

NOR-CAL RUNNING REVIEW

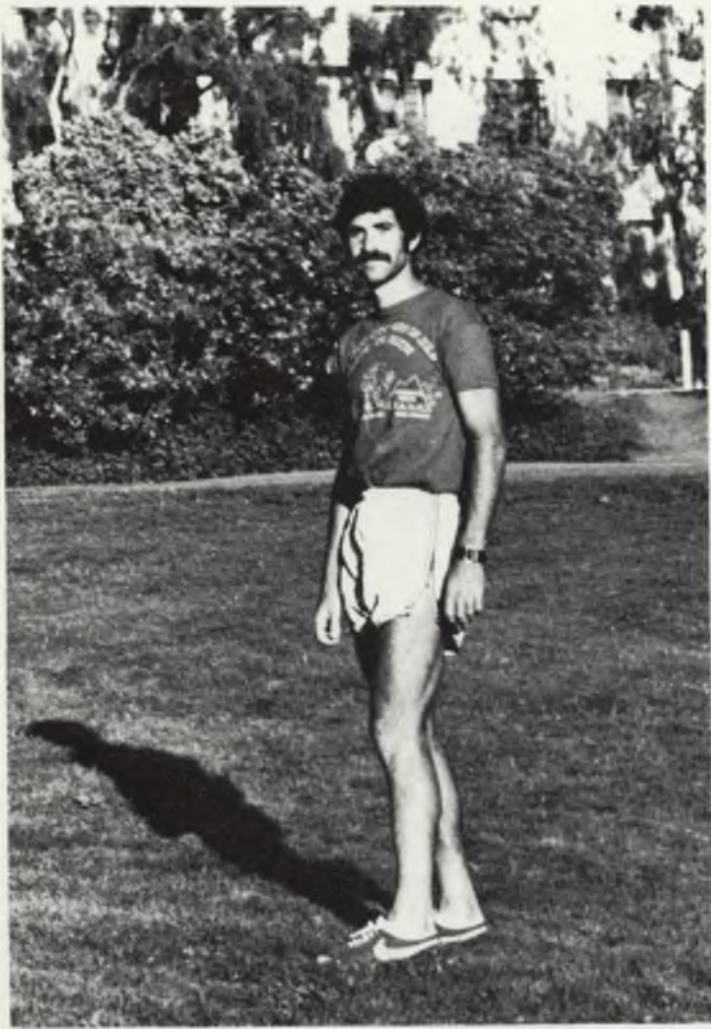
MAR./APR. 1975 (No. 53)

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Northern California Running Review

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MAR./APR. 1975...No.53

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All news, features, results, photographs, and other correspondence should be sent to: NCCR, 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 photographers and volunteer correspondants 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 the use of any NCCR 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. We can't pay you for your shots, but will give full credits. Thank you for your help!

On the Cover

Pacific Coast Club's John Powell, who was ranked second-best in the world by *Track & Field News* last year, unleashed a world-record 226'8" heave on May 4 at Long Beach to wipe out John Van Reenen's recent mark by two feet. The San Jose policeman has another world-record holder as roommate; 75-foot putter, Brian Oldfield.

/John Marconi Photo/

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In Memory-

STEVE PREFONTAINE, in death, as much a champion as he was in life.

Even in death, he went it alone. He did in achieving his records in life.

Even in death, he looms as that giant hero to young runners all over America who emulate not only his running style, but his fierce personality as well.

Even in death, he leaves the immediate past with a fresh victory and a life filled with exuberance and excellence.

One could ponder into infinity as to why Steve should have been cut down just at the apparent height of his greatest potential. It's so damnably frustrating to ask, "Why him?", as there is no possible rational answer.

But you just can't help asking, and worse yet, you just can't stop thinking about him.

Even in death, Steve Prefontaine is controversial, and one can't get him out of your mind. There he is, bigger than life, gnawing away on your thoughts.

The incomprehensible has happened. The young champion is dead. It all seems so senseless.

It's so useless to try to tally his records. All those victories that he won...it doesn't help at all...he's dead, and that death is such a profound tragedy, so overwhelming, that all of us seem so unimportant...so pitifully helpless.

This Championship (PA-AAU Men's Track & Field) is dedicated to him, and this particular event (3 mile) is our futile gesture of respect, or better yet, affection. But it really won't help much; nothing could.

The simple truth is that Steve is dead. It's almost unbearable, as he was so alive. What can we say here except that we loved you Steve. We loved you for what you've done for runners and running. We loved you for having the guts to speak out in protest. We loved you because you suffered in the training like the rest of us. We loved you because you were one of us. We simply loved you.

We always will.

/By Len Wallach/

EDITOR'S MESSAGE

★\$15.00 FOR COVER PHOTOS!! - Starting with the next issue, we will be paying this amount for any photo that is used for a cover photo. All prints should be submitted in 8 x 10 format if possible...and should be of good contrast and quality. I know that \$15 isn't much, but it's really all we can afford at present. Hopefully, this will encourage more of you to send in photo material for the NCRR. Despite my plea in #52, we are still very short on track & field photos for this issue...so, let's see more of you help out in this area for next time. We seem to be doing much better in the long distance area.

★ PHOTO QUIZ ★



Battered Feet after a Boston Marathon: - Match the feet with the bodies! Identify feet as (left, top, bottom, right). Pictured at right: Hans Roenau, Frank Nolan, Judy Gumbs, Jack Leydig.

RULES: (1) Submit your guess (one per person) and mail it to: PHOTO QUIZ, Box 1551, San Mateo, CA 94401 (Card must be post-marked by not later than July 1, 1975). (2) All ties will be broken by a drawing. *** The Prize is a one-year subscription or renewal to the NCRR (or \$5 off dues of any WVTC member who wins). All of our readers are encouraged to submit photographs for consideration. *** Our winner for LAST MONTH was Gary Green of Davis, who guessed our semi-naked runner as Gary Hanson, ex-San Jose Stater. Only three other readers submitted correct answers (or any answers)! This time we ought to have good response and many correct guesses.

THIS & THAT

●PEOPLE NEWS: - Two local athletes won titles at the New Zealand Games in Christchurch earlier this year: Lynn Cannon (Millbrae Lions TC) in the women's javelin; and Bruce Jenner (San Jose Stars) in the decathlon. --- Two PA-AAU Board of Managers personnel were selected to be officials on the recent U.S. track & field tour of the Peoples Republic of China (in May): Dr. Harmon Brown was chosen as Assistant Coach (women), while Roxy Andersen was assigned the position of Assistant Manager. --- Bob DeCelle, Men's National LDR Chairman, was part of the AAU's managerial contingent at both the International X-C Championships in Morocco, and at the meet in Jamaica where Filbert Bayi clipped Jim Ryun's world mile record by a tenth of a second. DeCelle was also present at the meet in Berkeley when Ryun ran his 3:51.3 record (later to be lowered to 3:51.1). --- Brian Oldfield, now living in the San Jose area, destroyed the world shot put best (although it will not be recognized as a world record by the I.A.A.F. since Oldfield is a member of I.T.A., a professional group) by 'spinning' to a 75-foot even mark at a recent meet in El Paso, Texas. His three fair throws averaged out to 73-4, almost a foot further than history's best single throw up until his record-breaking performance! His roommate, John Powell, (see cover photo) had tossed a world-record discus throw the week before at the Long Beach Invitational to make it two world bests for the same house! --- Harry Young, the College of San Mateo's Equipment Manager, received an unexpected honor at the recent PA-AAU Track & Field Championships held there on May 31. The West Valley TC presented him with a plaque for 'services to amateur athletics'. Harry has unselfishly and diligently been responsible for putting on all-comers meets at the college for many years (winter & summer) as head of the Northern California Track & Field Association, and has also gone out of his way to help WVTC put on its meets this season. --- Jim Santos, Head Track Coach at Cal-State, Hayward, also has been presented with a similar plaque in appreciation for giving amateur athletes many opportunities to compete during the track season in his 'home' meets. Without these opportunities, many local athletes would be hard-pressed to find competition during the early season.

●MEET INFORMATION: - The Pan-American Games Trials site has been moved from Bakersfield to Eugene, Oregon, still being held on the same weekend (Aug. 15-16). The one exception will be the marathon, which will be on the following weekend in high-altitude, Flagstaff, Arizona (about 7500 feet, similar to Mexico City, where the Pan-Am Games will be held in October). The exact date is not yet set, but it will be either the 23rd or 24th of August. It still appears that a 2:23 qualifying time is necessary to compete there, with the top ten times nationally receiving travel funds to the trials from the U.S.O.C. --- The U.S. Masters (40+) Marathon site has been changed from Gresham (near Portland) to Medford, Oregon...and the date will also move (from July to Oct. 12). Those interested in securing additional information should contact the Southern Oregon Sizzlers T.C., c/o Jerry Swartsley, Box 1072, Phoenix, Oregon 97535. --- The Felton Race to the Redwoods, listed in the LDR Handbook as being July 6, will be moved to July 13 so that the race may be centered around other town festivities taking place the same day. Also, the distance (and course) will be different from the previous years it has been held (now a 7-mile course with much of the run on trails). --- Mt. Tamalpais Railroad Grade Run: - At the time of printing we had been informed that Kees Tuinzing was trying to put together an uphill run from Mill Valley to the top of Mt. Tam via the old railroad grade. This was to be in early July, but nothing definite had been set. Those interested in finding out more information should contact Kees at 456-0415 in San Rafael. Others who might have information on this are: Hans Roenau (540 Silverado Trail, Tiburon 94920), Don Pickett (1800 Vistazo West, Tiburon) or Byron Lowry (126-A Cornelia, Mill Valley 94941). --- World Masters Championships: There is still a little bit of time to sign up for Dave Pain's Charter Flight to the U.S. Masters & World Masters Championships. The \$310 cost of the package, which includes all transportation and housing (Aug. 7-18 from L.A.), but no meals, is a real bargain. Both meets include sub-masters (30-39) and women's masters (30+) events, and all competition will be in 5-year divisions. If you are interested and still haven't made a reservation, you must do so before July 1...write Dave Pain, 1951 Cable St., San Diego, CA 92107. --- Japan Tour for Masters Runners: - Dave Pain (714/225-9555) is also the man to get in touch with for a 15-day

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tour of Japan that features the Eighth World Best Veteran Long Distance Runners Competition, scheduled for Sept. 15 at the foot of Mt. Fuji. Complete cost of the all-inclusive package (except lunch & dinner) is \$1195. The group will depart on Sept. 10, so if you're interested, get in touch with Dave immediately.

--- Junior Olympic Meets: - The PA-AAU has many qualifier meets, some of which have already been completed. Contact the PA-AAU Office (986-6725) in S.F. for information on locations and dates near you.

--- Lompoc Flower Festival: (Invitational 6 miler) - The aim of the meet promoter is to assemble the finest Junior 6 mile field on the west coast. Last year's race produced two sub-29:00's, with the number one high school clocking in the nation. Motel accommodations will be free to the first ten competitors responding who reside more than 150 miles away (includes all L.A. area), with free dinner and breakfast. For further information, contact: Joe Sciame, Lompoc High School, 515 W. College Ave., Lompoc, CA 93436 (Home: 805/736-4916). Date of this race is June 28.

● A.A.U. CONVENTION: - Location and dates for the 1975 National Convention is New Orleans, Louisiana (Nov. 30 to Dec. 6). Next year's extravaganza is slated for Phoenix, Arizona from Oct. 10-16.

● NEW ALL-WEATHER TRACK: - Foothill Junior College in Los Altos is planning to install a new all-weather track before the summer ends, replacing their current one, which is also an all-weather facility, but well-used.

● JOINT L.D.R. MEETING: - It was very disappointing to see only about a half-dozen individuals show up after the Bay-to-Breakers race to attend the first-ever joint meeting of the Men's & Women's PA-AAU Long Distance Running Committees. As it turned out, some very significant matters were discussed and voted on, but it's really a sign of apathy when runners really don't seem to care how their program is directed...or maybe care but are just too lazy to pitch in and help, thus leaving all the work to the same people all the time. Perhaps in the future it won't make much difference if we have meetings after races (we seem to get less participation that way in fact!), or even announce them in advance, except to the few people who always seem to come. --- A new Women's Chairman was elected. She is Penny DeMoss, wife of the Men's Chairman (at least there should be good communications between the committees now!!). Harold DeMoss was nominated for the Men's position, and ballots will be sent to member clubs shortly, with write-ins permissible. If elected, this would be Harold's second term as chairman. In regards to monies in the two Committee's travel funds, the current amounts are (as of June 1): Men's--\$1900; Women's--\$200+. A total of \$100 was allocated to the Women's Committee from Bay to Breakers T-shirt sales profits (included in above total). In regards to submission of Registration Reports for all PA-AAU Sanctioned LDR events, it was moved and passed that in all cases where the race director fails to break down the number of men and women registrants on his report, the PA-AAU Registration

Committee should split the fees (which revert to the two LDR Committees) based on the current ratio of men/women registered in the District. Normally, unless a Meet Director takes a loss on his meet and petitions to waive his obligations to the A.A.U., all races are subject to submitting 10% of the race's entry fees to the Registration Committee...and a certain percentage of that amount goes directly back into the LDR Funds. Most of the monies now in the funds have been gained through sales of T-shirts and A.A.U. Registrations (50¢ of the 'Sports Fee' you pay for yearly registration now goes directly back to the sport).

● EXECUTIVE TRACK & FIELD COMMITTEE MEETING: - (May 14) - Nominations for officers were announced as: Chairman (Roxy Andersen); Vice-Chairman (Hank Patton); Secretary (Dick Ellis); Men's T&F Rep. (Bob DeCelle). Ballots have been mailed to all member clubs. Next scheduled meeting will be Sept. 10 (probably at Fireman's Fund, SF).

● The Univ. of Nevada at Las Vegas: - Announces that they will begin a women's track & field team next year. Five scholarships are available. Eligible athletes for this aid must be high school seniors with a GPA of 2.25. Junior College graduates (AA Degree) will also be eligible for athletic aid. Grants and work study are available to all who qualify. The UNLV has a tartan track and brand new sports complex with two gyms, two weightrooms, and eight handball/racquetball courts. Interested coaches and athletes should contact: Barbara Quinn, Women's Athletic Director, Maryland Park Way, UNLV, Las Vegas, Nev., or Jan Svendsen, 1193 Garfield Ave., San Jose 95125.

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FROM JUNE 1 TO LATE AUGUST

● A.A.U. RULES CONCERNING REPRESENTATION (CLUBS): - (Most athletes are not aware of the rules governing their membership in a club...when you can switch clubs...and a host of other questions concerning this matter. It is hoped that the short quotation below from the A.A.U. Codebook will suffice in answering most questions you might have, but we encourage you to write the NCCR for answers to questions you may still have in your mind. These rules pertain to A.A.U. Clubs (those that pay \$25 a year in our District) only.)

REPRESENTATION: (a) General: - 1. A registered athlete will not be allowed to change his registration in any respect without prior approval of the Registration Committee. 2. To compete as a representative of a club, educational institution, or other organization, an athlete must be a member in good standing of the organization which he seeks to represent, and that organization must be a member in good standing of the Association. 3. To compete as a representative of a club, or other organization other than an educational institution, an athlete must have been a bona fide resident of the District Association in which such organization is located for at least four consecutive months. (b) Students: - 1. An athlete who is an undergraduate student at a bona fide educational institution may, when registered or certified, represent her institution in AAU competition without the period of residence requirements specified in these rules.

TRANSFERS: (All of the following general requirements for transferring from one club or organization to another apply): (a) Within the Association: - 1. The athlete must serve four months in the "Unattached" status. 2. Change of registration will be effective from the date of receipt of request by the Registration Committee, or if he has competed as a representative of an AAU club or organization, then from a date not less than four months following such competition. 3. Both the transfer to the Unattached status and the final transfer to the second club must be requested of the Association Registration Committee and approved by them. 4. All applications for a change of registration must be accompanied by a fee to be determined by the local Registration Committee (\$1.00 in PA-AAU). 5. An athlete who has never competed in AAU sanctioned events other than in the "Unattached" status may transfer his registration to a club and be eligible to represent such club at once. 6. Anyone registered to a member club who has not competed as its representative in AAU competition for four months may transfer her affiliation to another member club and be immediately eligible to represent such members. (b) To or From Another District: - Request original AAU District's Registration Committee to send letter of transfer to new District's Committee, showing date of transfer. After 4 months in new District, the athlete may represent a club in new District.



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NCCR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Stan has informed us that he has insufficient race results at this time for any meaningful rankings. The SPA rating year, unlike the PA's, begins on Jan. 1 of each year. We will have the first 1975 ratings in issue #54 for the Southern California area.

PA-AAU STANDINGS: (Compiled by Art Dudley) - Ratings are determined by dividing average placing (when in top 10 for open; top 6 for masters; top 4 for women) by the number of races run. The scoring year begins with the Lake Merritt Races in mid-October, and will end with the Pamakid Lake Merced Race on Oct. 5 this year. The NCCR reserves the right to reject races which we feel were not 'competitive' enough to include. Generally, all A.A.U. races in the PA-AAU District are counted, unless they have not been advertised sufficiently beforehand in the LDR Handbook or NCCR. The following races were not counted: Chico 10 Kilo, Lake Merritt 5 Kilo (women & masters), PA-AAU 50 Kilo (women & masters), Angwin to Anguish (women), Colfax Carnival, Dogfood Run (masters), Champion Gold Mine Run (masters), Midnight Run (masters not known), Elk-a-thon, 1975 PA-AAU 50 Kilo (women), Spring Ridge Run 6-Miler (open & women). All races through the weekend of May 4 except those above, and the following (for which results have not yet been received), have been included in figuring the standings for this issue: Golden Gate Charity Celebrity Run & Knights of Columbus Marathon. *** Note: Non-PA runners are dropped for scoring purposes. Last month's leaders are still on top, but the gap has closed on all but Joan Ulliyot, who maintains the same slim lead of 0.01. Jim Nucchio appears headed for a new record in the open division, and the next printing should find him flirting with 0.1. Bob Malain has displaced Ross Smith behind Bill Jensen in the over-40

division, and Bill Clark has likewise moved up in the open division. All athletes with scores of 1.0 or less are listed, and ties are indicated with an asterisk (*) and are scored as an average of the two places involved. --- The Cinco de Mayo Race of May 3 is not included in scoring (no results yet).

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Joan Ulliyot/WVTC (7)	4	3	0	0	1.429	0.204
2. Ruth Anderson/NCSTC (14) (40+)	1	3	5	5	3.000	0.214
3. Mary Etta Boitano/SERC (4)	4	0	0	0	1.000	0.250
4. Peggy Lyman/WVTC (4)	3	1	0	0	1.250	0.313
5. Jeani Fuller/NCS (6)	1	3	1*	1*	2.500	0.417
6. Kathy Costello/OTC (3)	2	1	0	0	1.333	0.444
7. Carolyn Tiernan/Un (5)	1	0	3	1	2.800	0.560
8. Jeannette Allred/NCS (4)	1	2	0	1*	2.375	0.594
9. Caron Schaumberg/VMTC (2)	1	1	0	0	1.500	0.750
Skip Swannack/DSE (2)	1	1	0	0	1.500	0.750
11. Sue Neary/Un (3)	1	1	0	1	2.333	0.778
12. Louise Adamson/WVTC (1)	1	0	0	0	1.000	1.000
Sharon Furtado/?? (1)	1	0	0	0	1.000	1.000
Diane Major/?? (1)	1	0	0	0	1.000	1.000
Phyllis Olrich/WVTC (1)	1	0	0	0	1.000	1.000
Penny Reneau/??	1	0	0	0	1.000	1.000
Marilyn Taylor/?? (1)	1	0	0	0	1.000	1.000
Michelle McKeen/?? (2)	1	0	1	0	2.000	1.000
Lynn Penn/?? (2)	0	2	0	0	2.000	1.000
Darlene Wallach/Chico (3)	0	1	1	1	3.000	1.000
Diane Williams/PBP (3)	0	0	3	0	3.000	1.000

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Bill Jensen/PAMA (8)	4	2	2	0	0	0	1.750	0.219
2. Bob Malain/NCSTC (11)	3	2	3	1	1	1	2.818	0.256
3. Ken Napier/WVJS (6)	3	2	1	0	0	0	1.667	0.278
4. Ross Smith/WVJS (5)	4	0	1	0	0	0	1.400	0.280
5. Jim Shettler/WVJS (3)	3	0	0	0	0	0	1.000	0.333
6. Jim O'Neil/SFOC (6)	1	4	0	0	0	1	2.500	0.417
7. Gough Reinhardt/NCSTC (10)	1	1	1	1	3	3	4.300	0.430
8. Ray Menzie/Un (5)	1	3	0	1	0	0	2.200	0.440
9. Colin Templeman/NCSTC (7)	1	1	1	3	1	0	3.286	0.469
10. Ralph Blount/OPHIR (8)	0	1	2	2	2	1	4.000	0.500
Gordon Gane/WVJS (2)	2	0	0	0	0	0	1.000	0.500
12. Dennis Teegarden/NCSTC (4)	2	1	0	0	1	0	2.250	0.563
13. Bill Snavely/BVH (7)	0	1	0	4	1	1	4.143	0.592
14. Pat Cunneen/PAMA (4)	1	1	1	1	0	0	2.500	0.625
15. Ed Dally/WVTC (2)	1	1	0	0	0	0	1.500	0.750
16. Bill Flodberg/WVJS (5)	0	1	2	0	1	1	3.800	0.760
17. Mike Healy/WVJS (5)	0	1	1	1	1	1	4.000	0.800
18. Walt Betschart/BC (3)	0	1	2	0	0	0	2.667	0.889
19. Jim Nicholson/NCSTC (5)	0	0	0	3	0	2	4.800	0.960
20. George Crandall/SRRC (1)	1	0	0	0	0	0	1.000	1.000

OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Nuccio/WVTC (9)	8*	1	0	0	0	0	0	0	0	0	1.167	0.130
2. Bill Clark/WVTC (10)	1*	6	2	0	0	0	1	0	0	0	2.650	0.265
3. Wayne Badgley/Un (6)	4*	0	2	0	0	0	0	0	0	0	1.750	0.292
4. Darryl Beardall/MAC (7)	4	1	0	1	1	0	0	0	0	0	2.143	0.306
5. Ron Wayne/WVTC (3)	2	1	0	0	0	0	0	0	0	0	1.333	0.333
6. Domingo Tibaduiza/UNTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
7. Jim Birnbaum/WVTC (6)	3	0	0	1	1	0	0	1	0	0	3.500	0.583
8. Doug Butt/MAC (8)	1	0	0	1	1	1	2*	0	2	0	6.063	0.758
9. Joe Taxiera/ATC (3)	0	2	1	0	0	0	0	0	0	0	2.333	0.777
10. Jack Leydig/WVTC (6)	0	0	2	1	1	0	2*	0	0	0	4.917	0.819
11. Mark Elias/HSC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Ron Elijah/MAC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Darren George/AIA (2)	1	0	1	0	0	0	0	0	0	0	2.000	1.000
Hershall Jenkins/SRRC (3)	1	0	1	0	1	0	0	0	0	0	3.000	1.000
Jim Sane/BC (5)	0	0	1	1	1	1	1	0	0	0	5.000	1.000

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

members in your club will see the notice. As long as the news is pertinent and kept to a reasonable length, we will print it, ... though possibly in edited form. Let's hear from some clubs out there! This section is not just for West Valley TC members...it's meant to be of service for all area clubs.

WEST VALLEY TRACK CLUB: - Welcome to the 18 new members that have joined since last issue! --- Marion Anderson (27) is a Human Service Worker and lives at 3223 Center Ave., Richmond, 94804 (Ph. 235-5861). He has best marks of: 9.6, 21.3, 14.0, 26'2-1/2" (26'10-1/2"w), 49'5-1/2" (49'10-1/2"w), and 6'8", most of which were set in the late 60's and early 70's...but more recently he has long jumped 25'3" (1974) and should be a definite asset to the club's horizontal jump squad. Yvette Cotte (15) 898 Brent Dr., San Jose 95129 (Ph. 408/253-6636), will be a freshman in high school next year and is already a veteran long distance runner with a 3:16 marathon best on her way to a 4:00:17 for 50 kilos. She has also done some running on the track, with 880 and mile times of 2:43.7 and 5:50. Jeannette Cotte (13), her sister, is also an eighth grader at Hyde JHS, with track times of 2:39 and 5:48, and a 3:45:28 marathon clocking. Her 32:05 clocking for 5 miles is perhaps her best mark. Ed Dally (44), Physics Dept., Naval Postgraduate School, Monterey 93940 (Ph. 408/624-9590) is a great addition to the club's over-40 ranks. His recent 2:41:33 clocking at Boston was a PR by nearly 3 minutes, and his 1:48:52 time at the PA-AAU 30 Kilo in March give an indication of his potential. He and teammate Harold DeMoss will no doubt be fighting it out for honors in August when Harold turns 40! Stephen Davis (25) 20090 Rodrigues, Apt. H, Cupertino 95014 (Ph. 408/446-1328), a high school teacher, adds additional depth to the club's weight division with his 57'4" and 187'11" personal bests (both in 1973). Val Eberly (19) 260 Garden Hill Dr., Los Gatos 95030 (Ph. 408/358-1347) is a student at San Jose State and a very important addition to our women's team with her 4:32 (1500m) and 9:50 (3000m) track times. In 1972 she placed 4th at the Women's X-C Nationals in Long Beach, and followed that up with a 3rd at Albuquerque in 1973 in the Girls' Championships. Robert Korn (24) 303 Cartago Ct., San Jose 95116 (Ph. 408/258-5787) is a chemist, just recently moved into the area from Oregon. He joins just in time to help WVTC to a high place in the team championships at the National A.A.U. 20 Kilo Walk in Golden Gate Park (June 8). His marks include a 6:46 mile (this year), as well as 14:13 and 22:11 at two and three. On the roads, he's done a 49:20 for 10K. Kenny Kring (23) 807 San Francisco Terr., Stanford 94305 (Ph. 322-7851) is currently employed as a waiter in a local restaurant, but more importantly, he just annexed the club decathlon record with a 6,728 total at Mt. SAC. His PR for that event is 7,243, set in 1971, so he has plenty of room for improvement. Individual bests include the following: 120HH--14.8, 440--49.4 (48.5r), 440IH--53.9, PV--15'1-1/2", LJ--23'6-1/2", HJ--6'4-3/8", JT--175'0". James Lofton (18) c/o Track Coach, Stanford Univ., Stanford 94305 (summer--8926 Haas Ave., L.A. 90047) is a freshman at Stanford and was the CIF State long jump champion last year. He has upped his long jump PR to 24'6-3/4" this year (25'0"w). Other marks include: 100--10.0, 220--21.5 (20.7w), 440--50.3, HJ--6'4", TJ--48'1". Doug Miller (22) 35995 Fremont Blvd., #29, Fremont 94536 (Ph. 796-1423) is a senior at San Jose State and has PR's of 10.0, 22.6 and 20'9". David Parish (20) X Division (TGFM), USS Ranger (CVA-61), FPO San Francisco 96601, is in the US Navy and currently in the Bay Area. He has negotiated a fine 4:27.7 for the mile (1974). Bill Seals (22) 955 Cranbrook Ct., #191, Davis 95616 (Ph. 916/758-8366) is a grad student at UC Davis and specializes in the javelin (PR of 230'6" last year exceeds current club record of 227' by Phil Conley). Joe Silva (28) 5907 Clover Manor Way, Sacramento 95824 (Ph. 916/391-7357) is a physical educator and horizontal jumper with bests of 26'2" (1970) and 49'11-3/4" (1970). This year he has approached 25 feet and has a 24'6" best legal jump which currently stands as the club record until Skip Peterson's best legal jump is verified (25-foot plus). Joe also sprints very well with times of 9.6, 21.1, and 47.9r. Anthony Terry (22) 1411 Nutmeg Ln., Davis 95616 (Ph. 916/756-2376) is an ineligible senior at UC Davis who also specializes in the long and triple jumps, with the latter being his best event. Going into this season with only a 52'8" PR in the triple, Terry improved many times and now stands at 54'0" (54'4-1/2"w)...some club records that he can certainly be proud of. After taking third at West Coast Relays and second at Modesto, he stands a good chance of placing in the AAU Meet in Eugene on June 21. More on Anthony can be found in this month's West Valley Portrait. Kelley Turner (15) 1471 Gomes Rd., Fremont 94538 (Ph. 657-3250) is a soph at Mission San Jose HS with good marks of 6'0" and 40'4" in two jumping events, as well as a 10.4 hundred. Dan Udoutch (18) 1841 Crater Lake Ave., Milpitas 95035 (Ph. 408/263-1482) is a frosh at Cal-Poly SLO and has turned a 4:22.2 mile (he did this in March after only 2 months of training and then injured himself for the season). Jack West (23) 1029 Citrus Ave, Chico 95926 (Ph. 916/343-3995) is a senior at Chico State with good times of: 50.0r, 1:54.6r, 4:12.1, 9:18.0 and 15:09.2.

● **WVTC Second In Natl. AAU Jr. X-C:** - At long last we've received the official results of the 1974 Junior X-C Championship Race at Alameda. The club's under-20 team of Roy Kissin (3rd), Rich McCandless (21st), Tim Holmes (34th), Jeff Curran (43rd), and Emil Magallanes (55th), combined for a total of 156 points, the same tally as the winning team (Big Foot TC of Spokane, Washington)...however, their fifth man finished in front of ours, thus breaking the tie. These scores were figured from actual finish places...not by eliminating incomplete teams and non-scoring members of teams (beyond 5th place). The results would have been the same (64-66), even when figured the other way. WVTC upended Big Valley Harriers (186) for the PA-AAU title at the same meet, as Camino West TC grabbed 3rd (5th in the National scoring behind Santa Barbara AA). See the LDR results section of this issue for complete team scores. Other WVTC finishers in this race: (77th) Dave Stock, (85th) Joe Mangano, (124th) Denny Gonsalves.

● **WVTC Second At Boston:** - A strong West Valley team almost grabbed the team title at the famed Boston Marathon in April, finishing second to a San Blas (Puerto Rico) team, and just in front of the Greater Boston TC (led by winner Bill Rogers). The team was led by Ron Wayne's 2:18:55 (16th) and Jim Bowles' 2:19:25 (19th), a seven-minute improvement for the latter! John Loeschhorn (2:29:36, 105th) rounded out the scoring team. The women duplicated the strong showing of our men's squad by landing two in the top ten, led by Joan Ulyot's 3:02:20 (8th). The real surprise was Judy Gumbs' 3:02:54 in ninth place, a 17-minute improvement since the Boston Qualifier in San Mateo! This was only her second marathon, and she hasn't been racing for a year yet. Ed Dally set a new club masters record with his fine 2:41:33, a PR by nearly three minutes. Full individual results are listed for Californians in the results section of this issue, along with the top teams and individuals.

● **Speaking of Boston!** - You are all probably wondering (if you haven't heard already) what happened to your editor and president at this race. Well, I decided to not race after all since my mileage had been low due to a persistent calf injury following the PA-AAU 30 Kilo. Instead, I ran the race with Judy and had a great time...until my return trip, that is! I drove as far as Dayton, Ohio (staying with teammate Mike Ryan), and then flew to Boston. Driving to Chicago from Dayton, my Magic Bus died on me (transmission blew)...but I limped into a friend's place in the western suburbs of the windy city. And there I remained for almost two weeks before I got the car in running condition again. It's a long story, but basically I was super-late in getting back. So, if you have written me concerning anything and have not heard from me, be patient!! I am nearing the bottom of the pile. Refunds for travel to track meets that have been applied for will be sent out shortly with any luck. Keep the faith! My thanks to Dave Shrock and Greg Marshall especially during my absence. Dave answered most of the urgent correspondence that he could handle and attended the club mailbox, while Greg did a super-job of coordinating the men's track schedule.



(Left) Ron Wayne's 2:18:55 (16th) and (right) Jim Bowles' super improvement to 2:19:25 (19th) led WVTC to a second-place finish at the Boston Marathon. /Jeff Johnson Photos/

● WVTC Track Team Closes Most Successful Season: - Not only did club athletes set many club records during the 1975 campaign, they also formed the beginnings of a great 'team'. This spring marked the first time we have competed on an equal footing with other area track powers. In a three-way meet with the Bay Area Striders and US Army (Presidio of S.F.), WVTC came out on top, 97 to 47 (BAS) to 23 (Army). In the club-hosted PA-AAU Championships, an undermanned WVTC team held onto a tie with the US Army team (63 each). --- To highlight some of the achievements of club trackmen this season, we will list all those who set club records...and some other outstanding efforts. I am sure I've missed many who deserve mention...most of those efforts may be found in the results section of this issue. *** New Club Records: - In the 100, Larry Shields, Greg Marshall, and Ralph Walker all grabbed a portion of the club standard with identical 9.9 clockings in three different meets. Skip Peterson tied the best wind-aided 100 on record (by Larry Shields) with his 9.7. Mark Young tied Rick Tipton's high hurdle standard with his 14.2 at the Tri-Meet on April 20 (the 14.0 recorded by Cooper was over the metric distance). Meanwhile, Dedy Cooper, competing for Ells High in Richmond, has chopped the high school standard three times (from 13.6 to 13.5 to 13.4). He also has recorded a 36.0 in the 330 lows, which is believed to be the best mark in the nation, although most states run the intermediate height. The 880 relay has been lowered twice; first to 1:30.7 (Shields, Marshall, Evelyn, Roosevelt), and then to a respectable 1:28.9 (Roosevelt, Ward, Shields, Marshall) second-place at Mt. SAC. Wayne Glusker has been attacking the race-walking standards. In April he upped his own club standard in the hour walk to 7 miles, 1433 yards, and then recorded a very good 14:13.8 for 2 miles at the San Jose Invit. to chop over 8 seconds from Esteban Valle's mark. The field events have undergone more drastic changes, with the discus and triple jump seeing the greatest improvements. Mike Louisiana unleashed a PR toss of 195'1" at San Jose to add over ten feet to the old standard he held earlier this season. Rick Rogers' 46'11" triple jump record was obliterated...first by Joe Silva's 48'5-1/2" leap at Sacramento, and then by Anthony Terry's 53'5-1/4" effort at San Jose. Terry later upped this to 54'0" for second at Modesto, and recorded a windy 54'4-1/2" leap at the West Coast Relays. Silva moved the long jump mark to an even 24 feet at Sacramento, and then added 6 inches at Fresno. Skip Peterson did a windy 25'9-1/2" effort while competing for the Univ. of New Mexico, where he is a frosh. He had a best legal jump of around 25'6" in the same meet, but we are awaiting confirmation before accepting it as a club record. Kenny Kring took the decathlon up to 6,728 at Mt. SAC, while Phil Conley put nearly 10 feet on his javelin record with a 227'7" heave at Fresno.

● Other Marks By Club Members: - Roy Kissin has had little significant competition this spring, but still has recorded a sterling 9:03 in his league meet in a virtual solo effort. He won the NCS Finals in about 9:15. Dedy Cooper, besides running 13.4 and 36.0 to win those events at the NCS Finals, also ran legs on the winning 440 relay (41.6) and mile relay (3:20) teams to lead his team to the Section Championships. Earlier in the year he ran a 46.8 relay leg on the mile relay. Brad Nave upped his PR to 183'9" on June 1 in a special discus competition at Rio Vista (Louisiana did 184'0"). A few days earlier, in Eugene, Mike had gone 185'. Bob Grubbs is making a comeback for Colorado State, as he clocked a PR 28:33.4 for six miles at the Drake Relays...no word on other marks, except that he took 5th in his conference race at that distance. John Sheehan closed out his senior year at UC Davis with a fine double in the Far West Conference Meet...a PR 29:01 for six miles (to win), followed by a 14:07 for half that distance, which was good for fourth. Rich McCandless has been running some hot miles this season, and his 4:10.9 season best ranked as the 7th best JUCO mark in the US in the June issue of *Track & Field News*. He is also ranked high in the three mile with a clocking in the low-14 minute range. John Bay had a good season for Cal, with a best of 1:53.6 to our knowledge. Ralph Lee has seasonal bests of 1:52.2 and 48.8, both turned in around the L.A. area. He also did a 1:55 in a high windstorm (and rain) to upend Greg Brown of UTEP (1:46.7 PR) in the invitational 880 at Long Beach. Phil Conley has been eating up the masters competition in the javelin and other events (most notably the high jump, where he has a 5'4" leap this season--2nd at Mt. SAC). He won the masters javelin here and at San Diego, as well as CDM Relays. He has also been triple jumping and long jumping in his 'spare time' between events. George Stewart competed in the CISM X-C Championships in Algeria and placed 10th at 37:25 over a 12 Km. course that was quite tough. He was the first American to finish. Jim Birnbaum also competed but we have no place on him.

● Eight WVTC'ers Under 2:30 This Year: - Up through the Avenue of the Giants Marathon, a total of 8 different club members had cracked the 2:30 barrier in the marathon...they include: Ron Wayne (2:18:46 & 2:18:55), Jim Bowles (2:19:25), Reid Harter (2:20:55), Fred Emerling (2:26:59), Jim Barker (2:28:11), Bill Clark (2:28:28), John Loeschhorn (2:29:36), and Doug McLean (2:29:41). Ron and Jim move into 4th and 5th respectively on the club's all-time list with their sub-2:20 efforts. Ron's 2:18:46 was recorded before he became an official member.

● News from the Membership: - Glenn Harmatz, who started the season on a good note indoors (& had a 3:04 for 1320 yds. outdoors in late January), has hung up his spikes for the season (what's left) after a recurring achilles injury. So, he is now concentrating on his high school team at Saratoga and also helping out at San Jose State. --- Daryl Zapata kind of slipped past the 30-year barrier without our noticing it. He helps to bolster the club's great over-30 group of runners which are probably the best in the nation (too bad there wasn't any 30-39 National Marathon Championships!)...they include, among others; Skip Houk, Bill Clark, John Loeschhorn, Jack Leydig, Alvaro Mejia, Charlie Harris, Joe McDevitt, and Daryl (all have broken 2:30 in the past 2-3 years!). --- Dedy Cooper has signed a 'letter of intent' with San Jose State, according to his coach, and fellow WVTC'er, Vic Cary. --- Roy Kissin will be attending Stanford Univ. this fall.

● Club Exec-Council Meeting: - (May 25) - A fairly large group of members attended a potluck BBQ and club meeting at the DeMoss' in Los Altos. After filling up on the goodies, the membership conducted the following business: --- Mike Shaughnessy was elected to replace Jeff Brody as a 'Junior Rep' on the Exec Council (he was elected unanimously). --- Funding: - A review committee was set up, consisting of Jack Leydig, Brad Nave, and Greg Marshall, to determine if new members should be eligible for funding before they had competed one season (track or XC) for the club, or had been a member (non-competing) for a certain length of time. Generally, it was agreed, a member should compete for one full season before becoming eligible to receive funding to National Championships. All questionable funding requests will first be cleared by this committee before being sent to the Exec Council for a vote. An obvious conclusion also drawn from this proposal was that no member is eligible for any funding unless he has paid his dues for the year. --- Concerning the wearing of club uniforms: - In any future meet where club members receive any type of funding from the club, those members must wear the club uniform...this includes any meet in which entry fees are picked up by the club or travel expenses are allocated. After one warning, the member is suspended from funding for 6 months (excluded are most road runs, all-comers meets, and viable excuses...but, it was emphasized that jerseys could be borrowed if the athlete was not alone at a given meet, and generally speaking, 'not remembering to bring your uniform' would not be considered a viable excuse). --- Criteria for Club Records: - In the past, any dues-paying member has qualified for setting a club standard, but as of the end of this track season (Nationals), the Exec Council unanimously passed the following ruling: "In order for a club member to set a 'club record', he must be competing for the club." This means that WVTC collegiate members that set a club mark during their school season will not have that mark recorded as a club record. However, the club will keep another list of "Club Bests"---marks set by club members while not competing for WVTC. All previous marks set by collegiate and high school members this season will count as club records, and the new ruling won't go into effect until after this track season. --- Team Trophies: It was motioned and passed that all trophies won by WVTC teams (except special awards such as national championships, Boston Marathon, etc.) will be donated to the club for recycling purposes in the future and given to Jack Leydig. In the past, it has been the general practice to have eligible (scoring) members draw for the team trophy. --- Women do more work: It was noted with some concern, that club women members, as a group (percentage-wise), do much more work than the men. It is hoped that by pointing out this imbalance, more of our male members will pitch in and help out at club activities (races, NCCR parties, etc.). In other words--get off your asses and do some work if you have not done so lately! Give your editor a call and volunteer for a NCCR mailing or collating party, or maybe help in putting on a track meet or road run? We are sponsoring several meets this fall and I can use volunteers for committee work as soon as possible...call me at 415/342-3181, usually after 8 pm weeknights is best (until about midnight).

● **Results--Members finishing LDR events that are not listed elsewhere in this issue: (Also from last issue--forgot to list them)---** PA-AAU 15 Kilo: (92) Phyllis Olrich 64:20, (95) Penny DeMoss 65:10, (110) Ellen Clark 70:40, (116) Gail Gustafson 72:51. PA-AAU 20 Kilo: (75) Kathy Himmelberger 1:26:53, (92) Betsy White 1:30:43, (98) Penny DeMoss 1:32:12, (109) Ellen Clark 1:36:58. Vallejo 10-Miler: (78) Penny DeMoss 70:56. The River Run: (158) Len Wallach 64:09. Martinez Run: (98) Dan Hintz 54:34, (116) Judy Gumbs 57:04, (136) Ellen Clark 60:37. San Jose Fitness Run: (147) Ellen Clark 43:08, (159) Len Wallach 43:55, (187) Ed Price 46:18, (226) Sharon Wallach 53:51. PA-AAU 30K: (56) Penny DeMoss 2:14:37, (60) Judy Gumbs 2:15:41. SFPAC X-C Run: (99) Gail Gustafson 34:55. May Run: (146) Ellen Clark 43:28. Angel Island: (292) Ellen Clark 36:15. Bay-to-Breakers: (152) Harold DeMoss 45:29, (168) Marc Lund 45:45, (197) Boris Dujovic 46:19, (262) Dan Hintz 47:30.

CLASSIFIED ADS

AGE RECORDS 1975: - Lists world and U.S. male track & field bests by age for almost 50 events, up through age 89. It is useful in giving age-group and veteran competitors targets and standards by which to compare their own performances. Published by Track & Field News, this year's edition is now available from NCRR for \$2.00 (+15¢ for mailing). We have only a limited supply, so get them while they last! Write to: Age Records, c/o NCRR, P.O. Box 1551, San Mateo, CA 94401.

FILM LOOPS---DISCOUNTED: - The NCRR has a limited supply of certain film loops (8mm and Super-8) on the following athletes: (Some 16mm loops also available)---Jay Silvester, Willie Davenport, Tom Hill, Kjell Isaksson, Tarmak, Bob Hayes, Brian Oldfield, & Wolfgang Nordwig. Send only \$1.00 per loop (+25¢ postage (up to 5...+5¢ each additional) to: Jack Leydig, P.O. Box 1551, San Mateo, CA 94401. Please be sure to specify if you want 8mm or Super-8. Inquire about 16mm loops available.

1975 HIGH SCHOOL ANNUALS: - Send \$1.50 per booklet (+15¢ for mailing) to: NCRR, Box 1551, San Mateo, CA 94401. This booklet (published by *Track & Field News*) features lists for all events (1974 and all-time, indoors & out, plus class and age-records). Supply is down to about a dozen---get your copy today!

LETTERS TO THE EDITOR

DAVE MAGGARD (UC Berkeley Athletic Director): "I hate to be so brief in my response to your well thought out letter, but I was not at all disturbed when Concord was bidding for the Junior Track Meet. The disturbance came from them in that they did not think they could compete with the Kennedy Games. The only other thing I can say is that we may not be able to do the Kennedy Games this year as CBS may not wish to telecast them. I do have the possibility of replacing it with another stature meet (Ed: - After receiving this letter, the Kennedy Games were cancelled and the USTFF-sponsored Meet of Champions was put in its place...same date, same time). I agree with you that it would be fine to have the Junior Meet in Concord, but that would be completely up to them as to whether or not they wish to host the meet. Please be assured though that there is no conflict in terms of our trying to discourage them from doing the meet."

ALAN WATERMAN, JR. (Stanford, CA): "After your Jan/Feb issue of the NCRR went to press, the Stanford Running Club completed payment of its back A.A.U. dues. It has now been reinstated. Therefore, your listing of it among the 'defunct clubs' should be considered inoperative. If you can manage to print a correction next time 'round, it would be appreciated. Sorry we were slow."

JOHN H. PERKINS (Lompoc, CA): "It is my desire to take time to type this letter complimenting the Meet Director, Mr. Dan O'Keefe, for a well-planned and well-rounded KC Marathon. The controlling of the traffic by the State Highway Patrol was remarkable. During my crossing of one of the very busy intersections, I overheard one of the officers instructing the driver, saying, 'You wait.' That was out of sight. I continued to truck on by. The course was well-marked and guides were posted where needed. The personnel working the aid stations were superb. The presentations of the awards were right on the ball. I sincerely want to express my appreciation for this fine event."

HAROLD G. DeMOSS (Men's PA-AAU LDR Chairman): -- (Ed. - The following letter was sent to Mr. Valentini, the Meet Director of

the recent Statuto Races in S.F. Although the meet was put on very well in most respects, there were a few items that runners complained about. We are reprinting this letter here to make local athletes more aware of what our Long Distance Chairman is doing to improve the quality of race administration in Northern California.) --- "It was brought to my attention that before the running of the Statuto Runs yesterday, that an announcement was made that no results would be sent to the finishers, and that the full results would be printed in the NCRR. I would like to remind you that one of the stipulations for sponsoring an AAU race is that results shall be mailed to all finishers within 30 days of the race. This requirement was detailed as part of several conditions listed in both the cover letter that was sent to all race sponsors before formulating that schedule last fall; is reprinted on the fifth and sixth pages of the LDR Schedule, and is agreed to by all race directors prior to being placed on the LDR Schedule. The NorCal Running Review is a private publication of the West Valley TC; it is not an AAU publication, and is under no obligation to print anything. Some arrangement prior to the race could have been made with the West Valley TC such that they could have used their manpower to send out the results for you for a fee which would go to the club treasury, but the NCRR does not assume the liability for complete race results.

Another stipulation is that course lengths be certified as to their correct distance. The runners don't really care if the race is 3.9 or 4.3 miles, but they are interested in exactly how long the race is. Course certification is very simple; Mr. Don Peterson, 916 El Cajon Way, Palo Alto 94303, has the forms and procedures.

The LDR Committee has passed several motions during the last several months concerning the responsibilities of the race directors and the listed requirements. One of these motions is that no sanctions, or scheduling for future races will be made for races that fail to meet these requirements. If you will compare the race schedule this year with last years, you will notice that there were several races removed from the schedule due to failure to meet these requirements. I suggest that you mail results to all finishers in last Sunday's race."

NOTE FROM THE EDITOR: - In reference to the above letter, it would prove beneficial to all area athletes to write to Harold DeMoss (or Penny, for women's LDR), Box 967, Los Altos, CA 94022, when they find that a race doesn't meet with standards that have been set up by the LDR Committee (see LDR Handbook, pages 5 and 6). The only way to change something is to complain about it...otherwise it'll stay the same from year to year. Writing letters to meet directors is also useful. A standard 'Race Critique Sheet' is available from Harold too.

T-SHIRT DISCOUNTS

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Until they are gone, we are offering a substantial discount on these multi-colored (with trim on neck and sleeves) shirts...from 50¢ to 75¢ under the regular mailed price. The \$2.50 price includes mailing costs. They are going fast, so send your check or money order to: WVTC, P.O. Box 1551, San Mateo, CA 94401.

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RUNNER-UP

(Editor's Comment: - Len Wallach will be our new "Runner-Up" columnist. Due to a heavy workload, Jim Valenti will be unable to continue writing for us. In fact, the past two articles (Lurana Hoetger and Harold DeMoss) were written by Len, because of Jim's lack of time. We are sure that Len will continue in Jim's footsteps, finding many worthy 'behind-the-scenes' individuals to interview for this column.)

MEET GEORGE NEWLON: (By Len Wallach) - It's a long way from being born on a farm outside Claremont, Missouri, to officiating in international track & field competition, but George P. Newlon followed a paradoxical trail to do it.

The Northern California District Sales Manager for Campbell Soups can be seen 45 weekends a year, officiating at everything from a worldclass track meet between the Russian and American champions, to a special 'Olympics for the Handicapped and Retarded Youngsters'.

His office in San Mateo is a clutter of trophies, memorabilia, awards, medals, plaques and mementos of a lifetime of service to athletes and his community. There is hardly a place left for future accolades, but he passes it all off by saying, "It's cheaper than having to paint the walls!"

George started his life as an 'Army brat', the son of a career soldier who retired as a one-star general. That tells you a little about his early discipline that eventually led him through high school and college track as a miler. With a lifetime best of 4:17.6 while attending Colorado Aggies (now Colorado State Univ.), his time was good enough to earn him a spot into the 1936 Olympic Trials. An upset stomach and as he modestly puts it, 'damned good opposition', pushed him to the back of the pack.

Although he continued his athletic career at Oregon's Multnomah AC, he began turning to his two loves: the Rotary Club and officiating sporting events. He also admits to wanting to be a journalist, but concedes he never found the time. "The only creative writing I do now is bulletins to my salesmen, who don't think they are particularly creative!," he added.

But there was a time that George came close to a public relations career when he was in the Army in World War II. One of the paradoxes of his life is that he earned a commission as a second lieutenant in the ROTC program, but got tired of all the military correspondence courses he was working on for a promotion, and resigned his commission in 1940. With the start of the War in 1941, George entered the Army as a private, a move his father, the general, could hardly understand. The paradox is not that, but rather that George couldn't quite understand his father's attitude, especially in view of the fact that George became part press agent, part actor, and part kidnapper in his Army job as a WAC recruiter.

"It's a wonder that one of those young ladies I recruited has never traced me down and shot me for some of the promises I made and the theatrics we used to get them to sign up," George sighed. "You should have seen my act as a returning wounded sergeant; it was so good that even I was convinced to almost sign up for another hitch. And it got better, but alas, the war ended and ruined my brilliant acting career." But, all humor aside, he was awarded the Army Commendation Medal for his military service.



George P. Newlon, PA-AAU Commissioner of Officials, is featured in this issue's "Runner-Up" column. /Geoff Cook Studio/

George's sense of timing stood him in good stead when he started his 41-year career with Campbell Soups. He related that he and a fraternity brother started a small business, a gas station, in the middle of the depression, and admitted that it wasn't a very smart move. One of their high months, they made a grand sum of \$2.65 between them (net). "My share was only \$1.13, as I was the Junior partner," George explained.

"So with my \$1.13 in my pocket, I drove this big Cadillac, so I hustled and sold the guy a battery, two tires, and 27 gallons of gas. He was so impressed with my salesmanship that he offered me a job on the spot for \$80 per month. Considering that I had only earned \$1.13 the previous month, it was a pretty good offer," George concluded. But the old Newlon paradox went to work again, and he decided to gamble to get a higher salary and advised the customer that he was sorry but he was getting \$85 per month on his present job. For a guy to have that kind of brass in the middle of the depression is somewhat remarkable, but even more remarkable was that got offered \$90 per month and has stayed with Campbell Soups ever since. Matter of fact, he is such a company man, that his license plates read, 'MMGOOD'.

He has continued his officiating career in a big way and has, as a result, been appointed as the Referee and Director of Officials for the I.T.A. in Northern California; PA-AAU Commissioner of Officials; and Director of Track Officials at Stanford University. He has officiated in all the San Francisco Examiner meets, the Kennedy Games, the California Relays, West Coast Relays, Men's National Marathon Championships, 1st Women's Natl. Marathon Championships, Men's Cross Country Championships (Natl.), the 1968 and 1972 U.S. Olympic Trials, and the 1972 Olympic Games at Munich.

George felt that the best meet he's ever been involved with was the Russian-American meet in 1962. "It was like looking at the insides of a fine watch, as everybody and everything went so properly." But George has had his troubles with the Russians, in that he had to disqualify two of them for infractions of the rules. Unfortunately, politics entered its ugly head and he was overruled. "It's about time this country stood up and got counted. What's happening in sports is a reflection of what's happening to the United States in world affairs," he suggested. Not a bad sentiment.

No article on George Newlon would be complete if it did not mention his lifetime of public service through the March of Dimes and the Rotary. Soon to become the District Governor of this service organization, George was recently awarded the Paul Harris Fellowship, which is the highest tribute that The Rotarians can give. This seldom-given medal and certificate sit in a special place in his office. For once George Newlon didn't pull off his usual paradox by hiding the award under a pile of papers or sticking it in a drawer.

Someone once said of officials, that they catch hell for any tiny mistake, but one never gets credit for his accuracy. Well, George, here's credit for a change!

1975 Bay-to-Breakers T-Shirts

This year's shirt is a new design, in multiple colors with trim on neck & sleeves. All profits go to Men's & Women's PA-AAU LDR Travel Funds. Supply is very limited (probably mail only). Shirts are presized to allow for shrinkage. Mail to PA-AAU LDRC, Box 967, Los Altos 94022

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NOR-CAL PORTRAIT

MEET JOHN POWELL: (By Conrad Walker) - If you saw a grown man sticking out his tongue, you might be tempted to laugh--that is of course, unless the man is 6'2", 235-lb. John Powell, world-record holder in the discus, from San Jose.

It is somehow appropriate that this 27-year-old policeman, who could make instant jello out of a snarling Doberman with one cuff of his massive arm, or who could make Don Rickles keep his mouth shut with one grim-visaged flower, should also stick his tongue out as he throws. For John Powell has a whole room full of personalities wrapped up in one tidy, albeit large, package: there is the serious Powell, world-record holder: "To throw the discus, there has to be a spark; you are basically in an unpublicized sport, so you don't get a whole lot of recognition." But then there is the tongue-in-cheek Powell who takes over the conversation: "But I'm thankful for that because it keeps me humble. If there is anyone that doesn't want to be humble, it's me. I have no choice." Other Powell witticisms are sometimes lost because of understated delivery. "My goal in life is to die healthy." Or, "I was stopped by a highway patrolman for speeding and he said, 'In kind of a hurry, aren't you?' I told him that was why I was driving fast."

In the ring, John is all business. Since graduating from San Jose State, Powell has steadily improved through the perfection of his discus technique. "At one point or another, I have thought about every conceivable thing in the discus," says Powell. "Even down to what my toes do." This application won him a place on the US team to the 1972 Olympic Games in Munich. John describes one of his Munich throws in his inimitable style: "I threw one so hard; I never threw one harder. I saw that thing go out there just beautifully, and then it just nosedived. It looked like God had slapped it down--'John, you atheist, BOOM!' I couldn't believe it." Despite the intervention of the fates, John finished a surprising fourth and took over as the number one discus thrower in the U.S.

John tread water in 1973, ranking fourth in the world, and then creamed the competition in '74, winning 27 of 29 meets, and ranking number two in the world, according to *Track & Field News*. But two of Powell's big goals still eluded him: the world record, and an Olympic gold medal. This year, Powell started taking care of business.

In the peak of physical shape, looking so tough, that one rival commented, 'Powell is so ready it's obscene,' John unleashed the biggie, 226-8, at Long Beach on May 4 to become the new world record holder in the discus. About to throw, Powell said, "I wasn't expecting anything like this today, but the conditions were perfect and I've been throwing pretty well recently." Pretty well indeed.

So now John Powell has accomplished one of his goals, which leaves him one to go. In a serious mood once again, Powell says simply of his Montreal plans, "There is only one medal at the Olympics." Front the glint in his eye, you know that he doesn't mean silver.

WEST VALLEY PORTRAIT



Anthony Terry, WVTC's 54-foot triple jumper.

MEET ANTHONY TERRY: (By John Sheehan) - One of West Valley's newest members is two-time NCAA Division II triple jump champion, Anthony Terry. Anthony has already posted some excellent marks in big competition. At the Mt. SAC Relays, San Jose Invitational, West Coast Relays, and California Relays, he placed high up in the field. In the latter three meets he recorded the following distances: 53'5-1/4" (4th), 54'4-1/2"w (3rd), and 54'0" (2nd) for a personal best at Modesto.

A student at U.C. Davis, Anthony is, first of all, a football player. His goal has been to become a professional player from the first game he saw on television. In high school he played football and basketball, and also competed in track, following three brothers who were all long jumpers. Anthony first tried the triple jump as a senior, going 47'9", with a best of 22'5" in the long jump.

His dream was to go to UCLA, but after seeing UC Davis and not getting a scholarship offer from the Bruins, Terry became a Cal Davis Aggie. In three seasons of football and track he has always been at the top of the Far West Conference. Every team

(football) he has played on has won the championship, and last year Anthony was voted All-Conference, both for offense (wide receiver) and defense (cornerback).

In the triple jump, Anthony has achieved his goal of improving nearly two feet each year. As a freshman, he won his specialty at the prestigious West Coast Relays and competed well at the NCAA Meet, improving his best to 49'8". The next year he won both the conference and College Division Nationals, placing thirteenth in the university division while recording a 51'2" mark. Last year he was All-American in both NCAA meets, winning the college division again, and placing sixth in the big one, with a 52'8-1/2" leap.

Anthony's ultimate success has come from a lot of work on technique, along with a confident attitude. With his coach, Mel Ramey of the UCD Civil Engineering Dept. Terry studies the styles of the best triple jumpers, fitting what he can use into his own style, while still maintaining his own unique rhythm. In competition, he always jumps to win. His strategy is to go for 55-feet on the first jump and then take it from there.

Anthony's confidence also shows in his goals. In the upcoming AAU Nationals in Eugene, he is competing as usual--for first place...but will be satisfied to go 55-feet and make the national team. He sees competing on the national team as a chance to see and jump with the best in the world and prepare himself for the next goal--the 1976 Olympics and the first 60-foot triple jump. At the rate Anthony Terry is improving, West Valley Track Club may soon have a world record Olympic triple jumper.

SPECIAL ARTICLE

THE PIKE'S PEAK MARATHON--WHY YOU SHOULD RUN IT: (By Walter Stack) - On August 3, 1975, The Pike's Peak Marathon will be formally 20 years of age. The 250 marathoners of the past few years should be greatly increased in numbers this year. This run is really a "hike-run". Like the 50-mile JFK, one of the reasons that 2,500 participated in that event was that it was listed as a "Hike-Run"--otherwise it would be limited to a few brave souls. Don't let it scare you! THE PIKE'S PEAK MARATHON IS A "HIKE-RUN".

Any athlete in fair shape who skis, swims, cycles, runs, plays tennis or handball can run it. In many ways (it starts at 6500 feet above sea level and ends at 14,110 feet) it is easier than a standard marathon course. Practically everybody, with the exception of champs like Gachupin, Trujillo, and Smead, do some degree of walking, depending on their condition and how respectable a showing they plan to make. For one who has never participated in a marathon, this is recommended as the run that will inspire so much confidence and self-esteem in the runner that all will be 'duck soup' after that.

Here are a few of the statistics of the "Hike-Run" which should be an inspiration and challenge to you who feel the event is too staggering: (1) Ruth Dettering, a tennis player in her late forties with little running background, became 10 feet tall after this run; (2) Youngsters Mary Etta and Mike Boitano finished Pike's Peak and came home to win the famous Dipsea handicap race over 1200 entrants; (3) Eileen Waters, after Pike's Peak, became a 50-mile champ and knocked a half-hour from her 3:45 marathon time; (4) Dr. Joan Ulliot broke the women's record and went on to become an internationally famous marathoner; (5) Marcie Trent, 56, of Alaska, now holds the record for women at 3:17:35 for the ascent and 5:23 for the roundtrip; (6) Last year, 61-year-old Burnice Hicks of Washington, D.C., retired Pentagon Statistician, ran the round trip in 8:30 and the ascent in 5:25; (7) 72-year-old Ben Hirsch, a retired librarian, started running at 65, and made the ascent in 5 hours; (8) Each year, from three to ten DSE women runners have run this course--not a single one has failed; (9) This year Brenda Ulland, 83, of Minneapolis, will duplicate her grand-daughter's run of last year (Alexandra Boies) and will be accompanied by Katherine Fahl, who holds the women's age-group record in the over-70 division.

The ascent is equivalent to a regular marathon, as it requires approximately the same time to run up as a regular 26-mile course. Those under 18, over 30, and women, are considered to have run a 'marathon' if they make the ascent. Since this has been declared "The Year of the Woman" by the United Nations, the Marathon Committee is contemplating giving a trophy to every woman finisher.

For a Fun Run, comparable to Boston any day, try Pike's Peak--the most exciting, dramatic marathon in the United States. For those who have a week or two and \$75.00 per week, the YMCA Camp will help those acclimate. This is your big year; don't procrastinate! For details, write: Walt Stack, Assistant Manager, 321 Collingwood St., San Francisco 94114 (send postage!).



ADVICE FROM A RUNNING PODIATRIST

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 Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650).

LARRY SUMNER (Citrus Heights, CA): "Four weeks ago I began training for an upcoming marathon. My miles per week jumped from 40-50 to 70-85 miles per week. After only two weeks of this increased mileage, I began to experience pain in my left knee; below and to the inside of the knee cap. There was also some swelling.

I laid off running for a couple of days and the pain disappeared. When training resumed, the pain returned. Since most of my training is done on the road, I postulated that some soft turf training might help. Soft turf, along with a decrease in mileage, seemed to lessen the discomfort.

Finally last weekend I decided it was time to get some more long mileage in, so I ran 16 miles on Saturday and another 16 miles on Sunday. Sunday night I could hardly bend my knee and the pain was so bad that I got little sleep. By Monday night, the pain and swelling was again minimal.

I tried using Dr. Scholl's arch supports for one week and during my last two long runs. They didn't seem to help. I have also been consistent in my evening stretching, especially for the lower leg and hamstring areas.

I am aware that my foot plant is not correct since I wear down my heels very quickly on the outer corner of each shoe.

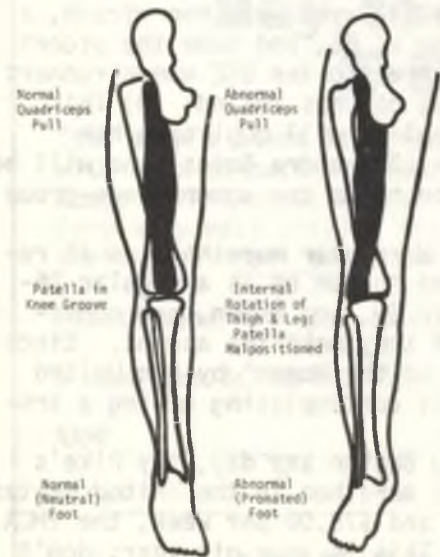
Is there some advice that you can give me which might allow me to keep high mileage training without personally consulting a podiatrist? If this is not a practical solution, please give me a list of 'sports-minded podiatrists' within the Sacramento area. Thank you."

(RESPONSE): - RUNNER'S KNEE: "Out of the first 50 athletes I have seen in my office, 19 complained of knee pain. Through examination, treatment, follow-up, and referral, it turned out that two of them had real knee problems, (medial meniscus problems) and the other 17 had overuse injuries related to imbalance at foot contact. I find that each one of these runners has an imbalance when the heel contacts the ground in long distance running, caused either by an inward bowing of the leg or a tilt in the heel bone itself.

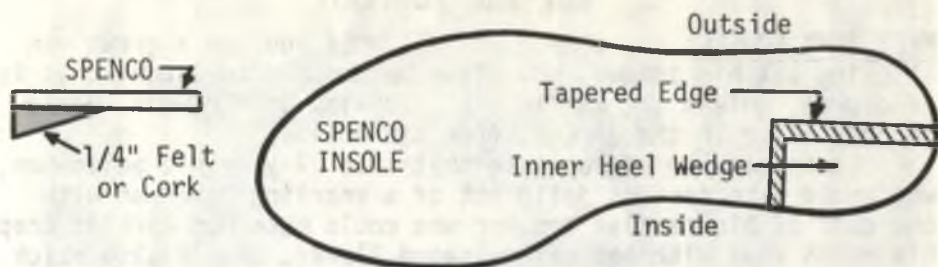
Overuse injuries occur when there is a change in the running style, such as increases in mileage, hill running, running intervals, or a change to hard surfaces or banked tracks. This change in style puts increased stress on tissues which are only slightly abnormal. Normally in running, there is an intricate balance between flexibility, support, strength, and leverage of the joints of the foot and the knee joint. The knee should function primarily as a hinge point with very little rotation; the foot should have the flexibility to cushion heel strike and adapt to the supporting surface. If there is any tilt of the leg or heel bone itself, then the leg must rotate in order for the foot to be flat on the ground.

Any side-to-side rotation of the leg causes movement of the patella (kneecap) on the front of the thighbone, which eventually produces overuse injury. Your Scholl's arch support did not work in this case because it supported the arch, not the heel bone itself. You would be much better off with a Spenco insole (for cushioning) with an inner heel wedge cemented onto the bottom (see figure in next column).

A word of warning: If pain comes on in your knee(s) while running, stop. There should be no limitation of the knee motion, no bruise or swelling, never any 'locking' of the knee, and no 'clicking' or 'popping'



PRONATION OF THE FOOT CAUSES MANY KNEE PROBLEMS:
(Adapted from Dr. Subotnick)



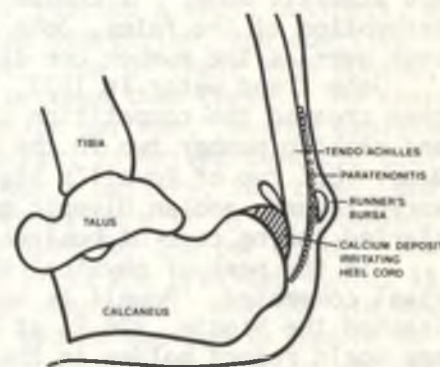
with knee joint motion. Not all knee problems are referred from abnormal foot motion, and many need the care of an orthopedist. I expect that soft support like this will help, but you will need to be fitted with a rigid functional orthotic. Enclosed please find a list of podiatrists in your area. Hope this information is helpful to you.

*****ANNOUNCEMENT***** Effective July 1, 1975, I will become the Director of the Podiatric Sports Clinic at the California College of Podiatric Medicine in San Francisco. We will see athletes by appointment on Thursdays and Saturday mornings. Fees through the clinic will be based on income. For additional information, please contact C.C.P.M. at 1770 Eddy St., San Francisco 94115, or phone (415) 563-3444.

(The following article was submitted by Steven I. Subotnick, D.P.M. Steve is also a runner and recently competed in the Boston Marathon. He has been treating runners in the Bay Area for several years.)

RUNNER'S HEEL BUMP: - "I read with interest, Dr. Harry Hlavac's last article on 'Tendo-Achilles Tendonitis'. His article was excellent, and I am pleased that it was written. I might add that tendo-achilles tendonitis may also be aggravated by an actual defect in the heel bone (calcaneus) itself. In these cases, there are deposits of bone beneath the attachment of the tendo-achilles which rubs on the tendon itself, and may lead to tendonitis. This is called retrocalcaneal ex-

RUNNER'S HEEL BUMP



ostosis, or runner's bumps (See figure above). Runner's bumps are identified initially by just redness at the back of the heel, and it is at this time that the runner should seek the aid of a podiatrist for foot supports to prevent the rolling of the heel at contact which aggravates this problem. Without this type of control, it is quite probable that the bump on the back of the heel will continue to grow and aggravate the tendo-achilles. An unstable heel contact may also lead to irritation of the covering of the tendo-achilles. This is called a paratenonitis. There is no actual tendon sheath in this area, but yet the tendon is covered by a loose fatty type of tissue. This tissue may become inflamed and then hardened or fibrotic. When this happens, scar tissue itself causes pain during running. In advanced cases, it has been necessary to surgically excise the paratenon. This generally results in the runner being absent from running for 4 to 6 weeks. The results of the procedures are quite good. In addition, it may be necessary to excise excessive bone on the back of the heel.

I bring up these points because I have noted that chronic tendo-achilles problems which do not appear to respond to conservative treatment consisting of flexibility exercises, strength exercises, as well as foot supports, may very well respond to simple surgical procedures which do not cause a great deal of time away from running."

/Steven I. Subotnick, DPM, 19682 Hesperian, Hayward 94541/

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★NOR-CAL RUNNING REVIEW★

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) Waters, 4379 Hamilton, #3, San Diego, CA 92104; CENTRAL CALIFORNIA ASS'N: (CCA) Bill Cockerham, 1717 S. Chesnut, Fresno, CA

93702; SOUTHERN NEVADA ASS'N: (SNA) Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101; OREGON ASS'N: (OA) Norm Oyler, 7079 SW Montgomery Way, Wilsonville, Oregon 97070 (Ph. 503/638-6918); DSE RUNS: (DSE) Walt Stack, 321 Collingwood, S.F., CA 94114 (Ph. 415/647-9459, before 8 pm). PA-AAU DISTRICT OFFICE: 942 Market St., Suite 601, S.F., CA 94102 (Ph. 415/986-6725)... AAU Card applications may be purchased here. *** 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. Yoga instruction the first Sunday run of each month after the run.

- Jun 14 - Stagecoach Road Run, 13 Miles, Jacksonville, Ore., 8 am. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
- Jun 14 - Oregon AAU One Hour Run, Duniway Park, Portland, Ore., 7 pm. Norm Oyler, 7079 SW Montgomery Wy, Wilsonville, Ore. 97070.
- Jun 14 - Hidden Valley 12 Miler, Banyon Park (L.A. Area), 9 am. Gerald Besson, 3734 Cullen Ct., Newbury Pk., CA 91320. (SPA)
- Jun 14 - 9th Palos Verdes Marathon, 8 am. Les Woodson, P.O. Box 153, Palos Verdes Estates, CA 90274. (SPA)
- Jun 14 - 5th Mt. Misery X-C Race, 10 Kilos (handicap), Placerville, 9:30 am. Ernie Marinoni, 5101 Newtown Rd., Placerville 95667.
- Jun 15 - 4th Annual Levi's Ride & Tie, Heritage Ranch, Paso Robles (combination of running and horseback riding). Bud Johns, Public Relations Dept., Levi Strauss & Co., 2 Embarcadero Center, S.F. 94106.
- Jun 15 - Woodminster 9.3 Mile Handicap Run, Joaquin Miller Pk., Oakland, 10 am. Chas. MacMahon, 154 Grover Ln., Walnut Crk 94596.
- Jun 18 - Gavilan College 2 Mile X-C Run, Gilroy, 6 pm. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.
- Jun 21 - 6th Morro Bay to Cayucos Fun Run, 6 Miles, 2 pm. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. (SPA)
- Jun 21 - DSE Summer Solstice Run & BYO-BBQ, Lake Merced, 5 Miles (Boathouse), 6:30 pm. Walt Stack, 321 Collingwood, SF 94114.
- Jun 21 - Oakland Old-Timers 10 Kilo (possibly 6/28), Oakland, Ore., 9 am. Stan Stafford, 900 SE Douglas, Roseburg, Ore. 97470.
- Jun 21 - Sunset Park 4-Miler, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jun 22 - CCTC Fruit Valley Run, 6 Miles, Vancouver, Wash, 8 pm. Norm Oyler, 7079 SW Montgomery Way, Wilsonville, Ore. 97070. (OA)
- Jun 22 - MacDonald Forest Scenic Run, 4 & 7.5 Miles, Corvallis, Ore., 1 pm. Ted Wolfe, 720 Granger Ave., Corvallis, Ore. 97330.
- Jun 22 - 14th Holy City Run, 9.08 Miles, (nr. San Jose), 9 am. Ken Napier, 1612 Bearden Dr., Los Gatos 95030. (NO PRE-ENTRIES)
- Jun 22 - 2 and 4 Mile Fun Runs, Alton Baker Pk., Eugene, Ore, 1:30 pm. Geoff Hollister, 99 W. 10th, #104, Eugene, Ore. 97401.
- Jun 25 - PSA-AAU & Natl. Postal One-Hour Run, Balboa Stadium, San Diego, 5:45 & 7 pm. Waters, 4379 Hamilton, #3, San Diego 92104.
- Jun 28 - Lompoc Flower Festival (5 Mile Road Run @ 3 pm; Invit. 6 Mile on track @ 6 pm; Open 6 Mile on track at 7 pm), Lompoc. Joe Sciamie, 1305 N. Orchid St., Lompoc 93436. (SPA)
- Jun 28 - Excelsior Beach Run, 7 Miles, Sloat & Great Hiway, S.F., 10 am. Frank Donahue, 4903-B Mission, San Francisco 94112.
- Jun 28 - Joint PA-AAU Men's and Women's LDR Meeting (following Excelsior Beach Run). All interested parties urged to attend.
- Jun 28 - Oregon AAU 20 Kilo Championships, Portland (Western Forestry Ctr.), Ore., 9:30 am. Norm Oyler (see June 14 contact).
- Jun 28 - Fountain Place Run, 8 Miles (Pioneer Trail & Fountain Pl. Rd., 2 mi. from US 50), Lake Tahoe. Chuck LaBenz, Box 2424, Stateline, Nev. 89449.
- Jun 28 - 9th South El Monte Run, 7.9 Miles, nr. L.A., 6:30 pm. Wes Alderson, 4070 Minerva Ave., Los Angeles 90066. (SPA)
- Jun 28 - 5th Plankton Festival, 3 Miles, Avila Beach (nr. S.L.O.), 11 am. Larry Steffan, Avila School, Avila Beach 93424. (SPA)
- Jun 29 - DSE Stow Lake 3-Miler, Golden Gate Park (Meet at boathouse), S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- Jul 4 - DSE Double Lake Merced Run (Meet at boathouse), 9.5 Miles, S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- Jul 4 - SPA 15 Kilo Championships, Santa Barbara, 10:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (SPA)
- Jul 4 - 3rd Annual Kenwood 10 Kilo, Kenwood (nr. Santa Rosa), Time TBA. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- Jul 4 - Natl. AAU Senior 25 Kilo Championships, St. Paul area, 10 am. Jeff Brain, 2512 - 34th Ave., S. Minneapolis, Mn. 55406.
- Jul 4 - Butte to Butte 6.8 Miler, Eugene, Ore., 8 pm. Geoff Hollister, 99 W. 10th, #104, Eugene, Ore. 97401. (OA)
- Jul 4 - 4th of July Parade Run, 3 Miles, Redwood City, 9:30 am. Sten Mawson, RC Parks & Rec. Dept., 1400 Roosevelt, RC 94061.
- Jul 6 - Folsom Road Race, 10 Kilos (Folsom Zoo & Park), 9 am. Frank Krebs, 8406 Taramore, Orangevale 95662.
- Jul 6 - College of the Canyons 6 Miler, Valencia, 9 am. Contact: Monty Cartwright (805) 259-7800. (SPA)
- Jul 6 - DSE Golden Gate Park 4-Miler (Meet at Stow Lake Boathouse), S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- Jul 12 - Cold Creek Trail Run, 8 Miles (Intermediate School, S. Lake Tahoe). Chuck LaBenz, Box 2424, Stateline, Nev. 89449.
- Jul 12 - SPA One Hour Run (Coastal Section) & Natl. Postal, S.L.O., 9 am. SLDC, Box 1134, San Luis Obispo 93401. (SPA)
- Jul 12 - ORRC Champoeg Picnic Run, 5 Miles, (South of Portland), 11 am. Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore. 97070.
- Jul 12 - 4th Lafayette 10 Kilo, Lafayette Reservoir, 8 am. Mike Foley, P.O. Box 351, Lafayette 94549.
- Jul 13 - DSE Coit Tower Run (Meet at Dolphin Club), 3 Miles, S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- Jul 13 - Race to the Redwoods, 7 miles (new course), Felton, 9 am (CHANGED FROM 7/6). Bruce Jones, 6940 Hiway 9, Felton 95018.
- Jul 19 - 2nd Annual Great Race (running, cycling, watercraft), Rancho Cordova, 9 am. Send to: 1828 - 29th St., Sac'to 95816.
- Jul 19 - Wharf-to-Wharf Race, 6 Miles, Santa Cruz Wharf to Capitola Wharf, 9 am. Ken Thomas, 485 Calle del Sol, Aptos 95003.
- Jul 19 - Battle Ground Harvest Day Road Run, 8 Miles, Oregon, 10 am. Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore. 97070.
- Jul 19 - Oregon AAU One Hour Run, Crater HS, Central Pt., Ore., 8 pm. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
- Jul 19 - Oregon AAU One Hour Run, Willamette Univ., Salem, Ore., 7 pm. Chuck Bowles, Willamette Univ., Salem, Ore. 97301. (OA)
- Jul 19 - RTC North Umpqua 10 Miler, (North of Roseburg, Ore.), 8 pm. Stan Stafford, 900 SE Douglas, Roseburg, Ore. 97470. (OA)
- Jul 19 - SPA One Hour Run (Jr, 40+, Women), Santa Barbara, 4 pm. John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105.
- Jul 20 - Stallion Sprgs. Mini-Marathon (14 Mi.), 9 am. Walter Rogers, 15336 Roscoe Blvd., Panorama City, CA 91402. (CCA)
- Jul 20 - 8th Ft. Baker Handicap Run, 15 Miles, Marin County, 8:30 am. John Hutchinson, 225 San Marcos Ave., S.F. 94116.
- Jul 20 - Coffenbury Lake Run, 2.5 Miles, (nr. Seaside, Ore.), 1 pm. Carl Dominey, Astoria Pks. & Rec., 1095 Duane, Astoria 97103.
- Jul 23 - Vancouver 3.8 Mile Run, Wash., 8 pm. Bob Moser, 5600 NE 45th St., Vancouver, Wash. 98661.
- Jul 26 - Ponderosa Ridge Run, 12 Miles (Spoooner Summit, US 50 to Carson City), 10 am. Chuck LaBenz, Box 2424, Stateline, Nv 89449.
- Jul 26 - ORRC Farrell's Sundae Run, 2 Miles, Duniway Pk, Portland, Ore., 9:30 am. Norm Oyler, 7079 SW Montgomery, W'ville 97070.
- Jul 26 - SPA One Hour Run (Open) & Natl. Postal, Santa Barbara, 2 pm. John Brennand, 4476 Meadowlark Ln, Santa Barbara 93105.
- Jul 26 - 3rd Oakland 8.4 Mile Watermelon Race, Chabot Gate, Chabot Regional Pk., 10:30 am. Alameda TC, Box 1606, Alameda 94501.
- Jul 27 - Timber Festival Run, 3 & 7 Mi., Estacada HS, Ore., 10 am. Larry Gray, Route 3, Box 1835, Estacada, Ore. 97023. (OA)
- Jul 27 - DSE Fort Point Run, 4 Miles, (Meet at Presidio Gate), S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- Aug 2 - Summer Hi-Sierra X-C Championship, 8 Mi., Fallen Leaf Rd., S. Lake Tahoe, 10 am. Chuck LaBenz, Box 2424, Stateline 89449.
- Aug 2 - Larry Lewis Memorial Road Run & Picnic, 11.5 Mi., Los Gatos (Masters only), 10 am. F. Cunningham, 1002 S. 1st, SJ 95112.
- Aug 2 - 24-Hour Relay, Duniway Pk., Portland, Ore., 10 am (Pre-Entries). Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore. 97070.
- Aug 2 - 3rd Griffith Pk. DC 13 Kilo, L.A., 8 am. Mike Polizzi, 18400 Prairie St., #113, Northridge, CA 91324. (SPA)
- Aug 3 - DSE Practice Dipsea Run, 6.8 Miles, Mill Valley Bus Station, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Aug 3 - Pikes Peak Marathon, Manitou Sprgs, Colo., 7:30 am. Rudy Fahl, 2400 W. Colorado Ave., Colorado Sprgs., Colo. 80904.

- Aug 3 - Walnut Sports Festival 6 Miler (& 3 Mi.), Walnut, 4 pm. Walnut Festival, Box 296, Walnut, CA 91789. (SPA)
 Aug 9 - 21st Huntington Beach Distance Derby (10, 3 & 1.5 Mi.), 8:30 am. J.T. Love, Rec. & Pks., P.O. Box 190, Huntington 92648.
 Aug 9 - RTC Lookingglass 4.85 Miler, Lookingglass, Ore., 11 am. Stan Stafford, 900 SE Douglas, Roseburg, Ore. 97470. (OA)
 Aug 9 - 3rd Lafayette Rim Run, 5.7 Miles, Lafayette Reservoir, 9 am. Chas. MacMahon, 154 Grover Ln., Walnut Creek 94596.
 Aug 10 - DSE Practice Dipsea Run, 6.8 Miles, Mill Valley Bus Depot, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Aug 10 - Potluck Run, 5 Mi., Skinner's Butte, Eugene, Ore., 7:30 pm. Geoff Hollister, 99 W. 10th, #104, Eugene, Ore. 97401. (OA)
 Aug 16 - Sunset Park 6-Miler, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
 Aug 16 - South Orange County 10 Kilo (nr. L.A.), 10 am. Dave Sills, Union Bank Sq., South Tower, Suite 908, Orange, CA 92668.
 Aug 16 - Seaside Beach Run, (7 Mi., Open), Ore., 1 pm. Ralph Davis, Seaside Chamber of Commerce, Box 7, Seaside, Ore. 97138. (OA)
 Aug 16 - 11th Bob DeCelle, Jr. Lake Tahoe Relays, 72 Miles, 7-Man Teams (Handicap for women & masters), 8 am for all teams. Harold DeMoss, Box 967, Los Altos 94022.
 Aug 17 - ORRC Biathlon (3 Mi. Run, 1/2 Mi. swim), near Seaside, Ore., 2 pm. Ken Weidkamp, 14230 SW Derby, Beaverton, Ore. 97005.
 Aug 23 - (Or 24th) Pan-Am Trials Marathon (2:23 qualifying time), Flagstaff, Ariz. Bob DeCelle, Box 1606, Alameda, CA 94501.

TRACK & FIELD

AMATEUR MEETS: - *The NCRRC is not perfect, nor are the schedules we receive! So...before you journey to any of the meets listed below, be sure and verify times and dates.* -- 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) College &/or University; (W) Women; (JR) Juniors (under 20); (M) Masters (over 40); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate; (SM) Sub-Masters, 30-39.
/Compiled by Greg Marshall/

ALL-COMERS MEETS: - We have received information on the following all-comers meets in the Bay Area and Lake Tahoe areas. If our readers hear of any other meets, please contact us immediately, so that we may pass this information on to interested parties. *** San Jose City College: - Monday (Age-Group 16 & Under) & Tuesday (17 & Over) through July 15, beginning at 6 pm. There will be a Decathlon on June 25-26 (Wed./Thur.). This is an all-weather facility & 1/4" spikes are required. Contact Burt Bonanno, track coach at SJCC, for more information. *** College of San Mateo: - For 8 consecutive Saturdays from June 21 to Aug. 9, with field events at 11:30 am and running events at noon. Open & high school divisions (javelin in open competition only) (2 miles for HS & 3 miles for open). Sponsored by the NorCal Track & Field Ass'n. All-weather facilities require 1/4" spikes. Contact for further information: Harry Young, 41 Creekridge Ct., San Mateo 94402 (345-5189 after 7 pm). *** Foothill College: - Beginning June 18, Wednesday, at 5:30 pm (field events), and continuing for five or six consecutive Wednesday evenings. All-weather facilities require 1/4" spikes. There will be three divisions: open, novice, and masters (limited events). No javelin, and a 3-mile X-C run will replace the 2-mile on the track every other week. Running events will begin at 6:30 pm. More information may be obtained by writing to Hank Ketels, Track Coach, Foothill College, Los Altos 94022. *** South Lake Tahoe: - We have only sketchy info on these, but we are fairly sure they are every Thursday evening (time not known) thru Aug. 14, but we aren't sure when they begin. The facility is the Intermediate School Tartan Track. On July 17, there will be a special 5000m Championships, and the final meet (Aug. 14) will feature a 2-Mile Championships. For more information, contact: Chuck LaBenz, Box 2424, Stateline, Nevada 89449.

- Jun 14 - USTFF Meet of Champions, Berkeley, 1 pm (C/O/W?); USTFF Natl. Jr. Decathlon (2 days), Hayward St.; CDM Relays, UC Irvine (SM/M/W,30+); Cal-State AAU Girls & Women's Track & Field Championships, College of San Mateo (2 days) (12/13 and up).
 Jun 20 - Internat'l Prep Invit. (USTFF Jr. Championships), Mt. Prospect, Ill. (2 days); Golden West Invit. (or 21st, 2 days?), Sacramento; Natl. AAU Men's Championships (2 days), Univ. of Oregon, Eugene; Natl. AAU Jr. Decathlon (2 days), Hayward St.; RRCA Postal Mile, San Jose CC (B&G, 9/U to 14-15), William Jones, Box 1049, Cupertino 95014.
 Jun 24 - Natl. AAU Jr. Women's Championships, White Plains, NY (2 days).
 Jun 27 - Natl. AAU Sr. Women's Championships, White Plains, NY (2 days).
 Jun 28 - Senior Olympics, UC Irvine (2 days) (25+; 5-year age-group breakdown).
 Jul 4 - US vs USSR Jr. Dual (2 days), Lincoln, Nebraska.
 Jul 5 - AAU Western Regional Masters Championships (2 days), Laney College, Oakland, Contact: Ed Phillips, Box 1267, Los Altos 94022 (6/23 Deadline) (SM/M/W,30+).

- Jul 10 - PA-AAU Jr. Olympics (4 days), Mills HS, Millbrae, Bob Escobar, Box 141, Millbrae 94030 (June 18 Deadline) (B/G to 17).
 Jul 12 - Natl. AAU Decathlon (2 days), UC Santa Barbara; Natl. Age-Group Classic (2 days), Mt. SAC, Walnut, Bill Peterson, 1840 Hawkbrook, San Dimas 91773; Northwest Seniors T&F Classic (2 days), Mt. Hood CC, Gresham, Ore., (6/27 Deadline for Program) (SM/M).
 Jul 19 - NCSTC Meet, Foothill College, Los Altos (SM/M).
 Jul 25 - (Or 18-19th) Region 13 Jr. Olympic Championships (2 days), Porterville, Contact PA-AAU Office for further information.
 Aug 8 - Natl. AAU Masters Championships (3 days), White Plains, NY - Contact: Bob Fine, 11 Park Pl., NYC, NY 10007 (Entry Deadline--July 15) (M).
 Aug 11 - 1st World Masters T&F Championships (7 days), Toronto (includes X-C and Marathon) - Contact: Dave Pain, 1160 Via Espana, LaJolla, CA 92037 (July 1 Entry Deadline) (M).
 Aug 15 - Pan-American Games Trials (2 days), Eugene, Ore., see Aug. 23 of LDR Schedule above for marathon trials.

RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For Nor-Cal) Frank Hagerty, 2973 W. Swain Rd., #37, Stockton 95207 (Ph. 209/478-0265); (For So-Cal) Ed Bouldin, 11923 Old River School Rd., Downey 90242 (Ph. 213/923-1168); (For Pacific NW) Don Jacobs, Box 23146, Tigard, Ore. 97223.

- Jun 20 - Natl. AAU Track & Field Championships, Eugene, Ore., 5 Kilo Walk (1st day?).
 Jun 28 - Senior Olympics (25/Up), UC Irvine (See Track Sched.).
 Jul 6 - Relay Walk & Picnic, Hellyer Park, San Jose.
 Jul 27 - 5 and 10 Mile Handicap Walks, Northgate Shopping Center, Terra Linda (San Rafael), 10 am -- Frank Hagerty.
 Aug 3 - 6 and 2 Mile Walks, Walnut Sports Festival, Walnut (near L.A.), 4 pm...See LDR Schedule for contact.
 Aug 10 - 25 Kilo and 2 Miles, Site TBA -- Frank Hagerty.
 Aug 17 - 10 Kilo and 2 Mile Track Championships, SF State, 10 am -- Frank Hagerty.
 Sep 21 - Natl. AAU Sr. 50 Kilo Championships, New Jersey.

Laird Blitzes National 25K Field in Seattle: (March 23, Seattle, WA) - Veteran Ron Laird ambled to his umpteenth AAU title with a good 1:56:38 clocking to easily outdistance his nearest rival, John Knifton by almost 9 full minutes! Localite, Bill Ranney grabbed the third spot with 2:07:12. Only other Bay Area walker to finish in the top 10 was WVTC's Wayne Glusker, 8th at 2:15:18. -- (1) Laird 1:56:38, (2) Knifton/NYAC 2:05:13, (3) Ranney/Un 2:07:12, (4) Ron Kulik/NYAC 2:08:23, (5) Bob Rosencranz 2:08:28, (6) Steve DiBernardo 2:08:57, (7) Jim Bean 2:10:00, (8) Glusker/WVTC 2:15:18, (9) Bob Frank 2:24:37, (10) Pete Banko 2:25:00. */Wayne Glusker/*

Ranney & Laird Capture Lake Merced Walks: (March 30, S.F.) - (5 Miles)--Ranney 37:12, Bryan Snazette 39:53, Jerry Lansing 44:22; (10 Miles)--Laird 1:16:05, Bob Korn/WVTC 1:19:31, Roger Duran/WVTC 1:39:59...Wayne Glusker (37:19) and Manny Adriano (39:37), both WVTC, did not finish.

Glusker Nips Korn at DeAnza 5 Kilo: (April 6, Cupertino) - Wayne Glusker took command early by passing through a 7:15 opening mile, with Bob Korn 5 seconds back. At two miles they were together in 14:49, but Glusker pulled out to a 5-second margin of victory, 23:07 to 23:12. Manny Adriano (24:57) paced himself through evenly to make it a sweep for West Valley TC. Newcomers Jim Brownlee (26:22) and Bill Flint (30:42) completed the field. */Frank Hagerty/*

Glusker Annexes PA-AAU Hour Walk in 7 Miles, 1433 Yards: (April 13, S.F. State) - Wayne Glusker continued his winning ways by covering the hour in a personal best, 7 miles, 1433 yards. Wayne practically lapped the entire field, just missing Ranney by a yard. (1) Glusker/WVTC 7-1433, (2) Bill Ranney/Un 7-994, (3) Manny Adriano/WVTC 7-412, (4) Jerry Lansing 7-297, (5) Bryan Snazelle 6-1529, (6) Roger Duran/WVTC 6-1523. --- In the half-hour walk, Debbie O'Sullivan moved strongly in the last minute to build a five-yard lead over Kim Scriver for the victory. (1) O'Sullivan 2-1536, (2) Scriver 2-1531, (3) Mike Bangert/MLTC 2-1383, (4) Debbie Bangert/MLTC 2-1381, (5) Libbe Bangert/MLTC 2-907...this was an Age-Group race. /F. Hagerty/

Glusker Second at Mt. SAC Relays: (April 26, Walnut) - WVTC's roving race walker, Wayne Glusker, recorded a 49:38.2 in placing second at the 10 Kilo event here, nearly a lap behind Ed Bouldin (BHS), who clocked 47:57.2. Enrique Vena of the Mexican National Team was just over 3 seconds back of Wayne in third. Wayne's teammate, Manny Adriano (& roommate), collected a sixth place finish with 54:57.4. /SPA-AAU Race Walking News/

"PREP PATOIS"

Freshman Robert Maiocco (Liberty, Brentwood) has run 50.8 and 50.3r and is undefeated in dual meets this year...another frosh, Glen Clark (Petaluma) ran a 50.4 relay leg in early April...Serramonte has 3 sprinters at 22.2 or better, plus a 38.6 hurdler who could probably approach that mark...Among the top half-milers in the state this year is Larry Gonzales (Exeter), a soph at 1:56.1...On April 17, Cupertino's all-around star, Don Finley, won his usual four events in spectacular style with marks of 24-3w and 47-10 (ok) in the horizontal jumps, and 14.0 and 39.2 in the hurdles...While NorCal has only six 2-milers under 9:20 (as of May 10 rankings below), Southern California had nine under 9:10 by the end of April... 1975 may be the best year ever for NorCal hurdlers, with 16 at 14.4 or better through May 3; 1974 was a very good season and had only three more at that speed by season's end...The new 330 lows has produced sixty 39.0 or better hurdlers throughout the state...All-around hurdler/jumper, Jamie Starmer of Chico, has bests of 14.9, 38.8, 13-6, 22-4, 44-1, 22.9, 50.3r, and 38.3 over intermediates (not lows)...Soph Jim Bjornsson (Encina, Sac'to) has cleared 6-8 to equal the NorCal Soph Record; he's only 5-9 tall...Frosh Greg Sells (Salinas) has topped 6-4...The pole vault has been excellent, with 51 over 14 feet in California...Three of the top four long jumpers are in the Fremont League in Sunnyvale, although 23-6 leaper Jack Masters (Fremont) is no longer competing, and 23-5w jumper Mike Bertoli (Homestead) has torn ligaments...Lynbrook (San Jose) vaulter, Mark Johnson, suffered two broken ankles in a swimming mishap and will be lost for the season...Brian Inks (Bret Harte, Angels Camp) has 'flipped' his way to a 23-3 3/4 so far...Junior Rojas (Overfelt, San Jose), who led the nation's triple jumpers for several weeks, had foul trouble at the West Coast Relays, managing only 46-2 and not making the finals...Univ. of Southern California will gain two prominent weightman/footballers this fall in 182-11 discus thrower Pat Howell (Fresno) and 63-1 shot putter Brad Vassar (Sonora)...The biggest thing in NorCal weightman may be Steve Montgomery (Lassen, Redding) with bests of 61-4 and 173-9. He is 6-3 and 240-lbs and only a junior...Cupertino has three discus throwers over 166 feet...Woodside ran an uncontested 42.2 to win the Watsonville Invitational. (Any interesting information such as the above should be sent to Chris Kinder, 21732 Olive Ave., Cupertino, CA 95014).

Top Nor-Cal Prep Marks

The following marks have been compiled through May 10 by Chris Kinder (see address above). All corrections, updates, and new marks should be sent as soon as possible, with newsclippings to verify marks where possible...wind information should be mentioned (or noted as not available). There are surely errors and omissions, but we need to have our readers communicate if we are to be accurate. Prospective correspondants for high school marks are encouraged to contact Chris. Our next issue will feature a final listing for 1975 for NorCal...which include the following CIF Sections: Central Coast, North Coast, Sac-Joaquin, Northern, San Francisco, Oakland.

100: - 9.7--*Keith Taylor/Piedmont Hills-SJ, *Glenn Cannon/Mt. Pleasant-SJ, John Ware/Sac'to, Maurice Glass/Castlemont-Okld, *Bo Bryant/Mission-SF, Ron Kennedy/Serramonte, Stan Stanger/Pioneer-SJ, Theotis Brown/Skyline-Okld. (wind-aided) 9.4--*Taylor; 9.5--Glass; 9.6--Brown; 9.7--Charles Johnson/Kennedy-Richmond.

220: - 21.3--*Taylor; 21.4--*Cannon; 21.7--*Bryant; 21.8--Glass; 21.9--Kennedy, Ware, Dan McGee/SI-SF, *Eugene Rachal/Yerba Buena-SJ. (wind-aided) 21.9--*Anthony Stephens/Berkeley.
440: - 47.5--Ware; 48.2--Kennedy; 48.4--Bart Williams/Vall-ejo; 48.5--Paul Emerson/McClatchy-Sac'to; 49.0--*Wyatt Bishop/Carlmont, Paul McCarthy/SI-SF, *Andrew Fields/Grant-Sac'to, John Ferguson/Merced; 49.5--Jeff Metteer/San Marin-Novato, Chapman/Highlands-Sac'to, Ron Brown/Kennedy-Richmond.
880: - 1:52.8--Dan Aldridge/Petaluma; 1:54.9--McCarthy; 1:55.5--Brian Hurdal/Carlmont, *S. Vasquez/Mills-Millbrae; 1:56.3--Camarillo/Casa Roble-Sac'to; 1:56.5--Byron Boyd/Oakmont-Roseville; 1:56.8--Mike Ercolini/Lincoln-SJ; 1:56.9--Harris/Placer-Auburn; 1:57.0--Bill LaForge/Oceana; 1:57.3--Tim Chain/Lynbrook-SJ.



(Left) Dan Aldridge has a big lead over other NorCal half-milers and leads the nation with a 1:49.7 (after compilation of above marks as of May 10). /Jeff Searls/ (Right) Eric Hulst (8:58.6) won this race against Roy Kissin and Ron Fritzke at the San Jose Relays. /Jay Marlowe/

Mile: - 4:15.0--John Johnson/Skyline-Okld; 4:16.0--Marlon Smith/Rancho Cordova; 4:16.7--Aldridge; 4:17.4--Conrad Suhr/Leigh-SJ, Roy Kissin/San Ramon; 4:18.4--Ron Fritzke/Leigh-SJ; 4:18.6--Kevin Furey/El Camino-Sac'to; 4:18.8--LaForge; 4:19.5--Jim Mebust/Bella Vista; 4:20.0--Baker/Westmont-SJ.

2 Mile: - 9:07.5--*Ron Read/Jesuit-Sac'to, Mebust; 9:14.6--Kissin; 9:15.0--Mitch Kingery/San Carlos; 9:15.8--Fritzke; 9:16.6--*Tim Gagen/El Camino-Sac'to; 9:20.3--Dan Patterson/Del Valle-Walnut Creek.

120HH: - 13.5--Dedy Cooper/Ells-Richmond (STATE RECORD); 13.6--Robert Gaines/Kennedy-Rich; 13.7--Kennedy/Srmtc; 13.9--Tony Hicks/Serramonte; 14.0--Don Finley/Cupertino; 14.1--Mark Uribe/Roseville; 14.2--Scott Monroy/Overfelt-SJ, Don Robinson/Sac'to, Keith Harris/Okld; 14.3--Mark Stevens/Burbank-Sac'to, Harold Turner/Kennedy-Rich, *Greg Smith/LaSierra-Sac'to.

330LH: - 37.1--Williams/Vallejo; 37.6--Finley; 38.1--Hicks; 38.3--Larry Richardson/El Molino-Forestville; 38.4--Lee Smith/Skyline-Okld; 38.6--*Chris Koko/Sunset-Hayward; 38.8--Gaines, Dave Johnson/Skyline-Okld, Cooper, Jamie Starmer/Chico (38.3 over 36" barriers), Uribe.

440 Rly: - 41.9--Kennedy, Richmond; 42.2--Woodside; 42.3--Ells-Richmond, Wilson-SF; 42.5--Serramonte, Sacramento, Berkeley; 42.8--Mt. Pleasant-SJ, Skyline-Okld, Edison-Stockton...Add: 42.7--Hogan-Vallejo.

Mile Rly: - 3:17.5--Kennedy-Richmond; 3:18.8--Ells-Richmond; 3:20.9--Sacramento; 3:21.5--McClatchy-Sac'to; 3:22.0--Mt. Pleasant-SJ; 3:22.2--Grant-Sac'to; 3:22.3--Berkeley; 3:23.0--Vallejo; 3:23.3--Serramonte; 3:23.8--San Mateo.

High Jump: - 6'10"--Kirk Collins/Monterey, *Coart Owens/Castlemont-Okld; 6'8-1/2"--Greg Bullard/Enterprise-Redding; 6'8"--*Larry Graham/Vacaville, Leo Williams/Fremont-Okld, Herb Ward/Balboa-SF, **Jim Bjornsson/Encino-Sac'to, Kevin DeVore/Elk Grove, *John Lane/American-Fremont; 6'7"--Brian Lundberg/Sunset-Hayward.

Pole Vault: - 15'0"--Doug Searle/Camden-SJ; 14'8"--Marion Medeiros/Cupertino; 14'6"--Randy Foyil/Amador-Sutter Crk, Brad James/Elk Grove, Cary Moore/Shasta-Redding; 14'3"--Mark Johnson/Lynbrook-SJ, Black/Carlmont, Bob Dillard/Mills-Millbrae; 14'1"--*Vince Endter/Hill-SJ, Steve Oravetz/Campbell.

Long Jump: - 23'9-1/4"--Don Finley/Cupertino; 23'6"--Jack Masters/Fremont-Sytle; 23'5-1/2"--Dwayne Pulliam/Skyline-Okld; 23'3-1/4"--Brian Inks/Bret Harte-Angels Camp (*Uses forward flip technique*); 23'1-1/4"--Robert Gaines/Kennedy-Richmond; 23'0-3/4"--Ken Vasquez/Mills-Millbrae; 22'11"--Adrian Richardson/Norte Del Rio-Sac'to, Gerald Batton/Serramonte, Mike Bertoli/Homestead-Sytle; 22'10"--Dave Harder/San Marin-Novato.

(wind-aided) - 24'3-1/2"--Finley; 23'5"--Bertoli.

Triple Jump: - 49'0-1/2"--Junior Rojas/Overfelt-SJ; 49'0-1/4"--Gerald Halcomb/Richmond; 48'10-1/2"--Dan Jackson/Oakland; 48'5"--Myrt Easley/Woodside; 48'4"--Mike Dobbins/Merced; 48'2"--Matt Rice/Pittsburg; 47'10"--Finley, Mike Haynes/Riordan-SF; 47'5"--Gerald Stewart/Seaside.

(wind-aided) - 49'5-3/4"--Rojas; 47'7"--Pete Moreno/Lick-SJ; 47'2"--Dan Gustavson/San Mateo.

Shot Put: - 63'1"--Brad Vassar/Sonora; 61'4-1/4"--*Steve Montgomery/Lassen-Susanville; 59'11"--Charles Narramore/Mira-Loma-Sac'to; 59'9"--Gary Bersano/Los Gatos; 59'8"--Conrad Jepson/Wash-Fremont; 59'5"--Gian Rossini/St. Francis-Mtn. View; 59'1"--Bill Webster/Lick-SJ, Craig Watkins/Mitty-SJ; 58'0-1/2"--Paul Sackinger/Lynbrook-SJ; 57'7"--Brent Long/Los Altos.

Discus Throw: - 177'5"--*Bill Perry/Fremont-Sytle; 176-10"--Ralph Horn/Cupertino; 175'4"--Watkins; 173'9"--*Montgomery; 172'4"--Rick Alberg/Lodi; 172'1"--Dean Singleton/Irvington; 171'11"--Mike Winter/Yuba City; 171'3"--Steve Tinsley/Nevada Union-Grass Vly; 170'2"--Ernie Ward/Fairfield; 169'5"--Pat Stebleton/Pacific-San Leandro.

880 Rly: - 1:29.1--Ells-Richmond; 1:29.4--Sacramento; 1:29.7--Wilson-SF; 1:30.5--DeAnza-Richmond.

2 Mile Rly: - 8:00.6--Los Altos; 8:03.3--Richmond; 8:03.8--Leigh-SJ; 8:04.3--Mt. Pleasant-SJ; 8:05.0--Lynbrook-SJ.

Distance Medley Rly: - 10:14.8--Leigh-SJ (*Natl. Leader*); 10:17.2--Skyline-Okld; 10:22.0--College Park-Pl. Hill.

TRACK & FIELD RESULTS

Herbert Hoover Relays: (March 23, San Mateo) - (16-29 Yrs)-
440R: WVTC "A" 44.2, WVTC "B" 44.8; 880R: WVTC "A" 1:33.1, WVTC "B" 1:33.2; MileR: WVTC 3:34.7; 2MR: WVTC 8:11.0; 4MR: WVTC 17:58.8; 8MR: WVTC 40:40.2; SMR(220,110,110,440): WVTC "A" 1:36.4, WVTC "B" 1:37.8; LHR(480 Yd): WVTC 59.1. (30-39 Yrs.) - 440R: NCSTC "A" 46.5; SMR: NCSTC "A" 1:39.4; 100: Adams/NCSTC 10.5; 220: Adams 24.2; SP: Hann/WVTC 51-8; HJ: Adams 5-6, Rose 5-6; TJ: Ucovich/NCSTC 37-6; JT: Rose 157-2; LJ: Adams 20-10 1/2, Cain/NCSTC 19-11 3/4. (40-49 Yrs.) - 440R: NCSTC 47.7; SMR: NCSTC 1:44.1; TJ: Conley/WVTC 38-11; 100: Parish/NCSTC 10.7; 220: Parish 25.1; SP: Wassam 41-11; LJ: Conley 18-9; HJ: Conley 5-4; JT: Conley 217-11, Phillips/NCSTC 134-1; DT: Wassam 116-2. /Van Parish/

San Jose Relays: (March 29, San Jose CC) - (High School Div.) - DT: Watkins/Mitty 165-11, Long/LA 164-4; LJ: Jackson/Oakland 22-7 1/2, Andrews/W.Bak 22-5 3/4; DMR: Lynbrook 10:33.4, Laguna Beach 10:36.8 (4:15.2 leg by Hulst); PV: Schimmel/Villa Pk 15-6, Vahlstrom/Villa Pk 15-6, Searle/Camden 14-6, Woetse/Mater Dei 14-0, Oravitz/Camp 14-0; 440R: (I) Ells 42.6; (II) Sacramento 42.6, Mt. Pleasant 42.8, Kennedy 43.0; HJ: Collins/Monterey 6-9, Owens/Cstlmt 6-6; 440IH: (I) Robertz/Srmt 56.6; (II) Hicks/Srmt 55.8, Easley/Woodside 56.1, Smith/Oakland 56.1; SP: Naramore/MiraLoma 59-8 1/4, Bersano/LG 58-8 3/4, Rossini/SFR 56-9 1/2; 880: Suhr/Lei 1:57.4, Vargus/Sytle 1:58.0, Taylor/Wds 1:58.0, Hurdal/Carl 1:58.5; 120HH: Cooper/Ells 13.6 (*Ties Cal Prep Rec*), Kennedy/Srmt 13.7, Gaines/Kennedy-Rich 14.0, Finley/Cup 14.3; G-100: Nixon/Berk 11.2, Robinson/Berk 11.2, Urquhart/Mission 11.4; 100: Andrews/W.Bak. 9.5w, Taylor/PDH 9.6w, Cannon/MP1 9.7w, Ware/Sac'to 9.7w, Johnson/Kennedy 9.7w; G-440: Nixon 58.2, Revere/Watsonville 58.6, James/SCrk 59.3; 440: Stevens/Berk 50.1, Johnson/MP1 50.2, Rachal/YB 51.1; (II) Kennedy/Srmt 48.4, Bishop/Carl 49.0, Emerson/McClthy 49.7, Harvey/SCrk 50.6, Cockerham/Seaside 51.0; TJ: Rojas/Ovfl 49-5 3/4, Jackson/Okld 48-10 1/2, Moreno/Lick 47-7 1/4 (no wind date on top 3), Gustavson/SM 47-2 3/4w, Banayat/Wilson-SF 46-10w, Stewart/Seaside 46-9; Mile: Johnson/Sky1-Okld 4:19.9, Schreck/Menlo 4:25.7; 220: (I) Richardson/NDR 22.0; (II) Taylor/PDH 21.3, Andrews/WBak 21.4, Cannon/MP1 21.4, Ware/Sac 21.9, Glass/Cstlmt 21.9; 2 Mi: Hulst/Laguna 8:58.6, Kissin/SRam 9:14.6, Fritzke/Lei 9:15.8, Read/Jes

9:26.8; MileR: (I) San Mateo 3:23.8; (II) Ells 3:22.3, Kennedy 3:23.2, Serramonte 3:23.3, Woodside 3:24.4. /Bonanno/



Dedy Cooper (right) upended Robert Gaines, 13.6 to 13.7, to tie the CIF record, at the San Jose Relays. Since then he has lowered that mark to 13.5 and 13.4 to share the national lead and tie the US Prep Record. Here he is shown winning the NCS Finals, 13.4 to 13.5. /Jeff Searls/

Sacramento Relays: (April 5, Sac'to) - 3000mSC: Dare/WVTC 9:12.1, Anderson/CSH 9:12.8, Owen/Un 9:28.8; HT: Dyer/CSH 174-0, Blankenship/CSH 167-4, Serafino/CSH 162-1; LJ: Silva/WVTC 24-0, Byrd/Stan 23-4 1/2, Terry/Un 23-1 1/2; 120HH: Carty/BAS 14.4, Young/WVTC 15.0; SP: Do11/CRC 51-0 1/2, DeSoto/Sac 50-7; DMR: WVTC 10:13.2, UCD 10:14.0; 100: Clark/CSH 9.6, Payton/BAS 9.8, Shields/WVTC 9.9; 880R: BAS 1:28.0, SacSt. 1:28.8, WVTC 1:30.7; 3 Mi: Cords/WVTC 14:02.4, Emerling/WVTC 14:13.6, Elijah/Un 14:21.8, Dulaney/HSC 14:23.2, Sheehan/UCD 14:23.8; JT: Parker/SFS 215-4, Jenner/Un 213-5; HJ: Haber/HSC 6-8, Kraft/WVTC 6-6; PV: Lynn/Sac 15-5 1/2, Eshelman/BAS 15-0; 440R: BAS 42.1, SacSt 42.8; 2MR: WVTC 7:49.9, UCD 7:51.5, CSH 7:54.5; TJ: Terry/Un 48-10 1/2, Silva/WVTC 48-5 1/4, Byrd/Stan 48-4 1/2; DT: Nave/WVTC 173-3, Wolf/WVTC 160-1, DeSoto/Sac 147-0. /Stan Wright/

USC 85-1/2, CAL 50-1/2: (April 5, Westwood) - 880: Robinson/C 1:51.8; Mi: Davis/C 4:10.9; 2 Mi: Schmulewicz/C 8:55.0, Maxwell/C 9:00.0; 440IH: (2) Fullerton/C 53.2; SP: (2) Mannon/C 56-0 1/2; DT: Overton/C 164-5; 440R: Cal 40.5; MileR: (2) Cal 3:13.3. /John Wenos/

UCLA 101, Stanford 33: (April 5, Westwood) - 100: (2) Holmes/S 9.7; 2 Mi: Sandoval/S 9:03.0; 440IH: (2) Hogsett/S 53.1; 440R: (2) Stanford 41.1. /John Wenos/

San Jose St. 79, WSU 75: (April 5, San Jose) - 100: Whitaker/S 9.7; 220: Whitaker 20.9, (3) Smiley/S 21.2; Mile: Schilling 4:04.4; 120HH: Austin/S 14.9; HJ: (2) Livers/S 7-0; PV: Martin/S 16-0, Johnson/S 16-0; LJ: Davis/S 24-9 1/2, Carter/S 24-7 1/2; TJ: Livers 53-11 1/4; 440R: SJS 40.8. /J. Wenos/

San Jose Cindergals Invit.: (April 6, San Jose) - (Women)--
5000m: Graham/SJC 16:56.0 (PA Rcd), Greenberg/SJC 17:58, Adams/WS 18:07.8; 1500m: Claugas/WS 4:47.0, Bowers/SJC 4:47.9, Simons/RCF 4:48.0, Guinea/SJC 4:50.1; 880: Weston/WS 2:11.9, Neall/SJC 2:15.5, Neufville/UCB 2:17.1, Graham/SJC 2:18.1; 220: Byfield/BETC 24.1, Cobbs/BETC 24.5, Pemberton/MLTC 24.8, Parker/MLTC 25.0, Smallwood/Int 25.2; 440R: MLTC 48.5, BETC 49.5; 100: Cobbs/BETC 10.8, Cary/Chico 11.4; 440: Byfield/BETC 57.2, Poor/SJC 57.6, Venezia/WS 58.7, Peterson/Un 59.2; 400mH: Bing/SJC 64.7, Souza/WS 66.5; 100mHH: (w) Rogers/MLTC 14.9, Hamilton/Chico 15.4; Mile Walk: C. Sakelarios/RCF 7:56; 880MedR: BETC 1:54.4, Arrow 1:56.3, RCF 1:56.3; MileR: SJC "B" 4:01.0, MLTC 4:02.5, SJC "A" 4:02.7, WS 4:03.6; 2MR: SJC "A" 9:40.4, SJC "B" 10:07.6. /Marge Powell, Augie Argabright/

WVTC All-Comers Meet: (April 12, San Mateo) - 6 Mi: Emerling/WVTC 30:27.2, Zapata/WVTC 30:36.4, Darling/ETC 30:47.6; 440R: Santa Clara 43.1; 440: Harris/WVTC 50.0, Bordoni/Stan 50.3; (II) Jenner/SJStars 49.6, Alexander/Un 49.9; 3 Mi: Parietti/Stan 14:45.2, Harris/WVTC 14:49.1; 100: (I) Pettus/BAS 9.7; (II) Walker/WVTC 9.9; 440IH: Young/WVTC 54.2, McCormick/Un 55.1, Kring/Stan 55.4; 880: Tracy/WVTC 1:56.0, Hadley/Stan 1:56.8, Dare/WVTC 1:59.9, Seaver/WVTC 2:00.8; Mile: Dare/WVTC

4:11.1, Swart/WVTC 4:13.0, Bellah/Stan 4:13.7, Seaver/WVTC 4:18.0, Parietti/Stan 4:18.9; 220: (I) Pettus/BAS 21.7, Payton/BAS 22.4; (II) Shields/WVTC 22.3; 120HH: (I) Carty/BAS 13.8, Foster/Stan 14.1; (II) McCormick/Un 14.4, Young/WVTC 14.4; MileR: BAS 3:32.3, WVTC 3:33.4; TJ: Steffes/BAS 51-3 1/2, Hall/Stan 47-4; LJ: Butterfield/CSM 19-3 1/2; PV: Weidig/Un 16-6, Eshelman/BAS 15-6, Samara/NYAC 15-0, Dixon/Fthl & Kring/Un 14-6; SP: Marks/Un 59-6 1/2, D. Davis/WVTC 53-10 1/2, Powell/PCC 53-T; HJ: McGinnity/WVTC 6-6, Stone/Un 6-4; JT: Macrorie/Stan 201-0, Stevick/WVTC 197-8; DT: Powell/PCC 197-9, Stadel/SJStars 189-4, S. Davis/Unat 171-2, Nave/WVTC 169-8, Wolf/WVTC 162-5. /Dave Shrock/

San Diego Relays: (April 12, San Diego) - Masters-JT: Conley/WVTC 216-11 (MR). /Ken Bernard/

Millbrae Lions Relays: (April 12, Millbrae) - (Women)--5K Walk: C. Sakelarios/RCF 28:51.6, Dimmick/SJC 28:53.2; 100mHH: Rogers/MLTC 15.6, Eskeland/SJC 15.8; SP: Rutledge/MLTC 46-0, Holloway/SJC 42-7; JT: Cannon/MLTC 174-0, Bowers/SJC 156-4, Sulinski/MLTC 148-6; 440R: BETC 48.5, MLTC 48.8; DT: Langford/MDYF 165-8 (Top mark in nation to date); 2 Mi: Graham/SJC 10:25.6, Poor/SJC 10:36.6, Bowers/SJC 10:49.4, S. Greenberg/SJC 10:54.8, Carron/MLTC 11:06.8, L. Greenberg/SJC 11:12.8; 2MR: SJC "A" 9:21.2, SJC "C" 9:40.0, MLTC 9:41.4; SwedMedRly: BETC 2:16.2, MLTC 2:18.6; MileR: MLTC 3:57.8, Orinda 4:03.5; (Youth)--80mH: Yahas/App 12.1 (PA Red); 440R: MLTC 51.8; SP(6#): Springer/SV 44-8 1/4 (PA Red). /Jim Hume; Harmon Brown/

The Track Meet: (April 12, Santa Barbara) - 1500m: Lowry/BHS 3:50.6; 3000m: George/AIA 8:20.2, Simons/LAS 8:20.2; 3000mSC: Haver/AIA 9:01.6; PV: Dias/BHS 16-6. /John Wenos/

Arizona St. 82-1/2, Cal 70-1/2, New Mexico 39: (April 12, Tempe, Ariz.) - 100: (2) Strickland/C 9.6, (4) Walker/C 9.6; 220: (3) Strickland 21.4; 440: (2) Robinson/C 46.7, Grasha/C 47.3; 3 Mi: Schmulewicz/C 13:42.8, (3) Blume/C 13:47.2, (4) Maxwell/C 13:47.8; 3000mSC: Davis/C 9:23.2; 120HH: (2) Florant/C 14.1; 440IH: (3) Roesky/C 53.3, (4) Fullerton/C 53.3; HJ: Ritterath/C 6-8; PV: (2) Drew/C 15-6; LJ: (3) Peterson/NM 23-11 3/4; SP: (3) Mannon/C 54-2; DT: Overton/C 177-7; 440R: ASU 39.4, Cal 39.9; MileR: ASU 3:09.4, Cal 3:10.6. /John Wenos/

San Jose St. 109, UC Irvine 21: (April 12, San Jose) - SJS soph Ron Livers completed the greatest one day double ever in the high jump (7-0 1/2) and triple jump (53-11 3/4). -- 105: Whitaker/SJ 9.9, Johnson/SJ 10.1, Huey/SJ 10.1; 220: Johnson 21.9; 880: Schilling/SJ 1:53.0; Mile: Krause/SJ 4:07.7, Nahirny/SJ 4:08.2; 2 Mi: Gruber/SJ 9:09.6; 120HH: Austin/SJ 14.3; 440IH: (2) Wyatt/SJ 52.8; HJ: Livers/SJ 7-0 1/2; PV: Ripley/SJ 17-8, Martin/SJ 16-6, Johnson/SJ 16-6; LJ: Huey/SJ 25-1, Davis/SJ 25-0 1/2; TJ: Livers 53-11 3/4; SP: Weeks/SJ 54-2; DT: Weeks 166-3; JT: Krogh/SJ 216-3. /John Wenos/

Ed Adams Invit.: (April 12, Salinas) - 440R: Hartnell 42.7; 120HH: Almond/Sky 14.6; Mile: Routh/Menlo 4:15.5, Wells/Redw 4:17.1, Barraza/MPC 4:18.1; LJ: Carter/MPC 22-4 3/4; HJ: Hatch/Cues 6-8, Yttervick/Yuba 6-6; PV: Jenkins/Port 14-0; SP: Lewis/Cues 49-7 3/4; DT: Grant/WH 161-4, Johnson/MPC 155-7; 440: Novo/Sky 49.9, Waits/Sky 50.0; 880: Pierce/Sky 1:57.8, Wells/Red 1:58.0; 440IH: Almond/Sky 55.1; 100: Jenkins/Port 10.0; JT: Garcia/Hart 203-9; 220: Jenkins/Port 22.1; MileR: Skyline 3:23.8; 3 Mi: Reimie/Chab 14:17.7, McVeigh/Sky 14:35.5, Caputo/Lassen 14:40.8; TJ: Thompkins/Gav 47-7 3/4. -- Teams: Skyline 106, Hartnell 80, Porterville 65, MPC 52. /Greg Shaw/

UCLA 88, Cal 57: (April 19, Berkeley) - 100: Strickland/C 9.8; 220: Burns/C 21.4; 440: Brown/U 47.0; 880: Robinson/C 1:49.3, (3) Morgan/C 1:49.6; Mile: Harris/C 4:11.0; 3 Mi: Maxwell/C 13:55.6; 3000mSC: Kennedy/C 9:34.6; 120HH: (2) Florant/C 14.4; 440IH: (3) Fullerton/C 52.8; PV: (3) Drew/C 15-6; SP: (2) Mannon/C 53-9 3/4; DT: (2) Overton/C 177-10; MileR: (2) Cal 3:11.6. /John Wenos/

USC 113, Stanford 30: (April 19, Berkeley) - Mile: Crowley/S 4:11.0, Parietti/S 4:12.0, McConnell/S 4:12.4; 120HH: (3) Foster/S 14.1; 440: (3) Wingo/S 49.0; PV: (2) Flint/S 15-0; 3 Mi: Bellah/S 13:54.4, Sandoval/S 14:03.4; /John Wenos/

San Jose St. 116-1/2, Utah 47-1/2: (April 19, San Jose) - 100: Whitaker/SJ 9.4; 220: Whitaker 20.5; Mile: Schilling/S 4:02.3; 3 Mi: Genet/SJ 13:48.8; 120HH: Austin/S 14.2; HJ: Livers/S 6-10; PV: Ripley/S 17-6; LJ: Davis/S 24-11; DT: Weeks/S 170-2; JT: Krogh/S 231-10. /John Wenos/

Woody Wilson Relays: (April 19, Davis) - (College)--HT: Dyer/CSH 176-3, Blankenship/CSH 173-1, Serafino/CSH 171-5; JT: Parker/SFS 231-2, (3) Ladd/Chico 216-0 1/2, (4) Kaufeldt/SFS 212-10; SprtMedRly: Sac'to 3:23.6, (3) SFS 3:31.1; DisMedRly: Chico 10:17.8, Humboldt 10:19.0; LJ: Ryan/UCD 22-8w; SP: Albright/Northridge 57-10 1/2; 120HH: Hall/Northridge 14.4w; 3000mSC: Anderson/HSC 9:12.8, McGrath/UCD 9:13.0, Brown/Chico 9:13.9; HJ: Frazier/Northridge 7-0 1/4, Shaw/Santa Clara 6-8 1/2, Haber/CSH 6-8 1/2, Friday/CSH 6-8 1/2; 2 Mi: Chadez/Northridge 9:11.0, Delaney/HSC 9:12.6, Sweeney/UCD 9:14.2, Elias/HSC 9:15.3, Sheehan/UCD 9:17.0; 440IH: Hall/Northridge 54.1; 2MR: UCD 7:52.1, CSH 7:55.1; DT: Frankiewicz/Chico 161-6, Kirkham/UCD 150-9; 440R: (2) CSH 41.8; TJ: (2) Blake/Chico 48-4 1/2w; MileR: Sac'to 3:16.0, SFS 3:17.1; PV: Lynn/SFS 14-6. (JC Div.)--JT: Walker/Chab 200-5; LJ: Gomes/SRosa 22-1 1/4; SP: Doll/CRC 52-4 1/2; HJ: Picarella/Ohlone 6-4; SprtMedRly: Chabot 3:31.6; DisMedRly: Skyline 10:22.9; 120HH: Rapides/LMed 14.5w, Almond/Sky 14.6w; PV: Lawry/SRosa 15-0; 3000mSC: Turek/Marin 9:33.7; DT: Fyfe/CRC 144-1; 880R: Santa Rosa 1:29.6; 2 Mi: Caputo/Lassen 9:17.5, McVeigh/Sky 9:19.3; TJ: Marlow/CRC 48-9 3/4; 440IH: Almond/Sky 55.3; 2MR: Skyline 8:02.7; 440R: Chabot 42.9; MileR: Santa Rosa 3:21.7. (Women)--SP: Lane/CSH 42-0 3/4, Wagstaff/UCB 41-11; HJ: Favorite/CSH 5-0 1/2; 2 Mi: Anex/UCD 11:07.0; 100mHH: Hamilton/Chico 15.1; JT: Devine/UCB 130-5 1/2; 880R: Chico 1:45.7; Mile: Claugus/UCD 5:03.9, Anex 5:19.2; 440R: Chico 50.2; MileR: UCB 4:08.6, UCD 4:09.5. /Bill Adams/

WVTC 93, BAS 47, Army 23: (April 20, San Mateo) - 100: Pettus/BAS 9.5, Payton/BAS 9.5, Wilson/Army 9.6, Shields/WV 9.9; 220: Wilson 21.4, Payton 21.8, Shields 22.5, Ward/WV 22.6; 440: Ward 49.1, Gorman/WV 50.1, Anderson/Army 50.2, Harris/WV 50.8; 880: Robertson/WV 1:55.7, Bigley/Army 1:57.3, Coronado/WV 1:58.4; Mile: Tracy/WV 4:11.1, McCafferty/Army 4:12.1, Swart/WV 4:12.2, Seaver/WV 4:13.0; 3 Mi: Garcia/Army 13:44.7, Zapata/WV 14:20.4; 2 Mi: (non-scoring) Dare/WV 9:03.5; 120HH: Carty/BAS 13.6, McCormick/Un 14.2, Young/WV 14.2; 440IH: Butler/BAS 53.0, Kring/WV 54.7, Young/WV 55.0; 440R: BAS 41.8, WV 42.5, Army 53.6; MileR: WV 3:23.3, BAS 3:23.6, Army 3:23.6; LJ: Silva/WV 23-3, Anderson/BAS 22-9, Terry/WV 21-5; TJ: Silva 48-3 1/4, Terry 47-8 3/4; HJ: McGinnity/WV 6-8 1/2; PV: Weidig/BAS 17-1 1/2, Eshelman/BAS 15-6, (tie) Kring/WV, Brown/Army, Hicks/Army 15-0; SP: D. Davis/WV 52-2, McCollum/BAS 50-7 1/2; DT: McCollum 173-4, S. Davis/WV 168-4, Nave/WV 165-1, Wolf/WV 162-2; JT: Kennedy/SJStars 224-6, Conley/WV 219-4. /Dave Shrock, Greg Marshall/

Mt. SAC Relays: (April 25-26, Walnut) - 10,000m: Tibaduiza/Nev-Reno 29:27.0, Fredricksson/USIU 29:39.4, (5) Sandoval/Stan 29:57.6, (6) Jameson/Oxy 29:59.6; 120HH(w): (3) Foster/Stan 14.2; 440IH: (3) Greybeh1/USC 52.2; TJ: Steffes/BAS 54-3w; SP: Albritton/Hawaii 66-11 3/4; DT: Powell/PCC 216-5, (5) Fruguglietti/USC 188-10; JT: Koch/Nev-Reno (6th) 231-6; 880R: (2) WVTC 1:28.9; HH-Rly: (2) Nevada-Reno 59.9; Decathlon: (?) Kring/WVTC 6,728. (Complete results were never received, so many marks may be missing). /John Wenos/



(Left) Henry Perez (Delta) leads the nation's JC's in the 3000m steeple with an 8:59.0 & won the State 3 Mile. /Jay Marlowe/ Kathy Costello doubled 2:10.7 & 5:01.6 at N.C.S. /Jeff Searls/



(Left) Fresno State's Mike Giroux placed fifth in the hammer at the California Relays with a PR of 205-2, placing him high up among collegians this year. /Jeff Zimmerman/ Mark Schilling dipped under 4 minutes (3:59.9) at the PCAA Meet. /Miller/

San Jose St. 73, Washington 72: (April 25, San Jose) - 100(w): (2) Whitaker/S 9.3, (3) Kirtman/W 9.5; 220: Whitaker 20.8; 440: Hicks/W 46.9; 880: Schilling/S 1:53.7; Mile: Schilling 4:11.2; 2 Mi: Genet/S 8:57.8; 120HH: Austin/S 14.3; 440IH: (3) Wyatt/S 52.8; HJ: Livers/S 6-9, Mackey/S 6-9; PV: Ripley/S 17-7 1/2, Martin/S 16-7 1/2, (4) Johnson/S 16-7 1/2; LJ: Davis/S 25-8, Carter/S 24-10 1/4; TJ: Livers 53-5w, Carter 50-1 1/4, Triplett/W 49-10 1/4; SP: (3) Weeks/S 54-10; JT: (2) Krogh/S 222-5; 440R: Wash 40.3, SJS 40.3. /John Wenos/

Cal 99, Fresno St. 51: (April 25, Fresno) - 100: Strickland/C 9.8; 220: Grasha/C 22.2; 440: Grasha 48.3; 880: Morgan/C 1:54.0; Mile: Maxwell/C 4:19.1; 3 Mi: Jurkovich/F 14:29.0; 120HH: Alexander/C 14.3, Florant/C 14.3; 440IH: Roesky/C 53.8; HJ: Richardson/F 6-10, Ritterath/C 6-8; PV: Drew/C 16-4; LJ: Smith/C 24-3 1/4, Finley/C 23-2 1/4; TJ: Paton/C 46-2; SP: Mannon/C 54-4, Giroux/F 54-3 1/2; DT: Overton/C 173-10; HT: Giroux 187-6; JT: Ryan/C 220-4; 440R: Cal 40.9; MileR: Cal 3:17.0. /John Wenos/

El Cerrito Relays: (April 26, El Cerrito) - SMR: Carlmont 3:30.4; DMR: Redwood 10:36.3; 280SHR: Skyline 35.0; 440R: Kennedy-Rich. 42.1; 2MR: Mt. Pleasant 8:11.8; 100: Taylor/PDH 9.8; 120HH: Cooper/Ells 13.6, Gaines/Kennedy 13.7; 880R: Ells 1:29.1; 2000mSC: Schulz/Redw 6:15.7; 330LH: Williams/Vallejo 37.1; MileR: Ells 3:22.3; DT: Rossini/SFr 154-11; LJ: Pulliam/Sky 22-2 1/2; HJ: Owens/Cstlmt (not known); TJ: Jackson/Okld 47-4 1/2; SP: Stebleton/Pacifica 57-2 1/4. Teams: Kennedy 68-1/4, Skyline 49, Mt. Pleasant 41, Carlmont 34-1/2, Ells 32. /Joe Mangano/

NorCal Relays: (April 26, San Mateo) - IH-Rly: CCSF 3:42.7 (Nat'l. JC Red), Alameda 3:49.7, Foothill 3:51.2; DMR: WVJC 10:01.0, Chabot 10:04.0, Fresno 10:16.4; 440R: SJCC 41.0, CCC 41.5, Chabot 42.2; SMR: DVC 3:28.9, CCC 3:30.8, Laney 3:31.7; 480-SHR: CCSF 61.4, CCC 62.0, SRJC 63.6; 2MR: Fresno 7:51.8, CCSF 8:02.4, WVJC 8:07.6; 880R: SJCC 1:26.8, Chabot 1:28.5, SRJC 1:28.6; 4MR: ARJC 17:11.4, WVJC 17:27.2, CSM 17:32.6, DeAnza 17:39.8, SJCC 17:40.4; MileR: SJCC 3:16.6, SRJC 3:17.2, CCSF 3:17.2; JT: Shank/SJCC 177-3; SP: Santiago/AR 52-1, Gummerson/SRJC 51-2 3/4, Sitton/DVC 51-1 1/4; HJ: Tevis/Sac 6-8, Picarella/Ohlone 6-6, Wiley/CCSF 6-6; PV: Paton/CSM 16-0 1/2, Phillips/DVC 15-0 1/2, Laery/SRJC 15-0 1/2, Lozzotte/Fthl 15-0 1/2; LJ: Richardson/AR 22-6; TJ: Wells/CCSF 47-6 1/4, Haynes/CCC 46-11; DT: Pushkin/Fthl 161-7, Hickson/SJCC 159-4, Allen/DA 155-8; Teams: SJCC 51, CCSF 40, CCC 35, SRJC 29, ARJC 29, Chabot and WVJC 26. /Bob Rush/

Orinda Invit.: (April 26-27, Orinda) - (Women)--100m: Pemberton/ML 12.4, Lewis/ML 12.7, Jordan/SJC 12.7; 200m: Smallwood/I 26.1, Revere/Un 26.2; 400m: Costello/Un 57.0, Lewis 57.5, Bonacich/SJ 57.6, Smallwood 58.0; 800m: Costello 2:12.3, Poor/SJC 2:14.0, Simmons/RCF 2:17.4; 1500m: Poor 4:39.0, Graham/SJC 4:39.0, Bowers/SJC 4:42.5, McManis/SJC 4:44.4, Guina/

SJC 4:47.2, Witherspoon/SJC 4:48.3; 2 Mi: Graham 11:10.8, Bowers 11:30.2, S. Greenberg/SJC 11:32.1; 100mH: Sherrard/Un 15.0, Hansen/SJC 15.4; 400mH: Bing/SJC 65.3, Douglas/SJC 65.8, Souza/WS 66.5; Mile Walk: Dimmick/SJC 8:27.2, Briscoe/Un 8:37.9; 440R: MLTC 49.8, BETC 49.9; 880MedRly: WS 1:56.7; MileR: SJC "A" 4:00.2; HJ: Blackburn/Un 5-10, Sandberg/SJC 5-6, Stuart/OTC 5-5; LJ: King/ML 18-6, Eskeland/SJC 17-11 1/2; SP: Rutledge/ML 44-10, Holloway/SJC 41-4 1/2, Lane/WS 41-4; DT: Lane 144-5; JT: Whitfield/Un 160-1, Sulinski/ML 158-4, Bowers/SJ 152-9, Ertman/DE 149-9; Teams: SJC 72-1/2, MLTC 31, WS 16. (14/15)--100: Parker/ML 11.0; 220: Elmore/ML 26.0; 440: Brew/ATC 60.9, Fabian/OTC 60.9; 880: Evans/ML 2:21.4; Mile: Trason/MP 5:26.8; 2 Mi: P. Reneau/NC 12:05.4; 100mHH: Rogers/ML 15.3; 300mH: Manoogian/ATC 49.4; Mile Walk: C. Sakelarios/RCF 7:47.5; 440R: MLTC 47.8; 880R: MLTC 1:49.6; MileR: Orinda 4:10.0; 2MR: NCTC 10:54.9; HJ: Hinkleman/ATC 5-2; LJ: Elmore/ML 19-2; SP: O'Conner/RCF 32-7; DT: O'Conner 111-6; JT: Holmes/RCF 95-9; Teams: MLTC 55, RCF 41, Arrow 37-1/2. (12/13)--100: Lambert/SV 11.7; 220: Belk/SJC 26.4; 440: Belk 58.8, Regan/I 59.4; 880: Davis/RCF 2:24.0, Bray/ATC 2:24.7; Mile: Miller/SJC 5:14.3, Bray 5:17.3; 80mH: Yuhas/A 12.0, Hurley/ML 12.5; 200mH: Crevelt/RCF 30.7; Mile Walk: G. Sakelarios 8:13.5, Spencer/C 8:25.5; 440R: MLTC 51.9; 880MedRly: MLTC 1:54.5; MileR: Orinda 4:13.4; HJ: Hurley/ML 4-10; LJ: Yuhas 16-0 1/2; SP: Springer/SV 44-8 1/4; DT: Springer/SV 116-3; JT: Cox/RCF 115-9; Teams: RCF 32, SVTC 24, MLTC 20-1/2. /Don Bailes/

Coast Conference Championships: (May 3, Salinas) - 440R: Hartnell 42.2; HJ: Picarella/Ohlone 6-4, Jones/Menlo 6-4; SP: Bagoys/Gav 45-7 1/4; Mile: Barraza/MPC 4:17.9; 120HH: Almond/Sky 14.4; 440: Watts/Sky 49.8; LJ: Carter/MPC 22-6 3/4; PV: Serrano/Sky 14-0, Gullion/Hart 14-0; 100: Carter/MPC 10.0; 880: Pierce/Sky 1:56.4; 440IH: Almond 56.7; JT: Garcia/Hart 201-8; 220: Mahoney/MPC 22.1; 3 Mi: Reime/Cabr 14:25.9; MileR: Skyline 3:25.1, MPC 3:25.2; TJ: Abuan/Hart 47-0 1/4; DT: Jacobo/Hart 152-3, Johnson/MPC 151-7. Teams: Hartnell 155, Skyline 151, Monterey 101...9th consecutive year that Hartnell has won the Coast Conference Champs. /Gary Shaw/

San Jose Invit.: (May 3, San Jose) - (OPEN)--HT: Diehl/Army 199-7, (3) Shelton/WVTC 160-6 1/2; 6 Mi: Clark/WVTC 29:03.4, Birnbaum/WVTC 29:35.0; 2 MiWalk: Dooley/GGTC 14:13.8, Glusker/WVTC 14:13.8, Korn/WVTC 14:31.8; 440R: PCC 41.1, BAS 41.4; LJ: Haynes/Army 26-4w, Davis/SJS 25-9w, Carter/SJS 25-0 1/2w; HJ: Friday/CSH 6-8; Mile: Nahirny/SJS 4:13.8, Lowry/BHS 4:14.9, Swart/WVTC 4:15.2; 440: Schultz/PCC 48.1, Darden/SJS 49.2; SP: Feuerbach/PCC 65-4 1/2, Walker/Un 64-6, Schmock/BHS 63-3; Pent: Jenner/Un 3,387, Samara/Un 3,372; JT: Pearce/BHS 245-7, (3) Kennedy/BAS 233-11, (4) Moshos/Un 220-11 1/2; 120HH: Turner/LBS 13.8, Carty/BAS 13.8, Austin/SJS 14.0; 100: Williams/SINT 9.2, Edwards/CP 9.3, Whitaker/SJS 9.3, Payton/BAS 9.5 (all times wind-aided); 880: Bolding/PCC 1:55.8, Haniger/SJS 1:56.0; PV: Ripley/SJS 17-0, Miguel/BHS 16-6, Martin/SJS 16-6; 440IH: Casslemann/PCC 51.8, (3) Butler/BAS 52.9, (4) Wyatt/SJS 53.7; 220(w): Williams 20.2, Edwards 20.3, Whitaker 20.4, Petrus 20.6; TJ: Haynes/Army 54-8 1/4w, Livers/SJS 53-11w, Butts/BHS 53-5 3/4w, Terry/WVTC 53-5 1/4(ok), Steffes/BAS 53-3 1/4w; DT: Powell/PCC 218-7, Wilkins/Un 211-2, Louisiana/Army-WVTC 195-1, Stadel/SJ Stars 191-9, Penrose/SJ Stars 182-2, Kennedy/Un 181-4; 3 Mi: Gruber/SJS 13:46.4, Krause/SJS 13:47.4, Schankel/CP 13:48.2, Garcia/Army 13:51.0; MileR: BAS 3:17.4, SFS 3:17.5. (WOMEN)--HJ: Blackburn/Un 5-6, Sandberg/SJC 5-6; 400m: Byfield/BTC 54.1, Weston/WS 54.3, Smallwood/I 55.3; 100m: Cobb/Un 11.9, Parker/ML 12.0; SP: Seidler/MDYF 53-2, Rutledge/ML 47-1 1/2, Holloway/SJC 45-6; 1500m: Bowers/SJC 4:31.8, Adams/WS 4:34.1, Guina/SJC 4:42.0; 880: Weston/WS 2:08.9, Poor/SJC 2:08.9, Larrieu/PCC 2:10.1, Simmons/RCF 2:14.6; (12-13, 440): Belk/SJC 56.0 (Amer. Red.), Blackburn/BTC 57.5, Allums/BTC 59.6, Regan/I 59.8. (HIGH SCHOOL)--TJ: Jackson/Okld 48-0 3/4, Stewart/Seaside 46-11, Bertoli/Hom 46-6 1/2; HJ: Owens/Cstlmt 6-10; 440R: Wilson-SF 43.2; Mile: Kissin/SRamon 4:19.7, Hogue/Gilroy 4:22.8; 100: Taylor/PDH 9.4w, Glass/Cstlmt 9.5w, Brown/Sky 9.6w. *** More (WOMEN)--440LH: Bing/SJC 64.7, Sousa/WS 65.4; 2 Mi: Graham/SJC 10:39.6, S. Greenberg/SJC 11:04.6, Adams/WS 11:09.6; 200m: Byfield/BTC 23.8, Cobb/Un 24.3, Nickson/Un 24.9 (all wind-aided); LJ: Elmore/ML 19-10, Evans/ML 19-2 1/2; JT: Cannon/ML 180-1, Sulinski/ML 174-7, Bowers/SJC 167-8; MileR: BTC 3:53.9, MLTC 3:56.9, SJC 3:58.5, Orinda TC 4:03.4. /John Fuller/

Cal 103, Stanford 42: (May 3, Stanford) - 220: Burns/C 21.5; 440: Grasha/C 47.9; 880: Robinson/C 1:50.1; Mile: Harris/C 4:09.3; 2 Mi: Sandoval/S 8:53.6, Schmulewicz/C 8:54.0, Blume/C 8:54.4; 120HH: Florant/C 14.2; 100: Walker/C 9.9; 440IH:

Hogsett/S 51.8, Roesky/C 52.8, Bagshaw/S 53.2; HJ: Ridge/C 6-6; PV: Flint/S 16-0, Drew/C 15-6; LJ: Smith/C 24-1 3/4; TJ: Hall/S 48-1 1/2; SP: Mannon/C 56-4 3/4; DT: Overton/C 174-4; JT: Ryan/C 217-11; 440R: Cal 40.2, Stanford 41.0; MileR: Cal 3:13.
/John Wenos/

Santa Cruz Relays: (May 3, Santa Cruz) - SP: Bersano/LG 58-8; Mile: Suhr/Lei 4:17.4, Fritzsche/Lei 4:18.4, Baker/Wstmt 4:20.0; 100: Cannon/MP1 9.9; DT: Bersano 153-0; LJ: Carter/Mont 21-11; HJ: Collins/Mont 6-10; TJ: Johnson/Seaside 45-11; 2 Mi: Fritzsche 9:29.4; 120HH: Remus/Prospect 14.8; 440R: Mt. Pleasant 43.4; 880R: Monterey 1:32.8; MileR: ?? 3:26.9; 2MR: Mt. Pleasant 8:15.0; DMR: Lincoln 10:34.4; SMR: Mt. Pleasant 3:33.8. Teams: Mt. Pleasant 57, Leigh 46, Monterey 33. */Joe Mangano/*

Long Beach Invit.: (May 4, Long Beach) - DT: Powell/PCC 226-8 (*New World Record*), (4) Fruguglietti/USC 186-8. */John Wenos/*

West Coast Relays: (May 9-10, Fresno) - (OPEN/INTERCOLLEGIATE) --100: (3) Walker/C 9.57, (4) Whitaker/SJS 9.58, (5) Pettus/BAS 9.61; 120HH: (6) Carty/BAS 13.87, (8) Austin/SJS 13.93; 440IH: (6) Butler/BAS 52.59; 5000m: (2) Wysocki/Nev 15:13.8, (4) Seaver/WVTC 15:52.2; 2MR: USC 7:32.0, (3) Stanford 7:44.3; 3000mSC: Tuttle/BHS 8:55.5, (3) Elijah/Un 9:14.3, (5) Anderson/HSC 9:19.5; 440R: (3) Cal 40.54, (4) BAS 41.28; MileR: (2) Cal 3:10.43; DT: Powell/PCC 213-4, Stadel/SJ Stars 191-11 (4th), (5) Penrose/SJ Stars 183-6; JT: Kennedy/SJ Stars 257-1; PV: Dias/BHS 18-1, Ripley/SJS 17-7 1/2, (5) Miguel/BHS 17-0; LJ: Robinson/MM 27-4 3/4; SP: Feuerbach/PCC 66-3; HJ: Kotinek/UCLA 7-2; TJ: Tiff/BHS 55-5w, Haynes/Army 55-4 3/4w, Terry/WVTC 54-4 1/2w, Cohee/USC 54-4 1/4w; HT: Diehl/Army 212-0. (INVITATIONAL)--Masters 100: Presber/NCSTC 10.2, Parish/NCSTC 10.5, Lingel/BAS 10.5, Martin/CDM 10.6, Washington/BAS 10.8; 220: (2) Whitaker/SJS 21.38; 880: (5) Morgan/C 1:52.7; 440: (2) Brown/UCLA 47.12; Women's Mile: Larrieu/PCC 4:36.0, (3) Graham/SJC 4:43.2, (4) Poor/SJC 4:51.5; 2 Mi: Babiracki/SFVTC 8:42.0, Shorter/FTC 8:46.7, Tibaduiza/Nev 8:46.8, Sandoval/Stan 8:55.0, Garcia/Army 9:01.6; Mile: (3) Phelps/LBS 4:10.6; 100(55+): Jordan/Un 10.88w, Guidet/CDM 11.21w, (4) Puglizevich/NCSTC 13.8. */Dutch Warmerdam/*

Far West Conference Championships: (May 15-17, Arcata) - TJ: Moore/Sac 49-1 3/4, Blake/Chico 48-1 1/4; DT: Frankiewicz/Ch 169-0, Desoto/Sac 157-1; HT: Dyer/CSH 180-4, Blakenship/CSH 176-9, Serafino/CSH 154-5; 6 Mi: Sheehan/UCD 29:01.3, Elias/HSU 29:05.6, Yeo/UCD 29:06.4, Martinez/UCD 30:05.9; Dec: Heilman/HSU 6,328, Mayers/Chico 6,319; 3000mSC: Anderson/HSU 8:59.5, Brown/Chico 9:09.9, Milan/CSH 9:18.7, Young/UCD 9:21.6; 440R: Sac 42.1, CSH 42.3; SP: Desoto/Sac 54-1 1/4, Reno/Sac 50-5; Mile: Hammer/HSU 4:12.4, McGrath/UCD 4:12.6, Ruggle/Chico 4:13.1, Stone/Chico 4:15.8; 120HH: Stokes/Chico 14.8; JT: Parker/SFS 222-3, Brac/HSU 213-6, Ladd/Chico 211-4; 440: Rodgers/Sac 47.6, Bolton/Sac 48.3, Porter/Chico 48.6, Adams/SF 48.7; 880: Mijaris/Sac 1:52.5, Harris/UCD 1:52.7, Butler/Chico 1:55.2, Hopkins/UCD 1:55.4; LJ: Urmann/Chico 23-11, Knox/Chico 22-11 3/4; 220: Rogers/Sac 21.8, Clark/CSH 22.1, Ingram/Sac 22.5; 3 Mi: Yeo/UCD 14:02.4, Elias/HSU 14:05.3, Dulaney/HSU 14:07.3, Sheehan/UCD 14:07.8, Sweeney/UCD 14:15.0, Griffin/Chico 14:19.0; 100: Clark/CSH 9.8; HJ: Friday/CSH 6-10, Haber/CSH 6-6, Harmon/CSH 6-6, Sullivan/Chico 6-6; MileR: Sac'to 3:15.4, SFS 3:15.7, UCD 3:18.0, Chico 3:18.7; 440IH: Brooker/SFS 54.4, Stokes/Chico 54.7; PV: Lynn/SFS 15-0, Nelson/CSH 14-6; Teams: CSH 142, Chico 126, UCD 117, Sac'to 112, HSU 83, SFS 68. */Jim Hunt/*

PAC-8 Championships: (May 16-17, Pullman, WA) - Teams: USC 152, UCLA 115, WSU 96, Oregon 95, OSU 72, Washington 67, Cal 41, Stanford 12. --- 6 Mi: (2) Sandoval/Stan 28:43.2, (5) Taylor/O 29:27.0; LJ: (6) Lofton/Stan 25-0w; 100:(w) (5) Walker/Cal 9.6; 220:(w) (3) Walker/Cal 20.7, (5) Burns/Cal 20.9; 440: (2) Brown/UCLA 45.5, (6) Grasha/Cal 47.6; 880: Robinson/Cal 1:49.1, Scott/WS 1:49.8; Mile: (6) Crowley/Stan 4:13.3; 3 Mi: (4) Taylor/O 14:06.0, (6) Sandoval/Stan 14:07.0; 120HH: (4) Florant/Cal 13.8; 440IH: (2) Greybehl/USC 52.1, (6) Roesky/Cal 52.6; HJ: (3) Wilson/OSU 7-0; TJ: Cohee/USC 54-7 3/4w; DT: (4) Fruguglietti/USC 174-6, (6) Overton/Cal 174-2; 440R: (3) Cal 39.9; MileR: (6) Stanford 3:16.7 (Cal 3:09.8 DQ). */Wenos/*

PCAA Championships: (May 16-17, San Jose) - San Jose took the team title for the 3rd straight year (unprecedented) with 108 points, to 90 for runnerup Long Beach State. Ron Livers, who is 5'8", set a pending world record for height differential in the high jump, clearing 7'2"...18" over his head! The old record was held by Valeri Brummel, at 16-5/8". Schilling's mile (3:59.9) is the 2nd-ever sub-four mile in Santa Clara County.

100: Whitaker/SJ 9.6, Williams/SD 9.6, Watson/SJ 9.7; 220: Whitaker 20.8, Williams 21.0, Smiley/SJ 21.3; 440: Shorts/LB 46.7, Campbell/FS 46.9; 880: Bryan/CSF 1:49.5, (3) Haniger/SJ 1:51.7, (4) Kasser/SJ 1:52.3; Mile: Schilling/SJ 3:59.9, Krause/SJ 4:03.7, (4) Phelps/LB 4:06.5, (6) Nahirny/SJ 4:08.6; 3000mSC: Sweeney/LB 9:03.2; 3 Mi: Sweeney/LB 14:05.2, (5) Gruber/SJ 14:22.0, (6) Genet/SJ 14:40; 6 Mi: Rodriguez/LB 29:49, (2) Gruber/SJ 30:16; MileR: SDS 3:12.0; 440R: SJS 40.9; 120HH: Austin/SJ 13.9w, (4) Roublick/SJ 14.4w; 440IH: Wheeler/SD 50.8, (3) Wyatt/SJ 52.0, (6) Roublick 53.0; HJ: Livers/SJ 7-2, (5) Mackey/SJ 6-8; LJ: Davis/SJ 25-5 1/4, Huey/SJ 24-9+, Carter/SJ 24-2 3/4; TJ: Livers/SJ 51-11 3/4w, Carter 48-11+; PV: Ripley/SJ 17-0, Martin/SJ 16-6, (5) Andrews/SJ 15-0; SP: Giroux/FS 54-6, Weeks/SJ 53-10 1/2; DT: Gardner/LB 185-0, Weeks 173-1; JT: Goldie/LB 240-5, Krogh/SJ 234-6; HT: Giroux 189-8; Dec: Foster/FS 6,735. */John Fuller/*

NorCal JC Championships: (May 23, Pleasant Hill) - 440R: Alameda 40.9, CCC 41.4, ARJC 42.4; Mile: Padilla/Chab 4:10.7, Deis 4:10.7, Ryan/SJCC 4:11.0, Ringo 4:11.6, Wood 4:14.6; 120HH: Crittendon 14.2, Almond/Sky 14.3, Rapides/LM 14.3, Bransom 14.4; 440: Martinez 48.2, Madruaga 48.3, Monseth 48.4; 100: Farmer 9.5, Overstreet 9.5, Shavers 9.6, Livers 9.6, Jordan 9.6, Brown 9.6; 880: McManus 1:50.6, Lewis 1:51.3, Wells 1:51.6, Manriquez 1:53.3, Nolte 1:53.8; 440IH: Nelson 53.6?, Brown 53.7, Jones 53.8, Rapides 54.4; 220: Farmer 21.0, Livers 21.4, Jordan 21.5, Overstreet 21.7, Corker 21.8, Hampton 21.9; 3 Mi: Perez/Delta 13:59.8, McCandless/WV 14:03.0, Ramirez 14:29.4, Quintana 14:32.4, Reime 14:41.6; MileR: Alameda 3:15.9, Santa Rosa 3:15.9, CCSF 3:16.3, CCC 3:16.8, SJCC 3:17.2; JT: Garcia 214-6, Robinson 206-4, Walker 199-10; SP: Gummerson 54-1 1/2, Doll 54-0 3/4, Santiago 53-9, Sitton 52-4 1/2; HJ: Nubin 6-6, Yttervik 6-6, Hatch 6-6, Brown 6-6; LJ: Givens 24-4 3/4, Overstreet 23-1, Shaffer 23-1, Gomes 22-8 1/4; DT: Pushkin 164-9, Hickson 163-4, Santiago 157-3, Mapp 154-3; PV: Paton 15-6, Lizotte 15-0, Bell 15-0, Smith 15-0; TJ: Johnson 50-3 1/2, Shaffer 50-1, LeGrande 50-1, Marlowe 49-7 3/4, Haynes 49-7 3/4, Harrell 48-10 1/2; 3000mSC: Langford 9:19.2, Reime 9:22.8, Hart 9:32.4, Brooks 9:37.2, Garrett 9:42.4. */Fred Baer/*

California Relays: (May 24, Modesto) - 2 Mile Walk: Laird/NYAC 14:46.0, Glusker/WVTC 14:51.4, Korn/WVTC 14:55.0; 440R:(II) BAS 40.1; DT: Kahma/Finland 219-3, Powell/PCC 216-11; W-100: (3) Cobbs/BTC 10.7; W-LJ: (2) Elmore/MLTC 19-6 1/4, (3) King/MLTC 19-1; W-440: Byfield/BTC 55.2; 100: Walker/Cal 9.5, Strickland/Cal 9.5, Payton/BAS 9.5; SP: Feuerbach/PCC 65-4+; 440: Brown/UCLA 46.2; 880: (3) Robinson/Cal 1:49.8; W-880: Poor/SJC 2:06.9, (3) Decker/LI 2:09.0; Invit. 100: Jones/Tenn 9.3; 880R: (3) Cal 1:23.1; PV: (3) Weidig/BAS 17-1; W-1500m: (2) Keyes/UCLA 4:24.0, (3) Claugus/WS 4:30.0; 220: (3) Rodgers/SacSt 21.1; Invit.220: Quarrie/Jamaica 20.3; MileR: (3) Fresno St. 3:13.9; TJ: Livers/SJS 54-1 3/4, Terry/WVTC 54-0; 2 Mi: (3) Garcia/Army 8:53.6. */Brad Nave/*

Central Coast Section Finals: (May 30, San Jose CC) - Teams: Serramonte 44, Mt. Pleasant 34-1/2, Cupertino 28, Woodside and Carlmont 25. --- 100: Taylor/PDH 9.6, Cannon/MP1 9.6,



The NCS's two-mile field, led by Roy Kissin (San Ramon), Dan Patterson (Del Valle), and Devon Flynn (Acalanes)...they finished in that order. */Jeff Searls Photo/*

Anderson/STer 9.7; 220: Taylor 21.5, Cannon 21.6, Coulter/Harbor 21.8 (all juniors); 440: Coulter 48.2, Harvey/Scrk 48.8, Bishop/Carl 49.1; 880: Suhr/Lai 1:51.4, Vasquez/Mills 1:53.5, Hurdall/Carl 1:54.2; Mile: Baker/Wstmt 4:17.8, LaForge/Oceana 4:18.1, Green/N.Salinas 4:22.2; 2 Mi: Fritzke/Lai 9:05.1, Emory/Gunn 9:06.2, King/SC 9:13.6; 120HH: Kennedy/Srmt 13.8, Hicks/Srmt 13.9, Finley/Cup 14.1 (13.8 in trials); 330LH: Jakle/LA 37.0, Hicks 37.0, Finley 37.2; 440R: Woodside 41.6 (All-time CCS Best), Mt. Pleasant 42.3, Serramonte 42.3; MileR: Serramonte 3:20.9, San Mateo 3:22.3, Mt. Pleasant 3:22.4; HJ: Dillard/Mills 6-8, Wright/Carl 6-7, Collins/Mont 6-7; LJ: Johnson/Sea 23-9 1/2, Bertoli/Hom 23-3 1/2, Finley 22-9; SP: Watkins/Mitty 59-5, Long/LA 58-5 1/2, Bersano/LG 58-2; DT: Bersano 179-2, Roddick/PGrove 169-3, Watkins 164-6; TJ: Eastey/Wdsd 49-8, Stewart/Sea 48-9 1/2, Moreno/Lick 48-4; Rojas/Ovflt 48-4, Malveaux/SC 48-3 1/4; PV: Oravetz/Camp 14-6, Mederios/Cup 14-6, Sambrillo/Wats 14-6. /Joe Mangon/

North Coast Section Finals: (May 30-31, Pleasant Hill) - Teams: Ells-Richmond 36, Kennedy-Richmond 18, San Marin 14, Pittsburg & San Ramon 12, American 10-1/2. --- (Top 4 to State Meet) --- SP: Stebleton/Pacifica 60-4 1/2, Jepsen/Wash 59-8, Spivey/EC 58-0 1/2, Singleton/Irv 56-2 3/4; 440R: Ells 41.6, Berkeley 42.5, Pittsburg 42.8, San Marin 42.9; LJ: Harder/SMarin 23-7, Chronister/Concord 23-4 3/4, Halcomb/Rich 23-3, Richardson/El Molino 23-1; 330LH: Cooper/Ells 36.0, Richardson 37.5, Unpingco/Pitt 38.1, Koko/Sunset 38.3; HJ: Magni/Ferndale 6-6, Lane/Amer 6-6, Lundberg/Sunset 6-6, Montgomery/Analy & Blount/Pacifica 6-4; 880: Aldridge/Pet 1:50.3, Hughes/Rich 1:54.3, Hickman/Redw 1:54.3, Bertolli/Drake 1:54.9; 100: (w) Miller/Ells 9.8, Johnson/Kenn 9.9, White/Berk 9.9, Dorsey/SMarys 9.9; Mile: Green/SRaf 4:16.6, Lacey/Tam 4:20.5, McMeans/DA 4:20.6, Dowling/CPk 4:22.6; 120HH: Cooper/Ells 13.4 (Ties Natl. Red), Gaines/Kenn 13.5, Turner/Kenn 14.2, Unpingco/Pitt 14.6; DT: Feierang/MD 163-9, Seavy/Pied 154-11, Bowles/SRam 154-2, Lamb/Tam 152-1; 440: Brown/Kenn 49.0, Williams/Vallejo 49.0, Matteer/SMarin 49.8, Jimenez/DLS 50.1; PV: Markou/Pacific 14-0, Wiley/Arcata 13-6, Taylor/YV 13-6, Rooney/Wash 13-0; 220: Miller/Ells 22.0, Dorsey/SMry 22.1, (3rd & 4th pending review of films); TJ: Jackson/Amer 47-5 1/4, Rice/Pitt 47-3, Halcomb/Rich 46-9 1/2, Morgan/EC 46-9 1/2; 2 Mi: Kissin/SRam 9:16.5, Patterson/DV 9:24.1, Flynn/Acal 9:30.6, Schultz/Redw 9:33.6; MileR: Ells 3:20.5, Vallejo 3:22.5, San Ramon 3:23.7, San Marin 3:23.9. (GIRLS)--440R: Berkeley 49.2, Tam 49.7, Terra Linda 50.1, Granada 50.6; DT: Hilton/PH 114-0 1/2, Bee/SRam 112-0; LJ: Knight/Berk 17-10, Gabriel/Ells 17-5; 880: Costello/PH 2:10.7, M. Keyes/Tam 2:20.1, Sweany/MarinCath 2:21.9; SP: Bet-ham/Arcata 39-7, Keats/SLean 38-7 1/4; 100:(w) Nickson/Berk 10.8, Hall/Tam 11.2, Papatz/SRaf 11.2, Carter/Tam 11.2; Mile: Costello 5:01.6, Keyes 5:07.3, Sweany 5:17.0, Salisberry/NGate 5:18.3; 440: Strohs/Gran 58.9; 80LH: Knight/Berk 11.2; 220: Nickson/Berk 24.7, Rabatz/SRaf 25.7, Hall/Tam 25.7; HJ: Hill/SRaf 5-4, Boehner/CV 5-2; 880SM: Berkeley 1:49.1, Tam 1:49.9. Teams: Berkeley 42, Tamalpais 24, Pleasant Hill 21, Granada 18, San Rafael 18. /Jeff Searls/

PA-AAU Men's Track & Field Championships: (May 31, San Mateo) - Teams: WVTC & Army 63, Stanford 11, San Jose St. 10, San Jose Stars & Cal 9, Camino West TC 6, BAS 5. --- 5000mWalk: Laird/NYAC 22:44.4; 6 Mi: Garcia/Army 27:58.8 (13:53 at 3 miles), Nuccio/WVTC 29:00.0; SP: Wolf/WVTC 44-10 1/4; LJ: Anderson/WVTC 21-10; HJ: Turner/USMC 6-8, Johnson/USMC 6-6, McGinnity/WVTC 6-6, Harkins/Navy 6-6; 440R: Army 41.5, USMC 41.7; JT: Macrorie/Stan 218-9, Seals/WVTC 216-10, Hilbie/Un 216-8; TJ: Holden/Un 45-3 1/4; Mile: Ybarbo/USMC 4:13.7, Elk/USMC 4:15.2, Tracy/WVTC 4:16.0; 120HH: Foster/Un 14.2, Ligons/Colo 14.6, Young/WVTC 14.8; PV: Johnson/SJS 16-0, Miguel/BHS 16-0; DT: Stadel/SJStrs 192-4, Louisiana/Army-WVTC 183-11, Penrose/SJStrs 178-5, Nave/WVTC 167-0, Wolf/WVTC 165-3; 880: Kramer/USMC 1:54.8, McCafferty/Army 1:55.6, Robertson/WVTC 1:55.8; 440: Robinson/Un 47.1, Haney/Army 48.2, Tamani/BYU 48.6, Stephan/USMC 48.7; 440IH: Shumski/Army 54.3, Faison/USMC 54.9; 220: Pettus/BAS 22.1, Turner/Army 22.5, Cazennave/Un 22.7; MileR: Army 3:23.2, WVTC 3:25.4; 100m: Garrett/USMC 10.8, Haynes/Army 10.9, Wilson/Army 11.0; Prefontaine 3 Mile: Stewart/Army-WVTC 14:08.2, Johnson/BYU 14:09.8, Parietti/Stan 14:13.8, Stanley/Australia 14:37.4; /Dave Shrock/

Rio Vista Bicentennial Discus Exhibition: (June 1, Rio Vista) (1) Wilkins 218+ (PR), (2) Silvester 206+, (3) McCollum/BAS 191+, (4) Louisiana/Army-WVTC 184-0, (5) Nave/WVTC 183-9 (PR). /Brad Nave/



(Left) Judy Gumbs chopped off 17 minutes from her marathon PR to record a 3:02:54 at Boston, good enough for ninth place. /Dennis O'Rorke/ (Right) Ran Menzie lowered his PR to 2:33:54 at Boston to become one of the quickest US over-40 runners of all time. /Jim Engle/

LONG DISTANCE RESULTS

Natl. AAU Jr. 8 Kilo X-C Championships: (Dec. 21, 1974 - Alameda, CA) - The top finishers in this race were listed in #51 of the NCR, but we just received the final team scores for this race. The race was scored unconventionally in that the points scored by individuals were equal to their finish place. Displacements (unattached runners, incomplete teams, etc.) were kept in for scoring purposes, however, after doing a quick check against the regular method, the order of finish for the top five teams does not change. *** (1) Big Foot TC/Spokane, WA 156, (2) West Valley TC 156 (5th man finished lower to break the tie), (3) Big Valley Harriers 186, (4) Santa Barbara AA 198, (5) Camino West TC 238, (6) Westside TC 308, (7) Marin AC 358, (8) Camino West TC "B" 435, (9) Phaethon 448, (10) Alameda TC 470, (11) Valley of the Moon TC 523. /Bob DeCelle/

LAPD Elysian Park Run: (Feb. 23, L.A.) - /5.7 Miles/ - (1) Bob Macias/ELATC 29:04, (2) Ron Kurrle/BHS 29:05, (3) Cook/AIA 29:20, (4) Covert/SFVTC 29:24, (5) Swift/Azusa Pac 29:52, (6) Arce 30:12, (7) Langer/Ex-Cal 30:17, (8) Curry 30:22, (9) Kendall/Oxy 30:38, (10) Stripsky/Un 30:47, (11) Harrie/RRR 30:58, (12) Broten/STC 31:34, (13) Wendler 31:40, (14) Pagliano/GWAA 31:48, (15) Hidalgo 31:58... (19) Waco/Un (40+) 32:10... (54) Suzanne Keith/RRR 35:40. /John Brennan/

Norman K. Tamanaha Marathon: (Mar. 1, Maui, Hawaii) - Ex-WVTC member and Stanfordite, Duncan Macdonald, set a new Hawaiian citizen's record for the marathon with his first sub-2:20 effort (2:19:53). His nearest competition was some 19 minutes arrears (Johnny Faerber (2:38:35)). /Runner's World/

Malibu Canyon X-C Run: (March 2, L.A. Area) - /6.3 Miles/ - Phil Ryan/GWAA 33:08, Joe Carlson/AATC 33:12, Ray Hughes/BHS 33:33, Tom Pelton 33:36, Rick Drake/SBAA 33:38, Jim Arquilla/AATC 33:54, Paul Swift/BHS 33:55, Tim Donovan/SBAA 33:59, Bill Scobey/CCAC 34:00, Paul Cook/AIA 34:03, Jeff Huber/AATC 34:05, Jim Ursulo/MSAC 34:08, Larry Bohrer/WTC 34:32, Bob Arce/AATC 34:37, Bob Branch/CCAC 34:39, Simon Langer 34:51... (48) Sam Nicholson/STC 37:50 (40+). /Bruce Robinson/

San Fernando Handicap: (March 9, San Fernando) - /6.1 Miles/ - (Listed below are top ten fast times): Bob Macias 30:46, Dennis Caldwell 30:56, Mark Covert 31:01, Carl Swift 31:10, Ken Blakely 31:40, Mike Chambliss 32:11, Bill Thompson 33:18, Jim Flanigan 33:44, Preston Drake 33:57, Dave Waco 33:59 (40+). /Pat Miller & Dave Saylor/

SPA-AAU 25 Kilo Championships: (March 15, Lunada Bay) - Phil Ryan/GWAA 1:22:15, Joe Carlson/AATC 1:22:30, Jim Arquilla/AATC

RESULTS OF NATIONAL CHAMPIONSHIPS IN NEXT ISSUE OF NCR

1:23:10, Ron Pryor/AATC 1:23:36, John Loeschhorn/WVTC 1:23:45, Don Ocana/BHS 1:23:46, Brook Thomas/SBAA 1:24:32, Ron Kurrle/BHS 1:25:11, M. McDermott 1:25:22, Paul Cook/AIA 1:25:37, Carl Swift/AzPac 1:26:29, Gary Dobrenz/CCAC 1:26:51, Bob Branch/CCAC 1:27:00, Lou Patterson 1:27:31, John Brennan/SBAA 1:27:57, Mark Stevenson 1:28:55, James Perez/Aztl 1:29:36, J. Hubero/AATC 1:30:01, Larry Perez/Aztl 1:30:24, Carlos Alfaro/Aztl 1:30:27, John Rudberg/STC 1:30:54 (40+). /John Brennan/

Pomona Historic 15 Miler: (March 16, Pomona) - Dennis Caldwell/AzPac 1:21:03, Carl Swift/AzPac 1:22:17, Felipe Brizuela 1:22:20, John Freemuth 1:22:26, John Kittelson 1:23:25, John Wegener 1:26:14, Bill McDermott 1:26:36, Paul Cook/AIA 1:26:36, Michael Harrie/RRR 1:27:17, Skip Shaffer/CCAC 1:28:06...(18) Sam Nicholson/STC 1:33:40. /John Brennan/

Arroyo Verde 15 Kilo X-C: (March 23, Ventura) - Gary Tuttle/BHS 48:30, Carl Swift/AzPac 52:54, Steve Broten/STC 52:58, Dennis Caldwell/AzPac 53:00, John Brennan/SBAA 54:35, David Glycer 55:12, Larry Pontinen/SBAA 55:26, Skip Shaffer/CCAC 55:45, Preston Drake/CCAC 56:15, Gilbert Perez/STC 58:58 (40+). /John Brennan/

Natl. AAU 30 Kilo Championships: (March 23, Albany, N.Y.) - John Vitale/Hartford TC 1:31:50 (*New Amer. Road Red*), William Rogers/GBTC 1:32:03, Tom Fleming/NYAC 2:07:23, John Kimick/GMAA 1:33:55, Bernard Allen/WSC 1:35:23, Stephen Mahieu/WSC 1:35:47. /AAU News/

Natl. AAU 50 Kilo Championships: (April 13, Pasadena) - Carl Swift/AzPac 2:53:54 (2:26:20 at marathon), Don Ocana/Un 3:00:31 (2:29:01 at marathon), Gordon Haller/GWAA 3:07:10, Wayne Akiyama 2:38:54, Bob Branch/CCAC 3:09:16, Paul Cook/AIA 3:10:39, James Perez/Aztl 3:11:29, Ron Calderon/Aztl 3:12:44, Carlos Alfaro/Aztl 3:15:38, David Mitchell 3:16:33, Gary Dobrenz/CCAC 3:18:23, Skip Shaffer/CCAC 3:19:17...(14) Dave Parker/STC 3:21:14. /John Brennan/

Californians Do Well at Boston Marathon: (April 21, Boston, Mass.) -- Cool weather and strong tailwinds made everything perfect for a fast running of the 1975 edition of the famed Boston Marathon. Record numbers of runners entered the race, and record numbers responded with fast times...a total of 113 under 2:30 and 22 under the magic 2:20 barrier. Will Rodgers of Boston led the unslaughter with a course record 2:09:55, some two minutes ahead of Steve Hoag, his nearest rival. The top Californian was Peter Fredriksson of Sweden and the San Diego TC...8th at 2:15:38, a PR. Two more dipped under 2:20, as Ron Wayne grabbed his 5th or 6th time under that mark and Jim Bowles improved some 7 minutes to finish 19th. These two, combined with John Loeschhorn's 2:29:36 (105th), somehow managed to take the second-place team award, only 5 points behind winner San Blas of Puerto Rico, 52-57. The Greater Boston TC, led by Rodgers' win, was just one point back at 58. Only one other California team scored...San Diego TC with 125 in 13th. While Rodgers was setting his American and course standards, West Germany's Liane Winter was busy doing some record setting of her own. Her 2:42:24 is the fastest ever by a woman, taking a few minutes off of Jacki Hansen's still-warm standard. Surprising Kathy Switzer took ten minutes from her best and came in 2nd with a 2:51:37! West Coast women took 7th through 9th, with Marilyn Paul leading the way at 2:59:37 (7 women ran under 3 hours). Joan Ulyot, despite a nagging injury, came through with a 3:02:20, fast enough for 8th. The surprise, however, was Judy Gumbs' 3:02:54, just one spot back. A sub-3:10 had been hoped for, but a 17-minute improvement was a bit too much to hope for. Harry Cordellos became the first blind runner to ever crack three hours to our knowledge, as John Butterfield guided him to his record time. Following are all of the West Coast people that we could find (California, Nevada & Oregon), with their places and times (women first, followed by men): --- (7) Marilyn Paul/Un 2:59:37, (8) Joan Ulyot/WVTC 3:02:20, (9) Judy Gumbs/WVTC 3:02:54, (17) Janet Heinonen/OTC 3:19:00, (??) Ruth Anderson/NCSTC 3:25:48, (??) Marcie Trent/DSE 3:27+. --- (1) Rodgers/GBTC 2:09:55, (2) Hoag/TCTC 2:11:54, (3) Tom Fleming/NYAC 2:12:05, (4) Tom Howard/RK 2:13:23, (5) Ron Hill/Eng 2:13:28, (6) Jim Stanley/Summit AC 2:14:54, (7) Russ Pate/Columbia TC 2:15:22, (8) Pete Fredriksson/SDTC 2:15:38, (9) Mario Quezas/Mexico 2:16:03, (10) Andy Boychuk/Canada 2:16:13,...(16) Ron Wayne/WVTC 2:18:55, (19) Jim Bowles/WVTC 2:19:25, (46) Bernd Heinrich/Un 2:23:49, (56) Bruce Dewsberry/TWT 2:24:53, (80) Mark Kushner/UCLA 2:26:46, (86) Ray Hughes/BHS 2:27:25, (105) John Loeschhorn/WVTC 2:29:36, (123) Bill McDermott/Un 2:30:53, (165) Ray Menzie/Un 2:33:54 (40+),

(166) Jon Higley/USAF 2:33:55, (189) David Worthen/SDTC 2:35:23, (234) Phil Ryan/GWAA 2:37:50, (248) Brian Freeman/SDTC 2:38:31, (257) Chuck Stagliano 2:38:48, (265) Bob Gormley/Ex-Marin AC 2:39:12, (271) Kaj Johanson/SDTC 2:39:23, (328) Ed Dally/WVTC 2:41:33, (334) Gordon Lutes/SDTC 2:41:47, (348) Lee Cohee/Ex-DSE 2:42:51, (374) Felix Norton/Un 2:43:56, (420) Keith Colburn/Un 2:45:52, (501) David Blinkinsop/Un 2:49:00, (505) David Wielenga/Un 2:49:09, (507) Dennis Fridly/LVTC 2:49:14, (516) John Armstrong/Un 2:49:32, (565) Michael Georgi/SBAA 2:51:01, (571) Bill McCray/USAF 2:51:10, (582) Hans Roenau/NCSTC 2:51:20, (638) Keith Whittingslow/SFOC 2:53:11, (680) Kees Tuinzing/DSE 2:54:22, (701) Frank Nolan/Un 2:55:04, (715) Robert Mullin/ORRC 2:55:29, (725) Flory Rodd/NCSTC 2:55:48, (738) David Boles/FullJC 2:56:04, (776) John Kerr/Un 2:57:20, (189) Peter Wood/NCSTC 2:57:56, (828) Don MacIntosh/SRC 2:59:00, (840) Ralph Paffenbarger/NCSTC 2:59:13, (842 & 843) Harry Cordellos & John Butterfield/BAA 2:59:15, (852) Harold Goforth/SDTC 2:59:25, (858) Joel Strote/Un 2:59:30, (859) Theo Jones/Pamakids 2:59:31, (917) Pete Dowrey/Unat 3:01:34, (933) Jim Gault/NCSTC 3:02:01, (941) Robert Rice/Un 3:02:12, (979) Jack Leydig/WVTC 3:02:55, (985) Ron Thomas/PAMA 3:03:02, (1002) Mike Berkowitz/Un 3:03:26, (1012) Robert Stovles/Un 3:03:42, (1062) Henry Horn/SFOC 3:07:03, (1064) Wallace Carroll/SBAA 3:07:08, (1123) Roger Gunson/Un 3:11:50, (1137) Mike Kapsimalis/SDTC 3:12:04, (1165) Don Weekes/UCLA 3:12:32, (1216) Todd Gordon/Palomar JC 3:13:31, (1316) Doug Cromack/USAF 3:16:08, (1384) Reinhold Ullrich/Un 3:17:55, (1426) Barry Nocks/Un 3:18:50, (1466) Adolph Mager/ARC 3:19:46, (1497) Phil Bailey/USMC 3:20:20, (1543) Stanley Franklin/STC 3:21:07, (1544) Gary Burnett/Un 3:21:08, (1564) Alonzo Monk/STC 3:21:28, (1575) Michael Jones/Un 3:21:43, (1592) Stephen Gladis/Un 3:22:01, (1620) David Baxter/SDTC 3:22:34, (1658) Sheldon Gersh/Un 3:23:40, (1670) Larry Fox/NCSTC 3:24:15, (1678) Marshall Haraden/SDTC 3:24:50, (1679) Mike Mills/Un 3:24:56, (1693) Larry Marshall/WStr 3:26:15, (1711) Howard Weeth/Un 3:27:17, (1783) Sam Berkman/Un 3:29:23. /Will Cloney, Jock Semple/

Oxnard-L.A. Relay: (April 21, Oxnard) - /5-man teams, 50.6 Miles/ - (1) American Ave. TC 4:33:39, (2) CCAC 4:41:24, (3) Encino Pick-up 5:03:36, (4) Rialto RR 5:06:37, (5) Seniors TC Vets 5:15:01. /Wes Alderson/

Las Posas 15 Kilo: (April 27, Camarillo) - Gary Tuttle/BHS 46:30, Reid Harter/WVTC 48:31, Mark Covert/Un 49:48, Bob Branch/CCAC 50:11, Brook Thomas/SBAA 50:18, Scott Schweitzer 50:41, Pat Miller/CCAC 51:06, Gordon Haller 51:47, Steve Durand/Un 51:55, Larry Reyes 52:10, John Brennan/SBAA 52:24, Gary Dobrenz/CCAC 52:33, Michael Harrie/RRR 52:34, Ron Wise/SBAA 52:56, Steve Broten/STC 53:29...(17) Dick Bartek/SBAA 53:43 (40+). /John Brennan/

Hayman & Beardall Take Honors at Kirk's Revenge: (April 27, Mt. Diablo) - Ernst Hayman held off Darryl Beardall by a mere 9 seconds to win the rugged handicap race on the slopes of Mt. Diablo. Only 14 runners finished...top finishers listed in order of handicap finish with actual times: (1) Hayman 56:42, (2) Beardall 45:51, (3) Dick Emmons 53:26, (4) Robert Bell 62:32, (5) Andy Mellmer 61:20, (6) Frank Robben 53:35, (7) Luka Sekulich 67:52. /Jack Kirk/

Podiatry 10 Kilo Run: (May 2, Golden Gate Pk., SF) - This run was held in conjunction with a Podiatry Seminar & Clinic -- (1) Ron Wayne/WVTC 30:52, (2) Darryl Beardall/MAC 31:11, (3) Gene Fitzgerald/PAMA 31:40, (4) Robert Parks 31:52, (5) Alan Beardall 32:52, (6) John Pagliano/GWAA 33:39, (7) Dan Lavelle 34:10, (8) Wayne Plymale/PAMA 34:55, (9) Fraser Rasmussen 35:30, (10) George Roach 35:52. /Dave Weill/

4th Annual Golden Pioneers 20 Kilo: (May 3, Corralitos) - (1) Jim Barker/WVTC 1:05:01...no other results available. /Barker/

Strawberry Trot Handicap Run: (May 3, L.A. Area) - (Fast times listed)--/10 Miles/--Carl Swift/AzPac 51:33, Paul Cook/AIA --51:33, Bill Johnson/SDTC - 52:24, Mike Harrie/RRR 52:34, Bob Arce/AATC 53:37, Jeff Wise 54:05, Ken Smith 55:28, Jim McBride 55:55, Angus Morrison 55:55, John Rupp 56:01. /Bruce Robinson/

CCAC Hanson Dam Run: (May 11, Pasadena) - /10.0 Miles/ - Dave White/AATC 52:21, Bob Branch/CCAC 53:00, Joe Carlson/AATC 53:07, Jim Arquilla/AATC 53:39, Dennis Caldwell/AzPac 53:49, Mike Chambliss/SBAA 53:51, Pat Miller/CCAC 54:01, Steve Chase 54:05, Paul Cook/AIA 54:34, Larry Reyes/SDTC 54:41. /Brennan/



Start of the Masters 5-Mile Lake Merced Run...Jim Shettler set a new record for his age group (40+) on this fast course./O'Rorke/

MASTERS RACE QUICK--THREE BREAK 27 MINUTES: (March 23, San Francisco) - This year's over-40 run around scenic Lake Merced (5 miles on the roads) proved to be a record-breaker. Jim Shettler, who has not been racing too much as of late, wanted to remind everyone that he's still around and dangerous. In the process, he pulled two of his teammates under the 27-minute mark, a time that only a handful of masters runners have approached. Although we don't have the old record time for the course (for masters), it was somewhere around 26:35-40 we think, by Jim O'Neil. Shettler's 26:19 was a good margin ahead of Ken Napier's 26:36, which was also probably under the old mark. Ed Preston grabbed the over-50 title, placing 14th (he is 58 now!) with a very commendable 29:16... and Ruth Anderson easily captured the women's trophy with her 33:40 to best Carroll O'Conner (35:02) and Catherine Smith (35:50). Ross and Catherine Smith were the winners in the husband/wife team competition (62:39) by a wide margin of Seymour and Virginia Collins (67:10). /Jack Bettencourt/

1 - Jim Shettler/WVJS	26:19	16 - Bob Van Keuren	29:29	31 - Rich Mueller	31:10
2 - Ken Napier/WVJS	26:36	17 - Bob Biancalana/MAC	29:42	32 - Frank Evans	31:11
3 - Ross Smith/WVJS	26:49	18 - Jim Nicholson/NCSTC	30:13	33 - Bruce Dingwall	31:16
4 - Ray Menzie/Unat	27:07	19 - Phil Paulson/NCSTC	30:15	34 - Bob Knapp	31:18
5 - Dennis Teegarden/NCSTC	27:24	20 - John Getas	30:29	35 - Ralph Webb	31:21
6 - Bob Malain/NCSTC	27:36	21 - Karl Marshall	30:36	36 - D.L. Nachbar	31:29
7 - Jim O'Neil/SFOC	27:37	22 - Seymour Collins	30:40	37 - Alan Waterman/Stanford RC	31:40
8 - Pat Cunneen/PAMA	28:09	23 - Joe Carey	30:42	38 - James Jacobs	31:49
9 - Ulrich Kaemph	28:26	24 - Mickey Moberg	30:43	39 - Bill Mott	31:52
10 - Walt Betschart/BC	28:30	25 - Jim Allen	30:49	40 - Frank Cuzzillo	31:54
11 - Colin Templeman/NCSTC	28:34	26 - Richard Goen	30:54	41 - David Pain/SDTC	31:54
12 - Bill Snavely/BVH	28:42	27 - Tokihiko Suyehiro	30:59	42 - Sig Ketterer	31:55
13 - Mike Healy/WVJS	29:15	28 - Walt Currier	31:00	43 - Herb Naylor	32:02
14 - Ed Preston/SFPD	29:16	29 - Gene White	31:03	44 - Jim Jenner	32:05
15 - Hans Roenau	29:26	30 - Don Hughes	31:08	45 - Keith Walker	32:08



Beardall & Elijah dominate Sacramento Runs: (April 6, Sac'to) - Overcoming a leg problem which developed in the last third of the race, Darryl Beardall won this year's PA-AAU 50 Kilo Championship in 3:06:41, ten minutes off Steve Dean's record of 2:56:06. A field of 29 male and female runners competed under almost ideal weather conditions, with all but one completing the 31 mile plus distance on a flat out and back course along the Sacramento River. Excelsior TC edged out the Tax Reducers by a score of 30-32 to take the team title. Gough Reinhardt captured the Masters category and Penny DeMoss won the women's division with what is believed to be an unofficial best for women, according to Joe Henderson of *Runner's World*...a good 3:56, with a 3:14 marathon in route. ---- The sponsoring Buffalo Chips RC decided to have a shorter 10-mile run along with the 50K and 120 anxious runners went the distance. Ron Elijah clocked a very good 50:22, winning easily, 52 seconds in front of Ron Wayne. The 40-49 men's division was won narrowly by Bob Malain (57:54), only four seconds in front of Bill Jensen. Other division winners included: Jim Sane/14-19; Tim Jordan/30-39; Bob Kadie/13-Under (63:53); Will Shank/50+ (65:05); Penny Reneau/Open-women (65:07); Jeani Fuller/13-Under Women (66:17); and Ruth Anderson/40-49 women (69:36). Below are 50K results, with 10 Mile on next page. /Abe Underwood/



(Above) Combined start of Buffalo Stampede & PA 50 Kilo. /Kadie Photo/ (Below) Ron Elijah in the process of winning the Buffalo Stampede. /Jim Engle/

Below are 50K results, with 10 Mile on next page. /Abe Underwood/

1 - Darryl Beardall/MAC	3:06:41	15 - Gough Reinhardt/NCSTC	3:50:09
2 - Jan Peter Day/Unat	3:12:33	16 - Don Carpenter/Unat	3:51:40
3 - Steve Williams/OPHIR	3:19:16	17 - Don Choi/Excelsior TC	3:52:01
4 - Harold DeMoss/West Valley TC	3:21:19	18 - Paul Reese/Unat	3:54:39
5 - Dan Moore/LVRC	3:21:49	19 - Vic Crosetti/TRAC	3:54:43
6 - Don Chaffee/Excelsior TC	3:23:20	20 - Penny DeMoss/West Valley TC	3:56:00
7 - David Warren/Excelsior TC	3:25:07	21 - Yvette Cotte/Unat	4:00:17
8 - Larry McGrael/Unat	3:27:08	22 - Antonio Reyes/PAMA	4:04:47
9 - Peter Stein/TRAC	3:39:54	23 - Harrison Smith/Unat	4:07:01
10 - Richard Stiller/TRAC	3:39:54	24 - Dennis Letl/BC	4:16:23
11 - Kerry Kilgore/BV Harriers	3:44:14	25 - Manny Colin/Excelsior TC	4:22:25
12 - Harvey Ferrill/Unat	3:44:14	26 - Bob Lee/NCSTC	4:32:30
13 - Ray Smith/TRAC	3:45:42	27 - John R. Ulate/TRAC	4:35:35
14 - Jeff Olson/Unat	3:46:48	28 - Phil Gray/DSE	5:53:05

1 - Ron Elijah/MAC	50:22	13 - Tom Castro/Unat	54:50	25 - Roger Stordahl/Sac'to CC	57:44
2 - Ron Wayne /West Valley TC	51:14	14 - Frank Krebs/Golden West TC	55:03	26 - David Call/Sac'to CC	57:49
3 - Steven Dean/Golden West TC	51:23	15 - Paul Keller/Unat	55:09	27 - Dan Davidson/Golden West TC	57:52
4 - Jim Howard/Golden West TC	51:42	16 - Robert Coleman/Unat	55:34	28 - Paul Koski/Excelsior TC	57:53
5 - Jim Sane/Bufalo Chips	53:11	17 - Bill Kipp/Unat	55:38	29 - Bob Malain/NCSTC	57:54
6 - Byran Gieser/Unat	53:30	18 - Jim Sullivan/West Valley TC	55:44	30 - Bill Jensen/Pamakids	57:58
7 - John Ladd/Aggie TC	53:30	19 - Bob Coulson/Unat	55:55	31 - Fred Mansueto/Pamakids	58:23
8 - Tim Jordan/Golden West TC	53:34	20 - Mickey Brodie/Bufalo Chips	56:00	32 - Terrence Casey/Excelsior TC	59:00
9 - Larry Cabral/Pamakids	53:42	21 - Dale Fuller/Unat	56:13	33 - Douglas Carroll/Unat	59:10
10 - Claus Pedersen/TRAC	53:48	22 - Tim Swezey/Pamakids	57:08	34 - TomBurns/Unat	59:33
11 - Dale Young/Aggie TC	54:00	23 - Doug Rennie/Bufalo Chips	57:23	35 - Jay Frank/Unat	59:34
12 - John Leeper/Aggie TC	54:09	24 - Frank Donahue/Excelsior TC	57:38	36 - Ralph Blount/Ophir Prison	59:46



(Left) Leaders at about 2 miles in the Golden Gate Park 8-Miler... (left to right) Jim Nuccio, Wayne Badgley, & Jack Leydig. Jim & Wayne went on to tie for first, smashing Jack's course record by a minute. (Above) Start of the very successful 8-Miler in the Park, which saw a record 232 finish. /Photos by Dennis O'Rourke/

NUCCIO & BADGLEY ANNIHILATE GOOD FIELD AT 8-MILER: (April 12, San Francisco) - After a quick start, the tempo picked up! Dropping their last opposition just shortly before two miles, Wayne Badgley and Jim Nuccio decided to have a go at a faster pace. Somewhere during the latter stages of the race, a decision was made to not 'race'. But, with almost a two-minute lead over the next runner, all they had as opposition were themselves. Coming across the finishline holding hands, the two NorCal distance running standouts chopped more than a minute from Jack Leydig's 1972 course record of 40:54...today he finished seventh, way back in the pack. Ray Menzie, doing a bit of speedwork before Boston, gobbled up the masters competition, including NCRR point leader, Bill Jensen, with a sterling 44:59 clocking, over two minutes ahead of his rival! Fast improving Colin Templeman grabbed the third spot. Mary Etta Boitano annexed the women's trophy with her 50:50 (67th), besting Joan Ulliot's 52:56 with no real sign of distress. West Valley TC edged to a win over a strong Excelsior squad with a 41-49 score. The weather was nearly perfect, with cool overcast for the entire distance. /Harold DeMoss/

1 - Jim Nuccio/WVTC	39:50	21 - Gary Chilton/Unat	45:54	41 - D. Alan Sauer/Pamakids	48:20
tie Wayne Badgley/Unat	39:50	22 - Edward Rios/Unat	45:54	42 - Clyde Rockwell/Unat	48:24
3 - Reid Harter/WVTC	41:35	23 - Ray Bonner/Unat	46:20	43 - Richard Kell/Pamakids	48:29
4 - Jan Sershen/Unat	42:34	24 - Kees Tuinzing/DSE	46:35	44 - Mike Healy/WVJS	48:32
5 - Doug Butt/Unat	42:48	25 - David Parish/West Valley TC	46:37	45 - Terrence Casey/Excelsior TC	48:33
6 - Gene Fitzgerald/PAMA	43:14	26 - Rick Bowers/WVJS	46:48	46 - Mike Boitano/SERC	48:36
7 - Jack Leydig/WVTC	43:31	27 - Dave Sjostedt/VMTC	47:03	47 - Bill Snavely/Unat	48:47
8 - Kent Guthrie/WVJS	43:59	28 - Darrell Jeong/Excelsior TC	47:04	48 - Gus Cano/Excelsior TC	48:50
9 - David Muela/Excelsior TC	44:19	29 - Ralph Bowles/WVJS	47:05	49 - Tom Mann/Excelsior TC	48:51
10 - John Weidinger/Unat	44:23	30 - Bill Jensen/Pamakids	47:09	50 - David Marsh/Unat	49:00
11 - Tom Castro/Unat	44:25	31 - Mike Duncan/West Valley TC	47:09	51 - Louis Daugherty/Napa	49:12
12 - Mike Conroy/Excelsior TC	44:50	32 - Wayne Plymale/Pamakids	47:12	52 - Alex Monterrosa/Pamakids	49:15
13 - Mike Eash/Excelsior TC	44:53	33 - John Spurr/Unat	47:23	53 - Terry Mullen/TRAC	49:20
14 - Glen Berwick/Unat	44:56	34 - Dave Petterson/WVJS	47:40	54 - Ed Lee/Unat	49:21
15 - Ray Menzie/Unat	44:59	35 - John Geer/Whittier Alumni	47:48	55 - Santos Reynaga/WVTC	49:32
16 - Jack Hackmann/VMTC	45:02	36 - Colin Templeman/NCSTC	47:50	56 - Howard Griffith/Cambrian RR	49:36
17 - Robert Parks/Unat	45:06	37 - John Clary/TRAC	47:54	57 - Tom Downey/Unat	49:40
18 - Richard French/Unat	45:21	38 - Sean O'Riordan/West Valley TC	47:55	58 - George Ridout/Unat	49:50
19 - Frank Donahue/Excelsior TC	45:28	39 - John Holtorf/Unat	47:55	59 - Karl Marshall/NCSTC	49:56
20 - Tim Swezey/Pamakids	45:34	40 - Mark Gallo/NCTC	48:03	60 - Scott Frank/Unat	50:15

LIVERMORE 8.56 MILER--ANOTHER RECORD FOR NUCCIO! (April 19, Livermore) - Under ideal conditions (low 60's and overcast), WVTC's Jim Nuccio continued his onslaught of PA-AAU course records with a brisk 42:28 over the 8.56-mile circuit, clipping 42 seconds from Rich Kimball's 1973 standard. Teammate Bill Clark was also under the old mark with his 42:59, and Reid Harter made it a sweep for the club, clocking a fine 44:02. Mary Etta Boitano again had little trouble in taking apart the women's field, dashing to a quick 55:39, easily outdistancing Lynn Penn (58:20) and Karen Bessey (59:25). Her brother Mike copped the Junior Men's division, but missed that division's standard by almost two minutes. Gordon Gane, running on home ground, came within a minute of Ken Napier's over-40 mark (48:34) with his fine 49:44, easily defeating Ralph Blount's 51:02...Bob Malain was only another two seconds back in a close race for runnerup. A total of 202 finished the race on what was a very interesting course with a few challenging hills. The top 60 are listed below and on the following page. /Dick Baxter/

1 - Jim Nuccio/West Valley TC	42:28	11 - Claus Pedersen/TRAC	48:31	21 - Glenn Pruitt/Pamakids	50:36
2 - Bill Clark/West Valley TC	42:59	12 - Armando Lagunas, Jr./Unat	48:49	22 - Craig MacMahon/Unat	50:42
3 - Reid Harter/West Valley TC	44:02	13 - Goroy Vredenburg/Bufalo Chips	49:27	23 - Tom Pawl/Unat	50:48
4 - Jim Sane/Bufalo Chips	45:27	14 - Ralph Bowles/WVJS	49:35	24 - F. Steve Andes/LVRC	50:56
5 - Curtis Duff/Golden West TC	45:37	15 - Dick Baxter/LVRC	49:39	25 - Bill Dunlop/LVRC	50:59
6 - Doug McLean/West Valley TC	46:39	16 - Gordon Gane/WVJS	49:44	26 - Ralph Blount/Ophir	51:02
7 - Gary Wolfram/Unat	46:42	17 - Leroy Bumbaca/Unat	49:48	27 - Bob Malain/NCSTC	51:04
8 - Kent Guthrie/WVJS	46:59	18 - David Parish/West Valley TC	49:50	28 - Paul Holmes/Bufalo Chips	51:15
9 - Timothy Jordan/Golden West TC	47:08	19 - Dave Peterson/WVJS	50:06	29 - Ulrich Kaemph/TRAC	51:36
10 - Dan Moore/LVRC	48:23	20 - Dave Zumwalt/Unat	50:32	30 - Alek Shestakov/LVRC	51:50

31 - Walt Van Zant/WVJS	51:54	41 - Mike Boitano/SERC	52:46	51 - I.P. deVilliers/Unat	53:48
32 - Larry McGrael/Unat	52:10	42 - Joel Caldwell/Unat	52:48	52 - Dick Cordone/Unat	53:49
33 - David Wright/West Valley TC	52:18	43 - Jack E. Cook/NCSTC	52:52	53 - Thomas Pinckard/NCSTC	53:52
34 - Howard Griffith/Cambrian RR	52:20	44 - Santos Reynaga/West Valley TC	52:56	54 - Leon Souza/Woodside Striders	53:56
35 - Ross Rowley/Unat	52:32	45 - Ray Smith/Tax Reducers AC	52:57	55 - Peter Mattei/NCSTC	54:01
36 - Darrell Jeong/Excelsior	52:33	46 - Gough Reinhardt/NCSTC	53:10	56 - Carl Martin/WVJS	54:02
37 - Bob Myers/Pamakids	52:36	47 - Frank Robben/Unat	53:14	57 - Ralph T. Waller/DSE	54:06
38 - Hoyt Walker/LVRC	52:40	48 - Mark Center/Unat	53:33	58 - Mickey Moberg/LVRC	54:08
39 - Gregory Hodson/Unat	52:41	49 - Wayne Purnell/Unat	53:38	59 - Art Freiler/Unat	54:34
40 - Ed Stromberg/Buffalo Chips	52:44	50 - Larry Wight/LVRC	53:43	60 - Dennis Kroll/Unat	54:45

PEDERSON AND BUTT TAKE TOP HONORS AT SPRING RIDGE RUNS: (April 20, Cupertino) - The Cupertino Yearlings put together two rough courses in the Santa Clara Valley and got a good turnout for the first year. The shorter (6.039 mile) course drew the larger turnout, with Claus Pederson sweeping to a big margin of victory over San Jose Stater, Grover Prowell...35:23 to 36:11. Ulrich Kaemph showed the masters field how to do some running with his 38:44 clocking, which was good enough for a 1:28 margin of victory over George Moss. Among the most outstanding performance turned in for the day was Ann Trason's 41:29, which won her division by 5-1/2 minutes! It would have placed her 16th in the open division (out of 55)! Jim Scattini (10-11 division) was also impressive with his 39:54 time, upending nationally prominent age-group marathoner, Tommy Owen, by nearly 2 minutes. In the long (10.682 mile) haul, it was veteran Doug Butt who made good use of the hills to streak to a two-minute winning margin over Bruce Rider. Ross Smith ran his usual strong race, grabbing the over-40 grouping in easy-come, easy-go fashion. Bill Flodberg was not within sight in second, 71:40 to 75:25. An exceptional performance was turned in by Roxanne Bier in the Girls (12-13) division, when she recorded a 77:31 over the strenuous course. That would have placed her near the top third in the open division! Below are listed the fastest times in each race, regardless of division, of which there were many! /Bill Jones, Ron Landrum/

1 - Claus Pederson	35:23	16 - John Dunn	40:29	1 - Doug Butt/Unat	1:06:21
2 - Grover Prowell/SJS	36:11	17 - Howard Griffith	40:40	2 - Bruce J. Rider, II	1:08:16
3 - Gary Chilton/Stanford RC	36:43	18 - Tony Hutchins	40:59	3 - Sean O'Riordan/West Valley TC	1:09:35
4 - Jim Hiserman	37:11	19 - J. Simpson	40:59	4 - Anthony Mezzapelle	1:09:47
5 - Manny Mahon	37:38	20 - Skip Marquard	41:13	5 - James Jacobs	1:09:59
6 - Jim Holl/West Valley TC	38:06	21 - Carl Martin/WVJS	41:21	6 - Ross Smith/WVJS	1:11:40
7 - W.G. Meinhardt	38:22	22 - Ann Trason	41:29	7 - John Hellman	1:13:34
8 - Ulrich Kaemph/TRAC	38:44	23 - Tommy Owen	41:43	8 - Jim Sullivan/West Vly TC	1:14:21
9 - Steve Johnston	38:59	24 - John Wate	41:44	9 - Bill Flodberg/WVJS	1:15:25
10 - Jon Valerga	39:06	25 - Keith Campbell	41:45	10 - Mark Gallo	1:16:13
11 - Gary Goettelman	39:13	26 - Greg Jones/Cupertino Yrlgs	41:54	11 - Bob Anderson	1:16:35
12 - Jerome Lewis	39:15	27 - Dee Baltzer	41:57	12 - Heine Hartwig	1:17:25
13 - Jim Scattini	39:54	28 - Chris Mills	42:10	13 - Roxanne Bier/Appaloosa TC	1:17:31
14 - George Moss	40:12	29 - Dwight Mueller	42:18	14 - Jeff Richman	1:18:28
15 - Kurt Sterling	40:26	30 - Ron Kovacs	42:26	15 - Orval Osborne/WVJS	1:20:22



(Left) Roxanne Bier, 13, competing for the Appaloosa TC, finished the 10.7 mile Cupertino Ridge Run in a great time of 1:17:31, placing 13th overall. /Bill Jones/ (Center) Start of the SF Police Dept. run around Lake Merced. /O'Rorke/ (Right) Winner of the rugged Spring Ridge Run, 10.7 miler, was Doug Butt, who specializes in running fast downhill. /Bill Jones/

DARLING LEADS EXCELSIOR TO SWEEPING VICTORY AT SFPD LAKE MERCED RUN: (May 3, San Francisco) - For a race that wasn't even publicized in the PA-AAU Handbook, this race did all right for itself with 242 finishers! The quality (depth) wasn't that apparent, but that didn't stop Bob Darling from averaging nearly 5 minutes per mile to easily defeat teammate Frank Donahue over the fast 5 mile circuit around Lake Merced. Putting its top five men in the first nine positions, San Francisco's Excelsior TC had no problem in taking the team title. The divisions offered were a bit out of the ordinary (26-35, etc.), but it made for some interesting competitions. Pat Cunneen grabbed the masters trophy with his fine 28:19 clocking, a full minute up on John Soubier. Ed Preston, now 58 years young, was third in the over-40 group, with a great 29:24 clocking. He beat 'young' Jim Nicholson in the process.

1 - Bob Darling/Excelsior TC	25:14	14 - Ed Price/West Valley TC	28:41	27 - Thomas Mulkeen	30:24
2 - Frank Donahue/Excelsior TC	25:51	15 - Alex Monterrosa/Pamakids	28:42	28 - Mark Johnson	30:30
3 - Joseph Scalia/Unat	26:19	16 - Richard Cooper	28:48	29 - Joel Hawthorne	30:33
4 - Mike Conroy/Excelsior TC	26:42	17 - Tom Mann/Excelsior TC	28:52	30 - Michael Longwich	30:34
5 - Dan Lavelle/SFOC	27:13	18 - John F. Soubier/DSE	29:20	31 - R. Weggenman	30:39
6 - Fred Mansueto/Unat	27:32	19 - Don Ardell/Embarcadero YMCA	29:23	32 - Mark Peterson	30:40
7 - Wayne Plymale/Pamakids	27:34	20 - Ed Preston/NCSTC	29:24	33 - Ronald F. Watson	30:41
8 - Gus Cano/Excelsior TC	27:47	21 - Walter Basinger	29:25	34 - Mike Jones	30:41
9 - Don Chaffee/Excelsior TC	27:51	22 - Mike Atkinson	29:46	35 - Ray Minkel	30:45
10 - Terrence Casey/Excelsior TC	28:11	23 - Frank Lee	29:49	36 - Mark Scheuer	30:46
11 - Pat Cunneen, Sr./Pamakids	28:19	24 - Bill Shoaf	29:56	37 - Paul A. Spangler	30:47
12 - George Roach	28:28	25 - Jim Nicholson/NCSTC	30:05	38 - John P. Walsh	30:59
13 - Chris Brophy	28:34	26 - Eric Harvison	30:12	39 - Robert Cullen	31:07

DENNIS TRACY GRABS MAY RUN TITLE: (May 4, Oakland) - The downhill course was fast alright, and Dennis Tracy made good use of those stretches to hang up a tidy victory at something less than 5 minutes per mile (31:27 for 6.5 miles). His closest competition was John Kleinbach, who was over a half-minute arrears. The runnerup position was a bit more competitive, however, as Gary Wolfram closed to within 3 seconds. Tracy led his teammates to the title, with a squad composed of Mike Duncan (7th), Ray Orwig (15th), Larry Main (18th), and John Tedesco (44th). Gordon Gane of the West Valley Joggers & Striders picked off the masters trophy with a fine 33:47 performance, good for eighth overall. His time was nearly a minute up on teammate Mike Healy. Carolyn Tiernan was the top female competitor, notching a swift 38:22...good for 67th in the 263-man field that finished. Julie Ortiz was next at 39:54, followed by reliable masters competitor, Ruth Anderson. Below are the top 75 finishers of this new race which promises to grow next time around. */Mary King/*

1 - Dennis Tracy/West Valley TC	31:27	26 - Michael Coke/Grizzly Pk. P&MB	35:27	51 - Sakata Katsuhiko/Holy Names	37:52
2 - John Kleinbach/Unat	32:00	27 - Colin Templeman/NCSTC	35:29	52 - Larry Wiley/Unat	37:54
3 - Gary Wolfram/Unat	32:03	28 - Scott Douthit/Unat	35:35	53 - Dennis Hedgecock/Unat	37:58
4 - Richard French/Unat	32:24	29 - Tom Mann/Excelsior TC	35:40	54 - Jim McRae/Unat	37:59
5 - Dave Whiteing/Unat	32:35	30 - Richard Scott/Alameda TC	35:55	55 - Brian Healy/Unat	38:00
6 - Pieter Visser/Merritt College	33:27	31 - George Moss/NCSTC	35:57	56 - Eric Heim/Unat	38:07
7 - Mike Duncan/West Valley TC	33:33	32 - Bill Brown/Unat	35:58	57 - Herb Blanchard/Unat	38:10
8 - Gordon Gane/WVJS	33:47	33 - Dennis Kroll/Unat	36:08	58 - John Foley/Unat	38:14
9 - Haywood Norton/Unat	34:06	34 - Paul Navarro/Unat	36:16	59 - Ray Dito/Unat	38:15
10 - Larry McGrael/Unat	34:37	35 - Ed Healy, III/Unat	36:21	60 - Jim Allen/DSE	38:16
11 - Mike Healy/WVJS	34:38	36 - Jim McKinnon/Unat	36:29	61 - John Recht/King JHS	38:21
12 - Ray Sibley/Solano TC	34:39	37 - Dave Kennedy/Unat	36:30	62 - Carolyn Tiernan/Unat	38:22
13 - John Malarkey/Unat	34:40	38 - John Hanan/Unat	36:31	63 - Stu Gruendl/Alameda TC	38:23
14 - Doug Castro/Unat	34:41	39 - Bil Robbins/Unat	36:57	64 - William Turrentine/Unat	38:27
15 - Ray Orwig/West Valley TC	34:46	40 - Thomas Palmer/Unat	37:04	65 - Mike Foley/DSE	38:28
16 - Robert Bailey/Unat	34:47	41 - John Tedesco/West Valley TC	37:05	66 - Don Hughes/Unat	38:35
17 - Barry Armstrong/Unat	34:48	42 - Evan MacBride/NCS	37:06	67 - Thomas Mota/DSE	38:42
18 - Larry Main/West Valley TC	34:51	43 - Tokihiko Suyehiro/DSE	37:07	68 - Jim Boar/Pamakids	38:44
19 - Dick Cordone/Unat	34:57	44 - David Hansen/Unat	37:16	69 - Jim Hamiter/Unat	38:47
20 - Wes Hurlburt/Unat	35:04	45 - Keith Campbell/WVJS	37:20	70 - Keith Walker/NCSTC	38:49
21 - Ralph Likens/Unat	35:07	46 - Richard Mayers/Unat	37:23	71 - Tim Murphy/Unat	38:53
22 - Jack E. Cook/NCSTC	35:21	47 - James Thomas/Unat	37:34	72 - Dan Wentworth/Unat	38:54
23 - Pat O'Conner/Unat	35:23	48 - Edward B. Healy, IV/Unat	37:35	73 - Michael Bowman/Unat	39:01
24 - John Cavagnaro/Unat	35:24	49 - Clinton West/DSE	37:50	74 - Richard N. Gary/Unat	39:12
25 - Ralph Blount/Ophir	35:25	50 - Jack Ball/Unat	37:51	75 - Dale Nelson/Unat	39:41

BILL CLARK TAKES FIRST ROAD WIN OF 1975, PULLS TWO OTHERS UNDER COURSE RECORD: (May 10, Angel Island) - All that waiting must have made Bill Clark hungry. Getting in the habit of taking second place in most of the runs this year, it was about time to move onto better things...such as winning for a change. The roller-coaster 4.8 mile road around Angel Island provided the stimulus, as he clipped Ritchie Geisel's 2-year-old record of 23:59 by chugging to a 23:40 clocking, and bringing two others painfully close to him. Pete Sweeney and Ed Schelegle, both of UC Davis, were right behind, at 23:41 and 23:42, respectively. Jim Shettler, deciding it was about time to defend his NCR Point Trophy, clobbered the masters entries, clipping around the island in a quick 25:44, for what we think is a new over-40 mark for this course. Current NCR Point Leader, Bill Jensen, was a full minute behind the pace. The women's race was as close as the men's, with Kathy Himmelberger just nipping Mickey Vardell, 31:36 to 31:37. However, Kathy didn't enter the women's open division, but instead elected for the husband/wife awards...nothing lost, since she and her husband Dave picked up the first-place award there. Lot's of other divisions provided something for almost everyone to try for, but double fees prevented athletes from entering more than one division unless they had a lot of money handy. The 535 finishers was slightly less than last year, but still the third largest in NorCal behind Dipsea and Bay-to-Breakers. */Phil Fernandez/*

1 - Bill Clark/West Valley TC	23:40	31 - T. Ciotti	27:59	61 - Larry Sumner	29:45
2 - Pete Sweeney/UC Davis	23:41	32 - D. Lyon	28:05	62 - P. Michael	29:47
3 - Ed Schelegle/Aggie TC	23:42	33 - T. Mullen	28:09	63 - B. Naim	29:50
4 - Young	24:03	34 - G. Putallaz	28:13	64 - D. Meroff	29:52
5 - Byron Lowry/Marin AC	24:24	35 - S. Sherwood	28:14	65 - E. Ehlers	29:53
6 - Mike Killeen	24:52	36 - G. Krawiec	28:17	66 - E. Norgarv	29:58
7 - Ben Tucker/Unat	25:01	37 - H. Griffin	28:20	67 - M. West	30:00
8 - Doug Butt/Marin AC	25:06	38 - P. O'Conner	28:23	68 - John Tedesco/West Valley TC	30:02
9 - John Powell	25:26	39 - H. Jacobson	28:24	69 - B. Collins	30:04
10 - Kent Guthrie/WVJS	25:38	40 - D. Kroll	28:26	70 - G. Edwards	30:05
11 - Jim Shettler/WVJS	25:44	41 - E. Richardson	28:28	71 - D. Kirkpatrick	30:07
12 - R. Gori	25:49	42 - M. Stewart	28:34	72 - D. Marson	30:15
13 - B. Tracy	25:51	43 - D. Madronich	28:34	73 - B. Robbins	30:17
14 - Dave Himmelberger/WVTC	25:54	44 - J. Hanan	28:43	74 - K. Calandri	30:18
15 - R. French/Unat	26:01	45 - J. Moore	28:47	75 - W. Reed	30:19
16 - B. Kinscott	26:35	46 - G. Harrison	28:50	76 - M. Longwich	30:20
17 - Dave Parish/West Valley TC	26:42	47 - E. Heim	29:04	77 - J. Billings	30:21
18 - Bill Jensen/Pamakids	26:45	48 - K. Whittingslow/SFOC	29:08	78 - K. Bolter	30:23
19 - Ray Orwig/West Valley TC	27:00	49 - P. Waller	29:09	79 - D. Dray	30:26
20 - D. Sjostedt	27:08	50 - J. McKinnon	29:12	80 - S. Ozard	30:28
21 - John Finch/NCSTC	27:11	51 - R. Marston	29:14	81 - N. Ewell	30:30
22 - J. Killeen	27:14	52 - J. Rader	29:16	82 - M. Durham	30:32
23 - C. Chapman	27:18	53 - T. Palmer	29:25	83 - R. Gutman	30:33
24 - R. Sorensen	27:20	54 - P. Navarro	29:25	84 - W. Hamaker	30:34
25 - Mike Healy/WVJS	27:23	55 - J. Osterweis	29:26	85 - M. Fitzgerald	30:41
26 - Richard Wolters	27:27	56 - L. Sorenson	29:26	86 - L. McGraf	30:42
27 - W. Meinhardt	27:36	57 - D. Tovar	29:31	87 - R. Hunter	30:43
28 - R. Herzog	27:41	58 - R. Price	29:35	88 - P. Mulligan	30:44
29 - D. Wade	27:43	59 - R. Deglymes	29:41	89 - E. Fuller	30:45
30 - Don Pickett/Marin AC	27:48	60 - Phil Paulson/NCSTC	29:43	90 - R. Mayers	30:46

LATE GNUS

Late gnus is better than gno gnus! Take note of the next Joint Men's & Women's LDR Meeting after the Excelsior Beach Run (see scheduling section). *** No results yet from Lake Il San Jo, Golden Gate Charity Run, Knights of Columbus Marathon, Avenue of the Giants Marathon, Aptos 15 Kilo, and Statuto, nor the Cinco de Mayo Run. Tune in next issue for all this and much more! Heck, I might even get the May/June issue out before August! Later----



(Left) Tibaduiza leads Rojas and Nuccio up the Hayes Street hill during the Bay-to-Breakers. /O'Rourke/ (Center) Mary Etta Boitano topped all women in the 1975 edition of the cross-city run (shown during 8 Mile in Golden Gate Park). /Jim Engle/ (Right) Rojas jubilantly accepts his prize TV set. /O'Rourke/

ROJAS OUTKICKS TIBADUIZA AND NUCCIO IN BAY-TO-BREAKERS RACE: (May 18, San Francisco)

- After a somewhat shaky start, the contenders in this mammoth race managed to pull themselves clear of hundreds of bodies that had managed to filter into the race from the sidestreets over the first mile. Once on Hayes Street hill, it was obvious that a three-man race was developing. Running together onto the Great Hiway, New Mexico's Rick Rojas managed to out something extra to overcome a good, but probably too early move made by Domingo Tibaduiza, a Colombian at Univ. of Nevada, Reno. Rojas' margin of victory was less than a second! Nuccio faded badly over the last few hundred yards. Mary Etta Boitano blitzed the female competitors with a 46:04, good enough for 186th overall! Not bad considering there were 5000 entrants. Debbie Finn was a full 3 minutes back (49:04), followed by Carolyn Tiernan (49:46), and Jane Scott (50:21). The over-40 competition was really a close one, with Bill

Jensen coming out with a 9-second margin of victory over resurgent Peter Wood, 43:20 to 43:29. John Finch (43:35), Mike Healy (43:40), and Ulrich Kaemph (43:54) were also within contention. No official team scores were kept this year, but WVTC managed to slip its scoring five into the top 23 places. Runners bucked a stiff breeze coming across town, but it was welcome to most as they completed the latter stages of the race. Below are the top finishers in this year's run. /S.F. Examiner/

1 - Ric Rojas/New Mexico TC	37:18	45 - Knut Forstad	42:27	89 - Magdaleno Lopez	44:09
2 - Domingo Tibaduiza/UNTC-Colom.	37:19	46 - Robert Parks	42:28	90 - Richard Greenwald	44:10
3 - Jim Nuccio/West Valley TC	37:28	47 - John Toki	42:30	91 - Lloyd Sampson	44:11
4 - John Farrington/Australia	38:49	48 - John Geer/Whittier Alumni	42:35	92 - Peter Churney	44:12
5 - Jon Stanley/Australia	39:02	49 - John Beaton/CPSLO	42:38	93 - Dick Ratliff	44:12
6 - Brian Maxwell/Unat-Cal	39:09	50 - Pete Flores	42:40	94 - Donald Putil	44:14
7 - Lou Patterson/AIA	39:59	51 - Jack Berry	42:40	95 - Dave Schmidt	44:14
8 - Pat Tyson/Club NW	40:04	52 - Mike Eash/Excelsior TC	42:45	96 - Don Paci	44:14
9 - Jim Birnbaum/West Valley TC	40:18	53 - Armando Lagunas	42:47	97 - Jim Hiserman	44:16
10 - Darryl Beardall/Unat	40:19	54 - Phil Darnall/Unat	42:48	98 - Jim O'Neil/SFOC (40+)	44:20
11 - Bill Morgan/Unat	40:20	55 - Bob Kecheister	42:49	99 - Gus Cano/Excelsior TC	44:20
12 - Ben Tucker/Unat	40:21	56 - Larry Coburn	42:50	100 - Jeff Richey	44:22
13 - Bob Branch/Culver City AC	40:24	57 - Terry Norton	43:02	101 - Don Pickett/Marin AC (40+)	44:22
14 - Bill Seaver/West Valley TC	40:30	58 - Scott Claypoole	43:06	102 - Ross Routley	44:24
15 - Jon Sutherland/SFVTC	40:33	59 - David Parish/West Valley TC	43:08	103 - Dan Lavelle	44:28
16 - Albie Thomas/Australia	40:34	60 - John Mullin	43:10	104 - Peter Martinez	44:31
17 - Tom Wysocki/Univ. of Nevada	40:37	61 - Randy Belzer	43:13	105 - Joe Scalia	44:32
18 - John Wagner/Unat	40:39	62 - Wayne Plymale/Pamakids	43:13	106 - James Henderson	44:33
19 - Pat Finn/Unat	40:40	63 - Terry Casey/Excelsior TC	43:13	107 - Ken Napier/WVJS (40+)	44:36
20 - Gene Fitzgerald/Pamakids	40:48	64 - Don Chaffee/Excelsior TC	43:15	108 - Glenn Walder	44:37
21 - Bob Darling/Excelsior TC	40:49	65 - Jerry Hale	43:16	109 - Ian Howe	44:38
22 - Doug McLean/West Valley TC	40:50	66 - Jim Hurley	43:18	110 - Kevin Myers	44:39
23 - Jack Leydig/West Valley TC	40:51	67 - Bill Jensen/Pamakids (40+)	43:20	111 - Thomas Coitti	44:40
24 - Dennis Tracy/West Valley TC	40:53	68 - Ray Bonner	43:23	112 - John M. Malarkey	44:40
25 - Jon Higley/Unat	40:54	69 - Angus Morrison	43:24	113 - Mike Boitano/SERC	44:42
26 - John Kleinbach	40:58	70 - Czerwong Kaprys	43:27	114 - John Mooney	44:44
27 - Jerry Tallon	41:06	71 - Enoch Martinez	43:27	115 - Dennis Anderson	44:45
28 - Joe Becerra	41:12	72 - Don Flaten	43:28	116 - Ken Riding	44:46
29 - Kent Guthrie/WVJS	41:17	73 - Bill Zachary	43:29	117 - Tom Mann/Excelsior TC	44:48
30 - Dave Stock/West Valley TC	41:23	74 - Peter Wood/NCSTC (40+)	43:29	118 - Frank Donahue/Excelsior TC	44:49
31 - Frank Boutin/Stanford	41:23	75 - Laird Hayes	43:34	119 - Steve Miller	44:50
32 - Bob Nanninga/West Valley TC	41:33	76 - John Finch (40+)	43:35	120 - John Hellman	44:55
33 - Bryan Tracy	41:41	77 - Bruce Hamilton	43:39	121 - Rick Cushman	44:56
34 - Ron Wayne/West Valley TC	41:42	78 - Michael Healy/WVJS (40+)	43:40	122 - Lon Clearwaters	44:57
35 - Mike Conroy/Excelsior TC	41:49	79 - Greg Hodson	43:42	123 - Scott Frank	45:08
36 - Steve Palladino/CWTC	41:51	80 - Stephen Lee	43:45	124 - John Flather	45:09
37 - Mike Lennemann/Fresno Pacific	42:03	81 - George Gilbert	43:47	125 - Terry Mullen	45:10
38 - Dan Starn	42:08	82 - Ken Gyers	43:53	126 - Dick Cordone	45:10
39 - Richard French	42:12	83 - Ulrich Kaemph/TRAC (40+)	43:54	127 - Robin Shilling	45:14
40 - Jim Flanigan	42:15	84 - George Scott	43:55	128 - Glenn Krawlec	45:15
41 - John Leeper/Aggie TC	42:18	85 - Jack Holtorf	43:56	129 - Eddy Cline	45:16
42 - Glenn Berwick	42:20	86 - Robert Bailey	43:59	130 - Brian Baumruk	45:17
43 - Douglas Peck	42:22	87 - Bill Benz	44:02	131 - Jim Rader	45:17
44 - Robert Bourbeau	42:24	88 - Dave Luke	44:07	132 - Jim Logan	45:19

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