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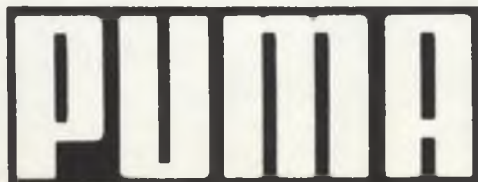
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A West Valley TC Publication
P.O. Box 1551, San Mateo, Cal. 94401
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JAN./FEB. 1974... No. 46

On the Cover

Judy Ikenberry, 31, of Crestline, California, shown crossing the finishline as the winner of the First Annual National A.A.U. Senior Women's Marathon. Her winning time of 2:55:17 was over three minutes ahead of the runnerup, as she pulled two others under three hours and twenty-one under 3:30. Judy led her Rialto Road Runner club-mates to a second place team finish. /S. McDougall/

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Contributors

All news, features, results, photographs, and other correspondence should be sent to: NCRRL, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181). Due to irregularity of publication dates, all information should be mailed as soon as possible for consideration. Prospective volunteer correspondants and photographers should request details from the above address. Everyone is encouraged to submit meet results. Credits are always given for any material used. Please request permission for use of NCRRL materials other than meet results. Thank you.

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MESSAGE FROM THE EDITOR

A note of explanation: Your editor is constantly being plagued by inquiries concerning publication dates for the NCRRL. Many of you realize why our magazine has no set publication dates, but quite a few of our new subscribers deserve some sort of explanation. *First* - Our entire staff is completely volunteer...they receive no pay for the work they do, and so you can't really expect to force deadlines on them, nor do I want to (I'd probably lose my entire staff if I did). *Second* - Only a few of you realize that this entire magazine is typed by one person, your editor (this in itself is usually in excess of 60 hours of work!). Since this entire operation is a service to you athletes, I am sure you don't want to see it disappear. If we had to meet strict mailing dates, it would disappear in very short order. I have to work like everyone else to earn a living, and the NCRRL isn't my work...it's merely a hobby. My office (NCRRL) is my livingroom table, and I don't keep regular hours. I'm usually out during the days. So please try to understand our situation, and unless you have a good reason...like advertising deadlines, etc., PLEASE DON'T BUG ME! just to ask when the next issue will be out. Thanks. Reason for the lateness of this issue: I've been very sick with the flu for a week, and *everything* has fallen behind.

TWO NEW NCRRL COLUMNS! Harry F. Hlavac, D.P.M., has generously volunteered his services as a *Medical Adviser*. The title of our new column will be "Advice from a Running Podiatrist". Harry plans to contribute to our magazine by providing answers to questions on foot and leg problems encountered by joggers and runners. Our readers can write to him directly and then he will provide answers which will be sent to the NCRRL for printing...with copies to those who inquire. This issue features an article on general foot-care advice for runners. *** A second new column, incorporating "Coach's Corner", along with features on outstanding individuals and organizations that contribute to track & field and long distance running in Northern California, will begin with the next issue. Outstanding coaches, officials, sponsoring organizations, etc., will encompass the contents of this new feature column. We are still looking for an appropriate title, and we'd like to encourage our readers to submit possible names. Also, if you feel you know someone who's worthy of featuring in this column, please let us know.

Comments and suggestions are always encouraged from our readers. Please feel free to compliment or criticize our publication. It's the only way we can continue to improve.

PLEASE LET US KNOW YOUR NEW ADDRESS!!!



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★ PHOTO QUIZ ★



WHAT IS IT?

RULES: (1) Submit your guess (one per person) on a postcard and mail it to: PHOTO QUIZ, P.O. Box 1551, San Mateo, CA 94401. (2) Card must be postmarked by no later than April 10. (3) Ties broken by a drawing. The prize is a 1-year subscription or renewal to the NCCR (or \$5 off dues of WVTC members). All readers are encouraged to send in photos for consideration. *** LAST MONTH'S ANSWER: Only 7 people got the correct answer for last issue's 'mystery runner'. It was WVTC's Bill Clark. One individual guessed Jerry Jobski, which wasn't a bad guess except that he's not a local road runner. The winner was Bob Nanninga of San Luis Obispo, CA.

THIS & THAT

• **People News:** February 1, 1974, marked the passing of an era. Larry Lewis, 106-year-old legend of San Francisco, passed away, apparently of cancer of the liver. Larry, who ran nearly every morning in Golden Gate Park for at least 30 minutes, was forced to quit his running activities just a few months ago... he fought right to the finish line. Walt Stack, a close friend of Larry's, says he has received letters of regret from Alaska to Texas. From the Pulsators in Anchorage, Alaska, John & Marcie Trent telegraphed. "Years on this earth well rendered in excess of 106 by Larry Lewis noted in deep respect for the clear ringing sound he left in the hallmark of fitness for new generations. Pulsators held a moment of silence tonight at Sixth Annual Awards Ceremony in Larry's honor."...Wedding bells have sounded for Kenneth Frank Crutchlow and Bonnie Joe Brooke in Nevada City on February 7. True to the Crutchlow tradition, their round-the-world honeymoon trip will begin with the Boston Marathon, include a swim in the Bosphorus, a camel trek in Jordan, and a hike thru the Khyber Pass....12-year-old Kevin Reynolds, of the Pleasant Hill Track Club, ran to a world record in the 3 mile for his age. He recorded his time of 17:19 on Jan. 19th at an all-comers meet at Mills High School in Millbrae, breaking Australian Geoffrey Knofshi's listed mark of 17:45, set in 1971. The listed American record is 18:12.2, set by Jim Galen of Illinois in 1972....three local armed service athletes: Jim Dare, Jim Birnbaum, and Phil Camp, have a very good chance of going to Morocco for the International Military (CISM) Cross Country Championships in mid-March. Eligibles from the various services throughout the country will compete in postal competitions to determine who goes....two local junior (under-20) distance men, Rich Kimball & Mike Pinocci, were among those selected by the A.A.U. to travel to Italy in mid-March for the International Junior XC Championships. A team of six will make the trip. Funds for this meet were recently allocated by the US Olympic Committee, although nothing was given out for sending a U.S. Senior team....Jerry Kokesh, ex-San Jose Stater, writes from Chesterfield, Missouri, that he coached cross country at Parkway West Junior High last fall, bringing them to a 6-4-1 record, with his number-one man winning the district championship. They had won only one meet in the previous two years of their newly initiated cross country program. Not a bad improvement!.... Annually the Pepsi 20 Mile Run presents the Mike Hironaka award to a person who has rendered outstanding service to PA-AAU long distance running. This year's winner was Jack Leydig. Previous winners have been Peter Mattei and Ralph Paffenbarger.

•A few corrections & additions to last issue: on page 20, the captions under Rusty Nahirny and Tom Burroughs should be switched. Photo credit for Cyndy Poor on page 22 should have gone to Doug Schwab.

•Blind runner Harry Cordellos of San Francisco, a recent owner of a 3:07 marathon best at San Mateo, is planning on going to the Boston Marathon this year. However, one problem... Harry needs a long-legged runner to be his partner. Anyone with a long smooth stride who can keep up with him and wants an additional challenge should check with Harry soon (415-221-6243)! Boston is April 15 this year...a Monday, Boston Patriots Day, as usual. Rumor has it that a blind runner from New Zealand will be at the race and will provide a personal challenge to Harry.

•Speaking of the Boston Marathon, your editor is putting together a package whereby you can save about \$100 on a combined airfare/hotel package. I have reserved 20 seats on this package (more may be made available, if there's any left), but I need names by March 13. If you read this notice after the 13th and are still interested, please get in touch with me anyway, RIGHT AWAY...at 415/342-3181 (evenings). The regular airfare roundtrip to Boston from S.F. is \$366, but if you travel with our group, you can fly for \$258.27, but you are obligated to pay \$70 on the ground as part of the tour basing package... this includes 4 nights at the Sheraton-Boston (double room) & a Greyline bus tour of the Boston area (which you may not actually take, but still have to pay for). The entire group must fly together (both ways), and all stay at the Sheraton as part of the deal. We'll leave Friday noon and return Tuesday morning (a requirement of the package is that the group must stay over one Saturday). Total cost of this package is \$328.27 (a \$4 increase over the flier I've passed out because of an error on my part)...includes airfare, hotels, and tour.

•Interested in running the Avenue of the Giants Marathon in early May? If so, and you're wondering how you're going to get there with the gas problems, get in touch with Walt Stack. He's organizing a charter bus to the race on a first come, first served basis only (321 Collingwood St., S.F., CA 94114). I don't have any further details on cost, etc., so contact Walt if you have an interest. The race is about 200 miles north of the Bay Area. Also, the race is on May 5, a Sunday! So your chances of getting back on Sunday if you drive are pretty slim.

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•MEET INFORMATION: Various corrections, additions, and other notes on road races and track meets follow---The San Mateo Recreation Dept. & WVTC sponsored St. Patricia's Day Runs, originally set for 9:00 am at Beresford Recreation Center in San Mateo, will be moved to the Belmont Hills area (where many of the high school and college cross country meets are held) and will start at 9:30 am, being 5 miles instead of the original 10 kilometers. The race is for women and masters men (30 and over)...the 2nd Annual Brotherhood Games, originally scheduled for March 16, Saturday, at Laney College in Oakland, will now be held on March 17, Sunday, with field events at noon and running events at 1 pm. Contact Nate Slaughter, Bay Area Striders, Ph. 415-886-5341....due to the efforts of people like Harry Cordellos, (see Letters to the Editor in this issue), the San Francisco Examiner has decided to not finish this year's Bay-to-Breakers Run at the Golden Gate Park Polo Fields, but to turn left at the Great Hiway and still finish at the beach, thus keeping the tradition of the 'cross city' race. The race will start at the usual place and will be approximately 2/10ths of a mile shorter than usual, or about 7.6 miles. Race officials, this year aided by the PA-AAU Long Distance Running Committee, plan to use about 8 finish chutes to help relieve the traditional traffic problems at the beach when runners start to pile up on each other. The Committee is looking for several dozen people to help work in the chutes, keeping the people moving to avoid a massive backup this year. If you would like to help us out in making this a smoother race, please contact the editor right away. We need to have a list of names for S.F. Examiner Promotions Manager, Harry Papazian, in short order....the Northern California Seniors TC announces that their yearly Lake Merced Run is for senior (over-40) men & women, not just men as listed in the PA-AAU Handbook. The race is March 30 this year. ...The DeAnza Ridge Run, slated for April 21st, will begin at 10 am, *not 9 am*, as listed in the Handbook. If you are a subscriber, you'll notice that an entry blank for this race is enclosed with this issue....West Valley TC All-Comers Meets: this spring, WVTC will host two track & field all-comers meets at the College of San Mateo's new tartan track. The first meet, to be held on March 30 at 2:30 pm, will be mostly a relay meet, with the only open events being a 3-mile and 120-HH race; however, a full choice of field events will be available. Women are en-

couraged to compete in all the men's events. The second meet will be on April 13, beginning with a 6-mile at 1:30 pm, and then the regular meet starting at 2 pm. The second meet will be a regular all-comers affair, with only the standard relays (440 and mile). Women will compete along with the men except in the 100, 220, 440, 880, and mile. Senior competitors are encouraged to attend, and will run in the open events. Entry fees are 50¢...no awards; just a chance to run and get marks. We still need officials for the meet, so if you are a qualified AAU official and would like to help out, please contact the editor immediately....The Blossom Hill Run is definitely on for this year (April 14), even though it isn't listed in the PA-AAU Schedule. This year's race is being directed by Ron Whitney, the world's top-ranked intermediate hurdler in the 60's, and is being sponsored by the Napa Valley Running Club. The club is also working out a 1974 date for the Napa Marathon. See the Scheduling Section for more information on how to get entries (subscribers should have an entry blank enclosed).

•Official Rules & Regulations for the Death Valley to Mount Whitney Run (Relay) have been set down by the indefatigable Pax Beale. With Ken Crutchlow he shares the honor of being perpetrator, exclusive entrant, and sole survivor of this blizzard-to-blizzard event. He writes "Regardless of finishing time, or whether or not you even actually finish, you can believe it will be a once in a lifetime effort...Discomfort is in the eyes of the beholder, and this is one run where there are no losers, just winners." Runner's World will keep records. As sponsors of the event, they promise an award 'that you will feel proud to display the rest of your life....', if truly there will be such. The NCRR will run a listing of the Rules in the next issue.

•Walt Stack needs some company at the end of March, when he flies east to compete in the 12th Annual J.F. Kennedy 50 Mile Hike/Run. The scene is Boonesboro, Maryland...1200 feet ascent in the first 6 miles, followed by 13 miles of rough footing on the rock-strewn Appalachian Trail, a sharp descent at 16 miles, and then 26 pleasant miles along the Potomac River. Overall, there are 39 miles of paths and trails. Last year there were 1724 starters and 673 finishers. Send stamped self-addressed envelope for an entry form and details if you're interested to Walt Stack, 321 Collingwood, S.F., CA 94114 (Ph. 647-9459).

•The San Francisco Examiner Games has made a \$3,000 contribution from the proceeds of that meet to the Pacific Association of the AAU Northern California Track & Field Association. Many thanks to the Examiner for this charitable donation. It will certainly benefit the Bay Area's track & field program.

•The Northern California Track & Field Writers and Sportscasters will tentatively be holding their weekly meetings each Tuesday (noon) at Holiday Inn Civic Center, 50 Eighth St., San Francisco. The inclusive cost (with lunch) is \$3.50. Contact Fred Baer, P.O. Box 5401, San Mateo, CA 94402 (Ph. 345-4114) for confirmation on location and dates.

•Announcing: Sports Seminar - THE ATHLETE'S DILEMMA: "Overuse Syndrome of the Foot and Leg -- Part II". This seminar is presented by the California College of Podiatric Medicine in cooperation with the American Academy of Podiatric Sports Medicine. The intent of this seminar is to consider the overuse syndrome critically, particularly in relation to sports such as running, skiing, basketball, and football. By stimulating an exchange of ideas between athletes, coaches, trainers, and doctors, it is hoped that each may gain a better understanding of the diagnosis, prevention, and treatment of lower extremity injuries related to overuse. The seminar is scheduled for April 27-28 at the Golden Gateway Holiday Inn in San Francisco. Cost is \$75 for Doctors of Podiatry and Medicine, \$55 for 1971-73 DPM Graduates, and \$10 to Athletes and Students. Further information can be obtained from program chairman, Dr. Subotnick at 783-3255 - Hayward Office.



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• **CAR POOL INFORMATION CENTERS:** Yes folks, the energy crisis is hitting our sport too. Especially in long distance running, I have noticed a disturbing decrease in the numbers of participants in many of the races. What is really disturbing is the fact that races will have to increase entry fees to meet costs, or will have to reduce awards. So, in an effort to be of service to our readers, we would like to propose the following: We need volunteer switchboards that will be available to line up rides for needy runners. Many times carpools are very feasible, but there needs to be some sort of coordination. The NCRS will list numbers in various areas which you may call to find out if rides are available to certain races, or you may call in to indicate that you are driving and need riders to help share expenses. So let's get busy: We need to have people let us know if they'd be willing to be a 'switchboard'. We already have one volunteer: Ken Napier (Los Gatos/Campbell area) - Ph. 379-1420. All ride information in his area should be directed to him (whether you need a ride or can give one). By the next issue, we hope to have several dozen of these numbers scattered all over the Bay Area & elsewhere. It can work, but we need volunteers. The NCRS will not act as a switchboard... I have too many other things going right now. Ride information should be relayed to the switchboard numbers 2-3 days before a race if possible.

• **TRACK & FIELD NATL. QUALIFYING STANDARDS:** (*Junior*) - 100 (9.6); 220 (21.4); 440 (48.0); 880 (1:53.0); Mile (4:10.0); 2 Mile (9:04.0, permits entry into 3 Mi. & steeple); 3 Mile (14:15.0); 6 Mile (30:30.0); 3000mSC (9:35.0); 120HH (College) (14.3); 120HH (HS) (13.9); 440IH (54.0); HJ (6-10); PV (15-2); LJ (23-9); TJ (48-6); SP(12#) (63-0); SP(16#) (52-6); DT(HS) 170-0; DT(Coll) 150-0; HT(HS) 195-0; HT(16#) 175-0; JT (220-0); 10K Walk (53:52.6). (*Senior*) - 100 (9.5); 220 (21.1); 440 (46.6); 880 (1:49.0); Mile (4:03.0); 3 Mile (13:37.0); 6 Mile (28:20.0); 120HH (13.9); 440IH (51.5); 3000mSC (8:50.0); SP (61-0); DT (190-0); JT (240-0); HT (195-0); HJ (6-11); LJ (25-0); TJ (51-6); PV (16-6); Decathlon (7,300); 3 Mile Walk (23:50.0)...no date was indicated on the lists that your editor received, but it is assumed that marks have to be made by athletes during 1974. If otherwise, please advise us of such.

• **Baja California Relay:** Cory Fry of San Mateo and the West Valley Track Club has come up with an inspirational relay idea for this summer. He is interested in getting together a team of ten runners to run a relay over the distance of the Baja California peninsula. If you think you might be interested in such a venture (either in running or organizing), contact Cory at 1105 Haddon Dr., San Mateo, CA 94402 (Ph. 415-345-6741). They (he right now) is looking for possible sponsors to offset some of the costs of the trek. Good luck!

NCRS LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by number of races run. The final standings for the 1973 SPA-AAU Point Race are listed below. Scoring began with the STC Age-Group Runs in January, and concluded with the Devil-Take-the-Hindmost Run in December. All scheduled SPA long distance races are included except the following: Yankee Doodle X-C Runs, Walnut Sports Festival, Japanese-American Optimist X-C Runs, Blue Angels 10 Kilo, STC 4-Man Relay, Pico Rivera Turkey Trot, Mission Viejo, and the SPA 3000 meter race. Bill Scobey overtook Ron Kurrle in mid-summer to emerge as the winner, with a total of 10 firsts, 5 seconds, a third, and 2 fourths during the year. Kurrle had 8 victories, six of them consecutively and all course records. Sam Nicholson's steady improvement finally put him into first place as he finished high enough in the final race of the year to pass Owen Gorman, who had been in first since the start of the year. The best average went to Jerry Smartt, who moved halfway through the year and was thus unable to move higher in the standings, while an injury kept Dave Waco from being near the top. Standings follow, with numbers in parentheses referring to: (number of races, average placing, point rating). (**OPEN**): 1. Bill Scobey (BHS/17, 1.82, .107), 2. Ron Kurrle (BHS/22, 3.23, .147), 3. Mark Kushner (GWAA/12, 3.58, .298), 4. Mike Wagenbach (ELATC, 5, 1.50, .300), 5. Bill Anderson (SBAA/11, 4.45, .405), 6. Jim Arquilla (ELATC/10, 4.10, .410), 7. Joe Toledo (STC/11, 4.82, .438), 8. Pat Miller (Un/13, 5.77, .444), 9. Phil Ryan (GWAA/10, 4.70, .470), 10. Chuck Smead (SBAA/2, 1.00, .500), 11. Mike Chambliss (SBAA/11, 5.64, .513), 12. Doug Schmenk (ELATC/6, 3.17, .524), 13. Jon Sutherland (Un/3, 1.67, .556), 14. Mark Covert (ELATC/3, 1.83, .610), 15. Art Ting (Un/8, 4.88, .610). (**MASTERS**): 1. Sam Nicholson (STC/24, 2.75, .115), 2. Owen Gorman (STC/16, 1.94, .121), 3. Dave Parker (STC/14, 2.43, .173),

4. Jerry Smartt (BHS/8, 1.62, .202), 5. Aurelio Comacho (STC/16, 3.38, .211), 6. Dick Bartek (SBAA/7, 1.86, .266), 7. Dick Durand (STC/15, 4.00, .267), 8. Tom Sturak (BHS/8, 2.87, .359), 9. Dave Waco (CCAC/5, 1.80, .360), 10. Norm Lumian (STC/9, 3.33, .370), 11. Pete Mundle (SMTC/5, 2.00, .400), 12. Ray Gil (STC/6, 2.50, .417), 13. Wilbur Williams (STC/4, 2.00, .500), 14. Del Linam (CCAC/7, 3.71, .530), 15. Ed Keysar (STC/8, 4.37, .546).

PA-AAU STANDINGS: (Compiled by Art Dudley) - Beginning this year for the first time, the NCRS will tabulate women's standings (using the top 4 in each racing for scoring purposes). Another change will be the elimination of non-Association residents for scoring purposes. For example, if the top PA-AAU finisher in the Bay-to-Breakers finishes 4th, then he gets a first place for scoring purposes. Below are listed the top runners in the open, masters, and women's divisions. Special trophies will be awarded (perpetual) to winners in each division at the end of the scoring year...the scoring year starts with the Pamakid Lake Merced Run (Oct. 13). Standings below include all races through the West Valley/Women's Natl. Marathon, except the Chico 10 Kilo, which won't be counted, and the Colfax and Magnan XC Runs, where results weren't received in time for tabulation in this issue. In addition, masters runners won't be counted for scoring in the following races: Lake Merritt 5-Kilo, Excelsior TC 6-Miler, Champion Gold Mine Run, and Midnight Run (no results kept). Women won't be counted in: Excelsior TC 6-Miler, Champion Gold Mine Run, and Midnight Run (no results kept). In this year's open competition, WVTC's Jim Dare has taken the lead with a 0.333 tally, leading Steve Dean, Kevin Furey, Hans Menet and George Stewart, who are in a 4-way tie for second with 0.500. Ross Smith is holding a slight lead over teammate Jim Shettler (0.222 to 0.250) in the master's competition, with Jim Nicholson a surprising

third at 0.290. Joan Ullyot and Peggy Lyman are waging a very tight battle in the women's division, with Joan leading by the narrowest of margins, 0.219 to 0.222. Following are listed all those who are currently rated at less than 2.000, with race placing tabulations for those at 1.000 and below. (OPEN): 19. Alex Aguilar (WVTC/4, 4.50, 1.125), 20. Jack Leydig (WVTC/4, 4.625, 1.156), 21. Doug McLean (WVTC/4, 4.875, 1.219), 22. Roland Verhe (WVTC/3, 3.667, 1.222), 23. Chuck Day (GWTC/2, 2.50, 1.25) & Bill Clark (WVTC/6, 7.5, 1.25), 25. Dale Severy (SBAA/5, 6.6, 1.32), 26. Wayne Badgley (BVH/3, 4.0, 1.333), 27. Jim Nuccio (WVTC/2, 3.0, 1.5), 28. Ross Smith/WVJS & Joe Taxiera/ATC (4, 6.5, 1.625), 30. Rick Lord (BVH/3, 5.333, 1.778), 31. Nick Vogt (GSTC/3, 5.667, 1.889). (MASTERS): 12. Vic Weber (WVJS/4, 4.250, 1.063), 13. Bob Malain/NCSTC & Peter Wood/NCSTC (3, 3.667, 1.222), 15. Jim O'Neil (SFOC/2, 2.5, 1.25), 16. Ed Preston (NCSTC/3, 4.0, 1.333), 17. Flory Rodd (NCSTC/3, 4.333, 1.444), 18. Ralph Paffenbarger (NCSTC/2, 3.0, 1.5), 19. Gough Reinhardt (NCSTC/3, 4.667, 1.556), 20. Lee Adams (SoTC/3, 5.0, 1.667), 21. T.A. deLusignan (Un/2, 3.5, 1.75). (WOMEN): 14. Louise Adamson (WVTC/3, 3.333, 1.111),

15. Carroll O'Conner (Un/2, 3.0, 1.5), 16. Jeannette Cotte (RCF/2, 3.5, 1.75).

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Joan Ullyot/UCMC (8)	4	3	0	1	1.750	0.219
2. Peggy Lyman/WVTC (6)	4	2	0	0	1.333	0.222
3. Penny Tomei/WVTC (6)	2	2	2	0	2.000	0.333
4. Mary Etta Boitano/SERC (4)	2	2	0	0	1.500	0.375
5. Yvette Cotte/RCF (4)	0	1	2	1	3.000	0.750
6. Lucy Bunz/UCMC (3)	0	1	2	0	2.667	0.889
7. Lilian Andrew (1)	1	0	0	0	1.000	1.000
Sherry Quinlivan (1)	1	0	0	0	1.000	1.000
Caron Schaumberg (1)	1	0	0	0	1.000	1.000
Jeanette Van Tassel/SJS (1)	1	0	0	0	1.000	1.000
Mary Cortez/RCS (2)	1	0	1	0	2.000	1.000
Jean Maier/UCMC (3)	0	1	1	1	3.000	1.000
Catherine Smith/Pamakids (3)	0	1	1	1	3.000	1.000

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Dare/WVTC-Navy (6)	3	2	0	0	0	1	0	0	0	0	2.000	0.333
2. Steve Dean/GWTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Kevin Furey/SSC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Hans Menet/WVTC-Nevada (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
George Stewart/WVTC-Army (4)	2	1	0	1	0	0	0	0	0	0	2.000	0.500
6. Mike Conroy/ETC (6)	0	1	1	1	2	0	0	1	0	0	3.167	0.528
7. Mike Pinocci/WVTC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
Domingo Tibaduiza/WVTC-Nevada (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
9. Darryl Beardall/MAC (3)	2	0	0	0	1	0	0	0	0	0	2.333	0.778
10. Gene Fitzgerald/Pamakids (5)	0	0	2	2	0	0	1	0	0	0	4.200	0.840
11. Ken Scalmanini/Pamakids (3)	0	1	2	0	0	0	0	0	0	0	2.667	0.889
12. Dan Anderson/WVTC-CSH (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Rich Kimball/ATC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Wolfgang Schmulewicz/Un-Cal (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Chuck Smead/SBAA-Humboldt (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Phil Camp/BHS-Navy (2)	1	0	1	0	0	0	0	0	0	0	2.000	1.000
Bill Seaver/WVTC (2)	0	2	0	0	0	0	0	0	0	0	2.000	1.000
Bob Darling/ETC (4)	0	1	1	1	0	0	1	0	0	0	4.000	1.000

MASTERS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Ross Smith/WVJS (6)	4	2	0	0	0	0	1.333	0.222
2. Jim Shettler/WVJS (4)	4	0	0	0	0	0	1.000	0.250
3. Jim Nicholson/NCSTC (10)	1	3	3	2	1	0	2.900	0.290
4. Gordon Gane/WVJS (4)	1	1	1	1	0	0	2.500	0.625
5. Dave Stevenson/SRC (3)	2	1	0	0	0	0	1.333	0.667
6. Bill Snavely/BVH (5)	0	3	0	0	1	1	3.400	0.680
7. Mike Healy/WVJS (4)	1	1	1	0	1	0	2.750	0.688
8. John Perkins/GSTC (4)	1	0	1	2	0	0	3.000	0.750
9. Jim Campbell/?? (1)	1	0	0	0	0	0	1.000	1.000
George Crandell/SRRC (1)	1	0	0	0	0	0	1.000	1.000
Ed Dally/MNPGS (1)	1	0	0	0	0	0	1.000	1.000

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.

★NOR-CAL RUNNING REVIEW★



LARRY LEWIS (RIGHT), WELL-KNOWN MEMBER OF THE NORTHERN CALIFORNIA RUNNING COMMUNITY, PASSED ON IN FEBRUARY AT THE AGE OF 106. HE WILL BE REMEMBERED AS AN INSPIRATION TO US ALL.

CLUB NEWS

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

NAPA VALLEY RUNNING CLUB: The club is in the midst of a membership drive and is attempting to bring members together each weekend for runs in the Bay Area. The club's annual Blossom Hill Race is on again for 1974, even though it isn't listed in the PA-AAU Schedule & Handbook. It is to be held on April 14, Easter Sunday, and is under the directorship of Ron Whitney. See the scheduling section of this issue for further information on this race. Also, the club is working up a date for the Napa Marathon...it's not on the schedule either. Anyone interested in becoming a member should contact Gib Landell, Sports Editor, Napa Register, P.O. Box 3296, Napa, CA 94558.

S.F. DOLPHIN/SOUTH END RUNNERS: The club's annual awards extravaganza took place at the Dolphin Club on January 12, with several hundred in attendance. Honored guests were Eileen Waters, Maryetta Boitano, Jim Hume, Bob Gehl, Mike Ipsen, Jack Leydig, Tom Laris, and Dr. Joan Ullyot. Alex Monterrosa copped the DSE Point Trophy, scoring a total of 950 points, based on 4200 workout miles, 17 DSE races, and 42 other races. Carl Reiterman beat out Walt Stack (892 to 847) for runnerup spot...Carl ran a fantastic 95 races for the year! Top woman scorer was Catherine Smith with 489 points in twelfth place. Blind runner, Harry Cordellos, and inspiration to us all, was seventh overall with 635 points. Kathy & Alex Monterrosa annexed the 'runningest spouses' trophy with a total of 1337, with Catherine and Ross Smith next in line at 1191.

EXCELSIOR TRACK CLUB: Attention: Now is the time to pay your club dues for 1974. The cost is \$2.00 a year. Also, be sure to secure a 1974 PA-AAU card...\$1.50/year. Be sure to sign up for Excelsior TC on the application, which can be picked up at the PA-AAU office, 942 Market St., Suite 601, S.F., 94102. You can pay your dues to Frank Donahue, 4903-B Mission St., S.F., CA 94112 (587-0286). Or you can pay a club member at a road race. We have paid \$25.00 for AAU club fees already this year. Also, we are going to silk-screen our club name on T-shirts. We will also set up another date to do some more T-shirts. You supply the T-shirt, and we'll get it done. So turn in your T-shirts to Frank Donahue or Bob Darling. Your club dues are going to pay for the silk-screening and the person that performs the job. So pay them as soon as possible. Our club is on the rise (see results) as our loose-knit group continues to improve and reap the benefits.

WEST VALLEY TRACK CLUB: The club amassed a total of 21 new members since last issue, including three of the fair sex! Here are your new teammates. If any of them live in your area, maybe you can get together for group workouts. --- Andree Abecassis is 36 and lives at 1001 Rispin Dr., Berkeley, 94705 (Ph. 845-2857). She is just beginning running and could use helpful pointers from anyone living near her. Jim Birnbaum, 21, of 5500 Foothill Garden Ct., #35, Sacramento, 95841 (Ph. 916-331-9671), is in the Air Force and has run some very good times (all last year)...4:07 (mile), 9:02 (2 mile), 14:04 (3 mile), 29:12 (6 mile), 8:54 (3000m steeple). Late flash! Jim lowered both his 2 and 3 mile PR's this past month to 8:58.5 and 13:58+, and in addition qualified for the CISM (International Military) Championships in cross country, to be held in Morocco in mid-March. Teammate Jim Dare also qualified for the trip. Gavino Borquez, 19, of 1660 Marsh St., San Jose, 95122 (Ph. 408-258-7742), has bests of 4:56 (mile) and 10:26 (2 mile). Both times were run in his sophomore year. Dennis Dillie, 22, lives at 257 San Felipe Ave., So. San Francisco, 94080 (Ph. 583-1486).

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He has best marks of 1:58 (880) and 9:36 (2 mile). In his very first attempt at a road run, he ran a very respectable 1:08:11 for 20 kilometers (PA-AAU Championships, 1974). Candy Dillingham, 25, 767 Calderon, Mtn. View, 94041 (Ph. 964-6903) is also a newcomer to the sport, but shows signs of becoming a good sprinter with a 12.5 clocking at 100 yards (in flats) last summer. Carlos Flores, 15, of 115 Lynn St., King City, 93930 (Ph. 408-385-5201), is a soph with best marks of 10:36 and 5:00, both run in 1973. His brother, Mario Flores, 18, had a stress fracture in 1973, but ran times of 2:08 (880), 4:38 (mile), 9:38 (2 miles), and 15:19 (3 miles) in 1972. Cory M. Fry, 17, 1105 Haddon Dr., San Mateo, 94402, has run 3:54:36 for the marathon (1973 AAU), but as yet has no track times to his credit. Vern Gambetta, 27, Blackwelder 12-C, Escondido Village, Stanford, 94305 (Ph. 329-1768), is an ex-Club West athlete & coached at Santa Barbara for five years. He is presently an assistant coach at Stanford. He specializes in the decathlon and has a best of 5884 (1972). He was injured most of last year. His individual events include: 100m - 11.1, 200m - 22.7, 400m - 53.4, 110mHH - 15.6, LJ - 20'2", SP - 41'0-1/2", HJ - 5'9-1/4", DT - 130'6", PV - 11'6", and JT - 155'0". Mike Haniger, 20, of 1587 Nuthatch, Sunnyvale, 94087 (Ph. 408-245-3160), is currently a junior at San Jose State and has bests of 1:55.1 (880), 4:12.2 (mile), 50.3R (440), 3:03.7R (1320). Chuck Hann, 32, of 18533 Bucknall Rd., Saratoga, 95070 (Ph. 408-378-9065), is a firefighter and has best weight event marks of 54-0 in the shot and 174-0 in the discus, both marks coming in 1971. Richard Lake, 22, of 971 South B St., San Mateo, 94401 (Ph. 573-7245), has best marks of: 880 - 1:57, 1320 - 3:10, and mile - 4:25. Pete Maurer, 18, of 5270 Alan Ave., San Jose, 95124 (Ph. 408-266-7950), joins his brother Keith as a club member. Pete runs for Leigh High and has bests of: 880 - 2:06.3, mile - 4:47, and 2 mile - 9:50.0. Bob McMeans, 16, of 2506 Kenney Dr., San Pablo, 94806 (Ph. 758-4409), attends DeAnza High (San Mateo High last year) and set the following marks as a frosh last year: mile - 4:50, 2 Mile - 10:09, 3 Mile - 16:01. He has also gone 5'0" in the high jump as a frosh. Brendan O'Leary, 18, is a frosh at UC Berkeley and lives at 1471 - 27th Ave., San Francisco, CA 94122 (Ph. 731-2822). His best times are: 880 - 2:04, mile - 4:30, 2 mile - 9:50.8, and 3 mile - 15:11.1. Robert Pope, 24, of 437 Lake St., San Francisco, 94118 (Ph. 751-3956), has done 10:15 for the two mile (indoors). Rene Tafolla, 20, of 2132 Mable Ave., San Jose, 95122 (Ph. 408-259-2798), is in the U.S. Marines, and has marks of: 880 - 2:07, mile - 4:28.8, 2 mile - 9:35.5, and 3 mile - 15:13. Penny Tomel, 24, of 736 So. McDowell Blvd., Petaluma, 94952 (Ph. 707-763-4970), is a commercial artist and process camera operator who just began road running last year and has had tremendous success so far. She currently is ranked third (women) in the NCRR long distance point standings. Not bad for a novice. Her times include a 58:31 for 15 kilometers on the roads. Gareth Williams, 27, of 34786 Locke Ave., Fremont, 94536 (Ph. 797-9203) has run 4:53 in the mile and 17:37 for 3 miles. Gareth also has thrown the javelin 180 feet (not bad for a 140-pounder). Mike Williamson, 16, of 2601 Anne Ct., Pinole, 94564 (Ph. 758-2241), is a junior

at Pinole High School with marks as follows: 220 - 25.0, 440 - 54.0, 880 - 2:06, 1320 - 3:24, mile - 4:50, 2 mile - 10:18.

Tom Wolff, 22, resides at 25 Glendale, #9, San Francisco, 94114 (Ph. 647-8169) and is employed as an electrical engineer. His marks include: 220 - 22.4, 440 - 50.0, 600 - 1:13.5, 660 - 1:22, 880 - 1:54.9, 1000 - 2:13.5, 1320 - 3:09.

•Club Directory: Your editor still hasn't gotten around to the task of finishing up the 1974 club directory, but it'll be out eventually. I won't make anymore predictions, however. If anyone knows the whereabouts of the following club members, who conveniently moved without letting us know where, please contact your president right away: James Jacobs, Simon Langer, Bob Stephenson, Al Polter, Greg Hanson, Larry Gruse, Dave Wilson, and Steve Endemano. Also, if you've moved recently, or are planning on moving in the near future, please let us know! Remember, the NCCR is not forwardable and it's getting to cost a bundle to send more issues at regular 3rd class rates. Also, we have to pay the post office to find out your address change in the first place. So keep us informed please.

•Hans Menet, currently attending the University of Nevada, will be competing for the club in mid-May when Nevada's team will be heading for Europe. He and his wife are looking for an inexpensive (or free) place to stay for a few months while Hans is competing for the club. Also, they both will be in need of part time jobs if possible. If any club members (or even non-club members) are interested in helping out with housing, or if you know of some job possibilities, contact Hans immediately at: 1775 Evans, #412, Reno, Nev. 89502. He'd like to live in the Bay Area for easier access to the meets (mid-May through mid-August if possible).

•Our apologies to Tom Pelton, who competes for Monterey Peninsula College when not for the club. He finished a tremendous 2nd place in the JC State Championships (small school) with a time of 20:01, good enough to tie for fifth in the large school meet, and only 3 seconds off club mate Matt Sommer's 3rd place time in that race. We failed to mention him in last issue's club news.

•Women's Natl. Marathon: I would like to take this opportunity to thank all those club members who devoted their hours in helping to make this race what was perhaps the best administered marathon ever in Northern California. A lot of new faces responded to my pleas for help. It's good to see more of our members get involved with club activities. Again, many thanks. We're looking for raceday help with the St. Patricia's Day Run (March 24), so contact me right away if you'd be interested in pitching in...so far I've received not a single club member volunteer to help. It only requires a few hours on race day, so let's hear from some of you out there.

•Peggy Lyman has finally come into her own in the marathon. Her 3rd place performance in the Nationals with a time of 2:58+ was nearly 25 minutes off her previous best (at Napa in 1973). She is seriously considering going to Boston in April to run the marathon there. The club will be able to probably pick up half her airfare from our women's fund, but she could use help in raising the rest...any contributions, no matter how small, should be sent to Peggy at 230 College Ave., Palo Alto, 94306. If every club member sent in \$1.00, that would be enough to raise the other half of her airfare. She has a chance of winning it all, so let's get behind her. Any non-club donations would also certainly be welcome.

•Women's Jersey Design: Penny Tomei has come up with a superb design for our 'women's division'. She made the screen herself and would be happy to screen T-shirts or jerseys that are sent to her: 736 So. McDowell Blvd., Petaluma, 94952...or give it to her at the next race. The club will be purchasing a dozen or so women's singlets in the near future (price is not known yet), and they will be screened with this design.

•Mike Ruffatto, who attended Bowling Green State Univ. last fall, will be transferring to the University of Colorado this spring. In the Mid-American Conference X-C Championships last fall he was the top frosh in the conference (finishing 17th as Bowling Green's second man). His 24:16 clocking for the 5 mile course at the Notre Dame Invitational (23rd) was a school frosh record for the course by 32 seconds. For his achievements, he was awarded the outstanding frosh trophy in cross country at Bowling Green.

•Mike Pinocci & Jim Nuccio both competed in the Pan-American Cup Cross Country Championships at Alameda, with Nuccio finishing 2nd (top American) and Pinocci in 8th. Humberto Hernandez also competed, for his native Puerto Rico, and finished in 13th. For Pinocci's performance here, and at the National AAU X-C in Florida last fall, he was selected (with 5 others) to represent the U.S. in the International Junior (20-and-under) X-C Championships in Italy in mid-March. Rich Kimball was the only other area athlete selected to compete in the meet.

•Kerry Hogan, who recently was transferred by the Army to Ft. MacArthur, just got married (wife's name is Rachael), and is contemplating a return to San Francisco in September in time for cross country season.

•Marks by Club Athletes: WVTC'ers have been running very well in early season efforts. Rusty Nahirny, a senior at Washington High in Fremont, set a PR in the mile at 4:13+ in the trials for the Oakland Indoor, but was second to Rich Kimball (4:10!). Gordon MacMitchell, while on his recent stay in New Zealand, ran a superb 3:47.4 for 1500 meters (equivalent to about a 4:05 mile) and also a 30:30 for 10 kilometers. New member Jim Birnbaum clocked 8:59.5 and 8:58.8 on consecutive weekends in the two-mile, and then did 13:58 for 3 miles while qualifying for the CISM Championships in Morocco along with teammate Jim Dare, who did 13:50.4 behind Navy's Phil Camp (13:39+) in a time trial at Laney College on March 9. Joel Jameson continued where he left off at the end of cross country season...while competing for Occidental in a meet against the Univ. of Arizona, he lowered his 2-mile best by over 8 seconds to 8:55.6 to take second to USTFF X-C Champion, Ed Mendoza, who did 8:53.2. Mike Haniger chopped over 8 seconds from his mile PR as he did 4:12.2 for a third place in a meet in February. Esteban Valle performed magnificently at the Oakland Invitational in the 3000 meter walk, grabbing an American Record in a time of 13:12.8, lapping the entire field, which included internationalist Tom Dooley. He went on to New York to compete in the AAU Championships (aided by a \$100 donation from the club travel fund), only to be waived off the track one lap too soon. In his own words, "...after about 16(?) laps, the judges missed my count and I was given the wrong laps. As I crossed the finish, the officials yelled, 'number 10, sixth,' at which point I stopped. At this point I was gaining on two other walkers who were falling back to me, but who, I thought, I was about to lap. They went the full distance. I'm sure I would have overtaken them had I known they were ahead of me... since the first three finishers were DQ'd, I was placed in 3rd, only to find out I had gone one lap short. Later they placed me at 6th, and that's how I finished officially." (Note: the most recent issue of Track & Field News shows that he was put in 3rd place with a time of 13:50.6...what really happened out there Esteban?...since Larry Walker couldn't make the trip to Moscow, the second and third placers should have gone. Scully was second. If Valle finished 3rd according to T&FN, then he should have made the trip to Russia too!) While in South America over Christmas vacation (December and January), Domingo Tibaduiza did some pretty classy running. Although suffering from an illness, he still finished 17th in the Sao Silvestre Midnight Run in Sao Paulo, Brazil. Victor Mora, who competed for the club while in the U.S., won the race for the second year in a row by a large margin. Domingo ran 3 and 6 mile clockings of 13:30 and 27:59 while south of the border, the latter mark topping Don Kardong's old 28:00.6 club standard.

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•George Stewart reports that the Army is taking him back to the eastern part of the country for a few months (until mid-summer). His injured leg is still healing and he's only running long distance. On March 30th, the Army is sending him to run in the JFK 50-Miler in Maryland. In his own words, "Oh man, why me?"

•Brian Moroney, who moved to Las Vegas last year, has been running very well. He placed 6th in the Southern Nevada Championships, made the All-Southern Nevada team, was MVP for his school...his team was third in Southern Nevada and sixth in the state. He is thinking about attending UC Davis this fall.

•Ritchie Geisel reports that he is considering coming out of retirement. He won his only Washington (D.C.) area race last September, a 10 kilo on the roads, in 31:52. He thinks that it's either the spring-like weather they've been having during the past few weeks, or possibly Jim Dare's missing his marathon PR by two seconds in the West Valley Marathon.

•Bill Scobey reports that he's running unattached at present. A new club is forming in the San Fernando Valley among former East LA runners and Strider drop-outs.

•Jost Schmitt, the club's West German middle distance runner, has completed his Ph.D. thesis, and to celebrate he's decided to take a month's vacation in the U.S., primarily in the Bay Area and Northern California. He'll be looking for places to stay, so anyone who might be interested in putting Jost up for a few weeks (probably on-and-off), please contact Jack Leydig at once (342-3181, evenings after 8 pm is best). He reports that he finished fourth in the 800 meter final of the Baden-Wurtemberg Indoor Championships in February, running 1:58.2 in a heat and 1:58.4 in the finals (3 hours later). It was run on a 175-yard wooden track. He's interested especially in getting some housing in the Berkeley area.

•Executive Council Meeting (March 2): The WVTC Exec Council convened at Jim Dare's elegant gardener's "shack" in Woodside after the Searsville Lake Run. The shoeless members present were Bonus Jack Leydig, Bill Clark, Jim Dare, Peggy Lyman, Rich Hansen, Roger Duran, and Daryl Zapata...club member Wayne Glusker was also on hand for the festivities. Post-race liquid libations were in evidence to restore members to their normal states of consciousness, including two bags of Doritos to restore salt balance. At the close of February, \$1116.09 was on account. A women's travel fund has been established, although the exact amount in the fund is pending final financial account-

ing from the Women's National Marathon. Peggy Lyman and Joe McDevitt are under consideration for possible Boston Marathon funding. Roger Duran's proposal for partial funding of three walkers to four National Championship meets was discussed. Under consideration are the 20K and 50K meets in June and September, which determine places on international teams. A motion was passed (7-0) in favor of committing funds for 1/2 fares minimum to the 20K meet in New Jersey (\$270 total). Further financing is pending availability of funds at the times of the meets. The Exec Council made itself a Sponsor Committee to find sponsors for the National AAU Cross Country Championships, to be hosted by the club and the San Mateo Recreation Dept. in November. Anyone else wishing to help in finding financial sponsors for the meet should contact Jack Leydig at once. A course still needs to be determined, and any suggestions should be submitted at once (course should be able to handle a large field of 300-400 runners). Next Exec Council Meeting was set up for April 21. There was to be a 10 am distance run, starting at Foothill College, and followed by a brunch and meeting (place to be determined at a later date). All members are encouraged to attend if possible. Participation is what makes your club function. /Daryl Zapata, Secr./

•WVTC All-Comers Meets: The club will sponsor two all-comers track meets at the College of San Mateo on March 30 and April 13 (2:30 pm and 2 pm respectively, except a special 6 mile on the 13th at 1:30 pm). Club members will be needed to help run the meet, so those interested in helping out should contact Jack Leydig immediately, especially those not planning on competing. We need officials (AAU), so anyone out there who's an official and wants to help out, please get in touch. Your help will be greatly appreciated. See the scheduling section of this issue for details on events for each meet.

CLASSIFIED ADS

OUR RATES: Interested in selling your product or promoting your race or meet? With a circulation of nearly 900 mailed subscriptions per month (and nearly three times that many who read it), the NCRR will get results for you. Monthly Rates: (Per line as printed--25¢; Per square-inch--25¢; Quarter-page ad--\$5.85; Half-page ad--\$11.70; Full-page ad--\$23.40; One-page insert--\$20.00 (\$25.00 for printing on both sides...8-1/2 x 11) ...advertiser supplies the inserts. Special Rates: (3-5 months running--10% discount; 6-11 months running--25% discount; 12 months or more running--40% discount. A contract must be drawn up between the advertiser and editor 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. 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 (allow 3-1/2 x 4-7/8 for a 1/4 page ad, including black-line border, etc.). All half-toning is double the above rates except when you supply the inserts. Add 25% for odd-sized ads (other than 8-1/2 x 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, or Bill Clark, Advertising Manager, 6270 Lean Ave., San Jose, CA 95123. Special rates for mailing race entry blanks: \$15/sheet, 8-1/2 x 11, printed one or both sides...same cost.

MAKE \$\$\$ SELLING NCRR SUBSCRIPTIONS: You can make \$1.00 per subscription (per year) selling the NorCal Running Review to your friends, but you must be a subscriber already...this is our reader-referral plan. If you're interested, get in touch with us at P.O. Box 1551, San Mateo, CA 94401 (Ph. 415-342-3181). We'll send you sample copies and subscription blanks.

LICENSED MASSEUR: For both men and women. Swedish/German technique. San Francisco area outcalls only. Harry Siitonen, Ph. 415/552-3762.

JUST OUT...TIGER MONTREAL TRAINING SHOE: If you haven't seen the latest Tiger training shoe, the Montreal, then you should make it a point to do so right away...see Jack Leydig's Starting Line Sports 'magic VW bus' at the next roadrace or track meet. Modeled after the Tiger Cortez, the Montreal is constructed of a heavy-duty backpacking-type nylon, and weighs only slightly more than the Tiger Boston. A substantial arch and built-in heelcup, along with a heavy-duty insole, make this shoe just about the ultimate intraining comfort. You have to see one to appreciate it. But that's not all...the price is even reasonable at only \$19.95...only \$2.00 more than the Tiger Boston, and \$3.00 less than the Tiger Cortez. Order by mail too (add 75¢/pair)...603 S. Eldorado, San Mateo 94402.

MULTIPLEX STEREO & 4-TRACK TAPES FOR SALE: Almost new Morse Stereo Multiplex with two small speakers (detachable), microphone/guitar input, tape deck input, AM/FM, turntable...all in one unit, including earphone jack. A steal at \$100.00. -- Also for sale, a used assortment of old (1968-1970 mostly) 4-track car stereo tapes...only 50¢ each, or offer for entire lot. If interested, contact Jack Leydig, P.O. Box 1551, San Mateo 94401.

LETTERS TO THE EDITOR

GEORGE MOSS (El Cerrito, CA): "I would like to express my appreciation to Bob Lynde and the others who sponsor the Annual Daisy Hill Run at Sonoma State College. For those who love to run, it is beautiful!...a scenic area, a demanding yet enjoyable course, and efficient organization. And, we had the complete results mailed to us in 5 days!"

KENT MULKEY (Oakland, CA): "I'm writing to you in regard to the article in the December NCRS concerning Leigh High School's fantastic cross country record. Skyline High of Oakland betters Leigh's past record. Skyline has had a cross country team for ten years now. In those years, the varsity and JV divisions have never lost a league meet. This brings Skyline's league record to 100-0. The overall record for the varsity is 72-2. The JV record is 74-0. The sophomore record is 2-0, but the sophomore division is very rarely run, and Skyline does not have a frosh team because we are a 3-year school. This gives Skyline an overall record of 148-2. Our superb record would be much more impressive if we didn't run just two divisions. Skyline was ranked an honorable fourth in the Eastbay in 1973. This spot is very impressive considering we did not have the opportunity to run in the North Coast Section due to Section regulations. Skyline swept their varsity league final with 15 points."

DON MACINTOSH (Menlo Park, CA): "Hey! You know, Jack, that 5-lap course for the West Valley Marathon was not exactly interesting. In fact, it could be likened to running 5 laps in a squirrel cage. I left after lap #2 to go home and drink beer. However, I thought of something that could redeem any subsequent 5-lap race over that course, and this would have a separate category for 'streaking'. That is, on the odd-numbered laps, 1-3-5, there would be special trophies for the runners who could 'streak' that lap in the fastest time and still finish the race. I am enclosing two newspaper clippings to give you the general idea. John Marconi could probably get some good photographs. It has possibilities, don't you think?"

RALPH BLOUNT (Auburn, CA): "I would like to cover three different things in this letter. First of all, I feel that congratulations and special recognition are in order for Solano TC's getting their Channel-to-Lake results out to the runners on the Tuesday following the Sunday race. This has got to be some kind of record. Some other clubs could certainly improve in this area. -- The second point I would like to make is regarding the senior LDR point ratings. Over the past few years, both the numbers and the quality of the senior runners has vastly improved. Because of this, would it not seem unreasonable to increase the senior placement for scoring down thru 8th place? This would be a compromise between the open division's 10th place cutoff and the currently existing senior 6th place cutoff. I would be interested to find out how some of the other seniors feel toward such a proposal. (Ed.-Based on the number of senior finishers in local races...which is not 80% of the number of open finishers, I don't think it's a good idea at present. Six finishers may often be 25% of the total senior finishers, while ten finishers is rarely even 10% of the total open finishers!) -- In conclusion, I would like to mention that I know that many runners were disappointed that you were unable to provide T-shirts for the finishers in the West Valley Marathon. This is particularly disappointing to those runners who have completed their first marathon or those who are still very much in the novice class. It seems to me that anybody who puts out an effort from 3 to 4 hours should be able to take something home to show for it. The bulk of the field in these marathons is made up of joggers who are bravely meeting the challenge of this gruelling race. These T-shirts are not only a practical award which can be worn in practice, but to many, they serve as kind of a status symbol among their fellow runners. There are not that many marathons on the running schedule. It seems to me that the sponsoring organization should make an effort to provide shirts to all the finishers. If a sponsor cannot be found to donate the shirts, I feel that most of the runners would be agreeable to a slightly higher entry fee in order to finance them. I am sure that this extra effort would be greatly appreciated by the majority of the marathoners." (Ed.-In tight fi-

nancial times such as these, getting someone to sponsor 250+ T-shirts at \$1.50-1.75 each ain't easy! In the past three marathons prior to this year's race, we've managed to get a sponsor(s) to donate shirts to all or most of the finishers... this year we managed to get only 25 donated by PUMA...but, we did give out iron-on patches (of the same design as was put on the T-shirts that were given out) for finishers between 26 and 100 (mailed with results). These alone cost 40¢ apiece! If we were to give T-shirts to all finishers, without sponsors, the entry fee would be close to \$2.50-\$3.00 in order to break even...and I don't think the majority of runners would want this, even if they got the shirt (Ben Sawyer's survey of our running population's feelings about awards and entry fees seems to agree with this). For the \$1.50 entry fee, all finishers get a certificate and printed results with splits, plus a photo if they finish under 4 hours. I wish it were possible to give a lot more, but anyone who's ever put on a marathon knows that costs are far greater than for just a regular road run.)

DAVID PAIN (La Jolla, CA): "Following an invitation from ITA to present selected Masters events at their pro attractions, a request for a ruling from Ollan Cassell was made. In reply, the AAU Executive Director acknowledged that domestic Masters competition contemplated the participation in Masters events by professionals, as well as ex-professionals, who had applied for reinstatement. He took the position, however, that Veteran athletes competing in Masters events in ITA events would be violating IAAF rules regarding professionalism, and accordingly, although legal under AAU domestic rules, he would be forced to decline to certify for international competition any Master who did compete in such an event. Based on Mr. Cassell's current position we, therefore, must warn any Master who does elect to compete in an ITA meet that he is taking the risk that the AAU will refuse him a travel permit for international competition in the future. Notwithstanding, we are informed that a considerable number of Veteran athletes will nevertheless elect to run in ITA meets.

A letter of protest to Cassell's ruling has been sent to him, as well as Senator Alan Cranston (member U.S. Masters) and Senator John V. Tunney (sponsored proposed Federal legislation to control the activities of the AAU and NCAA) and to Dan Ferris (U.S. delegate to the IAAF). We have pointed out the lack of logic to the AAU position, in that domestic rule permits and encourages professionals or reinstated professionals to re-enter the competitive lists as Masters in Masters competition. In so doing, the rule specifically permits amateurs to compete against professionals (a professional being anyone who after his 16th birthday has signed a professional contract, or has gained income directly, or as a result of his athletic fame).

The rule also declares that any amateur who knowingly competes in an event with a professional, he, himself thereby becomes a professional. Since many of our U.S. Masters are coaches, YMCA Directors, sporting goods owners, athletic shoe salesmen, sports writers or telecasters, ex-professional athletes and the like, all of us pristine-pure amateurs are thereby metamorphosized into ugly professionals by legal definition when we engage in our own Masters meets and national championships. Such being the case, why should our racing against our peers in a Masters event, with no prize money involved, in an ITA-sponsored event, change the situation one iota?

We can only conclude that Ollan Cassell's real motive is twofold, namely: One, that his ruling is a backhanded slap at the ITA in an effort to help assure its rapid demise; and two, to demonstrate our AAU's dominance over its athletic members in international competition.

It should be apparent to our AAU that these rules of the IAAF adopted by approximately 150 member nations, most of whom do not have an athletic community comparable to the U.S., are archaic relics of an era long past, and that in order to change these rules, our AAU should refuse to enforce them when not in our athletes' best interests; threaten to withdraw from the IAAF (which it won't do), and lobby heavily to change these rules. The only real power our AAU has over its membership as an IAAF member, is the ability to decree athletic death for any non-conforming athlete who aspires to engage in international competition. For that reason, we cannot see our AAU taking any concrete steps towards correcting the IAAF rules.

Our experience in Australia and Great Britain leads us to believe that many, if not the majority, of IAAF member nations, want to keep the rules basically the same and that they will not drastically amend the rule on professionalism. Whether they will exempt Veterans/Masters from these rules as our AAU has done remains to be seen. To its lasting credit, the AAU,

in adopting its domestic rules for Masters, did not include this hoary anachronism on professionalism."



(LEFT) EX-CAL-STATE HAYWARD WEIGHTMAN, ART MCCOLLUM, CONTINUES TO IMPROVE, AS HE UPPED HIS HAMMER PR TO 191-10 IN HIS FIRST 1974 COMPETITION. (RIGHT) WEST VALLEY PORTRAIT FOR JAN/FEB IS STANFORD'S DOUG MCLEAN, WHO PULLED A BIG SURPRISE BY FINISHING FIFTH IN THE PA-AAU 15 KILO AND SEVENTH IN THE 20 KILO A FEW WEEKS LATER. /John Marconi Photos/

NOR-CAL PORTRAIT

MEET ART MCCOLLUM: (By Jon Hendershott) - If Oregon's Mac Wilkins can be dubbed "Multiple Mac" for his world class throwing in all four weight events, then Art McCollum certainly deserves the moniker "All-Around Art" for his achievements in three-fourths of track's throwing events.

The towering (6-6, 250-lb.) Hayward State graduate, now heaving for the Bay Area Striders, threw his weights around in convincing fashion during 1973, recording personal bests in the shot (54-1) and discus (185-8), as well as a then-PR in the hammer (190-7). And at least with the ball-and-chain, he has continued his long throwing in 1974; he has already upped his best to 191-10.

After placing second in the '72 NCAA College Division discus, McCollum compiled an excellent '73 season, especially in the two 'spin' events. Often a double (and sometimes triple) winner in Hayward dual meets (the same day as his discus PR, he also twirled the hammer 181-2), Big Art won the Far West Conference in both events (181-7 DT, 187-10 HT) and then earned silver medals in both at the NCAA College Division Championships. His then-best of 190-7 gave him second in the hammer, while he reached 174-8 in the disc.

In the NCAA Championships, Art placed 10th in the hammer (181-7) and threw the disc 173-5, missing qualifying for the finals by one place and eight inches.

The 28-year-old native of Elisabeth City, N.C. admits, "I have trouble finding time for anything." Yet he maintains a five-days-a-week training schedule year-round. "In the off-season, I lift more," he says, "concentrating on the bench press, dead lifts, and squats. During the competitive season, I spend less time in the weight room and the larger portion of my training time on the field throwing. I also try to run as much as possible."

Having only competed since 1970, Art should have a better than good chance of going over 200-feet in both 'spin' events before his career is over...with the hammer mark very likely to come this year.

Arthur McCollum, Hayward, CA (Bay Area Striders). Born June 6, 1945, Elisabeth City, N.C., 6-6, 250-lb. Bests: Shot - 54'1" (1973); Discus - 185'8" (1973); Hammer - 191'10" (1974).

WEST VALLEY PORTRAIT

MEET DOUG MCLEAN: (By Bill Clark) - This month's West Valley Portrait is Doug McLean, currently a sophomore at Stanford. Doug has been doing some excellent racing in recent roadruns. He finished fifth in the PA-AAU 15K Championships in 46:33, and

then came back with an impressive 1:06:13 in the 20K race, taking seventh in a strong field.

Doug's greatest competitive thrill was being a member of the winning team in the 1971 CIF Southern Section cross country meet, while in his senior year at La Canada High School (Pasadena). Breaking 3 hours in the Palos Verdes Marathon while still an 18-year-old was also a big thrill, and Doug considers setting PR's for the mile (4:29) and 2-mile (9:37) within an hour on January 25th as his most noteworthy accomplishment on the track.

Doug gives a lot of the credit for his recent improvement to the Stanford training program. "In high school I was spoon-fed summers of overdistance with lots of track intervals during the season. The program at Stanford is better balanced to maintain distance conditioning throughout the season. I possess little basic speed, so any success I have in running is due almost wholly to the training program."

A typical training week consists of overdistance on Sunday, followed by long intervals on Monday and Thursday, interspersed with short intervals on Tuesday, and a road run on Wednesday, as well as on Friday. Saturday is set aside for either competition or short intervals.

Doug is a confirmed two-a-day man: "I believe strongly in the value of morning runs, if for no other reason than preparation for the afternoon workout when all real conditioning is done. I can't run hard at both ends of the day and survive very long."

He also knows his capabilities and limits his training accordingly: "My mileage is typically 85-90 miles per week. I can only maintain 100-mile weeks for one week at a time without becoming ill or injured, so the mileage rarely gets that high."

Doug recently achieved his most immediate goal when he lowered his steeplechase time from 10:31 to 9:49.8. He felt that he would be able to make this type of improvement once he learned a more efficient technique for getting over the water jump. His next goal is to produce a good 6-mile time, since he considers his greatest potential to be in this event.

His ambitions do not stop on the track: "The marathon also holds a certain fascination for me. I'd like to qualify for the Olympic Trials. According to the computerized training tables, the 15K time is worth a sub-2:30, so maybe???" Doug didn't specify which Olympics he was interested in, but with continued interest, he could be a contender until 1984, unless Big Brother doesn't allow marathons.

SPECIAL ARTICLES

TRY A GRASS ROOTS MINI-CLINIC! (By Roxanne Andersen - Member of the U.S. Olympic Women's Development Committee) - The drive is on to better prepare our women athletes for the 1976 Olympics. Your U.S. Olympic Women's Athletics Committee has made this its main goal between now and the starting gun at Montreal. Clinics are in the making to obtain top talent in our quest for the improvement of our girl athletes and the coaches who develop them. These should take care of those already in the track and field picture at the national level...but there are potential world-beaters among the undiscovered girls and women of this country. When we find them - or they find us - we must have some immediate plan to get them started IN THEIR OWN AREA. Once their potential becomes obvious, there will be no dearth of opportunities for necessary further polish and development to make them world class.

Since it is impossible to reach every beginning coach and athlete, a grass-roots approach must be found to prepare these neophytes for the "Big League" clinics. That puts it squarely up to each District AAU Association to indulge in a little self-help like pooling its resources to help the coach who can't go with the talent he receives, such as girls showing up who are obviously cut out for field events when all he knows is track! We can no longer afford to turn away or misuse the youngsters who come to us. We must face the fact too that many talented youngsters are unable to travel to clubs whose coaches could develop their potential. For those few who could, distant commuting grows old in a hurry! And what of the many eager volunteer coaches who can't afford the money and/or time off work to attend clinics which would develop in them the greater scope necessary to meet all athletic challenges which may come their way?

Try a grass-roots mini-clinic...here's how. Every AAU District Track & Field Committee must gather and make available, wherever needed, its top coaching talent. Surely it would not be a hardship for a coach to devote one morning, afternoon, or evening a month for, say, eight or nine months of the year to the development of the athletes of other clubs within his own

district. This need not be a one-way street for he, too, is in a position to request similar assistance for his club. In the smaller associations with fewer clubs, the guest coach may do repeat business with a second or even third visit during the season. In the larger districts where there could be more demands for his services, he may have to request that several clubs in the immediate area combine for a session. This would be more desirable than a first-come-first-serve arrangement wherein some clubs had to be turned down and their talented youngsters left out.

It would not be necessary for any coach to bare his innermost secrets to his rivals. This program is geared to pointing athletes in the right direction by getting them into events best suited to their physical talents and starting them off with beginning techniques. If there is to be an effective follow-up and continuation of this type of coaching session, the club coach being assisted must also be present to observe and confer. The beginner could hardly be expected to grasp all the intricacies of a technical event in one lesson, but having her own coach present will act as a guarantee that most of the instruction will rub off on him and be administered to her in effective doses at subsequent training practices. The club or coach requesting the session would directly approach the guest coach required and clear with him/her a mutually-agreeable date, place and time for the mini-clinic.

This plan is already in use in one Association. It all began when Club "A" (strictly track-oriented) suddenly had an all-around type athlete show up with obvious pentathlon potential. An assistant coach was found nearby to cope with the long jump and high jump. That still left the hurdles and shot put to be dealt with, so a coach was "conscripted" who had had success in these two events. We now have a budding pentathlete on her way in five events.

With the growing awareness of track and field for girls through our Age Group and Junior Olympic programs, we are in a position to discover promising new athletes. Most of them will need help in their own backyard, which means our top coaches are going to have to be big enough to lend a helping hand by making a once-a-month missionary expedition to clubs in other locales. Certainly the demands and distractions of his own athletes would make an effective guest coaching session at his own club practices a near impossibility. It would just be adding one more ring to what is already for him a three-ring circus!

As we prepare for 1976, let us hope that among our great discoveries will be those who firmly believe that American women athletes also come equipped with two arms and two legs, the capacity to do as well, and the resources to do better than their counterparts in the rest of the world.

THE ATHLETE: (By Phil Conley) - As the Athlete Progresses---

Establishing new better goals each week.
Working up to the JV team and then the varsity.
Finding it easy to come back strongly each week.
BMOG among the girls and the faculty.
Admiration from your teammates.
Blue ribbons and gold medals.
Most valuable awards and captaincies.
Letterman's jackets and USA uniforms.
Clean socks and jocks each day at the window.
Messages from the trainer.
Finding a beer gives you a great high after the race.
Finding that the meet director gave you per diem and picked up the check at dinner.
Training table at home meets.
Physical well-being.

As the Athlete Matures---

Finding it difficult to stay on a given level.
Looking forward to Senior's competition.
Finding it difficult to get to work on Monday.
Finding that your wife would prefer you emptying the garbage than running, and that your boss is fat and slothful.
Toleration from your teammates.
Survivor's ribbons if the meet director hasn't run out.
Sportsmanship awards.
Winning a Pepsi T-Shirt for the top 200 finishers.
Finding any once-used running gear.
Dogs biting at your legs.
Finding anyone who will give you knowledgable words about your running.
Finding it takes a couple of quarts before you feel good again.
"What do you mean, per diem? This isn't the ITA!"

The Golden Arches or Jack-In-The-Box.

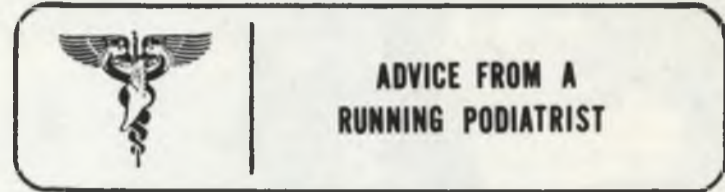
Foot problems, leg problems, etc.

---One cannot withstand or deny the ravages of time; one can only hope to delay them a little bit. Here is a three aspect formula which I pass on to you: (A 30th Birthday gift).

First,...A SYMBOL OF YOUR EXALTED POSITION IN LIFE: A broken-down jock strap.

Second,...A FULL COLLECTION OF TRACK-TRIVIA QUESTIONS AND ANSWERS: So that you can reminisce with the other old-timers.

Third,...A LIQUID STIMULANT OF MODERATE STRENGTH: So that if the other two fail to perk up your spirits, this can help out.



Harry F. Hlavac, D.P.M.

Beginning with our next issue, the NCRR will run a medical advice column, providing answers to questions on foot and leg problems encountered by joggers and runners. *All questions should be sent to: Dr. Harry F. Hlavac, 1100 Sir Francis Drake Blvd., Kentfield, CA 94904 (Ph. 415-454-3931).* Dr. Hlavac admits that he still has a great deal to learn about treatment of sports problems, but through his association with the Podiatric Medical Center, and his current work with runners, he's learning quickly. --- A brief resumé of Harry's qualifications: (1) Degrees - B.S., M.Ed., D.P.M.; (2) Assistant Professor of Biomechanics, California College of Podiatric Medicine; (3) Private Practice, Marin County; (4) Member- American Academy of Podiatric Sports Medicine; (5) Member- Dolphin/South End Runners; (6) Current level of condition: 15-20 miles per week at 8-8 1/2 minutes per mile; (7) Coordinator- California College of Podiatric Medicine student research program of foot and leg problems in jogging and running.

GENERAL ADVICE ON FOOT CARE FOR RUNNERS: - Remember that the foot in running is an intricate combination of 26 bones, numerous joints, ligaments, muscles, tendons, and major and minor nerves and blood vessels. All of these work together to provide balance, support, and propulsion of the entire weight of the body. You can expect a certain amount of pain and fatigue during conditioning. Principles to remember:

(1) Wear good shoes: Shoes should provide cushioning and support of the heel and arch and room to move your toes... (see *Runner's World Booklet #25*, or the pamphlet on running shoes put out by the Institute of Health Research, in order to select the proper running shoe for you). If shoes are worn out, replace them. Wedges on soles and "glue-gum" patches are temporary measures. Any imbalance or tilt in the sole of the shoe will affect your running style.

(2) Keep your feet clean and dry: Use soft thick socks if perspiration causes friction and irritation. Allow your shoes to dry thoroughly between runs. Use powder on your feet and in your shoes.

(3) Cut toenails properly: If possible, cut nails straight across. The purpose of the toenail is to protect the toe from injury, so don't cut it so short that the flesh comes over it; or too long, so that it catches on shoes and socks. When bathing, scrub the toenails forward and backward with firm brush to keep the cuticles back and all calluses and debris from becoming irritants.

(4) Corns and calluses: They build up on the skin as a protection for the deeper structures. They indicate pressure, friction, and imbalance. Be careful not to burn the skin with commercial corn cures. Find the cause of the irritation and eliminate it so that you can be free of painful problems.

(5) Muscle fatigue and spasms: This can occur in overworked (under-conditioned) muscles. Stretching exercises and warmups are often necessary to prevent further strain on muscles and tendons. As a general rule, if pain subsides with continued slow, easy, exercise you may continue, but if pain increases, REST! LSD has proven to be the best long-term conditioner (see *Runner's World Booklet #29*).

(6) Injuries should be treated as soon as they occur. Cool packs immediately after injury are helpful. If pain and swelling persist, seek professional help.

Prevention of foot problems by proper hygiene, conditioning and support of your feet will prevent many lost days of running. If you need professional advice, and treatment, consult your podiatrist or physician. Try to find one who is a

runner and interested in Sports Medicine. Almost all foot problems can be corrected with a minimum of disability.

•It is my hope to establish a regular podiatric medical advice column. If you are having foot or leg problems, or feel that you have some helpful advice to pass along to other runners, please contact me. Running is a new world for me too, and if we can avoid and correct problems, we can enjoy it even more.



MIKE PINOCCI OF ODESSA COLLEGE & WTC JOINED RICH KIMBALL AS NOR-CAL REP TO THE INTERNATIONAL JR. XC IN ITALY. /Marconi/

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. (DSE), are noted as such, and the contact is listed below. No pre-registration is necessary on these runs...signup is on raceday. Area contacts follow, with coding in parentheses: Pacific Ass'n: Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 - Ph. 415/364-5599; Southern Pacific Ass'n: (*SPA) Tom Cory, 515 North 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 So. Chesnut, Fresno, CA 93702; Southern Nevada Ass'n: (*SNA) John Romero, P.O. Box 14337, Las Vegas, Nev. 89114; Oregon Ass'n: (*OA) Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005; 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 card applications available from this address. ***When requesting information on any of the races or from anyone listed above, be sure to 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 ya know!!

— ANNOUNCING:--Runner's World sponsored Fun Runs: No entry fees, no advance entry, no AAU cards required. Every Sunday at Foothill College, Los Altos (off I-280)...10:30 am SHARP. A 1/2-mile race each week, as well as a one-mile...and a third distance between 2 and 6 miles. For further information, contact: Runner's World, Box 366, Mtn. View, CA 94040 (Ph. 415/965-8777).

- Mar 23 - PA-AAU 50 Mile Championships, Rocklin, 8 am. Bob DeCelle, P.O. Box 1606, Alameda, CA 94501 (Ph. 415/523-2264, days).
- Mar 23 - SPA-AAU 25 Kilo Championships, Lunada Bay, 8 am. Carl Paulson, 89 - 15th St., Hermosa Beach, CA 90254. (*SPA)
- Mar 24 - Marathon of the Lakes (formerly San Martin), San Martin, 8 am. Bill Flodberg, 12925 Foothill, San Martin, CA 95046.
- Mar 24 - St. Patricia's Day Run, 5 Mi., Belmont (register at Beresford Rec. Ctr., San Mateo, until 8:45 am), race at 9:30 am... Women & 30-&-Over Men Only. Dawn Bressie, P.O. Box 6173, San Mateo, 94403 (Ph. 574-6965, weekdays).
- Mar 30 - 6th Nor-Cal Seniors Lake Merced Run, 5 Mi., San Francisco, 11 am... 40-&-Over Men & Women Only. Jack Bettencourt, 136 Dundee Dr., So. San Francisco, 94080 (Ph. 755-9681).
- Mar 30 - Morro Bay Oyster Festival Run, 5 Mi., Morro Bay State Pk., 11 am. San Luis Distance Club, Box 1134, S.L.O., 93406. (*SPA)
- Mar 30 - PSA-AAU 30 Kilo Championships, Lakeside, 10 am. Bill Gookin, Box 1124, San Diego, CA 92112. (*PSA)
- Mar 31 - 2nd Lake Il San Jo 10-Miler, Howarth Park, Santa Rosa, 10 am. Terry Pintane, 8550 Larch Ave., Cotati, CA 94928.
- Mar 31 - CCAC Scenic Malibu XC Run, 10 Kilos, Tapia Park, 10 am. Bruce Robinson, 6322 Eileen, Los Angeles, CA 90043. (*SPA)
- Apr 6 - Sunset Park 7-Miler, Las Vegas, Nev., 10 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89109. (*SNA)
- Apr 6 - Los Angeles Marathon, Elysian Pk., 8 am (Entries close Apr. 1). Municipal Sports Office, 3401 Riverside, LA 90027. (*SPA)
- Apr 6 - Hawaiian Marathon, Kahului, Maui, 8 am. Bob Getzen, Box 215, Hana, Maui, Hawaii 96713.
- Apr 7 - Knights of Columbus Marathon (PA-AAU Championships & Western Regionals), Cupertino, 9 am. Dan O'Keefe, P.O. Box 1454, Cupertino, CA 95014. (First PA-AAU finisher gets paid airfare to Natl. AAU Marathon on June 2 in Yonkers, N.Y.)
- Apr 13 - CCAC Hawaiian Gardens Blind Handicap, 8.5 Mi., 8:30 am. Wes Alderson, 4405 Ventura Canyon Ave., #B, Sherman Oaks 91403.
- Apr 13 - Birch Bay Marathon, Blaine, Wash., noon. Jim Pearson, 521 - 17th St., Bellingham, Wash. 98225.
- Apr 13 - Oregon Road Runners Masters Run, 7 Mi., Oak Hills (Portland), 11 am (40-&-Over). Bob Arkes, 2720 SW English Ct., Portland, Ore. 97201. (*OA)
- Apr 14 - Napa Blossom Hill Run, 8.1 & 1.2 Mile Races, Napa, 9 am. Ron Whitney, 295 Franz Valley School Rd., Calistoga, CA 94515.
- Apr 15 - Boston Marathon, Boston, Mass., noon. (Entries Close Apr. 1; 3:30 Qual. Time). BAA Marathon, Boston Garden, Boston 02114.
- Apr 20 - Sunset Park 4 Mile Road Run, Las Vegas, Nev., 10 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109. (*SNA)
- Apr 20 - 3rd Livermore 8.5 Miler, Lawrence Rad. Lab., Livermore, 10 am. Tom Jefferson, 490 Stanford Ct., Livermore, CA 94550.
- Apr 21 - 4th DeAnza Ridge Run, Monte Vista HS, Cupertino, 10 am. Jim Woodruff, 531 Benvenue Ave., Los Altos, CA 94022.
- Apr 21 - Las Posas Hills 11.5 Miler, 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010. (*SPA)
- Apr 21 - DSE Nob Hill Run, 3 Miles, Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood St., S.F., CA 94114. (*DSE)
- Apr 27 - Visalia 10 Mile Run (possibly Apr. 26). Dave Bronzan, H.S.T.C., P.O. Box 271, Fresno, CA 93708. (*CCA)
- Apr 27 - Sacramento to Woodland 20.7 Miler, State Capitol, Sac'to, 10 am. (Tentative) Woodland C of C, 520 Main, Woodland 95695.
- Apr 27 - 9th STC 2-Man 14-Mile Relay, La Mirada Pk., 9 am. Seniors TC, 18802 Petunia, Azusa, CA 91702. (*SPA)
- Apr 28 - 5th Mt. Diablo Disturbance Run, 6.6 Mi., 9 am. (Men 21-&-Over, 3 Dipseas Req'd). Jack Kirk, Star Route, Mariposa 95338.
- Apr 28 - DSE Practice Bay-to-Breakers, 7.6 Mi., Howard & Spear, S.F., 8 am. Walt Stack, 321 Collingwood, S.F., CA 94114. (*DSE)
- May 4 - Sunset Park 5-Miler, Las Vegas, Nev., 10 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109. (*SNA)
- May 4 - Golden Gate Park 8-Miler, Polo Fields, S.F., 9 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
- May 5 - Lakewood 10 Kilo (no other info available). Tom Cory, 515 No. Howard St., Glendale, CA 91206. (*SPA)
- May 5 - Avenue of the Giants Marathon, Weott (Humboldt County), 9 am. Richard Gilchrist, 281 Hidden Vly Rd., Bayside, CA 95524.
- May 11 - DSE Golden Gate Bridge Vista Run, 5+ Mi., Legion of Honor, S.F., 10 am. Walt Stack, 321 Collingwood, S.F., 94114. (*DSE)
- May 12 - SPA-AAU 50 Kilo Championships, Rosebowl, Pasadena. Tom Cory, 515 No. Howard St., Glendale, CA 91206. (*SPA)
- May 12 - ORRC Albertson's Council Crest Hill Run, 2.5 Mi., Portland, Ore., 2 pm. Doug Crichton, 5131 SW 38th Pl., #12, Portland.
- May 12 - 3rd Annual Angel Island Run, 5 Mi., 11 am. The Guardsmen, c/o Virgil Caselli, 2150 Valdez, Oakland, CA 94612.
- May 12 - 2nd CCAC Lopez Lake Run. Wes Alderson, 4405 Ventura Canyon Ave., #B, Sherman Oaks, CA 91403. (*SPA)

- May 18 - University of Nevada track runs (1/2, 1, & 2 Mi.), Las Vegas, 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109. (*SNA)
 May 19 - 64th Annual Bay-to-Breakers Run, 7.6 Miles, S.F., 10 am. (Pre-Entries Req'd). Frank Geis, PA-AAU Office, 942 Market St., Suite 601, San Francisco, CA 94102. (Ph. 415/986-6725)
 May 25 - 4th Golden Gate Marathon, Tiburon to S.F., 8:30 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
 May 26 - DSE Kennedy Drive Run, 4.7 Mi., S.F. (Polo Fields, Golden Gate Park), 10 am. Walt Stack, 321 Collingwood, SF 94114.

ADD: Mar 23 - DSE 4.5 Mile Legion of Honor Run, S.F., 10 am. Walt Stack, 321 Collingwood, S.F., 94114. (*DSE)

TRACK & FIELD

INDOOR MEETS (ITA): The following Professional Track Meets will take place on the West Coast in the near future. Be sure and use the \$1.00 coupon in this issue to save on admission to the S.F. ITA Meet. March 29 (San Francisco); April 13 (Los Angeles); April 19 (San Diego); April 20 (Portland, Ore.).

ALL-COMERS MEETS: West Valley TC will be sponsoring two all-comers track & field meets this spring at the College of San Mateo's new all-weather track (tartan surface). The first meet will be March 30, beginning at 2:30 pm, and will be primarily a relay meet. The following events are slated: 440R, MileR, 2 MileR, Sprint Medley Rly, Distance Medley Rly, 120HH, 3 Mile Run, HJ, LJ, TJ, PV, SP, DT, JT, Women's Events (100, 440, Mile)...women are encouraged to compete with the men in the other events, as are Masters competitors (40-and-over). The second meet will be April 13, beginning at 1:30 pm with a 6 mile run, and followed by a regular schedule of events at 2 pm, including the following Women's Events: (220, 440, 880, 2 Mile)...as in the March 30 meet, women and masters competitors are encouraged to compete with open athletes. Teams are requested to bring their own batons, as none will be supplied. Entry fee will be 50¢. For more information: contact Jack Leydig, P.O. Box 1551, San Mateo, CA 94401 (415/342-3181)... please don't call after April 7, as I will be out of town for about 10 days. Officials are needed...if you are an AAU official and can help at one or both of these meets, please get in touch immediately. Thank you.

★COLLEGE/A.A.U. SCHEDULING: In the schedule below, the following coding will be used to indicate eligibility restrictions: (C) = College/Univ. Only; (JC) = Junior College Only; (O) = Open (AAU & Schools).

- Mar 21 - Oregon St. @ Cal-State Hayward, 11 am.
 Mar 22 - Santa Barbara Relays, UCSB, 10 am. (JC)
 Mar 23 - Santa Barbara Relays, UCSB, all day (C & limited AAU); Colorado @ San Jose St., 11 am.
 Mar 29 - Coast Conference Relays, Skyline JC, 1 pm. (JC)
 Mar 30 - WSU @ UC Berkeley, 1:15 pm; All-Comers Meet (Relays) @ College of San Mateo (see above for details), 2:30 pm (O); Sac'to State @ UC Davis, 1 pm; SF State @ Chico St., 1 pm.
 Apr 6 - Sac'to State Relays, 1 pm (afternoon only) (O); Trojan Invitational, LA Coliseum (O); Stanislaus St., Fresno Pacific & SF State @ Skyline JC, 1 pm; WSU @ San Jose St., 1 pm; Hancock Invit., Santa Maria, 11 am (metric) (JC)...FLASH--Trojan Invit. cancelled!
 Apr 9 - Puget Sound @ SF State, 1 pm.
 Apr 11 - Puget Sound @ Cal-State Hayward, 1 pm; So-Cal JC Relays (site to be arranged).
 Apr 13 - Humboldt St. & SF State @ Skyline JC, 1 pm; Idaho St. & Occidental @ SJS, 11 am; San Jose Relays @ SJCC, 10 am/12:30 pm (JC); Washington & UC Irvine @ UC Berkeley, 1:15 pm; All-Comers Meet @ College of San Mateo (see above for details), 1:30 pm (O); San Diego Relays, Balboa Stadium (O); M.S.R. Relays @ College of Marin, 11 am (JC); Diablo Valley Easter Relays @ DVC, Concord, 10 am (JC); Menlo Relays @ Menlo College, 1:30 pm (JC); Cal-State Hayward @ UC Davis, 1 pm.
 Apr 20 - USC vs. Cal & UCLA vs. Stanford @ Stanford, 1:15 pm; Bakersfield Invit., noon(?) (JC); Woody Wilson Relays, UC Davis, 10 am (JC/C); Hartnell Invit., Salinas, 10:30 am (JC).
 Apr 26 - Menlo Twilight Meet, Menlo College, 5 pm (JC).
 Apr 26 - Mt. SAC Relays, Walnut (2 days) (O).
 Apr 27 - Chico St. @ Cal-State Hayward, 1 pm; NorCal Relays @ Contra Costa College, 10 am (JC); UC Davis @ Humboldt St., 11 am; SF State @ Sac'to St., 1 pm.
 May 1 - Camino Norte Conf. Trials @ DeAnza, Cupertino, 4 pm (JC); Golden Gate Conf. Trials @ Laney, 2 pm (JC).
 May 3 - Golden Gate Conf. Finals @ Laney, 6 pm (JC); Golden Valley Conf. Finals (2 days), Yuba College, Marysville, 3 pm/noon, (JC); Valley Conf. Qualifying Meet, Modesto, 3 pm/12:30 pm (JC).
 May 4 - San Jose State Invit., SJS, 11 am (O); Stanford @ Cal,

- 1:15 pm; Camino Norte Conf. Finals, DeAnza, Cupertino, 11 am (JC); Cal-State Hayward & SF State @ Skyline JC, 1 pm; Coast Conf. Finals, Hartnell, Salinas, 10 am (JC); UC Davis @ Chico St., 1 pm.
 May 8 - Northern-Cal JC Trials, Modesto JC, 1 pm; Southern-Cal JC Trials, Chaffey JC.
 May 10 - West Coast Relays (2 days), Fresno St. (all day) (O).
 May 16 - Far West Conf. Meet (3 days), Cal-State Hayward, 1 pm.
 May 17 - Pacific-Eight Conf. Championships (2 days), USC, 1 pm; NAIA District Championships, Redlands Univ. (C).
 May 18 - Bakersfield Classic (O); NorCal JC Championships @ Diablo Vly College, Concord, noon; SoCal JC Championships @ Chaffey JC; PCAA Championships @ Fresno St., 1 pm (2 days) (C)...FLASH--Bakersfield tent. cancelled.
 May 23 - NAIA Natl. Championships, (3 days), Arkadelphia, Ark.
 May 25 - California Relays, Modesto (O); State JC Championships @ Bakersfield, 7 pm.

★HIGH SCHOOL SCHEDULING:

- Mar 23 - Campbell Relays @ San Jose City College.
 Mar 30 - Matador Relays @ Mira Loma HS (Sac'to); Oakland Athletic League Relays @ Laney College; Pacific Invit. @ Pacific HS; San Ramon Relays @ San Ramon HS, Danville; Gilroy Invit. @ Gilroy HS, 9 am.
 Apr 6 - W.E. Mitchell Invit., Cordova HS, Rancho Cordova; Clear Lake Relays @ Clear Lake HS; King City Invit. @ King City HS, 9:30 am; JFK Relays @ Contra Costa College, 10 am; Kiwanis Invit. @ Hill HS, San Jose.
 Apr 8 - Decathlon, Branham HS, San Jose (2 days).
 Apr 13 - Easter Relays @ Diablo Vly College, Concord; Silver Crk. Pruneyard Invit. @ SJCC, 10 am/12:30 pm.
 Apr 19 - Amador HS "Nite" Meet @ Amador HS.
 Apr 20 - Martinez Relays @ Alhambra HS, Martinez, 11 am; Chuck Stapleton Memorial, Antioch HS; Santa Rosa HS Relays, Bailey Field; Drake Relays @ Drake HS; R.L. Stevenson HS Interact Relays, Pebble Beach, 10 am; Woody Wilson Relays @ UC Davis.
 Apr 26 - Chico Invit. @ Chico St.; Howard Breivik Relays @ Mt. Diablo HS, Concord; Charles Eaton Relays @ Miramonte HS.
 Apr 27 - El Cerrito Relays @ El Cerrito HS, 11 am; Vacaville Jamboree @ Vacaville HS; Pacific Grove Rotary Invit. @ Pacific Grove HS, 9 am; Downey Games @ Downey HS, Modesto.
 Apr 29 - Richard Davis Invit. @ Antioch HS.
 May 4 - Castro Valley Invit. @ Castro Valley HS, evening; Woodland Invit. @ Woodland HS; Ceres Invit. @ Ceres.
 May 10 - West Coast Relays @ Fresno St. (2 days).
 May 13 - A.A.A. Championships (Trials) @ Kezar Stad., S.F., 2:30 pm..(4 days).
 May 15 - NCS II Trials @ Diablo Vly College, Concord.
 May 17 - NCS II Finals @ Diablo Vly College, Concord.
 May 18 - A.A.A. Championships (Finals), Kezar Stad., SF 2:30pm.

★MASTERS & WOMEN'S SCHEDULING: In the schedule below, the following coding will be used to indicate athlete eligibility: (W) = Women, with age-groups, if any, following; (M) = Masters events only; (LM) = Limited masters events.

- Mar 23 - Easter Relays, Santa Barbara (LM); Will's Relays @ Encina HS, Sac'to (W/Novice); Masters All-Comers Meet @ UC Berkeley (Edwards Stadium).
 Mar 24 - Meet of Champions, UC Irvine (LM).
 Mar 30 - LA Valley College All-Comers, 1 pm (M); Women's and Age-Group Meet, Roseville (Gil Duran, 1325 Susan Cir., Roseville 95678).
 Apr 6 - Masters All-Comers Meet @ College of Marin (M); Annual Grandfather Games, LA Valley College, noon (2 days) (M); Lions Relays Carnival (W/AG), Mills HS, Millbrae.
 Apr 20 - Downey Games, Modesto (LM); Women's & Age-Group Meets @ Roseville and Los Altos (W/AG).
 Apr 21 - Masters All-Comers Meet @ Cal-St. Sac'to (M).
 Apr 27 - Mt. SAC Relays, Walnut (2 days) (W/LM); Orinda Invit. (27th,W & 14/15; 28th,AG), Women qual. for SJS Invit.

- May 4 - Masters All-Comers Meet @ Downey High, Modesto (M); San Jose Invit. @ SJS (W); Woodland Invit., Woodland (LM).
- May 5 - PA-AAU Pentathlon @ SJCC (W,12/13); PA-AAU Triathlon @ SJCC (9/U, 10/11).
- May 10 - West Coast Relays, Fresno St. (2 days) (LM).
- May 11 - Women's & 14/15 Track Meet @ Amer. River Coll., Sac'to.
- May 19 - PA-AAU Girls 14/17 Championships & Women's Invit. @ SJCC.
- May 25 - California Relays, Modesto (W) (LM).

RACE WALKING

Scheduling: For further information on scheduling, contact the following individuals--Frank Hagerty, 2973 W. Swain Rd., #37, Stockton, CA 95207 (Ph.??) for NorCal; Bob Bowman, 8711 Pershing Dr., Playa Del Rey, CA 90291 (Ph. 213/823-6910) for SoCal; Don Jacobs, Box 23146, Tigard, Ore. 97223, for Oregon and the Pacific Northwest. (Bowman moved...see new address below!)

- Mar 23 - Meet of Champions, UC Irvine, 5 Km.
- Mar 23 - Natl. AAU "B" 25 Km., Seattle, 9 am. Dr. Dean Ingram, 507 Cobb Bldg., Seattle, Wash. 98101.
- Mar 24 - 5 & 10 Km. Walks @ College of Marin.
- Apr 6 - 10 Kilo Walk at Sac'to to State Invitational.
- Apr ?? - 15 Kilo Walk (a Sunday), 10 am...contact Phil Mooers, 3163 So. Court, Palo Alto, Ph. 415/326-7427).
- Apr 13 - Undetermined distance at Univ. of Cal, Santa Barbara.
- Apr 14 - Natl. AAU Sr. One Hour Walk, Boulder, Colorado...contact Floyd Godwin, 935 Ash, Broomfield, Col. 80020.
- Apr 20 - LA Municipal Games Age Group & Open Walks, Encino, 9 am.
- Apr 27 - Mt. SAC Relays, Walnut (Open 10 Km. & Invit. 5 Km.).
- May 4 - Natl. AAU Sr. 35 Km., site to be determined, probably Santa Monica, 9 am.
- May 11 - West Coast Relays, probably 2 miles.
- May 11 - 5 Mile Handicap, Echo Lake Park, 10 am. (So-Cal)
- May 12 - Natl. AAU Jr. 5 Km., Portland, Ore.
- May 25 - California Relays, Modesto, Invitational 2 Mile Walk.
- May ?? - (Probably 26th)...PA-AAU 7-Mile Championships, Northgate Mall, Marin County (nr. Marin Civic Center).

New Address for Bob Bowman: 1961 Windsor Pl., Pomona, Calif., 91767 (Ph. 714/629-1626).

Ranney Wins Easy 20 Kilos: (Dec. 30, S.F. State track) - A variety of events were held here, with Bill Ranney, competing unattached, moving to an easy victory over 20 kilometers with a so-so time of 1:43:26, some six minutes up on Brian Snazelle's 1:49:22. WVTC's Roger Duran followed with 1:52:22, and a body, identified only as Richard R., had 2:00:35. Sandy Briscoe was likewise victor by a large margin in the women's 10 kilometers. She notched 1:03:45, ahead of Karen Bessey's 1:09:17 and Emi Nozuma's 1:11:04. Wayne Glusker and Manny Adriano, both competing West Valley, walked for an hour and recorded distances of 7 miles, 626 yards and 6 miles, 1665 yards, respectively. Jerry Lansing did 10 kilos in 51:28; Phil Mooers (WVTC) did 8 miles in 1:29:50; Art Smith did 3 miles in 29:36, with Ted McRice, a newcomer to the sport, doing 33:44 for the same distance.

/Roger Duran/

Adriano is Victor at S.F. Indoor: (Feb. 1, Daly City) - Four experienced judges took their toll, as five out of the eight who started got DQ'd for one reason or another, including at least the first four finishers (don't know where Brad Bentley finished before DQ)...they included Esteban Valle (WVTC), who did a 6:29+ to win easily; Bill Ranney (Un); Jerry Lansing (Un); and Wayne Glusker (WVTC). Adriano recorded a 7:08 clocking, well ahead of Jim Bentley, Sr. (SRW) at 7:25, and Roger Duran (WVTC) with 7:30. Oh, the distance was a mile! /Roger Duran/

Brad Bentley Seventh at Indio: (Feb. 17, Indio) - Jim Bentley was DQ'd, but Brad managed a seventh place (54:26) in the 10 Kilo (think that was the distance) here. Ed Bouldin of the Beverly Hills Striders won with a 47:22 (3rd fastest ever on this course), followed very closely by Carl Swift (47:28), who is a 2:28 marathoner as well...probably the second-best walker/runner around (Floyd Godwin is a top class walker and has done a 2:20 marathon, although he doesn't run competitively anymore to our knowledge). /Bob Bowman/

Valle Blitzes Dooley & Gets American Record at Oakland: (Feb. 16, Oakland) - WVTC's Esteban Valle, a native Nicaraguan, lapped the entire field, including internationalist Tom Dooley, to record a 13:12.8 for 3000 meters (Dooley was 13:43.8). Next in



ESTEBAN VALLE TAKES AN IMMEDIATE LEAD IN THE EXAMINER GAMES' MILE WALK. HE CLOCKED 6:29, BUT WAS DQ'D. AT THE OAKLAND INVITATIONAL HE GOT THE AMERICAN 3000M RECORD. /Dave Stock/

was Klein of UC Irvine (13:46.8), followed by Wayne Glusker (14:04.0) and Manny Adriano (14:21.6) of WVTC. /Jack Leydig/

Ten & Five Mile Walks: (Feb. 24, San Jose) - Two men and six women (!) showed up to an informal walk at Coyote Park. Wayne Glusker did 1:21:20 to Roger Duran's 1:27:12 for ten miles, and Diana Dimmick (SJ Cindergals) was a big winner in the five mile affair (47:26). Other finishers in the 5-miler: Patty Zwig 52:10, Kim Scriver 53:18, Debbie O'Sullivan 54:28, Brook Hendershott 55:57, and Sara (no last name recorded) 56:46. All the girls compete for the Cindergals. /Wayne Glusker/

TRACK & FIELD RESULTS

All-Comers Meet: (Dec. 15, Millbrae.) - (OPEN): Mile: Stewart (Army/WVTC) 4:22.4, Zapata (WVTC) 4:33.1, Tracy (WVTC) 4:34.8; 60: Pettus (SFS) 6.5, Roosevelt (SFS) 6.5, Marshall (Un) 6.7; 440: Marshall 51.7, Shields (BAS) 51.7; 3 Mi: Zapata & Stewart 15:12.4, Snyders (CSM) 15:36.0; DT: McCollum (Un) 170-0, Nave (WVTC) 169-2, Wolf (OTC) 159-1; 220: Pettus 23.0, Roosevelt 23.1, Shields 23.9; 880: Nathanson (SFC) 2:06.8, Hare (MenloTC) 2:08.3; (HIGH SCHOOL): 440R: Oceana 48.6; 60HH: Reeves (Ara) 8.2, Villanueva (SH) 8.5; LJ: Hartsfield (Wstmr) 20-1, Buckley (CWTC) 19-8 1/4; Mile: LaForge (Oc) 4:32.4, Nathanson 4:35.4, Byrd (Linc) 4:39.4; 60: Hartsfield 6.6, Espina (Wstmr) 6.6; PV: Caldwell (Mills) 12-6; 440: Vasquez (Mills) 52.3, Penny (SMateo) 52.7; TJ: Buckley 40-3, Espina 39-5 1/4; HJ: Miller (Oc) 5-9 3/4, Reeves 5-6; 2 Mi: Powell (CWTC) 9:41.0, Brunet (Ukiah) 9:49.6, Byrd 10:03.8; DT: Lahevrere (Mills) 128-9, Lucchesi (Mills) 127-8; 220: Gustafson (SMateo) 23.3, Hartsfield 23.6, Witiker (SRosa) 24.1; 880: LaForge 2:05.3, Warren (Mills) 2:10.6; MileR: SF Chuckers 3:48.2. /Rich Fambrini/

All-Comers Meet: (Dec. 22, Millbrae.) - (OPEN): SP: McCollum (Un) 45-10 3/4, Nave (WVTC) 45-3 3/4; 880: Tracy (WVTC) 2:02.5; DT: Nave 164+, McCollum 153+; (HIGH SCHOOL): LJ: Espina (Wst) 19-0 1/4; 440R: Terra Nova 46.6; 60HH: Jackson (TN) 8.8; Mile: Powell (CWTC) 4:28.2, Coronado (CWTC) 4:34.9, Byrd (Linc) 4:37.0; 60: Espina 6.7, Luster (SSF) 6.9, Morales (TN) 7.0; TJ: Espina 38-7 1/2; PV: Dillard (Mills) 11-6; 2 Mi: Byrd 10:07, Palladino (Serra) 10:09.2, Jahn (SRosa) 10:11.4; 220: Espina 24.1; 880: Powell 2:03.9, Warren (Mills) 2:08.5; MileR: Terra Nova 3:54.8. /Rick Fambrini/

All-Comers Meet: (Dec. 29, Millbrae) - (OPEN): 60: Toliver (Stan) 7.1, Jordan (NCSTC) 7.1; 220: Tracy (WVTC) 24.5; Mile: Jordan (WVTC) 4:29.6, Tracy 4:30.2; 2 Mi: Power (WVTC) 10:07; SP: McCollum (Un) 44-2 1/2, Nave (WVTC) 43-2 1/2; LJ: Toliver 20-6 1/2; TJ: Toliver 42-5 1/2; (HIGH SCHOOL): 880: Vasquez (Mills) 2:01.9, Powell (Oc) 2:04.0, Nowlan (Rior) 2:09.4; 60HH: Giava (Mills) 7.9, Fraysse (SSF) 8.1; Mile: Byrd (Linc) 4:37.1, Nathanson (SFC) 4:40.2, Lee (SFC) 4:43.0; 440: Joarger (Mills) 56.0; 60: Fraysse 7.2, Johnson (TN) 7.5; 2 Mi: Byrd 10:07.4, Mateo (Crstmr) 10:10.4; TJ: Hudnell (Ara) 41-11 1/2, Fraysse 39-6 1/2; LJ: Fraysse 19-2 1/4. /Dave Shrock/

All-Comers Meet: (Jan. 5, San Jose) - (OPEN): 440R: Skyline 44.7; 60: Mathews (Un) 6.4; Mile: Nahirny (WVTC/Wash) 4:21.6; 60HH: Carty (Un) 7.4; 440: Siirila (Stan) 50.4; 880: Jenner (Un) 1:58.8; Mile Walk: Glusker (WVTC) 7:06.4; 220: S'rila 23;

2 Mi: Dillie (SFS) 9:46.4; TJ: R. Livers (SJS) 46-10; LJ: Reed (Berk) 20-9; DT: Pushkin (Fthl) 156-6; (HIGH SCHOOL): 60: Glass (Castlemont) 6.5; 60HH: Bennett (Berk) 7.6; 880: Aguilar (SCrk) 2:01.9; 2 Mi: Hart (Mod) 9:16; MileR: Castlemont 3:36.7; SP: Bersano (LG) 55-0 1/2; DT: Bersano 154-4 1/2; LJ: Napier (Lyn) 19-8 1/2; TJ: Napier 43-9; HJ: Stow (Milp) 5-6; (WOMEN): 60: Bickel (Int) 7.8; Mile Walk: Dimmick (SJCG) 8:46.8. /Bonanno/

All-Comers Meet: (San Jose, Jan. ??) - (OPEN): 60: Matthews (Un) 6.4; Mile: Sanchez (SJCC) 4:23; 60HH: Harris (SJCC) 7.7; 440: Williams (SJCC) 51.0; 880: Sanchez 1:59.0; Mile Walk: Glusker (WVTC) 7:13.9; 220: Pettus (SFS) 21.9; 2 Mi: Hart (Mod) 9:52.6; SP: Mannon (UCB) 53-3 1/2; LJ: Ragster (CWTC) 21-10; (HIGH SCHOOL): 440: Woodside 45.6; 60: Kennedy (Srmte) 6.5; Mile: Hart 4:23.8; 60HH: Kennedy 7.7; 440: Willis (M-A) 52.8; 880: Hamilton (Lei) 2:01.1; 220: Kennedy 23.0; 2 Mi: Loux (Mod) 9:56.4; MileR: Castlemont 3:37.6; DT: Burton (Vaca) 178-2; LJ: Allen (Srmte) 20-2; (WOMEN): 60: Van Dyke (Un) 8.1; Mile Walk: Dimmick (SJCG) 8:33.8. /Dave Stock/

All-Comers Meet: (San Jose, Jan. ??) - (OPEN): 440: Allen (Srm) 51.1; 440R: SJCC 44.2; 60: Matthews (Un) 6.5; Mile: Sanchez (SJCC) 4:24.7; 60HH: Ragster (CWTC) 7.7; 880: Jenner (Un) 2:01.4; 220: Siirila (Stan) 22.6; 2 Mi: Ebert (SJS) 9:22.4; MileR: Skyline 3:36.4; SP: Mannon (UCB) 52-4; DT: Hickson (Ore) 153-10; LJ: Bale (Skyl) 20-5; TJ: Livers (SJS) 48-5 1/4; (HIGH SCHOOL): 60: Hampton (SCr) 6.4; Mile: Sisler (Pet) 4:29.5; 60HH: Reeves (Ara) 7.7; 2 Mi: Hart (Mod) 9:23.5; TJ: Mudbell (Ara) 44-4; LJ: Marcki (Un) 20-4; HJ: Insley (Cup) 6-2; SP: Long (LA) 52-2. /Dave Stock/

All-Comers Meet: (San Jose, Jan. ??) - (OPEN): DT: Powell (Un) 195-1; SP: Mannon (Cal) 52-8; TJ: Steffes (BAS) 49-4, Livers (SJS) 48-1 1/2; PV: Dias (BHS) 16-0; LJ: Kring (Stan) 20-5; HJ: Urenda (SJCC) 5-10; Mile: Ryan (Irv) 4:28.9; 60HH: Ligon (Chab) & Tinnin (SJS) 7.5; 440: Adams (Skyl) 51.8; 880: Jenner (Un) 2:01.5; 880 Walk: Dooley (Un) 3:27.4; 220: Tinnin 23.9; 2 Mi: Verhe (Belg/WVTC) 9:14.4; (HIGH SCHOOL): DT: Vlockineger (Cup) 127-2; SP: Rossini (SFr) 49-11 1-2; TJ: Lap (SI) 41-5; PV: Calvert (DelMar) 12-0; LJ: Brooks (Milp) 20-5; HJ: Mal-lory (DelMar) 6-1; 60: Glass (Csmt) 6.4; Mile: Stock (Leigh) 4:32.4; 60HH: Kennedy (Srmte) 7.9; 440: McCarthy (SFr) 50.7; 880: Ryan (Irv) 1:59.4; 220: Glass (Csmt) 22.3; 2 Mi: Montenegro (Linc) 9:36.2; MileR: Cupertino 3:39; (GIRLS): HJ: Kini-maka & Dougherty (SJCG) 5-2; JT: Bowers (SJCG) 124-2. /Stock/

Golden West All-Comers Meet: (Sacramento, Jan. 12) - (HIGH SCHOOL): 60: Fields (Grant) 6.4, Holmes (Bur) 6.5; 220: Fields 24.1; 440: DeGrace (NDR) 50.9, Cazanave (NDR) 51.0; 880: Wentworth (LaSierra) 2:08.4; Mile: Weaver (Pond) 4:43.7; 2 Mi: Fairley (LaSierra) 10:17.6, Feenstra (Jesuit) 10:25. /M. Payne/

S.F. Indoor Qualifying Meets: (Hayward, Jan. 12) - (COLLEGE): MileR: Cal-Poly SLO 3:21.8, Fresno Pacific 3:21.9, UC Davis 3:28.3, Sonoma 3:29.2; Sprt-MedR: Cal-Poly SLO 3:35.1, Cal-St. Hayward 3:35.1, Fresno Pacific 3:37.3, Chico 3:43.0; HJ: Schneider (CSH) 6-4, Sullivan (Chico) & Gordon (CPSLO) 6-2, Hougen (CPSLO) 6-2, Roberts (CPSLO) 6-0, Oraville (CSH) 6-0. (Millbrae, Jan. 12) - (MASTERS): 60 (40+): Marlin (NCSTC) 6.6, Andrews (BAS) 6.7, Van Parish (HHBC) 6.7, Lingel (BAS) 6.8, Presber (Un) 6.9; 60 (55+): Satti (NCSTC) 7.6, Barnes (Un) 7.7, Fanucci (NCSTC) 7.8; Mile: Shettler (WVJS) 4:48.4, Teegarden (NCSTC) 4:49.2, Napier (WVJS) 4:52.3, Koerner (NCSTC) 4:56.8, Pickett (NCSTC) 4:59.8, Healy (WVJS) 5:06.0, Betschart (NCSTC) 5:07.1; (San Jose, Jan. 12) - (OPEN): Devil Mile Trials: Camp (Navy) 4:12.8, West (Chico) 4:16.6, Kelly (SCTC) 4:17.0, Brown (Chico) 4:17.6, Jordan (WVTC) 4:17.8, Silva (Chico) 4:19.7, Seaver (WVTC) 4:20.0, Haniger (SJS) 4:20.5, Ruggle (Chico) nt (others qualifying--- Price (Chico), Tracy (WVTC), Hernandez (WVTC), Betschart (SCC), Bay (WVTC). (HIGH SCHOOL): 60: Glass (Csmt) 6.3, Farmer (Wil) 6.3, Kennedy (Srmte) 6.3, Hampton (SCrk) 6.4, Lewis (Wil) 6.4, Cannon (MP1) 6.4; 2 Mi: Hart (Mod) 9:10.6, Kingery (SC) 9:10.6, Kissin (SR) 9:14.4, Sisler (Pet) 9:14.6, LaForge (Oc) 9:16.2, Read (MSJ) 9:22.6, Montenegro (Linc) 9:24.2, Powell (Oc) 9:26.0; MileR: Castlemont 3:30.0, Oakland 3:31.4, Gilroy 3:31.8, Skyline 3:32.2; Sprt-MedR: SI 3:37.3, Skyline 3:38.4, Los Lomas 3:39.3, Davis 3:40.0; PV: (tie) Godhino (Lemoore) & Olsen (PH) 12-6, Baker (DM) 12-6, Dixon (Seq) 12-6, (tie) Zamora (Lemoore) & Petty (MP) 12-0. (WOMEN): 60: Byfield (BTC) 7.0, Nickson (BTC) 7.0, Lewis (MLTC) 7.1, Julian (RJ) 7.1, White (BTC) 7.1, Allen (MLTC) 7.1; Mile: Costello (OTC) 5:01.9, Anex (WS) 5:05.4, Claugus (WS) 5:07.4, Burns (SJCG) 5:09.0, Guina (SJCG) 5:14.5, Adams (WS) 5:14.7, Haberman (SJCG) 5:14.9, Mears (SJCG) 5:18.4; LJ: Kini-maka (SJCG) 18-1 1/4, Elmore (MLTC) 17-5, Hamel (RJ) 16-8, Tette (RJ) 16-7 1/4, LaBrie (BOD) 16-5, Arnold (BTC) 16-0 1/2;

4x220 Rly: Berkeley TC 1:44.2, MLTC 1:47.5, SJCG 1:49.4, Wills Spikettes 1:51.6. (GIRLS' AGE-GROUP): 6x110 Rly: Half Steppers 1:26.5, St. George 1:27.2, SVTC 1:27.9, Cupertino 1:28.2, Orinda TC 1:31.0. (BOYS' AGE GROUP): 6x220 Rly: SVTC 2:56.2, Cupertino 2:59.9, Stallion TC (SF) 3:06.4, San Juan Str. 3:09.0, RC Flyers 3:14.6. /Roxy Andersen, Fred Baer, Ed Parker, Emmett Smith/

All-Comers Meet: (Millbrae, Jan. 19) - (OPEN): 440R: Unat. Team 50.2; Mile: Trail (Mod) 4:36.9; LJ: English (Un) 20-10, Carr (Un) 19-0 1/4; 60: Carr 6.8, English 6.9, Johnson (BAS) 7.0; 3 Mi: Reynolds (PHTC) 17:19 (World Age-Group Record for 12-year-olds); 220: Jordan (BAS) 25.5; TJ: English (Un) 36-9; 880: Trail 2:05.8; (HIGH SCHOOL): 440R: Westmoor 48.2; 70HH: Wright (Carl) 10.0; Mile: Powell (Oc/CWTC) 4:31.6, Nathanson (SFC) 4:37.9, Murphy (Wstmr) 4:45.0; LJ: Wright 19-9 1/4, Hartsfield (Wstmr) 19-0 1/2; 60: Hartsfield 6.7, Espina (Wstmr) 6.7; SP: Nevels (Balb) 146-3; 440: Morgan (Balb) 53.1; 2 Mi: Palladino (Serra) 10:16.6, Mateo (Crstmr) 10:37.2; 220: Lawrence (Wil) 23.7; TJ: Wright 41-0, Espina 40-5; 880: Murphy 2:12.5, Cornejo (Wstmr) 2:14.3. /Fambrini/



HECTIC START OF THE EXAMINER GAMES DEVIL-TAKE-THE-HINDMOST MILE WITH EVENTUAL WINNER EDDIE SILVA OF CHICO STATE ON THE INSIDE (STAY ON THE TRACK EDDIE!!). /Dave Stock Photo/

Sunkist Indoor Games: (Los Angeles, Jan. 19) - (Northern California competitors only) - SP: Woods (PCC) 68-2 3/4, Feuerbach (PCC) 68-2 1/4; 1000: Decker (BATC) 2:26.7 (WR), Larriue (PCC) 2:27.3; HS-60: Farmer (Wilson) 6.3; HS-1000: Wolman (Fairfax) 2:18.7, (3) Kasser (SFr) 2:19.8; HS-2 Mi: Schankel (Lompoc) 9:07.4, Kimball (DeLaSalle) 9:07.5, Kingery (SCarlos) 9:10.6; HS-HJ: Smith (WLasVegas) 6-9, (3) Hatch (Wilson) 6-7; HS-60HH: Kirtman (Wilson) 7.4; HS-Mile: Nahirny (Wash-Frmt) 4:19.0.

Oakland Indoor Qualifying: (San Jose, Jan. 19) - (WOMEN & AGE-GROUP): See S.F. Indoor Qualifying on Jan. 12). (San Jose, Jan. 26) - (JR. COLLEGE): SP: Albright (Glendale) 51-0, Gorbet (Lassen) 48-3, Sizemore (SJCC) 45-6, Pushkin (Fthill) 44-11, Doll (CR) 44-2, Stevenson (Laney) 44-0; PV: Phillips (DVC) 14-0, Turner (WV) 14-0, Sampson (CR) 14-0, Flint (FCC) 13-6, Martin (WV) 13-6, Drouin (Hancock) 13-6; 60HH: Ligons (Chab) 7.3, Swartzell (Skyl) 7.5, Shaw (Fthill) 7.6, Pierce (Skyl) 7.5, Allmond (Skyl) 7.6, Cameron (SJCC) 7.6; 60: Gaines (NP) 6.3, Shaw 6.4, Redmond (CR) 6.4, Craven (SJCC) 6.4, Walker (NP) 6.5, Eastman (CCC) 6.5; Mile: Betschart (SCC) 4:22.2, Hughes (CCC) 4:22.9, Flynn (Chab) 4:23.5, Sanchez (SJCC) 4:24.1, Fitzgerald (Cab) 4:25.2, Anderson (DVC) 4:25.2, Magallanes (MPC) 4:27.3, Boyet (SCC) 4:28.1, Prows (Fthill) 4:28.5, Taxiera (Laney) 4:28.7; MileR: Laney 3:20.8, Skyline 3:23.8, Santa Rosa 3:24.1, San Jose 3:24.9, Monterey 3:27.3; 2 Mi: Collier (COM) 9:23.6, Hartig (FCC) 9:25.1, Quintana (Chab) 9:26.1, Sweeney (Fthill) 9:26.1, Street (COM) 9:29.8, Vogt (Han) 9:34.2, Galbraith (Han) 9:35.1, Ellis (Lan) 9:36.2, Sommer (WV) 9:40.3, Hart (Fthill) 9:42.1; Sprt-MedR: Laney 3:33.6, CCC 3:34.4, SJCC 3:34.5, SCC 3:40.1, Modesto 3:40.3; TJ: Goodlow (Laney) 47-1 1/4, Harris (SJCC) 47-0 3/4, Triplett (WV) 46-8 3/4, Lloyd (SJCC) 45-8 3/4, Barboza (Mod) 45-3 1/2, Redington (DA) 45-2 1/2. /Tom Bowie & Fred Baer/ (Oakland, Jan. 26) - (HIGH SCHOOL): Mile: Kimball (DeLaSalle) 4:10.2, Nahirny (Wash-Fre) 4:13.2...only results available from this meet. /Mark Payne/

PA-AAU Women's Winter Championships: (Atherton, Jan. 26) - Sprint times were marred by gusty winds and field event performances by poor facilities. The top performances of the meet were turned in by 16-year-old Kathy Costello, who won the 880 in a fine 2:16.4 and anchored the Orinda mile relay

team to a win with a quick 57 anchor leg. -- [14-15 DIVISION]:
 LJ: Elmore (MLTC) 17-5 1/4, Kinimaka (SJC) 16-8 1/4, DeWitt (SVTC) 15-9, Olivas (SVTC) 15-8 3/4; SP: Kinimaka (SJC) 36-2, Huck (WS) 33-5 1/2; HJ: Kinimaka (SJC) 5-2, Shawan (WS) 5-0; 440: Simmons (RCF) 60.4, Nelson (SVTC) 61.1, Slivkoff (SJC) 61.5; 60: Lewis (MLTC) 7.1, Robinson (BTC) 7.1, Allen (MLTC) 7.2; Mile Walk: C. Sakelarios (RCF) 9:03.8, Wiemer (WS) 9:07, D. Bangert (MLTC) 9:58.0; 880: Burns (SJC) 2:21.5, Guina (SJC) 2:22.8, Powell (SJC) 2:25.2; 440R: MLTC 49.6, BTC 50.7, SJC 51.4; 220: Robinson (BTC) 26.3, Hansen (SJC) 26.8, Johnson (BTC) 26.8; Mile: Adams (WS) 5:10.0, Burns (SJC) 5:15.0, Allen (SJS) 5:17.0; 60HH: Brown (SGTC) 8.6, DeWitt (SVTC) 8.8, Hansen (SJC) 8.8; 880MR: SJC 1:53.0, SVTC 1:59.5, BTC 2:00.5; MileR: SJS 4:18.9, RCF 4:21.6, SJC 4:32.0; (WOMEN): SP: Lane (WS) 41-7, Holloway (SJC) 37-5 1/2; HJ: K. McQuillen (WS) 5-0, B. McQuillen (WS) 5-0, Stuart (OTC) 5-0; LJ: Tennette (RJ) 16-4 1/4, Hamel (RJ) 16-1 1/4, Buegan (RCS) 15-10 1/2, Moran (OTC) 15-10 1/2; 440: Byfield (BTC) 58.9, Mullen (RCS) 60.4, Caldwell (WS) 60.6, Yost (CSH) 61.6; 60: Nickson (BTC) 6.9, White (BTC) 7.3, Cornet (BTC) 7.3; MileR: OTC 4:05.1, SJC 4:05.5, RCS "A" 4:15.5; 440R: BTC 49.2, RJ 50.6, SJC 53.1; 880: Costello (OTC) 2:16.4, Haughey (SJC) 2:19.5, Haberman (SJC) 2:21.4, Potter (SJC) 2:23.2; 60HH: Rodgers (MLTC) 8.9, Stuart (OTC) 9.6, Vidal (MLTC) 9.6; 220: Nickson (BTC) 25.3, DeLaRue (SJC) 26.9, Yost (CSH) 27.8; Mile: Haberman (SJC) 5:13.3, Mears (SJC) 5:20.9, Cortez (RCS) 5:33.0, V. Eberly (SJC) 5:40.8; 880MR: BTC 1:50.8, SJC 1:55.5, CSH 1:58.0; Mile Walk: Dimmick (SJC) 8:30.6, Wilson (RCS) 10:14.0. /Jim Hume/



JIM LINGEL WINS GOING AWAY IN THE MASTERS (40-AND-OVER) 60-YARD DASH AT THE SAN FRANCISCO EXAMINER GAMES. /Dave Stock/

San Francisco Examiner Indoor Games: (Daly City, Feb. 1) - Huge George Woods of the Pacific Coast Club broke his own world indoor shot record by nearly half-a-foot with a first-ever 70-foot indoor put (amateur) that measured 70-4 1/2. Teammate Al Feuerbach heaved a mighty 69-0 that barely nipped teenager Ron Semkiw's all-time junior best of 68-9. San Diego State's Steve Williams made quick work of the field in the 60-yard dash, obliterating a good field in a quick 6.1. Olympic marathon champ Frank Shorter couldn't challenge Ethiopian Mirus Yifter's wilting kick, and lost by some 4 seconds over the last 440. The 'dream' mile featured South African Fanie Van Zijl, Steve Prefontaine, Marty Liquori, Len Hilton, and Hailu Ebba. Van Zijl had no problem at all in handling his first race on the boards, and handily dumped Liquori by two-tenths, with Hilton back another tenth. Pre was yet another second arrears. Martha Watson was a double winner, taking the 60 in 6.8, and stretching out to a very good 20-11 1/2 in the long jump. The high school two mile was one of the most exciting events of the evening, as 4:13-miler Rusty Nahirny out-kicked 9-minute two-miler Mitch Kingery in the last 440 to win going away, 9:09.4 to 9:10.8. All in all, it was a very exciting meet, with many close contests and several very fine performances...topped by Woods' world indoor mark, of course. --- RESULTS: Mile Walk: Adriano (WVTC) 7:08.1, Bentley, J. (SRW) 7:25.0, Duran (WVTC) 7:30.0 (Valle (WVTC) was the winner in 6:29+, but he and the other three leaders were DQ'd, and the win was given to Adriano); Girls AG-Relay: Richmond Half-Steppers 2:07.1, Cupertino Yearlings 2:15.1, St. George TC 2:16.2, SVTC 2:17.4, OTC 2:18.0;

HS-MileR: Castlemont 3:35.2, Skyline 3:35.5, Gilroy 3:36.9, Oakland 3:37.1; HS-SprtMedR: St. Ignatius 3:36.5, Skyline 3:38.8, Las Lomas 3:39.0, Davis 3:45.6; Boys' AG-Relay: SVTC 2:04.0, Cupertino 2:07.6, San Juan Str. 2:08.1, RC Flyers 2:09.0, Stallion TC 2:10.0; Women's SprtRly: MLTC 1:15.5, BTC 1:16.0, SJCG 1:18.1, WS 1:20.0; Coll-HJ: Schneider (CSH) 6-8, Hougan (CPSLO) 6-6, Sullivan (Chico) 6-6, Roberts (CPSLO) 6-4; Seniors-LJ: Andrews (BAS) 20-7 3/4, Presber (Un) 19-1 3/4, Parish (HHBC) 18-1 1/2, Mahany (NCSTC) 17-8 3/4; JC-SprtMedR: Laney 3:34.4, SJCC 3:38.7, CCC 3:40.0, Sac'to CC 3:42.4; Coll-SprtMedR: Fresno Pacific 3:34.3, CP/SLO 3:36.6, Cal-St. Hayward 3:42.5, Chico 3:42.6; Devil-Mile: Silva (Chico) 4:19.6, Bet-schart (SCC) 4:20.0, Haniger (SJS) 4:20.7, Bay (WVTC) 4:24.4, Verhe (Belg/WVTC) nt; JC-MileR: Laney 3:28.0, Amer. River 3:33.8, Skyline 3:34.3, SJCC 3:34.4, Modesto 3:35.2; Masters Mile: Sturak (BHS) 4:35.6, Shettler (WVJS) 4:39.8, Mundle (SMTC) 4:40.6, Teegarden (NCSTC) 4:40.8, Napier (WVJS) 4:42.3; Women's Mile: Claugus (WS) 5:00.0, Costello (OTC) 5:00.2, Johnson (Un) 5:02.6, Guina (SJC) 5:05.8, Haberman (SJC) 5:08.5; HS-PV: Lewis (Wash/Fre) 14-0, Baker (DelMar) 13-6, (Tie) Olsen (PH) 13-0 & Godinho (Lemoore) 13-0, Petty (MP) 13-0; College-MileR: CP/SLO 3:27.2, Fresno Pacific 3:27.3, Sonoma St. 3:32.1, Cal-Davis 3:32.2; JC-TJ: Goodlow (Laney) 47-6 1/2, Triplett (WV) 47-0 1/4, Harris (SJCC) 46-5 3/4, Barboza (Mod) 45-6 1/2, Lloyd (SJCC) 45-4 3/4; HS-2 Mi: Nahirny (Wash/Fre) 9:09.4, Kingery (SC) 9:10.8, Sisler (Pet) 9:21.8, Kissin (SR) 9:23.6, Hart (Mod) 9:25.4; HS-60: Glass (Castlemont) 6.3, Kennedy (Srmte) 6.4, Farmer (Wilson) 6.4, Lewis (Wilson) 6.4; Sr-60: Lingel (BAS) 6.8, Martin (NCSTC) 6.8, Parish (HHBC) 6.8, Andrews (BAS) 6.9; Women's-LJ: Watson (LI) 20-11 1/2, Kinimaka (SJC) 18-8 3/4, Betts (LI) 18-7 1/2, Griffin (LJTC) 17-9, Labrie (O'Dowd HS) 16-5; 60: Williams (SDS) 6.1, Lawson (Idaho St) 6.2, Pettus (BAS) 6.2, Breddell (SJS) 6.4; 60HH: Rich (CITC) 7.1, White (BHS) 7.2, Carty (BAS) 7.2, Tinnin (SJS) 7.4; Sr-60 (55+): Jordan (Stanford) 7.1, Guidet (BHS) 7.2, Barnes (BHS) 7.8, Satti (NCSTC) 8.1, Cranston (Senators TC) nt; SP: Woods (PCC) 70-4 1/2, Feuerbach (PCC) 69-0, Semkiw (Mesa CC) 68-9; 440: Lawson (Idaho St) 50.1, Colden (CSH) 51.1, Ennis (Hawaii) 52.1, Campbell (FSC) 52.1; 2 Mi: Yifter (Eth) 8:43.4, Shorter (FTC) 8:47.6, C. Stewart (England) 8:55.4, Maxwell (Cal) 9:02.0, Sandoval (Stanford) 9:06.2; MileR: Cal 3:26.9, Stanford 3:29.2, BAS 3:32.9; Women's 60: Watson (LI) 6.8, Lawson (LJTC) 6.9, Johnson (LJTC) 6.9, Byfield (BTC) 7.0; 600: Fiasconaro (Italy) 1:10.4, Bolding (PCC) 1:10.6, Makalosky (Canada) 1:11.1, Henry (Un) 1:16.6; Mile: Van Zijl (SAfr) 4:01.3, Liquori (NYAC) 4:01.7, Hilton (PCC) 4:01.8, Prefontaine (OTC) 4:02.8, Ebba (Oregon State) 4:06.5; LJ: Whitley (CITC) 25-4, Robinson (SDTC) 25-1 1/2, Smith (Un) 23-9, Davis (SJS) 23-7 3/4, Rogaway (BAS) 22-4 1/2; HJ: Brown (BHS) 7-2, Stones (PCC) 7-0, Schneider (CSH) 6-10, Miller (DVC) 6-8, R. Livers (SJS) 6-6; PV: Isaksson (Sweden) 17-3, Richards (PCC) 16-6, Carrigan (PCC) 16-6, Hamer (CP/SLO) 16-6, Slover (BHS) 16-0.

Seattle Indoor: (Seattle, Wash., Feb. 2) - Women's Mile: Fran-cie Larrieu (PCC) 4:34.6...new world indoor record by 2 secs.



(LEFT) LANEY JC'S JAMES ROBINSON BREAKS THE TAPE IN THE 600 METER RUN TO SET A NEW AMERICAN RECORD OF 1:18.8 AT THE OAKLAND INDOOR. /John Marconi/ KATHY COSTELLO LEADS EILEEN CLaugus IN THE EXAMINER INDOOR WOMEN'S MILE, BUT LOST BY TWO-TENTHS IN A DRIVING FINISH THAT FELL SHORT (5:00.0 TO 5:00.2). /Shaughnessy/

Oakland Invitational: (Oakland, Feb. 16) - Despite a smaller than expected crowd, the Oakland Indoor produced quite a few quality marks, including several American records. In the afternoon events, Esteban Valle of the West Valley TC set the 3000 meter walk mark with a splendid 13:12.8, lapping the entire field, including internationalist, Tom Dooley. Joni Hutley of the Oregon TC became the first American to surpass 6-feet in the high jump, indoors or out, with a leap of 6-0 1/2, also in the afternoon session. She broke her own mark of 5-10 3/4. Laney JC's Junior internationalist, James Robinson, overtook Mark Winzenried on the final straight to win going away with a new American mark in the 600 meter run, a 1:18.8, topping Juris Luzins' 1972 standard of 1:19.8 (Winzenried's 1:19.5 was also under the old mark). Maren Seidler of the Mayor Daly Youth Foundation, topped her 1973 American standard by two feet with a 56-11 heave, best ever by an American, indoors or out. Other American records were: High school 1500 meters by Rich Kimball (3:50.0), equivalent to about a 4:07-08 mile; JC 1600 meter relay by Laney (Jim Deckard, Ed Peters, John Kirkpatrick, James Robinson [48.8]) with a 3:26.2; College 50 meters by Clayton Smith of Cal-State Hayward (5.8). Other outstanding marks included Clark Beedle's high school high jump effort of 6-8 1/4, Skip Peterson's non-placing pentathlon score of 3040 (he's only a high school senior), Maurice Glass' new high school 50 meter Coliseum record of 5.7 (better than the winning time in the Invitational event, won by Robert Ware of Western Kentucky in 5.8), Ron Semkiw's continued consistent putting of 67-9 1/2 to upend teenage rival Jesse Stuart's 66-0, and Milan Tiff's one-foot victory over Jim Butts, a fine 53-5 1/4 leap. --- Women's 2000m Walk: Alaimo (MLTC) 11:33.2, Dimmick (SJC) 13:41.4, Zweig (SJC) 13:47.8, Hendershott (SJC) 14:35.4; 3000m Walk: Valle (WVTC) 13:12.8, Dooley (Un) 13:43.8, Klein (UCI) 13:46.8, Glusker (WVTC) 14:04.0, Adriano (WVTC) 14:21.6; JC-3000m: Hart (Fthl) 8:49.2, Quintana (Chab) 8:50.7, Sweeney (COM) 8:53.0, Galbraith (Hancock) 8:53.2, Hartig (FCC) 8:54.0; Coll-2 Mi: Smead (Humb) 9:04.6, Silva (Chico) 9:04.6, Elias (Humb) 9:14.2, Warwick (CP) 9:18.4, Horton (CP) 9:23.2; HS-SP: Burton (Vaca) 57-8 1/2, Burzano (LG) 57-0 1/2, Ackerman (Sunset) 54-5 1/4, Ragster (ChBro) ??, Shannon (SI) 50-9 1/2; HS-DMR: Fremont/Sunnyvale 10:45.2, Skyline 10:51.2, Leigh 11:09.8, El Cerrito 11:25.6; HS-400m: Martinez (Pet) 52.0, Gustavson (SM) 52.0, Penny (SM) 53.0; Coll-PV: Haggen (CP) 15-0, Jones (Chico) 14-1 1/2, Lynn (SFS) 13-7 1/2; HS-3000m: Sisler (Pet) 8:36.2, Hart (Mod) 8:36.6, Read (MSJ) 8:45.8, Geiken (Cub) 8:47.4, Montenegro (Linc) 8:57.6; Coll-SP: Anderson (CP) 54-9 1/2, Watt (Chico) 53-10, Rogge (CSH) 49-2, Schnell (CSH) 42-9 1/2; HS-1600mR: Gilroy 3:33.6, Skyline 3:36.2, Sunset 3:36.8, McClatchey 3:39.4; W-HJ: Hutley (OTC) 6-0 1/2 (Amer.Rcd.), Blackburn (Un) 5-6, Kinimaka (SJC) 5-4 1/4, Shawhon (WS) & McQuillan (WS) 5-2; HS-LJ: Puliam (Skyl) 22-4, Banayat (Wil) 20-5, Beard (Skyl) 20-4, Reiselbara (CV) 20-0 3/4; HS-HJ: Beedle (LaSierra) 6-8 1/4, (tie) Simmons (Berk), Wright (Carl), & Mallory (DelMar) 6-2; Pent-SP: Jenner 44-10 1/4, Miller 44-10, Warkinten 44-2 3/4, Swartzell 43-6, Riddle 42-0 1/2; Pent-LJ: Jenner 22-4 1/2, Peterson 22-2 1/2, Kring 22-0, Riddle 21-7 1/4, Warkinten 21-4 3/4; Pent-HJ: Miller 6-6, Peterson 6-6, Jenner 6-4, Kring 6-0, Riddle 5-8 7/8; Pent-600m: Jenner 1:22.2, Riddle 1:25.9, Kring 1:26.8, Swartzell 1:27.2, Harvey 1:29.0; Pent-60HH: Jenner 7.8, Swartzell 8.0, Kring 8.1, Harvey 8.4; Pentathlon: Jenner (Un) 3695, Kring (Stan) 3266, Riddle (Marines) 3224, Swartzell (Sky) 3067, Harvey (USAF), Peterson (WVTC) 3040; HS-PV: Lewis (Wash/Fre) 13-7 1/2, Caldwell (DA) 13-1 1/2, (tie) Olsen (PH) & Baker (DelMar) 12-7 1/2; Coll-TJ: Fernandez (SFS) 48-5, Trujillo (FPac) 46-2 1/4, Rotella (FPac) 45-11, Schneider (CSH) 44-4 1/2; HS-50mHH: Bennett (Berk) 6.7, Pleyete (Wash) 6.9, Kennedy (Srm) 7.0, Harden (Sky) 7.0, Herring (Oak) 7.2; JC-50mHH: Ligons (Ch) 6.8, Allmond (Sky) 6.9, Shaw (Fthl) 7.0, Swartzell (Sky) 7.1, Cameron (SJCC) 7.1; Coll-50mHH: White (CSH) 7.1, Mead (CPSLO) 7.1, Teimer (FPac) 7.2, McNamara (CPSLO) 7.4, Amzilotti (CSH) 7.6; W-50mHH: Johnson (LJTC) 7.2, Donnelly (LI) 7.4, Sherrard (Un) 7.5, Krug (LJTC) 7.7, Davidson (Cordova) 7.8; 50mHH: White (BHS) 6.6, Carty (BAS) 6.8, Comer (IdSt) 6.8, Tinnin (SJS) 6.8, Bolden (IdSt) 6.9; HS-50m: Glass (Cstlmt) 5.7, Brown (DA) 6.0, Cannon (MP) 6.1, Brown (Sky) 6.2, White (Berk) 6.2; JC-50m: Craven (SJCC) 5.9, Livers (SJCC) 6.0, Redmond (CR) 6.0, Clark (Laney) 6.1, Shaw (Fthl) 6.1; JC-SP: Albright (Glen) 50-2 3/4, Gorbet (Lassen) 49-9, Sizemore (SJCC) 48-7 1/2, Doll (CR) 45-4, Pushkin (Fthl) 45-3 1/2; Coll-50m: Smith (CSH) 5.8, Clark (CSH) 5.9, Stephens (CSH) 6.0, Sumter (CP) 6.1?, Grimes (CP) 6.2; Masters-50m: Lingel (BAS) 6.3, Marlin (NCSTC) 6.4, Presber (Un) 6.6, Jordan (BAS) 6.6, Andrews (BAS) 6.6; 50m: Ware (WK) 5.8, Lawson (IdSt) 5.8, Breddell (SJS) 5.9, Jackson (BHS) 5.9, Ligons (Cal) 6.0; JC-PV: Turner (WV) 14-7 1/4, Martin (WV) 14-7 1/4, Andrews (Ch) 14-1 1/2, Sampson (CR) 13-1 1/2;



(LEFT) CHUCK STEFFES TRI-JUMPED 51-6 1/4 TO TAKE THIRD AT THE OAKLAND INDOOR. (RIGHT) RICH KIMBALL, LEADING RUSTY NAHIRNY AT THE OAKLAND INDOOR ON THE WAY TO HIS AMERICAN HIGH SCHOOL RECORD IN THE 1500 METERS (3:50.0). /John Marconi Photos/

SP: Semkiw (PCC) 67-9 1/2, Stuart (WKy) 66-0, Kohler (BHS) 60-10 1/2; Boy's 4 x 160R: SVTC 1:21.0, Cupertino 1:21.0, Herbert Hoover BC 1:21.4, Stallion TC 1:23.3; 600m: Robinson (Laney) 1:18.8 (Amer. Rcd.), Winzenried (BHS) 1:19.5, McGee (IdSt) 1:20.3, Whitney (BHS) 1:20.4, Scheible (Stan) 1:24.0; W-LJ: Watson (LI) 21-0, Betts (LI) 19-3 1/2, Wendle (LI) 18-8 1/2, Kinimaka (SJC) 17-10 3/4; W-800mR: Berk. TC 1:42.8, MLTC 1:45.5, SJC 1:46.2, WS 1:49.8; JC-1500m: Sanchez (SJCC) 4:01.6, Betschart (SacCC) 4:02.5, Hughes (CCC) 4:02.8, Fitzgerald (Cabr) 4:03.8; Girls' 4 x 160R: Half-Steppers 1:19.0, SJC 1:19.9, St. George TC 1:22.8, SVTC 1:22.8; HS-1500m: Kimball (DLS) 3:50.0 (Amer. HS Rcd.), Nahirny (Wash/Fre) 3:57.2, Burroughs (DA) 4:01.7, Kingery (SC) 4:02.0; HS-SMR: Las Lomas 3:36.3, El Cerrito 3:40.0, LaSierra 3:41.6, Pinole Vly 3:41.7; Masters 1500m: Shettler (WVJS) 4:22.6, Teeguarden (NCSTC) 4:22.8, Mundle (SMTC) 4:23.4, Napier (WVJS) 4:30.3; Girls' 800m: Bowers (SJC) 2:19.3, Spencer (LJTC) 2:20.5, Taylor (SLTC) 2:21.5, Greenberg (SJC) 2:21.9; Coll-SMR: FrPac 3:53.5, CSH 3:55.9, Cal-Poly 3:56.3, Chico 4:08.0; W-SP: Seidler (MDYF) 56-11 (Amer. Rcd.), Wood (NJS) 46-10, Langford (Un) 45-7 1/4, Devine (SDL) 44-11; HS-TJ: Bryson (Oak) 49-2 1/2, Jackson (Oak) 48-0, Pavo (SL) 45-0 3/4, Washington (EC) 44-0 1/4; W-500m: Poor (SJC) 1:23.2, Weston (WS) 1:23.8, Caldwell (WS) 1:27.1, Clark (Un) 1:29.2; HS-3200mR: Skyline 8:13.2, Leigh 8:16.6, Mills 8:26.0, Vanden 8:28.8; 1500m: Ebba (OSU) 3:47.0, Arzhanov (USSR) 3:48.6, Johnson (CNW) 3:50.5, Harper (WSU) 3:54.1, Scott (WSU) 4:00.5; JC-1600mR: Laney 3:26.2 (Nat'l. JC Record), Skyline 3:32.0, Santa Rosa 3:35.2, Monterey 3:39.4; HJ: Fletcher (BHS) 7-2, Gavrilov (USSR) 7-2, Fleer (OSU) 7-0, Heikkila (BHS) 6-8; 3000m: Howard (Canada) 8:17.0, Camp (Navy) 8:18.4, Sandoval (Stan) 8:22.2, Tibaduiza (Nev/WVTC) 8:24.6; Coll-1600mR: Cal-Poly 3:29.0, UC Davis 3:31.2, Sonoma 3:41.0, CSH 3:41.0; W-1500m: Brown (UCLA) 4:36.8, Costello (OrindaTC) 4:37.0, Graham (SJC) 4:37.6, Claugus (WS) 4:40.4; TJ: Tiff (BHS) 53-5 1/4, Butts (BHS) 52-5 1/4, Steffes (BAS) 51-6 1/2, Livers (SJS) 50-0 3/4; 1600mR: BHS 3:23.6, Idaho St. 3:23.8, BAS 3:27.4; PV: Dias (BHS) 17-1 1/4, Isakov (USSR) 16-11.

San Diego Indoor: (San Diego, Feb. 17) - Francie Larrieu cut more than half a minute from the world indoor records at 3000 meters and two miles, with clockings of 9:02.4 and 9:39.4.

All-Comers Meet: (Sacramento, Feb. 16) - Mile: Payne (Davis) 4:25.5; 60: Larry (CRC) 6.2; 880: Pratt (Davis) 1:58.8, Harris (Placer) 2:02; 440: Larry 52.1; 220: Rodgers (SSC) 22.0; 330IH: Vaughn (CRC) 42.1; 2 Mi: Birnbaum (WVTC) 8:58.8, Garrett (EG) 9:49, Howard (EG) 9:59; MileR: CRC 3:33.2, Davis 3:34.6; HJ: Nelson (GSTC) 5-6; HS-HJ: Trujillo (HJ) 5-8; 60HH: Vaughn 8.5. /Mark Payne/

-1974 Prep Preview (By Chris Kinder)

Sprints: The 100 and 220 should be two of the strongest events in NorCal this year. Maurice Glass (Castlemont, Oakland) sped 9.6 and 21.7, finishing fourth in the State 220 last year

as a sophomore. He has started out very well this year, winning both the Examiner Games 60 (in 6.3) and the Oakland Indoor 50m (5.7), as well as an easy 22.3 in a recent all-comers meet. Millard Hampton (Silver Creek, San Jose) ran 9.6 in '73 and 21.2 in '72 for a State Soph best. He was fifth in the 100 and second in the 220 at State last year. Mike Farmer (Wilson, S.F.) streaked a windy 9.4 and legal 9.6 in '73, and started this year with a victory in LA's Sunkist Indoor 60. Other outstanding prospects and their best performances: Rich Anderson (Highlands, Sac'to) 9.7w; Paul Jackson (Kennedy, Richmond) 9.7 & 21.7, fifth in the State 220 in '73; Duran Harden (Burbank, Sac'to) 9.7w & 21.3; & Doug Hill (Los Altos) 9.8 & 21.6. At least eleven others dipped below 10.0 last year as underclassmen, with many other fine young competitors. 440: Rod Conners (Cordova, Rancho Cordova) could be the most exciting runner in NorCal this spring (as a soph in 1972 he ran 48.1, best ever by a Cal soph, sixth best ever nationally). A broken leg last winter slowed him down a bit, but he still managed a fourth place at State. The rest of the field is wide open. Dedy Cooper (Ells, Richmond) sped a 49.2 last year as a soph, but is primarily a hurdler. George Moreno (Tranquility) logged 49.0. Several others dipped under 50.0. 880: The half-mile is usually dominated by seniors, frequently improving greatly in their last year in high school. Mike Kasser (St. Francis, Mtn. View) was NorCal's best underclassman at 1:54.5. Dave Hamilton (Leigh, San Jose) and Bob Willis (Menlo) dropped below 1:56. Lynn Ryan (Irvington) has already done 1:57.5 in an all-comers meet this past winter. Mile: Most of the good milers are also good two-milers, and vice-versa. The question is: Who will run what? Rich Kimball (DeLaSalle, Concord) concentrated on the two-mile, but still ran 4:12.0 to lead the state's underclassmen in '73. Rusty Nahirny (Washington, Fremont), winner of the Examiner two-mile, ran 4:13.8 and got fifth at State last year. Tom Burroughs of DeAnza (Richmond) ran 4:17.1, but may concentrate on the 880. Junior Juan Garcia (Redwood, Visalia) dipped to 4:16.6 as a soph after his 4:22.6 in '72 placed him third on the all-time national frosh list. Many other runners were around 4:20, including Craig Kennedy (Lynbrook, San Jose), Rios (Wilcox, Santa Clara), Suhr (Branham, San Jose), Art Baundendistel (Highlands, Sac'to), and Jim Huebner (Bullard, Fresno). Two-Mile: The two-mile is going to be *very* competitive this spring. Rich Kimball led the nation's underclassmen last year in 9:01.4. In December he logged 13:43.6 for 3 miles to rate the sixth best ever in the nation. Mitch Kingery (San Carlos) has a 9:00.5 to his credit (postal competition last fall), and did 13:56.4 as well. He is the national high school record-holder in the marathon (2:23 as a soph). There are definitely others to be considered here: Stacy Geiken (Cubberley, Palo Alto) at 9:12.6, Craig Kennedy with a 9:14.0, Roy Kissin (9:17.0 as a soph), and Benton Hart (Modesto) all ran very well last year. Rusty Nahirny ran 9:04.1 in November and won the Examiner Games two-mile. Three other promising juniors are John Johnson (Skyline, Oakland), Bob Barnett (Hillsdale, San Mateo), and Jerry Emory (Gunn, Palo Alto). Tom Read (Mission San Jose) and Jon Sisler (Petaluma) had fine cross country performances, and Sisler won the Oakland Indoor 3000 meter. High-Hurdles: All of California will be exceptionally strong in the hurdles, with ten runners at 14.2 or better, including five of the first seven at the State returning. NorCal is headed by James Owens (Norte Del Rio) who has a best of 13.8 (4th in State last year). Mike Kirtman (Wilson, SF) did 13.8w and 14.0. Dedy Cooper (Ells) would have been the best soph ever in the nation had his 13.8 at the State Trials been non-windy. However, his 14.2 does rate him tops for California sophs. Vic White (Hoover, Fresno) did 14.1, Gerald Bennett (Berkeley) 14.2, Clyde Lamont (San Mateo) 14.4, and Bill Napier (Lynbrook) 14.5, along with Ron Kennedy (Serramonte, Daly City) have to be considered as contenders for honors this year. Low-Hurdles: Like the highs, the lows will be tough. The three fastest in the State will all return, but to SoCal schools. But NorCal will not be over-shadowed. Bill Napier ran 19.0 and finished seventh at State. James Owens and Rick Greybehl (Las Lomas) have both done 19.1, and Owens also has an 18.8w. Mike Kirtman, junior Dave Jakle (Los Altos), Mark Mildebrandt (Cupertino), Larry Jones (Mills, Millbrae), Gerald Bennett, and junior Mike Rule (McClatchy, Sac'to) will all contribute to this strong field. High Jump: Mark Ridge (Merced) is second only to Olympian Reynaldo Brown on California's junior list with his 6-10 effort last year. In 1973, fifty-four high school jumpers cleared 6-6, and many were juniors. Clark Beedle (LaSierra) topped 6-8 and was second in the recent LA Sunkist Indoor with a 6-7 performance (he upped his PR to 6-8 1/4 at Oakland). Charles Hatch (Wilson, SF) cleared the same height for third in that meet. Other potential stars are Mark Insley (Cupertino) and Bob Trejo (Johnson, Sac'to). Two juniors, Kirk Collins (Monterey) and Beaver (El Dorado,

Placerville) cleared 6-6 as sophs. Pole Vault: NorCal's pole vaulters are headed by Scott Lewis (Washington/Fremont), winner of the Examiner Games (14-0) and Oakland Invitational. Baker (DelMar, San Jose) was second at S.F. at 13-6. Marion Medeiros (Cupertino) cleared 13-6 on several occasions last year as a soph. There are many others over 13-6 in what was a very poor year for NorCal vaulters...as far as depth is concerned. Long Jump: For the first time in several years, NorCal doesn't have an outstanding long jumper returning for his senior year. In fact, there is not much returning at all, but there is some good potential. Charles Wheeler (Merced) leaped 23-8w, and Curt Hollmer (San Ramon, Danville) did 23-1. Numerous others topped off around 22-6, and several of them will seriously contend with 24 feet. Triple Jump: This is another strong event for 1974. Louis Tucker (Washington, Easton) is second only to older brother Dave on the all-time national soph list with 48-2 in '72. Last year he improved to 49-9 to rate as the seventh best junior ever, and was the State's longest jumper. Danny Williams (Hoover, Fresno) bounded 48-4 1/4. Millard Hampton (Silver Creek) did 47-7, while John Haynes (El Cerrito) did 47-5, Bill Napier (Lynbrook) had 47-3, and Doneel Jackson (Oakland) jumped 47-1 while only a soph. All this potential should surely produce several 50-footers this year. Shot Put: The weight events (particularly the shot) are usually dominated by the more mature and stronger seniors. The best from last year is Ray Burton (Vacaville), who is best known for his discus prowess but still tossed the ball 57-1- last year. Gary Bersano (Los Gatos) is a junior, Mark McNaughton (McLane, Fresno), Otis Page (Saratoga), and Pat Zeck (Antioch) all topped 56-feet last year. Along with junior Craig Watkins (Mitty, San Jose) and Kevin Shannon (St. Ignatius, SF), there is plenty of talent to produce some top-flight sixty-footers. Discus: Ray Burton has to rate the man to beat this year off his 194-10 last year (nation's best junior). But Mark McNaughton (McLane, Fresno) is second at 189-3. The two best underclassmen ever within throwing distance of each other (almost?) should produce some outstanding efforts. Gary Bersano threw 173-2 as a soph last year, ranking fifth among the nation's all-time sophs. John Walker heads the East Bay returnees at 168-3. Add several other hurlers over 160-feet, and you have the makings of another great year for NorCal in this event. SUMMARY: 1974 should produce some outstanding marks and competition. National records will be threatened in the highs and discus; state records in the 100 and two-mile. There should be plenty of fantastic competition in the lows, triple jump, high jump, and sprints, as well as the distance events. And who knows how many more fine individuals will develop between now and the State Championships at Bakersfield on June 1 and 2?

LONG DISTANCE RESULTS

Arnold Easy Victor at Madera Marathon: (Madera, Dec. 15) - 1. Jeff Arnold (WVTC) 2:34:08, 2. Graap 2:46:28, 3. Estrada 2:53:15, 4. Peck 2:57:27, 5. MacIntosh (SRC) 2:58:40, 6. McGinn 3:04:37, 7. T.A. de Lusignan (Un) 3:07:16, 8. Allen (DSE) 3:11:18...11. D. Chatterton (Pama) 3:20:12, 12. B. Dingwall (Pama) 3:20:29, 13. Monterrosa (Pama) 3:26:44, 14. Bunz (UCMC) 3:26:44, 18. Franklin (Pama) 4:28:21, 23. Carl Reiterman 5:32:30. /DeWitt/

Duncan Macdonald Sets Hawaiian Marathon Record: (Honolulu, Dec. 16) - Fighting off hot, humid conditions, as per usual in the Islands, Duncan Macdonald, ex-Stanford star and WVTC member, cruised 2:27:34.8 in the First Honolulu Marathon to set a State record for the distance (on Hawaiian soil) by less than a minute. Winfield Stanforth (Army) 2:34:26, and Gordon Haller (Navy) 2:35:24, were far arrears. High Sierra TC's Don Gregory was among the leaders before the heat got him and he finished 7th finally in 2:47:27. /Ray Menzie/

Governor's Marathon: (Mexicali, Mexico, Dec. 31) - 1. Gomez (Mexicali) 2:35:13.2, ...9. Don MacIntosh (SRC) 3:08:04.2, 29. Yvette Cotte (RCF) 4:18:09.2 (1st woman). /Salvador R. Leos/

Mission Bay Marathon...Schmenk Gets Three in a Row: (San Diego, Jan. 12) - East LA TC's 1973 AAU Marathon Champion, Doug Schmenk, copped his third MBM title in a row, setting a course record of 2:17:20.2 in the process, and holding off Jacinto Sabinal (Mexican Champion) by only 27 seconds. A total of 11 broke 2:30! Judy Ikenberry copped the women's title with a very good time of 2:54:28, ahead of Finn Irja Pettinen's 2:58:34. --- 1. Doug Schmenk (ELATC) 2:17:20, 2. Sabinal (Mex) 2:17:47, 3. Romero (Mex) 2:20:53, 4. Penellosa (Mex) 2:23:27, 5. Kushner (Unat) 2:24:02, 6. Pfeffer (Un) 2:25:26 (world age-17 record), 7. Reinsma (Wstmt) 2:25:41, 8. Kurrle (BHS) 2:26:58, 9. Akiyama (Clrmt) 2:28:36, 10. Swift (Azusa Pac) 2:28:48...18. Gregory (HSTC)

2:33:55, 20. McDevitt (WVTC) 2:35:13, 25. Pintane (VOMTC) 2:37:35, 39. Dally (NPGS) 2:46:17 (1st Sr.), 54. Ward (HSTC) 2:51:44, 57. Solis (HSTC) 2:52:57, 65. McCray (USAF) 2:55:38, 69. Stein (BARE) 2:57:43, 89. Day (Navy) 3:02:31, 125. Solorzano (Un) 3:14:45, 136. Wiggins (NPGS) 3:18:22, 144. Stewart (WVTC) 3:20:41, 208. Power (WVTC) 3:43:51, 257. Nestor (HSTC) 4:08:15. /Bill Gookin, Kaj Johansen/

Sunrise Trail Run: (Rancho Cordova, Jan. 27) - (7.5 Miles) - 1. Jim Birnbaum (USAF) 38:43, 2. Hernandez (WVTC) 39:28, 3. Vogt (GSTC) 40:01, 4. Baudendistel (GWTC) 40:02, 5. Gagen (GWTC) 40:30, 6. Jamieson (GWTC) 40:54, 7. Furey (GWTC) 40:54, 8. Hingley (GSTC) 41:34, 9. Weber (GWTC) 41:40, 10. Lange (GWTC) 41:43, 11. Woods (AggieTC) 41:50, 12. Fairwell (GWTC) 42:01, 13. Martin (AggieTC) 42:08, 14. Gagen (GWTC) 42:58, 15. Hanson (Scrub TC) 43:14, 16. Davidson (GWTC) 43:32. /Dan Davidson/

World Masters Marathon: (Orange, Jan. 27) - At 17 miles, a large group of runners, including Mark Covert and Doug Schmenk, who did not finish, were directed the wrong way, so we aren't sure if any of the leaders' times are meaningful. -- 1. Kurrle (BHS) 2:19:36, 2. Kushner (UCLA) 2:25:12, 3. Baksh (Un) 2:27:52, 4. Arquilla (ELATC) 2:29:52, 5. Anderson (SBAA) 2:39:01...15. McCray (USAF) 2:48:41. /Bill Selvin & Dick Cort/

Las Vegas Marathon: (Las Vegas, Nev., Feb. 2) - Scott Bringhurst won the race for the third straight year, although 5:11 slower than his 1972 record. -- 1. Bringhurst (Utah) 2:24:35, 2. Ocana (GWAA) 2:34:55, 3. Brouillet (Un) 2:38:56, 4. Mann (NAU) 2:40:46, 5. Naples (PennAC) 2:41:14, 6. Pagliano (GWAA) 2:41:27...13. Lamade (NPGS) 2:52:19, 20. McCray (USAF) 2:58:43, 25. Jensen (Madera Jr. Str.) 3:07:35, 32. Bright (Snohomish) 3:17:28, 33. Rubio (HSTC) 3:17:41. /William Freedman/



CANADIAN TOM HOWARD, ON THE WAY TO A VICTORY AT THE PAN-AMERICAN CUP CROSS COUNTRY CHAMPIONSHIPS IN ALAMEDA (RICH KIMBALL & JIM NUCCIO TRAIL, AND TOOK 3RD AND 2ND RESPECTIVELY). /Acamar/

Pan American Cup XC Championships: (Alameda, Feb. 2) - From the starting gun, Tom Howard of Canada, when not leading, was close thereto. Jim Nuccio and Rich Kimball exchanged places with him from time to time. The course was slightly longer than the 12 kilo originally planned, due to course construction. For the women, the distance was a bit under 4 kilos. The event was sponsored by the Alameda Jaycees and the National Long Distance Running Committee of the AAU. Awards were presented at a dinner given at the Alameda Naval Air Station. In the women's race, Teri Johnson just held off Teri Anderson in the stretch to win by just over 2 seconds. -- (MEN): 1. Howard (Canada) 39:59.7, 2. Nuccio (USA-B) 40:16, 3. Kimball (USA-A) 40:23, 4. Timm (USA-A) 40:29, 5. Wagenbach (USA-A) 40:50, 6. Christensen (Canada) 41:05, 7. Price (USA-A) 41:28, 8. Pinocci (USA-A) 42:01, 9. Covert (USA-B) 42:18, 10. Creery (Canada) 42:24.5, 11. Sybert (USA-B) 42:55, 12. Riggs (USA-B) 43:14, 13. Hernandez (Puerto Rico) 43:51.7, 14. Torres (Colombia) 48:34. (Teams: USA-A 19, USA-B 34). (WOMEN): 1. Johnson (A) 12:13.9, 2. Anderson (D) 12:16, 3. Graham (C) 12:24, 4. Bridges (B) 12:34, 5. Hansen (A) 12:37, 6. Haberman (B) 12:45, 7. Poor (C) 12:50, 8. Anex (B) 12:59, 9. Guina (A) 13:03, 10. Adams (C) 13:12, 11. Mears (A) 13:25, 12. Mundy (A) 13:33, 13. Costello (D) 13:43, 14. Wolfe (B) 13:45, 15. Cortez (C) 13:53, 16. McManus (A) 13:53, 17. Carron

13:56, 18. Greenburg (C) 14:05, 19. Powell (D) 14:59, 20. Haughey (D) 15:14, 21. Mills (B) 15:33. (Teams: "A" 15, "B" 18, "C" 20, "D" 32). /Bob DeCelle/

26th Pop Marty Montebello Run: (Montebello, Feb. 3) - 1. Kurrle (BHS) 48:31, 2. Gonzalez 50:32, 3. Chaidez (Un) 50:41, 4. Garcia 51:09, 5. Hogan (WVTC) 51:15, 6. Khouri 51:22, 7. Legakis 51:25, 8. Villareal 51:59, 9. Rust 52:16, 10. Burnstein 52:39, 11. Colburn 52:39. /John Brennan, Tom Cory/

22nd Hermosa Beach Run: (Hermosa Beach, Feb. 10) - 1. Fred Ritcherson 27:34, 2. Arquilla (Un) 27:59, 3. Johnson 28:12, 4. Edwards 28:15, 5. Chaidez 28:23, 6. Carlson 28:28, 7. Greer 28:42, 8. Kushner (GWAA) 29:08, 9. Hitt 29:15, 10. Khouri, M. 29:20. /John Brennan, Tom Cory/

Moorpark College XC: (Feb. 16) - 1. Ray Hughes (BHS) 56:29 CR, 2. Tim Tubb (ELATC) 56:38, 3. Schmenk (ELATC) 57:20, 4. Chambliss (SBAA) 57:39, 5. Gerry 58:35, 6. Garcia 58:33, 7. Perez (GWAA) 59:28, 8. Branch (CCAC) 61:19, 9. Burns 63:20, 10. Coleman 63:23, 11. K. Colburn 63:43. /Tom Cory & J. Brennan/

Elk-A-Thon 5.3 Miler (Open): (Concord, Feb. 17) - Rick Bernard of the Big Valley Harriers upended Alameda TC's Joe Taxiera in a race which saw the first four finishers break Doug Butt's 1972 course record of 28:02. Of 89 finishers in the open division, only the top 15 times are known (times weren't recorded by the finish-timers except for the winners in each division). Top 15 times in open division courtesy of Joe Taxiera. 1. Bernard (BVH) 26:48.2, 2. Taxiera (ATC) 27:20, 3. Seaver (WVTC) 27:57, 4. McLean (WVTC) 28:00, 5. Geran 28:16, 6. Newman 28:26, 7. Odum (Un) 28:42, 8. Butt (MAC) 28:50, 9. Proteau (ATC) 28:53, 10. Himmelberger (WVTC) 29:05, 11. Engle 29:18, 12. Reed (NVRC) 29:46, 13. Waller (Un) 29:59, 14. Toki (ATC) 30:07, 15. Hermans 30:08. -- Rich Kimball missed his own 1973 record for the 3 mile race by 0.2 seconds with a 14:33.0 clocking. Mike Chessar (NVRC) was a distant second place in 16:02. -- Winners of other divisions: Girls 9/Under (3/4 Mi) Jeani Fuller (SJS) 4:43.0 CR; Boys 9/Under (3/4 Mi) Jeff Larson (BVH) 4:43.0; Girls 10-13 (3/4 Mi) Tammie Fry (SJS) 4:37.5; Boys 10-13 (1.5 Mi) Bob Kadie (SJS) 8:11.2; Boys Frosh/Soph (2.5 Mi) Ron Criner (MDHS) 11:52.6; Girls Varsity (1.5 Mi) Pam Allen (SJS) 8:46.6; Boys Varsity (3.0 Mi) Kimball (ATC) 14:33.0; Men 30-40 (5.3 Mi) Ed Jaynes (BAS) 29:18; Men 40-50 (5.3 Mi) Ed Preston (NCSTC) 32:06.8; Women (5.3 Mi) Pam Allen (SJS) 37:26. /Joe Taxiera & Vern Forry/

Pismo Clam Festival Beach Run: (Pismo Beach, Feb. 23) - 1. Harney (Un) 28:06, 2. Nunez (CP/SLO) 28:26, 3. Burns (SBAA) 28:47, 4. White (USAF) 29:14, 5. Fleming (Un) 29:41, 6. Nanninga (WVTC) 29:53, 7. Hiserman (CP/SLO) 30:22, 8. Carlson (CP/SLO) 30:30, 9. Lee (Encino TC) 30:42, 10. Cheryl Bridges (LATC) 30:46...15. Gil (STC) 31:51 (1st Vet), 17. Perkins (GSTC) 32:17, 25. S. Collins (Un) 35:43, 28. Spangler (Un) 36:18, 63. V. Collins (Un) 43:44. /Stan Rosenfield/

Natl. AAU 30 Kilo Won by Reid Harter: (Culver City, March 3) - The race was run under ideal conditions, cloudy, temperature in the low 50's, and a light breeze. By 10K, a large group had separated itself from the pack. The group consisted of Covert, Kushner, Hughes, Kurrle, George, Frederiksson. Reid Harter hung back as much as 200 yards from the lead runners during the early stages, but at about 15K, he began overtaking the leading group until he had sailed past them at 20K. All tried to stay with Harter, but all dropped off, with Covert the last to go. Harter recorded an outstanding time of 1:35:30 for the flat course. Pete Mundle copped the Masters title with an excellent 1:45:39 and 25th overall. Dick Bartek of SBAA and Ross Smith of WVJS were next, but no times are available yet. The top 10: (All that's available at this time) - 1. Harter (SMTTC) 1:35:30, 2. Covert (Un) 1:36:37, 3. Kushner (Un) 1:36:45, 4. Hughes (BHS) 1:36:54, 5. Kurrle (BHS) 1:36:55, 6. George (AIA) 1:37:28, 7. Frederiksson (SDTC) & P. Ryan (GWAA) 1:39:12, 9. Chaidez (Un) 1:40:19, 10. Price (AIA) 1:40:30. /Phil Clarke & Wes Alderson & Flory Rodd/

Camellia Festival 100-Miler: (Rocklin, March 9) - The 1974 running of the 100-Miler was notable for the unexpected. The field appeared stronger and the weather more favorable than in any previous year, yet for the first time, the race triumphed over all comers...no one managed to finish. Dave Chatterton, 18, proved the most tenacious of all entrants, passing 50 miles in 8:40:40, and continuing on until 65 miles in a time of 14:03:00 (he spent part of his time cooking and handing out refreshments while adding his final 15 miles!).

Richard Warren, who traveled all the way from Maryland to compete, logged 60 miles in 8:17:45 for second place (distance-wise), stopping after "he could just not continue to convince himself himself that finishing was worth the endless grind." Dave's brother, Steve, managed 52-1/2 miles in 14:53:45. As nearly as can be determined, Steve tied the record of David Cortez for the longest one-day jaunt for age 13 or under. Jim Fauss and Roger Duran each went 50 miles, but Fauss' 8:10:40 was quicker than Duran's 10:54:10...however, it should be noted that the WVTC'er race walked the distance (he had intended to take a shot at the U.S. 24-Hour walk record and was ahead of pace at 50 miles when forced to retire because of shoulder problems. Two more Chattertons gathered in the next two spots... Mike (10) lasted 47-1/2 miles in 14:00:00, while 8-year-old Terry romped 45 miles in 14:53:45! The four Chattertons logged a total of 210 miles between them! Bill McCray, who came up from Southern California, pulled up lame at 32-1/2 miles (no time available). Scott Mosenthal was trying to dip under 3:30 for a marathon in trying to qualify for Boston, but he surprised even himself with a 2:59:56 effort, covering each lap slightly faster than the previous one. So, every entrant at least completed the marathon distance. The course was run on a 2-1/2 mile loop on asphalt roads circling part of the Sunset-Whitney

Golf Course (40 laps...whew!). /John Hill/

West Valley Joggers Win Camellia Festival 100-Mile Relay: (Sacramento to Marysville & return, March 10) - Despite posting the fastest time of 9:49:20, the Golden West TC of Sacramento could only manage a third place overall finish, losing to two masters teams which capitalized on a one-hour handicap (headstart). The WVJS team had an actual time of 10:21:06. Steve Dean of GWTC had the fastest 10-mile leg of the day with a 53:53. The NorCal Senior TC, with an actual time of 10:43:30, finished second after leading for the first 60 miles. The Gold Spike TC had 10:05:30 for the second-fastest actual time of the day. The San Juan Striders, averaging 13-1/2 years in age, finished fifth in 11:39:00, followed by the Buffalo Chips (11:40:45) and the San Juan Strider girls team (13:17:18)...converted to a time of 11:47:18 with a 1-1/2 hour handicap. Members of the winning WVJS team were: Mike Healy, Dave Davis, Carl Martin, Harry Hill, Keith Campbell, Gordon Gane, Ross Smith, Gil Tarin, Ken Napier, and Jim Shettler. Next year the sponsors plan to make the race a 10-team invitational only, with the seven teams that ran this year getting first priority. Comments and suggestions should be sent to the meet director. /Paul Reese/

Nuccio Easy Winner at Oakland Turkey Trot: (Oakland, Nov. 3) - West Valley TC's Jim Nuccio, recovering from a slight injury he incurred at a recent cross country meet, showed no signs of having any problems as he ran within about a minute of the course record on a crisp, clear day. Runnerup Alvaro Mejia, on the comeback trail, was a full minute back. The demanding two-loop course features several long uphill grinds, with one 'killer hill' towards the end of each loop. Jim Shettler was a 3-minute plus winner over Jim Nicholson in the masters division, finishing 8th overall. Joan Ulyot ran 1:15:40 to easily upend Lucy Bunz (1:18:41) and Yvette Cotte (1:21:26). She was 40th overall in the field of 60 finishers. Mike Williamson was a runaway victor in the five-mile high school race at 29:44, with Richard Gentry (31:08) and Dick Hedstrom (31:55) the only other two under 33 minutes. In the junior boys/girls one mile race, Steve Boyd had little problem in handing the field a solid half-minute defeat as he recorded a quick 6:05, ahead of Mike Chatterton's (Pamakid) 6:34 and Jack Gottsche's (WVTC) 6:37. Jeanette Cotte, using the short race as a warmup, was fourth in 6:40. Probably the youngest finisher in any PA-AAU road race ever was John Ulyot (4), who did the mile in 12 minutes flat. Winners in each division got turkeys for their efforts. The open race was 10 miles. /Peter Mattei, J. Leydig/

1 - Jim Nuccio (West Valley TC)	56:17	11 - George Scott (Un)	64:03	21 - David Amster (Un)	67:53
2 - Alvaro Mejia (WVTC/Colombia)	57:17	12 - Jim Nicholson (NCSTC)	64:24	22 - John Palo (Un)	68:09
3 - Dale Severy (Santa Barbara AA)	57:51	13 - Mark Proteau (UC Berkeley)	64:28	23 - Alex Monterrosa (Pamakids)	68:31
4 - Jack Leydig (West Valley TC)	59:19	14 - Bob Malain (NCSTC)	64:43	24 - George Pilz (Un)	68:35
5 - Harvey Sandoval (West Vly TC)	59:43	15 - Steve Sidney (Stanford RC)	64:48	25 - Tom Pinckard (NCSTC)	68:43
6 - Gary Wolfram (Un)	60:55	16 - Mike Donaldson (Un)	65:13	26 - Dave Larson (Excelsior TC)	69:17
7 - David Odum (Un)	61:01	17 - Phil Storrer (Un)	65:14	27 - Flory Rodd (Alameda TC)	69:28
8 - Jim Shettler (West Vly J&S)	61:17	18 - Ray White (Stanford RC)	65:16	28 - Richard Gentry (Un)	70:07
9 - Jim Anderson (Un)	61:35	19 - Haywood Norton (Un)	65:45	29 - Jack Ball (Un)	71:05
10 - Harold DeMoss (West Vly TC)	62:12	20 - Tim Sweezey (Alameda TC)	65:47	30 - Santos Reynaga (West Valley TC)	71:20

14th Annual Midnight Run Goes to Dave Babiracki: (Los Altos, Jan. 1) - A rousing crowd of 320 runners decided they'd bring in the new year with a 5.2 mile run around Foothill College (5 loops). A host of 'foreign' competitors invaded the PA-AAU field from the southland as is the custom it seems. BYU's Dave Babiracki didn't seem to have too much problem with the strong field, as he made short work of teammate Paul Cummings (a 4-minute miler) and WVTC 19-year-old Mike Pinocci. Dave's 25:29 was good enough for a 16-second margin over the second-place finishers, who intentionally tied. Ross Smith was the tops in the masters division with a 28:44 clocking (21st place), while Chris Sakelarios (RC Flyers) ran a swift 32:45 to top the women. The top 24 are listed below. No other results were made available by the sponsors, as they are trying to turn this into a 'fun-run'. /Runner's World/

1 - Dave Babiracki (BYU)	25:29	9 - Joe Taxiera (Alameda TC)	27:26	17 - Bob Powell (Camino West TC)	28:22
2 - Mike Pinocci (West Valley TC)	25:45	10 - Jim Dare (West Valley TC)	27:32	18 - Joel Stein (RC Striders)	28:34
tie Paul Cummings (BYU)	25:45	11 - Dave Stock (West Valley TC)	27:36	19 - John Loeschhorn (West Vly TC)	28:37
4 - Jon Sutherland (CS Northridge)	26:35	12 - Nick Vogt (Gold Spike TC)	27:47	20 - Kevin Williams	28:40
5 - Mitch Kingery (Camino West TC)	26:40	13 - Gordon Rado (Cal-Poly SLO)	27:51	21 - Ross Smith (West Valley J&S)	28:44
6 - Charles Horn	26:45	14 - Dave Power (West Valley TC)	28:03	22 - Hank Lawson	28:49
7 - Steve Acuff	26:46	15 - Bill Clark (West Valley TC)	28:20	23 - Matt Church	28:54
8 - Joel Scott	27:22	16 - Dan Prows	28:21	24 - Dave Himmelberger (West Vly TC)	29:00

Stewart Outkicks Surprising Pinocci in PA-AAU 15 Kilo: (Woodside, Jan. 6) - Mike Pinocci, home for Christmas vacation from Odessa College in Texas, pressed teammate George Stewart to the wire before the ex-Oklahoma Stater managed to nip him by a scant second in the last 50 yards. Their times of 45:35 and 45:36 were a bit too quick, and most everyone agreed the course was in the neighborhood of 300 or so yards short. Tom Laris, running unofficially, was another second ahead of Gordon MacMitchell, who had just returned from New Zealand. They recorded 46:15 and 46:16 respectively. The big surprise of the meet, however, was Stanford's Doug McLean, only a 4:30 miler (& 9:40 2-miler), who finished a strong fifth (actually 4th not counting Laris) in 46:33. He beat teammate Jack Bellah for the first time in his life (by 5 seconds). West Valley TC scored a rare sweep to take the team title with 15 points, with Excelsior TC next (91), and the sponsoring RC Striders (123). Jim Nicholson took top honors in the masters division with his 53:16 for 32nd, followed by Bill Jensen (33rd, 53:39) and Bob Porter (45th, 57:33). Mary Cortez ran a great race to upend Peggy Lyman and Penny Tomei in the women's race. Mary ran 57:34 to Peggy's 58:14 and Penny's 58:31. A total of 77 runners made it to the championships, which almost saw a cold drenching rain soak the field. /Mike Ipsen/

1 - George Stewart (WVTC/Army)	45:35	10 - Bill Clark (West Valley TC)	47:14	19 - Bob Powell (Camino West TC)	50:02
2 - Mike Pinocci (West Valley TC)	45:36	11 - Bob Darling (Excelsior TC)	47:45	20 - John Tengelsen (West Vly TC)	50:21
3 - Gordon MacMitchell (WVTC)	46:16	12 - Rich McCandless (West Vly TC)	47:55	21 - Mike Smith (Newark HS)	50:27
4 - Doug McLean (West Valley TC)	46:33	13 - Daryl Zapata (West Valley TC)	48:04	22 - Jose Cortez (RC Striders)	50:33
5 - Jack Bellah (West Valley TC)	46:38	14 - Stacy Geiken (RC Striders)	48:21	23 - Frank Donahue (Excelsior TC)	50:35
6 - Alex Aguilar (West Valley TC)	46:45	15 - Jim Dare (West Valley TC)	49:05	24 - Mike Eash (Excelsior TC)	50:41
7 - Gene Fitzgerald (Pamakid)	46:50	tie Jack Leydig (West Valley TC)	49:05	25 - Paul Koski (Excelsior TC)	50:51
8 - Mike Conroy (Excelsior TC)	46:52	17 - Dave Cortez (RC Striders)	49:27	26 - Mike Sigmon (Alameda TC)	51:19
9 - Jim Howell (West Valley TC)	47:05	18 - Mike Bergkamp (West Vly TC)	49:34	27 - David Warren (Excelsior TC)	51:29

28 - Robert Haugen (Alameda TC)	51:47	34 - Steve Bailey (SERC)	53:54	40 - Mark Suda (Un)	56:12
29 - Gus Cano (Excelsior TC)	52:08	35 - David Sabo (Alameda TC)	53:55	41 - Bruce Johnson (Alameda TC)	56:45
30 - Jeff Brody (West Valley TC)	52:30	36 - Joe Henderson (Un)	55:22	42 - Dave Larson (Excelsior TC)	56:55
31 - John Barbour (RC Striders)	52:43	37 - Alex Monterrosa (Pamakids)	55:43	43 - Sten Mauson (F.R.)	56:56
32 - Jim Nicholson (NCSTC)	53:16	38 - Ross Thomas (Un)	55:56	44 - Lyn Walker (SERC)	57:18
33 - Bill Jensen (Pamakids)	53:39	39 - Greg Mandanis (RC Striders)	55:57	45 - Bob Porter (NCSTC)	57:33

Kevin Furey Nips Wayne Badgley at Big Valley Ten-Miler: (Stockton, Jan. 12) - Sacramento State's Kevin Furey, winner of the Far West Conference XC Title last fall, had his hands full with Big Valley Harrier ace, Wayne Badgley, but managed to pull off a two second victory, 51:23 to 51:25, over the flat 10-mile course in suburban Stockton. Third place was also a battle, as Rick Lord nipped teammate Rick Bernard by a scant second. Harvey Ferrill of the host team copped the 30-39 division with a fine 56:30, while Downey High frosh Tim Holmes annexed the 15-18 title with a quick 57:13, only 18 seconds up on Jim Freeman. The 40-and-over group had a thriller too when Gordon Gane outlasted Bill Snavely by a mere second, 58:53 to 58:54. Yvette Cotte took the women's title with a 70:13 clocking, but was only the fourth female finisher, as a San Juan Strider trio (girls' division) came in at 69:34-35 (Karen & Amy Van Tassel, and Jeanette Allred). Bob Kadie was the 12-14 winner, while Tim O'Donnell proved he was best in the 11-and-under group. They clocked 60:16 and 66:53, respectively. The host Big Valley Harriers had no problem with the team title as they had their fifth man finish ninth. Innovative meet director, Wayne Badgley, who almost won his own race, had a drawing for 60 merchandise awards following the run, giving everyone a chance to win something. A very well-organized race. /P. Diekmeyer/

1 - Kevin Furey (Sac'to State)	51:23	16 - Jim Freeman (Un)	57:31	31 - Bob Kadie (San Juan Str.)	60:16
2 - Wayne Badgley (BV Harriers)	51:25	17 - Jim Williams (Gold Spike TC)	57:34	32 - John Swift (Cold Ducks)	60:26
3 - Rick Lord (Big Valley Harriers)	52:00	18 - Greg Gagen (Un)	58:08	33 - Mark Stoker (BV Harriers)	60:58
4 - Rick Barnard (BV Harriers)	52:01	19 - Tim Swezey (Un)	58:16	34 - Doug Comporato (BV Harriers)	61:15
5 - Pat Stordahl (Un)	53:42	20 - Joe Cordova (Un)	58:32	35 - Robert Puffer (Un)	61:25
6 - Gary Singer (BV Harriers)	53:50	21 - Dave Russell, Sr. (Un)	58:32	36 - John Perkins (Gold Spike TC)	61:36
7 - Jon Higley (Gold Spike TC)	54:40	22 - Danny Donoghue (Un)	58:33	37 - Dave Donaldson (Un)	61:36
8 - Jim Howard (Un)	54:55	23 - Mike Brazil (Cold Ducks)	58:34	38 - Jeff Bolen (Un)	62:30
9 - Richard Van Slyke (BV Harr.)	54:55	24 - Gordon Gane (Un)	58:53	39 - Vic Weber (WVJS)	62:47
10 - Frank Rodriguez (Un)	55:13	25 - Bill Snavely (BV Harriers)	58:54	40 - Wayne Stenberl (Un)	63:16
11 - Jim Santomier (BV Harriers)	55:26	26 - Mr. Johnston (Un)	59:23	41 - Bill Flodberg (Un)	63:22
12 - Frank Hagerty (BV Harriers)	55:52	27 - Steve Bird (Cold Ducks)	59:25	42 - Greg Hatin (Un)	63:23
13 - Harvey Ferrill (BV Harriers)	56:30	28 - Jim Nicholson (NCSTC)	59:33	43 - Derl Crowder (Un)	63:30
14 - Tim Holmes (Cold Ducks)	57:13	29 - Tim Trail (Cold Ducks)	60:05	44 - Dieter Diekmeyer (BV Harriers)	63:42
15 - Roger Stordahl (Un)	57:26	30 - Sean McGinn (Cold Ducks)	60:13	45 - John Magdaleno (Un)	63:56

Beardall Retains Title For Third Straight Year At Daisy Hill: (Rohnert Park, Jan. 13) - Marin AC's 'almost legendary' Darryl Beardall, now 37 years of age and still apparently as strong as ever, made off with his third consecutive win at the 13.5 mile Daisy Hill Run near Sonoma State. His winning time of 1:16:26 came within 2 seconds of his 1973 course mark (his times over the three years of the run have ranged from 1:16:24 to 1:16:36!). His margin of victory this year was more than a minute over Romero Mendoza of Sonoma St. Top masters competitor was 46-year-old Ross Smith (who else?), who was 4th overall and clocked 1:21:05, almost 8 full minutes ahead of Mike Healy's 1:28:50. Gough Reinhardt was third in that division with 1:32:16. Caron Schaumberg was also a big winner in the women's division with a 1:45:03, more than a mile ahead of Catherine Smith's 1:53:47. Jeff Jahn of Santa Rosa set a new high school record with his 1:24:26, almost two minutes in front of Kevin Searls (1:26:15). In the 6-3/4 mile run that was run with the longer race, WVTC's Penny Tomei clipped off a very quick 46:08 for a 7-minute margin over Marjorie Heinlein. She was sixth place overall in a field of 31 finishers! Matt Dowling's 39:25 easily topped Fred Kenyon's 40:07 in that race. Following were: Mike Timmerman (44:47), Tony Alex (45:29), Chris Heinlein (45:39), Penny Tomei (46:08), Jeff Searls (46:15), Pat O'Connor (46:34), Tim Covell (47:12), and Jack Gottsche (48:12). The race, as usual, was superbly organized. /Bob Lynde/

1 - Darryl Beardall (Marin AC)	1:16:26	9 - Gene Schaumberg	1:25:43	17 - Al Sanchez	1:36:30
2 - Romero Mendoza (Sonoma St.)	1:17:37	10 - Kevin Searls	1:26:15	18 - Colin Hermann	1:36:49
3 - Jack Hackmann (Un)	1:20:27	11 - Mike Brandner	1:27:59	19 - Kees Tuinzing	1:37:30
4 - Ross Smith (West Valley J&S)	1:21:05	12 - Terry Smith	1:28:49	20 - David Pratt	1:39:52
5 - Bob Bunnell (Marin AC)	1:22:55	13 - Mike Healy (Un)	1:28:50	tie George Moss	1:39:52
6 - Dave Zumwalt (Un)	1:23:11	14 - Mark Timmerman	1:30:08	22 - Dave Chatterton (Pamakids)	1:40:32
7 - Gerry Haslam	1:23:45	15 - Ron Olitsky	1:31:10	23 - Lynn Stafford	1:41:16
8 - Jeff Jahn (VOMTC)	1:24:26	16 - Gough Reinhardt (NCSTC)	1:32:16	24 - Vincent Ricevuto	1:41:27



MAGNAN WINNER, DAVID CORTEZ. /J. Marconi/

David Cortez Buries Field in Magnan Run: (Woodside, Jan. 19) - St. Francis frosh, David Cortez, running for the Redwood City Striders, proved he's not to be taken lightly, as he upended a fairly good field over extremely mountainous terrain that covered about 18 miles of roads, trails, and mud. His time of 2:00:34 was well off the course record held by brother Jose, but still very good for a high school frosh. West Valley teammates Jim Dare and Dave Himmelberger tied for runnerup spot in 2:02:02. It was a good day for the masters, as three got into the top eight spots, led by Dave Stevenson's fifth (2:08:23). Dennis Egley and T.A. de Lusignan were next (2:11:21 & 2:11:44). Chris Sakelarios and RC Flyer partner Renay Wolfe tied it up at 2:19:29 to take top honors for women (15th overall), while Mary Cortez managed a strong third (2:20:16). The host Striders won the team title, followed by the Fun Runners and Pamakids. Forty-seven tired runners completed the area's toughest road run. /Mike Ipsen/

1 - Dave Cortez (RC Striders)	2:00:34	tie Renay Wolfe (RC Flyers)	2:19:29
2 - Dave Himmelberger (WVTC)	2:02:02	17 - Mary Cortez (RC Striders)	2:20:16
tie Jim Dare (West Valley TC)	2:02:02	18 - Steve O'Brien (Un)	2:22:06
4 - Mike Donaldson (Un)	2:05:09	19 - Richard Stiller (WVTC)	2:24:54
5 - Dave Stevenson (Stanford RC)	2:08:23	20 - Bill Yaley (Fun Runners)	2:24:55
6 - Bill Benz (Stanford)	2:10:20	21 - Ray Smith (Fun Runners)	2:24:55+
7 - Dennis Egley (Un)	2:11:21	22 - Bruce Dingwall (Pamakids)	2:28:28
8 - T.A. de Lusignan (Un)	2:11:44	23 - Peggy Lyman (West Valley TC)	2:28:31
9 - Tommy Owen (RC Striders)	2:13:27	24 - Vic Crosetti (Un)	2:28:40
10 - Bob Smith	2:14:27	25 - Joan Ulliyot (UC Medical Ctr)	2:28:49
11 - Richard Kell (Pamakids)	2:15:16	26 - Tom Lucas (RC Striders)	2:30:27
12 - David Larson (Excelsior TC)	2:18:12	tie Clint O'Conner (RC Flyers)	2:30:27
13 - Gough Reinhardt (NCSTC)	2:18:43	28 - Alex Bangert (MLTC)	2:31:39
14 - Peter Wood (NCSTC)	2:19:21	29 - Terry Mullen (Fun Runners)	2:36:40
15 - Chris Sakelarios (RC Flyers)	2:19:29	tie Wayne Hooper (Fun Runners)	2:36:40

Camp Blitzes PA-AAU 20 Kilo Field: (Woodside, Jan. 27) - Although way off Jon Anderson's 61:34 course mark, Navy's Phil Camp made short work of a fairly strong field that included 1972 AAU steeplechase champ Jim Dare, and 2:20-marathoner Wayne Badgley. To illustrate the overall depth of the field this year, nineteen runners dipped under 70 minutes! The weather was almost perfect for the slightly challenging course, although it got a bit warm towards the end of the race. Camp's 63:05 is what we've found to be the second best time ever for the course. Jim Dare (64:27) was almost caught by fast-closing Badgley (64:48) over the last few miles. West Valley TC defended its team title with 36 points to Big Valley Harriers' 96 and Excelsior TC's 104. Dave Stevenson, making something of a comeback after very little activity in late 1973, was tops in the over-40 category (73:03), with Jim Nicholson (75:12) and Peter Wood (76:44) a goodly ways back. Peggy Lyman set what is believed to be a best-ever road best for women at the distance with her sparkling 1:19:57 effort, while Joan Ullyot (1:22:34) and Mary Cortez (1:23:04) also recorded excellent clockings over the challenging course. The finishing field numbered 117. /Rich Perry/

1 - Phil Camp (Navy)	1:03:05	21 - Jerry Emory (RC Striders)	1:10:06	41 - Jim Nicholson (NCSTC)	1:15:12
2 - Jim Dare (West Valley TC)	1:04:27	22 - C.R. Loosley (WVJS)	1:10:15	42 - Jim Thompsen (Un)	1:15:19
3 - Wayne Badgley (BV Harriers)	1:04:48	23 - Glen Berwick (Un)	1:10:34	43 - Jim Holl (West Valley TC)	1:15:30
4 - Bob Darling (Excelsior TC)	1:05:18	24 - Mark Proteau (Un)	1:10:38	44 - Don Capron (Un)	1:15:50
5 - Mike Conroy (Excelsior TC)	1:06:05	25 - Peter Marks (Aggie TC)	1:10:57	45 - Alex Monterrosa (Pamakids)	1:16:37
6 - Doug McLean (West Valley TC)	1:06:13	26 - Joe Taxiera (Alameda TC)	1:10:59	46 - Peter Wood (NCSTC)	1:16:44
7 - Rick Lord (BV Harriers)	1:06:26	27 - Peter Collins (BV Harriers)	1:11:05	47 - Kevin Searls (Un)	1:16:48
8 - John Sheehan (West Vly TC)	1:06:43	28 - Dan Moore (Livermore Vly RC)	1:11:06	48 - Vic Weber (West Valley J&S)	1:16:55
9 - Bill Clark (West Valley TC)	1:06:45	29 - Mike Eash (Excelsior TC)	1:11:17	49 - Bill Snavely (BV Harriers)	1:17:13
10 - Gary Singer (BV Harriers)	1:06:49	30 - Harold DeMoss (West Vly TC)	1:11:24	50 - Mike Dyer (Un)	1:17:14
11 - Jack Leydig (West Vly TC)	1:08:06	31 - Jerry Ockerman (Drones TC)	1:11:40	51 - Joe Henderson (Fun Runners)	1:17:29
12 - Dennis Dillie (Un)	1:08:11	32 - David Warren (Excelsior TC)	1:11:53	52 - Walt Van Zant (WVJS)	1:17:37
13 - John Routh (Menlo TC)	1:08:15	33 - David Cuthiell (Un)	1:12:45	53 - Mike Donaldson (Un)	1:17:53
14 - Stacy Geiken (RC Striders)	1:08:20	34 - Frank Donahue (Excelsior TC)	1:12:57	54 - Steve Lawry (Un)	1:17:54
15 - John Loeschhorn (WVTC)	1:08:35	35 - Dave Stevenson (Stanford RC)	1:13:03	55 - Gough Reinhardt (NCSTC)	1:18:34
16 - Daryl Zapata (West Vly TC)	1:09:16	36 - Tom Mann (Sierra Tuna TC)	1:13:32	56 - David Larson (Excelsior TC)	1:18:44
17 - Art Reade (West Valley TC)	1:09:41	37 - Robert Davis (Aggie TC)	1:13:39	57 - Carl Martin (West Valley J&S)	1:19:23
18 - Bill Long (Pamakids)	1:09:55	38 - John Bay (West Valley TC)	1:13:39	58 - Peggy Lyman (West Valley TC)	1:19:57
19 - Robert Cooper (RC Striders)	1:09:57	39 - Ben Sawyer (Otherways TC)	1:14:01	59 - Mark Isciacion (Un)	1:20:21
20 - David Cortez (RC Striders)	1:10:06	40 - John Geer (Whittier Alum TC)	1:14:36	60 - Dan Keller (RC Striders)	1:20:34

Chuck Smead Edges Bill Scobey at Trinidad Beach Run: (Trinidad, Feb. 2) - Humboldt State standout Chuck Smead led an assault on Bill Scobey's 1970 course record at the Trinidad Beach Run (ex-Clam Beach), clipping 1:22 from the old standard, and nipping Scobey handily after passing him in the last 3/4 mile...the winning time was 40:28.4, with second at 40:32. Ron Elijah was also under the old mark with 41:16, and Chris Cole came within two seconds. Scobey had led for most of the race after traveling all the way from the L.A. area to run. At the six-mile point Scobey chose not to take off his shoes while fording a river (20" deep). Smead decided it was best to go the last 2-1/2 miles on the sand barefoot and closed the gap from 50 yards. The top three women also broke the old mark, with Del Norte (Crescent City) High student Sherry Quinlivan leading the way in 57:43, followed closely by Arlee Montalvo (57:49) & Marilyn Taylor (57:58). George Crandall didn't have much problem with the over-40 gang as he handed Bill Rogers and Mel Anderson nearly a two-minute defeat with his 50:55 clocking. Anderson was the first over-50. David Cantrell was the top high schooler in 20th (48:18), a notch ahead of Ty Rousseau's 48:27. The 30-39 group was led by Dick Gilchrist's 27th (49:43) and Dick Meyer's 29th (50:09). A record 150 finishers completed the 8.5-miler, which is billed as the "Humboldt County Championships" by those in the area, and rightfully so too. /Dick Meyer & D. McGrath/

1 - Chuck Smead (Humboldt St)	40:28	16 - Harry Cottrell	46:17	31 - Greg Heistuman	50:20
2 - Bill Scobey (BH Striders)	40:32	17 - Anthony Bettencourt	46:55	32 - David Wells (H.S. Boys)	50:22
3 - Ron Elijah (Humboldt St)	41:16	18 - Mark Hulburt (Humboldt St)	47:53	33 - Claus Pederson	50:47
4 - Chris Cole (Humboldt St)	41:52	19 - Bob Coward	48:07	34 - George Crandall (SRRC) (40-49)	50:55
5 - Mark Elias (Humboldt St)	42:24	20 - David Cantrell (H.S. Boys)	48:18	35 - Charles Ehlers (30-39)	51:00
6 - Conrad Lowry (Humboldt St)	43:06	21 - Ty Rousseau (H.S. Boys)	48:27	36 - Guy Oling	51:16
7 - Hershall Jenkins (Humboldt St)	43:25	22 - Dennis O'Halloran (Humboldt St)	48:59	37 - Rick Mayberry (H.S. Boys)	51:27
8 - Mark Byers	43:51	23 - Rick Dewey	49:03	38 - Russell Trytek	51:32
9 - Steve Owen (Humboldt St)	44:19	24 - Mike Libolt (H.S. Boys)	49:03	39 - Tom DeCew	51:33
10 - Don Makela (Marin AC)	44:19	25 - Rod Smith	49:20	40 - Roger Wilmarth	51:34
11 - Brian Davis	44:31	26 - Don Kirby	49:33	41 - Aaron Krohn	52:23
12 - Howard Labrie (Six Rivers RC)	45:40	27 - Dick Gilchrist (SRRC) (30-39)	49:43	42 - Glen Borland (H.S. Boys)	52:27
13 - Guy Genung	45:49	28 - John Hirvala	49:50	43 - Bill Rogers (40-49)	52:34
14 - Carl Udeson	45:54	29 - Dick Meyer (SRRC) (30-39)	50:09	44 - Mel Anderson (50-over)	52:37
15 - Chris Defazio	46:05	30 - John Smailes	50:15	45 - David Cleary (30-39)	53:14



PA-AAU 20 KILO WINNER, PHIL CAMP. /Mike Shaughnessy/



CHUCK SMEAD BEAT BILL SCOBEY & CLAM BEACH RECORD. /Marconi/



DOMINGO TIBADUJIZA WAS AN EASY WINNER AT VALLEJO. /Marconi/



JIM DARE WON WEST VALLEY MARATHON IN 2:26:05. /Shaughnessy/

Tibaduiza Has Easy Time At Vallejo 10-Miler: (Vallejo, Feb. 3) - Colombian ace, Domingo Tibaduiza, a student at the University of Nevada and a 27:59 six-miler, toyed with the field for a few miles and then went off on his own to record an excellent 50:02 for the just-short-of ten-mile Channel-to-Lake Run. He was several minutes off Jon Anderson's course standard, however. Ken Scalmanini ran a good race in second place with a 52:08, well ahead of Jim Birnbaum's 52:44. Jim Shettler was pressed in the middle stages of the undulating run for the over-40 title by teammate Ross Smith, but then he pulled away over the last few miles for a 31-second margin of victory (54:50 to 55:21). Gil Tarin was a far-distant third in 58:30. West Valley TC's Penny Tomei was pretty much by herself, as was teammate Tibaduiza. She notched a 1:10:36 for a 5-minute plus gap over Yvette and Jeannete Cotte (1:15:45 & 1:15:50). Bob Powell of Camino West TC was the first high-schooler with 55:43 (17th). Tim Gagen (GWTC) was eight seconds back for second spot. Bob Kadie of the San Juan Striders tied with teammate Tom Williams to take the junior category in 60:47. The Alameda TC led a spirited team battle, upending the West Valley Joggers & Striders and Gold Spike TC (92-106-122). A very good turnout saw 222 finish under almost perfect conditions. /Ray Sibley/

1 - Domingo Tibaduiza (Colombia)	50:02	21 - Dan Moore (Livermore Vly RC)	56:06	41 - Joe Belshin (Golden West TC)	59:00
2 - Ken Scalmanini (Pamakids)	52:08	22 - Mark Proteau (Alameda TC)	56:24	42 - Kevin Furey (Golden West TC)	59:30
3 - Jim Birnbaum (USAF)	52:44	23 - James Mebust (OPHIR)	56:35	43 - Terry Pintane (Valley of Moon)	59:32
4 - Joe Taxiera (Alameda TC)	52:48	24 - Rich Walline (Vallejo Kiwanis)	nt	44 - Gordon Gane (West Valley J&S)	59:33
5 - Darryl Beardall (Marin AC)	53:08	25 - Kent Guthrie (West Vly J&S)	nt	45 - Ken Kvam (Livermore Valley RC)	59:34
6 - Jesse Smith (Alameda TC)	53:34	26 - David Odum (Un)	nt	46 - Bruce Williams (Univ. of Nevada)	59:45
7 - Bill Clark (West Valley TC)	53:59	27 - Ken Salet (Camino West TC)	nt	47 - Carl Swensson (Un)	59:46
8 - Nick Vogt (Gold Spike TC)	54:09	28 - David Warren (Berkeley TC)	nt	48 - Don Capron (Un)	59:50
9 - Dale Severy (Santa Barbara AA)	54:20	29 - Richard Cross (Un)	nt	49 - Ray Menzie (Un)	59:54
10 - Jim Shettler (West Vly J&S)	54:50	30 - Mike Chessar (Napa Vly RC)	nt	50 - Kevin Searls (College Pk. HS)	60:00
11 - Jack Leydig (West Valley TC)	55:07	31 - Keir Furey (Golden West TC)	nt	51 - Phil Bailey (USMC)	60:05
12 - Jeff Berryessa (Un)	55:09	32 - Greg Gagen (Golden West TC)	nt	52 - Ed DiGirolamo (Alameda TC)	60:09
13 - David Himmelberger (WVTC)	55:18	33 - Jeff Johnston (DSE)	nt	53 - Kevin Kirby (Un)	60:20
14 - Ross Smith (West Valley J&S)	55:21	34 - Tim Swezey (Alameda TC)	57:50	54 - Bill Mumma (OPHIR)	60:25
15 - Greg Chapman (Solano TC)	55:27	35 - Adam Ferreira, Jr. (Un)	58:05	55 - Bill Flodberg (Un)	60:40
16 - Jon Higley (Gold Spike TC)	55:39	36 - Jim Williams (Gold Spike TC)	58:30	56 - Mark Nygaard (Gold Spike TC)	60:42
17 - Bob Powell (Camino West TC)	55:43	37 - Gil Tarin (West Valley J&S)	58:30	57 - Bob Kadie (San Juan Striders)	60:47
18 - Tim Gagen (Golden West TC)	55:51	38 - Danny Donoghue (Solano TC)	58:45	58 - Tom Williams (San Juan Striders)	60:47
19 - Michael Dagg (Univ. of Nevada)	55:56	39 - Jeff Jahn (VOMTC)	58:54	59 - Michael Coke (Grizzly Peak P&MB)	61:05
20 - Gilbert Gonzalez (Un)	56:01	40 - Greg Tinloy (Gold Spike TC)	58:55	60 - Ralph Blount (OPHIR)	61:22

Ikenberry Garners Women's National Marathon Title; Dare Takes West Valley Race: (San Mateo, Feb. 10) - This day was perhaps the most important step ever for women's long distance running, as the fair sex proved to the world that they could handle 'officially', the classic marathon distance of 26 miles, 385 yards. The sponsoring San Mateo Recreation Dept. and West Valley TC had wished for (and almost got) the perfect weather they had wanted...it got a bit warm (mid-60's) towards the end, but was otherwise a great day for the 'supreme test'. Special credit must go to the Senior Natl. Women's Marathon Committee, headed by Meet Director, Dawn Bressie, the San Mateo Recreation Dept., and all the volunteer help (literally hundreds) both before and on raceday. Without them, a championship of this magnitude could never have been possible. -- Judy Ikenberry, 31-year-old housewife from Crestline, California, and representing the Rialto Road Runners, went out fast (32:14, 1:04:51, 1:37:47), was never worse than second, and took over the lead for good from Jenny Taylor just after ten miles. She then passed through 20 miles in 2:11:48 and 25 miles in 2:46:31 on her way to the National crown in 2:55:17. She pulled two other women under three hours (the most ever in a single race), and a total of 21 (nearly half the finishers) under 3:30!!! Marilyn Paul of Portland, Oregon, started out conservatively, as did Peggy Lyman (Palo Alto), and both finished strongly. Peggy had the quickest final 6 miles of any competitor, nearly catching Marilyn, as both got under the magic 3-hour barrier (2:58:44 and 2:58:55). Nina Kuscsik, who was admittedly not in the best of condition, decided to make the trip west from New York anyway and notched a very pleasing fourth in 3:04:11. Surprising Lucy Bunz led her UC Medical Center team to the National title with her 3:05:07 in fifth (Irene Rudolf's 8th & Joan Ulyot's 10th put the icing on the cake). But perhaps the biggest story of the day was little Mary Etta Boitano's record smashing 3:01:15 as she took fourth overall and won her age-group division with ease, chopping 17 minutes from brother Mike's world age-10 standard (and 25 minutes from her own!). In fact, no woman under 19 has ever gone so quickly, nor has a man under 12 done it. Ruth Anderson was the other record-setter for the day as she lowered her Masters standard by some three minutes plus, clocking in at 3:20:59. The team scores in the Senior National Championships were: UC Medical Center 23, Rialto Road Runners 25, Redwood City Flyers 53, & Millbrae Lions TC 70. A record 44 women completed the title race...more than had ever *started* a marathon before (a total of 57 began the race). -- While the women were getting nearly all the attention, the men were doing their thing right alongside the women in the 4th Annual West Valley Marathon, which was solemnly dedicated to Larry Lewis at the starting line. Bob Darling of the Excelsior TC started out on a very quick pace, bringing him through the first three 5-mile splits in 27:06, 54:09, 1:21:11, before he started to fade. He still had a two-minute lead (1:49:14 to 1:51:18) over Jim Dare of the host club at the 20 mile marker. Jim passed Bob somewhere around 23 miles and proceeded to open a wide margin of victory, finally coming through in 2:26:05 (to Darling's 2:29:38). This was Dare's first official marathon, keeping a remarkable string going for this race (four years in a row now the winner has been a WVTC athlete running his first marathon). Mike Conroy, Darling's teammate, closed fast for third in a PR 2:30:12. Alex Aguilar lowered his best about three minutes to take high school honors (2:30:39), and amazing Ross Smith (46) got a PR with 2:33:33, good enough for seventh place overall. Vic Weber's 2:49:03 and T.A. de Lusignan's 2:50:50, were the next two in the over-40 class. West Valley kept their title for the fourth year, just edging out a powerful Excelsior TC squad, 10-12, with the West Valley Joggers in



(LEFT) START OF THE FIRST WOMEN'S NATL. MARATHON & WEST VALLEY MARATHON. /McDougall/ (CENTER) TOP PA-AAU FINISHER IN THE MARATHON WAS PEGGY LYMAN (3RD, 2:58:55). (RIGHT) ALEX AGUILAR WAS FIRST HIGH SCHOOL FINISHER IN WV MARATHON (2:30:39). /Marconi/



(LEFT) RUTH ANDERSON BROKE HER OWN MASTERS RECORD FOR THE MARATHON WITH A 3:20:59 AT THE NATLS. (CENTER) WINNING TEAM AT THE NATIONALS WAS THE UC MEDICAL CENTER (JOAN ULLYOT, IRENE RUDOLF, LUCY BUNZ). /McDougall/ (RIGHT) TEN-YEAR-OLD MARY ETTA BOITANO DID AN ASTOUNDING 3:01:15 FOR A WORLD AGE BEST AND FINISHED FOURTH PLACE OVERALL (FIRST AGE-GROUP) AT THE NATIONALS. /Marconi/

third with 31. A record 215 runners completed the run (not counting the women). Top women & men are listed below. /J. Leydig/

1 - Judy Ikenberry (RRR) 2:55:17	9 - Irene Rudolf (UCMC) 3:12:20	17 - Jean Maier (UCMC) 3:24:38
2 - Marilyn Paul (Un/Portland) 2:58:44	10 - Jenny Taylor (Cam. Sp. Union) 3:12:27	18 - Elaine Pedersen (Un) 3:25:54
3 - Peggy Lyman (West Valley TC) 2:58:55	11 - Joan Ulliyot (UCMC) 3:13:13	19 - Luanne Kralick (STC) (Masters) 3:27:01
4 - Mary Etta Boitano (SERC) (A-G) 3:01:15	12 - Marie Albert (RRR) 3:16:03	20 - Gail Gustafson (UCMC) 3:27:24
5 - Nina Kuscsik (Suffolk AC) 3:04:11	13 - Chris Sakelarios (RCF) 3:20:11	21 - Michelle McKean (Dusters) (A-G) 3:28:46
6 - Lucy Bunz (UCMC) 3:05:07	14 - Doreen Assuma (RRR) 3:20:59	22 - Lori Watkins (Un) 3:30:03
7 - Marjorie Kaput (Phoenix TC) 3:07:46	tie Ruth Anderson (NCSTC) (Master) 3:20:59	23 - Nicki Hobson (SDTC) (Masters) 3:30:32
8 - Jan Arenz (Twin Cities TC) 3:08:20	16 - Louise Adamson (West Vly TC) 3:24:14	24 - Diane Williams (Un) (Age-Grp) 3:33:29
1 - Jim Dare (West Valley TC) 2:26:05	26 - Frank Donahue (Excelsior TC) 2:44:43	51 - Richard Kell (Pamakids) 2:53:12
2 - Bob Darling (Excelsior TC) 2:29:38	27 - Al Sanford (West Valley TC) 2:44:50	52 - Kent Price (SERC) 2:53:13
3 - Mike Conroy (Excelsior TC) 2:30:12	28 - Bob Hermens (Un) 2:45:45	53 - Mike Gourley (Un) 2:53:33
4 - Alex Aguilar (West Vly TC) 2:30:39	29 - Phil Groves (West Valley TC) 2:45:51	54 - Andrew McBride (Dusters) 2:53:34
5 - Bob Nanninga (West Vly TC) 2:32:31	30 - Kent Guthrie (West Vly J&S) 2:46:11	55 - Jan Makowski (Un) 2:54:09
6 - John Loeschhorn (WVTC) 2:33:06	31 - Norman Simon (Un) 2:46:30	56 - John Thelin (Un) 2:54:43
7 - Ross Smith (WVJS) (40+) 2:33:33	32 - John Ferguson (Stanford RC) 2:46:44	57 - Dave Zumwalt (Un) 2:55:06
8 - Humberto Hernandez (WVTC) 2:34:37	33 - Donald Choi (Excelsior TC) 2:47:13	58 - Bob Porter (NCSTC) (40+) 2:55:20
9 - Keith Kruse (West Vly TC) 2:37:20	34 - Mike Chessar (Napa Vly RC) 2:47:33	59 - Bob Kuchenmeister (Un) 2:55:32
10 - Glen Berwick (Un) 2:37:59	35 - Stephen Sidney (Stanford RC) 2:47:52	60 - Peter Mattei (NCSTC) (50+) 2:56:10
11 - John Routh (Menlo TC) 2:38:02	36 - Carl Peterson (Pamakids) 2:48:24	61 - Sean McGinn (Un) 2:57:07
12 - Nick Hoogenraad (WVTC) 2:38:44	37 - Jeff Brody (West Valley TC) 2:48:45	62 - William DeVita (Un) 2:57:17
13 - Tom Mann (Sierra Tuna TC) 2:38:49	38 - Jon Higley (Gold Spike TC) 2:49:02	63 - Chuck Stagliano (SERC) 2:57:18
14 - Jerry Ockerman (Drones AC) 2:38:57	39 - Vic Weber (WVJS) (40+) 2:49:03	64 - Fred Wellman (Un) 2:57:23
15 - Ray Menzie (Un) 2:39:14	40 - Peter Collins (BV Harriers) 2:49:26	65 - Ken Kvam (Livermore Vly RC) 2:58:19
16 - Jack Hackmann (Un) 2:39:34	41 - Bill Peck (Un) 2:49:35	66 - David Larson (Excelsior TC) 2:58:23
17 - David Warren (Excelsior TC) 2:39:36	42 - Bill Benz (Stanford RC) 2:49:43	67 - Bill McCray (USAF) 2:58:30
18 - Jim Freeman (San Juan Str.) 2:40:52	43 - Bill Yaley (Un) 2:49:45	68 - John Armstrong (Un) (40+) 2:58:34
19 - Dan Moore (Livermore Vly RC) 2:41:05	44 - Jake White (Un) 2:50:38	69 - Thomas Pierce (Pamakids) (40+) 2:59:04
20 - Luis Torres (Un/Colombia) 2:43:30	45 - T.A. de Lusignan (Un) (40+) 2:50:50	70 - Jaime Naranjo (Un) 2:59:12
21 - Mark Burch (Gold Spike TC) 2:43:39	46 - Frank Krebs (Golden West TC) 2:50:53	71 - Mike Coke (GPPMB) 2:59:20
22 - Tim Swezey (Alameda TC) 2:43:44	47 - Peter Wood (NCSTC) (40+) 2:51:19	72 - Kevin Searls (Un) 2:59:23
23 - Mike Millward (Un) 2:43:51	48 - Mario Flores (West Vly TC) 2:51:37	73 - Mike Donaldson (Un) 3:00:41
24 - Peter Day (Un) 2:43:59	49 - Jim Nicholson (NCSTC) (40+) 2:52:34	74 - Bob Biancalana (MAC) (40+) 3:00:46
25 - Al Roland (West Valley TC) 2:44:23	50 - Doug Cromack (USAF) 2:53:09	75 - Lyn Walker (SERC) 3:00:56

Rich Kimball Breaks Mejia Record at Martinez: (Martinez, Feb. 23) - Alameda TC's Rich Kimball broke one of the better records in the area on this 8.4 mile (short?) out-and-back course by clipping 18.8 seconds from Alvaro Mejia's 1972 course standard. His time of 40:08.4 was more than 1-1/2 minutes ahead of Jim Nuccio, who led a parade of four finishers over a seventeen-second span. Jim Shettler was again an easy winner in the 40-and-over category (44:27). Dennis Teegarden, making a rare appearance on the roads (recently), nipped Gil Tarin for runnerup honors (47:13 to 47:20). Sue Monday upended Jeannette Cotte (55:52 to 58:01) to grab the women's title, with Yvette Cotte third (60:44). Ken Scalmanini downed Jack Leydig in the 30-39 division, 42:45 to 43:15, as they took 6th and 7th respectively.

1 - Rich Kimball (Alameda TC) 40:08	16 - Scott Mosenthal 45:36
2 - Jim Nuccio (West Valley TC) 41:43	17 - Unofficial Runner 45:52
3 - Alex Aguilar (West Valley TC) 41:53	18 - Dan Donoghue 45:56
4 - Joe Taxiera (Alameda TC) 41:56	19 - Steven Heinz 46:04
5 - Wayne Badgley (BV Harriers) 42:00	20 - David Warren (Excelsior TC) 46:18
6 - Ken Scalmanini (Pamakids) 42:45	21 - John Toki 46:26
7 - Jack Leydig (West Valley TC) 43:15	22 - Kevin Searls (Un) 46:34
8 - Daryl Zapata (West Valley TC) 43:30	23 - Bill Kipp 46:47
9 - Chris Bell 43:41	24 - Ed Jaynes (BA Striders) 46:52
10 - Dale Severy (Santa Barbara AA) 43:47	25 - Boyd Tarin 46:54
11 - Jim Mebust (OPHIR) 44:02	26 - Steve Barr 46:58
12 - David Odum (Un) 44:18	27 - Kevin A. Kirby 47:03
13 - Jim Shettler (West Vly J&S) 44:27	28 - Dennis Teegarden (NCSTC) 47:13
14 - Clark Rosen 44:49	29 - Gil Tarin (West Valley J&S) 47:20
15 - Doug Butt (Marin AC) 45:18	30 - Claus Pedersen 47:40

There were a total of 126 finishers on a day that was near perfect. Unusual hand-fashioned awards were given, and everyone seemed to enjoy them. /Luka Sekulich/

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