bill Yee (NVRC)	2:14:05	36 - Jesse Smith (Antioch HS)	2:25:34
7 - Ron Kinney (unat.)	2:07:18	22 - Jack Ball (unat.)	2:20:43	37 - Robert Moretto (SERC)	2:37:37
8 - David Cortez (RC Striders)	2:03:44	23 - Alan White (NVRC)	2:20:56	38 - Jim Woodruff (Joggeronauts)	2:39:22
9 - Mitch Kingery (RC Striders)	2:05:38	24 - Dan Hutton (Novato HS)	2:15:09	39 - Tom Szostak (unat.)	2:27:47
10 - Bill Kirchmier (NCSTC)	2:16:57	25 - John Brennan (SERC)	2:28:25	40 - John Wunderlich (Hangtown)	2:33:48
11 - Mike Kelly (unat.)	2:06:08	26 - Nile Sousa (unat.)	2:17:28	41 - Karl Masschall (unat.)	2:43:28
12 - Frank Cortez (West Valley TC)	2:06:09	27 - Elaine Pedersen (CHMC)	2:43:44	42 - George Goldman (unat.)	2:34:42
13 - Norman Bright (Snohomish TC)	2:31:52	28 - Willie Cronin (WVTC)	2:24:45	43 - Jim Farren (unat.)	2:35:24
14 - Bob Malain (NCSTC)	2:19:23	29 - Leon Brunet (Ukiah HS)	2:25:19	44 - Armand Castro (unat.)	2:45:21
15 - Kurt Schroers, Jr. (Aggie TC)	2:07:34	30 - Jim Nicholson (NCSTC)	2:32:43	45 - Larry McGrael (unat.)	2:36:46

LARIS WHIPS GOOD FIELD AT WALNUT FESTIVAL

(Sept. 19) - Pulling away strongly on the last of three identical laps, NYAC's Tom Laris, currently going to school at Stanford, easily destroyed a strong field in the 27th Annual Walnut Festival Race (5.56 Miles). His time of 26:28 was the fastest anyone has run on this course in a long time, but still way off Bill Morgan's 26:00 record. Morgan finished 14th today. Surprising Ray Darwin slipped by Bill Clark, who had led with Laris for most of the race before falling back. West Valley TC took the team title without much competition for the fourth year in a row. They placed their first five in the top eight runners and added a 10th and 12th for good measure in the field which numbered 301 at the finish. Jim O'Neil ran a sparkling 30:10 for 32nd to cop senior honors, but fast improving Dennis Teegarden was only about 30 seconds back. Francie Larrieu once again won the women's title as she placed a very good 78th overall (32:30). A big surprise was high school frosh Mitch Kingery who blazed to a 16th place finish in 28:40. He beat quite a few class runners in the process. The UC Davis Aggies took second place teamwise with 109 points to WVTC's 29. Redwood City Striders were third with 186, and then the next team was almost 200 further down the line. Top 60 Finishers & times:

1 - Tom Laris (New York AC)	26:28	21 - Bill Hansen (Aggies)	29:11	41 - Dennis Ball (Aggies)	30:30
2 - Ray Darwin (Culver City AC)	26:51	22 - Ron Grandner (WV College)	29:15	42 - Dennis Teegarden (NCSTC)	30:38
3 - Bill Clark (West Valley TC)	26:55	23 - Bob Donley (unat.)	29:19	43 - James Van De Erve (Aggies)	30:42
4 - Darren George (Napa Valley RC)	27:24	24 - Jim Webb (unat.)	29:20	44 - Tim Jordan (Elk Grove AC)	30:46
5 - Bill Kelly (West Valley TC)	27:34	25 - Dwayne Harms (Aggies)	29:21	45 - Frank Hagerty (Napa Valley)	30:47
(tie) Bob Crow (West Valley TC)	27:34	26 - Jim Holl (West Valley TC)	29:44	46 - Bill Davis (unat.)	30:48
(tie) Rich Delgado (West Valley TC)	27:34	27 - Kevin Sanford (WV College)	29:49	47 - Brent Masters (Livermore RL)	30:56
(tie) Jack Leydig (West Valley TC)	27:34	28 - Jerry Maydahl (Aggies)	29:50	48 - Larry Bridges (Cal Poly)	31:05
9 - Jim Dare (US Navy)	28:00	29 - Mike Brisbin (Cal Poly)	29:51	49 - Robert Malain (NCSTC)	31:07
10 - John Sheehan (West Valley TC)	28:02	30 - Jim Shettler (unat.)	29:54	50 - Kent Rezowalli (Maranon)	31:09
11 - Jose Cortez (RC Striders)	28:03	31 - Adam Ferreira (Travis RR)	29:55	51 - Peter Wood (NCSTC)	31:10
12 - Gary Berthiaume (West Valley TC)	28:07	32 - Jim O'Neil (SF Olympic Club)	30:10	52 - David Marsh (Pamakid)	31:12
13 - Dan Anderson (Valley TC)	28:20	33 - Norris Peterson (WVJS)	30:12	53 - Ken White (RC Striders)	31:14
14 - Bill Morgan (unat.)	28:27	34 - Dave Robertson (RC Striders)	30:14	54 - Mike Haniger (WV College)	31:19
15 - Ed Haver (Athletes in Action)	28:36	35 - Gordon Blackwell (WV College)	30:18	55 - Dave Peterson (WV Joggers)	31:20
16 - Mitch Kingery (RC Striders)	28:40	36 - Paul Schupp (Funky St. BC)	30:22	56 - Glen Lewis (Funky St. BC)	31:28
17 - John Axelson (Aggies)	28:45	37 - Burton Hume (WV College)	30:24	57 - Don Pickett (SF Olympic Club)	31:30
18 - Bob Giles (Aggies)	29:00	38 - Hal Michael (Aggies)	30:25	58 - John Weidinger (unat.)	31:34
19 - Keith Kruse (WV College)	29:05	39 - Dale Fiochio (WV College)	30:26	59 - Nils Carlson (Solano TC)	31:35
20 - Greg Chapman (Solano TC)	29:10	40 - John Toki (Alameda TC)	30:28	60 - Ed Jaynes (Athens AC)	31:36

BADGLEY SURPRISES AT PA-AAU 25 KILO

(Sept. 25) - West Valley TC's newest member earned his keep with an easy victory in the Pacific Ass'n 25 Km. Championships. After running with Ray Darwin for about 10 kilometers, Wayne Badgley decided to take command and kept increasing his lead to record the third fastest ever clocking on the course behind Alvaro Mejia and Chris Miller (in 1969). High School junior Gordon MacMitchell, made ineligible because of a transfer from another high school, decided to try out the 15 plus miles and surprised everyone except perhaps himself with a third place 1:23:54. He will be able to compete come track season. Jim O'Neil ran one of the best races of his career with a 1:31:28 for 12th overall and first senior finisher. Peter Wood (20th, 1:37:34), and Dave Stevenson (21st, 1:37:45) were far back. The full results have been temporarily misplaced and so we have only the top 12 for this printing. West Valley TC took the team title with 24 points, putting all five in the top eight to take the honor for the third straight year. *** (1) Wayne Badgley (WVTC) 1:21:23, (2) Ray Darwin (CCAC) 1:23:39, (3) Gordon MacMitchell (PA High) 1:23:54, (4) Joe McDevitt (WVTC) 1:24:03, (5) Rich Delgado (WVTC) 1:24:45, (6) Jack Leydig (WVTC) 1:25:26, (7) Tom Cathcart (Livermore Vly RC) 1:25:47, (8) Bob Crow (WVTC) 1:26:07, (9) John Butterfield (Boston AA) 1:26:25, (10) Dan Anderson (Valley TC) 1:26:58, (11) Bob Gormley (Marin AC) 1:31:16, (12) Jim O'Neil (SF Olympic Club) 1:31:28.

LARIS RUNS 2:17 OVER SHORT NAPA MARATHON COURSE

(Oct. 3) - A great number of fast times and personal bests were recorded at the supposedly certified Napa Marathon Course. Everyone was happy, but dubious at the same time. A quick investigation afterwards showed that the course was approximately 1.5 miles short, thus shattering many delusions of grandeur. The weather was perfect at the 8:30 am starting time, growing warm by 11 and hot by noon. The course (after 5 miles through Napa) wound through vineyards, orchards, etc., to make it certainly one of the more scenic in the area. Wine (Napa Valley of course!) was given to winners. A total of 54 finished the grind. Darren George ran with Laris through about 20 miles before Tom moved away strongly, finishing the same way. His time of 2:17:53 was equivalent to around a 2:26 for a full marathon. Darren, at 2:20:10, would also have undoubtedly broken 2:30. Despite the short course, seniors turned in some startling times, foremost of which was Ross Smith's 2:33:27 (6th overall) and Paul Reese's 2:39:28 (9th overall, over 50 years old). In all, six seniors would have wound up breaking the three hour mark with the proper distance being run. Skip Swan-nack was the first woman to finish with a 3:36 clocking (& 21 seconds). Twelve year old Mike Healy would have had a National 12 Year Old Record had the course been the proper distance (he was timed in 2:57:03). He finished 31st. The top 30 runners follow:

1 - Tom Laris (New York AC)	2:17:53	11 - Ron Kinney (unat.)	2:43:33	21 - Rudy Hernandez (unat.)	2:48:51
2 - Darren George (Napa Vly RC)	2:20:10	12 - Dave Stevenson (Stanford RC)	2:43:46	22 - Jim Pinchard	2:49:02
3 - John Butterfield (Boston AA)	2:24:03	13 - Ron Olitsky (unat.)	2:44:30	23 - Mike Basham (RC Striders)	2:49:52
4 - Dan Anderson (Valley TC)	2:28:05	14 - Ralph Paffenbarger (NCSTC)	2:44:39	24 - Jim Bowles (WVTC)	2:51:32
5 - Randy Lawson (RC Striders)	2:29:51	15 - Don Peterson (Stanford RC)	2:44:41	25 - Bob Stephenson (WVTC)	2:52:23
6 - Ross Smith (WV Joggers & Str.)	2:33:27	16 - Dave Zumwalt	2:45:02	26 - Jim Nicholson (NCSTC)	2:53:17
7 - Frank Krebs (Sac'to State)	2:37:14	17 - Bill Snavely (unat.)	2:45:29	27 - Kenneth Witt	2:54:06
8 - Ian Jackson	2:38:19	18 - Peter Mattei (NCSTC)	2:46:00	28 - Vic Weber	2:54:55
9 - Paul Reese (NCSTC) (54)	2:39:28	19 - Jim Holl (West Valley TC)	2:46:11	29 - Jim Engle (Napa Vly RC)	2:55:17
10 - Peter Hanson (unat.)	2:43:09	20 - Rick Nolan	2:46:37	30 - John Geer	2:55:23

DARWIN WINS LAKE MERRITT 10 KM; KINGERY SURPRISE 4TH PLACE

(Oct. 10) - Culver City AC's Ray Darwin had a long time coming. Ever since his comeback (after he got out of the Navy) in 1969, he had failed to win a single PA-AAU road race. Finally, it was bound to happen and he came through with a good 30:26.8 victory over West Valley's Jack Leydig (30:38) to do it. After running through the first 5 km. with Leydig and surprising Kingery in 15:10, Ray decided to go after it, but it wasn't until less than two miles to go before he managed to slowly pull free. Kingery faded to fourth behind Dan Anderson, but his 31:13 for 10 km. is really smokin' for a high school frosh, only 15 years old. Peter Mattei started off the new point total (NCR race) season right with the top senior spot (25th), with 1971's top senior, Bill Mackey, almost 50 seconds arrears. However, he had just finished running second in the 5 Km. race (amongst seniors) a few minutes earlier. Dick Mantooth easily captured that race with a 15:51. Dennis Teegarden was top senior here (3rd, 16:38). The weather was overcast and perfect for fast times. The race lacked depth, but certainly not quality (referring to 10 km.). Below are listed the top 15 in the 5 Km. and the top 30 in the 10 Km. Thirty-seven finished the shorter race and 122 made it across in the longer trek.

1 - Dick Mantooth	15:51	6 - Ken Freschant	16:58	11 - Bruce Carradine	17:19
2 - Leon Brunet	16:31	7 - Don Lee (Sparta TC)	16:59	12 - Jerry Kokesh (unat.)	17:25
3 - Dennis Teegarden (NCSTC)	16:38	8 - Dennis Tracy (unat.)	17:02	13 - Rod Miller (Napa Valley RC)	17:37
4 - John Randazzo	16:51	9 - Max Rios (Alameda TC)	17:14	14 - Dick Villafuerte (DSE)	18:01
5 - Carlos Ortiz	16:55	10 - Bill Mackey (WV Joggers)	17:16	15 - Roger Shane	18:03
1 - Ray Darwin (Culver City AC)	30:26	11 - Dick Lyon (unat.)	34:33	21 - Don Pickett (SF Olympic Club)	36:07
2 - Jack Leydig (West Valley TC)	30:38	12 - Ed Jaynes (Athens AC)	34:36	22 - Alex Monterossa (SERC)	36:09
3 - Dan Anderson (Valley TC)	31:07	13 - Dick Cordone (San Diego TC)	34:58	23 - Tom Castro (unat.)	36:16
4 - Mitch Kingery (RC Striders)	31:13	14 - Dave Peterson (WV Joggers)	35:02	24 - A. Matrait	36:21
5 - Bill Kelly (West Valley TC)	32:18	15 - Walt Van Zant (WV Joggers)	35:10	25 - Peter Mattei (NCSTC)	36:22
6 - Doug Butt (Marin AC)	32:54	16 - Mike Spino (unat.)	35:11	26 - Jack Ball	36:26
7 - John Weidinger (unat.)	32:55	17 - Al White (Napa Vly RC)	35:15	27 - Don Peterson (Stanford RC)	36:31
8 - Jeff Krott (Marin AC)	33:20	18 - Joe Henderson (Marin AC)	35:26	28 - Wes Hurlburt (US Navy)	36:35
9 - Norris Peterson (WV Joggers)	33:27	19 - John Geer (unat.)	35:37	29 - Ernst Hayman (unat.)	36:45
10 - Dave Stevenson (Stanford RC)	34:32	20 - Don Sommer (Napa Valley RC)	35:59	30 - Bill Roay (Dolphin Club)	36:51

****Humble apologies to Dave Stevenson & Don Pickett. They were 1st and 2nd seniors in 10 km. race with Peter Mattei third.****

HOUK TAKES AAU FIFTY MILER, MISSES RECORD

(Oct. 17, Rocklin) - After loosing the 1970 Title by only 3 seconds to Bob Deines, Skip Houk should have had second thoughts concerning this year's race. Running most of the first half of the race with RC Strider and US 100 Mile Champ Jose Cortez, Skip moved out and took things into his own. At 30 miles he was 10 minutes up on Deines' pace and at 40 he was still 8 ahead. But then the bears jumped on him and he was only 2:30 ahead with 5 miles to go. The fast early pace had been too much and he finally had to settle for a 5:19:11, some 4 minutes behind the record. Meanwhile, 19 year old Cortez was putting second place securely into his pocket with a 5:31:15, slightly better than last year. Pagliano took third, a surprising accomplishment since he had raced the London to Brighton only 3 weeks previously. Ralph Paffenbarger lowered his senior record to 6:13:41 in finishing 6th and leading his team to the title (PA-AAU). However, the Golden West AA nipped the NorCal Seniors for the National title. The 19 finishers: (1) Houk (HSTC) 5:19:11, (2) Cortez (RCS) 5:31:15, (3) John Pagliano (GWAA) 5:44:12, (4) Gary Dobrenz (GWAA) 5:49:59, (5) Jim Bowles (WVTC) 5:59:43, (6) Ralph Paffenbarger (NCSTC) 6:13:41, (7) Dave Waco (GWAA) 6:25:12, (8) Peter Mattei (NCSTC) 6:34:02, (9) C.J. Bristol 6:39:50, (10) Paul Reese (NCSTC) 6:51:40, (11) Mitch Kingery (RCS) 6:55:25, (12) Wayne Lucas 7:49:41, (13) Mike Ipsen (RCS) 7:59:24, (14) Maureen Wiemeyer 8:10:04, (15) Bob Woodliff 8:35:45, (16) Dennis Letl (Solano TC) 8:36:34, (17) Norman Bright (Sn.TC) 9:09:12, (18) David Crevelt (RCS) 9:32:40, (19) David Wilson (RCS) 9:54:17. *** 30 Starters, temperatures in 40's and 50's.

More WVTC Club News: Forgot to mention Joe Ray's 23rd place finish in the Lake Merritt (Columbus Day) 5 Kilometer race (his first on the roads) - time was 21:00. *** A few of WVTC's high school runners have been talking about sending an all high school team to the National AAU XC Championships in San Diego on Nov. 27. We certainly have the material...those interested in such a venture please contact Jack Leydig immediately. *** Peter Brown just lowered his Burlingame 3 mile course record to 14:47 on Oct. 26.

LATE NEWS: Wayne Badgley (WVTC) won the PA-AAU Jr. 10 Km. (short course) in an upset victory over Bill Scobey (unat.), with mere feet separating them. Badgley came from 30 to 40 yards behind with a half mile to go. Lowry finished third. All results next time. Redwood City Striders edged West Valley TC for the team title, 90-100.



Bob Coe, Duncan MacDonald, & Don Kardong with about 100 yards to go in WVTC vs. Stanford XC Meet. (Marconi Photo)



Burlingame High's Peter Brown, featured in this month's West Valley Portrait. (Robt. DeAragon Photo)



Part of the action in the Women's 1.9 Miler at the Walnut Festival Races. (Marconi Photo)



Darren George leading Dan Anderson at the Walnut Festival Run. George went on to take 4th place and Anderson was 13th. (Marconi Photo)



Wayne Badgley has been winning big lately. He edged Bill Scobey in the PA Jr. XC Race and is shown here in his PA 25 Km. win. (Marconi Photo)



University of California senior, Cliff West, featured in Northern California Portraits this month, shown during 1970 PA-AAU Mile Run at Sacramento (West is center). (Marconi Photo)



Mike Boitano was the handicap winner of the 1971 Dipsea Race by over a minute. (Photo by John Boitano)



Ray Darwin (front and center with bare feet), featured in this month's NorCal Portraits, won the Lake Merritt 10 Km. and took 2nd at the Walnut Festival. Bill Clark (#77) was voted PA-AAU Distance Runner of 1971. Tom Laris (#218) won Napa Marathon in 2:17:53 on a short course. (Marconi Photo)

the running shop • larkspur

Date: _____ 19 _____

CHECK OR MONEY
ORDER ENCLOSED

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

SHIP TO:
(If different
from above)

Name _____

Address _____

City _____ State _____ Zip _____

Height _____ Weight _____ Chest _____ Waist _____

Quantity	Model No.	Size	Description	Color	Price Ea.	Amount

*Sales Tax:
Calif. residents add 5%
Mass. residents add 3%
on shoe orders only.

Total for Goods		
Sales Tax*		
Shipping		
Total Amount Encl.		

- Order all Tiger Flat Shoes, except TG-24, one (1) size smaller than street shoe or 1/2 size less than normal track shoes.
- Order all Tiger Spike Shoes and TG-24 1/2 size smaller than street shoe or same size as normal track shoes.
- Add \$1.00 shipping for shoe and sport suit orders. Add \$1.50 for 2 pairs.
- Add 20¢ shipping per apparel and accessory item.
- Sizes 3 1/2 to 5 1/2 available in limited supply in: TG-4, TG-23, TG-24, TG-25, XIX & V-68.
- Merchandise may vary from description as improvements are made by the manufacturer.
- All Prices FOB Shipping Point.

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

THE RUNNING SHOP

107 RICE LANE

LARKSPUR, CA 94939

415-924-6370

Running Shop Price List

<u>Tiger Flats</u>	<u>Retail Price*</u>
TG-4N (Nylon)	11.95
TG-22 Road Runner	13.85
TG-22R Bangkok	14.95
TG-23 Simba	13.95
TG-23R Tahoe	16.45
TG-24 Cortez	16.45
TG-25N Boston (Nylon)	14.45
TG-107 Larkspur (Special Running Shop Model)	12.95

Tiger Spiked Shoes

TG-26BR Cougar	19.45
TG-27LJ Special	15.95
TG-26C Roma	15.95
XIX Olympiad XIX	19.95
 Tiger Football-Soccer Shoe	 16.95

Reebok Flats

Dura Ripple Gazelle	15.95
World Ten Racer	19.95

White Stag Apparel

900 All Acrylic Sweatsuit (Green, Red, Blue)	12.95
950 Double Knit Nylon (Green, Red, Blue).	19.95
970 Triple Knit Nylon	29.95
40200 All Nylon Running Suit (Weatherproof for running in rain)	15.95
Tiger-T-Shirt (Columbia Blue, Royal, Scarlet or Gold)	2.00
 *Nylon Running Shirt	 4.95
*Cotton Running Shirt	3.00
*Nylon Running Shorts	3.50
White Cotton Running Shorts (Blue, Red, Green Trim)	2.50

*Item available in Black, Green, Gold, Scarlet, Royal Blue, White

BRS Track and Field Accessories

Replacement Spikes (Sets of 8 Only)75
Specify 7mm (1/4"), 12mm (1/2") 15mm (5/8") 18mm (3/4")	
Arch Supports, Dr. Scholls 6-7, 8-9, 10-11, 12-13	2.50
White Shoe Laces (40 inch)25
Spenco Inner Soles 6-7, 8-9, 10-11, 12-13	3.95

Canvas Equipment Bags

Your Club or Team Symbol and Colors	3.50
"Munich 72" Olympic Team Symbol	3.50
Posters of Famous Runners (Write for selection)	1.95

*(Above increased prices effective August 1, 1971. Special school and club team prices on written request).