

# NORTHERN CALIFORNIA RUNNING REVIEW

(35¢)

March 1973 (No. 39)







# NORTHERN CALIFORNIA RUNNING REVIEW

A West Valley TC Publication  
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## ON THE COVER

Mitch Kingery (left) and Rich Kimball, battling it out at the Pleasanton 20 Kilometer Run. Kimball won this duel by 20 seconds, but Kingery had blitzed to a 2:23:47 prep marathon record only a week previously, taking second place in the Western Regionals. The week following the 20K, Kimball won the Martinez 8 miler, beating a good field. Kimball is a junior, Kingery a soph. /Marconi/

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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; **NCCR POINT RACE:** Art Dudley; **WOMEN:** Roxy Anderson, Jim Hume, Dr. Harmon Brown, Vince Reel; **SENIORS:** John Hill, Emmett Smith, George Ker, David Pain, Todd Ferguson; **RACE WALKING:** Steve Lund; **COLLEGIATE:** John Sheehan, Jon Hendershott, Fred Baer, Jerry Kokesh; **HIGH SCHOOL:** Roy Kissin, Dave Stock, Mike Ruffatto; **AAU RESULTS:** Jack Leydig, John Brennand, Bill Cockerham. --- We always have room on our staff for more help, especially in the high school and college areas. If you'd be interested in sending us results, photos, schedules, articles, etc., on a regular basis, then contact us right away. This is obviously not limited to WVTC members...so get in touch and make this a cooperative community effort by becoming one of our growing staff.

**THIS ISSUE'S CONTRIBUTORS:** Luka Sekulich, Fred Baer, Frank Russell, Peter Mattei, Hale Roach, Jerry Lowmiller, Terry Ward, Bill Daskarolis, Rich Kennealy, Jim Santos, Mike McCord, Payton Jordan, Homer Latimer, Loren Lansberry, Ed Parker, Mike Shaughnessy, R.S. Davis, Ed DiGirolamo, Dan Joyce, Jim Luttrell, Rick Fambrini, Bob Rush, Jim Wainwright, Tim Varner, Ted Corbitt, Rick Milam, Wayne Badgley, Dick Meyer, Bill Selvin, Dick Cort, Bill Gookin, Jim O'Neil, Lurana Hoetger, Greg Chapman, Wes Alderson, Ford Hess, Dalby Shirley, Walt Lange, Mike Spino, Catherine Smith, Don Bailes, Terry Record, Dick Ryon, Bob Anderson, Joe Henderson, Harold DeMoss, Jon Anderson, Jon Hendershott, Track Newsletter, Don Pickett, Don Peterson.

### ● ABOUT THE NCCR ●

• 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 NCCR is available at most local road races and some track meets for 35¢ an issue. Back issues are obtainable for 40¢ by sending to our P.O. Box. If you want to be sure and get your issue each month, send \$3.50 for a one year subscription (12 issues)...or \$6.50 for two years...\$9.00 for three years. All West Valley TC members receive their copies by mail each month only if their dues are paid up for the year.

• Mailing: The NCCR is mailed 3rd class bulk rate from San Mateo, California. If you desire to receive your issues first class mail, then send \$2.50/year extra. Subscribers: Remember that the NCCR is not forwardable...so send us your address changes immediately if you move.

• COMING SOON: Beginning with the July issue, the NCCR will feature a quarterly pictorial, consisting of approximately four pages of photos covering a particular event. We are planning on doing our first pictorial on the C.I.F. State Meet, to be held in Woodland in early June. These issues will cost a bit more at the races, when purchased individually, but subscribers will enjoy this extra feature for the same price they've been paying. If you're interested in helping take photos at the State Meet, please let us know...or merely send your photos to us by not later than June 20.

• BIGGER ISSUE: You will notice that the March issue (this one) is the largest ever...a full 20 pages!! Naturally this costs more, but the volume of results pouring in leaves us with no choice. In order to keep our subscription rates at \$3.50 a year, we need your help. If you are not now subscribing, or if you know of someone who'd like to subscribe...send in your order today. We need more subscriptions to keep our prices down.

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### ● THIS AND THAT ●

• Meet Information: Announcing the First Annual Brotherhood Games, to be held March 17 at Merritt College in Oakland under the directorship of Mal Andrews. If interested, contact Mal at Cal-State Univ., Hayward. Admission is free for both athletes and spectators. There will probably be a few invitational women's and high school events. \*\*\*\* Schedule changes in the PA-AAU LDR green sheet: The Bay-to-Breakers is back to the traditional May date (20th) and Woodminster is now June 10 (they merely switch places)...The Avenue of the Giants Marathon is May 6th at 9 am (the schedule lists it as May 5th at noon)...The Cupertino Marathon is on April 15th, not the 14th as in the schedule...The National A.A.U. Marathon, to be held June 17 in Burlingame, will start at 8:30 am, not 9 am as listed in the schedule. The meet sponsors wish to avoid any heat (or minimize it) if it happens to turn out hot. \*\*\*\* The ITA (Pro-Track) circuit will be through the Bay Area on April 1, 7 pm, at the Cow Palace...that's a Sunday night, not Friday as listed in the March RW. Other meets on the West Coast will be: March 24 - Los Angeles, March 30 - Portland, May 18 - Vancouver, B.C., May 19 - San Diego, and May 25 - Salt Lake City. RW Magazine lists the Portland meet as being March 29, which is incorrect.

• The US-USSR Indoor Meet will be held in Richmond, Virginia, and will be televised on March 18, Sunday, on the CBS series. The first televised outdoor meet will be the Martin Luther King Games...no date given yet on this one.

• NorCal Sportswriter's Luncheons: Beginning on March 20 and on every Tuesday thereafter through the track season, the NorCal Sportswriters will hold their weekly luncheons at the Les Jon Restaurant, 1306 Bayshore Hwy., Burlingame, beginning at noon. All sportswriters, school coaches, and club representatives are urged to attend. Keep our sport in the public eye by reporting your activities to the news media.

• More Meet Info: Frank Russell or Merced High School is attempting to organize a 10-event day-long competition featuring various individual sports, patterned after the Boston "massacre" Decathlon which has gained so much popularity in the East. The competition (if sufficient interest is shown) will be held on a Sunday in May or early June. It will begin at 6:30 am and end approximately at 7 pm. There will be pre-registration only, and participants must be 21 years of age or older. The various events will be: golf, basketball, shotput, softball throw, mile run, long jump, 100 yard dash, 100 yard swim, bowling, and pool. If interested, contact Frank Russell, Merced High School (East), 19th and G Streets, Merced, CA 95340. \*\*\*\* Andrew MacCono, Meet Director for the popular Walnut Festival Run in September, has announced that the Race Committee has come up with a proposal: (a) Girls Races (9-9:45 am) - Open 1.9 mile (age-14 and over), 12-13 yr. 1.0 mile, 10-11 yr. 3/4 mile, and 9/under 3/4 mile. (b) 9:45-10:15 am - Family groups (1.9 mile), Seniors (40+) 3.8 miles. (c) 10:15-10:45 am - Boys 13-18 (3.8 miles)...for boys 18 & under, running on JC team, they may compete in the open race.



(d) Open (10:45 am) - 19-39 yrs., 5.6 miles (limited to males). The problem: where does this leave older girls who want to run in the men's race? Also, what about senior men who want to go the 5.6 mile distance? Please direct your comments and suggestions to Andrew MacCono, 1840 Geary Rd., Walnut Creek, CA, 94596. \*\*\*\* The R.R.C. of England is holding its 21st Anniversary promotion in 1973, and it will be a 24 Hour Run on the track at Walton-on-Thames. It will be held Saturday/Sunday, the 3rd and 4th of November, starting in late afternoon. Capable competitors are invited to participate. For information, contact: Mr. Eddie Gutteridge, 14 Middle Rd., Aylesbury, Bucks., England.

•I.A.A.F. Cross Country Championships: At the printing of this issue, Bob DeCelle, National Long Distance Running Chairman, announced that unless individuals pick up their own expenses, the U.S. will not have a men's team in Belgium on March 17. There are no funds available!! The Women's Track & Field Committee will field a team since they received, from TV funds, a total of \$5,000, and they also received additional assistance from the U.S.O.C. At the National AAU Convention in late October, the LDR Committee's request to the Finance Committee for \$12,000 to fund two teams to the I.A.A.F. Meet was turned down, although Mr. DeCelle didn't receive word of this until the first week in February!!!

•The final All-Comers track & field meet at the College of San Mateo (Feb. 3) was called off because of rain. It was not possible to reschedule this final awards meet for the second year in a row. This coming summer, the NorCal Track & Field Association, under the directorship of Harry Young, will conduct a series of meets starting in mid-June.

•The week of June 17 to June 23 has been proclaimed as Amateur Athletic Union National Marathon Championship Week by John J. Murray, Jr., Mayor of the City of San Mateo. Richard Finn has been designated as Chairman of the Citizens Committee, and Jack Leydig as Race Director. Entry blanks for the National Championship race will be forthcoming in the April issue of the NCR. Present plans include a video-taping of the race by Ampex for viewing at the dinner and awards ceremony that will follow the race. There will be no limitation on who can enter, but a cutoff time of four hours will probably be instated. After that time, no official times will be kept. Also, the final one mile plus of our present Regionals course will probably be changed for the Nationals since there was a bit of confusion for some individuals. We are considering on having the final loop so that it doesn't merge back onto the 5 mile loop. The finish will probably be the same place, but the start will probably be shifted somewhat.

•Corrections: The photo of Randy Williams was in fact Bob Beamon in the February issue. Also, Mike Ipsen put on the 1973 edition of the Magnan Memorial Run, and was aided by the Redwood City Flyers. We had stated that the Flyers had put on the meet in last issue.

•Lost & Found: Did anyone find a scarf with light-grey squares on it at the West Valley Marathon? If so, contact Tertius Chandler, 2720 Elmwood, Berkeley, CA 94705...he lost it. Also, concerning some previously unacknowledged help at the Regionals: Mike Shaughnessy did the great Old English script printing on the finish certificates. The San Mateo Recreation Department supplied film for photos of the finishers. The pictures were taken by Frank Hagerty and Byron Lowry, and then John Marconi printed them all up, using facilities and equipment that were kindly donated by George Beinhorn and Don Leydig. Sorry we were so late in getting the results mailed out, but we had to get all the photos printed, along with printing of the certificates. Thanks for your patience.

•People News: Larry Lewis, 107-year-old runner (he does 5-6 miles every morning in Golden Gate Park), has informed us that he is retiring from the St. Francis Hotel, where he has

been a waiter for many, many years. However, retiring he is not, as he is now busy making a movie which will include Jack Benny and Groucho Marx -- the theme, what else? -- Physical Fitness!! Stay fit, Larry! \*\*\*\* Don Kardong, now competing for Club Northwest in Seattle, writes us that he is "having a great time in wherever I am. The rain is incessant. The skiing is great. Our volleyball season is over. I'm incredibly behind in school. My love life is flourishing. My diet is deficient. My legs are tired. My mind is warped." He seems to be adjusting quite well to his "problems" however, as he's recorded several two mile races in the 8:38 range this indoor campaign. \*\*\*\* Kenny Moore writes that he and his wife Bobbie are planning on running the Bay-to-Breakers again this year, but he will probably not get to any long races until late in the summer. He is interested in the Comrades Double Marathon and the London-to-Brighton and is thinking about running the latter this fall since he may be in Scotland at that time. \*\*\* Olympic 10,000 meter runner Jon Anderson is getting married on March 10 to Yvonne Desmet in St. Paul, Oregon. He will then return to the Bay Area to live until at least this fall. \*\*\*\* Chuck Smead went for a 15-mile run in the then-snow-covered hills back of Ventura in late December, took a wrong turn, and wound up lost. All's well, however...he jogged out again in the morning. \*\*\*\* Columbia's and West Valley TC's Victor Mora again proved that he is as tough as they come on the roads anyway. After his runaway victory at the Sao Paulo midnight race, he came up with an equally impressive victory in the Puerto Rican Half-Marathon on Feb. 4 (San Juan). He trounced an international field in 80-85° temperatures in a time of 1:05:11.8. The very demanding course features a 2.5 mile downgrade at the start, followed by a 4 mile steady climb at the half-way mark. Mora's victims included Tapio Kantanen (Finland) 1:06:09, Tom Flemming (Paterson St.) 1:06:29, Richard Juma (Kenya) 1:07:02, Ytneberk Belete (Ethiopia) 1:07:26.8, Jon Anderson (San Mateo, Oregon TC) 1:07:28, a Mexican in 7th (no time), Jeff Galloway (Florida TC) 1:07:44...Lasse Viren (Finland) 1:09:18.4 in 11th.

•Pro-Track: Three Bay Area athletes caused all the records to fall in the first-ever ITA (Pro-Track) Meet in Pocatello, Idaho on March 3. In what was termed a "shakedown" meet, ex-San Carlos High and Oregon State high jumper John Radetich cleared a new world record of 7'4-3/4" to better Valeriy Brumel's best ever indoor mark by one-eighth of an inch. Ex-San Jose State & Bay Area Strider Lee Evans from San Jose knocked a full second from the 600 meter standard held by Bilham of England with his 1:16.7 victory over Tom Von Ruden (1:18.4) and Randy James (1:19.5). Sprinter Warren Edmonson of Oakland did 10.3 in the 100 meter trials to equal the world mark held by five Russians, and then sped to a 10.2 record in the finals, as Jim Green and Jimmy Hines both tied the old mark. Winners on the pro-track circuit get \$500, while a world mark also gets \$500 (\$100 for a tie). The top money winner was Edmonson with \$1100 for the evening. Henry Hines of Sacramento did 25-10 for a second in the long jump, won by Bob Beamon at 26-0 1/2.

•1973 A.A.U. Registration Applications: On Friday, Feb. 2, the 1973 applications arrived in S.F. from Fayetteville, Arkansas by truck. The registration fee remains the same for each athlete (\$1.50). Insurance fee is optional at \$1.00. In sending for a card application, please indicate whether you are re-registering (were a 1972 member). Send a self-addressed, stamped envelope to PA-AAU, 942 Market St., Suite 601, San Francisco, CA 94102. Sorry for the delay...the problem was at the National level, not local!!

•Clubs intending to purchase Association medals from Far Western Mercantile Co., please place orders at an early date.



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• **More on Pro-Track:** Forgot to mention Dennis Phillips, ex-Carlmont High and College of San Mateo/Oregon State star who placed second in the pole vault at the Idaho meet with a jump of 16'9". So far, the top three money winners on the ITA are all from the Bay Area (Warren Edmonson \$1100, John Radetich & Lee Evans \$1000). ---- A total of 33 athletes participated in the meet as some 10,000+ fans looked on (Pocatello only has a population of about 40,000!!). A total of 53 men and 4 women have been contracted by the ITA so far. ---- In these meets, all events are staged separately so that the fans' attention is always focused on one event...event field events. So far, no outdoor meets have been schedules. A brief (one month) European and winter schedule(s) is being contemplated. ---- A correction note to what most of the local newsmedia publicized: Jim Ryun was paced by a series of flashing lights attached to the inside of the track, much like a rabbit in a greyhound race...not a spotlight. The same gadget was used in the S.F. Examiner Games in January. \*\*\*\* **IMPORTANT:** Please note that according to AAU rules, no amateur may compete in these meets: not even in an exhibition event!! Under Rule 53, paragraph 2, I.A.A.F. Rules and Regulations, "an athlete is ineligible if he has taken part in any athletic meeting in which any of the competitors were, to his knowledge, ineligible to compete under I.A.A.F. rules." This means that not only can the professional not participate alongside other amateurs in the same race, but he may not even take part in the same meeting with an amateur. Coaches---please advise all of your athletes of these dangers, particularly the Age Group Youth.

• **Oakland Invitational--1974:** Despite rather bad publicity in local newsmedia and some definite messups in organization, it was decided by the PA-AAU Track & Field Executive Council at its meeting on February 14, that it will again sponsor the Oakland Invitational Indoor next year. Given sufficient time, a much better job can surely be done, it was felt by the committee. This year, Meet Director Bob DeCelle was given less than two months to organize the entire meet...and considering this small amount of time available, the editor feels that Mr. DeCelle should be commended at least on effort. The meet will be held Feb. 16 next year. Anyone interested in helping promote or organize the meet in any way should contact Bob DeCelle as soon as possible (P.O. Box 1606, Alameda, CA 94501 - Ph. 523-2264). There is no reason, given more time, why this can't turn out to be an excellent meet that will return profits to the PA's track & field program. Let's work together to make it such in 1974. Complaints and suggestions should be brought out into the open so that similar mistakes can be corrected in the future. Let Bob hear from you. Incidentally, it appears from preliminary calculations that the Association probably didn't lose anything on the meet, and if so, only a small amount...possibly a profit was made. \*\*\* The 3:30.7 timing of the women's 1600 meter relay was decided to definitely be in error and the clocking will not be submitted for a record (editor's note: the time was in all probability 30 seconds slower since the second place team was 4:09.6... why this was not noted at the finish is a mystery to us).

• **The PA-AAU Long Distance Running Committee** had what was probably its first real meeting in many, many years, on Feb. 28 at LDR Chairman Rich Perry's Redwood City home. The attendance of approximately a dozen individuals was a good working group, and a fairly representative cross section of the area's clubs. The meeting was fairly informal, with no specific agen-

da being followed, but many subjects of concern were discussed at length. Some of the topics that were aired were: (1) A concern for the growing number of road races on the PA-AAU schedule. Should a limitation be set on the number? The major problem of too many races was a falling off of attendance and consequently a financial dilemma being formed for many meet directors. How do you cope with this problem? Charge a greater entry fee to offset reduced participation...reduce the number of awards to offset costs...etc. How do you tell a person his meet won't have AAU sanction in the future? The only way really is to set up a standard(s) for races to meet, and if they don't meet the standard, then don't issue a sanction. Some important ideas for standards: certification of course distance, printing and distribution of results, proper relation between entry fee & awards, etc. Also, if a meet director doesn't submit a registration report (post-race budget) to the PA-AAU, a sanction shouldn't be granted the following year. (2) A permanent competitor's number, similar to the mnemonic system in the Southern Pacific Association, but perhaps not incorporating the mnemonic idea because of conflicts between associations. Perhaps a number incorporating the first letter of the runner's last name, plus a three-digit numeral. Bob DeCelle brought out the idea of a 'national' numbering system for all long distance runners. Jack Leydig is going to look into the cost of issuing permanent cloth numbers to all PA-AAU registered long distance runners. Bringing the number to the races would be the runner's responsibility. (3) A storehouse for long distance running equipment is being started by the San Mateo Recreation Dept. (a fairly central location in the Bay Area). Appropriate rental fees for various equipment will be drawn up. The purpose of this storehouse is to make things easier to obtain and finance for all meet directors, and in addition, standardization of certain important items will start to become a reality. (4) A tendency towards moving away from trophies for awards was noted, and a possible introduction of more merchandise awards was looked upon favorably. \*\*\*\* Quite a few other topics were presented at the meeting, but no firm decisions were made on any specific item. The committee felt that much work was obviously needed to institute any of the ideas that were discussed, and appropriate guidelines have to be drawn up first. Ideas should be sent to either Rich Perry or the NCRR!!!

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• **Notice to Meet & Race Directors:** At the request of the senior contingent, the Executive Track & Field Committee, Pacific Association of the A.A.U., adopted a rule in 1972 that the age of senior athletes would be determined as follows: "The age is to be based on the year of birth only, without regard to month and day of birth." Example: Anyone born in 1933, even though on October 30th, is a 40-year-old as of January 1, 1973, and remains a 40-year-old throughout 1973. On January 1, 1974, he becomes 41 years old. The same procedure is to be used for determining older age groups, i.e. 45, 50, 60, etc. So...I guess that means everyone should standardize their divisional awards based on this new rule. The rule is not standard elsewhere...not even in Europe (as the case of Bill Gookin running, but not being able to complete, a 2:25 marathon, only a few days before his 40th birthday). But, a rule is a rule, so local meet directors should follow this in the future. The NCRR will maintain its policy of counting seniors only as such when they reach their birthdate. We believe that a man should be 40 years old on his 40th birthday!! I am referring to our long distance point race, of course. Note--the words "seniors", "masters", and "veterans" are used in various areas, but all refer to athletes 40 and older, at least in track and field. In some meets, the age limit is lowered to 30, but in international competition...ya gotta be 40!!!

• **Arthur Lydiard Clinics:** The USTFF is now formulating plans to bring Arthur Lydiard, famous New Zealand distance running coach, back to the United States for a lecture tour as was done two years ago. His clinics were so well received during the six months that he was sponsored by the USTFF, that we felt it would be of benefit to the sport to bring him back for another lecture tour. Coaches interested in hosting Coach Lydiard should contact the Executive Offices of the USTFF, 1225 N. 10th Ave., Tucson, Arizona 85705 (Attn. Carl Cooper).

• **Sports Medicine Seminar:** Dr. George Sheehan, Dr. John Pagliano, and Dr. Robert Barnes will be part of a seminar on sports medicine in San Francisco, April 28-29. For information, write to the California College of Podiatric Medicine, 1770 Eddy St., San Francisco, CA 94115.

• **The Esalen Sports Symposium:** "Exploring New Trends in Sports, Games, and Physical Education." -- March 31 & April 1 at Skyline College, San Bruno, CA. \*\*\* With this symposium, Esalen initiates a project to broaden the perspective of athletics and physical education. The symposium will seek to develop an interchange between Esalen-type disciplines and work currently taking place in the field of athletics. We feel the approaches derived from the martial arts of China and Japan, from dance, Western psychology and the Yogas will have relevance in physical education. \*\*\* The cost of the symposium is \$25...\$18 for students. Tickets can be purchased at the Esalen Sports Center, 1776 Union, San Francisco, CA 94123 or Big Sur, CA 93920, (Ph. 771-1710 in S.F., or 667-2335 in Big Sur). Credit (1-1/2 quarter units) of Professional Credit is available from University of California, Santa Barbara Extension. Interested persons may enroll for credit. The credit fee is \$15. Some of the many speakers are (those in the track & field area): Mal Andrews, Gary Powers, Jack Scott, and Mike Spino. There are a total of 27 speakers in all. Andrews, Scott, and Spino are from the Bay Area and Gary Powers is from Southern California. \*\*\* In next issue...some insights into the Esalen Sports Center.

• **Boston Marathon Group Fare:** As of March 4, West Valley TC's group fare attempt for this year's Boston Marathon stands at a less than hopeful--13. We need a total of 25 bodies for the savings of \$69 over the regular roundtrip fare. Time is growing very short. In fact, the last day for ticketing is March 21! Our roundtrip fare is \$279. All members of the group must leave together on the same flight, April 14, Saturday, at 8:45 am (TWA, Flt. 32). However, individuals may return on different flights, but must fly directly back to San Francisco with no layovers. All deposits (\$50) are completely refundable should the group fail to make the necessary 25 bodies or should you as an individual decide not to go. But if we don't get at least 25 deposits by March 21...no group at all. If you're interested, please write a letter today to: Jack Leydig, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181). We will send you all necessary information immediately by mail...give us your phone number and address. We probably won't get the necessary 25 bodies from the Bay Area, so we're combining with a group from Southern Cal to make the quota. In case neither SF or LA groups make the 25 by themselves, then the extra LA-SF roundtrip fare incurred by the Southlanders will be spread over the entire group, making for probably an additional \$15 or so on the total fare. If you're not sure you'll go, but are contemplating...or know of someone else who is...contact us immediately. TIME IS ALMOST GONE!!



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• **Capital Idea for a Distance Relay:** (The following suggestion was submitted by a fellow runner who wishes to remain anonymous...let us know what you think of the idea.)--- "Probably the most distinctive time each year that PA-AAU distance runners compete for their club is in the 72-mile Lake Tahoe Relay, which always has a good turnout and spirited competition. Eavesdropping on the post-race chatter of runners, as they gather at the intersections of highways 50 and 89 for the awards presentations, you hear talk about: 'These relays are great---they ought to have more of them! Boy, this course is scenic! Too bad more runners can't participate. The traffic is getting heavier every year...the race is getting downright dangerous.' These, and other similar remarks; -maybe the PA-AAU should add another long distance relay. With the idea in mind, some exploring was done, and, as a result, comes a recommendation for a relay. Here are the elements of the proposal: (1) A 157 mile relay from state capital (Carson City) to state capital (Sacramento). (2) In odd years to be run east to west; in even years, the other way. (3) Fifteen runners to a team, approximately 10 miles per runner--a wild idea might be to have the entire team run the last two miles. (4) Route via highways 395-88-49-16. (5) Senior and women's teams to receive appropriate handicaps. (6) Date to be decided (Sept. 2 and Sept. 22 or 23 look good). (Editors note: two popular races are on these two weekends---Emerald Hills and Walnut Festival). The race appears feasible---although there would be one logistical difficulty. If a team averaged 7 minute miles, the race would require about 18 hours...finishing in darkness!! The idea is up for grabs. Any club willing to sponsor this relay should contact PA-AAU distance running chairman, Rich Perry and put the show on the road this year!" \*\*\* A few comments from your editor: "Early PA-AAU schedules didn't show it because of an oversight, but West Valley TC and the San Mateo Recreation Dept. are indeed sponsoring a new distance relay this year between Half Moon Bay and Santa Cruz on Highway 1. The 50 mile route is free of traffic lights, has wide shoulders, and only a few intersections...all with stop signs. The date is Dec. 16 (a Sunday...not a Saturday as noted in the schedule), a good time allowing both high schoolers and collegians to participate. More details at a later date."



● NCRR LONG DISTANCE POINT RATINGS ●

This month we are again listing, in table form, the top runners in the NCRR's Long Distance Point Race. Normally, we will only print the table when space allows in any given issue. We will always list the top average placings and ratings, but the table takes up a lot of room and will be used, as needed, for a filler. Briefly, our system works as follows: To figure your point rating, merely divide your average placing in races by the number of races you've run. For example, if your average placing is 4th over a total of 5 races, your rating is 0.8...4/5. For our totals we count only the top 10 finishers in the open class and top 6 finishers in the senior (over-40) class. For our system, a man is not 40 until his 40th birthday. If an individual finishes worse than 10th (or 6th if a senior) in a race, he is not penalized at all, but that race merely doesn't count in his totals. A bad day or a casual workout is not counted against a top runner in this way. The NCRR reserves the right to choose the races it counts (usually PA-AAU sanctioned road runs with a reasonable number of competitors or sufficient difficulty... i.e. - the 100 miler). In meets where there are multiple races, we usually count only the longer one for open scoring, and both races for senior scoring (i.e. - Lake Merritt, Monterey, etc.). This year's totals begin with the Lake Merritt Columbus Day Races in October (1972). The totals below include all races through the Martinez 8 miler except: we have taken the Chico 10 Kilo from our list of eligible races since no complete results are available and very few runners competed. Also, the Feb. 11 Age Group Races are not included in the March totals because results haven't been received yet. We may or may not count this race, depending on if there were sufficient numbers in the open race. The Searsville Run was not included because the results were not received in time for computation, even though the race results are listed in

this issue. \*\*\* In open competition, Jon Anderson still maintains a comfortable lead over second placer Dan Anderson, who moved up from 4th, displacing Bill Seaver a notch. The biggest jump was made by Mitch Kingery, who came all the way from 14th to a tie for 5th in the standings. Newcomers to the "table" include Rich Kimball, Phil Camp, Ron Zarate, and Mike Buzbee. The senior race is really shaping up to be a battle between Ken Napier and Ross Smith. Last year's top senior, Smith, came within striking distance during the past month as he went two more undefeated races, beating previously undefeated Napier in one of those races. There was a lot of shifting around in the top 10 seniors, but no newcomers. Biggest change was recorded by Gil Tarin who jumped from 8th to 5th. Dave Stevenson is also making a determined challenge at the leaders. Incidentally, in last month's open competition, Ross Smith would have tied for second (a 1st at the 50 miler and a 2nd at the 50 kilo and Magnan Run)!! He still ranks fourth, and we are including him because he legally belongs there...congratulations. Following are listed those individuals not in the table---everyone with a rating of less than 2.0 is listed. The numbers in parentheses represent (number of races run, average placing, point rating). \*\*\* OPEN: 16 - Jeff Arnold, Dave Babiracki, Peter Duffy, Arvid Kretz, and Steve Martin (1, 1.0, 1.0), 20 - Nick Vogt (4, 4.25, 1.063), 21 - Jim Bowles (4, 5.0, 1.25), 22 - Dale Severy (5, 6.4, 1.28), 23 - Bill Kelly (4, 5.5, 1.375), 24 - Pat Buzbee (3, 4.167, 1.389), 25 - Dave Zumwalt (5, 7.8, 1.56), 26 - Frank Krebs (4, 7.25, 1.813), 27 - Daryl Zapata (3, 5.833, 1.944). SENIORS: 11 - John Perkins & Bill Snavelly (4, 4.0, 1.0 and 3, 3.0, 1.0), 13 - Don Pickett & Dennis Teegarden (3, 3.333, 1.111), 15 - Vance Koerner (3, 3.667, 1.222), 16 - Jim Allen (3, 4.0, 1.333), 17 - Frank Harrison (2, 3.5, 1.75). \*\*\* See Letters to the Editor, below, for a comment on our system.

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
1. Jon Anderson/Oregon TC (5)	3	0	2	0	0	0	0	0	0	0	1.800	0.360
2. Dan Anderson/West Valley TC (9)	3	0	0	2	1	1	1	0	1	0	4.222	0.469
3. Bill Seaver/West Valley TC (4)	1	2	1	0	0	0	0	0	0	0	2.000	0.500
4. Ross Smith/West Valley J&S (3)	1	2	0	0	0	0	0	0	0	0	1.667	0.556
5. Vic Cary/West Valley TC (4)	1	1	1	1	0	0	0	0	0	0	2.500	0.625
Mitch Kingery/RC Flyers (4)	1	1	1	1	0	0	0	0	0	0	2.500	0.625
7. John Butterfield/US Navy (8)	0	1	0	2	1	3	0	1	0	0	5.125	0.641
8. John Sheehan/West Valley TC (3)	1	1	1	0	0	0	0	0	0	0	2.000	0.667
9. Darryl Beardall/Marin AC (7)	1	1	2	0	0	1	0	0	1	1	4.857	0.694
10. Rich Kimball/Sacramento TC (6)	1	2	0	0	1	1	0	0	0	1	4.333	0.722
11. George Stewart/West Valley TC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
12. Darren George/Napa Valley RC (4)	0	1	2	0	0	1	0	0	0	0	3.500	0.875
13. Phil Camp/US Navy (3)	2	0	0	0	0	1	0	0	0	0	2.667	0.889
Ron Zarate/West Valley TC (3)	1	1	0	0	1	0	0	0	0	0	2.667	0.889
15. Mike Buzbee/New Ways AC (4)	1	1	0	0	1	1*	0	0	0	0	3.625	0.906

Note: A tie is indicated by a star (\*).

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
1. Ken Napier/West Valley J&S (8)	7	1	0	0	0	0	1.125	0.141
2. Ross Smith/West Valley J&S (6)	6	0	0	0	0	0	1.000	0.167
3. Dave Stevenson/Stanford RC (8)	3	4	1	0	0	0	1.750	0.219
4. Jim O'Neil/SF Olympic Club (8)	4	1	3	0	0	0	1.875	0.234
5. Gil Tarin/NCSTC (11)	3	3	2	1	0	2	2.820	0.256
6. Bob Malain/NCSTC (10)	2	4	1	2	0	1	2.700	0.270
7. Mike Healy/Napa Valley RC (9)	2	2	0	0	4	1	3.556	0.395
8. Paul Reese/NCSTC (7) -- 55 yrs.	0	2	3	1	1	0	3.143	0.446
9. Jim Nicholson/NCSTC (7)	1	1	2	2	0	1	3.286	0.469
10. Gough Reinhardt/NCSTC (5)	0	1	1	1	0	2*	4.300	0.860

● LETTERS TO THE EDITOR ●

Walt Lange, Sacramento, CA: Have you considered having a high school division in your point race? It might encourage more regular participation by the high school boys during the off-season. You could make their "season" Dec., Jan., & Feb., and June, July, & August. (Ed. - We have thought of this, except certain problems arise. It's not always easy to tell who's in high school if the meet directors don't list such. Age is not always indicative. Perhaps an 18-and-under division? If sufficient interest is displayed, we might consider doing this in the future. Please send us your comments & suggestions. We will be glad to print them.)

Paul Reese, Sacramento, CA: Thanks for the fine coverage, appearing in your December issue of the NCRR, of our Pepsi 20 Mile Run. Thanks, too, for giving me credit for sending in the statistical info for the story. But I must admit to being jarred a bit when I read the concluding line of the story, "Paul Reese puts on one hell of a show," and then seeing the credit line "Paul Reese" immediately following. Much as we appreciate the salutes for our race, I do hope your readers recognize that we didn't fire that salvo---but that one of your editors did. (Ed. - Your editor did, in fact, insert the above-mentioned comment...and you and your helpers and sponsors do 'put on one hell of a show'. Keep it up!)



Don Pickett, Tiburon, CA: Your courage and foresight in giving worthwhile merchandise awards is to be applauded. It's a shame more race sponsors (other than West Valley, SF Olympic Club, Sonoma State, and a few others) can't use some imagination and follow your lead. Why pour money down the drain for anything but the most prestigious and meaningful trophies? Who has a trophy case? What running club has a club house? What are the trophy makers doing other than collecting high prices for often times flimsy hardware? Pax Beale had the right idea about recycling trophies at his "Plodders Marathon" two years ago, thereby making it possible to do more worthwhile things with the club treasury.

● 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!

GOLDEN WEST TRACK CLUB: Walt Lange writes to inform us that the Sacramento TC is now the Golden West TC...not to be confused with the Golden West AA of the Southern Pacific Association. The club merged with the Golden West Association, which puts on the Golden West High School Meet. It should put the club on a sound financial footing and enable them to promote track & field and distance running in the Sacramento area. They hope to put on more road races in the Sac'to area.

ALASKA PULSATORS: The Anchorage-based Pulsators held their annual awards dinner on Feb. 2. Approximately 25 members and guests were present. President John Trent introduced the honored guests, Stan Caufield of Fairbanks, Jack Doyle of the Community YMCA, and Harold DeMoss of West Valley TC. "Run the Alaska Highway" certificates were given to eligible club members, including DeMoss, who also had the top mileage for the year. The "Ice Foot Mile" trophy for the top mileage for the year which is given only to Alaska residents, was awarded to Marcie Trent with an even 2000 miles. The "Larry E. Lewis--Most Dedicated Member" award was sent to Robert Bringhurst of Roy, Utah. An enjoyable evening was had by all.

SIX RIVERS RUNNING CLUB: This Humboldt County club wishes to announce a wrong date and time in the PA-AAU Long Distance Schedule. The Second Annual Avenue of the Giants Marathon is on May 6, Sunday, at 9 am...not May 5 at noon as listed. The race is the SRRC's "big production" of the year, and has to rate as probably the most scenic course in the U.S. or close to it. --- The club had a total of 11 runners in the Seaside Marathon, 9 of whom either recorded PR's or completed their first marathon. SRRC took first and second in the over-50 division. --- The club also picked up Chuck Smead (also see WVTC news below), who is beginning his first eligible season for Humboldt St., and recovering from a serious case of frostbite incurred over the Christmas vacation when he got lost and had to spend the night in the mountains of southern California. His running was hampered for several weeks afterwards, but he was very lucky to come out of it as well as he did.

WEST VALLEY TC: The past month, WVTC picked up more members than ever before in such a short period...a whopping fourteen! But what was more important than the quantity was the quality and versatility of the athletes involved. Following are our new members for the month of February: Mike Gan, 36993 Montecito Dr., Fremont, 94536 (Ph. 797-0411), is 17 years old and has track times of 2:13 for the 880, 5:12 for the mile, and 10:54 for two miles. Rich Hansen, 402 E. O'Keefe, Apt. 33, Palo Alto, 94303 (Ph. 323-4712), is 23 years old and a recent graduate of Augustana College in Illinois where he ran 48.1 (relay leg) in the 440 and 1:51.9 in the 880. He also has a 4:31.1 mile clocking and 9:43 for two miles. His goal is to break 1:50 in the 880. Ralph Likens is an ex-Hillsdale High School and College of San Mateo runner who now lives at 36163 Fremont Blvd., Apt. 61, Fremont, 94536 (Ph. 792-6880). Ralph also attended the Univ. of Arizona and Eastern Kentucky Univ. and has bests of: 880-2:00.2, Mile-4:11.7, 2 Mi-9:19.0, 3 Mi-14:32.0. He is 29 years of age. Loren Miller, 33, of 807 Shell Blvd., Apt. 101-H, Foster City, 94404 (Ph. 349-8273) is aiming for around a 2:35-2:40 marathon in the next few years. At present, he has bests of 440-55.1, 880-2:07, Mile-4:51, 2 Mi-10:18, and marathon-3:03. Bill Moroney, 14, joins his brother Brian on the club (25 Trenton Pl., San Mateo, 94402...



LARRY LEWIS, 105 YEARS OLD, PRESENTS TROPHY TO YOUNGEST DSE RUNNER, 6-YEAR-OLD GARRETT CUNNEEN, AT FIFTH ANNUAL DSE AWARDS GALA ON JAN. 13, 1973. /Jerry Hawyrluk Photo/

Ph. 341-2854). He has a best time of 5:27 for the mile, and 14:38 for 2.5 miles cross country. Brad Nave, 22, resides at 550 Berry Ave., Apt. 43, Hayward, 94544 (Ph. 886-8196) and is a recent transfer to Cal-State, Hayward, from Whitworth College in Spokane. Being ineligible to compete for Cal-State this spring, Brad will bolster WVTC's overall team depth in the weight events where he has a best of 48-0 in the shot and a very good 173-8 in the discus (182 feet in practice). Kevin Robinson, 22, of 121 Kent Ave., Kentfield, 94904 (Ph. 461-2544) has a slight cerebral palsy handicap, but is very active in athletics (running and weightlifting) and wants to become successful at the marathon distance. He is a soph at the College of Marin. Mike Spino, 27, of 886 DeHaro St., San Francisco, 94110 (Ph. 282-1169), is a teacher and has best marks of 4:09 in the mile, 9:01 for two miles, and 2:36 for the marathon. Richard Stiller, P.O. Box 428, Menlo Park, 94025 (Ph. 345-3296, home), is 27 years old, in the real estate business, and has been active in many Bay Area road races over the past year, including a 48:11 at the Bay-to-Breakers Race. Monti Stratton, 22, of 4140 Brookdale Ave., Oakland, 94619 (Ph. 261-6965 and 654-1956), is an ex-Laney College student who will be competing for Cal-State next year, but for WVTC this spring. Monti should turn out to be the club's most versatile athlete, as he sprints, jumps, hurdles, and vaults. His marks include: 100-9.7, 220-22.1, 440-49.5, 440IH-53.7, LJ-23'11", TJ-47'6", and PV-14'6". He has expressed some interest in the decathlon and one can easily see why. John Tengelsen, 16-year-old junior from Leigh High in San Jose, lives at 14892 Conway Ave., San Jose, 95124 (Ph. 371-3867), and has bests of 2:01.9 in the 880, 4:41 in the mile, and 9:58.5 in the 2 mile. In addition, John was WVTC's third man in the Regional Marathon at 2:45:19, a personal best which enabled the club to win the team title for the third straight year. Rick Tipton is a recent graduate of Stanford and lives at 1055 Leonello Ave., Los Altos, 94022 (Ph. 964-3917). He is a good sprinter and hurdler with times of 9.5 for the 100 and 13.7 for the 120 highs, and should be an invaluable aid to the team's sprint relays this spring. Jairo Vargas, 19, is from Colombia, and currently attending English language classes at the College of Holy Names in Oakland, where his current address is 3510 Mountain Blvd., Oakland, 94619 (no phone). He has bests of 1:58.1 for 800 meters and 4:18.6 for 1500 meters, both at high-altitude Bogota. Tim Varner, 21, is currently residing at 36163 Fremont Blvd., #57, Fremont, 94536 (Ph. 792-5275) and just recently moved from his native Arizona. He will compete for WVTC this spring and has marks of: 440-51.1, 880-1:59, Mile-4:20, and 2 Mile-9:50. Welcome to all our new members...we hope you will enjoy competing for us.

•Address Changes: John Estrada to 4875 Mowry Ave., #202, Fremont, 94536 (same phone); Danny Urutiaga to 2473 Shield Dr,



Union City, 94587 (Ph. 471-9572); Dave Power to 6799 Alvarado St., Apt. 2, San Diego, 92120; Mike Edmonds to 1050 Foothill Blvd., Box 89, San Luis Obispo, 93401 (Ph. 805/544-8634); Duncan Macdonald to 1055 Leonello Ave., Los Altos, 94022 (Ph. 964-3917).

• Chuck Smead has decided to change clubs and compete only for the Santa Barbara AA during off season at Humboldt State. Since his letter of Feb. 1, however, I am informed that he has joined Six Rivers RC...anyone know for sure? He can't be registered in both the Pacific and Southern Pacific Associations. Larry Main writes from Denver that he's been competing at various distances this year so far...a 7 mile handicap in 39:52 for second place fast time, a 28:52 for 5 miles and fifth place on an extremely hilly course in Littleton, and a 7:38 for an indoor 1.5 miles at a Colorado Univ. All-Comers Meet. Joe McDewitt, WVTC's third man at the Boston Marathon last year in an excellent 2:25:28, reports that he is having some problems and is planning on seeing an orthopedist soon because of a consistent injury...he didn't say where. Chip Greendale competed in the Island Marathon on Nov. 25 in Portland, Oregon, and improved his PR to 2:52:30. Dave Swift got 4th in the half-marathon walk with about a 2:15. Alvaro Mejia and his wife Terri (along with son Christopher) are considering moving back to the Bay Area permanently sometime in April, but nothing is definite as of yet. They will both be looking for jobs if they do return, so any club members with ideas, contact the editor at once.

• NCCR Subscriptions: Some of you have been trying to get that one subscription per month I was talking about in last month's club insert, but most have not. Larry Main sent us a subscription all the way from Denver...if he can get someone in Colorado to subscribe, then certainly some of you can help keep the paper alive and drawing income for the club. Even Joe Tamera of the Alameda TC is helping out...that doesn't look very good for our own members. He has gotten several since the year began. Remember, if we reach 1000 subscriptions by the end of 1973, that'll mean \$3500/year income...most of which will be used for club functions if our advertising keeps up at the current pace. Please get a friend to subscribe...today!

• For those of you who are eligible to compete for the club this track season, please note the changes in the schedule that we have set up...enclosed mimeo sheet. We really have a well-rounded, strong team this spring and have an excellent schedule too...show your support and compete in as many meets as you are able. If we send small teams to many of these meets, we may not be able to get them in the future. It's not so important whether you're in the best of shape, but whether you care to represent the club. Most of these meets are low-key, fun-type affairs, and you won't feel embarrassed (or embarrass the club) by doing poorly. We set up a schedule so you could compete, and this is something most AAU clubs in the area don't even have...so get with it and support our program. Write George Stewart and let him know what meets and events you're interested in...NOW!! He has to get entry lists into meet directors at least a week before...most of the time. Entries for relay teams in the "big meets" later on (West Coast Relays, etc.) will be based on participation in earlier meets. We can't tell what kind of shape you're in without competing, and it isn't fair to those who've been supporting the schedule. Thanks for making this spring a success ahead of time. I know you won't let the club down. Don't forget, most of our high school and collegiate members will want to compete in the PA-AAU Championships as a WVTC representative since it's after the season is over for most. The meet is on June 9, but the site and time are not yet determined. All club members who compete in this meet will receive an 8 x 10 photo of themselves during the competition. Be sure and wear your club jersey so we don't miss getting your picture. They're available for \$2.50 by mail.

• Any club member needing an AAU application can get one by sending a self-addressed, stamped envelope to either the PA-AAU Office or to our club address. Specify if you were registered in 1972 or not. We will send a re-registration form if you had a 1972 card.

• PA-AAU 20 Kilo: Did any club member pick up the team medal(s) or patches? If so, let your president know, because several of the top five on our winning team haven't received anything yet. Thanks.

• Black nylon shorts: The WVTC "official" color for shorts is black, but this seems to be a difficult color to find. We have been informed that the Athletic Dept. in Berkeley (see the advertisement insert with this issue) has them, but you should check by phone before dropping by to make sure. If anyone else on the club knows of other stores where they may be purchased, please let us know for next issue so we can have complete uniforms for track season. The club doesn't stock them.

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• Following are WVTC finishers in road races that didn't place high enough to be listed in the regular results in the rear of this issue: PA-AAU Marathon: (72) Robin Nowinski 3:38:29, (78) Dave Shrock 3:43:12; Channel-to-Lake 10 Miler: (84) Bill Tracey 1:07:56; West Valley Marathon: (97) Bill Tracey 3:22:15, (101) Bill Lamb 3:24:11, (152) Charles Attwood 4:01:14; Martinez 8-Miler: (68) Ted McRice 54:05, (?) Jairo Vargas...between 80th & 90th?

## ● CLASSIFIED ADS ●

OUR RATES: Interested in selling your product or promoting your race or meet? With a circulation of 500+ mailed subscriptions per month (including two to three times that many who read it), the NCCR 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 the inserts, 800+ per issue). Special rates: (3-5 months running--90% of monthly rates; 6-11 months--75% of monthly rates; 12+ months--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 the 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, 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 page 2, top). All checks should be payable to West Valley Track Club. All billings based on final size of the ad as it appears in the NCCR. (Add 25% extra for odd-sized inserts, less than 8-1/2 x 11). ENTRY FORMS: Special rates for mailing entry forms---only \$15.00/sheet (may be printed both sides if desired)...adding 25% if sheets are odd-sized.

CARPET FOR SALE: Olive-green, 10 x 13 foot cotton carpet with pad. Needs cleaning...serviceable...very good condition...\$25 or best offer. If interested, contact editor (342-3181).



VIC'S SPORTS, THE COMPLETE ADIDAS STORE: Vito D'Aloia has recently opened a new store at 26 Washington St., Santa Clara (Ph. 984-7111)...two blocks north of Hiway 17 at Bascom Avenue turnoff. We now have in stock over 100 styles. Special: until they are sold out---the Mexicana will be on a discontinued sale at 30% discount, from \$23.95 to \$15.95. Make us your one-stop store for Adidas shoes, casual wear, and accessories for the whole family. We accept BankAmericard and Master Charge. Open from 10 to 6 on Monday thru Saturday and until 9 on Thursday--ample parking. Drop in today!!

NATURAL VITAMINS--LOW PRICES: Special wholesale prices being offered in the very best natural vitamins. All merchandise on mail-order basis to keep costs down. Unique distribution plan --no salesman. For details, send a note to: Ed Haver, 116 "A" Street, Davis, CA 95616.

FLEET OF FOOT INTRODUCES NIKE: Rick Trachok and Peter Duffy have opened up a running and athletics shop in Reno at 636 No. Virginia St., featuring NIKE, the sports shoe for the 70's. Don't be ripped off any longer when buying sports shoes. Allow NIKE to give you a better value for your dollar, whether it's basketball, running, or tennis shoes, etc...in suede, nylon, or leather. The reason prices are so low is because we believe in the idea of fair profit; that is, we feel our prices should have a direct relationship to the cost incurred by us, the dealers, and not to the current market value as dictated by other stores in the area. We hope you will make the idea work by stopping into our shop soon.

RUNNING UNLIMITED: We will put a Tiger in your feet. We have a wide selection of Tiger athletic shoes--five different models for running, jogging, and all-purpose wear, and two models of spiked shoes for the 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 indicates 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 NCRR SUBSCRIPTION RATE: Only \$3/subscription for orders of 5 or more subscriptions...normal cost is \$3.50/year.

NEW ROAD RACE SHOE DISTRIBUTOR: Jack Leydig is now employed part-time by Starting Line Sports (see ad on back cover), and will be carrying a full stock of Tiger and Nike Shoes, and Running Books at 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 a local race. Or, if you're interested in stopping by one of our stores, we'd also be happy to help you. Hours are listed on back cover. At present, we carry the following brands and models: Tiger--Marathon, Boston, Bangkok, Tahoe, Cortez, Helsinki, Olympiad and Vickka II; Nike--Nylon Cortez II and Obori; Lydiard Road Runner; Puma--9190 (a new roadflat that resembles the Adidas SL-72 but is less expensive and of equal or better quality). We will be stocking other models in the near future. Look for me at the next race...I plan on being at the PA-AAU 30 Kilo, St. Patrick's Day Women's Run, San Martin Marathon, Blossom Hill Run, Lake Merced Senior Run, Valley of the Moon 10 Miler, DeAnza Ridge Run, the Cupertino Marathon, and several DSE races as well. Check these dates & bring your money or checkbook if you need shoes...I have a full range of sizes in most models. Call me before if you want to make sure I bring your size to a particular race...415/342-3181.

RUNNERS AND RACES: 1500m./Mile---Cordner Nelson and Roberto Quercetani entertainingly trace the history of the mile and its metric equivalent (1500 meters), paying homage to the great figures of the event, from the days of pedestrianism in the mid-1800's, down through the 1972 Olympic race won by Finland's Pekka Vasala. From England's Walter George, whose 4:12-3/4 in 1886 was unsurpassed for almost half a century; to America's Joie Ray; to the original Flying Finn, Paavo Nurmi; to the amazing Frenchman Ladoumegue; to Lovelock and Cunningham; to the Swedish dashing duo, Hagg and Andersson...down through Bannister, first four-minute miler; Landy and Elliott of Australia; Snell of New Zealand; Jim Ryun, Kip Keino, and Marty Liquori, the current crop of favorites. Available from Track & Field News, P.O. Box 266, Los Altos, CA 94022--\$6.50, 333 pp--hard.



ERV HUNT, HEAD TRACK COACH AT U.C. BERKELEY, IS FEATURED IN THIS MONTH'S COACH'S CORNER. /John Marconi Photo/

#### ● COACH'S CORNER ●

With 1968 Olympian Dave Maggard taking over as the Head Athletic Director at the University of California, Berkeley, the 1973 track season will see the arrival of a new head coach--one Erv Hunt. Hunt previously served the Golden Bears for a year as an assistant coach under Maggard.

Hunt, who once played professional football with the Green Bay Packers, started his coaching career back in 1969 at Hoover High School in Fresno, where he developed a powerful team that had fifteen individuals go to the C.I.F. State Meet and a team that captured the Valley Championships the same year. Following this, Erv played football for two years, and then started as an assistant for Cal.

Back in his high school days, Hunt was a versatile three-sport star who played four years straight of football, basketball, and track, while attending Edison High in Fresno. After graduating from Edison, Erv ran two years at Fresno City College and two years at Fresno State, where he competed primarily in the 120 highs and triple jump, but was also strong enough to be used numerous times on the 440 and mile relay teams for "team points".

In his new job capacity, Hunt realizes he must carefully watch and provide for his entire squad and not just work with a few specialized events like he has in the past. "I am now starting to see the difference between being a head coach as compared to an assistant," comments Erv. "Whereas last year I was able to single out and work carefully with individuals one at a time, now I must oversee all the events, and I find it is not as easy, and that I lack enough time to help out an individual on the team." Primarily, however, he works only with the pole vaulters, hurdlers, long jumpers, and weight men.

On field event training, Hunt relates, "As of now, our weight men are lifting weights three times a week, usually Monday, Wednesday, and Friday. We are always careful to take a long warmup prior to lifting, fully realizing the dangers involved with lifting heavy weights when one is not properly prepared. I have my athletes use the basic lifts---bench press, squats, pull-overs, military press---just to develop the athletes' basic strength. These sessions generally would last for two hours and would usually be followed, weather permitting, with the athletes doing some free running or stair running to really develop and work the legs. Tuesday and Thursday are left for practicing the individual's specific event(s)."

When questioned about his philosophies on coaching, he emphasizes, "The thing that I look for is that my athletes be as 'natural' as possible. I feel too many coaches lay down too much technique...you know, a set pattern or schedule that has to be rigidly followed, day by day. I'm mostly interested in working out a program that meets an athlete's needs, rather than having that athlete meet the program's needs." On another point, Hunt feels that, "Many people have a tendency to think that track is not so much of a team sport. I, on the



other hand, see it very much as team sport, but it is a team of individuals, and I must try and work with the athletes as such."

The 1973 track season foresees a good year for the Golden Bears. With ace-half-miler Rick Brown (featured below in this month's NorCal Portrait), Bruce Kennedy (an Olympic javelin thrower from Rhodesia), Jared Butler and John Nichols (heading the sprint corps), and Jack Bentz (JC mile champ in 1972), Cal could well be on the way back to the NCAA title they claimed in 1970. Now if only they could do something about that NCAA ban!!



NORCAL PORTRAIT FOR MARCH, CAL'S RICK BROWN, SHOWN FINISHING A COME-FROM-BEHIND MILE RELAY VICTORY LAST YEAR AGAINST SACRAMENTO STATE.

#### ● NORTHERN CALIFORNIA PORTRAIT ●

**Meet Rick Brown:** Rick Brown says, "Racing is a skill that has to be acquired through experience." The more racing Brown gets, the sharper his racing skill seems to become. For example, in 1970, as a senior at Los Altos High, Brown scored an unprecedented 440-880 double in the California State Meet, clocking 47.7 and 1:50.6, and anchored the victorious Knights' mile relay to pave the way for Los Altos' stunning team triumph. In 1971, as a 19-year-old California frosh, Brown sped 1:49.1 to claim the Pac-Eight Conference half-mile, and then claimed second in the NCAA Championships (1:49.5, after a PR 1:48.9 in the trials)--using a Dave Wottle-like lag-back-and-kick on the final 220 tactic, which revealed both his youthful inexperience and raw power and speed. Brown ended the year ranked eighth among U.S. two-lappers by Track & Field News.

It was in the Olympic year of 1972, however, where Brown displayed maturity both as a tactician and a runner. Unde-feated in 880 competition in college, he has, in fact, lost only one half-mile in his college career--Brown defended his Pac-8 crown with a 1:47.7 (PR), then he sped to third in the AAU 800 meters in a fine 1:47.6, losing only to eventual US Olympians Dave Wottle and Rich Wolhuter. This finish earned Rick a European tour, and the invaluable commodity of competition against continental runners. And, in the finest race of his 21 years, Brown blazed a superb 1:45.4 to place sixth in the Final Olympic Trials 800, won by Wottle in a world-record matching 1:44.3.

It was on to Europe and that all-important continental racing. Brown twice clocked 1:47.6, in Oslo, Norway, and Viareggio, Italy; took second to Olympian Ken Swenson at Kempton, West Germany in 1:48.5, and ended his season with a 1:51.9 win at Garmisch-Partenkirchen, West Germany. He was ranked sixth among Americans by T&FN.

"The key to that long-sought treasure of racing skill might be termed 'awareness'," Brown feels. "It's learning how to race under any and all conditions you face. Conquer this awareness, and the runner has won about three-fourths of the skill battle. I have won only about half this battle so

far. Running against Europeans helped immensely in further developing my racing personality and technique."

The training which enables Brown to hone his racing skill is done usually 10 months of the year, 6-7 days a week. "I train in stages," Brown explains. "The duration of each stage depends on the amount of time I have to get into shape for competition. Different stages constitute a different aspect of running and conditioning I wish to, or plan to, dwell upon on that time. The number of stages I prescribe for myself are many, and I prefer to work through most of the season, easing off near the end.

I believe a runner must have a basic speed acquired through training, before he can work on stamina and endurance. I believe whole-heartedly in interval training, which engulfs the majority of my training. I also go on long runs (12-15 miles) for I believe they markedly increase your cardio-vascular and respiratory capacity. Most of what I do in training is nothing new. I just try and arrange things in the order that best suits my needs."

Gordon Herrick Brown, Los Altos, CA (Univ. of California). Born Feb. 9, 1952 in Miami, Florida, 5'10-1/2", 135-lbs. Bests: 440--47.1 (1970), 800--1:45.4 (1972), 880--1:47.7 (1972).



WEST VALLEY PORTRAIT FOR MARCH IS SPARKS HIGH SCHOOL'S SKIP PETERSON, WHO SHARES THE CLUB HIGH JUMP MARK AT 6'8".

#### ● WEST VALLEY PORTRAIT ●

**Meet Skip Peterson:** One of West Valley TC's most promising young club members is Skip Peterson of Sparks, Nevada. Skip, only a 16-year-old junior at Sparks High School has shown a remarkable amount of talent in a variety of track events. He was a member of the Sparks High cross country team which won the State Championship last fall, and has just recently recorded a 50.9 mile relay leg (January) with no speed work at all to speak of. Skip has even tried the longer distances, and recorded a 2:35 for the Pepsi 20-Miler last December in Sacramento. His best potential probably does not lie in the running events however, but in the long jump, triple jump, and high jump.

His first age record was in the long jump at the age of 11. He did 14'6" to crack the old mark by some six inches. Since then, he has had personal bests of 22'9" at age 14, and 44'11" in the triple jump at age 15. But his most impressive performances have come in the high jump. His 6'7" mark at the Lassen Invitational last spring (also at age 15) was only a scant 1-1/4" off Joe Faust's age-group mark. But more stunning than this performance was his 6'8" PR effort at the College of San Mateo All-Comers Meet in January (at age 16). It was his first competitive effort since last track season. His coach, WVTC race-walker Esteban Valle, stated, "He's absolutely amazing! His jumping to a new personal best was without the benefit of any jumping practice. The weather has been too cold yet in the Reno area for anything like that. The only workouts he's been doing are distance so far. Wait until he starts to work on technique this spring."

His training has consisted of mostly cross country running for endurance, jumping and hurdling for technique, and



weight training for strength. One of Skip's most memorable days was a week after he jumped his 6'7" while still 15 years old. He competed in an all-sophomore meet for the Northern Nevada area and got five firsts!! They came in the long jump, high jump, 180LH, 120HH, and 880 relay. Quite a day. Another of his most memorable occasions came when he cleared 6'6" for the first time.

With the talent that he has at both running and jumping, his athletic goals are hard to define, but Skip says, "I would like to break the National high school record for juniors, held by Reynaldo Brown at 7'0-3/4", make the U.S. Junior Team this year, and make the U.S. Olympic Team in 1976." For most individuals, these goals might seem a little out of the question, but with Skip's talent and desire, it's quite possible that all three goals might become a reality sooner than he thinks. His club mates are certainly behind him in his efforts. (The photo on the previous page was taken at the Northern Nevada Zone Cross Country Meet last fall in which he placed 18th.)

### ● SPECIAL ARTICLE ●

**HEART ATTACK DEATHS:** (Courtesy of Runner's World Magazine, Box 366, Mountain View, CA 94040) --- On Sunday, Feb. 18, 1973, George Herzl of Palo Alto collapsed just before the finish of a six-mile Fun-Run. He was pronounced dead on arrival at a hospital of a heart attack. Mr. Herzl was 46 years old.

We aren't trying to gloss over this tragedy. To the contrary, we are making all available information public so rumors and anxieties that have grown up already can be put to rest. The best thing we can do in George Herzl's memory is to bring some positive result from this sad event.

George and his wife Selma were involved in the Fun-Running program from the start. He had no previous warning of trouble, although he reportedly had a history of high blood pressure. On the day he suffered his fatal attack, he had run the half-mile and mile as well as the six. The morning was warmer than usual, and this may have contributed to the breakdown.

Once the attack occurred, it was too late to save Mr. Herzl. A doctor said, "If he had been running through the hospital where all the most advanced equipment was available, it's unlikely we could have saved him."

The survival rate of heart attacks during running is extremely low for three reasons: (1) the heart is already pumping at near-maximum capacity; (2) the body's reserves are already almost exhausted; (3) the blood is hard at work in the extremities. George received oxygen and heart massage at the scene, but attempts to save him were futile.

Ironically, Runner's World Magazine has written extensively on such breakdowns in recent issues. Medical authorities are beginning to recognize that there is a degree of risk in such exercise. Generally, the effects of endurance running are positive. But a small percentage of people can't handle maximum exertion.

About one mature American in 10 suffers from "silent" heart disease. This individual carries an abnormality in his chest, probably without realizing it, since there are no overt symptoms. It's safe to assume that George Herzl had this kind of ailment.

The customary warning of "get your doctor's okay before starting to run" isn't enough. Normal doctors' examinations can't spot most silent heart problems. Resting electrocardiograms aren't even enough. But physiologists have devised a test that can now spot these latent problems in almost all cases. They call it the "stress test". It involves taking EKG readings while exercising--either walking-running on a treadmill or pedaling a stationary bicycle. Dr. Kenneth Cooper, author of the Aerobics books, estimates it is 85% effective in detecting silent heart disease.

Dr. Cooper says anyone over the age of 30 should have a stress test before starting a vigorous exercise program. Anyone wanting to run in competition, should have a maximum-effort test that is carefully monitored by professionals. Currently, such tests aren't readily available. And they're expensive. But they're the best way to find out for sure if running is safe. Two facilities in the general area offer these tests: The Preventive Medicine Center, 730 Welch Rd., Palo Alto, and Univ. of California at Davis, Phys. Educ. Dept., Davis 95616.

Dr. Jack Wilmore, a founder of the Preventive Medicine Center and now director of the UC testing lab, says, "About 10-15% of the population has abnormalities of one sort or another in the heart. This doesn't mean they can't exercise, but the exercise has to be well within their capabilities." He says 500 people have gone through his stress testing in the last year--including heart patients and "silent" heart disease

sufferers. There have been no coronary accidents.

Once a runner has been rated fit on the stress test, and has trained regularly and progressively, he has few further heart worries. Dr. Ernst Jokl of Kentucky, a leading authority on sports medicine, recently edited a book titled Exercise and Cardiac Death. He writes, "Even today, the term 'athlete's heart' conveys an ominous notion to some people. Actually, exercise will not damage a normal heart." Jokl says he has not found a single instance where death resulted simply from extreme exertion. "In every instance of death, the athlete had a pre-existing disease or malfunction in his heart."

Since the stress test detects almost all of these diseases and malfunctions, we strongly recommend it to everyone over 35 in the Fun-Run program. The Fun-Runs will definitely continue. Although we mourn the death of George Herzl and extend our deepest sympathies to his family, we must go on. To cancel the program would be to condemn running and to deny all the good that can come from it.

We hope all runners have learned from this tragedy and will take precautions to keep the same thing from happening again. It's foolish to ask for trouble, but equally foolish to be scared away by minimal threats rather than facing them realistically. The odds against suffering heart failure are incredibly high. They do happen, but not often.

Collectively, the RW staff members have been in races with perhaps 20,000 runners the last two decades. This is the first time something like this has happened in one of those races. Yet they've seen hundreds upon hundreds of cases where running has changed people's lives for the better.

The potential risk can't begin to match the potential good that comes of running. With proper care, the risk decreases even more.

Who should have a stress test? (1) Anyone over 35 years of age. (2) Anyone beginning running from a deconditioned state (overweight, short-winded, etc.). (3) Anyone with a personal history of high blood pressure, diabetes, or rheumatic fever. (4) Anyone with a family history of heart disease. (5) Anyone planning to make a sudden increase in running distance or effort (i.e., from easy jogging to racing). (6) Anyone who experiences chest pains, regardless of suspected causes.

## SCHEDULING

### —LONG DISTANCE—

Note: All runs listed below are sanctioned by the AAU except those specified as "Fun Runs" and DSE races, or unless otherwise noted...the "Fun Runs" need no AAU sanction (as well as those noted DSE), but you should be very careful of entering non-sanctioned races other than these, since your amateur status may be affected. No pre-registration is necessary for the DSE and Fun-Run events...just show up on raceday. You should always check to see if there are pre-entry requirements, late fees, closing entry dates, etc. with the meet directors or area contacts I have listed either below or with the schedule itself. Always check with meet director to verify times and dates...mistakes are always possible, and it could save you a long drive. The following schedule (next page) contains races from Oregon through Southern California and Nevada, plus a few other popular races that are even further. Non-PA-AAU races are coded as follows, and where no meet director is noted in the schedule, area contacts (below) should be contacted for details: Southern Pacific Ass'n (\*SPA) - John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105; Pacific Southwest Ass'n (\*PSWA) - Tom Bache, 4920 Kane St., San Diego, CA 92110; Central California Ass'n (\*CCA) - Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702; Southern Nevada Ass'n (\*SNA) - John Romero, Hotel Sahara, Las Vegas, Nev. 89114; Oregon Ass'n (\*OA) - Stan Stafford, 1778 NW LeMans, Roseburg, Ore., 97470; DSE Fun-Runs (\*DSE) - Walt Stack, 321 Collingwood, San Francisco, CA 94114. The PA-AAU Long Distance Chairman is Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 (Ph. 415/364-5599). The PA-AAU Office is 942 Market St., Suite 601, San Francisco, CA 94102 (Ph. 415/986-6725). \*\*\*\* When requesting information or entry blanks from anyone above or on the schedule, please enclose a self-addressed, stamped envelope. Let us know of any races in your area so we can be sure and list them...it's free!!

★ ANNOUNCING: Runner's World sponsored Fun-Runs; no entry fees, no advance entry, no AAU Cds. req'd. Every Sunday at 10:30 am--Foothill College, Los Altos (off I-280). A 1/2-mile race each week & following distances on successive week-ends each month: 1 & 5 Mi.; 2 & 4 Mi.; 1 & 6 Mi.; 3 Mi. Contact RW, P.O. Box 366, Mtn. View, 94040 (328-2911) for info.



- 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 17 - 15 Mile Run, Central H.S., Medford, Ore., noon. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (\*OA)
- Mar 17 - 2-Man 10-Mile Relay, County Fairgrnds, Roseburg, Ore., noon. Ron Hjort, c/o Roseburg Recr. Dept., Roseburg, 97470. (\*OA)
- Mar 18 - First Annual Sugar Beet Run, Manteca, 10 am (6 Miles). Dick Glasgow, 115 S. Veach, Manteca, CA 95336. (\*CCA)
- Mar 18 - Fifth LAPD Run, 6.1 & 2.6 Miles, 9 am (LAPD Academy, Elysian Pk.). Bob Burke, Director (213/221-3101). (\*SPA)
- Mar 18 - PA-AAU 30 Kilo Championship, Monterey, 9 am. Monterey Peninsula AC, Charles Day, P.O. Box 3818, Carmel, CA 93921.
- Mar 18 - Orienteering, Las Pulgas Lake, Camp Pendleton, 10 am. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Mar 18 - Family Run, Cal Western Univ., 2 pm. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Mar 24 - Mountain Marathon, Tacoma, Wash., 11 am. Carl Glatze, P.O. Box 804, Steilacoom, Wash. 98388. (Uncertified)
- Mar 24 - San Martin Marathon, San Martin, 8 am. Bill Flodberg, 12925 Foothill Ave., San Martin, CA 95046. (Certified)
- Mar 24 - YMCA Fun Run, Presidio Park (San Diego?), 8:30 am. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Mar 25 - 18th Newport Beach Handicap, 10 & 3.7 Mi., 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 - Anderson Dam Runs (1, 2, 10 Miles), nr. Morgan Hill, 9 am. Bill Flodberg, 12925 Foothill Ave., San Martin, CA 95046.
- Mar 31 - 8th Senior TC 2-Man, 14-Mile Relay (2 x 7 Mi.), La Mirada Park, 9 am. (\*SPA) -- Alternate 1.4 Mile laps.
- Mar 31 - 5 Mile Senior Run, (40+ Only), Lake Merced, S.F., 9:30 am. NCSTC, John Boitano, 3875 - 21st St., S.F., CA 94114.
- Mar 31 - Jog-In, 6th & Balboa Drive, San Diego, 2 pm. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Apr 1 - Valley of the Moon 10 Miler, Santa Rosa, 10 am. Fred Kenyon, 1609 Mariner Dr., Sebastapol, CA 95472.
- Apr 1 - 11 Mile Run, Camarillo. John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105. (\*SPA)
- Apr 7 - National AAU 25 Kilo Champs (Sr, Jr, & Masters), Kansas City, Mo. (Jackson Pk.). Kansas City Parks & Recr. Dept.
- Apr 7 - DeAnza Ridge Run, 9 Miles, Cupertino, 9 am. Joggersnauts, Jim Woodruff, 531 Benvenue, Los Altos, CA 94022.
- Apr 7 - 13 Mile Run, Hawaiian Gardens (Tentative). John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105. (\*SPA)
- Apr 7 - Orienteering, Highland Valley Rd. (N. of Rancho Bernardo), 10 am. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- 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, CA 95688.
- Apr 8 - Hawaiian Marathon, Kahului, Maui, 8 am (Uncertified). Bob Getzen, Box 214, Hana, Maui, Hawaii 96713.
- Apr 14 - SPA-AAU 20 Kilo Championship, Griffith Pk., L.A. (Tentative). John Brennand, 4476 Meadowlark Ln., Santa Barbara (\*SPA)
- Apr 14 - Birch Bay Marathon, Blaine, Wash., noon. (Certified). Jim Pearson, 521 17th St., Bellingham, Wash. 98225.
- Apr 15 - Laguna Lake Marathon, San Luis Obispo, 12 noon. Brian Waterbury, 1320 Foothill Blvd., San Luis Obispo, CA 93401.
- Apr 15 - Cupertino Marathon, Cupertino, Knights of Columbus, 9 am. Dan O'Keefe, 20203 Camarda Ct., Cupertino 95014. (Certified?)
- Apr 15 - Mt. Vaca Hill Climb, 10.6 Mi., Vacaville, 9 am. Bay Area Road Runners, Bill Flodberg, 12925 Foothill, San Martin 95046.
- Apr 15 - Family Run, Shelter Island (San Diego area), 2 pm. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Apr 15 - DSE Kennedy Drive 4.7 Miler; Meet at Polo Fields, Golden Gate Park, S.F., 10 am. (\*DSE)
- Apr 15 - Mad River Run, 6.1 Miles, Blue Lake (nr. Arcata), 1 pm. Bob Dickerson, P.O. Box 396, Blue Lake, CA 95525.
- Apr 16 - Boston Marathon, Boston, Mass., noon. Boston Athletic Ass'n, Will Cloney, c/o Boston Garden, Boston, Mass. 02144.
- Apr 21 - 14 Mile Run & Barbeque, El Dorado, 10 am. Ernie Marinoni, 5105 Newton Rd., Placerville, CA 95667.
- Apr 21 - Mission Bay 15 Kilo (N. end of Mission Bay Dr.), 10 am. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Apr 22 - DSE 3 Mile Nob Hill Run, Meet at Dolphin Club, S.F., 10 am. (\*DSE)
- Apr 28 - Visalia 10 Mile Run (Open, 40+)...possibly Apr. 27. Dave Bronzan, H.S.T.C., P.O. Box 271, Fresno, CA 93708. (\*CCA)
- Apr 28 - 22 Mile Sacramento to Woodland Run, 10 am. Woodland Chamber of Commerce, 520 Main St., Woodland, CA 95695.
- Apr 28 - Douglas County Jogathon, Stewart Pk., Roseburg, 11 am. Ron Hjort, Roseburg Recr. Dept., Roseburg, Ore. 97470. (\*OA)
- Apr 28 - YMCA Fun Run, Colina Del Sol Recr. Center, 8:30 am. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Apr 28 - USTFF Natl. Marathon Championship, Des Moines, Iowa. Bob Ehrhart, Drake Univ., Des Moines, Iowa 50311.
- Apr 29 - Mt. Diablo Disturbance Race, 6.6 Miles, 9 am PDT. Pre-entries req'd (handicap). Jack Kirk, Star Route, Mariposa 95338.
- May 6 - Avenue of the Giants Marathon (Certified), Weott, 9 am. Six Rivers RC, Dick Gilchrist, 281 Hidden Vly Rd., Bayside, CA 95524. (Please Note: The incorrect date and time was listed in the PA-AAU Schedule...this info is correct.)
- May 6 - Guardsmen Angel Island Race & Picnic, 11:30 am, 5-1/4 Mi. The Guardsmen, c/o Phil Fernandez, 12 Geary St., S.F. 94108.
- May 6 - Evergreen Marathon, Pullman, Wash. (Uncertified). Jim Dunne, P.O. Box 133, Pullman, Wash. 99163.
- May 6 - City of Lakewood Sports Festival 10 Kilo, Lakewood. John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105. (\*SPA)
- May 12 - 8 Mile Road Race, Golden Gate Pk., S.F., 9 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
- May 13 - DSE 5 Mile Golden Gate Bridge Vista (Meet at Legion of Honor Parking Lot), 10 am. (\*DSE)
- May 13 - Manresa Beach Runs (RRC), 1, 2, & 8 Miles, 1:30 pm. Bill Flodberg, 12925 Foothill Ave., San Martin, CA 95046.

#### AAU-COLLEGIATE

#### TRACK AND FIELD

- Mar 16 - Coast Conf. Relays, Cabrillo College; Chabot at CCSF, 2 pm; Foothill at Laney, 3 pm; San Mateo at Merritt, 3 pm; Skyline at Contra Costa; Alameda at Santa Rosa; Marin at DeAnza; Solano at West Valley.
- Mar 17 - Brotherhood Games at Merritt (AAU), noon; Diablo Valley at SJCC, 10 am; All-Comers Meet at San Diego St., noon; Fresno Pacific & Bakersfield at Fresno St.; Chico v. SF St. at Skyline JC; Humboldt & Cal-State Hywd. at Sonoma, 1 pm; UOP at Stanislaus St.
- Mar 20 - Diablo Valley at CCSF, 3 pm; San Mateo at Foothill, 3 pm.
- Mar 21 - Merritt at Chabot, 3:15 pm; Laney at SJCC, 3 pm.
- Mar 22 - DeAnza at Solano.
- Mar 23 - Gavilan & Cabrillo at Monterey, 4 pm; Menlo & Ohlone at Hartnell, 4 pm; Skyline at Marin; Contra Costa at Santa Rosa; West Valley at Alameda.
- Mar 24 - BAS & Sac'to St. at Cal (tentative reschedule); Pro-Track Meet, Los Angeles; Easter Relays, Santa Barbara; BAS, Oregon, Army & Fresno St. at Bakersfield; Oregon at San Jose St., 11 am; SF St. at Fresno Pac.
- Mar 25 - UCLA Meet of Champions, Westwood.
- Mar 27 - USTFF Decathlon (2 days) at UC Santa Barbara.
- Mar 30 - Skyline at Santa Rosa; Marin at Solano; West Valley at Contra Costa; Alameda at DeAnza; Laney at Diablo Valley; CCSF at Merritt; San Mateo at SJCC; Chabot at Foothill; Valley Conf. Relays at Fresno, 3 pm; Pro-Track Meet, Portland, Ore.
- Mar 31 - BAS & WVTC at San Jose St., 11 am; Hartnell Invit.;
- Mar 31 - Oxy at Stanford; Claremont Relays; SF St. at Humboldt; UC Davis at Cal-St. Hywd.; Sac'to St. at Chico.
- Apr 1 - Pro-Track Meet, Cow Palace, S.F., 7 pm.
- Apr 6 - Laney at CSM; Diablo Valley at Merritt; Foothill at CCSF; San Jose at Chabot; Solano at Skyline; Santa Rosa at West Valley; Alameda at Marin; DeAnza at Contra Costa.
- Apr 7 - San Jose St. at Long Beach; Sacramento Relays at Sac'to St., 4 pm; San Diego Relays; Hayward Decathlon (2 days, beginning Apr. 6).
- Apr 11 - Valley Conf. Trials at Modesto, 3 pm; Foothill at SJCC; Merritt at Laney.
- Apr 12 - Chabot at Diablo Vly.; CCSF at CSM.
- Apr 13 - Skyline at Alameda; Santa Rosa at Marin; West Valley at DeAnza; Contra Costa at Solano.
- Apr 14 - Woody Wilson Relays at UC Davis; Bakersfield (JC) Relays, 2 pm; Hancock Invit. (JC), Santa Maria; Valley Conf. Finals at Modesto, 1 pm; All-Comers Meet at Merritt College, noon; Trojan Invitational (USC).
- Apr 17 - Nebraska at San Jose St., 11 am; Puget Sound at Cal-St. Hywd., 1 pm.
- Apr 21 - UCLA v. Cal & USC v. Stanford at Cal; Sac'to St. at SF St.; Cal-St. Hywd. at Chico; UC Davis at Humboldt; Diablo Valley (JC) Relays, Pleasant Hill; Fresno CC, American River, & West Valley at SJCC, noon.
- Apr 24 - Fresno St. at Cal Poly, SLO.
- Apr 27 - Mt. SAC Relays, Walnut (2 days).



● RACE WALKING ●

- Apr 28 - Mt. SAC Relays; SF State at Cal-St. Hywd.; UC Davis at Chico St.; Sac'to St. & Sonoma at Humboldt; Nor-Cal JC Relays at SJCC, 10 am; NorCal Small College Relays at Chico St., 10 am.
- May 2 - Golden Gate Conf. Trials at Laney, 2 pm; Camino Norte Conf. Trials at Contra Costa.
- May 4 - Golden Gate Conf. Finals at Laney, 3 pm.
- May 5 - Camino Norte Conf. Finals at Contra Costa; Cal at Stanford, 1:15 pm; San Jose Invit. at San Jose St., 11 am; SF St., & UC Davis at Sonoma; Cal-St. Hywd. at Sac'to St.; Coast Conf. Finals at Hartnell.
- May 11 - NorCal Small College Invit. at Porterville.
- May 12 - West Coast Relays at Fresno (all day).

HIGH SCHOOL

- Mar 17 - Buchser Relays, Santa Clara, 9 am.
- Mar 24 - Wildcat Relays, Watsonville, 1 pm; Campbell Invit., SJCC, 9 am; Catholic AL Relays, St. Mary's HS.
- Mar 31 - Blossom Hill Relays, Leigh HS, San Jose, 8:30 am.
- Apr 7 - Carlmont Invit. Relays, 9 am; King City Invit., 9 am; Martinez Relays; Ceres Invitational.
- Apr 14 - Hill-Kiwanis Invit. Relays, SJCC, 9 am; Santa Rosa Relays, 9:30 am; San Mateo All-City Meet, CSM, 10 am; Stapleton Memorial, Antioch; R.L. Stevenson Relays; Sir Francis Drake Relays; Vanden Relays.
- Apr 16 - 3rd Annual Decathlon, Branham HS, San Jose (2 days).
- Apr 27 - Santa Teresa AL Relays, Live Oak HS, 3:30 pm; Cureton Relays, Fremont HS, Sunnyvale.
- Apr 28 - Downey Games, Modesto, 9 am; Pacific Grove Invit., 9 am; El Cerrito Relays, 10 am.
- May 1 - Sequoia Distric Trials, Sequoia HS, 3 pm; NACAL Trials at El Cerrito, 2:30 pm.
- May 3 - NACAL Finals, El Cerrito, 2:30 pm; SCVAL Trials (2 days), Monta Vista HS, 3 pm.
- May 4 - Sequoia District Finals, Sequoia HS, 6 pm; SCVAL Trials, continued.
- May 5 - Castro Valley Invit., 5:30 pm; Woodland Invit., 3 pm; Santa Cruz Relays, 10 am.
- May 8 - SCVAL Semi-Finals, Monta Vista, 3 pm; SPAL Trials, Foothill Coll.; MPL Trials, Capachino, 2:45 pm; WCAL Trials, St. Francis, 3:30 pm; MHAL Trials, SJCC, 2 pm; WVAL Trials (2 days), Prospect HS, 3 pm; CAL Trials, Cal-St. Hywd.; MVAL Trials (2 days), Irvington, Fremont, 2:30 pm.
- May 9 - ACAL Championships, El Cerrito, 2:30 pm.
- May 10 - MPL Finals, Capachino, 2:45 pm; CAL Finals, Cal-St. Hywd.
- May 11 - SCVAL Finals, Monta Vista; STAL Finals, Pioneer HS; SPAL Finals, Foothill Coll.; WCAL Finals, St. Francis, 6:30 pm; MHAL Finals, SJCC, 6:30 pm; MVAL Finals, Irvington HS; WVAL Finals, Prospect HS, 4:30 pm; West Coast Relays (2 days), Clovis HS & Fresno St.
- May 16 - NCS Region I Trials, Cal-St. Hywd. or Chabot, 1:30 pm.
- May 18 - NCS Region I Finals, Cal-St. Hywd. or Chabot, 2:30 pm; CCS Region III Meet, SJCC, 3 pm.

WOMEN - SENIORS - AGE GROUP

- Mar 17 - Girl's Age Group Season Opener (Eastern Section), Orinda TC; Boy's Age Group Season Opener, Salinas Valley TC; CDMTC Masters Relays at UC Irvine, 1 pm.
- Mar 24 - San Juan Strider Invit. (Boy's Age Grp), Sacramento.
- Mar 25 - Will's Relays (Women, 14/Up), Encina HS, Sac'to.
- Mar 31 - Girl's Age Group Sectionals (Western, Salinas Valley TC; Eastern, Roseville AC); Claremont Relays.
- Apr 7 - Grandfather Games (Masters) at LA Valley Coll., 1 pm; Millbrae Lions Relay Carnival, Mills HS, 10 am.
- Apr 8 - NCSTC (Seniors) Track Meet, Tracy (30 and up).
- Apr 14 - Sparta Invit. (Boy's Age Grp), San Jose; San Jose Invit. (Girl's Age Grp), San Jose Cindergals, SJCC, (12/13 and up); Kauai Masters Meet (& Decathlon??), Hawaii.
- Apr 19 - Hawaii International T&F Champs, Honolulu, 3 days.
- Apr 21 - Masters Natl. Pentathlon, UC Irvine, 1 pm.
- Apr 28 - Orinda Invit. (Women's Age Grp) (14/15 up); Redwood City Invit. (Boy's Age Grp, RC Flyers).
- Apr 29 - Mt. SAC Relays (women).
- May 5 - Women's PA-AAU Pentathlon/Triathlon, Mills HS, 10 am; Herbert Hoover Relays (Boy's Age Grp), Palo Alto.
- May 11 - Women's Collegiate Natl. Championships, Cal-St. Hywd, (2 days).
- May 12 - Women's NCAA (Cont'd); Salinas Valley Invit. (Girl's Age Grp), Hartnell JC; Pleasant Hill Invit. (Boy's Age Grp), Diablo Vly. JC; West Coast Relays, Fresno.
- May 13 - PA-AAU Girl's 14/15 Championships, Mills HS, Millbrae.

Scheduling: For further details on the schedule below, contact Steve Lund, 402 Via Hidalgo, Greenbrae, 94904 (Ph. 461-5492). He is the PA-AAU's new race walking chairman.

- Mar 24 - LA Municipal Games, Sepulveda Sports Ctr, Encino, 9 am. Municipal Sports Office, 3401 Riverside Dr., LA 90027. 10 Kilo Open and many divisions.
- Mar 31 - Sr. Natl. 10 Kilo (Pre-entries required), Reno, Nevada. Jim Bentley, P.O. Box 6466, Reno, Nev. 89503.
- Apr 7 - Sac'to Invit. 10 Kilo, Sacramento State College.
- Apr 7 - Millbrae Lions Relay Carnival (tentative girl's one mile walk), Mills HS, Millbrae.
- Apr 15 - Sr. Nat'l 20 Kilo (qualifying for summer travel competition), Santa Barbara.
- Apr 28 - Men's 30 Kilo & Women's 2 Mile, Mick Grove Park, Stockton...listed as 29th in original schedule!!
- Apr 28 - Sr. Natl. One Hour Walk, Cornwells Hgts., Pa., 10 am.
- May 5 - Jr. Natl. 15 Kilo, Portland, Ore., noon.
- May 13 - Sr. Natl. 50 Kilo, State Fairgrounds, Des Moines, Iowa, 8 am...qualifying for summer competitions.

All-Comers One Mile Walk: (Jan. 6, CSM, San Mateo) - (1) Bob Kitchen 7:02, (2) Steve Lund 7:28, (3) Sheryl Robinson 8:32, (4) Sandy Briscoe 9:15, (5) Jackie Dooley 9:44, (6) Debbie Trenholm 9:55, (7) Steve Briscoe 10:03, (8) Cindy Evans 10:35, (9) Karen Bessey 10:42, (10) Susan Homick 11:13. /Sandy Briscoe/

Men's Two-Mile & Women's Mile: (Jan. 21, Cal-State, Hayward) - (1) Goetz Klopfer 15:57, (2) Steve Lund 16:29... (1) Sheryl Robinson 8:33, (2) Sandy Briscoe 9:19, (3) Lauren ?? 9:43, (4) Susan Homick 10:32, (5) Karen Bessey 10:43. /Steve Lund/

Examiner Games Two-Mile: (Jan. 26, Cow Palace, Daly City) - Esteban Valle took the lead at the gun, but by a half-mile or thereabouts, Goetz Klopfer took the lead and wasn't challenged the remainder of the race. As the distance wore on, Bill Ranney's strength overhauled Valle with Kitchen finishing fourth. (1) Klopfer 14:12.2, (2) Ranney 14:20.2, (3) Valle (WVTC) 14:22.2, (4) Bob Kitchen 14:32.4, (5) Don DeNoon 15:06.8, (6) Steve Lund 15:15.2,...next four places not necessarily in correct order (recorders only got times on first 6)...Manny Adriano (WVTC) nt, Jim Bentley (SRW) about 15:30, Brad Bentley (SRW) about 15:30, Dave Swift (WVTC) just over 16 minutes in his first-ever indoor meet. /Steve Lund/

LA Times Indoor: (Feb. 9, Los Angeles) - Jim Bentley became the youngest-ever to snap 7 minutes for the mile at an indoor by upsetting two-time Olympian Rudy Haluza in 6:58. Jerry Lansing was two months older when he did the trick for the previous, "youngest-ever". (1) J. Bentley 6:58, (2) Haluza ...a very close second, no time reported. They fought every inch of the way. /Steve Lund/



THE 1500 METER WALK AT THE OAKLAND INVITATIONAL (LEFT TO RIGHT), RON LAIRD, BOB KITCHEN, ESTEBAN VALLE, DON DENOON, AND WINNER GOETZ KLOPFER. RESULTS ON NEXT PAGE. /Art Dudley/



**Oakland Invitational:** (Feb. 10, Oakland Coliseum) - The 1500 meter event featured a combination men's & women's competition, a first for indoor competition, at least in the Bay Area. Unfortunately, the girls (due to no fault of their own) wound up doing one lap short and not getting any times at all. Plus, they were forced(?) to compete out in the third lane for the entire race. In the men's competition, a real four-way battle developed as only 5 seconds separated the top men. Esteban Valle went out fast as usual, and Klopfer pulled away somewhere midway in the race. Valle, suffering from a bad cold, pulled back closer in a last lap drive, but fell short by two seconds. (1) Goetz Klopfer (AAC) 6:10.8, (2) Valle (WVTC) 6:12.8, (3) Don DeNoon 6:14.3, (4) Bob Kitchen (AAC) 6:15.6, (5) Ron Laird 6:30.0. **Women:** (no times) - Sue Brodock, Sheryl Robinson, Dayna Gerth, Sandy Briscoe, Jackie Dooley...Brodock just nipped Robinson, who had figured there was one lap left (which there was...but the officials didn't count too well). /Steve Lund/

**San Diego Indoor:** (Feb. 17, San Diego) - Bill Ranney took second in the mile with a strong 6:48.6 (near his best). Don DeNoon won in 6:37.6, and Ron Laird was third, a second back of Ranney. Brad and Jim Bentley also competed...no times known.

**Indio Date Festival 10 Kilo:** (no date, Indio) - Bill Ranney, looking stronger with age, whipped a good field here in a time of 47:10, ahead of the likes of Haluza, DeNoon, Bolden, and Laird, amongst others. /Steve Lund/

**Natl. AAU Jr. One Hour:** (Mar. 3, Reno) - (1) Jim Bentley (SRW) 7 miles, 136 yds., (2) Julio Hallack (Mexico) no distance given, (3) Bryan Snazelle (San Rafael) no distance given...these results from newspaper: complete results & story next issue.

● TRACK AND FIELD RESULTS ●

**Seattle Invitational:** (Feb. 3, Seattle) - Listing of California finishers: **60:** (1) Deckard (CITC) 6.0, (3) Babb (CITC) 6.1; **880:** (1) Lowrey (OSU) 1:54.2; **SP:** (1) Feuerbach (PCC) 69-2, **MR:** (2) Woods (PCC) ??; **Mile:** (1) Johnson (CNW) 4:01.7, (2) Macdonald (OCC) 4:01.8; **440:** (1) Newhouse (PhilPC) 48.5, **MR:** (2) Reed (SDTC) 49.5, (3) Bolding (PCC) 49.8; **60HH:** (1) Babb (CITC) 7.0, **MR:** (2) Bolding (PCC) 7.4; **LJ:** (1) Williams (USC) 25-8, (3) McAlister (UCLA) 24-4 3/4; **600:** (1) Casselman (MichSt) 1:12.7, (2) Brown (USC) 1:12.8, (3) Wilson (SDTC) 1:13.0; **PV:** (1) Smith (PCC) 17-7 3/4, **MR:** (2) Pullard (USC) 17-0, (3) Richards (PCC) 17-0; **HJ:** (1) Woods (OSU) 7-2 1/4, (2) Stones (PCC) 7-2 1/4; **2 Mi:** (1) Kardong (CNW) 8:41.0, (3) Kaal (PCC) 8:49.8. **Women: 60:** (1) Riggs (Seattle) 7.0, **MR:** (2) Wiser (SLOT) 7.1; **440:** (1) Crowley (Canada) 57.3, (3) Wiser (SLOT) 59.5; **Mile:** (1) Larrieu (SJCG) 4:40.7, **MR:** **SP:** (1) Svendsen (Unat) 49-9.

**Women's PA-AAU Winter Track & Field Meet:** (Feb. 4, San Mateo) - Cloudy, cool, very strong winds. **OPEN:** **60HH:** Carlsen (SRR) 8.4, King (MLTC) 8.8; **200m:** Hammond (SRR) 25.7, Miller (RJ) 25.8; **400m:** Hammond 58.9, Haughey (SJCG) 61.0; **800m:** Poor (SJCG) 2:19.8, Anex (WS) 2:20.1, Eberly (SJCG) 2:22.2; **1500m:** Anex 4:44.7, Claugus (WS) 4:56.4, Benson (Unat) 5:03.8; **440R:** R. Juliettes 50.7, Wills Spikettes 51.4, San Jose Cindergals 51.5; **1500m walk:** Dooley (Unat) 9:17.8, Morr (WS) 9:20.8;

**60:** Julian (RJ) 7.4, White (BTC) 7.6, Western (Unat) 7.6; **880 Med:** Sac'to RR 1:51.5, Richmond Lions 1:57.2, Wills Spikettes 1:59.4; **MileR:** SJCG 4:04.2, SRR 4:11.2; **Exhib. 2 Mi:** Val Eberly (SJCG) 11:20.8, Haberman (SJCG) 11:31.4; **LJ:** King (MLTC) 16-11, Tenette (RJ) 15-7 1/4; **HJ:** McQuellan (WS) 5-2, Hynkas (USJ) 4-10; **SP(4Kg):** Lane (Unat) 38-7 3/4...**Scoring:** WS 91, SRR 61, SJCG 54, MLTC 37, RJ 36. **14-15 AGE GROUP:** **LJ:** Velasco (USJ) 15-0, Kinumaka (SJCG) 15-0; **HJ:** Kinumaka 5-0, Stuart (O) 4-10; **SP(8#):** Mack (R) 31-11, Mills (MLTC) 30-2; **60LH:** Forsman (SV) 11.2; **200m:** Nickson (BTC) 25.9, Lewis (MLTC) 27.4; **400m:** Nicholson (BTC) 59.1, Peterson (Scr) 65.5; **800m:** Guina (SJCG) 2:30.5, Nelson (SV) 2:31.0, St. Claire (SJCG) 2:31.5; **1500m:** Potter (SJCG) 5:20.4, Johnson (SJCG) 5:20.9; **60:** Robinson (BTC) 7.7, Lewis (MLTC) 7.9, Rand (MLTC) 7.9, Sulinski (MLTC) 7.9; **440R:** MLTC"A" 52.2, MLTC"B" 52.7, SJCG"A" 53.1; **880 Med:** MLTC 1:57.4, SJCG 2:01; **MileR:** SJCG 4:23.3, MLTC 4:24.9, MLTC 4:26.0; **1500m walk:** Tenkortaer (MLTC) 10:40.4, Bangert (MLTC) 10:56.2...**Scoring:** MLTC 116, SJCG 85, USJ 43, BTC 37, Orinda 22. /Jim Hume/

**Oakland Invitational:** (Feb. 10, Oakland) **Coll. 2 Mile:** Makela (HSC) 9:36.0, Curran (CSH) 9:42.0, Beaton (CP/SLO) 9:42.8, Donahue (SFS) 9:43.2; **Coll. SP:** Anderson (FP) 53-5 1/2, McCollum (CSH) 52-1 1/2, Himan (HSC) 51-11; **Coll. TJ:** Trujillo (FP) 48-6 3/4, Taylor (CPSLO) 47-8, Fernandez (SFS) 46-11 1/2; **Coll. 50m:** Sconiers (FP) 6.0, Parker (CSH) 6.0, Grimes (CPSLO) 6.1, O'Neil (CSH) 6.1; **HS-SP:** Waters (Skyl) 54-4 3/4, Denchak (Ant) 53-10 1/2, Fruguglietti (Alb) 53-8 3/4, Grayson (Liv) 51-10; **HS-LJ:** Bowie (Sacto) 22-11 1/2, Cleghorn (Berk) 22-9 1/4, Williams (Hoover) 22-0, Bryson (Oak) 21-8; **HS-PV:** Turner (DM) 13-6, Keehan (MV) 13-0, Linn (Buch) 13-0, Gilbert (Lemoore) 13-0; **HS-TJ:** Bryson (Oak) 46-7, McCarthy (Cup) 46-3 3/4, Reuben (Alb) 46-3; **HS-HJ:** Shaw (Pitt) 6-6, Turner (Wils) 6-6, Phillips (ElCam) 6-6; **HS-Sprt Med:** Antioch 3:42.3, El Cerrito 3:42.5, Amador Vly 3:42.5, Hoover 3:43.0; **1500m Walk:** (See RW results); **JC-1500m:** Brooks (SJCC) 4:00.9, Hayes (Laney) 4:03.4, Pelton (Mont) 4:05.4, Carvey (CSM) 4:05.4, Boyette (Sac'to) nt; **Girl's 13/U 4 x 160:** MLTC 1:17.4, Orinda 1:21.2, SJCG 1:21.7, Integra 1:23.9; **HS-1500m:** Kimball (DLS) 4:03.0, Burrough (DA) 4:03.8, Taylor (Mer) 4:05.2, Kesser (StFr) 4:06.6, Ruffatto (Wash/Fre) 4:07.1; **Women's 4 x 200:** MLTC 1:46.8, SRR 1:47.4, RJ 1:48.4, Wills Sp. 1:49.4; **Sr-1500m:** Napier (WVJS) 4:15.9, Mundle (SMTC) 4:17.3, Teeguarden (NCSTC) 4:17.4, Pratt (NCSTC) 4:17.4; **Coll. Sprt.Med.:** Cal Poly 3:37.0, SFS 3:40.9, Cal-St. Hywd. 3:40.9, HSC 3:42.9, UC Davis 3:45.5; **HS-50mLH:** Allmond (Snte) 6.4, Kirkman (Wils) 6.4, Taylor (Oak) 6.7, White (Berk) 6.7, Veal (SC) 6.8; **Coll-50mLH:** Riemer (FP) 6.5, Mead (CPSLO) 6.6, Nielson (HSC) 6.9, Anzilotti (HSC) 7.0, Leahy (CSH) 7.1; **JC-50mHH:** Alexander (Fr) 6.9, Pierce (Sky) 7.0, Ligons (Chabot) 7.1, Parker (Port) 7.2, Koko (Chab) 7.3; **50mHH:** White (SCS) 6.4 Equals AR, Hall (SJCC) 6.5, Babb (CITC) 6.6, Shipp (IC) 6.6, Hill (Army) 6.7; **PV:** Simpson (Canada) 16-6, Slover & Dias (BAS) 16-0, Hamer (CPSLO) 16-0; **Women's 50mHH:** Johnson (CNW) 7.0, Carlsen (SRR) 7.5, Sherrard (SRR) 7.5, King (MLTC) 7.6, Donnelly (SLOT) 7.7; **JC-50m:** Triplett (Port) 5.9, Dowdy (SR) 6.0, Peters (Laney) 6.0, Cummings (CC) 6.0, Ruffin (SF) 6.1; **HS-50m:** Shavers (Alb) 5.8, Glass (Cast) 5.8, Farmer (Wils) 5.9, Clark (Ells) 5.9, Brewer (EC) 6.0; **TJ:** Gill (CPSLO) 52-3 1/4, Reader (CITC) 52-1 3/4, Butts (SCS) 51-5,



START OF THE WOMEN'S MILE RUN AT THE OAKLAND INVITATIONAL. FRANCIE LARRIEU, ON THE INSIDE, WON IN A TIME OF 4:47.9 FOR A FIVE-SECOND VICTORY. /Art Dudley/



BAY AREA STRIDER, VIC DIAS, CLEARED 16-0 TO TIE FOR SECOND AT OAKLAND. /Art Dudley/



Steffes (Unat) 49-8 1/2; Sr.-50m: Lingel (BAS) 6.2, Rhoden (Unat) 6.2, Sanchez (BAS) 6.3, Andrews (BAS) 6.3, Marlin (NCS) 6.4; 50m: (Sec. 1) Washington 5.6, McCullough (ASU) 5.6, Pender (Army) 5.7, Smith (SCS) 5.8, (Sec. 2) Jackson (CITC) 5.8, Whitley (Unat) 5.9, Ligons (BAS) 5.9, Babb (Unat) 6.3; Exhib. SP: Komar (Poland) 60-9; HS-1600m Rly: Lemoore 3:33.0, Highlands 3:33.3, Buchser 3:33.6, Kennedy (Rich.) 3:33.8, Mt. Pleasant 3:39.1; Women's 500m: Scott (LAMerc) 1:14.0, Hammond (SRR) 1:15.1, Larrison (BATIC) 1:15.8, Snyder (WS) 1:22.2; JC-1600m Rly: Laney 3:27.3, Skyline 3:28.9, CCSF 3:33.2, SJCC 3:33.7, Foothill 3:33.9; Jav: Burns 97-2, Pena 93-9, Kaveny 90-4, Louisiana 70-5; 800m: Boit (Kenya) 1:50.8, Luzins (USM) 1:51.0, Eashman (CSH) 1:53.2, Crawford (Army) 1:55.3; College 1600m Rly: Cal-Poly 3:28.6, Chico 3:30.4, UC Davis 3:32.4, Humboldt 3:33.5, Cal-St. Hayward 3:40.7; 400m: (Sec. 1) Newhouse (PhilPC) 47.9, McGrady (CITC) 48.5, Bayless (BAS) 51.4, (Sec. 2) Lawson (Ariz) 49.4, Lawson (IdahoSt) 49.5, Williams (DC Strid) 51.6; Women's 1600m Rly: SRR 3:30.7 (mis-timed), LaJolla TC 4:09.6, SJCG 4:09.8, WS 4:14.9; HJ: Joseph (Ariz) 7-0, Brown (CITC) 7-0, Miller (DVC) 6-10, Lowe (Unat) 6-8; 3000m: Smith (AIA) 8:05.2, Macdonald (Unat) 8:08.2, Kaal (PCC) 8:08.8, Hale (OTC) 8:10.6, Kardong (CNW) nt, Anderson (OTC) nt; Women's Mile: Larrieu (SJCG) 4:47.9, Decker (BATIC) 4:52.7, Gibbons (Unat) 4:54.4, Claugus (WS) 4:59.5; 1600m Rly: CITC 3:20.4, SCS 3:21.2, Alameda TC 3:48.6.

Olympic Invitational: (Feb. 16, New York) - Women's 400m: (1) Neufville (Jam) 56.0, (2) Scott (LA Merc) 56.5, (3) Hammond (SRR) 56.7; 400m: Musika (PCC) 49.2; 3000m: Kaal (PCC) 8:03; HJ: Stones (PCC) 7-2.

Bennion Games: (Feb. 17, Pocatello, Idaho) - Stanford University's 880 yard relay team led three teams past the world indoor record with a winning time of 1:27.4 (Ken Curl 22.4, John Kessel 21.8, Matt Hogsett 21.8, John Anderson 21.4). Colorado State and Idaho State were also under the old 1:28.1 mark. In addition, Stanford took 3rd in the distance medley with 9:57.8.

San Diego Indoor Games: (Feb. 17, San Diego) - Francie Larrieu set a women's world indoor mile record of 4:35.6 in upending Olympic champion Lyudmila Bragina. The old mark was 4:38.5, set by Debbie Heald last year. The Soviet has a best of 4:01.4 for 1500 meters, which is also the world record. 60: Deckard (CITC) 6.0, Kemp (SCS) 6.0, Borzov (USSR) 6.0 (Equals European Mark); 60HH: Babb (CITC) 7.2; 500: Redd (SDTC) 56.4, John Smith (Unat) 56.8; 1000: Winzenried (CW) 2:07.9, Arzhanov (USSR) 2:08.1; Mile: Liquori (NYAC) 4:03.4, Wheeler (Duke) 4:03.5, Kaal (PCC) 4:03.8, Macdonald (Unat) 4:04.1; 2 Mi: Crawford (Army) 8:32.2, Kardong (CNW) 8:44.4 (4th); HJ: Abramov (USSR) 7-0; PV: Smith (PCC) 17-6; LJ: Williams (USC) 25-7 3/4; SP: Feuerbach (PCC) 69-1 1/2, Woods (PCC) 68-4 1/4; TJ: Tucker (LBS) 50-8 1/2; Women's 60: (1) Ferrell (LA Merc) 7.1, (4) Legett (Mt.ViewStr) 7.3; 600: Williams (SDTC) 1:12.1; MileR: SDTC 3:18.1; Sr. 2 Mi: Gookin (SDTC) 9:38.0, Smartt (SCS) 9:43.3, Mundle (SMAA) 9:44.8, O'Neil (SFOC) 9:58.2. /Track & Field News; Jim O'Neil/

National AAU Indoor Championships: (Feb. 23, New York) - Winners and California placers are listed here: 60: Crawford (PhilPC) 6.0; 60HH: Milburn (SU) 7.1, (5) Babb (CITC) 7.3; Mile Walk: Daniel (NYAC) 6:22.0, (4) DeNoon (BATIC) 6:30.1; 1000: Phillippe (Fordham) 2:08.8, (5) Winzenried (CW) 2:10.2; Mile: Liquori (NYAC) 4:03.5, McAfee (NC) 4:03.5, (4) Macdonald (Unat) 4:06.5; 3 Mi: Smith (AIA) 13:07.2 (World Record); TJ: Craft (UCTC) 54-8 1/2, (4) Reader (CITC) 52-2 1/2; LJ: Williams (USC) 26-8 1/4, (4) Whitley (CITC) 25-2 1/2, (5) Robinson (Army) 24-11 1/2; SP: Woods (Unat) 69-9 1/2 (World Record), (3) Feuerbach (Unat) 66-2 1/2; 35#-Wt: Frenn (Unat) 69-7 1/4; 600: Newhouse (PhilPC) 1:11.0, (2) Williams (SDTC) 1:11.6; PV: Smith (PCC) 17-8; HJ: Stones (Unat) 7-2, (3, tie) Matzdorf (CW) 7-0; WOMEN: 60: Davis (TennSt) 6.6, (3) Watson (LATC) 6.8; LJ: Szewinska (Pol) 20-6, (2) Watson (LATC) 20-4 1/4; SP: Svendsen (Unat) 50-0 1/4; HJ: Pfaff (CTC) 5-8; 440: Walsh (Canada) 55.5, Hammond (SRR) 55.7, Neufville (LATC) 56.2; 60HH: Johnson (CNW) 7.5; Mile: Bragina (USSR) 4:40.0, (3) Heald (LaMirada) 4:46.7, Decker (BATIC) 4:47.7; 220: Bryant (LAMerc) 24.6; 880: Toussaint (Atoms TC) 2:08.8.

Stanford 128, Fresno St. 31: (March 3, Stanford) - 3000mSC: Schoenrock (S) 9:32.6; 440R: Stanford 41.7; Mile: Mittelstaedt (S) 4:14.8, McFadden (S) 4:14.9; 120HH: Bagshaw (S) 14.4; 440: Anderson (S) 48.6, Kessel (S) 49.8; 440IH: Hogsett (S) 53.0, Zulim (F) 53.8, Kring (S) 54.4; 100: Curl (S) 10.0; 880: Jackson (S) 1:57.4; 220: Curl (S) 22.0; 2 Mi: Sandoval

(S) 9:01.6 (New SU Frosh Rcd), Mittelstaedt (S) 9:04.2, McConnell (S) 9:13.8, Bellah (S) 9:14.6; MileR: Stanford 3:19; LJ: Kring (S) 22-2 3/4, T. Anderson (S) 21-10; Jav: Hopkins (S) 209-6; TJ: Hall (S) 45-6 1/4, Toliver (S) 45-4 3/4; DT: Howard (S) 165-10, Dreissigacker (S) 156-10, Nelms (F) 151-3, Royer (S) 150-6; PV: Harwood (S) 13-0; SP: Albritton (S) 57-11 3/4 (New SU Frosh Rec), Giroux (F) 54-11, Bakkensen (S) 51-4 1/4; HJ: Richardson (F) 6-2, T. Anderson (S) 6-2./Bellah/

San Jose St. vs. SFS & CSH: (Mar. 3, San Jose) - 100: Breddell (SJ) 10.3; 220: Leek (Unat) 23.1; 440: Maas (SJ) 49.1, Sprink (SJ) 49.4; 880: Eashman (CSH) 1:53.4, Harmatz (SJ) 1:53.4; Mile: Ebert (SJ) 4:23; 2 Mi: Devoe (SJ) 9:27.2; 120HH: Whitley (SJ) 15.3; 440IH: Kaster (SJ) 54.9; 440R: San Jose 42.0; MileR: San Jose 3:28.6; SP: Kirschenman (SJ) 50-11, Gherardi (SJ) 49-9; LJ: Wikkeling (SJ) 21-7; Jav: Rhoades (SJ) 185-8; TJ: Ragster (SJ) 45-1; DT: Kirschenman (SJ) 147-10.

#### ● ROAD RACING RESULTS ●

Mission Bay Marathon: (Jan. 13, San Diego) - Doug Schmenk defended his title, running just 21 seconds off his 1972 meet record, by recording a sterling 2:18:06 clocking under quite warm conditions. A total of six runners snapped 2:30. Dave Waco was top senior at 2:34:21 and Judy Ikenberry ran a great 3:00:05, missing the 3-hour barrier and a watch by five seconds. The Golden West AA won the team battle with 13 to runnerup SBAA's 17 and Athletes In Action's 21. Top NorCal team was High Sierra TC with 38 in fourth. (1) Schmenk (ELATC) 2:18:06, (2) Dobrenz (GWAA) 2:27:13, (3) Fredriksson (Unat) 2:27:26, (4) Toledo (STC) 2:27:48, (5) Moffit (Oxy) 2:28:19, (6) Forrester (Unat) 2:28:41, (7) Price (AIA) 2:30:47, (8) Kushner (GWAA) 2:31:10, (9) Anderson (SBAA) 2:32:43, (10) Russell (SCS) 2:33:16, (11) Kurrle (Unat) 2:33:55, (12) Waco, 40 (CCAC) 2:34:21, (13) Brennand (SBAA) 2:35:12, (14) Johanson (Wstmt) 2:35:33, (15) Schofield (SBAA) 2:35:36...(22) Gregory (HSTC) 2:39:38, (31) Cockerham (HSTC) 2:44:06, (36) Bronzan (HSTC) 2:47:56, (69) Jensen (HSTC) 3:00:35, (101) Nowinski (WVTC) 3:16:55, (107) Markillie (MPAC) 3:18:45, (136) Belto (SDTC) 3:25:29, (140) Larson (MPAC) 3:26:31, (163) Hadley (Un) 3:37:42, (178) Bergkamp (WVTC) 3:46:55. /Bill Gookin/

Fourth Lunada Bay Run: (Jan. 20, 14.63 Miles) - (1) Kushner (GWAA) 1:20:08, (2) Anderson (SBAA) 1:21:05, (3) Rodriguez (ECC) 1:21:51, (4) Theriault (STC) 1:25:07, (5) Toledo (STC) 1:25:07, (6) Monzingo (TRTR) 1:26:34, (7) Edwards (Un) 1:27:12, (8) Horney 1:28:29, (9) Miller 1:28:32, (10) Rudberg (STC) 1:29:26. /John Brennand/

Long Beach Ocean Run: (Jan. 21, 6.2 Miles) - (1) Greer (SCS) 32:36, (2) Ritchie 32:38, (3) Arquilla (CSLB) 32:43, (4) Wilson (GWAA) 32:46 (1st HS), (5) Rust 33:07 (1st JC), (6) Martinez (ELATC) 33:25, (7) Chaidez 33:59, (8) Kurrle (PCC) 34:20, (9) Cook 34:31, (10) Hanson 34:35, (11) Deleonaves (SDTC) 34:47, (12) Slick (OHS) 35:04, (13) McDonald 35:41, (14) Adams (NHHS) 35:41, (15) Carlson (CSLB) 35:46, (16) Real (UCI) 36:04, (17) Empfield 36:06, (18) Gorman (1st Sr) 36:17, (19) Freyne (CCAC) 36:25, (20) Glick (FHS) 36:30. /John Brennand/

World Masters Marathon: (Jan. 28, Orange) - Doug Schmenk ran this one for a workout(?) and tied with Ron Kurrle for first in 2:26:08...unofficially. (1) Kurrle (Un.) 2:26:08, (2) Atkins (STC) 2:28:22, (3) Alfaro (Unat) 2:33:20, (4) Waco (CCAC) 2:33:45, (5) Anderson (SBAA) 2:34:55, (6) Perez (GWAA) 2:39:30, (7) Parker (STC) 2:41:20, (8) Villareal (CarsonTC) 2:42:12, (9) Theriault (STC) 2:42:39, (10) Broten (CTC) 2:42:54, (11) Calderon (Unat) 2:42:59, (12) Clark (SCS) 2:43:28, (13) Rudberg (STC) 2:46:30, (14) Rubino (Unat) 2:46:50, (15) Edwards (Unat) 2:47:16...(22) Reese (NCSTC) 2:54:51,...course was not certified!! /Dick Cort & Bill Selvin/

Las Vegas Marathon: (Feb. 3, Las Vegas) - A good contingent of NorCal runners went down for this one, with John Butterfield taking second and Jim O'Neil sixth (2nd senior). Others are listed below: (1) Suarez (Unat) 2:31:20, (2) Butterfield (Navy) 2:34:05, (3) Gomez (NJM) 2:36:14, (4) Walters (Unat) 2:39:52, (5) Ratelle (TCTC)(1st Sr) 2:43:47, (6) O'Neil (SFOC) 2:46:15, (7) Gonzales (29 Palms) 2:47:16, (8) Neal (LVTC) 2:49:32, (9) Flore (Unat) 2:51:17, (10) Pierson (Rochester TC) 2:51:34...(13) Peck (Unat) 2:55:09, (14) Rich Gentry (El Cerrito HS) 2:55:12, (15) Jim Reichle (El Cerrito HS) 2:56:00, (26) Charles Day (Navy) 3:05:56, (37) Tony Gomez (Navy) 3:15:31, (59) Norman Bright (Snohomish TC) 3:26:36 (60+), (71) Frank Salcido (HSTC) 3:38:56. /Jim O'Neil/



**CCAC Lopez Lake Scenic Run:** (Feb. 3, San Luis Obispo) - Eight miles of steep hills, 55 degrees & light rain. (1) Engel (CP) 45:38, (2) Burns (CP) 45:43, (3) Umstead (CP) 46:47, (4) Harney (CCAC) 47:09, (5) Dabill (CCTAF) 47:18, (6) Beaton (CP) 47:40, (7) Rowley (CCAC) 48:01, (8) Carlson (CP) 48:40, (9) Rado (CP) 50:16, (10) Scott (CCAC) 50:47. /Wes Alderson/

**25th Pop Marty Run:** (Feb. 4, Montebello) - 9.6 Miles - (1) Kushner (GWAA) 48:48, (2) Ritcherson (Unat) 49:07, (3) Sutherland (CSN) 49:49, (4) Wilson (Unat) 50:05, (5) Anderson (SBAA) 50:59, (6) Russell (SCS) 51:18, (7) Schofield 51:30, (8) Priest (CCAC) 51:33, (9) Brennand (SBAA) 51:55, (10) Miller (Unat) 52:26, (11) Perez (GWAA) 52:32, (12) Jewell (CJTC) 53:15, (13) Branch 53:17, (14) Theriault (STC) 53:43, (15) Nilson (Unat) 53:55. /John Brennand/

**21st Hermosa Beach Run:** (Feb. 11, 5 Miles) - (1) Hoffman (Un) 27:41, (2) Arquilla (Unat) 28:03, (3) Wilson 28:26, (4) Levine 28:30, (5) Ronnell 28:45, (6) Casillas 28:46, (7) Rodriguez (Unat) 28:56, (8) Boswell 28:59, (9) Ketting 29:02, (10) Kurrle (PCC) 29:16, (11) Schofield 29:24, (12) Waco (CCAC) 29:31, (13) Smartt (SCS) 29:35, (14) Neff 29:38, (15) Edwards (Unat) 29:38. /John Brennand/

**5th Peters Canyon Run:** (Feb. 17, 5.6 Miles) - (1) Kushner (GWAA) 28:48, (2) Wilson (GWAA) 29:48, (3) Priest (CCAC) 30:10, (4) Caldera (Unat) 30:59, (5) Rowley (CCAC) 31:17, (6) Kendall (Oxy) 31:29, (7) Ocana 31:44. /John Brennand/

**8 Kilometer Cross Country:** (Feb. 18, San Luis Obispo) - Including a wade through a 3 foot lake and several creek crossings. (1) Beaton (CP) 42:09, (2) Dabill (CCTC) 42:50, (3) Weaver (MBHS) 44:03. /Terry Record/

**Kingston Park Run:** (Feb. 24, 6.25 Miles) - (1) Bronzan & Cock-erham (HSTC) 32:34, (3) Hartig 33:25, (4) Rees 34:10, (5) R. Reynaga 35:10, (6) Ward 35:10, (7) Petersen 35:53.

**Trail's End Marathon:** (Feb. 24, Seaside, Ore.) - A total of 11 runners (6 Americans & 5 Canadians) dipped under 2:30, with

Jerry Tighe running away with it in 2:20:16.4. Phil Camp, currently at Alameda NAS, finished strongly as usual and moved up from 19th, 11th, and 6th at the 10, 15, and 20 mile marks to take second in 2:24:24. Janet Newman (3:33:39) was the first woman finisher, as she ran with husband-to-be Tom Heinonen. (1) Tighe (Oregon) 2:20:16.4, (2) Camp (Navy) 2:24:24, (3) Oja (Ore) 2:25:02, (4) Shaw (Can) 2:25:02, (5) Ankeny (Ore) 2:25:19, (6) Miller (Ore) 2:25:54, (7) Laughlin (Can) 2:27:48, (8) Taunton (Can) 2:28:32, (9) Hanna (Can) 2:28:51, (10) Renfro (Wash) 2:29:22, (11) Schamberger (Can) 2:29:34, (12) Taylor (Can) 2:30:32, (13) Currie (Can) 2:32:12, (14) Macrae (Can) 2:32:28, (15) Hunt (Can) 2:32:43, (16) New (Wash) 2:32:57, (17) Shaw (Wash) 2:33:01, (18) Martin (Wash) 2:33:36, (19) Johnson (Ore) 2:34:45, (20) Hebron (Wash) 2:35:17, (21) Bryan (Wash) 2:35:24, (22) Shull (Wash) 2:36:15, (23) Forbes (Ore) 2:36:18, (24) Christensen (Can) 2:36:32, (25) Harrington (Tex) 2:37:42. ... (40) Labrie (HSC) 2:45:54, (49) Bredy 2:49:10, (53) Butterfield (Navy) 2:50:27, (74) Barbour 2:56:01, (75) Cottrell 2:56:43, (76) Day (Navy) 2:56:46, (86) Crandall (SRRC) 2:58:14, (91) Sanborn 2:59:41, (95) Gilchrist (SRRC) 3:00:17, (97) Smith 3:02:12, (108) McCray (SacTC) 3:06:50, (144) Annis 3:18:46, (149) Dickerson 3:20:26, (159) Anderson 3:22:08, (161) Bright (SnohTC) 3:22:40, (215) Walt Stack (DSE) 2:36:34, (299) Frederick 4:01:49...444 finishers!!! /Seaside Chamber of Comm./

**SPA-AAU 30 Kilo Championships:** (Feb. 25, Westlake) - Joe Toledo came up with a great performance to win a trip to Chicago to represent the SPA in the National 30 Kilo. Dave Waco won the Masters Division to qualify for representing the district at the Natl. Seniors 25 Kilo in Kansas City in April. Athletes in Action nipped SBAA for the team title, 16 to 18, with Culver City third at 24. (1) Toledo (STC) 1:39:10, (2) Frederiksson (Unat) 1:39:24, (3) Tubb (ELATC) 1:41:33, (4) Dobrenz (GWAA) 1:41:49, (5) Kurrle (PCC) 1:42:07, (6) Ferguson (AIA) 1:42:52, (7) Waco (CCAC) 1:43:21, (8) Wise (SBAA) 1:44:01, (9) Price (AIA) 1:44:43, (10) Alfaro (Unat) 1:44:51, (11) Brennand (SBAA) 1:45:01, (12) Russell (SCS) 1:46:02, (13) Jeffers (SBAA) 1:46:42, (14) Chambliss (SBAA) 1:46:58, (15) Hopkins (AIA) 1:47:47. /John Brennand/

**Dan Anderson Easy Winner in Turkey Trot:** (Nov. 4, Oakland) - Here are the Turkey Trot results, better late than never. Peter Mattei finally sent these (& the PA-Marathon) results to me, and I will type up a copy for him to duplicate and mail out within a few days after this issue is mailed. Anyway, Dan Anderson missed the course record by some 4-1/2 minutes, but still won handily in the typical "mud-bath" through the Oakland hills. Surprise fourth-place finisher was senior Jim Nicholson, some three minutes up on Gil Tarin, the next over-40 finisher. A few high school runners elected to run the shorter (by half) 5 mile course, and Mike Shaughnessy took this in 31:52 for a 1:45 margin of victory. Fran Conley beat Skip Swannack in the women's five-miler, 39:19 to 39:45, and then came a three-minute gap. Below are the top 30 "mudders" and their times. /Peter Mattei/

1 - Dan Anderson (WVTC/Chabot)	59:28	11 - Chuck Stagliano	70:09	21 - W. Oldham	71:57
2 - Dale Severy (Santa Barbara AA)	60:08	12 - Paul Reese (NCSTC)	70:16	22 - Paul Sebesta (Joggeronauts)	71:59
3 - Jim Bowles (West Valley TC)	64:29	13 - Mike Aguire	70:25	23 - Peter Mattei (NCSTC)	72:10
4 - Jim Nicholson (NCSTC)	66:29	14 - Stephen Sidney	70:28	24 - John Geer (Whittier Alum TC)	72:21
5 - Harold DeMoss (West Valley TC)	66:32	15 - Ed Hannigan	70:33	25 - Vic Weber	73:09
6 - Chuck Burke (Unat)	66:57	16 - Bob Malain (NCSTC)	70:40	26 - Tom Pinckard	73:20
7 - Tony Garcia	68:56	17 - Phil Holder (Solano TC)	71:23	27 - Bob Weede	73:31
8 - Ian Jackson (West Valley TC)	68:57	18 - Doug McLean (Stanford)	71:35	28 - John Comisky	73:50
9 - Gil Tarin (NCSTC)	69:38	19 - Bill Hayes (???)	71:41	29 - Peter Voelker	75:36
10 - Ernie Jeong (Pamakid)	69:44	20 - Alex Monterrosa	71:50	30 - Charles Day (US Navy)	75:58

**Mike Buzbee in PA-AAU Marathon Win:** (Dec. 10, Petaluma) - John Sheehan was the only thing to split up the Buzbee brothers from New Ways AC in Chico at the District Marathon Championship. Mike won in 2:32:43, way off Jon Anderson's 1971 course record of 2:23+, followed by Sheehan (2:34:35) and brother Pat (2:36:21). New Ways, however, forgot to bring a third man, and consequently the team battle boiled down to a three-way affair (I don't know if the team results correspond to what happened on raceday, but your editor totaled them up according to AAU rules and got the following): Pamakids 21, Stanford RC 22, West Valley TC 25, NCSTC 34, Marin AC 44, MPAC 45, and Dolphin Club 54. Dave Stevenson led all senior finishers with his 2:47:37 for ninth overall in a field of 113 finishers. Many more than usual dropped out because of the extreme cold. Paul Reese (55) just managed to crack 3 hours as second senior (2:59:58). Fran Conley ran to what we think is her PR of 3:20:29 on the tough rolling hills that figure to knock anywhere from 4-5 minutes off your time at her pace. Elaine Pedersen ran a good 3:26:43, and Irene Rudolph was a surprise 3:33:51, as the women really ran well today. The top 60 finishers: /Peter Mattei/

1 - Mike Buzbee (NewWays)	2:32:43	13 - Randy Buob (Modesto)(1stHS)	2:52:44	25 - Paul Reese (NCSTC)	2:59:58
2 - John Sheehan (West Valley)	2:34:35	14 - Gary Chilton (SRC)	2:53:37	26 - Tom Pelton (MPAC)	3:00:15
3 - Pat Buzbee (NewWays)	2:36:21	15 - Tom Mann (Marin AC)	2:53:43	27 - Chuck Day (MPAC)	3:00:17
4 - John Butterfield (US Navy)	2:36:41	16 - John Geer (Whittier Alum)	2:53:52	28 - Steve Barr (Unat)	3:01:07
5 - Bill Posedel (Pamakid)	2:40:42	17 - Barry Buob (Modesto)	2:55:00	29 - Anthony Bettencourt (SRJC)	3:01:31
6 - Nick Vogt (Gold Spike)	2:44:01	18 - Guy Artherholt (Unat)	2:55:01	30 - Jim Campbell (NCSTC)	3:02:07
7 - Clark Rosen (Unat)	2:44:17	19 - Bill Peck (Unat.)	2:56:09	31 - Jeff John (VOMTC)	3:05:15
8 - Jim Bowles (West Valley TC)	2:45:48	20 - Ivan Boggis (Unat.)	2:56:13	32 - Don MacIntosh (SRC)	3:06:06
9 - Dave Stevenson (SRC)	2:47:37	21 - Tony Garcia (Mather AFB)	2:58:09	33 - Pablo Drobney (Unat.)	3:07:46
10 - Joe Wood (Aggie TC)	2:49:33	22 - Fred Kenyon (VOMTC)	2:58:34	34 - Bill McCray (Sacto TC)	3:08:44
11 - Doug Gates (Un, Bakersfield)	2:51:06	23 - Gene Robinson (Hillsdale)	2:59:24	35 - Tom Nash (King City HS)	3:09:01
12 - Ernie Jeong (Pamakid)	2:52:12	24 - Wendall Seablom (King City)	2:59:47	36 - Ed Hannigan (Dolphin Club)	3:09:04



37 - George Crandell (SRRC)	3:09:34	45 - Jim Allen (Dolphin Club)	3:12:21	53 - Brian Moroney (WVTC)	3:14:56
38 - Alex Monterrosa (Pamakid)	3:09:38	46 - Bob Biancalana (Marin AC)	3:12:45	54 - Joe Scarborough (Unat.)	3:15:04
39 - Bob Porter (NCSTC)	3:09:46	47 - Mike Shaughnessy (WVTC)	3:12:59	55 - Hans Roenau (Marin AC)	3:15:52
40 - Don Lucero (NCSTC)	3:10:33	48 - Urgan Faubian (Unat)	3:13:04	56 - Ted Larson (MPAC)	3:16:32
41 - Ragnar Thanning (Marin AC)	3:10:41	49 - Harry Cordellos (DSE)(PR)	3:13:17	57 - Tom Jordan (St. Francis HS)	3:19:37
42 - Pat Cunneen (Pamakid)	3:10:51	50 - Peter Mattei (NCSTC)	3:13:17	58 - Ron Martin (St. Francis HS)	3:19:37
43 - Orville Osborne (WVJS)	3:11:56	51 - Don Peterson (Stanford RC)	3:14:19	59 - Mike O'Sullivan (Sal. Vly.)	3:19:44
44 - Frank Sarnquist (UCMC)	3:12:08	52 - Jeff Brody (Unat.)	3:14:35	60 - Tony Mezzapelle (Unat.)	3:20:22

Merced High School Runner Wins Stockton 10 Miler: (Jan. 20, Stockton) - Dave Taylor, a sub-9 minute two-miler as a junior at Merced High last year, took the lead shortly after the start and moved away easily over the accurate 10 mile course. The only bad mark for the race was when the first two runners were directed off course by the police patrol and thus ran 1/10 mile short (30 seconds was added onto the finishing times of each). Taylor's 50:19 was some 1:25 ahead of runnerup Mike Denny of the Air Force. Gil Tarin topped the seniors with a 60:20, nipping Bill Snavely by 15 seconds. Pauline Diekmeyer (84:16, 45th) was the top woman finisher. A total of 49 finished the race under clear skies and cool (50°) temperatures. /Wayne Badgley/

1 - Dave Taylor (Merced HS)	50:19	8 - Guy Arthurholt (Modesto JC)	54:34	15 - David Donaldson (HSTC)	56:24
2 - Mike Denny (US Air Force)	51:44	9 - Barry Buob (Modesto JC)	54:46	16 - Randy Buob (Modesto)	56:58
3 - Gary Singer (Unat.)	52:34	10 - Benton Hart	55:05	17 - Walt Lange (Sacramento TC)	57:41
4 - John Caldwell (Unat.)	53:03	11 - Jim Brady	55:45	18 - Kirk Maness	59:10
5 - Richard Van Slyke	53:08	12 - Nick Rodriguez	56:08	19 - Bob Ruth	60:01
6 - Hal Luna (Merced HS)	53:45	13 - Darrell Fitzgerald	56:09	20 - Jim Mebust	60:10
7 - Alfonso Buenrostro	54:00	14 - Rick Bowen	56:22	21 - Gil Tarin (NCSTC)	60:20

Steve Martin Wins American River Trail Race: (Jan. 28, Sacramento) - The original 12.2 mile race was shortened to 8.4 miles because of flooding caused by recent rains. Steve Martin & Gary Green of Davis High School were the leaders at the turn-around, and they had 50 yards on Nick Vogt at that point. Green faded to third and Steve Dean moved up strongly after starting slowly to place fourth. Jim O'Neil grabbed top senior honors with his 46:28 in 20th. He was some 2 minutes up on Gil Tarin, the second over-40 runner. Sandy Langan (59:04, 62nd) was first woman in the field of 77 finishers. /Walt Lange/

1 - Steve Martin (Davis HS)	42:09	11 - Walt Lange (Sacramento TC)	44:50	21 - Rod Read (Sacramento TC)	46:43
2 - Nick Vogt (Gold Spike Runners)	42:25	12 - Frank Krebs (Sacramento TC)	45:06	22 - Mike Garrett (Unat.)	46:47
3 - Gary Green (Davis HS)	42:55	13 - Tim Jordan (Unat.)	45:08	23 - Dave Lopez (Unat.)	47:07
4 - Steve Dean (Sacramento TC)	43:17	14 - Hugh Miller (Unat.)	45:30	24 - Andy McBride (Sacto TC)	47:08
5 - Jim Howard (Unat.)	43:26	15 - Randy Buob (Unat.)	45:45	25 - Tony Garcia (Sacramento TC)	47:38
6 - Benton Hart (Unat.)	43:56	16 - Jim Thuerwachser (Unat.)	46:05	26 - Dan Davidson (Sacramento TC)	47:42
7 - Bob Coyle (Sacramento TC)	44:11	17 - Kevin Furey (Sacramento TC)	46:05	27 - Stan Hampton (Unat.)	48:02
8 - Rodger Stordahl (Unat.)	44:15	18 - George Rogers (Unat.)	46:06	28 - Bill McCray (Sacramento TC)	48:05
9 - George Koch (Sacramento TC)	44:18	19 - Jim Freeman (San Juan Str.)	46:18	29 - Gil Tarin (NCSTC)	48:13
10 - Dave Ramer (Sacramento TC)	44:23	20 - Jim O'Neil (SF Olympic Club)	46:28	30 - John Flores (Unat.)	48:23

Phil Camp Drops Ron Zarate in Channel-to-Lake 10-Miler: (Feb. 3, Vallejo) - The Navy's Phil Camp, finally getting back into his top form, ran most of the distance with West Valley TC's Ron Zarate before surging ahead to a clear victory. John Sheehan held off Ed Haver and high schooler Rich Kimball for third. Sacramento TC took the team title since two WVTC men failed to register for the club and ran for their schools instead. Their 76 points nipped host Solano TC's 88 and Gold Spike's 160. Mike Healy was a handy victor over Gil Tarin for top senior awards as Mike cracked an hour with 32 seconds to spare. The junior battle was the closest, however, as Chris Sherwood of the Dolphin Club nipped Billy Tracey of West Valley by two seconds (83rd & 84th in 1:07:54 and 1:07:56, respectively). Lily Lee Boggis outran Jean Maier and Mary Cortez to place the top female in 102nd (1:11:55) with a comfortable one-minute margin of victory. A total of 148 finished under windy, rainy, downright cold skies. /Greg Chapman/

1 - Phil Camp (US Navy)	51:07	8 - Russ Walline (Vallejo Kiwanis)	54:17	15 - Lambert Kelly (Solano TC)	55:52
2 - Ron Zarate (Univ. of Nevada)	51:28	9 - Dale Severy (Santa Barbara)	54:18	16 - Pete Flores (Gold Spike)	56:06
3 - John Sheehan (West Valley TC)	52:18	10 - Stuart Hobbs (Aggie TC)	54:19	17 - Gilbert Gonzalez (Unat.)	56:13
4 - Ed Haver (Athletes in Action)	52:19	11 - Steve Slawson (Solano TC)	54:21	18 - David Cortez (RC Flyers)	56:31
5 - Richard Kimball (Sacto TC)	52:23	12 - Nick Vogt (Gold Spike)	54:45	19 - Bob Coyle (Sacramento TC)	56:57
6 - Dan Anderson (Chabot/WVTC)	52:28	13 - Jack Leydig (West Valley TC)	55:07	20 - Greg Chapman (Solano TC)	57:00
7 - Rich Walline (Vallejo Kiwanis)	53:10	14 - Frank Krebs (Sacramento TC)	55:36	21 - Tom Laris (New York AC)	57:06



START OF THE PLEASANTON 20 KILO. PHIL CAMP (NAVY UNIFORM) WON HANDILY HERE AND ALSO AT THE VALLEJO RUN. /John Marconi/



EARLY LEADERS IN THE WEST VALLEY MARATHON: BOB DARLING, RON ZARATE (1ST), MITCH KINGERY, & DARREN GEORGE. /George Beinhorn/



22 - Dan Moore (Livermore VRC)	57:22	35 - David Warren (Unat.)	59:05	48 - Alex Monterrosa (Pamakid)	60:46
23 - Dean Allen (West Valley TC)	57:29	36 - Richard Read (Sacto TC)	59:21	49 - Dan Richards (Unat.)	60:47
24 - Joe Araujo (Unat.)	57:37	37 - Mike Healy (Napa Vly RC)	59:28	50 - Ken Kvam (Livermore Vly RC)	61:01
25 - Ray Menzie (Unat.)	57:41	38 - Wayne Johnston (Solano TC)	59:53	51 - Craig MacMahon (Unat.)	61:05
26 - Ivan Boggis (Unat.)	57:42	39 - Jim Bordoni (Unat.)	59:56	52 - Dave Ramer (Sacramento TC)	61:19
27 - George Koch (Sacramento TC)	57:47	40 - Alan Roland (Unat.)	60:04	53 - Bob Biancalana (Marin AC)	61:28
28 - Walt Lange (Sacramento TC)	57:50	41 - Andrew McBride (Sacto TC)	60:05	54 - Donald Wimer (Gold Spike)	61:30
29 - Bruce Brazelton (Solano TC)	57:55	42 - Gil Tarin (NCSTC)	60:07	55 - Richard Ryon (Livermore VRC)	61:43
30 - Mack Dawson (VOMTC)	58:03	43 - Joe Wesp (Napa Valley RC)	60:20	56 - Steve Ricker (VOMTC)	62:14
31 - Antonio Garcia (Sacto TC)	58:40	44 - Jeff Knox (Unat.)	60:26	57 - Rod Read (Sacramento TC)	62:38
32 - Mike Spino (Unat.)	58:52	45 - Jeff Jahnn (VOMTC)	60:33	58 - Gary Cook (OPHIR)	63:15
33 - John Silva (Solano TC)	58:57	46 - John Comisky (Pamakid)	60:35	59 - Greg Tinloy (Gold Spike)	63:18
34 - Denny Mathews (Solano TC)	58:59	47 - Jess Roat (Unat.)	60:45	60 - Jim Freeman (San Juan Str.)	63:34

Makela Returns to Form; Upsets Elijah and Smead at Clam Beach: (Feb. 3, Trinidad) - Humboldt State's Don Makela pulled what you could consider an upset by upending team mates Ron Elijah and Chuck Smead at the 8.5 Mile road and beach run. Makela's 8 second victory over Elijah (and another 9 seconds up on Smead) seems to point the way for a good season ahead. Bob Malain turned in the best over-40 clocking with 46:59 in 18th spot (137 finished in a light drizzle). He was way in front of runnerup Lenny Escarda (27th, 49:51). Dick Gilchrist won the 30-39 division (but finished behind Malain), and Rod Kausen was the high school winner by 2 seconds over Bruce Barrows. Marilyn Taylor was easily (by 4-1/2 minutes) the top woman in 92nd and 60:03. Bob Dickerson copped over-50 honors with a fine 51st placing (53:09). Trinidad Chamber of Commerce sponsored the race. /Ford Hess/

1 - Don Makela (Humboldt St.)	42:22	11 - Bob McGuire (Humboldt St.)	45:32	21 - Mike Knott	48:14
2 - Ron Elijah (Humboldt St.)	42:30	12 - Chris De Fazio	46:02	22 - Alan Sanborn	48:27
3 - Chuck Smead (Humboldt St.)	42:39	13 - Barry Anderson	46:11	23 - Richard Gilchrist (SRRC)	48:37
4 - Hersh Jenkins (Humboldt St.)	43:29	14 - Steve Owen (Humboldt St.)	46:36	24 - Dick Meyer (SRRC)	49:17
5 - Howard Labrie (Humboldt St.)	43:30	15 - Harry Cottrell	46:37	25 - Dennis Clemens	49:29
6 - Robert Ewigleben	43:40	16 - Rod Kausen (1st HS)	46:41	26 - David Wells	49:32
7 - Chris Cole (Humboldt St.)	44:36	17 - Bruce Barrows (2nd HS)	46:43	27 - Lenny Escarda (SRRC) (2nd Sr)	49:51
8 - Dave Zumwalt (Unat.)	44:37	18 - Bob Malain (NCSTC) (1st Sr)	46:59	28 - Mark Hulburt	49:51
9 - Jim Bredy	45:15	19 - David Cantrell (3rd HS)	47:16	29 - Guy Oling	50:16
10 - Cliff Rees	45:30	20 - Rod Smith	47:27	30 - Mike Whitehead	50:36

Western Regional Marathon--Zarate Wins, Kingery Sets High School Mark: (Feb. 11, Burlingame-San Mateo) - For the third year in a row, a novice West Valley TC marathoner won the Regionals, leading his club to victory the third straight year!! Ron Zarate certainly didn't run like a novice, as his splits were fantastically even for each five miles (27:28, 27:22, 26:55, 27:19, 27:32) in route. His winning time of 2:23:15.4 only missed Bob Deines' U.S. age-21 mark by a bit more than a minute, but it was far off the course mark of 2:18:05.6 (Kardong, 1972). Perhaps the biggest development of the race was San Carlos High School soph Mitch Kingery who hung together a new prep record of 2:23:47, breaking Chuck Walker's old mark of 2:25:16. The 16-year-old RC Flyer beat Olympians Jon Anderson (who started slow and finished hard for a workout) 2:23:57, and Ron Daws (2:26:58) in the process. Two others dipped under 2:30 and more than a third of the field broke three hours!! One who didn't break three hours was Mike Boitano. He had to settle for a new age-11 world mark of 3:03:56, knocking 12 minutes from the old standard!! A record of 237 marathoners started the grind under almost perfect conditions (except for some gusty wind now and then), and 177 finished. Ross Smith defended his senior title with another sub-2:40 effort, but missed his 1972 mark while finishing 14th at 45-years of age. Kingery decided to take the open award and so Alex Aguilar of San Jose collected the first place award in the 15-18 division. Other divisional winners: Under 11 - Maryetta Boitano (144th, 3:49:01); 11-14 - Mike Boitano; 50-59 - Paul Reese (60th, 2:57:45); 60+ - Norman Bright (123rd, 3:34:43). Teams: West Valley 16, High Sierra TC 21, Stanford RC 47, Pamakids 50. First woman finisher was Mary Cortez (124th, 3:35:30), some three minutes up on Peggy Lyman. The top 75 finishers: /Jack Leydig/

1 - Ron Zarate (West Valley)	2:23:15	26 - Dave Russell (SCS)	2:45:42	51 - Mike Healy (Napa Valley RC)	2:55:25
2 - Mitch Kingery (RC Flyers)	2:23:47	27 - Richard Reynaga (HSTC)	2:45:50	52 - Danny Urutiaga (West Valley)	2:55:54
3 - Jon Anderson (Oregon TC)	2:23:57	28 - Doug McLean (West Valley)	2:46:19	53 - Raymond White (Stanford RC)	2:55:57
4 - Ron Daws (Twin Cities TC)	2:26:58	29 - T.A. de Lusignan (Marin AC)	2:46:39	54 - Jeff Brody (West Valley TC)	2:56:07
5 - John Caldwell (Unat.)	2:28:48	30 - Bob Schug (Skyline JC)	2:48:13	55 - Bill Flint (Stanislaus St.)	2:56:39
6 - Darren George (Napa Vly RC)	2:29:47	31 - Robert Sells (Unat.)	2:48:44	56 - Rex Dietderich (NCSTC)	2:56:54
7 - Daryl Zapata (West Valley)	2:30:58	32 - Gary Chilton (Stanford RC)	2:49:46	57 - Jerry Ockerman (Whittier A1)	2:57:07
8 - Geoff Pietsch (Florida, Un.)	2:31:18	33 - Alex Monterrosa (Pamakid)	2:50:18	58 - Don Peterson (Stanford RC)	2:57:08
9 - Don Gregory (High Sierra TC)	2:31:31	34 - Tom Blake (TSFC)	2:50:25	59 - Bill McCray (Sacto TC)	2:57:20
10 - Alex Aguilar (Unat.)	2:33:54	35 - Gary Cook (OPHIR)	2:50:41	60 - Paul Reese (NCSTC)	2:57:45
11 - Frank Krebs (Sacramento TC)	2:36:31	36 - Dan Moore (Livermore VRC)	2:51:44	61 - Robert Gehl (Dolphin Club)	2:58:06
12 - Ray Cerankowski (Unat.)	2:36:46	37 - John Geer (Whittier Alum)	2:52:38	62 - Beau Willis (Menlo School)	2:58:13
13 - Garrett Tomczak (Unat.)	2:38:16	38 - Mike Bergkamp (WVTC)	2:52:50	63 - Gary Cisneros (Unat.)	2:58:16
14 - Ross Smith (West Valley J&S)	2:39:23	39 - John Comisky (Pamakid)	2:52:58	64 - Brian Moroney (West Valley)	2:58:54
15 - Gordon Rado (Cal-Poly/SLO)	2:40:42	40 - Len Thornton (High Sierra)	2:53:07	65 - Pete Hanson (Colfax RC)	2:59:36
16 - Frank Freyne (CCAC)	2:41:33	41 - Don Pemberton (WVTC)	2:53:17	66 - Darrell Jeong (Pamakid)	2:59:47
17 - David Stern (Unat.)	2:43:03	42 - Crispin Roaque (Capuchino)	2:53:25	67 - Bob Porter (NCSTC)	3:01:25
18 - Mark Galeazzi (High Sierra)	2:43:26	43 - Rich Petersen (High Sierra)	2:53:27	68 - Jesse Del Real (Gilroy TC)	3:01:27
19 - Lupe Solis (High Sierra TC)	2:43:37	44 - Bob Barnett (Hillsdale HS)	2:53:50	69 - Chuck Stagliano (DSE)	3:01:59
20 - Dave Stevenson (Stanford RC)	2:44:34	45 - Richard Schupback (SRC)	2:54:03	70 - Bob Biancalana (Marin AC)	3:02:05
21 - Bernie Sullivan (Unat.)	2:44:52	46 - Joseph Mangan (Unat.)	2:54:18	71 - Ed Hannigan (Dolphin Club)	3:02:40
22 - Thomas Cory (Culver City AC)	2:44:54	47 - Jim Holl (West Valley TC)	2:54:36	72 - John Neuhaus (Unat.)	3:03:16
23 - John Tengelsen (WVTC)	2:45:19	48 - Bob Roncker (Buckeye DU)	2:54:42	73 - Michael Boitano (DSE)	3:03:56
24 - David Marsh (Pamakid)	2:45:20	49 - Philip Marston (SRC)	2:54:46	74 - Richard Buxton (Unat.)	3:05:36
25 - Douglas Gates (Unat.)	2:45:27	50 - Kent Guthrie (Unat.)	2:55:16	75 - Bob Hart (RC Flyers)	3:05:59

Camp Sets New Course Record at Pleasanton 20-Kilometer: (Feb. 17, Pleasanton) - Phil Camp, really getting on the comeback trail, opened a lead from the start and then held on for a comfortable win over De La Salle High School junior Rich Kimball and back-together Mitch Kingery, seemingly none-the-worse for the 2:23 marathon he ran a week previously. After the top three there was a big gap before Bill Clark and John Butterfield came romping through with an intentional tie. Gil Tarin finally took senior honors with a 74:21 in 16th place, some 3 minutes before Mike Healy and Paul Reese. Eve Barraza, seemingly well-mended from her 1972 accident (with a car, and broken bones), took honors in her division over Lily Lee Boggis (92:44 to 99:50). For the junior division, 9-year-old Tommy Owen easily defeated Artie Stebbins (11), 88:35 to 90:58. There were 76 finishers. /Dick Ryon/

1 - Phil Camp (US Navy, Alameda)	63:34	3 - Mitch Kingery (RC Flyers)	64:39	5 - John Butterfield (US Navy)	68:57
2 - Rich Kimball (Sacramento TC)	64:19	4 - Bill Clark (West Valley TC)	68:57	6 - Darryl Beardall (Marin AC)	69:32



7 - Dan Anderson (West Valley TC) 69:55	15 - Ivan Boggis (Unat.) 73:43	23 - Craig MacMahon (Walnut Crk) 77:23
8 - Mike Conroy (San Francisco) 70:38	16 - Gil Tarin (NCSTC) 74:21	24 - Mike Healy (Napa Valley RC) 77:32
9 - Jack Leydig (West Valley TC) 70:53	17 - Dan Moore (Livermore Vly RC) 74:34	25 - Paul Reese (NCSTC) 77:46
10 - Dave Zumwalt (Unat., Oakley) 70:57	18 - Barry Smith (Alameda TC) 75:21	26 - Dick Ryon (Livermore Vly RC) 79:26
11 - Denny Mathews (Solano TC) 72:49	19 - Chris Hovick (US Marines) 75:33	27 - Dennis Tracy (West Valley TC) 80:21
12 - David Moles (Alameda TC) 73:30	20 - Mike Eash (Oakland) 76:20	28 - Leroy Rosing (RC Flyers) 80:27
13 - Tom Cathcart (Livermore VRC) 73:29	21 - Frank Cortez (RC Flyers) 76:57	29 - Don Peterson (Stanford RC) 80:29
14 - Paul Koski (San Francisco) 73:40	22 - Mark Driscoll (San Jose) 77:22	30 - Ken Biehl (San Mateo) 81:10

**Kimball Tromps Good Field at Martinez 8-Miler:** (Feb. 24, Martinez) - Running his last tuneup race before starting his high school track season, De La Salle High's Rich Kimball moved away from the field at the mile and just kept increasing his lead, finally winning in 41:22 over a fairly "class" field, including George Stewart, who was second in 42:03 for the 8.4 mile out-and-back course which is probably a bit short. Another high schooler, soph Roy Kissin of San Ramon, almost got third as he closed strongly on team mate Bill Seaver at the end. West Valley easily took team honors with five of the top ten runners. Ross Smith and Ken Napier staged a "battle royal" for senior competition. Both were undefeated entering the race (neither had raced each other since last summer), and most thought Napier would be superior over the shorter distance (Smith is more of a marathoner). But Napier lost a lead he had kept the entire race, losing to Smith in the last few miles by some 19 seconds. Jim O'Neil was a minute further back in third. Eve Barraza, 45, pulled one over on 19-year-old Valerie Cooper, nipping her by 6 seconds to become the first female finisher (59:09 to 59:15). A total of 146 finished, as intermittent cloudbursts sent spectators rushing for cover. Alvaro Mejia's 1972 course record of 40:27 was not approached, but Kimball looks ready to make a grab at it in a couple more years. The top 60 finishers are listed below with their times: /Luka Sekulich/

1 - Rich Kimball (Sacramento TC) 41:22	21 - Gary Cook (OPHIR) 46:55	41 - Alan Sauer (PHTFC) 50:05
2 - George Stewart (West Valley) 42:03	22 - Dennis Teeguarden (NCSTC) 47:05	42 - Don Wimer (Gold Spike) 50:10
3 - Bill Seaver (West Valley TC) 42:58	23 - Bob Malain (NCSTC) 47:28	43 - Tom O'Brien (Unat.) 50:17
4 - Roy Kissin (West Valley TC) 43:01	24 - Ray Menzie (Unat.) 47:44	44 - Paul Reese (NCSTC) 50:37
5 - Daryl Zapata (West Valley TC) 43:29	25 - Kim Potochnik (Unat.) 47:46	45 - Rick Midstokke (Los Gatos Pcr) 50:38
6 - Dale Severy (Santa Barbara AA) 44:04	26 - Randy Buob (Unat.) 47:47	46 - Frank Cortez (RC Flyers) 50:54
7 - Ken Scalmanini (Pamakid) 44:07	27 - Craig MacMahon (Unat.) 47:48	47 - Alan Harkness (Los Gatos Pcr) 50:57
8 - Dave Zumwalt (Unat.) 44:25	28 - Gil Tarin (NCSTC) 47:58	48 - Don Pickett (NCSTC) 51:02
9 - Art Reade (West Valley TC) 44:30	29 - Dan Davidson (Sacto TC) 48:12	49 - Bob Ruth (OPHIR) 51:03
10 - Darryl Beardall (Marin AC) 44:39	30 - Ernie Jeong (Pamakid) 48:27	50 - Glenn Parker (PHTFC) 51:12
11 - Eugene Fitzgerald (Unat.) 44:49	31 - Jim Shettler (West Vly J&S) 48:34	51 - Bill Snavely (NCSTC) 51:21
12 - Tim Jordan (Unat.) 44:52	32 - Alan Roland (Unat.) 48:45	52 - Bob Myers (Unat.) 51:25
13 - Jack Leydig (West Valley TC) 44:58	33 - Tim Trail (Unat.) 49:14	53 - Santos Reynaga (West Valley) 51:26
14 - Romero Mendoza (VOMTC) 45:02	34 - Jim Engle (Napa Valley RC) 49:19	54 - Boyd Tarin (Unat.) 51:34
15 - Benton Hart (Unat.) 45:04	35 - Denny Mathews (Solano TC) 49:33	55 - Unidentified Runner 51:38
16 - Ross Smith (West Valley J&S) 45:22	36 - Darrell Jeong (Pamakid) 49:39	56 - Tom Pinckard (NCSTC) 52:04
17 - Ken Napier (West Valley J&S) 45:41	37 - David Schupp (FSBC) 49:41	57 - Kevin Searls (Unat.) 52:18
18 - Robert McGuire (FSBC) 46:12	38 - Virgil Chavez (PHTFC) 49:54	58 - Eamon Cooke (Unat.) 52:25
19 - Jim Mebust (OPHIR) 46:35	39 - Bob Smith (Unat.) 49:59	59 - Daniel Hintz (Unat.) 52:33
20 - Jim O'Neil (SF Olympic Club) 46:49	40 - Kevin Albertsen (Unat.) 50:02	60 - Jim Allen (Dolphin Club) 52:37

● LATE NEWS ●

Sorry we can't print the results of the Searsville Lake Run...just do not have the room this time. Phil Camp was beaten by Duncan Macdonald in that race, 39:33.6 to 40:00.

Best of luck to Francie Larrieu and Valerie Eberly of the Cindergals. They are going to Ghent, Belgium to compete in the International Cross Country Championships on March 17... and Augie Argabright & Roxy Andersen are going as coach and manager, respectively. Kathy Hammond has been selected as a member of the US International Team to participate in the US-USSR Meet in Russia this summer.

**Need AAU Marathon help:** Anyone, WVTC'er or not, who would like to help out with the Natl. Marathon on June 17, please contact the editor immediately. We especially need volunteers to put up out-of-town athletes. Let us know if you're interested & we'll give you something to do. We've been informed we can't hold a sanctioned Women's National Marathon...more next time!!



MIKE BOITANO, FINISHING HIS 3:03:56 AGE-11 MARATHON WR. /Lowry/



START OF THIS YEAR'S WEST VALLEY MARATHON. /Harold DeMoss/

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