

# NORTHERN CALIFORNIA RUNNING REVIEW

April 1973 (No. 40)

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# NORTHERN CALIFORNIA RUNNING REVIEW

A West Valley TC Publication  
P.O. Box 1551, San Mateo, Cal. 94401  
(342-3181)

## ● ON THE COVER ●

(Left to Right, Top to Bottom): Rich Hansen & Willie Eashman, in 880 at Brotherhood Games; Long jumper Chuck Stefes; Stanford's frosh shotput record-holder, Terry Albritton /all by John Marconi/; Amy Haberman winning the St. Patricia's Day 10 Kilo /Stuart McDougall/; Start of the Searsville Lake Road Race /George Beinhorn/.

APRIL 1973 (No. 40)

\$5.00 FOR 12 ISSUES

## ● STAFF ●

**EDITOR:** Jack Leydig; **PRINTER:** Frank Cunningham; **PHOTOGRAPHER:** John Marconi; **CARTOONIST:** Lee Holley; **NOR-CAL PORTRAIT:** Jon Hendershott; **COACH'S CORNER:** John Marconi; **WEST VALLEY PORTRAIT:** Harold DeMoss; **NCRR POINT RACE:** Art Dudley; **WOMEN:** Roxy Andersen, Harmon Brown, Jim Hume, Vince Reel; **SENIORS:** John Hill, Emmett Smith, George Ker, David Pain, Todd Ferguson; **RACE WALKING:** Steve Lund; **COLLEGIATE:** John Sheehan, Jon Hendershott, Fred Baer; **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 collegiate 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:** Jim Hume, Stuart McDougall, Herbert Dallinger, Don Peterson, John Hill, Lurana Hoetger, Bill Flodberg, Mike Spino, Jack Bellah, Jon Hendershott, Jim O'Neil, Dawn Bressie, Wes Alderson, Nick Vogt, Walt Stack, Nate Slaughter, Bob Vincent, Rich Petersen, Charles Day, Paul Reese, Don Bailes, Ron Perdue, Dennis Teegarden, John Butterfield, Dorothy Cobb, Fred Kenyon, Harold DeMoss, Jack Bettencourt, Will Stephens, Sam Adams, Jim Engle, Jim Woodruff, Dick Glasgow, George Beinhorn.

## ● ABOUT THE NCRR ●

• The Northern California Running Review is published on a monthly basis by the West Valley Track Club. It is a communication medium for all Northern California track and field athletes...covering high school, collegiate, age-group, masters, AAU, and women's competitions in track & field, long distance running, and race walking. It is available at most local road races and most of the bigger track meets, or you can subscribe at a savings of \$1.00 per year over the single copy rate...see below for rates.

• **Subscriptions:** Because of increased size and quality of our magazine, we are forced to raise our yearly subscription rates (and single issue price). Starting May 15, a yearly subscription (12 issues) to the NCRR will be \$5.00 instead of the old \$3.50 price. This is our first-ever rate increase, even though our quality has steadily increased over more than three years of publication. Issues will usually be a minimum of 20 pages, complete with cover photo and many other photos throughout...and quarterly (every 3 months) we will feature a special 4-page pictorial insert. These special copies will be a bit more (probably 60¢), but will be included in the new \$5.00 subscription price. All subscriptions are mailed third class bulk-rate from San Mateo. Add \$2.50 per year for first class mailing, and \$3.50 per year for airmail. Save money & subscribe for two or more years: 2 years for \$9.25, 3 years for \$12.75, or 5 years for \$20.00. Special rates are available to local agents and newsmedia, as well as libraries... this information, as well as foreign rates (Canada included), is available on request from the address at the top of this page. Single copies are 60¢ by mail (70¢ for quarterly pictorial issues). Renewals and new subscriptions received by May 15 will be charged at the old rate of \$3.50/year. Remember, the NCRR is not forwardable: make sure you send us any changes of address so you won't miss an issue.

• **COMING IN THE JUNE ISSUE:** Our first Quarterly Pictorial insert (4 pages inserted into our regular issue) will feature the CIF State Meet (High School Championships for California) in Woodland. Be sure not to miss this special issue.

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## ● THIS AND THAT ●

• **QUESTIONNAIRE:** In an effort to bring our readers more of what they want, the NCRR will be inserting a reader questionnaire in the May issue. Our readers will have a chance to express their likes and dislikes, and we will attempt to modify our coverage accordingly.

• **Meet Information:** The Annual Bay-to-Breakers Cross City Race will be on May 20 this year...not on June 10 as indicated on the PA-AAU Long Distance Schedule. The Woodminster Run (originally set for May 20), will be switched and held on June 10. The PA-AAU Track & Field Championships will tentatively be held at Merritt College...but check with the PA Office first. The meet (wherever it is held) will be June 9. Entry blanks should be available shortly. The National AAU Marathon, on June 17 at San Mateo High School, will also be the 1973 PA-AAU Championships, taking the place of the Petaluma Marathon, which will be cancelled this year and in the future. The West Valley Marathon (held in mid-February) will be the PA Championships in the future (1974 on). Incidentally, there will be no time requirements for entering the Nationals this year, and all finishers will have their time recorded, but course guides and aid-stations will be pulled at four hours...the 5-loop course will be well-marked, however, and no one should get lost after the 4 hour mark. Entry blanks are available (please send self-addressed, stamped envelope) from P.O. Box 1551, San Mateo, CA 94401. Entry fee is \$2.00. The Sahara-Tahoe Marathon, originally set for July 15, has been cancelled. The Angel Island Run will be May 13, not May 6 as listed in the schedule. The race will start at 11 am, not 11:30 as listed. At 9 am, a special ferry will leave SF from Pier 43 to take runners to the race at the discount rate of \$1.00/person or \$2.50/family. Runner's World Magazine has announced the date for their summer 24-Hour Relay. It will be July 13-14 (site to be determined) and will also feature a 50 Mile Run on the track during the progress of the relays. Alameda TC and West Valley TC are both planning on entering strong teams in an attempt to make a go at the current world record and try to snap 300 miles for the first time. A Special Olympic Track & Field Meet for the Handicapped will be staged in Kezar Stadium on April 28. Officials are urgently needed for this important event, and those interested in helping out should contact George Newlon, 415-344/8804. The meet starts at 10:30 am, with a parade at 9:30. Some 700+ athletes are expected to participate.

• **Housing needed for AAU Marathon:** In order to encourage more out-of-town athletes to compete in the Nationals, the race sponsors (West Valley TC & San Mateo Recreation Dept.) are trying to find free lodging for as many as possible on a first-come basis. If you are interested in hosting an athlete (or more) in your home for a night or two, please contact Dawn Bressie, Housing Chairman, AAU Marathon, c/o San Mateo Recreation Dept., City Hall, 330 W. 20th Ave., San Mateo, CA, 94402 (Ph. 366-2256, evenings).



•Bay-to-Breakers T-Shirts: The PA-AAU Long Distance Running Committee is attempting to make some dollars for its nearly non-existent treasury by selling special Bay-to-Breakers T-Shirts at the upcoming SF Examiner-sponsored cross city run. The exact cost of these shirts is not yet known, but in all probability they will be sold on race day, both before and after the race. The funds will be used to improve long distance running in our area. If you'd be interested in helping sell T-Shirts on the day of the race, please contact Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 (Ph. 364-5599). If you have any other money-making ideas, let us know.

•At the recent meeting of the PA-AAU Long Distance Running Committee (April 17), those in attendance went on record as favoring the suggestion that late entry fees be donated to the PA Long Distance Fund. It was also stressed that meet directors should charge a late entry fee only if a competitor does not turn in his entry blank before a specified date...but allowing him to send in the entry without the money. In this way, an individual does not waste his entry fee if he becomes injured or otherwise unable to compete, and the meet director is still able to get the paperwork out of the way before the race. Those not even bothering to send in an entry form without the fee would be tapped for a late fee on race day. It was suggested that these fees go to the PA Long Distance Fund. Of course, meet directors don't have to follow these suggestions, but they are recommended.

•People News: A recent addition to the ITA (Pro Track) ranks is 1968 Olympian Tom Laris, better known locally as the man behind Running Unlimited, a running shoe shop in Palo Alto...Santa Clara University is starting a collegiate track & field program this coming year, and newly appointed coach Bob Porter is looking for interested individuals who might want to compete for the school. He is especially interested in distance runners, and anyone interested in talking to Bob should contact him at 408-984-4300 (days) or 415-232-5991 (nights)...John Butterfield, who has lived in Napa for the past few years and has been very active with his family in the long distance running program (John owns a best marathon time of 2:25), will

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be heading for Iran this July where he will be working as a Naval Attache at the U.S. Embassy in Teheran. Until then he will be doing temporary duty in Washington, D.C. while his wife and kids will spend most of their time in Massachusetts. They all hope to return to the Bay Area in a few years. Best of luck to all the Butterfields. You will be missed by all of us associated with distance running...Mike Spino has just had a new volume of his running poems released. Anyone interested in buying a copy (\$1.00) should contact Mike at 886 De-Haro St., San Francisco, CA 94110 (Ph. 282-1169)...Sacramento's U.S. National Deaf Champion and record holder, Glenna Stephens, age 18, has earned the right to be part of the U.S. Deaf Team which will compete in Malmo, Sweden, in July. She was also a member of the team four years ago which competed in Yugoslavia. She was the youngest competitor (of 2200 athletes in the competition) but still was able to place fifth in the 800 meters. Since there is no national fund raising effort to help athletes who qualify for this meet, each athlete is responsible for raising the expense money to cover air-fare to and from Sweden, and room and board expenses. Contributions are urgently needed, no matter how small, and should be sent to USA Committee - WGD Fund (Glenna Stephens), 6349 Dorchester Ct., Carmichael, CA 95608...Rich Kimball, ace distance runner from DeLaSalle High, has been sidelined for an indefinite time by a stress fracture (or two) in his foot...Walt Stack says that if he weren't such a broken down dirty-old-man (and broke) that he'd like to offer an invitation to fellow marathoners to run every important (any race that has been around for three or more years) marathon in the United States. This could probably be done in 12 months, a marathon a week. What a dream!! If you're interested, write Walt at 321 Collingwood St., S.F. 94114...Jon Anderson (who just won the Boston Marathon) and Jack Leydig (your trusty? editor) will join Jim Johnson (Club Northwest) and Frank Shorter (Olympic Marathon Champ) on an excursion to Colombia at the end of April and beginning of May. The Mejia's (Alvaro & Terri) are helping put on a pair of track meets (one in Bogota on the 28th of April and another in Cali on the 3rd of May) and have requested that the Colombian Athletic Federation invite the above listed individuals to compete in these two meets. Shorter and Anderson will run a 5,000 meter (Bogota) and 10,000 meter (Cali) race against Victor Mora, Alvaro Mejia, Gaston Roelants, Mariano Haro, and two other Belgians and some Mexicans, while Johnson will compete in two 1500 meter races against unknown competition. Leydig will compete in a special 3000 meter race against an all-Colombian field (thank goodness!!!--I don't want to get stomped too badly.).

•Virginia Collins and John Naylor were two individuals who came in after the timers were pulled at the Western Regional Marathon and they didn't get recognition in the printed results...so, we are formally recognizing their finishes here: Virginia finished in approximately 4:12 and John was a bit further back at 4:15 (unofficial timings).

•CBS will commence its outdoor TV coverage with the Martin Luther King Games on May 13 (meet is the day before). The rest of the schedule we have not been informed of yet, but the AAU Championships will almost surely be included.

•A recent letter from the Executive Director of the AAU, Ollan Cassell, to George Newlon (in charge of AAU Officials in the Pacific Ass'n) said, "In principle, we could not support anyone (official) for a national or international assignment that did not follow the same rules as the athletes." In other words, AAU Officials are not supposed to work at ITA Meets...or their chances for being selected for important amateur meets are minimized (eliminated maybe?).

# AVENUE OF THE GIANTS



# MARATHON:

SUNDAY, MAY 6, 9:00 A.M.

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•Al Rockwell, 28, former College of San Mateo and BYU hurdler (13.6 in the highs), was killed in San Jose in November when his car overturned. He was the 1966 USTFF and Kansas Relays hurdles champ.

•Santa Ana fireman Charley Clark, 33, died of cancer in October. Clark, who used to reside in the Bay Area, set an American indoor two-mile best of 8:45.8.

•At the March 14 meeting of the PA-AAU Track & Field Executive Council, it was voted to give \$200 from the Travel Fund to Pacific Association representatives in the Women's International Cross Country Championships (Ghent, Belgium) to pay for room and board. The airfare portion of the expenses was paid by the National Women's Track & Field Committee. Francie Larrieu and Valery Eberly (both San Jose Cinderellas) both represented the U.S. in this meet, and Augie Argabright (their coach) and Roxy Andersen (team manager) also went along. Despite being spiked in the early going, Francie finished 16th overall, one notch behind the first U.S. finisher, Doris Brown. Valery was the fifth finisher for the team in 32nd, just a few places behind Vicki Foltz and Caroline Walker. The team, despite injuries, placed a very commendable third behind England and Finland.

•Women's Track & Field: The Orinda Invitational (April 28 and 29) will be the qualifier for the San Jose Invitational the following weekend. There will be eight women's events at the SJ Invitational (100m, 100mHH, 200m, 400m, 400mR, 800m, 1500m, and probably the HJ) and these will be qualifiers for the California Relays in Modesto at the end of May.

•The PA-AAU Budget Committee recommended to raise the AAU registration fee to \$2.00 (from \$1.50 at present) in 1974 to offset the \$3000 deficit that is otherwise foreseen. The Track & Field Committee went on record as approving the increase.

•Bob DeCelle, National Long Distance Running Chairman, reports that the U.S. was unable to field a team (Junior & Senior) for the Men's International Cross Country Meet on March 17 because of a lack of available funds for this activity. Bob mentioned that he felt the wealthiest country in the world ought to be able to support this activity. Now that the LDR Committee is an autonomous body (from track & field), it must find ways to support itself. Anyone who can come up with an idea(s) for raising funds should contact Bob DeCelle, P.O. Box 1606, Alameda, CA 94501.

•The Oakland Indoor Meet, held on Feb. 10 and sponsored by the Pacific Association, has appeared to actually have made a bit of money for track & field in Northern California. The total receipts are not in yet, but it appears that despite the poor turnout, the meet came out several hundred dollars ahead. Bob DeCelle, Meet Director, announced that the final profit figure for the meet would probably be in the neighborhood of \$800 to \$1000. There were 5071 paid admissions. A final report on this will be made in a later issue.

•To emphasize the financial need of top clubs in the Bay Area, the PA-AAU granted the Bay Area Striders a loan of \$100 in early April in order for them to pay entry fees to upcoming major meets. Their treasury at that time stood at zero!! When is the AAU going to realize that a national drive should be undertaken to raise funds for support of track & field clubs? Until this is done, America's club program will die slowly and the obvious result will be poor Olympic showings in the future. On the brighter side, West Valley TC, long neglected as a track power by the National AAU, finally has been recognized and received a much-needed \$500 donation from the Club Aid Program, financed from excess TV series funds. A total of \$15,000 was distributed to 36 clubs this year. The Sierra Race Walkers of Reno were the only other PA-AAU club to get funds (\$100), although the Bay Area Striders are still being processed.

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•The Athlete's Dilemma: "Overuse Syndrome of the Foot & Leg," is a seminar sponsored by the California State College of Podiatric Medicine in cooperation with the Department of Medicine, University of California Medical Center, San Francisco. On the program will be leading authorities in sports medicine, including podiatrists, physicians, trainers, and coaches. The seminar will take place on April 28-29 in San Francisco; for more information contact the California College of Podiatric Medicine, 1770 Eddy St., San Francisco, CA 94115.

•Paul Reese is currently considering a relay for the Camellia Run (normally a 100-miler, and this year a 3-day or 1-day affair, take your choice). The slipping attendance at this event is cause for concern by the sponsors, and Paul's latest brainwave is a real goodie...a relay from Sacramento to Placerville and return, which would (1) net out approximately 100 miles, (2) give a local start/finish, where the sponsorship is, and (3) allow using some backroads that Paul discovered in seeking routes for the 3-day 100-miler. Anyone interested in helping him pursue this idea should write to 2789 17th St., Sacramento, CA 95818.

•The California Relays: Tom Moore, Relays Director, has announced that the 32nd running of the meet will be changed from past formats. It will be 100% Open Class Invitational with only top-rated national and international athletes competing (with the possible exception of a few local high school track development events). The Relays is deleting the mass statewide Junior College Championships (it will be held in Bakersfield this year...see scheduling section of this issue) and more concentration is being put on women's events. The date is May 26th, Saturday, in Modesto. For details, contact Cal Relays, P.O. Box 152, Modesto, CA 95353. (Ph. 209-524-3116)

•A contingent of athletes left for the Trinidad Games on April 4, among them being Kathy Hammond of the Sacramento Road Runners, and Helen Fox, long-time Records Chairman for the PA Women's Track & Field Committee, who will chaperone. Competition will not only be (was) in Trinidad (6th & 7th), but also in Barbados (13th & 14th). Kathy was bronze medalist at Munich over 400 meters.

•The PA Junior Olympic Championships will be held on July 7-8 at the University of Nevada at Reno.



•Entry blanks for the A.A.U. (Men's) Track & Field Championships, to be held in Bakersfield on June 14-16, are now available from "Si" Tyler, P.O. Box 1021, Tulare, CA 93274. He also has entry blanks for the Men's Senior & Junior Decathlon, which will take place in Porterville, CA (June 22-23).

•Foot problems? Knees? Achilles? If you have any of these problems, it would pay you to see a podiatrist. About 80% of all people have some form of foot or foot-related problem. Joe Henderson of Runner's World Magazine has located one podiatrist who now has sufficient experience with runners to be able to effectively diagnose, recommend and remediate any injuries which may be foot-related. His name is Steve Subotnik and his office is in Hayward.

•Runner's Clinic: The San Jose YMCA is sponsoring this clinic along with the Bay Area Road Runners Club and Runner's World. The topics will include the following areas: equipment, diet, training, care, and prevention of leg and foot injuries. Among those speaking at the clinic will be Joe Henderson, Dr. Steve Subotnik, and Ernie Bullard (track coach at San Jose State). There will also be runs held in the morning, with the clinic being in the afternoon, followed by a barbeque. The date is June 2. The committee still needs more people to help out with the registration and the actual running of events for the road runs. If you're interested in helping out, contact Bill Flodberg, 12925 Foothill Blvd., San Martin, CA 95046.

● NCRR LONG DISTANCE POINT RATINGS ●

Below are this month's leaders in the NCRR Long Distance Point Race. We've omitted the table this time because of limited space. To figure your point rating, merely divide your average placing in races by the number of races run. For example, if your average placing is 4th over a total of five races, then your rating is 4/5, or 0.8. For our totals we count only the top ten finishers in each race (open class) and the top six for seniors (40 years and over...must have reached his 40th birthday before we start counting his races). If an individual finishes out of the top ten (or top six for senior competitors), then his place is not counted and that race is eliminated from his list of races. The NCRR reserves the right to choose the races it counts (usually PA-AAU sanctioned road runs with a reasonable number of competitors or of a

sufficient difficulty. In meets with multiple races, we usually only count the longer run in the open competition, and both races for the senior scoring. This year's scoring begins with the 1972 Lake Merritt Columbus Day Races (October). The totals below include all races through the DeAnza Ridge Run (with the exception of the Chico 10 Kilo, which we've eliminated). In addition, we are not counting the Feb. 11 Age Group Races because sufficient numbers didn't participate. \*\*\* Dan Anderson jumped into first place in the open division, just a short ways ahead of Bill Seaver. Jon Anderson fell to third (from first) since he didn't race over the past month. John Butterfield made a big advance from seventh to fourth, but the biggest move was made by Phil Camp, who took over fifth after moving all the way from thirteenth. Ross Smith (45 years of age), managed to pull closer to Ken Napier, while remaining undefeated so far this year, in the senior competition. However, Napier will prove hard to catch unless Smith puts in a few more races. Jim O'Neil pulled ahead of Dave Stevenson to hold down third place. Only newcomer to the 40-and-over ranks was Dennis Teeguarden. He displaced Gough Reinhardt, who didn't race at all during the past month. Surprising entries in the open competition are Ross Smith (12th), and Natalie Cullimore (tied for 16th) who is the first woman ever to break into the top twenty in our rankings...she won the 100-miler! Following are the top 25 open and top 15 senior placings. Ties are figured as an average of two places (tie for third is worth 3-1/2). The numbers in parentheses are (number of races, average placing, point rating).

OPEN: (1) Dan Anderson/WVTC (13, 3.923, 0.302), (2) Bill Seaver/WVTC (7, 2.286, 0.327), (3) Jon Anderson/OTC (5, 1.800, 0.360), (4) John Butterfield/BAA (10, 4.600, 0.460), (5) Phil Camp/Navy (5, 2.400, 0.480), (6) Darryl Beardall/MAC (8, 4.500, 0.563) & George Stewart/WVTC (4, 2.250, 0.563), (8) Vic Cary/WVTC & Mitch Kingery/RCF (4, 2.500, 0.625), (10) John Sheehan/WVTC (3, 2.000, 0.667), (11) Rich Kimball/GWTC (6, 4.333, 0.722), (12) Ross Smith/WVJS (5, 4.200, 0.840), (13) Darren George/NVRC (4, 3.500, 0.875), (14) Ron Zarate/WVTC (3, 2.667, 0.889), (15) Mike Buzbee/NWAC (4, 3.625, 0.906), (16) Jeff Arnold/WVTC, Dave Babiracki/BYU, Natalie Cullimore,



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Peter Duffy/WVTC, Arvid Kretz, Steve Martin (1, 1.000, 1.000), (22) Nick Vogt/GSR (5, 5.400, 1.080), (23) Joe Taxiera/ALTC (6, 6.500, 1.083), (24) Daryl Zapata/WVTC (5, 5.500, 1.100), (25) Dale Severy/SBAA (6, 6.667, 1.111).

SENIORS: (1) Ken Napier/WVJS (12, 1.250, 0.104), (2) Ross Smith/WVJS (8, 1.000, 0.125), (3) Jim O'Neil/SFOC (12, 1.833, 0.153), (4) Dave Stevenson/SRC (10, 1.900, 0.190), (5) Gil Tarin/NCSTC (15, 3.000, 0.200), (6) Bob Malain/NCSTC (13, 2.692, 0.207), (7) Mike Healy/NVRC (13, 3.538, 0.272), (8) Paul Reese/NCSTC (8, 2.875, 0.359), (9) Jim Nicholson/NCSTC (7, 3.286, 0.469), (10) Dennis Teeguarden/NCSTC (6, 2.833, 0.472), (11) Don Pickett/NCSTC (7, 4.143, 0.592), (12) Jim Allen/DSE (6, 5.000, 0.833), (13) John Perkins/NCSTC (5, 4.200, 0.840), (14) Gough Reinhardt/NCSTC (5, 4.300, 0.860), (15) T.A. de Lusignan/MAC (2, 2.000, 1.000) & Bill Snavely/Unat. (3, 3.000, 1.000).

## ● 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 members will probably see the 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!

**FUN RUNNERS CLUB:** Rita (Mrs. Bob) Anderson and Janet (Mrs. Joe) Henderson are organizing a family running club. The purpose of the club is to promote running in a non-competitive way, with emphasis on the social and physical benefits of running in a group. They have several ideas for the club but would like to have other ideas too. Some of the ideas are: mileage awards, age-group track meets, weeknight training runs, T-shirts, club newsletter & meetings, etc. For more information, write Mrs. Bob Anderson, 164 S. Bernardo, Sunnyvale, CA 94086 (Ph. 967-2579) or Mrs. Joe Henderson, 256 Monroe Dr., Mtn. View, CA 94040 (Ph. 941-4147).

**GOLD SPIKE TRACK CLUB:** Announcing---Summer high altitude distance runner's training camp/clinic. This training camp will be limited to athletes of high school age or older who enjoy

running. There will be four camps (two for men and two for women) as follows: July 16-20 (Men), July 30-Aug. 3 (Women), Aug. 13-17 (Men), Aug. 27-31 (Women). The clinic will involve participation and running activity by all those in attendance. Workout sessions for the clinic will be based on the Bi-recovery Training Program, incorporating a written text as a supplement to the training activity. In addition, notable speakers will discuss various fundamentals of distance running. The Gold Spike's training camp is located 40 miles from Grass Valley at 7,000 to 8,000 feet elevation. There are excellent campground facilities in Alpine-meadow country, bordering a wild area with various wide running trails. The fee is \$10 per participant for each camp-clinic. Each session will be limited to the first 100 who register by mailing in the required fees, waiver, and doctor's statement. For an application, write to Gold Spike Track Club, c/o Nick Vogt, Star Route, Smartville, CA 95977.

**PULSATORS RUNNING CLUB:** The club is holding its Fifth One-Hour Contender Run at Portage Glacier Lodge on Sunday, May 20, at 1 pm. This is a unique one hour race in which a runner "contends" for finish mileage at a turn-around point and loses all if not back to the starting line in one hour...this sounds like something we could get started in the Pacific Association. The Pulsators also expect to have four of its runners in the 31-mile walk for Hope Cottages in Anchorage on May 5, Sunday. It's a charity, fund-raising event...and many will run rather than walk.

**WEST VALLEY TRACK CLUB:** For the second month in a row, WVTC picked up a record number of new members (18) of varying abilities and interests. Ed Brown, P.O. Box 13915, Reno, Nevada 89507 (Ph. 702-329-3243), is a student (junior) at the University of Nevada and has bests of: 100-10.2, 220-22.5, 440-50.1, 880-1:57.0, Mile-4:32, LJ-19'7". Luther Clary, 405 Mill St., Reno, Nevada 89503 (Ph. 322-7183) is also at the University of Nevada and has bests of 49.2 for the 440 and 1:55.9 for the 880. Michael Cronin, 764 - 16th Ave., S.F. 94118 (Ph. 386-7828), has bests of 2:11 in the 880 and 5:07 in the mile. Carl Cruz, 326 Church St., Mtn. View 94040 (Ph. 968-1992) is a new addition to our sprint corps and runs around 9.9 for 100 yards.

## John-John Shirts

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Roger Duran, P.O. Box 4281, Station C, San Jose 95126 (Ph. 578-2495), has been a competitive race walker for over ten years, but has recorded some of his best marks just lately. He has a mile best of 6:46, to go with 14:51 for two miles on the track. On the roads he has recorded a 1:43:23 for 20 kilos and 23:16 for 5K. His many other marks are too numerous to list here. Carlos Garcia, 740 Delmas Ave., San Jose 95126 (Ph. 287-5316), is a senior at Lincoln H.S. and has bests of 4:34 (mile) and 9:58 (2 miles). David Himmelberger, 150 Saratoga Ave., #364, Santa Clara, 95050 (Ph. 984-6406) is a Purdue graduate and has times of 1:54 for the 880, 4:08 for the mile, and 9:20 for 2 miles. Chet Hodges, 2732 Grove St., Berkeley, 94703 (Ph. 843-7680) is a 1:59 (880) and 4:20 (mile) combination who is just getting it back together after a long layoff. Kerry Hogan, HHB 13th ADA GP, Presidio of S.F., 94129 (Ph. 386-9610), is a Missouri University graduate (1972) and has excellent distance clockings of 4:08.5 (mile), 8:56.2 (2 mile), and 13:37.0 (3 mile). Kerry would like to get into the 13:20's for 3 miles and under 28 minutes for 6 miles. Nick Hoogenraad, 935 Lee Dr., Menlo Park 94025 (Ph. 322-5765), is a biochemist with best marks of 4:09 (mile), 9:26 (steeplechase), 14:52 (5,000m), and 31:03 (10,000m). Tom Jordan, P.O. Box 5066, Stanford, 94305 (Ph. 328-9941) is an ex-Stanford runner with bests of: 4:40-51.0, 8:80-1:54.0, Mile-4:28, 2 Mile-9:32. Simon Langer, 2309 Blake St., #106, Berkeley 94704 (Ph. 845-2978) is yet another 880-Miler with bests of 1:53.6 and 4:09.1 (also 2:59.0 for 1320). He is presently a junior at Cal. Glenn Navarro, 317 Walker Dr., Mtn. View 94040 (Ph. 967-8660) is a soph at Foothill JC with bests of 4.5 for 40 yards, 22.3 for the 180LH, 20'4" for the LJ, and 40'5" for the TJ. He is primarily a football player who wants to increase his speed. Randy Quinn, 1414 Cherrywood Dr., Modesto 95350 (Ph. 522-2988) is a junior at Grace Davis H.S. with bests of 52.3 (440) and 2:03.8 (880). Tim Rostege, 5027 Joseph Ln., San Jose 95118 (Ph. 265-4170) is a 32-year-old sprinter with collegiate marks of 9.8 and 21.5 (9.9 and 22.2 in 1971). Richard Samuel, 1091 Tanland Dr., #202, Palo Alto 94303 (Ph. 327-4836) is a University of Texas graduate with best marks of 25'4" in the long jump and 50'2" in the triple jump. Richard is 25 years old. Arnold Valdez, 1601 Monteval Ct., San Jose 95120 (Ph. 997-1768) is a student at Cal-State Hayward who just took up the

javelin recently and has a best mark of 142 feet. Dave Whiteing, 1721 Spruce, Berkeley 94709 (Ph. 843-9263) is an ex-Stanford runner with bests of 49.5 (440), 1:52.5 (880), and 4:20.5 (mile). In addition he has a 48.2 and 1:51.9 relay clockings, and a 3:02.8 mark for 1320 yards.

•Address Changes: Mike Ryan to 3550 Valencia Ave., Dayton, Ohio, 45404; Jim Howell to 1078 Michaelangelo Dr., Sunnyvale, 94086; Al Sanford to 2590 Ross Rd., Palo Alto 94303 (Ph. 328-6574); Peter Duffy & Rick Trachok to "Fleet of Foot", 636 No. Virginia St., Reno, Nev. 89501 (Ph. 702-786-8752); Jack Bellah's phone # at school (Stanford) is 328-4593.

•Club jerseys: Wards Dept. Store in Oakland gave me a wrong date concerning the arrival of our new club singlets, and we will now have to wait until about mid-May until they arrive...then we can silk-screen them, along with any other stuff you send us to get screened with the script "WVTC". If you want to order one, they are \$2.50 by mail...\$2.25 otherwise. Black nylon shorts (our official club color) are available at two locations that we know of: Ryan's Sporting Goods in San Jose, and The Athletic Dept. in Berkeley (only \$2.00 at this store), although small & medium are the only two sizes at the latter. Oh, they are also available at West Valley Athletics in San Jose (that makes sense I guess!).

•Alvaro Mejia will be arriving back in the Bay Area with his wife Terri (& son Christopher) around the end of May or first part of June. They have been living in Bogota since after the Munich Olympics. Both will be looking for jobs, especially (& maybe Terri on a part time basis) Alvaro. If you know of any available jobs that don't require too much labor (maybe in recreation), get in touch with us right away.

•Duncan Macdonald was the second West Valley TC member in two years to represent the U.S. in the Soviet indoor meet at Richmond, Virginia (March). He competed in the 1500 meters, but his fast early pace succumbed to the two Soviets, who finished one-two. However, he did beat Howell Michael quite handily (4:08.7 to 4:11.0)...guess you've figured out by now that the race was a mile, and not 1500m!! The winning time was a sparkling 4:01.0 (second was 4:03.2) by Panteley. Last year, Don Kardong competed in the 3 mile, taking second to Leonard Hilton, as the Americans went one-two in that event.

•The 24-Hour Relay: Our club has never run a good team (or any team to my knowledge) in this exciting and very tiring event. But, this summer, Runner's World is having their annual "24-Hour insanity" at a good time, after all the big track meets...so, your president would like to suggest that we try and be the first team to crack the 300 mile barrier. We certainly have the horses to do it...and maybe a second team around 280-290! The 'world record' is a mere 295 miles, 269 yards, set by the Olympic Training Camp in Washington way back in 1970. The club record is held by Sale Harriers of England at 293-378, and the U.S. club record is 275-959 by the Tulsa Running Club (Oklahoma). The race is set for July 13-14, and Alameda TC has already announced they will compete and figure to run 290 miles. Anyone interested in competing in this event for WVTC should contact the editor (that's me!) as soon as possible. I will insert a special club signup sheet in the May issue.

•Victor Mora continued his winning ways in the Bolivar Games in Panama City on February 26 by taking a triple victory, including one national record: 3000mSC (8:48.8 NR), 5000m (14:20), and 10,000m (29:26.2). Jim Bowles, who recently moved to Albany, N.Y., has been competing regularly in that part of the country. We have heard about only a 7th place finish at a 12 mile run in New York City (Central Park). He ran a commendable 1:08:40 (winner was Tony Colon in 1:01:35, with Tom Flemming second in 1:01:47). Jim also competed in the Boston Marathon, but we are informed by Harold DeMoss, who also ran (2:52 or so), that Jim met with heat problems at around 14 miles and had to be taken to the hospital...let us know if you are alright, Jim. Bob Grubbs, now a freshman at the Univ. of Oregon, has been starting his year off right and promises to be one of the stars of the future in U.S. distance running. He turned in a 28:55.4 performance behind Prefontaine's U.S. record-setting 27:09.4 in Bakersfield, and then lowered his 3 mile PR from 13:49.8 to 13:39.6, the latter behind Pre's 13:06 (Pre also ran 3:56.8 in the mile an hour before...certainly the best distance double ever). Eddie Silva has made a comeback this year while competing for Chico State, and just recently won the Woody Wilson Relays at Davis (2 Mi) in 9:00.7, a PR. Mike Ruffatto had a case of the London flu in March, but has come back strongly and recently recorded a 9:17 two-mile. Joel Jameson brought his 2-mile best down to 9:03.6 at the dual meet with Stanford (second to McConnell in

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in the exact same time. Other good early season performances have been turned in by many other WVTC athletes, including a 13:44.2 three-mile by Domingo Tibaduiza for a second place finish at the Trojan Invitational; a 13:46.8 three-mile by George Stewart in the San Diego Relays (also second place); a 14.6 high hurdle race by Rick Tipton in his first hurdle race of 1973 (Trojan Invitational); consistent throws of 165-166' by Brad Nave in the discus; a 1:56.2 half-mile seasonal best by Rich Hansen for fifth place at the Santa Barbara Relays; a 4:13.5 mile by Bill Kelly (also a PR) in taking a close fifth at the San Diego Relays; a 54.5 intermediate hurdle victory for Frank Mercer at a windy SJS-BAS-WVTC meet; and many other fine marks that slip my mind. Refer to the track & field results section of this issue for marks by other West Valley athletes during the past month.

● Club Dues: Since the NCRR subscription price has gone from \$3.50 to \$5.00 per year, the minimum club dues will in all probability be raised from \$3.00 to \$5.00, with the \$10.00 maximum remaining the same. So, all those members which join after we (all club members vote on this) decide one way or the other, will have to abide by the new rates for 1973. There will be a ballot in your next issue concerning the proposed dues changes after the Exec Council meets to decide on just what they should be...meeting probably in mid-May.

● AAU Club Aid Program: WVTC managed to pick up a much-needed \$500 from the National Office this year to help pay for upcoming trips to big meets, etc. The money came from the AAU's Club Aid Program, which annually gets surplus monies from the CBS television series. A total of 36 men's clubs received \$15,000 for 1973. Our treasury now stands (as of 4/19) at around \$1,500 with all debts paid!! This is an all-time high for our treasury.

● Following are WVTC finishers in road races that didn't place high enough to be listed in the regular results section of this issue: St. Patricia's Day Run: (52) Ellen Clark 56:13; Senior's Lake Merced Run: (69) Charles Attwood 36:24.

### ● 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 NCRR will get results for you. Monthly rates: (Per line as printed---25¢; Per square inch---25¢; 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, 800-1000 per month. 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 during the entire year unless approved otherwise by the editor. Payments may be made on a monthly basis if desired. We would appreciate ads in their final size, but will reduce or enlarge if necessary. Make all ads proportional to an 8-1/2 x 11 inch page or portion thereof, leaving room for margins (3-1/2 by 4-7/8 for 1/4 page, including black-line border, etc.). All half-toning is double the above rates except for inserts that you supply. Add 25% for odd-sized ads (other than 8-1/2 by 11) that are inserts and any ad that we have to compose from your instructions. All advertisers get free copies as long as their ads run. For more details, write the editor. Entry blanks: Special rates for mailing entry blanks for races---only \$15.00/sheet, 8-1/2 x 11, may be printed both sides at no extra cost if desired.

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 Ave. turnoff. They now have in stock over 100 styles. Special: until they are sold out---the Mexicana will be on a discontinued sale at 30% off, from \$23.95 to \$15.95. Make us your one-stop store for Adidas shoes, casual wear, and accessories for the entire family. We accept BankAmericard and Master Charge. Open from 10 to 6 on Monday thru Saturday and until 9 on Thursday. Ample parking!! Drop by today.

MAKE MONEY SELLING NCRR SUBSCRIPTIONS: You can make 75¢ per year subscription selling the NorCal Running Review to your friends. If you're interested, get in touch with us at P.O. Box 1551, San Mateo, CA 94401 (Ph. 342-3181). We will supply you with subscription forms and some sample copies to show your friends. It's an easy way to make extra money and at the same time improve our quality by increasing profits.

ROOMMATE NEEDED...\$107/MONTH RENT: Your editor is in a bind and needs to find a new roommate (male or female, 21-35) in a big hurry. If you're interested (or know of someone else who might be), contact Jack Leydig, 415-342-3181. The pad is a furnished 2-bedroom house near downtown San Mateo, complete with fireplace, carpets, large backyard...quiet neighborhood, except for the incessant typing of your editor. Utilities are extra. But better act fast. At this price it should be going pretty fast. You can move in immediately!! --- Also, I have a Morse Multiplex Stereo with speakers that is in excellent condition which I will sell for \$125...a steal!! It originally cost me more than twice that amount. --- And, to show you that I'm really broke and need money, I have a large stamp collection that I would be willing to sell in its entirety or by country, or even by individual stamp!! Contact me if you're interested in any of the above. Hurry...I need to eat next week.

FLEET OF FOOT INTRODUCES NIKE: Rick Trachok & Peter Duffy have opened a running and athletics shop in Reno at 636 North Virginia St., featuring NIKE, the sports shoe of 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 a 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.

NEW ROAD-RACE SHOE SALESMAN: Jack Leydig is now employed on a part-time basis 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 this year. 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 the back cover. At present, we carry the following brands and models: Tiger--Marathon, Boston, Bangkok, Tahoe, Cortez, Helsinki, Olympiad, and Vickka II; Nike--Nylon Obori; Lydiard Road Runner; Puma--9190, Crack. We will be stocking a lot of other models in the near future. SLS is the "Complete Running Shop" with an inventory of just about anything you could want for running...watches, warmups, equipment, books, etc. Look for me at the next road race...I plan on being at the Golden Gate Park 8-Miler, Angel Island Run, Bay-to-Breakers, Golden Gate Marathon, Statuto Race, Woodminster, Novato (maybe), and Holy City. Thanks for helping a "poor" runner.

### ● LETTERS TO THE EDITOR ●

Thank you for your letter of February 19 regarding the National A.A.U. Marathon Championships. I am particularly pleased that you have manifest an interest in competition for women. This subject was discussed briefly at the recent track and field meeting held at the time of the Indoor Championships in New York and received favorable comment. There is, however, no way that an official women's championship event can be conducted until such time as legislation is enacted sanctioning such an event. I am therefore, sorry to inform you that your marathon competition for women cannot be advertised as an officially sanctioned, championship event. You may, however, under the policy guidelines established at the convention in Kansas City, conduct a marathon for women, so long as they compete only against other women and for separate prizes. Thanks again for your interest in the distaff performer. Women need all of the help that they can get, and yours is certainly appreciated. Do have a good spring and a most successful championship meet in June. -- Ken Foreman, Chairman-Natl. Women's Long Distance Sub-Committee.

### ● COACH'S CORNER ●

Meet Terry Ward: There will be a head coaching job available next year if Terry Ward, head track coach at St. Ignatius High School in San Francisco, follows through with his plans to get a doctorate in physical education at USC next year. A successful graduate of St. Ignatius in 1963, Terry has been coaching there for five years, this season being named to the top coaching position. No doubt, Terry's coaching has had a great influence in making SI track teams one of the most respected in Northern California during the past few years.





TERRY WARD, HEAD TRACK COACH AT ST. IGNATIUS HIGH SCHOOL IN SAN FRANCISCO, IS FEATURED IN COACH'S CORNER. /John Marconi/

Coach Ward is a graduate student from both S.F. State and San Jose State, receiving his B.A. in Physical Education from the former, and his M.A. in Education from the latter. Upon graduating from San Jose, Terry served as an assistant soccer and track coach at S.F. State prior to returning to his old high school as an assistant track and head cross country coach.

Being a 440 and 880 runner in high school with bests of 49.2 and 1:55.9, Terry's coaching strengths lie with the middle and longer distances. "My training ideas on distance running come from the two better known international coaches, Percy Cerutti and Arthur Lydiard," commented Ward. "But my biggest source of knowledge has come from my not-too-close friend, Carl Colombat. Through him I have learned much on the value of interval training and when to use it properly. A typical week of training during track season," continued Terry, "would be a steady ten-mile run on Monday, normally competition on Tuesday, a seven-mile easy run followed by intervals on the track (880 to 1320) on Wednesday, with Thursday being a repetition of Monday. Then on Friday we cut down to easy jogging with 100 yard strides on the football field. Saturday is a competition day. Although I don't require it, most of my better runners take a 15 to 20 mile run on Sundays."

When the question of whether high school athletes should be allowed to compete in AAU competition during their school season's came up, Terry replied, "I really don't see any reason why an athlete shouldn't compete in open competition during the school season. The fact we are now letting our distance runners double and triple in meets shows that the athletes are not hurting themselves by doing so. I've always felt that the A.A.U. road races and fun runs were enjoyable competitions anyway. They don't put any pressure on the kids."

Terry spotted his three highlights with placing ninth in the CIF Meet (1:55.9 for 880), being a part of SI's State Meet effort in 1972, and finally being named as head track coach.

Looking towards the State Meet for this year, Terry sees dashmen Williams and Lloyd and miler McVeigh as the brightest individual hopes for SI. The mile relay team, which has hit a sterling 3:24.5 clocking (with a 49.9 frosh quarter-miler named Don Magee), is their best hope in the baton events. With a talent-laden team such as this year's, St. Ignatius is sure to walk off with more than its share of victories.

● NORTHERN CALIFORNIA PORTRAIT ●

Meet Terry Albritton: (See cover photo) - Just wait until Terry Albritton 'grows up'. Only 18, the 6'4-1/2", 246-lb. Stanford

freshman already has turned in some phenomenal man-sized performances in the shot: on March 10--just two months after turning 18 (he was born Jan. 14, 1955)--Albritton powered the 16-pound ball 61'5-1/4", a significant heave on several accounts. It is the third-longest toss ever by an 18-year-old --and the two throwers in front of Albritton are none other than 1964 Olympic Champion Dallas Long (63'7") and '68 winner Randy Matson (62'4-3/4"). The mark came in the second college competition of Albritton's life--and boosted his personal best from 57'11-3/4", which he reached the week before. The mark made by Terry put him into a special class. Only six other college frosh have ever surpassed 60-feet. And finally, his big chuck gave Albritton the Stanford record--and made him the first Cardinal ever to exceed 60-feet.

All this from just a freshman--and he followed his big heave up with other solid tosses of 57'8" to win the Santa Barbara Relays and 59'7-1/4" for second versus UCLA (his only loss of 1973). Prior to this season, Albritton's best stood at 55'3-1/4", recorded in 1972 as a senior at Newport Harbor High in his hometown of Newport Beach. And, just to show he is a talent with the discus, Terry has spun a career best of 166'10" this year as well--again in his first season of throwing the international platter.

Surprisingly, Albritton is no newcomer to recording long heaves at a young age. In 1971, the prep junior twice topped the world and US age-16 best for the 12-lb. ball, first with his 64'8-3/4" in the State Meet prelims, and then with his 65'5" to take second in the finals. That mark still stands and was, of course, his best that year. The longest-throwing returning senior in '72, Albritton was upset for the state title by Randy Cross (Crespi Carmelite, Encino), 65'7-1/4" to 63'2". But Albritton ended the year as the state's longest prep putter in both the 12- and 16-pounders--and second nationally in each--when he muscled 67'9" to win the All-American Prep Invitational. It was the longest mark of the three major prep invitationals (All-American, International, Golden West). Additionally, his 67'9" made him prepdom's tenth longest performer all-time, and his 55'3-1/4" put him in twelfth.

So Albritton's talent and credentials were well-established before he came to the Farm. Once he got to Stanford, of course, the transformation began--in his training, attitudes and, most importantly, his results--as he explains: "I'm involved with football from June through November, so I start lifting in November. I lift 3-5 times a week, depending on circumstances, from November back to June. During the summer I'm involved with building my endurance and speed for football. My training has varied greatly since high school. During those years, I lifted on a percentage program involving six major lifts (bench, military, incline, squats, incline, dead lift). The program took up to five hours to complete. I found I have neither the time nor energy in college to continue such a program. Instead, I use a shorter, more productive method of increasing my strength for the shot. I center on lifts which actually help the muscles involved with putting--such as the incline press, full squats, cleans, and some accessory lifts (wrist curls, hamstrings, quad machine, etc.). I am convinced strength isn't the most important aspect; rather, the most important aspect is power combined with explosiveness. I do a lot of speed and coordination exercises, like skipping rope. I also believe in stretching my muscles and keeping them loose, for executing superior technique demands keeping the body loose.

My attitude toward competition is also a vital aspect of the success which has been mine. Simply stated, I compete against myself and no one else. Using this method, I enter each contest relatively calmly and confidently. I can acknowledge my own strengths and weaknesses without anxiety-producing side-effects. If I worried about another thrower, I wouldn't know what he was capable of throwing, thus producing anxieties about what to expect from him."

Albritton adds that he believes another important factor influencing his fine throwing is simply being at Stanford and in the school's athletic program. "The program's policy toward athletes is extremely honest and fair," he says. "It's really a perfect environment for the individual to expand and develop, athletically and academically. For the most part, the coaches treat you like a responsible individual, being more like educators than iron-fisted dictators. Nobody tells, or expects, any athlete to perform in any given manner. The athlete is given the option to succeed or fail on his own. I have found this approach has enabled me to develop more confidence in myself, in every aspect of life." Albritton's athletic development speaks for itself.





SAN RAMON HIGH'S ROY KISSIN, A 9:21 AND 14:15.4 SOPH WHIZ, IS APRIL'S WEST VALLEY PORTRAIT.

### ● WEST VALLEY PORTRAIT ●

**Meet Roy Kissin:** West Valley Portrait of the month is Roy Kissin of San Ramon High School in Danville. Though only a sophomore and having just turned 16 (Feb. 4), Roy has turned in some outstanding times during the last few months, and he also placed very well in the cross country meets this past fall season. He won the East Bay Athletic League title on the 3-mile Lafayette Reservoir course with an excellent time of 14:01, and then went on to place second in the North Coast Section Finals. After cross country season, as a 15-year-old, he ran a 4:25.1 mile and 9:21.0 two mile. However, his best mark was a 14:15.4 for three miles, which is an age-15 world record according to Age Records by T&FN. The previous mark was a 14:26.0 by Bruce Kidd of Canada (set way back in 1959). It beats the old U.S. mark of 15:03.2 (Gordon Pino) by some 48 seconds!! The only comparable time is Craig Virgin's in-route (to 5000m) performance of 13:44.6 at age-16. Quite a remarkable performance for so young and inexperienced a runner. Roy has only been running distance for two years!

During the off-season, Roy runs once a day, 70-90 miles a week, with a long weekend run, varying his pace as he feels. During cross country and track season he ups his mileage to over 90 a week by adding a short morning run, and then adding some speedwork at mid-season, consisting of interval 440's, 660's and short sprints for sharpening.

Roy's immediate goals are to run a 9-minute two mile and to make the finals in the state high school meet. He would also like to run a six-mile in under 30 minutes this year should the chance arise. The world record for 16-year-olds is 29:50, and 30:19.6 for Americans. Both marks appear to be well within reach of this up-and-coming star. Roy's long term goals are to keep improving his times at all distances and to enjoy the total running experience. With his talent and mature outlook on running, you can be fairly sure that Roy will attain most of the goals he's set out for.

The three most exciting moments in Roy's young running career were qualifying for the S.F. Examiner Games high school two-mile, only a week after getting over bronchitis (9:21.0); a second place finish in the North Coast Section Cross Country Finals as a sophomore; and a 30-second improvement in his two-mile time over one summer after his freshman track season. With a lot more maturing to go, Roy Kissin seems to be bound for great things in the not-so-distant future. College talent scouts had better take notice now.

### ● SPECIAL ARTICLE ●

**Yoga and Running:** (Taken from the Jan. 1973 issue of the Bay Area RRC Newsletter) - Many runners, including Joe Henderson, are turning to yoga to help relax and stretch muscles and ligaments in the feet and legs, which running, by and of itself, gives little beneficial effect. The lack of suppleness and elasticity in these muscles and ligaments may lead to injuries sooner or later. Thus, it is highly recommended to help runners. The following are specifically recommended exercises for runners or anyone else who is on their feet extensively: (1) Toe-sit: The weight is on the knees and toes with the rear posterior touching the heels; (2) Heel-sit: Toes pointed backwards, back straight, body weight on knees and shins, buttocks resting on heels--hold both of these positions for 15 seconds or more; (3) Kneeling-backbend: Look back over your head and try to touch your head while your knees are level.

All of the first three exercises should be done without shoes on a comfortable surface: grass, carpet, mat, etc.; (4) Sitting or standing toe-touch: Keep your knees from bending and try to touch your face to your knees or lower; (5) Asana: Lie on your back and extend your legs over your head until your toes touch the ground. Legs should be straight; (6) Forearm stand: Form a triangle with your forearms. Place your forehead in your hands and move your legs to a position over your head. Your legs are straight. This particular exercise is good for getting blood to your head; (7) Lay on your stomach. Lift first your right leg and then your left leg from the ground. These types of yoga exercises will help to relax you. They should be done both before and after you run. If it is difficult to touch your toes or uncomfortable to do any of the other exercises, then you have lost some of your flexibility in the backs of your legs and in your feet. These exercises will also help to reduce strain in your back. Get a book on yoga which has good pictures of the various positions. Once you get into a routine of doing these before and after running, you'll find that they will take less than five minutes a day. (Editor's note: For many of our readers these exercises will seem quite difficult at first. You must be careful not to overdo these exercises at first, just as you would not go out and run ten miles after not having done so in several months (or years). You should not force any of the positions. They should come naturally...in time. Get to a point where a position feels like it's doing some good, but not putting too much stress on your system. The key here is moderation at first. Don't become discouraged. Things will improve, just as it takes time to get into running shape. You will be amazed at the results after about a month or two of the above routine.)

## 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 "Fund Runs" need no AAU sanction (as well as the DSE runs), but you should be very careful of entering a non-sanctioned race 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 entry fees, closing entry dates, etc. Check with the Meet Director or area contacts (listed below) if you have any doubt. Always check with the Meet Director to verify the dates and times of runs...mistakes are possible, and it could save you a long drive. The following schedule (next page) contains races from Oregon through Southern California and Nevada, as well as a few other popular out-of-area races. Non-Pacific Ass'n races are coded as follows: (where no Meet Director is noted on the next page, area contacts below are the best bet to find out information from.) - 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, Nevada 89114; Oregon Ass'n (\*OA) Richard Raymond, 2575 NW Lovejoy, #37, Portland, Ore. 97210; DSE Runs (\*DSE) Walt Stack, 321 Collingwood, San Francisco, CA 94114. The PA-AAU Long Distance Running 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)...AAU applications are available from this address. \*\*\* 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 cards required. Every Sunday at 10:30 am, Foothill College, Los Altos (off Interstate 280). A 1/2-mile race each week and following distances on successive weekends each month: 1 & 5 Mi.; 1 & 2 Mi.; 1 & 4 Mi.; 1 & 3 Mi. Contact RW, P.O. Box 366, Mtn. View, CA 94040 (Ph. 328-2911) for more information. -- April 29 will be 1 & 6 Mi.

### ★ BULLETIN ★

This year's Golden Gate Marathon has been CANCELLED!! The race was originally set for May 26th...spread the word please.



- 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 Park, Roseburg, Ore., 11 am. Ron Hjort, Roseburg Recr. Dept., Roseburg, Ore. 97470.
- Apr 28 - 3 & 7 Mile Road Runs, Crescent Valley HS, Corvallis, Ore., 11 am. Leo McAvoy, 501 Madison Ave., Corvallis, Ore. 97330.
- Apr 28 - YMCA Fun Run, Colina Del Sol Recr. Ctr., 8:30 am. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- Apr 29 - Mt. Diablo Disturbance Race, 6.6 Mi., 9 am PDT. Pre-entries req'd (handicap). Jack Kirk, Star Route, Mariposa 95338.
- May 5 - Lowell TC 8 Mile Run, Lowell JHS, Lowell, Oregon, 11 am. John Hepner, 4160 Avalon, Eugene, Ore. (\*OA)
- May 6 - Ave. of the Giants Marathon, Weott, 9 am. Six Rivers RC, Dick Gilchrist, 281 Hidden Valley Rd., Bayside, CA 95524.
- 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, 9 am. Dennis Anderson, P.O. Box 158, Lakewood, CA 90714. (\*SPA)
- May 12 - 8 Mile Road Race, Golden Gate Pk., S.F., 9 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
- May 12 - SPA-AAU 20 Kilo, Griffith Pk., LA, 9 am. Tom Cory, 515 No. Howard, Glendale, CA 91206. (\*SPA)
- May 13 - Angel Island 5.3 Miler & Picnic, 11 am. The Guardsmen, 12 Geary St., San Francisco, CA 94108. (Changed from May 6).
- May 13 - Manresa Beach Runs (RRC), 1, 2, & 8 Miles, 1:30 pm. Bill Flodberg, 12925 Foothill Ave., San Martin, CA 95046.
- May 13 - May Day Feast Run, Hendricks Pk., Eugene, Ore. 4.8 Mi., 1:30 pm. Jeff Hollister, 855 Olive, Eugene, Ore. 97401. (\*OA)
- May 13 - Albertson's Council Crest Hill Run, 3.5 Mi., Portld, O, 2 pm...Meet at Albertsons on Beaverton Hwy. & Shattuck Rd.
- May 13 - DSE Practice Bay-to-Breakers, 8 Mi., Meet at Howard & Spear, S.F., 8 am. (\*DSE)
- May 13 - Golden Gate Bridge Vista (Legion of Honor Parking Lot), S.F., 5 Miles, 10 am. (Probably cancelled??) (\*DSE)
- May 19 - PA-AAU One-Hour Run, Mt. Tamalpais HS, Mill Valley, 5 pm. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
- May 19 - YMCA Fun Run, Fine Arts Bldg., Balboa Park, San Diego, 8:30 am. (\*PSWA)
- May 19 - Masters San Diego-to-Long Beach 120-Mile 10-Man Relay. Tom Bache, 4920 Kane St., San Diego, CA 92110. (\*PSWA)
- May 20 - 2nd Stallion Springs 15 Miler, near Tehachapi, 10 am. Wayne Van Dellen, 37149 Road 192, Woodlake, CA 93286. (\*CCA)
- May 20 - Bay-to-Breakers, 8 Miles, S.F., 10 am. (Entries Close May 11). Frank Geis, 942 Market St., Suite 601, S.F. CA 94102.
- May 26 - Spray Half-Marathon (Tentative), Spray, Oregon, 8 am. Harley Newland, P.O. Box 274, Spray, Oregon 97874. (\*OA)
- May 26 - 4th Annual Golden Gate Marathon (Tiburon to S.F.), 7:30 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
- ★Note: Just received word that this year's Golden Gate Marathon is CANCELLED...via Meet Director, Rich Perry.
- May 26 - Mt. Wilson Trail Race, 9.5 Mi., 9:30 am. Jerome Maier, Box 24, Sierra Madre, CA 91024. (\*SPA)
- May 28 - Memorial Day Marathon, Roseburg, Ore. (VA Hospital), 10 am. Ron Hjort, 744 SE Rose St., Roseburg, Ore. 97470. (\*OA)
- Jun 2 - 18th Fontana Days Handicap (Portsmouth Start), 8:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (\*SPA)
- Jun 2 - Bay Area RRC/YMCA Road Races (1,2,6 Miles), San Jose YMCA, 9 am. San Jose YMCA, 1717 The Alameda, San Jose, CA 95126.
- Jun 2 - Los Gatos Pacers 24-Hour Relay (Starts 7 pm, June 1), Los Gatos HS. Rick Midstokke, 16780 Farley Rd., Los Gatos 95030.
- Jun 3 - 53rd Annual Statuto Race, 8 Miles, S.F., 9 am. SF Athletic Club, 1630 Stockton St., San Francisco, CA 94113.
- Jun 3 - Sacramento River Run, 7.6 Miles, Redding, 9 am. Redding Chamber of Commerce, Bob Malain, 1870 Wisconsin, Redding 96001.
- Jun 9 - Newtown XC Race, 5 Miles, Placerville, 10 am. Ernie Marinoni, 5101 Newtown Rd., Placerville, CA 95667.
- Jun 9 - 7th Palos Verdes Marathon, 8 am. Terry Wallace, P.O. Box 153, Palos Verdes Estates, CA 90274. (\*SPA)
- Jun 10 - Woodminster 9.3 Mile XC Run (Handicap), Oakland, 10 am. Bay Area RR, Chas. MacMahon, 154 Grover Ln., Walnut Crk. 94596.
- Jun 10 - Gold Hill Run (Climb), 3 Miles, Gold Hill, Ore., 11 am. Gold Hill Chamber of Commerce, Gold Hill, Oregon 97525. (\*OA)
- Jun 10 - Potluck by the River, 4.5 Miles, Eugene, Ore., 7 pm. Jeff Hollister, 855 Olive St., Eugene, Oregon 97401. (\*OA)
- Jun 16 - Novato Ridge Run, 6.5 Miles, Novato, 9 am. Marin AC, Dick Cordone, 918 Fifth Ave., San Rafael, CA 94901.
- Jun 16 - 8th Yankee Doodle XC Festival, 1 to 4 Miles, 9 am. Roger Williams, 828 S. Mesa St., San Pedro, CA 90731. (\*SPA)
- Jun 16 - Oregon AAU 20 Kilo Championship, Portland, 9:30 am. Richard Raymond, 2575 Lovejoy, #37, Portland, Ore. 97210. (\*OA)
- Jun 16 - Pioneer Days 13 Mile Road Run, Jacksonville, Ore., 8 am. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (\*OA)
- Jun 17 - 15th Garden Grove Run (Portsmouth Start Handicap), 10 Miles open, 9 am. John Brennand, 4476 Meadowlark Ln., SB 93105.
- Jun 17 - Natl. AAU Marathon & PA-AAU Championships, San Mateo HS, 8:30 am. WVTC, P.O. Box 1551, San Mateo, CA 94401.
- Jun 17 - Senior Sports Int'natl. Marathon (25 Yrs. & Over), Los Angeles, 8 am. SSI, Inc., 5225 Wilshire Blvd., #302, LA 90036.

—TRACK AND FIELD—

AAU-COLLEGIATE

- Apr 27 - Twilight Meet, Eugene, Ore.; Mt. SAC Relays, Walnut, 2 days.
- Apr 28 - SF Special Olympics for Handicapped, Kezar Stadium, 10:30 am; SF State at Cal-St. Hywd.; UC Davis at Chico St.; Sac'to St. & Sonoma St. at Humboldt St.; NorCal JC Relays at SJCC, 10 am; NorCal Small College Relays at Chico St., 10 am.; Mt. SAC Relays.
- 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 pm; San Jose Invit. at San Jose St., 11 am; SF St. & UC Davis at Sonoma St.; 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).
- May 16 - NorCal JC Trials at Modesto, 1 pm.
- May 17 - Far West Conf. Championships at Sac'to St. (3 days).
- May 18 - Pacific-8 Championships at Eugene, Oregon (2 days).
- May 19 - PCAA Conference Meet, Santa Barbara; Bakersfield Classic; San Diego ITA (Pro Track); NorCal JC Finals at College of Marin, 10 am.
- May 26 - California Relays, Modesto; State JC Championships at Bakersfield (all day); NCAA College Nationals, Indiana...possibly June 1-2 (Wabash, Ind.).
- May 28 - State JC Decathlon Championships (2 days), Allen Hancock JC, Santa Maria.
- Jun 1 - USTFF National Championships, Wichita, Kans (2 days).
- Jun 2 - Kennedy Games, Cal-Berkeley, 1:30 pm.
- Jun 7 - NCAA Championships, Baton Rouge, La. (3 days).
- Jun 9 - PA-AAU Track & Field Championships (probably at Merritt College...call PA Office to check); USTFF National Junior Championships, Des Moines, Iowa.
- Jun 14 - National AAU Championships (Men), Bakersfield, 3-day meet...Marathon on June 17 at San Mateo, 8:30 am.

HIGH SCHOOL

- Apr 27 - Santa Teresa AL Relays, Live Oak HS, 3:30 pm; Cureton Relays, Fremont HS, Sunnyvale; FAL Relays (Charlie Eaton Relays), Miramonte HS, night meet.
- Apr 28 - Downey Games, Modesto, 9 am; Pacific Grove Invit., 9 am; El Cerrito Relays, 10 am.
- May 1 - Sequoia District Trials, Sequoia HS, 3 pm; NACAL Trials at El Cerrito HS, 2:30 pm.
- May 3 - NACAL Finals, El Cerrito HS, 2:30 pm; SCVAL Trials (2 days), Monta Vista HS, 3 pm.
- May 4 - Sequoia District Finals, Sequoia HS, 6 pm.
- 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, Capuchino, 2:45 pm; WCAL Trials, St. Francis, 3:30 pm; MHAL Trials, SJCC, 2pm; 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 HS, 2:30 pm.
- May 10 - MPL Finals, Capuchino, 2:45 pm; CAL Finals, Cal-St. Hywd.; EBAL Finals, Liberty (Brentwood), 2:45 pm.
- May 11 - SCVAL Finals, Monta Vista; STAL Finals, Pioneer HS; SPAL Finals, Foothill JC; 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; NCS Region II Trials, Campolindo HS, Moraga.
- May 18 - NCS Region I Finals, Cal-St. Hywd. or Chabot, 2:30 pm; NCS Region II Finals, Campolindo HS, Moraga; NCS Region III Finals, SJCC, 3 pm.
- May 19 - CCS Region I Meet, Serramonte HS, 9 am; CCS Region II Meet, College of San Mateo, 9 am.
- May 25 - CCS Trials & Finals, SJCC, 2 pm/7 pm; NCS Trials at Cal-St. Hywd. or Diablo Valley College, 4:30 pm.



- May 26 - NCS Finals, Cal-St. Hywd. or DVC, 9:30 am/1 pm.  
 Jun 1 - CIF State Meet Trials, Woodland, 4:30 pm.  
 Jun 2 - CIF State Meet Finals, Woodland, 1 pm.

**WOMEN - SENIORS - AGE GROUP**

- 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); NCSTC Seniors Track Meet, Sonoma St., 1 pm PDT; Mt. SAC Relays (Masters events).  
 May 5 - Women's PA-AAU Pentathlon/Triathlon (& other running events), Mills HS, Millbrae, 10 am; Herbert Hoover Relays (Boy's Age Group), Palo Alto; San Jose Invitational (Women's events)...qualify for Calif. Rlys.  
 May 6 - NCSTC Track Meet, Modesto, 1 pm (Downey HS).  
 May 11 - Women's Collegiate Natl. Championships, Cal-St. Hywd, (2 days).  
 May 12 - Salinas Valley Invit. (Girl's Age Grp), Hartnell JC; Pleasant Hill Invit. (Boy's Age Grp), Diablo Vly JC; West Coast Relays, Fresno; San Mateo City Intermediate School Meet (6th-8th grades), Hillsdale HS, 8 am.  
 May 13 - PA-AAU Girl's 14/15 Championships, Mills HS, Millbrae.  
 May 19 - PA-AAU Girl's 14-17 Championship, SJCC.  
 May 20 - PA-AAU Boy's Age Group Championships, Hartnell Coll.  
 May 26 - California Relays, Modesto (Women & Masters).  
 May 27 - PA-AAU Girl's Age Group Championships, So. Lake Tahoe.  
 Jun 1 - Calif. AAU Boy's Age Group Championships, Sacramento, (2 days).  
 Jun 2 - Kennedy Games (Women's events), Cal-Berkeley, 1:30 pm; Jr. Olympic Sectional Trials (Girls), sites unknown, 2 day meets; Natl. Postal Age Group Mile Runs (AAU/RRC) for boys & girls, Bakersfield.  
 Jun 3 - PA-AAU Women's Championships, Sac'to State.  
 Jun 10 - Calif. State Girl's (12/13 up) Championships, Region 13, San Diego.  
 Jun 17 - Natl. AAU Women's Pentathlon Championships, UC Irvine, 2 days; Regional Girl's 12/13 Age Grp. Pentathlon, UC Irvine, 2 days.  
 Jun 20 - Natl. AAU Girls 14-17 Championships (Selecting for Jr. Int'natl. Teams), UC Irvine (2 days).  
 Jun 22 - Regional Age-Group Meet between Girls & Women's Natls.  
 Jun 23 - Natl. AAU Women's Championships (Int'natl. Team Selection), UC Irvine (2 days).

● RACE WALKING ●

**Scheduling:** For further information on scheduling, contact Steve Lund, 402 Via Hidalgo, Greenbrae, CA 94904 (Ph. 461-5492).

- Apr 29 - Men's 30 Kilo & Women's 2 Mile, UOP, Stockton, 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 international meets.  
 May 20 - Stockton Race Walkers Festivities, 25 Kilo for Men & 5 Kilo for Women.  
 May 26 - California Relays, 2 Mile for men, by invitation.  
 Jun 2 - Kennedy Games, 5 Kilo for men, Cal-Berkeley, 1:30 pm.  
 Jun 3 - Sr. Natl. 25 Kilo, Taunton, Mass., tentative 2:30 pm.  
 Jun 10 - PA-AAU Race Walking Championships (Men go 5 Kilos, Women go 1 Mile), S.F. State.  
 Jun 14 - Natl. AAU 5000 meter (3 day meet), Bakersfield.  
 Jun 22 - Natl. Jr. 10 Kilo (at AAU Jr. Championships), Gainesville, Fla., 2 day meet.  
 Jun 24 - Sr. Natl. 15 Kilo, Brighton, Colorado, 8 am.

\*\*\*If someone has a race-walking schedule for Southern California or Oregon, please drop me a copy right away. Thanks.

**Natl. AAU Senior 10 Kilo Walk:** (March 31, Reno) - After going through the first mile in 7:13, Bill Ranney and Ron Laird took from Bob Kitchen. Ranney then led for the next two miles, and after that Jerry Brown of Colorado showed everyone what race walking is all about, as he was never in danger of losing the lead after the halfway mark. Ranney folded (somewhat) and Laird managed to hang on for another mile before he too lost contact with Brown. Kitchen, dropping back continuously, was nipped at the wire by Bill Weigle. Floyd Godwin rounded out the Colorado TC's team in sixth place to give them the championship over West Valley TC (Glusker, Duran, Adriano). Julio Hallock, a student at UOP in Stockton, was the only casualty of the judges for trying to outsprint Roger Duran in the last 20 yards!! The finishers: (1) Brown (CTC) 46:19, (2) Laird 46:42, (3) Ranney 46:51, (4) Weigle (CTC) 47:16, (5) Kitchen 47:19, (6) Godwin (CTC) 47:31, (7) Bob Henderson 49:18, (8) Pete Van Arsdale 49:43, (9) Steve Lund 49:57, (10) Jim Bean 50:20,

- (11) Wayne Glusker (WVTC) 51:04, (12) Roger Duran (WVTC) 51:32, (13) Bob Frank 51:44, (14) Manny Adriano (WVTC) 51:44, (15) Jim Bentley 52:00, (16) Brian Snazell 53:40, (17) Wolf 55:00, (18) Brad Bentley 55:39, (19) Keith Foreman 66:10, (20) Phil Mooers 69:06. /Steve Lund/

**PA-AAU 15 Kilo Winter Championships:** (March 10, Kentfield) - The complete results of this race weren't legible in the recent issue of the PA Race Walker, and so we can't tell you much more than the fact that Bill Weigle beat Goetz Klopfer, and that Wayne Glusker nipped Steve Lund for third. Roger Duran was fifth. If anyone has the complete results, please send them to us for publication in the May issue. Thanks.



START OF THE 10-11 GIRLS' AGE GROUP WALK AT THE MILLBRAE LIONS' RELAY CARNIVAL ON APRIL 7. /John Marconi/

● TRACK AND FIELD RESULTS ●

**San Jose St. 87, Stanford 58:** (March 10, Stanford) - 100: Breddell (SJ) 9.5, Curl (S) 9.6; 220: Breddell (SJ) 21.4, Curl (S) 21.6; 440: Maas (SJ) 47.6, Sprink (SJ) 48.0, Anderson (S) 48.3; 880: Harmatz (SJ) 1:52.5; Mile: Schilling (SJ) 4:04.2, Mittelstaedt (S) 4:06.9, McFadden (S) 4:08.1; 2 Mi: Sandoval (S) 9:02.2, Mittelstaedt (S) 9:02.6, DeVoe (SJ) 9:06.8; 440IH: Hogsett (S) 54.1, Mercer (SJ) 54.1, Kring (S) 54.2; 3000mSC: Schoenrock (S) 9:21.2, Hurst (SJ) 9:27.4; 440R: SJS 40.9, Stanford 41.5; MileR: SJS 3:20.0, Stanford 3:20.0; Jav: Rhoads (SJ) 224-8, Hopkins (S) 221-2; SP: Albritton (S) 61-5 1/4, Kirschenman (SJ) 55-8 1/2; PV: Rock (SJ) 16-0; LJ: Wright (SJ) 24-3 1/4, Kring (S) 23-4 3/4; HJ: Crawford (SJ) 6-8, Curtis (SJ) 6-6, Tinnin (SJ) 6-6; TJ: Terry (SJ) 48-6, Scott (SJ) 47-9 1/2; DT: Howard (S) 174-2, Dreissigacker (S) 161-11, Royer (S) 159-1. /Jack Bellah/

**Bay Area Striders/West Valley TC/SF State:** (March 10, Skyline JC) - 100: Payton (BAS) 9.7, Pymes (BAS) 9.9, Relamapagos (SF) 9.9, Rostege (WVTC) 10.1; 220: Rodgers (BAS) 22.5, Shields (BAS) 23.2, Relamapagos (SF) 23.7, Rostege (WVTC) 24.0; 440: Greer (BAS) 50.5, Tipton (WVTC) 50.5, Gonzales (BAS) 51.0, Richardson (SF) 51.6; 880: Robinson (ETC) 1:59.0, Dees (BAS) 1:59.0, Hansen (WVTC) 1:59.5, Bay (WVTC) 2:00.0; Mile: Sanford (WVTC) 4:26.2, Best (SF) 4:26.5, Kelly (WVTC) 4:27.0, Varner (WVTC) 4:30.2; 2 Mi: Cary (WVTC) 9:28.0, Johnson (WV) and Zapata (WVTC) 9:38.0; 6 Mi: Darling (ETC) 30:15.8; 120HH: Carty (BAS) 14.1, Ellis (BAS) 14.2, Hendershott (WVTC) 15.6; HJ: Thurston (Sonoma) 6-4 1/4; LJ: Steffes (BAS) 23-2, Fernandez (SF) 22-1, Stratton (WVTC) 21-8; TJ: Steffes (BAS) 47-6, Fernandez (SF) 47-4, Dunn (BAS) 46-0; SP: Born (BAS) 55-11, Davis (BAS) 54-3; DT: Nave (WVTC) 156-10; JT: Burns (BAS) 212-0, Harrison (BAS) 200-2; 440R: BAS 41.4; MileR: BAS 3:35.0. /Jon Hendershott/

**San Jose Cindergals Sectional:** (March 10, San Jose CC) - OPEN: 100: Miller (RJ) 10.9, Julian (RJ) 11.2; 220: Miller (RJ) 25.4, Revere (SC) 26.4; 440: Poor (SJC) 57.7, Hamel (RJ) 59.6; Mile: Cooper (SJC) 5:23.9, Nelson (SVTC) 5:27.5, Potter (SJC) 5:28.6 (C. Adams (WS) had a 5:15.6 in the 12-13 Division); 2 Mi: Val Eberly (SJC) 11:34.6; 440R: RJTC 48.9, MLTC 50.1, SJCG 50.4; MileR: SJCG 4:05.7. /Augie Argabright/

**Cal 84-1/2, OSU 60-1/2:** (March 10, Berkeley) - 440R: Cal 41.6, OSU 41.7; JT: Judd (O) 247-10, Kennedy (C) 242-11; SP: Walker (O) 59-0; Mile: Hansen (C) 4:14.2, Harris (C) 4:15.2, Amaya (O) 4:15.2, Amaya (C) 4:15.3; 120HH: Snyder (O) 15.1; LJ: Lucas (C) 23-3 1/4, Lopez (C) 23-0 3/4w; 440: Atuahene (O) 48.6, Bates (O) 48.6, Andrew (C) 48.6; 100: Burns (C) 9.9,



Nichols (C) 10.0; 880: Bentz (C) 1:53.0, Lowrey (S) 1:53.3; 440IH: Petralia (C) 53.4, Askey (C) 53.7; 220: Nichols (C) 21.8, Burns (C) 22.0; PV: Otter (C) 16-0, (tie) Weidig (C) & Schwartz (C) 15-0; DT: Overton (C) 168-10, Miller (O) 161-10, Adams (C) 161-10; HJ: MacFarlane (C) 6-4; TJ: Rim (O) 48-5; 3 Mi: Hill (O) 13:59, Duffey (C) 14:01; MileR: OSU 3:16.2, Cal 3:17.6. /SF Chronicle/

US-USSR Indoor Meet: (March 16, Richmond, Va.) - California finishers listed. 600: (2) Wes Williams (SDTC) 1:11.1; 1000: (2) Mark Winzenried (CW) 2:06.8; Mile: Duncan Macdonald (Un) 4:08.7 - 3rd; 3 Mi: (2) Tracy Smith (AIA) 13:24.2, (3) Jim Crawford (Army) 13:33.6; HJ: (2) Pat Matzdorf (CW) 7-1 1/4; LJ: (2) Arnie Robinson (Army) 25-1 3/4, (3) Stan Whitley 24-10 3/4; TJ: (4) Robert Reader (CITC) 51-6; SP: Bruce Wilhelm 63-1 3/4; Weight-Throw (1-Lb. heavy): (1) George Frenn (PCC) 69-7; Pentathlon: (2) John Warkentin 3933. WOMEN: 440: (1) Kathy Hammond (SRR) 55.3; 600: (3) Jarvis Scott 1:22.3; Mile: (3) Mary Decker (BA) 4:40.1, (4) Kathy Gibbons 4:52.1; 2 Mi: (3) Debbie Heald 10:34.2; LJ: (1) Martha Watson 21-4 3/4 AR; SP: (3) Marien Seidler 48-4 1/2; Relay: US (Render, Kathy Hammond, Toussaint, Campbell) 3:26.4, USSR 3:29.5. /J. Hendershott/

Brotherhood Games: (March 17, Merritt College, Oakland) - 100: S. Burns (Cal) 9.8, Ligons (BAS) 9.9, J.D. Smith (Cal) 10.0; 220: Rodgers (BAS) 22.0, Walker (SJS) 23.2, Jamison (Merritt) 23.3; 440: Gonzales (BAS) 50.2, Tipton (WVTC) 50.8; 880: Eashman (CSH) 1:56.3, Clary (WVTC) 1:57.2, Greer (BAS) 1:57.2, Hansen (WVTC) 1:58.6; Mile: Hale (OTC) 4:15.6, Johnson (WVTC) 4:17.1, Langer (Unat) 4:25.3; 2 Mi: Duffy (Nev/WVTC) 8:59.0, Stewart (WVTC) 9:05.8, Dare (WVTC) 9:06.0, Johnson (WVTC) 9:13.2, Cary (WVTC) 9:14.8; 120HH: Carty (BAS) 14.3, McCormick (GWTC) 14.6, Ligons (Chabot) 14.7, Hendershott (WVTC) 15.8; 440IH: Lee (BAS) 54.1, McCormick (GWTC) 57.4, Fuller (Merritt) 59.4; HJ: Schneider (CSH) 6-6, Robinson (CSH) 6-4, McGinnity (WVTC) 6-2; PV: Rock (SJS) 15-6; LJ: Steffes (BAS) 23-5 3/4, Rogaway (BAS) 23-0 3/4, Johnson (BAS) 21-6 3/4; TJ: Steffes (BAS) 49-4 1/2, Dunn (BAS) 46-2 1/4, O'Neill (CSH) 45-10 1/2; SP: Born (BAS) 56-3 1/2, Luka (Cal) 56-0 1/4, Penrose (BAS) 51-10; DT: Penrose (BAS) 184-8, Nave (WVTC) 156-3, Matthews (Unat) 145-0; JT: Burns (BAS) 212-2, Harriman (BAS) 197-10; 44OR: Cal 41.8, Contra Costa JC 43.2, Merritt JC 43.8; MileR: BAS 3:23.5, WVTC 3:29.5; Sr100: Lingel (BAS) 10.8, Andrews (BAS) 10.9, Juilland (NCSTC) 11.0. /Jon Hendershott/

Orinda TC Season Opener: (March 17, Pleasant Hill?) - Women's Division: 200m: Nickson (B) 25.3, Robinson (B) 25.4; 440: Nickson (B) 60.3, Moulton (OTC) 61.8, Snyder (WS) 61.9; 800m: Richmond (WS) 2:25.5, Phillips (SRR) 2:26.2; 1500m: Clausus (WS) 4:42.7, Anex (WS) 4:50.8, Reneau (Unat) 4:53.1; 3000m: Clausus (WS) 9:52.9, Anex (WS) 10:15.7; HJ: McQuillan (WS) 5-5, B. McQuillan (WS) 5-2; 44OR: Berkeley 48.6; DT: Lane (WS) 139-7. /Don Bailes/

Bakersfield Spring Break All-Comers: (March 24, Bakersfield) - NorCal placers: 100: (Heat 1) Hearvey (O) 9.6, Payton (BAS) 9.6, (Heat 2) Ligons (BAS) 9.7; 220: Hearvey (O) 21.3, Rodgers (BAS) 21.4; 880: (Heat 2) K. Bayless (BAS) 1:53.9; 6 Mi: Prefontaine (O) 27:09.4 AR, Long (O) 28:49.6, Grubbs (O) 28:55.4; 120HH:

Carty (BAS) 14.1; 44OR: Oregon 40.8, BAS 40.8; MileR: Oregon 3:16.0, BAS 3:16.0 (Greer 48.2 leadoff); 440IH: (3) Lee (BAS) 53.2; DT: Wilkins (OTC) 202-3, Penrose (BAS) 197-3, Louisiana (BAS) 178-5, Davis (BAS) 176-6; TJ: (2) Steffes (BAS) 49-6 3/4; LJ: Steffes (BAS) 23-10 3/4; PV: Dias (BAS) 16-8 (17-2 on 4th attempt). /Nate Slaughter/

Santa Barbara Relays: (March 24, Santa Barbara) - UNIV/OPEN: 120HH: (Heat 4) Bagshaw (Stan) 14.6; 100: (Heat 2) (3) Curl (Stan) 9.8, (4) Ford (CSH) 9.9; SP: Albritton (Stan) 57-8; LJ: (2) Anderson (Stan) 23-2 1/4; HJ: (4) Sullivan (Chico) 6-8; DMR: Stanford (Kring, Wolfe, McFadden, Mittelstaedt) 9:55.8; JT: (4) Hopkins (Stan) 214-2; Mile: (5) Ellison (Chico) 4:16.9; 880R: (4) Stanford 1:28.2; 2 MileR: (2) Stanford 7:51.6; Sr100: Andrews (BAS) 10.8, Jordan (CDMTC) 10.9; PV: (3) Jones (Chico) 15-0; 880: Eashman (CSH) 1:50.9, Winzenried (CW) 1:51.6, (5) Hansen (WVTC) 1:56.2; DT: (2) Howard (Stan) 172-7, (3) Dreissigacker (Stan) 166-11, (4) Royar (Stan) 164-5; MileR: (5) Stanford 3:18.4. COLLEGE: DMR: (4) UOP 10:12.0; DT: McCollum (CSH) 179-8, Yourek (Chico) 178-3, (4) Pipes (UCD) 173-10; 880R: (3) CSH 1:29.5; SP: (2) Watt (Chico) 55-9 1/2, (4) McCollum (CSH) 53-4; MileR: Sac'to St. 3:26.8 (7th overall, 3rd in heat 1); TJ: Forman (CSH) 49-1 1/2; Jav: (2) Bracy (Hum) 216-5; HJ: (2) Schneider (CSH) 6-8. JC DIV: Shuttle Hurdle Relay: Skyline 1:06.2 (4th in heat 1, 7th overall); JT: (5) Ryan (Foothill) 163-3; DMR: Laney 10:18.8, (3) CSM 10:32.4; 44OR: (4) CCSF 42.3, (9) Skyline 43.3; 2 MiR: (7) Laney 8:12.8; 880R: (6) Monterey Pen. 1:32.3; SMR: CCSF 3:26.9, Skyline 3:30.6; MileR: (2) CCSF 3:19.5, (8) Skyline 3:22.7, (10) DeAnza 3:24.6; 2 Mi: (3) Remak (DA) 9:26.0, (4) Carvey (CSM) 9:26.8, (5) Marinowski (Can) 9:29.0; DT: Buss (Foothill) 163-0, Tarbonius (DA) 154-0, (4) Patterson (Foothill) 148-3; TJ: Krebs (Foothill) 48-3 1/2, Goodlow (Laney) 45-7 3/4, (4) Connally (DA) 44-0; HJ: (4) Burgess (Laney) 6-4; PV: (2) Quinn (Can) 15-0, (3) Aldrich (Can) 15-0, (4) Truman (Skyl) 14-6 & Black (LACC) 14-6. /Sam Adams/

Campbell Relays: (March 24, Campbell) - VARSITY: 120HH: Skillman (Camp) 14.3, Garlick (Camp) 14.6; 330IH: Skillman (Camp) 40.2, Sexton (Nwk) 41.3; 880R: Hoover (Fresno) 1:32.9, Pinole Valley 1:33.0; 44OR: Hoover (Fr) 43.1, Pinole Vly 43.8, Campbell 43.9; MileR: Pacific 3:26.6, H. Johnson 3:27.0, Mt. Pleasant 3:29.1; 2 MiR: Hoover (Fr) 8:09.9, Irvington 8:11; 8 MiR: (4 x 2 Mi) Leigh 39:10, Westmont 39:47, Irvington 40:10; DMR: Westmont 10:43.6, Menlo 10:49.6; SMR: Pacific 3:38.4, Irvington 3:40.8; Mile: Moreno (TN) 4:29.4, Sullivan (Sar) 4:30.0; 100: Gillespie (Wstmt) 9.8, Hardamon (Hoover) 9.9, Siaton (Hoover) & Chatman (PV) 10.0. /Ron Perdue/

SJS 89, OSU 56: (March 24, San Jose) - SP: Cramer (O) 58-5 1/2, Schmidt (O) 56-3, Kirschenman (SJ) 55-9; JT: Davis (O) 241-2; LJ: Wright (SJ) 25-1 1/2, Wikkeling (SJ) 24-8; 440: Atuahene (O) 47.6, Maas (SJ) 47.7, Sprink (SJ) 47.8; 44OR: SJS 41.2; PV: Rock (SJ) 16-0, Royal (SJ) 15-0; Mile: Schilling (SJ) 4:07.5, Ebba (O) 4:07.6; 120HH: Tinnin (SJ) 14.1, Whitley (SJ) 14.2, Leek (SJ) 14.6; 100: Breddell (SJ) 9.4, Doutherd (SJ) 9.7; 880: Harmatz (SJ) 1:51.5, Lowrey (SJ) 1:52.6, Gianoulas (SJ) 1:52.9; DT: Kirschenman (SJ) 168-0;



JIM LINGEL (LEFT) WINNING THE SENIOR 100 FROM ALPHONSE JUILLAND & MAL ANDREWS AT THE BROTHERHOOD GAMES. /John Marconi/



RUSTY NAHIRNY (LEFT) RAN A 4:24.7 WIN OVER STACY GEIKEN AT BLOSSOM HILL. /Marconi/



STANFORD'S BRIAN MITTELSTAEDT, ANCHORING HIS TEAM TO A 9:55.8 DISTANCE MEDLEY VICTORY AT THE SANTA BARBARA RELAYS. /John Marconi/





KEVIN MCCARTHY OF CUPERTINO HIGH WAS THE CCS LEADER IN BOTH HORIZONTAL JUMPS AS OF APRIL 14. /John Marconi/

TJ: Scott (SJ) 48-8 1/2, Terry (SJ) 48-6 1/2, Ragster (SJ) 47-8 1/2; 440IH: Casey (O) 53.0, Kaster (SJ) 53.1, Oveson (O) 53.1; 220: Breddell (SJ) 21.0; HJ: Crawford (SJ) 6-10, Tinnen (SJ) 6-10; 2 Mi: Hill (O) 8:59.4, DeVoe (SJ) 9:04.6; MileR: OSU 3:13.2, SJS 3:13.9. /SF Examiner/

UCLA Meet of Champions: (March 25, Westwood) - 3000mSC: Haver (AIA) 9:09.4, Price (AIA) 9:20.6; SP: Feuerbach (PCC) 69-2; LJ: (4) Rogaway (BAS) 23-2 1/2; Mile: Eashman (CSH) 4:08.7; 120HH: (4) Carty (BAS) 14.3; 100: (Heat 1) (3) Payton (BAS) 9.6; 440: Brown (UCLA) 46.5; DT: Powell (PCC) 201-5, Penrose (BAS) 189-6, (4) Louisiana (BAS) 183-9; PV: (4, tie) Richards (PCC) & Diaz (BAS) 16-7; Women's 440: (3) Hammond (SRR) 56.0.

Claremont Relays: (March 25, Claremont) - Women's DMR: Will's Spikettes 12:03.4 AR; 3000mSC: Trachok (Nev/WVTC) 9:32.0; Women's SP: Lane (WS) 42-0; Women's DT: Lane (WS) 128-5 (3rd); Women's HJ: (3) McQuillen (WS) 5-5. /Will Stephens/

Stanford 100, Oxy 54: (March 31, Stanford) - 3000mSC: Schoenrock (S) 9:21.2, Long (O) 9:30.8, Day (S) 9:32.6; 440R: Oxy 42.2, Stanford 42.4-DQ; Mile: Mittelstaedt (S) 4:08.9, McFadden (S) 4:09.6; 120HH: Bagshaw (S) 14.9; 440: Anderson (S) 48.9; 100: Curl (S) 9.9; 880: Jackson (S) 1:54.4; 440IH: Odell (O) 52.7, Hogsett (S) 53.4; 220: Curl (S) 21.8; 2 Mi: McConnell (S) 9:03.6, Jameson (O) 9:03.6, Sandoval (S) 9:11.8; MileR: Stanford 3:16.4, Oxy 3:16.9; JT: Omphroy (O) 237-0; PV: Henderson (O) 14-6; HJ: Anderson (S) 6-4; TJ: Utley (S) 49-3, Ho (S) 46-4; DT: Howard (S) 164-9, Royer (S) 161-7; SP: Albritton (S) 59-9; LJ: Anderson (S) 23-10, Kring (S) 23-3 1/4, Kuechle (O) 22-8 1/2. /Jack Bellah/

San Jose St./Bay Area Striders/West Valley TC: (March 31, San Jose) - SP: Marks (Un) 62-8 3/4, Born (BAS) 57-9, Kirschenman (SJ) 53-10, Gherardi (SJ) 51-10; 3000mSC: Hurst (SJ) 9:21; JT: Rhoades (SJ) 229-2, Harriman (BAS) 199-0 1/2; 440R: BAS 41.6; Mile: Harmatz (SJ) 4:12.4, Dare (WVTC) 4:12.9, Seaver (WVTC) 4:16.7; 120HH: Carty (BAS) 13.7w, Tinnin (SJ) 14.2, Whitley (SJ) 14.3, McCormick (GWTC) 14.7; LJ: Rogaway (BAS) 24-6w, Steffes (BAS) 24-3 1/2, Wikkeling (SJ) 24-0 1/2; 440: Dees (BAS) 48.5, Greer (BAS) 49.6, Gonzales (BAS) 50.0; 100: (Heat 1) Breddell (SJ) 9.4w, Ligons (BAS) 9.6, Douthard (SJ) 9.7, (Heat 2) Pettus (BAS) 9.6, Rodgers (BAS) 9.7, Watkins (Merritt) 9.9; PV: Rock (SJ) 16-6, Miguel (BAS) 16-0, Royal (SJ) 15-6, Van Kirk (SJ) 15-6; 880: Schilling (SJ) 1:55.6, Giannoulas (SJ) 1:56.1, Hansen (WVTC) 1:57.9; HJ: Crawford (SJ) 6-10, Tinnin (SJ) 6-10, Curtis (SJ) 6-8; 440IH: Mercer (SJ) 54.5, Kaster (SJ) 54.5, Wall (BAS) 54.7; 220: Breddell

(SJ) 20.6w, Rodgers (BAS) 20.7, Walker (SJ) ??; DT: Born (BAS) 186-7, Penrose (BAS) 185-8 1/2, Kennedy (BAS) 183-4; 3 Mi: Stewart (WVTC) 14:14.6, Ritchie Geisel (WVTC) 14:16.0, Vic Cary (WVTC) ??; MileR: BAS 3:16.0, SJS 3:16.4; TJ: Steffes (BAS) 50-0, Terry (SJ) 49-4 1/2, Dunn (BAS) 48-1. /Jon Hendershott/

Blossom Hill Relays: (March 31, San Jose) - VARSITY: 4 MiR: Oceana 18:12.7, San Carlos 18:15.5, Los Altos 18:18.4, Homestead 18:23.0, St. Ignatius 18:23.3; 2 MiR: Leigh 8:12.2, Irvington 8:13.3; MileR: Irvington 3:30.4, Menlo 3:31.6; Mile: Nahirny (Wash/Fre) 4:24.7, Geiken (Cub) 4:27.0; 880R: St. Ignatius 1:32.0; 440R: Los Altos 43.8; Shuttle Hurdles: Palo Alto 58.5; LJ: Holloway (Bfd) 23-2, McCarthy (Cup) 22-5, LeGrande (Wmt) 22-4; TJ: LeGrande (Wmt) 47-7 1/2, Lloyd (Leland) 46-5 1/2; HJ: Insley (Cup) 6-4, McCaskey (PH) 6-4; PV: Turner (DM) 14-5 1/2, Hintz (Buch) 14-5 1/2; SP: Hansen (Bel) 53-11 1/2, Davis (Cam) 53-11 1/2; DT: Hickson (Leland) ??; 100: Rosenberg (DM) 9.9; 2 Mi: Quintana (SL) 9:32.3, McCandless (Wmt) 9:38.5; MileR: Willow Glen 3:25.8, Buchser 3:27.7; DMR: Los Altos 10:34.7, Westmont 10:35.4; Pentathlon: Matsiu (Wats) 3568, Yap (SI) 3563, Barmore (Sar) 3547. /H. Latimer/

Ventura, March 31: Lompoc HS set a new high school distance medley mark of 10:03.0, breaking the former mark held by Essex Catholic of New Jersey (10:05.6 in 1967).

SF ITA Meet: (April 1, Daly City) - PV: Phillips 16-0; 60: (2) Edmonson 6.1, (3) Hines 6.1; SP: Oldfield 69-11 1/2 WR; 2 Mi: (4) Tom Laris 9:15.0; 500m: Evans 1:03.4, James 1:03.4; LJ: Hines 26-5 3/4; HJ: Radetich 7-4. /Fred Baer/

Grandfather Games: (April 7, Van Nuys) - 440(III): (2) Shine (NCSTC) 71.5; 100(I): (2) Marlin (NCSTC) 10.7, (3) Fredrickson (NCSTC) 11.0; 100(II): (1) Guidet (NCSTC) 10.9; 220(I): (3) Fredrickson (NCSTC) 23.9; 220(II): (1) Guidet (NCSTC) 24.8; SP(III): (2) Puglizevich (NCSTC) 40-2 1/2. /George Ker/

San Ramon Relays: (April 7, San Ramon) - VARSITY: 2 Mi: Dayton (SR) 9:21.1, Kissin (SR) 9:24.1; 440R: San Ramon 43.4; 2 MiR: San Ramon 8:12.9. /Bob Vincent/

Sacramento Relays: (April 7, Sac'to) - Results of this meet and others thru mid-April will appear in the May issue because of lack of space here. Tune in next month for the compete rundown thru mid-May.

#### ● ROAD RACING RESULTS ●

Camellia Festival 100-Milers: (March 10, Sac'to) - The Camellia Capital Century (100 miles with a 24-hour time limit) was won by a woman!!! That ought to do something for women's lib. She (Natalie Cullimore) is the only person in the area to ever finish two of these (2nd last year) that we know of. Her time of 18:09:16 was not bad considering there were several periods of gusty winds and shower activity. Natalie becomes the first woman to ever win a major PA-AAU men's event. The only other finisher was John Arberry, who made it in 22:21:39. Dave Chatterton (17) went 55 miles, Rex Dieterick was next with a total of 40...then came Ray Beamer (37-1/2), Jack Halligan (an even marathon), Roger Deutschle (25), and Steve Chatterton (20). On the 3-day 100 mile race circuit, Southern California's Dave Russell won in a cumulative time of 14:02:01, with Paul Reese (55) being the only other finisher at 14:31:47. The race went from Mather AFB to Jackson (1st day), and then to Placerville (2nd day), and finally back to Mather (3rd day). Times for the 3 days were: Russell (4:44:00, 4:52:10, 4:25:15) and Reese (4:51:22, 4:52:10, 4:48:15). Both had run in the 1970 flat race (11:57:51 and 12:44:12) and rated this hilly course a lot more challenging, although more enjoyable. Dave Zumwalt ran a 4:10:01 the third day only. /P. Reese, John Hill/

19th San Fernando Handicap: (March 11, San Fernando) - (1) Jon Sutherland 31:11, (2) Mike Chambliss 32:13, (3) Bob Branch 32:29, (4) Doug Russell 32:30, (5) Steve Wampler 32:48, (6) Pat Miller 32:56, (7) Bob Gordon 33:10, (8) Marvin Rowley 33:30, (9) Bill Theriault 33:41, (10) John Swain 34:02. The course is 6 miles long. /John Brennan/

5th LAPD Run: (March 18, Los Angeles) - 5.7 Miles - (1) Joe Toledo 29:18, (2) Bill Scobey 29:27, (3) Bill Anderson 29:58, (4) Dave Caldera 30:14, (5) Art Ting 30:45, (6) Les Caldera 31:00, (7) Pat Miller 31:15, (8) Bill Theriault 31:23, (9) Jim Perez 31:26, (10) Marvin Rowley 31:31, (11) Irwin Merein 31:44, (12) Frank Freyne 32:06, (13) Walt Waltmire 32:11 (14) E.J. Burns 32:32, (15) Jim Flanigan 32:39. /John Brennan/



Manteca Metro Recreation Dept. Six-Miler: (March 18, Manteca)  
 (1) N. Rodriguez 32:13, (2) F. Rodriguez 33:18, (3) Lange  
 (GWTC) 33:33, (4) Bill Fairwell 34:31, (5) Gil Tarin (NCSTC)  
 35:41, (6) Don Peters 36:07, (7) Bill Snavely 36:30

Manteca Metro Recreation Dept. Six-Miler: (March 18, Manteca)  
 (1) N. Rodriguez 32:12, (2) F. Rodriguez 33:18, (3) Lange  
 (GWTC) 33:33, (4) Fairwell 34:31, (5) Tarin (NCSTC) 35:41,  
 (6) Peters 36:07, (7) Snavely 36:30, (8) Stenberg 36:35, (9)  
 Sullivan 36:46, (10) Vargas 37:11. /Dick Glasgow/

Oil Capital Marathon: (March 24, Tulsa) - (1) Ziegler (Okla)  
 2:26:48, (2) Vann (Ark) 2:36:53, (3) Brame (Ark) 2:39:02, (4)  
 Low (Ark) 2:40:36, (5) Lewis (Okla) 2:41:40, (6) Harold DeMoss

(WVTC) 2:44:50...(26) Bill McCray (GWTC) 3:12:10. /H. DeMoss/

Al Perry Memorial Run: (March 26, Laton) - 6 Miles - (1) Noon-  
 an (HSTC) 37:19, (2) Petersen (HSTC) 37:40, (3) Peck (HSTC)  
 38:40, (4) Thomas (Un) 42:06, (5) Nester (HSTC) 44:38, (6)  
 Douglas (Un) 45:08. /Rich Petersen/

Anderson Dam Runs: (March 31, nr. Gilroy) - Open 10 Miler: (1)  
 Wright 61:56, (2) Humphries 64:15, (3) Kenny 64:15, (4) Thomas  
 65:45, (5) Giese 68:53, (6) Day (MPAC) 68:54, (7) Campbell  
 (WVJS) 69:19. Two-Miler: (1) H. Hernandez (WVTC) 10:20, (2)  
 Mercado 10:29, (3) G. Hernandez 11:06. One-Miler: (1) E. Her-  
 nandez 6:45, (2) Soto 6:47, (3) Ruiz 7:26. /Bill Flodberg/

Duncan Macdonald Whips Class Field at Searsville: (March 3, Woodside) - Because of rain and slippery conditions at the planned starting point, the 1973 course was 229 yards shorter than the previous year. The weather didn't stop ex-Stanford miler Duncan Macdonald from eating up the field in easy fashion. His 39:33.6 compares quite favorably with Alvaro Mejia's 1972 mark of 40:06 (add about 40 seconds to Duncan's time). The 7.83 mile run saw 188 finishers in what had to be considered a very good turnout for such a lousy day. To say that the field had "depth" is an understatement...looking at some of the individuals that placed between 10th and 20th shows why. West Valley TC had an easy time defending their team title for the fourth or fifth year in a row as seven squeezed into the top ten. Ken Napier bested Jim O'Neil by several hundred yards in the senior battle to finish in 18th overall. Stacy Geiken of Cubberley High was the tops in his division by some 4 minutes!! He placed 12th overall. Peggy Lyman nipped Eva Barraza by some 20 seconds to take top honors for women. The top 60 finishers are listed. /Don Peterson/

1 - Duncan Macdonald (O-Rigger CC)	39:34	21 - Joe Aravjo (Unat.)	44:19	41 - Frank Cortez (RC Flyers)	47:09
2 - Phil Camp (US Navy)	40:00	22 - Jim O'Neil (SF Olympic Club)	44:27	42 - Alex Monterrosa (Pamakid)	47:10
3 - Ritchie Geisel (WVTC)	40:10	23 - Mike Eash (Unat.)	44:35	43 - John Bay (WVTC)	47:19
4 - Bill Seaver (WVTC)	40:12	24 - Paul Koski (Unat.)	44:56	44 - Daniel Martinez (RC Flyers)	47:51
5 - George Stewart (WVTC)	40:24	25 - Bob Cooper (Unat.)	45:01	45 - Norris Peterson (WVJS)	47:59
6 - Jim Dare (WVTC)	41:18	26 - Mark Williams (Stanford RC)	45:10	46 - Jerry Ockerman (Unat.)	48:09
7 - Daryl Zapata (WVTC)	41:18	27 - Art Meyer (Unat.)	45:14	47 - Don Pickett (NCSTC)	48:11
8 - Joe Taxiera (Alameda TC)	41:25	28 - Gil Tarin (NCSTC)	45:20	48 - Alan Harkness (Los Gatos Pacer)	48:20
9 - Dan Anderson (WVTC)	41:47	29 - Walt Van Zant (WVJS)	45:22	49 - Leslie Loeder (RC Flyers)	48:27
10 - Jack Leydig (WVTC)	42:16	30 - Ray Menzie (Unat.)	45:33	50 - Rich Martinez (RC Flyers)	48:30
11 - Dale Severy (Santa Barbara AA)	42:27	31 - Dave Marsh (Pamakid)	45:42	51 - Tom Pinchard (NCSTC)	48:33
12 - Stacy Geiken (RC Flyers)	42:29	32 - John Comisky (Pamakid)	46:06	52 - Bob Gehl (Dolphin Club)	48:37
13 - Gene Fitzgerald (Dolphin Club)	42:43	33 - Gordon Rado (Cal Poly)	46:17	53 - Wayne Stenberg (Unat.)	48:41
14 - John Butterfield (US Navy)	43:04	34 - Joel Stein (RC Flyers)	46:33	54 - Eamon Cooke (Unat.)	48:42
15 - Greg Chapman (Solano TC)	43:21	35 - Robert Smith (JHS)	46:37	55 - Rick Kell (Unat.)	48:43
16 - Darryl Beardall (Marin AC)	43:28	36 - Ernie Jeong (Pamakid)	46:44	56 - Dennis Atkinson (MPAC)	48:51
17 - Bill Clark (WVTC)	43:33	37 - Brad Evans (Unat.)	46:45	57 - Santos Reynaga (WVTC)	49:11
18 - Ken Napier (WVJS)	43:44	38 - Lester Mina (Alameda TC)	46:48	58 - Rick Midstokke (Los Gatos P.)	49:21
19 - Mike Conroy (Unat.)	43:51	39 - Mike Hargens (Los Gatos P.)	46:49	59 - Boyd Tarin (Unat.)	49:26
20 - John Ferguson (Stanford RC)	44:17	40 - Ben Sawyer (Otherways AC)	46:59	60 - Edward Tico (WVJS)	49:41

Dan Anderson in Fremont 10 Kilo Win: (March 11, Fremont) - This year the leaders didn't get lost and a legitimate course record was set by Dan Anderson at 33:02, just edging out Bob Immethum by 10 seconds. The divisions were rather confusing, with several competitors getting disqualified because they ran too fast for their division!! Seems like a person could run with a watch and cheat like crazy. Ken Napier met his match with teammate Jim Shettler (39 years old) soundly beating him by some 30 seconds. Jim O'Neil was only another 12 seconds back in a tight senior battle. A total of 179 finished, and 60 are listed. /Teegarden/

1 - Dan Anderson (WVTC/Chabot)	33:02	21 - Daniel R. Moreno	36:55	41 - Kermit Bayless (BAS)	39:09
2 - Bob Immethum (Alameda TC)	33:10	22 - Lester Mina (Alameda TC)	37:02	42 - Ray Orwig	39:20
3 - Bill Seaver (WVTC)	33:30	23 - Ronald Alonza	37:09	43 - Dennis Kroll	39:35
4 - Joe Taxiera (Alameda TC)	33:36	24 - Jerry Ockerman	37:14	44 - Dan Martinez (RC Flyers)	39:39
5 - Bill Clark (WVTC)	33:47	25 - Dennis Tracy (WVTC)	37:25	45 - Eamon Cooke (Unat.)	39:46
6 - Rocky Termanini (Unat.)	33:55	26 - Leonard McDowell	37:32	46 - Bob Frescauf	39:59
7 - Doug McLean (WVTC/Stanford)	34:00	27 - Fred Kenyon (VOMTC)	37:36	47 - Ed Hannigan (Dolphin Club)	40:06
8 - Dale Severy (Santa Barbara AA)	34:17	28 - Ken Freschauf	37:36	48 - Roger Koide	40:10
9 - Jim Shettler (WVJS)	34:46	29 - John Comisky (Pamakid)	37:57	49 - Terry Higgins	40:14
10 - Ken Napier (WVJS)	35:17	30 - Jim Dawson	38:04	50 - Russell Tezgchner	40:15
11 - Joseph Araujo	35:22	31 - M.J. DeBenedetti	38:16	51 - Geoffrey Williams	40:16
12 - Harvey Sandoval (WVTC)	35:28	32 - Jim McManus	38:18	52 - Lenny Kersteller	40:23
13 - Jim O'Neil (SFOC)	35:29	33 - Danny R. Webb	38:23	53 - Jim Allen (Dolphin Club)	40:24
14 - Pat Curran	35:49	34 - Glenn Pruitt	38:28	54 - Paul Williams	40:32
15 - Larry Kirk	35:51	35 - Frank Harrison (NCSTC)	38:48	55 - Melvin Barer	40:37
16 - Willie Cronin (WVTC)	36:24	36 - Ed Preston (SFPD)	38:56	56 - John Hutchinson (NCSTC)	40:49
17 - Dennis Teegarden (NCSTC)	36:42	37 - Tom Pinchard (NCSTC)	39:05	57 - Thomas Williams	40:52
18 - Mark Dawson	36:49	38 - Ted McRice (WVTC)	39:05	58 - Frank Cortez (RC Flyers)	41:05
19 - Chuck Burke (Unat.)	36:52	39 - Tom Houlo	39:06	59 - Reynaldo Rosario	41:07
20 - Brian D. Flynn	36:54	40 - George Pilz	39:09	60 - Ed Tico (WVJS)	41:13

Amy Haberman in Runaway at First Annual St. Patricia's Day Run: (March 17, San Mateo) - San Jose Cindergal Amy Haberman took the lead after about a half-mile and proceeded to simply lengthen her lead until the end of the 10 Kilo course. Her final margin of victory was some two minutes and twenty seconds!! Surprising Mary Etta Boitano, usually a marathoner, made a runaway of the second spot in beating the next placer by almost a full minute. In case that doesn't sound so impressive, Mary Etta is only ten years of age! Carron Dominique of the Millbrae Lions was next, and amazing Eve Barraza, who was in a serious car accident and had to be hospitalized last year, managed to sneak in for fourth spot. Eve is 45 years of age, and that's pretty amazing too. A total of 57 runners made it across the finish line, making it the largest distaff roadrun ever in the area to our recollection. There was no official team-standing given, but the Redwood City Flyers put their top five runners in the first twelve positions. The course was an up-and-down one in the middle, with fairly level stretches at the beginning and end. The San Mateo Recreation Department plans to make this an annual affair. The next page lists the top thirty placers. /Dawn Bressie/



1 - Amy Haberman (SJCG)	35:51	11 - Mary Cortez (RC Flyers)	40:43	21 - Laurie Greene (MLTC)	41:55
2 - Mary Etta Boitano (Pamakid)	38:11	12 - Georgia Sakelarios (RCF)	40:44	22 - Lucy Bunz (UC Med. Ctr.)	42:03
3 - Carron Dominique (MLTC)	39:05	13 - Skip Swannack (Dolphin Club)	40:48	23 - Virginia Dimminger (RCF)	42:18
4 - Eve Barraza (Dolphin Club)	39:36	14 - Kathleen O'Conner (Dolphins)	41:07	24 - Lisa Schmitz (Pamakid)	42:32
5 - Marilyn Taylor (Unat.)	39:42	15 - Michele Potter (SJCG)	41:13	25 - Catherine Smith (Pamakid)	43:30
6 - Desiree Wilson (RC Flyers)	39:54	16 - Marian Franklin (MLTC)	41:20	26 - Julianne Sans (RC Flyers)	43:35
7 - Chris Sakelarios (RC Flyers)	40:00	17 - Meredith Mills (MLTC)	41:31	27 - Londa Kingery (RC Flyers)	43:44
8 - Mary Lea LeBlanc (RC Flyers)	40:13	18 - Ann Slivkoff (SJ Cindergals)	41:32	28 - Connie Cunneen (Pamakid)	44:21
9 - Karen Salisbury (MLTC)	40:14	19 - Ronell Powell (SJCG)	41:32	29 - Carroll O'Conner (RCF)	44:55
10 - Lily Lee Boggis (Pamakid)	40:17	20 - Joan Ullyot (UC Med. Ctr.)	41:43	30 - Kelly Cunneen (Pamakid)	45:23

Stewart Tips Camp at PA-AAU 30 Kilo Championships: (March 18, Monterey) - Although some 5-6 minutes off Victor Mora's course record, West Valley TC's George Stewart ran a very controlled race and simply waltzed away over the last few miles to handily take the Association's 30 Kilo title from Phil Camp, who had appeared to be very much a contender for most of the route. Rapidly improving Daryl Zapata got up for third place, more than a minute ahead of 2:25-marathoner John Butterfield. Ross Smith ran his usual remarkable race (he's 45 now) with a sterling 1:49:21, some four minutes up on Dave Stevenson, the second senior finisher. Ross' wife, Catherine, took the women's division, but just barely, over Pris Butterfield (2:43:53 to 2:44:17). Fran Conley, who's just getting back in shape, was third in that division at 2:48:50. The West Valley Track Club defended their 1972 team title by placing all three men in the top five. As a matter of fact, that's all the runners WVTC had...but it was enough. The top 30 and their times are listed below (57 finished). /Chuck Day/

1 - George Stewart (WVTC)	1:40:04	11 - Mike Healy (Napa Valley RC)	1:57:48	21 - Frank Donahue (Excel. TC)	2:03:41
2 - Phil Camp (US Navy)	1:40:25	12 - Jim Knipe (Excelsior TC)	1:58:18	22 - Tom Pinckard (NCSTC)	2:04:33
3 - Daryl Zapata (WVTC)	1:44:03	13 - Ivan Boggis (Dolphin Club)	1:58:54	23 - Paul Kenny (US Navy)	2:05:12
4 - John Butterfield (US Navy)	1:45:09	14 - John Comisky (Pamakid)	1:59:15	24 - Bob Roncker (BDU)	2:05:15
5 - Bill Johnson (WVTC)	1:47:08	15 - Bill Long (Pamakid)	1:59:59	25 - Dave Fontes (MPAC)	2:06:26
6 - Gene Fitzgerald (Unat.)	1:47:26	16 - Ed Dally (US Navy)	2:01:28	26 - Ed Hannigan (Dolphin Club)	2:07:18
7 - Ross Smith (West Valley J&S)	1:49:21	17 - Wayne Humphreys (US Navy)	2:01:32	27 - John Brazinsky (MPAC)	2:08:54
8 - Dave Stevenson (Stanford RC)	1:53:17	18 - Alex Monterrosa (Pamakid)	2:02:10	28 - Dan Tunstall-Pedoe (UCMC)	2:10:09
9 - Glen Berwick (Unat.)	1:54:24	19 - Unknown Runner	2:03:15	29 - Dick Kell (Pamakid)	2:10:10
10 - Bob Malain (NCSTC)	1:55:45	20 - Vic Weber (Unat.)	2:03:18	30 - Tom Weil (DLI)	2:10:35

Butterfield in Solo Win at San Martin Marathon: (March 24, San Martin) - Only a week after running fourth in the PA-AAU 30-Kilo, the Navy's John Butterfield proceeded to crank out the San Martin Marathon (next year to be called the San Martin Marathon of the Lakes). With the temperatures ranging into the low-70's in the latter stages of the race, times were kept down somewhat. Butterfield was some 9 minutes ahead of the next finisher, T.A. de Lusignan, who was the first senior (over-40) runner to complete the grind. Two of the better runners, who were in 2nd and 3rd positions during the latter stages of the race, took a wrong turn and stopped after 22.4 miles since they had gone too far out of their way. Third place finisher Rich Petersen took a whopping 16 minutes off his marathon PR. A total of 35 started and all 27 finishers are listed below. /Bill Flodberg/

1 - John Butterfield (US Navy)	2:39:30	10 - Harry Cordellos (Dolphin)	3:17:11	19 - Don Zarin (HSTC)	3:47:58
2 - T.A. de Lusignan (NCSTC)	2:48:39	11 - Alex Monterrosa (Pamakid)	3:17:11	20 - Keith Campbell (WVJS)	3:50:12
3 - Rich Petersen (HSTC)	2:48:50	12 - Chris Sherwood	3:22:27	21 - Walt Stack (Dolphin Club)	3:51:01
4 - Steve Williams	2:54:26	13 - Ted Larson (MPAC)	3:24:39	22 - Jesse Mejia	4:13:33
5 - Bill Peck (High Sierra TC)	2:55:18	14 - Gerald Saucedo (H.S.)	3:27:50	23 - Larry Fox (NCSTC)	4:13:38
6 - Walt Van Zant (WVJS)	2:59:34	15 - Jim Gault	3:28:39	24 - Scott Jackson	4:15:00
7 - Charles Day (MPAC)	3:05:33	16 - Richard Andrews	3:42:55	25 - Ed Friel	4:21:00
8 - Art Meyer	3:09:58	17 - Al Flannagan	3:45:37	26 - Charlie Ferchav	4:30:--
9 - Ron Barker	3:16:15	18 - Bob Reynaga (HSTC)	3:47:43	27 - Wayne Plymale	4:32:--

Bill Seaver Leads West Valley Sweep of Blossom Hill Run: (March 25, Napa) - Coming from behind over the last few miles, Bill Seaver overhauled teammate Dan Anderson in good fashion and went on to win by some 14 seconds. The next three places also went



GROUP SHOT OF DIVISIONAL WINNERS AT THE ST. PATRICIA'S DAY RACE, A 10 KILOMETER ROAD RUN FOR WOMEN, SPONSORED BY THE SAN MATEO RECREATION DEPT. A TOTAL OF 57 DISTAFFERS COMPLETED THE GRIND. /Jim Hume Photo/



EARLY STAGES OF THE PA-AAU 30 KILOMETER RUN AT MONTEREY (LEFT TO RIGHT): STEWART, FRANK KREBS (DNF), BUTTERFIELD, CAMP. /J. Marconi/



to West Valley, as Jack Leydig and Bill Clark outkicked Marin AC's Doug Butt over the last few hundred yards. The Golden West TC (formerly Sacramento TC) and Pamakid Runners were the second and third place teams respectively. Seaver's winning time was some 3 minutes off Victor Mora's 1972 course record. It was a real battle for senior honors as Dennis Teegarden pulled something of an upset in handing Jim O'Neil a one-second defeat. Gil Tarin ran strongly in third in that division. Jim Allen and Jack Kirk took the 50-59 and 60+ categories. Maryetta Boitano was the first female to cross the line in 86th (204 finished), with a time of 56:32. Mike Boitano took the boys 15-and-under division by a full minute over Raymond Smith. In addition to the 8.1 mile open race, there was a shorter (about a mile) novice run beforehand. /John Butterfield and Jim Engle/

1 - Bill Seaver (WVTC)	42:41	21 - Gary Green (GWTC)	46:51	41 - Tom O'Brien (Unat.)	50:10
2 - Dan Anderson (WVTC/Chabot)	42:55	22 - Doug Gates (Unat.)	47:00	42 - Alex Monterrosa (Pamakid)	50:16
3 - Bill Johnson (WVTC)	43:30	23 - Gerry Haslam (Napa Valley RC)	47:05	43 - Stu Ruth (Pamakid)	50:37
4 - Jack Leydig (WVTC)	44:00	24 - Dennis Teegarden (NCSTC)	47:10	44 - Mike Boitano (Pamakid)	50:55
5 - Bill Clark (WVTC)	44:01	25 - Jim O'Neil (SF Olympic Club)	47:11	45 - Glenn Pruitt (Pamakid)	51:17
6 - Doug Butt (Marin AC)	44:04	26 - Paul Koski (Unat.)	47:19	46 - H. Ainsleigh (Colfax)	51:22
7 - Ken Scalmanini (Pamakid)	44:25	27 - Ivan Boggis (Dolphin Club)	47:36	47 - Don Pickett (NCSTC)	51:26
8 - Gene Fitzgerald (Dolphin Club)	44:52	28 - David Marsh (Unat.)	47:46	48 - Santos Reynaga (WVTC)	51:27
9 - John Silva (Solano TC)	45:07	29 - Gil Tarin (NCSTC)	47:53	49 - Robert Myers (Unat.)	51:35
10 - Nick Vogt (Gold Spike TC)	45:11	30 - Dan Davidson (GWTC)	47:59	50 - Pat Cunneen (Pamakid)	51:43
11 - Tim Jordan (GWTC)	45:18	31 - Harry Limbert (Unat.)	48:14	51 - Raymond Smith (Pamakid)	51:51
12 - Darryl Beardall (Marin AC)	45:23	32 - Jim Holl (West Valley TC)	48:15	52 - John Perkins (Unat.)	51:58
13 - John Ferguson (Stanford RC)	45:42	33 - Jim Dawson (Phoenix, Ore.)	49:24	53 - Wayne Stenberg (Unat.)	52:04
14 - Walt Lange (GWTC)	45:46	34 - Jim Engle (Napa Valley RC)	49:31	54 - Thomas Weil (US Navy)	52:25
15 - Greg Chapman (Solano TC)	45:48	35 - John Finch (Unat.)	49:35	55 - Jim Allen (Dolphin Club)	51:44
16 - Unknown Runner	45:54	36 - W. Jensen (Unat.)	49:39	56 - J. Maher (Unat.)	52:49
17 - Sullivan (Pamakid)	45:59	37 - Mike Healy (Napa Vly RC)	49:45	57 - Frank Evans (Unat.)	52:58
18 - Mike Eash (Unat.)	46:04	38 - Chuck Stagliano (Dolphin)	49:46	58 - John Soubier (Unat.)	52:59
19 - Frank Krebs (Golden West TC)	46:24	39 - John Comisky (Pamakid)	49:48	59 - Lee Adams (Solano TC)	53:02
20 - Ray Menzie (Unat.)	46:43	40 - John Dunn (Pamakid)	50:00	60 - Dave Shrock (West Valley TC)	53:12

O'Neil Upsets Napier in Lake Merced Senior Five-Miler: (March 31, San Francisco) - Ken Napier took off like no one was going to catch him in this popular annual "Seniorathon", but the fast early pace caught up in the end. Jim O'Neil, who'll be 50 in just a few more years, unleashed a devastating kick over the last 200 yards and left his younger foe in the dust. His 26:51 mark was only a few seconds off his winning time of 1972. Jim Shettler, still 39 until August, but eligible for senior competition under the new AAU ruling (if you were born anytime in 1933, you qualify as a senior), ran with O'Neil and Napier until about 1-1/2 miles remained, and then fell back, but came on strongly over the last half-mile. He finished 9 seconds behind the winner. Only the absence of Dave Stevenson, Ross Smith, and Bob Malain kept this from being an even faster race. Ed Preston ran a good 29:25 to finish 13th overall and was the first over-50. Eve Barraza (33:59, 51st) was the top woman finisher. Bill Monheit outran Walt Stack (37:13 to 37:41) to take honors in the 60+ division. Conditions were near perfect and a total of 107 seniors completed the five mile circuit around Lake Merced. /Jack Bettencourt/

1 - Jim O'Neil (SF Olympic Club)	26:51	16 - Don Pickett (NCSTC)	29:40	31 - Harry Hill (West Valley J&S)	31:47
2 - Ken Napier (West Valley J&S)	26:54	17 - Jim Nicholson (NCSTC)	30:04	32 - D. Crowder	31:50
3 - Jim Shettler (West Valley J&S)	27:00	18 - John Perkins	30:09	33 - Seymour Collins	31:51
4 - Dennis Teegarden (NCSTC)	28:11	19 - John Armstrong	30:12	34 - Walt Byrd	31:52
5 - Mike Healy (Napa Valley RC)	28:24	20 - D.L. Nachbar	30:29	35 - R.C. Slocum	31:59
6 - Gil Tarin (NCSTC)	28:29	21 - Vance Koerner (NCSTC)	30:43	36 - Emmett Smith (NCSTC)	32:00
7 - Lee Holley	28:56	22 - John Getas	30:44	37 - Bill Mott	32:10
8 - Pat Cunneen (Pamakid)	28:57	23 - Jim Allen (Dolphin Club)	30:49	38 - Will Baptiste (Dolphin Club)	32:12
9 - Frank Harrison (NCSTC)	29:00	24 - Lee Adams (Solano TC)	30:53	39 - Jim Treach	32:23
10 - Tom Pierce	29:05	25 - Phil Paulson (Pamakid)	31:12	40 - Pax Beale (NCSTC)	32:25
11 - Bill Snavely	29:22	26 - Carey	31:15	41 - Dick Marston	32:33
12 - John Romero (Las Vegas TC)	29:24	27 - Frank Evans	31:17	42 - Bob Ackerman	32:45
13 - Ed Preston (SFPD)	29:25	28 - Don Hughes	31:25	43 - Frank Cuzzillo (NCSTC)	32:54
14 - Joe King	29:38	29 - Bob Cort	31:41	44 - Sig Ketterer	32:59
15 - Bob Porter (NCSTC)	29:39	30 - Doug Moore	31:42	45 - John Elliott	33:32

Leydig Holds Off Beardall at Lake Il San Jo 10-Miler: (April 1, Santa Rosa) - Starting off slowly and moving into the lead at around the half-way point, last year's PA-AAU Long Distance Runner of the Year, Jack Leydig, appeared to be having an easy time of it as he opened about a 200 yard gap on the rest of the field (about 4 bunched together at 6 miles). But lack of conditioning caught up at around 8 miles, and he had all he could handle in stopping Darryl Beardall's determined drive to recapture the lead. However, Beardall faded a bit towards the end, and the margin of victory was 18 seconds, with the winning time of 57:23 being an automatic course record (first year run). The course was a challenging up-and-down trail with poor footing in many spots, making it a good cross country loop. Third place Mike Conroy was in the thick of things with about 3 miles to go, but fell back rapidly over the closing stages to record a 58:23, a full minute behind the winner. Mountain goat Bob Malain took a two-minute plus margin of victory over his closest senior competitor, Mike Healy, with Gil Tarin another two minutes arrears, finishing in a tie with Don Pickett (probably on purpose). Jean Maier nipped Lily Lee Boggis in the women's division (77:41 to 78:04) as an out-of-shape Fran Conley picked up third (81:21). The race was very well marked and managed by the Valley of the Moon TC. Area runners should plan on supporting this competition in future years. Eighty-four finished the run. /Fred Kenyon/

1 - Jack Leydig (WVTC)	57:23	16 - Jerry Haslam	64:15	31 - Don Pickett (NCSTC)	68:28
2 - Darryl Beardall (Marin AC)	57:41	17 - Jack Hackmann	64:38	32 - Al Miller	68:29
3 - Mike Conroy	58:23	18 - Bill Jensen	64:56	33 - Joseph Maher	68:38
4 - Gene Fitzgerald (Dolphin Club)	58:45	19 - Robert Seifert	65:18	34 - Edward Hannigan (Dolphin Club)	69:36
5 - Joe Taxiera (Alameda TC)	60:09	20 - Barry Milender	65:34	35 - Dennis Covell	69:46
6 - Leo Morgan (VOMTC)	60:23	21 - John Comisky (Pamakid)	65:39	36 - John Perkins	70:12
7 - Leon Brunet	60:48	22 - John Mansueto	66:08	37 - C. Clausen	70:24
8 - Mark Dawson	60:56	23 - Michael Healy (NVRC)	66:28	38 - Jim Allen (Dolphin Club)	70:50
9 - Greg Chapman (Solano TC)	61:12	24 - Glenn Pruitt	66:44	39 - D. Redding	70:54
10 - Paul Koski	61:34	25 - Ron Olitsky	67:08	40 - L. Easterling	72:01
11 - John Silva (Solano TC)	62:17	26 - Larry Morton	67:24	41 - C. Peterston	72:11
12 - Ivan Boggis (Dolphin Club)	62:50	27 - Paul Forrest	67:31	42 - J. Johnson	72:26
13 - Jim Maslach (Unat.)	63:21	28 - Mark Timmerman	67:52	43 - A. Schmeiser	72:40
14 - David Warren	63:54	29 - Wesley Hurlburt	68:25	44 - Roland Mace	72:43
15 - Bob Malain (NCSTC)	64:13	30 - Gil Tarin (NCSTC)	68:28	45 - G. Hansen	72:43



**Dan Anderson Takes 2-Minute Victory at DeAnza Ridge Run:** (April 7, Cupertino) - Starting out fast and just keeping up the pressure, Chabot's Dan Anderson had no problem at all in cruising to victory at the rugged DeAnza Ridge Run...10 miles of mostly trails and firepaths with a few miles of road (beginning, middle, and end). Although he was more than a full minute from Rich Delgado's course mark, the time was probably not indicative of what he could have done under pressure. High-schooler Gary Singer was next, and Greg Chapman, who always seems to run well on rugged courses, took the third spot. West Valley TC was the team winner. Amazing Amy Haberman finished 28th overall as first woman in a field that included 102 finishers. Ross Smith was no match for the other seniors in the field as he a 2-1/2 minute victory over Ken Napier. Dave Stevenson was a notch back of Napier (+ 50 seconds). Incidentally, the second-place woman, Fran Conley, was some 14 minutes behind Amy Haberman. We are printing the complete results of the race on special agreement with the race director so that we both benefit. /Jim Woodruff/

1 - Dan Anderson (Chabot/WVTC)	1:01:20	35 - Lew Mathew (Stanford RC)	1:14:56	69 - Jim Woodruff (Joggernauts)	1:26:01
2 - Gary Singer (Unat.)	1:03:19	36 - Paul Nocero (Pamakid)	1:15:25	70 - Clenence Crouch (Unat.)	1:26:52
3 - Greg Chapman (Solano TC)	1:03:30	37 - H. Ferril (Big Vly Harr.)	1:15:31	71 - Dave Williams (Boston AA)	1:26:56
4 - Doug Butt (Marin AC)	1:04:00	38 - Dieter Diekmeyer (BVH)	1:15:31	72 - Fran Conley (Stanford RC)	1:27:10
5 - Wayne Badgley (Unat.)	1:04:14	39 - Jim Nicholson (NCSTC)	1:15:43	73 - Jim Welsh (San Jose State)	1:29:01
6 - Joe Taxiera (Alameda TC)	1:04:25	40 - Edward Hannigan (Dolphin)	1:15:55	74 - Tertius Chandler (Unat.)	1:29:16
7 - Harvey Sandoval (WVTC)	1:04:33	41 - Dick Croteau (WVJS)	1:17:14	75 - George Lenehan (Joggernauts)	1:29:25
8 - Ken Scalmanini (Pamakid)	1:05:27	42 - Jerry Barrack (JN)	1:17:20	76 - John Elliot (WVJS)	1:31:01
9 - Ross Smith (West Valley J&S)	1:05:45	43 - Gary Nielson (Unat.)	1:17:26	77 - Tom Whitmore (Unat.)	1:31:25
10 - Doug McLean (Stanford/WVTC)	1:06:24	44 - Curt Chadrick (Unat.)	1:17:55	78 - Bruce McKowen (Unat.)	1:32:01
11 - Jack Leydig (WVTC)	1:06:40	45 - Leroy Rosing (RC Flyers)	1:18:48	79 - Werner Rodiger (Unat.)	1:32:16
12 - Frank Krebs (Golden West TC)	1:06:46	46 - George L. Johnson (Unat.)	1:19:01	80 - Alan McGee (Unat.)	1:32:26
13 - James Maslach (Unat.)	1:06:47	47 - Eric Beldon (Unat.)	1:19:17	81 - Dale Shute (Joggernauts)	1:33:09
14 - Harold DeMoss (WVTC)	1:07:13	48 - Don Kerr (Unat.)	1:19:29	82 - Skip Swannack (Dolphin Club)	1:33:09
15 - Ken Napier (West Valley J&S)	1:07:19	49 - Larry George (Unat.)	1:19:30	83 - Robert McCracken (JN)	1:35:48
16 - Dave Stevenson (Stanford RC)	1:08:09	50 - Keith Campbell (WVJS)	1:19:35	84 - Terry Mullen (Unat.)	1:35:54
17 - Joe Araujo (Unat.)	1:08:19	51 - Craig Windham (WVJS)	1:20:25	85 - Mike McRae (Unat.)	1:36:25
18 - Robert Immethum (Alameda TC)	1:09:54	52 - Dennis Egley (Unat.)	1:20:49	86 - Jamie McRae (Unat.)	1:36:25
19 - Bob Malain (NCSTC)	1:09:54	53 - Ed Mattingley (Unat.)	1:21:06	87 - C.W. Jennett (San Jose St.)	1:36:40
20 - Don Pickett (NCSTC)	1:10:59	54 - Stephan Totten (P.A.YMCA)	1:21:13	88 - Dave Weill (Unat.)	1:36:53
21 - Mike Bergkamp (WVTC)	1:11:18	55 - Robert Ringo (B.A.R.E.)	1:21:22	89 - Wilson Wendt (Unat.)	1:36:55
22 - Jim Holl (WVTC)	1:11:25	56 - Sal Citerella (Unat.)	1:21:25	90 - Wayne Hooper (Unat.)	1:38:05
23 - John Mansueto (Unat.)	1:11:41	57 - Don Lucero (NCSTC)	1:21:27	91 - G.W. Anderson (Fun Runners)	1:38:16
24 - Santos Reynaga (WVTC)	1:12:03	58 - Don Allison (Unat.)	1:21:43	92 - Nick Koras (Unat.)	1:40:55
25 - M. Driscoll (Unat.)	1:12:19	59 - Mickey Moberg (Unat.)	1:21:58	93 - Greg Wells (Unat.)	1:43:39
26 - Robert Cooper (Canada College)	1:12:27	60 - Lee Jebian (Dolphin Club)	1:22:34	94 - D. Valentine (Unat.)	1:45:18
27 - Greg Hoover (Unat.)	1:13:01	61 - David Larson (Unat.)	1:22:39	95 - Cortney Smith (Pamakid)	1:45:46
28 - Amy Haberman (SJ Cindergals)	1:13:14	62 - Chuck Wells (Unat.)	1:23:18	96 - Eugene Guthrie (Dolphin)	1:50:37
29 - Dan Udoutch (Unat.)	1:13:30	63 - Carl Martin (WVJS)	1:23:38	97 - Lorene Weidman (Unat.)	1:53:38
30 - John Geer (Whittier Coll.)	1:13:40	64 - Robert Garner (B.A.R.E.)	1:24:02	98 - Davies Wu (Unat.)	(?) 1:53:34
31 - Rod Johnson (Unat.)	1:13:43	65 - Lee French (Unat.)	1:24:07	99 - Unidentified Runner	2:07:07
32 - Richard Kelly (Pamakid)	1:13:52	66 - Gary Brewer (Unat.)	1:24:55	100 - Carl Reiterman (Dolphin)	2:11:20
33 - Wayne Glusker (WVTC)	1:14:18	67 - William Morrish (Unat.)	1:25:00	101 - John Higgins (Unat.)	2:13:37
34 - Dave DeRose (Unat.)	1:14:28	68 - Phil Conley (Stanford RC)	1:25:18	102 - Pamela Guthrie (Dolphin)	2:31:20

### ● LATE NEWS ●

At the Knight's of Columbus Marathon in Cupertino (April 15), West Valley TC's Ritchie Geisel ran 2:39 to take the title, running through the tape with teammate and AAU steeplechase champ, Jim Dare, who didn't enter officially because he thought he wouldn't finish the race. The course is very challenging with several major hills in the first half of the run. \*\*\* Oregon TC's Jon Anderson, now living in San Mateo, was the first American since 1968 to win the famed Boston Marathon. He beat the unseasonably warm temperatures (upper 70's at finish) to record a personal best of 2:16:03. Tom Fleming made it a 1-2 sweep for the US as he came through in 2:17:46. \*\*\* Rich Delgado has come out of hiding and is nearly as fit as ever. He made his 1973 debut by winning the Mt. Vaca Hill Climb in a time that was fairly close to his course record set a few years back. \*\*\* Complete results of these and other races in the next issue. \*\*\* We've gotten word that Bill Scobey is back in good shape again. He recently ran the SPA-AAU 50 Kilo Championship and won in a time of 2:52:24, after hitting the marathon distance in a scintillating 2:26:31!! Bill is planning on running the upcoming Avenue of the Giants Marathon near Eureka. \*\*\* Your editor is leaving for Bogota, Colombia on April 25 and will return around May 6...later...

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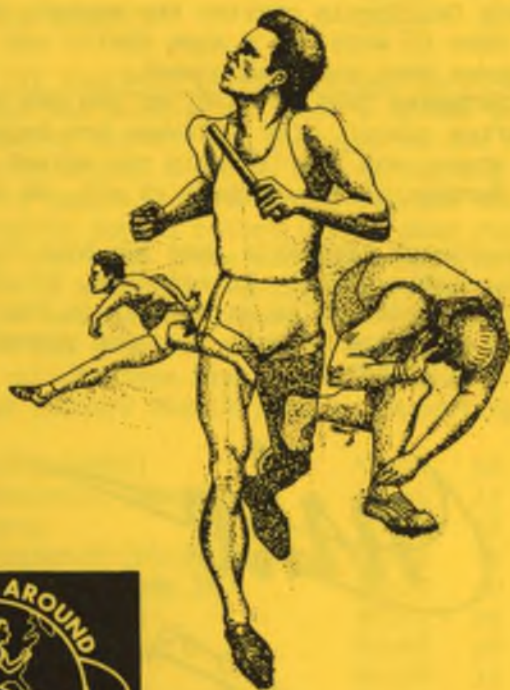
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