

NOR-CAL RUNNING REVIEW

MAY/JUNE 1975 (No. 54)

75 Cents



SUHR WINS STATE 880

MEET THE TURKEY



HE RUNS FOR PLEASURE IN



the athletic department

2114 Addison Street
Berkeley, California 94704
(415) 843-7767

HOURS: Mon - Fri (10 to 6); Sat (10 to 5)

shoes and apparel
for your sporting needs

IN SAN MATEO

OLYMPIC SPORTS



HEADQUARTERS



12 WEST 25th AVE.
SAN MATEO, CA. 94403
PH. (415) 349-6904

HOURS: M-TH (10-7)
FRI (10-8)
SAT (10-6)

ACCUSPLIT

THE REVOLUTIONARY ELECTRONIC DIGITAL STOP WATCH • MAKES MECHANICAL STOP WATCHES

ACCUSPLIT

OBSOLETE • IMMEDIATE NUMERAL DISPLAY GIVES YOU INSTANT UNMISTAKABLE READINGS • QUARTZ

ACCUSPLIT

CRYSTAL CONTROL PROVIDES SUPER ACCURACY • REGULAR SPLIT AND HARPER™ SPLIT FUNCTIONS TO

ACCUSPLIT

TIME LAP TIMES RELAY LEGS AND OTHER INTERVALS WITHOUT THE NEED TO ADD OR SUB

ACCUSPLIT

TRACT • READINGS TO 99 MIN. 59.99 SEC. THEN STARTS OVER • FULL TWO YEAR GUARANTEE •

\$129.95

Plus \$3.00 Shipping
(Priority Mail)
and Insurance

Master Charge or Bank Americard OK. Please supply card numbers, expiration date, signature. Do not send card. Phone credit card orders accepted. Call 415/948-8188. *California residents add 6% sales tax.* Order from: TAFCO, (Spec. Products Div. of Track & Field News), Box 296, (365 First St.), Los Altos, CA. 94022.





Northern California Running Review

P.O. BOX 1551, SAN MATEO, CA. 94401
Ph. (415) 342-3181

On the Cover

Leigh High School's Conrad Suhr, upsetting U.S. prep leader Dan Aldridge of Petaluma in the State CIF 880 finals at San Diego. Suhr's 1:51.0 clocking was five-tenths ahead of Aldridge, who has a 1:49.7 best this season. Suhr will attend UCLA next fall on a full athletic scholarship. We have not heard of Aldridge's scholastic intentions as yet. /Keith Conning Photo/

MAY-JUNE 1975... No. 54

ONLY \$5.00 PER YEAR

Staff & Rates

EDITOR: Jack Leydig
PUBLISHER: Frank Cunningham
MEDICAL ADVICE: Harry Hlavac, DPM
ARTIST: Penny DeMoss
ADDRESS LABELS: Peggy Lyman, Dave Himmelberger, Judy Gumbs

ADVERTISING: Bill Clark
RESULTS: Penny DeMoss
PHOTO EDITOR: John Marconi
CIRCULATION: Dave Shrock

STAFF WRITERS: Bill Clark, Harry Hlavac, Len Wallach, Jack Leydig, Chris Kinder, Tom Jordan.

CONTRIBUTING PHOTOGRAPHERS: Dennis O'Rourke, Mike Shaughnessy, George Beinhorn, Dave Stock, Wayne Glusker, Jay Marlowe, Jim Hume, Jeff Searls, Paul Cooper, Jim Watt, Jeff Zimmerman, Jim Engle, Keith Conning.

PRODUCTION & MAILING: Marc Lund, Jack Leydig, Mike Duncan, Dan Anderson, Dennis Tracy, Bill Weller, Greg Marshall, Bob DeMoss, Penny DeMoss, Harold DeMoss, Ellen Clark, Bill Clark, Teresa Clark, Willie Clark.

LDR POINT RATINGS: (NorCal) Art Dudley; (SoCal) Stan Rosenfield.

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

MAILING: Third-Class Bulk Rate from San Mateo, CA, at intervals of from 5-8 weeks. No issue should require longer than two weeks delivery in the United States. First Class & Air-mail rates available (see below). NCRR IS NOT FORWARDABLE!!

RATES: \$5.00 per year, 3rd class bulk rate. Multiple year subscriptions: \$9.25 for 2 years; \$12.75 for 3 years; and \$20.00 for 5 years. Add \$2.50/year for 1st class in the U.S., Canada & Mexico. Add \$3.50/year for airmail in the U.S. & Canada. Add \$1.00/year for 3rd class to Canada and \$1.25/year for 3rd class to all other foreign countries. Foreign airmail rates available on request. Special rates for newsmedia, libraries: \$3.00/year in the U.S. only. Dealer rates (\$30.00 per year per 10 copies/issue).

Contributors

All news, features, results, photographs, and other correspondence should be sent to: NCRR, P.O. Box 1551, San Mateo, CA 94401...Ph. 415/342-3181 after 8 pm). Due to irregularity of publication dates, all information should be mailed as soon as possible for consideration. Prospective 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 NCRR materials other than scheduling information and meet results. PROSPECTIVE PHOTOGRAPHERS: Our small staff can't get to every meet, so please send any prints you may have for consideration, preferably black & white, 5 x 7 or larger if possible. We now pay \$15 for prints used as cover shots but nothing else.

CONTENTS

THIS & THAT	4	MEDICAL ADVICE COLUMN	11
LONG DISTANCE RATINGS	5	SCHEDULING	12
CLUB NEWS	6	RACE WALKING	14
CLASSIFIED ADS	8	PREP PATOIS	14
LETTERS TO THE EDITOR	8	NOR-CAL PREP BESTS	14
RUNNER-UP	9	TRACK & FIELD RESULTS	16
WEST VALLEY PORTRAIT	10	LONG DISTANCE RESULTS	20
SPECIAL ARTICLE	10	LATE GNUS	26

EDITOR'S MESSAGE

● BUSINESS HOURS: - Your editor's roommate is not a secretary, and I am very difficult to reach by phone. Please call during the following hours if at all possible for anything to do with the NCRR or Starting Line Sports (use the mail if at all possible since I am difficult to reach by phone anytime): Monday thru Thurs. (except Wed.) -- 8 to 10 pm (do not try on weekends, as I am usually not here). Please do not ask my roommate to take messages unless it's an emergency. She will usually be able to tell you the best time to return the call. Thank you for your cooperation!

● NEEDED URGENTLY -- XC SCHEDULING: - Yes folks, it's getting to be that time again! Next issue will be out between Sept. 15-25 if all goes well. Please send us your high school or college (or any other) cross-country schedule by not later than Sept. 1. We are mainly interested in large invitationals, championships, and collegiate duals, but might list others as well. Thanks for your help.

● SUBSCRIPTION INCENTIVE: - We are trying to build our subscription list (now at 1100), and are offering, with each new subscription, a very nostalgic copy of the 1970 NorCal Distance Running Annual, absolutely free. These were originally sold for \$2, and contain 84 pages of facts, photos, and other statistical information. In order to obtain your free copy, simply send us \$5 for a year's subscription (or more for a multiple-year subscription), mentioning that you'd like to receive your free copy as a new subscriber (unless you mention that you want one, you will not automatically be sent one!). We only have a limited number left, so act now while they last! Or...you can sign someone else up and receive a copy yourself.

★ PHOTO QUIZ ★



Who is this 1964 Olympian

RULES: (1) Submit your guess & mail it to: PHOTO QUIZ, PO Box 1551, San Mateo, CA 94401 (One guess per person). Cards must be postmarked by not later than August 25, 1975. (2) All ties will be broken by a drawing. The Prize is a one-year subscription or renewal to the NorCal Running Review (or \$5 off the dues of any WVTC member who wins). All of our readers are encouraged to send in photographs for consideration. Photo deadline for next

issue is Sept. 1. *** Our winner for LAST MONTH was Peggy Lyman of Palo Alto (a WVTC member). We received only two correct answers to the 'feet quiz'. Clockwise from the top, they were: Hans Roenau, Judy Gumbs, Jack Leydig, and Frank Nolan. Thought we'd have more response!

THIS & THAT

● **PEOPLE NEWS:** - Men's LDR Chairman, Harold DeMoss, will provide some additional competition for the already superlative master's division in Northern California. Harold, who's marathon PR is 2:34 (when he was 38), joined the ranks of the over-40 group on July 21. --- Bill Fitzgerald, who recently turned 50, is making mincemeat out of world age records now that he has entered a new age-group class. He has already done a 4:37 mile, bettering the listed 50-and-over mark by 10 seconds! In addition, he has approached within about a second of two-flat for the 880.

● **MEET INFORMATION:** - Natl. Masters 25 Kilo: this event will be hosted by the West Valley TC on Sept. 14, Sunday, in conjunction with the PA-AAU 25 Kilo Championships. The site will be the super-fast 5K loop in Golden Gate Park, at the Polo Fields. Last year Ron Wayne won the District title in a sub-1:19 effort. Entry forms may be obtained by writing to NCCR. --- The California AAU Club X-C Championships (Men) will probably not be held Sept. 7 as originally planned. The new tentative date is Nov. 8, most likely still in Santa Maria, about halfway between San Francisco and Los Angeles. Keep watching the NCCR scheduling section for news of this meet. --- The popular College of San Mateo All-Comers summer all-comers series has been called off for the rest of this year. Lack of officiating plus weak participation have made it impossible to continue. --- The 11th Annual Lake Tahoe Relays should draw a record field this year. Instead of using the normal handicap system this year, the LDR Committee decided to simply have divisions for masters and women. If this draws favorable response this year, then it will be continued. There will also be separate divisions for AAU-Clubs and Pick-Up teams. Everyone will start together at 8 am (August 16) from the Safeway parking lot at the junction of Hiways 50 and 89 in So. Lake Tahoe. Finish is at the same spot after a complete circuit of the Lake.

● **AAU MORATORIUM RULE SUSPENDED:** - The Amateur Athletic Union of the U.S. announced on June 12 that it was immediately suspending its controversial moratorium rule in track and field for 1975. Dr. Leroy Walker, Chairman of the AAU Men's Track and Field Committee, said the AAU was responding to objections that were being voiced by many of America's leading athletes to the rules which prohibited competition anywhere ten days prior to

the National Championships and five days prior to international meets. The decision to suspend the rule for this year was made by a unanimous vote of the National Track & Field Board in a telephone poll Dr. Walker conducted.

● **BOSTON MARATHON QUALIFYING:** - Slightly stiffer qualifying requirements will be in force for the 80th Annual Boston Marathon next April 19. Runners up to age 40 will be required to have completed a sanctioned marathon in three hours or less in the 12 months preceding the race. The requirements for women and masters competitors (over 40) will remain the same at 3 hours and 30 minutes. Under the new requirements, more than 1200 runners have already qualified on the basis of their performance in the 1975 Boston Marathon.

● **WOMEN'S XC AT STANFORD:** - This fall Stanford will field a women's cross country team. The team has the status of club sport, which means that both undergraduate and graduate students will be participating. The team members are all PA-AAU members, but the team is not an AAU club as such. If your XC team (or any individuals) wish to come to Stanford and run against the women's team, either as a meet or a low key trial, please contact Marshall Clark, XC Coach, Dept. of Athletics, Stanford Univ., Stanford, CA 94305 (Ph. 415/497-4527). They will be happy to arrange a convenient date, preferably between Oct. 1 and Nov. 8.

● **PA-AAU TRACK BULLETIN:** - Next month there will be an addition to the Pacific Association's News Bulletin. Lurana Hoetger will take care of publicity and public relations for the track & field committee and will also write the Track & Field News Bulletin, which will be an insert in the regular bulletin. --- Roxy Andersen was elected as the new Track & Field Committee Chairperson for the PA-AAU, and we are probably the first district to elect a woman for this position.

● **PAN-AM TRIALS STANDARDS:** - We don't know what the women's standards are yet, but the men's standards for the trials, to be held Aug. 15-16 at Eugene, Oregon, are as follows: 100y (9.4); 220 (21.0); 440 (46.7); 880 (1:48.3); Mile (3:59.6); 3 Mile (13:21.0); 6 Mile (27:55.0); 20K Walk (1:45:00); 50K Walk (5:00:00); Decathlon (7600); HH (14.0); IH (50.9); 3000m SC (8:38.0); PV (16-9); HJ (7-0 3/4); LJ (25-7); TJ (53-2); DT (193-7); JT (262-6); HT (216-6); SP (62-4). The marathon standard is 2:23:00 and will be held at high-altitude, Flagstaff, Arizona, on Aug. 23 or 24. -- According to our latest information, the USOC will be picking up transportation costs for the top ten (based on seasonal performances) in each event, as well as the winners of Regional marathon races.

● **HIGH ALTITUDE TRAINING CAMP:** - Featuring Will Rodgers, Jeff Galloway, Don Riggs, Ian Jackson, and Ron Wayne...from August 24 to 30 at China Peak (60 miles from Fresno at 8000 feet). Only \$90; includes room and board. Contact: Jeff Stone, High Altitude Training Camp, 2932 N. Fresno St., Fresno 93703.

● **1976 OLYMPIC TICKETS:** - It is still possible to order tickets for the Montreal Olympics, although we don't know how many of what tickets are left. You can pick up a ticket application and complete Games schedule at any Montgomery Wards Store (usually the Catalog Sales Dept.), but you must have your application in by not later than August 15 (although it is possible that another block of tickets may be issued to the US at a later date, this is the deadline for the current allocations). Wards is the only place to order through unless you are planning on joining a tour such as those sponsored by Track & Field News and Runner's World. Wards handles ticket sales only, so you must make your accommodations elsewhere.

● **"RUNNING":** - (*Journal of the Scientific Study of Distance Running*) - This periodical is published through the dedicated efforts of a number of people with a scientific interest in distance running. All of the people involved in the publication of *Running* work without pay. For a complete information sheet, write: Running, Box 267, Flagstaff, Ariz. 86001. The cost of a subscription is \$4.00 per 4-issue volume.

● **JOINT LDR MEETING:** - The next Men's/Women's PA-AAU Long Distance Committee Meeting will be following the Dammit Run (Aug. 23) at Los Gatos High School. All clubs are encouraged to send a representative(s), as well as other interested individuals that wish to promote the sport.

● **SCHEDULING MEETING:** - "Men's Long Distance Chairman, Harold G. DeMoss, would like suggestions for improving the LDR Handbook (from runners & race directors). It is anticipated that the 1976 LDR Handbook will be a joint Men's and Women's handbook. There will be a joint scheduling meeting after the Lake Merritt races on Oct. 12, for both Men's and Women's LDR Scheduling. Scheduling information sheets will be sent to all race directors that sponsored a race in 1975. Any individual, club, or organization that desires to sponsor a race in 1976 that did not sponsor a race this year, please send a large

adidas

INTRODUCING

\$20.95



DRAGON

THIS MONTH'S FEATURE: - The Dragon (Model 3330) is a featherlight training shoe with comfortable nylon weave uppers. Leather cap around the toe and outside of shoe for extra protection. Padded tongue, top edge and arch support. Non-slip saw-profile sole. Another top value from adidas at a very favorable price. --- "Vic" D'Aloia is a runner himself and is very knowledgeable about running shoes. (If you cannot stop by the store, he can usually be reached at home evenings: 408/296-3982).

VIC'S SPORTS

26 WASHINGTON ST., SANTA CLARA

2 BLS. NORTH OF HIGHWAY 17
AT BASCOM AVE. TURNOFF

984-7111

Open Monday-Saturday 10-6 - Thursdays 'til 9

(business-sized) self-addressed, DeMoss, Box 967, Los Altos, CA 94022.

● **MINUTES OF JUNE 28 LDR MEETING:** - The Joint Committee unanimously passed a resolution to divide all future LDR profits from T-Shirt and LDR Booklet revenues between the Men's and Women's LDR Funds as follows: 25% to Women and 75% to Men. --- It was decided that the LDR Committee will again purchase T-shirts for the Dipsea Run, and also (for the first time) the Tahoe Relays. A price of \$3.00 (trimmed shirts) was decided upon (+25¢ for mail orders). --- The Men's Committee voted to reimburse Roy Kissin for one-half his airfare to the Jr. National Track & Field Championships (held in Knoxville, Tenn. in June), where he placed sixth in the 5000 meters. This amounted to \$177.74. --- Concerning the Tahoe Relays: since the LDR Committee is sponsoring this run, and all profits are returned to the LDR Fund, it was decided that each checkpoint (exchange) should be handled by a club. --- **Digital Clock:** the Committee will further consider the possibility of purchasing a digital display timer from LDR funds at the next meeting... to be held after the Oakland Watermelon Run.



A SPECIAL FREEDOM

National Jogging Association for the individual, family and club jogger.

Newsletters • Guidelines • literature consultation • Awards and Achievement Program • equipment • much, much more...

Send for free information

- Please send free information on NJA.
- Enclosed is \$10 for 1-year membership.
- Enclosed is \$25 for 3-year membership.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Mail to: National Jogging Association
 1910 K St., N.W., Suite 202
 Washington, D.C. 20006

NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by number of races run. Following are the first standings for 1975 (scoring year begins Jan. 1)...including all races through the Mt. Wilson Trail Run on May 31, with the exceptions of Antelope Valley, Del Amo 5 Kilo, Huntington Beach 30 Kilo, and all relays. --- Dave White, with 4 victories in 5 races, has the early lead and is making his first appearance in the standings since late 1973. Second-place Carl Swift is tied with Dave for most SPA victories with four, with Bob Macias, Phil Ryan, and Gary Tuttle next at two each. The masters race promises to be a close one, now that previous contenders Dave Waco and Jerry Smartt are both back in the district. Waco and defending champ Sam Nicholson are tied for first in victories with 3 each. All runners with a mark of less than 1.000 are listed for each division. -- (The numbers in parentheses below indicate: number of races run, average placing, and point rating, respectively): **OPEN DIVISION:** 1. Dave White (AATC/5, 1.20, .240), 2. Carl Swift (BHS/10, 3.10, .310), 3. Phil Ryan (3, 1.33, .444), 4. Gary Tuttle (BHS/2, 1.00, .500), 5. Joe Carlson (AATC/6, 3.17, .528), 6. Sam Young (AZTL/3, 2.00, .667), 7. Ron Kurrle (BHS/6, 4.00, .667), 8. Jim Arquilla (AATC/6, 4.00, .667), 9. Bob Macias (ELATC/4, 2.75, .687), 10. Dennis Caldwell (AZPC/4, 3.00, .750), 11. Ajim Baksh (SFVTC/2, 1.50, .750), 12. Mike Chambliss (SBAA/8, 6.00, .750), 13. Paul Cook (AIA/9, 7.33, .815). **MASTERS DIVISION:** 1. Sam Nicholson (STC/6, 1.50, .250), 2. Gil Perez (STC/12, 3.42, .285), 3. Dave Waco (CCAC/5, 1.60, .320), 4. Walt Windsor (Unat/10, 3.40, .340), 5. Jerry Smartt (BHS/3, 1.33, .340), 6. Pete Mundle (SMTC/2, 1.00, .500), 7. John Rudberg (STC/3, 1.67, .556), 8. Rudy Ceja (STC/5, 4.00, .800), 9. Dave Parker (STC/4, 3.25, .812), 10. Aurelio Camacho (STC/4, 3.33, .833), 11. Lou Roberts (STC/3, 2.67, .89), 12. Glenn Turner (STC/4, 3.75, .937), 13. Dan Sheeran (STC/4, 3.75, .937).

PA-AAU STANDINGS: (Compiled by Art Dudley) - The scoring year begins with the Lake Merritt Races (Oct. 1974), and will end with the Pamakid Lake Merced Race on Oct. 5 this year. Ratings are determined in the same way as for the SPA-AAU, but the top 4 women are shosen for computation purposes. The NCRR reserves the right to reject races which we feel were not 'competitive' enough to include. Generally, all AAU races in the PA-AAU District are counted, unless they have not been advertised sufficiently beforehand in the LDR Handbook or NCRR. The following races were not counted (all others through the weekend of July 6 have been tallied for this issue): Results not received yet--Knights of Columbus Marathon (women & masters); Mt. Misery (we

have the results but the handicaps have not been figured out yet to get the fast-time placings); Kenwood 10 Kilo. Results not counted--Chico 10 Kilo; Lake Merritt 5 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). *** Note: Non-PA runners are dropped for scoring purposes. Jim Nuccio still holds a substantial lead in the open division, although Clark, Badgley, and Beardall have closed the gap somewhat. Nuccio now has set a new open division record of 0.116, breaking Rich Delgado's 1970 record of 0.119. Ross Smith closed in on Bill Jensen in the masters division as this race appears to be the closest of all. Meanwhile, Mary Etta Boitano passed Joan Uillyot in the women's division, and Ruth Anderson got a bit closer to Joan in the process, although dropping a place. Mary Etta is undefeated to date in AAU competition (except at the Excelsior Beach Run, where she finished out of the top 4). Her win at the K of C Marathon is not yet tallied, so her margin is even greater than shown. Judy Gumbs came from off the chart to tie for fourth, taking three firsts and a second in a month's time. *** All athletes with scores of less than 1.0 are listed. Ties are indicated with an asterisk (*) and are scored as an average of the two places involved.

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Maryetta Boitano/SERC (7)	7	0	0	0	1.000	0.143
2. Joan Uillyot/WVTC (8)	5	3	0	0	1.375	0.172
3. Ruth Anderson/NCSTC (18) (40+)	1	3	5	9	3.222	0.179
4. Judy Gumbs/WVTC (4)	3	1	0	0	1.250	0.313
Peggy Lyman/WVTC (4)	3	1	0	0	1.250	0.313
6. Kathy Himmelberger/WVTC (8)	1	2	4	1	2.625	0.328
7. Jeani Fuller/NCS (6)	1	3	1*	1*	2.500	0.417
8. Kathy Costello/OTC (3)	2	1	0	0	1.333	0.444
Caron Schaumberg/VMTC (3)	2	1	0	0	1.333	0.444
Sue Neary/WVTC (6)	2	1	0	3	2.667	0.444
11. Carolyn Tiernan/WVTC (6)	1	0	4	1	2.833	0.472
12. Betsy White/WVTC (7)	0	2	0	5	3.429	0.490
13. Michelle McKeen/?? (3)	2	0	1	0	1.667	0.556
14. Penny DeMoss/WVTC (4)	0	3	1	0	2.250	0.563
15. Jeanette Allred/NCS (4)	1	2	0	1*	2.375	0.594
16. Skip Swannack/DSE (4)	1	1	1	1	2.500	0.625
17. Merrill Cray/?? (2)	1	1	0	0	1.500	0.750
18. Jeannette Cotte/WVTC (4)	0	0	3	1	3.250	0.813
Darlene Wallach/Chico (4)	0	1	1	2	3.250	0.813



(Left) Jim Nuccio knocked off Rich Delgado's "Open" record in the NCRR Point Standings with 0.116. /Mike Shaughnessy/ Bill Jensen still leads the Masters competition. /Dennis O'Rorke/

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Bill Jensen/Pamakids (14)	6	5	3	0	0	0	1.786	0.128
2. Ross Smith/WVJS (9)	7	1	1	0	0	0	1.333	0.148
3. Bob Malain/NCSTC (14)	4	4	3	1	1	1	2.571	0.184
4. Jim Shettler/WVJS (7)	6	0	1*	0	0	0	1.357	0.194
5. Ken Napier/WVJS (7)	4	2	1	0	0	0	1.571	0.224
6. Ray Menzie/Un (8)	3	4	0	1	0	0	1.875	0.234
7. Walt Betschart/BC (8)	2	2	2	2	0	0	2.500	0.313
8. Mike Healy/WVJS (11)	0	3	1	4	2	1	3.727	0.339
9. Gough Reinhardt/NCSTC (13)	1	1	1	2	4	4	4.462	0.343
10. Ed Dally/WVTC (4)	2	1	1	0	0	0	1.500	0.375
Jim O'Neil/SFOC (8)	1	4	1	0	0	2	3.000	0.375
12. Colin Templeman/NCSTC (8)	1	1	2	3	1	0	3.250	0.406
13. Ralph Blount/OPHIR (9)	0	1	3	2	2	1	3.889	0.432
14. Gordon Gane/WVJS (3)	2	1	0	0	0	0	1.333	0.444
Bill Snavely/BVH (9)	0	2	0	4	2	1	4.000	0.444
16. Jim Nicholson/NCSTC (9)	0	0	1	5	0	3	4.556	0.506
17. Bill Flodberg/WVJS (8)	0	1	3*	1	1	2	4.063	0.508
18. Ulrich Kaemph/TRAC (6)	1	0	3	1	1	0	3.167	0.528
19. Dennis Teegarden/NCSTC (4)	2	1	0	0	1	0	2.250	0.563
20. Pat Cunneen/Pamakids (4)	1	1	1	1	0	0	2.500	0.625
21. Don Carpenter/SRC (5)	0	1	1	1	1	1	4.000	0.800

OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Nuccio/WVTC (11)	9**	2	0	0	0	0	0	0	0	0	1.273	0.116
2. Bill Clark/WVTC (15)	3*	9	2	0	0	0	1	0	0	0	2.300	0.153
3. Wayne Badgley/Unat (8)	6*	0	2	0	0	0	0	0	0	0	1.563	0.195
4. Darryl Beardall/MH (13)	5	3	1	1	2	1	0	0	0	0	2.615	0.201
5. Ron Wayne/WVTC (4)	3	1	0	0	0	0	0	0	0	0	1.250	0.313
6. Domingo Tibaduiza/Nevada (3)	3	0	0	0	0	0	0	0	0	0	1.000	0.333
7. Jack Leydig/WVTC (11)	0	0	3	1	2	2	2*	0	1	0	5.318	0.483
8. Jim Birnbaum/WVTC (7)	3	0	0	2	1	0	0	0	1	0	3.571	0.510
9. Jan Sershen/Unat (8)	0	2	1	2	2	0	0	0	1	0	4.250	0.531
10. Doug Butt/MH (11)	1	0	1	1	1	2	2*	1	2	0	5.955	0.541
11. Darren George/AIA (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
12. Dennis Tracy/WVTC (9)	1	2	0	1	2	0	0	0	2	1	5.222	0.580
13. Bob Darling/ETC (8)	1	0	1	1	3	0	1	1	0	0	4.750	0.594
14. Gene Fitzgerald/Pamakids (6)	1	1	0	1	0	2	0	1	0	0	4.500	0.750
15. Joe Taxiera/ATC (3)	0	2	1	0	0	0	0	0	0	0	2.333	0.778
Jim Sane/BC (6)	0	0	2	1	1	1	1	0	0	0	4.667	0.778
17. Bill Seaver/WVTC (5)	1	0	2	0	0	0	1	1	0	0	4.400	0.880
18. Reid Harter/WVTC (3)	0	1	2	0	0	0	0	0	0	0	2.667	0.889

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 publication now has a circulation of over 1100, 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...we know that all of you don't have newsletters of your own! This section is not just for West Valley TC members...it's meant to be of service for all area clubs.

MARIN HARRIERS: - The Marin AC has been reinstated as an AAU Club, but its name has been changed to the Marin Harriers, so as not to conflict with the Marin Aquatic Club (same initials). The club's AAU membership had expired, but word has it that Darryl Beardall, in an attempt to keep the club alive, paid the club's \$25 membership fees to the AAU...out of his own pocket! It is good to know that one of the area's oldest clubs is still alive and well, thanks to Darryl.

WEST VALLEY TC: - Welcome to the 13 new members that have been accepted as part of our 'rambling horde'. -- David R. Brown (27) 396 Pine Hill Rd., #26, Mill Valley 94941 (Ph. 383-0162), is an international banking clerk and is a USC alumnus. He is just getting back into running after several years off. His marks (1966) include a 51.3 (440), 1:53 (880) & 4:28 (Mile). Debbie Finn (20) 2305 Golden Gate Ave., SF 94118 (Ph. ??) is currently a student at USF (soph) with a mile best of 5:39. She won the PA-AAU Women's 10 Kilo X-C last fall on the Crystal Springs Course. Gary Goettelmann (31) Story Rd., Carmel Valley 93924 (Ph. 408/659-4114) has not run anything since 1968, but is getting back into shape and recently ran 10 miles, 1100 yards at the PA-AAU Hour Run. Jack Graf (40) 5413 McDonald Ave.,

Newark 94560 (Ph. 797-5822) is a quality engineer with bests (1954) of 52.0 (440), 6'4" (HJ), and 21'0" (LJ). He recently took up jogging and did the 1975 Bay-to-Breakers in about 72 minutes. He is looking forward to competing in masters competition. Phil Hubbard (23) 576 Alvarado Row (P.O. Box 5127), Stanford 94305 (Ph. 328-9742) is a grad student (UC San Diego this fall) with a best of 14'6-1/2" in the pole vault. Dana Hudspeth (22) 7 Sutter Creek Ln., Mtn. View 94043 (Ph. 968-5557) is a dental hygienist (any members need their teeth cleaned?) and runs mainly for conditioning. Her bests include a 3:07 (880) and 6:57 (mile). Alexander Moshos (32) is a chemical engineer and grad student at San Jose State. He currently resides at 7100 Rainbow Dr., #22, San Jose 95129 (Ph. 408/225-3187). His javelin PR is 221-feet (at the SJS Invit. this year). Sue Neary (17) 7380 Viewpoint Rd., Aptos 95003 (Ph. 408/688-5738) is a junior at Aptos High with PR's of 2:24.8 (880), 5:16.6 (mile), 4:55.5 (1500m), 10:24 (3000m), and 18:43.5 (5000m), as well as a 3:58 for the rugged Ocean-to-Bay Marathon last year. Her 30:33 for the 5-mile Lake Merced circuit is also very noteworthy...was top mark here by a woman until Judy Gumbs ran 30:04 recently. Dick Shelton (33) 2466 Armstrong Pl., Santa Clara 95050 (Ph. 408/246-8084) is a physicist and has best weight marks of: JT (195'), HT (163'10"), SP (37'), 35# Wt. (50'). Ann. Ralph J. Shinevar, Jr. (19) PSC 1016, Mather AFB 95655 (Ph. 916/363-9889) is currently in the Air Force and has PR's of: 10.95 (100), 24.5 (220), 53.2 (440), 2:05.9 (880), and 4:58 (Mile). Chuck Steffes, Jr. (25) 1730 Halford Ave., #244, Santa Clara 95051 (Ph. 408/249-4572) is a veteran long and triple jumper (ex-Univ. of New Mexico) with PR's of 25'3" (1972) and 53'1-1/4" (1975), as well as a wind-aided mark of 54'3-3/4" this year (& 25'0" also this year--legal). Chuck has also sprinted to 10.1 and 22.9, as well as a 6.4 for the 60. Carolyn Tiernan (24) 1068 Serrano Ct., Lafayette 94549 (Ph. 284-4577) is a medical student at Stanford.

Her best marks include a 57.2 (440) and 2:17.3 (880). She is also a top-flight road runner, as she finished third in the Bay-to-Breakers this year. Roland (Fritz) Watson (29), 850 Rosedale (Apt. 20), Capitola 95010 (Ph. ??), is an engineer who began running only a year ago (no previous involvement). Already he has a 4:37 mile best, as well as a 59:30 clocking for 10 miles on the roads (last Nov.).

• News from Members: WVTC's record holder in the 120-highs, Mark Young, has returned to his home-state, Ohio, and will probably remain there according to Jim Ward... Rich Delgado, who held the NCRR LDR Point Rating record in the open division until lately (when Jim Nuccio broke it), is vacationing in the Bay Area this summer and ran in the Lafayette 10 Kilo according to informed sources. He plans to go to Yale this fall we have heard. If any of his teammates want to contact him, he's living in Berkeley (Ph. 843-3964)...Jeff Curran of Los Altos High School, who ran 9:03 for two miles last fall (postal), is headed for Indiana Univ. on a full scholarship...Dedy Cooper is going to San Jose State, while Roy Kissin will attend Stanford... Phil Conley, our club recordholder in the javelin, will be keeping track of our club's masters records,



Bob Grubbs finished third, just behind John Halberstadt, in the Meet of Champions' 3-Mile. /Jim Engle/

so if you think you have a club standard and are over 40, send your marks (with date, meet, and wind information if possible) to him at: 85 Skywood Way, Woodside 94062. Actually, all our masters competitors should send their PR's while a club member to Phil, since we are compiling a top-five listing (even if the mark is poor, send it in...we have to start somewhere, and we are limited in our number of masters competitors)...Speaking of masters, the club's Administrative Assistant and PA-AAU LDR Chairmen for men, Harold DeMoss, has just turned 40 himself and will certainly spice up the masters competition on the roads, as well as the track...John Sheehan, 3rd at the NCAA Division II Championships in the 6 mile (UC Davis), has become the 3rd UC Davis student-athlete to win an NCAA Postgraduate Scholarship. The two-time All-American in cross-country will use the \$1,000 prize this fall upon entering Stanford for Ph.D. studies in statistics. He compiled a 3.80 GPA while majoring in mathematics as an undergraduate...Don Roth recently teamed up with Ken Williams and an 11-year-old horse named Path Finder to win the Levi-Strauss 'Ride and Tie' competition in Paso Robles. Their winning margin was nearly seven minutes! A total of 67 teams participated...Jim Bowles, who recently ran 2:19:25 at the Boston Marathon, has moved back to California at long last. He is now residing in Santa Barbara and can be reached c/o Mr. Oliver, 3890 Pueblo Ave., S.B. 93110. His track times for the year were 4:16.1, 14:17, and 29:48, to go with his superlative marathon...Jost Schmitt, the club's West German middle distance runner, is taking a vacation until Aug. 14 in the U.S., and will be at the Pikes Peak Marathon (not competing) on Aug. 3. He ran his first marathon in 3:27:25 in Germany over a very rough course. After good splits up to 30K, he developed cramps in the legs and was almost forced to quit. He reports losing about 3 points of his IQ in the process...New members Yvette & Jeannette Cotte made good account of themselves and the club at the Palos Verdes Marathon on June 14 by taking the top two places in the women's division in 3:11:26 and 3:21:24 respectively (both PR's)...Ralph Lee, who now lives in L.A., reports that despite being plagued by injuries and a heavy workload this season, he ran times of 48.8, 1:52.2, and 4:11.7, as well as an 8:57.7 (& 9:01.6), and a 59.5 for 550 yds. Ralph is now 33!

• New Club Records: - June and July have seen quite a few club standards set, mostly by Greg Marshall, who has been very quick on the all-comers circuit. He first tied the 100 meter mark (10.9) on June 7th, and then lowered it (10.8) on the 28th. The 60 yard mark was tied (June 10th), then lowered two times to 6.3 (June 17th) and finally a swift 6.2 (July 16th). He established a club standard (had never been run) of 5.5 in the 50 yard dash, and then lowered it to a very respectable 5.3 on July 16th. The 100 yard mark was broken by a tenth (9.8) on the 28th of June, and tied on July 9th. On June 10th, he set a 200 meter standard of 21.7 and then went on to a 21.9 clocking for the furlong. Wayne Glusker dropped the 20 Kilo Walk to 1:38:41 in taking 6th at the National Championships in Golden Gate Park. However, it was Anthony Terry who did a

job on his own club record in the triple jump, that gets the vote for the performer of the month. His 54'9-3/4" win at the AAU Championships in Eugene was 9-3/4" better than his old PR and club standard, and moves him to seventh-best ever on the all-time American list, only about a foot off the American record.

• While not too many club members were involved in setting records, there were certainly many who did well at the big meets at the end of the season. Mike Louisiana, competing for Army during the last part of the season, tossed the disc 189+ feet in the Interservice Meet to win by 20-feet! He then did a 188-5 performance at the Meet of Champions for 4th. George Stewart took a pair of thirds at the Interservice Meet, doing 14:15 for the 5,000 meters and 30:58 at twice the distance. Then, in the Meet of Champions, he dropped to 6th with 14:13 at 3 miles. Jim Dare closed out his season with three good performances in the steeple, each time a bit faster. His win at the Interservice (8:50.4) was without competition, as the nearest finisher was 30 seconds back. He qualified for the AAU's (barely) in the Meet of Champions, finishing 6th in an 8:49.8, and then grabbed 10th at the Nationals in a seasonal best of 8:45.0. Jim Birnbaum, who competed very little this season in track, took third at the Interservice Meet with a 9:25 steeple. Bob Grubbs (see photo in opposite column), who is now attending Colorado State, is flashing the form that won him a spot on the Jr. International Team several years ago. He was 9th at the NCAA's (29:16.6), although the second American citizen!--behind Craig Virgin. This performance got him into the Meet of Champions, where he took 3rd in the three mile (13:43.4) behind Bjorkland and Halberstadt. Joe Lucas (featured in this month's West Valley Portrait) did a great job of coming from obscurity at the right time. His fifth at the USTFF Championships (8:48+) qualified him for the AAU's, where he ran a tremendous last half-mile, nearly catching the leaders, but falling short with another fifth, but lowering his seasonal best to 8:34.8 in qualifying for the Pan-Am Trials and just missing Jim Dare's 8:33.6 club standard. At the Prefontaine Invitational in Eugene, WVTC's road-running corps did well for itself, grabbing the men's 10-mile (Jim Nuccio took the race by over a minute) in 48:52. Judy Gumbs took a very respectable second in the women's division in 62:50, only 26 seconds back of the winner, Laurel Miller of the Falcon TC. Peggy Lyman & Kathy Himmelberger also made the trip to Eugene, and were running in 3rd and 4th about half-way through the race when they went astray on a poorly-marked corner, finally finishing far back in the pack. James Lofton, a frosh at Stanford, and a recent WVTC addition, placed 9th at 25'4" (legal) in the NCAA Championships, and then went on to the Natl. AAU Junior Championships in Knoxville, placing second at 24'8-3/4" and qualifying for the US/USSR Jr. Meet (we haven't seen the results of this meet yet). Anthony Terry, as reported earlier (above), became WVTC's only National Champion of 1975 as he took the AAU title by 2-1/2", doing 54'9-3/4" to better his club standard by nearly a foot. He qualified for the European tour but had to stay home because of summer school. He did compete in the US/West German/Pan-African Meet, however, and took 4th (3" out of second place) in a 52'5-1/2" effort. John Sheehan cut his 6 mile time to 29:01 in taking the Far West Conference title, and then placed third in the NCAA Division II Meet at 29:41 in hot conditions, only 8 seconds out of the top spot. Roy Kissin did well in his final "Big Meets" of 1975, placing third in the CIF State Meet with a PR of 8:56.2 in his first sub-nine effort, then running sixth at the Jr. Nationals (14:26.0) for 5K, and finally a close second (9:06.8) in the International Prep Meet in Chicago. He later ran a PR 29:21.2 at the Lompoc Flower Festival 6-Miler, finishing fifth despite troublesome blisters over the final half of the run. Wayne Glusker took 6th at the AAU 20 Kilo (1:38:41) and duplicated that effort with a 23:05 at Eugene for the 5 Kilo. His point, along with Lucas' 5th and Terry's 1st, put WVTC into the top ten teams (tied at ninth with Gulf Coast TC) at the AAU Championships for the first time. Bob Korn & Manny Adriano also competed at Eugene in the walk, but were DQ'd. Skip Peterson also competed in the AAU Jr. Natl. Championships, in the long jump, but we don't know how he fared as yet. Dedy Cooper did a one-man job at the State CIF Championships in San Diego, winning the 330 lows in 36.5 (36.2 heats), despite hitting a hurdle and nearly falling; then equalling the national prep record for the highs (13.2) in the heats, but finishing second (13.3) in the finals after a very questionable start that was not called back. In addition he anchored Harry Ells' (Richmond) 440 relay and mile relay teams to victory (41.2 & 41.1 in heats; 3:15.7 & 3:16.5 in heats), blitzing to 46.1 and 46.2 splits in the latter. In the process of all this, Dedy led his team to the State title with 22 points (14 was second).

CLASSIFIED ADS

Moving on to the International Prep Meet in Chicago, Dedy took the intermediates in 36.37, and then placed second to Gaines in the highs (13.17 to 13.18). He won a trip to Jamaica in the process, but it turned out to be just a vacation, as the meet was called off. The clocking in the highs was wind-aided.

●**Funding:** - The club dipped into its funds to help out our athletes attend various national championships around the country. Roy Kissin received \$177 (half-funding) for the Jr. Nationals (LDR Committee picked up the rest); Bob Korn, Manny Adriano & Wayne Glusker each got \$92 for the Nationals in Eugene; Anthony Terry got \$107 (Eugene); Joe Lucas (\$191, Eugene); Dedy Cooper (\$210, Internat'l Prep Meet); James Lofton (\$53, AAU Jr. Natls.); and Skip Peterson was loaned \$318 for the Jr. Championships (will pay club back). The club also approved funding for Reid Harter's trip to the Pan-Am Marathon Trials in Flagstaff (amount open).

●**Cross-Country Schedules:** - The club's schedules for both men and women will be ready by early September. The men will have their two meets with Stanford as usual (vs. San Diego St. & Stanford on Sept. 27) (Stanford Invit. on Oct. 18), and all the other meets will probably be the same as before. The club will be sponsoring the Men's PA-AAU Jr. & Sr. 10 Kilo X-C Championships at the Crystal Springs Course this fall. If you would like to help put one of these on, contact Jack Leydig as soon as possible. If you want a schedule, write the club address for the men's schedule, and to Peggy Lyman, 230 College Ave., Palo Alto 94306, for the women's schedule.

●**World Rankings:** - *Women's Track & Field World* listed the top marathon times for 1974 in their June issue, and two WVTC women are listed in the rankings...Joan Ulliyot (2:58:10) holds the 12th best clocking in the world for last year, and Peggy Lyman (2:58:55) has the 16th fastest mark. Jackie Hansen is on top with her 2:43:55, while American's hold down ten of the top sixteen clockings!

●**WVTC Exec Meeting & BBQ:** - The club held a potluck BBQ at the DeMoss' on July 20, which included a surprise birthday celebration for 'Weird', who just turned 40 (the next day). After the eats, the members settled down to a quick Exec Council Meeting. --- There is approximately \$2000 in the club treasury after funding for the various national championships, but this total does not include costs for the current NCRP printing & mailing. --- The club will definitely be purchasing the Jelenk warmups that were mentioned in the previous issue(s), but the deal (advertising in exchange for team discount) fell through on the 40% discount (that would make them cost \$35 to club members). However, through another method, we are still securing them for this price. They will be received from the manufacturer around early September and screened at that time, ready for XC season. If you want a pair but have not yet indicated so, there may still be time, but call me immediately, or you will have to wait for the second order. --- A motion was made by Len Wallach (& passed unanimously) that all club members should contribute something to the club (besides paying dues) if they want to become eligible for funding to meets in the future. This can be anything from selling a few subscriptions to the NCRP, securing new members, getting an ad in a race program, helping put together the NCRP, helping to put on any of our track meets or road runs, or something else of this nature. If a member requests funding from the club and has done nothing to help out during the year, then his request may either be denied or the amount reduced, at the discretion of the Exec Council. --- **HELP!** I got very little (like two people responded!) response from last issue on helping out for the Natl. Masters 25K and am a bit disappointed. We got almost enough volunteers at the meeting, but still need about 8 more bodies to help out on raceday (Sept. 14, Sunday) at either of the following: registration, course guides, aid stations, finish line. Please call or write me today so I can count on enough people to put this on successfully. Thanks. --- **Tahoe Relays:** - very few members have written back in response to last month's request. If you want to run at Tahoe, call me today...it may already be too late! I need to assign teams. The Clark's have rented a cabin at So. Lake Tahoe for the weekend and this will be the site of our BBQ (more later).

OREGON WAFFLES

THE cross-country racing shoe!! Great on any surface; especially wet grass, mud, etc. We have a good stock in most sizes...get that edge for the big races!!

STARTING LINE SPORTS

Jack Leydig

Ph. (415) 342-3181

Interested in selling your product or promoting a race? The NCRP can help you, and at probably the most reasonable rates you have ever seen for a specialized regional magazine. For example: a full-page ad (one-time) is only \$30.00, and you can save up to 40% by taking out a multiple-issue contract! For full information and a rate sheet, write to: Bill Clark, NCRP Advertising Mgr., 156 Marvin, Los Altos, CA 94022 (Ph. 415/948-8029...evenings after 8 pm). --- All ad copies should be sent to: NCRP, P.O. Box 1551, San Mateo, CA 94401.

1975 CALIFORNIA PREP ANNUAL: - This year's edition, compiled by NCRP's prep statistician, Chris Kinder, will be available August 1 for \$1.00...write to: Chris Kinder, 21732 Olive Ave., Cupertino, CA 95014.

ROAD RACE SCHEDULE FOR THE MAGIC BUS: - So as to make it easier for those wanting shoes, etc. to pick them up, Jack Leydig (Starting Line Sports) is tentatively planning on being at the following races for the next month or so. It is usually best to order about a week ahead of time if you know what you want, so you can be sure it will be in stock. -- I will most likely be at: Larry Lewis Memorial Road Run & Picnic; Lake Tahoe Relays (limited stock--be sure to let me know what shoes to bring!); Dammit Run; Dipsea; DSE Ocean Beach Run; Alameda X-C Carnival; PA-AAU 25 Kilo; Walnut Festival; DSE Bakers Beach Run; Pamakid Lake Merced Run. Please call me after 8 pm weekdays at 415/342-3181.

LETTERS TO THE EDITOR

This letter is being reprinted with considerable reluctance, as it seems to be an inappropriate time to permit criticism of our dead friend. However, we are keeping with our longstanding editorial policy of publishing both sides of an issue. Perhaps others will write in on Pre's behalf.

HAL HIGDON (*Michigan City, Indiana*): "I can understand why you might want to include a memorial column to Steve Prefontaine in your recent issue. I can even understand, maybe, why you might want to dedicate one of your track meets to him. Since you are from Northern California, you were much closer to him than I. However, I find it difficult to swallow the statement with which you begin your memorial: '...in death, looms as much a champion as he was in life.' He may have been a champion in life, but he certainly demonstrated very little championship class by the way he died. The reports in the Chicago papers said that he was legally drunk when he died!

Over the years, I have done enough research into the causes of traffic accidents through involvement with the National Safety Council to know that there is one major and overwhelming cause for most of the traffic deaths in this country: alcohol. I don't have current figures at hand, but several years ago I wrote an article on the toll of life extracted by drunk drivers, and it was shocking. There are roughly 50,000 people killed in traffic accidents each year in this country. In half of those incidents, a drunk driver was involved. This means that approximately 25,000 people are victims of drunk drivers each year.

Most often, as was the case with Prefontaine, they are victims of themselves. A drunk driver climbs into a car, attempts to drive home, and runs off the road into a tree. But often they kill others. The sister-in-law of the woman down the road recently was killed in an accident with a drunk driver. Several weeks ago on the expressway near Michigan City, a nineteen-year-old boy was killed in a head-on collision with an automobile being driven in the wrong lane by a drunk driver. I can't tell you of any long distance runners working out who have been hit by drunk drivers, but if it has not happened, it will happen.

I have noticed a growing trend among runners today--and it is being spread in part by *Runner's World*, of which I am a contributing editor--that it is hip to go out and run, either in workout or race, then stand around and have a few beers with the boys. I have enjoyed post-race beers myself and I will continue to do so. But the secret is to have a few beers, and if you are going to have more than a few, don't climb behind the wheel of a car. Otherwise, you may become a statistic like Steve Prefontaine--although it won't be a track statistic."

GEORGE NEWLON (*San Mateo, CA*): "I have just read Len Wallach's excellent memorial to Steve Prefontaine, and I just wanted to state that I as an official and all of us who worked the PA-AAU Meet were not only terribly impressed by the article, but also by Len's excellent reading of it. It appears that NCRP has a budding genius in Len Wallach. I would also like to add that I

was equally impressed by the article he did on me in the same issue. It was not only complimentary, which I liked, but it was correct in every detail."

TERTIUS CHANDLER (*Berkeley, CA*): "I'd like to see the racing schedule (long distance) free again...just a sheet with the races on it, and when & where and who to contact with his address and phone. Expenses are a way of making running increasingly elitist. Blacks are already pretty much left out by the rising costs. If runners want to get records, etc., they can get them elsewhere. Most of us, frankly, don't run for records. We run because we like to feel our feet moving beneath us, and to improve our circulation and keep our weight down, and to have the thrill of giving some chap a close race of it, wherever he may be in the pack. Thus, most runners aren't concerned over having expensive equipment. Big clocks, etc. are nothing in my life. Even sending young runners far distances is a mixed blessing: it gives them swelled heads early in life, reduces their home life, and is apt to make dreary running grinds out of them--who cannot smile unless they come in always in first place. I incline to agree a bit with Jack Kirk, who liked it when runners just lined up at a mark and didn't pay anything. For most races, that is now impossible. But on the whole, I think, the simpler the better. I personally don't require any prizes at all, even though I'm now getting some first places because of the new emphasis on age groups." (*Ed. - Hope that this letter brings in some interesting comments. I personally don't think 35¢/year is excessive to pay for a schedule that has a bit more than just a 'schedule'...that's 1/10¢ per day! Also, masters runners have travelled on LDR funds in the past!*)

RUNNER-UP

MEET ROBERT E. DECELLE: (*By Len Wallach*) - The more you get into the running scene, the more it's apparent that there's no discernable pattern of the personalities involved. Who would have thought that the National AAU Chairman of Long Distance and Road Running was once a disc jockey with the unlikely nickname of 'Smiling Bob'?

Robert Eugene DeCelle played records, did newscasts, and even ran the switchboard of Oakland's KLS during the forties after winning a contest for hopeful announcers. He had faked the correct accents of Russian names in a sample news broadcast and fooled the judges. He then had to talk his way past the station manager, got stuck volunteering his time for two weeks at a 1 a.m. spot, but eventually got a paid job. His first night on the air was the evening his first daughter was born.

Bob, whose AAU history is a hallmark of hard work and success, was born in Port Townsend, Washington. His grandmother arrived there with her lumberjack husband in an Indian canoe. With that French last name, one finds that he was the descendant of members of Lafayette's revolutionary force with the Continental Army of George Washington.

His childhood, like many of that day, was one of hardship. His father, who lost a leg in an industrial accident, was forced to work in a service station. Young Bob worked in the same station after school and on weekends to help out, but this prevented him from participating in any high school athletics.

He did manage to participate in the ROTC program and eventually received a commission as a second lieutenant in the Army's Organized Reserve Corps. It was here that he got his first shot both in the Army's coast artillery and its sports program. His athletic endeavors didn't get off to a very distinguished start; matter of fact, they didn't get off at all. His first effort was scheduled to be the mile run at Ft. MacArthur, but he decided to lay on the infield in the warm Southern California sun and as things will have it, he fell asleep on the grass and missed his race, much to the disgust of his military superiors. Later that year he redeemed himself by running both a 440 and an 880 in San Francisco and put in his personal best of 2:11 for the latter, which was pretty good for the Army in 1938. But the kicker to that day and this story was that he boxed that same evening and even won his event!

After serving in the Army Reserve for four years, he decided to give it up at one of its more boring moments: that was late 1940! "If I had stayed in, I would have probably been a rich two-star general by now, as there were only a handful of second lieutenants around in those days," he lamented.



Robert E. DeCelle

Bob found his way into the start of a public service career when he became a firefighter and worked his way up the civil service ladder to Lieutenant with the City of Alameda. After 13 years in civil service, he developed quite a capacity as a backyard lawyer and became both a community and political activist, much to the disenchantment of some of the city leadership. "This was not the first time that I found myself in that awful spot of confrontation, but this probably paved the way for my preparation as an AAU official," he philosophized.

Bad fortune followed him in the form of a disability which forced him to retire from firefighting: even this was not without a DeCelle confrontation. "It really took me eight more years and a Supreme Court decision to get my retirement," he added. After some hard work on his own, he broke into the insurance business where he now has his own agency.

His real AAU work began as an official at the all-comers meets in the late fifties at Stanford. He was later selected to fill an unexpired term of the Pacific AAU Long Distance Running Commissioner in 1963, which he kept until 1968, when Peter Mattei took over. He also served as the Executive Chairman of the PA-AAU Track & Field Committee from 1967 to 1975. In 1971 he was named as the National Long Distance Running Chairman for the AAU, and a year later got it made into a separate sports committee, no easy task in AAU politicking. This was one of the most significant moves on behalf of long distance runners.

In 1969 he served as the manager of our track and field team in the US State Department's cultural exchange program in Asia. He's probably the only athletic manager that ever carried a Colt-45 sidearm as part of his official duties...the result of the team arriving in Viet-Nam during the Tet offensive.

The Pan-American Games in Cali, Colombia, in 1971, and the Olympic Games in Munich in 1972 saw Bob, as he so modestly puts it, "The Postmaster General, confidant extradiare, manager without portfolio, and general all-around trouble shooter." This role illustrates that quality that Bob has of always being 'Johnny-on-the-Spot' to fill in for someone else who has dropped the ball.

He was on duty the night of the Israeli killings and helped in handling Mark Spitz's departure. He also did the negotiating for the shoe incident that got the I.O.C. upset with Spitz, who innocently held up a particular brand of shoes during some ceremonial pictures.

The World Cross Country Championships in Morocco this past spring gave Bob the chance to be the team leader, and he just recently returned from the Freedom Games in Jamaica, where he was sent with a one-day notice by the AAU to be a trouble shooter. "They probably asked me to go because I was the only AAU official left in the States as the rest of them were in China," Bob explained sheepishly.

He founded the Alameda Track Club and has remained a strong influence in their activities. His honors include recognition for his lifetime of service to scouting by being named "Mr. Scouter" in Alameda in 1961 and in Yokohama, Japan, in 1964. He was cited with the coveted National AAU Award of Merit in 1972 for his work on behalf of long distance and road running.

Tragedy followed Bob again when his son, Robert, Jr., a young helicopter pilot, was killed in action in Viet-Nam in 1971 near Quang Tri. Impatient to wait for accompanying gunships to come to the aid of a pinned-down, mixed infantry team of Vietnamese and Americans, young DeCelle took his lightly armed scout helicopter into the fracas. He was hit in the chest with an AK-47 shell, but in spite of his agonizing injury, he flew the ship away and landed it safely. He died five days later. The Lake Tahoe Relay's official name is the "Robert E. DeCelle, Jr. Memorial Relay".

Bob expresses concern that the AAU has to get rid of its "mindset" and do some introspection if it is going to solve some of the pressing problems facing it. "There has to be a proper blending of the old 'diehards' and the upcoming ath-

Meet Directors!!!

MAIL ENTRY BLANKS TO 1100 RUNNERS FOR \$15

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

letes, and we had better be ready to listen more carefully to the Masters movement too." Further stressing his point, Bob adds, "Some of the people in power act like they just don't have to care, but they better change! I'm also concerned with the danger of key committee people who have special interests that may be open to question and place them and the AAU in compromising situations," he warned. "We could become submerged by these financial interests in travel and equipment sales," Bob added.

After an hour and a half of talking with Bob, who has four children, several grandchildren, suffered tragedy and setback, but spent his life in public service, one notes a certain fierce personal courage that he hides underneath that teddybear-gentle exterior. You kind of have the feeling that you're talking to a Russian Commissar...don't mess around with him too much or you'll soon know he's there!

NOR-CAL PORTRAIT

We had intended to run a feature on Ron Livers for this issue, but we didn't receive the interview information in time for printing, and so there will be no NorCal Portrait this time.

WEST VALLEY PORTRAIT

MEET JOE LUCAS: (By Bill Clark) - The highest-placing distance runner for West Valley TC at the recent AAU Championships was the proprietor of Snail Enterprises, a firm that produces wooden novelty gifts in Littleton, Colorado. Obviously(?), we're talking about Joe Lucas, this month's West Valley Portrait candidate.

In only his second meet of the year, Joe finished fifth in the highly-competitive steeplechase, with a fine time of 8:34.8, beating such notables as former champions Mike Manley, and Doug Brown, as well as our own Jim Dare.

High places are not a new thing with Joe. He first gained national attention in 1972 while at Georgetown University, with steeple victories at the Penn Relays, King Games, and the NCAA Championships. In the latter he set his PR of 8:30.2. You would expect the NCAA victory to be his biggest thrill, but to Joe it was a chore, while the King and Penn races were fun. This provides an interesting insight into the thoughts of many experience athletes: the most important element of competition is the experience while striving, not the end result, whether it be victory or loss!

Joe projects a rather low-key attitude towards his running career, which he considers really narrow. He has never run cross-country well because he usually doesn't run in the summer and has also done very little road racing. Joe's main



Joe Lucas (far right) is this month's West Valley Portrait... he placed fifth at the AAU Nationals with an 8:34.8 steeplechase. Teammate Jim Dare leading in this race. /J. Marconi/

goal is rather simple: to keep healthy. He's had a lot of tendon and leg problems and consequently has had to adjust his training.

Following a few erratic years, Joe has been training consistently since March of this year, covering about 60 miles per week. Training in Littleton, a suburb of Denver (5000-ft), has also helped, he feels. A typical week of training includes two days of intervals, one long and one short, in which Joe gauges his effort but doesn't feel any need for accurate timing. The rest of the week's training is mostly distance runs, done at a relaxed pace because of his susceptibility to injuries. He also does a lot of stretching to help safeguard against these problems.

Not surprisingly, Joe's goals are not too specific, as he would be happy to just be competitive in the big meets as they come along. Right now, he's looking forward to the Pan-Am Trials. If his rate of improvement so far this year continues, Joe should make the team.

SPECIAL ARTICLE

NUTRITION ON THE RUN: (By Jack Leydig) - Since the beginning of March, I have spent a great deal of my time studying the importance of good nutrition, particularly related to anyone involved in sports. This article summarizes some of my findings.

Most of us have developed eating habits which are quite different from those of our grandparents and parents. Few people sit down today and eat a well-balanced breakfast. Instead, we have a quick cup of coffee, a piece of toast, a donut, or some of the pop-in quickies. Breakfast should be our most important meal of the day, but too frequently it isn't. Lunch is usually another meal which isn't balanced, one with few vegetables, but often french fries, cokes, etc. A candy bar is often a mid-afternoon snack to give us more energy. Our stomachs are full, but of all the wrong things. Dinner is usually the only well-balanced meal of the day, and too often, because of our busy schedules, this is eaten on the run, or is perhaps a pizza or another fastfood meal instead. Each day that we eat in this manner we are robbing our bodies of the necessary nutrients which make us healthy. When this happens, our bodies age a little more that day.

These are the reasons vitamin supplements are so important to the average individual today...especially the athlete, who requires more than the normal. Since we are living in a fast-food society, it has become a matter of necessity to good health to take a supplement...one which guarantees our body all of the vitamins and minerals we are probably not receiving, or are receiving in too small a quantity for our total needs.

I felt it was important for me to learn to read labels and make actual comparisons based on the true value of the supplement. In doing this, of course, it was necessary to compare synthetic (manmade vitamins) to natural (derived from only natural sources). I learned that a vitamin could be labeled natural with only one natural ingredient in it. This, of course, is not a totally natural vitamin but a come-on only making it appear as one.

In doing this research, I learned that fish which are put in a man-made 'ocean water' cannot survive, even though the water is chemically the same as regular 'natural' ocean water. Why they cannot survive and grow has totally baffled all researchers to date. The one fact that it is not formed by nature seems to be the only major difference. This fact helped to convince me that I should purchase and use only a totally natural vitamin and mineral supplement.

I feel most fortunate to have discovered what I feel to be the finest natural multiple vitamin available in this country today. It is probably the only vitamin that was not formulated to be a vitamin but instead was discovered through a research project. Phenomenal nutritional results were obtained in a large sampling of patients in this hospital research project by using the tiny outer parts of wheat, soya, and rice (in conjunction with a good diet, vitamins and minerals). The same results were not obtained in the absence of this wheat, rice, and soya factor, which is now called the Tre-en-en formula. It is known that this formula will break down the crusty layer which often builds up around cells. If this occurs, it prevents the cells from allowing all of the nutrition derived from our food in, and prevents all of the waste from getting out. This remarkable product has been on the market for 17 years. It cannot be purchased from drug or healthfood stores but only through direct marketing or health and sport facilities. There is the equivalent of 100 pounds of wheat in a 6-month supply, plus all the necessary vitamins and minerals for maximum health and energy.

Two capsules daily supply the following ingredients: Vitamin B₁, B₂, & B₆ (Fortified Yeast; 10 mg each); Vitamin B₁₂ (Cobalamin & Yeast; 10 mcg); Paba (Para Aminobenzoic Acid; 30 mg); Vitamin A (Fish Liver Oil; 4000 USP Units); Vitamin D (Fish Liver Oil; 400 USP Units); Vitamin E (Mixed Tocopherols from Vegetable Oils; 10 Int. Units); Vitamin C (Vegetable source; 90 mg); Pantothenic Acid (Cal-Panto. & Yeast; 12 mg); Niacin (Fortified Yeast; 50 mg); Inositol (From Inositol & Lecithin; 65 mg); Folic Acid (.1 mg); Lipase (Pancreatin (45 mg); Betain HCL (from Betain HCL & wheat germ; 10 mg); Pancreatin (40 mg); Diastase (Malt; 40 mg); Linoleic Acid (From Safflower Oil; 168 mg); Lecithin (Soya; 30 mg); Wheat Germ Extract; 100 mg); Rice Bran Extract (200 mg); Soybean Extract (150 mg); Iodine (Kelp; .1 mg); Magnesium (35 mg); Copper (from Gluconate & Kelp; 2 mg); Iron (from Ferrous Peptonate & Parsley; 25 mg). -- All ingredients in base prepared for qualitative balance, containing safflower oil, yeast, kelp and L-tryptophan fortified hydrolyzed collagen protein.

As part of my recent nutritional study, it became quite obvious to me how many of us don't eat enough goods containing protein. Our best sources of protein are cheese, milk, meat, fish, poultry, eggs, and nuts. Protein is of great importance to us because most of what we see when we look into a mirror is protein. Our skin, eyes, hair, nails, and muscles are all protein. Much of what you don't see is also protein...your heart, brain, nerves, and even the hormones and enzymes which regulate all life functions are largely protein. In fact, 75% of your body's dry weight is protein. It is of first importance to you because every living cell in your body contains protein and needs a continuous supply of protein to maintain life. You receive your protein from the food you eat. However, the body cannot use protein in these particular forms, for they must first be converted into amino acids. They are the building blocks of protein, and there are a total of 22 of them. Fourteen are considered non-essential, for if they are not present in your food supply, your body can manufacture them. The other 8 are called essential amino acids because they are available only through the food supply. Your body cannot manufacture them, nor can it store them. Because your body is unable to store them, they all must be available at the same time, taken into the body at the same meal. If even one essential amino acid is absent or is present in too small an amount, this deficiency would limit the utilization of all other amino acids. It's an all or none principal: if your body cannot build a complete protein, it will not build it at all!

What happens if your body doesn't get enough protein and the essential amino acids? Your energy is lower than it should be, and muscles aren't as tight and firm as they could be with a good protein supply. Hair and nails break easily and lack luster. With a shortage of protein, you will become more easily fatigued and lack endurance. You are easily susceptible to diseases, infections, and poor digestion.

Because of the reasons discussed earlier in this article about poor eating habits, most of us are not getting enough protein. I always felt I received a good supply of protein in my foods. After carefully counting my grams of protein (ingested on a daily basis), I soon learned I needed a good protein supplement, as well as my multiple vitamin. Each day our body needs an amount of protein in grams equal to about one-half of our body weight in pounds...for example: if you weigh 150 pounds, you would need about 75 grams of protein daily.

The next question is, where do we get the protein we need? There are vast differences in a protein supplement. A vegetable protein is a relatively low-quality protein (such as all-soya protein), with a protein efficiency ratio of only 0.09 to 1.5. Animal and milk-derived protein are of a higher quality and therefore have a higher protein efficiency ratio. Casein and other milk-derived protein such as the type I use has a P.E.R. value of approximately 2.5, which is 2 to 2-1/2 times greater than a soya protein!

After trying many different kinds of protein, I recommend a product called Super-Ease. This was the first protein supplement ever to be made. They were the first company to label their products showing all the ingredients, and I believe they are the largest manufacturer of protein in the world. They use only natural organic materials. One ingredient, fructose (or fruit sugar), costs many times more than ordinary sugar but is selected for its instant energy properties. Fructose provides the same level of sweetness with only half the calories. It has a long energy curve obtained by the selection of ingredients that provide four distinct energy releases. Some competing protein foods have a much shorter energy curve. Super-Ease has natural pre-digested enzymes which helps your body use the protein as soon as it is ingested.

VITAMINS & PROTEIN

NorCal Running Review now offers athletes the chance to buy natural vitamin supplements (Tre-en-en Formula) and also powdered protein (Super-Ease) by mail order. These items cannot be purchased through any drug or healthfood stores! Please allow 2-3 weeks delivery in California and proportionally more for out-of-state orders. Make checks payable to: Jack Leydig, P.O. Box 1551, San Mateo, CA 94401.

PLEASE SEE ACCOMPANYING ARTICLE: "NUTRITION ON THE RUN"

Tre-en-en Formula Vitamins (120/2-months)	\$12.95	()\$
Tre-en-en Formula Vitamins (360/6-months)	\$35.95	()\$
Super-Ease Powdered Protein (1 pound tin)	\$ 8.95	()\$
Super-Ease Powdered Protein (2-1/2 pound)	\$20.75	()\$
Check flavor on Protein	Vanilla	Chocolate
	/SUBTOTAL/	\$
**California residents add 6% Sales Tax		\$
Shipping: Vitamins(60¢); 1-lb Protein (75¢);		\$
2-1/2 lb. Protein (\$1.00).		\$
	/TOTAL/	\$

NAME _____
 ADDR _____
 CITY _____ STATE _____ ZIP _____

It comes in a powder form that can be mixed with any liquid, and it tastes much better than many of the other brands on the market. If you haven't a blender, it can be shaken in a tumbler or mixed by hand.

If you are striving for maximum health, more energy, and endurance, start your day with a glass of protein. Using these supplements has become an important and necessary part of my life and training program, and I know you will benefit from these exceptional products as I have.

NOTE: - These two items (Tre-en-en Formula multiple vitamins and Super-Ease protein powder) are now available through the NorCal Running Review...see accompanying advertisement for mail orders. Other food supplements will also become available in the near future.



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).

CLINT WHITNEY (Rancho Cordova, CA): "I have a foot ailment which I and my doctor have not been able to diagnose, at least in terms of finding a remedy.

About a year ago, I suffered a stone bruise on my right forefoot. Although a day's rest took care of it as usual, I noticed that on occasion my foot would get a severe stinging sensation in the toes, extending to the forefoot and generating enough pain to curtail my running. Happening only occasionally (every other week or so), I continued running and eventually it stopped bothering me while I was running. Instead, it now bothers me when I'm wearing casual shoes (desert boots, old running shoes, mountaineering boots) but not my dress shoes I wear every day to work (three different pairs).

The pain is the same as before and is most severe when I loiter; visit shopping areas where I'm standing a lot, and oddly enough, when I drive for some distance with my foot on the accelerator pedal. When I remove the shoe, the pain subsides. It doesn't seem to bother me when I go barefoot, although I don't do that often.

I have purchased another pair of casual shoes, thinking the first pair was sized wrong, but it hasn't helped.

My doctor, who treats many athletes at the university, prescribed a metatarsal arch, thinking that the cause might be my claw toes, but this has not helped. He said I might have a

1975 T-Shirts DIPSEA & TAHOE RELAY

Help support long distance running in Northern California by purchasing one or more of these T-shirts...shirts have trim on neck & sleeves and come in two colors. All profits go to the men's & women's LDR funds. Checks should be made payable to: PA-AAU LDR, P.O. Box 967, Los Altos, CA 94022. The \$3.25 price includes mailing costs.

Yes, please send me a total of _____ shirts. I am enclosing a total of \$_____ to cover all costs. I have indicated how many of each shirt to send below.

1975 Tahoe Relays T-Shirts _____ Med _____ Lg _____ X-Lg

1975 Dipsea T-Shirts _____ Med _____ Lg _____ X-Lg

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

ONLY \$3.25 BY MAIL

nerve problem, but he wasn't at all sure and said he could operate but wouldn't assume me good results. The x-rays didn't disclose any abnormalities except the claw toes and a break in the bone which didn't heal properly (cartilage adhered the two ends I think he said). He said he didn't think the break was causing my problem and finally told me I have two choices: (1) endure the condition until it gets so bad I can't run, then operate, or (2) operate now and chance a cure.

My question is whether an operation similar to that performed on horses, where the nerve is removed, will affect my running or cause me problems in walking in civilian shoes. Also, does this sound like a nerve problem or something else?"

(RESPONSE): - NEUROMA: "It certainly sounds as though you have a neuroma, which results from a traumatic injury to nerves which pass under the foot to the toes. When nature constructed the body, she ran out of energy when she got to the outside of the foot, where many bone, joint, muscle, and nerve problems are found.

Normally, the deep nerves on the bottom of the foot pass between the metatarsal heads. When there is irritation from the bones on the nerve which passes through the area, scar tissue forms around the nerve, which in itself increases the pressure and pain. Jogging, running, or any imbalance in the foot, whether from shoes, or inherent foot shape, will aggravate the problem. The most common area for a neuroma is between the third and fourth metatarsal bones. The presence of the neuroma usually causes a sharp, shooting or tingling pain out through the toes or up the leg.

Treatment is first to try to stop the cause of nerve irritation by wearing soft, protective shoes with a comfortable heel height. Running shoes should include Spenco insoles, probably with a metatarsal pad to cushion the foot and take pressure off the painful area.

As an alternative, local injections of Vitamin B-12 or cortisone are often helpful in shrinking the swollen nerve, but usually it is necessary to surgically remove the small section of nerve and scar tissue. Following this there is a period of numbness to the sides of the third and fourth toes, usually temporary, but this does not affect your balance or running style. The surgery does not involve any work on the bones, so healing is rapid, within two or three weeks.

Before surgery, I would advise a consultation with another doctor to confirm the diagnosis. Thank you for your letter, and good luck.

The SPORTS CLINIC at the CALIFORNIA COLLEGE OF PODIATRIC MEDICINE in San Francisco continues to provide care for athletes with foot and leg problems. The Clinic is open all day on Thursdays and on Saturday mornings (Tel. 415/563-3444).

The students involved in the Clinic have prepared a series of 'tips' for coaches and athletes, and are available

free of charge at Podiatric Sports Clinic, California College of Podiatric Medicine, 1770 Eddy St., San Francisco, CA 94115. Here are some 'Podo-tips' on flexibility exercises:

FLEXIBILITY EXERCISES: (PURPOSE) - To keep the athlete free from injury and abnormal development of muscles/bones and therefore enhance his athletic performance.

(WHY) - (1) Inadequate emphasis on stretching exercises and over-emphasis on strengthening and endurance exercises often leads to shortened muscles and decreased flexibility and subsequent muscle imbalances, arch pain, shin splints, strained muscles, sprained ligaments, etc. (2) Encased in the shoe, muscles of the foot are not exercised to their fullest, and the foot is not sent through its full range of motion.

(CONCEPTS) - (1) Muscles work in pairs. Flexors bend joints and extensors straighten joints. One muscle group 'pulls' while the opposite group relaxes. (2) The total training program must stimulate oxygen flow to the heart and lungs, as well as to muscles in order to be effective. (3) Flexibility exercises/calisthenics should be done before and after every vigorous workout to prevent injuries and enhance performance. (4) Strengthen weak muscles on one side of the joint and stretch out contracted muscles on the other side only to the point of pain, not through it.

(CALISTHENTICS) - (1) Foot: (Standing) Flex, extend, and spread toes. (Sitting) Towel-gathering or marble pick-up with the toes. (Standing/Sitting) Invert/evert or raise inner arch and outer foot. (Sitting) Trace a circle with the toes--first clockwise, then counter-clockwise. (Standing) Toe-raisers and heel-raisers with the feet pointing straight ahead, then outward, and finally inward. (2) Leg: (Calf Muscles) - Toe touches. Heel raisers with forefoot on a block of wood or on edge of stairs. (Standing) Keeping heels on floor, lean forward, placing hands on the wall, arms-length away. (Anterior Leg Muscles) - (Sitting) With legs suspended, lift a paint bucket filled with water or sand with your forefoot up & down. (3) Thigh: (Hamstrings) - (Sitting) Head to knee touches with one leg extended forward and the other leg bent back. (Quadriceps) - (Standing) Knee squats with toes in and toes out. (Prone) With knees together, bend one knee and grasp that ankle, pulling the heel to the buttocks. (Adductors/Abductors) - (Sitting) With soles together and heels close to buttocks, grasp toes and pull forward. (4) Abdominal Muscles: Sit-ups with knees flexed and lower back flush to floor.

(RECOMMENDATIONS) - (1) Flexibility exercises should be done in a 'stretch-hold-relax' fashion. Holding a muscle in stretch inhibits reflex contraction. (2) Exercise all muscles of the limb in order to avoid muscle imbalance and asymmetry--twice daily. (3) Pre-season examination by a school trainer, physical therapist or physiatrist, athletic-aware MD or podiatrist for muscle/bony imbalances, as well as for good general health.

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 of each month after the run.

- Aug 17 - Balboa Pk. Distance Runs, 3 & 8 Miles, San Diego, 7:30 am. Balboa Pk. Runs, 4369 Hamilton, #4, San Diego 92104. (PSA)
- Aug 17 - DSE Lake Merced 5-Miler (Meet at Boathouse), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Aug 19 - 5-Mile Fun Run, Waller Pk., Santa Maria, 6 pm. Ray Kring (?), Track Coach, Hancock JC, Santa Maria 93454. (SPA)
- Aug 23 - Fresno Bunion Derby, 10 Miles, FSU, 6 pm. Larry Lung, 3356 N. Monroe, Fresno 93705. (CCA)
- Aug 23 - Golden Empire X-C Age-Group Runs (9/U thru Masters), 4.25 Miles Open, Nevada County Fairgrounds, Grass Valley, 6 pm (registration closes at 4:45 pm). Nick Vogt, P.O. Box 151, Grass Valley 95945.
- Aug 23 - 2nd Annual Dammit Run, 5 Miles, Los Gatos HS, 9 am. Maynard Orme, 16360 Belmont Ave., Monte Sereno 95030. (& LDR Meeting)
- Aug 23 - 13th Santa Monica Sports Festival 10 Kilo, 8:30 am. Doug Carlat, Rec. & Parks Dept., 1685 Main, Santa Monica 90401. (SPA)
- Aug 23 - Clay's Athletic Dept. 7-Miler, Phoenix, Ore., 8 pm. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
- Aug 24 - ORRC Fairmont Scenic Circuit, 3.7 Mi., Portland, Ore., 2 pm. Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore. 97070. (OA)
- Aug 24 - 65th Annual Dipsea Race, 6.8 Miles, Mill Valley Bus Depot, 10 am (HANDICAP). MV Jaycees, P.O. Box 30, Mill Valley 94941.
- Aug 28 - College of the Canyons 8-Miler, Valencia, 6 pm. Contact: Monty Cartwright (Ph. 805/259-7800). (SPA)
- Aug 30 - Runner's World 24-Hour Relay, San Jose St., noon. Vic Crosetti, Tax Reducers AC, 987 Kennard Way, Sunnyvale 94087.
- Aug 30 - ORRC 2-Man 10-Mile Relay, Duniway Pk., Portland, Ore., 10 am. Norm Oyler, 7079 SW Montgomery, Wilsonville, OR 97070. (OA)
- Aug 30 - Sunset Park 4-Miler, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Aug 31 - Santa Monica Marathon, Santa Monica, 7:30 am. Doug Carlat, Rec. & Parks, Dept., 1685 Main St., Santa Monica 90401. (SPA)
- Aug 31 - One-Hour Run, South Lake Tahoe Intermediate School, Time TBA. Chuck LaBenz, Box 2424, Stateline, Nev. 89449.
- Aug 31 - Hume Lake 10 Kilo, Time TBA. Dave Bronzan, High Sierra TC, P.O. Box 271, Fresno 93708. (CCA)
- Aug 31 - Rio Beach Run, 6.86 Miles, (near Santa Cruz), noon. Don Amini, 688 Clubhouse Dr., Aptos 95003. (RRC)
- Aug 31 - DSE Ocean Beach 6-Miler, S.F., (Balboa & Great Hiway), 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Sep ?? - Natl. AAU Masters 15 Kilo Championships, Chicago. Ted Hayden, Univ. of Chicago, 5640 University Ave., Chicago, Ill. 60637
- Sep 1 - Mt. Baldy Race to the Top, 8 Miles, 10 am. Contact: Dick Richards (Ph. 714/982-5167). (SPA)
- Sep 1 - RTC Diamond Lake 11.5-Miler, 11 am. Stan Stafford, 900 SE Douglas, Roseburg, Ore. 97470. (OA)
- Sep 6 - Bass Lake Half-Marathon, 9 am. Contact: 1936 S. Hazelwood, Fresno 93702. (CCA)
- Sep 6 - Heart of the Valley 3 & 7 Milers, Corvallis, Ore., 11 am. Dan Eden, Corvallis Pks. & Rec., 601 SW Washington, 97330. (OA)
- Sep 6 - 6th Annual Alameda X-C Carnival (Age-Groups), 10 Kilo Open, Alameda Municipal Golf Course, 2 pm. Bob DeCelle, P.O. Box 1606, Alameda 94501.
- Sep 7 - DSE Biathalon, (3 mile run, 1/4 mile swim), Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Sep 7 - Griffith Park X-C, Many divisions & distances, L.A., 8 am to noon. Fred Honda, Municipal Sports, City Hall East, 200 N. Main, 13th Floor, L.A. 90012. (SPA)
- Sep 7 - California AAU Team XC Championship & Open 10 Kilo, Santa Maria (PROBABLY TO BE MOVED TO NOV. 8). Contact: Steve Harney, 953 E. Jones, #209-A, Santa Maria 93454 or John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105 for further info.
- Sep 13 - 5th Lake Wildwood 10-Miler (nr. Grass Valley), 10 am. Nick Vogt, P.O. Box 151, Grass Valley 95945.
- Sep 13 - La Fiesta X-C, Grover City (Tentative), 2 to 4 Miles, 9 am. Stan Rosenfield, P.O. Box 1134, San Luis Obispo 93406. (SPA)
- Sep 13 - ORRC Wildwood Frolic (Orienteering), NW Portland, Ore., 10 am (1 mile), 2 pm (4 mile). Alan Jones, USMC, 921 SW Washington, Suite 580, Portland, Ore. 97205. (OA)
- Sep 13 - Sun River 7-Miler (& 1 and 2-1/4 Milers), Ore., noon. Pat Ross, 702 E. Norton, Bend, Ore. 97701. (OA)
- Sep 14 - Albany TC 6-Miler (& 1 and 2 Milers), Albany, Ore., 2 pm. Dave Bakley, 3707 S. Oak, Albany, Ore. 97321. (OA)
- Sep 14 - Half-Marathon, Autzen Stadium, Eugene, Ore., 1:30 pm. Geoff Hollister, 99 W. 10th, Suite 104, Eugene, Ore. 97401. (OA)
- Sep 14 - 4th Annual Will Rogers X-C, 15 Kilo, 9 am. Phil Clarke, 15232 Burton St., Van Nuys 91402. (SPA)
- Sep 14 - Natl. AAU Masters 25 Kilo Championships & PA-AAU 25 Kilo, Golden Gate Park, S.F., (Pojo Fields), 9:30 am. West Valley TC, P.O. Box 1551, San Mateo, CA 94401.
- Sep 20 - Equinox Marathon, Fairbanks, Alaska, 8 am. Equinox Marathon, Patty Bldg., Univ. of Alaska, Fairbanks, Alaska 99701.
- Sep 20 - 6th Annual Double Dipsea, 13.6 Miles, Stinson Bch, 8:30 am (HANDICAP). Walt Stack, 321 Collingwood, S.F. 94114.
- Sep 20 - Circle-the-Bay Run, Coos Bay, Ore., 18+ Miles, 10 am. Bob Macy, 650 Anderson, Coos Bay, Ore. 97420. (OA)
- Sep 20 - ORRC Oak Hills Run (7 Miles) & Jogathon (2 Miles), Portland, 11 am. Norm Oyler, 7079 SW Montgomery, W'vle, Ore. 97070.
- Sep 20 - Clay's Athletic Dept. 7-Miler, Phoenix, Ore., 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
- Sep 21 - 31st Annual Walnut Festival Races (Many Divisions), 5.6 Miles Open, Walnut Creek, 9 am (ABSOLUTELY NO POST ENTRIES... Entries close Sept. 13). (Men) Andy MacCono, 1840 Geary Rd., Walnut Crk. 94596. (Women) Frank Sutton, 3725 Northpark Ct., Concord 94520.
- Sep 21 - 10th Annual Big Bear City 10-Miler, 11 am. Sam Nicholson, 4946 Frederick, La Crescenta 91214. (SPA)
- Sep 21 - Atascadero Colony Days 4-Miler (Tentative), Atascadero, 11 am. Stan Rosenfield, SLDC, Box 1134, San Luis Obispo 93406.
- Sep 27 - SPA 20-Kilo Championships, Griffith Pk., L.A., 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201. (SPA)
- Sep 27 - RTC X-C Run (Internat'l Style), 8 Km, Umpqua JC, Ore., 11 am. Ron Alexander, Umpqua JC, Winchester, Ore. 97495. (OA)
- Sep 28 - CCTC Truman Run, 4.7 Miles, Vancouver, Wash., 1:30 pm. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661. (PNW)
- Sep 28 - 8th Annual Mt. Vaca Hill Climb, 10.6 Miles (nr. Vacaville), 10 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.
- Sep 28 - Natl. AAU Women's Marathon (& NYC Marathon), Central Pk., NYC, 11 am. Fred Lebow, 226 E. 53rd St., New York, NY 10022.
- Sep 28 - DSE Bakers Beach (& BYO-BBQ) 4-Miler, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Oct 12 - 11th Santa Barbara Marathon, 7:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (SPA)
- Oct 12 - Nike/Oregon TC Marathon, Alton Baker Pk., Eugene, Ore., 9 am. Athletic Dept., 99 W. 10th, Suite 104, Eugene, OR 97401.
- Oct 12 - 1976 PA-AAU Joint Long Distance Scheduling Meeting (following Lake Merritt Runs, which start 8:30 am), Oakland... (All individuals or organizations planning on sponsoring a run--men's or women's in 1976--should attend this meeting).
- Oct 25 - Natl. AAU 50 Mile Championships (in conjunction w/Seattle Marathon), Seward Pk., Seattle, WA. Tom Campbell, 8124 - 218th SW, Edmonds, WA 98020. (PNW)

TRACK & FIELD

ALL-COMERS MEETS: - College of San Mateo: This series has been cancelled due to lack of officiating and participation. UCLA: Saturdays thru Aug. 23, beginning at 3 pm. Tartan track--1/4" spikes required. There will be Men's Masters competition at these meets (40+), and if numbers warrant, Women's Masters competition (30+). South Lake Tahoe: Every Thursday thru Aug. 14 at the Intermediate School tartan track (1/4" spikes required). Meets begin at 5:30 pm with eight different age groups for men and women. Championship meet will be on Aug. 14. Hancock College: Each Saturday at 4 pm (Santa Maria) continuing thru August. Further information from Ray Kring, Track Coach. Santa Barbara: We have only sketchy information on these, but there are a group of them (at alternating locations) on Tuesdays, beginning at 5:30 pm. We aren't sure if these extent into August or not, but further information may be obtained by writing or calling John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105 (Ph. 805/964-2591). Mt. SAC: At Walnut, one meet on August 14 at 6 pm. Decathlon on August 13-14.

- Aug 8 - Natl. AAU Masters Championships (3 days), White Plains, NY (Entries closed July 15).
- Aug 11 - 1st World Masters T&F Championships (7 days), Toronto (includes X-C & Marathon) (Entries closed July 1).
- Aug 15 - Pan-American Games Trials (2 days), Eugene, Ore. (Men). (Marathon Trials at Flagstaff, Ariz. on Aug. 23 or 24).
- Oct 4 - 2nd Annual Santa Barbara Masters Meet, UCSB (tartan track)...Contact John Brennand (see all-comers meets).
- Oct 18 - Taft Oildorado Masters Meet, Taft, Calif. (5-year age groups and sub-masters competition).

XC SCHEDULES WANTED!

HELP! -- We are trying to put together a comprehensive X-C schedule for next issue, and need all scheduling information by not later than Sept. 1. -- If you have a copy of your team's fall schedule, please send it in right away to: NCCR, P.O. Box 1551, San Mateo, CA 94401. We are interested in all schedules: age-group, high school, college, etc.

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.

- 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 7 - Fairfax Walk or Caledonia Walk (to be arranged).
- Sep 21 - Natl. AAU Sr. 50 Kilo Championships, New Jersey.
- Sep 21 - Prediction 5 & 10 Milers, College of Marin, 10 am.

Dooley Whips Good 20 Kilo Field: (June 8, San Francisco) - In what proved to be a slowish race, Tom Dooley took advantage of his good finishing speed to grab the National Senior 20 Kilo title in Golden Gate Park under warmish skies in 1:35:52, some 15 seconds up on Bob Henderson. He led his newly-formed Golden Gate TC club to the team championship, as fellow walkers Bill Ranney (5th, 1:37:48) and Brian Snazelle (10th, 1:43:00) completed the romp. The Shore AC grabbed second, ahead of another local squad, West Valley TC. The pack began to spread out after passing through 10K in 47:00, and Dooley grabbed the lead for good on the last 5K. Ron Laird and Jerry Brown were DQ'd (the former at only 2-1/2 miles). -- (1) Tom Dooley/GGTC 1:35:52, (2) Bob Henderson/UCTC 1:36:07, (3) John Knifton/NYAC 1:36:54, (4) Dave Romansky/Shore AC 1:37:22, (5) Bill Ranney/GGTC 1:37:48, (6) Wayne Glusker/WVTC 1:38:41, (7) Ed Bouldin/BHS 1:41:20, (8) Mike DeWitt/Army 1:42:42, (9) John Fredericks/Shore AC 1:42:42, (10) Brian Snazelle/GGTC 1:43:00, (11) Ron Kulik/NYAC 1:45:06, (12) Bob Falciola/Shore AC 1:45:26, (13) Manny Adriano/WVTC 1:47:33, (14) Bob Rosencrantz/Wash 1:48:55, (15) Bob Korn/WVTC 1:49:05, (16) Jerry Lansing/GGTC 1:49:21, (17) Hank Klein/VI 1:57:14, (18) George Mecure/BHS 1:57:34.

/Bob Bowman, T&FN/

"PREP PATOIS"

/By Chris Kinder/ - Fremont High in Sunnyvale has five vaulters over 12-feet, all underclassmen, including junior Tom Nigh (14-6) and soph Jim Westlund (13-5 1/2) and frosh Mark Kibort (12-0).... The Northern Section CIF had the best two shot putters ever this year in Jeff Stover and big junior Steve Montgomery....Roseville hurdler Mark Uribe missed the Sac-Joaquin Section Finals due to the measles....State 440 champ Johnny Ware of Sacramento will be taking his skills to Cal next year....Bart Williams of Vallejo was undefeated in the 330 lows with a best of 37.0 until he fell on the fifth hurdle at the NCS meet....Mike Stebleton (Pacific, San Leandro) upped his PR by over three feet in the NCS meet by using the spin method, currently the technique used by Brian Oldfield....Frosh Lesli Peterson (Harbor, Santa Cruz) qualified for the State Meet in the 220, both relays, and the 440, where she finished second in 55.9, under the established national record... Eight NorCal stars made their third appearance in the State MeetState 880/mile champ, Kathy Costello (Pleasant Hill) will be joining the ranks of the UCLA Bruins next year....San Jose State has landed several prominent athletes, including Don Finley (Cupertino), Dedy Cooper (Ells), and Kevin Utley (Peterson, Santa Clara)....Dan Aldridge is the #2 two-lapper in NorCal history, behind only national record holder Dale Scott of El Cerrito in 1972....John Johnson (Skyline, Oakland) is the number three miler and Roy Kissin (San Ramon, Danville) the fourth-ranked two miler in NorCal annals....For the first time in many years, there are no 24-foot long jumpers in NorCal, although Cupertino's Don Finley did reach 24-3 with a questionable trail wind....Don Jackson (Oakland) became the NorCal record-holder in the triple jump with his 50-11, breaking the old mark of 50-2 1/4 by another Oakland product, Don Bryson (1974)....Don Finley became Cupertino's fifth TJ'er over 47-11, which is tops in California annals.... Brad Vassar (Sonora) now ranks fourth on the all-time shot list, and the best outside the Sunnyvale-Palo Alto area....For the first time since 1960, NorCal did not have a discus thrower over 180 feet....Harry Ells moved its relay teams into second and third on the all-time 440 and mile relays for NorCal....Freshman Robert Maiocco (Liberty, Brentwood) went undefeated in varsity dual meets in the 440 and was undefeated all year after winning the NCS frosh-soph 440 in 50.5....14-year-old 8th grader John Walentschka of Peter Lassen Jr High in Sacramento ran 2:03.5, 4:31, and 10:12 this year with virtually no competition....Soph Dan Navarro (Oakmont, Roseville) ran 4:21.1 and 9:30.9 in what

appears to be his first year of running....Another valley distance ace of the future may be Encina (Sac'to) frosh, Dan Weil, who ran 9:34.2....There were approximately 51 low-hurdlers under 39.0 in NorCal this year and maybe 125 in the entire stateGary Moore (Shasta) is seemingly the NorCal soph record-holder in the PV with his 14-6 effort this year....The great abundance of underclassmen in the best marks list indicate that next year could be NorCal's best ever....1975 saw one national record, one NorCal record, and many events that were well below the efforts in recent years....Next year's State Meet will be in Berkeley at the Univ. of California. */Any interesting information such as the above should be sent to: Chris Kinder, 21732 Olive, Cupertino 95014./*



(Left) Lesli Peterson, a frosh at Harbor High (Santa Cruz), ran 55.9 to place second at the CIF Meet. */Keith Conning/* DeAnza (Richmond) junior, Bob McMeans, went undefeated in the mile until the NCS Finals & did a PR 4:16.8 at State in the qualifying rounds. */Jeff Zimmerman/*



(Left) Downey (Modesto) soph, Tim Holmes, ran a PR 9:06.6 to grab the Sac-Joaquin Section Meet. */Jeff Zimmerman/* Race Walkers (left to right) Bill Ranney, Wayne Glusker, & Bob Korn at the Modesto Relays. */Mike Shaughnessy/*

Top Nor-Cal Prep Marks

The following marks have been compiled through June by Chris Kinder (address above). All corrections, additions, etc., on these marks should be sent to him with newsclippings, etc., to verify marks if possible (wind information too). Our listing includes marks for these CIF Sections: Central Coast, Northern, North Coast, Sac-Joaquin, Oakland, San Francisco. --- Contributors: Pat Finn, Joe Mangan, Bruce Grant, Darryl Beardall, Tony Bailey, R. Noe, Mark Payne, Keith Conning. *** Next time: All-time NorCal list, probably 15 deep with class records if information can be obtained successfully.

100: - 9.6--*Glenn Cannon/Mt. Pleasant-SJ, *Keith Taylor/Piedmont Hills-SJ, Maurice Glass/Castlemont-Okld, Ivory Lewis/Wilson-SF, *Broderick Bryant/Mission-SF; 9.7--Johnny Ware/Sac'to, Willie White/Berk, *Ron Anderson/Santa Teresa-SJ, Ron Kennedy/Serramonte-Daly City, Ed Miller/Ells-Richmond, Theotis Brown/Skyline-Okld, *Tuquil Willis/Mission-SF, John Ferguson/Merced, Purifoy/Wash-SF, Terrill Ward/Wilson-SF. (Wind-Aided) 9.4w--*Taylor; 9.5w--Glass; 9.6w--Brown; 9.7w--Charles Johnson/Kennedy-Richmond, **Duane Green/Ayer-Milpitas.

220: - 21.2--Ware; 21.3--*Taylor, *Cannon, Glass; 21.6--Phil Williams/Edison-Stktn; 21.7--Ferguson, Dan McGee/SI-SF, *Bryant; 21.8--Ward, Jerry Robinson/Cdnl Newman-S.Rosa, *Don Coulter/Harbor-S.Cruz; 21.9--Miller, Kennedy, *Eugene Rachal/Yerba Buena-SJ, Wayne Roche/San Marin-Novato. (Wind-Aided) 21.9w--*Anthony Stephens/Berkeley.

440: - 47.2--Ware; 48.2--*Coulter, Kennedy, *Andrew Fields/Grant-Sac'to; 48.4--Bart Williams/Vallejo; 48.5--Paul Emerson/McClatchy-Sac'to; 48.6--Ron Brown/Kennedy-Richmd, Conrad Suhr/Leigh-SJ; 48.7--*Wyatt Bishop/Carlton-Blmt, Jeff Metteer/San Marin; 48.8--*Fred Harvey/Silver Crk-SJ, Paul McCarthy/SI-SF, **Alfonso Foster/Madera, Ferguson; 49.0--*Vernon Shanks/Elk Grove; 49.2--*Armando Jimenez/DeLaSalle-Concord, Pat Maxwell/Beyer-Modesto; 49.3--*Darrell Chapman/Highlands-Sac'to; 49.4--Bob Foulke/San Mateo, Jim Shrock/Red Bluff; 49.5--Tom Paulin/Riordan-SF

880: - 1:49.7--Dan Aldridge/Petaluma; 1:51.0--Suhr; 1:52.5--Dave Harris/Placer-Auburn; 1:53.5--*Steve Vasquez/Mills-Millbrae; 1:54.0--Scott Hickman/Redwood-Larkspur; 1:54.2--Archie Hughes/Richmond, Brian Hurdall/Carlton-Belmont; 1:54.3--**John House/Bella Vista-Sac'to; 1:54.4--Ray Green/San Rafael; 1:54.9--Charles Jones/Ravenswood-EPA, *Rich Judy/Tennyson-Hywd, McCarthy, Tom Pertotti/Drake-San Anselmo; 1:55.0--Mike Ercolini/Lincoln-SJ, Bob Vargas/Sunnyvle; 1:55.2--Tim Chain/Lynbrook-SJ; 1:55.5--Dan Haniger/Mitty-SJ; 1:55.9--*Shanks.

Mile: - 4:09.5--John Johnson/Skyline-Okld; 4:11.2--Green; 4:16.0--Dave Diekmeyer/Stagg-Stkn, Marlon Smith/Rancho Cordova; 4:16.8--Aldridge, *Bob McMeans/DeAnza-Richmond; 4:17.4--Roy Kissin/San Ramon-Danville, Suhr; 4:17.6--John Baker/Westmont-SJ; 4:18.0--Art Baudendistal/Highlands-Sac; 4:18.1--Bill LaForge/Oceana-Pacifica, Steve Lacey/Tamalpais; 4:18.4--Ron Fritze/Leigh-SJ; 4:18.6--Kevin Furey/El Camino-Sac'to; 4:19.5--Jim MeBust/Bella Vista-Sac'to.

2 Mile: - 8:56.2--Kissin; 8:57.3--Mitch Kingery/San Carlos; 9:03.0--Fritze; 9:06.0--Jerry Emory/Gunn-Palo Alto; 9:06.6--**Tim Holmes/Downey-Modesto, MeBust; 9:07.2--*Ron Read/Jesuit-Sac'to; 9:16.6--Tim Gagen/El Camino-Sac'to; 9:20.4--Dan Patterson/DeL Valle-Walnut Crk; 9:21.0--*Mike Van Horn/Kennedy/Sac'to, Wolfe/Jesuit/Sac'to; 9:21.6--Bob Barnett/Hillsdale-San Mateo, Devon Flynn/Acalanes-Lafayette; 9:23.0--Craig Corey/San Mateo, Furey.

120HH: - 13.2--Dedy Cooper/Ells-Richmond; 13.3--Robert Gaines/Kennedy-Richmond; 13.7--Ron Kennedy/Serramonte, Don Robinson/Sac'to; 13.9--Dennis Claxton/Skyline-Okld, Theotis Brown/Skyline-Okld, Tony Hicks/Serramonte; 14.0--Dwayne Pulliam/Skyline-Okld; 14.1--Don Finley/Cupertino, Mark Uribe/Roseville, Scott Monroy/Overfelt-SJ, Keith Harris/Oakland, Mark Stevens/Burbank-Sac'to, Harold Turner/Kennedy-Richmond; 14.2--Larry Richardson/El Molino-Forestvle, *Greg Smith/LaSierra-Carmichael. (Wind-Aided) 13.2w--Gaines; 13.8w--Finley; 14.0w--Uribe; 14.2w--*Perry Slaton/Merced, Ray Thomas/Overfelt-SJ.

330LH: - 36.0--Cooper; 37.0--Dave Jakle/Los Altos, Bart Williams/Vallejo, Hicks; 37.2--Finley, Richardson; 37.3--Frank Umpingco/Pittsburg; 37.5--*Don Reed/Mt. Pleasant-SJ, Jamie Starmer/Chico, Mark Germino/Los Banos, Don Robinson/Sac'to; 37.7--Gaines; 37.9--**Byron Hawkins/Burlingame; 38.0--Ray Horne/Fremont-Okld, Myrt Easley/Woodside; 38.1--Claxton, Jim Lanz/Piner-S.Rosa, Rich Jones/Antioch, *Ricky Swift/Vallejo.

440 Rly: - 41.1--Ells-Richmond; 41.6--Woodside; 41.8--Wilson-SF; 41.9--Kennedy-Richmond; 42.2--Carlton-Belmont, Serramonte-Daly City, Berkeley; 42.3--Mt. Pleasant-SJ; 42.5--Peterson-Santa Clara, Sacramento, Piedmont Hills-SJ; 42.6--Merced; 42.7--Pittsburg, Hogan-Vallejo, Monterey, Edison-Stockton; 42.8--Skyline-Oakland.

Mile Rly: - 3:15.7--Ells-Richmond; 3:17.5--Kennedy-Richmond; 3:18.7--Sacramento; 3:19.2--Serramonte-Daly City; 3:19.6--Mt. Pleasant-SJ; 3:19.9--San Mateo; 3:20.0--McClatchy-Sacramento; 3:20.3--Grant-Sacramento; 3:20.9--St. Ignatius-SF; 3:21.2--Peterson-Santa Clara; 3:21.5--Castlemont-Oakland; 3:22.0--San Marin-Novato; 3:22.1--Vallejo; 3:22.3--Berkeley; 3:22.4--Gilroy; 3:22.5--Woodside.



Frosh Colin McElhattan, San Rafael High School, winning the NCS Class "B" high jump at 6'4-1/4". /Robert Main Photo/

High Jump: - 6'10-1/2"--Kirk Collins/Monterey; 6'10"--Louis Shabarbara/Weed, *Coart Owens/Castlemont-Okld, *John Lane/American-Frmt; 6'9-1/4"--Herb Ward/Balboa-SF; 6'8-1/2"--Kevin DeVore/Elk Grove, Greg Bullard/Enterprise-Redding; 6'8"--Gary Brownley/Yreka, *Larry Graham/Vacaville, Bob Dillard/Mills-Millbrae, Leo Williams/Fremont-Okld, Bob Montgomery/Analys-S.Rosa, **Jim Bjornsson/Encina-Sac'to; 6'7"--Sylvester Pritchett/San Mateo, Ken Miller/Oceana-Pacifica, Bill Jones/Armijo-Fairfield, Brian Inks/Bret Harte-Angels Camp, Brian Lundberg/Sunset.

Pole Vault: - 15'0"--Doug Searle/Camden-SJ; 14'9"--**Fernside/DelMar-SJ; 14'8"--Marion Medeiros/Cupertino; 14'7"--Steve Oravetz/Campbell, Todd Lovejoy/DelMar-SJ; 14'6"--Randy Foyil/Amador-Sutter Crk, Brad James/Elk Grove, Mark Sambrillo/Watsonville, Kim Black/Carlton-Belmont, **Gary Moore/Shasta, *Tom Nigh/Fremont-Sytle; 14'3"--Mark Johnson/Lynbrook-SJ, Bob Dillard/Mills-Millbrae; 14'1"--*Vince Endter/Hill-SJ; 14'0"--Bohm/Leland-SJ, Tom Schuyler/Los Gatos, *Brian Cochran/Elk Grove, Terry Markou/Pacific-San Leandro, Kevin Stevenson/Aragon-San Mateo, Abraham/Shasta-Redding, Mark McGill/Lincoln.

Long Jump: - 23'10"--Dwayne Pulliam/Skyline-Okld; 23'9-1/2"--Nathan Johnson/Seaside; 23'9-1/4"--Don Finley/Cupertino; 23'6"--Jack Masters/Fremont-Sytle, Kevin Bryant/Wilcox-S.Clara; 23'4-3/4"--Mike Chronister/Concord; 23'3-3/4"--Mike Bertoli/Homestead-Sytle, Brian Inks/Bret Harte-Angels Camp; 23'3-1/2"--Mike Haynes/Riordan-SF; 23'2-1/2"--Mike Dobbins/Merced; 23'1-3/4"--Jerry Robinson/CdNm-S.Rosa; 23'1-1/2"--Robert Gaines/Kennedy-Richmond; 23'1"--Larry Richardson/El Molino-Forestville; 23'0-1/2"--*Ken Vasquez/Mills-Millbrae, Mark Kilmer/Redwood-Larkspur. (Wind-Aid) 24'3-1/2"w--Finley.

Triple Jump: - 50'11"--Dan Jackson/Okld; 49'8"--Myrt Easley/Woodside; 49'3"--Dobbins; 49'0-1/2"--Junior Rojas/Overfelt-SJ; 49'0-1/4"--Gerald Halcomb/Richmond; 48'9-1/2"--Gerald Stewart/Seaside; 48'4-3/4"--Pete Moreno/Lick-SJ; 48'4-1/2"--Larry Jackson/American-Frmt; 48'3-1/4"--Greg Malveaux/San Carlos; 48'2-3/4"--Matt Rice/Pittsburg; 48'1"--Finley; 48'0"--Kevin Utley/Peterson-S.Clara, Djogo/Tokay; 47'11"--Mike Haynes/Riordan-SF; 47'8"--Jerry Mooring/Edison-Stkn, Adrian Richardson/Norte Del Rio; 47'7-1/2"--Steve Scott/Los Altos; 47'2"--David Zizzo/Gilroy; 47'0-1/2"--Kurt Durham/Oakland. (Wind-Aided) 49'7"w--Halcomb; 49'5-3/4"w--Rojas.

Shot Put: - 65'11"--Brad Vassar/Sonora; 61'9-1/4"--*Steve Montgomery/Lassen; 60'4-1/2"--Gary Bersano/Los Gatos, Pat Stebleton/Pacific-San Leandro; 60'2-3/4"--*Conrad Jepson/Wash-Frmt; 60'0-1/2"--Gian Rossini/StFrancis-MVw; 59'11-1/2"--Charles Narramore/Mira Loma-Sac'to; 59'7-1/2"--Brent Long/Los Altos; 59'5"--*Jeff Stover/Corning, Craig Watkins/Mitty-SJ; 59'1-1/2"--Bill Webster/Lick-SJ; 58'0-1/2"--Paul Sackinger/Lynbrook-SJ, Greg Spivey/El Cerrito; 57'7"--*Ron Comer/Sytle; 57'0-1/2"--Joe Greco/Campbell; 56'11"--Dean Singleton/Irvington.

Discus Throw: - 179'2"--Bersano; 177'5"--*Bill Perry/Fremont-Sytle; 176'10"--Ralph Horn/Cupertino; 175'10"--Singleton, Mark Tinsley/Nevada Union-Grass Vly; 175'4"--Watkins; 174'3"--Mike Alberg/Lodi; 173'9"--*Montgomery; 171'11"--Mike Winter/Yuba City; 170'2"--Ernie Ward/Fairfield; 169'5"--Stebbleton; 169'4"--Greg Warwick/Red Bluff; 169'3"--Dean Roddick/Pacific Grove; 168'6"--Joe Fejerang/Mt. Diablo; 168'3"--Tim Blockinger/Cupertino.

CORRECTIONS TO: - Chris Kinder, 21732 Olive, Cupertino 95014.

TRACK & FIELD RESULTS

West Coast Relays: (May 9, Fresno) - (High School): 100: Taylor/Pdmt Hills 9.72, Glass/Cstlmt 9.83, Cannon/MPT 9.89; 2 Mi: Paterson/DV 9:20.3, Holmes/Downey-Mod 9:23.9, Corey/San Mateo 9:24.4; 440R: Kennedy-Rich 41.89, Wilson-SF 42.25, Ellis 42.33; MileR: Kennedy-Rich 3:17.5, Edison-Fr 3:18.6, Ellis 3:18.8; LJ: Andrews/WBak 24-1 3/4, Johnson/Wash-Fr 23-10, Pulliam/Skyl-OKld 23-5; HJ: Scarborough/Clovis 6-8, Ward/Balboa-SF 6-8, Collins/Mont 6-6; 120HH: Cooper/Ells 13.74, Gaines/Kennedy-Rich 13.76, Kennedy/Srmt 14.19; DMR: Leigh 10:14.8, Hoover/Fr 10:17.3, Skyline-Okld 10:20.7, College Pk/PH 10:22.0; 2MR: N.Bak 7:54.1, Richmond 8:03.3, Mt. Pleasant 8:04.3; TJ: Holcomb/Rich 49-1/4, Dobbins/Merced 48-6 1/4, Jackson/Okld 48-4 1/2; SP: Vassar/Sonora 62-9 3/4, Williams/Reos-Fr 59-1 1/2; Teams: Kennedy-Richmd 28, Ellis-Richmond 20, Hoover-Fr 15, Clovis & Richmond 14. /CTN/

Bakersfield Classic: (May 17, Bakersfield) - 100(1)m: Pettus/BAS 10.4; 110mH: (3) Carty/BAS 13.9, (4) Young/WVTC 14.7; 5000m: Shorter/FTC 13:43.8, Halberstadt/PCC 13:44.6, (4) Garcia/Army 14:10.4; 440R: ArizSt 40.1, BAS 40.1, BHS 40.6; SP: Feuerbach/PCC 67-10 1/2; JT: (3) Kennedy/SJStrs 240-6; 400IH:(1) (2) Singh/Nev-Reno 51.8; TJ: (2) Steffes/BAS 53-1 1/4, (4) Fraser/Unat 50-1 1/2; DT: Powell/PCC 215-2, (3) Stadel/SJStrs 193-4; W-1500m: Poor/SJC 4:22.3, Lee/Redlands 4:22.8. /CTN/

7th AIAW Nationals: (May 16-17, Corvallis, Ore.) - Teams: UCLA 89, Prairie View 71, Texas Women's 29....JT: Schmidt/UCLA 198-1; DT: Driscoll/UCLA 156-5; 100mH: (4) Crowder/UCLA 14.93; 880: (2) Brown/UCLA 2:08.5, (6) Keyes/UCLA 2:09.8; Mile: Brown/UCLA 4:40.6, Keyes/UCLA 4:42.1; 2 Mi: Brown/UCLA 10:11.2, (3) Keyes/UCLA 10:12.5; 400mR: (3) UCLA 47.64; 440: Scott/CSLA 54.9, (4) Roberson 55.9; 400mH: (3) Hopper/CSLA 62.0, (4) Crowder/UCLA 62.0; 100: (3) Birt/USC 11.3; 800mMedR: UCLA 1:44.96, (3) USC 1:45.50. /CTN/

NCAA Division II: (May 29-31, Sacramento) - Dec: (4) Hogen/CP-SLO 6711, (9) Wallace/CSN 5817, (10) Behr/CSH 5516; HT: (1) Blankenship/CSH 184-8, (4) Dyer/CSH 176-10, (8) Serafino/CSH 166-1, (11) Sawyer/CSH 157-8 (158-1 Trials); 440R: (2) CSN 40.64, (3) CSS 41.05, (4) CPP 41.06, (5) CP-SLO 41.06, (6) UCI 41.81; 120HH: (2) Harris/CP 13.8, (4) Frierson/CP 14.0; Mile: (1) Scott/UCI 4:09.7; 440: (4) Byrd/CP-SLO 47.5, (5) GoTd/CP-SLO 47.6; 100: (1) Edwards/CP-SLO 9.3, (4) Clark/CSH 9.5, (7) Williams/UCI 9.8; 880: (8) Harris/UCD 1:54.0; 440IH: (1) Cheadle/UCI 51.3, (3) Joyner/CP 52.0, (7) Mead/CP-SLO 53.5; 220: (1) Edwards/CP-SLO 21.1, (2) Rogers/CSS 21.7, (6) Harris/CP 21.9; MileR: (2) CP-SLO 3:10.6, (5) UCI 3:14.1; DT: (3) Albright/CSN 168-11, (6) DeSoto/CSS 160-2; TJ: (2) Goodlow/CSN 50-1, (5) Jackson/CSB 49-1/4; 6 Mi: (1) Chaidez/CSN 29:33.2, (3) Sheehan/UCD 29:41.0, (4) Yeo/UCD 29:44.0, (7) Schankel/CP-SLO 30:12.2, (11) Warrick/CP-SLO nt; PV: (1) Sabatino/UCI 16-4, (2) Kegan/CP 16-0, (4) Haagen/CP-SLO 15-6, (5) Goto/UCI 15-6, (7) Bentz/CSN 15-0 (15-6 Trials); LJ: (5) James/CP 23-3; HJ: (1) Haber/CSH 7-1/4, (2-tie) Frazier/CSN 6-10, (5-tie) Roberts/CP-SLO & Friday/CSH 6-7, (8) Coleman/CSS 6-7; SP: (1) Albright/CSN 58-9, (3) DeSoto/CSS 55-5, (8) Klein/UCI 51-11 3/4; JT: (2) Parker/SFS 244-6, (5) Kaulfeldt/SFS 215-3 (215-5 Trials), (7) Healy/CSN 210-3; 3000mSC: (5) Milan/CSH 9:08.2, (7) Large/CSN 9:23.4, (8) McGrath/UCD 9:29.8; 3 Mi: (2) Chaidez/CSN 14:16.7, (3) Sweeney/UCD 14:23.6, (4) Tiltman/UCI 14:27.7; Teams: (1) CSN 57.0, (3) CP-SLO 45, (5) UCI 37, (6) CPP 33, (7) CSH 31, (11) CSS 21, (22-tie) SFS 10, (36-tie) CSB 2. /Stan Wright/

Sac-Joaquin Section Meet: (May 30, Woodland) - 120HH: Robinson/Sac 14.4, Staten/Merced 14.6; 440R: Merced 42.6, Edison 42.7, McClatchy 43.0; DT: Alberg/Lodi 172-0, Tinsley/NevUnion 168-2, Christiansen/Ione 165-5; TJ: Dobbins/Merced 46-6, Hassey/Fairfld 46-5, Mooring/Edison 45-11, Marshall/Edison 45-9; Mile: Baudendistal/Hglds 4:19.6, Smith/Cordova 4:21.0, Furey/ElCamino 4:21.7, Soto/Downey 4:24.8; 440: Ware/Sac 47.3, Fields/Grant 48.7, Maxwell/Beyer 49.2, Chapman/Hglds 49.3; 100: Dunn/Armijo 9.9, Ferguson/Merced 9.9; SP: Vassar/Sonora 61-6 1/2, Narramore/MiraLoma 56-7; 330LH: Robinson/Sac & Germino/LBanos 37.5, Fields/Grant 38.8, Terry/LaSierra 38.9; 880: Harris/Placer 1:52.2, Boyd/Oakmond 1:56.6, House/BellaVista 1:56.6; HJ: Graham/Vacaville 6-5, Jones/Armijo 6-4; 220: Ware/Sac 21.6, Ferguson/Merced 21.7, Williams/Edison 22.0; 2 Mi: Holmes/Downey 9:06.5, Read/Jesuit 9:07.1, Mebust/BellaVista 9:12.0; Wolfe/Jesuit 9:21.0; LJ: Dobbins/Merced 23-0, Richardson/Norte 22-7, Dunn/Armijo 22-6; PV: James/ElkGrove 14-0, Cochran/ElkGrove 13-9; MileR: Sac'to 3:20.0, Grant 3:20.3, McClatchy 3:22.9; Teams: Merced 55, Sacramento 50, Edison-Stktn 34, Armijo 28, Elk Grove 25. /Mark Payne/

State JC Championships: (May 31, Bakersfield) - (Large School) - JT: (1) Garcia/Hartnell 217-1, (4) Walker/Chabot 207-5, (6) Bodmer/Skyl 193-0; PV: (5) Paton/San Mateo 15-0; LJ: (5) Overstreet/SJCC 23-5 1/2, (6) Shaffer/Alameda 23-1 3/4; SP: (4) Gummerson/SantaRosa 51-10 1/2, (5) Paul Santiago/AR 51-8, (6) Doll/Consumnes 51-7; DT: (2) Pushkin/Fthl 167-8, (4) Hickson/SJCC 162-8; TJ: (1) Marlow/Consumnes 51-8 1/4w, (3) Shaffer/Alameda 50-3, (5) LeGrande/WV 49-3/4; 3000mSC: (1) Langford/AR 9:08.4, (2) Hart/Fthl 9:14.7, (4) Brooks/SJCC9:21.2, (6) Reime/Cabr 9:30.0; 440R: Alameda 40.7, (3) Contra Costa 41.0, (5) CCSF 41.9, (5) AR 42.1; Mile: (4) Deis/AR 4:09.3, (6) Ringo/AR 4:10.3; 120HH: (1) Crittenden/CCC14.2, (4) Almond/Skyl 14.4; 440: (4) Martinez/SRJC 47.9, (5) Madruga/DVC 48.2, (6) Monseth/CRC 48.8; 100: (1) Overstreet/SJCC 9.4, (4) Shavers/Alameda 9.7, (5) Livers/SJCC 9.8; 880: (2) McManus/DVC 1:49.3, (4) Lewis/Laney 1:51.2; 440IH: (4) Nelson/SJCC 53.5, (5) Jones/Delta 53.5; 220: (1) Livers/SJCC 20.9, (2) Jordan/Alameda 21.1; 3 Mi: (1) Perez/Delta 13:56.1, (2) McCandless/WV 14:00.4; MileR: (5) Contra Costa 3:16.6. Teams: Glendale 32, SJCC 32, Alameda 29, Grossmont 28...(7) Contra Costa 18. /CTN/

PA-AAU Women's Championships: (June 1, San Jose CC) - (Women) - Teams: SJC 165, MLTC 115, WS 54. 440R: MLTC 47.0; SP: Rutledge/MLTC 47-5 1/2, Holloway/SJC 44-2 1/2, Lane/WS 40-3; DT: Lane 127-10, Wagstaff/UC 127-6; 400mH: Souza/WS 65.0; LJ: Elmore/MLTC 18-7 1/4, King/MLTC 18-0 1/2; HJ: Cornell/Un 5-6, Stuart/OTC 5-4; 440: Poor/SJC 55.9, Venezia/WS 57.0, Lewis/MLTC 58.1; JT: Sulinski/MLTC 166-3, Whitfield/Un 162-1, Bowers/SJC 139-10; 1500m: Anderson/SJC 4:42.5, Cooper/SJC 4:45.0, Neall/SJC 4:45.5, McPherson/SJC 4:48.3; 100: Byfield/BETC 10.6, Ashford/WS 10.6, Johnson/Un 11.0, Parker/MLTC 11.0, Allen/MLTC 11.0; 100mH: Carlson/Un 14.4, Rogers/MLTC 14.6, Sherard/ChicoSt 14.7; 880: Simmons/RCF 2:13.9, Neall/SJC 2:14.5; 220: Byfield/BETC 23.9, Ashford/WS 24.6, Johnson/Un 24.6, Pemberton/MLTC 24.7; 880MedR: MLTC 1:47.3; MileWk: Briscoe/Un 8:10.0, Dimmick/SJC 8:41.6; 3000m: Carron/MLTC 10:12.6, Guina/SJC 10:42.4; 2MR: SJC "B" 9:26.9, SJC "A" 9:32.6; MileR: SJC 3:53.4. (Intermediate) - Teams: SJC 148, Arrow 79, RCF 58. SP: Brooks/Un 39-7 1/2; DT: Sans/RCF 108-0, O'Conner/RCF 108-0; LJ: Evans/MLTC 17-4; 100mH: Hawthorne/BETC 15.1; HJ: Sandberg/SJC 5-6; 1500m: Greenberg/SJC 4:49.6; 440R: SJC 50.3; 300mH: King/SJC 45.3; 100: Cobbs/BETC 11.0; 440: Fabian/OTC 59.6; JT: Bangert/MLTC 93-11, Hinkelmann/ATC 93-10; 880: Bowers/SJC 2:14.7; 220: Cobbs/BETC 24.2; 880MedR: Arrow 1:55.2; 3000m: Adams/WS 10:19.5; MileWk: Sakelarios/RCF 8:10.0; 2MR: SJC 10:20.3; MileR: OTC 4:06.1. (Youth) - SP: Springer/SVTC 45-0; DT: Springer 119-6; HJ: Bjornsson/WS 5-3; MileWk: Sakelarios/RCF 8:10.4, Vaughn/RCF 8:10.5; 80mH: Hurley/MLTC 12.8; 100: Gallagher/RCF 12.0; JT: Bishop/ATC 99-9; 440R: BETC 49.5; LJ: Bray/ATC 15-11 1/4; 200mH: Crevelt/RCF 30.4, Duffy/SVTC 30.4; Mile: Beauchamp/WS 5:13.3, Bray/ATC 5:13.3; 440: Franklin/MLTC 58.4; 880: Belk/SJC 2:21.5; 220: Larson/MLTC 26.3; 880MedR: BETC 1:50.0; MileR: SJC 4:17.6. /Powell & Argabright/



Domingo Tibaduiza (#3) took second (6 mile) and third (3 mile) at the NCAA Championships and then grabbed fourth in the 10K at the AAU Championships. Shown at Meet of Champions here with Ted Castenada leading (finished third). /Dennis O'Rorke/

NCAA Division I: (June 5-7, Provo, Utah) - Teams: UTEP 55, UCLA 42, USC 37, SJS 32...(12) Long Beach St., (14) Nevada-Reno, (21) Cal-Berkeley, (28) Oxy. -- HT: (7) Giroux/FresnoSt 198-11 (204-1 Trials), (16) Dyer/CSH 178-5, (19) Blankenship/CSH 177-4; Mile: (2) Schilling/SJS 4:00.4; 120HH: (2) Owens/UCLA 14.00, (5) Jackson/UCLA 14.23, (6) Johnson/USC 14.34, (8) Turner/LBS 14.5; 440: Brown/UCLA 45.34, (4) Randle/USC 45.94, (7) Shorts/LBS 46.71; JT: Goldie/LBS 250-2, (14) Parker/SFS 228-5; LJ: (4) Williams/USC 25-11 1/2, (5) Banks/UCLA (same),

(6) Hardeman/USC 25-8w, (9) Lofton/Stan 24-2 1/2 (25-3 1/4 Trials), (13) Kotinek/UCLA 24-11 1/4, (18) Davis/SJS 24-5 1/4, (29) Carter/SJS 23-6, (31) Herndon/UCLA 23-1 1/2; 880: (9) Robinson/Cal 1:55.9; 440IH: (2) Taylor/Oxy 51.0, (7) Andrews/USC 51.5; 3 Mi: (3) Tibaduzza/Nev 13:37.5, (8) Taylor/Ore 13:55.6; SP:(8) Bundincich/USC 61-7 1/4, (11) Pagel/UCLA 60-4 1/4; PV: (2) Ripley/SJS 18-1, (3) Baird/LBS & Mooers/UCLA 17-8, --Rogers/USC 16-8 (trials), Juarez/Nev-Reno 16-4 (trials), Martin/SJS 16-0 (trials); HJ: (2) Kotinek/UCLA 7-0, (5) Livers/SJS 7-0 --Trials --Winston/CS, Wilson/OSU, Meisler/UCLA, Richardson/FSU 6-11, Haynes/CS, Heitchew/LBS, Miles/LBS 6-9; 440R: USC 39.09, (2) Cal 39.49, (6) UCLA 40.03; 6 Mi: (2) Tibaduzza/Nev-Reno 28:23.5 (58.6 last 440), (8) Grubbs/ColSt 29:16.6, (12) Rodriguez/LBS 29:27.8, (13) Sandoval/Stan 29:39.2; MileR: (4) USC 3:06.8, (5) Cal 3:08.0; TJ: Livers/SJS 55-1 3/4w, (3) Taylor/UCLA 54-1w, (4) Cochee/USC 53-7, (10) Banks/UCLA 50-1 1/4w (Trials 53-1/4), (11) Goodlow/CSN 49-7 1/4 (Trials 51-7 3/4; 220: (2) Gilkes/USC 20.67, (3) Edwards/CPSLO 20.73, (4) Whitaker/SJS 20.98; DT: (6) Elder/USC 180-0, (7) Gunther/UCLA 176-4, (8) Gardner/LBS 170-1, (10) Fruguglietti/USC (172-4 Trials), (12) Overton/Cal (162-8 Trials), (17) Cowl/LBS (167-2 Prelims).

State CIF Championships: (June 6-7, San Diego) - Dedy Cooper paced Ells of Richmond to the championship and pig-tailed Kathy Costello of Pleasant Hill captured two firsts to highlight the California State CIF Championships. Three year State Meet veteran Cooper accounted for virtually all of Ells' points in his superlative effort. He was second in a highly controversial high hurdle race which saw certainly one and probably two men jump the gun without being recalled. Robert Gaines (Kennedy, Richmond) finally got his day against Cooper and won in a fine 13.3, with Cooper and Peterson (Saddleback) taking the next two spots in the same time. Cooper set the State record and equalled the national record in Friday's trials with a 13.2. He then came back to win the 330 lows with an easy 36.5 after running a meet record 36.2 in the trials. He started out the day by anchoring Ells' 440 relay team to victory after getting the baton in fourth or fifth place. Finally, he blitzed to a low-46 effort in pulling home Ells' mile relay to victory in a 3:15.7. Credit should certainly be given to the other members of the relay teams (Ed Miller, Anthony Williams, Renondo Gentry, and James Davis) who turned in fine performances that very probably would have placed them in each event even without Dedy.

Costello was the highlight of the girls competition with her awesome victories in the 880 (2:09.2) and mile (4:53.5), both of which were national high school records. She was virtually uncontested in either race, even though Lassen's Pam Allen was second in the mile at 5:00.5, which also bettered the old national record. The mile was a clean sweep for NorCal, with Tamalpais' Maggie Keyes third (5:02.9), Sue Munday (Lincoln of San Jose) fourth (5:03.8), and Sara Sweeney (Marin Catholic) fifth in the same time.

NorCal had several other fine champions, accounting for one of our best years in the CIF Meet. Johnny Ware of Sacramento started off slowly but came on strong to win going away in the 440 with a 47.2, easily defeating the more publicized Brian Theriot of Newport Harbor. Mike Alberg of Lodi was an upset winner in the discus with a single toss one inch beyond second place. His 171-11 was the shortest winning toss in the 17-year history of the event! All-NorCal footballer Mike Dobbins of Merced won the triple jump in 49-3, upsetting favorite Dan Jackson (Oakland) 49-2, and basketball star Myrt Easley (Woodside) 49-2. Conrad Suhr (Leigh, San Jose) took the lead in the 880 at the end of the final turn to out-duel Dan Aldridge of Petaluma for victory in 1:51.0, and John Johnson of Skyline (Oakland) drew much applause from the more than 15,000 fans with his 58.2 anchor lap to win the mile in 4:09.5.



Starts of girls' mile and boys' two-mile at CIF Championships in San Diego (won in 4:53.5 and 8:44.9). /Jeff Zimmerman Photos/

The girls found the going a bit tougher, as Yvonne Boone of Fremont (Oakland) was the only other champion besides Costello. Yvonne, who had set a national record of 10.2 in the OAL Championships, ran 10.1 in both the trials and finals over the 80 yard lows to obliterate the field. Los Angeles area girls seemed to dominate everything else, although there were some outstanding efforts in a 'losing' cause. In the 440, frosh Lesli Peterson (Harbor, Santa Cruz) finished second in 55.9, and Lilly Partina (Yuba City) third in 56.0, both times being under the national high school record, which was set by the winner, Jodi Anderson (Washington, LA). Pam Allen of Lassen, the national girls' X-C champion, was second in the mile and fourth in the 880. Merced's Tuti Lee was a solid second in the hurdles. Defending high jump champ Pam Blackburn (Cubberley, Palo Alto) failed to clear the qualifying height (5-2) but did manage a third in the long jump. Terry Prince (Anderson) was second in the unofficial girls discus.

There were many fine performances among the boys, which were not necessarily winning efforts. Dwayne Pulliam (Skyline-Oakland) jumped consistently well and earned third in the long jump, while Brad Vassar (Sonora) upped his PR considerably while getting third in the shot (64-11 1/2), fourth best in NorCal annals. The high jump was won by All-American basketball star Johnny Washington (Fremont, LA) at 7-0, but the next three spots went to NorCal leapers. Coart Owens (Castlemont), John Lane (American, Fremont), and Kirk Collins (Monterey) all cleared 6-10. The very fast 2-mile saw Roy Kissin (San Ramon) finish third in 8:56.2, with Mitch Kingery (San Carlos) next at 8:57.3 after staying with Hulst and Serna until about a 660 to go. Only three others have run faster than Kissin in NorCal history. /Chris Kinder/



State CIF high hurdle finals, with (left to right) Robert Gaines, Dedy Cooper, and John Peterson finishing in that order, all in an incredible 13.3! /Jeff Zimmerman/

(BOYS) Teams: Ells(Richmond) 22, (5) Skyline(Oakland) 9, (9) Sacramento, Leigh, Lodi, & Merced 6, (17) Castlemont(Oakland). -- 100: Williams/SanFern 9.4, Jefferson/Crawford-SD 9.5, Jackson/Pasadena 9.5, Andrews/WBak 9.6, Glass/Cstlmt 9.6, Tillman/HuntPk 9.6 (Trials) (I) 6-White/Berk 10.1, (II) 2-Miller/Ells 9.7, 3-Cannon/MP 9.7, 6-Dunn/Armijo 9.9, (III) 1-Glass 9.6, 4-Taylor/PdHills 9.7; 220: Mullins/Hamilton-LA 21.2, Andrews/WBak 21.2, McGlothlin/Compton 21.3, Ware/Sac'to 21.3, Williams/SanFern 21.3, Jefferson/Crawford-SD 21.4 (Trials) (I) 2-Taylor/PdHills 21.3, 4-Glass/Cstlmt 21.5, 6-Miller/Ells 21.9, (II) 3-Cannon/MP 21.3, 6-Williams/Edison-Stkn 21.6, (III) 3-Ware/Sacto 21.2, 6-Ward/Wilson-SF 21.8; 440: Ware/Sacto 47.2, Theriot/NHarb 47.6, Hunt/NHlywd 47.7, Coulter/Harbor 48.2, Smith/Pasadena 48.3, Sexton/Compton 48.6 (Trials) (I) 1-Ware 47.5, 5-Harvey/SCrk 49.7, 6-Williams/Vallejo 50.0, (II) 3-Coulter48.8,





(Left to right) CIF Mile Final with Thom Hunt leading (winner John Johnson is second from left). -- CIF 440 winner, Johnny Ware of Sacramento High, was also fourth in the 220. -- Hulst leads CIF 2-mile field after one lap and won in 8:44.9. /Keith Conning/

(III) 4-Foster/Madera 49.2, 5-Fields/Grant-Sacto 49.5; 880: Suhr/Leigh-SJ 1:51.0, Aldridge/Petaluma 1:51.5, Hacche/Birmingham-LA 1:51.8, Jones/North 1:52.6, Ledet/Wash-LA 1:53.7 (Trials) (I) 5-House/BellaVista 1:54.3, 6-Vasquez/Mills 1:56.8, (II) Suhr 1:53.4, 5-Bertolli/Drake 1:55.3, (III) 5-Harris/Placer 1:56.3, 6-Elwell/Shasta 1:56.5 (Also, Heat I) 1-Aldridge 1:51.8; Mile: Johnson/Skyline-Okld 4:09.5, Arriola/Gahr 4:10.1, Woods/Vista-SD 4:10.8, Green/San Rafael 4:11.2, Hunt/P.Henry-SD 4:11.2, Baksh/Hlywd 4:17.3, McMeans/DeAnza-Rchmd 4:18.0 (Trials) (I) 5-McMeans 4:16.8, (II) 3-Johnson 4:16.1, 4-Green 4:17.0, 6-Lacey/Tamalpais 4:18.1; 2 Mi: Hulst/LagBch 8:44.9, Serna/Loara 8:45.9, Kissin/San Ramon-Danville 8:56.2, Kingery/San Carlos 8:57.3, Agguire/SBarb 9:00.1, Fritzke/Leigh-SJ 9:03.0, Mebust/Bella Vista 9:06.6; 120HH: Gaines/Kennedy-Rich 13.3, Cooper/Ells-Rich 13.3, Peterson/Saddleback 13.3, Gregory/MissViejo 13.6, Kennedy/Srmt 14.0, Claxton/Sky1-Okld 14.2 (Trials) (I) Cooper 13.2 (Nat'l. Rcd.), (II) 1-Gaines 13.5, 3-Turner/Kennedy-Rich 14.1, 4-Hicks/Srmt 14.2, (III) 1-Kennedy 13.9, 2-Claxton 14.1, 3-Robinson/Sac'to 14.1, 4-Upingco/Pitt 14.3; 330LH: Cooper/Ells 36.5, Hunter/Pasad 36.7, Thompson/Morn 37.1, Miller/St.Bonav. 37.1, Finley/Cup 37.4, Hicks/Srmt 37.5 (Trials) (I) 1-Cooper 36.2, 3-Starment/Chico 37.5, (II) 1-Finley 37.2, 3-Jakle/LosAltos 37.6, 4-Richardson/El Molino 37.7, (III) 3-Hicks nt, 5-Germino/Los Banos 37.7; 440R: Ells-Richmond 41.2, Pasadena 41.4, Compton 41.5, Kennedy/Southern Sec. 41.9, Kearny/San Diego 42.0 (Mission-SF 41.3 DQ'd) (Trials) (I) 3-Wilson 41.8, 5-Serramonte 42.2, (II) Ells 41.1, (III) 5-Berkeley 42.2; MileR: Ells 3:15.7, Newport Hbr 3:16.7, Carson-LA 3:17.3, Muir-Pasadena 3:18.9, Mt. Pleasant-SJ 3:19.6, Notre Dame 3:20.1, Serramonte 3:21.8, Sac'to 3:22.5 (Trials) (I) 1-Ells 3:16.5, 3-Serramonte 3:19.2, 5-McClatchy-Sacto 3:21.0, (II) 2-Sac'to 3:18.7, (III) 3-Mt. Pleasant 3:21.8, 4-San Ramon 3:24.3, 5-Grant/Sac'to 3:25.7; LJ: Wilson/Fontana 24-8 1/2, Jennings/Ontario 23-11 3/4, Pulliam/Sky-Okld 23-6 1/4, Andrews/WBak 22-11 1/2, Tillman/HuntPk 22-11 1/2, Simpson/Banning 22-9 3/4, Harder/San Marin 22-3, Dobbins/Merced 21-11 1/4, Richardson/Norte DelRio 21-9 1/2, 13-Johnson/Seaside 22-6 1/4 (Trials), 14-Dunn/Armijo 22-6 1/4 (Trials), 15-Halcomb/Rich 22-5 1/2 (Trials), 18-Bertoli/Homestead 22-1/2 (Trials), 19-Richardson/El Molino 21-11 1/2, 20-Finley/Cup 21-10, 22-Chronister/Concord 21-5 1/2, 24-Bullard/Enterprise 21-5 1/4, 26-Roland/Lincoln-SF 20-11 1/2; PV: Schimmel/VillaPk 15-6, Vahlstrom/VillaPk 15-6, Goodman/Agoura 15-2, Sula/Lemoore 14-10, Curran/Crespi 14-10, Hintnaus/Aviation 14-5, Moore/Shasta 14-0 (14-3 Trials), Markou/Pacific 14-0, Hoffman/Clovis 13-6, Wiley/Arcata 13-6 (13-9 Trials), Oravetz/Campbell 13-5 (13-9 Trials)...(Trials) 12-Medeiros/Cup 13-9, 14-Firchan/Roseville 13-3, 15-Cochran/ElkGrove 13-3, 18-James/ElkGrove 13-3, 21-Sambrillo/Watsonvle 13-3; SP: Kurrasch/NewportHbr 65-9 1/2, Laut/S.Clara-Sou. 65-9, Vassar/Sonora 64-11 1/2, Slinkard/St.Paul 64-1/2, Horn/Hoover 62-10, Madison/LBPoly 62-1, Montgomery/Lassen 60-11 1/2, Williams/Reosvlt 59-1, Jepsen/Wash 55-7 3/4 (59-5 1/2 Trials)...(Trials) 10-Watkins/Mitty 59-1, 11-Naramore/MiraLoma 58-2, 13-Stapleton/Pacifica 56-11, 14-Long/Los Altos 56-9, 15-Spivey/El Cerrito 56-3, 17-Bersano/LosGatos 55-2, 20-Messenger/Hghlds 53-9 1/4, 21-Flores/LosLomas 53-0, 25-Gans/Balboa-SF 50-6, 26-Field/Sky-Okld 45-9; HJ: Washington/Frmt-LA 7-0, Owens/Cstlmt 6-10, Lane/American 6-10, Collins/Monterey 6-10, Conner/Estancia 6-9, Scarborough/Clovis 6-8, Joseph/Gardena 6-8, Johnson/Arroyo-Sou. 6-6, Coleman/Chatsworth 6-6... (Trials) 10-Graham/Vacaville 6-6, 12-Dillard/Mills 6-6, 13-Ward/Balboa-SF 6-6, 14-Beaver/ElDorado 6-5, 18-Montgomery/Analv 6-4, 19-Wright/Carlmont 6-4, 23-Sbarbaro/Weed 6-2, 25-Jones/Armijo 6-0, Lundberg/Sunset 5-0; DT: Alberg/Lodi 171-11 (174-3 Trials), Howell/Fresno 171-10 (181-9), Bersano/LosGatos 169-11, Tinsley/NevUnion 168-11 (171-7), McNaughton/Hoover 167-5, Watkins/Mitty 164-0 (167-11), Fuller/Hart 159-10, Lettow/Helix 159-5, Christiansen/Ione 158-3 (166-0)...(Trials) 11-Fejerang/MtDiab 161-6,

14-Roddick/PacGrove 158-5, 15-Montgomery/Lassen 153-1 1/2, 18-Nevels/Balboa-SF 152-3, 19-Seavey/Piedmont 148-0, 20-Bowles/SanRamon 142-6, Lamb/Tamalpais 141-3; TJ: Dobbins/Merced 49-3, Jackson/Oakld 49-2, Easley/Woodside 49-1, Clingman/Warren 48-5, Haccob/Richmond 48-1 1/4, Jackson/Amer 47-10 1/2, DeFrance/Corcoran 47-6 1/2, Steward/Seaside 47-3, Benson/LA-Lutheran 38-7 1/2 (48-3 3/4 Trials)...(Trials) 13-Moreno/Lick 46-1 1/2, 14-Morgan/El Cerrito 45-11 1/4, 19-Rice/Pitt 45-3 1/2, 21-Bullard/Enterprise 45-1 3/4, 22-Moorring/Edison 44-11 1/2, Hassey/Fairfield 41-10 1/4; (GIRLS) Teams: Washington-LA 22, Pleasant Hill 10, 5-Berkeley 8, 9-Lassen 6, 11-Fremont-Okld 5. -- 100: Howard/ManArts 10.7...4-Nickson/Berk 11.2 (Trials) (I) 1-Nickson 10.8, 4-Rapatz/San Rafael 11.3, (III) 3-Hall/Tamalpais 11.2, 5-Lee/Merced 11.2; 220: Waters/Bell 24.4...3-Nickson 24.5, 6-Johnson/OakTech 25.3, 7-Ellis/YB 25.4, 8-Rapatz/SanRafael 25.4 (Trials) (I) 2-Johnson 24.8, 3-Ellis 25.0, 5-Bruggman/PIVly 25.4, (II) 1-Nickson 24.1, 2-Rapatz 25.0, (III) 4-Lee/Merced 25.4; 440: Anderson/Wash-LA 55.3, Peterson/Harbor 55.9 Partida/YC 56.0... (Trials) (I) 2-Peterson 57.8, 6-Strohr/Granada 60.1, (II) 4-Nichols/M-A 59.3, 6-Holmes/Turlock 60.1, (II) 2-Partida 57.4, 4-Giessman/LasLomas 58.3, 6-Davis/Wheatland 60.1; 880: Costello/PH 2:09.2, 4-Allen/Lassen 2:14.6 (Trials) (I) 1-Costello 2:12.8, 2-Allen 2:17.4, 5-Huyck/Aptos 2:18.9, (II) 4-Foy/El Dorado 2:20.8, 5-Mackey/McClymonds-Okd 2:22.4, (III) 2-Opela/Patterson 2:20.2, 4-Scharinghausen/San Rafael 2:23.1; Mile: Costello/PH 4:53.5, Allen/Lassen 5:00.5, Keyes/Tam 5:02.9, Munday/Linc-SJ 5:03.8, Sweeney/MarinCath 5:03.8; 80LH: Boone/Frmt-Okld 10.1, Lee/Merced 10.4, 5-Davidson/Cordova 11.0, 6-Knight/Berk 11.0 (Trials) (I) 1-Boone 10.1, 3-Schentrap/WillowGlen 11.1, 5-Kendall/Colfax 11.2, (II) 1-Lee 10.4, Knight 11.0, 4-Schmidt/San Carlos 11.1, 5-Nichols/M-A 11.4, (III) 2-Davidson 10.7; 440R: Muir-Pasadena 48.0 (Trials) (II) 5-Tamalpais 49.4, (III) 3-Terra Linda 49.9, 5-Harbor 50.1; 880MedR: Wash-LA 1:44.5, 4-Berkeley 1:47.8, 6-Harbor 1:49.2 (Trials) (I) 1-Berk 1:46.7, 3-Harbor 1:49.2, 5-Yuba City 1:50.8, (II) 3-Tam 1:50.5, 5-Terra Linda 1:52.0, (III) 3-Milpitas 1:51.4; HJ: Maddox/LA 5-8, 4-Cornell/King City 5-5, 5-Ross/Berk 5-4, 6-Hill/SanRaf 5-3 (Trials) 11-Ellis/Summerville 5-1, 13-Hammer/TerraLinda 5-1, 17-Moo/Lynbrk 5-0, 19-Hunter/Dunsmuir 5-0, 20-Blackburn/Cub 5-0, 21-Harringfeld/Beyer 4-10, 23-Berckenfeldt/Turlock 4-8, 24-McCauley/Frmt-Okld 4-6; SP: Devine/MissBay 42-3 3/4 (49-1 Trials), 6-Stampsli/Lassen 39-11 3/4 (41-2 Trials), 8-Wessell/Summerville 39-10 3/4 (Trials) 11-Brooks/Berk 39-3, 13-Keates/SanLeandro 38-4, 14-Garcia/Harbor 38-0, 15-Pannell/Leland 37-4 1/2, 18-Betham/Arcata 36-2 1/2, 20-Hill/Okld 35-9, 22-Brunello/Ponderosa 34-10, 23-Common/Granada 34-2 1/2, 24-Bunton/RioAmer 33-10 1/2; LJ: Anderson/Wash-LA 19-6 1/2, 3-Blackburn/Cub 18-1, 6-Pipes/Middleton 17-4 1/2 (17-6 3/4 Trials), (Trials) 10-Ferreira/KC 17-4, 15-Honow/Granada 17-3/4, 17-Gabriel/Ells 17-1/2, 18-Knight/Berk 17-1/4, 21-Seimas/Burney 16-9 3/4, 22-Scott/El Dorado 16-6 1/2, 24-Johnson/McClym 16-1/4, 25-Bordenkircher/YC 15-10 3/4, 26-Daggett/Cordova 15-10; DT(Exhib): Smith/Corcoran 126-1, 2-Prince/Anderson 120-10, 4-Bee/SanRamon 119-10, 6-Kuchta/KC 116-4, 9-Hilton/PH 106-3, 10-Guerrero/Marysville 104-4, 12-Pannell/Leland 99-2, Hill/SanRaf 97-0, 16-Wessell/Sumvle 93-6, 17-Kuehl/NSal 93-2, 18-Pochin/Gran 92-11, 19-Milbeck/EU 92-4.



Marie Nickson (Berkeley) anchoring 880 medley to 4th at CIF. /Zimmerman/

Interservice Championships: (June 6-7, Oakland) - Teams: Army 102, Marines 51, Air Force 16, Navy 11. -- JT: Wallis/A 251-3; LJ: Haynes/A 26-6 1/2w, Lanier/A 26-6w; 110mHH: Hill/A 13.6; 400m: Hanay/A 47.2; 800m: Kent/M 1:51.6, Mason/M 1:51.6; HJ: Turner/M 7-0; 5000m: Meyer/M 14:08, 3-Stewart/A 14:15.6; HT: Diehl/A 216-1; DT: Louisiana/A 189-5; 100m: Garrett/M 10.2w; SP: Roehr/A 51-9 3/4; 400mR: Army 40.6; 3000mSC: Dare/N 8:50.4, 3-Birnbaum/AF 9:25.2; 200m: Wilson/A 20.7; 1500m: Kramer/M 3:42.4, Fikes/M 3:42.6; 400mIH: Haney/A 52.8; PV: Brown/A 15-9; TJ: Dupree/A 52-8 1/2, Haynes/A 52-7 1/2; 10,000m: Garcia/A 29:05.8 (28:11 6-mile; 4:22 at mile and 13:56 at 3 miles), 3-Stewart/A 30:58; MileR: Army 3:13.0./B. Darling/

AAU Jr. Nationals: (June 13-14, Knoxville, Tenn.) - 100m: 3-Andrews/W.Bak 10.5 (10.3 in trials); 400m: 7-Theriot/NptHbr 46.9; 1500m: 3-Scott/UCI 3:47.5; 3000mSC: 1-Perez/SJ Delta 8:48.2 (JCR), 9-Hulst/LagBch 9:19.2; 5000m: 3-Hunt/Henry-SD 14:19.0, 6-Kissin/WVTC 14:26.0, 7-Simonian/LACC 14:28.0; 10K: Chapa/Hammond, Ind. 29:11.2 (HSR), Hulst/LagBch 29:11.2 (=HSR) (both 28:22.8--HSR at 6 miles), 7-Hunt/Henry-SD 29:46.0 (28:51 at 6 miles); 400mIH: 2-Greybehl/USC 51.6, 3-Sheffield/ELAJC 51.6, 6-Esteban/GTendaleCC 54.6; HJ: 2-Haber/CSH 6-11; PV: 2-Knaub/ElCaminoJC 16-0; LJ: 2-Lofton/WVTC-Stanford 24-8 3/4; TJ: 3-Marlow/ConsumnesRvr JC 51-10; SP: 1-Chew/MesaCC 56-10, 2-Kurrasch/NptHbr 55-1; DT: Elder/USC 183-3, 3-Chew 166-11, 5-Alexander/SeqJC 162-6; JT: 3-Robinson/SeqJC 204-9. /T&FN/

Corona Del Mar Relays: (June 14, Costa Mesa, CA) - (Masters) - LJ: 2-Conley/WVTC 19-3 1/2; HJ: 2-Conley 5-4; TJ: 2-Conley 39-7; JT: Conley 195-2. /Shirley Davisson/

Meet of Champions: (June 14, Berkeley) - HT: 8-Blankenship/CSH 177-7; 6 Mi: 3-Tibaduiza/Nev-Reno 28:33.8, 7-Maxwell/Cal nt, 8-Clark/WVTC nt; LJ: 8-Urmann/Chico 23-6w; PV: 4-Mooers/UCLA 16-7; 440R: 3-BAS 41.3, 4-SJCC 41.6; W-100mH: 2-Carlson/Unat 14.7, 3-Sherrard/Unat 14.8, 4-Stewart/OTC 15.2, 5-Wilson/MLTC 15.2, 6-Hawthorne/BETC 15.3; 440: 1-Brown/UCLA 46.5; DT: 3-Stadel/SJStars 195-2, 4-Louisiana/Army-WVTC 188-5, 6-McCollum/BAS 172-7, 7-Frankiewich/Chico 159-9; 3 Mi: 3-Grubbs/WVTC 13:43.4, 6-Stewart/Army-WVTC 14:13.0; HJ: 1-Adama/Unat 7-2, 6-Stones/PCC 7-0; 100: 4-Overstreet/SJCC 9.6, 5-Edwards/CPSLO 9.6; 880: 7-McManus/DVC 1:55.4; 3000mSC: 6-Dare/Navy-WVTC 8:49.8, 9-Anderson/Humboldt 9:17.2, 10-Langford/ARJC 9:24.9; 220: Edwards/CPSLO 20.9, 6-Livers/SJCC 21.9; TJ: 4-Cochee/USC 51-11 3/4; SP: 2-Feuerbach/PCC 64-6 3/4; JT: 6-Kennedy/SJStars 236-6, 7-Wallis/Army 232-3; W-Mile: 1-Larrieu/PCC 4:43.3, 2-Graham/SJC 4:46.9, 3-Anderson/SJC 5:00.1, 4-Neall/SJC 5:11.1, 5-Cooper/SJC 5:17.7; MileR: 4-BAS 3:13.8, 7-Bay Area HS All-Stars 3:15.4, 8-SFS 3:16.3. /Carl Cooper/

California State Women's Championships: (June 14-15, San Mateo) - (SR. WOMEN) - HJ: 3-McQuillan/WS 5-0; DT: Driscoll/LATC 156-9; LJ: 2-Eskeland/SJC 17-9; 400mH: 4-Hansen/SJC 65.3; SP: 2-Rutledge/MLTC 47-5 1/2; 440R: WWW 47.5, 4-NCSTC 51.5; JT: Sulinski/MLTC 168-1; 1500m: 2-Cooper/SJC 4:43.8, 3-Guina/SJC 4:45.9, 4-Witherspoon/SJC 4:46.5; 400m: Byfield/BETC 54.6; 100m: 4-Goforth/SJC 13.4; 100mH: 2-Bendford/BTC 14.8; 800m: Decker/LI 2:10.7, Poor/SJC 2:10.7, Neall/SJC 2:16.6; 200m: Byfield/BETC 25.0; MileWk: 2-Briscoe/Un 8:09.6, 3-Dimmick/SJC 8:21.6; 3000m: 1-Graham/SJC 9:50.2, 2-Anderson/SJC 9:53.6, 4-Tiernan/WVTC 10:41.0; MileR: 3-SJC 4:03.9; 2MR: SJC 9:59.4; Teams: WWW 135, SJC 116, 4-BETC 28. (JR. WOMEN) - LJ: Elmore/MLTC 19-7 1/4w, 2-Evans/MLTC 16-11; SP: Holloway/SJC 45-5 3/4, 2-Lane/WS 41-11 1/4; HJ: 2(tie)-Stuart/OTC 5-6; DT: Lane/WS 132-7; 400mH: 2-Hawthorne/BETC 65.6; 440R: MLTC 46.8, 2-BETC 47.4; JT: Bowers/SJC 153-8; 1500m: 4-Allen/Lassen 4:43.5, 5-Adams/WS 4:44.3; 400m: Weston/WS 55.4, 3-Venezia/WS 56.5; 100m: Ashford/WS 11.9, 2-Cobbs/BETC 12.2; 100mH: 1-Rogers/MLTC 15.5; 800m: Weston/WS 2:13.8, 2-Costello/OTC 2:14.9; 200m: Cobbs/BETC 25.2, 2-Ashford/WS 25.2; MileWk: L.Brodock/RRR 7:48.4; 3000m: 2-Carron/MLTC 10:09.8, 3-Allen/Lassen 10:18.8, 4-Adams/WS 10:21; 880MedR: WS 1:46.1, 2-BETC"A" 1:48.3; MileR: 2-OrindaTC 3:56.8; Teams: 1-WS 92, 3-BETC 69, 4-MLTC 56, 6-Orinda TC 31, 8-Roseville Gaz. 22. /M. Powell/

International Prep Invit: (June 20, Arlington Hgts, Ill.) - 330IH: Cooper/WVTC 36.37; Mile: 3-Serna/Loara 4:10.1; 100: 3-Andrews/Bak 9.35;



WVTC's Anthony Terry won AAU triple at 54'9-3/4".



(Left) Gerry Garcia wins the Interservice 10K in 29:05.8 at Laney JC. /Spec.4-Debbie West/ (Right) Mike Louisiana popped the disc 189-5 to win Interservice Championships. /Shaughnessy/



W-220: 3-Peters/Fresno 24.25; 880: 3-Aldridge/Petaluma 1:50.3; 120HH: Gaines/Kennedy-Rich 13.17w, 2-Cooper/WVTC 13.18w; PV: 2-Schimmel/VillaPk 15-6; W-880: 2-Scatena/Bak 2:17.5; 2 Mi: 2-Kissin/WVTC 9:06.7, 5-Serna/Loara 9:20.2; TJ: 2-DeFrance/Corcoran 49-1/2, 4-Rojas/Overfelt-SJ 47-5 1/2; SP: Kurrasch/NwptHbr 65-10 1/2, 3-Laut/Oxnard 63-10, 4-Slinkard/SantaFeSpgs 63-8 1/2, 5-Horn/Fresno 63-5 1/2. /Joe Newton/

AAU Championships: (June 20-21, Eugene, Ore.) - Teams: 1-BHS 65, 2-NYAC 60, 3-Maccabi TC 45, 4-PCC 35, 5-PhilPC 32, 6-CoLo TC 25, 7-UCTC 21, 8-Sprts Intnat'l 19, 9-Gulf Coast TC & WVTC 13, 11-Golden Gate TC & Jyhkw TC 10. -- 100m: Quarrie/BHS 10.16, Williams/SITC 10.21, Gilkes/USC 10.27; 200m: Quarrie 20.12, Gilkes 20.39, 4-Williams 20.66, 6-Pettus/BAS 20.92, 7-Wilson/Presidio 21.04; 400m: Jenkins/GB 44.93, 6-Brown/UCLA 45.82, 7-Parks/BHS 46.25; 800m: Enyeart/UtahSt 1:44.9, 5-Baxter/SMTC 1:46.3, 7-Beaton/USC 1:47.1; 1500m: Hilton/PCC 3:38.3, 3-Schilling/SJS 3:38.9; 3000mSC: Smith/Wichita 8:28.2, 3-Timm/AIA 8:33.2, 5-Lucas/WVTC 8:34.8, 10-Dare/WVTC-Navy 8:45.0, 12-Perez/Delta 8:47.0 (JCR); 5000m: Liquori/NYAC 13:29.0, 7-Barbiracki/SFVTC 13:43.2, 10-Kardong/CNW 14:02.0, 15-Williams/Ore 14:22.0; 10,000m: Shorter/FTC 28:02.2, 4-Tibaduiza/Nev 28:44.6, 6-Tuttle/BHS 28:55.4, 9-Garcia/Presidio 29:37.8, 11-Anderson/OTC 30:31; 110mHH: Wilson/BHS 13.38, 2-Jackson/UCLA 13.69, 4-Owens/UCLA 13.82; 400mH: Mann/BHS 48.7, 2-Bolding/PCC 48.8, 3-King/MM 49.2, 6-Casselmann/PCC 49.9, 7-Williams/MM 50.6, 8-Taylor/Oxy nt; 5000mWalk: Laird/NYAC 22:08.6, 3-Dooley/GGTC 22:38.6, 4-Raney/GGTC 22:40.8, 6-Glusker/WVTC 23:05, 7-Snazelle/GGTC 24:09; HJ: Woods/OSU-PCC 7-5 1/2, Kotinek/UCLA-PCC 7-4, Stones/PCC 7-4, Livers/SJS 7-3, 12-Friday/CSH 7-0, 14-Meisler/UCLA 7-0, 17-Haber/CSH 7-0; PV: Baird/LBS 17-6, Rogers/USC 17-6, 8-Dias/BHS 17-0, 9-Miguel/BHS 16-6; LJ: Robinson/MM 26-5, 3-Williams/USC 26-1/4, 4-Lanier/Presidio 25-10 1/4, 9-Jackson/BHS 25-3 3/4, 10-Haynes/Presidio 25-2 3/4; TJ: Terry/WVTC 54-9 3/4, Rahman/BHS 54-7 1/4, Haynes/Presidio 54-1/2, 4-Dupree/Presidio 53-11, 5-Livers/SJS 53-5 1/2, 7-Cochee/USC 52-8 1/2, 9-Steffes/BAS 51-11 1/4, 10-McClure/Presidio 51-10, 11-Taylor/UCLA 51-10; SP: Feuerbach/PCC 68-10 3/4, Albritton/Hawaii 67-3 3/4, 3-Schmök/BHS 65-10 3/4, 8-Neidhart/Un 63-6 1/2, 12-Pagel/UCLA 58-10 1/4; DT: Powell/PCC 208-10, 3-Stadel/SJStars 205-4, 10-McCollum/BAS 181-3, 12-Gardner/LBS 177-8; HT: Djerassi/NE 222-10, 5-Diehl/Presidio 217-4, 6-Frenn/Unat 210-7, 7-Shuff/Presidio 210-0, 14-Arcaro/BHS 197-8; JT: George/BYU 272-11, Wallis/Presidio 268-1, 6-Schmidt/Pcc 253-10, 10-Goldie/LBS 244-4.

Golden West Invit: (June 21, Sacramento) - 100:(w) 2-Jackson/Pasadena 9.4, 3-Jefferson/San Diego 9.4; 220: 3-Jackson 21.5; 440: Hunt/NHollywood 48.0; Mile: 3-Baksh/Hlywd 4:11.6, 4-Woods/Vista 4:14.7; 3 Mi: 3-Aguirre/SB 14:05.4, 4-Fritzke/Leigh 14:06.2, 6-Mebust/BV 14:23.0; 120HH:(w) 5-Robinson/Sac 13.7; HJ: 3-Joseph/Gardena 6-8; PV: Goodman/Agoura 15-6, 3-Vahlstrom/VillaPk 15-0, 4-Worden/ND 15-0; LJ: 3-Pulliam/Sky-Okld 23-10w; TJ: Jackson/Okld 50-7 1/2, 2-Hatcomb/Rich 49-7w, 3-Easley/Wdsde 49-1/2w; SP: Vassar/Sonora 65-1; DT: Fox/Bend-Ore. 188-9; JT: Smith/Monroe-Ore. 224-5; 880: Martin/Mass 1:51.1; 440IH: Whigham/Texas 52.1. /Track & Field News/

All-Comers: (June 21, San Mateo) - (OPEN) - 100: Shields/WVTC 10.1; Mile: Phelps/LBS 4:18.2, Sturgeon/GWTC 4:18.3; 3 Mi: Powell/CWTC 14:41.6; 440: Pierce/CWTC 51.3; 220: Shields/WVTC 22.8; 880: Sturgeon/GWTC 2:00.7; PV: Paton/CSM 15-6, Nelson/CSH 14-6; JT: Macrorie/Stan 213-3; SP: Mannon/Un 55-0; DT: Wolf/WVTC 172-2; TJ: Tolliver/Stan 46-11; LJ: Willages/ATC 22-3 1/4; HJ: Wiley/CCSF 6-10, McGinnity/WVTC 6-6; (HIGH SCHOOL) - HJ: Lundberg/HATC 6-4; DT: Reyes/Berk 154-1; 880: Fagella/GWTC 2:00.1. /Harry Young/

National AAU Championships (Women): (June 25-28, White Plains, NY) - (SENIOR) - NORCAL PLACERS ONLY - 1500m: 4-Poor/SJC 4:17.2, 5-K.Keyes/LATC 4:18.6; 100mH: 1-Frederick/LATC 13.8; HJ: 4-Frederick 5-9; JT: 4-Cannon/MLTC 176-4, 6-Sulinski/MLTC 164-11; 800m: 2-Weston/WS 2:02.9; SP: 5-Frederick 48-9 1/2; 1500mWlk: 4-Sakelarios/RCF 7:26.0; 2MR: 3-SJC 8:50.6. (JUNIOR) - 400mH: 5-Bing/SJC 63.5; 440R: 2-MLTC 46.4; 100m: 4-Ashford/WS 11.7; 1500mWlk: 6-Sakelarios 7:37.2; JT: 1-Sulinski 177-3, 2-Bowers/SJC 163-3; LJ: 2-Elmore/MLTC 19-5 1/2; 2MR: SJC 9:02.2. /Hal Masback/

All-Comers: (June 28, San Mateo) - (OPEN) - 3 Mi: Tracy/WVTC 15:16; 880: Robertson/WVTC 2:00.1; LJ: Willigas/ATC 21-3; HJ: Haber/CSH 7-1 1/2, Wiley/CCSF 7-0, McGinnity/WVTC 6-6; PV: Eshelman/BAS 15-6, Nelson/CSH 15-0; JT: Bodmer/Un 182-10; TJ: Toliver/Stan 46-4 1/2; DT: Blake/Un 160-0; SP: Mannon/Cal 53-9 3/4; 120HH: Foster/Stan 14.0, Kennedy/Srmte 14.8; Mile: Tracy/WVTC 4:27.0; 100: Wilson/Army 9.7, Kennedy 9.9; 440: Krings/WVTC 52.6; (HIGH SCHOOL) - 440: Diles/Srmte 50.9; HJ: Leach/Carlmt 6-4, Akerland/SM 6-4; DT: Reyes/Berk 139-10; SP: Sackinger/Lynbrook 54-10 3/4. /Harry Young/

***NO MORE ROOM---RESULTS OF LATE JUNE AND JULY MEETS NEXT TIME.

LONG DISTANCE RESULTS

Fontana Days Run: (May 17, LA Area) - 11.5 Miles - (49 finishers) 1-Swift/AZP 60:23, 2-Brotten/STC 61:59, 3-Crum/STC 67:12, 4-Shaffer/CCAC 67:39, 5-Thompson/STC 68:46...16-Hamala 73:20. /Brennand/

DSE Baker Beach Run: (May 25, S.F.) - (4+ Miles) 1-Zumwalt 24:24, 2-Odum 24:29, 3-Weidinger 24:33, 4-Muela 24:50, 5-Lavelle 24:58, 6-Scott 25:18... (1st woman) 51-Ullyot 29:55. /Dave Weill/

Mt. Wilson Trail Race: (May 31, LA Area) - (11.0 Miles) (131 finishers) 1-Swift/AZP 58:46, 2-Moffitt/GNG 58:58, 3-Frickel 60:35, 4-Arce 61:57, 5-Garcia 62:46, 6-Silva 62:48, 7-J. Wise 62:56, 8-Dobrenz/CCAC 63:12, 9-Jones 63:15, 10-Chambliss/SBAA 63:48, 11-Stripsky 64:33, 12-Gearhart 64:35. /John Brennand/

Senior Olympics Marathon: (June 1, Irvine) - /25-29/ 1-Sayward/ 2:43:35; /30-34/ 1-Maize 2:36:55, 2-Humphrey 2:43:01; /35-39/ 1-Clark 2:32:28 (1st overall), 2-Kiracofe 2:45:14; /40-44/ 1-Piper 2:52:02, 2-Goldman 2:56:32; /45-49/ 1-Freeman 2:38:45, 2-Sheeran 2:45:28, 3-Roberts 3:03:30; /50-54/ Allen 3:07:15; /55-59/ Shanley 3:32:20; /60-64/ Clark (nt); /65-69/ Bole 3:43:06; /Women/ Kralick 3:29:53.

National AAU Junior 5 Kilo: (June 7, Sepulveda) * 1-Adams/Unat 16:08, 2-F. Assumma/SURR 16:18, 3-C. Assumma/SURR 16:31, 4-Marin 16:43, 5-Silva 16:56, 6-Fisanotti 16:57. /John Brennand/

Northridge 5 Kilo: (June 7, Sepulveda) * 1-Swift/AZP 16:43, 2-Rowley/CCAC 16:59, 3-Lamont 17:21, 4-Flanigan/BHS 17:29, 5-Rupp/Un 17:34, 6-Hughes/CCAC 17:37. /John Brennand/

Prefontaine Classic 10-Miler: (June 8, Eugene, Ore.) - (Men) 1-Nuccio/WVTC 48:52.1, 2-Woodward/Portland 50:01, 3-Stanley/Australia 50:45, 4-Heinonen/OTC 51:00, 5-Hensley/UO 51:20, 6-Purpura/UO 51:20...9-Mortenson/PSTC 52:35, 10-Ritcherson/PSTC 54:20. -- (Women) 1-Miller/Falcon TC 62:24, 2-Gumbs/WVTC 62:50, 3-Paul/Portland 65:24, 4-Ledbetter/OTC 66:36...6-Walker/OTC nt, 11-Lyman/WVTC 73:36, 12-Himmelberger/WVTC nt (Both Lyman and Himmelberger went off course while in 3rd and 4th at 5-6 mile mark). /Janet Heinonen/

State-Coach Run: (June 14, Jacksonville, Ore.) - (13.5 Miles) 1-Elias/Arcata 72:03, 2-Jenkins/Arcata 74:59, 3-Ashton/Phoenix-Ore. 75:45, 4-Jacob/Roseburg-Ore 76:53, 5-Parkhurst/Roseburg 79:18, 6-Meyer/Eureka 79:51, 7-Cottrell/Arcata 80:41, 8-Steinke/Eugene 81:29, 9-Bechwith/Salem 83:06, 10-Gilchrist/Bayside 83:41. /SRRC Newsletter/

Palos Verdes Marathon: (June 14, Palos Verdes) * 1-Chaidez/CSN 2:20:04, 2-Carlson 2:24:14, 3-Moffitt/Oxy 2:24:48, 4-White

2:26:01, 5-Arquilla/AATC 2:28:01, 6-Stevenson/Un 2:28:11, 7-Hodge/Un 2:31:48, 8-D.Wise 2:32:10, 9-Johansen/SDTC 2:32:25, 10-Rawlings/CCAC 2:32:41...20-Rudberg/STC (40+) 2:42:52... (Women) Yvette Cotte/WVTC 3:11:26, Jeannette/WVTC 3:21:24. /CTN/

Hidden Valley Over-the-Hill Run: (June 21, LA Area) * (11.5 Miles) 1-Covert 61:04, 2-Miller/CCAC 61:11, 3-Kushner/GWAA 61:23, 4-Swift/AZP 61:33, 5-Caldwell 63:12, 6-Brotten/STC 63:58, 7-Croad 64:40, 8-Pontinen/SBAA 65:07, 9-Smith 65:15, 10-R. Wise/SBAA 65:56, 11-Kurrie/BHS 66:05, 12-Brenneman 66:24, 13-Shaffer/CCAC 66:44, 14-Ridley/CCAC 68:22, 15-Boyd 68:30...22-Roberts/Un (40+) 70:51. /John Brennand/

Morro Bay to Cayucos Fun Run: (June 21, Morro Bay) - (6 Miles) 1-Weaver/UNLV 33:06, 2-Cadena/SLDC 33:15, 3-Warrick/CPSLO 33:31, 4-Martinez/AATC 33:39, 5-Brown/Columbia Univ. 33:56, 6-Brotten/STC 34:25, 7-Howell/SBAA 34:39, 8-Dabill/Un 34:40, 9-Durand/MJC 34:43, 10-Shaffer/CCAC 34:55, 11-Harney/Un 35:25... 18-Hiserman/CPSLO 36:16, 43-C. Flores/WVTC 39:06, 71-Campbell/WVJS 40:44, 88-Bawcom/BARR 41:53, 94-Collins/SLDR 42:26, 97-Mary Carman (1st woman) 42:40, 123-Foley/Un 44:12, 157-Hasslein/Un 47:59, 166-V. Collins/SLDC 49:10...ADD--25-L. Thornton/HSTC (1st Over-40) 37:02. /Stan Rosenfield/

Tahoe 20-Miler: (June 22, So. Lake Tahoe) - (6700'+) * 1-Jones/WVTC 2:00:16, 2-Branchini/SLTHS 2:23:50, 3-Ferris 2:37:12, 4-Currier nt, 5-Howe nt, 6-Townsend (45) 3:55:05. /Skyler Jones/

PSA-AAU One-Hour Run: (June 26, San Diego) * 1-Rigdon/SDTC 11 miles, 1164 yds, 2-Akiyama/SDTC 11-724, 3-Johnson/SDTC 11-106, 4-Hagin/Un 11-83, 5-Green/SDTC 11-57, 6-Johansen/SDTC 10-1721...Parnell/Un (47) 10-1442...Garcia/SDTC 10-667 (we think this is a world record for women, breaking the old record of 9-1625 by Brenda Webb, unless we hear otherwise). /Kaj Johansen/

Galloway Nabs Fountain Place Run: (June 28, So. Lake Tahoe) - (6.2 Miles) * 1-Galloway/FTC 32:27, 2-Jones/WVTC 33:25...7-Keller/Un-Ponderosa HS junior 37:11. /Skyler Jones/

Plankton Festival Three-Miler: (June 28, Avila Beach) * 1-Cadena/SLDC 14:49, 2-Ward/FPC 14:54, 3-Gregory/FPC 15:22, 4-Beaton/SLDC 15:41, 5-Hiserman/CPSLO 16:08. /SLDC/

Lompoc Flower Festival: (June 28, Lompoc) - /Invit. 6 Mile/ 1-Schankel/CPSLO 28:53.4, 2-Hunt/Henry HS-SDTC 28:55.8, 3-Williams/BHS-Ore 29:05.1, 4-Baksh/Hollywood HS 29:06.4, 5-Kissin/San Ramon HS-WVTC 29:21.1, 6-Stolp/Lynwood HS-Washington 29:49.0, 7-Warrick/CPSLO 30:12.1. /Non-Seeded 6 Mile/ 1-Sutherland/SFVTC 29:29.1, 2-Horn/Northridge 30:41.1. /4.3 Mile Road Run/ 1-Aguirre/SBAA 19:58.7, 2-Snoddy/Lompoc 21:32.1, 3-Martin/AHJC 21:45.3, 4-McMahan/SBAA 21:49.9. /Joe Sciamie/



One lap to go in Lompoc Flower Festival Invitational 6-Mile. (Left to Right) Schankel, Hunt, Williams. /Scot Ostler Photo/

South El Monte Handicap: (June 28, El Monte) - (7.9 Miles) - 1-Covert 42:31, 2-Brotten/STC 42:36, 3-Frickel 42:44, 4-Kushner/GWAA 42:47, 5-Swift/AZP 43:03, 6-Trachenberg 43:13, 7-Moffitt/GNG 43:19, 8-Ayon 43:25, 9-Cook 43:26, 10-Perez/Aztl 43:27, 11-Ocana 43:48, 12-Brown 44:08, 13-Gomez 44:45. /J.Brennand/

Coronado Half-Marathon: (July 4, Coronado) * 1-Hunt/SDTC 68:06 (CR--old record 68:08.6 by Phil Camp, 1974), 2-Akiyama/SDTC 69:10, 3-Myers/Ill 69:38, 4-Kasischke/SDTC 69:59, 5-Rigdon/SDTC 70:47, 6-Wolasco/SDTC 71:17, 7-Camp/Navy-SDTC 71:34, 8-Johansen/SDTC 71:59...11-Parnall/Un (40+) 73:42...68-Garcia/SDTC 81:50. /Kaj Johansen/

Pier to Park 5-Miler: (July 4?, Pacifica) * 1-Hans Templeman/Montana 26:54, 2-Sershen/Un 27:19, 3-Moreno 27:35, 4-Schelegle/UCD 27:55, 5-Dillie 28:31, 6-Carvey 28:56, 7-Martinez 30:07, 8-Amable 30:48, 9-Lange 30:48, 10-Cunneen/Pama 31:06 (1st 40+). (141 finishers) /Dave Fanucchi/

Butte-to-Butte 10 Kilo: (July 4, Eugene, Ore.) - (269 entrants; hilly) * 1-Geis/OTC 30:25, 2-Tyson/CNW 31:22, 3-Heinonen/OTC 31:35, 4-Hamilton/Colo 31:40, 5-Dewsberry/Toronto TC 31:48, 6-Moore/OTC 31:58, 7-Long/OTC 32:11, 8-Anderson/OTC 32:23, 9-Savage/OTC 32:23, 10-Chapman/OTC 32:49... (Women) 1-Heinonen 42:08, 2-Ledbetter/OTC 42:18. /Janet Heinonen/

SPA-AAU 15 Kilo Championship: (July 4, Santa Barbara) * 1-Tuttle/BHS 45:20, 2-G. Aguirre/SBAA 46:28, 3-R. Aguirre/SBAA 47:07, 4-Badgley/SUTC 47:10, 5-Steiner/AATC 47:39, 6-Hayes/SBAA 47:59, 7-Cook/AIA 48:59, 8-Arbogast/SFVTC 49:16, 9-Maier/CCAC 49:26, 10-Kushner/GWAA 49:38, 11-Donovan/SBAA 49:40, 12-Chambliss/SBAA 49:42, 13-Branch/CCAC 49:48, 14-Swift/AzPc 49:52, 15-Peterson/WVTC 50:03, 16-Caldwell/AIA 50:12, 17-Brotten/STC 50:13, 18-Haake/SBAA 50:20, 19-Perez/Azt1 50:22, 20-Brown/Un 50:52... 24-Miller/CCAC 51:08, 25-Woelk/BHS 51:12, 26-F. Assumma/SURR 51:16, 30-Smartt/BHS (40+) 51:50, 32-Bartek/SBAA (40+) 52:05, 35-Bowles/WVTC 52:31, 62-Hansen/SFVTC (woman) 56:04, 81-Hagerty/SUTC 57:41, 100-McCray/USAF 59:54. /Brennan/

WOULD YOU BELIEVE---1974 DIPSEA RESULTS??: (Aug. 25, Mill Valley) - These are sorta late, but Hans Roenau was kind enough to send us a copy. We are printing the top 80 finishers below with no story...see past issues for recap. /Hans Roenau/ Scratch times--

1 - Darryl Beardall/MAC 49:57	21 - Bill Flodberg/WVJS 56:02	41 - Vance Eberly/Un 63:13	61 - K.L. Dicus/Un 57:34
2 - Debbie Rudolph/Un 56:11	22 - Byron Lowry/MAC 50:06	42 - F. Pracht/Un 59:16	62 - Hans Roenau/NCSTC 61:36
3 - Ron Elijah/MAC 44:49	23 - Mike Healy/WVJS 56:15	43 - P. Kelly/DSE 60:17	63 - J.M. Partridge/Un 54:47
4 - Mike Boitano/SERC 52:54	24 - R. Berry/PAMA 55:18	44 - J.A. Clever/Un 58:18	64 - C.W. Keeling/SFOC 66:54
5 - Maryetta Boitano/DSE 56:55	25 - Gene Fitzgerald/PK 52:26	45 - C.W. Seekins/Un 66:19	65 - Joe McDevitt/WVTC 55:55
6 - Homer Latimer/Un 49:56	26 - M. O'Neil/NCSTC 60:16	46 - P. Scannell/Un 58:20	66 - Don MacIntosh/NCSTC 61:05
7 - Dan Martinez/Un 51:10	27 - Ted Quintana/ATC 50:19	47 - Jack Gottsche/WVTC 65:22	67 - S.S. Cramer/Un 61:08
8 - Pete Mattei/NCSTC 55:22	28 - F. Harrison/NCSTC 58:41	48 - J.J. Blank/Un 56:28	68 - M.S. Lipschitz/ARRC 54:14
9 - Jim Nicholson/NCSTC 52:42	29 - M. Lipschitz/ARRC 50:47	49 - John Brazinsky/Un 58:36	69 - John Boitano/SERC 64:17
10 - Tommy Owen/RCS 56:00	30 - D. Snell/Un 53:56	50 - S.P. McKeen/Un 65:45	70 - Sue Munday/Un 65:21
11 - Don Pickett/MAC 54:07	31 - Ray Batz/SFFD 57:06	51 - D.A. Potter/Un 58:48	71 - F.A. Robben/Un 61:22
12 - Don Makela/MAC 46:43	32 - Lew Hoyt/NCSTC 59:07	52 - R. Myers/PAMA 57:57	72 - Ragnar Thanning/MAC 55:23
13 - R. Vasquez/Un 53:10	33 - Tom Beck/MAC 55:16	53 - M.J. Nagel/Un 57:02	73 - Pete Dinno/WVTC 54:24
14 - R. Paffenbarger/NCS 57:37	34 - R. Emmons/Un 58:29	54 - Tom Castro/Un 61:03	74 - R.A. Lyon/Un 58:25
15 - Ken Napier/WVJS 55:09	35 - R. Schupbach/Un 55:54	55 - G.L. Griffin/MAC 53:04	75 - M.R. McKeen/Un 66:26
16 - Bob Malain/NCSTC 56:11	36 - Tom Pinckard/NCSTC 57:56	56 - Boyd Tarin/ATC 53:20	76 - Lee Adams/NCSTC 62:27
17 - Gil Tarin/WVJS 55:23	37 - Greg Mandanis/Un 55:59	57 - Jack Kirk/Un 67:24	77 - Jim Gault/NCSTC 62:28
18 - T. O'Brien/Un 55:31	38 - A. Clark/NCSTC 66:02	58 - P.O. Purcell/Un 66:28	78 - P.R. Kiernan/Un 60:29
19 - Bob Bunnell/MAC 48:35	39 - Hersch Jenkins/Un 52:03	59 - R.A. Major/Un 57:29	79 - C.L. Miers/Un 58:30
20 - D. Teegarden/NCSTC 55:40	40 - Joe Taxiera/ATC 52:11	60 - L.C. Long/Un 55:31	80 - Vance Koerner/NCSTC 62:40

TEMPLEMAN TAKES IL SAN JO 10-MILER IN RECORD TIME: (March 30, Santa Rosa) - Ex-Carlmont High School ace, Hans Templeman, now attending the University of Montana, made his spring break worthwhile by knocking over a minute off of Joe Taxiera's 1974 course standard of 55:26, and in the process took Darryl Beardall under the record too, although he was a minute behind the winner. Doug Butt ran a good race in third, also dipping under 56 minutes. Bill Jensen destroyed Bob Malain's over-40 record as well, clocking 61:58 (old mark was 63:21), as Malain could only manage a 64:11 for runnerup spot today. To complete the record-breaking sweep, Merrill Cray chopped an incredible 8 minutes off Jean Maier's old record of 77:41 with her 69:41, as Penny DeMoss (73:56) and Ruth Anderson (75:15) were also under the old mark. The host Valley of the Moon TC easily captured the team award with a low of 86 points. Solano TC (293) and the NorCal Seniors (307) were out of the picture. /F. Kenyon/

1 - Hans Templeman/Un 54:16	16 - Dave Warren/ETC 60:39	31 - Mike Coke/GPPMB 65:25
2 - Darryl Beardall/MAC 55:22	17 - Paul Koski/ETC 60:58	32 - Walt Betschart/Un 65:50
3 - Doug Butt/MAC 55:54	18 - Harold DeMoss/WVTC 61:17	33 - Paul Tjogas/NWAC 66:04
4 - Steve Williams/OPHIR 58:46	19 - Greg Hodson/Un 61:37	34 - Frank Donahue/ETC 67:43
5 - Bob Darling/ETC 58:49	20 - Bill Jensen/PAMA 61:58	35 - Ray Sibley/SolanoTC 67:44
6 - Rich Alexander/VMTC 58:50	21 - Dave Sjostedt/VMTC 62:22	36 - Gough Reinhardt/NCS 67:59
7 - Pat Buzbee/NCS 59:02	22 - Leon Brunet/VMTC 62:29	37 - Vic Bunce/SolanoTC 68:16
8 - Kent Guthrie/WVJS 59:10	23 - Jack Hackmann/VMTC 63:11	38 - Dennis Johnson/VMTC 68:28
9 - Bob Bunnell/MAC 59:18	24 - Gary Warner/Un 63:50	39 - Larry Pugh/Un 68:30
10 - Scott Carvey/Un 59:27	25 - Tim Swezey/PAMA 64:02	40 - Les Easterling/Un 68:50
11 - Mike Buzbee/NCS 59:48	26 - Craig Roland/Un 64:03	41 - Don Madronich/Un 68:53
12 - Dave Zumwalt/Un 59:53	27 - Larry McGrael/Un 64:08	42 - Richard Lyon/VMTC 69:01
13 - Richard Govi/MAC 59:57	28 - Bob Malain/NCSTC 64:11	43 - Russell Anderson/Un 69:03
14 - Fred Kenyon/VMTC 60:06	29 - Mark Gallo/NCTC 64:53	44 - Joel Caldwell/Un 69:12
15 - Dean Behrmann/Un 60:35	30 - Jim O'Neil/SFOC 65:15	45 - Merrill Cray/Un 69:41



Hans Templeman /Paul Cooper/

BADGLEY BLASTS GOLDEN GATE CHARITY SIX-MILER: (April 26, Marin to S.F.) - Famous German coach and physician, Dr. Ernst Van Aaken, was honorary starter for this second annual affair (benefit for Big Brothers & Sisters Charity Organizations), but the finish belonged unquestionably to Wayne Badgley, whose course record of 30:08 was 54 seconds faster than runnerup Bill Clark. Jim Shettler mixed up with many of the areas other top masters, and came out on top, 33:02 to 33:48 for runnerup, Ross Smith. Bill Jensen, the current NCRR LDR Point Race leader in the over-40 class, was next at 34:35. Maryetta Boitano downed some classy opposition in turning back Teri Anderson (38:09 to 38:31), and improving Kathy Himmelberger grabbed third spot for the women with her 40:57, just ahead of teammate Betsy White's 41:15. The husband and wife category was easily taken by Dave & Kathy Himmelberger. The race was a total success as there were over 400 paid starters...a picnic at the finish completed a fantastic race for all those who attended. The NCRR is printing all the results of this race as a charitable donation (saves mailing results). /Pax Beale/

1 - Wayne Badgley/Un 30:08	12 - Rick French 33:33	23 - Dave Peterson/WVJS 34:51	34 - John Geer/WCATC 35:51
2 - Bill Clark/WVTC 31:02	13 - Ross Smith/WVJS 33:48	24 - Mike Healy/WVJS 34:52	35 - Ulrich Kaempff/TRAC 36:01
3 - Bill Seaver/WVTC 32:13	14 - Bob Oelschlager 33:56	25 - D.Himmelberger/WVTC 35:00	36 - Dick Lyon 36:12
4 - Dennis Tracy/WVTC 32:14	15 - Gary Chilton 33:57	26 - John Finch/NCSTC 35:03	37 - Dick Greenwald 36:17
5 - Bob Darling/ETC 32:16	16 - Jim Sullivan/WVTC 34:10	27 - Peter Wood/NCSTC 35:07	38 - Peter Snell 36:29
6 - Bob Powell/CWTC 32:26	17 - Dan Moore/LVRC 34:20	28 - Don Pickett/MAC 35:20	39 - John Stovel 36:30
7 - Doug McLean/WVTC 32:58	18 - Frank Krebs/GWTC 34:28	29 - Jim O'Neil/SFOC 35:22	40 - I. DeVilliers 36:40
8 - Jim Shettler/WVJS 33:02	19 - Gilbert Dean 34:34	30 - George Scott 35:29	41 - Ray Sibley/SolanoTC 36:42
9 - Bob Miller/CWTC 33:16	20 - Bill Jensen/PAMA 34:35	31 - John Malarkey 35:44	42 - Ed Preston/NCSTC 36:43
10 - John Kleinbach 33:19	21 - Jim Flanigan 34:40	32 - Chris Brophy 35:48	43 - Mike Boitano/SERC 36:47
11 - Kent Guthrie/WVJS 33:27	22 - Kerry Kilgore 34:45	33 - John Spurr 35:49	44 - Bill Snavely/BVH 36:50



Wayne Badgley accepts 1st place award from race director, Pax Beale.

45 - Gaylord Burk	36:55	106 - Paul Spangler	40:10	191 - Frank Merlo	44:30	276 - Steven Cook	49:46
46 - Pat Cunneen/PAMA	36:56	107 - Bill Hamaker	40:11	192 - Michael Eliastam	44:37	277 - John Mays	49:47
47 - Imre Homer	36:57	108 - Frank Ruona	40:12	193 - Norman Kennedy	44:39	278 - Bill Chew	49:48
48 - Carl Peterson	36:58	109 - Don Hughes	40:14	194 - Richard Stovel	44:44	279 - Don Ross	49:54
49 - Gary Martin	36:59	110 - Tom Mota	40:15	195 - Harry Cordellos	44:45	280 - Joe McCarthy	49:55
50 - Kechenmeis	37:00	111 - Barret Collins	40:17	196 - Bob Porter	44:47	281 - Harry Hlavac	49:57
51 - Jim Barker/WVTC	37:06	112 - Jim Goar	40:19	197 - Thomas Fong	44:49	282 - Jeff Smith	50:00
52 - Pat O'Connor	37:07	113 - John Getas	40:22	198 - Steve Subotnick/WV	44:50	283 - Will Prescott	50:04
53 - Allen Winkley	37:08	114 - Doug Dray	40:26	199 - Cornett	44:52	284 - Jerry Schwerzler	50:06
54 - Gary Goettelmann/Un	37:18	115 - Peter Alexander	40:27	200 - Steve Thal	44:58	285 - Rosie Kontur	50:09
55 - Howard Jacobson	37:21	116 - Dave Pain	40:27	201 - Tom McGowen	45:02	286 - Mark Allan	50:18
56 - Jack McDonough	37:22	117 - Jim Warren	40:30	202 - Wally Greenwood	45:04	287 - Buck Wannack	50:19
57 - John Ryan	37:30	118 - Frank Cuzzillo	40:34	203 - Pete Harames	45:09	288 - Patricia Dockery	50:27
58 - Gary Alderman	37:32	119 - Keith Walker	40:39	204 - Harry Siitonen	45:11	289 - Joseph Kampi	50:39
59 - Gough Reinhardt	37:37	120 - Dick Fitzgerald	40:44	205 - Roy Swartout	45:12	290 - Roger Anawalt	50:42
60 - Bruce Patchen	37:46	121 - Mike Padilla	40:45	206 - Len Wallach/WVTC	45:13	291 - George Weickhardt	50:43
61 - Pete Schoener	37:47	122 - Alvin Lee	40:47	207 - Rich Eldridge	45:16	292 - Ada O'Connor	50:45
62 - Leon Souca	37:48	123 - Jim Caughlin	40:50	208 - Edwin Roberts	45:17	293 - John Beale	50:46
63 - Karl Marshall	37:54	124 - George Pine	40:52	209 - Clark Christoffersen	45:20	294 - Jim Bisbee	51:16
64 - K. Hastings	37:55	125 - Ron Ild	50:54	210 - Louise Burns	45:21	295 - Lee McDaniels	51:17
65 - Ralph Waller	37:57	126 - Michael Wheeler	50:55	211 - Nick Koras	45:28	296 - Ted Wurm	51:18
66 - Russ Kiernan	38:01	127 - K.Himmelberger/WVTC	40:57	212 - Irene Rudolf/WVTC	45:48	297 - Bill Mahoney	51:19
67 - Denis Kroll	38:03	128 - Theo Jones	40:58	213 - George Schmidt	45:49	298 - Micky Moberg	51:28
68 - Skip Marguard	38:05	129 - James Burke	40:59	214 - John McLean	45:55	299 - Lee Trampleasure	51:33
69 - Maryetta Boitano	38:09	130 - Richard Gary	41:09	215 - E. Glenesk	46:00	300 - Sandra Vours	51:40
70 - Paul Kellman	38:10	131 - Michael Steen	41:12	216 - Karl Newland	46:02	301 - Robyn Paulson	51:43
71 - Mike Preece	38:14	132 - Betsy White/WVTC	41:15	217 - Bob Abbott	46:05	302 - Kim Himenes	51:52
72 - Dave Kennedy	38:21	133 - Paul Gatens	41:21	218 - Mary Healy/WVJS	46:11	303 - Dan Schell	52:00
73 - Earl Norgard	38:27	134 - Dennis Lem	41:23	219 - Dave Weill/DSE	46:28	304 - Roger Kahane	52:07
74 - Hoyt Walker	38:28	135 - Victor Turks	41:32	220 - Nick Ninos	46:33	305 - Leslie Barlow	52:13
75 - Al Molnar	38:30	136 - Don Chambers	41:40	221 - Phil Reagan	46:36	306 - Jim Dower	52:17
76 - Teri Anderson/SJC	38:31	137 - Robert Alemany	41:41	222 - Chipman Miles	46:38	307 - Mike McDoneils	52:23
77 - Lee Jedian	38:35	138 - Howard Waldron	41:42	223 - Dick Newell	46:40	308 - Ralph Lindmark	52:24
78 - Jim Hill	38:36	139 - Gerald Durrett	41:48	224 - Ford Fish	46:48	309 - Garrett Cunneen	52:32
79 - Antonio Reyes	39:04	140 - John Michael	41:51	225 - Ed Murray	46:49	310 - Sharon Van Credi	52:38
80 - Don Capron	39:05	141 - Terry Moores	41:53	226 - Gardner Pond	46:54	311 - Tom Schmidt	52:40
81 - Clint West	39:06	142 - Jim Henry	41:57	227 - Bob Freethy	46:56	312 - Ed Olkowski	52:57
82 - Tom Owen	39:14	143 - Dan Laskoski	41:59	228 - James Diegnan	47:01	313 - Gordon Chew	53:02
83 - Bob Blonder/WVJS	39:15	144 - Yvette Cotte/WVTC	42:03	229 - James Vanya	47:03	314 - Al Hunt	53:03
84 - Jimmy Myers	39:15	145 - Bill Biggs	42:05	230 - Gail Gustafson	47:12	315 - John Hunt	53:07
85 - Tony Machado	39:19	146 - Marty McNair	42:07	231 - Barbara Carlson	47:12	316 - Lori Krebs	53:08
86 - Bill Catanese	39:20	147 - Skip Wannack	42:09	232 - Bob Chase	47:16	317 - Alex King	53:09
87 - Herb Blanchard	39:21	148 - Kent Robie	42:24	233 - Steve Cole	47:21	318 - Diane McEwen	53:12
88 - Jim Thomas	39:22	149 - Rubin Glickman	42:26	234 - Carroll O'Conner	47:31	319 - James Scannell	53:22
89 - Kent Bolter	39:27	150 - Ed Heinlein	42:28	235 - Janine Hutchinson	47:40	320 - Kathy Monterrosa	53:41
90 - Mark Scheuer	39:28	151 - Andy Kerr	42:29	236 - Barbara Maas	47:42	321 - Clare Dower	54:12
91 - John Hutchinson	39:29	152 - Tom Chuey	42:30	237 - Charles Tourigny	47:46	322 - Tom Chudy	54:28
92 - Phil Paulson	39:30	153 - Ruth Anderson/NCSTC	42:32	238 - Richard Harley	47:56	323 - David Grieg	54:39
93 - Doug Osmont	39:32	154 - Tim Smith	42:35	239 - Marge Heinlein	48:00	324 - Gail Ingalls	54:52
94 - Rod Miller	39:35	155 - Robert Yee	42:38	240 - Mike Ruddy	48:02	325 - Dione Panro	55:04
95 - Floyd Clendenen	39:41	156 - Milt Axt	42:45	241 - John Chick	48:03	326 - Bill Pryor	55:22
96 - Jim McRae	39:44	157 - Julie Ortiz	42:47	242 - Priscilla Myers	48:04	327 - Bill Emge	55:42
97 - Bruce Dingwall	39:45	158 - J. Cotte/WVTC	42:50	243 - Louis Salaber	48:05	328 - Alvin Crossman	55:58
98 - Evan MacBride	39:45	159 - Jim Hudak	42:51	244 - Michael Van Credi	48:08	329 - Ann Adrian	56:02
99 - Gene White	39:52	160 - Larry Guinee	42:52	245 - Norm Gatzert	48:09	330 - Sharon Hudak	56:07
100 - Gary High	39:53	161 - Joe Genshlea	42:57	246 - Kei Kimura	48:11	331 - Kay Atkinson	56:12
101 - Len Edholm	39:55	162 - Larry Reina	43:18	247 - Mike Kelly	48:12	332 - Chris White	56:13
102 - Mike Longwich	39:57	163 - Larry Frederick	43:21	248 - Leonard Simonetti	48:16	333 - Russell Grines	56:14
103 - Art Boitano	39:58	164 - John Giniel	43:24	249 - Jack Baker	48:17	334 - Betty Cunneen	56:20
104 - Ron Kovacs	40:04	165 - Keith Weaver	43:25	250 - Chris Boone	48:29	335 - Karen Himenes	56:21
105 - Gordon Rabing	40:05	166 - Brandt Zemsch	43:27	251 - Coleman Ow	48:30	336 - Ed St. John	56:30
		167 - Jack Slobodin	43:30	252 - Phillip Nelson	48:33	337 - Thea Myers	56:40
		168 - Richard Hammond	43:32	253 - Sue Kidd	48:37	338 - Ben Hirsch	56:41
		169 - Bruce Bray	43:35	254 - Ruth Newall	48:39	339 - David Johnson	56:48
		170 - John Boitano	43:37	255 - Barry Spitz	48:46	340 - Bev Bettencourt	56:52
		171 - Ralph Webb	43:38	256 - Pat Whittingslow	48:47	341 - John Whalen	56:58
		172 - Mike Grimes	43:40	257 - Emil Richmond	48:48	342 - Dick Fetzer	57:02
		173 - Win Hayward	43:43	258 - Dale Shirk	48:49	343 - Gayle Shaffer	57:32
		174 - Jim Jenner	43:49	259 - Jeanie Kayser	48:50	344 - Bob Stack	57:36
		175 - Sheldon Gersh	43:50	260 - Matt Kaempf	48:52	345 - Don McLavrin	59:16
		176 - Dennis Callahan	43:58	261 - Otto Sommerauer	48:54	346 - Irene Clark	59:36
		177 - Jim McGouah	43:59	262 - Tod Hunt	48:55	347 - Jim Powell	59:42
		178 - Paul Banchemo	44:07	263 - Doug Lee	48:56	348 - Phillip Perkins	59:44
		179 - Ted Hamaker	44:08	264 - Dan Titilbaum	49:01	349 - Thea Hensel	59:45
		180 - Tom Bucci	44:11	265 - Bill Monheit	49:07	350 - Faye Reddecliff	59:53
		181 - Elaine Goar	44:14	266 - Jackie Smith	49:11	351 - Brian Morrison	60:04
		182 - Ron Parsons	44:16	267 - Glee Edholm	49:20	352 - Derek Elliott	60:07
		183 - Wini Jebian	44:18	268 - Bob O'Conner	49:22	353 - Jean McHale	60:47
		184 - Ed DiGirolamo	44:20	269 - Gene Eller	49:26	354 - Valerie Barntson	60:48
		185 - Joan Chambers	44:20	270 - Walt Stack/DSE	49:30	355 - Susan Parrott	60:49
		186 - Bob Zemsch	44:25	271 - Rod Eshelman	49:33	356 - C. Cooke	61:08
		187 - Randy Kide	44:26	272 - Wade Taylor	49:34	357 - Mary Boitano	61:09
		188 - Kathy Maloney	44:27	273 - Bill Marsico	49:39	358 - Jim Cooke	61:10
		189 - John Brennan	44:28	274 - Grant Newland	49:42	359 - Grace Ruth	61:20
		190 - Dwight Willard	44:29	275 - Tom Smith	49:43	360 - Anna Fong	61:30

361 - Jeff Wolinsky	61:35	368 - Charles Mosser	63:41	375 - Lori Wolinsky	71:32
362 - Kathy Sheehan	61:36	369 - Ralph McLavrin	67:24	376 - Alex Margolin	72:33
363 - Monique Weil	61:47	370 - Sylvia Dingwall	69:11	377 - Diane Krebs	73:44
364 - Rosalie Webb	61:52	371 - Alice Dingwall	69:13	378 - Jeri Krebs	73:45
365 - Dana Wolinsky	62:01	372 - Eric Newland	70:26	379 - Cammie Dingwall	75:36
366 - Sid Wolinsky	62:02	373 - Lisa Morrison	70:27		(Whew!--That is sure one
367 - Arriel Reyes	62:56	374 - Tod Morrison	70:38		heck of a lot of names!!)

"McLEAN GRABS CINCO DE MAYO RUN": (May 3, Redwood City) - WVTC's and Stanford's Doug McLean took an easy win at the first Canada College 'Cultural Exchange Run' which wound 5 miles around the campus area in the Redwood City foothills. The course was obviously at least a half-mile short, as the winner's time of 23:08 seemed fast for the hilly course. Bill Benz was runnerup, over a half-minute behind. Ken Napier had an unexpectedly close battle with Walt Betschart in the masters race, winning 25:22 to 25:27, and Teri Anderson grabbed the women's division by nearly 40 seconds over Penny DeMoss. The top 30 finishers are listed below (64 finished). /Fernando Mejia/

1 - Doug McLean/WVTC	23:08	11 - Tommy Owen/WS	26:44	21 - Keith Campbell/WVJS	32:43
2 - Bill Benz/SRC	23:41	12 - Leon Souza/WS	26:45	22 - Brian Kemp/Un	32:47
3 - Sean O'Riordan/WVTC	24:12	13 - Teri Anderson/SJC	28:01	23 - Nelson Dale/Un	35:08
4 - Eugene Elliott/Un	24:57	14 - Peter Tid/Un	28:03	24 - Timmy Battles/ATC	35:21
5 - Greg Hodson/Un	25:05	15 - Bob Blonder/WVJS	28:17	25 - Jim Rogers/Un	35:22
6 - Ken Napier/WVJS	25:22	16 - Mike Padilla/WS	28:35	26 - Craig Windham/WVJS	35:32
7 - Walt Betschart/BCTC	25:27	17 - Penny DeMoss/WVTC	28:39	27 - Ronald Ild/DSE	35:33
8 - Harold DeMoss/WVTC	25:37	18 - Daniel Foy/Un	28:44	28 - Ken Thomas/RCF	35:41
9 - Walt Van Zant/WVJS	25:50	19 - Len Edholm/WVJS	29:28	29 - Ed Tico/WVJS	35:47
10 - Colin Templeman/NCS	25:55	20 - Don Carpenter/SRC	32:28	30 - Holly Harmenes/WS	35:49



Reid Harter was runnerup at the Avenue of the Giants Marathon in 2:20:55. /D. O'Rourke/

BADGLEY GETS PR AT AVENUE OF THE GIANTS MARATHON: (May 11, Weott) - Stockton's Wayne Badgley hit splits of 52:20 and 1:44:18 at 10 and 20 miles in an evenly-paced marathon, but slowed somewhat due to rising temperatures over the last 5 miles. His 2:18:06 knocked over two minutes from his previous best (2:20:21), but he missed Bill Scobey's 2:17:43 course standard. WVTC's Reid Harter, in training at high-altitude Lake Tahoe, showed he's rounding into form by cruising to a 2:20:55, not too far off his 2:19:15 best. The next three finishers broke 2:30 for their first times: Jim Barker (2:28:11), Pat Buzbee (2:28:22), and Ron Johnson (2:28:37). West Valley placed its three scorers in the top seven to easily annex the team title. Ed Dally just missed catching John Rudberg for the over-40 trophy, losing out by a second, 2:41:34 to 2:41:35, and missing his PR (set at Boston this year) by only two seconds! Bob Malain (2:46:52), George Crandell (2:47:36), and Walt Betschart (2:48:45) all dipped under 2:50 to finish out the top masters competition. Malain & Betschart both got PR's in the process. The women's competition was also top-notch, as Caron Schaumberg's 3:04:42 established a new women's standard for the course. Second-placer, Kathryn Rankin, somewhat of an unknown, grabbed the runnerup position with a fine 3:07:38, in what is believed to be her first attempt at a marathon (she is from Healdsburg). Come-backing Irene Rudolf only missed her PR by two minutes with a 3:14:06 in third, while 45-year-old Ruth Anderson grabbed fourth with a PR 3:16:12, quite welcome after her big disappointment at Boston. -- Mike Healy ran off with the low-key Half-Marathon that was held concurrently, clocking an excellent 1:14:56 to win by almost 5 minutes over Mike Libolt's 1:19:47. George Moss was next at 1:21:08, as masters runners garnered first and third. A record number (271) finished the full distance, with 57 going the half-distance. /Dick Gilchrist/

1 - Mike Healy/WVJS	1:14:56	6 - Don Capron	1:22:57	11 - Gary Funamura	1:30:02	16 - Karl Jackson	1:32:31
2 - Mike Libolt/Arcata	1:19:47	7 - Keith Campbell	1:23:52	12 - Don Chambers	1:31:09	17 - Jim Peters	1:32:56
3 - George Moss/NCSTC	1:21:08	8 - Roger Willmarth	1:26:09	13 - Robert Alemany	1:31:52	18 - Charles Goodmacher	1:33:47
4 - Harry Cottrell	1:21:26	9 - Thomas Burns	1:28:34	14 - Brian McKee	1:32:01	19 - Preston Sherwood	1:33:47
5 - John Stovel	1:22:23	10 - Jon Wood	1:28:45	15 - Steve Surowiec	1:32:01	20 - Elaine Pedersen	1:34:57
1 - Wayne Badgley/Un	2:18:06	26 - Rene Ruzi	2:43:47	51 - Dick Meyer/SRRC	2:52:51	76 - Mike Bradley	3:03:56
2 - Reid Harter/WVTC	2:20:55	27 - Rick Garrison	2:44:37	52 - Bob Mackel	2:53:36	77 - Gary Pezzi	3:04:11
3 - Jim Barker/WVTC	2:28:11	28 - Ken Kendall	2:44:49	53 - Rod Smith	2:54:05	78 - Caron Schaumberg	3:04:42
4 - Pat Buzbee/NCS	2:28:22	29 - Jeff Kroot/MAC	2:45:00	54 - Michael Williams	2:55:04	79 - Gene Schaumberg	3:04:42
5 - Ron Johnson/Ore	2:28:37	30 - Dan Moore/LVRC	2:45:21	55 - Glen Pruitt	2:55:10	80 - Mel Anderson	3:04:53
6 - Bob Bunnell/MAC	2:32:00	31 - Ben Sawyer	2:46:21	56 - Pete Schoener	2:55:30	81 - Walt Carrier	3:05:01
7 - Fred Emerling/WVTC	2:32:36	32 - Fred Mansueto	2:46:49	57 - James Rocha	2:55:45	82 - Bill Daniel	3:05:16
8 - Roger Gerard/Colo	2:33:28	33 - Robert Malain/NCS	2:46:52	58 - Charles Swanson	2:55:54	83 - Fred Wellman	3:05:41
9 - Brian Chapman/Ore	2:34:51	34 - Louis Daugherty	2:47:06	59 - Harold DeMoss/WV	2:56:08	84 - Rex Dietderich	3:06:15
10 - Conrad Lowry/HSU	2:35:46	35 - Claus Pedersen	2:47:22	60 - T.A.deLusignan	2:56:24	85 - Paul Reese/NCSTC	3:06:19
11 - Thomas Brant/Ore	2:37:48	36 - George Crandell	2:47:36	61 - Paul Keller	2:56:27	86 - George Roach	3:06:28
12 - Mike Buzbee/NCS	2:39:09	37 - Mike Popkins	2:47:49	62 - Lenny Escarda	2:56:37	87 - Tom Bennent	3:07:02
13 - Kevin Kirby	2:39:38	38 - Frank Donahue/ETC	2:47:49	63 - Hans Roenau	2:57:11	88 - Richard Ryon	3:07:33
14 - Hersh Jenkins/HSU	2:39:55	39 - Kerry Kilgore	2:48:12	64 - Don MacIntosh	2:57:29	89 - Kathryn Rankin	3:07:38
15 - Walt Shafer	2:40:28	40 - Jack Hackmann	2:48:24	65 - Ed Stromberg	2:57:56	90 - Mike Andrews	3:08:35
16 - Raymond Bonner	2:40:33	41 - Walt Betschart/BC	2:48:45	66 - Richard Fleming	2:58:47	91 - Gary Wolfram	3:09:19
17 - Dave Warren/ETC	2:40:45	42 - Joe Maher	2:48:48	67 - Harry Daniell	2:59:09	92 - Seymour Collins	3:09:39
18 - Denis O'Halloran	2:41:14	43 - Peter Stein	2:48:50	68 - Harry Ainsleigh	2:59:49	93 - Jim Gault	3:09:54
19 - John Rudberg/STC	2:41:34	44 - Fred Kenyon/VMTC	2:49:41	69 - Steve Andes	2:59:51	94 - Laurence Prosser	3:10:49
20 - Ed Dally/WVTC	2:41:35	45 - Roger Major	2:49:46	70 - George Ridout	3:02:26	95 - Oyvind Frock	3:11:46
21 - David Call	2:42:08	46 - Alex Monterrosa	2:50:02	71 - Tom Miller	3:02:33	96 - Ray Terrazas	3:11:49
22 - Dave Mitchell	2:42:23	47 - Don Kirby/SRRC	2:50:42	72 - Jeff Richman	3:02:56	97 - Don Nicholson	3:11:54
23 - Gary McIntosh/Ore	2:42:38	48 - Bill Snavely/BVH	2:51:06	73 - Don Potter	3:03:04	98 - John Hutchinson	3:12:19
24 - Tom Castro/Un	2:43:08	49 - Craig Roland/Un	2:51:34	74 - Sandy Dorbin	3:03:39	99 - Bill Shoaf	3:12:42
25 - Paul Koski/ETC	2:43:19	50 - Mickey Moberg	2:52:18	75 - Theo Jones	3:03:48	100 - Larry Deckard	3:12:45

CLARK HANDLES STANLEY AT CORRALITOS 15 KILO: (May 25, Watsonville) - Under quite warm conditions, WVTC's Bill Clark pulled away from Australian John Stanley about halfway into the race, and was never headed as he cruised to a 47:48 clocking on one loop of the 1975 PA-AAU 30 Kilo course. The temperature held down any abundance of quick times for the most part. Ray Menzie toppled Gordon Gane (54:11 to 55:34) for the masters title, while Ulrich Kaempf nabbed the third award with his 56:51. Judy Gumbs showed that her Boston time wasn't a fluke with a tidy 61:09 (32nd overall out of 98 finishers), far ahead of teammate Kathy Himmelberger (63:47), and resurgent Skip Swannack (64:20). Ruth Anderson was first masters woman (48th, 65:48), and fifth overall for the women, behind Sue Neary. Mike Plummer (57:27) edged out Ruben Gonzalez (57:38) for the junior men's top spot, with Lyn Walker next in line (58:50). Ironically, just after the race had finished, the cool fog came in quickly...too late to help out. On the following page are listed the first 40 finishers. /Mike Jones/

1 - Bill Clark/WVTC	47:48	11 - James Jacobs	54:55	21 - Ruben Gonzalez	57:38	31 - Mark Gallo	61:07
2 - John Stanley/Austral	48:25	12 - John Clary	55:03	22 - Fritz Watson/Un	58:09	32 - Judy Gumbs/WVTC	61:09
3 - Jan Sershen/Un	50:04	13 - Gordon Gane/WVJS	55:34	23 - John Flather	58:13	33 - Bill Flodberg/WVJS	61:52
4 - Dale Fletcher/Army	50:09	14 - Ben Sawyer	55:43	24 - Kenneth Riding	58:25	34 - Hoyt Walker	61:59
5 - Rich Schupbach	51:06	15 - Doug Castro	56:01	25 - Richard Scott	58:29	35 - John McCrillis	62:00
6 - Jack Leydig/WVTC	51:36	16 - Robert Coleman	56:22	26 - Jack E. Cook	58:45	36 - Evan MacBride	62:13
7 - Mike Conroy/ETC	52:15	17 - Ulrich Kaempf	56:51	27 - Lyn Walker	58:50	37 - Joel Caldwell	62:47
8 - Richard French	53:35	18 - Gary Goettelmann	56:59	28 - Carlos Carrasco	58:58	38 - George Moss/NCSTC	63:02
9 - D.Himmelberger/WVTC	53:48	19 - Harold DeMoss/WVTC	57:16	29 - Gough Reinhardt/NCS	59:47	39 - Gary Alderman	63:04
10 - Ray Menzie/Un	54:11	20 - Mike Plummer	57:27	30 - Mickey Moberg	60:00	40 - Dennis Lem	63:07



Darryl Beardall won the 8-Mile Statuto Race. /D. O'Rorke/



Start of combined 4 and 8 mile Statuto Races, won by Bill Seaver (4) & Darryl Beardall. /O'Rorke/

SEAVER AND BEARDALL CAPTURE STATUTO RUNS: (June 1, S.F.) - The 55th Annual Statuto Races were dedicated to Steve Prefontaine. Nearly 400 runners lined up for the start of the popular runs, as both distances (4 and 8 miles approx.) were run together with two chutes at the finishline. Bill Seaver displayed a good kick to pull away from Jan Remak in the final few hundred yards, with a fast-closing Jack Leydig in third, to win the shorter race, supposedly breaking Mike Ruffatto's course record of 21:18. However, the leaders felt that perhaps their times had been misread by 30 seconds, since fourth-placer, Mike Emry, was nowhere near 40 seconds in back of Leydig. So the top three times have been adjusted. Bill Jensen grabbed the 40+ title (24:02), as he seemed to have little competition (most masters opted for the longer run). Judy Gumbs picked up her second victory in a week by placing 39th overall (26:38) to outdistance teammate Kathy Himmelberger (28:25), in a rerun of last week's finish order. The Pamakid Runners edged the Excelsior TC...37-39, for a close team battle. -- In the longer run, Darryl Beardall (38) hung onto some of the front-runners in the 4-mile to start out quickly, then managed to hang on to his comfortable lead to win handily, 46:11 to 46:30 over Dennis Tracy, who closed fast. Tom Castro and Dan Anderson were in close attendance. Ross Smith, finishing 6th overall, led the over-40 crew by clocking a super 47:45, way in front of teammate Mike Healy's 52:01. Maryetta Boitano walked off with the women's title (55:38), some five minutes ahead of runnerup Betsy White (60:54). The NorCal Seniors made off with the team title--a rarity! /SF Athletic Club/



Judy Gumbs won the Corralitos 15 Kilo, Statuto 4-Mile and Excelsior Beach Run. /D. O'Rorke/

1 - Bill Seaver/WVTC	21:34	16 - Tim Swezey/PAMA	24:22	31 - T. Ciotti/SFOC	25:55
2 - Jan Remak/Un	21:38	17 - D.Himmelberger/WVTC	24:32	32 - V. Briggs/Un	25:58
3 - Jack Leydig/WVTC	21:45	18 - D. Sjostedt/VMTC	24:46	33 - L. Souza/WS	26:01
4 - Mike Emry/PAMA	21:55	19 - Gus Cano/ETC	25:02	34 - Steve Strangio/WVTC	26:15
5 - Larry Cabral/PAMA	22:45	20 - F. Casey/ETC	25:08	35 - M. Buscemi/Un	26:16
6 - Frank Donahue/ETC	22:48	21 - Dan Lavelle/SFOC	25:13	36 - Steve Simpson/WVTC	26:25
7 - Bob Darling/ETC	22:48	22 - T. Fodor/Un	25:15	37 - C. Poteet/Un	26:32
8 - Mike Conroy/ETC	23:04	23 - Don Pickett/Un	25:22	38 - W. Spence/Un	26:35
9 - J. Becerra/ETC	23:24	24 - M. Vernali/MLTC	25:23	39 - Judy Gumbs/WVTC	26:38
10 - Rich French/Un	23:42	25 - S. Erickson/Un	25:25	40 - P. Kermoian/Un	26:53
11 - Kent Guthrie/WVJS	23:54	26 - J. Blank/Un	25:30	41 - D. Tepper/Un	27:06
12 - A. Seaver/PAMA	24:01	27 - M. Gibbons/SFOC	25:33	42 - J. Simpson/NCSTC	27:12
13 - Bill Jensen/PAMA	24:02	28 - D. Hickman/Un	25:37	43 - R. Bianchi/Un	27:16
14 - George Gilbert/Un	24:04	29 - Larry Main/WVTC	25:42	44 - C. Verditti/TTM	27:18
15 - J. Limmerman/Un	24:13	30 - Boris Dujovic/WVTC	25:46	45 - D. Kasapigil/Un	27:25

1 - Darryl Beardall/MH	46:11	16 - Richard Kell/PAMA	53:19	31 - Evan MacBride/NCSTC	55:29
2 - Dennis Tracy/WVTC	46:30	17 - G. Roche/Un	53:23	32 - G. Ealy/Un	55:34
3 - Tom Castro/Un	46:36	18 - J. McDonough/SFOC	53:41	33 - Maryetta Boitano	55:38
4 - Dan Anderson/WVTC	46:43	19 - D. Billmaier/CR	53:57	34 - P. Kellman/TRAC	55:46
5 - Pete Flores/AGTC	47:13	20 - Jim Nicholson/NCSTC	54:01	35 - S. Frank/MTC	55:53
6 - Ross Smith/WVJS	47:45	21 - G. Amigo/SFAC	54:19	36 - J. Mullany/Un	56:09
7 - Mike Duncan/WVTC	49:24	22 - H. Jacobson/BCRC	54:29	37 - A. Reyes/PAMA	56:20
8 - John Weidinger/Un	50:22	23 - Hans Roenau/NCSTC	54:33	38 - Karl Marschall/NCSTC	56:21
9 - R. Bowles/WVJS	51:09	24 - P. Kiernan/SERC	54:36	39 - M. Asrawa/Un	56:30
10 - Mark Gallo/NCSTC	51:46	25 - Chris Brophy/SFC	54:43	40 - K. Machscheffes/Un	56:32
11 - Mike Healy/WVJS	52:01	26 - H. Hastings/Un	54:48	41 - B. Griepurg/Un	57:02
12 - R. Rowley/Un	52:20	27 - D. Kroll/Un	54:50	42 - Gene White/NCSTC	57:10
13 - A. Wong/Un	52:44	28 - John Comisky/PAMA	54:54	43 - J. Goar/PAMA	57:22
14 - T. Cooper/CR	52:59	29 - R. Newell/Un	54:57	44 - K. Bolter/DSE	57:26
15 - P. O'Conner/Un	53:13	30 - Peter Stein/TRAC	55:21	45 - J. Thomas/Un	57:34

FITZGERALD TOPS ONE-HOUR RUN FIELD: (June 7, S.F. State) - The PA-AAU One Hour Run Championship was run in two heats (fast one first) on a cool morning that was warming up fast and on a hot track. Running conservatively for much of the early going, Gene Fitzgerald began to move during the last 30 minutes, passing early leader Bob Darling and second-placer Jan Sershen, and coming home with a fine 11 miles, 778 yards, some half-lap ahead of Sershen. Mike Porter came late and won the second heat unpressed, finishing fourth overall with a late surge in the last 5 minutes.

Ray Menzie easily defeated a strong masters contingent by racking up 10 miles, 938 yards, more than a lap ahead of Bill Jensen, and nearly two in front of Ed Dally. Peggy Lavelle (8-83) was the top woman, as only one other even attempted the race this year. The other female in the race, Monique Weil, captured the masters division for women with 6 miles, 928 yards. Excelsior TC, the host club, acted not very much like a host, as they captured the team title ahead of WVTC and the Pamakids: ETC 30, WVTC 40, PAMA 69, NVRC 71. A total of 56 runners completed the full hour, and more than half of that number are listed below. /Dave Warren/

1 - Gene Fitzgerald/PK 11- 778	11 - Kent Guthrie/WVJS 10-1104	21 - Jim Engle/NVRC 10- 495
2 - Jan Sershen/Un 11- 544	12 - Gary Goettelmann 10-1102	22 - Ralph Bowles/WVJS 10- 440
3 - Bob Darling/ETC 11- 441	13 - Jeff Kroot/MH 10-1094	23 - Bill Jensen/PAMA 10- 335
4 - Mike Porter/SFC 11- 313	14 - Mike Spino/EsIn 10-1040	24 - Dick Cordone/Un 10- 199
5 - Tom Castro/Un 11- 261	15 - Paul Koski/ETC 10-1004	25 - Ed Dally/WVTC 10- 163
6 - Jack Leydig/WVTC 11- 211	16 - David Muela/ETC 10- 968	26 - Lou Dougherty/NVR 10- 102
7 - Mike Conroy/ETC 11- 110	17 - Ray Menzie/Un 10- 938	27 - Don Capron/Un 10- 81
8 - Rick Bowers/WVJS 10-1336	18 - George Gilbert/ET 10- 679	28 - Ray Orwig/WVTC 10- 10
9 - Bruce Degen/MH 10-1271	19 - Don Chaffee/ETC 10- 632	29 - Tim Lee/NVRC 9-1735
10 - D.Himmelberger/WV 10-1255	20 - Gus Cano/ETC 10- 590	30 - George Scott/Un 9-1666



Jan Sershen leads Gene Fitzgerald during the PA-AAU One Hour Run. /Dennis O'Rorke/

PRICE CRUSHES FIELD AT SACRAMENTO RIVER RUN: (June 8, Redding) - Chico's Jim Price made short work of his competition on a windy 7.62-Mile course, clocking a swift 39:57, third best time ever. Bill Scobey's 38:14 clocking from 1970 remains untouched, even though fairly cool temperatures prevailed (high 70's). Consistent Darryl Beardall was next at 41:24, followed by Lee Ferrero, who's starting to race again after a lengthy layoff. Debbie Rudolph, 14, of Westwood, was the top female to finish with a very good time of 49:30, while Debbie Finn was next with a 50:09. The every improving Walt Betschart was the first over-40 with 46:39, downing Harry Daniell by nearly a minute. A record number of 89 finished the run. The race has grown every year since it began. /Bob Malain/

1 - Jim Price/Chico 39:57	9 - P. Keller 44:15	17 - P. Holmes 47:46	25 - B. Long 49:20
2 - Darryl Beardall/MH 41:24	10 - J. Waverek 45:19	18 - R. Camara 47:54	26 - M. Kowalewski 49:21
3 - Lee Ferrero 42:32	11 - D. Butler 45:39	19 - C. Boudreau 48:03	27 - A. Hillesheim 49:22
4 - Allen Beardall 43:07	12 - P. Mallory 46:16	20 - M. Terrill 48:25	28 - Debbie Rudolph 49:30
5 - B. Armstrong 43:36	13 - R. Scott 46:31	21 - J. Cleary 48:53	29 - Debbie Finn/Un 50:09
6 - K. Malain 43:43	14 - Walt Betschart/BC 46:39	22 - D. Mason 49:02	30 - Dan Rudolph 50:40
7 - G. Rogers 44:00	15 - B. Cushenberry 46:59	23 - Abe Underwood/BC 49:13	31 - L. Aase 51:00
8 - Steve Cain 44:12	16 - H. Daniell 47:25	24 - D. Kesterson 49:17	32 - P. Huston 51:37

CORDELLOS EDGES BEARDALL IN WOODMINSTER HANDICAP RACE: (June 15, Oakland) - Taking advantage of a 30-minute headstart, blind runner Harry Cordellos, led by trusty Bruce Dingwall, managed to hold off Darryl Beardall's challenge to overtake them, winning by a narrow margin of 21 seconds, 46:03 to 46:24 (Darryl also took advantage of a slight handicap of 4 minutes). Meanwhile, back in the pack, Ted Quintana was busy setting a new course mark of 48:32, but that was only good enough to place him sixth. High-schooler Phil Hornig was second fastest (scratch time) with a swift 49:19. Bob Malain had the fastest scratch time for the over-40 group with a 55:05, and that was good enough to get him third in the handicap race. Don Pickett gave him a real battle, however, as he was only 6 seconds back (both had the same handicap, so they started on even grounds). Joan Ulyot (63:19) was simply too fast for anyone else in her division, as Betsy White was far back at 64:47...but that only netted her 17th overall in the handicap race. A total of 242 runners completed the up-and-down 9-miler. Anyone who has run it knows what I mean when I think you have to be a masochist on that last hill (at about 6 miles). /Chas. MacMahon/ "Actual running times are listed below."

1 - Harry Cordellos 76:03	21 - Mike Healy/WVJS 56:43	41 - Brian Flynn 55:44	61 - Randy Belzer 57:30
2 - Darryl Beardall/MH 50:24	22 - Betsy White/WVTC 64:47	42 - J. McRae 63:18	62 - Jack Kirk/Un 72:37
3 - Bob Malain/NCSTC 55:05	23 - Mike Duncan/WVTC 52:48	43 - J. Pinckard 59:51	63 - Matt Dowling 57:41
4 - Don Pickett/MH 55:11	24 - M. Ecoke 56:55	44 - Richard Cordone 55:55	64 - Chris Boudreau 57:42
5 - Kent Guthrie/WVJS 52:19	25 - Jim Nicholson/NCSTC 56:57	45 - Ray Kindle 56:07	65 - Jim Valerga 57:44
6 - Ted Quintana/ATC 48:32	26 - Barry Armstrong 53:40	46 - Larry Guinas 68:11	66 - Michael Millward 57:46
7 - Peter Wood/NCSTC 57:02	27 - Ulrich Kaempf/TRAC 57:42	47 - Mike Plummer 56:27	67 - Marc Millward 57:47
8 - Phil Hornig/ATC 49:19	28 - Dennis Teegarden 57:53	48 - James Jacobs 60:37	68 - William Jennings 57:53
9 - Bill Seaver/WVTC 49:36	29 - Rich Vasquez 54:03	49 - David Sabo 56:39	69 - Gail Gustafson 70:00
10 - Jan Sershen/Un 49:37	30 - Ross Rowley 54:21	50 - George Gilbert/ETC 56:40	70 - John Hanan 58:03
11 - Steve Locey 50:01	31 - Mark Lund/WVTC 54:39	51 - Michael Small 56:41	71 - Gary Alderman 58:05
12 - John Johnson/Un 50:29	32 - J. McDonough 58:54	52 - L. Burns 68:42	72 - Phil Bailey 58:24
13 - Dan Anderson/WVTC 50:05	33 - Ruth Anderson/NCSTC 66:58	53 - R.C. Houston 64:44	73 - Bill Catanese 62:25
14 - Jim Shettler/WVJS 55:18	34 - Dave Muela/ETC 55:19	54 - Jim Blank 56:51	74 - Pat O'Conner 58:26
15 - Bill Flodberg/WVJS 55:18	35 - Jeff Zimmerman 55:23	55 - Colin Chapman 56:51	75 - Mary Healy/WVJS 70:28
16 - R. Bowles/WVJS 55:18	36 - Gene Elliott 55:24	56 - Marc O'Hara 56:52	76 - Lloyd Sampson 58:30
17 - Joan Ulyot/WVTC 63:19	37 - John Weidinger/Un 55:29	57 - Jeff Lee 57:00	77 - K. Whittingslow 62:31
18 - Dennis Tracy/WVTC 51:37	38 - Larry McGrael 55:32	58 - Skip Swannack 69:12	78 - H. Blank 66:39
19 - John Thomas 52:10	39 - R. Emmons 59:42	59 - Michael DeGroot 57:16	79 - Frank Cuzzillo/NCS 70:45
20 - Kevin Searls 52:38	40 - W. Hurlburt 59:43	60 - Rich Fishbaugh 57:23	80 - Ed Marsden 58:50

HOLY CITY RECORD SHATTERED BY BELLAH: (June 22, Holy City--Near San Jose) - One of the longest-standing PA-AAU long distance records fell to an admittedly out-of-shape Jack Bellah on a day with perfect conditions. Having taken it easy for several weeks after school was out, the Stanford senior-to-be was surprised to have run so fast. Bob Walden's 1970 mark of 47:38 had withstood many a determined challenge, but 'mountain-goat' Bellah chopped 20 seconds off that time to take it out of reach for who knows how long? Bill Clark, admittedly in pretty good shape this season (he has a 29-minute track time for 6 miles this spring), was a distant second in 48:45, a PR for him on this course by 10 seconds. Surprising Newark high school junior, Mike Smith, was the next placer at 49:17, as everyone sort of ran their separate races. Ross Smith did a very impressive 51:39 to set what we believe is a masters record for this course. Ray Menzie, no poor runner himself, was almost two minutes back! Sue Munday, a 5-minute miler for Lincoln High in San Jose, cruised to maybe an even more impressive 57:48 to cop the women's title. Judy Gumbs, although 'taking it easy' from the previous evening's 30:04 around Lake Merced (5 miles), was still four minutes back at 61:55, followed by Sue Neary (62:29) and Sally McPherson (62:26) in reverse order. Westside TC took advantage of a weak West Valley TC squad and ended that club's domination of this event in the team scoring, 60-82. The host West Valley Joggers were next with 156, just ahead of a Camino West team with 162. A total of 256 finished the race in what might be a record number of entries. The spectators were treated to a beautiful sunny day at the finish, but the runners were drenched in cool fog along the summit road. The top 80 placers are listed on the reverse side of this page. /Ken Napier/

1 - Jack Bellah/WVTC	47:18	21 - Ken Salet/CWTC	52:45	41 - Ulrich Kaempf/TRAC	54:49	61 - Keith Maurer/WVTC	56:40
2 - Bill Clark/WVTC	48:45	22 - Jack White/TRAC	52:46	42 - Castro	55:08	62 - Chris Castro/LGP	56:42
3 - Mike Smith/PAMA	49:17	23 - Ben Sawyer/Un	52:47	43 - Chris Jackson/Un	55:09	63 - John Tengelsen/Un	56:47
4 - Gil Brooks/WSTC	50:18	24 - Dave Stock/WVTC	52:51	44 - Gary Alderman/Un	55:25	64 - John Cassora/Un	56:50
5 - R. Montenegro/WSTC	50:28	25 - Mark Millward/Un	53:18	45 - Terry Boynton/Un	55:27	65 - George Gilbert/ETC	56:54
6 - Jack Leydig/WVTC	50:36	26 - Al Marquez/WSTC	53:21	46 - Gus Cano/ETC	55:31	66 - Dave Weikel/CWTC	56:54
7 - Don Gregory/PCTC	50:39	27 - Ray Menzie/Un	53:25	47 - Walt Van Zant/WVJS	55:32	67 - John Soubier/DSE	57:00
8 - Denis O'Halloren/HSU	50:55	28 - Jim Durocher/Un	53:40	48 - Bill Flodberg/WVJS	55:45	68 - Brian Ritchie/Un	57:02
9 - Bob Paulin/CRR	51:03	29 - Bill Benz/SRC	53:45	49 - Mark Lund/WVTC	55:59	69 - Eddie Tico/WVJS	57:02
10 - John Weidinger/Un	51:18	30 - Greg Pojal/LGP	53:48	50 - Joe Salazar/WSTC	56:04	70 - Frank Hayes/Un	57:08
11 - Roy Hoglund/WSTC	51:33	31 - Frank Krebs/GWTC	53:53	51 - Mike Haniger/Un	56:07	71 - Javier Barragan/LGP	57:10
12 - Ross Smith/WVJS	51:39	32 - Jerry Hall/Un	53:58	52 - Brent Cushenberry	56:10	72 - Dave Marsh/Un	57:11
13 - Bruce Rider/WVJS	51:53	33 - James Harris/Un	54:01	53 - Scott Weakley/Un	56:11	73 - Ian McClure/LGP	57:18
14 - T. Mezzapelle/WSTC	52:00	34 - Stan Newton/Un	54:15	54 - Stan Ross/CWTC	56:12	74 - Ian Kirkpatrick/MV	57:19
15 - Bob Powell/CWTC	52:04	35 - Mark Quinn/CWTC	54:16	55 - Rich Scott/ATC	56:14	75 - Kevin Klein/LGP	57:22
16 - Ray Aver/LGP	52:10	36 - Bill Meinhardt/WVJ	54:22	56 - Rod Robertson/CWTC	56:25	76 - Jay Cruze/Un	57:25
17 - Paul Keller/Un	52:14	37 - Bob Miller/CWTC	54:28	57 - Ward Crary/Un	56:34	77 - Mike Alderette/WSTC	57:40
18 - Mike Plummer/ATC	52:18	38 - Jack Dujmovich/RRR	54:34	58 - Tom Downey/Un	56:34	78 - Bruce Kelly/Un	57:46
19 - John Hellman/Un	52:18	39 - Rick Jensen/PCTC	54:46	59 - Rudy Munoz/Un	56:37	79 - Jack Cook/NCSTC	57:47
20 - Dave Muela/ETC	52:44	40 - Mike Millward/Un	54:46	60 - Bob Biancalana/MH	56:37	80 - Tom Pinckard/NCSTC	57:48



Jack Bellah set a new course standard at Holy City. /Paul Cooper/



Start of the 1975 Excelsior Beach Run (a record 311 finished the run). /Warren/

HALBERSTADT DEFEATS NUCCIO AT BEACH RUN: (June 28, S.F.) - South Africa's and Pacific Coast Club's John Halberstadt ran with WVTC's Jim Nuccio for almost the entire 6.25 miles of the Excelsior Beach Run before going into a hard sprint several hundred yards from the finish. His 5-second margin of victory gave Jim only his second defeat on the roads this year (3rd at Bay-to-Breakers). The 32:25 clocking was a new course standard since the layout was changed somewhat over last year. Nuccio led his team to a repeat team victory, with the Pamakids second and Camino West third. Jim Shettler ran a strong race to finish 21st overall in the 300-man field, clocking 35:41, far ahead of Bill Jensen's 37:17. Judy Gumbs picked up another win (41:49), defeating Sally McPherson of the Cindergals (43:50), and teammate Joan Ulyot (44:20) in the process. Below are listed the top 99 finishers. /David Warren/



John Halberstadt sprinting to victory over Jim Nuccio in the Excelsior Beach Run. /D. Warren/

1 - John Halberstadt	32:25	34 - Joe Salazar/WSTC	36:52	67 - Glenn Pruitt/PAMA	39:18
2 - Jim Nuccio/WVTC	32:30	35 - Joe Peterson/ETC	36:53	68 - J. Barrangan/LGP	39:24
3 - Bill Clark/WVTC	33:23	36 - Steve Bird/Un	37:00	69 - Steve Allen/Un	39:26
4 - Larry Rose/PCC	33:30	37 - Ray Aver/LGP	37:01	70 - Mike Coke/GPPMB	39:35
5 - Darryl Beardall/MH	34:23	38 - John Kennedy/Un	37:03	71 - Mack Jagua/CR	39:37
6 - Tim Holmes/WVTC	34:30	39 - H. Hernandez/WVTC	37:04	72 - Steve Small/Un	39:40
7 - Jan Sershen/Un	34:31	40 - Stan Winkley/Un	37:10	73 - Jeff Zimmerman/Un	39:45
8 - Gil Brooks/WSTC	34:44	41 - John Swift/Un	37:13	74 - Don Capron/CR	39:47
9 - Pat McVeigh/S.Cl.	34:53	42 - Doug Butt/MH	37:14	75 - Miles Brennan/Un	39:48
10 - Gene Fitzgerald/PK	35:00	43 - Bill Jensen/PAMA	37:17	76 - Tom Downey/Un	39:49
11 - Jack Leydig/WVTC	35:07	44 - Bob Costa/Un	37:25	77 - Kirk Herrera/Un	39:52
12 - Mike Smith/PAMA	35:08	45 - Mike Plummer/ATC	37:26	78 - Jim Nicholson/NCSTC	39:58
13 - Pete Flores/AGTC	35:14	46 - Tim Swezey/PAMA	37:27	79 - R. Cooper/Navy	40:00
14 - Mike Emry/PAMA	35:15	47 - Kevin Searls/Un	37:28	80 - Kurt Vineyard/Un	40:03
15 - Daryl Zapata/WVTC	35:20	48 - Doug Rennie/BC	37:45	81 - Nick Vogt/GSTC	40:04
16 - Pat Stordahl/WVTC	35:25	49 - Dave Weikel/CWTC	37:50	82 - Randel Graves/Un	40:07
17 - Joe Becerra/ETC	35:28	50 - Ulrich Kaempf/TRAC	37:51	83 - John Soubier/DSE	40:13
18 - Larry Cabral/PAMA	35:31	51 - Mark Millward/Un	38:04	84 - Pat O'Connor/Un	40:17
19 - Greg Mandanis/WS	35:35	52 - Mike Duncan/WVTC	38:12	85 - Jesse Flores/Un	40:24
20 - Jim Shettler/WVJS	35:41	53 - Chris Jackson/Cup	38:15	86 - Bob Miller/CWTC	40:27
21 - Bruce Degen/Un	35:44	54 - Steve Barr/BC	38:16	87 - S. Mandoeffer/GSTC	40:34
22 - Bob Powell/CWTC	35:47	55 - Bruce McInturf/Un	38:17	88 - Steve Chamberlain	40:35
23 - Joe Taxiera/Un	35:56	56 - Mark Bygaard/GSTC	38:24	89 - Bill Catanese/CR	40:37
24 - John Weidinger/Un	36:00	57 - Matt Dowling/DV	38:27	90 - Dave Billmaier/CRR	40:38
25 - Armando Lagunas/Un	36:07	58 - Blarr Goodrow/LGP	38:28	91 - Wayne Plymale/PAMA	40:45
26 - Roy Hoglund/WSTC	36:19	59 - Dan Lavelle/SFOC	38:31	92 - Mike Williams/Un	40:46
27 - D. Himmelberger/WVTC	36:20	60 - Mike Bregante/Un	38:45	93 - J. Goodmacher/Un	40:47
28 - Ken Salet/CWTC	36:26	61 - Chris Castro/LGP	38:53	94 - J. Reinhart/Un	40:48
29 - Dave Muela/ETC	36:34	62 - Bruce Edwards/Un	38:54	95 - John Mullins/Un	40:50
30 - Dave Sauer/PAMA	36:44	63 - Lloyd Sampson/Un	38:55	96 - Gary John/ETC	40:51
31 - Mark Quinn/CWTC	36:45	64 - George Gilbert/ETC	39:00	97 - George Roach/Un	40:53
32 - Robert Bailey/Un	36:50	65 - Imre Homer/Un	39:14	98 - Brad Morgan/Un	40:56
33 - Bob Love/CWTC	36:51	66 - Paul Holmes/BC	39:17	99 - Leon Souza/WS	41:09

LATE GNUS

Did ya ever wonder what I do with space like this? -- Well, it's to tell you I ran out of room this time for: Kenwood 10K, Redwood City 4th of July Run, and Folsom. Next issue!

Running shoes wear out from the ground up. Now you can replace them that way.



tred₂



Let's face it. Good running shoes are an expensive proposition. Important, yes. But considering that you may well go through two-and-a-half pairs every year, well, at today's prices you figure it out. And the maddening thing is that, usually, when the bottoms start to go, the rest of the shoe is just starting to become a part of you. Nice and comfortable. With plenty of life left.

We're the American Athletic Shoe Corporation. And we've got a better way to go. Better than continually shelling out for new running shoes. And better than fiddling with messy, makeshift and haphazard "shoe salvation" kits. That better way is called TRED 2. And what it is, quite simply, is an exclusive new process that replaces your worn-out soles with factory-fresh originals. Adidas. Puma. Nike. Tiger. Tretorn. Hummel.

We know about runners. And we know about their footwear. We know how long it takes to break in a good pair of shoes. And how a worn or improperly repaired shoe can result in serious injuries. That's why when you send us *your* shoes, for a few days anyway, they become our shoes. And we treat them that way. We carefully examine the soles.

Then rejuvenate them where necessary. Inside and out. The sole. Midsole. Wedging. Toe cap. Inner sole. Arch support. Right down to brand new shoe laces if they're needed.

When you get your



shoes back, resoled and reborn, they'll be as good as new. But better. Because you broke them in. And we brought them back. In fact, we're so confident about the TRED 2 process that if you're not completely satisfied with the results, just keep the shoes and ask for your money back. You'll get it. No hassle.

How much for all of this? Just \$9.95.

Which isn't much anyway you think about it. So think about it. Then let TRED 2 prove itself. When it comes to running shoes, especially *your* running shoes, old friends are still the most comfortable ones.

Place this coupon and \$9.95 in shoe. Send to American Athletic Shoe Corporation, 111 Homer Avenue, Palo Alto, California 94301.

Please print

Name _____

Street _____

City _____ State _____ Zip _____

Enclosed _____ Check _____ Money Order _____

Charge my MasterCharge Card _____ Account Number _____

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiration Date _____

Shoe size/brand _____ Your sport _____

Authorized Signature _____

NCRR

WEST VALLEY TRACK CLUB
P.O. BOX 1551
SAN MATEO, CA 94401

ADDRESS CORRECTION REQUESTED

BULK RATE
U. S. POSTAGE
PAID
San Mateo, CA.
Permit No. 581

NOT FORWARDABLE

**Starting
Line Sports**



Now at two convenient locations:

Ron Landrum
Starting Line Sports
246 Castro Street
Mountain View, CA 94040
Phone: (415) 961-4889
Hours: 10-6 Mon. thru
Wed., 10-8 Thurs. & Fri.,
10-5:30 Sat. 10-5:30

Jack Leydig
603 S. Eldorado
San Mateo, CA 94402
By appointment
Phone: (415) 342-3181

SHOES

Tiger, Nike, Puma, adidas

CLOTHES

shorts, singlets, warm-ups, etc.

ACCESSORIES

Spenco insoles, tape, sole repair kits

BOOKS

The best in running and sports literature. Ask for the Sports Book Catalog and Supplement—over 1000 titles in over 100 great sports.



HOW THEY TRAIN: LONG DISTANCES

60 top distance runners profiled, with their daily and seasonal training programs, including Shorter, Puttemans, Prefontaine, Bachelor, Bedford, Clarke, Clayton, Galloway, Gamoudi, Ron Hill, and Ken Moore. You may not be quite as good as these studs, but their training specifics can offer useful ideas and suggestions. 128 pages. 40 photos. \$3 from Track & Field News, Box 296, (365 First St.), Los Altos, CA. 94022.

Please add .25¢ per book postage and handling. Calif. add 6% tax.

TROPHIES

RIBBONS
CUSTOM MADE
PLAQUES



AWARDS

ENGRAVINGS
PERSONALIZED
GIFTS

by *John Crevelt* owner



SERVING ALL ORGANIZATIONS

- Little League • Track • Bowling • Football • Tennis
- Soccer • Basketball • Golf • Auto Racing • Swimming
- Skating • Archery etc. . . .

IF YOU NEED AN AWARD or TROPHY WE HAVE IT OR MAKE IT!

(SPECIAL TEAM & CLUB DISCOUNTS)

Located at

GEMCO
Redwood City

OPEN Tues., thru Sat.
10 a.m. to 6 p.m.
OPEN ANYTIME BY APPT

SATISFACTION GUARANTEED

Store 369-3564 • Home 368-9000