



NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION
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The Northern California Running Review is published on a monthly basis by the West Valley Track Club of San Jose, California. It is a communication medium for all Northern California track & field athletes and includes age group, high school, collegiate, senior, AAU, and women's coverage. The NCRR is available at many road races and track meets throughout the area for 25¢ an issue, or for \$3.50 per year by subscription (12 issues). All West Valley TC members 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: NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401 (Ph. 342-3181). NOTE THAT THE ABOVE IS A NEW ADDRESS and should be used for all correspondence. Be sure and give photo credits, those competing, and the event being run. Any size print will do. Please do not send us the negative. We will return prints after we're through.

NCRR STAFF: Editor - Jack Leydig; Printer - Frank Cunningham; Chief Photographer - John Marconi; Cartoonist - Lee Holley (Marin AC); NorCal Portrait - Jon Hendershott; Coach's Corner - John Marconi; West Valley Portrait - Willie Cronin; Women - Roxy Anderson, Daryl Zapata, Jim Hume; Seniors - John Hill, Willis Kleinsasser, George Ker; Editorials - Bill Clark, Rich Delgado, Don Kardong, Joel Jameson; High School - Joel Jameson (Santa Cruz - Monterey), Mike Ruffatto, Mike Pinocci, Willie Cronin (East Bay), Jack Bellah, Dave Stock (San Jose), Peter Jones (S. Peninsula) -- (we still need reporters for Marin, Sacramento, and N. Peninsula, ... if you're interested in helping out by sending scheduling and results on a regular basis, please contact the editor immediately); Collegiate - John Sheehan (Far West Conf.), Jon Hendershott (Pac-8 & SJS), Fred Baer, Jose Cortez (Jr. College); Race Walking - Steve Lund, Bill Ranney; AAU Track & Road Results - Jack Leydig.

March's Contributors: Bob Anderson, Joe Henderson, Charlie Harris, Pax Beale, Archie Owens, Doug Essary, Don Peterson, Dan Ferris, Tony Sucec, John Hill, Jerry Kokesh, Dave Fried, John Brennand, Billy Tracey, Harold DeMoss, Fremont Recreation Dept., Luka Sekulich

IN THIS ISSUE

NCRR Long Distance Point Race through PA-AAU 30 Km. Championships; Article on Elaine Pedersen, winner of first official women's AAU Marathon; Coach's Corner: Marshall Clark (Stanford); NorCal Portrait: Oregon TC's Jon Anderson; West Valley Portrait: Rich Delgado; Long Distance Schedule until the end of May; Collegiate, AAU and High School Track & Field Schedule; Women's and Seniors T&F Schedule; Race Walking; More results from San Diego Indoor Games & Natl. AAU Championships; NorCal athletes in US vs. USSR Indoor Meet; Results from many AAU, collegiate, and high school track meets; Top JC marks through March 18; Results from: Seaside & Griffith Park Marathons, 20 Km. Pleasanton-Dublin Run, Martinez, Searsville, Fremont, 100 Miler; Partial results from PA-AAU 30 Kilo and Napa Blossom Hill Run...photos!!

WIN A \$50.00 SAVINGS BOND!!!

In an effort to get new NCRR subscriptions, we are offering a contest this year, with the winner receiving a fifty-dollar U.S. Savings Bond. The contest works this way: anyone is eligible except the editor. The winner must have sold at least 15 new subscriptions during 1972. For credit, merely indicate such on your subscription blank or in a letter. It can be your own subscription, but no renewals count. Start selling now and get ahead.



"YOUR FIRST MARATHON?"

CLUB NEWS

This section of our publication is devoted to various clubs in the area. If your club has any announcements or news that you would like to have printed, please send it to us. Our circulation is now at about 400 and your message will be noticed. As long as the news is pertinent to track and field or distance running, and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from your club...we are still having very poor response.

WEST VALLEY TC: March saw the club gain six new members, all of whom have excellent credentials. Jim Dare is 25 years old and lives at 703 Southview Way, Woodside, CA (Ph. 365-3627). He considers himself to be primarily a steeplechaser (he holds the club record in that event at 9:22.1), but is also well qualified in other middle-distance and long-distance events. His track bests are: 880-1:56.5, Mile-4:06.5, 2 Mile-8:57.4, SC-8:56.2. He has a best 10 Kilo XC mark of 32:07, set last fall. John Estrada, 25 years of age, lives at 38900 Blacow Rd. (#155), Fremont, CA 94536 (Ph. 792-9463). John likes to compete in many events and promises to be one of the club's point-getters in dual competition. His bests are: 100-10.2, 220-23.2, 440-51.0 (49.8r), 440IH-62.0, 880-1:59.8, LJ-21-6, TJ-44-7, Jav-133-8 1/2. Bill Johnson, 26, joins the club's growing sprint group. He lives at 147 Venetian Rd., Aptos, CA 95060 (Ph. 688-1272). He has some very quick PR's as follows: 60-6.3, 100-9.7, 220-21.3, 440-48.8 (47.6r), 880-2:05, Disc-120. Dave Scharer, who was fifth in the British Empire Games' 400 meter hurdles last year, is currently living in the Bay Area (since last October), and will only compete for the club for the remainder of this season. His current mailing address is c/o Shell Development Co., P.O. Box 24225, Oakland, CA 94623 (Ph. 922-4992). While representing England in the Empire Games last year he recorded a 51.5 for fifth place and has a best of 50.8 (400m). He has also run the 440 in around 47.5 and has gone under 47 on relays. He will certainly be a welcome addition to the team this spring. Jost Schmitt, 24, is a German citizen, now attending UC Berkeley and lives at 2150 Channing Way, Apt. 23, Berkeley. Some of his personal bests: 110 yds-10.8, 220-22.7, 440-50.1, 880-1:56.9, TJ-45'5". Hans Voskes, 21, lives at 1500 Claremont Dr., San Bruno, CA 94066 (Ph. 583-2270). He has bests of 440-50.1 and 880-1:59.1 (both set last year).

One more new member who just sent in his application today. Allen Sanford, 25, a Stanford graduate, is now living at 3178 Stockton Pl., Palo Alto, CA 94303 (Ph. 326-7229). Al has run some excellent middle distance times and has PR's of: 440-51.5, 660-1:20.8, 1320-2:55.9, Mile-4:03.8. He should be rounding into good shape to help out on the club's distance relay teams this season.

A reminder to those members who are eligible to represent the club in meets this spring: please send in your mimeo sheet indicating what meets and events you'd like to participate in if you haven't already done so. Spots on our relay teams in the big meets will be highly selective, so if you haven't gotten in some competition by now, try to do so in the very near future if you plan on running on these teams.

Address changes: Add the following changes to your club directory to keep it up to date - Bill Scobey has moved back to Arcata from L.A. (his address is the same as it was before...as listed in directory); Wayne Glusker is now at 60 Alviso, Santa Clara (Ph. 296-8432); Alvaro Mejia's new phone number is 341-5097.

Just received a letter from Brook Thomas inviting all WVTC members to compete in an All-Comers Meet on the UC Santa Barbara track, Sat., April 15. All track events will be held, including a six mile (but not a steeple). All you have to do is show up for the meet. The six should start around 1 pm. He would like to see as many 6 milers from our club compete as possible...both he and Greg Brock will be running, plus who knows? You can go down the night before and they might be able to put you up if you've written beforehand. If you're interested, contact either Don Kardong or Duncan Macdonald (1050 Cloud Ave., Menlo Park, CA 94025 - Ph. 854-2901). They will be handling the track program in the editor's absence during April.

Those WVTC athletes who competed in road races this past month but did not finish high enough to be listed in the race results section at the back of this issue: 20 Km. Pleasanton to Dublin Run - (73) Charles Attwood (1:40:32)--his first road run!! Martinez - (87) Billy Tracey (54:55). Searsville - (95) Billy Tracey (54:20). Fremont 10 Km. - (62) James Jacobs (39:46), (??) Larry Gruse (52:06).

THIS AND THAT

Race organizers: If you would like to increase the number of participants in your event and at the same time help others learn about your event, then send at least one entry blank for your race to the Pacific Association of the AAU, 942 Market St., Suite 601, San Francisco, CA 94102. Often times they are asked to supply information on races only a few days prior to the race and have none. Actually, entry blanks should be supplied with your sanction application. The NCRRC would also appreciate a copy of your entry blank because we get frequent calls concerning race times and locations and can't always answer questions for lack of information. Thanks.

Authority has been given to the National AAU Track & Field

Committee to negotiate a contract to hold the AAU Indoor Championships in New York for another three years!! Just who gave out this authority? I tend to think that giving the meet to New York forever is certainly not fair to those western competitors who have to fork over several hundred dollars each to compete every year. Another example of AAU bureaucracy.

I recently forwarded a letter to the AAU Track & Field Committee, requesting a list of AAU clubs receiving funds from the "TV Fund" program. I received a reply saying I would have to wait until the minutes of the Indoor Meeting were made available. Since we were notified several months ago of the fact we didn't (WVTC) receive an allocation, it seems rather odd that all the facts aren't immediately available. Of the monies that were allocated, not a single PA-AAU club has received anything as yet to my knowledge...quite an amazing fact, considering the number of Olympic calibre people we have floating around the area!

Schedule change: The 1972 Pikes Peak Marathon date has been changed due to unforeseen circumstances. It will now be held on Aug. 13, 1972. For further information, send self-addressed, stamped envelope to Walt Stack, 321 Collingwood, S.F. 94114.

FLASH!! - Eileen Claugus of the Will's Spikettes (Sacramento) surprised everyone in the 4 Kilo International Women's Cross Country Championships at Cambridge, England. She finished an amazing second place, only two seconds behind Britain's Joyce Smith's winning 16:11. Seven nations participated. (Eileen, by the way, is only 16 years old, 5-3, 100 pounds). She will be featured in next month's NorCal Portrait.

Capt. Cliff Clark, Merced High School cross country coach, finished second in the CISM trials (6 mile) behind Fred Lands of March AFB. Their times were 29:12 and 29:30, respectively. Jim Crawford (29:45) followed Mike Mittelstadt (29:38) in fourth. Tom Heinonen, seeming to have shaken an injury-ridden fall season, was fifth in 29:45. Another Californian, Mike Gregorio (SDTC), took third in the shorter 3,000 meter event (9:17). The winner was Conrad Nightingale in 9:14. A total of 12 men represented the U.S. in the CISM event at Tunis, Tunisia on March 6-10. In that meet, Lands was first American in 30:09 (10th) for the 10 Km. course. Cliff Clark was 16th (30:20). Mike Gregorio (18th) and Phil Camp (19th) were other U.S. finishers in the 10 Km. event (West Coast participants). The U.S. team finished third behind Morocco and Tunisia.

The U.S. Olympic Committee recently announced that all marathon qualifying times (2:30 or better) must come on CERTIFIED courses.

Tina Anex and Jackie Dixon also represented the U.S. at the International Cross Country Meet in England (Jackie was an alternate). No further information at this time.

The Boston Group Fare will not happen this year. It never even got off the ground with only four deposits as of March 29.

The Northern California Distance Annual for this year will not be published after all. The reason...the WVTC is in financial trouble and cannot afford to put up the \$300 necessary to print them. Sorry, we'll try again next year. Photos will be returned.

NCRRC LONG DISTANCE POINT RACE

This year the NCRRC's point race will offer two perpetual trophies for the winners in the open and senior divisions. The winners of the past two years will have their names and point totals engraved on the trophies as well. For the uninitiated, here is basically how our point system works. It is based on not only the number of races run, but also on your average placing. To figure out your own point total, merely take your average placing and divide by the number of races run. As an example, if you placed 5th, 6th, and 7th in three races, your average place would be 6th. Divide this by 3 (the number of races run) to get your point rating of 2.0. Anyone can keep track of their scores, and we encourage those listed below to keep tabs on us and send in your records at the end of the year if they differ from ours. We added a few other rules to our system: (a) races must be PA-AAU sanctioned races, or at least take place in the PA-AAU with substantial numbers of participants, (b) we only count finishers in the top 10 (open) and top 6 (seniors) for our rankings...you need not be limited to this. If a listed runner finished out of the top 10 (or 6 for seniors) in a given race, this isn't counted against him. (c) All athletes residing in the PA-AAU are eligible, whether registered in the Association or not (e.g. - Ray Darwin, John Butterfield), as well as PA-AAU athletes residing outside the Association (Bill Scobey, etc.). (d) In meets where two races are held (or more), the main event shall count for open competition and two races may be counted for senior competition (Lake Merritt 5 and 10 Kilos, etc.). The scoring year starts off with the Lake Merritt Races on Columbus Day. Below are listed the top 15 open competitors and top 9 seniors, with points being tallied through (including) the PA-AAU 30 Kilo Championships. In open competition, Byron Lowry still leads, but slipped in his point rating on the basis of two rather poor (for him) finishes during the past month. Darryl Beardall, showing that "he ain't dead at 35", is making a good challenge and should move into first shortly at this rate. Dan Anderson moved up two notches into third, and Jack Leydig came all the way from 13th to within 0.001 of third. Those dropping off the list include Gordon MacMitchell, Steve Dean, Peter Duffy, and Duncan Macdonald. Newcomers are Alvaro Mejia and Victor Mora. In senior competition, Ross Smith continues his domination with 9 wins against no losses and seems a snap to beat Bill Mackey's point record in the next few months. Dave Stevenson is making a bold challenge to overtake Ross, and in the process is taking a clear hold on second place. The top four positions remain unchanged from February. Peter Wood dropped off the list for the first time in recent memory and Paul Reese moved up into 7th from 10th. (Note: an asterisk (*) next to any placing indicates a tie.) For example, 2* indicates (if under column 1) 2 firsts, one of which was a tie. Two asterisks would mean two ties, etc. A tie is counted as an average: a tie for first would count as 1.5, etc.). **** If anyone can come up with a good method for determining a point system based on finish place, number of races run, and quality of race (based on number of competitors, or a voted weight factor by PA runners?), please contact the editor. I think a first place in the Bay to Breakers, or Dipsea, for instance, certainly merits more than a win in a race with 50 or so competitors. Suggestions are welcome!!

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Byron Lowry/SF Olympic Club (7)	3	0	1	2	0	0	1	0	0	0	3.00	0.429
Darryl Beardall/Marin AC (9)	2*	1	0	2	2	1	0	1	0	0	4.06	0.451
Dan Anderson/Valley TC (12)	1	1	1	0	0	3	3	1	0	2	6.08	0.507
Jack Leydig/West Valley TC (8)	1	2*	0	1	2	1	1	0	0	0	4.06	0.508
Wayne Badgley/Unattached (5)	2	1	1	0	0	1	0	0	0	0	2.60	0.520
Jon Anderson/Oregon TC (5)	3	1	0	0	0	0	0	0	1	0	2.80	0.560
Darren George/Napa Valley RC (5)	1	2	1	0	0	1	0	0	0	0	2.80	0.560
Bill Scobey/West Valley TC (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
Alvaro Mejia/West Valley TC (3)	2	0	0	0	1	0	0	0	0	0	2.33	0.778
Jose Cortez/RC Striders (5)	1	1	0	1	0	1	1	0	0	0	4.00	0.800
John Weidinger/Pamakids (8)	0	0	2	1	0	0	1	1	3	0	6.50	0.812
Ray Darwin/Culver City AC (3)	1	0	1	0	1	0	0	0	0	0	3.00	1.000
Don Kardong/West Valley TC (1)	1	0	0	0	0	0	0	0	0	0	1.00	1.000
Victor Mora/Colombia (1)	1	0	0	0	0	0	0	0	0	0	1.00	1.000
John Butterfield/Boston AA (7)	0	0	1	0	0	1	1	1	1	2	7.57	1.082

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Ross Smith/West Valley J&S (9)	9	0	0	0	0	0	1.00	0.111
Dave Stevenson/Stanford RC (12)	5	5	1	1	0	0	1.83	0.153
Bob Malain/NCSTC (9)	3	2	2	2	0	0	2.33	0.259
Jim O'Neil/SF Olympic Club (8)	1	5	2	0	0	0	2.12	0.266
Jim Nicholson/NCSTC (10)	2	1	3	2	0	2	3.33	0.333
Peter Mattei/NCSTC (9)	1	1	3	2	2	0	3.33	0.370
Paul Reese/NCSTC (10)	0	2	3	1	2	2	3.90	0.390
Donal Coghlan/NCSTC (7)	2	0	0	3	2	0	3.43	0.490
Don Pickett/SF Olympic Club (5)	0	3	1	1	0	0	2.60	0.520


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RUNNING UNLIMITED: (Tiger Distributor for Northern California) - With cross country season just past, a lot of us have worn through our training and racing shoes, or need indoor equipment. Running Unlimited has probably just what you need in the way of a replacement or an addition to your collection of running gear. There are now 3 locations of Running Unlimited. Tom Laris has set up two more offices (in San Francisco & Oakland). Tom's office is at 407 California Ave., Palo Alto (Ph. 328-4274). If you live in the East Bay, then Bill Yee can fix you up. He is at 2262 41st Ave., Oakland (Ph. 533-4545). Bill's hours are 5-9:30 pm, Monday thru Friday or by appointment. For those of you who live in the North Peninsula or Marin County areas, contact Bob Crow, located conveniently at 5655 Geary Blvd., San Francisco 94121 (Ph. 387-2337). It's in the northwest corner of town. Bob's office hours are 6-10 pm, Sunday thru Thursday or by appointment. *** The Tiger brand is by far the most popular distance running shoe on the market...you can't beat them for price, comfort, and wear. Running Unlimited also carries shorts, shirts, insoles, running books, carrying bags, spikes, and a variety of other athletic needs. Check out one of these fellows at the next road race. If you are a high school or college runner, ask your coach about getting a special rate by purchasing Tigers for the entire team.

VIC'S SPORTS - ADIDAS RUNNING SHOES: You may have noticed recently that Vito D'Aloia is also getting into the shoe selling business at local road races. He sells Adidas training and racing flats, socks, insoles, Gatorade powder, shorts, and a variety of other handy running items. This month he is featuring the Gazelle (Blue and Red) for excellent comfort and durability. If you have trouble finding him at a race, you can always contact him at 2289 Kenwood Ave., San Jose, 95128 (Ph. 408-296-3982). Store hours are 5 to 9 pm on weekdays, and weekends by appointment. Free delivery in the San Jose area.

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1972 NORCAL DISTANCE ANNUAL: Please take note! There will be no NorCal Distance Annual this year! The primary reason for this is the fact that West Valley TC is financially unable to put up the necessary \$300 for publication costs. Not that we don't have \$300, but our treasury is low considering the heavy schedule of meets (paying entry fees and some travel costs will cut deeply) during this Olympic year. A primary factor was a real lack of interest. I've had a few scattered concerned questions about when the Annual will be out, but not really that many. At the cost (\$1.75 per copy), we would have to sell over 150 just to break even. Perhaps next year we will try it again, but lack of finances and lack of interest prevent it this year. Thanks to those who supported our effort. We are in the process of mailing photos back, etc.

ANNOUNCING THE ANGEL ISLAND SIX MILER!! - (May 7, 11:30 am, Angel Island, just off the tip of the Tiburon Peninsula). The Guardsmen, a San Francisco charitable organization that raises \$150,000 yearly to send under-privileged children to camp, is organizing a six mile footrace around Angel Island. The course promises to be challenging with a lot of ups-and-downs. No...you can't drive to Angel Island, but you can take a ferry from either S.F. or Tiburon. On the day of the race, ferries will leave Tiburon starting at 9 am, about every 20-30 minutes...we don't know about S.F. departure times. Entry blanks will be made available shortly from Virgil Caselli, 2800 Filbert St., San Francisco, CA 94123. The entry fee will most likely be \$2.50-3.00, but will go to a worthy cause and will be tax-deductible. There will be some sort of award for everyone who finishes. The start of the race will be in the area of the ferry landing at the East Garrison. This will probably become an annual event.

SPECIAL ARTICLE

Elaine Pedersen Wins First Official Women's AAU Marathon: (by Pax Beale) - I guess it all started at the 1966 Dipsea Race. The starter raised his gun and then paused. Suddenly, he announced he would not pull the trigger until "that woman" got out of the lineup; quickly, Elaine Pedersen removed herself. But a kind friend hid her in the crowd, and once the gun was fired, pushed her into the race....thus she became one of the first women to ever actually run in a bonafide AAU sponsored distance race, albeit in a very, very unofficial manner. Women have been restricted from competing against or with men and the maximum distance allowed by the AAU was 2.5 miles for women.

"Petie" is not a Women's Lib crusader, and, in fact, her early running efforts were prior to the Women's Lib movement as we know it today. Petie wanted the fun of a little exercise and found that the simple act of running filled her needs. She never pretended to be a "competitor" in the truest sense. In fact, to this date, her maximum training is hardly 50% of what experts would consider the minimum amount of training miles per week. Yet, the lure of the longer distances beckoned to her. In her second race she tackled the summit of the running world...the Boston Marathon. A five-dollar payoff to an eastern high school runner for taking her physical examination made her the second official, but unwanted, female entrant into that AAU race. Associated Press and United Press gave national publicity to this crazy blonde who wanted to experience a 26 mile marathon. Jock Semple, the well-known Boston Marathon impresario, excommunicated her forever from the Boston Marathon and even put her running compatriot, Pax Beale, on a 2 year probation. This was not a casual matter. Pax and Elaine received written notices from Jock and the B.A.A. Race Committee. Nevertheless, she became a familiar face at other AAU runs around the country, and the officials welcomed her as an unofficial entrant.

Without a doubt, Elaine broke the psychological, if not the legal, barrier for women running long distance races. She was the first. Her penchant for running was not based on any great natural ability or any great desire to train any more than she felt was fun and healthy. She has been beaten as many times as she has won, particularly with the great numbers of women of all ages flocking to distance races in a trail of acceptance by race officials that she herself had established. In 1966 she was the only woman to sneak into the Dipsea; in 1971, over 60 female entrants were accepted by the sponsoring Mill Valley Jr. Chamber of Commerce.

"It got to a point where showing up at a race without "Petie" became awkward," says Pax Beale. Rules or not, the local AAU officials always welcomed her to run officially (after the first Dipsea) and always asked Pax, "where's Petie?" Bob DeCelle even gave her an official AAU patch way back in 1968 because she was a woman who brightened up the races. The patch was treasured but never worn because she felt that she had not really earned it and she had respect for the men who had.

How times have changed! February 26, 1972, at Seaside, Oregon. The Trail's End Marathon, so named because it is the end of the famous Lewis & Clark Trail, sponsored the FIRST OFFICIAL AAU WOMEN'S MARATHON. The race was run in conjunction with the usual men's competition. Seventeen women were entered and welcomed as official entrants for the first time.

Perhaps it is poetic justice that Petie took command of the race at the 21 mile mark to win a 5 minute victory over a 19-year-old Canadian runner. Her time was a personal best and a very creditable 3 hrs 27 min 13 seconds, on a cold, windy day. Never gifted with great speed, she once again seemed to "put it all together" and draw on her strange ability to transform from a jogger to a runner on a given occasion. Heck, enroute she went through 20 miles of rolling hills in 2 hrs 37 min....only last December the best she could do at the flat Pepsi 20 Miler was 2 hrs 48 min. She probably will drift back into the jogging clan again, as her goal is not hard core competition against all the up-and-coming

THE SAGA OF THE MARATHON RUNNERS

Some hearts are beating quickly,
in anticipation of the run.
Some are telling stories thickly,
others hiding from the sun.

The months of preparation
have come to an end.
The moments of meditation
will follow in that trend.

The gun resounds, the runners surge,
the sun is in their eyes.
Their legs abound, their bodies merge,
some minds are on the prize.

Mile after mile,
for distance they greed.
Most move with style,
others also with speed.

They check their times
as they quickly fly;
The day is hot,
so they must die.

The halfway point is drawing near,
most entrants move relaxed,
Oranges and water are dear,
a few are severely taxed.

The girls at Wellesley shout and cheer,
and others along the way,
For those in front and them in the rear,
who run on this glorious day.

Their bodies weaken, their minds go blank,
but their motion continues on.
Most runners drink and thank,
the front runners just speed on.

The finish line at last draws near,
they've blisters on their feet.
Bodies still are in gear
but exhausted by the heat.

Now thick and fast they come at last,
and more and more and more,
All crossing the finish line
and collapsing to the floor.

Their bodies ache, no longer strong,
but their minds are contented now.
Some times are slow 'cause "the course was long,"
and the winner takes a bow.

by Kenneth Schatten
(submitted by Rich Delgado)

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teenage whiz kids. At 35, and working full time as a supervisor for United Air Lines, she hardly has the time to do the bona fide competitive effort continued justice. Her philosophy is truly out of the Joe Henderson mold of "run for fun and you can run forever."

Oh yes, she did receive the first official AAU championship patch ever awarded in women's marathoning. She's going to wear this one. Look for it. Not because she won a race and deserves it, but because it represents the culmination of a lot of pioneering effort. It represents the fact that women are now accepted in distance races and have their opportunity to "run for fun."

COACH'S CORNER

Meet Marshall Clark: (Stanford Univ.) - In the Olympic year of 1968, Stanford University's cross country team pulled off one of the year's major surprises when it placed second to Villanova at the NCAA Cross Country Championships held at New York's Van Cortland Park. Quite a start for rookie coach Marshall Clark, a graduate of USC in 1957. Needless to say, Clark's record and the runners he has coached at Stanford up to now have been quite impressive.

A tally of Stanford's last four cross-country seasons shows a remarkable 19-2 dual meet record performance. In 1969 and 1970, Stanford placed third in the Pac-8 Cross Country Championships, quite probably the toughest of any conference meet in the country.

The individual talent that has worked under Clark's supervision has been equally impressive. Peter Fairchild at 1:49.4 in the 880; Duncan Macdonald and Allen Sanford at 3:59.6 and 4:03.8 respectively in the mile; Brook Thomas, a sub-9 minute steeplechaser, and long distance aces Don Kardong, Greg Brock and Arvid Kretz have all run national class times over 2, 3, and 6 miles.

In the words of Kardong, "Coach Clark is the type of coach that lets the runner more or less control his own workouts. He doesn't believe in setting down a stiff, inflexible workout schedule that is to be followed to the letter. Clark feels that by the time you have arrived at college, you should have a pretty good idea as to what sort of training you need. He plays the role of advisor rather than dictator."

On training, Clark relates, "Most of my early coaching was influenced by the Australian Franz Stampfl with a lot of emphasis on interval training on the track. From Herb Elliot and Percy Cerutti I realized the necessity to get away from the track and run in parks, on the beach, and hiking in the mountains, etc. Most of my runners also take to weight lifting. Military press, bench press, and curls are the more common type of lifting we do."

A typical training week for the 2-3 miles would go as follows: Mon. 2 x 880 in 2:05 or 12 x 440 in 62-65; Tue. road run of ten miles; Wed. 8 x 1000 on grass in 2:30 to 2:40; Thur. 8 x 880 in 2:12; Fri. easy jogging; Sat. competition; Sun. long steady run of 15-20 miles. It should be noted that each individual seldom does the same workout as the other runners on the team. For example, while Kardong runs 880's on Thursday, Kretz would run 6 x 1000 on grass. Most Stanford distance runners usually take a short morning workout of 5 miles about 5 times a week.

And so as the 1972 Olympic year goes into full swing---it is fitting that two of Marshall Clark's top distance runners (who are now graduates), have an excellent chance of making the U.S. Olympic team this summer. Duncan Macdonald recently had a very successful indoor season, capped off by a 4:01.3 mile at San Diego. Don Kardong got PR's of 8:32.8 for two miles and 13:19.8 for three on the indoor circuit, capping it off with a second place in the AAU 3 mile, qualifying him to represent the U.S. in the Soviet indoor dual meet in Virginia. He finished second there behind Len Hilton.

NORTHERN CALIFORNIA PORTRAIT

Meet Jon Anderson: Jon Anderson relates, "I have experimented with many types of training, but find that an easy day-hard day program (i.e. - Bowerman's) is most enjoyable and has resulted in my most satisfying results in competition." This certainly seems to be the case as of late anyway, as Jon is really showing himself to be of Olympic potential. While not having competed yet this season on the track, his efforts on the roads have been spectacular. In his first marathon attempt in December, he recorded a 2:23:44, running that off a slow (56 minute) first 10 miles. The Oregon TC athlete, now living in Burlingame, followed that performance a month later with a 1:01:34 over a certified 20 Kilometer course with rolling hills, knocking almost two minutes off the previous record. Then, a few weeks later, showing that the 20 Kilo race was no fluke, he ran a scintillating 47:46 over a slightly less than 10 mile course. The amazing thing was that he clipped over 2:30 off Peter Duffy's year old course record.

The 6'1-1/2", 160-lb., Eugene born runner, trains twice a day, seven days a week, 12 months a year (comes to about 12 workouts a week on the average), with a total mileage of 80-100 miles per week. His longest training and competitive runs have both been 26 miles in length. "Morning runs consist of about 5 miles at 6:30 pace," relates Jon. "My interval training comes on Tuesday and Thursday. On Tuesday I run 2-3 miles of short intervals (110's to 330's) and then an 8 mile run afterwards. Thursday is my long interval day (about 6 miles of 880-mile repeats). All other days I do an easy 7 miles, followed by 8 x 110. The key to my workouts is my long Sunday run, usually about 20 miles in length. On Thursday I may go for a long 15 Km. run instead of intervals. My intervals are now all on the golf courses, parks, etc. because of a recent foot injury. I find track workouts fairly boring and the least enjoyable aspect of running. On the other hand, I realize the necessity of intervals if I am to be successful."

The self-coached Anderson is definitely influenced by Bill Bowerman's methods. His favorite distances at present are the 6 mile and marathon, with competition every 2-3 weeks. Jon is no novice at cross country running either. He finished first in the Heps at Van Cortland Park in 1970, recording a 24:39 over a rugged 5 miles. He then ran third in the IC4A Meet on the same course in 24:45.

Concerning tactics in racing, Jon states..."Whatever it takes to win!!" **** Jon Anderson, Burlingame, CA (Oregon TC). 6'1-1/2", 160-lbs., 22 years old (born Oct. 12, 1949, Eugene, Ore.). Employed as kitchen helper at hospital. Began running in Sept. 1966 as a senior in high school, no extensive layoffs since then. Self-coached and influenced by methods of Univ. or Oregon's Bill Bowerman. Best times: Mile-4:17.01, 2 Mile-8:51.51, 3 Mile-13:53, 5,000m-14:19, 6 Mile-28:20, 3000mSC-9:01.0, Marathon-2:23:44.

WEST VALLEY PORTRAIT

Meet Rich Delgado: Meteorologists proclaim March comes in like a lion and goes out like a lamb, but the athlete for this month's West Valley Portrait is the direct contrast to this proclamation. To many contestants who are part of the PA-AAU road racing scene, the sight of Rich Delgado diligently performing his warmup rituals usually in a quiet place away from the humdrum of the starting area, is both tiring and unbelievable. When the call to the starting line is given, his quiet lamb-like approach is quickly discarded for the high-caliber of competitiveness that feverishly pushes him to his quest of being at the front. His numerous firsts and continuous high placings in both cross country and road races of various distances have truly established him as "Mr. Consistent." His winning of two consecutive NCCR Point Total Races certainly shows this to be true. His results speak well for his favorite method of training, P.O.T., a phrase borrowed from Byron Lowry meaning "Plenty Of Tempo".



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Rich is a late arrival making good as unlike many good runners he did not run in high school or college. He is now attending Law School at UC Berkeley, and as he puts it, "living by the largesse of the U.S. Government." Now 32 years of age, Rich has been running good races around the Bay Area for many years, but he ranks his 47:01 Dipsea (1970) and his 29:52 Lake Merritt (10 Km.) runs as his best efforts. Although he usually doesn't consider himself a marathoner, he set a course record in the rough Golden Gate Marathon last year with a time of 2:31:37, a personal best. On the track, he has done commendably well also, with bests of 9:06 for two miles, 13:59 for three miles, and 29:10.6 for six miles.

Despite his many firsts, his most exciting moments include almost getting mugged by some rough-looking horses in the PA-AAU Cross Country Championships in Golden Gate Park; breaking five minutes in the mile for the first time; and running cross country in Utah in 1965. His future goals are ones he'd rather not disclose, but for many of his fellow West Valley members, just to experience a mere sampling of his feats would be a long-cherished achievement. While many athletes fervently devour and keep their medicine cabinets stocked with different health foods and vitamin tablets, Rich depends on Brewer's Yeast for his added energy booster.

SCHEDULING

LONG DISTANCE

Note: All runs listed below are sanctioned by the AAU except those sepecified 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 are some - please send us scheduling for your area as soon as possible.) John Romero & Tom Bache, if you have a list of meets for the rest of the year, please send it to us. Non-PA-AAU races are designated by an asterisk (*) in parentheses. All requests for entries should be made to the addresses listed (if noted). More information on other associations can be obtained as follows: SPA-AAU (John Brennan, 4476 Meadowlark Ln., Santa Barbara, CA 93110); Pacific SW (Tom Bache, 4920 Kane St., San Diego, CA 92110); Southern Nevada (John Romero, 438 E. Sahara, Las Vegas, Nev.); Central Cal. (Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702). DSE Race Information can be obtained from Walt Stack, 321 Collingwood, San Francisco, CA 94114. Pacific Association of the AAU is located at 942 Market St., Suite 601, San Francisco, CA 94102. --- When requesting information from any of the above, please enclosed stamped, self-addressed envelope.

- Apr 8 - 14 Mile Road Race & Barbeque, El Dorado, 10 am. PA-AAU Sponsor, Ernie Marinoni, 5101 Newton Rd., Placerville, CA 95667.
- Apr 8 - Selma Senior 6 Mile Run. Gary Self, 8471 S. Bethel, Selma, CA (*CCA).
- Apr 8 - 2nd Hawaiian Marathon, Kahului to Kaanapali, 8 am. Sam Bosetti, 1777 Ala Moana, Honolulu, Hawaii 96813.
- Apr 9 - 6.5 & 13 Miler, Eugene, Ore., Autzen Stadium, 1:30 pm.
- Apr 10 - DSE Legion of Honor 4.5 Miler (new course), 10 am. Meet at Legion of Honor Parking Lot, S.F.
- Apr 15 - SPECIAL NOTE: There will be no Plodders West Marathon this year, as listed in the Marathon Handbook. Spread the word.
- Apr 15 - Birch Bay Marathon, Blaine, Wash. Jim Pearson, 5050 Hannegan Rd., Bellingham, Wash. 98225. (*PNWA)
- Apr 16 - DeAnza Ridge Run, 9 miles, Cupertino, 10 am. Joggers, Bruce Castle, 1019 Lancer Dr., San Jose, CA 95129.
- Apr 16 - DSE 4.7 Miler, 10 am. Meet at Polo Fields, Golden Gate Park, S.F.
- Apr 16 - Family 5 mile, San Dieguito Park, 2 pm. (*PSWA)
- Apr 16 - USOF Orienteering (Western Regional) Championships, Green Valley (two day meet), this is second day. (*PSWA)
- Apr 17 - Boston Marathon, Boston, Mass. 12 noon. NO POST ENTRIES...entries closed April 1, sorry about that.
- Apr 22 - Mt. Vaca Hill Climb, 10.6 Miles, Vacaville, CA, 9:30 am. Bay Area RR, Bill Flodberg, 12925 Foothill, San Martin, CA 95046.
- Apr 22 - 3 & 7 Mile Races, Portland, Ore. (Highland View JHS), 11 am.
- Apr 23 - DSE 3 Mile, Nob Hill Run, 10 am. Meet at Dolphin Club, S.F.
- Apr 23 - 5th Lakewood Little PanAm Games, 10 km, 9:30 am. Tom Cory, AAU - (213-241-4829). (*SPA)
- Apr 28 - Visalia Ten Miler, Mineral King Bowl. David Bronzan, P.O. Box 385, Three Rivers, CA. (*CCA)
- Apr 29 - San Martin Marathon, San Martin, CA, 8:30 am. Bill Flodberg, 12925 Foothill, San Martin, CA 95046.
- Apr 29 - Mission Bay 15 Kilo, San Diego, 10 am. Spence Milne, 6090 Rock St., San Diego, CA 92115. (*PSWA)
- Apr 29 - 17th Fontana Days Handicap (Portsmouth Start), 13.5 Miles, 8:30 am. (*SPA)
- Apr 30 - Mt. Diablo Disturbance Race or Kirk's Revenge, 6.6 Miles, (9 am, daylight time). Only male runners over 21 who have run in 3 Dipsea races. Jack Kirk, Star Route 4, Box 35, Mariposa, CA 95338.
- May 6 - 22 Mile Sac'to to Woodland Run, 10 am. Woodland Chamber of Commerce, 520 Main St., Woodland, CA 95695 (Ph. 916-662-7327).
- May 6 - 2 Man Blind Draw 9 Mile Relay, Hollywood Reservoir, 9 am. (*SPA)
- May 7 - Avenue of the Giants Marathon, Humboldt County. Rick Spavins, Route 1, Box 364, Arcata, CA 95521.
- May 7 - Angel Island 6 Miler, 11:30 am. Virgil Caselli, 2800 Filbert St., San Francisco, CA 94123 (See Classified Section - details).
- May 13 - 8 Mile Road Race, Golden Gate Park, SF, 9 am. Peter Mattei, 1000 North Point, San Francisco, CA 94109.
- May 14 - SPA-AAU 25 Kilo Championships, Cal-Poly Pomona, 8 am. (*SPA)
- May 14 - Practice Bay to Breakers Run, (DSE Run), 8 mi, 8 am. Meet at Howard & Spear Sts., S.F.
- May 20 - Chula Vista 20 Kilometers, Hilltop JHS, 5 pm. Dick Eby, 876 Gage Dr., San Diego, CA 92106 (*PSWA)
- May 21 - Natl. AAU Marathon Championships, Liverpool, N.Y. Ed Page, 401 S. Main St., N. Syracuse, N.Y. 13212.
- May 21 - Bay-to-Breakers Race, 8 Miles, San Francisco, 10 am. Frank Geis, 942 Market St., Suite 601, S.F. 94102. NO POST ENTRIES!!
- May 27 - 3rd Annual Golden Gate Marathon, Tiburon to S.F., 7:30 am. Rich Perry, 2406 Buena Vista Ave., Belmont, CA 94002.
- May 27 - USTFF Marathon, Wichita, Kansas. Herm Wilson, Wichita State Univ., P.O. Box 8084, Wichita, Kans. 67208.
- May 27 - 6th Palos Verdes Marathon, 8 am. Terry Wallace, 600 Claydon Rd., Palos Verdes Estates, CA 90274. (*SPA)
- May 27 - 6th Mt. Wilson Trail Race, 9.5 miles, 9:30 am. John Holcombe, Box 24, Sierra Madre, CA 92024. (*SPA)
- May 28 - Mile High Marathon, Denver, Colorado. Alan Curiff, 424 S. Clarkson, Denver, Colo. 80209.

Additions:

- Apr 15 - Marathon Road Run (Certified), Eugene, Oregon. Contact Kenny Moore, Box 277, Lowell, Ore. 97452.
- May 7 - DSE Practice Bay-to-Breakers Run, 8 mi., 8 am. Meet at Howard & Spear Sts., S.F.

AAU-COLLEGIATE

- Apr 6 - Laney College @ San Jose CC, 3:30 pm; Chabot @ College of San Mateo, 3 pm.
- Apr 7 - Hayward Decathlon & Women's Pentathlon Invit., Cal-State Hywd., 11 am; Skyline JC @ Solano JC, 3 pm.
- Apr 8 - Sacramento State Relays @ Sac'to St., 11:30 am; USC vs. Stanford & UCLA vs. UC @ Los Angeles, 1:15 pm; San Diego Relays @ Balboa Stadium; Occidental & Whittier @ Redlands, 1 pm; Fresno St. @ UCSB, Goleta; Hayward Meet, continued, 9 am; UC Davis & So. Oregon @ Humboldt, 11 am.
- Apr 12 - Merritt College @ Humboldt St., 2 pm; Reedley & Hartnell vs. Stanford Frosh & JV's @ Stanford, 4 pm.
- Apr 14 - Diablo Valley @ Chabot, 3:15 pm.
- Apr 15 - UCSB All-Comers, Goleta, 1 pm; New Ways Invit. @ Chico HS, 12 noon; Foothill @ SJCC, 10 am; UCLA, SCS, PCC, BAS @ UCLA; Occidental @ CSCLA, 1:30 pm; Fresno St. @ Cal Poly SLO; Davis Relays @ UC Davis, 11 am; Wash. & OSU @ UC Berkeley.
- Apr 19 - DeAnza & Laney vs. Stanford Frosh & JV's @ Stanford, 4 pm.
- Apr 21 - SJCC @ CSM, 3 pm; Solano @ Contra Costa, 3 pm; Foothill @ Chabot, 3:15 pm.
- Apr 22 - PCC, BAS, WVTC @ San Jose St., 11 am; Long Beach St. & SF Valley St. @ Occidental, 1:30 pm; UOP @ Fresno St., 1:30 pm; Stanford vs. UCLA & UCB vs. USC @ Stanford, 1:15 pm; Humboldt St. @ Sonoma St., 1 pm; Chico St. @ Cal-St. Hywd., 1 pm; Sac'to St. @ UC Davis, 1:30 pm.
- Apr 26 - West Valley JC & Foothill JC vs. Stanford Frosh & JV's @ Stanford, 4 pm.
- Apr 28 - Mt. SAC Relays @ Walnut (3 days), all day meets.
- Apr 29 - Mt. SAC Relays @ Walnut (continued); NorCal JC Relays @ Fresno CC, 11:30 am; PCC @ Oregon St.; Sac'to St. @ Humboldt St., 11 am; SFState @ Cal-Poly (SLO) 11 am; Oregon Tech @ Sonoma St. (All-Comers), 1 pm; UC Davis @ Chico St., 6 pm; Sac'to St. @ Cal-State Hayward, 1:30 pm.

- May 3 - SCIAAC Decathlon @ Occidental (2nd day of 2-day meet), 1 pm; Golden Gate Conf. Trials @ Foothill, 2 pm; Camino Norte Conf. Trials @ College of Marin, 3 pm.
- May 6 - Stanford @ UC Berkeley, 1:15 pm; Cal-State LA @ Fresno St., 1 pm; San Jose Invitational @ SJCC, evening; Camino Norte Conf. Finals @ COM, 12 noon; Golden Gate Conf. Finals @ Foothill, 10 am; SCIAAC Finals @ Claremont, 1:30 pm; Cal-State Hywd. @ Humboldt, 1 pm; UC Davis & Sonoma St. @ SF State, 1 pm; Chico St. @ Sac'to St., 5:30 pm; USC vs. UCLA (Coliseum).
- May 12 - West Coast Relays @ Fresno (2 day meet).
- May 17 - NorCal JC Trials @ Modesto, 2 pm.
- May 18 - Far West Conf. Championships @ UC Davis (3 days).
- May 19 - Pac-8 Conf. Championships @ Stanford (2 days); PCAA Championships @ San Jose St. (2 days); NAIA Dist. III, San Diego, 7 pm (2 day meet); Far West Conf. Meet (continued).
- May 20 - NorCal JC Finals @ Salinas, 10:30 am...also see May 19 for continued meets; Bakersfield Classic, 6:30 pm.
- May 25 - NCAA College Div. Championships, Ashland, Ohio (3 day meet).
- May 27 - California Relays @ Modesto (plus State JC Championships).
- Jun 1 - NCAA Univ. Division Championships @ Eugene, Ore. (3 day meet); NAIA Finals, Billings, Mont. (3 day meet).
- Jun 3 - PA-AAU Championships (site not yet determined)...possibly some invitational events.

HIGH SCHOOL

- Apr 6 - Menlo-Atherton @ Sequoia, 3:15 pm; J.F. Kennedy @ Mission San Jose, 3:30 pm; King City @ Gonzales; Watsonville @ Monterey, 4 pm; San Mateo @ Hillsdale, 3:15 pm; Harry Ells @ El Cerrito, 3:15 pm.
- Apr 7 - Prospect @ Camden, 3:30 pm; Leigh @ Del Mar; Oak Grove @ Overfelt, 3:30 pm; Milpitas @ Silver Crk., 3:30 pm; Piedmont Hills @ Ayer, 3:30 pm; Hill @ Lick, 3:30 pm.
- Apr 8 - King City Invitational @ King City, 10 am; San Ramon Relays @ San Ramon, Danville; Carlmont Relays @ Carlmont, 9:30 am.
- Apr 11 - Gunn & Terman @ Woodside, 3:15 pm.
- Apr 12 - Del Valle @ San Ramon.
- Apr 13 - Woodside @ Sequoia, 3:15 pm; Camden @ Leigh; Irvington @ Mission San Jose, 3:30 pm; Crestmoor @ Aragon, 3 pm; Alameda @ El Cerrito, 3:20 pm; Carlmont @ San Carlos, 3:15 pm; Capuchino @ San Mateo, 3:15 pm; Woodside @ Sequoia, 3:15 pm; Seaside @ Watsonville, 4 pm.
- Apr 14 - Overfelt @ Milpitas, 3:30 pm; Ayer @ Oak Grove, 3:30 pm; Silver Crk. @ Hill, 3:30 pm; Mt. Pleasant @ Piedmont Hills, 3:30 pm; MTAL Relays @ Morello, 1:15 pm; Serra & Mitty @ St. Ignatius, 3:30 pm.
- Apr 15 - Blossom Hill Relays @ Leigh, 9:30 am; Kennedy Relays @ Contra Costa College, 10:30 am; Antioch Invitational @ Antioch.
- Apr 18 - Cubberley @ Menlo-Atherton; Sequoia @ San Carlos, 3:15 pm; Bellarmine @ Serra, 3:30 pm; Ravenswood @ Woodside, 3:15 pm.
- Apr 19 - Leigh @ Blackford; Campbell @ Camden, 3:30 pm; San Ramon @ Miramonte; Milpitas @ Ayer, 3:30 pm; Hill @ Overfelt, 3:30 pm; Oak Grove @ Mt. Pleasant, 3:30 pm; Lick @ Silver Creek, 3:30 pm.
- Apr 20 - Woodside @ Menlo-Atherton, 3:15 pm; Palo Alto @ Sequoia, 3:15 pm; San Carlos @ Ravenswood, 3:15 pm; Mission San Jose @ Washington, Fremont, 3:30 pm; Aragon @ Mills, 3 pm; Watsonville @ Aptos, 4 pm; Richmond @ El Cerrito, 3:20 pm.
- Apr 21 - Camden @ Los Gatos, 3:30 pm; Prospect @ Leigh; Ayer @ Hill, 3:30 pm; Mt. Pleasant @ Milpitas, 3:30 pm; Overfelt @ Lick, 3:30 pm; Piedmont Hills @ Oak Grove, 3:30 pm; Morello @ King City.
- Apr 22 - Downey Invit. @ Modesto, 3:30 pm; Martinez Relays @ Martinez; Santa Rosa Relays, 9:30 am; Pacific Grove Invit., 9 am.
- Apr 25 - El Cerrito @ Pinole Valley, 3:15 pm; Serra @ Riordan, 3:30 pm; Cubberley & Wilbur @ Woodside, 3:15 pm; Menlo-Atherton @ San Carlos, 3:15 pm.
- Apr 26 - San Ramon @ Piedmont.
- Apr 27 - Watsonville @ Alisal, 4 pm; Aragon @ Capuchino, 3 pm; Pacific Grove @ King City; Mills @ San Mateo, 3:15 pm; Sequoia @ Carlmont, 3:15 pm; Cubberley & Wilbur @ San Carlos, 3:15 pm; James Logan @ Mission San Jose, 3:30 pm.
- Apr 28 - Hill @ Mt. Pleasant, 3:30 pm; Lick @ Ayer, 3:30 pm; Milpitas @ Piedmont Hills, 3:30 pm; Silver Crk. @ Overfelt, 3:30 pm; Leigh @ Los Gatos; Del Mar @ Camden, 3:30 pm; Foothill Invit. @ Miramonte (night).
- Apr 29 - Salinas City Championships, Santa Cruz County Kiwanis Championships, 10 am; El Cerrito Relays, 11 am; Castro Valley Invit., 5:30 pm; Pacific Grove Invit. @ Pacific Grove (schedule conflicts...see Apr. 22...someone let me know which is correct!!)
- May 2 - ACAL Trials (North) @ DeAnza, 2:45 pm; Seq. District Trials @ Sequoia, 2 pm.
- May 3 - Acalanes @ San Ramon.
- May 4 - ACAL Finals (North) @ DeAnza, 2:45 pm; Watsonville @ North Salinas, 4 pm; Hillsdale @ Aragon, 3 pm; San Mateo @ Burlingame, 3:15 pm; Mission San Jose @ Newark, 3:30 pm.
- May 5 - Sequoia Dist. Finals @ Sequoia, 7 pm; Camden @ Westmont, 3:30 pm; Leigh @ Campbell; Mt. Pleasant @ Lick, 3:30 pm; Piedmont Hills @ Hill, 3:30 pm; Ayer @ Silver Crk., 3:30 pm; Oak Grove @ Milpitas, 3:30 pm; San Lorenzo Vly @ King City.
- May 6 - Castro Valley Invit. @ Castro Valley, 5:30 pm; Santa Cruz Relays, 10 am; Woodland Invit. @ Woodland (all day).
- May 9 - SPAL Trials @ CSM, 2 pm; WVAL Trials @ Los Gatos, 3:30 pm (also on May 8); WCAL Trials @ St. Francis, 3:30 pm; MPL Trials @ San Mateo, 3 pm; MVAL Trials @ James Logan, 2:30 pm....Add: (May 8) - League Trials @ Acalanes.
- May 10 - League Finals @ Acalanes; MVAL Trials @ Logan, 2:30 pm; MBL Trials, 3:30 pm; ACAL Finals @ Contra Costa College, 2:30 pm.
- May 11 - MTAL Frosh-Soph Championships @ King City; MPL Finals @ San Mateo, 3 pm.
- May 12 - MVAL Finals @ Logan, 2:30 pm; WVAL Finals @ Los Gatos, 6 pm; MHAL Finals.
- May 13 - SPAL Finals @ CSM, 9 am; WCAL Finals @ St. Francis, 8:30 am; MTAL Finals @ San Lorenzo Vly; MBL Finals, 10 am.
- May 17 - NCS Division II, Liberty H.S.; NCS Division I @ Richmond, 1:30 pm (both of these meets are Trials).
- May 19 - NCS Division II Finals @ Liberty H.S.; NCS Division I @ Contra Costa College, 2:30 pm, Finals.
- May 20 - CCS Region III Trials & Finals @ San Jose CC, 10 am; CCS Region I Meet @ Serramonte, 10 am; CCS Region IV Meet @ Hartnell: CCS Region II @ either Cupertino HS or Foothill, 9 am.
- May 26 - NCS Trials @ Cal-State Hayward, 4:30 pm.
- May 27 - NCS Finals @ Cal-State Hayward, 9:30 am; CCS Trials & Finals @ San Jose CC, 9 am.
- Jun 2 - Hollister Relays, 4 pm; CIF Trials @ Oroville or Chico (times conflict on schedules; someone let me know correct times).
- Jun 3 - CIF (State) Finals @ Oroville or Chico.

SENIORS - WOMEN - AGE GROUP

- Apr 8 - Second Annual Grandfather Games, LA Valley College, Van Nuys; Millbrae Relay Carnival, Mills H.S. (women, girls, age group), 10 am, Dr. H. Brown, 2335 David Ct., San Mateo, 94403 (Ph. 944-1662); Women's Pentathlon Invit. @ Cal-State Hywd, 9 am.
- Apr 9 - Seniors Track Meet @ Tamalpais H.S., Mill Valley, 1 pm, contact Emmett Smith, 2766 Summit Dr., Burlingame, 94010.
- Apr 15 - San Jose Invitational (women, age group), San Jose CC, 10 am, contact Augie Argabright, 18430 Baylor Ave., Saratoga, CA 95070; Masters 2 mile run and 440 relay at UCLA, Westwood.
- Apr 16 - Masters All-Comers Meet @ Fullerton (Cal-State), 10 am.
- Apr 22 - Age Group Sectionals, West Div. (Millbrae, Dr. H. Brown, 2335 David Ct., San Mateo, 94403), East Div. (Sacramento, Will Stephens, 6349 Dorchester Ct., Carmichael, 95608).
- Apr 23 - Tentative CDMTC, Seniors TC, & SDTC @ UC Irvine (40 and over), 10 am; Masters Track Meet @ Sonoma St., Cotati, 1 pm, Emmett Smith, 2766 Summit Dr., Burlingame, 94010.
- Apr 29 - Decathlon @ Cal-State Fullerton (2 days); Orinda Invit. (all ages, girls, women), contact Don Bailes, 133 Selbourne, Moraga, 94556; Mt. SAC Relays (3 days) - many women's and seniors events...get your entries in early (deadline is Apr. 7), 1100 Grand Ave., (North), Walnut, CA 91789.
- May 6 - San Jose State College Invit. (women's 100,220,440,880), Augie Argabright, 18430 Baylor, Saratoga, 95070; Age Group Girls Full Program, Paradise, 10 am, Willie Dreyer, P.O. Box GG, Paradise, 95969 (Ph. 877-9220).

- May 7 - Masters All-Comers Meet @ Chapman College, 10 am.
 May 13 - PA Pentathlon (Women/12-13), Triathlon (10-11, 9-U), Mills H.S., Millbrae, Dr. Brown, 2335 David Ct., San Mateo, 94403.
 May 20 - PA Girls 14-17 Championships, Sierra College, Roseville, Gilbert Duran, 1325 Susan Circle, Roseville, CA 95678.
 May 21 - PA Age Group (Girls) Championships, Hartnell College, Salinas, Dick Casper, 1427 Lassen Ave., Salinas, CA 94901.
 May 27 - Calif. Relays, Modesto JC (Invit. Women's 100, 400, mile, HJ, 440R); SPA-AAU Veteran's Track & Field Championships, UC Irvine, 9 am, (all standard events but 6 mile), Willis Kleinsasser, 18802 Petunia, Azusa, CA 91702.
 Jun 3 - PA-AAU Women's Championships, Sequoia H.S., Redwood City (night), Mike Ipsen, P.O. Box 868, Redwood City, CA 94061.

Additions:

- Apr 22 - Masters events at track meet, Pacific Union College, Fresno (100, 6 mile, 440, 880R), 1 pm.
 May 27 - Masters events at track meet, Pacific Union College, Fresno (all events), 1 pm.

RACE WALKING

- Apr 8 - Sacramento Invit. 10 Kilometer, Sacramento State College, 5 pm.
 Apr 9 - Senior Natl. 25 Km., Seattle, Wash.
 Apr 15 - Senior Natl. 20 Km., New York, N.Y.
 Apr 29 - Mt. SAC Relays Walks (10 Km. @ 12 noon, 5 Km. @ 5 pm) - entries close on April 7.
 Apr 30 - Olympic Qualifying 20 Kilo and 50 Kilo Walks, Woodside, 9:30 am.
 May 7 - Walking Pentathlon, Sunnyvale H.S., 10 am.
 May 14 - Olympic Qualifying 20 Kilo, S.F. State Track, 10 am.
 May 27 - California Relays, 2 Mile Walk (Invitational), Modesto, 2 pm.
 Jun 3 - Probable walking event in PA-AAU Championships, site to be determined.
 Jun 10 - Kennedy Games 5 Kilometer Walk (Invitational), Berkeley (UC), 1 pm.
 *****The details on the above schedule can be obtained by writing either Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 456-2641) or Steve Lund, 10 Francis Ave., #1, Larkspur, CA 94939.

Far Western 25 Kilometer Championships---Kitchen Over Ranney by 4 Seconds!! (Feb. 13, Golden Gate Park) - Athens AC teammates Bill Ranney and Bob Kitchen fought it out the entire distance with the latter pulling out a 4 second victory as the former kicked in and almost overtook his partner in the last 5 kilos. Bob had pulled out to a 24 second lead with 5 kilos left, but then Bill put on his patented finish to almost win. Kitchen's final time of 2:03:35 was 25 seconds slower than his time at the same place in the 50 kilo walk on Feb. 27 (story below). Roger Duran, really showing improvement toward his old form, finished a strong third in a good 2:13:11, just about a minute ahead of Steve Lund's 2:14:06. Jim Bean and Steve Tyrer were both way off for the day, having just competed the day before at 15 kilometers. Bean was sixth in 2:22:06 and Tyrer 5th in 2:19:12. Jerry Lansing was also off form, finishing 7th in 2:27:48, just ahead of Bryan Snazelle's 2:28:05. Tyrer, we learned, was later DQ'd after reviewing some films of the race. So that moves everyone behind him up a notch.

Four More U.S. Records for Kitchen!! (Feb. 27, SF State College Track) - Bob Kitchen once again picks up the glory for the month by walking the fastest 50 kilo ever by an American. His performance betters the old U.S. record held by Dave Romansky by 1:43. There isn't a whole lot one can say about this performance or the race. It was in the 50's at the race's start and as the temperatures slowly rose to the low 60's, everybody dropped out....except Bob. In his wanderings, Kitchen managed to set four U.S. records. First to fall was Klopfer's brand new 40 Kilo (road) record of last month. His time of 3:20:27 was shaved down to 3:20:00. Klopfer was holding the stop watches and wasn't exactly excited for Herr Bob. The next record came at 25 miles in 3:21:16. Then came 30 miles in 4:04:36. Lastly the big 50 Kilo in 4:13:35.8. Of the other competitors, Snazelle (1:59:01 for 20 Km.) collapsed due to hunger, Lansing (26:05 for 5 Km.) due to too much pressure from the household (they've been busy changing residences); Bob Jackson succumbed to distance inexperience and optimism (2:36:55 for 17 miles), Ranney peeled off at 20 Kilos with a personal best by something under a minute (1:35:34), Phil Mooers was getting back in shape after foot problems acquired in the Jr. 35 Km. Bob Bowman, Kitchen's only competition, called it off at 40 Kilos (3:29:58, and 3:31:16 at 25 miles) with a personal best, about 1:30 under his old mark. Kitchen's 5 Km. splits: 24:42, 49:17, 1:13:34, 1:38:34, 2:03:10, 2:28:08, 2:53:31, 3:20:00, 3:47:14, and 4:13:35.8.

TRACK & FIELD RESULTS

INDOORS

San Diego Indoor Games: (Feb. 19) - 160 yd. banked board/8600 attendance - 60: Borzov (USSR) 6.0 (Equals Eur. Rcd.), Ravelomanantsoa (Wmont/Mal R) 6.0, Deckard (USC) 6.0, Pender (Army) 6.0; 500: Evans (BAS) 55.9, Williams (SDTC) 56.5, Scott (Cal Int) 57.2; 600: Whitney (SCS) 1:11.1, Kryzosiak (USC) 1:11.2; 1000: Sandison (Coug TC) 2:09.5, Lilly (CW) 2:10.1, Gibson (Connell, Wash HS) 2:10.1 (high school record, old record by Tom Sullivan, 2:10.5, 1961); Mile: Maplestone (En Wash/GB) 3:59.5, Crawford (Army) 4:00.3, Messina (unatt.) 4:01.1, Macdonald (Stanford/WVTC) 4:01.3, Riley (Coug TC) 4:01.6, DeHertoghe (Belg) 4:02.5, Matthews (Intl U/NZ) 4:04.2, Johnson (Wash) 4:07.8; 2 Mi: Puttemans (Belg) 8:30.4 (Eur. Rcd.), Kardong (WVTC) 8:32.8, Shorter (Fla TC) 8:33.4, Lindgren (Coug TC) 8:34.0, Laris (NYAC) 8:34.6, Price (AIA) 8:37.0, Patton (unatt.) 8:39.4, Mason (CW) 8:39.6, Maddaford (En NM/NZ) 8:41.8; 60HH: Davenport (Tex Str) 7.1, Babb (USC) 7.1, Hill (Ark St) 7.2, Wilson (USC) 7.2; HJ: Brown (Cal Int) 7-0, Akhmyetov (USSR) 7-0, Culp (Cal Int) 6-10, Stones (UCLA) 6-8; PV: Smith (LBS) 17-1 1/2, Taylor (Wash) 16-6, Lagerqvist (Swe) 16-6; LJ: Robinson (Army) 26-3, Hines (USC) 26-1 3/4, Moore (Ore) 25-11 1/2, Baumgartner (WG) 25-4, McAlister (Cal TC) 25-3 3/4, Jackson (Army) 24-11 3/4, Beamon (Adelphi AA) 24-9 1/4, Williams (USC) 24-8 1/4, Whitley (Cal Int) 24-1 3/4; TJ: Jackson (UCS/Jam) 50-2 1/2; MileR: USC 3:13.8 (Kryzosiak 48.6, Richardson 50.0, Brown 48.0, Garrison 47.2), Bay Area Str. 3:15.0 (Evans 46.1). Open Div. - 500: Richardson (USC) 58.6, 3 Mi: Casso (CSF) 13:42.0, Schmenk (CSF) 13:42.8, Covert (CSF) 13:45.4, Ryan (Cal Poly/Pom-Ire) 13:45.6, Wheeler (SDS) 13:48.0; 60HH: Jones (Valley St.) 7.2. JC Div. - 500: Senior (Chaffey) 57.8 (new JCR); 2 Mi: Mendoza (Grossmont) 9:03.3; High School Div: - Mile: Cotton (El Cajon) 4:10.6, Lord (Clairemont) 4:21.5. Women's Div. - 60: B. Ferrell (LA Merc) 6.8, Martha Watson (LATC) 6.8, Renaye Bowen (LJTC) 6.9, Kathy Smallwood (LA Merc) 7.0, Terry Cooper (MVS) 7.0; 880: G. Kuzmina (USSR) 2:11.4, J. Scott (LA Merc) 2:12.8; SP: Maylnik (USSR) 57-7 3/4, Svendsen (LATC) 45-0 1/2. Seniors Div. - 60: P. Jordan (Stan) 7.0, McDonald (SDTC) 7.1, Al Guidet (NCSTC) 7.2; 880: Fitzgerald (LASTC) 2:03.1, Kleinsasser (LASTC) 2:04.6, Sturak (SCS) 2:06.3, Coleman (SDTC) 2:09.0, Parnell (SDTC) 2:10.3; 60, Div. I: Smith (SCS) 6.5, Rhoden (SDTC) 6.6, Lingel (SDTC) 6.7; 2 Mi: Mundle (SMAA) 9:32.7, Smartt (SCS) 9:37.1, Sturak (SCS) 9:53.0, O'Neil (SFOC) 10:08.4, Pickett (SFOC) 10:25.1; Mile: Gibson (LASTC) 4:37.0, Stock (SDTC) 4:37.6, Roberts (LASTC) 4:42.1; SP: Ker (CDM) 47-7.

AAU Indoor Championships: (Feb. 25, New York) - 160 yd. banked board/14,000 attendance - Only selected results are printed here, primarily marks of California athletes. 60: (1) Meriwether (unatt.) 6.2... (5) B. Turner (Cal Int) nt; 600: (1) Lee Evans (BA Str) 1:11.3; 3 Mile: (1) Puttemans (Belg) 13:18.4 (Eur. Rcd.), (2) Hilton (Houst TC) 13:19.4, (3) Kardong (West Valley TC) 13:19.8, (4) O'Reilly (Geotwn AA) 13:21.6, (5) McLaren (Can) 13:23.0, (6) Crawford (Army) 13:23.4, (7) Laris (NYAC) 13:25.0; 60HH: (1) Milburn (Sn U) 7.1 ... (5) Babb (USC) nt; Mile: (1) Dyce (Unit AA/Jam) 4:01.8; Mile Walk: (1) Romansky (SJ Ch) 6:13.4, (2) Laird (NYAC) 6:14.6, (3) Walker (SCS) 6:17.5, (4) Scully (Army) 6:20.4, (5) Kulik (NYAC) 6:22.6... (7) J. Valle (West Valley TC) 6:34.0; HJ: (1) White (Penn AC) 7-2, (2) Brown (Cal Int) 7-2, (3-tie) Culp (Cal Int) and Dunn (Colg) 7-0; LJ: (1) Hines (USC) 25-11 1/4... (4) Whitley (Cal Int) 24-9... (6) Royster (Bay Area Str) 24-2... (11) McAlister (Cal TC) 23-3 1/4, (12) Robinson (Army) 23-0 3/4; TJ: (1) Craft (UCTC) 54-4 1/2, (2) Reader (Bay Area Str) 52-9 3/4, (3) Smith (Bay Area Str) 52-9 3/4, (4) Walker (SCS) 52-4 1/2; SP: (1) DeBernardi (UTEP) 66-1 1/2... (4) B. Wilhelm (Army) 61-9, (5) S. Wilhelm (MATC) 61-2; 35-lb. Wt.: (1) Frenn (PCC) 72-4... (5) Connolly (SMAA) 66-6... (7) Yuen (SCS) 60-2; PV: (1) Isaksson (Swe) 17-10 1/2 (WR)... (3) Smith (LBS) 17-4... (6) Caruthers (Cal Int) 16-8... (9) Railsback (SCS) 16-4; MileR: (1) BOHAA 3:14.7... (4) Bay Area Str. (Evans 47.5) 3:18.3. Women: 60: (1) Iris Davis (Tenn St) 6.9, (2) Martha

Watson (LATC)...(4) Mabel Fergeson (W.Coast Jets), (5-tie) B. Ferrell (LA Merc) & M. Render (NYPAL); 60HH: (1) Patty Johnson (Angel's TC) 7.5...(4) Babette Krug (LaJolla), (5) Deanne Carlsen (Sac'to RR); Mile: (1) Doris Brown (Falc TC) 4:44.0, (2) Debbie Heald (LaMirada) 4:47.0, (3) Reiser (Ottawa) 4:48.8, (4) K. Gibbons (Phoenix) 4:51.2; 440: (1) Kathy Hammond (Sac'to RR) 54.9, (2) Karen Lundgren (LaJolla) 54.9, (3) Jarvis Scott (LA Merc) 55.0; 220: (1) Stroy (Spts Int) 24.6, (2) Williamae Fergeson (WC Jets) 24.7; Sprint Med R: (1) LA Merc. (Walker, Ferrell, Scott, Smallwood) 1:46.2,...(3) West Coast Jets 1:48; LJ: (1) Martha Watson (LATC) 20-11 3/4 (Amer. Indoor Rcd.); HJ: (1) Debbie Van Kiebel (Can) 5-8,...(3) Jane Frederick (Colo. Gold) 5-8. Women's Team Scoring: (1) Atoms TC 16,...(5) LATC 8,...(6) LA Merc. 7,...(8) West Coast Jets 6,...(10) Sac'to Road Runners 5, and Angel's TC 5.

US vs. USSR Indoor Meet: (Mar. 17, Richmond, Va.) - California finishers: 35-lb. Wt.: (1) Geo. Frenn (PCC) 74-2 3/4 (World Record); LJ: (1) Henry Hines (USC) 26-4 1/2; 600: (1) Lee Evans (Bay Area Str) 1:10.8; TJ: (4) Robert Reader (Bay Area Str) 52-11; 3 Mile: (2) Don Kardong (West Valley TC) 13:29.2; Women: Mile: (1) Debbie Heald (La Mirada Meteors) 4:38.5 (Amer. Rcd.); 600: (1) Kathy Hammond (Sac'to RR) 1:20.5,...(3) Jarvis Scott (LA Merc.) 1:21.1; HJ: (3-tie) Jane Frederick (Colo. Gold) 5-9; 60HH: (1) Patty Johnson (Angel's TC) 7.4; 60: (2) Martha Watson (LATC) 6.6. -- Other results not available at this time.

OUTDOORS -AAU, COLLEGIATE

Sacramento TC All-Comer Pentathlon: (Feb. 26, Sac'to State College) - (1) Jack Carter (USAF) LJ-22-2 1/2, Jav-160-2, 200m-22.9, Disc-126-4, 1500m-4:52.3 -- 3150 pts; (2) Cornelius McCormick (Sac'to TC) 20-0 1/4, 145-0, 23.5, 115-7, 4:37.2 -- 2983; (3) Val Lopez (Sac. St.) 20-5 1/4, 123-4, 23.1, 111-8, 5:01.0 -- 2972; (4) Tom Wunschel (Sac'to TC) 19-0 3/4, 148-4, 23.2, 96-2, 4:51.4 -- 2782; (5) Steve Hensen (Sac. St.) 17-2 3/4, 109-8, 23.2, 69-11, 4:41.4 -- 2406; (6) Dan Smolich (unat.) 16-3 1/2, 83-10, 24.5, 91-1, 4:26.6 -- 2378; (7) Paul Wirsing (Consumnes Riv. Coll.) 16-8 1/2, 117-1, 25.2, 114-5, 5:46.2 -- 2244; (8) Jim Bowles (WVTC) 14-7 1/2, 107-0, 25.8, 64-5, 4:35.1 -- 2080.

Camino Norte Relays: (Feb. 26, DeAnza College) - 440IH: Dave Faeth (CCC) 55.0; Dist. Med.: West Valley (Robinson, Carlson, Hanniger, Schaecher) 10:12.6; 440R: Contra Costa 42.9; HH: Gibson (WV) 15.1w; 100: Fowler (DA) 9.9; Spr. Med.: Skyline 3:32.6; 2 Mi Relay: West Valley 8:04.1; 880R: Contra Costa 1:32.0; 480 SHR: West Valley 59.5; 3 Mile: Schelegle (Skyline) 15:07.6; Mile R: Contra Costa 3:21.5; Team Scoring: Contra Costa 109, West Valley 96, Santa Rosa 65, DeAnza 57, Skyline 44, Solano 40, Marin 27.

Small College Meet: (March 4, San Jose St.) - 440R: San Jose St. 41.9, Bay Area Striders 42.5, Cal-St. Hywd. 42.7; Mile: Macdonald (West Valley) 4:10.8, Greer (SJS) 4:11.2, Evans (SJS) 4:13.5, Berthiaume (SJS/WVTC) 4:15.2, Dare (Unat.) 4:16.8; 120HH: Livers (BAS) 14.3, Lee (BAS) 14.4, Ransom (SJS) 14.8, Whitley (SJS) 14.8, Hector (SFS) 15.0, Ragster (SJS) 15.0; Jav: Royal (SJS) 182-4, Bacon (CSH) 178-4, Mushos (Unat.) 176-4, Hurley (SFS) 175-7; SP: Born (SJS) 58-9, Brooks (CSH) 51-6; 440: Dees (BAS) 48.4, Maas (SJS) 48.4, Bayless (CSH) 48.9, Ashton (WVTC) 50.8, Harvey (SJS) 51.1; 100: Whitley (SJS) 9.6, Williams (BAS) 9.6, Pettus (SFS) 9.6, Shields (SJS) 9.8, Douthard (SJS) 9.9; 880: Baker (SJS) 1:55.8, Marshall (SJS) 1:55.8, John (SFS) 1:56.9, Chisam (SJS) 1:57.0, Hanes (SJS) 1:57.2; HJ: Crawford (SJS) 6-9, Scott (SJS) 6-0 1/4; 440IH: Lee (BAS) 54.0, Brown (SJS) 55.8, Whitley (SJS) 57.0, Mercer (SJS) 57.9; LJ: Anderson (BAS) 25-6 1/2, Royster (BAS) 24-11 1/2, Rogaway (BAS) 24-5, Moody (SJS) 22-8 1/2; 220: Pettus (SFS) 21.3, Shields (SJS) 21.7, Ansley (BAS) 21.8, Whitley (SJS) 22.1; 3 Mile: Haver (AIA) 14:01.4, Darling (RCS) 14:40.8, Reade (WVTC) 14:45.4, Howell (SJS/WVTC) 15:04.6, Palazzolo (SJS) 15:05.8, Donahue (SFS) 15:13.2; Mile R: Bay Area Str. 3:19.7, San Jose St. 3:20.6, SF State 3:23.7; Disc: Powell (PCC) 208-0, Kennedy (CTC) 191-6, O'Sullivan (BAS) 175-8, Sherman (SJS) 175-3, McCollum (Unat.) 172-3; PV: Dias (PCC) 16-6, Miguel (BAS) 16-0, Eshelman (BAS) 15-6, Robinson (BAS) 15-6, Rock (SJS) 15-0; TJ: Jackson (BAS) 49-3, Ragster (SJS) 49-1 1/2, Scott (SJS) 48-10 1/4, Royster (BAS) 48-10.

Stanford 100, Fresno St. 63: (March 4, Fresno) - HT: Tice (F) 185-3; Jav: Hopkins (S) 210-3, Larson (S) 209-11; LJ: T. Anderson (S) 22-10 1/2; PV: Hulbert (F) 14-6; 440R: Stanford 41.6; Mile: Strodl (F) 4:14.2, McFadden (S) 4:14.6; 120HH: Bagshaw (S) 14.9; Disc: Royer (S) 163-6, Drissigacker (S) 160-8; 440: J. Anderson 47.8, Taylor (F) 48.6; 100: Curl (S) 9.7; 880: Whiteing (S) 1:53.7, Williams (F) 1:54.6, Burk (F) 1:55.2; TJ: Utley (S) 50-2; 440IH: Long (S) 53.9, George (F) 54.2; HJ: Belcher (F) 6-5, T. Anderson (S) 6-4; 220: J. Anderson (S) 21.4, Curl (S) 21.7, Barmeyer (S) 21.7; Mile R: Stanford 3:17.3. (2 mile results not known)

California 103, Sac'to St. 42: (March 4, Berkeley) - 440R: Cal 41.1, Sac 41.5; LJ: Lucas (C) 23-4 1/4; SP: Penrose (C) 54-9 1/2; Mile: Hansen (C) 4:15.9; 120HH: Ellis (S) 14.2, Hampton (C) 14.3, Livers (Unat.) 14.3; 100: Ligons (S) 9.7, Bowens (S) 9.8, Bommarito (C) 9.9; Jav: Burns (unat.) 240-4, Kennedy (C) 229-11, Pena (unat.) 206-4; 440: Andrew (C) 48.4, Dawson (S) 49.3, Bonner (C) 49.3; 880: Brown (C) 1:53.1, Henderson (S) 1:54.1, Foster (C) 1:54.1; PV: Weidig (C) 15-0, Otter (C) 15-0; 440IH: Petralia (C) 54, Disc: Penrose (C) 177-9; 220: Ligons (S) 21.4, Burns (C) 21.6, Rogers (S) 21.6; TJ: Conway (C) 48-9 1/2; 2 Mi: Schmulewicz (C) 9:06.8, Maxwell (C) 9:09.0, Hitchcock (S) 9:11.0; HJ: MacFarlane (C) 6-10, Coleman (S) 6-8, Ackley (unat.) and Fishbaugh (C) 6-6; Mile R: Cal 3:17.8, Sac 3:18.3.

Feuerbach Heaves 70-1/2!! (March 11, Walnut) - Al Feuerbach of San Jose became the second shot putter in history to break the 70-foot barrier Saturday with a toss of 70 foot, one-half inch. The husky Emporia State, Kans. grad got off his lifetime best throw on the third put in the series in a five-way nonscoring meet at Walnut (Mt. San Antonio College). Olympic champ Randy Matson holds the world record of 71-5 1/2, but Feuerbach has beaten him the last seven times they have met. Feuerbach, competing for Pacific Coast Club, threw 69-11 on his next toss and was under 68 feet only once in the series. Tom White (SCS) also was impressive with a 13.6 high hurdle win, second fastest in the world this year. Al's series: 68-4 1/4, 68-10 1/4, 70-1/2, 69-11 1/4, 66-11 3/4, 68-8 1/2. Average for series: 68-11 13/32.

Spirit of '72 Meet: (March 11, Cal-State Hayward) - 120HH: Livers (BAS) 14.1, Carty (BAS) 14.2, McCormick (NWTC) 14.3; 3000mSC: Dare (WVTC) 9:22.1, Brisbin (CP/SLO) 9:35.1, Leydig (WVTC) 9:39.5; 440R: Bay Area Str. 42.3; Women's 100mHH: Pickel (CSH) 16.0; Disc: Powell (PCC) 207-9, Kennedy (CTC) 191-0, Landis (CSH) 181-0; HT: McKenzie (SacTC) 153-10; Mile: Clark (WVTC) 4:17.5, Hartan (CP) 4:17.8, Zapata (WVTC) 4:24.4; LJ: Shinnick (SI) 24-4 1/2, Rogaway (BAS) 23-7 1/2, Royster (BAS) 23-6 1/4; SP: Samsam (BAS) 64-1 1/2; 440: Porter (NWTC) 49.0, Gold (CP) 49.1, Bayless (CSH) 49.7; 880: Walls (BAS) 1:57.3, Montoya (Cal) 1:57.6, Owens (CP) 1:58.4, Dunham (CP) 1:58.6, Dare (WVTC) 1:58.8; Women's 100: Johnson (Unat.) 11.8; Men's Over-35 100: Andrews 11.0, Sanchez 11.0; 100: Francis (Granada) 9.8, Williams (BAS) 9.8, Mathews (BAS) 9.9; 440IH: McCormick (SacTC) 55.7, Winkley (AC) 56.4, Edsall (CP) 56.5, Hendershott (WVTC) 57.8; 220: Williams (BAS) 21.8, Gold (CP) 21.8, Henry (BAS) 22.4; TJ: Jackson (BAS) 47-2; 2 Mi: Mora (Colombia) 8:54.8, Tibaduiza (Colombia) 8:55.2, Clark (WVTC) 9:12.5, Eashman (CSH) 9:17.6, Reade (WVTC) 9:19.4; Mile R: Bay Area Striders 3:25.6, Cal-State 3:26.4; HJ: Murphy (CP) 6-9, Zimmer (CP) 6-6, Stone (unat.) 6-6; PV: Slover (BAS) 16-0, McGill (BAS) 15-6, Robinson (BAS) 15-0.

Chico St. 126, SF State 70-1/2, Sonoma St. 12-1/2: (March 11, Chico St.) - 3000mSC: McVay (C) 9:24; 440R: SF State 42.3, Chico 42.4; PV: Getchell (C) 14-6; Mile: Wood (C) 4:18; 440: Dunn (SF) 49.6; 100: Pettus (SF) 9.9; 880: Dura (C) 1:58.0; Disc: Holbrook (C) 156-11; 220: Pettus (SF) 21.7; 2 Mile: Ellison (C) 8:57.0, Brown (C) 9:20.0; Mile R: SF State 3:21.9.

California 83, San Jose St. 62: (March 11, Berkeley) - LJ: Moody (SJS) 22-9 1/4w, Conway (C) 22-9; SP: Born (SJS) 59-2, Penrose (C) 53-11; Jav: Kennedy (C) 235-9, Adams (C) 201-1; 440R: Cal 41.2, SJS 41.5; Mile: West (C) 4:11.4, Stevens (SJS) 4:15.5, Hansen (C) 4:15.8; 120HH: Hampton (C) 14.6, Whitley (SJS) 14.8, Ransom (SJS) 14.9; 440: Maas (SJS) 48.0, Andrews (C) 48.4; 100: Douthard (SJS) 9.8, Burns (C) 9.9, Bommarito (C) 9.9; 880: Brown (C) 1:51.9, Marshall (SJS) 1:53.7, Foster (C) 1:53.9; 440IH: Petralia (C) 53.4, Brosius (C) 54.3, Glenn (SJS) 54.4; TJ: Scott (SJS) 48-9 1/2, Conway (C) 48-7, Ragster (SJS) 48-1 3/4; Disc: Penrose (C) 182-1, Born (SJS) 174-6, Sherman (SJS) 166-2; 220: Burns (C) 21.9, Bommarito (C) 22.2, Shields (SJS) 22.3; PV: Weidig (C) 16-0, Royal (SJS) 16-0, Martin (SJS) 15-6; HJ: Crawford (SJS) 6-9, MacFarlane (C) 6-9, Fishbaugh (C) 6-8; 2 Mi: Evans (SJS) 8:59.2, Greer (SJS) 9:02.2.

Amaya (C) 9:02.2; Mile R: Cal 3:17.6, San Jose 3:23.3.

Stanford 99, Oxy 46: (March 18, Los Angeles) - 44OR: Stanford 41.4; SP: Wigton (O) 51-10 1/4; Jav: Hopkins (S) 210-0, Omphroy (O) 203-6; Mile: McFadden (S) 4:12.5, Stodgsdill (O) 4:13.2, Alejandro (O) 4:14.2; 120HH: Bagshaw (S) 14.6, Long (S) 14.9; PV: Henderson (O) 14-8; 440: Anderson (S) 48.1, Toth (O) 48.3; 100: Curl (S) 9.8, Barmeyer (S) 9.9; Disc: Royer (S) 162-2, Dreissigacker (S) 161-8, Wigton (O) 158-11; LJ: Anderson (S) 24-0 1/2; 880: Hill (O) 1:52.8, Mittelstaedt (S) 1:53.0, Thompson (O) 1:54.0; HJ: Grodahl (S) 6-6; 440IH: Long (S) 53.7; Haight (S) 54.3; 220: Curl (S) 21.5, Barmeyer (S); TJ: Utley (S) 48-2; 2 Mi: Kretz (S) 9:01.0, Rude (O) 9:01.2, Stodgsdill (O) 9:13.0; MileR: Oxy 3:16.3, Stanford 3:16.3.

Long Beach 85, San Jose St. 69: (March 18, San Jose) - 44OR: LB 40.5, SJS 41.2; LJ: Metcalfe (LB) 24-2 1/2, Brown (LB) 23-5 3/4, Brady (LB) 23-3 1/4; Jav: Rock (SJ) 180-10; Mile: Ritchie (LB) 4:08.2, Greer (SJ) 4:09.4, Martinez (LB) 4:12.4; HJ: Crawford (SJ) 6-7; 120HH: Whitley (SJ) 14.2, McLucas (LB) 14.2, Smith (LB) 14.4; SP: Born (SJ) 60-8; 440: Maas (SJ) 48.6, Stevenson (LB) 48.9; 100: Whitely (SJ) 9.5, Beasley (LB) 9.6, Ford (LB) 9.6; 880: Moses (LB) 1:53.9; 440IH: Ruby (LB) 54.2, Glenn (SJ) 54.8, Mercer (SJ) 54.9; TJ: Metcalfe (LB) 50-3, Scott (SJ) 49-6 1/2; Disc: Sherman (SJ) 178-7, Born (SJ) 174-0; 220: Beasley (LB) 21.0, Ford (LB) 21.4, Maas (SJ) 21.8; 3 Mi: Evans (SJ) 14:02.0, Pryor (LB) 14:08.0, Greer (SJ) 14:08.9; Mile R: LB 3:19.2, SJS 3:20.3; PV: Smith (LB) 17-4 1/4, Royal (SJ) 16-0, Chew (LB) 16-0.

L.A. State 73, Westmont 73, Cal-State Hayward 46: (March 18, Hayward) - Steeple: Schweitzer (LA) 9:25.8; 44OR: Bay Area Str. 40.9, Westmont 41.6; Mile: Eashman (CSH) 4:08.9; SP: Brooks (CSH) 50-6; 120HH: Livers (BAS) 14.2, Hogue (LA) 14.6; 440: Davis (LA) 49.5; 100: Ravelomanatsoa (W) 9.4, Francis (BAS) 9.4; LJ: Livingston (CSH) 23-1 3/4; Jav: Campbell (LA) 178-5 1/2 (Pena (BAS) 201-0); 880: Tussing (W) 1:54.6; 440IH: Walls (BAS) 54.1, Bakley (W) 55.1; 220: Amoke (W) 21.8; 2 Mi: Lough (LA) 9:14.1; MileR: Cal-State Hayward 3:16.7; Disc: Kennedy (BAS) 190-0, Landes (CSH) 171-10; TJ: Dansby (LA) 46-8; PV: Hughes and Lee (W) 14-0 (Robinson (BAS) 16-0); HJ: Coleman (W) 6-8.

Santa Barbara Easter Relays: (March 25, UCSB) - Team Scores: USC 82, Cal 39, Wash. 26, Stanford 24, Arizona 15, UCSB 11, Sac. St. 7, San Diego St. 3, Chico St. 2. -- SP: Lane (USC) 62-2 3/4; LJ: Williams (USC) 23-8 1/4, Jackson (USC) 23-7 1/2; HJ: McFarlan (Cal) 6-10, Owens (USC) 6-8; Dist. Med.: Washington 9:48.2, Stanford 9:53.6, USC 9:56.6; Jav: Quitsland (Wash) 237-2, Tobin (UCSB) 234-9, Lahti (USC) 230-2, Kennedy (Cal) 226-0; 100: Ligons (SacSt) 9.7, Garrison (USC) 9.8, Brown (USC) 9.8, Curl (S) 9.9; Mile: Macdonald (WVTC) 4:06.4, Brandon (Wash) 4:09.6, Goiney (Wash) 4:10.2, Straub (Huskie SC) 4:12.2; 880R: USC 1:22.5; PV: Cryder (USC) 15-6, Cochran (USC) 15-6, White (Ariz) 15-6; 2 Mi R: Calif. (Brown 1:50.2, West 1:51.9) 7:33.8, Washington 7:37.8; 120HH: Babb (USC) 14.2, Wilson (USC) 14.3, Ellis (SacSt) 14.8; 44OR: USC 40.0, Cal 41.2; MileR: USC 3:13.3, Stanford 3:13.7, Arizona 3:14.2; 3 Mi: Savage (CW) 13:40.8, Mason (CW) 13:43.0, Koss (Wash) 13:47.0, Brock (CW) 13:54.0; TJ: Williams (USC) 49-9 3/4, Jackson (USC) 49-6 1/2, Conway (Cal) 48-11; Disc: Penrose (Cal) 187-5, Gunzel (Ariz) 186-6, Chambul (Wash) 171-4, Adams (Cal) 169-3.

Bakersfield Meet: (March 25, Bakersfield) - 6 Mi: Prefontaine (Ore) 27:22.3 (3rd fastest ever by an American); PV: Smith (LBS) 17-6 1/2.

Florida Relays: (March 23-25, Gainesville, Fla.) - 6 Mi: Frank Shorter & Jack Bachelier (Fla TC) 27:22.8 (tie), Tom Laris (NYAC) 27:37; Mile: Tom Laris (no place available) 4:06, Jim Dare (8th) (WVTC) 4:10; 3000mSC: Barry Brown (Fla TC) 8:44, Liebenberg (CW), Sid Sink, ... (6) Jim Dare (WVTC) 9:05.7.

Junior College Marks Through March 18: (Courtesy of Fred Baer) - 100: Al Hall (SJCC) 9.7, Jared Butler (DVC) 9.7; 220: Ed Jefferies (Fresno) 21.9, Jared Butlet (DVC) 21.9, Manuel (Solano) 21.9; 440: Howard Brock (San Joaquin Delta) 47.7, Irving Dixon (Hartnell) 48.6; 880: Jack Bentz (DVC) 1:53.7, Mike Hart (SJCC) 1:54.9; Mile: Jack Bentz (DVC) 4:13.0, Cliff Rees (Fresno) 4:14.5, Greg Hall (Fresno) 4:16.5; 2 Mi: Ron Genschmer (Chabot) 9:11.8, Greg Hall (Fresno) 9:13.2, Karl Schaechterle (AmR) 9:22.8; 3 Mi: Bob Smith (Foothill) 14:18.6, Karl Schaechterle (AmR) 14:33.0, Jose Cortez (CSM) 14:33.2; 120HH: Al Hall (SJCC) 14.3, Ken Blasingame (Marin) 14.4, Steve Gibson (West Valley) 14.4; 440IH: Marty Lydster (Foothill) 53.8, Kenny Kring (Hancock) 54.0, Dave Faeth (Contra Costa) 55.0, Todd Skinner (DVC) 55.0; HJ: Greg Redmond (Diablo) 7-0, Mark Pleich (Foothill) 6-10 1/2, Kerry Elders (Fresno) 6-10 1/2; PV: Kenny Kring (Hancock) 15-0 3/4, Paul McGehee (Merritt) 14-8; LJ: Willis Ward (SJ Delta) 23-5 1/4, Rod Perry (Fresno) 23-5 1/4; TJ: Ernie Lopez (Fresno) 49-3 1/2 (50-8 1/4w), Chester Roberts (West Hills) 48-7 1/2, Ralph Byrd (Chabot) 47-2; SP: Ken Kirschenman (AmR) 56-2, Charles Montgomery (Merritt) 52-10, Steve Blake (Mont) 50-1; DT: Steve Blake (Mont) 160-7, Ken Kirschenman (AmR) 157-11, Scott Covey (DeAnza) 156-8, Steve Buss (Foothill) 154-0; JT: Lonnie Powell (Fresno) 210-0, Jim Oliver (Hancock) 198-7; 44OR: SJ Delta 42.0, Hartnell 42.1, CCSF 42.5, Porterville 42.5; 880R: Merritt 1:28.3, Laney 1:31.5, Contra Costa 1:32.0; MileR: Merritt 3:18.0, San Jose CC 3:18.5, Contra Costa 3:21.5; 2 Mi R: San Jose CC 7:52.8, Merritt 7:58.5, Diablo Valley 8:02.2, West Valley 8:04.1; Sprt. Med.: CCSF 3:28.6, Diablo Valley 3:28.8, Skyline 3:32.6; Dist. Med.: Diablo Valley 10:12.4, West Valley 10:12.6, Monterey 10:15.0; 480SHR: Diablo Valley 57.4, San Jose CC 57.8, Merritt 58.3.

HIGH SCHOOL

Carlmont 118, Ravenswood 3: (March 9, Palo Alto) - 2 Mile: Miller (C) 9:14.4; Mile: Catarin (C) 4:34.6; SP: Brandow (C) 54-4 1/8; HJ: Brown (C) 6-1.

Crestmoor 70, San Mateo 66: (March 16) - 44OR: San Mateo 44.5; 180LH: Pierce (C) 20.4; HJ: Holly (SM) 6-0; PV: Paton (SM) 13-0; MileR: Crestmoor 3:28.9.

Aragon 79, Burlingame 57: (March 16) - 180LH: Johnson (B) 20.2; SP: Popin (A) 51-9 1/2, Scoggins (B) 50-11, MileR: Aragon 3:29.9.

Mills 78, Hillsdale 56: (March 16) - 2 Mi: Pemberton (H) 9:54.0, Ross (M) 9:58.0; Mile: Burnett (M) 4:33.1.

Carlmont 108, Menlo-Atherton 28: (March 16) - 44OR: Carlmont 44.6; Mile: Miller (C) 4:27.8; 2 Mi: Black, Barney, Catarin (C) 9:54.0; SP: Brandow (C) 55-0; HJ: Brown (C) 6-0; PV: Lennon (C) 14-1.

San Mateo All-City Meet: (March 23, CSM) - Teams: Serra 94, Aragon 78, San Mateo 71, Hillsdale 52. 44OR: Serra 44.5; 880: Wandro (S) 1:56.0; LJ: Biscoe (S) 21-2 1/2, Nakada (SM) 21-2 1/2; 2 Mi: Pemberton (H) 9:52.6, Finn (S) 9:59.6; SP: Banducci (S) 56-0 3/4, Popin (A) 52-3 3/4, Nicolopoulos (S) 52-1; 220: Popin (A) 22.0; Mile: Lindsell (SM) 4:37.5; Disc: House (H) 150-9; PV: Paton (SM) 13-0; HJ: Paton (SM) 6-0.

South Peninsula News: (Jack Bellah, reporter) - Scott Skillman, the CCS low hurdle champion from 1971, was involved in an auto accident a few weeks ago and he dislocated his hip, preventing him from hurdling, though he has run a 440 in 50.5 and has long jumped 22-8. Unfortunately, he pulled a leg muscle rather severely while running a 100 (10.0) and will be out for at least a few weeks. Best mile time so far is a 4:15 (by secondhand information) from Ernie Ferrel of Overfelt. Gordon MacMitchell of Palo Alto won the Andrew Hill mile in 4:18. Jack Bellah has a 4:21.4 to his credit and Slavin of Los Altos has 4:21.5. George Manriquez of Mt. Pleasant has done 4:24.8, Bob Ebert (Willow Glen) a 4:26.1. No one has looked impressive in the 880 with only Bailey of Buchser (1:59.3) breaking two minutes at the present. Bob Grubbs ran a scintillating 9:09 two mile to win the Andrew Hill Invit. and this puts him in line as one of the favorites for the NCS title. Jack Bellah has done a 9:26 and Brooks has done a low 9:20's race. The big names in the field events have to be Bret Mannon of Los Gatos (61-9 and 167-1) and Scott Overton of Los Altos (194-8). Overton is surely a threat for the State title. John Tripplett of Branham has been the best jumper to date, going 48-0 in the triple. Dave Bush of Campbell has managed a 6-7 high jump, by far the best in the area. Calvert (DelMar) has a 14-0 vault. Pfandle (Awalt) has done 175-1 in the disc.

LONG DISTANCE RESULTS

Eastern New Mexico Univ. Marathon: (Portales, N.M., Feb. 19) - West Valley TC's Charlie Harris, in his fourth marathon attempt in a year, ran his slowest time, but won by a comfortable margin, and maintained his record of all sub-2:30 marathons...but just barely as he recorded a 2:29:59! Gary Roybal was second in 2:33:04 and Jack Petty 3rd with a 2:36:33. Gerry Garcia led until 23 miles but then Harris passed him (he was walking) and coasted home easily. Garcia finished fifth in 2:46:42. The course was an out-and-back affair with no hills. Coming back, a strong wind impeded the runners' progress a bit. Petty, Garcia, Cain (DNF) and Harris went through 5 and 10 miles together (27:45, 55:40), with Harris doing most of the pace setting. Petty dropped back after ten and Cain at the halfway point. Garcia followed until about 15-16 miles, then pulled ahead easily until the bottom fell out about 5 miles later.

Trail's End Marathon: (Feb. 26, Seaside, Ore.) - (1) Russ Pate (OTC) 2:22:59.9, (2) Garry Harrison (BC) 2:25:29, (3) James Pearson (Wash) 2:25:35, (4) Larry Miller (S. Ore.) 2:25:59, (5) Gerry Lindgren (Cougar TC) 2:27:47, (6) Gordon Currie (Ore) 2:30:28, (7) Curtis Ankeny (Ore) 2:30:51, (8) John Burnett (BC) 2:30:59, (9) Wolf Schamberger (BC) 2:31:37, (10) George Oja (Ore) 2:32:06...(12) Ron Iff (Ore) 2:33:21, (14) Howard Labrie (Humboldt St.) 2:34:25, (22) John Butterfield (BAA) 2:36:39, (25) Harold DeMoss (West Valley TC) 2:37:54, (57) Paul Reese (NCSTC) 2:51:54, (129) George Crandell 3:20:35, (144) Pax Beale (NCSTC) 3:24:30, (156) Elaine Pedersen (1st woman) 3:27:13, (175) Dan Stromberg 3:37:15, (184) Bruce Neuschwander 3:40:24, (192) Bob Anderson (Unat.) 3:43:42.

Berthiaume Runs Fast Six Mile: (Feb. 27, San Jose St.) - West Valley TC's Gary Berthiaume traded leads with teammate Bill Clark for something over four miles and then took off to win by 100 yards over Maury Greer (San Jose St.) who overtook Clark in the last mile. The WVTC sponsored "Olympic Development Meet" was staged in order for local runners to gain fast times and age records. Only a small group turned up to run, but there were quite a few good times for the 10 kilometer race. They are as follows (six mile time first and then 10 Kilo time): (1) Gary Berthiaume (WVTC) 29:34.0/30:33.0, (2) Maury Greer (SJS) ??/30:48, (3) Bill Clark (WVTC) ??/30:55, (4) Steve Brooks (Alum Rock RA) ??/31:40, (5) Gordon MacMitchell (Unat./Palo Alto HS) 30:51/31:55, (6) Bob Nanninga (WVTC) 31:00/32:02, (7) Chris Berka (Maranon) 31:01/32:11, (8) Mitch Kingery (RC Striders) 32:23.6/33:32.2, (9) Bill Flint (Alum Rock RA) 33:07/34:11, (10) Robin Clark (Maranon) 33:24/34:32, (11) George Manriquez (Alum Rock RA) ??/34:51. -- Mitch Kingery (15), set one of the best ever marks for his age group in the 10 Km., second only to Ray Woolery's U.S. mark of 33:21.0 (set 10/31/71) and also behind Richard Bourne (Australia), who did 33:06.2 on Dec. 11 of last year. There may have been others faster than Mitch that we don't know about, but it still ranks as one of the best performances of all time.

Tulley Mann Wins Griffith Park Marathon in 80-Degree Weather: (Mar. 4, Los Angeles) - San Diego TC's Tulley Mann had though about quitting several times during the race, which saw temperatures climb into the mid-80's by the time he crossed the finish line. To attest to the hot conditions, only 43 of the 109 official starters made it the full distance. Mann hauled down leader Phil Ryan with only a few miles to go, and stretched his lead out to almost a full minute at the end. His time of 2:35:09.2 was indeed fantastic, seeing that Phil Ryan was some 12 minutes off his best time with a 2:36:05.8. The third placer, Jim Perez, was a full 12 minutes back of Ryan, his Golden West AA teammate. The GWAA easily took team honors with a 2-3-4 finish. The 40-49 division was won by Robert Guyan of Whittier (10th in 3:02:04) and the 50-59 trophy was copped by Lloyd Giddings (13th, 3:13:00). Amazing John Montoya of the Seniors TC was first over-60 in 18th place (3:25:37). Others: (3) Perez (GWAA) 2:48:14, (4) Steve White (GWAA) 2:48:39, (5) Doug Sailors (CCAC) 2:52:06, (6) Tom Cory (CCAC) 2:54:29, (7) John Pagliano (GWAA) 2:56:36, (8) Chas. Barone (Unat.) 2:59:10, (9) Bob Kuchar (Unat.) 3:01:12. -- First woman: (33) Carolyn Miyashiro (Unat.) 4:05:25.

GEISER SURPRISES WITH 20 KILO WIN

(Feb. 19, Pleasanton) - It had been a long layoff for the Redwood City Strider's Bryan Geiser, but his comeback has been swift. Just a month after his first attempt at a comeback (PA-AAU 20 Km.), Bryan tried another race of the same distance and found it to his liking. He scored an easy victory (67:54) over Marin AC's Doug Butt (also on the comeback trail) who recorded a 68:55. Fifteen year old Mitch Kingery ran another of his superb races with a 69:03 for third, just ahead of John Weidinger (69:06). Another high schooler, Mike Pinocci, slipped in for fifth spot (69:23). The Redwood City Striders were the easy team winners (67) over the host Livermore Valley RC (138) and West Valley TC (183). The race for top senior (over 40) was a good one, with Bob Malain just barely holding off Paul Reese (54), 76:31 to 76:34. Gil Tarin was another 20 seconds back in the third senior slot. Perhaps the most amazing performance of the day though came from 17-year-old Jackie Dixon of the San Jose Cindergals who took 35th spot in the fantastic time of 1:18:20. Three weeks earlier she had pulled a similar feat at the Magnan 16-miler. Billy Tracey of the West Valley TC was first in the 12-and-under division (88:49 in 56th place). A total of 103 runners finished, the top 60 of whom are listed:

1 - Bryan Gieser (RC Striders)	1:07:54	21 - Ken White (RC Striders)	1:16:05	41 - Sig Ketterer (Unat.)	1:22:04
2 - Doug Butt (Marin AC)	1:08:55	22 - Robin Clark (Maranon)	1:16:12	42 - Ken Litwack (Dolphin Club)	1:22:54
3 - Mitch Kingery (RC Striders)	1:09:03	23 - Mike Chessar (Livermore VRC)	1:16:29	43 - Rich Bischof (Livermore VRC)	1:24:12
4 - John Weidinger (Pamakids)	1:09:06	24 - Bob Malain (NCSTC)	1:16:31	44 - Brian Davis (Livermore VRC)	1:24:33
5 - Mike Pinocci (West Valley TC)	1:09:23	25 - Paul Reese (NCSTC)	1:16:34	45 - Dennis Egly (Unat.)	1:24:47
6 - Greg Chapman (Solano TC)	1:09:57	26 - Rudy Hernandez (Valley TC)	1:16:44	46 - James Jacobs (West Valley TC)	1:25:13
7 - Dan Anderson (Valley TC)	1:11:15	27 - Jim Gallon (Unat.)	1:16:51	47 - Ken Miller (Valley TC)	1:26:13
8 - Ron Genschmer (Chabot/WVTC)	1:12:39	28 - Gil Tarin (NCSTC)	1:16:54	48 - Dennis Tracy (West Valley TC)	1:26:17
9 - David Cortez (RC Striders)	1:12:43	29 - David Marsh (Pamakids)	1:16:59	49 - C. Richardson (Oceana HS)	1:26:39
10 - Rich Milan (Chabot)	1:12:52	30 - Bill LaForge (Oceana HS)	1:17:00	50 - Leroy Rosing (RC Striders)	1:26:52
11 - Dave Zumwalt (Unat.)	1:13:08	31 - Arthur White (Napa Vly RC)	1:17:08	51 - Tom Jefferson (Livermore VRC)	1:27:33
12 - Paul Koski (Unat.)	1:13:24	32 - Frank Cortez (Unat.)	1:17:08	52 - Jim Hansell (SERC)	1:27:46
13 - Mike Eash (Unat.)	1:13:24	33 - Mike Ipsen (RC Striders)	1:17:47	53 - Art Pedriera (WVJS)	1:27:49
14 - Bill Flint (Alum Rock RA)	1:14:10	34 - Carl Martin (WVJS)	1:18:14	54 - Bob Skyles (Dolphin Club)	1:28:15
15 - Carlos Ortiz (Unat.)	1:14:21	35 - Jackie Dixon (SJ Cindergals)	1:18:20	55 - Gerald Nourse (SFOC)	1:28:37
16 - Dave Dunbar (Oceana HS)	1:14:24	36 - Dick Ryon (Livermore VRC)	1:19:45	56 - Billy Tracey (West Valley TC)	1:28:49
17 - Terry Stefanski (Liv. VRC)	1:14:34	37 - Alex Monterrosa (Unat.)	1:19:50	57 - Ed Scott (Dolphin Club)	1:29:48
18 - Frank Santos (Livermore VRC)	1:14:49	38 - Mike Healy (Napa Vly RC)	1:20:02	58 - Pax Beale (NCSTC)	1:30:01
19 - John Finch (Unat.)	1:15:30	39 - Tony Stagliano (Dolphin Club)	1:20:24	59 - Dan Hintz (Unat.)	1:30:07
20 - Rudy Snyders (Unat.)	1:15:36	40 - Jim Holl (West Valley TC)	1:20:39	60 - Jeff Gregory (Unat.)	1:30:32

MEJIA RETURNS TO DEFEND MARTINEZ TITLE

(Feb. 26, Martinez) - Colombian Alvaro Mejia returned to the Bay Area just in time to defend his Martinez 8.4 Mile title. He had won it two years previously and he had his hands full keeping it this year on a new course (mostly the same, except beginning and end). Ed Haver took off from the leaders like a scared rabbit (or maybe a greyhound) and at the mile had about 50 yards on Wayne Badgley and Jack Leydig, who were desperately trying to close the gap. At about 3.5 miles, Leydig dropped back to Mejia (or maybe Mejia caught up with Leydig) and Badgley had caught Haver by four miles. At the turnaround, Haver and Badgley had about five seconds on Leydig and Mejia (who were running together). But then Haver dropped, Mejia went after Badgley and at about 6 miles it was all over as he slowly pulled out to a 20 second victory. Leydig faded badly between 6 and 7 miles, but then came back strongly to close within less than 30 seconds of an equally tired Haver. West Valley TC easily took the team title with five in the top eight. Dave Stevenson had to really run hard to hold off Jim O'Neil's challenge for senior honors (20th to 24th). Dennis Teegarden was also close, in 25th place.

First woman finisher was Kathy O'Conner (15) of the Redwood City Striders in 122nd (60:58). A total of 181 runners made the entire 8.4 mile out-and-back circuit. Weather was perfect. Top 60 finishers:

1 - Alvaro Mejia (West Valley TC)	40:27	21 - Terry Pintane (VOMTC)	46:25	41 - Bill Snavely (Unat.)	48:59
2 - Wayne Badgley (Unat.)	40:47	22 - Dick Cordone (Marin AC)	46:26	42 - Bruce Hori (Unat.)	49:01
3 - Ed Haver (Ath. in Action)	41:27	23 - Bob McGuire (Funky St. BC)	46:28	43 - Rudy Hernandez (Valley TC)	49:13
4 - Jack Leydig (West Valley TC)	41:54	24 - Jim O'Neil (SF Olympic Club)	46:30	44 - Tom O'Brien (Unat.)	49:21
5 - Bob Crow (West Valley TC)	42:53	25 - Dennis Teegarden (NCSTC)	47:03	45 - Gil Tarin (NCSTC)	49:27
6 - John Marconi (West Valley TC)	43:10	26 - Frank Cortez (Unat.)	47:07	46 - Chuck Stagliano (Dolphin Club)	49:39
7 - Byron Lowry (SF Olympic Club)	43:35	27 - Mark Dawson (Piner HS)	47:20	47 - Ernie Jeong (Pamakids)	49:40
8 - Rich Delgado (West Valley TC)	43:36	28 - Dave Dunbar (Dolphin Club)	47:45	48 - Bob Deines (Unat.)	49:46
9 - Greg Chapman (Solano TC)	43:51	29 - Dean Allen (Portola JHS)	47:58	49 - Jeff Knox (Unat.)	49:49
10 - Doug Butt (Marin AC)	44:06	30 - Bob Malain (NCSTC)	48:01	50 - David Warren (Unat.)	49:52
11 - Ian Jackson (West Valley TC)	44:11	31 - David Paul Schupp (Funky St. BC)	48:10	51 - Jim Shettler (Unat.)	49:54
12 - Darryl Beardall (Marin AC)	44:12	32 - Pete Graycar (RC Striders)	48:12	52 - Dave Mueln (Pamakids)	50:06
13 - Dan Anderson (Valley TC)	44:18	33 - Mike Healy (Napa Valley RC)	48:13	53 - Don Pickett (SF Olympic Club)	50:07
14 - Roy Kissin (West Valley TC)	44:23	34 - Eugene Fitzgerald (Unat.)	48:24	54 - Daniel Hintz (Unat.)	50:15
15 - John Weidinger (Pamakids)	44:26	35 - Ron Olitsky (Unat.)	48:25	55 - Rod Barrera (???)	50:22
16 - David Cortez (RC Striders)	45:35	36 - Louis Vecchi (Funky St. BC)	48:26	56 - Fred Kenyen (Valley of Moon TC)	50:29
17 - Bob Barker (Sac'to TC)	45:42	37 - Jim Gallon (Unat.)	48:31	57 - Ralph Blount (Unat.)	50:49
18 - Denny Mathews (Unat.)	46:06	38 - Ken White (RC Striders)	48:47	58 - Jerry Kokesh (SF Olympic Club)	50:51
19 - Tim Jordan (Unat.)	46:08	39 - Vance Koerner (NCSTC)	48:49	59 - Larry McGrael (Coll. Pk. HS)	50:52
20 - Dave Stevenson (Stanford RC)	46:12	40 - Benito Rodriguez (Pamakids)	48:50	60 - David Diekmeyer (Webster)	50:52

MEJIA EASY VICTOR AT SEARSVILLE

(March 4, Woodside) - Chalking up his second win in a week, Alvaro Mejia successfully defended his 1971 Searsville Lake Run (8 Mi.) in his normal easy manner, chalking up a one minute plus victory over teammates Jack Leydig and Ritchie Geisel, who intentionally tied for second. Taking the lead from the onset, Mejia simply lengthened his lead as he went and was never challenged. Leydig & Geisel broke away from Lowry and the rest of the pack at about 3 miles and had an easy time from there. Although taking the first three places, West Valley TC still didn't take the team title as it failed to finish enough men (5). The Redwood City Striders, led by Bryan Gieser and Mitch Kingery, took club honors with 68 points. Jim O'Neil, getting his bod back into shape after not doing any road racing for some time, almost put Ross Smith's victory string to an end in the senior competition, closing strongly at the finish to within 8 seconds. Dave Stevenson was a distant third, some 1:24 behind Smith. Paul Reese was tops in the 50 and over division, while Mitch Kingery took the high school crown, while still only a freshman. Other divisional winners: Boys 13 & Under - Mark Davis; Women (20 & Over) - Fran Conley; Girls (14-19) - Desiree Wilson; Girls (13 & Under) - Christine Sakelarios; Husband-Wife (Ross & Catherine Smith); Father-Son (James & Dean Allen); Mother-Daughter (Carroll & Kathleen O'Conner); Parent-Child (Nicholas & Nicky Sakelarios); Youngest (Angela Sakelarios, 7); Oldest (Robert Teichner, 59). A total of 201 finished the course, which was on roads through Woodside, with several challenging hills. Top 60 placers and their times:

1 - Alvaro Mejia (West Valley TC)	40:06	21 - David Cortez (RC Striders)	46:10	41 - Gil Tarin (NCSTC)	48:47
2 - Jack Leydig (West Valley TC)	41:18	22 - Paul Koski (Unat.)	46:16	42 - Chuck Stagliano (Dolphin Club)	48:51
tie Ritchie Geisel (West Valley TC)	41:18	23 - Dave Stevenson (Stanford RC)	46:21	43 - Art Dudley (Unat.)	48:56
4 - Byron Lowry (SF Olympic Club)	41:58	24 - Dean Allen (Dolphin Club)	46:34	44 - Alex Monterossa (Joggeronauts)	49:03
5 - Darryl Beardall (Marin AC)	42:29	25 - Rich Cordone (Marin AC)	46:41	45 - Mike Ipsen (RC Striders)	49:07
6 - Doug Butt (Marin AC)	42:35	26 - James Allen (Alum Rock RA)	46:34	46 - James Lambert (Unat.)	49:07
7 - Bryan Gieser (RC Striders)	42:38	27 - Walt Van Zant (West Vly J&S)	47:02	47 - Jan Frisby (Unat.)	49:50
8 - Mitch Kingery (RC Striders)	42:42	28 - David Marsh (Pamakids)	47:09	48 - Jim Nicholson (NCSTC)	49:52
9 - John Weidinger (Pamakids)	42:54	29 - Denny Mathews (Unat.)	47:15	49 - Ernst Hayman (Unat.)	50:06
10 - Dan Anderson (Valley TC)	43:22	30 - Bob Malain (NCSTC)	47:25	50 - Geoffrey Kurland (Unat.)	50:08
11 - Wayne Smith (Unat.)	44:01	31 - Steve O'Brien (Unat.)	47:32	51 - Tom Pinckard (Unat.)	50:08
12 - John Butterfield (US Navy/BAA)	44:06	32 - Steve Carey (Millbrae AC)	47:32	52 - Edward Tico (WVJS)	50:11
13 - Greg Chapman (Solano TC)	44:31	33 - Doug Essary (Sac'to TC)	47:46	53 - Pat Cunneen (Pamakids)	50:20
14 - George Kirk (RC Striders)	44:38	34 - David Peterson (West Vly J&S)	47:56	54 - Mike Basham (RC Striders)	50:22
15 - Ross Smith (West Vly J&S)	44:57	35 - Mike Healy (Napa Valley RC)	47:58	55 - Ron Kinney (Unat.)	50:28
16 - Jim O'Neil (SF Olympic Club)	45:05	36 - Carl Martin (West Vly J&S)	47:59	56 - Mark Davis (RC Striders)	50:34
17 - Frank Krebs (Unat.)	45:25	37 - Paul Reese (NCSTC)	48:02	57 - Wayne Stenberg (Unat.)	50:37
18 - Michael Conroy (RC Striders)	45:26	38 - Peter Mattei (NCSTC)	48:08	58 - Stanley Snider (Unat.)	50:42
19 - John Finch (Unat.)	45:53	39 - William Smith (Unat.)	48:22	59 - Bill Flodberg (Solano TC)	51:05
20 - Charlie Koh (Pamakids)	46:04	40 - Robert Mahon (Unat.)	48:43	60 - Bob Wood (Unat.)	51:23

LEADERS GET LOST AT FREMONT 10 KILO

(Mar. 12, Fremont) - It was a great start, but it didn't last long. The three leaders at 1.5 miles, Jack Leydig, and the two new Colombian marathoners, Hernan Barreneche and Martin Pabon, were pulling away from a group of five others (Dan Anderson, Rich Delgado, John Marconi, Art Reade, and Doug Butt) when a course guide signaled the wrong direction and all eight went anywhere from 2-3 minutes out of their way. In order to get back into the race, the eight leaders ran across waist high marsh grass (real cross country). Leydig and Barreneche soon pulled away and fought it out, each alternating surges to try and break the other. Nothing gave. With about 1.5 miles to go, it became apparent that the two leaders might very well catch the front of the pack that had gone the correct way. With a mile to go, the lead was about 25 seconds and Leydig pulled decisively away from Barreneche in an attempt to catch them. In a mad sprint for the tape, Ian Jackson and Dale Severy held off Leydig's challenge. Jackson's official time of 33:50.6 was actually closer to 33:54 (only about 15 yards separated the three runners). Severy had 33:55 and Leydig 33:56. Barreneche had faded to 34:27. Since more than just one or two runners went the wrong way, it becomes important in the NCR point race to determine who would have done what. After discussing the matter afterwards, it seems that the top eight at the time of the missed turn would have taken the top eight spots had they gone correctly. So we are assigning the top 10 as follows for points: Leydig, Barreneche, Pabon, Delgado, Marconi, Anderson, Reade, Butt, Jackson, Severy. The actual order of finish is listed below however. Frank Harrison was top senior in 33rd (37:07) and Cheryl Bridges (Official record holder for world's fastest marathon by a woman) took top honors for her sex in 34th, just 3 seconds behind Frank. Below, and on the back coverage are listed the top 45 finishers. Over 200 started, and 190+ finished.

1 - Ian Jackson (West Valley TC)	33:51	6 - Willie Cronin (West Valley TC)	34:47	11 - John Marconi (West Valley TC)	35:33
2 - Dale Severy (Unat.)	33:55	7 - Martin Pabon (Colombia)	34:58	12 - John Finch (Unat.)	35:44
3 - Jack Leydig (West Valley TC)	33:56	8 - Rich Delgado (West Valley TC)	35:10	13 - Terrence Pintane (Unat.)	35:47
4 - Hernan Barreneche (Colombia)	34:27	9 - Frank Krebs (Sac'to TC)	35:11	14 - Dan Anderson (Valley TC)	35:50
5 - Greg Chapman (Solano TC)	34:37	10 - Charles Kohs (San Francisco)	35:26	15 - Ken Freschauf	35:52



Rich Delgado, featured in this issue's West Valley Portrait.
/Marconi/



Jack Leydig finished 3rd in the Fremont 10 Kilo, despite going 2-3 minutes off course.
/Marconi/



Alvaro Mejia returned from Colombia to win Martinez & Searsville 8 mile races in March.
/T. Mejia/



Jon Anderson (left) is the NorCal Portrait for March, shown running with Darren George at PA-AAU 20 Km.
/Marconi/



Stanford Cross Country Coach, Marshall Clark, featured in this month's "Coach's Corner".



Elaine (Petie) Pedersen, winner of the AAU's first Women's Marathon Championships at Seaside, Oregon.
/Harold DeMoss/



California's great frosh sprinter, Chuck Bommarito, in Cal vs. Sac. St. meet.



Top 3 finishers in 15.5 Miler at International Masters Meet in Hawaii:
Jim O'Neil (SFOC) 1st in 1:34:31,
John Faerber (Honolulu) 3rd in 1:38:23,
Tom Sturak (SCS) 2nd in 1:37:27.
/Harold DeMoss/



California's 440/880 ace, Rick Brown, anchoring UC's winning mile relay against Sacramento State.

16 - Eugene Fitzgerald	35:56	26 - Ernie Jeong (Pamakids)	36:38	36 - James Freeman	37:13
17 - Dean Allen (Dolphin Club)	35:59	27 - Steven Carey (Millbrae AC)	36:42	37 - Fred Kenyon	37:26
18 - Art Reade (West Valley TC)	36:07	28 - Dennis Tracy (West Valley TC)	36:54	38 - Edward Tico (West Valley J & S)	37:32
19 - David Peterson (West Vly J&S)	36:08	29 - Arthur White	37:00	39 - Ernst Hayman (Unat.)	37:37
20 - David Marsh (Pamakids)	36:09	30 - David Fried (Livermore Vly RC)	37:01	40 - Jim Nicholson (NCSTC)	37:59
21 - Doug Butt (Marin AC)	36:17	31 - Jim Reichle	37:02	41 - James Downey	38:01
22 - David Zumwalt (Unat.)	36:24	32 - John Randozzo	37:06	42 - Pat Cunneen, Sr. (Pamakids)	38:03
23 - John Dunn	36:24	33 - Frank Harrison (NCSTC)	37:07	43 - Ken Litwack (Dolphin Club)	38:14
24 - Doug Essary (Sacramento TC)	36:30	34 - Cherrie Bridges (San Luis O)	37:10	44 - Walt Betschart (NCSTC)	38:18
25 - Michael Law	36:30	35 - Larry Bridges (San Luis Obispo)	37:13	45 - J.T. Pinckard (Unat.)	38:20

KEN YOUNG ANNEXES 100 MILE TITLE

(Mar. 11, Sacramento) - Ken Young of Chicago, who holds the United States outdoor track records for 25 and 30 miles, crossed the finish line at Cal Expo on March 11th after 14 hours, 14 minutes, 39 seconds to win the Camellia Capital Century, a closing event of Sacramento's ten-day Camellia Festival. The 30-year-old meteorologist outran 1970 Century winner Darryl Beardall, 35, of Santa Rosa in the grueling 100-mile footrace, only American event of its kind to be run in a 24-hour period. Young and Beardall set a fierce pace together for the first 33 miles on the macadam three-mile loop, but Beardall developed respiratory problems and failed to challenge the top runner for the remainder of the race. Actually, Beardall did make somewhat of a recovery between 45 and 60 miles when he closed the gap from 41 minutes to 11 minutes during that period. He did one lap in 21:12 (3 miles) in that sequence. Beardall's final time was 15:38:38. In other close competition Dr. Ralph Paffenbarger, 49, an epidemiologist at UC Medical Center in San Francisco, warded off the threats of Sacramentan Paul Reese, 54, who was just 11 minutes 45 seconds behind Paff at the 90 mile mark. Times for the two veteran distance runners were 16:42:58 and 17:15:34, respectively. Six other starters failed to finish, due mainly to the high temperatures (75-80°) and humidity during the race. Dehydration was common to all who ran. Runners and their distances are as follows (no times were given in the results): John Arberry, Jr., 28, of S.F. - 80 miles; Charles Waters, 42, Roseville - 66 miles; Rex Dietderich, 47, Berkeley, - 51 miles; Bill Rupley, 34, Berkeley, - 33 miles; Greg Peterson, 22, Davis - 27 miles; and Michael Brezovic, 19, McClellan AFB - 12 miles.

PARTIAL RESULTS

(Mar. 19, Pacific Grove) - PA-AAU 30 Kilo Championships: A superfast early pace that kept up throughout the duration of the race was responsible for 7 runners dipping under 1:40 and another coming within a few seconds. The top six finishers, plus 8th & 9th, hit the 5 mile checkpoint (although slightly downhill, it was still very quick) in 24:52. Then the top five finishers broke away and came by 10 miles in 51:05 with Leydig in 6th at 51:55. At 15 miles it was the top four finishers still together in 1:15:00, Mejia had fallen back to 1:16:22 and Leydig was 1:17:23. Victor Mora of Colombia literally crushed the field over the last few miles and won as he pleased. Top 10 (more next time): 1 - Mora (Col) 1:35:16.4, 2 - Tibaduiza (Col) 1:35:54, 3 - Badgley (Unat.) 1:36:10, 4 - Smead (WVTC) 1:37:09, 5 - Mejia (WVTC/Col) 1:37:42, 6 - Leydig (WVTC) 1:39:00, 7 - Cortez (RCS) 1:39:40, 8 - Pabon (Col) 1:40:01, 9 - Barreneche (Col) 1:40:54, 10 - Howell (WVTC) 1:42:45. **** (Mar. 26, Napa) - Blossom Hill Run: (8.1 Mi.) - 1 - Mora (Col) 39:50.9 (Record), 2 - Clark (WVTC) 41:04, 3 - J. Anderson (OTC) 41:14, 4 - Mejia (WVTC/Col) 41:30, 5 - Leydig (WVTC) 41:56, 6 - Rustad (WVTC) 42:32, 7 - Howell (WVTC) 42:35, 8 - Barreneche (Col) 42:40, 9 - Ferrero (USAF) 42:48, 10 - Loeschhorn (USAF) 42:59. (More next issue)

(ADDRESS CORRECTION REQUESTED)

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