



# NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION  
P. O. BOX 1551, SAN MATEO, CAL. 94401  
PH. (415)-342-3181

THIRD YEAR \* \* \* NUMBER 36 \* \* \* NOVEMBER 1972 \* \* \* 25¢ PER ISSUE \* \* \* SUBSCRIPTION RATE: \$3.50/YEAR

**NCCR STAFF:** Editor - Jack Leydig; Printer - Frank Cunningham; Chief Photographer - John Marconi; Cartoonist - Lee Holley; Coach's Corner - John Marconi; NorCal Portrait - Jon Hendershott; West Valley Portrait - Willie Cronin; Women - Roxy Anderson, Jim Hume, Dr. Harmon Brown; Seniors - John Hill, Emmett Smith, Willis Kleinsasser, George Ker; Editorials - Bill Clark; Race Walking - Steve Lund, Bill Ranney; AAU & Road Results - Jack Leydig; High School - Mike Ruffatto, Dave Stock, Roy Kissin; Collegiate - John Sheehan, Jon Hendershott, Jerry Kokesh, Fred Baer; --- anyone else wanting to help by sending us material regularly (especially need high school and collegiate results) can become one of our staff. You needn't be a WVTC member obviously to help. This is a cooperative effort. Write and let us know if you're interested.

**November's Contributors:** John Trent, Bob DeCelle, Ben Sawyer, Peter Mattei, Red Estes, Bill Kelly, Bob Grubbs, Art Dudley, Bill Cockerham, Wes Alderson, Vernal Wilkinson, Harold DeMoss, Andrew MacCono, John Richards, Mike Healy, Don Sommer, Charles MacMahon, Paul Reese.

The Northern California Running Review is published on a monthly basis by the West Valley Track Club. It is a communication medium for all Northern California track & field athletes, and it covers age group, high school, collegiate, senior, AAU, and women's events. The NCCR is available at many road races and track meets throughout the area for 25¢ an issue, or for \$3.50 a year for mailed subscriptions (usually third class unless it is an unusually thin issue...then we send first class). All WVTC 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. They should be good contrast and preferably black & white. All information should be sent to the editor, Nor Cal Running Review, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415-342-3181). Be sure and give photo credits, those competing, and the event being contested. Any size print will do, but please do not send the negative if possible. We will return all prints afterwards.

**WHEN YOU MOVE---**Please send us your address change immediately. The NCCR is not forwardable normally since it is mailed 3rd class except on rare occasions. Many of our subscribers have not been getting their issues because of this mistake.

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## ◆◆◆ WARNING ◆◆◆

To all subscribers: This issue marks the end of our third year of publication. Perhaps some of you can remember when we were the West Valley Newsletter, or maybe even when we gave away our newsletters free of charge and charged \$1.00 to cover mailing costs on subscriptions!! When we started charging \$3.50/year and 25¢ an issue in May of 1970, it was just enough to cover costs. Now, with a much larger issue, we are making some profits, but only about \$25-30 per month...certainly not a profitable venture...mainly a service. Yes, we have come a long way in just three short years. BUT...I have been noting a disturbing trend in the last three or four months: our subscriptions are falling off!! Not only are we getting fewer new subscriptions, but our renewals are only about 50%!! As a result, our total number of subscribers is falling off and we are struggling to meet costs. WHY???? If you care about the future of this publication, please take a few minutes to write us your comments on what you would like to see more of, or see less of, or see changed, in this paper. If the present trend continues, we may be forced to increase our rates or cut back on the size of our issues...neither of which we want to do. The new year will be seeing some sweeping changes made in the NCCR's services. We are considering publishing full race results of all local road races, but we need your help. Your resubscriptions are what keep us alive!!

## ENDING OUR THIRD YEAR - THANKS FOR YOUR SUPPORT



### IN THIS ISSUE

The results of Kroot's & Sawyer's PA-AAU Questionnaire on entry fees, awards, and race results; NorCal Portrait on Fran Conley; West Valley Portrait on Jim Dare; Coach's Corner on CSM's Bob Rush; Long Distance Scheduling thru January; CSM Winter All-Comers Scheduling; Race Walking; Cross Country Results - Fresno St. Watermelon Run; Mt. Madonna; Milpitas Invit.; FSU vs. Cal-Poly; OSU, Davis, & Humboldt; MA Invit.; GG Conf. Tournament; CSM Invit.; SPAL Finals; MPL Finals; Camino Norte Conf. Meet; CCS North Area Meet; NorCal JC Champs; Saratoga Center Meet; San Ramon Invit.; Sonoma Invit.; Camden Invit.; Aptos Invit.; Cal Aggie Invit.; WVTC, Cal, SJS, & Stanford; Humboldt, Hayward, & SFS; Terra Nova Invit.; Pac-8 No. Div.; Pleasant Hill XC Jamboree; EBAL Finals; Girls' & Women's State Meet; Road Race Results - SRRC 7 Miler; Bass Lake Half Marathon; Will Rogers/CCAC 15 Km; Bigfoot Daze Race; Walnut Festival Race; Women's Atalanta Race; Napa Marathon; PA-AAU Junior XC Champs; Berkeley-Moraga Run; PA-AAU 50 Kilo Races; --also NCAA Small Kilo Champs; Lake Merritt (Columbus Day) Races; --also NCAA Small College Champs.

### CLUB NEWS

This section of our publication is devoted to various clubs in the area. If your club would like to put in announcements or other news, please send it in. Our circulation is large enough to ensure that most of your members will see it. As long as the news is pertinent to track & field or long distance running and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from your club.----Due to the poor response for this column, we are considering eliminating it altogether in future issues and including WVTC Club News in a separate mimeo to members only. Let us hear your comments on this idea. Do you think the column is worthwhile, or do the various other club publications serve the purpose??

**WEST VALLEY TC:** As you might have suspected, your friendly editor is back from Europe for a few days in order to do the November issue...then I'm off for Chicago for a month to take some of our team to the AAU XC Championships and then attend the AAU Convention in Kansas City. While I was gone, I think my temporary editorial staff did an excellent job at tending this monster I've created...my trip was made much more pleasant knowing I had such a capable crew at work. Thanks again to Harold DeMoss, Art Dudley, John Marconi, and Lurana Hoetger...editors for the October issue.



## THIS AND THAT

**New members:** Two crack distance runners joined the club during the past month. They are Tom Read, 16, of 41527 Apricot Ln., Fremont (Ph. 656-6462), and Ron Zarate, 21, of 408 E. Eighth St., Apt. 4, Reno, Nevada (Ph. 329-6838). Tom is a student at Mission San Jose High School and just rounded out his cross country season by placing 3rd in the NCS Meet at Lafayette. He also owns best track times of 880-2:08, mile-4:31, and 2 mile-9:29. Tom is just a junior. Ron, a student at the University of Nevada, has track times of one to five miles as follows: 4:23, 9:32, 14:20, 19:27, and 24:56.

**Address changes:** Jim McGinnity to 619 Pole Line Rd., #221, Davis, CA 95616; Bill Scobey to 1682 Calle Turquesa, Newbury Pk., CA 91320 (805-498-7166); Steve Murphy to 812 No. Oklahoma, Liberal, Kansas 67901; Bob Grubbs to Box 22, Cloran, Hamilton, Univ. of Oregon, Eugene, Ore. 95616...other members be sure and notify us when you move so you'll continue to get the NCRR & other info.

On Sept. 8, the Cronin's adopted twins (a boy and a girl)... brand new even!! Bill Clark's wife, Ellen, gave birth to a boy a few weeks back, and both are doing fine. Looks like WVTC will have a couple of good father-son combinations in road races about 10 years from now.

**Concerning indoor season:** The first indoor meet in the Bay Area this winter will be the Examiner Games on the 26th of January, followed by the Athens Invitational (probably 2 weeks later). If you are interested in entering these meets (or any other out-of-the-area meets)...open competition...and have good enough marks to qualify (they are usually quite high) or think you might, then contact Jon Hendershott, 15 Starr Way, Mountain View, CA 94040---Ph. 964-0657. He will serve as WVTC's indoor contact and can probably answer most of your questions. We should have a complete list of indoor meets in our December issue. High school & JC runners will be able to qualify for the Examiner & Athens meets in direct competition, probably two weeks before each meet...watch the NCRR for further information.

Many of the club's high school & college athletes have been doing extremely well during this cross country season. Probably the most improved runners are Roy Kissin, a 15-year-old soph at San Ramon High, and Jim Van Dine, a freshman at College of San Mateo. Kissin couldn't break 10 minutes last cross country season, but recorded a stellar 9:24 for 2 miles on the track in a postal meet on November 4. He only lost to two runners all season, but only won one race (EBAL Championships)...his losses came quite consistently to team mate Mike Dayton (last year's NCS champ), who owns a 9:14 two mile clocking this season...and to Rich Kimball in the NCS Finals. He helped his team to a second place NCS finish and a 48:29 team postal clocking. Van Dine has been equally impressive on the JC circuit. He has lost only a few races all year and capped off the season with Golden Gate Conference and NorCal JC titles, winning very convincingly in both. He heads towards the State Meet as one of the favorites, especially if the course is hilly. Jim was only a 9:20 two-miler last spring. WVTC athletes dominated the NCS Finals with Kissin taking second, new member Tom Read third, Mike Ruffatto fourth (he also ran a 9:18.3 postal clocking), and Rusty Nahirny seventh. In the Pac-8 Meet, Stanford's Jack Bellah and Oregon's Bob Grubbs took 20th and 21st respectively (Grubbs finished 14th in the Pac-8 Northern division)...both are frosh. Mike Pinocci, attending JC in Texas, took 19th in the National JC Meet. In the NCAA Small College Championships, Chuck Smead (Humboldt St.) and John Sheehan (Davis) ran a very impressive 6th and 7th...Larry Main reports from Colorado that he's getting back into shape and has run a 10:02 two-mile (August) and won a two-mile in the snow last month in slow time. Good news from Tennessee. Mike Ryan is getting back into competitive shape. He's been on a training program since early September and hopes to make at least the top 50 at the AAU Meet in Chicago. He's won three races (1.6 mile, 5 mile, and 15 Km.) in the past month against minor competition, and feels confident of a fairly good performance on the 25th. Burlingame's Peter Brown won his league meet and should be in the top bunch at the CCS Finals.

While traveling in Europe, your editor happened upon a vacant intersection, and was immediately smashed from the right by an invisible South Vietnamese in a bright red MG...in Paris, where else? Really though...the guy was visible, I just didn't see him. The police didn't believe me. After having my head sewn up and my left knee examined, I was let loose on the streets once more, my hair all crusty with blood. My knee (not my brain) still has a lot of water on it. If it doesn't go away soon I'll have to get it tapped and drained. Anyway, I'll be out of action for a month or more.

**WVTC Finishers in Road Races:** (beyond listing end in back of issue) - Dipsea: (159) Santos Reynaga 58:41, (266) Eric Abrahamson 61:41, (332) Chip Greendale 64:27, (340) Dick Strand 66:48; Alameda XC Carnival: (48) Mike Shaughnessy 45:56; Double Dipsea: (77) Billy Tracey 2:25:03, (93) Santos Reynaga 2:26:35, (104) Robin Nowinski 1:43:29, (110) Keith Kruse 2:37:13; Walnut Festival: (156) Bob Greer 35:04, (207) Ingo Greer 36:45, (282) Chas. Attwood 39:52; Berkeley-Morage: (67) Santos Reynaga 1:27:23, (71) Ralph Likens 1:27:57.

Well...you guessed it. My trusty typewriter broke down just when I needed it most. At least this print is a bit larger, but that costs us more money. With only about 36 hours before I leave for Chicago, I don't have much choice.---I was complaining about subscription renewals falling off on the first page. Steve O'Brien must have guessed our dilemma ahead of time... he must like our publication because he sent us \$10.50 for a three year renewal. More people should have that much faith.---A bit more on the London-Brighton Race. The pace was fast from the start with Cavin Woodward of Leamington (GB) hitting 10 miles at 57:10, followed by past winner John Tarrant in 57:14. Just behind came So. African Dave Hensman with a group of 4 consisting of Comrades Marathon victor Mick Orton, Ian MacIntosh, Alastair Wood (the eventual winner), and WVTC'er Skip Houk of Reno, officially representing the U.S.A. They passed the mark at 59:00. At 20 miles, Hensman led Woodward by 3 seconds in 1:56:29 with the chasing quartet closing to within 25 seconds (Tarrant had dropped back). Then Houk & MacIntosh became detached from the group, and Orton and Wood moved through together to pass Hensman and Woodward, reaching the checkpoint in 2:54:54!! Wood then began to pull away, passing Bolney (nearly 39 miles) in a fantastic 3:43:30. His stride never faltered as he came home in 5:11:02, more than 10 minutes better than Dave Levick's year-old mark. Orton was also under the old mark at 5:19:28. Woodward held onto third place, improving his previous year's best by 36 minutes in 5:34:47. Houk put up a good run for some 35 miles and then began to cramp in his legs, eventually having to concede at just short of 45 miles. First U.S. finisher was Pete Barner of Harrisburg, Pa., 12th in a good 5:56:58. Bob Bruner of Venice, CA was 19th in 6:34:19. Tipton Harriers easily won the team title with 8 points to Epsom & Ewell's 24...your editor served as Houk's personal waterboy, not feeling quite up to the 52.75 mile jaunt.---James Weil, an active participant at area road races, has moved to Stockholm, Sweden, and writes that he's participated in two races so far, including Lidingoloppet, Sweden's mass trek, with a huge crowd of 1900+ going over 30 kilometers. It was all on trails and extremely crowded. The race is a tribute to Scandinavian fitness in general as Jim's place was much worse relatively than his Bay-to-Breakers finish. Keep us informed on what's happening over there Jim!---Byron Spradlin, ex-UC Davis steeplechaser, is currently on a mission for his church in Anchorage and is a new member of the Pulsator Running Club there.---Sorry about not mentioning Eileen Waters' great finish in the AAU 50 Miler at Rocklin. She finished 12th in 8:07:10 and was the only member of the fair sex to finish (or maybe even participate). There were 26 starters and 19 finishers. ---The IAAF International XC Championships (something new) will be held on March 17 in Waregem (near Ghent), Belgium. There will be a junior (19 & 20 year olds) race of 7 Km., a women's race of 4 Km., and a senior race (19 or over) of 12 Km.---The Pan-American XC Cup Championships (men & women) will be held in Victoria, B.C. on Dec. 2. The men's race will be 12 Km. and the women's 3 Km. Participating nations can enter one or two teams. Individuals may be entered by nations not entering teams.---The PA-AAU is hosting a dinner on December 16 at Benson Memorial Center, Univ. of Santa Clara, for all Association athletes who were members of the U.S. Olympic Team in Munich. Cocktails at 7 p.m., dinner at 8 p.m. The tickets, purchased in advance, are priced at \$8.50 each, or \$6.00 (no cocktails). Purchased at the door, they are \$1.00 more. Keynote speaker will be Senator Alan Cranston. M.C. will be Don Kline, Sports Director for KCBS radio. For further information, contact the AAU office.---A minor correction to the NCRR long distance point race for 1972. We have decided to count the Felton run (open only since we do not know any of the seniors) and discovered an error in addition in Leydig's and Dan Anderson's scores. The changes affect these two's scores and brings Beardall from fourth to third. Everything else remains unchanged...the new totals: Leydig (21, 3.24, 0.154), D. Anderson (31, 5.26, 0.170), Beardall (21, 4.02, 0.194). The first number represents number of races, then comes average placing, and finally the point rating. The perpetual trophies will be ready shortly after the beginning of the new year. This year's senior winner was Ross Smith, who broke Bill Mackey's record with his stellar 0.059!!



## SPECIAL ARTICLE

Remember about one year ago Ben Sawyer and Jeff Kroot came up with the idea of a questionnaire on entry fees, awards, and distribution of race results? The NCRRC distributed these questionnaires to subscribers and in addition, sheets were made available at road races. About 120 or so individuals took enough time to express their feelings on the matter, and the following represents what they thought: A. Relationship of Entry Fees & Awards: (It is generally recognized that the size of a race entry fee is partially determined by the number and value of awards offered)--1. Entry fees of \$1.50 or more to have more awards than at present (25). 2. Entry fees limited to \$1.00 to have about as many awards as at present (48). 3. Entry fees limited to 50¢ to have few or no awards (20). 4. Other (10). B. Types and Quantity of Awards:--1. Trophies, medals, and ribbons, as are commonly given now (29). 2. Useable items such as books, subscriptions (NCRRC, RW, etc.), tee shirts, coupons for partial payment on running shoes, etc. (20). 3. A combination of 1 and 2 above (48). 4. None at all. Awards aren't necessary (12). 5. Other (6).--1. Few but of high quality (8). 2. Less expensive and thereby going to more finishers (69). 3. Other (18). C. Race Results: (At present in the PA-AAU, race results are mailed out to runners by some race directors and not by others. Race results should be:)--1. Mailed to all runners of each race (51). 2. Mailed only to those runners who furnish a self-addressed stamped envelope at check-in time (46). 3. Not mailed, but made available at future races (5). 4. Announced at the race, sent to NCRRC for publication, but not mimeographed for individual runners (13). 5. Other (7). \*\*\* The general consensus seems to be that people want to pay \$1.00 or less for more awards (both medals and merchandise)...that my friends is rather difficult to do. From the editor's viewpoint, awards are not necessary, but if you're going to pay money to enter, then you probably should get something for it, at least if you finish fairly high up in the standings. In the final consensus, it should be left up to the meet director as to what and how many awards he should give, and what entry fee he needs to charge in order to at least meet expenses. As long as the public is well-informed as to the entry fee and types of awards offered at any particular race, then each individual can make up his own mind as to whether he wants to participate. One thing is necessary: the awards should be better (quality &/or quantity) if the entry fees are higher. I personally think that entry fees should range from nothing to several dollars so as to meet the desires of the entire spectrum of our runners. At present, this seems to be the case. The cost of mailing out race results to all finishers (1st class) is at least 10¢ per runner (8¢ stamp, 1¢ envelope, plus printing costs...stencils, paper, etc.). Therefore, the meet director must incorporate this cost into his budget if he is planning on providing this service. People may forget to bring stamped envelopes to a race, so perhaps a solution would be to merely charge 10¢ extra to those wanting mailed results and then specify this on the entry blank. Another idea that I have been toying with would benefit both meet directors (saved labor) and runners (results of all races), and our humble publication (more subscriptions). Obviously we don't print the entire results of all races in our NCRRC because of the tremendous cost involved. But if we charged race directors a flat fee (say \$10-15) for printing up their results in our newsletter, the idea would be feasible. I know you're saying to yourself..."That's blackmail! It would force everyone to subscribe in order to get their results." But can you think of an easier, more positive way of getting results all the time of all the area races? The service would cost you a little less than 1¢ per day!! That's pretty cheap. It would also bring us more income in order to improve our paper, and in fact ensure our continued existence. In the near future we will be writing to all meet directors concerning this matter. But we would like to hear from our readers too. What do you think? /Jack Leydig/

## CLASSIFIED ADS

Our rates: Interested in selling your product? With a circulation of almost 600 per month (including 450+ mailed subscriptions), the NCRRC Classifieds will get results for you. Why? Because we advertise to a select group--track & field athletes!! Our rates are inexpensive and effectively improve sales for you. Monthly rates: (Per Line--50¢ based on 12 characters/inch, 7 1/2 inch line; Per Square Inch--25¢, double for half-toning such as pictures, etc.; Quarter-Page--\$5.85; Half-Page--\$11.70; Full-Page--\$23.40; One Page Insert--\$20.00, you supply 750 sheets per issue, 8 1/2 x 11 inches; One Page Insert (both sides printed)--\$25.00, you supply.) Special rates: (3-5 Months Running--90% of rates per month--may be different size or design each month but sizes must be close; 6-11 Months Running--75% of monthly rates; 12 months or more Running--60% of monthly rates. All special rate ads must be specified before being sent to the editor...in other words, a contract must be drawn up, although payments may be made on a monthly basis. Current advertisers please note this new policy. We would appreciate ads in their final size, but will reduce or enlarge as necessary to get the required size. Make the ads proportional to an 8 1/2 x 11 inch page or portion thereof. All half-toning is double the above rates except on inserts that you print yourself. All advertisers get free publications as long as their ads run. For more details, write the editor, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181). All checks should be payable to West Valley Track Club. All billings are based on the final size of the ad as it appears in the NCRRC. (Add 25% extra for odd-sized inserts, less than 8 1/2 x 11).

VIC'S SPORTS - ADIDAS RUNNING SHOES: Ever wondered why no one ever sells running shoes in the area where you live?? Well, that problem should disappear for you as long as you can show up at a road race or two now and then. Vito D'Aloia is carrying a fine and extensive line of Adidas training and racing flats, socks, insoles, Gatorade powder, shorts, and a variety of other handy running items. He is at a majority of the local road runs, or you can always contact him at 2289 Kenwood Ave., San Jose 95128 (Ph. 408/296-3982). Store hours are 5 to 9 on weekdays, and weekends are by appointment only. Free delivery in the San Jose area. This month Vito is featuring the Adidas SL-72 in sizes 5-13. This shoe is great for either training or racing, has great shock-absorption features, and a good arch support. Why not give him a call today??

RUNNING UNLIMITED: (Tiger Distributor for Northern California) - With the cross country coming upon us, hadn't you better make sure your shoes will last through the season? If you are looking for an inexpensive but excellent training or racing shoe, Tiger is probably the best line available that meets both these requirements. With a whole range of different models and sizes to choose from, you can't go wrong. There is now only one location of Running Unlimited: Tom Laris, 407 California Ave., Palo Alto, CA (Ph. 328-4274). The Tiger brand is by far the most popular distance running shoe on the market today. Why not order a pair this very moment?

THE ATHLETIC DEPT. IS NOW OPEN: If you'd like to help West Valley TC send a team to Chicago this November in an attempt to take the AAU Cross Country title away from Florida TC...you can help. The Athletic Dept., 2114 Addison, Berkeley (Ph. 843-7767) is now stocking the new Nike line and is offering to help WVTC send a team to Chicago if you will help them. By purchasing a pair of shoes you can help the PA-AAU have a chance at a National Championship team. The Athletic Dept. will give \$1.00 to help our cause for each pair of shoes you buy from them. But you must mention that you heard about the Athletic Dept. through the NorCal Running Review when you purchase your shoes. Club members especially...here's your chance to buy shoes at an already low cost and help your team too. Thanks.

SPECIAL RATES FOR MAILING RACE ENTRY FORMS: Have you been looking for an easy, inexpensive way to distribute information on your upcoming race or meet? We have a solution for you. With a circulation of some 500 mailed subscribers, the NCRRC is ideal for getting entry forms to the people who count...those that will run in your meet. We are now offering a special for meet information and entry blank inserts only. For \$15.00 (3¢ a copy) we will insert your meet information in our publication. The sheet(s) must be 8 1/2 x 11 inches (can be printed both sides)...and the rate applies to a single sheet...double the rate for two sheets, etc. For more information, contact the editor. Look at it this way: If you charge \$1.00 per entry, you will break even on your advertisement costs if we get only 15 people to enter your meet who would not have ordinarily heard about your race or its particulars. How can you beat that?? Out of our 500 subscribers, we feel that many more than 15 will come to your race because you went to the trouble of mailing them an entry blank...they might not have come otherwise.



**RON CLARKE TALKS TRACK:** During his fabulous running career, Ron Clarke set 21 world records, indoor and out, from 2 miles to the one-hour run. He was the first trackman to dip under 13 minutes for 3 miles, 27 minutes for 6 miles, 28 minutes for 10,000 meters. During his career, he was one of track's most popular figures and many considered him to be history's greatest distance runner. Ron has written of his track career before, but now, after a year or more of retirement, he looks back from an objective vantage point on what he achieved and failed to achieve, assesses his opponents and discusses some of the great races, his satisfactions and disappointments, and the like. Ron was always one of the more outspoken and articulate athletes of our time, and he offers us many interesting insights on his own record and that of others in the sport. It's a "good read," as the British say, well worth the \$2.50 cover price. And the fan will get additional value from the 15-page appendix, a list of every race Ron competed in between 1953 and 1970, with details on times, places, sites, dates, and opposition. -- Available now from Track & Field News, P.O. Box 296, Los Altos, CA 94022. Edited by Jon Hendershott, 110 pages, 16 photos.

**COMPETITIVE RACE WALKING:** Ron Laird is especially qualified to turn out the first American book exclusively devoted to the increasingly popular sport of race walking. A three-time Olympian, 56-time national champion (at various distances, 1958-71), multi-American-record setter, Pan American Games 20K Champ, 1967, and 4-time nominee for the Sullivan Award, Ron has distilled the knowledge and experience gained from a decade and a half of top level competition and sets it out in readable, easy-to-understand form for both beginner and veteran. He covers the ABC's of race walk technique and form, legality problems, how to train, how to prepare mentally and physically, how to judge, how to develop the sport, and much more. And 98 sequence photos provide a valuable additional aid to the understanding of technique matters. Anyone interested in this important aspect of track & field--coach, fan, competitor, or those who want to walk for fitness or fun--should have this book in his library. Also, any general track fan will have his appreciation of race walk events enhanced tremendously by looking over this fine book. Available now from Track & Field News, P.O. Box 296, Los Altos, CA 94022--64 pages, \$3.50.

#### COACH'S CORNER

**Meet Bob Rush:** November's Coach's Corner features College of San Mateo's cross country and track coach, Bob Rush. Like most highly successful distance running coaches, Bob himself was an active participant in the sport. While running at Sant Jose State in the mid-50's under the renowned Bud Winter, Bob recorded PR's of 4:28 and 9:51 for one and two miles, respectively--quite respectable times in those days.

Following college, Bob took up a job as assistant coach at C.K. McClatchy High School in Sacramento. Reflecting upon those days, Bob mentioned that one year he had a total of 35 active distance runners in the track program, something that would bring envy to most high school running coaches these days. Before coming to CSM, Rush also coached for 6 years at San Mateo High in the middle and late 60's. Ted Lydon, Dave Madagan, and Dave Robertson were some of the bigger names that Bob helped develop.

"It is interesting to note that of the top five NorCal JC teams, specifically Fresno, San Jose, CSM, American River and West Valley, it can be generally said that the five coaches use basically the same formula, only the recipe is different for each. I personally have been most influenced by New Zealand's Arthur Lydiard. My runner's work primarily on straight marathon training, which takes some of them running in excess of 100 miles a week. We do little real interval work during cross country. I try and use a hard-medium pattern in training my athletes. A hard day might involve fast pace and lots of hills, medium days being slow, long runs on flat surfaces. On occasion we'll run on the track for strength work...something like 3 x 3 minute runs, attempting to cover a certain distance in that time span on the first interval, and maintaining that distance covered in the preceding runs."

"I keep my athletes away from speed training until 3-4 weeks before I want them to peak. A favorite workout of this type would be and up-and-down session consisting of 220-330-660-880-880-660-330-220." His athletes also do some weight lifting, but this is not mandatory.

Bob feels that "the club program is alright, but not when it infringes on the training programs of his athletes." He feels it is ok for his athletes to run road races when they are not in season, but feels it hurts the athlete during the school season because it upsets the program he uses on them.

Concerning the JC system, Rush relates, "Back when I coached high school I used to encourage my athletes to go straight into a 4-year-school. However, now that I am on the other side of the coin, I feel that there is great value in going to a JC first, then on to a university. I know personally that many athletes go straight to a 4-year school and they shouldn't be there, running or studying."



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With the 1972 cross country season coming to a close, a season which saw the CSM harriers capture their third straight Golden Gate Conference title and top runner Jim Van Dine take first spot in the NorCal JC Championships, Bob is already looking forward to a successful 1973 track season.

#### NORTHERN CALIFORNIA PORTRAIT

**Meet Fran Conley:** In barely 1½ years of running, Fran Conley has doctored up considerable achievements at long distances---remarkable for a woman who had no prior running experience and astounding for a physician in her sixth year of residency in neurosurgery at Stanford Medical Center.

The hectic, demanding schedule of a doctor hasn't prevented the 32-year-old Fran from a daily run on Stanford's golf course--at 5:30 a.m.--nor from recording a 3:24:13 marathon best in the devilish Ocean-to-Bay race. As well, adds husband Phil, a 1956 US Olympian--as a javelin thrower--"Fran has just one loss to other women runners in the last 16 months and covering the same number of races. Cheryl Bridges (and others) beat her in the '72 Bay-to-Breakers when she was ill with flu and was knocked down and trampled at the start. She almost passed out at the top of Hayes Hill while second among the women and barely beat me." (Yes, Phil has become a distance runner himself).

"My training varies between 30 and 50 miles a week," reveals Dr. Conley, "depending on darkness in the morning, hospital duties, and my disposition." Phil adds her mileage sometimes the 60-70 miles per week range. "My training is very casual," she continues. "It is leisurely and enjoyable for I run for mental piece of mind more than anything else. The mornings give me much needed time to be completely by myself. I have never trained with a coach and don't intend to--although I get plenty of advice from the 'peanut gallery'. Phil has been a major impetus factor. (Both have run in at least one 24-hour relay.) When running stops being fun, I'll stop and go onto something else."

"My competitive running has been 'funky'; I happened to do well in a few races so I have continued on an intermittent basis. When I run I just go as well as I think I can over the particular distance. I have absolutely no sense of pace, yet I hate to have to stop during a race. I still think of racing as being against myself rather than the other runners. The enjoyment of distance running is achieving or bettering one's own expectations of one's own ability. Thus, in a race like the Bay-to-Breakers, there can be 3000 'winners'."

And, as Phil explains, Fran gives her best in races. "We found it very hard to quantify race performances with varying terrain, weather and distances in road racing, especially for women. Thus, I always calculate Fran's and my estimated 'bogey' before (and results after) on a percentage of winner basis. Fran regularly runs in the 132-136% bracket if there are quality winners; with lesser-quality winners she averages 120-130%. I calculate: (our time)/(1st-place time) = XYZ%...and it works well for distances from about eight miles through the marathon. For example, considering the Ocean-to-Bay marathon, Monterey 17-miler, Dipsea, and Statuo, her figures with the winners are: 138% (Tom Hale), 121½% (John Butterfield), 132% (Ron Elijah), and 127% (Jack Leydig). As a comparison, Cheryl Bridges' marathon world best would be 2:49/2:08 or about 124%."

Fran feels there are definite health benefits to distance running. "There are still far too few women--and men for that matter--who have discovered the benefits of leisurely distance running," she believes. "Obesity is a major health problem in the US today and 100% encouragement and attention should be paid to any activity which can counteract its presence or thwart its initial development. Running is being recognized as not a 'freak' activity but one of great benefit healthwise." Dr. Conley is the finest proof needed of her own prescription.

Francis K. Conley, Palo Alto, Calif. (Stanford RC). 5-7, 120-lb., born Aug. 12, 1940. Bests: marathon--3:24:13.

#### WEST VALLEY PORTRAIT

**Meet Jim Dare:** This last track season, Lt. James Dare (US Navy), although unknown to him or anyone else, was to score one of the major upsets of the track season. Up until early June, Jim's best steeplechase time had been a so-so 9:05 in the West Coast Relays. Then in the Interservice Championships at San Jose, he burst into national prominence by blitzing to an 8:42 clocking in winning form. This was some 14 seconds under his previous best, which had been recorded several years previously. The corker came just a few weeks later in the AAU Championships at Seattle. His incredible kick on the last lap pulled him past many well-known competitors and brought him a gold medal in a scintillating 8:33.8!! He was now a definite threat to make the US Olympic team. However, on the final lap of the final, Tennessee's Doug Brown shattered his hopes and pushed Jim back to fourth, one notch out of an Olympic berth, although recording a PR 8:33.5. Jim received a European tour for his efforts, giving him his first taste of international competition.

Jim's workouts are based on the Oregonian philosophy of hard day/easy day with double workouts six days a week and a long run on Sundays. "My mileage usually varies from 60-100 per week. I consider a hard day to be a long run in the morning of 10-15 miles, followed by an evening interval workout of 5-8 miles. An easy day would be 5 miles in both the morning and evening...each at a snail's pace." Dare relates that he is self-coached, although he relies on Tom Laris' advice to some extent. He started training with Tom in February of 1971. "Both our interval workouts were derived from the Igloi school through two channels: thru Bob Schul to Tom and thru Norm Higgins to me. We then added our own prejudices to arrive at a 3 tempo style of interval workout. My success this past season in the steeple was due largely to the increase in volume and consistency of my workouts. It took a solid year of running after my 1½ year layoff (March 1969-Sept. 1970) before I felt that I could compete with any consistency. I prefer 2 or 3 weeks between competitions for maximum performances." Looking towards the future, Jim would like to try some longer track runs (3 or 6 miles) and also a marathon..."but just once".

He feels that his three most exciting moments in his competitive career were his first-ever varsity cross country victory as a sophomore in college (1965), his third in the NCAA steeple (1968), and of course his upset victory at the AAU last June. "I would like to run as long as the Navy lets me...until I go back to sea." (You might be lucky and get assigned to a carrier, Jim). At present he is getting over football injuries he suffered in September. Meanwhile he's working for his PhD. in Industrial Engineering at Stanford. He already owns a B.S. in mathematics from the Naval Academy and a M.S. in operations research from Stanford.

Jim Dare, Woodside, Calif. Born Sept. 19, 1946, married. Marks: 440--53.5, 880--1:56.5, Mile--4:06.7, 2 Mile--8:57.2, 3 Mile--14:10, steeplechase--8:33.5, 2000m--5:09.6.

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## SCHEDULING

### LONG DISTANCE

Note: All runs listed below are sanctioned by the AAU except those specified as DSE races, or otherwise noted. These are strictly run-for-fun races that are sponsored by the Dolphin/South End Runners of San Francisco. Some of the races listed below are out of the PA-AAU and are noted as follows: Southern Pacific (\*SPA), Pacific Southwest (\*PSWA), Southern Nevada (\*SNA), Central California (\*CCA). All other out-of-state races are also out-of-Association. All requests for entries should be made to addresses listed (if noted). More information on other associations can be obtained from: SPA-AAU (John Brennan, 4476 Meadowlark Ln., Santa Barbara, CA 93105); PSWA-AAU (Tom Bache, 4920 Kane St., San Diego, CA 92110); CCA-AAU (Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702); SNA-AAU (John Romero, Hotel Sahara, Las Vegas, Nev. 89114); DSE (Walt Stack, 321 Collingwood, S.F., 94114). Pacific Association of the AAU is located at 942 Market St., Suite 601, S.F., CA 94102. --- Please enclose self-addressed stamped envelopes when requesting information from the above individuals or asking for entry blanks.

- Nov 25 - Mooney Grove 15 Mile-5 Man Relay, 11:00 AM, Jerry Hobbs, 15616 Ave.#328, Ivanhoe, CA (\*CCA)
- Nov 25 - North Las Vegas Turkey Day Races, 7 miles senior, 3 miles junior, no time available, (\*SNA)
- Nov 25 - Island Marathon, Portland, Ore., Contact: Oregon Road Runners Club, 6242 Southwest 50th, Portland, Oregon 97221
- Nov 26 - 7th-Annual Pepsi 20 Mile Run, Sacramento, Ca. (NOON); Sacramento Roadrunners, 2789 - 17th St., Sacramento, Ca. 95818
- Nov 26 - 21st Rosebowl Handicap, 10.08 miles, 9:00 AM, in park south of the Rosebowl(\*SPA)
- Dec 2 - Fresno Road Race, 6 miles, no time available, Fernie Montanez 3053 W. Alamos, Fresno, CA (\*CCA)
- Dec 2 - 20 Kilometers, scratch race, Sunset Park, Las Vegas, Nev., 9:00 AM (\*SNA)
- Dec 3 - 8.5 Mile Race, Livermore, CA, David Fried, Granada Roadrunners, 2651 Kelly, Livermore, CA 94550, 10:00 AM
- Dec 3 - Western Hemisphere Marathon, Culver City, CA, Carl Porter, P.O. Box 507, Culver City, CA 90230, 8:00 AM (\*SPA)
- Dec 9 - 5 mile handicap, Sunset Park, Las Vegas, Nev., 9:00 AM, (\*SNA)
- Dec 10 - PA-AAU Championship Marathon, Petaluma, CA, Peter Mattei, 1000 North Point St., San Francisco, CA, 10:00 AM
- Dec 10 - 2nd Saddleback Exchange Club Run, Age Group runs start at 1:00 PM (1 & 2 miles, 3 people to a team); 10 kilometer Open Division starts at 2:45 PM, location is at Mission Viejo in San Diego area, contract: Warren Wielser, Director, 802 Camino de Los Mares, San Clemente, CA 92672 (\*SPA) (Mission Viejo High School).
- Dec 16 - NATIONAL AAU 25 Kilometer Championships, Belmont Park in Mission Bay, San Diego, CA, 10:00 AM, Cal Garrett, 6047 Tanglewood Rd., San Diego, CA 92111 (\*SPA)
- Dec 16 - 20 Kilometer, SNAAU District Championship, Sunset Park, Las Vegas, Nev. 9:00 AM (\*SNA)
- Dec 16 - First Annual Holiday Marathon Run, Pueblo, CO, Don McMahill, Club Secretary, Box 214, Pueblo, Colorado 81002
- Dec 17 - 11th Apple Valley Blind Handicap, 6.3 miles, 11:00 AM; 3.2 miles, 12:00 noon, Barstow Freeway to Apple Valley turnoff, check in at Apple Valley Inn, (\*SPA)
- Dec 23 - 15 mile scratch race, Sunset Park, Las Vegas, Nev, 9:00 AM (\*SNA)
- Dec 27 - Fiesta Bowl Marathon, Caree Creek, Ariz., Tom Harris, Phoenix YMCA, 350 N. First Ave., Phoenix, Ariz. 85003
- Dec 30 - 5 mile handicap, Sunset Park, Las Vegas, Nev., 9:00 AM (\*SNA)
- Dec 30 - 3rd Devil-Take-the-Hindmost Run, 12 miles, (0.963 miles per lap); Griffith Park, Los Angeles, CA, 9:00 AM (\*SPA)
- Dec 31 - 13th Annual Midnight Run, 10 kilometers, Los Altos, CA, Foothill Junior College;Runners World Magazine, P.O. Box 366, Mt. View, CA 94040, Midnight
- Jan 6 - 13.2 Mile Mini-Marathon, Las Vegas to Henderson, 9 a.m. (El Cortez) (\*SNA)
- Jan 7 - PA-AAU 15 Kilo Championships, Napa, 10 a.m. Bill Yee, 616 Hillsborough, Oakland, CA 94606.
- Jan 13 - Mission Bay Marathon, San Diego, 8 a.m. P.O. Box 1124, San Diego, CA 92112 (Entries close 1/8) (\*PSWA)
- Jan 13 - 5 Mile Handicap, Las Vegas, 9 a.m. (\*SNA) (Sunset Park)
- Jan 14 - 13.5 Mile Road Race, Sonoma St. College, 10 a.m. Bob Lynde, Track Coach, Sonoma St., Rohnert Pk., 94928.
- Jan 20 - 30 Kilometer scratch race, Sunset Park, Las Vegas, 9 a.m. (\*SNA)
- Jan 21 - PA-AAU 20 Kilo Championship, Woodside, 10 a.m. (Race sponsor unknown at this time...see Dec. issue).
- Jan 27 - 6 Mile SNA XC Championships, Sunset Park, Las Vegas, 9 a.m. (\*SNA)
- Jan 27 - 20 Mile XC Race, Woodside, 10 a.m. Mike Ipsen, Redwood City Striders, P.O. Box 868, Redwood City, 94064.

### CROSS COUNTRY

- Nov 25 - AAU Championships at Washington Park, Chicago, 10 Km., noon; Cal. State JC Championships @ College of the Canyons, Valencia, 1 pm; Women's Natl. AAU Championships @ Long Beach, Jim Hume, 351 Hazel Ave., Millbrae; NorCal HS Champs (very tentative) @ Gibson Ranch, Dick Seward, Rio Linda HS.
- Dec 2 - 3 Mile HS Postal Race @ San Jose CC, 10 am.

### TRACK AND FIELD

All-Comers Meets: The only winter all-comers meets in the PA-AAU that we know about are going to start Dec. 2 and continue every Sat. thru Feb. 3 except for Jan. 27. They will be held at the College of San Mateo, beginning with field events at 11:30 am and running events at noon. They will be sponsored by the NorCal T & F Ass'n. For a schedule of events, contact the AAU Office, 942 Market St., Suite 601, S.F. 94102. \*\*\* Jan. 13 will feature Trials for the Examiner Indoor Games (@ CSM All-Comers). This meet will begin at 11 am. The Examiner Games will be on Jan. 26 at the Cow Palace. No word yet on the Athens Invitational, but it is usually two weeks into February...that would make it Feb. 10 if tradition holds. \*\*\* If you have an all-comers meet in your area this winter (Sac'to, So. Cal, wherever...), please let us know so we can pass the info on to others.

### RACE WALKING

- Nov 26 - 20 Mile Road Championships, held in conjunction with the Pepsi 20 Mile Run, L. Burbank HS, Sac'to, noon.
  - Dec 2 - 2-hour track walk, Occidental College, Los Angeles, 2 p.m.
  - Dec 10 - PA-AAU 25 Mile Road Championships, in conjunction with PA Marathon, Petaluma, 10 a.m.
- \*\*\*Details on the above races and any other pertinent information on race walking can be obtained from either of the following: Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 456-2641); Steve Lund, 402 Via Hidalgo, Greenbrae, CA 94904 (Ph. 461-5492); Frank Hagerty, 616 Hillsborough, Oakland, CA (Ph. 832-5918).

Caledonian Games: (Sept. 3, Santa Rosa Fairgrounds) - Bill Ranney took an easy victory under gray skies and a bumpy dirt race track (he didn't actually take his victory under the track too). Holding a 20 length lead at the end of the first lap (nearly a mile), he kept stretching his margin until he had almost a full minute at the finish of the 5 Kilometer event. He was somewhat disappointed in his rather slow time of 23:09.5, but then the track wasn't really very fast either. Steve Lund was next in 24:02.7, followed by Roger Duran (24:34), and then Charles Bondarrach (25:49), a newcomer to our area from Canada (but not new to the sport of race walking).

Fairfax Festival: (Sept. 16, Fairfax) - Two races were contested over a slightly hilly course (7 miles for men & 2 miles for women and novices). Seven started the men's race and only Steve Lund was DQ'd (somewhere after 2 miles). Bill Ranney had little trouble in disposing of all opposition, including Bob Kitchen. The finishers: (1) Ranney 53:21, (2) Kitchen 55:49, (3) Brian Snazelle 64:00, (4) John Disty 67:12, (5) Art Smith 67:33, (6) Jack Halligan 72:42. The women's 2 mile was easily taken by Sheryl Robinson in 19:15, followed by Lauren Lund 20:35, Sandy Brisco 20:43, Eric Steriod 22:44, Jo Ann Smith 23:50, Susan Homick 24:31, and Ivette Merced 25:14.



5 Mile Track Walk: (Sept. 23, Portland, Ore.) - (1) Jim Bean (Nev) 39:56, (2) Steve Pecinovsky (Ore) 46:15.

Lake Merced Recreational 15K Handicap Walk: (Sept. 24, S.F.) - Steve Lund had fast time here, but Art Smith was the handicap winner by some 2½ minutes over John Disty, who has just started up race walking and seems to be doing quite well for himself after an on-off distance running saga. Even judge (normally) Frank Hagerty got into the act. Finishers, with handicap time and then actual time, are listed: (1) Art Smith (1:31:54, 1:31:54), (2) John Disty (1:34:23, 1:29:23), (3) Steve Lund (1:40:28, 1:25:28), (4) Frank Hagerty (1:45:46, 1:38:46).

Lake Merritt 5K Walk--Ranney Again!! (Oct. 8, Oakland) - Starting out very fast with the 10 Kilo runners, Athens AC's Bill Ranney recorded another easy victory in 22:58 around Lake Merritt in downtown Oakland. Jerry Lansing was a well-beaten second in 24:04. Then followed: (3) Roger Duran (SJY) 24:47, (4) Jim Bentley, Jr. (SRW) 25:09, (5) Manny Adriano (WVTC) 25:17, (6) Wayne Glusker (WVTC) 25:43, (7) Brian Snazelle 27:25, (8) John Disty 27:25, (9) Art Smith 28:42, (10) John Dunn 37:45.---DQ'd (Steve Lund 23:35). In the women's division, Sheryl Robinson continued to show her class by going 29:15 to easily outdistance Sandy Brisco (31:35) and Lauren Lund (31:45), with Ivette Merced bringing up the rear in 39:27.

Sierra Race Walkers All-Comers 5K Race Walk: (Oct. 14, Reno) - First place in the women's division went to Sheryl Robinson (who else?), as she did her all time best with a 28:46 in 40-degree temperatures and 4500 feet altitude. Lauren Lund avenged her Lake Merritt defeat by Sandy Brisco, 30:45 to 32:19. In the open race, Goetz Klopfer finished first with an easy sweat-suit encased 23:30. Jim Bentley (Jr.) and Steve Lund fought it out for most of the race, but the altitude, a bug, and a caution, slowed Lund to a crawl (24:27.5 to 27:57). Other finishers: (4) Brad Bentley 25:59.5, (5) Dave Swift 27:16.5, (6) Brian Diazso 29:08, (7) Casey Kozlowski 30:40, (8) Greg Bentley 37:01.5.

Golden Gate Park Handicap 10 Miler: (Oct. 22, S.F.) - John Disty won the handicap race by over 5 minutes, but Bill Ranney (of course) took top time honors with a 1:20:45. However, Manny Adriano put up his best effort in quite a while with a stirring 1:23:28 performance, less than 3 minutes back of mighty Bill. The complete results, with handicap times first and then actual times: (1) Disty (1:35:17, 1:32:17), (2) Manny Adriano (WVTC) (1:40:58, 1:23:28), (3) Art Smith (1:43:10, 1:43:10), (4) Bill Ranney (ATC) (1:43:45, 1:20:45), (5) Steve Lund (1:44:55, 1:27:55), (6) Phil Mooers (Un) (1:50:22, 1:50:22).

AAU Junior 30K Walk: (Oct. 22, Seattle) - (1) Evan Shull 2:49:31, (2) Bob Rosenkrantz (HS) 2:52:45, (3) Al Schurman (Idaho) 3:00:15, (4) Brad Bentley (SRW) (15) 3:03:10, (5) Dick Arkley 3:03:22, (6) Dennis McPherson 3:11:25.

#### CROSS COUNTRY

### RESULTS

Fresno State Watermelon Run: (Sept. 16) - This event was a prediction time run with those guessing closest to their actual time getting awards. However, for purposes of fast time, the following results hold true: 2 Mile - 1. Lynn Eichhorn 10:37, 2. Mike Storm 10:39, 3. David Chavez 10:56, 4. Mark Southwick 10:57, 5. Frank Vaccacia 10:57, 6. Ron Genschmer 10:57, 7. Carlos Bermudes 10:58, 8. Eddie Rivera 10:59, 9. Brad Barns 11:02, 10. Louie Sanz 11:02. 4 Mile - 1. Mike Lennemann 22:15, 2. Chris DeFayco 23:13, 3. Martin Urias 23:13, 4. Steve Ward 23:49, 5. Pete Hughes 25:12. 6 Mile - 1. Peter Duffy (WVTC) 29:57, 2. Domingo Tibaduiza (WVTC) 30:07, 3. Ron Zarate (Nev) 31:32, 4. Gil Gonzales 32:07, 5. Rick Trachok (WVTC) 32:24, 6. Mike Russler 32:32, 7. Steve Hall 32:43, 8. Derek McIver 32:45, 9. Keith Burrows 32:53, 10. Craig Elia 33:08. /Red Estes/

Leigh/Mt. Madonna XC Run: (Sept. 23) - VARSIITY: Teams - Leigh 48, Gilroy 67, Watsonville 72, Soquel 117, Aptos 153. Individuals - 1. Gruber (Ap) 13:04, 2. Sommer (L) 13:07, 3. Orr (L) 13:18, 4. McConnell (Soq) 13:22, 5. T. Munoz (W) 13:23, 6. R. Munoz 13:24, 7. Ryes (W) 13:24, 8. Del Real (G) 13:31, 9. Magallanes (Sea) 13:32, 10. Beck (Sea) 13:32. JV: Teams - Leigh 17, Gilroy 45, Watsonville 67, Aptos 117, Seaside 156. Individuals - 1. Maurer (L) 14:07, 2. Tengelsen (L) 14:11, 3. Smart (L) 14:11, 4. P. Maurer (L) 14:14, 5. A. Accosta (G) 14:28. SOPHS: Teams - Leigh 23, Alisal 55, Gilroy 77, Soquel 90. Individuals - 1. Wardwell (Sal) 14:04, 2. Ballard (L) 14:08, 3. Sandretti (SCz) 14:10, 4. Marlowe (G) 14:12, 5. Melanckuh (L) 14:20. FROSH: Teams - Leigh 39, Soquel 67, King City 82, Live Oak 88, Aptos 95. Individuals - 1. Capron (Soq) 14:54, 2. O'Bergin (G) 15:05, 3. Lowmille (Sal) 15:20, 4. Gutierrez (Wat) 15:22, 5. Hernandez (LO) 15:24. /Dave Stock/

Milpitas Invit.: (Sept. 30) - VARSIITY: Teams - Leigh 45, Overfelt 101, Mt. Pleasant 125, Silver Crk. 128, Gilroy 128, Awalt 183. Individuals - 1. Gruber (Ap) 16:40, 2. Aguilar (SCr) 16:41, 3. Manriquez (MP) 16:51, 4. Ferrel (Ov) 16:57, 5. Stock (L) 16:58, 6. Sommer (L) 17:08, 7. Orr (L) 17:15, 8. Hoglund (Mil) 17:16, 9. Mahon (MV) 17:20, 10. Shumaker (Aw) 17:22. JV: Teams - Leigh 29. Individuals - 1. Maurer (L) 18:21, 2. Vanderworth (MP) 18:22, 3. P. Maurer (L) 18:24, 4. Smarter (L) 18:27, 5. Alverado (Lk) 18:29. SOPHS: Teams - Leigh 34. Individuals - 1. Fritzke (L) 17:14, 2. Ballard (L) 18:05, 3. Hoist (Mi) 18:12, 4. Melanchuke (L) 18:22, 5. Markham (OG) 18:26. FROSH: Teams - Mt. Pleasant 89. Individuals - 1. O'Bergin (Gil) 19:32, 2. Sullivan (L) 19:36, 3. Federilo (Ov) 20:20, 4. Gonzales (SCr) 20:21, 5. Gonzales (Ap) 20:22. /Dave Stock/

Fresno St. vs. Cal-Poly: (Sept. 30)\* - 6 Miles - 1. Cadena (AIA) 31:33, 2. Ray (WVTC) 31:49, 3. Dougherty (FS) 31:54, 4. Lamb (CP) 32:27, 5. Horton (CP) 32:33, 6. Umstead (CP) 32:39, 7. Walline (CP) 32:42, 8. Adams (FS) 32:43, 9. Dunning (FS) 32:52, 10. Engel 32:53. /Red Estes/

Oregon St. 28, UC Davis 38, Humboldt St. 71: (Sept. 30, Arcata) - 1. Brown (OSU) 24:49, 2. Smead (H/WVTC) 24:50, 3. Amaya (OSU) 24:55, 4. Harms (C) 25:08, 5. Sheehan (C/WVTC) 25:13, 6. Hansen (C) 25:36, 7. Jensen (OSU) 25:37, 8. Elias (Un) 25:40, 9. Goldner (OSU) 25:46, 10. Jackson (OSU) 25:48. (5 miles) New CR. /John Sheehan/

Menlo-Atherton Invit.: (Oct. 2) - VARSIITY: Teams - Palo Alto 67, Menlo-Ath. 70, Woodside 71, Cubberley 87, SSF 107. Individuals - 1. MacMitchell (PA) 10:33.8 (CR), 2. Geiken (C) 10:44.8, 3. Logan (C) 10:54.3, 4. Peck (MA) 10:58, 5. Dunne (MA) 11:00. JV: Teams - Woodside 34, Palo Alto 62, M-A 71, Bellarmine 74. Individuals - 1. Taylor (W) 11:56.3. SOPHS: Teams - Woodside 56, El Camino 79, Serramonte 82, SSF 83, M-A 101. Individuals - 1. Torres (EC) 11:34.2. FROSH: Teams - Woodside 34, M-A 67, Jordan 89, Wilbur 109. Individuals - 1. McGoon (MA) 10:19.

WVAL Center Meet @ WVJC: (Oct. 7) - VARSIITY: 1. McCandles (Wst) 12:24, 2. Downham (Sara) 12:48, 3. Dinne (Wst) 12:49, 4. Werner (Wst) 12:58, 5. Dell (Bl) 13:18, 6. Kolar (Cam) 13:21, 7. Rice (DM) 13:25, 8. Mace (Wst) 13:27, 9. Osborne (Cam) 13:29, 10. Sullivan (Sara) 13:29. JV: 1. Totum (LG) 13:25, 2. Dowdle (Wst) 13:40, 3. Rollie (Wst) 13:42, 4. Avlaceotes (Wst) 13:52, 5. Rodriguez (Wst) 14:04. /Dave Stock/

Golden Gate Conference Tournament: (Oct. 7, GG Park) - Teams - CSM, Fresno, West Valley, Diablo Valley, San Jose. Individuals - 1. Hall (F) 19:56 (CR), 2. Van Dine (CSM) 19:56, 3. Hayes (Laney) 20:17, 4. Anderson (DVC) 20:33, 5. D. Anderson (Ch) 20:38, 6. Arthurholt (Mod) 20:41, 7. Gieser (CSM) 20:49, 8. Schaecher (WV) 20:55, 9. Robertson (Laney) 20:59, 10. Garza (Seq) 21:00, 11. Snyders (CSM) 21:03.



San Ramon Invit.: (Oct. 7) - LARGE SCHOOLS: Varsity - Teams: Petaluma 98, Ygnacio Vly 106, Skyline 123, Tennyson 124, Antioch 137. Individ: Anderson (An) 8:35, Kelly (An) 8:37, Campbell (Cast) 8:39, Aldridbe (Pet) 8:40, Traynor (ME) 8:41, Cantrell (MD) 8:45, Sisler (Pet) 8:46, Mackmanus (YV) 8:46, Moles (Sk) 8:47, Emry (CV) 8:51. F-S - Teams: Mt. Diablo 53, Skyline 74, Ygnacio 82. Individ: Johnson (Sk) 9:00, Ojeda (Ok) 9:15, Turney (YV) 9:19, Martin (Ama) 9:20, McMillan (MD) 9:25. MEDIUM SCHOOLS: Varsity - Teams: San Ramon 44, Kennedy (Fre) 62, Alameda 73, San Lorenzo 100, DeAnza 105. Individ: Dayton (SR) 8:25, Kissin (SR) 8:29, Quintana (SL) 8:31, Martinez (Al) 8:34, Mijares (Pitt) 8:47, Jones (SR) 8:49, Bray (SL) 8:50, Gonzales (Kenn) 8:51, Smith (Al) 8:57, Salazar (Kenn) 8:58. F-S - Teams: DeAnza 44, Castro Val 49, Kennedy 90, Tamalpais 120, San Ramon 121. Individ: Paez (Tam) 9:07, Locey (Tam) 9:07, Orndoff (DeA) 9:10, Arzno (CasV) 9:14, Martel (DeA) 9:16. SMALL SCHOOLS: Varsity - Teams: De La Salle 28, Miramonte 52, Encinal 110, Las Lomas 128, Pacific 142. Individ: Kimball (DLS) 8:19.5, Luschar (Can) 8:41, Svendsgaard (Pied) 8:43, Embody (DLS) 8:53, Pearson (Mir) 8:55, Wagner (DLS) 9:03, Selbelarro (DLS) 9:05, Jones (StE) 9:11, Alderton (Mir) 9:12, Devlin (DLS) 9:13. F-S - Teams: Miramonte 59, Del Valle 89, Alhambra 104, American (Fre) 105, De La Salle 108. Individ: Patterson (DV) 9:02, Lund (Mir) 9:09, Zahner (O'D) 9:16, Collins (O'D) 9:17, Schauer (Mir) 9:19. /Roy Kissin/

Cal-State Sonoma Invit: (Oct. 7, Santa Rosa) - 5 Miles - Teams: RC Striders 36, SF State 41, Sonoma St. 44. Individuals: Bill Johnson (Un) 27:13, Steve Slawson (Son) 27:27, Bob Darling (RCS) 27:35, Daryl Zapata (WVTC) 27:45, Dan Best (SFS) 27:51, George Kirk (RCS) 27:58, Ernie Gamma (Son) 28:07, Frank Donahue (SFS) 28:16, Mike Lorne (SFS) 28:26, Art Meyer (RCS) 28:52, John Butterfield (NVRC) 29:00, Roger Williams (Son) 29:37, Mike Basham (RCS) 30:05, Steve Bennette (SFS) 30:07, Frank Cortez (RCS) 30:17. /Bob Lynde/

Camden Invit: (Oct. 14) - Varsity: Teams - Irvington, Westmont, Willow Glen, Wilcox, Piedmont Hills. Individ. - Houseworth (Ir) 11:25, MacMitchell (PA) 11:36, McCandles (Wst) 11:39, Werner (Wst) 11:41, Guillard (Ir) 11:44, Ryan (Ir) 11:47, Hanoum (Ir) 11:48, Downham (Sar) 11:53, Arriola (Irv) 11:56, Rios (Wil) 11:57. JV: Teams - Westmont, Irvington, Willow Glen. Individ. - Dowdle (Wst) 12:51, Divis (Ir) 12:56, Avlakeotes (Wst) 13:01, Rodrigues (Wst) 13:02, Gallegos (Irv) 13:03. SOPH: Teams - Los Gatos, Camden, Irvington, Branham, Piedmont Hills. Individ. - Martinez (Irv) 12:07, Alarcon (Cam) 12:14, Harbinson (LG) 12:24, Novicki (Le) 12:27, Ochoa (Cam) 12:29. FROSH: Teams - Irvington, Fremont, Camden, Prospect, Cupertino. Individ. - Paulin (Cam) 12:41, Larson (Fr) 12:45, Staples (Ir) 12:58, Murray (Fr) 13:04, Sausedo (Sar) 13:05. /Dave Stock/

Aptos Invit: (Oct. 14) - Large School Varsity: (Teams) - Leigh 69, Silver Crk 82, Mt. Pleasant 84, Homestead 92, Overfelt 103, Watsonville 127. (Indiv) - Manriquez (MP) 11:59, Sommer (Lei) 12:01, Aguilar (SCr) 12:02, Munoz (Wat) 12:09, Rodriguez (SCr) 12:10, Fredrickson (Hom) 12:15, Church (Hom) 12:23, Orr (Lei) 12:26, Molina (OG) 12:27, Lewis (Hom) 12:28. Small School Varsity: (Teams) - Gilroy 53, Lincoln 81, Aptos 86, Oceana 95, Milpitas 119. (Indiv) - Gruber (Ap) 11:46, Brown (Burl) 11:48. /Dave Stock/

Cal-Aggie Invit: (Oct. 14) - Harms (UCD) 24:25.3, Hansen (UCD) 24:31, Haver (Un) 24:43, Metcalf (CSH) 24:51, Gardner (UOP) 24:54, Caldwell (UOP) 24:57, Holcomb (UCD) 24:58, Ebert (SJ) 24:59, Reynosa (UCD) 25:03, Devoe (SJ) 25:08, Badgley (Un) 25:13, Sheehan (UCD) 25:22, Bailey (UCD) 25:24, Maydahl (UCD) 25:31, Michael (UOP) 25:33, Schilling (SJ) 25:36, Howell (SJS) 25:39, Krause (SJ) 25:39, Darling (Un) 25:46, Wells (UCD) 25:53. /J. Sheehan/

Stanford 28, WVTC 32, Cal 82, SJS 86: (Oct. 21, Stanford - 4.2 miles) - Mittlestadt (S) 19:58, Sandoval (S) 20:06, Coe (WVTC) 20:22, Clark (WVTC) 20:30, Stewart (WVTC) 20:30, McConnell (S) 20:32, Maxwell (C) 20:33, Kelly (WVTC) 20:35, McFadden (S) 20:37, Bellah (S) 20:39, Devoe (SJ) 20:45, Dare (WVTC) 20:49, Berka (S) 20:53, Dean (C) 20:57, Cautley (S) 20:58, Schoenrock (S) 21:05, Newell 21:06, Duffey (C) 20:07, Brown 21:13, Ebert (SJ) 21:18. /Bill Kelly/

Humboldt 23, Hayward 31, SFS 57: (Oct. 21, SF) - Elijah (Hum) 25:49, Metcalf (Hay) 25:50, Eashman (Hay) 26:09, Makela (Hum) 26:11, Curran (Hay) 26:45, Jenkins (Hum) 26:57, Cole (Hum) 27:07, Donahue (SF) 27:10, Lemmous (Hay) 27:17, McGuire (Hum) 27:19.

College of San Mateo Invit: (Oct. 28) LARGE COLLEGE: Teams - CSM 34, WVC 60, Chabot 92, SRJC 106, Marin 114, Modesto 141, Foothill 154. Individ. - Van Dine (CSM) 20:49.6, Arthurholt (Mod) 21:10, Genschmer (Ch) 21:16, Schaecher (WV) 21:22, Anderson (Ch) 21:29, Gieser (CSM) 21:52, Oliver (CSM) 22:01, Carvey (CSM) 22:03, Hotchkin (COM) 22:06, Tello (WV) 22:06. SMALL COLLEGE: Teams - Monterey Pen. 41, Consumnes River 68, Sequoias 71, Lassen 73, Skyline 87, Canada 142. Individ. - Lundblad (MP) 21:14.

Terra Nova Invit: (Oct. 28, Pacifica) - Varsity: Teams - San Ramon 62, Washington 100, Tennyson 112, Watsonville 117, Kennedy 120. Individ. - Dayton (SR) 10:18, Kissin (SR) 10:19. Frosh-Soph: Teams - Watsonville 35, San Ramon 121, Westmoor 124, Terra Nova 136, St. Ignatius 149. JV: Teams - Tennyson 40, San Ramon 55, Kennedy 71. Frosh: Teams - Kennedy 70. Individ. - Doohan (SR) 11:37. /Roy Kissin/

Northern Division Pac-8: (Oct. 28) - Teams: WSU 26, OSU 52, UO 53, Wash 97. Individ: Murphy (WSU) 29:07, Hill (OSU) 29:23, Hiefield (WSU) 29:25, James (O) 29:25, Smith (WSU) 29:36, Amaya (OSU) 29:37, Nigeno (WSU) 29:38, Albright (W) 29:43, Tyson (O) 29:45, Clark (WSU) 29:46, K. Kvalheim (O) 30:12, Brown (OSU) 30:21, Jackson (OSU) 30:24, Grubbs (O) 30:35, Lathers (O) 30:35. /Bob Grubbs/

Pleasant Hill XC Jamboree: (Oct. 28) - Varsity (Med. School): Teams - Mt. Pleasant 46, Petaluma 71, Alameda 85, DeAnza 94, Mt. Diablo 98. Individ. - Burroughs (DA) 9:41.8, Martinez (Al) 9:44, Manriquez (MP) 9:45, Donaldson (MP) 9:48, Sisler (Pet) 9:49. Varsity (Lrg. School): Teams - Merced 50, Redwood 57, Antioch 122, Berkeley 124, Ygnacio 127, Cordova 128. Individ. - Taylor 9:13.7, Kelly (Ant) 9:36, Luna (Mer) 9:38, Campbell (Cast) 9:39, Sweeney (Red) 9:46, Hull (Hoover) 9:47, Arnold (Berk) 9:47, Anderson (Ant) 9:50, Moller (Red) 9:51, Overend (Red) 9:52. Collegiate: Teams - Fresno St. 41, Stanford 64, Westmont 70, USIU 99. Individ. - Mathews (USIU) 24:55.4, Haver (AIA) 25:15, Dougherty (FS) 25:21, Brown (Stan) 25:26, Cumings (Stan) 25:42, Adams (FS) 25:43, Johanson (W) 25:54, Russier (FS) 25:58, Villareal (W) 26:05, Narvaez (Un) 26:07.

EBAL Finals: (Nov. 2, Lafayette) - Varsity: Teams - San Ramon 20, Granada 54, Livermore 64. Individ. - Kissin (SR) 14:02, Dayton (SR) 14:28, Bourke (Liv) 14:46, Jones (SR) 14:58, Lundin (SR) 15:02, Lyons (G) 15:09, Hamilton (G) 15:10, Schratz (SR) 15:16, Lyons (G) 15:25, Chitwood (Liv) 15:26. F-S: Teams - Amador 39, San Ramon 44, Granada 65. Individ. - Morrow (SR) 10:41, Martin (Am) 10:42, Drummond (G) 10:45, Deehan (SR) 10:58, Barrett (G) 11:02. JV: Teams - San Ramon 21, Livermore 56, Granada 74. Individ. - Pierce (SR) 10:43, Hazon (Liv) 10:49, Schromp (SR) 10:56, Lamson (SR) 11:08, Lawson (SR) 11:16. Frosh: Teams - Livermore 47, San Ramon 50, Amador 56, Monte Vista 59. Individ. - Hazon (Liv) 11:09, Tarin (Liv) 11:11, Nagel (Liv) 11:11, Norris (SR) 11:27, Meikel (MV) 11:38. Girl's Race: Teams - Amador 25, Monte Vista 60. Individ. - Bedford (Am) 6:32, Kortan (Am) 6:35, Puente (Lib) 6:43, Unpinge (Lib) 6:50, Blaleak (Am) 6:53. /Roy Kissin/



California Club Championships: (Nov. 4, Santa Barbara) - Although the race was held on a course slowed up by early morning rains, this didn't prevent East Los Angeles TC from easily winning the second Calif. Club XC Championships, placing five men in the top thirteen spots. Athletes in Action were a distance second, followed by San Diego TC in third. Last year's winner, West Valley TC, failed to field a full five-man team and thus didn't enter into the scoring. The race was originally scheduled for an undulating course, several miles from the UCSB campus, but rains turned the course into an impossible quagmire. Tom von Ruden humorously suggested that each runner be issued a sheet of cardboard, to be tied to the back of his shorts so that he could slide down the hills. The situation was pretty hopeless, so SBAA President John Brennand asked the runners if they would prefer to run on an alternate course, and by almost a unanimous vote it was decided to have the race on UCSB's cross country course, 1½ hours later. About 60 runners toed the line at 12 noon under clear, 65-70 degree skies, ready to challenge the 6.0 mile course of muddy paths and asphalt near the campus. Mark Covert of the winning team won a spirited duel with John Jones of the Air Force over the slightly rolling terrain. The pack of five runners (Covert, Jones, Brook Thomas, Mike Wagenbach, and George Stewart) began to break apart with about a half-mile remaining. This year, as last, the race turned out to be of high quality, with "big names" finishing way back. Peter Mundle ran a respectable 34:37. Three notable middle-distance stars (von Ruden, Winzenried, and Dennis Savage) ran the race for training purposes and finished towards the rear of the pack. The runners were all treated to a picnic-style buffet after the meet. John Brennand should be complemented on the smoothness with which he ran the meet in the face of unforeseen difficulties. Team Scores: ELATC 27, Athletes in Action 72, SDTC 91, SCS 95, Club West 107, GWAA 118, SBAA 120. Individuals: 1. Mark Covert (ELATC) 30:37, 2. John Jones (USAF) 30:37, 3. Brook Thomas (CW) 30:42, 4. Mike Wagenbach (ELATC) 30:44, 5. George Stewart (WVTC) 30:53, 6. Larry Greer (SCS) 31:01, 7. Ed Cadena (AIA) 31:18, 8. Bob Macias (ELATC) 31:24, 9. Doug Schmenk (ELATC) 31:30, 10. Phil Ryan (GWAA) 31:32, 11. Don Timm (Un) 31:36, 12. Bob Price (AIA) 31:54, 13. Howard Miller (ELATC) 31:57, 14. Dave Matheny (SDTC) 31:59, 15. Jeff Berryessa (SBAA) 32:17, 16. Greg Brock (CW) 32:25, 17. Tim Tubb (ELATC) 32:27, 18. Ed Haver (AIA) 32:40, 19. Fred Ritcherson (Un) 32:47, 20. Bill Johnson (WVTC) 32:47...26. Daryl Zapata (WVTC) 33:13. /George Stewart/

SPAL Finals: (Nov. 9, Hallmark) - Varsity: Teams - San Carlos 41, Carlmont 47, Gunn 78, Woodside 115, M-A 141, Cubberley 154, Sequoia 176. Indiv. - Crowley (G) 14:44, Cattarin (Ca) 14:46, Yeo (SC) 14:53, Kingery (SC) 15:00, Geiken (Cu) 15:26, Emery (G) 15:27, Shoop (SC) 15:47, Carvey (Ca) 16:00, Young (Ca) 16:00, Lawson (G) 16:04.

MPL Finals: (Nov. 9) - Varsity: Teams - Hillsdale 55, San Mateo 62, Burlingame 79, Crestmoor 93, Capachino 109, Mills 113, Aragon 147. Indiv. - Brown (B) 14:49.2, Barnett (H) 15:16, Burnett (M) 15:45, Dauer (SM) 15:50, Lindsell (SM) 16:02.

Camino Norte Conference Championships: (Nov. 11, Hallmark) - Teams: West Valley 22, Santa Rosa 83, Marin 88, Solano 93, Skyline 155, Contra Costa 181, Canada 187, Alameda 207, DeAnza 233. Indiv. - Schaecher (WV) 22:06, Kelly (So) 22:38, Ahnberg (WV) 22:49.

NCAA College Division Championships: (Nov. 11, Wheaton, Ill.) - Indiv. - 1. Mike Slack (NDkSt) 24:36, 2. Dan Moy-nhan (Tufts) 24:40, 3. Chris Hoffman (Full) 24:46, 4. Gary Bentley (SDkSt) 24:50, 5. Wayne Saunders (UI,Chic) 24:52, 6. Chuck Smead (Hum) 24:53, 7. John Sheehan (UCDavis) 24:53, 8. Dave White (Full) 24:54, 9. Gordon Oliver (Mt. St. Marys) 25:01, 10. Steve Foster (Ash) 25:03,...14. Liam Ryan (CP/SLO) 25:13, 18. Jerry Metcalf (CSH) 25:16, 36. Bob King (Chico St.) 25:35, 44. Stuart Hobbs (UCDavis) 25:39, 68. John Doston (CP/SLO) 25:55, 75. Pat Stordahl (Chico) 26:00, 85. Jerry Maydahl (UCDavis) 26:10, 87. Tom Brown (Chico) 26:11, 92. Nils Kahlke (CP/SLO) 26:16, 95. Bob Walline (CP/SLO) 26:17, 104. Neil Glenesk (Chico) 26:21, 108. Tony Reynoso (UC Davis) 26:22, 117. Rich Walline (CPSLO) 26:23, 155. John Holcomb (UCDavis) 26:40, 159. John Burns (CP/SLO) 26:42. Teams. - North Dakota St. 84, South Dakota St. 143, Cal-State Fullerton 158, Luther College 188, Western Illinois 236,...8. UC Davis 315, 13. Cal Poly-SLO 421, 15. Chico St. 487. (5 Miles) /Jon Hendershott/

CCS North Area: (Nov. 16, Hallmark -- slick & muddy) - Varsity: (Large School) San Carlos 37, Lynbrook 78, Homestead 99, Carlmont 109, San Mateo 122, Hillsdale 134, St. Ignatius 257...Cattarin (Ca) 15:22, Kingery (SC) 15:28, Yeo(SC) 15:34, Barnett (H) 15:57, Frederickson (Ho) 16:06). (Medium School) Awalt 58, Capuchino 72, Gunn 96, Westmoor 113, Terra Nova 129, Palo Alto 137, Aragon 142...Crowley (G) 15:55, Emery (GO) 16:26, Peck (PA) 16:43. (Small School) St. Francis 39, Oceana 39, Burlingame 51, Mitty 102, Mt. View 111...Brown (B) 15:42, McDaniel (O) 16:06, Kasser (SF) 16:34, O'Halloran (SF) 17:05, Powell (O) 17:08. /Art Dudley/

Girls/Women's State XC Championships: (Nov. 12, Cal-Poly/SLO) - 9/U: Lantry (BA) 6:01, Wilson (BA) 6:06, Knowlton (RG) 6:10, McElroy (Ria) 6:13, Holstrom (LV) 6:13, Waskow (RRR) 6:13, Caldwell (BA) 6:15, Ruderman (RRR) 6:18, Hughes (OC) 6:18, Waterbury (OC) 6:19; 10/11: Gibbs (LA) 6:46, Windl (LB) 6:52, Sanchez (RRR) 6:52, Katzer (LB) 6:53, Beamish (LMM) 6:54, Sanchez (RRR) 6:55, Nunez (RRR) 7:03, Keith (RRR) 7:05, Miller (SJC) 7:05, Bridges (RRR) 7:06; 12/13: McQuarrie (LB) 8:23, Burns (SJC) 8:36, Bowen (Lakewd) 8:36, Greenberg (SJC) 8:38, Jewell (LB) 8:42, Albert (RRR) 8:42, Powell (SJC) 8:45, Adams (Wills) 8:48, Salisbury (MLTC) 8:50, Bowers (SJC) 8:51; 14/17: Hecler (BA) 11:01, Johnson (RRR) 11:22, Marquez (RRR) 11:38, Jewell (LB) 11:38, Vicky Eberly (SJC) 11:40, Assuma (RRR) 11:46, Hollins (RRR) 11:52, Gerth (RRR) 11:56, Cervantes (Un) 12:01, Dandy (Lomita) 12:02; Women: Larriou (SJC) 13:34, Garcia (SDTC) 13:54, Poor (SJC) 14:12, Val Eberly (SJC) 14:23, Anex (WS) 14:30, Freedenburg (WS) 14:32, Graham (LA) 14:43, Ikenberry (RRR) 14:50, White (RRR) 14:53, Rivett (WS) 14:54, Hansen (LA) 15:11, Jewell (LB) 15:15, Cooper (SJC) 15:24, Hurl (SDTC) 15:29, Miller (SJC) 15:30....distances for age groups (youngest to oldest) --1.0 miles, 1.25 miles, 1.50 miles, 2.0 miles, 2.50 miles. /Dr. Harmon Brown/

NCS Finals: (Nov. 15, Lafayette) - Varsity: (Team) Redwood 55, San Ramon 92, Irvington 95, Petaluma 151, Washington (Fremont) 179. (Individuals) 1. Rich Kimball (DeLaSalle) 14:12, 2. Roy Kissin (San Ramon) 14:22, 3. Tom Read (Mission San Jose) 14:26, 4. Mike Ruffatto (Wash. Frmt.) ????. More results next time. /Roy Kissin/

NorCal JC Championships: (Nov. 17, San Mateo) - Teams: American River 64, CSM 78, Fresno CC 95, West Valley 97, San Jose CC 122, Diablo Valley 140, San Joaquin Delta 140. Individuals: 1. Jim Van Dine (CSM) 19:34.4, 2. Greg Hall (Fr) 19:51, 3. Mike Schaecher (WV) 20:08, 4. Nick Rodriguez (Delta) 20:09, 5. Greg Griffin (ARC) 20:15, 6. Pat Phelam (ARC) 20:16. (4 Miles)

#### ROAD RACING

Six Rivers RC 7 Miler: (Sept. 16, Arcata) - 6.92 miles: 1. Steve Owen 38:46, 2. Hershall Jenkins 39:37, 3. Howard Labrie 40:10, 4. Dick Meyer 40:25, 5. Bob Larson 41:12, 6. Peter Pedroza 42:41, 7. Lenny Escarda 43:03, 8. Alan Sanborn 43:33, 9. Yoshi Uemura 44:03, 10. Tom Marking 45:00....25 finishers, hilly course, 50° and overcast.

First Annual DSE Biathlon: (Sept. 16, S.F.) -- 2½ mile run and ½ mile swim. 1. Wayne Stenberg 25:16, 2. Roger Major 25:55, 3. Michael Ladrech 27:18, 4. Joan Ulliyot 28:40, 5. Irene Rudolf 28:44, 6. Harry Cordellos (blind) 28:50, 7. Pat Cunneen 28:50, 8. Diane Major 29:25, 9. Ted McRice 29:27, 10. Robyn Paulson 30:44, 11. Gail Gustafson 31:25, 12. John Paulson 31:55, 13. Kathy McRice 32:51, 14. Susan Stenberg 34:15, 15. Hal Vawter 38:34.



First Annual Bass Lake 1/2-Marathon: (Sept. 17, Bass Lake) - The race was a big success with 34 starters. The course was pleasantly difficult with a good amount of rolling hills over the first eight miles and some pretty good sized ones over the last 5 miles. The temperature was warm, but a great amount of the run was in the shade of beautiful pine trees surrounding the lake. Splits were given at 2, 5, and 10 miles. The easy winner was Mike Denny of Merced as he opened up right from the start. His 10-mile split was 54:05 in route to a 1:12:35.1 final clocking. Wayne Van Dellen was almost 2 1/2 minutes back...the top 15 runners: (1) Denny 1:12:35, (2) Van Dellen 1:15:03, (3) Craig Elia 1:17:36, (4) Don Gregory 1:17:52, (5) Lupe Solis 1:19:43, (6) Kevin Dougherty 1:21:16, (7) Dave Zumwalt 1:21:16, (8) Larry Lung 1:22:31, (9) Rick Jensen 1:23:29, (10) Bruce Pendleton 1:24:06, (11) Len Thornton 1:24:13 (first senior), (12) Ron Berquist 1:24:56 (first H.S.), (13) Ray Cerankowski 1:27:15, (14) Bob Stout 1:28:45, (15) Doug Gates 1:29:26. /Bill Cockerham/

Anderson & Savage Tie at Eugene All-Comers Marathon: (Oct. 1, Eugene, Ore.) - Jon Anderson, 1972 US Olympian at 10 Kilometers, and Steve Savage, 1972 US Olympic steeplechaser, decided to but in a long run and did so at the Eugene All-Comers Marathon. They tied in 2:25:11, with Dave Wilborn (also of the Oregon TC) far arrears in a time of 2:32:51. Mike Devecka, known for his cross country skiing feats and Alaskan marathon victories, came in fourth with a 2:43:28.

Will Rogers/CCAC 15 Km. Run: (Oct. 7, Los Angeles) - (1) Garrett Tomczak (Un) 50:14, (2) Jim Nuccio (Un) 50:44, (3) Larry Greer (SCS) 51:13, (4) Joe Toledo (STC) 51:30, (5) Ron Wise (SBAA) 52:32, (6) Dave Waco (Un) 52:56, (7) Bob Branch (CCAC) 53:25, (8) Ken Kendall (Un) 54:22, (9) Dave Russell (SCS) 54:22, (10) Jim Davis (SCS) 54:22, (11) Ed Boulden (SCS) 54:44, (12) Herb Potter (CCAC) 55:04, (13) Tom Cory (CCAC) 55:18, (14) Frank Freyne (CCAC) 55:28, (15) Skip Shaffer (CCAC) 55:37. Teams: SCS 23, CCAC "A" 32, CCAC "B" 71, El Toro Marines 84. (124 finishers...paved & dirt roads, tough hills). /Wes Alderson/

Santa Barbara Marathon: (Oct. 15) - (98 finishers, 65-75 degrees, humid). (1) Ed Cadena 2:32:57, (2) Bill Gookin (SDTC) 2:36:33, (3) John Brennand (SBAA) 2:39:54, (4) Tully Mann (SDTC) 2:40:38, (5) Mike Maron (SBAA) 2:42:12, (6) Dave Waco 2:43:25, (7) Garrett Tomczak 2:47:03, (8) Richard Woelk 2:49:27, (9) Ed Gookin 2:51:07, (10) Bob Carman 2:53:05. Team: San Diego TC (Gookin, Mann, Gookin).

#### ROSS SMITH PRESSES OWEN & FULLER AT BIGFOOT RACE

(Sept. 2, Willow Creek) - Steve Owen and Dale Fuller had their hands full keeping 44-year-old Ross Smith from acting like a collegian. Woops...upon looking more closely at the results, the two leaders got lost between one and two miles, loosing about 100 yards, but Ross still came very close in our estimation. Owen's winning time on the five mile course was 26:51.7, just a scant second up on Fuller, who did 26:53. Smith was back at 27:13, and another senior, Bob Malain from Redding, grabbed fourth with 27:57. A total of 33 completed the race on a slightly overcast and relatively cool day. The first woman to finish was Ross' wife, Catherine, in 28th, with a clocking of 37:06. The first 18 finishers are listed below. /Vernal Wilkinson/

1 - Steve Owen (Oroville)	26:52	7 - Dick Meyer (SRRC)	28:45	13 - Vernal Wilkinson (WillowCrk)	29:47
2 - Dale Fuller (Lassen Coll)	26:53	8 - John Gamache (SRRC)	29:03	14 - Ned Frederick (SRRC)	30:04
3 - Ross Smith (WVJS)	27:13	9 - Chris DeFazio (Eureka)	29:30	15 - Mike Law	31:16
4 - Bob Malain (NCSTC)	27:57	10 - Bob Larson (SRRC)	29:30	16 - Mel Anderson (SRRC)	31:23
5 - Kevin Christiansen (Lass)	28:10	11 - Dave Wells (SRRC)	29:30	17 - Moe Leonard	31:54
6 - Gil Tarin (NCSTC)	28:14	12 - Lenny Escarda (SRRC)	29:46	18 - Pete Horner (SRRC)	32:03

#### VIC CARY RETURNS TO FORM...CAPTURES PA-AAU 25-KILO

(Sept. 16, Golden Gate Park) - On a day just made for a comeback, West Valley's Vic Cary did just that, and in very impressive fashion. Vic had never won a road race before, but today he copped a "biggie": the Pacific Association's 25 Kilo. In the process, he led his team mates to a near sweep for the team title with Dan Anderson only 20 seconds back, and Daryl Zapata another 3 minutes arrears in fourth. There were a total of 84 finishers on the 5 loop course in San Francisco's Golden Gate Park. Top senior was another "back to form" individual in the person of Bill Mackey. He came in 16th, over a minute ahead of Jim Nicholson, the second over-40 finisher. The top 36 runners and their times: /Peter Mattei/

1 - Vic Cary (WVTC)	1:24:35	13 - Gerry Ockerman	1:35:21	25 - Vic Weber	1:38:19
2 - Dan Anderson (WVTC)	1:24:55	14 - Steve Parker (Ala. TC)	1:35:25	26 - Dick Cordoni (Marin AC)	1:38:49
3 - John Butterfield (BAA)	1:26:45	15 - Dave Marsh (Pamakids)	1:35:50	27 - Steve Faris	1:39:05
4 - Daryl Zapata (WVTC)	1:27:41	16 - Bill Mackey (WVJS)	1:36:11	28 - Ken Peterson	1:39:23
5 - John Weidinger (Unat.)	1:28:22	17 - Mike Eash	1:36:20	29 - Dean Allen (West Valley TC)	1:39:28
6 - Dave Whiteing	1:29:24	18 - Paul Koski	1:36:36	30 - Rob Gehl	1:39:29
7 - Robin Clark	1:30:18	19 - Rudy Hernandez	1:36:45	31 - Tony Garcia	1:39:38
8 - Rudy Snyders (CSM)	1:31:32	20 - Walt Van Zant (WVJS)	1:37:00	32 - Bob Biancalana (Marin AC)	1:39:39
9 - Steve Williams	1:32:28	21 - Dave Warren	1:37:13	33 - Peter Mattei (NCSTC)	1:40:17
10 - Jim Bowles (WVTC)	1:32:30	22 - Jim Nicholson (NCSTC)	1:37:19	34 - Crispin Roaque	1:40:19
11 - Jim Holl (WVTC)	1:32:36	23 - Alex Monterrosa (DSE)	1:37:24	35 - Jeff Knox	1:41:00
12 - Ben Sawyer (OAC)	1:32:56	24 - Jack Vidosh (Pamakids)	1:38:07	36 - Robert Greer (WVTC)	1:41:16

#### DUWAYNE HARMS LEADS AGGIES TO VICTORY AT WALNUT FESTIVAL RUN

(Sept. 24, Walnut Creek) - Duwayne Harms of the Cal-Davis Aggies was more than a minute off Bill Morgan's stellar 26 minute Walnut Festival record, but his 27:07 was still plenty enough to defeat former team mate Ed Haver, now running for Athletes in Action. He led his team to a 38-59 defeat of powerful West Valley TC. It was the first time in 4 years that WVTC hadn't taken the team title. No other teams were in the battle as Pamakids registered 330. In what was one of the closest senior competitions we can remember, Bob Malain pulled off a big upset by outkicking Jim O'Neil, 30:02 to 30:06, with Ken Napier another second back of O'Neil!! We think that these must be the three fastest senior times ever recorded on this course...really superb. Francie Larrieu competed illegally and would have copped the women's award otherwise with her great 64th (about 31:25). Amy Haberman was 96th in 32:54, the first legal female finisher. Other categories: Father-son team was Ed and Ed Junior Tico (14 and 34) of the West Valley Joggers. They finished 147th and 86th respectively to score 233; oldest runner was Jack Kirk (65) in 261st (39:04). There were 388 finishers. Nearly one out of every ten finishers was a member of the fair sex!...and only 3 dropped out of the 5.56 mile race. Our hats off again to Andy MacCono for putting on a very efficient meet. The top 75 finishers are listed with their times on the next page. /A. MacCono/



1 - Duwayne Harms (Aggie TC)	27:07	26 - Clarke Bailey (Aggie TC)	29:32	51 - Mark Dawson (VOM)	30:53
2 - Ed Haver (AIA)	27:16	27 - Tim Jordan	29:32	52 - Denny Mathews	30:55
3 - John Sheehan (WVTC)	27:23	28 - John Ransonet (DVC)	29:34	53 - Santos Reynega (WVTC)	30:58
4 - Bill Hansen (Aggie TC)	27:25	29 - Larry Morton (STC)	29:35	54 - Gary Montante	30:59
5 - Darren George (NVRC)	27:58	30 - Mike Knott (DVC)	29:45	55 - David Marsh (Pamakids)	31:01
6 - Rich Delgado (WVTC)	28:05	31 - Greg Chapman (Solano TC)	29:46	56 - Jerry Ockerman	31:06
7 - Dan Anderson (WVTC)	28:11	32 - Albino Amador (DVC)	29:48	57 - Bruce Denton (PHTF)	31:09
8 - Jesse Smith	28:14	33 - Bill Light	29:58	58 - Jack Bentz	31:14
9 - John Holcomb	28:31	34 - Jim Bowles (WVTC)	30:00	59 - Charles Burke	31:14
10 - Dan Wells (Aggie TC)	28:37	35 - John Mijares	30:01	60 - Craig Loop	31:15
11 - Jerry Maydahl (Aggie TC)	28:37	36 - Bob Malain (NCSTC)	30:02	61 - Mike Kelly	31:16
12 - Stewart Hobbs (Aggie TC)	28:43	37 - Jim O'Neil (SFOC)	30:06	62 - Dan Davidson	31:20
13 - Anthony Renosa (NVRC)	28:44	38 - Ken Napier (WVJS)	30:07	63 - Phil Holder (Solano TC)	31:24
14 - John Weidinger (Unat.)	28:58	39 - John Crechricous (Aggies)	30:09	64 - Joe Taxiera (Alameda TC)	31:27
15 - Perry Anderson	28:59	40 - Leon Brunet	30:10	65 - George Conlon (SFOC)	31:30
16 - Nick Vogt (Gold Spikes)	29:00	41 - Stacy Geiken (RC Str.)	30:16	66 - Roy Slicker (PHTF)	31:31
17 - Bruce Edwards	29:04	42 - David Peterson (WVJS)	30:19	67 - Reyin Van Katwyk	31:39
18 - Ken Scalmanini (Pamakids)	29:07	43 - Grover Prowell (SJS)	30:20	68 - Olaf Van Ardenne	31:46
19 - Jim Anderson (DVC)	29:08	44 - Jeff Knox	30:23	69 - Gil Tarin (NCSTC)	31:47
20 - Bob Crow (WVTC)	29:17	45 - Bob Davis (Aggie TC)	30:30	70 - Walt Van Zant (WVJS)	31:51
21 - Alan White	29:18	46 - Tom Blake (Aggie TC)	30:31	71 - Carl Martin (WVJS)	31:53
22 - Bill Farwell (Sac'to TC)	29:19	47 - Rich Gordon (Marin)	30:34	72 - Mike Wofford (Sierra)	32:01
23 - Sean O'Riordan (WVTC)	29:23	48 - Gabe Petroni	30:40	73 - George Hillman	32:02
24 - Dave Cantrell (PHTF)	29:27	49 - Robin Clark	30:45	74 - Mike Sweeney (Aggie TC)	32:04
25 - Berne Heinrich	29:28	50 - Dave Cortez (RCS)	30:46	75 - John Dunn (Pamakid)	32:06

VALERIE EBERLY WINS SECOND ATALANTA 10 KILO RUN

(Sept. 30, Fremont) - In one of the only all-female road races in the area, San Jose Cindergal Valerie Eberly had little trouble in disposing of all competition as she cruised to a 40:01 clocking, some 42 seconds ahead of a rapidly improving Skip Swannack. Ronnie Rivett of Will's Spiketettes was third in 41:15. Perhaps the biggest surprise was Mary Etta Boitano, not running too much this past summer, but showing her heels to most of the field here with a fifth place (29 starters). The Fremont Pathfinder Inc. puts on the fine race each year. There ought to be more like it. Below are the top 15 placers. /John G. Richards/

1 - Valerie Eberly (SJC)	40:01	6 - Lydia Holloway	45:27	11 - Wendy Butterfield	47:25
2 - Skip Swannack (RCS)	40:43	7 - Irene Rudolf	46:22	12 - Connie Cunneen (Pamakid)	48:00
3 - Ronnie Rivett (WS)	41:15	8 - Rosalyn Hohmann	46:54	13 - Gail Gustafson	48:27
4 - Joan Ulliot	43:27	9 - Lisa Schmitz	47:04	14 - Rosalie Pitts	48:32
5 - Mary Etta Boitano (SERC)	43:30	10 - Priscilla Butterfield	47:18	15 - Virginia Collins	48:38

MORE NAPA MARATHON RESULTS!!

(Oct. 1, Napa) - In last issue we listed the top ten finishers (plus top 6 seniors). This time we're going to list the top 45 (including the top 10). In addition to last month's comments on the race: West Valley TC took the team title with Anderson (2nd), Jackson (4th), and Pemberton (14th). Harry Cordellos was paced by Phil Magoo and got his PR by some 4 minutes in 3:19:35! Congratulations. There was a sign at the ten mile mark that said, "Pax, pick up your ass and run." Pax tried, but his ass is too big. He finally finished however in 3:53. Weather conditions were ideal. For more writeup, see last issue. /Mike Healy/

1 - John Butterfield (BAA)	2:25:26	16 - Paul Reese (NCSTC)	2:45:30	31 - Robert Gehl	3:02:24
2 - Dan Anderson (WVTC)	2:33:50	17 - Dave Zumwalt	2:47:29	32 - John Brazinski	3:04:13
3 - Ross Smith (WVJS)	2:34:57	18 - Ralph Paffenbarger(NCS)	2:47:41	33 - Tom Kvam	3:04:31
4 - Ian Jackson (WVTC)	2:35:37	19 - Vic Weber	2:48:11	34 - Ed Hannigan	3:06:51
5 - Leo Moran (VOMTC)	2:35:42	20 - Ragnar Thanning (MAC)	2:49:09	35 - Ted Larson (MPAC)	3:07:50
6 - John Finch (Unat.)	2:38:56	21 - Don Peterson (SRC)	2:50:00	36 - Peter Voelker	3:09:54
7 - Steve Williams (Unat.)	2:41:43	22 - Tony Garcia	2:53:33	37 - Pablo Drobnny	3:11:17
8 - Dave Cortez (RC Str.)	2:41:45	23 - Jim Nicholson (NCSTC)	2:53:33	38 - Bruce Robinson	3:11:24
9 - Gary Chilton (SRC)	2:41:48	24 - Dan Macintosh (Maranon)	2:54:36	39 - Jeff Knox	3:12:11
10 - Frank Krebs (Sacto TC)	2:42:54	25 - Jim Bowles (WVTC)	2:55:28	40 - Robin Nowinski (WVTC)	3:12:48
11 - Peter Hanson (Unat.)	2:43:00	26 - Rudy Hernandez	2:56:48	41 - Jack Wilmore	3:13:23
12 - Jim Habercom	2:43:14	27 - Bill Snavely (Unat.)	2:57:26	42 - Dan Moore	3:15:47
13 - Bill Peck	2:44:54	28 - William McCray	2:58:27	43 - Jim Kuska	3:16:17
14 - Don Pemberton (WVTC)	2:45:18	29 - Richard Cordon	2:59:09	44 - Dave Wright	3:17:17
15 - Frank Cortez (RC Str.)	2:45:25	30 - Dave Chatterton	3:01:48	45 - Richard Buxton	3:18:35

DAN ANDERSON & VIC CARY WIN LAKE MERRITT RUNS

(Oct. 8, Oakland) - Dan Anderson picked right up where he left off in the new NCRP point-scoring-year and Vic Cary made it two wins in as many races since his comeback. Anderson nearly matched his time last year in the 10 Kilo event, but fell far short of Rich Delgado's sub-30 minute course mark. He had an easy time with Bill Kelly, his nearest opposition. It was a bit tighter for Cary as he beat runnerup Bill Seaver by only 13 seconds in the 5 Kilo run. The senior battle in the longer run never really developed as Ken Napier won by over 20 seconds and took 9th overall in the race. Bob Malain put the screws to Jim O'Neil (& Dennis Teegarden) for the second time in as many meetings. Dave Stevenson had an easy time with the seniors in his division (5 Kilo). West Valley TC took the team title back from the West Valley Joggers (1971) in the 10,000. Who won the 5,000?? Below and on the following page are listed the results (20 places for the 5K and 45 for the 10K). There were 126 finishers in the short race and 152 in the longer one. /Peter Mattei/

1 - Vic Cary (West Valley TC)	15:00	8 - Dave Stevenson (SRC)	15:58	15 - Robert Abbott	16:48
2 - Bill Seaver	15:13	9 - Stan Simsen	15:59	16 - Rich Stiller	16:56
3 - Bob Immethun (Alameda TC)	15:27	10 - Jerry Ockerman	16:21	17 - Mark Wofford (Sierra)	17:01
4 - Eugene Fitzgerald	15:33	11 - Frank Cabello	16:22	18 - Thomas Dean	17:10
5 - Leon Brunet	15:37	12 - Jost Schmitt (WVTC)	16:22	19 - Mike Wofford (Sierra)	17:10
6 - Jeff Tapia	15:50	13 - George Pilz	16:36	20 - Bill Flodberg (Solano TC)	17:20
7 - Joe Taxiera (Alameda TC)	15:52	14 - Thernell Oakman	16:48		



1 - Dan Anderson (WVTC)	31:11	16 - Dennis Teegarden (NCS)	34:34	31 - Walt Van Zant (WVJS)	36:10
2 - Bill Kelly (WVTC)	31:48	17 - Kurt Schroers (Aggie TC)	34:38	32 - Bill Kirchmier (NCSTC)	36:22
3 - Doug Butt (Marin AC)	32:35	18 - Ken Marti	34:39	33 - Ernie Jeong (Pamakids)	36:29
4 - Ken Scalmanini (Pamakids)	32:41	19 - Ben Sawyer (OAC)	34:43	34 - Phil Holder (Solano TC)	36:41
5 - Al Sanford (WVTC)	32:50	20 - Gabe Petroni	34:46	35 - Carl Martin (WVJS)	36:43
6 - John Butterfield (BAA)	32:58	21 - Santos Reynaga (WVTC)	34:55	36 - Don Peterson (Stanford RC)	36:44
7 - Armando Garcia (WVTC)	33:22	22 - Dave Marsh (Pamakids)	34:56	37 - Ed Tico (WVJS)	36:52
8 - Joe Araujo	33:34	23 - Andy Betschart	35:03	38 - Bill Jensen	36:58
9 - Ken Napier (WVJS)	33:39	24 - Steve Parker (Ala. TC)	35:06	39 - Pete Voelker (Chabot)	36:59
10 - Barry Armstrong	33:42	25 - Dick Cordoni (Marin AC)	35:13	40 - Alex Monterossa	37:11
11 - Dave Zumwalt	33:48	26 - Dave Warren	35:24	41 - John Watkins	37:13
12 - Dave Peterson (WVJS)	33:55	27 - Chuck Burke	35:30	42 - Bill Mackey (WVJS)	37:17
13 - Bob Malain (NCSTC)	34:01	28 - Mike Healy (NVRC)	35:47	43 - Kent Guthrie	37:22
14 - Bill Light	34:13	29 - Gil Tarin (NCSTC)	35:51	44 - Peter Mattei (NCSTC)	37:24
15 - Jim O'Neil (SFOC)	34:24	30 - Jeff Knox	35:54	45 - Wes Hurlburt	37:29

CARY MAKES IT 3 IN A ROW AT PA JUNIOR XC

(Oct. 21, S.F.) - Vic Cary and Bill Seaver renewed battle on the rolling hills of Golden Gate Park and the former came up with his third win in as many races since starting to compete again. The two had met two weeks previously at Lake Merritt and Seaver had lost by some 13 seconds. He closed the gap here to 6 seconds over twice the distance, but that was all. Humberto Hernandez and John Burns also provided impetus as both were a few more seconds behind. The course was probably a bit short as indicated by the number of quality times in a relatively non-quality field. West Valley TC outdistanced the Pamakids for team award; Dave Stevenson trounced Bob Malain by nearly a minute to take the senior title; and Skip Swannack was first woman finisher in a remarkably 37th place (36:28)!! Skip is really turning into a classy runner as of late. She beat almost exactly two-thirds of the field. Below are the top 45: /Don Sommer/

1 - Vic Cary (WVTC)	29:56	16 - Donald Carlson	32:11	31 - Larry Collins (Gold Spike)	35:30
2 - Bill Seaver	30:02	17 - Joseph Aravjo	32:20	32 - Peter Voelker (Chabot)	35:40
3 - Humberto Hernandez (WVTC)	30:03	18 - Emil Magallanes (WVTC)	32:21	33 - John Geer (Whittier)	35:42
4 - John Burns	30:06	19 - Eugene Fitzgerald	32:42	34 - Robert Biancalana (MAC)	36:00
5 - Vincent Engel	30:15	20 - Kurt Snyder	33:00	35 - Darrell Jeong (Pamakid)	36:05
6 - Terry Umstead	30:18	21 - Dave Stevenson (SRC)	33:12	36 - John Comisky (Pamakid)	36:26
7 - Hans Roenau	30:30	22 - Kurt Schroers (Aggie TC)	33:22	37 - Skip Swannack (RC Str.)	36:28
8 - Robert Walline	30:36	23 - Edward Jaynes (BAS)	33:34	38 - Bill Kirchmier (NCSTC)	36:33
9 - Jeff Niland	30:46	24 - Phil Holder (Mare Island)	34:02	39 - Ed L. Tico (WVJS)	36:36
10 - Dale Severy (SBAA)	30:59	25 - Bob Malain (NCSTC)	34:04	40 - William Long (Pamakid)	36:37
11 - Drew Ferguson (Ralston TC)	31:01	26 - Jerry Ockerman	34:22	41 - Allen Berriu	36:38
12 - Terence Lamb	31:23	27 - Tony Garcia (Sacto TC)	34:23	42 - Robert Roncker (Buckeye)	36:45
13 - Niel Kahlke	31:24	28 - Jim Nicholson (NCSTC)	35:13	43 - Alan Waterman (SRC)	36:59
14 - Rich Walline	31:32	29 - Bill Jensen	35:24	44 - Bob Weede	37:00
15 - Jim Bowles (WVTC)	31:50	30 - Alex Monterrosa (Pamakid)	35:29	45 - Ed Hannigan (DSE)	37:17

KRETZ IS BACK...ON THE ROADS!!

(Oct. 29, Berkeley) - This fall seems to be a time when people come out of hiding and surprise everyone. No sooner had we put a photo of Arvid Kretz in the NCR (next to Tom Hale) then he was back and racing again. Having been sidelined often with leg injuries, Arvid tackled the rugged Berkeley-Moraga 14 miler...if that doesn't mess up your legs, nothing will. Kretz handily defeated Darren George, Rich Delgado, Vic Cary, Dan Anderson, and a host of others in one of the most interesting longer runs we've seen lately. Cary had a string of three victories going for him, but dropped back to fourth here, still recording an excellent time, but needing a bit more endurance work for the longer runs. WVTC again easily took the team award with 5 in the top eleven. Jim O'Neil narrowly defeated Dennis Teegarden (10 seconds) in the battle between the "old men". Fran Conley chugged along to an excellent 1:34:00 (100th) to be the first of the fair sex to finish. Skip Swannack was some 5 minutes back. The top 60 finishers (there were 188): /Charles MacMahon/

1 - Arvid Kretz (Ex-Stan.)	1:12:44	21 - Peter Hanson (Colfax)	1:20:10	41 - Wayne Glusker (WVTC)	1:23:32
2 - Darren George (NVRC)	1:13:14	22 - Tim Varner (Arizona)	1:20:14	42 - Jim Shettler	1:23:35
3 - Rich Delgado (WVTC)	1:13:20	23 - Jim O'Neil (SFOC)	1:20:16	43 - Jim Nicholson (NCSTC)	1:23:36
4 - Vic Cary (WVTC)	1:13:42	24 - Jerry Ockerman	1:20:20	44 - Walt Van Zant (WVJS)	1:23:38
5 - Dan Anderson (WVTC)	1:13:55	25 - Dennis Teegarden (NCS)	1:20:26	45 - John Dunn	1:23:43
6 - Pat Buzbee (NewWays AC)	1:14:27	26 - Ivan Boggis	1:20:31	46 - Dave Fontes	1:24:17
7 - Mike Buzbee (NewWays AC)	1:14:27	27 - Ernie Jeong (Pamakid)	1:21:02	47 - Kent Guthrie	1:24:24
8 - John Butterfield (BAA)	1:15:18	28 - Grover Prowell (SJS)	1:21:12	48 - John Kleinbach	1:24:34
9 - Darryl Beardall (MAC)	1:15:49	29 - Dave Stevenson (SRC)	1:21:28	49 - Armando Garcia (WVTC)	1:24:37
10 - Humberto Hernandez (WV)	1:16:28	30 - Dave Warren	1:21:55	50 - Chuck Stagliano (DSE)	1:24:39
11 - Marcel Hetu (WVTC)	1:16:59	31 - Robert Malain (NCSTC)	1:22:08	51 - Tom Mann	1:24:55
12 - Larry Morton	1:17:37	32 - Rich Peterson	1:22:14	52 - Ed Jaynes (BAS)	1:25:15
13 - Clark Rosen	1:18:28	33 - Dennis Mathews	1:22:17	53 - Bill Kirchmier (NCSTC)	1:25:27
14 - William Fairwell	1:18:44	34 - Chuck Burke	1:22:51	54 - Darrell Jeong (Pamakid)	1:25:38
15 - Doug McLean	1:18:57	35 - Doug Essary (Sacto TC)	1:22:58	55 - Dan Moore	1:25:39
16 - Doug Butt (Marin AC)	1:19:02	36 - Mike Healy (NVRC)	1:23:06	56 - Mike Lamendola	1:25:49
17 - Dave Zumwalt	1:19:09	37 - Paul Tjogas	1:23:15	57 - Don Peterson (SRC)	1:25:56
18 - Ron Plemons	1:19:27	38 - Bob Gormley (Marin AC)	1:23:16	58 - Alex Monterrosa (DSE)	1:26:22
19 - Kurt Schroers (Aggies)	1:19:50	39 - Joe McDevitt (WVTC)	1:23:19	59 - Tom Pinckard	1:26:25
20 - Christopher Hovick	1:19:59	40 - Robert Brownlee	1:23:29	60 - Ed Spolarich	1:26:27

JEFF ARNOLD A SURPRISE WINNER IN PA 50-KILOMETER

(Nov. 12, Sacramento) - A few short weeks previously, Ross Smith had shown that a man in his mid-40's could still win championship races (nationals no less). The PA 50 Kilo was to prove that the other end of the scale was possible too. Seventeen-year-old Jeff Arnold, a senior at Berkeley High, averaged 6 minute miles for the full distance (some 31 miles...this took the place of the old PA 32 mile championships), winning easily in 3:07. Guess who was second? You bet. Good old Ross Smith in 3:21. The next 5 places were quite close. Jim Bowles had one of his best days in taking third, just ahead of team mate Ian Jackson. With three runners in the top





Dr. Fran Conley, the NorCal Portrait for November, has run a marathon in 3:24 with only 1½-years experience.



New National AAU 50 Mile Champ, Ross Smith (left), poses with last year's victor, Skip Houk. Both are from Reno. /H. DeMoss/



College of San Mateo's cross country and track coach, Bob Rush, is featured in November's Coach's Corner.



Winning team at PA-AAU 50-Kilometer Championships: West Valley TC's Jim Bowles (3rd), Jeff Arnold (1st), and Ian Jackson (4th). /H. DeMoss/



Blind Harry Cordellos (left) set a PR 3:19:35 in the Napa Marathon. /S.M. Rec. Dept./



Fresno Pacific's XC team, prior to winning Chapman Invit: (l-r) D. Gregory, S. Ward, M. Lennemann, E. Ramirez, R. Jensen, M. Urias, L. Solis.



WVTC's Vic Cary, on the comeback trail, won Lake Merritt 5K, PA 25 Kilo & PA Jr. XC. /J. Marconi/



AAU Steeplechase Champ Jim Dare, featured in our West Valley Portrait this month. /Marconi/



Dan Anderson started the season off right with victories at Merritt, Turket Trot, & Daly City. /SMRD/



Does the man in the middle look familiar? He's Valeriy Borzov, Olympic sprint champ, observing 1972 West Valley Marathon. /San Mateo Rec. Dept./



four slots, WVTC easily took home the team award. As a matter of fact, no other team even finished three men. West Valley had four. The weather was cool, dry, and a little breezy. The course was a scenic out-and-back route along the Sacramento River levee road, accurately measured by wheel by Paul Reese. Jeff's pace was fast the entire way (he passed halfway in 1:29:05), but he faded a bit over the final 6-7 miles. The 17 finishers and their times are listed below: /Paul Reese/ ---Correction: Sac'to TC finished 3 men & were second.

1 - Jeff Arnold (WVTC)	3:07:17	7 - Vic Weber (Unat.)	3:28:58	13 - Charles Day (Navy)	3:59:07
2 - Ross Smith (WVJS)	3:21:08	8 - Dave Zumwalt (Unat.)	3:47:53	14 - Charles Bennarroch (DSE)	4:03:14
3 - Jim Bowles (WVTC)	3:24:36	9 - Frank Krebs (Sacto TC)	3:49:35	15 - William McCray (Sac TC)	4:09:59
4 - Ian Jackson (WVTC)	3:25:41	10 - Tony Garcia (Sacto TC)	3:50:07	16 - John Arberry (Unat.)	4:32:41
5 - Doug Gates (Unat.)	3:26:11	11 - Pete Hanson (Unat.)	3:54:20	17 - Vance Koerner (NCSTC)	4:43:30
6 - Harold DeMoss (WVTC)	3:27:00	12 - Ed Hannigan (DSE)	3:54:25		

LATE NEWS: -- Results of the PA-AAU Senior XC are only fragmentary. These, along with the other missing results for October and November will hopefully appear in the next issue. Peter Duffy, running for Nevada, scored a close victory over Colombian Domingo Tibaduiza and Oregon TC's Jon Anderson. The spread was 14 seconds. Large gaps separated the next three finishers: Bob Coe, Ron Zarate, and Phil Camp. No times are yet available. One week later (11/18) in the Western USTFF Championships, things were turned around. Tibaduiza and Zarate tied for first on the 6 mile Fresno course, with Duffy 16 seconds back in third. Nevada, with the first three spots, and several other high placers, won the title. The Daly City Hill Run (11/18) was won by Dan Anderson. On the same day, Jon Anderson won the Colfax Carnival. \*\*\* West Valley TC is taking the following team to the AAU Cross Country Nationals in Chicago on Nov. 25: Peter Duffy, George Stewart, Domingo Tibaduiza, Ron Zarate, Bob Coe, Mike Ryan, and possibly Paul Bateman. Your injured president will go along as observer and chauffeur. I will not be back until Dec. 18...the others will be driving back in a bonded "Auto-Driveaway" car from Chicago. \*\*\* East Los Angeles TC is making a bid on behalf of the SPA-AAU to secure the National AAU XC Championships for next fall!! The race would be held in the Monterey Park section of East L.A. on a flat grass course. Sounds good to me. I would hate to think of how we'd ever get a team to Van Cortland Park (New York) next fall. The Seniors TC is also making a bid (L.A. seniors)...this one for the 1973 Masters AAU 10 Kilo XC Championship. In addition, the SPA-AAU is also bidding for the role of coordinator for the Jr. & Sr. AAU One Hour Run Championships...they have done so successfully for the past three years. John Brennand believes that the qualifying period should be extended for the period between January 1 and July 28.

WEST VALLEY MARATHON: -- Remember, the West Valley Marathon is coming up soon. We hope to make it even bigger & better this year. Entry blanks will be enclosed in the next issue of NCRR. Also, we hope to have our race a Western Regional again this year...the PA-AAU will be making the bid for such at the AAU Convention at the end of November. In addition, we are bidding (WVTC is) for the National Marathon Championships for next year on our course...sometime in June probably. If you would be interested (referring to non-club members) in helping us out with either of these marathons (assuming we get the second), please contact us right away. Thank you.

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