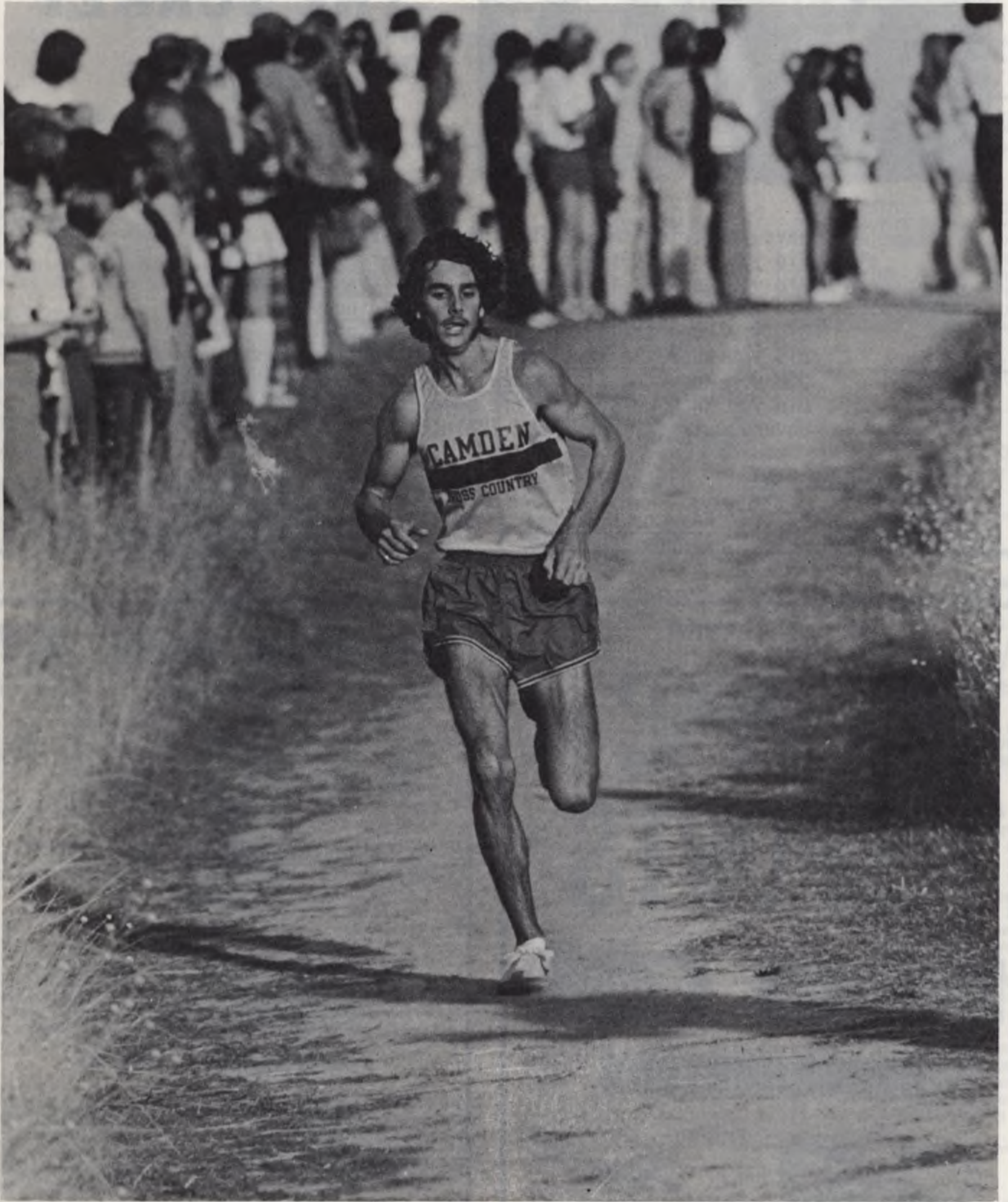


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NOV./DEC. 1975 (No. 57)

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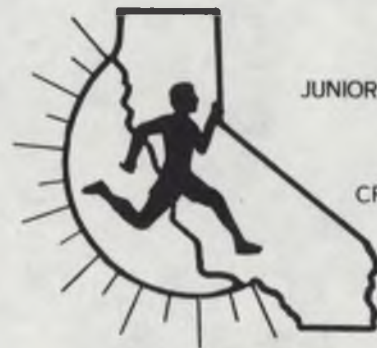
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UP FRONT

Camden High School's (San Jose) Bob Paulin in the process of winning the Central Coast Section X-Country Championships at the Crystal Springs Course in Belmont. Paulin won the race by a margin of 11 seconds and was never pressed during the second half of the race. Bob also has a good three mile postal time (14:27) to his credit this fall. /John Marconi/

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Contributors

All news, features, results, photos, and other items should be sent to: NCRR, Box 1551, San Mateo, CA 94401. Due to irregularity of mailing dates, all information should be mailed as soon as possible. Prospective photographers and volunteer correspondants should request details. Readers are encouraged to submit results & scheduling. Please request permission for materials used from NCRR other than scheduling and results. PHOTOGRAPHERS: We now pay \$15 for prints used as cover shots. Prints will not be returned unless requested (5 x 7 or larger if at all possible; black and white is preferred, although some color shots are usable).

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EDITOR'S MESSAGE

● **SCHEDULES NEEDED:** - With another track season about to get underway, the NCRR is busily compiling a comprehensive listing of area meets for our next two issues. But we cannot do a good job on this without the help of our readers. So if you have a schedule of any kind at all, please send it to us by not later than Feb. 15. For further information on what we are looking for in terms of scheduling, see our small notice in the current Scheduling Section. Thanks for your help. Remember, this magazine would be nowhere today without the contributions of our readership. Any changes or corrections to our scheduling section should be phoned or mailed in right away, even if another issue won't come out in time...we often get calls concerning meet information, so help keep us up to date.



● **POSTAL INCREASES:** - I'm sure all of you out there are aware that the Postal Service raised their rates across the board at the end of the year. Rate increases amounted to anywhere between 20-30% approximately. We are still holding our subscription price at \$5.00/year, but you can see that it is getting more difficult to do this. The only way we can keep our rates low is to get more subscriptions and renewals. If you don't now subscribe, please consider doing so in the near future. If your present subscription is up for renewal (you will automatically get a notice in your final issue), then be sure and send in your \$5.00. Without your support we may be forced to hike our rates soon...we are trying to beat inflation; how about you? Although our regular subscription prices remained at \$5.00/year, we did find it necessary to raise our first class & foreign third-class rates a bit. See our new rates to the left. There are also no domestic air rates any longer...all mail goes by air. Also, we will no longer renew subscriptions for more than a year unless you happen to have an old subscription blank. By mid-year we hope to be on a one-year basis only (& 6-months).

THIS & THAT

● **PEOPLE NEWS:** - Walt Stack, the DSE's 'Grand Dragon', was featured in a lengthy article in the Dec. 15 issue of *SPORTS ILLUSTRATED*, titled "The Old Man & the Bay"...color photos and all! --- Fran Conley, WVTC runner and Stanford neurosurgeon, was featured in a *TIME MAGAZINE* story (Jan. 5) on professional women...although the article didn't mention that she ran too!

PHOTO QUIZ

RULES: (1) Submit your guess and mail it to: PHOTO QUIZ, Box 1551, San Mateo, CA 94401 (one guess per person)...All guesses must be postmarked by Feb. 20, 1976. (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). All of our readers are encouraged to send in photos for consideration...photo deadline for next issue is Feb. 20.



Who is this? (No Hints!)

**Our winner for LAST MONTH was Harvey Rentschler of Haverford, Pennsylvania!! He was one of only three persons to submit the correct answer. The NCAA champion pictured in last issue's Quiz was Mark Enyeart, 1975 880 champion.

---Four Californian's were named to *THE HARRIER's* Prep All-American list this fall (the Harrier is a national magazine on cross country only). Tim Holmes, a junior at Downey High in Modesto, was undefeated in prep competition this fall and finished third in the tough PA-AAU Jr. XC Championships. The other Californians named to the 50-deep list were Eric Hulst, Thom Hunt, and Moses. --- George Tracy, who was featured in last issue's "Runner Up" column, has undergone surgery in his knee from injuries sustained after competing in the Clear Lake Marathon this past fall. He is still in the hospital at last report. We hope to see George out running again in the near future (after everything is together again). --- Harry Cordellos, San Francisco's blind 2:57 marathoner, is planning on running at the Boston Marathon again this April, but he reports that the only way he will try it is if he can get a fast partner who is only using the marathon for a workout. Anyone interested in helping out (or knowing of



(Left) Hal Schulz, and Rod Berry (right) were named outstanding senior and sophomore cross country preps this fall, respectively... both attend Redwood High in Larkspur. /Jeff Zimmerman/

anyone who might) should contact Harry immediately: 827 - 47th Ave., San Francisco, CA 94121. --- Rick Fambrini, coach of the victorious CCS X-Country Champion Serra High School team, was asked how his team won the Section title, and replied: "We just ran faster!" --- Rich Kimball, former DeLaSalle High standout who attended Oregon State thru last fall (as a soph), is now attending San Jose State. His former coach, Berny Wagner (who did coaching duties at both San Mateo High and College of San Mateo before going to OSU), has accepted a job as head coach of the national track & field team in some mid-eastern country, Saudi Arabia we think. --- Jean Stefanich reports that we overlooked her finish in the Pikes Peak Marathon (last issue)...she was 9th in her division (31/over) at 4:13:43 for the ascent (sorry Jean). --- Flory Rodd, recently turned Division II (50/over) competitor, has returned to the Bay Area after a rather lengthy stay in New York. He celebrated his leaving by blitzing a 1:58:05 for the AAU Eastern Regional 30 Kilo Championships in Central Park...his best race in years. He won his division and was fifth in the 40-and-over. He hopped across the line ahead of such Div. II notables as Ted Corbitt and Jim McDonagh. --- Another missed person in our race results section...Paul Richardson of Manteca won the Class I-A (40-44) 800 meters at the National AAU Masters Championships in White Plains, N.Y. with a sterling 1:58.7 time. --- Jim O'Neil & his son, Tom, are out after the world record for father-son marathoning. According to *RUNNER'S WORLD*, the

current record (total times in one race) is 5:21:21 by Bob (2:25:58) Thurston and his dad, Paul (2:55:23). The O'Neils plan on giving the record a go at the upcoming West Valley Marathon on Feb. 8th and are issuing a challenge to other father-son teams (Tarin's, Betschart's, etc.). There is a trophy for the father-son winning team. --- Ed Collins, former Beale AFB resident now stationed on Okinawa, reports that an amazing 100 starters turned out for his marathon (he calls it his \$200 extravaganza). The winner was Sgt. Ron Chase who runs for Ed's USO Track Club (officially a member of Florida TC). The winning time for Ron was 2:33:04 over many hills. Another Californian, Frank Bozanich, did 2:45:29 in third place as a warmup for the Fukuoka Marathon, only a week later. No report on how Frank faired in that one. --- Mike Kirtman, former standout hurdler and sprinter while at Wilson High (San Francisco), has transferred from the Univ. of Washington to San Jose State and will sit out this term while competing for West Valley TC. ---

● JOGGER NEEDS AID: - In June, jogger Janet Scott was out for a run in Newburyport, Mass., when she was attacked by someone using a cement block as a weapon. She was beaten badly in the face and left for dead. Every bone in her face was broken. It will require several sessions of corrective surgery to get things back in order--for which a significant amount of money is required. Anyone who wishes to assist a fellow runner may contribute to the "Janet Scott Fund", c/o Institution for Savings Bank, Newburyport, Mass. 01950.

● HAROLD DEMOSS: - Our PA-AAU Long Distance Running Chairman for men reports that he will not answer any communications or send a schedule (free except for postage until July 31) unless a self-addressed, stamped envelope is enclosed. If people want information, they can at least have that minimum consideration for Harold's workload and bank-account. With the first-class rate now up to 13¢/ounce, it doesn't take long to run up a big bill. This consideration should not just be directed to Harold, but to all persons who are asked to supply information or race entries.

● 1975 ALL-NORCAL PREP X-COUNTRY TEAM: - Annually, this selection is sponsored by the NorCal Track & Field Association with awards presented by Citizens Savings and the NCT&FA. The first All-NorCal team was selected in 1962, but unofficial selections have been made and records kept as far back as 1953.

BOSTON MARATHON

SAVE \$118 ON AIRFARE, 10 PERCENT ON HOTEL

Interested in going to the Boston Marathon this April? If you qualify (under 3 hours; under 3:30 for masters & women), or if you just want to go for the festivities associated with the race and Bicentennial celebrations, write us immediately---we have reserved 40 seats on our "Group Package" and they are rapidly filling up on a first come basis: NCRB Boston Package, P.O. Box 1551, San Mateo, CA 94401.

WHEN: Our group will leave S.F. on April 16 (Friday) at 10:30 am aboard TWA. The return flight is open (pick your own time), but we have blocked a number of seats on Tuesday (20th), TWA flight leaving at noon. We must all leave together as a requirement of the discount rate... you must return on a TWA flight.

HOW MUCH: Our package offers a \$274 roundtrip airfare as opposed to a regular \$392 rate. In addition, as a required part of the package, we must all stay at the same hotel in Boston (the Sheraton-Boston, right on the finish-line)...we have booked 20 rooms there. Because we book as a group, the hotel rates are also at a savings of about 10%...\$40/nite for a double; \$48/nite for a double with a rollaway. Each person is obligated to spend \$65 minimum on ground arrangements as part of the package requirement, so the hotel will take care of this.

**Our seats are already about half gone, and we have no guarantee we can get more (on either the plane or hotel), so we suggest you sign up immediately if you think you are even remotely interested...a \$50 deposit (fully refundable should you decide to cancel) is required (don't send the deposit to NCRB...we will send you an information sheet that details the steps to take in making your reservations). --- Should we get more than 40 people to go, we would qualify for a \$255 airfare rate...but we will have to act quickly while seats are still available. Don't put it off...WRITE TODAY!!

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The Selection Committee for this year's team was composed of: Plato Yanicks (Menlo-Atherton), Chairman; Terry Ward (St. Ignatius, SF); Ken Thomas (Soquel); Bill Thompson (Alameda); Lou Bufkin (Washington, Fremont)...other contributors were: Bob McGuire (Pleasant Hill); Bill Mensing (Downey); Bob Wall (Chico); and Dave Paterson (Skyline, Oakland). The area represented is from Merced to the Oregon border. Besides a First Team, a Second Team and list of Honorable Mentions was drawn up. However, lack of space keeps us from listing anything more than the "1st Team". NorCal Runner of the Year was Tim Holmes, and he was also the outstanding Junior. Top Senior was Hal Schulz, and the best Soph was his teammate, Rod Berry (Rod was top frosh in 1974). The outstanding Frosh was Mt. Pleasant's Carlos Carrasco (see *NorCal Portrait* this issue). The All-Star Team, alphabetically (besides those listed above): Nick Breuer (Mira Loma); Craig Corey (San Mateo); Mike Dyer (Saratoga); Tim Farrell (La Sierra); Dan Harvey (Dublin); Phil Hornig (Castro Valley); Earl Lagomarsino (Jesuit); Dave Mihaloff (Redwood); Tim Minor (Pacific Grove); Eric Newberger (Stevenson); Bob Paulin (Camden); Rick Pincombe (Serra); Ron Read (Jesuit); Kevin Searls (College Park); Mike Smith (Newark); Tom Smith (Mission San Jose); Chris Speere (Mira Loma); Mike Van Horn (Kennedy, Sac'to). A total of 22 individuals were selected. Redwood of Larkspur led all schools with 3 selections to the top team.

● MERCED COLLEGE'S NEW TRACK: - Grover Prowell reports that Merced College has installed a new asphalt-composition track, and the Merced T.C. is planning a series of winter and summer all-comers meets, in addition to their regular weekend, prediction time races.

● TRACK & FIELD PHOTO CONTEST: - All you camera buffs out there---if you can't find time to send in photos to the NCRR, maybe you can at least find a way to enter this contest. The National Track & Field Hall of Fame in Charleston, West Virginia, has announced a National Photography Contest for the sport (including any of its events). There will be a black & white and color division. Complete details will be published in many national photography magazines in the near future...or complete rules and prizes offered may be obtained by writing to: Photo Contest, Track & Field Hall of Fame, P.O. Box 1524, Charleston, W.Va. 25301.

● ANOTHER CHANCE FOR PHOTOGRAPHERS: - If the Hall of Fame Contest idea doesn't interest you, perhaps you might consider the following. Harold & Penny DeMoss (PA-AAU LDR Committee Chairpeople) would like to have NCRR reader-photographers submit GOOD COLOR shots of PA races and runners for a planned LDR Committee project. Send all material to: DeMoss, 765 Campbell, Los Altos, CA 94022.

● PA-AAU & NATL. AAU 50 KILO: - The PA-LDR and the Buffalo Chips RC of Sacramento will sponsor the Senior & Masters Men's National 50 Kilo Championship on March 21 in Sacramento. It will be in conjunction with the PA 50 Kilo (District Meet is open to women). See the Scheduling Section of this issue for more details. Subscribers will receive an entry with this issue of the NCRR.

● NATIONAL LDR CHAMPIONSHIPS: - The West Coast came away with quite a few AAU National Championships (Men's) this year. Unfortunately, the two biggies---Marathon & Sr. X-Country---were awarded to other parts of the country. Pennsylvania got the X-Country and ex-WVTC'er Charlie Atwood is putting on the Marathon in conjunction with his annual Rice Festival extravaganza. The Marathon will be Oct. 17, and the X-Country on the traditional last Saturday in November. Below are the Championships awarded to the West Coast: JUNIOR--15K (SPA-AAU on July 4); 8K IAAF X-C Trials (& Natls.) (SPA-AAU on Jan. 24, Irvine); SENIOR--12K IAAF X-C Trials (& Natls.) (PA-AAU on Jan. 31, Belmont); 15K (SPA-AAU, July 4); 50K (PA-AAU, March 21, Sac'to); MASTERS--10K X-C (PA-AAU on Nov. 14, Belmont); Marathon (Hawaii on Dec. 12); 15K X-C (Hawaii on April 18). The SPA-AAU will again be co-ordinating the Hour Run Postal Competition. No word on any of the awards for the Women's Championships...if anyone has a list of these, please forward them to us right away.

● INTERNATIONAL X-C TRIALS: - This year the IAAF International X-Country Championships will be in Wales on Feb. 28th. The U.S. Trials for this meet are as follows: Women will be chosen from their finish in the Natl. AAU Championships (Nov. 29 at Belmont); Jr. Men (born 1957 or later) will have their meet on Jan. 24 at Irvine (see scheduling) over 8 kilos...this meet will also serve as a National Championship with the date of birth applying--not 20 on raceday; Sr. Men (18 or over) will qualify on Jan. 31st at Belmont (see scheduling). The meet is being sponsored by the College of San Mateo on their excellent Crystal Springs layout over 12,000 meters with the standard international barriers at various sections of the run.

● EXAMINER GAMES: - As we go to press, we find that this popular Bay Area Meet will no doubt be sold out again as a result of excellent competitive fields. Valeriy Borzov, double Olympic sprint champion, and four of his Soviet teammates are scheduled to compete...including 7-4 high-jumper Aleksandr Grigoryev; 13.4 high hurdler Viktor Myasnikov; 17-8 1/2 pole vaulter Yuriy Isakov; and 51.5 quartermiler Nadyezhda Kolesnikova--who holds the women's indoor world record for 400 meters at 52.4. Among the U.S. standouts entered in the meet are world-record holder Dwight Stones (holds both indoor and outdoor high jump marks), Tom Woods (7-5 1/4), Dan Ripley (indoor pole vault world record holder), Dave Roberts (outdoor vault record holder), Steve Williams & Don Quarrie (both world record holders). A host of other stars will compete...meet starts at 6:15 pm, with all open events after 8 pm.

● LONG DISTANCE ADMINISTRATIVE HANDBOOK: - The AAU's Long Distance & Road Running Committee has prepared this new handbook which has everything you need to know...each individual involved in putting on races, etc., should have one. Order yours by sending \$5.00 to: Bob DeCelle, Box 1606, Alameda, CA 94501.

● ALAMEDA COUNTY HEART FUND CLINIC: - Three knowledgeable speakers will be featured on Feb. 15 at Oakland Auditorium (Ballroom) from 8:30 to 10:30 am. Dr. Subotnick will speak on injury prevention in running; William Haskell will discuss the cardio-vascular benefits derived from endurance running; and Joan Ulyot will speak of a woman's approach to endurance running. The cost of the Clinic is only \$10 (\$5 for students), and all proceeds will go to the Alameda County Heart Fund. For further information, contact: Clifford Lura, 11200 Golf Links Rd., Oakland 94605 (Ph. 632-9606).

● DIVISIONS FOR PA-AAU LDR CHAMPIONSHIPS: - Beginning in 1976, all PA Championships will have the following Championship Divisions: Senior Men, Senior Women, Masters Men, and Masters Women. This is because the Women's National LDR Committee is now a separate committee like the Men's. The National Women's Chairperson is Barbara Palm, 1400 Washington Ave., Albany, N.Y. 12222. The new Men's National Chairpersons are: Vince Chiapetta and Robert Campbell, replacing incumbent Bob DeCelle, who has served for four years.

● **MORE AAU CONVENTION NEWS:** - Besides the exciting fact that Women's LDR became an autonomous committee, legislation was also passed concerning scoring in National Championship races for women: "In National Championship Women's races of 10 Kilos and up, teams will consist of 5 athletes (maximum) with 3 to score. In all PA Championship races, women's teams will be 6 to enter and 3 score. In the past, team scoring was done by means of using a certain number to score with no displacements (men & women), and incomplete teams were discarded for scoring purposes. Beginning in 1976, both on the National level and PA-AAU District level (and hopefully all districts eventually), a team's place in a championship race will be determined by accumulating times of scoring members... in other words, point-systems for scoring will be discarded in all Championship races. It is left up to the race director of each non-championship race to score as he feels...either by points or times. *** Masters Track & Field took a big step at the Convention by becoming a separate standing sports committee for both men (40+) and women (30+). This means that the masters will now be able to formulate their own rules in keeping with the AAU Code. Also, the committee (as with all other AAU committees) will receive their 50¢ out of the annual AAU Card Fee (be sure to indicate you are a 'Masters Athlete' in the designated area on the application if you fall into this class). Be sure to indicate your major sport as well (TF, LD, or RW). Now there will be women's events in all championship masters track & field meets. The number of events will depend on the number of competitors. Relative to long distance running, there is a question as to whether the Long Distance Masters should operate under the existing LDRC or under the Masters Committee. If any of our readers have a preference as to which committee you would rather be under (if you're a Master), write to: Robert Fine, Masters T&F Committee Chrmn., 77 Prospect Pl., New York City, N.Y. 11217.

● **OLYMPIC TRIALS STANDARDS (MEN):** - This is what all you red-hots have been waiting for...just what do you have to approach to get into the U.S. Olympic Trials. We don't have the Women's Standards available yet (if anyone does...please mail us a copy right away). The Trials will be in Eugene, Oregon, on June 19-27. Anyone that makes the Olympic qualifying standard will be invited to the Trials, meaning that for the first time all athletes will receive transportation, room and board (one day before thru one day after his competition(s)). A minimum number has also been established for each event. If an insufficient number of people make the Olympic Standard to reach this number, then the fields will be filled through a selection process...and this will not be done solely on the basis of best marks: (1) Relative positions of finish in head-on competition in National Championships will be considered, as well as, (2) Relative positions of finish in headon

competition during the year, (3) Consistency of performance in quality competition, (4) Best marks posted, (5) Recency of best mark posted. The Standards & Minimum Numbers: (the second timing after the sprints refer to hand-held clockings)

100m(24).....10.44(10.2)	400mIH(18).....50.64(50.5)
200m(24).....21.04(20.8)	HJ(12).....2.18(7-2)
400m(24).....46.14(46.0)	PV(12).....5.20(17-3/4)
800m(18).....1:47.4	LJ(12).....7.80(25-7)
1500m(18).....3:40.6	TJ(12).....16.40(53-9 3/4)
3000mSC(12).....8:32.0	SP(12).....19.40(63-7 3/4)
5000m(12).....13:40.0	DT(12).....60.00(196-10)
10,000m(12).....28:40.0	HT(12).....69.00(226-5)
Marathon(20).....*2:20:00	JT(12).....80.00(262-6)
20Km Walk(12).....*1:36:00	Dec(12).....7650
110mHH(24).....14.04(13.8)	

The Marathon & Walk are special cases (see explanation below) that have two standards. -- Regulations for achieving the above standard are stringent: (1) Marks must be made between May 31 (April 1 for marathon), 1975, and June 12, 1976 (Nat'l. AAU Championship date) to be valid; (2) No indoor marks will be accepted; (3) Marks must have been made in regularly-scheduled meets with at least 10 events (except for marathon, walk, and decathlon); (4) Anemometer readings must be supplied for wind-affected events; (5) All track marks must be made at metric distances (no conversions allowed)!! ---The Marathon & Walk are special cases since there are no Olympic Standards...just the Trials Standard. Because of strong feeling that those standards were too tight to permit representative fields, an additional loose standard has been applied---this is 2:23:00 in the marathon and 1:38:00 in the walk. Some sources have listed the lower standard for the walk as 1:35:00, but our latest information is 1:36:00. We would appreciate any verification of this. Everyone making the second standard (but not the first) is eligible to compete in the Trials, and will receive room & board. If someone from this second group makes the team, his transportation will be retroactively subsidized. Originally the word had gotten out of the AAU Convention that the marathon was to be 'Open'...but evidently this was merely a proposal that had not been given USOC approval. The latest information available is listed on this page. Any corrections or additions should be sent to the NCR immediately.

● **NEXT PA-AAU LDRC MEETINGS:** - Those of you out there who have gripes about the District's long distance programs and want to do something about it, and anyone else interested in promoting our sport, should attend these meetings that are usually held after popular races every few months. The dates of the next two meetings are: Jan. 24 (following the Woodside Women's Race); and March 27 (following the PA 15K).

● **AAU CLUB DUES:** - The AAU Office reminds all local clubs that yearly dues should be paid at once if you have not done so (clubs should have been sent a billing). Also, in the case of Long Distance Running, those clubs whose dues are not paid are reminded that they will not be listed in the 1976-77 LDR Handbook to be printed around midyear.

● **DISTRICT LDRC FUNDING:** - The PA-AAU Long Distance Running Committee has appropriated funding to the following individuals for travel: \$348 to Ron Zarate for airfare to Nat'l. AAU X-Country Championships in Annapolis (Ron won the trip on his first-place finish at the PA-AAU Sr. X-Country Championships...he finished 25th at the Nationals, competing for Univ. of Nevada TC); \$50 to Humberto Hernandez for airfare to the AAU Marathon in Culver City (he won the trip on the basis of his win in the PA-AAU Marathon); \$50 each to Roy Kissin, Tim Holmes, Hal Schulz, Jerry Emory, and Mike Smith (approx. amounts) for airfare to the IAAF International Jr. Trials at Irvine, based on their finish at the PA-AAU Jr. X-Country Championships (the top 5 individuals born in 1957 or later).

● **PA-AAU's OUTSTANDING WOMEN ATHLETES OF 1975:** - It was announced at the Women's Track & Field Committee Meeting on Dec. 14, that Cyndy Poor (San Jose Cindergals) and Kathy Weston (Will's Spiketees) were chosen as our District's top female athletes (Senior & Junior respectively). Cyndy was a member of the International X-Country team, and ranked #2 in the US at 1500 meters and #4 at 800 meters. Kathy was the National Indoor Champion in the 880, runnerup in the outdoor Nationals, Pan-Am Games Champ at 800 meters, and anchored the second-place 4x400 meter relay team at the Pan-Am Games.

● **SANCTIONING OF ALL-COMERS MEETS & FUN-RUNS:** - Any such meetings that involve a series of meets need only submit one sanction request to cover all meets (please include all the dates on the form). If no fees, meets receive free sanction.

Garment Screening

QUALITY SCREENING AT DISCOUNT PRICES: - Jack Leydig, Box 1551, San Mateo, CA 94401. --- If you have T-shirts, warm-ups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through John-John, Inc., who does the Bay-to-Breakers, Tahoe Relays, Dipsea, WVTC, and many other local shirts. But, as a dealer, we can offer a substantial discount below his normal retail prices (about 20-25% off). Prices below are for "Texdye" paint screening, a colorfast, completely washable paint. We can also screen in 'Vinyl' & 'Vynolon' paints, designed exclusively for stretchable fabrics such as nylon, etc. There are other incidentals such as art-charges and screen charges for small orders, so if you think you might be interested, write for complete details. Turnaround time is usually 2 weeks if the shirts are in stock. T-shirt costs are currently \$1.65 each for medium-weight and \$1.95 for heavy-weight, but prices can go up at any time. Screening prices are also subject to change at any time. Number of colors is noted on the left column:

	6-11	12-35	36-71	72-143	144-287	288+
1	\$1.45	\$0.95	\$0.70	\$0.55	\$0.45	\$0.35
2	-----	\$1.45	\$0.95	\$0.75	\$0.55	\$0.45
3	-----	-----	\$1.45	\$0.95	\$0.75	\$0.65

NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: - Next issue will carry final 1975 totals.

PA-AAU STANDINGS: (Compiled by Art Dudley) - Ratings are determined by dividing average placing (we count only top 10 open, top 6 masters, and top 4 women at present) by the number of races run. The 1975 Final Rankings are below. We started our 'scoring year' with the 1974 Lake Merritt Races (Oct.), and ended with the Berkeley Waterfront Run. 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. We count only PA-residents in our scoring (they may be registered outside the District, but as long as they reside in, or are registered in the PA-AAU, we count them). We never did get the results of the Dipsea (Open & Women), despite many letters and phone conversations, so we will not count this race in the final standings, except for the masters division. The following races were not counted (all others have been tallied): Results not received yet--Dipsea (open & women); 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; Spring Ridge Run 6-Miler (open & women); Golden Empire XC (masters). --- Jim Nuccio, who was leading all year long, recorded an Open Division record of 0.080 to surpass Rich Delgado's 0.119 record, set in 1970. Bill Clark's strong second place finish earned him a 0.106--the second best mark all time. Jim Shettler overhauled Bill Jensen in the last month of competition, defending his 1974 title with a 0.092 score. Jensen's 0.113 was a solid runnerup. Maryetta Boitano grabbed the women's honors with her 0.123, missing Peggy Lyman's 0.111 of last year, but soundly defeating runnerup Joan Ulliot's 0.140.

In 1976 we will try out a new system. Instead of starting our scoring year in October with the Lake Merritt Races (as this race appears headed for the 'deep six', we figured it'd be best to get a new system), we will switch over to the calendar year, beginning with the Midnight Run, and use the same period as the SPA-AAU uses. Any comments? (* = Tie)

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Maryetta Boitano/RG (9)	8	1	0	0	1.111	0.123
2. Joan Ulliot/WVTC (11)	7	3	0	1	1.545	0.140
3. Ruth Anderson/NCS (20) (40+)	1	3	7	9	3.200	0.160
4. Sue Neary/WVTC (11)	5	3	0	3	2.091	0.190
5. Kathy Himmelberger/WVTC (12)	1	3	5	3	2.833	0.236
6. Kathy Costello/OTC (5)	4	1	0	0	1.200	0.240
7. Peggy Lyman/WVTC (5)	3	2	0	0	1.400	0.280
8. Betsy White/WVTC (11)	1	3	1	6	3.091	0.281
9. Carolyn Tiernan/WVTC (9)	1	2	5	1	2.667	0.296
10. Judy Gumbs/WVTC (4)	3	1	0	0	1.250	0.313
11. Teri Anderson/SJC (5)	3	1	1	0	1.600	0.320
12. Michelle McKeen/NCTC (4)	3	0	1	0	1.500	0.375
13. Penny DeMoss/WVTC (5)	1	3	1	0	2.000	0.400
14. Sue Munday/SJC (6)	2	1	1	2	2.500	0.417
Jeani Fuller/NCTC (6)	1	3	1*	1*	2.500	0.417
16. Caron Schaumberg/VMTC (3)	2	1	0	0	1.333	0.444
17. Jeannette Cotte/WVTC (6)	0	0	5	1	3.167	0.528
18. Yvette Cotte/WVTC (5)	0	3	0	2	2.800	0.560
19. Jeanette Allred/NCTC (4)	1	2	0	1*	2.375	0.594
20. Skip Swannack/WDS (4)	1	1	1	1	2.500	0.625
21. Roxanne Bier/SJC (3)	1	1	1	0	2.000	0.667
22. Debbie Rudolph/LC (4)	1	0	2	1	2.750	0.688
23. Merrill Cray/?? (2)	1	1	0	0	1.500	0.750
24. Darlene Wallach/Chico (4)	0	1	1	2	3.250	0.813

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim Shettler/WVJS (13)	12	0	1*	0	0	0	1.192	0.092
2. Bill Jensen/PAMA (16)	7	5	4	0	0	0	1.813	0.113
3. Ross Smith/Unat. (11)	8	1	2	0	0	0	1.455	0.132
4. Bob Malain/NCSTC (19)	5	5	4	2	2	1	2.684	0.141
5. Ray Menzie/WVTC (10)	4	5	0	1	0	0	1.800	0.180
6. Ken Napier/WVJS (11)	4	3	2	1	1	0	2.273	0.207
7. Ed Dally/WVTC (7)	4	1	1	0	1	0	1.857	0.265
8. Gough Reinhardt/NCSTC (17)	1	1	2	3	4	6	4.529	0.266
9. Walt Betschart/BCTC (10)	2	2	3	3	0	0	2.700	0.270
10. Mike Healy/WVJS (13)	0	4	2	4	2	1	3.538	0.272
11. Ulrich Kaempf/TRAC (10)	2	1	4	2	1	0	2.900	0.290
12. Bill Flodberg/WVJS (11)	1	2	4*	1	1	2	3.500	0.318
13. Colin Templeman/NCSTC (10)	1	1	2	5	1	0	3.400	0.340
14. Jim Nicholson/NCSTC (13)	0	1	2	5	0	5	4.462	0.343
15. Jim O'Neil/SFOC (8) (50+)	1	4	1	0	0	2	3.000	0.375
16. Ralph Blount/OPHIR (9)	0	1	3	2	2	1	3.889	0.432
17. Gordon Gane/WVJS (3)	2	1	0	0	0	0	1.333	0.444
Bill Snavely/SUND (9)	0	2	0	4	2	1	4.000	0.444
19. Dennis Teegarden/NCSTC (6)	2	2	0	0	1	1	2.833	0.472
20. Pat Cunneen/PAMA (5)	1	2	1	1	0	0	2.400	0.480
21. George Moss/WVJS (6)	0	2	2	1	1	0	3.167	0.528
22. John Finch/NCSTC (6)	1	0	2	0	3	0	3.667	0.611
23. Dennis Egley/Unat. (6) (50+)	0	1	1	1	2	1	4.167	0.694
Carl Martin/WVJS (6)	0	1	1	1	2	1	4.167	0.694
25. Don Carpenter/SRC (5)	0	1	1	1	1	1	4.000	0.800
26. Don Pickett/MH (3)	1	1	0	0	1	0	2.667	0.889
27. Peter Wood/NCSTC (4)	0	1	1	1	0	1	3.750	0.938

OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Nuccio/WVTC (15)	13**	2	0	0	0	0	0	0	0	0	1.200	0.080
2. Bill Clark/WVTC (20)	5*	12	2	0	0	0	1	0	0	0	2.125	0.106
3. Darryl Beardall/MH (15)	5	3	2	1	2	2	0	0	0	0	2.867	0.191
4. Wayne Badgley/SUND (8)	6*	0	2	0	0	0	0	0	0	0	1.563	0.195
5. Ron Wayne/WVTC (6)	4	2	0	0	0	0	0	0	0	0	1.333	0.222
6. Hans Templeman/Unat. (6)	5	0	0	1	0	0	0	0	0	0	1.500	0.250
7. Domingo Tibaduiza/Nevada (3)	3	0	0	0	0	0	0	0	0	0	1.000	0.333
8. Dennis Tracy/WVTC (15)	1	2	1	2	2	1	1	1	3	1	5.600	0.373
9. Jan Sershen/ETC (10)	0	2	2	3	2	0	0	0	1	0	4.100	0.410
10. Bob Darling/ETC (12)	1	0	1	2	4	0	3	1	0	0	5.083	0.424
11. Jack Leydig/WVTC (12)	0	0	3	1	2	2	2*	0	1	1	5.708	0.476
12. Gene Fitzgerald/PAMA (9)	1	2	0	2	0	2	1	1	0	0	4.444	0.494
13. Doug Butt/WVTC (12)	1	0	1	1	1	3	2*	1	2	0	5.958	0.497

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
14. Bill Seaver/WVTC (8)	1	0	4	1	0	0	1	1	0	0	4.000	0.500
15. Jim Sane/BCTC (9)	1	0	2	1	2	1	2	0	0	0	4.556	0.506
16. Jim Birnbaum/WVTC (7)	3	0	0	2	1	0	0	0	1	0	3.571	0.510
17. Darren George/AIA (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
18. Jack Bellah/WVTC (6)	1	2	2	0	0	0	0	0	0	1	3.500	0.583
19. Doug McLean/WVTC (7)	1	0	1	1	1	1	1	1	0	0	4.857	0.694
20. Humberto Hernandez/WVTC (5)	0	2	0	1	1	1	0	0	0	0	3.800	0.760
21. George Stewart/WVTC (4)	1	1	0	1	0	0	1	0	0	0	3.500	0.875
Joe Taxiera/Unat. (4)	0	2	1	0	0	0	1	0	0	0	3.500	0.875
23. Reid Harter/WVTC (3)	0	1	2	0	0	0	0	0	0	0	2.667	0.889



Jim Shettler (right) leads teammate Ralph Bowles (to turn 40 on July 22) in the PA-AAU Sr. X-Country Championships. Shettler grabbed top honors there in his class and went on to become the only repeat performer (in any division) in the NCCR Long Distance Point Race (see previous page). /D. O'Rourke/

CLUB NEWS

This section of our magazine 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 WVTC members...it's meant to be of service to all area clubs.

NEW CLUBS IN THE AREA: - Ft. Ord has an LDR program now with the appearance of the new Bayonet Running Club. For further information, contact: Al Hunt, 100 Fourth Ave., Ft. Ord 93941. --- The Mission Valley Striders, participating in LDR and men's and women's track & field, are led by: Larry Small, 40167 Blanchard St., Fremont 94538.

ARROW TRACK CLUB: - Parents in the Los Altos/Mtn. View area with age-group children interested in track & field can be a part of this fine club which grabbed a second place at State in 1975 in the 9/under division (boys). Feel free to contact Jerome Lewis at 948-5131.

TAX REDUCERS AC: - TRAC announces their new officers for 1976: President (Paul Spangler); Vice-Pres. (Ron Kovacs); Treasurer (Sandra Vaurs).

DOLPHIN-SOUTH END RUNNERS: - The DSE had their annual awards bash on Jan. 10 at the Dolphin Club. Honored guests included Jackie Hansen (women's world record holder in the marathon), Harold DeMoss (Men's PA-AAU LDR Chairman), Mary Healy (girls' X-C & track coach at Redwood High and 3:20 marathoner), Kees Tuinzing (coach for the Institute of Health Research aerobics program since 1973 and Director of the Skyline Fitness Academy at Skyline College), Terry Ward (X-C & track coach at St. Ignatius High), Jim O'Neil (outstanding masters runner in the 50/over class with several world records in his age group), and Phil Conley (Olympic javelinist in 1956 and winner of the javelin & pentathlon at the 1975 World Masters meet in Toronto, and has 6 marathons to his credit). Rod Miller easily walked off with the DSE Point Trophy with 1001 points (106 races for 1975 & 1822 miles).

WEST VALLEY TC: - Seventeen new members since last issue which we welcome to the clan: Kevin Blake (15), 620 Brewer Dr., Hillsborough 94010 (Ph. 347-6413) is a freshman at Serra High School who helped lead Serra's varsity to the CCS title this fall with a great 17th place finish (15:32) at the rugged Belmont course. Kevin also recorded a 9:53 for two miles on the track this fall. Sandy Briscoe (18), P.O. Box 5841, Stanford 94305 (Ph. 326-6195) is a soph at Stanford and an active race walker with bests of 8:09.6 for the mile, 27:43 at 5 Km., and 58:14 for 10 Km. She also competed for Stanford this fall in X-country. Her best 20 Km. time (roads) is a very recent 2:01:31. George Carty (30), 260 N. Capitol Ave., #110, San Jose 95127 (Ph. 408/926-9861) is a teacher and coach at Lick High in San Jose and has been running for a long time compared to most sprinter/hurdler types. After turning 30, George proceeded to record a PR 7.0 for the 60 highs at a CSM all-comers this January. This goes with a 13.4 clocking for the 110m event (he did 13.6 last season). Mark Chew (19), 925 Gentry Way, Reno, Nev. 89502 (Ph. 702/825-2524) is a super addition to the club's ever-growing weight ranks. Currently a soph at the Univ. of Oregon, Mark recorded a 57'6" heave for the shot as a frosh last season, and a National JC Record of 181'8" with the discus. In 1974 he did 64'4-3/4" and 187'9" with the high school implements. Cliff Cordy (37), 302 Easy St., #47, Mtn. View 94043 (Ph. 965-1537) is a consistent half-miler who recorded a 1:58.0 last year (a US record in the 35-39 Age-Group). His best of 1:50.9 was an Oregon State Univ. record in 1959. Cliff is a super addition to our sub-masters group and will no doubt be one of the national leaders when he turns 40 in the spring of 1978. Monte Dayton (44), 2814 Fernwood, San Mateo 94403 (Ph. 349-0350) is the Advertising Director at the San Mateo Times newspaper and bolsters the club's ever-growing masters ranks. He has done the Bay-to-Breakers in 66 minutes and recently ran the Livermore half-marathon in 1:53+. Jack Dickinson (24), 3090 South Court, Palo Alto 94306 (Ph. 493-2417) is a freight courier and self-employed painter with a PR of 5:25 in the mile (1969). Jack is anxious to begin participating in more meets this year and has his goals set on getting into the low-4's for the mile. Harry Ellis (20), 4901 Engle Rd., Carmichael 95608 (Ph. 916/489-6351) is a junior at American River College with bests of: 1:59.5, 4:18.3, and 9:42.2. He also enjoys road running and recorded an excellent 2:00:16 at the recent Pepsi 20-Miler. James Howe (16), 2691 Cunningham Ave., San Jose 95122 (Ph. 408/259-7657) is a junior at Mt. Pleasant High with track PR's of 4:45 and 10:13. Jim has also done some road running and is active in high school x-country. Bill McClellon (26), 428 Ander Dr., Mather AFB 95655 (Ph. 916/362-9843) is a graduate of Southern Univ. and is a very versatile national class jumper. Bill's PR's include a 52'10-1/2" in the triple jump, a 25'2" long jump, and 7'0-1/2" in the vertical jump. He is a talented runner as well with a 14.6 time for the highs, 48.4 in the one-lap, and a 1:55.2 for the 880 (his first and only attempt). Bill is an orthopedic specialist in the Air Force. Bill McCray (26), 5323 Cribari Glen, San Jose 95135 (Ph. ??) has been in long distance circles in the Bay Area for some time. Although his 4:50 mile is less than spectacular, he has gone 6:23:09 for 50 miles (on the track!), as well as a 2:48:41 marathon & (would you believe) 15:13:43 for the 100 mile trek. Along with Jim Bowles, Bill should give us good strength in the ultra-distances. Bryan McDowell (25), 500-A University Ave., Los Altos, 94022 (Ph. 948-9218) is a salesman with PR's of 49.0 for the 440 (relay) and 15'6" in the pole vault. Bryan should be a real asset to the club in the latter event this spring. David Romain (33), 2738 Fulton St., Berkeley 94705 (Ph. 548-9148) is a Regional Planner and is a versatile sprinter and middle distance runner with the following PR's: 10.6 (100m), 21.4 (220), 31.2i (300y), 47.1 (400m), 1:11.8i (600y), 1:52.8 (880), 20'8" (LJ). Scott Ruffing (15), 2680 Sunnycrest Ct., Fremont 94538 (Ph. 657-2756) is a soph at Mission San Jose High School.

write or call Jack Leydig (P.O. Box 1551, San Mateo, CA 94401... Ph. 415/342-3181) by not later than Feb. 1 (preferably sooner). --- Funding: The Exec Council approved the following funding for members (besides that appropriated on page 10 for the Jr. International Trials): AAU X-C Nat'l's (\$294 to Bill Clark; \$57 to Mike Pinocci); Nat'l. AAU Women's Marathon (\$116 to Joan Ulliot); Nat'l. AAU Men's Marathon (\$50 to George Stewart, Jim Nuccio, & Bill Clark, and \$25 to Byron Richardson); Albuquerque Indoor (1/3 airfare to Chuck Steffes); Misc. gas expenses (Humberto Hernandez, \$17.17); Mission Bay Marathon (1/2 gas to Jon Higley). --- Elections: Most of your 1975 Exec Council will remain the same for 1976...the following individuals were elected to the positions listed: Pres/Treas--Jack Leydig; Secr.--Dave Himmelberger; 1st VP--Daryl Zapata; 2nd VP--Bill Clark; Administrative Ass't--Harold DeMoss; Track & Field Reps--Brad Nave (field), Jim Nuccio (distances), Greg Marshall (springs and hurdles); Race Walking--Wayne Glusker; Junior Reps--Roy Kissin & Mike Shaughnessy; College Reps--Dave Shrock & Jack Bellah; Women's Rep--Phyllis Olrich; Road Running & X-C Rep--Charlie Harris; Masters Rep--Phil Conley. --- Funding Policy: With the club gaining many new members and the requests for funding increasing all the time, it was pointed out that the club should draw up a budget and policy each year...the newly formed Exec Council met again on Jan. 4 and formulated some concrete ideas that will be further nailed down on a Jan. 25 meeting. Essentially, each club entity (Juniors, Masters, Women, etc.) will come up with a proposed schedule for 1976...some of these meets will be fundable and others won't, and certain amounts will probably be allocated for various meets, based on the distance travelled, the number of possible qualifiers we have, etc. The fundable meets will be listed on all club schedules, and it will be up to the members who want to apply for funding to any of these meets to do so within a specified time *before* the meet (probably 30 days). A standard funding application form will be sent to all members after this policy is determined. The Exec Council will meet monthly (by actual meeting or by mail if necessary) during peak seasons (track especially) and evaluate funding requests (these requests will contain questions pertaining to various aspects of each member's participation with the club, his need, his qualifications, etc.---exact wording to be determined at the Jan. 25th meeting). If you want to input to your representative (see above) on the Exec Council, you should feel free to do so.

● WVTC FINISHERS IN ROAD RACES: - Not listed elsewhere in this issue: Berkeley-Moraga Run: 125-Steve Martin 1:38:50, 158-Len Wallach 1:45:28. PA-AAU Sr. X-C: 77-Byron Richardson 39:11, 79-Santos Reynaga 39:31, 80-Ken Paul 39:53, 86-Larry Main 40:29, 90-Bob Alford 41:34, 101-Jack Dickinson 42:56, 113-Tim Smith 45:10, 135-Len Wallach 50:58. Foothill 10-Kilo: (Open) 51-Tim Smith 43:04, 55-Larry Main 44:22; (Masters) 9-Len Wallach 52:05. Pepsi 20-Miler: 138-Pat Shaughnessy 2:13:33, 199-Bob Alford 2:20:44, 247-Dan Hintz 2:26:41, 380-Wayne Glusker (walked) 2:49:43, 411-Jerry Lansing (walked) 2:55:45, 452-Len Wallach 3:08:21. Livermore Marathon: 78-Dan Hintz 3:14:17, 81-Steve Simpson 3:16:14, 151-Steve Subotnick 3:43:46, 194-Len Wallach 4:21:44. Livermore Half-Marathon: 41-Phil Conley 1:36:50, 42-Tim Smith 1:38:05, 70-Julie Ortiz 1:46:42, 83-Monte Dayton 1:53:42. PA-AAU Jr. X-C: 50-Scott Gould 40:28.

CLASSIFIED ADS

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 Marwin, Los Altos, CA 94022 (Ph. 415/948-8029...evenings after 8 pm). --- All ad copies should be sent to: NCRP, Box 1551, San Mateo, CA 94401.

SPECIAL ON FILM LOOPS: (\$1.00 Each until gone)--Available in 8mm and Super-8 (some 16mm): Silvester, Davenport, Tom Hill, Tarmak, Isaksson, Hayes, Oldfield, Nordwig. Not all athletes available in both sizes. Please add 25¢ postage for all orders. Checks should be payable to: Jack Leydig, Box 1551, San Mateo, CA 94401. They are going fast so send for yours now!

CUSTOM QUALITY PHOTOS: - Jim Engle, one of our regular photo contributors for the NCRP, is making available many of his pics at local distance runs and track meets. He will appear most weeks at road runs. Only \$3.00 for custom quality prints in size 8 x 10...less for groups and snapshot stuff, and 5 x 7's will also be available at lower prices...some 11 x 14's for a

Meet Directors!!!

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★NOR-CAL RUNNING REVIEW★

bit more. Prices will be posted. If you would like information on Jim's prices and what races he will be at (he will take your pic if you ask), he can be reached at: 1801 McKinley Rd., Napa, CA 94558. -- Incidentally, *RUNNER'S WORLD* has just come out with a new 'Runners Calendar' that features many shots of local runners & races taken by Jim Engle. They are available from the NCRP for \$2.25 (includes tax and shipping).

BOOK REVIEW: - *PODIATRIC SPORTS MEDICINE* (By Steven I. Subotnick, DPM, MS. -- Futura Publishing Co.: 203pp, \$21.75 Hdbk) --- Many Bay Area runners are familiar with Steve Subotnick, both as a fellow runner and professionally as a podiatrist. Combining the two, he is one of the new breed of medical athletes we are fortunate to have these days. Steve's new book, *Podiatric Sports Medicine*, describes in minimal technical language, the essentials of podiatry as it relates to sports, and especially to running. He begins by describing the biomechanics of running and the normal functioning of the foot in walking, race-walking, and running. He then contrasts by explaining leg, hip, and foot abnormalities and how they relate to each other. Injuries such as shin splints, chondromalacia (runner's knee), strains, sprains, tendonitis, bursitis, and other topics are defined. The book includes many simplified drawings to show basic anatomy and pathology, as well as x-rays for those more medical types.

Treatment and prevention includes a handy section on taping and the proper use of mileskin, felt, wedges, and arch pads. And what about those orthotics that everyone is getting? What is their purpose and who needs them? A full chapter is dedicated to describing orthotics; their uses and abuses. The last chapter describes surgical correction of soft tissue problems.

Since we runners are subject to overuse problems and their related injuries, it is to our advantage to be knowledgeable as to the prevention and treatment of foot injuries. Many of these injuries do not require those frequent visits to the podiatrist. With a little common sense and knowledge, self-treatment can cure injuries. Before you know it, you can have return on the investment of this extremely informative book. (Reviewed by Judy Gumbs) -- Copies may be obtained by writing to: Steven Subotnick, DPM, Hesperian Medical Center, 19682 Hesperian Blvd., Hayward, CA 94541.

EDITORIAL

STANDARDIZATION OF RACE RESULTS: (By Jack Leydig, Editor) - At the risk of 'telling people what to do', I am going to put my foot in my mouth and recommend a procedure for making race results a little more meaningful to those who compete in them...YOU! Too often I receive results for printing in the NCRP that are nearly meaningless. Far too many race directors feel that all they need to list is: finish place, name (sometimes with only first initial), and time. While this is fine for someone wanting to look at only his/her time, it leaves a great deal to be desired for others and for most runners who want to see how others do. With only a first initial and no sex noted, how are you going to tell the women in the race from the men? Don't laugh---I can point to a half-dozen race results (or more) that I've received this year that don't seem to feel that women should be noted by other than first initial. If all race directors could put themselves in the runners' shoes, I think they would be more careful about how their results look.

I would like to propose a simple 'standard' way to list race results that does not take up that much more room on a result sheet and requires little extra effort if the race application has spaces for the information. Here is what I propose: Overall Place-Name/Affiliation (Age) -- Time. The name should include first & last names; the affiliation can be abbreviated. If divisions are present, the division place can be printed to the left of the overall place with a code. Let's hear from our readers on this idea...any suggestions?

LETTERS TO THE EDITOR

HAROLD DEMOSS (*Los Altos, CA*): - The following letter was written to Ms. Barbara Palm, the new Natl. Women's LDR Chairperson (AAU), with a copy to the NCCR. -- "I'm sure that you are interested in making sure that National Women's Championship races of the highest quality. With that thought in mind, let me begin.

I ran the marathon at Culver City on Dec. 7th. One of the problems with 'old and established' races is that they use race standards developed 20-25 years ago, when the most that a runner could hope for was an accurately certified 26 miles, 385 yards, and not just have the race director jump in his car and buzz around the course and dismiss it with, 'after 26 miles, the runners are so tired, they don't care how far it is anyway.' Anything above this approach was 'quality'. However, standards change, and young club presidents and race directors have developed better standards of registration, team scoring, runner identification, aid-station placement, raceday administration, and race promotion...which now brings me to the point of this letter.

As PA-AAU LDR Chairman (men's), and an active runner, I would like to point out several items of interest at Culver City. First the entry blank: It said "28th Annual Western Hemisphere Marathon, and National Long Distance Running Championship". It most assuredly was not! It was the "National AAU Senior Men's Marathon Championship". It was THAT, and that EXACTLY. It may have been the Western Hemisphere Marathon also, but THAT was the championship they were awarded through the SPA-AAU, not the "National Long Distance Running Championship". One might say, 'that's only a name'. Well let's explore further. The entry blank said that out-of-district runners need a travel permit to compete. That rule was thrown out five years ago! The entry blank had a medical release of sorts; again, in last year's AAU Convention, the exact wording was spelled out for the medical release. Later on in the form, it stated that a doctor's exam or a certificate of completion from a previous marathon was required; again, this is contrary to AAU rules--the properly-worded medical release suffices. The entry fee was \$3.00; again this is contrary to AAU rules which state that maximum entry fees for National LDR Championships be \$2.00.

There was a statement on the blank saying that water at aid stations would be provided by the Culver City Parks & Recreation Dept., and that aid stations would be in accordance with international standards. Now WHAT are the international standards? I know what they are...but does the average runner? He may think he can only take the water provided, or that he can only have water. Besides, the international standards do not apply in this race, and if they did, the aid stations were not set up in accordance with this standard, and they were too few in number, particularly in the latter stages of the run. Also, ERG and other similar preparations are the accepted aid in hot races, in addition to water; again a development of the last few years. In a National Championship race, it is required to list the awards, both individual and team. The number entering for each team, the number scoring, and the method of scoring should also be listed. The blank did mention the SPA awards, but NOTHING about National Championship awards. It also mentioned awards for the "Veterans" age 40-and-up category. Again, the term "Veterans" was replaced by "Masters" four years ago.

For the runners who say, "It's only a piece of paper; I ran a good time," and for the race official who says, "I don't care what's on the entry form, I've officiated at this race for 25 years and I always do a good job,"...I say they are ignorant of the development of the sport, and of the hundreds of clubs and thousands of runners who have worked over the years to bring road racing from a few scattered races a year (attended by a couple of hundred runners) to the level where we have National Championships at the various kilometer distances, in addition to the glamour event of road racing, the marathon.

This was a NATIONAL CHAMPIONSHIP, and as such, Gary Tuttle is the National Champion, and a leading contender for the Olympic team. To place any lesser value on the race by the lack of quality of the race itself, and ignorance of established and written AAU rules is an insult to the work that hundreds of people have given in order to make road racing a legitimate and recognized sport.

I am deeply interested in the development of Women's LDR, and believe that it can only advance through quality races at the National level, and especially in a National Championship Marathon. It is my understanding that the 1976 Women's Marathon Championship has been awarded to Culver City (*your editor forgot to mention this when he listed various National Championships on page 5 of this issue*). I would strongly recommend that in light of the results this year, the award be re-examined as to whether the race officials are able to produce a race of the caliber

which will advance women's distance running as a sport, or whether it will contribute to a 'side-show' aspect of women's athletics. It would also be well to check on whether (prior to next year's race), the promoters have paid the required 25% of the entry fees to the National LDR Committee; if not, this will require that the award be revoked. Thank you for your consideration and interest in this matter."

FRANK DONAHUE (*San Francisco, CA*): - The following letter was written to Harold DeMoss (Men's LDR Chairman for the PA-AAU), with a copy sent to NCCR. -- "As your being a veteran of many marathons, including the recent PA-AAU marathon, I don't have to tell you what a fiasco it was. But for the record, I will list a few of the grievances that I and many others have: (1) Uncertified course; (2) Insufficient aid-stations; (3) Mileage markers off; (4) Course improperly marked; (5) Course criss-crossed itself too many times. These are just a few of the brief complaints that I picked up after the race. There could have been a lot that I missed.

Because of the total ineptness of the people putting on the race, I suggest that they comply to the following standards: (1) All entry fees be refunded to contestants; (2) The LDR or PA-AAU absorb only the cost for the championship medals and patches; (3) Not allow for any more marathons to be sanctioned and put on by Cal-State Sonoma and/or Bob Lynde and Co.; (4) A printed apology by the above-mentioned persons in the NCCR. These measures may sound somewhat severe, but I think it only just considering the time and preparation that a runner puts into a marathon only to have the race turn into a mockery. According to most people that I talked to, this is only half of what should be done to the race sponsors. The other half is against the law. An example should be made here and now. All race directors should be forced to conform to the PA-AAU/LDR guidelines of race procedure and operation. If not, they should be prepared to suffer any consequences that may occur. It is time that the distance running society start getting the respect and attention that they rightly deserve, considering the entry fees they are being forced to pay!!" (*See letter below from Bob Lynde, Race Director*)

BOB LYNDE (*Rohnert Park, CA*): - The following letter was put on the front of the race results for the PA-AAU Marathon and sent to all who competed...see letter above. -- "The wrong turn at the start was my fault completely. I am the one responsible and I should have taken more time to ensure that all runners knew the start path. It just got away from me, and I am still thunderstruck by it! It was like a grade B movie where all the action is going on behind someone's back, and if that person would just turn around, he could do something about it. And that's what happened to me. The gun went off and I turned away from the start to check with the timers and to clarify anything that wasn't clear. During this time, the runners whipped sharp left and my back was to them all during the run down to Petaluma Hill Road. When I finally discovered this, it was too late for a recall.

The actions we took were to lengthen the course by the distance that was not run, minus the part you did run down to Petaluma Hill Rd. We had to add this part on to the end of the race and this accounts for the turns and twists and having to leave the campus again once you had returned. The full distance was 26 miles, 385 yards, although each mileage mark was over one mile short as indicated on the road. We tried to let all runners know the marks were short and that the distance would be added at the finish. Some of you got this and others didn't. Naturally this threw all the mile marks off as well as the times for them.

And if that wasn't enough, we have the following items: (1) The Santa Rosa Cycling Club was holding time trials on Petaluma Hill Rd. -- with riders going one way and runners another, the road suddenly became crowded!; (2) A train decided to use that old crossing that hasn't been used in months - except when your common everyday marathon is being held; (3) The home owner who was upset because people were running down a public road; (4) Pax Beale lost his old rundown pair of runner's shoes. Other than that, it wasn't too bad a day."

ROBERT DECELLE (*Alameda, CA*): - "Recently, some of our running people, who have obviously not had the pain of maintaining a club, who have never put on a meet, seem to be concerned with the fees that are charged, at various races. I too have become concerned, particularly in the area of our Masters, where meet directors charge anywhere from \$3.00 to \$5.00 for a race. It is my belief that either someone is earning a good fee, or too much is being spent on awards.

Enclosed is a Registration Report that must be completed for every sanctioned AAU event held in our area. Please note, because we had already received our one free sanction for the year, we started out with a \$10.00 fee. Because we ran events for masters, age-group, open, high school, and females, our awards cost was \$158.85. For printing we paid out \$33.70. Our postage ran another \$29.92. Our total take at \$1.50 (no late fees) was \$324. We then paid 10% of all entry fees to the PAAU, or \$32.40. Our net gain, with which to run our track club, was \$59.13.

Most of you, who work for a living, could earn that much in a few hours. Our club, one of the oldest still surviving, spent many more than 'a few' hours of work in total preparation. Believe me, we barely exist, let alone send team members to important races. However, if one believes that a meet is charging too much, the runner always has the ultimate defense...he can boycott the meet. In fact, I would urge him to do so; then we will not have an elite corps of only those who can afford the high fees, running.

As a final thought, is the average runner aware of the rules on clothing? Clothing is supposed to be marked, as is any other item offered as an award. It must bear the name of the event and the date and cannot be in excess of \$75.00." (Bob DeCelle is Alameda TC's Director, and the race which he is talking about, above, is the annual X-C Carnival in Sept.).

JUDY GARCIA (Oakland, CA): - "A special word needs to be mentioned concerning consideration for meet directors on raceday. Most runners come to the race to run and forget about the amount of work it takes to put on a well-organized race. I've assisted in race organization and would estimate it can easily take 15-20 hours of preparation to put on a medium-sized (200 runners) and distance (6 miles) race. One can therefore imagine the degree of organization required for a larger race (Bay-to-Breakers, marathon, Xmas Relays, etc.), and the teamwork required to pull it off efficiently. Cooperation is mandatory, both by volunteers and runners. Runners should be considerate enough not to hassle meet directors with petty details and trivial conversation right before the start of a race. They should also not call up the night before inquiring about the race, directions, etc. Most of these questions are answered on the entry blank. If you're really stumped, try calling a friend first. Meet directors should be called only as a last resort.

Volunteers should be on time and be familiar with their duties. Meet directors must rely on their people to be dependable, as it is the total teamwork which makes for an efficient race.

If these two points were considered by more people, I think putting on races could be a more rewarding experience for meet directors who I have seen frantically pulling out their hair before these great events come to pass."

LARRY NEVERKOVEC (Carmichael, CA): - "I sent 4 girls (ages 10, 11, and two 13-year-olds) to your road race (this letter was sent to the race director of the Cupertino Yearlings Santa Clara Valley Ridge Run in Nov.). The team secretary, Barbara Fuller, attempted to sign them up in the women's open division and was told the girls had to run in their age group. These girls have always before had the option of running women's open and have done so, having set several records and earning ratings in the NorCal Running Review, as Women; age-groupers are not awarded points. (Ed. - The NCRP does not distinguish between age groups for women yet in its point ratings...all women are counted in any race that is open to all women, regardless of age. So, the above girls would have been counted, regardless of what division they entered.)

In your race, three of my team's four girls finished ahead of the first woman; all three broke last year's women's open record (which was set by one of these girls when she was 10, when you first ran this course in the spring of 1975). Your instructions to the ladies at the signup table cost these girls points in the ratings of the previously mentioned publication and robbed one of them of the plaque and special award for breaking the old women's record. We should have had the freedom of choice we have had before in putting the girls in the proper division. For these girls, it is no handicap to put them in the women's open class, and I regret your decision kept them from running in the division I prefer for them." (Ed. - LDR Chairman, Harold DeMoss, reminds race directors that runners should run within their age-group. In age-group X-C and track races, youngsters are required to run within their age-group...so why should it be different in road running? Why should any division be 'robbed' by competitors from another division when it jeopardizes the legitimate runners in that particular division?)

ROBERT DECELLE (Alameda, CA): - (The following letter was sent to Aldo Scandurra, (with a carbon to NCRP) who is the AAU representative to the US Olympic Committee for the Long Distance & Road Running Committee at the National level. It was sent before the AAU Convention. Developments within the USOC rejected the idea of an 'open' marathon, which was the popular voice of the nations marathoners.) - "Enclosed are the results of the survey that has been conducted with marathoners all over the US. The response has been extremely good, with 60 marathoners returning the questionnaire.

Some have even gone to the trouble of hand-copying the questionnaire, having read it in some running materials. And many have sent extremely thoughtful letters. There is no question in my mind, after this survey, that the marathoners want the Trials to be open to everyone. They are overwhelmingly in support of the USOC providing funds for only the top runners.

The trend also suggests they wish the Olympic format followed (which can't be done at this late date, because they, the marathoners, would not have time for recovery), which would put the 10,000 meters before the marathon so a man could double. A marathoner could still double, but the cost of travelling would be rather high for him, with a month separation.

I hope this material will be of some help when you face the Olympic Sub-Committee on Athletics next week."



Paul Reese (left) as a Marine, and (right) as a hard-working race director...featured in this month's "Human Race." /Kirby/

"THE HUMAN RACE"

WHEN THIS COLUMN STARTED, THE ORIGINAL WRITER FELT THAT "RUNNER-UP" WAS A SUITABLE DESCRIPTION OF HIS EFFORTS. IT WAS GOOD AS FAR AS IT WENT, HOWEVER, IT SEEMS TIME FOR A MORE APPROPRIATE NAME. THE HUMAN RACE IS THE ONLY REAL RACE ALL OF US ARE IN. TRYING TO GET BEHIND THE SCENE AND INTO THE MORE SENSITIVE AND INTIMATE ASPECTS OF RUNNING IS MY SOLE OBJECTIVE. IN EACH OF US, THE INNER MAN LIES SILENTLY WAITING FOR EXPRESSION AND SHARING, CONSEQUENTLY, I'VE SELECTED 'THE HUMAN RACE' AS THE NEW COLUMN TITLE.

MEET PAUL REESE: (By Len Wallach) - In the fraternity of sweat, friendships are born in the shared agonies of running and forged by the fires of exhilaration. Paul Francis Reese is no exception to this rule, as his personal relationships with his fellow runners are intense and intimate, only exceeded by his romance with the Pepsi-20 and a life-long marriage to the United States Marine Corps.

Paul never got over being a Marine. Even his civilian and running accomplishments sound like military awards to be worn on his Marine Corps tunic. Each time I searched his memories for the forgotten battles of World War II, his recollection of the island warfare campaigns of Bougainville, Peleleu, Saipan, and Okinawa brought with it the saddened reverie of fallen friends. The deep wrinkles of his face seemed to be a method of having kept score of his own private thoughts about how each buddy suffered and died.

But he would flash suddenly back with an anecdote of his Marine Corps life that revealed his exuberance for action. "How I envied the guy that we slipped ashore on Bougainville five days before we landed," he gestered dramatically. "I really wanted to have that job!" I thought he was kidding until he rattled off another yarn about his friend, Morse Holiday from Utah, who had a similar assignment on the Japanese held island of San Isabel and mistakenly walked right into an enemy camp. "Just think about that chance had you been a Marine!", Paul offered. And having had some less heroic military experiences myself, tried not to think about it.

His Marine Corps service resulted in ten decorations, including the Distinguished Flying Cross, Air Medal and put five battle stars on his Asiatic-Pacific Campaign Medal. "My unit was awarded the Presidential Citation," Paul remarked in passing, and unless you're a military buff there would have been no way of knowing that this meant they never would have won it unless the commanding officer deserved it. From a cadre of less than 30 men to building a combat-successful 1500, being singled out by the President was no small task.

Graduating from UC Berkeley with both a Bachelors and Masters Degree with honors, Paul had decided to be a teacher, but his educational bent was interrupted for 17 years by his military service until he finally retired as a Lt. Colonel. He returned to his home town, Sacramento, and picked up where he left off in pursuit of an affiliation with education. Eventually his present position, Director of Middle and Junior High Schools in the Sacramento City School District, gave him his opportunity to use his organizational and leadership abilities as well as his high-principled values. His own three children's successes illustrate his values and emphasis on education. His son, Mark, just graduated from Law School; his daughter, Nancy, is about to; and his youngest, Susan, just completed her first year in college.

His running career is filled with the accomplishments of ultra-distance and speed. In a world of old jocks, Paul stands out as a model of modesty when talking about his achievements. He has probably put in more marathons than most, around 75 since he started running in 1954, but will only talk in anecdotal fashion about some of the more bizarre aspects of the beauty of the terrain or some tidbit of a running conversation with some other fleet-footed ancient like Ralph Paffenbarger or Peter Mattei. Paul has a passionate dislike for those in the masters program who he feels are 'self-appointed egotists' and purport to speak for the older athlete. "We all know who these fellows are, and unless they renounce their ambition for recognition, masters running will suffer greatly," he explained. "They remind me of the old James Cagney and Richard Arlan movies about the Marines. Every three miles they have to have pictures taken."

Paul felt his best running year was at age 55 when he ran 13 marathons, 11 under 3 hours, and then added a 50-miler in 7:34 and a 100-miler in 17:14. Statistics like this don't need any journalistic embellishment, except to add that he was so physically tough that he considered the Ocean to Bay Marathon as a 'sissy race', ever since they took out a few hundred yards of an almost vertical hill.

With his military preoccupation with organization and precise detail, his development of the Pepsi 20-Miler is a little like an attack by a rifle squad. Although he gives most of the credit to his logistic sidekick, Elaine Hocking, for keeping the paperwork and administration functioning and well-oiled, Paul is a dynamo of race organization. "The Marine Corps trains you to do it only one way (the 'Right Way'), so that's the way we do it," he declared emphatically. For those that have run the Pepsi, it's a race of superb planning, administration and organization. Each year Paul and Elaine analyze the detail of the race to plan the next year's better. He was full of statistics going beyond the number of entries and finishers--giving obscure data on the number of doctors in the event, how many long distance phone calls received five days before the race, what cities the runners came from, etc. "The only complaints we ever get are from the freeloaders," Paul commented. "A freeloader is a guy who never helps out in setting up or working a race but comes thinking we should pay homage to his 'sub-something' time... runners, and those who get something out of running, like sporting goods stores, equipment salesmen, and even writers have to put as much back into it, or otherwise the sport will eventually reject them," he philosophized.

As Paul talked on about his concerns for running, his work on the Pepsi, and his own performance, it became overwhelmingly apparent that Paul Francis Reese was a guy that really gives a damn. /Results from Pepsi 20-Miler in results section/

NOR-CAL PORTRAIT

MEET CARLOS CARRASCO: (By Conrad Walker) - As the runners completed the last loop of the tough Belmont (Crystal Springs) X-C course in this year's CCS Championships, a slender (5-11, 130#) runner from Mt. Pleasant High School in San Jose kept up the pressure and finished a surprising third. What makes his finish notable is the fact that Carlos Carrasco is a freshman.

Carlos, who began running in the seventh grade, is really in only his second season of competition, as he did not compete in the eighth grade. But don't assume that Carlos' fine personal bests (including a 9:31 2-mile this fall) come from natural talent alone. Far from it. In an era of high school distance



Mt. Pleasant frosh, Carlos Carrasco, the NorCal Portrait for this issue, shown finishing a close third to Stevenson's Eric Newberger at the CCS X-Country Championships. /Jay Marlowe/

runners routinely doing 100-mile weeks, Carrasco's workouts still push the limits of credibility. Would you believe weekly mileage totals of 200 during August, or daily totals of 20-30 miles? Perhaps the wonder is not that Carlos is so good so young, but that he is able to get through what has to be one of the most punishing workout schedules of any prep distance runner.

Training schedule: Carlos trains 12 months a year, running 2-3 workouts a day during the summer months and 1-2 times a day during the rest of the year. He does bulk weight training, emphasizing squats and step-ups; also, he lifts 45-lbs. for speed on Mon-Wed-Fri. During the early summer, Carlos does easy running. Then, during August he does those unbelievable 20-30 mile days. He cuts down to 60-90 per week during cross country, starting with road work and long hill work, and tapering to short hills (under 440 yards) and shorter intervals (under 1000 yards), with one day per week of road work. Easy days are Sundays when he goes for only 2-3 miles. Winter workouts vary from 6 to 12 miles per day, seven days a week. Starting in February, Carrasco works up to 30 miles per day, split into two sessions; then he repeats the pattern established during cross country from March through May, peaking for the championship races. He then returns to 6 miles per day from June 15 to August.

Carlos' tactics change from race to race, "but basically I run the way I feel--my legs particularly. I try to maintain mental contact with the leaders at all times," notes the Juarez, Mexico, native.

Goals for Carlos in the upcoming year include 4:20 in his favorite event, the mile; 9:15 or better in the 2 mile; and 2:00 for the half-mile. His long-range goal is to win the State Meet title in the mile or two-mile by his junior year, and then perhaps attend UCLA and try for the Olympic Trials in 1980--when he still will be only 19 years of age. With the ability to push himself and set his goals high, there is no reason why Carlos should not equal or better the goals he has set for himself.

Carlos Carrasco was born Sept. 2, 1960 in Juarez, Mexico. In addition to his best track times of 9:31.1 (this fall) and 3:31 (1320) and 5:00 (in the 7th grade?), he has posted road marks of 15:03 for the 2.9 mile Crystal Springs course and 11:38 for the 2.25 mile course at the MHAL Finals.

WEST VALLEY PORTRAIT

MEET HUMBERTO (AL) HERNANDEZ: (By Bill Clark) - WVTC's most consistent performer in the last two PA-AAU road running championships of 1975 was Humberto Hernandez, or "Al" as his friends call him. Humberto ran a strong second to teammate Ron Wayne in the 25-Kilo race in September. His time of 1:21:43 was exceptionally fast for the conditions and represented somewhat of a breakthrough. He improved one more place to win the PA-AAU Marathon in November with a PR 2:30:18, which again was a great effort considering the very warm conditions that prevailed.



West Valley Portrait, Humberto Hernandez, placing second in the 1975 PA-AAU 25-Kilo Championships. /John Danner Photo/

Al's improvement did not come unexpectedly, as he really beefed up his mileage this summer. Being a high school teacher, he does his bulk-training in the summer months (very hot in Yuba City), normally covering 14 miles in the morning and 6 miles each afternoon. When school resumes in the fall, his mileage slips to about 100 per week, and then in track season, improved quality causes the mileage to drop to 70-90 per week. Humberto describes his current training schedule as follows: "Presently, I am trying to get around 20 or more miles per day, usually getting between 20 to 28 on Sunday slow, 18 to 20 on Monday, 10 miles of hard running on roads and/or track on Tuesday, 20 or more of easy running Wednesday, 10 hard with some speedwork on the track on Thursday, and on Friday I cut down my mileage even if I don't have a race so that I'll be used to it when I do have races. If I don't race on Saturday, I take a time trial."

Humberto has one of the most fluid running styles in the Bay Area. Although it appears that he sometimes overstrides, this has not adversely affected his times, as his PR's range from a 50.9 for the 440, to a 2:30 for a marathon. He has also won his share of honors, including being chosen as San Francisco's most valuable high school track athlete in 1964 and winning the NorCal JC Cross-Country Championships in 1969.

Hernandez is not one to be satisfied with past accomplishments and looks for a long and successful future. In the immediate future, he would like to be an Olympian this year (or in 1980), and is in the unusual position of being eligible to compete for two countries. He explains his situation as follows: "I wish to state that I do wish to go to the Olympics in 1976, and I am eligible to run for either Puerto Rico or the United States. I have tried on numerous occasions to contact Puerto Rico by letter and telegram. Neither my letters nor telegrams have been returned, but I have never received a reply. I would appreciate anyone who could aid me in this endeavor." (*Anyone who could be of assistance to Humberto can contact him at 858 Kimball Ave., Yuba City, CA 95991--Ph. 916/674-5343.*)

SPECIAL ARTICLE

NATIONAL RUNNING WEEK (By Jim O'Neil): - Congratulations to the staff of Runner's World and World Publications for undertaking the monumental task of creating and staging National Running Week (Dec. 28, 1975 to Jan. 3, 1976). I'm sure that I speak for all runners when I express heartfelt appreciation for this wonderful project. Judging from the tremendous enthusiasm of those present, the program was successful in every way.

My remarks will be limited to those events which I attended on the final two days of National Running Week. Earlier in the week there were a number of highly enjoyable activities, such as the 60-Mile National Fitness Run and the New Years' Eve Midnight Run. Reports indicate that these and other events were well supported, with thousands of runners covering the 60-mile relay from Sausalito to Mountain View, and a field of 1500 finishing the five-mile Midnight Run. What a great way to bring in the New Year!

The Cabaña Hyatt House in Palo Alto was headquarters for National Running Week, and it was here that a series of workshops were held. These workshops were very well organized, covering all phases of running. They were stimulating and informative, and very well worth the small entrance fee involved. My son Tom and I drove from Sacramento to Palo Alto for the final two days of National Running Week. Unfortunately, this enabled us to attend only four of the ten workshops, plus the closing awards evening on Saturday. If I had it to do over, I surely would attend every workshop.

Our first workshop involved a panel discussion on road running. A knowledgeable mixture of road runners and race direc-

tors made up the panel: Jock Semple (Director of the Boston Marathon); Ralph Davis (Univ. of Portland Track Coach & Director of the Trail's End Marathon); Ted Corbitt (Ultra-Marathoner); Jon Anderson (Olympian at 10,000 meters and winner of the 1973 Boston Marathon); and Jack Leydig (Runner, Race Director, and Journalist--not necessarily in that order). This was a very interesting discussion of the tremendous growth and popularity of road running in the United States over the past five to ten years. We especially enjoyed the comments of colorful Jock Semple. He discussed the growing pains of the Boston Marathon and the many problems facing the race organizers.

The second workshop we attended covered methods of training. Joe Henderson, advocate of the Long Slow Distance approach, explained and defended that type of training. Opposite him at the debating table was Hal Higdon, who supported the interval training method. This was to be a debate, but it soon became evident that each participant had a good deal of respect for the ideas of the other, and probably both would agree to a training program which would combine the two methods. The most meaningful observation that impressed us was made by Hal Higdon in his closing remarks. He said that every runner will respond differently to various types of training, and it is thus impossible to design a schedule which would ideally suit all runners.

Next we went to the seminar on Masters' Running. Being a masters runner, this was the most interesting to me. Those present were Dave Pain, Ruth Anderson, and Ed Phillips. All are deeply involved in the Masters program, which began eight years ago as a result of the efforts of Dave Pain. Considered to be the 'Grandfather of Masters Track & Field', Dave remains the driving force behind its continuing growth and improvement. Most interesting were his comments regarding the philosophy of Masters competition, which he strongly feels should involve all over-40 athletes, with no qualifications other than age and fitness, and with no political jurisdiction or interference. He's certainly got my vote.

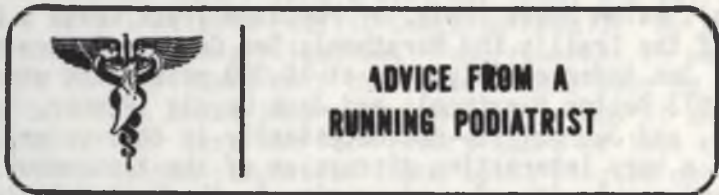
The final workshop was probably the most interesting. Running medicine was discussed by two real authorities on the subject, Dr. Steven Subotnick and Dr. George Sheehan. Steve is a Bay Area podiatrist specializing in running injuries. He talked about a variety of injuries suffered by runners, and pointed out that they all originated in the foot. His talk was accompanied by some really fascinating slow-motion films of his patients, including himself. Dr. Sheehan is probably the foremost authority in the field of sports injuries. He writes a column for Runner's World, and is highly respected for the valuable advice he gives to runners through his articles in the magazine. Among other things, he discussed and demonstrated his strengthening and stretching exercises. He is a delightful and uninhibited speaker who doesn't mind pulling up his shirt or dropping his pants to illustrate a point.

Runners' Night on Saturday evening brought National Running Week to a close. The purpose of this program was to give proper recognition to those people who had made significant contributions to the sport, both locally and nationally. An all-star lineup of guests received awards from Runner's World Magazine. Receiving recognition for their contributions to Bay Area road running were Bob DeCelle, Pax Beale, Dr. Joan Ulyot, Walt Stack, and Jack Leydig. Other award winners and guest speakers included many of the workshop panelists, plus Jim Ryun, George Young, Peter Snell, Bruce Jenner, Bill Bowerman, and Dr. Kenneth Cooper, along with others. The M.C. duties of Runners' Night were very capably handled by Kathy Switzer, first woman to run in the Boston Marathon.

National Running Week was a smashing success, and my son and I enjoyed every moment. It was first created to commemorate the tenth anniversary of Runner's World Magazine. Bob Anderson, Joe Henderson, and their colleagues did an outstanding job; I hope they don't wait ten years to do it again!



End of Stage #6 (National Fitness Run) in Daly City./K.Kirby/



Harry F. Hlavac, D.P.M.

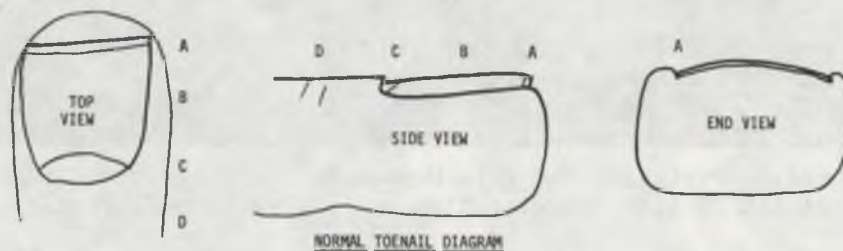
Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). -- Harry reports that our readers panicked with our warning in last issue regarding a lack of letters and the possibility of discontinuing the column. Since then he has received about a half-dozen letters and has assured this column's longevity. But don't feel that should be a reason not to write...the advice is free even if it isn't printed in the NCCR. Thanks for your support!

TOM BURNS (Berkeley, CA) - "A fairly common injury occurring in cross country and trail running is the loss of a toenail. What is the cause of this? How can it be prevented? What is the proper treatment? Should one try to remove the dead nail or leave it on as long as possible? Is there anything that will help the new nail grow in straight and to prevent an ingrown nail? The nail on my (Morton's) toe is thicker than the others. Is this a potential nail problem? I'll look for answers in the NCCR."

(RESPONSE) - BLACK TOENAILS: - Originally, toenails and fingernails served to protect the hands and feet, to dig and scratch in getting food, and as a form of defense. Today the nail function is in protection and sensation of outside forces in order to prevent injury.

The first 'black toenail' a long distance runner gets is a badge of courage. The second and succeeding black, distorted toenails are annoying, and sometimes even disabling to running

performance. Toenail injuries and deformities in runners are very common and take three basic forms: (1) black or blue-black toenails -- caused by pooling and drying of blood ("blood blister") under the toenail itself caused by sudden trauma; (2) black and thickened toenails -- caused by recurrent trauma with injury to the growth area of the nail; and (3) thickened opaque toenails -- caused by distorted nail growth from previous injury or prolonged resistance ("back pressure") to nail growth.



The normal toenail should be a flat plate covering the end of the toe. The toe itself should be straight and flat so that the toenail is directly on top of the toe. It is natural for the toenail to become somewhat thick as one grows older, but the shape of the nail should not change. With growth, the nail grows from the base (matrix), designated by Area "C" above, in straight lines forward. Normal growth of hair and nails (made of keratin, a type of skin surface layer) is based on good blood supply to the surface and related to normal protein metabolism. The appearance of the nails themselves may help in the diagnosis of systemic problems. Normally the first and second toes should be about the same length and taper off in a straight line toward the fifth (little) toe. Any distortion in this alignment will allow pressure from socks and shoes.

The toenail grows from the base but is well attached by small fibers. The total time of nail growth from base to end takes eight to ten months, somewhat faster during summer or in warm climates. The growth of the toenail can be distorted by outside pressure, by inside pressure from the bone under the nail, or by poor metabolism. Injury to the nail in runners usually involves outside forces and may occur at the end (A), middle (B), or base (C) of the toenail or back at the joint (D). Lifting or kicking type of pressure may pull the nail from the nail-bed tearing the small attachment fibers at (A). This causes small dark lines or spots in the nail and disappears as the nail grows. It may also be caused by shoe pressure or irritation. Blackening of the nail in the middle (B) is caused by direct trauma, and also resolves as the nail grows. If this problem is recurrent, it may be caused by a bone spur under the toenail, and can be corrected as a minor office surgery without removing the nail and with minimal disability.

Injuries to the base (C) or back at the joint (D) of a toe, especially in growing children, should be treated early because injury to the growth areas causes thickening and prolonged distortion of the nail. Injuries to this point of the nail are common to runners because of several factors. First, during long distance running events, especially a competition, a runner will not stop when he feels the initial irritation. Second, the toes are swinging on the end of a 'pendulum'. There is some swelling of the feet and toes because of pooling of blood. With this accumulation of fluid there is increased pressure on the small blood vessels under the toenail. Third, there is constant pounding on hard surfaces, with gripping of the toes for propulsion of body weight, so with the momentum of running opposed by the vertical forces of gravity, there is increased congestion. This causes increased pressure from shoes and socks. Any fold or irritation in the sock will be an irritant. Long distance running has a numbing effect on the small nerves, so that minor irritations do not hold the runner back.

These are the main causes. Prevention involves eliminating the cause of the problem. First, wear good shoes; those that provide cushioning of the foot and allow room for the toes to move. Wear socks that do not constrict. Properly fit rather than stretch or tube socks are preferred. If possible, cut the toenails straight across. When bathing, scrub the toenails forward and backward with a firm brush to keep cuticles back and all calluses and debris from becoming irritants. If the toenails are broad and touch the next toe, either use tape or lambwool, wrapped around the toe for protection. Third, if one toe is either 'crooked' (hammertoe) or out of line with the rest, such as a long second toe (Morton's Toe), then it must be protected.

ORANGE COUNTY PODIATRIC ASSOCIATION

SEMINAR

TOPIC: SPORTS MEDICINE

DATE: MARCH 6-7

PLACE: SOUTH COAST PLAZA
HOTEL
COSTA MESA, CA.

SPEAKERS WILL BE SELECTED
FROM THE FOLLOWING REGIMINES:

- | | |
|-----------------------|-------------|
| 1. PODIATRIC MEDICINE | 3. COACHES |
| 2. ORTHOPEDIC SURGERY | 4. TRAINERS |

TIME: March 6 9:00am — 5:00 pm Luncheon
March 7 9:00 am — 1:00 pm Brunch
*Included in Seminar fee

FEATURING

Dr. Joan Ulyot and Jackie Hansen on women's sports; Doug Jackson, MD, (team physician for UCLA) on shin splints; Robert Bielen, MD, on the Philadelphia 76'ers; Larry Carter (head trainer at UCLA); Laslo Tabori (coach of the San Fernando Valley TC); Dr. John Pagliano, Bob Barnes, Dick Gilbert, & Francis Lantz (all sports podiatrists); John Jesse (author of "Weight Training for Runners & Hurdlers"); Paul Berns, MD (MacCabi Union, USA); Jack Wilmore, PhD (on physiology of the runner); Tom Barstow (Nutritionalist); Ron Lawrence (on acupuncture); and others.

FEES: - This Seminar will be FREE to students with an ID; \$25.00 for athletes, coaches, trainers, runners, joggers, etc. This includes two great meals and all the speakers. CONTACT: - Dr. John Pagliano, 4301 Atlantic Ave., Suite 6, Long Beach, CA 90807 (Ph. 213/426-0376).

If you do all these things and still finish a run with a painful, bruised toe, then do the following: Use cool compresses or ice for fifteen minutes. If there is a blood blister under the nail, then the nail is not attached in that area and you or a professional should drain this pooling of blood. The best way to do this is to first scrub the foot and nail clean, then straighten a metal paper clip and heat the end with a match. Apply this red-hot metal to the top of the nail; this melts the nail, allows the blood to drain, which immediately relieves the pressure and pain. From then on keep the nail clean and leave the nail plate attached. If any infection or drainage occurs, the nail must be removed.

A new toenail grows along the path of the old nail. When the old toenail becomes loose, either keep it covered with adhesive tape or remove the loose part of the toenail. When the plate comes off, the unprotected area of the toe will enlarge, so as the new nail grows, it must press down the resistant tissue. Just keep the area clean and it should grow in with no problem. You may need to use cotton under the leading front edge of the nail. If the injury was to the middle of the nail, it should heal completely, but if the base (areas C & D) were injured, it will be thick, and remain that way.

Many athletes do these things and still have recurrent problems. If you do, then protect the toes with lambswool or adhesive tape, as Dr. Sheehan does. By the way, I have two 'badges of courage' right now myself.

NUTRITION CORNER

In this issue we continue our listing of vitamins and minerals that are essential to the healthy body. A brief summary of each vitamin's/mineral's use, natural sources, and results of deficiencies are presented. This is our final listing (consult previous issues for other vitamins).

VITAMIN P: - Citrus Bioflavonoids, Bioflavonoid Complex, Hesperidin. NATURAL SOURCES: Peels and pulp of citrus fruit, especially lemon. USES: Strengthens walls of capillaries. Prevents vitamin C from being destroyed in body by oxidation. Beneficial in hypertension. Reported to help build resistance to infections and colds. DEFICIENCY: Capillary fragility. Appearance of purplish spots on skin.

PABA: - Para-Amino-Benzoic Acid; belongs to the B-Complex group. NATURAL SOURCE: Yeast. USES: A growth-promoting factor, possibly in conjunction with Folic Acid. In experimental tests on animals, this vitamin, when omitted from foods, caused hair to turn white. When restored to the diet, the white hair turned black. DEFICIENCY: May cause extreme fatigue, eczema, anemia.

RUTIN: - NATURAL SOURCES: Buckwheat. USES: Similar to that of Vitamin P. DEFICIENCY: Similar to that of Vitamin P.

THE IMPORTANT MINERALS

CALCIUM: - Builds and maintains bones and teeth; helps blood to clot; aids vitality and endurance; regulates heart rhythm.

COBALT: - Stimulant to production of red blood cells; component of Vitamin B-12; necessary for normal growth and appetite.

COPPER: - Necessary for absorption and utilization of iron; formation of red blood cells.

FLOURINE: - May decrease incidence of dental caries.

IODINE: - Necessary for proper function of thyroid gland; essential for proper growth; energy and metabolism.

IRON: - Required in the manufacture of hemoglobin; helps carry oxygen in the blood.

MAGNESIUM: - Necessary for Calcium and Vitamin C metabolism; essential for normal functioning of nervous and muscular system.

MANGANESE: - Activates various enzymes and other minerals; related to proper utilization of Vitamins B-1 and E.

MOLYBDENUM: - Associated with carbohydrate metabolism.

PHOSPHORUS: - Needed for normal bone and tooth structure; interrelated with action of Calcium and Vitamin D.

SULPHUR: - Vital to good skin, hair and nails.

POTASSIUM: - Necessary for normal muscle tone, nerves, heart action, and enzyme reactions.

ZINC: - Helps normal tissue function; protein and carbohydrate metabolism.

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.

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 _____

Scheduling

LONG DISTANCE

NOTE: - ALWAYS check with the Meet Director to verify the dates and times listed in the schedules below...mistakes can and do occur. The AAU "District Contact" should be written in cases where no meet director is listed. FUN RUNS sponsored by Runner's World Magazine, the Dolphin/South End Runners (DSE) and most others are races requiring no pre-entries...sign in on raceday only. AREA CONTACTS: PACIFIC ASS'N: Harold DeMoss, 765 Campbell Ave., Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC ASS'N: (SPA) Steve Broten, 13512 E. Romona Dr., Whittier, CA 90602 (Ph. 213/693-4183); PACIFIC SOUTHWEST ASS'N: (PSA) Waters, 4379 Hamilton, #3, San Diego, CA 92104; CENTRAL CALIFORNIA ASS'N: (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; 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, ORE 97070 (Ph. 503/638-6918); DSE FUN-RUNS: (DSE) Walt Stack, 321 Collingwood, San Francisco, CA 94114 (Ph. 415/647-9459, before 8 pm). --- PA-AAU DISTRICT OFFICE: 942 Market St., Suite 601, San Francisco, 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 STAMPED, SELF-ADDRESSED ENVELOPE--OTHERWISE YOU RUN THE RISK OF NOT HAVING YOUR CORRESPONDANCE ANSWERED. *** 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, 10:30 am. Foothill is located off I-280 in Los Altos (Moody Rd. exit). These are weekly informal runs, designed to promote running as conditioning, as well as competition and social activity. They are intended to supplement the AAU program by offering races at short distances than normally on the AAU schedule. There are usually two shorter runs (mile or less) and a longer, two to six-miler.

DAVIS FUN-RUNS: - All runs begin on the street behind the UC Davis Memorial Union at 10 am (signups from 9 am). Usually the runs follow the paths around Putah Creek (new courses will be added), with distances varying from 1 to 10 miles (a combination of short and long runs each day). Runs will be held on alternate Saturdays, rain or shine--Jan. 31, Feb. 14, Feb. 28, and probably into March? Anyone know who to contact for info?

- JAN 24 - PA-AAU Joint Men's & Women's Long Distance Running Committee Meeting...follows Woodside Women's 5-Miler; see below.
- JAN 24 - 10-Mile Road Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- JAN 24 - IAAF Jr. X-Country Trials (& Natl. 8-Kilo Jr. X-C Championships), UC Irvine, 10:30 am. (ENTRIES CLOSE JAN. 23) - John Brennan, 4476 Meadowlark Ln., Santa Barbara, CA 93105 (Ph. 805/964-2591). (SPA) - POST ENTRIES UNTIL 10 AM WITH LATE FEE.
- JAN 24 - 1st Annual Women's Woodside 5-Miler, Woodside School, Woodside, 10 am. Penny DeMoss, 765 Campbell, Los Altos 94022.
- JAN 25 - 2nd Annual Peach Bowl Pacers 10-Kilo (13 Mi. E of Marysville on Hwy 20), 11 am. Ed Williams, 835 Spiva, Yuba City 95991.
- JAN 25 - 6th Annual World Masters Marathon, Chapman College, Orange, 7:30 am. Bill Selvin, 2125 N. Tustin, #3, Orange 92665. (SPA)
- JAN 25 - Big Dipper Handicap, Fresno. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- JAN 25 - DSE Coit Tower Run, 3 Miles, 10 am (Meet at Dolphin Club, S.F.). Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- JAN 25 - Casitas 10-Km. Handicap, LA Area, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- JAN 31 - IAAF Sr. X-Country Trials, 12-Kilos, Belmont Hills, 10 am...report to CSM Gym. Bob DeCelle, Box 1606, Alameda 94501.
- JAN 31 - 5,000 meter track race, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- FEB 1 - DSE Ferry Bldg. Run, 3.85 Miles, 10 am (Meet at Dolphin Club). Walt Stack, 321 Collingwood, S.F., CA 94114. (DSE)
- FEB 1 - 28th Annual Pop Marty 9.6 Miler, Montebello, 9 am. Richard Soria, Montebello Dept. of Parks, Montebello 90640. (SPA)
- FEB 1 - 7th Annual Channel to Lake Run, 10 Miles, Vallejo (Georgia & Santa Clara St.), 10 am. Solano TC, Box 624, Vallejo 94590.
- FEB 7 - 2nd Annual Bakersfield Marathon & Mini-Marathon, 10 am. Frank Fish, Bakersfield C of C, Box 1947, Bakersfield 93303.
- FEB 7 - Oregon AAU 30-Kilo Championship, Crow HS (nr. Eugene), 1 pm. Geoff Hollister, 99 W. 10th, Suite 104, Eugene, OR 97401.
- FEB 7 - ORRC 30-Kilo Run & 2-Mile jogathon, Portland, Ore., 1 pm. Norm Oyler, 7079 SW Montgomery, Wilsonville, OR 97070. (OA)
- FEB 8 - 6th Annual West Valley Marathon, San Mateo (Humboldt & Poplar), 9 am. Jack Leydig, P.O. Box 1551, San Mateo 94401.
- FEB 8 - 24th Annual Hermosa Beach 5-Miler, 9 am. Steve Broten, 13512 E. Romona Dr., Whittier 90602. (SPA)
- FEB 8 - Las Vegas Marathon, Univ. of Nevada, 9 am. Bill Freedman, 309 S. Third St., #316, Las Vegas, Nev. 89101. (SNA)
- FEB 14 - 5,000 meter track race, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- FEB 14 - Salem RR #2, 6 or 9 Miles, 1:30 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- FEB 14 - 15 Mile Run, Crater H.S., Central Point, Ore., 11 am. Bill White, Crater High School, Central Point, OR 97501. (OA)
- FEB 14 - Oregon AAU One-Hour Run (& Natl. Postal), Roseburg H.S., 11 am. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
- FEB 14 - Ivanhoe Road Race, Ivanhoe. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- FEB 14 - 8th Annual Arizona Admissions Day Marathon, Tucson, 9 am. J. McGee Evans, 400 N. Second Ave., Tucson, Ariz. 85705.
- FEB 15 - DSE Twin Peaks Run, 3.6 Miles, 10 am (Twin Peaks Blvd. & Portola Dr., S.F.). Walt Stack, 321 Collingwood, S.F. 94114.
- FEB 15 - Albany Spike Club 6-Miler, Albany YMCA, 2 pm. Dave Bakley, 3707 S. Oak, Albany, OR 97321. (OA)
- FEB 15 - San Carlos Tennis & Track Run, 7.5 Miles, San Carlos (Site TBA), 10 am. San Carlos Tennis & Track Club, 637 Laurel, San Carlos 94070.
- FEB 15 - SPA 30-Kilo Championship, Culver City, 8 am. Phil Clarke, 15232 Burton St., Van Nuys, CA 91402. (SPA)
- FEB 16 - Washington's Birthday Run, Fresno, (am). Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- FEB 16 - Odd Relay Events, Fresno, (2 pm). Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- FEB 21 - 3rd Annual Pismo Beach Clam Festival, 5 Miles, 3 pm. Stan Rosenfield, 1561 Hillcrest Pl., San Luis Obispo, CA 93401.
- FEB 21 - 10,000 meter track race, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- FEB 21 - 7-Miler, Phoenix, Ore., 11 am. Southern Oregon Sizzlers, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
- FEB 22 - 8th Annual LAPD 6.1-Miler, Elysian Park, L.A., 9 am. Steve Broten, 13512 E. Romona Dr., Whittier 90602. (SPA)
- FEB 22 - PA-AAU 50 Mile Championships, Sacramento Area (Site TBA), 8:30 am. Paul Reese, P.O. Box 2271, Sacramento 95810.
- FEB 22 - Excelsior East End Run, McLaren Lodge, Golden Gate Park, S.F., 9 am. Frank Donahue, 130 Park, S.F. 94110.
- FEB 28 - Trail's End Marathon, Seaside, Ore., 11:30 am. (PRE-ENTRIES REQ'D) - Ralph Davis, Seaside C of C, Box 7, Seaside 97138.
- FEB 28 - 7th Annual Martinez to Port Costa Run, 8.4 Miles, Rankin Pk., Martinez, 10 am. Luka Sekulich, 1485 Dariene, Concord 94520
- FEB 28 - 10 Mile Road Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- FEB 29 - DSE Lake Merced 5-Miler, San Francisco, 10 am (Meet at Boathouse). Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- FEB 29 - 4th Annual Malibu Cnyn. X-C, 10 Km., 10 am. Bruce Robinson, 6322 Eileen, L.A. 90043. (SPA)
- MAR 6 - Oregon AAU 25-Kilo Championships, Crater H.S., Central Point, 11 am. Bill White, Crater H.S., Central Point, OR 97501.
- MAR 6 - Bidwell Park Classic Runs, 3 & 12 Miles, Chico, 10 am. Walt Schafer, 1413 Salem St., Chico 95926.
- MAR 6 - 2nd Annual San Fernando Handicap 6-Miler, 10 am. Steve Broten, 13512 E. Romona Dr., Whittier 90602. (SPA)
- MAR 7 - DSE Ocean Beach Run, 6 Miles, Balboa & Great Hwy, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- MAR 7 - PA-AAU 30-Kilo Championships, Bradley School, Corralitos (Watsonville), 10 am. Mike Jones, 109 Valencia, Aptos 95003.
- MAR 13 - Camellia Festival 100-Miler, State Fairgrounds, Sacramento, 8 am. John Hill, 604 Flint Way, Sacramento 95818.
- MAR 13 - SPA-AAU 25-Kilo Championships, Lunada Bay, 9 am. Carl Paulson, 89 15th St., Hermosa Beach 90254. (SPA)
- MAR 13 - CCA-AAU 15-Kilo Championships, Big Creek. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- MAR 14 - 8th Annual Lake Merced Masters Race, 5 Miles, (Boathouse), S.F., 11 am. (MASTERS MEN & WOMEN ONLY) - Jack Bettencourt, 136 Dundee Dr., So. San Francisco 94080.
- MAR 20 - 7-Miler, Phoenix, Ore., 11 am. Southern Oregon Sizzlers, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
- MAR 20 - L.A. Marathon, Elysian Park (LAPD Academy), 8 am. Fred Honda, LA Recr. Dept., 200 N. Main, City Hall East, 13th Floor, Los Angeles 90012. (SPA)
- MAR 21 - DSE Golden Gate Plaza Run, 7 Miles (Meet at Dolphin Club, SF), 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- MAR 21 - Arroyo Verde 15-Kilo X-C, Ventura, 9 am. Connie Rodewald, 852 Sharon, Camarillo 93010. (SPA)
- MAR 21 - Buffalo Stampede 10-Miler, (I-5 Bridge over Sac'to River), Sacramento, 10 am. Abe Underwood, 6555 Riverside, Sac'to 95831
- MAR 21 - PA-AAU 50-Kilo Championships (& Natl. AAU Senior & Masters Men's 50-Kilo), Sacramento, Harold DeMoss (LDR Chairman)
- MAR 27 - PA-AAU 15-Kilo Championships, Palo Alto (Site TBA), 10 am. Dave Himmelberger, 1763 Park Blvd., Palo Alto 94306.
- MAR 27 - PA-AAU Joint Men's & Women's Long Distance Running Committee Meeting...follows PA-AAU 15-Kilo Championships, above.
- MAR 28 - 4th Annual Lake Il San Jo 10-Miler, Howarth Park, Santa Rosa, 10 am. David Hughes, 1075 Tilden Rd., Sebastopol 95472.
- MAR 28 - Natl. AAU Sr. 30-Kilo Championships, Gloversville, NY. Warren Dennie (518/725-6447).
- MAR 28 - DSE Legion of Honor Run, 4.5 Miles (Meet at parking lot uphill from 31st Ave., & Clement, S.F.), 10 am. Walt Stack, 321 Collingwood St., S.F. 94114. (DSE)
- APR 19 - Boston Marathon (80th Annual), Hopkinton to Boston, Mass., noon. Will Cloney, BAA Marathon, Boston Garden, Boston 02114.

SCHEDULES WANTED!

HELP!! -- We are trying to put together a comprehensive Track & Field Schedule for next issue, and we need all of our scheduling information by not later than Feb. 15th. -- If you have a copy of your team's spring schedule, please send it in right away to: NCRR, P.O. Box 1551, San Mateo, CA 94401. We are interested in all schedules: age-group, high school, college, etc. -- Remember, the NCRR can publicize your meet for free. Don't assume that someone else will send it in or we'll never get any schedules. We are interested primarily in big meets (invitationals, championships). Thanks for your help...without the cooperation of our readers, the NCRR would never make it at all.

TRACK & FIELD

INDOOR MEETS: - The following indoor meets should be of some interest to West Coast athletes.

- Jan 23 - San Francisco Examiner Games, Cow Palace, Daly City.
- Jan 31 - Oregon Invitational, Portland, Oregon.
- Jan 31 - Albuquerque Jaycee Indoor, Albuquerque, New Mexico.
- Feb 6 - Los Angeles Times Meet, The Forum, Los Angeles.
- Feb 7 - Idaho State Meet of Champions, Pocatello, Idaho.
- Feb 14 - USTFF Championships, Oklahoma City, Oklahoma.
- Feb 21 - Jack-in-the-Box Invitational, San Diego.
- Feb 27 - Natl. AAU Indoor Championships, New York City--Men's & Women's Natls. AAU, 30th Flr, 444 Madison Ave., New York, N.Y. 10022.

Feb 28 - Bennion Games, Idaho State, Pocatello, Idaho.

ALL-COMERS MEETS: - Any series of All-Comers meets we list below, while individual meets we list in the regular 'track & field' schedule, below. --- College of San Mateo: Sponsored by the NorCal Track & Field Ass'n (Harry Young, Pres., 41 Creekridge Ct., San Mateo 94402 (Home phone 415/345-5189 after 6:45 pm)). Dates--Jan. 31, Feb. 7. Pole vault goes at 11:30 with other field events to follows and track events at noon. Open and HS division (women can compete with men) only: 60y, 60HH, 220, 440, 880, Mile, 440R, MileR, LJ, TJ, HJ, PV, SP, DT, JT, and 3 Mi (Open), 2 Mi (HS). Masters may compete in open class. Entry fee--50¢/athlete. Lockers & showers available (supply own towel & lock). All-weather track (1/4" spikes allowed or flats...slightly longer if wet track). --- San Jose City College: Sponsored by SJCC; contact Bert Bonanno, Track Coach, 408/298-2181, for further information. Dates--Jan. 24 is final meet in series. All meets start at 9 am (field) with running events at 9:30. Events are: DT, LJ, SP, TJ, HJ, PV, 60y, 60HH, 220, 440, 880, Mile, 2 Mi, 440R, MileR. Open & High School divisions. Entry fee--25¢/athlete. All-weather track requires 1/4" spikes/flats. --- Allan Hancock College: (Santa Maria) - Dates--Jan. 24 is final meet in series. Field events to start at 10 am and track events at 11 am. Open & high school divisions (men & women). Ribbons to top 3 in each event. Entry fee is 25¢/athlete. Events: HJ, PV, LJ, TJ, DT, SP, JT, 100m, 200m, 400m, 800m, 1500m, 5000m (3000m for HS), 64mHH, 300mIH. Lockers & showers provided. For further information, contact: Ray Kring, Track Coach, Allan Hancock College, Santa Maria, CA 93454 (Ph. 922-3481). --- West Los Angeles College: Fridays--Jan. 30 & Feb. 6 at 2:30 pm...not an all-weather surface. --- Reedley College: Jan. 31, Feb. 14 (Championships)...open and some masters events; noon. --- Los Angeles Valley College: Masters (40+) events only on March 13, 20, starting at noon...not an all-weather surface.

Jan 24 - LA State College USTFF Decathlon (2 days).
Jan 31 - College of the Desert All-Comers, Palm Desert, noon.
Feb 7 - Women's Winter Games (Sr. & 14/15), San Jose CC--Marge Powell, 3467 Golden State, Santa Clara 95051.
Feb 13 - All-Comer Meet, Hancock JC, Santa Maria, 2 pm--metric.
Feb 21 - All-Comer Meet, Bakersfield.
Feb 28 - Long Beach Relays, Long Beach St., 9:45 am...or 3/6?? All-Comer Decathlon, Reedley College (2 days).
Mar 10 - Ukiah Relays, Ukiah High School.
Mar 12 - Cal-State Hayward USTFF Decathlon (2 days), see 3/24.
Mar 13 - Indoor AAU Masters Championships, Tufts College, Boston, Mass. (2 days)...Bob McVeigh, Boston AA, 50 Cornhill, Boston, MA 02108.
Mar 17 - Boise State at Cal-State, Hayward, 1 pm.
Mar 20 - Stanford Relays, Stanford Univ., 10 am.
Mar 21 - Brotherhood Games, Laney College (not confirmed yet).
Mar 24 - Cal-State Hayward USTFF Decathlon (2 days)...this meet was originally scheduled for 3/12-13 but to our knowledge has been changed--check with Jim Santos, Coach.
Mar 26 - Santa Barbara Relays (2 days), UC Santa Barbara.
Mar 27 - 3rd Annual CDM Relays, CP-SLO, San Luis Obispo, --Contact: Don Cheek, P.O. Box 1476, Atascadero 93422 (Masters events only).

RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For NorCal) Bob Bowman, 2190 Mountain Blvd., Apt. 1, Oakland 94611; (For SoCal) Jim Bentley, P.O. Box 7767, Van Nuys, CA 91409; (For Pacific NW) Don Jacobs, Box 23146, Tigard, OR 97223.

Jan 23 - Examiner Games Indoor, One-Mile by invitation.
Jan 25 - 7-Miler, Stanford (Angel Field), 10 am.
Jan 25 - 10-Miler (Handicap Race), Rose Bowl, Pasadena, 11 am (athletes wishing to continue to 20-Km may be timed at that distance for Olympic Trials purposes); also a 10-Kilo for women.
Feb 6 - LA Times Indoor Games, The Forum, One-Mile by invitation, 10 pm.
Feb 8 - West Valley Marathon (see LDR Schedule), San Mateo, 9 am (5-mile loop course...certified).
Feb 21 - 5-Kilo, Stanford, Angel Field, 10 am.

MISC. NEWS: - Bob Bowman replaces Frank Hagerty as PA-AAU Racewalking Chairman (see address above). --- Olympic Trials: A time of 1:38 is needed to get into the Trials, while a 1:36 is needed for full expenses (some sources list 1:35)...all those making

the 1:38 qualifying standard will receive room and board. The date for the 20-Kilo Trials (Eugene, Ore.) is June 19 at 1 pm. The 50-Kilo has been dropped from the Olympic Games format. --- The Ohio Racewalker (national Racewalking magazine), in its December issue, ranked 3 Bay Area walkers in the 20-Kilo: (4th) Tom Dooley/WVTC, (9th) Wayne Glusker/WVTC, and (10th) Bill Ranney/GGTC. On the fast times list, besides these three is Bryan Snazelle in 18th. Glusker also had the 10th fastest time in the 50-Kilo event. --- THANKS to you walkers out there who read my plea in the last issue for results/scheduling, etc. I got good response from about 4 individuals. Keep up the communications!

Natl. AAU Women's 10-Kilo Championship: (Westwood--UCLA, Date?) 1-Sue Brodock/RRR 52:03, 2-Sandy Briscoe/Un 58:50, 3-C. Sake-larios/RCF 59:50, 4-Cortez/WDS 61:41, 5-Berzaman/WDS 61:49.6, 6-Partridge/Un 62:00.6. /AAU News/

Natl. AAU 50-Kilo Championships: (Sept. 21, New Jersey) - Larry Young destroyed the rest of the field in warm temperatures and 100% humidity (of the 27 starters, only 15 finished). The only two Bay Area competitors (Bob Bowman and Ruger Duran) were forced to drop out (Duran made it to 40K but we don't know how far Bowman got). Places 2-5 went to Europe for the Lugano Cup World Walking Championships. --- Results: 1-Young 4:18:56, 2-Hirt 4:30:50, 3-Knifton 4:33:55, 4-Knatt 4:34:28, 5-Somers 4:35:51, 6-Ide 4:37:31. /Roger Duran/

Lake Merritt 5-Kilo: (Oct. 12, Oakland) - This race, held in conjunction with the running race (see LDR results), saw WVTC'ers Tom Dooley and Jerry Lansing battle it out to the wire (22:41 to 22:42) to upend NYAC's Ron Laird by a big margin (23:25). No other results available. /Tom Dooley/

PA-AAU 25 Mile Championships: (Nov. 2, Location??) - Only finisher was Tom Dooley/WVTC in 3:48:50...Teammate Jerry Lansing DNF'd at 20 miles, while Goetz Klopfer made it to only 15 miles. /Tom Dooley/

Pepsi 20-Miler: (Nov. 30, Clarksburg) - Two WVTC walkers got in the action on this running race and beat a heck of a lot of them in the process. Wayne Glusker (2:49:47) picked up 380th, while Jerry Lansing (2:55:45) managed 411th...out of a finishing field that numbered 518! /Wayne Glusker/

Lake Merced 5-Miler: (Dec. 21, San Francisco) - Tom Dooley and Wayne Glusker battled head to head for most of the race until they chose to tie at the finish. Their time of 37:04.5 broke Bill Ranney's existing PA-AAU record of 37:07 (set in 1968)...(Ed. - Did this break the 'course' record, or the PA 5-Mile track/road record?). 1-Glusker/WVTC & Dooley/WVTC 37:04.5, 3-Adriano/WVTC 39:55, 4-Moers/WVTC 50:52. /Glusker/

Northgate 20-Kilo: (Dec. 28, Terra Linda/San Rafael) - Wayne Glusker paced himself evenly for most of the 20-Kilo distance with 7:40 miles, after having a fast first mile of 7:17 and stomach problems on the second mile. His recorded time of 1:36:47 is the 10th fastest 20-Kilo recorded in the U.S. in 1975. Manny Adriano continued his rapid improvement when he recorded 1:40:52, knocking over five minutes from his PR. The only other finisher (14 starters) was Richard Wright in a 1:54:18 clocking. Sandy Briscoe/WVTC won the women's event on the same day in a fine time of 2:01:30...not bad for her first-ever attempt at the distance! /Wayne Glusker/

National One-Hour Postal Results: (Senior/Open Division) - A total of 5 Bay Area walkers made the top 11 spots in the 1975 rankings, with West Valley TC coming out second (19 points) to the New York AC (11) in the team scoring...Shore AC grabbed third with 24 points. Affiliations listed are at the time of competition. 1-Laird/NYAC 8 Mi/612 Yd, 2-Scully/Shore 8/590, 3-Glusker/WVTC 7/1736, 4-Knifton/NYAC 7/1736, 5-Dooley/GGTC 7/1596, 6-Walker/BHS 7/1552, 7-Lansing/Un 7/1339, 8-Kulik/NYAC 7/1203, 9-Adriano/WVTC 7/1055, 10-Daniel/NYAC 7/894, 11-Korn/WVTC 7/760,...22-Duran/WVTC 6/915, 27-Lund/Un 6/113. /Hagerty/

CROSS COUNTRY RESULTS

Folsom Invitational: (Oct. 11, Folsom) - (Lg/Sm Com) Varsity: 1-Holmes/Dwny 16:44, 2-Farrel/LaSierra 16:54, 3-Hitch/SLT 17:02, 4-Rinde/CasaRob 17:03, 5-Wright/Vand 17:06, 6-Fairly/LS 17:14, 7-Kewer/Pond 17:15, 8-Brown/Pond 17:18. Lg. Teams: LaSierra 39, Downey 65, Sparks 93. Sm. Teams: So. Lake Tahoe 34, Ponderosa 44, Christian Bros. 81. /Bill Mensing/



National AAU X-Country (Masters) All-Star team champs---the PA All-Stars, composed of (left to right) (top) Ray Menzie, Bill Jensen, Harold DeMoss, John Finch, (bottom) Jim O'Neil, Flory Rodd. /Photo by Penny DeMoss/

Two-Mile Postal Meet: (Nov. 1, Saratoga) - Note: Results for the top 25 in the top-seeded varsity race were printed in last issue (page 24). Following are team times and all others under 9:40 not mentioned previously: (Varsity Race #2) 1-Arnold/HMB 9:29, 2-McBride/HMB 9:32.2, 3-Minor/Pg 9:32.5, 4-Rumrill/Pg 9:32.5, 5-Watkins/Pg 9:32.5. (Varsity Race #5) 1-Sierras/Li 9:39. --- Varsity Teams: 1-Redwood 47:46.7, 2-Jesuit 47:51.1, 3-LaSierra 48:14.5, 4-Pacific Grove 48:40.5, 5-Mt. Pleasant 48:44.2, 6-Carlmont 48:58.9, 7-Half Moon Bay 49:06.0, 8-Silver Creek 49:49.0, 9-Cupertino 49:52.0, 10-Soquel 49:53.0, 11-Lick 49:56.0, 12-Serra 50:03.0, 13-Livermore 50:04.0, 14-Leigh 50:10.0, 15-DeiMar 50:10.0, 16-Mission San Jose 50:29.0, 17-Camden 50:30.5, 18-Washington/Fre 50:32.0, 19-Merced 50:33.1, 20-Watsonville 50:35.0, 21-Los Altos 50:37.5, 22-Saratoga 50:54.4, 23-Milpitas 50:56.0, 24-St. Ignatius 51:20.0, 25-Carlmont "B" 51:28.7. Frosh Teams: 1-Mt. Pleasant 52:55.0, 2-Carlmont 53:26.0, 3-Merced 54:11.4, 4-Homestead 54:14.0, 5-Half Moon Bay 54:49.4, 6-James Lick 55:10.0. /Loren Lansberry/

Sac-Joaquin Div. IV Championships: (Nov. 7, Modesto) - (Varsity): Teams-Stagg, Downey, Merced, Oakdale (no scores listed). 1-Holmes/D 14:56, 2-Costa/Bey 15:03, 3-Soto/D 15:04, 4-Voit/Stg 15:05, 5-Lee/Stg 15:06, 6-Swift/D 15:08, 7-Villegar/Mer 15:23, 8-Koris/Lodi 15:27, 9-J.Baker/Stg 15:32, 10-R.Baker/Stg 15:34. (Junior): Teams-Manteca, Turlock, Franklin, Lincoln. 1-Aguilar/Man 15:30, 2-Thomson/Man 15:58. (Sophs): Teams-Beyer, Lincoln, Merced. 1-Allen/Bey 10:22, 2-Dixon/Linc 10:23, 3-Hale/Stg 10:30, 4-Munoz/Frk 10:31, 5-Martian/Bey 10:32, 6-Raffanti/Linc 10:32. (Frosh): Teams-Merced, Turlock, Davis, Downey. 1-Swan/Linc 10:41, 2-Ochoa/Mer 10:42, 3-Nuen/Mer 10:51. /Bill Mensing/

CCAA X-Country Championships: (Nov. 8, San Luis Obispo) - Teams: CSN 25, CSLA 53, CP-SLO 67, UCR 92. 1-Chaidez/N 25:24, 2-Vilalobos/N 25:31, 3-Simons/LA 25:39, 4-Britton/LA 25:45, 5-Curran/N 25:53, 6-Large/N 25:58, 7-Reynoso/SLO 26:00, 8-Garcia/R 26:13, 9-Mueller/R 26:15, 10-Warrick/SLO 26:17...13-Stock/SLO 26:44, 16-Mysliviec/SLO 27:09, 21-Rado/SLO 27:56. (5.1 Miles) /Dave Stock/

Cal AAU X-C Team Championships: (Nov. 8, Santa Maria) - Teams: AIA 2:44:17, SMTC 2:44:56, AATC 2:46:40, SBAA 2:55:51. (10 Km.) 1-Bryant/SMTC 31:50, 2-Johnson/AATC 31:58, 3-Thomas/SBAA 32:10, 4-Riggs/AIA 32:23, 5-Sutherland/Un 32:38, 6-Forrester/SMTC 32:41, 7-Patterson/AIA 32:43, 8-Cook/AIA 32:45, 9-Martinez/AATC 32:55, 10-Carlson/AATC 32:57. /Stephen Harney/

High School 3-Mile Postal: (Nov. 8, Saratoga) - Teams: Redwood 74:16.4 (equals 4th fastest time ever in US by a high school team), San Rafael 76:28.6, Carlmont 76:56.7, Leigh 77:03.2, Camden 77:29.1, St. Ignatius 79:28.0, Merced 79:30.3, Mission S.J. 79:42.0...Frosh Teams: Carlmont 83:24.1, Merced 83:34.4. 1-Holmes/D 14:12.1, 2-Schulz/R 14:20.9, 3-Paulin/Cam 14:27.7, 4-Hornig/CasVly 14:30.0, 5-Berry(10)/R 14:36.8, 6-Love(10)/Carl 14:45.2, 7-Mihailoff/R 14:51, 8-Johnson/O 14:54, 9-Soto/D 14:59, 10-Smith/Nwk 15:03, 11-O'Reilly(10)/SR 15:04.1, 12-Bergkamp/Lei

15:04.2, 13-Mandanis/Carl 15:04.7, 14-McMillan/R 15:07.2, 15-Rodriguez/M 15:09.6, 16-Thurston/MA 15:10.2, 17-Swift/D 15:14, 18-McGuire/SR 15:16, 19-Lambert/Lei 15:19, 20-Gimes/O 15:20... Strangio/MSJ(9) 15:27, McDonald/Carl(9) 15:41, Vavurisi/Cub (9) 15:45, Ruffing/MSJ(10) 15:45, Brewer/Lei(10) 15:48, Boitano/SI(9) 16:03. /Bill Mensing/

NCS Div. II Championships: (Nov. 12, Lafayette) - (Varsity) Mt. Diablo 72, Livermore 76, Pleasant Hill 117, Granada 145. 1-Searls/CP 13:54 (ties CR), 2-Harvey/Dub 14:04, 3-Tarin/Liv 14:05, 4-Cross/MD 14:16, 5-Simons/YV 14:19, 6-Criner/MD 14:31, 7-Dowling/CP 14:38, 8-Galvin/SR 14:39, 9-Bedecarro/MD 14:45, 10-Killian/DV 14:47. (Frosh-Soph) Pleasant Hill 81, Mt. Diablo 87, College Park 105, Miramonte 108, Campolindo 117. 1-Russo/PH 10:03.2 (Fr. Rcd), 2-Morimoto/PH 10:07, 3-Wentowrith/Liv 10:09, 4-Buckingham/Mir 10:10, 5-Anklam/SR 10:11. (GIRLS) (Varsity) Granada 50, Northgate 92, Campolindo 96, Pleasant Hill 100. 1-Salisbury/NG 8:24.5, 2-Searls/CP 8:31, 3-Stohr/Gr 8:32, 4-Daley/Gr 8:33, 5-Roos/Acal 8:35, 6-Amaya/Gr 8:36, 7-Hawkins/LL 8:38, 8-Greene/NG 8:39, 9-Pla/Ama 8:41, 10-Colony/Camp 8:45. (Frosh-Soph) Miramonte 53, Amador Vly 83, Pleasant Hill 105. 1-Bachand/Bkly 8:34, 2-Mangelson/CV 8:35, 3-Spurrier/Mir 8:41, 4-Behrbaum/Ama 8:45, 5-Searls/CP 8:49. /McGuire/

Pacific-8 X-Country Championships: (Nov. 15, Stanford) - 6.0 Miles - WSU 23, Oregon 61, OSU 75, Wash 89, Stanford 130, UCLA 136, Cal 158. 1-Kimeto/WS 27:48.6, 2-Ngeno/WS 27:52.2, 3-Williams/O 28:05.6, 4-Kimombwa/WS 28:34, 5-Thomas/UCLA 28:36, 6-Beckman/WS 28:53, 7-Taylor/O 28:56, 8-Holmes/W 28:58, 9-Oloo/OS 29:00, 10-English/WS 29:03, 11-Centrowitz/O 29:06, 12-Ebba/OS 29:07, 13-Kimball/OS 29:12, 14-Barger/O 29:16, 15-Glad/W 29:17...17-Blume/C 29:28, 19-Bellah/S 29:35, 22-Sandoval/S 29:50, 24-Emory/S 29:53, 30-Kissin/S 30:42, 32-Fritzke/C 30:53, 33-Wood/C 30:57. /Marshall Clark/



WSU Soph Joshua Kimeto of Kenya edges out teammate and defending Pac-8 John Ngeno in this year's title race. The pair led WSU to the Pac-8 team title and to second place in the NCAA Championships a week later. /Dave Stock/



Sandy Briscoe at end of her 2:01:30 20-Km walk. /Dave Wright/

Sac-Joaquin Section Championships: (Nov. 15, Stockton) - (Varsity Team Race) (No Team Scores available) 1-Holmes/D 14:30, 2-Speere/ML 14:32, 3-Read/J 14:41, 4-Lagomarsino/LS 14:47, 5-Bremer/ML 14:51, 6-Lee/Stg 14:53, 7-Vail/Stg 14:54, 8-O'Neil/J 14:57, 9-Flores/ML 14:58, 10-Farwell/LS 15:06, 11-Farlen/LS 15:10, 12-Soto/D 15:14, 13-Hitchcock/SLT 15:15, 14-Swift/D 15:17, 15-Mansool/ML 15:19. (Individual Varsity Race) 1-Van Horn/Ken 15:07, 2-Costa/Beyer 15:25, 3-Vineyard/Armijo 15:28, 4-Giboney/Okmt 15:29, 5-Dobson/Deloro 15:34. /Bill Mensing/

NCAA Div. III Championships: (Nov. 15, Boston, Mass.) - North Central(III.) 91, Occidental 111, Brandeis 151. 1-Fleming/Lowell 24:27, 2-Jameson/Oxy 24:27, 6-Sisler/Oxy 24:33. /The Harrier/

NAIA Championships: (Nov. 15, Salina, Kansas) - (10) Azusa Pac 367. /Harrier/

NCAA Div. II Championships: (Nov. 15, Irvine) - 5.0 Miles, rolling grass - Teams: UCI 59, CSN 91, Eastern 111, 109, SW Missouri 143, UC Davis 154...12-CSLA 277, 14-CP/SLO 308. 1-Serna/UCI 23:40, 2-Dwyer/SWMO 23:52, 3-Larson/EIU 24:00, 4-Scott/UCI 24:06, 5-Christy/EIU 24:07...7-Curran/CSN 24:15, 11-Hunsaker/UCI 24:24, 12-Chaidez/CSN 24:24, 15-Simons/CSLA 24:30, 16-Large/CSN 24:30, 17-Yeo/Davis 24:30, 19-Villalobos/CSN 24:33, 22-Slick/UCI 24:37, 25-Reynoso/SLO 24:39, 28-Leeper/Davis 24:40, 30-Ahlmeyer/UCI 24:44, 31-Taxiera/Davis 24:45, 44-Mysliviec/SLO 24:59, 48-Thomas/CSLA 25:02, 51-Martinez/Davis 25:02, 59-Sweeney/Davis 25:09, 66-Stock/SLO 25:22, 112-Warrick/SLO 26:07. /Dave Stock/

NCAA District 5: (Nov. 15, Wichita, Kans.) - 6 Miles: 1-Cumming/OkTaSt 29:30, ...8-Pinocci/OkLaSt 29:57, 10-Ruffatto/Col 30:05, 14-Quintana/Col 30:19. /The Harrier/

Cal Boys' State Meet: (Nov. 15, Location?) - (9/Under) SVTC 35, VMTC 99, El Centro 100, WDS 107, DVTC 143. 1-Munn/SVTC 6:25.4, 2-Haggard/VMTC 6:38, 3-Taylor/SVTC 6:43, 4-Scattini/SVTC 6:45, 5-Edgar/NTC 6:48, 6-Griffith/CY 6:50, 7-B.Scattini/SVTC 6:51, 8-Hocker/RRR 6:54, 9-Messer/EC 6:57, 10-Berzaman/WDS 7:03. (10-11) DVTC 37, RCF 76, Arrow 102, CY 133. 1-Sakelarios/RCF 9:23, 2-Wedel/Wasco 9:24, 3-Francis/OCBA 9:25, 4-Cheney/DVTC 9:34, 5-Salcido/OCBA 9:35, 6-Latting/DVTC 9:38, 7-Cambron/RCF 9:44, 8-Milam/DVTC 9:44, 9-Stephens/DVTC 9:51, 10-Hiatt/DVTC 9:55. (12-13) RRR 20, SVTC 98, DVTC 126, Arrow 137, RCF 160. 1-Kurr/Arrow 11:25, 2-Assumma/RRR 11:33, 3-Cook/RRR 11:34, 4-Neidorf/RRR 11:40, 5-Downey/RRR 11:46, 6-Jewitt/RRR 11:48, 7-Scattini/SVTC 11:58, 8-Trusel/RRR 12:00, 9-Gonzalez/Arrow 12:03, 10-Mead/RRR 12:04, 11-Miller/CY 12:05, 12-Marson/MLTC 12:09, 13-Sakelarios/RCF 12:11, 14-Krause/DVTC 12:13, 15-Robinson/DVTC 12:15. (14-15) RRR 29. 1-F. Assumma/RRR 10:44, 2-C. Assumma/RRR 10:55, 3-Leon/RRR 11:48, 4-Sims/Un 11:50, 5-Noonan/VMTC 11:53, 6-Dewitt/VMTC 11:57. /Jerome Lewis/

Cal Girls' & Women's AAU State Meet: (Nov. 15, Fountain Valley) (Women) LATC 47, SJC 47, SFVTC 73, WDS 160. 1-Brown/LATC 15:34.6, 2-Kinsey/SFV 15:35, 3-Poor/SJC 16:06, 4-Graham/SJC 16:07, 5-Hansen/SFV 16:24, 6-Costello/Un 16:31, 7-Bowers/SJC 17:05, 8-Heinmiller/LATC 17:09, 9-Garcia/SDTC 17:12, 10-Trofer/LATC 17:18, 11-Keyes/LATC 17:21, 12-Heald/Un 17:28, 13-Greenberg/SJC 17:31...20-Dimmick/SJC 18:35, 25-Hendrickson/SJC 19:00, 29-Stok/WDS 20:56, 30-Mullhollano/WDS 20:58. (14-18) SJC 63, RRR 70, LBC 77, BA 106. 1-Rose/BA 14:56.6, 2-Decker/Un 15:14, 3-Keith/RRR 15:25, 4-Jewell/LBC 15:27, 5-Greenberg/SJC 15:38...10-Guina/SJC 15:58, 13-Bonacich/SJC 16:06, 16-Allen/LC 16:13, 17-Wotherspoon/SJC 16:16, 18-McManus/SJC 16:17, 22-Carron/MLTC 16:24, 24-McPherson/SJC 16:28, 25-Mears/SJC 16:29, 28-Neary/WVTC 16:32, 29-Monroe/LC 16:34, 32-Rudolph/LC 17:00, 35-Lavelle/MLTC 17:17, 36-Simmons/RCF 17:23. (14-15) SJC 35, BA 91, NCTC 135, WDS 174. 1-Belk/SJC 15:27.8, 2-Adams/WS 15:38, 3-Nachbar/WS 16:13, 4-Lantry/RRR 16:27, 5-Schweiger/VTC 16:37, 6-Nunziata/SJC 16:48...8-Slivkoff/SJC 17:06, 9-Bing/SJC 17:09, 10-Wolfe/RCF 17:09, 11-Douglas/SJC 17:21, 15-Reneau/NCTC 17:41, 16-Hansen/SJC 17:49, 18-Eddy/WS 17:57. (12-13) RRR 61, BA 65, WS 88, SJC 146. 1-Bier/SJC 12:09.8, 2-Nunez/RRR 12:14, 3-Bain/WS 12:18, 4-Gibbs/LI 12:29, 5-Sanchez/RRR 12:37, 12-Linn/WS 13:02, 14-Warner/WS 13:03, 15-Regan/CY 13:03, 16-Choy/SVTC 13:04, 20-Beauchamp/WS 13:07, 21-Himenes/WS 13:08, 22-J. Allred/NCTC 13:08, 25-Miller/SJC 13:13, 27-Harper/SJC 13:19, 30-McKeen/NCTC 13:25. (10-11) RRR"A" 38, BA"A" 54, SCC 129, RRR"B" 175, SJC 182. 1-Cook/RRR 7:44, 2-Lantry/RRR 7:44, 3-Kirkorn/BA 8:02, 4-Gleason/CY 8:06, 5-Wilson/BA 8:09...7-Choy/SVTC 8:10, 9-Weber/SJC 8:14, 26-Harmon/SJC 8:31, 30-Martinez/WS 8:36, 37-McKean/SJC 8:42, 38-Fuller/RG 8:43. (9/Under) RRR 58, BA 84, SCC 110, QC 166, APP 172, WDS 230. 1-Kiernan/BA 6:12.1, 2-Bennett/IV 6:16, 3-Miller/APP 6:22, 4-Cooper/RRR 6:23, 5-Maestos/RRR 6:24, ...15-Salinas/APP 6:39, 17-Bain/WS 6:41, 18-Smith/SVTC 6:42, 26-Himenes/WDS 6:51, 27-Sylvester/RG 6:52, 33-Vasquez/APP 6:56, 37-Lepley/CY 7:00, 39-Cresta/WDS 7:00. /Phyllis Orlrich/

PCAA Championships: (Nov. 15, Long Beach) - Teams: LB 28, SJS 55, SDS 68, FSU 79. 1-Sweeney/LB 29:37.3, 2-Gruber/SJS 29:50, 3-Lux/SDS 29:56, 4-Rodriguez/LB 29:59, 5-Genet/SJS 30:16...7-Powell/SJS 30:39, 17-Tello/SJS 32:06, 24-Hurst/SJS 33:07, 25-Ebert/SJS 33:50.---Add: 6-Sommer/LB 30:27, 14-McCandless/LB 31:34.

San Francisco All-City Championships: (Nov. 19, S.F.) - (Var) Lincoln 61, Balboa 68, Wash 75, Lowell 105. 1-Toscanini/Wash 12:51, 2-Knapp/Wash 12:55, 3-Geminiez/Miss 13:09, 4-Garcia/Bal 13:10, 5-Gripenburg/Linc 13:14. (Soph) McAteer 42, Lowell 65, Lincoln 79, Mission 105. 1-Brophy/Miss 11:39, 2-Ware/Linc 11:40, 3-Muniz/Low 11:42, 4-Pentony/McAt 11:43. /Daryl Zapata/

NCS Championships: (Nov. 19, Lafayette?) - (Varsity) Redwood 29, San Rafael 103, Livermore 133, Alameda 134, Mt. Diablo 153, Wash/Fre 159, Castro Vly 165, Tam 178. 1-Schulz/R 13:54, 2-Berry/R 13:58, 3-Searls/CP 14:00, 4-Harvey/Dub 14:01, 5-Smith/Nwk 14:02, 6-Smith/MSJ 14:03, 7-Mihailoff/R 14:05, 8-Smith/Eur 14:10, 9-Cross/MD 14:12, 10-Tarin/Liv 14:13, 11-Hornig/CV 14:14, 12-Burke/DLS 14:15, 13-Bowles/Inc 14:17, 14-Criner/MD 14:17, 15-Hoffman/SR 14:17, 16-Chapman/R 14:17, 17-McMillan/R 14:18, 18-Acosta/Aia 14:26, 19-Carlson/Tam 14:32. (Frosh/Soph) Pleasant Hill 65, Mt. Diablo & Mission SJ 120, Bishop O'Dowd 127, Berkeley 142, Miramonte 146, College Park 150. 1-Coulman/SM 9:49.8, 2-Strangio/MSJ 9:52, 3-Maroney/BO 9:57, 4-Scannel/BO 10:00, 5-Russo/PH 10:01, 6-Castro/Log 10:03, 7-Hartinger/PH 10:03, 8-Wentworth/Liv 10:05, 9-Gomez/MD 10:07, 10-Conover/Mir 10:08, 11-Brady/PVly 10:09, 12-Biando/PH 10:09, 13-Ruffing/MSJ 10:09, 14-Bachand/Berk 10:09, 15-Twillmann/Nov 10:10. (GIRLS) (Varsity) Tam 45, Granada 88, Northgate 98, Redwood 133, Pleasant Hill 146, Bishop O'Dowd 151, Moreau 175. 1-Sweeney/MCath 8:01.7, 2-Keyes/Tam 8:10, 3-Adams/Tam 8:11, 4-Searls/CP 8:20, 5-Salisbury/NG 8:24, 6-Sharinghansen/SRaf 8:25, 7-Hill/SRaf 8:27, 8-Greene/NG 8:27, 9-Spencer/Red 8:33, 10-Gazafy/Mor 8:34, 11-Amaya/Gr 8:36, 12-Bertolina/Tam 8:37, 13-Scannel/BO 8:37, 14-Colony/Campo 8:39, 15-Roos/Aca 8:41. (Frosh/Soph) Miramonte 33, Tam 64, Amador 94, Del Norte 96, O'Dowd 138, Pleasant Hill 139, Redwood 152. 1-Bachand/Berk 8:24.2, 2-Behrbaum/Ama 8:39, 3-Spurrier/Mir 8:44, 4-Searls/CP 8:46, 5-Corngen/Ama 8:52, 6-Crabtree/Mir 8:53, 7-Valenzuela/Wash 8:59, 8-Mengelson/CV 9:00, 9-Lloyd/Tam 9:02, 10-Fox/Tam 9:04, 11-O'Donnel/ND 9:06, 12-Raefield/Mir 9:07, 13-Sewell/Mir 9:10, 14-Borland/DN 9:12, 15-Williams/Red 9:13. /Bob McGuire/



Henry Perez (left) nipped Kirk Pfeffer by 4/10 of a second in the State JC Meet (Large School). /D. Stock/

Cons 20:22, 18-Baez/COM 20:41, 20-Higley/Cons 20:45, 22-Locey/COM 20:49, 23-Green/COM 20:49, 25-Reime/Cabr 20:52, 26-Vargas/Merc 20:53, 37-Mouille/COM 21:21, 38-Scalmanini/COM 21:21, 39-Masten/COM 21:24. /Mare Lund/

Western Regional Masters X-C Championships: (Nov. 22, San Jose) (Division designation follows name): 1-Guthrie/WVJS(OB) 33:59, 2-Benz(OA) 34:05, 3-Harris/WVTC(OB) 35:01, 4-Bowles/WVJS(OB) 35:03, 5-Meinhardt(OB) 35:34, 6-Napier/WVJS(1A) 35:47, 7-Brown/WVTC(OA) 35:50, 8-Jones(OA) 36:08, 9-Chaffee/ETC(OB) 36:12, 10-Underwood/BCTC(OB) 36:23, 11-Pena(OB) 36:34, 12-Ernst(OA) 37:08, 13-Knebel/WVTC(OB) 37:56, 14-Toabe/HSTC(2A) 38:01, 15-VanZant/WVJS(OB) 38:02, 16-Healy/WVJS(1A) 38:03, 17-Anderson(OB) 38:11, 18-Egley/Un(2A) 38:16, 19-Healy/Un(1A) 38:32, 20-Koerner/NCSTC(1B) 38:48, 21-Fernandez(OA) 38:50, 22-Martin/WVJS(1B) 39:30, 23-Suickelmier(OB) 40:25, 24-Cuzzillo(3A) 42:13, 25-Harder(2B) 42:18, 26-Joan Ulyot/WVTC(OB) 42:24... 30-Anderson/NCSTC(1W) 43:58. /NCSTC Newsletter/

USTFF Western Regional X-C Championships: (Nov. 22, Fresno) - (Open) 6 Miles: Nevada TC 34, AIA 45, CP/SLO 89, FSU 127, UCSB 127, WVTC 143, Nevada-Las Vegas 156. 1-Zarate/Nev 29:37.8, 2-Barton/Nev 29:59, 3-Swart/WVTC 30:13, 4-Badgley/Sund 30:19, 5-Cook/AIA 30:23, 6-DeLaGarza/Nev 30:28, 7-Patterson/AIA 30:32, 8-Riggs/AIA 30:36, 9-Fritzke/UCB 30:39, 10-Temple/UNLV 30:45,

11-Reynoso/CP 30:49, 12-Pullen/JT 30:51, 13-Dagg/Nev 30:56, 14-Ankeny/AIA 31:00, 15-George/AIA 31:01, 16-Frederickson/Nev 31:02, 17-Seaver/WVTC 31:06, 18-Cadena/CP 31:07, 19-Warrick/CP 31:18, 20-Edwards/UCSB 31:19...29-Stock/CP 31:45, 41-Wolfram/Un 32:19, 43-Ybarra/Nev 32:32, 44-Hernandez/WVTC 32:35, 51-Ellis/Nev 33:06, 52-Rado/CP 33:12, 56-Ferreira/Un 33:25, 58-Goettelmann/WVTC 33:29, 62-Ellis/AmRiv 33:40. (Junior) 1-Holmes/WVTC 14:45.6, 2-Carranza/Madera 15:01, 3-Renteria/Madera 15:13, 4-Swift/Modesto 15:16, 5-Wegener/Coalinga 15:24. /B. Cockerham/

PA-AAU Junior Olympic X-C Championships: (Nov. 22, Redwood City) (BOYS) (9/Under) 1-Myall/SCruz 5:20.1, 2-Rice/RC 5:28, 3-Foley/Orinda 5:29, 4-McManus/Oakd 5:30, 5-Becerra/B'game 5:39, 6-Berzaman/RC 5:40, 7-Carroll/PH 5:42. (10-11) 1-Don Aviles/SCarlos 5:49.2, 2-Dean Aviles/SCarlos 5:52, 3-Sakelarios/RCF 5:53, 4-McFadden/RC 5:59, 5-Chaney/PH 6:04, 6-Mihm/Laf 6:04, 7-Lee/SJ 6:04. (12-13) 1-O'Connor/Blmt 6:52.7, 2-Miller/Syvl 7:05, 3-Krause/PH 7:07, 4-Jones/H'boro 7:07, 5-Larrick/MPk 7:08, 6-Dietrich/Blmt 7:12, 7-Lape/Chico 7:13, 8-Marson/Mlbr 7:14. (14-15) 1-Strangio/WVTC 7:43.7, 2-Pledger/Travis 7:46, 3-Williams/Chico 7:52, 4-Lloyd/Liv 7:54, 5-Youkers/Suisun 7:55, 6-Roll/PH 7:55, 7-Johnson/Fallon 7:57, 8-Ruffing/WVTC 7:58. (16-17) 1-Smith/WVTC 12:23.8, 2-Smith/Eureka 12:36, 3-Borland/CresCity 12:38, 4-Carlsen/MVly 12:53, 5-Vineyard/Fairfld 12:54, 6-Sanders/Redding 12:55, 7-Metoxen/Fairfld 13:03. (GIRLS) (9/Under) 1-Smith/Sal 5:38.3, 2-Rossmann/Arrow 5:43, 3-Scannell/Okld 5:48, 4-Valerga/Martinez 5:48, 5-Bray/Arrow 5:49, 6-Himenes/RC 5:53, 7-Kim Himenes/RC 6:01. (10-11) 1-Fuller/NHgl 6:02.5, 2-West/Campbell 6:18, 3-McKeen/RCord 6:22, 4-Brashcar/RG 6:35, 5-Sylvester/RG 6:39, 6-Suart/Doyle 6:42, 7-Ellis/PH 6:44. (12-13) 1-Davis/RC 7:30.3, 2-Himenes/RC 7:37, 3-Boitano/RG 7:46, 4-Vaughan/SCarlos 7:52, 5-Anderson/Durham 7:57, 6-Scannell/Okld 7:58, 7-Wolfe/RC 8:06. (14-15) 1-Bray/Arrow 8:51.4, 2-Schmidt/Wdsde 8:56, 3-Wolfe/RCF 9:01, 4-Pepper/Montara 9:11, 5-Loesche/MPk 9:18, 6-Knedler/RedBluff 9:24, 7-Anaya/Liv 9:26. (16-17) 1-Neary/WVTC 8:47.1, 2-Spencer/Ross 9:30, 3-Stohr/Liv 9:32. /Sakelarios/

NCAA Championships: (Nov. 24, University Park, Penna.) 6 Miles: UTEP 88, WSU 92, Providence 183, Penn State 256, E. Tenn. 268, Western Ky. 271, Brigham Young 292...11-Oregon 319, 30-Long Beach St. 737. 1-Virgin/Il 28:23, 2-Rose/WKY 28:38, 3-Ngeno/WS 28:52, 4-Williams/Ore 28:57, 5-Stemmer/PennSt 28:58, 6-Munyalala/UTEP 29:00, 7-Cummings/BYU 29:02, 8-Munene/UTEP 29:03, 9-Merrick/Penn 29:05, 10-Bolt/Ala 29:05...18-Cotton/Ariz 29:15, 31-Jameson/Oxy 29:33, 32-Taylor/Ore 29:34, 62-Thomas/UCLA 29:56, 73-Grubbs/ColoSt 30:02, 74-Wysocki/Nev-Reno 30:02, 88-Pinocci/OklaSt 30:12, 97-Ruffatto/Colo 30:17, 109-Lux/SDS 30:24, 124-Hart/BYU 30:30, 127-Templeman/Mont 30:31, 138-Nitti/UCLA 30:38, 142-Curran/Ind 30:40, 162-Quintana/Colo 30:48, 190-Sweeney/LBS 31:01, 196-Sommer/LBS 31:07, 229-Lopez/LBS 31:35, 253-Wilson/LBS 32:13...Add: 146-Rodriguez/LBS 30:41. /The Harrier/



This unusual shot captures the action at the start of the CCS X-Country Championships (Varsity) in Belmont. /John Marconi/

CCS X-Country Championships: (Nov. 25, Belmont) 2.9 Miles - (Varsity) Serra 87, Saratoga 139, Pacific Grove 140, Mt. Pleasant 143, Camden 215, Carlmont 220, Cupertino 234, Los Altos 257, Leigh 259, Del Mar 262. 1-Paulin/Cam 14:52, 2-Newberger/RLS 15:01, 3-Carrasco/MP (Frosh) 15:03, 4-Corey/SM 15:10, 5-Dyer/Sar 15:19, 6-Pincombe/Ser 15:20, 7-Minor/PG 15:21, 8-Nelson/Ara 15:22, 9-Miller/MP 15:23, 10-Behrmann/LA 15:24, 11-McBride/HMB 15:25, 12-Johnson/O 15:26, 13-Love/Carl (Soph) 15:27, 14-Ross/Ser 15:28, 15-Halsti/ST 15:28, 16-Arnold/HMB 15:31, 17-Blake/Ser (Frosh) 15:32, 18-Mello/Cr 15:33, 19-Salazar/Li 15:34,

20-Mandanis/Carl 15:35. (Frosh/Soph) Milpitas 95, Half Moon Bay 102, Carlmont 127, Leigh 157, Piedmont Hills 181, St. Francis 217, San Carlos 227, Sunnyvale 228, Silver Creek 231. 1-Hartman/Mil 15:48, 2-Holladay/Gil 15:55, 3-Dean/Jeff 15:56, 4-Bewley/Cap 15:59, 5-Acosta/Ov 15:59, 6-Garcia/Gil 16:11, 7-Sanchez/Sun 16:22, 8-Marshall/Mil 16:24, 9-Schmidt/HMB 16:28, 10-McMenomy/Hom 16:30, 11-Luttrell/SC 16:33, 12-Sawrey/HMB 16:35, 13-Avila/Cup 16:38, 14-Graycar/SC 16:41, 15-Olivas/HMB 16:44, 16-Sullivan/SFr 16:45, 17-Rachlitz/SFr 16:46, 18-Potts/Rior 16:47, 19-Lavigne/Ns 16:49, 20-Allen/Carl 16:50. /Doolley/

Natl. AAU Women's X-Country Championships: (Nov. 29, Belmont) (Women) LATC 87, Falcon TC 111, Wisc TC 128, SJ Cindergals 130, NM Internat'l 139, San Fernando Vly TC 211, Portland TC 223, Klub Keystone 239, Michigan St. "A" 247, West Valley TC 289... 13-San Diego TC 346, 14-Stanford 551, 16-NCSTC 627. 1-Bjorkland/NMI 16:32.6, 2-Brown/LATC 16:44, 3-Kinsey/SFVTC 16:52, 4-Forbes/PTC 16:53, 5-Bremser/Wisc 16:57, 6-Quatier/Falc 17:11, 7-Graham/SJC 17:12, 8-Neppel/ISU 17:14, 9-Bridges/LATC 17:23, 10-Poor/SJC 17:32, 11-Bankes/NVTC 17:39, 12-Heritage/Falc 17:40, 13-Cramond/NMI 17:44, 14-Costello/Un 17:53, 15-Schilly/SC 17:54, 16-Hansen/SFVTC 17:55, 17-Morin/Wisc 17:58, 18-Gardner/KK 18:08, 19-Garcia/SDTC 18:10, 20-Fridley/Un 18:11, 21-Olrich/WVTC 18:12, 22-Troffer/LATC 18:13, 23-Heinmiller/LATC 18:14, 24-Vigil/NMI 18:15, 25-Warnes/MSU 18:16...27-Bowers/SJC 18:18, 31-Keyes/LATC 18:24, 41-Belk/SJC 18:41, 45-L. Greenberg/SJC 18:47, 46-Furtado/SJC 18:49, 54-Neary/WVTC 19:08, 61-Ulliyot/WVTC 19:24, 64-Thrupp/Stan 19:38, 68-Himmelberger/WVTC 19:44, 77-Connolly/Un 20:10, 85-Tiernan/WVTC 20:26, 86-Dimmick/SJC 20:27, 88-Swannack/WDS 20:29, 97-Gumbs/WVTC 20:46. (Junior) Syracuse Chargers 46, Liberty AC 118, Rialto RR 123, SJ Cindergals 135...6-Blue Angels 245, 10-Quad City Cobras 315, 11-Long Beach Comets 334, 13-Lassen 483, 16-RC Flyers 543, 17-Millbrae Lions 569, 18-SJC "B" 593, 20-NorCal TC 762. 1-Mills/SC 15:10.4, 2-Jennings/LAC 15:24, 3-Keith/RRR 15:34, 4-Munday/SJC 15:38, 5-Opalewski/FF 15:42, 6-Rose/BA 15:48, 7-Smith/PPace 15:58, 8-Welch/SC 15:58, 9-Adams/WS 16:02, 10-Seybold/SC 16:05...17-Guina/SJC 16:13, 19-Nachbar/WS 16:16, 21-S. Greenberg/SJC 16:18, 23-Carron/MLTC 16:21, 39-Allen/LC 16:50, 42-Whotherspoon/SJC 16:52, 49-Harrison/Arrow 17:00, 51-Bonacich/SJC 17:02, 59-Simmons/RCF 17:11, 70-Rudolph/LC 17:26, 79-Monroe/LC 17:36, 81-Mears/SJC 17:38, 82-McPherson/SJC 17:39, 92-Wolfe/RCF 17:52, 96-Nunziata/SJC 17:57. (Youth) Rialto 72, Wills Spikettes 126, Scioto 143, San Jose Cindergals 231...6-SoCal Cheetahs 265, 9-Blue Angels 327, 12-RC Flyers 450. 1-O'Connor/CYO 10:23.8, 2-Nunez/RRR 10:30, 3-Bain/WS 10:37, 4-Cline/S 10:43, 5-Hoffman/S 10:48, 6-Gibbs/LI 10:49, 7-Yeager/KS 10:49, 8-Gilliland/AOC 10:51, 9-Bier/SJC 10:56, 10-Sanchez/RRR 10:58...16-Bray/Arrow 11:08, 19-Beauchamp/WS 11:13, 21-Davis/RCF 11:15, 23-Linn/WS 11:17, 24-Miller/SJC 11:18, 31-Warner/WS 11:26, 35-Franklin/MLTC 11:30, 43-Mavis/SJC 11:36, 45-Himenes/WDS 11:37, 49-Harper/SJC 11:41, 50-Roberts/WS 11:42, 55-Vaughan/RCF 11:44, 56-McKeen/NCTC 11:45, 60-Allred/NCTC 11:48, 70-Choy/SVTC 11:55, 95-Cobb/SVTC 12:19, 98-Brogan/Arrow 12:20. (Midget) Rialto 82, SoCal Cheetahs 157, Blue Angels 199, Scotsdale TC 209, Orinda TC 230...8-Roseville Gaz. 312, 11-SJ Cindergals 401. 1-Lantry/RRR 8:09.2, 2-Cook/RRR 8:12, 3-Craven/S 8:13, 4-Jonassen/ETC 8:25, 5-Gallagher/Amb 8:26, 6-Danduran/S 8:29, 7-Wintermute/SCC 8:30, 8-Broauch/QCC 8:30, 9-Mojica/SCC 8:31, 10-Kirkorn/BA 8:33, 11-Gleason/CupY 8:36, ...15-Boitano/RG 8:39, 16-Choy/SVTC 8:40, 20-Martinez/WS 8:42, 23-Weber/SJC 8:45, 29-Fuller/RG 8:49, 33-Van Buskirk/O 8:51, 38-Manning/O 8:57, 42-Hopkins/O 8:59, 46-Duncan/WS 9:02, 50-Hanson/O 9:07, 59-McKeen/RG 9:10, 67-Campbell/O 9:21, 75-Demmelmaier/SJC 9:24, 79-Frye/WS 9:26, 89-Harmon/SJC 9:34, 93-Miller/CupY nt, 97-Marvin/Arrow nt. (Bantam) Rialto 68, CYO 108, Blue Angels 202, New Mexico PAL 207, Spartan TC 211, SoCal Cheetahs 245...8-Appaloosa 258, 13-Quad City Cobras 336, 14-Arrow TC 379, 15-Woodside Str. 444, 16-Roseville Gaz. 478. 1-Kiernan/BA 5:54.5, 2-Bradshaw/A 6:05, Jackson/CYO 6:05, 4-Cooper/RRR 6:13, 5-Miskinnis/RRR 6:14, 6-Anderson/CYO 6:14, 7-Bain/WS 6:15, 8-Bennett/IVS 6:16, 9-Burianels/DCD 6:17, 10-Pratt/Patr 6:18...14-Miller/App 6:21, 20-Salinas/App 6:25, 25-Vasquez/App 6:28, 46-Smith/SVTC 6:39, 47-Sylvester/RG 6:39, 51-Bray/Arrow 6:41, 54-Rossmann/Arrow 6:43, 64-H. Bray/Arrow 6:51, 71-Lepley/CupY 6:56, 74-Himenes/WDS 6:58, 81-Kim Himenes/WDS 7:05, 83-Lee/Arrow 7:06, 89-Schoenlein/App 7:11, 90-Cresta/WDS 7:12, 91-Gutierrez/WDS 7:13, 92-Edwards/RG 7:14, 94-McLaughlin/CupY 7:16. /Marge Powell/

Boys' Natl. AAU X-Country Championships: (Nov. 30, Annapolis) (14-15) DC-CYO 100, Gater TC 110, Valley of the Moon 126. 1-F. Assumma/RRR 13:30, 2-C. Assumma/RRR 13:36, 5-Moreno/VMTC 14:20, 7-Biando/VMTC 14:22, 27-Moss/VMTC 15:07, 28-Noonan 15:07.

Men's Natl. AAU X-Country Championships: (Nov. 30, Annapolis) - 10 Kilos: Colorado TC 31, NYAC 124, Florida TC 136, Phil. Pioneers 140, Nittany Valley TC 147, Quantico 150, Greater Boston TC 203, UCTC 210, Knoxville TC 227, Atlanta TC 231. 1-Fredericks/PPC 28:57, 2-Gregorio/Col 28:58, 3-Bjorkland/Col 28:58, 4-Herold/Wisc 28:59, 5-Kardong/CNW 29:01, 6-Tuttle/BHS 29:01, 7-Bannon/Memphis 29:05, 8-Flanagan/Col 29:13, 9-Malley/NVTC 29:16, 10-Liquori/NYAC 29:17, 11-Castaneda/Col 29:17, 12-Brown/KnoxTC 29:18, 13-Burfoot/Mohegan 29:21, 14-Babiracki/SFVTC 29:23, 15-Mendoza/Un 29:26, 16-Stemmer/NVTC 29:30, 17-McGuire/PPC 29:33, 18-Steele/Shore 29:33, 19-Timm/AIA 29:34, 20-Peterson/Geotwn 29:35, 21-Brown/FTC 29:36, 22-Vigil/Col 29:37, 23-Squires/NYAC 29:38, 24-Salazar/GBTC(High School) 29:39, 25-Zarate/NevTC 29:40...28-Steiner/AATC 29:45, 58-Clark/WVTC 30:22, 61-Swart/WVTC 30:25, 70-Pinocci/WVTC 30:35, 72-Sweeny/AATC 30:37, 98-Thomas/SBAA 31:00, 99-Jones/USAF 31:00, 123-Dulaney/Humboldt St. 31:19, 136-Frederickson/NevTC 31:26. /Al Cantello/

Region XIII Junior Olympic X-Country Championship: (Dec. 6, Ojai) (GIRLS) (9/Under) 1 Mile: 1-Smith/SanJose 6:22, 4-Rossmann/Arrow 6:44, 5-Cervantes/RG 6:47. (10-11) 1-Ramirez/SBS 6:37, 3-Fuller/RG 6:40. (12-13) 1-Boitano/RG 8:01. (14-15) 1-Schmidt/WDS 11:54, 4-Pepper/Montara 12:44. (16-17) 1-Spencer/Ross 16:14. (BOYS) 1 Mile: 1-Myall/SCruz 5:58, 3-McMannus/Okld 6:06, 4-Carroll/PH 6:16. (10-11) 1.25 Mi: 1-Mann/S.Clarita 6:37, 2-Chavarria/Pittsburg 6:45. (12-13) 1.5 Mi: 1-O'Connor/Blmt 7:19, 3-Dietrich/Blmt 7:32, 4-Krause/PH 7:36, 5-Robinson/Walnut Crk 7:37. (14-15) 2 Mi: 1-Strangio/WVTC 10:20, 2-Lloyd/Liv 10:23, 3-Youkers/Suisun 10:31, 4-Johnson/Fallon,Nev. 10:36, 5-Ruffing/WVTC 10:41. (16-17) 2.5 Mi: 1-Smith/WVTC 12:29, 2-Smith/Eureka 12:31, 3-Harvey/CWTC 12:36, 4-Borland/Crescent City 12:42, 5-Vineyard/Fairfld 13:04. /California Track News/

National Junior Olympic X-Country Championships: (Dec. 13, Houston, Texas) (Only California finishers listed...only partial results available). --- (GIRLS) (12-13) 1.5 Mi: 1-Wells/Tenn. 8:24...14-Boitano/RG nt. (BOYS) (9/Under) 1 Mi: 1-O'Connor/NJ 5:50...5-Myall/SantaCruz 6:02. (12-13) 1.5 Mi: 1-Abel/Va 7:46, 2-O'Connor/Belmont 7:51...4-Williams/Ojai 7:54. (14-15) 2 Mi: 1-Schultz/Nebr. 10:21, 15-Strangio/WVTC nt, 50-Ruffing/WVTC nt. (16-17) 3 Mi: 1-Murphy/RI 14:48.8...20-Borland/Crescent City 15:31. /Pete Cava; The Harrier; John Boitano; Steve Strangio/



(Left) Cindy Bremser leads Judy Graham (#121) and Doris Brown at just after one mile in the AAU Natl. X-Country race. Judy went on to finish seventh, leading all NorCal runners in the Sr. Women's Division. /Jim Hume/ (Right) Karen Bain topped NorCal runners in the Youth (12-13) Division by placing third in 10:37. /Lorraine Rorke/



(Left) UCLA Freshman, Kathy Costello of Pleasant Hill, took a strong 14th in the Women's race at the Nationals. /Jim Hume/ (Right) Lynn Bjorkland won her second straight title. /Stock/



(Left) Sue Munday shown leading Paula Rose in the Jr. Women's Nationals. She went on to finish fourth (Rose wound up sixth) in a time of 15:38. (Right) Start of the Jr. Women's race with the San Jose Cinderghal team at the right (they took fourth). /L. Rorke/

All-Comers Meet: (Dec. 6, San Mateo) - (OPEN) 440R: Cal-St Hywd 43.7; JT: Bodmer/SFS 177-0; Mile: Robinson/Un 4:17.8, Robertson/WVTC 4:18.1, Sturgeon/GWTC 4:18.7, Tracy/WVTC 4:19.0...Paul/WVTC (40+) 5:16.4; 60HH: Carty/Un 7.3, Almond/Un 7.5, Gaines/CSSF 7.8; PV: Stevenson/CSM 14-0, Dillard/CSM 13-6; SP: Schram/Skyl 43-11; LJ: LeGrande/CSH 22-1 3/4, Pulliam/Merr 22-1; 440: Romain/Un 50.4, Ruppenstein/CSSF 50.7, Diles/Skyl 50.9, Richardson/Un 50.9; 60: Larry/CSH 6.2, Albreicht/Un 6.5, Carty/Un 6.5; 3 Mi: Schug/SFS 15:16.4; HJ: Friday/CSH 6-8, Wright/CSM 6-8, Lumberg/HATC 6-6, McGinnity/WVTC 6-4; TJ: LeGrande/CSH 45-5 3/4, Pulliam/Merr 45-5 3/4; 220: Campbell/Un 21.8, Romain/Un 22.8, Schreiber/Stanford 23.0; 880: Nichol森/Un 1:57.7, Sturgeon/GWTC 1:58.5, Wyatt/SJS 1:59.0, Watts/Skyl 1:59.5, Horstra/Skyl

2:00.9; (HIGH SCHOOL) Mile: Amable/TN 4:36.0, Valdez/Skyl 4:39.4; 60HH: Roberts/Srmte 7.5, Coko/Sunset 7.8; LJ: Martin/Moreau 20-8 1/4; SP: Stevens 48-7 1/2; 440: Judy/HATC 50.7, Sterling/Okld 51.6; DT: Stevens 114-5; 60: Terrell/Srmte 6.5, Foster/Skyl 6.6, Wilson/Skyl 6.6; HJ: Low 6-0; 2 Mi: Smith/Nwk 9:52.0, McBride/HMB 9:54.4; 880: Sterling/Okld time?, Gonzales/Okld 2:04.5; MileR: Terra Nova 3:36.6, Srmte 3:37.2. /Young/

All-Comers Meet: (Dec. 13, San Jose) - (OPEN) 440R: Mt. Pleasant 45.3; 60: Clayton/Un 6.5; Mile: Holst/SantaTer 4:35.0; 60HH: Carty/Un 7.6; 440: Rogers/Un 52.0; 880: Stewart/Un 1:59.8; MileWalk: Duran/WVTC 7:50.2; 220: Rogers/Un 22.6; DT: Overton/Cal 163-6; LJ: Beach/Un 21-0; TJ: Moreno/Lick 44-0; (Continued)

HJ: Gibbs/Hill 5-10; SP: Comer/Syvle 50-4 (60-4 3/4 with 12#); (WOMEN) 440R: MLTC 48.3; 60: Kelia/MLTC 7.5; Mile: Johnson/Un 5:29.9; 60LH: Palmer/MLTC 10.2; 220: Elaine/MLTC 25.2. /Duran/

All-Comers Meet: (Dec. 13, San Mateo) - (OPEN) LJ: Wamble/CSH 20-8; SP: Jenner/SJStars 49-0 1/2, Stebleton/CSH 47-5 1/2; JT: Bodmer/SFS 184-11; Mile: Robinson/Cal 4:19.0, Clifford/Cal 4:19.0; PV: Dillard/CSM 14-0; TJ: Murphy/CSH 41-5 3/4; 60: Linnell/CCSF 6.0w, Diles/Skyl 6.2w, Marshall/WVTC 6.2w; DT: Caldwell/COM 135-3; 60HH: Carty/Un 7.5w, Davis/Un 7.8w; HJ: Friday/CSH 6-8 1/2, Owens/CastlemontHS 6-6 1/2, Wright/CSM 6-4; 220: Limmell/CCSF 22.6w, Marshall/WVTC 23.3w; 3 Mi: Blume/Cal 14:29.0, Tracy/WVTC 15:07; 880: Robertson/WVTC 2:00.0, Jenner/SJStars 2:00.2, Cagle/SFS 2:00.4; 440: Campbell/Un 52.9, Romain/Un 53.0; (HIGH SCHOOL) 440R: Berk 44.9; LJ: Durham/Okld 20-7, Martin/Moreau 20-1 1/4; Mile: Sterling/Okld 4:35.4, Goldstein/Menlo 4:38.8; SP: Awgrey/Wdsde 47-7 1/2; TJ: Durham/Okld 41-9; 60: Stephens/Berk 6.2w, Roberts/Srmte 6.3w; 440: Atkinson/TN 53.0; DT: Wynkoop/Crstrmr 130-9; 60HH: Roberts/Srmte 7.7, Koyo/Sunset 7.8, Johnson/Skyl 7.8; PV: Duvall/Benica 11-7; HJ: Bjurnson/Encina 6-4 1/2; 2 Mi: Van Horn/Kenn-Sac 9:45.6, Calman/SanMarin 9:58.6; 220: Johnson/Skyl 23.1w; 880: Sterling/Okld 2:06.4; (WOMEN) HJ: Blackburn/Cub 5-6 1/2. /Harry Young/

All-Comers Meet: (Dec. 20, San Jose) - (OPEN) 60: Kennedy/Ariz 6.5; Mile: Hart/BYU 4:22.6; 60HH: Ligons/Un 7.3; 880: Stewart/Un 1:56.9; 220: Hampton/SJCC 21.9; 2 Mi: Hart/BYU 9:13.9; HJ: Littlejohn/Fthl 6-6; 880Walk: Hecker/SJS 4:05; MileR: SJCC 3:28.9; PV: Martin/SJS 15-0; TJ: Steffes/WVTC 48-7; LJ: Steffes/WVTC 22-2; SP: Davis/WVTC 56-4; DT: Penrose/SJStars 184-4; (HIGH SCHOOL) 440R: Campbell 45.8; 60: Cannon/MP1 6.3; 60HH: Anderson/PdHills 7.8; 440: Alexander/LA 52.8; 220: Green/Ayer 23.1; HJ: Gibbs/Hill 6-8; TJ: Jones/MP1 44-2; LJ: Jones/MP1 20-0; PV: Endter/Hill 13-0; SP: Comer/Syvle 61-7; (WOMEN) 60: Holiday/I 7.4; Mile: Jackson/LvOak 5:28; 440: Ward/Mil 6T.5; 220: Holiday/I 26.9. /Pam Goforth/

All-Comers Meet: (Dec. 20, San Mateo) - (OPEN) SP: Stebleton/CSH 50-7 1/4, Gianrossini/Fthl 48-10; JT: Bodmer/SFS 185-10; 440R: Piedmont TC 42.7; Mile: Suhr/UCLA 4:17.4, Sturgeon/GWTC 4:17.7, Tracy/WVTC 4:19.4...Richardson/Sund (40+) 4:37.4; PV: Dillard/CSM 14-6, Paton/CSM 14-0, Hintz/Cal 14-0; LJ: Butler/SFS 21-1; 60HH: Carty/Un 7.2, Andrew/Un 7.5, Greybehl/Un & Hart/SoAriz 7.6; 440: Cazenave/SJS 50.9, Romain/Un 51.4, Harris/WVTC 51.6; 60: Greybehl/Un 6.3, Taylor/BAS 6.4, Kennedy/SoAriz 6.4, Albrecht/Un 6.4, W.Walker/WVTC 6.4; TJ: Butler/SFS 46-7 1/2, Toliver/Stanford 45-9; DT: Johnson/UtahSt 164-0; HJ: Haber/CSH 6-8, Wright/CSM 6-4, McGinnity/WVTC 6-4; 3 Mi: Deis/ARJC 14:32.6, Phelps/LBS 14:32.6, Tracy/WVTC 14:36.6; 220: Pettus/BAS 22.4, Rodgers/SacSt 22.4, W.Walker/WVTC 22.5, Adams/SFS 22.6; 880: Robertson/WVTC 1:57.2, Hornstra/Sky 1:59.3; (HIGH SCHOOL) 440R: Balboa 43.5, Berk 44.0; LJ: Martin/Moreau 20-11 1/2, Cody/Balb 20-6 1/2; SP: Nevels/Balb 49-6 3/4; 60HH: Johnson/Skyl 7.7, Roberts/Srmte 7.8; 440: Foster/Skyl 51.4, Johnson/Balb 51.5, Atkinson/TN 51.8; HJ: Kelly/Sky 6-2, Low/Tam 6-0, McLaughlin/Tam 6-0; PV: Duvall/Benicia 12-0 3/4; 60: Stephens/Berk 6.4, Roberts/Srmte 6.4, Johnson/Skyl 6.6; TJ: Brown/Okld 42-5; DT: Depuglia/Benicia 138-7; 2 Mi: Coulman/SanMarin 9:45.2, Tarin/Liv 9:47.8; 220: Stephens/Berk 24.0; 880: Sterling/Okld 1:57.6; MileR: Terra Nova 3:35.1. /Harry Young/

All-Comers Meet: (Dec. 27, San Mateo) - (OPEN) 440R: Skyline 44.1; PV: Paton/Cal 15-0; Mile: Stewart/WVTC 4:21.2; LJ: Reeves/CSM 20-9; JT: Bodmer/SFS 195-3, Swartzell/Hawaii 165-0; 60HH: Carty/WVTC 7.4, Kennedy/SoAriz 7.5, Whitfield/SATC 7.6; 440: Rogers/SacSt 48.6, Diles/Skyl 50.0, Henkle/Un 51.2; 60: Lewis/SolanoCC 6.3, Bayless/UNLV 6.4, Linnell/CCSF 6.4, Kennedy/SoAriz 6.4; HJ: Coleman/Un 6-8 1/2; 3 Mi: Rose/OklaSt 13:56.8, Pinocci/WVTC 13:58.8, Zapata/WVTC 14:28.8, Stewart/WVTC 14:32.6, Brock/WVTC 14:44.4; TJ: Tolliver/Stan 44-11 1/4; 220: Rodgers/SacSt 21.6, Bayless/UNLV 22.7, Marshall/WVTC 22.7; 880: Robertson/WVTC 1:54.7, Sturgeon/GWTC 1:56.1, Byrd/CPSLO 1:59.7; MileR: Skyline 3:25.1; DT: Overton/Cal 170-9, Pushkin/AzSt 166-0; (HIGH SCHOOL) SP: Peterson/Serra 44-1 3/4; LJ: Martin/Moreau 20-5; Mile: Hawkley/Vint 4:38.4, Capurro/Moreau 4:38.5; 60HH: Robertz/Srmte 7.5; PV: Shindler/Moreau 11-0; 60: Robertz/Srmte 6.5, Terrell/Srmte 6.6, Shopes/TN 6.6; HJ: McLaughlin/Tam 6-0 1/2; 2 Mi: Wright/Van 9:41.8, Hawkley/Vin 9:45.8, Tarin/Liv 9:53.6; DT: Wynkoop/Crstrmr 121-4; 220: Marchand/GWash 23.2; 880: Atkinson/TN 2:02.7; (WOMEN) 880: Neufville/Cal 2:13.0; 440: Kenny/SJJHS 62.8. /Young/

Holiday Decathlon: (Jan. 2-3, Santa Maria) - Harvey/USAF 7314, Myers/Chico St. 6328, Wheeler/SBCC 6169, Buddy Kring/UCSB 5856, McGaugh/Clan TC 5741, Johnk/Stanford 5685. /Ray Kring/

All-Comers Meet: (Jan. 3, San Mateo) - (OPEN) JT: Bodmer/SFS 205-6 1/2, Swartzell/Hawaii 192-2; Mile: Sisler/Oxy 4:21.5, Johnson/IdahoSt 4:21.6, Greenough/OSC 4:23.4, LaForge/Ariz 4:27.4...Richardson/Sund(40+) 4:37.8, Wood/NCS(40+) 4:49.5; SP: Rossini/Fthl 47-2 1/2; 60HH: Carty/WVTC 7.0 (Stad. Rcd.), Whitfield/SoAriz 7.3, Kennedy/SoAriz 7.5, Almond/SFS 7.6; LJ: Butler/SFS 20-5 1/2; 440: Rodgers/SacSt 48.6, Diles/Skyl 50.7; 60: Hicks/CentAriz 6.3, Albrecht/Cal 6.3, Kennedy/SoAriz 6.4; HJ: Gleman/Un 6-8, McGinnity/WVTC 6-6, Dillard/CSM 6-4; DT: Overton/Cal 171-10; 3 Mi: Stewart/WVTC 13:54.0, Rose/OklaSt 14:00.6, Quintana/Colo 14:10, Tracy/WVTC 14:17.0, Bailey/WVTC 14:17.4...O'Neil/SFOC(50+) 15:37 (New World Age-Group Rcd); TJ: Butler/SFS 44-0; 220: Rodgers/SacSt 21.8, Carty/WVTC 22.0, Rochee/Un 22.2; 880: Robertson/WVTC 1:58.0, Wyatt/SJS 1:58.2, Mulkey/ChicoSt 1:59.7; MileR: SFS 3:32.5; (WOMEN) 440: Neufville/Cal 60.4; 880: Neufville/Cal 2:13.3; (HIGH SCHOOL) LJ: Martin/Moreau 20-7 3/4, Rolandi/Linc 20-7; HJ: Kniffin/Ser 6-2; 440: Gallevos/TN 52.5; 60: Johnwell/Jeff 7.1; DT: Wynkoop/Crstrmr 127-9; TJ: Johnwell/Jeff 40-3; 2 Mi: Tarin/Liv 9:42.4, Coulran/SanMarin 9:42.4; 220: Jackson/Stktn 22.9, Terrell/Srte 23.3; 880: Diaz/Vintage 2:03.2; MileR: Terra Nova 3:32.5, Berkeley 3:32.7; (GIRLS) 220: Ng/Liv 25.2; 440: Kenny/SJJHS 64.2. /Harry Young/

LONG DISTANCE RESULTS

Lake Merritt 5 & 10-Kilometer: (Oct. 12, Oakland) - For those of you who ran in this fiasco, I'm sure you needn't ask why we don't have complete results...we're lucky to have anything! Despite our pleas in last issue for participants to send in their place/time as they heard it called out at the finish, we got very little response. Dennis Tracy edged teammate Bill Seaver (15:10 to 15:11) in the shorter run, with Mike Spino taking third (no time) and Mike Cleary fourth (15:31)...we are missing 5th & 6th, but think Dennis Reeder was in there somewhere. Jack Leydig was 7th (15:48) and Larry Cabral 8th. Carolyn Tiernan was top woman. She went thru the finish chute and then kept on going to finish second at 10-Kilo distance behind Sue Neary (37:20 to 39:27). In the front of the pack after two loops around Lake Merritt, an old familiar face popped up in the name of Ben Tucker (ex-San Jose State miler from the early 60's who approached 4 minutes--within a few seconds). This finish (31:33 to 31:34) was as exciting as the shorter race, with Adam Ferreira grabbing the runnerup position. Bill Jensen led the masters with 34:09, just ahead of amazing Jim O'Neil's (50+) 34:17. Dennis Teegarden (34:29), Ulrich Kaempf (34:55), Bob Malain (35:23), and Mike Healy (35:27) rounded out the fine over-40 field. The women also displayed good depth, with Karen Scannell (39:37) following Neary and Tiernan. Then came Maryetta Boitano (40:00), Amy Haberman (41:10), and Karen Bessey (42:05). We have what we think are 9 of the top 10 places with times...any corrections should be sent before Feb. 15: 1-Tucker/Un 31:33, 2-Ferreira/Un 31:34, 3-Anderson/WVTC 31:59, 4-Conroy/ETC 32:05, 5-Rosen/PAMA 32:19, 6-Hagerty/SUND 32:34, 7-McLean/WVTC 32:45, 8-Dona-hue/ETC 32:57, 9-?? 33:16, 10-Meinhardt 33:49.



(Left) Dennis Tracy took a one-second victory at the Columbus Day 5-Kilo. /Jim Engle/ (Right) And Ben Tucker likewise nipped Adam Ferreira (hidden) over twice the distance. /J. Zimmerman/



Start of the Columbus Day Races in Oakland. /Zimmerman/

Natl. AAU 50-Mile Championship: (Oct. 25, Seattle) - (1) Jim Pearson 5:12:40.3 (new American Record), (2) Max White 5:27:59, (3) John Pagliano/GWAA 5:58:53, (4) Bill DiVita/SF 6:27:02, (5) Don Kirby/SRRC 6:36:00, (6) Cordon Dugan 8:05:19, (7) Dennis Lem 8:06:03, (8) Antonio Reyes 8:33:30, (9) Jim Fauss 8:46:00, (10) George Shafer 9:40:22, (11) Chuck Berkey 9:48:17, (12) Rod Miller 11:38:06, (13) Harry Siitonen 11:52:30, (14) Roger Anawalt 13:30:24. Team title went to the Pamakids of San Francisco (Dennis Lem, Antonio Reyes, Jim Fauss). Other area runners who DNF'd... Dick Arkley (18 miles in 1:53:20) and George Crandell (30 miles in 3:26:25). Temperatures were 45-50 degrees with rain and wind. /B. DiVita/

Ridgecrest 10-Kilo: (Nov. 1, Ridgecrest) 1-Perez/STC 33:06, 2-Hinzo 34:06, 3-Garcia/BakJC 34:06, 4-Crum/STC(40+) 34:28, 5-Hughes/CCAC 34:58, 6-Richardson/WVTC 35:22, 7-Starr/CCAC 35:49, 8-Stansauk/Un 36:04, 9-Boulanger/CCAC 36:18, 10-Freyne/CCAC 36:24. /Byron Richardson/

DSE Turkey Triathlon: (Nov. 9, San Francisco) - Race consisted of a 7-mile bike ride, 4-mile run, and 1/2-mile swim. --- (1) Hemmersbach 57:08, (2) Matheson 57:22, (3) Swezey 57:50, (4) Richman 58:28, (5) Pickett(40+) 61:33, (6) Gottsche/WVTC (1st boy) 61:45, (7) Ruth 64:05, (8) Cunneen(40+) 64:10, (9) Dahl 64:55, (10) Smith/WVTC 65:28... (19) Kathy Balamuth 72:20 (1st lady), (26) Pat Pickett 65:33 (1st Sr. Lady). /DSE News/

DSE Presidio Gate Run: (Nov. 16, San Francisco) 1-Muela/ETC 18:17, 2-Leydig/WVTC 18:23, 3-Spangler/Un 18:29, 4-Weidinger/ETC 18:42, 5-Pruitt 19:38, 6-Moore 19:39, 7-Swezey 19:44, 8-Fitzgerald/PAMA 19:56, 9-Bonner 19:59, 10-Nowak 20:52. /DSE News/

Hawaiian 25-Kilo Championships: (Nov. 16, Hawaii) 1-Macdonald/ex-WVTC 1:20:22, 2-Moynihan 1:22:07, 3-Stewart/WVTC 1:23:03, 4-Wilder 1:24:58, 5-Barker/WVTC 1:25:10. /Jim Barker/

Thanksgiving Fun Run: (Nov. 22, So. San Francisco) 1-Dillie/WVTC 26:53, 2-Moreno/CWTC 27:19, 3-Amable/CWTC 28:16, 4-Schug/SFS 28:17, 5-Leydig/WVTC 28:36, 6-Baldocchi 29:17, 7-John/ETC 29:32, 8-Cornejo 29:39, 9-Erickson 30:05, 10-Unknown 30:31, 11-Baller 30:41... 28-Gumbs/WVTC 34:05 (1st woman). (5 Mi+) /Jack Leydig/

DSE Daly City Hill Run: (Nov. 23, Daly City) 1-Rivas 38:16, 2-LaForge 39:08, 3-Fields 40:33, 4-Pruitt 41:02, 5-Martinez 41:40. ... 47-Betsy White/WVTC 49:17, 61-Louise Burns 51:11, 64-Skip Swannack/WDS 51:40. /DSE News/

Island Marathon: (Nov. 29, Portland, Ore.) 1-Heath/Idaho St. 2:20:20, 2-Koch/OTC 2:20:28, 3-Pearson 2:22:32, 4-Norton 2:25:55, 5-Williams 2:26:27... 14-Haller/LongBch 2:32:34, 36-Rocha/Arcata 2:45:17, 75-Crandell/SRRC(40+) 3:00:28, 80-Carpenter/Dana Point 3:03:04, 89-Therault 3:07:02, 129-Bednar/Arcata 3:18:29, 145-Remillard/Chico 3:24:22, 156-McMonies/SF 3:28:53, 173-Savant/Cupertino 3:34:11, 227-Ball/Richmond 4:08:30. /Ken Weidkamp/

Mt. Madonna Challenge: (Dec. 6, Gilroy) (12.1 Miles) 1-Salazar/LickHS 1:11:42, 2-Holiday 1:16:38, 3-Bowles/WVJS 1:17:28, 4-Slib-sager 1:18:03, 5-Millward 1:19:20, 6-Woodliff 1:20:39, 7-Lua 1:21:36, 8-Mader 1:21:39, 9-Huffman 1:22:06, 10-Burocher 1:22:39, 11-Jackson 1:22:39, 12-Brimen 1:22:54. /Bill Flodberg/

Champion Gold Mine Run: (Dec. 6, Grass Valley) (8.2 Miles) 1-Tom O'Neil 42:33, 2-Jones/WVTC 43:38, 3-Leeper/Aggie TC 43:45, 4-Paulson/SLT 44:22, 5-Swift/Un 44:48, 6-Bird/Un 45:15, 7-Vogt/GSTC 46:33, 8-Teague/Ophir 46:43, 9-Fields 46:52, 10-Lange/GWTC 47:12, 11-Gable/SLT 47:13, 12-Underwood/BCTC 48:07, 13-O'Neil/SFOC(50+) 48:31, 14-Tinloy/GSTC 48:58, 15-Mannichel/Ophir 49:52, 16-Mansdorfer/GSTC 50:09, 17-Rodd/Un(50+) 51:43. /Nick Vogt/

Natl. AAU Marathon: (Dec. 7, Culver City) - Warm conditions had their effect on the huge field that turned out for the 1975 edition of the Men's Marathon Championships... large numbers dropped out, but a total of 23 runners still dipped below the 2:30 barrier, and 8 went under the Olympic Trials Standard of 2:23.

Gary Tuttle pulled away strongly during the latter stages of the race to record a 2:17:26.6 victory. West Valley TC's depth paid off as they grabbed their first national team title with 19 points to runnerup Washington RC (26) and Athletes in Action (27). Jim Nuccio (10th), Bill Clark (12th), and Jim Bowles (35th) led the way. Miki Gorman led the women and set a new world record for masters (40+) women with her great 2:47:45 clocking in 76th spot. Penny DeMoss of WVTC was the second woman to finish with a PR of 3:01:14. 1-Tuttle/BHS 2:17:26.6, 2-Pfeffer/JT 2:19:07, 3-Ortega/NMTC 2:19:16, 4-Gylling/Finland 2:19:33, 5-Sudzina/Penna 2:19:40, 6-Gregorio/Col 2:20:33, 7-Badgley/Sund 2:22:30, 8-Pate/SC 2:22:40, 9-Lee/Cal 2:23:44, 10-Nuccio/WVTC 2:23:56, 11-Hunt/SDTC 2:24:06, 12-Clark/WVTC 2:24:33, 13-Stewart/Md 2:25:40, 14-Thomas/SBAA 2:25:47, 15-Moffitt 2:25:54, 16-Patterson/AIA 2:26:16, 17-Hamilton/Col 2:26:52, 18-Robinson/Md 2:27:03, 19-Dewsberry/Can 2:27:18, 20-Whitney/Can 2:29:14... 24-Hulst/Un 2:30:56, 35-Bowles/WVTC 2:34:53, 38-Hernandez/WVTC 2:38:05, 42-Goettelmann/WVTC 2:40:19, 48-Stewart/WVTC 2:41:17, 54-Kilgore/Sundance 2:42:59, 72-Dally/WVTC 2:46:47, 78-Alford/WVTC 2:48:06, 79-Smith/Nev 2:48:06, 96-Deines/Un 2:52:01, 97-H.DeMoss/WVTC 2:52:15, 109-Diekmeyer/Sund 2:54:27, 126-Richardson/WVTC 2:56:52, 152-Penny DeMoss/WVTC 3:01:14, 226-Judy Gumbs/WVTC 3:24:44, 240-Karen Bessey 3:28:12, 255-Joan Ulliyot/WVTC 3:31:27. /Joe Henderson, Carl Porter/

DSE Ferry Building Run: (Dec. 7, San Francisco) 1-Bailey/WVTC 19:15, 2-Rivas 19:24, 3-Darling/ETC 19:29, 4-Weidinger/ETC 19:32, 5-McMillan 19:40, 6-Smith/PAMA 20:59. /DSE News/

Christmas Tree Run: (Dec. 13, Lodi) (1 Mile) 1-Loux 4:32.6, 2-Mize 4:35, 3-Teague 4:36, 4-Walker 4:38, 5-Schroers 4:48. (6.9 Miles) 1-O'Neil 35:12, 2-Singer/Sund 35:18, 3-Wood 35:38, 4-Wright 36:01, 5-Sophie 36:41, 6-Lee 36:55, 7-Krebs/GWTC 37:06, 8-Loux 37:12, 9-Winkley 37:56, 10-Szekeresh 37:57, 11-Rinde 37:58, 12-Rodriguez 38:10, 13-Custino 38:22, 14-Logan 38:34, 15-Brown 38:35, 16-Fairwell 38:37, 17-Myers 38:44, 18-Lange/GWTC 38:58, 19-Cook 38:59, 20-Schroers 39:16, 21-Semler 39:27, 22-Loeffler 39:30, 23-Linstrom 39:34, 24-Jim O'Neil/SFOC(50+) 39:42, 25-Ford 39:51... 125 finishers. /Jim O'Neil/

San Bernardino Marathon: (Dec. 13, San Bernardino) 1-Martinez/Mexico 2:21:56, 2-Palma/BYU 2:22:08, 3-Rodriguez/Mexico 2:24:05, 4-Bowles/WVTC 2:38:16, 5-Alejandre/Un 2:42:50, 6-Boden/RRR 2:45:11, 7-Downs/Un 2:47:31. /California Track News/

Madera Marathon: (Dec. 13, Madera) 1-Cook/AIA 2:29:35, 2-Swift/Downey HS-Modesto 2:34:29 (course & meet rcd), 3-Branch/CCAC 2:36:20, 4-Casas/FCC 2:40:56, 5-Rubio/Madera TC 2:46:45, 6-Ramos/Roosevelt HS 2:54:09, 7-Stephens/Un 2:56:56, 8-Cushenberry/Ponderosa HS 2:59:30. /Bill Mensing/

Honolulu Marathon: (Dec. 14, Honolulu, Hawaii) 1-Foster/NZ 2:17:24, 2-Galloway/GulfWindsTC 2:19:59.4, 3-Howard/Canada 2:21:46, 4-Moynihan/Hawaii 2:22:39, 5-Hoag/TCTC 2:23:23, 6-Stanforth/Hawaii-Army 2:23:31, 7-Ferber/Univ.Hawaii 2:25:09, 8-Barker/WVTC 2:25:43, 9-K. Moore/OTC 2:28:39, 10-Garcia/Un 2:33:06... 13-Cooper/WDS 2:36:35, 14-Pagliano/GWAA 2:41:41, 19-Worthen/AMJA-LaJolla 2:44:28, 23-Popkins/SDMC 2:47:57, 25-Jackie Hansen/SFVTC 2:49:24 (1st woman), 29-Daven Chun(11) 2:52:09, 33-Cindy Dalrymple/Hawaii 2:54:25 (2nd woman), 44-Daniell/SWEAT 2:57:46, 51-Joan Ulliyot/WVTC 3:01:59 (3rd woman), 152-Cordellos/DSE 3:26:30 (blind), 180-Jennifer Daniell/SWEAT 3:32:27, 256-Milton/Redding 3:46:22, 481-Greenwald/Berkeley 4:32:50, 570-Lynn/SFOC 4:57:09. Teams: 8-SWEAT(Redding, CA) 480 (11 teams finished 3 runners).

PSA-AAU 25-Kilo Championships: (Dec. 20, San Diego) 1-John Jones/SCH 1:20:52.1, 2-Rigdon/SDTC 1:21:30, 3-Camp/SDTC 1:21:31, 4-Schmenk/Un 1:24:09, 5-Johnson/SDTC 1:24:18... (40+) Graham Parnell/Un 1:29:12, Almeida/SDTC 1:32:16, Wiermoa/SDTC 1:32:24... (Women) Garcia/SDTC 1:42:08, Stock/SDTC 1:47:27, Bache/SDTC 1:50:27.. (60°, rain). /Jim Waters/

Fiesta Bowl Marathon: (Dec. 20, Scottsdale, Ariz.) 1-Mendoza 2:14:13, 2-Maguire/PCC 2:18:35, 3-Bingham/Colo 2:19:32, 4-Sandoval/Stanford 2:19:35, 5-Strabel/Colo 2:22:14, 6-Barrett/Il 2:22:40, 7-Swift/AzPac 2:23:13, 8-Redhair/Az 2:24:04, 9-Johnson/Az 2:24:24, 10-Antczak/Wisc 2:26:31... 21-Bringhurst/Utah 2:31:28, 25-Sane/BCTC 2:32:14, 26-Jobski/Az 2:33:27, 61-H. DeMoss 2:50:37, 63-W.Betschart/BCTC 2:51:14... (Women) 59-Barrett/Az 2:50:21, 95-Penny DeMoss/WVTC 3:00:19, 106-Kaput/Az 3:02:47, 158-Meyer/Az 3:23:29, 170-V. Collins/SLDC 3:31:25, 182-Arbesu/Cal 3:36:42. /Joe Henderson, Ed Francisco, Jr./

16th Annual Midnight Run: (Jan. 1, Los Altos...new location) - Approximately the first 35 runners were misdirected shortly after the mile point and ran off the course. Later calculations showed they cut 650 yards from the course. This amounts to 1:50 of running time, give or take a few seconds. If the runners had run the full distance, their times would have been from 24:25 (Kimball) to 25:41 (Holmes). Of the runners reported going the correct way, the fastest ran 25:55. 1-Rich Kimball 22:35, 2-Benton Hart/BYU 22:37, 3-John Armstrong 22:39, 4-Jon Anderson/OTC 22:40, 5-Ron Wayne/WVTC 22:41, 6-Darren George/AIA 22:51, 7-Paul Cook/AIA 23:00, 8-Gary Barrett 23:08, 9-Jon Sutherland 23:39, 10-Steve Higgins 23:40, 11-Don Ocana 23:45, 12-Steve Palladino/CWTC 23:49, 13-Tim Holmes/WVTC 23:51. ..(40+) Ross Smith (25:09 on short course of 4.63 Mi.)...(Woman) Penny DeMoss/WVTC 30:44 for full 5.0 miles...(40+ Woman) Ruth Anderson/NCSTC 33:30 for 5.0 miles. (1000+finished) /Henderson/

Pacific Unrun: (Jan. 3, Fresno) (7 Miles) 1-Cox/PacTC 36:48, 2-Lennemann/PacTC 37:45, 3-Soeiro/Tulare HS 38:38, 4-Bronzan/HSTC 38:45, 5-Len Thornton/HSTC(40+) 39:00, 6-Meyer 39:18, 7-Lung/FresnoTC 40:11, 8-Chandler 40:39...35 finishers. /Cockerham/

Fitzgerald Turns Back Strong Field at Berkeley-Moraga Run: (Oct. 26, Berkeley) - Pamakid ace, Gene Fitzgerald, showed that he's as good on the hills as he is on the flat (he won the PA-AAU Hour Run in June) by turning in an excellent 1:12:16.2 clocking over the 13.9 miles of up-and-down running over the East Bay hills. Byron Lowry's 1970 standard of 1:10:25.4 remains intact, and it seems only Byron himself might be capable of lowering it further. Frank Hagerty's second place was the big surprise of the day, as he turned back the likes of strong runners such as Dennis Tracy, Hersh Jenkins, and Ernie Rivas to come within 20 seconds of a win. Ross Smith seems to be unbeatable in the hills as he took 12th overall to win the masters division by over 3 minutes from Dieter Diekmeyer, who was only 8 seconds in front of Division II speedster, Jim O'Neil (1:21:01 to 1:21:09). Kathryn Rankin succeeded in pulling an upset of sorts by handing Joan Ulliyot a 40-second defeat as both became the first women to drop under the magic 1:30 barrier--Kathryn doing 1:26:58, and Joan an excellent 1:27:39. Carolyn Tiernan didn't waste much time in grabbing a good time either as she notched a 1:31:24 for the third spot. Ruth Anderson led the masters women with a sterling 1:34:58, good for fourth overall among the fair sex. Times were exceptionally fast (62 under 1:30) on a drizzly day that saw a total of 204 trek across the finish at St. Mary's College. /C.MacMahon/



The Sonoma State Marathon (PA-AAU Championships) starts with a turn in the wrong direction (no one seems to mind). /Engle/



(Left) Humberto Hernandez won the PA-AAU Marathon. /J. Engle/ (Right) Gene Fitzgerald walked off with the Berkeley-to-Moraga race in late October. /Keith Conning/

1 - Gene Fitzgerald/PK 1:12:16	21 - Kerry Kilgore/Sun 1:21:51	41 - George Roach 1:25:30	61 - Dan Hintz/WVTC 1:29:50
2 - Frank Hagerty/Sund 1:12:37	22 - Bob Malain/NCSTC 1:22:00	42 - Tom Mann 1:25:54	62 - John Brazinski 1:29:56
3 - Dennis Tracy/WVTC 1:13:51	23 - Jim Nicholson/NCS 1:22:12	43 - Tom Pinckard/NCS 1:26:03	63 - Gough Reinhardt 1:30:21
4 - Hersh Jenkins/SRRC 1:14:13	24 - Dave Zumwalt 1:22:26	44 - Valmore LaPierre 1:26:36	64 - Dan Williams 1:30:37
5 - Tom Cathcart/Un 1:14:50	25 - Lloyd Sampson 1:22:33	45 - Marvin Winer/WVTC 1:26:38	65 - Orin Dahe 1:30:47
6 - John Kleinback/ETC 1:15:28	26 - Santos Reynata/WV 1:22:37	46 - Dennis Kroll 1:26:47	66 - John Andrews 1:30:51
7 - Ernie Rivas 1:15:28	27 - Joel Caldwell 1:22:45	47 - Clifford Wolery 1:26:55	67 - Theo Jones 1:30:56
8 - Bill Benz 1:16:32	28 - Ted Wilson 1:23:06	48 - Kathryn Rankin 1:26:58	68 - Ronald Gutman 1:31:12
9 - Peter Day 1:16:37	29 - Peter Wood/NCSTC 1:23:12	49 - John Foley 1:27:20	***WOMEN***
10 - John Weidinger/ETC 1:16:49	30 - Bob Myers/PAMA 1:23:15	50 - Jim Myers 1:27:21	48 - Kathryn Rankin 1:26:58
11 - Frank Krebs/GWTC 1:17:04	31 - David Feller 1:23:22	51 - Joan Ulliyot/WVTC 1:27:39	51 - Joan Ulliyot/WVTC 1:27:39
12 - Ross Smith/Un 1:17:59	32 - James Jacobs/NCS 1:23:34	52 - Steve Totten 1:27:43	69 - Carol Tiernan/WVTC 1:31:24
13 - David Warren/ETC 1:18:16	33 - Sal Citarella 1:23:37	53 - Armando Menocal 1:27:44	94 - Ruth Anderson/NCS 1:34:58
14 - Dan Moore/LVRC 1:18:55	34 - Edward Lee 1:23:40	54 - Thomas Fodor 1:28:18	105 - Betsy White/WVTC 1:36:22
15 - Brian Bonner 1:19:44	35 - Tom O'Brien 1:24:00	55 - Bill Snavely 1:28:23	115 - Louise Burns 1:37:59
16 - Doug Rennie 1:20:02	36 - Orval Osborne 1:24:06	56 - Chas. Cauldwell 1:28:33	120 - Karen Bessey 1:38:15
17 - Chuck Stagliano 1:20:32	37 - Rob Gardner 1:24:20	57 - C. Harmon 1:28:41	127 - Gail Gustafson/Un 1:39:22
18 - Rich Stiller 1:20:43	38 - Paul Holmes 1:24:56	58 - Peter Mattei 1:28:44	144 - Yvette Cotte/WVTC 1:42:45
19 - Dieter Diekmeyer 1:21:01	39 - Jack Hackmann/VMTC 1:25:06	59 - Larry Hoyt/NCSTC 1:29:08	162 - Jeannette Cotte/WV 1:45:58
20 - Jim O'Neil/SFOC 1:21:09	40 - Lee Damron 1:25:24	60 - M. Ashizawa 1:29:27	174 - Barbara Carlson/NC 1:49:36

Hernandez Takes PA-AAU Marathon Title; Wins Free Trip to Culver City: (Nov. 2, Rohnert Park--Sonoma St.) - Becoming more and more of a potent force in District road races, Puerto Rican Humberto Hernandez (see this month's West Valley Portrait) ran down a tough field under warmish conditions and directional mixups to come out on top with a 2:30:18 clocking, nearly two minutes ahead of his nearest opposition. Early leaders George Stewart and Gerry Garcia ran into physical ailments before 20 miles and called it a day. That left it up to Hernandez, and he handled the job well. Gene Fitzgerald, hot off his Berkeley-Moraga victory from the week before, showed good form in placing second in a PR of 2:32:09, some 2:30 ahead of Excelsior TC's Jan Serhsen. John Armstrong led the masters field in 15th spot. The results have him listed as 2:53:45, but he insists that 2:57:14 was what he ran...instead of trying to play 'meet director' and reshuffle the times, we'll just leave things as is and welcome other comments to possibly put a finger on the problem. At any rate, Don Carpenter was a well-beaten second in 3:01:58, with fast-improving Jim Simpson at 3:02:20. Penny DeMoss ran her PR to lead the women with a quick 3:04:51 (32nd). Three other women dipped under 3:30 to qualify for Boston --Ruth Anderson (3:24:26), Louise Burns (3:24:26), and Jeanie Kayser (3:27:42). Excelsior TC nipped WVTC (12-13) for team honors in the Men's Division (Chico RC had 24), and the NCSTC Women ran unopposed to grab the women's title...116 finished. /Bob Lynde/

1 - H. Hernandez/WVTC 2:30:18	5 - Dennis Dillie/WVTC 2:38:52	9 - Walt Schafer/CRC 2:43:57	13 - Frank Burk/CRC 2:52:19
2 - Gene Fitzgerald/PK 2:32:09	6 - Jake White 2:39:37	10 - Don Chaffee/ETC 2:48:26	14 - Frank Krebs/GWTC 2:53:35
3 - Jan Serhsen/ETC 2:34:41	7 - Mike Conroy/ETC 2:42:17	11 - Abe Underwood/BC 2:50:55	15 - John Armstrong 2:53:45
4 - Clark Rosen/PAMA 2:35:24	8 - Mark Proteau 2:42:31	12 - Bob Layton 2:52:09	16 - Gerry Haslam/VMTC 2:57:14

17 - Walt Van Zant/WVJS 2:57:18	28 - John Flather 3:02:48	39 - Terrance Casey/ETC 3:07:05	50 - James Reinertsen 3:15:04
18 - Ted Wilson 2:58:38	29 - Harold DeMoss/WV 3:03:18	40 - Bill Snavely/Sund 3:07:40	51 - Gary Alderman 3:15:42
19 - Jerry Hall 2:58:50	30 - Bill Catanese 3:04:22	41 - Paul Reese/NCSTC 3:09:16	52 - Richard Willets 3:16:02
20 - John Weidinger/ETC 2:59:32	31 - Ben Sawyer 3:04:48	42 - George Ridout 3:10:05	53 - Mike Andrews 3:16:03
21 - Unidentified 2:59:35	32 - Penny DeMoss/WVTC 3:04:51	43 - Bob Romano/TRAC 3:10:15	54 - Scot Hunter 3:16:42
22 - Armando Menocal 2:59:40	33 - Phil San Filippo 3:05:19	44 - Walt Currier 3:10:22	***WOMEN***
23 - Pat O'Connor 2:59:55	34 - Michael Fenner 3:05:46	45 - George Roach 3:12:35	32 - Penny DeMoss/WVTC 3:04:51
24 - Don Carpenter 3:01:58	35 - Tom Bennett 3:05:48	46 - Don Richey 3:12:51	63 - Ruth Anderson/NCS 3:24:26
25 - Jim Simpson/WVJS 3:02:20	36 - Thomas Fodor 3:06:14	47 - Kees Tuinzing 3:12:56	64 - Louise Burns 3:24:26
26 - Dave Blinkinsop 3:02:42	37 - Lloyd Sampson 3:06:33	48 - Gary Nielsen 3:13:41	67 - Jeanie Kayser 3:27:42
27 - Roy Swartout 3:02:44	38 - V.M. LaPierre 3:06:41	49 - Hoyt Walker 3:14:10	74 - Betsy White/WVTC 3:32:15



(Left) Athol Barton leads Bill Clark after 4 miles in PA-AAU Sr. X-C Championships. /Dennis O'Rorke/ (Center) Victorious Nevada TC team at same meet...winner, Ron Zarate, is at far left. /Tim Smith/ (Right) After about a mile in the PA-AAU X-C race, Zarate takes command over a tightly-bunched group that includes Gordon Innes, Dennis Swart & Tom Wysocki. /Jim Engle/

Zarate Leads Wolfpack to PA-AAU Senior X-Country Title: (Nov. 15, Belmont) - Taking command shortly after the top of the first hill, Nevada TC's Ron Zarate ran a solo race in copping his first District X-Country title. The tough Nevada crew put their top five in the first seven finishers to completely outclass runnerup WVTC, 22-41. Chico Running Club was a distant third with 92, and Excelsior had 97. By winning the District title, Ron won airfare to the Natl. AAU X-C Championships in Annapolis (see results in X-C section of this issue, Nov. 30), with the tab being picked up by the PA-AAU Long Distance Running Committee travel fund. The race for second place was the most exciting action up front during the race. Bill Clark started far back in the pack and slowly worked himself onto Barton's shoulder. The difference was not more than 2 seconds at the tape, with Clark coming out on top. Although it was not a championship race for either the masters or women, they ran like it was, with course standards for both divisions being broken. Jim Shettler's 36:56 (56th) put him in front of a determined bid by Jerome Lewis (37:23) and Peter Wood (37:41). Phyllis Olrich's 40:47 was under Debbie Finn's 1974 mark, but she had plenty of competition from teammate Joan Ulliyot until well into the second half of the race before she broke clear (Joan was 41:31). A total of 142 finished under drizzly skies but firm ground. /Jack Leydig/

1 - Ron Zarate/UNTC 31:39	20 - Steve Martin/WVTC 34:02	39 - Bruce Sayer/CWTC 35:27	58 - Steve Barr/BCTC 37:04
2 - Bill Clark/WVTC 32:13	21 - Bob Bailey/WVTC 34:06	40 - Tony Ruggle/Chico 35:32	59 - Roland Watson/WVTC 37:17
3 - Athol Barton/UNTC 32:15	22 - Art Brown/SDTC 34:07	41 - Dan Cruz/CWTC 35:37	60 - Ralph Bowles/WVJS 37:21
4 - Wayne Badgley/SUND 32:29	23 - Greg Griffen/Chico 34:11	42 - Roger Stordahl/Chico 35:40	61 - Jerome Lewis/NCSTC 37:23
5 - Ben DeLaGarza/UNTC 32:38	24 - Gary Singer/SUND 34:17	43 - James Tracy/ETC 35:43	62 - Gus Cano/ETC 37:36
6 - Tom Wysocki/UNTC 32:46	25 - Daryl Zapata/WVTC 34:24	44 - Jeff Zimmerman/Cal 35:44	63 - Ben Sawyer/SoqRC 37:38
7 - Paul Frederickson/Nev 32:59	26 - Jairo Vargas/UNTC 34:34	45 - George Rogers/Chico 35:45	64 - Peter Wood/NCSTC 37:41
8 - Stephen Mahieu/WSC 33:01	27 - Bruce Williams/UNTC 34:36	46 - Guillermo Romero/Nev 35:47	65 - Stan Edwards/Chico 37:43
9 - Michael Dagg/UNTC 33:11	28 - Gordon Innes/Un 34:38	47 - John Griffen/Chico 35:51	66 - Steve Coronado/WV 37:46
10 - Dennis Swart/WVTC 33:15	29 - Dennis Tracy/WVTC 34:39	48 - Tony Munoz/CWTC 35:59	67 - Dick Cordone/Un 37:53
11 - Fred Emerling/WVTC 33:26	30 - Bob Darling/ETC 34:56	49 - Wayne Barth/Chico 36:01	68 - Ross Rowley/Un 37:54
12 - Bill Seaver/WVTC 33:31	31 - Tony Webb/Chico 35:02	50 - Neil Pyke/FloridaTC 36:01	69 - Kees Tuinzing/MH 37:55
13 - Terry Ybarra/UNTC 33:32	32 - Joe Becerra/ETC 35:03	51 - Mark Proteau/Un 36:10	70 - Gary Kohl/Chico 37:57
14 - Denis O'Halloran/Un 33:33	33 - Mark Shuman/Chico 35:07	52 - Mario Flores/WVTC 36:22	***WOMEN***
15 - Jan Sershen/ETC 33:39	34 - Kent Guthrie/WVJS 35:09	53 - Keith White/WVTC 36:46	88 - Phyllis Olrich/WVTC 40:47
16 - Greg Brock/WVTC 33:44	35 - Vincent Spangler 35:14	54 - Don Chaffee/ETC 36:47	89 - Joan Ulliyot/WVTC 41:31
17 - John Sheehan/WVTC 33:45	36 - Frank Hagerty/SUND 35:16	55 - Dave Robertson/WVTC 36:53	105 - Skip Swannack/WDS 43:54
18 - John Moreno/CWTC 33:48	37 - Bruce Caputo/Lassen 35:18	56 - Jim Shettler/WVJS 36:56	111 - Betsy White/WVTC 44:57
19 - Tim Stone/Chico 33:56	38 - John Weidinger/ETC 35:20	57 - Kevin Christensen/Nv 37:02	114 - Louise Adamson/WVTC 45:42

Mike Smith Zips to Victory at Road Runners 10-Kilo: (Nov. 22, Los Altos) - Newark High School senior Mike Smith, just off cross country season, showed that he can handle 6 miles as well as 2-3 miles by breaking away early and building up a 45-second margin of victory over Daryl Zapata, who held off teammate Jim Bowles, up for a vacation from Santa Barbara. The Bay Area Road Runners Club sponsored event saw 104 finish the paved course near Foothill College. Ulrich Kaempf had some trouble holding off fast-improving Jim Simpson, 37:00 to 37:10, while taking the over-40 honors. George Moss (39:46) was a distant third. Pete Salazar won the under-14 division (40:14), while Carolyn Tiernan had little trouble with the women's category (42:50), with Skip Swannack over a minute back (44:00). Monique Weil was first woman over-40, and Steve Cole was tops in the 50+ group, but not by much, over Bill Commins (49:35 to 49:40). /Jim Woodruff; John Weidinger/

1 - Mike Smith/PAMA 33:17	8 - Gerald Werner 35:23	15 - Anthony Flores 36:37	22 - Lloyd Sampson 37:35
2 - Daryl Zapata/WVTC 34:02	9 - Robert Mahan 35:36	16 - Larry Pugh 36:40	23 - Steve Small 37:35
3 - Jim Bowles/WVTC 34:12	10 - Barry Starkey 35:43	17 - Bob Layton 36:41	24 - Patrick O'Connor 37:45
4 - John Weidinger/ETC 34:30	11 - Michael Huwaldt 36:23	18 - Ulrich Kaempf/TRAC 37:00	25 - Peter Stein/TRAC 37:48
5 - Roland Watson/WVTC 34:40	12 - Gary Alderman 36:24	19 - Jim Simpson/WVJS 37:10	26 - Fred Levins 38:17
6 - Mike Plummer 35:20	13 - Edward Lee 36:30	20 - Jim Sullivan/WVTC 37:11	27 - Carlos Flores/WVTC 38:19
7 - Chris Steer 35:23	14 - Robert Woodliff 36:34	21 - Gary Martin 37:35	28 - Matt Gray 38:26

29 - Paul Kellman	38:30	33 - Kurt Porter	39:08	37 - Herb Blanchard	39:36	***WOMEN***	
30 - Steve Simpson/WVTC	38:51	34 - Tom Perez/WVTC	39:26	38 - Domingo Aguilar	39:40	1 - Carolyn Tiernan/WVTC	42:50
31 - Brian Jarvis	39:05	35 - Danny Martinez	39:28	39 - George Moss/WVJS	39:46	2 - Skip Swannack/WDS	44:00
32 - Wayne Hooper	39:08	36 - Daniel Garcia	39:30	40 - Robert Felsch	39:57	3 - Camille Lee	54:10

Mike Emry and Doug Butt Capture Autumn Ridge Runs: (Nov. 23, Milpitas) - Diablo Valley College's Mike Emry, running for the Pama-kids in off-season, seemed to be out for a workout, and no one really knows how fast he might have gone had he been pushed the entire distance. His 32:55 for the hilly 6-mile circuit was a new course standard, and his nearest competition, Jake White, was over two minutes arrears. Jim Simpson kept on improving and reversed the tables on Ulrich Kaempf from the previous day by notching a 37:09 to 37:40 victory margin to capture the Masters Division. Winners in the other divisions were: 10-11 Boys (Glen Olds, 42:27); 12-13 Boys (Charles Lewis, 39:35); 14-17 Boys (Brent Cushenberry, 36:05); 9/Under Girls (Michelle Miller, 44:30); 10-11 Girls (Hilary Bray, 50:04); 12-13 Girls (Jackie Marvin, 44:27 and Kerry Brogan, 44:27); 14-17 Girls (Victoria Bray 41:19); Women (Edie Matthews, 52:53). -- In the longer 10.7 Miler, WVTC's Doug Butt improved his course standard by blitzing to a 65:38 clocking, 42 seconds ahead of teammate Dennis Tracy. Tom Cathcart ran a solid race in third at 66:34. Fran Conley was an easy winner (89:04) in the women's division, besting second place by 20 minutes! Bill Flodberg had little trouble with the masters competition in the longer race, with Gough Reinhardt over 3 minutes behind. Flodberg notched a good 77:24. Other divisional winners in the 10.7 Miler: 9/Under Boys (Michael Matthews, 97:35); 10-11 Boys (Richard Vasquez, 110:13); 12-13 Boys (George Vasquez, 84:46); 14-17 Boys (Paul Burke, 66:52); 10-11 Girls (Jeani Fuller, 84:34); 12-13 Girls (Jeannette Allred, 82:43). /Ron Landrum/

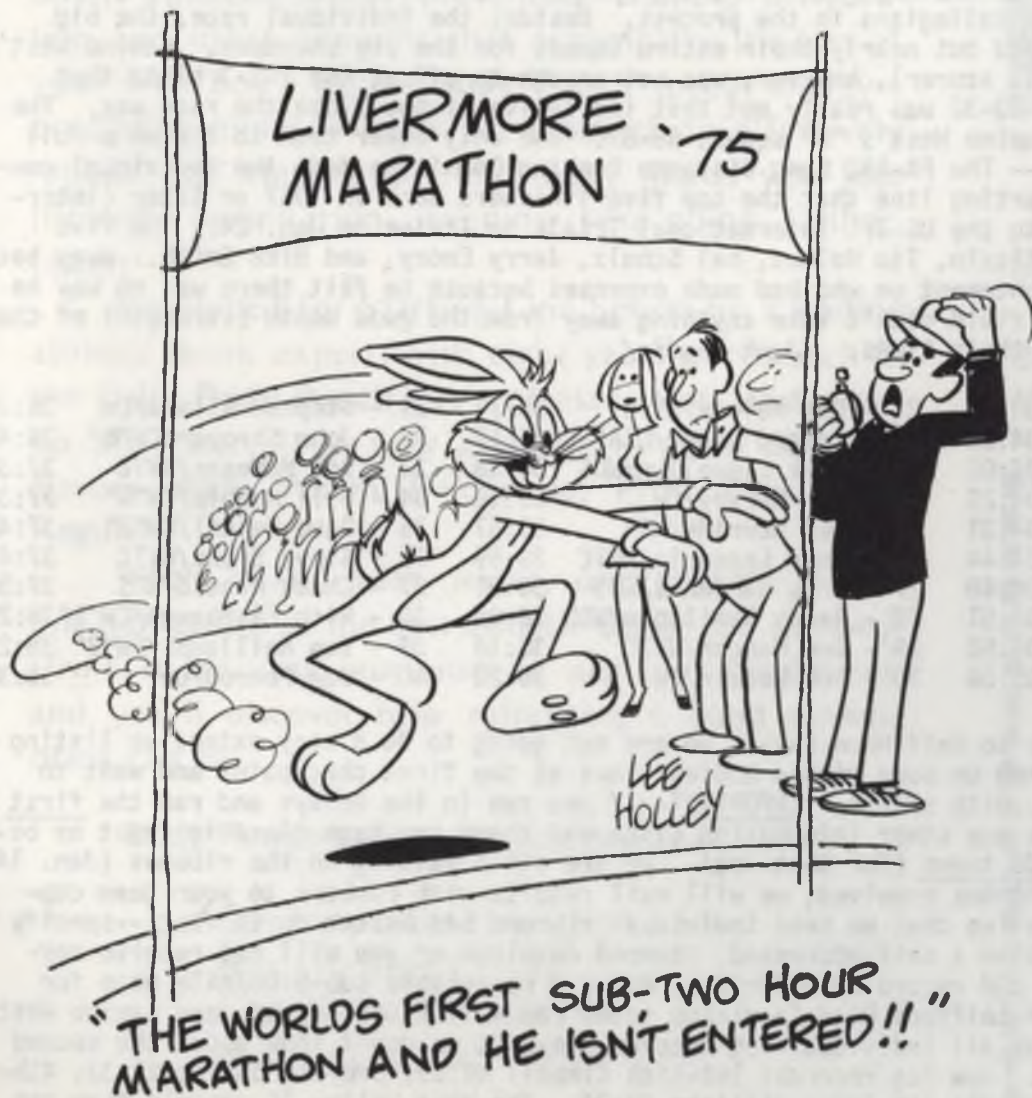
1 - Mike Emry/PAMA	32:55	11 - Jeff Liedtke	38:10	21 - Pete Salazar	39:35	31 - Joseph Carey/NCSTC	43:00
2 - Jake White	35:06	12 - Lyn Walker	38:16	22 - George Vasquez	40:33	***WOMEN***	
3 - Mickey Brodie	35:18	13 - Bob Woodliff	38:38	23 - Tim Siggins	40:46	25 - Victoria Bray	41:19
4 - Brent Cushenberry	36:05	14 - Larry Pugh	38:50	24 - Myron Neuraumont	41:03	38 - Jackie Marvin	44:27
5 - Heine Hartwig	36:41	15 - Paul Kellman	39:12	25 - Victoria Bray	41:19	39 - Kerry Brogan	44:27
6 - Bob Coulson	37:00	16 - Charles Lewis	39:35	26 - Robert Felsch	42:16	40 - Michelle Miller	44:30
7 - James Simpson/WVJS	37:09	17 - Mike Brown	39:49	27 - Glen Olds	42:27	43 - Pauline Vasquez	45:08
8 - David Reuter	37:17	18 - Kurt Porter	39:59	28 - Steve Simpson/WVTC	42:46	51 - Shelly West	47:12
9 - Ulrich Kaempf/TRAC	37:40	19 - Douglas Dray	40:20	29 - Richard Vasquez	42:49	52 - Laura Spencer	47:25
10 - Jim Sullivan/WVTC	37:47	20 - Carl Martin/WVJS	40:26	30 - John Ulate	42:55	53 - Kim MacLay	47:43
1 - Doug Butt/WVTC	1:05:38	8 - Kurt Vineyard	1:12:04	15 - Robert Coulson	1:16:22	22 - Paul Sebesta	1:20:54
2 - Dennis Tracy/WVTC	1:06:20	9 - Craig MacMahon	1:12:26	16 - Bill Flodberg/WVJ	1:17:24	23 - Richard Roadcap	1:22:33
3 - Tom Cathcart/LVRC	1:06:34	10 - Bill Peck	1:13:04	17 - Gene Wollen	1:17:27	***WOMEN***	
4 - Paul Burke	1:06:52	11 - David Renaud	1:13:35	18 - Jeff Liedtke	1:18:27	25 - Jeanette Allred	1:22:43
5 - Paul Keller	1:10:31	12 - Steve Metoxen	1:14:54	19 - Robert Alford/WVTC	1:18:53	28 - Jeani Fuller	1:24:34
6 - John Weidinger/ETC	1:11:22	13 - Santos Reynaga/WV	1:14:55	20 - Robert Frederick	1:19:03	34 - Suzette McKeen	1:28:39
7 - Keith Maurer/WVTC	1:11:56	14 - Jim Blank	1:15:41	21 - Gough Reinhardt/NC	1:20:41	36 - Fran Conley/WVTC	1:29:04

Steve Dean Blitzes Pepsi 20-Miler in 1:43:44: (Nov. 30, Clarksburg) - Steve Dean may not race a lot of races, but when he does race, you know about it! Showing he's rounding into peak form for the upcoming Olympic year, Golden West's premier distance star broke away from the field shortly after the halfway point and surged to an insurmountable lead. His 1:43:44 time missed Byron Lowry's course mark by about a minute, but it's obvious he could probably have pressed a bit harder with some competition. In the process of recording a fast time, he handed a lot of good runners a lopsided defeat. Brigham Young's Benton Hart, one of the top cross-country men in the conference, and Ron Wayne (consistent sub-2:20 marathoner) could not keep pace with Dean. A field of 518 finishers saw some pretty fast times all around on a near perfect day. High-schooler Dennis Rinde topped his division with a 1:50:28, but had his hands full with Jim Sane (1:50:56) and Tom O'Neil (1:51:36). Jim Shettler ran a superlative 1:56:24 to place 32nd overall in winning the masters trophy. Three other over-40 types passed under the 2-hour barrier, with John Finch, Bob Bourbeau, and Jim Simpson doing 1:58:04, 1:58:06, and 1:58:24 respectively. Division II master (over-50), Jim O'Neil, was fifth overall amongst masters, and recorded a fantastic 2:00:48 (54th place in the race!). High-schooler, Sharon Furtado (Buchser, San Jose) went out at about 5:45 her first mile and then hung on to place 136th with a 2:13:21, far ahead of Ruth Anderson's 2:22:55 (top masters woman). Judy Gumbs showed signs of making a comeback from a nagging injury with an easily paced 2:23:57 for a workout/warmup for Culver City. Other divisional winners: High School Sophs--Harry Youkers 2:04:47; Age 12 to 9th Grade--Bob Kadie 2:15:05; 11/Under--Jim Myers 2:17:41. /Paul Reese; Elaine Hocking/

1 - Steve Dean/GWTC	1:43:44	31 - Kevin Kirby	1:55:49	61 - Abe Underwood/BCTC	2:02:43	91 - Gary Alderman	2:06:41
2 - Benton Hart/BYU	1:46:52	32 - Jim Shettler/WVJS	1:56:24	62 - Michael Larsen	2:02:49	92 - Bill Peck	2:06:47
3 - Ron Wayne/WVTC	1:47:41	33 - Dave Himmelberger	1:56:28	63 - Mike Gullo	2:03:05	93 - Joe Ferreira	2:06:50
4 - Dale Fuller	1:48:15	34 - Tim Farrell	1:56:52	64 - James Tracy/ETC	2:03:07	94 - James Jacobs/NCSTC	2:06:59
5 - Bill Seaver/WVTC	1:48:35	35 - Frank Krebs/GWTC	1:57:05	65 - Bob Layton	2:03:13	95 - Robert Ogg	2:06:59
6 - Jan Serhsen/ETC	1:48:57	36 - Jan Markowski	1:57:10	66 - Richard Ellis	2:03:14	96 - Gary Whittemore	2:07:18
7 - Howard Labrie/SRRC	1:49:34	37 - Clark Rosen/PAMA	1:57:34	67 - Bruce McInturf	2:03:26	97 - Bob Coulson	2:07:23
8 - Gene Fitzgerald/PK	1:49:41	38 - Chris Cole	1:57:53	68 - Mike Adams	2:03:29	98 - Robert Herrick	2:07:26
9 - Rich Langford	1:50:18	39 - Walt Schafer/Chico	1:57:57	69 - Doug Butt/WVTC	2:03:38	99 - Jim Engle	2:07:29
10 - Dennis Rinde	1:50:28	40 - John Finch/NCSTC	1:58:04	70 - Eugene Elliott	2:03:43	100 - David Mebust	2:07:31
11 - Jim Sane/BCTC	1:50:56	41 - Bob Bourbeau	1:58:06	71 - Santos Reynaga/WV	2:04:01	101 - Tony Lee	2:07:31
12 - Tom O'Neil/Jesuit	1:51:36	42 - Ernie Rivas	1:58:08	72 - Pual Keller	2:04:17	102 - Tim Lee	2:07:37
13 - Ed Schelegle/AGTC	1:51:52	43 - John Thomas	1:58:11	73 - David Call	2:04:20	103 - Robert E. Wellck	2:08:30
14 - Mike Smith/PAMA	1:52:10	44 - Jim Simpson/WVJS	1:58:24	74 - Frank Custino	2:04:21	104 - Jim Nicholson/NCS	2:08:36
15 - Bob Darling/ETC	1:52:28	45 - Stephen Bird	1:58:25	75 - Frank Delgado	2:04:26	105 - Jeff Liedtke	2:08:46
16 - Mike Conroy/ETC	1:52:57	46 - Armando Lagunas	1:59:05	76 - Tom Mann	2:04:32	106 - Walt Van Zant/WVJ	2:09:01
17 - Michael Houar	1:52:57	47 - Bob Miller/CWTC	1:59:23	77 - Harry Youkers	2:04:47	107 - Leroy Bumbaca	2:09:02
18 - John Weidinger/ETC	1:53:00	48 - David Muela/ETC	1:59:36	78 - David Warren/ETC	2:04:54	108 - Mike Plummer	2:09:03
19 - Kent Guthrie/WVJS	1:53:12	49 - Brent Cushenbery	1:59:38	79 - Steve Ellis	2:05:03	***WOMEN***	
20 - Dennis Dillie/WVTC	1:53:38	50 - Rob Fairley	1:59:47	80 - Kees Tuinzing	2:05:11	136 - Sharon Furtado	2:13:21
21 - Jack Leydig/WVTC	1:53:56	51 - Greg Mandanis/WDS	1:59:57	81 - Chris Turney	2:05:42	218 - Ruth Anderson/NCS	2:22:55
22 - Rod Read/Jesuit	1:54:05	52 - H. Hernandez/WVTC	2:00:26	82 - Ed Nicholson	2:05:50	227 - Judy Gumbs/WVTC	2:23:57
23 - Michael Van Horn	1:54:26	53 - Harry Ellis/ARJC	2:00:36	83 - Michael Lamb/WVTC	2:05:54	261 - Jeanie Kayser(40+)	2:28:35
24 - Bill Weed	1:54:34	54 - Jim O'Neil/SFOC	2:00:48	84 - Joe Delgado	2:06:03	267 - Salley Edwards	2:30:06
25 - Art Baudendistal	1:54:47	55 - Bill Spence/WVTC	2:01:23	85 - Bob Myers/PAMA	2:06:13	275 - Louise Burns	2:30:42
26 - Tom Castro	1:55:16	56 - Paul Burke	2:01:32	86 - Terry Casey/ETC	2:06:19	278 - Brenda Hoskins	2:31:27
27 - 'Flash' Morton	1:55:28	57 - Bill Fairwell	2:01:49	87 - Paul Holmes	2:06:22	282 - Gail Gustafson	2:32:24
28 - Tim Donovan	1:55:32	58 - Bob Hayes	2:02:05	88 - Thomas Ford	2:06:25	283 - Karen Bessey	2:32:30
29 - Gary Sutherland	1:55:35	59 - Terry Barton	2:02:05	89 - Ted Wilson	2:06:28	292 - Betsy White/WVTC	2:33:42
30 - Earl Lagomarsino	1:55:42	60 - Jefferey Bolen	2:02:06	90 - Walt Betschart/BC	2:06:32	324 - Betty Best (40+)	2:37:56

Rivas Sets Course Record at Livermore marathon: (Dec. 13, Livermore) - Ernie Rivas, a New York transplant, led the marathon from the start, setting a new course record in 2:26:54. His nearest rival, Jan Sershen, was more than 4 minutes back. Sue Neary led all women finishers with a 3:04:30 to set a new 17-year-old women's record. However, she had plenty of competition, as Penny DeMoss closed quickly during the latter stages to record a swift 3:05:57. Ruth Anderson again improved her world record for over-45 women; this time by five minutes in 3:10:10! Her time earned her the highest point score and a bottle of champagne. Jim Simpson made a breakthrough with his 2:46:42, leading all masters competitors. Ulrich Kaempf grabbed second with a 2:50:12, and Ed Dally, running his second marathon in a week, picked up the third spot in 2:52:38. Flory Rodd showed signs of renewed vigor as he ran his fastest time in quite a few years, and the best since he turned 50...a great 2:52:38 to tie with Ed Dally (did they intentionally tie?). A total of 211 completed the long grind, but quite a few chose to go the half-marathon, either by design or by bad luck. Bill Seaver and Art Baudendistel went at it by choice, with Seaver outkicking his young challenger in the last few hundred yards, 1:12:43 to 1:12:46. Kathy Himmelberger's 1:28:45 led the women in this race, and got her 19th place out of a finishing field of 118. /Dan Moore/

1 - Bill Seaver/WVTC	1:12:43	11 - C. Templeman/NCS	1:24:27	21 - Bob Porter	1:29:44	31 - Rich McGuire	1:33:24
2 - Art Baudendistel	1:12:46	12 - Ed Tico/WVJS	1:25:33	22 - Lance Friis	1:29:45	32 - John Tedesco/WVTC	1:33:56
3 - Glen Berwick	1:15:02	13 - Phil San Filippo	1:25:43	23 - Jeff Houston	1:29:46	33 - Craig MacMahon	1:33:59
4 - Keir Furey	1:15:43	14 - Jeff Cowling	1:27:01	24 - Rich Divita	1:31:34	34 - Mike Foley	1:35:39
5 - Chuck Kostal	1:19:00	15 - Tate Miller	1:27:13	25 - John Sanders	1:32:16	35 - Bob O'Connor	1:35:40
6 - David Zumwalt	1:20:14	16 - Mike Fenner	1:28:04	26 - D.M. Baltzer	1:32:27	***WOMEN***	
7 - Ross Rowley	1:21:45	17 - Al Berrin	1:28:44	27 - Carol Tiernan/WV	1:32:33	19 - Kathy Himmelberger	1:28:45
8 - Mike Adams	1:23:13	18 - Ray Dito	1:28:45	28 - Lolitia Bache/SD	1:32:40	27 - Carol Tiernan/WVTC	1:32:33
9 - Bill Divita	1:24:02	19 - Kathy Himmelberger	1:28:45	29 - Bruce Boer	1:32:41	28 - Lolitia Bache/SDTC	1:32:40
10 - D. Coghlan	1:24:21	20 - Jim Blank	1:29:11	30 - George Miller	1:33:45	52 - Ellen Clark/WVTC	1:40:23
1 - Ernie Rivas	2:26:54	20 - John Notch	2:49:20	39 - Robert Ernst	2:58:02	58 - Philip Wilder	3:03:32
2 - Jan Sershen/ETC	2:31:11	21 - Ulrich Kaempf/TR	2:50:12	40 - Michael Gulli	2:58:24	59 - Sue Neary/WVTC	3:04:30
3 - Bob Bunnell/Humb	2:34:32	22 - Walt Van Zant/WVJ	2:50:14	41 - Jason Moreno	2:58:59	60 - Richard Houston	3:04:47
4 - Greg Brock/WVTC	2:35:46	23 - Mike Plummer	2:51:23	42 - Bill Meinhardt	2:59:11	61 - Eric Steiner	3:05:29
5 - Tom Castro	2:36:54	24 - Bill Dunlop	2:51:20	43 - John Kerr	2:59:33	62 - Jim Salisbury	3:05:40
6 - Bob Darling/ETC	2:37:36	25 - Ed Dally/WVTC	2:52:38	44 - Stephan Totten	2:59:59	63 - Penny DeMoss/WVTC	3:05:57
7 - Jake White	2:37:38	26 - Flory Rodd/NCSTC	2:52:38	45 - Fred Wellman	3:00:59	64 - Jim Manus	3:06:27
8 - Denis O'Halloran	2:38:32	27 - Bob Malain/NCSTC	2:52:56	46 - Dan Anisman	3:00:59	65 - Dennis Egly	3:06:32
9 - Roland Watson/WVTC	2:40:47	28 - Dennis Smith	2:53:07	47 - Tom Burns	3:01:20	66 - Orin Dahl	3:09:16
10 - Dan Moore/LVRC	2:40:57	29 - Tom Mann	2:53:14	48 - Dwight Hendrix	3:01:20	67 - Roy Woodruff	3:09:40
11 - Don Chaffee/ETC	2:43:11	30 - Santos Reynaga/WV	2:53:18	49 - Bill Brace	3:01:30	68 - Harry Blank	3:09:44
12 - Mike Conroy/ETC	2:43:57	31 - Jerry Hall	2:54:00	50 - Dan Dawson	3:01:54	69 - Bertram Johnson	3:10:04
13 - Sal Citarella	2:43:57	32 - Barry Starkey	2:54:08	51 - Cliff Wolery	3:02:22	70 - Ruth Anderson/NCS	3:10:10
14 - Brian Bonner	2:44:34	33 - Mickey Moberg	2:54:48	52 - Gough Reinhardt/NC	3:02:38	***WOMEN***	
15 - Gary Goettelmann/WV	2:45:44	34 - Richard Herzog	2:54:58	53 - John Evans	3:02:41	59 - Sue Neary/WVTC	3:04:30
16 - Joe Salazar	2:46:06	35 - Hoyt Walker	2:56:23	54 - Colby Harmon	3:02:52	63 - Penny DeMoss/WVTC	3:05:57
17 - Jim Simpson/WVJS	2:46:42	36 - Art Boettcher	2:56:55	55 - Ed Fuller	3:03:10	70 - Ruth Anderson/NCS	3:10:10
18 - Dave Warren/ETC	2:46:57	37 - Paul Holmes	2:57:37	56 - Ken Crowe	3:03:12	73 - Sally McPherson/SJ	3:12:18
19 - Knut Frostad	2:48:36	38 - Jim Nicholson/NCS	2:57:54	57 - Tim Chalmers	3:03:13	139 - Elizabeth Hagan	3:41:10



(Left) Sue Neary ran a PR 3:04:30 in winning the women's division at the Livermore Marathon. She's shown here during the Women's AAU Natl. X-Country Championships at Belmont. /Jim Hume Photo/ (Right) New York transplant, Ernie Rivas, jetted to a course record time of 2:26:54 at the same race, winning by over four minutes in the process. /Ron Suttora/

PHOTOS WANTED: - We lack good photos of many high school & college athletes. If you have prints or want to contribute this spring, write us soon!!



Top 10 finishers in the PA-AAU Jr. X-Country Championships, left to right: Jerry Tucker, Mitch Kingery, Dave Stock, Jerry Emory, Ron Fritzke, Steve Palladino, Hal Schulz, Tim Holmes, Roy Kissin, and Henry Perez (the winner). Going from right to left, that is the order in which they finished. /Dave Stock's camera...who took the photo?/

Perez Makes Quick Work of PA-AAU Junior Field: (Dec. 14, Belmont) - Delta JC's Henry Perez, National JC record-holder in the steeplechase and fresh off a victory at the State JC X-Country Championships, had little trouble in disposing of all opposition at the Junior District Meet (under 20). Downey High School star, Tim Holmes, only a junior and undefeated in high school competition this fall, hung with Perez for about 2-1/2 miles (or at least kept in contact), but then Perez just moved away as he pleased, making his win look like more of a workout than a race. Roy Kissin, last year's PA-AAU Champ, started slowly and made his move during the second half of the race. With about 1-1/2 miles to go, he caught the fading Holmes, and that's the way they finished. North Coast Section champ, Hal Schulz of Redwood, was next in line. The big surprise of the race was Camino West's (and College of San Mateo's) Steve Palladino. After a poor showing at the State Meet, his fifth place here was indeed a happy turn of affairs. Super-soph Rod Berry, still only 15 years old (and Schulz's teammate at Redwood), was another impressive finisher, taking thirteenth in the 71-man finishing field and besting several top collegians in the process. Besides the individual race, the big thing was the team battle. Camino West and West Valley turned out nearly their entire squads for the big showdown. Camino West's balanced attack (their fifth man was in front of WVTC's final scorer), however, was not enough to offset the 1-2-3 blitz that Kissin, Holmes, and Schulz displayed. The final outcome of 23-32 was really not that indicative of how close the race was. The Woodside Striders grabbed the third place award, ahead of Camino West's "B" squad, 68-87. The only other team to finish a full 5-man squad was the S.F. Police Athletic League with 115. --- The PA-AAU Long Distance Running Committee made the individual competition even more exciting when it was announced at the starting line that the top five finishers born in 1957 or later (international rules of a 'junior') would get their airfare paid to the US Jr. International Trials in Irvine on Jan. 24. The five runners that qualified (did not turn 20 in 1976) were: Roy Kissin, Tim Holmes, Hal Schulz, Jerry Emory, and Mike Smith...away back in 12th spot. It turned out that Mike left before the announcement on who had made expenses because he felt there was no way he could get the trip as far back as he had finished. A small field didn't take anything away from the good depth (strength) of the top 25-30 places. Below is listed the top 40 finishers and their times: /Jack Leydig/

1 - Henry Perez/Sund TC	31:58	11 - Bob Miller/CW	33:57	21 - Bob Nelson/WVTC	35:11	31 - Stephen Allara/Un	36:36
2 - Roy Kissin/WVTC	32:52	12 - Mike Smith/PAMA	34:00	22 - Edward Lopez/USAF	35:17	32 - John Shroyer/CW"B"	36:43
3 - Tim Holmes/WVTC	33:05	13 - Rod Berry/WVTC	34:02	23 - Mark Llewellyn/WDS	35:38	33 - Bob McMeans/WVTC	37:35
4 - Hal Schulz/WVTC	33:17	14 - Bob Barnett/CW	34:25	24 - Dan Harvey/CW	35:48	34 - Bill Amable/CW"B"	37:35
5 - Steve Palladino/CW	33:22	15 - Joe Cordova/Sun	34:31	25 - Ken McBride/WDS	35:57	35 - Dave Weikel/CW"B"	37:45
6 - Ron Fritzke/CW	33:32	16 - Mike Emry/PAMA	34:44	26 - Andy Enanoria/HATC	35:59	36 - Steve Bruns/WVTC	37:46
7 - Jerry Emory/CW	33:40	17 - Harold Celms/Stanfd	34:48	27 - Greg Mandanis/WDS	36:01	37 - Chuck Arnold/WDS	37:57
8 - Dave Stock/WVTC	33:44	18 - Dave Hull/CW	34:51	28 - Randy Remillong/WDS	36:06	38 - Rich Fishbaugh/CW"B"	38:23
9 - Mitch Kingery/CW	33:54	19 - Steve Watkins/Un	34:52	29 - Joe Mangan/WVTC	36:16	39 - Ian Neillands/CW"B"	38:27
10 - Jerry Tucker, Jr./Sun	33:55	20 - Craig Corey/WVTC	35:06	30 - Bob Weaver/CW	36:22	40 - Jon Penrod/Un	38:34

All Records Broken at Christmas Relays: (Dec. 21, Santa Cruz to Half Moon Bay) - We are not going to do a very extensive listing of Relays results in this issue, because we are still checking on some missed bodies/times at the first checkpoint and want to iron out the problems before we print up the final results...with splits. IMPORTANT--If you ran in the Relays and ran the first leg and remember your time being called off...or if you have any other information (like was there any team close in front or behind you), please send it to us if you finished in the top 20 teams (for that leg). We are still waiting on the ribbons (Jan. 14) and as soon as the first leg splits are corrected and the ribbons received, we will mail results with ribbons to your team captains (as was listed on the entry form). Any persons requesting that we send individual ribbons had better do it fast---specify what team (name and number) you were on, and be sure to enclose a self-addressed, stamped envelope or you will not receive anything. *** The West Valley TC led two other teams under the old record of 4:18:12 by doing a remarkable sub-5:00/mile pace for the entire 50 miles! The new record is 4:07:45. Weed Patch Sniffers Road (a pickup team) ran 4:11:27 in second, and Camino West did 4:13:41. All division records were shattered, as well as all individual leg records...except we don't know about the second leg yet because of problems with times at the first handoff. New leg records: 1st-Rich Kimball 49:09; 3rd-Bob Bailey 27:33; 4th-Ron Wayne 47:52; 5th-George Stewart 24:15; 6th-Jim Warrick 22:31; 7th-Terry Williams 50:24. The West Valley TC women's team ran off with the "Fastest Foxes" award again, given to the fastest female team (perpetual) each year. They lowered the best women's time to a fantastic 5:22:34. --- Look for complete results (or nearly so) in the next NCRR (late Feb. or early March). Bye!!



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