

**Nor-Cal  
Running  
Review**

**50¢**



**AUG.-SEPT. 1973 (No. 43)**

# the athletic department

2114 Addison Street  
Berkeley, California 94704  
(415) 843-7767

- \* New Management
- \* Largest Selection of *nike* Products in the Bay Area
- \* 1972 Olympic Movies--FREE Showings
- \* Hot Press: We'll Print Any Design or Lettering on Your Shirt or Uniform
- \* "Oregon Waffle" Cross Country/Road Racing Lightweight Flat Based on Two Years Research (due late Oct.)
- \* NEW Add-in Sport Suits: 100% Nylon--\$17.95
- \* Team Discount Prices



## RUNNING UNLIMITED

**2215 El Camino, Palo Alto 94306**

**Tom Laris**  328-4274

Owned and operated by Tom Laris, Running Unlimited has a wide selection of Tiger athletic shoes---five different models for running, jogging, or all-purpose wear, and two models of spiked shoes for the track. Prices start at \$14.95, with a discount of up to \$3.00 per pair for purchases of ten or more. Open from 10:30 to 8:30, Monday thru Friday, and from 10 to 5 on Saturday. Let us put a Tiger in your feet!!

### Track Shoes



Tiger Shoes, Running Books,  
School Discounts



## John-John Shirts

DIVISION OF ACE SCREEN GRAPHICS

PRINTERS OF T-SHIRTS AND HEAT TRANSFERS

JOHN KAVENY

210 SAN JOSE AVE. #1  
SAN JOSE, CALIF. 95125  
TELEPHONE (408) 286-1188

A NAME YOU SHOULD REMEMBER IF YOU'RE INTERESTED IN QUALITY SILK-SCREENING FOR YOURSELF OR YOUR TEAM.

\*We have been printing T-Shirts, competition shirts, wind-breakers, and warmup uniforms for some of the top teams and organizations in track and field.

\*Our quality is the finest and our prices most reasonable.

DON'T hesitate to call on us---we are small enough to tailor our service to your needs and big enough to compete with the "champions".



# NORTHERN CALIFORNIA RUNNING REVIEW

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

AUG.-SEPT. 1973 (No. 43)

## ON THE COVER

West Valley Track Club's Jim Dare during the final mile (4:35.8), his 30th, in the Runner's World sponsored 24-Hr Relay at San Jose State. Dare's average for his 30 miles was 4:47.2, and he led his teammates to a new U.S. Club Record of 284 miles, 224 yards, breaking the old mark, set in 1972 by Tulsa Running Club, by some nine miles. Full results on pages 17-18. /Wayne Glusker/

\$5.00 FOR 12 ISSUES

## STAFF

**EDITOR:** Jack Leydig; **PRINTER:** Frank Cunningham; **PHOTOGRAPHERS:** John Marconi, Dave Stock, Wayne Glusker; **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, Dawn Bressie; **SENIORS:** John Hill, Emmett Smith, George Ker, Todd Ferguson, David Pain; **RACE WALKING:** Steve Lund; **COLLEGIATE:** Jon Hendershott, John Sheehan, Fred Baer; **HIGH SCHOOL:** Roy Kissin, Dave Stock, Mike Ruffatto; **AAU RESULTS:** Jack Leydig, John Brennan, Bill Cockerham, Jon Hendershott. --- We always have room for more help on our staff, especially in the high school and collegiate areas, now that cross country season has begun. 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. Thank you.

**THIS ISSUE'S CONTRIBUTORS:** Lurana Hoetger, Runner's World, Bob Cooper, Track Newsletter, Sean O'Riordan, Art Dudley, Grace Ruth, Norman Bright, Chris Kinder, Ollan Cassell, Paul Reese, Ernie Marinoni, Sid Toabe, Bob DeCelle, Bill Lamb, John Geer, Starting Line, Don Kopriva, Daryl Zapata, Jay Marlowe, Harry Cordellos, David Costill, Clark Coover, Bill Adams, Loren Lansberry, Bob Rush, Bruce Drummond, Jack Cook, Bob Lynde, Paul Gaddini, Larry Bridges, Jim Hunt, Jack Rose, Red Estes, Bob McGuire, Aldo Nelson, Joe Newton, Chuck Foote, Kaj Johansen, Dick Ellis, Harry Young, Thomas Elrod, Larry Lung, Dick Gilchrist, John Trent, Joe Taxiera, Rudy Fahl, Stan Rosenfield, Clark Smithson, Walt Lange, Ron Elijah, Wharf-to-Wharf Race Committee, Wayne Badgley, John Hutchinson, Rich Perry, John Vecchi, Bill Kelly, Nick Vogt, Ed Collins, Byron Lowry, Ralph Lee, Bob Anderson, Homer Latimer, Jeff Fishback.

## SUBSCRIPTION INFO.

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

**SUBSCRIPTIONS:** Normally \$5.00/year, mailed bulk-rate, 3rd class, from San Mateo. Special savings on multiple-year subscriptions: \$9.25 for 2 years, \$12.75 for 3 years, or \$20.00 for 5 years. Add \$2.50/year for 1st class mailing within the U.S., Canada & Mexico; add \$3.50/year for airmail within the U.S. and Canada. Add \$1.00 per year for 3rd class mail to Canada and \$1.25 to all other foreign countries. Foreign airmail rates are available on request. Special rates to schools, libraries, and newsmedia: only \$3.00/year within the U.S. All yearly subscriptions include 12 issues, which will usually be published once every 5 weeks or so (so it may take more than a year to receive all 12 copies). Every third issue will feature a special 4-page pictorial feature. Back issues available for 65¢ by mail (75¢ for pictorials). Be sure and keep us informed of your address changes...remember, the NCRR is not forwardable!

## ★ PHOTO QUIZ ★

Rules: (1) Submit your guess (only one per individual per month) on a postcard and mail it to: Photo Quiz, P.O. Box 1551, San Mateo, CA 94401; (2) Your card must be postmarked by Sept. 30, 1973; (3) In cases of ties a winner will be drawn from all those cards with correct answers. The prize: A one-year subscription or renewal to the NCRR (or \$5 off yearly dues for WVTC

## CONTENTS

Readers' Poll	3	West Valley Portrait	10
This & That	4	Special Articles	10
NCRR LDR Point Ratings	5	Scheduling Section	12
Club News	6	Race Walking News	14
Classified Ads	8	Track & Field Results	14
Letters to the Editor	8	Road Racing Results	16
Coach's Corner	9	Late News	23
NorCal Portrait	9		

members)...or some other prize, as determined and pre-announced by the editor. Readers are encouraged to submit photos for consideration in this contest. --- LAST MONTH'S WINNER was Skip Houk of Reno, Nevada. He was the only person who submitted a correct answer...other guesses were Bob Seagren (2) and Dick Fosbury (1), and one individual who thought the Olympian was the woman, but failed to tell us who she was. He is Ron Daws.



NAME THESE SIX PA-AAU ROAD RUNNERS (LEFT TO RIGHT)..1970 PHOTO.

## READERS' POLL

During the past month, Art Dudley has gone to the trouble of analyzing all the NCRR Questionnaires that have been returned by our readers, and below is a summary of the good and the bad...just what people would like to see (and not see) in our publication. Of those that returned questionnaires (nearly 150 out of 700+), 84% were from the PA-AAU (including Reno), 8% were from other parts of the state, and 8% were from out-of-state. A total of 22% of those who replied were either in high school or college (14% & 8% respectively), and a surprising 15% were coaches. Nearly one-half (42%) competed in long distance mostly, while about the same amount (46%) were involved in both long distance running and track & field. The other 12% was divided equally between non-competitors and mostly track & field competitors. The age break-down was as follows: under 20 (21%), 20-29 (32%), 30-39 (31%), 40-49 (11%), over 49 (5%).

Following is a table listing the percentages of readers who felt we had too much, too little, or about the right amount of various items.

	Too Much	About Right	Need More
Road Race Reporting	4%	76%	20%
So.Cal. Coverage	16%	68%	16%
High School Track & Field	20%	64%	16%
Collegiate Track & Field	21%	66%	13%
Senior Coverage	1%	79%	20%
Women's Coverage	2%	66%	32%

	Too Much	About Right	Need More
Overall Track & Field	16%	76%	8%
Road Race Scheduling	---	88%	12%
T&F/Cross Country Scheduling	4%	80%	16%
Race Walking Coverage	13%	74%	13%
Photos	3%	52%	45%
Special Articles	1%	66%	33%
Club News	5%	80%	15%

The three items which our readers felt we needed a lot more of were: photos, special articles, and women's coverage, in that order. We have increased the number of photos in our magazine by a fair amount...last issue we had 20 pictures (plus 19 more in our special pictorial section). This time we will have about 20 photos...up 1/3 from the May-June issue. Two special articles are featured in this issue, also reflecting your desire to expand this category. Also, we are attempting to have an extensive women's schedule and more coverage on results this time.

Note that 12% wanted more extensive road race scheduling! WOW...how can you get more extensive? I've listed about every race in existence on the west coast, south of Washington. If anyone knows of a race that I don't know about, please let me know.

Some other random ideas & suggestions (with editor's comments in parentheses): ---a more regular publication schedule (Again, I have to make a living and work too...since I don't get paid for this task, and neither does anyone else, I can only do what is humanly possible and try to get the NCRP out in about a 4-6 week period. Please accept the fact that this publication's existence is due entirely to voluntary efforts from the editor & his staff, and the publisher. Thank you for your patience.); ---better delivery (Blame the postal service for slow third class deliveries or pay the extra for 1st class or airmail service.); ---more juniors, seniors, & women in our interviews (We have a woman NorCal Portrait this time and are contemplating the addition of a new column that alternates interviews with competitors in these classifications with articles on nutrition, medical tips, and explanation of various AAU rules that effect track & field athletes.); ---point totals (We have a lot of varied opinions on this item. Many think it's a waste of space, while others think it's great incentive. Our position is that it serves its purpose and we will continue it in the future, and will add a women's division in October!! Because race directors usually fail to list ages of finishers, we find it is almost impossible to do a similar listing for juniors (under 20). Many of the senior runners appreciate our evaluation system.); ---don't make Coach's Corner a regular feature (In the future we will probably follow this suggestion and mix it with interviews on women, seniors, etc.); ---avoid centerfolds that consist of only one picture (Unless it is Francie Larrieu or Jack Leydig in the nude!!); ---in depth

listings of top performers during cross country (postal) and track seasons (We could do this maybe at the end of each season, but the effort required to compile such a list(s) is beyond the time limits of your editor. Anyone volunteer to be a guinea pig and try this? You'll notice that once such individual has done this...see "this & that".); ---NCRP too club-oriented (Don't forget that all clubs, including WVTC, can put in just about any news they want. The NCRP has to have at least a small section that appeals to WVTC members since it is our club newsletter. The remainder of the issue is hardly club-oriented.); ---race applications as inserts a good idea (We think so too...let's have more meet directors follow through on this. It only costs about 2¢ per mailing at \$15.00.); ---pull a Watergate on the National A.A.U. Office (Any lawyers interested in this venture?); ---eliminate humor from the NCRP (Blehhhh!!); ---keep walkers and females out of a man's magazine (Chauvinist pig??); ---don't be so harsh on Peter Mattei (Ok...sorry about that); ---bigger print (Only if everyone is willing to pay \$10/year...doubling the print size doubles the cost, both in materials and labor for our printer.); ---give special space to big cross country and track meets like you do road racing results (We'll try, but space limitations creep in again...our last pictorial was a super-in-depth coverage!!).

And so, we'd like to thank you all for your comments. It has been good for us to take a look at ways in which we can improve, and we have implemented many of your suggestions already and will use others in the future. If you like our changes, let us know...if you don't like them, we'd also like to hear from you. The only way we can become bigger (# of pages) is to get more subscriptions...if you don't subscribe, please help us by doing so...if you already subscribe, then get a friend to contribute. Our goal is 1000 subscribers by the end of the year. We are now at about 750+. Thanks for your support.

## THIS & THAT

•People News---We are sorry to report the death of DSE member Chris Nelson, age 12. Chris and his family were aboard the Pan-Am jetliner that crashed near Tahiti on July 23....Norman Bright broke his left arm in a run on July 17, but decided to run Pikes Peak anyway, making it to the top in 4:37 with his arm in a cast. He ran the Dipsea in the same condition but we don't know how he fared yet....Chris Kinder has compiled a 1973 California High School Track & Field Annual, listing in-depth ratings in all events. It is dittoed and costs only \$1.00, which barely covers postage and printing costs. Almost all the listed marks have been taken from newspapers and are substantiated on more than one occasion. Those desiring a copy should write Chris at 21732 Olive Ave., Cupertino, CA 95014....Paul Reese gave your editor a handy little booklet entitled "Pocket Map to the Dipsea Trail" recently, but I'm not sure if it's available in sufficient quantity for public consumption. There is no price on it, but if you'd like a copy, I would write Paul and send perhaps \$1.00 to cover printing and mailing (2789 17th St., Sacramento, CA 95818). It contains a total of 38 'strip maps', showing all intersections of trails, etc. The course, measured by wheel, came out to be 7.00 miles, as compared to the "officially" quoted 6.8 miles....Ollan Cassell has stepped down from his position as National Track & Field Administrator so that he may devote his full time to the duties of being Executive Director of the A.A.U. His replacement will be Bob Lafferty from Wooster College in Ohio (he began his duties as of August 15). Henceforth, all questions relating to track & field at the National Headquarters should be directed to Mr. Lafferty. Col. Jesse Liscomb will continue as Assistant Track & Field Administrator....Dr. Harmon Brown, after ten years of distinguished voluntary services as National Girls Age Group Chairman, has decided to step down from that position in order to pursue other worthwhile activities in track & field....Neil Glenesk, ex-College of San Mateo cross country runner, finished first in an intersquad meet at the U.S. Modern Pentathlon Training Center in San Antonio, Texas, recently. He managed to score the highest number of points ever recorded by an American in this event (that number was not listed in the newspaper report) and is now being considered as a member of the team which will represent the U.S. in Germany this fall. His brother Mark is also at the Training Center....Jon Anderson, this year's Boston Marathon winner, has returned to live in Eugene, Oregon, having completed his alternate service as a conscientious objector at the Millbrae Clinic. Best of luck, Jon, from all your friends in Northern California....those comic Dipsea T-Shirts (with the little man falling off the cliff) really sold well thanks to Lee Holley's brilliant cartoon talents. All profits from the some 500 shirts that were sold are going to the PA-AAU Long Distance Running Fund.



**adidas**  
"TOBACCO"  
\$18.95

**VIC'S SPORTS**

This month's feature: The adidas "Tobacco" leisure shoe at \$18.95--Model #112130. Brown velour leather uppers, padded heel, special padding for additional comfort, and arch support. Long wearing shell sole. Drop by our store or call Vito D'Aloia at home in the evening at 408-296-3982. Make VIC'S SPORTS your one-stop store for all your running needs.

**26 WASHINGTON ST., SANTA CLARA**  
2 BLKS NORTH OF HIGHWAY 17  
AT BASCOM AVE. TURNOFF **984-7111**

Open Monday-Saturday 10-6 - Thursdays 'til 9



**adidas**  
(OLYMPIADE)

OVER FIFTY-THREE MODELS IN ADIDAS  
TRACK AND OTHER ATHLETIC SHOES!!

**Darcy's**  
Ski & Sport

HOURS  
Monday, Thursday, Friday - 9:00-9:00  
Tuesday, Wednesday, Saturday - 9:00-5:30

200 2ND AVENUE ■ SAN MATEO, CALIFORNIA ■ 343-1801

•Our apologies to Maryetta Boitano for the "typo" error in last issue which stated that she broke the existing world age mark for 10-year-olds in the marathon by more than a 'minute'. The editor actually meant 'hour'...the same mistake was printed in the mailed (complete) results. Sorry about that. Incidentally, there were 26 women starters (maybe 27) in the AAU Marathon and 17 finishers. We're pretty sure this is a record in both categories, but would like to inquire to see if anyone knows of a marathon with more women starting or finishing. The 1973 Palos Verdes Marathon had 16 listed women finishing...how many started?

•The annual PA-AAU Long Distance Scheduling Meeting will take place as usual at the Lake Merritt Columbus Day Races... but please note that the race date has been changed from Oct. 7 to Oct. 14 because of problems obtaining facilities. If you or your club is planning a race in 1974, be sure and contact Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 (Ph. 364-5599), before Oct. 1 and let him know what date(s) you'd like to have for your race(s). This way, we'll have something to work with at the meeting. Remember too, that this date is the time we vote (all runners present who have an AAU card...must show it to vote) for our PA-AAU All-Star Road Racing/Cross Country Team, composed of one senior runner and six others.

•Group Fare to the National AAU Cross Country Championships: West Valley TC is definitely sending a full team (7-8 men) to this meet for the fourth year in a row, but since the race is in Florida, it will be expensive \$\$\$\$\$. So...to ease the burden on our own treasury and also on anyone else's that is planning on going, WVTC is planning a group fare flight which will probably leave on Nov. 23 in the morning, the day before the meet. All members of the group will have to leave together, but they are free to return whenever they please. It looks as if we can get away with as few as 15 persons in the group, which will no doubt include Southern California teams as well. Full details will be printed in the next issue...but we suggest that if you're at all interested to write WVTC, P.O. Box 1551, San Mateo, CA 94401 because we'd like to get a good idea of the interest a few months in advance. We'll then put you on our mailing list.

•Ernie Marinoni reports that the Newtown XC Race, which we reported in last issue, was about 800 feet short of 5 miles, and that the times were slow because of (1) the heat, (2) the terrain... 'steeper hills than the Dipsea', 'fences to jump', 'logs to jump and walk across', 'creeks', the works....

•Paul Reese reports he has worked out the details on the 1974 Camellia Festival 100-Mile Relay. It will be a route going from Sacramento to Marysville and returning, all on flat, macadam surface. The first 26 miles are on a levee road along the Sacramento River, followed by 20 miles mostly through orchards and farmlands, and ending with 3 miles into Marysville through a small built-up area and the Feather River Bridge along Hiway 20. Then several laps are run around a city park and lake before returning to Sacramento on the same route. If you'd like a detailed map, write Paul at 2789 17th, Sacramento 95818 and send a self-addressed, stamped envelope please. The race will consist of 10 legs, varying from 9.2 to 11.4 miles.

•John Geer reports that he has started an alumni-varsity cross country race at his old college (Whittier) and that the race will be over the 4-mile college course on Sept. 15. If you're an alumnus, and are interested, write John at 707 Hydra Ln., Foster City, CA 94404.

•Sid Toabe, meet director for the Masters Section at the upcoming USTFF Western Regional XC Championships (Fresno, Nov. 17), reports that if he gets 40 or more seniors interested in competing, there will be a separate race for seniors only, and that otherwise they will compete with the open & intercollegiate runners. The race is 6 miles long and if you're a senior and interested, write Sid at 4566 N. Del Mar, Fresno, CA 93704. He needs to know by not later than Oct. 15.

•Some other finishers from Northern California at the Boston Marathon which we failed to report are: Ralph Paffenbarger (NCSTC) 3:10:00 (approx.) in about 310th place; and Bill Lamb (WVTC) 614th in 3:26:05.

•City-to-Surf Race, Sydney, Australia: Australian marathon champ, John Farrington, who was third in this year's Bay-to-Breakers Race in San Francisco, easily defeated S.F. champ Kenny Moore by 48 seconds (43:16 to 44:04) in the 9-mile rolling race. New Zealand's Terry Manners was next in 44:16, followed by Farrington's countryman Alan Robinson (an ex-collegian at Southern Illinois Univ.) at 44:46. In fifth place, just where he finished in May's Bay-to-Breakers Race, was East Los Angeles TC's Mike Wagenbach of Long Beach, who had earned the Examiner's all-expense paid trip in cooperation with Qantas Airways when Kenny Moore learned he would be on an assignment for National Geographic Magazine in Australia and wouldn't need the free fare himself. Mike's time was not given in the Examiner's results. A total of 4300 runners finished the grind, easily besting the Cross City Race's best of some 3500.

•National A.A.U. Long Distance Chairman, Bob DeCelle, has announced that he was successful in obtaining a sponsor for the Pan-American Cup Cross Country Championships. The Games will be presented in California on Feb. 2, 1974, but the exact site and sponsor's name was not disclosed yet. Only two teams from each country may participate, and the top runners from the AAU Championships (Florida) must be selected, unless this Convention (October) changes the ruling. Even so, they will have to pay their own way! No funds are available. Housing (on a no-cost basis) is trying to be arranged, however.

### NCRP POINT RATINGS

Below are this month's leaders in the NCRP Long Distance Point Race. Only one month remains in this year's battle, with the Napa Marathon being the last scoring race before the new year begins (Columbus Day Race). To figure your point rating, merely divide your average placing in races by the number of races run. Count a tie as an average (tie for 2nd is worth a score of 2.5, etc.). For example, if your average placing in 5 races is 4th place, then your rating is 4/5 or 0.800. For our totals, we count only the top ten finishers in each race (top 6 in senior division). The NCRP reserves the right to choose the races it counts (usually PA-AAU sanctioned road runs with a reasonable number of competitors or of sufficient difficulty, and with sufficient pre-race publicity...it must at least be listed in the NCRP scheduling section). In most meets with multiple races, we count the longer race unless the shorter one has better competition. In some cases we count both. The year starts at the Lake Merritt Races for scoring purposes, and the totals on the following page include all races through the Five-Brooks Run, with the following exceptions, which are not counted at all: Chico 10 Kilo, PA-AAU Hour Run, Vogt's Gold Run, Feb. 11 Age-Group Run, 7.5 Mile Pebble Beach Run, 4 Mile Statuto (Seniors only), and Folsom Run. \*\*\* The big story this month in the open competition is Jim Nuccio, who moved from a tie for 7th last time to within 0.005 of Dan Anderson, who hung on to first place, even while slipping 0.008 from last month. Another fast comer was Jack Bellah, who moved from off the top 30 into 7th. The senior battle is really shaping up for a good finish, as defending champ Ross Smith slipped to third behind Jim O'Neil.

Leader Ken Napier edged closer to Ross Smith's 0.059 senior division record with a 0.066 tally, but O'Neil has closed the gap to within 0.015. Lee Adams made the top ten, displacing Dennis Teeguarden in the process. The winner of each division gets to keep a beautiful perpetual trophy for one year, donated by NorCal Running Review. Those not making the tables below, but with ratings of less than 1.000, are listed here: OPEN: (Total races, Average place, Rating) -- (16) Bob Darling (4, 2.25, 0.563) and George Stewart (4, 2.25, 0.563), (18) Doug Butt (10, 5.9, 0.59), (19) Darren George (6, 3.833, 0.639), (20) Pat Buzbee & John Sheehan (5, 3.2, 0.64), (22) Angelo Martinez (6, 4.0, 0.667), (23) Bill Johnson (6, 4.083, 0.681), (24) Ross Smith (7, 5.0, 0.714), (25) Duncan Macdonald (3, 2.167, 0.722), (26) Daryl Zapata (8, 5.813, 0.727), (27) Nick

Vogt (7, 5.143, 0.735), (28) Pat Finn (2, 1.5, 0.75), (29) Vic Cary (5, 3.8, 0.76), (30) Wayne Badgley (3, 2.667, 0.889) & Jack Leydig (6, 5.333, 0.889) & Ron Zarate (3, 2.667, 0.889), (34) Mike Conroy (6, 5.5, 0.917), (35) Joe Taxiera (8, 7.375, 0.922), (36) Dave Zumwalt (9, 8.333, 0.926), (37) Gene Fitzgerald (7, 6.857, 0.980). -- SENIORS: (11) Dennis Teeguarden (8, 2.876, 0.359), (12) Jim Allen (12, 4.5, 0.375) & Jim Nicholson (8, 3.0, 0.375), (14) John Perkins (9, 3.889, 0.432), (15) Don Pickett (8, 3.625, 0.453), (16) Bill Snavelly (6, 3.0, 0.5), (17) Peter Wood (5, 3.4, 0.68), (18) T.A. de Lusignan (4, 3.0, 0.75), (19) Bill Kirchmier (5, 4.0, 0.8), (20) Carl Martin (4, 3.5, 0.875), (21) Frank Harrison (4, 3.75, 0.938). -- (In the tables below, ties are indicated by an asterisk...\*). All additions & corrections should be sent to the editor...quickly!!

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
1. Dan Anderson/WVTC (17)	6	2	0	3	1	1	1	0	2	1	4.000	0.235
2. Jim Nuccio/Army (5)	4	1	0	0	0	0	0	0	0	0	1.200	0.240
3. Bill Seaver/WVTC (11)	2	2	3	2	0	0	0	2	0	0	3.545	0.322
4. Phil Camp/Navy, Bev.Hills Strid.(7)	3	2	0	1	0	1	0	0	0	0	2.429	0.347
5. Darryl Beardall/Marin AC (13)	1	2	3	0	1	2	2	0	1	1	4.923	0.379
6. Steve Dean/Golden West TC (5)	2	2	0	1	0	0	0	0	0	0	2.000	0.400
7. Jack Bellah/WVTC (7)	2	0	4	0	0	1	0	0	0	0	2.857	0.408
8. Dave Garcia/Fresno State (3)	2	1	0	0	0	0	0	0	0	0	1.333	0.444
Jon Anderson/Oregon TC (6)	3	0	2	0	0	0	1	0	0	0	2.667	0.444
Rich Kimball/Alameda TC (9)	1	4	0	0	1	2	0	0	0	1	4.000	0.444
11. John Butterfield/Boston AA (10)	1	1	0	3	1	3	0	1	0	0	4.600	0.460
12. Mitch Kingery/Camino West (5)	1	1	2	1	0	0	0	0	0	0	2.600	0.520
13. Ken Scalmanini/Pamakids (11)	0	0	1	3	1	1	3	2*	0	0	5.773	0.525
14. Mike Buzbee/NewWays AC (6)	2*	1	1	0	1	1*	0	0	0	0	3.167	0.528
15. Ritchie Geisel/WVTC (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
1. Ken Napier/WVJS (19)	14	5	0	0	0	0	1.263	0.066
2. Jim O'Neil/SF Olympic Club (22)	11	6	4	1	0	0	1.772	0.081
3. Ross Smith/WVJS (13)	12	1	0	0	0	0	1.077	0.083
4. Dave Stevenson/Stanford RC (14)	6	5	3	0	0	0	1.786	0.128
5. Gil Tarin/WVJS (18)	4	3	5	2	2	2	3.056	0.170
6. Bob Malain/NCSTC (15)	3	4	4	3	0	1	2.733	0.182
7. Mike Healy/NCSTC (17)	3	3	2	2	5	2	3.529	0.208
8. Paul Reese/NCSTC (14)	3	2	4	2	3	0	3.000	0.214
9. Lee Adams/Solano TC (11)	0	3	3	1	2	2	3.727	0.339
10. Gough Reinhardt/NCSTC (12)	0	2	2	2	4	2*	4.208	0.351

**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 than 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! We've had complaints of "lack of club news" recently, but if we don't have anyone send us information we can't very well print it.

GILROY TRACK CLUB: Gilroy TC is a track club open to all interested runners that live in Gilroy, San Martin, Morgan Hill, and in South Santa Clara County. The dues are free except for runners not living in the above areas...50¢. The club has twenty members so far. Interested persons may contact Jay Marlowe, 7510 Westwood Dr., Gilroy, CA 95020, for more information.

WEST VALLEY TC: Welcome to the following new members: Russell G. Black, Marine Barracks, NAS Moffett Field, CA 94035 (Ph. 966-5296) is 19 years old and an ex-Carlmont H.S. runner with best marks of 4:34 (mile), 9:20 (2 mile), 14:44 (3 mile), 31:46 (6 mile), and 2:53+ (marathon). Dedy Cooper, 17, of 2838 Lincoln Ave., Richmond, 94804 (Ph. ??) is setting his goals high as he wants to become an Olympic champion someday. He has a good start in that direction with a 13.8w (14.2) in the high school 120 yard highs and a 49.0 for the 440 as a sophomore at Harry Ells in Richmond. He recently took second in the National Jr. Olympics in the hurdles. Richard Cross, 19, of 3495 Buckhorn Way, Reno, Nev. 89503 (Ph. 322-6830) has bests of 2:00 (880), 4:37 (mile), 9:45 (2 mile), 15:10 (3 mile) and 25:27 (5 mile), and is a soph at the Univ. of Nevada. Greg Hanson, 24, of 143 Flying Cloud Isle, Foster City, 94404 (no phone) is an optician and has no previous competitive experience in running, although he is currently logging from 7 to 15 miles a day in training.

David Hargrove, 24, of 515 E. Crescent Dr., Palo Alto 94301 (Ph. 328-3419) has best marks of 4:35 (mile), 9:52 (2 mile), and 1:59 (880). Fred Lee, 16, of Star Route, Box 109, Estacada, Oregon 97023 (Ph. 503-630-4291) recently moved to Oregon from San Francisco, but plans to return to the Bay Area in a year or two. His times include a 2:26 (880), 4:53 (mile), and 11:14 (2 mile), and a 3:34+ for the marathon. John Loeschhorn, 29, of 657 Belladonna St., Apt. 3, Sunnyvale, 94086 (Ph. 735-1282) has just taken over the managerial position at Starting Line Sports after living in Southern California for some time. His best marks include a 4:10.1 (mile), 9:08 (2 mile), 13:57 (3 mile), 28:45 (6 mile), and 2:26:10 (marathon). Peggy Lyman, 26, of 230 College Ave., Palo Alto 94306 (Ph. 321-5490) is another addition to the club's fairer sex. Peggy is a third year grad student in medical microbiology at Stanford and has bests of 6:02 for the mile and 19:20 for 3 miles. She was the first woman finisher at the recent Emerald Hills Run, while completing her first race for the club. She has also run a marathon in 3:38:34, and averaged 6:49/mile in a 24-hour relay. Gordon MacMitchell, 19, of 501 Forest Ave., Apt. 501, Palo Alto, 94301 (Ph. 324-0502) just graduated from Palo Alto's Gunn High School and has best marks of 4:17 (mile), 9:01.6 (2 mile), 4th best in state this year), and 2:34:12 (marathon). He ran on WVTC's record-breaking 24-hour relay team in July. Joe Mangan, 16, of 884 Russet, Sunnyvale 94087 (Ph. 245-0667) is a junior at Fremont High with best marks of 2:05 (880), 4:40 (mile), 9:58 (2 mile), and 2:54+ (marathon). Keith Maurer, 17, of 5270 Alan Ave., San Jose 95124 (Ph. 266-7950) is a senior at Leigh High and has times of 53.4 (440), 2:06.2 (880), 4:48 (mile), 10:07 (2 mile), and 7:48 (mile walk). Ron Peck, 31, of 869 Humboldt St., Richmond, 94805 (Ph. 236-2527) is an officer with the California State Police (not CHP) and competes mostly in long distances with marks of 4:40 (mile), 10:00 (2 mile), 34:00 (6 mile), and 3:18:00 (Police Olympics Marathon this year) but did 3:10 at the AAU Marathon. Tom Pelton, 19, of 19540 Creekside Ct., Salinas 93901 (455-2088)

is a sophomore at Monterey Peninsula College and has times of 2:02 (880), 4:17.5 (mile), 9:16.3 (2 mile), 14:09.1 (3 mile), & 2:43:52 (marathon). Dan Preston, 31, of 804 E. 19th Ave., #21, San Mateo 94403 (Ph. 345-4426) is a computer programmer and has just started training again after a 4-year layoff. His best marks are 4:10.4 (mile), 8:58.0 (2 mile), and 13:51.4 (3 mile). Jim Richardson, 15, of 2290 Sunrise Dr., San Jose 95124 (Ph. 377-1451) is a soph at Camden High and has bests of 2:26.4 (880), 12:17 (2 mile), and 38:09.3 (6 mile). Alan Roland, 25, of 3433 21st St., San Francisco 94110 (Ph. 922-2642) has no track marks, but he ran 45:00 in the Bay-to-Breakers Race this year and, he wants to work his way up to the marathon. Matt Sommer, 18, of 15091 Esther Dr., San Jose 95124 (Ph. 377-1956) is a freshman at West Valley JC with marks of 4:25.4 and 9:16.8. Roland Verhe, 28, of 2235 California St., Apt. 195, Mtn. View 94040 (Ph. 961-7408) is a Belgian who will be living in the Bay Area for about a year. He has marks of 8:19.7 (3000m) and 14:29.0 (5000m) and is looking forward to a good cross country season with the club.

•Address Changes: Mike Edmonds to 253 St. Phillip Ct., Fremont 94538 (657-6802); Alvaro Mejia to 1212 Whipple, #423, Redwood City, 94062 (Ph. 365-2108); Kerry Hogan to 141 Central, S.F. 94117 (863-8477); Harold DeMoss to 1009 N. Clark, Mountain View 94040 (941-8975); Vic Cary to 4746 Appian Way, El Sobrante 94803 (223-8670); Dave Whiteing to 120 N. 4th St., Salinas 93901 (temporary); Kevin Robinson to 24 Via San Fernando, Tiburon 94920; Ron Zarate to 916 N. Bradley, Apt. A, Santa Maria 93454 (805-925-7470); Jim Bowles to Orchard Terrace Apts., Apt. A-1, Troy, N.Y. 12180; Dave Power to 6787 Alvarado St., #8, San Diego 92120; Jim Luke to 380 Auburn Way, Apt. 4, San Jose 95129 (phone ??); Danny Urtiaga to 594 Berry Ave., Apt. 1, Hayward 94544 (phone ??); Bill Lamb to 200-A Lindo Ln., Morgan Hill, 95037 (779-2982); Ralph Lee to 23 Sunset Terr., Scotts Valley 95066 (phone ??). Anyone know the whereabouts of Simon Langer,...he moved from his Berkeley address and left no forwarding address. Phil Groves has moved to Palo Alto, but as yet he has sent us no change off address. Can anyone give us his new address? Remember to keep us posted on your address changes as most club mail (the NCR) is not forwardable. Thanks.

•Marks by WVTC athletes: Duncan Macdonald and Rick Tipton are still (at least as of mid-August) competing in Europe. The following marks are courtesy of Jon Hendershott: Alajarvi, Fin. (Aug. 5) - 200m: (1) Tipton 22.6; 800m: (1) Wohlhuter 1:50.3, (6) Macdonald 1:52.9. Kouvola, Fin. (Aug. 6) - 200m: (1) Chuck Smith 21.3, (2) Tipton 22.3; 800m: (1) Wohlhuter 1:50.0, (6) Macdonald 1:54.1. Copenhagen, Den. (Aug. 14) - 110mHH: (1) Steele (UCTC) 14.3, (2) Tipton 14.5. Dedy Cooper ran a great race at the Natl. Junior Olympics in Ann Arbor, Mich., taking second in the highs in 14.3, only one-tenth behind the winner. The meet was televised nationally. Hope many of you got to see our young star in action, wearing his WVTC 'colors'. Dedy also ran 49.+ in the 440 heats, but failed to make the finals. Brad Nave upped his club shot put record to 46-8, and came within a hair of his discus mark at 177-5 in an all-comers meet at Chabot. At the San Diego Regional Jr. Olympics (Region 13), two WVTC'ers walked off with three firsts and a second (out of nine events). Dedy Cooper qualified for his trip to the Nationals by taking the highs and the 440 (14.6 & 49.9), while Skip Peterson took the long jump in a club record of 21-11 1/4 (hold that, he has a 22-5 mark for the record) and was second in the high jump at 6-4. We don't know how he fared in Ann Arbor. Bob Grubbs, touring with the U.S. Junior squad in Europe, never did beat Craig Virgin, but managed to pick up a second place against Poland with a 8:20.2 for 3000 meters, just 4.2 seconds back of Virgin. He contacted a virus in Russia and finished way out of the picture in the 5000, clocking 14:45.4.

•Jim Bowles reports that he's not sure how long he'll be in New York, but that his wife would need only to wash her hair and she'd be ready to go. He will probably be running the National 50 Kilo in New York this month. Jim is getting his training in "Ron Hill workouts", running to and from work, a distance of 13 miles. He gets longer runs in on his days off. George Stewart just got out of 'boot camp' at Ft. Ord and is looking for a place to live in San Francisco while stationed at the Presidio. While at Ord, George set a track record (for Ft. Ord) by running a 4:55 mile in combat boots, fatigues, etc. Mike Ruffatto is going to be attending Bowling Green this fall as a freshman. He was a 9:12 two-miler at Washington, Fremont, this past spring. Gordon MacMitchell is traveling to New Zealand for about 6 months beginning the latter part of the month. Tom Fleming recently broke two of Bill Clark's American track records, going 1:16:11.1 for 15 miles (Clark did 1:17:53.4) and 1:19:59.2 (to 1:20:43) for 25 kilos. Clark, however, made his records during a 2-hour run, while Fleming stopped at 25K. Jim Bowles has been running well in the east. Some of his marks are: June 10 (NEA-AAU Marathon Championships) - 4th in 2:49:12 (won in 2:43 under extremely hot

# STONE



# TROPHIES

643 LAUREL

SAN CARLOS, CA 94070



593-6236

Engraving on Premises

Immediate Delivery!!



Special Rates: Schools, Clubs, & Leagues!



conditions...June 17 (6 Miler, Albany) 2nd in 33:26 (winner was 33:00).

•The Exec Council recently voted to pay half expenses in sending a 3 man walking team to the National 35 Kilo Championships in Seattle. This will amount to about \$50 each for airfare. The race is on Sept. 22.

•The club netted a total profit of \$121 on the AAU Marathon. Expenses were \$1790 (plus \$83 in entry fees to PA-AAU) while receipts totaled \$1994. This doesn't count the profits from AAU T-Shirt sales, which is estimated at around \$1200... however, we still have about 250 shirts left to sell, so if any of you members have friends who would like one, please help us get rid of these (about \$750 worth!!!)...otherwise we will be hurtin' for the trip to Florida. Let me know now.

•At the Exec Council Meeting on August 12, it was voted to give Skip Peterson \$35 to cover his expenses to the Regional Junior Olympics in San Diego. The club will put in a bid for the National AAU Cross Country Championships in 1974 at the AAU Convention next month...course will probably be in San Francisco (we're currently checking out possibilities). If we don't get the XC Championships, then we will put in a second bid for the 20 Kilo (Senior). The club's fall cross country schedule was announced in part, with meets almost every weekend for those interested. The full schedule is enclosed on this month's 'supplement' to club members. Be sure and keep me posted on your progress (collegians and high schoolers in particular) so that I can present your competitive record to the Exec Council when we decide on the Florida team (7-8 only). A second team will be sent to the USTFF Championships in San Diego on the same day as the AAU meet. How about two national championships for West Valley in one day??? Well..., maybe one? Art Dudley was voted in as an honorary member for his many contributions to the club during the past few years, especially on the AAU Marathon.

•Following are the WVTC finishers in road races that didn't place high enough to be listed in the regular results section of this issue: Natl. AAU Marathon: (not listed last month) - (125) Bill Moroney 3:08:22, (140) Dennis Tracy 3:12:56, (241) Santos Reynaga 3:46:15. Felton: (not listed last month) - (144) Bill Lamb 75:50. Tiburon: (78) Harold DeMoss 48:49, (97) Pete Dinno 50:26, (110) Santos Reynaga 51:04, (224) Jairo Vargas 58:59. Wharf-to-Wharf: (74) Bill E. Johnson (nt).

### 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 NCRS 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.

**STARTING LINE SPORTS---NOW OFFERING DEALERSHIPS:** Let us show you how you can develop your favorite hobby into extra cash or an enriching career. Earn, learn, and grow. You have a bright future at Starting Line Sports. Get started now! For more information contact John W. Loeschhorn at Starting Line Sports, 246 Castro St., Mountain View, CA 94040 (Ph. 415-961-4889).

**HOW THEY TRAIN** (2nd Edition - Volumes II and III): These two volumes complete the second edition of Fred Wilt's highly popular How They Train. Volume I covered the middle distances and now Volume II covers the long distances, with Volume II taking the sprints and hurdles. In Vol. II are 60 of the leading long distancemen of today and yesterday, including Shorter, Puttemans, Bedford, Prefontaine, George Young, etc. In addition, there are articles on the development of training methods and recent trends in distance training. Vol. III is the first book ever to be devoted to the training programs of sprinters and hurdlers. Of the 46 athletes covered, such current aces as Borzov, Mann, John Smith, Marcus Walker, Curtis Mills, Julius Sang, and Dave Hemery are included. There are also seven articles on sprinting and hurdling. All in all, the How They Train series contains some of the most valuable information and food for thought a coach or athlete can come by. Available for only \$3.00 each (paperback) from Track & Field News, P.O. Box 296, Los Altos, CA 94022.

**MAKE MONEY SELLING NCRS SUBSCRIPTIONS:** You can make \$1.00 per subscription (per year) 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. 415-342-3181). We'll provide you with sample copies and subscription blanks.

**LOCAL SHOE SALESMAN AT ROAD RACES:** Starting Line Sports now has Jack Leydig employed on a part-time basis, selling Tiger, Nike, Puma, and various other road shoes and spikes. All you have to do is show up at a local road race and chances are good that he will have your size right there in the style you want...and if not, it can be ordered quickly. In addition, Jack sells all other types of running equipment...shorts, books, insoles, ERG, warmups, stopwatches, you-name-it. If you're a coach or a member of a school team, get in touch and find out about our school quantity discounts. Come cross country season (now) I'll be available to make personal calls to your school with a full line of running shoes. Save up to 10% on quantity purchases! During the coming month I plan to be at the following road races... look for the magic bus (the one that really needs a good washing and has two ugly snow tires on top!): PA-AAU 25 Kilo, Walnut Festival, Fremont Atalanta Women's Race, Napa Marathon, DSE Golden Gate Park 4 Miler, Columbus Day Races (maybe), Pamakid 7.5 Miler. Thanks for helping a 'poor' runner stay alive between races. See the ad on the back cover for our store locations.

**BAY-TO-BREAKERS SHIRTS:** Still available in all but medium from our address on page 3. Send \$2.75 per shirt (covers mailing).

# the running shop

**501 Magnolia  
Larkspur, CA**

PH. 924-6370



"STILL FEATURING THE LOWEST PRICES AVAILABLE  
ANYWHERE IN THE BAY AREA."

**\$2.00 OFF - COUPON**



BRING THIS COUPON (YOU NEED NOT CUT IT OUT) INTO OUR STORE AND GET ANY PAIR OF SHOES FOR \$2.00 LESS THAN OUR ALREADY LOW, LOW PRICES. OR...SIMPLY MAIL IT IN WITH YOUR ORDER.

**ATTENTION! Marin County & North Bay Runners**

### LETTERS TO THE EDITOR

"I was especially pleased with the entry fee option at the National A.A.U. Marathon--that is, being given the choice of sending in entries with or without the entry fee. I know it takes some advance funding to put on a marathon, but I'm sure you will agree it is not always possible to know whether one will be able to run 26 miles at a given time, as it is to decide on a shorter race. I have been strongly opposed to the high fees put on races and the penalties for entering late. However, I am in favor of late entry fees when they are assigned along with the option we were given at your race. I hope this practice will be followed in the future by other race directors and that the straight late entry fee will be permanently dropped soon." -- Harry Cordellos, San Francisco, CA.  
(Editor's comment: I have always felt that most late fees were not necessary and should only be charged if a runner fails to send in his entry at all...with or without the entry fee. A race director likes to get as many pre-entries as possible to make things smoother on raceday, and this is one way of doing it. All late fees from the A.A.U. Marathon were donated to the Natl. Long Distance Running Fund (for travel), and this amounted to nearly \$200!! About 1/5 of the runners entered on raceday...much lower than normal. We would like to suggest that all race directors in Northern California follow our lead and donate their late fees to our own PA-AAU Long Distance Fund so that deserving area athletes might be able to make trips to National Championships.)

"I recently returned from Dakar, Senegal, where the second USA-Pan Africa Track Meet was conducted and found the results of the National AAU Marathon on my desk along with a program of the event. It appears this was one of our most prestigious marathons and certainly the best organized and conducted. My congratulations to the West Valley Track Club, the Pacific AAU Long Distance Running Committee, and the City of San Mateo. I feel sure each of these organizations had a great deal to do with the success of this event, and the very firm leadership of yourself made it all possible. While it is a custom that our championships move from place to place, I feel certain that the Long Distance Running Committee would entertain a bid for you to run it there again in the future. Again, congratulations on an extremely successful event. -- Ollan Cassell, Indianapolis.





FEATURED IN THIS MONTH'S COACH'S CORNER, HOMER LATIMER OF LEIGH HIGH, WHO IS COUNTING HEAVILY ON SENIORS DAVE STOCK & BRUCE ORR.

### COACH'S CORNER

**Meet Homer Latimer:** When you're the only person in a town of 2,000 to ever gain a Masters Degree in college, you know you're something special. Such is the case of this month's NCRR Coach's Corner subject, Homer Latimer, head coach in cross country and track at San Jose's powerful Leigh High School. Latimer, who received his Masters Degree in 1966 from UCLA, has been leading a strong team of Leigh High harriers over the past couple of years to the point where this year they may well take the national postal title.

Latimer's coaching career has sent him back and forth across the states since his first job at Torrance High (Orange County) in 1966. After serving as assistant track and cross country coach there for only a year, he landed a job as freshman cross country coach at Springfield College, Massachusetts. The following season he began coaching at Leigh.

Latimer's own running career saw him competing mainly in small college meets at one and two miles, where he felt he never saw much competition. Like many track athletes, he went through the typical cycle of playing many other sports until he realized he didn't like being a second-stringer.

At one time, Latimer went to Santa Monica to train with Igloi. Unfortunately (fortunately maybe??), he received many negative feelings for the man and his system.

When asked what system he now uses for training his harriers, he jokingly replied, "At Leigh we run our boys on what I call the 'Lydiard by Latimer at Leigh system'. We base our training on the Lydiard basic concept of hard-easy road runs. For the upcoming season we will divide our kids up into groups according to their distance background. I feel strongly towards running a lot of summer miles. Indeed, at Leigh we give awards of T-shirts to the kids for running a certain number of miles during the summer months. We have the 500 Club...750, 1000, 1250, and 1500 Clubs, which of course stand for the number of miles the runners put in during the summer months."

"During our cross country season we alternate between 10 and 20 mile runs and increase our hill workouts towards the end of the year. League rules forbid the kids to train with their coaches on weekends, so I leave it up to them to do the work at those times."

Coach Latimer stated that he felt the summer roadwork is the key to a high school runner having a good cross country season, as well as a successful track season. "I definitely feel the summer road races are of great benefit, especially since they are 'no pressure' races, a lot of fun, and help keep the kids motivated in their summer training sessions."

This year's Leigh cross country team figures on being right in the money for a national postal championship. Six runners of sub-10:00 calibre are returning from last year's squad. The awesome fact that Leigh gets between 80-100 boys out for the sport each fall could make some coaches turn green with envy. Latimer is looking towards two seniors, Dave Stock and Bruce Orr, to carry the load, as well as senior half-miler Dave Hamilton (1:55 as a junior), who is tackling his first cross country season with great expectations. But Leigh should fare well in not just the varsity, but in all the divisions...for years to come.



NORCAL PORTRAIT, JOAN ULLIYOT, FINISHING THE NATIONAL A.A.U. MARATHON, HER FIRST EVER, IN 2ND PLACE AT 3:17:46. /Lowry, Lee/

### NOR-CAL PORTRAIT

**Meet Joan Ulliyot:** For any runner, there is nothing like starting out on the right foot--so to speak. Joan Ulliyot is living proof of that. In the first marathon of her life, this year's AAU title race in San Mateo no less, the 33-year-old physician cruised to a fine 3:17:46--making her the second-fastest woman in the race and defeating such "veteran" 26-milers as Donna Gookin and Maryetta Boitano. Joan event went one step better in the rugged Pike's Peak Climb, clocking 3:14:44 for the 13-mile ascent and 5:28 for the 26.8-mile roundtrip as the first woman finisher and new distaff record-setter.

Joan--who should be properly called "Dr. Ulliyot" since she is a research physiologist at the University of California Medical Center in San Francisco, began running in 1971 at the age of 30, taking on the Bay-to-Breakers course in her first competitive effort. From the beginning of her career, though, she has been hampered by injuries, the longest lay-off coming during three months of 1972 for a fatigue fracture of the hip. "I think many of my injuries have occurred since I didn't start running until age 30, and it has taken two years for my legs to adjust to the stress," she feels.

And the spectre of injury hung over Joan as little as two months before her debut performance in San Mateo. "My latest injury was a fractured metatarsal of the right foot, sustained eight weeks before the AAU's," she explains. But she got the best of that infirmity--by running. "I went to a local podiatrist, Tom Sgarlato, who knows runners and therefore didn't put me on crutches. Instead, he taped the foot with a supportive pad and told me to run as much as the foot would let me. I did, getting in 20-30 miles per week. Then, in the two weeks immediately before the race, I was able to do 50 miles each week." Her result in the race seems to say something for this new 'treatment'. In fact, she adds, "It seemed to take longer to heal than it would have with conventional methods--in other words, rest."

Joan trains once daily, six days a week, all year around. Her weekly mileage averages 40-45 miles, "when I'm not injured --which is about half the year." Besides the two 50-mile weeks before the AAU, she has once tallied 75 miles in a week, while attending a high-altitude training camp in Camp Crockett, Colorado, "a runner's paradise."

Of her training, Joan says, "I run for enjoyment and am reluctant to try any training (such as intervals) that might interfere with this end. I usually train in Golden Gate Park with steady road runs at 7-8 minutes per mile, seven miles a day with one or two longer runs of 12-20 miles each week. If I can keep healthy awhile, I hope to include one hill workout and one day of longer intervals each week. Such workouts are rare for me at present.

"My only speed-work comes in races. This is the only time I push to the point that I hurt. In training, I feel rather like Ferdinand the Bull because I like to run 'just quietly and smell the flowers'." She would like to push her weekly mileage up to 70 miles, "with some Lydiard-type hill training before big races." As well she would like to train twice daily, "but this is hard with family and job to attend to." The former

consists of a husband and two small children, while her latest endeavor in the latter was accompanying runner-adventurers Pax Beale and Ken Crutchlow on their arduous run from the depths of Death Valley to the heights of Mt. Whitney. Joan went along as attending physician--and probably interested runner as well.

In racing, Joan reveals, "I try to maintain even effort, particularly in longer runs. I generally prefer racing distances over 5-6 miles and like the marathon best since it is totally aerobic. I try to decide ahead of time what pace I can manage over the distance, find it, then stick to it. This worked fine in San Mateo--I aimed for a 7:30 per mile pace and averaged 7:32 with little deviation. In shorter races, though, I run harder and I'm much more influenced by competitors--and I probably perform less efficiently as a result."

For the future, Joan just hopes to up her mileage and remain injury-free. "Fortunately," she observes, "the body adapts with time, and I look forward to more consistent training from now on." That should serve as fair warning to a great many marathoners--female and male.

Joan Ulliyot, San Francisco, CA. Born July 1, 1940, 5-9 1/2, 130-lbs. Began running in spring of 1971, self-coached. Best marks: Marathon--3:17:46.



WEST VALLEY PORTRAIT (RUNNING SECOND HERE TO LANEY'S JAMES ROBINSON) JOHN BAY, SET A PR OF 1:53.9 IN THIS PA-AAU CHAMPIONSHIP 880 RACE AT CAL-STATE HAYWARD. /John Marconi/

### WEST VALLEY PORTRAIT

**Meet John Bay:** Perhaps one of the most versatile members of the club, John Bay excels in both sprints, distances, and in jumps (horizontal). While attending Gunn High in Palo Alto, he recorded the following list of 'goodies': 440--48.9R (50.1); 880--1:55.9; Mile--4:30.1; 2 Mile--10:08; LJ--21-11 1/2; TJ--46-5 3/4. Since that time (1972 as a senior) he has dropped his 880 best to 1:53.9 (see above photo) and has added a score of 5348 in the decathlon on his first attempt. Besides the above track events, John also likes to dabble in road racing, and finished in the top 200 at this year's Bay-to-Breakers Race.

On training, John comments, "My workouts are rather loose because my head is rather loose, and I had no coach or teammates to push me in practice everyday this year." Continuing, he relates, "From January to July I averaged 25-30 miles a week, with most of this coming on medium-length, 4-7 mile road runs. During April, May, and June I worked out twice a week with Rich Hansen, doing interval work on the track, consisting mostly of 220's and 440's." He usually keeps a pretty steady pace on his distance runs, but confides in the fact that, "I like to push up the hills, and I like to push the last 1/2 mile or so of a long run. Other than that, I run how I feel. I have never yet concentrated completely on running, since I have always been a bit concerned about going stale. This year I was able to run a representative season with low mileage and a few races. I attribute a lot of that to my attitude, which was pretty relaxed and rather confident."

This fall, John will be running cross country at Berkeley, and the results, he says, should be interesting, since he confides his mileage will probably double or triple and he will constantly be running with competition. Of this prospect, he contemplates, "I should finally get to test my 'going flat from too much training' theory."

After cross country season, John plans to compete in track for Cal, and stresses, "This coming year I am planning on concentrating heavily on my running and seeing if I can attain a high level of excellence while still enjoying life." If the

two don't go together, then he may well drop back to casual club running. He states his goals as being, "To enjoy track; to be good at it; to remain in good physical condition my entire life; to compete until I get tired of it (hopefully until my late twenties; to be an all-around athlete; to enjoy myself. My secret ambition is to become an Olympic decathlete."

So, the coming year will tell just how good John Bay can become while still attempting to enjoy athletics and life in general. With good competition and a 'loose' attitude, John should become a consistent sub-1:50 half-miler and attain that searched for level of excellence.

### SPECIAL ARTICLES

(The following article was submitted by Bob Cooper, who, along with his Redwood City Strider teammates, completed a relay across the United States. The following tells that story.)

--Fifteen-year-old David Cortez, holder of numerous age-group world records, ran the first leg, a steep climb of 2000 feet from the Pacific through towering redwoods. Desiree Wilson, a 17-year-old blonde, ran the anchor leg from Manahawkin to the beach at Ship Bottom, New Jersey. In between, 13 members of the Redwood City (Calif.) Striders ran through 15 different states on 3421 miles of America's roads and highways.

Mike Ipsen, 30-year-old coach of the Striders, spent ten months bringing this truly cross-country relay from conception to realization. Mike claims, "It's something I've always wanted to do. For the last 15 years, I figured I'd run across myself, but when the feasibility of that went out the window, I thought about a relay."

The 13 runners ranged in age from 13 to 30, each running a two-hour leg, followed by 24 hours of rest, meaning each ran two hours later each day in the non-stop effort.

Ten of the fourteen travelers (Shirlee Rose went along as the cook/substitute) are from Redwood City, and all but one reside in the Bay Area. Jack Bristol flew in from Connecticut for the midnight (July 1) start at Half Moon Bay. Each of the cars, two sedans and a wagon, carried four or five runners with consecutive legs, meaning each followed the runner for 8-10 hours before shooting ahead 75 miles for rest. This was the plan, but not all went smoothly--missed turns, broken alarm clocks, and lack of coordination between the cars caused more than a few headaches.

Since most of us had never seen the east coast, the relay served as a three-week course in U.S. geography. We found crossing the Sierras to be much less difficult than running through the Nevada desert where the temperature soared over 110°. The first car breakdown came in that desert. Doug Peck and I spent a night in thriving Holbrook (pop. 10), waiting for an alternator to be replaced. Later the next day, we marveled at Nevada's only tree!

Given bad advice as to the best non-freeway route, we swung down through scenic Utah to Arizona and Indian reservation land next, before swinging up through Four Corners to Colorado. Starting at 4000 feet, we almost immediately began climbing. During that climb, I scared a bear off the shoulder (though it scared me more), and Doug was nearly attacked by three vicious dogs. I crossed the Continental Divide, over 10,850-foot Wolf Creek Pass, at 6:45 pm on July 8th. Jose Garza ran the next leg--all downhill and in the midst of an angry thunderstorm.

The running from the Rockies to West Virginia is sickeningly homogeneous. Excepting the roller-coaster-like hills of Missouri's Ozarks, it's all unbelievably flat for this group so used to seeing mountains, or at least hills, on the horizon. Passing through Wichita, St. Louis, and Cincinnati was all that broke the monotony of innumerable cornfields and booming towns like Deerfield and Uniontown (Kansas), Rosebud (Mo.), Beckemeyer (Ill.), Cannelburg (Ind.), Boston and Marathon (Ohio). Because Mike's brother was a police sergeant there, we were really welcomed in Wichita--with a police escort through town as well as extensive radio and newspaper coverage. Four hours past Wichita, the wagon broke down and 13 of us crammed in the two sedans for the next 12 hours. We found the people of Kansas to be very friendly and found the citizens of Missouri to be just the opposite. As Jose put it, "Their horn is their brake." But it was in eastern Ohio that Desiree was harassed by some teenagers, and I was run into a ditch.

Running our legs, however, was that part of the trip we most enjoyed. The part which really wore us down, physically and emotionally, was sitting in a car for hour upon hour in the incessant humidity we came to abhor; and it was getting 3, 4, and 5 hours of sleep daily and eating nothing but canned soup and beans plus an occasional treat like cold Spaghetti-O's.

We suddenly entered a different world upon crossing the

Ohio River at Parkersburg. If there's an acre of horizontal land in West Virginia, WE didn't see it. We crossed three West Virginia-Maryland borders before hitting the rolling hills of southern Pennsylvania. I ran the relay's longest leg (19.5 miles) while touring historic Gettysburg. It was dark, so I couldn't find the Address. After traveling through the ghetto of Philadelphia, we became more appreciative of San Francisco.

Mike handed the baton (a well-worn, white stick) to Desiree just three miles west of the waiting Atlantic. Just 17 people, the rest of the relay, Mr. and Mrs. Jose Cortez, and Doug's Pennsylvanian aunt and uncle, waited on the beach for the magic moment that Desiree hit the water.

The unprecedented relay took 19 days, 21 hours, and 52 minutes. The 14 of us never appreciated Northern California more.

\* \* \* \* \*

The order we followed throughout the relay was determined by a random drawing, 12 hours before Dave started. Most of us ran 18 legs. It took us 237 two-hour legs to make it across-- a 14.4-mile-per-leg average. A brief description of the actors of this moving drama (pun intended) follows.

1. David Cortez, 15, Redwood City. Each time he has a birthday, Dave prepares to set records for distances from the 2-mile upward. He's already finished a 100-miler and run a 2:39 marathon. He'll be a freshman this year! Dave ran a 19-mile leg and had a 17.4-mile average, best on the relay.

2. Danny Martinez, 13, Newark. Danny is a national champion in his age group for the mile walk. He ran one 16-mile leg and had a 12.8 average. Danny had a cast taken off his foot just days before the relay began, but typical of Strider dedication, he didn't consider dropping out.

3. Jose Garza, 16, Redwood City. Jose, as a junior this year, should make all-league in cross country. He's run 20 kilos in 1:11. Prior to July, Jose hadn't run in five months. He approached Mike a day before the relay and said he wanted to get in shape for cross country season. Mike told him, "We're leaving for New Jersey tomorrow." Jose packed his things and spent the next week getting back into shape. He ran four consecutive 15-mile legs the last week, pushing his average up to 13.8.

4. Jack Bristol, 24, Bethel, Conn. Jack's favorite race is the 50 miler, and he'll fly to the London-to-Brighton 52-miler later this year. He ran a 2:45 at Boston. The relay was short a car when he flew in 24 hours before its scheduled start, so he bought a used wagon to prevent a delay. He ran a 19.5-mile leg and had a strong 16.9-mile average.

5. Mike Ipsen, 30, Redwood City. Mike's long running career includes completion of a 100-miler and the Pikes Peak Marathon. He's better known, however, as the founder and coach of the Redwood City Striders, for a long time the finest age-group club in the world. Without him, there would have been no coast-to-coast relay. Mike, like Jose, had to get in shape as the relay progressed. He maintained a 12.5-mile average.

6. Desiree Wilson, 17, Redwood City. Already the first female to run in a cross-the-country relay, Desiree could be a great woman distance runner in the very near future. A junior this year, she loves running, but isn't that excited about competing. She ran a 16.6-mile leg in Pennsylvania, and had the relay's 6th best average of 14.1 miles!

7. Bob Cooper, 19, Redwood City. Bob was Canada Jr. College's 'most valuable runner' last year with a best 4-mile of 21:36. A 3:12 marathoner, he ran a 19.5-mile leg in Pennsylvania and kept a 15.0-mile average.

8. Doug Peck, 17, Palo Alto. A high school graduate in June, Doug will attend UC Davis this year. His accommodating relatives let all of us rest in their Parkersville (Pa.) home the three days after the relay. Doug, an avid cross-country skier, then flew to Switzerland. A sub-2:00 half-miler, he ran an 18.5 mile leg and had a fine 16.2-mile average.

9. Frank Cortez, 18, Redwood City. A Strider for many years, Frank graduated from Sequoia High in June. A 2:45 marathoner, his best leg was a 17.6-miler. He averaged 13.7 miles.

10. Ken White, 19, Redwood City. A 4:18 miler in high school, the junior college student ran a 4:22 at his high school league finals, only to place fifth. "I really learned to respect the pioneers," claims White, who made it across with a 13.9-mile average.

11. Rich Martinez, 15, Newark. A sophomore this year, Rich improved throughout the relay until he ran three consecutive 16-mile legs which brought his average up to 14.5-miles--fifth best of the relay.

12. Dave Wilson, 13, Redwood City. Along with Danny, the youngest of the bunch, Dave is already a two-time veteran of the Rocklin (Ca.) 50-miler. Dave rescued Mike from some dangerous rapids early in the relay. His average was 13.8 miles.

13. Leroy Rosing, 17, Redwood City. Leroy's average should have been higher, but an alarm clock was blamed for his incess-

ant tardiness, which amounted to several shortened legs. A 3:18 marathoner, his average was 12.4 miles.

14. Shirlee Rose, 15, Redwood City. A junior, Shirlee went along to heat up the canned food, but she courageously ran one leg and part of another when it became necessary. She made 10.5 miles in two hours--the furthest she'd ever run.

---

(The following article was written by David L. Costill, Ph.D., Ball State Univ., Muncie, Ind., and is reprinted by his permission and from the publication in which it appeared: ACSM News, Vol. 8, no. 3, published by the American College of Sports Medicine.) - It is entitled, "Health Hazards During Distance Running."

The requirements of distance running place great demands on both circulation and body temperature regulation. Numerous studies have reported rectal temperatures in excess of 105°F after races of 6 to 26.2 miles. Attempting to counter balance such overheating, runners incur large sweat losses ranging from 1.0 to 1.1 liters/m<sup>2</sup>/hr. The resulting body water deficit may total 6-10% of the athlete's body weight. Dehydration of these proportions severely limits subsequent sweating, places severe demands on circulation, reduces exercise capacity, and exposes the runner to the health hazards associated with hyperthermia (heat stroke, heat exhaustion, and muscle cramps).

Even under moderate thermal conditions, the risk of overheating is a serious threat to the highly motivated distance runners. Nevertheless, distance races are frequently conducted under more severe conditions. For example, the air temperature at the 1967 U.S. Pan-American Marathon Trial was 95°F. Many of the prerace favorites failed to finish the race, and several of the men demonstrated overt symptoms of heat stroke (no sweating, shivering, lack of orientation).

In recent years, races of 10 to 26.2 miles attracted several thousand entries. While distance runners recognize the hazards of competing on a hot, sunny day, most cannot resist the challenge of responding to the starter's gun. Since it is likely that distance running enthusiasts will continue to sponsor races under adverse heat conditions, specific steps should be taken to minimize the health threats which accompany such endurance events.

Fluid ingestion during prolonged running (2 hr) has been shown to effectively reduce rectal temperature and minimize dehydration. Although most competitors consume fluids during races that exceed 1-1.5 hours, current international distance running rules prohibit the administration of fluids until the runner has completed 10 miles. Under such limitations, the competitor is certain to accumulate a large body water deficit (-3%) before any fluids can be ingested. Measurements made at the 1968 Olympic Marathon Trials demonstrate that most runners are unable to judge the volume of fluids they consume during competition. We observed body weight losses of 6.1 kg, with an average total fluid ingestion of only 0.14 to 0.35 liters. It seems obvious that the rules and habits which govern fluid administration during distance running preclude any benefits which might be gained from this practice.

Runners who attempt to consume large volumes of a sugar solution during competition complain of gastric discomfort (fullness) and an inability to consume fluids after the first few feedings. Generally speaking, most runners prefer to consume solutions containing 5-20 grams of sugar per 100 milliliters of water. Although saline is rapidly emptied from the stomach (25 ml/min), the addition of even small amounts of sugar can drastically impair the rate of gastric emptying. As carbohydrate supplementation is of secondary importance during exercise in the heat, the sugar content of the oral feeding should be minimized.

Proposed changes: In light of the preceding discussion, it seems logical to propose the following changes for the management of heat stress during distance running:

(1) Rules that prohibit the administration of fluids during the first 10 miles of a marathon (Editor's note--I believe the international rules are for the first 10 kilos, not miles) must be amended to permit fluid ingestion at frequent intervals along the race course. In view of the high sweating rates and body temperatures during distance running in the heat, race sponsors should provide "watering stations" at 3-4 km (2-2.5 mile) intervals for all races of 10 miles or longer.

(2) Both competitors and sponsors of distance races must be informed of the importance of consuming large amounts of fluid during long races in the heat. Since thirst can be an inaccurate estimate of body water needs, runners must learn to consume fluids (200 ml or more) at regular intervals (every 2-2.5 miles). In order to prevent gastric filling and to promote

maximal absorption, the solutions ingested should contain minimal amounts of sugar (less than 2.5 g/100 ml). To minimize dehydration, competitors must be encouraged to consume 4-500 ml of fluid 10 minutes before competition...about 1 pint.

(3) Race promoters should refrain from scheduling long races (longer than 20 miles) during the hot summer months. During this period all distance races, regardless of length, should be conducted during the coolest part of the day.

Race sponsors and runners must realize that efforts to reduce dehydration via fluid ingestion will not eliminate the risks of overheating. Runners must learn to reduce their running speed and energy expenditure during warm weather races. In addition, runners must learn to recognize the early signs

of "critical" hyperthermia. Our experiences indicate that most highly trained runners sense pilo-erection (goose-bumps) over the trunk and a throbbing pressure in the head when their rectal temperatures reach 103.5-104.5°F. When temperatures approach 105.5°F, all men experience extreme muscle weakness, involuntarily reduce their running speed, and may demonstrate a reduction in sweating.

It would seem that this problem is of significant importance to warrant consideration and action by the American College of Sports Medicine. An official stand by the College could produce needed direction for those groups responsible for changing and implementing factors that will reduce the health hazards associated with distance running in warm weather.

## Scheduling

### LONG DISTANCE (\*Also see Late News.)

Note: All runs listed below are sanctioned by the AAU except those specified as "Fun Runs" and DSE races, or unless otherwise noted...the "Fun - Runs" need no AAU sanction (as well as 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 of road runs 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, PO Box 14337, 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.

- Sep 14 - Selma 4-Miler, Divisions. Gary Self, 2102 Hicks Dr., Selma, CA 93662. (\*CCA)  
 Sep 15 - Fresno Watermelon Run, Fresno St. (?), 10 am. Red Estes, XC Coach, P.E. Dept., Fresno State Univ., Fresno, CA 93710. (\*CCA)  
 Sep 15 - Lake Wildwood XC, 10 Miles, nr. Grass Valley, 9:45 am. Nick Vogt, Star Route, Smartville, CA 94977.  
 Sep 15 - Occidental XC, 4.2 Miles Open, 9:30 am, Occidental College, LA. Steve Haas, Track Coach, Occidental Coll., LA 90041. (\*SPA)  
 Sep 15 - PA-AAU 25 Kilo Championships, Golden Gate Park, SF, 10 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.  
 Sep 15 - Sunset Park 5-Mile Handicap, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Sep 16 - Wildwood Frolic Orienteering Meet, Portland, Ore., 2 pm. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)  
 Sep 22 - Mt. SAC Cross Country, 4 Miles, 9 am. Mt. SAC Athletic Dept., XC Coach, Walnut, CA 91789. (\*SPA)  
 Sep 22 - Equinox Marathon, Fairbanks, Alaska, 8 am. Marathon Coordinator, Dept. of P.E., Univ. of Alaska, Fairbanks, Alas. 99701.  
 Sep 22 - Sunriver 7 Miler (& shorter age-group runs), nr. Bend, Ore., noon. Pat Ross, 702 E. Norton, Bend, Ore. 97701. (\*OA)  
 Sep 22 - Sunset Park 5-Mile Handicap, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Sep 22 - Clear Lake Marathon/Biathlon, distance unlisted, includes 6 miles of swimming, time(?). Lake County Chamber of Commerce, P.O. Box 517, Lakeport, CA 95453.  
 Sep 23 - 29th Annual Walnut Festival 5.7 Miler, Walnut Creek, 10 am. ENTRIES CLOSE 9/15. A. MacCono, 1840 Geary, Walnut Crk. 94596.  
 Sep 23 - Natl. AAU 30 Kilo (Sr., Jr., & Masters), Chicago, Ill. UCTC, Ted Haydon, 5640 University, Chicago, Ill. 60637.  
 Sep 29 - NAS 6.5 Miler, Lemoore. Keith Westbay, Recreation Dept., Naval Air Station, Lemoore, CA 93245. (\*CCA)  
 Sep 29 - 3rd Annual Fremont Atalanta 8 Mile Women's Race, Fremont, 8 am. Fremont C of C, 39737 Padre Pkway, Fremont, CA 94538.  
 Sep 29 - Sunset Park 5-Mile Handicap, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Sep 29 - Natl. AAU Masters 20 Kilo Championships, Terra Haute, Ind. Fred W. Schwartz, P.O. Box 187, Terra Haute, Ind. 47808.  
 Sep 30 - Napa (Champagne) Marathon, Napa, 9 am. Napa Valley Runners, Phil Jaeger, 128 Roosevelt St., Napa, CA 94558.  
 Oct 6 - DSE 4-Mile Golden Gate Park Run (meet at Stow Lake Boathouse), S.F., 10 am. (\*DSE)  
 Oct 6 - Sunset Park 5-Mile Handicap, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Oct 7 - Oregon TC-Nike Marathon, Eugene, Ore., 10 am. Geoff Hollister, The Athletic Dept., 855 Olive St., Eugene, Ore. 93710.  
 Oct 7 - CHANGE OF DATE---Columbus Day 5 & 10 Kilo Races at Lake Merritt, Oakland, have been changed to Oct. 14---see below.  
 Oct 7 - XC Run (5-7 Miles), Portland, Ore., 2 pm. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)  
 Oct 13 - Reedley Fiesta Road Race (Elem., JHS, HS, Open, 40+), Tentative date. Cameron Ostrand, Reedley H.S., Reedley, 93654. (\*CCA)  
 Oct 13 - 15 Kilo Run, Sunset Park, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Oct 13 - State of Jefferson 8-Miler, Emigrant Lake, Ashland, Ore., 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (\*OA)  
 Oct 13 - 7.5 Mile Run, Daly City, 9 am., Westlake Pk. Clubhouse. Pamakids, Pat Vidosh, 372 Northgate Ave., Daly City 94015.  
 Oct 14 - Santa Barbara Marathon, 7:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93015. (\*SPA)  
 Oct 14 - PA-AAU 50 Mile Championships, Rocklin, 8 am. Bob DeCelle, P.O. Box 1606, Alameda, CA 94501.  
 Oct 14 - 23rd Columbus Day 5 & 10 Kilo, Lake Merritt, Oakland, 8:30 am. Enrico Del Osso, 1803 - 3rd Ave., Oakland 94606. (NEW DATE)  
 Oct 14 - 10 Kilo Race, Chico, 8:30 am. George Wright, Political Science Dept., Chico State College, Chico, CA 95926.  
 Oct 14 - XC Run (5-7 Miles), Portland, Ore., 2 pm. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)  
 Oct 20 - Porterville Road Run, 9 am. Richard Reynaga, 240 S. Plano St., Porterville, CA 93257. (\*CCA)  
 Oct 20 - 15 Kilo Handicap Run, Sunset Park, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Oct 20 - Oregon AAU Age-Group XC Champs (all ages), Roseburg, 10 am. Ron Hjort, 744 SE Rose St., Roseburg, Ore. 97470. (\*OA)  
 Oct 20 - PA-AAU Junior XC Championships (all ages this year), Golden Gate Pk., SF, 10 am??. Rich Perry, 3909 Peppertree Ct., Redwood City 94061 (364-5599).  
 Oct 21 - Journal Jog, Reno, Nev., 10 am (divisions). Nevada State Journal, Sports Dept., Reno, Nev. 8950-  
 Oct 21 - XC Run (5-7 Miles), Portland, Ore., 2 pm. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)  
 Oct 27 - 5 Mile SNA-AAU Championships, Sunset Park, Las Vegas, Nev., 10 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114 (\*SNA)  
 Oct 27 - DSE Presidio Gate 4-Miler, meet at Dolphin Club, SF, 10 am. (\*DSE)  
 Oct 28 - Natl. Junior AAU Marathon Championships, Atlantic City, N.J. (No address available).  
 Oct 28 - XC Run (5-7 Miles), Portland, Ore., 2 pm. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)  
 Oct 28 - 8th Berkeley-Moraga 14-Miler, Berkeley, 10 am. Bay Area RR, Chas. MacMahon, 154 Grover Ln., Walnut Creek 94596.

- Oct 28 - Woodlake 25 Kilo, Woodlake. Wayne Van Dellen, 37149 Road 192, Woodlake, CA 93286. (\*CCA)  
 Nov ?? - Natl. AAU 50 Mile Championships (Jr., Sr., Masters), New York City. Fred Lebow, 226 E. 53rd St., New York, N.Y. 10022.  
 Nov 3 - SNA-AAU One Hour Run Championships, Univ. of Nevada, Las Vegas, 10 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114.  
 Nov 3 - Turkey Trot Races, 10 Miles Open, Oakland, 10 am (age-groups). Peter Mattei, 1000 North Point, S.F. 94109.  
 Nov 4 - DSE 6.25 Mile Practice Daly City Hill Run, 10 am (meet at Colma School-Market St., Daly City). (\*DSE)  
 Nov 10 - 10 Mile Run, Sunset Park, Las Vegas, Nev., 10 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Nov 10 - 10 Mile Track Run, Portland, Ore., 1 pm. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)  
 Nov 10 - Pioneer 9 Mile Road Run, Phoenix, Ore., 12 noon. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (\*OA)  
 Nov 10 - PA-AAU Cross Country Championships, 10 Kilo, Golden Gate Pk., SF, 10 am?? Jim Stephenson, 132 Del Casa Dr., Mill Valley 94941.  
 Nov 11 - DSE Kennedy Drive Run, 4.7 Miles, 10 am (meet at Polo Fields, Golden Gate Park, SF). (\*DSE)  
 Nov 11 - PA-AAU 50 Kilo Championship, Sacramento, 10 am. Walt Betschart, 4120 "A" Street, Sacramento, CA 95819.  
 Nov 11 - Potluck Run, 4.8 Miles, Eugene, Ore., 1:30 pm. Jeff Hollister, 855 Olive St., Eugene, Ore. 97401. (\*OA)  
 Nov 17 - Turkey Day Races (7 Miles Open, many divisions), Sunset Park, Las Vegas, 1 pm. John Romero, PO Box 14337, Las Vegas 89114.  
 Nov 17 - Lowell TC Turkey Trot, 8 Miles, Lowell, Ore., 10:30 am. John Hepner, 4160 Avalon, Eugene, Ore. 97402. (\*OA)  
 Nov 17 - Daly City 10 Kilo Hill Run, Daly City, 11 am. Daly City Recreation Dept., Daly City, CA 94014.  
 Nov 17 - Colfax Carnival Age-Group Races, Open 10 Miles, 10 am. Ian Whitman, Route 1, Box 2699, Colfax, CA 95713.  
 Nov 18 - DSE Ferry Building Run, 4 Miles, 10 am (meet at Dolphin Club, SF). (\*DSE)

## CROSS COUNTRY

### College-Open-Masters

Note: Check with meet directors to confirm dates and times of all cross country races listed below. Generally, if the meet director is not listed, he is the head cross country coach at the institution where the race is being held. All races below are collegiate only (as far as we know) unless coded as follows: (O) - Open; (JC) Jr. College; (M) Masters; (C/O) College & Open; (and other combinations of these). Additions and corrections to this schedule should be sent to the editor. In general, dual meet competition is not listed...meets with four or more teams are included,...Also see Late News for additions & changes.

- Sep 15 - \*4-1/2 Mile XC, Lake Merced, S.F., contact Frank Donahue, Excelsior TC, Ph. 587-0286, 10 am (Brotherhood & Lake Merced Blvd.), (O); Monterey Pen. College Invit., on 17-mile drive; Long Beach State Invit., Long Beach, 10 am (C/O); Fresno Watermelon Run, 6 miles, Fresno St. (contact), 10 am (C/O); All-Comers 4-mile XC, Balboa Park, San Diego, 11 am (O).  
 Sep 22 - Half Moon Bay Beach Run, contact Bob Rush, Track Coach, College of San Mateo, run at low tide (pm) (JC/closed); Nevada XC Carnival, Reno, 5 miles, 1 pm.  
 Oct 6 - Fresno St. Invit., Woodward Pk., 9 am (C/O); Chico Invit., Chico St., 11 am; NorCal Invit., 6 miles, Cal-State Hayward, 10 am; All-Cal Championships, UC Irvine, 11 am; Sonoma St. Invit., 5 miles, Annadel Pk., Santa Rosa (C/O); Golden Gate Park Invit., S.F., 9 am (JC).  
 Oct 13 - USTFF/Long Beach St. XC Championships, Long Beach, 6 miles, 10 am (C/O); Eugene Invit., Eugene, Oregon, contact Russ Pate, 452 E. 18th, Eugene 97401 (O); Sacramento Invit., Sac'to St., all day (C/O/M); CSM Invit., Hallmark, Belmont, 12 noon (JC); Cal-Aggie Invit., UC Davis, 11 am.  
 Oct 20 - Aztec Invit., San Diego St. (C/O); Hancock Invit., Santa Maria, noon (JC); SJS-Cal-WVTC-Stanford-Club West, at Stanford, 10 am; PA-AAU Jr. XC, Golden Gate Park, SF (10 Kilo), all ages, 10 am??  
 Oct 27 - Pleasant Hill Invit., Pleasant Hill H.S., 9:30 am (C/O?); Oregon TC-WVTC-Humboldt-Hayward (Tentative), at Humboldt, 3 pm; So. Division Pac-8, Stanford, 10am.  
 Nov 3 - CCAA Conference Meet, Cal-St Northridge; California Club Championships, UC Santa Barbara, 6 miles, contact John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105 (O); Far West Conf. Championships, Cal-St. Hayward, 11 am.  
 Nov 10 - PA-AAU Sr. XC Championships, 10 Kilos, Golden Gate Pk., SF, 10 am??; Pac-8 Championships, Stanford, 11 am; NCAA Small College Championships, Wheaton, Ill., 11 am; NorCal JC Championships, Hallmark, Belmont, noon; PCAA Championships, Cal-St. LA, 10 am.  
 Nov 11 - Natl. AAU Jr. XC Championships (19/under), 10 kilos, Niagara, Buffalo, N.Y.  
 Nov 17 - State JC Championships, Hallmark, Belmont, noon; USTFF Western Regionals, Fresno St., 11 am (O/M/Jr); Natl. AAU Masters XC Championships, 10 kilos, Buffalo, N.Y.  
 Nov 19 - NCAA Championships, Spokane, Wash., 11 am.  
 Nov 24 - USTFF Natl. XC Championships, 10 kilos, San Diego, contact Dick Hill, Track Coach, San Diego St., SD 92115; Natl. AAU XC Championships, 10 kilos, Gainesville, Fla., contact Jim Carnes, Univ. of Fla., Gainesville 32601.

- Sep 22 - Reno Invit. (Reno); Mt. Madonna Invit. (Mt. Madonna, sponsored by Leigh HS, San Jose); Alum Rock Invit. (Mt. Pleasant, San Jose, sponsor).  
 Sep 29 - Sunnyvale Invit. (Sunnyvale HS); Block "D" Relays (Mt. Diablo HS); Frog Town Invit. (Angels Camp); Milpitas Invit. (Milpitas HS).  
 Oct 6 - Alisal Invit. (Alisal HS, Salinas); Susanville Invit. (Lassen HS); S. San Francisco Invit. (SSF HS); Half Moon Bay Invit. (Half Moon Bay HS); Clayton Valley Invit. (Clayton Vly HS); Cordova Invit. (Rancho Cordova); Nevada Union Invit. (Grass Valley); Fresno St. Invit., Woodward Pk., 9 am, SI Invit., Lake Merced.  
 Oct 11 - Center Meet, Hallmark, Belmont, 2:30 pm, contact Loren Lansberry, Carlmont HS, Belmont 94002.  
 Oct 13 - Sacramento St. Invit., all day; Folsom Invit. (Brown's Ravine); San Ramon Invit. (San Ramon HS, Danville); DelMar Invit. (DelMar HS); Aptos Invit. (Aptos HS).  
 Oct 18 - Center Meet, Hallmark, Belmont, 2:30 pm (see Oct. 11).  
 Oct 20 - Del Oro Invit. (Loomis); Merced Invit. (Merced HS); Rio Linda Invit. (Gibson Ranch); Palos Verdes Invit. (Palos Verdes HS); Pacifica Invit. (Pacifica HS); Soquel Invit. (Soquel HS); Beach Run (McKinleyville HS, Ocean Beach).  
 Oct 25 - Center Meet, Hallmark, Belmont, 2:30 pm (see Oct. 11).  
 Oct 27 - Richard Knox Team Race (Rusch Park); Pleasant Hill Invit. (Pleasant Hill HS); Leigh Blossom Hill Challenge (sponsored by Leigh HS, San Jose).  
 Nov 3 - Natl. Postal Competition (2 miles), San Jose St. track.  
 Nov 10 - Sac-Joaquin Section (District Meets, various locations, not known at present); Mills Frosh Harrier Run (Mills HS, Millbrae).  
 Nov 14 - NCS Division I (Hayward HS), 3 pm; NCS Div. II (Pleasant Hill HS), 3 pm; NCS Div. III (St. Helena HS) 3pm.  
 Nov 15 - CCS Region I (Hallmark, Belmont), 3 pm.  
 Nov 16 - CCS Region II (Hallmark, Belmont), 3 pm.  
 Nov 17 - Sac-Joaquin Section Championships (Brown's Ravine).  
 Nov 20 - Oakland A.L. Championships (Joaquin Miller Pk.), 3pm; NCS Finals (site to be determined), 3 pm.  
 Nov 21 - CCS Finals (Hallmark, Belmont), 3 pm.  
 Nov 22 - San Mateo HS Turkey Trot (Hallmark, Belmont), 9 am.  
 Nov 24 - (Very tentative) HS State Meet (Hallmark, Belmont).  
 Dec 1 - Natl. Postal Competition (3 miles), San Jose St. track.

### Women - Age Group

- Sep 15 - San Jose Age-Group Invit., 11 am (Ron Powell, 3467 Golden State Dr., Santa Clara 95051 (Ph. 408-243-8918).  
 Sep 22 - Beach Run & Watermelon Feed, 10 am, (boys & girls age-group) (Harmon Brown, 2335 David Ct., San Mateo 94403).  
 Sep 23 - Walnut Festival (entries close 9/15), 9 am, Walnut Creek (girls AG, women, boys---see road schedule).  
 Sep 29 - Fremont Atalanta 3 & 6 Milers (see road schedule).  
 Oct 6 - Orinda Invit., 11 am (boys & girls AG) (Don Bailes, 133 Selborne Way, Moraga 94556).  
 Oct 13 - 14-15 Girls Championships and 16/over AG Invit., Mills HS, Millbrae, 11 am (Harmon Brown, see 9/22); Sacramento Invit., Sac'to St. (Stan Wright, Sac'to St., 6000 "J" St., Sac'to 95819).  
 Oct 20 - Santa Rosa Invit. Girl's AG, 11 am (Bob Toomer, 6505 Sonoma Mt. Rd., Santa Rosa 95404) (14/over too).  
 Oct 27 - PA-AAU Girl's 14-17 & AG Championships, 11 am (Dick Casper, 122 Live Oak Way, Salinas 93901); Pleasant Hill Invit., 9:30 am (Bob McGuire, Pleasant Hill HS, Pleasant Hill 94523) (girls).

### High School (\*See Late News for additions)

- Sep 22 - Tamalpais Beach Run (Stinson Beach); Los Banos Small School Invit.; Mitchell JHS Invit. (Rancho Cordova);

- Nov 3 - Women's Championships (PA-AAU) and Age-Group Invit., 11 am (Mike Ipsen, P.O. Box 868, Redwood City 94061).  
 Nov 11 - State Women's XC Championships (Hallmark, Belmont), contact Dawn Bressie, P.O. Box 6173, San Mateo 94403.  
 Nov 17 - Natl. AAU Junior Women's XC Championships, Missouri.  
 Nov 24 - Natl. AAU Senior Women's XC Championships, Albuquerque, N.M. (Women's Div., Girl's Div. 14-17, Special AG Div. 9/U, 10-11, 12-13) (contact P.O. Box 6602, Albuquerque, N.M. 87107).  
 Dec 9 - Roseville Road Race (Boys & Girls AG), 10 am (Gilbert Duran, 1325 Susan Circle, Roseville 95678 -- Ph. 916-783-8275).

## RACE WALKING

**Scheduling:** For further information on scheduling, contact the following individuals--Steve Lund, 402 Via Hidalgo, Greenbrae, 94904 (Ph. 461-5492) for NorCal; Martin Rudow, 515 San Onofre Rd., Santa Barbara 93105, for SoCal; Don Jacobs, Box 23146, Tigard, Ore. 97223, for Oregon and the Pacific Northwest.

- Sep 22 - Natl. AAU Sr. 35 Kilo Championships, Greenlake, Wash., 10 am.  
 Sep 23 - Fairfax Festival (7 miles for men, 2 miles for women).  
 Sep 29 - 100-miler, Columbia, Mo., 1 pm (2 days).  
 Oct 14 - NOTE DATE CHANGE (from 10/7)...if walkers plan on doing their thing with the runners, better show up on the 14th...Columbus Day Race, 5 Kilos, Lake Merritt, Oakland, 8:30 am.  
 Oct 27 - Natl. AAU Women's 5 Kilo Championships (tentative), Hickman Track, Columbia, Mo.  
 Oct 28 - Natl. AAU Senior 30 Kilo Championships, Columbia, Mo., 10 am.  
 Nov 4 - PA-AAU Race Walking Records Meet, S.F. State track, 10 am (set a PR at your favorite distance!!).  
 Dec 30 - PA-AAU 20 Kilo Walk (men) (10K for women), S.F. State track, 10 am.

**Postal Competition for Women:** The Natl. Women's Postal Race Walking Meet for individual and team championships will be held over 5 and 10 kilos this fall. The site can be any 440 track in the U.S. All entries should be sent to Bruce MacDonald, 39 Fairview Ave., Pt. Washington, N.Y. 11050, or write him or Steve Lund for further information. The 5 kilo must be contested between Sept. 1 and 30, while the 10 kilo distance must be done between Oct. 7 and 14. All marks must be submitted no later than one week following the last day of legal competition for that event. Age-group walkers---all the above information is the same except that the longest competitive walk is the 5 kilo, and that is Oct. 7-14. It is too late to enter any of the other competitions.

**From Steve Lund:** "In the last newsletter I requested ideas for help (the racewalking newsletter), all with the idea of making a better sport for us all to enjoy. Since that time I received but one reply. In as much as it is my choice not to damage the sport with my new inability to do the job properly, I do hereby



THE 24-HOUR RELAY FEATURED A COMPLETE RANGE OF AGES AND ABILITIES. HIGH-SCHOOLER RICH MCCANDLESS AVERAGED 4:56.4 FOR THIRTY MILES (RIGHT). /Photos by Wayne Glusker & Dave Stock/

resign as chairman of race walking. I will notify Bob DeCelle, chairman of Track & Field in the PA-AAU, and it will be his responsibility to find a replacement. I will provide him with the names of possible alternates. The new chairman can expect to get help from me, both ongoing and transitional. I hope some of you will pitch in and give a hand also." --- Steve Lund, PA-AAU Race Walking Chairman (ex)

**50K Event Dropped From Olympic Program:** At a June meeting of the IOC Executive Committee in Lausanne, Switzerland, the sport of race walking was dealt a severe blow with the announcement that the 50 kilometer walk would be dropped from the program at Montreal. Apparently, there is also a move afoot to drop even the shorter event (20K) from the Olympics. /Track & Field News/

**Women's National AAU Championships** (UC Irvine, June 23) - The mile walk was split into two sections since more than 15 were present. Section 1: (2) Sandy Briscoe (Xanadu) 8:39, (5) Susan Homick (Xanadu) 9:02. Section 2: (1) Esther Marques (SURRE) 7:54.6, (2) Sue Brodock (SURRE) 7:59, (4) Sheryl Robinson (Xanadu) 8:09. /Lund/



XANADU'S SUSAN HOMICK DID A 9:02 FOR THE MILE WALK AT THE WOMEN'S NATIONALS, ONLY 5 SECONDS OFF HER PR. /Photo by Steve Lund/

**PA-AAU Spring Qualifying Championships:** (date & place unknown) - The juniors used this day to qualify for their nationals in Florida. A very strong field, paced by Bob Kitchen, saw 8 walkers go under 52 minutes for the 10 kilometer distance. Highlights included Bill Ranney taking a rest in the middle of the race and still finish second, and rapidly improving Wayne Glusker, who clicked off an impressive 48:36, just 2:32 behind Kitchen, and 7 seconds back of Ranney. (1) Kitchen 46:04, (2) Ranney 48:29, (3) Glusker (WVTC) 48:36, (4) Roger Duran (WVTC) 50:36, (5) Jerry Lansing 50:44, (6) Jim Bentley 50:57, (7) Brad Bentley (SRW) 51:14, (8) Brian Snazelle 51:33, (9) Manny Adriano (WVTC) 55:24, (10) John Disty (Marin AC) 69:07. The senior walkers did half the distance, with Art Smith picking up a PA-AAU senior record with his impressive 28:11 clocking. Phil Mooers was next, coming across at 30:29. /Steve Lund/

**Confusion--Two PA-AAU One-Hour Walks:** Due to a lack of communication, a second group of walkers (the first was reported in last issue, won by Wayne Glusker at 7 miles, 1090 yards) met at the College of Marin (Wayne arrived at SF State and had much cooler weather). Results from this one: (1) Logan Irwin 7-160, (2) Steve Lund 6-280, (3) Mary Cortez (RCF) 5-1550, (4) Tom Lucas (RCF) 5-1540...Susan Homick battled Steve Lund for second place until 5 miles, when she passed out (at least fell over good). /Steve Lund/

## TRACK & FIELD RESULTS

**International Prep Invit.** (June 9, Mt. Prospect, Ill.) - Further results of California athletes not reported in last issue. 220: (1) McFarland (Ill) 9.6, (3) Mike Shavers (Albany) 9.7; 330IH: (1) Dunston (Fla) 38.2, (4) Dave Gaeta (Shafter) 38.9; 2 Mi: (1) Virgin (Ill) 8:40.9, (6) MacMitchell (Gunn) 9:15.5; SP: (1) Vincent (Wash) 65-5 1/4, (3) Doupe (Inglewood) 64-0 1/2, (4) Shelton (Foothill, Bak) 63-10, (6) Ralph Fruguglietti (Alb) 60-11 1/2; PV: (1) Glackman (Ind) 15-6 1/4, (5) Hintz (Buchser) 14-6, (6) Scott Turner (DelMar) 14-6; 120HH: (1) Blackshear (NJ) 13.9, (6) Bill Parmer (Lemoore) 14.5; 440: (1) Gray (Jam) 47.9, (7) Scott Wingo (Mt. Whitney) 49.2; DT: (1) Hickson (Ieland) 192-0, (5) Pushkin (Los Altos) 172-3, (6) Fruguglietti (Alb) 171-5; TJ: (1) Buchanan (Canada) 48-11 3/4, (6) Jake Torrence (Tulare Western) 44-10. /Joe Newton/

**Pan-Pacific Satellite:** (July 4, Montreal) - 5000m: Shaughnessy (Can) 13:55.6, (2) Jon Anderson (OTC) 14:05.6; PV: Boyd (Aus) 16-9 1/2, (2) Hamer (CP/SLO) 16-1 1/4. /Track Newsletter/

**Seventh Annual Police Olympics:** (July 5-8, Los Angeles) - Ken Scalmanini of the S.F. Police Dept. grabbed top honors with victories in the 3 mile, 6 mile, and marathon. The top performer

in the over-40 division was Bob Waters of the CHP, based in Arcata. He won the marathon in 3:23:22, and finished second at 3 and 6 miles. In addition, he ran a leg on CHP's senior mile relay team. Following are the NorCal placers that we could detect: Mile: 3. Larson (UC Davis) 4:58.7, 4. Forte (SFPD) 5:05; Sr-Mile: 2. Preston (SFPD) 5:14.5, 3. Adams (CHP) 5:24.3; 220: 1. Pruitt (OakPD) 22.2, 4. Nutting (SFPD) 24.6; Women's 100: 5. Bauer (SacSO) 17.3; Sr-440: 2. Zumwalt (ContraCostaSO) 57.9, 3. Feliciano (FrmtPD) 59.2, 4. DeMaria (SanLeandroPD) 60.3; 3 Mi: 1. Scalmanini (SFPD) 15:31.4, 5. Peck (CalState Pol/WVTC) 17:05.4; Sr-3 Mi: 1. Preston (SFPD) 17:56.0, 2. Waters (CHP) 18:06.4, 3. Adams (CHP) 18:15.4; 6 Mi: 1. Scalmanini (SFPD) 33:22.8, 3. Peck (CSP/WVTC) 35:16.4, 4. Comisky (SFPD) 35:18.0; Sr-6 Mi: 2. Waters (CHP) 37:22.6, 3. Adams (CHP) 37:30.0; 440R: 5. SFPD (O'Toole, Clark, Muscante, Nutting) 48.0; Sr-MileR: 2. CHP (Patterson, Adams, Waters,????) no time; SP: 3. Adkins (SJPD) 47-9 3/4; DT: 4. Buckman (SacSO) 109-10; Sr-DT: 2. Nielson (CCostaCountySO) 127-1 1/2, 3. Nilan (SFPD) 104-0 1/2; PV: 4. McAllister (SFPD) 10-0; HJ: 3. Tillman (SacSO) 5-10; JT: 4. Burns (SacCountySO) 131-0; HT: 4. Buckman (SacSO) 77-4; Dec: 1. Adkins (SJPD) 6985-1/2; Sr-Dec: 1. Rothermund (PAPD) 5513; Mara: 1. Scalmanini (SFPD) 2:51:06, 2. Comisky (SFPD) 2:56:04, 3. Mansueto (FBI) 3:01:05, 5. Peck (CSP/WVTC) 3:25:58; Sr-Mara: 1. Waters (CHP) 3:23:22, 2. Adams (CHP) 3:25:24. /Chuck Foote/

U.S. Masters Track & Field Championships: (July 6-8, San Diego) - Dave Pratt whipped defending champ Bill Fitzgerald by a half-second in the 800 while setting a new over-40 American record of 1:57.6 to highlight Division I performers from NorCal. Reliable Al Guidet nipped Payton Jordan in the 100 meters by a tenth and then came back to win the 200 by a full second to take top honors in the Division II (50-59) sprints. Following are the top NorCal placers in this AAU Championship meet: (Divisions are listed following event, in parentheses) - 400IH(I): 2. Rademaker (SFOC) 60.5; 400IH(II): 1. Guidet (NCSTC) 65.0; 100m(II): 1. Guidet 11.8, 2. Jordan (CDM) 11.9; 3000mSC(III): 1. Bright (SnohTC) 12:48.6, 3. Carmichael (SFOC) 17:55.6; 800m(I): 1. Pratt (NCSTC) 1:57.6, 3. Lloyd (Un) 1:59.1; 400mR: 2. BAS (no time); 1000m(III): 2. Bright 40:13; 1500m(III): 2. Bright 5:07.0; 200m(II): 1. Guidet 24.7; 200m(I): 1. Lingel (BAS) 23.2; SP(III): 3. Puglizevich (NCSTC) 41-11; 400m(I): 1. Whitaker (NCSTC) 51.1, 2. Clark (Un/Stanford) 52.0; 5000m(II): 3. Schank (NCSTC) 17:38.0; 5000m(III): 2. Bright 19:15.7; Marathon: 26. Lucero (NCSTC) 3:10:19, 34. Lynch (HSTC) 3:15:54, 46. Toabe (HSTC) 3:25:10, 55. Zarin (HSTC) 3:35:19 (12th in Div. II), 72. Stephenson (SFOC) 4:16:19 (17th Div. II); 20K-Walk: 10. Sekulich (NCSTC) 2:14:48 (4th Div. II). /Johansen/

AAU Junior Olympics Sub-Regional: (July 7-8, Reno) - BOYS: (9/U) 50: Rodigo 6.6; 100: Sherrard (HH) 13.0; 220: Wilhite (CD) 29.7; 440: Stein (CupY) 70.9; 880: Carlson (CupY) 2:43.5; 220Walk: S. Bentley (SRW) 56.8; 440Walk: S. Bentley 2:08.4; MileWalk: A. Sakelarios (RCF) 9:24.1; LJ: Wilhite 14-1; HJ: Baker (Stan) 3-9; Mile: Jones (CupY) 5:54.9; 440R: Herbert Hoover BC 58.3; (10-11) 100: Turner (BerktC) 12.1; 220: Turner 26.9; 440: Maguire (Un) 60.1; 880: Hudson (MLTC) 2:28.0; Mile: Kadie (SJStr) 5:28.7; 440Walk: G. Bentley (SRW) 1:49.7; 880Walk: G. Bentley 4:20.0; MileWalk: G. Bentley 9:30.5; LJ: Bailey (SFPAL) 15-7; TJ: Shanks (HamUn) 29-4 3/4; HJ: Shanks 4-8; SP: Maguire (Un) 38-10; MileR: MLTC 4:32.7; 440R: Napa 55.0; 70LH: Griffen (Napa) 11.0; (12-13) 70LH: Tuoto (Un) 10.1; 100: McDonald (Un) 10.9; 220: Bowersox (Un) 24.5; 440: Bowersox 56.2; 880: Berg (PHTFC) 2:18.5; Mile: Will (CD) 4:59.6; 2 Mi: DeFount (Un) 11:31.5; 880Walk: Miller (HH) 4:12.9; Mile Walk: Henderson (MLTC) 10:17.6; HJ: McCormick (HlySp) 5-7; LJ: Hawkins (StockPAL) 18-10 1/2; TJ: Zimmerman (Un) 40-8 1/2; SP: Swanson (Un) 50-10; DT: Powell (Un) 100-0; 440R: PHTFC 49.0; (14-15) 100: Machen (Un) 10.4; 220: Winters (HH) 22.8; 440: Magee (MLTC) 50.8; 880: Jones (RavHS) 2:01.8; Mile: Harris (Un) 4:46.0; 2 Mi: Williams (YubaC) 10:58.3; MileWalk: Wimer (GSTC) 8:16.8; 3 MiWalk: Sprock (Stahoe) 29:05.9; LJ: Reed (Grant) 21-7 1/4; HJ: Gaines (St.Mary's) 5-10; TJ: Kilmer 42-5 1/2; DT: Giorgi (YerHS) 132-0; SP: Moss (Sparks) 49-1; PV: Burgett (BidJHS) 11-0; 70HH: Uhpingedo (Un) 9.0; 440R: NPL All-Stars 44.8; MileR: Yuba City 3:40.5; (16-17) 100: Jefferson (CD) 10.0; 220: Bundy (CD) 22.4; 440: Cooper (WVTC) 49.0; 880: Erb (Un) 2:02.5; Mile: Gallahan (RCF) 4:33.7; 2 Mi: Ellis (Un) 10:33.0; Mile Walk: J. Bentley (SRW) 7:33.1; 3 MiWalk: B. Bentley (SRW) 25:23.7; 6 MiWalk: B. Bentley 56:54.9; 3 Mi: Rodgers 16:04.8; 120HH: Cooper (WVTC) 14.5; 180LH: Uribe (Un) 20.2; LJ: Peterson (WVTC) 21-5; HJ: Hatch (SF) 6-8, Peterson (WVTC) 6-6; TJ: Coleman (Grant) 46-6 1/2; PV: Portch (Sparks) 13-0; SP: Chew (WoosterHS) 57-4 1/2; DT: Burton (Un) 182-2 1/2; JT: Chew 133-8; 440R: Dusters 43.6;

MileR: Hug HS 3:30.5; 880R: Dusters 1:31.8; (GIRLS) (9/U) 100: Patrick (RichL) 12.7; 220: Filkowski (CupY) 30.4; 440: Lynch (RichL) 71.1; 880: Stein (CupY) 2:53.7; HJ: Howard (ApTC) 3-9; LJ: Magsalay (MPAC) 12-2 1/4; 440R: Richmond L. 58.2; 880R: Rich. L. 2:05.9; (10-11) 50H: Mojas (MLTC) 9.2; 100: Simon (RL) 12.4; 220: Belk (CupY) 27.4; 440: Parker (RL) 66.7; 880: Taylor (SLTC) 2:27.4; Mile: Franklin 5:54.4; MileWalk: Gottschalk (Un) 10:19.8; HJ: Beasley (SFPAL) 4-5; LJ: Beasley 14-8 3/4; SP: Strassburg (Sparks) 25-0; 440R: Rich.L. 53.5; 880MedR: Rich.L. 2:03.4; (12-13) 80mH: Burgess (BTC) 13.1; 100: Allen (MLTC) 11.2; 220: Ng (Un) 25.6; 440: Smith (RL) 60.9; 880: Bain (BRR) 2:33.2; Mile: Reneau (BRR) 5:32.0; MileWalk: Sakelarios (RCF) nt; HJ: Shawhan (WS) 5-0; LJ: Bridgman (DMTC) 15-7 3/4; DT: Dotson (PTC) 66-0; SP: Adams (LTC) 38-6; JT: Gonsalves (MPB) 72-3; 440R: Rich.Lions 51.1; 880MedR: Rich.L. 1:53.3; (14-15) 100: Lewis (MLTC) 10.8; 220: Venezia (MCRk) 25.5; 440: Lewis 58.2; 880: Gentry (WS) 2:29.4; Mile: Adams (WS) 5:29.0; 3000m: Reneau (BRR) 12:21.4; 100mLH: Rodgers (MLTC) 14.8; MileWalk: Wimer (WS) 9:23.6; LJ: Elmore (MLTC) 18-3 3/4; HJ: McQuillan (WS) 5-5; JT: Yates (PTC) 79-6; DT: Wessell (SumvleHS) 97-11; SP: Keates (SLTC) 38-0; 440R: MLTC 48.0; MileR: WS 4:26.2; 880MedR: Pittsburg 1:55.2; 2MiR: WS 10:26.0; (16-17) 100: Miller (RavJ) 10.9; 220: Miller 24.7; 440: Nickson (BTC) 56.4; 880: Hickey (SF) 2:35.0; Mile: Hickey 5:48.0; 2 Mi: Briscoe (Xanadu) 14:49.7; LJ: Tenette (RavJ) 17-5 3/4; HJ: Suva (DMTC) 5-4; DT: Lane (WS) 135-0; SP: Lane 45-6; JT: Faust (CHS) 104-4; 100mLH: Thiel (SGTC) 15.9; MileWalk: Briscoe 9:34.6; 440R: RavJ 47.9; MileR: Summerville 5:13.5; 880MedR: SGTC 1:52.0.

All-Comers Meet: (July 10, Pleasant Hill) - DT: (HS) Burton (Vacaville) 194-10 (198-0, extra throw). /Bob McGuire/

AAU Pentathlon: (July 14, Boulder, Colo.) - 1. Wanamaker (Un) 3499, 2. Tyler (Nev) 3361. /Track Newsletter/

Region 13 Junior Olympic Finals: (July 14, San Diego) - BOYS: 120HH: Cooper (WVTC) 14.6; 100: Yates (SPA) 9.8; 440: Cooper (WVTC) 49.9; 880: Erb (PA-AAU) 1:57.6; Mile: Cryczko (SPA) 4:17.9; MileWalk: J. Bentley (SRW) 6:53.1, B. Bentley (SRW) 7:16.8, Wimer (GSTC) 8:03.5; HJ: Smith (SoNev) 6-6, Peterson (WVTC) 6-4; LJ: Peterson (WVTC) 21-11 1/4, Dunn (PA-AAU) 21-2 1/2; SP: Chew (Wooster HS) 56-5 1/4, Moss (Sparks) 51-2; GIRLS: 100mLH: Butler (SPA) 14.7, Thiel (SGTC) 14.9; 100: Miller (RJ) 10.9; 220: Miller (RJ) 24.5; 440: St. Augustine (SPA) 56.6, Nickson (BTC) 57.6; HJ: Remmling (PSA) 5-4, K. McQuillin (WS) 5-2 3/4, B. McQuillin (WS) 5-2 3/4; LJ: Griffin (PSA) 18-4 1/4, Winlock (CD) 18-2 3/4; SP: Devine (PSA) 47-2, 3. Lane (WS) 44-11 1/2; 440R: (Exhibition) PA-AAU (Dunn, Nickson, Miller, Julian) 48.6. -- Winners here went to the Nationals in Ann Arbor in August (results elsewhere in this issue), all expenses paid by Chevrolet. Region 13 consists of four AAU Districts (PA-AAU, SPA-AAU, PSA-AAU, SoNev-AAU). /Dick Ellis/

All-Comers Meet: (July 17, Pleasant Hill) - DT: (HS) Burton (Vacaville) 191-11 (196-9, extra throw).

All-Comers Meet: (July 21, San Bruno) - OPEN: LJ: Ragster (CamWst) 21-5; 440R: Skyline 45.8; JT: Northcroft (Un) 188-7; 120HH: Allmond (Srmte) 14.5, Kirtman (Wilson) 14.6; PV: Graham (LBS) 13-1; Mile: Schelegle (Skyl) 4:48.6; SP: Mannon (Cal) 53-5, Nave (WVTC) 45-6 1/2; TJ: DeRosans (CCSF) 44-2+; 100: Pettus (SFS) 9.8, Ford (LBS) 10.1; 440: Marshall (Unat) 52.7; DT: McCollum (CSH) 168-3, Nave (WVTC) 164-4, Mannon (Cal) 142-8; 3 Mi: Barnett (Hills) 15:42.8; HJ: Schneider (CSH) 6-6; 220: Pettus (SFS) 22.9, Wyatt (Skyl) 23.8; 880: Tracy (WVTC) 2:04.4; HIGH SCHOOL: 440R: SFStr. 45.2; LJ: Banaya (Wilson) 20-9, Fawl (TN) 20-8 1/4, Eberhart (Wilson) 20-6 1/4; 120HH: Hatch (SFS) 14.8, Johnk (MA) 15.0; PV: Caldwell (Mills) 11-0; Mile: Powell (CamWst) 4:35.8, Young (CamWst) 4:38.7; SP: Kremer (DTC) 40-6; TJ: Eberhart (Wilson) 43-0; 100: Winters (SFStr) 10.3; 440: Vasquez (Mills) 54.3; DT: Laherrera (Mills) 118-0; HJ: Hatch (SFStr) 6-2, Leach (Carl) 6-0; 2 Mi: Kingery (CamWst) 9:36.6; 220: Hatel (SFStr) 24.4; 880: Young (CamWst) 2:11.0. /Harry Young/

US Juniors 123-USSR Juniors 108: (July 27-28, Odessa, USSR) - 800m: Francis (BostC) 1:50.8, Scott (WSU) 1:50.8; 1500m: Schilling (SJS) 3:45.9; 5000m: Virgin (Ill) 13:58.2, 4. Grubbs (Ore/WVTC) 14:45.4; LJ: 2. Hardeman (Edison/Fresno) 24-6; SP: Albritton (Stan) 60-10 1/4; 1600mR: US (James Robinson, Tinner, Farmer, Frazier) 3:09.6. /Track Newsletter/

All-Comers Meet: (July 28, San Bruno) - OPEN: Mile: Johnson (WVTC) 4:29.2; SP: Mannon (Cal) 54-0, Nave (WVTC) 46-4, Hansen

(CenAriz) 45-10; JT: Northcraft (Un) 183-11, Gale (Un) 178-3, Rose (NCSTC) 178-3; LJ: Davis (CCSF) 23-9 1/4, Fields (CCSF) 21-11 1/4, DeRosans (CCSF) 20-6; TJ: Davis (CCSF) 44-1 1/2, DeRosans (CCSF) 44-1, Fields (CCSF) 43-3; 100: Pettus (BAS) 9.8, Kirtman (Wilson) 10.0; 440: Bordoni (Stan) 52.0, Marshall (Un) 52.6; DT: Nave (WVTC) 163-7; PV: Stavish (Skyl) 12-0; HJ: Schneider (CSH) 6-4; 3 Mi: Barnett (Hills) 15:18; 220: Marshall (Un) 24.0; 880: Vesihler (Skyl) 2:11.0; HIGH SCHOOL: 120HH: Johnk (MA) 15.2; Mile: Nathanson (SFCh) 4:50.4; SP: Ragster (CBHS) 50-9 1/4; LJ: Banayat (Wilson) 21-3 1/2, Faul (TN) 21-1, Butterfield (Ore) 20-6; TJ: Smith (Wstmr) 43-4; 100: Westfall (Oc) 10.4, Espina (Wstmr) 10.4; 440: Magee (SI) 52.4; DT: Laherrere (MLTC) 126-6; PV: Caldwell (MLTC) 12-6; HJ: Kleppe (Hills) 6-0, Leach (Carl) 6-0; 2 Mi: Mastin (Drake TC) 10:20.2; 220: Espina (Wstmr) 24.9, Johnk (MA) 24.9; 880: LaForge (Oc) 2:05.6. /Harry Young/

3rd Annual Elk-Olympics: (Aug. 1, Pleasant Hill) - (16-17) SP: Burton (Vaca) 50-1 1/2; 3 Mi: Kissin (WVTC) 15:06; LJ: Greybehl 21-4 1/2; DT: Burton (Vaca) 187-7; HJ: Wilson 6-2; 880: Mulkey 2:05.0; (OPEN) HJ: Geske 6-6; SP: Pipes 46-11; PV: Dvorak 13-0; DT: Pipes 156-6; LJ: Webb 22-5; 3 Mi: Davis 15:07; 3000mSC: Kelly 10:01; 880: Bordoni (Stan) 1:57.8; 440: Enemark 51.2; Mile: Wolfe 4:35.6; 100: Ron Williams 9.6; (WOMEN) LJ: LaBrie 17-5; HJ: LaBrie 4-9; 100: Llacuna 12.3; 220: Llacuna 28.6. /Bob McGuire/

University Games Trials: (Aug. 4, Univ. Park, Pa.) - 800m: Brown (Cal) 1:49.5; DT: Penrose (Cal) 189-7; Dec: Samara (Penn) 7623, George (FresSt) 7279. /Track Newsletter/

All-Comers Meet: (Aug. 4, San Bruno) - (OPEN) 44OR: CCSF 45.4, Skyline JC 45.6; LJ: Davis (CCSF) 23-6 1/2, Field (CCSF) 22-10 1/2, Payton (Un) 22-8; PV: Stavish (Skyl) 12-6; 120HH: Allmond (CalPoly) 15.0, Swartzell (Skyl) 15.0; Mile: Bordoni (Stan) 4:33.8, Wolf (Stan) 4:35.4, Greenough (OSU) 4:36.0; SP: Mannon (Cal) 53-9, Nave (WVTC) 45-8 1/4; 100: Pettus (BAS) 9.5, Payton (BAS) 9.7, Washington (CCSF) 9.7; HJ: Turner (Wilson) 6-4, McGinnity (WVTC) 6-2; 440: Morgan (CCSF) 51.1, DeStefano (Ariz) 52.5; JT: Gale (Un) 176-9; TJ: Toliver (Stan) 46-7 1/4, DeRosans (CCSF) 45-0 3/4; 3 Mi: McDevitt (WVTC) 15:33.6; DT: Nave (WVTC) 167-9; 220: Washington (CCSF) 22.7; 880: Wolfe (Stan) 2:07.7, Orwig (WVTC) 2:09.9; (HIGH SCHOOL) 44OR: Serramonte 55.6; LJ: Allen (Srmte) 21-11, Fawl (TN) 20-11 1/2, Smith (Wstmr) 20-6; PV: Caldwell (MLTC) 11-0; 120HH: Johnk (MA) 15.3, Kennedy (Srmte) 15.3; SP: Harrington (GGWLC) 41-10 1/2; Mile: Powell (CamWst) 4:35.4, Svendegaard (Pied) 4:42.9; HJ: Leach (Carl) 5-8; 100: Westfall (Oc) 10.4; 440: Mackenzie (MA) 55.5; TJ: Smith (Wstmr) 41-8 1/4; 2 Mi: Mustin (DrakeTC) 10:27.9; DT: Chin (Ara) 130-6; 220: Allen (Srmte) 24.4; 880: LaForge (Oc) 2:04.8. /Harry Young/

All-Comers Meet: (Aug. 5, Fairfield) - DT: Burton (Vacaville) 205-8 (new HS record, old record 201-3 by Adams, Los Altos, 1970). DT: (Intnatl) Burton 168-6. -- Field was found to be sloping about seven times the allowable and the record will not be considered. /Track Newsletter/

All-Comers Meet: (Aug. 11, San Bruno) - (OPEN) 120HH: Allmond (CalPoly) 14.9, Swartzell (Skyl) 15.0, Ragster (CamWst) 15.1; Mile: Greenough (OSU) 4:37.7, Tracy (WVTC) 4:44.2; SP: Mannon (Cal) 53-7, Swartzell (Skyl) 45-7 1/4, Nave (WVTC) 45-4 3/4; LJ: Davis (CCSF) 22-10 1/2, Fields (CCSF) 21-8 3/4, Ragster (CamWst) 21-5 1/4; 100: Pettus (BAS) 9.7, Payton (BAS) 9.8, Washington (CCSF) 9.9, Fields (CCSF) 10.0; DT: Nave (WVTC) 167-10, Mannon (Cal) 135-3; 440: Hammond (Un) 52.0, Henkle (SSF) 52.2, Marshall (Un) 52.4; HJ: McGinnity (WVTC) 6-4, Leach (Carl) 6-0; TJ: Ragster (CamWst) 46-5 1/2, Jacobs (CCSF) 45-6 1/4, Tolliver (Stan) 45-5 1/2, DeRosans (CCSF) 44-2 3/4; 3 Mi: Schug (Skyl) 15:44.2; 220: Pettus (BAS) 22.6, Washington (CCSF) 23.3, Fields (CCSF) 23.6; 880: Bordoni (Stan) 2:05.6, Tracy (WVTC) 2:08.4; (HIGH SCHOOL) 44OR: Wilson 46.3; LJ: Fawl (TN) 21-10, Allen (Srmte) 21-3 1/4, Banayat (Wilson) 21-2 3/4, Malveaux (CamWst) 21-2 3/4; 120HH: Kennedy (Srmte) 15.9; Mile: Nahirny (WVTC) 4:36.2, Powell (CamWst) 4:36.5; 100: Bryant (Wilson) 10.6, Westfall (Oc) 10.6; 440: Murphy (CamWst) 53.7, Reese (Wilson) 54.2, Chism (Wilson) 54.2; HJ: Wright (RCS) 6-2, Leach (Carl) 6-0; 2 Mi: Mastin (Drake TC) 10:33.6; TJ: Malveaux (CamWst) 42-11, Banayat (Wilson) 42-0+, Smith (Wstmr) 41-11; 220: Reese (Wilson) 24.2; 880: LaForge (Oc) 2:06.8, Powell (CamWst) 2:10.0; (SENIORS) JT: Gale (Un) 178-8, Phillips (NCSTC) 146-11, Rose (NCSTC) 145-3; 100: Manougian (NCSTC) 10.5, Newton (BAS) 10.7. /Harry Young/

National AAU Junior Olympic Championships: (Aug. 14-15, Ann

Arbor, Mich.) - Only one Region 13 competitor won an event at the Nationals, and this was by Kathy Devine (46-4 1/4 shot put) of the Pacific Southwest Ass'n. PA-AAU athletes garnered two second places, one by West Valley TC's Dedy Cooper (14.3 in the highs), and the other by Creola Miller of the Ravenswood Juliettes (24.8 in the 220). The meet was televised nationally. (GIRLS) 100: 1. Williams (Reg.6) 11.1, 6. Creola Miller (RavJ) 11.4; 220: 1. Williams (Reg.6) 24.6, 2. Miller (RavJ) 24.8; 880: 1. Stecker (Reg.10) 2:13.7, 8. Karen Aleccia (SPA) nt; SP: 1. Kathy Devine (PSA) 46-4 1/4; 44OR: 1. Region 6 - 47.9, 3. Region 13 - 48.1; (BOYS) 120HH: 1. Cain (Reg.4) 14.2, 2. Dedy Cooper (WVTC) 14.3; 100: 1. Seitz (Reg.2) 9.9, 7. Yates (SPA) 10.2; 440: 1. Wiley (Reg.2) 47.8, (Dedy Cooper ran 5th in his qualifying heat in 49.9? but didn't qualify for the finals); 880: 1. Crenshaw (Reg.9) 1:52.3, 8. Robert Erb (Un) 2:00.5; Mile: 1. King (Reg.3) 4:13.0, 6. Bob Kryczko (SPA) 4:17.9; SP: 1. Vincent (Reg.12) 62-11, 5. Mark Chew (Wooster HS) 57-7 1/4; 880R: 1. Region 2 - 1:27.8, 4. Region 13 - 1:31.2. /Thomas Elrod/

World University Games: (Aug. 16-20, Moscow, USSR) - 800m: Arzhanov (USSR) 1:46.9, 4. Brown (Cal) 1:47.6; DT: Zhurba (USSR) 202-1, 9. Penrose (BAS) 183-5 1/2; Dec: Skowronek (Pol) 7965, 9. George (Fresno St) 7268 (11.6, 22-6 1/2, 41-11 1/4, 6-4 3/4, 49.04, 15.9, 123-3 1/2, 13-1 1/2, 159-10, 4:17.3). /Hendershott/

## ROAD RACE RESULTS

Roseburg TC 2nd Annual Memorial Day Marathon: (May 28, Roseburg, Ore.) - 1. Ray Menzie (Marin AC) 2:46:03, 2. John Wallace (Eugene) 2:55:12, ...7. John Hannah (San Marino) 3:18:43, 8. Jess Roat (San Mateo) 3:20:23. (19 finishers) /Long Distance Log/

NEA-AAU Marathon Championship: (June 10, Holyoke, Mass.) - 1. Jim Green (BAA) 2:43:03, 2. Bill Southland (FlorTC) 2:43:56, 3. Jim McDonagh (MillroseAA) 2:49:05, 4. Jim Bowles (WVTC) 2:49:12. (Extremely hot, 47 out of 78 finished). /Long Distance Log/

National AAU Masters 15 Kilo Championships: (June 10, Rochester, Minn.) - (920, 15-25 mph wind, flat course for most part) - Hal Higdon had an easy time winning the individual title, but the Beverly Hills Striders barely edged out Twin Cities (Minn.) TC for the team honors, 19-22. -- 1. Higdon (IndStr) 52:48.8, 2. Goldberg (IllTC) 55:30, ...5. Tom Sturak (BHS) 57:37, 6. Jerry Smartt (BHS) 59:08, 8. John Storm (BHS) 59:44, 14. Bill Freedman (LVTC) 63:05. /David Pain/

Springfield Mini-Marathon: (June 30, Springfield, Vt.) - 13.2 Mi. (Hot & humid) -- 1. Thomas (Augusta TC) 73:10, ...4. John Butterfield (BAA) 75:52. /Long Distance Log/

College of the Canyons XC Run: (July 1, Valencia) - 7 Miles. 1. L. O'Hara (GB,40+) 39:11, 2. Martinez 39:54, 3. Chadez 40:10, 4. Arrogast 40:33, 5. Arquilla (Un) 40:51, 6. Miller 42:00, ... 25. Maury Greer (ex-SJS) 47:15, 36. Bill McCray 48:35. /Brennand/

SPA-15 Kilo Championship: (July 4, Santa Barbara) - 1. Wagenbach (ELATC) 46:50, 2. White (BHS) 47:05, 3. T. Williams (Lompoc) 47:33, 4. Scobey (Un) 47:37, 5. Babiracki (ELATC) 47:51, 6. Kurrle (BHS) 48:08, 7. Harter (SMPC) 49:15, 8. Alexander (ELATC) 49:22, 9. Tubb (ELATC) 50:01, 10. H. Miller (ELATC) 50:06, 11. Toledo (STC) 50:14, 12. Kushner (GWAA) 50:18, 13. Theriault (STC) 50:41, 14. Dobrenz (GWAA) 51:02, 15. Loeschhorn (Un) 51:15, ... 90. Seymour Collins (Un) 63:18, 142. Virginia Collins (Un) 77:06 (1st Sr.woman). /John Brennand/

South El Monte Blind Handicap: (July 7, El Monte) - 7.9 Miles. 1. Bill Scobey (BHS) 41:13, 2. Kurrle (BHS) 41:45, 3. Tubb (ELA) 42:27, 4. Toledo (STC) 42:38, 5. Chaides 42:55, 6. Kushner (GWAA) 43:12, 7. H. Miller (ELATC) 43:36, 8. Theriault (STC) 43:35, 9. Phil Ryan (ELATC) 43:50, 10. Dobrenz (GWAA) 43:55, ...50. Maury Greer (Ex-SJS) 49:40. /John Brennand/

Bunion Derby: (July 7, Fresno) - 3 Miles - 1. Russler (Phaethon) 15:21, 2. Hull (Phae) 15:34, 3. Gregory (LaLoma) 15:35, 4. Ward (LaLoma) 15:42, 5. Hall (FlySq) 15:44, 6. Rees (FlySq) 15:46, 7. Noonan (HSTC) 15:47. /Larry Lung/

"Something for Everyone Race": (July 8, Fieldbrook) - 6 Miles. 1. Labrie (SRRC) 34:09, 2. Elias (Hum) 34:09, 3. Owen (Hum) 34:34, 4. Jenkins (Hum) 35:04, 5. Cole (Hum) 35:21, 6. C. Lowry (Hum) 35:21, 7. Hulburt (Hum) 37:47. /Dick Gilchrist/ --Sunny, temp. in 70's, 27 finishers--

Newport Beach Runs: (July 14, Newport Bch) - 10.2 Miles Open.



1. Schmenk (ELATC) 50:57, 2. Paterson 51:27, 3. Kurrle (BHS) 52:06, 4. Ocana 52:06, 5. Sybert 54:18, 6. Dunleavy 54:47, 7. Theriault (STC) 54:56, ...59. Ken Litwack (Un) 68:37. /Brennand/

4th Mt. Tom Climb: (July 21) - 4 Miles - 1. Alexander 27:10, 2. Chase 27:25, 3. Kurrle (BHS) 27:27, 4. Kushner (GWAA) 28:33, 5. Norton 28:39 (1st HS), ...18. Maury Greer (Ex-SJS) 30:14. /JB/

Bunion Derby: (July 21, Fresno) - 6 Miles - 1. Lozano (LaLoma) 32:14, 2. Rees (FlySq) 32:21, 3. Gregory (LaLoma) 32:26, 4. Russler (Phaethon) 32:27, 5. Swift (Phae) 32:32, 6. Hall (FlySq) 32:36, 7. Salcido (LaLoma) 32:52, 8. G. Hall (FlySq) 33:05, 9. Hartig (FCC) 33:14, 10. Pendleton (Phae) 33:32. /Larry Lung/

National AAU One-Hour Run Championships: (Postal, SPA-AAU Race on July 28 in Santa Barbara) - 1. White (BHS) 12 miles, 100 yds, 2. Vitale (NHTC) 12-95, 3. Burfoot (Un) 12-90, 4. Ed Leddy (ET) 11-1716, 5. Talkington (SumAC) 11-1531, 6. Olsen (NMC) 11-1380, 7. Pat Leddy (ET) 11-1350, 8. Kennedy (NCTC) 11-1350, 9. Breen (ET) 11-1332, 10. Kurrle (BHS) 11-1320, 11. Tuttle (BHS) 11-1209, 12. Gibbens (Un) 11-1198, 13. Schlesinger (NCTC) 11-1174, 14. Mahurin (NCTC) 11-1167, 15. Miller (BAA) 11-1065, 16. Hereford (NCTC) 11-928, 17. Hayes (NCTC) 11-848, 18. Alexander (ELA) 11-842, 19. Ryan (GWAA) 11-831, 20. Shephard (CNW) 11-814, 21. Ferguson (AIA) 11-777, 22. Bayko (NMC) 11-770, 23. Toledo (STC) 11-696, 24. Higdon (IndStr) 11-677, 25. Davis (ITC) 11-652, ... 36. Nanninga (WVTC) 11-241, 107. Gregory (HSTC) 10-1015, 171. Garza (HSTC) 10-347, 183. L. Thornton (HSTC) 10-218, 192. Peterson (HSTC) 10-100, 197. Southwick (HSTC) 10-60. (505 finishers) /John Brennand/

Avalon Beach 6 Miler: (July 22, Avalon, N.J.) - 1. Germano (SE) 29:37, 6. Dave Cortez (RCS) 30:31, 9. Bob Cooper (RCS) 30:43, 24. Ken White (RCS) 32:23, 25. Doug Peck (RCS) 32:31, 34. Frank Cortez (RCS) 33:40, 40. Jose Garza (RCS) 34:36, 51. Leroy Rosing (RCS) 37:46, 54. Rich Martinez (RCS) 39:24, 60. Mike Ipsen (RCS) 42:57, 63. John Peck (RCS) 64:48. --- Women's 3 Mile: 1. Desiree Wilson (RCS) nt. --- Boys 14 & Under 3 Mile: 3. Danny Martinez (RCS) nt, 4. David Wilson (RCS) nt. /Long Distance Log/

Bunion Derby: (Aug. 4, Fresno) - 8 Miles - 1. Gregory (LaLoma) 43:56, 2. Russler (Phaethon) 44:55, 3. Swift (Phae) 44:59, 4. S. Hall (FlySq) 45:27, 5. G. Hall (FlySq) 45:51, 6. Rees (FlySq) 45:59, 7. Grieco (Phae) 46:19, 8. R. Reynaga (HSTC) 46:27, 9. Pendleton (Phae) 46:55, 10. Borec (Phae) 47:00. /Larry Lung/

3rd Resurrection Pass Trail Marathon: (Aug. 4, Hope, Alaska) - 1. Chris Haines 2:41:59 (new record, old record 2:45:44), 2. Blair 2:48:07, 3. Goodhue 2:53:08, 4. Whiton 2:55:58, 5. Sallee 3:11:14, ...42. Pete Strudwick (LaPalma, CA) (no feet) 6:35:45 (4th in 40-49 division). /John Trent/

Lafayette Rim Run: (Aug. 11, Lafayette) - 5.7 Miles - Somehow this one got past your editor without him knowing it was even run. How about letting us know in the future so we can publicize your race! (40 finishers) - 1. Jim Shettler (WVJS) 34:46, 2. Dan Anderson (WVTC) 35:49, 3. Bialashewski 35:57, 4. Mark Dowling 37:25, 5. C. MacMahon 37:46, 6. Conway 38:19, 7. Walker 38:27, 8. Jim Nicholson (NCSTC) 39:19, 9. P. MacMahon 39:48, 10. J. Pinckard 40:14. /Joe Taxiera/

Pikes Peak Marathon: (Aug. 12, Manitou Springs, Colo.) - Chuck Smead broke his year-old ascent record by nearly two minutes, recording a 2:07:38, just 1/2 second ahead of Rick Trujillo, who turned around and ran back down the mountain to break the six-year-old mark held by Steve Gachupin with one second to spare (3:39:46). Smead slowed purposely on the return trip because he wanted the ascent record only, but he still finished the full distance in 3:51:42, good enough for second place. Joan Ulyot, second in the AAU Marathon, broke the women's ascent mark by 14 minutes, notching a 3:14:44 mark. Below are all the California finishers that I could spot. (Open) 1. Trujillo (Col) 3:39:46, 2. Smead (Hum) 3:51:42 (2:07:38 ascent record), 8. Harry Ainsleigh (Colfax) 4:38:52 -- Ascent only: Alan Haas (San Marino) 3:07:44, George Jacobson (WVJS) 3:24:34, John Oliver (Pomona) 4:13:38, Ken Crutchlow (CHMC) 4:50:42. (60-69) 1. Walt Stack (DSE) 3:57:10, 2. George Wertin 3:57:20, 3. Norman Bright (SnohTC) 4:37:54, 4. Ken Leavitt 4:44:11. (16-18) 4. Bill Hammer (China Lake) 2:52:23, 20. Mike de Ciutiis (Palos Verdes) 3:14:00. (40-49) 3. Gil Tarin (WVJS) 2:59:38, 10. Rex Dieterich (NCSTC) 3:29:07, 14. R. A. Ullrich 3:40:14, 17. Thomas Sharkey (LaJolla) 3:53:18, 20. Vince de Ciutiis 4:00:35, 23. Pete Strudwick (LaPalma) 4:30:28 (no hands, no feet). (70+) 2. Noel Johnson (SDTC) 8:00:00. (35-39) 14. James Burke (SF) 3:27:37. (50-59) 1. Larry Fox (NCSTC) 3:17:31, 6. Luka Sekulich

(NCSTC) 3:47:48, 8. Dave Pain (SDTC) 3:54:18, 12. Otto Sommerauer (Pamakids) 4:47:50. (13-15) 3. Boyd Tarin (San Ramon) 3:09:24, 9. Denny Morfin (Visalia) 3:21:31. (12/Under) 5. Carl de Ciutiis 3:59:36, 6. Jack Gottsche (Burlingame) 3:59:59. (Women) 1. Joan Ulyot (UCMC) 3:14:44, 6. Lucy Bunz 3:58:00, 8. Eileen Waters (SDTC) 4:00:36, 11. Isa Varela (Tustin) 4:14:00, 12. Ruth Dettering (SF) 4:58:12, 14. Helen Nelson (SF) 6:05:00, 15. Deborah Teplow & Margaret Cobb (Oakland) 6:06:44. /Rudy Fahl/

Plankton Festival 3-Miler: (August 18, Avila Beach) - 1. Ed Cadena (AIA) 15:16 (record), 2. Mike Brisbin (CP/SLO) 15:49, 3. L. Bridges (CP/SLO) 16:40, 4. Stan Rosenfield (CP/SLO) 17:30, 5. Cheryl Bridges (CP/SLO) 17:55 (1st woman), 6. Terry Record (CP/SLO) 17:56. /Stan Rosenfield/

Bunion Derby: (Aug. 25, Fresno) - 10 Miles - 1. Gregory (HSTC) 54:58, 2. G. Hall (FlySq) 55:50, 3. Rees (FlySq) 55:52, 4. Ward (HSTC) 56:41, 5. Swift (Phaethon) 56:45. /Larry Lung/

Charleston Distance Run: (Sept. 1, Charleston, WV) - 1. Jeff Galloway (FlorTC) 1:16:28, 2. Lucian Rosa (Ceylon) 1:17:35, 3. Neil Cusack (ETenn) 1:17:53, 4. Jon Anderson (Oregon TC) 1:18:58, 5. Tom Fleming (NJ) 1:18:58. (Women) 1. Jackie Hanson (Granada Hills) 1:39:28, 2. Francie Larrieu (SJCG) 1:46:44.



WEST VALLEY TC'S 24-HOUR RELAY TEAM SET A NEW U.S. CLUB RECORD OF 284 MILES, 224 YARDS WITH (LEFT TO RIGHT, GORDON MACMITCHELL MISSING) BILL JOHNSON, DAVE HIMMELBERGER, JOHN SHEEHAN, JIM DARE, DARYL ZAPATA, CHRIS BERKA, JIM HOWELL, DAN ANDERSON, AND RICH MCCANDLESS. THE TEAM'S TALLY BOARD IS SHOWN. /W. Glusker/

Club Record Falls at Runner's World 24-Hour Relay: (July 13-14, San Jose State track) - Although conditions weren't the best for setting records, West Valley TC's squad took its first-ever shot at the 24-hour relay, and came out with a new U.S. Club Record, breaking Tulsa Running Club's 1972 mark of 275 miles, 959 yards by a goodly margin of almost 9 miles. The only two records that evaded them were the "world record" of 295 miles (set by an Olympic Training Camp team in 1970), and the world club record (held by Sale Harriers of England at 293 miles+). Perhaps next year!??? They move into seventh place on the all time list for their efforts. This year, the number of participating teams was down somewhat (21 teams went at least 100 miles). For those that have never done a 24-hour relay before, it consists simply of a 10-man (maximum) team running alternate miles in the same order for 24 hours. If anyone drops out, they can't rejoin. WVTC's squad lost Gordon MacMitchell to a leg injury only halfway through, but still managed to hang together well. Top average of the day went to West Valley's Jim Dare with a 4:47.2 aggregate for 30 miles. Chris Berka had a 4:52.0 (30 miles), Rich McCandless, just graduated from high school, a 4:56.4 tally, and Bill Johnson came through with 4:58.8. They were the only 4 runners during the relay that averaged less than 5 minutes for the full 24 hours. The team's average was 5:04.1. Second place went to another West Valley squad, fortified with two UC Davis runners (Stu Hobbs & Joe Woods). They totaled 268 miles, 475 yards, ahead of a team dubbed "The Newts", who racked up 252+ miles. After it was all over, most runners went home to sleep, but West Valley TC's winning squad (or at least part of it) went out to celebrate the record with a big greasy pizza!! But it sure was good after having piece-mealed for a full day. The following page lists all teams and their total mileages.

1. West Valley TC (284 miles, 224 yards--new U.S. club record), 2. West Valley TC + Cal-Aggie 2 (268-475), 3. Newts (252-1100), 4. Porterville Striders (245-270), 5. Alameda TC (238-0), 6. Dirteaters (233-0), 7. Track Rats (227-30), 8. Ralston TC (223-1500), 9. Redwood City Flyers (216-800), 10. Redwood City Flyers (214-880), 11. Tax Reducers (215-0), 12. Pamakid "A" (211-0), 13. St. Francis Sole Brothers (209-1345), 14. San Jose High Mud Puppies (202-0), 15. Pamakid "B" (200-1200), 16. Redwood City Flyers Girls (198-1080), 17. Solano TC (153-0), 18. STC (150-0), 19. Alameda TC "A" (111-0), 20. Alameda TC (101-0), 21. Dooley's (100-0).  
/George Beinhorn/

Nuccio Upends Garcia at Lafayette: (July 14, Lafayette) - Both Jim Nuccio and Dave Garcia had been undefeated up until this race, with Jim having won three and Dave two. It took very little time to verify who was the best, as the Presidio-based Nuccio opened up to a quick lead and increased it until the end, knocking 50-seconds off Tom Hale's course mark for the 10 kilo stint. However, this year's temperatures were not near as warm as in 1972, when several competitors collapsed with heat exhaustion. Garcia was almost a full minute back, narrowly missing the old mark himself, and high school junior-to-be, Mitch Kingery, got up for third, another half-minute back. This race featured odd age-group classifications, using intervals like 36-45, 36-55, etc. However, the first over-40 was Paul Reese (also first over-50) in 38:53, just nipping the top female participant, Teri Anderson, who has just moved to the Bay Area from Kansas where she did a 2:53 marathon not so long ago. Teri was one second back of Paul today. Her nearest competition was Estella Guina (43:24), and Arleen Mears (44:07), who didn't appear to even be in the same race. Lee Adams continued his consistent improvement in the runnerup senior slot (39:34), ahead of another over-50 runner, Jim Allen (39:53). Walt L. Byrd, 15, was the quickest in the under-16 category with his 36:40, two minutes up on the next in his division (Kevin Searls). A grand total of 154 harriers completed the two-lap circuit of the Lafayette Reservoir, and the first 60 of those are listed./Smithson/

1 - Jim Nuccio (Army)	31:31	21 - Peter C. Soto	36:47	41 - Greg Courtney	39:41
2 - Dave Garcia (Fresno State)	32:26	22 - John M. Watkins	37:12	42 - Carl E. Peterson	39:51
3 - Mitch Kingery (Camino West)	32:54	23 - Bill Jensen	37:37	43 - Jim Allen (DSE)	39:53
4 - Matt Sommer (Leigh HS)	33:52	24 - Matthew Dowling	37:47	44 - James V. Carroll	40:10
5 - Donald Putnam (New Hampshire)	33:58	25 - Bill Long (Pamakids)	37:55	45 - Thomas J. Callander	40:16
6 - Jesse Smith (Alameda TC)	34:12	26 - Chris O' Sullivan	38:17	46 - Donald Fergusson	40:17
7 - Mike F. DeBarr	34:39	27 - Tom Pinckard (NCSTC)	38:31	47 - Gough Reinhardt (NCSTC)	40:17
8 - Tom Chavez	34:45	28 - Paul H. Tjogas	38:35	48 - Brian Jennings	40:21
9 - Doug Butt (Marin AC)	34:48	29 - Kevin R. Searls	38:38	49 - Steven A. Barr	40:22
10 - Steve D. Pangborn	34:59	30 - Homer Latimer (Un)	38:42	50 - Bob Sorenson	40:22
11 - Jim Freeman (San Juan Striders)	35:11	31 - Michael Coke	38:49	51 - R.C. Slocum	40:34
12 - Darrel L. Fitzgerald	35:12	32 - Sal Citarella	38:50	52 - George E. Goldman	40:34
13 - Kent Guthrie	35:12	33 - Paul Reese (NCSTC)	38:53	53 - Ken C. Berg	40:37
14 - David H. Fuller	35:15	34 - Teri Anderson (1st woman)	38:54	54 - Lee Sorenson	40:39
15 - John R. Finch (NCSTC)	35:37	35 - Alex Monterrosa (Pamakids)	38:58	55 - Vincent P. Ricevuto	40:45
16 - Barry Armstrong	35:46	36 - Timothy K. Swezey	39:09	56 - David O. Larson	40:46
17 - Thomas R. Plant	36:03	37 - Steve M. Bailey	39:10	57 - Gordon R. Gane	40:50
18 - Dennis M. Capello	36:29	38 - Mike S. Patrick	39:14	58 - Steve W. Erickson	41:00
19 - Donald Schwartz	36:34	39 - Lee Adams (Solano TC)	39:34	59 - Steve W. Small	41:04
20 - Walter L. Byrd	36:40	40 - Don Pangborn	39:40	60 - Matt J. Gray	41:04

Kevin Furey Scoots to Victory at Folsom Road Race: (July 15, Folsom) - Golden West TC's Kevin Furey pulled to a fairly comfortable victory in the Folsom 10 Kilometer Race while Pat Phelan and Don Gregory fought it out for the spoils in second. Phelan came on top by a one-second margin. The GWTC-sponsored affair had little pre-race publicity, but still drew a fairly decent field from around the Sacramento area with a total of 83 completing the course under cool and breezy conditions. Ophir TC's Ralph Blount had no trouble disposing of Gold Spike's John Perkins and NCSTC's Art Waggoner in the battle for senior honors. Waggoner was clocked in 37:32, a scant 13 seconds back of Perkins, who in turn was more than a minute back of the leader. Tammee Frye edged out Bobby Kadie (45:27 to 45:37) in a close battle for the top female finisher. The top 30 are listed below. /Walt Lange/

1 - Kevin Furey (Golden West TC)	32:01	11 - Mike Garrett (GWTC)	34:34	21 - Ralph Blount (Ophir TC)	36:06
2 - Pat Phelan (American River JC)	32:16	12 - Art Baudendistel (GWTC)	34:37	22 - Henry Morales (Un)	36:36
3 - Don Gregory (Fresno Pacific)	32:17	13 - Mark Burch (Chico TC)	35:30	23 - David Bruhn (Chico TC)	36:54
4 - Jim Howard (Golden West TC)	32:54	14 - Keir Furey	35:35	24 - Phil Sweeney	36:57
5 - George Koch (Golden West TC)	33:06	15 - Bill Weed	35:39	25 - Kevin Kirby	36:59
6 - Nick Vogt (Gold Spike TC)	33:12	16 - Pat Schiavo (CSUS)	35:42	26 - George Rogers (Golden West TC)	37:07
7 - Tim Jordan (Golden West TC)	33:23	17 - John Buckley (Gold Spike TC)	35:48	27 - David Boyet	37:07
8 - Bill Mumma (Un)	34:05	18 - James Eastman (Gold Spike)	35:50	28 - Jeff Bolen	37:09
9 - Benton Hart	34:05	19 - Dan McFall	35:52	29 - John Perkins (Gold Spike TC)	37:19
10 - Frank Krebs (Golden West TC)	34:20	20 - Robert Koch (Golden West TC)	35:54	30 - Corey Wilson	37:24

Nuccio Still Hot But Misses Record at Tiburon: (July 21, Tiburon) - Jim Nuccio continued to roll along, unbeaten in PA-AAU running circles since he arrived a little over a month ago, and in the process became the second person to break 42 minutes on the "new" Tiburon 8.5 mile loop. Victor Mora's 41:20 clocking from last year withstood even Nuccio's determined bid. It fell short by nearly half a minute!! Wayne Badgley was a badly beaten second, some 23 seconds arrears. The most amazing item in this year's race was the overall depth. A time of 45 minutes would have placed in the top ten in 1972, but it wasn't even good enough for the top 25 this year. West Valley easily copped the team crown with their fifth man in eleventh spot. Ken Napier made short work of the veteran crowd with a sparkling 45:21, good enough for the top thirty this year (would have placed 10th in 1972!!). Not-quite-forty Jim Shetler was more than a minute back, with Jim O'Neil still another minute back. We have no idea who the first distaffer was since only first initials were included after the top sixty. A very large field (318) finished this race, making it one of the most popular in Northern California. /Ron Elijah/

1 - Jim Nuccio (Army)	41:49	11 - Daryl Zapata (WVTC)	43:48
2 - Wayne Badgley (Big Vly Harrier)	42:12	12 - Richard Van Slyke (BVH)	43:56
3 - Jack Bellah (West Valley TC)	42:37	13 - Mark Elias (Marin AC)	43:57
4 - Hans Templeman (Un)	42:42	14 - Ken Scalmanini (Pamakids)	44:06
5 - Bill Johnson (West Valley TC)	42:53	15 - Romero Mendoza (VOMTC)	44:21
6 - David Ramer (Golden West TC)	43:13	16 - Matt Sommer (Leigh HS)	44:24
7 - Kerry Hogan (West Valley TC)	43:24	17 - Alex Aguilar (West Vly TC)	44:26
8 - Bill Seaver (West Valley TC)	43:33	18 - Emil Magallanes (WVTC)	44:30
9 - Ron Elijah (Marin AC)	43:34	19 - Eugene Fitzgerald (Pamakid)	44:34
10 - Don Makela (Marin AC)	43:42	20 - Mike Conroy (Excelsior TC)	44:39



KANSAS TRANSFER, TERI ANDERSON, HAS BEEN SHOWING HER HEELS TO ALL WOMEN (AND SOME MEN TOO) IN PA-AAU ROAD RACES. /Marconi/

21 - Chris Cole (Marin AC)	44:42	40 - Rich McCandless (WVTC)	46:24	59 - Jim O'Neil (SF Olympic Club)	47:40
22 - Art Reade (West Valley TC)	44:46	41 - Ray Menzie (Marin AC)	46:25	60 - Lane Mason (Un)	47:41
23 - George Koch (Golden West TC)	44:49	42 - H.M. Ferrill (Big Vly Harr.)	46:27	61 - Unidentified Runner	47:42
24 - Dan Anderson (West Valley TC)	44:53	43 - Doug McLean (West Valley TC)	46:31	62 - Clay Lowry (Marin AC)	47:43
25 - Terry Pintane (VOMTC)	45:08	44 - Dave Himmelberger (WVTC)	46:33	63 - Ed Jaynes (Bay Area Striders)	47:44
26 - Mike DeBarr (Kennedy HS)	45:13	45 - Jim Shettler (WVJS)	46:35	64 - Bill Long (Pamakids)	47:48
27 - Steve Pangborn (Kennedy HS)	45:17	46 - Harvey Sandoval (WVTC)	46:54	65 - J. Toke (Alameda TC)	47:56
28 - Ken Napier (West Valley J&S)	45:21	47 - Dana Carvey (RC Striders)	47:01	66 - Mike Shaughnessy (WVTC)	48:06
29 - Dave Stock (West Valley TC)	45:22	48 - Ron Gallahan (RC Flyers)	47:04	67 - Jim Engle (Napa Valley RC)	48:12
30 - Romualdo Montenegro (Un)	45:30	49 - Lee Byrd (Pamakids)	47:05	68 - Jeff Jahn (VOMTC)	48:16
31 - Jim Bredy (Golden West TC)	45:35	50 - Gary Cook (Ophir)	47:06	69 - Salazar (Kennedy HS)	48:17
32 - Steve Fiamengo (RC Striders)	45:42	51 - Bruce Orr (West Valley TC)	47:17	70 - Chuck Stagliano (Dolphin Club)	48:20
33 - Steve Williams (Gold Spike TC)	45:54	52 - Dan Moore (Un)	47:22	71 - Millward (Un)	48:23
34 - Peter Collins (Big Vly Harr.)	46:05	53 - Mike Bergkamp (WVTC)	47:25	72 - Tracy (Un)	48:25
35 - Bruce Degen (Marin AC)	46:06	54 - Leslie Anderson (BVH)	47:28	73 - Bialashewski (Un)	48:31
36 - Joe Araujo (Un)	46:13	55 - Homer Latimer (Un)	47:30	74 - Jeff Brody (West Valley TC)	48:32
37 - Mike Duncan (West Valley TC)	46:20	56 - Gil Uresti (West Valley TC)	47:31	75 - Orval Osborne (WVJS)	48:33
38 - Joe Taxiera (Alameda TC)	46:21	57 - Salvador Berumen (Un)	47:34	76 - Wernich (RC Striders)	48:35
39 - Bob Bunnell (Marin AC)	46:23	58 - J. Wechselberger (US Navy)	47:37	77 - Harold DeMoss (West Valley TC)	48:49

Bellah Races to the Finish That Wasn't: (July 28, Santa Cruz/Capitola) - In a burst of glory, Jack Bellah rounds the last corner and races out onto the Capitola Pier, holding a comfortable lead over Mark McConnell, his Stanford teammate, when...hey, wait a minute!! Where in the hell is the finish line? Too late, he and about 15-20 other runners realize that they've been directed erroneously out onto the pier by a spectator who didn't really know what was happening. Meanwhile, the crowd at the "real" finish line watches all this, shaking their heads. It seems as if the entire field is emptying onto the pier when around the corner comes Pete Dinno, finishing first (or is it 20th?) across the actual finish line. Well, the rest of the field came through ok, but what about the poor souls out on the pier? In a few moments we see a large group of "walkers" approaching us. Now it is up to the meet director to make sure they've aligned themselves in proper sequence. And so no one really knew how far they ran or what their time was, but at least the finish order was somewhat correct...we think. This is the sad story of the first annual Wharf-to-Wharf (it says 2 wharfs doesn't it?) 6 Miler, and the places of the top 60 (without times) are listed below. Emil Magallanes (shown in second position in the lower photo to the right) copped top high school honors over Matt Sommer. Carl Martin, Bill Flodberg, C. Gillette, Bob Mackey, and Pat Cunneen finished 52nd thru 56th in the standings and in the over-40 division, but I sure don't know how close it was. Teri Anderson again destroyed most of the men by finishing 31st overall (next woman was over 100 places back!!). A good turnout saw 276 finish (at one of the two lines) as follows: 1. Jack Bellah (WVTC), 2. Mark McConnell (Stanford), 3. Emil Magallanes (WVTC), 4. J. Reruck (Un), 5. Matt Sommer (Leigh HS), 6. George Koch (GWTC), 7. G. Davis (Un), 8. Dave Stock (Leigh/WVTC), 9. D. Fitzgerald (CabTC), 10. B. Durau (Un), 11. Harvey Sandoval (WVTC), 12. G. McConnell (Soquel), 13. S. Graap (CabTC), 14. J. Ferguson (Un), 15. B. Paulin (Un), 16. F. Cary (NPGS), 17. Dave Ramer (GWTC), 18. John Tengleson (Leigh/WVTC), 19. P. Marks (Un), 20. Pete Dinno (WVTC), 21. Homer Latimer (Un), 22. Bill Flint (CSUS), 23. M. Kreun (Rior), 24. M. Wagner (Soq), 25. S. Medrauer (Leigh), 26. Art Meyer (Un), 27. R. Coleman (Un), 28. Tony Casillas (WVTC), 29. Dave Unger (WVTC), 30. E. Wilmoth (Un), 31. Teri Anderson (Un), 32. B. Hall (Un), 33. J. McCalhoun (Un), 34. D. Alves (Un), 35. M. Brazil (Un), 36. Jay Marlowe (GilroyTC), 37. A. Sandreth (SCHS), 38. T. Bartasi (STC), 39. J. Hiserman (Un), 40. Walt Van Zant (WVJS), 41. M. Johnson (Un), 42. J. Armstrong (SCHS), 43. J. Jacers (SCHS), 44. R. Robertson (Leigh), 45. T. Allen (ARRA), 46. S. Ryan (Rior), 47. J. Marshall (Soquel), 48. E. Rice (SCHS), 49. M. Flores (Un), 50. E. Hawkins (Leigh), 51. I. Michael (Un), 52. Carl Martin (WVJS), 53. Bill Flodberg (STC), 54. C. Gillette (WVJ), 55. Bob Mackey (WVJ), 56. Pat Cunneen (Pama), 57. J. Heinz (Rior), 58. D. Hamilton (Leigh), 59. B. Ringo (Un), 60. W. Humphreys (Un).  
/Wharf-to-Wharf Race Committee/



(TOP) START OF THE WHARF-TO-WHARF RACE AT SANTA CRUZ. /Jay Marlowe/ (BOTTOM) MARK MCCONNELL LEADS THE ILL-FATED LEAD GROUP OF RUNNERS IN THEIR 'SORTED' FINISH ORDER AT THE SAME RACE. /John Marconi/

Wayne Badgley Nips Up-And-Coming Richard Van Slyke at Capt. Weber 4-Miler: (July 28, Stockton) - Fighting off temperatures that were over 90-degrees, Richard Van Slyke, a graduating senior at Stagg High in Stockton (who owns track times of 9:19 and 14:15), almost pulled a big upset and was easily the outstanding performer of the day as he came within 4 seconds of Wayne Badgley at the Capt. Weber Days 4 Miler (exact course, measured by wheel). Oregon-bound Dave Taylor, an 8:53 two-miler from Merced High, was a badly beaten third. Jim O'Neil easily tipped Bill Snavelly (21:57 to 22:44) for senior honors. Kathy Adams of Wills Spikettes had a good 26:22 to defeat Joyce Wimer (her teammate) by over 4-1/2 minutes. A total of 61 managed to get through the heat (we don't know how many started). The race was held at 6 pm, nearly the hottest part of the day. /Reported by Wayne Badgley/

1 - Wayne Badgley (Big Vly Harr)	19:35	14 - Tom Chavez (Fresno St)	21:55	27 - Richard Maher (Merced TC)	22:45
2 - Richard Van Slyke (BVH)	19:39	15 - Jim O'Neil (SF Olympic Club)	21:57	28 - Richard Bega (Merced TC)	23:04
3 - Dave Taylor (Merced TC)	20:06	16 - Karl Bacon (Un)	21:57	29 - Greg Walker (BVH)	23:20
4 - Benton Hart (Modesto)	20:25	17 - Mike Adams (Un)	21:58	30 - Joe Cordova (Un)	23:35
5 - Mark Galeazzi (Merced TC)	21:09	18 - David Galeazzi (Merced TC)	21:59	31 - Harry Ellis (San Juan Striders)	23:45
6 - Ken Scalmanini (Pamakids)	21:21	19 - Frank Hagerty (BVH)	22:05	32 - Ron Caldwell (Merced TC)	24:25
7 - John Caldwell (Big Vly Harr)	21:29	20 - Harvey Ferrill (BVH)	22:05	33 - Tom Williams (San Juan Striders)	24:30
8 - Leslie Anderson (BVH)	21:35	21 - Ray Cerankowski (Merced TC)	22:14	34 - Derl Crowder (Un)	24:38
9 - Pete Collins (BVH)	21:37	22 - Jim Freeman (San Juan Str)	22:16	35 - Mark Schoenrock (San Juan Str)	24:49
10 - Dirk Feenstra (Golden West TC)	21:38	23 - Dennis Capello (San Juan St)	22:19	36 - Ron Evans (Un)	24:50
11 - Casey Culbertson (Golden Wst TC)	21:41	24 - Mark Stoker (BVH)	22:28	37 - Greg Hodson (St. Mary's HS)	25:11
12 - Bob Loux (Un)	21:46	25 - John Semler (Delta)	22:34	38 - Tom Kinberg (BC Winery)	25:55
13 - Frank Krebs (Golden West TC)	21:47	26 - Bill Snavelly (Un)	22:44	39 - Jim Maher (Merced TC)	26:02

O'Neil Nabs Ft. Baker Handicap, Dean Has Fast Time: (July 29, Ft. Baker) Everyone thought Paul Reese had it sewed up again this year, but the usually reliable Sacramentan had a sub-par day and lost his crown to a very quick Jim O'Neil. Had Paul run as fast as he had in 1972, the title would still be his. Ross Smith tried to steal the show by catching Jim in the middle stages of the race (Jim had a two minute head start on Ross) but faded and was not able to hold the pace. Still, the Nevadan had the top senior clocking at 1:35:26, a half-minute better than O'Neil. Steve Dean had it pretty well figured he couldn't win, but managed a third place finish anyway, along with the shortest actual time for the 15-miler. His 1:25:06 is fourth-best ever on the course (Peter Duffy holds record at 1:22:23), although a slight change in the course was made because of a washout. The second scratch runner, WVTC's Kerry Hogan, was more than a full two minutes arrears of Dean. Twenty-year-old Teri Anderson had a good battle with Bob Malain on the final stretch, coming on top for a fifth place finish with a spectacular 1:42:01 as the first woman. Judy Graham, the second woman, was also under 1:50 with a 1:49:58 clocking. Handicaps started with one minute for each year beyond 34. Women got an automatic 15-minute headstart on the scratch runners, regardless of age. Conditions were perfect (except for a rather strong headwind) with fog lasting the entire distance. Below are listed the top 60 finishers with their 'actual' times. Handicaps are listed in parentheses after the name, and these should be subtracted from the actual times to get the finish time. If you haven't tried this one before, you ought to...just once...it's got enough hills (especially one nice 'steep' downhill) to keep you nice and sore for days afterwards. /John Hutchinson/



(LEFT) WAYNE BADGLEY COPPED THE CAPT. WEBER 4-MILER. /Marconi/ JOHN SHEEHAN DID LIKEWISE IN THE OCEAN-TO-BAY MARATHON. /Dave Stock/

1 - Jim O'Neil (SFOC) (14)	1:35:57	21 - Bill Kirchmier (NCS) (8)	1:43:07	41 - John Soubier (DSE) (7)	1:46:12
2 - Ross Smith (WVJS) (12)	1:35:26	22 - Mike Bergkamp (WVTC)	1:35:12	42 - Steve Pangborn	1:39:22
3 - Steve Dean (Golden West TC)	1:25:06	23 - John Perkins (GSTC) (11)	1:46:29	43 - Jack Hackmann (Un)	1:39:37
4 - Paul Reese (NCSTC) (22)	1:47:59	24 - Bob Lee (23)	1:58:44	44 - Hans Roenau (11)	1:50:39
5 - Teri Anderson (Un) (15)	1:42:01	25 - Mike Healy (NCSTC) (6)	1:42:06	45 - Tom Pinckard (NCSTC) (2)	1:41:43
6 - Bob Malain (NCSTC) (12)	1:39:05	26 - Tom O'Brien (8)	1:44:08	46 - Lee Adams (Solano TC) (10)	1:50:06
7 - Kerry Hogan (WVTC)	1:27:26	27 - Larry Hoyt (NCSTC) (14)	1:50:13	47 - Mike Garrett	1:40:23
8 - Peter Mattei (NCSTC) (15)	1:42:40	28 - Darrell Jeong (Pamakids)	1:36:33	48 - John Higley	1:40:38
9 - Jack Bellah (WVTC)	1:29:30	29 - Homer Latimer (Un)	1:36:39	49 - Maryetta Boitano (DSE) (15)	1:55:44
10 - Darren George (AIA)	1:30:07	30 - Dan Moore (Un)	1:36:40	50 - Debbie Rudolph (15)	1:55:44
11 - Doug Butt (Marin AC)	1:31:01	31 - Bob Barnett (Hillsdale)	1:37:33	51 - John Geer (WCATC)	1:41:02
12 - Matt Sommer (WVTC)	1:31:31	32 - John Satti (25)	2:02:46	52 - Charles Benarroch (DSE)	1:41:20
13 - Tim Jordan (Golden West TC)	1:31:44	33 - Jim Engle (NVRC) (2)	1:40:02	53 - Wilfred Bigelow (29)	2:11:05
14 - Kent Guthrie (3)	1:35:32	34 - Walter Byrd	1:38:16	54 - Tony Builna	1:42:16
15 - Flory Rodd (Alameda TC) (16)	1:48:59	35 - Jeff John	1:38:39	55 - Rich Reynaga	1:42:17
16 - Jim Howard	1:33:33	36 - Bob Gehl (DSE) (11)	1:49:27	56 - Walter Riddell (19)	2:01:49
17 - Ralph Baeza	1:34:46	37 - Don MacIntosh (7)	1:45:39	57 - Ruth Anderson (25)	2:09:58
18 - Ralph Paffenbarger (NCS) (17)	1:51:51	38 - Bob Powell	1:38:48	58 - Ben Sawyer (2)	1:45:21
19 - Dave Zumwalt (Un)	1:34:56	39 - Karl Marschall (14)	1:53:07	59 - Donald Choi	1:43:40
20 - Judy Graham (15)	1:49:58	40 - Gough Reinhardt (NCS) (11)	1:50:09	60 - Ray Morris (14)	1:57:55

## ★ AWARDS ★

Looking for unique awards to give at your road race or track meet? Hesitant about giving trophies and medals again this year? Runners like merchandise awards for a change of pace. **SPECIAL:** If you are having a meet in the future, why not give NCCR subscriptions? Buy 5 to 9 subscriptions and save \$1.00 each...**SAVE 40% ON 10 OR MORE!** If interested, write NCCR, P.O. Box 1551, San Mateo, CA 94401 or call Jack Leydig at 415-342-3181.

Jim Freedman Captures Mt. Misery Handicap: (Aug. 4, Placerville) - Since we've heard from informed sources that many of the runners in this race got lost, we're not sure just how meaningful the results are going to be. However, Jim Freedman of the San Juan Striders managed to overcome all the bad luck and win the handicapped 7.5 miler with a clocking of 46:25 (he had a 10 minute handicap). Close behind, however, was Bill Mumma in 46:30. Fastest scratch time was turned in by Dick Feenstra with a 43:05, but finishing 11th overall was the best he could do. Bill Flodberg of the Solano TC recorded a 44:30 for the fastest over-40 finish. Records fell in three divisions as Freedman set a new 10th grade mark (46:25...old mark not listed), Steve DeFount eclipsed the 9th grade standard with his 54:24 (compared to 55:52), and meet director Ernie Marinoni clipped more than 10 minutes from the old 60-and-over clocking (70:44 vs. 81:11). A fairly large group of runners (8) didn't even finish the race because of confusion on the course. One of the favorites, Marin AC's Doug Butt, was among the victims. The course follows rugged roads and trails on hilly terrain (thus, the 'misery') in the Placerville area. Below are listed the top 30 finishers with handicaps (if any) in parentheses following the names. Times listed are actual clockings. /Ernie Marinoni/

1 - Jim Freedman (SJ Str) (10)	46:25	11 - Dick Feenstra (WC) (5)	43:05	21 - Bernard Dathe (Un) (20)	73:15
2 - Bill Mumma (Un) (10)	46:30	12 - Bob Wulff (WC) (5)	43:38	22 - John Buckley (GSTC)	53:15
3 - Steve De Fount (Un) (15)	54:24	13 - Bill Flodberg (STC) (5)	44:30	23 - Walt Lange (GWTC)	54:18
4 - John Edgar (DelHi) (15)	56:20	14 - Will Holloway (England)	50:00	24 - Jim McFall (Un)	54:47
5 - David Harrison (SJ Str) (20)	63:14	15 - Greg Gargen (El Camino) (5)	55:03	25 - Austin Angel (S.Lk.Tahoe)	56:38
6 - Nick Vogt (GSTC)	43:46	16 - Ron Hyatt (Ind.U) (5)	55:25	26 - Jeff Mortimore (Un)	57:32
7 - Jeff Boln (El Camino) (10)	44:30	17 - Ernie Marinoni (HH) (20)	70:44	27 - Michael Garrett (Un)	58:42
8 - Benton Hart (Un)	45:12	18 - Dan McFall (Un)	50:45	28 - Andrew Mellner (Un) (5)	63:46
9 - Frank Krebs (GWTC)	46:32	19 - Greg Tinloy (GSTC) (20)	51:26	29 - Larry Summer (Un)	59:06
10 - Leslie Anderson (BVH)	47:52	20 - Henry Morales (GSTC)	53:12	30 - Sam Trujillo (Un)	59:32

Sheehan Leads West Valley to Narrow Victory in Ocean-to-Bay Marathon: (Aug. 4, Martins Beach) - As usual, the weather was ideal at the start of this 26-mile 'killer marathon', but by the time the pack reached the top of the coast ridge (a 2000-foot climb), the fog was gone and the temperature was climbing. Notably, the top two finishers are used to warm weather: John Sheehan, the winner, goes to Cal-Davis, and the runnerup, Pat Finn, attends Chico State, both in the Sacramento Valley. Alex Aguilar had built himself a large lead by the halfway point, but the heat caused him to fade to fourth at the tape. Sheehan's 2:40:36 was way off Tom Hale's 2:27:59 course mark, but his first, combined with Aguilar's 4th, and Doug McLean's 7th, gave WVTC a slim victory over the RC Striders (12-14). Dave Stevenson had a three-minute bulge on runnerup senior T.A. de Lusignan, as the Stanford RC ace notched a good 3:05:08. Ed Dally of Monterey was a surprise third in that division. Aguilar was top junior, followed closely by Dave Cortez. Carol Shelton finished 59th in 4:16:54 as the first female...and only one to survive (or maybe start?)...69 finished. /R. Perry/

1 - John Sheehan (West Valley TC) 2:40:36	14 - Louis Daugherty (Un) 3:05:44	27 - Ralph Paffenbarger (NCSTC) 3:20:45
2 - Pat Finn (Intermountain AA) 2:41:31	15 - Robert Stephenson (Un) 3:06:04	28 - Tom Pelton (West Valley TC) 3:24:04
3 - Steve Fiamengo (RC Striders) 2:41:36	16 - Bill Weed (Un) 3:07:19	29 - Emil Magallanes (West Valley TC) 3:25:36
4 - Alex Aguilar (West Valley TC) 2:42:14	17 - T.A. de Lusignan (Un) 3:08:17	30 - Alan Harkness (Los Gatos Pacers) 3:27:54
5 - David Cortez (RC Striders) 2:45:06	18 - David Unger (West Vly TC) 3:08:51	31 - Arturo Tello (West Valley TC) 3:29:08
6 - Pat O'Malley (RC Striders) 2:54:03	19 - Bob Barnett (Hillsdale HS) 3:08:58	32 - Gilbert Uresti (West Valley TC) 3:32:18
7 - Doug McLean (West Valley TC) 2:55:37	20 - Mike Millward (Un) 3:11:52	33 - Richard Croteau (West Vly J&S) 3:34:43
8 - Steve Williams (Gold Spike) 2:56:51	21 - Don Westbrook (Un) 3:12:21	34 - David Theall (Un) 3:35:09
9 - Gary Chilton (Stanford RC) 2:58:10	22 - Ed Dally (Naval Post. Sch.) 3:13:46	35 - Larry Thorson (Un) 3:35:57
10 - Steven Fuller (RC Striders) 2:59:43	23 - Phil McGough (Un) 3:15:36	36 - Russ Wright (Golden West Str.) 3:39:43
11 - Bernie Sullivan (Pamakids) 3:01:34	24 - Peter Gascoyne (Un) 3:17:09	37 - Mike Hargens (Los Gatos Pacers) 3:40:17
12 - Dave Stevenson (Stanford RC) 3:05:08	25 - Walter Weed (Un) 3:20:31	38 - Leroy Rosing (RC Striders) 3:40:33
13 - Charles Day (US Navy) 3:05:43	26 - Stace Hanoum (Un) 3:20:44	39 - R.L. Carpenter (Un) 3:42:16

**Martinez Wins Martinez:** (August 5, Martinez) - Alameda TC's Angelo Martinez whipped a strong field to break Jack Leydig's 1972 course record by a full minute as he led four others to equal or break the old mark under perfect overcast skies...a welcome contrast to last year's hot conditions. The Funky Street Boys Club sponsored 7-miler drew a large field that included 191 finishers in only its second year. The out-and-back course is flat except for a 1-1/2 mile gradual hill at two miles (& back down at half-way). Among Martinez' victims were teammate Rich Kimball, a full 19 seconds arrears, West Valley's Jack Bellah, and policeman Ken Scalmanini of the Pamakid Runners, who ran probably the best competitive race of his career. All broke 36 minutes! Jim Shettler, only a few days from his 40th birthday, was top senior, finishing 21st in a fine 38:31, besting his nearest competition, Jim Nicholson, by some 4 minutes!! John Perkins took the third slot in that division. Teri Anderson ran her usual remarkable race and wound up 52nd overall in 42:07, beating Yvette Cote and Karen Salisbury (51:43 & 51:44) by nearly 10 full minutes. Lee Byrd copped the men's junior award over Bob Miller (39:08 to 40:10), and West Valley TC defended its team title with 46 points. Correction: 2nd & 3rd women were Debbie Rudolph (96th, 46:20) and Janet Burns (124th, 49:30). /John Vecchi/

1 - Angelo Martinez (Alameda TC) 35:25	21 - Jim Shettler (West Vly J&S) 38:31	41 - Tom Plant (Un) 40:52
2 - Rich Kimball (Alameda TC) 35:44	22 - Jeff Jahn (Valley of Moon TC) 38:58	42 - Mario Flores (Un) 40:58
3 - Jack Bellah (West Valley TC) 35:50	23 - Lee Byrd (Pamakid) 39:08	43 - Tony Casillas (West Valley TC) 41:20
4 - Ken Scalmanini (Pamakid) 35:52	24 - Mike Chessar (Napa Vly RC) 39:17	44 - Peter Soto (Un) 41:28
5 - Darren George (Athletes in Act.) 36:25	25 - Ed Jaynes (Bay Area Str.) 39:20	45 - Steve Gray (Un) 41:29
6 - Eugene Fitzgerald (Pamakid) 36:37	26 - Jack Leydig (West Vly TC) 39:26	46 - Andy Enahoria (Un) 41:35
7 - Bob Immethun (Alameda TC) 36:43	27 - Kent Guthrie (Un) 39:41	47 - Kevin Ainsly (Solano TC) 41:43
8 - Art Reade (West Valley TC) 36:55	28 - Greg Reyes (Un) 40:06	48 - Marvin Richardson (Solano TC) 41:50
9 - Carl Davis (Funky Street BC) 37:14	29 - Dave Fuller (Un) 40:09	49 - Tim Swezey (Un) 42:02
10 - Dan Anderson (West Valley TC) 37:18	30 - Bob Miller (Un) 40:10	50 - Howard Banford (Un) 42:03
11 - Matt Sommer (West Valley TC) 37:28	31 - Jim Engle (Napa Valley RC) 40:12	51 - Rod McDaniel (Napa Valley RC) 42:05
12 - Stacy Geiken (RC Striders) 37:30	32 - Dan Cunningham (Un) 40:15	52 - Teri Anderson (Un) 42:07
13 - Tim Jordan (Golden West TC) 37:34	33 - Keith Maurer (Un) 40:16	53 - Jeff Zimmerman (Berkeley HS) 42:12
14 - Dave Stock (West Valley TC) 37:47	34 - Harold Yamauchi (Un) 40:18	54 - Ed Wilmoth (Leigh HS) 42:15
15 - Keith Kruse (West Valley TC) 37:54	35 - Fred Kenyon (Valley of Moon) 40:27	55 - Dana Bialashewski (Un) 42:20
16 - Tom Chavez (Fresno State) 38:13	36 - Matt Dowling (Un) 40:37	56 - Keith Van Sickle (Alameda TC) 42:21
17 - Dave Zumwalt (Un) 38:15	37 - Robert Haugen (Alameda TC) 40:39	57 - Jim Carrols (Un) 42:23
18 - Mike Duncan (West Valley TC) 38:21	38 - Rod Robertson (Un) 40:41	58 - Jim Helton (Un) 42:27
19 - Greg Chapman (Solano TC) 38:25	39 - Bill Jensen (DSE) 40:43	59 - Jim Nicholson (NCSTC) 42:28
20 - Dan Preston (West Valley TC) 38:29	40 - Fred Leonl (Un) 40:50	60 - Charles Bennaroch (DSE) 42:35



(LEFT) ALAMEDA TC'S ANGELO MARTINEZ BROKE 7-MILE RUN RECORD BY A FULL MINUTE. /Joe Taxiera/ MIKE BUZBEE HANDS OFF TO TRACY SMITH FOR THIRD-PLACE TAHOE RELAY TEAM. /John Marconi/ MARIN AC'S RON ELIJAH HANDED JIM NUCCIO HIS FIRST LOSS AT 5-BROOKS RUN. /Marconi/

## Meet Directors!!!

### MAIL ENTRY BLANKS TO 700 RUNNERS FOR \$15

As a service to our readers and to meet directors, we are offering a substantial savings in advertising costs when entry blanks are enclosed with each month's mailing. You can have your entry blanks circulated among our near 700 subscribers (as of July 1973) for only \$15.00!! Here's all you do: (1) Try and get us the entry blanks (cost of \$15 is only when you supply the blanks) well in advance of your race. Our mailings are somewhat irregular (at present about every 5 weeks+), so give us a call if you are interested; (2) Blanks may be printed on both sides, but cost applies to 1 sheet only...if you have to use two pages, the cost is double...pages should be 8-1/2 by 11, or we charge an additional amount (for oversized sheets). ---Just think! Only about 2¢ per mailing and we do the labor. Please call 415-342-3161 and ask for Jack Leydig.

★NOR-CAL RUNNING REVIEW★

**Elijah Nips Nuccio In Fast Five-Brooks Race:** (August 11, Pt. Reyes Area) - Meet Director Ron Elijah proved he could conduct the race (he worked at the signup desk) and still run well...so well in fact that he upset undefeated (in PA-AAU road races anyway) Jim Nuccio, outkicking his Army rival in the last 50 yards to win by a scant second. The race, originally scheduled for an 8.5 mile course at Pierce Point, was moved to a permanent (hopefully) site just a few miles south of Olema, near Pt. Reyes. The distance was something short of 7 miles, but we don't have information on the exact distance. All by himself in third, almost a full minute back of the winner, was steeplechaser Jim Dare, who in turn had almost another minute on Bill Johnson...then it got pretty thick. West Valley upended Marin AC for the team title with 44. Don Pickett, 45, scored a rather easy victory in the over-40 class, finishing 61st in 41:58. Gough Reinhardt (88th, 44:14) nipped Frank Harrison (90th, 44:29) for the next two spots. Much improved from the week before was Judy Graham, 20, who slipped in just behind Don Pickett (by one place and one second) to head the distaffers. Peggy Lyman was a distant second, placing 115th in 47:08, and Sara Ripp was next (149th, 52:52). A good crowd of 202 completed the one-loop grind that included some very steep up and down hill (in continuous sections)...not so gently rolling as the entry blank had stated. Guess it's all in the mind of who wrote up the entry blank. I suppose that compared to the Dipsea, one might consider it to be a 'slight' uphill. /Ron Elijah/

1 - Ron Elijah (Marin AC)	34:15	26 - Frank Donahue (Excelsior TC)	38:52	51 - Bob Immethun (Alameda TC)	41:11
2 - Jim Nuccio (US Army)	34:15	27 - Rick Midstokke (Los Gatos P)	38:58	52 - Tom Plant (Un)	41:18
3 - Jim Dare (West Valley TC)	35:13	28 - B. Wolfe (Un)	39:07	53 - Fred Leoni (Un)	41:25
4 - Bill Johnson (West Valley TC)	36:03	29 - Dana Carvey (Un)	39:12	54 - Bill Flint (Cal-State Stanislaus)	41:30
5 - Martin Dean (Aggie Track Club)	36:07	30 - David Lopez (Aggie TC)	39:17	55 - P. McGough (Un)	41:42
6 - Jack Bellah (West Valley TC)	36:19	31 - Bruce Sayre (Un)	39:18	56 - J. Carroll (Un)	41:45
7 - Daryl Zapata (West Valley TC)	36:26	32 - John Shroyer (Un)	39:19	57 - D. Keller (RC Striders)	41:47
8 - Rich Walline (Un)	36:30	33 - Ray Batz (SF Fire Dept.)	39:28	58 - Bill Jensen (Dolphin Club)	41:48
9 - Bob Bunnell (Marin AC)	36:35	34 - Frank Krebs (Golden West TC)	39:31	59 - Danny Urtiaga (West Valley TC)	41:49
10 - Doug Butt (Marin AC)	36:39	35 - Dan Moore (Livermore Vly RC)	39:37	60 - Jeff Jahn (Valley of the Moon TC)	41:50
11 - Dave Stock (West Valley TC)	36:53	36 - David Cortez (RC Striders)	39:38	61 - Don Pickett (NCSTC)	41:58
12 - Hans Templeman (Un)	37:18	37 - W. Holloway (SHH)	38:47	62 - Judy Graham (Un)	41:59
13 - Ken Scalmanini (Pamakid)	37:25	38 - John Ladd (Un)	39:50	63 - Jose Garza (RC Striders)	42:06
14 - Russ Walline (Un)	37:37	39 - Butch Alexander (VOMTC)	39:57	64 - E. Wilmoth (Leigh HS)	42:21
15 - Romero Mendoza (VOMTC)	37:39	40 - G. Robinson (HHS)	39:57	65 - G. Warner (Un)	42:22
16 - Steve Brooks (Un/SJCC)	37:41	41 - M. Hargens (Los Gatos Pacers)	40:09	66 - L. Regalado (Un)	42:33
17 - Dan Preston (West Valley TC)	37:42	42 - John Burns (Un)	40:10	67 - R. Wernick (CHS)	42:33
18 - Bob Darling (Excelsior TC)	37:45	43 - John Geer (Whit.Alum.TC)	40:20	68 - Tim Swezey (Un)	42:38
19 - Bernie Sullivan (Un)	38:00	44 - Keith Maurer (West Vly TC)	40:29	69 - Don Elsener (Marin AC)	42:40
20 - Pete Sweeney (Marin AC)	38:14	45 - R. Gallahay (RC Flyers)	40:30	70 - Jim Miller (Marin AC)	42:48
21 - S. Berumen (Un)	38:20	46 - B. Paulin (Los Gatos Pacers)	40:31	71 - M. Martinez (Un)	42:52
22 - Larry Dieu (Un)	38:25	47 - M. Lotter (Aggie TC)	40:57	72 - Tony Casillas (West Valley TC)	42:54
23 - Gary Green (Aggie TC)	38:34	48 - O. O'Brien (Un)	41:03	73 - Henry Templeman (Un)	43:07
24 - Bruce Degen (Marin AC)	38:36	49 - K. McCarthy (Un)	41:04	74 - Ken Kvan (Livermore Valley RC)	43:13
25 - R. Montenegro (Un)	38:44	50 - J. Orschen (Un)	41:11	75 - Charles Day (US Navy)	43:14



(LEFT) WEST VALLEY TC'S SKIP HOUK ISN'T ABOUT TO LET ANYONE PASS HIM IN THE TUNNEL, OR ANYWHERE ELSE ON THE SECOND LEG OF THE TAHOE RELAY, AS HE HELPS HIS TEAM TO A 6:42:13 CLOCKING, SECOND FASTEST EVER. /John Marconi/ (RIGHT) CARL MARTIN PASSES TO TEAMMATE BILL MACKEY AS THE WEST VALLEY JOGGERS & STRIDERS SET A NEW SENIOR RECORD OF 7:46:15 FOR THE 72-MILE RELAY. /Dave Stock/

Three Teams Better 6:50 at Tahoe Relays: (August 18, Lake Tahoe) - The day broke under LA-type smog-filled skies as a result of a huge forest fire burning east of Placerville. The first leg and most of the second were run in cool (because of the overcast) temperatures but difficult breathing conditions, as visibility was cut to about 1/2-mile in places. On the fifth and sixth legs the skies were again overcast (clear weather occurred on the third & fourth carries), but this time it was higher up, making the running quite comfortable because of low temperatures, but quite unpleasant at times because of lightly falling ash. The last leg was about half-and-half ash and clear skies. Through all this, which saw Hiway 50 closed in the early afternoon because of the fire, West Valley TC's seemingly invincible squad held the lead from the gun for the first time since the Olympic Training Camp had done so in setting a 6:55 record way back in 1968. Showing how times have changed, the first three teams broke 6:50 this year. Previously, only one other team had ever broken 6:50 (West Valley did it in 1971 & 1972). Domingo Tibaduiza led off with a blazing first leg of 62:02 (breaking Alvaro Mejia's 1972 leg record by a scant one-second) for his 11.6 miles, run at about 6500 feet!!! This put WVTC a full minute ahead of Bill Scobey's 63:05 as he led off for a mixed Marin AC/ex-Humboldt squad that eventually took second in 6:48:37, fourth best ever for the circuit. Ron Elijah, running third leg for the Marin squad, managed a new mark for his leg with a quick 55:25, besting Chris Miller's 55:57 clocking, set in 1971. Tracy Smith, world indoor 3-mile record holder and a member of Athletes in Action, blitzed to a record 52:31 for his 9.4 mile leg, besting the oldest record for the Relays, that of the Olympic Training Camp's Eamon O'Reilly, who did 53:00 back in 1968. Smith ran for the third-place Valley Printing TC squad, a team composed of Darren George, Mike Buzbee, and four South Africans who had been training in Tahoe for the summer. The final record that went in this year's race was Jack Leydig's 1972 seventh-leg split of 54:05. Teammate Jack Bellah destroyed the former mark by blitzing to a 52:58 over 9.8 miles. The records now stand at: (1) Domingo Tibaduiza (WVTC/1973) 62:02, (2) Domingo Tibaduiza (WVTC/1972) 53:23, (3) Ron Elijah (Marin AC/1973) 55:25, (4) Mark Covert (PCC/1970) 55:20, (5) Tracy Smith (AIA/1973) 52:31, (6) Victor Mora (WVTC/1972) 52:49, (7) Jack Bellah (WVTC/1973) 52:58. Top 5 times, all-time: (1) West Valley TC (1972) 6:33:19.4, (2) West Valley TC (1973) 6:42:13, (3) West Valley TC (1971) 6:47:11, (4) Marin AC/Humboldt (1973) 6:48:37, (5) Valley Printing TC (mixed squad) (1973) 6:49:56. This year the senior teams (40-years and up) received only a 45-minute headstart (compared to the usual 60 minutes), and that made the difference in two places, as the West Valley Jogger & Strider team clocked a sterling 7:01:15 (actually 7:46:15) for a new senior record, clipping NCSTC's 7:57:03, set last year. A record 44 teams completed the 7-man relay, with all but two teams failing to break 10 hours for the 72-mile trek. Below are listed the splits of all finishing squads. Only names are supplied for the top five teams (not necessarily in running order, but taken in order from signup sheets), but you all know what legs you ran (I hope). Total cumulative times are entered, and handicaps (in parentheses following team name) must be added to finish times to get 'actual clockings': (1) WVTC "A" (Domingo Tibaduiza 62:02, Skip Houk 1:58:33, Bill Johnson 2:56:14, John Sheehan 3:56:28, Dan Anderson 4:51:40, Daryl Zapata 5:49:15, Jack Bellah 6:42:13), (2) Marin/Humboldt (Bill Scobey 63:05, Howard Labrie 2:03:25, Ron Elijah 2:58:50, Don Makela 3:58:36, Mark Elias 4:53:30, Bob Bunnell 5:52:20, Doug Butt 6:48:37), (3) Valley Printing TC (Darren George 70:25, Bernard Rose 2:06:02, Mike Manke 3:04:15, Mike Buzbee 4:04:49, Tracy Smith 4:57:20, Leigh Reilly 5:54:00, Trevor Viljoen 6:49:56), (4) West Valley J&S (45) (Ken Napier 29:10, Ross Smith 1:32:05, Harry Hill 2:44:34, Carl Martin 3:55:42, Bill Mackey 4:59:20, Jim Shettler 6:02:00, Gil Tarin 7:01:15), (5) Golden West TC (Steve Dean 66:20, Frank Krebs 2:07:06, Dirk Feenstra 3:07:58, George Koch 4:10:51, Dave Ramer 5:06:13, Jim Howard 6:06:10, Curtis Duff 7:03:05), (6) Alameda TC

(68:05, 2:08:50, 3:07:12, 4:06:38, 5:15:45, 6:12:25, 7:13:33), (7) WVTC "B" (73:34, 2:14:56, 3:14:12, 4:16:20, 5:14:20, 6:15:31, 7:14:43), (8) Flying Squirrels TC (68:40, 2:09:05, 3:07:04, 4:11:52, 5:12:32, 6:15:21, 7:16:18), (9) Marin AC "B" (66:42, 2:04:42, 3:06:50, 4:08:02, 5:14:00, 6:20:04, 7:21:15), (10) WVTC "High School" (71:56, 2:11:00, 3:16:01, 4:24:03, 5:23:08, 6:20:55, 7:22:56), (11) High Sierra TC (5) (71:55, 2:14:34, 3:14:02, 4:19:54, 5:20:10, 6:21:19, 7:26:08), (12) Phaethon TC (67:48, 2:14:25, 3:18:01, 4:24:25, 5:26:05, 6:26:24, 7:27:22), (13) RC Striders (71:15, 2:12:42, 3:12:47, 4:27:20, 5:24:48, 6:24:57, 7:28:20), (14) NCSTC (45) (36:40, 1:42:25, 2:55:37, 4:08:23, 5:17:32, 6:22:30, 7:28:25), (15) Excelsior TC (67:12, 2:05:11, 3:19:25, 4:24:22, 5:27:12, 6:30:29, 7:31:10), (16) Solano TC (5) (74:19, 2:12:30, 3:18:59, 4:25:48, 5:32:35, 6:36:15, 7:35:13), (17) Foothill HS (73:11, 2:16:57, 3:18:05, 4:29:21, 5:33:16, 6:39:56, 7:39:15), (18) Stanford RC "A" (73:12, 2:18:11, 3:26:30, 4:36:10, 5:38:13, 6:38:12, 7:47:07), (19) WVTC "Z" (82:05, 2:27:14, 3:30:03, 4:38:33, 5:44:00, 6:52:00, 7:50:05), (20) HSTC "B" (75:06, 2:19:17, 3:28:16, 4:39:40, 5:39:50, 6:44:08, 7:51:52), (21) Gold Spike TC (5) (83:03, 2:25:01, 3:28:40, ???, 5:46:35, 6:48:36, 7:52:59), (22) Camino West (76:36, 2:20:14, 3:26:50, 4:39:06, 5:44:40, 6:52:10, 7:55:22), (23) PHTFC (72:26, 2:13:41, 3:24:23, 4:37:32, 5:47:01, 6:56:14, 8:00:40), (24) WVJS "B" (20) (54:27, 1:52:15, 3:07:30, 4:26:12, 5:42:48, 6:50:47, 8:03:50), (25) WVTC "C" (74:48, 2:17:50, 3:32:33, 4:37:24, 6:02:31, 7:09:33, 8:07:05), (26) Ophir TC (10) (80:25, 2:27:25, 3:34:50, 4:47:23, 6:02:45, 7:06:35, 8:08:57), (27) Lassen TC (69:55, 2:15:23, 3:17:07, 4:44:40, 5:54:47, 7:06:50, 8:15:15), (28) GWTC "HS" (94:22, 2:39:40, 3:32:33, 5:00:01, 6:08:03, 7:13:14, 8:19:50), (29) RCS "B" (77:18, 2:27:09, 3:29:13, 4:44:22, 5:53:50, 7:14:53, 8:20:29), (30) Alameda TC "Srs" (78:48, 2:03:48, 3:21:26, 4:58:05, 6:21:40, 7:23:40, 8:32:26), (31) GSTC "B" (83:39, 2:33:48, 3:32:33, 4:54:20, 6:10:15, 7:19:51, 8:37:38), (32) Hamilton JHS (88:42, 2:52:01, 4:15:20, 5:41:10, 7:16:20, 8:33:19, 8:38:15), (33) So. Lake Tahoe "B" (74:05, 2:18:02, 3:33:00, 4:54:29, 6:02:46, 7:21:08, 8:39:14), (34) Fun Runners (81:00, 2:35:30, 3:50:11, 5:04:31, 6:13:21, 7:22:28, 8:42:15), (35) Alameda TC "B" (76:25, 2:23:50, 3:42:15, 5:01:56, 6:11:00, 7:27:19, 8:47:05), (36) ARRA (???, 2:33:45, 3:48:14, 5:10:53, 6:25:08, 7:36:26, 8:50:23), (37) Alameda TC "C" (77:17, 2:29:10, 3:44:20, 5:01:55, 6:16:32, 7:34:21, 8:53:02), (38) PHTFC "B" (87:02, 2:40:25, 4:07:30, 5:30:45, 6:44:01, 8:03:22, 9:17:44), (39) S. Lake Tahoe "A" (97:30, 2:21:15, 4:33:55, 5:52:38, 7:14:57, 8:30:13, 9:29:52), (40) S. Lake Tahoe "Srs" (45) (52:10, 2:12:01, 3:29:57, 5:20:15, 6:56:15, 8:16:43, 9:36:56), (41) Tud's Truckers (84:10, 2:55:45, 4:13:24, 5:38:42, 7:02:20, 8:27:55, 9:37:29), (42) RC Striders "C" (98:31, 2:53:30, 4:31:07, 5:55:17, 7:09:30, 8:28:11, 9:38:37), (43) Hamilton HS (McClatchy "A") (1:50:40, 3:14:20, 4:40:16, 6:08:15, ???, 8:33:19, 10:02:32), (44) McClatchy "B" (1:58:31, 3:14:55, 4:49:12, 6:23:06, ???, 8:50:30, 10:06:05). --- Addition: West Valley TC's all-high school team of Emil Magallanes, Dave Stock, Keith Maurer, Mike Shaughnessy, Tom Read, Alex Aguilar, and Joe Mangan set a new mark for that division, finishing 10th in 7:22:56 (old mark was 7:34:04 by WVTC in 1972). /Bob DeCelle/



START OF 1973 LAKE TAHOE 7-MAN, 72-MILE RELAY. DOMINGO TIBADUIZA LEADS. /Marconi/



BILL KELLY WAS VICTORIOUS AT THE GOLDEN EMPIRE XC RUN. /Marconi/

**Kelly Sets Golden Empire XC Mark:** (August 25, Grass Valley) - South Coast TC's Bill Kelly, recently acquired via West Valley TC, was battling with Univ. of Washington's Mike Tolleson (a frosh) for the lead in the Fifth Annual Golden Empire XC Run (4 miles, 420 yds) when Tolleson fell on a bridge during the second and final lap. He never recovered and dropped 27 seconds, nearly losing his place to fast closing Nick Vogt. Vogt had led for the first mile, but then Tolleson took the lead and led Kelly by some 20 yards at the halfway point (10:53) before falling. It was then all Kelly's race as he cruised to a 22:10 clocking, 9 seconds under Lee Ferrero's 1971 standard. Ed Collins grabbed a narrow win over teammate John Perkins to highlight the senior division race, 26:34 to 26:38. In other divisions, Eileen Claugus led her team to an easy victory in the women's 14 and over race (2 miles, 210 yds) with a 12:11.9, some 17 seconds off her 1971 record. Her margin of victory this time was over a minute. In the girls' 13-and-under category, Karen Bain took a convincing win from Chris Sakelarios and Marian Franklin, although well off the 8:50 course standard. David Rodigo set a new boys' 9-and-under clocking with a 2:43 for 880 yards. The 10-14 year-olds ran the same distance (1 mile, 765 yds) as the girls, with Scott Porter edging Tom Williams by 1.6 seconds, as he led his team to a near sweep in that division, taking five out of the top six slots. In the 15-18 division, Benton Hart whipped 1:53 half-miler Mike Kasser in establishing a new record in 10:33.3. The results: Girls 13/Under: 1. Bain (Bridgeport) 9:04.1, 2. C. Sakelarios (RCF) 9:12, 3. M. Franklin (MLTC) 9:13, 4. Stacey Kearns (Yuba City) 9:20, 5. Karen Salisbury (Un) 9:23; Women 14/Over: 1. Claugus (WS) 12:11.9, 2. Jan Freedenberg (WS) 13:16, 3. Kathy Adams (WS) 13:25, 4. Penny Reneau (Bridgeport) 13:35, 5. Deidre Eddy (Un) 13:37; Boys 9/Under: 1. D. Rodigo (San Juan Str) 2:43, 2. A. Sakelarios (RCF) 2:49, 3. John Simpson (Bridgeport) 2:50, 4. Mike Peavy (Un) 3:03, 5. Rocky Gray (San Juan) 3:05; Boys 10-14: 1. Scott Porter (San Juan Str) 8:22.4, 2. Tom Williams (SJS) 8:24, 3. Bobby Kadie (SJS) 8:27, 4. Tom Graycar (RCS) 8:33, 5. Ray Eddy (SJS) 8:45; Boys 15-18: 1. B. Hart (Un) 10:33.3, 2. Mike Kasser (RCS) 10:40, 3. Stacy Geiken (RCS) 10:51, 4. Jerry Emory (RCS) 11:05, 5. Bob Lourp (Un) 11:11; Men's Open: 1. Kelly (SCTC) 22:10, 2. Tolleson (Un) 22:37, 3. Vogt (GSTC) 22:39, 4. Steve Harney (CCAC) 22:45, 5. Tom Chavez (PHTFC) 22:48, 6. Romero Mendoza (VOMTC) 23:08, 7. Steve Williams (GSTC) 23:28, 8. Jon Higley (Un) 23:50, 9. Tim Wright (RCS) 24:46, 10. Bob Gilbert (GWTC) 25:47; Men's 40/Over: 1. Ed Collins (GSTC) 26:34, 2. John Perkins (GSTC) 26:38, 3. Alvin Wiggins (NCSTC) 30:44. /Vogt, Collins, Kelly/

**LATE NEWS:** Scheduling: (9/16) Lake Merritt All-Comers XC Run - register at 1520 Lakeside Dr., Oakland; starts

at 10 am...non-AAU Sanctioned event (8 divisions, special relay races). For more info, call 273-3198 or 273-3897. (9/21) Lynbrook Invit. (HS) @ Coyote Pk., San Jose (3:15 pm). (10/6) St. Ignatius Invit. @ Lake Merced, SF (HS) (9:30 am). (10/30) FUESD Championships (HS) @ Coyote Pk., San Jose (3 pm). -- High Altitude Training Camp: (For club reservations, contact Will Stephens, 6349 Dorchester Ct., Carmichael, 95608...Oct. 20-22 in preparation for women's nationals in Albuquerque).

Meet Results: Dipsea--Maryetta Boitano became the first woman ever to win this race as she upset her brother Mike, last year's winner. Ron Elijah was top scratch runner. Full results next issue (keep your fingers crossed). Emerald Hills Run--Jon Sutherland won over Mitch Kingery as the three leaders went astray (Jim Dare, Wayne Badgley & Jack Bellah) and a freight train split the pack in the first mile. Alameda XC Carnival--George Stewart won under very warm conditions, probably attributing to his hard army life in boot camp at Ft. Ord. Santa Monica Marathon--Bill Scobey won over 300 starters in 2:24+ on a rough course. \*\*Someone please send a photo of Jim Nuccio for #44.\*\*

**AAU Marathon Shirts**



**Hurry!** -- We still have a limited supply of all sizes, but they're going fast. Only \$3.25 each (\$2.75 each for 2 or more)...includes all postage & handling costs. A great item to keep for yourself, give to a friend, or trade to a foreign athlete at many of the big meets throughout the year!!

Send your check to AAU Shirts, P.O. Box 1551, San Mateo, CA 94401. Indicate # of each size: XS S M L XL

Name \_\_\_\_\_ (THREE-COLOR AAU PATCH!!)  
Street \_\_\_\_\_ City/State/ZIP \_\_\_\_\_

WEST VALLEY TRACK CLUB  
P.O. Box 1551  
San Mateo, CA 94401

ADDRESS CORRECTION REQUESTED

BULK RATE  
U. S. POSTAGE  
PAID  
San Mateo, CA.  
Permit No. 581

NOT FORWARDABLE

## STARTING LINE SPORTS

### "THE COMPLETE RUNNING SHOP"

**Tiger Shoes, Running Books,  
Warmups, ERG, Spikes, Insoles,  
Catalog, School Discounts, & More!**



Jack Leydig  
603 S. Eldorado  
San Mateo, Ca. 94402  
Phone: 415-342-3181  
By appointment at present.

John Loeschhorn  
Starting Line Sports  
246 Castro Street  
Mountain View, Calif. 94040  
Phone: 415-961-4889

Open: 9-6 Mondays - Wednesdays  
9-9 Thursdays - Fridays  
9-5 Saturdays

Jerry Lyman  
Starting Line Sports  
1142 Chestnut  
Menlo Park, Ca. 94025  
Phone: 415-323-6534

Open: 10-6 weekdays and  
10-5 on Saturdays.

**Now at 3 Convenient Locations**

## Track & Field News

**YEAR-ROUND COVERAGE  
OF THE TRACK & FIELD  
WORLD**



Track & Field News, the popular bible of the sport for 25 years, offers you news and features 18 times a year, with 2 issues a month, Feb.-July.

All the major news, from high school through the Olympics, worldwide, comes to you as it happens, with in-depth coverage by an expert staff of track reporters and correspondents.

And each issue is packed with photos, feature stories, interviews & profiles, statistical reports and lists, & much more.

One year (18 issues), \$9.00  
Add \$5.50 for first class mail.

Track & Field News, Box 296, Los Altos, Ca. 94022

## SPECIALTY SPORTS

**80 PAGE 1973 COLOR CATALOG**

**FREE FOR THE ASKING**

**TRACK · CROSS COUNTRY · ORIENTEERING · ROAD RACING**



Quality Products for better performance  
... everything but the desire to win

SPECIALTY SPORTS BOX 574 NEW CANEY, TEXAS 77357