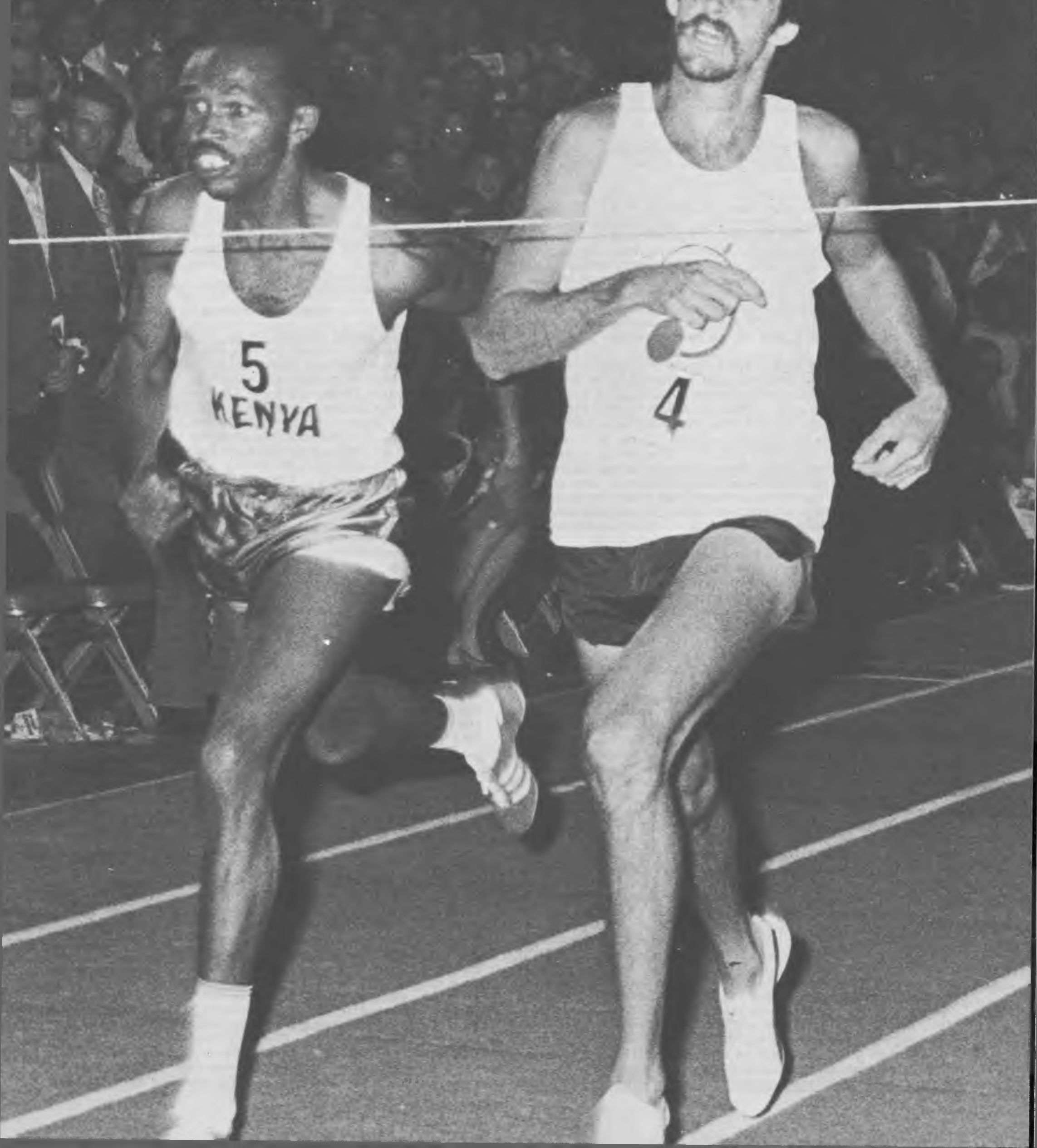


# NORTHERN CALIFORNIA RUNNING REVIEW

(35¢)

February 1973 (No. 38)







# NORTHERN CALIFORNIA RUNNING REVIEW

A West Valley TC Publication  
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ON THE COVER  
Kip Keino edges Duncan Macdonald by a mere millimeter in the S.F. Examiner Games Mile Run. Both runners were clocked in 4:03.8 as Keino made a desperate lunge at the tape to win the judges' approval after coming from 15 yards back with only two laps remaining. In the Sunkist Invitational, a week earlier, Wottle was given the win over Keino in like fashion. /Spinelli/

THIRD YEAR - NO. 38

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## STAFF

EDITOR: Jack Leydig; PRINTER: Frank Cunningham; PHOTOGRAPHER: John Marconi; CARTOONIST: Lee Holley; NOR-CAL PORTRAIT: Jon Hendershott; COACH'S CORNER: John Marconi; WEST VALLEY PORTRAIT: Harold DeMoss; NCRR POINT RACE: Art Dudley; WOMEN: Roxy Anderson, Jim Hume, Dr. Harmon Brown; SENIORS: John Hill, Emmett Smith, George Ker; RACE WALKING: Steve Lund; COLLEGIATE: John Sheehan, Jon Hendershott, Jerry Kosh, Fred Baer; HIGH SCHOOL: Roy Kissin, Dave Stock, Mike Ruffatto; AAU RESULTS: Jack Leydig, John Brennand, Bill Cock-erham. --- We always have room on our staff for more help. If you'd be interested in sending us results, photos, articles, etc., on a regular basis, then contact us right away. This is obviously not limited to WVTC members...so get in touch if you would like to become a part of our growing staff.

THIS ISSUE'S CONTRIBUTORS: Don Pickett, Nick Sakelarios, Ross Smith, Tom Bache, Bob Anderson, Joe Henderson, John Butterfield, Dave Pain, Walt Stack, Lurana Hoetger, Walt Stack, Bob Lynde, Darren George, Jim O'Neil, Rich Perry, Joel Stein, Pete Hanson, Bob Comstock, Harry Young, Mike Spinelli, Ross Smith, George Beinhorn.

## ABOUT THE NCRR

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 and field athletes...covering high school, collegiate, age-group, senior, AAU, and women's competitions in long distance, track and field, and race walking.

The NCRR is available at most local road races and some track meets for 35¢ an issue. Back issues may be obtained by sending 40¢ to our P.O. Box to cover third class mailing. If you want to be sure and get your issue each month, send \$3.50 for a one year subscription (12 issues). All West Valley TC members receive their copies each month only if their dues are paid up for the year.

As you probably have noticed, the NCRR is now being sent by Bulk Rate mail. This was our only choice since we didn't want to raise our rates from \$3.50 a year. The savings that we get in postage offsets the additional costs of our new booklet and photos-throughout format. For many of our subscribers, this new mailing method will speed things up; however, for others, the reverse may be true. Basically, if you live in a city where there are 6 or more NCRR subscribers, you will probably receive your issues sooner than in the past. This is because bulk mailing methods are sorted by ZIPCODE before being taken to the post office, and if there are enough issues for one city, then chances are that bundled group of mail will get delivered sooner...but if you have a post office that is habitually slow anyway, this may not help. You should never receive your issue more than 2 weeks after it is mailed, no matter where you live in the U.S. That is not a guarantee, but it is a good assumption. This issue will probably be sent out on Feb. 6-7. If you don't receive your copy by Feb. 20, we would be interested in hearing from you so that we might improve service by inquiring to certain post offices.

Due to a favorable response, the NCRR will remain in the present format. The increase in subscriptions was not exactly overwhelming, but it was good enough to pull us out of the "shaky" category. Financially, we are in the best shape ever, even though our subscription rates are as low as ever and our issues are thicker. Keep up your support. Remember, as you help us, we bring a better publication to you. For less than 1¢ a day, you can stay on top of just about everything concerned with track and field in Northern California!! Send in for a subscription today. --- Subscribers: Remember that the NCRR is not forwardable, so send us your address change today.

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## ● THIS AND THAT ●

•The First Annual Oakland Indoor Invitational Track Meet will be a financial success for the PA-AAU, if more than 4000 persons are in attendance according to Meet Director Bob De-Celle. Anything above that attendance will aid Northern California track & field athletes. The Meet Director and his assistants (Jim Coleman, Hale Roach, and Jim Santos) are not receiving any payment for their work, and thus, because of their efforts, the Association's programs will stand to benefit enormously. BUT...attendance is important. The SF Examiner Games drew nearly 14,000 people. The Oakland Meet ought to draw at least 10,000. Contact your friends and let them know. Ticket prices are from \$3.00 to \$6.00, with those 17 and under being admitted for half price...any seat. The meet gets underway at 7:30 pm on Feb. 10 at the Oakland Coliseum. There are 33 events on the program, including open, women, age-group, high school, junior college, college, and Masters competition.

•The San Diego Track Club will host the 1973 USTFF Cross Country Championships, although no definite date has been set as yet. Traditionally, the meet is the Wednesday before the AAU Meet, and falls two days after the NCAA Meet. Tom Bache is considering the possibility of holding the race on the same day as the AAU Championships, which will be held in Florida. He feels that a Wednesday date will draw poor attendance from clubs in the area, and doesn't feel the Saturday date would necessarily be competing with the AAU Meet since the two are geographically so far apart. It isn't likely that anyone would try to "double", even if the two meets were held as usual.

•Frank Shorter won the Sullivan Award for 1972. This prestigious honor is given yearly to the nation's outstanding amateur athlete. The 1972 Olympic marathon champion soundly defeated freestyle wrestler Dan Gable, 1895 points to 1577 points. Swimmer Mark Spitz, the 1971 winner who claimed 7 gold medals at Munich, was ineligible for the award because of a no-repeat rule. Following Shorter and Gable were diver Micki King (1104), swimmer Mike Burton (1012), and Dave Wottle (708), the 800 meter champion in the Games. Then came Rod Milburn (428), gold medalist in the high hurdles, Melissa Belote (381), Wayne Wells (334), Larry Young (257), bronze medalist in the 50 Kilo Walk, and Dianne Holm (249).

•Bill Adler of the Masters Striders in Los Angeles, announces that he is in the process of trying to put a group charter flight together for the Hawaii Masters International. The exact dates of the meet are not known, but it will be this spring sometime. All senior athletes who wish to participate in the Hawaii meet can be included in the group for a cost of between \$116 and \$141, depending on the number going. Those interested, contact Bill immediately for more information: 1609 Westwood Blvd., Suite 201, Los Angeles, CA 90024, (Ph. 213/473-2987). --- Additional news, just received today: The Hawaii Masters Meet is April 19-21 (Travel - 18th & 25th) ...a roundtrip for 40 people is \$185, but only \$125 for 137!!



•**Boston Marathon Group Fare:** This year the Boston Marathon will be April 16, a Monday as usual. We are trying to get together enough people again this year to make a reduced group fare possible, but so far we've only heard from a total of four individuals: Phil & Fran Conley, Jon Anderson, and Jon Francis. To make this thing work, we need 25 bodies, so let's hear from you now. Time is running short, believe it or not. A savings of approximately \$70 on the roundtrip will be realized if this thing works out. The particulars for a group fare flight: everyone must leave together on the same flight (probably April 14, morning), but you can make your own choice of return flights, however, no intermediate stops may be taken in other cities. As in the past, our group will most likely consist of both Northern & Southern Californians, since getting 25 from either area alone is difficult. If 25 cannot be obtained from either area alone, then the groups will merge and the extra fare (SF-LA) will be spread between the entire group. If you think you even might be interested, contact: (In NorCal) - Jack Leydig, P.O. Box 1551, San Mateo, CA 94401 (Ph. 342-3181); (In SoCal) - Orville Atkins, 4029 Gelber Pl., #15, Los Angeles, CA 90008 (Ph. 292-5197). But don't delay!! We must have a list of passengers for the airlines about a month in advance of departure.

•**A few apologies** by your editor: (1) I made a mistake on the dates of all the January DSE races in the scheduling section of last issue. I had them all listed as Saturday races, when in actuality they were on Sundays. Hope no one went too far out of their way to run on the wrong days, and if so...please accept my apologies. (2) I'd like to make a personal apology to Peter Mattei for balling him out so badly in last issue for not getting results to us. He may be slow in this respect, but at least he's always seen that all the road races the PA-AAU has sponsored in the past have come off successfully on raceday. This, of course, is the most important thing. Just thought I ought to let our readers know that Peter has certainly done his share of the work as a volunteer for the past three years or so.

•**Colombian Victor Mora**, who runs for the West Valley TC when in the area, sped to a tremendous victory in the annual Sao Silvestre "Round the Houses" race in Sao Paulo, Brazil, traditionally held on New Year's Eve. The Boston Marathon runnerup (1972) ran with Mexican Mario Perez for much of the race before powering to a 42-second victory and setting a new course record of 23:24.2 for the 5.4 mile route...8700 meters. Perez, with his 24:06.2, clocked 11 seconds ahead of Finnish ace Pekka Paivarinta. Then came Britain's Dave Black, Finn Tapio Kantanen, Belgian Willy Polleunis (10 mile record holder), and Florida TC's Jack Bachelier. Olympic double-distance champ Lasse Viren came home 8th in 24:37. The next day, in track events connected with the midnight race, Mora won a 5 kilometer race in 14:29.6.

•Current rumor has it that the proposed second US-USSR indoor affair of 1973 might be held in Los Angeles, rather than Nassau, Long Island, New York, as previously thought.

•Ex-Stanford and WVTC ace **Don Kardong**, now competing for Club Northwest in Seattle, is definitely getting back into the shape that earned him a spot on the US vs. USSR indoor squad last year. He ran an 8:38.8 in the Seattle Invitational in January (actually Washington Invit. - no date given) behind Jim Johnson's 8:38.2 winning 2 mile effort. He then duplicated his 8:38 clocking behind Steve Prefontaine's new American Record 8:24 at the Oregon Invitational on Jan. 27.

•Don Pickett reports that the leaders in the Lake Merritt 5 Kilometer Road Run (Oct. 8) mistakenly went the wrong way and took quite a bit off the course. However, so many went astray that it didn't affect the top 10 placings anyway, and the only senior competitor that went the short course (Dave Stevenson) would have been first in that division anyway.

•In last issue, we stated that Culver City fourth-placer Bruce Shaw was an unknown to us. Since then, Runner's World has informed us that Bruce is a top calibre marathoner from British Columbia (Canada). Brian Armstrong, the winner, is also a Canadian, representing the powerful Toronto OC.

•National Long Distance Running Chairman, Bob DeCelle, has announced that the following have been chosen to represent the United States in various international competitions in 1973: Jack Bachelier (Kyoto, Japan, marathon - Feb. 4); Jeff Gallo-way & Jon Anderson (Puerto Rico, San Blas Half-Marathon - early February), and Dave White (Venezuela, no distance or date given). Brian Armstrong & Dan Shaughnessy will represent Canada in the San Blas race.

•More on the AAU Masters XC Meet: (Nov. 18) - The San Diego TC won the team title over the sloppy course of mud and snow in 35 degree temperatures at Bloomfield Hills, Michigan. Other SDTC finishers that weren't reported in last issue are: 11 - Bill Phillips 35:45, 19 - Bob DeHorrity 36:49, 20 - Bill Stock 36:56, 21 - Mike Murray 36:59, 25 - Herb Weisheit 37:35, 32 - Don Coleman 38:23, and 41 - Wayne Zook 39:25 (4th in the 50-59 age group). Congratulations to all for a fine showing.

•**People News in the PA-AAU**: Art Butt, our trusty AAU official who is always willing to show up at road races and do the chores, has taken on a new job. He is now working for an ambulance company and drives limousines...sometimes to mortuaries (with dead runners??). --- We have learned that distance runner Harry Hill of the West Valley Joggers had what could have been a fatal accident while working on his roof late last year. He fell about two stories onto the concrete and suffered severe injuries. Doctors told him he would probably not have made it if he hadn't been in such excellent physical condition. Best wishes for a speedy recovery. --- Another in Alvaro Mejia's long line of Colombian imports to the Bay Area running scene is Jairo Vargas, a 17-year-old half miler who has done 1:57 and is now studying English at the College of Holy Names in Oakland. --- Frank Geis, who is the Meet Director for the Annual Bay-to-Breakers Race, had been confined to St. Joseph's Hospital for an operation, but is now out and back at his desk in the Executive Office of the PA-AAU, under the watchful eyes of Lurana Hoetger, the Executive Secretary. --- Kathy Hammond of the Sacramento Roadrunners, has been selected by the National Women's Track & Field Magazine as the 1972 North American Track & Field Woman of the Year. Kathy was the bronze medalist in the 400 meters at Munich, and was also a member of the runnerup 1600 meter relay team. --- West Valley TC's Albuquerque "arm", Charlie Harris, reports that this city is really becoming a mecca for runners. Frank Shorter is going to be attending Law School here; Billy Mills recently joined the New Mexico TC and is going to start training again shortly; Martins Ande, a Nigerian Olympian, is also in town; and Jay Mason, a Club West runner, is attending the University of New Mexico.

•**The Las Vegas Marathon**, held February 3, was among the first in the nation to supply Bill Gookin's sweat to all participants at every aid station. Bill, in case you weren't aware, is manufacturing a drink called ERG (Electrolyte Replacement with Glucose). A chemist, Gookin analyzed his own sweat and tried to approximate his body chemistry losses. He has done so with remarkable success. The Mission Bay Marathon has used ERG for three years and Bill writes that not one case of cramps has resulted from runners who drank it.

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•**Race Announcements:** Rumors about the Pleasanton 20 Kilo (Feb. 17) being cancelled are false! Some changes regarding the information on the 100 Miler in March: Paul Reese announces that there will be two races this year---a single 100 mile race with a 24-hour limit (no post entries) will be handled by John Hill (605 Flint Way, Sac'to 95818) on Saturday, March 10. Awards will be given to all finishers, and each runner must provide his own handler. Then, on March 9, 10, and 11, Paul Reese (2789 17th St., Sac'to 95818) will stage a different 100 mile race that is to be run in three different sections, each runner doing 33-1/3 miles/day: March 9 - Mather AFB to Jackson; March 10 - Jackson to Placerville; March 11 - Placerville to Mather AFB. Runners may enter ONE day or all THREE, but must declare himself prior to entry. Medals to ONE day finishers; trophies to THREE day finishers. NO POST ENTRIES on either race...entries must be received by March 5. \*\*\* Also, the Meet Director of the Fremont 10 Kilometer Run (March 11) expects runners from 6 foreign countries, and the race has a rare NCAA Sanction, as well as an AAU Sanction. All college runners are welcome and a copy of the NCAA sanctioning letter will be available to all college athletes who want one. \*\*\* A week after this race (March 17), the West Valley TC and San Mateo Recreation Dept. will co-sponsor a Women's 10 Kilo Race through the streets of San Mateo. Note: The race will start promptly at 8:45 am, not at 10 am as listed on the AAU Long Distance Schedule. The course is a fairly challenging one with lots of ups-and-downs. Entry fee is \$1.00 and age groups will be 11/Under, 12-13, 14-17, 14-29, 30-39, and 40+. Medals to the first three finishers overall and for the first three places in each division. Certificates to all...no team awards will be given, but scores will be figured. Refreshments will be served, and the start and finish of the race is in a park setting (BBQ Pits, tennis courts, etc.), so you can plan on spending the entire day if you wish. Registration forms can be obtained by writing Dawn Bressie, S.M. Recreation Dept., San Mateo City Hall, San Mateo 94402...St. Patrick's Day Race.

•**Registration Cards for the A.A.U.** were supposedly mailed from Arkansas on Jan. 20, and the PA-AAU Office figured on receiving them a few days later. If you've sent for an AAU Card but have not as yet received one, hang on...you'll eventually get yours. Don't put the blame on our local people. It's the fault of the National Office for not realizing our peculiar

situation on the West Coast in changing from our own system of Registration and Re-registration. Write to the PA-AAU, 942 Market St., Suite 601, San Francisco 94102 if you need a form for your 1973 AAU Card.

•**Newly-Elected Sports Chairmen** for the PA-AAU are Steve Lund in race walking, replacing Bill Ranney, and Rich Perry in long distance running, replacing Peter Mattei. Bob DeCelle continues as our track & field chairman. Addresses for these individuals, who are your representatives: Lund--402 Via Hidalgo, Greenbrae 94904 (Ph. 461-5492); Perry--3909 Pepper Tree Ct., Redwood City 94061 (Ph. 364-5599); DeCelle--P.O. Box 1606, Alameda, 94501 (Ph. 523-2264, days). Also, the Women's Track & Field Chairman is still Roxy Anderson, 76 Carver St., S.F. 94110 (Ph. 826-5903).

•**Columbus Saskatchewan Indoor Track & Field Games:** The only two women athletes representing the U.S. in this meet were from the Pacific Association: San Jose Cindergals Cindy Poor and Francie Larrieu. In the 800 meters, Francie took second place, while Cindy got fourth in the 1500 meters. The meet was held December 29-30.

•**Representation of Athlete:** In order to clarify representation of athletes who belong to an AAU Club and are also active athletes in a college, Chairman of Registration Edwin Olson has requested the following rule be stated (from the 1972 Official Handbook of the AAU Code, Art. 51, 451.4, Representation, Students (3)): "Any student of an educational institution which is a member of a District Association of the AAU or which is a member of an athletic organization or conference of educational institutions allied with the AAU may represent both his or her institution and the athletic club to which he or she belongs. Any points scored by such athlete, however, shall count for the athletic organization, club, or educational institution for which he or she is actually registered with the AAU."

•According to the PA-AAU Financial Report for 1971-1972, the following committees had the indicated funds as of Sept. 1, 1972: Long Distance Running - \$761.49, Men's Track & Field - \$5,925.19, Women's Track & Field - \$1,212.08.

•At the recent PA-AAU Board of Managers Meeting, Bob DeCelle and Jim Santos were nominated as manager and coach, respectively, for the 1973 International Track & Field Team. These two nominations will go to the National Committee.

•The Pacific Association's Frank Geis has been devoting his time to amateur athletics for a total of 57 years!!! In recognition of this, the upcoming Oakland Invitational Track Meet has been dedicated to him.

•**Marathoning** has certainly grown tremendously in the past few years in the U.S., but did you realize how dominant California has been in this event? Checking out the recent 1973 Marathon Handbook, I checked out a few facts. Out of the top 100 American marathoners in 1972, a total of 37 were from the golden state...and 19 were from the PA-AAU, with 10 of those coming from one club: West Valley TC. This doesn't leave any doubt that our Association is tops (at least in numbers).

•Prof. Leos put on the Governor's Marathon in Mexicali, Mexico, this Jan. 1, and Ross Smith reports that it was an exceptionally well-run affair. The race was won by Nabor Gomez (one of Prof. Leos' athletes) in 2:31:25 and Ross was the first North American (other than Mexican) in third with a very good 2:35:00, which he considers his best effort...the conditions were: a sandstorm with 30-50 mph winds that completely obscured the sun. Ross' wife Catherine was 16th to finish (first woman) in 4:16:22. Awards were monumental in size. By the way...for the unknowing, Ross is 44 years old!

•Walt Stack is challenging anyone to a Marathon-a-Month for 1973. He puts the challenge to any of his DSE teammates, or anyone else for that matter. There are 9 marathons listed in our PA-AAU schedule (in NorCal), and the others could be the 100 mile race on March 10, the Seaside Marathon on Feb. 24, and the 50 miler at Rocklin in October. If interested, write to Walt at 321 Collingwood St., S.F. 94114.

•Bob DeCelle has announced the members on his National Long Distance Running Committee for 1973: the Pacific Association members are as follows---Jack Leydig (Secr.), Emmett Smith (Masters Comm.), Jack Leydig (Legislation Comm.), Jerry Lowmiller (Age-Group Sub-Comm.), and Joe Taxiera (Athlete's Representative).

•Some "Tips from Percy Cerutti", Australian coach of the famed Herb Elliott: "It is one of the common conceits to say, 'I do not have a coach, mentor, or teacher.' It is similar to the child who says, 'I do not go to school.'" --- "The wise and the dedicated never talk about their goals; they are too busy achieving them." --- "How often is greatness confused with publicity. One is not necessarily great because his name was mentioned in a paper...the dead achieve that!"

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1973 Standards For Women's Track & Field: (Indoor Championships) - All marks must be set indoors unless otherwise noted: where indoor or outdoor marks may be submitted, the indoor standard is listed first; field events may be set either indoors or outdoors. \*\*\* 50 Yds. (5.8); 60 Yds. (6.8); 70 Yds. (7.8); 220 Yds. (25.0, 24.6); 440 Yds. (57.0, 56.0); 880 Yds. (2:12.0, 2:10.0); Mile (5:05.0, 5:00.0) or 1500m (4:45.0, 4:40.0); Mile Walk (9:00.0, 9:00.0); 50HH (7.1); 60HH (8.3); 70HH (9.5); LJ (19'0"); HJ (5'6"); SP-4Kg (46'0"); SP-8Lb (48'0")...relays will be 4 x 160 Yds., 4 x 440 Yds., and medley. Marks must have been set between Dec. 1, 1972 and Feb. 18, 1973. (Girls Outdoor Championships) - Qualifying marks are listed in yards first and meters second when applicable. \*\*\* 100 Yds. (11.1, 12.1); 220 Yds. (25.1, 25.0); 440 Yds. (58.0, 57.7); 880 Yds. (2:19.0, 2:18.0); Mile (5:18.0); 1500m (4:57.0); 2 Mile (11:30.0); 3000m (10:55.0); Mile Walk (9:10.0); 100mHH (15.5); 400mLH (75.0); 4 x 110 Relay (51.0); 4 x 440 Relay (4:06.0); 880 Med. Relay (1:53.0); 2 Mile Relay (no qualifying mark); LJ (18'0"); HJ (5'2"); SP-4Kg (38'0"); SP-8Lb (40'0"); Jav (125'0"); Disc (115'0"). (Women's Outdoor Championships) \*\*\* 100 Yds. (10.8, 11.8); 220 Yds. (24.6, 24.5); 440 Yds. (56.5, 56.2); 880 Yds. (2:12.0, 2:11.0);

Mile (5:00.0); 1500m (4:40.0); 2 Mile (11:00.0); 3000m (10:25.0); Mile Walk (9:00.0); 100mHH (14.5); 400mLH (70.0); 4 x 110 Relay (49.0); 4 x 440 Relay (4:00.0); 880 Med. Relay (1:50.0); 2 Mile Relay (no qualifying mark); LJ (19'6"); HJ (5'5"); SP-4Kg (43'0"); SP-8Lb (45'0"); Jav (145'0"); Disc (135'0"); Pentathlon (3000 Pts., 1972 Tables). Marks must have been equalled or bettered between Jan. 1 and the closing date for entries. In addition, the first two (2) Regional placers qualify for the Outdoor Nationals, regardless of marks. Meet Directors in PA-AAU Meets: See that results of your meet get to our District Statistician (Frank Sutton, 3725 Northpark Ct., Concord 94521) or to the National Statistician (Roger Simpson, P.O. Box 597, Glendale, Ariz. 85311) so that marks may be certified...a requirement for entry into the Nationals.

1973 Standards For Men's Outdoor Championships: 100 Yds. (9.4); 220 Yds. (21.1); 440 Yds. (46.7); 880 Yds. (1:49.0); Mile (4:04.2); 3 Mile (13:44.2); 6 Mile (28:44.0); 120HH (13.9); 440IH (51.5); 3000mSC (8:50.0); HJ (6'11"); PV (16'6"); LJ (25'0"); TJ (51'2"); SP (61'5"); Disc (188'10"); Javelin (248'4"); HT (192'0"); 2 Mile Walk (15:20); 3 Mile Walk (23:50); 5000m Walk (24:50); Decathlon (7000 Pts.).

### ● NCRR LONG DISTANCE POINT RATINGS ●

This marks the first listing of the new NCRR Long Distance Point Totals. In the future we will most likely do a complete listing (table form) only every other month, but we will calculate & print at least the ratings with each issue. For the uninitiated, here's how our system works: To figure your point rating, merely divide your average placing in races by the number of races you've run. So if your average placing is 4th over a total of 5 races, then your rating is 4/5 or 0.8. For our totals, we only count the top 10 finishers in the open class and top 6 finishers in the senior class. Thus, if a runner finishes worse than 10th (or 6th if a senior) in a race, he is not penalized. The NCRR reserves the right to choose the races it counts (usually PA-AAU sanctioned road runs with reasonable numbers of competitors). In meets where there are more than one race, we usually count only the longer one for open scoring, and both races for senior scoring. This year's totals start with the Lake Merritt Columbus Day Races in October of last year. All races through the Magnan 18 Miler are included

in this tally except: Lake Merritt 5 Kilo (Srs. only), Chico 10 Kilo, Oakland Turkey Trot, Petaluma Marathon, and Vogt's Gold Run. Still don't know the complete results of the Chico race, and are awaiting Peter Mattei's results on Lake Merritt, Turkey Trot, and Petaluma Marathon. Vogt's Gold Run was not received in time to tally here, although it's listed in the results section of this issue. Below are listed the top 15 open and top 6 senior competitors in tabular form. In addition, we are listing the next 10 open and next 5 senior placers: (races run, average place, rating) -- OPEN: (16) Mike Buzbee (3, 4.50, 1.50), (17) Frank Krebs (4, 7.25, 1.81), (18) Barry Buob (1, 2.00, 2.00), Paul Cummings (1, 2.00, 2.00), Bob Darling (1, 2.00, 2.00), Eddie Silva (1, 2.00, 2.00), Domingo Tibaduiza (1, 2.00, 2.00), (23) Doug Butt (2, 4.00, 2.00), (24) Rich Kimball (3, 6.00, 2.00), (25) Jim Bowles (2, 4.50, 2.25), Nick Vogt (2, 4.50, 2.25). SENIORS: (11) Vance Koerner (3, 3.67, 1.22), (12) John Perkins (3, 4.33, 1.44), (13) Dennis Teegarden (2, 3.00, 1.50), (14) Frank Harrison (2, 3.50, 1.75), Bill Snavelly (2, 3.50, 1.75).

#### OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Jon Anderson/Oregon TC (4)	3	0	1	0	0	0	0	0	0	0	1.500	0.375
Bill Seaver/West Valley TC (3)	1	2	0	0	0	0	0	0	0	0	1.667	0.556
Vic Cary/West Valley TC (4)	1	1	1	1	0	0	0	0	0	0	2.500	0.625
Dan Anderson/West Valley TC (6)	2	0	0	2	1	0	0	0	1	0	4.000	0.667
Darryl Beardall/Marin AC (5)	1	1	2	0	0	0	0	0	1	0	3.600	0.720
John Butterfield/Boston AA (6)	0	1	0	1	0	3	0	1	0	0	5.333	0.889
Darren George/Napa Valley RC (3)	0	1	2	0	0	0	0	0	0	0	2.667	0.889
Jeff Arnold/West Valley TC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Dave Babiracki/BYU (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Peter Duffy/West Valley TC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Arvid Kretz/Unattached (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
John Sheehan/West Valley TC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
George Stewart/West Valley TC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Mitch Kingery/RC Flyers (2)	1	0	0	1	0	0	0	0	0	0	2.500	1.250
Bill Kelly/West Valley TC (4)	0	2	0	0	0	0	0	1	0	1	5.500	1.375

#### SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Ken Napier/West Valley J&S (7)	7	0	0	0	0	0	1.000	0.143
Ross Smith/West Valley J&S (4)	4	0	0	0	0	0	1.000	0.250
Jim O'Neil/SFOC (6)	3	1	2	0	0	0	1.833	0.306
Bob Malain/NCSTC (7)	1	4	1	1	0	0	2.286	0.327
Dave Stevenson/Stanford RC (5)	1	3	1	0	0	0	2.000	0.400
Jim Nicholson/NCSTC (6)	0	1	2	2	0	1	3.667	0.611
Mike Healy/Napa Valley RC (6)	1	1	0	0	3	1	4.000	0.667
Gil Tarin/NCSTC (5)	1	0	2	1	0	1	3.400	0.680
Paul Reese/NCSTC (4)	0	1	1	1	1	0	3.500	0.875
Gough Reinhardt/NCSTC (4)	0	1	1	1	0	1	3.750	0.938

### ● LETTERS TO THE EDITOR ●

I'm awed by everything I've seen about your race (West Valley Marathon)---all the information, the preparations, etc. I see how you were awarded the Nationals this year. The NorCal Running Review was also very impressive. It all makes me wonder what I'm doing here in South Florida. Even

North Florida, with the national titles won by the Florida TC, still doesn't begin to compare with your club and area for an all-around program. (By the way, the NCRR arrived the same day as your airmail letter, despite the 3rd class postage, yet I waited 6 weeks for the last RW Booklet of the Month. The Post Office never ceases to amaze me!! -- Geoff Pietsch; Miami



● CLUB NEWS ●

This section of our publication is devoted to various clubs in the area. If your club would like to put in an announcement or other news, please send it in. Our circulation is now large enough to ensure that many of your membership will probably see your notice. As long as the news is pertinent and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from your club!

THE CUPERTINO YEARLINGS have changed their name from the San Jose Yearlings. According to Tom Schaelaekens, President of the Yearlings, over 350 girls turned out at their team try-outs at San Jose City College. A total of only 96 were accepted by the time standards which were set up. There was also a trials for boys, on January 20th, but the results of that happening are not known. Tom indicated that over 400 invitations had been mailed to parents of boys in the Cupertino area. These recruits had been recommended by their respective School Coaches. By sending the correspondence to the parent, the Yearlings are of the opinion that this will encourage parent participation within the sport--an element which many believe is sadly lacking in Track & Field at this time.

THE MODESTO ATHLETIC CLUB is a recent addition to the Pacific Association's track & field roster. The AAU Delegate for the club is Herbert H. Staggs.

THE REDWOOD CITY FLYERS is a new club in the mid-Peninsula area that is composed mainly of members from the now defunct Redwood City Striders. Nick Sakelarios will be handling most of the age-group responsibilities of the club, while Bryan Gieser will be in charge of the older runners on the team. For more information on the Flyers, contact Nick at 11 Burbank, Redwood City, 94064 (Ph. 365-1797).

THE EXCELSIOR TC is a newly formed club composed of athletes in the San Francisco area, many of whom live on Excelsior St. Some current members that we know of are Bob Darling and Frank Donahue. Bob says more information will be forthcoming.

DOLPHIN CLUB NEWS: The SF Dolphin/South End Runners Awards Ceremony went off in grand fashion on January 13 at the Dolphin Club (where else?). Honored guests were Frank Geis, Joe Henderson, Francie Larrieu, Larry Lewis, Jon Anderson, Rich Perry, and Elaine Pedersen. The DSE 1972 Point Race was won by John Butterfield on the basis of his 50 races during the year, combined with a total of 4100 training miles. His 803 points overwhelmed second-placer Pax Beale's 659 and third-placer Harry Cordellos' 634. Harry, although totally blind, completed 55 races and 2000 workout miles in 1972!! Elaine Pedersen was the top woman point-getter with 512 and an 11th place finish overall on 36 races and 2249 workout miles.



AT FIFTH ANNUAL DSE AWARDS GALA (LEFT TO RIGHT) - JOHN BUTTERFIELD (#1 DSE RUNNER, 1972), JOE HENDERSON (EDITOR OF RW), RICH PERRY (LDR CHAIRMAN), JON ANDERSON (1972 OLYMPIAN), FRANCIE LARRIEU (1972 OLYMPIAN), LARRY LEWIS (105-YEAR-OLD RUNNER), ELAINE PEDERSEN (DSE WOMAN OF 1972), FRANK GEIS (56 YEARS OF SERVICE TO THE A.A.U.). /Walt Stack/

WEST VALLEY TC: The month of January brought WVTC a total of six new members---Jeff Brody, Steve Cooperider, Gary John,

Bill Johnson, Joseph Lee, and Doug McLean. Actually, Bill Johnson was mentioned in last issue, but we didn't have his current address...it is 1430 16th Avenue, San Francisco, CA 94122 (Ph. 731-3945). Bill is 21 years of age. Jeff Brody is 16 years old and lives at 3936 Clay St., San Francisco, 94118 (Ph. 221-7080). His best mark is a 4:58 mile, set only recently in an All-Comers Meet at CSM. He has also recorded a 3:14:35 for the marathon (Petaluma, 1972). Steve Cooperider lives at 3425 Fremont St., Modesto, 95350 (Ph. 209/522-6286). He is a freshman at Grace M. Davis High School and is 14 years of age with bests of: 880 - 2:16.9, Mile - 4:49.4, 2 Mile - 10:57.9, and Long Jump - 16'4". Gary John is 24 and lives at 106 Ramona Ave., So. San Francisco 94080 (Ph. 588-5754). Gary is a versatile runner, having done a sub-50 second 440 and also recording good cross country times such as a 26:05 for five miles. Joseph Lee, 1034-A Pacific Ave., San Francisco, 94133 (Ph. 771-7467), is 16 years of age and has bests of 5:10 for the mile and 11:20 for two miles. Doug McLean attends Stanford University, is 19 years old, and lives at 56 Donner House, Stern Hall, Stanford, 94305 (no phone at present). He has a best 2 mile of 9:40 and has also done a marathon in 2:58.

•Address Changes: Vic Cary to 488 Clifton St., Oakland, 94618 (Ph. 658-3376); Bob Coe to c/o Dale Chastain, P.O. Box 5796, Accra North, Ghana, West Africa; Daryl Zapata to 1843 18th Ave., San Francisco, 94122 (Ph. 731-6144); Richard Clark to 11-1, Alley 11, Lane 324, Yang-Ho Lee, Tien-Mou, Taipei, Taiwan; John Sheehan to 217 Indio, Regan Hall, UC Davis, Davis, CA 95616; Jost Schmitt to 5912 Hilchenbach, Bruchstrasse 39, West Germany.

•New Jerseys will be available around the end of February for those new members (and some old) who don't have them yet. We will make a quantity purchase after the West Valley Marathon (about two dozen or so) and silk screen them ourselves in order to save money. The total cost of the jerseys will be \$2.25 (if you've already paid, don't worry about the extra 25¢), plus an additional 25¢ if you want yours mailed to you. Please indicate your size if you want one of these jerseys & send the appropriate amount. They are nylon...white. If any of our members knows of a place to purchase black nylon shorts to go with the tops, let us know. We don't plan on stocking them, but would like to let our other members know where to get them.

•The new club constitution passed by a vote of 30-0 as of the closing day for voting (Feb. 1). A few suggestions were made on some minor items, and these will be brought up in the next Executive Council Meeting as possible amendments. However, the constitution as it stands, has now gone into effect. The number of members that have paid their 1973 dues is pretty disappointing. We have over 200 names on the roster as of Feb. 1, and only about 20% of that number have responded with their payments. If you are a paid-up member and know of a friend who has not paid, let him know that we need his support. This issue will not reach 80% of our membership unless dues are paid up!! That is pretty sad.

•Another late address change: Jim Bowles has moved to New York (530 Hudson Ave., Albany, N.Y. 12203) and will remain there for some time he says. He has run the following road races since going back east: 1st place over 3.5 miles cross country in 17:58 (Albany); 1st place over 10 miles of roads in about 56 minutes (Albany); 10th place in a marathon in a PR of 2:40:00 at Asbury Park.

•Richard Clark has moved to Taiwan for awhile, and is attending Taipei American School, where he is attempting to get them to install a pole vault pit so he can continue his efforts in that event. He is hoping to run in the Fukuoka Marathon in December and possibly do some running in Australia. He sends his regards and a belated Happy New Year to everyone on the club.

•Bill Scobey has decided to temporarily leave the club since he is more-or-less permanently (although he hopes not) taking up a job as a fireman in the beautiful city of Oxnard (Blah!!). He has layed off competition since his 2:20 effort at Culver City, simply because he has no time. Learning fire fighting techniques is more complicated than he figured and his job usually interferes with most of the races. He is awaiting a teaching position opening in the Eastern side of the state, and should anything open up, he feels he will be back with the club once again. If anyone knows of a teaching opening, get in touch with him immediately (don't know what position he is looking for, but drop him a line if anything opens up)...1682 Calle Turquesa, Newbury Park, CA 91320 (Ph. 805/498-7166).

•Some outstanding efforts have been made by WVTC athletes at the CSM All-Comers series, but perhaps the most amazing of



all has been Skip Peterson, a junior at Sparks High School in Nevada. At the Jan. 20 meet he tied the club record of 6-8, held by Jim McGinnity, and yet Skip is only 16. He had a narrow miss at 6-10, but still won the open competition. The remarkable thing about all this, besides his age, is the fact that Skip has done no jump work at all...just running. By the way, he can also long jump 23 feet, run a sub-50 second quarter, and goes on long distance runs for added strength. Decathlon anyone?? This young star will be our next West Valley Portrait (#39).

•West Valley TC finishers at road races who didn't finish high enough to make the regular results are listed here. We neglected this item in last issue and so are including races listed there as well as in this issue. --- Lake Merced 7.5 Miler: (55) Billy Tracey 46:42, (114) Len Wallach 57:34; Pepsi 20 Miler: (80) Tom Read 2:04:17, (100) Bruce Kaufman 2:09:07, (119) Esteban Valle 2:11:37, (238) James Jacobs 2:29:37, (255) Vernon Rose 2:33:33, (329) Skip Peterson 2:53:14. Livermore 8.5 Miler: (121) Bill Lamb 58:43, (168) Tom Pinocci 68:01; Midnite Run: (103) Santos Reynaga 32:29, (118) Bill Moroney 33:31.

### ● CLASSIFIED ADS ●

**OUR RATES:** Interested in selling your product? With a circulation of almost 500 mailed subscriptions per month (including two to three times that many who read it), the NCRR will get results for you. Monthly rates: (Per line as printed--25¢; Per square inch--25¢, double for half-toning such as photos, etc.; Quarter-Page \$5.85; Half-Page \$11.70; Full-Page \$23.40; One Page Insert--\$20.00 (both sides--\$25.00), you supply inserts...800+ per issue). Special rates: (3-5 months running--90% of monthly rates; 6-11 months--75% of monthly rates; 12 months or more--60% of monthly rates)...A contract must be drawn up between the editor and advertiser before any special rate ads can be run. All ads must be approximately the same size throughout the year unless approved otherwise by the editor. Payments may be made on a monthly basis if desired. We would appreciate ads in their final size, but will reduce or enlarge if necessary. Make all ads proportional to an 8 1/2 x 11 inch page or portion thereof, leaving room for margins (3 1/2 inch wide by 4 7/8 inch high for 1/4 page ad, etc.--includes black-line border). All half-toning is double the above rates except for inserts you supply. All advertisers get free copies as long as their ads run. For more details, you may write the editor (see Pg. 2). All checks should be payable to West Valley TC. All billings are based on the final size of the ad as it appears in the NCRR. (Add 25% extra for odd-sized inserts...less than 8 1/2 x 11).

**RUNNING UNLIMITED** will put a Tiger in your feet. We have a wide selection of Tiger athletic shoes--five different models for running, jogging, or all-purpose wear, and two models of spiked shoes for the upcoming track season. All our shoes are low-priced and extremely durable. Prices start at \$12.95 with a discount of up to \$3.00 per pair for purchases of ten or more. We also carry a wide selection of discount-priced books on running, track & field, jogging and fitness. We have 45 of the most popular books published by Runner's World and Track & Field News. A survey by RW revealed that 69% of their readers wear Tigers. Come in and try on a pair of the most popular running shoes in America. We are open Monday thru Saturday at 407 California, Palo Alto, Ph. 415/328-4274.

**SPECIAL RATES FOR MAILING ENTRY FORMS:** Have you been looking for an easy, inexpensive way to distribute information and entry blanks for your upcoming race or meet? We have the solution!! With a circulation of nearly 500 mailed subscribers, the NorCal Running Review is ideal for getting entry forms to people who count...those who will run your race. We are offering a special discount for meet information and entry blank information only. You must supply the inserts, sized at 8 1/2 x 11 inches. The sheet may be printed on both sides, and the cost is only \$15.00/sheet (3¢ a copy). For more information, contact the editor...P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181). Look at it this way. If you charge \$1.00 per entry, you will break even in ad costs if we get only 15 people to enter your race who would not have ordinarily hear about it. Besides, if people have access to an entry blank & can learn about the race in detail, they are usually more apt to run. Write us today!!

**SPECIAL NCRR SUBSCRIPTION RATE:** Only \$3/subscription for orders of 5 or more subscriptions...normal cost is \$3.50/year.

**NEW TIGER DISTRIBUTOR AT ROAD RACES:** Jack Leydig is now employed by Starting Line Sports (see ad on back cover), and will be carrying a full stock of Tiger Shoes and Running Books to most of the PA-AAU Road Races beginning immediately. Now you won't have to run around looking for a store that sells what you want...all you have to do is show up at the next road race. Or, if you're interested in stopping by one of our stores, we'd also be more than glad to accommodate you. Hours are listed on back cover...except the San Mateo store is not on a schedule at present, so please call for an appointment...342-3181.

**WEST VALLEY MARATHON RACE PROGRAMS:** If you didn't get a copy of our race program for the Western Regionals and would like one, please send 35¢ to the editor...or they can be purchased for only 25¢ at road races.

**NIKE SHOES IN RENO!!** For those of our subscribers who live in the Reno area, you don't have to travel to Sacramento or some other out-of-the-way place for your Nike shoes anymore. Peter Duffy carries a fairly complete stock of the fastest growing running shoe in America. Stop by (call first) and see if he has your size: 1110 The Strand, Reno (Ph.786-8752).



SAN JOSE CITY COLLEGE'S HEAD TRACK COACH, BERT BONANNO, IS FEATURED IN THIS MONTH'S COACH'S CORNER...ON THE RIGHT IS ONE OF BERT'S BRIGHT SPRING PROSPECTS, TWO-MILER STEVE BROOKS.

### ● COACH'S CORNER ●

Our February Coach's Corner spotlights the internationally known Bert Bonanno, head coach of San Jose City College. Bonanno has a wealth of background in coaching both Mexican and Latin American International track teams. From 1965 to 1968, Bert headed the Mexican National Track Team, which competed in the Central American Games at San Juan, Puerto Rico, the 1967 Pan American Games at Winnipeg, as well as the Olympic Games at Mexico City. In Munich, Bonanno headed the Peruvian track team.

Bonanno attended San Jose State in the 1950's, graduating with a B.A. and an M.A. He took a two year stint as assistant coach at SJS between 1957 and 1959. Ray Norton, Bobby Poynter (both sprinters), hammer thrower Ed Burke, and distance runner Bill Morgan were some of the better athletes that worked under Bonanno.

More recently, at San Jose City, athletes like Harry Freeman (over 50 feet in the triple jump), Al Hall (7.0 in the 60 yard highs), and Steve Brooks & Jack Bush (top JC distance runners) have been receiving their teachings from Coach Bonanno.

Looking back to his own competitive athletic career, he relates, "In high school I was an all-league tackle who just happened to run the mile in track...though very poorly I must admit."

On distance training: "I was very fortunate to spend 14 months with New Zealand's Arthur Lydiard in Mexico between 1965 and 1966. Also, in 1957-59 I spent a great deal of time learning from Mihaly Igloi, who was then coaching the Santa Clara Youth Village. My basic program is a combination of these two men's ideals. A typical cross country training week would find my runners taking a very hard 1 1/2 hour run in the hills at a steady pace; another day would include a much-controlled fartlek workout covering around 12 miles on a large grass field; then a day of repeat miles on a cross country course; and perhaps an occasional day of 20 x 440 repeats on the track. The winter months are used to increase



mileage, pushing some runs over two hours. We follow the same basic pattern of cross country running during our track season but work on more tempo-running on the track. I let my runners run as they feel during the summer months, stressing only slow running and no racing."

Bert feels that America's athletic system in the high schools and colleges is the greatest in the world, but relates that, "The American club system falls well short of what it should be. I feel that the two basic problems here are a lack of money and a lack of leadership within the clubs. Once these barriers are overcome, our track and field clubs will progress towards higher standards like the rest of the world."

Looking into the future, Bonanno expresses hope that his 1973 track team could be the finest in the school's history. With the likes of Al Hall, Charles Mackey (7-foot high jumper), Steve Brooks and Juan Ramirez (distances), and Mike Hart (880), all of whom have excellent chances of individual titles in their events, San Jose City College could possibly take a shot at the Golden Gate Conference title this spring. "Laney will probably be the 'team to beat'," relates Bonanno. "We will, of course, have some thin spots, but we are also hopeful that our quality will overpower the opposition."



FEBRUARY'S NORCAL PORTRAIT, TOM LARIS, SHOWN ON HIS WAY TO A 5000 METER VICTORY (13:58.8) AT LAST YEAR'S SAN JOSE INVITATIONAL. FOLLOWING ARE AUSTRALIAN KERRY PEARCE AND COLOMBIAN VICTOR MORA (WINNER OF SAO PAULO MIDNITE RUN). /J. Marconi/

● NORTHERN CALIFORNIA PORTRAIT ●

Meet Tom Laris: Tom Laris admits he likes a fast pace throughout any race he contests, "to wear the competition down". He likes to follow until the last 25% of the race and then "lead to burn off any kickers remaining, although throughout my 17-year running career, there has almost always been at least one man who has been there to outspurt me at the end. My tactics have netted me few firsts, but usually I have been steadily 'in the money'."

Indeed, in 1972 the versatile New York AC distanceman utilized this very strategy time and again and ended the year with five personal bests. His lowest placing in those five PR races was a fifth (indoors). Probably the most outstanding of Laris' PR quintet came in the AAU 10,000 in Seattle when he set much of the pace, only to succumb to the faster kicks of Frank Shorter and Greg Fredericks. Still, Laris' 28:12.6 in third bettered the former American record by exactly five seconds. Tom's other bests included a 4:06.0 mile, an 8:34.6 two-mile (indoors), a 13:18.4 three-mile, and a 27:38.0 six-mile. In addition, he missed a place on his second Olympic team by only one spot with his 29:43.0 Olympic Trials 10,000. But for a quicker turn of speed, some of those marks might have been faster; in fact, Tom's 880 best of 1:54.4 was set at Dartmouth, way back in 1960!

But what Laris lacked in speed he more than made up for

in endurance--which helped him to finish "in the money". His marathon PR of 2:16:48 placed him second at Boston, the highest American placing in the cold, rain-swept 1967 race. He won a bronze medal in the '67 Pan-Am 10,000, finished second in the '67 AAU six-mile, and fourth in the '68 AAU 10,000. One of his biggest international triumphs was in the '67 US-West Germany 10,000 when he topped Gerry Lindgren, as well as veteran West German Lutz Philipp, for a 28:33.4 win.

Laris, who "has been and probably will remain retired" since the Final Olympic Trials, trained twice a day, six days a week, and once on Sunday. His mileage varied between a winter low of 85 miles a week and a spring high of 110. Morning runs were usually longer (9-15 mile runs Monday, Wednesday, and Friday; 5 mile run runs on Monday, Wednesday, and Saturday), while the afternoon sessions on Monday, Wednesday, and Friday consisted of intervals (15 x 440 or 330, 6 x 880, 10 x 110 or 150), and the 5 mile jog was repeated the other days.

Now, as Laris said recently, "I'm trying to make something of this stockbroker game." Yes, we'll say it: Laris may well finish in the money in that race, too.

Tom Laris, Palo Alto, CA (New York AC), 5-10, 164-lbs., born June 26, 1940 in New York City. Began running in 1955, laid off for two years after the 1968 Olympics, returned in 1971, now retired. Bests: 880--1:54.4; Mile--4:06.0; 2 Mile--8:34.61; 3 Mile--13:18.4; 6 Mile--27:38.0; 10,000m--28:12.6 (third fastest American ever); Marathon--2:16:48.



WEST VALLEY PORTRAIT BILL SCOBEY, SHOWN LEADING MARK COVERT IN THE 1971 PA-AAU ONE HOUR RUN. HE TOOK SECOND TO BILL CLARK IN THIS RACE. /John Marconi/

● WEST VALLEY PORTRAIT ●

Meet Bill Scobey: After a layoff of several months because of injuries, Bill is running once again, which is bad news for sub-2:20 marathoners. He broke into national class in the marathon in 1971 with his 5th place, 2:20:35 finish at the AAU Nationals in Eugene. Later that year at Culver City, he blasted to a 2:15:21 clocking for first place. That time ranked him second to Frank Shorter's 2:12 at Fukuoka on the 1971 U.S. List. His performance also ranks sixth on the All-Time U.S. List. That performance is quite an achievement for an interval-oriented track runner.

Bill enrolled at Humboldt State when he returned from the army in 1969, trained under Coach Jim Hunt, and ran for the Mad River Runners. He won the NCAA college-division 3-mile in 1969. In 1970 he ran a 1:52.6 for 880 yards, 4:03.2 for the mile, 8:48.2 for two miles, and averaged 4:42.1 for 30 miles in the 24-Hour Relay. In 1971 he joined WVTC and ran a 13:38.2 for 3 miles; 28:42.2 for 6 miles; 12 miles, 389 yards in the 1 hour run; and of course his 2:15:21 marathon. These performances made him a top contender for the 1972 Olympic Team. Unfortunately, injuries caused an unforeseen layoff.

After graduating from Humboldt last spring with a B.A. in Physical Education, Bill moved to the Los Angeles area where he is now working as a fireman in Oxnard, while looking for a teaching position to the north or east...in California.



His training now is strictly LSD; 10-12 miles one day, and then 5 miles the next, with no intervals. With this limited training, and carrying about 15 extra pounds, he ran at Culver City last December, finishing 3rd, in 2:20:55. This was his 3rd fastest time, and ranked him 14th on the U.S. list for last year. As Bill tells it, "I was very pleased with my performance, being in terrible shape, I decided to run the race for fun, pacing a friend running a 2:27. We were 54:04 at 10 miles, much faster than my partner wanted to run, so he dropped at the half-way point, and I decided to try to catch the leaders, and much to my dismay, my lack of conditioning caught up with me, and I hit 20 miles in 1:48:50. I gained quite a bit on the leaders, but stayed two minutes behind the rest of the way. My last 6 miles was slightly faster than last year. This makes me want to train hard again, but just starting a new job makes it quite difficult." Bill lists his ambitions as wanting to run a 4-minute mile, a 2:10 marathon, and to make the Olympic Team. He is currently dropping out of WVTC while he is living in Southern California, but indicates that he will be rejoining when he moves back to the area. I'm sure all his friends and fellow teammates hope that will be soon.

Bill Scobey, Newbury Park, CA (West Valley TC), 5-8, 135 Lbs., 27 years old, born March 13, 1945, married, began running in 1961, currently self-coached.

### ● SPECIAL ARTICLE ●

A Master's Reflections on Europe: (U.S. Masters International Track Team Competes in England, Scandinavia, and Germany) --  
by Dave Pain, San Diego TC.

During the Munich affair, which dominated world attention for weeks, 150 U.S., Canadian, and Australian veteran athletes quietly toured England, Scandinavia, and Germany, and engaged in competition with their athletic peers. Notwithstanding that the sporting media, and virtually everyone else, ignored these competitions, the U.S. Masters 1972 European tour was of considerable significance to those involved, since it represented the first veteran international track and field competition ever attempted. By their presence, the U.S. Masters directly stimulated veteran age group track and field in each country in which they competed, and hopefully planted the seed for a continuing program.

Another direct result of these meets was the marked improvement in performances. Virtually all the team members either scored personal bests, or, set world or national age records, many of which equalled or exceeded Olympic qualifying standards!!

Although we are somewhat ambivalent about records per se, they do provide the stimulus for the serious vet, or near vet athlete, to continue in competition. Tours, such as this, will keep hundreds of men actively training and competing in anticipation of a confrontation with foreign masters. Most of us have experienced the malaise encountered when the same group of chaps meet weekly and race with predictable results. With the introduction of international competition, a new element of suspense has been injected into masters athletics to which can be added the pleasure of making new foreign friends and visiting exciting new places all of which is a harbinger of continued U.S. Master foreign explorations...the next one being a frontal attack on that hot bed of athletics in Australia and New Zealand in the latter part of this year.

For those who took part in the European tour, the short term objectives were obvious - having a good time as a tourist, scoring personal athletic bests, running in a newly discovered park or wood, and, for the most part, these objectives were readily achieved as such opportunities occurred repeatedly.

More subtle, and much less expected things happened, however, which will be lasting memories of the trip for all of us...the delight of attending a genuine English garden party, complete with gracious host, spacious grounds, meeting our British hosts, drinking tea and eating water cress sandwiches, and sharing in the oddity of having a tree planted in our honor by none other than Sir Roger Bannister...the sharing of once-filled communal bath tubs with 250 dusty cross-country runners, the water getting browner as each successive sweaty harrier plunged in...and later, after the rush, to see our fastidious Augie Escamilla luxuriating in a tub brimming with fresh water...arriving at London Gatwick Airport at 5 am, and trying to figure out what you are going to do with 150 tired people until noon when you can get them into the hotel...observing the personal agony of Ed Reiner, who, committed to the 400 meter hurdles, floundered badly over the last three or four hurdles after sustaining a fractured foot...but determine to finish...the delightful camaraderie at the Crystal

Palace Stadium Pub where vet athletes of many nationalities were drinking and singing together, led by the raucous Canadian team...the antics of a crazy Welshman, Elwyn Davies (former London bobby), now of Toronto (down from 225 to 175 pounds), who was more of a court jester than an athlete, and, who armed with a four-foot inflatable "Chiquita Banana," had London office girls virtually falling out of the windows with its manipulations.

The amazement in seeing a just-turned forty-year-old Englishman, J. Kilmartin, break away from his opposition in the 1500 meters with a 3:59.3 for by far the best metric mile we have observed in Masters competition.

Recalling that even those in the seats of power, such as a U.S. Senator, achieve perhaps more personal satisfaction from a distant fourth place and a slap on the back with a "well done, Alan", than they do from accomplishing some major political coup.

Watching a consummately beautiful, naturally coordinated, 47-year-old Bill Fitzgerald meet challenge after challenge in each city where we competed, coming off the last turn and staving off defeat on challenges by far younger runners, and finally meeting defeat in our last competition at 1500 in Köln, and in so doing, running his finest race, setting a new U.S. Masters record at 4:10.4...observing the sportsmanship of a Bill Gookin, who, just shy of 40 by five days, hung to Arthur Walsham of England in the marathon for 26 miles and then stopped at the Refrath Stadium entrance so as not to tarnish the Englishman's victory (at 2:24:58); a race Bill could have won and in which, if official, he would probably have bettered Walsham's time.

Contending with the loss of 202 pieces of luggage (how can you lose an entire baggage car full of luggage, complete with a dozen vaulting poles?); slightly hysterical athletes who will willingly subject themselves to the torture of slogging 26 miles through the cold rain, but who cannot walk up four flights of stairs in a German family hotel sans elevator; making room assignments and then being advised that "he snores"...or "smokes"...or, etc.

Contending with obdurate German meet officials committed to pitting Division II and III athletes against Division I in the finals of the 5000 meters, and 10,000 meters (won at Refrath by 40-year-olds in 14:43.8 and 30:52.8 respectively), and trying to explain that a basic concept of Masters competition is to segregate the age groups due to fundamental differences in ability.

Suffering through a head cold the day the terrible news came from Munich about the senseless terrorist killings, and then being advised by our Swedish host that the mayor of Gothenberg was considering cancelling our games as a result.

The personal satisfaction of running personal bests in the 800, 1500, and 5000 meters, and the crowning moment of joy when in finishing a distant third, one's daughters, who have cheered you on, support your spent, exhausted, sweaty frame, and loyally proclaim your victory...you cherish your hard-won bronze medal and see your name in the scoreboard lights...and above all, knowing your efforts and those of a dedicated wife, have been well-spent, opening new avenues of the good life to others, and demonstrating convincingly, together with your team, that growing older can be meaningful, beautiful, and fun.

## SCHEDULING

### —LONG DISTANCE—

Note: All runs listed below are sanctioned by the AAU except those specified as DSE races, or unless otherwise noted. The DSE races are sponsored by the S.F. Dolphin/South End Runners, and are strictly run-for-fun affairs. No pre-registration or entry forms are necessary...just show up on raceday. Some of the races listed below are out of the PA-AAU, and are noted as follows: Southern Pacific (\*SPA), Pacific Southwest (\*PSWA), Oregon (\*OA), Southern Nevada (\*SNA), and Central California (\*CCA). All requests should be made to addresses listed (if noted). More information on other association's races can be obtained from: SPA-AAU (John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105); PSWA-AAU (Tom Bache, 4920 Kane St., San Diego 92110); CCA-AAU (Bill Cockerham, 1717 S. Chesnut, Fresno 93702); SNA-AAU (John Romero, Hotel Sahara, Las Vegas, Nev. 89114); OA-AAU (Stan Stafford, 1778 NW LeMans, Roseburg, Ore. 97470); DSE Runs (Walt Stack, 321 Collingwood, San Francisco, 94114). PA-AAU Long Distance Chairman is Rich Perry, 3909 Pepper Tree Ct., Redwood City, CA 94061 (Ph. 415-364-5599).  
\*\*\*Please enclose a self-addressed, stamped envelope when requesting information from any of these individuals, or when requesting entry information from individuals listed on the next page. Let us know of any new races so we can list them!



- Feb 10 - Admissions Day Marathon, Tucson, Ariz., 9 am. J. McGee Evans, 400 N. Second Ave., Tucson, Ariz. 85713.  
 Feb 10 - 15 Miler, Crater High School, ??? City, Oregon, 11 am. (\*OA)  
 Feb 10 - Reedley King's River Run (Tentative). Bob Lehman, Reedley College, Reedley, CA 93654. (\*CCA)  
 Feb 11 - National AAU 50 Kilo Championships (Sr., Jr. & Masters), Central Pk., NYC. Fred Lebow, 226 E. 53rd St., NY, NY 10022.  
 Feb 11 - West Valley & Western Regional Marathon, Burlingame H.S., 9 am. Jack Leydig, P.O. Box 1551, San Mateo, CA 94401.  
 Feb 11 - Age Group Races (8 Div. including Open 5.3 Mi.), Concord, 10 am. Vern Forry, 166 Greenwood Cir., Walnut Creek 94596.  
 Feb 11 - 21st Hermosa Beach Run, 5 Miles, 10 am. (\*SPA)  
 Feb 17 - Ivanhoe Six Mile Race (4 Div.). Jerry Hobbs, 15616 Ave. 328, Ivanhoe, CA 93277. (\*CCA)  
 Feb 17 - 10 Mile SNA-AAU District Championships, Sunset Park, Las Vegas, Nev., 9 am. (\*SNA)  
 Feb 17 - 20 Kilometer Road Run, Pleasanton, 10 am. Dick Ryon, 378 Martin Ave., Livermore, CA 94550 (Ph. 447-8907, home).  
 Feb 17 - 5th Peters Canyon Runs (5.6 & 3.4 miles), 9 am. (\*SPA)  
 Feb 24 - YMCA Fun Run, UC San Diego XC Course, 8:30 am. (\*PSWA)  
 Feb 24 - 5 Mile Handicap, Sunset Park, Las Vegas, Nev., 9 am. (\*SNA)  
 Feb 24 - Seaside Marathon, Seaside, Oregon, 11:30 am. Seaside Chamber of Commerce, P.O. Box 7, Seaside, Oregon 97138. (\*OA)  
 Feb 24 - 8 Mile Run, Martinez, 10 am. NCSTC, Luka Sekulich, 534 Darlene Dr., Concord, 94520 (Ph. 685-5185).  
 Feb 25 - Twin Peaks Run (DSE), 3.6 Miles (Meet at Portola Dr. & Twin Peaks Blvd., S.F.), 10 am. (\*DSE)  
 Feb 25 - SPA-AAU 30 Kilo Championships, Lake Sherwood, 8 am. Phil Clarke (Ph. 213/780-0381). (\*SPA)  
 Mar 3 - Searsville Lake Run, Woodside, 8 Miles, 9:30 am. Stanford RC, Don Peterson, 916 El Cajon Way, Palo Alto 94303.  
 Mar 3 - City of Los Angeles Marathon, Elysian Park, 8 am. Larry Brenner, 3401 Riverside Dr., Los Angeles 90027. (\*SPA)  
 Mar 4 - Lake Merced 5 Miler (Meet at Boathouse), San Francisco, 10 am. (\*DSE)  
 Mar 9 - Camellia Festival 100-Miler (33 1/3 Miles/Day), 3 different legs, Mather AFB. Paul Reese, 2789 17th St., Sac'to 95818.  
 Mar 10 - Camellia Capital Century, 100 Miles with 24 Hour Limit. John Hill, 605 Flint Way, Sacramento, CA 95818.  
 Mar 11 - 19th San Fernando Handicap (Portsmouth start), 6 Miles, San Fernando Recreation Pk., 10 am. (\*SPA)  
 Mar 11 - El Cajon Half-Marathon, Granite Hills H.S., 3:30 pm. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)  
 Mar 11 - Six-Mile Ocean Beach Run (Meet at Balboa St. & Great Hwy. on the beach), S.F., 10 am. (\*DSE)  
 Mar 11 - Fremont 10 Kilo, Fremont, 10 am. NCSTC, Joe Carey, 24663 Waterson Ct., Hayward 94544 (NCAA Sanctioned).  
 Mar 11 - Rohner Park Run, 4.8 Miles, Fortuna (Six Rivers RC Fun Run). Richard Gilchrist, 281 Hidden Valley Rd., Bayside 95524.  
 Mar 17 - Laton Seven Miler (3 Div.). Richard Petersen, P.O. Box 206, Laton, CA 93242. (\*CCA)  
 Mar 17 - St. Patrick's Day Women's 10 Kilo, Beresford Pk., San Mateo, 8:45 am. Dawn Bressie, Recr. Dept., City Hall, San Mateo.  
 Mar 18 - First Annual Almond Blossom Run, Manteca, 10 am (5 Miles). Dick Glasgow, 115 S. Veach, Manteca 95336. (\*CCA)  
 Mar 18 - Fifth LAPD Run, 6.1 & 2.6 Miles, 9 am (LAPD Academy, Elysian Park). Bob Burke, Director (213/221-3101). (\*SPA)  
 Mar 18 - PA-AAU 30 Kilometer Championship, Monterey, 9 am. Monterey Peninsula AC, Charles Day, P.O. Box 3818, Carmel, 93921.  
 Mar 24 - Mountain Marathon, Tacoma, Wash., 11 am. Carl Glatze, P.O. Box 804, Steilacoom, Wash. 98388.  
 Mar 24 - San Martin Marathon, San Martin, 8 am. William Flodberg, 12925 Foothill Ave., San Martin, CA 95046.  
 Mar 25 - 18th Newport Beach Handicap (Portsmouth start), 10 and 3.7 Miles, Corona Del Mar H.S., 9 am. Bob Grainger (714/673-2110). (\*PSWA)  
 Mar 25 - Blossom Hill Run, Napa, 10 am. John Butterfield, 4930 Rockwood, Napa, CA 94558 (8.3 Miles Open; Age-Group Run).  
 Mar 31 - 8th Senior TC 2-Man, 14-Mile Relay (2 x 7 Mi.), La Mirada Park, 9 am. (\*SPA)  
 Mar 31 - 5 Mile Senior Run (Over 39 Only), Lake Merced, S.F., 9:30 am. NCSTC, John Boitano, 3875 21st St., S.F. 94114.  
 Apr 1 - Valley of the Moon 10 Mile Run, Santa Rosa, 10 am. Fred Kenyon, 1609 Mariner Dr., Sebastapol, CA 95472.  
 Apr 7 - National AAU 25 Kilo Championship (Senior, Jr., & Masters), Kansas City, Mo. (Jackson Park). Contact KC Parks & Recr.  
 Apr 7 - DeAnza Ridge Run, 9 Miles, Cupertino, 9 am. Joggers, Jim Woodruff, 531 Benvenue, Los Altos, CA 94022.  
 Apr 8 - Legion of Honor 4.5 Miler, San Francisco, 10 am. (\*DSE)  
 Apr 8 - 1st Napa Valley Orienteering Competition (4 Div., 3-man teams), 10 am. Ed Healy, 449 Klamath Dr., Vacaville 95688.

**Announcing:** Weekly run-for-fun races on every Sunday morning through March 25. Sponsored by Runner's World & Starting Line Sports, these runs are shorter than most AAU road races...no entry fees, no advance entries, no AAU cards required. Time certificates to all finishers. All races start at 10:30 am at Foothill College (lower parking lot), off I-280 in Los Altos. Long race starts first, short race a few minutes later. Schedule: Feb. 11--2 & 4 Miles; Feb. 18--1 & 6 Miles; Feb. 25--3 & 8 Mi.; Mar. 4--1 & 5 Miles; Mar. 11--2 & 4 Miles; Mar. 18--1 & 6 Miles; Mar. 25--3 & 8 Miles. Contact RW, P.O. Box 366, Mtn. View, CA 94040 (328-2911) or SLS, 1142 Chesnut, Menlo Park, CA 94025 (323-6534) for more information on these runs.

—TRACK AND FIELD—

Indoor Dates: (Local & Important Natl. Meets)

- Feb 9 - Los Angeles Times Meet, Inglewood, CA.  
 Feb 10 - Oakland Invitational, Oakland Coliseum, Oakland, CA.  
 Feb 10 - USTFF Championships, Houston Astrodome, Houston, Tx.  
 Feb 17 - Achilles Invitational, Vancouver, B.C., Canada.  
 Feb 17 - San Diego Invitational, San Diego, CA.  
 Feb 17 - Sam Bennion Games, Pocatello, Idaho.  
 Feb 23 - AAU Indoor Championships, New York City, NY.

All-Comers Information: We have only scattered information on these meets. If anyone hears of one we don't have listed, let us know immediately. Sacramento State College will hold an all-comers meet on Feb. 10 at noon on its all-weather track. Fresno (Ratcliff Stadium) will host all-comers meets on Feb. 24 (starting at 1 pm) and on March 31 (no time known to editor). LA Valley College will host two Masters (35 and over) all-comers in March (3rd & 10th), beginning at 1 pm.

Outdoor Schedule: This issue contains only a scattering of track & field meet schedules, but in the March publication we will have an extensive list of high school, collegiate, AAU, and women's scheduling. Coaches: --please send us the dates of your important meets, especially relay meets, invitationals, and championships...athletes can help too...our listings depend on what we get from you.

- Mar 10 - Girls Age-Group Season Openers (13/Under), West--San Jose Cindergals, East--Orinda TC.  
 Mar 17 - CDMTC Masters Relay Carnival @ UC Irvine, 1 pm.  
 Mar 24 - Easter Relays, Santa Barbara.  
 Mar 25 - Will's Relays, Encina HS, Sac'to (Women, 14/Up).

- Mar 27 - USTFF Decathlon, Santa Barbara...2 days.  
 Mar 31 - Girls Age-Group Sectionals, West--Salinas Valley TC, East--Roseville AC.  
 Mar 31 - Claremont Relays, Claremont. Contact Vince Reel, Claremont-Mudd Colleges...women's events.  
 Mar 31 - San Jose State, Bay Area Striders, West Valley TC.  
 Apr 7 - Sacramento State Relays, Sacramento.  
 Apr 7 - Millbrae Lions 13th Relay Carnival, Mills H.S., Millbrae, 10 am. Dr. Harmon Brown, 2335 David Ct., San Mateo, 94403.  
 Apr 7 - 3rd Annual Grandfather Games @ LA Valley College, 1pm.



OLYMPIC LONG JUMP CHAMP RANDY WILLIAMS GETS OFF A 26'2-1/4" LEAP TO WIN THE EXAMINER GAMES BY TWO INCHES. /Dave Stock/



● RACE WALKING ●

Scheduling: For further information on the schedule below, contact Steve Lund, 402 Via Hidalgo, Greenbrae 94904 (Ph. 461-5492). Steve is the PA-AAU's newly elected race walking chairman and is doing one hell of a good job so far.

- Feb 10 - Oakland Invit. (1500m for men & women!!).
- Mar 3 - Jr. Natl. One Hour Walk (men only), Univ. of Nevada, Reno, 10 am.
- Mar 10 - PA-AAU Race Walking Championships, College of Marin, Men--15 Km., Women--10 Km., Masters--10 Km.
- Mar 31 - Sr. Natl. 10 Kilo Championship, Reno, Nevada.
- Apr 7 - Sac'to State College Invit., 10 Kilos, men only.
- Apr 15 - Sr. Natl. 20 Kilo Championship, Santa Barbara.

Sierra Race Walkers 5 Kilo Handicap: (Dec. 17, Reno, Nevada) - It was a warm 28 degrees for the start of the first annual Reno 5 Km. "Santa" Handicap Race Walk. Starting at 11 am, the competitors faced snow drifts, icy road conditions, and rain at the beginning of the race...to post some unimpressive times. A total of 29 competitors entered the men's and women's races combined. Jim Bean of the host Sierra Race Walkers, was the handicap and fast time winner in the men's race with a 23:23 clocking, besting West Valley TC's Esteban Valle by over a minute (24:30), although Steve Lund placed second on a handicap basis (24:43). Other finishers based on fast time were: (4) Jim Bentley, Jr. (SRW) 26:12, (5) Brad Bentley (SRW) 26:36, (6) Dave Swift (WVTC) 27:17, (7) Ross Smith (WVJS) 28:06, (8) Pete Foreman (Reno) 30:27, (9) Rick Sizemore (Sparks HS) 31:30, (10) Greg Bentley (SRW) 33:05...with a total of 21 finishers. In the women's division, Steve Lund had his wife (Lauren) chew up the rest of the field as she recorded a 32:20 to second placer Ann Smith's 35:47, followed by Mrs. Ross Smith in 36:23, Susanne Valle 36:44, and Sue Homic 38:11.

SF State 20-Kilo Walk: (Dec. 31, San Francisco) - The men's race was won easily by Bill Ranney in 1:38:08, followed by a PR (we think) effort from WVTC's Wayne Glusker in second with 1:46:56. Roger Duran was the only other walker to record a decent timing with 1:49:25. The other three finishers were: (4) Steve Lund 2:00:55, (5) Art Smith 2:07:31, (6) Phil Mooers 2:17:15. Jerry Lansing walked a mile in 7:09 to qualify for the Examiner & Oakland indoor meets. The fairer sex decided to hold a 10 Kilo race of their own with Sandy Briscoe blitzing to a 65:43 clocking (one lap too long) after a 9:34 first mile. Lauren Lund was second in 74:26 (although she only came along for the workout) and Cindy Evans edged Karen Bessey by a mere second, 76:01 to 76:02.

● TRACK AND FIELD RESULTS ●

CSM All-Comers Meet: (Dec. 30, San Mateo) - OPEN: 60HH: Ligons (Chab) 7.5, Whitfield (Ariz) 7.7, Garton (Linf) 7.9, Pierce (Skyl) 7.9; Mile: Johnson (WVTC) 4:19.0, Van Dine (CSM/WVTC) 4:20.5, Martin (DavisHS) 4:25.5; Sr. Mile: Teeguarden (NCS) 4:40.3; LJ: Steffes (UNM) 23-3 3/4, Dabis (CCSF) 22-7+, Williams (UCR) 22-4; 60: Sconiers (FPC) 6.1, Pettus (SFS) 6.2, Marshall (Un) 6.3, Peterson (CSM) 6.3, Whitfield (Ariz) 6.3; 440: Shields (SJS) 51.1, Krebs (FC) 51.2, Snyder (Skyl) 53.9; Sr. 440: Lingel (BAS) 55.3; SP: Davis (BAS) 53-9 1/2, Mannon (UC) 52-0 1/2, Anderson (FPC) 51-1; Sr. 60: Sanchez (BAS) 6.6, Lingel (BAS) 6.6, Marlin (NCS) 6.8; HJ: Johnson (BAS) 6-8, Fishbaugh (UC) 6-6, Dilley (UCSB) 6-2; 330IH: Veal (RCS) 40.2, Wyatt (Sky) 40.4, Swartzell (Skyl) 40.6; 3 Mi: Johnson (WVTC) 14:09.6, Sutherland (CSUN) 14:14.4, Van Dine (CSM/WVTC) 14:29; DT: Davis (BAS) 170-8, Wolf (OTC) 162-0, Dushkin (Los Altos) 131-6; 220: Pettus (CCSF) 21.7, Marshall (Un) 22.2, Hatley (CCSF) 23.1; Sr. 220: Lingel (BAS) 23.8; TJ: Steffes (UNM) 48-10 1/4; 880: Dick (FPC) 1:57.7, Ryan (IrvHS) 1:57.9, Cantu (Nev) 1:59.3; Sr. 880: Pratt (NCS) 2:00.0; PV: Miguel (BAS) 15-6, Otter (UC) 15-0, Schwartz (UC) 14-0, Lawler (Oxy) 14-0. HS: 60HH: Almond (Srmte) 7.5, Wells (Bal) 8.0, Johnk (Woodsd) 8.1; Mile: Campbell (Castl) 4:28.2, Traynor (ME) 4:31.4, Lawler (Berk) 4:32.1, Ellis (Berk) 4:32.1; PV: Holden (Los Alt) 11-6, Pinekard (EG) 10-6, Kenning (TN) 10-0; LJ: Wells (Bal) 21-11, Clark (LA) 20-11 1/4, Veal (SC) 20-10 1/4; 60: Garrett (DV) 6.3, Savfley (Aw) 6.4, Farmer (Wils) 6.4; SP: Shannon (SI) 49-6 1/2, Doll (EG) 49-3 1/2, George (SI) 45-6; 440: Henkle (SSF/WVTC) 51.0, Hampton (SCr) 51.1, Siirila (Buch) 51.3, Allen (Srmte) 51.9; TJ: Wells (Bal) 46-5 1/2, Almond (Srmte) 42-10 1/4, Hamilton (SM) 42-1 1/4; DT: See (DV) 156-2, Walker (Ama) 143-2, Wolf (Low) 118-9; 2 Mi: Kingery (SC) 9:28.6, Yeo (SC) 9:34.0, Green (Davis) 9:35.6; 220: Villarreal (MV) 22.4, Walker & Farmer (Wils) 22.8; 880: Campbell (Cstl) 2:01.2, Hare (Menlo) 2:01.9, Tracy (Redwood) 2:04.9.



(LEFT) HARRY YOUNG, MEET DIRECTOR AT THE POPULAR CSM ALL-COMERS SERIES. /Jack Leydig/ (RIGHT) EARLY STAGES OF THE EXAMINER GAMES MILE RUN, EVENTUALLY WON BY KIP KEINO (#5) IN 4:03.8 (SEE COVER PHOTO). /Dave Stock/

CSM All-Comers Meet: (Jan. 6, San Mateo) - OPEN: 60HH: Whitfield (Ariz) 7.5, Tipton (ex-Stan) 7.6, Ligons (Chab) 7.8; Mile: Seaver (WVTC) 4:25.2, Jordon (Un) 4:28.4, Bond (Pet TC) 4:32.8; LJ: King (Army) 21-6, Kring (Stan) 20-7, Lee (Laney) 20-5 3/4; SP: Mannon (UC) 52-11, Bakkensen (Stan) 50-4, Dudnick (LITC) 45-4 1/2; 60: Whitfield (Ariz) 6.1, Peters (Laney) & Pettus (SFS) 6.2, Walker (Grove St.) 6.3; Sr. 60: Lingel (BAS) 6.7, Marlin (NCS) 6.8, Duran (NCS) 6.9; DT: Powell (PCC) 196-4, Overton 156-0, Patterson 147-11; 440: Robinson (Laney) 49.0, Morgan (CCSF) 49.3, Hatley (CCSF) 50.2; HJ: Johnson (BAS) 6-8, S. Fishbaugh (Chab) 6-4, D. Fishbaugh (Un) 5-8; TJ: Steffes (UNM) 49-6, Williams (SJCC) 45-6 1/4, Peters (Laney) 45-3 1/2; 3 Mi: Johnson (WVTC) 14:15.0, Yeo (SC) 14:38.4, Quintana (ALTC) 14:42.6; Sr. 220: Lingel (BAS) 24.0; 220: Pettus (SFS) 22.0, Snyder (Skyl) 23.2, Ligons (Chab) 23.2; Mile Walk: Kitchen (AAC) 7:00.8, Lund (Un) 7:29.6; Women's Mile Walk: Robinson 8:33.2, Briscoe 9:15.0; 880: Morgan (CCSF) 1:58.8, Ryan (IrvHS) 1:59.5, Bond (PetTC) 2:00.3; PV: Miguel (BAS) 15-6, Schwartz (UC) 14-6, Weidig (UC) 14-6, Otter (UC) 14-6. HS: 60HH: Almond (Srmte) 7.3, Bennett (Berk) 7.3, Wells (Bal) 7.6; Mile: Kimball (DLSalle) 4:19.6, Kingery (SC) 4:26.3, Campbell (Castl) 4:32.2; LJ: Bryson (Oakl) 21-4, Wells (Bal) 21-2 3/4, Almond (Srmte) 20-8 3/4; SP: Johnson (Pet) 50-11, Shannon (SI) 48-6 1/2, Rile (PA) 46-9 3/4; 60: Glass (Cstl), Green (Fre), Shavers (Alb), and Van Carter (Low) 6.3; TJ: Wells (Bal) 46-3 1/2, Bryson (Oak) 45-10 1/4, Oliver (Berk) 45-2; 440: Siirila (Buch) 50.5, Allen (Srmte) 50.9, Villarreal (MV) 51.0, Hampton (SCr) 51.2; HJ: Schaffer (Berk) 6-4, McGee (Bal) 6-2, Giavia (Mills) 6-2; DT: Walker (Ama) 139-6, Cervantes (Dr) 134-7, Rice (PA) 127-9; 2 Mi: Ruffatto (Wash-Fre) 9:25.0, Martinez (Al) 9:35.2, Burnett (Mills) 9:37.8; PV: Clay (HMB) 12-2, Cardwell (Mills) 8-0; 220: Glass (Cstl) 22.3, Sanders (Fre) 22.7, Valrey (Cst) 22.8; 880: Kasser (StFr) 1:58.4, Garcia (Bal) 2:01.4, Hare (Menlo) 2:02.3. /Harry Young/

CYO Invitational Indoor: (Jan. 12, College Pk., Md.) - SP: Woods (PCC) 68-11 MR, Feuerbach (PCC) 68-0; PV: Smith (PCC) 17-8 1/2 AR; 60HH: Shipp (SpInt) 7.0... (6) Wilson (USC) 7.3; HJ: Brown (CP/SLO) 7-1, Stones (PCC) 7-0, Matzdorf (CW) 7-0; 880: Winzenried (CW) 1:54.0, Plachy (Czech) 1:54.1; 600: Brown (UFla) 1:09.1, Musika (PCC) 1:10.2. /Bob Comstock/

Examiner Games Trials: (Jan. 13, College of San Mateo) - HS: 60: Shavers (Alb), Farmer (Wils), Alexander (JFK), Glass (Cst), Walker (Wils), Hampton (SCr) all 6.3; Sprint Med: Buchser 3:37.5, Fremont (Oakl) 3:38.4, El Cerrito 3:38.7, Amador Vly 3:39.8; 2 Mi: Martin (Davis) 9:08.8, Kimball (DLS) 9:10.4, Dayton (SR) 9:11.4, Yeo (SC) 9:17.0, Ruffatto (Wash-Fremont) 9:17.4, Kingery (SC) 9:18.3, Quintana (SLor) 9:20.5, Kissin (SR) 9:20.9, Geiken (Cubb) 9:21.5; TJ: Thorp (Cup) 47-0, Wells (Bal) 46-6 1/2, LeGrande (Wstmt) 45-10 1/4, Harris (Mil) 45-7 1/4, Haynes (EC) 45-5 3/4, Miller (Sac) 44-9 1/4. Devil Mile: Dare (WVTC) 4:15.0, Wood (Ch) 4:15.0, King (Ch) 4:15.5, Price (Ch) 4:15.8, Johnson (WVTC) 4:16.0, West (Ch) 4:16.2, Van Dine (CSM/WVTC) 4:16.7, Brown (Ch) 4:16.9, Lenneman (FPC) 4:17.0, Zapata (WVTC) 4:17.3, Seaver (WVTC) 4:17.6, Geisel (WVTC) 4:18.2. SENIORS: Mile: Lloyd (SRC) 4:34.0, Pratt (NCS) 4:34.7, Teeguarden (NCS) 4:37.9, Napier (WVJS) 4:37.9,



Dave Stevenson (SRC) 4:39.7, Jim Shettler (WVJS) 4:42.7, Len Thornton (HSTC) 4:43.0, Peter Wood (NCS) 4:49.0; LJ: Andrews (BAS) 20-2 3/4, Green (Dusters) 17-1 3/4, Fredrickson (NCS) 16-9 3/4, Washington (Un) 16-9 1/4, Huseny (Un) 15-8 1/2, Guidet (Un) 14-11 1/2; 60: Lingel (BAS) 6.7, Marlin (NCS) 6.7, Washington (Un) 6.8, Andrews (BAS) 6.8, Sanchez (BAS) 6.8, Dowell (NCS) 6.9. Boys Age-Group Relay: (6 x 110) Herbert Hoover TC 1:23.4, Salinas Vly TC 1:23.4, San Juan Str. 1:23.5, Millbrae Lions TC 1:25.9, Cupertino Yrlgs. 1:27.5, Sparta TC 1:29.4. (@ San Jose CC) - JC Sprint Med: CCSF 3:29.9, Laney 3:32.2, Skyline 3:34.1, Contra Costa 3:34.1, Porterville (nt); Mile R: CCSF 3:22.9, SJCC 3:25.5, Hancock 3:25.5, Skyline 3:26.3; TJ: Krebs (Fthl) 47-10, Triplett (WV) 47-8 3/4, Williams (SJCC) 46-7 3/4, Goodlow (Laney) 46-2 1/4, Hibner (FrCC) 45-0 1/2, Peters (Laney) 44-9 3/4. (@ Cal-State Hayward) - Girls Age-Group Relay: Richmond Lions 1:25.0, Orinda TC 1:25.7, Salinas Vly TC 1:26.0, MLTC 1:27.6; Women's Sprint Med: Sac'to RR 1:45.6, MLTC 1:46.0, Wills Spikettes 1:48.0, Ravenswood Jul. (nt). /Fred Baer/

JC Trials for Oakland Invt.: (Jan. 13, San Jose CC) - Mile: Buenrostru (SJD) 4:24.5, Anderson (Chab) 4:24.6, Brooks (SJ) 4:25.1, Oliver (CSM) 4:26.1, Carvey (CSM) 4:26.4, Graves (Con) 4:26.5, Pelton (Mont) 4:26.8, Flynn (Chab) 4:28.0, Hayes (Lan) 4:28.4, Boyet (Sac) 4:29.5; 60: Peters (Lan) 6.4, Cummings (CC) 6.4, Triplett (Port) 6.4, Ruffin (CCSF) 6.5, Dowdy (SR) 6.5, Paige (SJ) 6.5; 60HH: Stokes (ARC) 7.6, Ligons (Chab) 7.6, Alexander (Fr) 7.6, Pierce (Sky) 7.7, Parker (Por) 7.8, Glaude (Lan) 8.0. /Fred Baer/

Sunkist Indoor: (Jan. 19, Los Angeles) - Only NorCal athlete to place in the meet was Willie Eashman of Cal-State Hayward, who finished third in the mile (4:07.7) behind Dave Wottle & Kip Keino (4:06.1 each). Mark Winzenreid finished fourth in 4:08.9.

CSM All-Comers Meet: (Jan. 20, San Mateo) - OPEN: 60HH: Hall (SJCC) 7.6, Ligons (Chab) 8.0; Mile: Johnson (WVTC) 4:21.4, Hernandez (WVTC) 4:22.1, Campbell (Cstl) 4:23.8, Duffy (UC) 4:25.7; Sr. Mile: Wood (NCS) 4:48.0; 60: Shields (SJS) 6.3, Marshall (Un) 6.4, Craven (SJCC) 6.4; LJ: Majema (SDS) 22-2 3/4, Blanc (VOMTC) 19-4 3/4, Swartzell (Sky) 17-5 3/4; Sr. 60: Lingel (BAS) 6.7, Marlin (NCS) 6.7, Guidet (NCS) 7.0; SP: Mannon (UC) 51-4 1/2, Bakkensen (Stan) 50-2 3/4, Patterson (Fthl) 45-2; 440: Greer (SJS) 50.2, Cook (BAS) 50.9, Riley (Chab) 51.4; PV: Blanc (VOMTC) 12-1 1/2; 3 Mi: Johnson (WVTC) 14:21.4, Duffey (UC) 15:11.8, Rios (SFChuk) 15:22.0; TJ: Paton (UC) 44-9, Majema (SDS) 44-5; 220: Shields (SJS) 22.4, Marshall (Un) 23.3; 880: Zapata (WVTC) 1:59.9, Tracy (WVTC) 2:04.4, Taxiera (ALTC) 2:05.8; DT: Powell (Un) 192-2, Overton (UC) 165-7, Born (Un) 159-7; HJ: Sullivan (Ch) 6-6, Majema (SDS) 5-8. HS: 60HH: Bennett (Berk) 7.9, Johnk (MA) 8.0, Reeves (Ara/WVTC) 8.1; Mile: McVeigh (SI) 4:33.7, Galahan (Nwrk) 4:34.5, Trail (Downey) 4:36.2; SP: Shannon (SI) 49-4, Wooley (SL) 47-7, Buffington (Sparks, Nev) 46-9 1/2; LJ: Scheider (Al) 20-0 1/2, Hartsfield (Wstmr) 17-7, Espina (Wstmr) 17-6 1/4; 60: Sweet (Woodside) and Glass (Cstl) 6.5, Sepina (Wstmr) and Dantzler (Davis) 6.6; PV: Garber (Lvr) 12-7 1/2, Bogus (MA) 11-0, Dillard (Mills) 10-6; 440: Villarreal (MV) 50.6, Glass (Cstl) 51.3, Henkle (SSF/WVTC) 51.4; TJ: Hamilton (SM) 41-10, Gerkenmeyer (MA) 33-3 3/4; 2 Mi: Campbell (Cstl) 9:47.2, Chitwood (Lvr) 9:49.4, Powell (Oceana) 9:51.4; 220: Siirila (Buch) 23.3, Pacheco (Sparks, Nev) 24.2, Robinson (MA) 24.3; 880: Campbell (Cstl) 2:02.8, Sayre (Crl) 2:03.4, Martinez (Al) 2:03.8; DT: Woolley (SL) 144-11, Shannon (SI) 123-2, George 118-8; HJ: Peterson (WVTC) 6-8, Gavia (Mills) 6-6, Jackson (Lvr) 6-0. /Harry Young/

Examiner All-American Games: (Jan. 26, Cow Palace, Daly City) - The 10th Annual affair didn't see very many records fall, but the competition was something else, and the fans really seemed to appreciate it, as a NorCal record indoor crowd of nearly 14,000 looked on. There were many crowd-pleasers, but Kip Keino's desparate lunge to catch Duncan Macdonald at the wire in the mile run was perhaps the best of all. Mark Winzenreid upset Olympic 800 meter champ Dave Wottle by almost two seconds, and Marty Liquori did likewise to Tracy Smith in the two mile. George Woods hefted the shot to 68'6 1/4" to defeat Al Feuerbach by two inches and walk off with the meet's "best performer award". Olympic champ Randy Williams went 26-2 1/4 to take his speciality, the long jump, as Bob Beamon, the 1968 gold medalist, was again, only two inches behind...as it seemed to be a night of "twos". Pat Matzdorf beat Dwight Stones in a jumpoff after both had tied at 7-0. Bay Area Strider teammates Vic Dias likewise tied, at 16-6 in the polevault.



(LEFT) GEORGE WOODS, TWO-TIME OLYMPIC SILVER MEDALIST IN THE SHOT PUT, WAS VOTED THE OUTSTANDING PERFORMER IN THE EXAMINER GAMES ON THE BASIS OF THIS 68'6 1/4" HEAVE. (RIGHT) EARLY IN THE TWO MILE, JON ANDERSON LEADS TRACY SMITH, BRIAN MAXWELL (PARTIALLY HIDDEN) AND MARTY LIQUORI, THE EVENTUAL WINNER IN A TIME OF 8:42.0. /Mike Spinelli Photos/

Coll. PV: Getchell (Chico) 14-6, Pierce (CPSLO) 14-6, Haagen (CPSLO) 13-6; Sr. LJ: Andrews (BAS) 21-2, Green (Dusters TC) 18-2 3/4, Washington (Un) 17-8 1/2, Frederickson (Un) 15-10, Huseny (Un) 15-9 3/4; Women's HJ: McQuillan (WS) 5-6, Gilbert (LaJollaTC) 5-6, B. McQuillan (WS) 5-4, Kemp (WS) 5-4; HS-TJ: Wells (Bal) 47-3 1/2, Thorpe (Cup) 46-2 3/4, Harris (Milp) 46-0, Miller (Sac) 45-11 1/4, Haynes (EC) 45-4 3/4, LeGrand (Wstmt) 45-2 1/4; JC-TJ: Krebs (Fthl) 49-2 1/2, Peters (Laney) 46-10 1/2, Williams (SJCC) 46-7 1/2, Triplett (WVJC) 46-6, Hibner (Fr) 46-5 3/4, Goodlow (Laney) 46-5 1/2; PV: (tie) Dias & Slover (BAS) 16-6, Isaksson (Swe) 16-6, Pular (USC) 16-0, Royal (SJS) 16-0, Richards (PCC) 16-0; SP: Woods (PCC) 68-6 1/4, Feuerbach (PCC) 68-4 1/4, Oldfield (UCTC) 64-10 1/2, Komar (Pol) 62-2 1/2; HJ: Matzdorf (CW) 7-1, Stones (PCC) 7-0, (tie) Culp (USC) & Brown (CPSLO) 6-10, (tie) Lowe (Un) & Johnson (BAS) 6-8; LJ: Williams (USC) 26-2 1/4, Beamon (SDTC) 26-0 1/4, Robinson (Army) 24-0 1/4, Rogaway (BAS) 23-11 1/2, Rainwater (USAF) 23-4 3/4, Whitley (CITC) 23-3 3/4, Anderson (Stan) 22-8, King (Army) 22-2 1/4; Girls Age-Group Relay: Richmond Lions 2:10.1, Orinda TC 2:10.6, MLTC 2:11.3, Salinas Vly TC 2:12.3; 2 Mi. Walk: Klopfer (StknRW) 14:12.4, Ranney (AAC) 14:20.2, Valle (WVTC) 14:22.2, Kitchen (AAC) nt, DeNoon (BA) 14:32.4, Lund (Unat) 15:06.8, Bentley (SRW) 15:15.2, Adriano (WVTC) nt, B. Bentley (SRW) nt, Swift (WVTC) nt; Boys Age-Group Relay: San Juan Str. 2:05.6, Herbert Hoover TC 2:06.8, MLTC 2:11.0; Women's Sprt. Med.: Sac'to RR 1:15.5, Ravenswood Jul. 1:16.1, MLTC 1:18.5, Wills Spik. 1:18.5; HS-Sprt. Med.: El Cerrito 3:44.2, Fremont (Oak) 3:44.9, Amador Vly 3:45.8, Buchser 3:59.8; JC-Sprt. Med.: Laney 3:35.5, CCSF 3:35.5, Skyline 3:35.9, Contra Costa 3:37.8, Porterville 3:38.2; Coll-Sprt. Med.: Cal-Poly/SLO 3:35.7, SFS 3:36.1, Humboldt 3:39.1, Cal-State Hay. 3:40.8, UC Davis 3:46.0; Devil Mile: Ed Silva (Chico/WVTC) 4:18.2, Brown (Chico) 4:19.0, King (Chico) 4:20.2, Seaver (WVTC) 4:24; JC-Mile R: SJCC 3:32.4, Hancock 3:32.5, Skyline 3:34.4, CCSF 3:38.8; Sr. Mile: Napier (WVJS) 4:37.8, Lloyd (SRC) 4:38.5, Teegarden (NCS) 4:39.3, Pratt (NCS) 4:39.4, Thornton (HSTC) 4:41.5, Stevenson (SRC) 4:42.6, Shettler (WVJS) nt, Haynes (SRC) nt, Wood (NCS) nt; Coll-Mile R: Cal-Poly/SLO 3:29.8, UC Davis 3:30.7, Chico 3:35.3, Humboldt 3:38.3, Cal-Hywd 3:39.9; Women's Mile: Larrieu (SJCG) 4:46.8, Decker (BA) 4:49.2, Anex (WS) 4:59.2, Poor (SJCG) 4:59.6, Eberly (SJCG) 5:09.5; HS-2 Mi: Taylor (Merc) 9:10.2, Kimball (DLS) 9:14.2, Kingery (SC) 9:15.8, Geiken (Cub) 9:29.0, Kissin (SR) 9:29.2, Ruffatto (Wash/Fre) 9:30.8, Quintana (SLr) nt, Dayton (SR) nt, Yeo (SC) nt; Women's 60: Fergerson (WCJ) 6.8, Miller (RJ) 6.9, Robinson (BerkTC) 7.0, Svendsen (Un) 7.1, Weston (WS) 7.1, W. Fergerson (WCJ) 7.2; HS-60: Shavers (Alb) 6.2, Farmer (Wil) 6.3, Alexander (JFK) 6.3, Glass (Cstl) 6.4, Hampton (SCr) 6.5, Walker (Wil) 6.6; Sr. 60: Lingel (BAS) 6.6, Sanchez (BAS) 6.7, Marlin (NCS) 6.8, Andrews (BAS) 6.9, Washington (Un) 6.9, Dowell (NCS) 7.3; Sr. 60 (55 & Up): Jordan (Stan) 7.1, Guidet (NCS) 7.3, Satti (NCS) 7.7, Stevens (Un) 7.9, Shine (NCS) 8.8; 60: Smith (SCS) 6.1, Deckard (CITC) 6.2, Breddell (SJS) 6.2, Quarrie (USC/Jam) 6.2, Curl (Stan) 6.3, Payton (BAS) 6.3; 60HH: Babb (CITC) 7.1, Wilson (USC) 7.2, Hall (SJCC) 7.2, Carthy (BAS) 7.3, Bagshaw (Stan) 7.5, Whitley (SJS) 7.7;



440: McGrady (CITC) 49.1, K. Bayless (BAS) 50.6, Dees (BAS) 50.7, Smith (Un) 50.7; 2 Mi: Liquori (FTC) 8:42.0, Smith (AIA) 8:44.0, Brock (CW) 8:53.0, Anderson (OTC) 9:00.4, Maxwell (Cal) 9:02.6, Dare (WVTC) 9:14.4, McConnell (Stan) nt; Mile: Stanford 3:24.0, Bay Area Str. 3:28.2, Cal 3:28.9; 880: Winzenried (CW) 1:51.3, Wottle (BG) 1:53.1, Kahlke (CP/SLO-Denmark) 1:56.2, Whitney (SCS) 1:56.3, Bentz (Cal) 1:56.8; Mile: Keino (Kenya) 4:03.8, Macdonald (Outrigger Canoe Club) 4:03.8, Eashman (Cal-St.Hywd) 4:06.8, Mittelstadt (Stanford) 4:08.2, MacDonald (BG) 4:10.4, Tibaduiza (WVTC/Colombia) 4:23.4.

● ROAD RACING RESULTS ●

**Madera Mini-Marathon:** (Dec. 16, Madera) - OPEN: (1) Bill Cockerham (HSTC) 1:09:18, (2) Craig Elia (PhaeTC) 1:10:19, (3) Dave Bronzan (HSTC) 1:11:42, (4) Don Gregory (HSTC) 1:12:43, (5) Sean O'Riordan (WVTC) 1:13:18, (6) Mark Hemphill (PhaeTC) 1:13:45, (7) Jim Hartig (Un) 1:17:20. HS: (1) Bob O'Brian (Bellflwr) 1:08:38, (2) Ken Hendrick (Hghld) 1:12:42, (3) Lewis Ravisconi (Madera) 1:17:08, (4) Mark Southwick (Ahwahnee) 1:17:24, (5) Joe Cazarez (Madera) 1:18:24, (6) Jim Huebner (Bullard) 1:18:33, (7) Rich Reynaga (Porterville) 1:18:47. SENIORS: (1) Len Thornton (HSTC) 1:14:29, (2) Sid Toabe (Un) 1:22:46, (3) Bob Reynaga (HSTC) 1:29:40. /Bill Cockerham/

**LaMirada Park Age Group Run:** (Jan. 6, SPA-AAU Race) - (1) Mark Covert (ELATC) 18:46, (2) Mike Wagenbach (ELATC) 18:46, (3) Dennis Wilson (GWAA) (high school) 19:28, (4) Phil Ryan (GWAA) 19:37, (5) Jim Curry (Un) 19:42, (6) Bob Brickner (Un) 19:50, (7) Nick Priest (CCAC) (16) 19:51, (8) Joe Sherburn (Un) 20:02, (9) Dave Villarreal (Un) 20:03, (10) Ken Bell (Un) 20:06. /John Brennan/



(LEFT) GEORGE STEWART WON THE PA-AAU 15 KILOMETER CHAMPIONSHIPS IN A TIGHT BATTLE WITH VIC CARY AND DARRYL BEARDALL. (RIGHT) JOHN SHEEHAN LED HIS TEAMMATES TO VICTORY AT THE PA-AAU 20 KILO RACE BY FINISHING FIRST. /John Marconi/

**Butterfield Is Easy Victor in "Vogt's Gold Run":** (Dec. 16, Nevada City, CA) - In a little-publicized race, John Butterfield had an easy time in winning over Walt Lange on a partially snow-covered course. A total of 48 hardy runners finished the 7.6 mile, slightly hilly run. Tina Anex of the Will's Spiketees grabbed the first spot for women, and Ross Smith had little trouble in walking off with over-40 honors. Bob Smith of the Pamakids was first high-schooler & Sam Hall the first junior. /Ross Smith/

1 - John Butterfield (US Navy)	46:17	11 - Paul Reese (NCSTC)	48:23	21 - Greg Tinloy (Gold Spike)	50:17
2 - Walt Lange (Sacramento TC)	46:55	12 - Dan Empfield (S. Lake Tahoe)	48:29	22 - David Ramer (Sacramento TC)	50:34
3 - George Rogers (Sacramento)	46:59	13 - Tina Anex (Wills Spiketees)	48:35	23 - Jim McPeak (Sacramento TC)	50:35
4 - Peter Hanson (Colfax)	47:02	14 - Wayne Johnston (Vacaville)	48:49	24 - Bill Mumma (Carmichael)	51:44
5 - Bob Smith (Pamakids)	47:05	15 - Kathy Adams (Wills Spiketees)	48:52	25 - Ralph Blount (Ophir)	52:42
6 - Ross Smith (West Valley J & S)	47:11	16 - Keir Furey (El Camino HS)	48:58	26 - Rick West (Fair Oaks)	52:54
7 - Bruce Brazelton (Vacaville)	47:22	17 - Sam Hall (Ophir)	49:09	27 - Dan Dickey (Sacramento)	53:07
8 - Greg Koch (Sacramento TC)	47:25	18 - Jim Sane (Dusters TC)	49:58	28 - Linda Martinez (Wills Spik.)	53:11
9 - Gary Cook (Ophir)	47:43	19 - Jan Friedenbury (Wills Spik)	50:05	29 - John Douling (Ophir)	53:48
10 - Bob Ruth (Ophir)	47:59	20 - Walt Betschart (NCSTC)	50:13	30 - Mark Rios (Ophir)	53:49

**BYU Duo Blitz Covert's Midnite Run Mark:** (Jan. 1, Los Altos Hills) - A record number of entries (322) started this growing race, and the first two finishers, both students at Brigham Young University, home (Southern California) on Christmas break, tore Mark Covert's old 1972 record of 25:26 in little pieces. David Babiracki was the first to come home in 25:01 over the 5.4 mile course, followed closely by Paul Cummings in 25:09. Mark Covert, recovering from a case of the flu, held on gamely for several laps before dropping off the pace and barely edging a fast-closing Steve Jensen at the tape. Rick Kimball narrowly defeated Dave Taylor for top high school honors as they ran very high up in the fast field. Ken Napier was not contested in the senior division as he won by some 4 minutes over Garland Osborne. Val Eberly ran with her brother Vance and and beat 9-year-old Mary Etta Boitano for top female finisher (36:04 to 36:34). West Valley TC took unofficial team honors. /Bob Anderson, J. Henderson/

1 - David Babiracki (BYU)	25:01	26 - Terry Chappell (WVTC)	28:30	51 - John Freemuth	29:51
2 - Paul Cummings (BYU)	25:09	27 - Joe Taxiera (Alameda TC)	28:32	52 - Hank Lanson	29:57
3 - Mark Covert (East LA TC)	25:51	28 - Dave Stock (West Valley TC)	28:34	53 - Tom Hare (Menlo-Atherton)	30:03
4 - Steve Jensen	25:51	29 - Gordon Rado	28:35	54 - Paul Ridgell	30:09
5 - Jon Sutherland (CSU Northridge)	26:13	30 - Joe Hernandez	28:36	55 - Brian Moroney (WVTC)	30:10
6 - Rick Kimball (DeLaSalle HS)	26:15	31 - Ray Cerankowski	28:37	56 - John Neuhaus	30:13
7 - Dave Taylor (Merced HS)	26:23	32 - Kenneth Adams	28:44	57 - Ken Biehl	30:29
8 - Jeff Clenard	26:24	33 - Ken Napier (West Valley J&S)	28:47	58 - Arne Nelson	30:32
9 - Steve Flynn	26:25	34 - Gerry Ockerman	28:53	59 - Dave Gleason	30:35
10 - Bob King	26:30	35 - Matt Logan	29:00	60 - Greg Eger	30:38
11 - Bill Seaver (West Valley TC)	26:39	36 - Orval Osborne (WVJS)	29:02	61 - Daniel Prows	30:39
12 - Darren George (Napa Vly RC)	26:43	37 - Joe Magnan	29:05	62 - Ernie Jeong (Pamakids)	30:46
13 - Dan Anderson (West Valley TC)	26:51	38 - Bob Powell	29:08	63 - Bill Long (Pamakids)	30:47
14 - Eddie Silva (West Valley TC)	26:59	39 - Robert Cooper	29:14	64 - Craig MacMahon	30:53
15 - Stacy Geiken (Cubberley HS)	27:08	40 - John Tengelsen (Leigh HS)	29:15	65 - Steve Brunt	30:54
16 - Jim Dare (West Valley TC)	27:24	41 - Mark Hemphill	29:16	66 - David Heller	30:55
17 - Scott McVay (Chico State)	27:27	42 - Kevin Donovan	29:17	67 - Brian Davis	30:55
18 - Jeff Arnold (West Valley TC)	27:32	43 - Dave Zumwalt	29:25	68 - Steve Hajik	30:58
19 - Matt Church (Maranon)	27:39	44 - Tim Wright (RC Flyers)	29:27	69 - John Barbour (Whitman Coll.)	30:59
20 - Mark Galeazzi	27:45	45 - Bill Hart	29:29	70 - Darrell Jeong (Pamakids)	31:00
21 - Jim McGuire	28:01	46 - Harold DeMoss (WVTC)	29:35	71 - Jim Freeman	31:03
22 - Mike Denny	28:01	47 - Dave Chamness (Foothill)	29:42	72 - Tony DeAgüero	31:04
23 - Jim Howell (West Valley TC)	28:04	48 - Dave Donaldson (Merced)	29:45	73 - Fred Akers	31:07
24 - Dave Dunbar	28:25	49 - Frank Rodriguez	29:47	74 - Gregg Hover	31:10
25 - Rich Bega	28:29	50 - Jeff Phillips	29:49	75 - Manuel Hernandez	31:11



George Stewart In Stirring PA-AAU 15 Kilo Victory: (Jan. 7, Napa) - West Valley TC's George Stewart had a battle royal with teammate Vic Cary and Marin AC'er Darryl Beardall before sewing up a narrow 4 second victory. The 47:03 clocking was more than a minute off last year's winning time, but the competition was just as exciting. Bob Malain was a full two minutes up on Paul Reese for top senior honors. West Valley put four finishers in the top eight...but sadly that was all they had, one short of the required number, just exactly what happened last year too. So Napa Valley RC, the host club, took the team title from the NorCal Seniors, as only two teams had 5 runners. All 32 starters finished the race. /John Butterfield/

1 - George Stewart (WVTC)	47:03	12 - Bob Malain (NCSTC)	52:28	23 - Bill Shealy (Unat.)	64:37
2 - Vic Cary (West Valley TC)	47:07	13 - Dan Moore (Livermore VRC)	52:49	24 - Mike Healy, Jr. (NVRC)	65:02
3 - Darryl Beardall (Marin AC)	47:11	14 - David Warren (Unat.)	53:04	25 - Theo Jones (Dolphin Club)	67:32
4 - Dan Anderson (West Valley TC)	47:23	15 - Ray Menzie (Unat.)	54:11	26 - C.J. Blossom (Solano TC)	67:34
5 - Dale Severy (Santa Barbara AA)	48:31	16 - Paul Reese (NCSTC)	54:36	27 - Priscilla Butterfield (NVRC)	71:18
6 - John Butterfield (Napa VRC)	48:51	17 - Jim Engle (Napa Valley RC)	55:23	28 - Rosalyn Hollmann (Unat.)	72:52
7 - Steve Slawson (Solano TC)	49:37	18 - Oliver Bastien (Napa Vly RC)	57:47	29 - Andrew Butterfield (NVRC)	76:11
8 - Bill Kelly (West Valley TC)	50:20	19 - Don Pickett (NCSTC)	58:29	30 - Stanley Bastien (NVRC)	86:54
9 - Joe Taxiera (Alameda TC)	50:42	20 - Gough Reinhardt (NCSTC)	59:47	31 - Carl Reiterman (NCSTC)	88:36
10 - Lambert Kelly (Solano TC)	51:57	21 - Paul Williams (Unat.)	61:06	32 - Jeanie Kayser (Unat.)	88:36
11 - Terence Pintane (VOMTC)	52:11	22 - Mike Chesser (Napa Vly RC)	62:59		

Nick Vogt Wins Spirit-of-London 5.5 Miler: (Jan. 13, Sacramento) - This race was held in conjunction with the Spirit of London's visit to Sacramento (a ship for the uninformed). Unfortunately, the fog prevented the ship from making the trip, but 104 made the run anyway, all sporting "Spirit of London" shirts. Nick Vogt of the Gold Spike TC was an easy winner over Barry Buob by some 29 seconds. However, the race for senior was a real cliff-hanger as Jim O'Neil outsprinted Bob Malain by about 10 yards. Bill Snavely, the third senior, weighs in at 190 pounds!! First woman was Wills Spikette's Kathy Adams, only 13 years old!! She beat veteran Fran Conley by a full minute. Richard Read was first high schooler in fourth, and George Koch was next in that division, just two seconds back. The top 45 of the 97 finishers are listed below: /Jim O'Neil/

1 - Nick Vogt (Gold Spike TC)	27:09	16 - Marlon Smith	29:41	31 - Geoff MacDermott	32:40
2 - Barry Buob (Modesto)	27:38	17 - Chuck Waldman	29:50	32 - Joe McProuty	32:56
3 - Mike Pinocci (West Valley TC)	28:05	18 - Mickey Brodie	30:02	33 - Don Wimer (Gold Spike TC)	32:59
4 - Richard Read (Sacramento TC)	28:52	19 - Tim Jordan	30:09	34 - Mike Slater	33:03
5 - Walt Lange (Sacramento TC)	28:53	20 - Guy Vega	30:36	35 - Don Nachbar	33:04
6 - George Koch	28:54	21 - Jim Freeman	31:02	36 - Art Waggoner	33:08
7 - Bob Coyle	29:12	22 - Andy McBride	31:13	37 - Harry Ellis	33:09
8 - Pete Flores	29:13	23 - Rod Read, Jr.	31:19	38 - Gil Ayala	33:10
9 - Frank Krebs (Sacramento TC)	29:14	24 - Mike Garrett	31:24	39 - Walt Betschart (NCSTC)	33:21
10 - George Rogers	29:20	25 - Bill Snavely (Stockton)	31:31	40 - Bob Flores	33:24
11 - Pete Hanson (Colfax)	29:21	26 - Mike Lotter	31:32	41 - Mike Boitano (Pamakids)	33:36
12 - Jim O'Neil (SF Olympic Club)	29:22	27 - Mano Castaneda	31:52	42 - Ed Collins (Gold Spike TC)	33:54
13 - Bob Malain (NCSTC)	29:23	28 - Tom Irwin	32:00	43 - Unknown runner	-----
14 - Stan Hampton	29:24	29 - Steve VanCamp	32:17	44 - John Perkins (NCSTC)	34:07
15 - Randy Buob (Modesto)	29:36	30 - Forrest Wimer (Gold Spike)	32:21	45 - Vance Koerner (NCSTC)	34:09

Darryl Beardall Breaks Own Record at Daisy Hill Run: (Jan. 14, Rohnert Park) - Marin AC's Darryl Beardall chopped 12 seconds from his 1972 course record and beat John Butterfield and Darren George by good margins (one to two minutes) as he appears to be running as strong as ever, despite his 36 years. Only 54 runners finished the race...a shame since such careful preparations were made in organizing the affair. Fran Conley was the easy women's division winner, some ten minutes up on Lilly Boggis. Mike Healy similarly dominated the senior division, as he beat Gough Reinhardt by 8 minutes. Other division winners: Under 12 - Karl Goetz 2:22:27, High School - Carlos Quiroga 1:27:16, Joggers - Paul Williams (best prediction). /Bob Lynde/

1 - Darryl Beardall (Marin AC)	1:16:24	11 - Lambert Kelly (Solano TC)	1:26:06	21 - Charles Clausen	1:37:05
2 - John Butterfield (Napa VRC)	1:17:36	12 - Carlos Quiroga	1:27:16	22 - Paul Williams (Unat.)	1:38:05
3 - Darren George (Napa VRC)	1:18:53	13 - Mike Healy (Napa Valley RC)	1:28:13	23 - Al Sanchez	1:40:48
4 - Steve Slawson (Solano TC)	1:20:11	14 - Mark Timmerman	1:29:06	24 - David Skram	1:41:25
5 - Dave Zumwalt	1:20:38	15 - Jeff Jahn	1:29:37	25 - Eamon Cooke	1:41:35
6 - Terry Pintane (VOMTC)	1:21:21	16 - Jim Engle (Napa Valley RC)	1:30:26	26 - Eugene DeSoto	1:42:23
7 - Joe Taxiera (Alameda TC)	1:21:23	17 - Ron Olitsky	1:33:04	27 - Fran Conley (Stanford RC)	1:42:29
8 - Ivan Boggis	1:21:56	18 - Charles Day (MPAC)	1:33:35	28 - Carl Gradek	1:42:51
9 - Jack Hackmarn	1:24:32	19 - Colin Hermans	1:35:17	29 - Frank Calzada	1:43:55
10 - Kurt Schroers (Aggie TC)	1:24:39	20 - Gough Reinhardt (NCSTC)	1:36:51	30 - Robert Madsen	1:44:34

John Sheehan in Come-From-Behind Victory at PA 20 Kilo: (Jan. 21, Woodside) - On a day fit for fast times, Bob Darling, Mitch Kingery and Darren George pulled away from the rest of the field at about 4 miles (see photo, opposite page), and shortly after that, Darling took charge and started to move away to what appeared to be an easy victory. However, John Sheehan was slowly moving up through the field and finally caught Bob at "the hill", some 2 miles from the finish. John went on to win, leading his WVTC clubmates to the team title with five in the top nine finishers. Redwood City Flyers and Alameda TC followed. Ken Napier continued dominating the seniors with a sub-1:10 clocking!! Dave Stevenson was some 90 seconds back. Fran Conley was the first woman finisher (1:26:28), but not far in front of Eve Barraza (1:29:25) who had many broken bones in 1972. /R. Perry/

1 - John Sheehan (WVTC)	1:04:38	16 - Frank Donahue (Unat.)	1:10:41	31 - David Marsh (Pamakids)	1:13:15
2 - Bob Darling (Excelsior TC)	1:05:14	17 - Stephen Crowley (Unat.)	1:10:44	32 - Robert Roncker (Buckeye DU)	1:14:12
3 - Darren George (NVRC)	1:05:29	18 - Stacy Geiken (RC Flyers)	1:10:44	33 - Walt Van Zant (WVJS)	1:14:29
4 - Mitch Kingery (RC Flyers)	1:06:06	19 - Dale Severy (SBAA)	1:11:11	34 - Mike Spino (Unat.)	1:14:55
5 - Daryl Zapata (WVTC)	1:07:14	20 - Dave Zumwalt (Unat.)	1:11:15	35 - Harold DeMoss (WVTC)	1:15:36
tie Bill Johnson (WVTC)	1:07:14	21 - Mark Williams (Unat.)	1:11:23	36 - Jeff Brody (WVTC)	1:15:42
7 - Angelo Martinez (Alameda TC)	1:07:24	22 - Dave Stevenson (SRC)	1:11:30	37 - Mike Shaughnessy (WVTC)	1:15:50
8 - Jim Holl (West Valley TC)	1:07:26	23 - Matthew Logan (RC Flyers)	1:11:47	38 - Raymond Whitey (SRC)	1:16:03
9 - Doug McLean (WVTC)	1:08:07	24 - Bob Malain (NCSTC)	1:12:10	39 - Paul Reese (NCSTC)	1:16:17
10 - Art Brown (Unat.)	1:08:19	25 - Richard Schapback (SRC)	1:12:23	40 - Philip Marston (Unat.)	1:16:37
11 - John Butterfield (US Navy)	1:08:19	26 - Doug Peck (RC Flyers)	1:12:38	41 - William Long (Pamakids)	1:17:17
12 - Tim Wright (RC Flyers)	1:08:48	27 - B. Sullivan (Unat.)	1:12:52	42 - J.R. Lyman (Unat.)	1:18:32
13 - Joe Taxiera (Alameda TC)	1:09:55	28 - Orval Osborne (WVJS)	1:12:55	43 - Bruce Johnson (Alameda TC)	1:18:40
14 - Ken Napier (West Valley J&S)	1:09:59	29 - Ivan Boggis (Unat.)	1:12:58	44 - Rick Bischof (LVRC)	1:19:26
15 - Bill Clark (West Valley TC)	1:10:03	30 - Dean Allen (West Vly TC)	1:13:10	45 - Ed Hannigan (Dolphin Club)	1:20:03



Magnan Memorial 18 Miler--Youth vs. Age Again!! (Jan. 27, Woodside) - As has been the case several times in the past few months, the top two finishers in this race were quite a few years apart, agewise...with winner Mitch Kingery being 16 and second placer Ross Smith in his mid-40's. There was never any doubt that the San Carlos High School ace had the race in the bag...especially with third place finishers Greg Brock and Duncan Macdonald only out for the workout. Mitch, Greg and Dunc had all participated in the Examiner Games the night before (Mitch 3rd in the high school 2 mile in 9:15, Greg 3rd in the open 2 mile in 8:53, and Dunc 2nd to Kip Keino in the mile at 4:03.8), which made their performances even more impressive. The host Redwood City Flyers beat out the Dolphin Club for team honors, although only 28 runners made it across the finish line. The exact length of the course is not known, but Jose Cortez's 1972 mark of 1:50:35 was not approached. All the finishers are listed below as any who finished deserve to get their name in print. /Nick Sakelarios & Joel Stein/

1 - Mitch Kingery (RC Flyers)	1:56:10	15 - Paul Williams (Unat.)	2:21:35
2 - Ross Smith (West Valley J&S)	2:01:30	16 - Gough Reinhardt (NCSTC)	2:22:27
3 - Duncan Macdonald (OCC Hawaii)	2:03:41	17 - Danny Martinez (RC Flyers)	2:24:42
tie Greg Brock (Club West)	2:03:41	18 - Eamon Cooke (Unat.)	2:29:17
5 - Jim Raichle (Unat.)	2:04:58	19 - Richard Martinez (RC Flyers)	2:31:47
6 - Rich Gentry (Unat.)	2:05:23	20 - Mike Slater (Colfax)	2:33:29
7 - Dave Donaldson (HSTC)	2:07:49	21 - Mike Sullivan (RC Flyers)	2:37:37
8 - Bob Cooper (Canada College)	2:10:50	22 - Larry Russell (Unat.)	2:53:23
9 - John Geer (Unat.)	2:11:29	23 - Theo Jones (Dolphin Club)	3:04:00
10 - Mike Healy (Napa Vly RC)	2:12:26	24 - Frank Russell (Unat.)	3:10:31
11 - Pete Hanson (Colfax)	2:13:31	25 - Mike Ipsen (Unat.)	3:11:38
12 - Charles Day (Navy)	2:15:23	26 - Catherine Smith (Pamakids)	3:16:59
13 - Alex Monterrosa (Pamakids)	2:15:46	27 - Gene Guthrie (Dolphin Club)	3:35:44
14 - Ed Hannigan (Dolphin Club)	2:21:02	28 - Carl Reiterman (NCSTC)	4:09:22



BOB DARLING LEADS MITCH KINGERY AND DARREN GEORGE IN THE PA-AAU 20 KILOMETER CHAMPIONSHIPS. /George Beinhorn/

#### ● LATE NEWS ●

Just received the results of the Oakland Turkey Trot & Petaluma Marathon from Peter Mattei...too late for this issue, but we'll have them ready for the March booklet. I will be typing the complete results on a separate sheet and sending it to Mattei for printing, so don't send for any results yet. It will be sometime between the 18th and 25th of February before I get around to typing them all up with the Regional Marathon and all getting the bulk of my attention. Incidentally, you may have noticed that we wouldn't have room for these two results even if we did receive them on time! Actually,

we would have made room for them by eliminating something else (special article, a photo or two, etc.). As you can see, since we have to stick to exactly 16 pages each issue, there is a certain amount of planning involved. Normally (like twice) it has worked out ok. What happens in track season when I really start getting a lot of results?? Well, we don't plan on going to 20 pages...at least not in the immediate future, so we'll just have to include what we consider to be most important. When (if) we ever do go to 20 pages, the cost will probably go up something like \$1.00 a year on subscription rates.

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