

# NOR-CAL RUNNING REVIEW

July/August 1974 (No. 49)

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# NORTHERN CALIFORNIA RUNNING REVIEW

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

JULY-AUGUST 1974...No. 49

## On the Cover

West Valley TC's Tom Hale won four races in a space of two weeks between July 27 and August 11, setting course records at all but one. His last two races, 5-Brooks Run & Lafayette Rim Run, were on consecutive days. He had planned on running the Tahoe Relays, but injured himself at work and could not attend. He is now back training and will soon race again. /Shaughnessy/

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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, after 8 pm). 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 consideration. Thank you for your help.

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## MESSAGE FROM THE EDITOR

● THE NCRR HAS A NEW TYPEWRITER: - Our pleas for a new typewriter were heard by T.A. del Lusignan, who sold us one for a very good undisclosed price on time-payment. Now your editor doesn't have to go around borrowing them and wasting time in the process. Many thanks.

● CHANGE OF TYPESTYLE: - Notice that the body of our publication is now quite a bit easier to read because we're using a different type font. We used this same style in last issue (under the photos), and it looked so good, we thought we'd give it a try throughout in this issue. We welcome comments on how you think it looks.

● MORE PHOTOGRAPHERS NEEDED: - Two of our regular staff photographers---Dave Stock & Mike Shaughnessy, are going away to college this fall and we'll be fairly hurting for photos in the upcoming issues if we don't get some help. So...all you camera freaks out there: send us your artwork and become famous!! We need prints, preferably black & white, and at least 5 x 7 if possible...or very sharp if smaller than that. We can't pay you for any photos we use since we're barely clearing costs on the NCRR anyway, but think of what your friends will say when they see your name as a photocredit in this here rag! Seriously, we do need a lot of help, especially at the road runs, but also at cross country races this fall...high school, college, women, etc. We won't bother to return any prints unless you specify such. We may be able to use them in future issues if we don't use them right away. The quality of this publication depends on the help we get from our readers, so let's see some photos in our P.O. Box!! Thanks.

● ADDRESS CHANGES: - Despite our little hint at the bottom of this column and the "NOT FORWARDABLE" printed on the back cover, we still manage to get about 30 or so notices from the post office each month with address changes as a result of undelivered NCRR's. If you move and don't let us know in time (2 weeks before a mailing is usually sufficient time), the P.O. simply won't forward your issue, but will cut off your address label, note your new address, and send it back to us, charging us 10¢ in the process for the service. We note your new address, but you miss an issue...and we lose 10¢. So, please keep us informed when you move.

● EXPIRATION DATES: - If you subscribe, you will automatically get a renewal notice with your last issue...the number following your name indicates the final issue number or date.

PLEASE LET US KNOW YOUR NEW ADDRESS!!!



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

## ★ PHOTO QUIZ ★



Name this well-known local runner (photo was taken before he got in shape!)

lived here for about a year now. The winner was John Loeschhorn, a WVTC member, who got \$5 knocked off his dues.

**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 not later than Oct. 20. (3) Ties broken by drawing. The Prize is a one year subscription or renewal to the NCRR (or \$5 off dues of WVTC members). All readers are encouraged to submit photos for consideration. \*\*\* **LAST MONTH'S ANSWER:** - Would you believe that only 2 people guessed the right answer? The mystery runner is Tom Ratliffe, current manager of the Athletic Dept. in Berkeley! Tom ran a 2:27+ marathon in 1969, and did a 2:29 while running in the 1971 Pan-American Trials (last month's photo). Tom was not a local resident at the time, but has

## THIS & THAT

● **PEOPLE NEWS:** - Neil Glenesk of Burlingame, an ex-College of San Mateo runner, and Greg Losey of Calistoga are part of the five-man U.S. Modern Pentathlon team. They competed in the World Championships in San Antonio, Texas in early September, but we've had no word on how either fared. --- Dave Maggard, former track coach, and now athletic director for the University of California at Berkeley, and Bernie Wagner, Oregon State's head track coach (ex-San Mateo H.S. and College of San Mateo mentor), were among a quintet, including Jimmy Carnes, Stan Huntsman, and LeRoy Walker, who were left as the finalists for the head coaching position for the 1976 U.S. Olympic Team. The final selection, to be determined by the USOC Track & Field Committee, will be made in October. --- Jose Cortez, JC recordman in the marathon at 2:21+, will get married on November 23 we've heard, but we don't know who the lucky girl is yet. --- Ron Wayne, the 1974 AAU Marathon champ, has just moved into the Bay Area for at least a two-year stay...he ran his first area race as a resident on Sept. 15, setting a course record of 1:18:54 in the PA-AAU 25 Kilo Championship in S.F. --- It has been rumored that there is a good possibility that Peter Snell will be attending UC Davis in the near future. Snell was the 1964 Olympic Champion at 800 and 1500 meters. --- Harry Cordellos, blind marathon runner who has a best of 3:06, recently received the California Dept. of Rehabilitation's 1974 Rehabilitant of the Year Award. He is an information officer for BART. --- Paul Reese, a well-known over-50 marathoner from Sacramento, injured himself in a boating mishap and was hospitalized with three broken ribs and some internal bleeding. He informs us that he'll be out of running for at least 6 weeks (we first heard of this just before the Dipsea, so he should be about ready to start up again). --- Tom Hale, winner of 4 straight races in a two week period this summer (see cover photo), is planning on driving to Eugene for the Nike-Oregon TC Marathon on Oct. 13 and needs riders to help share expenses. Anyone planning on going to this race should contact Tom at (415) 376-6845. He plans on leaving on the 11th at about 4 pm and returning on Sunday (late). He says that he can probably scrounge up some free housing for anyone that needs it. --- Chuck Day, a familiar face for many years in NorCal running circles, has departed for Northern Germany, where he'll be stationed for about 3 years with the US Navy. For anyone who happens to be travelling his way, he passes on his address to us: LCDR Charles Day, USN, Marineschule Mürwik, 239 Flensburg, Kelmstrasse 26, West Germany. --- A total of 5 PA-AAU women marathoners competed in West Germany's International Marathon for women on Sept. 22 (results not yet available), and three of them were named to the official U.S. National team (6 to run & 3 to score). WVTC's Peggy Lyman, Joan Ulyot and Lucy Bunz will join Nina Kuscsik (New York), Marilyn Paul (Portland, Oregon), and Judy Ikenberry (San Diego--1974 Natl. Marathon Champion) on the National scoring team...a first in women's long distance running. Ruth Anderson and Catherine Smith, both Masters competitors, will complete the Northern Californian contingent. Jackie Hansen of Southern California will also make the trip. The Women's Nationals (held in February in San Mateo) were used for determining the team. Joan will act as the team's official doctor and also as manager. Incidentally, our drive to obtain monies to help this team in their travel expenses was pretty worthless. We received a total of \$26.70 from our over 1000 subscribers...that's not even 3¢ apiece!!!

Those who made contributions were: Teri Anderson, Alen Schmeiser, Jim O'Neil, Grover Prowell, Phil Groves, Kent & Anne Price, Monique Weil, Dave Colburn, Ray Smith, Chris Berka, Penny Tomei, and Jerry Anderson. Thanks for your help...the funds will be distributed evenly amongst the official NorCal team members.

● **RACE INFORMATION:** - The 3rd Annual Pamakid Lake Merced Run will be held on Sunday, Oct. 6, *NOT Saturday, Oct. 5.* Re-scheduling was necessary because of a wedding reception that was to be held at the Westlake Park Clubhouse on the originally scheduled date. --- The Champagne Marathon (also known as the Napa Marathon), advertised as being scheduled for Nov. 3 in the last NCRR, will not be held. The switch in plans came a few days too late to mention in last issue. Pass the word please. --- The 4th Annual Nike-Oregon TC Marathon will feature a special Podiatry Clinic & Spaghetti Feed the night before the race. The race will be run in Eugene (see scheduling section for more details). Dr. Steve Subotnick, podiatrist from Hayward, will be a guest speaker at the clinic. --- The 2nd Annual Christmas Relays, which drew nearly 500 runners last year in its inaugural year, promises to draw many more teams this year. One change this year will be that runners will start in Santa Cruz and go north to Half Moon Bay, the opposite direction from last year. The increased interest for this race shown by the City of Half Moon Bay has prompted the sponsors to have the finish in that city this year. Entries in next issue.

● **AN IMPORTANT FACT:** - The average ant is capable of crawling 12 feet a minute on a fast track! (?)

● **TAHOE RELAYS:** - More teams than ever competed in the annual round-the-Lake relays this year (62), and nearly every record fell (see results section)...a few runners almost got killed too! If anyone out there has some suggestions for making this race safer, please let us know. Should the date be changed? What about a new and safer course? Any other ways to alleviate dangers of traffic? Let's hear from you so we can make this a safer run. --- Incidentally, we ordered more finisher ribbons, so if you didn't receive a paperweight or a ribbon at the race, then you may receive the latter by sending a self-addressed, stamped envelope to: Harold DeMoss, Box 967, Los Altos, CA 94022.

● **DIPSEA SHIRTS:** - We still have about 75 of these very colorful shirts left in sizes M, L, and XL (almost out of L). Profits go to the LDR Travel Fund. Send \$2.75 per shirt (includes postage) to Harold DeMoss (see above paragraph). In case you hadn't guessed already, Lee Holley did the brilliant cartoon-work on the shirt...screening was done by John-John.

● **1975 PA-AAU LDR HANDBOOK:** - Any ideas you might have for things to include in this year's handbook should be sent to either the LDR Chairman or the NCRR. We sold nearly 3500 of last year's booklets at 25¢ each...the price we intend to keep it at this year. All profits went into the LDR Travel Fund. The only way we can keep the cost low is to get a lot of advertisers in the booklet. So if you own a sportshop or know of someone who does, why not get an ad in this year's booklet? We'll print 4000 copies and the cost of a 1/2 page ad is only \$25, while a full page is \$50. All materials should be sent in by not later than Nov. 20...we hope to have the schedule ready to distribute by the Christmas Relays. --- If you are planning on having a race in 1975, be sure and write either the NCRR or Harold DeMoss for a scheduling request form. All scheduling requests must be returned to Mr. DeMoss by not later than Oct. 12, and earlier if possible. The PA-AAU 1975 LDR Schedule will be put together at the next LDRC Meeting, following the Lake Merritt Runs in Oakland on Oct. 13. Everyone planning on hosting/sponsoring a race next year should be at this meeting.

● **NEEDED--REVOLVING BOOKRACK:** - I am willing to purchase a rack of this type (must be able to hold 5-1/2 x 8-1/2 booklets) that should hold a minimum of about 3 dozen booklets. Please contact the editor if you have anything that might fit this description that's for sale.

● **POOR MAIL SERVICE??** - You think you had to wait a long time for your NCRR? Well, hear this out! An anonymous subscriber writes to tell us that he received the May-June issue in late July (that's a few days after we mailed it), but somehow managed to get his March-April issue on August 30th!?!? You figure that one out.

● **AAU LEGISLATION:** - Some legislation of note that affects long distance running will be introduced at the AAU Convention in mid-October in Washington, D.C. The current Sports Rule stating that runners must obtain physicals to verify their conditioning, etc. may be changed to the following: "To determine an athlete's physical fitness, each competitor shall be required to provide a notarized, sworn statement by a coach,

or club leader, or parent that said athlete has trained for and run the distance in question, within one month of the event. It is recommended that all runners obtain a certification of fitness from a physician prior to entering any event or training schedule."

● **MORE MEET INFORMATION:** - Just as I sit here typing like a fool, I get a call from Bruce Drummond of Sacramento State. He informs me that the Sacramento Invitational XC races, which were scheduled for Oct. 12, will be cancelled this year except for a Masters (over-40) race of 5 miles at 11 am. See the scheduling section of this issue for more details.

● **REPORT ON MEN'S NATL. AAU XC CHAMPIONSHIPS:** - Entry blanks will be available from WVTC around the first week of October. The meet, to be held on Nov. 30 at the Crystal Springs course in Belmont, will be a 10 Kilo race for men only. We cannot set restrictions on entries (standards), but would like to keep the field under 350 if possible...any more than that and we would have an enormous problem on our hands at the finish-line. So, we are appealing to those of you who cannot, say, break 35-36 minutes for 6 miles, to not run. If we get 500 runners for this race, it could really be bad news. This is a national class meet with the top runners from the best clubs in the country competing, so unless you feel you belong here, please don't run. If it were a marathon, it would be different, but this race is short and could turn into a logistic nightmare if we don't get your cooperation. The Holiday Inn at Marine World in Belmont will serve as our Meet HQ & Hotel. They have quoted us very reasonable rates of as low as \$6/person when three are in a single room. A tuneup race, which will be very low key (probably no entry fee and maybe no awards), will be held on this course on Nov. 16 (11 am). Check the schedule for further information and closing deadline for entries. --- In an attempt to gather some funds for the Long Distance Travel Fund, as well as to help meet some of the costs of putting on this affair, spectators will be charged admission...50¢ per head, regardless of age or sex. The course is probably one of the best in the country from the spectator vantage-point. By walking about 100 yards, you can see 90% or more of the course, with the runners never being more than about 1/2 mile distant.

● **TAHOE RELAYS:** - For those of you who desire the complete results (including splits) of this race, please send a self-addressed, stamped envelope to: Harold DeMoss, Box 967, Los Altos, CA 94022. They will also be available at some road runs.

● **PAN AMERICAN TRIALS:** - Six Regional Marathon Trials and a Final will be conducted by the LDRC-USOC. Bids for any of the races will be approved at the AAU Convention in Washington, D.C., in mid-October. All events must be completed prior to Jan. 31, 1975. It is possible that existing marathons will be desirable for a regional or the final.

● **PA-AAU LDRC MEETING:** - On Sept. 3, the District Long Distance Running Committee (all member clubs are invited to send one or more representatives) met and decided that to relieve the Chairman (Mr. DeMoss) of some of his duties, that all PA-AAU LDR Championships be open for bids by clubs/organizations, with the recommendations that the 30 Kilo be brought to the immediate Bay Area (it was in Monterey this year). --- The makeup of the 1975 LDR Handbook was discussed and sub-committees for getting the various tasks done were established. A Scheduling Request Form and cover letter were approved by the committee and were to be mailed out by mid-month. A list of 10 requirements that races must meet before receiving sanction was included in the cover letter. These will also be spelled out in your Handbook and are basically an attempt to upgrade the quality of road racing in the area...without being too specific and binding the race director with unreasonable demands. --- It was suggested that perhaps, in order to enforce AAU Registration at races, that a penalty fee be charged to runners not producing their cards when registering the day of the race after a certain date...say March 1. The SPA-AAU does this and it seems to work quite well, however, the LDRC made no definite action at this meeting. --- Beginning in 1975, the LDRC requests that all sponsoring organizations/clubs of PA-AAU Sanctioned races will supply an AAU Official from their own ranks, and a Clinic was to be organized for that purpose on Dec. 8, with each club asked to send a representative or more. The time and location will be announced in the next NCRR. The Clinic will be for the purpose of certifying AAU Officials so that all races will have them available. --- The 1975 Scheduling Meeting was to take place after the Lake Merritt (Oakland) races as usual. All those planning on sponsoring a race in 1975 are urged to attend so that dates may be set up...write Harold DeMoss, Box 967, Los Altos, CA 94022 (Ph. 415/941-8975) for an application form for scheduling your race, if you haven't already received one. Again, please plan to attend the next LDRC meeting on Oct. 13 if you want to be on next year's schedule.

--- The Committee also voted to purchase a complete set of certification equipment out of the LDR Fund, so that all PA-AAU courses can be measured with the accuracy required by the National Standards Committee. This is one area which really needs to be upgraded. Think of all the 'short' or 'long' races you've run this year. If you have a course that has not been certified by AAU specifications, please let our LDR Chairman know so that we can get it certified for you. The two most important items a runner asks for are usually a time and the 'actual' distance he's run. The equipment that will be purchased consists of: (a) a steel surveyor's tape (chain), (b) a calibrated surveyor's wheel, and (c) two revolution counters for bike wheels. The total cost will amount to about \$125 most likely.

#### UNIVERSITY OF PORTLAND CROSS-COUNTRY TEAM PRAYER

*Now I pick me up my speed;  
I pray the Lord I keep the lead.  
If I fall off the pace and tire,  
I pray the tape be made of wire.*

*Now I pick me up the pace;  
I pray the Lord I get first place.  
If I should die and fall behind,  
I ask the Lord the coach be kind.*

---Jim Nuccio

#### NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - We didn't receive new ratings in time for this issue. We'll have a full rundown for the SoCal area next time.

PA-AAU STANDINGS: (Compiled by Art Dudley) - Ratings are determined by dividing average placing (placings counted only when runner finishes in top 10, or top 6 for Masters, or top 4 for women) by the number of races run. Only PA-AAU finishers are counted (or local residents not registered in the PA). So, if the 10th placer is from out of the District, then 11th place counts for 10th in the calculations. Scoring year began with the Pamakid Lake Merced Run in 1973, and finishes with that race this year (includes it). Winner in each division will receive a beautiful Perpetual Trophy from the NCRR which can be kept for one year. Most all races are counted, with the following exceptions, when either results have not been obtained, or insufficient people compete (we reserve the right to determine sufficient competition or number of runners).

RESULTS NOT REC'D YET: - Chico 10 Kilo, Colfax X-C, Midnight Run (women & masters), Elk-a-thon (women & masters), Capt. Weber Run, 5-Brooks, Golden Empire XC, Dipsea, & Dammit Run. (Some of the above were rec'd after calculations were made & are included in the results section of this issue). NOT INCLUDED BECAUSE OF INSUFFICIENT NUMBERS: (Masters) - 1 Hr. Run,

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Lake Merritt 5K, Excelsior 6-Miler (Dec.), Champion Gold Mine Run, PA-AAU 30K, Statuto 4 Mile, Bay-to-Breakers (scoring mix-up). (Women) - Excelsior 6-Miler (Dec.), Gold Mine Run, Lake Il San Jo, DeAnza Ridge Run, Bay-to-Breakers (scoring mixup), PA-AAU 30K, Statuto 4 Mile. - Totals below are thru the Emerald Hills Run, with the exceptions listed above and on the previous page. The final standings will be printed in next issue. It appears as if Jim Dare, Jim Shettler, and Peggy Lyman have their divisions pretty well sewn up. It would take a lot of races, a lot of luck, and some very good running by any of the challengers to upset the leaders at this stage. Ties are indicated by an asterisk (\*). They are counted as an average (tie for 1st is worth 1.5, etc.).

#### WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Peggy Lyman/WVTC (14)	8	4	1	1	1.643	0.117
2. Joan Ulliyot/WVTC (12)	4	7	0	1	1.833	0.153
3. Debbie Rudolph/WRR (8)	6	0	2	0	1.500	0.188
4. 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. Sue Neary/S-C (4)	2	1	1	0	1.750	0.438
7. Diane Williams/PBP (3)	2	1	0	0	1.333	0.444
8. Yvette Cotte/RCF (7)	0	1	4	2*	3.214	0.459
9. Kathy Himmelberger/WVTC (6)	1	2	0	3	2.833	0.472
10. Sue Munday/WSTC (5)	1	1	2	1	2.600	0.520
11. Mary Cortez/RCS (4)	1	1	2	0	2.250	0.563
12. Chris Sakelarios/RCF (2)	2*	0	0	0	1.250	0.625
13. Louise Adamson/WVTC (4)	1	0	2	1	2.750	0.688
Ruth Anderson/NCSTC (4)	0	1	3	0	2.750	0.688
Catherine Smith/PAMA (4)	0	2	1	1	2.750	0.688



### DIPSEA T-Shirts — \$2.75

We still have a limited number of DIPSEA T-Shirts left in 3 sizes (very few Large)...only \$2.75 (includes mailing). The letters 'DIPSEA' are a multi-color smear; very attractive. SEND TO: Dipsea Shirts, P.O. Box 1551, San Mateo, CA 94401 & make checks payable to PA-AAU LDRC. Thank you.

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Profits to PA-AAU Long Distance Fund

#### MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim Shettler/WVJS (12)	11	1	0	0	0	0	1.083	0.090
2. Ross Smith/WVJS (10)	7	3	0	0	0	0	1.300	0.130
3. Jim Nicholson/NCSTC (18)	1	6	6	1	4	0	3.056	0.170
4. Gil Tarin/WVJS (9)	5	1	2	0	1	0	2.000	0.222
5. Ken Napier/WVJS (6)	4	1	0	1	0	0	1.667	0.278
6. Lee Adams/NCSTC (13)	0	1	4	4	2	2	4.000	0.308
7. Dave Stevenson/SRC (4)	3	1	0	0	0	0	1.250	0.313
8. Gough Reinhardt/NCSTC (13)	1	1	1	4	5*	1	4.115	0.317
9. Dennis Teeguarden/NCSTC (6)	1	4	1	0	0	0	2.000	0.333
10. Bill Snavely/BVH (9)	0	4	3	0	1	1	3.111	0.346
11. Peter Wood/NCSTC (9)	1	1	3	2	2	0	3.333	0.370
12. Mike Healy/WVJS (8)	1	3	1	1	1	1	3.125	0.391
13. Gordon Gane/WVJS (6)	1	2	2	1	0	0	2.500	0.417
14. Bill Jensen/PAMA (3)	2	1	0	0	0	0	1.333	0.444
15. Bob Malain/NCSTC (7)	1	1	3	0	2	0	3.143	0.449

#### OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Dare/WVTC-NAVY (11)	6	3*	1	0	1	0	0	0	0	0	1.864	0.169
2. George Stewart/WVTC-ARMY (7)	5	1	0	1	0	0	0	0	0	0	1.571	0.224
3. Joe Taxiera/ATC (18)	3*	1	3	5*	2	0	2	1	0	1	4.277	0.238
4. Jim Nuccio/WVTC-ARMY (7)	4*	1	1	0	1	0	0	0	0	0	2.071	0.296
5. Jack Bellah/WVTC (10)	1	3	2	3	1	0	0	0	0	0	3.000	0.300
6. Tom Hale/WVTC (3)	3	0	0	0	0	0	0	0	0	0	1.000	0.333
7. Alvaro Mejia/WVTC (6)	1	3	2	0	0	0	0	0	0	0	2.167	0.361
8. Darryl Beardall/MAC (11)	2	0	2	1	2*	3	0	0	1	0	4.500	0.409
9. Bill Clark/WVTC (15)	0	0	1	3	2	2	4	0	1	2	6.267	0.418
10. Gene Fitzgerald/PAMA (10)	0	1	2	3	2	1	1	0	0	0	4.300	0.430
11. Doug McLean/WVTC (10)	0	3*	0	2	1	1	2	0	0	1	4.950	0.495
12. 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
15. Mike Conroy/ETC (10)	0	1	1	1	3	1	2	1	0	0	5.200	0.520
16. Dan Anderson/WVTC (8)	2*	1	1	1	0	1	1	0	1	0	4.188	0.523
17. Bill Seaver/WVTC (8)	0	2	2	0	2	0	2	0	0	0	4.250	0.531
18. Phil Camp/ATC-NAVY (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
19. Dave Himmelberger/WVTC (12)	0	1*	0	1	3	1	0	2	3	1	6.708	0.559
20. Ken Scalmanini/PAMA (7)	1	2*	2	0	0	1	0	0	0	1	3.929	0.561
21. Jack Leydig/WVTC (11)	0	1*	0	3*	2	0	1	1	2	1	6.182	0.562
22. Bob Darling/ETC (7)	0	2	1	1	1	1	1	0	0	0	4.143	0.592
23. Roland Verhe/WVTC (6)	0	2	1	1	0	2	0	0	0	0	3.833	0.639
24. Jim Birnbaum/WVTC-USAF (5)	1	0	3	0	0	0	1	0	0	0	3.400	0.680
25. Alex Aguilar/WVTC (6)	0	0	2	2	1	1	0	0	0	0	4.167	0.694
Don Makela/MAC (6)	1	0	3	0	0	1	0	0	1	0	4.167	0.694

## 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 1000, with many times more that read it, so 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!!

**NEW CLUBS:** - Here are some new clubs we've heard about that are official AAU clubs. --- Westside Track Club (Marty Krenn, 1354 Randall Ave., San Jose, 95126); Peach Bowl Pacers (Ed Williams, 835 Spiva Ave., Yuba City, 95991); Humboldt Striders (Frank Adams, P.O. Box 331, Trinidad, 95570); DeAnza Track Club (G. Blanchard, 10327 Byrne Ave., Cupertino, 95014); Sunreach School Track & Field Team (11510 Summit Wood Rd., Los Altos Hills, 94022); Los Gatos Athletic Ass'n. (Maynard Orme, 16360 Belmont Ave., Monte Sereno, 95030).

**EXCELSIOR TC:** - New members are reminded to write Frank Donahue (4903-B Mission St., S.F. 94112). -- A new club record was set by the team of Bobby Darling, Frank Donahue, Mike Eash, Paul Koski, Dave Warren, Mike Conroy, and Gus Cano at the Lake Tahoe Relays this year...7:11:39 and 11th place, a record by 19 minutes over last year (would have placed 5th last year). Good effort! The last club race was a success, and we thank all who helped and ran in the race. See you at the next one. -- Bobby Darling is getting married to Kathy Shonk on Sept. 14 (wrong tense by now) and will be away from the running scene for a while. -- Club dues are still \$2/year, and all those who have not paid should do so. Contact Frank, or Bob (965 Burnett Ave. #101, S.F. 94131) for club news and we hope to see more members at our next club meeting (to be announced). -- The club is getting stronger as time goes on and numerous PR's have been set by members, and club records also. -- Club members are urged to attend Long Distance Running Committee meetings...become involved and voice your opinions. -- If you have a T-shirt that you would like screened with our club insignia, call Paul Koski at 564-6518. -- A listing of club members is available from Frank Donahue (address above).

**WEST VALLEY TC:** - A total of 17 new members since last issue, including 7 women!! --- Dave Cords (28), 3633 E. Indianapolis, Fresno, 93726 (Ph. 209/224-3662), is a high school teacher who is making a comeback from a 1-1/2 year injury. He used to compete for Athens AC and has best marks of: 2 Mi-8:59, 3000mSC -9:23, 3 Mi-14:05. Gail Gustafson (31), 1445 Lake St., #203, S.F. 94118 (Ph. 387-7172), is a Lab Technician at the UC Medical Center and has done a 3:27:24 for the marathon distance, this coming at the Women's Nat'l's. in San Mateo this year. Tom Hale (22), 1149 Larch Ave., Moraga 94556 (Ph. 376-6845), is transferring from Oregon, hopefully to the Univ. of Calif. at Berkeley in January. He owns PR's of: Mile-4:07, 2 Mi-8:45, and 6 Mi-27:57.6 (all in 1973), as well as a 2:27:59 clocking for a course record in the rugged Ocean-to-Bay Marathon. Tom is sure to aid WVTC's chances of placing high in the Men's XC Nationals this fall. Vivian Harris (30), 1587 Oxford St., #12, Redwood City, CA 94061 (Ph. 368-3182), joins her husband, Charlie as a club member. She is just returning from an injury after three years and is looking forward to improving her times in road races. Jeff Johnston (22), 211 W. First Ave., Apt. B, Chico 95926, is a graduate student at Cal-State, Chico who only began racing last November. In his first marathon he ran a great 2:37:39 at the Avenue of the Giants Run, placing eighth. He has also done 3:20 for 1320 and 9:54.9 for 2 miles on the track with no speedwork. Skyler Jones (22), 696 Modesto St. So. Lake Tahoe (Mail--P.O. Box 13794, Al Tahoe Station) 95702, is a graduate of Arizona State Univ. with bests of: Mi-4:19.2, 2 Mi-9:00.2, 3 Mi-13:58.2, 6 Mi-29:45.4 on the track. He's also done some pretty fair road running, with times of 50:50 for 10 miles, 1:20:25 for 25K, and 2:26:44 for the marathon. He placed high (34th) in the 1971 AAU XC Championships in San Diego, and hopes to improve greatly on that this year. Marc Lund (24), 3033 La Selva, #B-306, San Mateo 94403 (Ph. 341-9742) is an accountant with best marks of: 2 Mi-9:53, 3 Mi-15:10, 6 Mi-31:10.6, Marathon-2:46:13. He hopes to break 2:30 for the marathon and qualify for the Olympic Trials in 1976. The Moroney Family (Brian, Bill & John are already members) joined in force, adding Bill, Sr. (46), Edith (40), Maureen (13), Noreen (11), and Eileen (18). No times for anyone except Bill, who did a 9:55 2-mile back in 1948. They live at 25 Trenton Pl. in San Mateo 94402 (Ph. 574-0956). Jaime Naranjo (19), 513 Sebastian Wy., San Jose 95111 (Ph. 227-8434) is a frosh at the Univ. of Santa Clara with best marks of: 880-2:03, Mi-4:34,

2 Mi-10:15, and Marathon-2:55:00. Phyllis Olrich (25), 386 Ventura Ave., Palo Alto 94306 (Ph. 493-2232) is a medical secretary at Stanford and just recently moved to California from Boston. She has both speed and stamina, as her 4:58.5 indoor mile (6th in the AAU's this year) and 56:30 for 15K on the roads indicate. Although she won't be able to represent the club until Oct. 25 (4 month rule), she has already won the first XC races she's run this fall by wide margins (San Jose Cindergals & Will's Spikettes Invitationals). Ed Price (19), 225 Monterey St., Santa Cruz 95060 (Ph. 427-2647) is a soph at Cabrillo College and has bests of 4:42 in the mile and 10:09 for 2 miles, as well as a 3:09:43 marathon. Dave Robertson (23), 35 Lookout Rd., Hillsborough 94010 (Ph. 342-8249) is a grad student at SF State and has attended College of San Mateo and the Univ. of Utah. He is one of the most versatile competitors you'll find, with bests of: 440-48.5r, 880-1:53.8, Mi-4:10.4, 1000y-2:13.0i, Marathon-2:38:06. He competes well in XC too. Lyn Walker (17), 36629 Flintwood Dr., Newark 94560 (Ph. 797-7791) is a senior at Newark High with track times of: 2 Mi-9:48, 3 Mi-15:08, 6 Mi-31:27. In his own words: "Since I was born with an IQ of 196 and it has slowly grown to 214, I decided that if I lost 6.7% of that with every marathon, then after about 10, I should be normal...no such luck. So, I've decided to try burning a few brain cells in 50's and 100's since the marathons don't work." He won the RW 50 Mile Track Run (see results section of this issue).

•**News from members:** - Charlie Attwood, who was a member until last year when he moved to Louisiana, is taking the West Valley spirit to the southland with him. He's organizing the First Rice Festival Marathon on Oct. 5 from Lafayette to Crowley. He already has Ron Wayne and Terry Ziegler lined up and expects a large field. Sounds like a winner! Vern Gambetta, an assistant coach at Stanford, wrote a large part of the new RW Booklet on Hurdling & Steeplechasing. It's available for \$1.75 + tax from your editor and is highly recommended reading for barrier men. Doug McLean was inadvertently left out of the printed results of the Angel Island Run...he finished 7th in that race! Domingo Tibaduiza continued to run well in Europe, notching a PR for 3000m on July 7 (8:02.0), and then running a 13:48 (5K) and 29:20 (10K) double at the English Championships...no placings available. Jim Bowles must be trying to lose brain cells faster than new member Lyn Walker. Our Troy, New York, member was in the best shape of his life just before the Yonkers Marathon (AAU Nat'l's) when he broke three ribs on the preceding Wednesday in the Golden Gloves Tourney, fighting a heavier guy 'just for fun' because his bout was cancelled because the other guy broke his hand. Jim was 104 (to the other guy's 126). After recovering, he decided to 'see if he could mentally & physically handle a big mileage load'...would you believe 400 miles a week?! He does this by doing 7 workouts of 6-13 miles with an hour sleep in between each. Ya some kind of a nut? John Sheehan was in Washington, D.C. during the summer months and ran a few local races before coming back (and finishing 52nd at Charleston as our 3rd man). He did a 60:08 for a 15K (long), finishing 27th with a short walk for a sideache in very hot conditions. Jim Birnbaum ran 40:37 for 8 miles along the American River Bikeway in conjunction with a time trial the ARC X-country team was running. The next runner was more than a minute back! Ralph Lee is getting into super distance shape by training with Orville Atkins in Los Angeles (Ralph ran a 1:50.1 club record this spring). He reportedly did a 57:27 for 11 miles in a workout and hopes to have a good XC season. Mike Pinocci is now at Oklahoma St. (George Stewart's alma mater). He reports that he ran a 24:19 for a 5-mile XC course behind Halberstadt, Viljoen, and Dan Cumming (24:09).

•**New Club Records:** - Brad Nave upped his club discus mark this past Aug. 14 at Solano JC (now has a legal field) with a heave of 180-11...and Skip Peterson added 1/4" to his club long jump standard with a 23-9 1/4 leap at the J.O. Regionals in Reno. He got 5th at 23-5 1/4 at the Nationals, 2" off first!!



John Loeschhorn was the top WVTC runner at Charleston (17th). /Dave Stock/

● Missing Bodies: - Anyone know the whereabouts of our high jumper, Jim McGinnity? He was last living in Sunnyvale, but moved without leaving a forwarding address. Please let me know. Also, anyone know how to get in touch with Les McFadden?

● Women's XC Schedule: - Most women on the club have probably already received the club's fall XC Schedule, but if not, write to either Peggy Lyman, 230 College Ave., Palo Alto 94306, or Phyllis Olrich, 386 Ventura, Palo Alto 94306. Some of you marathoner types who don't think you have enough speed for a 2-3 mile run may surprise yourselves...strength is important in the short runs too. Let's see if WVTC can place well in the PA-AAU Championships, and maybe send a team to the Nationals in Ohio. If all of us get to hustling for ads in the Men's XC Program (Nat'l's), we could very well have enough funds to send a team, if there's enough interest. If you'd like information on ad costs for the program, give me a call.

● Travel Funding: - The Exec Council approved 1/2 airfare for our race walkers to go to the Nat'l. 50K in Seattle in early September, but it turned out that only Roger Duran could make the trip, and so his full fare was paid, as no other major walking races were on this year's budget. See the race walking section for results. Dave Himmelberger received \$35 towards his airfare from St. Louis to Charleston for the 15 Miler there in late August. The Meet Director put up the money to fly the remainder of our team, John Loeschhorn, and Alvaro Mejia, as well as for George Stewart, who couldn't make the trip because of Army duties. -- The Exec Council also approved expenditure of \$350 (at \$50/month) for payment on this here selectric typewriter I'm using for this issue. It sure beats running around trying to borrow one all the time. Thanks!!

● West German International Marathon: - Three WVTC women were selected to run at this first international marathon for women. They were chosen as members of the official USA team, which consisted of Nina Kuscsik, Judy Ikenberry, and Marilyn Paul in addition to themselves (Peggy Lyman, Joan Ulyot, and Lucy Bunz). Joan will also act as the team manager/doctor.

● HELP! - If you haven't volunteered your services yet to help with the Men's XC Nationals, we need your bod now! I know that a lot of you are planning to run on raceday, but much needs to be done BEFORE raceday. So please contact me so I can assign you to some task...otherwise I may suffer a nervous breakdown.

● 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. --- Novato: (*Missed this one last time*) 57-Rich Lake 49:18, 143-Penny Tomei 62:05. Lafayette 10 Kilo: 46-Pat Shaughnessy 37:49, 47-Tony Casillas 37:50, 73-Nick Granados 39:39, 82-Ralph Likens 39:56, 112-Larry Bryans 42:53. Tiburon: 135-Irene Rudolf 56:59, 145-Lucy Bunz 57:29, 191-Penny Tomei 62:26. Wharf-to-Wharf: 80-David Unger 32:57, 81-Don Bradley 33:02, 97-Tony Casillas 33:38, 102-Santos Reynaga 34:34, 140-Bill Lamb 35:43, 142-Steve Benson 35:52, 266-Kathy Himmelberger nt, 370-Ellen Clark nt. Watermelon Run: 154-Kathy Himmelberger 62:27, 190-Gail Gustafson 67:56, 209-Ellen Clark 70:42. Ft. Baker: (*Actual Time/Handicap*) 47-Betsy White 1:54:26/17, 63-Penny Tomei 1:59:09/15, 68-Lary Hayden 1:46:07/0. Funky St. XC: 87-Larry Bryans 47:27, 89-Kathy Himmelberger 47:29. Five-Brooks: 98-Betsy White 49:39. Tahoe Relays: (*Members of teams if not listed in results section*) "C" Team (Dave Robertson, Bruce Wolfe, Emil Magallanes, King, Humberto Hernandez, Lyn Walker, Joe Mangán); "D" Team (lost sheet with names, sorry!); "E" Team (Bill & Brian Moroney, Dave Shrock, Stan Ross, Pat Shaughnessy, Dave Wright, Tom Pelton); "Women's Team" (Betsy White, Peggy Lyman, Kathy Himmelberger, Lori Watkins, Ellen Clark, Penny Tomei, Louise Adamson-only women's team). Dammit Run: 87-Kathy Himmelberger 50:43, 122-Ellen Clark 58:08. Emerald Hills Run: 88-John Bay 47:38, 155-Gail Gustafson 55:18. Alameda XC Carnival: (6.2 Mi) 48-Sean O'Riordan 38:36; (3.3 Mi) 41-Louise Adamson 22:49, 71-Ellen Clark 25:40.

## CLASSIFIED ADS

OUR RATES: - Interested in selling your wife or promoting your race or meet? With a circulation of 1000, and nearly three times that many who read it, the NCCR 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, NCCR Advertising Mgr., 156 Marvin Ave., Los Altos, CA 94022...Ph. 415-948-8029...evenings only.

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!).

NEW--TIGER JAYHAWKS: - If you're looking for what might be the ultimate in racing flats, take a gander at a pair of these the next time you're at a road race when the Starting Line Sports

'Magic Bus' is around. This heavy-duty nylon shoe features a super-cushioned heel, achilles protection, and a suction-cup sole that is similar, but different from the Nike Boston '73. It even wears fairly well in training if you keep it built up with a sole-repair gun. The weight...just a little bit more than the Marathon, and much less than the Tiger Boston. And the cost?--would you believe \$18.95?? You owe yourself the opportunity to at least try a pair on. You won't be sorry.

SPECIAL SALE ON TIGER VICKKA'S: - For a limited time only, Starting Line Sports is slashing the price of this popular all-around leather shoe from \$24.95 to \$18.95. Available at this price in sizes 7 to 11. Order yours now through the mail from Jack Leydig, 603 S. Eldorado St., San Mateo 94402,...or pick up a pair at the next road race.

COACHES: - If some of your XC runners still need training or racing shoes for this season, why not give me a call at 415/342-3181 (ask for Jack Leydig)? I'll be happy to come out and service your athletes with the following brands of running shoes: Tiger, Puma, Nike, and adidas. We also stock the popular Lydiard Road Runner and Lydiard Marathon. Ask about our 10% school discount. -- Starting Line Sports.

XMAS RELAYS SHIRTS: - SPECIAL PRICE - \$2.25 (includes postage) while they last. Normally \$2.75 each. We still have a limited quantity of small and medium sized Christmas Relays shirts from last year's race. These are two-color shirts with trim on the neck and sleeves and a terrific buy at this price. Send for them through NCCR, P.O. Box 1551, San Mateo, CA 94401.

TYPEWRITERS WANTED: - I am looking for an IBM Selectric typewriter (12 characters/inch), and also a micro-elite typewriter...price is open. Please contact Fred Baer, P.O. Box 5401, San Mateo, CA 94402 or phone 345-4114.

AGE RECORDS 1974: - We still have a few of these left for \$2 plus 25¢ postage & handling, but they are going fast. This very comprehensive booklet contains World & US track & field bests from ages 1 thru 78 as of Jan. 1, 1974, based on actual birthdates. Edited by the staff of Track & Field News. Many records could be broken by NorCal athletes if they'd only see how poor some of the marks are...send your check today to: NCCR, P.O. Box 1551, San Mateo, CA 94401.

## LETTERS TO THE EDITOR

ROBERT DE CELLE (Alameda, CA): "I've just finished reading your letter to NorCal Running Review (see letter from Lyn Walker in last issue). First, I'd like to apologize to you for the inconvenience that you suffered by the 50-miler not being held. Second, if I may explain what occurred, though it may not help, at least you will know what happened and you certainly deserve an explanation. Having put on the Oakland Indoor Invitational, there was no way I could handle the 50-miler too. I wrote that fact to the Long Distance Running Chairman, well before the meet occurred. Every inquiry for an application (along with pre-paid envelopes, which are really appreciated) was sent to the LDRC. I was not aware, nor was anyone else, that he was having personal problems. If he had taken care of his mail, called on other members of the Committee for help, the race could have been put together, or properly cancelled. When he finally resigned, the Committee found boxes of correspondence that had not been opened. Again, my personal apology to you."

LYN WALKER (Newark, CA): "I find that previous statements incurred by myself, without adequate forethought, necessitate atonement. Apologies are in order for Mr. Robert DeCelle, whom I have so tactlessly denounced for errors which he cannot rightfully be held responsible. I must impute this mistake to ignorance of the true facts, and I wish to praise this man for his patient understanding."

Another, whose efforts have failed to be lauded as they should, for his countless hours of devotion to us piteously unappreciative runners, is our editor [you]. Not only does he perform, almost singly, the numerous duties of WVTC, but also provides the medium of communication for the area, the NCCR. Actually, I'm sure Jack could do a better job of relating his many tasks. He gives of himself to help us--making shambles of his domestic life (let's have a little sad violin music, maestro) and making both relaxation and personal gratification difficult. Tell me Jack, why do you do it? You a kook or something? (*Ed. - Brain damage!!*) Now with the Nat'l. XC Championships coming up, I know that he is once again swamped with work (*Ed. - Yea!!*). How about having all of you pitching in with some help?"



**ROBERT DE CELLE:** (Alameda, CA) - "All of the criticism that you made in your letter (see letter from Frank Donahue in last issue) to NorCal Running Review were correct. There are reasons for some of the inadequacies, like the charge for the PA system was \$65.00. Starting late because we had just completed a morning-long track meet at Chabot College and just couldn't get there on time. There is also something else about the officials that you may not know. It's easy to get them out to the "01' Blue" or "01' Red" meets, but anything else, unless it's really big, goes begging! It's sure nice when you can count on a full compliment of officials, but we had to substitute and make shift in all field events. Also, some of us have to try and earn a living. If we could spend several weeks taking care of the preparations; if the athletes would get their applications in on time; if the athletes had AAU cards in advance; IF, IF, IF. Frankly, I'm happy that there were not more participants! With the limitations of manpower that we had, it would have been real chaos. Thank you for your thoughts on the subject. We too feel that this meet (PA-AAU Championships) should mean more." (P.S. - "I even had to clean the restrooms after the meet!")

## RUNNER-UP

**MEET RICH PERRY:** - One of Northern California's most responsible and energetic race administrators is past PA-AAU Long Distance Running Committee Chairman, Rich Perry. Rich states, "Running in Northern California is a healthy, demanding, and innovative experience." That statement pretty well sums up Rich's philosophy on the NorCal running scene.

Rich, a fifth generation Lincoln High School graduate, spent most of his high school idle hours involved in athletics. He concentrated his interests in areas such as coaching, officiating, and sports administration. He then went on to San Francisco City College for three years and then moved on to San Francisco State College. While attending SF State, he became interested in the field of recreation, and obtained a part time job with the Belmont Recreation Dept. He eventually worked himself up to a full time job and then on to the Director's position. He now holds the title of Director of Parks and Recreation for the City of Belmont.

Rich's contribution and dedication to long distance running has been overwhelming. He's headed up such races as: Ocean-to-Bay Marathon, Golden Gate Marathon, PA-AAU 20 & 25 Kilo Championships, Tahoe Relays, PA-AAU Jr. XC Championships, and many others.

When queried on what he felt the current status of long distance running was, Rich remarked, "Long distance running in Northern California is in a somewhat of a stagnant situation. The sport grew much faster than the general mechanics of administering it. The administration process is lacking in interest and money to counter the large volume of runners."

When asked why the stagnation in running has occurred, he replied, "The running program made a great upswing around 1967, about the same time swimming was making a similar movement. Since that time, swimming has continued to grow, whereas running has leveled off. The difference between these two groups was a strong identity to the program by parental groups in the swimming world. The age-group for competitive swimmers is around sixteen years or under, thus bringing parents into the picture naturally. Not so in the running world. The average age for the competitive runner is much older, subsequently not drawing as many parent groups. Another factor influencing this situation would be that swimmers structure their practices so as to peak for the big meets. Again, not so for the average long distance runner. He concentrates his emphasis on the workouts and not so much the meets. They are just another tool in the overall training schedule. This seems to me to be a difference in priorities. The runner seems more concerned with fitness as an end product, and not so much the raw competition."

"Rich, what about these parent groups? Are they really that much stronger in the swimming world as opposed to the running world?" -- "Man, have you tried to officiate a swim meet lately? Believe it or not, there's a waiting list. In the long distance running area, we have to infringe on relatives and friends and literally beat the bushes to



Ex-PA-AAU Long Distance Running Chairman, Rich Perry.

get people to help us with a meet."

When questioned on why he gave up the Long Distance Running Chairman's job half-way through his second consecutive term, Rich remarked, "I became frustrated; I wasn't meeting the goals that I had set for myself and the Committee. I wanted to upgrade the long distance running scene by better race quality, development of race standards, and a better communication system for runners. I found myself more concerned with working long hours organizing and administering sixteen races a year. Man, that's more than one a month! The job became enormous, and too much to handle for a small group of faithful volunteers. The overall involvement from a great number of clubs, race organizations, and runners was lacking."

From this conversation, the future of long distance running looked pretty bleak. But Rich insisted that running will again advance as soon as the runners decide what they want. As Rich quipped, "Do they want to upgrade the sport or leave it as is?"

Perry's position seemed somewhat negative, but as he points out, "The aforementioned statements are not meant to be negative against runners, on the contrary, rather an awakening to a matter of priorities---RACING VS. WORKOUTS."

/Interview by Jim Valenti/

## NOR-CAL PORTRAIT

**MEET BOB PAULIN:** (By Jon Hendershott) - Bob Paulin's theme song could be "Headin' for the Hills." It seems the hillier the course, the better the 16-year-old Camden High (San Jose) junior likes it.

"Most of my cross country training is done in the hills, but once in a while I do repetitions on the track," says Paulin. "During track I do more speed work on the track, followed by medium-length runs. Actually, my training is made up of a little of everything."

And the effects of his training have shown. In 1973, Paulin was selected Northern California's Sophomore Cross-Country Runner of the Year after an excellent season which saw him as a regular on the Camden varsity when he ran to eighth in the Central Coast Region III race and 18th in the CCS Finals. He ended 1973 with a PR 15:09.0 three-mile to win the sophomore section in the postal competition.

Moving outdoors last spring, Paulin clocked career bests of 4:31.3 in the mile and 9:32.9 for two, the latter bringing him home fifth in the CCS Finals. And he is tough on the roads too: --he ran to 21st in the Bay-to-Breakers mob and was the fastest scratch runner at Woodminster, his 50:12 placing him sixth at the end of the hilly, 9.3 mile route.

"I simply prefer a hilly course to a flat one," he says. When it comes to training, Paulin just doesn't coast downhill. He trains--and competes--year-round. "I run summer distances races, then cross country in the fall, then track in the spring. Between cross country and track is the only time there aren't a lot of races. The competition in cross country and track is good, but I enjoy the summer races more because there is less pressure."

Paulin's training schedule isn't as simple as his competitive set-up. "Depending on how I feel, I train twice daily, six days a week," he points out. "My training varies with each season."

"In July, medium distance (5-10M) at 5:20-5:50 pace. In August, the same length workouts, but in the hills. This is great cross country training. Same in September except emphasizing more speed. Same in October and November but cutting down on speed in November.

"In December I start my longer training, 10-20M at 6-7 minute pace. The longer distances carry through into January but start tapering later in the month in anticipation of starting track training."

"In February I do medium distance workouts plus repetitions like: 440 at 64.0, 880 at 2:18, 1320 at 3:30, mile at 4:45, plus intervals like 110 at 15, 220 at 35, 440 at 64.



Camden High's Bob Paulin, this month's NorCal Portrait. /Dave Stock/

At Camden, we do either repetitions or intervals and then go for a medium or long run. March and April are virtually the same; so is May, but the emphasis drops some. In June, I start back on the long distance workouts."

"My training works out something like 50-70 miles per week in summer, 60-90 in winter, and 30-60 during track season. My longest continual training run was a marathon--on a track. I ran 2:53:24."

Paulin's favorite specific distance is the two mile, but he likes any distance up to 10 miles. "The longer races are fun because you have a chance to try out several different strategies on other runners," he says.

An interesting facet of Paulin's propensity for hills is something he calls 'ankle snapping.' "In cross country, I try to use all the basic tactics," he explains, "like speeding up around a corner or nearing the top of a hill, maintaining an even pace but keeping up with the leaders, giving a fresh-looking appearance when passing someone, using an opponent as a windblock when necessary, maintaining form, leaning into hills and snapping ankles up a hill.

"When a shot-putter throws, he snaps the shot off with his wrist and thus gets more power. Ankle snapping works the same way going up hills. You don't have to lengthen your stride; it automatically lengthens when you snap your ankles. Ankle flexions are a good exercise to strengthen your ankles so you can snap them running uphill."

Paulin has been running since seventh grade in 1971. He is coached at Camden by Bob Woods, whom Paulin calls, "a runners encyclopedia of information and help to anyone who asks."

*Bob Paulin, San Jose, CA (Camden High School/Cambrian Road Runners). Born March 30, 1958, Bitburg AFB, West Germany; 5'8", 118-lb. Bests: Mile--4:31.3; 2M--9:32.9; 3M--15:09.0.*

## WEST VALLEY PORTRAIT

**MEET PEGGY LYMAN:** (By Bill Clark) - One of the premiere distance runners of this area, regardless of sex, is Peggy Lyman, this month's West Valley Portrait. While only competing seriously for the past few years, Peg has accumulated an impressive set of times, including the following in 1974: PA 20K--1:19:58; Women's National AAU Marathon--2:58:55; Searsville--49:23; Tiburon--52:59; and Ft. Baker--1:40:22. Breaking three hours for the marathon was an unexpected surprise for Peg, and it ranks as the most satisfying running experience in her short career. She clipped nearly 24 minutes from her previous best in that race!

Peg's impressive times are not a result of chance or natural talent, but are derived from a series of hard workouts that any runner would be proud to log in. She basically follows a hard-day/easy-day program with the three hard days consisting of 6-10 miles in the morning at a non-LSD pace of 6:50-7:30 per mile, followed by intervals or hill running in the afternoon. On recovery days, Peg will run 6-8 miles at noon at an easy pace. Sunday is set aside for long runs, which range from 15 miles upwards. This all totals out to 60-80 miles per week, depending on her immediate goals, as she will ease up before important races.

Peg's training schedule and racing consistency imply that she is advised by a more experienced runner...that individual being teammate Jim Dare, a local runner of some fame (1972 AAU steeplechase champ & current leader in the NCRR LDR Point Race).

Some of you may be wondering how Mrs. Lyman finds all the time necessary for training. That's a solid question, particularly when you consider that this fall she will be Ms. for a Ph.D. in medical microbiology from Stanford University. We don't know how she does it either...*(not much help?, are we?)*.

Peggy's short term goal is to develop more speed for this coming cross country season, which, at three miles, are on the short end of her racing range. Her long term ambitions are to continue to enjoy competing while running faster times and remaining injury free.

As we go to press, Peg is in Europe, preparing for the big West German International Marathon for women only on Sept. 22.

With her first taste of international competition and her mature approach to running, Dr. Peg can be expected to continue to achieve her goals, while at the same time making the local distance running scene a little more enjoyable for everyone!

*Peggy Lyman, Palo Alto, CA (Stanford Ph.D. candidate). Born March 30, 1947. Best marks: Mile--5:26; 2 Mi--11:21.6; 20K--1:19:58; 30K--2:08:40; Marathon--2:58:55 (3rd in Natl. AAU Championships, 1974).*

## SPECIAL ARTICLE

**THE GREAT RACE:** (By Jim O'Neil) - "Of all the great races I've ever been in, this one is the greatest!" So stated San Francisco competitor Pax Beale following was was aptly and modestly called (you guessed it) The Great Race. The setting was Sacramento, and on July 27th a new and exciting type of relay was staged.

Sponsored by Eppie Johnson, a Sacramento restaurateur, this race combined the efforts of three popular sports. Eppie is an avid kayaker, and wanted to promote some kind of a race which would be interesting, challenging, and fun. From this developed the idea of a three-man relay made up of a runner, a boater, and a bicyclist. The entry fee was set at \$10 per team, with all proceeds going to the Aquarian Effort, a local drug abuse program. It seemed fitting that the tremendous physical conditioning necessary to prepare for such a strenuous endeavor should benefit those at the other end of the spectrum. Hopefully the benefits to the youth suffering with a drug problem would also include an example of what good physical exertion can do for the mind and body.

The format of the race was as follows: The course totaled 12-1/2 miles, starting at one Eppie's restaurant and finishing at another. The runners covered 2.8 miles, and passed their numbered bibs on to their boating teammates. The river portion of the race amounted to 5 miles, and the final leg of 4.7 miles was done by the cyclist. There were no restrictions on the type of bicycle or water craft to be used, except of course that they be man-powered.

The sponsor provided some outstanding prizes for the first three teams, and the winners would each receive a Trak 10-speed bike; the second-place team would get inflatable rafts, and the third-place finishers would be given complete jogging outfits.

Another interesting twist was added. Eppie formed his own group, The Great Team, with Burnett Miller (Councilman) doing the running, and Larry Turner (Aquarian Effort) handling the cycling chores. This team would run the course prior to the race, and any entry beating their elapsed time would be awarded free breakfasts at Eppie's.

Now I suppose that you sports fans are anxiously awaiting an accounting of the Great Race. So with no further ado, I shall relate the story of this unusual competition.

When I heard about the Great Race in early September, I immediately contacted my friend and fellow senior runner, Don Pickett. He was the winner of the torturous Dipsea race in 1968, and recently he has been doing considerable bike racing. I asked him if he knew of any ancient kayakers so that we could make up an all-senior team. He quickly suggested that we get Gunther Hammersbach, a transplanted German kayaker of no little repute. Although Gunther is a mere 37 years of age, the average of the three of us would be 44. With his consent to join us, all that remained was to select a team name, which would be "The Rammers" (our sponsor was The Ram, a local restaurant). Don assured me that Gunther could practically walk on the water, which figured to make us solid contenders.

Race morning arrived with perfect conditions for our competition. With what amounted to very little publicity, the race attracted a strong field of 51 teams. I took my place at the starting line along with other runners representing such impressive-sounding teams as "The Valient Vegetables", "The Krauts", "Dog Meat", "Bull Frog", "Billie Jean King", and "The Good, The Bad, and The Ugly". It was a very fast field, and the first three runners to reach the river were Carl Schaechterle, Mike Tulley, and Noel Hitchcock. I arrived in 12th place, feeling that I may have let my teammates down. That feeling was soon dispelled when I watched Gunther cast off in his raunchy-looking kayak, which didn't look like it could negotiate the width of the river! I swear that Gunther's craft didn't hit the water more than twice in the first quarter mile, and as he disappeared around the bend, my hopes began to rise.

Other assorted craft included canoes, single sculls, and even a nut who crashed into the river in an inner-tube. The five-mile stretch of the American River used in the race featured several tough series of rapids, offering quite a challenge to the competitors. Many capsized, including one of the



Peggy Lyman, a 2:58 marathoner, is this month's West Valley Portrait...shown running first leg at the Tahoe Relays. /Paul Cooper/

sculls, and the aforementioned inner-tube entrant was a DNF. The bicycle portion of the race brought some amused looks with one of those weird-looking three-wheelers with the huge front wheels that our grandparents used to ride (great-grandparents?).

I drove directly to the finish line to await the outcome. At the parking lot of Eppie's there was a Dixieland band warming up to greet the finishers. There was also much free beer and hot dogs being dispensed to participants and spectators alike.

After a terribly suspenseful wait of about forty minutes, a cyclist was sighted pumping frantically towards us. My beer went flying when I finally recognized my teammate, Don Pickett. It was great to watch him zip across the finish line in a total team time of 1:26:45. Second place went to "Marin's Hope", composed of Jim Farren, Brennan Agajan, and Toby Pickett (son of Don)...Brennan captained the Redwood High School 1974 championship crew, and he competed in a single scull. Their time was 1:38:45, exactly three minutes ahead of the third-placers, the "J.C.'s", composed of Noel Hitchcock, Lyle Eastman, and Pat Scott.

The Great Race was an exciting experience for everyone. The general feeling was expressed by runner Chuck Stagliano when he said, "The enthusiasm was unbelievable! Getting these three great sports together for a relay was a fantastic idea!" Plans are already under way for next year's competition, and the feedback from the entries will improve an already successful concept. One suggestion already adopted is to lengthen the running and biking legs of the race so that the emphasis is not so much on the boating.

The Great Team previously mentioned recorded a time to beat of 2:01. Eppie's kayaking leg put a real dent in his pocketbook when he dumped in the rapids three times, and 120 hungry athletes representing 40 teams enjoyed the sponsors' hospitality.



Winning team in "The Great Race"---(left to right): Jim O'Neil (running), Gunther Hammersbach (kayaking), and Don Pickett (cycling).



#### ADVICE FROM A RUNNING PODIATRIST

Harry F. Hlavac, D.P.M.

*The response from runners "in the field" has been excellent, but we wish that more of you would put your problems in writing so that we can be sure to have some material for each issue. This column depends on you, the readers...the advice is free, so take advantage of it. Certainly many of you must have foot & leg problems? --- ALL QUESTIONS SHOULD BE SENT TO: Dr. Harry F. Hlavac, DPM, 1100 Sir Francis Drake Blvd., Kentfield, CA 94904. (Ph. 415/454-3931).*

**VIVIAN HARRIS:** "I run about 35-40 miles a week, mostly on the track. Recently, when I ran for about 5-6 miles on asphalt, I developed shin splints and sore legs. I wear Tiger Bostons, which are very popular with runners. Is it possible that these shoes don't offer enough support? I also wear a foam rubber insert to help cushion my feet. If it is not the shoes, is it possible I ran too much on the asphalt at one time, without getting used to it? In the past, when I have worn adidas Gazelles, I didn't have any trouble running on the roads. What is your opinion?"

**(RESPONSE):** - Any change in running pattern, either from soft to hard surface, from flat to hill running, from 'long slow distance' to interval training, will force your body to go through adaptive changes. The feet and legs, which absorb the stress of

the body, often show muscle and tendon strains, and occasionally joint and bone problems. Shin splints (pain in the front part of the leg muscle compartment, where the muscle attaches to the bone) are painful because of the muscle fibers pulling or tearing on the bone surface or from swelling of the muscle from overuse. Continued total conditioning will help overcome the changes in running surfaces and running styles. In your case, shin splints are a temporary symptom of this stress on your feet and legs. Chronic shin splints are problems which require further examination and a specific treatment approach.

As far as your training shoes are concerned, when you buy shoes be more concerned about cushioning and support than weight of the shoe. I will not recommend one brand name over another, but notice how your 'Bostons' are very lightweight, and so are excellent as a competition shoe, but that they have a very flexible shank. You can easily bend the shoe in the arch area. In addition, the heel is relatively low. On the other hand (foot?), a shoe like the 'Gazelle', with a more rigid shank, adequate heel elevation (at least 3/4"), and a firm heel cup and arch support, although a couple of ounces heavier, will support, protect, and cushion your feet when you run. If you're out to win a race, use a lightweight racing shoe, but if you're out to have many good days of running, use a training shoe.

**GROVER PROWELL:** "One of my friends has developed an injury in the metatarsal arch of his right foot, which has plagued him for the past month, when he runs. When the heel lifts off, he feels a sharp pain just behind the toes and under the foot. It hurts the worst in the morning, but affects him to some degree whenever he runs, although there is no aching soreness. Most of his running is done at around 7 minutes a mile, once a day, usually 5 miles at a time. His last race was 8 months previous to one he did two weeks ago, which was a mile. To ease the pain, a form-fitted pad was put in his 'Marathon', a shoe type he's used for a year, but no relief ensued. As a last gasp, Gazelles are being tried before a foot specialist is consulted."

**(RESPONSE):** - Your letter suggests the possibility of a variety of foot problems. So far, you have taken the right approach, that is, good supportive shoes to prevent continued irritation. Pain and stiffness of the feet in the morning indicates inflammation from trauma. This could be from traumatic arthritis or other problems of stress on the metatarsal bones. Your letter confuses me because you mention a sharp 'shooting' pain which could indicate nerve or ligament problems. Since the form-fitted pad did not help, the problem is not mechanical. My advice is to consult a podiatrist in your area for a more specific diagnosis and treatment plan. Most foot problems can be treated without major changes in your running program. In future issues of the NCRRI I expect to be able to provide a list of running and sports-related podiatrists in the Bay Area, through the Academy of Podiatric Sports Medicine.

## Scheduling

### LONG DISTANCE

**NOTE:** ALWAYS check with the Meet Director to verify the dates and times listed in the schedule...mistakes can and do occur. The AAU District Contact should be contacted in cases where no meet director is listed. FUN RUNS sponsored by Runner's World Magazine and the Dolphin/South End Runners of S.F. (DSE) are races requiring no pre-entries...sign in on raceday only. **AREA CONTACTS:** PACIFIC ASS'N: Harold DeMoss, P.O. Box 967, Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC ASS'N: (SPA) Wes Alderson, 4070 Minerva Ave., L.A., CA 90066 (Ph. 213/397-7226, or work--213/870-9286); PACIFIC SOUTHWEST ASS'N: (PSA) Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120 (Ph. 714/582-7752); CENTRAL CALIFORNIA ASS'N: (CCA) Bill Cockerham, 1717 S. 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). PA-AAU DISTRICT OFFICE: 942 Market St., Suite 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!!!

**RUNNER'S WORLD FUN RUNS:** - No entry fees, no AAU card required. Every Sunday at Foothill College, Los Altos, 10:30 am. A 1/2-mile race and mile race each week & a third distance between 2 & 6 miles. Contact: RW, Box 366, Mtn. View, CA 94040.

- Oct 5 - Big Green Country Invit., Lane CC, Eugene, Ore., 5 Mi., Noon. Al Tarpenning, Lane Community College, Eugene, Ore. 97401.  
 Oct 6 - ORRC Silver Falls Run, (26 Mi. East of Salem), 6.9 Mi., 2 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005.  
 Oct 6 - Will Rogers XC Run, Pacific Palisades, 15 Km., 9 am. Phil Clarke, 15232 Burton, Van Nuys, CA 91402. (SPA)  
 Oct 6 - DSE 4 Mile Run, Golden Gate Park, S.F., 10 am. Walt Stack, 321 Collingwood St., San Francisco, CA 94114. (DSE)  
 Oct 6 - 3rd Annual Pamakid Lake Merced Run, 7.1 Mi., S.F., 9:30 am. Alex Monterrosa, 662-12th Ave., S.F. 94118. (WAS OCT. 5)  
 Oct 12 - Sac'to Invit. XC Races (CANCELLED EXCEPT FOR MASTERS DIV.), 5 Mi., 11 am. Bruce Drummond, Sac'to St., 6000 J St., Sacramento, CA 95819.  
 Oct 12 - State of Jefferson Run, Emigrant Lake, Ashland, Ore., 8 Mi., 11:15 am. Jerry Swartsley, Box 1072, Phoenix, Ore. 97535.  
 Oct 13 - 24th Annual Columbus Day 5 & 10 Kilo, Lake Merritt, Oakland, 8:30 am. Enrico Dell Osso, 1803 3rd Ave., Oakland 94606.  
 Oct 13 - Chico 10 Kilo Race (TENTATIVE), 8:30 am in 1973. George Wright, 1191 E. 7th St., Chico, CA 95926.  
 Oct 13 - ORRC Gabriel Pk. XC Run, Portland, Ore., 6 Mi., 2 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005. (OA)  
 Oct 13 - Nike/Oregon TC Marathon, Eugene, Ore., 11 am. Geoff Hollister, 855 Olive St., Eugene, Ore. 97401. (OA)  
 Oct 13 - 10th Santa Barbara Marathon, 7:30 am (PRE-ENTRIES REQ'D). John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (SPA)  
 Oct 19 - Reedley Fiesta Road Races, Reedley. Cameron Ostrand, Reedley High School, Reedley, CA 93654. (CCA)  
 Oct 19 - Berkeley Waterfront Run, 5 Mi., 9 am. The Athletic Dept., 2114 Addison St., Berkeley, CA 94704.  
 Oct 19 - Days of Verdugo 10 Mile Run, Glendale College, 9:30 am. Tom Cory, 1915 Kenneth, Glendale, CA 91206. (SPA)  
 Oct 20 - Nevada Journal Jog, Reno, 5 Mi. (DATE TENTATIVE). Nevada State Journal, Reno, Nevada 8950-.  
 Oct 20 - DSE Presidio Gate 4 Miler, Meet at Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood St., S.F., CA 94114. (DSE)  
 Oct 20 - PA-AAU 50 Kilo Championships, Sacramento, 10 am. Walt Betschart, 4120 A Street, Sacramento, CA 95819.  
 Oct 20 - Natl. Sr. AAU 20 Kilo Championships, Gardner, Mass., 1 pm. Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.  
 Oct 20 - ORRC Washington Pk. XC Run, Portland, Ore., 5 Mi., 2 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005. (OA)  
 Oct 21 - Porterville Road Run (DATE VERY TENTATIVE). Richard Reynaga, 240 S. Plano St., Porterville, CA 93257. (CCA)  
 Oct 26 - San Dieguito Park 10 Mile Handicap, San Diego(?). Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)  
 Oct 27 - Long Beach 16.2 Miler (& 4.1 Mi. Age-Group), Cal-St., 8 am. Wes Alderson, 4070 Minerva Ave., Los Angeles 90066. (SPA)  
 Oct 27 - 9th Berkeley-to-Moraga Run, 13.9 Mi., 10 am. Chas. MacMahon, 154 Grover Ln., Walnut Creek, CA 94596.  
 Oct 27 - ORRC Reed College XC Run, Portland, Ore., 6 Mi., 2 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore., 97005. (OA)  
 Oct 27 - Woodlake 25 Kilo, Woodlake, CA. Wayne Van Dellen, 37149 Road 192, Woodlake, CA 93286. (CCA)  
 Nov 2 - Ridgecrest CCAC 10 Kilo (nr. Mohave), 11 am. Dick Hughes, Route 1, Box 3486-A, Ridgecrest, CA 93555. (SPA)  
 Nov 2 - Natl. AAU (Sr. & Masters) 50 Mile Championships (DATE TENTATIVE), Central Pk., NYC, 9 am. Vince Chiappetta, 2 Washington Square Village, #9-D, New York, NY 10012.  
 Nov 2 - 10 Kilo Road Run, Foothill College, Los Altos, 10 am (& Seminar on 'Training & Stress' at 1:30 pm). Jim Woodruff, 531 Benvenue Ave., Los Altos, CA 94022.  
 Nov 2 - ORRC Oxbow Rd. Run, Gresham, Ore., 5 Mi., 11 am. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore., 97005. (OA)  
 Nov 2 - Polar Bear Triathlon, nr. Bonneville Dam (Portland, Ore.), 8 am. Alan Jones, 921 SW Washington, #570, Portland, 97205.  
 Nov 3 - Napa Marathon (CANCELLED)...three days after printing last issue we received word of this, too late for last time.  
 Nov 3 - DSE Daly City Practice Hill Run, Colma School, 6.25 Mi., 10 am. Walt Stack, 321 Collingwood St., S.F., CA 94114. (DSE)  
 Nov 3 - Phelan Blind Handicap, 15 Mi. Open, 10 am. Wes Alderson, 4070 Minerva Ave., Los Angeles, CA 90066. (SPA)  
 Nov 9 - PA-AAU Sr. XC Championships, Golden Gate Pk., S.F., 10 am. (ENTRIES CLOSE NOV. 4). SF Olympic Club, 524 Post, SF 94102.  
 Nov 9 - SPA-AAU Sr. XC Championships, Fountain Valley, 10 Kilo, 10:30 am. Bob Price, 1928 S. Flower, Santa Ana, CA 92707. (SPA)  
 Nov 9 - ORRC Track Run, 10 Mi., Duniway Pk., Portland, Ore., 1 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005. (OA)  
 Nov 10 - Turkey Trot, 5 Mi., Lane CC, Eugene, Ore., 11 am. Geoff Hollister, 855 Olive St., Eugene, Ore. 97401. (OA)  
 Nov 10 - Pioneer Road Run, Phoenix, Ore., 9 Mi., noon. Jerry Swartsley, Box 1072, Phoenix, Ore. 97535. (OA)  
 Nov 10 - Westside Road Race (Fresno?). Art Fernandez, 1611 "N" St., Firebaugh, CA 93622. (CCA)  
 Nov 10 - DSE Kennedy Drive Run, 4.7 Mi. (Polo Fields, GG Park, SF), 10 am. Walt Stack, 321 Collingwood St., SF 94114. (DSE)  
 Nov 16 - Colfax Carnival Age-Group Races (TENTATIVE), 10 Mi. Open, 10 am. Pete Hanson, Box 253, Colfax, CA 95713.  
 Nov 16 - 23rd Rosebowl Handicap (MAYBE 17th?), 10.8 Mi., Pasadena, 9 am. Bill Cotter, 108 Via Las Vegas, Palos Verdes 90274. (SPA)  
 Nov 17 - Natl. AAU Masters XC Championships, 10 Kilo, El Dorado Pk., Long Beach, 10:30 am. Sam Nicholson, 4946 Frederick, La Crescenta, CA 91214. (SPA) (PRE-ENTRIES REQ'D)  
 Nov 17 - DSE Ferry Bldg. Run, 4 Mi., Meet at Dolphin Club (SF), 10 am. Walt Stack, 321 Collingwood St., SF 94114. (DSE)  
 Nov 17 - 1st Annual Dogfood Run, 6 Mi., Foothill College, Los Altos, 10:30 am (Handicap). J. Woodruff, 531 Benvenue, Los Altos.  
 Nov 23 - Skunk Hollow II, 10 Mi., 9 am. Connie Rodewald, 852 Sharon, Camarillo, CA 93010. (SPA)  
 Nov 24 - Roeding Park 5-Man 15-Mile Relay. Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702. (CCA) (CHANGED FROM NOV. 23)  
 Nov 23 - Oak Hills Road Run, 7 Mi. (Open), Portland, Ore., 11 am. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005. (OA)  
 Nov 24 - 6th Pico Rivera Turkey Trot, 10 Mi., 9:30 am. Wes Alderson, 4070 Minerva Ave., L.A. 90066. (SPA)  
 Nov 24 - Pepsi 20 Miler, Sacramento, noon. Paul Reese, 2789 - 17th St., Sacramento, CA 95818.  
 Nov 30 - Fourth Annual Fresno Park Road Race. Fernie Montanez, 3053 W. Alamos, Fresno, CA 93705. (CCA)  
 Nov 30 - Island Marathon, Sauvie Island (Portland, Ore.), 11 am. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005. (OA)  
 Nov 30 - Natl. AAU Sr. Men's XC Championships, 10 Kilo, Belmont (Crystal Springs XC Course), 11 am. (ENTRIES CLOSE NOV. 25). West Valley TC, P.O. Box 1551, San Mateo, CA 94401.  
 Nov 30 - 3rd Nevada City Gold Run, 8.2 Miles, Grass Valley, 11 am. Nick Vogt, Box 3, Ridgeview Dr., Grass Valley, CA 95945.  
 Dec 1 - Excelsior Golden Gate Park West End Run, 6 Miles, SF, 10 am. Frank Donahue, 4903-B Mission St., S.F. 94112.  
 Dec 1 - Culver City (Western Hemisphere) Marathon, 8 am (PRE-ENTRIES REQ'D). Carl Porter, P.O. Box 507, Culver City 90230. (SPA)

## CROSS COUNTRY

**IMPORTANT:** - *The NCRS is not perfect, nor are the schedules we receive! So...before you journey to any of the multitude of XC meets listed below and on the next page, whether to compete, or just to observe...be sure and verify dates & times. -- CODING:* Rather than put a different section for high school, college, etc., we will print all the meets together, with use of the following coding system when the name of the meet is not enough to distinguish entry restrictions. (B) Boys; (G) Girls; (AG) Age-Groups, regular AAU divisions for boys & girls; (JHS) Junior High School; (HS) High School; (JC) Junior College; (C) Colleges &/or Universities; (W) Women; (JR) Juniors (under 20); (M) Masters (over 40); (O) Open; (12-13) Age designations. --We realize that we have omitted some important meets because we haven't heard of them. Thanks to all those who sent in XC scheduling...this is by far our best listing ever.

- Oct 3 - STANFORD INVIT. (HS), Stanford Golf Course, 3 pm (Men-To-Atherton HS host); MTAL CENTER MEET (HS), Pacific Grove.  
 Oct 4 - SOUTH LAKE TAHOE INVIT. (HS): LYNBROOK INVIT. (HS), Lynbrook HS, Sunnyvale.

- Oct 5 - SONOMA ST. INVIT. (B&G-AG/M/W/O), Annadel Pk., Santa Rosa, 11 am (Bob Lynde, Sonoma St., Rohnert Pk. 94928); NEVADA UNION INVIT. (HS), Grass Valley, 10 am; PORTERVILLE INVIT. (JC), Porterville; GOLDEN GATE INVIT. (JC), San Francisco, 10 am; ARTICHOKE INVIT. (HS), Half Moon Bay HS, 9 am; APPALOOSA TC INVIT. (B&G-AG/14-Up), Sandy Wool Lake, Mitpitas, 10:40 am (Gary Gallego, 1926 Lakewood Dr., #F, San Jose 95132); CHICO INVIT. (JC/C), Chico, 11 am; FRESNO ST. INVIT. (B-G/JHS/HS/C/O); Woodward Pk., Fresno, 10:40 am; NOR-CAL INVIT. (C) Turlock, 11 am; ALL-CAL CHAMPIONSHIPS (C) UC Davis, 11 am; CLAYTON VALLEY INVIT. (HS), Concord; OAL INVIT. (HS), Joaquin Miller Pk, Oakland, 10 am (Skyline HS host); MCATEER INVIT. (HS), San Francisco.  
 Oct 7 - CARLMONT INVIT. (HS), Belmont (Carlmont HS host).  
 Oct 11 - CROCKER SCHOOL INVIT. (JHS), Hillsborough (D. Robertson, c/o Crocker School, Hillsborough, 94010).  
 Oct 12 - FOLSOM INVIT. (HS) Brown's Ravine (Sac'to), 10 am; SAN RAMON INVIT. (HS) Danville; APTOS INVIT. (HS) Aptos HS, 9:30 am; ORINDA INVIT. (B&G-AG/W) Cowett Pk., Concord (Don Bailes, 133 Selborne Wy, Moraga 94556)---MORE!!!!

- Oct 12 - SACRAMENTO ST. INVIT. (M only), Sac'to St., 5 Mi., 11am (Bruce Drummond, Sac'to St., 6000 J St., Sac'to 95819); AGGIE INVIT. (C), UC Davis, 11 am; CSM INVIT. (JC) Crystal Sprgs, Belmont, noon; ALISAL INVIT. (HS) Toro Pk, Salinas, 10 am; LONG BEACH ST. XC CHAMPIONSHIPS (C/O) Cal-St. Long Beach.
- Oct 14 - CARLMONT INVIT. (HS) Belmont (Carlmont HS host).
- Oct 16 - CENTRAL CALIF. CONF. CENTER MEET (HS) Turlock HS.
- Oct 17 - CENTER MEET (HS) Crystal Sprgs, Belmont, 2 pm; CENTER MEET (HS) Coyote Pk, San Jose, 2 pm.
- Oct 19 - AZTEC INVIT. (JHS/HS/M/JC/C/O) Balboa Pk, San Diego, 9 am; MERCED INVIT. (HS) Merced; SOQUEL INVIT. (HS) Soquel HS, 9 am; RIO LINDA INVIT. (HS) Gibson Ranch (Sac'to), 10 am; PALOS VERDES INV. (HS) Palos Verdes HS; PACIFICA INVIT. (HS) Pacifica HS; DEL MAR INVIT. (HS) San Jose, 9:30 am; ROSEVILLE INVIT. (B&G-AG/W), Sierra College, Roseville (Gil Duran, 1325 Susan Cir., Roseville 95678); OREGON ST.-WVTC-STANFORD-CAL-SJS, -Stanford Golf Course, 6 Mi., 10 am; MORRO BAY INVIT. (HS) Morro Bay, 10 am; HANCOCK INVIT. (JC) Waller Pk., Santa Maria, 11 am.
- Oct 24 - MTAL CENTER MEET (HS) Pacific Grove; CENTER MEET (HS) Crystal Sprgs, Belmont, 2 pm; CENTER MEET (HS) Coyote Park, San Jose, 2 pm.
- Oct 26 - BLOSSOM HILL CHALLENGE (HS) Leigh HS (host), 9 am; PACIFIC GROVE INVIT. (HS) Pacific Grove HS; PA-AAU BOYS' AGE-GROUP & 14-17 CHAMPIONSHIPS, Contact: Nick Sakelarious, RC Flyers, 11 Burbank, Redwood City 94064 (Scheduled for Crystal Sprgs, Belmont); RICHARD KNOX TEAM RACE (HS) Rusch Park, noon; PLEASANT HILL INVIT. (HS/C/O) Pleasant Hill HS, 9:30 am; MT. SAC INVIT. (JC) Walnut, 10 am; SANTA BARBARA INVIT. (JC) Santa Barbara CC; BEACH RUN (HS) McKinleyville HS host.
- Oct 31 - CENTER MEET (HS) Crystal Sprgs, Belmont, 2 pm; CENTER MEET (HS) Coyote Park, San Jose, 2 pm.
- Nov 2 - TWO-MILE POSTAL (HS) SJ State or West Valley JC, 9 am (Leigh HS, San Jose host); PAC-8 SOUTHERN DIVISION (C) at UCLA, 11 am; PENINSULA INVIT. (HS) Stevenson HS, Pebble Beach, 10 am.
- Nov 3 - PA-AAU 14-15 & WOMEN'S CHAMPIONSHIPS, Hellyer Park, E. San Jose, Contact: Augie Argabright, 18430 Baylor, Saratoga 95070.
- Nov 6 - AAA CHAMPIONSHIPS (HS) Golden Gate Pk, SF, 3 pm.
- Nov 8 - GOLDEN GATE CONF. CHAMPIONSHIPS (JC) Crystal Sprgs, Belmont, 3 pm.
- Nov 9 - SAC-JOQUIN DIST. IV (HS) Site TBA; NSCIF FINALS (HS) Chico HS; THREE-MILE POSTAL (HS) SJ State or West Valley JC, 9 am (Leigh HS host); CALIF. STATE AAU GIRLS & WOMEN'S CHAMPIONSHIPS, LaJolla, Contact: PSA-AAU, Don Vynne, 1135 Garnet Ave., San Diego 92109; COAST CONF. CHAMPIONSHIPS (JC) Gavilan JC, Gilroy; CAMINO NORTE CONF. CHAMPIONSHIPS (JC) Kentfield, 11 am; GOLDEN VALLEY CONF. CHAMPIONSHIPS (JC) Lassen JC, 1 pm; VALLEY CONF. CHAMPIONSHIPS (JC) Fresno CC, 11 am; PA-AAU SR. XC CHAMPIONSHIPS (O) Golden Gate Pk, SF, 10Km, 10 am (see LDR schedule for contact); FAR WESTERN CONF. CHAMPIONSHIPS (C) Humboldt St., Arcata, 11 am; NAIA DISTRICT III CHAMPIONSHIPS (C) La Mirada.
- Nov 10 - AAU BOYS' STATE MEET (B-AG) Contact: Jerry Dunbar, 14892 Sabre Ln., Huntington Beach 92647.
- Nov 13 - NCS DIV. I (HS) Lake Elizabeth; NCS DIV. II (HS) San Ramon HS, Danville; NCS DIV. III (HS) Lake Lagunitas.
- Nov 15 - WCAL FINALS (HS) Crystal Sprgs, Belmont, 2 pm; NOR-CAL JC FINALS, Monterey Peninsula College, 11 am.
- Nov 16 - PA-AAU WOMEN'S 10 KILO CHAMPIONSHIPS, Crystal Sprgs, Belmont, 11 am (Nov. 12 Entry Deadline), Contact: Peggy Lyman, 230 College Ave, Palo Alto 94306; WEST VALLEY NATL. AAU TUNEUP (O) Crystal Sprgs, Belmont, 10 Kilos, 11 am (Nov. 12 Entry Deadline), Contact: Jack Leydig, P.O. Box 1551, San Mateo 94401; SAC-JOQUIN SECTION FINALS (HS) Site TBA; MILLS FRESHMAN HARRIER RUN (HS) Mills HS, Millbrae; PAC-8 CHAMPIONSHIPS (C) Stanford Golf Course, 11 am; NCAA DIV. II CHAMPIONSHIPS (C) Springfield, Mo., 11 am; NCAA DIV. III CHAMPIONSHIPS (C) Wheaton, Ill.; NAIA CHAMPIONSHIPS (C) Salina, Kansas; USTFF WESTERN REGIONALS (JR/M/C/O) Woodward Pk, Fresno, 11 am (Contact: Bill Cockerham, 1717 S.Chesnut, Fresno 93702); SO-CAL JC CHAMPIONSHIPS, Mt. SAC, Walnut, 10 am. (LATE DATE CHANGE TO NOV. 23)!!
- Nov 17 - CALIFORNIA CLUB CHAMPIONSHIPS (O) El Dorado Pk, Long Beach, 10 Kilos, 9 am (Contact: Tom Cory, 1915 Kenneth Rd., Glendale 91206); NATL. AAU MASTERS CHAMPIONSHIPS (M) Same location and distance as above, 10:30 am (Contact: Sam Nicholson, 4946 Frederick, La Crescenta, CA 91214---Nov. 10 Entry Deadline).
- Nov 19 - OAKLAND A.L. FINALS (HS) Site TBA; NCS FINALS (HS) Site TBA.
- Nov 20 - CCS REGION II (HS) Coyote Pk, San Jose, 2:30 pm,
- Nov 21 - CCS REGION I (HS) Crystal Sprgs, Belmont, 3 pm; CCS REGION IV (HS) Site TBA.
- Nov 23 - STATE JC CHAMPIONSHIPS (JC) Mt. SAC, Walnut, 10 am; NATL. AAU JR. WOMEN'S & REGION 13 AGE-GROUP INVIT., MILLS HS, Millbrae, Contact: Jim Hume, c/o Harmon Brown, 2335 David Ct., San Mateo, CA 94403.
- Nov 25 - NCAA DIV. I CHAMPIONSHIPS (C) Bloomington, Ind., 11am.
- Nov 26 - CCS FINALS (HS) Coyote Park, San Jose, 3 pm (Lynbrook HS, Sunnyvale--host).
- Nov 27 - USTFF NATL. CHAMPIONSHIPS (C/O) Univ. of Michigan, Ann Arbor, 6 Mi., Contact: USTFF, 1225 N. 10th Ave., Tucson, Ariz. 85705.
- Nov 30 - NATL. AAU MEN'S XC CHAMPIONSHIPS, Crystal Sprgs, Belmont, 10 Kilos, 11 am (Entries Close Nov. 25) Contact: WVTC, P.O. Box 1551, San Mateo, CA 94401; NATL. AAU SR. WOMEN'S XC CHAMPIONSHIPS, Dayton, Ohio, Contact: Steve Price, 117 Pursell, Dayton, Ohio 45420; NOR-CAL INVIT. (HS) Joaquin Miller Pk, Oakland; ALL-SECTIONS STATE MEET (HS) Hurden (Merced??), 2 pm.
- Dec 7 - ROSEVILLE GAZELLES INVIT. ROAD RUN (B&G), Roseville, Contact: Gil Duran, 1325 Susan Cir., Roseville 95678; OCCIDENTAL DISTANCE CARNIVAL (HS/JC/C/O) Occidental College Track (3 Miles), L.A.
- Dec 21 - NATL. AAU MEN'S JR. (& PA-AAU) 8 KILO CHAMPIONSHIPS, Alameda, Time TBA, Contact: Bob DeCelle, P.O. Box 1606, Alameda 94501 (Entries close Dec. 18).

ADDITION: (Nov 23) - NATL. AAU MASTERS 3000m TEAM RACE (M) San Diego, Contact: Bill Gookin, 5946 Wenrich Dr., San Diego 92120.

POSTAL COMPETITIONS: - The USTFF and T&FN are again sponsoring their annual track postal competitions. Last date for running a postal is Dec. 15. Two Mile competition is open to Junior HS and Senior HS; Three Mile competition is open to Senior HS and College/Open; 2-Man 10-Mile Relay competition is open to anyone. For forms, write to: USTFF, 1225 N. 10th Ave., Tucson, Ariz. 85705....see Nov. 2 & 9 in above schedule for two & three mile high school postals.

## TRACK & FIELD

Oct 19 - SANTA BARBARA MASTERS T&F MEET: Events--5,000m Walk, 440 Relay, Mile, 120HH, 440, 10,000m, SP, LJ, JT, HJ, PV, DT, TJ, HT...La Playa Stadium, Santa Barbara, noon. Contact: Stan Hermann, P.O. Box 3291, Santa Barbara, CA 93105 (Ph. 805/965-7104)...40 & Over Only.

WINTER ALL-COMERS MEETS: - Haven't heard whether or not the regular winter all-comers series, usually held at CSM, will be on this year or not, but should have something by next issue. Anyone knowing of any track & field meets during the period of December-January, please contact us immediately! Thank you.

## RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For Nor-Cal) Frank Hagerty, 2973 W. Swain Rd., #37, Stockton, CA 95207 (Ph. 209/478-2065); (For So-Cal) Ed Bouldin, 11923 Old River School Rd., Downey, CA 90242 (Ph. 213/923-1168); (For Pacific NW) Don Jacobs, Box 23146, Tigard, Ore. 97223. -- Below is all we know of...HELP!

Oct 13 - Lake Merritt 5 Kilo, Oakland, 8:30 am (with runners).

Oct 20 - Natl. AAU Sr. 30 Kilo, Columbia, Missouri...contact: Joe Duncan, 4004 Defoe Dr., Columbia 65201; 12:30 pm.

MASTERS NATL. AAU 20 KILO WALK: (July 7, Sauvies Island, Ore.) - This race was held in conjunction with the National AAU Master's Track Championship. Two Californians finished in the top 10, with WVTC'er Phil Mooers, well into his 50's, placing 10th in 2:13:38. Chris Amaroso of Colorado and Max Gould of Canada tied in 1:46:51 to win, far ahead of Don Johnson (N.J.) who clocked 1:53:57. Justin Gersbury, a Californian (we don't know where from), got 4th spot in 1:58:08. /Don Jacobs/

BOWMAN CLIPS ADRIANO IN 15 KILO: (San Francisco, no date) - Taking the lead shortly before 5K, transplanted Southern Californian, Bob Bowman, went on to easily defeat WVTC's Manny Adriano (1:22:06 to 1:25:17), with Art Smith 3rd at 1:42:38. Brian Snazelle went 10K in 65:00. -- On the same day, the women, went 5K, with Diana Dimmick doing 29:43, to easily beat

runnerup Kim's 33:38. Third was Brook in 37:02. /Frank Hagerty/

**DURAN WINS SOLO 15 KILO:** (July 28, Stanford) - Roger Duran of West Valley TC, showing signs of a comeback of sorts, sped to a 1:21:30 clocking over the 15K distance, far ahead of Tim & Gene Quilantang (1:42:05 & 1:43:58, respectively). Teammates Wayne Glusker and Manny Adriano called it quits at 10K with 54:00 each, and Goetz Klopfer did 5K in 27:25. Sue Hommick grabbed the 5K women's walk in 33:03, some 30 seconds ahead of second-placer Kim. /Frank Hagerty/

**RANNEY PULLS FOUR OTHERS UNDER 2:50 IN QUICK 30 KILO:** (Aug. 11, S.F.) - Bill Ranney had a fairly easy time of it, winning as he pleased in 2:43:20 over early-leader Bob Bowman, who did a 2:46:47 to edge fast-closing Wayne Glusker's 2:47:02. The next two spots were filled by Glusker's teammates at 2:49:17 (Manny Adriano) and 2:50:05 (Roger Duran). Goetz Klopfer started, but didn't finish. All but Bowman picked up the pace over the last half...unusual for a race of this length. It's probably been a long time since any local 30K in this country has had 5 people at 2:50 or better. The course was six 5K loops in Golden Gate Park under cool but humid conditions. /Roger Duran/

**CHRIS SAKELARIOS 8TH IN WORLD CHAMPIONSHIPS:** (Aug. 24, Stockholm, Sweden) - Linda Brodock led the US team to a second-place finish in the 5000m World Race-Walking (women's) Championships here with a time of 24+ minutes (results weren't available to us at time of printing), while RC Flyer, Chris Sakelarios, the only NorCal walker to participate, grabbed a fine 8th (26:01), with US teammate Sue Brodock taking 9th (time not available). This was Chris' first international competition. /N.Sakelarios/

**BOWMAN AND DURAN COMPETE IN NATL. 50 KILO:** (Sept. 1, Seattle) - Larry Young proved he's still tops at any distance by copping his umpteenth national title in a good 4:25:51...conditions were certainly not ideal at 85°. John Knifton was the only other walker even close with his runnerup 4:30:50. New York AC pulled a squeaker over the Colorado TC, 14-15, to win the team title. Bob Bowman, living in the Bay Area now, but still competing for the BH Striders, was 6th at 4:54:20, and WVTC's Roger Duran got a 5:12:52 in 9th. Bill Ranney also competed, but did not finish (19 starters). /Roger Duran/

## TRACK & FIELD RESULTS

**CALIFORNIA BOYS STATE CHAMPIONSHIPS:** (June 7-8, Sacramento) - (9/UNDER): 880W: Vasquez/SVTC 4:28.9, A. Sakelarios/RCF 4:29.0; MILE: Latting/PH 5:43.5, Wood/ATC 5:50.8; LJ: O'Sullivan/BA 13-7 1/2, Latting 13-3 1/2; MILE-W: Vasquez 8:56.5, A. Sakelarios 8:58.7; HJ: Taylor/Un 4-6, Green/RCF 3-10, A. Sakelarios 3-10; 220: Price/LBL 29.0, Lux/PH 29.6, Ownbey/Cup 30.2; 50: Coleman/VV 6.5; 440R: LBL 56.3; 880: Latting 2:37.0; 100: Coleman 12.4; 440: Ownbey 68.0; (10-11): 880W: N. Sakelarios/RCF 4:37.7, G. Vasquez/SVTC 4:57.0; SP: Sapp/WVJ 37-8 1/2; MILE: Burke/SVTC 5:19.7; MILE-R: LBL 4:27.3, PHTC 4:35.2; HJ: MITstead/Sparta 4-10 1/2, Sells/SVTC 4-9; MILE-W: G. Vasquez 9:35.1, N. Sakelarios 10:02.3; 70LH: Sells 10.7, Penner/Cup 10.9; 440-R: LBL 53.8, HH 55.9; LJ: Holland/HH 15-8 1/2, Townsend/LBL 15-5; 220: Friend/Cup 27.4; 880: McIntyre/MM 2:26.0, Krause/PH 2:26.1, Marson/ML 2:26.4, Scattini/SVTC 2:26.4; TJ: Sells 33-6; 100: Friend 12.1, Rodigo/SJS 12.2; 440: Townsend 64.9, Bunting/RCF 66.2; (12-13): 2 MILE-W: Wagner/RCF 21:17.1, Henderson/ML 21:21.8; SP: Aparicio/SJV 39-8, Incas/RCF 37-1/2; MILE: C. Assumma/RRR 4:51.8, Olivas/SVTC 4:51.8, F. Assumma/RRR 4:54.1, Brewer/Sparta 4:58.9; MILE-W: Wagner 9:34.2, Green/SVTC 9:42.4, Henderson 9:44.7; 70LH: Call/SJV 9.2; 440R: LBL 48.2, SJV 48.8; DT: Aparicio 136-2 1/2; HJ: Sells 5-3 1/2, Shipman/SJS 5-3; 220: Cole/VV 23.9, Gibson/VV 24.0; 880: Olivas 2:14.5, Roll/PH 2:15.5; 100: Cole/VV 10.3, Gibson 10.4; 440: Samas/SJS 55.3, Hall/BA 56.3; LJ: Samas 20-2 1/2; 2 MILE: C. Assumma 10:24.5, F. Assumma 10:24.6, Reynolds/PH 11:11; MILE-R: LBL 4:00.9, HH 4:02.9; TJ: Portee/SJV 38-7, McKeen/Un 37-9; (14-15): 2 MILE-W: Miller/HH 18:42.5, Lucas/RCS 18:42.7, Lewis/Arrow 18:46.7; JT: Goalwin/RCS 107-4 1/2; HJ: Hall/Un 5-11 1/2, Sells/SVTC 5-11 1/2, Radan/SJS 5-9 1/2; MILE: Russell/Un 4:35.2, Dowling/PH 4:36.0; LJ: Daniels/VV 20-11, Lawler/LAJ 20-7, Bates/HH 20-1/2; MILE-W: Lucas 8:40.4, Lewis 8:48.0; PV: Herman/SJS 10-6; SP: Goalwin 54-2 1/2, Walters/RCF 53-8; 440: Van/LBL 53.5, Corpus/RRR 53.8; 100: Chappel/LAJ 10.2, Clinton/LBL 10.2; 880: Russell 2:02.7, Dowling 2:03.3; 220: Chappel 23.7, Lawler 23.8; DT: Green/STC 136-7 1/2, Walters 127-5 1/2; 440R: LBL 45.9, LAJ 46.0, HH 47.3; 120HH: Smith/HH 14.9, Sells 16.4; 2 MILE: Gilmer/RRR 10:26, Mandanis/RCS 10:29.3; MILE-R: LAJ 3:40.3, LBL 3:42; TJ: Smith 40-6, Bates/HH 40-3 1/2; PENT: Doble/BA 2847, Luttrell/HH 2809;

(16-18): MILE: Kasser/RCS & Geiken/RCS 4:34.0; 2 MILE-W: Brenner/SG 18:25.1; 180LH: Thompson/LAJ 19.6; JT: Benthem/Un 165-1 1/2; LJ: Ford/LAJ 21-6, Wright/RCS 21-4, Robinson/RCS 21-2 1/2; 3 MILE-W: Brenner 28:11.1; HJ: Beaver/Ch 6-4, Wright/RCS 6-1 3/4, Taylor/HH 6-1 3/4, Bulkin/SJS 6-1 3/4; SP: Streny/CS 50-7 3/4; 440R: LAJ 44.0, SFPAL 44.3; PV: Gagen/Ch 14-0; 220: Brown/LAJ 21.8, Fergerson/WCJ 21.9, Taylor 22.1; DT: Sharick/SJS 165-2 1/2, Smith/SJS 145-5; 880: Keeley/Un 1:59.4, Bridges/RRR 2:00.1; 100: Fergerson 9.8, Williams/LAJ 9.8, Brown/LAJ 9.9; 440: Fergerson 50.2, Emerson/Ch 50.4; 120HH: Sheffield/LAJ 15.0, Worth/GS 15.0, Thompson/LAJ 15.0; MILE-R: Cheetahs 3:24.2; 2 MILE: Geiken 9:42.6; TJ: Childs/RCS 43-10 1/2, Reed/Ch 42-10 1/2; PENT: Marsh/RCS 3007, Rose/SJS 2752, Wright/RCS 2698. -- TEAMS: (9/U) RCF 56, LBL 52, PHTC 47; (10-11) SVTC 96-1/3, LBL 56, RCF 52; (12-13): SJVTC 67, SVTC 45, SJS 43, VC 42, RCF 41; (14-15) RCS 97, HH 91-1/2, LAJ 70; (16-18) RCS 137, LAJ 121, Cheetahs 68. /L. Neverkovec/

**NATL. AAU GIRLS' T&F CHAMPIONSHIPS:** (June 26, Bakersfield) - 400mH: White/SI 63.0, 4. Burkland/LMM 64.2, 6. Erickson/SCC 64.5; 440R: BTC 47.1, 3. MLTC 47.9, 6. LBC 48.1; MILE: Campbell/SI 4:54.0, 3. Costello/OTC 4:56.2, 5. Bowen/LI 4:58.3, 6. Flourney/SCC 4:58.6; 440: Pastel/SI 55.4, Rich/LAJ 55.8, 5. Vetter/BRTC 56.6; 100: Doyle/Amblers 10.6, Fleetwood/SCC 10.8, 4. Robinson/BTC 11.0, 6. Nickson/BTC 11.2; JT: Bowers/SJC 154-3, Benthem/LJTC 148-3, 6. Hardaway/LATC 136-10; SP: Haynes/FE 40-8 1/4; 880: Decker/Un 2:07.5, Hollins/RRR 2:12.0, Haughy/SJC 2:12.1; 100mH: Hardy/BC 13.9; LJ: Wilson/NYPAL 19-5 1/2, 5. Griffen/LJTC 18-8 3/4; 220: Pastel 24.3, Nickson 24.7, Butler/LATC 24.9; MILE-W: L. Brodock/RRR 7:50.9, Johnson/BATC 8:09.7, Thomsen/Oxnard 8:15.4, Teegarden/BATC 8:15.5, Wimer/WS 8:20.3; 880MR: SI 1:43.2, 5. LI 1:45.7; 2 MILE: Bjorkland/DCD 10:14.8, 4. Johnson/RRR 10:48.8, 5. Adams/WS 10:49.1, 6. Wolf-inbarger/SCC 10:51.1; HJ: Huntley/OTC 5-10, Remmling/LJTC 5-8; DT: Sabol/LATC 155-6; ZMR: DCD 9:03.0, SJC 9:07.7, 5. MLTC 9:16.5, 6. LBC 9:19.8; MILE-R: SI 3:45.3, 4. OTC 3:52.3, 5. SJC 3:52.5, 6. SCC 3:52.5. TEAMS: - SI 84, Peoria Pacettes 29, SJC 26, BATC 23, BTC 23, RRR 22.

**NATL. AAU WOMEN'S T&F CHAMPIONSHIPS:** (June 29, Bakersfield) - 400mH: Bruce/PV 59.7, 3. Lester/LBC 60.0; MILE: Brown/LATC 4:45.1, Graham/SJC 4:46.0; 100: Bowen/LI 10.4, 5. Sighting/SCTC 10.6; SP: Seidler/MDYF 54-3, 3. Svendsen/LJTC 47-7 3/4, 5. Rutledge/MLTC 44-4; 880: Decker/Un 2:05.2, 5. Vetter/BRTC 2:08.8; 220: Annum/SI 23.1, Sighting 23.4, 5. Byfield/BTC 23.8, 6. Bowen 23.9; 440R: TWU 45.6, 5. LI 46.6; 440: Sapenter/PV 52.2, 3. Neufville/LATC 53.6, 5. Wiser/LJTC 54.1; 100mH: Johnson/LJTC 13.2; JT: Schmidt/LATC 203-2, Cannon/RCS 192-1, Calvert/LI 187-4, 5. Smith/SCTC 175-11, 6. Whitfield/CSH 164-8; HJ: Huntley/OTC 6-0, (tie) Spencer/Un & Gilbert/LJTC 5-8; LJ: Watson/LI 21-3 1/2; MILE-W: S. Brodock/RRR 7:29.7, 3. Marquez/RRR 7:53.6, 4. C. Sakelarios/RCF 8:06.9, 5. Thomsen/Oxnard 8:07.0; 2 MILE: Bjorkland/DCD 10:11.1, Choate/LATC 10:21.1, 4. Johnson/RRR 10:40.3, 5. Garcia/SDTC 10:43.6, 6. Brown/LATC 10:49.0; 2 MILE-R: SJC 8:49.1, 4. LATC 9:01.7; 880MR: SI 1:38.5, 6. LI 1:44.2; DT: Pavelich/LJTC 173-11, Langford/MDYF 164-1, Driscoll/LATC 161-9; MILE-R: SI 3:39.6. TEAMS: SI 56, PV 45, LATC 45, MDYF 37, LJTC 34, Tenn St. 31, LI 30.

**US vs. USSR JUNIOR T&F MEET:** (June 28, Austin, Texas) - TJ: Perevalov/SU 51-4, 3. Livers/US 50-3 3/4; 110mH: Johnson/US 13.96, Cooper/US-WVTC 14.39; 100m: Edwards/US 10.31; 400m: Byrd/US-CPSLO 46.38, Harris/US 46.64; 1500m: Byers/US 3:39.8, 4. Beck/US-UCLA 3:48.5; 5,000m: Kimball/US-ATC 14:26.7, Serena/US 14:27.1; (WOMEN): -- PENT: Smirnova/SU 4259, Kinimaka/US 3819; DT: Skoropistzeva/SU 162-5, 3. Lane/US 135-4; JT: Zadko/SU 176-1, 3. Sulinski/US-MLTC 165-6; 400m: Ingram/US 53.01, Weston/US-WS 53.13; (OTHER MEN): - 10,000m: Hulst/US 30:49.4; 400mH: Eckman/US 51.7, Graybehl/US 51.9; LJ: Hurdon/US 25-4, 4. Hardeman/US 23-8 1/2; 200m: Edwards/US-CPSLO 21.3.

**NATL. AAU MASTERS T&F CHAMPIONSHIPS:** (July 5-7, Gresham, Ore.) - 100m: (1A) 2. Presber/Un 11.2, 4. Parish/NCS 11.2, 6. Lingel/BAS 11.3; (1B) 2. Washington/BAS 11.9; (2A) Cooper/NCS 12.4; (2B) Guidet/BHS 11.9, 5. Hoover/NCS 14.1; (3A) 4. Satti/NCS 13.4; (3B) Puglizevich/NCS 14.3; (4) 3. Pennock/NCS 16.9; 200m: (1A) 2. Lingel 23.1, 6. Parish 24.4; (1B) 2. Washington 24.2, 4. Jordan/NCS 25.2; (2A) 4. Cooper 26.1; (2B) Guidet 24.8, 6. Hoover 29.1; (3A) 2. Satti 27.7; (3B) Puglizevich 29.5, 3. Shine/NCS 30.8; 400m: (1A) 3. Clark/BAS 52.9, 4. Lingel 53.6; (1B) Washington 54.2; (2B) Guidet 56.3, 4. Fairbank/SRC 60.9; (3A) 3. Satti 61.4, 4. Bierlein/Un 70.7; (3B) Shine 67.8; 800m: (1A) Pratt/Un 1:58.2; (1B) 4. Hutchinson/NCS 2:14.4; (2A) 6. Smith/NCS 2:28.7; (2B) 2. Waterman/SRC 2:20.0;

(3A) 4. C. Smith/Pama 3:02.9; (3B) 2. Shine 2:39.4; 1500m: (1B) 3. Hutchinson 4:41.6, 6. Bettencourt/NCS 5:06.6; (2A) 3. Smith 4:59.5; (2B) 2. Waterman 4:48.3; (3A) 3. Satti 5:40.5; 3000mSC: (1A) 2. Shettler/WVJS 10:16.2; (1B) 3. Bettencourt 12:19; (2B) Waterman 11:58.8, Fairbank 12:37.6; (3A) Bright/Snoh 13:20; (3B) Carmichael/SFOC 18:14; 5000m: (1A) Hatton/Un 15:09, 3. Shettler 16:28; (1B) 4. O'Neil/SFOC 17:12, 9. Beale/NCS 19:20, 12. Bettencourt 20:36; (2A) 3. Shank/NCS 18:19; (2B) Preston/NCS 17:40; 10,000m: (1A) 3. Beale/CHMC (time?); (1B) 2. Smith/WVJS 34:25; (2A) 6. Shank 38:55, 7. Stephenson/SFOC 44:36; (2B) 2. Preston 36:39; (3B) 4. Marinoni/KHH 44:18; 400mR: (1A) 2. NCSTC 45.6, 3. BAS 59.4; (3B) NCS 60.7; 1600mR: (1A) 3. BAS 3:43.3; 110mHH: (1A) Andrews/BAS 16.4; (2B) Guidet 18.1; 400mH: (2B) Guidet 66.7, Waterman 72.0; MARATHON: (1A) 9. Nicholson/NCS 2:53:20, 14. Jacobs/NCS 3:02:54, 21. Walker/NCS 3:28:06, 24. Chamberlain/NCS 3:33:58; (1B) 7. Lucero/Un 3:02:22, 11. R. Anderson/NCS 3:22:45; (2B) 3. Reese/NCS 3:05:32, 5. Tripodes/SFOC 3:27:10; 20KmWalk: (2B) 3. Mooers/WVTC 2:13:38; 5000mWalk: (2B) 3. Mooers 30:48; JT: (1A) 4. Phillips/NCS 141-5; (3A) Dick/Un 120-6; (3B) Curtice/Un 120-9, Carnine/NCS 114-4 1/2; (4) 5. Pennock/NCS 64-11; HT: (1A) Steele/NCS 118-5; (3A) 3. York/NCS 70-5 1/2; SP: (1A) Wassam/NCS 45-7, 3. Schroder/NCS 39-1/2; (3A) York/NCS 44-1, 4. Dick 36-6 1/2; (3B) Puglizevich/NCS 40-9 1/2, Carnine 40-8 1/4; DT: (1A) 4. Schroder 129-11; (3A) York 122-9 1/2, Dick 119-6 1/2; (3B) Carnine 136-7; LJ: (1A) 2. Presber 20-7 1/2, 4. Andrews 18-8; (1B) Washington 18-8 1/2; (3A) Satti 16-4 1/4; (3B) 2. Puglizevich 12-4 1/4; (4) 2. Pennock 9-6 1/4; TJ: (1A) 2. Presber 40-3 1/2; (1B) 2. Washington 35-6 1/2; (3A) 3. Dick 27-8 1/4; HJ: (3A) 2. Dick 4-4, 3. Bierlein/Un 4-4; (4) Pennock 4-0; PENT: (1A) Phillips 1767; (3A) 2. Dick 764. /Jim Puckett/

ALL-COMERS MEET: (July 10, Pleasant Hill/DVC) - 3000mSC: Kimball/ATC 9:33.5 (1st-ever steeple); MILE: Kimball 4:20.8; 100: Graybehl/LLomas 9.9; 70HH: Greybehl 8.3. /Bob McGuire/

ALL-COMERS MEET: (July 11, Hayward/Chabot) - 100: Ligons/Chabot 10.0; 220: Harell/CSH 22.9; 440: Jensen/CSH 52.8; 880: Flynn/Chabot 2:02.0; MILE: Zapata/WVTC 4:25.9; 2 MILE: Zapata 9:42; 60HH: Ligons 7.5; TJ: Kimble/WSU 47-7; HJ: Haber/ATC 6-6; SP: McCollum/BAS 49-8 1/2; DT: McCollum 191-10; JT: Salini/CSH 166-4; LJ: Van Nordon/Un 18-9. /Pohl/

PA-AAU JUNIOR OLYMPIC CHAMPIONSHIPS: (July 13-14, Millbrae) - (GIRLS)\*\*\*(9/U): 100: Friend/Un 14.0; 220: Miller/CY 30.7, Canney/CY 31.0; 440: Kately/PTC 80.0; 880W: Bunting/RCF 4:47, L. Bangert/MLTC 4:50.5; 880: Fuller/SJS 2:44.0; HJ: Myall/SCz 4-0; LJ: Miller 12-1; (10-11): 50H: M. Crevelt/RCF 8.5; 100: Lewis/Un 12.8; 220: Hurley/MLTC 29.0; 440: Beauchamp/WS 66.4, Allums/BTC 66.5; 880: Choy/SVTC 2:36.2; MILE: Choy 5:42.5, Gleason/CY 5:49.5; MILE-W: Vaugn/RCF 9:15.7, Durham/RCF 9:27; HJ: Phifer/ATC 4-7 1/2; LJ: Burgess/OTC 13-8 1/4; SP: Joe/MLTC 27-9, Tchakalian/MLTC 26-9; 440R: CY 56.2; 880MR: OTC 2:08.0, ApTC 2:08.6; TRIATHLON: Hurley 1695; (12-13): 80mLH: Yuhas/ATC 13.0, Krink/Un 13.3; 100: Ng/Un 11.5; 220: Ng 25.9 (25.3t), Hawthorne/BTC 26.4; 440: Hawthorne 60.5, Regan/ITC 60.8; 880: Robert/WS 2:26.1, BaIn/WS 2:26.5, Trason/Un 2:26.6; MILE: BaIn 5:16.5, Trason 5:24.2; MILE-W: G. Sakelarios/RCF 9:07.9, Hoskins/WS 9:26.0; HJ: Newman/Un 4-10, Mitchell/SFPAL 4-9; LJ: Ng 16-0, Materson/Un 15-9 1/2; DT: Springer/SVTC 102-5 1/2; SP: Springer 42-7 1/2; JT: Lombardi/RCF 85-10; 440R: SC'ers 53.2; 880MR: SC'ers 1:56.0; (14-15): 100: Robinson/BTC 11.5, Parker/MLTC 11.6 (11.5t); 220: Robinson 25.4, Johnson/Un 25.6; 440: Venezia/TLTC 56.2, Bonacich/SJC 58.2; 880: Adams/WS 2:18.5, Simmons/RCF 2:18.5; MILE: Adams 5:12.8, Kearns/GSTC 5:12.8; 2 MILE: Monroe/Un 11:24.2, Wolfe/RCF 11:45.0; 100mLH: Burgess/BTC 15.9, Willson/MLTC 16.0; MILE-W: Sewell/SVTC 9:25.3, Rudolph/Un 9:33.6; LJ: Kayl/Un 15-0; HJ: Blackburn/Un 5-4, Berckefeldt/VJ 5-2; JT: Barlett/RCF 94-6 1/2; DT: Wessell/Un 114-2, O'Conner/RCF 109-7, Betham/Humb 107-4; SP: Wessell 39-8 1/2; 440R: MLTC 48.7, BTC 49.8; 880MR: TLTC 1:48.2; (16-17): 100: Nickson/BTC 11.3, Lewis/MLTC 11.3; 220: Nickson 24.6, Boone/EBTC 25.3; 440: Partida/WS 58.9; 880: Keys/Un 2:26.8; MILE: Neary/SCz 5:36.3; LJ: McDaniel/SFP 15-7; HJ: Spellenburg/DNTC 5-0 3/4, Hunter/Un 5-0 3/4; DT: Prince/Un 114-5; SP: Holloway/SJC 39-10, Swenson/Un 39-4 1/2; JT: Bowers/SJC 145-11; (BOYS)\*\*\*(9/U): 50: Trimble/Un 7.2; 100: Grillery/Un 13.2; 220: Trimble 29.8; 440: Lux/Un 68.5, Moore/Un 69.8; 880: Latting/PH 2:31.6, Hickman/SLT 2:32.6; 440W: A. Sakelarios/RCF 2:00.7, S. Bentley/SRW 2:02.6; MILE-W: Sakelarios 9:43.9, M. Bangert/MLTC 9:54.7; LJ: Spears/Un 12-8 1/4; HJ: Green/RCF 3-10; (10-11): 100: McCawley/Un 12.2; 220: McCawley 27.3, Armstrong/Un 27.9; 440: Friend/CY 63.8; 880: Krause/PHTC 2:25.0, Johnson/ES 2:27.2, Bunning/RCF 2:29.0; MILE: Wood/ATC 5:15.0, Burke/SVTC 5:21.6; 440W: G. Bentley/SRW 2:01.8, Vasquez/SVTC



Charles Hatch missing at 7'2" in the PA-AAU J.O. Championships at Mills HS. He did manage 7'0-1/8" for a PR and the meet's outstanding mark. /John Marconi/

2:14.8; MILE-W: N. Sakelarios/RCF 8:49.4, Veon/MM 8:57.8, G. Bentley/SRW 9:15.6; LJ: Holland/HH 15-8; TJ: Sells/SVTC 32-5; HJ: Slider/Un 4-8, Miltstead/Sparta 4-6 3/4; SP: Holetz 32-9; 440R: SFPAL 55.2, SVTC 55.4, HH 55.4; (12-13): 70LH: Brown/Un 9.7, Conley/Un 9.8; 100: McCray 11.2; 220: Samas/SJS 24.7; 440: Samas 54.8, Chalk 56.7; 880: Valerga/PHTC 2:13.9, Olivas/SVTC 2:14.0; MILE: Olivas 5:02.0, Roll/PHTC 5:03.6; 880W: Gragg 4:06.7; MILE-W: Martinez/RCS 8:54.4, Wagner 9:10.3; HJ: Tatto 5-3 7/8; LJ: Samas 19-4 1/4; TJ: Harris/Un 37-6, Brown/Un 37-4; SP: Rosenzweig 44-8; DT: Emge 112-11; 440R: MP Elks 49.5; (14-15): 100: Archie 10.5; 220: McCoy 23.7; 440: McGee 51.4, McCoy 52.7; 880: DeGroot 2:03.6, Leach 2:04.1; MILE: Will 4:39.2, Leach 4:39.8, Tuttle 4:39.9, Schmidt 4:40.0; 2 MILE: Galligan/GSTC 10:16.8, Colburn/CWTC 10:20.8; MILE-W: Sprock/Un 9:00.5; 3 MILE-W: Lewis/LAItos 28:23.4; LJ: Curtis 20-6 1/2; HJ: Gibbs 6-4, Crook 6-3; TJ: Gutierrez 41-6; DT: Green 137-7; SP: Ramos 47-1/2; PV: Cook 12-0; 440R: MP Elks 45.6, Cheetahs 45.7; MILE-R: HH 3:36.0, Sparks 3:38.7; (16-17): 100: Lewis/Wilson 10.0; 220: White 22.5, Reed 22.8; 440: Emerson 49.5, Ware 49.7, Fields 50.0; 880: DeJong/Reno 1:58.6, LaForge/CWTC 1:59.1, Harris/Auburn 2:00.0; MILE: Powell/CWTC 4:27.6, Krenn/WSTC 4:28.7, Collins 4:28.7, Harris 4:28.9; 2 MILE: Kingery/CWTC 9:22.7, Hogle/Milpitas 9:58.5; MILE-W: B. Bentley/SRW 8:12.2; 3 MILE-W: B. Bentley 26:13.8; 6 MILE-W: B. Bentley 55:07.2; 3 MILE: Kingery 14:33.7, Montenegro/WSTC 15:16.8; 120HH: Kirtman/SFP 14.2, Kennedy 14.4, Hatch/SFP 14.4; 80LH: Jones 20.0, White 20.1, Stibbe 20.3; LJ: Peterson/WVTC 22-1 3/8; HJ: Hatch 7-0 1/8, Lane/Un 6-6 1/2, Owens/Castlemont 6-4 1/2, Peterson/WVTC 6-2 1/4, Beaver 6-2 1/4; TJ: Banayat/SFP 45-6, Bullwinkel/Mills 45-4; PV: Gagon 14-2; SP: Stebleton 52-9 1/2; DT: Schendel 181-3, Humphrey 161-6; JT: Royce 152-3; 440R: Cheetahs 42.9; MILE-R: Cheetahs 3:22.9; 880R: SFP 1:42.7. /Ed Parker/

ALL-COMERS MEET: (July 17, Pleasant Hill/DVC) - 1320: Kimball/ATC 3:07.0; 1-1/2 MILES: Kimball 6:54.0; 660: Kimball 1:24.9; LJ: Hermann 22-2 1/2. /Bob McGuire/

ALL-COMERS MEET: (July 18, Hayward/Chabot) - MILE: Tracy/WVTC 4:23.2; 60HH: Ligons/Chabot 7.2; LJ: Kimble/WSU 21-9; 100: Parker/CSH 10.1; 880: Flynn/Chabot 2:00.8; 220: Ligons 23.0; HJ: Haber/ATC 6-7 1/2; DT: McCollum/BAS 188-2; 2 MILE: Anderson/WVTC 9:37.8; TJ: Kimble 48-7; SP: McCollum 50-10 1/2; 440: Awzilotti/CSH 54.3; JT: Salini/CSH 154-11. /Pohl/

ALL-COMERS MEET: (July 31, Pleasant Hill/DVC) - 3 MILE: Jordan/GWTC 15:02; PV: Weidig 15-0; DT: Stebleton 142-0 (just out of HS). /Bob McGuire/

DECATHLON: (Aug. 1-2, Pleasant Hill/DVC) - Ed Miller 6133, Swartzell 6103, Wooten 5638, Gunther 5635. /Bob McGuire/

ALL-COMERS MEET: (Aug. 1, Hayward/Chabot) - MILE: Lucas/WVTC 4:20.0; 60HH: Washington/CSH 8.0; 100: Parker/CSH 10.1; 440: Marcheschi/HwdHS 51.5; 880: Lucas 2:00.3; 220: Hazelwood/Chab 23.0; LJ: Toliver/Stanford 21-0; HJ: Haber/ATC 6-6; TJ: Toliver 45-6 1/2; JT: Wooldridge/Un 165-2; DT: Kennedy/BAS 184-9; SP: McCollum/BAS 48-0; PV: Witt/Un 12-6; 2 MILE: Lucas 9:29.0. /Pohl/

US-USSR-WG DECATHLON/PENTATHLON: (Aug. 3-4, Tallin, Russia) - (Pent): 6. Frederick 4350, 17. King/MLTC 3993; (Dec): 1. Jenner 8308, 8. Gough/CNW 7789. /Roxy Andersen/

ALL-COMERS MEET: (Aug. 5, Sacramento) - 880: Pratt/US Masters 880 Champ 2:02.7; HS-MILE: Gagen/ECHS 4:32; MILE: Scruggs/SSC 4:35; HS-3000mSC: Payne/Davis 10:06. /Mark Payne/

ALL-COMERS MEET: (Aug. 8, Hayward/Chabot) - MILE: Zapata/WVTC 4:18.9; 600H: Ligons/Chabot 7.5; 100: Ligons 10.2; 880: Jensen/CSH 2:00.8; 220: Marchesi/CSH 23.7; 440: Marchesi 52.2; 2 MILE: Zapata 9:21.4; DT: McCollum/BAS 183-6; HT: McCollum 165-5; SP: Bausoso/Un 36-4; 440R: CSH 45.5; PV: Gardener/Un 13-0; TJ: Wooldridge 39-7 1/2; LJ: Toliver/Stan 21-2. /Pohl/

NATL. AAU JR. OLYMPICS: (Aug. 8, Lincoln, Nebr.) - (BOYS)\*\*HJ: Hatch/Wilson, SF 7-0 (Record); 440: Morgan/NJ 47.9, 3. Ware/Sac'to 48.5; LJ: Ivory/Md 23-7 1/2, 5. Peterson/Sparks-WVTC 23-5 1/4; MILE-W: Pearson/Wash 7:05.2, 3. B. Bentley/SRW 7:20.4; 1200H: Smith/LA 14.2; 100: Kee/Mass 9.7, 5. Evans/LA 9.8; 880: Moody/NC 1:53.0, 8. Keeley/FtnVly 1:59.1; 880R: Region 6 1:27.9, 3. Region 13 (Ware, Hatch, Smith, Evans) 1:28.5; (GIRLS)\*\*100mH: Boone/Okld 13.6 (Record); LJ: McMillian/NC 19-9, 5. Moran/Sepulveda 18-1; 440: Venesia/SRafael 55.2; MILE: Noden/NJ 4:56.8, 4. Adams/WS 5:06.9; 880: Forman/Mass 2:12.3, 5. Caudillo/Long Beach 2:15.0; 440R: Region 6 46.8, 2. Region 13 47.1 (Venesia, Boone, Robinson, Nickson); HJ: Remmling/Encinitas 5-6 (Ties Record). TEAMS: Region 1 (48), Region 13 (46), Region 2 (45), Region 6 (41), Region 3 (37). /Dick Ellis/

CENTRAL COAST DECATHLON CHAMPIONSHIPS: (Aug. 23-24, Santa Maria) - Bajema/BHS 6837 (3756 1st day total), Kring/Stanford 6648, Kester/BOC 6556, Watson/Priceton 6156. /Ray Kring/

### CROSS COUNTRY RESULTS

SAN JOSE CINDERGALS INVIT.: (Sept. 7, San Jose CC) - OPEN: (2.5 Miles--short) Olrich/Un 12:12.6, Trason/MPTC 12:43, C. Sakelar- ios/RCF 12:48, Bowers/SJC 12:51, Slivkoff/SJC 12:58, Eddy/SJS 13:05, Dimmick/SJC 13:08, McPherson/SJC 13:13, Bonacich/SJC 13:19, Hanson/SVTC 13:26; (Teams) SJC"A" 33, SJC"B" 111, RCF 113. (12-13): (2.0 Miles--short) Belk/SJC 10:32.9, Bier/APP 10:41, Greenberg/SJC 10:57, Cobb/SVTC 11:02, Himenes/Un 11:03; (Teams) SJC 41, SJS 68, SVTC 76. (10-11): (1.5 Miles) Frye/SJS 8:21, Gleason/CY 8:43, Grijalva/SVTC 8:46, Stien/CY 8:47, Ave- dissian/App 8:53; (Teams) CY 33, APP 59. (9/UNDER): (1.25 Miles) Fuller/SJS 7:58.9, Miller/App 8:36, Miller/CY 8:36, Guzman/SVTC 8:43, Smith/SVTC 8:44; (Teams) APP 37, CY 48, RCF 54, SVTC 63. /Marge Powell/

WILL'S SPIKETTES XC RUN: (Sept. 14, Gibson Ranch--Sac'to) - (WOMEN): Olrich/Un 13:57, Allen/Un 14:10, Moor/WS 14:31, Finn/ RCS 15:01, Severance/RCS 15:17, Monroe/LTC 15:25, Hansen/WS 15:32, Berzaman/RCS 15:35, R. Reneau/BRR 15:37, Adamson/WVTC 16:02. (14-15): Adams/WS 13:55, Eddy/SJS 15:06, P. Reneau/BRR 15:10, Van Tassel/SJS 15:27, Nachbar/WS 15:45, Brew/ATC 15:56, Allread/SJS 16:10. /Phyllis Olrich/

LEIGH/MT. MADONNA XC RUN: (Sept. 21, Gilroy?) - (VARSITY): King- eryl/SC 12:29 (Record), Fritzsche/Lei 12:43, Montenegro/Lin 12:55, Flores/Lin 13:16, Marlowe/Gil 13:18, Clemens/Soq 13:21, Quinn/ Aptos 13:26, Gonzalez/Aptos 13:33, Aver/Br 13:34, Warren/Mill 13:35; (Teams) Leigh 100, Salinas 113, Livermore 126, Mills 159, Lincoln/SJ 170. (SOPH): Solback/Aptos 13:45, Grimes/MVC 14:03, Ritt/Lei 14:11, Capron/Soq 14:14, Bayston/Cup 14:15; (Teams) Monta Vista/Cup 54, Leigh 78, Gilroy 82, Aptos 100. (FROSH): Brewer/Lei 14:24, Graycar/SC 14:29, Crocker/Aptos 14:39, Tim- enes/Wood 14:43, Gruber/Aptos 14:45; (Teams) Aptos 48, San Car- los 74, Livermore 87. (JV): Galaski/Lei 14:15, Anda/Sal 14:33, Sells/Sal 14:38, Lowmiller/Sal 14:41, Daniels/Har 14:48; (Teams) Salinas 24, Leigh 51, Woodside 131. /Homer Latimer/

### LONG DISTANCE RESULTS

HANDICAP X-C RUN: (June 1, Placerville) - (10 Kilos) - Fastest overall time was by Skip Houk of Reno (WVTC) with a 45:17. We aren't sure whether this is his scratch time (long course?) or his handicap time...the results didn't specify. Only division winners were listed, so we don't know who was 2nd, etc!! The overall winner was Brent Cushenberry (Ponderosa HS) in 59:21. (40-49) Gil Tarin/WVJS 50:11; (50-59) Willard Sank/Sac'to 57:48; (60+) John Satti/NCS 65:35; (HS-Sr) Keir Furey/GWTC 54:26; (HS-Jr) Tim Gagen/GWTC 54:28; (HS-Soph) Paul Keller/Ponderosa HS 51:03; (HS-Frosh) Diane Williams/GSTC 58:31; (JHS) Kim Williams/ GSTC 78:46; (Woman) Lydia Holloway/Modesto 78:06. /E. Marinoni/

NEWPORT BEACH EXCHANGE CLUB RUN: (July 13, Newport Beach) - (10.2 Miles) - Wallace 51:22, Serna 52:10, Schmenk/ELATC 52:39, Ocana 52:42, Covert/SFVTC 53:50, Chambliss/SBAA 53:54, Norton/Un 54:12, Akiyama 54:25, Spangler 54:35, Branch/CCAC 55:01. /J. Brennan/

SPA-AAU ONE HOUR RUNS: (July 13, 21, & 27; SLO, LA & Santa Bar- bara) - Results are combined from all three races: - Ocana/BHS 11 Miles 1389 Yds, Baksh/CCAC (17 Yrs. old) 11-1386, Maier/Un 11-1256, Schankel/BHS 11-1208, Kurrle/BHS 11-878, Tillman/Un 11-835, P. Ryan/GWAA 11-825, Spangler/GWAA 11-786, Blakely/Un 11-768, Baksh/CCAC (2nd race) 11-657, Aguirre/SBAA 11-501, Fanelli/SMTC 11-478, Drake/SBAA 11-471, Slick/GWAA 11-381, O'Neil 11-326, Woelk/BHS 11-320, Toledo/STC 11-313, Alfaro/Azt 11-293, Williams/BHS 11-263, Hanson/CCAC 11-221, Johansen/SDTC 11-149, Serna/BHS 11-111, Navarrete/Un 11-65, Bartek/SBAA (40+) 10-1719, Hulst/BHS 10-1710...1st woman: Jacki Hansen/Un 9-1266. Teams: BHS 35, GWAA 71, SBAA 76, CCAC 86. /John Brennan/

REDWOOD EMPIRE MARATHON: (July 14, Arcata?) - Ron Elijah/MAC 2:30:49, Feenstra/GWTC 2:35:54, Makela/MAC 2:43:04, Jenkins/ SRRC 2:54:30, Dewey 3:00:22, Schoener 3:00:53, Underwood 3:03:24, Escarda 3:04:14, Cottrell 3:07:15, Kirby/SRRC 3:12:02, Crandell 3:12:29, McIntyre 3:14:48, Reese/NCSTC 3:31:22, Waters /SRRC 3:33:59, Feuerwerker 3:43:03, Krohn/SRRC 3:43:08, House- holder 4:22:08, Corallis 4:35:17, Fisher 4:38:37. /D. Gilchrist/

WILLIAMS SET COURSE RECORD IN 10 MILER: (July 23, Santa Bar- bara) - (10.1 Miles) - Terry Williams/BHS 49:40 (old record was 51:19 by Ed Cadena, 1973), Schankel/Lompoc HS 51:00, War- rick/CPSLO 53:04, Galbraith/AHC 54:18, Zorich/Cabr HS 56:59... 9. Genschmer/WVTC 58:50, 18. Collins/SLDC 62:36, 24. Perkins/ GSTC 64:42. /Ray Kring/

BRINGHURST SETS 2:20 MARK AT DESERET NEWS MARATHON: (July 24, Salt Lake City, Utah) - Ex-Univ. of Utah distance ace Scott Bringhurst blitzed to a fantastic 2:20:24 clocking at high al- titude on this rough course (old mark was 2:29:57 by Bill Havi- land of Marion, Ohio in 1973). Nearest rival was Mexican Laman Palma with a 2:25:01, followed by two West Valley TC runners, Skip Houk (Reno, Nev.) 2:30:47, and George Stewart (Mill Val- ley) 2:32:58. John Hayes of Tacoma, Washington, was 5th in 2:34:01 (he also ran the PA-AAU 25 Kilo and is living here in the Bay Area now we suspect). David Cortez of the RC Striders took 7th in 2:38:48 to round out an excellent NorCal showing. Other finishers from California/Nevada: 16. Don Gregory/Fresno 2:59:33, 17. Rick Jensen/Madera 2:59:33, 22. Tom Lucas/RCS 3:04:54, 24. Tommy Owen/RCS 3:07:22, 26. Robt. Sholar/Hunting- ton Bch 3:09:49, 29. Dennis Egly/Sunnyvale (50) 3:10:59, 38. Steve Knowles/Huntington Bch 3:16:10, 40. Joe Henderson/Los Altos 3:17:07, 45. Rich Petersen/Laton 3:19:33, 75. Robt. Los- ser/LaVerne 3:42:03, 83. Kevin Young/LA 3:50:44, 85. Lewis Dex- ter/Long Beach 3:50:46, 91. Mark Randle/Northridge 3:56:57, 98. Dick Lewis/Reno 4:02:46, 101. Jim Bole/Long Beach 4:07:12, 112. Abran Salazar/Henderson, Nev. 4:21:12, 116. Adolph Salazar /Henderson, Nev. 4:27:42. /Deseret News/

HUNTINGTON BEACH DISTANCE DERBY: (Aug. 3, Huntington Beach) - (10 Miles) - Kurrle/BHS 50:27 (Record), Covert/SFVTC 51:12, Akiyama 51:35, Miller 51:47, Macias 51:49, Perez/GWAA 52:08, Casso 52:12, Chambliss/SBAA 52:17, Campbell 52:37, Greer 53:19. (3 Miles) - Serna/BHS 15:10, Blume 15:19, McConnell 15:21, Jones 15:21, Villarreal 15:25. /John Brennan/

EL CERRITO HILLSIDE RUN: (Aug. 3, El Cerrito) - (4 Miles) - Joe Taxiera/ATC 20:59, Gene Fitzgerald/Pama 21:09, John Toki/ ATC 22:15, Dave Larson 22:49...70 finishers. /Joe Taxiera/

TUTTLE THIRD IN CITY-TO-SURF CLASSIC: (Aug. 11, Sydney, Aus- tralia) - Bay to Breakers victor Gary Tuttle of the Beverly Hills Striders finished a very respectable third place in the Sydney Sun's version of the S.F. Examiner's cross-city run. The winner was John Farrington in 43:21 over the 15 kilometer course, with Tuttle clocking 43:43...we don't know who was 2nd. This was Farrington's second victory in a row. /Examiner/

PATE RUNS QUICK 5-MILE: (Aug. 11, Eugene, Ore.) - Ex-Ft. Ord runner Russ Pate, now competing for the Oregon TC, was clocked in 24:41 for the Skinner's Butte Park run, some 32 seconds up on Bruce Dewsberry. WVTC's and Stanford's Chris Berka got 3rd in 25:25. Lili Ledbetter knocked 1:40 off her course mark with a good 31:46 to win the women's division. /Chris Berka/

TRUJILLO BETTERS OWN RECORD AT PIKES PEAK: (Aug. 11, Manitou Sprgs., Colo.) - Rick Trujillo followed ascent record-holder, Chuck Smead, to the top (2:09:59 to 2:11:04) again this year, and then turned around (Chuck only went up) and came back down to better his own 3:39:46 mark (1973) by over 3 minutes to win the Pikes Peak Marathon (26.8 miles)...clocking 3:36:40, a long way ahead of Sam Benedict (4:02:25) of Atlanta and Ken Young (4:08:48) of Boulder, Colo. High winds (25 mph) at the summit & 40 degree temperatures prevented an ascent record today.



Perhaps the most amazing performance of the day came from 56-year-old Marcie Trent of Anchorage, Alaska, who set a round-trip record for women in 5:23:10! She was 2nd woman to the top behind Donna Messenger's 3:04:54 with her 3:17:36 (Donna didn't complete the roundtrip). Joan Ulyot, who got ill the day of the race, was 4th going up (she didn't come down either) in a 3:24:25 clocking, and Skip Swannack was next at 3:46:25, as Bay Area women fared quite well. Those locals who made the round-trip: 11-Swezey/ATC 4:28:50, 20-0'Malley/RCS 4:41:25, 47-Weil/DSE 5:22:30, 49-Burgasser/Torrance 5:22:50, 50-M. Trent/Alaska 5:23:10, 60-Fox/NCSTC 5:35:52, 81-D. Ulyot/UCMC 6:13:18, 91-S. Swannack/DSE 6:43:14, 95-Zerega/Altadena 7:06:42, 96-Walt Stack/DSE & A. Boies/DSE 7:07:07, 100-V. Franklin/DSE 7:45:00, 103-J. Trent/Alaska 8:11:00, 104-B. Swannack/DSE 9:00:00. Ed Coverly made it up in 3:59:49, and Ben Hirsch (72) was 5:25:00, but neither came back down the mountain. Hope we didn't miss anyone...let us know if we did. /Walt Stack & Rudy Fahl/

**GREGORIO EASY WINNER AT WALNUT SPORTS FESTIVAL:** (Aug. 13, Walnut) - (6 Miles) - J. Gregorio/MSAC 30:59 (Record), Chaidez/Un 31:31, Surman/CSF 31:46, Guillen/Harb 31:51, Chase/LBS 31:55, Frickel/Bois 31:56...26. Ockerman/Whittier ATC 35:35, 37. Geer/Whittier ATC 36:41. /John Brennan/

**PLANKTON FESTIVAL DISTANCE RUN:** (Aug. 17, Avila Beach) - (3 Mi) - Beaton/CPSLO 15:24, Nolasco/SLO 15:32, Arreola/SLHS 15:52, Root/USIU 16:17, L. Thornton/HSTC (1st 40+) 16:27...29. Jacobson/Sac'to 18:50. /Stan Rosenfield/

**MODESTO RIVER RUN:** (Aug. 24, Modesto) - (6 Miles) - Wayne Badgley/BVH 31:55, Casillas/BVH 33:19, Singer/BVH 33:20, Walker 34:41, Jordan 34:53, Hart/Modesto 35:08, Costa/Modesto 35:10, Holmes/Modesto 35:22. /Modesto Parks & Recreation Dept./

**SANTA MONICA MARATHON:** (Aug. 25, Santa Monica) - Kasischke/SDTC 2:28:36, B. Gookin/SDTC 2:31:01, Branch/CCAC 2:31:17, Hanson/CCAC 2:34:34 (only results available at presstime). /Del Linam/

**CHARLESTON DISTANCE RUN:** (Aug. 31, Charleston, W.V.) - (15 Mi.) - Kenya's and En. New Mexico's Philip Ndo clipped John Vitale by a mere second in the second annual affair which drew some 1500 runners and cost the organizers a reported \$40,000+. From all reports, it was a super-spectacular race all-around. West Valley TC had four representatives in the race: John Loeschhorn (17th), Alvaro Mejia (49th), John Sheehan (52nd), and Dave Himmelberger (65th). The heat and humidity took their toll on the West Coast's runners for the most part, with many 'class' runners falling way off the pace (see below for results). Western Kentucky, led by their Englishmen, took the team title from Oregon TC. The top 20 and all locals I could find in the results (top 500 were printed in newspaper): 1. Ndo/ENM 1:18:03, 2. Vitale/Conn. 1:18:04, 3. Rodgers/GBTC 1:18:24, 4. Ridler/WKU 1:18:54, 5. Rose/WKU 1:18:57, 6. Rosa/Wisc-Pksd 1:19:00, 7. Tuttle/BHS 1:19:27, 8. Anderson/OTC 1:19:54, 9. Wayne/OTC 1:20:15, 10. Staynings/WKU 1:20:39, 11. Fleming/NYAC 1:20:44, 12. Hoag/TCTC 1:21:05, 13. Sobczak/LEAA 1:21:11, 14. Roach/AtTC 1:21:21, 15. Fry/Ind.U-Pa. 1:21:36, 16. Heinonen/OTC 1:21:47, 17. Loeschhorn/WVTC 1:21:54, 18. Long/WKU 1:22:06, 19. Pate/OTC 1:22:-- , 20. Hance/Coll. of SFr. 1:22:20, 21. Hatfield/WVaTC 1:22:35... 23. Armstrong/Canada-TOC 1:23:02, 27. Moore/TOC 1:23:34, 28. Cliff Clark/NYAC 1:23:46, 29. Kurrle/BHS 1:23:47, 32. Findley/SMTC 1:24:08, 49. Mejia/WVTC 1:25:11, 52. Sheehan/WVTC 1:25:28, 65. Himmelberger/WVTC 1:26:29, 75. Fanelli/SMTC 1:26:51, 81. Scobey/BHS 1:27:08, 82. Ziegler/TRC 1:27:08, 421. Jacki Hansen/BHS 1:40:50 (1st woman?). /John Loeschhorn/

**CALIFORNIANS SWEEP NATL. 50 KILO:** (Aug. 31, Kent, Wash.) - (Overcast, 55-60°, no wind, 8 am) - It must have seemed like an invasion force at the 50K Championships here, because the top four finishers were from California (and 6 of the top 8), and if that weren't enough, the San Diego Track Club walked off with the team title with a low 10 points, to outpoint the Snohomish TC by 6, with the Redwood City Striders taking third with 21. Kaj Johansen of the winning club was also the individual winner, as he broke 2:30 at the marathon distance (his first ever sub-2:30) in route with 2:28:15. His 2:57:00 clocking for the full distance is the third fastest ever by a U.S. citizen at this distance that we know of. However, the most amazing performance was turned in by 16-year-old David Cortez, who took 2nd place with 3:00:25, passing the marathon



Natl. 50K Runnerup, Dave Cortez. /Marconi/

distance in a PR 2:31:25 (3rd place at the time behind Bozanich's 2:30:53). Frank Bozanich of the winning team was next at the finish in 3:02:24, while Carlos Alfaro got a good time of 3:05:48 in 4th. Johansen's 5 mile splits were: 27:42, 56:20, 1:24:28, 1:52:45, 2:28:15 (Marathon). Other finishers: 5. Pearson/SnTC 3:10:29, 6. Miller/SnTC (47 yrs) 3:18:07, 7. Choi/ETC 3:24:21, 8. Almeida/SDTC (52) 3:24:46, 9. Hardtla/SnTC 3:25:13, 10. Henderson/Un 3:27:00...14. Martinez/RCS 3:45:14, 15. Lucas/RCS 3:46:31, 17. Egley/Un (50) 4:01:51...DNF: Dias/SnTC 1:51:20 @ 20 miles; Fuller/RCS 2:28:45 @ 20 miles; M. Cortez/RCS 1:54:15 @ 15 miles. /Kent Parks & Recr. Dept./

**RUNNER'S WORLD 24-HOUR RELAY WEEKEND:** (Aug. 31-Sept. 1, San Jose St.) - (24 Hr. Relay): A total of 17 teams finished the grind (or at least recorded some kind of distance), with the Sand Piper Express winning out over East Side Grease by a bit over 3 miles. The winning distance was 261 miles, 1565 yards, over 20 miles short of last year's winning effort by West Valley TC, which set a US Club Record of 284 miles, 224 yards. The final results: 1. Sand Piper Express/261-1565, 2. East Side Grease/258-850, 3. Dirt Eaters II/251-1184, 4. Atwater TC/248-930, 5. Santa Clara Pak/239-740, 6. Tax Reducers AC/235-0, 7. Ralston TC/230-670, 8. People's Choice/229-1112, 9. Redwood City Flyers/211-150, 10. Pamakids Father & Son/210-790, 11. San Jose Cindergals/209-224, 12. Pamakids Bolts/205-1440, 13. San Bruno Striders/201, 14. Pamakid Girls/192-180, 15. Sun Reach/156-1310, 16. Cupertino HS/136-1510, 17. Irvington/131-1650. (5-Man 50-Mile Relay): Team members run alternate 2-mile legs. A pickup team, named Menlo Mileage, defeated the Gilroy TC by just over 3 minutes, 4:28:08 to 4:31:21, with George Kirk of the winning team averaging a fine 9:55 for his 5 two-mile legs. Members of the winning team were Kirk, Jim Guff, Beau Willis, Bruce Dadley, and John Routh. Kirk's 9:55 was a record average for this relay. Other finishers: 3. West Valley Joggers "A" 4:39:35, 4. Los Gatos Pacers 4:51:00, 5. West Valley Joggers "B" 5:01:02, 6. Berkeley/El Cerrito 5:04:59, 7. Dragons 5:18:58, 8. Angel Field Ancients 5:20:56, 9. Millbrae Lions TC 5:52:28, 10. West Valley Joggers "C" 5:52:42, 11. Millbrae Lions Goals 6:07:20. (50 Mile Run): A total of seven hearty individuals toed the line to circle the track a hoped-for 200 times! Only three managed to make it the entire distance, with West Valley TC's (Newark HS) Lyn Walker making short work of the field and almost himself with a 7:31:52, after hitting 6-hour pace thru almost half of the distance, and then slowly falling to pieces. His 5 mile splits: 35:25, 1:16:30, 1:45:55, 2:23:30, 3:08:40, 3:51:30, 4:43:00, 5:49:00, ---, 7:31:52. Matt Gray was a distant second in 8:13:49, followed by Mike Plummer's 8:45:30. The other four starters went as follows: Fred Mansueto did 26-3/4 miles in 3:29:10 (@ 26 miles); Jim Engle did 23-1/4 miles (2:48:00 at 23 miles); Richard Bean had 15-1/4 miles (& 2:18:15 at 15 miles); Karl Leal went 13-1/2 (1:42:10 at 13 miles). And so ended another insane weekend. /J. Henderson/

**LA FIESTA CROSS COUNTRY RACES:** (Sept. 14, Grover City) - (4 Miles): Harney/CCAC 20:33, Nanninga/WVTC 20:39, Schofield/SBAA 20:40, Bartek/SBAA (42 yrs old) 21:15, Genschmer/WVTC-USAF 21:39, Beaton/CPSLO 21:49...14. Jacobson/Un-Sac'to 25:20. (2 Miles): Pickett/SLOJHS 10:45. /Stan Rosenfield/

**ATASCADERO COLONY DAYS DISTANCE RUN:** (Sept. 22, Atascadero) - (4 Miles): Rado/CPSLO 20:22, Warrick/CPSLO 20:29, Genschmer/WVTC-USAF 20:32, Schofield/SBAA 20:47, Nolasco/Un 20:55, Beaton/CPSLO 21:11, Armstrong/CPSLO 21:15, Reynoso/CPSLO 21:15, Hockerson/CPSLO 21:20, Nanninga/WVTC 21:24. /Stan Rosenfield/



Start of the Wharf-to-Wharf Race in Santa Cruz, which drew a record 500+ entrants this year. /Jay Marlowe/

RON WAYNE DISPOSES OF 30 KILO FIELD: (March 17, Pebble Beach) - Oregon TC's Ron Wayne had little trouble in winning the PA-AAU 30 Kilometer Championships on a new course (not on the 17-mile drive) with his 1:39:51, as the nearest opposition, Tom Laris, competing unofficially, was some 1:30 arrears. George Stewart took the PA-AAU title in third with a good 1:42:01 over a very hilly course. But the team battle was another story, as insurgent San Diego TC almost upset favorite WVTC. The winning margin was only 6 points, 16-22, with the Pamakids running a strong third, notching 35 points. Jim Nicholson was a clear victor in the over-40 battle, clocking 1:58:49 to easily outdistance Carl Martin's 2:07:32, and Peggy Lyman had no opposition to speak of (female-wise) as she clocked a good 2:08:46, some 36 minutes ahead of Jeanie Kayser, the only other woman in the race. Norman Bright, in his early 60's, ran a very strong race, placing third in the masters division with the same time as Peggy. --- We were beginning to wonder if we'd ever get these results...but persistence pays off I guess! There were 59 finishers. /Ted Larson & Ray Menzie/

1 - Ron Wayne (Oregon TC)	1:39:51	11 - Kaj Johansen (San Diego TC)	1:51:57	21 - Ray Menzie (Unat)	1:58:08
2 - George Stewart (West Valley TC)	1:42:01	12 - Bill Clark (West Valley TC)	1:52:39	22 - Jim Nicholson (NCSTC)	1:58:49
3 - Peter Fredriksson (SDTC)	1:42:33	13 - Bill Long (Pamakids)	1:52:57	23 - Tom Mann (Sierra Tuna TC)	1:58:58
4 - John Loeschhorn (WVTC)	1:43:58	14 - Dave Himmelberger (WVTC)	1:53:40	24 - Dave Cuthill (Unat)	1:59:02
5 - Dennis Kasischke (SDTC)	1:45:55	15 - Dan More (Livermore Vly RC)	1:54:36	25 - Jim Hiserman (MPTC)	1:59:07
6 - Gary Patrick (US Army)	1:46:40	16 - Glen Berwick (Unat)	1:55:45	26 - Fred Mansueto (Unat)	2:00:24
7 - Daryl Zapata (West Valley TC)	1:46:52	17 - Tim Swezey (PVS)	1:56:02	27 - Phil McGough (Unat)	2:00:50
8 - Fenton Carey (Unat)	1:47:12	18 - Jeff Akard (Unat)	1:56:23	28 - Claus Peterson (Unat)	2:00:51
9 - Eugene Fitzgerald (Pamakids)	1:47:45	19 - Robert Coleman (Unat)	1:57:33	29 - Haywood Norton (Unat)	2:01:58
10 - Clark Rosen (Pamakids)	1:50:15	20 - Jim Thompson (Unat)	1:57:50	30 - Rick Kell (Pamakids)	2:03:10

NUCCIO BREAKS OWN COURSE RECORD AT LAFAYETTE 10 KILO: (July 13, Lafayette) - West Valley TC's Jim Nuccio clipped 18 seconds off of his 1973 course mark as he handed teammate Jack Bellah a 29 second margin of defeat. Tom Laris, running unofficially, was next at 32:06, followed by Alameda TC's Joe Taxiera at 32:15. WVTC copped the team title with a low of 18 points. Dennis Teegarden made quick work of the over-40 field by finishing 35th overall (36:26), far ahead of Peter Mattei (38:23) & Lee Adams (38:40). Karen Salisbury (43:37) was likewise a clear victor over Carolyn Tiernan in the women's race (45:03). A large field of 217 finishers made this a very successful race. The course consisted of two laps on pavement around Lafayette Reservoir. /Dave Stock/

1 - Jim Nuccio (WVTC/Army)	31:13	16 - Unidentified Runner	34:36	31 - Tim Swezey (Alameda TC)	35:58
2 - Jack Bellah (WVTC/Stanford)	31:42	17 - Kent Guthrie (West Valley J&S)	34:40	32 - Ron Criner	36:05
3 - Joe Taxiera (Alameda TC)	32:15	18 - Gary Sanchez	34:48	33 - David Warren (Excelsior TC)	36:21
4 - Bill Clark (West Valley TC)	32:46	19 - Homer Latimer (Unat)	34:51	34 - Mark Southwick	36:25
5 - Doug McLean (WVTC/Stanford)	32:56	20 - Hans Templeman (Montana)	34:54	35 - Dennis Teegarden (NCSTC)	36:26
6 - Dan Anderson (WVTC/Cal-St. Hywd)	33:02	21 - Mike Emry (Clayton Vly HS)	34:54	36 - David Cortez (RC Striders)	36:29
7 - Matt Sommer (Unat)	33:09	22 - Bruce Robin	34:56	37 - Mike Williamson (WVTC)	36:39
8 - Bob Paulin (Cambrian RR)	33:18	23 - Bruce Wolfe (WVTC/Stanford)	35:19	38 - Marty Conway (DeLaSalle/WVTC)	36:39
9 - Dennis Tracy (West Valley TC)	33:34	24 - Jeff Johnston (Unat)	35:21	39 - Dean Allen (West Valley TC)	36:43
10 - Gil Brooks (Alameda TC)	33:47	25 - Unidentified Runner	-----	40 - Tom Smith (West Valley TC)	36:54
11 - Dave Himmelberger (WVTC)	33:47	26 - Unidentified Runner	-----	41 - Ralph Bowles	36:58
12 - Dave Stock (West Valley TC)	33:56	27 - Gary Montante	35:27	42 - George Pilze	37:09
13 - Unidentified Runner	33:56	28 - Unidentified Runner	-----	43 - Mike Plummer	37:26
14 - Dean Chesnut (Alameda TC)	34:27	29 - Mike Smith	35:51	44 - Lloyd Sampson	37:41
15 - Keith White	34:27	30 - Jim Elcenko	35:56	45 - Unidentified Runner	37:48

STEWART EDGES BELLAH IN SPIRITED TIBURON RACE: (July 20, Tiburon) - (8.5 Miles) - Although missing Victor Mora's course standard by 48 seconds, this year's winner, George Stewart, had his hands full with teammate Jack Bellah, who scrambled across the line only 2 seconds back, 42:08 to 42:10. Jim Dare was another 17 back, and San Ramon High School senior-to-be, Roy Kissin came on very well over the last half of the race, moving from about 15th into 4th, clocking a strong 42:53 to edge by Joe Taxiera in the last hundred yards. West Valley TC defended it's team title easily with 16 points, as 13 of the top 16 wore black & white. Jim Shettler had to put up with an unusually strong over-40 field today, as his 47:53 was only 19 seconds up on Dennis Teegarden, who was, in turn, followed closely by surprising Bill Snavelly and usually strong Jim O'Neil. The women's race was another close one, as Vicki Monroe held off Peggy Lyman by a two-second margin, 52:57 to 52:59. Next woman was 4 minutes back. Another large field (262 finishers) indicates this is still one of the area's most popular summer road runs. /Ron Elijah/

1 - George Stewart (WVTC/Army)	42:08	26 - Terry Pintane (VMTC)	46:40	51 - Eugene Elliott (Un)	49:29
2 - Jack Bellah (WVTC/Stanford)	42:10	27 - Mark Greenough (OS)	47:05	52 - Lloyd Sampson (Un)	49:51
3 - Jim Dare (WVTC/Navy)	42:27	28 - Tim Swezey (Alameda TC)	47:10	53 - Jim Nicholson (NCSTC)	49:52
4 - Roy Kissin (WVTC/San Ramon HS)	42:53	29 - Phil Sweeney (OTC)	47:10	54 - Rich Maloney (DSE)	49:57
5 - Joe Taxiera (Alameda TC)	42:56	30 - Rick Wernick (Camino West TC)	47:17	55 - Santos Reynaga (WVTC)	50:13
6 - Joe Lucas (West Valley TC)	43:05	31 - Barry Milender (Un)	47:23	56 - Bob Immethun (Alameda TC)	50:21
7 - Jim Birnbaum (West Valley TC/USAF)	43:15	32 - Ray Menzie (Un)	47:44	57 - Mike Healy (West Vly J&S)	50:30
8 - Mitch Kingery (Camino West TC)	43:21	33 - Jim Shettler (West Vly J&S)	47:53	58 - Boris Levitsky (Un)	50:31
9 - Charlie Harris (WVTC)	43:25	34 - Robert Coleman (Un)	48:01	59 - Larry Morton (Sac)	50:51
10 - Daryl Zapata (WVTC)	43:33	35 - Craig Corey (SMCCT)	48:04	60 - Mark Mirza (Un)	51:02
11 - Bill Clark (WVTC)	43:39	36 - Earl Logomarsine (GWTC)	48:05	61 - Ralph Blount (OTC)	51:04
12 - Doug McLean (WVTC)	44:06	37 - Stanley Mora (Un)	48:08	62 - Ken Salet (Camino West TC)	51:06
13 - Jack Leydig (WVTC)	44:22	38 - Dennis Teegarden (NCSTC)	48:12	63 - Ian Kirkpatrick (Un)	51:09
14 - Mike Tulley (Golden West TC)	44:33	39 - Ron Loza (Un)	48:13	64 - Alex Monterrosa (Pamakids)	51:11
15 - Bill Seaver (WVTC)	44:36	40 - Dan Harvey (Un)	48:15	65 - Ken Wernick (Camino West TC)	51:18
16 - Dan Anderson (WVTC/Cal-St. Hywd)	44:38	41 - Jim Flanigan (BHS)	48:20	66 - George Roach (Un)	51:20
17 - Hersh Jenkins (Six Rivers RC)	44:57	42 - Bill Snavelly (Big Valley Har)	48:20	67 - Lee Adams (NCSTC)	51:28
18 - Scott Carvey (Camino West TC)	45:19	43 - Jim O'Neil (SFOC)	48:24	68 - Abe Underwood (BC)	51:34
19 - Greg Griffin (Un)	45:30	44 - Bruce McInturf (MHS)	48:35	69 - Rod Robertson (Camino West)	51:35
20 - Daryl Beardall (Marin AC)	45:34	45 - Ron Criner (Un)	48:43	70 - Mike Mee (Un)	51:39
21 - Bob Wolff (Golden West TC)	45:44	46 - Robert Haugen (Alameda TC)	48:44	71 - Larry Sumner (Un)	51:42
22 - Bruce Sayre (Camino West TC)	45:47	47 - Steven Fuller (RC Striders)	48:53	72 - John Danner (Pamakids)	51:43
23 - Damon Wood (Camino West TC)	45:59	48 - Dana Carvey (Camino West TC)	48:54	73 - Don Pickett (Marin AC)	51:48
24 - Dave Himmelberger (WVTC)	46:17	49 - Mike Kuhfal (Alameda TC)	48:57	74 - Mike Miller (Un)	51:49
25 - Bill Kipp (SCC)	46:39	50 - Mike Shaughnessy (WVTC)	49:25	75 - Steve Gray (Alameda TC)	51:53

MARK MCCONNELL VICTOR AT 2ND ANNUAL WHARF-TO-WHARF RACE: (July 21, Santa Cruz) - Stanford's Mark McConnell ran with Florida TC's Brian Quinn (stationed at Ft. Ord) and WVTC's Jack Bellah for most of the race before pulling away to victory over the last mile in 28:30 over the short 6-mile course (probably about 5-3/4). Quinn was 9 seconds back, with Bellah, who had run a hard race the day before at Tiburon, another 10 seconds down. This year no one ran out on to the Capitola Pier, and the only difficulty was in the timing, where about half the field couldn't get their times because of a jam in the finish chute caused by the 500+ runners.

McConnell's mark was an automatic course record since no one ran the correct distance last year (or at least none of the top runners did). Ken Napier destroyed the over-40 field with a swift 31:39 in 39th place, far ahead of Pat Cunneen's 33:14 (89th). Debbie Rudolph ran her usual strong race, winning the women's division handily over Sue Munday (36:08 to ???---about 2 minutes probably) as she took 151st out of 482 finishers. Skies were overcast and conditions perfect. /City of Capitola/

1 - Mark McConnell (Stanford)	28:30	26 - Homer Latimer (Un)	30:51	51 - Jim Harris	31:53
2 - Brian Quinn (Florida TC)	28:39	27 - Bob Darling (Excelsior TC)	30:56	52 - Joe Quintero	31:54
3 - Jack Bellah (WVTC/Stanford)	28:49	28 - Pete Dinno (WVTC)	31:02	53 - Steve Barr	32:00
4 - Gil Brooks (Alameda TC)	29:20	29 - Allen Sandretti	31:03	54 - Adolfo Alverado	32:01
5 - Matt Sommer (Un)	29:21	30 - Bill Long (Pamakids)	31:09	55 - Paul Koski (Excelsior TC)	32:02
6 - John Routh (Menlo TC)	29:23	31 - Jack Reime	31:10	56 - Ben Sawyer (Otherways AC)	32:09
7 - Dave Cords (Un)	29:37	32 - Dennis Capello	31:12	57 - Steve Brooks (Un)	32:10
8 - Bob Paulin (Cambrian RR)	29:46	33 - Ray Aver	31:24	58 - Bill Flint (CSU-Stanislaus)	32:11
9 - Jack Leydig (West Valley TC)	29:47	34 - John Tengelsen (WVTC)	31:30	59 - David Clemens	32:11
10 - Rinaldo Montenegro (WSTC)	29:48	35 - Gus Cano (Excelsior TC)	31:32	60 - Ron Loca	32:12
11 - Dennis Tracy (West Valley TC)	29:58	36 - Dan Stura	31:33	61 - Daniel Escamilla	32:13
12 - Brien Allen	29:59	37 - Ruben Lee	31:34	62 - Burton Turner	32:14
13 - Lt. E.F. Carey	30:05	38 - Mark Sanchez	31:35	63 - Sal Barumen	32:24
14 - Rich Alexander	30:06	39 - Ken Napier (West Valley J&S)	31:39	64 - Jerry Lowmiller, Jr.	32:27
15 - Frank Donahue (Excelsior TC)	30:07	40 - David Warren (Excelsior TC)	31:40	65 - Jay Marlowe (Gilroy TC)	32:28
16 - Mike Conroy (Excelsior TC)	30:12	41 - Tom Smith (West Valley TC)	31:41	66 - Mike Lambert	32:29
17 - Martin Krenn	30:16	42 - Dan Gruber (San Jose St.)	31:42	67 - Alvard Marquez	32:29
18 - Lyn Walker (West Valley TC)	30:24	43 - Ed Price (West Valley TC)	31:44	68 - Jesse Morales	32:31
19 - Shawn James	30:27	44 - Mark Southwick	31:45	69 - Glenn Pruitt	32:32
20 - Dave Himmelberger (WVTC)	30:36	45 - Arturo Rodriguez	31:46	70 - Bruce Orr (West Valley TC)	32:33
21 - Dave Stock (West Valley TC)	30:40	46 - Don Roth (Unat)	31:47	71 - Charles Hahn	32:34
22 - Paul Frederickson (Homestead HS)	30:41	47 - Joe Salazar	31:48	72 - Mark Quinn (West Valley TC)	32:35
23 - Stacy Hanoum	30:41	48 - Claus Pedersen	31:50	73 - Don Barsi	32:40
24 - Roy Hogleund	30:43	49 - Andy Maloney	31:51	74 - Richard Wolran	32:41
25 - Dean Chesnut (Alameda TC)	30:45	50 - Jim Freeman (San Juan Str.)	31:52	75 - Jim Hiserman	32:41



(LEFT) Start of the 2nd Annual Oakland Watermelon Run. (RIGHT) Leaders in the Watermelon Run, just before the halfway point.... (left to right) Jim Birnbaum, Mitch Kingery, Bob Barnett, Tom Hale (winner), and Ted Quintana. /Photos by Mike Shaughnessy/

**TOM HALE LEADS RECORD ASSAULT AT WATERMELON RUN:** (July 27, Oakland) - (8.4 Miles) - Tom Hale, running his first road race of the summer, made short work of the field over the second loop of this cross-country run by destroying Jim Nuccio's 1973 course mark of 44:40 with a 43:16 clocking (5:09/mile). Mitch Kingery (43:40), Jim Birnbaum (43:47), and Ted Quintana (44:08) were also under the old record with room to spare. Gil Tarin (52:21) downed Bob Malain (53:27) and Lee Adams (54:30) to nab veteran honors, and Sue Neary continued to improve with a 58:57 to 59:20 victory over Carolyn Tiernan, picking up a women's record in the process. Mitch Kingery's 2nd place finish was also a high school record. Danny Martinez (49:48) got the junior record, and Colleen Scannell annexed the junior girl's standard (68:36). The only mark that didn't fall was Ken Napier's over-40 time of 48:16, which should stand for quite awhile. West Valley TC easily upended the Big Valley Harriers, 37-89, for the team title, with the host Alameda TC next at 111. A record 240 finished the scenic run through the Oakland hills, and special note should be taken of the unusual and well-done awards that were in great abundance...all hand-fashioned by ATC Pres. Joe Taxiera through the wee hours of the morning. Certainly one of the better races on the schedule!! /Joe Taxiera/

1 - Tom Hale (Un)	43:16	21 - Steve Noga (Alameda TC)	47:28	41 - John Thomas (Un)	50:00
2 - Mitch Kingery (Camino West TC)	43:40	22 - Mark Greenough (Staters TC)	47:30	42 - David Colburn (Camino Wst TC)	50:03
3 - Jim Birnbaum (West Valley TC)	43:57	23 - Bruce Wolfe (West Valley TC)	47:37	43 - Mike Chessar (Napa Vly RC)	50:05
4 - Ted Quintana (Alameda TC)	44:08	24 - Bruce Sayre (Camino West TC)	47:38	44 - Marty Conway (West Vly TC)	50:08
5 - Bob Barnett (Un)	44:57	25 - Bennie Jordan (BV Harriers)	48:01	45 - Richard Ellis (Un)	50:23
6 - Bill Clark (West Valley TC)	45:20	26 - Kurt Vineyard (Un)	48:03	46 - Steve Gray (Alameda TC)	50:30
7 - Bill Seaver (West Valley TC)	45:27	27 - Bob Powell (Camino West TC)	48:09	47 - William Diaz (Un)	50:32
8 - Rich Van Slyke (BV Harriers)	45:35	28 - Bill Kipp (Sac'to CC)	48:19	48 - Greg Walker (BV Harriers)	50:36
9 - Roger Casillas (BV Harriers)	45:35	29 - Brendan White (Niagara FTC)	48:24	49 - Rod Robertson (CWTC)	50:38
10 - Daryl Zapata (West Valley TC)	45:46	30 - Ken Salet (Camino West TC)	48:33	50 - John Stocco (Union City TC)	50:44
11 - Dennis Tracy (West Valley TC)	45:49	31 - Doug Butt (Marin AC)	48:45	51 - Mike Plummer (Alameda TC)	50:51
12 - Gary Singer (BV Harriers)	45:49	32 - Ken McBride (Un)	48:56	52 - Bill Flint (CSU-Stanislaus)	50:58
13 - Dave Himmelberger (WVTC)	45:59	33 - John Toki (Alameda TC)	49:02	53 - George Aurit (Alameda TC)	51:02
14 - Steve Brooks (CSU-Stanislaus)	46:18	34 - Tim Swezey (Alameda TC)	49:07	54 - Santos Reynaga (WVTC)	51:11
15 - Frank Donahue (Excelsior TC)	46:34	35 - Joe Cordova (BV Harriers)	49:29	55 - Kenny High (CWTC)	51:23
16 - Bob Paulin (Cambrian RR)	46:40	36 - Craig Corey (Un)	49:38	56 - Boris Levitsky (Un)	51:30
17 - Grover Prowell (San Jose St.)	47:02	37 - Wayne Plymale (Un)	49:41	57 - Randy Hansen (Ophir TC)	51:33
18 - Lyn Walker (West Valley TC)	47:08	38 - Eugene Elliott (Un)	49:46	58 - Don Lee (Mustang RC)	51:37
19 - Gil Brooks (Alameda TC)	47:20	39 - Danny Martinez (RC Striders)	49:48	59 - George Pilz (Un)	51:42
20 - Mike Conroy (Excelsior TC)	47:25	40 - Burton Turner (US Navy)	49:54	60 - Esteban Valle (West Vly TC)	51:43

61 - Terry Lomax (Albany HS)	51:44	66 - Mark Quinn (West Valley TC)	52:15	71 - James Durocher (Un)	53:02
62 - Kurt Dicus (Un)	51:46	67 - Gil Tarin (West Valley J&S)	52:21	72 - Gerry Searcy (Union City TC)	53:13
63 - Boyd Tarin (Alameda TC)	51:54	68 - Lloyd Sampson (Un)	52:38	73 - Bob Myers (Pamakids)	53:20
64 - John Semler (BV Harriers)	52:00	69 - John Geer (Whittier Col ATC)	52:42	74 - Steve Hajik (Un)	53:23
65 - Rick Carmona (Alameda TC)	52:03	70 - Tony Casillas (WVTC)	52:47	75 - John Cavagnaro (Un)	53:25

**KENT GUTHRIE IS UPSET VICTOR AT FT. BAKER HANDICAP:** (July 28, Ft. Baker) - (15 Miles) - The troops decided they wanted to have some target practice on raceday and so the regular course had to be quickly adjusted around that area so no one would get accidentally shot. The course was a bit easier than in previous years, avoiding the second hill, but still plenty hard enough...the distance was uncertified, however, but probably very close. At any rate, Kent Guthrie, taking advantage of his 4 minute handicap, pulled a big upset, winning not only the handicap division, but also the fast-time division! Kent, who is 38 years of age, beat such notables as Doug McLean, Joe McDevitt, and Frank Donahue in the process, showing he is one good mountain goat. Teammate Jim Shettler was the second across and had the sixth best scratch time, again showing that you ain't burnt out when you turn 40. Kent had a time of 1:25:42, to edge Doug McLean's 1:25:54 for fast-time honors. Peggy Lyman ran a super race in lowering Teri Anderson's 1973 women's best of 1:42:01 by almost two minutes with a 1:40:22. Joan Ulliyot (1:46:25) had her hands full in holding off surprising Wini Jebian (1:46:32) to hold onto her second place in the women's division (scratch time). Below are listed the top 45 finishers by actual time (subtract handicap, in parentheses, to get handicapped finish time). /John Hutchinson/

1 - Kent Guthrie (WVJS) (4)	1:25:42	16 - Thomas O'Brien (Un) (9)	1:37:59	31 - James Clever (Un) (4)	1:36:26
2 - Jim Shettler (WVJS) (7)	1:29:22	17 - Bob Lee (NCSTC) (23)	1:52:22	32 - Dave Zumwalt (Un)	1:33:51
3 - Jim Nicholson (NCSTC) (10)	1:32:56	18 - Glen Berwick (Un)	1:29:51	33 - Mike Healy (WVJS) (8)	1:41:10
4 - Dennis Teegarden (NCSTC) (9)	1:32:19	19 - Jack Hackmann (VMTC)	1:30:02	34 - James Jacobs (Un) (7)	1:41:12
5 - Peter Mattei (NCSTC) (16)	1:39:48	20 - Jeanette Cotte (RCF) (30)	2:00:03	35 - Mike O'Neil (NCSTC) (16)	1:50:25
6 - Ed Dally (Un) (9)	1:34:02	21 - Robert Porter (NCSTC) (12)	1:42:09	36 - Robert Gehl (DSE) (12)	1:47:01
7 - Peggy Lyman (WVTC) (15)	1:40:22	22 - David Marsh (Un) (2)	1:32:25	37 - Frank Cuzzillo (NCSTC) (25)	2:00:12
8 - Richard Houston (NCSTC) (19)	1:44:50	23 - Frank Krebs (GWTC)	1:30:37	38 - Tom Mann (Excelsior TC)	1:35:18
9 - Doug McLean (WVTC)	1:25:54	24 - Lee Adams (NCSTC) (11)	1:42:03	39 - Lucy Bunz (WVTC) (15)	1:50:26
10 - Joe McDevitt (WVTC)	1:27:38	25 - Mike Tulley (GWTC)	1:31:10	40 - Kent Bolter (DSE) (13)	1:48:27
11 - Frank Donahue (Excelsior TC)	1:27:43	26 - Joan Ulliyot (WVTC) (15)	1:46:25	41 - Jim Gault (NCSTC) (12)	1:47:28
12 - Ruth Anderson (NCSTC) (26)	1:53:56	27 - Wini Jebian (DSE) (15)	1:46:32	42 - Jeff Jahn (VMTC)	1:35:34
13 - Homer Latimer (Un) (2)	1:29:59	28 - Bob Darling (Excelsior TC)	1:31:43	43 - Ed Swan (Un)	1:36:02
14 - Lyn Walker (WVTC)	1:28:22	29 - Tom Pinckard (NCSTC) (3)	1:35:04	44 - Alex Monterrosa (Pamakids)	1:36:27
15 - Keith Campbell (WVJS) (13)	1:41:23	30 - Jim Freeman (San Juan Str)	1:32:23	45 - Santos Reynaga (WVTC)	1:36:46

**JEFF ARNOLD TAKES EASY VICTORY IN OCEAN-TO-BAY MARATHON:** (Aug. 3, Martins Beach to Belmont) - Someone took the marking flags down the night before the race at a strategic intersection and the lead runners went quite a distance out of their way before turning around and getting back onto the course, so the meet sponsors decided in mid-race to not finish at Marine World, but to finish at Belameda Park (where registration took place) instead, thus compensating for the extra distance run. The runners probably still ran a bit too far, but no one seemed to mind much. West Valley TC's Jeff Arnold ran away with the individual trophy with his 2:41:39 clocking, almost 7-1/2 minutes in front of teammate Jim Howell's 2:49:00. WVTC won the team title over the RC Striders. Vic Weber had a bit of trouble disposing of Don McIntosh for the over-40 trophy (3:10:30 to 3:13:55). Sue Neary just broke 4 hours on this rugged course (it traverses a 2000-foot mountain & then goes up another of about 500 feet) with her 3:58:46 to edge Deborah Finn's 4:03:34. A total of 86 started, but only 67 managed to endure the entire distance. Top junior finisher was Kevin Kirby (12th, 3:01:03), with David Cortez in runnerup spot (19th, 3:14:46). The runners were treated to a BBQ following the race. /Frank Billante/

1 - Jeff Arnold (West Valley TC)	2:41:39	16 - William DiVita (Un)	3:09:03
2 - Jim Howell (West Valley TC)	2:49:00	17 - Vic Weber (WVJS)	3:10:30
3 - Jan Sershen (Un)	2:52:55	18 - Don McIntosh (Stanford RC)	3:13:55
4 - Jim Sane (Dusters)	2:53:27	19 - David Cortez (RC Striders)	3:14:46
5 - Pat Finn (Intermountain AA)	2:54:37	20 - Mark Quinn (WVTC)	3:16:57
6 - Steven Fuller (RC Striders)	2:54:58	21 - Bob Barnett (Un)	3:18:04
7 - Robert Cooper (RC Striders)	2:56:03	22 - William Diaz (Un)	3:18:43
8 - Bill Flint (Un)	2:58:36	23 - Chuck Frosolone (Un)	3:19:25
9 - Steve Brooks (Stanislaus St.)	2:58:37	24 - Claus Pederson (TRAC)	3:20:40
10 - Philip Banko (Un)	2:59:30	25 - Keith Whittingslow (SFOC)	3:27:49
11 - Dennis O'Halloran (Un)	2:59:55	26 - Dwight Hendrix (Un)	3:28:30
12 - Kevin Kirby (Un)	3:01:03	27 - Ralph Blount (Ophir TC)	3:28:51
13 - Richard Croteau (WVJS)	3:02:44	28 - Daniel Garcia (Un)	3:28:58
14 - Santos Reynaga (WVTC)	3:04:43	29 - Dennis Egley (Un)	3:30:09
15 - Harold DeMoss (WVTC)	3:07:28	30 - Antonio Reyes (Pamakid)	3:33:20



Ocean-to-Bay Marathon winner, Jeff Arnold (in Huddart Park). /Marconi/



Funky St. leaders at 2 miles (Leydig, Taxiera, Laris, George, Hale). /Shaughnessy/

**HALE WINS SECOND IN ROW AT FUNKY STREET 7 MILER:** (Aug. 4, Martinez) - West Valley TC's newest acquisition, Tom Hale, made it two for two (he won the Watermelon Run the previous week) with a runaway victory at the 3rd Annual Funky St. Boys Club 7 Miler. The front group (see photo at left) did not break apart until the turnaround at the top of the hill, but then Hale and Tom Laris (running unofficially) decided to put on the pressure, pulling out a 20-second victory over Darren George. Joe Taxiera nabbed third spot (36:36), and high-schooler Rumaldo Montenegro (Lincoln, San Jose) took fourth in 36:44. Angelo Martinez, the defending champion and course record-holder at 35:25, was sixth, some two minutes off his record. Jim Shettler stayed close to the leaders for the first half of the race, and then faded from the fast early pace, but still recorded a quick 39:02 to top all over-40 runners. Bill Jensen (41:10) and Bill Snavely (41:24) were far back in the pack. Perhaps the most amazing performance was turned in by Debbie Rudolph, a 13-year-old, who blitzed to a 43:45 clocking, annihilating sub-5 minute miler, Kathy Costello by nearly a full minute (44:34). Stacey Kearns (45:32) and Sue Munday (45:51) followed. West Valley placed their top five men in the first ten places to easily annex the team trophy with 32 points. The weather did not get unusually warm, and the finishing field of 159 made this a very successful run for the sponsors. Top junior runner was Ron Criner, who clocked a swift 39:10 to outdistance Lee Byrd's 40:23. We aren't sure what age-limit was used to determine 'juniors', but probably 16-and-under?? If anyone knows, please let us know. Results on next page. /Vecchi/



Start of the 3rd Annual Funky Street Boys Club 7-Miler in Martinez. Can you pick the winner? He's on the curb! -- /Jim Watt/

1 - Tom Hale (West Valley TC)	35:53	21 - Harold Yamauchi (Westmoor HS)	40:08	41 - Tim Farrell (San Juan Str.)	42:36
2 - Darren George (AIA)	36:13	22 - Lee Byrd (PAL)	40:23	42 - Niel Williamson (Alameda TC)	42:48
3 - Joe Taxiera (Alameda TC)	36:36	23 - Chris Svendsgard (Un)	40:29	43 - Glen Robinson (Westmoor HS)	42:50
4 - Rinaldo Montenegro (WSTC)	36:44	24 - Stan Mora (Un)	40:44	44 - Dan Rudolph (Ridge Runners)	43:01
5 - Jack Leydig (West Valley TC)	36:47	25 - Tom Smith (West Valley TC)	40:49	45 - Lee Adams (NCSTC)	43:03
6 - Angelo Martinez (Alameda TC)	37:22	26 - Dan Adams (Un)	41:04	46 - Tim Helms (Un)	43:11
7 - Bill Clark (West Valley TC)	37:36	27 - Gill Flores (Westside TC)	41:04	47 - George Moss (NCSTC)	43:22
8 - Berumen Salvador (WSTC)	37:40	28 - Bill Jensen (Pamakids)	41:10	48 - Ron Busby (Alameda TC)	43:26
9 - Dave Himmelberger (WVTC)	37:44	29 - Bill Snavelly (BV Harriers)	41:24	49 - Rod Berry (Pamakids)	43:27
10 - Doug McLean (West Valley TC)	37:49	30 - Tony Casillas (WVTC)	41:27	50 - Howard Griffith (Cambrian RR)	43:34
11 - Bruce Wolfe (West Valley TC)	37:56	31 - Lloyd Sampson (Un)	41:34	51 - Phil Holder (US Navy)	43:40
12 - Dennis Tracy (West Valley TC)	38:17	32 - Randy Martin (Un)	41:37	52 - Brian Farrell (San Juan Str)	43:43
13 - Homer Latimer (Un)	38:22	33 - Pat Shaughnessy (WVTC)	41:45	53 - Debbie Rudolph (Westwood RR)	43:45
14 - Steve Noga (Alameda TC)	38:36	34 - David Marsh (Un)	41:49	54 - Rob Bates (Westside TC)	43:46
15 - Jim Shettler (West Valley J&S)	39:02	35 - Ralph Bowles (Un)	42:04	55 - Richard Mueller (NCSTC)	43:47
16 - Mark Krenn (Westside TC)	39:05	36 - Boris Levitsky (PAL)	42:10	56 - Colin Templeman (NCSTC)	43:52
17 - Ron Criner (Un)	39:10	37 - Rod Robertson (Camino Wst TC)	42:11	57 - Elenes Feliciano (Alameda TC)	44:07
18 - Larry McGrael (un)	39:44	38 - Ulrich Kaemph (TRAC)	42:17	58 - Alan Scott (Funky St. BC)	44:08
19 - Dennis Reeder (Un)	39:58	39 - Jack Cook (NCSTC)	42:25	59 - Glen Lewis (Funky St. BC)	44:08
20 - Jim Freeman (San Juan Striders)	40:00	40 - Gil Tarin (West Valley J&S)	42:30	60 - Don Lee (Mustang RC)	44:11

5-BROOKS RUN--HALE AGAIN: NEW RECORD: THREE WINS IN A ROW: (Aug. 10, Pt. Reyes) - Continuing in his winning ways, WVTC's Tom Hale picked up his third straight win, this time knocking 28 seconds from Ron Elijah's (& Jim Nuccio's) highly respectable 1973 record. Elijah, second this time, was also under his old mark with a 34:06 (to Hale's 33:47). Wayne Badgley, showing signs of returning to his good form of a few years ago, placed third in 34:39, and then a minute elapsed before the next runner came in. Jim O'Neil led a tight pack of masters runners to best Don Pickett (40:35 to 40:49). Mike Healy (41:00) and Bob Malain (41:16) made it a four-way battle through most of the race. Mary Etta Boitano, tuning up for the Dipsea by testing the hills here, made short work of the field in her division, recording a swift 45:28 against Stacey Kearns' 46:16. Marin AC had little trouble in grabbing their revenge from WVTC, who had won the previous year. They had their top 5 bunched in the first ten places, and West Valley brought only four good runners. The course, supposed to be 7 miles, is obviously a lot shorter than that. A total of 162 finished the up-and-down grind in it's second year. /Ron Elijah/

1 - Tom Hale (West Valley TC)	33:47	16 - Mike Fornaciari (VMTC)	38:01	31 - Tom Bartasi (EAO)	40:31
2 - Ron Elijah (Marin AC)	34:06	17 - Jack Hackman (VMTC)	38:12	32 - Mike Lambert (Camino West TC)	40:32
3 - Wayne Badgley (BV Harriers)	34:39	18 - Mike Sweeney (Marin AC)	38:22	33 - Rod Berry (Pamakids)	40:33
4 - Don Makela (Marin AC)	35:31	19 - Unidentified Runner	38:30	34 - Lloyd Sampson (Un)	40:34
5 - Bob Bunnell (Marin AC)	35:35	20 - Greg Walker (BV Harriers)	38:33	35 - Jim O'Neil (SFOC)	40:35
6 - Joe Taxiera (Alameda TC)	35:37	21 - Ron Loza (Un)	38:52	36 - John Edgan (DCHS)	40:47
7 - Alan Claremont (Un)	35:40	22 - Jeff Kroot (Marin AC)	39:00	37 - Don Pickett (Marin AC)	40:49
8 - Darryl Beardall (Marin AC)	35:55	23 - Craig Corey (SMCCT)	39:07	38 - Mike Healy (West Valley J&S)	41:00
9 - Dave Stock (West Valley TC)	36:07	24 - Steve Barr (Un)	39:10	39 - Tom Mann (Excelsior TC)	41:12
10 - Pete Sweeney (Marin AC)	36:19	25 - Steve Lawry (Un)	39:33	40 - Bob Malain (NCSTC)	41:16
11 - Gary Singer (BV Harriers)	36:47	26 - Duncan Snell (England)	39:35	41 - Kevin Williams (Un)	41:46
12 - Bruce Wolfe (West Valley TC)	36:56	27 - Terry Pintane (VMTC)	39:40	42 - Mike Boitano (SERC)	42:00
13 - Dan Preston (West Valley TC)	37:10	28 - Mike Williamson (Alameda TC)	39:43	43 - Robert Lytle (Un)	42:14
14 - Bennie Jordan (BV Harriers)	37:29	29 - Jim Flanigan (BH Striders)	39:59	44 - Gary Upham (Un)	42:15
15 - Dave Zumwalt (Un)	37:53	30 - Abe Underwood (BC)	40:29	45 - Fred Kenyon (VMTC)	42:21

HALE DESTROYS GOOD FIELD OF HILL RUNNERS AT LAFAYETTE RIM RUN: (Aug. 11, Lafayette) - (6 Miles) - Winning his second race in 24 hours, and setting a new course record in the process, Tom Hale made a shambles of a field that included some of the better hill runners in the area, including Matt Yeo and Jack Bellah. His 36:20 clocking for 6 miles indicates just how hilly the course is (or maybe a little long too). Matt Yeo was a distant second at 37:06 with Bellah even further arrears in 37:47. Ken Napier headed the senior field by almost 4 minutes with his 41:14 in 11th place (next came Peter Mattei (45:01) and Bill Flodberg (45:23). Debbie Rudolph continued her winning ways by trouncing Mary Cortez soundly, 49:23 to 51:32, and Sue Neary got third (51:47). West Valley had their scorers in the top 15 to grab the team race, as both WVTC and the RC Striders had three apiece in the top six spots. A large field of 133 finishers indicate that this run draws a lot of masochists. Also, this is the first year that it has been officially on the PA-AAU schedule. /Charles MacMahon/



(ABOVE) Start of the 2nd Annual 5-Brooks Run in Marin County. /Dave Stock/ (RIGHT) "The Hill" at the Lafayette Rim Run...arghhhh!! /Jeff Searls/



1 - Tom Hale (West Valley TC)	36:20	16 - Mark Quinn (West Valley TC)	42:55	31 - Bruce MacMahon	45:53
2 - Matt Yeo (RC Striders/UC Davis)	37:06	17 - Don Lee	43:10	32 - Tom Pinckard (NCSTC)	46:00
3 - Jack Bellah (West Valley TC)	37:47	18 - Walt Byrd	43:39	33 - Rich Martinez	46:08
4 - Jeff Arnold (West Valley TC)	38:02	19 - Kevin Searls	43:58	34 - Gilbert	46:14
5 - David Cortez (RC Striders)	39:03	20 - Craig MacMahon	44:07	35 - H. Griffith	46:32
6 - Bob Cooper (RC Striders)	39:04	21 - George Scott	44:19	36 - Ulrich Kaemph (Tax ReducersAC)	46:51
7 - Homer Latimer (Un)	39:25	22 - Danny Martinez (RC Striders)	44:23	37 - J. Mullin	47:44
8 - B. Heinrich	40:01	23 - Walt Van Zant (WVJS)	44:26	38 - Unofficial Runner	47:45
9 - Kent Guthrie (West Valley J&S)	40:18	24 - Matt Dowling (PHTFC)	44:31	39 - P. Holmes	48:01
10 - Bruce Wolfe (West Valley TC)	40:50	25 - Rich Vasquez	44:35	40 - D. Baxter	48:08
11 - Ken Napier (West Valley J&S)	41:14	26 - Phil Darnall	44:40	41 - Tom Lucas (RC Striders)	48:58
12 - W. Herman	41:23	27 - Bob Meyers	44:51	42 - Vincent Ricevuto	49:14
13 - Dan Moore (Livermore Vly RC)	41:55	28 - Peter Mattei (NCSTC)	45:01	43 - Debbie Rudolph (Westwood RR)	49:23
14 - Greg Mandanis (RC Striders)	42:32	29 - Bill Flodberg (WVJS)	45:23	44 - Bryan Holmes	49:30
15 - Marty Conway (West Valley TC)	42:45	30 - Ralph Bowles	45:52	45 - Brian MacMahon	49:31



(LEFT) Start of the 10th Annual Lake Tahoe Relays which saw a record 56 teams finish. /Dave Stock/ (RIGHT) West Valley TC's Jack Bellah catching Marin/Humboldt's Mark Dulaney with less than a mile to go in the race. /John Marconi/

**ALL RECORDS BUT ONE FALL AT TAHOE RELAYS:** (Aug. 17, Lake Tahoe) - (72 Miles) - The 10th Annual Tahoe Relays will no doubt go down in history as one of the most exciting, and certainly the most record-laden relays ever. A record number of teams (56) finished and the only individual record that stood was Domingo Tibaduiza's 1972 second-leg standard of 53:23. Things started out quickly with Phil Camp & Chuck LaBenz (running unofficially) blitzing to a 61:46 to erase Tibaduiza's 1973 mark of 62:02. Jerry Alexander did a fine 54:22 for the next carry, but still was off the record by a full minute. Ron Elijah improved his own third-leg record of 55:25 (1973) by smoking a 54:58. Then Jim Nuccio annihilated Mark Covert's oldest-standing record, a 55:20, set way back in 1970, with a superb 54:08. George Stewart tied Tracy Smith's 5th carry (52:31), only to have Pat Smith knock two seconds off that time. Then Chuck Smead broke the record that should probably never have been broken: Victor Mora's 6th carry of 52:49. Smead, who had been training at 8000 feet all summer, took 14 seconds off that with a sterling 52:35. On the final run of the day, Jack Bellah improved his own 1973 mark of 52:58 to a full minute to 51:55 after running down Mark Dulaney's two minute lead and winning going away. West Valley TC's mark of 6:28:25 broke their 1972 around-the-lake record of 6:33:19.4, and the All-Star team, composed mostly of Marin AC and Humboldt or ex-Humboldt Staters were also well under the old standard with a 6:28:57. A total of 5 teams broke the magic 7-hour barrier. Camino West TC's all-high school squad dipped under WVTC's prep record with a 7:11:06, compared to the old mark of 7:22:56, and the West Valley Joggers improved their over-40 clocking to 7:41:05 (from 7:46:15 last year). The battle for the lead was spirited during the entire distance, as 2:42 was the maximum distance (time) ever separating the two squads. It appeared as if the All-Star squad had it in-the-bag with 5 miles to go, when Mark Dulaney began to suffer noticeably from the altitude and probably too fast a start. He had to stop and throw-up for about a half-minute, and that was enough of an encouragement for Jack Bellah to start closing the nearly two-minute gap. With about 1000 yards to go, Bellah streaked by the struggling Delaney and opened a 32-second gap by the end of the race. A complete copy of the results & splits may be obtained by sending a self-addressed, stamped envelope to: Harold DeMoss, P.O. Box 967, Los Altos, CA 94022...or pick a copy up at a road run in the near future from Jack Leydig. Following are the splits for the top 10 teams and the times for all finishers...actual finish positions are noted, with handicaps having already been subtracted to obtain order of finish. Such teams are noted. Over-40 teams got 45 minutes taken from their finish times, and the only women's team had one hour subtracted. \*\*\* (1) WVTC "A" (Mejia 62:55, Houk 1:58:45, Birnbaum 2:55:12, Nuccio 3:49:20, Stewart 4:41:51, Pinocci 5:36:30, Bellah 6:28:25), (2) Marin/Humboldt All-Stars (Scobey 63:10, Alexander 1:57:32, Elijah 2:52:30, Makea 3:49:23, Miller 4:41:52, Smead 5:34:27, Dulaney 6:28:57), (3) WVTC "B" (Zapata 66:47, Clark 2:04:40, Leydig 3:03:08, Stock 4:04:46, Harris 4:57:40, Jones 5:53:35, Himmelberger 6:49:33), (4) Golden West TC (67:22, 2:04:20, 3:05:21, 4:04:55, 4:59:06, 5:57:30, 6:55:52), (5) West Valley J&S (45 Min) (79:02, 2:19:40, 3:31:28, 4:41:57, 5:38:47, 6:37:03, 7:41:05), (6) Alameda TC (Camp 61:46, 2:00:00, 2:58:18, 3:54:34, 4:51:34, 5:52:12, 6:56:35), (7) Marin AC (69:30, 2:07:53, 3:06:50, 4:08:35, 5:03:25, 6:01:26, 7:01:37), (8) Redwood City Striders (69:10, 2:04:42, 3:07:47, 4:07:37, 5:05:37, 6:02:56, 7:05:25), (9) Fresno Pacific (65:30, 2:03:52, 3:02:02, 3:59:43, 5:01:18, 6:03:32, 7:07:18), (10) Camino West TC (67:22, 2:04:23, 3:07:10, 4:09:46, 5:10:00, 6:08:14, 7:11:06), (11) Excelsior TC 7:11:39, (12) WVTC "C" 7:11:54, (13) NCSTC (45 Min) 8:02:30, (14) Golden West "B" 7:23:30, (15) Tahoe Striders 7:24:37, (16) Tahoe Killers 7:27:35, (17) Phaethon 7:31:22, (18) WVTC "D" 7:36:05, (19) Aggie TC 7:40:00, (20) Pacific College/HSTC 7:42:10, (21) RC Striders "B" 7:43:41, (22) Six Rivers RC 7:44:05, (23) TRAC "Blue" 7:46:30, (24) East Side Greasers "A" 7:50:15, (25) Buffalo Chips 7:51:00, (26) East Bay Greasers "B" 7:52:45, (27) WVTC "E" 8:02:05, (28) Road Hogs 8:04:40, (29) Alameda TC "B" 8:07:00, (30) Camino West "B" 8:07:30, (31) Bishop TC 8:08:28, (32) Unrunners 8:13:01, (33) Napa Runners 8:15:25, (34) Stereoscope Loafers 8:16:16, (35) Excelsior TC "B" 8:17:38, (36) Ophir "A" 8:19:35, (37) Tax Reducers Red 8:20:25, (38) Tax Reducers White 8:25:58, (39) Pick-Ups 8:34:30, (40) Gold Spike TC "1" 8:40:45, (41) South Tahoe "1" 8:44:35, (42) Solano TC 8:45:20, (43) Berkeley/Pinole Harriers 8:46:15, (44) WVTC "Women" (60 Min.) 9:48:43, (45) South Tahoe Srs. (45 Min.) 9:34:34, (46) San Juan Lions 8:55:45, (47) South Tahoe "3" 8:58:30, (48) Cougars 8:59:44, (49) O'Dowd Dragons 9:00:45, (50) Cambrian RR 9:01:55, (51) Gidrey's Friends 9:06:22, (52) Hangtown Gang 9:29:21, (53) Tentative Ten TC 9:30:05, (54) Fresno HS 9:53:00, (55) Gold Spike Conglomerates 10:00:12, (56) Ophir Prison TC 10:29:21; -- Non-Finishers: South Tahoe "2" 7:03:45 for 5 legs; Foothill HS 3:25:40 for 3 legs. -- And so ends another epic relay. No one was killed by a car, wonder of wonders, but one day it's gonna happen...any suggestions to make the race safer should be sent to NCRR. /DeMoss/

**DARE CAPTURES FIRST ANNUAL DAMMIT RUN:** (Aug. 24, Los Gatos) - West Valley TC's steeplechaser (anyone who chases steeples has gotta be a little nuts!), Jim Dare, annexed the first annual Dammit Run by chugging to a 36:38 clocking over the 6.8 mile course that featured two good hills. Tom Laris, running unofficially, burned out all the amateurs, however, with a 36:06 time. Jack Bellah was the second amateur (official) finisher with 37:11. Ken Napier continued his great running as of late with a 39:55 to capture 8th place as top over-40 finisher, almost 6 full minutes ahead of teammate Carl Martin. Peggy Lyman won as she pleased in 45:25, as Massachusetts transplant, Phyllis Olrich, got second (46:33) in her first California road race appearance. Sue Neary was another 17 seconds back. WVTC took unofficial team honors with 17 points. Ron Fritzsche (37:30) was top high schooler, and Ricky

Vitales was the first finisher in the 14-and-under age-group. A total of 164 runners finished this run, and from all indications, it appears that this race will become a favorite on the PA-AAU schedule. /Maynard Orme/

1 - Jim Dare (West Valley TC)	36:38	16 - Rick Midstokke (LG Pacers)	41:12	31 - Frank Hayes (Un)	43:16
2 - Jack Bellah (West Valley TC)	37:11	17 - Keith Shepardson (Del Mar TC)	41:19	32 - Stephen Wilson (ARRA)	43:20
3 - Bill Clark (West Valley TC)	37:20	18 - John Tengelsen (WVTC)	41:27	33 - Tom Massey (West Vly J&S)	43:39
4 - Ron Fritzke (Camino West TC)	37:30	19 - Mike Alderette (Mustang RC)	41:40	34 - Ian McLure (LG Pacers)	43:40
5 - Jack Leydig (West Valley TC)	37:37	20 - Dave Colburn (Camino West TC)	41:50	35 - John Paulson (Mustang RC)	43:56
6 - Dave Himmelberger (West Valley TC)	38:19	21 - Mike Bergkamp (WVTC)	41:55	36 - James Jacobs (Cabrillo TC)	44:00
7 - David Stock (West Valley TC)	39:46	22 - Ben Sawyer (Otherways AC)	42:04	37 - Ramon Luna (Un)	44:15
8 - Ken Napier (West Valley J&S)	39:55	23 - Dave Peterson (WVJS)	42:12	38 - Pete Dolan (Un)	44:55
9 - Ed Price (West Valley TC)	40:08	24 - Vance Eberly (LG Pacers)	42:22	39 - Jerry Barrack (Joggernauts)	45:01
10 - Greg Miller (ARRA)	40:38	25 - Gregg Pujol (LG Pacers)	42:27	40 - Andrew Arce (Un)	45:13
11 - Tony Munoz (Cabrillo TC)	40:39	26 - Dave Unger (West Valley TC)	42:39	41 - Frank Sierras (James Lick HS)	45:15
12 - Joe Mangan (West Valley TC)	40:40	27 - Don Lee (Mustang RC)	42:39	42 - James Hamm (Un)	45:17
13 - Mark Quinn (West Valley TC)	40:43	28 - Tom Thibault (Un)	42:48	43 - Curt Karbowski (Mustang RC)	45:21
14 - Tom Tatum (Un)	40:57	29 - Robert Melendez (ARRA)	42:52	44 - John Dunn (Pamakids)	45:25
15 - Jim Harris (Mtn. View HS)	41:03	30 - Steve Burns (Un)	43:14	45 - Peggy Lyman (WVTC)	45:25



(LEFT) Handoff at the end of the 5th leg, with Pat Miller (hidden behind Stewart) passing off to Chuck Smead, and George Stewart letting Mike Pinocci take over. (ABOVE) The two record-breaking teams at the Tahoe Relays, from left: WVTC (Stewart, Mejia, Birnbaum, Pinocci, Bellah, Nucchio); Marin/Humboldt (Scobey, Miller, Makela, Dulaney, Smead, Elijah, Alexander). (RIGHT) Alvaro Mejia seems to be indicating 'Number 1' with his left hand as he hands off to teammate Skip Houk at the end of the first leg. (BELOW) Chuck LaBenz (left) and Phil Camp set a new record for first leg at 61:46. /First two photos by John Marconi; last two photos by Mike Shaughnessy/



(LEFT) Jerry Alexander had the fastest time on the 2nd leg at 54:22. (CENTER) Ron Elijah lowered his 3rd leg record to 45:58. /Mike Shaughnessy Photos/ (RIGHT) Bill Scobey led off with a 63:10 for Humboldt/Marin. /Paul Cooper/

**BENTON HART WINS TWO RACES AT GOLDEN EMPIRE XC:** (Aug. 24, Grass Valley) - Modesto High School graduate Benton Hart showed exceptional strength in winning two races at the Golden Empire XC Races. He first ran the high school (15-18) 2 mile, 210 yard course in 10:37.7, just missing his 1973 mark of 10:33, and then he came back to take the men's open 4 mile, 420 yard event in a good time of 22:41.5, although missing Bill Kelly's 1973 standard of 22:10. His margin of victory in the shorter race was 7 seconds, while it was 13 in the longer one. Ross Smith set a masters record of 24:00 in the 4-1/4 mile race as he upended teammate Jim Shettler in the process. There were over 150 entrants in all the races combined, and there were thousands of spectators present during the event, which took place at the Nevada County District Fair. Top finishers in each division: (Girls 13/Under): (1 Mile, 765 Yds) - Bain/WS 9:10.3, Salisbury/OTC 9:17, Himenes/Un 9:19, Beauchamp/WS 9:31, Roberts/WS 9:35, Hockins/WS 9:39, G. Sakelarios/RCF 9:43, Frys/SJS 9:49, Fuller/SJS 9:50, Hoose/WS 10:08. (Women): (2 Miles, 210 Yds) - Morr/WS 13:17.9, Allen/Un 13:18, R. Reneau/BRR 13:57, Cortez/RCS 14:08, Eddy/SJS 14:10, Berzamen/RCS 14:11, Garrard/RCS 14:15, Nachless/WS 14:34, Lombardi/RCF 14:38, Stok/RCS 14:54. (Boys 9/Under): (880 Yds) - Simpson/BRR 2:50.2, Wong/SJS 2:57, McFadden/RCS 2:58, Allen/Un 3:03, Frys/SJS 3:12. (Boys 10-14): (1 Mile, 765 Yds) - Will/Un 7:57.9, Martinez/RCS 7:59, Kadie/SJS 8:24, Himenes/RCS 8:42, Eddy/SJS 8:45, Fako/GSTC 8:49, Renaud/Armijo 8:52, N. Sakelarios/RCF 8:54, Owen/RCS 8:55, Sutherland/SJS 9:07. (Boys 15-18): (2 Miles, 210 Yds) - Hart/Modesto 10:37.7, Baudendistel/SWTC 10:45, Cortez/RCS 11:10, Adams/Un 11:15, Freeman/SJS 11:23, Buffalo/Sac'to HS 11:24, Nygaard/GSTC 11:27, Otis/SJS 11:33, Mandanis/RCS 11:34, Coux/Un 11:49. (Men-Open): (4 Miles, 420 Yds) - Hart/Modesto 22:41.5, Vogt/GSTC 22:54, Butt/MAC 23:28, Alexander/VMTC 23:44, Christensen/Un 23:48, Fuller/Un 23:55, Swezen/ATC 23:58, Jahn/VMTC 24:30, Milnder/Un 24:35, Williams/Ophir 24:43. (Men 35 & Over): Smith/WVJS 24:00, Shettler/WVJS 24:16, Underwood/BCTC 25:29, Holmes/Un 26:31, Fox/Solano TC 28:26. /Nick Vogt/

**BEARDALL WINS DIPSEA:** (Aug. 25, Mill Valley) - We don't have the complete results yet, but we'll make mention here that Marin AC's Darryl Beardall won the 64th Annual Dipsea in a 43:57 clocking (49:57 scratch time), only 13 seconds in front of Debbie Rudolph, a 13-year-old with a 12 minute handicap. Ron Elijah demolished his own course record of 46:08 (set in 1970) with a spectacular time of 44:49 in finishing 3rd overall. Bike Boitano was fourth (44:52) with an 8-minute handicap, while his 11-year-old sister came in right behind (44:55) with a 12-minute handicap. The Marin AC grabbed the team trophy from the NorCal Seniors for the first time in many a year. Members included Beardall, Elijah, Don Makela, Don Pickett, and Bob Bunnell. We'll have complete results (top 100 at least) for you next time.

**JIM DARE VICTORIOUS AT EMERALD HILLS FUN RUN:** (Aug. 31, Redwood City) - (7 Miles) - WVTC's Jim Dare didn't get lost this year and would have come close to setting a course record except that the course was 110 yards short because of a flooded track at Sequoia High School. Still, his 36:50 was worth about a 37:08 or so, which would have been 4 seconds off Bill Clark's 37:05 course standard. Tom Laris, running unofficially, however, beat Dare by some 19 seconds, and would have easily set a record for the full length. Seven runners ran under 38 minutes in what was the strongest showing in several years. Matt Yeo got second in 37:06, and Bill Clark, showing some of his 'old self', was next in 37:13. West Valley easily defeated the host RC Striders by a score of 39 to 188. Ken Napier continued to run well in winning the masters division with a time of 40:31, almost a full minute ahead of Big Valley Harrier ace, Bill Snavelly. Dr. Peter Wood was 3rd in that division with a 43:24 clocking. Peggy Lyman didn't have too much trouble topping her division either as her 45:34 was a long way in front of Sue Neary's 46:19 and Sue Munday's 48:52. The Striders salvaged the women's team title, 45-51, over the San Juan Striders. This popular race drew 208 finishers today. /Mike Ipsen/

1 - Jim Dare (West Valley TC)	36:50	21 - Mark Daniel (Un)	40:16	41 - S. Bruns (Un)	42:43
2 - Matt Yeo (RC Striders/UC Davis)	37:06	22 - Ken Napier (West Valley J&S)	40:31	42 - Bob Kadie (San Juan Str.)	42:51
3 - Bill Clark (West Valley TC)	37:13	23 - J. Stocco (Union City TC)	40:49	43 - C. Peterson (Pamakids)	42:57
4 - Dave White (Beverly Hills Str.)	37:23	24 - Tom Jordan (RC Striders)	40:57	44 - D. Snell (SHE)	42:59
5 - Darryl Beardall (Marin AC)	37:30	25 - Mike Bergkamp (WVTC)	41:03	45 - J. King (AIA)	43:08
6 - Charlie Harris (WVTC)	37:44	26 - Tony Casillas (WVTC)	41:10	46 - K. Wallis (Un)	43:16
7 - Bob Barnett (Camino West TC)	38:21	27 - R. Martin (SF)	41:16	47 - Peter Wood (NCSTC)	43:24
8 - Joe Taxiera (Alameda TC)	38:27	28 - D. Croteau (Un)	41:17	48 - G. Searcy (Union City TC)	43:26
9 - Jim Freeman (San Juan Striders)	38:35	29 - Phil Darnell (RCPYC)	41:20	49 - B. Bubin (Un)	43:28
10 - Jim Barker (Un)	38:40	30 - Bill Snavelly (BV Harriers)	41:29	50 - Paul Cooper (Un)	43:37
11 - Jack Leydig (West Valley TC)	38:56	31 - Dave Colburn (Camino West)	41:39	51 - John Geer (Whittier Col ATC)	43:49
12 - Doug Butt (Marin AC)	39:08	32 - Greg Mandanis (RC Striders)	41:59	52 - T. Casey (Excelsior TC)	44:03
13 - Dave Robertson (West Valley TC)	39:17	33 - Mark Quinn (WVTC)	41:59	53 - R. O'Conner (SF)	44:06
14 - Jon Routh (Menlo TC)	39:22	34 - C. Corey (Un)	42:12	54 - Bill Flodberg (WVJS)	44:07
15 - B. Rider, II (Un)	39:25	35 - Chuck Frosolone (Un)	42:16	55 - L. Regalado (Alameda TC)	44:09
16 - Bob Paulin (Cambrian RR)	39:27	36 - B. Kuefner (Un)	42:16	56 - Ken Paul (West Valley TC)	44:09
17 - Marc Lund (West Valley TC)	39:43	37 - C. Otis (SJ Striders)	42:23	57 - Gilbert (Un)	44:17
18 - Jeff Spangler (BH Striders)	39:59	38 - A. Maloney (SF)	42:29	58 - D. Garsi (SF)	44:26
19 - Tim Swezen (Alameda TC)	40:05	39 - Dan Farwell (Woodside HS)	42:33	59 - F. Warren (Un)	44:34
20 - Bruce Wolfe (West Valley TC)	40:05	40 - D. Weikel (Un)	42:37	60 - G. Roach (Un)	44:48



(LEFT) Darryl Beardall (left) won the 64th Annual Dipsea; Don Makela is on his right. /Marconi/ (CENTER) Bill Clark won the Alameda XC Carnival and was 3rd in the fast PA-25K. (RIGHT) Homer Latimer was victor in the Double Dipsea race. /Mike Shaughnessy/



**CLARK ON COMEBACK TRAIL--WINS ALAMEDA XC CARNIVAL:** (Sept. 7, Alameda) - (6.22 Miles) - West Valley TC's Bill Clark, American record holder for the hour run (12 miles, 527 yards) and several other distances on the track, has been somewhat dormant over the past few years, but he showed all comers that he means to get tough again as he ran to a 20-second victory (with Tom Laris unofficially) over teammate Daryl Zapata. This was his first win on the roads in over a year we think. He led his team to a near sweep in the long race with 16 points. Livermore Valley RC was next with 60 and then came host Alameda with 94. Dennis Teegarden had his hands full with Fresno ace Len Thornton in the over-40 division, winning by only 13 seconds, 35:40 to 35:53. Bill Snavelly continues to run better with a 36:13. Ruth Anderson was the only woman in the longer race, and she clocked a 43:52 in 76th (98 finishers). \*\*\* In the shorter 3.3 miler, RC Strider Danny Martinez set a course record -(Clark did likewise as both are new set-ups on the Alameda Golf & Country Club)- of 18:16. His margin of victory was 16 seconds over Rich Vasquez of the Pleasant Hill TC. Ever-improving Sue Neary took the women's trophy with a fine 16th place overall (97 finishers) in 20:31, some 38 seconds up on RC Strider ace, Mary Cortez. Karen Salisbury (Orinda TC) won the junior girls title by 3 seconds over Colleen Scannell, 21:50 to 21:53. The Striders (Redwood City) led the team standings with 29, followed by Pleasant Hill with 51.

1 - Danny Martinez (RC Striders)	18:16	11 - Bruce MacMahon (DSE)	19:18	21 - John Latting (PHTC)	21:10
2 - Rich Vasquez (PHTC)	18:32	12 - Victor Aguayo (Livermore)	19:36	22 - Eric Strahl (Livermore)	21:11
3 - Ray Eddy (San Juan Striders)	18:38	13 - Tommy Owen (RC Striders)	19:53	23 - Peter Foster (PHTC)	21:30
4 - Scotty Thornton (High Sierra TC)	18:44	14 - Jon Valerga (PHTC)	20:29	24 - Nancy Severance (RC Striders)	21:35
5 - Bob Kadie (San Juan Striders)	18:56	15 - Robert Martinez (RC Flyers)	20:31	25 - Debbie Finn (RC Striders)	21:39
6 - Tom Graycar (RC Striders)	19:05	16 - Sue Neary (Santa Cruzers)	20:31	26 - Betsy White (West Valley TC)	21:41
7 - Jim Hartinger (PHTC)	19:06	17 - Ken Harvey (San Juan Str.)	20:44	27 - Kathy Himmelberger (WVTC)	21:45
8 - Chuck Hunerier (RC Striders)	19:10	18 - Tim Sutherland (San Juan Str.)	20:46	28 - Adam Feerst (Un)	21:49
9 - Pat Scannell (Un)	19:13	19 - Phil Chaney (PHTC)	20:57	29 - Karen Salisbury (Orinda TC)	21:50
10 - Kevin Reynolds (PHTC)	19:18	20 - Mary Cortez (RC Striders)	21:09	30 - Colleen Scannell (Un)	21:53

1 - Bill Clark (West Valley TC)	31:45	16 - David Cortez (RC Striders)	35:12	31 - John Geer (Whittier Col ATC)	36:12
2 - Daryl Zapata (West Valley TC)	32:05	17 - Dan Harvey (Camino West TC)	35:12	32 - Bill Snavelly (BV Harriers)	36:13
3 - Charlie Harris (West Valley TC)	32:25	18 - Frank Santos (Un)	35:17	33 - Steven Sinchak (Livermore)	36:15
4 - Dave Himmelberger (WVTC)	32:44	19 - Unofficial Runner	35:32	34 - George Scott (Un)	36:25
5 - Angelo Martinez (Alameda TC)	32:51	20 - Unknown Runner	35:36	35 - Mike Nagel (Livermore)	36:26
6 - Jack Leydig (West Valley TC)	33:03	21 - Mike Williamson (Alameda TC)	35:37	36 - Boyd Tarin (Livermore)	36:40
7 - Bob Darling (Excelsior TC)	33:20	22 - Elenes Feliciano (Alameda TC)	35:39	37 - Bob Myers (Pamakids)	36:51
8 - Doug Butt (Marin AC)	33:30	23 - Dennis Teegarden (NCSTC)	35:40	38 - Rich Martinez (RC Striders)	36:54
9 - Jim Freeman (San Juan Striders)	33:32	24 - Chris Otis (San Juan Str.)	35:41	39 - Jim Blank (Un)	37:00
10 - Humberto Hernandez (WVTC)	33:50	25 - Marty Conway (WVTC)	35:42	40 - Richard Florez (Armijo)	37:00
11 - Lyn Walker (West Valley TC)	34:18	26 - Mark Quinn (West Valley TC)	35:49	41 - Craig MacMahon (Un)	37:36
12 - Dennis Tracy (West Valley TC)	34:30	27 - Len Thornton (High Sierra TC)	35:53	42 - J.H. Stocking (Un)	37:54
13 - Tim Swezey (Alameda TC)	34:31	28 - Jeff Nixon (Livermore)	35:56	43 - David Renaud (Armijo)	38:08
14 - Clark Rosen (Pamakids)	34:37	29 - Curt Williams (Livermore)	35:59	44 - Grant Meyer (SFOC)	38:08
15 - Dan Woodward (Alameda TC)	35:04	30 - Lloyd Sampson (Un)	36:02	45 - Richard Blake (DSE)	38:14

**HOMER LATIMER IS DOUBLE VICTOR IN DOUBLE DIPSEA:** (Sept. 8, Stinson Beach) - (13.6 Miles) - Leigh High School coach, Homer Latimer, duplicated the feat of Kent Guthrie at Ft. Baker by winning both the fast time award and the handicap award for first finisher. The 35-year-old Latimer came within 21 seconds of Bob Bunnell's 1973 course record of 1:43:16 in the process, with no one pushing him over the last several miles. Peter Mattei & Ralph Paffenbarger purposely tied for second place in an elapsed time of 2:04:05, but Jim Nicholson had the top over-40 scratch time with 1:59:15, good enough for the fifth best time overall, yet he finished only sixth. Dave Robertson was the second fastest scratch runner with a 1:51:04. Little 13-year-old Debbie Rudolph was the top female finisher (again) with a 2:13:52, more than 10 minutes up on Betsy White (2:24:47). Carroll O'Conner was the top female over-40 in 2:40:15, an eon ahead of her nearest rivals. A good total of 157 masochists managed to complete the rugged trail. /Walt Stack/ (Actual times are listed below, with handicaps in parentheses).

1 - Homer Latimer (Un) (9)	1:43:37	21 - Kevin Searls	1:59:07	41 - James Park (9)	2:16:18
2 - Peter Mattei (NCSTC) (25)	2:04:05	22 - Gene White (15)	2:14:25	42 - William Kell (9)	2:16:26
3 - Ralph Paffenbarger (NCSTC) (25)	2:04:05	23 - Santos Reynaga (WVTC)	2:00:27	43 - Alan Swartz (9)	2:16:45
4 - Don Pickett (MAC) (20)	2:03:10	24 - Jerry Barrack (9)	2:09:46	44 - Gregor Weiss	2:08:11
5 - Debbie Rudolph (WRR) (30)	2:13:52	25 - Karl Marshall (20)	2:22:02	45 - Glenn Pruitt (9)	2:17:57
6 - Jim Nicholson (NCSTC) (15)	1:59:15	26 - Dave Zumwalt (Un)	2:02:20	46 - Jim Woodruff (Jogn) (15)	2:24:45
7 - Kent Guthrie (WVJS) (9)	1:59:20	27 - Butch Alexander (VMTC)	2:03:03	47 - Earl Norgard (9)	2:18:53
8 - Hans Roenau (MAC) (20)	2:10:27	28 - Steve Adams (30)	2:33:08	48 - Carroll O'Conner (30)	2:40:15
9 - Dave Robertson (WVTC)	1:51:04	29 - Jack Ball (9)	2:12:10	49 - Bob Danielson (15)	2:25:24
10 - Fred Pracht (15)	2:06:06	30 - Jack Hackman (VMTC)	2:03:22	50 - James Burke (9)	2:19:43
11 - David Warren (ETC) (9)	2:00:17	31 - Joseph Maher	2:04:21	51 - Richard Greenwald	2:10:52
12 - Roderick Berry (9)	2:00:35	32 - Paul Sebesta (Jogn) (9)	2:13:30	52 - Larry Fox (NCSTC) (25)	2:36:20
13 - Ray Batz (9)	2:02:55	33 - Chris Sherwood (9)	2:13:42	53 - Mark Millward	2:11:46
14 - Jim Barker (Un)	1:54:34	34 - W.J. Swiatecki (20)	2:25:11	54 - Richard Willets (15)	2:26:47
15 - Tommy Owen (RC Striders) (9)	2:03:40	35 - Richard Emmons (15)	2:20:21	55 - John Satti (NCSTC) (30)	2:42:01
16 - Betsy White (WVTC) (30)	2:24:47	36 - Pete Schoener (9)	2:14:38	56 - Wayne Plymale	2:12:08
17 - Thomas Pierce (15)	2:10:31	37 - William Jenney (9)	2:15:11	57 - Albert Molnar (9)	2:22:18
18 - Lee Adams (NCSTC) (20)	2:16:11	38 - Dan Rudolph	2:06:43	58 - John Geer (WCATC)	2:13:50
19 - Tom Pinckard (NCSTC) (9)	2:07:02	39 - K. Whittingslow (9)	2:16:09	59 - Bruce Smith	2:14:16
20 - John Soubier (DSE) (15)	2:14:03	40 - Elizabeth Franceschini (30)	2:37:14	60 - Robert Bagshaw (9)	2:23:29

**RON WAYNE LEADS FOUR RUNNERS UNDER 1:20 AT PA-AAU 25 KILO:** (Sept. 15, San Francisco) - Oregon TC's Ron Wayne, now living on a permanent (at least for a few years) basis in the Bay Area, broke away from the pack with about 2 miles to go in the District 25 Kilo Championships, clocking a speedy 15:34 for the last 5 Kilos and dragging two others under the old course standard of 1:19:28, set by Tom Laris (unofficially) last year. One other dipped under 1:20 in this super-quick race on a certified 5K loop in Golden Gate Park. The pace was quick from the start as a group of 6-7 went through 5K in 15:46. Soon after, the lead pack dwindled to four--Wayne, Tom Laris (running unofficially), George Stewart, and Bill Clark. The four hung together through super-consistent laps, hitting 10K in 31:34 (15:48), 15K in 47:29 (15:55), 20K in 63:20 (15:51). Then, going down Kennedy Drive, Wayne made a quick move with Laris trying to hang on. It became obvious soon thereafter that no one was going to stop him, and he proceeded to build up a big margin of victory (16 seconds) in the last 3 Kilos. His 1:18:54 establishes a new course mark, and Tom Laris' 1:19:10, George Stewart's 1:19:25, and Bill Clark's 1:19:41, must rank as some of the fastest ever run by Americans. WVTC took the team title for the umpteenth year, 16-50 over the Pamakids, with Excelsior next at 54. Jim Shettler ducked under 1:30 (1:29:34) to lead the over-40 group, with teammate Mike Healy next across (1:32:52), and Bill Snavelly third (1:34:46). The women had a fine three-way battle, with Jeanette Cotte (13 years old) coming out on top, 1:48:53, to Karen Bessey's 1:50:05, and Betsy White's 1:50:12. A total of 135 finished the 15 mile+ race in near perfect (overcast) conditions. Depth (25 under 1:30) was really fantastic!! /Harold DeMoss/

1 - Ron Wayne (Oregon TC)	1:18:54	34 - Dennis Reeder (Napa Valley)	1:32:58
2 - George Stewart (West Valley TC)	1:19:25	35 - Tom Mann (Excelsior TC)	1:32:59
3 - Bill Clark (West Valley TC)	1:19:41	36 - John Loeschhorn (WVTC)	1:33:07
4 - John Hayes (Un)	1:22:44	37 - Dennis Tracy (WVTC)	1:33:30
5 - Jim Howell (West Valley TC)	1:23:28	38 - Paul Koski (Excelsior TC)	1:33:33
6 - Chris Berka (West Valley TC)	1:23:41	39 - Ray Orwig (WVTC)	1:34:15
7 - Mike Conroy (Excelsior TC)	1:23:55	40 - Lloyd Sampson (Un)	1:34:30
8 - Dave Himmelberger (WVTC)	1:24:01	41 - Bill Snavely (BV Harriers)	1:34:46
9 - Daryl Zapata (West Valley TC)	1:24:43	42 - John Geer (Whittier ATC)	1:34:54
10 - Gordon Haller (Mid-Pacific RR)	1:24:47	43 - Alex Monterrosa (Pamakids)	1:35:15
11 - Jim Barker (MPAC)	1:24:53	44 - Donald Chaffee (Excelsior)	1:35:30
12 - Jim Sane (Cordova Dusters)	1:25:09	45 - Clark Rosen (Pamakids)	1:35:43
13 - Gene Fitzgerald (Pamakids)	1:26:06	46 - David Mars (Un)	1:35:44
14 - Kent Guthrie (WVJS)	1:27:02	47 - Dan Lavelle (SFOC)	1:35:57
15 - Doug Butt (Marin AC)	1:27:30	48 - Mike Larson (Un)	1:36:03
16 - Tim Swezey (Pamakids)	1:27:42	49 - Jim Nicholson (NCSTC)	1:36:04
17 - Robert Coleman (Un)	1:27:45	50 - William Marsilo (Un)	1:37:00
18 - Dan Moore (Livermore Vly RC)	1:27:51	51 - Kevin Searls (Un)	1:37:29
19 - Ray Menzie (Un)	1:28:02	52 - Terrence Casey (Excelsior)	1:37:36
20 - Clark Rosen (Pamakids)	1:28:12	53 - Burt Davis (Santa Barb. AA)	1:37:42
21 - Dave Whiteing (Excelsior TC)	1:28:24	54 - Mike Neal (Las Vegas TC)	1:37:48
22 - Bill Long (Pamakids)	1:28:25	55 - Jack Miller (Un)	1:37:52
23 - Don Roth (Un)	1:28:26	56 - Tom Lucas (Un)	1:38:41
tie Dave Warren (Excelsior TC)	1:28:26	57 - Chris Brophy (Pamakids)	1:39:08
25 - Jim Shettler (WVJS)	1:29:34	58 - Bill Jensen (Pamakids)	1:39:14
26 - Marc Lund (West Valley TC)	1:30:18	59 - Pat Cunneen (Pamakids)	1:39:51
27 - Frank Donahue (Excelsior TC)	1:30:49	60 - Lee Adams (NCSTC)	1:40:15
28 - Stacy Geiken (Un)	1:31:15	61 - Noe Vigil (Un)	1:40:58
29 - Gus Cano (Excelsior TC)	1:31:48	62 - Frank Nolan (Un)	1:41:09
30 - Frank Krebs (Golden West TC)	1:32:37	63 - Mike Ignatius (Un)	1:41:48
31 - Tom Ratliffe (Oregon TC)	1:32:39	64 - Derl Crowder (BV Harriers)	1:41:55
32 - Wayne Plymale (Un)	1:32:47	65 - Dieter Diekmeyer IBVH)	1:41:56
33 - Mike Healy (WVJS)	1:32:52	66 - Darrell Jeong (Excelsior TC)	1:42:17



PA-AAU 25 Kilo Champ, Ron Wayne, shown at Tahoe Relays here. /John Marconi/

**LATE NEWS:** ANOTHER ROAD RACE: - I just got a phone call before we went to press, too late to put in the scheduling section, but not too late to mention it here. On Nov. 3 there will be an 8.2 mile run starting at Pacific Union College in Angwin (in the Napa Valley). The race will be called the "Angwin to Anguish Run". It will start at 10 am and will be run on paved roads and graded firetrails. For more information, contact: Dennis Reeder, 42 Hillcrest Rd., St. Helena, CA 94574 (Ph. 707/963-2560)....NCRR STILL NEEDS A HIGH-SPEED CARD-LISTER: - We have had zilch response from last month's plea concerning the possibility of using an IBM card-lister to print our address labels. No programming is involved, just a straight card to paper listing and we will supply the labels. Currently I spend about 6 hours travelling to Berkeley, updating cards, and listing on an outdated IBM 407 Accounting Machine. Surely one of you runners out there have access to an off-line printer. I need to list one time every mailing (5-8 weeks)...three boxes of IBM cards at present. HELP!!....PAN-AM GAMES MOVED TO SEPTEMBER: - The latest word from Bob DeCelle is that the 1975 Pan-American Games have been moved from April to September and so I guess you can disregard all that garbage about Regional Marathon trials I was talking about in 'This & That'. Don't know what the dates will be now for trials and the final. We'll try and keep you posted. The Convention (AAU) in mid-October should shed some light on it....JOAN ULLYOT RUNS 2:58 MARATHON IN WEST GERMANY!! - Very brief results of that international women's marathon...Germany was first & the US was 2nd, with Jacki Hansen running about a 2:54 and WVTC's Joan Ulliyot lowering her PR by 10 minutes to 2:58+. Peggy Lyman got sick a few days before the race & did 3:22, and Ruth Anderson got a 3:25...Nina Kuscsik was also sick but did a 3:06. That's all we know right now....PA-AAU ALL-STAR LDR TEAM TO BE CHOSEN BY PANEL: - The LDR Committee decided that it would name a panel (minimum of 5) to vote for the PA-AAU All-Star Team this year, rather than ballot as in the past. The reason was lack of interest and too few ballots returned to give fair judgement. The following were elected by the Committee on Aug. 6---Jack Leydig, Joe Taxiera, Harold DeMoss, Gil Tarin, Bob Darling, Frank Donahue, Walt Van Zant, and Bob DeCelle. The team will consist of 7 masters and 7 open long distance runners (men) and will be announced in the next issue of the NCRR, to be mailed in mid-November if all goes well....RC STRIDERS NO LONGER AN AAU CLUB: - I have been informed that the Redwood City Striders are no longer a PA-AAU Registered Club since they failed to pay their dues for the year and the times has long since passed. So, meet directors should take note of this....BILL CLARK WINS WALNUT FESTIVAL RUN: - West Valley TC's Bill Clark won the Walnut Festival Race in 28:20 over Ed Schelegle of UC Davis. Davis beat out West Valley TC by 3 points for the team title in a spirited battle.

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