

NOR-CAL RUNNING REVIEW

MAR./APR. 1976 (No. 59)

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Carlos Carrasco

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MAR./APR. 1976 (No. 59)

UP FRONT

Mt. Pleasant (San Jose) freshman, Carlos Carrasco, was featured as NorCal Portrait in the Nov/Dec issue of the NCRR. Since that time he has shown his cross-country credentials apply well on the track too. As of April 21, Carlos has the best high school 2-mile time in NorCal (9:19.0). Here he's shown leading Craig Corey at the San Jose Relays. /Dave Stock Photo/

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Contributors

All news, features, results, photos, and other items should be sent to: NCRR, P.O. 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. Request permission for materials used from NCRR other than scheduling & results. We now pay \$15 for prints used as cover shots. Prints not returned unless requested...should be 5 x 7 or larger if possible and in black and white preferably. Thanks for your support!

MAILING DATES: - The May/June issue (#60) should be mailed on June 29; July/August will be out in early September.

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EDITOR'S MESSAGE

● **VACATION FOR YOUR EDITOR:** - After the next issue is in the mail (about June 29), I will be taking off on a much needed vacation to Montreal for the Olympic Games with my wife-to-be, Judy Gumbs. We will not return until after the Tahoe Relays (Aug. 15), so please keep all correspondance to a minimum...I will not be here to answer any personal letters, and all NCRR-related business should be kept to results/photos/renewals & new subscriptions if possible. Don't expect any quick responses to correspondance of any kind, as we will be operating with a skeleton staff, checking our mailbox only a few times a week. During the month of June, I will be working hard to tie up loose ends before I leave, so **PLEASE keep mail and phonecalls to a minimum.** If you must correspond, I prefer the mail. If I'm really busy I will just not answer the phone...normally it rings constantly between 7 and 11 every night, so if you can't get through because of a busy signal, you'll know why. Remember, this is not a business... it is all voluntary and nobody gets paid (all profits, which amount to about \$100/month, go into the WVTC treasury). Therefore, please have some consideration for my workload. I will not have time for 'friendly chats' during the upcoming months while trying to prepare for my vacation, marriage, moving, etc. I will normally not answer correspondance unless it is accompanied by a self-addressed, stamped envelope...I simply cannot afford it. Thank you for your help!

● **POSTAL INCREASES:** - Our friendly Postal Service plans on raising its rates for all 2nd and 3rd-class mail sometime in July by about 40%! This applies to the NCRR and you can guess what that is going to mean. We have kept our rates at \$5.00/year for as long as I can remember, despite rapidly increasing printing, paper, and postal costs. All other magazines that I know of have had to increase their subscription rates, and it appears we will have to also. The only reason we have kept our rates at \$5.00 so long is because we are basically a non-profit venture...other magazines have to make a profit to survive, and maintain a certain profit-margin. If we don't increase our rates, we will be faced with just breaking even very soon. So beginning sometime late this summer we will probably (90% sure) raise our rates to \$6/year (\$1.00 per issue). Anyone sending in only \$5.00 after a certain date (to be specified next issue) will get 10-months worth of NCRR instead of a full year. We hope you understand the necessity for doing this and will continue to support us, despite the increase. You can help us by recommending the NCRR to your local merchants for advertising, and by turning on a friend to a subscription for a birthday present or something similar. Thanks!

● **NCRR WILL NOW BE FORWARDED---IF:** - Beginning with this issue, we are taking the chance of having to pay return postage if those of you who move will not pay for forwarding postage. This is a trial...if we get too many copies back we will discontinue the policy. **BUT...let us know if you move anyway.**

●**PHOTOS NEEDED:** - We're getting good coverage of most long distance races, but so far this track season we've received very few pics of sprinters and middle distance men and nothing at all to speak of on field events. So those of you out there who've been taking photos, please send us some of your goodies for next issue (need them by June 10). We haven't featured a field-event performer on the cover lately, so if you've got something you think is worthy of a covershot, send it in and you might be \$15.00 richer!

●**NO TIPS ON RIPOFF YET:** - It looks as if whomever broke into my VW bus is long gone. No one has seen the car (a 1957 metallic-green Chrysler with smashed rear end) and the shoes haven't appeared. I'm out about \$1000 as a result, but I figure the guy will show up eventually, so keep your eyes open. Remember, I'm offering a \$50 reward for information leading to the conviction of the culprit and/or recovery of the stolen articles. Thanks for your help!

●**FOR RENT:** - Interested in sub-renting my place (one empty bedroom) for 6 weeks this summer? If you or someone you know is interested in staying at my pad while I'm on vacation, please get in touch right away (P.O. Box 1551, San Mateo, CA 94401 --- 415/342-3181). I will let it go for \$100/month plus yardwork. Utilities included in this price! Such a deal! I'm located within walking distance of both train and bus stations and downtown San Mateo is a 5-minute walk.

(2:20:55), John Jones (2:21:39), Ron Kurrle (2:22:44), Kirk Pfeffer (2:19:07), Tony Sandoval (2:19:35), Carl Swift (2:19:39), Gary Tuttle (2:17:26), Ron Wayne (2:18:46), Ron Zarate (2:19:38). In addition, three others, listed in other states than California, have been residents recently...they include Ed Mendoza (Ariz., 2:14:13), Jon Anderson (Ore., 2:16:08), and Don Kardong (Wash., 2:19:14). Duncan Macdonald recorded a 2:19:53 at the Maui Marathon, but is not eligible because the course was uncertified...four others are in the same situation because of unmeasured courses. --- Hall of Fame (Track & Field) inductees announced on March 15 included the following ten individuals: Dolores (Dee) Beckman, Ken Doherty, Bob Hayes, Hayes Jones, Billy Mills, Charlie Paddock, Steve Prefontaine, Joie Ray, Mae Faggs Starr, Forrest Towns. This makes a total of 49 who are now members of the Hall of Fame.

●**RACE INFORMATION:** - (Cancelled): The Bakersfield Track & Field Classic, originally scheduled for May 15th, will not be held this year because of financial difficulties. --- The Tiburon Run, scheduled for July 24th, has also been cancelled. (Change of Location): The Novato Ridge Run, scheduled for June 19, will not be held in Novato because of course changes due to new housing developments...instead it will be moved to Howarth Park in Santa Rosa, starting at the same time (9 am). Race will be about 7 miles long and start at the same place as the Lake El San Jo 10-Miler. Contact Darryl Beardall, 488 Benjamin Rd., Santa Rosa 95405, for further information. --- (Change of Time): Increased pressure finally caused the Olympic Organizing Committee to move the starting times for both the Marathon and 20-Kilo Walk back one hour to 5:30 pm. In a pre-Olympic Marathon last year, temperatures reached the 90's, and the winning time was in the 2:25 range. These conditions helped to prompt the change.

●**COURSE CERTIFICATIONS:** - Sheldon Gersh continues to satisfy his curiosity by performing the much-needed certification (measurement) of many area road courses. The advertised distance of the Bay-to-Breakers is 7.6 miles, and this is pretty close. According to Sheldon and his calibrated bike, the true distance is 7.628 miles. The DSE Golden Gate Plaza Run, advertised at 7 miles, is actually a bit short at 6.931.

●**SKYLINE COLLEGE OPENS PARCOURSE:** - Kees Tuinzing has informed NCR that the Bay Area's newest physical fitness facility innovation was opened to the public on March 31. "On that date, the PARCOURSE, an 18-individualized physical-fitness station facility, officially began operation under the direction of the college's physical education division. This will be the first time that a public collegiate institution will have this program. Walt Rilliet, the college's physical education division chairman, stated 'The PARCOURSE is designed as a total physical fitness facility. It is spaced over a 1.5 mile jogging path with the stations placed in such a manner to insure vigorous body activity while at the same time meeting the individual needs. The format is for the participants to develop a physical fitness schedule that is unique only to themselves.' The facility will be open 24 hours a day with special counseling in personal, physical fitness and individual exercise prescriptions planned for each individual by the college's physical education staff. Along with the individual program, a class, P.E. 70--Fitness Academy, with one-half to three units credit is available through the college. The 18 fitness stations are: jumping jacks; touch-stretch; hop-kick; knee lift; log-hop; circle body; isometric-squat; chin-up; vault-bar; touch toes; sit-up; body-curl; push-up; bench leg-raise; hand-walk; leg-stretch; balance beam. For further information and tour specifics, contact: Sam Goldman, Public Information (355-7000, ext. 258 or 309), or Walt Rilliet, P.E. Division Chairman (355-7000, ext. 271 or 272)."

●**HUMAN-INTEREST STORY:** (Submitted by Jerome Lewis) - There were some moans and groans at the start of the Arrow TC's first annual 10-Kilo race held at Moffett Park, Sunnyvale, on April 4. The crowd of close to 200 was asked to wait at the starting line as a late arrival to the race found himself in need of shorts and shoes. It would seem that even an inexperienced runner would remember these essentials, but Gordon McIlroy--the man with the problem--said he somehow got separated from his wife, who had the car and the running gear. Gordon also stated that he was currently vacationing in the U.S. from Cardiff, Wales. When nobody quickly responded to the appeal for extra shorts, Gordon began to peel down to his skivies--bright green 'jockey' shorts, probably ideal for running. But Warren Olds, the race director, said "Nothing doing. We'll get you some shorts."

Finally the shorts arrived from somebody's car. Meanwhile, I tried to calm the runners with a lengthy description of the course. Very few cared, as they would mostly play a

PHOTO QUIZ



Who is this local masters runner (in his younger days)...no hints!

the-year, Jim Nuccio. He didn't really have his mouth full of chocolate bars...he just had all four wisdom teeth pulled and wasn't feeling too well (note the smile?).

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 May 31, 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 submit photos for consideration...photo deadline for next issue is June 10.

**Our winner for LAST MONTH was Robert Harms of Livermore. We received only 4 correct answers for our mystery runner... he was the 1975 NorCal runner-of-

THIS & THAT

●**PEOPLE NEWS:** - Jim & Tom O'Neil, who set a father-son combination performance record for the marathon at the West Valley Marathon in February, were featured in "Faces in the Crowd" in a recent issue of our competitor, *Sports Illustrated*. --- Mike Paredes and John Clary were caught-in-the-act, so to speak, along with two others who we won't name here, when they came through the finishline at the recent West Valley Marathon... they were both listed in the last NCR as having finished the 26-mile run (31st and 66th, respectively), but the NCR results were printed before we got the splits back from the 5-mile checkpoint. The splits indicated that these two (and two others listed on the results sheet) ran only 4 laps and then came onto the 'tail' end of the course, thus completing a race of 21 miles, 385 yards, or five miles short. Of course we can't tell whether either did this intentionally, or whether it was a result of fuzzy-brain...a condition commonly connected with running marathons. At any rate, those behind them moved up in the standings accordingly. --- Bob Bailey, record-holder for the third leg of the Christmas Relays, has left the Bay Area for Houston, Texas, where he has been placed by his employer. He's not too happy about it, but says he will probably adjust to the humid climate there...if he doesn't die first! --- As of the end of March, a total of 76 marathoners had qualified to compete in the Olympic Trials on May 22nd in Eugene. Almost one-fourth (18) of these are from California or Nevada...they include (alphabetically): Wayne Badgley (2:18:06), Chris Berka (2:22:09), Jim Bowles (2:19:25), Tom Bryant (2:21:20), Phil Camp (2:18:06), Joe Carlson (2:22:02), Ed Chaidez (2:20:04), Steve Dean (2:19:13), Perry Forrester (2:22:47), Reid Harter

game of follow-the-leader. The race was run in the usual manner, with kids fighting for the lead over the first half-mile.

After the race, I looked for Dr. Peter Wood, but Pete, it seemed, was in a hurry: he had a fellow of a similar English dialect in his car who had some unusual blisters that needed some attention. Worse than that, the passenger, Gordon McIlroy, had to find his wife who had abandoned him somewhere out on the nearby freeway. Gordon had run in his stockings until they were torn to shreds, providing some relief along the way. He was seen tugging at his borrowed shorts so they wouldn't slow him down. Still, he managed to finish the 6.2 mile event in 33:12 for fifth place overall.

After the race Gordon asked to see the results of the meet and was then assured that we would pay the postage to mail the results to his home in Wales. He thought the mailing method was great--unheard of in his land. He also thought it was a fine idea to have the women, the young, and the masters running together. At home, they run separately. But for Gordon, it was only the very best of the 185 finishers who enjoyed his company along the way.

• **AGE-GROUP TRACK & FIELD ANNUALS:** - *Starting Line*, the popular publication devoted exclusively to results of 17-and-under athletes (boys and girls), has come up with a pair of super in-depth Annuals...one for each sex. They run \$2.00 each and may be purchased by writing: Starting Line Magazine, Box 878, Reseda, CA 91335...add 25¢ for postage (specify boys or girls annual or both). These comprehensive booklets contain summaries of both Men's & Women's Jr. Nationals over the past few years, plus listings for each age-group for 1975 and all-time...also handy metric conversion tables and a list of age-group rules & events. At the back of each booklet is a listing of JO and AAU Chairmen by District (entire U.S.).

• **MEN'S & WOMEN'S PA-AAU LDRC MEETING:** (March 27)--A small group of concerned individuals gathered after the PA-AAU 15-Kilo Championships in Los Altos Hills to determine certain funding appropriations for the Long Distance Committee(s). **Warehouse Items:** (all approved) 600-ft. of nylon rope (\$31); permanent mile marks for Crystal Springs X-C Course (\$37); hand-powered megaphone (\$75-100). **Travel:** Retroactive funding to John Finch and Bill Jensen (\$50 each) and to Ray Menzie (\$125) for Natl. AAU Masters X-C Championships last fall. **Warehouseman Needed:** At this point in time, Jack Leydig's garage is not adequate to house all the LDRC warehouse items (nor is his time adequate to serve in this capacity). It was proposed that the Committee actively solicit the services of any willing individual with a fairly large storage area (indoors) who would be willing to check-in and check-out items needed by race directors throughout the year. Preferrably that person's residence (storage area) should be in the mid-Peninsula area (Millbrae to Redwood City) for easy access to the majority of race directors. Anyone interested should contact Harold DeMoss (415/941-8975) immediately since Jack is going on vacation (6 weeks) beginning in July!

--- **LDR Handbook (1976-77):** The new handbook will be printed in June (last half) and will contain men's and women's LDR scheduling through mid-1977, as well as women's and age-group x-country scheduling for 1976. Also featured will be a listing of local clubs/addresses, winners (of medals) in 1975-76 PA-AAU Championships, and other useful information in booklet form. The cost will remain the same as in 1975 at 35¢ (plus 15¢ for mailing). **Advertisements** are being solicited from race directors, commercial businesses, or donations. Prices are: full-page \$50; half-page \$25; fourth-page \$15. Profits will go to the LDRC...all ads must be camera-ready and proportional to a 5-1/2 x 8-1/2 page size (received by June 10th at latest). --- **New Scoring Rules:** At distances of 50-Kilos and above, scoring teams may be combined (may include masters & women) three-person teams...but they will not displace a legitimate 3-man (senior) team that is in front of them. In senior men's PA-AAU championships, a given club may enter only one team ("A" team). In other divisions "A" and "B" teams must be declared prior to race. Also, an individual may now declare himself in one division for individual awards, and another for team awards...as long as he may legitimately enter that division(s)...e.g. (Masters individual; Senior team). This applies to PA Championships only, although meet directors of other races may do likewise if they wish.

• **STANDARDIZATION OF LDR RESULTS:** - The PA-AAU Long Distance Running Committee is now recommending that race directors standardize their race results to make them more meaningful, especially to the various local club newsletter editors who publish results from races. It is recommended that as a minimum: (a) Overall placing, (b) Name--first & last spelled out fully, (c) Age, (d) Club, (e) Time & handicap if any. Women finishers should be noted due to similarity of names and it is also suggested that each division be listed separately with overall and division place---43(1) Mary Smith (21) Unat 21:06; etc.

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' & 'Vinylon' 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

STANDARDS--NATIONAL A.A.U. CHAMPIONSHIPS

Events	Senior Men		Junior Men	
	(Hand Timing) (Yards)	(Auto Timing) (Meters)	(Yards)	(Meters)
100	9.4	10.4	9.6	10.6
220	21.1	21.1	21.3	21.3
440	46.8	46.5	46.9	46.6
880	1:49.7	1:49.0		
Mile	4:01.5	3:42.9		
2 Mile				
3 Mile	13:26.4	13:55.4		
6 Mile	28:13.4	29:13.2		
SC		8:50.0		
2 MiWk	14:40.0	13:40.0		
3 MiWk	23:00.0	24:00.0		
42" HH	13.9	13.9	14.1	14.1
39" HH				
330 IH				
440 IH	51.2	50.9	51.3	51.0
HJ	7'½"			
LJ	25'3"			
TJ	52'0"			
PV	16'8"			
SP(12#)				
SP(16#)	61'0"			
DT(H.S.)				
DT(Coll)	189'0"			
HT(12#)				
HT(16#)	200'0"			
JT	242'0"			
Dec.	7300 pts			

Events	Senior Women		Junior Women	
	(Yards)	(Meters)	(Yards)	(Meters)
100	10.7	11.7	11.0	12.0
220	24.4	24.3	24.9	24.8
440	55.7	55.4	56.5	56.2
880	2:10.0	2:09.2	2:13.5	2:12.6
Mile	4:51.0	4:28.4	5:02.0	4:41.0
2 Mile	10:40.0	9:55.0	11:10.0	10:22.0
2 Mile Walk			19:20.0	18:20.0
3 Mile Walk	29:30.0	30:30.0		
100mH		14.3		15.0
400mH		63.5		66.0
440 Relay	48.0		49.0	

Events	Senior Women		Junior Women	
	(Yards)	(Meters)	(Yards)	(Meters)
880 MedRly	1:47.0		1:49.5	
Mile Relay	3:53.0		3:58.0	
2 Mile Rly	9:20.0		9:30.0	
LJ	19'0"	5.79m	18'4"	5.59m
HJ	5'8"	1.725m	5'6"	1.67m
DT	142'0"	43.28m	125'0"	38.1m
JT	148'0"	45.12m	129'0"	39.32m
SP(4-Kg)	44'0"	13.41m	39'0"	11.89m
SP(8#)	46'0"	14.02m	41'0"	12.50m
Pentathlon 3300 pts			3000 pts	
80yd Hurdles (7 x 30" hurdles)			10.8	
100m Hurdles (110 yds 10 x 30" hurdles)			14.8	

QUALIFYING REQUIREMENTS: - Marks must be made in (1) AAU Sanctioned Meets; (2) Collegiate Meets, except dual & triangular competitions; (3) High School Meets, except dual & triangular competitions. --- Outdoor qualifying standards must be met from Jan. 1, 1976 thru June 6, 1976. Regional champions or runners-up do not automatically qualify for these championships. --- Indoor marks may be submitted for entry into Junior and Senior Women's Championships, provided they are made from Jan. 1, 1976 thru June 6, 1976. --- Olympic Trials Standards (see page #6 of issue #57 for men's standards...we don't have women's standards for the Trials). See scheduling section of this issue for dates and locations of Nationals and Olympic Trials.

A QUESTION OF VALUES

The thrill of victory, the agony of defeat, a phrase we all have heard.	And now there's five, in one small pack, five best that you can find.
To the running few, who pay their dues, it sounds so all absurd.	The pace is kept, up through fifteen, and kept at twenty still.
A race is won, at any cost, the spoils to the victor.	The group keeps tight, as battle starts, of strength as well as will.
Proven to those, those who lost, that one was slightly quicker.	Twenty-five down, only one to go, the pack is down to two.
So now I'll tell, a simple tale, of a race among the best,	And of the two, just one can win, it could be me or you.
To salve your fears, and ease your mind, and put your heart to rest.	The tape is broke, a record set, he wins for God and state,
A wintry day, cool and clear, a road that's flat and long,	But he who lost, will never lose, "I ran for me, not hate."
The runners assembled, for only one race, that race a marathon.	At last it's time, to the waiting press, a single runner emerges,
Crack! They're off, the pounding feet, striking the pavement hard,	Explaining tactics his race was won, in closing mile surges.
Shoving and pushing, but nothing to fear, no one was hardly jarred.	Showers silent, stadium bare, a youth remains here late,
They go through five, in twenty-four, the pace is getting fast,	Storing the sounds, and things he saw, and dreaming of future dates.
The field gets thin, and thinner still, how long can this pace last.	That is the story, which is common to hear, it's running at its peak,
The harried troops steam through ten, in under forty-nine.	But ask the runners, who run for fun, they've found what we still seek.

---Frank Donahue /San Francisco/

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NCCR LONG DISTANCE POINT TOTALS

PA-AAU STANDINGS: (Compiled by Art Dudley) - New scoring year begins with Midnight Run (Jan. 1, 1976). SPA-AAU standings not received in time (listed next issue). Determine rating by dividing average placing (count only top 10 open, top 6 masters and top 4 women...PA-AAU finishers only) by number of races run. Generally, all AAU races (PA-AAU) are counted unless we feel they were not sufficiently advertised beforehand via NCCR or LDR Handbook...or if we feel there was insufficient competition in any division. Results thru April 10 (Golden Gate Park 8-Mile) included except: Results not received in time for compilation: Buffalo Stampede, Lake Il San Jo, & Moffett Field 10-Kilo. Not counted for various reasons: Midnight Run (masters & women...incomplete results); Bidwell Classic 12-Miler (Women...insufficient numbers); Bidwell Classic 3-Miler (all divisions). --- Penny DeMoss is the new women's leader, with 1975 winner, Maryetta Boitano, off the charts. Ron Wayne leads the open division (5th last year), and Jim Shettler is going after a repeat win in the masters group with a huge lead.

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Penny DeMoss/WVTC (5)	2	3	0	0	1.600	0.320
2. Sharon Furtado/Unat (4)	3	0	0	1	1.750	0.438
3. Kathy Himmelberger/WVTC (5)	2	0	1	2	2.600	0.520
4. Judy Gumbs/WVTC (4)	1	1	1	1	2.500	0.625
5. Vicky Bray/Unat (2)	1	1	0	0	1.500	0.750
6. Ruth Anderson/NCS (3) ⁴⁰⁺	0	2	1	0	2.333	0.778
7. Debbie Hickman/Unat (1)	1	0	0	0	1.000	1.000
Mary Mapelli/Unat (1)	1	0	0	0	1.000	1.000
Diane Williams/PBP (1)	1	0	0	0	1.000	1.000
10. Yvette Cotte/WVTC (3)	0	0	1	2	3.667	1.222
11. Jeanie Kayser/PAMA (2) ⁴⁰⁺	1	0	0	1	2.500	1.250
12. Gail Gustafson/Unat (2)	0	0	2	0	3.000	1.500
13. Kerry Brogan/Arrow (1)	0	1	0	0	2.000	2.000
Jennifer Daniell/?? (1)	0	1	0	0	2.000	2.000
Phyllis Olrich/WVTC (1)	0	1	0	0	2.000	2.000
Colleen Scannell/Unat (1)	0	1	0	0	2.000	2.000
Joan Ulyot/WVTC (1)	0	1	0	0	2.000	2.000

OPEN (* denotes tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1-Ron Wayne/WVTC (5)	3	0	2	0	0	0	0	0	0	0	1.800	0.360
2-Jan Sershen/ETC (7)	2	1	2	0	1	1	0	0	0	0	3.000	0.429
3-Henry Perez/SUND (3)	1	1	1	0	0	0	0	0	0	0	2.000	0.667
4-Humberto Hernandez/WVTC (5)	0	2	1	1	0	1	0	0	0	0	3.400	0.680
5-Brian Maxwell/Unat (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
Chuck Smead/SRRC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
7-Jim Nuccio/WVTC (3)	2	0	0	0	1	0	0	0	0	0	2.333	0.778
Bill Seaver/WVTC (3)	0	2	1	0	0	0	0	0	0	0	2.333	0.778
9-Darryl Beardall/MH (4)	1	1	0	1	0	1	0	0	0	0	3.500	0.875
10-Gene Fitzgerald/PMK (6)	0	0	2	0	1	0	2	1	0	0	5.500	0.917
11-Tony Sandoval/Stanford (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
12-Steve Dean/Unat (2)	1	0	1*	0	0	0	0	0	0	0	2.250	1.125
13-Pete Flores/AGTC (4)	1	0	0	1	0	1	0	1	0	0	4.750	1.188
14-Rich Kimball/Unat-SJS (2)	1	0	0	1	0	0	0	0	0	0	2.500	1.250
15-Ernie Rivas/PMK (4)	0	0	1	1	0	0	0	1	1	0	6.000	1.500
16-Jim Sane/BCTC (3)	0	1	0	0	0	1	1	0	0	0	5.000	1.667
17-Chris Berka/WVTC (3)	0	0	1	0	0	1	1	0	0	0	5.333	1.778
Bill Clark/WVTC (3)	0	0	1	1	0	0	0	0	1	0	5.333	1.778
19-Pat Buzbee/?? (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000
Benton Hart/Unat-BYU (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000
Rich Langford/?? (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000
Ken Misner/USAF (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000
Daryl Zapata/WVTC (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000

MASTERS (* denotes tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1-Jim Shettler/WVJS (6)	6	0	0	0	0	0	1.000	0.167
2-Jim O'Neil/SFOC (5) <u>50+</u>	0	4	1	0	0	0	2.200	0.440
3-Ross Smith/Unat (3)	2	1	0	0	0	0	1.333	0.444
4-Jim Nicholson/NCS (6)	1	1	2	0	1	1	3.333	0.556
5-Walt Betschart/BCTC (6)	0	2	0	2	2	0	3.667	0.611
6-Bill Jensen/PMK (2)	1	1	0	0	0	0	1.500	0.750
7-Bob Malain/NCS (3)	1	0	2	0	0	0	2.333	0.778
8-Mike Healy/WVJS (1)	1	0	0	0	0	0	1.000	1.000
Dennis Teegarden/NCS (1)	1	0	0	0	0	0	1.000	1.000
Dick Willets/?? (1)	1	0	0	0	0	0	1.000	1.000
11-Don Lucero/WVTC (4)	0	0	2	0	1	1	4.250	1.063
12-James Jacobs/NCS (4)	0	1	0	0	2	1	4.500	1.125
13-Vic Crosetti/TRAC (2) <u>50+</u>	1	0	0	1	0	0	2.500	1.250
14-Paul Reese/NCS (3) <u>50+</u>	0	1	0	1	0	1	4.000	1.333
15-Dieter Diekmeyer/SUND (2)	0	1	1*	0	0	0	2.750	1.375
16-Dennis Egley/Unat (3) <u>50+</u>	0	0	1	1	0	1	4.333	1.444
17-John Jamieson/?? (2)	0	1	0	1	0	0	3.000	1.500
18-Ed Dally/WVTC (2)	0	1	0	0	1	0	3.500	1.750
19-Craig Roland/Unat (1)	0	1	0	0	0	0	2.000	2.000

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 notices. As long as the news is pertinent and kept to a reasonable length, we will print it...possibly in edited form. Let us 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 clubs.

NEW CLUBS IN THE AREA: - Boys Clubs of Humboldt County (TF), 5th & A Sts., Box 6516, Eureka, CA 95501. Eastside Youth Athletic Club (TF), 2671 Rosalinda Ct., San Jose, CA 95121. Delta Road Runners (LD,RW,TF), 3030 Railroad Ave., Pittsburg, CA 94565. Hilltop Track Club (TF), c/o Arthur Hunt, 2812 Wiswall Dr., San Pablo, CA 94806. St. Michael's Livermore Track Club (LD,TF), c/o Mrs. Stocking, 2020 First St., Livermore, CA 94550. Turk Street Running Club (LD), 433 Turk St., San Francisco, CA 94102.

DISCONTINUED CLUBS: - The Golden West Track Club of Sacramento has disbanded as a club because of lack of help...too few doing too much of the work! I'm afraid that this has an all too familiar ring to it. I think that unless we see a lot less apathy towards the organizing portion of our sport, a lot more good clubs will pass by the wayside in the near future. Whatever club you belong to, we encourage you to be active and support its activities a few times a year. Walt Lange, and a few others of GWTC who had been doing all the work, finally just realized they were carrying the whole program and no one else

cared enough to pitch in...so they said, 'hell with it'. Can you blame them? We hope that other Sacramento area clubs will take up the slack.

WEST VALLEY T.C.: - WVTC welcomes the 30 new members (whew!) who've joined up since last issue: R. Paul Anderson, 1598 Parrott Dr., San Mateo 94402, is a 22-year-old senior at the Univ. of Santa Clara with a PR of 2:09 for the 880. Ed Anzilotti (21), 4922 Scotia Ave., Oakland 94605 (Ph. 568-7368) is a senior at Cal-State Hayward and currently specializes in the intermediate hurdles with a best of 54.8y. He has also run the 440 in 52.0, 880 in 2:00.8, and the highs in 15.9. Stephen Baronian (18), 2700 Las Aromas, Oakland 94611 (Ph. 531-9205), is a senior at Skyline High in Oakland with PR's of 2:05, 4:36, and 9:49, all set in April. Tony Campbell (23), 1739 Addison St., Berkeley 94703 (Ph. 548-1989) is a fifth-year student at Cal-Berkeley. Tony is another solid addition to the club's growing sprint corps with bests of 9.5, 21.4, and 48.0. Curtis Davis (22), 399 So. 12th St., #4, San Jose 95112 (Ph. 408/298-2157) is a senior at San Jose State and is currently second on the club's all-time long jump list, only 3/4" behind Skip Peterson's 25-6. His PR for the event is 25'8", set last season. Kurt Dicus (17), 30 E. Greenbrae, Sparks, Nevada 89431 (Ph. 702/359-1703) is a senior at Reed High School and is a good addition to our Junior squad with bests (at altitude) of 4:32, 9:40, and 15:20 (first two marks set as a junior, and latter as a soph!). Doug Foster (20), 1900 Scott Blvd., #4, Santa Clara 95050 (Ph. 408/244-9858) is a soph at the Univ. of Santa Clara, specializing in the hurdle events. His PR's are 14.8 (14.5--HS) and 58.0m. He has also done the 440 in 50.8 and should bring his intermediate time down a bit. Roy Gaines (21), 775 Fulton, Apt. C, San Francisco 94102 (Ph. 626-8339) is a junior at C.C.S.F. with

sprint PR's of 10.0, 22.0, and 51.0. Roy is also a better than average hurdler with bests of 14.5 and 55.8. Don Johnson (46), 1068 Avondale St., San Jose 95129 (Ph. 408/257-1888) is an aircraft instrument mechanic with United Airlines and began jogging about two years ago. Don says he will soon test out his condition with a couple of races. He will be a most welcome addition to our masters group. Ken Johnson (23), 2285 Hanover, Palo Alto 94306 (Ph. 321-3255) is a graduate of Puget Sound Univ. and our new club record-holder in the javelin with a toss of 244-9, up from the old record by some 15-feet! His PR for the event, set in 1974, is 252-6. Mike Johnson (20?), 714 Teresa Ct., Petaluma 94952 (Ph. 707/763-2742) is a soph at Santa Rosa JC. His event is the shotput and he has a best of 50-2½, set in early March. Joseph Kennedy (37), 19902 Charters Ave., Saratoga 95070 (Ph. 408/867-3526) is an engineer and active road runner. He recently averaged 7 min/mile over a 10-mile course in Palo Alto. Herbert Kline (26), 428 Anders, Mather AFB 95655 (Ph. 916/362-9843) is in the Air Force and also attending So. Carolina State College part-time. Herb's sprint talents will certainly aid in getting the club's 440-relay time close to or under the 40-second barrier this season. His best marks are 9.3y, 10.1m, 20.4m, 20.6y, and 48.4y. Derek Ligons (21), 481 No. Sixth St., San Jose 95112 (Ph. 408/279-1695) is a junior at San Jose State, sitting out a season with the SJS team because he just transferred from Colorado. Thus, his 13.6 high hurdle talents will be most helpful to WVTC this season. David McKenzie (26), 2223 Edison Ave., #16, Sacramento 95815 (Ph. 916/927-3217) is currently unemployed (not good for the pocketbook, but good for the training), and his marks early this season show what the extra time is doing for him. His hammer PR is 214-4 (set last year), but he attained 209 in early April at Sacramento. In addition, big Dave (6'2", 230#) has tossed the platter out to 181-1 and put the shot to 56-6. John Notch (27), P.O. Box 2365, Oakland 94614 (Ph. 444-2602), is a sales rep for M.A. Notch Corp., an exporter & distributor firm. John's best mile is 4:45, but seems to do better in the longer runs with a 2:38:54 in the Honolulu Marathon (1974) and 7:06:38 PR for 50 miles! Ken Phelps (23), 63 Highland Ave., Daly City 94015 (Ph. 756-8129) is a carpenter and middle-distance runner.

His 4:05.6 mile PR came last year at Cal-State Long Beach, and he's already done 4:10 this season. In addition, Ken has 48.3 quarter-mile speed and good distance strength (23:54 and 29:50 for 5 and 6 mile X-Country races). Ted Quintana (20), 1560 Oriole Ave., San Leandro 94578 (Ph. 278-0787) is a junior at Cal-State Hayward, sitting out a year after transferring from Colorado. Ted's forte is distance running, and he's good at it, with bests of: 1:58, 4:15, 9:06, and 13:58.8. Gary Randle (22), 141 Del Medio, #334, Mtn. View 94040 (Ph. 948-8015) is a bank-worker and sprinter/jumper combination: 9.7, 21.8, 49.6, and 24-2. Dick Schupbach (35), 270 Stanford Ave., Palo Alto 94306 (Ph. 326-2726) is a professor at Stanford and adds some depth to the club's sub-masters contingent. He has times of 4:27, 9:32, and 14:50, all set within the past year or two, and also placed high at the Bay-to-Breakers two years back, recording a 58th place finish (41:36). Billy Shyvers (17), P.O. Box 19017, Oakland 94619 (Ph. 531-5981) is a junior at Skyline High in Oakland and has done 10:57 for two-miles. Charles Sinclair (37), 320 Palo Alto Ave., #F-1, Palo Alto 94301 (Ph. 321-0185) is a physicist and will soon join the club's over-40 squad (not too soon though). He has 2:23, 5:10, and 10:57 clockings on the track, and did 2:21:12 for the Pepsi 20-Miler last fall. Dennis Smith (33), 719 Coastland Dr., Palo Alto 94303 (Ph. 328-6048) is a chemist and long distance runner. He has a 2:53 marathon to his credit, and also track times of 10:59 and 16:37 (as well as a 28:50 for 5 miles). Randy Sturgeon (24), 4841 Fair Oaks Blvd., Carmichael 95608 (Ph. 916/481-8419) is a junior at Sacramento State and comes to us from the recently disbanded Golden West TC. Randy has good all-around ability from the 220 up. His marks include: 22.5, 49.2, 1:56, 4:17, 9:27, 14:47, and 30:30. Derek Toliver (22), 424 Wilde, San Francisco 94134 (Ph. 468-4094) is an ineligible senior at Stanford Univ., who specializes in the horizontal jumps: 23-6 and 48-1½. Barry Toms (26), 316 N. El Camino, #303, San Mateo 94401 (Ph. 343-3541) is a grad student at Cal-Berkeley with PR's of 54.0, 2:00.7 and 4:36.5. Lawrence Washington (24), 450 E. O'Keefe, #22, E. Palo Alto 94303 (Ph. 323-0953) is a math professor at Stanford with middle distance times of 53.7, 2:04.9, and 4:38.5. Mitch Wasterlain (18), P.O. Box 2068, Stanford 94305 (Ph. 327-3793) is a frosh at Stanford with best times of 2:02.6, 4:32, 9:38, and 14:58. Herbert Weiner (37), 1495 Tenth Ave., #8, San Francisco 94122 (Ph. 661-0511) is a social worker and is learning to throw the javelin and possibly compete. He's presently lifting weights, learning judo & intends on combining this with karate. Steven Woods (20), 1506 Scenic Ave., Richmond 94805 (Ph. 529-0817 & 232-8819) is a junior at S.F. State, specializing in the sprints, hurdles, & horizontal jumps. His marks include: 9.8, 21.5, 49.2, 14.7, 37.7 (330IH), 24'5, and 47-11¼.

• **CLUB MARKS:** - Most of the record-setting this season has come from our open (senior) athletes, but a few marks of note have come from other categories. Sue Neary clipped 6-tenths from her mile standard with a 5:16.0 at the San Jose Relays. George Yonge opened his '76 season by jumping a cautious (hamstring problem) 19-9 at the Second California Academic Olympiad at Hayward State (4/25). This bettered Phil Conley's club masters standard in the horizontal jump by 1-inch. Our new record-holder is 46. The sprinters have been seeing most of the new standards, so we'll list them first. Mike Kirtman and Marlon Rochee tied Greg Marshall's 10.6 100-meter mark at the San Jose 4-way meet, and Kirtman has a windy 10.3 (Brotherhood Games), which is the best aided mark on the books. John Pettus tied the 200-meter mark of 21.7 at the SFS/Nevada meet, while Marlon Rochee did a windy 21.5m at the Brotherhood Games. Pettus then lowered the best metric wind-aided mark to what we think was a 20.7 (don't have results yet) at the SJS meet. Rochee, getting his fair share of the club's recordbook this season, lowered his 400m standard a half-second to 47.4 at the Brotherhood Games. Nothing about the 440 saw any changes, but several hurdle marks fell. George Carty (featured in this issue's West Valley Portrait) clocked a 13.8m for the highs at SFS, and then followed with a windy 13.5m the following day at the Brotherhood Games to take club bests for both legal and windy marks. In early April George jammed his toe playing basketball and has not been competing for several meets...he should be ready for action soon. Dedy Cooper, seemingly over an early-season injury, lowered the 120HH standard to a 13.7 in the SJS four-way meet on April 17, and then knocked off one of the club's oldest standards by a tenth, cruising to a 52.2 over the intermediates (440y), besting Dave Scharer's record, set in 1972. Cooper then ran a windy 13.6m to win Mt. SAC on the following weekend, missing Carty's 13.5 windy standard by a tenth. The relays have also been undergoing changes, especially in the one-lapper. The 440-Relay mark has fallen twice, at the Brotherhood Games (41.8) with a team of Ralph Walker,

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Mike Kirtman, George Carty, and Walter Walker), and again at the Sacramento Relays with a 41.4 (Ralph Walker, Mike Kirtman, Walter Walker, Marlon Rochee). The metric one-lap standard tumbled to 41.1 with a 4th at the Mt. SAC Relays (Ralph Walker, John Pettus, Walter Walker and Marlon Rochee). The 880 Relay also took a dive at the Mt. SAC Relays with a 1:27.2 time, also good for 4th in their section. The team was composed of Walter Walker, Marlon Rochee, Greg Marshall and John Pettus...the old mark was 1:28.9 (at Mt. SAC last year). The 1600m relay standard was set at 3:22.1 in the SFS/Nevada meet (Mark Haight, John Pettus, Richard Harris, Abe Roosevelt). But the biggie came at the Brotherhood Games the following day with a 3:14.8 win in the Mile Relay (Marlon Rochee, Richard Harris, Walter Walker, Tony Woodard). Two other relay standards took a dumping, both at Sacramento. The 4-Mile Rly was obliterated (from 17:58.8) to 17:11.0 (2nd place) with a squad of Dennis Tracy, Dave Robertson, George Stewart, and Tim Nicholson. Nearly ten-seconds came off the Sprint Medley mark with a 3:30.8, set by Greg Marshall, Bill Weller, Richard Harris, and Randy Sturgeon. Only field event marks to be updated were the weight events. Dick Shelton upped his club record to 160-9 at the SFS/Nevada meet, and then again to 161-1 at the SJS 4-way. Ken Johnson made a shambles out of the javelin standard with his 244-9 at the Sacramento Relays (old mark was 229-3 by Bill Seals). Rich Marks improved his club shot mark by over two feet and his own PR by 1½ inches with a great 65-2½ toss at a special invitational event at the San Jose Relays. Teammate Dave Davis did 56-4 3/4 to grab the American age-38 record at the same meet.

●**OLYMPIC TRIALS QUALIFIERS:** - To date (April 28), ten and possibly eleven WVTC athletes have qualified for the Olympic Trials! In the marathon, Ron Wayne, Jim Bowles, and Chris Berka have done 2:23 or better (the first two went under 2:20 for expenses paid). Wayne Glusker, Tom Dooley and Jerry Lansing have all gone under 1:36 for the 20-Kilo walk to qualify for all expenses. Anthony Terry's 54-9 3/4 mark from 1975 carries through for the Trials, as well as John Pettus' 200-meter best from last season (20.89 automatic). Rich Marks has made it in the shot, and George Carty's 13.8 metric hand-timed mark just gets him in (at SFS meet). Dedy Cooper may have qualified too in the highs, but we aren't aware of it. He does have a 13.7y this season that we know of, but Trials standards must be set in metric races. He will no doubt have little trouble in getting his mark if he stays healthy. Dave McKenzie hasn't thrown the 226-5 necessary for the hammer standard, but neither has anyone else to date. Since the field must be filled out with 12 throwers, Dave's chances appear almost 100% positive on the basis of his 209 throw early this season, which would rank him third US citizen as of the April issue of *Track & Field News*.

●**OTHER TOP MARKS:** - So many club athletes have been doing well this season, both for the club and for their schools, that we could spend several pages listing their exploits. Most of the top marks are listed in the results section of this issue. If we appear to be missing results of some important meets that you have results for, please send them in for printing...we are not getting really good response this year (nor are we getting many photos). Some marks that come to mind immediately are Curtis Davis' 25-5½ long jump at the San Jose 4-way meet, missing Skip Peterson's club standard by 3/4"...Tim Nicholson's good middle distance running that has netted him a PR 4:07.2 for the mile and a 1:51.0 800-meter effort behind Cal's and WVTC's John Bay (1:50.9), also a PR for John. Bob Grubbs took a high place (4th?) at the UC Irvine Meet of Champions in the 10-Kilo event, clocking a 29:28.0 PR...he hasn't paid his dues yet this year though, so it won't count on the record books unless he pays up quick-like. Jack Bellah switched to the 3000m steeplechase and grabbed a 9:06.0 PR vs. Southern Cal. Phil



Marlon Rochee has set the most club records during the past month, including 10.6m, 21.5mw and 47.4m. He also ran legs on the club's 41.4y, 41.1m, and 3:14.8y relay teams for a share of 3 marks. /Marconi/

Conley scored a disappointing (for him) 2443 points in the National AAU Masters Pentathlon at Raleigh, N.C. to take second place behind John Gilmore's 2540. He took two firsts (in the javelin at 206-7 and long jump at 19-2) and a second in the high jump (5-2).

●**NEWS FROM MEMBERS:** - Jost Schmitt should have arrived in the Bay Area from Germany by the time I finish this issue. Anyone wishing to contact him can probably reach him through Howard Mel (843-8717 in Berkeley), whom he will be staying with for the first week or so of his month-long vacation. He might need lodging with others towards the end of his stay, so anyone interested should give me a call at your earliest convenience. Jost is a 1:52+ half-miler who has competed for the club the past several seasons (he did graduate work at UC Berkeley). --- Phil Hornig is now running again in recent weeks after a successful foot surgery on Feb. 23 for an injury which occurred just prior to the NCS X-Country Championships last fall. --- Bob Bailey, who has developed into a fine distance runner over the past few months (in addition to his previous fine middle-distance talents), will sadly be leaving the Bay Area (has left already) for a new home in Texas as a result of his employer (boo!). Anyway, those who might be interested in contacting him can write to: 11507 Raven View Dr., Houston, TX 77067. --- Bob McMeans joins the ranks of other WVTC'ers who have had articles printed in *Runner's World Magazine*. Read his article, entitled, "A Boy, A Coach, A Goal," in the April issue.

●**SUMMER CLUB RUN & BBQ:** - Harold DeMoss proposed that WVTC have a closed fun-run for club members at popular Huddart Park sometime in June. At the time I'm typing this a date has not been decided upon, but details should appear in your enclosed "Insert to Jack's Rag, #59"...for club members only! Let's try and make this a good club outing...you don't have to run to take part. There will even be food for those of you who decide not to compete in the run!

●**PA-AAU TRACK & FIELD CHAMPIONSHIPS:** - The club will again be sponsoring the Men's District Championships at CSM on June 6 (not May 30 as originally planned). An entry blank is enclosed in this issue...send it in early! Entry fee is \$1.50 (even to club members this time)...we'll lose money otherwise.

adidas
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NOR-CAL & CALIFORNIA HIGH SCHOOL ANNUALS: - Our Prep Editor, Chris Kinder, reports that he still has lots of 1975 Annuals for sale at \$1.00 each, which includes 1st-class postage (the bulk of the cost). Also available...1972, 1973 and 1974 Annuals if anyone wants them (same price). Chris isn't making any money on these...he just wants to break even on costs, so do yourself and him a favor by sending for your copy today... write to: Chris Kinder, 646 Inwood Dr., Campbell, CA 95008.

OLYMPIC TRACK & FIELD: - A new publication from *Track & Field News*...a book of timeless information and stats. T&FN editor Bert Nelson has compiled the facts and figures of the Olympic Games (1896-1972) track & field, from the days of Coubertin through the eventful Munich Games. Here are the outstanding performers of each Games, summaries and highlights, men and women's event-by-event results, national medals by event, plus numerous sections on Olympic trivia and miscellany, such as Olympic sweeps (first three places in an event by one country), most medals by individuals, info on discontinued events, and much more...And an Olympic quiz. Also included are the 1976 Olympic qualifying standards, the current Olympic records, and the track schedule for Montreal. All-in-all, this is a book that anybody who plans to go to Montreal or see the Games on TV will find valuable, as it adds meaning and background to the build-up for the 1976 Games. PRICE--\$2.50, 64pp, 8 photos. Write for your copy today from: NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401. (Add 25¢ for shipping...California residents please add 6% State Sales Tax).

STARTING LINE SPORTS MAGIC BUS TO GO ON VACATION: - Anyone needing running shoes, booklets, or other running supplies from me this summer had better plan ahead! I will be leaving for a 6-week vacation on July 1, and will not return until mid-August. No mail orders will be filled during that time. Because of my tight schedule (getting the next NCRR out and tying up all the loose ends), I can't guarantee I'll be at a particular road run, but the following are a good bet: Bay-to-Breakers (start only), Golden Gate Charity Run, TRAC 6-Miler, Statuto Runs, PA-AAU One-Hour Run, Holy City Run, Excelsior Beach Run. If you can't stop by my house or I can't stop by yours, you can always have me send it through the mail for a small fee. Thanks for your support over the past few years...Jack Leydig, Box 1551, San Mateo, CA 94401.

LETTERS TO THE EDITOR

SALLY EDWARDS (Loomis, CA): - "Enclosed you will find a copy of a cartoon by Lee 'Oink' Holley, printed in your February issue (#58) of the *NorCal Running Review*. The cartoon shows two disappointed runners watching a relay team member start a leg of the race in hot pursuit of a woman runner who is ahead of the smiling male runner. It is this subscriber's position that it is time to remove the sex discrimination type jokes which show women as sex objects from our publication. We do not run as women to be scored at or to be followed by male runners or to be scoffed and ridiculed as the cartoon's underline suggests. Why would you print a cartoon which typifies women in this fashion? My request is for some sensitivity towards issues which are of concern to all people regardless of race or sex." (Ed. - Sorry if I offended you or anyone else...this was certainly not the purpose of the cartoon. You were the only one who seemed to think the cartoon was in bad taste--or at least no one else spoke out! The cartoon did depict a runner following a cute girl, but I don't see that this portrays female runners as being scoffed at or ridiculed, as you suggest. I think it merely portrays common human instinct, albeit 'male' instinct. When we can't sit back and laugh at ourselves, I think we are in a pretty sad state of affairs. Would you have spoken out if I had portrayed some guy as a 'male' sex object?)

SUSAN B. ANTHONY (Los Angeles, CA): - "Glad to see the Daisy Hill coverage in the last NCCR! I need all the coverage and publicity I can get!" (Ed. - Only a few of our readers were clever enough to figure out that Susan Anthony's name in the Daisy Hill results was an alias. Actually, it was Jackie Hansen that turned up top woman in this race...she had entered under the famous women's-liber's name so she could run the race for fun since no one would 'expect' anything from Ms. Anthony. However, most of those that turned out for the run realized that Ms. Hansen was present...she currently holds the women's world record for the marathon.)

KEITH CONNING (Berkeley, CA): - "Three long distance runners in the North Coast Section of the California Interscholastic Federation (C.I.F.) have been declared ineligible for part of the track season, because they ran in an A.A.U. or D.S.E. distance race."

North Coast Section Bylaws--Outside Competition: Rule 600 states: "A student on a high school team becomes ineligible if he/she plays on an 'outside' team, and in the same sport, during the student's high school season of the sport."

Addendum 4--Clarification of the 'Same' Sport: (Track and Field) - "During the season of the sport of track and field, a participant in track and field shall not compete in cross country meets, marathons, walking events, or any competition involving related track or field events." (Cross Country) - "During the season of the sport of cross country, a participant in cross country shall not compete in outside track and field competition."

Rule 604: "Unattached competition is permissible for a student in other than school contests during the season of the sport, provided the student enters in the individual sport of bowling, crew, fencing, golf, gymnastics, skiing, and tennis."

In addition to the above sports, girls may compete unattached in the sports of archery, badminton, swimming and track and field."

"I support a change in rule 600 to allow unattached competition for boys during the track and cross country seasons for the following reasons: (1) Individual Athletic Benefits: Long distance runners benefit from high quality over-distance competition. Some of the best athletes compete regularly in outside competition and are helped by it. (2) Sex Discrimination: Girls may compete unattached in track and field, but boys cannot. (3) Sport Discrimination: Unattached competition is allowed in bowling, crew, fencing, golf, gymnastics, skiing and tennis, but not in track and field. (4) Common Practice: The rule is broken regularly by athletes who simply run in the races and don't sign up. But to avoid being detected, they are breaking the A.A.U. rules against running in their races without entering. (5) Injustice: It is unjust to penalize these three athletes when many other athletes are doing the same thing and not being punished. (6) Individual Rights: An individual should have the right to compete in whatever races he/she chooses."

I urge all high school athletes and coaches, who agree with me, to contact their principals and work for the elimination of rule 600 as it applies to long distance runners. Incidentally, this rule applies to all high school athletes in California."

(Ed. - After this letter was received, the three above-mentioned athletes...names withheld...were declared eligible to compete again. It is the NCCR's opinion that Rule 600 is not a good one and we support its elimination. It is our opinion that each individual coach should determine whether or not he wants to have his athletes competing in non-school competitions. The athlete can then make his choice from how the coach feels. We welcome more letters concerning this controversial topic.)

BILL FLODBERG (San Martin, CA): - "I am writing you in your capacity as the editor of the NCCR. You may have some relationship with the A.A.U., just as I have in running A.A.U. races, in serving on the A.A.U. Long Distance Running Committee and its sub-committees, in serving as a race director and helping to publish the PA-AAU LDR Schedule, but your only official capacity that is germane is that you publish a running review."

Don Amini, one of the Bay Area RRC race directors, had sent you a letter about having the Spring Beach Run, held at Rio Del Mar on the 11th of April, on the schedule listed in the NCCR. Additionally, he had wanted to place an advertisement about the run. Don told me that you turned the race down because it conflicted with the AAU race held in Castro Valley. You also mentioned that if it (the beach run) had been sanctioned by the AAU, it would be all right to place this event in the NCCR, but since this event was not an AAU event and was in

conflict with an AAU event, you would not accept money for the paid ad.

I do not consider that you in any way represent the AAU, but it certainly does not make sense that you would not publish just as many running events scheduled in Northern California as possible. I would assume that you would want as many people as possible running and competing each week. I would assume that you would want people to be able to walk, cycle, or take a short drive to a long distance run, rather than have to leave two hours before a race in order to drive the 110 miles each way. I would assume that you are just as interested in RRC events, whether they are sponsored by the DSE or another chapter of the RRC. The fun runs, such as those in Los Altos, are very little different from any RRC event. The idea of competition is to enjoy, energize, and participate. Most AAU events are for fun. I have seen you run many AAU events merely for the fun of it rather than to place in the top 6.

When Don Amini schedules a beach run, it is necessary to look very closely at the tide schedule before coming up with three beach runs each year. There are only so many good tide days on the weekend between 10 am and 2 pm. We, as race directors, are not going to change a date to attempt to avoid a conflict with the runs of other organizations.

You are doing and will continue to do a great dis-service to running if you do not list all types of competition available to runners in Northern California. The type of attitude which you have towards non-AAU competition not only financially hurts your publication, but is one more breach between the AAU hotdogs who want to narrowly interpret rules and the RRC, which only wants to encourage more people to run. It would be really good for you to run at Los Altos at a fun run or in San Francisco at a DSE run or at Mt. Madonna at the Mt. Madonna Challenge. Your attitude towards running would be more magnanimous.

There were 51 runners at the Spring Beach Run in Aptos at Rio Del Mar Beach. Len Wallach had run in the Children's Hospital Charity Run and also finished the beach run the same day. It was then possible for anyone to compete in both. But except for Len and two or three others, most competitors were from a 30-mile radius of the beach. Most of these runners were not aware of any other run that day or were unwilling to drive to Castro Valley. At best, three runners who competed at the beach would have competed in Castro Valley had there not been a beach run.

I don't really think that your mentality gives you the capacity to open yourself up anymore than you already have to the RRC. You probably feel that you are and have been quite kind to this organization. I would say the opposite. I am truly sorry that you draw the lines so arbitrarily."

(Ed. - Normally I would not take up so much space printing a letter and the following personal response, but I feel that our readers have a right to know why we/I have made the decision to not list all races on our 'coming events' calendar. We welcome additional discussion if necessary.)

RESPONSE TO ABOVE LETTER: "This letter is in response to your recent correspondence concerning the NCCR's policy of putting only certain non-AAU races on our schedule. It is true that I turned down Don Amini's request to list his Beach Run in our calendar, as well as not to put inserts in our mailed issues, but I had a good reason for it."

First of all, although I am the Secretary of the PA-AAU Long Distance Running Committee, I am in no way letting that get in the way of my editing duties with the NCCR. I participate in race directing, writing, and various other running-related activities because I enjoy seeing the sport improve.

The reason I give preference to the AAU schedule rather than non-sanctioned meets is simply because the local AAU is the most representative body involved in the organization of races in the area. One of the benefits a race director derives from sanctioning his race (by the PA-AAU) is that he has a fairly good assurance of not having his race scheduled in conflict with another race, at least not another AAU race. Admittedly, there are sometimes minor conflicts, but for the most part, race directors have their races on days when there are no other races. The LDRC figures races should be at least 100 miles apart if they are scheduled on the same day.

Sure, I am interested in seeing as many runners participate as possible, but I am more concerned over the possibility of race directors cancelling their races or making them of low quality simply because of small fields caused by overcrowding the schedule. When you have two races on the same day in close proximity, the athletes have a choice and thus can cut a large chunk out of a race director's budget. The San Jose area is a large metropolitan area that is about midway between Aptos and Castro Valley (the locations of the two races in your letter).

This is not fair to those directors who pay their sanction fee and expect no conflicts. If I were to advertise all non-sanctioned races, many race directors would say, "Why do I need AAU sanction when the NCRP will advertise my race for free?" Then we would begin to see a real problem with conflicts of race dates. It's not that I don't want to promote running... it's just that I don't want to see the program destroy itself from lack of coordination. Most fun runs (at least DSE) do not conflict with AAU races (they make an effort to look over the AAU schedule before they schedule their runs), and besides, these races (DSE runs) are normally of much less distance than AAU races and usually have little or no entry fees and nothing in the way of awards (except maybe ribbons). BUT...if the Bay-to-Breakers were not sanctioned, I would not advertise it if there was a conflict in scheduling. It is a fun run (no entry fees and no awards to speak of), but if it conflicted with an AAU race it would obviously destroy that race (even on the same weekend...witness the PA-AAU Hour Run two years ago). So I would feel a moral obligation to support the race that went to the trouble of working into a schedule in advance.

I have competed in fun runs myself and see that they are necessary. I believe the Beach Run did not fall into the category of Fun Run (didn't it charge an entry fee--I may be wrong on this). You mentioned that it was possible for anyone to compete in both the Charity and Beach Runs since Len Wallach did it! Just how many runners do you think would want to do that? Len is a particular case since he is aiming for the DSE Point Award and needs as many races as he can get. How many are in his situation?

And finally, I have nothing against the RRC as an organization. I think its goals are admirable and I don't feel RRC races are a threat to AAU races or vice versa...EXCEPT when races conflict on the same dates (then they obviously hurt each other). If the RRC were scheduling the majority of the runs in the Bay Area, then I would favor it over the AAU. But currently the AAU is doing a very adequate job locally (at least in long distance running), and so I support its established schedule. If I lived in New York I would be more supportive of the RRC most likely, since it has established its leadership there (but even there they coordinate their AAU and RRC schedules).

If certain dates are that important (because of tide conditions, etc.), then you should make an attempt to put the race on the AAU schedule. If you make it a Fun Run (no fees & no awards except maybe ribbons and a 25¢ entry fee), then the AAU will charge no sanction fee and you have no percentage of your entry fees to pay the AAU either. After all, you say your main aim is to promote running (not make a buck off the runner), so why not obtain a free sanction and work your races into the established AAU schedule? That way everyone would be happy and both runners and race directors would benefit!"

(Ed. - An afterthought, not included in the letter: "I did not include the San Martin Marathon, another RRC event, in the NCRP's schedule, because of another type of conflict. Granted, the San Martin Marathon and the PA-AAU & Natl. 50-Kilo were a long ways apart, BUT there is no way I could in good conscience list two long races like this on the same day if they both were within 150-200 miles of each other. The reason is obvious...with these ultra distances (marathon and up) drawing so few runners normally, it would drastically split the fields of both races and both race directors would probably lose a lot of money...marathons are not inexpensive to put on! As it was, I am sure the Natl./PA-AAU 50-Kilo lost money...the only way they came out ahead was by holding the Buffalo Stampede, a 10-Mile Race, concurrently. After all, isn't protecting the race director the same as protecting the race! No race director & we have no race!")

"THE HUMAN RACE"

"STACK'S REVISITED": (By Len Wallach) - Most of those sentimental and frequently hokey songs about San Francisco usually have something to say about that certain indefinable mystique that makes one hunger to return. As one views the incredible geography of the City with her almost glorious vistas, crystal air, cooling fog, and sophisticated independence, it's no wonder that San Francisco can draw Walt and Marcella Stack into her web of enchantment.

The City has more than her share of eccentrics, unusual characters, and colorful personalities who regularly fill her newspapers with deeds that have verve, daring, and uniqueness. It would be journalistic ease to let the bizarre doings of San Francisco fill the pages of any writer. Dan Levin's fine article on Walt in a recent *Sport's Illustrated* whipped off paragraph after paragraph of the bizarre, the unusual, and the more



(Left) Walt Stack at a recent AAU run. /Dennis O'Rorke/
(Right) Walt and Marci Stack at their San Francisco home in March. /Len Wallach/

sensational portions of the biographical data available. All of us commend him for his efforts, but I felt that much too much was left unsaid. So, with a certain level of frustration in wanting to tell another side of the story, I lumbered up the steep Collingwood Street hill to try to discover the inner man and woman of Walt and Marci in the tranquility and privacy of their own home. What I have put on paper may not quite capture it all, but they have forcefully left their imprint on my heart, as indelible as the tattoos that are subject to such heated discussions in the Stack household.

There is a certain gentleness that eases through the animated gestures and loud voices of the argumentative discussions that these two so frequently engage in, but it has a special kind of concerned dimension, probably created by their mutual lifetime work on behalf of the rights and dignity of humans.

Marci's energetic movement in the kitchen while preparing dinner, resplendent in her halo of gray hair and shod in comfortable Japanese attire, belies her superb artistic tastes, willful intellect, and militant attitudes in accomplishing her objectives. I could never quite shake the feeling that she was about to give me a stern lecture on my shortcomings on behalf of women's rights. Coming from a family of more than my share of militant females, I still felt that I was soon to get my come-uppance from Marci in gentle maternal, but unyielding terms.

However, Marci was always dignity itself except for the frequent occasions when Walt would goad her into responding to one of his language classics so familiar to his particular descriptive vocabulary. "Whe has a greater response to a specific spoken word than the abstract thought behind it," Walt explained, but commented that "it's easy to forget that some words can be interpreted as a demeaning and degrading reflection on the listener. The other side of that is that certain words have a preciseness to them that give personality to language and shouldn't be considered as being aimed at the person hearing them," he added.

In spite of Walt's select language, he quickly pointed out that he holds womanhood in high regard. "It's abhorant to me, that the nobility of humans, as characterized by women, should ever be subject to degradation by men. Sometimes I give Marci a hard time, but that's between two equals and shouldn't be viewed as anything but having fun with one's wife," he concluded in a manner something less than convincing.

Marci got a blow or two in later when trying to evade my questions about her opinion of Walt when she exclaimed, "He's just a macho show-off! Him with that no-shirt routine! Sometimes he's just so meaningless!" She raged for just one more tiny moment, then hurriedly made sure that Walt got second helpings on the French bread and herb-flowered chicken being served in her usual gracious style. She mumbled threats about another writer that had made some remarks about Walt's language and other habits that indicated to me to be careful not to say anything nasty that might not please her protective feelings.

Underneath all this verbal testing are two people who have shared almost two decades of togetherness and working, each in his own separate and unique way, for the human struggles they have embraced. Only their styles are different; Walt kind of stands up to the world, gives it a few brief words of greeting and a quiet warning or two, then takes the fight head-on and with some gusto. Marci works more quietly,

with restrained contemplation and expectation. It's not that Walt isn't contemplative or profound, but his external approach is sometimes so overwhelming that you hardly get a chance to look inside the man. "I'm just not indirect or deceptive," he advised: this coming from the guy who was labeled as 'an organizer of trouble' in the newspaper accounts of his labor efforts in earlier years.

Marcella's approach is about the opposite of Walt's frontal assaults, as she subscribes to methods and not organizations. Her strong cultural identity finds her both in agreement and disagreement with Walt. She adopts her own views, embraces her own objectives, and seldom aligns herself with organization and structure. Even her family ties didn't cause her to follow in someone else's footsteps and perhaps has even made her veer onto other courses. In her struggles, she has obviously developed a pragmatic reconciliation with methods that achieve goals. It's kind of a quiet respect for individual dignity, wherever it is on the political scale.

Walt can whip off thought-provoking and profound philosophical tidbits that strike with the cleavage of a meat ax, yet leaving one with the delight of newly discovered insight and knowledge. "You can't make a social change unless the ordinary cross-section has an overwhelming desire for the change," was a typical inviting opening sentence for a discussion that Walt would spew out with rhetorical ease, but as quick as one could be passed in a race by one of the Boitano kids, Walt would start off in a new direction with another mind-reeling remark, leaving you restless to discuss it.

Walt is one of those noble humans who has succeeded in prohibiting society from putting a saddle on his back and has worked to remove the saddles from others less gifted. Marci was ahead of Walt in this respect, as she figured out how to avoid letting society get the saddle in the first place.

Another obscure writer in the late 1800's wrote a thin volume: *A Memory of Solferino*. Henri Dunant, describing that now-forgotten battle of 1859, talked about the peasant men and women in the village of Castiglione who were helping the wounded. Dunant said, "They showed the same kindness to all whose origins were so different and all of who were foreigners to them. Unwearying, unfaltering, their quiet self-sacrifice made little of fatigue, the horrors, and of their own devotion." He went on to list what I believe would be the Stack credo: *Tutti fratelli...* "All men are brothers."

NOR-CAL PORTRAIT

MEET JIM O'NEIL: (By Conrad Walker) - Can a 50-year-old runner whose ultimate goal is to break all the age records of Larry Lewis (who lived to be 106) be all bad? Of course not! And in the eight years since Jim O'Neil got turned on to running after watching the Masters mile race in the Examiner Games, goals and records have become a part of his life.

O'Neil, an investments counselor in Sacramento who competes for the San Francisco Olympic Club, has combined 70-mile weekly training mileages and a lean 5-10½/140-lb. frame to produce innumerable age-group records. Take this year: since turning 50, Jim has nailed down age records for the 2M, 3M, 5000, 10,000, 15,000 and 25-Kilo. And just to show that competitively he's no slouch, Jim won the 10-Kilo (34:46.6) and was second in the 5000 (16:19.6) at the US Masters Championships in White Plains, and went on to finish second in both the 5 and 10-Kilo at the World Masters in Toronto for good measure.

But for pure thrills, O'Neil has to rank his 9:58.3 2-mile PR set in the '73 San Diego Indoor Games. A 10:00.3 performer during his college days at the Univ. of Miami, Jim came back 25 years later to run faster than he ever had in his collegiate career! At the these shorter distances, now run less often than longer road races, Jim also excels. He lowered his three mile PR to 15:37.8 this year, to go along with his fine 16:02.6 and 34:01.0 for the 5 and 10-Kilo distances.

Recently "inspired to get involved in marathoning by Paul Reese," Jim has since run 20 of them, with his PR coming in 1972 (2:40:29) at the age of 47. But 100-plus mile weeks in the past months have put Jim into good enough shape that his 'present goal is to run a sub-2:40 marathon at Boston. (Ed. - This article was written before this year's Boston Marathon, which has now gone into the record-books as the hottest Boston ever. Needless to say, Jim did not record a PR, but under the circumstances ran a very impressive 2:54:54 to rank as the second-best Northern Californian (of any age) at this year's race!)

Though a dedicated marathoner, Jim is also the proud papa of five children and recently had the opportunity to set a world best father-son record with 16-year-old Tom, a junior at Sacramento's Jesuit High School. Jim ran 2:47:52 and Tom 2:29:01 for a total of 5:16:53, which broke the old record by

some 4½ minutes. If Jim gets much faster in the marathon, and Tom is sure to, that new record will go again soon.

Jim O'Neil: Born May 14, 1925 in Chicago, Illinois. Best marks: (as a master) 2M--9:58.3; 3M--15:37.8; 5K--16:02.6; 10K--34:01.0; (Road Times) 5M--26:37; 10M--57:17; 15K--50:27; 20M--1:57:17; Marathon--2:40:29.



(Left) NorCal Portrait, Jim O'Neil, holds numerous U.S. over-50 records. /O'Rorke/ West Valley Portrait, George Carty, high-hurdler supreme. /John Marconi/



WEST VALLEY PORTRAIT

MEET GEORGE CARTY: (By Jack Leydig) - Remember the story that sprinters are supposed to be 'over-the-hill' at 25? Well, it does appear that there are not too many national-class runners under the 400 meters, but there are a few who still excel in these events that are past 30 years of age! Of course Mel Pender and Willie Davenport immediately come to mind. Locally, there is probably no better example than WVTC's George Carty, who seems to be running just as well at age 30 (he just turned this milestone last November) as he did in the late 60's while at San Jose State. So far this season, big George has collected a 13.8 and 13.5w for his favorite event and specialty, the high hurdles (both times over the metric distance)...the former mark qualifying him for the Olympic Trials in June (since we don't have wind information on this meet, it might not hold up, but those that were there know the day was calm).

According to *Age Records 1975*, published by *Track & Field News*, George has only to run a legal 13.5 to tie the world age record for 30-year-olds (13.5y by Tommy Lee White and 13.5m by Petr Cech of Czechoslovakia). Willie Davenport holds the age-31 standard, also a 13.5m. But if George can hang with it for a few more years and maintain his form, he will have a clear shot at the 13.8m record for 32-year-olds, held by Hinrich John of West Germany.

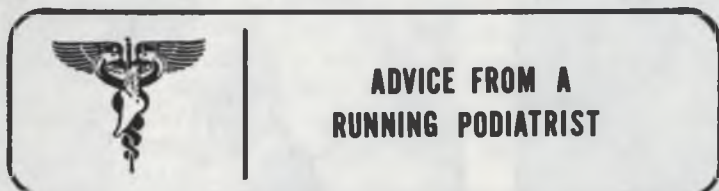
Carty, a high school teacher in San Jose, first came into national prominence while in junior college. While attending Odessa JC (Texas), he grabbed the Jr. College Championship title over the barriers. The following year he transferred to the Bay Area and attended Laney JC in Oakland for a year. From there his schooling took him to San Jose State, where he graduated with a B.S. degree in 1971.

Besides winning the National JC Championships in 1968, George considers his qualifying for the Olympic Trials that year to be another of his biggest accomplishments. In the Trials that year he got to the semi-finals and ran a PR 13.5. At the age of 26, George recorded his PR with a 13.4 (twice) at the Pan-American Games Trials in Eugene, Oregon, making it all the way to the finals.

This Olympic year started off on a positive note as Carty picked up a PR 7.0 clocking for the 70-yard barriers at a CSM all-comers meet. We went on to the Indoor A.A.U. Nationals in New York and went unplaced in his heat, but still recorded the same time as the winner, a quick 7.1. On two consecutive days in March, the SJS-grad recorded 13.8 and 13.5w, both winning efforts, the latter at the prestigious Brotherhood Games.

When asked about his training regimen, George was not too explicit, however, he did emphasize that he runs a lot of over-distances and intervals to back that up. After watching George at the starting line you can sort of feel the inner tranquility, possibly enforced by his emphasis on overdistance, thus breaking up his punishing interval workouts. Perhaps too, he realizes that as his natural speed ebbs, he must resort to falling back on strength to supplement his training. George certainly seems to have found the right combination at any rate, as most of his opposition will attest to.

George's immediate goal of making the Olympic team seems to have been dimmed a bit last month when he jammed his big toe while playing basketball. But knowing George, he has not taken off completely. Although unable to push off hard, he was still able to run slowly, thus keeping some semblance of endurance & condition. As for anything beyond this year, Carty says he is still uncertain. However, it is safe to assume that if his times continue on or close to the present level, WVTC's 110-meter hurdle record-holder will be around for a long time to come.



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 recent response (letters) has been good...but don't feel that should be a reason not to write! The advice is free even if it isn't printed in the NCR. Thanks for your support!

"GOOD SHOES FOR BAD FEET" -- The most common question I hear from runners is "What is the best running shoe?", and I have to answer, "the one that fits you best." Then I proceed to give a list of the common, well-made training shoes that I find are good for most runners. I never recommend sizes, because each manufacturer builds his shoes over a different last, or wooden model, and the sizes and shapes vary somewhat, but I often request that the runner return to me with his shoes to check for proper fit. A proper shoe should provide support and cupping of the heel, firm arch support, cushioning of the ball of the foot, and flexibility of the front sole for easy push-off.

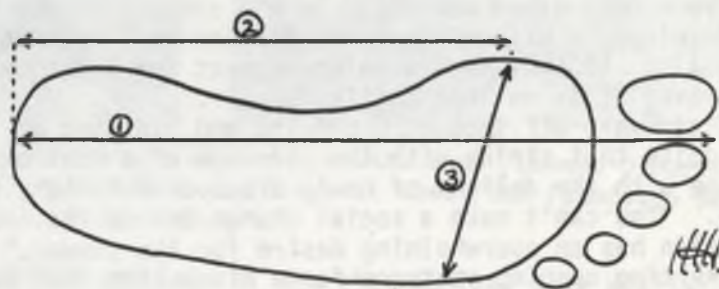
There are many good training shoes now on the market. I appreciate the review of running shoes and the ratings of the top 30 training flats and 15 top racing spikes which appeared in the October 1975 issue of *Runner's World* (special shoe supplement). I am not knowledgeable on racing spikes, but I have many comments on training shoes for joggers and runners.

The main purposes of shoes are for protection, support, traction, cushioning from the ground, balance of foot deformities, and the accommodation of foot injuries. There is no ideal shoe for all feet and for all foot problems. The *Runner's World* ratings of the top 30 training shoes showed the variety of needs, likes and dislikes, that runners have. People with normal feet and no injuries are able to wear almost all types of shoes with no pain or disability. If a person has recurrent overuse or imbalance injuries, then certain types of shoes may help, and certain types of shoes may aggravate his problem and increase his disability.

In order for a shoe to fulfill its function, it must fit properly. Most shoe salesmen are concerned more with sales than with proper fitting. Many are not trained in measurement techniques, so it is up to the runner (buyer) himself to decide how a shoe fits. Given the choice between a slightly larger or slightly smaller shoe, select the larger shoe; if one foot is larger than the other, choose the larger size. When being measured for shoes, compare the sitting and standing size of the foot. Most measuring devices measure three things: length from heel to longest toe, heel to the ball of the foot, and width. It is best to fit the foot from the heel to the ball of the foot, rather than the toe, especially if you have a "Morton's" foot (short first metatarsal). Very few running shoes provide widths, so if you have an exceptionally wide or narrow shoe, you should select one of them (see chart). The heel counter (cup around the heel) should fit snugly, yet not be so stiff as to cause irritation. A loose-fitting counter can cause either

blisters or possible tendon irritation from excessive motion. The vamp of the shoe (part that covers the forefoot) should be wide enough to accommodate the forefoot without being too loose (causing blisters) or too tight (causing corns, toe deformities, and cramping of the muscles). The toe box should allow free movement of the toes without pressure. Pointed toes or toe boxes that slope can cause irritation to nails and the digits themselves. Also, toes should not hit the end of the shoe. Remember that feet swell and get larger during long distance running.

MEASUREMENTS FOR PROPER SHOE FIT



- (1) Heel to toe length.
- (2) Heel to ball of the foot at widest point of forefoot.
- (3) Width at widest point of the forefoot.

Traumatic injuries to the feet and legs can happen to anyone. If a person is in good condition he will have a greater resistance to injury. Healing from traumatic injuries takes time and often requires resting the injured part. The vast majority of problems we see in runners are not traumatic injuries, but 'overuse' and imbalance problems. Overuse occurs through repetitive stress on a mechanically inefficient part or body tissue. Imbalance occurs when the center of gravity exceeds the base of support, causing a twisting fall or unstable recovery, both of which are inefficient to running style. Many of these problems require professional evaluation, treatment, and functional orthotics. Many of these can be prevented, helped, or reversed through an understanding of the problem, conditioning of the involved parts through strength, endurance, and flexibility training, and the use of proper shoes. The following chart suggests that certain overuse and imbalance problems may be helped with the use of particular shoes. Some shoes currently available will help, and some will hinder; some common foot problems are listed:

- (A) One of the best shoes available for the problem.
- (B) May help relieve the problem, assuming other positive factors.
- (C) Not recommended for this area of pain.
- (D) This shoe may aggravate the problem.

Popular Training Shoes (Alphabetically)	Foot Problems									
	Achilles Tendonitis	Ankle Sprains, Instability	Arch Problems, Flat Feet	Calluses (Bottom of Foot)	Corns (Top of Foot)	Fatigue (Heaviness)	Heel Problems, Back	Heel Problems, Bottom	Metatarsalgia (Forefoot pain)	Shin Splints
Adidas Country	B	A	B	B	B	B	B	B	B	C
Adidas SL-72/76	B	B	A	B	C	B	B	B	B	C
E.B. (Lydiard) Roadrunner	C	A	A	B	A	A	A	B	A	A
Karhu 2323	A	B	B	C	B	B	B	C	A	B
New Balance Interval 305	B	B	B	B	C	B	B	B	B	A
New Balance Trackster III	B	B	B	A	C	C	B	A	A	C
Nike Cortez, Road Runner	D	B	C	B	B	C	C	A	C	D
Nike Waffle Trainer	C	A	B	B	B	B	B	A	B	B
Puma 9190	B	A	A	B	B	B	B	C	B	B
Tiger Montreal	C	B	B	C	B	B	B	B	C	C

Relief from achilles tendonitis needs a flexible shoe with cushioning of the bottom of the heel and good elevation. Ankle sprains and instability need a shoe that will provide support and balance at heel contact. Arch problems and flexible flat feet require shoes that have a good shank and conforming arch. Calluses on the bottom of the foot require good cushioning;

corns on the top of the foot require a deep toe box, proper fit, and no pressure from 'stretch' socks. Problems in the back of the heel usually require cupping and elevation, while problems at the bottom of the heel (heel spurs, bruises, plantar fasciitis, 'Joggers heel'), require all of those plus flexible cushioning. Forefoot pain or metatarsalgia, whether caused by forefoot imbalance, stone bruises, neuritis, or lack of normal protective fat-padding, will be helped by thick, but flexible cushioning.

These comments are generalities and are meant as a guideline for those runners who are searching for a better shoe. Each runner should select the shoe that is the best for him; if he is happy with one, he should not experiment with others. Proper shoes will not make him a better runner, but the selection of the proper shoe may allow him to graduate through his conditioning program so that better running is the result.

Scheduling

LONG DISTANCE (Also see "Late News")

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) John L. Frey, 1450 Fir St., Salem, ORE 97302; 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 VERY GOOD RISK OF NOT HAVING YOUR CORRESPONDANCE ANSWER-

ED. *** 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 (less than those normally on the AAU schedule). There are usually two shorter runs (mile or less) and a longer, two to six-miler. Come and enjoy yourselves every Sunday morning.

DAVIS FUN-RUNS: - No entry fees, no AAU card required. These runs are scheduled for alternate Saturdays and are at varying distances (1, 3, 6 miles and more), much like the Runner's World program, above. Usually they attract 50-80 runners of varying ability. Runs begin at 10 am (signup at 9 am) from the Main Quad near Memorial Union on the U.C. Davis campus. Dates: April 3, 17, etc. (alternate Saturdays)...for more information contact: Rich Harley (916/758-2687).

* * * * *

IMPORTANT: - During the past few months the NCRR has had to make an important decision...that of whether to list any and all runs on our schedule. This is not because of lack of room, but merely because of 'ethics'. We feel that the AAU races are to have first choice (meet directors pay a sanction fee and a certain percentage of the entry fees to the AAU for the privilege of having their race publicized and put on a weekend that isn't cluttered with other runs). Therefore we will use our better judgment in accepting and/or rejecting non-AAU races.

Meet Directors!!!

MAIL ENTRY BLANKS TO 1100 RUNNERS FOR \$15

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

- May 15 - Harry Cordellos Fun Run, 5 Miles(?), Lake Merced Boathouse, S.F., 10 am. Walt Stack(?), 321 Collingwood, S.F. 94114.
- May 16 - 66th Bay-to-Breakers, 7.628 Mi. (Howard & Spear, S.F.), 10 am. (ENTRIES CLOSED AS OF APRIL 30)
- May 16 - Las Posas Hills Handicap, 15 Km., 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- May 22 - US Olympic Trials Marathon, Eugene, OR (2:23 to qualify). Athletic Dept., Univ. of Oregon, Eugene, OR 97403. (OA)
- May 22 - Oregon TC Women's Invit. 10-Kilo, Eugene, OR, 4:30 pm. Janet Heinonen, 2929 Madison St., Eugene, OR 97405. (OA)
- May 22 - 3rd Annual Golden Gate Charity Run, 6 Miles, Ft. Baker to S.F. Marina Greens, noon. Pax Beale, 1801 Bush St., SF 94109.
- May 22 - Harbor Island 20-Kilo, San Diego, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
- May 22 - 21st Fontana Days Run, 11.5 Mi., LA Area, 10:45 am. Steve Broten, 13512 E. Romona Dr., Whittier 90602. (SPA)
- May 23 - CCTC Columbia River H.S. Runs (9.8, 4.0 & 2.0 Mi.), Vancouver, WA, 2 pm. Bob Moser, 5600 NE 45th St., Vancouver 98661.
- May 23 - DSE Mt. Davidson Hill Climb, 3 Mi., (Phelan north of Ocean), SF, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- May 29 - 10th Mt. Wilson Trail Run, 9.5 Mi., Sierra Madre, 8 am. Sierra Madre Search & Rescue Teams, Box 24, Sierra Madre 91024.
- May 30 - 10-Kilo and 2-Mile Runs, Robb Field, San Diego(?), 8 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- May 30 - 2nd TRAC 6-Mile, Hellyer Pk., San Jose, 10 am. John Clary, 272 Sorrento Way, San Jose 95119. REGISTER AT RACE ONLY.
- May 29 - Race for Open Space, 1.2 & 6.5 Mi., Crystal Sprgs Course, Belmont, 10 am. Gary Nielsen, 148 Pinon, Portola Valley 94025.
- May 31 - DSE Bakers Beach Run & BYO Picnic, S.F., 4 Miles, 10 am. Walt Stack, 321 Collingwood, S.F., 94114. (DSE)
- My/Jn? - Lompoc Flower Festival Distance Carnival (5 Mi. Road Race, 9:45 am; Open 6 Mi. track run, 5 pm; Women's Invit. Mile, 6:15 pm; USTFF Natl. Invit. Jr. 6 Mi. on track, 7 pm). Joe Sciame, Lompoc H.S., 515 W. Collage Ave., Lompoc 93436. (SPA)
- May 31 - Labor Day Fun Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Jun 5 - Prefontaine Memorial Runs (1.0, 2.2 & 4.4 Mi.), LaJolla Shores Bch, 9 am. Bill Gookin, 5946 Wenrich, San Diego 92120.
- Jun 5 - Lytle Crk to Wrightwood 16-Miler, 8 am. Brice Hammerstein, P.O. Box 1166, San Bernardino 92402. (SPA)
- Jun 5 - Hidden Valley 12-Miler, nr. Lake Sherwood, 9 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Jun 5 - Oregon AAU Hour-Run, Duniway Pk., Portland, OR, 7 pm. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
- Jun 5 - Turner Festival Road Run, 7 Mi., nr. Salem, OR, noon. Darrel Deedon, 5647 Valley View Rd. SE, Turner, OR 97392. (OA)
- Jun 5 - Sound-to-Narrows 7.5 Miler, Pt. Defiance Pk., Tacoma, WA, 10 am. Marc Blau, 955 Tacoma Ave., So. Tacoma, WA 98402.
- Jun 6 - CCTC Ft. Vancouver HS 3.75 Mi., Vancouver, WA, 1:30 pm. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661.
- Jun 6 - RTC & SCTC Roseburg to Coos Bay 5-Man Relay, 70 Mi., 8 am. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
- Jun 6 - 56th Statuto Runs (4 & 8 Mi.), 1630 Stockton, S.F., 9 am. SFAC, 1630 Stockton St., S.F. 94133.
- Jun 6 - Lake Redding Run, 7.62 Mi., Lk. Redding Pk., Redding, 9 am. Bob Malain, 1870 Wisconsin, Redding 96001.
- Jun 6 - Sr. Olympics Marathon (new course, certified), nr. LA area, time?? Ron Markillie, 2300 University Dr., Newprt Bch 90036.
- Jun 6 - Pajaro River Run, 15 Mi., Manresa Beach nr. Watsonville, 11:30 am. Don Amini, 217 Baldwin, Aptos 95003. (RRC)
- Jun 12 - PA-AAU Hour Run Champs (& Natl. Postal), S.F. State track, 10 am (2 heats). Frank Donahue, 1482 9th Av., #4, S.F. 94122.
- Jun 12 - 10th Palos Verdes Marathon (Rolling Hills H.S.), 8 am. Les Woodson, 2209 Via Anocopa, Palos Verdes 90274. (SPA)
- Jun 11 - CCA-AAU One-Hour Run, (evening), Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Jun 12 - One-Hour Fun Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Jun 13 - Presidio Roller-Coaster Run, Mt. Lake Park, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jun 13 - 11th Woodminster X-Country Run, 9.3 Mi., Joaquin Miller Pk., Oakland, 10 am. Chas. MacMahon, 154 Grover, Walnut Ck 94596
- Jun 13 - Olympic Trials Warmup, 5 Mi., (Pre's Trail) Autzen Stad., Eugene, OR, noon. Ath. Dept., 99 W. 10th, #104, Eugene 97401.
- Jun 19 - CHANGE: Novato Ridge Run to Howarth Pk., Santa Rosa, 7 Mi., 9 am. Darryl Beardall, 488 Benjamin Rd., Santa Rosa 95405.
- Jun 19 - DSE Summer Solstice Run & BYO Picnic, Lake Merced Boathouse, S.F., 5 Mi., 6:30 pm. Walt Stack, 321 Collingwood, SF 94114.

- Jun 19 - Coastal Section SPA-AAU & Natl. Postal Hour Run, San Luis Obispo H.S., 9 am. Rosenfield, P.O. Box 1134, SLO 93406.
 Jun 19 - Natl. AAU One-Hour Postal Champs (Postal), UCSB, Santa Barbara, 3 pm. John Brennand, 4476 Meadowlark, S.Barbara 93105.
 Jun 19 - Stagecoach Run, 13 Mi., Jacksonville, OR, 8 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
 Jun 20 - MacDonald Forest Runs (4 & 7.5 Mi.), Corvallis, OR, 1 pm. Ted Wolfe, 720 Granger Ave., Corvallis, OR 97330. (OA)
 Jun 20 - 15th Holy City Run, 9.08 Mi., nr. Summit Rd. on Hiway 17, 9 am. Ken Napier, 1612 Bearden Dr., Los Gatos 95030.
 Jun 20 - Fathers Day Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno, 93708. (CCA)
 Jun 23 - Natl. One-Hour Postal Champs, Balboa Stad., San Diego, (3 races, start 4:30 pm). Bill Gookin, 5946 Wenrich, S.D. 92120.
 Jun 24 - UC Riverside One-Hour Run, 8 pm. Brice Hammerstein, P.O. Box 1166, San Bernardino 92402. (SPA)
 Jun 26 - Silver Strand Beach Fun Run, Coronado Beach, 8:30 am. Bill Gookin, 5946 Wenrich, San Diego 92120. (PSA)
 Jun 26 - Excelsior Beach Run, 6.25 Mi., Ocean Beach at Sloat, S.F., 10 am. Frank Donahue, 1482 Ninth Ave., #4, S.F. 94122.
 Jun 26 - ORRC Oak Hills Runs (2 & 7 Mi.), nr. Portland, OR, 11 am. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
 Jun 26 - Oakland Old-Timers Day 10-Kilo, Oakland, OR, 9 am. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
 Jun 26 - 10th El Monte 7.9 Miler, 6:30 pm. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA)
 Jun 27 - DSE Golden Gate X-C Run (Polo Fields, GG Park), 5 Mi., S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Jul 3 - 3 Mile Bunion Derby, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
 Jul 3 - 4th Folsom Road Run, 10 Kilos, Folsom City Hall, 8 am. Frank Krebs, 8406 Taramore Ct., Orangevale 95662.
 Jul 4 - Fourth of July Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
 Jul 4 - Kenwood Footrace, 10 Kilos, Warm Sprgs Rd., 9 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
 Jul 4 - Natl. AAU Sr. & Jr. (& SPA-AAU) 15-Kilo Champs, San Marcos H.S., Santa Barbara, 10:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (SPA)
 Jul 4 - ORRC Corbett Runs (1 & 5 Mi.), nr. Portland, OR, 9 am. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
 Jul 4 - Monmouth Olympics, 2.5 Mi., Monmouth, OR, 2 pm. Gale Roid, 773 Caroline Way N., Monmouth, OR 97361. (OA)
 Jul 4 - CCTC Bicentennial Run, 3.8 Mi., Vancouver, WA, 7:45 pm. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661.
 Jul 5 - DSE Double Lake Merced Run, 9.5 Mi., S.F. (Meet at Boathouse), 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Jul 10 - RTC North Umpqua Road Run, 10 Mi., Winchester, OR, 8 am. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
 Jul 10 - ORRC Champoeg Picnic Runs, (2 & 5 Mi.), 18 Mi. south of Portland, OR, 11 am. John Frey, 1450 Fir, Salem, OR 97302. (OA)
 Jul 10 - 5th Lafayette 10-Kilo, Lafayette Reservoir, Lafayette, 8 am. Mike Foley, 116 Crest View Dr., Orinda 94563.
 Jul 11 - Felton Race to the Redwoods & Festival, 6.9 Mi., Felton, 10 am. Bruce Jones, 6940 Hiway 9, Felton 95018.
 Jul 11 - College of the Canyons 6-Miler, Valencia, 9 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA)
 Jul 11 - DSE Coit Tower Run, 2.483 Mi., (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Jul 17 - 7th Morro Bay to Cayucos 6-Miler, report to Morro Rock, 9:30 am. Sue Waterbury, c/o SLDC, P.O. Box 1134, S.L.O. 93406.
 Jul 17 - 6 Mile Bunion Derby, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
 Jul 17 - Oregon AAU Hour Run, Crater H.S., Central Pt., OR, 8 pm. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
 Jul 17 - Coopers Figure-8, 4.8 Mi., SW Oregon Coll., Coos Bay, OR, 11 am. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
 Jul 17 - CCTC Columbia River HS Morning Run, (2 & 4 Mi.), Vancouver, WA, 8:30 am. Bob Moser, 5600 NE 45th St., Vancouver 98661.
 Jul 17 - 4th Oakland 8.4-Mile Watermelon Run, Chabot Regional Pk., Oakland (Grass Valley Rd. & Skyline Blvd.), 10:30 am. Alameda Track Club, P.O. Box 1606, Alameda 94501.
 Jul 17 - The Great Race (3-person teams; watercraft, bike, 5.5 Mi. run), Rancho Cordova, 9 am. Take-One Productions, 1800 Sheffield Dr., Carmichael 95608.
 Jul 18 - DSE Fort Point Run (Meet at Marina Blvd., Presidio Gate), 3.676 Mi., S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114.
 Jul 18 - Lake Tahoe Marathon, 8 am. Skip Youngdahl, P.O. Box 3193, Incline Village, Nev. 89450.
 Jul 18 - Coffenbury Lake Run, 2.5 Mi., nr. Seaside, OR, 1 pm. Carl Dominey, Astoria Pks. & Recr., 1095 Duane St., Astoria 97138.
 Jul 24 - Deseret News Marathon, Salt Lake City, Utah (not certified). Keith West, P.O. Box 1257, Salt Lake City, Utah 84110.
 Jul 24 - Tiburon Run /CANCELLED/...for further information, contact: Darryl Beardall, 488 Benjamin Rd., Santa Rosa 95405.
 Jul 25 - DSE Golden Gate Bridge Run (Meet at Fort Point), 4 Mi., S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Jul 25 - Wharf-to-Wharf Race, 5.813 Mi., Santa Cruz Wharf to Capitola Wharf, 9 am. Wayne Fontes, Capitola City Hall, C'tola 95010

TRACK & FIELD

IMPORTANT: - The NCRR is not perfect, nor are the schedules we receive! There are usually conflicts between schedules and we don't always take the time to determine which is correct. We have probably missed a lot of major meets on our schedule, but we only print what we receive...and that wasn't much (only about 20 people sent us schedules out of a mailing of 1100 subscribers and 200+ additional mailings to coaches!!).

CODING: - Rather than put a different section for high school, college, etc., we will print all the meets together, with use of the following coding system when the name of the meet is not enough to distinguish entry restrictions. -- (B) Boys; (G) Girls; (AG) Age-Group; (JHS) Junior High School; (HS) High School; (JC) Junior College; (C) College/Univ.; (W) Women; (JR) Juniors (Under 20); (SM) Sub-Masters (30-39); (M) Masters (40+); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate. /Compiled by Bill Weller/

- May 13 - Far West Conf. Champs, SF State, 1 pm (C) (3 days).
 May 14 - NorCal JC Trials, Modesto, 12:30 pm; Pac-8 Champs, UC Berkeley, 1 pm (2 days).
 May 15 - Bakersfield Classic (CANCELLED); 6th Grandfather Games, LA Valley Coll., noon (M)--George Ker, 16750 Index, Granada Hills 91344 (2 days).
 May 16 - PA-AAU Sr. Women's Champs (& selected Intermed. events), San Jose CC--Marge Powell, 3467 Golden State Dr., Santa Clara 95051.
 May 21 - Sac-Joaquin Region Meet, Elk Grove HS, 3 pm (HS); Nor-Cal JC Finals, Diablo Valley JC, 5 pm; Northern Section Small School Champs, Durham HS, Durham, 3 pm (HS); Northern Section (North Valley Div.), Yreka HS, 5 pm (HS); Northern Section (So. Valley Div.), Chico HS, 2 pm (HS); Crocker Relays, Hillsborough (JHS/G/B)--Dave Robertson, 35 Lookout Rd., Hillsborough 94010.
 May 22 - CCS Region I & II, Sites TBA (HS); CCS Region Meet, San Jose (G-HS); California Relays, Modesto 4 pm (O/W);

- May 22 - PA-AAU Boy's & Girl's Age-Group Champs, Hartnell JC, Salinas (2 days)--Dick Casper, 122 Live Oak, Salinas, 93901; UCSB Invitational, Santa Barbara (UCSB) (O).
 May 25 - Sac-Joaquin Section Trials, Oakmont HS, 5 pm (HS).
 May 28 - Central Coast Section Meet, San Jose CC, 3 pm (B-G/HS); Sac-Joaquin Section Meet, Oakmont HS, 5 pm (HS).
 May 29 - Calif. State JC Champs, Bakersfield, 7 pm; 4th CDM Relays, Site TBA (M)--Dave Jackson, 19103 S. Andmark, Carson 90746.
 May 30 - Calif. AAU Women's & Girl's Age-Group Champs, Balboa Stad., San Diego--John van Benthem, 2429 Calle del Oro, LaJolla 92037 (2 day meet).
 Jun 3 - NCAA Div. I Champs, Philadelphia, Penna. (C) (3 days).
 Jun 4 - Calif. State JC Decathlon, Hancock JC, Santa Maria, 10 am (2 days); California High School State Champs, Berkeley (2 days).
 Jun ?? - Natl. AAU Jr. Men's T&F Champs, Date TBA, Knoxville, Tenn. (2 days).
 Jun 6 - PA-AAU Sr. Men's T&F Champs, College of San Mateo, noon (Enter by 6/3).
 Jun 11 - Natl. AAU Sr. Men's T&F Champs, UCLA (Westwood), (Entries close 6/6) (2 days); Natl. AAU Jr. & Sr. Women's T&F Champs, UCLA (see Men's Champs)--Will Kern, Special Events Dept., LA Times, Los Angeles 90053.
 Jun 12 - USTFF Natl. Jr. Decathlon Champs, Hayward State Univ.; International Prep T&F Invit. (& USTFF Jr. Nat'l's), Evanston, Ill.--Alan Janulis, York HS, 365 W. St. Charles, Elmhurst, Ill. 60126.
 Jun 13 - Age-Group Track Classic, UCLA (GAG/W)--Phil Snyder, 27102 Woodbrook, Rancho Palos Verdes 90274.
 Jun 19 - Calif. State Boys Age-Group Champs, Loc. TBA (2 days) --Dick Casper, 122 Live Oak, Salinas 93901; US Olympic T&F Trials, Eugene, Ore. (thru 6/27) (Entry deadline 6/12) (Men & Women); AAU Western Regional Masters T&F Champs, San Diego State (SM/M)--Dave Pain, 4869-B Santa Monica Blvd., San Diego 92107 (2 days).
 Jun 23 - All-Comers Meet, Live Oak HS, Gilroy (6 pm) (O).

- Jun 25 - Natl. AAU Boy's Age-Group Champs, Xenia, Ohio (3 days)
--Mark Becker, 708 N. 12th St., Miamisburg, Ohio 20852.
- Jun 26 - Senior Olympics, UC Irvine (2 days) (25 & Up)--Senior Olympic International, 5225 Wilshire Blvd., #302, Los Angeles 90036; All-Comers Meet, San Diego, 2 pm.
- Jul 3 - Natl. AAU Masters T&F Champs, Gresham, Ore. (3 days)--Jim Puckett, Mt. Hood C.C., 2600 SE Stark, Gresham, OR 97030.
- Jul 10 - Natl. AAU Masters Decathlon, Gresham, Ore. (2 days)--Jim Puckett (see above meet for address).
- Jul 15 - PA-AAU Jr. Olympic Champs, Mills H.S., Millbrae (B/G)--Bob Escobar, 500 Hazel, Millbrae 94030 (4 days).
- Jul 23 - Olympic Games (Track & Field thru July 31), Montreal.
- Aug 21 - Natl. AAU Jr. Olympic T&F Champs, Memphis, Tenn. (B/G)--Harold Buehler, 4052 Barron, Memphis 38111 (3 days).

ALL-COMERS MEETS: - Looks as if these meets will be kind of scarce this summer. The College of San Mateo series will not be held, according to Harry Young. The response in past years has just not warranted putting them on again during the summer months (not enough participation). San Jose City College will be putting down a new track surface during the summer months and will obviously not host any meets. There will probably be meets at either or both of the following two places: Foothill College (Los Altos Hills off I-280) and DeAnza College (Cupertino off I-280). No information or confirmations on either as of press time. *** HELP--Only you readers out there know of meets, so get off your #@!* butts and send me some information! Last summer people were constantly telling me about meets *after* we went to press and it was too late. Send any pertinent information on all-comers meets (dates, times, contacts, events, etc.) to our P.O. Box by not later than June 9. Otherwise it'll be too late--and I won't be around this summer to complain to either!

RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For NorCal) Bob Bowman, 2190 Mountain Blvd., #1, Oakland 94611 (Ph. 415/531-1427); (For SoCal) Jim Bentley, P.O. Box 7767, Van Nuys, CA 91409; (For Pacific NW) Don Jacobs, Box 23146, Tigard, ORE 97223.

- May 15 - Natl. Sr. AAU 10-Kilo, Boulder, Colo. Pete Van Arsdale, 2930 E. Iliff, Denver, CO 80210.
- May 16 - PA-AAU One-Hour Champs, S.F. State, 10 am.
- May 22 - California Relays, Modesto, 2 miles on track.
- Jun 11 - Natl. AAU Men's & Women's T&F Champs, UCLA (2 days), 5-Kilos (*Qualifying Times: 24:00 for men, 30:30 for women--Women's race is also qualifying race for any trip to the World Championships*).
- Jun 19 - Olympic Trials, Eugene, Ore. (20-Km.) (*Qualifying times--1:36 all expenses; 1:38 room & board only*).
- Aug ?? - Natl. AAU One-Hour Walk, Date and Site TBA.

Glusker and Snazelle Walk Good 20-Milers: (Feb. 8, San Mateo) - Wayne Glusker walked a quick 2:45:55 over the certified 5-mile loop (for 4 laps) in the West Valley Marathon, while Bryan Snazelle also dipped under 2:50 with an excellent 2:49:23. Both entered unofficially and did not intend to go the full marathon distance. /Bob Bowman/

San Jose City College Walks: (March 6-7, San Jose) - Not too many men finished the 10-Kilo, but there was a large turnout in the women's races on Sunday. Men's 10-Km: 1-Adriano/WVTC 51:27, 2-Duran/WVTC 58:49, 3-Isaac 67:45. Girls 9/Under 1500m: 1-L. Bangert/MLTC 8:49.6, 2-Pauline 9:20.2. Girls 10-11 3-Km: 1-Bunting/RCF 16:40.3, 2-Spencer/CY 16:51, 3-Salinas/App 17:39, 4-Nila/CY 17:57. Girls 12-13 5-Km: 1-Vaughan/RCF 29:24, 2-O'Sullivan/SJC 31:35, 3-Sans/RCF 32:40, 4-Avedissian/App 32:47, 5-Sansord/CY 33:11, 6-Vasquez/App 34:19. Jr. Women 5-Km: 1-C. Sakelarios/RCF 28:12, 2-G. Sakelarios/RCF 28:45, 3-Spencer/CY 29:14, 4-Spangler/Arrow 29:15, 5-Munoz 33:58. /Bob Bowman/

Dooley and Glusker Get Olympic Trials Time: (March 21, S.F. State track) - WVTC's Tom Dooley and Wayne Glusker both went out very fast (1:32:30 pace at 10-Kilos) in an attempt to gain Olympic qualifying times for 20-Kilos on the San Francisco St. all-weather track. Although slowing noticeably in the final 5-Kilos (splits were 22:46, 46:15, 70:25), both managed to come in together well under the 1:36 expenses-paid standard. Wayne recorded a PR 1:35:18.6, and Tom got his best mark in quite some time. Goetz Klopfer went along with the dynamic duo

for half the distance and then dropped out. Also going half the distance were Bryan Snazelle (51:41) and Sandy Briscoe (59:49), who had splits for each 5-Kilos that were within one second! Several others, including Jerry Lansing (39:29 for 5 miles) went less than halfway before deciding to call it a day. /Bob Bowman/

Ranney Wins Lake Merced 5-Miler: (March 28, San Francisco) - Ageless (how old is he anyway?) Bill Ranney cruised around the popular Lake Merced course in 38:30.6 under very windy conditions to leave his opposition, Bryan Snazelle (39:20.8) and Manny Adriano (39:46.8) far behind. /Bob Bowman/

Klopfer and Lansing Get Trials Times: (April 4, San Francisco) - Goetz Klopfer and Jerry Lansing both earned themselves trips to the Olympic Trials in Eugene (Klopfer full expenses and Lansing room and board) by dipping under 1:38 at the Golden Gate Park 20-Kilo course under cool and drizzly conditions. Goetz recorded a fine 1:34:20, while runnerup Lansing was almost exactly three minutes back at 1:37:24. Richard Wright (1:53:00) was the only other finisher, as Tom Dooley (46:41 for 10-Km) and Bill Ranney (1:11:57 for 15-Km) put up the best efforts for DNF'ers. Bryan Snazelle's 1:16:18 for 15-Km. was also notable. Manny Adriano (49:52) and newcomer Neil Pyke (52:57) also went half the distance. The girls race was for 10-Kilos and was won by Sandy Briscoe in 61:23, but followed closely by road-runner Sally McPherson of the Cindergals (61:54). Jackie Hendrickson (67:08) rounded out the finishers for the day. /Bob Bowman/

Adriano Wins 10-Kilo Track Walk: (April 11, Kentfield) - Manny Adriano, in his best shape for quite some time, had little trouble winning in 49:35.6 from trackman and new convert to the sport, Neil Pyke, who recorded a personal best 51:03.4 after only a few months of practice. Richard Wright rounded out the field with 56:27.4. /Bob Bowman/

West Valley TC Wins Natl. 25-Kilo Title: (April 17, Seattle) - WVTC won its first national race walking title over the Colorado TC by putting its three scorers in the top five places at the 25-Kilo in Seattle (Green Lake). The team of Tom Dooley (3rd in 2:00:40), Jerry Lansing (4th in 2:01:26), and Wayne Glusker (5th in 2:02:44) all dipped under the Olympic qualifying standard for the Trials in Eugene. Dooley and Glusker had already qualified for paid expenses, but Lansing improved his room & board performance of two weeks earlier and made it under the free-airfare mark of 1:36 by a margin of 6 seconds! Dooley and Lansing were together at 20 Kilos, but Tom pulled ahead over the final fifth of the race. Fast closing Ron Laird (or was it fast fading Larry Young?) made up a minute deficit at the 20-Kilo mark and grabbed the victory from two-time Olympic bronze medalist, Young. Top ten finishers: 1-Laird/NYAC 1:59:09, 2-Young/CTC 2:00:33, 3-Dooley/WVTC 2:00:40, 4-Lansing/WVTC 2:01:26, 5-Glusker/WVTC 2:02:44, 6-Brown/CTC 2:07:22, 7-Sweazy/Canada 2:07:44, 8-Rosencrantz/UW 2:07:54, 9-Ioe/CTC 2:16:18, 10-Bouldin/Un 2:21:05...total of 21 finishers and 3 DNF's. /Bob Bowman/

PREP PATOIS

At press time (April 21), five of the NorCal leaders were also the national leaders (Steve Montgomery, Andrew Fields, John Lane, Tom Bobertz and Pete Moreno...the respective events they led were the shot, lows, HJ, highs, and TJ)...An outstanding shot put prospect for the future is Ron Comer of Sunnyvale High. At 6-0, 230 pounds, Ron has some VERY impressive lifting stats: 370 bench, 550 full squat, 550 dead lift, 315 power clean. He lifts fairly regularly with some very impressive international weightmen, and has out-lifted Brian Oldfield in a squat workout. With some (like alot) of technique improvement, Ron could well approach the 70-foot mark...On April 3, Los Altos revenged its defeat to Carlmont last year, which was the Knights' fourth loss in the 18-year history of the school. Carlmont has only lost 29 now in their 18 years. Oakdale of the Valley Oak League has a 22-year record of 128 wins and 7 defeats, and Mt. Pleasant of San Jose has a 61-2 record over the last six years...Downey of Modesto ended Merced's string at 25 straight by postin- a 71½-64½ victory over the perennial Central Calif. Conference power. Tim Holmes ran 2:04.1, 4:32.5, and 9:53.6 before anchoring Downey to victory in the mile relay to decide the winner...John Lane, whose mother was a 5'5" high jumper in the early fifties, jumped 6'10" in his first meet of the year following injuries from basketball...Coart Owens (Castlemont, Oakland)

was second in the State Meet last year in the high jump, and he has been out with injuries all year....Steve Montgomery of Lassen (Susanville) has broken one of the oldest NorCal prep records with his 66-6 3/4 effort in the shot, breaking Steve Wilhelm's 1967 record by over eight inches....Latest 440 star is Derald Harris of Pittsburg, who spend last year at continuation school, where he seems to have found himself and is now enjoying track and, apparently, school....NorCal's number two low-hurdler edged Skyline's fine jumper, Eric Kelly, in the final event (mile) to win the St. Mary's Octathlon during the spring break. The events included highs, 100, 440, mile, high and long jumps, shot and discus. Kelly posted the most outstanding marks with a 14.6, 22'8", and 6'4 1/2", but lost to Koko's 859 points by one point, both shattering the meet record of 691....Several fine runners from 1975 have not turned up yet this season. Among the most noted are John House (Bella Vista, 1:54.3), Jim Bjornsson (Encina, 6'8"), and Gary Moore (Shasta, Redding, 14'6"). All three were sophs last year... Former 17-foot vaulter Bob Slover has three fine vaulters on his Del Mar High team in San Jose. Senior Tod Lovejoy has scaled 14'10 1/2" despite numerous injury problems, junior Blake Fernside is over 14'6", and soph Bert Tardieu has topped 13'6 1/2"....For those real, as in REAL, sports fans, there will be a swap meet/convention of the NorCal Sports Collectors on May 8 at the IOOF Hall in Cupertino, located at the corner of Homestead and Saratoga-Sunnyvale Rd., just off Hwy 280, across from the Payless Store. Although primarily for baseball and football fans, I have found an increase in track interest for the collector of programs, etc. In any case, it is certainly an experience to see what people collect in the way of sports.... If you have any information about track or whatever, please drop me a line for this column, or for additions to NorCal Prep Best listing, following. My address is 646 Inwood Dr., Campbell, CA 95008...or call 408/378-9593. /Chris Kinder/

Top Nor-Cal Prep Marks

Following marks were received through April 21...any additions, corrections, etc., should be sent to Chris Kinder, 646 Inwood Dr., Campbell, CA 95008. DEADLINE FOR NEXT ISSUE is June 8. Please send newspaper clippings or some other verifying information with your marks, including wind information if possible. Use lowest marks in this listing for qualifying standards next issue. Anyone wishing to contribute to Chris' efforts on a regular basis, please contact him immediately (the season is going fast). We especially need correspondants in the following areas: Marin County, Chico, Sacramento, Eureka/Arcata.

100: - 9.7--Keith Taylor/Piedmont Hills-SJ, Glenn Cannon/Mt. Pleasant-SJ, Sherman Jones/Piedmont Hills, Ron Anderson/Santa Teresa-SJ, Don Coulter/Harbor-Santa Cruz; (Wind-Aided) 9.5w--Taylor; 9.7w--Wolfe/El Camino-Sacto.

220: - 21.7--Cannon; 21.8--Taylor; 21.9--Coulter, Wolfe; 22.0--Dan McGee/St. Ignatius-SF, Jones, Fred Harvey/Silver Crk-SJ, Bill Stanley/Castlemont-Okld; (Wind-Aided) 20.9w--Cannon; 21.0w--Jim Burrell/Piner-Santa Rosa; 21.4w--Willis Tuquil/Mission-SF; 21.7w--Bill Burrell/Tennyson; 21.9w--Anthony Stephens/Berkeley.

440: - 47.8--Derald Harris/Pittsburg; 48.0--Taylor; 48.3--Coulter; 48.5--Andrew Fields/Grant-Sacto; 49.8--Ron Arnerich/Alameda; 49.9--Harvey, Pat Holcomb/Hill-SJ.

880: - 1:56.2--Mike White/Richmond; 1:56.5--Mark Stillman/Willow Glen-SJ, Jeff Maxwell/Westmoor; 1:56.8--Sterling/Okld; 1:57.1--Paul Swenson/San Ramon; 1:57.2--Dave Emery/Arroyo; 1:57.3--Clayton Taylor/Piedmont Hills-SJ; 1:57.5--Wyatt Bishop/Carlmont.

Mile: - 4:17.3--Tim Holmes/Downey-Modesto; 4:18.4--Matt Dowling/College Pk-Pleasant Hill; 4:18.6--John Sup/Palma-Salinas; 4:20.0--Stan Ross/Serra; 4:20.6--Mihailoff/Redwood-Lkspr; 4:21.0--Stillman/Willow Glen-SJ; 4:21.5--Dan Navarro/Oakmont, Roseville; 4:22.0--Tom Smith/Mission San Jose-Frmt; 4:22.9--Mike Smith/Newark; 4:23.7--Mike O'Reilly/San Rafael. ADD: Hal Schulz/Rdwd 4:21.4.

2 Mile: - 9:19.0--Carlos Carrasco/Mt. Pleasant-SJ (frosh), Smith/Newark; 9:20.2--Earl Lagomarsino/Jesuit-Sacto; 9:21.0--Rod Read/Jesuit; 9:21.4--Kevin Searls/College Pk; 9:22.2--Boyd Tarin/Livermore; 9:23.4--Tom O'Neil/Jesuit.

120HH: - 13.8--Tom Bobertz/Serramonte-DC; 13.9--George Smith/La Sierra-Sacto; 14.1--Byron Hawkins/Burlingame, Rhymel/

Wheatland; 14.3--Steve Tyler/Balboa-SF; 14.4--Don Reed/Mt. Pleasant, Tony Ward/Lodi, Dorvall/Paradise.

330LH: - 36.7--Andrew Fields/Grant-Sacto; 37.3--Chris Koko/Sunset-Hywd; 37.8--Andre Phillips/Silver Crk; 38.1--Anthony Stephens/Berkeley; 38.2--George Smith/LaSierra, Bobertz; 38.5--Hawkins, Reed; 39.0--Rory Johnson/Balboa-SF, Chris Yapp/Mission San Jose, Gary Lockhart/Pinole Vly.



Three sub-9:30 two-milers: Bob Love (Carlmont), Craig Corey (San Mateo), and Bob Paulin (Camden). /Dave Stock photo/

High Jump: - 7'0"--John Lane/American-Frmt; 6'10"--Thurliss Gibbs/Hill-SJ; 6'8"--Larry Graham/Vacaville; 6'7"--Heiss/Oakland; 6'6"--Andre Phillips/Silver Crk, Ed Martin/Sonora, Willie Blount/Pacifica-Pittsburg, Gary Brownlee/Yreka, Lonnie Lowe/Tamalpais, Link/Kennedy-Sacto.

Pole Vault: - 14'10-1/2"--Tod Lovejoy/DeI Mar-SJ; 14'9"--Tom Nigh/Fremont-Snyvle; 14'6-1/2"--John Powell/Saratoga; 14'6"--Blake Fernside/DeI Mar; 14'3"--Vince Bradley/Carlmont, Jerry Mulligan/Chico, Kevin McElvaney/Lynbrook-SJ, Boone/McClatchy-Sacto; 14'1"--Tom Philbert/Acalanes; 14'0"--Sam Bayless/Sunnyvale, Keith Westlund/Fremont-Snyvle, Vince Endter/Hill-SJ, Bruce Cochran/Elk Grv, Sawyer/San Mateo, Joe McMath/Buchser-Santa Clara, Richard Munoz/Watsonville.

Long Jump: - 23'7"--Eric Kelly/Skyline-Okld; 23'3"--Brian Brooks/Milpitas; 23'0-3/4"--Dave Fernandez/Castro Vly; 22'9"--Duncan Simpson/Los Banos; 22'8"--Ken Vasquez/Mills, Miles/Grant-Sacto; (Wind-Aided) 22'11"w--Clark/Highlands-Sacto.

Triple Jump: - 48'1"--Pete Moreno/Lick-SJ; 47'7-1/2"--Cephus Johnson/Mt. Eden-Hywd; 47'6"--Ricky Bradley/Balboa-SF; 47'3"--Kurt Durham/Oakland; 47'1"--Loren Leberhz/Serramonte, Sammy Keith/Johnson-Sacto, Jim Rossi/Palma-Salinas; 46'10"--Tony Vecchiatt/Los Altos, Glen Smith/Hayward; 46'8"--Tom Gonia/St. Francis-Mtn.Vw.; 46'5"--Kelly; 46'4"--Gray/Campbell.

Shot Put: - 66'6-3/4"--Steve Montgomery/Lassen; 62'9"--Conrad Jepson/Wash-Frmt; 62'2-1/2"--Ron Comer/Sunnyvale; 58'1"--Jeff Stover/Corning; 57'10"--Mike Smith/San Mateo; 57'8"--Jeff Halle/Piedmont; 57'7"--Bob Johnstone/Oakdale; 57'6"--Todd Young/Los Altos; 57'2"--Alan Carlile/Wash-Frmt.

Discus: - 184'5"--Montgomery; 181'6"--Comer; 176'0"--Doug Silcox/Vintage-Napa; 175'1"--Mark Duggan/Monte Vista/Cupertino; 173'5"--Tim Blockinger/Cupertino; 172'11"--Ray Gonzales/Silver Crk; 171'9"--Greg Tafrales/Capuchino; 169'2"--Mike Bowles/San Ramon; 169'1"--DeMartini/SI-SF; 169'0"--Ray Franklin/Los Altos; 168'0"--DePugillia/Benicia; 165'5"--Bill Perry/Fremont-Snyvle.

440 Rly: - 41.9--Mt. Pleasant; 42.3--Piedmont Hills; 42.6--Balboa-SF; 42.8--Berkeley, Pittsburg, Highlands-Sacto; 42.9--Ells-Richmond.

Mile Rly: - 3:19.8--Grant-Sacto; 3:21.0--Sacramento; 3:21.8--
Berkeley, Highlands-Sacto; 3:22.6--Piedmont Hills-SJ;
3:22.7--Ells-Richmond.

TRACK & FIELD RESULTS

NATL. AAU WOMEN'S INDOOR PENTATHLON: (Feb. 14, Pocatello, Idaho) - (1) Jane Frederick/LATC 4,400, (2) Marilyn King/MLTC 4,296, (3) Dana Collins/Salem TC-Oregon 4,117... (9) Kerry Zwart/LATC 3,231. /AAU News/

JACK-IN-THE-BOX INDOOR GAMES: (Feb. 21, San Diego) - Mile: 1-Dixon/NZ 3:56.8... 6-Hunt 4:02.7 (US High School indoor record-old record 4:06.6); 2 Mi: 1-Shorter/CTC 8:27.0, 4-Hart/BYU 8:29.2; 60HH: 1-Jackson/Macc 7.3, 4-Cooper/SJS 7.4; SP: 1-Shmock/BHS 68-2, 2-Feuerbach/PCC 67-11 3/4, 3-Semkiw/SJS 63-9; Women's 800m: 1-Weston/WS 2:07.2, 3-Costello/LATC 2:09.2; Women's 1500m: 1-Larrieu-Lutz/PCC 4:13.8, 2-Poor/SJC 4:13.9.

UCLA vs. SAN JOSE STATE: (March 13, Los Angeles) - Paper had no team score listed. SP: Semkiw/SJ 64-1 1/4, Weeks/SJ 63-9; Mile: Gruber/SJ 4:03.8, Kasser/SJ 4:06.2; 110mHH: 3-Austin/SJ 14.5; LJ: 2-Carter/SJ 24-0, 3-Huey/SJ 23.6w; JT: Staengel/SJ 223-3, Krough/SJ 220-8; 400m: 3-Darden/SJ 48.0; 100m: Triplett/SJ 10.4w, 3-Farmer/SJ 10.5w; PV: 2-Martin/SJ 16-1; 800m: 2-Suhr/UCLA 1:51.2; HJ: 3-Malvino/SJ 6-8 1/4; 400mIH: 2-Wyatt/SJ 51.7; 200m(w): Triplett/SJ 21.1, 3-Farmer/SJ 21.5; DT: 2-Weeks/SJ 176-3; 2 Mi: 2-Gruber/SJ 9:04.4; TJ: 2-Johnson/SJ 50-4 1/4w, 3-Carter/SJ 49-5; MileRly: UCLA 3:15.3, SJ scratch.

HAYWARD 100, CHICO 61: (March 13, Hayward) - HT: Dyer/H 173-6, Sawyer/H 161-6; 400m: Larry/H 49.8; 1500m: Nolte/H 4:00.0; SC: Schacterle/C 9:24.7; 400mR: CSH 41.7; LJ: LeGrande/H 23-4 3/4; HJ: Haber/H 7-0 1/2, Friday/H 6-10; 800m: Nolte/H 1:57.5; DT: Frankiewich/C 163-6; 100m: Clark/H 10.7; TJ: LeGrande/H 49-6 3/4, Murphy/H 47-4; PV: Olsen/H 15-6, Robinson/H 15-0; 1600mR: Hayward 3:21.3.

CALIFORNIA 78, SAN DIEGO ST. 67: (March 13, San Diego) - 100: Walker/C 9.6; 220: 3-Walker/C 21.7; 440: Robinson/C 47.4, 3-Grasha/C 48.3; 880: 2-Bay/C 1:56.6; Mile: 2-Duffey/C 4:12.2; 3 Mi: Blume/C 14:23.6; 120HH: Florant/C 14.0, Mosley/C 14.4; 440IH: Roesky/C 53.2, Fullerton/C 53.6; 440R: SDS 40.6, Cal 40.8; MileR: Cal 3:14.9; HJ: Murphy/C 6-9, Miller/C 6-7; PV: Hintz/C 15-6, Payton/C 15-6; TJ: 2-Dobbins/C 48-0 1/2; SP: Mannon/C 55-8.

NEVADA-RENO 117, SF STATE 37: (March 20, San Francisco) - 200m: Pettus/WVTC 21.7, Marshall/WVTC 22.5; 400m: More/N 48.6, Harris/WV 48.8, Adams/SF 49.4; 100m: Lewis/N 10.7, Clayton/N 10.7; 800m: Cagle/SF 1:54.1, Bailey/WV 1:54.3, Van Pelt/N 1:54.6; SC: DeLaGarza/N 9:55.7; 1500m: Tibaduiza/N 3:51.7, Phelps/WV 3:53, Williams/N 3:54.0; 110mHH: Carty/WV 13.8, Clayton/N 14.1; 400mR: Nevada 41.9; 5000m: Barton/N 14:32.6, Moreno/SF 14:45.3; 1600mR: Nevada 3:19.7; HT: Shelton/WV 160-9; SP: Marks/WV 59-4 1/2, Davis/WV 53-5; HJ: Madau/N 6-8 1/2; TJ: August/SF 45-7; DT: Stadel/SJStrs 199-11, Kennedy 189-6, Nave/WV 165-10; PV: Juarez/NNAC 16-6; JT: Koch/N 250-11, Seals/WV 208-10; LJ: Eardley/N 22-9 1/4. /Dave Fix/

STANFORD RELAYS: (March 20, Stanford) - HJ: Haber/CSH 6-10; HT: Dyer/CSH 177-9, Sawyer/CSH 172-0, Congi/SJS 169-2; LJ: Lofton/Stn 24-8 3/4, LeGrande/CSH 23-3 3/4; JT: Krough/SJ 217-7; PV: Robinson/CSH 16-0, Hintz/Cal 16-0; SP: Semkiw/SJ 64-5 1/2, Weeks/SJ 62-9; 10,000m: Bellah/Stn 30:41.2, Kissin/Stn 30:55.8, Prowell/SJ 30:56.0; DT: Weeks/SJ 182-4, Semkiw/SJ 167-5; TJ: Finley/SJ 49-6 1/2; 110mHH: Florant/Cal 13.8, Foster/Stn 14.1, Mosley/Cal 14.3; 400mR: (tie) SJS & Stanford 40.7; 100m: Holmes/Stn 10.8, Wallace/Cal 10.8; DMR: Idaho St. 9:56.2, Cal 10:00.6, Stanford 10:03.4; Mile: Sandoval/Stn 4:11.9, Nahirny/SJ 4:12.1; SMR: Cal 3:25.5, Stanford 3:26.3, Sac'to St. 3:26.8; 880R: Idaho St. 1:25.1, San Jose St. 1:26.0; 2MR: SJS 7:37.0, Idaho St. 7:37.2, Cal 7:42.2, Stanford 7:42.8; MileR: Cal 3:09.9, Stanford 3:10.8, SJS 3:11.6. /M. Clark/

BROTHERHOOD GAMES: (March 21, Oakland) - DT: McCollum/BAS 178-4, Nave/WV 175-8, Jenner/SJStrs 167-2; Invit. DT: Stadel/SJStrs 207-6, Kennedy/Un 191-9; 400mH: Butler/BAS 52.5, Randell/BAS 52.7; SP: Gorbet/WV 52-10; 440R: BAS 41.0, Cal 41.1, Hayward 41.1; LJ: Davis/WV 25-0 1/4w, Silva/WV 24-8 3/4w, Peterson/WV 24-6 1/2; 400m: Rodgers/BAS 46.9, Rochee/WV 47.4, Grasha/Cal 48.0, Brown/Un 48.3; 1500m: Nicholson/WV 3:53.1, Stewart/Army 3:55.0; 100m(55+): Jordan/CDM 11.7; 100m: Walker/Cal 10.1w, Jordan/Ala 10.2w, Kirtman/WV 10.3w; 110mHH: (w) Carty/WV 13.5,

Mosley/Cal 13.5, D. Ligons/Un 13.8, Crittenden/CCC 13.8; 800m: Robinson/Cal 1:48.6, Nolte/CSH 1:53.0, Robertson/WV 1:53.4; HJ: Haber/CSH 6-8, Friday/CSH 6-8; TJ: Van Fendyan/Un 48-5 1/4w; 200m(40+): Parish/NCS 23.4, Lingel/BAS 23.7, Bruhner/NCS 24.0; 200m: Rodgers/BAS 21.2w, Rochee/WV 21.5w, R. Ligons/BAS 21.6w; 5000m: Esparza/Boise 14:53.6, Van Dine/Boise 14:56.0; PV: Stover/BAS 16-6, Williams/Un 16-6, Migue1/BHS 16-6, Chew/BAS 16-0; 440R(40+): NCSTC 45.7, BAS 46.1; MileR: WVTC 3:14.8, BAS 3:16.0. /Nate Slaughter/

SAN JOSE ST. 102, OREGON ST. 51, UC IRVINE 31: (March 24, San Jose) - SP: Semkiw/SJ 63-7 3/4; 440R: SJS 40.7; Mile: Scott/I 4:05.3, 3-Nahirny/SJ 4:07.5; 120HH: Austin/SJ 14.3; LJ: Carter/SJ 25-3 1/2, 3-Huey/SJ 24-0; 440: Whitaker/SJ 47.0; 100: Triplett/SJ 9.4, 3-Livers/SJ 9.7; HJ: Edwards/O 6-10, Nelson/SJ 6-10; 880: Scott/I 1:53.5, Kasser/SJ 1:54.5; PV: Martin/SJ 16-0; DT: Weeks/SJ 179-6; 440IH: Wyatt/SJ 53.2; 220: Triplett/SJ 21.3, 3-Smile/SJ 21.7, Livers/SJ 21.8; 2 Mi: Gruber/SJ 9:01.4, Serna/I 9:01.8; MileR: SJS 3:18.5; TJ: Winchester/O 50-9, Johnson/SJ 50-5 3/4, 4-Finley/SJ 49-10 1/4.

ARIZONA ST. 80, CAL 65: (March 27, Berkeley) - 400mR: ASU 40.4, Cal 40.8; 1500m: Robinson/C 3:54.8, Elver/A 3:55.0, Harris/C 3:55.0; SP: Mannon/C 56-4 1/2; 110mHH: 2-Mosley/C 14.0w, 3-Carty/WV 14.1w; LJ: 2-Thorp/C 23-1 3/4; 400m: 2-Rodgers/BAS 48.1, 4-Rochee/WV 48.7; 100m: (w) Walker/Cal 10.4; 800m: Brown/Un 1:52.9, Nicholson/WV 1:54.5; 400mIH: 3-Butler/BAS 53.0, 4-Roesky/C 53.0; 200m: 2-Walker/C 21.7w; TJ: 2-Dobbins/C 48-10, Thorp/C 48-9 1/4; 2 Mi: Duffey/C 9:09.8, Blume/C 9:10.8, Schmulewicz/Un 9:12.6; DT: Pushkin/A 176-5, McCollum/BAS 175-10, Overton/C 169-6; PV: Hintz/C 16-0; MileR: Cal 3:19.2, WVTC 3:21.5, BAS 3:21.9; HJ: 2-Murphy/C 6-10. /Erv Hunt/

HAYWARD ST. 107, SF STATE 55: (March 27, San Francisco) - HT: Dyer/H 181-3, Sawyer/H 169-1; HJ: Haber/H 6-11, Arcidiancano/H 6-9, Brown/SF 6-9; LJ: Wamble/H 23-1; SC: Moreno/SF 9:24.7; TJ: Wamble/H 47-6 1/4; 1500m: Nolte/H 3:56.4; 400m: Adams/SF 48.8; 100m: Smith/H 10.7; 800m: Cagle/SF 1:53.4.

SANTA BARBARA RELAYS: (March 27, Santa Barbara) - (UNIV/OPEN DIV.): Mile: Babiracki/SFVTC 4:07.0; 440R: (Rated) 1-UCSB 42.5; (Seeded) 2-Santa Clara 42.4; 10,000m: Smead/Humboldt 29:59.0; (JC DIV.) 480SHR: 3-CSM 1:04.5; DMR: 2-WVC 10:09.2, 3-DeAnza 10:17.8; 440R: 3-WVC 43.1, 6-Hartnell 43.5; 2MR: Skyline 7:56.2, 2-WVC 7:56.6, 3-DeAnza 8:04.8, 4-CSM 8:11.6; 880R: 3-Skyline 1:29.7, 5-Hartnell 1:31.6; SMR: 1-WVC 3:29.7, 2-Laney 3:29.8, 3-Fthl 3:30.9, 4-CSM 3:31.9; MileR: 1-Skyline 3:22.2, 5-DeAnza 3:24.1; 2 Mi: 1-Fritzke/WVC 9:05.4, 4-Kennedy/DA 9:08.0, 6-Palladino/CSM 9:15.6; DT: 3-John/Sky 151-8, 4-Bersano/WVC 148-10, 5-Dozier/CCSF 147-5; PV: Lizotte/Fthl 15-6, 2-Searle/WVC 15-6, 4-Oravetz/WVC 15-3, 6-Dillard/CSM 15-0; LJ: 2-Dangerfield/Laney 22-10 1/4, 5-Bertoli/DA 21-11 1/4; SP: 3-Foster/DA 51-7, 4-Bersano/WV 49-5 3/4, 6-Gans/CCSF 47-11; JT: Gall/DA 208-5, 5-Thornberg/Hartnell 178-4; HJ: 6-Owings/WVC 6-7; TJ: Utley/WVC 47-9 1/4, 2-Haynes/CCSF 47-9 1/4, 4-Ford/Sky 47-6, 5-Larkin/Sky 47-3 1/4, 6-Scott/Fthl 46-10. /Sam Adams/

WATSONVILLE RELAYS: (March 27, Watsonville) - (VARSITY) SHR: Soquel 37.8, Salinas 38.0; 440R: Seaside 44.2, Salinas 44.6; 8MR: Watsonville 39:07, Merced 40:08; 2MR: Soquel 8:16.7, Monte Vista 8:27.6; MileR: Soquel 3:32.7, Woodside 3:35.4; DMR: Watsonville 10:49.9, Seaside 10:52.5; SMR: Lynbrook 3:39.8, Soquel 3:42.5; (FROSH/SOPH) 8MR: Merced 41:54; 2MR: Mills 8:34.9; SMR: Gilroy 3:53.4; MileR: Mills 3:40.3; 440R: Sequoia 44.5; DMR: Gilroy 11:28.5; (GIRLS) 440R: Merced 51.3; SHR: (320LH) Aptos 49.0; MileR: Branham 4:20.4; DMR: Aptos 13:30.9; SMR: Salinas 4:33.5. /Bill McGarvey/

HANCOCK INVIT.: (April 2-3, Santa Maria) - (JC) 1500m: 2-Locey/COM 4:01.9; 100m: 2-Diles/Sky 10.7, Williams/Hart 10.7; SP: Schram/Sky 46-6 1/2; 800m: Phelps/COM 1:56.9 (2nd);



Henry Perez of Delta College ran 8:51.6 for a great early-season steeplechase, setting a National JC Record at the Bakersfield Relays. /Higley/

DT: John/Sky 142-2; 200m: 3-Diles/Sky 21.6, 5-Williams/Hart 22.0; JT: 2-Thornberg/Hart 181-9; MileR: Skyline 3:23.5, COM 3:23.5; TJ: Larkin/Sky 47-8, Gerard/Hart 45-5 1/4, Ford/Sky 45-4 3/4. /Ray Kring/

UCLA 79, Cal 65: (April 3, Westwood) - 100m: 2-Wallace/C 10.6; 200m: Wallace/C 21.2, 3-Mosley/C 21.6; 400m: Robinson/C 47.5; 800m: 2-Morgan/C 1:50.7, 3-Bay/C 1:52.8; 1500m: Clifford/C 3:47.8, 3-Harris/C 3:50.7; 5000m: Duffey/C 14:17.8, Bloom/C 14:27; 110mHH: 2-Mosley/C 14.1; 400mIH: 2-Roesky/C 53.4, 3-Fullerton/C 54.2; MileR: 2-Cal 3:16.8; SP: 2-Mannon/C 55-7 3/4; JT: Biska/C 207-1; LJ: 2-Hibner/C 23-0 1/4; HJ: Murphy/C 6-10, Miller/C 6-8; TJ: 2-Thorp/C 49-2 1/2; PV: 3-Hintz/C 16-0.



Tony Sandoval ran a Stanford record vs. USC by hurrying to a quick 13:53.2 for 5,000m & got a 13:25.8 in route for 3 miles. /Marconi/

USC 105, Stanford 35: (April 3, Westwood) - SC: Geiken/S 9:16.6; SP: Slinkard/S 53-4 3/4; 400mR: USC 40.2, Stanford 40.6; JT: 2-Macrorie/S 216-5; 1500m: 2-Parietti/S 3:52.6, 4-Celms/S 3:54.1, 5-Kissin/S 3:55.4; LJ: Lofton/S 24-7 3/4; 100m: 2-Holmes/S 10.6; 110mHH: 3-Foster/S 14.1; 400m: 4-Wingo/S 48.8, 5-Hogsett/S 48.9; DT: Fruguglietti/SC 192-2, Elder/SC 189-8, 4-Hill/S 159-6; 800m: 2-McCarthy/S 1:53.4, 3-Hadley/S 1:53.9; 400mIH: 2-Greybehl/SC 51.4, 3-Densmore/S 58.5; TJ: Assef/SC 51-10, Cochee/SC 51-1 1/2; PV: 2-Flint/S 16-0; 200m: 3-Holmes/S 21.3, 4-Lofton/S 21.3, 5-Sheats/S 21.4; MileR: USC 3:11.9, Stanford 3:14.2; 5000m: Sandoval/S 13:53.2, Bellah/S nt, Parietti/S nt (Bellah 13:58.0 at 3 Mi., Parietti 14:15.7 at 3 Mi.). /Marshall Clark/

MARTINEZ RELAYS: (April 3, Martinez) - (Class A): DMR: Redwood 10:30.8, College Pk 10:32.3, Vintage 10:33.3, San Rafael 10:33.7, Aragon 10:39.9; 880R:

Piedmont Hills 1:31.3; 2MR: Vintage 8:07.2, Aragon 8:12.9; MileR: Piedmont Hills 3:22.6, San Mateo 3:26.8; SMR: Piedmont Hills 2:35.2, College Pk 2:36.6; (Class B) 2MR: Piedmont 8:09.8, Mills 8:16.0; SMR: DeLaSalle 2:35.4, Pleasant Hill, Liberty & Bishop O'Dowd 2:36.1; 880R: Albany 1:33.6; (Girls) 2MR: Tamalpais 10:01.9, Pleasant Hill 10:03.4, Bishop O'Dowd 10:08.4; MileR: Granada 4:10.0; 440R: Granada 50.6, San Rafael 51.1. /Bill Harbin/

SACRAMENTO RELAYS: (April 3, Sacramento) - 4MR: Nevada-Reno 17:10.4, WVTC 17:11.0, Chico St. 17:11.8, Cal-Poly 17:32.6, UCD 17:33.0; SMR: Sac'to St. 3:23.5, Cal-Poly 3:27.8, Army 3:28.8; 120HH: Clayton/Nev 14.0, Austin/SJ 14.3; SC: Innes/Hum 9:05.0, Hurst/SJ 9:07.0, Elijah/Un 9:08.0, Anderson/Hum 9:08.2; 880R: BAS 1:28.2, SFS 1:28.8, Santa Clara 1:28.8; 100y: McCollum/Un 9.8, Kirtman/WVTC 9.9; DMR: Nevada 10:09.8, Sac'to St. 10:12; Cal-Poly 10:12.4; 3 Mi: Nuccio/WVTC 13:45.8, Smead/Hum 13:51.0, Cords/WVTC 13:56.8, Cole/Hum 14:00.2; HT: Diehl/Army 215-0, McKenzie/Un 209-1 1/4, Shuff/Army 196-4, Dyer/CSH 178-0, Congi/SJ 177-8 1/2, Blankenship/Un 173-1 1/2, Mizuki/Sac 167-10 1/2; SP: Weeks/SJ 60-2 3/4, DeSoto/Sac 55-10; LJ: Terry/WVTC 24-1, LeGrande/CSH 24-0, Steffes/WVTC 23-11 3/4, Wamble/CSH 23-6 1/2, Silva/WVTC 23-1 3/4; HJ: Haber/CSH 6-10, Friday/CSH 6-8, Coleman/WVTC 6-6; MileR: Army 3:12.5, SJS 3:13.1, Cal-Poly 3:16.0, WVTC 3:19.0; 440R: SJS 40.6, BAS 41.0, WVTC 41.4; JT: Johnson/WVTC 244-9, Koch/Nev 233-11, 4-Seals/WVTC 224-11; 2MR: WVTC 7:49.4, CSH 7:50.9, Army 7:56.8; TJ: McClellon/WVTC 51-7 1/2, Terry/WVTC 51-5 1/2, LeGrande/CSH 49-0, Steffes/WVTC 47-11 1/2; PV: Weidig/Un 16-0, Chappell/Un 16-0, Miguel/BHS 16-0; DT: Stadel/Un 200-7, Tancred/GB 192-1, Kennedy/Un 187-10. /Drummond/

HERBERT HOOVER RELAYS: (April 11, Menlo Park) - (16-29 Div.): 440R: WVTC 43.0; 880R: WVTC 1:33.7; MileR: WVTC 3:42.3; 2MR: WVTC 8:16.8; 4MR: WVTC nt; 100y: Rochee/WVTC 10.0, McCollum/Un 10.0; 220: Woodard/WVTC 22.2, McCollum/Un 22.4; DT: Stadel 191-8 1/2, Nave/WVTC 168-11; JT: Johnson/WVTC 220-9; (30-39): DT: Kennedy/Un 184-6; 440R: CDM 44.6; 880R: CDM 1:34.5; (40-49): 440R: CDM 46.7; 880R: NCSTC 1:38.9; 100y: Parish/HH 10.7, Waterman 10.8, Hicks 11.0; 220: Parish 24.1, Waterman 24.4, Bruhner 24.4; LJ: Jackson/CDM 19-9, Conley/WVTC 18-7 1/4;

TJ: Jackson/CDM 40-6, Conley/WVTC 38-4; JT: Conley/WVTC 202-11; SP: Smith 44-6, Wassam 42-1; DT: Waterman 119-4, Wassam 116-2, Smith 109-11; HJ: Rose 5-5 3/4, Conley/WVTC 5-4, Smith 5-2; (50-59): 100y: Jordan 11.6; 220: Jordan 26.3; HJ: Nunes 4-9 1/4; (60/Over): 100y: Satti/NCS 13.3, Thursby 14.1; 220: Satti 29.5; LJ: Satti 15-10; SP: York 38-7 1/2; DT: York 124-1. (Women, 14-29): HJ: K. McQuillan/Chico 5-4 3/4; JT: Brandt/Chico 155-5; (Women, 30/Up): 100y: Sherrard 12.0, Obera 12.1, Parish 12.8. /Van Parish/



(Top) Bob Deis leads San Jose Relays JC 2-Mile field of Vic Simonian, Ron Fritzke, Henry Perez, Shawn James, Craig Kennedy & Mitch Kingery (Perez won in 8:54.6 meet record). (Left) SJCC's Millard Hampton on his 46.7 mile relay split at the same meet. (Right) Sue Munday won the SJ Relays mile in a time of 5:04.6. /Dave Stock photos/

SAN JOSE RELAYS: (April 17, San Jose) - (High School): 100m: (I) McTear/Fla 10.5, Taylor/PH 10.6, Burrell/Ten 10.8, Anderson/STer 10.9; (II) Cannon/MP1 10.6, Burrell/Piner 10.7, Tegail/Mission 10.7, Jones/JFK-Barstow 10.7; 120HH: (I) Bobertz/Srmt 13.8, Smith/LS 14.3, Clark/M-A 14.5, Gagnuss/Dub 14.5; (II) Ward/Lodi 14.3; LJ: White/Cam 22-5 1/2, Howard/MP1 22-4; DT: Duggan/MVsta 175-1, Montgomery/Lassen 174-8, Tafraus/Cap 171-9, Albritton/Piner 164-2 3/4; DMR: LaSierra 10:30.6, Jesuit 10:33.9, Watsonville 10:35.0, Vintage 10:36.0; 440R: (I) Pittsburg 42.8; (II) JFK-Barstow 41.7, Mt.Pleasant 41.9, Piedmont Hills 42.3, Balboa 42.6, Berkeley 42.8; PV: Nigh/Frmt 14-9, McElvany/Lynbr 14-3, Powell/Sara 14-0, Boone/McClatchy 14-0, Sawyer/SMateo 14-0, Bradley/Carl 14-0; SP: Montgomery/Lassen 64-4 1/2, McKenzie/Hart 63-8 1/4, Jepsen/Frmt 61-11 3/4, Comer/Snyvle 61-0 1/2; 440IH: (I) Palon/San Juan 56.5, (II) Bobertz/Srmt 54.8, Phillips/SCrk 56.1, Koko/Sunset 56.2; Mile: Holmes/Downey 4:17.3, Dowling/CPk 4:18.4, Sup/Palma 4:18.6, Ross/Serra 4:20.0, Mihailoff/Rdwd 4:20.9, Schulz/Rdwd 4:21.4; TJ: Moreno/JL 48-1, Johnson/ME 47-1, Ross/Palma 47-1, Keith/Johnson 46-9 1/2; 120HH:(Final) Bobertz 13.8, Smith 14.2, Tyler/Balb 14.3, Ward 14.4; 100m:(Final) McTear 10.1 (Nat'l. Prep Rcd.), Cannon 10.5, Tegail 10.5, Taylor 10.6, Burrell/Piner 10.6, Jones 10.7; 440:(I) Head/Sac 50.1, Bishop/Carl 50.2, Bourne/MP1 50.5; (II) Coulter/Hrbr 49.2, Haines/Rior 50.1; 880: Maxwell/Wstmr & Stillman/WG (tie) 1:56.5, Taylor/PH 1:57.3, Freeman/Crstmr 1:58.4, Lemos/Fon 1:58.7, Newberger/RLS 1:59.4; 200m: (I) Burrell/Ten 21.7; (II)w McTear/Fla 20.3, Cannon/MP1 20.9, Burrell/Piner 21.0, Tegail/Mission 21.4, Jones/JFK 21.4, Wolf/ECam 21.5; 2 Mi: Paulin/Cam 9:25.3, Gaul/Jes 9:27.4, Berry/Rdwd 9:29.1, Carrasco/MP1 9:33.0, Corey/SM 9:36;

MileR: (I) Mt. Pleasant 3:23.6, San Mateo 3:24.9; (II) Grant-Sac 4:19.8, Sac'to 3:21.0; (Girls) 440R: Granada 49.9, Harbor 50.5, San Rafael 50.7; 100y: Rapatz/SRaf 11.3, Selman/Lodi 11.3, Stohr/Gr 11.5; 440: Peterson/Hrbr 59.0, Stohr/Gr 59.4; Mile: Munday/Linc 5:04.6, Jackson/LO 5:05.5, Broderick/Tam 5:07.8, Kearns/YC 5:09.0, Neary/Apt 5:16.0, Vardell/YC 5:16.7. (JC) 4MR: Fullerton 17:25.0, 3-Am.Rvr. 17:45.8, WVC 17:49.0; DMR: Fullerton 10:06, WVC 10:08.4, 4-SJCC 10:15.9; 440R: (II) SJCC 41.4, 3-CCC 41.8; LJ: Jones/ELA 24-7 1/2, 3-Richardson/AR 23-6, Haynes/CCC 23-0; 440IH: (I) 3-Brown/Ala 55.5; (II) Rudd/Pasad 50.7 (JC Rcd), 4-Nelson/SJCC 53.8; 120HH: Hall/MSAC 14.0, Crittenden/CCC 14.0; SMR: 3-CCC 3:31.0; 100m: Hampton/SJCC 10.3, Jackson/Ala 10.3, Williams/SJD 10.4, Brown/CCC 10.6; DT: Brown/Full 191-7, 3-Santiago/AR 171-5; 2MR: 2-Am.Riv. 7:51.4; JT: Hodges/Glen 211-1 1/2, Gall/DA 202-3; 2 Mi: Perez/SJD 8:54.6, Simonian/LACC 8:55.7, Deis/AR 8:59.0, Fritzke/WV 9:03.5, James/SJCC 9:15.4, Kennedy/DA 9:17.6; SP: Santiago/AR 56-2 3/4, Greco/SJCC 53-4 1/2; 200m: (I) Turner/EC 21.7, Douglas/SJCC 21.7; (II) Hampton/SJCC 20.6, Williams/SJCC 21.2; HJ: Nowacki/SB 7-0, Allen/SJCC 6-10; TJ: Taylor/LAH 50-8, 3-Fincher/SJCC 48-11 1/2, Rice/Ala 48-8 1/2, Rojas/SJCC 48-6 1/2; MileR: (II) SJCC 3:15.9, 4-Santa Rosa 3:19.5; PV: Brown/EC 16-7 1/4, 4-Searle/WV 15-6, Lawry/SR 15-6, Oravetz/WV 15-0. (Open SP): Feuerbach/PCC 69-9 1/4, Stewart/CTC 66-0, Marks/WVTC 65-2 1/2, Semkiw/SJS 64-2 1/2, Weeks/SJS 59-11 1/2. /Bert Bonanno/



Cal's James Robinson flashed to a very quick early-season 1:46.9m to win here over USC ace, Rayfield Beaton, who was 1:47.1. /Jim Engle/

UCLA 89, STANFORD 56: (April 17, Stanford) - SC: Bellah/S 9:06.0, Geiken/S 9:28.6; 440R: UCLA 40.5, Stan 41.7; 1500m: Parietti/S 3:52.5, 3-Celms/S 3:56.2; 110mHH: Owens/U 13.8, Foster/S 13.9; 400m: Theriot/U 47.4, Wingo/S 47.8; 100m: Wilson/U 10.5, Holmes/S 10.7; 200m: Myles/U 21.0, Sheats/S 21.3, Holmes/S 21.6; 800m: Suhr/U 1:50.7, 3-Hadley/S 1:55.2; 5000m: Sandoval/S 14:10.6, Kissin/S 14:50.8; 400mIH: Foster/S 53.9; MileR: Stanford 3:12.0; SP: Neidhart/U 62-9 1/4, 3-Slinkard/S 55-0; DT: Gunther/U 180-4, 3-Hill/S 160-11; LJ: Lofton/S 24-9 1/2; TJ: Banks/U 51-4 1/4; HJ: Meisler/U 6-10; PV: Tully/U 16-0, 3-Flint/S 15-6; JT: Macrorie/S 214-1. /Marshall Clark/

LATE NEWS: - We don't have full reports from Mt. SAC yet, so that'll be next issue...however, big Mac Wilkins whirled the disc 226-11 to better John Powell's world record by 4 inches. Stanford's Tony Sandoval did 29:20.2 for 10,000 meters to win and set a meet record. John McCollum of the Bay Area Striders upset a top field to win the 100 meters in 10.3. --- At the Sac'to Prep Meet, Tim Holmes nipped Tim Farrell, 9:15.6 to 9:15.8 to win the 2-mile there, with Tom O'Neil third, 9:20.2.

LONG DISTANCE RESULTS

24TH ANNUAL ROSEBOWL HANDICAP: (Nov. 30, Pasadena) - 10.08 Mi - (Fast times): 1-White/AATC 49:19, 2-Forrester 49:40, 3-Bryant/SMTC 49:58, 4-J. Williams 50:10, 5-Lemos 50:17, 6-Moffitt/ELATC 51:21, 7-P. Ryan/GWAA 51:34, 8-Lee 51:47, 9-Rios 52:34, 10-Greifinger 52:42, 11-Martinez 53:35. /John Brennand/

28TH ANNUAL POP MARTY MONTEBELLO RUN: (Feb. 1, Montebello) - 9.601 Mi - 1-Waltmire/AIA 49:25, 2-Harter/SFVTC 50:12, 3-Kushner/CCAC 50:35, 4-Swift/AIA 50:43, 5-W. Waltmire/AIA 51:10, 6-Branch/CCAC 51:12, 7-Hitt/AIA 52:02, 8-Delach/AIA 52:38, 9-Shaffer/CCAC 52:42, 10-Blakely 52:50, 11-Rupp 53:22, 12-Waco/Un(40+) 53:23, 13-Gonzalez 54:04, 14-Kendall 54:04. /Brennand/

DSE TWIN PEAKS RUN: (Feb. 15, San Francisco) - 3.6 Mi. - 1-M. Smith/PAMA 18:05, 2-Torres 18:17, 3-D. Martinez 18:42, 4-Weidinger/ETC 18:56, 5-Himmelberger/WVTC 19:05...66-Colleen Scannel 23:44, 76-Judy Gumbs/WVTC 24:07, 81-Diane Major 24:24, 84-Kathy Himmelberger 24:33. /Tim Smith--DSE Newsletter/

VALENTINE DAY RUNS: (Feb. 15, Lake Merritt-Oakland) - (5-Kilo) 1-Dennis Tracy/WVTC 15:01, 2-Unidentified Runner 15:03, 3-Blasdel 15:41, 4-Vasquez 16:20, 5-Embody 16:22, 6-Spence/WVTC 16:43, 7-Orwig/WVTC 16:44, 8-Nixon 16:45...23-Sue Neary 18:24. (10-Km) 1-Bill Seaver/WVTC 32:11, 2-Ben Tucker/Un 32:17, 3-Notch/Un

34:05, 4-Moore/LVRC 34:12, 5-Alderman 34:40, 6-Walder 34:52, 7-Walker 36:18, 8-Schad 36:21, 9-Sampson 36:37, 10-Homeyer 36:53...37-Mary Mapelli 40:57, 46-Ruth Anderson 41:43, 50-Louise Burns 42:12. /Alameda County Heart Ass'n./

RRC ANDERSON DAM 10-MILER: (Feb. 21, near Gilroy) - 1-Joe Salazar 56:30, 2-John Clary 57:20, 3-Slibsager 61:01, 4-Carlson 61:30, 5-Mader 62:00, 6-Parnell 62:16, 7-Egley (50+) 63:17, 8-R. Smith 63:55, 9-Segobia 64:30, 10-Foley (40+) 68:59... (2 Mile) 1-Joe Salazar 10:16.5, 2-Marlowe 10:50. /Flodberg/

4TH ANNUAL 3RD OLYMPIAD MEMORIAL MARATHON: (Feb. 29, St. Louis) - 1-Dan Cloeter/III 2:20:47, 2-Busby/Mo 2:21:31, 3-Brien/Ire 2:22:09...133-Karen Kokesh/SLTC 3:39:08, 135-Tom Burns/Berk 3:41:59, 196-Pete Strudwick/LaPalma 4:54:55. /Jerry Kokesh/

22ND SAN FERNANDO HANDICAP: (March 6, San Fernando) - 6 Mi. - 1-White/AATC 31:10, 2-Cook/AIA 31:49, 3-Swift/AIA 32:01, 4-Avila 32:13, 5-Rude 32:26, 6-Harrie/RRR 32:51, 7-Branch/CCAC 32:52, 8-Chambliss/SBAA 32:54, 9-Kennedy/SFVTC 33:07, 10-Thompson/STC 33:30. /John Brennand--Connie Rodewald/

DSE OCEAN BEACH RUN: (March 7, San Francisco) - 6 Mi. - 1-Bob Darling/ETC 30:03, 2-Weidinger/ETC 30:41, 3-Spangler 30:46, 4-Martinez 30:48, 5-Torres 31:01, 6-Blake 31:39, 7-Casey/ETC 32:17, 8-Stagliano 32:17, 9-Myers 32:19...57-Maryetta Boitano 37:40, 63-Diane Major 38:06. /Tim Smith--DSE Newsletter/

CHOI OUTLASTS FIELD IN CAMELLIA FESTIVAL 100-MILER: (March 13, Sacramento) - The course was a loop of 4540 feet on a cement sidewalk. The very hard surface, and the temperatures which approached 80-degrees (with fairly high humidity) made this year's race more difficult than usual. Don Choi, who led John Arberry by about 15 minutes in the early going, was passed at 40 miles and was about an hour behind at 60 miles. From there he gained and went ahead to stay after 80 miles, recording a 21:36:31 for the full 100 miles. Arberry was the only other finisher in 23:26:06. They both join Natalie Cullimore as the only two-time finishers of this run! Cullimore's 16:11 in 1971 is still the world best for women. Others who started but didn't finish (who can blame them?): Mike Chatterton 15:46 for 57.6 miles; Noe Vigil 9:18:30 for 56.8 miles; Andrew Levinson 6:43 for 50.7 miles; Steve & Terry Chatterton 13:44 for 50 miles; Tate Miller 11:22:15 for 49.9 miles; Jack Wiley 9:36:10 for 43.9 miles; Jim Bevans 5:59:45 for 37 miles; Tony Stratta 9:00:00 for 31.8 miles; Sue Neary 3:53 for 21.5 miles. /John Hill/

6TH NORMAN K. TAMANAHA MARATHON: (March 14, Hawaii) - 1-Dan Moynihan 2:31:41, 2-Haller 2:40:17, 3-Noble 2:42:36, 4-Dierdorff 2:44:07, 5-Wilder 2:44:23, 6-Gallup(40+) 2:46:30...10-Leal Soares 3:04:30. /Tom Ferguson/

DSE GOLDEN GATE PLAZA RUN: (March 21, San Francisco) - 6.931 Mi. - 1-Fitzgerald/PMK 36:51, 2-Torres 38:07, 3-Steer 38:13, 4-Weidinger/ETC 38:27, 5-Benz/WVTC 38:36, 6-Swezey/PMK 38:49, 7-Martinez 38:58...10-Mike Boitano 40:10, 66-Betsy White/WVTC 47:06, 70-Jeannie Kayser (40+) 48:03, 78-Peggy Lavelle 48:12, 83-Gail Gustafson 48:39. /Tim Smith--DSE Newsletter/

3RD MORRO BAY 5-MILER: (March 27, Morro Bay) - 1-Bob Ridley/CCAC 25:42, 2-Thoma/SLDC 26:05, 3-Schofield/SBAA 26:06, 4-Beaton/SLDC 26:20, 5-Nanninga/WVTC 26:20, Rupp/STC 26:23, 7-Wegener/FPTC 26:51, 8-Waterbury/SLDC 27:13, 9-Hull/SLDC 28:15, 10-Pena/CDM 28:24...14-Carman(40+)/SBAA 29:26, 15-Delgado(40+)/Un 29:30...27-Barbara Arreola/SLDC 30:30, 32-Mary Carman/Un 31:25. /Stan Rosenfield/

DSE LEGION OF HONOR RACE: (March 28, San Francisco) - 4.5 Mi. - 1-Bob Miller/CWTC 24:01, 2-D. Martinez 24:16, 3-Larsen 24:19, 4-Weidinger/ETC 24:24, 5-Steer 24:30...64-Maryetta Boitano 29:59, 66-Gail Gustafson 30:02. /Tim Smith--DSE Newsletter/

RRC 12-KILO X-COUNTRY RUN: (April 3, Belmont--Crystal Sprgs XC Course) /Rain/ 1-Denis O'Halloran/Un 42:35, 2-David Fuller 43:53, 3-Weidinger/ETC 46:06, 4-Lee 47:14, 5-Jerome/Un 48:05, 6-Egley(50+)/Un 49:24, 7-Mann/ETC 49:56, 8-Northacker 49:56, 9-Nielsen 50:05, 10-K. O'Connor 51:09. /Len Wallach/

8TH BIRCH BAY MARATHON: (April 10, Blaine, Wash.) /70°/ 1-Jim Pearson 2:30:19, 2-Dave Hambly 2:37:06, 3-Case 2:40:00, 4-Prior 2:43:48, 5-Soler 2:47:56. /Jim Pearson/

SRRC ONE-HOUR RUN: (April 11, Arcata) - 1-Chuck Smead 12/307, Bunnell 11/400, Elias 11/30...Marilyn Taylor 9/110. /D.Meyer/



(Above) Part of the NCR's Boston Tour Group ready to depart from Boston's Logan Airport after "The Ordeal"...several photos pieced together by Ron Neumann (pretty good, Ron!). (Left) NorCal's top woman finisher was Judy Gumbs in 3:12:27 (your editor to the left). /Jeff Johnson Photo/

FULTZ WINS HOTTEST BOSTON MARATHON: (April 19, Boston) - The 80th Annual Boston Marathon is now history, but the memory lingers on for most of those that ran in this year's 'ordeal'. With record temperatures sweeping the Northeast, all the marathoners were praying for rain or cooler temperatures which didn't appear... but the day before would have been worse, because sea breezes at least cooled off downtown Boston and points nearby on raceday. However, the temperature at the starting line was in the mid-90 range and very humid. Temperatures really didn't start to drop until well into the race (and then it was too late), but for the ones that struggled on towards the finish, the drop in temperature (to the mid-60's at the end) was a savior. Little-known Jack Fultz took the race from a top-quality field that included New Zealand's Jack Foster and many top Latin American runners who were used to the unseasonal temperatures. Fultz's 2:20:19 clocking was indeed incredible since it was his PR...he was the only runner from the U.S. to dip under the Olympic Trials qualifying standard of 2:23. Top Californian to finish was Ron Kurrle of Long Beach. His 2:26:22 was good enough for eighth place among the some 2000 starters. Kim Merritt ran a strong race to whip California's Miki Gorman in the women's competition, recording an excellent 2:47:10 (to 2:52:26), despite severe blisters and exhaustion from the heat. Last year's winner, Liane Winter of Germany, had noticeable problems with the heat and wilted to tenth in 3:11:55 this year. --- We don't have all the

official results yet, but below are the somewhat official times (& some places) of NorCal finishers. If we missed you, write us and we'll get you next time (we should have the official results by then too). --- (1) Fultz/G'twn Univ. 2:20:19, (2) Cuevas/Mex 2:21:13, (3) de Jesus/Puerto Rico 2:22:10, (4) Foster/NZ 2:22:30, (5) Berka/Minn 2:24:32, (6) Pacheco/Puerto Rico 2:25:11, (7) Burke/Mass 2:26:12, (8) Kurrle/Long Beach 2:26:22, (9) Slusser/JH 2:26:40, (10) Fiskin/NZ 2:26:44... (276) Joe Maher 2:53:45, (298) Jim O'Neil/SFOC 2:54:54, (347) Peter Wood/NCS 2:56:36, (388) Ray Bonner 2:58:56, (413) Brian Bonner 2:59:59, (418) Bob Layton 3:00:07, (499) Kees Tuinzing 3:03:53, (599) Ed Jerome 3:07:12, (749) Walt Van Zant 3:12:22, (754) Jack Leydig 3:12:27, (796) Armando Menocal 3:13:47, (803) Chuck Stagliano 3:14:03, (832) Theo Jones 3:15:13, (857) Richard Jackson 3:15:52, (859) Harold DeMoss 3:15:56, (886) Ralph Paffenbarger 3:17:01, (949) Stu Ruth 3:20:10, (1039) Jack Garnett 3:22:54, (1071) Mike Boitano 3:24:13, (1103) Don Lucero 3:25:39, (1121) John Kerr 3:26:13... Steve Subotnick 3:27, Lee Holley 3:27, Gary Near 3:29, John Sheehan & Harry Cordellos 3:29, Larry Fox 3:32, Gene White 3:35, Sid Wolinsky 3:39, Flory Rodd 3:40, Richard Houston 3:40, John Naylor 3:44, Mel Cotter 3:46, Mike O'Neil 3:51, Tom Fong 3:59, Harry Hlavac 4:30. --- (11) Judy Gumbs 3:12:27, (13) Gail Gustafson 3:14:02, (14) Joan Ulyot 3:14:37, (16) Penny DeMoss 3:15:55, (21) Ruth Anderson 3:18:22, (28) Jeanie Kayser 3:23:28... Betsy White 3:30, Louise Burns 3:31:15, Kathy Himmelberger 3:37:40, Mary Healy 3:47:16, Julie Ortiz 4:14.

FERRERO AND LARSEN GRAB BIDWELL CLASSIC VICTORIES: (March 6, Chico) - A record field turned out for the 3 and 12 mile Bidwell Park races with the winners of both races having little trouble with their competition. Lee Ferrero handled Pat Finn (14:42 to 15:08) in the shorter of the two runs, while Mike Larsen upended Pat Buzbee by 40-seconds with his 1:06:57. Dick Symons won the masters division in the 3-mile (18:33), but most of the old guys chose the harder route, with Bob Malain upending John Jamieson, 1:12:12 to 1:12:51, as 50-year-old Dennis Egley grabbed the third spot in 1:14:16. Carol Stanley pulled off a one-second victory over Lisa Foy, 19:33 to 19:34, while Jennifer Daniell took a clear victory over Stephanie Atwood in the longer trek (1:30:32 to 1:32:12). A total of 111 finished the 3-miler, while only 42 decided to go four times that distance. /Walt Schafer/

1-Lee Ferrero/Redding 14:42	7-Jeff Liedtke/Pl'ville 16:36	13-Tom Hayes/Chico 17:21	19-Steve Growdon/Chico 17:53
2-Pat Finn/Chico 15:08	8-Greg Williams/Chico 16:38	14-John Lundquist/Chico 17:25	20-Danny Roa/Princeton 18:11
3-Bob Coulson/Placerv'le 15:35	9-Jim Middleton/Redding 16:38	15-Craig Doty/Willits 17:27	21-Dave Swearingen/Pr'tn 18:11
4-Mike Brown/Shingle Sgs 15:44	10-Kevin Boone/Chico 17:09	16-Tony Osa/Chico 17:28	***WOMEN***
5-Tom Olson/O'Brien 16:23	11-John Maran/Paradise 17:17	17-Robert Chavez/Chico 17:31	43-Carol Stanley/Chico 19:33
6-Wayne Moss/Weaverv'le 16:31	12-Gary Grant/Chico 17:18	18-Pat Clark/Vacaville 17:45	44-Lisa Kay Foy/Chico 19:34
1-Mike Larsen/Vacaville 66:57	7-Brent Cushenbery/Resc 70:07	13-Ed Stromberg/Sac'to 74:04	19-David Moss/Kelseyville 78:07
2-Pat Buzbee/Turlock 67:37	8-David Mineau/Chico 71:15	14-Dennis Egley/Snyvle 74:16	20-Steve Crescenti/Chico 78:55
3-Bill Flint/Chico 68:32	9-Bob Malain/Redding 72:12	15-Tom Wilson/Chico 75:04	21-Guy Ealey/Davis 79:01
4-Jeff Wray/Chico 69:07	10-John Jamieson/App'gte 72:51	16-Harry Daniell/Redding 75:23	***WOMEN***
5-Paul Keller/Pl'ville 69:25	11-Paul Koski/ETC 73:25	17-John Lanzavecchia/Chic 76:11	32-Jennifer Daniell/Rdg 90:32
6-Mike Buzbee/Yuba City 70:03	12-Steve Swensey/Vac'vle 73:51	18-Jim Remillard/Chico 77:04	35-Stephanie Atwood/Pdmt 92:12

JAN SERSHEN BEATS HEAT AND COMPETITION AT PA-AAU 30-KILO: (March 7, Corralitos-Watsonville) - Excelsior TC's Jan Sershen, used to the cool fog of Pacifica, didn't let the warm temperatures bother him at all as he cruised a PR 1:38:56 over the rolling 18-mile plus course near Watsonville. Nearest competition was Jim Sane (used to the hot weather--from Sacramento area), who finished over a half-mile back at 1:42:27. Amazing Jim Shettler showed why he was the top over-40 runner in the Pacific Association last year as he grabbed fifth spot overall in a fine 1:46:06. Jim O'Neil also did a fine job with his 1:52:37 for second in that division. Jim is in Division II (over-50). The race for the women's title was a lot more exciting, with the lead changing hands several times during the course of the run. Come-backing Judy Gumbs, apparently free from her nagging injuries of late last year, edged ahead of teammates Penny DeMoss and Kathy Himmelberger in the final stages to record a 2:03:50 victory, which averages out to a 6:39 per mile. Penny's 2:04:23 and Kathy's 2:04:55 were also very fast. Senior Teams: WVTC, Excelsior TC, WVJS. Women's Teams: WVTC "A", WVTC "B". Master's Teams: NCSTC. For those that are interested, Jan's winning per mile average figures out to a 5:18, while Shettler clocked out at 5:42's. Ruth Anderson was seventh woman overall and was the first masters woman to finish, some 12 minutes ahead of Carroll O'Conner in 2:17:35. A total of 89 runners completed the two-loop course, with all finishers making it in under 3 hours! Last place was 2:54:23. The top 46 finishers and top 7 women are listed on page 23. /Mike Jones/

1-Jan Sershen/ETC	1:38:56	19-Bruce Rider/WVJS	1:57:30	37-Dwight Hendrix/Un	2:04:09
2-Jim Sane/Buffalo Ch.	1:42:27	20-Ed Lopez/BRC	1:57:43	38-Penny DeMoss/WVTC	2:04:23
3-Al Hernandez/WVTC	1:43:07	21-Jim Nicholson/NCS	1:57:56	39-Henry Lelin/Un	2:04:48
4-Gary Goettelmann/WV	1:45:27	22-Wayne Purnell/Un	1:58:09	40-Kathy Himmelberger	2:04:55
5-Jim Shettler/WVJS	1:46:06	23-John Armstrong/Un	1:58:10	41-Phil Sanfilippo/WVJS	2:06:16
6-Dave Himmelberger/WV	1:46:22	24-Walt Van Zant/WVJS	1:59:25	42-Colby Harmon/Un	2:06:26
7-Frank Krebs/BCTC	1:46:38	25-Ed Jerome/AmNatl	2:00:20	43-Hoyt Walker/LVRC	2:06:55
8-Fritz Watson/WVTC	1:46:42	26-Ed Lee/LVRC	2:00:46	44-Bob Lewis/BRC	2:07:22
9-John Sheehan/WVTC	1:48:38	27-Tom Mann/ETC	2:00:56	45-Bob Romano/TRAC	2:08:22
10-Tad Woliczko/Un	1:49:18	28-Bill Catanese/Un	2:01:23	46-John McCrillis/TRAC	2:08:26
11-Arne Nelson/Un	1:50:30	29-Ed Dally/WVTC	2:02:11	***WOMEN***	
12-Doug Butt/WVTC	1:52:00	30-Lee Holley/Un	2:02:42	36-Judy Gumbs/WVTC	2:03:50
13-Jim O'Neil/Un	1:52:37	31-Wendy Seablom/Un	2:02:51	38-Penny DeMoss/WVTC	2:04:23
14-John Clary/TRAC	1:53:24	32-Dieter Diekmeyer/Un	2:03:18	40-K. Himmelberger/WV	2:04:55
15-Rick Rockwell/ETC	1:55:15	33-Gary Temple/Un	2:03:30	51-Sharon Furtado/Un	2:09:22
16-Dan Moore/LVRC	1:56:35	34-John Brazinsky/Un	2:03:33	56-Peggy Lyman/WVTC	2:12:08
17-Brian Bonner/LVRC	1:56:35	35-Eric Steiner/Stanford	2:03:49	61-Louise Burns/Un	2:15:17
18-Bill Peck/Un	1:57:13	36-Judy Gumbs/WVTC	2:03:50	66-Ruth Anderson/NCS	2:17:35



PA-AAU 30-Kilo champ, Jan Sershen, shown winning his club's East End Run in Golden Gate Park. /David Warren Photo/



Start of this year's Lake Merced 5-Mile Masters Run, won by Jim Shettler in 26:38. /D. O'Rourke/

SHETTLER DEFENDS MASTERS TITLE AT LAKE MERCED: (March 14, San Francisco) - Although missing his 1975 course standard of 26:19, NorCal's top over-40 runner, Jim Shettler, left little doubt that he was going to win early in the going. After a mile or so, he pulled away from spunky 50-year-old Jim O'Neil and opened about a 100-yard gap by 3 miles. In the closing stages, however, O'Neil appeared to maintain the distance he had lost and wound up only 20 seconds behind at the tape. Dennis Teeguarden was a badly beaten third in 28:07, just eight seconds ahead of NorCal Srs. teammate, John Finch. Another great effort was turned in by 59-year-old Ed Preston as he made it under the 6-minute per mile barrier with a quick 29:50, good enough to place twelfth overall. Jeanie Kayser pulled an upset of sorts when she upended perennial women's masters champ, Ruth Anderson, 32:46 to 33:08. Fast-improving Carroll O'Conner was third in 33:45. A total of 120 finished this very popular masters 'championships'. /Bettencourt/

1-Jim Shettler/WVJS	26:38	12-Ed Preston	29:50	23-Vic Crosetti/TRAC	31:30	34-Jim Collins	33:03
2-Jim O'Neil/SFOC	26:58	13-Bob Romano/TRAC	29:59	24-Bruce Dingwall	31:32	35-Ruth Anderson/NCS	33:08
3-Dennis Teeguarden/NCS	28:07	14-Don Carpenter/SRC	30:03	25-Frank Cuzillo/NCS	31:43	36-Jim Waste	33:26
4-John Finch/NCS	28:15	15-Mickey Moberg/LVRC	30:17	26-Douglas Moore	32:21	37-Richard Larson	33:30
5-Jerome Lewis/NCS	28:42	16-Paul Weggenmann	30:24	27-Frank Young/Un	32:26	38-Carroll O'Conner/NCS	33:45
6-Jim Nicholson/NCS	28:52	17-Phil Paulson/NCS	30:41	28-Pete Dahl	32:33	39-Bill Bugler	33:49
7-Tom Purkiss/Mam'th Mtn	29:24	18-Richard Austin	30:46	29-David Williams	32:34	***WOMEN***	
8-John Jamieson/Ap'gate	29:29	19-Rich Mueller	30:54	30-Ed Good	32:35	32-Jeanie Kayser/PMK	32:46
9-George Moss/WVJS	29:44	20-Don Lucero/WVTC	30:59	31-Ed Heinlein/NCS	32:42	35-Ruth Anderson/NCS	33:08
10-Carl Martin/WVJS	29:46	21-Ray Minkel/SFPD	31:10	32-Jeanie Kayser/PMK	32:46	38-Carroll O'Conner/NCS	33:45
11-John Soubier/DSE	29:48	22-K.C. Shaw	31:14	33-Jim Killeen	32:55	66-Ruth Dettering/NCS	36:05

KEN MISNER BLITZES 'STAMPEDE' FIELD: (March 21, Sacramento) - Florida TC's Ken Misner, currently with the Air Force in Sacramento, didn't have much of a lead halfway through the race, but over the last 5 miles he showed his national class form appears to be returning by leaving Pete Flores nearly a minute arrears in the 10-Mile Buffalo Stampede, held in conjunction with the Natl. 50-Kilo (see next page). The warm conditions held down the times, and Misner was a long ways off Ron Elijah's 1975 standard of 50:22. George Martin of the Aggie TC took the masters field apart with a fine 54:43 to upend Jim O'Neil, who did 57:38. Karen Bain and Sharon Furtado had a real battle in the women's race with Karen finally pulling ahead to a 7-second margin, 63:44 to 63:51. No one else was close. The 172 finishers were treated to free beer by the sponsoring Buffalo Distributing Co., and no one seemed to have any qualms with the 80-degree temperatures towards the end of the race. /Abe Underwood/

1-Ken Misner/FTC-USAF	51:13	21-Bruce Jones/Un	57:34	41-Robert Malain/NCS	62:03	61-E. Eisenbud/AMJA	64:14
2-Pete Flores/Aggie TC	52:03	22-Jim O'Neil/SFOC	57:38	42-Ray Sibley/Solano TC	62:07	62-Jim Finnegan/BCTC	64:27
3-Angelo Martinez/Aggies	53:11	23-Gordon Innes/MH	58:14	43-Dieter Diekmeyer/SUND	62:09	63-Howard Jacobson/BCTC	64:48
4-Jim Birnbaum/WVTC-USAF	53:23	24-Bob Bunnell/MH	58:15	44-Walt Lange/BCTC	62:15	64-Martin Dugard/CB	64:50
5-Tom Castro/Un	53:28	25-Don Makela/Un	58:17	45-Mickey Moberg/LVRC	62:30	65-A.A. White/Ophir	64:58
6-James Howard/Un	53:56	26-Ron Elijah/Un	58:18	46-Bob Woodliff/WVJS	62:35	66-Keith Hastings/Un	65:10
7-Unidentified Runner	54:16	27-Bob Jamieson/Un	58:19	47-Ed Stromberg/BCTC	62:39	67-Larry Sumner/BCTC	65:13
8-Frank Donahue/ETC	54:34	28-Terry Casey/ETC	58:30	48-Don Spickelmier/BCTC	62:48	68-Charles Albert/BCTC	65:17
9-Gary Singer/Un	54:39	29-Paul Keller/HH	59:00	49-Evan MacBride/BCTC	62:58	69-Lee Fox/BCTC	65:22
10-George Martin/Aggies	54:43	30-Ross Rowley/Un	59:02	50-James Dix/Un	63:05	70-George Dugard/CB	65:24
11-Harry Ellis/WVTC	55:30	31-Robert Ogg/BCTC	59:12	51-John Dressler/LVRC	63:08	71-Jonathon Brown/BCTC	65:29
12-Walt Schafer/Chico RC	55:34	32-David Brown/Un	59:30	52-John Baker/Un	63:13	72-Mike Andrews/ChicoRC	65:34
13-Frank Krebs/BCTC	55:45	33-Bob Keller/Un	59:36	53-Larry Pugh/Un	63:17	73-Joe Diaz/Ophir	65:36
14-Mike Conroy/ETC	56:13	34-Paul Koski/ETC	59:41	54-Tellus Calhoun/Un	63:19	***WOMEN***	
15-Tim Jordan/Un	56:30	35-Stephen Swesey/MVTC	59:46	55-Luis Bernal/BCTC	63:20	59-Karen Bain/RioAm.HS	63:44
16-Joe Taxiera/Aggie TC	56:57	36-Robin Clark/Un	59:47	56-Miles Pepper/Ophir	63:28	60-Sharon Furtado/Un	63:51
17-Peter Marks/Aggie TC	56:58	37-Rick Rockwell/ETC	59:51	57-Ralph Waller/Un	63:34	109-Karen Bessey/SUND	72:57
18-Craig Wells/Linc. HS	57:00	38-Harold DeMoss/WVTC	59:55	58-Bob Felsch/Un	63:43	123-Madeleine Roesse/Un	76:27
19-Bob Myers/Pamakids	57:10	39-Larry Main/WVTC	60:08	59-Karen Bain/Rio Amer.HS	63:44	131-Jeani Fuller/NCTC	77:47
20-Doug Rennie/BCTC	57:29	40-Paul Holmes/BCTC	60:33	60-Sharon Furtado/Un	63:51	132-Tammy Reneau/NCTC	77:48



(Left to Right) Ken Misner at the turnaround (5 miles), on his way to victory at the Buffalo Stampede. -- Chuck Smead is running back along the river, on his way to a U.S. 50-Kilo best. /Jim Engle photos/ Penny DeMoss also set a U.S. record for women in the same race. /Abe Underwood/ Jim Nuccio took the PA-AAU 15-Kilo by a full two-minute margin over Jan Sershen. /Dennis O'Rorke/

SMEAD AND DEMOSS SET U.S. RECORDS AT 50-KILO: (March 21, Sacramento) - Chuck Smead ran what was almost a time trial for his Natl. 50-Kilo victory and U.S. standard of 2:50:45.8. After passing through the 10-miles in 53:39, leaving his closest competition (Jim Pearson and Darryl Beardall) nearly a mile behind, he proceeded to pass the half-way point in 1:23:12 and the marathon in an unbelievable 2:18:26! Pearson, U.S. 50-Mile record-holder, pulled ahead of local ace Darryl Beardall over the last 10 miles and won going away for second (3:03:39 to 3:06:18). Truman Clark led the masters contingent in 3:20:30, some 7:25 up on John Rudberg. Best local finisher was Dick Willets in 3:59:13 for fifth in the over-40 Championship. Penny DeMoss defended her PA-AAU title and lowered her own US standard for the distance to 3:48:27 after passing the marathon in 3:10:41. Ruth Anderson's 4:17:53 was next and is certainly a US standard for masters (women). The Six Rivers RC grabbed the National Sr. team title, with the Buffalo Chips next, while the Seniors TC of Los Angeles upended the local Tax Reducers for the Masters National title. A total of 41 of the original 54 starters managed to endure the high temperatures (up to 80°) and finished. Below are the combined placings of both the senior and masters divisions, with masters denoted by an asterisk (*) preceding the time. /Harold DeMoss/

1-Chuck Smead/SRRC	2:50:46	9-Ed Jerome/Un	3:27:07	17-Bob Cooper/WDS	3:48:57	25-Walt Betschart/BCTC*	4:07:24
2-Jim Pearson/FFRR	3:03:39	10-John Rudberg/STC	*3:27:25	18-Don Kirby/SRRC	3:50:47	26-Bob Romano/TRAC	*4:07:54
3-Darryl Beardall/MH	3:06:18	11-Brian Bonner/LVRC	3:30:06	19-Fraser Rasmussen/BC	3:51:46	27-Jack Harper/STC	*4:09:21
4-Brian Chapman/OreTC	3:10:05	12-Jim Sane/BCTC	3:31:10	20-Tom Moungey/ChicoRC	3:52:33	28-Hoyt Walker/LVRC	4:11:05
5-Howard Labrie/SRRC	3:11:30	13-Dave Parker/STC	*3:31:27	21-Mike Souza/BCTC	3:56:35	***WOMEN***	
6-Kaj Johansen/SDTC	3:18:26	14-Bill Peck/Bakfld TC	3:45:40	22-Tom Bowen/Un	3:57:22	16-Penny DeMoss/WVTC	3:48:27
7-Truman Clark/BHS	*3:20:30	15-Don Jones/STC	*3:48:02	23-Dick Willets/Un	*3:59:13	29-Ruth Anderson/NCS	*4:17:53
8-Jack Leydig/WVTC	3:24:47	16-Penny DeMoss/WVTC	3:48:27	24-Terry Lingbloom/FFRR	4:06:18	32-Yvette Cotte/WVTC	4:26:16

NUCCIO WHIPS STRONG 15-KILO FIELD: (March 27, Los Altos Hills) - Seemingly recovered from his four pulled wisdom teeth (see PHOTO QUIZ answer to last issue on page 4), and probably a bit stronger from a forced rest, Jim Nuccio continued his domination of local road runs with a brilliant 44:59 clocking on the new certified 15-Kilo loop in Los Altos Hills (actually 3 loops). Clicking off 4:50 miles like they were part of his makeup, he pulled away from all opposition early in the race (shortly after a mile) and built up a 2-minute margin over Jan Sershen, recent 30-Kilo champ, at the finishline. Bill Seaver nabbed the next spot in 47:46. The masters competition was much closer, but only between two runners. Jim Shettler had to fight hard to stay ahead of determined Jim O'Neil, as both placed in the top 15 and recorded scintillating times of 50:14 and 50:27, the latter surely being a US Masters Div. II best. Ken Napier was a distant third in 53:13. Shettler's time averages out to an amazing 5:23 per mile! The women had a lot of class in their division too as Vicky Bray averaged 6:04 per mile to clock a super 56:35, well ahead of Penny DeMoss' 57:59 and Judy Gumbs' 58:12. Kathy Himmelberger and Kerry Brogan also dipped under one hour (6:26/mile). West Valley TC grabbed team titles in both the senior men's and women's divisions, while the West Valley Joggers upset the NorCal Seniors for the masters title. The race also featured a random drawing for various merchandise awards (mostly food!). /Dave Himmelberger & Bill Clark/

1-Jim Nuccio/WVTC	44:59	22-Terry Casey/ETC	52:49	43-Harold DeMoss/WVTC	55:54	64-Judy Gumbs/WVTC	58:12
2-Jan Sershen/ETC	46:59	23-Edward Lee/LVRC	52:59	44-Bill Catanese/Un	56:14	65-Mickey Moberg/LVRC	58:25
3-Bill Seaver/WVTC	47:46	24-Ken Napier/WVJS	53:13	45-Don Dugdale/Un	56:30	66-Bill Lovelace/RRC	58:26
4-John Sheehan/WVTC	48:02	25-Peter Wood/NCS	53:23	46-Michael Fenner/Un	56:32	67-Preston Hill/WVJS	58:34
5-Denis O'Halloran/Un	48:32	26-Walt Van Zant/WVJS	53:38	47-Phil Sanfilippo/WVJS	56:33	68-Paul Kellman/TRAC	58:37
6-Daryl Zapata/WVTC	48:47	27-Ed Johnson/Un	53:38	48-Vicky Bray/Un	56:35	69-Richard Cooper/MIM	58:48
7-Gary Goettelmann/WVTC	49:30	28-Keith Larson/Un	53:38	49-Marvin Winer/WVTC	56:47	70-Edward Syrett/Un	58:50
8-Jack Leydig/WVTC	49:36	29-Gary Alderman/Un	53:51	50-Tim Chalmers/Un	56:55	71-Loren Blaco/Un	58:55
9-Bruce Rider/WVJS	49:40	30-Kurt Sterling/Un	53:58	51-Don Carpenter/SRC	56:59	72-Peter Alexander/Un	58:56
10-John Weidinger/ETC	49:57	31-John Finch/NCS	54:10	52-George Moss/WVJS	57:06	73-Colby Harmon/Un	58:57
11-Jim Shettler/WVJS	50:14	32-Jerome Lewis/NCS	54:16	53-Charles Sinclair/SRC	57:11	74-Don Lucero/WVTC	59:05
12-Bob Darling/ETC	50:23	33-Kent Guthrie/WVJS	54:24	54-Carl Martin/WVJS	57:14	75-Kathy Himmelberger/WV	59:12
13-Homer Latimer/Un	50:26	34-John Hellman/Un	54:25	55-Mark Scheuer/Un	57:15	***WOMEN***	
14-Jim O'Neil/SFOC	50:27	35-Larry Washington/WVTC	54:38	56-Evan MacBride/BC	57:18	48-Vicky Bray/Un	56:35
15-Dick Schupbach/WVTC	50:29	36-Gary Temple/Un	54:40	57-John Dressler/LVRC	57:19	63-Penny DeMoss/WVTC	57:59
16-Bruce Wolfe/WVTC	50:31	37-Robin Clark/Un	54:46	58-Skip Marquard/WVTC	57:28	64-Judy Gumbs/WVTC	58:12
17-Ralph Bowles/WVJS	50:50	38-Rick Lenon/Un	54:50	59-Henry Melin/Un	57:33	75-Kathy Himmelberger/WV	59:12
18-Chris Steer/PMK	51:39	39-Jim Nicholson/NCS	54:54	60-Larry Guinee/Un	57:44	81-Kerry Brogan/Un	59:59
19-Jerry Hall/Un	52:23	40-Dennis Egly/Un	55:01	61-Kenneth Israel/WVJS	57:46	93-Ruth Anderson/NCS	62:36
20-Tim Swezey/PMK	52:29	41-Ed Jerome/Un	55:25	62-Brian Jarvis/Un	57:51	103-Carroll O'Conner/NCS	64:11
21-Bill Spence/WVTC	52:32	42-Mike Healy/WVJS	55:34	63-Penny DeMoss/WVTC	57:59	119-Jamie Lynch/Un	66:28

WOLICZKO UPENDS BEARDALL AT IL SAN JO: (March 28, Santa Rosa) - Darryl Beardall appeared to have a good shot at winning on his home course (he lives a few miles away), but Tad Woliczko surprised with his first win of the year in 56:44 for the 10-Miler, and Beardall followed, seven seconds back. Bob Bunnell was next at 57:05. Betsy White had little trouble with the women on the hilly cross-country terrain, winning in 72:39, a mile ahead of Jeannie Kayser. Craig Roland (62:07) surprised Ross Smith (62:24) in the over-40 class. Bob Malain was third at 63:34...111 finished. /David Hughes/



(Above) Start of Lake Il San Jo 10-Miler. (Right) The winner, Tad Woliczko. /Jim Engle Photos/

1-Tad Woliczko/Un	56:44	17-Lloyd Sampson	62:57	33-Scott Dowthit	67:08
2-Darryl Beardall/MH	56:51	18-Tad Wilson	62:58	34-Larry Pugh	67:11
3-Bob Bunnell/MH	57:05	19-David Sjostedt	63:20	35-Dennis Johnson	67:16
4-Robert Parks/VMTC	57:11	20-George Ridout	63:26	36-Gene White	67:31
5-Gene Fitzgerald/PMK	57:20	21-Bob Malain/NCS	63:34	37-Mike Andrews	67:41
6-Clark Rosen/Un	58:31	22-John Malankey	64:05	38-Jack Ball	67:49
7-Pete Flores/Aggie TC	59:25	23-Clifford Stewart	64:30	39-Joe Fiori	68:04
8-Dave Warren/ETC	59:47	24-Lee Damron	64:31	40-Theo Jones	68:11
9-Hersh Jenkins/SRRC	61:24	25-Fred Wellman	65:01	41-Charles Albert	68:17
10-Mike Coke/GPPMB	61:50	26-James Carson	65:59	***WOMEN***	
11-Glen McCarthy	61:53	27-Mike Pena	66:16	56-Betsy White/WVTC	72:39
12-Sal Citarella	62:00	28-Philip Little	66:29	78-Jeannie Kayser/PMK	79:22
13-Craig Roland	62:07	29-Thomas Moungey	66:36	84-Susan Medway	82:56
14-Ross Smith/Un	62:24	30-Wesley Hurlbut	66:42	89-Karen Scannell	84:21
15-Bob Myers/PMK	62:26	31-Larry Sumner	67:01	90-Ruth Dettering/NCS	84:32
16-Ed Jerome/Un	62:50	32-Abe Underwood/BC	67:02	91-Pris Myers/PMK	84:40

SERSHEN GRABS ANOTHER WIN AT LOCKHEED-ARROW 10-KILO: (April 4, Sunnyvale) - Taking the lead from the gun, Excelsior's top gun, Jan Sershen, recorded another road win, besting WVTC's Bill Clark, making a strong comeback after an injury caused a short cutback in training. Jan's 31:13.4 was a full 220 yards (38 seconds) ahead of Clark. John Routh, also running well after an injury last fall, took third in 32:18. Most felt that the layout was a bit longer than 10-Kilos, although it was a supposedly certified circuit (someone wanna check it?). Ken Napier held off Jerry Lewis, 34:49 to 34:52, for the masters title, and LDR Chairman Harold DeMoss was next with 36:16. The women's race was a real close with Roxanne Bier nipping Vicky Bray and Sharon Furtado as all three were at 6-minute/mile pace. Bier had 37:01, with the other two at 37:09 and 37:15. Jim Myers was the boys' 12-Under winner with a good 38:35, which netted him 51st overall in a field of 185 finishers. Danny Gonzalez did 36:56 to grab honors in the 13-16 age-group. Carroll O'Conner led the women-over-forty with a good 43:56 effort. /Warren Olds/

1-Jan Sershen/ETC	31:13	23-Bob Paredes/Camden	35:57	45-Evan MacBride/BC	37:50	67-Charlie Lewis/ATC	39:41
2-Bill Clark/WVTC	31:51	24-Bob Woodliff/WVJS	36:13	46-Robert Sferra/Un	37:51	68-Glenn Olds/ATC	39:46
3-John Routh/Menlo TC	32:18	25-Harold DeMoss/WVTC	36:16	47-Peter Alexander/Un	38:06	69-Kenneth Moore/NCS	39:47
4-Jack Leydig/WVTC	33:00	26-Bertram Johnson/Un	36:30	48-Joe Ballard/Un	38:15	70-Jeff Rossman/ATC	39:53
5-Gordon McIlroy/Wales	33:12	27-Jim Moore/Un	36:32	49-Dennis Parks/GER	38:27	71-Michael Small/MVS	39:57
6-Dave Himmelberger/WVTC	33:13	28-Peter Wood/NCS	36:36	50-John Whetstone/Un	38:31	72-Rich Henk/Un	40:02
7-Bill Benz/WVTC	33:36	29-Kurt Sterling/Un	36:39	51-Jim Myers/PMK	38:35	73-Lorenzo Chambliss/Un	40:13
8-Homer Latimer/Un	33:45	30-Marvin Winer/WVTC	36:41	52-Ken Israel/WVJS	38:36	74-Ann Wotherspoon/SJC	40:15
9-Bill Meinhardt/WVJS	33:51	31-John Jent/Un	36:50	53-Jon Reyes/Un	38:39	75-Roy Scellato/Un	40:19
10-Gerald Werner/Un	33:56	32-Michael Healy/WVJS	36:54	54-Ron Kovacs/TRAC	38:40	76-Chuck Holdaway/MPAC	40:22
11-Jay Marlowe/CWTC	34:22	33-Danny Gonzalez/ATC	36:56	55-Kerry Brogan/ATC	38:41	77-Jackie Marvin/ATC	40:23
12-Jake White/TRAC	34:23	34-John Flather/TRAC	36:59	56-Ed Birmingham/TRAC	38:44	***WOMEN***	
13-Robert Wellock/MPAC	34:26	35-Roxanne Bier/SJC	37:01	57-Dick Croteau/WVJS	38:56	35-Roxanne Bier/SJC	37:01
14-Bob Myers/PMK	34:37	36-Vicky Bray/Un	37:09	58-Dan Gray/ATC	39:04	36-Vicky Bray/Un	37:09
15-Robert Mahon/WVJS	34:39	37-John Ulate/Un	37:12	59-Dee Baltzer/Un	39:11	40-Sharon Furtado/Un	37:15
16-Ken Napier/WVJS	34:49	38-Anthony Flores/Un	37:12	60-Sheldon Gersh/TRAC	39:13	55-Kerry Brogan/ATC	38:41
17-Jerry Lewis/NCS	34:52	39-Santos Reynaga/WVTC	37:13	61-Edward Syrett/Un	39:14	65-Demetra Mavis/SJC	39:32
18-Larry Washington/WVTC	34:54	40-Sharon Furtado/Un	37:15	62-Robert Kennedy/Un	39:17	74-Ann Wotherspoon/SJC	40:15
19-Michael Coke/GPPMB	34:59	41-Terry Mullen/TRAC	37:15	63-Jerry Costa/MVS	39:22	77-Jackie Marvin/ATC	40:23
20-Kerry Kilgore/SUND	35:01	42-Mark Scheuer/Un	37:33	64-Len Brink/Un	39:23	82-Estella Guina/SJC	40:34
21-Clifford Stewart/TRAC	35:03	43-John Ryan/Un	37:33	65-Demetra Mavis/SJC	39:32	93-Michele Miller/AppTC	41:29
22-Rich Stiller/TRAC	35:29	44-Bob Romano/TRAC	37:42	66-Craig Shore/Un	39:39	100-Gail Gustafson/Un	42:18

RON WAYNE OUTKICKS TIGHT PACK AT GOLDEN GATE PARK 8-MILER: (April 10, San Francisco) - Known more for his endurance than his kick, WVTC'er Ron Wayne displayed a vicious kick coming off the top of the final hill at the popular Golden Gate 8-Miler. A tight pack of Wayne, Bill Seaver, Jan Sershen, and visiting Kim Nutter stayed together until the last uphill stretch when it came down to who had the biggest kick. Although it appeared a tactical race with no one making a move until the end, the times were good... only Wayne Badgley & Jim Nuccio's course record (39:50) and Jack Leydig's 40:54 are faster than the top four times this year. The masters field didn't have near as much depth as the open race, and Mike Healy took it upon himself to nip Dieter Diekmeyer by 7 seconds to win it, 48:09 to 48:16, with Tom O'Brien a well-beaten third (49:56). Sharon Furtado clipped Maryetta Boitano's course standard for women, running 50:03 (old mark was 50:50) and soundly beating an injury-free Phyllis Olrich, cautiously making her first road appearance of 1976. Ruth Anderson led the masters women and was third female overall with a fine 54:38. Larry Guinee did 50:06 to annex the junior (13/Under) plaque. West Valley TC was a 9-minute plus team victor (add top 5 times) over Excelsior TC, with the Pamakids another thirteen-plus minutes behind. A healthy 180 finished in an intermittent rain. /Jack Leydig/

1-Ron Wayne/WVTC	40:57	8-Ernie Rivas/PMK	42:14	15-Tad Woliczko/Un	43:19	22-John Weidinger/ETC	45:02
2-Bill Seaver/WVTC	40:58	9-Bill Clark/WVTC	42:48	16-Clark Rosen/PMK	43:31	23-Mike Conroy/ETC	45:29
3-Jan Sershen/ETC	41:02	10-Gary Goettelmann/WVTC	42:50	17-Bob Darling/ETC	43:48	24-Steven Fuller/WDS	46:17
4-Kim Nutter/Army-WVaTC	41:03	11-Daryl Zapata/WVTC	42:52	18-Jon Higley/WVTC	44:17	25-Robt. Woodliff/WVJS	47:04
5-Denis O'Halloran/Un	41:43	12-Genaro Venegas/Un	42:59	19-Frank Donahue/ETC	44:21	26-I.P. de Villiers/Un	47:06
6-Pete Flores/Aggie TC	41:53	13-Dennis Tracy/WVTC	43:09	20-Bill Spence/WVTC	44:22	27-Richard Lenon/Un	47:07
7-Gene Fitzgerald/PMK	42:02	14-Tom Castro/Un	43:16	21-Romero Mendoza/VMTC	44:39	28-Kees Tuinzing/MH	47:21

29-Ross Rowley/Un	47:27	43-Tom Mann/ETC	48:47	57-Don Swanson/Un	50:57	71-Harold Crangle/Un	52:17
30-Charles Hubay, Jr./Un	47:34	44-Mike Eash/ETC	48:51	58-David McCormack/Un	51:00	72-Bryan E. Holmes/Un	52:19
31-Robert Ogg/BC	47:38	45-Marvin Winer/WVTC	49:02	59-Rich Lyon/Un	51:09	73-Phil Holder/US Navy	52:25
32-Lloyd Sampson/Un	47:42	46-Bill Catanese/Un	49:11	60-Richard Mayers/Un	51:10	74-Tokihiko Suyehiro/Un	52:26
33-Steven Abernathy/OPTC	47:49	47-Samuel Clark/Un	49:12	61-Richard Cooper/MIM	51:11	***WOMEN***	
34-Gary Temple/Un	47:50	48-Jim Moore/Un	49:14	62-John Dugan/Un	51:12	53-Sharon Furtado/Un	50:03
35-Ted Wilson/KJ	47:57	49-Harry Nothacker/Un	49:22	63-Rob Alemany/Un	51:14	66-Phyllis Olrich/WVTC	51:16
36-Byron Richardson/WVTC	48:04	50-Marco Martin/Un	49:24	64-Philip Little/Un	51:14	89-Ruth Anderson/NCS	54:38
37-Mike Healy/WVJS	48:09	51-Monty Schafer/Un	49:49	65-Paul Weggenmann/Un	51:15	110-Jamie Lynch/Un	57:01
38-Dan Williams/Un	48:12	52-Tom O'Brien/PMK	49:56	66-Phyllis Olrich/WVTC	51:16	119-Louise Adamson/Un	57:49
39-Dieter Diekmeyer/SUND	48:16	53-Sharon Furtado/Un	50:03	67-Larry Main/WVTC	51:17	122-Karen Bessey/SUND	58:19
40-Rick Rockwell/ETC	48:22	54-Floyd Clendenen/Un	50:04	68-Donald MacDonald/Un	51:37	125-Carroll O'Conner/NCS	58:27
41-George Ridout/Un	48:29	55-Larry Guinee/Un	50:06	69-Ken Israel/WVJS	51:45	135-Karen Scannel/PMK	60:39
42-Paul Koski/ETC	48:35	56-Steve Bailey/Un	50:42	70-Richard Austin/KJ	51:54	141-Barbara Carlson/NCS	61:10



(Above) Start of Golden Gate Park 8-Miler. (Right) Top four finishers at full steam ahead. Left to right: Kim Nutter, Jan Sershen, Bill Seaver, and victor Ron Wayne. /Dennis O'Rorke/

SEAVER AND FURTADO WIN BIG AT CHARITY RUN: (April 11, Castro Valley) - Weather conditions were ideal for this first annual race, but the course was changed due to mud, shortening it about 70 yards from the original 6.9 (certified) miles. Although a bit slow due to mud, the course stayed in fairly good shape and was not sloppy. At the start, a pack of five runners (Bill Seaver, John Routh, Doug McLean, Dan Anderson and Ted Quintana--unofficial) moved out to a big lead over the field. Once they hit the hills, about 2 miles out, Seaver left them very easily. Dennis Tracy, running well back in the pack, was able to catch everyone but the leader. Seaver had gotten a close second the day before at Golden Gate Park. The different age-groupings made for great races: Homer Latimer, Ralph Bowles & Jim Shettler led the 35-44 division, while Ross Smith, Bob Malain, and Don Carpenter led the 45-and-up parade. Sharon Furtado proved she is almost unbeatable on a hilly course with a 2-1/2 minute victory and 29th overall in a finishing field of 122! Ruth Anderson did not let the 35/over age-grouping stop her, as she won her division by 7 minutes over Barbara Easterling. Profits from the race went to the Chesnut Branch of the Children's Hospital. /Dennis Tracy/

1-Bill Seaver/WVTC	37:52	13-Tim Swezey/PMK	40:54	25-John Ryan/Un	45:06	37-Terrance Noyes/Un	48:18
2-Dennis Tracy/WVTC	38:48	14-John Thomas/Chabot	40:58	26-Don Carpenter/SRC	45:10	38-Charles Hansen/Un	48:36
3-John Routh/Menlo TC	38:54	15-Ross Smith/Un	41:15	27-Paul Navaro/Un	45:35	39-Les Esterling/Un	48:43
4-Doug McLean/WVTC	39:03	16-Kent Guthrie/WVJS	41:45	28-Ralph Walker/Un	45:38	40-John Whitstone/Un	48:49
5-Homer Latimer/Un	39:25	17-Mike Cole/Un	41:45	29-Sharon Furtado/Un	45:40	41-Stephen Roulas/Un	48:54
6-Ralph Bowles/WVJS	39:39	18-Ross Rowley/Un	42:34	30-Thomas Martin/Un	45:47	42-Stan Hoffman/Un	48:57
7-Dan Anderson/WVTC	39:43	19-Glen Walder/WVTC	42:51	31-Gough Reinhardt/NCS	46:25	***WOMEN***	
8-Bill Benz/WVTC	39:53	20-Bob Malain/NCS	43:57	32-Santos Reynaga/WVTC	46:35	29-Sharon Furtado/Un	45:40
9-Jim Shettler/WVJS	40:10	21-Dan Hintz/WVTC	44:00	33-Craig Shore/Un	47:04	43-Dianne Williams/PBP	49:13
10-Hal Tompkins/Un	40:17	22-Don Lotz/Un	44:41	34-Bill Lovelace/Un	47:08	55-Betsey Brew/Un	50:49
11-Peter Borden/WVTC	40:22	23-Alan Chesterman/Un	44:44	35-Richard Cooper/Un	47:42	63-Ruth Anderson/NCS	51:55
12-Bill Spence/WVTC	40:40	24-Jeff Nixon/Un	45:05	36-Don Lucero/WVTC	47:59	88-Diana Rossman/Un	56:52



Marathon winner, Ernie Rivas, at GG Park 8-Miler. /D. O'Rorke/

RIVAS NIPS SMEAD AT PAUL MASSON CHAMPAGNE MARATHON: (April 17, Cupertino) - After running together for most of the 26-plus miles of the race, Chuck Smead, full of enough glory from winning the Natl. 50-Kilo a few weeks earlier, let Ernie Rivas step over the line first to avoid a tie in this popular marathon. Although several changes were made in the course this year, the winning times indicate it's still not fast, as Rivas clocked 2:34:49, about nine minutes off his best. The sponsors promise to make additional changes in 1977. Jim Nicholson just missed the 3-hour barrier but ran good enough to take his division amongst NorCal masters...however, Norm Lumian, a 'sleeper' from the Seniors TC of Los Angeles, slipped in ahead of him at 2:57:56. Yvette Cotte was nearly five minutes in front of Lise Spielman to take the woman's trophy. A total of 162 finished the race. /Dan O'Keefe/

1-Ernie Rivas/PMK	2:34:49	23-Clifford Stewart/PMK	3:04:43	45-Mike Souza/BC	3:22:02
2-Chuck Smead/Un	2:34:50	24-Robert Ogg/BC	3:09:33	46-Rus Ellis/Un	3:22:08
3-Dennis Dillie/WVTC	2:41:39	25-Abe Underwood/BC	3:09:57	47-John Dugan/Un	3:22:18
4-Jim Sane/Un	2:41:57	26-Walt Betschart/BC	3:09:58	48-Gordon Stewart/Un	3:22:29
5-Arthur Clausing	2:48:35	27-Sal Citarella/Un	3:10:51	49-Jim Coughlin/Un	3:22:35
6-Tony Mezzapelle/Un	2:49:39	28-Bob Stephenson/Un	3:10:56	50-Evan Golder/Un	3:22:35
7-Byron Richardson/WV	2:51:05	29-Don Peterson/SRC	3:13:16	51-John Hellman/Un	3:23:03
8-James Jacobs/Cabr	2:51:46	30-Santos Reynaga/WVTC	3:13:37	52-Walter Cole/Un	3:23:57
9-Joseph Mandel/Un	2:53:50	31-R.H. Lee/Un	3:13:56	53-Art Waggoner/BC	3:24:03
10-Ted Pawlak/Un	2:54:22	32-Mark Harris/Un	3:14:29	54-Paul Holmes/BC	3:24:03
11-Bill Peck/Bak'fd TC	2:54:32	33-Ed Fuller/Un	3:14:42	55-Dennis Lem/PMK	3:27:08
12-Ted Wilson/KJ	2:54:42	34-Robert Ernst/WVJS	3:14:50	56-Edwar Syrett/Un	3:27:16
13-Doug Rennie/BC	2:56:32	35-Richard Willets/Un	3:15:25	57-John Lemke/Un	3:27:40
14-Dwight Hendrix/Un	2:57:07	36-Alan Larson/Un	3:15:58	58-Fred Schwarzer/Un	3:27:53
15-Norm Lumian/STC	2:57:56	37-Dennis Egly/Un	3:16:13	59-Len Brink/Un	3:28:25
16-Tim Chalmers/Un	2:59:18	38-R.M.LaJeunesse/Un	3:17:44	60-Kenneth O'Neil/Un	3:29:33
17-Jim Nicholson/NCS	3:00:37	39-Arthur Kessner/Un	3:17:58	***WOMEN***	
18-Wm. Dougherty/Un	3:00:48	40-Kelvin Yamada/Un	3:19:38	73-Yvette Cotte/WVTC	3:36:29
19-Cliff Wolery/Un	3:01:10	41-Eric Steiner/SRC	3:19:55	78-Lise Spielman/Un	3:41:12
20-Raphael Reichert/Un	3:02:11	42-Barry Ackley/Un	3:20:32	84-Stephanie Atwood/Un	3:47:07
21-Thomas Bowen/Un	3:02:58	43-Dan Hintz/WVTC	3:20:42	100-Susan Fox/Un	3:56:19
22-Ross Rowley/Un	3:04:42	44-Alan Swartz/Army	3:21:40	104-Karen Scannel/PMK	3:57:46

LATE GNUS

ADD TO SCHEDULE: - Jun 5: Mt. Misery 10-Kilo X-Country Run, Placerville, 10 am. Contact: Ernie Marinoni, 5101 Newtown Rd., Placerville, CA 95667.

Ahhh!--It sure does feel good to uncramp my fingers from these typewriter keys! See you all next issue (late June).

FULL RESOLING SERVICE

Sparepair

Loeschhorn's New Balance Athletic Shoe Service introduces the Spare Pair, a full resoling service for Tennis, Training, Running and Basketball shoes (except Converse). This service is designed to at least double the life of your shoes, assuming proper care is given to the uppers.

What is the Spare Pair?

The Spare Pair is a full resoling service which includes full replacement of the sole and foxing, new insoles if needed and new laces. All shoes are repaired on factory lasts (like the originals your shoes were made on) to insure that your shoes will return to you in the same size that you sent.

What kind of soles are used?

New Balance uses factory originals or their equivalent. Soling material is selected to match the original sole characteristics for comfort, performance and durability.

What is the service time?

Your shoes will be reshipped to you one (1) week from receipt at our factory. This means the normal cycle from mailing to receipt is two weeks, depending upon postal service time.

What shoes does New Balance repair?

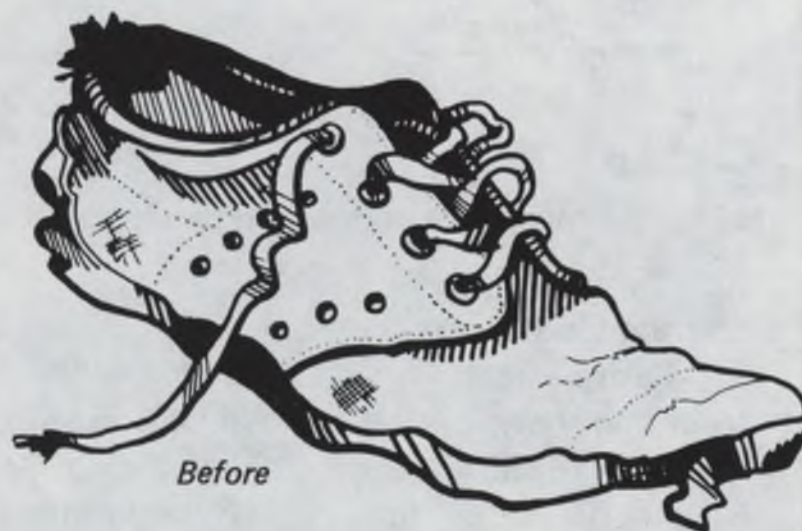
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