

**Nor-Cal — 50¢**  
**Running Review**

OCT.-NOV. 1973 (No.44)



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are encouraged to send in photos for consideration. \*\*\* Bill Kelly won last month's quiz (Ray Darwin, Darren George, Alvaro Mejia, Jack Leydig, Rich Delgado, Doug Butt)--6 correct guesses.



# NORTHERN CALIFORNIA RUNNING REVIEW

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

OCT.-NOV. 1973 (No.44)

## ON THE COVER

Ten-year-old Maryetta Boitano trained hard all summer on the Dipsea Trail, and the hard work paid off as she became the first woman ever to win the famous Dipsea Handicap Race. Her winning time was 2:39 up on her brother Mike (1971 & 1972 winner), who finished in second this year. Her 57:43.6 time (scratch) was perhaps the best ever by a woman. /George Beinhorn Photo/

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## STAFF

**EDITOR:** Jack Leydig; **PRINTER:** Frank Cunningham; **PHOTOGRAPHERS:** John Marconi, Dave Stock, Wayne Glusker, Mike Shaughnessy; **NOR-CAL PORTRAIT:** Jon Hendershott; **COACH'S CORNER:** John Marconi; **WEST VALLEY PORTRAIT:** Jack Leydig (We're looking for a new writer here...any volunteers?); **NCRR POINT RACE:** Art Dudley, Stan Rosenfield; **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, Wayne Glusker, Roger Duran; **COLLEGIATE:** Jon Hendershott, John Sheehan, Fred Baer, Marshall Clark; **HIGH SCHOOL:** Roy Kissin, Dave Stock, Joe Mangan; **AAU RESULTS:** Jack Leydig, John Brennand, Bill Cockerham, Jon Hendershott; **MAILING CREW:** Jack Leydig, Harold DeMoss, Dave Stock, Mike Duncan, Dave Shrock, Bruce Orr, John Tengelsen. --- We always have room for more help on our staff, especially in the high school and collegiate areas (track & cross country). 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. Almost forgot to mention our **CARTOONIST**, Lee Holley...he has been kind of inactive for the past few issues. We hope to have one of his goodies in next issue.

**THIS ISSUE'S CONTRIBUTORS:** Lurana Hoetger, Runner's World, Dave Prokop, Wes Alderson, Rich Perry, Stan Rosenfield, Jon Hendershott, Bob Payne, Track Newsletter, Catherine Smith, Roxy Andersen, Elaine Pedersen, Dave Chatfield, Tom Courtney, Bill Flodberg, Bill Gookin, Sid Toabe, Bill Jones, Roger Duran, Wayne Glusker, John Sheehan, Marge Powell, Frank Donahue, Thornberg, Jim Hume, Bill Kelly, Jack Cook, Homer Latimer, Jay Marlowe, Bob Rush, Mark Payne, Bill Adams, Fred Ertman, Bill Johnson, Dick Calvin, Joe Taxiera, Bob Lynde, Daryl Zapata, Bruce Drummond, Loren Lansberry, John Marconi, John Trent, Ben Giuliano, George Wright, Dick Gilchrist, Mill Valley Jaycees, Mike Ipsen, Walter Stack, Nick Vogt, Andy MacCono, Jim Engle, Bill Cockerham, Marilyn Trochman, Steve Murdock, John Hill, Joel Jameson, George Beinhorn, Tom Cory, Tony Bailey, Bob Woods, Bob McGuire, Bob Grubbs.

## 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 larger 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, and Mexico; add \$3.50/year for airmail within the U.S. and Canada. Add \$1.00/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 5-6 weeks (so it may take more than a year to receive all 12 issues). Every third issue will feature a special 4-page pictorial feature. Back issues available for 65¢ by mail (75¢ for special pictorial issues). Be sure and keep us informed of your address changes...remember, the NCRR is not forwardable!!!

**\*\*\*NEW POLICY\*\*\*** In the past we have remailed NCRR's that have come back to us because of address changes. In the future we will not do this and you will miss an issue. The additional

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cost of our doing this was amounting to a substantial amount each month. So keep us informed of your address changes or you will miss out on an issue unless you mail us 25¢ to cover remailing costs and handling. Thank you for your help.

## Starting our 5th Year

It doesn't really seem so long ago, but it's been four full years since our first issue came out. We printed only a hundred copies and gave them all out free at the 1969 PA-AAU Junior XC Championships in Golden Gate Park. How many of you out there have a copy of issue #1?? They might be worth a lot of money someday you know! Back in our early days, our newsletter (printed on legal-size paper, one side only) was called the West Valley Newsletter. Only a little more than a year after we got started, Paul Reese came up with the idea of a name change, and since February 1971 we've been known as the NorCal Running Review. In the NCRR's early stages, it too was a non-booklet publication, being stapled in one corner. Our present booklet form was innovated early this year. Since that time we have nearly doubled our subscriptions to our present 850 mailed issues. And the 1500 printed copies each month is 15 times greater than when we began. Through all this, our quality has consistently improved while our price has remained essentially the same per year. Our initial \$3.50/year price has only gone up to \$5.00/year...or actually about 15 months since printings usually come every 5-6 weeks now. The editor would like to personally thank all of you that are involved in helping put together what has certainly become the best regional publication on our sport in the United States. Those of you who continue to send us materials for printing are what keep us going. We continue to take pride in claiming that the NCRR is probably the world's best sport magazine whose staff works for nothing. Your subscriptions are what keep us alive. If you don't now subscribe, take advantage of our Christmas Special and save \$1.00 on our normal rates per year (see special gift coupon on inside of back cover). If your subscription runs out soon, be sure and renew. Without the financial help of our readers we would certainly not be in existence today. Thanks again, and we hope that the coming year will see additional improvements in our publication.

**NEXT ISSUE:** Our second special pictorial feature, consisting of approximately 4 pages of photos, will be an in-depth look at cross country in Northern California...covering all areas of the sport (age-group, women, high school, collegiate, AAU, etc.). If you have photos of good quality that you would like to submit for consideration in our upcoming issue, please send them to the address at the top of the page. We can't pay you for using them, but you will receive credits, and they will be returned upon request, whether we use them or not. So, all you camera freaks be alert (the world needs more lerts!). If you see a runner heading for a good fall in the mud, don't just stand there...take his picture you fool! It might even be good enough for a cover photo. At any rate, we really are looking for unusual (& even good usual) photos. Thanks for your help.

## THIS & THAT

• People News---October marked the deaths of two all-time great long distance runners. Paavo Nurmi, the "Flying Finn" who broke 20 world records between 1921 and 1931 at distances from 1500 meters to one hour, died at his home on Oct. 2. Later in the month, double Olympic marathon winner Abebe Bikila of Ethiopia (1960 and 1964) passed away as a result of complications in his state of paralysis. He had been confined to a wheelchair since a car accident following the 1968 Olympics. He was 46.... Adding some incentive to his drive to attain top condition, Flory Rodd, who has run a marathon in the low 2:40's within the past few years, celebrated his 50th birthday on Sept. 7. Watch out Paul Reese!...Francie Larrieu, American record-holder at several middle and long distances, is currently attending Florida State University, but is still remaining loyal to her home team, the San Jose Cindergals....Byron Lowry, 2:21 marathoner who has been plagued with leg problems for the past two years, got himself hitched in mid-October (to Sharon Weir) and at last report was honeymooning in sunny Puerto Vallarta on Mexico's west coast....Jim Weil, Bay Area road runner now living in Sweden, finally achieved his long-sought goal of a sub-3:30 marathon with a 3:22 clocking in the Gotland Marathon....Bob DeCelle (Natl. AAU Long Distance Running Chairman) was presented with the Annual Long Distance Award of Merit at the 1973 AAU Convention in West Yellowstone, Montana. This award was established 4 years ago by the National LDR Committee with the thought of giving credit to key people who, through their dedication, have aided and improved their sport. The first recipient was Olympian and former Natl. LDR Chairman, H. Browning Ross of New Jersey. Bob was unanimously elected for another two-year term as National LDR Chairman....The great Mihaly Igloi, founder and former coach of the Santa Monica TC, and one of the most noted teachers and coaches of running in track history, is reported to be on the verge of returning to Southern California in the near future....John Trent of Anchorage, Alaska, is developing summer running trails at Honolulu, Alaska. He's building a 16 x 20 log cabin on 3 acres of land there. He is the only person who owns a patch of land in the area (175 miles north of Anchorage). It lies in the shadow of Mt. McKinley and is a beautiful wilderness area...no people!!...Carl Florant, former Palo Alto High School hurdler, and Gordon MacMitchell, ex-Gunn High School distance ace, have been named to the Scholastic Coach High School All-

American Track & Field Team for 1973....Lee Adams, CHP Officer and local road racer, set a new record for total number of medals won in track and field at the 1973 Police Olympics in Los Angeles last July. He got three 2nds and two 3rds for a total of five medals. His second-place finishes came in the mile relay, the 6 mile, and the marathon, while the two thirds were garnered in the one and three miles. In the past three Police Olympics Lee has taken eleven medals home....Jon Anderson, ex-San Mateo who's now back in his hometown Eugene, Oregon, has recovered fully from his mid-summer injury and took a strong second place in the famous Springbank International Road Races at London, Ontario, over 12 miles. His 56:21 was only nine seconds back of winner Neil Cusack and some 7.6 seconds up on teammate Kenny Moore. Jeff Galloway was another 6 seconds back. In the 4.5 miler, TOC star Dan Shaughnessy edged Ken Misener (Florida TC) by a scant two seconds, missing Frank Shorter's course mark by less than 7 seconds, notching a time of 19:59.4....Top senior runner Jerry Smartt of Southern California has left for Iran where he will coach that country's distance runners in preparation for the 1974 Asian Games.

• Attention Napa Marathon runners who finished after 70th place: "Jim Engle reports that there were some mix-ups with people turning in their name tags and sticks and, hence, some discrepancies in timings. Those finishing after 70th, please write to Jim (1801 McKinley Rd., Napa, CA 94558) and inform him of the times you were given (orally) when you finished. Also, if you know who was near you...in front or in back...this information would also be useful in untangling results.

• Shoe repair freaks: If you're interested in repairing your running shoes and could use some crepe rubber to do the job, contact Ralph Paffenbarger (892 Arlington, Berkeley 94707) right away. He's got a lot of crepe rubber that's suitable for repair work and is willing to part with it for little or nothing.

• PA-AAU Long Distance All-Star Team: The annual balloting for the top six open (& top senior) road runners in the Pacific Association was to be conducted at the Lake Merritt (Columbus Day) Runs, but due to a late start at registration, a very few number of ballots were actually distributed...like about 15-20 ...and so the team will be re-voted for at the PA-AAU Men's Senior XC Championships on Nov. 10 at Golden Gate Park in S.F. Results will be announced in our next issue.

• CANCELLATION: The Daly City Recreation Dept. announces that due to budget cuts, they will not be able to host the annual Daly City Hill Run this year. It was originally scheduled to be run on Nov. 17...please pass on the word.

• PA-AAU Long Distance Committee: The monies that have been collected from T-Shirt sales over the past few months (Dipsea & Bay-to-Breakers) is finally being funneled into some worthwhile activities. The fund will be used to begin buying needed equipment for our long distance program and also will be furnishing one or more lucky runners to AAU National Championships in November. The LDR Committee unanimously voted to send the winner (PA-AAU registered athlete) of the District XC Championships on Nov. 10 to the AAU Championships in Gainesville, Florida on the 24th. As this issue goes to print, the Committee is close to meeting again to decide whether or not to send the Association's top senior (over-40) to the corresponding AAU Master's XC Championships (Nov. 17) in Cleveland, Ohio. It was generally decided at Lake Merritt that Jim Shettler (this month's NorCal Portrait) was the PA-AAU's top senior runner on the basis of his whipping Ken Napier, Ross Smith, and Jim O'Neil in the 10 Kilo distance that day. Chances appear very good that he will be sent.

• Speaking of National Championships....Bay Area teams will be sending good representation to three cross country championships this month. West Valley TC will send a 7-8 man team to the AAU meet in Gainesville, Florida, while it's next 7-8 men will venture for a go at the USTFF title race in San Diego on the same day (Nov. 24). The West Valley Joggers & Striders are said to be fairly sure of fielding a team for the Masters Championships on Nov. 17 in Cleveland. The top four will be Jim Shettler, Ross Smith, Ken Napier, and Gil Tarin. The fifth spot appears to be still up for grabs with Carl Martin a good bet to make the trip.

• While on the subject of Nationals, the PA-AAU garnered a goodly share of 1974 Championships at the AAU Convention in W. Yellowstone, Montana. West Valley TC & the San Mateo Recreation Dept. (who sponsored the AAU Marathon this year) picked up the most prestigious long distance event, the Men's Senior XC Championships (course will be announced at a later date), and also will play host to the first-ever Women's National Marathon Championships, which will be held in conjunction with the Annual West Valley Marathon, scheduled for Feb. 10, 1974. In addition, they will host the Women's Junior XC Championships. A new championship event, the Men's Junior 8,000m XC Championship,

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was also garnered by the PA-AAU. It will be at the I.A.A.F. distance (8,000 meters for juniors---under 20 years of age) and will take place in mid-December (1974) in conjunction with the PA-AAU Jr. XC Championships. Beginning next year, the PA-AAU Jr. meet will be for under-20 competitors only and will be permanently moved to a December date so that high schoolers and collegians may participate on a large scale. With this year's October date, most of the runners were over-20...but they will not be allowed to compete next year. The AAU Marathon was picked up by the Metropolitan Ass'n and will be held in conjunction with the New York City Marathon. The Men's Outdoor Track & Field Championships will be hosted by the Southern Pacific Ass'n, tentatively...but no firm site has been set yet. The PA-AAU will also host the Men's Jr. 5-Kilo Race Walk Championships. All-in-all, not a bad haul for Northern California. Oh...one other award: the Western Regional Marathon will be held in conjunction with the Knights of Columbus-Cupertino Marathon next year.

•HELP!---We still have quite a few Bay-to-Breakers T-Shirts left since we received them after the race. Since the proceeds from the sale of these shirts is going to the PA-AAU Long Distance Fund, we would like to urge all of you out there to get one or more. They make good gifts and are a quality workout item. They are available from the NCCR (make checks payable to PA-AAU Long Distance Committee) for \$2.75 each (includes mailing costs). Currently we have only the following sizes (men's) left: XS, S, and XL. Allow for some shrinkage...if you are 5-11 or above, the XL would be suitable, although a little bit loose...wash in hot water to shrink more. We also have a few (not too many) Dipsea Shirts for the same price in sizes XS, S, and L. Send for yours today...they make good Xmas presents.

•The Palo Alto 10-Miler (Nov. 24) is offering a unique award for the top finisher...a bronzed running shoe!! Entry forms for this race are enclosed in this issue (subscribers only), along with entries for the Pepsi 20-Miler, Livermore 8.5 Miler, and the Christmas Relays.

•Early in the year, Walt Stack made a challenge to all runners to try and run a marathon-a-month. As the 1973 running season draws to a close, only one has met the challenge besides Walt, and that's Chuck Day. Chuck has completed 11 marathons and 1 50-miler so far this year, while Walt has done 10 marathons and 2 50-milers!!

•Eileen Waters of the San Diego TC set an American women's record recently for the 50-mile run when she covered the distance in a remarkable 7 hours and 5 minutes!! The old record of 7:35:57 was set by Natalie Cullimore at Rocklin in 1970. Eileen set her record by running 200 laps around the track at Santa Monica City College in a race put on by Tom Sturak and the Beverly Hills Striders. She was 4th among 26 entrants, which included both men (mostly) and women. Complete results of this race will follow in the December issue.

•While on the subject (earlier on this page) of building funds for our Long Distance Fund, we'd like now to announce a

plan that will hopefully net over \$1000 to aid our running program here in the Pacific Association. Since at present the only income (or at least before our T-shirt sales) to the fund is via a few percent that comes back to us from the 10% (LDR only gets a fraction of this 10%) of entry fees that is supposed to be turned into the A.A.U. by meet directors of road runs, this new plan should really bolster the fund. The 1974 PA-AAU Long Distance Schedule (due to come out in early December) will now be included in a special PA-AAU Long Distance Running Handbook. The LDR Committee is soliciting ads in the handbook (@ \$25 per half-page or \$50 per page) to pay for the printing costs of approximately 4000 of these. So far, about 2/3 of the printing costs are being paid for by these ads. If you'd like to put an ad in this handbook (for your race or for your sports store, or whatever...just a donation is ok too), contact Rich Perry (LDR Chairman) at 364-5599 (area code 415) right away, as time is growing short. Now...how does the LDR Fund get money from this? These handbooks will go on sale in mid-December for 25¢ each (+ 10¢ to cover postage if mailed), and all the money collected will go into the fund. In other words, it will cost 25¢ to get your PA-AAU Road Racing Schedule this year (or 35¢ by mail), but all that money goes directly back into our sport...something that has never happened before. Some of the goodies that will appear in the handbook: a list of important addresses and phone numbers (individuals, clubs, AAU officials, etc.); a brief blurb on the 1973 All-Star PA-AAU Road Racing Team (six open & one senior); a listing of the top 5 individuals (& top 3 teams) in all 1973 PA-AAU Championships; an explanation of the purpose, composition, and duties of the LDR Committee and the LDR Fund; an explanation of the Marathon Warehouse and how race directors can use it; a listing of the Minimum Road Race Standards that have been drawn up by the Committee so that the quality of racing in Northern California will be upgraded; an article on how to certify your course... a new requirement for all PA-AAU road runs starting in 1974 (because of this, you will always know exactly how far you'll be running in a race). A few other items are planned too. In total, this 5-1/2 x 8-1/2 booklet, probably 32 pages in length, should provide all area runners with vital information at a glance...and most important, the funds from the sale of this booklet will help build our sport! Spread the word. They will be available soon from various sources: the LDR Chairman, the PA-AAU Office, the NCCR, and at most road races. If your club would like to help in the sale of these booklets, contact Rich Perry to receive them on consignment (pilfer now, pay later).

•The Effects of Marathonizing on Intelligence (by Wes Alderson): Recently, a medical journal carried the report on a study of long distance runners which was conducted by James L. Pongeny, M.D. Pongeny noted a negative correlation between the number of marathons which an individual has run and his I.Q. as measured by the Stanford-Binet. After further study, Pongeny concluded that each marathon reduces an individual's I.Q. by an average of 6.7%. This, he suggests, is probably due to the effects of several hours of elevated body temperature, increased blood pressure, and toxin levels upon brain cells. Dr. Pongeny states, "Undoubtedly the resulting bilvation creates intercellular pyrulation, adversely affecting the cerebroleptag ratio. Particularly in cases where a condition of mitochroniasis has previously appeared, irreversible neural destruction will occur." This unfortunate consequence, Dr. Pongeny suggests, may explain certain behavioral traits of the running U.S. Senators Cranston and Proxmire. But what of the effect of a very large number of marathons on our local running friends? Individuals such as Walt Stack (10 marathons and 2 50-milers this year) quite probably are on the verge of turning into mental vegetables. Wonder if it's possible to have a negative I.Q.??

•The 1974 Pan-American Cup Cross Country Championships will take place at the Alameda Golf & Country Club on Feb. 2, with the Alameda Chamber of Commerce playing host and sponsor. Bob DeCelle will be serving as Meet Director. The Championships are open to any country in North or South America. Last year, when the meet was held in Victoria, B.C., only the U.S. and Canada were represented. Hopefully this year there will be added countries such as Mexico and possibly Colombia.

•At the September PA-AAU Track & Field Exec Council Meeting, it was announced that the new (1974) Women's Track & Field Committee will consist of: Roxy Andersen (Chairman), Harmon Brown (Vice-Chrmn), Helen Fox (Secr), Helen Fox (Records), Jim Hume (Statistician-women), Harmon Brown (Publicity), Jim Hume (Age Certification), Don Bailes (Age Group Chrmn & Under-13 Statistician), Dawn Bressie (Long Distance), Steve Lund (Race Walking)...The Committee elected Al Feuerbach as outstanding PA-AAU athlete (men) and as our nominee for the Sullivan Award at the AAU Convention. Francie Larrieu was likewise elected as the PA's outstanding woman athlete and nominee for the Sullivan Award. Kathy Weston (Jr. category) was elected our outstanding



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under-20 woman athlete....It was announced that the S.F. Examiner Indoor Meet would be on Feb. 1 next year and that the Oakland Invitational would be Feb. 16...the Committee voted to set the per diem for open local athletes at \$12, with any need for further expenses (housing) to be left to the discretion of the Meet Director (Bob DeCelle). Complementary tickets will be given (2 to each open athlete). These decisions apply to the Oakland Meet of course, which the PA-AAU is sponsoring in an attempt to make a good-sized profit so that it can be channeled back into paying expenses for athletes to Championship meets.

●AAU Convention News: Some preliminary items that were passed by the Board of Managers at W. Yellowstone in October: Team scoring has been added back into the indoor and outdoor National Championships; the old tie-breaking rules for the vertical jumps were reinstated. The NCCRR will print most of the important legislation that was passed at the Convention when we learn what the Board of Managers actions were on these items. Although many progressive rules were passed by both the track & field and long distance running committees, quite a few pieces of good legislation didn't make it past the final barrier, the Board of Managers. One of these items was a National LDR Sports Fee of \$1.00 (to be paid by all LDR-registered athletes throughout the country) that was to help support our non-existent National Travel Fund, among other things....Rod Milburn was nominated as Men's Track & Field's Sullivan Award Nominee. He also received the DiBenedetto Award (outstanding individual track performance of the year...his 13.0 WR for the 120HH) for the second year in a row....Steve Prefontaine got LDR's nomination for the Sullivan & DiBenedetto. Jon Anderson ran second to Pre in the balloting for both awards....The 1973 All-American Long Distance & Road Running Team will consist of the winners of each of the A.A.U.'s Senior National Championships (except the top 3 in the marathon)....Besides those National Championships mentioned on pages 4-5, the following distances were awarded to associations in the West Coast area: Men's Senior 25 Kilo (Pacific SW, Dec. 21); Men's Senior 30 Kilo (SPA, March 3); Men's Masters & Senior 50 Kilo (Pacific NW, Aug. 31); Men's Junior 15 Kilo (Oregon, Jan. 5); Masters 30 Kilo will also be held in the SPA in conjunction with the Sr. race; Masters XC (Southern Pacific, Nov. 16); Masters 3000m Team Race (Pacific SW, Nov. 23); Masters Marathon (Oregon, July 7). Wow!! The West Coast certainly is not hurting for championships this year....The following were selected from the PA-AAU for the 1973 All-American Women's & Girls Teams: Women--Francie Larrieu (SJCG) in the mile, cross

country & 2 mile relay; Eileen Claugus (WS) mile & 2 mile; Tina Anex (WS) 2 mile; Kathy Hammond (SRR) 440; Lynn Cannon (SRR) SP; Valery Eberly (SJCG) cross country; San Jose Cindergals (2 mile relay) C. Haughey, Vickie Eberly, Cindy Poor, F. Larrieu); Girls--Kathy Weston (WS) 440; Tina Anex (WS) 2 mile & mile; Judy Lane (WS) Discus; San Jose Cindergals (2 mile relay) & two other women who got their start in the Bay Area were also named to All-America--Jane Frederick (U. of Colo. TC) pentathlon and long jump; Janet Svendsen (SLO) SP. The PA-AAU ranked first nationally in the number of girls (14-17) on the All-American list, and second nationally for women. For combined girls and women, our association led the nation!! Congratulations to all of you.



(LEFT) DAN ANDERSON EASILY WON THIS YEAR'S OPEN DIVISION RACE IN THE NCCRR POINT TOTAL COMPETITION, DISPLACING LAST YEAR'S WINNER, JACK LEYDIG. /Beinhorn/ KEN NAPIER HAD A MUCH MORE DIFFICULT TIME IN NIPPING ROSS SMITH (LAST YEAR'S WINNER) FOR FOR THE MASTERS DIVISION TITLE. /Marconi/

### NCCRR POINT RATINGS

The NCCRR Long Distance Point Race for 1973 came to an end at the Napa Marathon (our scoring year starts with the Lake Merritt Runs) with two new champions. The open division was headed by West Valley TC's Dan Anderson, second last year, who scored 0.181 in displacing Jack Leydig, last year's winner (who had a 0.154 score). The senior (over-40) battle was a close as Ken Napier just edged out teammate Ross Smith (0.063 to 0.066). Jim O'Neil was a close third at 0.078. Both division records stayed intact (Ross Smith still has the senior record which he set last year at 0.059, and Rich Delgado's 0.119 open mark from 1970 has weathered the years). Our final totals for Northern California (1972-73) are listed on the next page. If you don't know how we figure our ratings...take note, and you can rank yourself, even if you don't finish in the top ten (or top six seniors)...which is all we count. Merely divide your average placing in races (quality), by the number of races you run (quantity). If you average placing over 5 races is 4th, then your point rating is 4/5 or 0.800. Count ties as averages (tie for 2nd is worth 2.5, etc.). The NCCRR reserves the right to pick the races it counts (usually PA-AAU sanctioned road runs with a reasonable number of entrants or of sufficient difficulty, and with sufficient pre-race publicity). In races with two competitions (Lake Merritt 5 and 10 Kilo for example), we normally count the primary race unless good competition is in both. The following races were not counted this year: 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),

Folsom Run, Dipsea (Seniors...handicaps messed up, sorry!), Big Foot Days Race. \*\*\* One of our Southern California readers, Stan Rosenfield, has offered to tally a similar ranking for the Southern Pacific Ass'n (Art Dudley does the NorCal ratings). We won't list tables, but will include the number of races run, the average placing, and the rating of the top 15 open and top 10 seniors. Their scoring year starts with the first race in January & includes (below) all races through the Occidental XC Run with the exceptions of Yankee Doodle Runs, Walnut Sports Festival, and the Japanese-American Optomist XC Runs. **OPEN:** (1) Bill Scobey (BHS/12, 1.75, .142), (2) Ron Kurrle (BHS/19, 3.05, .161), (3) Mike Wagenbach (ELATC/4, 1.12, .280), (4) Mark Kushner (GWAA/9, 2.78, .309), (5) Bill Anderson (SBAA/11, 4.45, .405), (6) Doug Schmenk (ELATC/5, 2.20, .440), (7) Joe Toledo (STC/9, 5.12, .467), (8) Chuck Smead (SBAA/2, 1.00, .500), (9) Mike Chambliss (SBAA/11, 5.64, .513), (10) Pat Miller (Un/11, 5.82, .529), (11) Dave White (BHS/3, 1.60, .533), (12) Jon Sutherland (CSN/3, 1.67, .556), (13) Art Ting (Un/8, 4.87, .610), (14) Vince Engel (SLO/2, 1.25, .625), (15) Dennis Wilson (GWAA/5, 3.20, .640). **SENIORS:** (1) Owen Gorman (STC/16, 1.94, .121), (2) Sam Nicholson (STC/20, 3.10, .155), (3) Jerry Smartt (BHS/8, 1.62, .202), (4) Dave Parker (STC/9, 2.33, .259), (5) Dave Waco (CCAC/4, 1.25, .312), (6) Aurelio Camacho (STC/12, 4.00, .333), (7) Dick Durand (STC/11, 3.91, .355), (8) Dick Bartek (SBAA/5, 2.00, .400), (9) Norm Lumian (STC/8, 3.37, .422), (10) Pete Mundle (SMTC/3, 1.33, .444). \*\*\* In the PA-AAU standings, the top 16 open and top 10 seniors are listed in the table below, along with everyone else who has a rating of below 1.000, who are listed below. Balloting from the Lake Merritt Run for

the All-NorCal Distance Team was practically non-existent, so ballots will be handed out at the PA Cross Country Meet on November 10 and results will be published in next issue. Those individuals not making the table are listed here: **OPEN:** (17) Ritchie Geisel (WVTC/3, 1.667, .556), (18) Bob Darling (ETC/5, 2.800, .560), (19) Ross Smith (WVJS/10, 5.80, .580), (20) Doug Butt (MAC/10, 5.90, .590), (21) Angelo Martinez (ATC/7, 4.143, .592), (22) Nick Vogt (GSR/8, 4.875, .609), (23) Bill Johnson (WVTC/7, 4.357, .622), (24) Wayne Badgley (BVH/4, 2.500, .625), (25) Darren George (AIA/6, 3.833, .639), (26) Pat Buzbee (NWAC/5, 3.200, .640), (27) Pat Finn (IMAA/3, 2.000, .667) & John Sheehan (WVTC/6, 4.000, .667), (29) Duncan Macdonald (WVTC/3, 2.167, .722), (30) Vic Cary (WVTC/5, 3.800, .760), (31) Bill Kelly (SCTC/6, 4.667, .778), (32) Mike Conroy (ETC/7, 5.571, .796), (33) Alex Aguilar (WVTC/7, 5.714, .816), (34) Gene Fitzgerald (Pama/8, 7.000, .875), (35) Ron Zarate (WVTC/3, 2.667, .889) & Jack Leydig (WVTC/6, 5.333, .889), (37) Joe Taxiera (ATC/8, 7.375, .922), (38) Dave Zumwalt (Un/9, 8.333, .926), (39) Frank Krebs (GWTC/8, 7.625, .953). **SENIORS:** (11) Dennis Teeguarden (NCSTC/9, 2.889, .321), (12) Lee Adams (SoTC/12, 3.917, .326), (13) John Perkins (GSR/11, 3.636, .331), (14) Jim Allen (DSE/13, 4.462, .343), (15) Bill Snavelly (Un/8, 2.875, .359), (16) Don Pickett (NCSTC/9, 3.444, .383), (17) Jim Shetler (WVJS/2, 1.000, .500), (18) Peter Wood (NCSTC/5, 3.400, .680), (19) Peter Mattei (NCSTC/5, 3.600, .720), (20) Flory Rodd (ATC/7, 5.143, .735), (21) T.A. deLusignan (MAC/4, 3.000, .750), (22) Bill Kirchner (NCSTC/5, 4.000, .800), (23) Carl Martin (WVJS/4, 3.500, .875), (24) Frank Harrison (NCSTC/4, 3.750, .938).

(\* Indicates a tie)

#### OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
1. Dan Anderson/WVTC (21)	6	3	2	4	1	1	1	0	2	1	3.810	0.181
2. Jim Nuccio/WVTC-Army (6)	4	2	0	0	0	0	0	0	0	0	1.333	0.222
3. George Stewart/WVTC-Army (7)	5	1	0	0	1	0	0	0	0	0	1.714	0.245
4. Bill Seaver/WVTC (12)	2	2	3	3	0	0	0	2	0	0	3.583	0.299
5. Phil Camp/BHS-Navy (9)	3	2	1	1	0	2	0	0	0	0	2.889	0.321
6. Darryl Beardall/Marin AC (16)	1	2	3	0	1	3	4	0	1	1	5.250	0.328
7. Jack Bellah/WVTC (8)	2	0	4	1	0	1	0	0	0	0	3.000	0.375
8. Steve Dean/GWTC (5)	2	2	0	1	0	0	0	0	0	0	2.000	0.400
9. Mitch Kingery/Camino West (6)	1	2	2	1	0	0	0	0	0	0	2.500	0.417
10. 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
13. Mike Buzbee/NewWays AC (7)	2*	1	2	0	1	1*	0	0	0	0	3.143	0.449
14. John Butterfield/Boston AA-Navy (10)	1	1	0	3	1	3	0	1	0	0	4.600	0.460
15. Ken Scalmanini/Pamakid (11)	0	0	1	3	1	1	3	2*	0	0	5.773	0.525
Daryl Zapata/WVTC (11)	0	1	1	0	4*	0	4	0	0	1	5.773	0.525

#### SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
1. Ken Napier/WVJS (21)	15	5	1	0	0	0	1.333	0.063
2. Ross Smith/WVJS (17)	15	2	0	0	0	0	1.118	0.066
3. Jim O'Neil/SFOC (23)	11	7	4	1	0	0	1.783	0.078
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. Mike Healy/NCSTC (19)	3	4	3	2	5	2	3.421	0.180
7. Bob Malain/NCSTC (16)	3	4	4	3	0	2	2.938	0.184
(50+) 8. Paul Reese/NCSTC (15)	3	3	4	2	3	0	2.933	0.196
9. Gough Reinhardt/NCSTC (14)	0	2	3	3	4	2*	4.107	0.293
10. Jim Nicholson/NCSTC (11)	2	0	2	3	2	1	3.455	0.314

#### CLUB NEWS

• This section of our publication is devoted to various clubs in the area. If your club would like to put in an announcement or other news, please send it in. Our circulation is now large enough to ensure that many of your members will probably see the notice. As long as the news is pertinent and kept to a reasonable length, we will print it, possible in edited form. Let's hear from your club! This isn't just for West Valley TC ya know!

**WEST VALLEY TC:** Welcome to the following (12) new members. We added our oldest member (was a member before, but has been inactive for a few years with the club) in Phil Mooers at 56, and Jack Gottsche becomes our second youngest member at 10. Paul J. Arenson, 48, 12073 Candy Lane, Saratoga 95070 (Ph. 253-5597), is a newcomer to the road racing scene and has done a respectable 53:10 for 8 miles this year. Gordon A. Baxter, 24, 1607 "H" St., #4 (Mail to Box 824), Davis 95616 (Ph. 758-4405), hasn't competed since 1967-68, but likes cross country and intends to

beginning participating soon. Joe Bayless, 19, Box 46, Univ. of Santa Clara, Santa Clara 95053 (Ph. 296-9919), has best a track time of 1:59.1 for the 880. Ed Bermingham, 29, 1122 Bush St., #4, San Carlos 94070 (Ph. ??), started road running in February and already has a 1:41 clocking for 25 Kilos to his credit (Golden Gate Park). Lawrence Dempsey, 28, 2981 Plumstead Way, San Jose 95122 (Ph. 274-2094), has best marks of 1:31 (660), 2:04.6 (880), and 4:40 (mile), and has also long jumped 20 feet. James L. Dunkley, 35, 3442 Georgetown Pl., Santa Clara 95051 (Ph. 249-0580), started running again last April and has notched a 54:40 for the 7.2 mile Lake Merced Run in his first-ever long distance run. In high school he did a 2:30 (880) and 5:15 (mile). Jack K. Gottsche, 10, 1859 Broadway, Burlingame 94010 (Ph. 342-8721), has progressed rapidly in distance running. From a 4:48 at the National AAU Marathon in June, he has improved to 3:54 in less than 4 months! His best track times include a 6:24 for the mile. Les McFadden, 21, 59 Linaria Way, Menlo Park 94025 (Ph. 854-6449), is certainly

going to be helping out the club in the near future. The Stanford Grad Student has run some pretty quick times, including a 1:54.2 (880), 2:57.9 (1320), and 4:05.6 (mile). His cross country running is also quite commendable, as he's notched 20:37 and 30:00 times on Stanford's 4.2 and 6.0 mile courses. Phil Mooers, 56, 3163 South Court, Palo Alto 94306 (Ph. 326-7427), is a welcome addition to the club's growing walking corps. He's gone 7:40 in the mile walk, 57:12 for 10 Kilos, and 1:59:30 for 20K. Jim Nuccio, 23, 225 Willow, S. San Francisco 94080 (Ph. 873-4671) is another talented middle and long distance runner. He's done the following times: 10.3 (100), 50.2 (440), 1:52.5 (880), 4:11.4 (mile), 8:56.8 (2 Mi), 13:45.4 (3 Mi), and 28:25.1 (6 Mi). In addition, Jim has gone 11 miles, 872 yards for the hour run. David (Willy) Wilson, 21, 655 Mariposa, #5, Mtn. View, 94040, is a sure bet to help our sprint relays this spring with bests of 10.0 (100), 22.0 (220), 49.2 (440), and 1:12.5 (600). Dave Wright, 18, 3405 Trevis Way, Carmel, 93921 (Ph. 625-1633) is a freshman at Monterey Peninsula College with bests of 2:10 (880), 4:50 (mile), 10:02 (2 Mi), and 5-11 (HJ). He's also completed a marathon in 3:12.

•Address Changes: (Lot's of 'em...remember, if you move, let us know right away or your NCCR won't get to you and you'll miss an issue!) -- Eddie Silva to 1145 Warner St., Chico 95926; Doug McLean to P.O. Box 8101, Stanford 94305 (Ph.??); Bob Coe (back from the Peace Corps in Ghana) to 364 California Ave., Palo Alto 94306 (Ph. 324-9190); Jack Bellah to Trailer 11-W, Manzanita Pk, Stanford 94305 (Ph. 324-8369); Dan Preston to 450-I Alameda del Prado, Novato 94947 (Ph.??); John Sheehan to 336 "S" St., #20, Davis, 95616; Paul Bateman to Lamoine Village, 3-207, Macomb, Illinois 61455; George Stewart to 504th Military Police Bat., 402nd MP Co., HQ Platoon, Presidio of San Francisco 94129; Phil Groves to 275 E. O'Keefe, #9, Palo Alto 94303; Bob Crow to 2405 Anza, #1, San Francisco 94118; Dave Whiteing to 50 Tahoe Ct., #4, Walnut Creek 94596 (Ph. 933-6753); the Moroney's to P.O. Box 134, Nellis AFB, Las Vegas, Nev. 89191 (mail has been coming back from this address so it may be wrong); Peter Duffy to 9 Cranmere Ave., Levensulme, Manchester 19, England; Duncan Macdonald to 326 Lanipo Dr., Kailua, Hawaii 96734; Ian Jackson to 555 Buena Vista Ave. West, #305, San Francisco 94117; Jim Luke has a new phone (247-2927); Humberto Hernandez to 1148 Casita Dr., Yuba City 95991 (Ph. 916/742-1558); Mike Pinocci to Box 112, Odessa College, Odessa, Texas 79760; Marcel Hetu has a new phone too (792-3268); Gordon MacMitchell to 520 Pt. Chavalier, W.3. Auckland, New Zealand; Al Polter to 150 Haight St., #502, San Francisco 94102; Jeff Arnold to c/o Track Coach, Adams State College, Alamosa, Colo. 81102. \*\*\* Anyone know the whereabouts of Mike Spino or Simon Langer?? They've moved and didn't leave any forwarding address. If you know where they're at, let us know.



(LEFT) JIM BOWLES WAS DISAPPOINTED IN HIS PERFORMANCE, BUT STILL TOOK 2ND IN THE NATIONAL AAU 50 KILO IN VERMONT IN HIGH TEMPERATURES AND HILLY TERRAIN. /Marconi/ GORDON MACMITCHELL (LEFT) IS CURRENTLY TRAINING IN NEW ZEALAND WITH OLYMPIC 1500 CHAMP PEKKA VASALA OF FINLAND. THEY WERE VISITED BY WVTC'S ROVING PAN-AM PILOT, HAROLD DEMOSS (CENTER).

•Colombia's Victor Mora, who became a club member while in the Bay Area last year training for the Olympics, has been touring Europe and running some fantastic times, whipping some of the world's best distance runners in the process. Here is a capsule summary of his European blitz: (8/7-Essen, W.G.) 1st in 13:56.0 at 5000m; (8/15-Essen) 1st in 59:40.4 for 20 Kilos on the track! He hit 12 miles, 901 yards at the hour, shattering Bill Clark's

club best by 374 yards!; (8/18-Rhede) 3rd in 8:10.6 for 3000m; (9/1-Kassel) 1st in 8:47.0 for 3000m steeplechase in a new national record; (9/5-Frankfurt) 1st in 7:55.6 for 3000m (new S. American Rec.); (9/14-Brussels, Bel.) 2nd in 28:08.8 at 10,000 meters to Polleunis (Belg.) who ran 28:07.6 PR...Puttemans led through 6000m in 16:52...5000m at 14:02, but DNF. Mora set a new S. American record here too, and clipped about 40 seconds from his PR, set last May in Cali against Frank Shorter; (9/16-Darmstadt) 1st in 8:01.0 for 3000m; (9/23-Prague, Czech) 27:00.4 for 9.6km Rude Pravo cross country race, one of Europe's biggest. He set a course record and beat E. German, Manfred Kuschmann (27:20.4) and Lasse Viren (27:24.4), as well as Josef Jansky (28:10 Czech), Tapio Kantanen (3rd in Munich steeple), Risto Ala-Korpi (13:29.8), and E. German, Wilfried Scholz (13:33.2 this year). Mora was the subject of a 1-2/3 page feature in West Germany's "Leichtathletic" after his spree of great times in September. Before going to Europe, Mora ran well in the IV Central American & Caribbean Championships (July 26-9) in Maracaibo, Venezuela. He won the 5000 (7/27) in 14:04.2 and 10,000 (7/26) in 29:56.4 (by 2/10ths from Miranda of Mexico) and then placed third in the steeple (7/28) in 8:58.2. Martin Pabon, who won the 1972 Golden Gate Marathon, took second in the half-marathon (7/28) in 1:05:56 (won by Mario Cuevas of Mexico in 1:05:07). On a questionable course, Pabon took third in the Colombian Championships at Monteria in early September with a 2:18:18.0 marathon clocking. No information on the first two placers. All this poop courtesy of Jon Hendershott.

•Wayne Glusker led his teammates Manny Adriano and Phil Mooers to a third place finish in the National AAU 35 Kilo Race Walking Championships in Seattle on Sept. 23 (club paid 1/2 the team's airfare). Wayne finished 5th overall in 3:17:40, while Adriano (3:39:30) was 11th and Mooers got 21st (no time available...Phil, let us know what it was if you got a time). The same trio ventured south on Oct. 6 to test their skills on our southern friends. They came out second (by 1 point) to the Beverly Hills Striders in the 10 Kilo Blue Angels Race. Wayne took second overall in 48:55, just 2 seconds behind Ed Bouldin of BHS. More details on these & others in race walking section.

•Ex-WVTC'er Don Kardong, now running for Club Northwest, is reportedly running well again after running about 5 miles a day all summer...mostly on mountain roads. In a 6 mile road run on August 11, he bested Dan Murphy (30:28) and Dean Clark (30:47) with a good 30:06.6 on a hot 85-90° evening. Don spent the summer working at a YMCA camp (Camp Reed), about 30 miles north of Spokane, as he's done for several other summers. This information comes our way via Bob Payne through Jon Hendershott.

•Jim Bowles is really running well in his new temporary (he hopes) home in Troy, New York. He's running for Hudson Valley CC and is their top man...their team is 5-1 on the season and will probably go to the National JC Championships in Florida. He's working long hours (9:30 pm to 6 am) unloading mail from trucks in the cold, in addition to attending school!! He seems to thrive on hard work though, because he ran a great 3:21:41.8 for 2nd place in the Natl. AAU 50 Kilo (Sept. 2) after getting off work and driving straight to Vermont. He was disappointed because he held back too long (5 minutes back at 21 miles in 10th), but closed to within less than 2-1/2 minutes of Max White's 3:19:17.4 (Max won a free trip to the London-to-Brighton and reportedly set a new American best there while taking 6th spot). If he goes to Florida, he hopes to stay there for the A.A.U. Meet.

•Peter Duffy writes that he's now back in Manchester, England, nursing what one expert seems to think is a split muscle sheaf on his lower calf (it seems that when he tenses his muscles, a few points remain soft on his calf, and any prodding sends him through the ceiling). He says he'll take a few months off running completely, seeing other specialists for different advice. He relates that he's discovered the great English national pastime of drinking beer and has lost that normal malnourished look to the tune of about 12 pounds so far. He and Elaine send their greetings and would like to hear from some of you out there (see address changes in opposite column).

•Mike Pinocci, running for Odessa College in Texas, writes that he's coming around at last. He ran 19:32 for 4 miles on a rolling course on Oct. 21 (behind Bernard Rose's 19:10, and 19:23 for Trevor Viljoen...both South Africans).

•Mike Ruffatto, running for Bowling Green as a frosh, is reportedly the third man on the varsity, running in the 24's consistently for 5 miles. Let's hear from ya Mike!

•Domingo Tibaduiza, WVTC's Colombian at Univ. of Nevada in Reno, has won all 8 races so far this season through the end of October. His two latest victories came at the Oregon State Invitational (Corvallis) where he broke Bill Scobey's 19:24 record with a 19:15 over 4 miles, and at the Journal Jog in Reno, here clipping Peter Duffy's 24:24 record by going 23:30 over a



reported 5-mile course in 4500 feet of altitude. He beat teammate Hans Menet (an 8:39 steeper from Switzerland) by nearly 2 full minutes! At Corvallis, Hans ran only one-second back. In the Fresno State Invit. they both dumped Stanford's stellar Tony Sandoval (Southern Division Pac-8 winner) by a full half-minute over 6 miles.

•Joel Jameson, now attending Occidental College as a soph, has had a very successful season so far, but had only one race against real competition...and that was a great 2nd place at the UCLA Invitational in late September, only 4 seconds back of Mike Wagenbach. He will go to the NAAI Championships in Kansas on Nov. 17. He finished 15th as a frosh last year. He also won the Chapman Invitational in 24:36 (5 miles) against little competition.

•Duncan Macdonald writes that he's started Medical School at the Univ. of Hawaii. His heels are "killing him" and he's looking for a local doctor who can do a relatively simple operation to free the tendon from the sheath...this was mid-September. At the time he was only 'maintaining' at 30 miles a week. School is fun and interesting...he gets to see patients already (no waiting 4 years to see what a human being really looks like).

•As reported earlier in this issue...the club, along with the San Mateo Recreation Dept., will be sponsoring the National AAU (Men's) Cross Country in 1974. It will be the last XC Nationals in November since the date is being moved to early March after that to coincide more closely with the I.A.A.F. (International) Cross Country. This, along with the Jr. AAU XC, were moved in action at the AAU Convention. We are still looking for a suitable course (the best possible) that would withstand a field of 400-500 runners! Any suggestions are welcome. Also, the AAU Women's Marathon Championships will be held in conjunction with the West Valley Marathon on Feb. 10. This is the first-ever women's national marathon...they did away with the silly 10-mile maximum rule at the Convention...another progressive step! The Natl. Women's Jr. XC will also be hosted by our club and the SMRD, a week before the Men's Nationals.

•Be sure and send in your help sheet for the Coast Relays (now called the Christmas Relays) right away. We'll need about 15 bodies to work the registration and checkpoints and finish area (total bodies). If you run, you can still help out at registration or a checkpoint...remember, it's a relay, and you'll only be running 5 or 10 miles of the total 50! Thanks.

•Following are the WVTC finishers in road races that didn't finish high enough to be listed in regular results of this issue: Dipsea: (133) Rick Cross 58:48, (160) Joe Mangan 59:51, (172) Eric Abrahamson 60:14, (176) Keith Maurer 60:24, (197) Russ Black 61:17, (281) Santos Reynaga 65:25, (302) Mike Bergkamp 66:02, (331) Jairo Vargas 66:34, (360) Chip Greendale 66:48, (513) Lary Hayden 70:41, (586) Jim Richardson 77:12, (601) Jim Luke 73:45, (666) Greg Hanson 75:29...all times above are scratch times, so times aren't necessarily sequential with placings. Emerald Hills: The meet director lost the results, so we don't have anyone's placings or times except the top 10, which are listed in the results section...send us yours for the next issue if you know what you did. Alameda XC Carnival: (57) Jairo Vargas 47:38. Double Dipsea: (73) Santos Reynaga 2:15:01. Walnut Festival: (61) Santos Reynaga 35:35, (84) Harry Cross 37:42, (133) Charlie Attwood 45:26. Napa Marathon: (64) Ron Peck 3:12:15, (70) Rich Stiller 3:15:40. Lake Merritt 5 Kilo: (84) Ellen Clark 24:21. Lake Merritt 10 Kilo: (74) Harry Cordellos (DSE) & Ted McRice 42:17, (95) Jack Gottsche 46:00. PA-AAU Jr. 10 Kilo: (69) Jack Gottsche 40:48.

•Cross Country Report: Many high schoolers and collegians who compete for the club in off season are really running well. To mention a few: Roy Kissin, a junior at San Ramon, has done 9:13.2 for 2 miles and has won several big invitationals. Rusty Nahirny, a 4:13 miler last spring, has gone a scintillating 9:04 on the track...he's a senior at Washington, Fremont, which has a long history of distance greats (Chuck Mork, Mike Pinocci, Bob Grubbs, Mike Ruffatto). Jack Bellah, a soph at Stanford, is consistently the number two man on the team, has run an excellent 29:40 over his school's 6-mile circuit. Matt Sommer, a frosh at West Valley College, won the Camino Norte Conference title in a near record 20:44 (5 seconds off) over the 4.2 mile Crystal Springs course. In the Coast Conference Meet over the same course, Monterey Peninsula's duo of Tom Pelton (21:01) and Emil Magallanes (21:31) finished 2nd and 5th. Tom Read of Mission San Jose finished 1/10-second back of Kissin to nab second in the medium school division of the Pleasant Hill Invitational, and has been placing high in many other big meets. Alex Aguilar and Dave Stock (Silver Creek & Leigh) have both been consistently placing in the top five in the large invitationals this fall. Bill Johnson is running well for California, being between the third and fifth man on the team most of the time. Dan Anderson is Cal-Hayward's top runner, and John Sheehan is

running at the top of the Cal-Davis heap (behind Harms), and has been improving with the season. Currently he's running about even with teammate Angelo Martinez. \*\*\* In open competition, Kerry Hogan ran a terrific second behind Stanford's Sandoval in the 4-way meet at Stanford, and Roland Verhe surprised with a 7th (second for team). Jim Nuccio has had injury problems, but has won the Sonoma St. Invit. (tied with Hogan), the Sac'to Invit., and placed 6th in the Pleasant Hill Invit. Although George Stewart hasn't been able to compete in cross country meets because of military commitments, he blitzed a 2:21 marathon at Napa, and has been unbeatable on the roads since early September. Ron Zarate has recovered from his operation (appendix removal) and took the open division of the Hancock Invitational over Eddie Cadena. -- I probably forgot to mention some good performances, but I think I've covered most of ya. See the results section for a complete cross country rundown.

BIG VALLEY HARRIERS: Wayne Badgley reports that his club's Pt. Reyes "Adult Beach Games" following the PA-AAU 25 Kilo were a tremendous success...wonder what that means??

## Meet Directors!!!

### MAIL ENTRY BLANKS TO 850 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 850 subscribers (as of Nov. 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 415-342-3181 and ask for Jack Leydig.

★NDR-CAL RUNNING REVIEW★

### 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 NCR 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.

TEEN-AGE DISTANCE RUNNING: This comprehensive booklet offers a readily available guide to beginning middle and long distance running training which is both complete and yet basic enough to be helpful to a new coach or young athlete in need of essential technical knowledge. The year-around day-to-day conditioning schedules are alone worth the \$2.50 price of the book. They cover all seasons of the year: cross country, indoor, outdoor, and summer road running. This is a treasure-house of valuable information for the young runner, written by a Boston-area coach...Kim Valentine (From Tafnews Press, PO Box 296, Los Altos, CA)

**MAKE MONEY SELLING NCRR 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 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...or you can call (342-3181) and he'll bring what you want to the next road race. 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. You can save from 3%-10% on purchases of more than one pair of running shoes. During the coming months, I plan to be at the following meets: CCS Region I & II Meets, State JC Championships, DSE Ferry Building Run, CCS Finals, Pepsi 20-Miler, Livermore 8.5 Miler, Christmas Relays (HMB to Santa Cruz), New Year's Eve Midnight Run. See the ad on the back cover for our various store locations...my store is my house & magic bus!!

### LETTERS TO THE EDITOR

"The PA-AAU schedule lists a 50-mile relay race on December 16, to be run by teams of five runners, each member going 10 miles. The run will be from Half Moon Bay to Santa Cruz. I propose that we organize as many senior (40 & over) women's teams as possible for that event. This looks like a good chance to bring senior women runners and joggers together for an occasion that involves a lot of cooperation, a little competition, and mostly the fun of participating. If you go as far as five miles every week or ten days in your workouts between now and then, you can probably cover one ten-mile leg of the relay. The more experienced runners among us might be spread around the four or five teams I think we can get together. All of the senior women runners I have spoken to have responded with enthusiasm. This is our opportunity to come out of the woodwork and demonstrate some little-old-lady power! Spread the word around to your friends, let me know if you would like to participate, and I will be glad to help coordinate this effort, which would be a worthwhile first anywhere." -- Catherine Smith (40-by-then)...1730 O'Farrell, Reno, Nevada 89503. (Editor's comments---An entry form for this race is enclosed for all subscribers, and additional blanks can be obtained from WVTC, PO Box 1551, San Mateo, CA 94401. We will have a special senior women's division in our race (awards to members of top two teams), but because we felt that a sufficient number of 40-and-over women might not be available, we decided to call it 30-and-over (born Jan. 1, 1944 or earlier) to get more people involved. The teams may be composed of all one club, or may be mixed affiliations...only requirement is age. If it goes over well, we will probably raise the age, or number of awards, for next year's relays. Hope to see everyone there on Dec. 16 at Half Moon Bay High School...there is a race division for everyone, whether you belong to a club or not!)

### NOR-CAL PORTRAIT

**Meet Jim Shettler:** Jim Shettler is a familiar face in Northern California running circles. From his days as a steeplechaser for the old Santa Clara Valley Youth Village in the early 60's, to his current streak of fine form as a senior-level road runner for the West Valley Joggers & Striders, Shettler has been around. But 1973 just may be his finest year ever, both in terms of results and self-satisfaction.

The recently-turned-40 runner (born Aug. 9, 1933) has been running since 1948--that's a quarter-century ago, folks--and only two years in the Coast Guard interrupted his training during that time. During his post-collegiate competition in SCVYV colors, Shettler scored a 9:12.4 steeple PR in '62 and won the Bay-to-Breakers that year in a then-course record of 40:10.

The advent of senior-level competition, and the enormous popularity of this level of racing, has brought the Diablo Valley College biology instructor back into prominence. Shettler finished only seventh in the senior mile at the All-American Indoor Meet in something over 4:42. But it has been on the roads that he has made his mark. He has won the Lafayette Rim Run this year, and has been the number-one senior in the Fremont 10-Kilo, Golden Gate 8-Miler, Woodminster Handicap, Novato Ridge Run, Alameda XC Carnival, Walnut Festival, Lake Merritt 10 Kilo, and Oakland Turkey Trot...and probably others that we inadvertently omitted. This is certainly some feat,



**NORCAL PORTRAIT, JIM SHETTLER, WHO JUST TURNED 40, IS MAKING A COMEBACK OF QUITE DRAMATIC PROPORTIONS IN THE NORCAL LONG DISTANCE SCENE. /Marconi/**

especially considering the fine depth in the NorCal senior distance corps. In addition, Jim helped WVJS's Tahoe Relay team clock a senior record 7:46:15 with his quick sixth leg.

Shettler relates, "I believe in maximum variation in training runs, and each week I try to mix up long runs (to 20 miles), fartlek (hard and easy) and intervals on the track and elsewhere. I will drive miles just to find a new trail to run on, and then put in some of my best workouts. However, my basic training consists of 8-10 miles of hard fartlek running. During these runs, I like to pick out a telephone pole or tree, maybe 400 yards or so away, and run hard for it. The last 2-3 miles I will go at a good pace (5:45-6:00) and intersperse 25 yard sprints when I feel like doing so."

This training diet, run once each day and all year long, adds up to usually 45-55 miles per week, "rarely over 70. Usually I run LSD during the winter and variable workouts the rest of the time." He prefers to race once every two or three weeks.

Competing in the seniors division has given Shettler a new enthusiasm for running. He explains: "For many years, I worked out three times a week (totaling about 20 miles) and found I could maintain good condition with that and even race occasionally. But I have immensely enjoyed this year as a senior runner. This classification did not exist years ago, but now it has given many of 'oldies' tremendous motivation to get into a training routine and to compete. Many senior runners may not notice it, but the competition is fierce!" Shettler certainly has added his own brand of ferocity to that competition.

James Shettler, Pleasant Hill, CA (West Valley Joggers & Joggers). Born Aug. 9, 1933 in Wheatland, Wyoming, 6-1/155 lb. Began running in 1948, self-coached. Best marks: (all-time) steeplechase 9:12.4; (senior) 2 mile, 10:00.2; 3 mile, 15:26.

### WEST VALLEY PORTRAIT

**Meet Frank Mercer:** One of West Valley TC's most versatile athletes is San Jose State junior, Frank Mercer. Since joining the WVTC in 1972, Frank has established club records in the 220 (22.0), 440 (48.6), and has a chunk of the mile relay best of 3:27.0. But his ability doesn't stop here. As a frosh at SJS in 1972, he finished fifth in the West Coast Relays intermediate hurdles race with a PR 53.2 (still his PR), which ranks as second-best on the all-time club list behind Dave Scharer's 52.3. Although he hasn't done the event since the 1971 season, at least not conscientiously, his 14-1 1/2 pole vault mark certainly indicates Frank's wide range of track prowess.

For a sprinter, Mercer is certainly one of the hardest workers during the summer. After State's track season is over, he continues to compete in all-comers meets into the summer months. He set his 48.6 mark in July of this year at one of these meets. Once these meets are over, he doesn't lay off... to the contrary, he consistently runs 4-6 miles a day, 3-4 times per week. Then, in early October, he begins to train on the track, doing pyramid-type intervals (165-385-495-385-165 or 385-495-660-495-385), or possibly doing breakdowns, starting with a 660 or 550. Continuing into track season, Mercer relates, "I do very little speed work until about March or April, when we do repeat 330's and hurdles (usually a 495 over intermediates, followed by 3 x 330 in 41-40-39), and then 3 x 110 at about 14-13-12. We work on the track three days a week (M-W-F) and do some running, usually 2-3 miles, on Tuesday and Thursday. On Saturday we usually run time trials until meets start."

Looking back on his still-young track history, Frank feels his most exciting moments have come during his 53.2 intermediate race as a collegiate frosh, his recent 48.6 in the quarter, and his clearing of 14 feet in the pole vault while in high school.



WEST VALLEY PORTRAIT, FRANK MERCER OF SAN JOSE STATE, HOLDS CLUB RECORDS IN TWO EVENTS AND SHARES ANOTHER...SHOWN ON HIS WAY TO A 54.1 INTERMEDIATE HURDLE CLOCKING THIS YEAR.

As for Frank's goals, he feels he should be able to run sub-52 for the intermediates and sub-48 in the 440. Both appear to be easily within his reach, if he can only, as he puts it, "Keep from getting pulled hamstrings." This happened during both his collegiate seasons. He hopes to compete in the NCAA Championships next year.

With his versatility, Mercer is sure to remain one of the club's most valuable athletes. The 20-year-old sprinter could definitely pull some big surprises this spring...he has both the ability and the drive to become a consistently solid performer, if, like he says, "I can stay away from getting injuries."

### SPECIAL ARTICLES

(The following article was submitted and written by Elaine Pedersen about the mind-boggling adventure of Pax Beale and Ken Crutchlow as they ran an 'impossible' relay from Death Valley to the summit of Mt. Whitney.) - "Yea, Though I Walk Through Death Valley."

The adventure began, as so many do, with Pax and Ken spending some rare idle moments in enlarging on daydreams. Kenneth Crutchlow had long ago begun his love/hate affair with Death Valley; while sleepily half-listening to a post banquet dissertation, the speaker's quotation of the Psalmist came through. With typical bravado (and perhaps to get the action going?), Kenneth interjected, "I can walk through the Valley of Death - where is it?" Thus California, and various assaults by foot or bicycle on the desert. In spite of these successes, he had been bothered, as he mused to Pax, by the idea that the lowest and highest points in the continental United States were so close; he had a burning desire to attempt a speed run from Badwater, Death Valley to the top of Mount Whitney.

Pax Beale had about zero desire to lug his 200 plus pound frame across the desert until he began to put it in the context of his own field, which is medicine. He was fascinated by Dr. Joan Ulliyot's study of Ron Daws in the West Valley Marathon. That would make the project worth the effort they both knew it would take.

The birth of an idea is often slow, but the germination, with the catalyst of enthusiasm, is like wildfire. With the concurrence of her funding group, Joan agreed to undertake the project. The date of August 18th was set. A 'pit crew' of seven was assembled, including a UPI photographer and a free lance writer. Our good friend John Romero arranged for sponsorship by the Sahara Hotel in Las Vegas. Avis donated a courtesy car and station wagon, and we rented a third wagon. Knowing they would need some lighter moments, Pax and Ken had shirts made with the name of their corporation on the front, "Pregnancy Control Center". Meanwhile, Pax was working out by jogging in the Dolphin Club sauna.

Our caravan assembled at the Sahara on August 17, replete with everything from a mattress for the runners on the floor of one of the wagons, to several chests of ice, an equal amount of dry ice, and ten cases of Gatorade, and we wound our way to Badwater in the early hours of August 18. The game plan was established; Pax and Ken were to run in relay with a goal of about 40 hours. Our preliminary research on sketchy information showed the distance to be approximately 160 miles from Badwater (elev. -282) to Whitney (elev. 14,501). Two unsuspected obstacles presented themselves...Inyo (elev. 5,500) and Panamint

(elev. 5,000) ("You thought the road was flat to Whitney?"). They would both, of course, have to run from the trailhead at Whitney Portals to the summit, making an ascent of 7000 feet in 11 miles. And--it was to be run, to the extent they could do it; walking to be allowed only when mandatory.

Joan set up her medical gear (portable generator, centrifuge, a miniaturized EKG, emergency drugs and intravenous solutions, bathroom scales, specimen bottles, syringes, thermometers, and more) and reviewed the fluid intake to be given to each runner (Ken - water only; Pax - a mix of Gatorade and water). She wisely secured waivers from Pax and Ken that made the average AAU waiver look like an idle threat ("The Institute of Health Research does not recommend and, in fact, strongly advises against...."). Pax and Ken, who were reciprocating pep talks in the finest Vince Lombardi fashion, flipped a Sahara dollar at 0400, and Pax set off on the first mile in the murky 105° darkness with the cheers of the other nine solitary souls echoing in the vastness of the Enduring Desert.

Death Valley in August must be experienced. The books tell you and people tell you and the name itself tells you, but they don't tell you enough. As the sun rose and we passed through a town lovingly called Furnace Creek, the reality of the desert sobered all of us. Joan, Lyndi and I ran "empathy legs" to know the experience and my thoughts changed from "they can do it," to "how can they stand it". Taking a cue from the Arabs, we devised similar headgear which we soaked in ice water between legs. The shock and the coolness were life-sustaining. The planned-for relief of air-conditioning was an illusion; the cars were overheating and we had to forego this luxury. The pace slowed, and it was not an optimistic group that stumbled into Stovepipe Wells at noon, where a thermometer in the shade, coolest nook recorded 116°F. ("Yep, son, that means upwards of 130° thar on the road, and more than 180° on the ground.") Here Joan took more blood samples and weight records. A shock: Pax had lost 10 pounds; at this rate he would be a raisin by Lone Pine. We poured the fluids to an eventual consumption of 22 quarts of Gatorade for Pax alone. Joan wired Ken with the EKG monitor. She was becoming concerned about him as he was getting cold and clammy, but he was determined to go on, and his vital signs were good, so off he went. The doctor knew best - Ken began vomiting violently and Joan took him to a man-made oasis at the foot of the Panamint Range to cool off. Pax, meantime, (from general conditioning, "sauna jogging" or Gatorade?) was doing well. He confided to me that he felt sure he could keep going to the top of the Panamints by himself. But when we passed the oasis at 2,000 feet where Ken was recuperating, Pax didn't look very good to me either. He went on; I cooled the car radiator and rapidly caught up to hear "where have you been, I've gone miles!" We looked back at the oasis, 200 yards behind, sadly. But somehow with each foot of cooler altitude came rejuvenation; by the 5,000 foot summit, Pax was feeling better, and soon after, Ken joined him.

Then disaster struck. As we came into the unexpected searing heat of the next valley, Pax and Ken both lost momentum. Our shaky research had not shown this second desert. It was the low point, mentally, for all of us; we knew that the 40-hour goal was impossible as we would not be able to ascend Whitney by nightfall Sunday. A Summit Conference was called and in the midnight darkness of the desert inferno, options were discussed. I wondered if they would mention quitting; they didn't. "Up to them," I thought. They opted for 5 hours sleep (it had been over 40 hours) at a cool spot, and we drove to the top of the Inyo Range and passed out. At 0500 Sunday, a skeleton crew of Pax, Ken, Lyndi, and I returned to "go" and started again.

From that point on, we knew they would finish. Through the tough Inyo Range they ran, and on endlessly to the mirage of Owen's Lake and, by late Sunday afternoon, to Lone Pine, where the advance scouts had secured a motel with pool. Heaven! And a frigid 96°. But Pax and Ken still had to go to Whitney Portals at 8,000 feet so that we could start the mountain at daybreak on Monday. Since Joan, Lyndi and I were to go to the top of Whitney, Sweet Bonnie Brook offered to pit crew for this leg; we were asleep before their last football sounded on the driveway. Bonnie later recounted how Ken had come up with a gem: "Pax," he said, "do me a favor. I want to make up the miles you ran for me at Panamint. Let me take the last four here." How can you deny a favor like that. Pax condescended. They returned at 0230 and by 0500 Pax was rewired with the EKG and we were on our way to the Portals and the last eleven miles of the trek.

It was all done on guys alone. They were spent bullets that must arch upward in their trajectory. Through posted blasting areas ("Ken, what are these yellow wires I keep tripping on?" "Hey, can't you guys read? Are you crazy?"); through unexpected snow fields ("I always said ice is good for the

Achilles."); by numerous campers ("Are you the guys that...." "Yea, that's us."); the increasing loss of oxygen was balanced in their favor (fervor?) by the decreasing mileage, and they actually quickened their pace as the roof of the summit shack became visible through the sudden snowfall. When they slapped their hands on the summit marker, they were in full run. Their elapsed time: 57 hours, 18 minutes. The enormity of the feat, which they had so underrated, would not come to them for hours. They collapsed on the spot and clasped hands with every meaning that cannot be expressed in words or symbols other than that handclasp. "It's finished. We did it."

(The following article was submitted by Dave Chatfield and summarizes the efforts of Tom Courtney and himself in organizing and running in a fund-raising 268-mile Peace Run, from San Francisco to Carson City, Nevada...Sept. 1-16. Both are active in the American Friends Service Committee, a non-violent Quaker organization that has been giving aid to victims on both sides of major conflicts since 1917.)

At 7 o'clock on a September morning the Sacramento Valley sun is just breasting the eastern haze bank. Its first rays give the rich clods of earth a sharp, silver edge as it pierces the thick, cool valley air. Running 268 miles east across California gave us time to know the sun a little better, as it shone brightly in our eyes every morning. It gave us time to think slowly and talk easily -- a lot of time, because the world turns more quietly when you're on foot.

The Peace Run was a two-week basic experience for the two of us who ran all the way. It afforded us a primary outlet for our deep and often frustrated feelings about our country's perpetual violation of basic humanity, in Indo-China and elsewhere. In a very real way it was a bursting out of those feelings; through the Run, we had the chance to bring together our political concern and an immediate and dynamic life experience. To me, this merging of the active experience and belief capsulizes the vitality of direct action as a means of simultaneously resisting the oppression we see around us and affirming our struggle and hope for life.

Without saying more, the Run was a vast success for Tom and I. Through the memories of colossal chaos and drained energies in the planning stages comes a vivid sense of worthwhile-ness. I'm glad we did it!

Of course, there is more to say. The message of the Run was that the United States is still involved in the continuing, brutal war in Southeast Asia. Running with T-shirts that say "Peace Run -- 268 miles SF to Nevada" inevitably elicits "Why?!" We told them. News of the Peace Run was carried with varying thoroughness in fifteen newspapers from San Francisco to Carson City. The openness of local media in the towns we ran through produced several long articles with generous airing of the facts of U.S. activities -- over 100,000 political prisoners kept by Thieu's South Vietnamese government with our aid, maintenance and ammunition for aircraft which continue large scale bombing southern Vietnam, etc. Several radio stations carried the story of the run, and one South Lake Tahoe reporter found his way four miles up a dead-end, discontinued side road to interview us in depth in mid-stride. At the start of the Run, the three major TV networks came to the Golden Gate Bridge to interview us, and they carried the story on the evening news. A number of people during the following days who had seen us on TV that first Saturday, wished us well.

As a tool to spread our concern more widely, we distributed about 600 statements which assessed and documented our view of the United States in southeast Asia. The statement, which called for complete cut-off of all aid to the Thieu and Lon Nol regimes in South Vietnam and Cambodia, as well as well as a withdrawal of civilian "advisors" and military support from within and around Indo-China, was signed by over 150 people along our route. It will be sent as a letter, with signatories, to all the legislators whose districts our path crossed.

As another aspect of Peace education on the Run, the Traveling Bus Project presented Dorothy Weller, an exceptionally moving speaker on the human cost of war. Dot spoke in San Rafael, Novato, Auburn, and Nevada City, and in Davis and Sacramento. Bus staff showed the NARMIC slide show, "The Post-War War." The groups were fairly small (except Nevada City with 50-60 people), but stimulated some excellent discussion and intense response. One woman, in a letter to Dot, said, "I'm sure your thoughts will reach far beyond the small group of people who attended that meeting. I shall never forget the way you reminded us that we must not quit simply because we do not seem to be winning."

The second major thrust of the Run was fundraising. Our

original, limited aspirations have been met and surpassed. With individual contributions from one cent to ten dollars (for two miles run by Dot Weller!) per mile, 89 people have pledged \$1709 to date. Grateful thanks from the North/South Vietnam Fund and the Traveling Bus Committee for your generosity!

During the Run we were joined by over thirty runners at various points. These runners, who ran from two to thirty-three miles with us, represent a new group with whom we hope the AFSC can relate, either as a community or individually. Those who started off with us on the first two days deserve special thanks, for they added to the impact and excitement, with TV cameras, 106-year-old Larry Lewis waving us off, and an aura of expectation that gave us energy for days to come. At the Nevada end, we were joined by part of the University of Nevada's cross-country team and the national 50 mile champion, Ross Smith, who set a stiff last day's pace (but always slowed down for us as we began dropping behind!). We finished all together, nine abreast down the country lane leading to the Northern Nevada Peace Fair. The Fair, with so many Nevadans congregating around Peace issues, provided an outstanding milieu for the end of the Run, and added greatly to our fulfilling sense of completion.

There is much to say about the Run. Most of my thoughts of it are short vignettes which don't describe the whole, but suggest impressions when pieced together. The long, dismal eighteen miles across the Sears Point Road to Vallejo; fording a chest-deep, incredibly dirty and foul stretch of a Sacramento slough (watch out for the crocodiles!) when we discovered the only alternative was to run two miles out of our way to get around it; starting the ascent into the mountains, finally climbing a total of 10,000 feet; Tom's astonishing recovery from inflamed and swollen Achilles tendons, enabling him to continue the Run without missing a step; padding softly along a dirt road through the Sierra forest; abruptly changing our mood from the isolation of running along (the two of us) to the bustle and energy of supporters who joined us along the way; running along cool, deep blue Lake Tahoe, then descending 2500 feet via a lovely and marvelously delapidated old Highway 50 into sweltering Carson Valley...pieces of the whole which will stay with us for a long time to come.

Many thanks to all of you who supported us with your time, energy, thoughts, and pledges.

## Scheduling

### LONG DISTANCE

Note: ALWAYS check with the Meet Director (or contact listed) to verify the dates and times of runs listed below...mistakes are possible, and it could save a long drive. Cancelled races are rare, but do happen occasionally. The following schedule of long distance runs contains races from Oregon through Southern California and Nevada, as well as a few other popular out-of-area races. Where no contacts are listed on the schedule itself, check to see what District AAU Association it's in (following all the information, in parentheses...see codes below). Then, contact the individual listed on the District contact listing for additional information. Fun Runs, sponsored by the Dolphin-South End Runners of S.F., are noted as such, and the contact is listed below for these races. No pre-registration is necessary on these Fun Runs...signup is on raceday. Area contacts follow, with coding in parentheses: Pacific Ass'n: (\*PA) Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 - Ph. 415/364-5599; Southern Pacific Ass'n: (\*SPA) Tom Cory, 515 N. Howard St., Glendale, CA 91206; Pacific Southwest Ass'n: (\*PSA) Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120; 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, Nev. 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 - Ph. 415/647-9459. The PA-AAU District 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 on any of the races or from anyone listed above, please enclose a self-addressed, stamped envelope. \*\*\* Let us know of any races in your area so we can be sure to list them in our schedule...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 I-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 Runner's World, P.O. Box 366, Mtn. View, CA 94040 (Ph. 415/328-2911) for more information.

- Nov 17 - Turkey Day Races (7 Miles Open, many divisions), Sunset Pk., 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., 94702. (\*OA)  
 Nov 17 - CANCELLED\*\*\*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 17 - Elysian Pk. 5 Kilo XC, 9 am. (\*SPA) (Report to Stadium Way & Academy Rd., Los Angeles)  
 Nov 17 - PSA-AAU Cross Country Championships, UC San Diego, 10 Kilo, 11 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (\*PSA)  
 Nov 18 - So. Calif. Orienteering Championships, Mt. Laguna (nr. San Diego), 10 am. Bill Gookin (see above for address). (\*PSA)  
 Nov 18 - Pico Rivera Turkey Trot, 10 Miles Open (also 5 Mi.), 9:30 am. (\*SPA)  
 Nov 18 - DSE Ferry Building Run, 4 Miles, 10 am (meet at Dolphin Club, SF). (\*DSE)  
 Nov 23 - Oregon AAU XC Championships, 10 Kilo (2.5 Mi. HS), Portland, 11 am. Jim Puckett, Track Coach, Mt. Hood CC, Gresham, Ore.  
 Nov 24 - Island Marathon, Sauvies Island (nr. Portland), 11 am. Ken Weidkamp, 14230 SW Derby, Beaverton, Ore. 97005. (\*OA)  
 Nov 24 - SNA-AAU 15 Kilo Championship, Sunset Pk, Las Vegas, 10 am. John Romero, PO Box 14337, Las Vegas 89114. (\*SNA)  
 Nov 24 - Roeding Park 5-Man 15-Mile Relay. Bill Cockerham, 1717 S. Chesnut Ave., Fresno, CA 93702. (\*CCA)  
 Nov 24 - 1st Annual Palo Alto 10 Miler, Palo Alto, 10 am. John Banich, 415 James Rd., Palo Alto, CA 94306.  
 Nov 25 - 22nd Rosebowl Handicap (Portsmouth start), Pasadena, 10.08 Mi., 9:30 am. (\*SPA)  
 Nov 25 - 8th Annual Pepsi 20-Miler, Sacramento, noon. Paul Reese, 2789 - 17th St., Sacramento, CA 95818.  
 Dec 1 - Lake Oswego Road Run, 8 Miles, 1 pm. Paul Ryman, 23 S. State St., Lake Oswego, Ore. 97034. (\*OA)  
 Dec 1 - 20 Kilometer Run, Sunset Pk., Las Vegas, Nev., 10 am. John Romero, PO Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Dec 1 - 3rd Annual Fresno Road Race, Fresno. Fernie Montanez, 3053 W. Alamos, Fresno, CA 93705. (\*CCA)  
 Dec 1 - 6 Mile XC Run, Golden Gate Pk., S.F., 10 am. Excelsior TC, Frank Donahue, 4903-B Mission, San Francisco, CA 94112.  
 Dec 1 - Mt. Madonna Hill Climb, 12 Miles (1400 ft. climb), Gilroy, 10 am. Bill Flodberg, 12925 Foothill, San Martin, CA 95046.  
 Dec 2 - Culver City (Western Hemisphere) Marathon, Pre-entries req'd, 8 am. Carl Porter, CC Recr. & Parks, PO Box 507, Culver City, CA 90230.  
 Dec 2 - 8.5 Mile Race, Livermore, 10 am. Dick Ryon, 378 Martin Ave., Livermore, CA 94550.  
 Dec 8 - 5 Mile Handicap, Sunset Pk., Las Vegas, 10 am. John Romero, PO Box 14337, Las Vegas, Nev. 89114. (\*SNA)  
 Dec 8 - Hill & Dale Run (Date tentative), Bakersfield (?). Ted Oliver, 2716 Pomona, Bakersfield, CA 93305. (\*CCA)  
 Dec 9 - 3rd Saddleback Exchange Club Runs, 10 Kilos Open, 1 pm. Gary Westad, 23361 El Toro Rd., El Toro, CA 92630. (\*SPA)  
 Dec 9 - CANCELLED\*\*\*Petaluma Marathon, Petaluma, 10 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 (364-5599).  
 Dec 9 - Around-the-Butte 8.5 Miler, Eugene, Ore., 1:30 pm. Jeff Hollister, 855 Olive St., Eugene, Ore. 97401. (\*OA)  
 Dec 15 - Vogt's Gold Run, Nevada City, CA. Nick Vogt, Star Route, Smartville, CA 95977.  
 Dec 15 - Oregon RRC 25 Kilo Run, Portland, Ore., 1 pm. Richard Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)  
 Dec 15 - Madera Marathon & (Mini-Marathon?), Madera, 10 am. Dee DeWitt, Madera High School, Madera, CA 93637. (\*CCA)  
 Dec 15 - Rim-of-the-Pacific Marathon & Hawaii AAU 50-Miler, Honolulu. C.H. Greenley, 1520 Ward Ave., #1402, Honolulu, HI 96822.  
 Dec 15 - SNA-AAU 20 Kilo Championships, Sunset Pk., Las Vegas, 10 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109. (\*SNA)  
 Dec 15 - Wasco Road Runs (Age-Groups), Wasco. Brad Tomasini, P.O. Box 840, Wasco, CA 93280. (\*CCA)  
 Dec 15 - Mission Bay 25 Kilo Run, San Diego, 10 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (\*PSA)  
 Dec 16 - Orienterring, Balboa Park, San Diego, 10 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (\*PSA)  
 Dec 16 - Christmas Relays, Half Moon Bay to Santa Cruz, 50 Miles (many divisions), 9 am. WVTC, P.O. Box 1551, San Mateo, CA 94401.  
 Dec 22 - Griffith Park AC Cross Country & Track Relays (TENTATIVE), Glendale College. Mike Polizzi, 225 N. Sunset Cyn. Rd., Burbank, CA 91501. (\*SPA)  
 Dec 22 - Redwood Holiday Run (JHS, HS, Open, 40+), Visalia. John Pitman, 3936 W. Paradise, Visalia, CA 93277. (\*CCA)  
 Dec 22 - SNA-AAU 10 Kilo Championship, Univ. of Nevada track, Las Vegas, 10 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109.  
 Dec 29 - Devil-Take-the-Hindmost Run, Griffith Park, LA (TENTATIVE). (\*SPA)  
 Dec 29 - Heart of Valley Run, 3 & 7 Milers, Corvallis, Ore., 11 am. Leo McAvoy, Parks & Recr. Dept., 501 Madison, Corvallis, Ore.  
 Dec 29 - 5 Mile Handicap, Sunset Park, Las Vegas, Nev., 10 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109. (\*SNA)  
 Dec 31 - 14th Annual Midnight Run, 5.2 Miles, Los Altos, midnight. Runner's World, PO Box 366, Mtn. View, CA 94040.  
 Dec 31 - WMCA 3-Mile Resolution Run, San Diego, 12:15 pm. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (\*PSA)  
 Jan 1 - Hangover Handicap (Pre-entries req'd), 10 Miles, Portland, 1 pm. Rich Raymond, 2575 NW Lovejoy, Portland, Ore. 97210.  
 Jan 5 - Natl. AAU Senior 15 Kilo Championships, nr. Roseburg, Ore., noon. Stan Stafford, 1778 NW LeMans, Roseburg, Ore. 97470.  
 Jan 5 - Mini-Marathon, Henderson to Las Vegas (13.2 Mi.), 9 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109. (\*SNA)  
 Jan 12 - Mission Bay Marathon, San Diego, 8 am. San Diego TC, c/o Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (\*PSA)  
 Jan 12 - 5 Mile Handicap, Sunset Park, Las Vegas, Nev., 10 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109. (\*SNA)  
 Jan 12 - Tigard Road Run, 7.25 Mi. & 12 Mi., Tigard H.S., Ore., 1 pm. Norm Oyler, 5911 SW Carman Dr., Lake Oswego, Ore. 97034.  
 \*\*\*\*\*1974 PA-AAU ROAD RACING SCHEDULE BOOKLET...SEE STORY AND OTHER INFORMATION ON HOW TO OBTAIN THIS ON PAGE 5 OF THIS ISSUE.

## CROSS COUNTRY

Note: Check with meet directors to confirm dates and times of all 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. CODING---On all races below, the following codes will be used to designate eligibility: (O) Open; (C) College/Univ.; (HS) High School; (JC) Junior College; (W) Women; (AG) Age-Group; (M) Masters (40-and-over); (12/13) Indicates Age Ranges; --Combinations of the above may be used, separated by a slash (/).

- Nov 14 - NCS Division I, Hayward HS, 3 pm (HS); NCS Division II, Pleasant Hill HS, 3 pm (HS); NCS Division III, St. Helena HS, 3 pm (HS); CCS Division IV (maybe 15th), site to be arranged (contact Ken Thomas, Soquel HS) (HS).  
 Nov 15 - CCS Region I, Crystal Sprgs, Belmont, 3 pm (HS); CCS Region III, Coyote Pk., San Jose, 3:30 pm (HS).  
 Nov 16 - CCS Region II, Crystal Sprgs, Belmont, 3 pm (HS).  
 Nov 17 - Sac-Joaquin Sec. Meet, Brown's Ravine (HS); Natl. AAU Jr. Women's XC Championships, Missouri (W); State Jr. College Championships, Crystal Sprgs, Belmont, noon; USTFF Western Regional XC Championships, Fresno St., 11 am (6 Mi/Open) (3 Mi/Boys & Masters); Natl. AAU Masters XC Championships, 10 Km, Elyria, Ohio, 2 pm (contact Jack Wilhelm, 1005 Abbe Rd., Elyria, Ohio).  
 Nov 19 - NCAA Championships, Spokane, Wash., 11 am (C).  
 Nov 20 - NCS Championships (San Rafael??), 3 pm (HS).  
 Nov 21 - CCS Championships, Crystal Sprgs, Belmont, 3 pm (HS).  
 Nov 22 - San Mateo HS Turkey Trot, Crystal Sprgs, Blmt, 9 am.

- Nov 24 - HS State Meet Invitational (Very tentative), Crystal Sprgs, Belmont (HS); Natl. AAU XC Championships, 10 Kilos, Gainesville, Fla. (O) -Jimmy Carnes, Univ. of Florida, Gainesville 32601; USTFF Natl. XC Championships, 10 Kilos, San Diego (O) -Cary Weisinger, SDSU Athletic Dept., San Diego 92115; Natl. AAU Women's XC Championships, Albuquerque, NM (Women's Div., Girls' Div. 14-17, Special AG Div. 9/U, 10-11, 12-13) - P.O. Box 6602, Albuquerque, NM 87107.  
 Dec 1 - Natl. Postal Meet, San Jose St., 3 Miles (track) 10 am (HS).  
 Dec 8 - Oxy USTFF Distance Carnival (3 Mi, track), -Steve Haas, Oxy Track Coach, Occidental College, LA 90041 (O).  
 Dec 9 - Roseville Road Race (Boys & Girls AG), 10 am (Gilbert Duran, 1325 Susan Cir., Roseville, CA 95678).

## TRACK & FIELD

All-Comers Meets: As of this printing, the site for the regular winter series of all-comers meets hosted by the NorCal Track & Field Ass'n is up in the air. At present, the surfacing of the College of San Mateo (re-surfacing) track by the West Coast Surfacing Co. (3M Products) is still being completed and should be done by Dec. 1. If not, an alternate site will be chosen. If the meets are at CSM, they will begin Dec. 8 & run thru the end of January (Saturdays), with field events beginning at 11:30 am and running events at noon. Since our December issue will be out in mid-December, please contact Harry Young, 2120 Adeline Dr., Burlingame, CA 94010 (Ph. 415/343-3778) for further information on this series of meets. PLEASE SEND US INFORMATION ON ALL-COMERS MEETS IN YOUR AREA THIS WINTER!!

## 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, CA 93105, for SoCal; Don Jacobs, Box 23146, Tigard, Ore. 97223, for Oregon and the Pacific Northwest. -- Since Steve Lund has resigned as Race Walking Chairman, we don't know if there has been any replacement, and we've only been getting smatterings of schedules and results. You walkers out there...help us out and send in results & any other information you may have. Anyone still printing the Walking Report?

- Dec 2 - PA-AAU 20 Mile Walking Race (This may have been listed on the schedule wrong...no location was listed). See Nov. 25 (Pepsi 20-Miler) on the Long Distance Schedule for information on what we think this race should be.
- Dec 30 - PA-AAU 20 Kilo Walk (men) and 10 Kilo (women), S.F. State track, 10 am.
- Jan ?? - There may be some development walks at the All-Comers meets at College of San Mateo (or wherever they will be held if the resurfacing isn't completed)...Saturdays (see Track & Field Scheduling on previous page).

**PA-AAU Awarded Jr. National 5 Kilo:** The Pacific Ass'n came out on the short end at the AAU Convention when bids were put in for National Championships...primarily because the PA-AAU had no official race walking rep at the committee meeting. We were lucky as heck to even get this one as Jack Leydig (who dashed in to make a last minute bid after the long distance meeting was over for the morning) managed to watch the last part of the bidding (the spoils) & salvage one for the PA-AAU. Don't know who will be sponsoring this one...anyone interested should contact the PA Office (& let the NCCR know too). If anyone has a full list of the 1974 Championships, please send us a copy.

**Bentley Brothers Lead Sierra Race Walkers Sweep:** (Aug. 25, Beverly Hills) - Jim and Brad Bentley led the Sierra Race Walkers to a perfect score of 6 in the Jr. Natl. 5 Kilo, with teammate Bryan Snazelle picking up third. Jerry Lansing, Marin County walker now attending Westmont College, was sixth, but admittedly very out of shape. (1) Jim Bentley, Jr. (SRW) 25:35.2, (2) Brad Bentley, Jr. (SRW) 26:19.0, (3) Bryan Snazelle (SRW) 27:26.0, (4) Mark Randle (Northridge) 28:42.2, (5) Paul Schofield (UCLA) 29:00.0, (6) Jerry Lansing (Westmont) 30:18.0.

**Ranney Edged at Santa Monica 15 Kilo:** (Sept. 1, Santa Monica) - Bill Ranney finished a close second (3.6 seconds) to Larry Walker in the Sports and Arts Festival 15 Kilo here, recording a 1:11:42. (1) Walker 1:11:38.4, (2) Ranney (Un) 1:11:42, (3) Ed Bouldin (BHS) 1:15:01, (4) Dennis Reilly 1:17:32, (5) Bob Bowman (BHS) 1:20:16. /Runner's World/

**Duran Takes Caledonian Games 5 Kilo:** (Sept. 2, Santa Rosa) - Only three walkers competed here, doing their thing around a horse racing track before a large crowd at the annual Scottish Caledonian Games. Roger Duran of West Valley TC won by a 20 second margin over Charles Bennaroch, who was stung on the head by an angry bee early in the race. (1) Duran (WVTC) 25:13, (2) Bennaroch (Un) 25:33, (3) Carl Worrel (L.A.) 28:41. /Duran/

**Ranney Second, West Valley TC Third in AAU 35 Kilo:** (Sept. 22, Green Lake, Seattle, Wash.) - John Knifton scored a fairly easy triumph over Bill Ranney in the Natl. AAU 35 Kilo Championships here in 55-degree temperatures and rain. Knifton's 3:00:30 was almost 2-1/2 minutes up on Ranney. Jim Bean, now living in the Pacific Northwest, got third, and Wayne Glusker of West Valley TC led his team to a third place finish in the team standings. (1) Knifton (NYAC) 3:00:30.8, (2) Ranney (Un) 3:03:53, (3) Bean (Monmouth TC, Ore) 3:10:38, (4) Bob Bowman (BHS) 3:14:55, (5) Glusker (WVTC) 3:17:40, (6) Bob Rosenkrantz (Snohomish TC) 3:20:37, (7) Al Rothenbacher (Un) 3:31:06, (8) Dick Arkley (STC) 3:33:20, (9) Steve Tyrer (MTC) 3:35:25, (10) Chuck Hunter (Un) 3:35:27, (11) Manny Adriano (WVTC) 3:39:30, ...Phil Mooers (WVTC) nt (Phil, please send us your place and time if you know them, thanks). **Teams:** (1) Monmouth TC 11, (2) Snohomish TC 16, (3) West Valley TC 18. /Wayne Glusker/

**Glusker Edged at Blue Angels 10 Kilo:** (Oct. 6, Los Angeles) - Traveling a long way from home for the second time in two weeks, West Valley TC's squad, led by Wayne Glusker, lost the team title to the Beverly Hills Striders by a mere point. Don DeNoon and the Blue Angels TC put this race together which saw Ed Bouldin almost blow his 90-second lead that he had at 7 km. to Wayne Glusker. At the finish it was only a 2-second margin. Manny Adriano of WVTC copped third place, and teammate Phil Mooers,

now 56 years old, took a strong ninth in a field of 18 finishers. (1) Bouldin (BHS) 48:53, (2) Glusker (WVTC) 48:55, (3) Adriano (WVTC) 50:59, (4) Brian Overton (BHS) 54:40, (5) Bob Hickey 56:05... (9) Mooers (WVTC) 61:03. /Wayne Glusker/

**Lugano Walking Cup:** (Oct. 12, Lugano, Italy) - 20km: (1) Reimann (EG) 1:29:31, (2) Stadtmueller (EG) 1:29:36, (3) Laird (NYAC) 1:30:45... (7) Scully (Shore AC) 1:32:23.6, (14) Brown (ColoTC) 1:34:05, (27) Ranney (Un) 1:39:11. 50km: (1) Kannenberg (WG) 3:56:50.7, (2) Bartsch (USSR) 3:57:10, (3) Hohne (EG) 3:57:25.2... (14) Knifton (NYAC) 4:16:48.6, (20) Godwin (ColoTC) 4:23:48.2, (24) Weigle (ColoTC) 4:28:40.2, (25) Kitchen (Un) 4:29:38.8. /Track Newsletter/

**Glusker Easy Winner at Columbus Day Races:** (Oct. 14, Oakland) - A sparse turnout of only three walkers was disappointing to those who did compete (perhaps it might have been because of the scheduling change...does anyone know if there was a walk the week before?). The walk was held in conjunction with the 10 Kilo running race (walk was 5 Kilo). (1) Wayne Glusker (WVTC) 24:30, (2) Manny Adriano (WVTC) 25:01, (3) Craig Ethier (Modesto) 30:30. /Wayne Glusker/

## CROSS COUNTRY RESULTS

**Long Beach XC Invit.:** (Sept. 15, Long Beach) - **Teams:** ELATC 61, Vanguard TC 71, Cal-St. Northridge & Cal-St. Long Beach 97, Fullerton 109, UC Davis 164, Beverly Hills Striders 198. (1) Fred Maier (Un) 24:21, (2) Tom Lux (Un) 24:22, (3) Dave White (CSF) 24:25, (4) Lou Patterson (VTC) 24:31, (5) Mike Wagenbach (ELATC) 24:32, (6) Miller (ELATC) 24:33, (7) Oswang (VTC) 24:35, (8) Reid Harter (SMTC) 24:39, (9) C. Smith (CSN) 24:43, (10) Lozano (Un) 24:44... (15) Harms (UCD) 25:07, (22) Sheehan (UCD) 25:17, (42) Martinez (UCD) 25:52, (45) McGrath (UCD) 25:57, (56) Gieser (UCD) 26:22. /John Sheehan/

**San Jose Cindergals Invit.:** (Sept. 15, Santa Clara) - **9/Under:** Cupertino 40, Appolossa 58, Roseville 85. (1) Stein (CY) 8:10, (2) Grijalva (SVTC) 8:15, (3) McKeen (USJ) 8:27, (4) Hintz (CY) 8:43, (5) Myall (SC) 8:46. **10-11:** Salinas 68, Roseville 76, Appolossa 84. (1) Bier (ATC) 9:29.4, (2) Choy (SVTC) 9:39, (3) Basquez (ATC) 9:40, (4) Whipple (CY) 9:42, (5) Greene (Un) 9:45. **12-13:** San Jose CG 53, RC Flyers 85, Cupertino 108, SJCG "B" 109. (1) C. Sakelarios (RCF) 11:26.3, (2) Bowers (SJC) 11:37, (3) Cobb (SVTC) 11:50, (4) Trason (SVTC) 11:52, (5) Peterson (SC) 12:02, (6) G. Sakelarios (RCF) 12:05, (7) S. Greenberg (SJC) 12:06, (8) L. Greenberg (SJC) 12:09, (9) Hansen (SVTC) 12:15, (10) Seibel (USJ) 12:23. **Open:** San Jose CG "A" 20, San Jose CG "B" 53, San Jose CG "C" 94, RC Flyers 135. (1) Graham (Un) 13:54, (2) Haberman (SJC) 14:09, (3) Anderson (SJC) 14:27, (4) Poor (SJC) 15:02, (5) Burns (SJC) 15:34, (6) Eberly (SJC) 15:41, (7) Guina (SJC) 15:51, (8) Slivkoff (SJC) 15:56, (9) Mears (SJC) 16:10, (10) Powell (SJC) 16:18. /Marge Powell/

**West Valley TC 23, Excelsior TC 32:** (Sept. 16, Lake Merced, SF) - 4.5 Miles on asphalt & dirt - (1) Hogan (WVTC) 22:37, (2) Darling (ETC) 22:55, (3) Reade (WVTC) 23:17, (4) McLean (WVTC) 23:47, (5) Leydig (WVTC) 23:50, (6) Conroy (ETC) 24:16, (7) Donahue (ETC) 24:50, (8) Cano (ETC) 25:30, (9) Knipe (ETC) 27:29, (10) McCullough (WVTC) 27:50. /Frank Donahue/

**Lynbrook Invit.:** (Sept. 21, Coyote Pk, San Jose) - **Varsity:** Lynbrook 28, Lick 48, Los Gatos 114, Branham 131, W.Glen 135.



SAN JOSE CITY COLLEGE WON THE CSM INVITATIONAL BY 60 POINTS AND HAS DEPTH TO SPARE. THE WINNING TEAM AT CSM WAS BRUCE RIDER, GARY SANCHEZ, GIL BROOKS, DEAN CHESNUT & STEVE BROOKS. /Marconi/



TONY SANDOVAL (LEADING) WON THE PAC-8 SOUTHERN DIVISION TITLE AND SET A STANFORD RECORD ON HIS HOME 6 MILE COURSE THIS SEASON. /Clark/



ST. FRANCIS HIGH SCHOOL FROSH, DAVE CORTEZ, IS EASILY THE BEST NINTH-GRADER IN NORTHERN CALIFORNIA THIS YEAR. HE RUNS VARSITY FOR HIS SCHOOL. /Steve Murdock/



SAN CARLOS HIGH SCHOOL JUNIOR, MITCH KINGERY, (CENTER) HAS RUN A 9:01 TWO-MILE THIS FALL, AND SET A RECORD 14:28 FOR THE TOUGH CRYSTAL SPRINGS THREE-MILE CIRCUIT IN BELMONT. /John Marconi/

1. Hulburd (Lyn) 13:49, 2. Schumaker (A) 13:54, 3. Kennedy (Lyn) 14:07, 4. Alvarado (JL) 14:09, 5. Knowles (Lyn) 14:12, 6. James (Mi) 14:17, 7. Messapelle (JL) 14:20, 8. Sur (Br) 14:24, 9. Midstokke (LG) 14:26, 10. Baker (W) 14:27. Frosh-Soph: Lynbrook 45, Los Gatos 65, James Lick 68, Westmont 85. 1. M. Early (Lyn) 14:57, 2. Pacheco (JL) 14:59, 3. McClure (LG) 15:00, 4. Castro (LG) 15:09, 5. Suzuki (Lyn) 15:21, 6. Ellis (MVs) 15:21, 7. Eberly (LG) 15:34, 8. Brown (MVs) 15:39, 9. Hyland (Lyn) 15:41, 10. Gaynor (Pr) 15:42. /Thornberg/

Mt. SAC Cross Country: (Sept. 22, Walnut) - 3.9 to 4.0 miles, quite hilly. 1. Scobey (BHS) 20:31, 2. Maier (BHS) 20:44, 3. Kurrle (BHS) 21:01, 4. Kelly (SCTC) 21:04, 5. Innes (UCLA) 21:15, 6. Boswell (UCLA) 21:30, 7. Schmuhrath 21:36, 8. Cox (BHS) 21:47, 9. Kushner (GWAA) 21:56, 10. Unknown. /B. Kelly/

Nevada XC Carnival: (Sept. 22, Reno) - 5.2 miles, 4500 feet. Nevada 34, Weber St. 42, Boise St. 64. 1. Yardley (WS) 24:38 (Old course record by Duffy (Nev) 24:48 in 1972), 2. Tibaduiza (N) 25:17, 3. Menet (N) 25:24, 4. Walker (B) 25:40, 5. Miller (WS) 25:44, 6. Lockman (B) 25:54, 7. Price (WS) 26:09, 8. Brown (N) 26:14, 9. Miller (SO) 26:23, 10. Gonzalez (N) 26:33. /Cook/

Leigh-Mt. Madonna XC Run: (Sept. 22, Mt. Madonna, Gilroy) - Varsity: Soquel 66, Leigh 77, Gilroy 104, Woodside 112. 1. Geiken (Cub) 12:49.6, 2. Danielson (Cup) 12:50, 3. McConnell (Soq) 13:02, 4. Morales (Gil) 13:06, 5. Marlowe (Gil) 13:11, 6. Ballard (Lei) 13:15, 7. Bettencourt (Gil) 13:18, 8. Miguez (Soq) 13:20, 9. Wood (Wd) 13:21, 10. Hastings (Cr) 13:26. Soph: Cupertino 73, Aptos 82, Leigh 95, Soquel 124. 1. Paulin (Cam) 13:30.2, 2. Cooper (Cam) 13:54, 3. Wright (Cup) 13:59, 4. Lowmiller (Sal) 14:07, 5. Dorado (NSal) 14:09. /Latimer, Marlowe/

College of San Mateo Beach Run: (Sept. 22, Half Moon Bay) - 4 miles - CSM 58, West Valley 72, Hancock 93, MP 105, Marin 108, Skyline 116. 1. Pelton (MP) 21:20, 2. Dieu (CSM) 21:34, 3. Morris (WV) 21:46, 4. Sweeney (Marin) 21:50, 5. McVeigh (Sky) 21:56, 6. Rios (CSM) 22:00, 7. Sommer (WV) 22:03, 8. Vogt (H) 22:06, 9. Dinno (WV) 22:07, 10. Tello (WV) 22:08, 11. Church (DA) 22:12, 12. Prows (F) 22:13, 13. Tubbs (H) 22:14, 14. Carvey (CSM) 22:17, 15. Killeen (Marin) 22:21. /Bob Rush/

Chico Invit.: (Sept. 29, Chico) - Varsity: Chico 51, Del Oro 63, Paradise 83. 1. Herndon (DO) 13:09, 2. Eastman (DO) 13:16, 3. Burch (Ch) 13:41, 4. Larsen (Ch) 13:44, 5. Lowe (DO) 13:47, 6. Erb (P) 13:48, 7. Proety (Tahoe/Truckee) 13:49. /Mark Payne/

Marysville Invit.: (Sept. 29, Marysville) - Varsity: Yuba City 25, Ponderosa 40. 1. Weaver (P) 17:50, 2. Bidosha (Y) 18:00, 3. Coulson (P) 18:12, 4. Williams (Y) 18:42, 5. Silva (Y) 18:47. /Mark Payne/

Frog Town Invit.: (Sept. 29, Angels Camp) - Varsity(Small): Vanden 16, Norte Del Rio 55, Christian Bros. 61, Grant 70. 1. Flores (KC) 15:27, 2. Bell (Alb) 16:03, 3. Stotts (V) 16:13, 4.

Groovley (KC) 16:17, 5. Wright (V) 16:30. (Large) Bella Vista 35, El Camino 106, Modesto 125. 1. Hart (Mod) 14:50, 2. Vargas (Mer) 14:58, 3. Casillas (Franklin) 14:59, 4. Mebust (BV) 15:18, 5. Thomas (BV) 15:29, 6. LaHolla (BV) 15:39, 7. White (SLTahoe) 15:40, 8. Gore (BV) 15:41, 9. Lawler (Berk) 15:55, 10. Sullivan (Tracy) 16:15. /Mark Payne/

UCLA Invit.: (Sept. 29, Westwood) - 6 Mi, 410 Yd. - 1. Wagenbach (ELATC) 32:04.5, 2. Jameson (Oxy/WVTC) 32:08, 3. Sybert (AIA) 32:35, 4. Young (CSLA) 32:46, 5. Miller (ELATC) 32:48, 6. Valentine (Un) 32:56, 7. Kushner (UCLA) 32:58, 8. Beck (UCLA) 33:01, 9. Innes (UCLA) 33:05, 10. Martinez (ELATC) 33:06.... 16. George (AIA) 33:37, 41. Price (AIA) 36:11. /Jameson/

Stanford Team Trials: (Sept. 29, Stanford) - 4.2 miles - 1. Sandoval (S) 20:09.8, 2. Dare (WVTC) 20:49, 3. Greer (LBS) 20:51, 4. T. Smith (AIA) 20:54, 5. McConnell (S) 20:57, 6. Belah (S) 21:02, 7. Huber (LBS) 21:04, 8. Phillips (LBS) 21:16, 9. Sommer (WVC) 21:18, 10. Crowley (S) 21:23. /M. Clark/

Davis/Humboldt/SF State: (Sept. 29, Davis) - 5 miles - 1. Smead (H) 24:29.5, 2. Harms (D) 24:45, 3. Elijah (H) 25:11, 4. Yeo (D) 25:14, 5. Sheehan (D) 25:18, 6. Martinez (D) 25:24, 7. McGrath (D) 25:32, 8. Anderson (H) 25:35, 9. Elias (H) 25:40, 10. Schelegle (D) 25:42. /Bill Adams, John Sheehan/

Sunnyvale Invit.: (Sept. 29, Sunnyvale) - Varsity: Lynbrook 61, Leigh 76, Fremont 119, Homestead 141. 1. Nahirny (Wash) 10:52, 2. Kennedy (Lyn) 11:12, 3. Fredrickson (Hom) 11:12, 4. Danielson (Cup) 11:12, 5. Hulburd (Lyn) 11:15, 6. DeBarr (Kenn,Rich) 11:24, 7. Rios (Wilc) 11:26, 8. Eger (Frmt) 11:29, 9. Orr (Lei) 11:35, 10. Knowles (Lyn) 11:38. Soph: Fremont 57, Homestead 92, Lynbrook 108, Cupertino 117. 1. Sanchez (Kenn,Rich) 12:01, 2. Baum (Hom) 12:08, 3. Reith (Frmt) 12:09, 4. Castro (LG) 12:10, 5. Wright (Cup) 12:11. /Joe Mangan, Fred Ertman/

Carlmont Invit.: (Oct. 1, Belmont) - Varsity: Carlmont 39, Overfelt 72, San Ramon 78, Riordan 94, Gunn 103, Los Altos 104. 1. Kissin (SR) 9:49, 2. Young (C) 9:59, 3. Schroyer (C) 10:00, 4. Emery (G) 10:04, 5. Uresti (O) 10:08, 6. Martinez (O) 10:18, 7. Krenn (R) 10:24, 8. Schratz (SR) 10:26, 9. Wernick (C) 10:26, 10. Allen (LA) 10:28.

Nevada Union Invit.: (Oct. 6, Grass Valley) - Varsity: Merced 35, Del Campo 83, Mira Loma 85, San Juan 87. 1. Vargas (Mer) 16:08, 2. Payne (Davis) 16:15, 3. Flores (ML) 16:16, 4. Bega (Mer) 16:17, 5. Hanson (DC) 16:19. /Mark Payne/

Cordova Invit.: (Oct. 6, Folsom) - Varsity: Highlands 37, Cordova 40, Jesuit 81, Sparks 147. 1. Weber (H) 14:49, 2. Baudendistel (H) 14:54, 3. Ringo (C) 14:57, 4. Lane (H) 15:04, 5. Sutherland (C) 15:06, 6. Yriarte (C) 15:12, 7. Capello (LS) 15:13, 8. Weed (Fol) 15:14, 9. Billington (C) 15:16, 10. Culbertson (J) 15:17. /Mark Payne/

S.S.F. Invit.: (Oct. 6, S.S.F.) - Varsity: Leigh 28, Westmoor 81, Menlo-Atherton 87. 1. Stock (L) 12:34, 2. Powell (O) 12:36, 3. Frederickson (Hom) 12:49, 4. Orr (L) 12:50, 5. Miller (W) 12:52, 6. Tengelsen (L) 13:01, 7. LaForge (O) 13:02, 8. Niedrauer (L) 13:05, 9. Hawkins (L) 13:07, 10. Hamilton (L) 13:12.

Chico Invit.: (Oct. 6, Chico) - 5 miles - Cal 26, Humboldt 37, Chico 103, San Jose 110, Davis 162. 1. Duffey (C) 24:36, 2. Smead (H) 24:36, 3. Hall (C) 24:53, 4. Elijah (H) 25:02, 5. Maxwell (C) 25:05, 6. Elias (H) 25:06, 7. Miller (SO) 25:07, 8. Johnson (C) 25:16, 9. Schmulewicz (C) 25:18, 10. Dean (C) 25:31, 11. Shuman (Ch) 25:35, 12. Owen (H) 25:38, 13. Cole (H) 25:38, 14. Krause (SJ) 25:40, 15. McCandless (SJ) 25:40. /B. Johnson/

Fresno St. Invit.: (Oct. 6, Fresno) - 6 miles - Nevada 29, Stanford 32, Fresno St. 67. - 1. Tibaduiza (N) 29:57, 2. Menet (N) 30:01, 3. Sandoval (S) 30:35, 4. Bellah (S) 31:16, 5. Lozano (CSN) 31:49, 6. Arthurholt (F) 31:50, 7. McConnell (S) 31:50, 8. Gonzales (N) 31:51, 9. A. Brown (S) 32:06, 10. E. Brown (N) 32:08, 11. Dagg (N) 32:10, 12. Schoenrock (S) 32:14. /M. Clark/

Artichoke Invit.: (Oct. 6, Half Moon Bay) - Vanden 60, De La Salle 65, St. Mary's 86, Albany 102. - 1. Kimball (DLS) 13:00, 2. Romero (SM) 13:56, 3. Bell (Alb) 13:57, 4. Lomax (Alb) 14:11, 5. Hill (HMB) 14:16, 6. Wright (V) 14:23, 7. Leduc (V) 14:30, 8. Stotts (V) 14:32, 9. Lindsey (SLV) 14:35, 10. McHugh (SM) 14:39. /Dick Calvin/

Golden Gate Park Invit.: (Oct. 6, San Francisco) - SJCC 45, Marin 133, Diablo Vly 141, Delta 161, American River 164, San Mateo 166, West Valley 185. - 1. Brooks (SJ) 20:46, 2. Quintana (Ch) 20:58, 3. Sommer (WV) 21:01, 4. Green (AR) 21:09, 5. Immethun (L) 21:16, 6. Chesnut (SJ) 21:17, 7. Buenrostro (D) 21:18, 8. Sanchez (SJ) 21:19, 9. Sweeney (M) 21:20, 10. Van Slyke (D) 21:24, 11. Betschart (Sac) 21:25, 12. Garza (COS) 21:27, 13. Anderson (DV) 21:29, 14. Morris (WV) 21:34, 15. Baird (Fr) 21:35, 16. G. Brooks (SJ) 21:40, 17. Mina (Ala) 21:42, 18. Robinson (L) 21:43, 19. Bigelow (SJ) 21:47, 20. Dieu (CSM) 21:48. /Bob Rush, Joe Taxiera/

Sonoma St. Invit.: (Oct. 6, Santa Rosa) - 5 miles (very hilly) - WVTC 16, Sonoma St. 48, RC Str. 124. - 1. Kerry Hogan & Jim Nuccio (WVTC) 26:00 (old CR 27:12, B. Johnson, 1972), 3. Seaver (WVTC) 26:11, 4. Polter (WVTC) 26:26, 5. Bunnell (S) 26:31, 6. Verhe (WVTC) 26:40, 7. Pintane (S) 26:43, 8. Zapata (WVTC) 26:49, 9. Mendoza (S) 26:57, 10. Leydig (WVTC) 27:38. /Lynde/

Center Meet: (Oct. 11, Belmont) - Varsity: Leigh 39, Carlmont 68, San Carlos 130, Los Altos 132, Gunn 149, Silver Creek 177. 1. Kingery (SC) 14:37 (CRcd), 2. Fritzke (L) 15:05, 3. Aguilar (SCr) 15:12, 4. Stock (L) 15:20, 5. Shroyer (C) 15:36, 6. Young (C) 15:36, 7. Emory (G) 15:45, 8. Wood (Wd) 15:51, 9. Tengelsen (L) 15:52, 10. Hull (MA) 15:52, 11. Orr (L) 15:55, 12. Lewellen (Wd) 16:05, 13. Neidrauer (L) 16:05, 14. O'Malley (C) 16:06, 15. Ballard (L) 16:08. Soph-Frosh: Leigh 38, Carlmont 67, Woodside 130, Andrew Hill 132, Mtn. View 147. - 1. Tripp (AH) 16:59, 2. Sullivan (L) 17:01, 3. Walker (C) 17:01, 4. Schmidt (L) 17:12, 5. Wernick (C) 17:20.

Folsom Invit.: (Oct. 13, Brown's Ravine) - Varsity (Large): 1. Hart (Mod) 16:45, 2. Sutherland (Cord) 17:02, 3. Mebust (BV) 17:03, 4. Weber (HglDs) 17:10, 5. Ringo (Cor) 17:15, 6. Flores

(ML) 17:18, 7. Payne (Davis) 17:20. (Small) 1. White (SLTahoe) 17:11, 2. Reid (SLTahoe) 17:16. /Mark Payne/

Del Mar Invit.: (Oct. 13, San Jose) - Varsity: Lynbrook 93, Fremont 94, Saratoga 98, Lick 114, Los Gatos 133, Wilcox 146. - 1. Nahirny (Wash) 10:21, 2. Gallahad (Nwk) 10:36, 3. Eger (Fre) 10:38, 4. Danielson (Cup) 10:43, 5. Rios (Wil) 10:47, 6. Mangan (Fre) 10:54, 7. Alvarado (JL) 10:56, 8. Kennedy (Lyn) 10:57, 9. Dowham (Sar) 10:59, 10. Sullivan (Sar) 11:03. Sophs: Lick 65, Cupertino 96, Washington 132. - 1. Martinez (Nwk) 11:14, 2. Wright (Cup) 11:16, 3. Borunda (JL) 11:18, 4. Dyer (Sar) 11:21, 5. Salazar (JL) 11:24. Frosh: Lynbrook 61, Cupertino 65. - 1. Eberly (LG) 11:27, 2. Reith (Fre) 11:28, 3. Russell (Blkfd) 11:46, 4. Stewart (Lyn) 11:49. /Joe Mangan/

Sacramento St. Invit.: (Oct. 13, Sacramento) - Open: Chico St. 32, WVTC 40, Stanford 122, UC Berk. 124. - 1. Nuccio (WV) 24:52, 2. Badgley (BVH) 25:20, 3. Price (Ch) 25:22, 4. McVay (Ch) 25:30, 5. Seaver (WV) 25:36, 6. Wood (Ch) 25:38, 7. Hogan (WV) 25:43, 8. Zapata (WV) 25:44, 9. Farnaciarri (Ch) 25:46, 10. West (Ch) 26:05, 11. Stordahl (IMAA) 26:06, 12. Silva (Ch) 26:10, 13. Smith (Ch) 26:13, 14. (???) 26:18, 15. Murphy (UC) 26:18, 16. McLean (S) 26:23, 17. Crowley (S) 26:28, 18. (???) 26:32, 19. Hernandez (WV) 26:32, 20. Vogt (GSR) 26:37. Masters: 1. Thornton (HSTC) 27:52, 2. O'Neil (SFOC) 27:53, 3. Blount (OPHIR) 29:24, 4. Koerner (NCSTC) 31:14, 5. Adams (Solano TC) 32:10. /Drummond, Zapata/

Cal-Aggie Invit.: (Oct. 13, Davis) - 5 miles - Davis 23, SJS 44, Fresno Pacific 85, Sonoma St. 114. - 1. Harms (D) 24:27.2 (splits--4:41, 9:31, 14:28, 19:28), 2. Martinez (D) 24:48, 3. Sheehan (D) 25:01, 4. Anderson (Hayd) 25:09, 5. Krause (SJS) 25:15, 6. Wells (Un) 25:15, 7. McCandless (SJS) 25:21, 8. Gruber (SJS) 25:30, 9. Gieser (D) 25:34, 10. Yeo (D) 25:39, 11. Hobbs (D) 25:40, 12. Schelegle (D) 25:41, 13. Hurst (SJS) 25:42, 14. (???) 25:43, 15. Urias (FP) 25:44, 16. Reynoso (D) 25:46, 17. Schilling (SJS) 25:57, 18. Prowell (SJS) 25:59, 19. Lennemann (FP) 26:01, 20. Cox (FP) 26:02, 21. Haver (AIA) 26:07. /Bill Adams, John Sheehan/

CSM Invit.: (Oct. 13, Belmont) - 4.2 miles - SJCC 41, West Valley 101, Delta 113, CSM 130, Marin 143. - 1. S. Brooks (SJ) 20:51.1, 2. Sommer (WV) 21:07, 3. Green (AR) 21:18, 4. Chesnut (SJ) 21:21, 5. Buenrostro (D) 21:23, 6. G. Brooks (SJ) 21:25, 7. Betschart (Sac) 21:26, 8. Sweeney (M) 21:27, 9. Morris (WV) 21:30, 10. Van Slyke (D) 21:31, 11. Tello (WV) 21:39, 12. Prows (F) 21:40, 13. Sanchez (SJ) 21:46, 14. Barney (CSM) 21:50, 15. Baird (FCC) 22:00. (Small) Cabrillo 65, Hancock 68, Consumnes 90, Skyline 93. - 1. De La Garza (Cab) 20:53.7, 2. Caputo (Las) 21:02, 3. Vogt (Han) 21:32, 4. Howard (Con) 21:41, 5. McVeigh (Sky) 21:45, 6. Fitzgerald (Cab) 21:53, 7. Tubbs (Han) 21:59, 8. Kitz (Con) 22:06, 9. Schug (Sky) 22:10, 10. Hernandez (Reed) 22:15, 11. Magallanes (MPC) 22:16, 12. Mina (Al) 22:18. /Baer/

Four-Way Meet @ Stanford: (Oct. 20, Stanford) - 6 miles - Cal 38, Stanford 51, WVTC 54, SJS 67. - 1. Sandoval (S) 29:03.0, 2. Hogan (WV) 29:33, 3. Maxwell (C) 29:35, 4. Bellah (S) 29:40, 5. Duffey (C) 29:54, 6. Hall (C) 30:05, 7. Verhe (WV) 30:10, 8. Johnson (C) 30:14, 9. Gruber (SJ) 30:16, 10. Krause (SJ) 30:17, 11. Dare (WV) 30:22, 12. McConnell (S) 30:24, 13. (??-SJ) 30:36, 14. Prowell (SJ) 30:38, 15. Seaver (WV) 30:42, 16. Crowley (S) 30:44, 17. Smith (C) 30:47, 18. Ebert (SJ) 30:52, 19. McCandless (SJ) 30:57, 20. Boutin (S) 30:59. /Marshall Clark/



(LEFT) UC DAVIS' PEANUT HARMS AND WVTC'S JIM NUCCIO TOOK THE CAL-AGGIE INVIT. AND SACRAMENTO INVIT., RESPECTIVELY. /Marconi/ (CENTER) THE BEAUTY OF A CROSS COUNTRY RUN ON WINDING COW PATHS...WHO & WHERE IS IT?? /Beinhorn/ (RIGHT) MARY BOITANO AND BETTY ADAMS SHOW THAT MIDDLE-AGE WOMEN CAN ENJOY THE SPORT TOO. /Beinhorn/



## ROAD RACE RESULTS

Davis 23, Sac-St. 46, Hayward 71: (Oct. 20, Davis) - 5 miles -  
1. Harms (D) 24:24.4, 2. Furey (S) 24:38, 3. Martinez (D) 25:07,  
4. Sheehan (D) 25:09, 5. Anderson (H) 25:17, 6. Flores (S) 25:25,  
7. McGrath (D) 25:37, 8. Wells (D) 25:41. /John Sheehan/

Del Oro Invit.: (Oct. 20, Loomis) - Varsity: Elk Grove 50, Del  
Campo 53, Del Oro 73, Placer 81, Tahoe-Truckee 120. - 2.8 Mi. -  
1. Garrett (EG) 15:34, 2. Hanson (DC) 15:53, 3. Hearndon (DO)  
16:04, 4. Souza (EG) 16:13, 5. Harris (Pl) 16:14. /Mark Payne/

Rio Linda Invit.: (Oct. 20, Gibson Ranch) - Large School: High-  
lands 41, Bella Vista 76, Mira Loma 84, San Juan 88, El Camino  
107. - 1. Baudendistel (H) 15:41, 2. Thomas (BV) 15:43, 3. Payne  
(Davis) 15:45, 4. Deis (SJ) 15:46, 5. Mebust (BV) 15:51. Small  
School: Jesuit 26, S. Lake Tahoe 47, Vanden 77. - 1. Fenstra (J)  
15:57, 2. Reid (SLT) 16:00, 3. White (SLT) 16:16, 4. Wulff (J)  
16:24, 5. Tucker (EU, Manteca) 16:32. /Mark Payne/

Center Meet: (Oct. 25, Belmont) - Varsity: Leigh 53, Carlmont  
91, St. Francis 140, San Carlos 231, Los Altos 234, Homestead  
236, Silver Crk 240, Lick 247, Mt. Pleasant 250. - 1. Kingery  
(SC) 14:28 (CR), 2. Fritzke (L) 14:51, 3. Stock (L) 15:04, 4.  
Emory (G) 15:05, 5. Young (C) 15:17, 6. Powell (Oc) 15:19, 7.  
Aguilar (SCr) 15:20, 8. Frederickson (Ho) 15:26, 9. Kasser (SF)  
15:28, 10. Leelyn (Wo) 15:30, 11. Orr (L) 15:31, 12. Eger (Fre)  
15:32, 13. Shroyer (C) 15:33, 14. LaForge (Oc) 15:34, 15. Hull  
(MA) 15:34, 16. Sandretti (STC) 15:35, 17. Danielson (Cup)  
15:37, 18. Cortez (SF, frosh) 15:42, 19. Tengelsen (L) 15:44,  
20. Niedrauer (L) 15:47. Soph: San Mateo 71, Homestead 87, Carl-  
mont 110, St. Francis 124. - 1. McMeans (SM) 16:27, 2. Baum (Ho)  
16:33, 3. Corey (SM) 16:35, 4. Morrissey (SI) 16:41, 5. Tripp  
(AH) 16:42. Frosh: 1. Mandanis (C) 16:40, 2. Tambini (PH) 17:01,  
3. Kemp (Jord) 17:08, 4. Reynolds (SF) 17:12, 5. Suda (C) 17:18.

Pleasant Hill Invit.: (Oct. 27, Pleasant Hill) - Open: Nevada  
49, Fresno St. 49, USIU 68, WVTC 91, Westmont 106. - 5 miles -  
1. Menet (N) 23:58 (Record, old Rcd-24:25.2 by Hale, Whitworth,  
1971), 2. Fredricksson (USIU) 24:13, 3. Matthews (USIU) 24:55,  
4. Garcia (FS) 25:00, 5. Dunning (FS) 25:01, 6. Nuccio (WVTC)  
25:05, 7. Arthurholt (FS) 25:07, 8. Badgley (BVH) 25:10, 9. Gon-  
zales (N) 25:15, 10. Seaver (WVTC) 25:19, 11. Coss (West) 25:25,  
12. Brown (N) 25:27, 13. Dagg (N) 25:29, 14. Hall (N) 25:30,  
15. Brown (USIU) 25:33. Varsity(Large): Cordova 47, Merced 98,  
Jesuit 106, Watsonville 133, Ygnacio Vly 150. - 1. Hart (Mod)  
9:15.2, 2. De La Garza (Wat) 9:32, 3. Ringo (Cor) 9:38, 4. Var-  
gas (Mer) 9:38, 5. Vega (Mer) 9:40. (Medium): Mt. Diablo 66,  
Clayton Vly 121, Kennedy(Fre) 121, Mt. Pleasant 132, San Ramon  
137. - 1. Kissin (SR) 9:23.5, 2. Read (MSJ) 9:23.6, 3. Burroughs  
(DA) 9:31, 4. Casillas (Frnk) 9:38, 5. Emery (ClV) 9:40.  
(Small): Pleasant Hill 56, Lincoln(SJ) 83, DeLaSalle 128, Peta-  
luma 129, Campolindo 130. - 1. Kimball (DLS) 9:08.8 (Old Rcd.  
by Taylor - 9:13.7 in 1972), 2. Sisler (Pet) 9:38, 3. Montenegro  
(L) 9:40, 4. Svendsgaard (Pdmt) 9:40, 5. Adams (PH) 9:49.  
/Bob McGuire/

Pacific-8 Southern Division Meet: (Oct. 27, Stanford) - 6 Mi. -  
Cal 40, UCLA 53, Stanford 55, USC (Inc). - 1. Sandoval (S) 29:12,  
2. Innes (UCLA) 29:31, 3. Hall (C) 29:39, 4. Beck (UCLA) 29:43,  
5. Reilly (USC) 29:47, 6. Maxwell (C) 29:54, 7. Duffey (C) 30:00,  
8. Ritcherson (USC) 30:04, 9. Bellah (S) 30:10, 10. Kushner (UCLA)  
30:24, 11. Dean (C) 30:28, 12. McConnell (S) 30:34, 13. Johnson  
(C) 30:40, 14. Smith (C) 30:46, 15. Parietti (S-non-scoring)  
30:46. /Marshall Clark/

Pacific-8 Northern Division Meet: (Oct. 27, Corvallis) - 6 Mi. -  
Oregon 33, WSU 37, OSU 79, Wash. 80. - 1. Prefontaine (O) 29:15,  
2. Ngeno (WS) 29:16, 3. Murphy (WS) 29:35, 4. James (O) 29:49,  
5. Harper (WS) 30:06, 6. Hill (OS) 30:13, 7. Taylor (O) 30:19,  
8. Anderson (W) 30:24, 9. Williams (O) 30:24, 10. Amaya (OS)  
30:26, ...15. Hale (O) 30:43, 17. Tolleson (W) 30:45, 22. Rees  
(OS) 31:23, 23. Grubbs (O) 31:24, 31. Carey (OS) 32:51./Grubbs/

Camino Norte Championships: (Nov. 3, Belmont) - 4.2 miles - West  
Valley 54, Marin 56, Foothill 77, Santa Rosa 81. - 1. Sommer  
(WV) 20:44.1, 2. Sweeney (M) 21:04, 3. Morris (WV) 21:14, 4.  
Hart (F) 21:20, 5. Killeen (M) 21:29, 6. Mina (A) 21:43, 7.  
Prows (F) 21:49, 8. Dawson (SR) 21:51, 9. Church (DA) 21:52, 10.  
Burnett (DA) 21:53.

Coast Conference Championships: (Nov. 3, Belmont) - 4.2 miles -  
Cabrillo 30, Skyline 45, Mont. Pen. 61, Ohlone 114. - 1. De La  
Garza (Cab) 20:21.9 (Rcd, Old mark 20:39 by S. Brooks, SJCC),  
2. Pelton (MP) 21:01, 3. McVeigh (Sky) 21:12, 4. Fitzgerald (Cab)  
21:12, 5. Magallanes (MP) 21:31.

50 Mile Track Run: (July 13, San Jose) - We somehow never re-  
ported this event, although it was held in conjunction with  
the Runner's World 24-Hour Relay (in last issue). A total of  
nine individuals started the run, but only two weathered the  
200 laps of agony, dodging all the sprinters that were running  
allout miles and slowly dying in the process. Anyhow, Bill Mc-  
Cray (23) managed to just get under 7 hours with a 6:57:25, and  
Walt Stack (whom I don't remember ever quitting a race), who is  
a young 65 years of age, managed a very commendable 8:05:27,  
which I think is a personal best. /Runner's World/

Redwood Empire Marathon: (Aug. 4, Arcata) - Although the race  
was not sanctioned by the AAU because of a schedule conflict  
with the Ocean-to-Bay Marathon, 23 runners finished the race  
anyway & the race was run as an RRC event (which doesn't need  
sanction since it's a closed event held by an allied body).  
Humboldt State soph, Mark Elias, ran a PR by over 10 minutes  
and held off the closing challenge of Terry Pintane of Valley  
of the Moon TC (Santa Rosa), who moved from fifth to second in  
the last ten miles. His 2:32:06 was good enough for a safe mar-  
gin of victory. The sun came out after about two hours and had  
a definite weathering effect on runners. Bill Rogers of Arcata  
edged out Paul Reese for top senior of the day, with George  
Crandell and Lenny Escarda tying it up for third in that cate-  
gory. Irene Rudolf ran a great 3:29:10 effort in finishing  
18th overall among the 28 starters. She beat teammate Gail  
Gustafson (4:06:40) quite handily in the process, and she was  
the only other woman finisher. 1. Elias (HSU) 2:32:06, 2. Pin-  
tane (VOMTC) 2:34:44, 3. Labrie (SRRC) 2:37:22, 4. Cole (HSU)  
2:41:18, 5. Moore (LVRC) 2:54:53, 6. Citerella (Concord)  
2:56:21, 7. Rocha (Eureka) 3:05:18, 8. Rogers (Arcata) 3:08:03,  
9. Reese (NCSTC) 3:09:15, 10. Bruhm (Chico) 3:09:15, 11. Cran-  
dell (SRRC) 3:13:21, 12. Escarda (SRRC) 3:13:21, 13. Reinhardt  
(NCSTC) 3:13:37, 14. Ryon (LVRC) 3:14:37, 15. Gillette (Los Ga-  
tos) 3:17:41. /Dick Gilchrist, Jim Hunt/

Huntington Beach Distance Derby: (Aug. 4) - 10 miles - 1. Doug  
Schmenk (ELATC) 50:36 (Rcd), 2. Serna 51:30, 3. Sybert (AIA)  
51:37, 4. Ocana 52:19, 5. Kurrle (BHS) 52:54, 6. Reilley 53:42,  
7. Viljoen (S.Africa) 54:07, 8. Harter (SMTC) 54:18./Brennan/

Hanson Dam Run: (Aug. 19, So-Cal) - 10 miles - 1. Jon Suther-  
land (Un/CSN) 54:57, 2. Hanson (Un) 56:18, 3. Norton 56:39, 4.  
Croad 57:24, 5. Surnan 57:33. /John Brennan/

College of the Canyons 10 Kilo: (Aug. 23, Valencia) - 1. Bill  
Scobey (BHS) 33:16, 2. Babiracki (BYU) 35:00, 3. Miller (Un)  
35:19, 4. Schmickrath 35:42, 5. King 36:26. /John Brennan/

Santa Monica Marathon: (Aug. 26, Santa Monica) - Fairly hilly.  
1. Bill Scobey (BHS) 2:24:12.7, 2. Ocana (ELATC) 2:36:09, 3.  
Alfaro (Un) 2:39:02, 4. P. O'Neil (PTC) 2:41:03, 5. Chaidea (Un)  
2:42:05, 6. Dulaney (Un) 2:44:33, 7. Baksh (Un) 2:47:20, 8.  
Rudberg (STC) 2:47:44, 9. Rodriguez (Un) 2:47:50, 10. Buzzell  
(UCLA) 2:48:43, ...17. R. Reynaga (HSTC) 2:52:41, 27. C. Day  
(Navy) 2:59:56, 29. B. McCray (GWTC) 3:00:32, 44. E. Dally (Na-  
val PGS) 3:11:08.

Emerald Hills Run: (Sept. 1, Redwood City) - You might be won-  
dering what these results are doing hidden away like this.  
Well, would you believe that the results were lost by the meet  
director? So, all we can give you is the top ten (no times)  
& a bit of other information. \*\*\* Shortly after the start of  
the race, an unscheduled freight train cut the pack into two  
parts--almost literally, as some runners just missed being hit  
in order to get across the tracks. Later on, the three leaders  
took a wrong turn at an unmarked Y-intersection (sounds like  
Culver City 1969, right Byron?)...that was Jim Dare, Wayne Badg-  
ley, and Jack Bellah. They never did get back on the right  
track and the race was won by Jon Sutherland. Ross Smith took  
senior honors over Bill Snavey and Gough Reinhardt, and Peggy  
Lyman, running her first race for WVTC, took apart all female  
competition. The 2nd thru 10th placers were: 2. Kingery (CWst),  
3. Aguilar (WVTC), 4. Anderson (WVTC), 5. Yeo (RCS), 6. Magal-  
lanes (WVTC), 7. Beardall (MAC), 8. Geiken (RCS), 9. Horn, 10.  
Preston (WVTC). West Valley won the team title. /Mike Ipsen/

Hume Lake Run: (Sept. 1) - 10 Kilos - 1. Mike Denny (Merced TC)  
33:02, 2. W. Van Dellen (HSTC) 33:10, 3. Swift (Phaethon) 34:03,  
4. Rees (FlySq) 34:21, 5. Hartig (HSTC) 34:26, 6. Cerankowski  
(MTC) 34:35, 7. Pendleton (Phae) 34:46, 8. Garza (HSTC) 35:09,  
9. Tharp (WVTC) 35:41, 10. Lung (Phae) 35:53, 11. L. Thornton  
(HSTC-42) 36:06. 5 Kilos HS - 1. Grieco (Phae) 17:15, 2. Borec  
(Phae) 17:23, 3. Southwick (HSTC) 17:47. /Bill Flodberg/

Jim Bowles Second in AAU 50 Kilo: (Sept. 2, Bennington, Vermont) - West Valley TC's Jim Bowles, now living in Troy, New York, got off his job as a mailtruck unloader (is that your job title Jim?) at 6 am and promptly drove to the National AAU 50 Kilo Championships, just across the border in Vermont. The weather turned out to be hot (90°) and humid, much like Sacramento, where he'd been living for the past few years. After running very slowly at the start, he moved up strongly, but fell short of the winner by about 2-1/2 minutes, thus missing a trip to the London-Brighton Race in England. Boston AA's Max White won the race and the trip with a good 3:19:17.4 under the conditions (hilly course too I understand). Jim was 3:21:41.8. Following him were Ed Walkowitz (3:26:24), Bennett Gershman (3:26:43), Clayton Bristol (3:28:26), Ralph Thomas (3:32:18), Vince Chiappetta (40) (3:34:28), Jim McDonagh (49) 3:35:02, Ted Corbitt (53) (3:40:00), and Peter Kuchinski (3:40:56), to round out the top 10. /Joe Kleinerman/

Santa Monica Sports Festival Run: (Sept. 2, Santa Monica) - 6.1 miles - 1. Jim Schankel (High School) 30:50, 2. Bill Scobey (BHS) 31:05, 3. Harter (SMTC) 31:18, 4. Kennedy (BHS) 31:28, 5. H. Miller (ELATC) 31:38, 6. Chambliss (SBAA) 32:05, 7. Cox (Un) 32:13, 8. Phil Ryan (GWAA) 32:20, 9. Schmickrath 32:21, 10. Edwards (Un) 32:41, ...86. McCray (GWTC) 38:33. /John Brennan/

Mt. Baldy Climb: (Sept. 3, Mt. Baldy) - 8 miles - 1. Chuck Smead (SBAA) 66:00, 2. Ting 70:56, 3. B. Croad (Un) 71:30, 4. Alan Haas (GWAA) 72:55, 5. G. Croad 74:26, ...7. Maury Greer (ex-SJS) 75:35, 33. Bill McCray (GWTC) 90:35. /John Brennan/

Will Rogers 15 Kilo: (Sept. 8, So-Cal) - 9.3 miles, tough hills - 1. Chuck Smead (SBAA) 48:53 (Rcd., old mark more than 1 minute slower by G. Tomczak in 1972), 2. Scobey (BHS) 49:22, 3. P. Ryan (GWAA) 50:25, 4. Davis (Un) 50:43, 5. Patterson (Un) 50:47, 6. Cox (BHS) 51:18, 7. Chambliss (SBAA) 51:40, 8. Schmickrath (GWAA) 51:55, 9. L. Ryan (GWAA) 52:10, 10. Al Haas (GWAA) 52:22, ...25. Mundle (40+, SMTC) 56:20, 64. McCray (GWTC) 63:41. The Golden West AA edged the BH Striders, 26-37. /Wes Alderson/

San Martin Road Runs: (Sept. 16, San Martin) - 6.28 miles - 1. Stacy Hanoum 34:06, 2. Parades 35:19, 3. Morales 36:25, 4. Bettencourt 37:05, 5. Marlowe 37:14. 2.2 miles - 1. Jay Marlowe, J.B. Bettencourt, Jessie Morales 12:37.5. /Bill Flodberg/

Lake Merritt All-Comers XC Runs: (Sept. 16, Oakland) - 5 kilo - 1. Ron Wayne (Oregon TC) 14:54, 2. Greg Hall (Cal) 14:58, 3. Lester Mina (Alameda TC) 15:14, 4. Joe Taxiera (Alameda TC) 15:15. /Joe Taxiera/

Equinox Marathon: (Sept. 22, Fairbanks, Alaska) - Chris Haines conquered the 3-hour mark for this very rugged run, clocking a good 2:58:19 to easily best Will Whiton who did 3:11:59. The next three finishers were Bob Mielke 3:23:38, Evan Smith 3:29:25, and Dan Ryan 3:30:32. Actually someone ducked in between 2nd & 3rd (a high schooler), but we failed to receive that division sheet when we got the results. Checking Runner's World Magazine, I find it was Forrest May in 3:12:24. However, perhaps the greatest achievement was that of 55-year-old Marcie Trent, who topped all other women by clocking a 4:15:22, some 3-1/2 minutes up on Betsy Haines (4:18:54), who won the girls division quite handily. /John Trent/

Clear Lake Biathlon: (Sept. 22, Clear Lake) - A run and swim and climb, consisting of: a 7-mile run, 3-mile swim, 3,000-foot climb & descent, 3-mile swim...in that order. The winner was a Naval Lt. (j.g.) stationed at the US Naval Amphibious Base in San Diego. His name is Peter Toennies, and he clocked a total elapsed time of 4:27 (no seconds given on any times). Second was a 16-year-old from Sacramento; Harvey Cain, II, with an overall time of 4:51. He was one-minute ahead of the winner at the top of Mt. Konocti, but faded in the latter stages of this gruelling race. Andrew O'Leary of Encinitas was third in 4:56. The other five to complete the grind were: 4. Bill Yates (Santa Clara) 5:06, 5. Carl Yates 5:22, 6. Norman Cain 5:27, 7. Ed Friel (San Jose) 7:14, 8. Phil Cain 9:30. /Ben Giuliano/

Occidental Cross Country: (Sept. 22, Los Angeles) - 4.3 miles - 1. Bob O'Brien 22:11, 2. Ken Moffett (Oxy) 22:18, 3. G. Croad 22:46, 4. Chambliss (SBAA) 23:01, 5. Colley (SURR) 23:08, 6. Ling 23:24, ...12. C. Assumma (12-SURR) 24:15. /J. Brennan/

50-Mile Track Run: (Sept. 29, Santa Monica) - 1. Carlos Alfaro 6:15:26, 2. Bill McCray (GWTC) 6:23:09, 3. Tom Cory (CCAC) 6:27:50, 4. T. Clark 6:52:18, 5. Eileen Waters (SDTC) 7:05:31 (Women's World Best)...8 finishers. /Tom Sturak/

New Ways Invitational 10 Kilo: (Oct. 14, Chico) - 1. Pat Stordahl (IMAA) 32:57.9, 2. Mike Buzbee (NWAC) 33:13.8, 3. Dave Woods 33:22.1, 4. Kim Ellison 34:07.2, 5. Dave Chamnis 34:54. (70 finishers...only results available) /George Wright/

Beardall Third in AAU 50 Miler: (Nov. 3, New York City) - Marin AC's Darryl Beardall travelled all the way to New York to take a crack at the 50 mile title and came out third, losing to Ed Walkowitz (5:31:18) and Richard Warren (5:45:14). No other results are available at this date. Further details, if any can be obtained, will be included in next issue.



DON PICKETT WAS THE TOP SENIOR RUNNER AT THE DIPSEA WITH A 53:42. /Steve Murdock/

Dipsea First...Girl Wins! (Aug. 26, Mill Valley) - For the first time in the 63-year history of the famed 6.8 mile Dipsea Handicap Race, a member of the fair sex walked off with the first place award. Not only did 10-year-old Maryetta Boitano beat everyone to Stinson Beach, she did it by nearly a three-minute margin, recording the fastest winning time on record...a blistering 42:43 (no way any scratch runner could have come close, since Ron Elijah's 1971 course record is only 46:08!). With a 15-minute head start, that gave her a scratch time of 57:43.6, certainly a remarkable task for one so young. The 'kids' picked off four of the top six slots, as last year's winner, Maryetta's brother Mike, came in with a good margin of 20-seconds over third-placer Don Pickett, a 45-year-old with an 8-minute handicap. Don had been the overall winner in 1968, and had trained very hard all summer on the Dipsea Trail in an attempt at doing it again. His 53:42 scratch time was good enough to net him ninth best scratch time overall...not bad for an 'old man'. The scratch runners again had to contend with the impossible task of trying to catch the front runners, who are over-handicapped more each year it seems. The battle is usually lost early in the race, trying to push by hundreds of runners on the stairs in the first mile of the run. Ron Elijah, course record-holder, managed to record the best scratch time again (49:11), but it was more than 3 minutes off the standard. Nearest challenger was M.A. Millward, who was nearly 2 minutes back in 50:50. A group of runners in the 40-44 year bracket got held too long at the start and were penalized about 45 seconds...thus the senior standings here are not really accurate (scratch times) in that category & we won't count this race in our NCRR Point Ratings. The NorCal Seniors TC crammed their five scorers in the top 16 (Pickett, Peter Mattei, Bob Malain, Ralph Paffenbarger, Paul Reese) to easily take the team title for something like three or four years in a row now. Top scratch runner Elijah could do no better than 15th spot, to give you an idea of the unfairness of the handicap system. A total of 1135 runners, joggers, and hikers were recorded at the finish, the slowest one taking a bit over two hours. Below are listed (and on the opposite page) the top 120 finishers and their scratch times (handicap times in parentheses). Results are courtesy of Mill Valley Jaycees. Also...Mike Boitano & father John won the father-son award (2nd and 38th). Reportedly, Maryetta & her mother Mary won the mother-daughter title, but this is unofficial. The 40-44 group have stars\* below.

1 - Maryetta Boitano (15) (SERC)	57:43	4 - Tom Owen (13) (RC Striders)	58:44
2 - Mike Boitano (10) (SERC)	55:22	5 - Debbie Rudolph (15) (Lassen)	61:25
3 - Don Pickett (8) (NCSTC)	53:42	6 - Jim O'Neil (8) (SFOC)	54:42

7 - Peter Mattei (8) (NCSTC)	55:26	45 - Boyd Tarin (4) (Un)	57:43	83 - D.R. Rudolph (4) (Lassen TC)	60:25
8 - Bob Malain (8) (NCSTC)	55:32	46 - Jack Kirk (15) (Un)	68:53	84 - D.W. Allen (10) (Un)	66:28
9 - P.E. Kelly (8) (Dolphin Club)	55:35	47 - Rich Kimball (Alameda TC)	53:56	85 - J.A. Clever (5) (Un)	61:31
10 - Ralph Paffenbarger (10) (NCSTC)	57:49	48 - T.J. O'Brien (7) (Alam.TC)	*61:00	86 - D.M. Killeen (10) (Un)	66:33
11 - Darryl Beardall (5) (Marin AC)	52:53	49 - D.H. Pain (10) (Un)	64:12	87 - J.L. Sane (4) (Un)	60:44
12 - Owen Gorman (7) (Un)	*55:34	50 - John Satti (15) (NCSTC)	69:13	88 - Don MacIntosh (7) (Un)	*63:46
13 - Dave Cortez (4) (RC Striders)	52:48	51 - W.E. Mott (8) (SFOC)	62:22	89 - R.A. Martinez (10) (Un)	66:47
14 - Gil Tarin (7) (WVJS)	*55:52	52 - Ted Quintana (Un)	54:34	90 - A.C. Mellmer (8) (Un)	64:49
15 - Ron Elijah (Marin AC)	49:11	53 - Frank Harrison (8) (NCSTC)	62:40	91 - C.M. Gillette (5) (WVJS)	61:50
16 - Paul Reese (13) (NCSTC)	62:29	54 - H.G. Roenau (8) (Marin AC)	62:46	92 - J.L. Wright (15) (WVJS)	71:50
17 - M.J. Nagel (6) (Un)	55:45	55 - C.W. Seekins (13) (Un)	67:54	93 - A.T. Castro (8) (Un)	64:55
18 - Homer Latimer (4) (Un)	53:51	56 - Mike Coke (5) (Un)	59:58	94 - B.D. Hill (6) (Un)	62:58
19 - Mike Healy (7) (NVRC)	*56:56	57 - Matt Sommer (West Valley TC)	54:59	95 - R.A. Montenegro (Un)	57:02
20 - Ken Napier (7) (WVJS)	*57:07	58 - Mike Kasser (RC Striders)	55:11	96 - W.J. Swiatecki (8) (Un)	65:13
21 - Gene Fitzgerald (3) (Pamakids)	53:09	59 - John Sobier (7) (DSE)	*62:15	97 - J. Helton (6) (Un)	63:14
22 - Chuck Stagliano (4) (Un)	54:20	60 - R.O. Buxton (5) (Un)	60:18	98 - R.M. White (7) (Un)	*64:15
23 - M.A. Millward (Un)	50:50	61 - G.L. Griffin (Un)	55:25	99 - W.W. Holloway (1) (Un)	58:16
24 - Norman Bright (15) (Un)	66:00	62 - D.E. Fuller (Lassen TC)	55:26	100 - H.H. Jenkins (Un)	57:17
25 - A.M. Clark (15) (NCSTC)	66:08	63 - F. Evans (7) (NCSTC)	*62:27	101 - P.J. Cooper (6) (Un)	63:18
26 - D.J. Martinez (6) (Un)	57:12	64 - W.G. Oldham (5) (Un)	60:32	102 - S.D. Forsen (6) (Un)	63:25
27 - Flory Rodd (8) (Alameda TC)	59:15	65 - R.P. Bourbeau (5) (Un)	60:35	103 - M.B. Wolford (C.R. Track & Trail)	57:33
28 - S. Przybyszewski (Un)	51:18	66 - J.A. Berryessa (Un)	55:36	104 - Stu Ruth (5) (Pamakids)	62:34
29 - Jack Bellah (West Valley TC)	51:21	67 - B.S. Ritchie (6) (Un)	61:37	105 - B. Lee (13) (NCSTC)	70:39
30 - Bill Kirchner (7) (NCSTC)	*58:28	68 - Vance Koerner (8) (NCSTC)	63:39	106 - H.S. Limbert (3) (SERC)	60:47
31 - T.F. Killeen (4) (Un)	55:34	69 - N.G. Sakelarios (13) (Un)	68:42	107 - Bill Seaver (West Valley TC)	57:49
32 - Joan Ulliot (15) (UCMC)	66:56	70 - C.W. Keeling (15) (SFOC)	70:43	108 - Ernst Hayman (5) (Un)	62:58
33 - K.R. Searls (4) (Un)	60:03	71 - Ed Brown (West Valley TC)	55:43	109 - J.B. Mortimore (Un)	57:59
34 - W.T. Diaz (6) (Un)	58:11	72 - R.F. Martinez (4) (Un)	59:44	110 - Pete Dinno (West Valley TC)	58:00
35 - Jim Nicholson (7) (NCSTC)	*59:12	73 - John Brazinsky (5) (Un)	60:44	111 - John Tengelsen (West Valley TC)	58:02
36 - J.M. Miller (5) (Marin AC)	57:26	74 - Jack Gottsche (13) (DSE)	68:50	112 - M.C. O'Neil (8) (NCSTC)	66:05
37 - Dennis Teegarden (7) (NCSTC)	*59:27	75 - Vance Eberly (6) (Un)	61:54	113 - R.W. Lucas (6) (Un)	64:09
38 - John Boitano (10) (SERC)	62:30	76 - Phil Jaeger (7) (NVRC)	*63:00	114 - M.R. Healy (6) (NVRC)	64:12
39 - Domingo Tibaduiza (WVTC)	52:40	77 - S.M. Williams (6) (Un)	62:01	115 - D.N. Jaeger (6) (NVRC)	64:16
40 - J.J. Blank (6) (Un)	58:54	78 - Rich Van Slyke (Un)	56:01	116 - J.A. Smith (Alameda TC)	58:18
41 - Jim Allen (10) (NCSTC)	63:12	79 - R.T. Main (6) (Un)	62:02	117 - Dana Bialashewski (Un)	58:19
42 - Kent Guthrie (5) (Un)	58:27	80 - Dave Himmelberger (1) (WVTC)	57:03	118 - P.J. Allen (10) (Lassen TC)	68:20
43 - B.J. Paulin (4) (Un)	57:32	81 - R.G. Nielsen (5) (Un)	61:09	119 - R.E. Wallace (10) (Un)	68:23
44 - Ralph Blount (7) (Un)	*60:39	82 - Dave Stock (West Valley TC)	56:17	120 - S.S. Cramer (7) (Un)	*65:24



ALAMEDA XC CARNIVAL 3.6 MILE WINNERS, (LEFT TO RIGHT) GREG VALDEZ (2ND), CRAIG MACMAHON (1ST), AND CHRIS SAKELARIOS (1ST JR. GIRL) /Acamar Photo/



NATIONAL LONG DISTANCE RUNNING CHAIRMAN, BOB DECELLE, STARTS THE OPEN DIVISION OF THE ALAMEDA CROSS COUNTRY CARNIVAL (7.2 MILES). /Acamar Photo/

Stewart Nips Anderson in Alameda XC Festival: (Sept. 8, Alameda) - West Valley TC's 13:25 three-miler George Stewart, representing the U.S. Army, held off a determined challenge by teammate Dan Anderson to take a 3-second margin of victory in this 7.2 mile race (new course, 0.2 miles shorter), 37:12 to 37:15. Redwood City Strider Matt Yeo, a frosh at UC Davis, was all alone in third with a 37:52. West Valley won the team title, placing four of its top five in the first six places. Jim Shettler, just-turned-40, ran a super race to take senior honors with a seventh overall, besting Ross Smith by a minute. In the shorter 3.6 miler for women and juniors, 14-year-old Craig MacMahon took a 10-second victory over Greg Valdez, with Kevin Reynolds (12) in third.

Teri Johnson (22) ran a strong sixth overall, taking the women's title, and Chris Sakelarios got 16th place as the best junior girl. The Millbrae Lions TC took the women's team title. There were 111 finishers in the longer race, and 95 in the shortie. /J. Taxiera/

1 - George Stewart (Army/WVTC)	37:12	16 - Chuck Stagliano (DSE)	41:48	31 - James Carroll (Un)	43:42
2 - Dan Anderson (West Valley TC)	37:15	17 - Howard Banford (Un)	41:50	32 - Roger Lawler (Berkeley HS)	43:44
3 - Matt Yeo (Redwood City Str.)	37:52	18 - Bruce Rubin (New Haven TC)	41:53	33 - Tim Swezey (Un)	43:53
4 - Bill Seaver (West Valley TC)	38:44	19 - Kent Guthrie (Un)	41:57	34 - Stephen Bird (Un)	44:02
5 - Daryl Zapata (West Valley TC)	38:57	20 - Jack Leydig (West Valley TC)	42:03	35 - Gough Reinhardt (NCSTC)	44:05
6 - Bill Johnson (West Valley TC)	39:04	21 - Victor Garcia (Tennyson HS)	42:04	36 - Joe King, Sr. (Alameda TC)	44:12
7 - Jim Shettler (West Vly J&S)	39:20	22 - Dennis Teegarden (NCSTC)	42:10	37 - Steve Gray (Un)	44:17
8 - David Cortez (RC Striders)	40:02	23 - Lee Cohee (Florida TC)	42:27	38 - Mike Coke (Un)	44:23
9 - Ross Smith (West Valley J&S)	40:19	24 - Ed Jaynes (Bay Area Striders)	42:22	39 - Ray Orwig (West Valley TC)	44:24
10 - Jim Eastman (Gold Spike TC)	40:35	25 - Tom Plant (Un)	42:45	40 - Ron Evans (Un)	44:35
11 - Ron Ellis (Un)	40:40	26 - Bill Jensen (Un)	43:12	41 - Dan Harvey (Un)	44:39
12 - John Geer (Whittier Coll. AC)	41:22	27 - Steve O'Brien (San Bruno RD)	43:25	42 - Flory Rodd (Alameda TC)	44:43
13 - Jerry Ockerman (Un)	41:26	28 - Mike Martinez (Un)	43:33	43 - Paul Reese (NCSTC)	44:53
14 - Kent Mulkey (Alameda TC)	41:27	29 - Pat O'Malley (RC Striders)	43:40	44 - Patrick O'Connor (Un)	44:58
15 - Dan Keller (RC Striders)	41:41	30 - Lyn Walker (RC Striders)	43:41	45 - Rich Walters (Un)	45:00

1 - Craig MacMahon (Un) 20:40	9 - Tom Graycar (RC Striders) 21:27	17 - Phil Chaney (Pleasant Hill TC) 22:52
2 - Greg Valdez (Alameda TC) 20:50	10 - Keith Van Sicle (Alameda TC) 21:33	18 - Patrick Croft (Pleasant Hill TC) 23:04
3 - Kevin Reynolds (Pleasant Hill) 20:58	11 - Jim Blank (Pleasant Hill TC) 21:35	19 - Jim Hartinger (Pleasant Hill TC) 23:05
4 - Dan Martinez (Un) 21:04	12 - Phil Hamilton (Millbrae Lions) 21:56	20 - David Wilson (RC Striders) 23:08
5 - Gregory Mandanis (RC Striders) 21:05	13 - Richard Escobar (Millbrae L.) 21:57	21 - Birgitta Tenkortenaar (MLTC) 23:12
6 - Teri Johnson (Un) 21:14	14 - Tom Lucas (RC Flyers) 22:01	22 - Karen Salisbury (Un) 23:20
7 - Robert Martinez (RC Flyers) 21:16	15 - Chuck Himines (RC Striders) 22:19	23 - Dominique Carron (Millbrae L.) 23:22
8 - Tom Owen (RC Striders) 21:18	16 - Chris Sakelarios (RC Flyers) 22:24	24 - Georgia Sakelarios (RC Flyers) 23:37

Bob Bunnell Shatters Course Record at Double Dipsea: (Sept. 9, Mill Valley-Stinson Beach) - Marin AC's Bob Bunnell didn't have the handicappers to contend with (at least not the great numbers that are in the regular Dipsea), and this suited him fine as he proceeded to tear up Jose Cortez' 1970 course mark of 1:45:43 by nearly 2-1/2 minutes! His 1:43:16 clocking works out to a quick 51:38 average for each way, a one-way time that would've netted him fifth best scratch time this year in the regular Dipsea. But the real surprise was the runnerup spot, taken by Leigh High School coach, Homer Latimer (featured in last month's Coach's Corner column in the NCR), who managed a 1:47:08, way ahead of the next two finishers (scratch). Ten-year-old Tommy Owen of the Redwood City Striders ran perhaps the most amazing race of the day, however, as he recorded a 2:05:08 actual time and won the race on handicap by three full minutes over runnerup Latimer. This time beat such noted senior runners as Bob Malain, Jim Nicholson, and almost Flory Rodd. He came very close to many other great performers as well. Maryetta Boitano couldn't duplicate her Dipsea performance, but she did set a new women's record of 2:17:17, and came in tenth overall. Debra Rudolph (2:22:33) also turned in a very credible performance. Resurging Peter Mattei beat Don Pickett (Dipsea fast senior) by almost two minutes for over-40 honors. A total of 173 competitors managed the two-way, 13.6-mile jaunt. /Walt Stack/ \*(Actual times listed, with handicap in paren.)

1 - Tommy Owen (RC Striders)(30) 2:05:08	21 - Joe Mangan (WVTC) 1:56:59	41 - Ronald Peck (WVTC) (9) 2:12:49
2 - Homer Latimer (Un) (9) 1:47:08	22 - Kevin Searles (Un) (9) 2:06:30	42 - Jim Allen (DSE) (25) 2:29:07
3 - Ralph Paffenbarger (NCS)(25) 2:03:46	23 - Matt Dowling (Un) (9) 2:06:31	43 - Georgia Sakelarios (RCF)(30) 2:34:27
4 - Flory Rodd (Alameda TC) (25) 2:05:06	24 - Jerry Haslam (9) 2:06:43	44 - Carl Gillette (WVJS) (9) 2:13:51
5 - Peter Mattei (NCSTC) (20) 2:00:18	25 - Hans Roenau (Marin AC) (20) 2:18:40	45 - Charles Day (US Navy) (9) 2:14:44
6 - Don Pickett (NCSTC) (20) 2:02:05	26 - Tom Pinckard (NCSTC) (9) 2:08:08	46 - Donald Choi (Un) 2:05:09
7 - Bob Bunnell (Marin AC) 1:43:16	27 - Mark Millward (Un) (9) 2:08:07	47 - Daniel Martinez (RCS) (9) 2:14:59
8 - Bob Malain (NCSTC) (20) 2:05:15	28 - Richard Buxton (Un) (9) 2:08:11	48 - Karl Marschall (NCSTC) (20) 2:26:02
9 - Darryl Beardall (Marin AC)(9) 1:54:18	29 - Roger Major (SERC) (9) 2:09:00	49 - John Soubier (DSE) (15) 2:21:07
10 - Maryetta Boitano (SERC) (30) 2:17:17	30 - Michael Millward (Un) 2:00:27	50 - Tom Larson (MPAC) (9) 2:15:18
11 - Mike Healy (NVR) (15) 2:03:33	31 - Sal Citarella (9) 2:09:31	51 - Chris Sherwood (DSE) (9) 2:15:59
12 - David Cortez (RCS) (9) 1:58:28	32 - Thomas Pierce (Pama) (15) 2:16:09	52 - Gary Cisneros (Un) 2:07:08
13 - Dan Anderson (WVTC) 1:51:40	33 - John Satti (NCSTC) (30) 2:31:46	53 - Charles MacMahon (DSE) (20) 2:27:15
14 - Alex Aguilar (WVTC) 1:51:44	34 - Dan Rudolph (Un) (9) 2:11:16	54 - Henry Klassen (VOMTC) 2:07:39
15 - Debra Rudolph (Un) (30) 2:22:33	35 - Keith Campbell (WVJS) (20) 2:22:21	55 - Lewis Mayhem (SRC) (9) 2:17:15
16 - Lew Hoyt (NCSTC) (20) 2:13:42	36 - Fred Procht (Un) (9) 2:11:22	56 - John Neuhaus (Un) 2:08:54
17 - Francis Mason (Un) 1:54:17	37 - Rod Berry (9) 2:11:28	57 - William Kell (Pama) (9) 2:18:10
18 - Jim Nicholson (NCSTC) (15) 2:10:12	38 - Brian Ritchie (Un) (9) 2:11:40	58 - W.V. Swiateck (Un) (20) 2:29:11
19 - David Warren (Excelsior) (9) 2:05:24	39 - Walter Riddell (RTC) (25) 2:27:45	59 - Harry Ansleigh (Colfax RC) 2:09:32
20 - Steve Rummill (MPAC) (9) 2:05:49	40 - Phil Jaeger (NVR) (15) 2:18:15	60 - Jim Woodruff (Joggernaut)(20) 2:29:34



Brown & Griffin Tie at Lake Wildwood 10-Miler: (Sept. 15, Lake Wildwood) - Chico State's Tom Brown & Greg Griffin eclipsed Pat Stordahl's 1972 course record by 16 seconds as they tied it up at the Gold Spike TC's Lake Wildwood Run, near Grass Valley, clocking 56:08 over a very scenic course. The nearest competition came from Pat Finn of the Intermountain AA, whose 56:45 was three minutes ahead of the next finisher. Ross Smith of Reno also set a new record (for seniors) of 60:16, as did Mary Cortez of the Redwood City Striders with her 72:52. Smith beat Paul Reese, his closest competition, by nearly nine full minutes! Mary had almost as easy a time with Debbie Rudolph (75:35). Mark Burch of Chico bested Jim Eastman of the Gold Spike TC by a full minute to capture the high school division (61:57 to 62:57). A total of 45 runners completed the trek. The first 25 finishers were: 1. Brown (CS) 56:08, 2. (tie) Griffin (CS) 56:08, 3. Pat Finn (IMAA) 56:45, 4. Steve Williams (GSTC) 59:46, 5. Ross Smith (WVJS) 60:16, 6. Mickey Brodie (PHTFC) 61:34, 7. Mark Burch (IMAA) 61:57, 8. James Eastman (GSTC) 62:57, 9. Greg Tinloy (GSTC) 64:56, 10. Mark Nyguard (GSTC) 68:30, 11. Paul Reese (NCS) 69:04, 12. Steve Mansdorfer (GSTC) 69:15, 13. A.J. Underwood (Sac) 69:41, 14. Lee Fox (Solano TC) 69:56, 15. Dan Dickey (NCSTC) 71:26, 16. John Perkins (GSTC) 71:33, 17. Henry Morales (GSTC) 72:01, 18. Doug Renne (Citrus Hgts) 72:26, 19. Jim Walker (IMAA) 72:27, 20. Don Richey (Chico) 72:28, 21. Ben Varoz (WRR) 72:34, 22. Michael McIntyre (Sac) 72:48, 23. Mary Cortez (RCS) 72:52, 24. Pete Schoener (Sac) 73:03, 25. Walt Betschart (NCSTC) 74:23. /Nick Vogt/

Stewart Cracks Mejia Mark at PA-AAU 25 Kilo: (Sept. 15, San Francisco) - With all the good runners in Northern California, records don't usually last more than a year or two, but Alvaro Mejia's 1:20:26 clocking here had withstood challenges since 1969. However, today, under perfect overcast conditions and a fast early pace (15:40, 31:30, 47:40 for the first three 5K splits), West Valley's George Stewart dipped under that 4-year-old mark by 8 seconds. But ITA athlete Tom Laris, not competing officially because of his professional status, managed to run a scintillating 1:19:28 on the 5 loop circuit. Stewart, Laris, Brad Duffey, and Wayne Badgley forged the quick early running, with Duffey, Stewart, and finally Badgley, dropping off Laris' furious pace. At 20K, Tom had a 10-second advantage over Wayne, but the Big Valley Harrier president faded badly in the last 5K, being passed by Stewart, and almost getting caught by Phil Camp, who was never far out of the picture. A total of

BOB BUNNELL BROKE JOSE CORTEZ' 1970 DOUBLE DIPSEA MARK BY 2:27. /John Marconi/

21 runners cracked the 1:30 mark in the fastest mass finish ever on this course. West Valley defended its team title with 36 tallies to 96 for the Big Valley Harriers and 134 for the Pamakids. Ken Napier set a very fast early pace and held on for an excellent 1:28:21 to pace the senior field. Mike Healy did a 1:33:46 & Bill Snavely had 1:34:20 for the next two positions. Peggy Lyman proved herself strong against sub-3:20 marathoner Joan Ulyot as she recorded a good 1:46:51 to Joan's 1:48:10. A field of 128 started and 113 completed this championship run. /Jack Leydig/

1 - George Stewart (WVTC) 1:20:18	8 - John Caldwell (BVH) 1:24:13	15 - Gene Fitzgerald (Pamakid) 1:25:57
2 - Wayne Badgley (BVH) 1:20:59	9 - John Loeschhorn (WVTC) 1:24:29	16 - Frank Hagerty (BVH) 1:26:03
3 - Phil Camp (US Navy) 1:21:01	10 - Daryl Zapata (WVTC) 1:24:35	17 - Ken Napier (West Valley J&S) 1:28:21
4 - Ron Wayne (Oregon TC) 1:22:03	11 - Dan Anderson (WVTC) 1:24:42	18 - Bill Johnson (WVTC) 1:28:37
5 - Jim Dare (WVTC) 1:22:49	12 - Ken Scalmanini (Pamakids) 1:25:05	19 - Dave Cortez (RC Striders) 1:28:46
6 - Brad Duffey (Un/Cal) 1:23:05	13 - Bob Immethun (Alameda TC) 1:25:07	20 - Mike Maron (Santa Barbara AA) 1:29:12
7 - Matt Yeo (RC Striders) 1:23:23	14 - Mike Conroy (Excelsior TC) 1:25:41	21 - Stacy Geiken (RC Striders) 1:29:59

22 - Jerry Ockerman (Un)	1:30:41	35 - Bill Snavely (Un)	1:34:20	48 - Bob Hermens (Un)	1:38:54
23 - Bill Long (Pamakids)	1:31:01	36 - Bob Brownlee (Un)	1:34:22	49 - Walt Van Zant (WVJS)	1:39:04
24 - Paul Koski (Excelsior TC)	1:31:10	37 - Dave Warren (Excelsior TC)	1:34:30	50 - Lou Dougherty (Un)	1:39:24
25 - Dan Moore (Livermore Vly RC)	1:31:19	38 - Dieter Diekmeyer (BVH)	1:34:44	51 - Flory Rodd (Alameda TC)	1:39:40
26 - Dave Zumwalt (Un)	1:31:38	39 - John Comisky (Pamakids)	1:34:51	52 - Alex Monterrosa (Pamakids)	1:40:16
27 - Tim Wright (RC Striders)	1:31:57	40 - Jim Engle (Napa Valley RC)	1:35:17	53 - Lee Adams (Solano TC)	1:40:26
28 - Mike Eash (Excelsior TC)	1:32:03	41 - Lee Cohee (Florida TC)	1:35:47	54 - Sten Mawson (Fun Runners)	1:40:52
29 - John Ferguson (Stanford RC)	1:32:37	42 - John Landaker (Las Vegas TC)	1:36:45	55 - Lee Byrd (Pamakids)	1:41:07
30 - Unidentified Runner (No #)	1:32:46	43 - Darrell Jeong (Un)	1:37:09	56 - Pat Cunneen (Pamakids)	1:41:22
31 - Jeff Brody (West Valley TC)	1:32:48	44 - Dan Graham (SF Chuckers)	1:37:59	57 - Gough Reinhardt (NCSTC)	1:41:54
32 - Peter Collins (BV Harriers)	1:32:52	45 - Bill Jensen (Pamakids)	1:38:04	58 - Derl Crowder (Un)	1:42:25
33 - Ray White (Stanford RC)	1:33:23	46 - Jim Nicholson (NCSTC)	1:38:32	59 - Carl Martin (WVJS)	1:42:34
34 - Mike Healy (NCSTC)	1:33:46	47 - Steve Bailey (DSE)	1:38:46	60 - Peter Voelker (Un)	1:43:19



START OF THE PA-AAU 25 KILO CHAMPIONSHIPS, WHICH SAW ALVARO MEJIA'S FOUR-YEAR MARK SHATTERED, WITH 21 FINISHERS DIPPING UNDER 90 MINUTES. /John Marconi/

Harms Leads Aggies to Team Victory at Walnut Festival: (Sept. 23, Walnut Crk) - Dwayne (Peanut) Harms, representing the UC Davis Aggies, cruised to a 17-second victory on the 5.605 mile course that covers five tight loops with one "grabber" of a hill in the middle of each. His 28:02.8 was a course standard since this was the first year of the changed course. West Valley TC's Jim Nuccio, representing the Army in this race, was second in 28:20, followed by surprising teammate Dan Anderson with a 28:37. The Aggies upset defending champs WVTC in the team battle, 52-85. Alameda TC was third with 173. Sacramento City College edged Diablo Valley College, 140-164 for the JC title. Jim Shettler held off a wired Jim O'Neil to maintain a 13-second edge at the tape, 31:06 to 31:19, and Ken Napier was never in the race as he got a 32:16. Gail Wetzock was the only woman to run in the supposedly 'female-censored' men's open race. She finished 110th out of 146 finishers in 40:36. There were a lot of girls' races, but we don't have the results (someone please send for publication if you've got 'em). In the special 2-lap family race, Mike Healy took first in 12:29.2 & son Shannon was 13th (15:45), but the MacMahon's won the family title with father Charles (3rd) and son Bruce (6th) scoring 9 points to the Healy's 14. Top 10 in this race: 1. Healy 12:29.2, 2. Bob Ringo 12:48, 3. C. MacMahon 13:29, 4. Phil Baily 13:31, 5. Dave Gabor 13:46, 6. B. MacMahon 13:48, 7. Mike Bunds 14:16, 8. Art Pedeira 14:23, 9. Jim Salisbury 14:53, 10. David Anderson 15:06. In a special boys 13-18 race (3 laps), Kevin Searls came out on top with an 18:12.2 to easily top Jim Sane's 18:28. Rounding out the top 10: 3. Kevin Booth 18:29, 4. John Murcurio 18:31, 5. Greg Anderson 18:40, 6. Mike Wolford 19:09, 7. Joe Forman 19:31, 8. Mark Wolford 19:35, 9. Jeff Searls 20:06, 10. Vincent Ricevuto 20:22. /Andy MacCono/



GOING UP THE FIRST HILL (FIRST OF 5 LOOPS) AT THE WALNUT FESTIVAL'S NEW COURSE ARE (LEFT TO RIGHT): PHIL CAMP, JIM NUCCIO, PEANUT HARMS, DON MAKELA, JOE TAXIERA, AND RON ELIJAH. /John Marconi/

1 - Peanut Harms (Aggies)	28:03	21 - Joe Woods (Aggies)	30:57	41 - Kent Guthrie (Un)	32:50
2 - Jim Nuccio (Army/West Vly TC)	28:20	22 - Anthony Reynosa (Aggies)	31:01	42 - Jerry Ockerman (Un)	32:51
3 - Dan Anderson (West Valley TC)	28:37	23 - Lester Mina (Alameda TC)	31:02	43 - John Chrechrion (Aggies)	32:52
4 - Matt Yeo (RC Striders)	28:43	24 - Jim Shettler (West Vly J&S)	31:06	44 - Charles Poutasse (Aggies)	33:06
5 - Angelo Martinez (Alameda TC)	28:44	25 - Don Wells (Aggies)	31:08	45 - Mike Sweeney (Aggies)	33:18
6 - Phil Camp (US Navy)	28:53	26 - Jim O'Neil (SF Olympic Club)	31:19	46 - John Reilly (Aggies)	33:22
7 - Mike McGrath (San Diego TC)	29:02	27 - Peter Sota (Diablo Vly JC)	31:28	47 - David Wade (Un)	33:35
8 - John Sheehan (West Valley TC)	29:06	28 - David Lopez (Aggies)	31:30	48 - Ed Spolarich (Aggies)	33:37
9 - Andy Betschart (Sac'to City C)	29:28	29 - Garth Jenke (Aggies)	31:32	49 - Gary Montante (Un)	33:42
10 - Rich Chitwood (Aggies)	29:36	30 - Joe Taxiera (Alameda TC)	31:40	50 - Keith Ujita (Aggies)	33:47
11 - Bill Seaver (West Valley TC)	29:42	31 - Roger Stoddard (Sac'to City C)	31:45	51 - Michael Lamsa (Aggies)	33:53
12 - Ed Schelegle (Aggies)	29:43	32 - Steve Bass (Sac'to City Coll)	31:46	52 - Jacob Wechselbarger (Un)	34:12
13 - Perry Anderson (Diablo Vly JC)	29:53	33 - Tom Wendt (Aggies)	31:47	53 - Bill Hansen (Diablo Vly JC)	34:26
14 - Jack Leydig (West Valley TC)	30:08	34 - Charles Brockus (Aggies)	31:53	54 - Jim Nicholson (NCSTC)	34:30
15 - Grover Powell (San Jose St)	30:15	35 - David Boyet (Sac'to City Coll)	31:58	55 - Sal Citarella (Un)	34:33
16 - Robert Davis (Aggies)	30:20	36 - Ken Napier (West Vly J&S)	32:16	56 - Flory Rodd (Alameda TC)	34:43
17 - Dave Fuller (Pleasant Hill TF)	30:25	37 - John Geer (Whittier Coll)	32:32	57 - Olaf Van Ardenne (Un)	35:19
18 - James Van De Erve (Aggies)	30:28	38 - William Kipp (Sac'to City C)	32:33	58 - Lee Adams (Solano TC)	35:31
19 - Mike Kelly (Diablo Valley JC)	30:39	39 - Hal Mitchell (U. of Wash.)	32:34	59 - Patrick O'Connor (Un)	35:33
20 - Peter Marks (Aggies)	30:40	40 - Bruce Hildenbrand (Un)	32:37	60 - Bill Fishfader (Un)	35:34

Teri Anderson and Judy Graham Take Atalanta Victories: (Sept. 29, Fremont) - A very successful pair of women's long distance races saw 30 runners complete a 10 kilometer run, while a whopping 107 hit the tape in the 5 kilometer. The races, held in conjunction with the Marienda Grande Festival, was the third annual Fremont Atalanta. In the shorter race, Kansas-import Teri Anderson, now running with the San Jose Cindergals, took a 10-second margin of victory over teammate Estella Guina (16:53 to 17:03), with Dominique Carron of the Millbrae Lions taking a close third in 17:09. In the six-mile-plus event, San Jose's Judy Graham, running unattached, had little trouble winning in 35:55, but the big story was the second place finisher overall...Dipsea victor Maryetta Boitano, only 10 years old. Her 37:09 clocking works out to just under 6 minutes per mile!! Penny Reneau of Bridgeport was next in 37:16. Following are the top 25 in the shorter race, and top 15 in the longer one. Winners of divisions in each race are also listed. 5,000m: (9/U) Maggie Stein (CupY) 19:14; (10-11) Marian Franklin (MLTC) 17:56; (12-13) Maggie Knickrehm (Lompoc) 18:22; (14-15) Estella Guina (SJCG) 17:03; (16/Up) Teri Anderson (SJCG) 16:53; -1. Anderson 16:53, 2. Guina 17:09, 3. Dominique Carron (MLTC) 17:09, 4. Janet Burns (SJCG) 17:36, 5. Arleen Mears (SJCG) 17:39, 6. Birgitta Tenkortenaar (MLTC) 17:50, 7. Anne Slinkoff (SJCG) 17:51, 8. Franklin 17:56, 9. Cindy Tykeson (Lompoc) 17:58, 10. Karen Whipple (CupY) 18:05, 11. Sally Wider (SJCG) 18:15,

12. Knickrehm 18:22, 13. Colleen McManus (SJCG) 18:26, 14. Lisa Greenberg (SJCG) 18:27, 15. Melissa Steinle (SJCG) 18:28, 16. Anne Hamilton (MLTC) 18:30, 17. Ronell Powell (SJCG) 18:31, 18. Meredith Mills (MLTC) 18:31, 19. Chris Pool (Br) 18:33, 20. Tammy Reneau (Br) 18:34, 21. June Bonachic (SJCG) 18:38, 22. Kerri Marshall (Lompoc) 18:43, 23. Zeppi Long (SJCG) 18:45, 24. Diana Dimmick (SJCG) 18:45, 25. Janelle St. Clair (SJCG) 18:50. 10,000m: (13/U) Maryetta Boitano (SERC) 37:09; (14-17) Penny Reneau (Bridgeport) 37:16; (14-29) Judy Graham (Un) 35:55; (30-39) Joan Chambers (Un) 41:27; (40/Up) Carrol O'Conner (Un) 43:53; -1. Graham 35:55, 2. Boitano 37:09, 3. Reneau 37:16, 4. Chris Sakelarios (RCF) 38:10, 5. Robbie Lynn Reneau (Br) 38:14, 6. Karen Bain (Br) 39:36, 7. Jean Maier (DSE) 39:37, 8. Jody Cobb (SVTC) 39:44, 9. Ann Trason (SVTC) 39:45, 10. Jeannette Cotte (Un) 39:46, 11. Allison Hansen (SVTC) 39:59, 12. Amy Haberman (SJCG) 40:03, 13. Georgia Sakelarios (RCF) 40:13, 14. Suzi Greenberg (SJCG) 40:38, 15. Penny Tomei (Un) 40:50. /Fremont Pathfinder, Inc./



GEORGE STEWART RAN A SCINTILLATING 2:21:29 MARATHON AT NAPA./Shaughnessy/

Stewart Whips Field Soundly in Champagne Marathon: (Sept. 30, Napa) - With the PA-AAU 25 Kilo Championships under his belt from a few weeks before, West Valley TC's George Stewart, competing for the U.S. Army today, decided to try and go for a sub-2:20 marathon (sort of casual-like) on this newly certified course (pending on raceday). The temperatures had been around 90° all week, and even the day before, but someone must have realized that a few brains would fry while running a marathon in that heat...so, come race morn, you would never believe: OVERCAST & COOL. As a matter of fact, the sun didn't come out until just after the winner came through...in a PR by some 13 minutes, with a torrid 2:21:29. Passing 5 miles in about 27 minutes or thereabouts (the time-caller was about a minute-not-far-enough down the road...so adjust what you heard accordingly), the lead pack stayed together through 10 miles in 53:02 (Stewart, Jim Dare, Nick Vogt, and Tom Laris & Jack Leydig running unofficially). Vogt decided to call it quits there and stopped, while Leydig hung on until about 20 kilos, finally dropping out at 15 miles, about a minute behind the three leaders at 1:19:40 or so. Dare called it a day here too. Soon after, Laris began to fade badly, and from then on it was all Stewart. Fast-closing Daryl Zapata nearly caught Laris to get his first sub-2:30 effort, a fine 2:28:37 (Laris was just over 2:28). Mike Buzbee just got under with a 2:29:55 in third. Ross Smith ran his usual fine race, this time a 2:39:36 effort as top senior, after a blistering 54:40 for the first ten miles!! Three other seniors dipped under three hours: Ed Dally at 2:48:55, Flory Rodd at 2:57:53, and Jim Allen (over 50) in 2:59:24. The competition in that class was so tough, in fact, that 10th was 3:07. Joan Ulyot led the women with a near PR 3:17:29, followed closely by teammate Irene Rudolph (3:19:55) and Peggy Lyman (3:22:40), who both recorded bests. West Valley TC took the team title with 24 points (3 count). Dave Cortez, a 15-year-old frosh, ran unofficially for time and got a PR of 2:34:54, which would have placed him sixth. /Jim Engle/ --139 finishers--

1 - George Stewart (US Army/WVTC) 2:21:29	21 - Jim Engle (NVRC) 2:47:40	41 - David Chatfield (AFSC) 2:59:30
2 - Daryl Zapata (WVTC) 2:28:37	22 - Charles Day (US Navy) 2:48:22	42 - Pete Hanson (Colfax RC) 3:01:15
3 - Mike Buzbee (NewWays AC) 2:29:55	23 - Ed Dally (Naval Postgr. Sch) 2:48:55	43 - Milton Smith 3:01:15
4 - Homer Latimer (Un) 2:34:25	24 - Gary Chilton (Stanford RC) 2:49:43	44 - Jim Nicholson (NCSTC) 3:01:20
5 - Bob Darling (Excelsior TC) 2:34:40	25 - Norm Simon 2:50:57	45 - John Armstrong 3:01:35
6 - Mike Conroy (Excelsior TC) 2:35:24	26 - Michael Coke (Un) 2:51:00	46 - Lyn Walker 3:01:52
7 - Frank Krebs (Golden West TC) 2:38:25	27 - Dave Zumwalt (Un) 2:51:25	47 - Gerry Haslam 3:02:25
8 - Harold DeMoss (WVTC) 2:38:45	28 - Jack Hackmann (Un) 2:52:30	48 - Robert Gehl (DSE) 3:03:00
9 - Ross Smith (West Valley J&S) 2:39:36	29 - Don Choi (Un) 2:52:16	49 - Fred Wellman 3:03:12
10 - Bill Long (Pamakids) 2:41:03	30 - Dave Bruhn 2:53:26	50 - Ray White (Stanford RC) 3:03:20
11 - Jeff Wildfogel (Un) 2:41:40	31 - Mark Bureh 2:53:45	51 - Henry Morales 3:03:36
12 - John Loeschhorn (WVTC) 2:41:40	32 - Lou Daugherty 2:54:00	52 - Gough Reinhardt (NCSTC) 3:03:37
13 - Jeff Akard 2:41:50	33 - Harry Ainsleigh 2:54:28	53 - Harry Daniell 3:03:51
14 - Lee Cohee (Florida TC) 2:42:17	34 - Sal Citarella 2:54:57	54 - Jim Sweeney 3:05:16
15 - Tim Wright (RC Striders) 2:44:17	35 - Ragnar Thanning (Marin AC) 2:55:03	55 - Richard Ryan 3:06:18
16 - Gary Patrick 2:46:06	36 - Dick Croteau 2:56:35	56 - Kent Price 3:06:20
17 - Darrell Fitzgerald 2:46:07	37 - Flory Rodd (Alameda TC) 2:57:53	57 - Bill Daugherty 3:07:24
18 - John Ferguson (Stanford RC) 2:46:14	38 - Bill Lamb (West Valley TC) 2:58:22	58 - Ralph Paffenbarger (NCSTC) 3:07:28
19 - James Jacobs (WVTC) 2:46:28	39 - Alex Monterrosa (Pamakids) 2:59:12	59 - Joe Henderson (Un) 3:07:58
20 - Dan Moore (Livermore Vly RC) 2:46:57	40 - Jim Allen (DSE) 2:59:24	60 - John Perkins (Gold Spike TC) 3:10:49

Jim Dare, Dan Anderson In Lake Merritt Wins: (Oct. 14, Oakland) - The Columbus Day Races at Lake Merritt in Oakland were a big success as usual this year. The course was marked with orange traffic cones about 10 yards apart, all the way around the lake...hundreds and hundreds of 'em. It made even the thought of dodging a car unnecessary. In the one-lap affair (5 Km), Jim Dare easily disposed of his competition with a 14-second victory over Bill Seaver, as their 1-2 finish helped West Valley to an easy team title with 20 points. Ohlone College was a distant second with 78. Lilian Andrew was top female entrant with a 19:47 in 41st place, as Kathy Himmelberger was next (50th, 21:06). Catherine Smith completed the top three with her 21:40 in 53rd (115 finishers). It seemed as if all the seniors of note took the choice of the longer run (10 Km). Dan Anderson was the overall winner of that race by a full minute (Tom Laris ran unofficially and did about a 30:25). Jim Shettler won a showdown of the four top senior runners in the PA-AAU by downing teammate Ross Smith (32:53 to 33:31). Jim O'Neil was a close third at 33:44, with Ken Napier running a sub-par 34:29. The West Valley Joggers beat West Valley TC for the team title, 67-106. Maryetta Boitano continued her remarkable victories over much older competition with a one-minute margin over Peggy Lyman (39:02 to 40:09), while Ruth Anderson was third in 43:57. Following are the 5 Km. results, with the 10 Km. on the opposite page. /Rich Perry/



JIM DARE (#900, FAR RIGHT) WON THE LAKE MERRITT 5 KILO IN 14:57. /Marconi/

1 - Jim Dare (West Valley TC) 14:57	9 - Jess Tapia (Un) 16:34	17 - Bill Flodberg (Solano TC) 17:50
2 - Bill Seaver (West Valley TC) 15:11	10 - Darryl Bartlow (Cal-St Hywd) 16:38	18 - Fred Wellman (Un) 18:04
3 - Gene Fitzgerald (Pamakids) 15:14	11 - Ray Orwig (Cal-St Hywd) 17:02	19 - William Robbins (Un) 18:05
4 - Keith Kruse (West Valley TC) 15:30	12 - Douglas Castro (Un) 17:07	20 - Wayne Plymale (Pamakids) 18:10
5 - Dave Himmelberger (WVTC) 15:39	13 - Frank Cabello (Un) 17:10	21 - Kim Mason (Ohlone College) 18:15
6 - Paul Fudenna (Ohlone College) 15:50	14 - Mike Edmonds (Ohlone/WVTC) 17:10	22 - Pete Starr (Ohlone College) 18:16
7 - Steven Hajik (San Jose State) 16:07	15 - Ted McRice (Ohlone/WVTC) 17:28	23 - Harry Cross (West Valley TC) 18:23
8 - Dennis Tracy (West Valley TC) 16:33	16 - Bill Hotchkiss (Un) 17:39	24 - Ralph Weggenmann (Un) 18:42

1 - Dan Anderson (Cal-St Hywd/WVTC) 30:52	16 - Ken Napier (West Valley J&S) 34:29	31 - Lynn Walker (RC Flyers) 36:53
2 - Doug McLean (Stanford/WVTC) 31:55	(tie) John Geer (Whittier College) 34:29	32 - Carl Martin (West Valley J&S) 37:06
(tie) Jack Leydig (West Valley TC) 31:55	18 - Ed Jaynes (Bay Area Striders) 34:42	33 - Gerald Rogowski (Un) 37:08
4 - Grover Prowell (San Jose St) 32:20	19 - Lee Cohee (Florida TC) 35:04	34 - Richard Ryon (Livermore Vly RC) 37:21
5 - Bill Clark (West Valley TC) 32:31	20 - Tim Swezey (Un) 35:11	35 - Gough Reinhardt (NCSTC) 37:33
6 - Dale Severy (Santa Barbara AA) 32:34	21 - Bob Malain (NCSTC) 35:26	36 - George Pilz (Un) 37:42
7 - Tom Durie (Hartford TC) 32:36	(tie) Walt Van Zant (WVJS) 35:26	37 - John Dunn (Pamakids) 37:44
8 - Jim Shettler (West Vly J&S) 32:53	23 - Mike Wolford (Un) 35:29	38 - Bart Simmons (Un) 37:51
9 - Homer Latimer (Un) 33:00	24 - Bill Jensen (Pamakids) 35:36	39 - Jay Frank (Un) 37:54
10 - Chris Loosley (West Vly J&S) 33:12	25 - Ray White (Stanford RC) 35:44	40 - Dennis Kroll (Un) 38:04
11 - Ross Smith (West Valley J&S) 33:31	26 - Bill Snavely (Un) 35:45	41 - George Moss (Un) 38:08
12 - Keith Kruse (West Valley TC) 33:44	(tie) Richard Mantooth (USAF) 35:45	42 - Jack Ball (Un) 38:19
(tie) Jim O'Neil (SF Olympic Club) 33:44	28 - Santos Reynaga (WVTC) 35:56	43 - Harry Hill (West Valley J&S) 38:20
14 - David Odum (Un) 33:47	29 - Joe Taxiera (Alameda TC) 36:09	44 - Mike Boitano (DSE) 38:24
15 - Jerry Ockerman (Un) 34:18	30 - Peter Voelker (Un) 36:47	45 - Jim Allen (DSE) 38:32

**Beardall Cracks Six Hours For PA-AAU 50-Miler:** (Oct. 14, Rocklin) - Ageless Darryl Beardall of Marin AC, now only within a few years of his 40th birthday, had an easy time winning the Pacific Ass'n Championship 50 Mile Run, but he suffered a lot doing it, as did all the other competitors...and not just from the distance. Indian Summer fell upon the Sacramento Valley and 90 degree temperatures made this race a real test of endurance. A surprising 8 out of the original 13 starters made the full distance. On top was Beardall with his 5:56:02. An hour behind came Chuck Day with 6:59:30, and then surprising Jim Fauss at 7:17:08. Walt Stack, 65, was a great sixth place through 45 miles when he got bad thigh cramps and had to walk every inch of the last 5 miles, taking him almost 2 hours! He also drank 6 cans of cold beer between the 15 and 45 mile marks! The Dolphin Club won the team title (no other teams finished), although DSE wasn't the primary club for all the scorers...but no one seemed to care. The eight finishers (after 3rd): 4. Ralph Paffenbarger (NCSTC) 7:25:30, 5. Peter Gascoyne 8:16:33, 6. Alex Monterrosa (Pamakids) 8:31:45, 7. John Arberry 9:10:25, 8. Walt Stack (DSE) 9:31:55...others who DNF: Pete Hanson (Colfax RC) 5:55:00 for 40 miles, Dave Chatterton 7:58:30 for 40 miles, Darrell Jeong 6:38:04 for 30 miles, Jim Sain 3:07:00 for 25 miles, Carl Reiterman 7:25:31 for 25 miles. Darryl Beardall had the following 5-mile splits (30:14, 61:27, 1:32:56, 2:05:27, 2:40:55, 3:18:15, 3:56:30, 4:36:30, 5:17:17, 5:56:02). Congratulations to all. /John Hill, Walt Stack/

**Don Makela Wins Short PA-AAU Jr. Cross Country Title:** (Oct. 20, San Francisco) - Marin AC's Don Makela won a close three-way battle to capture the PA-AAU Jr. 10 Kilo Championships, which were probably about 1/2 mile short. Makela's 29:00 edged Excelsior TC's duo of Mike Conroy (29:05) and Jose Garcia (29:08) over the rolling Golden Gate Park course. Excelsior piled four of their scoring men into the top twelve to easily bury Ohlone College, 50-128. Mike Healy just nipped Bill Snavely (32:47 to 32:53) for the over-40 division title, with Jim Nicholson another 40 seconds back. Joan Ullyot won as she pleased in the women's division with a 55th place finish overall and a 37:58 clocking. Surprise second-placer was Carroll O'Conner at 43 minutes+. Gail Gustafson rounded out the women's scoring with a 44:40. Below are the top 45 out of 107 finishers. Next year this race will be held in December in conjunction with the Natl. AAU Jr. 8000m (instead of 10,000m)...and will be open to those under 20 years of age only. /Rich Perry/

1 - Don Makela (Marin AC) 29:00	16 - Peter Collins (Big Vly Harr) 32:07	31 - Jim Nicholson (NCSTC) 33:33
2 - Mike Conroy (Excelsior TC) 29:05	17 - Mike Edmonds (Ohlone/WVTC) 32:12	32 - Frank Cabello (Ohlone) 33:40
3 - Jose Garcia (Excelsior TC) 29:08	18 - Joel Stein (RC Striders) 32:22	33 - Ted McRice (Ohlone/WVTC) 34:08
4 - Gene Fitzgerald (Pamakids) 29:32	19 - (#967) 32:28	34 - Lee Adams (Solano TC) 34:17
5 - Greg Alan Eger (Fremont HS) 29:34	20 - Steve Barr (Un) 32:31	35 - Gough Reinhardt (NCSTC) 34:28
6 - Dale Severy (Santa Barbara AA) 29:37	21 - Dennis Tracy (West Valley TC) 32:35	36 - Kim Mason (Ohlone) 34:55
7 - Bob Darling (Excelsior TC) 29:54	22 - Phil Bailey (Mare Island Mar) 32:43	37 - Jeff Knox (Contra Costa College) 35:01
8 - John Kinsella (Cabrillo Coll) 30:17	23 - Henry Morales (Gold Spike TC) 32:46	38 - Alex Monterrosa (Pamakids) 35:03
9 - Joe Mangan (West Valley TC) 30:30	24 - Mike Healy (NCSTC) 32:47	39 - Unknown Runner 35:11
10 - Joe Taxiera (Alameda TC) 30:54	25 - Bill Snavely (Un) 32:53	40 - Rod Berry (Marin AC) 35:18
11 - Bill Flint (Un) 31:08	26 - Phil Holder (Mare Island Mar) 33:05	41 - Flory Rodd (Alameda TC) 35:25
12 - Paul Koski (Excelsior TC) 31:19	27 - Gerald Rogowski (Mare Island) 33:08	42 - Richard Blake (Un) 35:26
13 - Jon Higley (Gold Spike TC) 31:22	28 - John Read (Mare Island Mar.) 33:15	43 - John Potasz (NCSTC) 35:28
14 - John Newhaus (Fremont HS) 31:25	29 - Gus Cano (Excelsior TC) 33:18	44 - John Perkins (Gold Spike TC) 35:40
15 - Jess Tapia (Ohlone College) 31:50	30 - Jeff Kroot (Marin AC) 33:22	45 - Walt Betschart (NCSTC) 35:56



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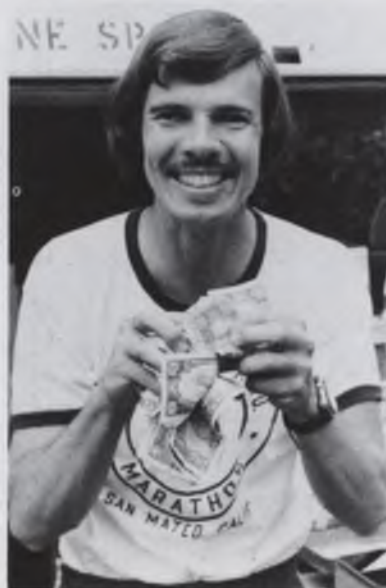
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