

NOR-CAL RUNNING REVIEW

May/June 1974 (No. 48)



James Robinson

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NORTHERN CALIFORNIA RUNNING REVIEW

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On the Cover

This month's NorCal Portrait, James Robinson (Laney JC/Alameda TC), burst into the national limelight during the indoor season with an American record over 600 meters. Outdoors he has been even more impressive, with National JC records in the 880 (1:48.0) and 800 meters (1:45.7), the latter mark earning him a third place in the AAU Championships (2nd American). /John Marconi/

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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). Due to irregularity of publication dates, all information should be mailed as soon as possible for consideration. Prospective volunteer correspondants and photographers should request details from the above address. Everyone is encouraged to submit meet results and scheduling. Credits are always given for any materials 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. Thank you.

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MESSAGE FROM THE EDITOR

● **NCRR PRICE CHANGES!** - Despite our plea in last issue, the number of new subscribers did not increase substantially, and therefore, we are left with only one decision...we must, in order to stay above water, change our single price and subscription rates. Actually, a price increase was fairly imminent anyway. The postal service is getting ready to announce further rate increases in bulk mailing rates, and paper costs are continuing to rise. But really, our increase is not that different from what we've always been. Initially, our magazine (then a *flipsheet*) was \$3.50/year, and that was when I had time to get issues out monthly. Now, an 8-hour-a-day job forces me to devote less of my time on the NCRR, and thus, the issues are mailed at intervals ranging from 5-8 weeks, with a resultant 7-8 issues mailed yearly. Our rates have been geared to the number of mailings (\$5.00 for 12 mailings), which was actually more like \$3.00/year. So our new system of \$5.00 per year isn't really that much of a change, and of course you will still get all the news available during that period.

So, as of AUG. 31, our rates will revert to a yearly basis (12 months). Any new subscriptions or renewals received after this date will be set up on our new system. Current subscribers who paid on the "number of mailings basis" will not be penalized. If they paid for 12 mailings (\$5.00), that is what they will get. But anything received after the above deadline will fall under our new system.

You will also note that our individual issue price is now 75¢, and not the 50¢ or 60¢ (pictorials) as in the past. This is more in line with the number of mailings per year...otherwise, it would be cheaper not to subscribe, and purchase the copies singly at races.

● **PICTORIAL STATUS:** - We will no longer distinguish between prices on regular and pictorial issues. In fact, our pictorials will not necessarily be every third issue in the future. We are making our issues thick enough and have sufficient photos in our 'regular' printings. It's possible that we could come out with back-to-back pictorials if we find sufficiently interesting materials. Your suggestions on pictorial topics are most appreciated.

● **CROSS-COUNTRY SCHEDULING NEEDED:** - We want to print an extensive listing of cross-country meets in our next issue, so we need lots of help from you coaches and runners out there. Don't assume someone else has sent your schedule to us or we'll never get anywhere. We want age-group, women's, high school, collegiate & AAU scheduling by not later than Sept. 10.

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!

●**HIGH-SPEED PRINTER NEEDED:** - We are in urgent need of an IBM (or other make) off-line printer to do our address labels each month. Presently we are using a 'slowish' IBM 407 accounting machine. It works...BUT it takes almost an hour to list the nearly three boxes of IBM cards that comprise our label list, and quite frankly, it is really becoming a drag! So if anyone out there has access to such a machine, please let your editor know immediately. We don't need a computer; just a high-speed card-lister. Thanks.

★ PHOTO QUIZ ★



WHO IS THIS LOCAL SUB-2:30 MARATHONER (IN A 1971 RACE)? /Marconi/

thought I looked like Peter Falk! You can bet that we need people sending in photos for consideration when I have to come up with my own picture for this wonderful quiz. Incidentally, the photo in #47 was taken shortly after I had finished typing up the last page!

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 August 20. (3) Ties broken by drawing. The prize is a one year subscription (or renewal) to the NCCR (or \$5 off dues of WVTC members). All readers are encouraged to submit photos for consideration. *** **LAST MONTH'S ANSWER:** - Only 6 people managed to figure out who that cross-eyed (actually only one eye was crossed...it takes talent!) idiot was. I guess very few people have ever looked your humble editor in the eye. The winner was Mike Shaughnessy, a club member from Fremont. Two people

THIS & THAT

●**People News:** John Butterfield reports from Tehran, Iran, that his "First Annual Persian Marathon" went off very well, with a total of 40 participants and 6 finishers, AND...he managed to win his own race with a good 2:33:42 clocking, despite the handicap of organizing and administrating the race. His wife, Priscilla ran a 3:45, her best-ever marathon. Iran's National Athletics Coach, Jerry Smartt (from Southern California), was second in the race at 2:34:15...he's in his early 40's. The first Iranian was third in 2:37:43. John also mentioned that the Asian Games, to be held in early September in Tehran, will *not* even have a marathon! — A skeleton found in the Eel River has been identified as that of Chris Schneider, 19-year-old high jump star from Cal-State, Hayward, who was swept away in a flood some four months ago after an auto accident involving the team bus. Dental charts were used for verification, according to the Humboldt County Coroner's Office. — Lurana Hoetger, who for many years has cheerfully offered her services at the PA-AAU Office in San Francisco, will be leaving her job because of personal health problems, but we understand that she will still be available to continue her work for the Association and its athletes, although only in a part-time capacity with special projects. We all owe Lurana a great deal for her untiring efforts on behalf of the PA.

●**New PA-AAU Officers:** At its Annual Meeting in June, the Pacific Association elected the following individuals to serve for the coming term. President—Andy Burke; Vice-President—George Shistar; Secretary—Al Sandell; Treasurer—Bob De-Celle; Registration Chairman—Mary Lou Shistar.

●**Race Information:** A very disappointing trend is being noted with the cancellation of two more races this year... in this case, both on the same weekend. The Hangtown Road Run in Placerville and Felton Race to the Redwoods, both fairly traditional runs, were both cancelled with very little prior notice. The NCCR did not get word of this until several weeks before the races and could not get the word out. We would appreciate hearing from anyone who travelled to compete in either of these runs and found out that they were cancelled after making the trip. Felton had been marked as tentative on the schedule, so there is some excuse for this, but what about the Hangtown Run? — It appears that the Napa Valley Running Club will host the Napa Champagne Marathon again this year. However, the date, originally set for Oct. 20, falls on the same date as the PA-AAU 50 Kilo Championships. Thus, the PA-AAU Long Distance Committee cannot sanction this event, and an alternate date is being sought, probably to fall between the end

of September and the beginning of November. It is quite possible that our subscribers will receive a race application with this issue...if not, keep your ears open for further word of a date for this great run. — The Annual Runners World 24-Hour Relay is now set for the weekend of August 31-September 1. It appears at present that San Jose State's tartan track will be the site again this year, but of course you should check with Runner's World (415/965-8777) to determine the final site and other details. — The Annual Lake Tahoe Relay (7-man, 72-mile relay around the Lake) will feature two separate divisions this year, one for AAU Clubs, and one for mixed teams (any combination of individuals). Masters (all members 40 or over) will receive a 45-minute handicap and women a 60-minute edge. All teams will begin together at 8 am to minimize problems with traffic, and handicaps will be subtracted at the end to determine placings overall. No partial handicapping of teams with less than seven masters or women.

●**HELP!!** - It has been four months since the PA-AAU 30 Kilo Championships in Monterey (or thereabouts), and despite countless written requests to the meet director (to both his old & new forwarding address), we have yet to receive a copy of the results, and I assume that no one else has either. If anyone out there has a copy, or even a partial listing, or knows what the reason is for results not being out yet, please let us know immediately. We have Chuck Day's current address as in Philadelphia...he was listed as meet director. Anyone else have any more current information? — This year a special perpetual plaque will be given to the top AAU Club Team to finish the Tahoe Relays. It will feature separate plates, inscribed with winning teams and times since the race's inception in 1965. A problem has arisen, however. We can't seem to track down the winning team and time from the first year. If anyone out there has records from that far back (maybe from the Long Distance Log or your personal diary), please let us know right away so we can get it engraved. I think it was either West Valley Track Club or High Sierra Track Club, but I have no idea as to the winning time. Does anyone?

●**Volunteers Needed for Medical Experiment:** James M. Walker is running a series of tests at the Veterans Administration Hospital to determine the relation between extensive daily exercise such as long distance running and subsequent sleep patterns. Specifically, "We are in the process of recruiting paid volunteers to participate as subjects for a study of the sleep patterns of long distance runners. Subjects will be required to sleep three-to-four nights in the sleep laboratory and will be paid \$15 a night. During these nights, EEG activity as well as other electrophysiological activity will be measured by means of electrodes attached to the skin. Subjects will be required to arrive at approximately 1-1 1/2 hours prior to their usual bedtime and will be awakened at the time that they normally awaken. This will enable them to continue their normal daily routines without interruption. We are recruiting male subjects between the ages of 20-35 years who run at least 5 days a week (4-5 miles a day) and have maintained a stable program of running for a minimum of one year. For further information and application, please call 221-4810, ext. 586." The Veterans Administration Hospital is located in San Francisco.

●**Cross Country Clinic:** Open to boys in grades 10 thru 12, the clinic will be located in a state park camp in the Lake Tahoe area where runners will camp out. The clinic consists of two daily running sessions, talks by recognized distance runners and writers, and evening activities. Cost of the six-day program is only \$30.00, starting on Aug. 12 and finishing on Aug. 17 with participation in the Lake Tahoe Relay. Applications for this program will be accepted on a first-come first-served basis. For further information, contact: Administrator, Summer Schools, SCUSD, 810 V Street, Sacramento, CA 95818.

●**Women's Marathon Fund:** It strikes me as being pretty pathetic when only one person sends in a contribution to support sending one or more women marathoners from the West Coast to an International Marathon for Women in Germany. As of July 18 we have a grand total of one-dollar in the fund! Really, that is pathetic!! Since the marathon is in September, we don't have much time to gather the money. So please, if each reader would merely send in 25¢, we would have probably half the necessary amount to send a runner. But don't put it off...send your contribution today to: Women's Marathon Fund, Box 1551, San Mateo, CA 94401. Thanks for your help.

●**Bay-to-Breakers & Dipsea T-Shirts:** A special note of thanks goes to Harry Papazian of the San Francisco Examiner, and Jim Farren of the Mill Valley Jaycees for allowing the Long Distance Running Committee sell T-Shirts commemorating their two races as a means of putting funds into our treasury. Most of these funds will be used to help send PA-AAU Championship winners to respective National Championships.

● **More Race Information:** Just got news that the Runner's World 24-Hour Relay will definitely be at San Jose State, beginning at 12 noon on August 31. A 50-mile run on the track will also be contested at 4:30 that afternoon. At 6 pm there will be a 5-man, 50-mile relay, with each team member running alternate 2 mile legs. All these races will be contested simultaneously with the 24-Hour Relay. --- Just heard that the Napa Marathon will now be on November 3...entry blanks will be enclosed in next issue for subscribers.

● **An apology to John Finch** for singling him out in last issue in regards to the 40-and-over question (*i.e.* - *whether or not a man turns 40 on his birthday or at the first of the year in that year which he turns 40*). I had not meant to point a finger specifically at John, but only use him as a specific example. I am sure there are many others that follow the same rules, but I am just not aware of them.

● **AAU Officials Needed:** I guess that most of us road runners are aware that there is a definite lack of officials at many or most of the PA-AAU's races. In fact, many AAU track meets also have a problem obtaining officials...many times because officials are more or less committed to various collegiate meets beforehand. The only answer (*without sending out super-early requests for officials in order to 'beat out' the colleges*) seems to be to have area clubs qualify officials from their own ranks. If each AAU club in the Association had just 3-4 officials, then clubs could put on their own road races & track meets with their own certified officials. I would like to hear from some of our readers on this problem. If enough of our runners are interested enough in helping out the program, maybe a mini-clinic can be organized in the near future to qualify prospective officials. Let me hear from you soon!

● **PA-AAU Long Distance Running Committee Meetings:** The date of the next meeting is Aug. 6 (Beresford Recr. Center, 28th & Alameda, San Mateo) at 7:30 pm. The following one is Sept. 3, but no location as yet. Let's get some participation! Only 4 people showed at the July meeting. It's really difficult to run a program for 5000+ athletes with only 4 people!!! Anyone can participate & each club should send a representative.

● **Change of Affiliation Fee** (AAU Card) is now \$1.00, not 25¢.

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Now you can purchase Runner's World Magazine and a wide selection of RW's Booklet of the Month series at various locations throughout the Bay Area that are serviced by World-Wide Distributing. An updated list will be published here each issue. If you would like to have a store in your area serviced or would like your own store serviced on a consignment basis, contact: *Jack Leydig, World-Wide Distributing, Box 8, Mtn. View, CA 94040.*

Stores listed below are keyed as follows: R = Runner's World Magazine; S = Small (5-9 titles) selection of booklets; M = (10-14 titles); L = (15 or more titles).

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NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (*Compiled by Stan Rosenfield*) - Ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by number of races run. Following are the point standings through July 6. The list includes all scheduled SPA races through the South El Monte 7.9 Miler, with the exception of the STC 2-Man Relay, Peck Park X-C, and the LA Times Marathon. Ron Kurrle continues to lead, but is being pressed by Pat Miller, who recently won the first two SPA races of his career after being in the top ten 20 times in the past 18 months. Kurrle & teammate Ray Hughes lead in victories with three each. Sam Nicholson, with 7 wins, dominates the veterans division and has a good chance to top his winning mark from last year (0.115). Scoring year begins Jan. 1, 1974. --- (*The numbers in parentheses, below, indicate...number of races run; average placing; point rating*): **OPEN DIVISION:** 1. Ron Kurrle (BHS/8, 2.88, .360), 2. Pat Miller (Un/8, 3.12, .390), 3. Ray Hughes (BHS/4, 1.75, .437), 4. Ed Chaidez (Un/8, 3.62, .453), 5. Skip Shaffer (CCAC/15, 7.33, .489), 6. Jim Arquilla (ELATC/9, 4.44, .494), 7. Fred Ritcherson (USC/2, 1.00, .500), 8. Phil Ryan (GWAA/6, 3.33, .556), 9. Mark Kushner (GWAA/5, 2.80, .560), 10. Don O'cana (Un/4, 2.25, .562), 11. Jim Perez (Aztlan/7, 5.43, .776), 12. Wayne Akiyama (Un/3, 2.33, .778), 13. Carlos Alfaro (Aztlan/6, 5.00, .833), 14. Ron Fister (Un/4, 3.50, .875), 15. Maury Greer (BHS/5, 4.40, .880). **MASTERS DIVISION:** 1. Sam Nicholson (STC/14, 2.00, .143), 2. Rudy Ceja (50+) (STC/10, 3.50, .350), 3. Glen Turner (STC/8, 3.00, .375), 4. Gil Perez (STC/10, .430, 4.30), 5. Walt Windsor (Un/6, 2.67, .444), 6. Norm Lunian (STC/3, 1.33, .444), 7. Dick Bartek (SBAA/3, 1.33, .444), 8. Dave Parker (STC/5, 2.60, .520), 9. Don Jones (STC/3, 1.67, .556), 10. Clyde Alling (50+) (STC/7, 4.57, .653), 11. Aurelio Camacho (STC/3, 2.00, .667), 12. Del Linam (CCAC/7, 5.14, .735), 13. Jim Van Manen (SBAA/2, 1.50, .750), 14. Chuck Seekins (50+) (STC/4, 3.50, .875), 15. Ray Gil (STC/4, 3.50, .875).

PA-AAU STANDINGS: (*Compiled by Art Dudley*) - For method of calculation, see SPA Standings. *Only PA-AAU finishers are counted (or local residents not registered in PA).* So, if the 10th place finisher is from SoCal, then 11th place counts for 10th in the calculations. Counters are top 10 (open), and top 6 (masters division); top 4 (women). Scoring year begins with the Lake Merritt Runs in October 1973, and winners in each division receive a special NCRR Perpetual Trophy at end of year.

Most all races are counted, with the following exceptions, when either results have not been obtained, or insufficient (we reserve the right to determine sufficient competition or numbers of runners) people compete. The Chico 10 Kilo X-C will not be counted, and results were never received for the Colfax X-C or PA-AAU 30 Kilo Championships...also, masters & women will not be counted in the New Years Midnight Run or Elk-a-thon, since complete results were never received. The following over-40 races will not be included for reasons of insufficiency: Lake Merritt 5K, Excelsior 6-Miler (Dec.), One Hour Run, Champion Gold Mine Run, and Bay-to-Breakers (because of scoring mixup)...and the women's races not to be counted are: Excelsior 6-Miler (Dec.), Gold Mine Run, Lake Il San Jo, DeAnza Ridge Run, and Bay-to-Breakers (scoring mixup). Totals below are *through the Excelsior Beach Run (June 29)*. --- Peggy Lyman still holds a very slim lead over Joan Ullyot in the women's race, with Debbie Rudolph coming from off the chart into a tie for third with Penny Tomei! Joe Taxiera moved from eighth place into second in closing on Jim Dare in the open division, with Alvaro Mejia coming from nowhere into fourth. Jim Shettler widened his masters lead slightly over teammate Ross Smith. The top runners in each division are listed below...any questions are welcome. Ties are indicated by an asterisk (*). They are counted as an average (tie for first is worth 1.5).

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Peggy Lyman/WVTC (10)	5	3	1	1	1.800	0.180
2. Joan Ullyot/WVTC (11)	4	5	0	2	2.000	0.182
3. Debbie Rudolph/RR (3)	3	0	0	0	1.000	0.333
Penny Tomei/WVTC (6)	2	2	2	0	2.000	0.333
5. Mary Etta Boitano/SERC (6)	2	2	1	1	2.167	0.361
6. Diane Williams/GSTC (3)	2	1	0	0	1.333	0.444
7. Yvette Cotte/RCF (7)	0	1	4	2*	3.214	0.459
8. Kathy Himmelberger/WVTC (5)	1	2	0	2	2.600	0.520
9. Chris Sakelarios/RCF (2)	2*	0	0	0	1.250	0.625
10. Louise Adamson/WVTC (4)	1	0	2	1	2.750	0.688
Catherine Smith/PAMA (4)	0	2	1	1	2.750	0.688
Ruth Anderson/NCSTC (4)	0	1	3	0	2.750	0.688

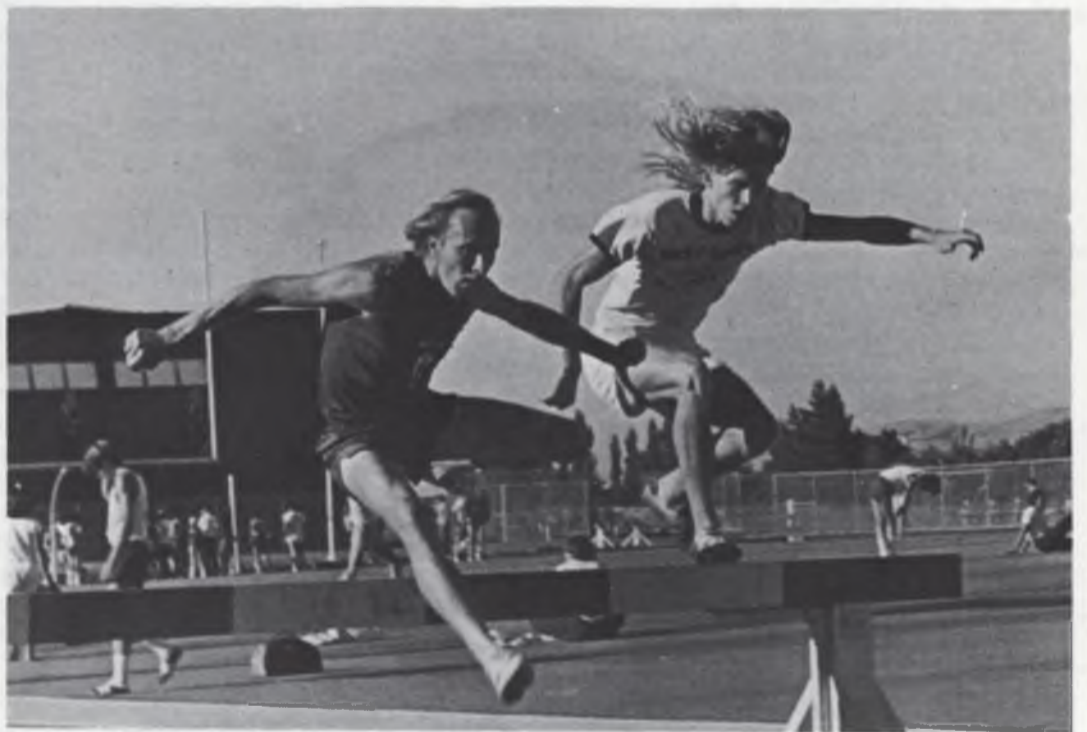
**Note: Results from Statuto not rec'd in time to include.

MASTERS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim Shettler/WVJS (9)	8	1	0	0	0	0	1.111	0.123
2. Ross Smith/WVJS (9)	6	3	0	0	0	0	1.333	0.148
3. Jim Nicholson/NCSTC (16)	1	6	5	1	3	0	2.938	0.184
4. Gil Tarin/WVJS (7)	4	1	2	0	0	0	1.714	0.245
5. Dave Stevenson/SRC (4)	3	1	0	0	0	0	1.250	0.313
6. Gough Reinhardt/NCSTC (12)	1	1	1	3	5*	1	4.125	0.344
7. Gordon Gane/WVJS (6)	1	2	2	1	0	0	2.500	0.417
8. Mike Healy/NVRC (6)	1	2	2	0	1	0	2.667	0.444
9. Jim O'Neil/SFOC (5)	1	2	1	1	0	0	2.400	0.480
10. Bob Malain/NCSTC (6)	1	0	3	1	1	0	3.167	0.528
11. Peter Wood/NCSTC (7)	0	1	2	2	2	0	3.714	0.531
12. Bill Snaveley/BVH (6)	0	3	1	0	1	1	3.333	0.556
13. Lee Adams/Solano TC (7)	0	1	1	2	2	1	4.143	0.592
14. Vic Weber/WVJS (7)	0	2	0	1	1	3	4.429	0.633
15. Dennis Teeguarden/NCSTC (3)	1	1	1	0	0	0	2.000	0.667

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. Joe Taxiera/ATC (14)	3*	1	1	5*	1	0	1	1	0	1	4.214	0.301
3. George Stewart/WVTC-ARMY (5)	3	1	0	1	0	0	0	0	0	0	1.800	0.360
4. Alvaro Mejia/WVTC (6)	1	3	2	0	0	0	0	0	0	0	2.167	0.361
5. Jim Nuccio/WVTC-ARMY (5)	2	1	1	0	1	0	0	0	0	0	2.400	0.480
6. Steve Dean/GWTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Rich Kimball/ATC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Hans Menet/WVTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
9. Gene Fitzgerald/PAMA (8)	0	1	2	3	0	1	1	0	0	0	4.125	0.516
10. Darryl Beardall/MAC (8)	2	0	1	0	2*	3	0	0	0	0	4.188	0.523
11. Phil Camp/BHS-NAVY (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
Mike Conroy/ETC (9)	0	1	1	1	3	1	1	1	0	0	5.000	0.556
13. Ken Scalmanini/PAMA (7)	1	2*	2	0	0	1	0	0	0	1	3.929	0.561
14. Roland Verhe/WVTC (6)	0	2	1	1	0	2	0	0	0	0	3.833	0.639
15. Jack Bellah/WVTC (5)	1	1	0	2	1	0	0	0	0	0	3.200	0.640
16. Dave Himmelberger/WVTC (9)	0	1*	0	1	3	1	0	2	0	1	5.944	0.660
17. Bill Seaver/WVTC (6)	0	2	1	0	2	0	1	0	0	0	4.000	0.667
18. Bill Clark/WVTC (10)	0	0	0	2	2	1	2	0	1	2	6.700	0.670
19. Jack Leydig/WVTC (8)	0	1*	0	3*	1	0	1	1	1	0	5.500	0.688
20. Alex Aguilar/WVTC (6)	0	0	2	2	1	1	0	0	0	0	4.167	0.694



(Left) Harold DeMoss, the PA-AAU's new Men's Long Distance Running Chairman. /Mike Shaughnessy/ (Center) Jim Dare still leads NCR Point Race (open). /John Marconi/ (Right) Jim Shettler, shown here leading Chris Svendsgaard in a 10:39.9 steeple win, also leads his (masters) division in the NCR Point Race. /Jeff Searls/

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 WVTC ya know!

NEW CLUBS: Here are some new clubs that we've heard about that are official AAU clubs. — Westside Track Club (San Jose); Cambrian Road Runners (Bob Woods, 349 S. Kiely, #102, San Jose, 95129); Southgate Athletic Federation (P.O. Box 9882, Sacramento 95823); Mid-Peninsula Elks TC (Bill Burns, 709 Catamaran,

Apt. 2, Foster City 94404); Appaloosa TC of San Jose (Gary Gallego, 955 Piedmont Rd., San Jose 95132); Tax Reducers AC (3080 Neal Ave., San Jose 95128); Cheetah Track Club (Jerry Sarmento, 8417 Moravian Ct., Sacramento 95826). — Any other new clubs should contact us for a listing in the next issue.

WEST VALLEY TC: A total of 16 new members since last issue, including 5 women!! — Steve Benson (17), 1599 Marabu, Fremont 94538 (Ph. 657-6450), a junior at Mission San Jose HS with best marks of 4:54 & 10:36 (both as a frosh). Peter Borden (23), Hansen-Microwave Labs, Stanford 94305 (Ph. 497-0294), a grad student at Stanford with best marks of: 880-2:16, Mile-4:45(1), 2 Mi-9:58.4, 3 Mi-15:41(1), 6 Mi-32:26, Mara-2:34:33. Scott Bradley (20), 11771 Southwood Dr., Saratoga 95070 (Ph. 378-4361) is a soph at West Valley JC and has run 22:00 for four

miles cross-country. Larry Bryans (16), 40925 Cascado Pl., Fremont 94538 (Ph. 656-4216) is a soph at Mission San Jose HS with best marks of 440-52.0 and 880-2:04.0. He has also done two miles X-C in 10:26. Mark Buhman (14), 4108 George Ave., #1, San Mateo 94403 (Ph. 345-2157) is a freshman at Serra HS. He hopes to excel in a field event, preferably the discus, but has not had a competitive season as yet. Lucy Bunz (28), 1815 Kirkham, S.F. 94122 (Ph. 661-4268) is a technician in nuclear medicine and has very strong distance times of 2:20 for 20 miles and a great 3:05:07 for the marathon. Marty Conway (16), 9646 Davona Dr., San Ramon 94583 (Ph. 828-6309) is a junior at DeLaSalle HS in Concord with best times of 4:44 and 9:48.8. Nick Granados (17), 2367 Washington Blvd., Fremont 94538 (Ph. 657-3827) is a junior at Mission San Jose HS with best times of 4:59, 10:20, & 17:29 and also a mark of 5'0" in the high jump. Bruce Henry (22), Box 6507, Stanford 94305 (Ph. 324-0824) is a senior at Stanford Univ. with best times of: 220-22.2, 440-48.7, 880-1:58.8 and also a long jump of 21'4 1/2". He's also done 9:48 for 2 miles X-C. Kathleen Himmelberger (27), 1763 Park Blvd., Palo Alto 94306 (Ph. 327-7774) is a computer applications analyst and is current member Dave's wife. She has come on very strongly over the past few months in local road races and finished 2nd in the PA-AAU Hour Run with 8 miles, 1219 yards. Mark Quinn (16), 600 Trout Gulch Rd., Aptos 95003 (Ph. 688-5796) is a junior at Aptos HS with best marks of 2:19 for the 880, 4:49 for the mile, and a 10:15 for 2 miles. Irene Rudolf (32), 54 Parnassus, S.F. 94117 (Ph. 665-1608) is a resident Medical Technician and has her eyes set on a 3-hour marathon...she's already done 3:12:13 (at Boston this year). Steve Simpson (14), 46698 Crawford Ct., Fremont 94538 (Ph. 656-6722) is a freshman at Mission San Jose HS with best marks of 2:28 and 5:26 for the 880 and mile. Tom Smith (16), 539 Hillview Dr., Fremont 94536 (Ph. 792-0621) is a soph at Mission San Jose HS with bests of: 880-2:07.7, Mile-4:41.7, 2 Mi-9:46.2. Joan Ulylot (34), 44 Forest Knolls, S.F. 94131 (Ph. 566-7445) is a research physician at the Univ. of California Medical Center and has run a very good 3:08:40 marathon and should dip under 3 hours in the near future with steady training. Betsy White (36), 611 Colusa, Berkeley 94707 (Ph. 525-2948) is a housewife/student (Ph.D. candidate) who has been improving quickly in area road runs. She was just under 8 miles at the PA-AAU Hour Run recently.

• News from Distant Members: Some tidbits of information from our members in the far corners of the country (& world)--- Ritchie Geisel (Bethesda, Md.) reports that he has begun yet another comeback and sends his best wishes to the Bay Area 5000 (or however many runners there are now). On June 15 he placed first in a 5.6 miler (28:09) in D.C. Jost Schmitt, now back in Germany, reports that he continues to run well. He made it to the 800 meter finals in both the National Univ. Games and the Open Wurttemberg State Championships (7th in 1:53.5 with a PR of 1:52.6 in his heat; and 6th in 1:53.0, respectively). His team's 4 x 400 meter relay team was runnerup in the Univ. Championships and in the Wurttemberg affair, his 4 x 800 meter relay club team won the silver medal (1:54.1 leg). His Ph.D. thesis has earned high praise and was unanimously graded 'summa cum laude'. If anyone on the club is going to Germany this summer or next year, let me know and I'll send you his address. Mike Ryan, who still holds the C.C.S. mile run record, reports from Akron, Ohio, that he's been running 50 miles a week and has had 5 races this past spring. He ran a 51:47 for 10 miles (3rd) in Cincy; won the Ohio AAU 6-mile in 30:21; won a hilly 6-miler in 32:17; won an 8-miler in 41:00. He also ran a 4:20.1 mile in a driving rainstorm and a couple of inches of water. Roland Verhe has returned to Belgium after his year's stay in the States and I'm awaiting a letter from him to get his new address.

• Other Member News: Two club members have done well in getting themselves established in two national sports publications. Tom Jordan is a new staff writer for *Track & Field News*, while Wayne Glusker is a contributing photographer for *Women's Sports*, a new magazine out of San Mateo and co-owned by Billie Jean King. Wayne had several photos in the first issue (June), which featured several pages on the Women's Natl. AAU Marathon, co-hosted by WVTC & the San Mateo Recreation Dept. in February. Len Wallach has fully recovered from an operation on his jaw in which a tumor (non-malignant) was removed, causing him to be hospitalized for more than a week. He is back and running again already!! We didn't even have time to wish him a speedy recovery since he's back on his feet again. Don Kardong, an ex-WVTC'er, now living in Seattle and competing for Club Northwest, ran to a PR (by over 20 seconds) three-mile time of 12:57.6 in finishing third behind Prefontaine & Shorter in the great race in Eugene in early June. He went on to run a 13:35 for 5000m at the AAU Championships and earned a spot on the US-USSR team. Jim Howell will be in Nigeria for two years, helping coach the national track team there, and his wife Barb, who is expecting

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a baby late this year, will follow after the baby is born. We are sure Jim will help to recruit the entire Nigerian team for the club! Domingo Tibaduiza is traveling and competing in Europe this summer and at last report has set a South American (and club) record of 13:43.2 for 5000 meters (June in Paris, finishing 5th behind Puttemans - 13:34, and Gamoudi - 13:39). He also ran an 8:10 at 3000 meters in route. He has also run a 3:50.2 for 1500 meters in Europe and won a road race in Florence, Italy.

• WVTC Exec Council Meeting & BBQ: (July 6) - The club BBQ at Harold DeMoss' was a great success, with about 35-40 members present. The food was fantastic, especially the farout salads conjured up by the women. Those that didn't make it to this one really missed out. A real food orgy. It was reported that the club spent nearly \$1000 on travel expenses and related items this spring. Nearly half of that was spent on our junior squad that went to Florida (Dedy Cooper, Skip Peterson, and Roy Kissin...see below for results). Jeff Brody volunteered to be 24-Hour Relay co-ordinator, and all those interested in running this insane event (Aug. 31) should contact him right away at: 3936 Clay St., S.F. 94118 (Ph. 221-7080). The club will field numerous teams as per usual at the Lake Tahoe Relays on Aug. 17, and all those interested in competing must contact Jack Leydig by not later than Aug. 7. Anyone that is planning on going up early (before Friday) should contact me at once concerning obtaining campsites for the club. A long discussion ensued on changing the club uniform (men's) to something more colorful and possibly a style (design) change as well. No firm decision was made but several possible designs were shown (by Penny Tomei). Anyone wishing to submit a rough of a design should do so immediately, as this will be brought up again at Lake Tahoe. A discussion also ensued on the idea of changing the club name, with no decision being made either. We would appreciate feedback from members concerning a possible name change (suggestions, or even if we need to change). It appears imminent that club sweats (adidas) will be made available to club members at slightly over cost, including screening our name on the back. They will probably run less than \$20.00 but the color is yet to be decided upon (base color & stripes). Again, suggestions are needed and should be submitted ASAP. The upcoming XC Schedule for the club was discussed, and it was decided that the club would host an open XC meet on the site of the Natl. AAU Championships (Crystal Springs, Belmont) probably Nov. 16, pending clearance for use of the course on that date. This meet will also serve as the PA-AAU Women's 10 Kilo X-C Championships (a new event). Winners from this race will be first in line for funding to the Natl. Women's 10 Kilo if such funds are available. Much help will be needed both before and during the Natl. Men's XC Championships, to be hosted by our club. The time is drawing close fast, and in less than 4 months the race will be history. Please return your enclosed signup sheets for various committee work right away. We need to get rolling immediately so that the amount of strain on all concerned will be minimal. Non-WVTC members will be welcomed to help participate in the organization too!

●Marks by WVTC Athletes: Of particular note during the latter part of the track season are the following performances—Dedy Cooper (*this month's West Valley Portrait*) had a great finish to an already fantastic season. He picked up a PR for the 440 in the CIF State Meet with a 47.9 in the heats before finishing second in the finals. He then added another silver medal with a 13.8 over the highs. He was leading until he hit the last barrier, which undoubtedly cost him the win. The following week he cruised a 14.0 over the college highs (his first time) and won the PA-AAU



Portion of WVTC Exec-Council after May meeting (*Non-Exec Members indicated by **). (Standing--Dan Anderson, Darryl Zapata, *Bobby DeMoss, Dave Stock, Jack Leydig, *Jeff Brody, Mike Shaughnessy, Bill Clark; Kneeling--Rich Hansen, Peggy Lyman, Harold DeMoss, *Wayne Glusker, *Willie, Ellen, & Teresa Clark; Prone--Jim Dare. /Photo by kind neighbor/

Championships. He then went on to the Junior National Championships in Gainesville, Florida, and took a win there, clocking a good 14.1. A second place in the US-USSR dual meet (juniors) capped off a very successful season for this high school junior. He had, in addition to all this, a double win at the NCS Meet with 13.7 and 48.1. Ralph Lee, now 32, finished off his most successful season in years with a victory at the SPA-AAU Championships, winning the 880 in 1:51.5 against a strong field of half-lappers (8th was 1:52.5). At Santa Monica on May 25 he lowered his club standard to 1:50.1 while taking 2nd by two-tenths. That mark stands as a US age-record (for 32-year-olds). He also took a second at the LA Military Classic in 1:52.0 behind Jack Bigley (1:51.6) of Army. Lynn Ryan of Irvington HS made the State Meet after 1:54.4 (Region) and 1:53.3 (Section) marks. He failed to qualify for the finals at Bakersfield, however. Rusty Nahirny of Washington HS (Fremont) managed to stage a late season comeback after fading towards mid-season. He qualified for the CIF Meet with a 4:15.3 at his NCS Meet, behind Rich Kimball (4:02.2), who set a national seasonal best. He then ran 4:11.4 in the heats and a great 6th (4:09.6) in the finals for a PR. Roy Kissin, still a junior, did 9:15.4 for second at the NCS Finals behind Kimball's 9:12.1, and then lowered his PR to 9:08.0 for a ninth in the State Meet. He also went to the National Jr. Meet in Florida, but fared poorly in the hot and humid conditions with about a 30:30 at six miles (4:47 for first mile). Skip Peterson of Sparks HS in Nevada competed in the long jump in the Jr. Nationals, after qualifying with a 23-9. However, we don't have results of how he did in that meet, although we have heard he did 7th place or so. Please let us know how you did, Skip, so we can print it in next issue. Domingo Tibaduiza capped off a very successful season with a third place in the Kennedy Games 3-mile (13:30.6), followed by a tough double at the NCAA Meet (28:28.2 for 3rd in the six mile; 14:12.6 for 7th in the three mile). He then ran 13:43.2 for 5000m in Paris for a South American record. Jim Dare & Joe Lucas competed well, although not great, in their last two races of the season, with Lucas doing 8:48.4 and 8:48.0 for 2nd and 8th in the Kennedy Games & Natl. AAU, respectively, and Dare doing 3rd and 10th in the same meets in 8:54.6 & 8:53.6. They both got seasonal steeple bests in their final meet. Jack Bellah surprised even himself probably with a good 29:10.6 for fifth place at the Pac-8 six-mile. Bill Eaton raised the club pole vault standard to 16-0 1/2 with a second place at the PA-AAU Championships at Laney JC. Brad Nave rounded out a super-consistent season with a victory in the NCAA Div. II Championships in Charleston, Ill. with a 175-3 heave, some four feet better than runnerup. Emil Magallanes of Monterey Peninsula College showed that he's got a good future ahead of him in the steeplechase with a pair of wins in the NorCal JC Championships (9:34.8) and the JC State Meet (9:14.2, a State Meet record). John Loeschhorn didn't get jinxed after our article about him in last issue, as he displayed his youthful (30-year-old) vigor at the Natl. AAU Marathon in New York with a PR 2:24:22 in 11th spot. He followed that with a 4th place finish in the L.A. Times Marathon some three weeks later, recording a 2:27:32 behind Jack Foster, Neil Cusack, and Tom Fleming. Wayne Glusker was busy on the same day (as the Natl. Marathon), also in New York, with a 10th place at the Natl. 20 Kilo Walk Championships (1:41:35). --- I know that there were a lot of other good marks I didn't mention. If anyone feels I slighted them, please let me know.

●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. --- Bay-to-Breakers: (*results after 50th place probably inaccurate...places & times, so we aren't bothering to list anyone*); Statuto 4-Miler: 168-Jack Gottsche 50:17; Statuto 8-Miler: 49-Peggy Lyman 59:04; Woodminster: 76-Irene Rudolf 77:01, 86-Dan Hintz 63:01, 89-Nick Granados 63:11, 134-Bill Lamb 69:17; Holy City Summit Run: 89-Ralph Likens 59:10, 129-Lary Hayden 61:22, 131-Dan Hintz 61:26, 233-Lori Watkins 72:17; Excelsior Beach Run: 68-Mike Brooks 40:42, 138-Kathleen Himmelberger 46:09, 167-Betsy White 49:07; Kenwood 10 Kilo: 86-Penny Tomei 54:39.

CLASSIFIED ADS

OUR RATES: Interested in selling your wife or promoting your race or meet? With a circulation (mailed) of nearly 1000, and nearly three times that many who read it, the NCRR will get results for you. Our rates are super-reasonable, especially if you contract with us for a year. For more details and a complete listing of our rates, please write to: Bill Clark, NCRR Advertising Mgr., 156 Marvin Ave., Los Altos, CA 94022 (Ph. 415-948-8029). Please call evenings only. Thank you.

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!).

TEACHING/COACHING JOB WANTED: I am looking for a teaching job (physical education) and sideline as a track/cross country coach. Credentials available from: Bill Seaver, 25767 Donald Ave., Hayward, CA 94544 (Ph. 415-538-7247).

THE THROWS: (*Contemporary Theory, Technique & Training*) - This book offers a modern guide to the four throwing events: the shot put, the discus throw, the javelin throw, and the hammer throw. There are also articles on strength training and development. The book brings together some of the most important already published works from the world's track & field literature, along with a number of articles translated into English for the first time, as well as contributions never before published. A total of 47 articles in all. Essential reading for every coach and thrower. -- Paperbound, 160pp, Tafnews Press, only \$6.00 plus 25¢ for postage & handling...Available from NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401.

THE MAGIC BUS: Jack Leydig's *Starting Line Sports* VW microbus will be seen at most road races throughout the NorCal area thru the end of September with a selection of books, shoes, and other running essentials that is hard to match anywhere. If you want to be sure that a particular size or model of running shoe is brought to a particular race, please call ahead of time (evenings after 8 pm) so you won't be disappointed. Concerning the Lake Tahoe Relays---I will not bring much in the way of shoes or booklets to this race, so if you want something, call me before Aug. 12 so I can be sure to bring it to the race. My phone number is: (415) 342-3181. Thanks for your business!!

AGE RECORDS 1974: World & U.S. Track & Field bests from ages 1 thru 78 as of January 1, 1974, based on actual birthdates... 48 events listed (English & metric measurements). Compiled by Jack Shepard, Wally Donovan & Peter Mundle and edited by the staff of Track & Field News. Available for \$2.00 (add 25¢ for postage, tax & handling) from: NCRR, P.O. Box 1551, San Mateo, CA 94401. --- Limited supply; send for yours while they last.

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LETTERS TO THE EDITOR

DIETER DIEKMAYER (Stockton, CA): "Yes, someone did show up in Rocklin for the 50 Mile Championship on March 23. In fact, there were six of us (2 to run and 4 to supply aid) standing there at the golf course at 7 am, looking a bit lost and foolish. But things being what they are, the Big Valley Harriers took all that first-aid equipment (orange drink, gatorade, bandages, etc.) and turned it into a picnic and tour through the Roseville Flea Market."

LYN WALKER (Newark, CA): "I write this letter, not for spite, but rather, with the thought that a similar incident doesn't occur. I refer, of course, to the PA-AAU 50-Mile Championships which were to be run on March 23. Two other runners from Newark (which just happens to be the ultra-marathon capital of the world), besides myself, were planning to run this 'race', and had keyed two months of training to this race, along with passing up our high school track season in order to participate.

Having cut down on our mileage for almost a week, and well into the carbohydrate-loading portion of our diets, we learned that the race was not to be. I obtained this information after nearly a week of incessant phone calls to the race director—and only two days before the race. I received a letter, only the day before the race itself, which also told of the cancellation. This was ridiculous considering that I had written to Mr. DeCelle requesting information over a month prior to the meet—enclosing, of course, a stamped, self-addressed envelope.

I can't possibly relate how stunned, disappointed, upset, and angry we were. I can only be thankful that I received notice, even if it was so close to the race, for if I had travelled the 100-plus miles to Rocklin, I would certainly have felt like killing somebody; and I'm not positive that this didn't happen to someone else (see above letter). As it turned out, I lost a couple weeks of training and a month of my track season.

Having cooled down for a few months, I would like to make two suggestions. First, there should be an attempt to put on all races which have been advertised, particularly PA-AAU Championships. I also think that more effort should be put into making runners aware of race cancellations.

Finally, in order to show that there are no hard feelings, and also to show that I, like any dedicated distance runner, have an IQ of only 37, would like to make a public challenge to all runners, regardless of how hot they think they is—'At the Camelia Festival 100-Miler, I'm gonna stomp your (expletive deleted).' Nyahh!!!"

FRANK DONAHUE (San Francisco, CA): "It is difficult to write this letter because it criticizes the AAU officials who were in charge of the recent PA-AAU Track & Field Championships. It is hard because they volunteer their time and effort, which is highly commendable. However, the PA-AAU Championships, which is supposedly a high-caliber affair, deserves a higher quality of officials. There can be no inadequacies that were present at the recent Championships, such as: no order of events posted anywhere; late starting of the meet; inaccurate lap counting; improper running of high school distances (starting 20 yards behind everyone and then subtracting time at the end); no weighing of implements; allowing non-entered runners to participate; no P-A system; and a general lack of co-ordination.

I understand that the officials are volunteers, but the way to attract better qualified people to volunteer is to show that we, as a district, can put on meets that at least show potential for high quality. This means not only better officiating and improved efficiency, but more participation and support from the district itself. The times and distances in this meet were not truly indicative of the talent in our district.

I understand that blaming the officials is not going to solve anything, but pointing out some of the inadequacies that could be avoided would go far to upgrade the Championships and raise the importance of them."

CATHERINE SMITH (Reno, Nevada): -- (The following is not actually a "Letter to the Editor", but moreover, a presentation of a problem that occurred when Mrs. Smith applied for entry into the U.S. Masters Track & Field Championships in Gresham, Oregon, and the resulting correspondence. Comments should be sent to the Editor. We have not yet received results from the meet, so we don't know if she competed officially, or if she competed at all...we'll let you know next issue.)

(From Jim Puckett, Meet Director): "Dear Catherine—Enclosed is your entry form and fees to the Masters Track & Field Championships in Gresham. I am most sorry that you did not get

the complete entry form with meet information and time schedule. This meet does not include women's events as in the past because it has been enlarged to seven divisions of 5-year age brackets rather than the 4 as previously run. This has necessitated a 3-day show and a very tight schedule. The intent certainly is or was not to shut the women out. I believe in women's participation and perhaps can see or recommend inclusion again in 1975. Thank you for your interest. Come visit Gresham anyway."

(Reply to Mr. Puckett): "Dear Mr. Puckett—As a courtesy to you, I am sending you a copy of the letter of rejection I have just received from you, along with a copy of my letter to the Oregon Civil Rights Commission. I scarcely need to point out the irony of a policy designed to enlarge a meet and encourage participation by refusing to permit a sizeable portion of the eligible population to enter at all. I hope you will find a way to change your mind. Not only for my own sake, but because I know that the two fastest over-40 women in the marathon are both working hard to lower the current over-40 women's record (I refuse to call it a Mistress' record!), which has passed back and forth between them several times in the last year. By the way, why would it mess up your schedule to permit women to run the marathon? And, why would it mess up your schedule to permit them to run in other events with men of the same age or (by way of a handicap) to run with men in older divisions?"

(Letter to Civil Rights Commission): "Dear Mr. Hutchins—About two weeks ago I sent you a copy of my application to enter the AAU Masters National Track & Field Championships, July 5-7, at Mt. Hood Community College, Gresham, Oregon. I stated that I believed that the application would be rejected solely on the basis of sex. The application has been rejected. I enclose a copy of the letter of rejection. I call your attention to the written material which accompanies the application, emphasizing that no qualifying times are required and encouraging the widest possible participation. I believe that this rejection, solely on the basis of sex, is a violation of my rights under the Fourteenth Amendment to equal protection of the law. Further, I believe that it is in violation of federal and state laws prohibiting sex discrimination in public accommodations. Therefore, I wish to make a formal complaint to your agency concerning this blatant act of discrimination. When I arrive in Oregon just prior to this meet, I will get in touch with your office. I will want to know what further steps I will need to take in order to participate in this year's meet, just as any other Masters age runner might wish to do."

RUNNER-UP

(This issue marks the beginning of a new column, written by Jim Valenti. We thought that it would be appropriate to do our first "Portrait" on Jim himself so that our readers can get an idea as to the type of person who'll be writing for us. The following interview will also touch on the reasons for having such a column in the first placewe need the help of our readers to determine suitable personalities and organizations for future interviews. Please send any and all suggestions to Jim Valenti, c/o Recreation Dept., City Hall, 330 W. 20th Ave., San Mateo, CA 94402.

MEET JIM VALENTI: - Jim Valenti is a familiar face in Northern California running circles.

From his early days as a runner in both cross country and the mile at Mt. Diablo High in the early 60's to current fascination with race administration, Jim has been involved with running for over twenty years.

After graduating from Mt. Diablo High, he went on to San Francisco State University, where he received his B.A. in physical education. Shortly after that, he received his Master's Degree. He was involved in various sports, including football, baseball, gymnastics, and track and field. When asked which he favored most, Jim revealed, "I believe my first love has always been running. I grew up in a neighborhood where a timely and speedy departure meant survival."

Jim "Doc" Valenti has, over the past four years, moved away from the heel-and-toe competition of running and has involved himself in race administration. He is presently working



"Runner-Up" editor, Jim Valenti, performing timing duties at the 1973 Christmas Relays finishline. /Stuart McDougall/

for the City of San Mateo as Administrative Director of Athletics and Outdoor Recreation. Some of his recent involvements include the annual West Valley Marathon, the 1973 National AAU Marathon, the Christmas Relays (*Half Moon Bay to Santa Cruz*), and the 1974 National Women's Marathon. He now has his eyes on the 1974 Men's Cross Country Championships and the 1975 Women's Cross Country Championships (both Nationals).

When asked why he was interested in writing this column, Jim reveals, "I feel that all too often runners, coaches, and spectators fail to realize what makes a meet a success or a failure. The race administrator, as far as I am concerned, is the guts of the running and racing program. Like coaches' training techniques and raceday strategy, the race administrator must also task his training and logistics and plan for raceday administration."

When questioned as to why he felt the race administrator has been neglected in the past, Jim emphasized that, "Running has been around for a long time, but as a national past time it is still in its infant stages. Like gymnastics, running is rapidly becoming a national fascination. For example, jogging groups are springing up all over the country, and track clubs are just beginning to really flourish. Because of this extensive, explosive growth, the sport is experiencing some growing pains. These pains are exposing themselves in the form of non-identification with the people who put on the meets. Right now the emphasis is with the runner and his coach. Thus...the reason for the title for the column: *Runner-Up* (second fiddle?)."

Queried as to whether he was suggesting a de-emphasis on the runner, Jim responded defensively, "No, I feel that the runner should be the focal point of the program, but I also feel that the runner, as well as the coach, should be cognizant of the problems of putting on a race and of the support that is needed by these two factions. With the increased demand for more races and running activities, there is a parallel increased load placed upon the personnel and logistics of the race administration staff."

Asked how he thought the backlog could be corrected, Jim suggested, "I think that question is the hub of the reasoning behind my writing these columns for the NCCR. I feel that runners, coaches, and spectators have to be educated. This educational process might be accomplished through the advent of this series of interviews."

Well, Jim has given us some food for thought. Hopefully, within the next few issues we will better be able to identify with some race administrators around the Bay Area and with some of their frustrations and problems. In addition to featuring race administrators, this column will also spotlight the many other individuals and organizations that are often neglected by the masses of participants. It is these individuals and organizations that make the competitions possible. Through education via this column, we hope to get more individuals involved in the administration process, thus creating a vast reservoir of capable people to carry on the essential duties of a rapidly growing sport. Nice to have you aboard, Jim....

NOR-CAL PORTRAIT

MEET JAMES ROBINSON: (By Joe Taxiera) - "I Paid the Cost, So Now I'm the Boss," is emblazoned on the back of this exciting young man's sweatsuit, and this seems to indicate that he's worked hard indeed to become the National JC record-holder in the 800m-880yds. However, by today's standards, James Robinson, of Laney College in Oakland, would seem not to have really worked that hard, which makes his performances all the more amazing.

A native of Oakland, the 148-1b., 5-10 Robinson has always shown promise of becoming one of the greats in track and field. He tried the sprints a bit in junior high, but didn't really start 'running hard' until he was a soph at McClymonds High. During his senior year there, he clicked off marks of 4:18 for the mile, and a super-impressive 1:51.5 for the two-lapper. It has been two years since then, and Robinson has now become a seasoned international performer. He made his first overseas trip as a member of the US Junior Team that went to Europe last year, and recently finished second in the US-USSR dual meet behind American record-holder, Rick Wohlhuter.

For the 19-year-old speedster, 1974 started off on a strong note, with an American record in the 600 meters at the Oakland Invitational (1:18.8), where he downed veteran Mark Winzenried in a gutsy last lap. During the early part of the outdoor season, he ran the mile a lot until April when he clocked a PR 4:13.6. He then jumped down to 220's and 440's in mid to late season dual meets, while hitting the 880 in invitationals and relays primarily. He started concentrating on the 880 in the post-season meets, breaking the National JC record at his league

meet, the Golden Gate Conference Championships, with a 1:48.4. Three weeks later (May 25) he lowered that mark to 1:48.0 in the JC State Meet. The old mark had stood at 1:48.6. But the clincher came at the National AAU Championships where he surprised even himself with a world-class 1:45.7 for the 800 meters while competing for Alameda TC. He was third in that race behind Wohlhuter and New Zealander John Walker.

Coached by Laney College's Proverb Jacobs, the smooth-striding JC record-holder doesn't run much during the summer, although Alameda TC president, Joe Taxiera, has tried to get him interested in some local road race competition. He did, however, use the past cross country season for conditioning... then used a progressive schedule from the start of track season, using a lot of pacework (running 110's, 220's, ..., 660's at the same pace he would need to run a 1:48.0 for the 880). By late season he was off the pacework and on speedwork. During the season Robinson averaged only 12-18 miles a week (total mileage for both training and racing)! What would he do if he ran 40 miles a week!??? Look out world record! With good natural speed (he's done 46.8m and 45.6 on a relay, along with a 21.1 for a relay 220), there is no telling what he's capable of if he trained as hard as some of the other world-class half-milers.

An example of a typical late season training schedule for Robinson: *Mon*--Speedwork; 4x330 at 38, 10x220 at 26-28, or 16x110 with no timing...just used for form work. *Tue*--5x550 at 1:14-1:18, 4x660 at 1:24-26, or 3x1100 at 2:30. *Wed*--8x440 at 58-60 or 10x440 at 60-62, sometimes jogging 3 miles after the workout. *Thur*--Usually a meet on Friday, so this was either a restday or an easy couple of miles jogging. *Fri*--Usually a meet. *Sat*--If no relay or invitational, he takes this day off. *Sun*--This is an off day. Very occasionally will run a 3 mile workout. --- He ran about 6 days total the last 3 weeks before the AAU's, including the entire week off before the meet. Three of the 6 days was a 3-mile run, and the other 3 days were 5x220 at 25.0.

Robinson's short-and-hard training philosophy seems to have brought him results (*who can argue a 1:45.7m?*), but one begins to wonder...what if he had really paid the cost?? Next season he will compete for Cal-Berkeley in the footsteps of the great Rick Brown (four times Pac-8 Champ at 880 yards), and this might see the further development of a super middle distance runner. Move over world record!!

James Robinson, Oakland, CA (Laney JC/Alameda TC). Born Aug. 27, 1954; 5-10, 148. Bests: 100 yds.--10.2; 220--22.1 (21.1r); 440--47.5 (46.8m) (45.6r); 800m--1:45.7; 880--1:48.0; 600m--1:18.8i; 660--1:18.7 (in route to 880); Mile--4:13.6; HJ--6'0"; LJ--20'0"; TJ--44'0".



This month's West Valley Portrait, Dedy Cooper (left), shown on his way to a 14.0 win at the PA-AAU Championships in his first-ever race over the college highs. Derek Ligons (Bay Area Striders) is shown on the right. /John Marconi/

WEST VALLEY PORTRAIT

MEET DEDY COOPER: (By Vic Cary) - It has been a little over a year since this Texas-born all-around athlete started running track. In fact, he began his running career at the start of the 1973 season as a sophomore at Harry Ells HS in Richmond. From his very first high hurdle race (15.0), it was very evident that Dedy Cooper would become one of the country's great prep hurdlers. He steadily improved his time throughout that first year and in the trials of the State Meet he blitzed to a windy 13.8 clocking. Also, midway through that season, it was discovered that he could also run a strong race in the one-lap event, and he finished up the year with a fine 49.1--the best

440 clocking by a NorCal soph in 1973.

In the summer of that year Dedy continued to compete, winning the divisional (Reno) and Regional (San Diego) Junior Olympics titles over the highs, and then taking a second in the National J.O. Championships in Michigan.

It was this season, however, that Dedy really became a seasoned performer. Starting with the West Coast Relays, where he won in an outstanding 13.7, the 6-3, 165-lb. junior has been consistently under 14.0. In the 440 he has shown steady improvement, running 48.1 in the North Coast Section Meet, and then 47.9 (heats) and 48.2 at the State Championships. The climax of his prep season came here, as he took a pair of second places in an unusual double: 13.8 in the highs and 48.2 in the 440. Had he not hit the final barrier in the hurdle finals, he would have won them most likely, as he was leading coming into the last flight.

Not content with such a fine season, Dedy decided to try and give the Junior Nationals a try. Running his first-ever effort over the college sticks, he upset Derek Ligons at the PA-AAU Championships, winning in a junior class record of 14.0. A week later, supported financially by the club, he continued his winning ways, taking both the heats and finals (14.1) to qualify for the US-USSR Junior Meet at the AAU Junior Nationals in Florida. In the process, he outclassed some very fine college freshmen, including Mike Johnson of USC (who finished a full two-tenths back). Returning to his native Texas, he competed in his first international competition and managed a 14.5 for second place in the Soviet dual meet, losing his first-ever race in the college highs, while still defeating the Russians.

Cooper has worked hard for his success, as he is coached by ex-Cal distance standout and WVIC member, Vic Cary, who believes in hard training in order to achieve results. The 18-year-old speedster is on the track six days a week, and sometimes jogs on Sundays. A combination of intervals, technique, and speedwork is used in achieving a peak that is built from a broad base and then slowly sharpened. While not in training for track season, Dedy stays in shape by playing football and basketball. He made all-league (ACAL) in football this past season, and was first-string on the basketball team.

Next year Dedy is looking forward to winning the State titles in the highs and 440, and also has an eye on the national record of 13.4. He has world-class ability, and when it comes time for him to go to college, he should be a superb intermediate hurdler. As this issue goes to press, Dedy is busy trying to qualify for the National Junior Olympics again, and we will have a full report in next issue.

Dedy Cooper, Richmond, CA (Harry Ells HS). Born May 22, 1956 in Waco, Texas; 6'3", 165-lb. Bests: 120HH(HS)--13.7; 120HH(Coll)--14.0 (Jr. class rec.); 110mHH--14.1; 440--47.9.

SPECIAL ARTICLES

WONDER WOMAN: *(The following letter was written to Walt Staack by Burnis G. Hicks, of Washington, D.C., who is perhaps the only active 60-and-over woman marathoner in the country...at least to our knowledge. The letter explains how she got involved in running distance and should serve as an inspiration to all those out there who think they are 'over-the-hill'.)*

"No, I am not mad at the 'dirty old man' for being the successor to my over-60 record for the JFK 50-mile Marathon. For this 'frozen-out' runner, the race was a very disappointing one. I had great hopes of reducing my last year's time, but I froze out at the end of 25 miles. It took two cups of hot soup and a cup of hot coffee to bring me out of the shock. I was approaching hypothermia when I had to call it quits. As I told myself, better luck next time. As you were turning down the last half-mile to the finish line, we passed you in the car. I will have to admit you looked as if you, too, should have drunk a few cups of hot soup and coffee. Congratulations on your great time.

Since 1965 my roommate, Violet Strahl, and I started hiking, backpacking, and camping along the 2000-mile Appalachian Trail (Main to Georgia). The office and city pollution was getting to be more than I could cope with. I was having considerable trouble with shortness of breath. My doctor told me I would either have to leave the area, change jobs, or stay out in the fresh air as much as possible. I took up hiking on the Appalachian Trail and the 184-1/2 mile C&O Canal towpath every weekend—rain, sleet, or snow. It made me feel so much better.

Since early childhood I have had blackout spells and nothing seemed to help. Even hiking didn't work. Many times I could not hike up a steep hill or mountain without having to lie down or prop myself against a tree to keep from blacking out and falling down.

My first introduction to running was made possible by a co-worker of mine. One day (about the middle of Feb., 1972) I

met him coming back in the building after he had been out running while on his lunch hour. I was curious as to why he was running and started asking him many questions. During the conversation he asked me if I wanted to try the JFK 50-mile Marathon. What is that? He proceeded to tell me. I was encouraged to give it a try because I was a fast hiker. I thought to myself, '50 miles!—Forget it!' I went home, thought things over, and decided to enter. The time for the marathon was only six weeks away. 'What preparation can I make in that short period?', I asked myself. And, too, I felt my age (59) was against me. I started eating less for lunch so I would have longer to walk. After work I walked home (4-1/2 miles); my job was not very pressing, as I would get bored, and I would walk up the eight flights of stairs, take the elevator down, and repeat a few times. Anything for leg exercise.

Another concern was what I should take along for food. I prepared steamed potatoes, orange sections, and two dried fruit bars. I ate twice along the way. Participants were given 15 hours to complete the marathon. I finished 255th out of 1,075 starters. My time was 14:10:19. I walked all the way.

I stepped on a sharp stone during the day. It pained me badly at the time but did not slow my walk. A few days later my foot began to swell and got very sore. An X-ray showed a small chipped bone. That ended my desire to start my training as a runner until in August when I joined the D.C. Road Runners Club and ran in my first race.

I began to train in earnest. I found a track at a high school in Silver Springs, Md. (5 miles from home) where I could go after work to run. During the winter months, only one other runner (a middle-aged man) ran at the same time. As long as there were activities going on at the gym, there was enough light to run without stumbling around in the dark. The moon also sometimes helped. The number of runners increased considerably in 1973.

When the JFK 50-Mile Marathon came off in March 1973, I entered again. I thought I could do better. I did, for my finishing time was 11:50:03. I took the same type of food along as the year before. The weather was not as good, and the last half of the way I walked/ran in a steady downpour, but it was not cold. I finished 255th again out of 1,724 starters.

On March 16, 1973, I was invited to enter the Rotary Club 26-Miler Marathon at Virginia Beach, Va. It was the first year for that race. The route was an easy level course along the ocean front, on streets, and over several miles of woods trail. That was my first marathon, and I finished next to last in a time of 5:30:21...nothing to boast of. I was invited back to run in the same race this year, and again I finished next to last, but my time was a bit better—4:54:23—also in a downpour. As long as I can chip off the old records, I feel I am making progress.

I participated in a different 50-miler on May 4 this year. It was the Amos Alonzo Stagg 50-Mile Hike. It started at midnight Friday and ended 20 hours later. I am not a night-hiker and did not do so well. I fell twice and skinned and bruised one knee and twisted my back a few times in trying to keep from falling. After the ordeal, I finished 4th in 13:13:00. I am foolish enough to try anything once.

I am keeping a record of the miles I run this year in training. So far I have not done too well. In January I ran 60 miles; February, 103; March, 86; and April, 23. I have my heart set on the Pikes Peak Marathon—not this year but maybe in 1975. I need a lot of training for that one, and I need this year for that training.

I am a firm believer in running for one's health. My short period of training has made me feel like a different person. I breathe so much more easily and my circulation is much improved. My doctor said I was bordering on emphysema, and that really shook me up, for I watched two of my former supervisors smother to death with that disease, and I know how horrible that is. I have never smoked, but I have always had to work in offices where almost all others did. I can now climb mountains without my usual blackout spells. I have made great strides healthwise, so speed can come later.

Every bit of exercise I do helps to keep me in shape. Early most mornings I do pushups, about 100, then I do stretching exercises, going through the motion of riding a bike on my back, which strengthens the front leg muscles above the knee... also a kicking exercise (on my back) to stretch the back leg muscles. I do these exercises for about an hour, especially on days I can't go out to run. I don't seem to have the energy to run well early in the mornings. I do better after I have had two good meals under my belt...after 2-3 pm I am ready to go.

Well, all of the things mentioned above are what makes this old gal tick. Hopefully they will serve as an inspiration to others who think they are too far gone to do anything about it."

RUNNING IS A MENTAL EXERCISE: (By George P. Morrison, Concord, CA) - Running should be required for philosophy students, because in running, unlike many other things in life, one cannot lie to one's self. Running is an honest endeavor. You know you will get out of it what you put into it; and you know what you put into it.

In running there is a dichotomy between physical and mental effort, and the paradox of two entities in a single organism. Yet in the most unique way there is a oneness in mind and body. There is a unity so strong and true as to amaze the runner himself and inspire him to greater heights.

It is this aspect which involves much of the philosophy in running. Runners are forced to closely examine "self". Often a runner places his mind outside his body and travels along, watching and critiquing his own running performance. It is difficult for the average person to look at himself from such an objective distance. Runners find this self analysis much easier. The division of the spiritual and physical becomes more apparent in the exchange between the mind and the body in the analysis of the running performance by the mind. More often than not, the brain must cajole, bribe, threaten, plead, and demand better achievement from the body.

The body seldom, if ever, cooperates 100% and it is in this interchange of the two 'selves' that the philosophical aspect of running blossoms. Running is a meditative experience and the seeming aloofness of runners is really superb concentration. Running takes concentration; concentration takes discipline; and discipline takes detachment. This meditative aspect of running, to many of us, is one of its finer amenities.

Running provides for an analysis of self as well as environment. It encourages reviewing personal priorities, goals and relationships. It is an excellent form of mental as well as physical catharsis. It is a real basis for learning to know and accept one's self. Such knowledge and acceptance is one of the milestones of life. Some people never achieve that level of knowledge. Runners find it sooner than most. Many runners think that the mental aspects of running are as important and valuable as the physical. Some of us think they may be even more important.

DEATH VALLEY - MOUNT WHITNEY RUN (RULES & REGULATIONS): - (By Pax Beale...sponsored by Pax Beale & Kenneth Crutchlow--survivors!!)

BACKGROUND: Not all of us can think in terms of a gold medal at the Olympic Games, but fun-runners everywhere like to accept an exhilarating challenge which few would attempt. However, rules and regulations must be established. Our understanding is that while several people have gone through Death Valley, their course can vary in length, time of year (climatic conditions), from point of origin to destination, and whether or not one makes it a run or a walk. Keep in mind, climate can be modified not only by the time of year, but by the use of air conditioning and/or heaters. The results of the current group of people who have gone the length and/or width, etc. of Death Valley are as varied as the significance of their actual accomplishments. We decided to establish a fun-run with some absolutes...so that from here on, others who are hardy enough to tackle the Death Valley to Mt. Whitney run will never have to worry about apologizing for the accomplishment. My advice for anyone who is zaney enough to try it is to do your proper homework in planning the run in advance, because regardless of your finishing time, or whether or not you even finish, you can believe it will be a once in a lifetime effort.

THE ROUTE: Commencing at Bad Water in Death Valley, the lowest point in the North American Hemisphere (289 feet below sea level)—and then on undulating terrain you will sore in wilting heat through such roaring metropolises as Furnace Creek and Stovepipe Wells, both of which are in Death Valley—then gradually you will ascent out of the Valley to the Panamint Ridge Mountains where the actual altitude on the well-paved road will be about 5,000 feet, while the surrounding mountains go up to about 8,000 feet. Descending rapidly, you will plunge into a valley which, were it not for the neighboring Death Valley, would probably be as equally well-known as the most unbearable, God-forsaken valley in the U.S.; it is Panamint Valley. Unlike the lifelessness of Death Valley, be prepared for mosquitoes and gnats to accompany you on your rather short journey across this valley prior to ascending the Inyo Mountains where the elevation of the paved road is approximately 5,500 feet—whence you've got the toughest part behind you as you gradually ascend into the cooling temperatures of 95 degrees, until you arrive at Lone Pine, "The Gateway to Mt. Whitney"—then it is back up



Dr. Joan Ulliyot performs medical tests on Kenneth Crutchlow during 1973 Death Valley-Mt. Whitney Run, as Pax Beale watches.

again to Whitney Portals, which is slightly over 8,000 feet, and the end of the road, and therefore the end of your relaying effort—from there on it's a passable trail alternating between comfortable dirt and exhausting chunks of granite, and finally, into what probably will be below freezing temperatures, you will arrive at the highest point in the 48 continental United States, atop marvelous Mt. Whitney—14,446 feet!

START & FINISH: Exactly at 4 am from Bad Water in the heart of Death Valley will be the start. The finish will be when both members of the relay team finally touch the plaque at the top of Mt. Whitney—keep in mind the relaying effort is over once you hit the trail at Whitney Portals—there are no roads allowing vehicles to drive to the summit.

WHEN: The run must be done during August or September or any year—pray for an off year and perhaps Death Valley temperatures will only be 115 degrees!

RELAY LEGS & METHOD OF LOCOMOTION: This is a run; not a hike! Any two homosapiens may participate...this is really an open event. You must run, and the length of the legs should be from one to five miles until such time as it is not feasibly possible to continue running such distances. For example, my partner ran every step of all of his legs until such time his body told him he had to walk. He then walked until such time as he became sick at his stomach. He then continued to get sick at his stomach until such time as he had to lie down. Once he was capable to commence walking again, he only did so until such time as he could physically commence jogging again. Finally, he asked me to do him a favor and allow him to 'make-up' his missed mileage of the prior day.

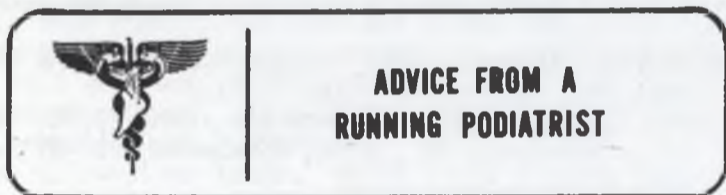
VERIFICATION: The honor system should be the number one criteria—keep in mind that personal accomplishment is the goal and that all finishers win. In our particular case, Ken and I always take a member of the Media along with us on any of our non-routine efforts, in order to assure 100% credibility. Remember, this is a run, not a walk, and the suggested length of each relay leg should only be reduced to less than a mile out of necessity. I can assure you, you will have a great respect for relay legs less than a mile if you tackle this run.

RECORD KEEPER: *Runners World Magazine* should be contacted regarding your portal to portal time. They have graciously offered their services to record your records for future posterity. They, in turn, will inform the sponsors, who in turn will forward you your award.

AWARDS: Upon hearing from *Runners World Magazine*, we will forward you an award yet to be determined, but something that you will feel proud to display for the rest of your life. We are purposely structuring this run so that time is not as important as the feeling of accomplishment you get in finishing. I fully suspect many runners of lesser ability than Ken and myself might adjust to the elements and combine with desire to go the

distance faster than either of us. And conversely, I am certain there are runners of superior ability and conditioning than either Ken or myself who would not be able to finish in our time. We have devised the following awards concept: (a) Gold Award to runners who finish by midnight of the 2nd day; (b) Silver Award in finishing by midnight of the 3rd day; (c) Bronze Award in finishing by midnight of the 4th day; (d) I guess if you finish beyond midnight of the fifth day you are out of luck for an award, but like the four-hour marathoner, you still deserve a handshake.

HELPFUL HINTS: Get a stationwagon and an old mattress. Don't count on purchasing any gas in Death Valley, except after 8 am in Furnace Creek, and when we were there, Stovepipe Wells closed down early in the afternoon (estimated population of about 10). Your logical rendezvous point would be Las Vegas-- Lastly, we want to hear from you and your success and we want to emphasize the following: Take along a bathroom scale and record your weight every couple of hours, and also record your body temperature. The low humidity does not give you the feeling of extensive perspiring, but it can be devastatingly deceiving. Example: I lost 9-1/2 pounds the first four hours, and at that rate, by noontime I would have been a raisin. If you run, you are going to lose weight like crazy, so use good judgement. A tired runner can push forward on guts alone, but a dehydrated runner can be the toughest guy in the world and he doesn't stand a chance in the sun. Once your body weight drops much below 5%, and/or your temperature starts to go up, you've got trouble! Our second day was a death march, not because of the conditions of that day, but because we simply had not recovered from Death Valley on the prior day. In part, discomfort is in the eyes of the beholder. Just assume you're going to be the most uncomfortable and unbearable you've ever been in your life, and then if it's not that bad it will facilitate a positive attitude. This is one run where there are no loser...just winners. For pre-race practice, try running in place in a 185° sauna...4 x 12 seconds with 5 second rests outside the sauna. This will build your confidence and decrease your fear of the heat. Good luck!!



Harry F. Hlavac, D.P.M.

We have had pretty poor response to our Medical Advice Column so far. We need to start getting more questions...remember, this column depends on them!! If we get too many questions we probably won't be able to print all of them, but we need to start getting a little better response. Certainly some of you must have foot and leg problems? --- ALL QUESTIONS SHOULD BE SENT TO: Dr. Harry F. Hlavac, 1100 Sir Francis Drake Blvd., Kentfield, CA 94904 (Ph. 415/454-3931).

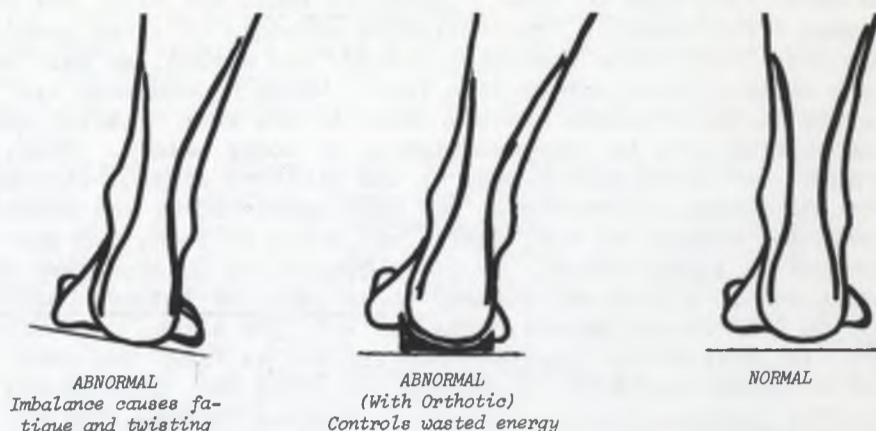
DIANE HUBER: "I have been running for a short time. When I started, my left ankle turned inward, and I was constantly twisting it, so I consulted a Podiatrist for this condition. He recommended rigid orthotics to correct my problem. After wearing the orthotics for four or five months, I notice that my fourth toes of both feet were quite sore. I returned to his office with this problem. He informed me that I have bone spurs on the toes. He recommended an in-office procedure that he called an ostectomy. Would you be willing to explain the procedure to me and tell me how much running time I will lose this summer. Also, is this a common ailment of runners?"

(RESPONSE): - In your letter, you refer to common foot problems in the general population, not only in runners. In normal function, the foot serves two basic purposes: first, when body weight is put on it, the foot is a mobile adapter, for balance. Second, the foot and leg work as a rigid lever to propel the body forward. Any disturbances in this smooth flow between balance and propulsion will cause a loss of efficiency, therefore increased stress, energy, and fatigue. Your letter indicated two problems: one of balance at the ankle, the other of pressure on the toes.

Foot orthotics provide balance by supporting and stabilizing the foot on contact with the ground. Constant twisting or turning of the ankles indicates that either the leg or the foot itself are out of balance with the supporting surface. Your

heel bone is apparently contacting the ground at an unstable angle; this was corrected with an orthotic with a rearfoot post (support at the heel). With other foot problems, support can be placed either at the forefoot, arch, or rearfoot

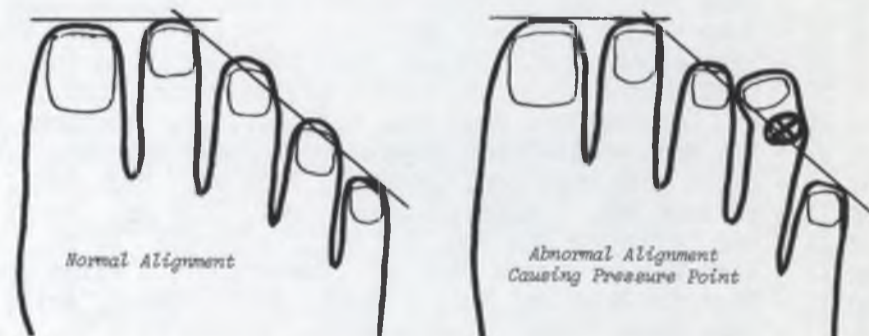
FIGURE 1 - BACK OF RIGHT LEG



Your letter indicates that now your fourth toes are sore. Pressure and friction on the toes initially produces redness and discomfort; if the pressure continues, a blister develops and after repeated episodes of this, a corn or callus will develop as an attempt by the body to protect itself against this pressure. To reverse this problem, first be sure that your shoes fit properly; there should be good support at the heel, arch, and instep, with room to move your toes without shoe pressure. Also, with movement, the crease on the top of the shoes should not irritate your toes. The orthotics, if they are the thin lightweight plastic type, take up only about 1/8", and therefore, are probably not the cause of the problem.

To examine the shape of your feet, stand barefoot with equal weight on each foot. Put your running shoes on the floor next to them. Look closely to be certain that the shoe is the same shape as your foot! Normally, the first and second toes are the longest and about equal in length; then the toes taper down from the second to the fifth (little) toe in a straight line. The toes should all be straight and lie flat on the floor with no pressure, underlying, or overlapping of the other toes. Shoes are constructed over the ideal normal shape of the foot. Any abnormality in shape is subject to shoe pressure. Usually, corns or pressure points on the toes are caused by abnormal (inherited) foot shape. Commercial corn pads and protective covering devices are helpful to relieve temporary focal points of pressure. If the soreness becomes chronic, it is usually because of bone spurs, or prominences (enlargements) of bone which form as inherited structures or secondary to outside pressure. Other types form because of disease processes, such as arthritis.

FIGURE 2 - TOP OF RIGHT FOOT



Small spurs or prominences of bone can be removed as a minor office surgical procedure under local anesthesia with little or no disability, and usually complete relief of the pressure. This depends on the extent of the problem which your doctor can determine by studying X-rays of your feet. The procedure you mentioned in your letter is actually a *partial* ostectomy, in which *part* of a small bone in the toe is removed. The final result is that the toe is fully functional in all shoes, and normal in appearance. Lost time from running will vary between two days and two weeks. Assuming there is no medical reason not to have the correction performed, then proceed with confidence.

BAY-TO-BREAKERS T-SHIRTS

HELP PUT \$\$ INTO THE PA-AAU LONG DISTANCE RUNNING FUND BY PURCHASING A BAY-TO-BREAKERS T-SHIRT---ONLY \$2.50 AT THESE BAY AREA STORES. --- OLYMPIC SPORTS, San Mateo; THE ATHLETIC DEPT., Berkeley; ALAMEDA SPORTING GOODS, Alameda. ***THESE SHIRTS ARE MULTI-COLORED AND SHRINK VERY LITTLE***

Scheduling

LONG DISTANCE

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).

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★

XC SCHEDULES WANTED!

The NCRR will be listing extensive cross-country scheduling in the next two issues...but we need your help, NOW!! COACHES, ATHLETES, ...ANYONE---send us any scheduling information you may have by not later than Sept. 10. We can use just about anything...high school, collegiate, age-group, women's, etc. We are especially interested in dates of Invitationals and large championship races. If possible, include starting times and location, plus person(s) to contact for further information. Thank you for your help. Please don't assume someone else will send us the information or we won't get any scheduling at all!!

- Aug 3 - Ocean-to-Bay Marathon, Martins Beach to Belmont, 8:30 am. Belmont Recreation Dept., 1225 Ralston Ave., Belmont 94002.
- Aug 3 - Natl. AAU 15 Kilo, Littleton, Colo., 9 am. Morris Vogel, 6500 S. Grant St., Littleton, Colo. 80121.
- Aug 3 - Tigard T & C Road Run, 8 Miles, Tigard, Ore., 7 pm. Norm Oyler, 29470 S.W. Brown Rd., Wilsonville, Ore. 97070. (OA)
- Aug 3 - 20th Huntington Beach Distance Derby, 10 Mi., 8:30 am. Tom Cory, 312 S. Miraleste Dr., #105, Miraleste, CA 90732. (SPA)
- Aug 3 - Bunion Derby, Fresno. Larry Lung, 3356 North Monroe, Fresno, CA 93705. (CCA)
- Aug 4 - Resurrection Pass Trail Marathon, Hope, Alaska, 10 am. Lyla Richards, Student Services, Bldg. H, U. of Alaska, 2651 Providence Ave., Anchorage, Alaska 99504.
- Aug 4 - Coffenbury 2.5 Mile Lake Run, Ft. Stevens, Ore., 1 pm. Carl Dominey, 1095 Duane St., Astoria, Ore. 97103. (OA)
- Aug 4 - 3rd Annual Funky XC Run, 7 Miles (Roads), Martinez, 10 am. John Vecchi, 2461 Leslie Ave., Martinez, CA 94553.
- Aug 4 - DSE Practice Dipsea Run, Mill Valley, 6.8 Miles, 10 am. Walt Stack, 321 Collingwood, San Francisco, CA 94114. (DSE)
- Aug 4 - Camp Pendleton 3.5 Mile XC Run, 8 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
- Aug 10 - Sunset Park 7 Miler, Las Vegas, Nev., 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109. (SNA)
- Aug 10 - Five-Brooks Run, 7 Miles, just south of Olema (Hiway 1), noon. Ron Elijah, 430 Corte Sur, Novato, CA 94947.
- Aug 10 - ORRC Masters 8 Miler, Sunset HS, Beaverton, Ore., 9:30 am. Ken Weidkamp, 14230 S.W. Derby, Beaverton, Ore. 97005. (OA)
- Aug 10 - RIC Lookingglass Road Run, 4.85 Mi., nr. Roseburg, Ore., 11 am. Ron Hjort, 744 S.E. Rose St., Roseburg, Ore. 97470. (OA)
- Aug 10 - Big Meadows 10-Miler (Tentative). Dave Bronzan, H.S.T.C., P.O. Box 271, Fresno, CA 93708. (CCA)
- Aug 11 - Pikes Peak Marathon, Colorado, 7:30 am. Rudy Fahl, 2400 W. Colorado Ave., Colorado Springs, Colo. 80904.
- Aug 11 - Potluck Run, 5 Miles, Eugene, Ore., 7:30 pm. Geoff Hollister, 855 Olive St., Eugene, Ore. 97401. (OA)
- Aug 11 - 2nd Lafayette Rim Run, 5.7 Mi., Lafayette, 10 am. Charles MacMahon, 154 Grover Ln., Walnut Creek, CA 94596.
- Aug 11 - 11th Walnut Sports Festival (Tentative), 6 Miles Open, 5 pm. Tom Cory, 312 S. Miraleste, #105, Miraleste, CA 90732. (SPA)
- Aug 17 - Plankton Festival Run, 3 Miles, Avila School, Avila Beach, 11 am. Contact: Avila School, Avila Beach, CA 93424. (SPA)
- Aug 17 - Lake Tahoe 7-Man, 72-Mile Relay, Hiways 89 & 50, 8 am for all teams (Club & Open Divisions). Harold DeMoss, Box 967, Los Altos, CA 94022.
- Aug 17 - Seaside Beach Run, 7.25 miles, Seaside, Ore., 11:30 am(?). Ralph Davis, 3145 N.E. 47th, Portland, Ore. 97213. (OA)
- Aug 17 - Mt. Whitney 21 Miler. Wayne Van Dellen, 37149 Road 192, Woodlake, CA 93286. (CCA)
- Aug 17 - Balboa Park 8 & 3 Milers, Municipal Gym, San Diego, 5 pm. Bill Gookin, 5946 Wenrich, San Diego, CA 92120. (PSA)
- Aug 18 - DSE Practice Dipsea Run, Mill Valley, 6.8 Miles, 10 am. Walt Stack, 321 Collingwood, S.F., CA 94114. (DSE)
- Aug 18 - ORRC Biathlon, 3 Mile Run, 1/2 Mile Swim, nr. Seaside, Ore., 2 pm. Ken Weidkamp, 14230 SW Derby, Beaverton, Ore. 97005.
- Aug 18 - 12th Santa Monica Sports Festival 10 Kilo, 8:30 am. Tom Cory, 312 S. Miraleste Dr., #105, Miraleste, CA 90732. (SPA)
- Aug 21 - August SDTC Family Run, Balboa Park, San Diego, 6 pm. Bill Gookin, 5946 Wenrich, San Diego, CA 92120. (PSA)
- Aug 24 - Sunset Park 4 Miler, Las Vegas, Nev., 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89109. (SNA)
- Aug 24 - Golden Empire XC Runs, 4 Miles Open, Grass Valley, 6 pm. Nicholas Vogt, Box 3, Ridgeview Dr., Grass Valley, CA 95945.
- Aug 24 - Dammit Run, 10 Kilo, Lexington Dam, Los Gatos, 9 am. Maynard Orme, 16360 Belmont Ave., Monte Sereno, CA 95030.
- Aug 24 - Bunion Derby, Fresno. Larry Lung, 3356 North Monroe, Fresno, CA 93705. (CCA)
- Aug 24 - 1st Annual Fun-Run, Tapia Park (nr. L.A.), 10 Miles, 10 am. Tom Cory, 312 S. Miraleste, #105, Miraleste, 90732. (SPA)
- Aug 25 - Santa Monica Marathon, 8 am. Santa Monica Parks & Rec. Dept., 1685 Main St., Santa Monica, CA 90401. (SPA)
- Aug 25 - 64th Annual Dipsea Race, 6.8 Miles, Mill Valley, 10 am. Mill Valley Jaycees, Box 30, Mill Valley, CA 94941.
- Aug 29 - College of the Canyons 8 Miler, Valencia, 6 pm. Tom Cory, 312 S. Miraleste, #105, Miraleste, CA 90732. (SPA)
- Aug 31 - 12th Annual Emerald Hills Run, 7.5 Miles, Redwood City, 9:30 am. Mike Ipsen, RC Striders, Box 868, Redwood City 94064.
- Aug 31 - Annual Lake Hume 10 Kilo. Dave Bronzan, H.S.T.C., Box 271, Fresno, CA 93708. (CCA)
- Aug 31 - ORRC 2-Man, 10-Mile Relay, Duniway Pk. track, Portland, Ore., 10 am. Ken Weidkamp, 14230 SW Derby, Beaverton, Ore. 97005.
- Aug 31 - Natl. AAU Sr. Natl. (& Masters) 50 Kilo, Kent, Wash., 8 am. Guy Renfro, 24911 - 38th South, Kent, Wash. 98031.
- Aug 31 - Runners World 24-Hour Relay, San Jose St. track, noon...also a 50 mile run on track at 4:30 pm; and a 5-man, 50 mile relay (alternate 2 mile legs) at 6 pm. Runner's World, Box 366, Mtn. View, CA 94040.

- Sep 1 - Oceanside 10 Miler. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
 Sep 2 - DSE Lake Merced 5 Miler, San Francisco, 10 am. Walt Stack, 321 Collingwood St., San Francisco, CA 94114. (DSE)
 Sep 2 - Diamond Lake 11.5 Miler, Oregon, 11 am. Ron Hjort, 744 S.E. Rose St., Roseburg, Ore. 97470. (OA)
 Sep 2 - Mt. Baldy (to the top) Run, 8 Miles, 10 am. Tom Cory, 312 S. Miraleste Dr., #105, Miraleste, CA 90732. (SPA)
 Sep 7 - DSE Biathlon, 3 Mile Run, 1/4 Mile Swim, Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F., CA 94114. (DSE)
 Sep 7 - 3rd Bass Lake Half-Marathon. Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702. (CCA)
 Sep 7 - 5th Alameda XC Carnival (Age-Group Races), 7 miles open, noon. Robt. DeCelle, P.O. Box 1606, Alameda, CA 94501.
 Sep 7 - Heart of the Valley 3 & 7 Milers, Corvallis, Ore., 11 am. Dan Eden, Corvallis Parks & Recr, 601 SW Washington, Cor. 97330.
 Sep 8 - Eugene Half-Marathon, Eugene, Ore., 1:30 pm. Geoff Hollister, 855 Olive, Eugene, Ore. 97401. (OA)
 Sep 8 - 5th Double Dipsea, Stinson Beach, 13.6 Miles, 8:30 am. Walt Stack, 321 Collingwood, San Francisco, CA 94114.
 Sep 13 - Selma 4 Miler. Gary Self, 2102 Hicks Dr., Selma, CA 93662. (CCA)
 Sep 14 - Fresno Watermelon Run. Red Estes, XC Coach, Dept. of Physical Education, Fresno State Univ., Fresno, CA 93710. (CCA)
 Sep 14 - Sunriver Run, 7 Miles Open, south of Bend, Ore., noon. Pat Ross, 702 E. Norton, Bend, Ore. 97701. (OA)
 Sep 14 - ORRC Wildwood Frolic, 4 Miles (Orienteering), Portland, Ore., 2 pm. Al Jones, 921 SW Washington, Suite 570, Portland, Or.
 Sep 14 - U.C.C.M. La Fiesta XC (Age Groups), 9 am. San Luis Distance Club, P.O. Box 1134, San Luis Obispo, CA 93401. (SPA)
 Sep 14 - Lake Wildwood 10 Mile XC Run, 10 am. Gold Spike TC, Nick Vogt, Box 3, Ridgeview Rd., Grass Valley, CA 95945.
 Sep 15 - PA-AAU 25 Kilo Championships, Golden Gate Pk., S.F. (Polo Fields), 10 am. Harold DeMoss, Box 967, Los Altos, CA 94022.
 Sep 15 - Albany TC Runs, 7 Miles Open, Albany, Ore., 2 pm. Dave Bakley, 3707 S. Oak, Albany, Ore. 97321. (OA)
 Sep 21 - Equinox Marathon, Fairbanks, Alaska, 8 am. Marathon Director, Dept. of P.E., Box 9551, Univ. of Alaska, Fairbanks 99701.
 Sep 21 - Ramona 2-Person, 10-Mile Relay. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
 Sep 22 - Atascadero Colony Days Run, 4 Miles, 11 am. San Luis Distance Club, Box 1134, San Luis Obispo, CA 93401. (SPA)
 Sep 22 - 30th Walnut Festival Race, 5.6 Miles Open, Walnut Crk., (9 am Age-Grp, 10:45 am Open). Andy MacCono, 1840 Geary Rd., Walnut Creek, CA 94596. (ENTRY DEADLINE IS SEPT. 14...ABSOLUTELY NO POST ENTRIES!!)
 Sep 28 - 7th Mt. Vaca Hill Climb, 10.6 Miles, nr. Vacaville, 9 am. Bill Flodberg, 12925 Foothill Ave., San Martin, CA 95046.
 Sep 28 - NAS 6.5 Miler, Lemoore. Keith Westbay, Recreation Dept., Naval Air Station, Lemoore, CA 93245. (CCA)
 Sep 28 - 1st Annual OTC Internat'l XC Meet, 12 Kilo Open, Eugene, Ore., 3 pm (Open). Kenny Moore, 1570 Prospect, Eugene, Or. 97403.
 Sep 29 - DSE Baker's Beach Run, 4.2 Miles, S.F., 10 am. Walt Stack, 321 Collingwood, S.F., CA 94114. (DSE)
 Sep 29 - New York City Marathon, Central Pk., 11 am. Fred Lebow, Box 881, FDR Station, New York, N.Y. 10022.
 Sep 29 - Palo Alto 10 Miler, 10 am(?). John A. Banich, 415 James Rd., Palo Alto, CA 94306.

TRACK & FIELD

- Aug 2 - Boys Natl. AAU Age-Group Championships, Pasadena City College (9/U thru 14-15). Louise Davis, P.O. Box 244, Stanton, CA 90680...3 day meet.
 Aug 8 - Natl. Jr. Olympic Championships, Univ. of Nebraska, Lincoln (5 days); Contact Dick Ellis, 5545 Jasper Ct., Concord 94520 (Ph. 682-8744).

All-Comers Meets: Not too much left in the way of all-comers activity this summer, but here are a few that we've heard about that are still going on into August. — **CHABOT COLLEGE** (Hayward): July 30 & Aug. 6 (Boys & Girls 14/Under); Aug. 1 & 8 (High School & Open), all 6:30 pm. **SACRAMENTO STATE COLLEGE:** Aug. 5, for distance runners only (mile, 3000mSC, One Hour Run), 7:30 pm, all-weather track. **MONTE VISTA HIGH SCHOOL** (Cupertino): We aren't sure if these go into August, but they are on Tuesdays (Girls 8-15) and Thursdays (Boys 8-15), starting at 6 pm, with the following events: 100, 220, 440, 880, HJ, LJ, SP, DT, Relays. Contact: William Jones, Box 1049, Cupertino 95014. **GAVILAN JC:** August 28 only in Gilroy, starting at 6:30 pm. Pre-entries if possible to Jay Marlowe, 7510 Westwood, Gilroy 95020 (Open, 40+, women, HS Varsity & F-S, and JHS if enough interest.) - Events include 100, 220, 440, 880, Mile, 880W, 2.2 Mile XC, PV, SP, HJ, LJ. **LANEY COLLEGE** (Oakland): Monday, Wed., & Fri. thru Aug. 16, all open, starting at 6 pm. Contact Oakland Recreation Dept. for more info. **LIVERMORE HS:** July 30 & Aug. 6 beginning at 4 pm. **SAN DIEGO STATE:** Aug. 10 at 1:30 pm, with championship meet on Aug. 24 at 1:30 pm.

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 (for the second time, would someone please send it to me?); Don Jacobs, Box 23146, Tigard, Ore. 97223, for Oregon and the Pacific Northwest. — I just noticed that I do have Ed Bouldin's address: 11923 Old River School Rd., Downey, CA 90242 (Ph. 213/923-1168). *** We don't have much of anything for a schedule, as we haven't received a schedule from the PA-AAU RW Chairman. Following is all we've got...SPA walks and National Championships.

- Aug 4 - Natl. AAU Sr. 40 Kilo, Long Branch, N.J.
 Aug 11 - Natl. AAU Jr. 20 Kilo, West Long Branch, N.J.
 Aug 11 - Walnut Sports Festival, Walnut, CA (6 Miles), Men's & Women's Divisions, 4 pm.
 Aug 31 - Santa Monica Walks, Men's 15 Km., Women's 5 Km., 9 am.
 Sep 1 - Natl. AAU Sr. 50 Kilo, Seattle, Wash., (International trips at stake for this one)...contact: Dr. Dean Ingram, 507 Cobb Bldg., Seattle, Wash. 98101.
 Oct 20 - Natl. AAU Sr. 30 Kilo, Columbia, Missouri.

Bill Ranney Nabs Fourth in Natl. 15K: (May 5, Fountain Valley) - The Beverly Hills Striders swept the top three places, with Larry Walker edging out Carl Swift by four seconds, 1:10:08.6 to 1:10:12.6, with Ed Bouldin another minute-and-a-half back. Bill Ranney was the Bay Area's top finisher in fourth spot, clocking a 1:13:14.6, some 30 seconds ahead of aging Rudy Haluza. Other locals, or ex-locals, were: (7) Jim Bean (Oregon Col. of Ed.) 1:15:38.6, (8) Jerry Lansing (Un) 1:16:05.6, (12) Bryan Snazelle (Un) 1:18:37.0, and (16) Manny Adriano (WVTC) 1:24:37.6. A total of 27 out of the 29 starters finished. Splits for the top three were (5K & 10K): (23:39, 23:38, and 23:38) and (47:32, 47:25, and 47:26). /Bob Bowman/

Jim Bentley Cops Junior Natl. 5K: (May 12, Portland, Oregon) - James Bentley of the Sierra Race Walkers scored an easy 30 second victory over Mark Randel of the BH Striders to notch a National title for 5 Kilometers, as brother Brad got up for a third place finish. — (1) J. Bentley (SRW) 24:28.8, (2) Randel (BHS) 24:58, (3) B. Bentley (SRW) 25:20, (4) Rosencrantz (UW) 25:45. /Long Distance Log/

Bakersfield Track Classic: (May 18, Bakersfield) - (1) Walker (BHS) 21:46.4, (2) Jerry Lansing (BHS) 22:51, (3) DiBernardo (BHS) 23:02, (4) Wayne Glusker (WVTC) 23:15.6, (5) Manny Adriano (WVTC) 23:40... (8) Jim Bentley (SRW) 26:15.4. /Bowman/

California Relays—Lansing in Near Upset: (May 25, Modesto) - Jerry Lansing broke away quickly from Tom Dooley over the last 220 of the two mile event here, but was called for lifting as he approached the tape, nullifying his victory. Times were very slow for some unknown reason (the heat?): (1) Dooley (Un) 14:59.2, (2) Ranney (Un) 15:29.0, (3) J. Bentley (SRW) 15:53.6, (4) Snazelle (Un) 16:00.8, (5) Bowman (BHS) 16:03.6. /Hagerty/

Ranney an Easy Winner at Kennedy Games: (June 1, Berkeley) - Bill Ranney took an early lead on this hilly road course and outdistanced Jerry Lansing by a big margin at the tape. Bill's time of 22:32.6 broke the old course record of 22:37.0, held by WVTC's Esteban Valle. — (1) Ranney (Un) 22:32.6, (2) Lansing (BHS) 23:17.8, (3) DiBernardo (BHS) 23:40.0, (4) Adriano (WVTC) 23:47.0, (5) Snazelle (Un) 23:54.6, (6) Jim Bentley (SRW) 24:05.4, (7) Bowman (BHS) 24:25.6, (8) Duran (WVTC) 25:32.0, (9) Brodie 25:34.2. /Frank Hagerty/

Ranney Takes PA-AAU 5 Kilo Title: (June 8, Oakland) - Tom Dooley stayed close through the early laps, but then lost ground fast, as Bill Ranney opened up a hundred yard gap at the tape. (1) Ranney (Un) 22:52.4, (2) Dooley (Un) 23:16.2, (3) Snazelle (Un) 23:39, (4) Bowman (BHS) 24:43, (5) Duran (WVTC) 25:01. /Frank Hagerty/

Natl. AAU Championships—5K: (June 22, L.A.) - (1) Knifton (NYAC) 22:23.0, (2) Walker (BHS) 22:31.2, (3) Ranney (Un) 22:34.8, (4) Dooley (Un) 22:45.6, (5) Daniel (NYAC) 22:54.2, (6) Bouldin (BHS) 22:55.6. /Glenn Davis/

Glusker Places Tenth in Natl. 20 Kilo Walk: (June 2, East Meadow, L.I., N.Y.) - West Valley TC's Wayne Glusker journeyed to New York as the only representative from the West Coast that we know of...or at least the only one who finished high enough to make the papers. Competing in heavy rain, he finished a somewhat disappointing tenth in a fairly respectable 1:41:35. The winner of the event, which qualifies top finishers for International competition later this summer and fall, was Jerry Brown of the Colorado TC, clocked in 1:33:33. Teammate Floyd Godwin (1:35:01) was a distant second...Floyd originally competed in marathons (his best is 2:20+) before switching to race walking. He preped at Arroyo High in the East Bay. Other finishers: (3) Knifton (NYAC) 1:35:45, (4) Daniel (NYAC) 1:36:06, (5) Henderson (UCTC) 1:37:15, (6) Alscewski (Canada) 1:38:45, (7) Westerfield (LIAC) 1:39:31, (8) Palamarchuk (Shore AC) 1:40:05, (9) Murchie (LIAC) 1:40:23, (10) Glusker (WVTC) 1:41:35. /NY Times/

Top Nor-Cal Prep Marks

Following is our final listing for the season, with marks made through the end of June. We naturally don't expect to be perfect, and so we encourage our readers to submit any corrections and additions so we might mention them in the next issue. Chris Kinder, our statistician, is taking a vacation in the eastern part of the U.S., so please send all corrections to: John Marconi, 785 Clydesdale Dr., Hillsborough, CA 94010. Please try & send verifications with your marks (meet results or newspaper clippings if possible), along with any wind information. The marks listed are for preps from Merced northward. The following notations will be used to designate underclassmen: *** = freshman; ** = sophomore; * = junior. Any wind-aided marks are indicated with a "w".

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), **Glen Cannon (Mt. Pleasant/SJ), Chas. Johnson (JFK/Richmond); -- 9.4w - Farmer; 9.6w - Hansen (Merced), **Cannon; 9.7w - Hill (Los Altos).

220: 20.9 - Hampton (20.7m); 21.3 - *Lewis; 21.5 - **Cannon; 21.8 - Calvin Cazenave (Norte Del Rio), Ware (Sac'to); 21.9 - Rick Graybehl (Las Lomas), Kevin Williams (St. Ignatius/SF), Hill, Douglas (Yerba Buena), Jackson (JFK/Richmond), Oravilla (Sequoia); -- 20.8w - Farmer; 21.6w - Hill.

440: 47.7 - Rod Connors (Cordova); 47.9 - *Dedy Cooper (Ells), Cazenave; 48.3 - Mike Bartlett (Piedmont); 48.8 - Ken Brooks (Norte Del Rio), Steve Porter (Berkeley); 49.1 - Graybehl; 49.3 - Brown (JFK); 49.4 - Ed Ruppenstein (Washington), Williams (Vallejo), Emerson (McClatchy/Sacto); 49.5 - Don MacKenzie (Menlo-Atherton); 49.6 - Wyatt Bishop (Carlmont), Collins (Monterey), Martinez (Petaluma), Monseth (Galt), Camarillo (Casa Robles).

880: 1:52.3 - George Cagle (Novato); 1:52.5 - Dave Hamilton (Leigh/SJ); 1:52.6 - Mark Hadley (Vintage/Napa); 1:53.3 - Lynn Ryan (Irvington/Fremont); 1:53.5 - Mike Kasser (St. Francis/Mt.Vw.); 1:53.7 - Roderick Lewis (OakTech); 1:54.3 - Mike DeGrace (Norte Del Rio); 1:54.6 - Lloyd Johnson (Santa Rosa), Schrantz (San Ramon); 1:54.7 - Boyd (Oakmont/Roseville); 1:54.8 - Kent Mulkey (Skyline/Oakland); 1:54.9 - Wagner (Soquel); 1:55.2 - Beau Willis (Menlo School).

1 Mile: 4:02.2 - Rich Kimball (DeLaSalle); 4:09.6 - Rusty Nahirny (Wash/Fremont); 4:11.5 - Ryan; 4:11.9 - *John Johnson (Skyline/Oakland); 4:13.1 - Dave Diekmeyer (Stagg/Stktn); 4:13.5 - *Conrad Suhr (Leigh/SJ); 4:13.6 - Ringo (Cordova); 4:14.9 - *Bill LaForge (Oceana/Pacifica); 4:15.1 - Fredrickson (Homestead); 4:16.5 - Dies (San Juan/Sacto); 4:16.8 - Kasser; 4:17.8 - Sullivan (Saratoga), Green (San Rafael); 4:18.1 - Jon Sisler (Petaluma); 4:18.3 - Emry (Clayton Vly).

2 Mile: 8:46.6 - Kimball; 8:57.8 - Benton Hart (Modesto); 9:04.2 - Nahirny; 9:05.0 - *Mitch Kingery (San Carlos); 9:08 - *Roy Kissin (San Ramon); 9:11.0 - Stacy Geiken (Cubberly); 9:13.8 - *Johnson; 9:14.6 - *Bob Barnett (Hillsdale/San Mateo); 9:15.2 - Kennedy (Lynbrook/SJ); 9:15.4 - *Padilla (Marina); 9:16.2 - *LaForge; 9:17.4 - Mebust (BellaVista); 9:18.2 - Bob Powell (Oceana); 9:19.2 - Thomas (BellaVista).

1200H: 13.7 - *Dedy Cooper (Ells/Richmond) (14.0 for college highs); 13.8 - Mike Kirtman (Wilson/SF), *Robert Gaines (JFK/Richmond), Graybehl (Las Lomas); 13.9 - James Owens (Norte Del Rio); 14.0 - Calvin Jones (Stagg/Stktn); 14.1 - Gerald Bennett (Berkeley); 14.2 - Mark Carley (Burbank/Sacto), Mike Crittenden (JFK/Richmond); -- 14.1w - Charles Hatch (Wilson/SF).

180LH: 18.6 - Graybehl; 18.9 - Dave Jakle (Los Altos); 19.0 - Kirtman; 19.3(turn) - Owens; 19.4 - Milbrandt (Cupertino), Napier (Lynbrook/SJ), Crittenden; 19.5 - Uribe (Roseville), Mann (Vacaville), Herman (Las Lomas), Taylor (Grace Davis).



(Left) DeLaSalle's Rich Kimball led NorCal in both mile & 2 mile /Dave Stock/. (Right) Silver Creek's Millard Hampton dominated both the sprints with top marks in the 100 and 220. /Jay Marlowe/

HJ: 7-1 3/4 - Mark Wilson (Monte Vista/Danville); 7-0 - Mark Ridge (Merced), Clark Beedle (LaSierra/Sacto), Charles Hatch (Wilson/SF); 6-10 - Dave Haber (Alameda); 6-8 - Mark Insley (Cupertino), Gibbs (Hill/SJ); 6-7 1/2 - Bill Maston (St. Francis/Mt.Vw.); 6-7 - Ed Cloud (John Swet/Crockett), Pauer (St. Ignatius/SF).

PV: 14-7 - John Bell (Lynbrook/SJ); 14-4 - Baker (DelMar/SJ); 14-3 - Terry Markou (Pacific), Olsen (Pleasant Hill); 14-2 - Johnson (Lynbrook/SJ); 14-0 - Gervasi (San Lorenzo Vly), Hines (Blackford/SJ), Searle (Camden/SJ), Sutherland (JFK/Richmond), Pfaffenburger (Antioch), **Rock Dumais (Ayer/Milpitas), *Medeiros (Cupertino), Bruce Gagon (Oakmont/Roseville), Ray Gullion (MiraLoma/Sacto), Curtis Caldwell (DeAnza/El Sobrante), Scott Lewis (Washington/Fremont).

LJ: 23-10 - Rick Graybehl (LasLomas); 23-9 - Don Bryson (Oakland); 23-5 - Mellion (StM); 23-2 1/2 - Brooks (Milpitas), Robinson (Woodside); 23-0 1/4 - Vasquez (Mills), *Finley (Cupertino); 22-11 1/4 - Chesnut (Los Altos); 22-10 3/4 - Simone (Dublin); 22-10 1/2 - Martin; 22-10 1/4 - Jakle (Los Altos); 22-10 - Dunn (Armijo), Halbert (Cordova).

TJ: 50-2 1/4 - Bryson; 48-8 - Charles Wheeler (Merced); 48-2 - Nathan Johnson (Seaside); 48-0 - *Dan Jackson (Oak'd Tech); 47-11 - Haynes (El Cerrito); 47-9 - Napier (Lynbrook/SJ); 47-6 - Page (St. Francis/Mt.Vw.); 47-4 - Dave Haber (Alameda); 47-2 - Mike Willis (Leigh/SJ); 47-1 - Andy Gustavson (San Mateo); 46-11 1/2 - *Finley (Cupertino); 46-9 - Hermann (Las Lomas/Danville).

SP: 61-2 - *Gary Bersano (Los Gatos); 59-11 1/2 - Darrel Elder (Redwood/Larkspur); 59-10 - Pat Zeck (Antioch); 59-9 1/2 - Bill Ackerman (Sunset/Hywd); 59-2 - Otis Page (Saratoga); 59-0 1/2 - Brad Vassar (Sonora); 58-11 1/2 - Rossi (Los Altos); 58-7 - Bossini (St.Francis/Mt.Vw.); 58-2 - Ray Burton (Vacaville), Watkins (Mitty/SJ).

DT: 201-6 - Burton; 194-2 - Elder; 184-2 - Moore (Mt. Pleasant/SJ); 181-10 - *Bersano; 180-11 - Watkins; 178-9 - John Walker (Amador Vly); 174-10 - Randy Whited (Modesto); 174-1 - Scott Wells (Palo Alto); 173-1 - Jacobo (Alisal); 172-5 - Vonogas (Los Altos); 172-1 - Taylor (Nev.Union); 171-11 - Dean Singleton (Irvington); 170-9 - Bagove (Live Oak/SJ).

440R: 41.2 - Wilson/SF; 41.4 - Kennedy/Richmond; 42.2 - Skyline/Oakl'd; 42.3 - DeAnza, Silver Crk/SJ; 42.4 - Yerba Buena, Sacramento; 42.7 - Franklin/Stktn, Mt. Pleasant/SJ; 42.8 - Los Altos, Merced, Norte Del Rio; 42.9 - Castlemont.

MileR: 3:17.3 - Las Lomas; 3:18.3 - Kennedy/Richmond; 3:19.6 - Vallejo; 3:20.7 - Norte Del Rio; 3:21.2 - Cupertino; 3:22.0 - Mira Loma, El Cerrito; 3:22.1 - San Mateo; 3:23.0 - McClatchy/Sacto; 3:23.5 - Gilroy; 3:24.3 - Menlo-Atherton.

TRACK & FIELD RESULTS

DUE TO THE VAST QUANTITY OF RESULTS WE HAVE RECEIVED DURING THE PAST 6-8 WEEKS, WE CANNOT POSSIBLY LIST ALL THE 'IMPORTANT' MEETS, BUT WILL TRY AND LIST AS MANY AS POSSIBLE WITH THE MOST NOTABLE MARKS RECEIVING FIRST PRIORITY. THANKS FOR SENDING US ALL THE RESULTS...IT'S VERY GRATIFYING TO GET ALL THE HELP!!

Castro Valley Invit: (May 4, Castro Vly) - 880: 1. Ryan/Irv 1:54.9, 2. Mulkey/Skyl 1:55.8, 3. Piccillo/Pacific 1:56.6; Mile: 1. Kasser/SFr 4:16.8, 2. LaForge/Oceana 4:17.2, 3. Ryan/Irv 4:18.9; 440: Rupenstein/Wash 49.7; HJ: 1. Wilson/MV 6-10,

2. Haber/Alameda 6-10; PV: Markou/Pacific 14-3 3/4; 2 Mi: Kimball/DLS 8:51.0, Johnson/Skyl 9:13.8, Padilla/Marina 9:17.0, Barnett/Hills 9:18.0. /N. Guest/

NCS Region I: (May 17) - 440: Cooper/Ells 49.2, Brown/JFK 49.3; 880: Ryan/Irv 1:54.4, Burrough/Danza 1:56.9; Mile: Kimball/DLS 4:09.2; 2 Mi: Kimball 8:55.0; 120HH: Cooper/Ells 14.1, Gaines/JFK 14.1; 440R: JFK/Richmond 42.8; MileR: JFK/Richmond 3:24.2; TJ: Haynes/EC 47-11 1/2, Haber/Alameda 46-5; DT: Amdahl/PinVly 169-7; 100: Brown/Danza 9.8. /Lynn Ryan/

NCS Region II: (May 17, Pleasant Hill) - 440: Bartlett/Piedmont 49.8; 880: Schratz/SRamon 1:56.3; 2 Mi: Kissin/SRamon 9:24.4; 120HH: Graybehl/LL 14.1; 180LH: Graybehl 19.8; LJ: Graybehl 23-6, Simone/Dub 22-10 3/4, Teixeira/CP 22-9 3/4; TJ: Marion/Gra 46-7 1/2; HJ: Wilson/MV 6-7; SP: Zeck/Ant 58-4 3/4; DT: Walker/AVly 178-9; PV: Jones/YV 13-9. /Lynn Ryan/

Sac-Joaquin Region I: (May 17, Grass Vly) - DT: Burton/Vacavle 190-1, Taylor/NeUnion 172-1; SP: Burton 56-6; 440: Conners/Cordova 49.0, Monseth/Galt 50.0; 120HH: Uribe/Rvle 14.5; 880: Boyd/Oakmont 1:58.3. /Mark Payne/

Sac-Joaquin Region II: (May 17, San Juan) - 120HH: Carley/Burb 14.4; 440R: Sac'to 42.4, Norte 42.8; Mile: Deis/SJuan 4:18.5, Baudendistel/Hlds 4:19.8; 440: Cazenave/NDR 48.3; 100: Anderson/H 9.8; LH: Carley 19.5; 880: DeGrace/NDR 1:54.9; 220: Cazenave 22.0; 2 Mi: Mebust/BV 9:17.4, Garrett/EG 9:20.8; MileR: Norte 3:21.0; HJ: Beedle/LS 6-6; PV: Guillion/ML 14-0; IH: McKenzie/DC 40.0. /Mark Payne/

Sac-Joaquin Region IV: (May 18, Modesto) - HH: Taylor/GD 14.5; SP: Vassar/Sonora 58-2; TJ: Dobbins/Merc 46-5 1/2; Mile: Diekmeyer/Stagg 4:18.3, Hart/Mod 4:20.7; DT: Whited/D 168-10 1/2; LH: Taylor 19.5; 2 Mi: Hart 9:30.7. /Mark Payne/

PCAA Championships: (May 17-18, Fresno) - PV: Ripley/SJ 16-3, 5. Van Kirk/SJ 15-0; TJ: Livers/SJ 51-11 1/4; DT: Gherardi/SJ 167-6; 3000mSC: 4. Hurst/SJ 9:27.1; 6 Mi: 3. MacMitchell/SJ 30:16.6; LJ: Davis/SJ 24-4 3/4, Wright/SJ 23-11; SP: 2. Gherardi/SJ 56-10; JT: 3. Garrity/SJ 206-4; 440R: SJS 41.4; Mile: Schilling/SJ 4:14.0, 3. Walker/SJ 4:17.0; HH: Tinnin/SJ 14.4; HJ: Livers/SJ 6-10; 440: 3. Sprink/SJ 48.8; 100: 4. Breddell/SJ 9.6; 880: Schilling/SJ 1:52.6, 4. Harmatz/SJ 1:54.5; IH: 2. Kaster/SJ 53.6; 220: 2. Breddell/SJ 21.3; 3 Mi: Genet/SJ 14:03.2, 3. Gruber/SJ 14:22.2. /Red Estes/

Pac-8 Championships: (May 17-18, L.A.) - 6 Mi: 5. Bellah/Stan 29:10.6, 8. Maxwell/C 30:10.6; JT: 6. Hopkins/S 228-0; 100: 2. Shavers/SC 9.7, 4. Strickland/C 9.8, 6. Walker/C 9.9; 220: 2. Shavers 21.2, 3. Walker 21.3, 4. Strickland 21.4; 880: Brown/C 1:48.1 (4th straight title), 5. Scott/WS 1:49.0, 7. Henderson/OS 1:49.3; HH: 2. Mosley/C 13.8, 5. Florant/C 14.2; IH: Hogsett/S 51.3; HJ: 5. Ritterath/C 6-8; TJ: 2. Cohee/SC 52-0 1/4w, 6. Krebs/C 50-3; DT: 4. Frugugliette/SC 173-3; 440R: Cal 40.1; MileR: 3. Cal 3:10.4; Dec: 4. Kring/S 7098. Teams: USC 134-1/2, UCLA 130-1/2, 6. Cal 53-1/2, 8. Stanford 17. /John Wenos/

Bakersfield Classic: (May 18) - JT: 3. Stevick/WVTC 210-6; HH: 4. Carty/BAS 14.2; 100: 2. Payton/BAS 9.5; W-880: 2. Weston/WS 2:04.9, 4. Poor/SJC 2:11.5; W-1500m: 2. Anderson/SJC 4:25.9, 4. Graham/SJC 4:35.3; SP: 2. Feuerbach/PCC 68-10; 220: 3. Payton/BAS 21.5; DT: Powell/PCC 209-9; 6 Mi: 4. Nuccio/Army-WVTC 28:40.4; 2 Mi: Prefontaine/OTC 8:34.4, Tibaduiza/WVTC-Nevada 8:37.7; 440: 5. Ward/WVTC 48.3; TJ: 5. Assef/Nev 50-3 3/4.

NorCal JC Championships: (May 18, Pleasant Hill) - HJ: Geske/Sol 6-8; PV: Martin/WV 15-1 3/4; SP: Sizemore/SJ 53-9; DT: Pushkin/Fthl 165-7, Frankiewich/Merc 165-2; LJ: Overstreet/SJ 23-3, Mathews/MPC 23-2; TJ: Harrell/SJD 48-10 1/2, Triplett/WV 48-9 3/4; 3000mSC: Magallanes/MPC 9:34.8, Caputo/L 9:35.8; 440R: SJCC 41.9; Mile: Schaecher/WV 4:11.3; 120HH: Davie/AVly 14.1, Ligons/Chab 14.3; 440: Jefferey/SJD 48.4, Larry/CRC 48.6, Harrell/Ala 48.9; 100: Watson/CCC 9.9; 880: Robinson/Laney 1:51.8, Bryan/AR 1:52.7, Ramsey/SR 1:53.3, McManus/DVC 1:53.5; IH: Wyatt/Sky 53.5; 220: Livers/SJ 22.1; 3 Mi: Quintana/Chab 14:03.2, VanSlyke/SJD 14:05.2, Green/AR 14:09.8, Hart/Fthl 14:13.2, Brooks/SJ 14:14.0; MileR: Laney 3:14.4, DVC 3:15.5, SJCC 3:17.1. /Gay Bryan/

CCS Championships: (May 24, San Jose) - DT: Moore/MP1 184-2, Watkins/Mitty 176-0, Wells/PA 173-11; LJ: Robinson/Woodside 23-2 1/2, Finley/Cup 23-0 1/2, Vasquez/Mills 22-9; HH: Mildebrandt/Cup 14.4, Garlick/Camp 14.6, Napier/Lyn 14.7; 880:

Hamilton/Lei 1:53.4, Kasser/SFr 1:53.5, Wagner/Soquel 1:54.9; 440R: Yerba Buena 42.7, Mt. Pleasant 42.7, Los Altos 42.8; 100: Hampton/Scrk 9.8, Cannon/MP1 10.0, Hills/LA 10.0; SP: Bersano/LG 59-5 1/2, Page/Sara 57-7 3/4, Schablaske/Cup 57-7; 2 Mi: Kingery/SC 9:09.8, Geiken/Cubb 9:11.0, Kennedy/Lyn 9:15.1; 440: MacKenzie/MA 49.5, Bishop/Carl 50.0, Parlett/Hom 50.1; PV: Bell/Lyn 14-4, Gervasi/SL 14-0, Baker/DM 14-0; LH: (turn) Jakle/LA 19.7, Mildebrandt 19.8, Thompson/SC 20.1; 220: Hampton 20.9, Cannon 21.8, Hills 21.9; Mile: Suhr/Lei 4:13.8, LaForge/Oc 4:14.9, Fredrickson/Hom 4:15.1; HJ: Insley/Cup 6-6 3/8, Wright/Carl 6-4, Collins/Mon 6-4; TJ: Johnson/Sea 47-7 1/4, Page/SFr 47-6, Willis/Lei 46-11; MileR: Cupertino 3:21.2, San Mateo 3:22.3, Gilroy 3:24.2; Teams: Cupertino over Mt. Pleasant (no scores available).



Cupertino won the C.C.S. title over Mt. Pleasant. /J. Marconi/

Far West Conference Championships: (May 17-18, Oakland) - 6 Mi: Smead/Hum (time not known); 3 Mi: Smead 14:06.6; Mile: Smead 4:15.7; HJ: Coleman/Sac 6-8; 100: Pettus/SF 9.8; 220: Pettus 21.3; 440R: Sac'to 41.4; 3000mSC: Brown/Ch 9:01; SP: Godsey/Hum 51-1 3/4; HH: Ellis/Sac 14.7; LJ: Uraman/Ch 24-8 1/2; 440: Golden/Hay 48.6; JT: Parker/SF 228-8; 880: Nicholis/Sac 1:53.0; IH: Faeth/Ch 54.0; PV: Jones/Ch 15-0. - Teams: Sacto 125, Chico 124, SFS 104.

NCS Championships: (May 25, Kentfield) - 120HH: Cooper/Ells 13.7, Gaines/JFK 13.8, Graybehl/LL 13.8, Crittenden/JFK 14.3; 440R: JFK 42.0, DeAnza 42.3, Ferndale 43.6, Pittsburg 43.6; 880: Cagle/Nov 1:52.5, Hadley/Vint 1:52.6, Ryan/Irv 1:53.3, Johnson/SRosa & Schratz/SRamon 1:54.6; 100: Jackson/JFK 9.9, Johnson/JFK 9.9, Buckner/CL 10.0, Brown/DA 10.0; Mile: Kimball/DLS 4:02.2, Nahirny/Wash-Frmt 4:15.3, Green/SRAF 4:17.8, Emry/CV 4:18.3; 440: Cooper 48.1, Bartlett/Pied 48.7, Porter/Berk 49.3, Brown/JFK 49.4; LJ: (turn) Graybehl 18.6, Crittenden 19.4, Herman/LL 19.5, Richardson/EIM 19.6; 220: Jackson/JFK 21.9, Robinson/CN 22.3, Buckner 22.4, White/Berk 22.6; 2 Mi: Kimball 9:12.1, Kissin/SRam 9:15.4, Sisler/Pet 9:16.8, Padilla/Marina 9:17.0, Read/MJSJ 9:18.5; MileR: JFK/Richmond 3:20.3, Las Lomas 3:20.3, Vallejo 3:21.7, El Cerrito 3:23.5; HJ: Wilson/MVista 6-9 3/4, Haber/Ala 6-6, Montgomery/Ana 6-4, Abbott/SRam 6-4; PV: Olsen/PH 14-3, Markou/Pac 14-0, Caldwell/DA 14-0, Paffenberger/Ant 13-6; SP: Elder/Redw 59-11, Zeck/Ant 58-9 1/4, Ackerman/Sun 54-7 1/4, Singleton/Irv 54-2 3/4; DT: Elder 194-2, Schendel/DN 169-4, Singleton 167-10, Walker/AVly 166-3; LJ: Mellion/StM 23-5, Graybehl 23-4 3/4, Games/Mont 22-9 1/2, Kilmer/Redw 22-3; TJ: Haynes/EC 47-6, Marion/Gra 46-2, Haber/Ala 45-7 1/4, Williams/Mont 45-4. - Teams: JFK/Richmond 40, Las Lomas 20, Redwood 15, DeLaSalle & Harry Ells 12. /M. Shaughnessy/



(Left) New prep high jump record-holder, Mark Wilson (Monte Vista/Danville), who did a 7-1 3/4 leap at West Coast Relays. /Mike Shaughnessy/ (Above) Charles Hatch (Wilson of S.F.) won the CIF State Meet at 7-0, a personal best. /Dave Stock/

State JC Championships: (May 25, Bakersfield) - Only NorCal winners were Pushkin (DT), Magallanes (steeple), & Robinson (880). - JT: 5. Ladd/Modesto 208-7; PV: 2. Martin/SJ 16-6 1/4; LJ: 3. Overstreet/SJ 25-1, 6. Cleg-horn/NP 23-6 1/4; SP: 4. Corbet/Las 52-4 1/4, 5. Sizemore/SJ 51-3; HJ: 3. Geske/Sol 6-8; DT: Pushkin/Fthl 164-4, 3. Frankiewicz/Merc 163-8, 4. Groover/WV 161-7, 5. Patterson/Fthl 155-0; TJ: 5. Harrell/SJD 48-1 1/4, 6. Goodlow/Laney 47-9 3/4; 440R: 2. CCC 40.9, 5. SJCC 41.4; 3000mSC: Magallanes/MPC 9:14.2, Pearson/DVC 9:14.2, Caputo/Las 9:35.6, 5. Reime/Cabr 9:40.2; Mile: 2. Schaecher/WV 4:10.0, 5. Fotinos/Sky 4:18.0; HH: 2. Ligons/Chab 14.2, 3. Foster/Fthl 14.4, 4. Almond/Sky 14.4; 440: 4. Harrell/Ala 48.4, 6. Deckard/Laney 48.6; 100: 4. Livers/SJ 9.7; 880: Robinson/Laney 1:48.0 (Nat'l. JC Rcd), Bryan/AR 1:48.9, Ramsey/SR 1:50.1, 5. McManus/DVC 1:51.2; IH: 4. Wyatt/Sky 52.9, 5. Foster/Fthl 53.8, 6. Williamson/SJD 53.8; 220: 4. Livers 21.6, 5. Jefferey/SJD 21.7, 6. Watson/CCC 21.9; 3 Mi: 5. Van Slyke/SJD 14:24.8; MileR: 3. Laney 3:10.2, 6. SJCC 3:13.0. - Teams: Fullerton 45, LASW 32, 7. Foothill 21, 9. West Valley 20, 10. SJCC 19, 11. Laney 18.



Humboldt State's Chuck Smead won the mile, three mile, & six mile at the FWC Championships (in 3 mile here). /Marconi/

California Relays: (May 25, Modesto) - W-880: Decker/BATC 2:09.2, Graham/SJC 2:12.7, Nelson/SJS 2:15.1, Eberly/SJC 2:15.7; W-100: 2. Byfield/BTC 10.5; W-SP: Seidler/MDYF 56-1 1/2 (Amer. Rcd.), Svendsen/LJTC 49-6 1/4, Langford/MDYF 47-5 1/4, Rutledge 45-10 3/4; W-LJ: Watson/LI 21-9 3/4w; W-440: Weston/WS 55.9, Lewis/MLTC 56.0, 4. Bonacich/SJC 58.0; W-HJ: Huntley/OTC 6-0 (Equals Amer. Rcd.); Open 100: 2. Payton/BAS 9.5, 4. Pettus/SFS 9.6; 220(II): Rodgers/BAS 20.9, Breddell/SJS 21.0, Pettus 21.0, Payton 21.4; 880: 5. Scott/WSU 1:52.5; Mile: 5. Schilling/SJS 4:05.8; 5000m: 3. Tibaduiza/Nev-WVTC 13:58.0; HH:(w) 4. Carty/BAS 13.6; Coll-IH: 4. Leek/SJS 53.2; TJ: 4. Assef/Nev 52-4 1/4, 5. Terry/UCD 52-3 3/4; DT: Powell/PCC 223-4, 4. Kennedy/BAS 200-8. /John Wenos/

CIF State Championships: (May 31-June 1, Bakersfield) - Teams: Muir/Pasadena 23, Wilson/SF 14, DeLaSalle 12, Kennedy/Richmond & Gardena 10, Carson 9, Silver Creek/SJ and Ells/Richmond 8. 440R: (I) 1. JFK 41.8, 2. Skyline 42.2, 5. Mt. Pleasant 43.2, 6. Highlands 43.3, 8. Stagg/Stktn 43.4, 9. Ferndale 43.9; (II) 4. Yerba Buena 42.4, 8. DeAnza/Richmond 43.1, 9. Pittsburg 43.8; (III) 1. Wilson/SF 41.2, 5. Franklin/Stktn 42.7, 7. Los Altos 42.9, 9. Paradise 45.1; (Finals) 1. Kennedy/Richmond 41.4, 3. Wilson/SF 41.6. 880: (I) 3. Cagle/Novato 1:52.3, 6. DeGrace/NDR 1:54.3, 7. Boyd/Oakmont 1:54.7; (II) 3. Hamilton/Leigh 1:53.0, 4. Lewis/OakTech 1:53.7, 5. Ryan/Irv 1:54.6, 7. Johnson/SRosa 1:56.0, 8. Perez/Edison-Stkn 1:57.1, 9. Erb/Paradise 1:58.4; (III) 2. Hadley/Vintage-Napa 1:53.4, 7. Kasser/SFR 1:55.5, 8. Wagner/Soquel 1:56.2, 9. Abendroth/Lowell-SF 2:05.4; (Finals) 3. Hamilton 1:52.5, 7. Cagle 1:52.8, 8. Hadley 1:53.4. 100: (I) 2. Cannon/MPI 9.7, 3. Jackson/JFK 9.8, 8. Carley/Burbank-Sacto 10.1, 9. Denhams/Cstlmt 10.1; (II) 2. Farmer/Wilson 9.6, 3. Johnson/JFK 9.7, 7. Hill/Los Altos 10.0, 8. Saffold/Franklin 10.0, 9. Buckner/CLake 10.2; (III) 2. Hampton/SCrk 9.7, 5. Anderson/Highlands 9.8, 8. Brown/DeAnza 10.4, 9. Parks/McCloud 10.4; (Finals) 4. Hampton 10.0, 5. Jackson 10.0, 7. Farmer 10.1, 8. Johnson 10.1, 9. Cannon 10.2. 120HH: (I) 1. Cooper/Ells 13.7, 3. Owens/NDR 14.0, 6. Napier/Lynbrook 14.5; (II) 2. Gaines/JFK 13.8, 3. Carley/Burbank-Sacto 14.2, 4. Crittenden/JFK 14.2, 6. Coleman/McClymonds 14.3, 8. Jones/Grant-Sacto 14.6; (III) 1. Graybehl/Las Lomas 13.8, 2. Kirtman/Wilson 13.8, 6. Garlick/Campbell 14.7, 7. Mildebrandt/Cup 14.7; (Finals) 2. Cooper 13.8, 3. Kirtman 14.0, 4. Gaines 14.1, 6. Carley 14.3, 7. Graybehl 14.3, 9. Owens 14.6. 440: (I) 1. Conners/Cordova 48.3, 2. Bartlett/Piedmont 48.4, 8. Elwell/Shasta 51.4; (II) 1. Casenave/NDR 47.9, 2. Cooper 47.9; (III) 6. Ruppenstein/Wash-SF 49.4, 7. Bishop/Carlmt 49.6, 8. MacKenzie/M-A 49.8, 9. Horne/Fremt-Okld 50.2; (Finals) 1. Conners 47.7, 2. Cooper 48.2, 3. Cazenave 48.3, 4. Bartlett 48.3. 220: (I) 1. Hampton 21.2, 4. Farmer 21.6, 6. Saffold/Franklin-Stkn 22.6, 7. Robinson/CdNnm 22.8, 8. White/Berk 23.6; (II) 4. Buckner 22.1, 6. Hill 22.2, 7. Winzer/Skyline-Okld 23.2; (III) 4. Jackson/JFK 21.9, 6. Cazenave 22.2, 9. Book/Chico 23.2; (Finals) 1. Hampton 21.1. 180LH: (I) 1. Graybehl 18.8, 9. Thompson/SCarlos 20.9; (II) 2. Jakle/LAltos

19.2, 3. Owens 19.3, 4. Uribe/Roseville 19.5, 5. Herman/Los Lomas 19.8; (III) 2. Kirtman 19.0, 5. Mann/Vacaville 20.1, 6. Crittenden 20.1, 7. Mildebrandt 20.1; (Finals) 2. Graybehl 18.9, 4. Wilson 19.3, 7. Owens 19.6, 8. Jakle 19.6. Mile: (I) 1. Kimball/DeLaSalle 4:12.8, 3. Suhr/Leigh 4:13.5, 5. Baudenstal/Highlands 4:19.5, 6. Green/San Rafael 4:20.3, 8. Johnson/Skyline-Okld 4:23.9; (II) 4. Deis/San Juan-Sacto 4:16.5, 5. Diekmeyer/Stagg-Stkn 4:19.0, 7. Emry/Clayton Vly 4:22.4, 9. LaForge/Oceana 4:32.4; (III) 3. Nahirny/Wash-Frmt 4:11.4, 7. Fredrickson/Homestead 4:20.5, 9. Sweeny/Balboa-SF 4:28.7; (Finals) 1. Kimball 4:06.6, 6. Nahirny 4:09.6. MileR: (I) 5. Norte Del Rio 3:20.7, 8. San Mateo 3:26.4, 9. Chico 3:28.1; (II) 2. Kennedy/Richmond 3:18.5, 3. Vallejo 3:19.6; (III) 3. Las Lomas 3:17.3, 8. El Cerrito 3:23.5, 9. Oakland Tech 3:25.7; (Finals) 5. Kennedy 3:18.3 (others not known). DT: 1. Burton/Vacaville 193-0, 3. Whited/Downey-Modesto 174-10, 4. Singleton/Irvington 171-11, 6. Wells/Palo Alto 169-1, 7. Walker/Amador 167-2, 8. Tinsley/Nevada Union 164-7, 9. Schendel/Del Norte 159-11, 10. Moore/Mt.Pl. 159-4. 2 Mile: 1. Kimball 8:46.5, 4. Hart/Modesto 8:57.8, 8. Kingery/San Carlos 9:05.0, 9. Kissin/San Ramon 9:08.0, 12. Sisler/Petaluma 9:14.8, 13. Padilla/Marina 9:15.4, 14. Geiken/Cubberly 9:15.6. LJ: 10. Bryson/Oakland 22-3 1/4. PV: 4. Bell/Lynbrook 14-6, 6. Sutherland/JFK 14-0, 7(tie). Gagon/Oakmont 14-0, 9. Markou/Pacific 13-6, 10(tie). Johnson/Balboa-SF 13-6. SP: 3. Bersano/Los Gatos 60-10, 4. Zech/Antioch 59-10, 6. Page/Saratoga 59-2, 7. Vassar/Sonoma 58-11 3/4, 10. Elder/Redwood-Larkspur 57-1 1/4, 11. Pierce/Dixon 56-11 1/2. HJ: 1. Hatch/Wilson-SF 7-0, 2. Wilson/Monte Vista 6-10, 3. Ridge/Merced 6-10, 6. Beedle/La Sierra 6-8, 10(tie). Haber/Alameda 6-6, 12. Cloud/John Swett 6-4. (Note: - No triple jump results were received...if anyone has them, please forward to our P.O. Box! - Thanks.). /Shaughnessy/



(Left) Dave Hamilton of Leigh (San Jose) was a surprise third-placer in the 880 at the C.I.F. Meet in 1:52.5. /Shaughnessy/ (Right) Jim Dare (8:54.6) leads Don Timm (8:43.4) and Joe Lucas (8:48.4) in the Kennedy Games steeplechase. /John Marconi/

Kennedy Games: (June 1, Berkeley) - 3 Mi: Kardong/CNW 13:24.6, Tuttle/BHS 13:25.4, Tibaduiza/WVTC 13:30.6, 5. Gruber/SJS 14:13.6, 6. George/AIA 14:14.2; W-440: 2. Byfield/BTC 55.4, 3. Neufville/Cal 55.6, 4. Weston/WS 55.8, 6. Carlsen/RCS 58.7; Sr-220: Lingel/BAS 23.7, 5. Frederickson/NCS 25.1; 440R: Cal 40.0, 3. BAS 40.1, 5. SJS 40.6; W-440R: MLTC 47.7, RJ 48.1, Chico St. 48.2, SJC 49.4, BTC 50.0, SVTC 50.0, Cal (no time); TJ: 5. Livers/SJS 50-11 1/4, 6. Assef/WVTC 50-6 1/2; W-100mHH: 3. Carlsen/RCS 14.6, 4. Davidson/CD 15.1, 5. Kinimaka/SJC 15.3; 440: 5. Brown/Cal 48.3; DT: Powell/PCC 215-0, 3. Kennedy/BAS 196-0, 10. Penrose/BAS 178-1; Invit-100: 4. Whitaker/SJS 9.5, 6. Payton/BAS 9.7; SP: Feuerbach/PCC 69-11; PV: Miguel/BAS 16-6, 3. Martin/WVJC 16-0; W-Mile: 2. Anderson/SJC 4:46.1, 3. Graham/SJC 4:50.0, 5. Adams/WS 5:01.9, 6. Val Eberly/SJC 5:02.4, 7. Mears/SJC 5:16.2, 8. McManus/Un 5:17.4; 880: 2. Robinson/Laney JC 1:49.3, 4. Lowry/BHS 1:51.5, 5. Bryan/ARJC 1:52.2; 3000mSC: 2. Lucas/WVTC 8:48.4, 3. Dare/WVTC 8:54.6, 4. Price/AIA 8:56.0, 6. Haver/AIA 9:06.0; 220: 3. Breddell/SJS 21.2; Mile: 5. Schaecher/WVJC 4:09.3; Sr-880R: 2. BAS 1:36.0, 3. NCSJC 1:37.2; 120HH: (I) 2. Mosley/Cal 14.0, 3. Ligons/ChabotJC 14.5, 4. Whitfield/BAS 14.6; (II) 3. Florant/Cal 14.0, 4. Carty/BAS 14.0, 5. Alexander/Cal 14.1; (Finals) 3. Mosley 13.9, 5. Florant 14.0, 6. Whitfield 14.1; Open-100: 5. Walker/Cal 9.9; HJ: 7(tie). Ritterath/Cal & Mackey/SJS 6-8; MileR: 2. BAS 3:10.3; W-SP: Seidler/MDYF 56-7 (American Rcd),

Svendsen/LJTC 50-6 1/2, Langford/MDYF 46-1, Rutledge/MLTC 46-0 1/2, 6. Holloway/SJC 39-9; W-JT: 2. Cannon/RCS 175-8, 4. Pickel/CSH 160-8, 5. Sulinski/MLTC 150-6, 6. Bowers/SJC 143-8.
/Dave Maggard/

PA-AAU Girls' 14-15 Championships: (June 2, Woodside) - HJ: Sandberg/SJC 5-0; DT: O'Conner/RCF 100-10; LJ: Elmore/MLTC 18-5 1/4, Kinimaka/SJC 18-0 1/4, Sandberg/SJC 17-9; SP: Kinimaka 39-1 1/2; 440R: MLTC 50.2; 300mH: Ross/BTC 48.4, Bing/SJC 48.7; Mile: Eddy/SJS 5:21.5; JT: Hansen/SJC 104-2; 880: Nelson/SJS 2:21.0, Slivkoff/SJC 2:21.4, Powell/SJC 2:21.6; 100mHH:(w) Kinimaka 15.7, Rodgers/MLTC 15.7, Ross 15.7, Wilson/MLTC 15.7; 880MR: MLTC 1:53.2, SVTC 1:53.2; MileWalk: C. Sakelarios/RCF 9:27.5, Sewell/SVTC 9:31.0; 220: Ng/Un 25.5, Elmore/MLTC 25.9; 440: Smallwood/Int 58.7, Simmons/RCF 59.0; 2 Mi: P. Reneau/BRR 11:31.2, Wolfe/RCF 11:41.6, Greenberg/SJC 11:42.5; 100: Elmore 11.1, Ng 11.2, Parker/MLTC 11.5; MileR: Orinda 4:13.8; 2 MiR: SJC 9:53.0; Teams: SJC 142, RCF 92, MLTC 87.
/Nick Sakelarios/

PA-AAU Women's Championships: (June 2, Woodside) - HJ: McQuillan/WS 5-2, King/MLTC 5-0; JT: Canon/RCS 168-7 1/2, Sulinski/MLTC 143-10, Bowers/SJC 136-2 3/4; SP: Rutledge/MLTC 43-8 1/2, Holloway/SJC 39-6, Canon 39-2 3/4; 440R: BTC 48.8, RJ 49.0; 2 Mi: Anderson/SJC 10:22.9, Graham/SJC 10:39.3, Haberman/SJC 10:44.5, Carron/MLTC 10:53.8; 400mH: Clark/Un 63.9; 440: Weston/WS 57.3, Partida/WS 58.2; DT: Canon 102-3; LJ: Hansen/SJC 17-3 1/4; 880: Haughey/SJC 2:16.0, Caldwell/WS 2:16.2; Mile: Anderson 4:53.1; 880MR: BTC 1:48.0, SJC 1:48.5; MileWalk: Dimmick/SJC 8:22.7, Wiemer/WS 8:27.0, Cortez/RCS 9:04.1; 100: Lewis/MLTC 11.0, Miller/RJ 11.1, Julian/RJ 11.4; MileR: WS 3:55.4, RCS 4:02.5, SJC 4:04.5; 220: Miller 25.6, Arnold/BTC 25.9, Severance/RCS 26.0; 2 MiR: WS 9:21.4, MLTC 9:50.7; 100mHH: Carlsen/RCS 14.8, King/MLTC 15.5; Teams: SJC 128, RCS 99, WS 91.
/Nick Sakelarios/

NCAA Championships: (June 6-8, Austin, Texas) - Mile: (III) 8. Schilling/SJS 4:10.8; 220: (Heats) (I) 6. Burns/Cal 22.2, (VII) 6. Walker/Cal 22.1; 440IH: (Heats) (I) 6. Hogsett/Stan 52.6; 3 Mi: (Heats) (I) 13. Schmulewicz/Cal 14:22.2; (II) 13. Genet/SJS 14:37.2, 19. Duffey/Cal 14:52.0; (Finals) 7. Tibaduiza/Nev 14:12.6; JT: 20. Parker/SFS 214-1; PV: Dan Ripley (nh); LJ: Urmann/Chico 23-6 (unplaced); 440R: (Heats) (II) 5. Cal 40.2; 120HH: (Semis) (I) 8. Mosley/Cal 14.1; (II) 8. Florant/Cal 14.2; 100: (Semis) (I) 5. Whitaker/SJS 9.6, 8. Shavers/USC 9.9; 880: (Heats) (II) 3. Scott/WSU 1:51.1; (Finals) 3. Brown/Cal 1:49.1; 6 Mi: 3. Tibaduiza/Nev 28:28.2, 8. Sandoval/Stan 29:48; TJ: 6. Terry/UC Davis 52-4 3/4, 7. Livers/SJS 51-3 1/4; 3000mSC: 12. Brown/Chico 9:11.2; 440: 8. Brown/UCLA 49.1; Dec: 10. Kring/Stan 7109 (11.3, 22-9 1/4, 37-2 1/2, 6-4, 49.3, 15.4, 104-11, 14-9 1/4, 147-3, 4:35.5).

International Prep Invitational: (June 8, Mt. Prospect, Ill.) - 330IH: Blessing/Texas 37.0, 5. Newton/Lemoore 39.0; Mile: Kimball/DeLaSalle 4:07.3, 8. Ryan/Irvington 4:24.6; 440: Cork/Tex 47.5, 3. Cazenave/Norte Del Rio 48.5, 5. Graybehl/Las Lomas 49.1; LJ: Dykes/Ind. 24-7 1/2, Banks/Oceanside 24-2 3/4, Lofton/LA 23-11 3/4, Graybehl 23-10, Williams/Fresno 23-8; 100: Edmond/Tex 9.4, Hampton/Silver Crk 9.5, 6. Farmer/Wilson 9.8; HJ: Wilson/Monte Vista 6-8, 3. Ridge/Mrcd 6-6, Beedle/LaSierra 6-6, Peterie/Downey 6-6, Hatch/Wilson 6-6; 880: Kern/Ill. 1:52.9, 4. Clifford/SunnyHills-Fullerton 1:53.4; 120HH: Atkins/Tex 13.8, 5. Kirtman/Wilson 14.0, 8. Owens/Sac'to 14.6; DT: Elder/Redwood 190-8, Burton/Vacaville 186-5, McNaughton/Fresno 181-5, Chew/Reno-Nev 178-7; TJ: Duvall/Colo 48-11 1/4, Banks 48-4, 6. Wheeler/Merced 45-11 3/4; 220: Hampton 21.4, 5. Farmer 22.5; 2 Mi: Lederer/Germany 9:00.8, 3. Hart/Modesto 9:04.9, 5. Schankel/Lompoc 9:05.8, Blume/Huntington Beach 9:05.9, 7. Kimball 9:15.3, 8. Arbogast/Woodland Hills 9:15.4; PV: Scales/Kans 16-4, 5. Knaub/Lakewood 15-8; SP: Hampton/El Cajon 65-11 1/2, Chew 60-10, 5. Brown/Fresno 60-2 1/4. /Joe Newton/

PA-AAU Championships (Men): (June 8, Oakland) - 110mHH: Cooper/WVTC 14.0, Rapides/BAS 14.5, Almond/Skyline JC 14.6; 5000m: Lucas/WVTC 14:47.8, Kingery/CWTC 14:48.6, Kelly/SCTC 14:53.2; 100m: Payton/BAS 10.3, Watson/Un 10.5, Rodgers/BAS 10.6; Sr-100: Presber/Un 11.5, Andrews/BAS 11.9; HS-100m: Glass/Un 10.9; 3000mSC: Hart/Fthl JC 9:28.2, Donahue/ETC 9:41.4, Barney/CSM 9:44.8; 400m: Robinson/Laney 46.8, Wyatt/Skyline 49.6; HS-400m: MacKenzie/CWTC 50.9; Sr-400m: Clark/BAS 53.6; 800m: Lowery/BHS 1:51.6, Haniger/WVTC 1:53.3, Langer/Un 1:55.4; HS-800m: Adams/CWTC 1:58.3, Pratt/Un 1:59.9; 10,000m: Zapata/WVTC 31:32.4, Darling/ETC 32:50.6, Barnett/Un 33:09.6; SP: Marks/Un 63-7, Rossini/Un 53-1 1/2; TJ: Bryson/Un 48-11 1/4, Hall/Stan 45-11 3/4; HS-TJ: Haber/ATC 44-6; LJ: Anderson/Un



(Left) Cal-State Hayward's Brad Nave won NCAA Div. II Discus title. (Right) Kardong leads Menet & Tibaduiza at the Kennedy Games. /J. Marconi/



24-8, Woods/ATC 23-5, Hall 22-0 1/4; Sr-LJ: Presber 20-3, Andrews 19-9 1/2; HS-LJ: Johnson/Un 21-5 1/2; HJ: McGinnity/WVTC 6-8, Haber/ATC 6-6, Owens/Un 6-6; DT: Kennedy/BAS 57.38m, Louisiana/Army 56.34m, Nave/WVTC 52.62m; PV: Martin/WVJC 16-0 1/2, Eaton/WVTC 16-0 1/2, Weidig/Un 15-6; 1500m: Ellison/BAS 3:57.1, Verhe/WVTC 4:01.0, Tracy/WVTC 4:03.8; JT: Stevick/WVTC 64.76m, Conley/SFC 63.22m, Shandon/Un 59.72m; HS-1500m: Young/CWTC 4:06.3. /Bob DeCelle/

California State Women's Championships: (June 9, Los Angeles) - (WOMEN) - 100: Byfield/BTC 10.8w; 220: Byfield 24.1; 440: 4. Carlson/RCS 56.5; 880: 2. Poor/SJC 2:10.9, 3. Haughey/SJC 2:11.3, 4. Anderson/SJC 2:13.0; Mile: 2. Graham/SJC 4:44.9; 2 Mi: Anderson 10:10.2, 4. Val Eberly/SJC 10:51.2; 5000m: Haberman/SJC 17:16.2; Mile Walk: 3. Dimmick/SJC 8:24.8, 4. Cortez/RCS 8:37.0; 100mHH: 4. Carlson/RCS 14.3w; 400mH: 3. Clark/SJC 63.3; 440R: 2. BTC 47.6; 880MR: BTC 1:45.4, 3. SJC 1:49.3; MileR: 2. RCS 3:51.6, 3. SJC 3:52.2; 2MR: SJC 9:14.1; DT: 4. Langford/MDYF 160-11; JT: 2. Canon/RCS 186-4; SP: Seidler/MDYF 53-10, 3. Rutledge/MLTC 45-1 1/4; HJ: 3. K. McQuillan/WS 5-6, 4(tie). Dougherty/SJC 5-2; LJ: 4. King/MLTC 18-9 3/4w; Teams: LJTC 116, LATIC 97, SJC 95-2/3. (14-17) - 100: 2. Nickson/BTC 10.9, 4. Lewis/MLTC 11.0; 220: 2. Nickson 24.9, 4. Robinson/BTC 25.5; 440: 4. Revere/SC 57.0; Mile: 2. Costello/OTC 4:55.7, 4. Powell/SJC 4:58.5; Mile Walk: 3. Bangert/MLTC 9:24.0; 400mH: 3. Anderson/SVTC 66.1; 440R: MLTC 47.7, BTC 48.0; 880MR: BTC 1:46.0; MileR: OTC 3:55.8, MLTC 3:59.3; 2MR: SJC 9:32.7, 4. MLTC 9:57.0; JT: Sulinski/MLTC 151-10, Bowers/SJC 147-1; SP: 4. Holloway/SJC 41-8; HJ: 3. Stuart/OTC 5-0; LJ: Elmore/MLTC 19-1 1/4, 4. Morgan/WS 17-8 1/2; Teams: LBC 79, MLTC 57, LITC 45, BTC 40. (14-15) - 220: Smallwood/Int 26.0; 880: 3. Nelson/SJS 2:16.4; Mile: Adams/WS 5:07.1, 3. Wolfe/RCF 5:10.0, 4. Allen/SJS 5:12.0; 2 Mi: Greenburg/SJC 11:01.0, Adams 11:09.0, Reneau/BRR 11:24.0; Mile Walk: C. Sakelarios/RCF 8:02.6; 100mH: Kinimaka/SJC 14.9w, Rodgers/MLTC 15.1w, Wilson/MLTC 15.3w; 440R: 4. SVTC 50.0; 880MR: 4. MLTC 1:51.7; 2MR: 2. SJS 9:38.6, 3. RCF 10:06.9; DT: 4. O'Conner/RCF 106-7; SP: Kinimaka 41-1 3/4; LJ: Kinimaka 18-9 3/4; Teams: LJTC 82, SCC 59, LATIC 48, SJC 41. (12-13) - 440: Peterson/SC 57.5, 3. Regan/Int 58.7; Mile: 2. Bain/WS 5:10.6, 3. Greenburg/SJC 5:11.7; Mile Walk: 3. G. Sakelarios/RCF 8:40.0; 80mH: 3. Yuhua/App 12.2; 200mH: 2. Yuhua 29.8, 3. Hohmann/CY 30.3; 440R: 3. SJC 50.5, 4. SVTC 51.2; 880MR: 3. SJC 1:54.0; DT: 3. Springer/SVTC 101-6; SP: Springer 42-4 1/2; HJ: 4. Cesari/CY 4-10; LJ: 4. Hodges/SJC 16-7 1/2; Teams: RRR 56, OCT 37, SBS 36, 5(tie). Fresno Elans & SJC 24.

SJCC All-Comers: (June 11, San Jose) - DT: Powell/PCC 202-1; PV: Miguel/BHS 16-0; SP: Marks/BHS 61-10 1/2; HJ: McGinnity/WVTC & Griese/Ore 6-6; LJ: Steffes/BAS 22-6; 60: Craven/SJCC 6.2, Kelley/Un 6.2; 60HH: McGovier/WVJC; 440: Veal/Un 51.0; 220: Butler/Mission HS 22.6; 2 Mi: Fredrickson/Homestead HS 9:40.0; 880: Sayre/Un 2:04.0. /Bert Bonanno/

National AAU Junior Championships: (June 14-15, Gainesville, Fla.) - W-HJ: 4. Gilbert/LJTC 5-6; LJ: Herndon/UCLA 25-4 1/2, Hardeman/USC 24-11, Overstreet/SJCC 24-5 1/2; W-DT: Lane/WS 129-9; W-JT: Sulinski/MLTC 151-8; SP: Albritton/Un 63-4, 3. Neidhart/UCLA 61-2 1/2, 6. Chew/Wooster HS-Reno 53-7 1/4;

10,000m: 2. Hulst/Laguna Beach 30:36.2, Arbogast/Crespi 30:42.8; 400mIH: 2. Graybehl/Las Lomas 51.6; 1500m: 2. Beck/UCLA 3:43.5; W-400m: Weston/WS 54.2; 400m: Byrd/Cal-Poly SLO 46.2; 100m: Edwards/Cal-Poly SLO 10.4, 5. Hampton/Silver Crk HS 10.5; 110mHH: Cooper/WVTC 14.1, Johnson/USC 14.3; W-800m: Weston 2:10.2, 3. Schellhous/BATC 2:12.7; TJ: Livers/SJS 51-1 1/2; 200m: Edwards/Cal-Poly SLO 20.7, 3. Hampton 20.8; W-200m: Birt/LITC 24.1; 5000m: Serna/Loara HS 14:16.2, Kimball/DeLaSalle HS-ATC 14:22.0; W-SP: 6. Lane/WS 39-8; W-LJ: 5. Griffin/LJTC 19-1; DT: 4. Pushkin/Fthl Coll. 167-11, 5. Burton/Vacaville HS 164-10; 10Km Walk: 3. Bentley/SRW 50:38.7, 4. Snazelle 51:01.3, 5. B. Bentley/SRW 51:03.2. /Jimmy Carnes/

(35/39) Cain 57.5; 3000mSC: (55/59) Waterman 12:12.5; 400mR: (40/44) 2. NCSTC 45.9, 3. BAS 46.9; (30/34) NCSTC 44.3; 1600mR: (30/34) NCSTC 3:38.8; DT: (65/69) Carmine/NCS 130-3; HT: (40/44) 2. Steele/NCS 126-3; JT: (65/69) 2. Carmine 110-10 1/2; (35/39) Conley/SRC 213-9 1/2; LJ: (65/69) 3. Puglizevich 12-5 1/4; (45/49) 2. Washington 17-8; (40/44) 3. Presber 20-7 3/4; (35/39) 2. Cain 21-4 3/4; SP: (65/69) 3. Puglizevich 39-9.

National Pentathlon: (June 22-23, L.A.) - 1. McMillin/Seattle 4,051, 2. King/MLTC 4,034, 3. Chiavario/Albuquerque 3,743, 4. Kinimaka/SJC 3,704, 5. Sheperd/Seattle 3,682. /San Mateo Times/

SJCC Decathlon: (June 26-27, San Jose) - 1. Slover/BHS 6,893, 2. Swartzell/Skyline JC 6255, 3. Dumais/Milpitas HS 5,961. (16 years old), 4. Smith 5,571. /Bert Bonanno/

Canadian Masters Championships: (June 29-30, Vancouver, B.C.) - Divisions (Age-Groupings) are indicated following event names in parentheses...

DT(IV): 2. Pennock/NCS 18.46; LJ(IV): Pennock 2.68; LJ(III): 8. Puglizevich 3.64 (Satti/NCS 4.65, recorded after competition closed); 100m(IA): (Heats) (I) 1. Parish/NCS 11.7, (II) Marlin/NCS 11.7, Frederickson/NCS 12.1, (Finals) Parish 11.8, 5. Frederickson 12.2; 1500m(SM): 3. Finch/NCS 4:18.9; 1500m(IA): 2. Dougherty/Army 4:15.2; 1500m(II): 3. Waterman/SRC 4:51.7; 1500m(IB): 4. Hutchinson/NCS 4:44.2; LJ(I): 3. Parish 5.52; SP(III): York/NCS 12.20; W-LJ: 2. Parish/NCS 4.16; DT(I): 2. Wassam/NCS 36.28, 4. Philips 27.80; 200m(III): 5. Bierlein 71.6; 100m(II): 5. Parish/NCS 13.3; 100m(IIIB): Puglizevich 14.3, 6. Carmine/NCS 44.5; 3000mSC(II): 2. Waterman/SRC 12:29.2; 200m(IA): 4. Parish 24.1, Frederickson 24.6, Marlin/NCS 24.9; 800m(IA): Dougherty/Army 2:04.0; 800m(IB): 4. Hutchinson 2:20.1; 800m(II): 3. Waterman 2:23.1; W-800m: Parish 2:47, 3. Smith/Pama 3:05.7; TJ(II): Huseny 33-11 1/2; TJ(SM): Ucovich/NCS 40-0 1/2; HJ(IV): Pennock 1.065; HJ(III): 7. Puglizevich 1.17; SP(I): Wassam/NCS 13.50; 10Km(IB): Smith/WVJS 33:09.6, 3. O'Neil/SFOC 37:15.4; JT(IV): Pennock 22.28; 100m(IV): 2. Pennock 16.8; W-100m: Parish 13.0, 5. Smith 17.9; 100m(SM): 2. Ucovich 11.5; JT(III): 4. Carmine 33.54; W-SP: 2. Parish 7.44, 3. Smith 5.16; JT(I): 4. Phillips/NCS 43.54; 5000m(SM): 4. Finch 16:13; DT(III): Carmine 30.45, York 29.38, Puglizevich 25.78; 5000m(IB): 2. Smith/WVJS 17:03, 5. O'Neil 17:59. /Ross Smith/



(Left) Karen Elmore has a best jump of 19'6-1/4" this year and took 4th in the US-USSR Junior Meet. (Right) Cathy Sulinski threw 165-6 to take 3rd in the same meet. /Photos by Jim Hume/

Golden West Invitational: (June 22, Sacramento) - LJ: Lofton/LA 24-9 1/2, 4. Kurz/Oxnard 24-3 1/2, 6. Banks/Oceanside 24-2 3/4; 110mHH: Shaw/Muir, Pasadena 13.7; 100m: Smith/Uniondale, NY 10.2, Hampton/Silver Crk 10.3, 5. Farmer/Wilson 10.6, 6. Kirtman/Wilson 10.7, 7. Simmons/Carson 10.8; 800m: Belger/NY 1:50.4, 3. Wolman/LA 1:51.8, 5. Scott/Upland 1:54.0, 6. Hamilton/Leigh, SJ 1:54.1; 5000m: Schankel/Lompoc 14:33.4, 3. Hart/Modesto 14:35, 4. Arbogast/Woodland Hills 14:44.9; 400m: Wiley/Ohio 48.1, Cazenave/NDR 48.5, 4. Sheats/Muir, Pasadena 49.4; 200m: Smith 20.7, Hampton 20.7, 5. Simmons/Carson 21.6, 6. Farmer 21.8, 8. Kirtman/Wilson, SF 22.7; SP: White/Ark 69-8 1/2, Chew/Wooster, Reno 64-4 3/4, 5. Hampton/El Cajon 60-7 1/4; 400mIH: Schmidt/Oceanside, NY 51.9, Graybehl/Las Lomas 52.7; 1500m: Lacy/Wisc. 3:48.5, Kimball/DeLaSalle 3:48.9, 4. Clifford/Fullerton 3:52.6, 6. Colley/San Bernardino 3:53.2; HJ: Ruebel/Ind. 6-11, Hatch/Wilson 6-10, 5. Beedle/La Sierra 6-8, 6. Ridge/Merced 6-8, 7. Wilson/Monte Vista 6-6; DT: Columbus/NJ 199-3, Burton/Vacaville 196-11, Elder/Redwood 193-9, 5. Chew 187-9, 6. McNaughton/Fresno 185-2; TJ: Banks/Oceanside 53-3 3/4w, 4. Bryson/Oakland 49-11 1/4w; PV: Hunter/Ind. 16-0, 6. Knaub/Lakewood 15-4...all above jumps & sprints were windy. /B. Boddington; TN/

National AAU Championships (Men): (June 21-22, L.A.) - 110mHH: (Heats) (I) 7. Ligons/BAS 14.4; (II) 4. Carty/BAS 13.9, 6. Whitefield/BAS 14.3; (Finals) 8. Carty 13.7; 100m: (Heats) (II) 3. Payton/BAS 10.4; (Finals) 9. Payton (nt); DT: Powell/Un 214-11, 5. Kennedy/BAS 189-11, 7. Louisiana/Army 187-8; 5000m: 3. Kar-dong/CNW 13:35.6; 400m: (Heats) (I) 3. Brown/BHS 46.4; (Finals) 4. Brown 46.0; 800m: (Heats) (I) 7. Bryan/ARJC 1:50.4, (II) 1. Robinson/ATC 1:48.9; (Finals) 3. Robinson 1:45.7; 200m: (Heats) (I) 6. Rodgers/BAS 21.3, (II) 2. Pettus/BAS 20.9, (III) 3. Bred-dell/BAS 21.4; (Finals) 5. Pettus 21.1; PV: 4. Dias/BHS 17-0; 3000mSC: 8. Lucas/WVTC 8:48.0, 10. Dare/WVTC-Navy 8:53.6, 13. Price/AIA; SP: Feuerbach/PCC 70-9 3/4, 7. Marks/Un 63-5 3/4; 10,000m: 6. Anderson/OTC 28:49.0, 10. C. Clark/NYAC 29:38.0; TJ: 12. Terry/UCDavis 50-1 3/4, 14. Steffes/BAS 48-8. /G. Davis/

Senior Olympics: (June 22-23, Irvine) - 100m: (65/69) Puglizevich/NCS 13.9; (55/59) Jordan/CDM 11.6, Guidet/BHS 11.6; (45/49) Washington 11.9; (40/44) 2. Presber 11.3; (35/39) 2. Cain/NCS 11.0; (25/29) Payton/BAS 10.4, Marshall/WVTC 11.0; 200m: (65+) Puglizevich 29.2; (60/64) 3. Satti 27.7; (55/59) Guidet 24.2, Jordan 24.5; (45/49) Washington 24.2; (35/39) 3. Cain 22.7; (25/29) 2. Marshall 22.4; 400m: (60/64) 3. Satti 62.1; (40/44) Lingel/BAS 53.0, Clark/BAS 53.3; (35/39) Cain 50.5; 800m: (55/59) 3. Waterman/SRC 2:22.7; 1500m: (55/59) Waterman 4:53.4; (50/54) 3. Smith/NCS 5:08.0; 5000m: (55/59) Preston/NCS 18:11; (35/39) Finch/NCS 16:26.7; 10,000m: (55/59) Preston 37:15; (35/39) 2. Menzie/MAC 36:04; 110mHH: (55/59) Guidet 70.2;



Marilyn King is making a comeback in the pentathlon, as she scored 4,034 points for second at the National Championships. /Marconi/

LONG DISTANCE RESULTS

Mt. Diablo Disturbance Run: (April 28, Mt. Diablo) - (6.6 Mi.) This is a handicap race, but the top 5 times are listed below. Top 5 finishers were: Franklin Robben, Fred Ertman, Phil Conley, Andy Melmer, Luka Sekulich. - (1) Bob Bunnell/MAC 45:41, (2) Darryl Beardall/MAC 47:01, (3) Franklin Robben 52:38, (4) George Goldman 57:16, (5) Fred Ertman 57:37. /Jack Kirk/

Fontana Days Run: (May 18, Fontana) - (11.5 Mi.) - 1-Chaidez/Un 60:55, 2-Broten 64:35, 3-Shaffer/CCAC 65:11, 4-Alejandro 65:22, 5-Thompson 67:32, ...28-McCray/GWTC 78:39. /Brennan/

Mt. Wilson Trail Run: (May 25, Near L.A.) - (11.0 Mi. - new course) - 1-Phil Ryan/GWAA 61:30, 2-Aquina 63:06, 3-Chase/Un 63:33, 4-Kurrle/BHS 64:23, 5-Chaidez/Un 65:00, 6-Slick/Un 65:34, 7-Anderson/SBAA 66:28, 8-Kasischeke/SDTC 66:49, 9-Arquilla/Un 67:08, 10-Arce 67:19. /John Brennan/

1st Annual Golden Gate Charity Event: (May 25, Ft. Baker to S.F. Marina) - (6 Miles) - Race sponsored by Plastic Surgery Consultation Service of the Cathedral Hill Medical Center. - 1-Long/Pama 33:50, 2-Swezey 34:19, 3-Stagliano 34:22...1st woman: Joan Ulliot 39:13. /Pax Beale/

Strawberry Trot: (June 1, Garden Grove) - 1-Kushner/GWAA 51:43, 2-Burgasser/STC 53:47, 3-Perez/GWAA 54:34. /John Brennan/



This sequence of shots was taken at the NorCal JC Championships. Bruce Caputo from Lassen plunges headlong into the waterjump pit but luckily escapes Emil Magallanes (left) and Tom Pelton (right) to regain his composure and still finish second, only one-second behind winner Magallanes. /Photo sequence by John Marconi/

Loeschhorn Gets PR in National AAU Marathon: (June 2, New York) - Ron Wayne of the Oregon TC realized that the race was nearly over, but John Vitale, runnerup in the race for the past two years, heard someone shouting 'one lap to go' (around the Yonkers Raceway) and thought it was directed towards him...unfortunately, it was not, and this caused him to leave Wayne unchallenged over the final few yards. The margin of victory was only a few yards, 2:18:52.8 to 2:18:53. Terry Zeigler was a fairly close third at 2:19:26. West Valley TC's John Loeschhorn, who won a free trip via his win in the PA-AAU Championships at Cupertino, showed he's not 'over-the-hill' at 30, and lowered his PR by some two minutes, recording a good 2:24:22 in 11th spot. The course, made slippery by heavy rains, probably cut several minutes off times today. Other top finishers: (4) Hatfield/WVaTC 2:20:05, (5) Gubbins/Millrose 2:20:26, (6) Sudzina/Penna 2:22:27, (7) Allen/WSC 2:22:55, (8) Hoag/YCTC 2:23:05, (9) Mahurin/NCTC 2:23:24, (10) McAndrews/BAA 2:24:05, (11) Loeschhorn/WVTC 2:24:22, (12) Strabel/NCTC 2:24:52, (13) Mueller/BAA 2:24:54, (14) White/WSC 2:25:07, (15) Morrison/WSC 2:25:10, (16) Bayko/NMC 2:26:33, (17) Bragg/NYAC 2:26:39, (18) Fredericks/NYAC 2:27:47, (19) Hereford/NCTC 2:28:24, (20) Hoffman/NTSU 2:28:40. Team winner: Washington Sports Club.

/Joe Henderson/

Palos Verdes Marathon: (June 8, Palos Verdes) - 1-Ocana 2:31:27, 2-Chaidez/Un 2:33:40, 3-Arquilla/Un 2:35:00, 4-Alfaro 2:35:20, 5-Young 2:36:20, 6-Fister 2:36:59, 7-Burgasser/STC 2:37:01, 8-Carlson 2:37:11, 9-Anderson/SBAA 2:37:38, 10-Perez/GWAA 2:39:14, ...31-Dally/NPGS 2:56:53, 34-Weber/WVJS 2:57:40, 63-Day/Navy 3:10:26, 76-McCray/GWTC 3:12:01, 81-Diane Williams/GSTC 3:13:13 (1st woman), 177-Markillie/Un 3:30:00. /John Brennand/

Hidden Valley Run: (June 15, near L.A.) - (11.5 Miles) - 1-Miller 61:15, 2-Young 61:16, 3-Baksh 63:15, 4-Alfaro 63:27, 5-Perez/Aztl 64:06, 6-Spanglar 64:22, 7-Wojcik 65:39, 8-Branch/CCAC 65:47, 9-Bartek/SBAA 66:42, 10-Vanderveen 67:29. /Brennand/

First Annual Mayors' Marathon: (June 22, Anchorage, Alaska) - 1-Just 2:37:37, 2-Goodhue 2:37:58, 3-Campbell 2:38:33, 4-Haley (43 yrs. old) 2:39:18, 5-Estelle & Johnson 2:44:33, 7-Rogers 2:52:21, 8-Frost 2:52:41, 9-Morgester 2:53:19, 10-Sonnenberg 3:00:58. /John Trent/

Marathon of the Times: (June 22, Los Angeles) - Ageless Jack Foster of New Zealand showed why he's a world-class marathoner by upending a strong group of runners, which included the top

two finishers at the Boston Marathon this year, Neil Cusack & Tom Fleming. The race drew 61 starters at a \$100 per entry for charity purposes! The top finishers: 1-Foster/NZ 2:18:24.8, 2-Cusack/E.Tenn./Ireland 2:19:23.2, 3-Fleming/NYAC 2:21:50, 4-Loeschhorn/WVTC 2:27:32, 5-Kurrle/BHS 2:29:10, 6-Baksh/Hollywood HS 2:32:11, 7-Johansen/SDTC 2:33:32, 8-Gregory/ELATC 2:39:00, 9-Carlson/ELATC 2:40:00, 10-Burgasser/STC 2:41:38, 11-P. Ryan/GWAA 2:43:55, 12-Entz/LA Pierce 2:47:20, 13-Glennan/SBDC 2:59:05...the fourth place finisher, Loeschhorn, had just finished 11th in the AAU Marathon only 20 days before this race.

/Glenn Davis/

Griffith Park Run: (June 29, Los Angeles) - (8.084 Miles) - 1-Miller 44:45, 2-Ocana 44:52, 3-Akiyama 45:00, 4-Fister 45:04, 5-P. Ryan/GWAA 45:41. /John Brennand/

SPA-AAU 15 Kilo Championships: (July 4, Santa Barbara) - 1-T. Williams/BHS 47:27, 2-Shankel/Lompoc HS 47:43, 3-Casso 48:59, 4-Miller 49:23, 5-Schmickrath/GWAA 49:41, 6-Surman/Un 49:45, 7-Baksh/CCAC 49:50, 8-Howell/SBAA 50:16, 9-Fabing 50:24, 10-Drake/SBAA 50:30, ...33-Nanninga/WVTC 53:45, 98-Jackie Hansen 60:38 (1st woman), 100-S. Collins/SLDC 61:13, 166-V. Collins/SLDC 74:28. /John Brennand/

South El Monte Blind Handicap: (July 6, El Monte) - (7.9 Mi.) - 1-Baksh/CCAC 42:20, 2-P. Ryan/GWAA 42:27, 3-Chaidez/Un 43:18, 4-Elia 43:22, 5-Boswell 43:23, 6-Kurrle/BHS 43:37, 7-Chisam 43:45, 8-Schmickrath/GWAA 43:56, 9-Shaffer/CCAC 44:00, 10-Jewell 44:22, ...29-McCray/GWTC 50:44. /JohnBrennand/

Lompoc Centennial 6 Mile Run: (June 29, Lompoc) - (On track) - 1-T. Williams/BHS 28:54.4, 2-Schankel/Lompoc HS 28:58.0, 3-Warrick/Cal-Poly SLO 30:48.7. /Joe Sciame/

Morro Bay to Cayucos Fun Run: (June 30, Morro Bay) - (6 Miles) - 1-Wallace 31:54 (CR), 2-Schankel/Lompoc HS 32:04, 3-Arquilla 32:07, 4-T. Williams/BHS 32:13, 5-Martinez 32:39, 6-Butler 32:45, 7-Hartig 33:12, 8-Jewell 33:24, 9-Nanninga/WVTC 33:31, 10-Bronzan/HSTC 33:43, 11-Beaton 33:58, 12-Warrick 34:03, 13-Shaffer/CCAC 34:22, 14-Galbraith 34:25, 15-Arreola 34:43, ...23. L. Thornton/HSTC 35:36 (1st over-40), 29. Romero/Stockton 36:28, 31. Rennie/Citrus Hgts. 36:38, 38. Blount/Auburn 37:11, 54. Adams/Fairfield 38:25, 64. Perkins/GSTC 39:15, 75. S. Collins/SLDC 40:05, 96. M. Romero/Stockton 41:31, 98. Talbert/San Jose 41:41, 126. Anderson/Salinas 43:45, 133. Jacobson/Sac'to 44:28, 137. Spangler/S'vle 44:57, 166. V.Collins/SLDC 47:32,

207. Simmons/Sac'to 51:37, 213. Durant/Mariposa 52:26, 226. B. Adams/Fairfield 55:08, 234. G. Simmons/Sac'to 57:07, 250. P. Romero/Stockton 67:45. /Stan Rosenfield/

OTC 28:51...race accurate but a lot of downhill. /Ron Wayne/

Bunion Derby: (July 6, Fresno) - (3 Miles, Open) - 1. Swift/AP 15:21, 2. Hall/FSTC 15:29, 3. Hartig/HSTC 15:40, 4. Foley/PTC 15:49, 5. Grieco/PTC 15:50. /Larry Lung/

Fourth of July 10 Kilo Road Run: (July 4, Eugene, Ore.) - 1- Kenny Moore/OTC 28:32, 2-Mike Manley/OTC 28:48, 3-Ron Wayne/

Harris Edges Verhe at Angel Island Run: (May 12, Angel Island) - Although missing Ritchie Geisel's 1973 course standard by over 30 seconds, Charlie Harris still made a good race of it as he turned the 4.8 mile circuit around the island in 24:34, only six seconds ahead of Belgium teammate Roland Verhe. Pete and Mike Sweeney took the next two spots. Ross Smith led all the over-40 runners as per usual with a fine 26:23, well ahead of Dennis Teegarden's 26:58. John Finch, soon to turn 40, was a mere 8 seconds back of Smith (look out Ross!). Jim O'Neil, looking for a comeback after an injury earlier in the year, was third in that division. Diane Williams, looking stronger with each race, made short order of the women in the field with an 82nd place finish and a time of 29:25. Joan Ullyot was 1:29 back, with Debbie Rudolph another 35 seconds arrears. Dave (5th) and Kathleen (203rd) made up the best husband/wife combination, ahead of Joan & Dan Ullyot. A huge mob of 636 finishers made it exceedingly difficult to handle the finishline area, and the race may have real problems in the future if it continues to grow. /Phil Fernandez/



Diane Williams was an easy winner over Joan Ullyot at the Angel Island Run, and she was also top woman at the Palos Verdes Marathon and PA-AAU Hour Run, both within a month. /Mike Shaughnessy/

1 - Charlie Harris (WVTC)	24:34	45 - Dino Cardiasmenos	28:10
2 - Roland Verhe (WVTC/Belgium)	24:40	46 - Dave Wade	28:11
3 - Pete Sweeney (Marin AC)	24:51	47 - Tony Gardinier	28:12
4 - Mike Sweeney (Marin AC)	24:52	48 - Pat Cunneen (Pamakids)	28:13
5 - Dave Himmelberger (WVTC)	24:55	49 - Don Pickett (NCSTC)	28:14
6 - Gene Fitzgerald (Pamakids)	25:06	50 - John Ramirez	28:22
7 - Cary Kent	25:19	51 - Craig MacMahon	28:23
8 - Joe Becerra	25:47	52 - Richard Wolters	28:25
9 - Tim Jordan (Golden West TC)	25:50	53 - Jim Blank	28:26
10 - Vic Cary (West Valley TC)	26:03	54 - Richard Greenwald	28:28
11 - Bruce Degen (Marin AC)	26:06	55 - Ken Wilkins	28:29
12 - Hal Sweeney	26:12	56 - Kent Price	28:30
13 - Kevin Williams	26:16	57 - Rick Flaum	28:31
14 - Tom O'Neill	26:20	58 - Tom Pierce	28:37
15 - Ross Smith (West Valley J&S)	26:23	59 - Phil Bailey	28:39
16 - John Finch (NCSTC)	26:31	60 - Unidentified Runner	28:44
17 - Jeff Johnston	26:35	61 - Gary Upham	28:47
18 - Tim Sweeney	26:37	62 - Richard Mason	28:50
19 - David Odum	26:50	63 - Phil Sweeney	28:52
20 - Steve Barr	26:52	64 - Unidentified Runner	-----
21 - Jim Williams	26:54	65 - Thomas Palmer	28:55
22 - Dennis Teegarden (NCSTC)	26:56	66 - Chris Brophy	28:56
23 - Nick Hoogenraad (WVTC)	27:06	67 - Donald Potter	28:57
24 - Rick Williamson	27:10	68 - John Tedesco (West Valley TC)	28:59
25 - Haywood Norton	27:12	69 - Gary Fincher	29:00
26 - Chuck Stagliano (DSE)	27:16	70 - Richard Stoltz	29:01
27 - Ted Woliczko	27:19	71 - Unidentified Runner	-----
28 - Jim O'Neil (SF Olympic Club)	27:21	72 - Frank Robben	29:05
29 - Dan Preston (West Valley TC)	27:23	73 - John Buckley	29:07
30 - Wayne Plymale (Pamakids)	27:27	74 - Malcolm Stewart	29:09
31 - George Pilz	27:29	75 - Abe Underwood	29:11
32 - Ed Healy IV	27:34	76 - Terry Mullen	29:14
33 - Mickey Brodie	27:39	77 - Bill Hotchkiss	29:20
34 - Rod Sweeney	27:43	78 - Don Madronich	29:21
35 - Rich Vasques	27:51	79 - Vic Franco	29:22
36 - Augie Sweeney	27:56	80 - John Sobier (DSE)	29:23
37 - Tom Beck (Marin AC)	27:59	81 - Thomas Crotte	29:24
38 - Chuck Riveria	28:01	82 - Diane Williams (Gold Spike TC)	29:25
39 - Mike Healy (Napa Valley RC)	28:03	83 - Dan Hintz (West Valley TC)	29:27
40 - Jack Provine	28:04	84 - Bruce MacMahon	29:29
41 - Dick Mueller	28:05	85 - Kees Tuinzing	29:31
42 - John Potasz	28:07	86 - Harry Kellogg	29:36
43 - Richard Scott (Alameda TC)	28:08	87 - Richard Mueller	29:38
44 - Bob Malain (NCSTC)	28:09	88 - Eric Richardson	29:39

Gary Tuttle Wins Bay-to-Breakers and Trip to Australia: (May 19, S.F.) - Before anyone really knew what was happening, the huge crowd of 5000+ runners surged down Howard Street without waiting for the starting gun...crowd psychology I guess; I mean, who's going to stop all those people? Anyway, ex-Humboldt State star, Gary Tuttle, took an easy victory with 37:07 to Jim Crawford's 37:28. Phil Camp and Ron Wayne were fairly close, but then there was a big gap. West Valley TC put its top five men in the first 16 positions and reclaimed the team title they lost last year to Oregon TC. Maryetta Boitano was first woman, and Jim Shettler the best over-40...but after that it's anyone's guess. The following top 48 are different from the Examiner's printed results since it was determined that runners (unofficial) were removed & the times left in. Times courtesy of Joe Taxiera.

1 - Gary Tuttle (BH Striders)	37:07	17 - Jerry Tighe (Oregon TC)	40:04	33 - Jim Dare (West Valley TC)	40:56
2 - Jim Crawford (NYAC)	37:28	18 - Ken Scalmanini (Pamakids)	40:05	34 - Jan Day (Unat)	40:57
3 - Phil Camp (US Navy)	37:37	19 - Angelo Martinez (Alameda TC)	40:17	35 - Joe Becerra	41:01
4 - Ron Wayne (Oregon TC)	37:45	20 - Gene Fitzgerald (Pamakids)	40:17	36 - Neil Glenesk	41:03
5 - Eddie Silva (West Valley TC)	39:06	21 - Bob Paulin (Unat)	40:18	37 - Bill Clark (West Valley TC)	41:10
6 - Tom Heinonen (Oregon TC)	39:14	22 - Bob Darling (Excelsior TC)	40:21	38 - Dave Joseph	41:12
7 - Alvaro Mejia (West Valley TC)	39:24	23 - Doug McLean (West Valley TC)	40:23	39 - Darryl Beardall (Marin AC)	41:14
8 - Albie Thomas (Australia)	39:27	24 - Dave Marlow (Cal-Poly)	40:24	40 - Dave Bronzan (High Sierra TC)	41:14
9 - Jack Bellah (West Valley TC)	39:32	25 - Mark Covert (SFVTC)	40:31	41 - Dave Himmelberger (WVTC)	41:16
10 - Sam Ring (Club Northwest)	39:43	26 - Jim Ferris	40:31	42 - Dale Horton (Cal-Poly)	41:23
11 - Pat Stordahl (Chico State)	39:45	27 - Dennis Tracy (West Valley TC)	40:34	43 - Tim Jordan (Golden West TC)	41:30
12 - Don Makela (Marin AC)	39:46	28 - Mike Conroy (Excelsior TC)	40:36	44 - Frank Donahue (Excelsior TC)	41:31
13 - Joe Taxiera (Alameda TC)	39:54	29 - Frank Boutin, Jr.	40:36	45 - Bill Seaver (West Valley TC)	41:32
14 - Daryl Zapata (West Valley TC)	39:58	30 - Richard Stoltz	40:40	46 - Robert Branch (CCAC)	41:33
15 - John Beaton (San Luis Obispo TC)	39:59	31 - Chris Loosley (WVJS)	40:47	47 - Marc Lund (Unat)	41:34
16 - Emil Magallanes (WVTC)	40:00	32 - Brian Allen	40:54	48 - Robert Hayman	41:34

Kelly & Dare Take Statuto Victories: (June 2, S.F.) - With both races (4 and 8 milers) starting together, it was kind of difficult to tell who you were racing against, but the runners didn't really seem to mind it. In the short race, Bill Kelly, competing unattached, didn't have too much trouble with his opposition, leaving Bob Darling, his closest company, almost a half-minute back. Steepler, Jim Dare, had a little more to worry about with teammate Dan Anderson only some 14 seconds back, but his margin of victory was still quite comfortable. Neither Kelly nor Dare came close to the respective course marks, held by Mike Ruffatto and Phil Camp, respectively. Excelsior TC nabbed the team trophy in the shorter race, while West Valley TC, using Peggy Lyman as a fifth 'man', took home the honors in the double-lapper. Since no divisions were indicated on the results sheets, we can't give too accurate a picture of the masters and women finishers. Many times only the initial was indicated on the results instead of the full first name, and thus, the matter is further complicated. As far as we can tell, Ralph Blount was the top over-40 competitor in the short race (Bill Jensen lacked just a few days of being 40), while Juli Mastain, we believe was the first woman in that run. Peter Wood put about 2 minutes between himself and John Soubier in the longer run, and Peggy Lyman had little competition with the women, although we don't really know who the second one was. Below are the top 45 in each race. /S.F.A.C./

1 - Bill Kelly (Unat)	21:32	16 - Bill Benz (SRC)	24:34	31 - K. Furey (Golden West TC)	26:14
2 - Bob Darling (Excelsior TC)	21:59	17 - Wayne Plymale (Pamakids)	24:41	32 - G. Amigo (SF Athletic Club)	26:19
3 - Bill Seaver (West Valley TC)	22:14	18 - Paul Koski (Excelsior TC)	24:51	33 - E. Lagomarsino (Golden WestTC)	26:21
4 - Jan Day (Unat)	22:29	19 - Tom Getchell (OPHIR)	25:01	34 - Ralph Blount (OPHIR)	26:25
5 - Gene Fitzgerald (Pamakids)	22:37	20 - Mark Rios (OPHIR)	25:02	35 - Fred Wellman (Unat)	26:26
6 - T. Gagen (Golden West TC)	22:42	21 - D. Castro (Unat)	25:04	36 - M. Moulton (Unat)	26:28
7 - Mike Conroy (Excelsior TC)	22:48	22 - Jeff Jahn (VOMTC)	25:08	37 - R. Berry (Pamakids)	26:29
8 - B. Powess (Camino West TC)	22:50	23 - David Sago (Alameda TC)	25:09	38 - Terry Casey (Unat)	26:32
9 - Dave Himmelberger (WVTC)	22:51	24 - Guy Dear (Unat)	25:32	39 - Fred Mansueto (BARE)	26:33
10 - Dan Preston (West Valley TC)	23:24	25 - Bob Haugen (Alameda TC)	25:36	40 - George Gilbert (Unat)	26:34
11 - Frank Donahue (Excelsior TC)	23:48	26 - Richard Vasquez (PHTC)	25:58	41 - Tim Sissins (Cambrian RR)	26:51
12 - G. Gagen (Golden West TC)	23:49	27 - Jeff Bolen (Golden West TC)	26:02	42 - Richard Lake (West Valley TC)	26:58
13 - Bill Mumma (Golden West TC)	23:50	28 - Rich Stiller (TRAC)	26:03	43 - Terry Mullen (TRAC)	27:08
14 - Ron Read (Golden West TC)	23:54	29 - Bill Jensen (Pamakids)	26:04	44 - Glen Williams (SFAC)	27:12
15 - Gus Cano (Excelsior TC)	24:05	30 - B. Levitsky (Unat)	26:06	45 - Ed Bermingham (TRAC)	27:31
1 - Jim Dare (West Valley TC)	44:51	16 - A. Garcia (SF Athletic Club)	52:16	31 - M. Dawson (Unat)	56:07
2 - Dan Anderson (West Valley TC)	45:05	17 - R. Major (Unat)	52:18	32 - R. Drewes (Unat)	56:24
3 - Darryl Beardall (Marin AC)	45:38	18 - V. LaPierre (Unat)	52:21	33 - D. Larson (Excelsior TC)	56:31
4 - Bob Paulin (Cambrian RR)	46:07	19 - Tom Mann (Sierra Tuna TC)	52:24	34 - Lee Adams (NCSTC)	56:43
5 - Dennis Tracy (WVTC)	47:14	20 - R. Bowles (Unat)	52:50	35 - E. Matthews (DSE)	56:44
6 - Dirk Feenstra (GWTC)	47:16	21 - G.P. Roach (Unat)	52:55	36 - B. Schmitz (Pamakids)	56:44
7 - D.K. Orum (Unat)	48:04	22 - Robert Kell (Pamakids)	53:13	37 - R. Miller (Pamakids)	56:49
8 - Jeff Johnston (Unat)	48:09	23 - Peter Wood (NCSTC)	53:20	38 - W. Condon (OPHIR)	56:49
9 - Bill Long (Pamakids)	48:26	24 - R. Cooper (Cambrian RR)	54:07	39 - J. Burke (SF Olympic Club)	56:52
10 - Tim Swezey (Alameda TC)	48:54	25 - B. Kuchermeister (Unat)	54:08	40 - D. Billmaire (Cambrian RR)	56:53
11 - Joe McDevitt (West Valley TC)	50:10	26 - R. Ochoa (Cambrian RR)	54:09	41 - J. Peters (SF Olympic Club)	57:05
12 - R. Whitehead (Unat)	51:16	27 - T. O'Brien (Unat)	54:26	42 - Yim Sun Lee (DSE)	57:18
13 - D. Reader (Unat)	51:16	28 - L. Sampson (Unat)	54:27	43 - P. Michael (SF Olympic Club)	58:10
14 - J. Eagle (Napa Valley RC)	51:51	29 - John Soubier (DSE)	55:27	44 - R. Niedrauer (Unat)	58:23
15 - R. Main (Unat)	51:58	30 - T. Alarcon (Cambrian RR)	55:49	45 - Robert Gehl (DSE)	58:35

Jim Price Annexes Sacramento River Run: (June 8, Redding) - The Fifth Annual Sacramento River Run was the most successful yet in terms of local participation, number of runners, and representation of all ages and both sexes. Fifty-four runners participated, the youngest being 9 years, and the oldest 48 years (a Superior Court Judge). As usual, the weatherman was kind, and temperatures were in the low 70's with a brisk, cooling north wind. Debbie Finn won the women's trophy for the second time with a time of 54:46. Paul Mallory was the first in the 17-years-and-under class with an excellent 46:24 time over this tough 7.6 mile road and cross country course. Bob Waters from Arcata finally got the masters' trophy in 49:15, while Dr. Harry Daniell was second in a time of 49:52. The open runners, last but not least, are the same three who walked off with these three trophies in 1973, but in slightly different order. Jim Price was first in 40:29, Pat Finn second in 40:40, and Pat Stordahl third in 41:20. /Bob Malain/

1 - Jim Price	40:29	8 - Wayne Plymale (Pamakids)	45:48	15 - David Kesterson	49:32
2 - Pat Finn	40:40	9 - Paul Mallory	46:24	16 - Harry Daniell	49:52
3 - Pat Stordahl	41:20	10 - Bob Meyers	46:26	17 - Lynn Aase	49:57
4 - Allen Cain	41:30	11 - Bill Peck	47:01	18 - Dennis Butler	50:45
5 - Steven Cain	44:20	12 - Robert Raisner	48:03	19 - Lee Adams (NCSTC)	51:19
6 - Jeff Johnston (Unat)	44:47	13 - Wayne Moss	48:59	20 - Lee Leonard	51:36
7 - Michael Fornciari	45:35	14 - Bob Waters (Six Rivers RC)	49:15	21 - Glen Lockhart	52:09

Bruce MacMahon Has Little Trouble Winning Woodminster Handicap: (June 9, Oakland) - With a full 12 minute headstart, Bruce MacMahon was never pressed on his way to victory at the 9th Annual Woodminster Handicap (9 Miles). Blind runner, Harry Cordellos, getting a much-needed 30 minute headstart on the up-and-down windy trails, held off Darryl Beardall for second place, and Debbie Rudolph got fourth while being the fastest woman by over 3 minutes. The first scratch runner was Camden sophomore Bob Paulin in a very good time of 50:12 on the rough course. Olympian Alvaro Mejia was caught flat-footed and started a bit late, but still managed second best scratch time, almost overhauling Paulin. Gil Tarin took advantage of Jim Shettler's navigational error (he got momentarily lost on the course) and turned it into a victory in the over-40, best time battle. A resurgent Dennis Teegarden ran a strong third in that division...timewise. Actual times (handicap in parentheses) are given below for the top 75. Subtract the handicap to get the actual watch time. A total of 231 finished (up from 185 in 1973) the scenic but rugged challenge. /Charles MacMahon/

1 - Bruce MacMahon (12)	57:39	9 - Ray Batz (4)	55:12
2 - Harry Cordellos (DSE) (30)	78:02	10 - Dan Anderson (WVTC)	51:36
3 - Darryl Beardall (MAC) (4)	52:22	11 - Joe Taxiera (Alameda TC)	51:45
4 - Debbie Rudolph (15)	64:50	12 - Jan Day (Unat)	51:50
5 - Kent Guthrie (4)	53:59	13 - Peter Mattei (NCSTC) (8)	59:54
6 - Bob Paulin (Cambrian RR)	50:12	14 - Joan Ulliot (WVTC) (15)	67:55
7 - Alvaro Mejia (WVTC)	50:54	15 - Bob Barnett (Unat)	53:08
8 - G. McDonald (12)	62:57	16 - Dave Himmelberger (WVTC)	53:18



Debbie Rudolph defended her Woodminster title as fastest woman and has won several other races recently too. /Dave Warren/

17 - Don Lucero (8)	61:27	37 - Dick Cordone (Marin AC)	56:53	57 - M. Plummer	59:20
18 - Gil Tarin (WVJS) (4)	57:35	38 - Jack Kirk (Unat) (15)	71:57	58 - K. Bolter (8)	67:25
19 - Jim Shettler (WVJS) (4)	57:46	39 - S. Gray	57:09	59 - D. Larson (4)	63:31
20 - David Odum	53:47	40 - Frank Robben (4)	61:11	60 - J. McRae (8)	67:38
21 - Ruth Anderson (NCSTC) (15)	69:03	41 - Peter Wood (NCSTC) (4)	61:20	61 - Danny Urtiaga (WVTC)	59:45
22 - Ted Quintana (Alameda TC)	54:08	42 - G. Aurit	57:35	62 - S. Benson (WVTC)	60:05
23 - Dennis Teegarden (NCSTC) (4)	58:24	43 - R. Houston (8)	65:41	63 - Pat Shaughnessy (WVTC)	60:17
24 - Dennis Tracy (WVTC)	55:07	44 - W. Riddell (8)	65:51	64 - V. LaPierre (4)	64:36
25 - D. Martinez	55:08	45 - D. Sabo	58:00	65 - Mike Coke (4)	64:42
26 - K. Searls (PHTC)	55:15	46 - Jim Nicholson (NCSTC) (4)	62:02	66 - M. Goar (15)	75:50
27 - Lyn Walker	55:34	47 - D. Richey (4)	62:08	67 - E. Elliott	60:54
28 - J. Kleinbach	55:39	48 - Frank Cuzzillo (12)	70:10	68 - M. Mirza	60:57
29 - Dave Zumwalt (Unat)	55:44	49 - R. Reynaga	58:20	69 - J. Kirkpatrick	61:01
30 - Ralph Paffenbarger (NCSTC) (8)	64:04	50 - S. Lyons	58:21	70 - Ron Peck (WVTC)	61:03
31 - K. Price (4)	60:05	51 - M. Nagel	58:25	71 - Charles Benarroch (DSE)	61:09
32 - Tom Pinchard (NCSTC) (4)	60:21	52 - Betsy White (15)	73:37	72 - M. Erker	61:10
33 - Boyd Tarin	56:23	53 - Tom Ratliffe	58:37	73 - Lee Adams (NCSTC) (4)	65:17
34 - Gough Reinhardt (8)	64:29	54 - G. Pilz	58:42	74 - P. Breitkopf	61:31
35 - R. Bowles (4)	60:48	55 - James Jacobs (4)	62:49	75 - J. London	61:56
36 - B. MacMahon (12)	68:52	56 - R. Puffer	58:58	76 - Irene Rudolf (WVTC) (15)	77:01

Benton Hart Holds On to Win Novato Ridge Run: (June 15, Novato) - Modesto High School's 8:57 two-miler, Benton Hart, had plenty on his mind over the last mile or two in this 7 mile (approx.), challenging course. South Coast TC's Bill Kelly had just made a big move past Marin's Don Makela and was closing the distance on first place very quickly. However, Hart had enough room to spare and he pulled out a 40:08 victory. To our knowledge, only Ron Elijah has ever done faster on this course (it was changed several years back). Bob Malain came down from Redding to annex the masters title with ease, downing Lee Adams, 46:26 to 48:37. Elaine Goar was a very surprised and excited victor in the women's division, as she had a 40-second margin over Sara Ripp and Colleen Fox at the tape (59:40 to 60:21 and 60:25). Marin AC knocked off Golden West TC in the team battle. /Ron Elijah/

1 - Benton Hart (Unat)	40:08	16 - Tim Gagen (Golden West TC)	43:16	31 - Robert Coleman (Unat)	45:28
2 - Bill Kelly (South Coast TC)	40:21	17 - Jack Hackmann (Unat)	43:23	32 - Jim Flanigan (BH Striders)	45:30
3 - Don Makela (Marin AC)	40:57	18 - Rod Read (Golden West TC)	43:30	33 - Haywood Norton (Unat)	45:36
4 - Greg Griffin (Marin AC)	41:04	19 - Mike Lotter (Unat)	43:45	34 - Gary Montante (Unat)	45:49
5 - Bill Seaver (West Valley TC)	41:26	20 - Frank Donahue (Excelsior TC)	43:55	35 - Gary Lathrop (Marin AC)	45:57
6 - Unofficial Runner	41:31	21 - Mike Smith (DSE)	44:06	36 - Gus Cano (Excelsior TC)	46:25
7 - Darryl Beardall (Marin AC)	41:35	22 - Hal Schulz (Unat)	44:21	37 - Bob Malain (NCSTC)	46:26
8 - Kevin Furey (GWTC)	41:43	23 - David Odum (Unat)	44:22	38 - Unofficial Runner	46:40
9 - Pete Sweeney (Marin AC)	41:45	24 - Mark Dawson (VOMTC)	44:23	39 - Abe Underwood (NCSTC)	46:43
10 - Jon Higley (USAF)	42:06	25 - Ron Criner (Unat)	44:33	40 - Earl Lagomarsino (GWTC)	46:48
11 - Terry Pintane (VOMTC)	42:27	26 - Keir Furey (Golden West TC)	45:07	41 - Oswald White (High Sierra TC)	46:53
12 - Boss Tweed (Muir Beach FD)	42:33	27 - Greg Gagen (Golden West TC)	45:13	42 - Frank Vucci (Pamakids)	46:56
13 - Mark Payne (Alameda TC)	42:37	28 - Bob Bunnell (Marin AC)	45:16	43 - Joe Castillo (Unat)	47:16
14 - Dirk Feenstra (GWTC)	43:09	29 - Kian McCarthy (Marin AC)	45:16	44 - Mike Plummer (Mission Vly TC)	47:18
15 - Bill Mumma (Golden West TC)	43:11	30 - H. Ferrill (BV Harriers)	45:19	45 - Greg Walker (BV Harriers)	47:23



(Left) Benton Hart, an 8:57 two-miler from Modesto High, took his first summer road race at Novato. /Marconi/ (Center) Colombian Alvaro Mejia is getting things back together with his running. He almost got Bob Walden's Holy City record that has stood since 1970, and went 11-3/4 miles for an hour run. (Right) George Stewart did 12 miles, 106 yards in the PA Hour Run. /M. Shaughnessy/

Stewart Cracks 12 Miles in PA-AAU One Hour Run: (June 16, Kentfield) - A last minute move to College of Marin from the original Tamalpais HS setting was probably just what everyone needed for fast times. The sluggish dirt track in Mill Valley had given way to some very fast races in the past (Bill Clark's still-intact American Record for the hour was set there), but the all-weather track in Kentfield just seemed more suited to good marks. A group of George Stewart, Alvaro Mejia, and Jim Birnbaum quickly broke away from the rest of the field with a series of near 5-minute miles, coming through 6 miles in about 30:08 or so. Then Stewart made his move and Birnbaum was the first to drop off the pace, followed soon after by the returning-to-form Mejia. The pace got quicker, and at 10 miles, George was doing sub-five's (averaging). He sprinted the final lap and came up with what has to be one of the best marks in the postal competition this year (it's National Postal),—12 miles, 106 yards. Mejia hung on well and hit a near-PR, falling 39 yards short, with a good 11 miles, 1320 yards. Birnbaum did 1186 yards. Jim Nicholson and Bill Jensen (just turned 40) staged a close, with Jim coming out on top by 28 yards, as both barely broke the 10 mile mark. Diane Williams ran her usually strong race and recorded 9 miles, 109 yards at the gun, while Kathy Himmelberger did a remarkably good job of staying fairly close with 8 miles, 1219 yards. The team title was taken by WVTC with a perfect 15 points, while Solano TC grabbed second (no third). There were 50 starters and 43 finishers...skies were mostly overcast...a good day. /Harold DeMoss/

1 - George Stewart (WVTC)	12- 106	8 - Daryl Zapata (WVTC)	10-1626	15 - Jim Nicholson (NCSTC)	10- 48
2 - Alvaro Mejia (WVTC)	11-1320	9 - Ron Fritzke (Unat)	10-1058	16 - Bill Jensen (Pamakids)	10- 20
3 - Jim Birnbaum (WVTC)	11-1186	10 - Frank Krebs (Golden West TC)	10-1030	17 - Leo Cullen (Solano TC)	9-1619
4 - Jack Bellah (WVTC)	11- 428	11 - Ray Menzie (Unat)	10- 648	18 - Kees Tuinzing (DSE)	9-1255
5 - Bob Darling (Excelsior TC)	11- 358	12 - Rich Vasquez (PHTC)	10- 453	19 - Colin Templeman (NCSTC)	9- 985
6 - Dave Himmelberger (WVTC)	11- 160	13 - Jim Engle (Napa Valley RC)	10- 138	20 - David Engle (Hartford TC)	9- 943
7 - Dan Anderson (WVTC)	11- 76	14 - Dick Cordone (Unat)	10- 112	21 - Peter Ekstein (Montreal,Can)	9- 711

Mejia Destroys Field at Holy City; Approaches Course Record: (June 23, Holy City) - Beginning to look like the Alvaro Mejia of old, the veteran Colombian took the lead from the start and increased it slowly during the race, as Jack Bellah hung on for second. The 1970 course mark, set by Bob Walden, is still 47:38, but no one else had ever come within a minute of that time before today. Mejia's winning 47:48 would surely have been faster if he was pressed. Bellah's 48:32 also ranks as one of the top times ever run on this popular course (a record 282 finishers this year). High school junior Mitch Kingery was next in 48:55, a time shared by about a half-dozen other athletes. Ross Smith annihilated the rest of the over-40 bunch with a scintillating 52:00 for the 9.08 mile circuit that winds up and down through the Santa Cruz Mountains. Teammate Ken Napier was a very distant second at 55:24... not a bad time at all for masters. Peter Mattei sneaked in for third with 57:32...he's 50 now! Pixie-like Debbie Rudolph, who seems to be sprinting all-out during the race (her legs are moving so fast), surprised Peggy Lyman, recording a 60:32 to Peggy's 61:07, and Sue Munday of the newly-formed Westside TC (San Jose) was next at 63:41. West Valley TC retained their title, as the neophyte Westside TC got up for second, 28-88, and Alameda TC was third with 223. The top 75 are listed below. /Ken Napier/

1 - Alvaro Mejia (WVTC)	47:48	26 - Homer Latimer (Unat)	53:54	51 - Tom Smith (West Valley TC)	56:45
2 - Jack Bellah (West Valley TC)	48:32	27 - Claus Pedersen (Unat)	54:03	52 - Boyd Tarin (Alameda TC)	56:45
3 - Mitch Kingery (Camino West TC)	48:55	28 - Haywood Norton (Unat)	54:08	53 - Mike Millward (Unat)	56:54
4 - Roland Verhe (West Valley TC)	49:16	29 - Bob Cooper (RC Striders)	54:10	54 - Mike Duncan (West Valley TC)	56:55
5 - Joe Taxiera (Alameda TC)	49:34	30 - Jim Harris (Unat)	54:22	55 - R. Robertson (Camino West TC)	57:00
6 - Darryl Beardall (Marin AC)	49:43	31 - Tim Swezey (Alameda TC)	54:26	56 - L. Good (Tax Reducers AC)	57:04
7 - R. Montenegro (Westside TC)	49:47	32 - Dave Colburn (Camino West TC)	54:27	57 - Pat Shaughnessy (WVTC)	57:07
8 - Ron Fritzke (Unat)	50:45	33 - Alex Aguilar (West Valley TC)	54:31	58 - E. Del Muro (Unat)	57:11
9 - Dan Anderson (West Valley TC)	51:00	34 - Joel Stein (RC Striders)	54:46	59 - G. Pruitt (Pamakids)	57:12
10 - Lynn Walker (Unat)	51:25	35 - Hans Templeman (Unat)	54:47	60 - Mark Quinn (West Valley TC)	57:13
11 - Mike Smith (DSE)	51:26	36 - Gil Brooks (Westside TC)	54:48	61 - Santos Reynaga (WVTC)	57:18
12 - Dave Stock (West Valley TC)	51:40	37 - Pete Dinno (West Valley TC)	55:05	62 - Steve Benson (WVTC)	57:19
13 - Bob Barnett (Unat)	51:50	38 - J. Quinter (Unat)	55:10	63 - A. Alvarada (Unat)	57:22
14 - Dennis Tracy (West Valley TC)	51:51	39 - Dick Croteau (West Valley J&S)	55:22	64 - Paul Cooper (Cambrian RR)	57:25
15 - Ross Smith (West Valley J&S)	52:00	40 - Ken Napier (West Valley J&S)	55:24	65 - D. Castro (Unat)	57:29
16 - Grover Prowell (Unat)	52:30	41 - John Hellman (Unat)	55:28	66 - Pete Mattei (NCSTC)	57:32
17 - Steve Brooks (Unat)	52:34	42 - R. Aver (Unat)	55:34	67 - Ward Crary (Unat)	57:36
18 - M. Krenn (Westside TC)	52:34	43 - Walt Van Zant (WVJ&S)	55:42	68 - L. Sampson (Unat)	57:42
19 - A. Mezzapelle (Unat)	52:44	44 - Mike Plummer (Unat)	55:44	69 - Tony Casillas (West Valley TC)	57:47
20 - Shawn James (Westside TC)	52:51	45 - Ben Sawyer (Otherways AC)	55:54	70 - Jack Cook (NCSTC)	57:47
21 - Gil Flores (Westside TC)	53:04	46 - V. LaPierre (Unat)	55:56	71 - B. Sayre (Camino West TC)	57:47
22 - Les Ruben (Westside TC)	53:20	47 - J. Zamora (Unat)	56:00	72 - Ed Young (Camino West TC)	57:47
23 - Bill Yaley (Tax Reducers AC)	53:27	48 - D. Rowe (Unat)	56:42	73 - J. Roat (Unat)	57:47
24 - Rich Vasquez (PHTC)	53:31	49 - R. Haugen (Alameda TC)	56:43	74 - J. Shroyer (Camino West TC)	58:00
25 - Gary Montante (Unat)	53:45	50 - D. Escamil (Unat)	56:44	75 - Bill Flint (Unat)	58:00

Nuccio Easily Wins Excelsior Beach Run: (June 29, S.F.) - A beautiful, sunny morning on the beach across from the S.F. zoo; a cool breeze and a high tide was the setting for a fun run and a few wet feet. Over 200 runners charged down the beach for the first annual Excelsior TC Beach Run through the sand, up onto the Great Highway, around Fort Funston, and onto the beach again for the home stretch. West Valley TC's Jim Nuccio led his team to victory as he won by a full minute over his teammate, Daryl Zapata. Zapata, in a smartly run race, came from 7th place half-way through the 6 mile course to take second. A phenomenal effort was made by 13-year-old Debbie Rudolph, who led a field of over women as she finished in the top 40% overall! Joan Ulliot and Ruth Anderson took second and third places, respectively, in the women's division. Bill Jensen was first in the senior division, while Bob Barnett was the first junior. A mellow awards ceremony and a warm fog concluded a successful morning. ETC thanks everyone who participated and who helped out! /Dave Warren & Frank Donahue/

1 - Jim Nuccio (West Valley TC)	32:49	16 - Dave Schmit (Unat)	36:00	31 - Jeff Bolen (Golden West TC)	37:26
2 - Daryl Zapata (West Valley TC)	33:49	17 - Tim Gaygen (Golden West TC)	36:04	32 - Bill Jensen (Pamakids)	37:30
3 - Joe Taxiera (Alameda TC)	34:09	18 - Mike Porter (BA Striders)	36:06	33 - Roy Aver (Unat)	37:38
4 - Kevin Furey (Golden West TC)	34:18	19 - Bob Powell (Camino West TC)	36:08	34 - Mark Mirza (Unat)	37:44
5 - Greg Griffin (Marin AC)	34:22	20 - Kent Guthrie (WVJ&S)	36:11	35 - Willie Gogas (Excelsior TC)	37:46
6 - Bob Paulin (Cambrian RR)	34:26	21 - Ben Jordan (Unat)	36:27	36 - Greg Gagen (Golden West TC)	38:10
7 - Bill Clark (West Valley TC)	34:33	22 - Tim Swezen (Alameda TC)	36:38	37 - Leo Cullen (Solano TC)	38:12
8 - Bob Barnett (Unat)	34:37	23 - Frank Krebs (Golden West TC)	36:44	38 - Rob Pope (West Valley TC)	38:20
9 - Jack Leydig (West Valley TC)	34:41	24 - Bob Costa (Unat)	36:50	39 - Tom Mann (Sierra Tuna TC)	38:24
10 - Gary Green (Unat)	34:41	25 - Harvey Ferrill (BV Harriers)	37:02	40 - David Marsh (Unat)	38:40
11 - Dirk Feenstra (Golden West TC)	35:03	26 - Wayne Plymale (Pamakids)	37:04	41 - Steve Allen (Unat)	38:42
12 - Mike Tulley (Golden West TC)	35:03	27 - Pat McVeigh (St. Ignatius HS)	37:05	42 - Dave Morris (Unat)	38:48
13 - Dave Himmelberger (WVTC)	35:06	28 - Haywood Norton (Unat)	37:13	43 - Bob Myers (Unat)	38:56
14 - Dennis Tracy (West Vly TC)	35:30	29 - Dennis Martinez (Unat)	37:13	44 - George Roach (Unat)	38:56
15 - Jeff Johnston (Unat)	35:35	30 - Robert Haugen (Alameda TC)	37:20	45 - John Geer (WCA)	39:00

46 - Marshall Frank (Unat)	39:01	51 - Ron Loza (MRH)	39:16	56 - Richard Lake (West Valley TC)	39:29
47 - Lary Hayden (West Valley TC)	39:04	52 - Bob Puffer (Unat)	39:21	57 - Unreported runner	39:36
48 - Tom Gleason (Unat)	39:08	53 - Ian Kirkpatrick (Unat)	39:25	58 - Ralph Bowles (Unat)	39:36
49 - Dan Rudolph (Unat)	39:12	54 - Terry Casey (Excelsior TC)	39:26	59 - Vance Eberly (Unat)	39:40
50 - Lloyd Sampson (Unat)	39:13	55 - Mike Miller (MRH)	39:28	60 - Ian McClure (Unat)	39:48



(Left) Start of the Excelsior Beach Run. (Right) Jim Nuccio, sprinting towards the tape at the same race, a winner. /Dave Warren/

Nuccio & Elijah Tie It Up At Kenwood: (July 4, Kenwood) - The pace was very spirited, but at the end, Jim Nuccio and Ron Elijah decided to celebrate by calling it a tie. Their quick pace dragged the rest of the field under the old record (33:45), as the top five were under that time. Bill Jensen, happy to be 40 at last, keeps celebrating his youth by winning. He did it again here, scoring nearly a 3 minute margin of victory over Mike Healy! Lee Adams was another 12 seconds back. Jody Garrard was the first woman across the line in 46:17 (55th). Her margin of victory was a full minute over Sara Ripp (47:14) and Colleen Fox (47:18). Considering the difficult terrain and all, the winning time of 32:16.2 is quite remarkable. Gary Singer of the Big Valley Harriers was the top junior, grabbing 6th place in 34:22. The top 45 finishers are listed below. /Fred Kenyon/ - Race is 10 Km.

1 - Jim Nuccio (West Valley TC)	32:16	16 - Bennie Jordan (Unat)	35:55	31 - Kurt Vineyard (Unat)	40:07
tie Ron Elijah (Marin AC)	32:16	17 - Jim Williams (Gold Spike TC)	36:05	32 - Lee Adams (NCSTC)	40:10
3 - Don Makela (Marin AC)	32:41	18 - Barry Milender (Unat)	36:12	33 - Greg Durbin (Napa Valley RC)	40:18
4 - Jack Bellah (West Valley TC)	33:13	19 - Doug Butt (Marin AC)	36:17	34 - Gruce Smith (Unat)	40:18
5 - Bob Grubbs (West Valley TC)	33:31	20 - Jeff Jahn (VOMTC)	36:22	35 - Craig Roland (Unat)	40:23
6 - Gary Singer (BV Harriers)	34:22	21 - Ray Menzie (Unat)	36:38	36 - Kevin Daw (Napa Valley RC)	41:08
7 - Nick Vogt (Gold Spike TC)	34:23	22 - Mick Brodie (PHTC)	36:40	37 - Gough Reinhardt (NCSTC)	41:13
8 - Mike Fornaciari (VOMTC)	34:28	23 - Gary Krauss (Unat)	36:44	38 - Ivan Rarick (Unat)	41:33
9 - Darryl Beardall (Marin AC)	34:33	24 - Jack Hackmann (VOMTC)	36:58	39 - Pat O'Connor (VOMTC)	41:36
10 - Bob Bunnell (Marin AC)	34:58	25 - Bill Jensen (Pamakids)	37:03	40 - Mike Berkowitz (Unat)	41:40
tie Terry Pintane (VOMTC)	34:58	26 - Abe Underwood (NCSTC)	38:42	41 - Pete Schoener (Sac'to YMCA)	42:17
12 - Hans Templeman (Unat)	35:08	27 - Phil Bailey (Solano TC)	38:58	42 - M.D. McIntyre (NCSTC)	42:18
13 - Butch Alexander (VOMTC)	35:12	28 - Shawn Summers (Gold Spike TC)	39:13	43 - Doug McLean (WVTC) <i>Late Start</i>	42:57
14 - Ted Woliczko (VOMTC)	35:18	29 - Mike Healy (Napa Valley TC)	39:58	44 - Kemanie Pisahi (SGTC)	42:59
15 - Mark Byers (Marin AC)	35:23	30 - Harry Ackley (Unat)	40:02	45 - Larry Regalado (Alameda TC)	43:03

Birnbaum Cruises Folsom 10 Kilo: (July 7, Folsom) - West Valley TC's Jim Birnbaum knocked off 30 seconds from Kevin Furey's 1973 course mark, and led Darren George under the old standard too with a fast early pace. The race was very tightly bunched thereafter, making for many exciting finishes. Ralph Blount, seeming to find some youth in those old bones, was the first over-40 finisher with a very good 35:42 clocking; -more than a full minute ahead of second-placer Lee Adams, who did 36:46. Jeani Fuller of the San Juan Striders was the fastest female, clocking a 42:11 in 64th place (86 finished). Her margin was over 2 minutes, as Juli Mastain came in at 44:14 (67th). The mark by Jeani was a new standard for women...by over 3 minutes! Jim Mebust destroyed Benton Hart's old high school (grades 11-12) mark with a swift 32:09 (old mark was 34:05). As a matter of fact, Bill Mumma ran the same time as Hart's old record, but he set a grade 9-10 standard in doing so!! Below are the top 45 finishers. /Walt Lange/

1 - Jim Birnbaum (WVTC)	31:31	16 - Keir Furey (Golden West TC)	33:49	31 - Ron Hyatt (Unat)	35:56
2 - Darren George (AIA)	31:56	17 - Phil Sweeney (Ophir TC)	33:57	32 - Stanley Mora (Unat)	35:57
3 - Mike Tulley (Golden West TC)	32:07	18 - Frank Krebs (Golden West TC)	34:14	33 - Abe Underwood (Unat)	35:58
4 - Jim Mebust (Ophir TC)	32:09	19 - Kevin Hansen (Scrub TC)	34:26	34 - John Van Matre (Unat)	36:20
5 - Tim Jordan (Golden West TC)	32:14	20 - Kevin Kirby (Unat)	34:30	35 - Scheible (Unat)	36:25
6 - Rod Read (Golden West TC)	32:20	21 - Steve Barr (Unat)	34:37	36 - Rick West (Unat)	36:27
7 - Bill Mumma (Golden West TC)	32:33	22 - Bruce McInturf (Unat)	34:50	37 - Gordon Vredenburg (GWTC)	36:38
8 - Nick Vogt (Gold Spike TC)	32:49	23 - Walt Lange (Golden West TC)	34:59	38 - Jim Bredy (Golden West TC)	36:44
9 - Gary Green (Aggie TC)	33:18	24 - Doug Rennie (Unat)	35:03	39 - Lee Adams (NCSTC)	36:46
tie Kevin Furey (Golden West TC)	33:18	25 - Jeff Bolen (Golden West TC)	35:06	40 - Jim McFall (Unat)	37:23
11 - Casey Culbertson (Unat)	33:20	26 - Mark Nygaard (Gold Spike TC)	35:15	41 - Terry Axel (Unat)	37:57
12 - Gary Hansen (Golden West TC)	33:32	27 - Chris Garrett (Unat)	35:31	42 - Rory Axel (Unat)	37:59
13 - Tim Gagen (Golden West TC)	33:39	28 - Ralph Blount (Ophir TC)	35:42	43 - Pete Schoener (Unat)	38:03
14 - Jim Howard (Golden West TC)	33:39	29 - Pete Hanson (Colfax RC)	35:45	44 - Art Waggoner (NCSTC)	38:05
15 - Jon Higley (Gold Spike TC)	33:40	30 - Mark Payne (Alameda TC)	35:48	45 - Larry Sumner (Unat)	38:23

LATE NEWS: - I realize that there ain't a hell of a lot of room to write much here...but since I have some blank space (Poor Planning), I thought I'd let you know that I could still use the PA-AAU 30 Kilo Results if anyone has a copy...I haven't had any luck. *** Oh, George Stewart beat Jack Bellah at Tiburon, and Mark McConnell got Brian Quinn and Bellah next day at Santa Cruz!!

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