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Review - 50¢**

**MARCH - APRIL 1974
(No. 47)**



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On the Cover

This month's NorCal Portrait, Mike Farmer (*left*) of Wilson H.S. (San Francisco), edges Silver Creek's (San Jose) Millard Hampton in a legal 9.5 at the San Jose Relays. Currently the two top sprinters in the state, Farmer has best times this year of 9.4w (9.5) and 20.8w while Hampton has done 9.5 and 20.9, the latter mark also coming at the San Jose Relays. /John Marconi Photo/

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Contributors

All news, features, results, photographs, and other correspondence should be sent to: NCRR, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181...only after 8 pm weeknights). Due to irregularity of publication dates, all information should be mailed as soon as possible for consideration. Prospective volunteer correspondants and photographers should re-request details from the above address. Everyone is encouraged to submit meet results & scheduling. Credits are always given for any material used. Please request permission for use of any NCRR materials other than scheduling information and meet results. Prospective Photographers: Our small staff of regular photographers can't get to every meet, so please send any prints you may have for our consideration.

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MESSAGE FROM THE EDITOR

● WE NEED YOUR HELP! - If you'll glance through this issue you'll see that we've come a long way from where we were in early 1973 when our first 'magazine-style' issue came out. It hasn't been easy to keep adding features, results, photos, and obviously thickness...and still keep our prices the same. Everything else has gone up except the price of the NCRR!! We want to keep it at \$5.00 for 12 issues, but we need your help...NOW! We are currently nearing the 1000 subscriber mark. In another issue we should be there. But we still don't have enough subscribers to really make much of a profit, and we really don't want to make that much a profit. However, we want to keep improving our service to you and at the same time keep our rates the same. It isn't hard to figure out that a 20% postal increase hurts us a lot...but, if you want to stop a price increase, all you have to do is get a friend to subscribe, or better yet, subscribe yourself if you don't already. If we can add say, 50 new subscribers per month for the next 6-8 months, then we should be on solid ground. It's up to you!

● PHOTOS NEEDED! - You'll probably note that we're lacking photos in quite a few areas this issue...most notably in road racing and collegiate track & field. We don't have that many regular photographers to go around. Our old standby at road races, John Marconi, is currently taking mostly track & field photos, so we need someone to send us good shots from the long distance runs...preferably more than just one. We can't pay you anything, but we'll give you credit of course so you can advertise your talents.

● SELECTRIC TYPEWRITER NEEDED! - Currently the NCRR is borrowing an IBM selectric (the kind with the little swivel-ball that drives you crazy to watch), and it's not always available for our use. We don't want to take a step backwards and return to a single type-style. It's much classier to play around with various type fonts! So, if anyone out there knows where we can purchase a used one (as cheaply as possible) with as many different type fonts as possible, please get in touch with us immediately. We'd be willing to go to say, \$350.00.

● NEW FEATURES IN THE NCRR! - Our medical advisor, Harry F. Hlavac, has started receiving inquiries, and this column is swinging into full gear with this issue. Our second addition, to feature outstanding contributors to our sport, will begin next time. Jim Valenti of the San Mateo Recreation Dept. will be our writer...suggestions should be sent to him for next time.



PLEASE LET US KNOW YOUR NEW ADDRESS!!!

★ Since the NCRR is mailed 3rd Class Bulk Rate, your issue will not be forwarded to a new address if you move. Don't miss an issue...keep us informed!

★ 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 June 20. (3) Ties broken by drawing. The prize is a 1-year subscription or renewal to the NCRR (or \$5 off dues of WVTC members). All readers are encouraged to send in photos for consideration. *** LAST MONTH'S ANSWER: Only 9 people got the right answer...it was Ken Crutchlow finishing his Alcatraz to S.F. swim, supported by Chuck Stagliano & Dr. John Beale (it wasn't necessary to name the latter two) in December of 1972. The winner, by drawing, was Grace Ruth of San Francisco, CA, who got a 12-issue renewal.

THIS & THAT

● People News: Ex-Humboldt State star Gary Tuttle, who had been living in Texas for several years, is now back in California (Los Angeles area) and is in top form. He recently just missed Bill Clark's American one-hour run record by a mere 77 yards by notching 12 miles, 450 yards....Phil Presber, one of the area's top masters sprinters (from Belvedere), won the 40-and-over 50-yard dash in 5.8 seconds at the 1974 Eastern Masters Indoor Track & Field Championships at Hightstown, New Jersey on March 9....Ralph C. Hoetger, our PA-AAU Executive Secretary's husband, passed away on March 3. Lurana gratefully acknowledges the hundreds of letters of condolence that have been sent in his memory....John Butterfield, a familiar face until last spring at NorCal road races, is now stationed as a naval attache in Tehran, Iran, as was reported previously in this magazine. He reports that 25 people and 1 dog were up early to run in the Iranian New Year, which is March 21st. The regular monthly races that he's been organizing have been drawing about 90 entries. At last report he was organizing the 1st Persian Marathon (reportedly held sometime in May). He and his wife Priscilla both came over to run in the Boston Marathon on April 15 (see results section). Now that's what you call dedication!....Cal-State, Hayward athletes Terrance Tulley and Chris Schneider (a 6-11 high-jumper) were killed in an auto mishap while on their way to a track meet with Humboldt State in Arcata. Tulley, driver of the state-owned mini-van that carried nine people, was killed when the vehicle crashed into a guard rail, while Scheider was thrown from the wreckage into the flood-swollen Eel River. To our knowledge, his body has never been recovered. The other seven occupants of the car were injured....Phil Camp, a local import from Southern California over the past few years, has been transferred from Alameda to San Diego by the Navy. While in the Bay Area, he ran to PR's of 4:07, 13:39, and a 2:20 marathon (at the 1973 National AAU Marathon)....Famous Australian coach, Percy Cerutti, who led John Landy and Herb Elliott to world records, is coming to the United States for a series of lectures and clinics, sponsored by the Esalen Institute of San Francisco. He will arrive June 1 and stay through mid-July. For a list of his appearances, see elsewhere in this issue (lectures are only \$5 each)....Tim Jordan and Jim Howard of Sacramento were inadvertently omitted from the results of the Culver City Marathon several issues ago. We apologize for missing you. They were the top NorCal finishers in the race (no club affiliations were listed in the results and hence they were overlooked). Jim was 13th in 2:31:29, and Tim was 15th at 2:32:02.

● WVTC's roving marathoner-at-large, Harold DeMoss, ran his third

marathon in 14 days, and his fourth in 28 days at the Kansas Relays after running Boston only 5 days earlier. The other two races, at Cupertino, CA, and Tulsa, Okla., completed the quartet. The Oil Capitol Marathon at Tulsa was run in 23° temperatures and 30 mph winds. Harold ran 2:49:55 and placed 8th out of 60 starters. In the Cupertino race, he ran 2:50+ and placed 18th. Eight days later at Boston, in an outstanding field, he placed 210th with a Boston PR of 2:43:23...with a time only 1 minute slower two years ago, he placed 112th. At the Kansas Relays Marathon the next Saturday he ran 2:49:43 and took 21st out of 75 starters. When asked by the NCRR reporter why he ran 4 marathons in 4 weeks, Harold replied, "Because they're there." The reporter said, "You're weird, Harold."

● While taking a much-needed vacation to the East Coast in early April, your editor nearly didn't make it as far as Boston for the marathon, which was to end his vacation. While in New York City his second day, the following episode took place, which is quoted from the *New York Daily News* (page 26; no kidding!) - "A Runner Has a Clothes Call...by John Kelly. ---A veteran marathon runner from California wasn't caught with his pants down in the city last night, but he came awfully close to joining the recent streaking craze. Jack Leydig, of San Mateo, after a two-hour workout in Central Park, in preparation for the Boston Marathon next week, trotted back to the Department of Parks & Recreation Building at 342 E. 54th St., to pick up his clothes, only to find it had closed at 6 pm. After a hurried phone call from a neighborhood bakery to the E. 51st station, New York's finest went into action. While Leydig was waiting at the Roadrunners Club at 226 E. 53rd St. in his sneakers and shorts, Police Officers Owen O'Donnell and George Klos rushed over to the Parks building. Borrowing a ladder from a local landlord, O'Donnell broke the screen of a first-floor window to get in. He called Leydig and a News car drove him over to get his clothes. Asked if he was going to workout again today, Leydig smiled and said, 'sure thing.' But he added that he's not going to pay attention to the sign in the building that says it is open from 2:30 to 10 pm." (Ed. - *It wouldn't have been so bad except that it was 30° outside with a strong wind blowing!!!*)

● Race Information: Although it's too late for this announcement to do any good here, thought you all might like to know that the Golden Gate Marathon was cancelled again this year. Reason: 3 weeks before the race, the PA-AAU's LDR Chairman, Rich Perry, announced his resignation (see letter elsewhere in this issue) effective immediately. He was the Meet Director and hadn't yet started work on the marathon, and with his resignation, the race went too. Had it been anything but a marathon, the LDR Committee agreed it would have been feasible to pick up and put on, but the seven-some-odd jurisdictions thru which the race runs had not even been contacted, & time was just too short to really do anything (entry blanks had not even been readied). Next year, if anyone wants to pick this race up and sponsor it (a club should do it preferably because of the manpower involved), please contact either the NCRR or our new LDR Chairman, Harold DeMoss (interim)....

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PART OF THE NOR-CAL GROUP THAT WENT TO THE BOSTON MARATHON (PLUS A COUPLE OF INTRUDERS!) AT A RUTH DETTERING HOSTED PARTY FOLLOWING THE RACE: (LEFT TO RIGHT) - GAIL GUSTAFSON, INTRUDERS ROBYN PAULSON & FLORY RODD, IRENE RUDOLF, JACK LEYDIG, JIM O'NEIL, PETER STEIN, MARY & CHARLES BENARROCH & (SITTING) CHUCK STAGLIANO (CLEARING HIS NASAL PASSAGE) AND MANUEL COLIN.
/Photo & Decor by Ruth Dettering/

For those who were wondering what ever happened to the PA-AAU 50 Mile Championships, originally scheduled for March 23: Although the NCCR was never notified, Bob DeCelle, listed as the meet contact in the LDR Handbook, has recently informed us that the race was cancelled by Rich Perry, but no reason was given. It seems to me that something as important as a District Championship race should be put on at all costs. After all, isn't that the function of the LDR Committee? The fact that no one was apparently notified of the cancellation beforehand (at least we weren't) indicates something really wrong I feel. I would appreciate any comments from our readers on this matter. Did anyone actually show up in Rocklin that morning to find no one there to put the race on?...Jon Anderson has informed us that on June 8th, the Oregon TC will host Pacific Coast Club in a track meet in Eugene, and that top Nor-Cal athletes are invited to attend. Housing will be made available, but no transportation allowance. A quality (2:25 marathon or 1:10 20 Kilo) 20 Kilo Road Run will be held in conjunction with the track & field affair. It will start and finish during the meet, and 1:10 will be the cutoff time. Contact Jon Anderson, 2707 Lawrence St., Eugene, Ore. 97405 (Ph. 503-342-3148) for further information....Next fall, the OTC plans for a top-class marathon in Eugene (changed from the Nike/OTC races of 1972-73) & so far Kenny Moore, Jeff Galloway & Anderson have indicated an interest in running....Although no definite date has yet been set, the annual 24-Hour Relay (sponsored by *Runners World*) will probably take place on the weekend of August 31, beginning that Saturday. A date will be decided on in the near future. For further information, contact RW, Box 366, Mtn. View, CA 94040.

● Starting Line Magazine, devoted to age-group track & field coverage in the U.S., has just put out their 3rd Edition of the Starting Line Handbook. This complete little booklet is available for only \$2.00 and contains (for 17-and-under, boys and girls) a 1973 Age-List, an all-time Age-List, a club directory, rules & events, and many photos. Write to Starting Line, Box 878, Reseda, CA 91335.

● Fresno State Track & Field Workshop: Held from June 17 to 28 (1-4 pm each day, Mon.-Fri.) for two units credit. Fifty percent of the class will be theory and analysis of track and field, progressing from elementary to advanced skills. The remaining half will be learn-by-doing with all students participating (within the limits of their own abilities). For further information, contact Red Estes, Ass't Track Coach, Fresno State Univ., Fresno, CA 93726.

● Bob Lafferty, the AAU's new Track & Field Administrator, has written the NCCR that there was no club-aid program this year as a result of the extensive tour to Europe this past summer. In past years, some \$20,000/year has been divided amongst the nations needy clubs (& there are many!) to enhance their track & field programs. These monies usually came from television contracts between the AAU and CBS. An idea???-Why not set aside a particular percentage of these monies exclusively for the clubs from the start? It was my understanding that this was the way it worked. Perhaps someone could clarify the situation for me and our readers.

● The PA-AAU's Annual Meeting and election of officers and

Convention Delegates will be held June 10, at 7:30 pm in the Lake Merced Boat House, Skyline Blvd. & Harding Blvd., S.F. One delegate or alternate (as listed by the club) from each Member-Club will be entitled to a vote. If name is listed in Roster as Club Delegate or Alternate, or if a change of same has been presented, he or she will be given a ballot. The By-Laws do not permit proxy votes.

● Meet Directors: If you sponsor a track & field meet or road race it should be sanctioned by the PA-AAU (or other districts, as appropriate), and you should file a 'Registration Report', listing all receipts and expenditures of that meet, with the District Registration Committee (registration report forms are available from the AAU Office, but they should be mailed to you automatically upon the granting of a sanction). Unless you take a loss and make an appeal to waive such, the District AAU should take a 10% cut of the entry fees for your meet...of that 10%, a certain percentage is returned to the sport's committee fund (I think it's 1/4). The rest is taken up by such things as the Scholarship Fund and 'administration costs'. Obviously the sports funds are not getting rich with only 2-3% of all entry fees (when reported) going back into the kitty. The Men's LDR Fund is growing because of other sources of income like T-shirt sales (Bay-to-Breakers & Dipsea, etc.). Another way of adding to the LDR Travel Fund is to charge a late fee for your race, but specify that it is being donated to the LDR Fund. In

the recent West Valley Marathon, a total of \$114.00 in late entry fees was donated to the PA-AAU LDR Travel Fund. It is hoped that this example will be followed by all meet directors if late fees are charged. It would be possible to send full teams to most of the National Championships from the PA-AAU if this policy were practiced diligently.

● West Germany is putting on a big marathon for women in Waldniel (near Dusseldorf) on Sept. 22, and tentatively the sponsors are paying the way for the top U.S. woman finisher at Boston to go to their race. Written confirmation is being awaited. Should the financial burden for one woman be taken up (it would be for Miki Gorman since she was tops at Boston) by the promoters, then it would be a great step towards international women's marathoning if the U.S. could send a full team to the race. Your editor has talked this possibility over with Gar Williams, President of the Road Runners Club of America, and he has offered to begin a fund-raising drive to send the top East Coast woman to this race. Likewise, I feel that the West Coast should stage a drive to raise funds for our top competitor (not including Miki). Exactly who that should be is not for us to decide, but we would like to coordinate the fund raising efforts on the West Coast. The amount needed is not known at this time, but it certainly won't be small. So, all you supporters of women's marathoning out there!...give us your money. Do you realize that if all our nearly 1000 subscribers each donated only 50¢ apiece that we'd probably have enough!? I'd like to see that happen! Going on the assumption that the Germans will pick up Gorman's fare, let's get on with the task. If they decide not to, then we will refund all the money to our donors. Or would you still like to send a single woman from the West Coast to this marathon, regardless of whether anyone else goes? Let's hear some ideas and feedback (& MONEY).

● At the May 8 meeting of the PA-AAU Track & Field Executive Committee, the following nominations for officers were made: Chrmn: Robert E. DeCelle; Vice-Chrmn: Roxy Andersen; Secretary: Harland Frederick. Actual balloting was to be done by mail.

● The 1974 PA-AAU Track & Field Championships will be held at Laney College in Oakland, beginning at 1 pm. All events will be held (except the hammer throw), including the javelin, steeplechase, and six mile run. Masters (over-40) events will be held separately if two or more competitors show. Masters competitors will compete along with the open athletes in the various field events. Entry fees will be \$1.50 per athlete per event and \$5.00 per relay team. Further information may be obtained from Bob DeCelle, P.O. Box 1606, Alameda, CA 94501.... Ph. 415/523-2264 (days). Athletes must have a 1974 AAU card. They may be purchased on the day of the meet if necessary.

● Report from PA-AAU Men's LDR Committee Meeting (May 2): Robert DeCelle read Rich Perry's letter of resignation (see Letters to the Editor) to the committee, which unanimously accepted the resignation and moved to have DeCelle send a letter of appreciation for the great efforts that were made to improve our long distance running program under his term of office. Jack Leydig was appointed as Secretary Pro-Tem by DeCelle and Harold DeMoss was appointed as interim LDR Chairman and voted in by

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unanimous decision. The committee voted to rent a P.O. Box in close proximity to the Chairman's residence. All correspondence is to be forwarded to that address: P.O. Box 967, Los Altos, CA 94022 (Ph. 415/941-8975). The San Mateo Recreation Department, via representative Len Wallach, offered to let the LDR Committee use one of its facilities for all future meetings (Upcoming meetings will be held monthly in the future, with the next two being June 2, 7:30 pm and July 3, 7:30 pm...both at the Beresford Recreation Ctr., located at Alameda and 28th Ave. in San Mateo---contact Harold DeMoss for verification of dates for all meetings---anyone interested in promoting distance running is encouraged to attend the festivities!). The following items will be on the agenda for the June 2 meeting: (1) Nominations for LDR Chairman (DeMoss is only interim chairman); (2) Allocation of current PA-sponsored races to various clubs, with funds still coming back to the LDR Committee...these include such races as the PA-AAU 20 Kilo & One Hour Run, plus the Junior XC and Golden Gate Park 8 Mile Run, etc.; (3) Upcoming National XC Championships sponsored by the PA-AAU (Natl. Men's Senior & Natl. Men's Junior 8 Kilo); (4) National Championship bids for 1975 to be submitted; (5) By-Laws to be established for our committee...discussion of necessary provisions. It was suggested by Chairman DeMoss that because of the shortness of time (3 weeks) before the Golden Gate Marathon that it be cancelled since a very inadequate job would result otherwise. It was further suggested that it be eliminated from the PA-AAU schedule forever. The committee approved unanimously this suggestion.

● The tentative site for the Natl. AAU Men's Senior XC Championships next fall (Nov. 30) has been set for the ever-popular Crystal Springs Course in Belmont. This course is currently used extensively by the area high schools and colleges for their cross country meets. Confirmation of this site will be forthcoming by next issue or earlier. It is not only an excellent course, offering plenty of challenges, plus having a wide course, suitable for large fields, but it is also an ideal area for spectators. The entire course (or 90% of it) may be seen from one place near the start and finish, and at no time are the runners further than about 1/2 mile away. Plans are in the making for extending the current starting-line backwards several hundred yards to accommodate a large field. Anyone wishing to help out on the planning committee for this race should contact the editor right away. Donations will be gratefully accepted (the sponsors must fly last year's champion, Frank Shorter, in from Florida).

● HELP!---Unfortunately, some unapproved individuals got into the T-Shirt selling act at the Bay-to-Breakers and hurt the LDR Committee's sales significantly before they were discovered and stopped. If you want to help us get rid of some nearly 800+ shirts (Small, Med., Large, XL), please send \$2.75 per shirt (includes mailing) to: T-Shirts, P.O. Box 1551, San Mateo, CA 94401. Profits go to the PA-AAU LDR Travel Fund. Also, the NCRR needs photos of the Bay-to-Breakers race!

● Since last issue we have had no response for prospective ride switchboard centers to distance runs and so we assume that no one is really interested in saving energy and money.

NCRR LONG DISTANCE POINT TOTALS

PA-AAU STANDINGS: (Compiled by Art Dudley) - Rules of the Game: Most PA-AAU races are counted (exceptions are listed below), with scoring only for the top 10 local finishers in the open competition, top 6 for masters, and top 4 for women (e.g. - if the top local is, say, 3rd, in a race, his placing as far as we are concerned is 1st). Rating is determined by dividing your average placing (finishes out of the top 10, etc., are not counted) by the number of races run. Special perpetual trophies will be awarded to winners in each division...scoring begins with the the 1973 Pamakid Lake Merced Run (Oct.) and ends this year with the same race. Results below are through the Livermore 8.5 Mi, but not including the PA-AAU 30 Kilo, Cupertino Marathon & Napa Blossom Hill Run, since results were not received in time for compilation in this issue..(as a matter of fact, we still haven't received the results from the former two races!!). Incidentally, the Magnan XC Run isn't included either (we simply forgot it...but it'll be included next time)...I take that back; it is included! The Elk-a-thon (open) will be counted, but it hasn't been tabulated into the scoring tables yet. The Chico & Colfax Runs will not be counted (any divisions). 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 the Midnight Run...also

the results of the Fremont 10 Kilo have not been tabulated yet. For women, the following races won't count: Excelsior TC 6-Miler, Champion Gold Mine Run, the Midnight Run, and Lake Il San Jo 10-Miler. Jim Dare, Jim Shettler, and Peggy Lyman hold the leads in their respective divisions as of this issue. Peggy took the lead away from Joan Ullyot, and Shettler grabbed Ross Smith's slight lead. Dare continues to increase his edge. Tabulations are given below for everyone under 1.000 (rating). * Indicates a tie.

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Peggy Lyman/WVTC (9)	5	2	1	1	1.778	0.198
2. Joan Ullyot/Unat. (8)	4	3	0	1	1.750	0.219
3. Penny Tomei/WVTC (6)	2	2	2	0	2.000	0.333
4. Maryetta Boitano/SERC (5)	2	2	0	1	2.000	0.400
5. Yvette Cotte/RCF (6)	0	1	4	1	3.000	0.500
6. Chris Sakelarios/RCF (2)	2*	0	0	0	1.250	0.625
7. Louise Adamson/WVTC (4)	1	0	2	1	2.750	0.688
8. Mary Cortez/RCS (3)	1	0	2	0	2.333	0.778
9. Lucy Bunz/Unat. (3)	0	1	2	0	2.667	0.889

MASTERS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim Shettler/WVJS (6)	6	0	0	0	0	0	1.000	0.167
2. Ross Smith/WVJS (7)	5	2	0	0	0	0	1.286	0.184
3. Jim Nicholson/NCSTC (13)	1	4	3	2	2	1	3.231	0.249
4. Dave Stevenson/Stanford RC (4)	3	1	0	0	0	0	1.250	0.313
5. Gil Tarin/WVJS (5)	2	0	3	0	0	0	2.200	0.440
6. Gordon Gane/WVJS (6)	1	2	1	2	0	0	2.667	0.444
7. Gough Reinhardt/NCSTC (9)	0	0	2	2	2	3	4.667	0.519
8. Bill Snavely/BVH (5)	0	3	0	0	1	1	3.400	0.680
9. Mike Healy/NVR (4)	1	1	1	0	1	0	2.750	0.688
10. John Perkins/GSTC (4)	1	0	1	2	0	0	3.000	0.750
11. Peter Wood/NCSTC (5)	0	0	1	3	1	0	4.000	0.800
12. Vic Weber/WVJS (5)	0	1	0	1	1	2	4.600	0.920

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Dare/WVTC-Navy (8)	4	3*	0	0	1	0	0	0	0	0	1.938	0.242
2. Steve Dean/GWTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Kevin Furey/Sac'to State (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Rich Kimball/ATC-DeLaSalle HS (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
7. Ken Scalmanini/Pamakids (5)	0	2*	2	0	0	1	0	0	0	0	3.300	0.660
8. Joe Taxiera/ATC-Laney College (7)	2*	0	0	3	0	0	0	1	0	1	4.664	0.666

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
9. Jim Nuccio/WVTC-Army (4)	1	1	1	0	1	0	0	0	0	0	2.750	0.688
10. Alex Aguilar/WVTC-Silver Crk HS (6)	0	0	2	2	1	1	0	0	0	0	4.167	0.694
Gene Fitzgerald/Pamakids (6)	0	0	2	3	0	0	1	0	0	0	4.167	0.694
Mike Conroy/Excelsior TC (7)	0	1	1	1	2	0	1	1	0	0	4.857	0.694
13. Dan Anderson/WVTC-Cal St. Hywd. (3)	2*	0	0	1	0	0	0	0	0	0	2.167	0.722
14. Bill Clark/WVTC (9)	0	0	0	2	2	1	1	0	1	2	6.667	0.741
15. Mike Pinocci/WVTC-Odessa Coll. (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
17. Darryl Beardall/Marin AC (4)	2	0	0	0	2*	0	0	0	0	0	3.125	0.781
18. Jack Leydig/WVTC (6)	0	1*	0	2	1	0	1	1	0	0	5.083	0.847
19. Bob Darling/Excelsior TC (5)	0	1	1	1	0	1	1	0	0	0	4.400	0.880

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 has begun a membership drive this year and is again putting on the Napa Marathon, with the date to be announced in the very near future. Also, the club has been putting on monthly age-group runs at Kennedy Park in Napa--at 10 am, the last Sunday of every month through July. The distances are 1 mile (XC) and 4.5 miles (XC), and cover varied terrain along Napa River. They are getting over 100 runners for these races (ages 5-50) just from Napa and Vallejo. Club dues are \$1.00/year for students and \$2.00/year for adults (assume that's out of high school??). Members get free entry into club races. The club is planning on having a team at the Tahoe Relays this summer, but needs 2 or 3 new runners for the team that can run within the 10 miles/hour range. Interested runners in the area should contact Jim Engle, 1801 McKinley Rd., Napa 94558. Also, some of the NVRC relayers are running up to Tahoe about a week before the big race and would like some company on this jaunt. Anyone out there interested? Shouldn't take more than a week to ten days, putting in 20-30 miles/day.

WEST VALLEY TC: A total of 21 new members joined since last issue, including one of the fair sex. Here are your new teammates! --- Denis Carruth (18), 2213 McLaughlin Ave., #4, San Jose 95122 (Ph. ??), a frosh at San Jose St., with marks of: 880 - 1:59, 1320 - 3:10, 1500m - 4:08. Mitchell Chernock (19), 2200-F Laguna St., Concord 94520 (Ph. 686-3495), is a respiratory therapist with marks of: 440 - 55.0, 880 - 1:59.8, Mile - 4:32. Bill Eaton (22), 138 Byron, Palo Alto 94301 (Ph. 325-8574), is a grad student in Business at Stanford and is a very welcome addition to the club's field event group with a pole vault PR of 16-6 1/2 (in last year's WAC Meet)...he won the Bakersfield Classic last year at 16-6. George Garrett (19), Crown College, UC Santa Cruz, Santa Cruz 95060 (Ph. 408/429-4372) has marks of: 100 - 9.9, 220 - 22.0, 440 - 49.4. Dan Hintz (26), 2526 Hawthorne Terr., Berkeley 94708 (Ph. 549-3815) is a fireman and is just beginning competitive road running, although he's trained for 12 years. Mac Jackson (22), 1257-D Turk St., S.F. 94115 (Ph. 561-4254, work) is a pre-medical student at SF State and has marks of: 880 - 1:59.3, HJ - 6-4. Mark Jensen (18), P.O. Box 1001, Carmel 93921 (Ph. 408/375-8394) is a photographer and freshman at Monterey Peninsula College with marks of: 440 - 57.0, 880 - 2:05, Mile - 4:33, 2 Mi - 10:06. Arvid Kretz (23), 2245 Latham St., #7, Mountain View 94040 (Ph. 968-7234) is an ex-Stanford runner (also Mills HS) and is currently a student-intern at Peninsula Bible Church with marks of: Mile - 4:07.0, 2 Mi - 8:49.4, 3 Mi - 13:32.0, 6 Mi - 29:13.0. Rick Lenz (20), 3510 Moorpark Ave., San Jose 95112 (Ph. 408/296-4463) is a hospital orderly with best marks of: 440 - 57.3, 880 - 2:06.8, Mile - 4:38.5, 2 Mi - 10:27 (his apartment # is 103-C). Joe Lucas (23), 582 - 25th Ave., S.F. 94121 (Ph. 668-1367) is an ex-Georgetown Univ. graduate and currently unemployed. He was the 1972 NCAA steeplechase champ at 8:30.2 and joins Jim Dare and Hans Menet as the club's trio of low-8:30 steeplers (how about a steeple relay?). His best marks are: Mile - 4:05, 2 Mi - 8:41.6, SC - 8:30.2, 3 Mi - 13:34, 1320 - 2:57.7i. Bill Main (26), 365 Talbot, #T-2, Pacifica 94044 (Ph. 359-0748) is a restaurant manager with best marks of: 100 - 9.9, 220 - 22.2, 440 - 49.7, LJ - 23-1. Greg Marshall (26), 1144 Fulton, Palo Alto 94301 (Ph. 328-1775) is a grad student at San Jose St., and has best marks of: 100 - 9.7, 220 - 21.4, 440 - 48.4, 880 - 1:58.5, Mile - 4:34.7, 2 Mi - 10:24, LJ - 22-5. Kenneth Paul (41), 308 No. Delaware, San Mateo 94401 (Ph. 343-4848) is a teacher/artist and just moved here from Hawaii. His best marks are: Mile - 4:36, 2 Mi - 9:55 (both in 1956). He recently ran a marathon in 3:17 in Hawaii. Ricky Rogers (27), 3425 Jola Circle, Sacramento 95832 (Ph. 916/451-9755 or 361-6800) is a communications specialist and grad student at Sacramento State. He has best marks that include: 100 - 9.6, 220 - 21.0, 440 - 47.7r, 880 - 1:55, Mile - 4:23, 120HH - 13.6, 330IH - 36.7, LJ - 25-10, HJ - 6-6, TJ - 53-4, SP - 45-4, DT - 143, JT - 197, PV - 12-10. He is just returning to competition after a 2-1/2 year layoff (he used to compete for the Athens AC). Lynn Ryan (18), 41248 Thurston, Fremont 94538 (Ph. 657-4039) is a senior at Irvington HS in Fremont and has bests of: 440 - 51.5r (53.0), 880 - 1:55.2, Mile - 4:11.5, 2 Mi - 9:35.0. Drew Stevick (26), 57 Moulton Dr., Atherton 94025 (Ph. 323-1724) is a medical student at Stanford and another addition to the club's growing field event corps. He has bests of: JT - 245-4, HJ - 5-10, 440 - 51.0. Jim Ward (28), P.O. Box 3683, Stanford 94305 (Ph. ??) is a financial counselor and a 1968 Stanford graduate. He has best marks of: 440 - 46.4, 220 - 21.1, 100 - 9.6 (he also ran on the SC Strider team that ran 3:05.6 in 1970). Jim goes into his final kick every time he runs out of money in pay phone-booths (he doesn't have a phone yet)...he knows he'll eventually break 4 minutes, even though he's a sprinter, because the voice on the other end of the line always says, "It's now 3 minutes; signal when through!" *Only 1 lap to go!*



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Lori Watkins (16), 27200 Altamont Rd., Los Altos Hills 94022 (Ph. 948-7774), is a sophomore at Gunn High School in Palo Alto and has marks of: Marathon - 3:24:25 (at Boston). She has done 3 marathons since February (her only three) in 3:30 or better. Randy White (25), 1830 W. Bayshore, #3-A, Palo Alto 94303 (Ph. 321-2300, x4747), is a student at Stanford and has bests of: 440 - 46.5r, 880 - 1:53.9, 440IH - 50.7. His eligibility has run out there & he's eligible to compete for the club. Mark Williams (21), P.O. Box 8289, Stanford 94305 (Ph. ??) is also a student at Stanford (senior) and has a best marathon time of 2:35:52. He finished 4th at Palos Verdes last year and 8th at the Yonkers Marathon in New York and has only been racing just slightly over a year! Bruce Wolfe (19), Box 4042, Stanford 94305 (Ph. 329-1391) is a sophomore at Stanford and has bests of: 880 - 1:55.5 (1:55.2ri), Mile - 4:22.4, 2 Mi - 9:40.9i.

● **CLUB DIRECTORY:** (Ha!!)--bet you thought I'd have it done by now. No chance! With the phone ringing constantly every night I have barely had time to get this here issue out and manage to eat (no kidding). Perhaps after track season is out and the summer months begin I'll start working on it. I'd like to get everyone's marks up to date, so please send in the times you've run this year (& your best marks) by the end of June if possible. Sorry about letting this slide, but I figured it was a minimum priority. You college runners...be sure and let me know your address changes for the summer months, and also when you change again in the fall to go back to school. I can only remember so many things, so don't expect me to automatically change your address, even though you might be lucky.

● Daryl Zapata & Jeff Brody lay claim to being the first WVTC members to streak at a track meet unless someone else can come up with a performance before April 4. They did almost an entire lap around the track at the Lowell/Balboa dual meet in San Francisco before dashing off to safety.

● **WVTC EXEC COUNCIL MEETING** (April 21) - The Council decided that in regards to all future track meets that are on the club schedule: --entry fees for athletes scratched for any reason after the club entry sheet is sent to meets shall be assessed for the individual and/or relay team entered (unless relay replacement is found). This is to discourage any foulup of the nature that was experienced at San Diego and Mt. SAC in particular (all relay teams in both meets were scratched and the club lost around \$20 as a result). Once you've decided to run in a meet, stick to it or reimburse the club for entry fees paid. Individuals that fly to meets which are normally driven to in club car-pools may apply for reimbursement equivalent to 1/2 gas expenses...to the L.A. area, this is about \$12.50 to \$15.00. Individuals may still make requests for complete reimbursals in exceptional cases, but the Exec Council must approve these. -- The club decided not to spend any funds on the Natl. AAU Marathon in New York on June 2 because of possible (probably) adverse weather conditions...like heat! It was felt that it wasn't worth taking a big chunk out of the treasury if there was a good chance a guy might not even finish because of the heat. However, the club will be represented there...although not a full team most likely. John Loeschhorn will receive a paid trip (paid for by the PA-AAU Long Distance Running Fund) on the basis of his first place finish at the PA-AAU Championships at Cupertino in April. Jim Bowles, who lives in Troy, New York, and recently ran a 2:26:17 at Boston, will also probably be representing WVTC at the Nationals. The Crystal Springs (Hallmark) Course in Belmont was discussed as the most probable location for the Natl. AAU XC Championships that the club is sponsoring next November. The club is looking into the possibility of charging 50¢ each for spectators and then putting those funds into the club treasury, the National and PA Long Distance Travel Funds. It was mentioned that this would be a new idea for American cross country, but that it is normal to charge up to \$5 at big international meets in Europe. It was felt that people wouldn't mind paying this small fee if they knew it was going back into developing the long distance running program...and especially if they could witness a possible Frank Shorter/Steve Prefontaine clash, which is a very distinct possibility. It would be the first time they've met in a cross country meet to our knowledge and would really be one hell of a race if both are in top condition. /Submitted by Daryl Zapata, Club Secretary & Head Streaker/

● **WOMEN'S JERSEYS:** A small amount of the new women's singlets are now in. They come in size 30-32 and 34-36 and are without a doubt the best-looking (material & design) I've seen in a long time. They are well worth the \$6.25 (+25¢ mailing) cost. The singlets are by Broderick and the design on the front was put together by Penny Tomei, with the screening and color scheme by Jon Kaveny (John-John, Inc.). All the men on the club are sure to be jealous of these new singlets, and so we're working on a new club jersey design for the men now!

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| June 1 | THE INTERNATIONAL HOUSE, Berkeley, Cal., 6-10 pm. |
| June 8 | HILLSDALE HIGH SCHOOL, Alameda & 31st Ave., San Mateo, Cal., 8-10:30 pm. (West Valley TC) |
| June 12 | CULVER CITY RECR. DEPT., Culver City, Cal., 8-10:30 pm. |
| June 14 | PEPPERDINE COLLEGE, Malibu Beach, Cal., 8-10:30 pm. |
| June 16-22 | CATALINA ISLAND. Cost \$300 including rm & bd., \$100 deposit. Limited to 80. |
| June 26 | FIRST UNITARIAN CHURCH, (The Sanctuary Room), San Francisco, Cal., 8-10:30 pm. |
| June 28-29 | UC SANTA BARBARA, Friday evening and all day Sat. \$5 for lecture, \$25 for series. |
| July 8-20 | COLLEGE OF MARIN, Kentfield, Cal. Cost \$200, non-residential, deposit of \$90... (20 min. north of San Francisco). |

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● **WVTC CO-SPONSORED CERUTTY LECTURE:** - Mike Spino of the Esalen Institute has been good enough to offer the club the honor of co-sponsoring one of the Percy Cerutty Lectures (*see advertisement, above*). The club will get a cut of the gross receipts from this lecture, so if you're planning on seeing him (& you definitely should since he's on a level with Arthur Lydiard of New Zealand), make it a point to go to the June 8 lecture at Hillsdale High School in San Mateo (midway between Alameda & Del Monte on 31st Ave.). More information on the insert that is enclosed with this issue (for subscribers only).

● **In and Out:** The club will be losing the fine services of ex-Stanford miler (4:05), Les McFadden, after this season since he plans on moving to Arizona in early summer...keep in touch & let us know how you're doing Les! Guess who's back? Peter Duffy, after about a one-year absence (he and his wife Elaine went back to England), has returned to Reno, where he'll be staying 'indefinitely', he says...probably 2 years at least. Although he's really out of shape at present, he's intent on getting it back together and started out by running in the Bay-to-Breakers (for fun!). He should be getting back into form in plenty enough time to help the club at the Natl. XC Championships this fall.

● **Marks by Club Athletes:** - So much has happened in the past two months that rates mentioning, that if I wrote about every one I'd need 2-3 pages...so I'll try to briefly mention as many as I can remember and hope I don't slight anyone. Let me know if I did & we'll get you in next time. We'll go by event, as it's easier for me to remember this way: 100 & 220 haven't seen too much activity, although Greg Marshall tied Carl Cruz's century standard with a 9.9 at San Jose, and Skip Peterson of Sparks High moved onto the all-time list with a 10.0. The 440 record has been clipped twice by Jim Ward, as he lowered Frank Mercer's 48.6 by a tenth at Mt. SAC for 5th, and then ran a very strong second at San Jose in 47.8. He also ran a 48.3 in terrible (cyclonic!) conditions for 5th at Bakersfield. His two low-47 leadoff legs at Fresno (distance medley & mile relay) would probably have been club records, but no official timings were taken. The mile relay record fell twice as the foursome of Jim Ward, George Garrett, Greg Marshall & Mike Haniger obliterated the old 3:27 standard by doing 3:21.8 at San Jose, and then 3:21.6 at Fresno. The addition of several other fine quarter-milers should see the club mark go to about 3:12 or so by the end of the season. The 880 has seen a group of fast times in the early season, with Ralph Lee lowering Luther Clary's standard of 1:52.4 to 1:51.2 (Macdonald has club 800m mark - 1:49.7).

Lee has also competed well in major competition this season. Perhaps his best effort was a 1:51.5 for fourth at Mt. SAC, behind Luzins & Dyce (less than two seconds back). He took a 3rd at the San Jose Invit. A total of four other WVTC 880 men have done 1:53 or better this season to our knowledge: Rich Hansen with 1:52.8, John Bay with 1:52.9 (& 1:53.4), Jost Schmitt (vacationing here after his Ph.D. in Germany) who did 1:53.4 to qualify for the W. German Nationals, and Mike Haniger, who did 1:52.6 & 1:53.7, the latter being a 2nd in the Mt. SAC open 880 (Lee ran the Invit. 880). Jim Dare has the top club mark of the season in the mile with his 4:06.3, followed by Tibaduiza's 4:08 and Sanford's 4:09 (Santa Barbara Relays winner). Roland Verhe has done 4:11.4 (Brotherhood Games winner), but nothing as of late. High schoolers Rusty Nahirny (4:11.4) and Lynn Ryan (4:11.5) are ranked 2nd and 3rd in Northern California behind Rich Kimball's 4:02.6. Joe Lucas (4:09.7) and Jack Bellah (4:12.2), along with Les McFadden's (4:13.0) make for good depth in this event. The distances have been strong as usual, with Tibaduiza leading the pack. He won the Mt. SAC 10,000, but it was a lap short (he was 26:50 at 5-3/4 miles) and he was given an estimated 29:00 timing to best Gary Tuttle, the Bay-to-Breakers winner. He won the San Jose 3 mile with a hairline victory over Hans Menet, as both got 13:38.8. His victory at West Coast Relays (8:45.2) moved him into 3rd on the all-time club list, and he improved on that to 8:37.8 in a great effort at Bakersfield, finishing 2nd, and only 3.4 seconds behind Pre. Only Kardong (8:32.8i) and Duffy (8:35.8) have run better, and the windy conditions indicated that he's ready for a sub-8:30. Dare has the top steeple so far with an 8:54 (1st at San Jose), followed by Menet (9:01 - 2nd at Mt. SAC), Lucas (9:04.2 - 3rd at Mt. SAC), and Birnbaum (9:16.0). Lucas would probably have run his best time at San Jose, but he hit a hurdle badly on the second lap and lost about 20-25 seconds pulling himself together and deciding to go on (he got a 9:23). Joel Jameson of Oxy has done 8:55.2 (3rd at Fresno) and 13:50.6, while Eddie Silva of Chico State pulled a surprise by finishing a good 13:45 at the Santa Barbara Relays. Jim Nuccio, now competing for the Ft. MacArthur team (Army), has also been under 14 minutes with a 13:53.4 (2nd at the Long Beach Invit.). Silva was also WVTC's top finisher in the Bay-to-Breakers, taking fifth. Roy Kissin, San Ramon HS junior who suffered a bout with the flu in mid-season, is coming back strong, as he recorded a solo 29:44.8 for 6 miles in a time trial (AAU official was present) in mid-May. Dedy Cooper is coming on very strongly, and is up there with the national leaders in the 120 hurdles after taking the West Coast Relays title in 13.7 to better his own club record for the prep barriers. Frank Mercer got to within a tenth of his best time in the intermediates by clocking a 53.3 for a second place at the SJS/Cal dual. Skip Peterson has been the most active record-setter this season. The Sparks HS senior has upped his club high jump mark (was shared by Jim McGinnity, at 6-8...he's done 6-10 in practice this season) to 6-8 1/4, and obliterated his long jump standard with a 23-9 (from 22-5) to qualify for the Natl. AAU Junior Meet in Florida. He had a scratch at 24-5 1/4, which would have put him into the National

lead. He has also done a 22.4 for the 220 this season, which moves him into second place on the all-time club list behind Mercer's 22.0. His performance of 3 firsts (plus a leg in the winning 440 relay, 43.5) at his 'AAA' Zone Meet (23-9, 6-8, 22.4) must rank as one of the best triples by a prep this year. The club's field event marks have really been taking the lumps, as Chuck Hann got the shot record up to 50-3 3/4 at the Sacramento Relays (3rd place). Brad Nave upped his club mark to a good 48-3. But Nave has really been super-competitive in the discus. Although not improving upon his 178+ club standard, he has a 175-5 best this season, including seconds at the Brotherhood Games and Santa Barbara Relays, and wins at West Coast Relays (college div.) and the tough Far West Conference Championships. As of April 20, he was leading the nation's college division throwers off his 175-5 victory at the Woody Wilson Relays. Drew Stevick upped the club javelin record to 217-6 for a third at the San Jose Invit., and then took a third at the Bakersfield Classic with a 210 heave. Fred Assef, a new member from Iran and the Univ. of Nevada, got the club triple jump mark over 50-feet with his 50-3 3/4 effort at Bakersfield, which was good for fifth, about two feet behind the winner, Tiff. -- As you can see, the club had a lot of activity this season, and the big meets are still to come. So far, a total of 9 club records have been set, with another being equalled!! Plus, another record in the high school high hurdles. Be sure and keep us up to date on your marks...we're keeping top marks in all events & hopefully will get them into the club directory after this season is over.

● **ROAD RACE NEWS:** - Below are listed those club members who finished in local road runs who weren't high enough to be listed in the results section...we're also listing those from races in last issue since we forgot to list them before. -- PA 15-Kilo: 63. Jack Gottsche 65:36; Big Valley 10-Mile: 72. Jack Gottsche 72:14; PA 20-Kilo: 67. George Stewart (injured) 82:07, 99. Robin Nowinski 91:29, 103. Jack Gottsche 92:56; Vallejo 10-Mile: 127. Jack Gottsche 1:13:52; West Valley Marathon: 92. Santos Reynaga 3:06:38, 153. Lary Hayden 3:26:43, 175. James Dunkley 3:39:59, 182. Cory Fry 3:43:31; Martinez: 46. Jeff Brody 49:45; Fremont 10-Kilo: 109. Jack Gottsche 45:39, 128. Ellen Clark 48:11; St. Patricia's Day Run: (6th, 14-29 Women) Ellen Clark 41:43, (17th, 30-39 Men) Bill Clark 41:55; Valley of the Moon 10-Miler: 73. Jack Gottsche 95:40; Napa Blossom Hill Run: 83. Jack Gottsche 66:19; Livermore 8.5-Miler: 97. Bill Lamb 61:22, 150. Ellen Clark 70:20; DeAnza Ridge Run: 49. Manny Adriano 79:57; Golden Gate Park 8-Miler: 124. Jack Gottsche 71:10.

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LICENSED MASSEUR: For both men and women...Swedish/German technique. San Francisco area outcalls only. Contact Harry Siitonen, Ph. 415/552-3762 (Harry's a runner locally too!).

JOHN MUIR TRAIL: WANTED: One Long Distance Man from the Bay Area (or elsewhere) to undertake with me a quick, strenuous hike of the John Muir Trail sometime in August. This will not at all be an easy trip. I would like to complete the entire 211 miles within a period of ten days, which works out to about 21 miles a day. The trail is at elevations of 9,000 to 14,000 feet. If you are interested in a real challenge, contact: Mike Duncan, 1418 Bellevue Ave., #307, Burlingame, CA 94010 (Ph. 415/343-5995). - (Mike is a runner with the West Valley TC).

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. Like New...a steal at \$100. --- Also for sale, a used assortment of old (1968-70 mostly) 4-track car stereo tapes...only 50¢ each!...or offer for the entire lot (fairly good condition). If interested, contact Jack Leydig, P.O. Box 1551, San Mateo, CA 94401, right away.

1974 WOMEN'S AAU MARATHON SHIRTS: We only have a few left of these (all medium) two-color collectors items. Send \$2.50 each (includes mailing) to: NCCR, P.O. Box 1551, San Mateo, CA 94401.

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BAY-TO-BREAKERS T-SHIRTS: The LDR Committee is trying to put some money into its travel fund, and we need to sell a lot of these shirts to even hit the break-even point. Someone else illegally got into the shirt-selling act at the Race and hurt our sales considerably. These shirts are cotton and shrink a full size...we have them in S, M, L, and XL. They are multi-colored (3-color overlay). Send \$2.75 per shirt to: B-B Shirts, P.O. Box 1551, San Mateo, CA 94401. Thanks!! Checks should be made payable to PA-AAU Long Distance Committee.

LETTERS TO THE EDITOR

ED COLLINS (Okinawa): "I'm now stationed for 2-1/2 years on this God forsaken island of Okinawa. Now I know why we gave it back to the Japanese. If you like snakes, spiders (the size of your hand), lizards, and running shoes that cost more than back home, then you'll love it here! The only thing I have to look forward to here is that I'll be 40 when I leave and I won't have to run against the young troops anymore."

RICH PERRY, PA-AAU LONG DISTANCE RUNNING CHAIRMAN: "It is with great regret that I must submit my resignation as Long Distance Running Chairman, effective immediately (ed. - April 26). During the past two years, our department's budget has doubled, consequently, the workload has increased to the point where the time required to do the job long distance running deserves is no longer available. In addition, the 4.5 million dollar Belmont Swim Complex, which I have been co-ordinating for three years, is now reaching the critical stage of funding, both privately and publicly, which will require all available time that I can devote to it. Because of the swim complex's impact on Bay Area aquatics, I will still feel the rewards of working with the PA-AAU, only in a different capacity.

I feel that the Long Distance Running Program has made tremendous strides during the past eighteen months, as evidenced in our 1974 Handbook. I believe the sport is now at a critical crossroads, and a concerted effort on behalf of the LDR Committee is necessary for the continued growth of the sport in a constructive manner. Naturally, I have many ideas on how this might be accomplished, however, one thought is paramount...your new Chairman should not be expected to be an administrator, secretary, race director, etc. Unfortunately, there are very few Bob DeCelle's around that will devote their

lives to a sport on a voluntary basis. These duties must be decentralized within the committee. The scope of the sport demands it. I am confident the committee will meet the growing challenge. You may be assured that I considered my position with the committee and the sport to be an honor and a privilege. As you know, I will follow the sport with great interest and wish you all the success we have strived for." (Ed. - The next 2 meetings of the LDR Committee will be on June 2 and July 3...please see page 7 for complete details.)

STAN ROSENFELD (San Luis Obispo, CA): "After reading the Runner's World comments in 'From the Publisher' in the March issue regarding the Women's AAU Marathon, I also wanted to let you know that we (my wife and I) both felt that the marathon was more exciting for both the men and the women because of the combination of the two divisions and that the Runner's World comments were off base. We felt the women received their well-deserved recognition because of the presence of an appreciative and understanding crowd, which would have been much smaller had the race been only for women. While a separate race is a nice long-range goal, it certainly isn't at that stage yet, and I think the women would have been the losers if it were held that way this year...I enjoyed your race and feel that your group puts on the best marathon of those I've been in."

KAJ JOHANSEN (San Diego, CA): "Our gratitude and congratulations to Chuck Day and the multitude of others who put on the recent 30 Kilo in Monterey. It was a wonderful experience for Peter (Fredriksson), Denny (Kasischke), and me, from the hospitality shown us by Bill and Ellen Clark to the race itself, which was challenging and (for me) slow, but vastly more interesting and esthetically pleasing than virtually any other race I've ever run. The course went up and down and around and was a perfect set-up for someone to be directed off down Big Sur somewhere, but I still marvel that the race coordinators had every turn and junction manned and marked: it was a real artistic success (in Southern California, you must realize, we even have simple out-and-back courses from which competitors are allowed to stray!). Despite the distance to San Diego, I hope we can reciprocate soon!"

ROD ROBERTSON (San Jose, CA): "In response to Kent Mulkey's letter to the editor about Skyline's 'better' record (#46)... all I can say is, we'll take you on in cross country or the two-mile relay anytime!"

MASON JONES (Hollywood, CA): "I returned from the Boston Marathon to find your envelope from the West Valley Marathon awaiting me. Certainly, there is only one Boston Marathon, but your race was the best organized and the 'easiest' for runners I have ever seen. Thanks for a superb job."

FRANK DONAHUE (San Francisco, CA): "I would just like to comment on a very interesting experience I and a few fellow runners had after the Knights of Columbus Marathon on April 7. As for the marathon itself, it went off without a flaw, except for a slightly confusing start. After the marathon, however, several runners were disillusioned. To start things off, the runners headed for the Parish Hall for the quote 'Deluxe Banquet' which consisted of 2 pieces of Kentucky Fried Chicken, a lump of coleslaw, and a roll. All drinks had to be paid for. The awards ceremony proceeded fairly smoothly except for one runner who came from Guam but still missed out on the trophy for 'furthest travelled' when he found out it was for the continental U.S. As for the quoted '50' trophies, they were nowhere in sight. It was assumed that they would be mailed, but there was no mention of who would get them. I found out later that the people to get trophies would be determined by the KC's. There were only merchandise awards for first place (men & women). At least they came close on the t-shirts (210 out of the advertised 250), but that is probably no conciliation for the other 40 people.

The main gripe is the man in charge. When questioned, he did not even know who would get awards or how many in each division, and he rudely shunned several runners who were trying to find out. He would not even explain or find someone who could explain the situation. Out of all this turmoil emerged one person who knew what was happening. He was Don Savant. But one man for 200+ runners is not enough. Perhaps next year the KC's will be truthful in their entry blanks and have some person knowledgeable about the entire operation in control with qualified sub-ordinates. After all, don't the runners come first in a race?"

FLORY RODD (Alameda, CA): "In referring to the recent PA-AAU

Seniors Lake Merced Race, the NCSTC Newsletter stated: "Incidentally, our club goes by the AAU rule that you are 40 or 50 on January 1st of this year." This refers to a runner being classified as a 40-year-old on Jan. 1, despite the month of his or her birth. I have written the AAU for clarification and find no evidence that such a rule exists. A number of races are being sponsored in the PA-AAU allowing pre-40-year-olds to compete as masters, most notably, the recent West Valley Marathon in San Mateo. I questioned Race Director Jack Leydig about this point, and he stated that 'it was his understanding that this rule was in effect.' It seems that other meet directors are operating under the same impression. If our association races are being conducted inconsistent with National AAU rules, we are artificially creating unnecessary confusion. At last month's Senior 30 Kilo Championships in Culver City, I had an opportunity to discuss this issue with Peter Mundle, historian and in charge of compiling all U.S. Age-Group records. He stated that 'he had heard we were fooling around with birth dates up North.' I then asked if he had any information that such a rule was in force. He doubted it and added, 'I'm certain it would have come across my desk, and I would have noted it. However, as Age-Group Historian, I will still abide by the official date of birth in recording records.' It is apparent how a ruling change of this sort would nullify and affect all prior records.

The July 4th U.S. Masters Int'l and Canadian Masters Championships application blanks both specify: 'Age division is determined by age on date of first event entered.' My impression is that all this started with the rumor that 'they do it this way in Europe.' That is, that they judge everyone's age as Jan. 1st of the year of their birth. In the recent Int'l Masters Championships held in Cologne, Germany, you will recall that (U.S.) Bill Gookin was waved off the course in the final 1/2 mile of the marathon although well in the lead. He was a couple of weeks short of his 40th birthday.

The AAU Long Distance Running Committee met June 1, 1973, for consideration of 'Organization and Procedural Guidelines' at the Annual Meeting. The following rules were proposed and adopted on October 1973: (I) The Masters sub-committee is established to administer and promote the sport of long distance running for athletes who have reached their 40th birthday and wish to compete in age-group categories. (III.3) Proof of birthdate may be required by the meet sponsor and shall be required for acceptance of any performance as a Masters or Masters Age-Group Division record (ed. - referring to 40-and-up, 50-and-up, 60-and-up, 70-and-up divisions). No other mention in the recent rule changes had any reference to age categorizing. Unless a conflicting rule exists, of which I am unaware, I believe it would be best if we follow the rules in practice elsewhere in the U.S.

It has been pointed out to me that all thoroughbred horses, regardless of the month they were foaled, have the common birthdate of Jan. 1st. Consequently, the practice of trainers and breeders is for studs to be active only three months of the year. The advantage at Kentucky Derby time is obvious. Since it is slightly late for we masters to consult our parents about this, it might be best for us to resist tampering with the rules."

NOR-CAL PORTRAIT

MEET MIKE FARMER: (By Jon Hendershott) - Once he gets in competition, Mike Farmer doesn't worry about the competition. "If I do the things I'm supposed to do," says the 17-year-old speedster from San Francisco's Wilson High, "I know I'll win."

So far this spring, Farmer has been doing exactly what he is supposed to do, and, like he said, he has been winning... and winning spectacularly. In early March, Farmer blasted to a 9.4 'hundred' and followed with a 20.8 for 220. Little matter that they were aided by excessive winds. Farmer has speed to burn, and he has shown what he can do with it. Through mid-April, only one other prep dashman in the U.S. had run faster than Farmer; Mike Roberson of Winter Park, Fla., has zipped a windy 9.3 (since this article was written, at least two preps have gone legal 9.3's).

In the furlong, Farmer is in a class by himself. His nearest rival is four-tenths behind with a windy 21.2, the closest legal sprinter is a full six-tenths back (just after this article was written, Millard Hampton did a legal 20.9 at the San Jose Relays. See cover photo for Farmer & Hampton in action at in the 100 at the San Jose Relays).

Farmer has reaffirmed the talent he showed last year as a junior when he flashed a windy 9.4 in the heats of the state meet. He finished only seventh in the final at 9.7, but the first five finishers all clocked 9.6 and a fair-sized table

napkin would have covered the field at the wire. As well, Farmer got Wilson's nation-leading 440 relay team off to its quick times with his leadoff legs. The foursome combined for the country's fastest prep time of 41.0 in the heats before passing to a 41.5 for the state title.

But this spring, Farmer has emerged as the star of the talent-laden Wilson team. Farmer's successes have not come on a silver platter, though. Plenty of hard work provided by coach Adam Banks has brought Farmer to his fine form. Of course, that natural speed of his has helped too!

Farmer's in-season training looks like this: Monday--5 x 550 (65.0-70.0), relay exchanges; Tuesday--8 x 165 (15.0-18.0), technique (mainly starts), relay work; Wednesday--5 x (330-220-110-55); Thursday & Friday--easy day or competition; Saturday--same as Wed. or Fri.

"In my program at Wilson, we work hard early in the week and taper off at the end," Farmer points out. "Coach Banks believes in working hard on Mondays because we've had a day's rest on Sunday. The 550's help build the endurance I need to run all three sprints. The technique work helps with my arm action, high knee motion, and relaxation during races. We believe in working hard and fast. The emphasis is on speed. We try to do everything as fast as we can."

Farmer obviously believes in the same approach to racing--and this spring he has given ample evidence of what can result.

Michael Farmer, San Francisco, CA (Wilson HS). Born Sept. 16, 1956; 5-11, 155. Bests: 100 yds.--9.4w (9.5) (1973-74); 220 yds.--20.8w (1974).



WEST VALLEY PORTRAIT, JOHN LOESCHHORN, WINNING THE CUPERTINO & PA-AAU CHAMPIONSHIP MARATHON. /Photo by Browne Vintners/

WEST VALLEY PORTRAIT

MEET JOHN LOESCHHORN: (By Bill Clark) - The latest WVTC member to win a marathon is this month's club portrait, John Loeschhorn. John took the Cupertino Marathon (PA-AAU and Western Regional Championships) in a very good 2:32:51 (the course is quite hilly, and the weather fairly warm), winning himself a trip back to his home area for the National AAU Marathon in New York City on June 2.

John recently joined the growing ranks of the club's over-30 gang. A way back in 1962, John set the New Jersey state high school record for the mile in 4:17.4, while a student at Ramapo Regional High School in Franklin Lakes. Although his time is not exceptional by today's high school standards, very few sub-4:20 miles were recorded in the early sixties, particularly on the soft cinder tracks in the East. John attended NYU where he was highly rated, particularly in cross country, as attested by his excellent 4th place in the tough IC4A meet in 1965.

After completing his formal education, John joined the Air Force, and first came into contact with the Bay Area running crowd. Some sciatic nerve irritation did not keep him from qualifying for the International Military (CISM) Track Championships in 1970, and the CISM XC Meet in 1971. Competition at these meets is Olympic-level, and John reacted exceptionally well to the pressure as he finished 6th in the 10,000 on the track and then improved to a remarkable 5th in the XC races.

After leaving the military, John worked for 8 months in L.A. before returning to the Bay Area with his wife, Gail, and cute little daughter Laura. Now he is the retail director for Starting Line Sports, where he has the unfortunate situation of having to deal with Bonus Jack Leydig.

John is in the enviable position of being able to run to and from work. The lack of shower facilities at his office is no problem because "my sweat doesn't stink." At least that's what John says. We haven't polled his co-workers yet.

In addition to his win at the Cupertino Marathon, John ran a very strong race at the PA-AAU 30 Kilo in Monterey. He credits his recent improvement to consistency and maturity. "Since February I have not run less than 50 miles or more than 86 miles in one week. I haven't done any training on the track

since 1972, and I do no interval training. In running to work and back, I run as I feel. If I feel good, I run fast; if I feel tired or stiff, I run easily. I never let myself run any faster than feels good on any given day, and if I don't feel like running at all, it doesn't bother me to miss one or two or even three days in a row."

John's training goal is to gradually increase his mileage to a consistent 90 miles per week. He echoes some of the training philosophy that Alvaro Mejia espouses: "After 15 years of running, I'm convinced that success is not so dependent upon how many miles you have run in any one week, but more so on how many weeks and years you have trained steadily."

The years of experience have left John with a profound self-knowledge, which could provide some valuable insights to runners just beginning their life-long association with the sport: "In looking back over my years of running, I notice that I have had numerous physical and mental breakdowns and that I have rarely run more than three good races in a year. It seems that every time I ran a race that was a best-ever or near best-ever, my immediate reaction was to increase my training effort and mileage anywhere from 10 to 50 percent. The inevitable breakdown was never more than 3-4 weeks away. They say that age brings wisdom; maybe in joining the over-the-hill gang I will gain the wisdom to do, but not overdo."

John's long-term track goal is a little unusual: "If I do not feel too bad, I would like to take at least a light workout the day I die." Actually, this goal may not be so long-term. Unless he exercises that new-found wisdom, John may attain that goal when he competes in the AAU Marathon. You have to be crazy to run a marathon in June, starting at noon, in New York City! Good luck John.

SPECIAL ARTICLES

WHY RUN IN BOSTON? (By Harry Cordellos, blind runner) - After falling far short of the mark three times in a row, one might wonder why anybody would try again to conquer something that has so many unpredictables as the Boston Marathon. Two years in a row, I planned to do well in the race, but the flu bug had different plans for my running partners. Last year we beat the flu bug, but the weather took over and the heat spoiled everything for a third straight year. At 11:30 pm, the night before Boston, 1974, I sat anxiously on the edge of my bed in the hotel and listened to a weather forecast for thunder showers and high humidity along with other details which convinced me that if I was stopped again this year, it would be my last Boston Marathon.

On the positive side, I was in good condition for the race, and I was running with Jack Leydig, a 2:25 marathoner. Jack also kept up the tradition of getting the flu, and that is why he was running with me. He could run his worst race and still get me through in a record time. His bout with the flu a month earlier had forced him to cut back too much on his training for an all-out effort.

By starting time, the thunder showers were gone, but the heat and humidity were still there. Ten miles later, things looked better, and though Jack and I do not have the same stride rhythm, he adapted more to my style than I did to his, and he let me go all the way except for a few times when I began to overtake runners and almost ran up their backs. We actually ran faster as we approached the finish, I could feel that Jack was pulling away a little. He knew I had a chance for a new record, and he was making me work for it.

The crowds always sound great in Boston--even in a disappointing performance. But today they sounded fantastic. We knew we were going to do it this time, and each cheer seemed more exciting than the previous one. The result: 3:06:18, a new record for blind runners at Boston, and maybe even a national record.

BOSTON MARATHON RACE DIRECTOR, JOCK SEMPLE, MAKING SURE EVERYONE PAYS THEIR \$1.00 FARE FOR THE BUS TO HOPKINTON. "IN THE BAG, BOY." /Dawn Bressie/



The irony of the situation is that Jack was not allowed an official entry because he had not run a 3:30 marathon in the past year. It's unfortunate and unfair in my opinion; but if Jack Leydig knows what this race meant to me, I'm sure he will find some satisfaction in knowing that he was responsible for setting a record that will be challenged by blind runners in Boston and throughout the U.S. Each year, a few more blind runners try running a marathon. It takes work and cooperation as well as dedication. The interest and enthusiasm shown by Jack Leydig in the '74 Boston Marathon is a shining example of sportsmanship at its best, and probably one of the greatest steps taken in promoting the handicapped in competitive athletics.

THE 1974 NOR-CAL BOSTON EXCURSION: (By Chuck Stagliano) - There were Olympic hopefuls, world-record holders, collegiate champions, little old men in combat boots, flying Finns, pimply-faced teenagers who lied about their age to get in, grim-faced over-the-hill mobsters who wished they had to tell that same fib, sexy long-legged ladies, not-so-sexy squatty fellows who looked like ambulating fire hydrants, entire high school track teams in uniform, two characters in matching Bermuda shorts and weird hats, a guy with no shoes, and a mustachioed weight lifter. There were Germans, Dutchmen, Frenchmen, Englishmen, Irishmen, Italians, Koreans, Japanese, Colombians and Swiss. There was even a Turkish carpet-maker smoking a curved pipe. But of all these hopefuls arriving at the mecca of distance running, no group seemed happier to be there than the Northern Californian contingent.

We were a fine collection indeed, having arrived by various routes over the preceding days, each of us hopeful that we would be ready for the 'test'. Aboard the 'Jack Leydig Special', the main body of our force was speeding to its destiny at 37,000 feet, happily engaged in the accelerated chatter which seems to prevail whenever two or more runners are anywhere near each other. There was talk of training patterns, mileage buildup, secret diets, racing results, mystery pains, and just occasionally there would be a Boston performance prediction (usually amply seasoned with enough alternatives to justify almost anything). Some of us have become masters of this sort of vagueness, and can sound almost as non-committal as a politician running for office, when asked, "How you gonna do at Boston?" But, overall, the prevailing mood was one of optimism and boldness. Some were even predicting personal records for themselves over this tough course...and, that's exactly what happened.

After the charter group arrived at the Boston Sheraton, we began bumping into other Bay Area runners who had travelled independently. The numbers began to grow. When I heard that Jim Weill had come from Sweden, I thought, "This is insanity!" Then I ran into John Butterfield, who had come with his wife Priscilla from Iran. Now that's dedication!

A highlight of the weekend was the emphasis given to the women's competition. There was a press conference and luncheon on Saturday for all women entrants, and a special guest was Jock Semple, the man who bodily threw a woman out of the race a few years ago. Now, there was old Jock, looking as mean and nasty as ever, up there saying that he thought that the women's competition was a highlight of the race and should be encouraged to grow. How times change! NorCal ladies prominent at the press conference were marathoners Joan Ulliot, Gail Gustafson, Lucy Bunz, and Irene Rudolf, as well as PA-AAU Women's Long Distance Running Chairman, Dawn Bressie, who was partially responsible for organizing the affair.

One of the most exciting female runners ever was at Boston this year...Miki Gorman, the lady who stunned the running crowd last December when she set a world-record 2:46 at the Culver City Marathon. Miki received considerable press prior to the race (and rightly so), however, I couldn't help chuckle at the 'entourage' she brought with her: her husband, her coach, and her doctor. The NorCal girls began to fantasize about their similar entourages which would include various gurus, hairdressers, spiritual advisors, lovers, running shoe repair experts, and so on. Well, so much for fantasy!

But, let's move to the essence of this business--the race! Those veteran warriors returning afresh from last year's race seemed particularly paranoid about the weather. They remembered too well how it felt to be struggling on the Newton Hills with the thermometer resting on 84°. Lots of talk was heard about this uncontrollable aspect of marathoning, and when the temperature stabilized at 60° on Sunday, a lot of aspiring record breakers dashed off to starch up at Giro's Restaurant in alast-ditch effort at preparation for glory.

Raceday dawned sunny and warm. Paranoia ran amok. To top

it off, two days of prune juice had failed to allay the forces of constipation, and I began to have visions of myself reeling through the marathon with one eye on the crowd, searching out an icy sponge, and the other frantically seeking a toilet. As fate would have it, however, neither of these events transpired. Good taste dictates an omission of details.

As the race progressed, the weather improved, and by the halfway mark, we were streaking along under overcast skies with a slight quartering tailwind. Perfect! The mood was electrifying. The crowd of 300,000 spectators was its usual enthusiastic self. If you've never been in a Boston Marathon, you cannot begin to comprehend the excitement generated at this race. There's sort of an overwhelming energy in the air. Being a runner on Marathon Day in Boston is like being dressed in a Santa's costume on Christmas. You can do no wrong. Everyone along the course has a printed list of runners and numbers and they try to spot a number and find your name to shout out encouragement before you pass. It's positively ego-maniacal. A considerable throng of our merry group achieved personal records or individually established goals. All times listed in the results section of this issue are 'official' through 3:30 (& through 4 hrs. for women).

This was a truly phenomenal race. The times were incredible. For example: the 10th place time would have beaten the 1971 winning time, and there were 15 under 2:20, and 600 under 3 hours! Five women broke the existing women's course record, with the fifth place woman beating the old record by 4 minutes.

One personal note I'd like to include. Jim O'Neil became extremely sick with food poisoning the night before the race. He spent the entire night doing what everyone in such a state does--cuddling the bathroom fixtures. On the morning of the race he looked like he had been dead for a week. Yet, he dragged himself into his running shoes and actually tried to run the race. I find it amazing that he made it to Framingham. Jim was extremely disappointed at not having finished, but in my book he's a winner for even having tried under impossible conditions. A tip of the hat to Sacramento Slim.

Boston '74 has come and gone, and it has been a great experience. Already I've been hearing talk of "...next year I'm going to push a little harder on the hills...etc." I suppose that one of the more pleasant certainties of life is that there will always be a Boston Marathon.



Harry F. Hlavac, D.P.M.

This is our first attempt at 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).* -- Jim Engle of the Napa Valley RC is the first to write Dr. Hlavac. We hope that more letters start coming in soon. Your questions will not only help you, but also your fellow runners who might have the same problems.

JIM ENGLE (Napa, CA): "I just read your recent column in the NCCR, and I thought I would share with you a chronic heel problem. For nearly a year now I have had soreness and swelling around the area on both heels where the achilles tendon joins the heel. I have tried ice-packs and aspirin, lay-offs (once for 5 weeks), heel cushions, cutting a section out of the back of the heel of my shoes, a five day course of Butazolodin, and rest, a variety of shoes (I now have 15 pairs!), and throwing the *I Ching*. Nothing works.

I run to work and back daily and log about 80-90 miles per week at a 6:30 to 8:00 minute/mile pace, and DEPEND on my running for physical and mental well-being. I race less than once per month--recently, just once in six months due to the heels--have run a 2:47 marathon in the past year, and hope to continue running until I am somewhere near a century old.

Recent X-rays reveal no calcium deposits of the heel. However, I do appear to have what George Sheehan (in *Sportsmedicine* - Mar. '74) reminds us is "Morton's Foot"--the second toe a good deal longer than the first toe. Also, I have an extremely high arch and a very wide foot, a tendon was removed from the fourth toe of my left foot by surgery (transplanted to a needy finger), a big corn on the left little toe, and over the past year I have gone from a distinctly duck-footed gait to a more straight-forward, ball-of-the-foot, stride (my times have improved greatly).

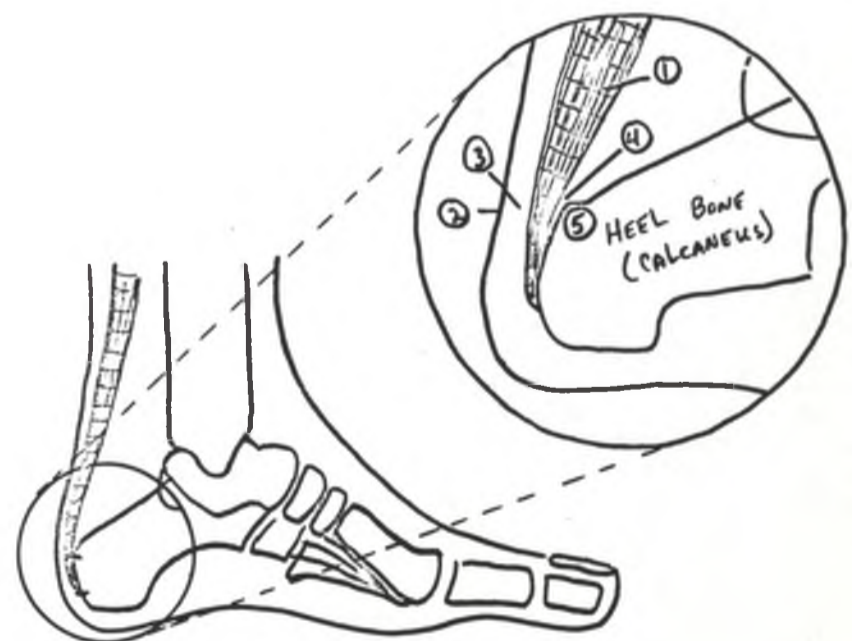
If, in fact, I do not have 'bone spurs' (is this like a 'calcium buildup?'), or retrocalcaneal exostosis, which I guess can be removed by simple surgery, what would you recommend? The M.D. at Kaiser indicated he looked for calcium buildup in the heels, but I thought bone spurs were inherited heel deformities. Is he overlooking something? With heel cushions and part of the heel of my leather Tiger Bostons cut out, I can jog with only a dullish pain in the heels. I am very concerned as to where to go from here."

"ACHILLES HEEL" -- (Answer): Your letter is an excellent example and describes a very clear picture of how tendon problems develop. Running and general body conditioning change all tissues. Blood and oxygen supply increases to all tissues (aerobic conditioning). Running develops certain groups of muscles more than others; that is, the "anti-gravity," or "posture muscles." Specifically, the calf muscles, the hamstrings, and muscles in the thigh, low back, and abdomen all get stronger. The three calf muscles all attach to the heel bone by way of the achilles tendon (see diagram, #1). The tendon attaches to the middle of the back of the heel bone. In running, the calf muscles get stronger, and tend to get shorter unless properly stretched. Your letter explains how, as the calf muscles get shorter through conditioning, the angle of gait changes from "duck-footed" to "straight-ahead", and your times improved. Instead of stress going across the sole of the foot, it is travelling through the achilles tendon to the ball of the foot in propulsion, as in sprinters.

Pain in the heel area is more often related to this "overuse" than to any structural problems. I expect you have what is called a retro-achilles bursitis (inflammation between the tendon and the skin (see diagram, #3) which is why you have relief with a heel lift and cut-out shoe. This is usually corrected with stretching exercises such as "toe-touch" or "hurdler's stretch" (see *Runners World Booklet #29*), and balancing orthotics in the proper running shoes. These will relieve stress in your feet and reverse the tendon problem. Once the cause of the irritation is found, the treatment is successful. Bursitis is always secondary to another problem, usually mechanical, which can be controlled with balancing orthotics and relief of unnatural stress.

Other problems in this area might be tendonitis (inflammation of the tendon sheath from overuse) (see diagram, #1), treated by rest, passive stretching exercises, soaks, hot and cold packs, and balancing orthotics; skin irritation from shoe pressure on a bone or soft tissue enlargement (see diagram, #2), retrocalcaneal bursitis (inflammation between the tendon and the bone) (see diagram, #4), usually treated the same as tendonitis, but it might be necessary to aspirate (drain) the inflamed sac of fluid, or; retrocalcaneal exostosis (see diagram, #5), which is an enlargement of bone and obvious on X-ray. The only one of these which requires surgery is the bone problem which gives limited disability.

For a competitive runner like yourself, my advice is to run on soft surfaces in good supportive shoes until an orthotic is made, which I feel will resolve the problem completely.



1. Achilles Tendon.
2. Skin.
3. Space where inflammation can occur (retro-achilles bursitis).
4. Space where inflammation can occur (retro-calcaneal bursitis).
5. Enlargement or prominence on bone (retro-calcaneal exostosis).

Scheduling

LONG DISTANCE

Foot Orthotics for Runners: - Foot Orthotics are devices which are placed inside the shoe to keep the foot straight, or "in balance", so that the lower extremity can function under maximum efficiency. Through examination of motions of the ankle joint, joints around the heel bone, and position of the fore-foot, as well as watching the position and motions of the feet during walking and running, it is possible to accurately construct a lightweight functional device to be worn in comfort at all times. The purpose of orthotics is to support the foot in its natural (inherited) position and prevent extra wasted motion and energy; they are very much like eyeglasses which make up for a physical imbalance in the cornea of the eye. The foot orthotics do not correct the abnormality, but prevent stress and strain on the body in its attempt to compensate for the imbalance.

Foot orthotics work best on mechanical problems, that is, on inherited tilts in the foot or leg. Normally in running, the foot serves two purposes, balance and propulsion. It must be mobile, or flexible enough to cushion the foot and adapt to the terrain, then rigid enough to act as a lever in propelling the stress of body weight, without loss of energy. Rigid, usually plastic, orthotics are best for this purpose of balancing the foot. Softer orthotics are sometimes used to cushion the whole or parts of the foot, but are not as successful. Both types of orthotics are custom-molded over a plaster cast of the foot in this ideal neutral position. Proper rigid orthotics force the foot into the balanced position and are difficult to make because the measurements, casting position, correction of the cast, and construction and balancing of the finished orthotic all must coincide while still being very lightweight and small enough to fit in a running shoe. All these steps must be done by a professionally trained person, therefore, the fees for orthotics should be fully understood before any commitment is made. Most podiatric offices will be very willing to discuss these fees with you. If you feel you have an imbalance problem, such as joint or muscle pains while running, and need orthotics, see a qualified podiatrist.

There will be more on the types and indications for orthotics in future issues. PLEASE SEND QUESTIONS. THIS COLUMN DEPENDS ON THEM! THANK YOU.

NOTE: Always check with the Meet Director (or contact listed) to verify the dates and times of runs listed below...mistakes do occur from time to time. Cancelled Races are rare, but do happen occasionally. The following schedule of races covers the area from Oregon through So-Calif. and Nevada, as well as some other popular out-of-area runs. Where no contacts are listed on the schedule itself, check to see what District AAU Association it's in (see description of 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 on raceday. Area contacts follow: Pacific Ass'n: (PA) Harold DeMoss, P.O. Box 967, Los Altos, CA 94022 (Ph. 415/941-8975); Southern Pacific Ass'n: (SPA) Tom Cory, 312 S. Miraleste, #105, Miraleste, CA 90732 (Ph. 213/832-6917); Pacific Southwest Ass'n: (PSA) Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120; Central Calif. 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., #601, S.F., 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 card 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).

- Jun 1 - 6 Mile Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89109. (SNA)
- Jun 1 - Yankee Doodle XC Festival, Peck Park (L.A.?), 9 am (many races). Roger Williams, 828 S. Mesa, San Pedro, 90731. (SPA)
- Jun 1 - 10 Mile Strawberry Trot, Garden Grove, 10 am. Lance Boggs, 1139 Acacia, Garden Grove, CA (Ph. 714/638-6711). (SPA)
- Jun 1 - 4th Annual Mt. Misery Race, 7 Miles, Placerville, 10 am. Ernie Marinoni, 5101 Newtown Rd., Placerville, CA 95667.
- Jun 2 - Natl. AAU Marathon, Yonkers, N.Y., 11 am. Mel Goldberg, Yonkers Raceway, Yonkers, N.Y. 10704.
- Jun 2 - Senior Olympics Marathon (25-and-over), Irvine, 7 am. Senior Sports Int'l., 5225 Wilshire Blvd., #302, L.A. 90036. (SPA)
- Jun 2 - 54th Annual Statuto Runs, 4 & 8 Miles, S.F., 9 am. SF Athletic Club, 1630 Stockton St., San Francisco, CA 94113.
- Jun 8 - 5th Annual Sacramento River Run, 7.62 Mi., Redding, 9 am. Bob Malain, 1870 Wisconsin, Redding, CA 96001.
- Jun 8 - CCA-AAU One Hour Run Championships (& Natl. Postal), Fresno. Fernie Montanez, 3053 W. Alamos, Fresno, CA 93705. (CCA)
- Jun 8 - 8th Palos Verdes Marathon, 8 am. (Pre-entries req'd.) - Tom Johnson, Box 153, Palos Verdes Estates, CA 90274. (SPA)
- Jun 8 - ORRC Masters (40-and-over only) 7 Miler, Portland, Ore., 9:30 am. Norm Oyler, 29470 SW Brown, Wilsonville, Ore. 97070.
- Jun 8 - Gold Hill Run (Climb), 3 Mi., Gold Hill, Ore., noon. Chamber of Commerce, Gold Hill, Oregon 97525. (OA)
- Jun 9 - Woodminster 9.25 Mile Handicap, Oakland, 10 am. Chas. MacMahon, 154 Grover Ln., Walnut Crk., CA 94596.
- Jun 9 - 5 Mile Willamette River Run, Eugene, Ore., 7:30 pm. Geoff Hollister, 855 Olive, Eugene, Ore. 97401. (OA)
- Jun 9 - Roseburg to Coos Bay Relays, Ore., 8 am. Stan Stafford, 744 SE Rose St., Roseburg, Ore. 97470. (OA)
- Jun 15 - 3 Mile Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89109. (SNA)
- Jun 15 - Hidden Valley 12 Miler, Newbury Park (?), 8 am. Gerald Beeson, 3734 Cullen Ct., Newbury Pk., CA 91320 (Ph. 805/498-6531).
- Jun 15 - Pioneer 13 Mile Road Run, Jacksonville, Ore., 8 am. Jerry Swartsley, Box 1072, Phoenix, Ore. 97535. (OA)
- Jun 15 - Rose Festival 6 Miler, Portland, Ore., 9:45 am. Ralph Davis, 3145 NE 47th, Portland, Ore. 97213. (OA)
- Jun 15 - 10th Novato Ridge Run, 6.5 Mi., Novato, 10 am. Ron Elijah, Marin AC, 430 Corte Sur, Novato, CA 94947.
- Jun 16 - PA-AAU One Hour Run Championships (& Natl. Postal), Mill Valley, 10 am. Harold DeMoss, Box 967, Los Altos, CA 94022.
- Jun 16 - 6 Mile Father's Day Run, Fresno. Bob Fries, 1501 E. Browning, Fresno 93710. (CCA)
- Jun 16 - DSE Baker's Beach 4.2 Mile Run & BBQ, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco, CA 94114. (DSE)
- Jun 22 - Times Charity Marathon (\$100 Entry Fee!), L.A., 4 pm. Will Kern, Times Special Events, Times Mirror Sq., L.A. 90053.
- Jun 21 - DSE Stow Lake Relay, Golden Gate Park Boathouse, S.F., 2 Mi. each, 6:30 pm. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- Jun 22 - Oregon AAU 20 Kilo Championship, Portland, 9:30 am. Norm Oyler, 29470 SW Brown, Wilsonville, Ore. 97070. (OA)
- Jun 22 - 1st Annual Mayors' Marathon, Anchorage, Alaska, 7 am. Marcie Trent, 1700 Tudor Rd., Anchorage, Alaska 99507. (Pre-enter)
- Jun 23 - Old Timers Day 10 Kilo, Oakland, Ore., 10 am. Ron Hjort, 744 SE Rose St., Roseburg, Ore. 97470. (OA)
- Jun 23 - 13th Annual Holy City Run, 9.08 Mi., Holy City, 9 am. (No Pre-entries!) Ken Napier, WVJS, 1612 Bearden, Los Gatos 95030.
- Jun 29 - Univ. of Nevada Track Runs (1/4, 1/2, & 1 Mile), Las Vegas, Nev. 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109.
- Jun 29 - Excelsior Beach Run, 7 Mi., S.F. (across from zoo), 10 am. Frank Donahue, 4903-B Mission St., S.F., CA 94112.
- Jun 29 - Griffith Park Distance Club 13 Kilo, L.A., 8 am. Tom Cory, 312 S. Miraleste Dr., #105, Miraleste, CA 90732. (SPA)
- Jun 30 - MacDonald Forest Scenic Runs (4 & 7.5 Mi.), Corvallis, Ore., 1 pm. Ted Wolfe, 1425 Alta Vista, Corvallis, Ore. 97330.
- Jun 30 - ORRC 'Last Man Out' Run, Portland, Ore., 6:30 pm. Norm Oyler, 29470 SW Brown Rd., Wilsonville, Ore. 97070. (OA)
- Jun 30 - Natl. AAU Senior 20 Kilo, Aurora, Colo., 8:30 am. Joe Arrazola, 12336 E. Kentucky, Aurora, Colo. 80012.
- Jun 30 - Morro Bay to Cayucos Fun Run, 6 Miles on beach, 1 pm. San Luis Distance Club, Box 1134, San Luis Obispo, CA 93406. (SPA)
- Jul 4 - DSE Double Lake Merced Run, 9.5 Mi., S.F., 10 am. Walt Stack, 321 Collingwood, S.F., CA 94114. (DSE)
- Jul 4 - 2nd Annual Kenwood 10 Kilo, Kenwood (10 am??). Terry Pintane, Valley of Moon TC, 930 Tranquillo, Santa Rosa, CA 95405.
- Jul 4 - SPA-AAU 15 Kilo Championships, Santa Barbara, 10:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara, 93105. (SPA)
- Jul 4 - Butte to Butte 6.8 Miler, Eugene, Ore., 8 pm. Geoff Hollister, 855 Olive, Eugene, Ore. 97401. (OA)
- Jul 6 - North Umpqua 10 Mile Run, Winchester, Ore., 10 am. Ron Hjort, 744 SE Rose St., Roseburg, Ore. 97470. (OA)
- Jul 6 - 8th South El Monte 7.9 Miler, 6:30 pm. Tom Cory, 312 S. Miraleste Dr., #105, Miraleste, CA 90732. (SPA)
- Jul 6 - Bunion Derby (many divisions), Fresno. Larry Lung, 3356 No. Monroe, Fresno, CA 93705. (CCA)
- Jul 7 - AAU Natl. Masters Marathon, Portland, Ore., 6 am. Jim Puckett, Mt. Hood Comm. College, 26000 SE Stark, Gresham, 97030.

- Jul 7 - College of the Canyons 6 Miler, 9 am. Tom Cory, 312 S. Miraleste Dr., #105, Miraleste, CA 90732. (SPA)
 Jul 7 - Hangtown Road Race, 5.2 Miles, Placerville, 10 am. Kerry Steed, Kiwanis Hangtown Harriers, 6715 Lindberg, P'vle 95667.
 Jul 7 - Felton Race to the Redwoods, 9 Miles, Felton, 9 am (*TENTATIVE*). Felton Businessmen's Ass'n., Box 458, Felton 95018.
 Jul 13 - 2nd Annual Capt. Weber Foot Race, 6 Mi., Stockton, 9 am. Big Valley Harriers, 2226 Gardena Ave., Stockton, CA 95204.
 Jul 13 - 5 Mile Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109. (SNA)
 Jul 13 - 3rd Annual Lafayette 10 Kilo, Lafayette, 9 am. Clark Smithson, 975 Oakland St., Lafayette, CA 94549.
 Jul 13 - Newport Beach Exchange Club 10 Miler (& 5 Mi.), 8 am. Tom Cory, 312 Miraleste Dr., #105, Miraleste, CA 90732. (SPA)
 Jul 13 - Oregon AAU One-Hour Run, Portland, Ore., 7 pm. Norm Oyler, 29470 SW Brown Rd., Wilsonville, Ore. 97070. (OA)
 Jul 13 - Oregon AAU One-Hour Run, Central Pt., Ore., 7 pm. Jerry Swartsley, Box 1072, Phoenix, Ore. 97535. (OA)
 Jul 14 - DSE Coit Tower Run, 3 Mi., (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F., CA 94114. (DSE)
 Jul 14 - Pony Farm Run, 7 Mi., Elmira, Ore., 1:30 pm. Russell Smith, Elmira TC, Falcon Dr., Elmira, Ore. 97437. (OA)
 Jul 20 - 11th Annual Tiburon Run, 8.9 Miles, Tiburon, 9 am. Ron Elijah, Marin AC, 430 Corte Sur, Novato, CA 94947.
 Jul 20 - Bunion Derby (many divisions), Fresno, CA. Larry Lung, 3356 No. Monroe, Fresno, CA 93705. (CCA)
 Jul 20 - Oregon AAU One-Hour Run, Willamette Univ., Salem, Ore., 7 pm. Chuck Bowles, Willamette Univ., Salem, Ore. 97301. (OA)
 Jul 21 - DSE Ft. Point Run, 4 Miles, S.F. (meet at Marina Presidio Gate), 10 am. Walt Stack, 321 Collingwood, S.F., 94114. (DSE)
 Jul 21 - 2nd Annual Wharf-to-Wharf Run, 6 Mi., Santa Cruz to Capitola, 9 am. Wayne Fontes, Capitola City Hall, Capitola 95010.
 Jul 21 - Los Angeles One-Hour Run, UCLA Track, 9 am. Tom Cory, 312 S. Miraleste, #105, Miraleste, CA 90732. (SPA)
 Jul 24 - Deseret News Marathon, Big Mtn. to Salt Lake City, Utah, 6 am. Deseret News Marathon, Box 1257, Salt Lake City, Utah.
 Jul 27 - 6 Mile Road Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109. (SNA)
 Jul 27 - ORRC Farrell's Zoo Run, 15 Kilos, W. Portland, Ore., 10 am. Norm Oyler, 29470 Brown Rd., Wilsonville, Ore. 97070. (OA)
 Jul 27 - Oregon AAU One-Hour Run, Roseburg, Ore., 7 pm. Stan Stafford, 744 SE Rose, Roseburg, Ore. 97470. (OA)
 Jul 27 - SPA-AAU One-Hour Run (& Natl. Postal), Santa Barbara (UCSB), 4 pm. John Brennan, 4476 Meadowlark Ln., Santa Barb. 93105.
 Jul 27 - 2nd Oakland 8.4 Mile Watermelon Race, Chabot Regional Pk., 10 am. Joe Taxiera, 1727 Pacific, Alameda, CA 94501.
 Jul 28 - 7th Annual Ft. Baker Handicap, 15 Miles, Ft. Baker (nr. Sausalito), 8:30 am. J. Hutchinson, 225 San Marcos, S.F., 94116.
 Jul 28 - Timber Festival Runs (3 & 10 Mi.), Estacada, Ore., 1:30 pm. Norm Oyler, 29470 SW Brown, Wilsonville, Ore. 97070. (OA)

TRACK & FIELD

In the Schedule below, the following CODING will be used to indicate eligibility restrictions: (HS) = High School; (JC) = Junior College; (C) = College/Univ.; (O) = Open (AAU/Schools); (W) = Women; (AG) = Age-Group; (M) = Masters events only; (LM) = Limited masters events. Mixed coding indicates that a number of events are available in several divisions.

- Jun 1 - SPA-AAU Masters Championships, Fullerton (Sunny Hills HS), (9 am/11 am), Hal Wallace, 8566 Van Ness Ct., E-19, Huntington Beach, CA 92646, (M); J.O. Trials, Del Norte HS, Crescent City (boys/girls), Dee Sullivan, 784 C St., Crescent City 95531; SPA-AAU Girls AG Champ., Long Beach St., Bob Seaman, 648 S. Pamela Kay Ln., La Puente 91746 (2 days); Kennedy Games (O/W/LM), Dave Maggard, Univ. of Cal., Berkeley 94720; CIF State Meet Finals (HS) (trials on 5/31), Bakersfield; State JC Decathlon Champ., (2 days) Santa Maria, 11 am.
- Jun 2 - PA-AAU 14/15 & Women's Champ., Redwood City, Nick Sakerarios, 11 Burbank, Redwood City 94063 (365-1797).
- Jun 6 - NCAA Championships (C) (3 days) Austin, Tex.
- Jun 7 - J.O. Trials, Burlingame HS (boys/girls AG), Bill Burns, 709 Catamaran, #2, Foster City 94404 (2 days); State Boys AAU Age-Group Champ. (2 days), Carmichael, Larry Neverkovec, 6401 Stanley, Carmichael 95608.
- Jun 8 - PA-AAU Championships (O); (HS/M) if 3 or more athletes, Enter By June 5, Laney College, Oakland, 1 pm (no HT), Bob DeCelle, Box 1606, Alameda 94501 (523-2264, days); CDMTC Masters Relays (30-&-up), Costa Mesa (high sch.), noon; Oregon TC/P.C.C. Invit., Eugene, Ore., Jon Anderson, 2707 Lawrence, Eugene 97405; SPA-AAU Men's Championships, Univ. of Redlands, 4:30 pm, Hal Harkness, 461 Castlegate Ln., Brea 93621; Calif. State Girls Champ. (12/13-Up) (2 days), UCLA, Bob Seaman, 648 S. Pamela Kay Ln., La Puente 91746; RRCA Natl. Postal Mile Run (Boys & Girls 9/U to 14-15), Bakersfield, Dale Knox, 714 Sixth, Wasco 93802; Calif. Women's Champ. (see Girls Champ., above); PA-AAU Age-Group Champ. (Girls) (thru 12-13), S. Lake Tahoe, Don Miniaci, Box 7942, SLT 95075; Int'nat'l Prep Invit. (USTFF Champ.), Mt. Prospect, Ill.
- Jun 9 - NCSTC Championships (30-&-Up), Sac'to State, 11:50 am, Ed Phillips, 144 Ashby Ln., Los Altos 94022, 941-1606.
- Jun 13 - Sr. & Jr. Natl. Men's Decathlon, Richmond, Va., Fred Hardy, Ath. Dept., Univ. of Richmond, 23173.
- Jun 14 - Natl. AAU Jr. Men's & Women's Championships (Int'l Qual.), (19/under for men, 14-18 for women), Gainesville, Fla., Jimmy Carnes, Ath. Dept., Univ. of Florida, G'ville 32601 (2 days).
- Jun 15 - Sr. Men's Pentathlon, Lawrenceville, NJ, Robt. Conn, 1670 Irving, Rahway, NJ 07065.
- Jun 19 - Women's Jr. Natls., (3 days) Pentathlon & T&F, Phoenix College, Phoenix, Ariz.
- Jun 21 - Natl. AAU Men's Champ., (2 days) Los Angeles, Will Kern, Times Special Events, Times Mirror Sq., L.A. 90053, (Ph. 213/625-2345).
- Jun 22 - Natl. Women's AAU Pentathlon (2 days), UCLA, Westwood, Chuck Debus, 18100 Pacific Coast Hwy, Malibu 90265; Golden West Invit. (HS), metric, Sacramento, CA;

Meet Directors!!!

MAIL ENTRY BLANKS TO 950 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 nearly 950 subscribers (as of May 1974) 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 the race. Our mailings are somewhat irregular (5-8 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 (25% additional charge also for inserting folded blanks into our publication, no matter what size). Just think--- *only about 1.5¢ per mailing, and we do all the labor!!*

For further information contact Jack Leydig at P.O. Box 1551, San Mateo, CA 94401 (415/342-3181).

★ NOR-CAL RUNNING REVIEW ★

- Jun 22 - L.A. Sports International, UC Irvine (2 days), Contact: 5225 Wilshire Blvd., #302, L.A. 90036 (25-&-Up).
- Jun 25 - Natl. AAU Girls 14-17 Champ., (2 days), Bakersfield, Gil Bishop, Box 1526, Bakersfield 93302.
- Jun 28 - Natl. AAU Women's Champ., (2 days), Bakersfield, Gil Bishop, Box 1526, Bakersfield 93302...324-2075.
- Jun 29 - L.A. Sports Int'l Decathlon (25-&-Up) (2 days) Santa Barbara (see June 22 for contact); Canadian Masters T&F Champ., (M) (2 days), Richmond, B.C., Dave Pain, 1160 Via Espana, LaJolla, CA 92037 (714/459-6362).
- Jun 30 - Age-Group Track Classic, Long Beach St., 11 am, Calvin Brown, 228 E. Artesia Blvd., #A, N. Long Beach, CA 90805 (Ph. 213/632-6387).
- Jul 5 - Natl. AAU Masters T&F Champ. (3 days), Gresham, Ore., c/o Mt. Hood Community College (Jim Puckett), 26000 SE Stark, Gresham, Ore. 97030 (June 24 deadline).
- Jul 13 - PA-AAU Jr. Olympic Champ., Mills HS, Millbrae (2 days) (qual. for Regionals), Dick Ellis, 5545 Jasper Ct., Concord 94520 (Ph. 682-8744).
- Jul 20 - Region 13 J.O. Champ., Univ. of Nevada, Reno (qual. for Natls.), Dick Ellis (see July 13).
- Aug 2 - U.S. Masters AAU Decathlon Champ., Hancock Coll., Santa Maria (2 days).
- Aug 8 - Natl. Jr. Olympic Champ., Univ. of Nebraska, Lincoln (5 days), contact Dick Ellis (see July 13).

● **All-Comers Meets:** We've heard about the following meets so far, but there are probably others (we haven't got any info from the Sac'to area or So-Cal yet). Drop us a line with any info you might have. Even if it's too late to get into the NCR, we can still spread the news by word of mouth. Thanks. -- SAN JOSE CITY COLLEGE: June 3 to July 16, Monday & Tuesday at 6 pm as follows: (Mon. - 16/Under Age-Group & open pole vault; Tues. -

Open events (with PV starting at 14-0). All-weather track, 1/4" spikes req'd. Entry fee - 25¢. Decathlon on June 26-27 (W-Th). CHABOT COLLEGE (Hayward): July 11 to Aug. 8, (Tues. - Boys & Girls 14/Under; Thurs. - High School & Open), 6:30 pm. All-weather track?? DIABLO VALLEY COLLEGE (Pleasant Hill): (Tentative...contact Bob McGuire, 228-2463, or Mike Miramonte, 933-4318, for verification). June 17 to July 24, (Mon. - Ages 14-15, 16-17, Open, & probably 20-29, 30-39, & 40+; Wed. - Age-groups 5/Under through 12-13, AAU age-group breakdowns), 5:30 pm. All-weather track, 1/4" spikes req'd. Entry fee - 25¢. Sponsored by Pleasant Hill Recr. Dept. COLLEGE OF SAN MATEO: (Tentative...contact Harry Young, 343-3778 or 574-6452 at work for verification). June 22-August 3 (Sat.), LJ & PV at 11 am, running events at noon. All men's events (no women, no exceptions)...high school & open divisions with Masters races if enough show up. All-weather track (new surfacing), 1/4" spikes req'd. SPECIAL DISCUS ALL-COMERS MEETS: Contact Larry Kennedy, 4231 Norwalk Dr., #101, San Jose 95129 (Ph. 408-247-5487) for more information & verification of information. (At DeAnza College, Cupertino) - Probably starting June 2 and lasting thru the summer (4 to 4:30 pm, Sundays). (At Solano College, Fairfield...Tentative) - Wednesdays at 5 or 5:30 pm, starting ???.

RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--Frank Hagerty, 2973 W. Swain Rd., #37, Stockton, CA 95207 (Ph. 209/478-2065) for NorCal; Bob Bowman, 2190 Mountain Blvd., #1, Oakland, CA 94611 (Ph. 415/531-1427) for SoCal...actually Ed Bouldin is the guy you should probably contact, but I don't have his address (would someone please send it to me?); Don Jacobs, Box 23146, Tigard, Ore. 97223, for Oregon and the Pacific Northwest.

- Jun 1 - Kennedy Games Invit., 5 Km., about noon, Berkeley, CA.
- Jun 8 - SPA-AAU Track Championships, 5 Km., Redlands Univ.
- Jun 8 - PA-AAU Championships, 2 Mile (?), Laney College, Oakland, 1 pm (meet starts).
- Jun 9 - Natl. AAU Sr. 20 Kilo (international trips!), Eisenhower Pk., East Meadow, N.Y., Steve Hayden, 56 Verbera, Floral Park, N.Y. 11001.
- Jun 21 - Natl. AAU T&F Champ., 5 Kilo, UCLA. *Qualifying time of 15:20 (2 Mi.), 23:50 (3 Mi.), or 24:50 (5 Km).* See Track & Field Schedule for race contact...2 day meet.
- Jun 22 - Natl. AAU Jr. T&F Champ., 10 Kilo, Gainesville, Fla., 19-and-under. *Qualifying time of 55:00.* See track schedule for contact...2 day meet.
- Aug 4 - Natl. AAU Sr. 40 Kilo, Long Branch, N.J.
- Aug 11 - Natl. AAU Jr. 20 Kilo, West Long Branch, N.J.

ADD THE FOLLOWING TO THE SCHEDULE

- Jun 23 - Natl. AAU Sr. Women's 5 Km. individual & team championships, UCLA, 6 pm.
- Jun 23 - Age-Group Girls 13/Under 3000m individual and team championships (exhibition), UCLA, 4 pm.



TOM DOOLEY WINS SAN JOSE INVITATIONAL WALK. Marconi/

Jim Bentley & Bryan Snazelle Set Natl. Jr. 15 Kilo Marks: (March 10, Reno, Nev.) - Snazelle pulled out to an early (fast) lead, with intermediate 5 and 10 Km. splits of 25:05 and 51:17, but finally succumbed to the pace, with Sierra Race Walker, Jim Bentley blitzing to a 24:43.5 final 5 Km. and notching a new Junior best of 1:16:34.5, pulling Snazelle under the old mark too with 1:17:02 as he was passed in the last half-mile. Other finishers: (3) Rosencrantz (U.Wash.) 1:19:11, (4) Mimm (Rutgers) 1:20:29, (5) B. Bentley (SRW) 1:21:48, (6) Massinger (Portland) 1:23:00, (7) Randle (BHS) 1:26:19, (8) Benner (SGTC) 1:29:18, (9) Swift (SRW) 1:29:43, (10) Quilantang (SGTC) 1:29:48, (11) Leox (SGTC) 1:40:44, (12) Veon (MM) 1:48:39, (13) Slates (MM) 1:52:33, (14) Lyons (MM) 1:52:37, (15) Rugg (MM) 2:03:34, ...S. Briscoe - DNF; G. Bentley - DQ'd. /Frank Hagerty/

Snazelle Continues to Impress with Sixth at Natl. 35 Kilo: (March 17, L.A.) - Floyd Godwin of the Colorado TC, who was once a student at Arroyo High in the East Bay and a national class marathoner (2:20+), showed why he's one of the top walkers in the country today with an excellent 2:55:28 victory in the Sr. Natl. 35K, besting runnerup Knifton of the NYAC by over 4 minutes. The strong Beverly Hills Striders took the team title. Bill Ranney, competing unattached, was the top Bay Area finisher with a third and 3:01:15, but it was Bryan Snazelle who really impressed. He has always had a bit of trouble with the longer walks, but not today, as he took sixth in 3:08:35, best ever by a junior walker. He beat a very strong field in the process...(4) Swift (APC) 3:02:08, (5) Brown (CTC) 3:07:31, (6) Snazelle (Un) 3:08:35, (7) Bean (CE) 3:13:51, (8) Glusker (WVTC) 3:15:13, (9) Bouldin (BHS) 3:17:06, (10) DiBerdardo (BHS) 3:22:22. /Wayne Glusker/

Marin JC Handicap Races: (March 24, Kentfield) - The races were over 3 and 6 miles, and the handicap system was supposed to rank everyone, independent of which distance they competed over. Anyway, we're just listing the actual times: 3 Miles: 1. Dimmick 26:31, 2. Scriver 28:53, 3. Briscoe 29:34, 4. Mooers (WVTC) 30:11, 5. Zwieg 30:59, 6. Bessie 31:20, 7. Mundy 33:39, 8. O'Sullivan 34:03. 6 Miles: 1. Ranney 44:20, 2. Adriano (WVTC) 48:21, 3. Snazelle 50:22, 4. Benner 55:02, 5. G. Quilantang 56:30, 6. T. Quilantang 63:37. /F. Hagerty/

Glusker & Adriano Place Well in Natl. One-Hour: (April 14, Boulder, Colo.) - 30° with 12" of snow on the ground...but not on the track, thank goodness! - Jerry Brown edged teammate Floyd Godwin by 34 yards, as the Colorado TC easily took the National team title on their home grounds. West Valley TC's Wayne Glusker managed a fifth (7 miles, 501 yards), but was over a quarter-mile off his best distance for the hour. Teammate Manny Adriano showed he's getting back into condition with an eighth (7-166). (1) Brown (CTC) 7-1671, (2) Godwin 7-1637, (3) Henderson 7-1242, (4) A. Hirt (Col. TC) 7-736, (5) Glusker (WVTC) 7-501, (6) Palamarchuck (Shore AC) 7-488, (7) Pass (CTC) 7-220, (8) Adriano (WVTC) 7-166, (9) Hale (OklaTC) 6-1639, (10) Shirk (Un) 6-1334. /Wayne Glusker/

Glusker Sixth at LA Municipal Games: (April 20, L.A.) - WVTC walker, Wayne Glusker, doing quite a bit of travelling this year, was disappointed with his sixth place finish over the 10K course, but he competed against a good field too! 1. L. Walker (BHS) 47:20, 2. Swift (APC) 47:30, 3. Henderson 48:30, 4. Bouldin (BHS) 49:12, 5. DiBernardo 49:14, 6. Glusker (WVTC) 49:30. /Wayne Glusker/

Another Sixth For Glusker at Mt. SAC Relays: (April 27, Walnut) - Mexican Pedro Aroche, and Ed Bouldin of the Striders waged a down-to-the-wire battle, with the Mexican ace taking it by two-tenths, 47:30 to 47:30.2, in the Mt. San Antonio Relays 10 Kilo Walk. Carl Swift was a close third in 47:40. Others: (4) Haluza 49:00, (5) Lansing (Un) 50:10, (6) Glusker (WVTC) 50:50...whoops!, just noticed poor Jerry Lansing in fifth. Nice going Jerry. /Wayne Glusker/

Dooley Making Comeback - Notches San Jose Victory: (May 4, San Jose) - Tom Dooley, competing unattached, seems to be staging some sort of a comeback (he competed a little indoors this season, but never approached top form). He upended Wayne Glusker by 10 seconds in the San Jose Invitational 2-mile, with fast-improving Manny Adriano a not-too-far-back third. 1. Dooley (Un) 14:42. 2. Glusker (WVTC) 14:52, 3. Adriano (WVTC) 15:08, 4. Duran (WVTC) 16:20. /Wayne Glusker/

Top Nor-Cal Prep Marks

In this issue and the following one, the NCR will list the top NorCal Prep marks that have been received by our prep statistician, Chris Kinder. In our first attempt we naturally expect to have many mistakes and omissions, but that's what our readers are for! This could become a really accurate list if we get enough feedback. Please send all additions/corrections, or anything else regarding prep marks, to Chris at: 21732 Olive Ave., Cupertino, CA 95014. Please try to send verifications with your marks (meet results or newspaper clippings, etc.), along with any wind information (or indicate if there was no wind information). The list on the following page are for marks through April 30 (Merced and northward). Chris can also be reached by phone (after about 4 pm) at (408) 255-2140. -- The following notations will be used to designate underclassmen: *** = freshman; ** = sophomore; * = junior. Wind-aided marks are indicated by a "w".

● **PREP SCENE** (By Chris Kinder): - After two victories by Mike Farmer (Wilson, SF), Millard Hampton (Silver Creek, San Jose) finally evened out the score, or at least one race. The two 9.5 speedsters tied at the Hale Roach Relays on April 27 at El Cerrito, both clocking 9.5 with a 6.2 mph aiding wind, and both coaches claiming victory. The day before, Jerry Jordan (Oakland) defeated Maurice Glass (Castlemont), 9.6 to 9.7, in their dual meet. Sacramento schools hold all the top marks in the 440, with Calvin Cazenave and Ken Brooks, both of Norte Del Rio, under 49.0. Rod Connors (Cordova) won the 440 (49.4) and high jump (6-4) at the Mitchell Invitational.

Mike Kasser (St. Francis, Mtn. View) has a 1:52.5 relay leg to his credit. Rich Kimball's 4:05.8 at the San Jose Relays is easily the best-ever for NorCal. It's also the fifth best ever in California, and currently leads the nation. His 8:57.4 ranks in the state's all-time top ten. John Johnson's 4:11.9 is believed to be the best-ever by a NorCal junior.

James Owens (Norte Del Rio) ran 13.9 in his first meet to establish a national seasonal best, then broke his leg, according to reports, and will be out for the year. Robert Gaines (Kennedy, Richmond) became NorCal's second-best junior ever with his 14.0 at the Roach Relays. The lows have been slow to develop this year, and it may be because many areas are turning to a 330 yard hurdle race, but one never knows if they are 30" or 36" hurdles. Some of the marks observed are pretty fast for 36".

Mark Ridge and Clark Beedle became the second and third seven-foot high jumpers in NorCal. The first was Don Pierce (Pittsburg), way back in 1966. There are now 67 jumpers over 6-6 in California high schools, and that's not a misprint! Soph Rock Dumais (Ayer) cleared 14-0 three times in one week. He is the national frosh decathlon record-holder.

Don Bryson (Oakland) has topped all local horizontal jumpers this year, and became NorCal's best-ever three-stepper with his 50-2 1/4" at the San Jose Relays (NorCal does not include the Fresno area for our purposes). Merced has three TJ's over 46-feet.

Ray Burton (Vacaville) became the national record holder at 201-6 in the Armijo Invitational on March 30. Most of the relays should be much more impressive with league meets and sectionals, and the competition that swells in May. But it should be pointed out that Wilson's 1:27.5 is the third best California time since 1968, and appears to lead the nation as of April 30.

100: 9.5 - Mike Farmer (Wilson,SF), Millard Hampton (Silver Crk,SJ); 9.6 - Jerry Jordan (Oakland), *Maurice Glass (Castlemont); 9.7 - Bo Bryant (Mission,SF), *Ivory Lewis (Wilson,SF); -- 9.4w - Farmer; 9.6w - Hansen (Merced), **Glenn Cannon (Mt. Pleasant,SJ). SoCal: 9.5w - Michael Simmons (Carson,LA).
220: 20.9 - Hampton; 21.3 - *Lewis; 21.5 - **Cannon; 21.8 - Calvin Cazenave (Norte Del Rio); 21.9 - Rick Graybehl (Las Lomas), Kevin Williams (St. Ignatius,SF); -- 20.8w - Farmer; 21.9w - Ware (Sac'to). SoCal: 21.4 - Simmons.
440: 48.4 - Cazenave; 48.8 - Ken Brooks (NDR); 49.2 - Rod Connors (Cordova); 49.4 - Emerson (McClatchy,Sac'to); 49.6 - Martinez (Petaluma), Monseth (Galt), Camarillo (Casa Robles); 49.7 - Ferguson (Merced). SoCal: 47.6 - Alan Sheats (Muir, Pas).
880: 1:55.1 (1:52.5r) - Mike Kasser (St. Francis, Mtn. View); 1:55.2 - DeGrace (NDR); 1:55.3 - Boyd (Oakmont, Roseville); 1:55.7 - Rusty Nahirny (Wash., Fremont); 1:55.8 - Beau Willis (Menlo School); 1:55.9 - Rich Kimball (DeLaSalle, Concord). SoCal: 1:53.6 - John Musich (Burbank,LA).
Mile: 4:05.8 - Kimball; 4:11.4 - Nahirny; 4:11.5 - Lynn Ryan (Irvington); 4:11.9 - *John Johnson (Skyline,Okld); 4:15.8 - Bill LaForge (Oceana,Pacifica); 4:17.9 - Deis (San Juan,Sacto); 4:18.1 - Jon Sisler (Petaluma); 4:19.2 - Pat Gallahan (Newark); 4:19.5 - *Conrad Suhr (Leigh,SJ); 4:19.7 - Sullivan (Saratoga). SoCal: 4:07.1 - Andy Clifford (SunnyHills, Fullerton).
2 Mile: 8:57.4 - Kimball; 9:04.2 - Nahirny; 9:10.6 - Benton Hart (Modesto); 9:13.6 - *Roy Kissin (San Ramon,Danville); 9:14.6 - Sisler, *Bob Barnett (Hillsdale,San Mateo); 9:16.2 - LaForge; 9:18.0 - Bob Powell (Oceana, Pacifica). SoCal: 8:59.8 - **Eric Hulst (Laguna Beach).

120HH: 13.9 - James Owens (NDR); 14.0 - Mike Kirtman (Wilson, SF), *Robert Gaines (Kennedy,Richmond), Calvert Jones (Stagg, Stockton); 14.1 - Gerald Bennett (Berkeley), *Dedy Cooper (Ells, Richmond); 14.3 - Mark Carley (Burbank,Sacto), Uribe (Roseville); 14.4 - *Don Finley (Cupertino), Mark Mildebrandt (Cupertino); -- 13.8w - Kirtman; 14.1w - Charles Hatch (Wilson,SF). SoCal: 13.8 - Brian Fulton (Burbank).

180LH: 18.9 - Dave Jakle (Los Altos); 19.3 - Greybehl; 19.4 - Jones, Carley; 19.5 - Uribe, Milbrandt, Napier (Cupertino), Mann (Vacaville); -- 19.3w - Platner (Mira Loma). SoCal: 18.7 (18.5w) - Fred Shaw (Muir, Pasadena).

HJ: 7'0" - Mark Ridge (Merced), Clark Beedle (LaSierra, Sacto); 6'9-1/2" - Hatch; 6'8" - Mark Insley (Cupertino), Mark Wilson (MonteVista,Danville); 6'7-1/2" - Bill Maston (St. Francis,Mtn.Vw.); 6'7" - Ed Cloud (John Swett,Crockett), Dave Haber (Alameda); 6'6-1/2" - John Littleboy (Gunn,PA). SoCal: 6'10 1/2" - Doug Case (Laguna Beach).

PV: 14'6" - John Bell (Lynbrook,SJ); 14'0" - Scott Lewis (Washington,Fremont), Curtis Caldwell (DeAnza,El Sobrante), Ray Gullion (MiraLoma,Sac'to), Bruce Gagon (Oakmont,Roseville), *Marion Medeiros (Cupertino), **Rock Dumais (Ayer,Milpitas). SoCal: 16'4" - Mike Tully (Millikan, Long Beach).

LJ: 23'9" - Don Bryson (Oakland); 23'4" - Graybell; 22'10" - Harbert (Cordova); 22'8-1/2" - Brooks (Milpitas); 22'8" - Bertoli (Homestead), Vasquez (Mills,Millbrae). SoCal: 24'2" - *Jon Sutton (Morningside,Inglewood).

TJ: 50'2-1/4" - Bryson; 48'8" - Charles Wheeler (Merced); 48'0" - *Dan Jackson (Tech,Okld); 47'4" - Dave Haber (Alameda); 47'1" - Andy Gustavson (San Mateo); 46'11-1/2" - Finley; 46'11" - Napier; 46'9" - Nathan Johnson (Seaside), Hermann (LasLomas); 46'8" - Mike Willis (Leigh,SJ). SoCal: 50'7-1/4" - Willie Banks (Oceanside).

SP: 59'9-1/2" - Bill Ackerman (Sunset,Hayward); 59'9-1/4" - Pat Zeck (Antioch); 59'2-1/2" - *Gary Bersano (Los Gatos); 59'0-1/2" - Brad Vassar (Sonora); 58'11-1/2" - Rick Rossi (Los Altos); 58'4-1/2" - Darrel Elder (Redwood,Larkspur); 58'2" - Ray Burton (Vacaville), Otis Page (Saratoga). SoCal: 63'5-1/4" - *Dave Kurrasch (Santa Ana).

DT: 201'6" - Burton; 180'0" - *Bersano; 179'10" - Craig Watkins (Mitty,SJ); 179'8" - Elder; 175'10" - John Walker (Amador Valley, Pleasanton); 174'1" - Scott Wells-(Palo Alto); 173'6" - Randy Whited (Modesto). SoCal: 185'5" - Mark McNaughton (Hoover, Fresno).

440R: 42.3 - Wilson,SF; Kennedy, Richmond; 42.8 - Sacramento; Merced; 43.0 - Mt. Pleasant,SJ; 43.2 - Silver Creek,SJ; Stagg, Stockton. SoCal: 42.2 - Gardena.

880R: 1:27.5 - Wilson,SF; 1:30.6 - Silver Creek,SJ.

MileR: 3:21.5 - Wilson,SF; 3:22.0 - El Cerrito; 3:22.1 - Norte Del Rio; San Mateo; 3:23.0 - McClatchy, Sac'to. SoCal: 3:18.8 - Muir, Pasadena; Poly, Long Beach.

2 MileR: 8:01.3 - Wilcox, Santa Clara; Crestmoor, SSF.

DMR: 10:24.7 - DeLaSalle, Concord; 10:26.5 - Petaluma; 10:32.3 - Highlands,Sac'to; 10:34.0 - Lynbrook,SJ; 10:35.0 - Silver Creek,SJ...Add: Irvington 10:30.7, Washington,Fremont 10:33+.



(LEFT) ROLAND VERHE LEADS JOE LUCAS AND LES MCFADDEN (REAR) ON HIS WAY TO VICTORY IN THE BROTHERHOOD GAMES MILE. /Marconi/
 LYNN RYAN (IRVINGTON) & RUSTY NAHIRNY, 4:11 PREP MILERS. /Stock/

TRACK & FIELD RESULTS

Natl. AAU Indoor Championships: (Feb. 22, New York City) - Only California placers listed: **WOMEN:** 60: 2. Watson (LI) 6.8, 3. Bowen (WCJ) 6.9; 220: 4. Lawson (LJTC) 25.3; 880: 1. Decker (BATC) 2:07.1; 60HH: 1. Johnson (LJTC) 7.7; Mile Walk: 1. Brodock (RRR) 7:28.6, 6. Arbelbide (RRR) 8:31.5; SP: 1. Seidler (MDYF) 54-4, 5. Svendsen (LJTC) 48-0 1/4; LJ: 1. Watson (LI) 20-9 1/2, 2. Betts (LI) 19-11 3/4; HJ: 2. Gilbert (LJTC) 5-7.
MEN: 600: 1. Williams (SDTC) 1:11.3; 2 Mile Walk: 6. Valle (WVTC) no time; 60HH: 4. Rich (CITC) 7.1, 5. White (BHS) 7.2; SP: 1. Albritton (Un) 69-0 3/4; LJ: 1. Proctor (BHS) 25-10, 2. Royster (LCAC) 25-9 1/2; TJ: 1. Tiff (BHS) 54-0; PV: Dias (BHS) 17-8.



(LEFT) RAY BURTON SET A NEW PREP DISC RECORD AT 201-6 & JUST MISSED THE COLLEGE DISC MARK WITH 174-8 AT THE ARMIJO INVITATIONAL. (RIGHT) GARY BERSANO IS TOP NOR-CAL JUNIOR IN DISC. /Marconi/

All-Comers Meet: (Feb. 16, Sacramento) - Mile: Payne (Davis HS) 4:25.5; 60: Larry (Consumnes) 6.2; 880: Pratt (Davis HS) 1:58.8; 220: Rogers (SacSt) 22.0; 2 Mi: Birnbaum (WVTC) 8:58.8. /Payne/

Cal 99, Sac-St. 41, BAS 30: (March 2, Oakland) - LJ: Steffes (BAS) 24-6 1/2, Lucas (Un) 23-0, Smith (Un) 22-11 1/2; SP: Mannon (C) 54-10; 440R: Cal 41.5; Mile: Brown (C) 4:16.0, Davis (C) 4:17.5; 120HH: Mosley (C) 14.1, Carty (BAS) 14.2, Ellis (S) 14.4, Florant (C) 14.6; 100: Ligons (S) 9.6, Payton (BAS) 9.6, Walker (C) 9.7, Burns (C) 9.7; 880: Spires (C) 1:57.1; 220: Walker (C) 22.3; 2 Mi: Schmulewicz (C) 8:55.8, Duffey (C) 9:03.8, Furey (S) 9:19.8; MileR: BAS 3:18.9, Cal 3:24.4; PV: Hintz (C) 15-6; HJ: Millen (Un) & Ritterrath (C) 6-6 1/2; DT: Overton (C) 158-9; TJ: Steffes (BAS) 50-2 3/4. /Mark Payne/

CISM Cross Country Trials (Postal): (March 9, Oakland) - Camp (Navy) 13:39+, Dare (Navy/WVTC) 13:50.4, Birnbaum (AF/WVTC) 13:58+, Nuccio (Army/WVTC) 14:18...splits for Camp and Dare at 1 and 2 miles: 4:39 & 9:04...3 Mi. on track. /Jim Dare/

Washington Township Relays: (March 9, Fremont) - Rusty Nahirny of Washington, Fremont, and Lynn Ryan (Irvington) ran to super-fast leadoff legs on their respective distance medley relay teams, with Nahirny recording a 4:11.4, and Ryan a step back at 4:11.5 (Irvington won relay, 10:30.7 to 10:33+). At the time, their clockings were unofficially 2nd and 3rd fastest in the US for preps, behind Rich Kimball's 4:10.8. /Lynn Ryan/

Cal 80, Arizona St. 72: (March 9, Berkeley) - Mile: Lawson (A) 4:10.2, Foster (C) 4:13.4; PV: Hintz (C) 15-0; 120HH: Alexander (C) 14.4, Turner (Un) 14.5, Florant (C) 14.5; 440: Robinson (C) 48.6, Andrew (C) 49.2; 880: Brown (C) 1:51.3, Rafferty (A) 1:53.6; 220: McCullough (A) 21.6, Burns (C) 21.8, Strickland (C) 21.9; 3 Mi: Duffey (C) 13:46.0 (Cal Rcd), Schmulewicz (C) 13:50.0, Maxwell (C) 13:59.6; HJ: Miller (Un) 6-9, Ritterrath (C) 6-7; MileR: Cal 3:18.0.

UCLA 87, San Jose St. 56: (March 17, Westwood) - 440R: UCLA 40.2, SJS 40.7; Mile: Schilling (S) 4:05.0, Innes (U) 4:05.0; 120HH: Tinnen (S) 14.0, Leak (S) 14.4; 440: Brown (U) 46.3, 3. Conwill (S) 48.1, 4. Sprink (S) 48.6; PV: 2. Kirk (S) 15-6; TJ: Taylor (U) 54-11 3/4, Livers (S) 51-11 1/4; 2 Mi: Genet (S) 9:01.0, Gruber (S) 9:02.4; LJ: Herndon (C) 25-10 3/4, Wright (S) 25-7, Kotinek (U) 25-5, Davis (S) 24-7 3/4; 100: Peppers (U) 9.5, Breddell (S) 9.6; 880: Veney (U) 1:50.4, Giannoulas (S) 1:51.7; 440IH: Kaster (S) 52.8, Fields (S) 54.5; 220: Breddell (S) 21.5.

Brotherhood Games: (March 17, Oakland) - SP: Born (BAS) 57-5; Women's 440R: Berk.TC 48.3; 440R: Hywd-St. 41.7; 120HH: Carty (BAS) 14.0, Whitfield (BAS) 14.0, Ligons (Chab) 14.5;

880: Robinson (Laney) 1:51.2, See (Cal) ??, Hansen (WVTC) 1:55.2; 100: Pettus (SFS) 9.6, Payton (BAS) 9.7, Smith (CSH) 9.8; DT: McCollum (BAS) 175-6, Nave (WVTC) 167-4, Born (BAS) 161-9; PV: Slover (BHS) 16-0, Miguel (BAS) 16-0, Schwartz (Un) 15-6; HJ: Miller (ATC) 6-8, Coleman (SSC) 6-8, Redmond (Un) 6-8; Women's 100: Byfield (BTC) 11.0, Cornet (BTC) 11.4, Robinson (BTC) 11.5; 440: Colden (CSH) 48.6; 440IH: White (CSH) 55.5; Mile: Verhe (WVTC) 4:11.4, Harris (Cal) 4:11.5, McFadden (WVTC) 4:13.0; LJ: Steffes (BAS) 24-9, McRae (BAS) 23-4 1/4; TJ: Steffes 50-3 1/2, Smith (BAS) 49-4, McRae 47-9 3/4; Srs-220: Lingle (BAS) 23.7, Fredericks (NCSTC) 24.6; 2 Mile: Kelly (SCTC) 9:16.4, Quintana (Chab) 9:17.0, McLean (WVTC) 9:33.4; MileR: Laney 3:22.2 (Robinson 47.2).

Corona Del Mar Masters Relays: (March 16, San Luis Obispo) - DT(40-49): Wassam (NCSTC) 112-9 3/4; SP(40-49): Wassam 39-11; SP(60+): York (NCSTC) 29-2 1/2 (Wld.Rcd.); JT(40-49): 2. Phillips (NCSTC) 145-8 1/2. /George Kerr/

San Jose Cindergals Invit.: (March 16, San Jose) - (14-15): Mile Walk: C. Sakelarios (RCF) 8:10.2, Weimer (WS) 9:11.4; 2 Mi: Adams (WS) 11:13.0, Burns (SJC) 11:39.9; 440: Weston (WS) 57.0, Simmons (RCF) 59.2; 100: Parker (MLTC) 11.8 (11.4 in heats), Brown (SGTC) 11.8, Hansen (SJC) 11.8; 220: Weston (WS) 25.4, Smallwood (I) 25.7, Bonacich (SJC) 25.9; 880MR: SJC 1:52.8, Orinda TC 1:57.0; 440R: SJC 50.7, WS 51.8; 400mIH: Gercovich (WS) 66.4; 880: Powell (SJC) 2:26.0; 100HH: Davidson (CD) 15.8 (15.5, heats), Hansen (SJC) 15.9, Burgess (BTC) 15.9; Mile: Adams (WS) 5:13.3; MileR: WS 4:12.6; LJ: Kinimaka (SJC) 19-1 1/2, Sandberg (SJC) 16-4 3/4; SP: Garcia (SC) 37-5, Keates (SLTC) 35-0 1/2; JT: Sulinski (MLTC) 140-11; HJ: Blackburn (Un) 5-4, Shawhan (WS) 5-4; DT: Mitchell (HFTC) 119-2 1/2; Teams: SJC 138, WS 104, RCF 74. (WOMEN): Mile Walk: Dimmick (SJC) 8:11.6; 2 Mi: Poor (SJC) 11:03.5, Guina (SJC) 11:19.3, Lyman (WVTC) 11:21.8, Eberly (SJC) 11:31.5; 440: Caldwell (WS) 57.6, DeLaRue (SJC) 59.2; 100: Miller (RJ) 11.2, Robinson (BTC) 11.3, Cornet (BTC) 11.3; 220: Byfield (BTC) 23.8, Nickson (BTC) 24.5, Revere (SC) 24.9; 800MR: BTC 1:50.5, SJC 1:53.5; 440R: BTC 48.0, SJC 51.2, SC 51.7; 400mH: Clark (Un) 69.0; 880: Graham (SJC) 2:17.5, Spence (SC) 2:22.8; 100mHH: Thiel (SGTC) 16.3, Knight (BTC) 16.9; Mile: Haberman (SJC) 5:08.5; MileR: SJC "A" 4:15.9, SJC "B" 4:18.5; LJ: Tenette (RJ) 17-2 1/2, Winlock (CSH) 17-0 1/2, Hamel (RJ) 16-6 3/4; SP: Wright (FETC) 41-9 1/2, Lane (WS) 41-6; JT: Cannon (Chico) 177-11, Bowers (SJC) 142-11; HJ: B. McQuillan (WS) 5-4; DT: Langford (MDYF) 150-3, Wright (FETC) 146-1, Lane (WS) 130-2; Teams: SJC 155, BTC 64, WS 53. /Marge Powell/

Santa Barbara Easter Relays: (March 22-23, Santa Barbara) - (UNIV-OPEN): HJ: 3. Ritterrath (Cal) 6-10; 120HH: 3. Bagshaw (Stan) 14.5, 4. Florant (Cal) 14.5; 100: 2. Shavers (USC) 9.5; DMR: 2. Cal 9:58.0, 3. Stanford 9:59.6; Mile: Sanford (WVTC) 4:09.0, Kaupang (Ore) 4:10.8... (Heat #2) 2. Lee (WVTC) 4:16.3, Milan (CSH) 4:17.5; 880R: 3. Stanford 1:28.4, Cal 1:28.7; TJ: 4. Hall (Stan) 48-0 1/4; 2MR: 4. Cal 7:43.0; 440R: 4. Stanford 42.5; MileR: 2. Stanford 3:13.9; DT: 4. Fruguglietti (USC) 163-3; 3 Mi: Geis (Ore) 13:27.8, 3. Elijah (Marin AC) 13:37.0; 6 Mi: James (Ore) 28:28.8, Hale (Ore) 28:29.2, Smead (Hum) 28:41.2, 5. Grubbs (Ore/WVTC) 29:06.6; (COLLEGE): LJ: 3. Jones (SFS) 22-9 1/2, 5. Lopez (SacSt) 22-6; DMR: 4. Humboldt St. 10:09.8; DT: Yourek (Chico) 175-0, Nave (CSH/WVTC) 169-7; TJ: 2. Trujillo (FP) 46-6 1/2, 3. Rotella (FP) 46-3 1/2; 100: Pettus (SFS) 9.7, 3. Clark (CSH) 9.8; SP: 3. Rogge (CSH) 52-10 1/2; MileR: SacSt 3:22.0; JT: Parker (SFS) 225-0; 3 Mi: Artherholt (FSU) 14:01.4, 4. Garcia (FSU) 14:13.2; HJ: 2. Sullivan (Chico) 6-8; (JC): SHR: 2. Skyline 63.5, MPC 64.4; DMR: 3. WVC 10:22.2, MPC 10:23.4; 440R: (Race 1) 3. Laney nt; (Race 2) 3. MPC 43.3; (Race 3) 2. WVC 43.0; JT: Ryan (Fthl) 179-1, 3. Swartzell (Sky) 161-3; 2MR: 2. Laney 7:58.4; 880R: 5. Laney 1:30.3; SMR: 5. MPC 3:38.2; MileR: Laney 3:16.7, 5. Skyline 3:21.5; LJ: 3. Shaw (Fthl) 23-11 3/4; TJ: Goodlow (Laney) 48-9 1/2, 3. Triplett (WV) 48-2 3/4; HJ: 3. Wyrick (DA) 6-4; DT: Pushkin (Fthl) 167-11, Patterson (Fthl) 158-2, Harbottle (WV) 156-8, Ernst (WV) 151-9. /Sam Adams/

San Jose St. 87, Colorado 58: (March 23, San Jose) - SP: Gherardi (SJ) 54-6 3/4; JT: Garrity (SJ) 218-4; 440R: SJS 41.2; LJ: Adams (C) 25-7 3/4, Davis (SJ) 24-8 1/2; Mile: Schilling (SJ) 4:04.3, Peterson (C) 4:04.5; 120HH: Tinnen (SJ) 14.2; 440: Sprink (SJS) 48.8; 100: Karikari (C) 9.5, Breddell (SJ) 9.6, Hamilton (SJ) 9.6; DT: 2. Gherardi 154-10 1/2; 880: Musgrave (C) 1:53.2, Walker (SJ) 1:53.6, Harmatz (SJ) 1:53.6; 440IH: Kaster (SJ) 52.5, Mercer (SJ) 53.3; TJ: Livers (SJ) 51-4 3/4; 220: Breddell 21.2; PV: Van Kirk (SJ) 16-0;

HJ: Janukis (C) 7-2, Livers (SJ) 6-9 1/4, Mackey (SJ) 6-7;
3 Mi: Genet (SJ) 13:41.8, Castaneda (C) 13:42.8; MileR: San
Jose 3:17.5.

Campbell Relays: (March 23, Campbell) - 120HH: White (Hoover)
14.5, Harden (Sky) 14.7; 440R: Hoover 43.5, Mt. Pleasant 43.8,
Las Lomas 43.8; 880R: Berkeley 1:31.2, Las Lomas 1:31.2;
MileR: Leigh 3:28.3, Las Lomas 3:28.3; 2MR: Leigh 8:02.5,
Skyline 8:07.5; 8MR: (4 x 2Mi) Leigh 38:29; DMR: Oceana
10:43.7, Gilroy 10:44.1; SMR: Mt. Pleasant 3:36.0, Leigh
3:38.2; Mile: Nahirny (Wash/Fre) 4:14.9, Ryan (Irv) 4:16.7;
100: Cannon (MP1) 9.9, Taylor (PiedHills) 10.0; 330IH: Plyte
(Wash/Fre) 40.2, Thomas (PinoleVly) 40.3, Nelson (Linc) 40.5,
Garlic (Camp) 40.6; (FROSH): Mile: Holmes (Downey) 4:36.3, Fo-
res (Linc) 4:39.4.

Meet of Champions: (March 24, Irvine) - 440R: 3. Cal 41.6;
MileR: 3. Cal 3:15.0; PV: Carrigan (BHS) 17-7 1/4, Dias (BHS)
17-1 1/4; SP: 3. Mannon (Cal) 54-2; DT: Powell (PCC) 201-4;
HJ: 4. Ritterath (Cal) 6-8. /West Coast Track Stats/

OAL Relays: (March 30, Oakland) - 4MR: Silver Creek 18:07.0;
440R: Kennedy (Rich) 43.1; 2 Mi: Ryan (Irv) 9:49.8; 100: (w)
Farmer (Wilson,SF) 9.4, Hampton (SCrk) 9.5; 2MR: Skyline 8:13.9;
SMR: Kennedy(Rich) 3:39.1; 880R: Wilson,SF 1:29.5; SHR: Balboa
64.5.

Oxy 80, Stanford 65: (March 30, Eagle Rock) - Mile: Sandoval (S)
4:09.3, 3. McConnell (S) 4:12.4; JT: Hopkins (S) 223-9; 120HH:
Bagshaw (S) 14.7; 440: 3. Wingo (S) 49.2; 440IH: Odell (Oxy)
52.3, Bagshaw 53.7, Kring (S) 55.1; 2 Mi: Sandoval 9:02.0, Ja-
meson (Oxy/WVTC) 9:05.6, McConnell (S) nt; TJ: Hall (S) 47-8 1/2,
Toliver (S) 46-2 1/2; MileR: Oxy 3:18.8, Stanford 3:18.8.

Carlmont Relays: (March 30, San Mateo) - 2MR: Leigh 8:01.4, SI
8:04.8; SHR: Carlmont 64.5, El Cerrito 64.9; 8MR: Leigh 39:06;
4MR: Leigh 18:32.7; MileR: El Cerrito 3:28.2. /Dave Stock/

WVTC All-Comers: (March 30, San Mateo) - 440R: Santa Clara 43.1;
DMR: WVTC 10:14.2, Cal 10:22.2; 440: Harris (BAS) 51.8, Dunham
(Cal) 51.9; 2MR: Cal 8:02.0, WVTC 8:03.0; SMR: BAS 3:35.7;
120HH: Houston (SCLara) 15.6, Davis (SFS) 15.6; LJ: Jordan (Un)
19-3 1/4; MileR: BAS 3:23.6; 3 Mi: Birnbaum (WVTC) 14:08.0,
Loeschhorn (WVTC) 14:25.6, Donahue (ETC/SFS) 14:31.6; PV: Hal-
lett (CSM) 13-6; HJ: McGinnity (WVTC) 6-7; 100: Johnson (WVTC)
10.5; DT: McCollum (BAS) 174-4, Jenkins (Un) 170-3, Born (BAS)
166-9; SP(12#): Quenton (Un) 41-2 3/4. /Jack Leydig/

Armijo Invit.: (March 30, Fairfield) - SP: Burton (Vaca) 57-6;
DT: Burton 201-6 (Natl. Prep Rcd); Exhib. Col. Disc: Burton
174-8 (one foot short of Natl. Prep Rcd); 120HH: Cardwell (Vin)
14.8, Mann (Vaca) 14.9; 880: Hadley (Vin) 2:00.7, Pratt (Davis)
2:01.6; 440: Dalcour (Val) 50.9; 120LH: Mann 13.2, Wallace
(Val) 13.4, Cardwell 13.4; MileR: Vallejo 3:32.7. (SOPHS):
LJ: Zimmerman (Vaca) 20-6 1/2; HJ: Graham (Vaca) 6-2 3/4; 440:
Thomas (A) 52.3. /Mark Payne/

Matador Relays: (March 30, Mira Loma HS) - SP: Narramore (ML)
54-1; DT: Narramore 152-2 1/2; SMR: Burbank 3:38.0; MileR:
Petaluma 3:31.7. /Mark Payne/

SF State 111, Fresno Pacific 64, Stanislaus 22: (April 6, S.F.)
- 3000mSC: Donahue (SF) 9:25.0, Cano (SFS) 9:34.5; 440R: SFS
42.6; JT: Parker (SFS) 192-0; 100: Pettus (SF) 9.7; HJ: Bern-
ing (S) 6-6; PV: Lynn (SF) 14-6; 440IH: Reimer (F) 54.9,
Brooker (SF) 55.0; 220: Pettus 21.5; 2 Mi: Donahue 9:44.6;
MileR: FresnoPac 3:22.2, SFS 3:24.7; TJ: Fernandez (SF) 47-2+;
Rotella (FP) 46-11, Trujillo (FP) 46-11. /Bill Cockerham/

King City Invit.: (April 6, King City) - (VARSITY): 100: Mahoney
(Mont) 10.0; 220: Mahoney 22.8; 440: Collins (Mont) 50.5;
880: Martin (Cabr) 1:56.2, Jackson (Lomp) 1:57.0, Beck (Seaside)
1:57.7; Mile: Schankel (Lomp) 4:24.0, Fabing (Lomp) 4:25.3,
Bettencort (Gil) 4:27.1; 440R: Monterey 44.0; MileR: Gilroy
3:31.7; 120HH: Kennedy (Srmte) 15.1; DT: Jacobo (Alisal)
155-10; HJ: Brown (SLO) 6-4; LJ: Carter (Mont) 21-8; TJ:
Johnson (Sea) 44-10 1/4; (SOPHS): 880: DeLeon (Amer) 2:03.5;
Mile: Thoma (SLO) 4:37.9; 440R: Westmoor 45.6; MileR: Madera
3:41.3; 180LH: Espina (Westmr) 20.8; HJ: Lane (Amer) 6-3; LJ:
Hartsfield (Wstmr) 20-11 1/2; SP: Wilson (NSal) 52-7 3/4; TJ:
Lebherz (Gil) 43-0. /Lary Hayden/

Grandfather Games: (April 6, Van Nuys) - NorCal competitors on-
ly: 440(I): Lingel (BAS) 53.0; 100(I): 4. Washington (BAS) 10.9;
220(I): Lingel 23.9, 5. Washington 25.1. /George Kerr/

Millbrae Lions Relay Carnival: (April 6, Millbrae) - (WOMEN):
2 Mi: Haberman (SJC) 10:55.4, Carron (MLTC) 11:09.0, Eberly
(SJC) 11:18.0, Powell (SJC) 11:22.2; 100mHH: Hickling (Hayw)
17.7; JT: Bowers (SJC) 148-4 1/2, Sulinski (MLTC) 137-7 1/4;
SP(4Kg): Langford (MDYF) 44-10 3/4, Lane (Un) 41-8 3/4, Rut-
ledge (Un) 41-6 1/4; 440R: MLTC 50.8; 2MR: SJC"A" 9:32.8,
SJC"B" 9:41.2, SJC"C" 9:41.2, MLTC 9:46.6; Swedish Med: Orin-
da 2:21.0 (Costello 57-58); DT: Langford 156-4; MileR: Orinda
4:00.3, SJC 4:04.3; (14-15): 100mHH(33"): Kinimaka (SJC) 15.5;
880MR: SJC 1:49.4; MileR: SJC 4:07.7; (12-13): 80LH: Hodges
(SJC) 13.7; SP(6#): Springer (Sal) 39-1 3/4; 440R: Salinas
52.6; (10-11): 440R: Richmond 57.0; (BOYS 10-11): 440R:
Salinas 55.7; Swed.Med: Salinas 2:17.1; (BOYS 12-13): 440R:
Cupertino 51.6, Sparta 51.7. /Jim Hume/

Sacramento Relays: (April 6, Sacramento) - (OPEN) HT: McCollum
(BAS) 188-8, Franson (Chico) 167-10; 3000mSC: Owen (Un) 9:11.4,
Davis (UCD) 9:17.6, Birnbaum (WVTC) 9:17.6; HJ: Shaw (SCLara)
6-4 3/4; SP: Shmock (Un) 64-0, Watt (BAS) 51-8, Hann (WVTC)
50-7 1/2; 120HH: Ellis (SacSt) 14.4, McCormick (BAS) 14.7,
Brown (BAS) 14.8; LJ: Silva (BAS) 24-8, Steffes (BAS) 24-7,
Rainwater (USAF) 23-1; DMR: Chico 10:10.4, Hawaii 10:14.0,
UC Davis 10:14.4, WVTC 10:16.8; 100: Payton (BAS) 9.5, Clark
(CSH) 9.6; 880R: CSH 1:28.2, BAS 1:28.7; 2MR: Hawaii 7:48.0,
Sac-St 7:48.4, WVTC 7:55.0; 3 Mi: Birnbaum (WVTC) 14:17.0,
Elijah (Hum) 14:24.6, Stordahl (Chico) 14:25.2; TJ: Terry
(UCD) 50-8, Steffes (BAS) 50-6 1/4; Silva (BAS) 49-1 1/2;
440R: CSH 42.4, Sac-St 42.7; JT: Dejak (Haw) 211-6; MileR:
BAS 3:19.5, Sac-St 3:20.2; PV: Miguel (BHS) 16-6, Stempel (BAS)
15-0, Ballon (Chico) 14-6; DT: Born (BAS) 177-5, McCollum (BAS)
175-1, Nave (CSH/WVTC) 168-10; (HIGH SCHOOL): 120HH: Kirtman
(Wils,SF) 14.5, Jones (Stagg) 14.7; 880: DeGrace (NDR) 1:55.2,
Boyd (Oakmont) 1:55.3, DeJong (Wooster,Reno) 1:57.4, Pratt (Dav)
1:57.5, Deis (SJuan) 1:57.6; 440R: Wilson,SF 42.5, Stagg 43.2;
100: Farmer (Wils,SF) 10.0, Lewis (Wils,SF) 10.1; Mile: Diek-
meyer (Stagg) 4:21.2, Ringo (Cordova) 4:22.0, Venegas (Burbank)
4:23.0, Payne (Dav) 4:24.4, Sweeney (Balb) 4:25.0; 220: Caze-
nave (NDR) 21.8, Lewis (Wils,SF) 21.9, Garland (BVista) 22.0;
2 Mi: Bega (Merc) 9:24.2, Mebust (BVista) 9:25.0, Casillas
(Frnklin) 9:29.4; 440: Cazenave (NDR) 48.9, Emerson (McClatchy)
49.4, Monseth (Galt) 49.6, Camarillo (CasaRoble) 49.6; 180LH:
Calvert (Stagg) 19.4, Uribe (Roseville) 19.8, Carley (Burbank)
19.9; MileR: McClatchy 3:23.0, Wilson,SF 3:25.0, Stagg 3:25.6;
DT: Burton (Vaca) 184-3, Chew (Wooster) 171-6, Narramore (MLom)
158-0 1/2; PV: Gagon (Oakmont) 13-6, Guillion (MLoma) 13-6;
LJ: Habert (Cordova) 22-10, Shanks (EGr) 22-5 1/2, Cazenave
(NDR) 22-3 1/2; SP: Chew (Wooster) 62-2 1/4, Vassar (Sonoma)
58-3 3/4, Pierce (Dix) 57-7 3/4, Burton (Vaca) 57-6; HJ: Beedle
(LaSierra) 6-10 1/4, Ridge (Merc) 6-10 1/4; TJ: Wheeler (Merc)
48-8, Dobbins (Merc) 46-6 1/2; F-S 2 Mi: Wright (Van) 9:44.2,
Fairley (LaSierra) 9:47.0, Reid (Jesuit) 9:47.4, Van Horn (Kenn)
9:47.6; F-S Mile: Van Horn 4:32.2, Aragon (Vaca) 4:33.6, Far-
rell (LaSierra) 4:35.7, Gitchell (BVista) 4:36.5; F-S 880:
Tuttle (Wooster) 2:04.4, Hurtado (Lowell,SF) 2:04.9, Sato (Kenn)
2:05.0. /Stan Wright & Mark Payne/



(LEFT) EL CERRITO HIGH HAD THE SECOND-BEST MILE RELAY IN NOR-
CAL (3:22.0) BEHIND WILSON OF S.F. THRU APRIL 30. /Dave Stock/
MIKE KASSER (LEFT) 1:55.1 (1:52.5R) LED NOR-CAL 880 MEN THRU
THE END OF APRIL, & BEAU WILLIS WAS CLOSE (1:55.8). /Marconi/



(LEFT) HARRY ELLS (RICHMOND) HIGH SCHOOL JUNIOR, DEDY COOPER, WHO HAS A 13.7 HURDLE CLOCKING TO HIS CREDIT (TWICE), WINNING BOTH THE WEST COAST RELAYS AND N.C.S. TITLES. /Mike Shaughnessy/ (CENTER) LA SIERRA'S SEVEN-FOOT HIGH JUMPER, CLARK BEEDLE. /Marconi/ (RIGHT) DAVE JAKLE OF LOS ALTOS HIGH LED NOR-CAL'S LOW HURDLERS WITH AN 18.9 AT THE END OF APRIL. /Dave Stock/

USC 122, Stanford 23: (April 6, Westwood) - 100: Shavers (SC) 9.5; 220: Shavers 21.0, 3. Holmes (S) 21.4; 2 Mi: McConnell (S) 8:56.0; 440IH: Andrews (SC) 52.3, 3. Bagshaw (S) 53.3, 5. Hogsett (S) 54.0; DT: Fruguglietti (SC) 169-6; JT: Helsby (SC) 231-10, 3. Hopkins (S) 221-9; 440R: USC 40.1, Stanford 41.8; MileR: USC 3:09.4, Stanford 3:17.0. /West Coast Track Stats/

UCLA 92, Cal 52: (April 6, Westwood) - 100:(w) Peppers (U) 9.5, Strickland (C) 9.6, Walker (C) 9.6, Wilson (C) 9.6; 220w: Brown (U) 20.9, 3. Walker 21.2, 4. Strickland 21.4; 440: Andrew (C) 48.6; 880: Brown (C) 1:48.8; 2 Mi: Duffey (C) 8:52.8; 120HH: Mosley (C) 14.2, Florant (C) 14.3; HJ: Kotinek (U) 7-0, Ritte-rath (C) 6-8; LJ: Herndon (U) 26-1 1/2w, 3. E. Smith (C) 24-0 1/2w; TJ: Taylor (U) 53-5 1/2, Krebs (C) 50-1 1/2; SP: Schiller (UC) 61-10, 4. Mannon (C) 55-4; DT: Freberg (U) 185-10, 4. Overton (C) 165-1; 440R: UCLA 39.8, Cal 40.3; MileR: Cal 3:11.7 (Brown 46.9), UCLA 3:12.1 (Brown 45.9). /West Coast Track Stats/

WSU 86-1/2, San Jose St. 67-1/2: (April 6, San Jose) - 100(w): Bredell (SJ) 9.4; 220(w): Bredell 21.3; 880: Scott (WS) 1:54.3; Mi: Schilling (SJ) 4:10.4; 3 Mi: Ngeno (WS) 13:44.8, Genet (SJ) 13:54.8; 3000mSC: Fleet (WS) 9:03.8, Krause (SJ) 9:06.6; 440IH: Kaster (SJ) 52.2; HJ: Livers (SJ) 6-9, 3. Mackay (SJ) 6-9; PV: Baggett (WS) 15-0, Van Kirk (SJ) 15-0; LJ: Davis (SJ) 25-10 1/2w, 3. Wright (SJ) 25-1 3/4w; TJ: Kimball (WS) 52-9 1/2, Livers (SJ) 52-2 1/2; SP: Gherardi (SJ) 56-10; 440R: WSU 41.2, SJS 41.2. /West Coast Track Stats/

USTFF Spring Decathlon: (April 8-9, Fresno) - George (FS) 7547, Tyler (Nev/R) 6928, Harvey (USAF) 6905, Foster (FS) 6731, 6. LeVa (FS) 6380. /West Coast Track Stats/

WVTC All-Comers: (April 13, San Mateo) - 880: Hansen (WVTC) 1:52.8, Bay (WVTC/Cal) 1:53.4, Schmitt (WVTC) 1:53.4, Pitchford (Un) 1:57.4, Dooley (ATC) 1:58.9; 6 Mi: Hamond (SRC) 30:24.0, McLean (WVTC) 30:55.0; Jr/Sr-880: Naylor (NCSTC) 2:24.1, Hud-son (MLTC) 2:24.8, Escobar (MLTC) 2:27.1; 220: Ward (Un) 22.2, Garrett (WVTC) 22.8, Smith (USAF) 23.0; 100: Marshall (SJS) 9.9, Ward (Un) 10.0; Mile: Dare (WVTC) 4:06.3, Camp (Navy) 4:07.7, Langer (Un) 4:09.3, Lucas (WVTC) 4:09.7, Bellah (Stan-ford/WVTC) 4:12.2; 440IH: Lydster (Un) 56.3; 440: Henry (Stan) 49.7, Garrett (WVTC) 51.1, Curtis (Un) 51.1; Jr-440: Senatori (MLTC) 58.6, Comaroto (MLTC) 59.9; 3 Mi: Tracy (WVTC) 15:58.6; 440R: Mixed Team 43.1; Jr-440R: MLTC 53.8, MLTC "B" 54.0; LJ: Sordan (Un) 20-0; HJ: McGinnity (WVTC) 6-7; SP: Shmock (Un) 61-6; PV: Weidig (Un) 15-0; W-880: Caldwell (WS) 2:21.0, Mills (BurlTC) 2:24.8; W-440: Caldwell 58.4; W-220: Lewis (MLTC) 25.5, Ng (Un) 25.6, Sulinski (MLTC) 26.6; Jr-MileR: MLTC Girls 4:06.8, MLTC Boys 4:13.3. /Dave Shrock/

San Jose Relays: (April 13, San Jose) - (JUNIOR COLLEGE): Host SJCC won two individual events, two relays, and garnered one second and two thirds to highlight the First San Jose Relays. Steve Brooks and Don Livers won the three mile (14:21.8) and 100 (9.6), respectively, and Jaguar relay teams won the dis-tance medley and 880 distances. Tony Madau of Fullerton became one of the best-ever JC-ers with a leap of 7'0-1/2" to capture

the high jump, and Larry Johnson of Glendale upped his best to 16-0 in the pole vault. Steve Frankiewich (Merced) became the national leader in the discus, edging southpaw Jay Pushkin (Foothill) 174-0 to 173-2. The long jump produced some of the finest efforts ever in a single meet. Dan Carter (El Camino) led the wind-aided jumpers with a 25'0-1/2" effort. Cecil Overstreet (SJCC) edged Carlton Shaw (Foothill) 24'7-3/4" to 24'6-1/2", and three others jumped 23'9" or better. Laney College of Oakland provided the only other NorCal victory by taking the sprint medley relay, with James Robinson anchoring with an easy 1:53.6. -- 4 MiR: El Camino 17:34.4, Cabrillo 17:40.4, American River 17:46.4, DeAnza 18:10.6; 120HH(w): Ar-dary (Full) 14.2, Foster (Fthl) 14.6, Eastman(CCC) 14.7; DMR: SJCC 10:18.7; HJ: Madau (Full) 7-0 1/2, Franz (EC) 6-9, Gaske (Sol) 6-9; MileR: LASW 3:13.7, Laney 3:16.2, SJCC 3:19.0; TJ: Porter (Fthl) 48-9, Carter (EC) 48-2, Goodlow (Laney) 47-11; 440R: LASW 41.4, SJCC 41.5, Laney 41.6, CCC 41.9; 440IH: Steele (Glendale) 53.6, Kirkpatrick (Laney) 53.9, Roesky (DA) 53.9; DT: Frankiewich (Merc) 174-0, Pushkin (Fthl) 173-2, Groover (WVC) 160-5; PV: Johnson (Glendale) 16-0, Martin (WVC) 15-0; 100: Livers (SJ) 9.6, Benson (Full) 9.6, Watson (CCC) 9.7; LJ: Carter (EC) 25-0 1/2w, Overstreet (SJ) 24-7 3/4w, Shaw (Fthl) 24-6 1/2w, Smith (LASW) 24-3 1/2w, Bowie (CRC) 23-10 1/4w, Harris (SJ) 23-9 3/4w; JT: Macrorie (Full) 190-0; 2 MiR: LA Pierce 7:44.2, American River 7:52.2, SJCC 7:56.7; 880R: SJCC 1:28.6, CCC 1:29.3, CRC 1:29.3; SP: Numis (LA Pierce) 54-5 1/2, Sizemore (SJ) 52-6 1/2; SMR: Laney 3:29.3, WVC 3:34.7; 3 Mi: Brooks (SJ) 14:21.8, Arrea (EC) 14:35.6, B. DeLaGarza (Cabr) 14:42.6. /Chris Kinder/

San Jose Invitational: (April 13, San Jose) - (HIGH SCHOOL): There was no award for athlete of the meet, but the competi-tion for such an award would have been very stiff. Some of the finest performances in NorCal prep annals were made at the in-inauguration of the San Jose Relays (Invitational). Mike Kirt-man (Wilson,SF) sped 13.8 with the aid of a 9mph wind to de-molish a good field of high hurdlers. Twenty minutes and five false starts later, teammate Mike Farmer held off a fast-clo-sing Millard Hampton (Silver Creek,SJ) in one of the meets featured events, the 100 yard dash. A barely legal 4.0 mph wind pushed them to 9.5 clockings. Defending State Champion Elijah Jefferson (Crawford,San Diego) was third in the field which included seven men who had run 9.7 or better. In the mile, Rich Kimball (DeLaSalle,Concord) took the lead on the opening curve and ran away with the race in 4:05.8, best ever by a NorCal miler, and fifth best ever in the state. It is also believed to be a national best this year (at the time it was). The now international veteran had splits of 59.1, 60.9, 63.4, and 61.4, with the strong wind on the backstretch really taking effect on the third lap. The 220 was appearing to be a letdown when Farmer and Maurice Glass (Castlemont) scratched, but such was not the case. Elijah Jefferson got his usual very quick start, but coming off the turn, junior Ivory Lewis (Wilson,SF) held a slight lead. Then Hampton took command and stepped away from the field, winning in 20.9 for one of the fastest-ever times in NorCal, and making for an outstanding 9.5, 20.9 double. Soph Glenn Cannon (Mt.Pleasant,SJ) finished a strong second in 21.5. Mitch Kingery (San Carlos) set the

early pace in the two mile by running the first mile in 4:35 in the strong wind, but Benton Hart of Modesto took the lead from Kingery and Bob Barnett (Hillsdale) to win in 9:20.8, a fine time in the 8-10 mph wind on the backstretch. Craig Watkins (Mitty,SJ) became the second-best discus thrower in California, defeating fellow junior Gary Bersano (Los Gatos), 179-10 to 175-11. Don Bryson (Skyline) had a very impressive double victory in the horizontal jumps with a NorCal seasonal best of 23-5 1/4 and NorCal's best-ever triple jump of 50-2 1/4. In the high jump, La Sierra's Clark Beedle upped his seasonal best one inch by becoming the third NorCal seven-footer ever, flopping 7-0 on his second try. He had one close effort at 7-1 3/4, which would have been a national record. John Bell (Lynbrook, SJ) added eleven inches to his best to win the pole vault at 14-6. Soph Rocky Dumais (Ayer, Milpitas) cleared 14-0 for second. National leader Mike Tulley (Millikan, Long Beach) had to pass up the competition when his poles passed up San Jose Airport. In the meet's final event, Ken Brooks anchored Norte Del Rio of Sacramento to a fine 3:22.1 mile relay win with a 47.8 anchor all by himself. In the second section, San Mateo held off Wilson (SF), 3:22.7 to 3:23.9, despite Mike Farmer's 48.3 anchor, which, according to two watches in the stands, featured a 21.3 first 220. -- 100: Farmer (Wilson,SF) 9.5, Hampton (SilverCrk,SJ) 9.5, Jefferson (Crawford,SD) 9.6, Glass (Castlemont) 9.8, Cannon (Mt.Pleasant) 9.8, Lewis (Wilson) 9.9; 440: Cazenave (NDR) 49.0, Martinez (Petaluma) 50.3; DT: Watkins (Mitty) 179-10, Bersano (LGatos) 175-11, Leonard (SFr) 165-4; LJ: Bryson (Oakld) 23-5 1/4, Carter (Mont) 22-4 1/4, Finley (Cup) 21-9 3/4, Johnson (Mont) 21-8; DMR: Glendale 10:18.7, Petaluma 10:26.5, Silver Creek 10:35.8; 440R: Wilson 42.4, Mt. Pleasant 43.0, Silver Creek 43.3; 440IH: Nelson (Linc,SJ) 55.8, Smith (Skyl) 56.9, Napier (Lyn) 57.4; 880: Kasser (SFr) 1:55.1, Boyd (Oakmont) 1:56.6, Willis (Menlo) 1:56.6, Hamilton (Lei) 1:56.7, McCarthy (SI) 1:57.1, Wagner (Soq) 1:57.4; SP: Vassar (Son) 57-1 1/2, Rossini (SFr) 55-2; 120HH: Kirtman (Wilson) 13.8w, Milbrandt (Cup) 14.4w, Hatch (Wilson) 14.4w, Pleyte (Wash) 14.5w, Shellworth (Bell) 14.5w; Mile: Kimball (DeLaSalle) 4:05.8, Johnson (Skyl) 4:11.9, Nahirny (Wash) 4:13.1, Deis (San Juan) 4:20.4; HJ: Beedle (LSierra) 7-0, LaRusch (Glen) 6-8, Hatch (Wilson) 6-6, Wright (Carl) 6-6; 220: Hampton 20.9, Cannon (MP1) 21.5, Jefferson (Crawford) 21.6, Lewis (Wilson) 21.7; 2 Mi: Hart (Mod) 9:20.8, Barnett (Hills) 9:30.5, Sisler (Pet) 9:31.2; PV: Bell (Lyn) 14-6, Dumais (Ayer) 14-0, Hines (Blkfd) 13-6, Petty (MtPl) 13-6; TJ: Bryson (Oakld) 50-2 1/4, Gustavson (SMateo) 47-1, Napier (Lynbr) 46-10 1/4, Johnson (Seaside) 46-9, Scott (LAltos) 46-6 1/2, Chesnut (LAltos) 46-6 1/2, Jackson (Oakld) 46-3 1/4; MileR: Norte Del Rio 3:22.1, San Mateo 3:22.7, Wilson 3:23.9. /Chris Kinder/

Washington 74, Cal 71: (April 13, Berkeley) - 440R: Cal 40.4; Mile: Gibson (W) 4:06.5, Brown (C) 4:10.6, Harris (C) 4:11.8; 120HH: Mosley (C) 14.0w, 3. Florant (C) 14.2w; LJ: Thorpe (C) 23-6 3/4, 3. E. Smith (C) 23-2 1/2; SP: Vincent (W) 58-1 1/2, Mannon (C) 55-5 3/4; 440: Franco (W) 48.0, Burns (C) 48.4, Alexander (C) 48.8; 100: Strickland (C) 9.6, Walker (C) 9.7; 440IH: Lavery (W) 52.8, Mosley (C) 52.8; 880: Winger (W) 1:51.7, Foster (C) 1:52.3, See (C) 1:52.8; PV: Taylor (W) 16-0, Draw (C) 15-6, Hintz (C) 15-6; HJ: Laverdure (W) 6-8, Ritterath (C) 6-8, Thompson (C) 6-8; 220: Walker (C) 21.3, Strickland (C) 21.4, Burns (C) 21.6; TJ: Hinkley (W) 50-0 1/2, Krebs (C) 49-8, Thorpe (C) 48-3; 2 Mi: Duffey (C) 8:56.4; DT: Earl (W) 174-5, 3. Overton (C) 157-8; MileR: Washington 3:15.6, Cal 3:15.6.

SJS 86, Idaho St. 62, Oxy 30: (April 13, San Jose) - 100w: Lawson (I) 9.3, Bredell (S) 9.5, 4. Whitaker (S) 9.6; 220w: Bredell 20.7, Lawson 20.7; 880: Schilling (S) 1:51.5; 2 Mi: Gruber (S) 9:09.0; 120HH:(w) Tinnen (S) 13.8; IH: Comer (I) 52.4, 3. Kaster (S) 52.9; HJ: Mackay (S) 6-7; PV: Ripley (S) 16-0, Van Kirk (S) 15-6; LJ: Davis (S) 24-11 3/4w; TJ: Livers (S) 50-6 1/4w; SP: Gherardi (S) 55-2; DT: Byington (I) 166-8, Gherardi 166-2; 440R: San Jose 40.7. /West Coast Track Stats/

San Diego Relays: (April 13, San Diego) - HT: Casey (BHS) 209-3, 5. McCollum (BAS) 190-3; MileR: BAS 3:15.3; 10Km: (?) Zapata (WVTC) 30:08 @ 6 Miles. /West Coast Track Stats/

SJS 110, UC Irvine 34: (April 20, Irvine) - (All events windy): 100: Wright (S) 9.8; 440: Sprink (S) 48.7; 880: Giannoulas (S) 1:54.5; Mile: Schilling (S) 4:07.0; 2 Mi: Genet (S) 9:12.4; 120HH: Tinnin (S) 14.3; IH: Mercer (SJ) 54.3; HJ: Livers (S) 6-10 1/4, Mackay (S) 6-10 1/4; PV: Ribley (S) 16-3 1/2, Van Kirk (S) 15-0; LJ: Davis (S) 23-1 3/4; TJ: Livers (S) 50-6; SP: Gherardi (S) 55-6; DT: Gherardi 161-6; JT: Garruty (S) 215-3; 440R: SJS 42.3; MileR: SJS 3:19.7. /WC Track Stats/

USC 93, Cal 52: (April 20, Stanford) - 100: Shavers (SC) 9.5, Strickland (C) 9.7; 220: Burns (C) 21.0, Shavers 21.1; 440: Campbell (SC) 47.8; 880: Brown (C) 1:49.4; Mi: Foster (C) 4:12.4; 3 Mi: Duffey (C) 14:00.0; 120HH: Mosley (C) 13.8; IH: Coffman (SC) 53.0; HJ: Owens (SC) 7-0, 3. Ritterath (C) 6-8; PV: Pullard (SC) 16-6, Hintz (C) 15-6, Drew (C) 15-6; TJ: Cochee (SC) 50-0 1/2, 3. Krebs (C) 49-6; SP: Bouvier (SC) 57-7 1/2, Mannon (C) 57-1 3/4; DT: Fruguglietti (SC) 171-10; 440R: Cal 40.4; MileR: USC 3:09.9, Cal 3:10.8. /WC Track Stats/

UCLA 99, Stanford 46: (April 20, Stanford) - 100: Wilson (U) 9.9; 220: Wilson 21.5; Mile: Crowley (S) 4:10.5; 3 Mi: Sandoval (S) 13:45.4; 120HH: Bagshaw (S) 14.6; IH: Guerrero (U) 51.9, Hogsett (S) 52.2, Bagshaw (S) 53.3; TJ: Taylor (U) 52-2, Hall (S) 49-11 1/2; JT: Kotinek (U) 233-4, Hopkins (S) 220-7, Larson (S) 220-5; MileR: UCLA 3:08.7, Stanford 3:13.5. /WCTS/

Del Oro Invit.: (April 20, Loomis) - HH: Uribe (R) 14.3; 220: Garland (BV) 22.2; 880: Boyd (O) 1:58.4; 2 Mi: Mebust (BV) 9:38.5; LH: Uribe 19.5; HJ: Peat (Pl) 6-4; SP: Taylor (N) 55-2; PV: Gagon (O) 14-0. /Mark Payne/

Amador Relays: (April 20, Sutter Crk) - SHR: SL Tahoe 59.1; HJ: Beaver (ED) 6-6. /Mark Payne/

Lassen Invit: (April 20, Susanville) - SP: Chew (Wooster,Reno) 57-10 1/4; Mile: DeJong (W) 4:30.7; DT: Chew 166-3; LJ: Peterson (Sparks) 22-9 1/2; 440: Moss (S) 50.6; LH: Well (W) 20.1; 880: Quade (W) 1:59.2; 220: Peterson (S) 23.1; PV: Hopkinson (L) 13-6; MileR: Wooster 3:28.9. /Mark Payne/

Downey Games: (April 20, Modesto) - 100: Hampton (SCrk) 9.6; 440: Cazenave (Norte) 48.4; 880: Nahirny (Wash) 1:55.7; Mile: Kimball (DLS) 4:11.9; 2 Mi: Kimball (DLS) 8:57.4; HH: Jones (Stagg) 14.2; LH: Jakle (LAltos) 18.9; SP: Vassar (Son) 59-0 1/2; DT: Bersano (LGatos) 180-0; PV: Madeiros (Cupertino) 13-6; TJ: Jackson (Oakld) 47-9 1/2; LJ: Cazenave (Norte) 22-8 1/2; HJ: Beedle (LS) 6-10; 440: Sac'to 42.9; MileR: Norte (no time, Cazenave 47.7 anchor); 880R: Sac'to 1:30.8; SMR: St. Francis (no time); DMR: Cordova 10:34.9; 2 MiR: Leigh 8:05.7; 4 MiR: Cordova 17:59.7. /Mark Payne/

Vanden Relays: (April 20, Travis AFB) - MileR: Fairfield 3:28.1; DMR: Vanden 10:34.0; 2 MiR: Vanden 8:15.4; DT: Burton (Vaca) 201-6 (ties own Natl. Rcd.); LJ: Dunn (Armijo) 22-1; SP: Burton 56-8 1/2; HJ: Bell (Van) 6-5, Goldberg (Dav) 6-3. /Payne/

Woody Wilson Relays: (April 20, Davis) - (WOMEN): JT: Pickel (Hywd) 161-8; MileR: Hayward St. 4:04.4; (JC): HJ: Ross (Ch) 6-6 1/2, Crenshaw (Butte) 6-6 1/2; SMR: Santa Rosa 3:35.6; DMR: Chabot 10:31.6; DT: DeSoto (SRJC) 148-10; 120HH: Ligons (Chab) 13.9w; 3000mSC: Street (COM) 9:48.5; 880R: Chabot 1:30.3; 2 Mi: Quintana (Chab) 9:28.8; 440R: Chabot 42.7; MileR: SRJC 3:24.5; (COLLEGE): JT: Powell (FSU) 219-3; HT: Giroux (FSU) 189-2; SMR: Sac'to 3:27.9; DMR: Northridge St. 10:15.1; SP: Giroux (FSU) 55-7 3/4; DT: Nave (CSH) 175-5.

Chico Invit.: (April 26, Chico) - 120HH: Uribe (R) 14.8, Perry (R) 14.9; 220: Archer (Reno) 22.6; 440: Martinez (Pet) 49.6; 880: Quade (Woost) 1:55.8, Erb (Para) 1:56.4, Boyd (Oak) 1:56.5; Mile: Sisler (Pet) 4:18.1, Garrett (EG) 4:23.3; 2 Mi: Kissin (SR) 9:22.3; IH: Uribe 40.1, Sigstead (Woost) 40.3; MileR: Petaluma 3:26.5, San Ramon 3:27.9; HJ: Beedle (LSierra) 6-8;



(LEFT) SAMMY BURNS OF CAL RUNNING 21.0 TO WIN THE 220 AGAINST USC & MIKE SHAVERS (21.1). (RIGHT) JAMES ROBINSON SET A NEW NATIONAL JC MARK FOR THE 880 AT 1:48.4. /Marconi/

PV: James (EG) 13-6, Gagon (O) 13-6; LJ: Peterson (Sparks) 23-0, Emerson (Reno) 22-8, Starmer (Ch) 22-0; SP: Chew (Wooster) 60-8 1/4; DT: Chew 178-6. /Mark Payne/

Vacaville Jamboree: (April 27, Vacaville) - 220: Hoey (F) 22.5; 440: Monseth (G) 50.2; 880: Pratt (Dav) 1:59.8; Mile: Payne (Dav) 4:22.2; 2 Mi: Wright (Van) 9:50.1; LH: Mann (Vaca) 19.5; HH: Mann 15.1; 440R: Fairfield 44.0; LJ: Stevenson (D) 22-6; SP: Burton (Vaca) 57-5 1/2; DT: Burton 190-6. /Mark Payne/

Cordova Invit.: (April 27, Rancho Cordova) - 100:(w) Ware (S) 9.8, Anderson (H) 9.8, Carley (B) 9.9; 220:(w) Ware 21.9, Connors (C) 22.0, Carley 22.2; 440: Connors 49.8; 880: DeGrace (N) 1:58.2, Emerson (EC) 1:59.0, Thompson (C) 1:59.5; Mile: Ringo (C) 4:23.9; 2 Mi: Mebust (BV) 9:40.6, Feenstra (J) 9:42.8, Sutherland (C) 9:44.6; 440R: Sac'to 43.9; MileR: Norte 3:31.0; HJ: Connors 6-4; PV: Guillion (ML) 14-0; LJ: Harbert (C) 21-10; SP: Chew (W) 59-6, Narramore (ML) 55-2 1/2; DT: Chew 162-6; HH: Carley 14.4, Platner (ML) 14.6, Collier (H) 14.6; LH:(w) Platner 19.3, Neal (W) 19.6, Orr (EC) 19.6. /Mark Payne/

Winters Youth Day Festival: (April 27, Winters) - SP: Pierce (Dixon) 57-0.

Pacific Grove Rotary Invit.: (April 27, Pacific Grove) - (Small School): DT: Bagoye (LO) 161-2; Mile: Bettencourt (G) 4:31.4; 2 Mi: Sandretti (SCR) 9:40.8; 880: Lindsay (SLV) 2:01.2; (Large School): DT: Jacobo (Al) 162-0; Mile: Suhr (Lei) 4:23.1; 2 Mi: Stock (Lei) 9:40.8; 880: Hamilton (Lei) 1:59.0; LJ: Johnson (Mon) 21-11 3/4; SP: Page (Sar) 57-7 1/2. /Lary Hayden/

San Jose St. 75, Washington 70: (April 27, Seattle) - SP: Vincent (W) 59-9, Gherardi (S) 56-10; LJ: Davis (S) 24-0 3/4, Wright (S) 23-4; Mi: Schilling (S) 4:08.1; 120HH: Tinnin (S) 14.0; PV: Ripley (S) 14-6; 440: Franco (W) 47.9, Sprink (S) 48.3; 100: Whitaker (S) 9.4, Breddell (S) 9.5; 220: Whitaker 21.1, Breddell 21.2; 880: Schilling 1:50.0; TJ: Hinkley (W) 49-8 3/4, Livers (S) 49-5; 440IH: Kaster (S) 51.8; DT: Chambul (W) 166-7; HJ: Mackay (S) 6-8; 2 Mi: Genet (S) 8:56.8, 3. Gruber (S) 9:14; MileR: Washington 3:17.5, SJS 3:27.8. /WCTS/

Hayward St. 84, Chico 70: (April 27, Hayward) - HT: Blankenship (H) 175-1; 440R: Hwd 42.2; Mile: Trice (C) 4:21.4; LJ: Urmann (C) 22-10; 440: Golden (H) 49.0; SP: Rogge (H) 51-1; 880: Butler (C) 1:56.1; 100: Clarke (H) 9.7; 220: Clarke 21.7; 3 Mi: Anderson (H) 14:45.6; MileR: Chico 3:23.3; PV: Jones (C) 15-0; DT: Nave (H) 171-1.

Mt. SAC Relays: (April 27-28, Walnut) - 120HH: Florant (C) 14.1, (Heat 3) Juarez (Nev) 14.6, 3. Clayton (Nev) 14.9; Coll-DMR: 2. Nevada 9:57.4; Coll-TJ: 2. Assef (Nev) 48-4 3/4; Coll-DT: Fruguglietti (USC) 171-4 5/8; Coll-2MR: Nevada 7:40.6, Fresno Pacific 7:40.6, Fresno St. 7:40.6; Coll-HJ: 3. Ritterath (Cal) 6-8; Open-DMR: 5. Stanford 9:55.0; Dec: Tyler (Nev) 7055 (11.4, 22-2 1/4, 37-8 3/4, 6-4, 52.5, 16.6, 135-6, 14-10, 177-10, 4:50.2); 10,000m: Tibaduiza (Nev/WVTC) (field ran one lap short; approx. time was 29:00...time at 5-3/4 Miles was 26:50); Tuttle (BHS), 5. Stewart (Army/WVTC); W-JT: 5. Bowers (SJC) 145-3; Open-100: 4. Wilson (UCLA) 9.6; TJ: Terry (Davis) 50-6, Trujillo (FP) 48-11 1/4, 4. Hall (Stan) 48-5 1/2; Open-MileR: Stanford 3:14.0; Open-880: 2. Haniger (WVTC) 1:53.7; Open-120HH: Mosley (Cal) 14.1, Alexander (Cal) 14.4; W-440: Weston (WS) 54.1; PV: 3. Aldrich (FSU) 16-6; W-5000mWalk: 3. Dimmick (SJC) 27:56.6; Inv-TJ: 3. Flogstad (Nev/Norway) 52-7 1/2; SP: 2. Albritton (Un) 66-10 1/2, 3. Shmock (Un) 65-0 1/2; Mile: 5. Greer (BHS) 4:16.0;

440R: 2. Cal 40.9; 2MR: 2. Cal 7:37.0; W-Mile: Larriou (PCC) 4:40.8 (4:20.9); 3000mSC: Brown (Tenn) 8:39.8, Menet (Nev/WVTC) 9:01.0, Lucas (WVTC) 9:04.2, 7. Birnbaum (WVTC) 9:16.0; Inv-120HH: 5. Whitfield (BAS) 14.6; Inv-PV: 2. Dias (BHS) 17-0; Inv-DT: Powell (PCC) 207-1, 4. Penrose (BAS) 189-6; Masters-100(II): Jordan (CDMTC) 10.7, Guidet (BHS) 11.1; Inv-880: Dyce (FTC) 1:49.8, 4. Lee (WVTC) 1:51.6, 5. Wolfe (Stan/WVTC) 1:59.8; Inv-440: 5. Ward (WVTC) 48.5; Inv-IH: 4. Whitney (BHS) 52.0; Inv-SMR: 3. Cal 3:26.0; W-880: 3. Weston 2:08.3; W-DT: Langford (MDYF) 161-5; Masters-SP(III): 2. York (NCSTC) 41-3 3/4; Girls-440: Weston 55.4; W-SP: Seidler (MDYF) 55-4 3/4, Svendsen (LJTC) 48-6, 5. Langford 44-7 1/4; W-2 Mi: 6. Dimmick 12:13.8; W-JT:(Open) 2. Bowers 136-1. /Hilmer Lodge/

Orinda Invit.: (April 27-28, Orinda) - (WOMEN): 100m: Byfield (BTC) 11.7, Nickson (BTC) 12.0, Lewis (ML) 12.0; 400m: Lewis 57.0, Bonacich (SJC) 57.7, Revere (SC) 57.7, Moulton (OTC) 58.3, Caldwell (WS) 58.7, DeLaRue (SJC) 58.8; 800m: Haughey (SJC) 2:14.3, Graham (SJC) 2:15.9; 1500m: Poor (SJC) 4:35.8, Haberman (SJC) 4:39.2, Val Eberly (SJC) 4:40.2, Powell (SJC) 4:40.8; 100mHH: Kinimaka (SJC) 15.8; 400mH: Snyder (WS) 66.4; MileW: Wimer (WS) 8:53.8; 440R: BTC 47.9, MLTC 48.8; 880MR: BTC 1:48.7; MileR: SJC 3:58.3; HJ: C. McQuillan (WS) 5-5; LJ: Elmore (ML) 18-1; SP: Wright (F) 44-8; DT: Wright 149-6, Lane (Un) 135-10; JT: Sulinski (ML) 152-2; (74-15): 440: Smallwood (I) 59.2; MileW: C. Sakelarios (RCF) 8:29.8; HJ: Blackburn (Un) 5-4; SP: Garcia (SC) 41-3 (PA Rcd); DT: Mitchell (HF) 111-2 (PA Rcd); (12-13): 440: Peterson (SC) 59.3; 880: Taylor (SL) 2:23.2; MileW: G. Sakelarios (RCF) 8:36.0; 440R: SVTC 52.4, SC'ers 53.3, SJC 53.8, Cupertino 53.9, Arrow TC 54.3, EBTC 54.5; 880MR: SC'ers 1:55.2, SVTC 1:55.7; SP: Springer (SV) 40-4; DT: Springer 108-4 (PA Rcd); (10-11): 100: Allums (B) 12.1, Hurley (ML) 12.1; 220: Allums 28.4, Hurley 28.4; 440: Allums 63.7; MileW: Vaughn (RCF) 9:12.8, Durham (RCF) 9:18.2; 880MR: OTC 2:02.8; LJ: Burgess (OTC) 14-7 3/4; SP: Tchakalian (ML) 30-1, Hurley 29-11; BBT: Filcowsky (C) 170-3, Sandoval 155-9 1/2, DeLear (ATC) 151-5 3/4. /Jim Hume/

Hale Roach Relays: (April 27, El Cerrito) - 100: (tie) Farmer (Wils) & Hampton (SCR) 9.5w, Glass (Cast) 9.8w; 440R: Sil-Crk 43.2, DeAnza 43.2, Berkeley 43.2, El Cerrito 43.4; 880R: Wilson 1:28.6, Sil-Crk 1:30.6; SMR: Kennedy (Rich) 3:33.0, El Cerrito 3:34.5; 120HH: Gaines (Kenn) 14.0, Cooper (Ells) 14.3, Crittendon (Kenn) 14.6, Hatch (Wils) 14.6; 2000mSC: Read (MSJ) 6:25.2, Stabich (SRaf) 6:44.6; MileR: El Cerrito 3:22.0, Oakland 3:23.2, Kennedy 3:23.4, S.Rosa 3:26.8, Pinole 3:26.8; 2MR: Carlmont 8:14.4; PV: Pfaffernberger (Ant) 13-9, Markou (Pac) 13-6; HJ: Wilson (MV) 6-5, Hatch (Wils) 6-5, Haber (Al) 6-5; SP: Zeck (Ant) 59-9 1/4, Elder (Redw) 58-4 1/2; DT: Elder 173-0, Ackerman (Sunset) 156-7; LJ: Gomes (Mont,SR) 22-5 3/4, Halcomb (OakTch) 22-3 1/2, Banayet (Wils) 22-2 1/4; TJ: ??

NorCal Relays: (April 27, San Pablo) - LJ: Jeffery (Delta) 23-1 1/4; DMR: Fresno 10:11.8; 440R: Delta 42.3; SMR: Contra Costa 3:28.1; 2MR: Santa Rosa 7:53.0; HJ: Mannix (CCSF) 6-6; 880R: Delta 1:28.6; SHR: CCC 57.2; TJ: Triplet (WVC) 49-6 1/2; 4MR: Fresno 17:38.4; MileR: SJCC 3:18.1; -- (SMALL COLLEGE): DMR: MPC 10:20.0; SP: Gorbet (Las) 52-0 1/2; 440R: Laney 41.3; LJ: Mathews (MPC) 23-3 1/2; SMR: Laney 3:30.0; HJ: Geske (Sol) 6-6; 880R: Laney 1:28.4; DT: Pushkin (Fthl) 170-5; TJ: Goodlow (L) 47-1; 4MR: Cabrillo 17:47.2; MileR: Laney 3:19.8. -- Laney's James Robinson figured in 38 of his team's winning 56 total. He led off Laney's second place distance medley with a 1:52.0, then anchored with a 1:54.5 in the sprint medley, and added 21.1 and 48.0 legs in the 880 and mile relays!

San Juan Invit.: (May 3, Sac'to) - 220: Connors (Cor) 22.2, Garland (BV) 22.4, Anderson (H) 22.5; 440: Connors 49.2; 880: DeGrace (NDR) 1:56.0, Drumheller (H) 1:56.7; Mile: Diekmeyer (Stagg) 4:13.1, Ringo (Cor) 4:13.6, Deis (SJ) 4:17.0; 2 Mi: Mebust (BV) 9:21.9, Feenstra (J) 9:23.6, Hanson (DC) 9:28.6; 440R: Highlands 43.3, Bella Vista 43.4, Burbank 43.5; HJ: Beedle (LS) 6-4; PV: James (EG) 13-6, Guillion (ML) 13-6; LJ: Harbert (Cor) 22-0, Peat (Pl) 21-11; SP: Narramore (ML) 55-6, Burton (Vaca) 55-5; DT: Burton 184-5, Narramore 160-3; HH: Uribe (Roseville) 14.6, Carley (Bur) 14.6; LH: Carley 19.9, Uribe 20.0. /Mark Payne/

JC Valley Conf. Meet: (May 4, Modesto) - 440: Larry (CRC) 48.9; 880: Bryan (AR) 1:52.5, Spolarich (SCC) 1:54.0, Watson (AR) 1:54.8; Mile: Gates (AR) 4:16.6; 3 Mi: Green (AR) 14:35.7; IH: Schottgen (AR) 55.7; MileR: ARC 3:18.3, CRC 3:18.8, SCC 3:19.2; PV: Bell (AR) 14-0; 440R: SCC 43.3, ARC 43.5; HH: Relles (SCC) 14.9; 100: Redmond (CRC) 10.1. /Mark Payne/



MAREN SEIDLER SET AN AMERICAN WOMEN'S SHOT RECORD OF 54'10-1/4" AT THE SAN JOSE INVITATIONAL. /Jim Hume/ RON LIVERS HAS TJ BEST OF 52'2-1/2" AND HAS ALSO HIGH JUMPED 6'10-1/4" /John Marconi/



(LEFT) THE 880 FIELD AT THE SAN JOSE INVITATIONAL, WON BY KATHY WESTON (WILL'S SPIKETTES). -- (RIGHT) DEBBIE BYFIELD WAS A DOUBLE WINNER IN THE 100 AND 200 METERS IN THE SAME MEET. /Marconi/

JC Golden Valley Conf. Meet: (May 4, Marysville) - 220: Overton (Y) 22.0; 440: Clements (B) 50.0; Mile: Caputo (L) 4:22.5, 3 Mi: Caputo 14:55.6; IH: Taylor (Y) 55.7; 440R: Sierra 43.0; MR: Sierra 3:27.1; PV: Middletown (L) 14-0; TJ: Murphy (S) 46-1 1/2; SP: Gorbet (L) 52-6 1/2; DT: Hall (B) 152-4; HJ: Friday (Sisk) 6-4. /Mark Payne/

NorCal Women's Intercollegiate's: (May 4, Davis) - Chico 89, Davis 60, Hywd 51, Cal 29. - 400mH: Clark (D) 64.4; 880: Severance (H) 2:16.6; 440R: Chico 50.1; Mile: Claugus (D) 5:05.2; 440: Yost (H) 59.3; 100mHH: Clark (D) 16.1; 220: Winlock (H) 25.8; 2 Mi: Claugus 11:20.6; MileR: Davis 4:00.6; JT: Pickel (H) 164-0 1/2; DT: Lucas (D) 120-4. /Mark Payne/

Halden Relays: (May 4, Davis) - 2MR: Davis 8:10.8 (Payne 1:57.9), Vanden 8:11.4; HJ: Beedle (LS) 6-10 3/4; DT: Burton (Vaca) 183-4. /Mark Payne/

Grant Relays: (May 4, Sac'to) - 880R: Sac'to 1:29.0; MileR: Norte 3:21.5; LJ: Cazenave (N) 22-2. /Mark Payne/

Cal 100, Stanford 44: (May 4, Berkeley) - 100: Strickland (C) 9.8; 220: Strickland 21.6; 440: Burns (C) 48.2; 880: Brown (C) 1:50.2; Mile: Crowley (S) 4:13.8; 2 Mi: Duffey (C) 8:58.8, McConnell (S) 9:03.4, Sandoval (S) 9:06.6; JT: Hopkins (S) 223-11; 440R: Cal 40.8; 3000mSC: Maxwell (C) 9:31.6; LJ: E. Smith (C) 23-5 1/4, Thorpe (C) 23-3 1/2, Kring (S) 22-11; HH: Mosley (C) 14.0, Alexander (C) 14.1, Florant (C) 14.2; PV: Drew (C) 15-0; DT: Royer (S) 169-0, Adams (C) 166-3, Overton (C) 164-1; 440IH: Hogsett (S) 52.7, Bagshaw (S) 54.2; HJ: Ritterath (C) 6-10, Thompson (C) 6-8; TJ: Krebs (C) 48-10 1/4, Hall (S) 48-10; MileR: Cal 3:13.9, Stanford 3:14.7.

Camino Norte Conf. Meet: (May 4, Kentfield) - 440R: CCC 42.1, Alameda 42.2; Mile: Schaecher (WV) 4:15.9, Hart (F) 4:18.2; HH: Foster (F) 14.2w, Carrington (SR) 14.4w; 440: Harrell (A) 49.9; 100: Watson (CCC) 9.6w, Chatman (CCC) 9.6w, Eastman (CCC) 9.6w; 880: Ramsey (SR) 1:54.6, McDaniel (SR) 1:55.5; IH: Foster (F) 54.2; 220(w): Watson 21.7, Frice (A) 21.8, Cavaco (WV) 21.8; 3 Mi: Hart (F) 14:39.4, Sweeney (M) 14:42.2, Tello (WV) 14:45.6; MileR: WVC 3:22.3, SRJC 3:22.4, CCC 3:24.3; JT: Ryan (F) 188-5; LJ: (w) Shaw (F) 23-8 1/2, Triplett (WV) 22-9, Perry (A) 22-6; HJ: Geske (Sol) 6-8, Porter (F) 6-6; DT: Pushkin (F) 170-9, Groover (WV) 165-2, Patterson (F) 163-5; PV: Martin (WV) 15-6, Linn (WV) 14-6, Turner (WV) 14-6, McDowell (F) 14-6; TJ: (w) LeGrande (WV) 47-8, Porter (F) 46-11, Triplett (F) 46-10 3/4; SP: Gummerson (SR) 49-5, Smith (SR) 48-2. -- Teams: West Valley 136, Foothill 101, Santa Rosa 76, CCC 73, DeAnza 51-1/2, COM 37-1/2.

San Jose Invit.: (May 4, San Jose) - 100: Edwards (CP) 9.6, Bred-dell (SJ) 9.7; 220: Edwards 20.6, Bred-dell 20.7, Rodgers (BAS) 21.2, Driver (BHS) 21.3; 440: Kemp (BHS) 47.5, Ward (WVTC) 47.8, Byrd (CP) 48.0, Gold (Un) 48.0; 880: Lowry (BHS) 1:52.3, Gian-noulas (SJ) 1:52.4, Lee (WVTC) 1:52.8; Mile: Schilling (SJ) 4:06.3, Tibaduiza (WVTC) 4:14.8, Horton (CP) 4:15.0; 3 Mi: Ti-baduiza 13:38.8, Menet (WVTC) 13:38.8, Anderson (OTC) 13:45.8, Birnbaum (WVTC) 14:10.0; 6 Mi: Dagg (Nev) 29:34, Loeschhorn (WVTC) 30:08.2; 3000mSC: Dare (WVTC) 8:54.0, Hurst (SJ) 9:14.6, Lucas (WVTC) 9:23.2 (hit hurdle and fell on 2nd lap); HH: White (BHS) 13.8, Rich (CI) 13.8, Tinnin (SJ) 14.1; IH: Bolding (PCC) 49.6, Mann (BHS) 50.9, Whitney (BHS) 51.8; 440R: SJS 40.3, CPSLO 40.8; MileR: BHS 3:12.5, CPSLO 3:14.1, BAS 3:20.8, WVTC 3:21.8; PV: Carrigan (PCC) 17-7, Isaksson (BHS) 17-7, Slover (BHS) 17-7;

5000mWalk: Dooley (Un) 14:43.6, Glusker (WVTC) 14:52.2, Adriano (WVTC) 15:08; HT: McCollum (BAS) 188-6; SP: Feuerbach (PCC) 69-8 3/4, Shmök (BHS) 64-11, Marks (PCC) 61-7 3/4; JT: Kennedy (Cal) 250-4, Schmidt (PCC) 244-9, Stevick (WVTC) 217-6, Jenner (Un) 206-1; DT: Powell (PCC) 203-9, 4. Penrose (BAS) 179-11 1/2; TJ: Gill (BHS) 53-5 3/4, Tiff (BHS) 52-4 1/2, Reader (Un) 52-2 3/4, Flogstad (Nev) 51-6; HJ: Brown (PCC) 7-2 1/4, Mackay (SJS) 7-0 1/4, Stones (PCC) 7-0 1/4; (WOMEN): 100mH: Sherrard (Ch) 14.9, Kinimaka (SJC) 15.8; AG-440: Peter-son (SC) 57.6, Belk (Un) 58.6, Jones (SJC) 59.0 (PA Rcd); JT: Cannon (Un) 184-4 (PA Rcd), Sulinsky (ML) 154-7, Bowers (SJC) 141-8; 400m: Weston (WS) 54.0, Lewis (ML) 55.5, Bonacich (SJC) 56.0; 100m: Byfield (B) 11.9, Nickson (B) 12.4, Lewis (ML) 12.5; SP: Seidler (MDYF) 54-10 1/2 (Amer.Rcd), Svensen (LJTC) 46-10, Langford (MDYF) 46-0 1/4; 800m: Weston 2:10.3, Haughy (SJC) 2:11.5, Graham (SJC) 2:13.2, Anderson (SJC) 2:13.5, Vicki Eberly (SJC) 2:14.1; 200m: Byfield 25.4, Johnson (B) 26.0, Lewis 26.0; 400mR: BTC 46.6, MLTC 48.0, SJC 49.2, RJ 49.3; 1500m: Larriou (PCC) 4:14.0, Poor (SJC) 4:21.9, Anderson 4:24.6, Adams (WS) 4:34.3, Haberman (SJC) 4:36.3, Val Eberly (SJC) 4:38.3, Carron (ML) 4:39.2; 440-AG Rly: SVTC 51.8, SC'ers 52.0, ARTC 52.5, EBTC 52.7; (BOYS-AG): 440R: Boeger JHS 50.8; (HIGH SCHOOL): Mile: Kimball (DLS) 4:02.6 (State Rcd), Johnson (Sky) 4:13.2, Fredrickson (Hom) 4:17.9; 440R: Sil-Crk 42.3, Kennedy 42.3, Castlemont 42.9, Los Altos 42.9; 100: Hampton (SCRk) 9.8, Glass (Cstlmt) 9.9; 2 Mi: Geiken (Cubb) 9:31.4, Danielson (Cup) 9:32.6; 220: Hampton (SCRk) 21.3, Douglas (YB) 22.7; (MASTERS): 440: Lingel (BAS) 53.6, Jordan (BAS) 55.3, Melgosa (NCS) 55.5; 100: Lingel 10.7, Hiatt (Un) 10.9, M. Andrews (BAS) 11.1 /Gerald Harrington/

Long Beach Invit.: (May 5, Long Beach) - 3 Mi: Macias (ELATC) 13:51.0, Nuccio (Army/WVTC) 13:53.4. /West Coast Track Stats/

West Coast Relays: (May 10-11, Fresno) - (HIGH SCHOOL): 2 Mi: Hart (Mod) 9:17.2; HJ: Wilson (Monte Vista) 7-1 3/4 (Nat'l. Rcd) (Old Rcd. 7-1 1/2 by Stones), 3. Scarborough (Balb) 6-6, 4. Hatch (Wils) 6-6; 100: Andrews (WBak) 9.5w, Hampton (SCRk) 9.5w, 5. Lewis (Wils) 9.8; PV: Pfaffenburger (Ant) 14-0; SP: Zech (Ant) 59-3; 440R: Kennedy (Rich) 42.6, Sil-Crk 42.7, 4. Wilson 42.9; LJ: Williams (Hoover,Fr) 24-2 1/2, Bryson (Oakld) 22-4; MileR: Kennedy (Rich) 3:19.7; TJ: Williams 48-10, 3. Jackson (Oakld) 47-7 1/2; 2MR: NBak 7:59.0, 4. Skyline (Okld) 8:08; HH: Cooper (Ells) 13.7, Gaines (Kennedy) 13.8, Greybehl (LLomas) 13.8, 5. Kirtman (Wilson) 14.2; SMR: Pacific 3:38.6, Las Lomas 3:39.2, OakTech 3:40.8; DT: McNaughton (Hoover) 174-6; (COLLEGE): TJ: Terry (UCD) 52-5 3/4w, 3. Fernandez (SFS) 50-5 3/4; 100: (w) Ed-wards (CPSLO) 9.3, 3. Clark (Hywd) 9.5, 4. Pettus (SFS) 9.5; DT: Nave (Hywd) 169-7; PV: Hamer (CPSLO) 17-0; 3 Mi: Menet (Nev) 14:08.8; LJ: Uraman (Chico) 24-11w, Flogstad (Nev) 24-3 3/4; HH: Ellis (SacSt) 14.1, 3. Juarez (Nev) 14.2; JT: Parker (SFS) 246-8, Koch (Nev) 241-4; HT: Giroux (FSU) 200-9, Franson (Chico) 175-5, Blankenship (Hywd) 168-11; (JC): Small -DMR: MPC 10:15.8, 4. Cabrillo 10:28.6, Skyline 10:30.0; Small -440R: CRC 41.9, Alameda 43.0; 440R: (tie) LASW & CCC 41.7, Laney 41.8; DT: Pushkin (Fthl) 163-4, Frankiewich (Merc) 160-6; JT: Spoolstra (Cerr) 221-1; 2 Mi: Marshall (EC) 9:03.8, 3. Quintana (Chab) 9:06.0; IH: Steele (Glen) 52.7, 3(tie). Wyatt (Skyl) & Van Iderstein (Full) 53.4; PV: Johnson (Glen) 16-2 1/4, 3. Martin (WVC) 15-6; TJ: Torrence (Seq) 50-1, Triplett (WVC) 49-2 1/4, 5. Wells (CCSF) 47-7 1/4; HJ: Madau (Full) 6-10, Geske (Sol) 6-10; HH: Ligons (Chab) 14.3, 3. Rapides (DVC) 14.4, Fos-ter (Fthl) 14.4, Allmond (Skyl) 14.5 (Ligons ran legal 13.9 in heats); SP: 3. Sizemore (SJCC) 53-5; 100: Watson (CCC) 9.5, 4. Livers (SJCC) 9.7; MileR: 5. Laney 3:15.0; (MASTERS): 100(I): Lingel (BAS) 10.5, Presber (Un) 10.9, Washington 10.9; 100(II): Jordan (Stan) 10.9, Guidet (BHS) 11.0; (UNIV-OPEN): IH: Williams (SDTC) 50.4, 12. Leek (SJS) 53.7, 14. Fields (SJS) 55.6, 17. Ma-son (Stan) 57.4; DT: Powell (PCC) 205-1, 4. McCollum (BAS) 178-3, Overton (Cal) 161-5, 9. Royer (Stan) 157-9, 11. Adams (Cal) 156-2; 5000m: Covert (SFVTC) 14:44.6, Stordahl (Chico) 14:47.0, Nuccio (Army/WVTC) 14:50.0; JT: Hopkins (Stan) 230-5, 3. Jenner (Un) 211-9, Garrity (SJS) 211-6; 100: Williams (SDS) 9.3w, 4. Shavers (USC) 9.5w, 5. Payton (BAS) 9.5w, 6. Strickland (Cal) 9.6w; SP: Woods (PCC) 69-5, Marks (Un) 59-8, 5. Mannon (Cal) 55-4, 6. Gherardi (SJS) 53-10; HH: Rich (CI) 13.3, 4. Car-ty (BAS) 13.3; 2MR: Stanford 7:53.8, WVTC 8:00.4; 440: Brown (UCLA) 46.4, 4. Harris (BAS) 50.6; 880R: SDS 1:23.5, SJS 1:24.0; Mile: Slack (Un) 4:07.5, King (Chico) 4:17.4; TJ: Gill (CI) 54-0 3/4...Livers (SJS) 51-3; HJ: Brown (Un) 7-2 1/4, 6. Mackay (SJS) 6-10, 7. Miller (Un) 6-10, Thompson (Cal) 6-8, Ritterath (Cal) 6-8; 2 Mi: Tibaduiza (Nev/WVTC) 8:45.2, Tuttle (BHS) 8:52.0, Jameson (Oxy) 8:55.2; 3000mSC: Menet (Nev/WVTC) 9:12.4, Elijah (Hum) 9:15.6, Haver (AIA) 9:22.4; 440R: BHS 39.9,

Cal 40.0, 5. SJS 40.3; LJ: Lanier (Army) 26-6 3/4, 5. E. Smith (Cal) 24-6 1/2, 9. Silva (BAS) 24-3 1/4; DMR: Army 9:54.0, AIA 9:55.4, WVTC 10:01.6; PV: Dias (BHS) 17-6 1/2, Carrigan (PCC) 17-6 1/2; Miler: DC Strid. 3:10.3(?), 4. Stanford 3:13.4.

LONG DISTANCE RESULTS

16th Long Beach Ocean Run: (Jan. 20, Long Beach) - 6 Miles - Schmickrath 31:42, McConnell 32:16, Kurrle (BHS) 32:31, Greer (BHS) 33:17, Chambliss (SBAA) 33:40; (1st 40+) 29. Ray Gil (STC) 37:37; (1st Woman) 59. Debbie Heald 40:23. /John Brennan/

Dave Cortez Fourth in Admissions Day Marathon: (Feb. 9, Tucson) Ken Young (UCTC) 2:34:25, 4. Cortez (RCS) 2:40:40, 12. Llewellyn (RCS) 2:56:27, 14. Owen (RCS) 2:59:17 (World Rcd. for 10-year-olds), 35. Wilson (RCS) 3:17:12. /Long Distance Log/

Trails End Marathon: (Feb. 23, Seaside, Ore.) - 1-Howard (Can) 2:16:28.4, 2-Wayne (OTC) 2:17:45, 3-Pate (OTC) 2:19:30, 4-Moore (OTC) 2:20:00, 5-Miller (SOC) 2:22:06, 6-Skaja (Ore) 2:22:28, 7-Renfro (Wash) 2:23:52, 8-Oja (Ore) 2:24:18, 9-Pearson (Wash) 2:25:57, 10-Ankeny (Ore) 2:27:27, 11-Shaw (Wash) 2:27:43, 12-Hebron (Wash) 2:27:54, 13-New (Wash) 2:27:54, 14-Beyerlein (Wa) 2:29:26, 15-Taunton (Canada) 2:30:28;...18-Barker (Idaho) 2:31:04, 20-A. Beardall (Ore) 2:32:11, 54-Crandell (SRRC) 2:47:42, 64-Byers (Cal) 2:52:00, 66-Stein(BARE) 2:53:24, 68-Sullivan (SF) 2:53:21, 88-Kirby (SRRC) 2:58:53, 90-Cleary (Cal) 3:00:38, 105-Trytex (Cal) 3:05:40, 116-Bright (SnohTC) 3:09:44, 126-Dickerson (SRRC) 3:11:15, 194-Fox (NCSTC) 3:36:48... (350 finishers). /Seaside Chamber of Commerce/

LAPD/Elysian Park Run: (Feb. 24, L.A.) - Hughes (BHS) 28:36, Kurrle (BHS) 28:52, Greer (BHS) 29:28, Miller (Un) 30:38, Shaffer (CCAC) 30:48, (1st 40+) 10-Nicholson (STC) 32:12. /Brennan/

Natl. AAU 30 Kilo: (March 3, Culver City) - Top 10 listed in Jan/Feb issue. - (1st 40+) 25-Mundle (SMTC) 1:45:39, 33-R. Smith (WVJS) 1:47:19 (3rd 40+), 75-Mattei (NCS) 2:00:54, 77-Rodd (NCS) 2:01:39, 81-Reese (NCS) 2:02:44, 85-Allen (NCS) 2:03:22, 98-Miki Gorman (BHS) 2:06:27 (1st woman). /John Brennan/

SRRC Rohner Park 4.58 Miler: (March 10, nr. Arcata) - Labrie 25:27, Byers 25:37, Cottrell 26:01, Hulbert 28:03, Smith 28:12, Crandell (40+) 29:25, Kirby 29:25. /SRRC Newsletter/

San Fernando Handicap: (March 10) - (6.1 Miles) O'Brien 30:48, Akiyama 31:01, Sutherland 31:09, Arce 32:15, Miller 32:21, Adams 32:48, Earley 32:54. /John Brennan/

Junior International XC Championships: (March 16, Monza, Italy) - 7 Kilo - Rich Kimball of DeLaSalle High in Concord and the Alameda TC led his American team to the title with a fantastic score of 22 points (4 score), with second place Morocco a distant 36 points back. Thirteen nations fielded full teams. It marked the first time that an American had won the individual title at this race (junior or senior). Mike Pinocci of West Valley TC and Odessa College (Texas) was the team's fifth man, placing a strong 15th...a total of 75 runners finished. The top 5 and all American finishers: 1-Kimball (US) 21:30.8, 2-Veranzio (Italy) 21:33.0, 3-Treacy (Ire) 21:42.4, 4-Millonig (Aus) 21:48.0, 5-Centrowitz (US) 21:48.0, 6. Roscoe (US) 21:52.2,... 10. Davey (US) 21:58.2, 15. Pinocci (US) 22:02.6, 18. Griffin (US) 22:09.8. /Runner's World Magazine/

Cal-State Northridge XC: (March 16, Northridge) - 5 Miles - Adams 27:53, Shirley 28:03, Curtis 28:43, Smith 28:51, Farhi 29:10,...7-Nicholson (STC) 29:28 (1st 40+), 9-McCray (GWTC) 30:09. /John Brennan/

SPA-AAU 25 Kilo: (March 23, Lunada Bay) - Hitt 1:26:17, Casso 1:26:32, Perez (GWAA) 1:26:59, Clark (BHS) 1:27:29, Shaffer (CCAC) 1:28:07, Atkins (STC) 1:28:45, Burgasser (STC) 1:28:58, ...17-Lumian (STC) 1:37:14 (1st 40+), 55-McCray (GWTC) 1:53:07, 79-Kralick 2:05:45 (1st Woman). /John Brennan/

Marathon of the Lakes: (March 24, San Martin) - 1-Peck 2:52:14, 2-G. Chilton 2:53:30, 3-Sawyer 2:53:50, 4-Dally (40+) 2:55:00, 5-Stillier (WVTC) 2:55:41, 6-Wood (NCS/40+) 3:01:51, 7-Smith 3:04:45, 8-Seablum 3:06:05, 9-Golder 3:16:06, 10-Underwood 3:17:26, 11-McIntire 3:19:49, 12-Stein (RCS) 3:19:49, 13-Day (GWTC) 3:24:30, 14-Shorb 3:28:14, 15-Friel 3:34:55. /Flodberg/

Morro Bay Oyster Festival Run: (March 30, Morro Bay) - 5 Miles Harney 25:21, Burns (SBAA) 25:33, Fleming 26:24, Hire 28:06, L. Bridges 28:52, Rosenfield (SLDC) 28:53, C. Bridges (LATC)

29:05 (1st Woman), Gil (STC) 29:28 (1st 40+). /Stan Rosenfield/

J.F.K. 50-Miler: (March 30, Hagerstown, Md.) - Only 225 of the 1,355 starters managed to keep from freezing (pouring rain, low 30's) and finished the 50 mile hike/run. Max White of the Boston AA didn't take the lead for good until 42 miles when he shook West Valley TC's George Stewart on the muddy C&O Canal towpath. His 6:06:19 clocking was simply amazing considering the conditions. Stewart faded badly and finished the race in delirium, dropping to third, as he was edged by Park Barner, 6:27:19 to 6:28:58. DSE President, Walt Stack, now approaching 66, set two records in the run and finished an astonishing 9:46:16 (not sure of the place...think it was 38th?), a new over-60 mark (old record was 11:50 by Bernice Hicks...a woman). He is also the oldest to ever finish the run. Those were the only two records of the day because of the conditions (did ya run without a shirt as usual, Walt??). Jim Weil of Mill Valley (now living in Sweden) came all the way from Europe to compete here and in Boston. He finished, but we don't know his time or place...let us know, Jim! /Walt Stack/

CCAC Malibu X-C Run: (March 31, Malibu) - 6.2 Miles - P. Ryan (GWAA) 34:02, Macias (ELATC) 34:26, Fister 34:50, Miller 35:11, Arquilla 35:17,...15-Greer (BHS) 36:26, 33-Van Manen (SBAA) 38:22 (1st 40+), 98-Bottlik (SBDR) 45:34 (1st Woman). /Brennan/

CCAC Hawaiian Gardens X-C Run: (April 13, L.A.) - 10 Miles - Kurrle (BHS) 51:11, Chaidez 51:23, Perez (GWAA) 52:52, Isumu 53:06, Shaffer (CCAC) 53:22, 17-Ceja (STC) 61:59 (1st 40+, 51), 50-Bottlik (SBDR) 72:11 (1st Woman). /John Brennan/

Boston Marathon: (April 15, Boston) - See elsewhere in this issue for stories on the NorCal exodus to this year's Boston. - Almost ideal conditions and a nice tailwind pushed record numbers to record times in the 78th running of this race, with Ireland's Neil Cusack (E.Tenn.St.) taking a fairly narrow victory over Tom Fleming (NYAC), second two year's in a row. A total of 15 broke 2:20, with 57 under 2:30 and, would you believe, 619 under 3 hours? Below, the top 15, followed by all California finishers that I could detect (let me know if I've missed anyone)...1-Cusack (ETS) 2:13:39, 2-Fleming (NYAC) 2:14:25, 3-Drayton (Can) 2:15:40, 4-Rosa (Wisc/Ceylon) 2:15:53, 5-Paajanen (Fin) 2:16:15, 6-Hoag (TCTC) 2:16:44, 7-Moore (Can) 2:16:45, 8-Wayne (OreTC) 2:16:58, 9-Allen (Engl) 2:17:02, 10-Hatfield (WVaTC) 2:17:36, 11-Vitale (NHTC) 2:18:54, 12-Moynihan (NMC) 2:19:13, 13-Harter (SMTC) 2:19:15, 14-Rodgers (GrBTC) 2:19:34, 15-Kubelt (WG) 2:19:50,...19-Hughes (BHS) 2:21:45, 36-Scalmanini (Pamakids) 2:26:10, 37-Bowles (WVTC) 2:26:17, 48-Pate (OreTC) 2:27:50, 85-Parsons (CSU) 2:32:46, 112-Smith (WVJS) 2:35:54, 121-Jordan (GWTC) 2:37:04, 149-Pagliano (GWAA) 2:38:12, 159-Butterfield (BAA) 2:39:42, 188-Howard (GWTC) 2:42:04, 210-DeMoss (WVTC) 2:43:23, 219-Mansueto 2:44:04, 222-Dally (NPGS) 2:44:17, 248-Stagliano (DSE) 2:46:04, 280-McDevitt (WVTC) 2:47:25, 287-Day (GWTC) 2:47:47, 332-Theriahult (Ore) 2:50:13, 349-Peck (HSTC) 2:51:09, 362-Blaydow (LA) 2:51:41, 417-Atkins (STC) 2:53:51, 424-Kvam (LVRC) 2:54:14, 441-Eroen (STC) 2:54:39, 462-Sheeran 2:55:11, 476-Downey (SMTC) 2:55:23, 483-Armstrong 2:55:43, 488-Hoyt (NCS) 2:55:48, 518-Stein (BARE) 2:56:55, 538-Benarroch (SF) 2:57:41, 541-Wood (NCS) 2:57:45, 545-McCray (GWTC) 2:57:53, 580-Freedman (LVTC) 2:58:58, 587-Bloom 2:59:12, 617-Bright (SnhTC) 2:59:59 (60+), 640-Shapero 3:00:53, 652-Strote (LA) 3:01:38, 684-Porter (NCS) 3:02:44, 726-Jones (USF) 3:05:00, 729-Dosti (BHS) 3:05:06, 750-Franklin 3:05:56, 760-Cordellos (Blind) & Leydig (WVTC/unofficial) 3:06:18, 762-Clearwaters (GWAA) 3:06:21, 797-Eckstein (ORRC) 3:07:48, 804-McKeon (also see 1161) 3:07:57, 808-Kirchmier (NCS) 3:08:07, 813-Underwood 3:08:18, 819-Beck (ORRC) 3:08:40, 834-Kerr (SF) 3:08:58, 866-Daniell 3:10:06, 869-Tuinzing 3:10:12, 874-Jones (SMTC) 3:10:20, 933-Gault (NCS) 3:12:53, 938-Colin (SF) 3:13:02, 961-Gere (SRC) 3:13:31, 983-Ullrich 3:14:46, 1071-Golder 3:18:02, 1086-Rahiser (SDTC) 3:18:22, 1089-Harper (STC) 3:18:28, 1091-DeWitt 3:18:35, 1114-Campbell (ORR) 3:19:26, 1161-McKeon (also see 804) 3:20:35, 1277-Fox (NCS) 3:24:58, 1279-Koski (Ore) 3:25:04, 1330-Keller 3:27:06, 1346-McIntosh 3:27:44. (WOMEN) - 1-Gorman (LAAC) 2:47:11, 2-Koferschlag (WG) 2:53:00, 3-Kuscisik (SAC) 2:55:12, 4-Preuss (WG) 2:58:46, 5-Switzer (NY) 3:01:39,...9-Bunz (SF) 3:10:57, 10-Rudolf (SF) 3:12:13, 13-Ullyot (SF) 3:17:10, 15-Kralick (world over-40 women's rcd) 3:18:25, 17-Watkins 3:24:25, 27-Gustafson (SF) 3:51:12, 28-Butterfield (BAA) 3:54:14, 29-Smith (Pamakids) 3:56:14....OTHERS: Ken Crutchlow had an unofficial 4:06. Among the DNF's were: Len Wallach, Jim O'Neil, Jerry Kokesh, Keith Kruse (hit by car near finish)...Jim Weil(?). -- Rumors have it that the qualification standards may drop to 3 hours next year, but nothing definite yet. See RW article (June). /Will Cloney/

Las Posas Hills Run: (April 21, LA Area) - 11.9 Miles, Tough! - 1. Tuttle (BHS) 60:44 (Rcd), 2. Stewart (WVTC) 62:21, 3. Miller 67:35, 4. Arquilla (Un) 68:43, 5. Schofield (SBAA) 69:58, 6. Bartek (SBAA) 70:12 (1st 40+), 7. Hogan (WVTC) 71:32, 8. Van Manen (SBAA) 71:33 (2nd 40+), 9. Shaffer (CCAC) 71:50, 10. Brennand (SBAA) 72:07...Previous record was 61:17 by Scobey (1973). /John Brennand/

CCAC Hanson Dam Run: (May 5, LA Area) - 10 Miles - 1. Fister 52:36, 2. Ocana 52:57, 3. Miller 53:09, 4. Chambliss (SBAA) 53:15, 5. Shaffer (CCAC) 53:40,...33. McCray (GWTC) 62:32. /John Brennand/

SPA-AAU 50 Kilo: (May 11, Camarillo) - A field of 38 starters and 30 finishers over a course that was uphill going out and into the wind coming back. - 1. Alfaro (AZTL) 3:11:25 (2:38:19 marathon), 2. Levinson (CCAC) 3:24:38, 3. Atkins (STC) 3:30:11, 4. Branch (CCAC) 3:32:08, 5. Burgasser (STC) 3:43:02, 6. Sheeran (STC) 3:48:48 (1st 40+) ...16. McCray (GWTC) 4:24:12. /John Brennand/

Dare Has Close Call in Searsville Lake Win: (March 2, Woodside) - 7.81 Miles - Jim Dare, 1972 AAU steeplechase champ, ran most of the way with Tom Laris (running unofficially), with Tom finally pulling away for victory. Making his move going up the last big hill, Tim Peterson, running unattached (Stanford student from Arizona), nearly caught the fading Dare, getting a 40:30 to Jim's 40:22. Jim Nuccio (40:48), was also in good position, but was caught by the long-legged Peterson in the last mile. Alex Aguilar was top high-schooler in fourth place overall. Ken Napier had an easy time disposing of John Finch for 40-and-over awards, 44:41 to 45:58 (Finch is not yet 40, but was awarded 2nd based on year-of-birth...See Letters to Editor). Peter Wood was next at 46:17. Peggy Lyman won the women's division by her race by over 8 minutes! Her 49:14 placed her 39th in the field of 119 finishers. Skip Swannack was next at 57:32. Yvette Cotte was top high school girl and third woman overall in 58:31. Father-son team winners were the Kemp's (62nd & 75th), while the husband-wife award went to Dave (14th) and Kathy (105th) Himmelberger. This year's race was held down (number-wise) by cloud-bursts, that pelted the runners with hailstones up until just before the start...but no rain during the run. /Ray White/

1 - Jim Dare (West Valley TC)	40:22	16 - Bruce Rubin	44:15	31 - John Bunnell	47:30
2 - Tim Peterson (Unat)	40:30	17 - Joseph Becerra (Excelsior TC)	44:22	32 - Jim Holl (West Valley TC)	47:46
3 - Jim Nuccio (West Valley TC)	40:48	18 - Luis A. Torres (Colombia)	44:28	33 - Alan Shorb	47:51
4 - Alex Aguilar (West Valley TC)	41:13	19 - Ken Napier (West Vly J&S)	44:41	34 - Claus Pederson	47:55
5 - Bill Clark (West Valley TC)	41:16	20 - Nick Hoogenraad (WVTC)	45:00	35 - Bill Flodberg (Solano TC)	47:59
6 - Bobby Darling (Excelsior TC)	41:31	21 - David Cuthiell	45:06	36 - Steve Honey	48:48
7 - Mike Conroy (Excelsior TC)	41:55	22 - Dick Schupbach	45:44	37 - Gough Reinhardt (NCSTC)	48:52
8 - John Routh (Menlo TC)	42:01	23 - John Finch (NCSTC)	45:58	38 - Jack Lawson	49:03
9 - Daryl Zapata (West Vly TC)	42:13	24 - Tim Swezey	46:03	39 - Peggy Lyman (West Valley TC)	49:14
10 - Chris Loosely (WVJS)	42:41	25 - Peter Wood (NCSTC)	46:17	40 - Leroy Rosing (RC Striders)	49:43
11 - Doug Butt (Marin AC)	43:03	26 - Leslie Loeder	46:22	41 - David Maahs	49:50
12 - Mark Llewellyn (RC Striders)	43:23	27 - Ed Jaynes (BA Striders)	46:23	42 - Mark Melby	49:53
13 - Robert Cooper (RC Striders)	43:35	28 - Jim Nicholson (NCSTC)	46:42	43 - Gary Nielsen	49:57
14 - Dave Himmelberger (WVTC)	43:46	29 - William Lunt	46:51	44 - Tommy Owen (RC Striders)	50:15
15 - Mike Eash	44:13	30 - Gus Cano (Excelsior TC)	47:04	45 - Dick Lyon	50:25

Dan Anderson & Joe Taxiera Tie It Up at Fremont: (March 3, Fremont) - 10 Kilos - Having both competed in a JC track meet the previous day, West Valley TC's Dan Anderson, last year's NCRP Point Race Winner, and Alameda TC Presidente, Joe Taxiera, decided not to go all out in the stretch and were satisfied with a tie, recording 31:38 clockings. Gene Fitzgerald was a distant third in 31:55. Gough Reinhardt won his first race of the year, taking the masters division in a fine 36:47, to edge Ulrich Kaemph by a scant second! Carl Martin was a distant third in 38:36. Chris Sakelarios of the RC Flyers took apart the women's field with over a two-minute victory (39:31 to 41:37 for Kim Williams). Julie Sans was next in 42:55. Mike Shaughnessy of WVTC took the City of Fremont (1st finisher) award. He was 17th overall. A total of 156 completed the run. Below are the top 45 finishers. /J. Sigman/

1 - Dan Anderson (West Valley TC)	31:38	16 - Dave Reiter	34:49	31 - Ulrich Kaemph (2nd 40+)	36:48
tie Joe Taxiera (Alameda TC)	31:38	17 - Mike Shaughnessy (WVTC)	35:02	32 - Tony Gordinier	37:05
3 - Gene Fitzgerald (Pamakids)	31:55	18 - Daniel Moreno	35:11	33 - Tony Casillas (West Valley TC)	37:13
4 - Bill Clark (West Valley TC)	32:05	19 - Ray Menzie (Marin AC)	35:13	34 - John Dunn	37:14
5 - Benton Hart (Modesto HS)	32:12	20 - Ed Jaynes (BA Striders)	35:15	35 - Danny Urutiaga (West Valley TC)	37:17
6 - Dennis Tracy (West Vly TC)	32:39	21 - Ray Orwig (West Valley TC)	35:19	36 - Dennis Kroll	37:24
7 - Bill Seaver (West Valley TC)	33:04	22 - Clark Rosen	35:20	37 - Russ Thomas	37:30
8 - Bob Loux	33:17	23 - Bill Jensen (Pamakids)	35:37	38 - Jack Cook	37:37
9 - Al Roland (West Valley TC)	33:59	24 - Tim Swezey (Alameda TC)	35:44	39 - David Haubert	37:39
10 - Jeff Johnston	34:10	25 - Glenn Pruitt	36:00	40 - ??? (Not Listed in Results)	?????
11 - Roland Alonzo	34:16	26 - Ken Freschauf	36:17	41 - Terry Higgins	37:51
12 - Kevin Searls	34:18	27 - Attila Matray	36:24	42 - Richard Walters	37:56
13 - Claus Pederson	34:21	28 - Gary Lipham	36:30	43 - Chuck Rivera	37:57
14 - Ben Sawyer	34:30	29 - Ed Digirolamo (Alameda TC)	36:41	44 - Kim Mason	38:02
15 - John Toki	34:43	30 - Gough Reinhardt (NCS) (1st 40+)	36:47	45 - David Colt	38:15?

St. Patricia's Day Run--Mejia Back; Anderson & Haberman Take Women's Race: (March 24, Belmont) - 5 Miles+ - This year's race featured a men's division (last year's run was for women only...female chauvinist piggies!)...but only for 30-and-over. Alvaro Mejia of the host WVTC showed he's not in bad shape, although admittedly not training much, clipping off a 27:28 on the hilly course to upend teammates Charlie Harris (28:06), who just returned from a two-year stay in New Mexico, and Jack Leydig (28:41). Amy Haberman defended her 1973 title, recording a 32:14 as she tied with teammate (SJ Cindergals) Terri Anderson. Peggy Lyman (WVTC) ran a strong race in third (32:50). Mary Etta Boitano was fourth overall (33:30), winning her 11-and-under division. Ross Smith took the Men's 40-49 race with a 29:40, placing fifth overall. He won by over a minute from Jim Nicholson, and newcomer John Potasz was next (30:51 to 30:58). A total of 102 runners participated, including 42 women. The leaders in each division are listed below and on the following page. -- (11/Under) - 1-Maryetta Boitano (DSE) 33:30, 2-Kim Williams (GSTC) 35:09, 3-Mary Crevelt (RCF) 36:18; (12-13) - 1-Diane Williams (GSTC) 34:16, 2-Lisa Schmitz (Pama) 36:55, 3-Micki Vardell (GSTC) 39:26; (14-17) - 1-Chris Sakelarios (RCF) 33:51, 2-Stacey Kerns (GSTC) 34:52, 3-Renay Wolfe (RCF) 36:12, 4-Vicki Paulson (Lowell HS) 37:35, 5-B. Tenkortennar (MLTC) 39:12; (14-29) - 1-Amy Haberman & Terri Anderson (SJC) 32:14.0, 3-Peggy Lyman (WVTC) 32:50, 4-Marilyn Taylor (Un) 37:10,



(LEFT TO RIGHT) DAN ANDERSON, BILL KELLY, TED QUINTANA, DOUG MCLEAN, JOE TAXIERA. ANDERSON & TAXIERA TIED FOR FIRST AT FREMONT 10 KILO & TAXIERA ALSO WON LAKE IL SAN JO AND NAPA RUNS. MCLEAN WAS SECOND AT THE DEANZA RIDGE RUN; KELLY WON BROTHERHOOD GAMES 2 MILE (HERE); QUINTANA HAS A 14:03 THREE MILE TO HIS CREDIT. /Marconi/

5-Louise Adamson (WVTC) 37:49; (30-39, WOMEN) - 1-Skip Swannack (RCS) 38:41, 2-Germaine Knapp (DSE) 44:13; (40-49, WOMEN) - 1-Ruth Anderson (NCS) 37:53, 2-Carroll O'Conner (DSE) 39:11, 3-Catherine Smith (Pama) 41:34, 4-Olga Corona (Un) 42:27, 5-Ruth Dettering (Un) 45:20; (30-39, MEN) - 1-Alvaro Mejia (WVTC) 27:28, 2-Charlie Harris (WVTC) 28:06, 3-Jack Leydig (WVTC) 28:41, 4-Joseph Becerra (ETC) 29:09, 5-Dan Moore (LVRC) 30:03, 6-Valmore LaPierre (Un) 31:38, 7-Ralph Bowles (Un) 31:43, 8-Kent Price (DSE) 32:30; (40-49, MEN) - 1-Ross Smith (WVJS) 29:40, 2-Jim Nicholson (NCS) 30:51, 3-John Potasz (DSE) 30:58, 4-Pat Cunneen (Pama) 31:42, 5-James Jacobs (NCS) 32:37, 6-Gough Reinhardt (NCS) 33:07, 7-Ken Paul (WVTC) 33:30, 8-Don Lucero (Un) 33:54, 9-Bill Mott (SFOC) 34:00, 10-Niedrauer (Un) 35:08; (50/Over, MEN) - 1-Larry Matthews (GSTC) 40:42, 2-Ernest Glinesk (Un) 41:05, 3-Walt Stack (DSE) 41:56. /Dawn Bressie/

Shettler Tromps Lake Merced Masters Field: (March 30, S.F.) - 5 Miles - Jim Shettler had little trouble in winning the NorCal Senior's Lake Merced Run, chalking up a fine 26:39 clocking, only 2 seconds off of Jim O'Neil's course mark for Masters competitors. John Finch, although not yet 40, qualified by virtue of the year-of-birth rule (See Letters to Editor for clarification), and finished in second place, nearly a minute behind, with a 27:34. Gil Tarin (27:51) narrowly beat out teammate Gordon Gane (27:52) for the third slot. A total of 17 broke thirty minutes. Ross Smith & Ken Napier were two noted runners missing from the field. Peter Mattei was the top finisher in the 50-and-over category with his 29:09 in 13th spot. Ruth Anderson was the first woman finisher, edging out Carroll O'Conner by nearly a minute (34:49 to 35:47). Ruth Dettering was next (37:55). The sponsors broke down the ages into 5-year divisions, and the winners of these were: (40-49) Shettler; (45-49) Jim O'Neil 28:02; (50-54) Peter Mattei; (55-59) Frank Cuzillo 31:34; (60+) Bill Monheit 36:40; (70+) Wally Hansen 41:59. A total of 83 finished. /Jack Bettencourt/

1 - Jim Shettler (WVJS)	26:39	11 - Tom O'Brien	28:41	21 - D.L. Nachbar	30:51
2 - John Finch (NCSTC)	27:34	12 - Ralph Blount (OPHIR)	28:54	22 - Jim Allen (NCSTC)	30:59
3 - Gil Tarin (West Valley J&S)	27:51	13 - Peter Mattei (NCSTC)	29:09	23 - Don Lucero	31:06
4 - Gordon Gane (West Vly J&S)	27:52	14 - Carl Martin (West Valley J&S)	29:22	24 - Doug Moore	31:07
5 - Jim O'Neil (SF Olympic Club)	28:02	15 - John Hutchinson (NCSTC)	29:29	25 - Tokihiko Suyehiro	31:23
6 - Jim Nicholson (NCSTC)	28:03	16 - John Armstrong	29:40	26 - Frank Cuzillo	31:34
7 - John Potasz	28:04	17 - Phil Paulson	29:54	27 - Kent Botter	31:35
8 - Pat Cunneen (Pamakids)	28:16	18 - Dick Villafuerte	30:14	28 - Bruce Dingwall	31:49
9 - Bill Snavely (BV Harriers)	28:28	19 - Mike Healy (Napa Vly RC)	30:27	29 - Ralph Weggenmann	32:08
10 - Bill Flodberg (Solano TC)	28:39	20 - Hans Roenau (Marin AC)	30:34	30 - Gene White	32:09

Taxiera Leads Four Under Course Record at Lake Il San Jo: (March 31, Santa Rosa) - Alameda Track Club president, Joe Taxiera, ripped off a new course record of 55:26, almost two minutes faster than the old course mark of 57:23 by Jack Leydig (1973). Joe led from the very start and had little trouble maintaining his position over the rain-soaked course. The runners had to forge two creeks, heavily burdened with water, during the course of the race. Ken Scalmanini took runnerup honors by edging Bob Bunnell at the tape. Both were timed in 56:53. Gene Fitzgerald was also under the old record in fourth with a 57:04. First over-40 runner to finish was Gil Tarin in 19th (64:52), and then came Bill Jensen (23rd, 67:10). A new junior record was set by Jimmy Pena with a time of 80:20, over 10 minutes ahead of his nearest rival. Derry Elijah won her first road race, coming in at 80:42, ahead of second-placer Nancy Edelson (85:49). A total of 81 runners finished the 10 mile course in 63° weather...the rain held off until after the awards were given out. /Terry Pintane/

1 - Joe Taxiera (Alameda TC)	55:26	11 - Tad Woliczko	60:29	21 - Richard Lyon	66:40
2 - Ken Scalmanini (Pamakids)	56:53	12 - David Warren (Excelsior TC)	60:34	22 - Richard Scott (Alameda TC)	67:06
3 - Bob Bunnell (Marin AC)	56:53	13 - Jack Hackmann	61:23	23 - Bill Jensen (Pamakids)	67:10
4 - Gene Fitzgerald (Pamakids)	57:04	14 - Jeff Johnston	61:59	24 - Ron Rambo	67:17
5 - Darryl Beardall (Marin AC)	58:16	15 - Bob Coleman	62:48	25 - Rich Vasquez	67:18
tie Doug Butt (Marin AC)	58:16	16 - Haywood Norton	62:49	26 - Gough Reinhardt (NCSTC)	67:39
7 - Ron Ellis	59:05	17 - Tim Swezey (Alameda TC)	63:10	27 - Bill Kell	68:01
8 - Clark Rosen	59:12	18 - Rick Kell	64:33	28 - Pat O'Conner	68:20
9 - Bernie Sullivan	60:04	19 - Gil Tarin (West Valley J&S)	64:52	29 - Abe Underwood	68:42
10 - Bob Marr	60:20	20 - Fred Leoni	65:54	30 - Larry Sumner	68:56

Loeschhorn Wins Cupertino Marathon; Wins Trip to New York for Nationals: (April 7, Cupertino-Saratoga) - Pre-race favorite John Loeschhorn of the West Valley TC lived up to his billing as he ripped off a fine 2:32:51 clocking, well under Ritchie Geisel's old meet record of 2:39:01, set last year. The course was changed quite a bit this year, with much of the race going in the opposite direction as last year's. Mike Buzbee of Gold Spike TC was second in 2:34:22, edging out Jose Garcia of Excelsior TC, who finished fastest of all, recording a fine 2:34:47. Pat Buzbee, Mike's twin brother, was also under the old mark with his 2:35:26 in fourth. The team battle was a closie, as three teams finished within 4 points: Gold Spike TC (13), Excelsior TC (15) & West Valley TC (16). Mike Boitano set a new world's best for 12-year-olds with his sparkling 2:54:58, probably worth a sub-2:50 on an easier course and under less warm conditions. Surprise winner of the masters division was 48-year-old Alex Koenig, who recorded a good 2:55:00, and in the process beat Jim Nicholson by over five minutes. Jim Allen was another five minutes back. The women's race was a close one too. Lori Watkins, 16, of Los Altos, edged out 13-year-old Diane Williams of Gold Spike TC, 3:28:04 to 3:28:53. A total of 155 finished the race, which was the AAU Western Regionals and PA-AAU Championships. The PA-AAU Long Distance Running Committee is picking up the winner's tab to the June 2 Nationals in New York (via T-shirt sales, etc.). /Dan O'Keefe/

1 - John Loeschhorn (WVTC)	2:32:51	16 - Jake White (Un)	2:49:31	31 - Jim Nicholson (NCSTC)	3:00:11
2 - Mike Buzbee (Gold SpikeTC)	2:34:22	17 - Dan Moore (Livermore Vly RC)	2:49:44	32 - Bob Myers (SERC)	3:02:00
3 - Jose Garcia (Excelsior TC)	2:34:47	18 - Harold DeMoss (WVTC)	2:51:07	33 - Jim Williams (Gold Spike TC)	3:02:07
4 - Pat Buzbee (Gold Spike TC)	2:35:26	19 - Tony Mezzapelle (Un)	2:52:51	34 - Gary Chilton (Stanford RC)	3:02:11
5 - Mike Conroy (Excelsior TC)	2:40:52	20 - Keith Crowder (US Navy)	2:53:13	35 - Cruz Gonzales (Un)	3:02:51
6 - Jim Howell (West Valley TC)	2:42:49	21 - Al Roland (West Valley TC)	2:54:58	36 - Gus Cano (Excelsior TC)	3:03:13
7 - Nick Vogt (Gold Spike TC)	2:43:42	tie Mike Boitano (SERC)	2:54:58	37 - Richard Baxter (LVRC)	3:03:22
8 - David Warren (Excelsior TC)	2:43:48	tie Kevin Williams (GSTC)	2:54:58	tie Louis Daugherty (Un)	3:03:22
9 - James Jacobs (Cabrillo)	2:46:37	24 - Alex Koenig (Un)	2:55:00	39 - Tom Mann (Sierra Tuna TC)	3:05:23
10 - Tim Swezey (Un)	2:47:06	25 - Jaime Naranjo (Un)	2:56:55	40 - Jim Allen (NCSTC)	3:05:41
11 - Robert Bourbeau (SERC)	2:47:26	26 - Dick Croteau (WVJS)	2:56:56	41 - Gough Reinhardt (NCSTC)	3:07:22
12 - Luis Torres (Un/Columbia)	2:47:43	27 - Walt Van Zant (WVJS)	2:57:13	42 - Carl Martin (West Vly J&S)	3:08:15
13 - Mark Williams (WVTC)	2:47:49	28 - Philip McGough (Un)	2:57:31	43 - Gene Lynch (High Sierra TC)	3:09:38
14 - Donald Choi (ETC)	2:47:56	29 - Danny Urutiaga (Un)	2:58:26	44 - Lyn Walker (SERC)	3:10:12
15 - Gary Krauss (Guam RC)	2:48:56	30 - Valmore LaPierre (Almaden)	2:59:37	45 - Ray Smith (Fun Runners)	3:10:17

Taxiera Stays Hot; Takes Napa Blossom Hill Title: (April 14, Napa) - Although not on the PA-AAU Schedule (Olympic intermediate hurdler, Ron Whitney, decided to put it on to keep up the tradition), the Blossom Hill 8.1 Miler drew a respectable field that saw 112 finishers. A large number also competed in the shorter 1.2 Mile fun run. Alameda TC's Joe Taxiera won his second race in two weeks with a convincing win over Gene Fitzgerald (43:16 to 43:37). Victor Mora's course standard of 39:51 (set in 1972) was not approached in the warmer-than-usual conditions. Gil Tarin got 15th overall (48:21) to lead all over-40 competitors this year. He

was far ahead of second place Mike Healy (49:43), with Pat Cunneen next (51:20). Kathleen Himmelberger emerged as top female participant, finishing 60th overall in 59:59, defeating Lisa Schmitz (62:54) quite handily. Mrs. Himmelberger also combined with her husband, Dave (5th), to win the husband-wife award. Jim Allen was tops in the 50-and-over division with his 51:53, good for fourth overall in the masters category. /Ron Whitney/

1 - Joe Taxiera (Alameda TC)	43:16	12 - Lawrence McGrael (Lassen)	?????	23 - Daniel Martinez (RC Flyers)	50:50
2 - Gene Fitzgerald (Pamakids)	43:37	13 - Larry Regalado (Alameda TC)	47:53	24 - Phil Bailey (Solano TC)	51:08
3 - Darryl Beardall (Marin AC)	43:40	14 - Tim Swezey (Alameda TC)	48:11	25 - Pat Cunneen (Pamakids)	51:20
4 - Chuck Harris (Alameda TC)	44:04	15 - Gil Tarin (West Valley J&S)	48:21	26 - Jim Allen (NCSTC)	51:53
5 - Dave Himmelberger (WVTC)	44:18	16 - Carl Peterson (Pamakids)	48:33	27 - Robert Main (Un)	52:09
6 - Jon Higley (Gold Spike TC)	45:46	17 - Bob Myers (DSE)	49:17	28 - Vic Franco (Napa Valley RC)	52:24
7 - Mark Proteau (Alameda TC)	45:46	18 - Jim Engle (Napa Valley RC)	49:35	29 - Lee Fox (Solano TC)	52:30
8 - Clark Rosen (Marin AC)	?????	19 - Mike Healy (Napa Valley RC)	49:43	30 - Gough Reinhardt (NCSTC)	52:43
9 - Bill Long (Pamakids)	46:19	20 - Wayne Plymale (Pamakids)	49:54	31 - James Jacobs (NCSTC)	52:43
10 - Jim Sane (Dusters)	46:45	21 - Chris Brophy (Pamakids)	50:02	32 - John Sobier (DSE)	52:50
11 - David Zumwalt (Un)	46:58	22 - Kevin Aimsilie (Solano TC)	50:55	33 - Alex Monterrosa (Pamakids)	53:03

Jim Birnbaum Blitzes Strong Field at Livermore; Just Misses Kimball Record: (April 20, Livermore) - Pulling away from the field after only a few miles, WVTC's Jim Birnbaum was never pressed as he approached Rich Kimball's 1973 course standard of 43:10, falling short by 17 seconds. After the race he said he felt he could have broken the record had he known he was so close. His 1:16 margin of victory over Brian Quinn of the Florida TC (now stationed at Ft. Ord) seemed to indicate he wasn't pressed. Alvaro Mejia, well along on his comeback trail, was another 8 seconds down. A total of 177 runners, including 38 Masters, 17 Women, and 12 Juniors completed the 8.56 miler. Gil Tarin made it two victories in a row with a close win over teammate Gordon Gane (49:55 to 50:08). Frank Robben, a newcomer to the 40-and-up bracket, was next at 53:22. Louise Adamson (58:59), representing WVTC, was an easy winner in the women's race, with a 58:59 clocking to upend Ruth Anderson's 60:37. Joan Chambers's 64:52 followed. West Valley had five of the top seven to annex the team title. Temperatures were warm (70's), and two runners succumbed to the heat (not serious). No records were broken, and the heat may have had something to do with it. /Thomas Jefferson/

1 - Jim Birnbaum (West Vly TC)	43:27	21 - Dale Severy (SBAA)	50:24	41 - Kent Price (DSE)	53:05
2 - Brian Quinn (Florida TC)	44:43	22 - Ray Orwig (West Valley TC)	50:26	42 - Santos Reynaga (West Valley TC)	53:19
3 - Alvaro Mejia (West Valley TC)	44:51	23 - Carl Peterson (Pamakids)	50:27	43 - Frank Robben (Un)	53:22
4 - Jim Anderson (Un)	45:23	24 - Burton Turner (Navy)	50:36	44 - Chris Brophy (Un)	53:27
5 - Jack Leydig (West Valley TC)	45:53	25 - Dick Cordone (Un)	50:36	45 - Steve Bailey (SERC)	53:36
6 - Bill Clark (West Valley TC)	47:27	26 - Jake White (Un)	50:41	46 - Gough Reinhardt (NCSTC)	53:44
7 - Dennis Tracy (West Valley TC)	47:44	27 - Kevin Ainslie (Solano TC)	50:55	47 - Steve Roberts (Un)	54:08
8 - Jeff Johnston (DSE)	47:52	28 - Bob Myers (DSE)	50:59	48 - Art Freiler (Un)	54:09
9 - Dan Moore (Livermore Vly RC)	48:00	29 - John Holtorf (Un)	51:07	49 - Jeff Ronigui (Un)	54:15
10 - Jim Williams (Gold Spike TC)	48:21	30 - Leo Cullen (Solano TC)	51:10	50 - Ray Sibley (Solano TC)	54:36
11 - Tim Swezey (Alameda TC)	48:38	31 - Steve Barr (Un)	51:26	51 - Ralph Likens (West Valley TC)	54:47
12 - Harvey Ferrill (BV Harriers)	48:40	32 - Rick Kell (Pamakids)	51:35	52 - John Tedesco (West Valley TC)	54:57
13 - David Zumwalt (Un)	48:53	33 - Robert Coleman (Un)	51:39	53 - Ray Smith (Tax Reducers AC)	55:09
14 - Jerry Ockerman (Drones AC)	48:55	34 - Tony Casillas (West Vly TC)	51:40	54 - Rich Stiller (West Valley TC)	55:10
15 - Ray Menzie (Un)	49:00	35 - George Aurit (Un)	51:46	55 - Darrell Jeong (Excelsior TC)	55:24
16 - Gil Lemmon (Un)	49:50	36 - Dick Baxter (Livermore Vly RC)	51:51	56 - Pete Schoener (Un)	55:25
17 - Gil Tarin (West Valley J&S)	49:55	37 - William Dunlop (LVRC)	52:01	57 - Vic Weber (West Valley J&S)	55:37
18 - Wayne Plymale (Pamakids)	50:05	38 - Charles Burke (Un)	52:10	58 - Dennis Egley (Un)	55:41
19 - Gordon Gane (West Vly J&S)	50:08	39 - Gary Montante (Un)	52:28	59 - Tokihiko Suyehiro (LVRC)	55:49
20 - Claus Pedersen (Un)	58:12	40 - Jaime Naranjo (Un)	52:48	60 - Frank Harrison (NCSTC)	55:57

Jack Bellah Smashes Rich Delgado Record at DeAnza Ridge Run: (April 21, Cupertino) - Jack Bellah, competing for Stanford University, displayed his mountain-goat talents convincingly as he smashed Rich Delgado's three-year-old course standard of 60:14 by churning out a great 58:37.2 effort on the hilly 10-mile cross country course. His teammate, Doug McLean, recorded one of the better times ever on the course by running an excellent 60:44, although more than two minutes back of Bellah. Although the weather was quite warm, the times were generally fast, and Jim Shettler got a new masters division mark of 64:56 in eleventh place overall. Jim Nicholson was almost four minutes back at 68:43, with Peter Wood next (69:47). Lori Watkins had no problems with her competition as she recorded a 90:39, some seven minutes ahead of Pamela Cunningham. West Valley TC won the team title with a near-perfect 17, followed by the West Valley Joggers & Striders' 78, and Redwood City Striders (82)...teams consisted of four men each. /Woodruff/

1 - Jack Bellah (Stanford/WVTC)	58:37	4 - Dave Himmelberger (WVTC)	62:26	7 - Armando Garcia (Un)	64:19
2 - Doug McLean (West Valley TC)	60:44	5 - Bill Seaver (West Valley TC)	62:33	8 - Doug Butt (Marin AC)	64:24
3 - Stephen Flvnn (Army)	61:58	6 - Roland Verhe (West Valley TC)	63:25	9 - Mike Bergkamp (West Valley TC)	64:37



(LEFT) JIM BIRNBAUM, WINNER OF THE LIVERMORE ROAD RUN, SHOWN LEADING THE 3 MILE FIELD AT THE SAN JOSE INVITATIONAL (HE FINISHED IN 4TH AT 14:10). (CENTER) JIM SHETTLER, WINNER OF LAKE MERCED SENIOR RUN. /Marconi/ (RIGHT) WINNERS AT WOODLAND 20.7 MILER: (BACK) VIC WEBER, OFFICIAL, BILL SNAVELY, MISS YOLO, JIM O'NEIL; (FRONT) PAT BUZBEE, STEVE WILLIAMS, & MIKE BUZBEE.

10 - Jack Hackmann (Un)	64:52	17 - Jim Nicholson (NCSTC)	68:43	24 - Jim Holl (West Valley TC)	72:02
11 - Jim Shettler (West Vly J&S)	64:56	18 - Mike Orosco (High Sierra TC)	69:10	25 - Richard Reynaga (High Sierra TC)	72:04
12 - Ralph Baeza (High Sierra TC)	65:00	19 - John Geer (Whittier Alumni TC)	69:20	26 - Ward Crary (Un)	72:36
13 - Robert Cooper (RC Striders)	65:15	20 - Kent Guthrie (West Vly J&S)	69:39	27 - Marshall Frank (Un)	72:46
14 - Joel Stein (RC Striders)	66:36	21 - Peter Wood (NCSTC)	69:47	28 - Larry Good (Bellarmine HS)	73:16
15 - Wayne Glusker (West Vly TC)	67:46	22 - Richard Scott (Alameda TC)	71:04	29 - Santos Reynaga (West Valley TC)	73:21
16 - Haywood Norton (Un)	68:10	23 - Richard Croteau (West Vly J&S)	71:21	30 - Russ Ellis (Un)	73:51

Buzbee Brothers Take Top Honors at Woodland Race: (April 27, Woodland) - Twins Pat and Mike Buzbee of Chico took first and second place respectively at the Captain Freeman 20.7 Miler, with times of 2:01:30 and 2:04:04. Steve Williams of Ophir TC was third in 2:05:14. The race was held on a fairly pleasant morning, except that the runners were going into a fairly stiff breeze for the entire distance. This resulted in considerably slower times than in previous years (the winner was more than 10 minutes off the course standard). The field was quite small, with only 24 starters. Tops in the masters division was Sacramento's Jim O'Neil, representing the SF Olympic Club and finishing fifth overall. Vic Weber (2:20:16) and Bill Snavely (2:21:01) were over one mile back for the next two over-40 spots. All 21 finishers are listed below. /Jim O'Neil/

1 - Pat Buzbee (Un)	2:01:30	8 - Frank Delgado (Gold Spike TC)	2:20:41	15 - Pete Schoener (Sac'to YMCA)	2:36:26
2 - Mike Buzbee (Un)	2:04:04	9 - Bill Snavely (Big Vly Harr.)	2:21:01	16 - Lee Fox (Solano TC)	2:38:01
3 - Steven Williams (Ophir TC)	2:05:14	10 - Ralph Blount (Ophir TC)	2:26:48	17 - William Miller (Gold Spike TC)	2:41:33
4 - Frank Krebs (GWTC)	2:11:42	11 - Art Waggoner (Ophir TC)	2:27:43	18 - Robert Florez (Un)	2:48:50
5 - Jim O'Neil (SF Olympic Club)	2:12:09	12 - Douglas Rennie (Un)	2:30:48	19 - Carl Fry (NCSTC)	2:59:04
6 - Robert Herrick (Un)	2:19:38	13 - Chris Sherwood (SERC)	2:35:47	20 - Raymond MacMahon (Un)	3:04:48
7 - Vic Weber (West Valley J&S)	2:20:16	14 - Donald Richey (Un)	2:35:52	21 - Barry Nochs (Alameda TC)	3:08:52

Scalmanini Edges Routh at Golden Gate Park 8 Miler: (May 4, San Francisco) - San Francisco policeman, Ken Scalmanini, representing the Pamakids, pulled out a hard-won victory in the last mile by outkicking Menlo TC's John Routh, who was surprisingly strong over his shorter-than-usual distance. Don Makela of the Marin AC was third. Scalmanini's time of 41:35 was some 41 seconds off Jack Leydig's 1972 course standard of 40:54 (Leydig finished in a tie for fourth with Joe Taxiera today). Jim Shettler continued his unbeaten streak in 1974 by finishing 8th overall in a fine 44:37, which was some one minute slower than his time the previous year. Ross Smith made him work, however, as he was only 15 seconds back and kicking hard. Jim Nicholson notched a third in the masters division with his 48:55. Steve Chatterton (56:32) was the top junior (14/under), winning his division by some 9 minutes over Tim Martin, while Skip Swannack won the women's race quite convincingly in 58:19, to upend Catherine Smith (62:38) and Kathy Maloney (62:56). The course consisted of two 4-mile loops on macadam & the weather was overcast and in the mid-50's. /Jack Leydig/

1 - Ken Scalmanini (Pamakids)	41:35	16 - Gary Montante (Un)	47:42	31 - Imre Homer (Un)	51:00
2 - John Routh (Menlo TC)	41:43	17 - Ed Price (Cabrillo TC)	47:43	32 - Mark Millward (Un)	51:08
3 - Don Makela (Marin AC)	41:57	18 - Jack Holtorf (Un)	48:20	33 - Lee Adams (NCSTC)	51:09
4 - Jack Leydig (West Valley TC)	43:15	19 - Chuck Rivera (VOMTC)	48:30	34 - Ray Smith (Tax Reducers AC)	51:14
tie Joe Taxiera (Alameda TC)	43:15	20 - Steve O'Brien (San Bruno Str.)	48:46	35 - Rodney Miller (Pamakids)	51:38
6 - Mike Conroy (Excelsior TC)	43:33	tie Rich Stiller (TRAC)	48:46	36 - Jerry Gogas (Excelsior TC)	51:47
7 - Glen Berwick (Un)	44:27	22 - George Roach (Un)	48:48	37 - Wayne Hooper (Un)	52:07
8 - Jim Shettler (West Vly J&S)	44:37	23 - Santos Reynaga (West Vly TC)	48:53	tie Terry Mullen (Un)	52:07
9 - Ross Smith (West Valley J&S)	44:52	24 - Jim Nicholson (NCSTC)	48:55	39 - David Larson (Excelsior TC)	52:10
10 - Bernie Sullivan (Un)	44:57	25 - Keith Larson (San Bruno Str.)	49:24	40 - Lloyd Sampson (Un)	52:23
11 - David Odum (Un)	45:20	26 - Ralph Bowles (Un)	49:30	41 - Mike McGuire (Un)	52:26
12 - James Willis (Un)	45:39	27 - David Marsh (Un)	49:35	42 - Robert Gehl (Pamakids)	52:29
13 - Burton Turner (MPAC/USAF)	45:45	28 - Ray Sibley (Solano TC)	50:43	43 - Richard Blake (DSE)	52:30
14 - Joel Stein (RC Striders)	46:24	29 - Leroy Rosing (RC Striders)	50:47	tie George Hoffschilett (Un)	52:30
15 - Dick Cordone (Un)	46:49	30 - Bob Cooper (RC Striders)	50:49	45 - Peter Michael (Un)	52:36

Smead Cruises 2:21:05.8 at Avenue of the Giants Marathon: (May 5, Weott) - Chuck Smead, star runner from Humboldt State in Arcata, and representing the Six Rivers RC, broke free of all his competition shortly before 10 miles (53:00), and proceeded to build up an unsurmountable lead, passing 20 miles in 1:46:40, on his way to a 2:21:05.8 clocking, second best ever time on this course, behind Bill Scobey's 1973 course record of 2:17:43. Dennis Kasischke of the San Diego TC brought his team from San Diego, and they went home with a team victory, 18-19 over Six Rivers RC. Kasischke's 2:26:53, Kaj Johansen's 2:31:09, and Ed Almeida's surprising 2:47:08 in the over-50 class, comprised the winning team. Almeida was tops over 40, and broke teammate Wayne Zook's over-50 record of 2:53:31, set last year. George Crandell of the host club was next in the masters class with a 2:50:44, with Dieter Diekmeyer of Stockton next in 2:53:57. Mike Boitano was the top junior (under 15), and he improved upon his world age-12 record that he recently set at Cupertino by notching a 2:54:34 victory. Joan Ullyot, seemingly over her injury, romped to a big win in her division with a PR of 3:08:40, ahead of veteran Ruth Anderson (3:20:18), who also improved her time marginally. Irene Rudolf (3:22:45) was also under 3:30, although well off her best time. Mary Etta Boitano, however, stole the show from the fair sex as she recorded a 3:08:21, but entered in the junior division (she's 10), thus leaving Ullyot with the women's trophy. A total of 175 finished the race, as a large group came north from the Bay Area. The early morning cover of clouds did not hold and the race was run under a bit warmer conditions than expected...but times were generally very good. -- A sizeable number of runners also participated (40 finished) in the half-marathon, staged simultaneously, with Paul Daly and Ole Kristensen of the Oregon TC coming in together with a very strong 1:09:57. Mark Hulburt (1:15:26), Wayne Plymale (1:15:55), and Phil Paulson (1:22:45) filled the next four spots. An amazing 90% of the starters managed to finish the full marathon distance...way above average (about 75-80%). /Dick Meyer/

1 - Chuck Smead (SRRC/HSU)	2:21:06	18 - Carl Udesen (Un)	2:43:02	35 - Roger Major (DSE)	2:53:29
2 - Dennis Kasischke (SDTC)	2:26:53	19 - Mike Buzbee (Un)	2:43:09	36 - Norman Simon (Un)	2:53:46
3 - Daryl Zapata (WVTC)	2:28:57	20 - Hershall Jenkins (SRRC)	2:43:58	37 - Dieter Diekmeyer (BV Harriers)	2:53:57
4 - Bruce Dewsberry (Oregon TC)	2:29:40	21 - Dan Moore (Livermore Vly RC)	2:46:09	38 - Richard Kell (Pamakids)	2:54:06
5 - Kaj Johansen (SDTC)	2:31:09	22 - Ken Kendall (Bev. Hills Str)	2:46:56	39 - Richard Baxter (LVRC)	2:54:12
6 - Pat Buzbee (Un)	2:33:07	23 - Dave Cuthiell (Un)	2:47:03	40 - Bob Myers (DSE)	2:54:13
7 - Ron Johnson (So. Ore. Sizz)	2:35:35	24 - Ed Almeida (San Diego TC)	2:47:08	41 - James Rocha (Un)	2:54:28
8 - Jeff Johnston (DSE)	2:37:39	25 - David Zumwalt (Un)	2:47:40	42 - Mike Boitano (DSE)	2:54:34
9 - Herb Parsons (Camb. SU)	2:38:08	26 - Paul Koski (Excelsior TC)	2:48:09	43 - Alex Monterrosa (Pamakids)	2:54:37
10 - Tim Swezey (Alameda TC)	2:38:30	27 - Pete Collins (Big Vly Harr.)	2:48:32	44 - Russ Trytek (SRRC)	2:56:15
11 - Frank Krebs (GWTC)	2:38:47	28 - Gary McIntosh (So.Ore.Sizz.)	2:48:37	45 - William Divita (Un)	2:56:46
12 - Bill Long (Pamakids)	2:39:03	29 - Guy Genung (Un)	2:49:42	46 - Hans Roenau (NCSTC)	2:57:13
13 - Harry Cottrell (SRRC)	2:39:11	30 - Tom Mann (Sierra Tuna TC)	2:49:53	47 - Richard Gilchrist (SRRC)	2:57:14
14 - Clark Rosen (Pamakids)	2:39:24	31 - George Crandall (SRRC)	2:50:44	48 - Gary Lathrop (Humboldt State)	2:57:26
15 - Denis O'Halloran (Un)	2:41:21	32 - Ken Kvam (Livermore Vly RC)	2:51:56	49 - Gough Reinhardt (NCSTC)	2:58:02
16 - Ray Menzie (Un)	2:41:40	33 - Rick Dewey (SRRC)	2:52:05	50 - Claus Pederson (Denmark)	2:58:04
17 - Robert Coleman (Un)	2:42:19	34 - Don Kirby (SRRC)	2:52:19	51 - Don Choi (Excelsior TC)	2:58:06

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