

NOR-CAL RUNNING REVIEW

Sept./Oct. 1974 (No. 50)

75¢

WEST VALLEY NEWSLETTER



Editors: 603 S. Eldorado, San Mateo
 1st Year, No. 1 ***** November 1969

PURPOSE OF THE WEST VALLEY NEWSLETTER

The West Valley Newsletter is primarily a means of communicating club news and activities to all of our members on a regular (monthly) basis. Since club meetings are normally scheduled only 4 times a year, there is a definite need for communication between them. It is hoped that the Newsletter will fill the gaps.

However, a secondary purpose of this paper is to provide partial race results when West Valley Track Club members are involved. In fulfilling this secondary goal, it is hoped that the paper will not only serve as a means of communicating race results to W.V.T.C. members but also to other runners in the Pacific Association. A limited number of Newsletters will be made available at various Road Races to anyone who wants them. West Valley runners will receive their copies through the mail for the most part.

To edit and publish a newspaper requires quite a bit of effort, but no amount of effort will get the job done if we don't have information to put in print. All of our readers (Jack Leydig and Marcel Hetu) at the address so that we can provide you with a better publication. We welcome race results and write-ups, criticisms of our articles, corrections to our race results, and any other pertinent information. West Valley members that are now running for various high schools and colleges are encouraged to send us race results. Remember, this paper depends on our readers.

NEW CLUB OFFICERS ELECTED

On October 1, West Valley Track Club had a meeting, the primary purpose of which was to elect new club officers. They are: Jack Leydig - Pres., Marcel Hetu - V.P., Bob Nigrova - Sec., & Keith Kruse - Treas.

Incidentally, Keith Kruse was also Treasurer last year. Congratulations to our new officers and Frank Cunningham who has volunteered to be the publisher of our newspaper.

WEST VALLEY RUNNER SERIOUSLY INJURED IN CAR ACCIDENT

Kirk Cunningham, son of Frank Cunningham (also a West Valley runner) was involved in an auto accident this summer while on Highway 17 (from Santa Cruz to San Jose). He is paralyzed in the lower half of his body and has partial use of his hands. Kirk has been faithfully keeping up with the club's activities these past few months and even went to San Francisco recently with his dad to see a pair of movies on the Bay to Breakers and Dipsea races. He would certainly enjoy having visitors from West Valley or any other club. Contact Frank Cunningham for more information concerning the hospital location and visiting hours. See address pages at rear of this issue.

FOUR WEST VALLEY RUNNERS NOMINATED FOR ALL-NOR-CAL COUNTRY TEAM

Our Alvaro Mejia, Jack Leydig, Marcel Hetu, and Bill Mackey were all recently nominated for the Pacific Association of the AAU Cross Country team for 1969. Others receiving nominations were Darryl Beardall, Byron Lowry, Chris Miller, Doug Butt, Skip Hook, and Richard Delgado. Joining Bill Mackey for the Senior runner nominations were Don Fickett and Dr. Peter Wood. Another runner was chosen among the Seniors but we don't know who. We would appreciate it if someone would write and let us know. The voting was conducted at the recent Lake Merritt Columbus Day Races. Incidentally, Bill Mackey made the 1968 team as best Nor-Cal Senior runner. Best of luck for this year too. (Late addition: Peter Mattel was the 4th senior runner nominated).



NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY NO PUBLICATION
 P.O. BOX 1051, SAN MATEO, CALIF. 94401
 PH. (415) 342-7081

ENDING OUR THIRD YEAR - THANKS FOR YOUR SUPPORT



THE RESULTS OF OUR POLLING IN 1974...
 The results of our polling in 1974 are in. We have received a lot of feedback from our readers and we are grateful for it. We will be using this information to improve the Review in the future. We hope you will continue to support us in the coming year.

WARNING
 This Review is not responsible for any injuries or deaths that may occur while running. Runners should use common sense and take proper precautions. We are not liable for any accidents or injuries that may occur while using this Review.

CLUB NEWS
 This section of our publication is devoted to various club news, given and in the form of announcements or other items. We will continue to provide you with the latest news from the running community. We hope you will find this section interesting and helpful.

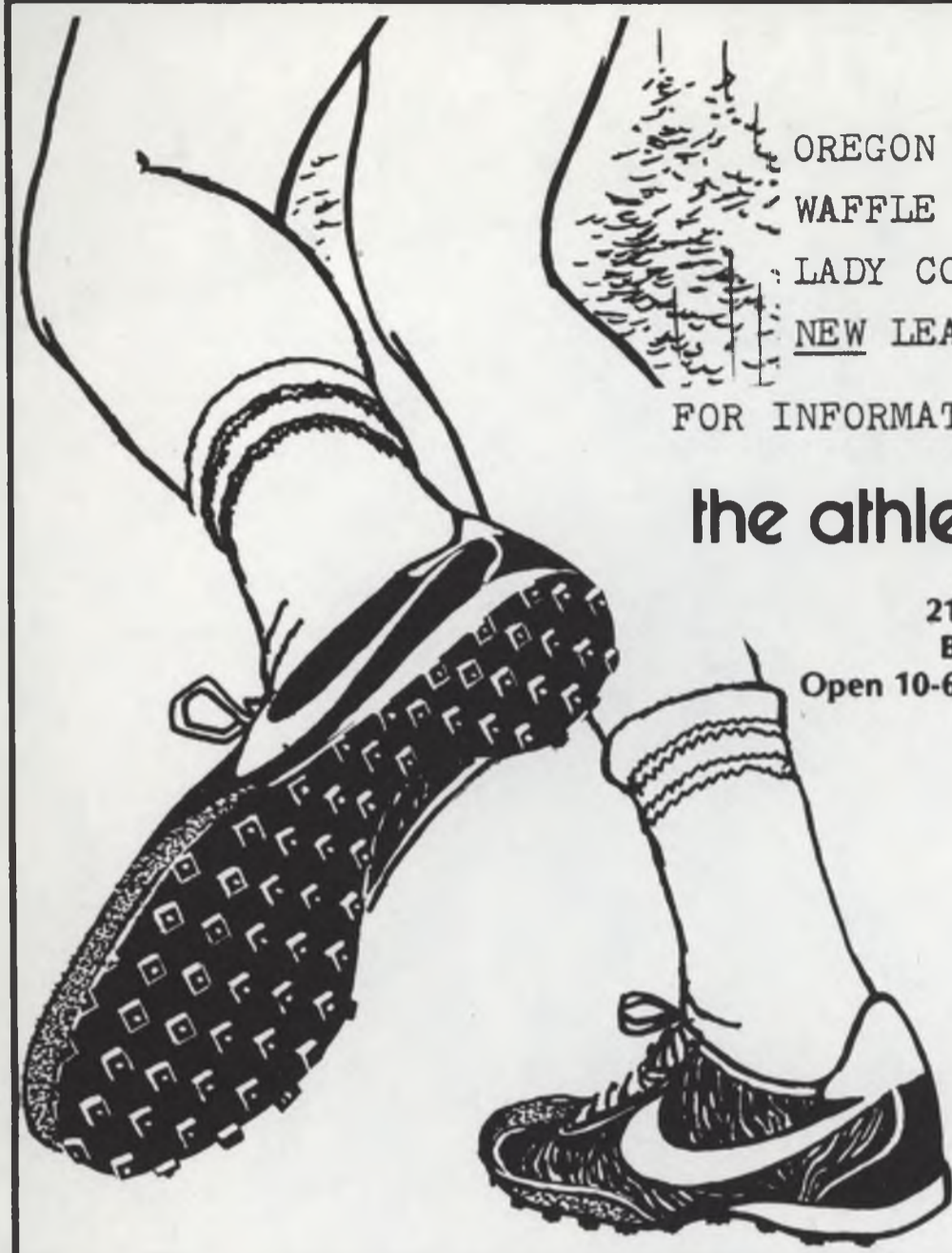
NORTHERN CALIFORNIA RUNNING REVIEW

July/August 1974 (No. 49)
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SEPT.-OCT. 1974 ... No. 50

On the Cover

Issues from the past five years...it all started with the *WEST VALLEY NEWS-LETTER* (upper left), which was given away free at races. The first issue of the *NOR-CAL RUNNING REVIEW* came out in Feb. 1971. Our first magazine-style issue didn't arrive until late 1972 (lower left). You are now looking at the present form...we always need comments to upgrade our issues!

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REGULAR CORRESPONDANTS: (NorCal) Roxy Andersen, Fred Baer, Dawn Bressie, Dr. Harmon Brown, Marshall Clark, Dave Colburn, Bob DeCelle, Ruth Dettering, Roger Duran, Dick Gilchrist, Wayne Glusker, Frank Hagerty, Jon Hendershott, Jim Hume, Roy Kissin, Joe Mangan, Dick Meyer, Phyllis Orlach, Mark Payne, Robyn Paulson, Bob Rush, Mike Shaughnessy, John Sheehan, Emmett Smith, Walt Stack, Dave Stock, Joe Taxiera, Bob Vincent, John Wenos. (SoCal) Wes Alderson, John Brennand, Bill Cockerham, Tom Cory, Kaj Johansen, George Ker, David Pain, Stan Rosenfield, John Wenos. (Nat'l & Internat'l) Long Distance Log, Runner's World, Starting Line, Track & Field News, Track Newsletter, Women's Track & Field World.

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BACK ISSUES: Single copies are available for 75¢ each by 3rd class mail. Not all back issues are still in print.

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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EDITOR'S MESSAGE

OUR 50TH ISSUE: - It doesn't really seem like 5 years since I started this crazy thing (*it seems more like a lifetime*). It all began in late 1969 when I figured that West Valley TC needed some sort of newsletter to keep the members informed of various club activities. The first issue was basically a summary of that year, listing the top finishers in about 15 or so races. The scheduling section (2 months) had only 8 races listed!! Check out this issue to see what's happened to distance running in the past five years. Back in those days, the publication was called the *WEST VALLEY NEWSLETTER* and contained mostly club news with a few items of interest to the general running public. We had about 100 issues printed up and they were distributed *free* at the PA-AAU Junior XC Championships. I wonder how many of those 100 are still around? I have 2 copies myself (not for sale...well, maybe for the right amount!!).

It soon became apparent that with the growing interest we would have to charge something. At first, we figured we could mail them out for about \$1.00/year and break even on postage and still give them away free at races. With issue #7, the price went to 25¢ (\$3.50/year for subscribers). The *WVN* was an 8-1/2 x 14 inch newsletter, stapled at one corner, and printed on both sides (the first 6 issues were only one-sided affairs).

On a good suggestion from Paul Reese, we changed the name and form of our publication in February 1971 to the present name...*NORCAL RUNNING REVIEW*. The pages went down to 8-1/2 x 11, but the cost remained the same. We still used a staple in one corner.

In December 1972 we made the big step to our current format...magazine style. Our single copy rates went up to 35¢, but subscriptions still remained at \$3.50/year...however, issues were quite a bit thicker. The price went up to 50¢/issue and \$5.00/year on May 15, 1973 and remained there until Aug. 31 of this year, when single copies became 75¢ each. Subscriptions remained at \$5.00/year, but with no minimum number of mailings specified. You can now expect anywhere from 6 to 10 issues per year for your \$5.00. Our largest issue to date has been 32 pages! But, since our type-size is so small, you're getting the equivalent of 64 pages in 'readable' size...still the best deal around we think.

So, here we are starting our sixth year. Our mailed subscriptions now stand at over 1000 (doubled in the past 18 months). We'd like to take this opportunity to thank all of our supporters. We feel that we are doing a service to all-track & field and long distance athletes in Northern California. If you feel that you've been left out, let us know!

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 ★



Who is this famous high jumper?

fair since his face is a familiar one in road running circles locally. He is Harold DeMoss, the current PA-AAU Men's Long Distance Running Chairman, before he began running. The winner by drawing was John Kaveny of San Jose (the man who does the great screening jobs on Bay-to-Breakers and Dipsea shirts, among others).

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 December 10. (3) Ties broken by a 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 (let's get some!!).

*** **LAST MONTH'S ANSWER:** - This one was a real stumper (9 correct guesses) but was

THIS & THAT

● **PEOPLE NEWS:** - John Butterfield was the Chief Photo Finish Judge at the Asian Games in Tehran, Iran. He reports that he actually did a lot more than that, but enjoyed that job best. He was able to help out on numerous occasions as an interpreter/translator; coordinator; and liaison man. --- Pete League, a long-time Bay Area long distance runner, now living in Houston, Texas, would like to come back to the local running scene. In regards to his current training, he reports, "Ever since I arrived in this team bath, my running has become more and more disgusting. An old lady running backwards could whip me." --- Harold DeMoss, Chairman of the PA-AAU Men's Long Distance Running Committee and West Valley TC's Second V.P., announced his marriage to the former Miss Edeltrude (Traudi) Uden of New York and Kassel, West Germany. The wedding took place in New York on Oct. 16. WVTC welcomes the new Mrs. DeMoss and looks forward to her participation and interest in club activities. --- Ross Smith ran a good 30 Km. race while vacationing in West Germany, winning his 45-50 division by over 5 minutes in a time of 1:44:33 at Duren on Sept. 21. --- Ed Collins, formerly of Beale AFB, is now competing for the Unified Road Runners on Okinawa. He recently placed second in a 20 Km. race in a good time of 1:29:12, considering the hot and humid conditions. --- Neil Glenesk, former CSM and Cal-State Chico runner/swimmer, was best in all five sports in the modern pentathlon competition at the International Hessische Meisterschaft in West Germany, capturing his first gold slot. Two weeks later he was at the CISM Championships (NATO military championships) but didn't fare as well. James Jacobs of Santa Cruz was slighted (or entered incorrectly) in the 1st Annual Dammit Run in Los Gatos. He was the second 40-and-over finisher, behind Ken Napier, but was not listed as such in the results.

● **ALL-TIME BESTS FOR WOMEN MARATHONERS:** - *WOMEN'S TRACK AND FIELD WORLD* has compiled a list of the top 20 women marathoners of all time. There are now 17 of the fair sex that have broken 3 hours, and seven of those are Californians, with three being from Northern California. Heading the list are Miki Gorman and Cheryl Bridges with times of 2:46:46 and 2:49:40, respectively. Top NorCal placer is Teri Anderson of the San Jose Cindergals with a 2:53:40 (set while she was still in Kansas). That ranks sixth on the list. Judy Ikenberry is next with 2:54:28. Jackie Hansen is 11th (2:56:25.2), followed by Joan Ulyot/WVTC (12th, 2:58:09.2), Peggy Lyman/WVTC (15th, 2:58:55), and 10-year-old Mary Etta Boitano/DSE (20th, 3:01:15). Three of the top 20 times have come on the San Mateo/West Valley Marathon course.

● **QUOTABLE QUOTE:** - (From Jack LaLanne) "Exercise and proper eating habits are simply the only solution to the elimination of apprehensions and frustrations self-inflicted by every man. Physical fitness enables one to cope with his daily problems. All men's ills are created by themselves, each person makes them happen. Each person should do something today that will help them tomorrow."

● **NEW A.A.U. REGISTRATION FEE:** - Beginning next year (1975), the registration fee (A.A.U. Cards) will be increased 50¢ to

\$2.00, reflecting increased operating expenses, inflation, and the like. In addition, and this is important because this will be the first time that fees paid for A.A.U. membership will revert directly back to the sport, there will be a \$1.00 'SPORTS FEE' for all sports. So, when you fill out your new application for A.A.U. membership for 1975 (or if you simply re-register by writing a letter), the sport which you indicate as your 'major sport code' will get the benefits of that \$1.00 fee. So, if you feel that your 'primary' sport is track and field, the extra buck will help the travel (and other) funds for that sport only. Likewise, if you indicate long distance running as your primary sport. The \$2.00 regular registration fee simply goes to help pay for operating expenses of the A.A.U.'s District office in San Francisco...so that extra dollar is really going to be a help to needy athletes in future years.

● **MEET INFORMATION:** - The Honolulu Marathon (2nd Annual) is scheduled for Dec. 15 at 6:30 am, and defending champion and ex-WVTC'er, Duncan Macdonald, has indicated he'll defend his title. Supposedly committed to run the race are Frank Shorter and Kenny Moore, as well as Jon Anderson. Duncan indicates it is a beautifully run event and that there will be free housing to anyone that wants it. See the scheduling section of this issue for more information (contact, etc.). --- The 2nd Annual Christmas Relays will begin at the Univ. of California at Santa Cruz this year (not Half Moon Bay) and run north along Hiway 1. It will finish in the downtown area of Half Moon Bay, not at the High School. Also, this year will feature all 7-man teams for all divisions (9 of them), with the race beginning with a 10 mile leg, then followed by two 5's, another 10, two more 5's, and a final 10 to make 50 miles. There will be 210 plaques to be given to individuals on top teams in each division. The entry fee will be \$10/team this year, and pickup teams will be allowed in open, masters-men, and women's divisions...but, of course, they will be separate from club teams. For an entry blank and complete information, write the editor. --- All-Comers Meets will be held at San Jose City College and the College of San Mateo this winter...see the scheduling section for full details.

● **DISTANCE RUNNING ANNUALS:** - For all you NorCal people who would like to see what happened in Southern California during the 1973-74 season, you should definitely order Bud Hanson's book, *DISTANCE RUNNING IN SOUTHERN CALIFORNIA--1974*. It contains race results, summaries, and over 100 photographs of SPA-AAU races from the past year. It is an excellent reference and is available for only \$5 at most Southern California road runs. --- And, for all you nostalgia freaks, how about this one: we still have a limited number of, would you believe, *1970 NORTHERN CALIFORNIA DISTANCE RUNNING ANNUALS*. Originally priced at \$2, we are selling them for only \$1.50, including postage for mailing. These booklets are 84 pages and will very soon be a collector's item since your editor doesn't plan on doing another one of these monstrosities for some time to come. --- Incidentally, I forgot to mention where you can send for your SoCal Annual --- Bud Hanson, 4070 Wilkinson Ave., Studio City, CA 91604.

● **1975 PA-AAU HANDBOOK & LDR SCHEDULE:** - With about 3500 of the 4000 1974 handbooks gone, it is obvious that they were a smashing success. Heck, for 25¢, there wasn't a much better deal around...and all that money went back into the long distance program too! They should be ready for the public by the 15th of December (Christmas Relays)...and can be purchased for 35¢ (inflation!!) at races, or for 50¢ by mail from either the PA-AAU Office (942 Market St., Suite 601, S.F., CA 94102) or from Harold DeMoss, our LDR Chairman (Box 967, Los Altos, CA 94022). Ads in the handbook are certainly well worth the price of \$25 (1/2 page) and \$50 (full page). We will print up about the same amount this year (4000). The booklet size is 5-1/2 x 8-1/2 inches, and all ad copies (camera ready) must be received at P.O. Box 1551, San Mateo, CA 94401, by not later than Dec. 1 or it'll be too late. Race directors and sporting goods dealers should especially take note of these low prices.

● **NATIONAL A.A.U. CROSS COUNTRY:** - As November 30 draws near, things are going smoothly in preparations for the AAU Championships at the Crystal Springs course in Belmont. So far, the following teams (as of Nov. 5) have indicated a definite interest in participating: Oregon TC, Florida TC, New York AC, Colorado TC, Quantico Marines, Atlanta TC, Beverly Hills Striders, San Diego and University of Chicago TC (and of course a lot of local talent). Frank Shorter appears ready to defend his title for the fifth straight year, and Steve Prefontaine is a good possibility to lead the Eugene-based Oregon TC. Also indicating interest is runnerup Doug Brown of Tennessee (1973). He is the American steeplechase recordholder. Florida TC will be hard-pressed by New York AC and several other clubs could push the defending champions. Eastern New Mexico (not mentioned above) is another strong entry...they were NAIA Champions in

1973 and appear stronger this year. The course will afford a spectacular view of the runners from a small area near the start/finish, with about 80-90% of the course being visible from a single vantage point. Spectators will be charged 50¢ each, with the monies going to aid needy athletes at the local and national levels when travelling to big meets. The scoring will be aided by the use of an Omega Photo Sprint Timer which will be stationed at the finish-line. Sequential shots can be taken of each finisher with running times recorded on film. So...this is one race you won't want to miss, as it will definitely be the big cross country race of the season. To get to the race course,---(From I-280) take Hwy 92 east to Ralston, then left on Ralston and right on Hallmark Dr. (1st right) & follow it to the end...(From US 101) take Ralston Ave. (Belmont) west about 3-4 miles and turn left on Hallmark (see the instructions above). A last minute notice: -- we have just received fairly well-confirmed reports that Peter Snell, Olympic gold medalist at 800 and 1500 meters at the 1964 Tokyo Olympics, will be the honorary starter for the Championships and will also be present at the awards ceremony, to follow at Ralston School.

574-6730). Each club (or other organization) that is sponsoring a long distance run in 1975 will be required to have at least one A.A.U. Official amongst their ranks, so if you don't have one already, plan on sending a club representative to this clinic to get educated. Anyone is invited to attend and it's free. Those expected to be present for instructional purposes are: Bob DeCelle, George Newlon, and Don Peterson (course certification sub-committee). Plan on attending. You'll definitely learn something. It'll all start at 1 pm. The regular meeting of the PA-AAU Men's Long Distance Running Committee will follow the Clinic (same location), so we expect to have a large number of clubs participating...let's hope so!

NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by number of races run. Following are the point standings through August 13. The list includes all scheduled SPA Long Distance races through the Walnut Sports Festival with the exception of the STC 2-Man Relay, Peck Park X-C, LA Times Marathon, and College of the Canyons X-C...biggest jumps in the standings were taken by Don O'cana, winner of the SPA One Hour Run, who went from 10th to 4th in the open division, and Dick Bartek, runner-up in the National Masters Marathon, who went from 7th to 2nd in the masters category. Scoring year begins Jan. 1, 1974. -- (The numbers in parentheses, below, indicate number of races run, average placing, and point rating respectively): **OPEN DIVISION:** 1. Ron Kurrle (BHS/10, 2.90, .290), 2. Pat Miller (Un/9, 3.22, .358), 3. Ed Chaidez (Un/9, 3.44, .383), 4. Don O'cana (BHS/6, 2.33, .389), 5. Ray Hughes (BHS/4, 1.75, .437), 6. Skip Shaffer (CCAC/15, 7.33, 0.489), 7. Jim Arquilla (ELATC/9, 4.44, .494), 8. Fred Ritcherson/USC and Bob Wallace/Un (2, 1.00, .500), 10. Phil Ryan (GWAA/7, 3.86, .551), 11. Mark Kushner (UCLA/5, 2.80, .560), 12. Ajim Baksh (CCAC/5, 3.20, .640), 13. Jim Perez (Aztlán/8, 5.50, .688), 14. Wayne Akiyama (Un/5, 3.60, .720), 15. Carlos Alfaro (Aztlán/6, 5.00, .833). **MASTERS DIVISION:** 1. Sam Nicholson (STC/17, 2.35, .138), 2. Dick Bartek (SBAA/4, 1.25, .312), 3. Glenn Turner (STC/9, 3.00, .333), 4. Rudy Ceja (STC/11, 3.73, .339)(50+), 5. Walt Windson (Un/8, 2.75, .344), 6. Gil Perez (STC/11, 4.09, .372), 7. Dave Parker (STC/5, 2.60, .520), 8. Don Jones (STC/3, 1.67, .556), 9. Norm Lumian (STC/4, 2.50, .625), 10. Clyde Alling (STC/7, 4.57, .653)(50+), 11. Aurelio Camacho (STC/3, 2.00, .667), 12. Del Linam (CCAC/7, 5.14, .735), 13. Pete Mundle/SMTC, Jim Van Manen/SBAA, & John Rudberg/STC (2, 1.50, .750).

PA-AAU STANDINGS: (Compiled by Art Dudley) - Ratings are determined in the same manner as for the SPA (placings counted only when runner is in the top 10; top 6 for masters; top 4 for women). Only local finishers are counted. So, if the 10th placer is from out of the District, then 11th place counts for 10th in the calculations. The scoring year began in October 1973 with the Pamakid Lake Merced Run, and finished with the same 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 were counted except the following, when either results have never been received, or insufficient people compete (we reserve the right to determine sufficient competition or number of runners). **RESULTS NEVER RECEIVED:** - Chico 10 Kilo, Colfax X-C, Midnight Run (women & masters), Elkathon (women & masters), Capt. Weber Run, Mt. Misery, and the Dipsea (next time we will print revised totals...ratings only...in the hopes that we receive the Dipsea results by then). **NOT INCLUDED BECAUSE OF INSUFFICIENT NUMBERS:** (Masters) - 1 Hour Run, Lake Merritt 5K, Excelsior 6-Miler (Dec.), Champion Gold Mine Run, PA-AAU 30K, Statuto 4 Mile, Bay-to-Breakers (scoring mixup), Mt. Vaca, Palo Alto 10-Miler (1974). (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, Golden Empire XC, Lake Wildwood, Mt. Vaca, Palo Alto 10-Miler (1974)...also, the 3.3 mile race was counted for the women in the Alameda XC Carnival. (Open) - Mt. Diablo Disturbance Run, Mt. Vaca, Palo Alto 10-Miler (1974).**The winners for this year have been the leaders for quite some time. Peggy Lyman set a mark of 0.111 for future women to challenge in the first year of scoring for the fair sex. Jim Dare tallied 0.145, way off of Rich Delgado's 1970 record of 0.119, and Jim Shettler won the masters' division with a 0.076, quite a bit off Ross Smith's 0.059 standard, set in 1972. --- Ties below are indicated by an asterisk (*). They are counted as an average (tie for 1st is worth 1.5, etc.) of two places.

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ADDR _____

SIZES S M L XL

• **NATIONAL CHAMPIONSHIPS, 1975:** - The West Coast garnered the following long distance championships for next year at the A.A.U. Convention in Washington D.C. in October: (Senior) Marathon (Culver City, Dec. 6); 50K (Pasadena, April 13); 50 Mile (Seattle, Date TBA). (Junior) 5K (Pasadena, May 4...seems like a bad time since nearly every under-20 athlete will be competing for a high school or college at that time); 15K Sectional (San Diego, Date TBA). (Masters) 25K (San Francisco, Sept.); Marathon (Gresham, Ore., July 6); 50K, 50 Mile, and 15K Sectional (See above senior and junior awards). The Hour Run Postal competition will be co-ordinated by the SPA-AAU as usual, with the final date being August 1 (all races must be cleared with John Brennan to count). The Mission Bay Marathon is also a Pan American Games Regional Trials in 1975 (Jan. 11), according to several sources. Qualifying time for the Pan American Marathon Trials will be 2:23!! Those that run in any of the various Regional Trials under 2:23 will get their way paid to the Final Trials, originally picked for Dallas, Texas, on February 23, but currently up in the air because of the change of dates and host country (Brazil in April to Mexico in October probably). Nothing will be known in this regard until after December 1...see next issue for more information. --- No other Convention News at this time. I hope to have received minutes from the long distance and track & field meetings at the Convention by next issue. --- Oh, almost forgot, the 1975 Track & Field Championships will be in Eugene, Oregon (don't know the date as yet). The other 'big' long distance championships are as follows: Sr. XC (Annapolis, Md., Nov. 22); Masters XC (Van Cortlandt Park, NYC, Nov. 15). --- Late flash: We just learned that the Pan-American Games will be held in Mexico City from October 12-26. The Marathon Trials will be held no longer than 60 days away from then.

• **OFFICIALS CLINIC:** - One of the requirements placed upon race directors of A.A.U. sanctioned events is that there must be at least one A.A.U. Official at any road race. To facilitate this process, it was felt that each club should be obligated to have one official among their ranks, so that no outside help would need to be called come raceday. So, on December 8, Sunday, there will be an official's training clinic at Shoreview Recreation Center, 950 Ocean View Ave., San Mateo (for directions from US 101, call the San Mateo Recreation Dept. at 415/

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating	Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Peggy Lyman/WVTC (15)	8	5	1	1	1.667	0.111	12. Louise Adamson/WVTC (5)	1	0	3	1	2.800	0.560
2. Joan Uilyot/WVTC (14)	5	8	0	1	1.786	0.128	Ruth Anderson/NCSTC (5)	0	1	4	0	2.800	0.560
3. Debbie Rudolph/WRR (9)	7	0	2	0	1.444	0.160	Catherine Smith/PAMA (5)	0	2	2	1	2.800	0.560
4. Mary Etta Boitano/SERC (9)	5	2	1	1	1.778	0.198	15. Jeannette Cotte/RCF (5)	1	1	1	2*	2.900	0.580
5. Sue Neary/SC (6)	3	1	2	0	1.833	0.306	16. Carroll O'Conner/Un (6)	0	1	0	5	3.667	0.611
6. Penny Tomei/WVTC (6)	2	2	2	0	2.000	0.333	17. Chris Sakelarios/RCF (2)	2*	0	0	0	1.250	0.625
7. Kathy Himmelberger/WVTC (7)	1	3	0	3	2.714	0.388	Carolyn Tiernan/OTC (4)	0	3	0	1	2.500	0.625
8. Yvette Cotte/RCF (8)	0	1	4	3*	3.313	0.414	19. Betsy White/WVTC (5)	0	1	2	2	3.200	0.640
9. Mary Cortez/Un (5)	1	2	2	0	2.200	0.440	20. Phyllis Olrich/WVTC (2)	1	1	0	0	1.500	0.750
10. Diane Williams/PBP (3)	2	1	0	0	1.333	0.444	Lucy Bunz/WVTC (4)	0	1	2	1	3.000	0.750
11. Sue Munday/WSTC (5)	1	1	2	1	2.600	0.520	22. Deborah Finn/Un (3)	1	1	0	1	2.333	0.778
							Skip Swannack/Un (3)	1	1	0	1	2.333	0.778

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim Shettler/WVJS (15)	13	2	0	0	0	0	1.133	0.076
2. Ross Smith/WVJS (12)	8	4	0	0	0	0	1.333	0.111
3. Jim Nicholson/NCSTC (21)	2	6	6	3	4	0	3.048	0.145
4. Dennis Teegarden/NCSTC (8)	3	4	1	0	0	0	1.750	0.219
5. Gil Tarin/WVJS (9)	5	1	2	0	1	0	2.000	0.222
6. Ken Napier/WVJS (7)	5	1	0	1	0	0	1.571	0.224
7. Bill Snavey/BVH (12)	0	6	4	0	1	1	2.917	0.243
8. Lee Adams/NCSTC (14)	0	1	5	4	2	2	3.929	0.281
9. Gough Reinhardt/NCSTC (14)	1	1	1	5	5*	1	4.107	0.293
10. Mike Healy/WVJS (10)	1	4	2	1	1	1	3.000	0.300
11. Dave Stevenson/SRC (4)	3	1	0	0	0	0	1.250	0.313
12. Bob Malain/NCSTC (9)	1	2	3	1	2	0	3.111	0.346
13. Jim O'Neil/SFOC (7)	2	1	2	2	0	0	2.571	0.367
14. Peter Wood/NCSTC (9)	1	1	3	2	2	0	3.333	0.370
15. Gordon Gane/WVJS (6)	1	2	2	1	0	0	2.500	0.417
16. Bill Jensen/PAMA (5)	2	1	1	0	1	0	2.400	0.480
17. George Crandell/SRRC (2)	2	0	0	0	0	0	1.000	0.500
Vic Weber/WVJS (8)	1	2	0	1	1	3	4.000	0.500
19. Peter Mattei/NCSTC (7)	0	2	2*	1	1	1	3.643	0.520
20. Pat Cunneen/PAMA (7)	0	1	2	0	1	3	4.429	0.633
21. Ulrich Kaemph/TRAC (5)	0	1	1	3	0	0	3.400	0.680
22. Ralph Blount/OPHIR (6)	1	0	1	1	0	3	4.333	0.722
23. John Perkins/GSTC (4)	1	0	1	2	0	0	3.000	0.750
24. Carl Martin/WVJS (6)	0	0	2	0	1	3	4.833	0.806
25. Bill Flodberg/WVJS (5)	0	0	1	2	1	1	4.400	0.880
Ed Preston/NQSTC (5)	0	1	0	1	2	1	4.400	0.880
27. Jim Allen/NCSTC (4)	0	0	1	3	0	0	3.750	0.938

OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Dare/WVTC-NAVY (13)	7	3*	2	0	1	0	0	0	0	0	1.885	0.145
2. George Stewart/WVTC-ARMY (8)	5	2	0	1	0	0	0	0	0	0	1.625	0.203
3. Joe Taxiera/ATC (20)	3*	1	3	5*	2	1	2	1	1	1	4.600	0.230
4. Tom Hale/WVTC (4)	4	0	0	0	0	0	0	0	0	0	1.000	0.250
5. Bill Clark/WVTC (20)	2	1	3	3	2	2	4	0	1	2	5.200	0.260
6. Jack Bellah/WVTC (11)	1	4	2	3	1	0	0	0	0	0	2.909	0.264
7. Jim Nuccio/WVTC-ARMY (7)	4*	1	1	0	1	0	0	0	0	0	2.071	0.296
8. Alvaro Mejia/WVTC (6)	1	3	2	0	0	0	0	0	0	0	2.167	0.361
9. Darryl Beardall/MAC (12)	2	0	2	1	2*	3	0	1	1	0	4.792	0.399
10. Gene Fitzgerald/PAMA (10)	0	1	2	3	2	1	1	0	0	0	4.300	0.430
11. Dave Himmelberger/WVTC (15)	0	1*	0	2	3	2	0	3	3	1	6.567	0.438
12. Doug McLean/WVTC (11)	0	3*	0	2	1	2	2	0	0	1	5.045	0.459
13. Jack Leydig/WVTC (13)	0	1*	0	3*	3	1	1	1	2	1	6.077	0.467
14. Mike Conroy/ETC (12)	0	1	1	1	3	1	3	1	1	0	5.666	0.472
15. 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
Chuck Smead/SRRC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
19. Dan Anderson/WVTC (8)	2*	1	1	1	0	1	1	0	1	0	4.188	0.523
20. Bill Seaver/WVTC (8)	0	2	2	0	2	0	2	0	0	0	4.250	0.531
21. Bob Darling/ETC (9)	0	2	1	1	1	1	2	1	0	0	4.889	0.543
22. Phil Camp/ATC-NAVY (3)	2	1	0	0	0	0	0	0	0	0	1.667	0.556
23. Ken Scalmanini/PAMA (7)	1	2*	2	0	0	1	0	0	0	1	3.929	0.561
24. Don Makela/MAC (7)	1	0	3	1	0	1	0	0	1	0	4.143	0.592
25. Daryl Zapata/WVTC (11)	0	2	1	1	0	0	0	3	2	2	6.636	0.603
26. Ron Elijah/MAC (3)	1*	2	0	0	0	0	0	0	0	0	1.833	0.611
27. Roland Verhe/WVTC (6)	0	2	1	1	0	2	0	0	0	0	3.833	0.639
28. Jim Birnbaum/WVTC (5)	1	0	3	0	0	0	1	0	0	0	3.400	0.680
29. Alex Aguilar/WVTC (6)	0	0	2	2	1	1	0	0	0	0	4.167	0.694
30. Bill Kelly/SCTC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
Mark McConnell/Stanford (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
Tim Peterson/WVTC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
Mike Pinocci/WVTC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
Domingo Tibaduiza/WVTC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
Mike Buzbee/GSTC (4)	0	3	0	0	0	1	0	0	0	0	3.000	0.750

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 over 1000, with many times more than that reading it, so many of the membership in your club will 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 West Valley TC ya know!!

PULSATORS RUNNING CLUB: - This Anchorage, Alaska, based club will hold its Seventh Annual Awards Dinner on February 1st, 1975, at 3 pm, in Friendship Room of the Northern Commercial Building with dinner following. A Pikes Peak Marathon film (16mm) will be shown courtesy of Rudy Fahl...year's events in profile...progress chart on "TENEIGHTTEN" Club, including new route from Puenta Arenas, Chile.

WEST VALLEY TC: - Only 7 new members since last time...less than normal, even with a 'membership drive' in progress! Let's see more new faces next time. --- Jim Barker (27), 1775 Military Ave., Seaside 93955 (Ph. 408/394-1511) recently returned from Idaho and is running his best times on the roads this year. He did a 52:18 for 10 miles in Boise, 1:24:53 for 25K at the PA-AAU Championships this year, and 2:30:59 for second place in the Santa Barbara Marathon in October, despite straying off course at least 30 seconds. Michael Borish (20), McFarland House, Room 4-E, Escondido Village, Stanford 94305 is a 1st-year law student and has best marks of 52.0 (440), 1:59.0 (880), 4:31.8 (Mile), 10:01 (2M). Chris Moulton (23), 15780 Los Gatos Blvd., Los Gatos 95030 (Ph. 356-9310 or 356-9430) is a triple jumper with lots of talent and room for improvement. His best mark is 49-9 3/4, set in 1971. Kevin Robinson, 31 Reed Blvd., #6-A, Mill Valley 94941, is an old member that has been inactive for sometime and has just rejoined. Don Roth (30), 198 Lucero Wy., Menlo Park 94025 (Ph. 964-2310) has a 9:54 two-mile best, as well as 1:28:26 for 25K (roads) and 2:59:45 for the marathon. He was introduced to running when in training for the modern pentathlon (he was a swimmer in college). He made the U.S. team in 1971 and was ranked 9th in the world. A riding accident in 1972 kept him off the Olympic team. He is now considering a comeback in modern pentathlon. Pat Stordahl (23), 26 Hugo St., San Francisco 94122 (Ph. 564-0829) is an ex-Chico Stater with the following bests: 1:58.6 (880), 4:18.6R (Mile), 8:58.8 (2M), 14:06.4 (3M), 30:13.4 (6M). Steven Strangio (14), 639 Lonsdale Ave., Fremont 94538 (Ph. 656-9012) is an 8th grader at Robertson Junior High and has a mile best of 5:20. His short term ambition is to break 5 minutes by his freshman year.

• **News from members:** - Domingo Tibaduiza reports that he recorded life bests at all distances except the 10,000 meters during his tour of Europe this summer. His marks were: 3:49.1 for 1500m; 8:02.0 (3000m); 13:43.4 (5000m). He also ran an 8:40 for two miles on a poor track of 320 meters, beating Roelants, Puttemans, Polenius, Lismont, and Warnke in the process. He ran a half-marathon road race in 1:04:45 (2nd place). At the end of it all, he returned home broke, but happy. --- Mike Ryan is back and running in Ohio. In September he recorded a 21:18 on a very tough 4 mile cross-country course to win, and also did 24:00 for a 4.5 miler. He reported that he was intending to run at Springbank, but we haven't heard of how he did there as yet. --- Mike Pinocci is running well for Oklahoma State (George Stewart's alma mater) this fall. In their first meet against Arkansas, he ran 19:23 for third (1st OSU man) over 4 miles. In another meet against Colorado TC, Eastern New Mexico and other schools, he did 25:01 for 5 miles+, placing 11th behind Phil Ndoo's 24:07. Then, in the Arlington Invitational, he placed 8th (24:57) to help his team win the team title against about 15 other schools with 34 points. --- Joan Ulyot set a new club women's record for the marathon distance at the International Marathon in West Germany, breaking Peggy Lyman's 2:58:55 standard with her 2:58:09.2...see 'Special Article' in this issue for details of that race. Two other WVTC'ers went to that race as well (Peggy Lyman and Lucy Bunz). Peggy, it turns out, ran the race with a case of anemia and a bad cold...which might have had something to do with her sub-par performance. She is currently gaining back her strength (and hemoglobin!) and running an easy 50 miles a week.

• **New Club Singlets:** - The men were so jealous over the women's singlets, that Penny Tomei designed a new club 'logo'. See a picture of Jim Birnbaum in the results section of this issue...the 'WVTC' is in navy blue, while the rest of the club name is outlined in navy and filled with a red-to-orange smear. They are really eye-catching, and are available for only \$2.50

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VIC'S SPORTS

THIS MONTH'S FEATURE: The "SPORTY" (Model 3350)...an elegant looking jogging and recreational shoe made on a special narrow last in US-Ladies' sizes. Soft white leather uppers with blue trim add to the sporty appearance. The foam-padded tongue looks very attractive underneath the newly developed Ghilly lacing system. Long wearing adidas micro-cell sole. Very attractively priced at only \$25.95. -- Drop by our store or call Vito D'Aloia at home in the evening at 408/296-3982. Make VIC'S SPORTS your one-stop store for all your running needs!

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at races (add 25¢ for mailing). The club also will be wearing a new color shorts (orange) to match the tops. The combination of singlet and shorts can be purchased by any member for only \$6.00 (add 50¢ to cover postage and handling if not bought at a race). The shorts are nylon. Write to our P.O. Box and send your \$\$ if you want one. Old singlets are still ok to wear, so don't feel you're obligated to get a new one...but they do look really great and you probably won't be able to resist. Also, as a means of putting some extra \$\$ in the club treasury, we are selling T-Shirts with the same design for only \$3.00 (with navy trim on neck and sleeves)...add 25¢ for postage if you get one through the mail. --- Incidentally, we've got more women's singlets too (sizes 30-32 and 34-36), but they are more expensive than the men's (naturally), running \$6.25 each (add 25¢ for postage)...but, they are a much nicer material too. They are fashioned by Broderick and made of a 'soft-skin' nylon with trim on neck and sleeves...actually just armholes.

• **Christmas Relays Challenge:** - This year, the Relays will be run with 7 men for all divisions (3 ten-mile legs and 4 five-mile legs). Last year we got cleaned out by an all-star team from the San Luis Obispo area (Williams, Warrick, Schankel, Fabing, Cadena). We ran with far from our strongest team, but that's not much of an excuse...we still got beat. This year the same team promises to be back with more, so let's get our best team together so we don't get trounced again. They expect to have Williams, Schankel, Fabing, Dave Taylor, Matt Centowitz, and two other good runners. We will have our work cut out for us, so be sure to sign up for a team on the enclosed club poop-sheet. We expect 700-800 or more runners this year! If you're not running, be sure and sign up for a committee right away.

• **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. --- PA 25K: (Missed this one last time) 99-Louise Adamson 1:58:45, 114-Gail Gustafson 2:04:09. Walnut Festival: 64-Santos Reynaga 34:38, 103-Betsy White 40:17, 117-Elten Clark 43:25. Pamakid Lake Merced Run: 112-Len Wallach 52:07, 134-Gail Gustafson 55:41, 167-Sharon Wallach. Berkeley Waterfront Run: 67-Kathy Himmelberger 34:54. Berkeley-Moraga Run: 222-Gail Gustafson 1:52:35.

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 contact: Bill Clark, NCCR Advertising Mgr., 156 Marvin Ave., Los Altos, CA 94022...Ph. 415-948-8029 (evenings only).

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 415/345-4114.

CORBITT

THE STORY OF TED CORBITT, LONG DISTANCE RUNNER by John Chodes

Ted Corbitt

- has run more marathons than any other runner in history (178 as of June, 1974)
- has never failed to finish a race in 24 years of top-caliber competition
- is a former Olympian (Helsinki, 1952)
- has won 33 races at distances from 26 miles, 365 yds. to 134 miles (24-hour run), including four U.S. and Canadian national titles
- has set innumerable American records at distances from 25 miles and up
- is widely known as the father of American ultra-distance running

Most of this was achieved when Ted was in his forties and fifties—and he's still going strong! This is his incredible story superbly told by long-time friend and associate, John Chodes. Good reading for every track fan. 160pp. Illustrated. 1974. Paperbound. \$3.95 from Track & Field News, Box 296, Los Altos, Calif. 94022. California residents add 6% sales tax. Add .25¢ per copy postage.

CORBITT: - Any road runner will recognize the name of Ted Corbitt, who has been called by some the father of American Road Racing. Ted was the pioneer in ultra-distance running among Americans and his successful competitive career has spanned a time of more than 20 years. He is now in his mid-fifties and is competing and running almost as well as ever. Ted has never failed to finish a distance race, and as of mid-1974 had completed 178 marathons, more than anyone in history. John Chodes (a long-time friend of Corbitt's) has written a book which really says it all about a marvelous running career and a remarkable human being. Available in paperback (160pp) for only \$3.95 from: Track & Field News, P.O. Box 296, Los Altos 94022.

THE COMPLETE RUNNER: - The most significant and interesting book (hardbound) ever published by Runner's World Magazine (75% of it never before published) is now available at a cost of only \$10.95 (California residents add 6% Sales Tax). A seemingly endless (nearly 400 pages) volume that contains information on: training, fitness, coaching, running philosophy and psychology, nutrition, promotion, and much, much more. Send your check today to: NCRR, P.O. Box 1551, San Mateo, CA 94401.

TEAM PRICES ON WARMUPS: - *STARTING LINE SPORTS* offers schools & clubs a substantial discount on Liberty Action warmup suits when 12 or more are ordered. Normally \$23.95 each, we can let you have them for \$20.00 each in quantity and can also get them screened with your club/school name/emblem for a very reasonable price. Quick and reliable service. Call Jack Leydig, 415/342-3181, for more information...or write at 603 S. Eldorado, San Mateo, CA 94402. This is probably the best deal you can get on sweatsuits in today's inflated market.

XMAS RELAYS SHIRTS: - We've still got a few dozen left from last year's race in sizes small and medium. They are two-color (red and green) with trim on neck and sleeves and are available while they last for only \$2.25, including postage, a savings of 50¢ a shirt. Write NCRR, P.O. Box 1551, San Mateo, CA 94401.

AGE-RECORDS 1974: - Contains world and U.S. track & field bests from ages 1 thru 78 as of 1/1/74, based on actual birthdates. Send \$2.00 to: NCRR, P.O. Box 1551, San Mateo, CA 94401.

LETTERS TO THE EDITOR

BARRY NOCKS (*Diablo, CA*): "Some comments concerning the "10 Kilometer" Columbus Day Race on October 13th. It is difficult to criticize people who dedicate themselves without compensation in order to promote an amateur event. However, certain things should be commented upon. At the race, after preregistering and having sent in my fee, I was told just to report to the starting line and that no numbers would be given and no results mailed to the contestants. Being one of the runners closer to the back of the pack, I am interested in knowing who the winners and near winners are, since I don't see them running after the first minute of the race. At the starting line, I was told our place and time would not be determined. I was disappointed, but knew that times would be at least called out and comparisons with last year could be made. After finishing the race, I was told the course was changed and now my time was meaningless when compared to last year since the new distance was unknown. This is not right. I run in races not for ribbons, but for accurate time over an accurate distance and less important, if possible, a record of all finishers in order. Does anyone know the exact distance of the race?" (Ed. - A word of explanation concerning the poor organization of the Lake Merritt Races. Evidently the race contact, Enrico Dell'Osso, was not supposed to be the race director. It was learned on race morning that the PA-AAU Long Distance Running Committee had always put on the race in past years, but no one had the courtesy to contact our new Chairman, Harold DeMoss, and inform him of this. Thus, absolutely no preparations had been made, save getting out the entry blanks. So, considering this failure of communication, it is commendable that there was any race at all. I suggest that next year, if the LDRC is to put on the race, that they should be listed in the LDR Schedule as the people to contact.)

ED HEINLEIN (*San Rafael, CA*): "For those of us who participated in the 'fun run' around Lake Merritt on Sunday, October 13, and ran the bicycle course rather than the 10 Km., it might be of interest to know the distance. From information gathered from the bike race promoters, it appears that one lap of their course is about 2.7 miles and so the two-lap footrace that most of us ran would be 5.4 miles. This calculation was made on information that the bike course is 9 laps plus 0.73 miles to make a 25 mile race. Also, if the Columbus Day promoters ever get it together for the foot race and want to start by accurately noting the distance, the 10 Km distance is neither 6 nor 6.5 miles, which both appear on the signup sheet, but it is slightly more than 6.2 miles. (Taken from *DSE Newsletter*, Oct. 1974)

WAYNE MOSS (*Weaverville, CA*): I just received NCRR #49, which contained entry blanks for five different races. In looking them over, I found that only one, only one out of five, makes allowances for my age group...a grossly neglected group, the 30-39 bracket. I began running 3 years ago after a very lethargic 29 years. Now at races I find myself in competition for the nylon jackets and marble plaques with the young college bucks 10 years my junior. But yet the guys 8 years older than me get goodies too. I would like you, or some other well-informed meet director to tell me why the open class for men almost always goes to 40 with nothing in between. Surely there must be thousands of hackers like me around who are being left out by this current policy. For the first time in my life I may cheat. I have considered faking my driver's license so it looks like I'm over 40. Then I might be able to latch on to some of that hardware. The other alternative of changing sexes to compete in that class would be too messy. Besides, the over 30 women is a tougher division. Doesn't anyone see a need for a pre-masters group? (Ed. - Granted, there is probably a need for this 30-40 grouping, but with more awards, up goes the cost of putting on the meet (entry fees). The A.A.U. doesn't officially recognize this age-group, and so meet directors probably don't want to add this category for the most part. Actually, the young 30's are of pretty high calibre in the Bay Area...maybe we need a 35-40 grouping since the 30-40 spread might be too great.)

Meet Directors!!!

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★NOR-CAL RUNNING REVIEW★

NOR-CAL PORTRAIT

MEET JEFF CURRAN: (By Jon Hendershott) - Jeff Curran credits coaching with a lot of what he has achieved in running--a good coach got him started running and a good one has helped him to the successes he has enjoyed. "I was very fortunate to have an outstanding coach in junior high when I live in Houston, Texas," says Curran, the latest in a long line of fine distance runners to wear the blue and gold of Los Altos High. "John Macy won the 1956 NCAA three mile and I started running for him in the seventh grade. He was a real inspiration to me. My present coach, Leo Long, is fantastic, and the atmosphere for track is sensational at Los Altos."

Curran, who moved to California last January, missed much of his junior year due to flu and asthma problems, yet he still set personal bests in standard distances from the 100 through the two-mile. He licked the health problems and set a goal for the summer just passed--"I made a promise to myself to build myself up and dedicate myself to that task. I did." Of course, a program of 110 miles a week--sometimes as high as 140--helped too.

"My mileage is run hard and fast," he explains. "I run by myself most of the time but I always try to put in some fartlek and try to do those three miles or so faster than three-quarters speed." Two of those '74 PR's included a 10.7 100 and 22.6 220, so he has the speed. He showed what he can do with the combination of speed and endurance when he clocked 9:11 for two miles cross country while a sophomore.

Curran sets up his own workout schedules and then takes them to Long for advice. "I think out what I feel I should run each day," Jeff says, "and Leo advises me and puts in his recommendations. He's the boss and I yield to what he says."

But Curran seems to have a good idea of what is good for him. "When I started running, I tried to run every day of the week," he points out. "I wasn't all that successful with this, especially in the summer. Now I run five days during the week, all year around. In the summer, I try for 15-20 miles a day. The majority of the miles are done in the hills, plus some fartlek everyday. During the fall and winter, I keep the distance up but try to do some of it fast--like 6-10 miles at 5:00-5:30 pace. And I try to do the last few miles at about three-quarters of race pace. In the spring I maintain the distance work but also try to get on the track about twice a week for speed work--quarters and 330's." During the school season, he tries for 90-110 miles per week.

Curran's racing tactics are as simple as they come--"I try to win at all times and try to give the best effort within me. I try to stay loose and relaxed before racing, never letting myself get tense about anything."

As for the future, Curran says, "I know I can do well as a senior. Only time will tell how well." (Ed. - Just after this article was written, Jeff ran to a tremendous 9:03 clocking for 2 miles on the track, placing 2nd behind Roy Kissin's 9:02.0).

Jeffrey Robert Curran, Mountain View, CA (Los Altos High). Born Aug. 5, 1956. Best marks (all '74): 100--10.7; 220--22.6; 440--52.0; 880--1:56; Mile--4:17; 2M--9:03.



Jeff Curran (right) of Los Altos High, on his way to a 9:03 two-mile clocking---this month's NorCal Portrait. /J. Marconi/



Emil Magallanes, this month's West Valley Portrait, was the JC steeplechase champ in the State Meet last spring...shown here in the NorCal Championships (Bruce Caputo in the pit)./Marconi/

WEST VALLEY PORTRAIT

MEET EMIL MAGALLANES: (By Bill Clark) - Can you name the WVTC runner who finished 16th in the Bay-to-Breakers this year, thereby enabling the club to regain the team title, and then capped off a successful track season by being the only NorCal distance runner to take a first in the State JC Championships? Emil Magallanes is the name, and if that's not a familiar name now, it probably will become one in the next few years.

Emil is in his second year at one of the most beautifully situated schools in the country, Monterey Peninsula College. He has already won several cross country races this season, and appears to have a reasonable shot at taking the California State JC Cross Country Championships, his immediate goal. This certainly seems feasible if Emil continues his recent rate of improvement, which has produced the following PR's in 1974: 56.7, 2:04, 4:23.8, 9:21.1, 14:33.1 and 9:14.2 (steeplechase). Only his 3000m PR came prior to 1974, and that was a 9:07 last year. Emil would like to improve his marks to 1:56, 4:12, and 8:55 this year and also hopes to better the national JC steeple record of 8:57.4.

Emil's strong performance in the Bay-to-Breakers madhouse affair and his victory in the State JC track meet indicate that he can cope with pressure, an important attribute for high-level running. His rigid training schedule enables him to realize sustained improvement, and thus experience the excitement of testing himself at even higher levels of competition. In the off-season, he builds strength by logging up to 14 miles in the morning and then comes back with 8-10 miles of fartlek in the afternoon. While competing, he scales back the morning session to 6-8 miles, and then alternates hard and easy afternoon workouts, utilizing hills and intervals to develop leg strength and speed.

Emil is certainly one of the club's more talented members and should be one of its stronger runners in the 70's, while helping keep the members of the over-30 crowd on their respective and decrepit toes.

Emil, by the way, won't join the over-20 crowd until next October, and thus should be a contender for the international junior squads in cross country and track next year.

Emil Magallanes, Seaside, CA (Monterey Peninsula College). Born Oct. 18, 1955. Best marks: 440--56.7; 880--2:04.0; Mile--4:23.8; 2M--9:21.1; 3M--14:33.1; 3000m--9:07.0; 3000mSC--9:14.2.

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SPECIAL ARTICLES

THE WOMEN'S INTERNATIONAL MARATHON: (By Ruth Anderson) - "What a fantastic experience! I'm sure all nine of us from the U.S.A were as thrilled as I was to be a participant in this exciting and important event in long-distance racing for women. The whole community of of Schwalmthal-Waldniel as well as the race organizers, especially Dr. Ernst van Aaken, treated us like VIP's of the first order. For Germany it was their second marathon for women only, but was the first challenge cup for team competition between Germany and the United States. A total of seven countries were represented, so it was indeed international. France and Holland each had two representatives, while Sweden, Switzerland, and Austria had only one entrant. Therefore, I feel our large American contingent truly contributed immensely to the marvelous success of this race.

Starting early mid-week a great deal of excitement was generated for everyone by the enthusiastic coverage given this event by the newsmedia. Thursday noon a press conference was held by Manfred Steffny, editor of "Condition" magazine, at the home of Dr. van Aaken. A delicious spread of sandwiches and drinks accompanied this meeting and set the stage for many good eating sessions to follow. Those of us who had been on the protein/carbohydrate 'loading' sequence of dieting, namely Joan Ulyot, Judy Ikenberry, and Marilyn Paul, really took advantage of all the delicious pastries and sweets offered us. We got a chance on this afternoon to make a side trip to Holland, which was only a short drive from Waldniel. The little border town of Roermond had a delightful car-free shopping mall with all kinds of fascinating shops but, as might have been expected, we frequented mostly the ones with food to sell. However, this snacking didn't seem to dull our appetites for the delicious dinners prepared for us at the Hotel Rath, where all of the foreign and out-of-town German runners stayed. In fact, for these few days before the race, we literally took over this small and charming hotel with the nicest of proprietors imaginable.

The weather had turned quite cool and a wind seemed to blow right down from the North Sea over Holland with little to stop it. Our practice runs both Thursday and Friday were around the 10-kilometer circuit that would be used four times for the race. It was quite flat, with only one flight rise, through a most charming countryside and a short distance through the town of Waldniel (closed to auto traffic on raceday). Several of the local German girls joined with us, which added to the fun and anticipation. On Friday, we had a chance to take a trip to Dusseldorf to snoop through their celebrated shops in beautiful extensive shopping malls, advertised as Germany's fashion and crafts center. We weren't disappointed, only a bit sorry we didn't have more time to spend there. Dusseldorf was also the train, bus and air terminal for most of the arriving runners. Since all of us had come our separate ways on different days, it would have been nice for all of us there this evening to meet Nina Kuscsik arriving from New York via Luxembourg. Alas, her Icelandic flight was nearly as late as mine had been (over three hours), so only Lucy Bunz and Dr. van Aaken's nephew remained to do the honors. The rest of us returned to Waldniel for another grand meal at our hotel.

R-Day minus one arrived cool and overcast. I thought a few slow miles might be good to limber up on, but neither Jacki Hansen nor Marilyn Paul voted to join me (all the others were snug under their feather comforters), so I quickly decided that was the best place to be also. The only scheduled event for this day was a reception at the Sportshall in the evening. The Mayor presented all the foreign runners to the press and race officials, but we got special presentation on the German TV. Of



The same group (minus Catherine Smith & plus an unidentified German girl) after it was all over.

course, this also gave us a chance to meet the other runners ourselves. The German women had memorized all the best times of our runners and quoted them upon introduction! Peggy Lyman had joined our ranks by now also, so only Catherine Smith missed this pre-race special. She and her husband, Ross, had been touring Europe in the near vicinity, so only arrived in Waldniel on race morning. She also missed the super-supper that Judy Ikenberry and Marilyn Paul whipped up at our hotel Saturday night. With permission to use the hotel's kitchen, they made all the pancakes we could stuff down!

What a wonderful morning to 'sleep-in', but it was Race Day, and everyone wanted to do their last minute preparations. Since the race was to start at noon, there was plenty of time to 'digest' the delicious hard rolls laden with honey, plus a bowl of banana pudding for me, washed down with not-too-strong tea. Joan and I jogged up the short three blocks to the Sportshall early to pick up our numbers. An amazing number of people were milling around the start-finish area which was roped off for blocks. Flags of all the participating nations were snapping in the brisk breeze, beautiful to watch, but a little cause for concern to runners having to 'buck' it. Everything was very well organized, even to positions on the starting line assigned by number, resulting in the Americans and French in the first row. The top German women and other foreign nationals were next with the total of 45 filling in behind. There was a very large number of photographers present for the starting gun, and indeed followed the race throughout. Considering there were 26 miles 385 yards to cover, everyone seemed to take off in sprint-like speeds. The first part was a small loop behind the Sportshall complex to fill in the extra mile or so before starting the main 6.2-mile circuit, which we were to cover four times. It was truly thrilling to run past all the cheering crowds that lined the course (they tell me Boston is like this). Anni Pede, the housekeeper for Dr. van Aaken and former national marathon record holder (3:07+), was my running companion. Not only is Anni a favorite with the local people, but certainly ranked tops with me. We tried to pace each other to a 'good-time' finish. At 20 kilometers (we had all adjusted to the metric system for this race) we were keeping up our 4.6 min/kilometer pace, but alas, for me, the third time I hit the windy stretch, the minutes began to slip away. We made up a little on the back stretch, but not enough to compensate for the fourth trip through the 'wind tunnel', when Anni pulled a minute ahead of me. We were still able to pass a few even more tired runners before the finish, and none overtook us, so that was some consolation for our slower-than-desired times. My 3:25:32 still got me the 40-50 age-group win over nine worthy contenders. But my loudest cheers have got to go to Jacki Hansen and Joan Ulyot for turning in their first sub-three hour performances, placing 5th and 6th overall (2:56:25 and 2:58:09, respectively)! Judy Ikenberry and Nina Kuscsik weren't so far behind with 2:58:47 (7th) and 3:06 (8th). The big strong German woman, Liane Winter, won the race with a new European record time of 2:50:31. Chantal Langlance of France was 2nd in 2:51:45, with 3rd and 4th taken by two of the German women that had run this year in Boston: Christa Koferschlager-Vahlensiek and Manuela Preuss, in 2:54:40.4 and 2:55:59.6. Thus, the top three German women's times totaled 8:41:11.4, versus 8:53:21.4 for our U.S.A. team.

There was a second team for Germany and the U.S.A., but again their combined time of 9:41:23.8 was a few minutes better than Nina Kuscsik's Lucy Bunz', and Peggy Lyman's total of 9:45:19.6. The less than optimum conditions were reflected by Lucy's 3:16:49 and Peggy's 3:22:30, nonetheless placing them 13th and 16th overall out of the 40 finishing the race. The



The 9 American girls waiting tensely? at the starting line in the International Women's Marathon (from left...#209), Catherine Smith, Ruth Anderson, Jacki Hansen, Joan Ulyot, Lucy Bunz, Nina Kuscsik, Peggy Lyman, Marilyn Paul, Judy Ikenberry. /Ma2/

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oldest finisher was Eva Maria Westphal of Hamburg, age 56, with a time of 4:05:59, and she admitted to having 'plenty left' since 100 kilometers is really her 'event'! Something for all of us to look forward to? The youngest finisher was Chantal Langlance, 19 years old. Most of the runners were between 30 and 40, with the overall average age of 34 years.

The awards ceremonies were held in the basketball gymnasium of the Sportshall to filled stands of enthusiastic spectators. They couldn't all have been relatives! They seemed to truly appreciate the individual achievements of the runners. Catherine Smith had made it in under four hours with a 3:59:36 to place 28th. Marilyn Paul had had the misfortune to fall and twist her ankle after running in the top three most of the 30 kilometers she finished. She was forced to 'retire' by the race officials. My most sincere credit to her for the great sports-womanship she showed following this disappointment. The marvelous celebration at Dr. van Aaken's house that evening was certainly the finest way to finish off the memory of a great event for all of us, no matter what our individual fortunes had been. I was personally left with a feeling of immense gratitude for having been a part of all this. Without the encouragement and support of my wonderful husband, John, I would probably never have undertaken such an endeavor in the first place. Credit should also be given not only to the German organizers of this event, but also to Dawn Bressie, for literally getting us there.

My hope now is that with this excellent precedent, the Olympic Committee will recognize the need and desire for women to participate in the marathon distance in the Olympic Games. Certainly this is a worthy goal to strive for in 1976!" (See results section of this issue for more.)

SWISS PROVIDE 90 TRACKS FOR JOGGERS' USE: (UPI Story) - "Karl Oldini told everyone that as far as he was concerned, Swiss people were physically a mess. So he decided to help them get back into shape. Oldini, head of the city Forestry Department in Zurich, thought up the idea of a physical fitness exercise track to run through the woods outside town. It would be open to all, at no cost. Appropriately, Oldini went to a life insurance company with his idea.

That was in 1967, and today there are 90 such tracks around Switzerland. Vita Insurance Company supported Oldini, now 58, and won the interest of physical exercise equipment manufacturers.

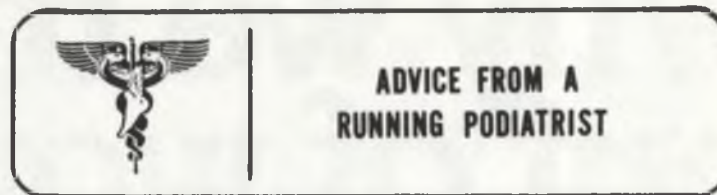
Vita exercise tracks range from one to two miles in length. They all have 20 stopping points, each with exercise equipment such as parallel bars and instructions for their use, depending on the age and physical condition of the user. You alternately run or trot between each exercise point.

The Institute of Social and Preventive Medicine in Zurich University has made a study of the tracks and their usefulness, finding them both a success and a disappointment. 'The track provides exercise for the whole body and offers an ideal possibility to improve bodily resistance and health,' the institute said. So far so good. It was also found that the vast majority of track users have office jobs, in line with another original aim. On the other hand, most of the users are healthy already and go out on the tracks to remain fit. People considered by Oldini to be in a physical mess seem to want to stay that way.

Oldini also wanted to get middle-aged and older people out to help prevent heart ailments, but 41% of users are between 21 and 30 years old and only 35% are over 36. 'The older generation has far too little idea of how important sport is for health,' the Zurich University report said.

Many more men than women use the tracks--75% of users are male; 59% are married couples who go out together. The study showed that half of the participants had a higher education up to and through university. More than half--51%, are non-smokers, and a further 13% smoke only rarely. 'This shows that smokers know too little about fitness,' the report said. 'Those persons who damage their bodies knowingly or unknowingly with nicotine are hardly prepared to do something for their bodies through 'tiresome' sporting activity.' The study also went into how many times people use the tracks. It found 57% go once

a week, 16% twice weekly, 8% three times. Only 2% go daily and 20% irregularly."



Harry F. Hlavac, D.P.M.

Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry F. Hlavac, DPM, 1100 Sir Francis Drake Blvd., Kentfield, CA 94904 (Ph. 415/454-3931).

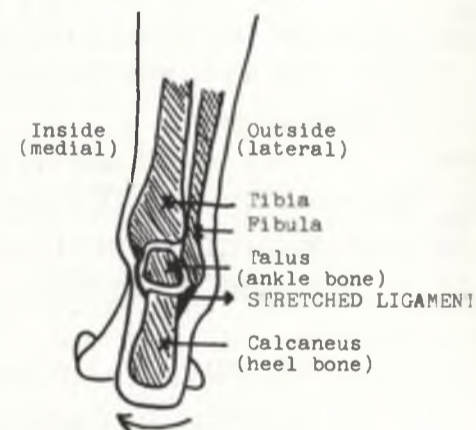
REFERRAL SERVICE: - In this column I have mentioned that I would provide a list of Podiatrists who are members of the American College of Podiatric Sports Medicine and interested in the treatment of athletes. I have contacted them and find that the list is constantly being revised as more Podiatrists join. Therefore, I feel any list would be incomplete. I will be happy to refer individuals to local Podiatrists for examination and treatment. Please contact me or the American College of Podiatric Sports Medicine, c/o California College of Podiatric Medicine, P.O. Box 7855, San Francisco, CA 94120.

GROVER PROWELL: "After five years of running with no major injuries, I twisted my right ankle, the last week in July, when the foot slipped off a curb. There was considerable swelling around the joint, but I was able to resume most of my training routine within two weeks. However, the joint kept threatening to go 'out' again, which it did the second week in September. That got me fed up enough to get some Puma Dassler's, and I've been keeping the outside heel of each shoe from wearing down (which did happen with the Gazelles) by applying thin coats of glue. I must still be somewhat careful how my feet are placed when running over irregular surfaces, because going over a rock, or stepping in a hole, easily twists my joint. A little puffiness below the ankle bone, and a duller outline of the right versus the left joint, indicates the injury site hasn't completely healed. Since I'm 21 years old, is there a possibility the ankle will recover its former strength, or will the weakness be a chronic condition?"

(RESPONSE): - The most common ankle injury is an inversion sprain, where the foot rolls in and the body weight falls to the outside causing a loss of balance. There are many ligaments around the ankle joint which give strength to the joint and allow it to maintain the bones in proper alignment for normal efficient motion (see diagram).

If the pain and swelling you describe is just under the outside ankle bone (fibular malleolus), then the ligament that attaches the heel bone to the leg (calcaneo-fibular ligament) is injured.

Different tissues and organs of the body heal in different ways; some regenerate completely, some heal with scarring, and some do not heal at all. Ligaments have nerve endings that relate joint position during normal function, and in cases of sudden injury, ligaments hold the joints together, preventing dislocation. Unfortunately (for you), when a ligament is severely injured, it does not regenerate, but remains in a stretched position. Early professional examination and treatment of a painful joint is essential during the first 48 hours following injury. Many disabling ankle injuries are inadequately treated and so become chronic problems. Determining the extent of injury is important. If a runner 'twists' his ankle and is able to 'run through it' within one or two minutes, then it is not serious, but if pain continues to increase, the early treatment must include rest (immobilization) and ice packs (to prevent painful swelling). If pain is not relieved by this initial treatment within two hours, then seek professional help through a podiatrist, orthopedist, or other sports-minded physician. Emergency room treatment is usually not adequate.



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After several weeks, the inflammatory process is complete; if pain, swelling, and instability is present, then external support such as 'Ace bandages', tape, or stretch 'anklet' supports are still necessary. These are available at any pharmacy. Strengthening exercises of the muscles around the joint will overcompensate for the ligament problem and help stability.

Proper wide-heeled running shoes, such as the adidas 'Country' apparently work well. Posted orthotics (plastic supports made over a plaster cast of your foot) are very successful in providing balance and support. This is what I recommend for you. Only rarely is surgery indicated. Continue training on long slow distance mileage, preferably on soft surfaces, until stability has returned. Stay away from the Dipsea!!

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.

- 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 91211. (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.
 Nov 30 - Mt. Madonna Challenge, 1 & 12.1 Miles, Gilroy? Jay Marlowe, 7510 Westwood, Gilroy, CA 95020.
 Dec 1 - Excelsior Golden Gate Park West End Run, 6 Miles, SF, 10 am. Frank Donahue, 4903-B Mission St., San Francisco 94112.
 Dec 1 - Culver City (Western Hemisphere) Marathon, 8 am (PRE-ENTRIES REQ'D). Carl Porter, P.O. Box 507, Culver City 90230. (SPA)
 Dec 7 - 5th Mt. Tom Hill Climb, 4 Miles, Glendale College, 9 am. Wes Alderson, 4070 Minerva Ave., L.A. 90066. (SPA)
 Dec 7 - 1st Annual Livermore Valley Marathon, Lawrence Rad Labs, 10 am. Dan Moore, 663 Jefferson Ave., Livermore, CA 94550.
 Dec 7 - Lake Oswego Road Run, 8 Miles, 1 pm. Paul Ryman, 23 S. State St., Lake Oswego, Ore. 97034. (OA)
 Dec 7 - Hill & Dale Run, Bakersfield(?). Ted Oliver, 2716 Pamon, Bakersfield, CA 93305. (CCA)
 Dec 8 - DSE Mountain Lake Run, San Francisco, 5 Miles, 10 am. Walt Stack, 321 Collingwood, S.F., CA 94114. (DSE)
 Dec 8 - Around the Butte 8-Miler, Eugene, Ore., 1:30 pm. Geoff Hollister, 855 Olive St., Eugene, Ore. 97401. (OA)
 Dec 14 - Madera Mini-Marathon, Madera, 10 am? Dee DeWitt, Madera High School, Madera, CA 93637. (CCA)
 Dec 14 - Wasco Road Runs, Wasco (Age-Groups)...DATE TENTATIVE. Brad Tomasini, P.O. Box 840, Wasco, CA 93280. (CCA)
 Dec 14 - ORRC 25 Kilo Run, Blue Lake Park, Portland, Ore., 1 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005. (OA)
 Dec 14 - PSA-AAU 10 Kilo XC Championships, UCSD, San Diego. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
 Dec 15 - Honolulu Marathon, 6:30 am. Contact: Race Director, 4191 Halupa St., Honolulu, Hawaii 96818.
 Dec 15 - Apple Valley 6.3 Mile Blind Handicap, 11 am. Jim Gorrell, 14756 Hopi Rd., Apple Valley, CA 92307. (SPA)
 Dec 15 - 2nd Annual Xmas Relays (Santa Cruz to Half Moon Bay), 7-man teams, 50 miles, 9 am (UCSC). WVTC, Box 1551, San Mateo 94401.
 Dec 20 - Fiesta Bowl Marathon, Phoenix, Ariz., 9 am. Tom Harris, 350 N. First Ave., Phoenix, Ariz. 85003.
 Dec 21 - Men's Jr. Natl. 8 Kilo X-C Championships (& PA-AAU Jr. Championships) (UNDER 20 YRS.), Harbor Bay Isle, Alameda, 10 am. Alameda TC, P.O. Box 1606, Alameda, CA 94501. (Entries close 5 pm Dec. 18).
 Dec 21 - Devil-Take-the-Hindmost 6-Miler, Griffith Park, L.A., 9 am. Paul Nitchman, 4608 Newton St., Torrance, CA 90505. (SPA)
 Dec 21 - Natl. AAU Sr. Men's 25 Kilo Championships, Mission Bay, San Diego, 11 am. Kaj Johansen, 4285 Trias, San Diego 92103. (PSA)
 Dec 22 - DSE Stow Lake Relay (2-person, 2-mile each), Golden Gate Park, S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
 Dec 28 - SPA-AAU 5 Kilo X-C Championships, Elysian Pk., L.A., 9 am. Mike Polizzi, 255 N. Sunset Cyn. Dr., Burbank 91501. (SPA)
 Dec 28 - Heart of the Valley Road Run, 3 or 7 Miles, Corvallis, Ore., 11 am. Dan Eden, 601 SW Washington, Corvallis, Ore. 97330.
 Dec 29 - 22-Mile Marathon Prep, Penasquitos Canyon (San Diego), 7 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
 Dec 31 - Mexicali Marathon, 11 am. Bill Gookin, 5946 Wenrich, San Diego, CA 92120. (PSA)
 Dec 31 - 15th Midnight Run, Los Altos (Foothill JC), 5.2 Miles. Runner's World Magazine, Box 366, Mtn. View, CA 94040.
 Jan 1 - Hangover Handicap, 10 Miles, Delta Pk., Portland, Ore., 1 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005.
 Jan 4 - Oregon AAU 15 Kilo Championships, Roseburg, Ore., 1 pm. Stan Stafford, 744 SE Rose St., Roseburg, Ore. 97470. 97470. (OA)
 Jan 5 - PA-AAU 15 Kilo Championships, Vasona Pk., Los Gatos, 10 am. Maynard Orme, 16360 Belmont, Monte Sereno, CA 95030.
 Jan 11 - 'California Ten', New Delta JC Campus, Stockton, 10 am. BV Harriers, Frank Hagerty, 2973 W. Swain, #37, Stockton 95207.
 Jan 11 - Tigard Road Runs, 7.25 & 12 Miles, Tigard, Ore., 1 pm. Norm Oyler, 29470 SW Brown Rd., Wilsonville, Ore. 97070. (OA)
 Jan 11 - Oregon AAU 25 Kilo Championships, Central Point, Ore., noon. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
 Jan 12 - Daisy Hill Runs (6.75 & 13.5 Miles), Sonoma St., Rohnert Pk., 10 am. Bob Lynde, Sonoma St. Track Coach, Rohnert Pk. 94928.
 Jan 11 - Mission Bay Marathon (& Natl. Sectionals), San Diego, 8 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
 Jan 12 - Skinner's Butte Run, 5 Miles, Eugene, Ore., 1:30 pm. Geoff Hollister, 855 Olive St., Eugene, Ore. 97401. (OA)
 Jan 18 - Salem Road Run #1, 6 Miles, Salem, Ore., 1:30 pm. Chuck Bowles, Willamette Univ., Salem, Ore. 97301. (OA)
 Jan 18 - San Dieguito Half-Marathon, San Diego. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)

CROSS COUNTRY

IMPORTANT: - The NCRR 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.

- 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; NATL. AAU MASTERS 3000m TEAM RACE (M) San Diego, Contact: Bill Stock, 8405 Onalaska St., San Diego 92123; OREGON AAU & USTFF X-C CHAMPIONSHIPS (Internat'l Style) (O) Lane CC, Eugene, noon (Nov. 18 deadline), Contact: Al Tarpinning, Lane CC, P.O. Box 1-E, Eugene, Ore. 97401.
- 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 29 - NATL. AAU BOYS A-G X-C CHAMPIONSHIPS, Miamisburg, Ohio (Contact: Mark Becker, 708 N. 12th St., Miamisburg, Ohio 45342).
- 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.

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

ALL-COMERS MEETS: - (San Jose CC) Every Saturday, Dec. 7 to Jan. 25 inclusive, beginning 9 am (field events) with running events at 9:30 am. All-weather track (1/4" spikes required). (San Mateo JC) The NorCal T&F Ass'n will stage meets on Dec. 21, 28, Jan. 4, 18, and Feb. 1, 8. High school & open divisions with PV, LJ & race walk at 11:15 am and other events to follow (running events at noon). There will be a javelin and the HS distance event will be 2 miles (3 miles open). All-weather track (1/4" spikes req'd). (SF EXAMINER TRIALS) On Jan. 11, there will be no all-comers at CSM, but HS, Women, Age-Grp and Devil Mile (if Indoor Meet has one) trials for SF Indoor Meet. JC Trials will probably be at SJCC (date not known yet). (Glendale College Decathlon) Dec. 7-8 (Contact John Tansley, Glendale College, Glendale 91108). (Sunkist Invit. Indoor) Jan. 18, L.A. (SF Examiner Indoor) Jan. 24, Cow Palace.

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STARTING LINE
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CATALOG IS HERE**



Let the new Starting Line Sports Catalog help you do your Christmas shopping quickly and easily this year.

All active people will appreciate gifts they can use in their sport or hobby, like athletic shoes, books and clothing. You may even be able to convert a non-hiker or runner. . . after all, who wouldn't want to put an attractive new pack or pair of Tigers to good use?

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1975

Specialty Sports Catalog





Nike Boston '73



Nike Oregon Waffle



Tiger Marathon



adidas Dragon

Racing Shoes

● **Nike Boston '73**—Excellent nylon racing shoe. Worn by the winner of the 1973 Boston Marathon. It features lightweight swoosh-fiber uppers, stitch free open toe construction for extra comfort, Spenco innersole, full length midsole cushion, elevated heel, long wearing suction tread outsole. Sizes: 6-13.

NK73. Wt. 1½ lb. \$19.95.

● **Nike Oregon Waffle**—A revolutionary concept in running shoe design. The waffle-like sole affords unparalleled traction and super cushioning. Nylon upper built on a spike last, cushion innersole, cushioned heel wedge and long wearing rubber waffle sole. Sizes: 6-12.

NK03. Wt. 1½ lb. \$22.95.



Lydiard Marathon



Onitsuka lines express speed and strength. They are specially designed to support the heel and the plantar arch, and prevent stretching.

● **Lydiard Marathon** — A revolution in road racing shoes. The fit resembles that of track spikes, yet allows free movement of the toes. The heel bedding is molded into the shoe. The soft, supple felt-like uppers and reinforced padded sole provide super comfort. Perforated uppers allow respiration while you run. Beige with a red diamond. Sizes: 8-11.

EB-03 Wt. 1¾ lb. \$31.95.

● **Tiger Jay Hawk**—Tiger's latest lightweight racing shoe is ideal for indoor track, cross country and road racing. It has a gum rubber "suction tread" outer sole and a full cushion mid-sole with heel wedge for Achilles tendon protection. It also has a rounded heel for perfect foot plant, a heel collar and a leather reinforced heel counter for firm lateral support. Sizes: 4-13.

TG05. Wt. 1½ lb. \$18.95.

● **Tiger Marathon**—The racing flat that's unexcelled for lightness and comfortable wear. Superior lightness incorporated with a corrugated sole that grips on any surface, makes the Marathon an excellent cross-country shoe. Red or blue nylon uppers. Sizes: 3-13.

TG09. Wt. 1¼ lb. \$14.95.

● **adidas Dragon**—Similar to the SL'72, but without the wrap-around sole and not quite as much cushioning. Comfortable nylon weave uppers. Leather cap around toe and outside of shoe for extra protection. Padded tongue, top edge and arch support. Non-slip saw profile sole. Good racing shoe. Sizes: 6-13.

AD06. Wt. 1¾ lb. \$21.95.



Tiger Jay Hawk

Racing Spikes



(A) **Tiger Olympiad XIX**—The combination of the durability and lightness of nylon make this a superb racing spike. Blue nylon uppers on a new lighter, more flexible nylon spike plate. Orthopedically designed wrap-around sole gives ball to heel protection. Mid-layer of cushion foam. Rubber sole from ball to heel. Spike wrench and carrying bag included. Sizes 6-13.

TG29. Wt. 1½ lb. \$22.95.

(B) **Tiger Helsinki**—A superlight spike with blue suede leather uppers. It features a new lighter, more flexible nylon plate with four interchangeable spikes. Orthopedically designed wrap-around sole. Heel cushion plus foam and fabric tongue for added comfort. Rubber sole from ball to heel. Spike wrench and carrying bag included. Sizes 6-13.

TG30. Wt. 1½ lb. \$25.95.

(C) **Tiger Spartan "B"**—This ultra-modern shoe was designed by athletes for athletes and incorporates metal gripping elements, plastic grooves and protrusions to give you unfailing traction on all-weather tracks under either wet or dry conditions. Gold nylon uppers. Spike wrench and carrying bag are included. Sizes 8-12.

TG33. Wt. 1½ lb. \$33.95.



A



B



C



D



E



F



G



(D) **adidas Spider**—The most successful track shoe of the Munich Olympics in the sprint events. It is made out of super soft velour leather and features a new heel construction for greater comfort and a heel wedge to relieve strain on the Achilles tendon. Sizes 8-12.

AD12. Wt. 1½ lb. \$40.95.

(E) **adidas Saturn**—A great value combining quality with a reduced price. Made of blue velour leather for a perfect fit. New special padding for protection of the heel and Achilles tendon. Extra padding underneath the heel for a comfortable run. Form fitting nylon sole. Four interchangeable spikes. Sizes 6-13.

AD13. Wt. 1½ lb. \$25.95.

(F) **adidas Comet**—A low priced adidas track shoe with soft split oxhide uppers. A soft heel wedge, protecting the shank and heel areas, a foot form tongue, and all combined with a flexible form-fitting nylon sole. Interchangeable spikes. Sizes 5-13.

AD14. Wt. 1½ lb. \$21.95.

(G) **adidas Avanti**—A very low priced adidas track shoe. An excellent all purpose shoe for the high school beginner. With blue leather uppers, white stripes, and interchangeable spikes. Sizes 1-8.

AD15. Wt. 1½ lb. \$13.95.



Running Budget Savers

The items on this page represent special savings for you. They are all first quality merchandise items that we are unable to get any longer and so we are forced to close out our remaining inventories at sale prices. We are pleased to make these unusual savings available to you our best customers.



(A) Tiger Munich '72 Tiger Carrying Bag—Special sale of this commemorative carrying bag. It's a roomy bag at a discount price.

TG75. . . . Wt. 2½ lb. . . . \$8.95.

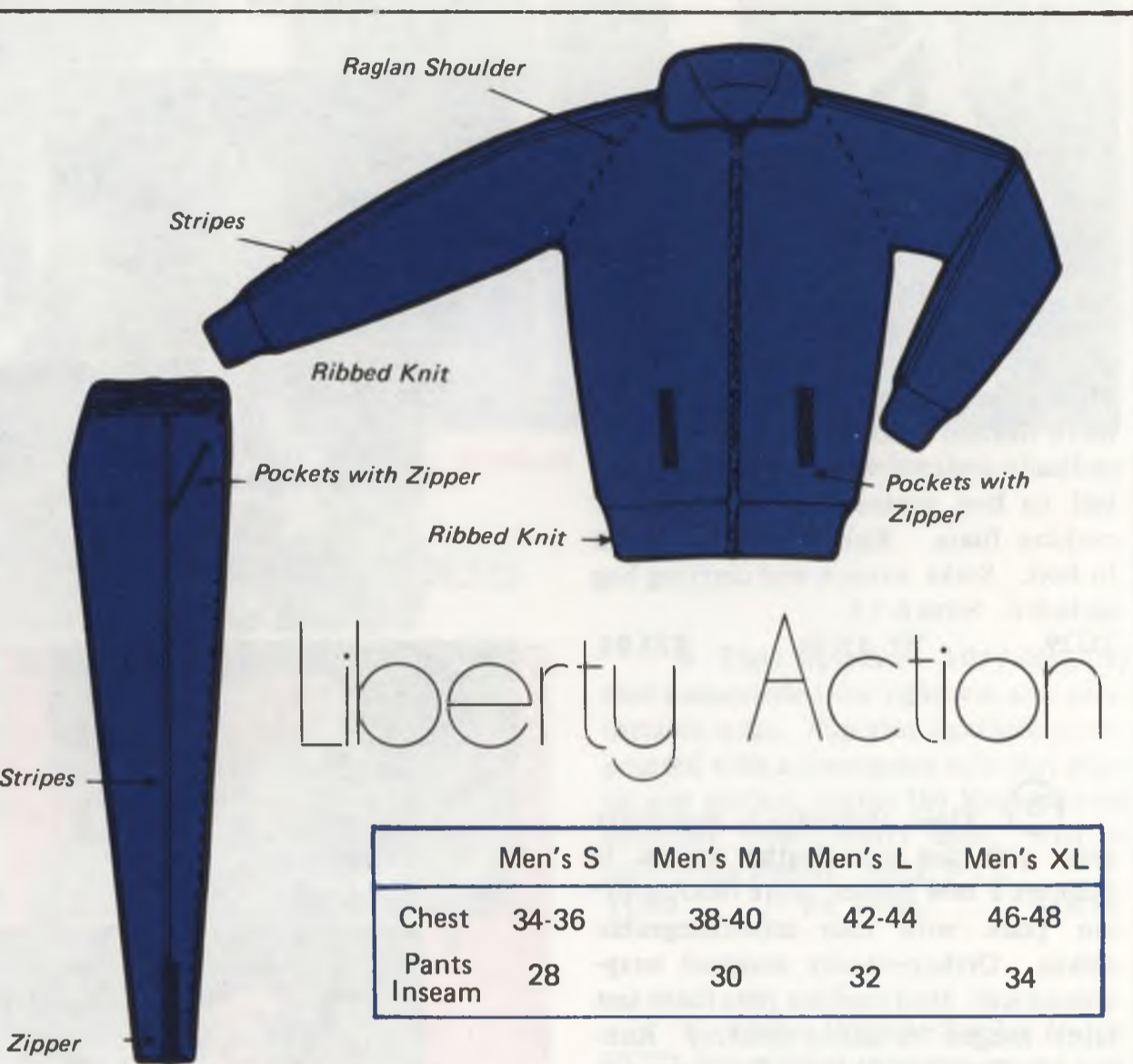
(B) Tiger Bangkok—Sturdy blue suede uppers and a well padded, heavily treaded sole make this an excellent shoe for training on dirt trails. Sizes 6-13.

TG21. . . . Wt. 1½ lb. . . . \$18.95.



● **New Balance Trackster II**—Designed for long distance training and racing, it is perfect for runners with foot, ankle, leg or knee problems. Sizes: 5½-12.

NB02. . . . Wt. 1¾ lb. . . . \$14.95.



Liberty Action

	Men's S	Men's M	Men's L	Men's XL
Chest	34-36	38-40	42-44	46-48
Pants Inseam	28	30	32	34

● **Liberty Action Sweat Suit**—All-around 100% stretch nylon suit for leisure wear. Dynamic-dual white striped jacket is beautifully constructed with full action sleeves, full length zipper, popular convertible collar and two front zippered pockets. Pants are tailored ski-style with zip-closing tapered ankles

and zippered side pockets. The waist band is elasticized to give comfortably with your every movement. Colors: Royal Blue, Columbia Blue, Navy Blue, Scarlet Red, Kelly Green, Forester Green, White Suits with Red and Blue Stripes. Sizes: Men's S, M, L, XL.

LB01. Wt. 2½ lb. \$20.95.



● **Bob Wolf Jogger**—A real bargain, this shoe is made of rugged blue nylon with a rubber toe cap. For comfort it has a heel counter, padded tongue and arch support. Sizes: 8, 9-11 and 12.

BW01. . . . Wt. 1½ lb. . . . \$5.95.



● **Puma Delphin**—This suede shoe is tastefully designed so that it is not only a fine training shoe, but it is also a great casual shoe. Comes in gold with a green stripe. Sizes 6-13. Except 11.

PU02. . . . Wt. 2¼ lb. . . . \$19.95.

Women in the sport

● **Brooks Model 210**—This shoe is especially designed to meet the needs of today's female athletes. Gold nylon upper in a women's B-C last. The nylon uppers are reinforced with gold suede leather where the sole and nylon meet. The shoe features a firm heel counter, rubber arch support, towel sock lining, fully padded sole and a heel wedge. Sizes 4-10.

BR01.... Wt. 1½ lb.... \$18.95.

● **Brooks Model 211**—A ladies shoe in white top grain leather, trimmed with blue suede. It comes in a B-C width and includes the following special features: a firm heel counter, rubber arch support, towel sock lining, fully padded sole and a heel wedge. Sizes 4-10.

BR02.... Wt. 1½ lb.... \$19.95.

● **Sof-T**—80% orlon acrylic, 20% nylon. Pom Trim with STRETCH ped and cushion sole. Heavy crochet edge trim. Trimmed white/navy, white/red. One size fits all.

WW04.... Wt. ¼ lb.... \$1.85.

● **adidas Okapi**—A spike especially designed for women. It has soft, velour uppers that conform to the shape of your foot. It is pale green with four interchangeable spikes. Sizes: 2½-11.

AD16..... Wt. 1½ lb..... \$16.95.

● **Women's Nylon Singlets**—Modern pull-on tank tops tailored to assure feminine appearance and still allow freedom and comfort. Machine washable and no need to iron. Sizes: 32,34,36,38. Colors: Solid white with blue, red, green trim.

BR01.... Wt. ½ lb.... \$6.50.

● **Women's Nylon Track Shorts**—Popular standard length competition briefs, plus the new bikini and both in 100% nylon "softskin". Lightweight and modest, with comfortable elastic at waist and leg openings. Colors: Competition: Blue, green, red, with white trim. Bikini: Blue only.

Sizes: 32,34,36,38. Wt. ½ lb. each.

BR02... Competition Briefs \$5.95.

BR03... Bikini Briefs... \$5.50.

● **Miss Raquet**—80% orlon acrylic 20% nylon exclusive of trim. STRETCH all around cushion foot. White trimmed with white, navy, red, powder blue, green, or yellow. One size fits all.

WW03.... Wt. ¼ lb.... \$1.85.



Nylon Singlet and Shorts



Miss Raquet



adidas Okapi

Brooks Model 211

Bikini Briefs



Athletic clothing, carefully designed and well made, will enhance the enjoyment of any sport or game.



● **adidas Rainsuit**—The rainsuit is 100% polyamide and is wind and waterproof. The jacket has a hood and the trousers have leg zippers. Comes packed in its own pocket. Comes in navy, royal, red and yellow. Sizes on chart.

AD89 Wt. 1 lb. Complete set \$28.95
Top or bottoms separately: \$14.50

● **adidas 14**—A full cut stretch nylon cotton warmup that is tailored so you look sharp. The jacket has a turtle neck collar, elastic cuffs and a front zipper. The pants have elastic waist bands and leg zippers. Colors available: Navy, Royal, Red and Green. Sizes on chart.

AD83 Wt. 2 lb. \$40.95

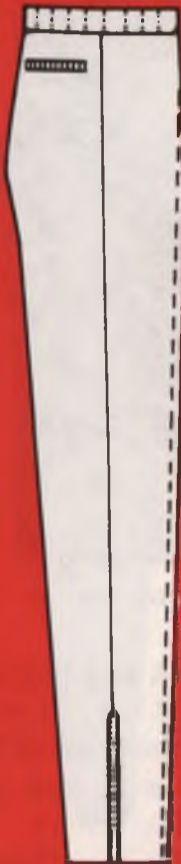
JOG-JOY

SWEAT-SUITS

● **Jog Joy Sweat Suits**—A fine 100% acrylic warm-up. The jacket features zip up front and zipper pocket. The pants have ankle zippers and one zipper pocket. Comes in navy blue, royal blue, forest green and red. Sizes: xs, s, m, l, xl.

TY01 Wt. 2 lb. \$24.95

	XS	S	M	L	XL
Chest	30-32"	34-36"	38-40"	42-44"	46-48"
Waist	24-26"	28-30"	32-34"	36-38"	40-42"
Inseam	26-28"	27-29"	28-30"	29-31"	30-32"



● **adidas 7**—A real find for the smart shopper of discriminating tastes, this nylon cotton warm-up suit features a jacket with fleecy inside, mandarin collar, front zippers, cuffs. The pants have elastic waistband and leg zippers. Available in Navy, Royal, Red and Green. Sizes on chart.

AD84 Wt. 2 1/4 lb. \$32.95



adidas 7

SIZE SCALE "ADIDAS 14", "ADIDAS 7" & ADIDAS RAIN SUIT

IF HEIGHT IS:	5'1"	5'4"	5'6"	5'9"	5'11"	6'1"	6'4"
ORDER SIZE:	XXS	XS	S	M	L	XL	XXL



Athletic Clothing

(A) Double Knit Nylon Mesh Singlets—For coolness and comfort there is nothing like lightweight double knit nylon. Trimmed in white it comes in blue, gold and green. Sizes: m(38-40), l(42-44), xl(46-48).
HK01. Wt. ½ lb. \$4.95.

(B) Nylon Racing Singlets—The racing shirt that lets you breathe. Sizes: s(34-36), m(38-40), l(42-44), xl(46). Colors: blue, gold and green.
SO05. Wt. ¾ lb. \$4.95.

(C) Cotton/Rayon Singlets—Excellent tank tops for training or racing. They feature white trim around the neck and arms, and come in royal blue, gold, and kelly green. Sizes: s(34-36), m(38-40), l(42-44), xl(46).
SO04. Wt. ¾ lb. \$2.75.

(D) Trimmed Cotton Shorts—Finest quality cotton shorts with vented legs. Sizes: s(28-30), m(32-34), l(36-38), xl(40-42). Available in Navy trimmed with white and white trimmed with blue or scarlet.
SO-02 Wt. ½ lb. \$2.75.

(E) Nylon Track Shorts—Single ply nylon track pant with vented leg. Sizes: xs(24-26), s(28-30), m(32-34), l(36-38), xl(40-42). Available in blue, green, scarlet and gold.
SO01. Wt. ½ lb. \$3.45.

(F) Plain Cotton Shorts—First quality cotton shorts with vented legs, but in solid colors only. Sizes: m(32-34), lg(36-38), xlg(40-42). Available in blue, scarlet and green.
SO03. Wt. ½ lb. \$2.75.

● **T-shirts**—Regular cotton T-shirts in gold, green, blue, oxford and orange. Sizes: s(30-33), m(33-35), l(36-39), xl(38-40).
SO06. Wt. ½ lb. \$1.98.

T-SHIRTS!

● **E.R.G. T-Shirt**—Features a bold E.R.G. with a blazing lightning bolt through it. Available in red, green, blue, gold, white, orange and grey. Sizes: s(30-33), m(33-35), l(36-39), xl(38-40).
WP-41 Wt. ½ lb. \$3.00.

● **24 Hour Relay T-Shirts**—These are the official Runner's World 24 Hour Relay shirts. These attractive shirts make appropriate gifts or mementos for runners that have completed or aspire to complete the ultimate relay challenge. Same sizes and colors as above.
RW-24. Wt. ½ lb. \$2.75.

● **Tiger T-Shirt**—This unusual T-shirt features a colorful "Rising Sun," the official symbol of Japan, and the Tiger logo. Available in white with blue-trimmed sleeves and collar. Sizes: M, L, XL.
TG-72 Wt. ½ lb. \$3.50.

sole repair kit



The simplest, quickest and most economical method yet devised for extending the life of athletic shoes.

In most athletic activity, the feet must absorb the shock of the body weight thousands of times. And even an apparently minor amount of shoe sole wear can cause major problems with the resulting imbalance straining feet, ankles, shins, knees, hips, and back. Continuing to train and compete on worn soles invites chronic leg pains and injuries of all kinds.

Next time your shoes are showing wear, instead of continuing to use them until injuries result, or investing in an expensive new pair, avoid this needless injury and expense by using the *Sole Repair Kit*. By regular inspection of the soles and use of the repair gun whenever necessary, the useful life of your athletic shoes can be extended many times. It's easy

and inexpensive: just push the repair pellet through the gun and build up worn areas with the hot material which flows from the nozzle. Each pellet of repair material lasts for several applications and costs only a few pennies.

More and more athletes—runners, hikers, and others—have discovered the added comfort and safety the Sole Repair Kit can provide. And it can do the same for *you*. The Repair Kit, including the Sole Repair Gun, ten sticks of repair material, and detailed instructions are available exclusively through Starting Line Sports and its dealership network. The Kit will pay for itself in no time, and the pleasure of injury-free athletics will go on forever. WP-15 Wt. ¾ lb. \$6.50.



● **Sports Illustrated Track Meet Game**—If your family runs together and plays together, here is the ideal game for for you. With this game, staging a track meet in your living room is fun for the whole family. 2-6 people can play. SI-01 Wt. 3 lb. \$10.00.

track games



● **Munich Decathlon Game**—This new, exciting track game contains the same ten authentic events of the olympic decathlon. Highest quality materials. Perfect gift for ages 10 thru adult. A strategic challenge for 2 to 4 people. SI102. Wt. 2¾ lb. \$6.95.

● **Hanhart Economy Model W-10.**
The proven three button operation has become indispensable when exact timing results are required. Accurate to a tenth of a second, this watch is water protected and cannot be overwound.

W-10. Wt. ½ lb. \$24.95.



Hanhart has met the challenge of the everchanging world, which is experiencing an accelerated "pace of living," caused by the dynamic urge to compete. This competitive "speed of living" is manifested in knowledge as well as know how, brain as well as brawn, and is further expressed in fractions of a second. "Time" is of the essence! Each Hanhart stopwatch is packed with a Guarantee Slip, giving complete instructions for returning stopwatches for repair.

● **Hanhart Special Model W-20.** A general purpose stopwatch. It has a 60 second dial and is accurate to one-fifth second. It is recommended for such purposes as timing games, most athletic events, medical tests, and also as a telephone watch. It features 7 jewel movement and is shockproof.

W-20. Wt. ½ lb. \$33.95.

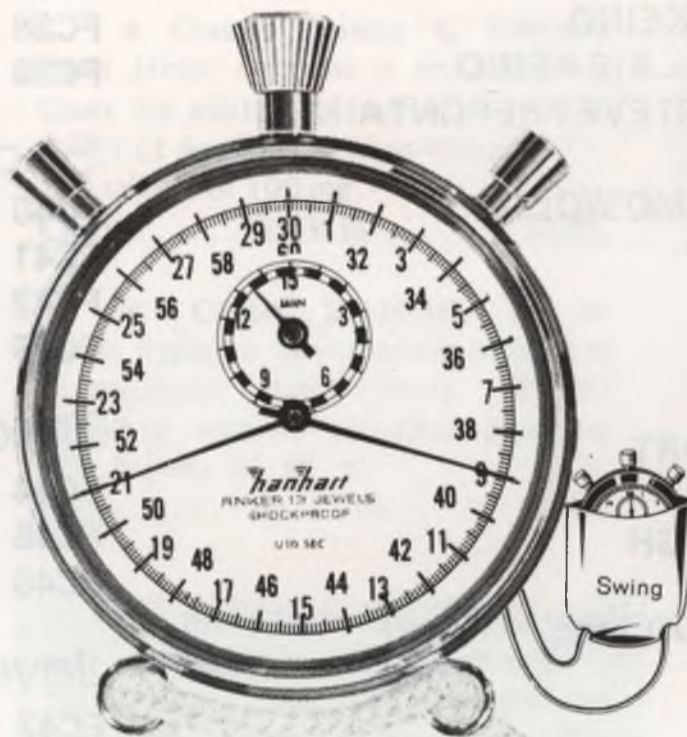


Model	1-5 (each)	6 or more (each)
W-10	\$24.95	\$21.95
W-20	\$33.95	\$29.95
W-30	\$34.95	\$30.95
W-40	\$84.95	\$73.95
W-50	\$88.95	\$77.95



● **Hanhart Standard Model W-30.**
A fine watch for timing all short and medium distance athletic events, for skiing, motor racing, cycling, rowing, and swimming competitions. It has a 7 jewel movement and is accurate to one-tenth second.

W-30. Wt. ½ lb. \$34.95.



● **Hanhart Double Hand Split Model W-40.** A popular watch among coaches. Double hand feature allows timing of several contestants. It has a lever 7 jewel movement and one-tenth second accuracy. Swing model.

W-40. Wt. ½ lb. \$84.95.



● **Hanhart Precision Double Hand Split Model W-50.** This precision double-hand split-timer is used specifically for short distances and for easy reading of the one-tenth second dial. It is recommended for all sorts of short distance races, competitive sports and research. Shockproof with seven-jewel movement.

W-50. Wt. ½ lb. \$88.95.



FILM LOOPS

Track and Field



PRICES

- 16 mm – 1-4 loops, \$4.50 ea. – 5 or more \$3.75 ea.
- Super 8 mm – 1-4 loops, \$3.50 ea. – 5 or more \$2.95 ea.
- 8 mm – 1-4 loops, \$3.40 ea. – 5 or more \$2.90 ea.
- Wt. ¼ lb.

Sprints (Starts)

- FC01 JIM HINES
- FC02 VALERIY BORZOV
- FC03 TOMMIE SMITH

Sprints (Full Stride Sprinting)

- FC04 CHARLIE GREENE
- FC05 LARRY BLACK
- FC06 LEE EVANS
- FC07 JULIUS SANG
- FC08 JOHN SMITH

Middle & Long Distances

- FC09 PETER SNELL & RALPH DOUBELL
- FC10 DAVE WOTTLE
- FC11 JIM RYUN vs. KIP KEINO
- FC12 PEKKA VASALA vs. KIP KEINO
- FC13 LASSE VIREN vs. STEVE PREFONTAINE
- FC14 DAVE BEDFORD
- FC15 RON CLARKE, MAMO WOLDE
- FC16 FRANK SHORTER

High Hurdles

- FC17 ROD MILBURN
- FC18 WILLIE DAVENPORT
- FC19 THOMAS HILL
- FC20 EARL McCULLOUGH

Intermediate Hurdles

- FC21 JOHN AKII-BUA
- FC22 RALPH MANN
- FC23 DAVID HEMERY

High Jumps

- FC24 DICK FOSBURY
- FC25 DWIGHT STONES
- FC26 VALERIY BRUMEL

- FC27 ED CARUTHERS
- FC28 PAT MATZDORF

Long Jump

- FC29 BOB BEAMON
- FC30 RALPH BOSTON
- FC31 RANDY WILLIAMS
- FC32 IGOR TER-OVANESYAN
- FC33 HANS BAUMGARTNER

Triple Jump

- FC34 VIKTOR SANEYEV
- FC35 JORG DREHMEL
- FC36 JESEF SCHMIDT

Pole Vault

- FC37 BOB SEAGREN
- FC38 WOLFGANG NORWIG
- FC39 JOHN PENNEL

Shot Put

- FC40 RANDY MATSON
- FC41 GEORGE WOODS
- FC42 WSLADYSLAW KOMAR
- FC43 AL FEUBERBACH

Discus Throw

- FC44 LUDVIK DANEK
- FC45 JAY SILVESTER
- FC46 AL OERTER

Javelin Throw

- FC47 JANIS LUSIS
- FC48 KLAUS WOLFERMANN
- FC49 JORMA KINNUNEN

Hammer Throw

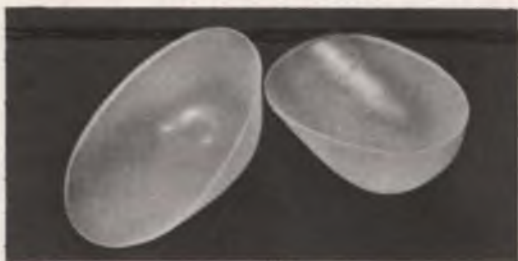
- FC50 ROMUALD KLIM
- FC51 GYULA ZSIVOTZKY

These are loops and NOT cartridges.

● **Sole Repair Kit**—The most revolutionary development in shoe sole repair. Use a shoe sole repair kit and your shoes will never wear down. See ad pg. 7.
US01. Wt. ¾ lb. \$6.50.

● **Sole Repair Pellets**—Prices including postage are 10 pellet pack \$9.95, 50 pellet pack \$4.25 and giant economy 100 pellet pack \$7.50.

● **Sole Saver**—Get more miles out of your shoes by using Sole Saver.
CP01. Wt. 1 lb. ½ pints \$2.75.
CP02. Wt. 1½ lb. pints \$4.50.



● **M-F Heel Protectors**—Protects against bruises, spurs, shin splints, blisters, callouses. One size fits all.
MF01. Wt. ¼ lb. \$2.00/pair.



● **Spenco Insoles**—The most comfortable cushioning available. Men's sizes: 6-7, 8-9, 10-11, 12-13, 14-15. Women's sizes: 5-6, 7-8, 9-10.
SM01. Wt. ¼ lb. \$3.95/pair.

● **Wigwam Cotton Tube Socks**—Packed two pairs to a package, these cool cotton socks are cushioned for your comfort. Fits 9-15.
WW01. Wt. ¼ lb. \$2.45.

● **Wigwam Wool Tube Socks**—S-T-R-E-T-C-H tube sock completely cushioned from toe to top. 40% wool, 40% herculon Olefin, 20% nylon. Fits 9-15.
WW02. Wt. ¼ lb. \$1.85.

● **Snow Seal**—Famous wax water-proofer for leather boots.
MP-29-4 oz. . . . Wt. ½ lb. \$0.75.
MP-29-8 oz. . . . Wt. ¾ lb. \$1.25.



● **Cramer Squeeze Bottle**—"Heavy duty" plastic squeeze bottles with plastic dispensers. This pint bottle is excellent for that liquid snack during marathons.
CR07. Wt. ¼ lb. \$1.95.

● **Cramer Skin Lube**—Prevents blisters. Use over callouses and areas where rubbing by equipment creates friction. 3 ounce tube.
CR01. Wt. ¼ lb. \$1.59.

● **Cramer Salt Tablets**—Non-nauseating because they are impregnated to dissolve slowly. 100 tablets of 10 gr.
CR04. Wt. ½ lb. \$0.89

● **Cramer Vitamin "C" Tablets**—Each tablet contains 3 and one-third times the adult daily minimum requirements of Ascorbic Acid or Vitamin "C". 100 tablets of 100 mg.
CR05. Wt. ½ lb. \$2.95.

● **Cramer Dextrotabs**—To increase depleted carbohydrate reserves or to minimize fatigue effects. Readily absorbed without upsetting digestion. 300 tablets of 25 gr.
CR06. Wt. 1½ lb. \$3.50.

● **Paket Pocket Soap**—Don't pollute the environment, when you are hiking or camping use biodegradable, non-polluting Paket Pocket Soap. Plastic tube containing enough for 50-60 washings.
PP01. Wt. ¼ lb. \$0.70.

● **Bike Athletic Tape**—Good for taping worn out shoes, protecting against blisters and anything else. 1½ inch cut.
BK02 Wt. 2 lb. . . (12 rolls) \$4.95.

● **Bike No. 10 Athletic Supporter**—America's most popular supporter. 3" cotton elastic waistband; nylon reinforced, porous-knot pouch; 1" leg straps. Heat and shrink resistant. s (26-32), m (32-38), l (38-44).

BK10. Wt. ¼ lb. \$1.35.

● **Bike Headbands**—Orlon-acrylic and terry cotton white stripes. Non-fade orlon acrylic wicks the moisture to thirsty cotton center. Machine washable. Red, white and blue or green and white striped.
BK01. Wt. ¼ lb. \$1.09.



● **Anti-Fog**—You know how annoying and dangerous it can be when your glasses keep fogging up. Just one application of Anti-Fog guarantees you hours of clean lens and crystal clear vision. A long-lasting 14cc supply in each bottle.
YG01. Wt. ¼ lb. \$1.50.



● **Time Gard Finger Lanyard**—Don't let your watch slip out of your hand, use a finger lanyard.
SR02. Wt. ¼ lb. \$0.75.



● **Glass Gard**—Eye glass holder. One size fits all. Don't let your glasses slip around, use a glass gard.
SR01. Wt. ¼ lb. \$1.00.

THE COMPLETE RUNNER

At last the runner—the fitness runner, the racing runner and the potential runner—has a complete reference book written just for him or her. **The Complete Runner**, a new book compiled by the editors of **Runner's World** magazine, may be the ultimate track and field publication—the first comprehensive survey of the sport and art of running today. Running has changed greatly over the last few years, as greater participation and greater performances have combined to put the sport in the public's eye as never before. Now this new book puts it all together for you. Every aspect of running (just check the list of section headings) is covered by experts—like Dr. George Sheehan, Joe Henderson, Hal Higdon and Brooks Johnson. The biggest names in running journalism and photography are combined in one volume to bring you the total running message. As the one complete reference and guidebook for all your running questions and problems, **The Complete Runner** will become the indispensable mainstay of your running library.



The Complete Runner
Published Sept. 1974,
398 pages, hardcover,
illustrated. \$10.95.



Guide to Distance Running
Published 1971 (3rd printing with revised statistics section, 1974). Paperback, 8½ x 11. 208 pages., ill. \$4.95.

Now in its third big printing, the **Guide to Distance Running** has, in just three years, become the number one reference book for all distance runners and coaches. Many books are incorporated into the **Guide**—each heading could make up an entire book on its own. But the **Guide** is the one volume that gives runners, coaches, and other students of the sport a well rounded sampling of the best writing and photography done on distance running. The guide is the book you'll consult time and time again.

To accomplish its goal of exhaustive and complete yet concise coverage the **Guide** contains nearly 100 articles by more than 50 different authors, and about 100 photos from 20 photographers.

To run with the stars (Hill, Ryun, Clarke), race the great races (Boston, Springbank, and Olympics), take advice from the experts (Dr. Sheehan, Joe Henderson, Jim Dunne), and sit at the feet of the great coaches (Igoli, Lydiard, Cerruty); get your **Guide to Distance Running** today.

GUIDE TO DISTANCE RUNNING

Starting Line Sports

Book List

Starting Line Sports' own booklist features excellent books for the active sportsperson. We specialize in books for the runner, bicyclist and nordic sports enthusiast. All books are paperback unless otherwise noted:

For the Runner:

- Run Gently, Run Long.** Joe Henderson's sequel to his famous "LSD" book. Guidelines for a long and enjoyable career. 1974, 100 pp., ill. \$2.50.
- First Steps to Fitness.** Written for all beginning runners, regardless of age or physical condition. A vitally important book. 1974, 68 pp., ill. \$1.50.
- Age of the Runner.** The effects of age (young and old) on performances, and the effects of running on aging. 1974, 68 pp., ill. \$1.75.
- The Female Runner.** The first complete look at women in running. Presents many surprising facts. 1974, 35 pp., ill. \$1.25.
- Exercises for Runners.** Best-selling book covering the many injury-avoiding and -overcoming exercises *all* active people can use. 1973, 84 pp., ill. \$1.95.
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- Runner's Training Guide.** All known methods of training are presented by experts, letting readers choose for themselves. 1973, 100 pp., ill. \$2.50.
- The Runner's Diet.** Vital guide to the correct feeding and watering of runners. Presents many important and startling ideas. 1972, 84 pp., ill. \$1.95.
- Encyclopedia of Athletic Medicine.** A complete guide to the causes and treatments of injuries commonly related to running. 1972, 100 pp., ill. \$1.95.
- Guide to Distance Running.** The number one reference book for all distance runners and coaches. 1971 (revised 1974), 208 8½ X 11 pp., ill. \$4.95.
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For the Bicyclist:

- Traveling By Bike.** Excellent guide to bike touring, with emphasis on the practical side of this enjoyable sport. 1974, 96 pp., ill. \$1.95.
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For the Nordic Sports Enthusiast:

- Discover Cross-Country Skiing.** A practical and complete guide to ski touring for beginners. 1974, 52 pp., ill. \$1.75.
- Nordic Skiing Gear: Skis, Poles, Boots and Bindings.** The first complete guide to these vital components. 1974, 60 pp., ill. \$1.75.
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14	4.47	5.78
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16	5.04	6.53
17	5.33	6.91
18	5.61	7.28
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20	6.19	8.03
21	6.48	8.41
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23	7.05	9.16
24	7.33	9.53
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14		1.54
15		1.62
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17		1.78
18		1.86
19		1.94
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26		2.50

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3 ...	2.23	2.76	16 ...	7.43 10.04
3½ ..	2.53	3.04	17 ...	7.83 10.60
4 ...	2.63	3.32	18 ...	8.23 11.16
4½ ..	3.83	3.60	19 ...	8.63 11.72
5 ...	3.03	3.88	20 ...	9.03 12.28
6 ...	3.43	4.44	21 ...	9.43 12.84
7 ...	3.83	5.00	22 ...	9.83 13.40
8 ...	4.23	5.56	23 ...	10.23 13.96
9 ...	4.63	6.12	24 ...	20.63 14.52
10 ...	5.03	6.68	25 ...	11.03 15.08
11 ...	5.43	7.24		

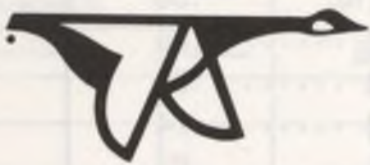
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8 ...	1.28	2.49	21 ...	2.25 5.02
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10 ...	1.43	2.88	23 ...	2.40 5.41
11 ...	1.50	3.07	24 ...	2.48 5.61
12 ...	1.58	3.27	25 ...	2.55 5.80

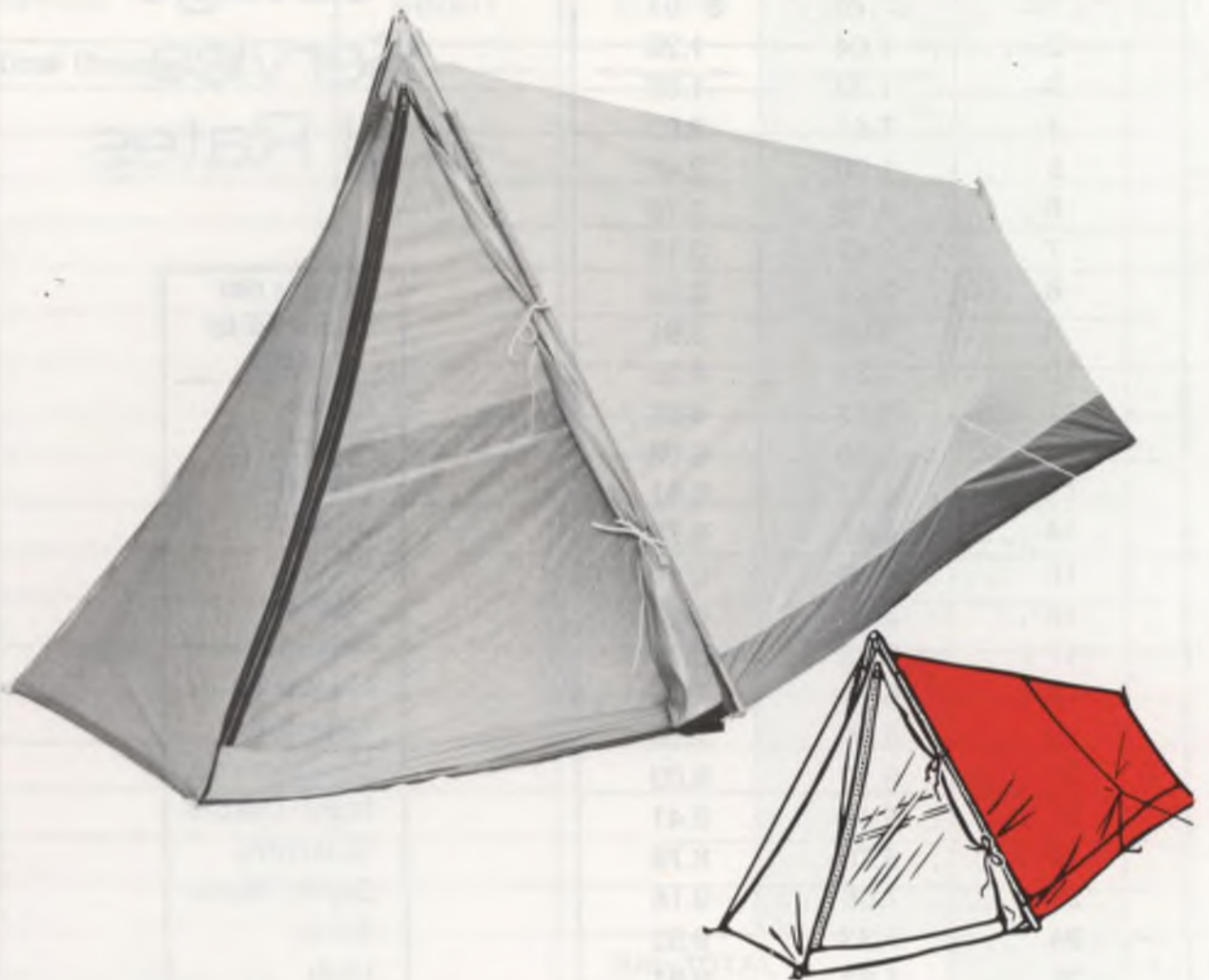
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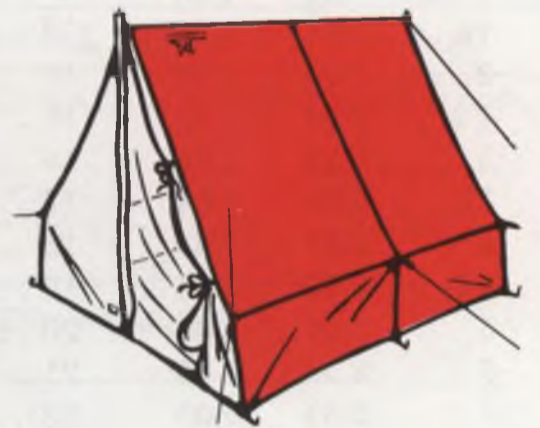


Mountain Products' tents are widely acclaimed. The recent Antarctica expedition up Mount Vinson and other peaks, attributed their success—if not survival, to the strength of Mountain Products' tents. The tents are not only double-needle sewn at the seams, but the stress seams are reinforced with nylon ribbon. Pull out tabs and stake-out tabs also have webbing sewn in with a tacking machine making them almost indestructible. The tent seams are sewn at 8 stitches to the inch. Rip-stop nylon is used in the body of all tents. Mountain Products' tents come complete with guy lines, line tighteners, nylon Durapegs, stuff sacks and shockcord connected poles. Nylon zippers are used extensively throughout the tents and all tents are well vented.



● **Storm Tent** — Spacious two-man tent with 2½' front vestibule. Rip-stop nylon side panels, waterproof nylon vestibule, floor, rear panel and 6" side-walls. Large zippered vent in rear. Three piece, shockcorded, aluminum, A-frame

poles in front, two piece pole in rear. Mosquito netting door and heavy duty zippers. Tent comes with poles, rain fly, nylon Durapegs, guy lines, line tighteners and stuff sack. 9' X 4½' X 45".
MP-23 Wt. 7 lb. \$114.95.



● **Trail Tent and Fly** — A roomy three- or four-man tent designed for family backpacking or general camping. Waterproof nylon floor, sidewalls, rear and front panels. Ripstop nylon body. Sidewalls 18" high. Floor measures 6' wide X 6'6" long. Tent height 5'. Large net-covered rear vent. Nylon zippers on front mosquito netting and front flaps. Snake guard. Shockcorded tent ropes. Weighs 7 lb. 10 oz. including fly, stakes, guy lines and stuff sack. Fly included with tent.

MP-27 Wt. 8½ lb. \$94.95.

● **Pocket Tent** — Featherweight tent with room for two mummy bags and additional rucksack storage room. Weight 3 lbs. 11 oz. including poles, nylon Durapegs, guy lines, line tighteners and stuff sack. Floor 52" wide in front, tapering to 29" in rear; 7' long. Height: 42" front, 20" rear. Made of ripstop nylon body with waterproof nylon floor extending 6" up the sidewalls. Nylon zippered mosquito netting in door and zippered rear window. Two nylon zippers close front. Lightweight A-frame sectional aluminum shockcorded poles slip into sleeves to support tent front. Short pole supports tent back. Waterproof fly optional.

MP-22-1 Wt. 4¾ lb. \$62.50.

● **Pocket Tent Fly** — Spreads above tent with short extension pole in rear and eight pull-out cords. Made of waterproof nylon. Weighs 1 lb. 9 oz. with pole and 7" nylon Durapegs.

MP-22-2 Wt. 2¼ lb. \$17.50.



Note: All MPC tents are packed with guy lines, lightweight shockcorded aluminum poles, carrying case, 7" nylon Durapegs, and tent assembly instructions.

Accessories

● **Nylon Backpacker's Tent (Campways)**—This lightweight nylon 2 man tent can fit into the pocket of a packbag. Has tie-down tabs to extend tent walls up to 5 feet wide and 8 feet long.

CW-01 Wt. 2¼ lb. \$19.95.

● **Minit Tent (Tube Tent)**—Every camper should have one. Sets up in a minute. Rugged-waterproof poly 8' long. Rope included.

AB-16 Wt. 1 lb. \$2.49.

● **Nylon Tarp** — Lightweight and sturdy tarp made of waterproof nylon. All edges are hemmed. Seams are waterproofed. Grommets for tie-down ropes are positioned at each corner and midway on each side. 8' X 10'.

MP-25 Wt. 2 lb. \$25.00.

● **Durapeg** — Almost indestructible lightweight molded Cyclocac plastic tent peg of one beam construction. Will not splay from pounding.

MP-24 Wt. under 2 oz. . . . \$.35.

● **Skewer Peg** — A lightweight aluminum 7" tent peg.

MP-26 Wt. ½ oz. ea. . . . \$.20.

● **Steel Skewer Tent Peg—7"**.

AB-17 Wt. ½ oz. \$.08 ea.

● **Aluminum Tent Peg—9"**.

AB-18 Wt. ½ oz. . . . \$.14 ea.

● **Rip Air Tape**—Designed to repair parkas, tents, sleeping bags, backpacks. Made of an adhesive ripstop nylon. One yard in package. Orange, Red, Blue and Green.

MP-50 Wt. ¼ lb. \$.99.

● **Stretch Cord**—A great substitute for ropes. Saves tying and untying; will not loosen in travel. Has sturdy stretch cord with plastic coated hooks on each end. 4 cords in each package.

AB-27 . . . 3/8x12" . . Wt. ¼ lb. . . \$1.99.

AB-28 . . . 3/8x18" . . Wt. ¼ lb. . . \$2.19.

AB-29 . . . 3/8x24" . . Wt. ¼ lb. . . \$2.49.

● **Woodstock Braided Nylon Cord** Ideal all-purpose cord. Suitable for camping, awnings, clothes lines, tow-lines, boating and many more uses. Will not rot or mildew. Length: 50 feet.

AB-19 . . . 550 Pound Test . . \$1.09.

AB-20 . . . 1000 Pound Test . . \$2.19.

AB-21 . . . 1800 Pound Test . . \$3.49.

● **Mountain Products Strata Pack and Frame** — This comfortable contour frame pack with wrap around padded hip belt. Frame is designed to carry bulk of load on hips instead of shoulders. Pack angle to the back is adjustable at hip pad. Sack is very heavy duty nylon and may be the most waterproof one on the market. Top flap and center zipper opening allow easy access to equipment without removing gear stored on top.

Frame is high quality aluminum with superior mig welded joints—unconditionally guaranteed. Recommended for normal backpacking. Colors: blue or copper.

MP-16-Reg. . Wt. 4¾ lb. \$52.50.
MP-16-Lge. . Wt. 5 lb. \$57.50.

● **Camp Trails the Horizon**—A special waterproof nylon pack with 5 large contoured pockets with covered nylon zippers. Clevis pin mounting to side of frame (frame not included); tapering of bag for good load balance; extra large capacity; zipper opening to bottom of bag; spreader bar, and large outside pocket on flap for map and minute essentials, nylon ties on flap for storm protection, fits cruiser type frames. Colors: Orange, Forest Green.

Med. 18" x 14½" x 4¾" to 9 Wt. 2 lb.
Lge. 22" x 14½" x 8¼" to 10 Wt. 2¼ lb.
CT-01 \$37.95.

● **Padded Hip Belt**—Tough waterproof 4½" wide nylon shell over thick padding; quick release buckle on 1½" nylon webbing. Four sizes in Puma Tan color.

42"	Fits up to hip*	5½ oz.
44½"	Fits up to hip*	6 oz.
48½"	Fits up to hip*	6½ oz.
52½"	Fits up to hip*	7 oz.

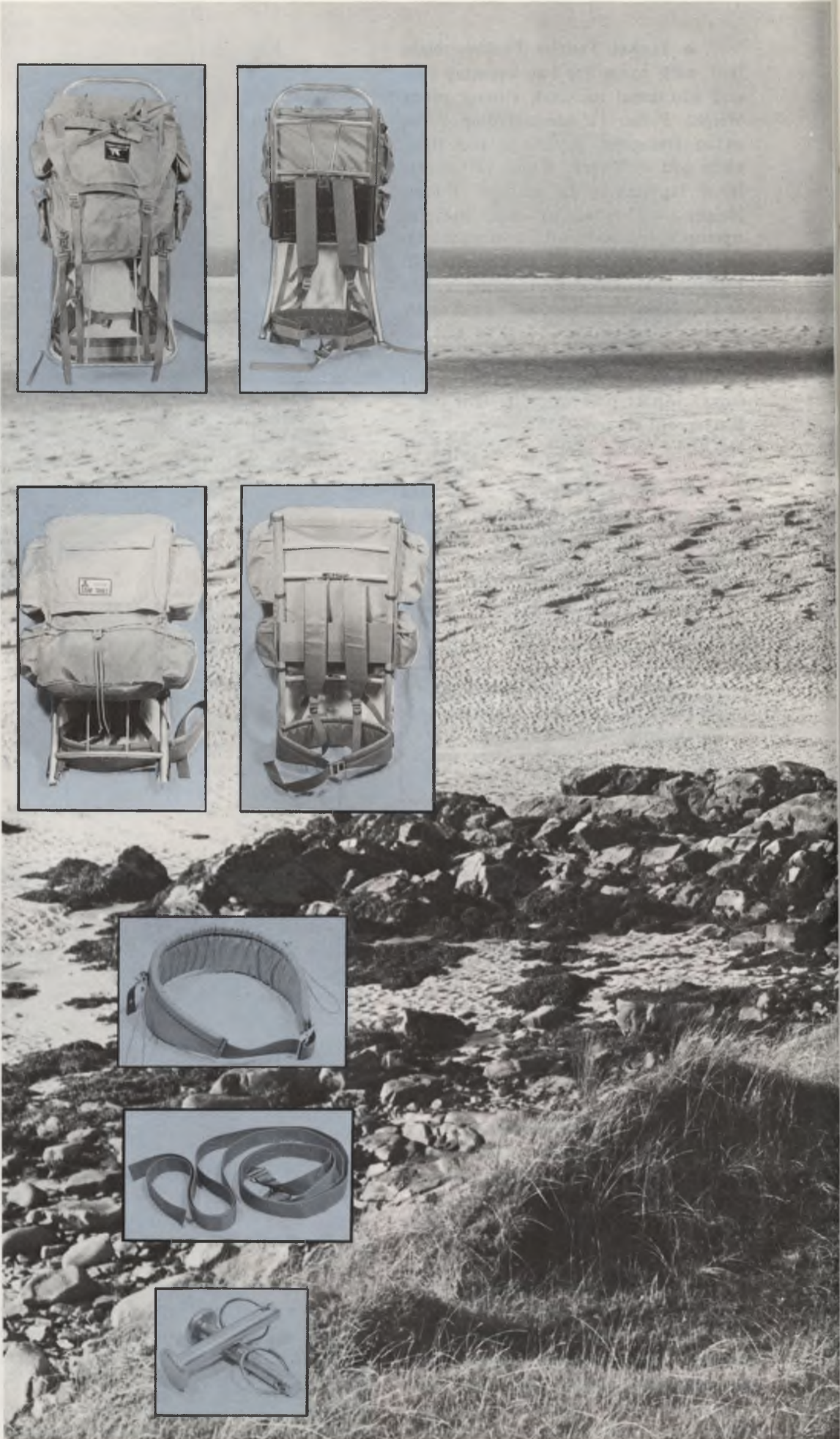
*Measurement taken two inches below top of pelvis.

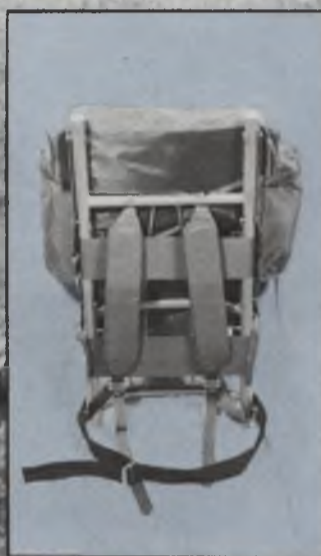
CT-31 Wt. 1 lb. \$7.99.

● **Sleeping bag straps**—Unique design permits permanent attachment to pack frames. Tabler buckles for no-slip mounting of stuff bag or bed roll. Constructed of nylon. 44" x 3/4".
CT-30 Wt. ¼ lb. \$1.79.

● **Clevis Pin or Pins and Rings**—Used to hold pack on frame. Rings come with pins.

CT-32 Wt. ¼ lb. 10 for 85c





● **Camp Trails Pace-setter Combination**—Trail tested, full size outfit. best in trail tested full size combinations. Many features to make a short or long hike easier. The USA made anodized 1" tubular aluminum frame has 4-3/4" nylon waist. Bands with turnbuckle adjustment, nylon covered polyurethane shoulder straps with nylon webbing. Matching mounted bag is made of water repellent, heavy duty, resin coated oxford nylon. Four large side pockets feature covered nylon zipper. The two main compartments have a spreader bar and a fully covered nylon zipper for front access to the lower compartment. The bag is 22" x 14" x 7" and the frame is 31" x 14-3/8".

CW-06 Wt. 4½ lb. \$42.95.

● **Camp Trails Wolverine Combination** — Designed for youth or ladies. Made in the United States, welded 1" anodized tubular aluminum frame with full features; 3½" nylon back bands and turnbuckle adjustment; quick release nylon waist band; nylon covered polyurethane shoulder straps, 27½" x 13". Water repellent oxford nylon bag is designed to include maximum features: Covered nylon zipper, side pockets, top spreadbar, 18" x 13" x 7"; clevis pin mounted to frame.

CW-05 Wt. 3¾ lb. \$39.95.

● **Gerry Kiddie Pack** — Great to carry infants or toddlers while camping or strolling. Adjustable seat height with storage compartment. Constructed of two-ply 10 oz. nylon, completely washable for convenience. Matching foam padded shoulder straps.

GR-01 Wt. 3½ lb. \$15.95.

● **The Waistband**—Holds the pack frame from twisting and swaying. Transfers weight load from shoulders to hips. 1 1/2" nylon webbing, quick release buckle. Grommets. Fits up to 42" waist.

CT-29 Wt. ½ lb. \$3.49.

● **Drawstring Clamp**—Simple cord release clamp. Push the plunger and spring pressure is released so clamp slides on the cord. Handles cord up to ¼" in diameter. Used for drawstrings on stuff sacks, parkas, sleeping bags.

MP-32 Wt. ¼ lb. \$.50.



● **Summit Rucksack**—Excellent all-around pack for hiking and climbing. Two removable stout stays give back support. Padded nylon shoulder straps. Main compartment approximately 12" X 14½" X 18" with drawstring top. Top flap is double fabric with zipper. Double constructed bottom of nylon and extra heavy vinyl. Two outside zippered pockets are 5½" X 2" X 10". Ice axe carrier. Heavy duty waterproof nylon. Colors: blue, cherry red, copper, orange.

MP-19 Wt. 1¼ lb. \$17.50.



● **Tear Drop Rucksack**—Climber's pack in tear drop shape. Two compartments, each with zippered closure under weather flap. Ice axe carrier on back and two accessory strap holders on bottom. Double constructed bottom of nylon and extra heavy vinyl. Designed to carry 15-20 lb. load with foam padded shoulder straps and nylon waist strap. Heavy duty nylon. Measures 18" high with 13½" X 6½" bottom. Colors: blue, cherry red, copper, orange.

MP-20 Wt. 1¼ lb. \$13.50.



● **Mountain Rucksack**—Basic lightweight pack for fishing, hunting, skiing and hiking. Made of heavy duty waterproof nylon with nylon straps. Shoulder straps and waist belt are fully adjustable. Main compartment measures approximately 5" X 11" X 14" with drawstring top. Map pocket in top flap. Two nylon zippered pouch pockets measure 5" X 3" X 7". Colors: blue, cherry red, copper, orange.

MP-21 Wt. 1¼ lb. \$9.95.



● **Jackal Rucksack**—Day pack for hiking, cycling or school. Strong, heavy-duty waterproof nylon. Heavy web shoulder straps, waist band. Rear pocket with nylon zipper. Double constructed bottom of nylon and extra heavy vinyl. Colors: blue, cherry red, copper, orange.

MP-18 Wt. 1 lb. \$8.50.



● **Belt Bag**—Designed to carry a lunch and small gear. Worn around the waist and fits in small of back. Strong nylon web belt is adjustable. Made of heavy duty waterproof nylon. Pack measures 14" X 5" X 4" with 9" zipper. Colors: blue, cherry red.

MP-17 Wt. ¾ lb. \$5.95.



There is nothing that will spoil a hike quicker than a pair of boots that don't fit. To ensure a good fit *you must send an outline of your foot.*

When making your foot tracing, be sure to wear the socks that you plan to wear with the boots you are ordering. Hold the pencil straight up and down and make sure that you trace your whole foot on the paper. Finally write your name on it in case it gets separated from your order.

After you receive your boots, examine the fit very carefully. We suggest that you wear them around the house for awhile to see how they feel. If you wear them outside we cannot take them back. If your boots do not fit, return them to us telling us what is wrong and we will immediately send you another pair.



- **Sella**—A heavy duty mountain boot of reversed Pamir leather. Chrome-leather lining. Soft padded tongue, ankle cuff and ankle cup. Large counter heel. Overlapping tongue. Narrow steel shank between insole and runner for crampon-proof stiffness. Narrow welt with triple-stitch, Vibram-Montagna, yellow-label sole. Sizes: men's 7-13 medium, ladies' 5-9 medium.

KA-13 Wt. 7 lb. \$74.95.



- **Matterhorn**—High quality mountain boot with uppers of reversed neats leather. Hinged heel. Chrome-leather lining with moltopren padded ankle cups, tongue and ankle cuff. Overlapping double tongue. Uppers reinforced for lateral stability. Built-in, strong heel counter. Reinforced toe. Metal shank in sole for torsion control. Vibram security sole attached to uppers with injected liquified, hard PVC. Double-sole stitched welt, water-proofed with PVC. Sizes: men's 7-13 medium & wide, ladies' 5-9 medium.

KA-12 6 3/4 lb. \$59.95.

- **Tofana**—Hiking boot with uppers of reversed neats leather. Chrome-leather lining with Moltopren padded ankle, tongue, and ankle cuff. Metal shank in sole for torsion control. Yellow label Vibram sole with injected molded welt. Sizes: men's 7-13 medium, ladies' 5-9 medium.

KA-10 4 3/4 lb. \$49.95.

Kastinger

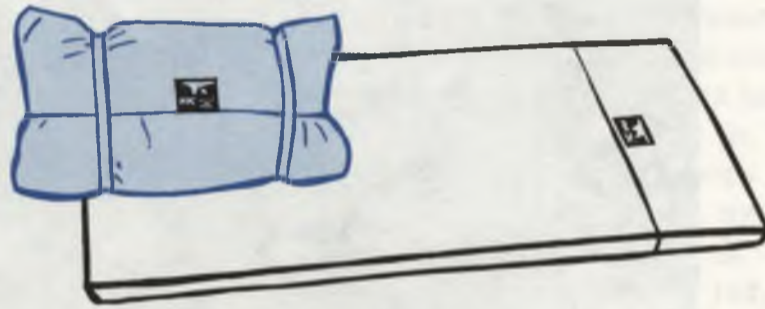


● **Continental**—This is a fine economy backpacker mummy bag, goose down insulated in 9" slant box tubes formed with stretch net nylon baffles. Bag is differentially cut of ripstop nylon. The 72" heavy duty two-way nylon zipper is insulated with a large down-filled weather flap. Drawstring closes top into a protective hood. Shoulder width 30", 84" long, and two will zip together. Available in blue only.

MP-13-2... Wt. 4½ lb... \$89.95.
 MP-13-2½... Wt. 4¾ lb... \$99.95.
 MP-13-3... Wt. 5¾ lb... \$109.95.

● **Foam Sleeping Pads**—2 sizes. Lightweight and comfortable. Nothing to inflate. Provides complete insulation from ground. No maintenance. Preferred over an air mattress by outdoorsmen. 1½" polyurethane foam has high density for body support. Covered with waterproof nylon case and rolls compactly into own pillow pocket. Sizes: 22" X 48", 22" X 72".

MP-28-Reg. . Wt. 2¼ lb. . . \$11.00.
 MP-28-Long. . Wt. 3¼ lb. . . \$15.00.



● **Glacier**—This quality bag has been designed for those backpackers who want the maximum amount of warmth without weight or bulk. A sharply tapered mummy bag with very narrow tube construction to keep the down from shifting. To eliminate cold spots in the bag, the Glacier features offset slant box construction and a differentially cut ripstop nylon body. The two-way 70" No. 10 nylon zipper is backed by a down insulated weather strip. This bag is available with the zipper on either right or left hand side for two bag joining. Drawstring and clamp form protective hood. Standard size 30" wide at shoulders and 87" long for individual to 6'2" (longer models available on special order). Includes stuff sack.

MP-12... Wt. 4½ lb... \$109.95.

	Loft	Low Temp. Range	Goose Down	Total Wt.	Color
Glacier					
MP-12	9"	-25°	2 lbs.	3 lb. 10 oz.	Copper
Continental					
MP13-2	7"	25°	2 lbs.	3 lbs. 10oz.	Blue
MP13-2½	8"	10°	2½ lbs.	4 lbs. 2oz.	Blue
MP13-3	9"	0°	3 lbs.	5 lbs.	Blue



● **Syndown Twin Sleeper**—Although down is the most effective insulator available to backpackers many have found that dacron Fiberfill II is nearly as effective and much more durable. The Syndown was specifically designed with the backpacker in mind. It is a lightweight easily compacted bag differentially cut with a 72" two-way zipper. Shoulder width is 30"; 84" in length with a large foot piece to cut down on constriction around the feet. Includes stuff sack.

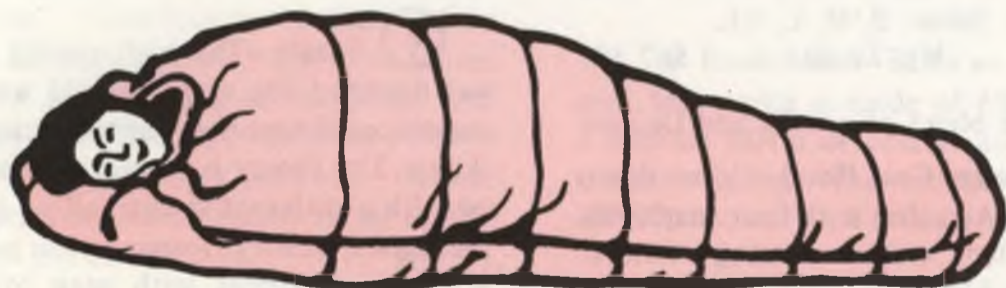
MP-14-Reg. . . . Wt. 6 lb. . . . \$62.50.
MP-14-Long . . . Wt. 6½ lb. . . . \$67.50.



	Loft	Low Temp. Range	Fiberfill II	Total Wt.	Price
MP-14R Regular	8"	15°	3½ lbs.	5 lbs. 3oz.	\$62.50.
MP-14L Long	8"	15°	4 lbs.	5 lbs. 12oz.	\$67.50.



	Style	Length	Width	Total Weight	Price
MP15-S	Short	5'8"	28"	4 lbs. 4oz.	\$57.45.
MP15-R	Regular	6'2"	32"	4 lbs. 9oz.	\$59.95.
MP15-L	Long	6'8"	32"	4 lbs. 14oz.	\$64.95.



● **Sportsman Space Blanket**—Uses for this "must have" blanket are unlimited. Some ideas are camping, ground cloth, poncho, wind-breaker, boat blanket, radar reflector. Each blanket comes with a reusable carrying pouch and folds to a compact 5½" x 8½". Has bound edges which are reinforced, grommeted corners so can be tied down. 56" X 84".
AB-15. . . . Wt. 1 lb. . . . \$8.99.

● **Stuff Bags**—Comes in various sizes for sleeping bag or other gear. Construction of water proof urethane coated nylon material; nylon draw cord with cord lock; grommets and loops to accept shoulder straps for conversion to day pack. Two sizes: 21"x10" diameter, 5¼ oz.; 21"x11" diameter, 5½ oz.
CT-35. . . . Wt. ¾ lb. . . . \$6.49.

● **Airlite Foam**—Here it is, the bag for canoeists and kayakers, a bag that will keep you warm even when it's wet. This lightweight polyurethane bag is very warm. It is 1¼" thick for cold weather and no underpadding is necessary. This bag breathes very well and has a nylon shell. The zipper is a 64" heavy duty nylon with two-way pull. There is a down collar which closes around the neck with hidden drawstrings to snug the bag up around the body. The Airlite foam bag compresses tightly when rolled and there is no insulation leakage if punctured.

MP-15-Short . Wt. 5 lb. \$57.45.
MP-15-Reg. . . Wt. 5¼ lb. \$59.95.
MP-15-Long . Wt. 5½ lb. \$64.95.

● **Mountain Products Stuff Sack**—Waterproof carrying case for sleeping bags, garments and miscellaneous gear. Made of coated nylon sewn with strong nylon thread. Specially constructed square bottoms for greater strength and capacity.

MP51 (13"x15") Wt. ¼ lb. . . \$2.50.
MP52 (15"x20") Wt. ¼ lb. . . \$3.50.
MP53 (17"x20") Wt. ¼ lb. . . \$4.00.

● **Lightweight Safari Mattress**. Designed with the backpacker in mind. Strong rip stop nylon covering with rustproof snaps. Features 3 replaceable vinyl tubes per unit. 30" x 75".
CV-11. . . . Wt. 2¾ lb. . . \$19.95.



(A) Down Cardigan—This lightweight down jacket was designed with the backpacker and sportsman in mind. Just right for those cool evenings and cooler mornings. It is made of fine quality Ripstop nylon and filled with high quality goose down. The front closure is a sturdy nylon zipper and the down collar fits snugly around the neck. Wide elastic cuffs hug the wrists and the jacket has two deep slash pockets. Colors: blue, green, red & orange. Sizes: S, M, L, XL.

MP-01-M. . . . Wt. 1½ lb. . . . \$38.50.

● **Down Cardigan**—Same as MP-01-M, for women & children. Colors: red, blue & carbon brown. Sizes: S, M, L. MP-01-W. . . . Wt. 1¼ lb. . . . \$36.50.

(B) Down Vest—A very comfortable garment which can be worn as an outer garment or under a shell parka. High quality goose down and ripstop nylon is used throughout. This vest has a nylon zippered front, down collar and two slash pockets. Extra long in back for warmth. Colors: Blue, Green, Tan, Orange and Red. Sizes: S, M, L, XL. MP-04. . . . Wt. 1 lb. . . . \$26.50.

(C) Ledge Coat—For some sportspeople the ripstop nylon does not offer the durability they need. For these people this medium weight goose down parka has an outer shell of 60-40 cloth* with an inner liner of ripstop nylon. The Ledge Coat has a high down filled collar and snap front closure over nylon zipper. Elastic cuffs with snaps and double pockets with a Velcro closure on the cargo pocket help make this a best buy for rugged use. Colors: Red, Navy blue. Sizes: S, M, L, XL.

MP-05. . . . Wt. 2½ lb. . . . \$57.50.

*A durable blend of cotton and Dacron

● **Ledge Coat Hood**—Goose down insulated. Attaches with four snaps, velcro chin flaps with drawstring. Colors: Red, Navy blue.

MP-05-H. . . . Wt. ¼ lb. . . . \$9.95.

(D) The Wall Coat—Similar to the Down Cardigan but filled with more prime goose down for that colder weather. The same high quality ripstop nylon is used throughout and the high down collar has an optional down filled hood. The coat has a snap closure over a heavy nylon zipper and elastic cuffs with snap adjustment. Down filled pock-

ets & drawstring at the hem make this an ideal buy for the skier. Colors: carbon brown, blue & red. Sizes: S, M, L, XL.

MP-02. . . . Wt. 2 lb. . . . \$54.95.

● **Wall Coat Hood**—Ripstop nylon fabric, goose down insulated. Snaps to back of coat collar. Under chin velcro closure. Colors: Carbon brown, Blue & Red.

MP-02-H Wt. ¼ lb. . . . \$9.95.

(E) Frosty—This high quality parka was designed for extreme cold weather conditions found in mountaineering and skiing. The Frosty is specially constructed with a differential cut and of course the highest quality ripstop nylon is used. A two way zipper with snap overlap extends up to an insulated goose down collar. The down insulated pockets have a velcro closure and the Frosty has an optional hood. Colors: Blue, Orange, Red. Sizes: S, M, L, XL.

MP-03. . . . Wt. 3 lb. . . . \$74.95.

● **Goose Down Hood**—Stiffened brim, velcro chin closure with drawstring.

MP-03-H. . . . Wt. ¼ lb. . . . \$9.95.



(F) **Super Parka**—No expense has been spared to give this parka features always wanted but never found. The Super Parka is not only wind and weatherproof but also durable being made of 60-40 cloth. The upper body is lined with the same material while the lower body is lined with ripstop nylon. The front closure is a heavy two way zipper with a snap-over weatherproof flap. The attached hood has a stiffened brim, velcro closure tab, and drawstring face opening. Comfortable raglan sleeves have elastic cuffs with velcro fasteners. There's a drawstring at the waist and four pockets: two zippered slash pockets and two deep cargo pockets. Colors: Orange, Tan, Navy. Sizes: S, M, L, XL. MP-09. Wt. 2 lb. \$39.95.

(G) **Backpacker's Parka**—This all-purpose hooded parka was designed with many features for the backpacker. It is made of windproof and waterproof coated nylon, making it virtually weather proof. Draw strings adjust the head's opening and the waist of the coat. Parka has elastic cuffs and two zippered slash pockets. Colors: Tan, Red, Blue, Orange, Green. Sizes: S, M, L, XL. MP-06. Wt. 1½ lb. \$28.50.

● **Rock Parka**—Same as MP-06 except this parka is made of 60-40 cloth, a durable blend of cotton and dacron. Colors: Orange, Tan and Navy. MP-07. Wt. 1½ lb. \$32.50.

(H) **Windpants**—These wind and waterproof overpants are made of durable coated nylon. Each bottom leg has a 24" nylon zipper so that pants can be pulled over boots. There are elastic cuffs and an elastic waistband with a drawstring adjustment and two deep cargo pockets. Zippered fly. Colors: Tan, Red, Orange, Blue and Green. Sizes: S, M, L, XL. MP-11. Wt. ¾ lb. \$24.95.

(I) **Alpine Parka**—An ideal pullover parka for skiing and backpacking made out of durable 60-40 cloth. The Alpine Parka has a short front zipper and a pouch pocket for odds and ends. Nylon knit cuffs, drawstring at the bottom and inner lining of ripstop nylon all help make for a windproof garment. Colors: Orange, Red, Tan, and Navy. Sizes: S, M, L, XL. MP-08. Wt. 1½ lb. \$32.50.

(J) **Poncho**—This fine all-purpose garment is much more than just a poncho—and maybe just what you've been looking for. Makes an excellent foul weather shelter, can serve as a ground cover, tarp, shelter tent, and poncho. Neck opens with velcro fastener and has a drawstring on the hood. Several velcro closures on the side help form sleeves. Corner grommets for the down ropes when used as a tarp or tent. Assorted colors. Measures 4'6" X 8' 6". MP-10. Wt. 1½ lb. \$24.95.

(K) **Watch Caps**—All around wool cap. Ideal for skiing, backpacking, strolling on the beach. CT-35. Wt. ¼ lb. \$1.95.

Size Chart

	S	M	L	XL
Men	36-38	40-42	44-46	48-50
Women	8-10	12-14	16-18	

MOUNTAIN HOUSE



FREEZE DRY FOODS

Mountain House and Tea Kettle foods are prepared by Oregon Freeze Dried Foods, Inc. Their basic policy is to produce high quality freeze dried food products in the cleanest, most modern and efficient manufacturing plant possible today. Their facilities are USDA inspected and no product leaves the plant until the quality control laboratory has checked for wholesomeness and rich flavor. Years of manufacturing a variety of products to meet strict government standards has helped create today's quality recreational foods.

We allow a 5% discount on orders of \$40.00 or more. Allow six weeks for quantity orders. Wt. 1/4 lb. 2 packages.



MAIN COURSE ENTREES

		Net Wt. Oz.	Servings	Price
MH01	Beef Stew	3.75	2-8 oz. Serv.	\$2.10
MH02	Chicken Stew	3.60	2-8 oz. Serv.	2.10
MH03	Beef with Rice	4.80	2-8 oz. Serv.	2.00
MH04	Chili with Beans	5.50	2-8 oz. Serv.	1.95
MH05	Rice & Chicken	4.80	2-8 oz. Serv.	1.50
MH06	Chicken Pilaf	4.75	2-8 oz. Serv.	1.95
MH07	Vegetable Beef Stew	3.40	2-8 oz. Serv.	1.65
MH08	Beef Stroganoff	3.60	2-8 oz. Serv.	1.50
MH09	Noodles & Chicken	4.00	2-8 oz. Serv.	1.50

LUNCHEON ENTREES

		Net Wt. Oz.	Servings	Price
MH11	Chicken Salad	2.75	4 sandwiches	\$2.20
MH12	Tuna Salad	2.75	4 sandwiches	1.70
MH13	Cottage Cheese	2.10	10 oz.	1.45

BREAKFAST COURSES

		Net Wt. Oz.	Servings	Price
MH14	Cheese Omelette	2.40	Serves 2	\$1.70
MH15	Mexican Omelette	2.90	Serves 2	1.70
MH16	Eggs w/lmt. Bacon Bits	2.20	Serves 2	1.70
MH17	Eggs with Butter	2.20	Serves 2	1.70

MEATS

		Net Wt. Oz.	Servings	Price
MH18	Beef-Diced, Cooked	2.20	Serves 2	\$ 2.85
MH19	Sausage Patties, Cooked	2.30	Serves 2	2.55
MH20	Beef Jerky (not freeze dried)	2.00		2.20
MH21	Beef Patties (raw)	3.40	4 Patties	3.10

VEGETABLES

		Net Wt. Oz.	Servings	Price
MH22	Peas	1.80	Serves 3-4	\$.95
MH23	Green Beans	0.50	Serves 3-4	.90
MH24	Corn	2.00	Serves 3-4	.95

FRUIT

		Net Wt. Oz.	Servings	Price
MH25	Strawberries	1.00	Serves 2	\$1.80
MH26	Peaches	1.00	Serves 2	1.40
MH27	Pears	1.00	Serves 2	1.50

SNACKS AND OTHER ITEMS

		Net Wt. Oz.	Servings	Price
MH28	Ice Cream - Van.	2.50		\$1.35
MH29	Ice Cream - Choc.	2.50		1.35
MH30	Ice Cream - Str.	2.50		1.35
MH31	Rasp. Apple Crunch	1.80		1.25

BEVERAGES

		Net Wt. Oz.	Servings	Price
MH32	Orange Drink	3.00	Serves 4	\$.40
MH33	Lemonade	3.00	Serves 4	.40
MH34	Imitation Fruit Punch	3.00	Serves 4	.40



Tea Kettle foods

INDIVIDUAL LUNCHEON ENTREES

		Net Wt. Oz.	Servings	Price
MH36	Chunk Chicken/Rice & Carrots	1.3	Single serv.	.80
MH37	Beef Almondine/Vegetables & Macaroni	1.2	Single serv.	.80
MH38	Turkey Tetrazzini/Asparagus	1.0	Single serv.	.80

LARGE ENTREES

		Net Wt. Oz.	Servings	Price
MH39	Chunk Chicken	3.7	2-8 oz. Serv.	\$1.80
MH40	Beef Almondine	3.3	2-8 oz. Serv.	1.80
MH41	Tuna a la Neptune	3.6	2-8 oz. Serv.	1.80
MH42	Turkey Tetrazzini	3.2	2-8 oz. Serv.	1.80



E.

R.

G.

No Matter What

No matter what your sport—bicycling, backpacking, running, football, tennis or whatever—you need E.R.G. Because its exclusive blend of electrolytes with glucose replaces what the body loses during vigorous exercise, E.R.G. energizes you almost immediately.

E.R.G. was developed by an active athlete and professional chemist especially for use by athletes and other vigorous people. It's since proven to be the only truly effective body fluid replacement drink on the market.

E.R.G. comes as dry crystals, ready to be mixed instantly. It's the perfect active sportsperson's drink. Just carry it in your pack or pocket, and it's ready for use whenever a quick pickup is needed.

E.R.G. is available exclusively through Starting Line Sports and its dealer network.

Sample Packet	(3 pkg. *)	\$1.85.
Wt. 1 lb		
Regular Box	(10 pkg.)	\$5.95.
Wt. 2 $\frac{3}{4}$ lb		
Standard Case	(24 pkg.)	\$14.15.
Wt. 6 lb		
Three Cases	(72 pkg.)	\$41.50.
Postage Free		

*Each package makes $\frac{1}{2}$ gallon drink

(A) Gotham Soccer Shoe—Available in either black or white vinyl. The black model is trimmed with white and the white model in blue. Special features include moulded tractor grip sole, cushion sock lining, and foam padded ankle and Achilles tendon protector. Boys size 13 through adult size 11.

GM-01. Wt. 2 lbs. \$9.95.

(B) adidas Brazil—A reasonably priced shoe designed for soccer or Lacrosse. It has black uppers and white stripes and features a white injection molded, multicled sole and a cushion insole. Sizes: 3½-12.

AD-29. Wt. 2 lb. \$12.95.

(C) adidas Junior—A low priced adidas shoe designed for the young soccer player. The uppers are made of rugged nylon web with a reinforced heel counter and broad toe protection. The shoe has a well cushioned heel area and features an extremely durable, wear resistant multi-cleated rubber sole. Sizes: 2-8½.

AD-27. Wt. 2 lb. \$9.95.

(D) Canada—A superb soccer shoe featuring black leather uppers with white stripes and a reinforced heel counter. The shoe has a cushion insole and is well padded around the ankle and achilles tendon area. The white rubber sole is topped off by 13 long wearing cleats on each shoe. Sizes: 6-13.

CN-01. Wt. 2½ lbs. \$13.95.



A



B



C



D



Soccer Shoes



Basketball

● **adidas Americana**—The official shoe of the American Basketball Association. A great new basketball shoe trimmed in red, white and blue. Ventilated nylon uppers that give long wear. Special padding for protection of heel and Achilles tendon. Vulcanized gum rubber sole gives great traction. Heel area features heavy duty ribbing and a new, softer lining. A high-quality, shock absorbing sole. Sizes 5-14.

AD30. Wt. 2½ lbs. \$18.95.

● **adidas Americana Hi-Top**—Same features as the Americana for those who prefer the feel and look of a high top model. Sizes 5-14.

AD31. Wt. 2½ lbs. \$19.95.

● **adidas Superstar**—An amazingly light leather basketball shoe worn by the best professional and college players. The soft white leather uppers form to your feet for a custom fit after a few practice sessions. An adjustable orthopedic arch support. Rugged chrome leather insole simply will not be destroyed. New flexible toe cap. Special vamp lining for extra strength. Sizes 5-14.

AD32. Wt. 2 lb. \$24.95.



● **Nike Bruin Blue-Lo-cut**—A popular basketball shoe with a high quality suede upper. Padded ankle cushion. Polyurethane tongue. Soft terry cloth innersole and traditional shell outsole, USA blue with white stripe. Sizes 6-13.

NK04. Wt. 2½ lbs. \$22.90.



A



B



C



D

● **adidas Elite**—A newly developed sensationally lightweight boxing boot. Breathing nylon uppers and gripping rubber sole made the shoe an immediate success at the Games in Munich. Sizes: 6-13.

AD22. Wt. 2¼ lbs. \$27.95.

Ⓐ **adidas Boxing Boot**—A tremendous boxing shoe favored by World Champions. Uppers are of white Adicalf with a durable chrome leather sole that will not slip. Padded tongue. White with red stripes. Sizes 6-13.

AD-21. Wt. 3¼ lbs. \$49.95.

Ⓑ **Nike "Greco" Wrestling Shoe**—Fully foam padded nylon uppers for the maximum in comfort and protection. Patented SPENCO innersole and sponge arch support for that extra margin of comfort and support. Built in heel lift to keep your weight forward on your toes. Sizes: 6-13.

NK-05. Wt. 1½ lb. \$14.95.

● **adidas Hercules**—The fabulous low-priced wrestling shoe with the very popular nylon upper. Traditional adidas quality and fit adds to your comfort and performance. Available in white or black. Sizes: 5-13.

AD-23. Wt. 1½ lbs. \$13.95.

Ⓒ **Tiger Wrestling Shoe**—Tiger's world famous nylon wrestling shoe featuring the four in one sole. Nylon fabric reinforced with vinylon and leather with Tiger's distinct wrestling four stripes. Sizes: 6-13.

TG-50. Wt. 1½ lbs. \$13.95.

Ⓓ **adidas Weightlifter Boots**—A sensational shoe developed with the cooperation of World Champion weight lifters. Uppers of strong but soft ox-hide. Special protective padding for heel and achilles tendon. Inner construction allows for the addition of special insoles. Heel and sole design insures ultimate balance and proper hold. Sizes: 6-13. Special order only—Allow 3 weeks.

AD26. Wt. 3½ lbs. \$58.95.



● **adidas Smash**—Sturdy canvas shoe designed for handball, volleyball, badminton, squash and racketball players. It features a velour toe cap, gum rubber sole, foam rubber ankle padding and a fully washable insole. Sizes 5-13.

AD25. Wt. 2 lbs. \$20.95.



● **Nike Budapest '71**—A volleyball shoe featuring a neutral gum rubber sole with a deep cut weave pattern on a rounded last allowing players to dive for impossible shots. A quality upper of lightweight suede in USA blue with padded ankle cushion. Sizes 6-13.

NK09. Wt. 2 lb. \$22.95.

● **Tiger Rotation 72**—World famous volleyball shoe that is also popular with badminton, squash and handball players. Rubber foxing binds soles to uppers for added support and strength. Nylon mesh uppers and canvas liners for added comfort. Leather reinforced toe protects from toe drag. Full cushion sole and arch support. Sizes 6-13.

TG07. Wt. 2 lb. \$13.95.

● **adidas Fencing Shoe**—Nylon net uppers and a soft breathable ventilated lining. Special protective padding for heel and achilles tendon. Swept-up sole around heel and toe piece. Additional toe, ball and heel protection. Special profile sole for extremely secure foothold and grip. Sizes 4-13. Special order only—Allow extra three weeks.

AD37. Wt. 2 lbs. \$22.95.



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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 are all the upcoming race walks that we know about...like practically none. Someone let us know if there are any scheduled walks out there!!

Dec. 21 - College of San Mateo (1 mile on track), 11:15 am. There will be 5 other track walks on Saturdays in Dec., Jan., and Feb. at CSM (see Pg. 14 under track and field scheduling).

Ranney Wins Lake Merritt 5 Kilo: (Oct. 13, Oakland) - There was much confusion in the race, as each walker had to decide whether to follow the runners or walk the old course (the runners followed the traffic cones that marked the 2.7 mile bike loop instead of going the regular 5K loop through the park). Ranney boldly walked through the pylons, while Klopfer and Lansing decided to follow the runners. Snazelle followed the runners, as did Duran, until they spied Bill on the other road, and then doubled back, going maybe 80-100 yards too far. So, Ranney was the only walker that we know for sure went the true 5 Kilos. A number of other walkers were in the race, but no one seems to know which course they walked. -- 1. Ranney/Un 22:00, 2. Duran/WVTC 25:09 (long), 3. Snazelle/Un 25:29 (long),...Lansing/BHS 20:41 and Klopfer/Un 21:14 (both approx. times) went short.

/Roger Duran/

CROSS COUNTRY RESULTS

MONTEREY PENINSULA INVIT.: (Sept. 14, Pebble Beach) - SJCC 55, MPC 103, MSAC 110, COM 142, FCC 144. --- Magallanes/MP 19:55 (CR), Barraza/MP 20:06, Brooks/SJCC 20:13, Scalmanini/COM 20:14, Munoz/Cabr 20:15...4 Miles (roads).

/The Harrier/

JESUIT INVIT.: (Sept. 21, Sacramento) - Varsity (2.6 Mi) Jesuit 17, Davis 57, El Camino 66. --- Feenstra/J 12:46, Read/J 12:46, Largomarsino/J 13:09. **Sophs** (1.75 Mi) Jesuit 19, Davis 37. --- Slater/J 9:17. **Frosh** (1.75 Mi) Davis 26, Jesuit 29. --- Lopez/D 9:15.

/Mark Payne/

HALF MOON BAY BEACH RUN: (Sept. 21, Half Moon Bay) - 4.0 Miles - WVC 41, CSM 88, ECC 112, DA 114, MPC 120, AHC 129, FC 172, Sky-line 185, COM 212. --- McCandless/WV 23:04, Magallanes/MP 23:06, Sommer/WV 23:09, Van Dine/CSM 23:27, Fredrickson/DA 23:32, Hart/FC 23:36, Barraza/MP 23:47, Galbraith/AH 23:57, Walsh/EC 24:00, Dinno/WV 24:07, Palladino/CSM 24:11, Pilina/COM 24:17, Rios/WV 24:21, Sullivan/WV 24:27, Ketting/EC 24:29.

/Bob Rush/

MENLO-ATHERTON INVIT.: (Sept. 21) - Varsity: Shreck/Menlo 10:43, Hull/M-A 10:49, Harbordt/M-A 10:52, Klein/Camp 10:53, Neillands/Carl 10:56, Mandanis/Carl 10:57, Hurdal/Carl 10:59, O'Malley/Carl 11:01, B. Hurdal/Carl 11:04, Daley/Carl 11:07. **Sophs:** Suda/Carl 11:27, Hales/Carl 11:29, Bobsadilla/Carl 11:31, Sheekan/Prospect 11:33, Campbell/Carl 11:43. **JV:** Young/Carl 11:09. **Frosh:** Love/Carl 8:41, Folanini/Carl 9:01.

/Joe Mangan/

ALUM ROCK INVIT.: (Sept. 21, San Jose) - Varsity: Lick 88, Newark 140, Mira Loma 146...Curran/LA 11:12 (MR), Barnett/Hills 11:36, Paulin/Cam 11:39, Mangan/Fre 11:42, LaForge/Oc 11:45, Sanchez/Ken 11:46, Smith/New 11:46, Miller/MP 11:52, Bowen/Sar 11:57, Salazar/Lick 11:58, Walker/New 12:00, Speere/ML 12:03, Manson/ML 12:05, Alvarado/Lick 12:08, Johnson/Ov 12:09. **Soph:** Silver Crk 64, Mira Loma 101, Lick 124...Diaz/SCrk 12:25, Lance/Sar 12:32, Dorocher/SCrk 12:34, Hussy/Wash 12:36, Reith/Fre 12:37. **Frosh:** Silver Crk 65, Homestead 81...Bonwan/Ayer 13:15, Smith/Awalt 13:26, Billmaier/Cam 13:33. **JV:** Homestead 50, Mt. Pleasant 59, Amador 82...Baum/Hom 12:50.

/Mangan & Kenneally/

NEVADA X-C CARNIVAL: (Sept. 21, Reno) - **Girls 14-17:** Allen/Las 13:12, Reneau/BRR 14:05, Monroe/Las 14:20, J. Rudolph/WRR 15:16, Duran/RG 15:21. **HS Varsity AAA (3.1 Miles):** Cordova 60, Wooster 104, Del Campo 110...Baudendistel/Hglds 15:31, Sutherland/Cor 15:33, Mumma/DC 15:43, Lauffer/Clark 15:54, Smith/Cor 16:01. **College/Univ (5.2 Mi):** Tibaduiza/Nev 25:10, Menet/Nev 25:10, Yardley/Weber 25:25, DeLaGarza/Nev 26:15, Garcia/Weber 26:42, Price/Weber 26:45, Donahue/SFS 27:11, Wysocki/Nev 27:41, Weaver/UNLV 27:50, Hernandez/Nev 27:51. **Open:** Lawson/Tahoe 20:48, Zarate/WVTC 20:55, Birnbaum/WVTC 21:39, Ferrero/Un 21:48, Paulson/Tahoe 21:52, Gianitti/Tahoe 21:56, Green/Un 22:38, Christensen/NevTC 22:48, Trachok/Un 23:10, Bowen/NevTC 23:28 (4 Miles).

/Jack Cook/



These two Los Banos H.S. frosh, (left) Richard Martinez and (right) Richard Chapparo won three early-season invitationals between them (Angels Camp, Los Banos & Frogtown). */Jack Booher/*

Los Banos Invitational: (Sept. 21, Los Banos) - **Seniors:** Danz/Sonora 15:26, Martinez/Madera 15:41, Hill/HMB 15:53, Guitierrez/Grant 15:58, Frausto/Madera 15:59, Rubio/Madera 16:02, Frausto/Madera 16:26, Nunes/Gustine 16:27, Espana/Madera 16:28, Mills/E.Union 16:49. **Juniors:** McBride/HMB 15:54, Renteria/Madera 16:09, Colburn/RLS 16:17, Rodriguez/Madera 16:27, Remington/HMB 16:29, Mendiolla/HMB 16:40, Brown/E.Union 16:41, Hernandez/LB 16:42, Olsen/LB 16:45, Shirey/Sierra Un. 16:46. **Sophs:** Aguilar/Manteca 11:00, Fitch/St.Mary's 11:17, Arnold/HMB 11:34, Sup/Palma 11:38, Sanchez/DosPalos 11:44, Lopez/St.Mary's 11:50, Garibaldi/HMB 11:52, Barnett/Lemoore 11:55, Stevenson/Lemoore 11:57, Rogers/Manteca 12:00. **Frosh:** Martinez/LB 11:39, Pepper/HMB 11:41, Molina/HMB 11:55, Renteria/Madera 12:07, Castillo/DP 12:09, Acosta/DP 12:12, Chappara/LB 12:15, Fowler/Lemoore 12:16, Carranza/Madera 12:18, Schmidt/Madera 12:27.

/J.Booher/

Golden Empire Center Meet: (Sept. 25, Brown's Ravine) - South Tahoe 30, Jesuit 35, El Dorado 78, Ponderosa 82...Feenstra/J 16:00, Lagomarsino/J 16:01, Reid/ST 16:16.

/Mark Payne/

Marysville Invit.: (Sept. 28, Marysville) - Varsity: El Dorado 37, Ponderosa 39, McClatchy 44...Schoorl/M 15:09, Silva/Yuba City 15:14, Carlson/P 15:15. **Juniors:** McClatchy 37, Rio Linda 39, Marysville 52...Hurst/RL 15:26.

/Mark Payne/

Cordova Invit.: (Sept. 28, Rancho Cordova) - LaSierra 44, Cordova 61, Stagg 104, Sparks/Nev. 106, Del Campo 145...Capello/LS 14:38, Sutherland/C 14:50, Baudendistel/Hglds 14:59.

/Payne/

Delta 18, American River 39, Sequoias 84: (Sept. 28, Stockton) - Casillas/D 20:04, Van Slyke/D 20:04, Perez/D 20:04, Payne/AR 20:31, Singer/D 20:42, Green/AR 20:49, Cordova/D 20:56.

/Payne/

Solano Invit.: (Sept. 28, Fairfield) - Solano JC 39, Yuba JC 63, Canada 65, Merritt 67...Ortiz/Y 21:51, Ainsley/S 22:00.

/Mark Payne/

Salinas Invit.: (Sept. 28, Salinas) - **GIRLS:** (12-13) Belk/SJC 13:45, Bain/WS 14:00, Bier/App 14:15, McKeen/SJS 14:26, Greenberg/SJC 14:40; (10-11) Lantry/Un 10:37, Beauchamp/WS 10:54, Frye/SJS 10:55, McKeen/SJS 11:06, Gleason/CY 11:13; (9/U) Martinez/Un 7:46, Fuller/SJS 7:49, Bain/WS 8:15, Smith/SVTC 8:23, Miller/App 8:26; (14-15) Adams/WS 15:40, Trason/SVTC 15:51, Greenberg/SJC 15:54, Stivkoff/SJC 16:18, Eddy/SJS 16:20, Bowers/SJC 16:20, Van Tassel/SJS 16:34; **(Women)** Anderson/SJC 14:53, Graham/SJC 14:58, Olrich/Un 15:20, Haberman/SJC 15:38, Morr/WS 15:50, Sakelarios/RCF 16:00, Finn/Un 16:04, Val Eberly/SJC 16:08, Guina/SJC 16:09, Mears/SJC 16:13. **BOYS:** (9/U) Lating/PH 7:41, LeKander/SVTC 7:53, McFadden/Un 7:53, Myall/AC 7:57, Collins/SVTC 7:59; (10-11) Sell/SVTC 9:58, Burke/SVTC 10:00, Scattini/SVTC 10:11, Sakelarios/RCF 10:21, Owen/Un 10:25; (12-13) Eddy/SJS 13:14, Reynolds/PH 13:16, Kadie/SJS 13:38, Sutherland/SJS 13:53, Gates/CY 13:57; (14-15) Odis/SJS 12:46.

/Salinas Valley TC/

Milpitas Invit.: (Sept. 28, Milpitas) - Varsity: (Teams) Lincoln/SJ, Lick/SJ, Leigh/SJ...Paulin/Cam 16:20 (CR), Montenegro/Linc 16:25, Fritzke/Lei 16:30, Salet/Milp 16:50, Salazar/Lick 16:57, Alvarado/Lick 16:58, Smith/MSJ 17:04, Miller/MP1 17:06, Flores/Linc 17:07, Hill/HMB 17:08. **JV:** Pacheco/Lick 18:13, Kirkham/Lei 18:20, Glover/ST 18:26, Sierra/Lick 18:30. **F/S:** Solbach/Apt 17:39, Diaz/SCrk 17:40, Nickei/MVs 17:42, Grimes/MVs 17:45, Ritt/Lei 17:55, Bergkamp/Lei 17:58, Riplinger/MVs 18:10, Millward/SCrk 18:11, Shaughnessy/MSJ 18:24, Garibaldi/HMB 18:44. **Frosh:** Crocker/Apt 18:50, Vasquez/Lick 19:00, Warmerdam/Apt 19:05, Bonneau/Ayer 19:13, Gruber/Apt 19:15.

/Gary/

WVTC 27, Stanford 39, San Diego St. 64: (Sept. 28, Stanford) - Avrea/SD 20:10, McConnell/S 20:18.4, Dare/WV & Clark/WV 20:22.6, Birnbaum/WV 20:26, Bellah/S 20:28.2, Loeschhorn/WV 20:33, Zapata/WV 20:44, Berka/S 20:55, Boutin/S 20:57, Robinson/SD 20:58,

Brown/S 20:59, Brock/Un 21:09, Crowley/S 21:16, Sanford/WV 21:21, Berenda/SJ 21:26, Parietti/S 21:30. /Marshall Clark/

Sunnyvale Invit.: (Sept. 28, Sunnyvale) - Varsity: Lynbrook 66, Skyline 110, Homestead 122...Curran/LA 11:15, Johnson/Sky 11:42, Sanchez/Ken 11:47, Hulburd/Lyn 11:50, Mangan/Fre 11:52, LaForge/Oc 11:57, Shreck/Menlo 12:01, Aver/Bran 12:02, Stonum/Hom 12:03, Fonda/Aw 12:04. JV: Lynbrook 39, Homestead 60, Skyline 97... Early/Lyn 12:30, Sullivan/Lei 12:43, Chain/Lyn 12:48. Sophs: Cupertino 60, Leigh 105, Kennedy 152...Stillman/WG 12:16, Hussey/Wash-Fre 12:17, Jackson/Cup 12:24. Frosh: Homestead 39, Lynbrook 73, Leigh 81...McDowell/Lyn 12:38, Smith/Aw 13:16, Stonum/Hom 13:21. /Joe Mangan/

Block "D" Invit. X-C Relays: (Sept. 28, Concord) - Varsity: Acalanes 37:25.2, Mt. Diablo 37:44, Petaluma 37:53, San Ramon 38:01 (6:50.7 carry for Roy Kissin, 1-1/2 Miles, was just off Rich Kimball's 6:49 course mark...he brought his team from 12th to 4th), Newark 38:11. JV: Amador 39:49, San Ramon 39:55, Mt. Diablo 39:56. Frosh-Soph: Pleasant Hill 39:33.5, Mt. Diablo 39:36, San Ramon 41:25, O'Dowd 41:26, College Park 41:55 (overall scores from above 3 divisions and F-S reserves---Mt. Diablo 9, San Ramon 13, Pleasant Hill 19). Girls: Pleasant Hill 20, Northgate 56, Amador 58...K. Salisbury/N 9:29.5. /Bob Vincent/

Stanford Invit.: (Oct. 3, Stanford) - Varsity #1: Lynbrook 65, Leigh 94, Serra 131...Curran/LA 13:28.2, Kingery/SC 13:51.4, Fritzke/Lei 13:52, Mangan/Fre 13:56, Hulburd/Lyn 14:01, Emory/Gunn 14:03, Harnett/Serra 14:08, Corey/SM 14:13, Aver/Branham 14:18, Stonum/Hom 14:24. Varsity #2: Westmoor 77, Aptos 94, Salinas 117...Adams/Hill 14:27, Quinn/Apt 14:31, Cortez/Woodside 14:32, Sandretti/SCz 14:36, Clemens/Soq 14:38. JV #1: Lynbrook 27, Leigh 70, Los Altos...Vance/Lyn 15:09, Chain/Lyn 15:14, Hyland/Lyn 15:20. JV #2: Woodside 41, Salinas 61, Harbor 100...Aneuanzi/Sal 15:19, Vasquez/Sal 15:33, Thomas/Svyle 15:35. Soph #1: Leigh 52, San Carlos 72, Monta Vista 122...Nicklin/MVs 14:46, Bergkamp/Lei 14:51, Nadeau/Bran 15:25, Picha/Hom 15:28, Ripplinger/MVs 15:30. Soph #2: Salinas 56, M-A 108, Soquel 112...Allara/Cap 14:49, Harbordt/MA 15:06, Russell/Blkfd 15:16, McLean/Soq 15:26, Lowmiller/Sal 15:37. Girls: Aptos 32, Branham 67, DelMar 77...Neary/Apt 9:49, Weis/LA 10:43, Mallet/Bran 10:53, Stuart/Apt 11:06, Prado/Apt 11:10. /Mangan & M. Clark/

DVAL Invit.: (Oct. 5, Concord) - Mt. Diablo 103, Ygnacio Valley 105, San Ramon 162, Petaluma 169, Del Valle 173...Kissin/SR 15:34, Patterson/DV 16:03, Searls/CP 16:13, Criner/MD 16:16, Aldridge/Pet 16:21. /Roy Kissin/

Porterville Invit.: (Oct. 5, Porterville) - Monterey Pen. 46, Hancock 73, Skyline 107...Magallanes/MP 20:32 (CR), Galbraith/H 20:34, Hanoum/Gav 21:05, Barraza/MP 21:07, Beck/MP 21:12.

Nevada Union Invit.: (Oct. 5, Grass Valley) - (3 Mi) Jesuit 28, Mira Loma 57, Merced 101, Del Campo 138, San Juan 157...Mumma/DC 15:43, Feenstra/J 15:44, Read/J 15:57, Lagomarsino/J 15:07, Cavazos/M 16:09. /Mark Payne/

Golden Gate Invit.: (Oct. 5, S.F.) - Delta 58 (1:46:51), SJCC 63 (1:47:10), WVC 89 (1:48:08), AR 147 (1:50:20), Chabot 189 (1:51:22), CSM 207 (1:51:08), Fresno 192 (1:51:45)...Van Dine/CSM 20:51, Van Slyke/D 21:00, Quintana/Chab 21:01, Casillas/D 21:02, Sanchez/SJ 21:10, Sommer/WV 21:11, James/SJ 21:15, Singer/D 21:19, Ramirez/FCC 21:19, Brooks/SJ 21:21, Kipp/Sac 21:22, Rios/WV 21:23, Payne/AR 21:29, Dayton/DVC 21:31, Green/AR 21:33, Perez/D 21:34, McCandless/WV 21:38, Munoz/Cabr 21:39, Baird/FCC 21:40, Ryan/SJ 21:41, Uresti/SJ 21:43, Aguilar/SJ 21:47, Qualle/Mod 21:50, Frederickson/DA 21:51, Padilla/Chab 21:52. /B. Rush/

Fresno Invit.: (Oct. 5, Fresno) - (6 Mi) Nevada/Reno 34, Stanford 35, Fresno St. 64, Fresno Pac. 103, High Sierra TC 133...Tibaduiza/Nev 30:11, Menet/Nev 30:15, Zarate/NTC 30:16, Badgley/BVH 30:22, Sandoval/S 30:33, Bellah/S 30:45, DeLaGarza/Nev 31:01, Artherholt/FS 31:08, McConnell/S 31:12, Hall/Un 31:27, Jurkovich/FS 31:39, Brown/S 31:42, Gregory/FP 31:42, Gonzales/Un 31:53, Wysocki/Nev 31:56, Scobey/BHS 31:58, Berka/S 32:02, Chavez/FS 32:03, Boutin/S 32:07, Vargas/Nev 32:07. /Thornton/

Chico Invit.: (Oct. 5, Chico) - (4.8 Mi) Santa Rosa 43, Consumnes River 44, Lassen 81, Redwoods 104...Howard/CRC 24:04, Garrett/CRC 24:30, Venegas/CRC 24:57, Caputo/L 25:07, Brunett/SR 25:18. (College) Genet/SJ 23:25, Brown/Chico 23:32, Finn/Chico 23:54, Gruber/SJ 24:05, Griffin/Chico 24:18, Prows/SJ 24:38, Ruggle/Chico 24:42, Stone/Chico 24:56, Scott/Chico 25:10, Ebert/SJS 25:17, Krause/SJ 25:19, Webb/Chico. /Pat Finn and Mark Payne/

McAteer Invit.: (Oct. 5, S.F.) - Varsity: St. Ignatius 49, Washington 77, Lincoln 100, Sunnyvale 111, Balboa 136, McAteer 154...Lee Byrd/Linc 10:54, Lowe/Bal 10:56, Jay/SH 11:00, DeFount/Wash 11:02, Lavelle/SI 11:04, Burns/SI 11:05, Lopez/Rior 11:10, Lee/Wash 11:16, Orsua/Svle 11:17, Hidalgo/Svle 11:23. JV: St. Ignatius 27, McAteer 59, Balboa 59...Sabbath/SI 12:01, Fitzgerald/SI 12:01, Joseph/Bal 12:05. Sophs: St. Ignatius 34, Riordan 44, Sunnyvale 88...Bennett/SI 11:30, MacQuarrie/McAt 11:48, Holl/Rior 11:54, Baumstieger/Rior 11:55, Healy/SI 11:56, Brophy/Rior 12:08. /Bill Long/

All-Cal Championships: (Oct. 5, Davis) - Cal-Berkeley 21, Cal-Davis 35, Cal-Irvine 80, Cal-Santa Barbara 105...Duffey/B 24:28.6, Schmulewicz/B 25:12, Yeo/D 25:16, Sheehan/D 25:20, Maxwell/B 25:26, Blume/B 25:32, Dean/B 25:34, McGrath/D 25:36, Martinez/D 25:38, Clifford/B 25:40, Taxiera/D 25:43, Scott/I 25:45, Howell/SB 25:45, Sweeney/D 25:48, Knapp/I 25:50. (5 Miles) /Bill Adams/

Lynbrook Invit.: (Oct. 5, Newark) - Varsity: Lick 19, Lynbrook 'B' 80, Mtn. View 82, Wilcox 104...Alvarado/Lick 15:12, Salazar/Lick 15:17, Borunda/Lick 15:38, Escamilla/Lick 15:48, Harris/MV 15:59, Vance/Lyn 16:05, Andrade/MV 16:11. Sophs: Monta Vista 37, Lynbrook 50, Lick 94, Willow Glen 95...Nicklin/MVs 15:36, McDowell/Lyn 15:59, Ripplinger/MVs 16:08, Stillman/WG 16:33. JV: Bellarmine 19, Lynbrook 52...Glover/ST 16:25, Flores/Bel 17:17, Delan/Bel 17:19. Frosh: Santa Teresa 50, Lynbrook 55, Lick 56...Harvey/P 16:55, Vasquez/Lick 17:00, Scott/ST 17:13. /Verne Thornburg/

O.A.L. Invitational: (Oct. 5, Oakland) - LARGE SCHOOLS (Varsity) Skyline 28, Castro Vly 31, El Cerrito 69...Johnson/S 11:55, Hornig/CV 12:24, Stevenson/CV 12:39, Carmona/S 12:43, Hall/CV 12:50. (JV) Skyline 28, Castro Vly 43...Tony/S 13:07. (Sophs) Skyline 20, El Cerrito 42...Endo/EC 9:53, Pearl/S 10:02, Johnson/S 10:03, Corley/S 10:05. SMALL SCHOOLS (Varsity) Alameda 30, Encinal 33, Canyon 70...Haugen/E 12:35, Acosta/AI 12:43, Sabo/AI 12:49, Cadwallader/E 13:01, Bowles/E 13:03. (JV) Alameda 15, Encinal 48...Farrington/A 13:44, Dodge/A 13:50. (Sophs) Moreau 37, Encinal 59, Hayward 64...Capurro/M 10:08, Smith/Hay 10:12, Capurro/Hay 10:17. /Dave Peterson/

NorCal Invit.: (Oct. 5, Turlock) - Sac'to St. 42, Nevada/Reno 49, Stanislaus St. 58, Cal-Berk. 85, Hayward 184...Brooks/Stan 24:28, Furey/Sac 25:56, Harris/Cal 26:03, Green/Sac 26:04, Kelly/Nev 26:13, Imbert/Nev 26:18, Mijares/Sac 26:21, Cooper/Sac 26:25.

Artichoke Invit.: (Oct. 5, Half Moon Bay) - Varsity: HMB 27, St. Mary's 63, Los Banos 93...McBride/HMB 12:20, Hill/HMB 12:29, Colburn/RLS 12:33, Lomax/Alb 12:37, Remillong/HMB 12:54, Lopez/SM 12:56. JV: Los Banos 33, HMB 112, Boys Ranch 131...Cruz/YB 12:59, Roberts/EM 13:11, Grubb/LB 13:19. Soph: HMB 21, Palma 95, Yerba Buena 97...Sup/P 13:02, Noe/HMB 13:20, Schmidt/HMB 13:25, Pepper/HMB 13:25, Center/HMB 13:27. Frosh: Los Banos 35, HMB 59, King City 63...Martinez/LB 13:47, Chappara/LB 13:47, Molina/HMB 13:58, Heuton/SLV 13:59. /Dick Calvin/



College of San Mateo's Jim Van Dine, currently on the injured list, won the Golden Gate Invitational over NorCal's best JC runners. /John Marconi/



(Left) Half Moon Bay varsity team, Artichoke Invit. winners. /Lita Calvin/ (Right) Steve Brooks, Stanislaus St. /Marconi/

Maria Duncan Invit.: (Oct. 12, Brown's Ravine) - LARGE SCHOOLS (Varsity): La Sierra 52, Bella Vista 73, Del Campo 89...Mebust/BV 16:56, Feenstra/J 17:03, Thomas/BV 17:08, Sutherland/Cordova 17:24, Wulff/J 17:30, Read/J 17:34, Smith/Cordova 17:36, Stackey/Cordova 17:37, Lagomarsino/J 17:42, Hall/LS 17:43. (Sophs): Bella Vista 62...Van Metre/DC 12:29. (Frosh): Woodland 71...Lopez/Davis 13:46. SMALL SCHOOLS (Varsity): South Tahoe 29, Del Oro 61, Vanden 67...Forgam/ST 17:46, Low/DO 18:04, Hitchcock/ST 18:17. (F/S): Keller/Pond 12:11. /Jim Freeman & Mark Payne/

CSM Invit.: (Oct. 12, Belmont) - (4.2 Miles) LARGE SCHOOLS: Delta 40, WVC 66, ARC 92, FCC 117, DVC 162, CSM 167...Perez/D 20:50, Casillas/D 20:53, McCandless/WV 21:01, Sommer/WV 21:03, Ramirez/FCC 21:11, Payne/AR 21:19, Quintana/Chab 21:23, Singer/D 21:30, Green/AR 21:35, Rios/WV 21:39, Emry/DV 21:41, Baird/FCC 21:44, Qualle/Mod 21:45, Cordova/D 21:47, Tucker/D 21:52. SMALL SCHOOLS: DeAnza & MPC 59, Consumnes River 100, Skyline 104, Sequoias 156, Cabrillo 184...Frederickson/DA 21:14, Reime/Cabr 21:28, Garrett/Con 21:36, Barraza/MP 21:47, Eger/DA 21:51, Beck/MP 21:58, Munoz/Cabr 22:02, Howard/Con 22:03, Powell/Sky 22:06, Higgenbotham/Seq 22:15, Venegas/Con 22:21, Dyer/MP 22:32, Brownlee/Fhl 22:39, Magallanes/MP 22:55, Miller/Sky 22:57. /Bob Rush/



Matt Sommer (right) leads Gary Singer in the College of San Mateo Invitational at the Crystal Springs XC Course. /Marconi/

San Ramon Invit.: (Oct. 12, Danville) - LARGE SCHOOLS (Varsity): Castro Vly 71, Skyline 81, Redwood 107, Ygnacio Vly 115, College Park 118, Mt. Diablo 138...Johnson/Sky 8:18, Crimer/MD 8:29, Searls/CP 8:30, Schulz/Red 8:32, Smith/MSJ 8:37, Dowling/CP 8:42, Rudy/CV 8:42, Horuig/CV 8:45. (F/S): Mt. Diablo 56, Redwood 73, Irvington 89...Berry/Red 9:04, Gomez/MD 9:20, Behning/CV 9:22, White/Ber 9:25, Mata/MD 9:26, Flynn/MD 9:27, Shaughnessy/MSJ 9:30. (Frosh): Chaney/CP 9:29. MED. SCHOOLS (Var): San Rafael 73, San Ramon 86, Alameda 110, Amador 115, Tamalpais 118...Kissin/SR 8:22, Sanchez/Ken 8:36, Green/Sraf 8:40, Lacey/Tam 8:47, Harvy/Dub 8:48, Baze/Tam 8:49, Lauge/TN 8:52. (F/S): Tamalpais 69, San Rafael 74, Washington 89...Collier/Tam 9:05, Hussey/Wash 9:08, Kindle/Ala 9:11, Del Rio/Hay 9:13, Kendal/Amad 9:23, Hiler/Wash 9:24, O'Reilly/Sraf 9:25. (Frosh): San Ramon 37, Alameda 67...Peters/Ala 9:47. SMALL SCHOOLS (Varsity): Del Valle 82, Miramonte 88, Encinal 90, Petaluma 93, Pleasant Hill 107...Patterson/DV 8:25, Aldridge/Pet 8:26, Conway/DLS 8:50, Haas/Mir 8:51, Haugen 8:52, Burke/DLS 8:54, Thibodeaux/Mir 8:55. (F/S): Pleasant Hill 66, Miramonte 74, Petaluma 114...Rogers/Fthl 9:03, Busby/BO 9:13, Williams/Mir 9:19, Wheeler/DV 9:24, Buckingham/Mir 9:24, Rondou/PH 9:25, Salzar/DV 9:27. (Frosh): Pleasant Hill 37, John Muir Jr. 69...Johnson/PH 9:33, Hobden/Mir 9:38. GIRLS: Tamalpais 33, Pleasant Hill 81, Las Lomas 90...Broderic/Tam 8:25, Hebbmawn/LL 8:30, Keys/Tam 8:40, Searls/CP 8:41, Dennis/Tam 8:45, Stevenson/CV 8:47, Hill/LL 8:49. /Bob Vincent/

Long Beach Invit.: (Oct. 12, Long Beach) - (10 Kilos) LBS 60, UCLA 83, Fullerton 91, SMTC 94...Babiracki/SFTC 31:03, Burke/USIU 31:11, Smith/SFTC 31:19, Innes/UCLA 31:21, Sweeney/LBS 31:22, Norton/Ful 31:30, Patterson/ELATC 31:30, Schictall/Ful 31:31, Kushner/UCLA 31:34, Wilson/LBS 31:34, Swartz/SMTC 31:55, Byer/LBS 32:00, Nitti/UCLA 32:03, Greer/LBS 32:04.

Aptos Invit.: (Oct. 12, Aptos) - (2.6 Miles) LARGE SCHOOLS (Var): Lick 58, Salinas 87, Leigh 93, Watsonville 101...Fritze/Lei 13:04, Munoz/Wat 13:17, Alvarado/Lick 13:25, Mangan/Fre 13:27, Miller/MP1 13:34, Hulburd/Lyn 13:40, Salazar/Lick 13:43. (F/S): Leigh 36, Silver Crk 47, Monta Vista 49...Nicklin/MVs 14:05, Ritt/Lei 14:16, Diaz/SCrk 14:21, Durocher/SCrk 14:25, Nadeau/Bran 14:31. (Frosh): Leigh 37, Homestead 52...Brewer/Lei 14:42, Richards/SCrk 15:09. SMALL SCHOOLS (Var): Lincoln 66, HMB 75, Aptos 77...Montenegro/Linc 13:08, Salet/Mil 13:10, Clemens/Soq 13:18, Flores/Linc 13:24, Little/Seas 13:26, Johnson/Ov 13:27, McBride/HMB 13:28, Quinn/Apt 13:29. (F/S): HMB 100, B'game 108, Gilroy 111, St. Francis 115...Daniels/Bg 13:57, Russell/Blk 14:21, Sup/Palma 14:22, Hines/OGrv 14:40, Schmidt/HMB 14:44. (Frosh): Aptos 37, Milpitas 80...Warmerdam/Apt 14:36, Crocker/Apt 14:48, Gruber/Apt 14:54. GIRLS: Lincoln 34, Aptos 38, Del Mar 59...Munday/Linc 15:50, Neary/Apt 16:13, Hayes/Linc 17:37. /Warmerdam & Joe Mangan/

Cal-Aggie Invit.: (Oct. 12, Davis) - (5 Miles) UC Davis 37, Humboldt 67, Fresno Pac 100, SJS 114, UC Davis 'B' 118...Brooks/Stn 24:42.8, Yeo/D 25:03, Genet/SJS 25:04, Elijah/Hum 25:31, Gruber/SJ 25:34, Sweeney/D 25:39, Hartig/FP 25:42, Sheehan/D 25:43, Lowry/Hum 25:45, Elias/Hum 25:46, Collier/Hum 25:47, Taxiera/D 25:48, Schelegle/D 25:49, Emme/D 25:50, Dean/Un 26:02, Gregory/FP 26:04, Martinez/D 26:05. /Bill Adams/

Orinda Invit.: (Oct. 12, Concord) GIRLS (Women) - 2.5 Miles - Anderson/SJC 13:24.3, Graham/SJC 13:25, Poor/SJC 13:43, Haberman/SJC 13:51, Olrich/Un 14:01, Guina/SJC 14:08, Val Eberly/SJC 14:21, Mears/SJC 14:25, Dimmick/SJC 14:27, Cooper/SJC 14:29. (14-15) Greenberg/SJC 13:48.7, Adams/WS 13:49, Bowers/SJC 14:09, Trason/S 14:28, Burns/SJC 14:31, Sakelarios/RCF 14:38. (12-13) - 2 Mi - Belk/SJC 10:47.3, Bain/WS 10:58, Bier/App 10:59, Cobb/S 11:20, Choy/S 11:23. (10-11) - 1.5 Mi - Grijalua/S (nt), Beuchamp/WS (nt), Bleason/C (nt). (9/U) - 1 Mi - Fuller/SJS 5:43, Miller/App 5:57, Smith/S 6:00. BOYS (14-15) Otis/SJS 13:49.5. (12-13) Eddy/SJS 10:29.5, Kadie/SJS 10:46, Sells/S 10:55, Sutherland/SJS 11:00, Krause/PH 11:08. (10-11) Sells/S 8:03.4, Scattini/S 8:04, Sakelarios/RCF 8:14. (9/U) Latting/PH 5:40.0, Myall/SC 5:48, Lekander/S 5:50. (7/U) Latting/PH 6:35.8, Scattini/S 6:36. /Don Bailes/

Center Meet: (Oct. 17, Newark) - Cancelled because of smog!!

Center Meet: (Oct. 17, Belmont) - (Varsity) Carlmont 40, Los Altos 83, SI 102, San Carlos 108...Curran/LA 15:06, Kingery/SC 15:44, Fonda/A 16:10, Maloney/SF 16:20, Barsi/SF 16:23, Mandanis/C 16:26, Daley/C 16:30, O'Malley/C 16:35, Young/C 16:37, Hurdal/C 16:43. (JV) Carlmont 31, Woodside 38...Farwell/W 16:38, Walker/C 16:35. (Soph): Carlmont 45, HMB 61, St. Francis 88...Cortez/W 16:13, Garcia/B 16:31, Arnold/HMB 16:45, Hales/C 16:45, Suda/C 16:50, Allara/Cap 16:54, Brakeman/SC 17:01. (Frosh): Carlmont 40, San Carlos 87...Love/C 16:43, Himenez/W 17:17, Graycar/SC 17:30. /L. Lansberry & J. Mangan/

Del Mar Invit.: (Oct. 19, San Jose) - (Var): Baker/Wst 10:31, Boweri/Sar 10:31, Croosrow?? 10:34, Hulburd/Lyn 10:42, Aver/Bran 10:46, Alvarado/Lick 10:49, Salazar/Lick 10:53...Teams: Lynbrook 57 (63:50) & Lick 57 (63:56), Saratoga 98. (Sophs): Cupertino 68, Saratoga 86, Branham 119...Stillman/WG 11:02, Lance/Sar 11:05, Russell/Blk 11:07, Bruns/Sar 11:09, Eberly/LG 11:11, Boynton/Cup 11:21, Jackson/Cup 11:27. (Frosh): Sunnyvale 86, Lick 126...McDowell/Lyn 11:33, Bullmair/Cam 11:40, Vasquez/Lick 11:49. (Girls): Del Mar 48, Saratoga 60...Eurtado/Buch 13:39, Smith/Wilcox 14:17, Madrigal/Bran 14:20, Johnston/DM 14:27, Segger/Sar 14:39. /Joe Mangan/

Rio Linda Invit.: (Oct. 19, Sac'to) - LARGE SCHOOLS (Var): Mebust/BV 15:12, Thomas/BV 15:22, Baudendista/High 15:35, Cappello/LS 15:41, Kostal/High 15:44, Mumma/DC 15:47, Farrell/LS 15:52, Freeman/LS 15:54, Harnett/Serra 15:56. SMALL SCHOOLS (Var): Forgeon/ST 16:04, Schmidt/ST 16:05, McAviney/ST 16:14, Hitchcock/ST 16:15, Belyea/ST 16:19. /Jim Freeman, Mark Payne/

Del Oro Invit.: (Oct. 19) - (Var): Del Oro 49, Oakmont 67, Elk Grove 104...Lowe/DO 15:42, Navarro/Oak 15:54, Prouty/NT 15:55. (Soph): Oakmont 46, Ponderosa 57...Keller/Pon 10:58. (Frosh): Encina 44, Nevada Union 65...Will/Enc 11:16. /Freeman, Payne/

Reedley Invit.: (Oct. 19, Reedley) - (Open) Menet/Nev 28:04, Fierros/FS 28:55, DeLaGarza/Nev 28:57, Spots/Red 29:08, Caputo/Lassen 29:13, Hartig/FP 29:16, Wysocki/Nev 29:20, Vargas/Nev 29:21, Gregory/FP 29:28, Elia/FS 29:34. (Women 14/Over): Graham/SJC 17:02, Poor/SJC 17:12, Anderson/SJC 17:18, Johnson/RRR 17:33, Kaput/PTC 17:40, Jewell/LBC 17:43, Eberly/SJC 17:45, McQuarrie/LB 17:46, Guina/SJC 17:47. /Len Thornton & CTN/

Stanford Invit.: (Oct. 19, Stanford) - (6 Miles) Cal 45, Stanford 54, Oregon St. 66, WVTC 79, SJS 113...Sandoval/S 28:56.6 (Stanford Rcd), Duffey/Cal 29:21, Brown/OSU 29:35, Genet/SJS 29:39, McConnell/S 29:41, Bellah/S 29:42, Blume/Cal 29:42, Amaya/OSU 29:43, Maxwell/Cal 29:47, Nuccio/WVTC 29:52, Dean/Cal 29:59, Clark/WVTC 30:15, Badgley/Unat 30:19, Birnbaum/WVTC 30:22, Gruber/SJS 30:22, Ebba/OSU 30:23, Schmulewicz/Cal 30:28, Jensen/OSU 30:31, Clifford/Cal 30:34, Jones/WVTC 30:35, Parietti/S 30:37, Harris/Cal 30:40, Boutin/S 30:42, Rea/OSU 30:42, Brown/S 30:53. /Marshall Clark/

Soquel Invit.: (Oct. 19, Soquel) - Championship Var: Lincoln 73, Leigh 83, Mira Loma 94...Fritzke/Lei 13:52, Paulin/Cam 14:00, Salet/Mil 14:10, Montenegro/Linc 14:10, Mangan/Fre 14:15, Schulz/Red 14:20, Corey/SM 14:22, Lacey/Tam 14:22, Green/SRaf 14:25, Flores/ML 14:28. Large Var: SSF 84, Mt.P1. 89, Hillsdale 128...Barnett/Hills 13:51, Clemens/Soq/ 14:20, Miller/MP1 14:28, Smith/MSJ 14:30, Hayes/MP1 14:30. Small Var: HMB 122, Mills 123, Alameda 125...LaForge/Oc 14:03, Flynn/Acal 14:10, Aldridge/Pet 14:16, McBride/HMB 14:20, Acosta/Ala 14:25, Marlowe/Gil 14:26. /Joe Mangan/

Hancock Invit.: (Oct. 19, Santa Maria) - JC #2: Glendale 24, Chabot 50, Merced 94 (4 Miles)...Thomas/Glen 20:21, Quintana/Chab 20:56...6-Padilla/Chab 21:24, 8-Maher/Merc 21:33, 10-Reiter/Chab 21:43. Large HS Var: Dos Pueblos 67, Carlmont 74, Santa Barbara 81 (2 Miles)...Moses/CrVly 9:57, Aguirre/SB 10:03...10-Young/Carl 10:23, 11-Daley/Carl 10:25, 15-Neilhands/Carl 10:30. HS Frosh: Love/Carl 10:53...14-Heims/Carl 11:40./Kring/

Center Meet: (Oct. 24, Belmont) - Var: Serra 67, HMB 95, SI 109, SSF 115...Kingery/SC 14:53, Emory/Gunn 15:14, Harnett/Serra 15:25, McBride/HMB 15:36, Mello/Cr 15:44, Hill/HMB 15:52, Southwick/SSF 15:54, Pincombe/Serra 15:57, Bonilla/Serra 15:57, Remillong/HMB 16:01. Sophs: San Carlos 39, SI 50, Riordan 71...Bennett/SI 16:26, Brakeman/SC 16:42, Holl/Rior 16:51, Healy/SI 17:01, Davilla/Cr 17:01. Frosh: HMB 43, San Carlos 66, Riordan 81...Graycar/SC 16:29, Luttrell/SC 17:01, Pepper/HMB 17:03, Schmidt/HMB 17:16, Sawrey/HMB 17:21. /Lansberry & Mangan/

Center Meet: (Oct. 24, Newark) - 2.9 Miles - Var #1: Lynbrook 48, Mt. Pleasant 73, Carlmont 86...Hulburd/Lyn 14:59, Mangan/Fre 15:14, Miller/MP1 15:21, Cochran/Lyn 15:22, Sandretti/SC 15:22, Green/NSal 15:26, Hayes/MP1 15:28. Var #2: Lick 44, Pacific Grove 98, Homestead 99...Salet/Mil 15:01, Alvarado/Lick 15:07, Adams/Hill 15:11, Salazar/Lick 15:18, Fernandez/Hom 15:22, Adams/PG 15:23, Fonda/Awalt 15:24, Cortez/Wood 15:26, Galaski/Lei 15:29. Soph #1: Carlmont 40, Camden 79, Mitty 108...Skeeland/Cam 15:27, Hales/Carl 16:04, Russell/Blk 16:11. Soph #2: Leigh 18, Silver Crk 72...Ritt/Lei 15:55, Bergkamp/Lei 15:56, Hauser/Lei 16:08. Frosh #1: Carlmont 48, Leigh 52, Homestead 60...Love/Carl 15:49, Brewer/Lei 16:18, Smith/Awalt 16:59. Frosh #2: Silver Crk 91, Woodside 102, Sunnyvale 103...McDowell/Lyn 16:15, Billmaier/Cam 16:36, Richards/SCrk 16:39. /Verne Thornburg/

PA-AAU Age-Group Championships: (Oct. 26, Belmont) - GIRLS: (9/U) - 1 Mi - Appaloosa 41, Salinas 74, Cupertino 88...Fuller/SJS 6:39, Miller/Ap 7:03, Carney/Cup 7:04, Bain/WS 7:11, Threadgill/Ap 7:15. (10-11) Cupertino 79, Roseville 107, SLT 123...(1.5 Mi) Boitano/Un 9:03, Beauchamp/WS 9:13, Grijolva/Sal 9:20, Frye/SJS 9:22, Gleason/Cup 9:28. (12-13) SJS 43, WS 72, SJC 96...(2 Mi) Bain/WS 11:21, Belk/SJC 11:25, Allread/SJS 11:30, Bier/App 11:43, Bray/App 11:51, McKeen/SJS 11:52, Miller/SJS 11:58. (14-17): SJC 47, RCF 80, SJC-B 94...(2.5 Mi) Adams/WS 15:04, Carron/MLTC 15:24, Guina/SJC 15:34, Greenburg/SJC 15:48, Mears/SJC 15:55, Bowers/SJC 15:56, Trason/Sal 15:58, Simmons/RCF 16:03, Morr/WS 16:08, Powell/SJC 16:10. BOYS: (6-7 Exhib): Latting/PH 7:21, Ogden/PH 7:22, Scattini/Sal 7:23. (9/U) SVTC 43, SJS 85...Latting/PH 6:22, Cambron/RCF 6:37, Myall/SC 6:38, McFadden/Un 6:04, Leakander/Sal 6:46. (10-11) SVTC 30, RCF 40, PH 80...Sells/Sal 8:32, Sakelarios/RCF 8:34, Owen/Un 8:40, Scattini/Sal 8:44, Aviles/RCF 8:47. (12-13) SJS 55, PH 63...Eddy/SJS 10:47, Kadie/SJS 10:57, Boitano/Un 11:08, Burke/Sal 11:09, Sutherland/SJS 11:15, Hudson/MLTC 11:19, Reynolds/PH 11:24. (14-15) Otis/SJS 13:56, Himenes/Un 14:40, Graycar/Un 14:44. /Nick Sakelarios/

Blossom Hill Challenge: (Oct. 26, San Jose) - (3 TOUGH Miles) - Var: Lick 78, Serra 81, Leigh 105, Homestead 108...Harnett/Serra 17:48, Quinn/Apt 17:52, Smith/New 18:00, Mangan/Fre 18:01, Stonum/Hom 18:02, Alvarado/Lick 18:03, Salazar/Lick 18:07, Fernandez/Hom 18:09, Galaski/Lei 18:10, Wardwell/Sal 18:17. Soph: Leigh 32, Wash-Fre 107...Ritt/Lei 18:22, Allara/Cap 18:29, Hussey/Wash 18:35, Houser/Lei 18:48, Picha/Hom 18:55. Frosh: Aptos 53, Leigh 54, Homestead 71...Brewer/Lei 18:39, Crocker/Aptos

19:18, Bryant/Mitty 19:32, Gruber/Apt 19:45, Lowmiller/Sal 19:55. /Joe Mangan & Homer Latimer/

Pleasant Hill Invit.: (Oct. 26, Pleasant Hill) - OPEN (5 Mi): WVTC 50, Nev-Reno 65, Humboldt 89, Fresno St. 97, Stanford 120, Cal-Davis 177...Tibaduiza/Nev 24:30, Menet/Nev 24:31, Zarate/Un 24:32, Brooks/Stam 24:42, Nuccio/WVTC 24:48, McConnell/Stam 24:51, Birnbaum/WVTC 25:01, Artherholt/FS 25:03, Dare/WVTC 25:08, Elijah/Un 25:10, Peterson/WVTC 25:11, Wysocki/Nev 25:14, Ellis/Hum 25:14, Jurkovich/FS 25:17, DeLaGarza/Nev 25:21, Lowry/Hum 25:22, Anderson/Hum 25:24, Cords/WVTC 25:27, McLean/Stam 25:31, Collier/Hum 25:33. LARGE SCHOOLS (Var) Cordova 39, Merced 59...Johnson/Sky 9:30, Sutherland/Cor 9:40, Schulz/Red 9:41, Cavazos/Merc 9:45, Smith/Cor 9:47, Starkey/Cor 9:48, Smith/MSJ 9:51, Munoz/Wats 9:52. (F/S) Cordova 35, Redwood 71, Skyline 92...Barry/Red 10:14, Vennect/Cor 10:19, Roglande/Cor 10:22, Reswin/Cor 10:31, Warren/Merc 10:32. MEDIUM SCHOOL (Var) San Rafael 76, Castro Vly 97, Mt. Pleasant 113, San Ramon 123...Kissin/SR 9:28, Criner/MD 9:39, Andropolous/Con 9:43, Green/SRaf 9:44, Hornig/CV 9:46, Locey/Tam 9:48, Searls/CP 9:49, Rudy/CV 9:50, O'Reilly/SRaf 9:52, Miller/MP1 9:52. (F/S) San Rafael 61, El Cerrito 67, Tamalpais 77, Kennedy/Fre 92...Collier/Tam 10:20, Aguayo/Liv 10:31, Endo/EC 10:32, Nelson/Ken 10:34, O'Reilly/SRaf 10:39. SMALL SCHOOL (Var) Jesuit 46, Lincoln 48, Miramonte 113...Montenegro/Linc 9:34, Feenstra/J 9:35, Read/J 9:41, Aldridge/Pet 9:42, Flores/Linc 9:43, Collins/BO 9:47, Flynn/Acal 9:50, Wulff/J 9:53, Lee/Linc 9:58, Helms/Acal 9:59. (F/S) Campolindo 73, Jesuit 122, Pleasant Hill 133...Hopkins/C 10:02, Rogers/Foot 10:08, Harbaugh/Pied 10:09, Mullin/NG 10:21, Busby/BO 10:25. (Frosh) Pleasant Hill 58, Merced 95, MSJ 138...Contreras/Merc 10:25, Gomez/MD 10:28, Scannell/BO 10:29. GIRLS: Lincoln 77, Pleasant Hill 97, Tamalpais 113...Munday/Linc 10:46, Broderick/Tam 11:39, Salisbury/NG 11:52, Costello/PH 11:53, Habig/NG 11:59. /Bob McGuire/

Center Meet: (Oct. 31, Newark) - (2.9 Miles) (Var): Mt. Pleasant 67, Lick 73, Homestead 85, Serra 90...Adams/Hill 15:02, Fernandez/Hom 15:06, Miller/MP1 15:11, Baker/Wats 15:14, Borunda/Lick 15:16, Salazar/Lick 15:23, Hayes/MP1 15:27, Harnett/Serra 15:30, Pincombe/Serra 15:31, Fonda/Aw 15:32, Mangan/Fre 15:33. (JV) Mt. View 48, Homestead 67, San Carlos 67...Ross/Serra 16:08, Luna/MVw 16:10, Funk/Hom 16:32. (Soph): Monta Vista 76, Lick 88, Lynbrook 92, Cupertino 96...Nicklin/MVs 15:47, Grimes/MVs 15:57, Ripplinger/MVs 16:04, Jackson/Cup 16:10. (Frosh): Homestead 26, San Carlos 91, Mt. Pleasant 92...Smith/Aw 16:29, Harvey/Pet 16:51, Stonum/Hom 17:06, Lewis/Hom 17:07, Graycar/SC 17:14, Luttrell/SC 17:14. /Thornburg/

Center Meet: (Oct. 31, Belmont) - (Var): Carlmont 37, San Mateo 50, SI 77, Burlingame 106...Cortez/Wood 15:23, Hurdal/Carl 15:24, Corey/SM 15:37, Hull/M-A 15:39, McMeans/SM 15:46, Mandanis/Carl 15:54, Young/Carl 15:55, Mello/Cr 15:56, Love/SM 16:01, Sherrin/B 16:06. (JV) Carlmont 21, Bellarmine (Var) 54, San Mateo 76...Walker/Carl 16:15, Wernick/Carl 16:21, Greaney/Bell 16:26, Fritzhenry/Bell 16:36. (Soph): Carlmont 30, Burlingame 89, St. Francis 102...Hales/Carl 16:27, Showen/Burl 16:28, Reynolds/SFr 16:34, Suda/Carl 16:41, Pugh/Mitty 16:57. (Frosh): Carlmont 46, Woodside 51, Riordan 82...Love/Carl 16:13, Himenes/Wood 16:52, Potts/Rior 17:26, Felix/Wood 17:27, Weston/Wilbur 17:27. /Loren Lansberry/

Southern Division Pac-8: (Nov. 2, Westwood) - (6.2 Miles) - UC Berkeley 37, Stanford 40, UCLA 54, USC 97...Sandoval/Stam 30:50.9 (3rd best ever on course), Duffey/Cal 31:09, McConnell/Stam 31:17, Beck/UCLA 31:43, Blume/Cal 31:46, Bellah/Stam 31:52, Dean/Cal 31:57, Kushner/UCLA 32:00, Reilly/USC 32:03, Innes/UCLA 32:09, Maxwell/Cal 32:14, Schmulewicz/Cal 32:18, Brown/Stam 32:25...15-Harris/Cal 32:33, 17-Parietti/Stam 33:07, 19-McLean/Stam 33:25. /Marshall Clark/

Northern Division Pac-8: (Nov. 2, Pullman) - (6.0 Miles) - Oregon 22, WSU 45, OSU 73, Wash 93...Geis/O 29:47.4, Ngeno/WS 30:00, Taylor/O 30:02, Williams/O 30:22, Barger/O 30:34, Arbogast/WS 30:40, Amaya/OS 30:44, Surface/W 31:04, Kaupang/O 31:07, Garcia/WS 31:11...24-Tolleson/W 32:14, 29-Rees/OS 33:19./Clark/

High School 2-Mile Postal Meet: (Nov. 2, San Jose) - (Var): Jesuit 47:59.2, Lynbrook 48:24, Lincoln 48:48, Leigh 48:58.6, Watsonville 49:07, El Camino 49:13, LaSierra 49:15, Carlmont 49:31, Mills 49:39, Merced 49:44. (Soph): Jesuit 50:56, Leigh 51:10, Carlmont 51:20, Monta Vista 51:26, Camden 51:42. (Frosh): Carlmont 54:16, Leigh 54:41, Silver Crk 54:47, Camden 54:58, Homestead 55:09. --- (Seniors) Kissin/SRamon 9:02.0, Curran/LA 9:03.0, Fritzke/Lei 9:09.6, Kingery/SC 9:12.6, Barnett/Hills 9:18.0, Montenegro/Linc 9:18.0, Feenstra/J 9:19.4,

Mangan/Fre 9:27.0, Cavazos/Merc 9:32.0, Hulburd/Lyn 9:32, Cochran/Lyn 9:32, Hull/M-A 9:32.5, Adams/Hill 9:34, Fernandez/Hom 9:35, Furey/EC 9:40. (Juniors) Salet/Mil 9:26, Munoz/Wat 9:26, Gagen/EC 9:30, Farrell/LS 9:32.5, Paulin/Cam 9:32.8, Read/J 9:34.4, Miller/MP1 9:40, Bolen/EC 9:44, Clemens/Soq 9:47, Fairley/LS 9:50.3. (Sophs) Holmes/Down 9:08.9, Flores/Linc 9:37, Gauk/J 9:43, O'Neil/J 9:43.4, Nicklin/MVs 9:45, DeFount/Wash 9:50.6, Melendez/MP1 9:51, Siquieros/Wat 9:52, Skeeland/Cam 9:56.3, Cortez/Wood 9:57. (Frosh) Hansen/Cam 9:40, Love/Carl 10:10, Himenes/Wood 10:16, Sipiora/Lei 10:24.8, Graycar/SC 10:27.6, Castro/Logan 10:28, Smith/Aw 10:31, Billmaier/Camden 10:31, Luttrell/SC 10:32.5, Richards/SCrk 10:33. /L. Lansberry/



(Left) Judy Graham won the PA-AAU Women's XC Championships by a full 45 seconds. (Right) Roy Kissin (9:02.0) turned in a fast 2-mile at the San Jose Postal, with Jeff Curran, previously undefeated this season, a close second (9:03.0). /John Marconi/

PA-AAU 14-15 and Women's X-C Championships: (Nov. 3, Hellyer Pk, San Jose) - (14-15) SJC'A' 47, SJS 71, RCF 78, SJC'B' 124, MLTC 138...Trayson/SVTC 20:09.9, Bowers/SJC 20:27, Greenberg/SJC 20:36, Sakelarios/RCF 20:51, Nachbar/WS 20:57, Powell/SJC 21:04, Reneau/BRR 21:17, Wolfe/RCF 21:27, Van Tassel/SJS 21:39, Seibel/SJS 21:46. (Women) SJC'A' 24, WVTC 81, SJC'B' 88...Graham/SJC 21:21.1, Carron/MLTC 22:06, Olrich/WVTC 22:09, Anderson/SJC 22:13, Poor/SJC 22:26, Guina/SJC 22:39, Neary/S-C 22:53, Eberly/SJC 22:58, Mears/SJC 23:01, Finn/Un 23:09, Simmons/RCF 23:16, Dimmick/SJC-B 23:21, Ulyot/WVTC 23:24, Caldwell/Un 23:45, Regalado/SVTC 23:46. /Marge Powell/

A.C.A.L. Championships: (Nov. 6, El Sobrante) - (Var): 2.9 Mi - Alameda 41, Encinal 67, El Cerrito 74, San Leandro 120...Williamson/PV 13:58 (CR), Bowles/En 14:05, Sabo/Ala 14:12, Acosta/Al 14:20, Pitcher/SL 14:21, Zimmerman/Berk 14:22, Haugan/E 14:23, Mills/Ala 14:24, Sigmon/Ala 14:27. /Jeff Zimmerman/

A.A.A. Championships: (Nov. 6, S.F.) - (Var): 2.6 Miles - Geo. Washington 32, Lincoln 66, Balboa 85...DeFount/Wash 12:42.6 (soph), Lee/Wash 12:46, Lowe/Bal 12:50, Byrd/Linc 12:53, Toscanini/Wash 13:05, Knapp/Wash 13:06, Benais/Low 13:08, Garcia/Bal 13:18, Fong/Low 13:11. /Daryl Zapata/

LONG DISTANCE RESULTS

West Valley TC Third in Hour Run Postal Nationally: (Deadline for marks was July 31) - The Beverly Hills Striders were easy team winners with 56 points, followed by North Carolina TC and NorCal's West Valley TC with 82 and 83 respectively. The total distance run by WVTC would have beaten NCTC, but placings were counted instead of distances, for some unknown reason. Other California clubs in the top ten: 4th-San Diego TC 186, Golden West AA 189, Culver City AC 192, Santa Barbara AA 199...Individuals: Tuttle/BHS 12-430, Stewart/WVTC 12-106, Camp/Navy 12-69, ...9-Mejia/WVTC 11-1320, 14-Birnbaum/WVTC 11-1186, 42-Bellah/WVTC 11-428, 45-Darling/ETC 11-358, 58-Himmelberger/WVTC 11-160, 66-Dan Anderson/WVTC 11-76, 88-Zapata/WVTC 10-1626, 132-Fritzke/Un 10-1058, Krebs/GWTC 10-1030. -- Jacki Hansen (9-1266) was the first woman across the line, followed closely by Marilyn Paul with 9-1124. Bill Gookin/SDTC ran 11-44 to cop honors in the masters division. Second was Dick Bartek (10-1719). /Brennand/

Santa Monica Sports Festival: (Aug. 18, Santa Monica) - (6.1 Miles) Williams/BHS 30:32, Arbogast/WSU 30:37, Baksh/CCAC 30:46, Beal 30:49, Macias/ELATC 31:10, Kushner/GWAA 31:15, Schmickrath/GWAA 31:43, Kluevers 31:55, Chambliss/SBAA 32:03,... (Masters & Women) - Mundle/SMTC 33:45, B. Shirley 34:15, P. Shirley 35:54, Nicholson/STC 35:59, Fitzgerald/STC 36:09... 9-Jacki Hansen/BHS 36:42. /John Brennand/

Jon Anderson Upsets Kenny Moore at Seaside Beach Run: (Aug. 24, Seaside, Ore.) - (7M-574Y) - Anderson/OTC 36:56, Moore/OTC 37:10, Manley/OTC 37:15, Brown 37:37, Heinonen/OTC 38:03, Koch/OTC 38:10, Barr 38:46, Hatton(40+) 38:49, Miller 39:00, Barger/OTC 39:04, R. Williams 39:09, Clark 39:15, Oja 39:16, Ristau 39:21, Small 39:30, Gray/OTC 39:34, DeVecka 39:41, Divine/OTC 39:43, Castle 39:50, Gustafson 40:08...35-A. Beardall 41:14, 38-Johansen/SDTC 41:26, 39-Norris/OTC 41:29, 41-Mortenson 41:35, 53-Simon/S.F. 42:39, 65-Parsons/CSU 43:05, 181-Crandell/SRRC 48:26, 220-Bright/SnohTC 50:36, 370-T. Crandell/SRRC 68:49. /Ralph Davis/

Mt. Baldy Climb: (Sept. 2, SoCal) - Moffitt/GNG 63:28, Hughes/BHS 67:08, Chase/Un 68:22, Dobrentz/CCAC 72:00, Crum/STC 73:10, Arorey 73:25, Greer/BHS 66:12...9-Jones(40+)/STC 78:17, 34-Donna Gookin/SDTC 92:35. /John Brennand/

Somis 10-Miler: (Sept. 7, Somis) - Rowley/CCAC 57:30, Dobrentz/58:13, Broten/STC 59:18, Howell/SBAA 59:19, Perez/GWAA 59:47, Edwards 61:13, Guevara 62:18. /John Brennand/

Occidental X-C Race: (Sept. 14, L.A.) - Rudd 21:49, Moffitt/GNG 21:58, Greer/BHS 22:35, Alfaro/Aztl 22:59, Dobrentz/CCAC 23:04, Rawlings 23:09, Shaffer/CCAC 23:14, Caldera/Un 23:20, Perez/GWAA 23:21, Vendermeer 23:32...26-Nicholson(40+) 25:47, 30-Ceja(50+)/STC 26:51, 32-Garcia(50+)/Un 27:06. /J. Brennand/

Clear Lake Marathon: (Sept. 14, Clear Lake) - Consists of a run, a swim, a mountain climb (& descent) and a final swim. Won by George Warren of San Diego in 3:40...2-Glass/Castro Vly 3:55, Schriven/Millbrae 4:15, P. Cain/Sac'to 4:19, Taylor/Berk 4:23, Thomson/Millbrae 4:23, Rosenthal/Orinda 4:44, Urban/SJ 4:56, Baitinger/San Mateo 5:00. /Len Wallach/

Rio Beach Run: (Sept. 15, Aptos) - (6.9 Miles) Gruber/SJS 35:33, McConnell/Stanford 35:33, Genet/SJS 35:33, Marg 36:52, Reime/CabrTC 37:56, Alexander 37:57, Brock/Un 37:59, Ingraham/CabrTC 38:06, Jahn/VMTC 38:13, Price/WVTC 38:27, Salazar/Lick 38:42, Sawyer/OAC 39:24, Escamilla 39:27, Lee 39:31, Lynde 39:42, Alvarado 39:44, Flanigan 39:58, Marlowe 40:04, Reynaga/WVTC 40:12, Norwick 40:36. (Women) Neary/S-C 43:13, Trason 45:17, Furtado 45:56, Green 47:39, Himmelberger/WVTC 47:48. /Bill Flodberg/

International Women's Marathon: (Sept. 22, Waldniel, W. Germany) - (Please see story on page 11 of this issue) - Winter/WG 2:50:31.4, Langlance/Fr 2:51:45.2, Vahlensiek-Kofferschlagel/WG 2:54:40.4, Preuss/WG 2:55:59.6, Hansen/USA 2:56:25.2, Ulyot/USA-WVTC 2:58:09.2, Ikenberry/USA-RRR 2:58:47, Kuscsik/USA-Suffolk AC 3:06:00.4,...13-Bunz/USA-WVTC 3:16:49.2, 16-Lyman/USA-WVTC 3:22:30, 20-Anderson/USA-NCSTC 3:25:32, 28-Smith/USA-PAMA 3:59:36...Teams: WG #1 8:41:11.4, USA #1 8:53:21.4, WG #2 9:41:23.8, USA #2 9:45:19.6. /Dawn Bressie, Peggy Lyman/

Big Bear City Run: (Sept. 22, Big Bear City) - (10 Miles) P. Ryan/GWAA 54:31, Scobey/Un 55:10, Carlson 55:53, Rowley/CCAC 56:03, Miller 56:07, Swift 57:22, Simons 57:45, Gordon 57:51, Shaffer/CCAC 58:27, Dobrentz/CCAC 59:09...17-Nicholson (40+)/STC 63:52. /John Brennand/

Beardall Easy Winner at Mt. Vaca: (Sept. 28, nr. Vacaville) - With virtually no competition, Marin AC's Darryl Beardall took the lead from the start and won by over 5 minutes in this tough up-and-down mountain run. -- Beardall/MAC 68:45, Lotter 74:01, Malain/NCSTC 75:00, Summer 75:35, Cordone 76:00, Flodberg/WVJS 76:52, Schoener 78:03, Sampson 79:59, Sanborn 86:00, Deckard 88:08, Woodruff/Jgn 89:38. /Bill Flodberg/

SPA-AAU 20 Kilo Championships: (Sept. 28, Griffith Pk., L.A.) - Tuttle/BHS 61:14, Babiracki 62:06, Covert 64:47, Hughes/BHS 65:03, Chambliss/SBAA 65:43, Branch/CCAC 66:24, Ferguson 66:24, Kurrle/BHS 67:12, Rowley/CCAC 67:20, Alfaro/Aztl 67:36, Shaffer/CCAC 67:41, Smartt(40+)/BHS 68:04, Kendall/Oxy 69:35, Dobrentz/CCAC 70:37. /John Brennand/

New York City Marathon: (Sept. 29, N.Y.C.) - Sander/Millrose 2:26:30, McAndrews/BAA 2:28:16, Frederick/NYAC 2:32:18. /Lebow/

Palo Alto 10-Miler: (Sept. 29, Palo Alto) - A very small field (25 finishers) participated in the 2nd Annual affair, mostly due to its not being included in the PA-AAU Handbook. WVTC's Dennis Tracy had little trouble in winning as he pleased in a time of 55:56, some 3-1/2 minutes off Jim Dare's 1973 standard of 52:26. Bill Benz was almost a full minute back in 56:41, while John Hangy captured the third slot with a 58:57. Only other finisher under one hour was Bill Divita with a 59:54. Ed Dally led the over-40 pack with 60:19, good for fifth overall and way ahead of Peter Wood's 64:01. No other masters runner was close. Peter actually ran about 200 yards extra as he got lost on the course. Kathy Monterrosa won her first race (that we know of) in recording an 83:01. --- Dennis Tracy/WVTC 55:56, Bill Benz 56:41, John Hangy 58:57, Divita 59:54, Dally 60:19, Putallaz & Bermingham 63:35, Wood 64:01, Gallegos 64:09, Dudley 70:12, Moore 70:35 (ran 1/4 mile extra), Goen 71:00, Whetstone 71:10, Conley 72:08, Subotnick & Longworth 73:58. /John Banich/



(Left) Marcie Trent, 56, of Anchorage, Alaska, set a women's round-trip record in the Pike's Peak Marathon in August...here she's running a 24-Hour Relay in early June. /John Trent/

(Right) Dennis Tracy, winner of the 2nd Annual Palo Alto Ten Miler...shown finishing the 5K race at Lake Merritt this year. /Dennis O'Rorke/



Cusack Wins Rice Festival Marathon: (Oct. 5, Crowley, La.) - Meet Director Charlie Attwood, an ex-WVTC runner now living in Louisiana, put on the First Annual Rice Festival Marathon in grand fashion...including mile marks for *every mile!* Neil Cusack, the eventual winner, said it was the fastest course he'd ever run on. He did 2:14:27 and didn't apparently put in an all-out effort. Ron Wayne, now living in Berkeley, recorded a PR 2:16:16 in second place, becoming the first American to ever run four sub-2:20 marathons in the same year. Terry Ziegler of Oklahoma also recorded his best time at 2:18:16. Rick Bayko of Massachusetts was fourth in a good 2:23:14...and then the times dropped off a bit. Even Walt Stack (67?) got the VIP treatment, as he was flown in to participate because of the added color he gives to any race. He responded with his 'usual' good race, hitting 3:36:59, only a few minutes off his best. A better-than-average 86% finished the race (normally about 75% of marathoners finish), probably due in large to the well-manned aid stations. Congratulations Charlie on a well-done job. Maybe WVTC can send a team next year? /Charlie Attwood/

Phil Ryan Whips Field in Will Rogers X-C: (Oct. 6, nr. Pacific Palisades) - To paraphrase a movie advertisement from nearby Hollywood, "If you like running hills, you'll love the Will Rogers race." Some of the SPA's top hill runners entered the event, with Phil Ryan of the Golden West A.A. taking top honors in a time of 49:19.8. Within the past year Ryan has won Mt. Wilson and Mt. San Antonio College races. Second placer Ray Hughes (50:55) is a tough hill runner too, winning at Elysian Park and also running high up at Mt. Baldy. Culver City AC's Marv Rowley, who is expected to be one of Southern California's best in the sub-masters' class, copped third (51:06). The tough course consists of two laps in the form of a figure '8' laid out on the slopes of the Santa Monica Mountains near Pacific Palisades. There is a 300-foot elevation gain on the upper, dirt loop, and an additional 200-foot differential on the lower, paved loop. Hughes was off to an early lead as the 110-man field circled the polo field. Halfway up the first hill, about one mile from the start, Ryan caught up and took over the lead.

The second time up the hill, Ryan opened up an insurmountable lead and went on to win the race by some 500 yards. All four of the leaders were running alone during the second half of the race. Ryan's time was 25 seconds slower than the course record of 48:53 set in 1973 by Chuck Smead, as he dueled with Bill Scobey. Culver City AC, the race sponsor, won the team title by a slim margin over the Beverly Hills Striders, and Aztlan also had the same score. -- Phil Ryan/GWAA 49:19.8, Ray Hughes/BHS 50:55, Marvin Rowley/CCAC 51:06, Bob Branch/CCAC 51:21, Kaj Johansen/SDTC 52:32, Rawlings/Un 52:43, Alfaro/Aztlan 52:51, Stripsky/Un 52:55, Perez/Aztlan 53:07, Haas/GWAA 53:23, Arce/Un 53:32, Brennand/SBAA 53:41, Mundle/SMTC (40+) 53:53, Bozanic/USM 54:24...23-Ron Larrieu/BHS 57:13. -- Teams: CCAC 58, BHS & Aztlan 62, GWAA 71, STC 75. /Bud Hanson/

Camp Sets Course Record at Nike/OTC Marathon: (Oct. 13, Eugene) - Conditions were somewhat less than perfect, but still good enough to enable Navy's Phil Camp to run a 2:22:09 for a course record on an overcast, but windy day (sunny after 1-1/2 hours). Tom Heinonen was a fairly close second at 2:22:50. --- Camp/Navy 2:22:09, Heinonen/OTC 2:22:50, Oja 2:24:35, Dewsberry/OTC 2:29:12, Sigmont 2:32:07, Parsons/CSU 2:35:05, Clark 2:36:36, Almeida/SDTC (50+) 2:46:59, Johnson 2:47:35, M. Henderson 2:47:50,...12-Ratliffe/Un 2:49:45, 18-Keith Formann/OTC 2:57:28, 30-Dito 3:11:08, 39-Foley 3:22:20, 49-Les Anderson 3:41:50, 52-Tripodes 3:44:10, 53-Subotnick 3:47:09. -- Camp's 5-mile splits were: 27:13, 55:03, 1:22:05, 1:48:45, 2:15:55 (Heinonen was with him until between 20 and 25 miles...Camp led by 20 seconds at 25 miles). /Jeff Hollister/

New Ways A.C. 10 Kilo: (Oct. 13, Chico) - Mike Buzbee/NWAC 33:39, Pat Buzbee/NWAC 34:21, Govi 35:37, Cain 36:07, Skram 36:51, Olson 37:43, LaBierre 38:21, Newell 39:11, Hughes 39:54, Daniel 39:56...24-Betty Best 45:29 (1st woman)...38 finishers. /Joe McNally/

Columbus Day/Lake Merritt Runs: (Oct. 13, Oakland) - Despite a lack of communications that resulted in a near failure for even starting the race, the popular Lake Merritt 5 and 10 Kilometer Runs finally got under way, although it was basically a 'fun run'. The runners in the 10K followed the orange traffic cones marking the bike race, thus going only about 5.4 miles, however, the leaders in the shorter race remembered the course from the previous year and ran an accurate 5K. Times were only recorded for the top ten finishers in each race (plus top masters and women). Jim Dare defended his 1973 title in the once-around race, setting a new course standard of 14:41 to easily upend Joe Taxiera, who did 15 minutes flat. Kathy Himmelberger took top honors in her division over Nancy Edelson, but times were not recorded (actually, I made a mistake above...only times for the women's 10K were recorded). The top masters runner in the 5K is unknown (we think it might have been Bill Mackey). Bill Clark and Jim Nuccio managed to come within 2 seconds of Gene Gurule's 'ancient' 1965 'short loop' standard of 26:50, and probably could have quite easily broken it had they known how close they were. Andy Betschart of Cal/Berkeley was a distant third with a 27:44 clocking. Dennis Teegarden took a healthy victory over a strong field of veteran runners with Jim O'Neil and Ken Napier taking the next two slots...again, no times are available. Maryetta Boitano completely annihilated the women with her 32:27 (about a 35:40 for 10K we think), as Lynn Penn's 36:19 and Ruth Anderson's 36:45 attest. Carolyn Tiernan (37:20) and Betsy White (37:45) were two others that fell by the wayside of the 10-year-old whiz...or maybe 11 now? 5 Kilo: Jim Dare/WVTC-Navy 14:41, Joe Taxiera/ATC-UCD 15:00, Jack Leydig/WVTC 15:11, Gene Fitzgerald/PAMA, Tracy/WVTC 15:26, Kruse/WVTC 15:36, Harris/WVTC 15:38, Hessler 15:49, Himmelberger/WVTC 15:49, Woodward 16:07. 10 Kilo: Bill Clark/WVTC & Jim Nuccio/WVTC-Army 26:52, Andy Betschart/Cal 27:44, Frank Donahue/ETC 27:52, Bob Darling/ETC 27:56, Hernandez/WVTC 28:00, Conroy/ETC 28:17, Butt/Marin AC 28:35, Jones 28:58. /Harold De-

Moss & Dawn Bressie/



A pack of runners in one of the SPA's favorite hill runs, the Will Rogers XC. This year Golden West AA's Phil Ryan came with 25 seconds of Chuck Smead's standard. For a photo of Ryan, see the following page.

/Bud Hanson/



(Left) Start of the PA-AAU 50 Kilometer Championships in Sacramento. /Jim Watt/ (Center) Golden West AA's Phil Ryan, winner of the Will Rogers XC Race. /Bud Hanson/ (Right) Jim Birnbaum, winner of the PA-AAU 50 Kilometer Championships. /Jim Watt/

Carl Swift Cops Santa Barbara Marathon: (Oct. 13, Santa Barbara) - Azusa Pacific's Carl Swift proved that you can be a top-notch race walker and also a good marathoner in the Tenth Annual Santa Barbara Marathon. His 2:27:55.8 is one of the best ever on this tough course, and his margin of victory over SBAA's Mike Chambliss was nearly 2-1/2 minutes. Jim Barker from Seaside (near Monterey) was third, another 40 seconds back. Dick Bartek, 42, ran a 2:39:15 for sixth, but had to settle for second in the masters division behind SDTC's Bill Gookin with a 2:34:46 in fourth. But most surprising of the veteran performances was turned in by 68-year-old Monty Montgomery, who seems to keep running sub-3 hour marathons forever. His 2:56:53 was a world age best. Eileen Waters set a PR in leading the women with her 3:03:38 (28th). A total of 117 finished. --- Swift/AP 2:27:56, Chambliss/SBAA 2:30:20, Barker/Un 2:30:59, B. Gookin/SDTC 2:34:46, Maron/SBAA 2:36:34, Bartek 2:39:15, Brennand/SBAA 2:39:28, Dally/Monterey 2:46:06, Akard 2:46:46, Hodge 2:47:04, Peck 2:48:35, Sawyer/OAC 2:49:17...40-S. Collins/SLDC 3:10:59, 88-V. Collins/SLDC 3:41:32. /John Brennand/

Birnbaum Wins Solo 50K: (Oct. 20, Sacramento) - West Valley TC's Jim Birnbaum, running his first marathon-range road race, and after competing in a high-caliber cross country race (10 Kilos) the previous day, had a pretty easy time of it, winning as he pleased in 3:09:10, a very good time considering the 80° temperatures that plagued the competitors. Passing through the marathon in about 2:34, he slowed considerably over the last 5 miles (his margin over second place Ross Smith dropped from nine to six minutes). Smith had a 2:43 at the marathon and the 46-year-old Reno professor completed the 31 miles in 3:15:27. Another veteran runner, Bill Snavely, was another 30 minutes back in third place in this PA-AAU Championship race. Yvette Cotte of

Zarate Makes Short Work of 10 Mile Field at Lake Wildwood: (Sept. 14, nr. Grass Valley) - Ron Zarate, competing for the Nevada TC, had little trouble disposing of Pat Finn of Chico State and several others in this tough 10 mile run sponsored by the Gold Spike TC. The 54:32 is probably a course record, but at any rate is faster than the 56:08 winning time of 1973. Finn finished a full 30 seconds arrears, and teammate Greg Griffin was another 40 back. Ralph Blount upset Bob Malain in the masters division, winning by over 40 seconds and taking 22nd place. There were 61 finishers. Darcy Burlison (85:00, 56th) was the first of only two women finishers. Darryl Beardall was 44th and although the results don't indicate it, he probably got lost or very sick...this performance is far off his best (anyone know if he got lost?). /Nick Vogt/

1 - Ron Zarate/Nevada TC	54:32	11 - Jack West/Chico St.	58:48	21 - Abe Underwood/Buffalo Chips	63:51
2 - Pat Finn/Chico St.	55:02	12 - Nick Vogt/Gold Spike TC	59:39	22 - Ralph Blount/Ophir	64:59
3 - Greg Griffin/Chico St.	55:42	13 - Tim Stone/Chico St.	59:39	23 - Greg Tinloy/Gold Spike TC	65:09
4 - Michael Buzbee/Gold Spike TC	56:17	14 - Mike Funntciaki/Chico St.	60:00	24 - Bob Malain/NCSTC	65:40
5 - Tim Jordan/Golden West TC	56:47	15 - Gordon Vredenburg/GWTC	61:32	25 - Pete Schoener/Buffalo Chips	65:55
6 - Tom Brown/Chico St.	57:27	16 - Mark Nygart/Gold Spike TC	62:05	26 - Sam Trujillo/Un	66:10
7 - Pat Buzbee/Gold Spike TC	57:28	17 - Tony Webb/Chico St.	62:13	27 - Don Richey/Un	66:54
8 - George Raseas/Chico St.	57:43	18 - Norman Simon/Un	62:18	28 - Larry Summer/Buffalo Chips	66:54
9 - Tony Ruggel/Chico St.	57:44	19 - Doug Rennie/Buffalo Chips	62:32	29 - Corbin Scott/Chico St.	66:--
10 - Humberto Hernandez/WVTC	58:00	20 - Dan Davinson/Golden West TC	63:38	30 - Mark Reed/Gold Spike TC	68:07

Clark Tops at Walnut Festival: (Sept. 22, Walnut Creek) - Continuing his return to form, West Valley TC's Bill Clark pulled away strongly in the latter stages of the 5.6+ mile race to win a 15-second margin of victory. Ed Schelegle of the Aggie TC (Davis) showed he will be a top contender in the Far West Conference this season with a fine second place, some 15 seconds behind the winner. Matt Yeo of the Aggies was the same distance back in third. The Cal-Davis crew managed a very narrow victory over the West Valley TC, 47-48 (removing unattached runners and incomplete teams from the scoring...45 to 48 otherwise). Dennis Teegarden had an easy time with the over-40 crowd, cruising to a solo 31:39 over Bill Snavely's 33:02. Lee Adams was third Vet at 33:54. Phyllis Olrich managed to keep from getting lapped by the leaders on the 5-loop circuit and wound up in 72nd spot with a fine time of 35:11. Teammate Kathy Himmelberger was next with a 37:18. --- Besides the long race, there were a series of shorter age-group

the RC Flyers (15 years old) took 7th overall among the eleven starters (only 8 finishers). She recorded a 4:45:15. There were no complete teams to finish (in fact, 8 different clubs each had one finisher). -- Birnbaum/WVTC-USAF 3:09:10, Smith/WVJS 3:15:27, Snavely/BVH 3:45:37, Choi/ETC 3:49:17, Holmes/BC 4:24:55, Crosetti/TRAC 4:32:56, Cotte/RCF 4:45:15, Powell/DSE 6:47:57...DNF's: Krebs/GWTC 3:02 at 26 miles, Park/BC 2:05 at 25 kilos, McIntyre/BC 40:25 at 5 miles. /Walt Betschart/

Cusack Wins 'The Great Race'--Loeschhorn 12th: (Oct. 26, Perry, Florida) - Neil Cusack of Ireland and the NYAC went off course with a large lead, was given a ride back onto the course and placed the same distance in front of second place as he had been when he left the course, and was disqualified. Later he was reinstated at the request of the other athletes, since his margin of victory (over 2 minutes) was adequate proof that he would have won regardless. His 1:05:11 for the half-marathon distance was especially good considering the humid conditions. The race was held in conjunction with the Florida Forest Festival and the last portion of the run was in soft sand...several miles worth. Jeff Galloway of the host Florida TC was second to finish with 1:07:32, followed by Chris Stewart (England/NYAC) and Marty Liquori (1:07:59 and 1:08:15 respectively). WVTC's John Loeschhorn had his expenses paid to the race and picked up 12th (1:11:45), beating out such 'class' runners as Doug Brown and Ron Wayne. --- Cusack/NYAC 1:05:11, Galloway/FTC 1:07:32, Stewart/NYAC 1:07:59, Liquori/NYAC 1:08:15, Blewett/Atlanta TC 1:08:30, Anderson/OTC 1:09:09, Carpenter/FTC#2 1:10:04, Staunton/FTC#2 1:10:37, Brown/FTC 1:10:28, Louv/FTC#2 1:10:37, Messenger/FTC#3 1:11:31, Loeschhorn/WVTC 1:11:45, Brown/Knoxville TC 1:12:16, Fredericks/NYAC 1:13:05, Varsha/Atlanta TC 1:13:10, Makela/Marin AC 1:13:38, Wayne/OTC 1:13:47, Pietsch/Un 1:13:58, ...23-Misner/FTC 1:15:40, 24-Heinonen/OTC 1:15:40. /Henderson/



(Left) Some of the top finishers in the women's 2.12 mile race at the Walnut Festival (left to right): Loretta Simmons, Sue Munday, Mary Cortez, and Chris Sakelarios. (Right) Leaders in the 5.6 mile Walnut Festival just before 2 miles (l-r): Bill Clark, the eventual winner, Ed Schelegle (runnerup), and Joe Taxiera. /John Marconi Photos/

and other assorted races. Here are the top finishers in those races: GIRLS: (9/U) - 1 mile - Smith/SVTC 6:35.2, Scannell/Walnut Crk 6:39, Brashear/Rosv 6:49, Briswell/Rosv 6:53, Sylvester/Rosv 7:07; (10-11) Boitano/SERC 5:43.6, Scannell/WCrk 6:14, Hinjosa/Rosv 6:16, Doran/Rosv 6:17; (12-13) Himenes/RCF 5:34.4, Rudolph/WRR 5:37, Salisbury/OTC 5:52, Sakelarios/RCF 6:00, Davis/RCF 6:04; (14/Over) - 2.12 miles - Allen/SJS 11:56.8, Munday/Lincoln 12:06, Simmons/RCF 12:37, Monroe/Lassen 12:41, Sakelarios/RCF 12:44. BOYS: (13/U) - 2.24 miles - Larson, J. Larson, Bennett, Phillip, M. Chatterton (no times available); (13-18) Searls 7:13.4, Hamilton 17:34, Dowling 17:58, Zimmerman 18:07, Price 18:08. FAMILY RACE: 2.24 Miles - Robben 12:44.5, Boitano/SERC 13:03, Searls/PH 13:12, Pinckard 13:15, Wall 13:29, M. Robben 14:06, Mahannah 14:17, Myers 14:20, M.E. Boitano/SERC 14:23, D. Searls/PH 14:28. There were 133 finishers in the large race, considerably down from previous years, possibly because of the course change, but we'd like to hear from our readers as to why they think the race is getting less runners each year. /Andrew MacCono/

1 - Bill Clark/WVTC	28:21	21 - Robert Davis/Aggies	30:18	41 - Steve Lundin/Diablo Valley JC	32:09
2 - Ed Schelegle/Aggies	28:36	22 - Garth Janke/Sac'to CC	30:21	42 - Dan Davidson/Unat	32:09
3 - Matt Yeo/Unat	28:51	23 - Bob Giles/Aggies	30:24	43 - Jayme Record/Sac'to CC	32:13
4 - John Sheehan/WVTC	29:04	24 - Lee Hotchkin/Unat	30:28	44 - Gary Montante/Unat	32:14
5 - Mike Emry/Diablo Valley JC	29:14	25 - Mike Pratt/Aggies	30:29	45 - Fred Kenyon/VMTC	32:24
6 - Pete Sweeney/Aggies	29:16	26 - Steve Barr/Sac'to CC	30:33	46 - John Geer/WCATC	32:27
7 - Mike McGrath/Unat	29:25	27 - Joe Woods/Aggies	30:41	47 - Dan Cunningham/Diablo Vly JC	32:33
8 - Pat Stordahl/Unat	29:27	28 - Stanley Mora/Sac'to CC	30:53	48 - Oscar Betancourt/Sac'to CC	32:39
9 - Joe Taxiera/Alameda TC	29:29	29 - Roger Stordahl/Sac'to CC	31:01	49 - Lloyd Sampson	32:40
10 - John Ladd/Aggies	29:37	30 - Felix Gayton/Sac'to CC	31:05	50 - Bill Snavely/BV Harriers	33:02
11 - Dave Himmelberger/WVTC	29:44	31 - Stuart Hobbs/Aggies	31:06	51 - Doug Castro	33:03
12 - Jim Emme/Aggies	29:49	32 - Dan Lopez/Aggies	31:12	52 - Roy Harris/Aggies	33:08
13 - Dale Young/San Diego	29:50	33 - Tom Castro/Unat	31:23	53 - Mike Lampa/Aggies	33:16
14 - Dan Anderson/WVTC	29:57	34 - Bryan Gieser/Unat	31:25	54 - Eric Van Baer/Aggies	33:35
15 - Leeper/Unat	29:58	35 - Alan Sauer/Diablo Valley JC	31:33	55 - Tom Rinker/Diablo Valley JC	33:36
16 - Jim Barker/Unat	30:03	36 - Dennis Teegarden/NCSTC	31:39	56 - Mark Schratz/Diablo Valley JC	33:37
17 - Lon Bergquist/Aggies	30:04	37 - Haywood Norton/Unat	31:46	57 - Ralph Bowles	33:37
18 - Jack Leydig/WVTC	30:08	38 - Fred Sanstrom/Aggies	31:49	58 - Allan Mathews/Diablo Valley JC	33:38
19 - Rich Chitwood/Aggies	30:13	39 - Charles Poutasse/Aggies	31:55	59 - David Sjostedt	33:39
20 - Bill Kipp/Sac'to CC	30:16	40 - David Call/Sac'to CC	32:02	60 - Mike Shaughnessy/WVTC	33:45

Peterson Surprises at Pamakid Lake Merced Run: (Oct. 6, S.F.) - (7.1 Miles) - Bill Clark and Jim Dare were gliding along with a little over a mile to go when slow-starting Tim Peterson, competing unattached, decided to make it a race by blitzing the last mile and leaving the two WVTC runners far behind. His 35:06 was well off of Jon Anderson's course mark (34:25 in 1972), but it was 8 seconds in front of second-placer Clark, and another 15 ticks in front of the fast-fading Dare. Jim Shettler was the top finisher in the over-40 category in 37:41, some 36 seconds in front of teammate Ross Smith's 38:17. Bill Jensen was a distant third at 40:18. Joan Ulliot, fresh off her 2:58 marathon in Germany, had little trouble in disposing of her competition in the women's division. Carol Tiernan's 49:27 was nearly five full minutes in back of Joan's 44:31! Catherine Smith (51:18) and Carroll O'Conner completed the top four female placers. A total of 179 runners completed the scenic and very well run race, sponsored by the Pamakid Runners. Below and on the following page are listed the top 75 placers. /Alex Monterrosa/

1 - Tim Peterson/Unat	35:06	11 - Dave Himmelberger/WVTC	37:18	21 - Ed Price/West Valley TC	39:42
2 - Bill Clark/West Valley TC	35:14	12 - Joe Lucas/West Valley TC	37:23	22 - Unofficial Runner	39:48
3 - Jim Dare/West Valley TC	35:29	13 - Jack Leydig/West Valley TC	37:28	23 - Bill Jensen/Pamakids	40:18
4 - Daryl Zapata/West Valley TC	35:53	14 - Jim Shettler/West Valley J&S	37:41	24 - Unofficial Runner	40:30
5 - John Hayes/Unat	35:57	15 - William Benz	38:09	25 - Lloyd Sampson	40:34
6 - Doug McLean/West Valley TC	36:07	16 - Dick Schupbach	38:11	26 - Ed Dally	40:35
7 - John Loeschhorn/WVTC	36:15	17 - Clark Rosen/Pamakids	38:15	27 - Don Chaffee	40:36
8 - Bobby Darling/Excelsior TC	36:27	18 - Ross Smith/West Vly J&S	38:17	28 - Lester Devoe/Unat	40:42
9 - Mike Conroy/Excelsior TC	36:43	19 - Kent Guthrie/West Vly J&S	38:49	29 - Ray White/Stanford RC	41:06
10 - Dennis Tracy/West Valley TC	37:07	20 - Wayne Plymale/Pamakids	38:59	30 - Unofficial Runner	41:19

31 - Dennis Martinez	41:43	46 - Antonio Reyes	44:27	61 - Bob Danielson	46:49
32 - Abe Underwood	42:02	47 - Gary Alderman	44:29	62 - Don Swartz	46:52
33 - George Roarch	42:11	48 - Joan Ulylot/West Valley TC	44:31	63 - Jonathan Brown	46:56
34 - Ed Preston/NCSTC	42:21	49 - Tom Fodor	44:42	64 - Mike O'Neil	46:59
35 - Roland Watson	42:21	50 - Dennis Lem	44:43	65 - Michael Preece	47:08
36 - Dave Chatterton/Pamakids	42:23	51 - Unofficial Runner	44:55	66 - Sheldon Gersh	47:20
37 - Ralph Bowles	42:33	52 - Loren Blaco	45:21	67 - Don Mittelstaedt	47:24
38 - George Ridout	42:37	53 - Doug Park	45:23	68 - Rick Kolby	47:35
39 - Pete Schoener	42:38	54 - John Comisky	45:30	69 - Tim Chevez	47:51
40 - Jose Juarez	42:54	55 - Earl Norgard	45:32	70 - Jim Gallagher	47:53
41 - Darrell Jeong	42:58	56 - Colby Harmon	45:35	71 - Steven Larson	48:04
42 - Tom Willis	43:02	57 - Mike Jones	46:02	72 - Shea Monroe	48:04
43 - John Hutchinson/NCSTC	43:43	58 - John Whetstone	46:02	73 - John Stafnses	48:06
44 - Bryan Hennesy	43:43	59 - Jim Mullany	46:10	74 - Sal Fukuda	48:13
45 - Terry Mullen	44:05	60 - Taylor Washburn	46:37	75 - Peter Alexander	48:13



Start of Pamakid Lake Merced Run in San Francisco (above), and eventual winner Tim Peterson (below, left). /Dennis O'Rorke/



Ron Wayne Captures First Annual Berkeley Waterfront Run: (Oct. 19, Berkeley) - Ron Wayne, who just recently became the first American to ever run four sub-2:20 marathons in the same year, ran a race just a few blocks from his home and won quite handily over Hal Tozer of Cal-Berkeley, who didn't make it down to the big 5-way meet at Stanford with the rest of the X-C team. Leading from the gun, Ron had little trouble in establishing himself as favorite. His 29-second margin of victory could have been a good deal larger if he had been pushed. Colin Templeman won the masters division (31:02) over Gene White (32:13), and Louise Adamson (33:35) had a close battle with masters (women) herself, as she barely held off Ruth Anderson (33:45). Carolyn Tiernan was five more seconds back. The co-sponsoring Athletic Dept. and Sierra Designs gave out very nice merchandise awards and everyone enjoyed the overcast weather, which conveniently stayed until the race was finished. A total of 131 completed the inaugural run, which was obviously longer than the advertised 5.0 miles. /Tom Ratliffe/

1 - Ron Wayne/Unat	25:20	21 - Jack Cook	30:27
2 - Hal Tozer/Cal-Berkeley	25:49	22 - Louis Tijerina	30:40
3 - Ken Scalmanini/Pamakids	26:11	23 - Rodney Soo	30:45
4 - Jack Leydig/West Valley TC	26:25	24 - Unidentified Runner	30:59
5 - Dennis Tracy/West Valley TC	27:08	25 - Colin Templeman	31:02
6 - Dennis Martinez	27:46	26 - Michael Berkowitz	31:15
7 - Dale Severy/Santa Barbara AA	27:52	27 - Ralph Waller	31:16
8 - Michael Brodie	28:17	28 - Fred Goss	31:18
9 - Doug Rennie	28:40	29 - Richard Mayers	31:19
10 - Jim Williams	28:58	30 - David Mastbaum	31:19
11 - Bill Harlow	29:14	31 - I.P. Devilliers	31:27
12 - Jon Higley	29:39	32 - Unidentified Runner	31:27
13 - Richard Blake	29:54	33 - Lee Fox	31:36
14 - George Roach	30:02	34 - Dennis Kroll	31:37
15 - George Gilbert	30:03	35 - Thomas Lutz	31:41
16 - John Bell	30:12	36 - Michael Durham	31:45
17 - Tom Mann	30:15	37 - Hans von Glankensee	31:49
18 - Dave Hansen	30:21	38 - Walter Reed	31:55
19 - Dave Engle	30:22	39 - Mark Graves	31:59
20 - Abe Underwood	30:23	40 - Dan Williams	31:59

Jenkins, Teeguarden and Ulylot Star at Berkeley-to-Moraga Run: (Oct. 27, Berkeley) - Hersh Jenkins of the Six Rivers Running Club in Arcata ran to victory in the ninth annual affair that winds from the Claremont Hotel to St. Mary's College, 13.9 miles away.

Tim Jordan of Sacramento's Golden West TC was next in line with a 1:14:50 clocking, only 21 seconds in back of Jenkins. Jim Sane was the top high schooler in third place overall (1:15:08). Byron Lowry's 1:10+ record of several years ago remained out of reach, and may become the area's oldest record before long. Dennis Teeguarden defeated a good field of masters runners that included Jim O'Neil, Bob Malain, and Jim Nicholson, along with Mike Healy. His 1:19:53 is second only to Ross Smith's 1:17:46 mark of last year to our knowledge. Jim O'Neil's 1:21:21 today also ranks high on the all-time list for the over-40 class. Joan Ulylot completely annihilated Peggy Lyman's 1973 women's standard of 1:34:08 by improving her own PR by over 6 minutes to 1:30:16! In the process, she led amazing Ruth Anderson under the old mark too with a 1:34:03. And three other women also ran very quick times: Carolyn Tiernan (1:35:03), Betsy White (1:36:08), and Karen Bessey (1:36:24). The overall depth this year was much better too, with 74 under 1:30, compared to 58 last year...of course there were about 25% more finishers (257) this year too. Jack Kirk beat Walt Stack for the first time in recent years in the over-60 battle, 1:49:42 to 1:49:51!! /Charles MacMahon/



Runners starting the 1974 Berkeley-Moraga Run (13.9 miles). /Jeff Zimmerman/



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2 - Tim Jordan/Golden West TC	1:14:50	27 - L. Sampson	1:22:50	52 - R. Hansen	1:27:12
3 - Jim Sane/Dusters	1:15:08	28 - M. Olson	1:23:03	53 - R. Baxter	1:27:25
4 - Bill Long/Pamakids	1:15:52	29 - R. Govi	1:23:23	54 - W. Jenney	1:27:26
5 - Kent Guthrie/WVJS	1:16:15	30 - G. Schaumberg	1:23:40	55 - Robben	1:27:26
6 - Tom Cathcart/LVRC	1:16:39	31 - R. Watson	1:23:45	56 - Peter Voelker	1:27:35
7 - Dan Anderson/West Vly TC	1:17:19	32 - Alex Monterrosa/Pamakids	1:23:55	57 - Don MacIntosh	1:27:54
8 - Jesse Smith/Alameda TC	1:17:54	33 - Jim Nicholson/NCSTC	1:24:11	58 - Dick Cordone	1:27:59
9 - Dennis Tracy/WVTC	1:18:02	34 - Dave Zumwalt/Unat	1:24:25	59 - Gunther Hemmersbach	1:28:00
10 - Clark Rosen/Pamakids	1:18:07	35 - Mike Healy/West Vly J&S	1:24:35	60 - Pat Cunneen/Pamakids	1:28:04
11 - Bob Anderson	1:18:09	36 - Kent Price	1:24:37	61 - J. Knebel	1:28:13
12 - Jerry Tallon	1:18:27	37 - R. Menge	1:24:46	62 - R. Emmons	1:28:26
13 - J. Kleinback	1:19:05	38 - G. Gilbert	1:25:14	63 - Hans Roenau	1:28:35
14 - Dan Moore/Livermore Vly RC	1:19:12	39 - Mark Proteau/Alameda TC	1:25:23	64 - W. Golder	1:28:36
15 - Dennis Teegarden/NCSTC	1:19:53	40 - Ralph Blount/Ophir	1:25:44	65 - Don Capron	1:28:43
16 - Dale Severy/SBAA	1:20:02	41 - K. Wilkins	1:25:46	66 - Bruce MacMahon	1:25:45
17 - Frank Krebs/Golden West TC	1:21:07	42 - Tom Pinckard/NCSTC	1:25:48	67 - Jack Cook	1:28:46
18 - J. Maher	1:21:12	43 - Norman Simon/Unat	1:25:50	68 - S. Totten	1:28:49
19 - M. Bousher	1:21:19	44 - W. Hurlburt	1:25:54	69 - J. Beill	1:29:00
20 - Jim O'Neil/SF Olympic Club	1:21:21	45 - P. Schoener	1:25:58	70 - J. Caldwell	1:29:01
21 - John Geer/WCATC	1:21:26	46 - J. Williams	1:26:02	71 - Ernst Hayman	1:29:14
22 - Peter Hanson/Colfax RC	1:21:35	47 - J. Sup	1:26:23	72 - Peter Stein	1:29:19
23 - Bob Malain/NCSTC	1:21:40	48 - J. McManus	1:26:28	73 - R. Houston	1:29:55
24 - G. Vredenberg	1:21:41	49 - Bill Flodberg/West Vly J&S	1:26:35	74 - D. Hanson	1:29:56
25 - B. Hamilton	1:22:12	50 - John Soubier/DSE	1:26:58	75 - D. Crowder	1:30:08

Darren George Takes First Annual Angwin-to-Anguish Run: (Nov. 3, Angwin) - St. Helena's Darren George ran 39:33 for 8 miles (short?) to upend dependable Darryl Beardall by 44 seconds (Darryl will be a masters runner in a few years, so watch out!). A total of 83 runners toed the line in this inaugural race which wasn't even placed on the LDR Schedule (Handbook). Jim O'Neil was his usual self, winning the over-40 division over Bob Malain, 44:31 to 45:10, with Mike Healy at 46:28. Dana Searls was first woman to cross the line at 55:10, followed by WVTC's Gail Gustafson (57:26). The University of Nevada took the team title (we don't know the score, nor who was second). /Dennis Reeder/

1 - Darren George/AIA	39:33	16 - Mickey Brodie	44:20
2 - Darryl Beardall/Marin AC	40:17	17 - Frank Krebs/Golden West TC	44:21
3 - Terry Ybarra/Nevada	40:40	18 - Mark Proteau/Alameda TC	44:25
4 - Rick Bowen	41:09	19 - Jack Hackmann	44:26
5 - Rich Ellis	41:16	20 - Doug Rennie	44:29
6 - Doug Butt/Marin AC	41:17	21 - Jim O'Neil/SF Olympic Club	44:31
7 - George Hernandez/Nevada	41:24	22 - Mike Lottar	44:34
8 - Bruce Wolfe/West Valley TC	41:35	23 - Maurice O'Reilly	44:35
9 - Bruce Williams/Nevada	42:02	24 - Rafael Othon	44:39
10 - Kevin Christensen	42:19	25 - Bob Malain/NCSTC	45:10
11 - Jon Higley	43:20	26 - Larry Fernalson	45:41
12 - R. Govi	43:21	27 - John McDaniel	45:54
13 - Dave Zumwalt/Unat	43:53	28 - Greg Warner	46:02
14 - Dan Moore/Livermore Vly RC	44:00	29 - Kees Tuinzing	46:13
15 - Jim Williams	44:10	30 - Kent George	46:23



Bill Clark (left) and Jim Nuccio at the end of the first 5K loop in the Lake Merritt 10 Kilo. /Dennis O'Rorke/

LATE GNUS

Symposium: On Dec. 27-28 there will be a symposium on Athletic Conditioning and Sports Medicine at UC Berkeley. Some of the guest speakers will include George Sheehan, Anne Watkins, and Peter Snell, plus Meyer Friedman of Type A fame. No more details at this time... for more details, contact Ray Yesson, 26 Stanford Hgts., S.F., 94127. *** New A.A.U. Rule Change: (regarding transfers of registration) - "The athlete must first serve four months in the unattached status, that is, representing no Club or organization. add--The Association Registration Committee may waive the unattached period if it determines that the change in organization was caused by events outside the control of the athlete involved." *** Nick Rose, runnerup in last year's NCAA Cross

Country Championships, appears to be planning on running in the A.A.U. Championships at Belmont on Nov. 30, and there are good chances the entire Western Kentucky team may come to compete! Another late entry is Scott Bringhurst of Utah, a sub-28 minute six-miler. Everything else is going as planned for the meet, and it promises to be a real thriller. Make it a point to show up on the 30th of November. See page 5 of this issue to find instructions on how to get to the course. *** Late Results: - Domingo Tibaduiza defended his title in a big way at the PA-AAU Cross Country Championships in Golden Gate Park on Nov. 9 by downing Jim Nuccio and teammate Hans Menet by a wide margin. Nevada edged WVTC for the team title to avenge last year's loss. Full results in the next issue...late December or early January.



(Left) This wheel-chair 'runner' beat several able-bodied individuals at the Lake Merritt Race and also competed at the Walnut Festival we think (Steve Scott?). (Right) Start of the Lake Merritt 10 Kilo on Columbus Day. /Dennis O'Rorke Photos/

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