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MAY/JUNE 1976 (No. 60)

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UP FRONT
Linda Broderick (inside) of Tamalpais, Mill Valley, won the mile at the State Meet in a fine 4:56.8, despite very windy conditions. Her margin of victory was 4.3 seconds. Also shown here (in a qualifying heat) are her teammate Maggie Keyes (6th in heat) and Lincoln San Jose ace, Sue Munday (2nd in heat, 5th in finals). Broderick finished second in her heat (5:02.9). /Jeff Zimmerman/

MAY-JUNE 1976 (No.60)

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MAILING: Third-Class Bulk Rate from San Mateo, CA...at intervals of from 5-8 weeks. No issue should require longer than two weeks delivery in the United States. First-Class rates available (see below). NCRN IS NOT FORWARDABLE UNLESS YOU PAY FORWARDING POSTAGE.

RATES: \$2.50 per 6-months; \$5.00 per year...Third-Class bulk rate. Multiple-year subscriptions are no longer available. Add \$3.00/year for 1st-class in the U.S., Canada & Mexico... these will automatically go airmail in the U.S. Add \$1.50/year for 3rd-class to all foreign countries, including Canada & Mexico. Foreign airmail rates available upon request (generally about \$10/year). Special Rates: \$3.00/year for newsmedia and libraries in the U.S. only. Dealer Rates: \$15.00/year for 5 copies each issue (40% discount)...send for details.

Contributors

All news, features, results, photos, and other items should be sent to: NCRN, 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. Request permission for materials used from NCRN other than scheduling & results. We now pay \$15.00 for prints used as cover shots. Prints not returned unless requested...should be 5 x 7 or larger if possible and in black & white preferably. All readers are encouraged to submit scheduling & results. Thanks!

MAILING DATES: - This issue should be mailed June 29. The July/August issue (#61) will be out by mid-September.

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EDITOR'S MESSAGE

● X-C SCHEDULES NEEDED: - I know it may seem like a long way before September, but it's not. Since the next NCRN will be out in early to mid-September, we will need all our scheduling before the end of August. The following issue won't be out until early November, so you can see why we need scheduling before the end of summer in time for the next issue. Coaches & athletes, please make a note of this and send me your team's schedule as soon as it's out. Every year we seem to get less response to our pleas...we would rather get duplicate schedules than none at all! Thanks for your help...remember, this is a reader-supported publication. What we don't get we can't print.

● BY THE TIME YOU GET THIS---I will be outa here! Judy and I will be taking off for the Games in Montreal (and other points east) around the first of the month. We don't plan on returning until mid-August (after Tahoe Relays). The NCRN mailbox will still function during my absence, but on a lower key. New subscriptions will be processed and most mail will be answered in some shape or form. But please keep correspondence to a minimum since I'd like to see a small mountain of mail upon my return instead of a roomfull.

● ALSO---I'M MOVING: - In early June the house I've rented for some 7 years was sold by the owner. I have to be moved out by July 1...therefore all correspondence should go to our P.O. Box, and not my street address (although things will be forwarded for a few months). I don't have time to find a new residence before vacation, so I'm storing everything in various locations until I return. At that time I will have to look for a house to rent since I won't have anyplace to live. I will be looking for a place (preferably in the Burlingame area) to move into as soon as possible (Aug. 16), so if any of you readers out there see something or know of something for rent, drop me a line (I won't have a phone obviously) right away. I'm looking for something with two bedrooms and maybe a den or large workroom suitable for an 'office'. I'm willing to pay up to around \$350/month, and would like at least a one-year lease. Something west of El Camino is preferred but not absolute.

**SINGLE-HANDEDLY,
I HAVE FOUGHT MY WAY
INTO THIS
HOPELESS MESS.**





PHOTO QUIZ

RULES: (1) Submit your guess and mail it to: PHOTO QUIZ, P.O. Box 1551, San Mateo, CA 94401 (one guess per person)...All guesses must be postmarked by July 31st. (2) All ties will be broken by a drawing. The prize is a one-year subscription to the NCRR (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 August 21st.

**Our winner for LAST MONTH was Walt Schaffer of Chico. We received a whopping 46 correct answers to our mystery masters runner, in addition to only 3 incorrect guesses. The answer of course was none other than DSE head-honcho, Walt Stack. The

Who is this well-known local AAU official, shown in his younger days?

picture was taken in 1926, when Walt had not yet turned 20! It must be all the exercise! Nothing else could keep a man looking the same for 50 years. This month's quiz is not quite so easy. Good luck!

THIS & THAT

● **PEOPLE NEWS:** - Humberto Hernandez, who was featured in our West Valley Portrait column a few issues back, reports that he finished second in the Puerto Rican Olympic Trials Marathon in about a 2:40 under hot and humid conditions. When we heard of this, Humberto was still not sure if he had been chosen by the Puerto Rican Olympic Committee to represent his country at Montreal. It seems that the top three from that race may not have automatically qualified for the team. We don't have any other information on the race at this time...let us know what happened, Humberto! --- Penny DeMoss, after umpteen unsuccessful attempts at the 3-hour barrier, finally broke through with a time of 2:59:51 at the Palos Verdes Marathon on June 12th, becoming the first PA-AAU woman to duck under that magic mark in 1976. The race was run in quite warm conditions on a hilly course, so her time is probably worth quite a few minutes less under ideal conditions and a flat course. --- On the same day, Judy Gumbs, running the PA-AAU Hour Run, broke Diane Williams' District record by a goodly margin, covering 9 miles, 742 yards, at the San Francisco State track. The old standard was 9 miles, 109 yards, set in 1974. --- Don Kardong, ex-Stanford and WVTC runner, now competing for Club Northwest (Seattle), made up for the disappointment of 1972 (when he took two sixth places in the Trials after a late spring bout with mononucleosis), as he grabbed third in the Olympic Trials Marathon at Eugene in May, earning himself a spot on the U.S. team that travels to Montreal in July. Another Stanford runner, current Pac-8 10,000 meter champ, Tony Sandoval, grabbed the fourth spot, a minute behind Kardong, and will be the first alternate on the team. Results of this race are in the Long Distance Results Section of this issue. --- John Notch, WVTC and DSE runner, is planning a run across the state in October. He is looking for other runners to complete the trip with him and to secure pledges to go to the San Francisco Heart Assoc. He recently completed a 120-mile, three-day run around Alameda County. If you're interested in accompanying John in such a venture, please contact him at P.O. Box 2365, Oakland, CA 94614 (Ph. 444-2602 or 568-0784, work). --- Ex-Alamedan, Phil Camp, now living in the San Diego area, has been invited to compete in the San Juan 450 Marathon in Puerto Rico (date unknown), along with four other sub-2:20 marathoners. The others invited were: Bill Rodgers, Tom Fleming, Lee Fidler, and James Berka...if any of the five are unable to go, a list of alternates has already been proposed (we don't know who is on that list, however). --- It seems that there are two John Clary's...the one we mentioned in the last NCRR for cutting short the West Valley Marathon course was not TRAC's John Clary. It seems that several people thought it was, and he wanted to make sure we set the record straight. Sorry John!

● **ELECTION OF OFFICERS:** - The PA-AAU's Long Distance Running Committee re-elected Penny & Harold DeMoss as Co-Chairmen for another year...Penny for the women and Harold for the men. The election took place at the Annual Scheduling Meeting on May 2, following the May Run at Holy Names College. --- The Executive Track & Field Committee of the PA-AAU has changed its name and will now be known as "The Board of Athletics". The international

term for track and field is 'athletics'. The new officers for 1976-77 are: Roxanne Andersen--Chairman; Hank Patton--Vice-Chairman; and Dick Ellis--Secretary. Representatives to the National Board of Athletics are Ms. Andersen and Robert DeCelle, with alternates being Hank Patton and Harland Frederick. Incidentally, Harland's daughter is American pentathlon record-holder, Jane Frederick.

● **MEET INFORMATION:** - The popular Tiburon Run, scheduled for late July, has been cancelled, according to Darryl Bear-dall, the meet director. The reason seems to be primarily because of the difficulty in getting a permit to run through the City of Tiburon. The race will be replaced by a new run in the Marin Headlands. For complete details, see the Scheduling Section of this issue. --- The NJO Program (Nat'l. Jr. Olympics) has announced some important changes, effective this year. New events for boys will be the 220, 2-Mile, discus and pole vault. Girls will compete for the first time in the national meet in the 2-Mile and the 1-Mile racewalk. While the girls discus and shot events have been alternated each year, this year both events are scheduled. In previous years, only the winners of regional championships were eligible for the national meet. This year the top two regional place winners in each event are eligible to go to the nationals. The age-division competing at the national meet is the 14-17 year-old division, and Jan. 1st is the age-determining date. --- The Great Race, to be held July 17 this year (see scheduling), announces that businessman, Eppie Johnson (sponsor), television newsman Pete Liebengood, and well-known Masters runner Jim O'Neil, will combine forces this year as "The Great Team" to establish a 'time to beat' for other participants. The Great Race is a special event sponsored by Johnson as a benefit for the Aquarius Effort (a local drugs rehabilitation center). The race features a three-member team, combining the skills of a cyclist, a water-craftsman (man-powered), and a runner. The 'Great Team' will travel the course on the Tuesday before the Great Race, and its time will be recorded as a goal for July 17 entrants. All teams that better the mark will receive free breakfasts for any of Eppie's Restaurants. Last year, 180 free breakfasts were given away!

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	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

● **NOTICE TO PA-AAU WOMEN MARATHONERS:** - Penny DeMoss, District LDR Chairperson for women, makes the following important announcement: "In keeping with ideas expressed at the national women's LDR meeting held at Boston this year, the Women's LDR Committee of the PA-AAU has decided to fund a woman to the 2nd International Women's Marathon in Waldniel, W. Germany, on Oct. 2, 1976. The monies for this funding will come entirely from the Women's LDR Committee of the PA-AAU. This money was generated during the past year through T-shirt sales at races, women's race sanction fees, LDR women's AAU registration, and profits from women's LDR committee sponsored races. To determine who will be funded, the committee decided to use the Ocean to Bay Marathon as a qualifying race. The first woman finisher will receive full roundtrip airfare to Waldniel for the competition. This is for women who are registered athletes of the PA-AAU only. The 2nd and 3rd place women finishers (PA only) will receive roundtrip airfare to compete in the Women's National AAU Marathon in Culver City on Dec. 5, 1976. Should any of the three not be able to go to the advertised races, then those finishing further down will qualify, in order of finish. The Committee will try to get as many USA uniforms as possible for the 'team'. The date of the Ocean to Bay Marathon is Aug. 21st...entry blanks are enclosed in this issue to all 3rd class subscribers. For further information and additional entries, contact: Ken Israel, 305 Del Rosa Way, San Mateo, CA 94403 (Ph. 415/349-3181). This will be a new course and is all on paved roads. The National Women's LDR Committee understands that the International Marathon is open to any women who can get the trip financed, regardless of 'best time' qualifications. Dr. Ernst van Aaken is sponsoring the race...for information on the race, contact: Manfred Steffny, 5657 Haan, Feuerbachstr. 43, W. Germany."

● **MT. TAM WORKOUTS:** - For any who are interested, about 20-30 people meet every Sat. at Mountain Home Inn (on the road to Stinson Beach), 9 am, for a fun run of 7-15 miles. The runs are on the trails of Mt. Tamalpais. The group includes such notables (not necessarily every time) as Bob Biancalana, Don Pickett, Byron Lowry, Pax Beale, etc.

● **NEWSMEDIA GOOF:** - The following sentence was taken from an Associated Press story in May. Whomever wrote it didn't know too much about English/Metric conversions. It read: "Howard Schmertz, records chairman of the IC4A, said that despite the switch from yards to meters (in this years IC4A Championships), records will be recognized in each event *because the metric distance is slightly longer than its yardage counterpart.*" This is obviously wrong since 800 meters is the metric equivalent of 880 yards and is shorter...only why would the change have any bear-

ing on whether records would be kept? It's beyond me!

● **A LOOK INTO THE PAST:** - A quick look at the results of the PA-AAU Track & Field Championships of 1962...note some familiar names? The following individuals and their marks are listed to show you that some guys just never give up... many are still competing as well or better today than 14 years ago. 10,000m: (1) Jim Shettler 31:54.2, (2) Darryl Beardall 32:05.8, (4) Vince Spangler 35:13.6; DT: (1) Dave Weill 186-8 1/2; 3000mSC: (3) Shettler 9:48.4, (6) John Weidinger 16:12.4; 880: (2) Ben Tucker 1:47.8, (5) Ralph Lee 1:51.3; 2 Miles: (3) Beardall 9:33.7; HS 4-Mile Relay: Hillsdale 17:49.9 (Nat'l. Rcd.) (included a 4:27.8 leg by your editor); 1500m Walk: (4) Phil Mooers 7:14.6.

● **US DISTANCE RANKINGS--1975:** - This represents the first attempt to compile complete rankings for all U.S. distance runners. There were more than 18,000 runners competing in distances at 15-kilos and longer during 1975. The rankings include more than 27,000 performances, filling more than 200 pages. Statistical summaries give breakdowns of runners by age, by state, and by distance run. The more than 450 races that went into the rankings are listed in chronological order. These rankings are compiled by the Nat'l. Running Date Center (associated with the RRCA), and will be published by the US Track & Field Federation. However, your help is needed if the rankings are to be published, hopefully on an annual basis. A total of 300 subscriptions are needed before they materials can go to the printers this year...1000 copies will be printed altogether. Advance subscribers will receive copies...all others will be on a first come, first served basis. The decision to print or not will be made on the basis of subscriptions received by Aug. 1, 1976. The compilations were done by Ken Young. Send your check for \$6.50 to: Carl Cooper, USTFF, 1225 N. 10th Ave., Tucson, Ariz. 85705.

● **NEW PA-AAU LDR HANDBOOK (1976-1977):** - Your LDR Chairpersons put a lot of unpaid hours into this best-ever handbook, which lists all races through mid-1977...all AAU races, that is. Besides the races, there are handy club address listings, current PA records for open, women and masters, winners of 1975 PA Championships, & XC schedule. This 36-pg. booklet is only 35¢ at races, or 50¢ by mail. Send your check or cash to: PA-AAU, 942 Market St., Suite 601, San Francisco, CA 94102. Checks should be payable to PA-AAU LDR. All profits from sales of this handbook go into the local LDR travel/warehouse fund. At this price, it's a steal...and you are supporting distance running at the same time. Thanks to Penny & Harold DeMoss for a super job! Also top marathoners.

● **LDR WAREHOUSE:** - After your editor's plea in last issue concerning a place to move the PA-AAU's distance running warehouse (like somebody's garage?), I got a total of zero (that's none, zilch, nada) responses! I was sure that at least we'd get one or two volunteers out of several thousand readers, but I guess nobody has any room, or probably nobody really cares! So...since I have to move out of my house by June 30 (and will have no place to return to after my vacation), the warehouse items will probably go to the DeMoss', at least temporarily...if not, they will know where it was stashed. I certainly hope that the running of the entire PA-AAU Long Distance Running Program will fall onto more than just a few shoulders! What if some year nobody volunteered to be Chairman? What would happen then? Think about it!

● **BAY-TO-BREAKERS TIMES/PLACES:** - As a special service, at this year's Bay-to-Breakers, the DSE attempted to get an estimate of times and places for all finishers. Jim Weill ran early and positioned himself at the end with a hand-counter. As runners finished, he estimated every 10 runners and flagged each 100th runner finishing. Marsha Weill (Dave Weill's wife) jotted down the 'Big Clock' time to match the finish place. The times and places were recorded as the runners had to stop. They backed up as the crowd backed up. If a runner noted his 'clock' time as he came to a stop near the finish, he can estimate his place by using the following chart. This chart will give you your approximate place by interpolation. The 'Big Clock' time was actually about a minute fast, according to times of top finishers in the race...if you add a minute to what you saw, that is pretty close to your time. But to get your place you should use the times as indicated below, even though they are about a minute too fast...more on next page:

1---36:15	300---44:33	900---48:00	1500---50:36
10---37:25	400---45:30	1000---48:34	1600---51:00
20---38:22	500---46:00	1100---49:04	1700---51:19
50---39:40	600---46:33	1200---49:33	1800---51:34
100---41:10	700---47:04	1300---49:48	1900---51:51
200---43:15	800---47:32	1400---50:14	2000---52:10

2100---52:36	3800---57:15	5500---62:30	7200---70:38
2200---53:05	3900---57:33	5600---62:50	7300---71:12
2300---53:18	4000---57:53	5700---63:13	7400---71:48
2400---53:24	4100---58:00	5800---63:34	7500---72:12
2500---53:35	4200---58:30	5900---63:53	7600---73:20
2600---53:40	4300---58:52	6000---64:16	7700---73:54
2700---54:00	4400---59:10	6100---64:42	7800---74:53
2800---54:20	4500---59:19	6200---65:03	7900---75:40
2900---54:34	4600---59:39	6300---65:27	8000---76:43
3000---54:50	4700---59:58	6400---66:00	8100---77:50
3100---55:14	4800---60:13	6500---66:27	8200---79:20
3200---55:27	4900---60:35	6600---67:02	8300---80:30
3300---55:43	5000---60:50	6700---67:32	8400---81:40
3400---55:59	5100---61:11	6800---68:07	8500---83:40
3500---56:14	5200---61:31	6900---68:39	8600---86:28
3600---56:35	5300---61:49	7000---69:24	8700---90:58
3700---57:00	5400---62:10	7100---69:58	8750---99:30

NCRRL LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Following are the initial point standings for 1976...all runners with a rating below 1.000. All regularly scheduled SPA races are included through the Hansen Dam 10-Miler on May 9, except: Pico Rivera 5-Miler, Conejo 10-Kilo, SPA 50-Kilo, Belvedere Park 10-Miler, and the Los Alamitos and San Antonio Marathons. Ratings are determined by dividing the average placing by the number of races run (count top 10 open and top 6 masters only). --- Carl Swift, in the top 10 a total of 23 times in 1975 when he placed second, already has almost half that total in just 4 months. Ron Kurrle (10th last year) appears to be on his way back with a strong win in the SPA 25-Kilo. He won the 'Point Ratings' in 1974 and was second in 1973. As expected, the masters division is dominated by the newly-turned 40's, with Bill Crum in front, thanks to 4 victories in 5 races. Owen Gorman, second in 1973 and inactive since due to injuries, is back on the list and should remain a top contender. --- Numbers in parentheses below indicate: (number of races, average placing, rating). **OPEN** (1) Carl Swift/AIA (11, 3.45, .314), (2) Paul Cook/AIA (4, 1.75, .437), (3) Ron Kurrle/SFVTC (8, 5.00, .625), (4) Reid Harter/SFVTC (2, 1.50, .750) & Bob Macias/ELATC (2, 1.50, .750), (6) Joe Carlson/AATC (4, 3.50, .875) & Randy Kilpatrick (4, 3.50, .875). **MASTERS** (1) Bill Crum/STC (5, 1.20, .240), (2) Dave Waco/CCAC (4, 1.75,

.437), (3) Wilbur Williams/STC (5, 2.40, .480), (4) Jerry Smartt/BHS (4, 2.00, .500), (5) John Brennan/SBAA (3, 1.67, .556), (6) Owen Gorman/STC (6, 3.83, .638), (7) Dick Bartek/SBAA (2, 1.50, .750) & Truman Clark/BHS (2, 1.50, .750), (9) Gil Perez/STC (5, 3.80, .760).

PA-AAU STANDINGS: (Compiled by Art Dudley) - Generally, all AAU races (PA-AAU) are counted unless we feel they were not sufficiently advertised beforehand via NCRRL or LDR Handbook... or if we feel there was insufficient competition in any division (we normally count all races of marathon length and above regardless of the field). Results thru the end of May have been tabulated except: *Results not received in time for compilation: Avenue of the Giants Marathon, Angel Island Run, Golden Gate Charity Race, and Race For Open Space. Not counted: Midnight Run (masters & women...incomplete results); Bidwell Classic 12-Miler (women...insufficient numbers); Bidwell Classic 3-Miler (all divisions); Mt. Diablo Disturbance Run (insufficient numbers); Bay-to-Breakers (unfair start).* --- Sharon Furtado has edged past Penny DeMoss to lead the women, 0.170 to 0.188...then there is a huge drop to Ruth Anderson at 0.520 (along with Kathy Himmelberger, same score). Jan Serhsen has moved up well to take over the lead from Ron Wayne in the open division, 0.215 to 0.360. Last year's winner, Jim Nuccio, is moving up (from 7th last time to 4th this time). Jim Shettler appears headed for another win in the masters division as he holds a commanding lead over Ross Smith, 0.125 to 0.250. This would be Jim's third win in a row!

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Sharon Furtado/Unat (10)	6	2	1	1	1.700	0.170
2. Penny DeMoss/WVTC (8)	4	4	0	0	1.500	0.188
3. Kathy Himmelberger/WVTC (5)	2	0	1	2	2.600	0.520
Ruth Anderson/NCSTC (5) <u>40+</u>	0	3	1	1	2.600	0.520
5. Vicky Bray/Arrow TC (3)	1	2	0	0	1.667	0.556
6. Judy Gumbs/WVTC (5)	1	1	1	2	2.800	0.560
7. Yvette Cotte/WVTC (5)	1	0	2	2	3.000	0.600
8. Dianne Williams/PBP (3)	1	1	1	0	2.000	0.667
9. Betsy White/WVTC (2)	1	1	0	0	1.500	0.750
10. Jeanne Kayser/PAMA (3) <u>40+</u>	1	1	0	1	2.333	0.778

OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jan Serhsen/ETC (11)	5	2	2	0	1	1	0	0	0	0	2.364	0.215
2. Ron Wayne/WVTC (5)	3	0	2	0	0	0	0	0	0	0	1.800	0.360
3. Bill Seaver/WVTC (6)	1	3	1	0	1	0	0	0	0	0	2.500	0.417
4. Jim Nuccio/WVTC (4)	3	0	0	0	1	0	0	0	0	0	2.000	0.500
5. Chuck Smead/SRRC (3)	1	2	0	0	0	0	0	0	0	0	1.667	0.556
6. Darryl Beardall/MH (5)	1	2	0	1	0	1	0	0	0	0	3.000	0.600
7. Pete Flores/AGTC (7)	1	1	0	2	0	1	1	1	0	0	4.571	0.653
8. Henry Perez/SUND (3)	1	1	1	0	0	0	0	0	0	0	2.000	0.667
9. Humberto Hernandez/WVTC (5)	0	2	1	1	0	1	0	0	0	0	3.400	0.680
10. Brian Maxwell/Unat (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
11. Gene Fitzgerald/PAMA (7)	0	0	2	0	2	0	2	1	0	0	5.429	0.776
12. Tad Woliczko/?? (7)	1	2	0	0	1	0	0	0	0	3	5.714	0.816
13. Bill Clark/WVTC (5)	0	1	2	1	0	0	0	0	1	0	4.200	0.840

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim Shettler/WVJS (8)	8	0	0	0	0	0	1.000	0.125
2. Ross Smith/Unat (6)	3	3	0	0	0	0	1.500	0.250
3. Jim O'Neil/SFOC (7) <u>50+</u>	1	5	1	0	0	0	2.000	0.286
4. Bob Malain/NCSTC (7)	1	0	5	1	0	0	2.857	0.408
5. Jim Nicholson/NCSTC (7)	2	1	2	0	1	1	3.000	0.429
6. Walt Betschart/BC (7)	0	3	0	2	2	0	3.429	0.490
7. Bill Jensen/PAMA (3)	1	2	0	0	0	0	1.667	0.556
8. Harold DeMoss/WVTC (5)	0	1	4	0	0	0	2.800	0.560
9. Ken Napier/WVJS (3)	1	1	1	0	0	0	2.000	0.667
10. Craig Roland/Unat (2)	1	1	0	0	0	0	1.500	0.750
11. Don Lucero/WVTC (6)	0	0	2	0	1	3	4.833	0.806
12. Jerome Lewis/NCSTC (4)	1	1	0	0	1	1	3.500	0.875

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(Left) Current leader in the Women's Division of the NCRR LDR Point Standings (PA-AAU) is Sharon Furtado. /Jim Engle/ (Right) Jim Shettler leads the Masters Division again, after winning in 1974 & 1975. /Dennis O'Rourke/

CLUB NEWS

This section of our magazine is devoted to various clubs in the area. If your club would like to put in an announcement or other news, please send it in. Our publication now has a circulation of over 1200, 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 you 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 a service to all area clubs.

NEW CLUBS: - San Bruno Striders (AAU Club #232): open to all people interested in road running, x-country, track & field, etc. All age-groups, male and female, are welcome. For further information, contact: Steve O'Brien, 613 Huntington Ave., San Bruno, CA 94066 (Ph. 583-5295; 873-8873, home). --- Redwoods Track & Field Club is a newly formed club in the Felton area of Santa Cruz County. Primary interests at this time are age-group development meets, although they do have some growing interest in long distance running. For further information, contact: Bob Ballard, P.O. Box 481, Mt. Hermon, CA 95041. --- Surf City Striders is a new club that has formed out of the remains of the old Cabrillo Track Club. The name change was necessary to disassociate the club from the mediocre track program at Cabrillo J.C. and strike a new image. The club's purpose is more or less to promote the sport in Santa Cruz County by sponsoring races, all-comers meets, etc. The club is also active in upgrading the facilities at Cabrillo College's track...creating a sawdust warm-up lane on the inside of the track; installing an exercise area alongside the track--isometric bars, pullup bars, parallel bars, etc. The club also plans on having a newsletter out by the end of summer.

WEST VALLEY T.C.: - WVTC welcomes 19 new members this time: Roy Aal (44), 444 Saratoga Ave., #14-G, Santa Clara 95050 (Ph. 408/985-1748) is a Sales Executive and runs about 10 miles a day, although he has no competitive marks to list as yet. He is interested in finding others to train with at about 7 minutes per mile...give him a jingle if you're interested. Colin Boreham (22), 2836 Regent, Berkeley 94705 (Ph. 548-2023) is a graduate student at UC Berkeley and comes to the club from England. His event is the high jump, and he has a best height of 6'11" (1974) while going 6'10" on several occasions this year. He plans to return home in September most likely. John Francis (34), 1597 Harbor Blvd., Belmont 94002 (Ph. 591-3604) is a stockbroker and graduate of Santa Clara Univ. John has been jogging for some 6 years and hopes to begin competing in the near future. Glenn Gaesser (25), Dept. of Physical Education, Univ. of California, Berkeley 94720 (Ph. 642-6351) is a graduate student and teaching assistant at Cal. Glenn runs the 800 (1:53.9) and mile (4:25) in track and has also competed in the Bay-to-Breakers race on several occasions (in the 42-43 minute range). Ralph Gowen (15) 174 Crocker Ave., Daly City 94014 (Ph. 584-1329) is a frosh at Jefferson High School and has recorded PR's this past track season at distances from the 880 thru 2 mile (2:21, 5:15, & 11:15). Frank Hennefer (15), 426 - 36th St., Oakland 94609 (Ph. 653-2755) is a frosh at Bishop O'Dowd High with marks quite similar to Gowen (2:12.1, 5:11.0, 11:13.2). Stephen Hinkel (24), 1845

So. Bascom Ave., Campbell 95008 (Ph. 408/371-7654) is a blue-printer and likes to compete mostly at longer distances. He has a 5:04 mile to his credit, and also a 4:02:12 marathon clocking. Jim Holben (22), Route 1, Box 2411, Colfax 95713 (Ph. 916/637-4844) is a senior at Sacramento State and has marks of 4:36 and 9:57 on the track to go along with a 3:41 marathon (set this year). Paul Husten (23), 2106 Butte St., Redding 96001 (Ph. 916/246-1443) is a senior at Chico State. His best distance is probably the 440 (48.8), but he has also gone 22.4 (220), 1:55.1 (880), 3:09 (1320), and 4:28 (mile). Derrick Jackson (19), 5449 Barrett Ave., El Cerrito 94530 (Ph. 234-9296) is a soph at Alameda College and specializes in the sprints and hurdles. He has done 14.7 for the highs and 40.0 for the lows to go along with a 22.9 PR in the 220. Steve Nelson (18), 1619 Palo Santo Dr., Campbell 95008 (Ph. 408/378-3828), is a senior at Prospect High School with PR's of 2:11, 4:31, and 10:14. Mike Powers (17), 1475 Tartan Trail Rd., Hillsborough 94010 (Ph. 347-7567) just graduated from San Mateo High (will attend Claremont Men's College this fall). His best mile time is 4:57.5 and he's also done the marathon in 3:45:45. Eryn Quinn (15), 600 Trout Gulch Rd., Aptos 95003 (Ph. 408/688-5796) is a soph at Aptos High and also a partime gardner. Eryn's best marks in the sprints are 11.3 and 24.5 (yards)...cross country competition is added in the fall. Charles Shattuck (24), 1010 Coloma Way, Roseville, 95678 (Ph. 916/782-3284) is currently employed as a substitute teacher, but is also doing graduate work at Sacramento State (goal is a teaching credential). Charles is a good all-around athlete, as his 6784 decathlon score indicates. Some of his better events include: 15.2 (120 highs), 15'6 3/4" (PV), and 6'3-1/2" (HJ). Richard Simon (18), 5143 Rhonda Dr., San Jose 95129 (Ph. 408/252-2395) is a high school senior with bests of 52.4, 2:00.2, 4:43, and 10:39. He also competes in local road runs, including marathons. Boyd Tarin (18), 9527 Broadmoor Dr., San Ramon 94583 (Ph. 828-3418) is a graduate (this year) of Livermore High, where he recorded seasonal bests of 4:33 and a super 9:22. Hal Tompkins (22), 163 E. Creek Dr., Menlo Park 94025 (Ph. 322-2249) is a grad student at Stanford and has shown some marked improvement in the longer runs as of late. While holding PR's of 4:32, 9:49, and 15:07 on the track, he has also performed well on the road circuit, including a top-50 placing at this year's Bay-to-Breakers (41:04). Michael Woody (22), 7889 La Riviera Dr., #219, Sacramento 95826 (Ph. 916/381-2380) is a senior at Cal-State, Sacramento. Mike's events are the weights, and he has done 49-8 (SP), 157-0 (DT), and 135-0 (HT). Bob Zimmerman (24), 841 Fulton, #2042, Sacramento 95825 (Ph. 916/487-3007) is a Law Student at McGeorge School of Law. Bob ads strength to one of the club's weakest events, the pole vault, where he has done 15'4'.



Walter Walker lowered the club 100-meter standard by a tenth to 10.5 at the California Relays. /John Marconi Photo/

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● **CLUB MARKS:** - A lot of new club standards this past month as the season came to a head. We are compiling a top-10 all-time listing of best club marks (can be made while competing for your school, as long as dues are paid) that will be enclosed in the next NCR...open, masters, and women's marks will be included. If you think that you have a mark that might make the list, be sure to send it immediately to our club statistician: Greg Marshall, 1144 Fulton St., Palo Alto, CA 94301. Indicate the mark, where and when it was made, and any wind information that is available (or indicate if none available)...also enclose a newsclipping or official results for verification if possible. --- Five marks toppled at the San Jose Invitational on May 1. Dedy Cooper, recovered from an early season injury and showing strong indications that he's ready for an Olympic Team birth, dashed to a windy 13.4 in the metric highs and then a very impressive 50.0 for the metric intermediates to take third place, just a tenth behind Jim Bolding. New member Dave McKenzie spun the hammer 206'4" to obliterate Dick Shelton's standard by nearly 40 feet! Jerry Lansing waltzed 14:10.0 to grab the two-mile racewalking event and set a club standard there. At the West Coast Relays, a week later, Cooper blitzed to a legal 13.75 clocking (yards) for a club best. McKenzie upped his hammer best to 214'3", coming to within one-inch of his all-time best. Three relay marks fell by the wayside: the 440 relay went down to 41.04, while the mile relay team blazed to an unofficial 3:13.0 and went unplaced. I have misplaced the names of the team members on both squads...someone drop me a note for next issue so I can list them. The two-mile relay squad of Dave Robertson, Dennis Tracy, Ken Phelps, and Tim Nicholson recorded a great 7:34.54 to chop over 14 seconds from the old standard, set way back in 1973. Robertson recorded a 1:52.1 and Tracy a 1:53.3 in route; both personal bests. At the Cal Relays in Modesto, two more marks fell. Ken Johnson upped his season javelin mark and club standard to 246'11" (recorded as 243'1" in most sources...but official results sheets had the longer mark). Walt Walker (see photo on previous page) did a legal 10.5 for the 100 meters in his qualifying heat to take over sole possession of that standard. In the decathlon, Kenny Kring destroyed his club best (6728) with a great 7115 to take second at the UCLA Invitational in late May. Women were responsible for the other two marks. Phyllis Olrich established a good 10:05.4 for

3000 meters to finish fourth in the Women's AAU State Meet. A new PA-AAU standard was set, as well as a club mark, when Judy Gumbs recorded 9 miles, 742 yards for the hour run at San Francisco State in mid-June. Cooper also did 49.5m on May 21.

● **OTHER TOP MARKS:** - So many club members did so many things in the past month or so, that I am sure to omit some very notable achievements. Those I don't mention here will most likely be found in the 'results section' of this issue. Bill Seals upped his club PR to 230'5" in the javelin at a Sacramento All-Comers Meet in May. Penny DeMoss became the third WVTC woman to crack the 3-hour barrier with a 2:59:51 at the Palos Verdes Marathon under very warm conditions. Only Joan Ulylot and Peggy Lyman have gone faster (both 2:58+). Jim Nuccio moved into second behind Bill Clark on the Hour Run list with something around 12 miles, 300+ yards (official results not yet available). Gerry Garcia decided to see how long he could hang on the brutal pace at the Drake Relays 10,000 meters...he came through 3 miles in an incredible 13:33, and then hung on for a 29:30 overall time. High school distance runners did extremely well in late season meets. At the North Coast Section Meet on May 29, Bob McMeans upped his PR to 4:15.9 (or I guess he lowered it!) to win the mile competition, as Hal Schulz (4:16.1) and Tom Smith (4:19.3) grabbed second and fourth spots. Hal almost pulled off a fine double win by coming close in the mile after winning the two-mile in a seasonal best and PR of 9:03.9. Soph Rod Berry also lowered his best to 9:09.4 (third), and Phil Hornig, who seems to have recovered well from surgery in his foot (achilles?), grabbed fifth in 9:27.1. Craig Corey also doubled...taking second in the CCS 2-Mile at 9:14.4, a PR, and then grabbing fourth in the mile at 4:22.2. Tim Holmes won the Sac-Joquin Section in 9:13.1. Tom Smith set a season best and PR of 4:17.7 in the State Meet Trials, but was seventh and didn't move to the finals. McMeans did 4:16.2 for third in his heat and then took fifth in the finals at 4:18.3...under very windy conditions. Junior Tim Holmes galloped to a PR of 9:02.3 to take fourth in the two-mile at State, and Hal Schulz was a notch behind in 9:03.2, also a PR. Rod Berry, who was listed as Schulz in the papers, got lost in the final results and we think he was around 9:14 (let us know Rod!). Craig Corey was 9:23.4 for 14th overall. Dedy Cooper, competing for San Jose State, proved he will be tough to beat at the Trials in Eugene (which will be over by the time you receive this) by notching a 13.89 hurdle victory over a stellar field in the NCAA Championships...and he is only a frosh! It has been reported that he will only go for the high hurdle birth at the Trials and skip the intermediates. Hal Schulz & Roy Kissin represented the club at the Natl. AAU Jr. Championships in Knoxville, Tenn., both at 5000 meters. Hal recorded a great 14:22 for fifth place (13:52 at 3 miles), while Roy's time is unknown (he reports he faded badly in the last mile). Jack Bellah dipped under 9 minutes in the steeplechase at the Prefontaine Classic in Eugene in early June (8:58+ we think)...be sure to let Greg know the exact time, Jack. Charley Shattuck, our newly acquired pole-vaulter, went 15'4" and moved to what I think is second on the all-time club list. Duncan Macdonald (an ex-member now living in Hawaii) has been showing his stuff recently at distances from 1500 meters to 10,000 meters. He has done 3:42+ or thereabouts in the shorter distance, and did a rumored 13:33 for 5,000 at the Prefontaine Classic, although we got this secondhand. He then grabbed second place (first American) in the AAU 10,000 with a 28:58.6. Anthony Terry has been jumping consistently in the 53-54 foot range, with a seasonal best of 53-10 (legal) and 54-2 (wind-aided) coming at Modesto, along with another jump at 54-1 (windy) in the same meet. Richard Marks is consistent in the 63-65 foot range and grabbed seventh at the AAU's with a 64'11-1/2" effort, just a few inches off his PR and club record. Chris Berka did a good 2:22:56 for the marathon at the Trials in Eugene, finishing in 21st spot and beating a lot of others who had better PR's than his. Lots of other good marks by club athletes this time, but no room to list anymore...besides, I've drained the instant-recall area of my brain. Look elsewhere in this issue for results of members in various meets.

● **NEWS FROM MEMBERS:** - Jim Dare is alive and well(?) in Poway (where?)...near San Diego. He reports a 52:05 for 15 Kilometers (Mission Bay) at 175-pounds. He's been at sea (with the good ole Navy) half the time since mid-November and hasn't gotten in a very broad distance base! Anyone wishing to drop him a line should write to: 14358 Golden Sunset Ln., Poway 92064... a new house that he's building! --- Jost Schmitt reports he had a great time while vacationing in California this May. Although he didn't get to run any meets while he was here, he is still training and in excellent (1:55 for 800 meters) condition. Jost left for home (West Germany) in late May and sends his regards. He placed well in the Angel Island Run (no results yet).

● **BREDDALL & PETTUS OFF TEAM:** - Although they ran a few meets for us this spring, both Vince Breddall and John Pettus are no longer with us. Without any notice to either of our Track Captains or to their teammates, both just decided not to compete for the club in various meets, and this was after notices had been sent to each, listing them as members of our relay teams. This type of behavior, which could have caused the relay teams to be scratched had we not been lucky and had replacements, is the kind of thing we don't want happening on our club. It causes ill feelings among team members and can cause entire teams to drive to a meet for nothing if no replacements are available...how would you like to drive 300+ miles and find out that your teammate just felt like not competing for the club? If these two individuals had been big enough to give us a call before the meet and explain that they wished to switch clubs, then there would have been no hard feelings. However, this type of behavior was uncalled for. Let's not have any more situations like this in the future!

● **CLUB MAIL:** - In my absence (until Aug. 15), Harold DeMoss and probably one or two other individuals will be tending to the club mailbox. Please keep correspondence to a minimum... at least those that require an answer. Send in results and XC scheduling for the fall as soon as possible. Check the enclosed 'club insert' for details on how to sign up for the Tahoe Relay. Have a pleasant summer and see you all upon my return.

● **ROAD RACE RESULTS:** - Following are listed members who ran in local road runs and finished too low to be listed in the regular race results section. Forgot to list these last time, so results cover issue #59 as well as this one. --- Bidwell Classic 3-Miler: 34-Lee Blaine 18:47; Bidwell Classic 12-Miler: 40-Len Wallach 1:38:14; Masters Lake Merced 5-Miler: 52-Phil Conley 35:01, 55-Monte Dayton 35:07, 70-Len Wallach 36:37, 71-Joe Shami 36:40; Buffalo Stampede: 127-Monte Dayton 77:09; PA-AAU 15-Kilo: 101-Tim Smith 64:04, 138-Len Wallach 72:55, 149-Steve Goettelmann 79:50, (also--125-Yvette Cotte 68:22, 127-Jeanette Cotte 68:31, 152-Gail Goettelmann 82:52; Lake Il San Jo: 100-Len Wallach 91:01; Lockheed-Arrow 10-Kilo: 110-Tim Smith 43:00, 138-Ellen Clark 45:57, 139-Len Wallach 46:12; Golden Gate Park 8-Miler: 78-Santos Reynaga 52:45, 146-Steve Goettelmann 62:10, 149-Len Wallach 62:24, 170-Gail Goettelmann 69:22; Children's Hospital Charity Run: 69-Steve Subotnick 53:21, 93-Len Wallach 58:18; Paul Masson Champagne Marathon: 102-Joe Kennedy 3:57:40, 134-Monte Dayton 4:22:15, 140-Tim Smith 4:26:28, 153-Len Wallach 4:38:02; Livermore 8.5 Miler: 134-Rudy Hansen 66:38, 192-Len Wallach 78:02, 202-Jack Graf 83:24; Avenue of the Giants Marathon: 164-Larry Main 3:15:59 (incomplete results received...more next time); Holy Names College May Run: 180-Len Wallach 45:21; Bay-to-Breakers: (times from Examiner... may not be actual running times because of chute backup) 151-Lawrence Washington 43:55, 174-Ray Orwig 44:38, 195-Dave Brown 45:00, 219-Dan Hintz 45:46, 243-Dennis Smith 46:10, 279-David Power 46:51, 311-Byron Richardson 47:25, 317-Skip Marquard 47:30, 327-Santos Reynaga 47:37, 353-Don Lucero 47:55, 476-Larry Main 50:53...only top 500 finishers listed; Run For Open Space: (1.2 Mile) 26-Len Wallach 8:41, (6.5 Mile) 87-Len Wallach 56:02; TRAC 6-Miler: 79-Don Lucero 36:34, 113-Dan Johnson 38:28, 155-Joe Kennedy 41:21, 185-Ellen Clark 43:33, 204-Len Wallach 46:08.

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RUN CLINIC: - Saturday, July 24, 1976, 10 a.m., by the Hunky Bunch from Honolulu, held at Sorensens Resort, Hwy 88-89, Alpine County, CA. Race on Sunday, July 25, 1976. For information, write: Run Clinic, Sorensens, Hope Valley, CA 96139 (Ph. 916/694-2203). A \$25.00 deposit is required for all reservations.

HIGHLIGHTS OF CIF STATE TRACK MEET (1915-1975): - This dandy 96-page booklet features summaries of state meets from 1915 to date, along with other interesting statistics such as high-scoring athletes, evolution of State Meet records, etc. This booklet is a real steal at only \$2.00 (postpaid)...address all correspondence to: KCC Press, 627 Springer Terr., Los Altos, CA 94022. (By Donn Kirk, Dave Cooper & Keith Conning)

GETTING STARTED IN TRACK & FIELD: (A COACHING MANUAL) - Age-Group track & field is on the upswing, yet there has to date been very little available in the track & field literature for coaches in this growing area. This book makes available for the first time a comprehensive coaching guide for age-group boys and girls. All events are covered, with explanations of rules, techniques, and training. There are excellent illustrated photosequences and other materials. It's a book which will become the bible for anyone, coach or parent, dealing with young athletes in track & field. Written by R.S. Parker and published by *Track & Field News*, this 126-page manual is available for \$4.00 (+\$35¢ for shipping) from: Tafnews Press, P.O. Box 296, Los Altos, CA 94022. (California residents add 6% sales tax please)

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★NOR-CAL RUNNING REVIEW★

LETTERS TO THE EDITOR

RUTH ANDERSON (*Oakland, CA*) - "I want to confirm in writing the verbal award I gave to the West Valley Track Club and the Belmont Bicentennial Committee for a Masters Women's National Championships 10-Kilometer Cross-Country event to be held concurrent with the Masters Men's National Championship (also 10-Kilos). The races may separate, but the date, November 14, 1976, and the course will be the same. I know you are familiar with the National AAU Code and Sports Rules and will adhere to them. I should also receive a draft of the race entry form prior to public circulation. The minimum age for Masters Women was set at 40 years at the Convention (AAU) last November for LDR races. There should be the same division awards for the women as for the men. When the event is for Masters only, I would like to encourage the inclusion of a 'sub-masters' womens category, beginning at 30 years of age." (Ed. - Ruth Anderson is the newly appointed Chairperson for the Women's Masters AAU LDR Sub-Committee.)

RICHARD LOOPER (*Davis, CA??*) - "A lot of my friends have expressed an interest in the Lake Tahoe Marathon, to be held on July 18. I wrote to Skip Youngdahl and got an application. It doesn't mention A.A.U. Sanction or course certification. I wrote back to him and asked about certification. He replied that 'A.A.U. certification is pending'. Perhaps people should be warned that, before they make that trip to Tahoe for a good effort at 6000-feet, they should make sure that the race is sanctioned and the course certified."

OLLAN CASSELL (*Indianapolis, Indiana*) - "The facts are badly distorted in Hal Higdon's article in the April *Runner's World*. Hal has taken a personal feud with his local AAU Association and built it into a diatribe against the entire organization. His arguments belie his overly-individualistic disdain for organized athletics. The article also appears to have been a carefully contrived publicity gimmick. Hal wrote the story several weeks before it appeared in *Runner's World*. Apparently he timed the magazine's appearance on the newsstand with a nationwide wire service story about his departure from the AAU. Maybe this is how he expected to enhance his journalistic reputation. It's probably how his editors sell magazines. In short, it was nothing more than sensationalism.

Hal's disaffection with the Indiana AAU apparently simmered for a long time. Yet for the past three years he was willing to accept funds from the Indiana Long Distance Running Committee's travel budget to attend certain national championships. One of his last requests for money was denied by the Indiana LDR Committee. Shortly afterwards, Hal jumped on the soapbox.

Hal has always had a great disregard for organization of any sort. He never wanted to see Masters Track & Field develop into a unified program. His individualistic outlook would have stifled the progress of this program. Without codification, rules, regulations, and procedures, American track and field would never have risen above the 'minor sport' status in the first place.

Lesser-known sports like bicycling, fencing, and curling

lack a strong, nationally-united organization like the A.A.U. Participation in these sports is limited to certain areas of the country. Development programs are fragmented, if they exist at all. Track and Field, which has been governed in the U.S. by the A.A.U. for almost a century, is one of America's strong suits in international competition. Through the administration of the A.A.U.'s 58 Associations, there are millions of athletes competing in the sport throughout the country. All those rules and regulations that Hal finds so irksome are the A.A.U.'s responsibility as a member of the International Amateur Athletic Federation (IAAF).

Hal claims that one of his friends had to 'sell his soul' in order to get a sanction for a meet. If the local Association made that individual follow the rules necessary for a sanction, then my hat's off to that Association. For too long the A.A.U. has been criticized for performing in a less-than-professional manner. Now that Associations are going by the books, is this cause for criticism? I hardly think so.

Hal's decision to turn in his A.A.U. card is self-defeating and serves no useful purpose. If Hal is opposed to the 55 mph speed limit on the highways, what would he do--turn in his driver's license at the nearest Motor Vehicles Bureau? Or would he break the law by going 70 mph and urge others to do the same? A more constructive means would be to stand and fight for what he believes in, availing himself of the democratic procedures of the A.A.U. In Hal's case, it's easier to smugly take a seat in the grandstand and take an occasional cheap shot at the people down on the field, where the action is. There are 7,000 clubs registered with the A.A.U. Hal has cited a fractional number of groups that are dissatisfied with our organization...hardly enough to warrant a 'mass exodus' from the A.A.U.

If Hal had been consistently objective, he would have revealed that the A.A.U. has done a lot for long distance running. He's admitted so himself, though somewhat reluctantly. Certainly there are problems within the A.A.U., as with any large organization, but I'll bet my bottom dollar that 98% of what the A.A.U. does is correct and good for athletics. As for the other two percent, well, dropping out never cured anything!" (Ed. - *Ollan Cassell is the Executive Director of the National A.A.U.*)



Sheldon Gersh, standing in front of his San Mateo office. /Len Wallach/

"THE HUMAN RACE"

MEET SHELDON GERSH: (By Len Wallach) - Sheldon Lee Gersh's unusual style of running isn't the only thing that makes him stand out in the crowd, and trying to catch him downhill reminds me of watching a seagull who can't make up its mind whether to land or take off. With arms akimbo, bowed short legs churning his feet in an unsymmetrical pattern of awkward grace and syncopation, his five-foot three-inch frame makes his pace deceptive, but deadly to those trying to use him as a target.

Sheldon has become the Bay Area's ambassador of good will for long distance running, and a self-appointed social director of most of its events. His regular presence at the races in his easily recognized OREGON T-shirt, coupled with a mathematical memory for names, faces, and times, gives him an easy self-introduction to the runners. He burrows into interpersonal relationships with the same dedicated persistence that a gopher has for a newly discovered garden. Some feel that a better comparison would be that of a badger, but he has a certain gentleness that masks his personal style, which prevents the unexpected competitiveness from coming to the surface except during races.

With a certain reluctance, Sheldon admitted that he has some limited social consciousness about his height, but acknowledges quickly that being shorter has made him longer on tenacity and determination. The results are apparent, as it's easy to mistake his amiable and friendly style of mixing in a group for how he will behave in competition. It's like looking at twins: one friendly old-buddy-buddy; the other hawkish, with fierce personal resolve, and an enormous amount of self-control to plan his moves for defeating his opposition.

His high school records in pushups, chinups, and the 300-yard dash stood so long that they made his top-in-his-weight-class title in weight-lifting an anticlimax. Later he got the soccer bug and went on to the College of San Mateo to both play the game and serve as an assistant coach under his life-long friend, Sil Vial, who now coaches at Canada College. "We went

the whole trip of power-thinking, tough workouts, and play the game straight," Sheldon explained. He added that, "this was probably the basis for my work ethic of expecting back only what I put in."

Through soccer friends he went to Guatemala for a summer and came back determined to skip local colleges and break off old family ties by getting into a university system. "So with a roadmap and a car full of junk, I took off for the University of Oregon and two years of soccer, a fraternity, and a bachelor's degree in economics," he succinctly summarized his college career. Digging out of his modesty for the rest brought the fact that he played varsity soccer on the "A" team, which went undefeated. "I was the only American on the team; all the rest were Dutch, including the coach, who didn't think much of American soccer players," he added, but didn't mention how tough it must have been to be the smallest guy on the team under those circumstances.

Like a lot of his contemporaries, Sheldon was caught up in those troubled days when the United States was responding militarily in Southeast Asia. He was drafted into the Army, went through basic training and concluded that the physical part was too easy. "Those old Army sergeants hardly expected any college graduate to relish the physical training, and it blew their minds when a little guy like me ran a sub-five minute mile in combat boots," he related with some relish. With eyesight problems, he couldn't get into Army aviation and didn't want to accept their offer to go to Infantry OCS; consequently he found himself facing 14 months in Vietnam. "I didn't do anything spectacular," he commented. "I used to volunteer for helicopter and convoy resupply missions more out of boredom than bravery, but after a few ambushes, it ceased to be fun anymore," he philosophized.

After his discharge, he headed back to the Bay Area to help coach soccer with his old friend at Canada College. The team took the state championship, and one member, Jim Sylker, became an All-American, making the Olympic team in the process.

"I finally put aside the things of a child and went to the real work of my life," he advised in describing his stock-brokers career with Dean Witter, Co. in San Mateo. Sheldon then gave me an elaborate speech and lecture on the need for hard work and independence. Summarizing the seriousness of his mood would be like trying to comment on the Sermon on the Mount, but it is suffice to say that people who have Sheldon for their broker probably have one of the few guys in the world that gets his jollies by seeing people other than himself get rich, which is kind of refreshing in the world of business. Apparently he's good at his job, as he is consistently in the top 10-15% of the money-makers.

He got into long distance running on a dare and bet a friend a tennis racket on their comparable performances in the 1971 Bay-to-Breakers. "I was so dumb in those days that I ran the whole race on my toes, and consequently I couldn't walk for a week afterwards," Sheldon advised sheepishly.

He continued his efforts and has put in several marathons enroute, including a 3:20 in Boston in 1975. He admits to wanting to feel 'good and comfortable' in running, but he denies that this is preparation for defeat. "It's just that I don't want to race my guts out every weekend, and I honestly don't know how I feel until I'm a mile or so into the race," he said, countering a DSE Newsletter innuendo about his prerace excuses.

Sheldon is a very precise guy. He is always immaculately groomed and exceptionally well-dressed. He is one of the few runners that regularly shows up to races in a clean T-shirt every week. This fastidiousness brought about his latest contribution to running by volunteering to measure most of the local races, somewhat to the dismay of runners that want to continue believing that their personal records were not set on a course a few feet short. Some race directors have a few choice words that add up to 'leave sleeping dogs and running records lie', however, Sheldon wheels on with a certain mathematical glee as he finds new errors. "I'm really trying to be helpful, but frankly I got a little tired of the carefree attitude of race directors. It made me a little uptight, so I decided to do something about it," he said in justification. "I don't want to get involved in any hassles with the A.A.U., race directors, or runners over the measurements, but accurate courses will improve everybody's enjoyment of the races."

Sheldon Gersh has a wall of privacy built around him that is not easy to get through, as he retains a certain amount of undetected reserve, and while mixing easily, keeps a friendly distance. In spite of this, people have a fond of affection for him. Some think he takes life too seriously, others too lightly. But for me, he always reminds me of the kid next door.

NOR-CAL PORTRAIT

MEET TONY SANDOVAL: (By Jack Bellah) - For four years Stanford Cross-Country coach Marshall Clark had tried to get Tony Sandoval to attempt a marathon. For some reason, be it schoolwork, jobs, or plain fear, the right marathon never occurred at the right time. However, 1976 is an Olympic year (surprise!), and with them come trials--and an opportunity to become a member of the U.S. Olympic team was enough incentive to have a go at the distance. On December 20, 1975, in Scottsdale, Arizona, Tony finished a very happy fourth in the Fiesta Bowl Marathon in 2:19:35, good enough for a trip to the marathon trials in May.

This excellent first effort in the marathon was the beginning of a very successful track season that ended only after he was named University division track athlete of the year in Northern California. Along the way, he set PR's in every event from 800m to the marathon.

He was named outstanding senior athlete at Stanford, as well as being named the outstanding scholar/athlete. He was a member of the United States' senior team at the International Cross-Country Championships in Wales (second American), placed fourth in the marathon trials (only one week after defeating the WSU "3" at the Pac-8 10,000 meters in Berkeley), and also took a fourth in the National A.A.U. meet (10,000 again) in June.

Sandy began his career when he was a sophomore at Los Alamos High School in New Mexico. He and a friend liked the looks of the 'classy shoes' that runners wore, but to get the shoes his father said that he had to join the team. Seven years later at age 22...things have changed from getting classy shoes to pursuing an Olympic berth. In this last year alone he has progressed from being a good collegiate runner to world-class marathoner (a transition that coincides with the beginning of his relationship with Mary--his newest and most potent incentive).

Tony's ideal training schedule is quite simple: "twice a day, seven days a week, throughout the year." His 'actual' training schedule is a little different: "twice some days, seven days some weeks, quasi all-year (sometimes summers)". During his 'heavy cross-country preparation' in the summer, he claims to amass such amazing distances as 20-50 miles...per week! "On this strong (?) base", he builds with "grass work and fartlek--getting my mileage up to 70-90 per week."

During the season he says he never steps on the track: "especially those that I don't run on." (Must have graduated from Stanford!) All of his interval training is done on the grass, either on the inside of the track or else on the soccer field, away from the track altogether. Although he keeps his weekly mileage totals a secret (the totals quoted above are only a fraction of his actual mileage), he does admit to an occasional 20-mile run, neglecting to tell you about the 14-miler that he did that morning (when he starts thinking about Mary, there just isn't any stopping him).

Anthony spent many hours last winter developing the training schedule that would best prepare him for the Pac-8 and NCAA meets, as well as the Olympic Trials. As Sandy puts it, "Coach would train me for the mile, and I would train myself for the marathon." This entailed two days of speedwork a week on the grass with a very short recovery (20 x 330 in 46-48 seconds & only 26-28 sec. 110 recovery), workouts that he often did by himself because nobody else could stay with him. With this speedwork to supplement the marathon training he did the other five days of the week, he was able to put on a blistering last lap in the Pac-8 10,000 meters, easily leaving the highly regarded Kenyans behind as he coasted to the finish.

Sandy's race strategy depends on the race and who is in it. Often this year, he ran from the front with only the clock to push him. At the Pac-8 meet, he had enough confidence in his speed to allow John Ngeno to come dangerously close with only three laps to go. At the marathon trials, the strategy was to stay off the early pace and out of trouble; the only problem being that both he and Don Kardong were using the same strategy. It worked, but only one of them could get that third spot...and unfortunately for Sandy, it was Don.

Tony will enter medical school at the University of New Mexico this fall. After graduation he plans to practice somewhere in the mountains near his Truchas, New Mexico, home. As for his career in track, Moscow must be in his long-range plans. With another four years like the last, and with Mary, watch out!



Stanford's Tony Sandoval is this issue's NorCal Portrait. "Sandy" ran fourth at the Olympic Trials Marathon, just missing a spot on the U.S. team. /Keith Conning/

At any rate, Anthony Sandoval has seen great improvements in his performances during his senior year at Stanford. He attributes this success to many things: "maturity and confidence, and the 'snow-capped coach'." He is quick to add that "good feelings and a great attitude with the team and competition have made it a most enjoyable year." Most of all, the New Mexican Flash had two people he wanted to thank: "my own Princess Flash (Mary if you could not guess) and Coach Marshall Clark--the best distance coach in the country."

Anthony Benigno Sandoval: Born in Santa Fe, New Mexico, on May 19, 1954...5'8", 120-lbs. Best times: 800m--1:51.2; 1500m--3:47+; Mile--4:04; 2 Mile--8:47; 3 Mile--13:25.2; 5000m--13:53; 6 Mile--28:03; 10,000m--28:57; Marathon--2:14:58 (all marks in 1976 except for 1 Mile in 1975). Also has a 6-mile cross-country time of 28:38 at the Stanford Golf Course (Stanford record) and an Hour Run distance of 11 Mi., 970 Yds., done in 1972.

WEST VALLEY PORTRAIT

MEET DAVE MCKENZIE: (By Bill Clark) -- Newly-signed weightman, Dave McKenzie of Sacramento, has received an invitation to compete in the U.S. Olympic Trials in Eugene (which will be over by the time this issue is mailed). His event is now the hammer, but it was not always that way, as he explains below.

"I first began in track and field as a sophomore at Ar-mijo High School in Fairfield. My first season I threw the 10-lb shot 54'10½" for a school record with a best unofficial effort of 56'6". My senior year I moved up to the 12-lb implement and did 56'8½" for another school record. I graduated in 1967. After high school I attended Solano College. In February of my sophomore year I began weight-lifting and finished the year with 50'0½"...another school record. I then transferred to Cal-State Univ. at Sacramento, where I have the school record in the shot (56'6") and discus (181'1"). My senior year I was third in the shot and second in the discus at the NCAA II Meet (1971)."

Up until this point in his career, Dave had never even thrown the hammer. But sometime during his last season at Sacramento State he "playing around with it to get extra points for the team in dual meets." He finished the season by winning all three (shot, discus, hammer) at the conference meet! He then fooled around with the hammer during the next season while finishing school and improved to the 170-foot range.



Hammer-thrower, Dave McKenzie, this month's West Valley Portrait.

"I then decided to join my family, who were stationed in Germany. I had faint wishes of finding a trainer, as I've never had one. Shortly after arriving, through the help of friends, I was introduced to Karl-Hans Riehm and his trainer, Ernst Klement. They gladly took a friend and I and taught us how to throw the hammer. We learned the Klement style of throwing, which has enabled Karl-Hans to become world-record holder at 257'6". I must say that in terms of my career, non-athletically, meeting and working with those people has been the greatest thrill and privilege of my life. I trained for three years with Karl-Hans Riehm and his trainer. I have learned my present hammer technique from them. I was Riehm's clubmate for two years--1974 & 1975. My most interesting experience was watching Riehm when he broke the world record last year in Rehlingen.

While in Germany, my PR improved to 196'4" the first season, 209'2" the following season, and 214'4" in 1975. This is still my personal best, although I've come within one-inch of that mark this year so far."

The 27-year-old Sacramentan puts a lot of emphasis on weight training for conditioning. "The weight-lifting plan I use is a combination German-Russian approach. It's a systematic graduated plan that lasts about 8 months. I throw with heavy hammers (8, 9, and 12.5 Kilos) through the winter. With the help of Riehm's weight-lifting plans, my PR's have reached

the following levels presently: (and going up)--Power Clean, 352-lbs.; Power Snatch, 253-lbs.; Squat (Full), 520-lbs.

When asked about his immediate goals, Dave obviously had his sights set on making the U.S. Olympic team. While he has a decent chance at making the top three, the U.S. hammer situation is such that only one competitor, Bill Diehl, has reached the Olympic qualifying standard of 226'5". While each nation is allowed to take a maximum of three individuals in each event to the Games, they must have achieved the qualifying mark in that event. Dave currently (June *T&FN*) ranks seventh in the U.S. in his event at 214'3". So, while making the team is in his mind, he realizes he must make the standard at the Trials; even if he places in the top three--or he must win the event. Even then, we are not sure that he would go. We are assuming that the USOC would choose the winner at the Trials, no matter what his distance. But since it's quite possible that the winner may not hit 226'5" (not even Diehl), we aren't sure of the procedures the USOC will follow.

But Dave's sights go further than Montreal. His long range goal include the American record and then Moscow in 1980. With aspirations like these, Dave will certainly be throwing much further in the upcoming years.



Harry F. Hlavac, D.P.M.

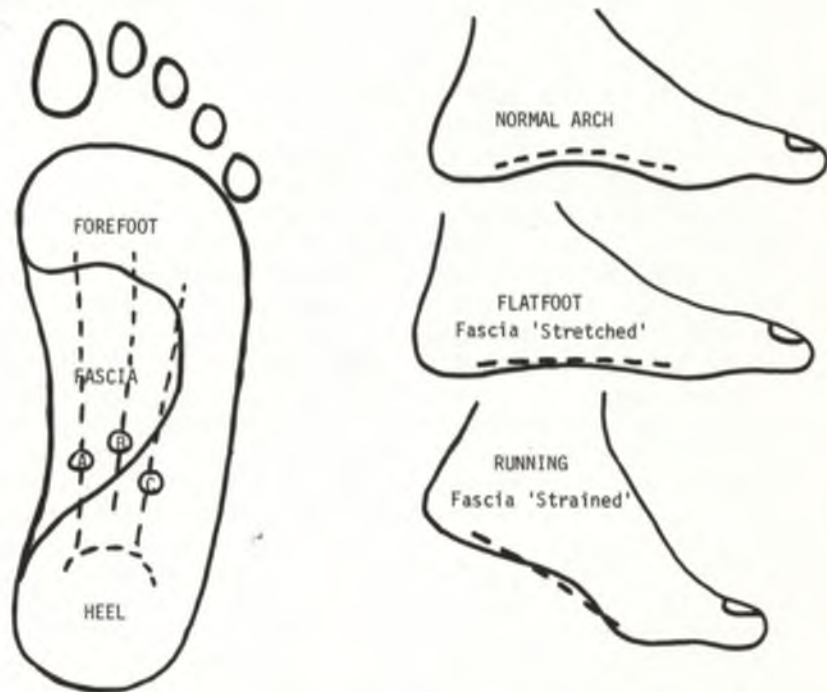
Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). -- Harry reports that recent response (letters) has been good...but don't 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!

GENERAL STATEMENT: - There is a saying in medicine, "He who treats himself as a patient, is a fool as a doctor." Many of the letters I receive from runners indicate that they have been 'doctoring' themselves. This is fine as long as they have made the correct diagnosis, but it is difficult to make a specific diagnosis without a thorough understanding of the structure and function of normal and abnormal tissues. It is important to differentiate between injuries that must have rest to heal, and those that are overuse problems requiring mechanical support and continued activity. Therefore, I ask athletes to 'listen to your body'. If you have a problem that does not respond to first aid measures, please seek professional attention immediately. I am pleased and impressed by the interest that athletes have in understanding and maintaining good health. Not all sports injuries can be cured with a magic wedge placed in the shoe. Please develop your conditioning programs slowly.

JAMES BEAZELL (*Sebastopol, CA*) - "I have been running for approximately 19 months and I have developed what seems to be chronic tendonitis in my right forefoot through some stupidity on my part. Last August I strained the longitudinal arch in my right foot, so after it healed, I began to run barefoot on the grass at school to strengthen my feet. But having more zeal than good sense, I increased my mileage too fast. I developed an ache in my right forefoot which I was going to rest...but after one last race. Of course, that did it, and I developed what the trainer at the school described as tendonitis. I rested totally for two weeks, getting whirlpool treatments five days a week. I began running again in December and was running 4-5 miles a day mostly on the roads. Then, on New Year's Eve, I ran in the midnight run and I took a few days off, as my foot began to ache again. I went back to my training and it was progressing well. Then at the end of February I felt like I could take up intervals once a week (I had last done them in October). Well, I did one workout of about four hard miles and did my 6-mile easy run the next day. My tendonitis was back with a vengeance; I knew I had done too much too soon. This time I took off three weeks and almost went crazy. I took whirlpools three times a week. After three weeks, my foot seemed alright and I began running again. I am in my second week of running, and when my right foot is cold (i.e. - on a cold morning), it aches. When I sit for over 20-30 minutes

it aches. When I'm running, it gives me no problems. Now I do all my running in shoes on either grass fields, golf course or the beach. My question is should I lay off again until my foot quits aching completely? Or should I just keep my mileage at 4-5 miles a day as it is now, and take two days rest a week as I also do now?"

(RESPONSE) - PLANTAR FASCIITIS: - What you describe very well in your letter is a condition of plantar fasciitis, or injured 'ligaments' on the bottom of the foot. The sole of the foot is called the plantar surface. Fascia is a connective tissue that normally covers muscles and separates tissues. The three thick bands of fascia that attach from the heel to the ball of the foot are very firm and are often collectively called a 'ligament'. In normal structure and function, the plantar fascia helps bind the parts of the foot together, preventing extremes of motion and preventing injury.



PLANTAR FASCIA ("LIGAMENT") ON THE SOLE OF THE FOOT

Plantar fascia strain or stretching occurs when the arch drops as in flatfoot, or when the toes are raised up as in running and other sports. If the foot flattens and weight falls to the inside (*See Diagram, Label A*), the medial slip of fascia is often injured. This is often mistaken for tendonitis, if in the arch area; or for a heel spur, if it occurs at the attachment to the heel bone. Pain is often present when first standing in the morning, after sitting, or after running. Trying to run through the pain aggravates the injury.

Fasciitis is difficult to treat because this tissue has very poor blood supply, and therefore it heals very slowly. In addition, almost all weight bearing activity aggravates the condition. If swelling or bruising is present, it is essential to have professional evaluation, and it may require immobilization. Milder cases are often treated with arch-supportive taping, and occasionally with medications. It may be necessary to substitute cycling, swimming, or other non-weight bearing activities until complete relief of the pain is indicated. Usually it is necessary to follow up treatment with physical therapy, supportive orthotics, and very gradual return to full activity.

PODO-TIPS: (*THE ARCH OF THE FOOT*) - Contributors for "Podo-Tips" are: Gordon Hamblin, G. Wayne Jower, Gerald Kuwada, William Mason, & Steve Wan.

DEFINITION: - The arch of the foot is the inside or medial longitudinal concavity. The arch is formed by various bones of the feet and supported by muscles, tendons, and

1976-77 LDR HANDBOOK

RACE SCHEDULE	CLUB DIRECTORY
X-C SCHEDULE	TOP PA MARATHONERS
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ligamentous attachments.

TYPES OF ARCHES: - (1) Normal arch; (2) Flat arch associated with pes planus (flatfeet); (3) High arch associated with pes cavus (high-arched feet).

CAUSES: - (1) Flat arch associated with pes planus: (A) Hereditary, (B) Arrest or delay in normal bone development, (C) Abnormal bony structure, (D) Improper bony and soft tissue alignment, (E) Injury resulting in spasm or alterations in the above causes. (2) High arch associated with pes cavus: (A) Hereditary, (B) Congenital, due to abnormal position of the feet during fetal development, (C) Neurological disease or trauma, causing spasticity of muscles, tendons and altering bony structure and functioning of the foot. (3) Normal arch: (A) Hereditary, (B) Normal development of the bony structure of the feet.

CHARACTERISTICS OF EACH TYPE OF ARCH: - (1) Normal arch: (A) The normal arch extends from the head of the first metatarsal to the heel or calcaneus; (B) The normal arch is usually present in both weight bearing and non-weight bearing feet.

(2) Flat arch: (A) Non-weight bearing: arch may or may not be present; (B) Weight bearing: arch is flat usually to the point of contact with the surface or ground; (C) X-ray evaluation and clinical evaluation is made by physician or podiatrist to confirm pes planus. (3) High arch: (A) Non-weight bearing: the arch is usually larger than normal width, and the bottom of the foot usually has a greater slope to that arch; (B) Weight bearing: the arch may flatten minimally or not at all--the individual feels as though the weight is supported on the outside aspect of his feet; (C) X-ray and clinical evaluation to confirm pes cavus.

PROBLEMS OR COMPLICATIONS: - (1) Normal arch: (A) Problems are usually minimal or not present at all; (B) If complications arise or are present, this may be due to other lower extremity deformities or injuries which would affect and alter the normal functioning of the bones and soft tissue. (2) Flat arch associated with pes planus: (A) Marked lower extremity fatigue; (B) As a result of abnormal weight distribution, skin responds to increased pressure by thickening (e.g. - callus, corns); (C) Limitation of pain-free ambulation; disruption of normal activity; (D) Arthritic changes; (E) Varying degrees of discomfort, depending on severity of deformity. (3) High arch associated with pes cavus: (A) As a result of abnormal weight distribution, skin responds to increased pressure by thickening; (B) Limitation of pain-free walking; disruption of normal activities; (C) Increased susceptibility to other foot deformities such as contracted toes, tight plantar fascia, short heel cord; (D) Susceptibility to ankle injuries; (E) Varying degrees of discomfort, depending on severity.

TREATMENT: - The aim of treatment is to prevent the present abnormal motion from occurring particularly with pes planus, as well as to permit more normal pain-free ambulation and prevent future deformity--or halt the progression of deformity or disfunction now present. This is accomplished by: (A) Conservative treatment: orthoses, accommodative footwear, padding, strapping with tape, palliation; (B) Surgical treatment: for more severe deformities unresponsive to conservative treatment.

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. Ramona 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 ANSWERED. *** Let us know of any races in your area so we can be sure to list them in our schedule. It's free ya know!

RUNNER'S WORLD FUN-RUNS: - No entry fees, no AAU card required. Every Sunday at Foothill College, 10:30 am. Foothill is located off I-280 in Los Altos (Moody Rd. exit). These are weekly informal runs, designed to promote running as conditioning, as well as competition and social activity. They are intended to supplement the AAU program by offering races at short distances (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.

X-C SCHEDULES WANTED!

HELP! -- Please send us your school's XC Schedule by Aug. 28th for our next issue.

- Jul 3 - 3 Mile Bunion Derby, Fresno. Dave Bronzan, P.O. Box 271, Fresno, CA 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, CA 93708. (CCA)
- Jul 4 - Kenwood Race, 10 Kilos, Warm Springs Rd., 9 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- Jul 4 - Natl. AAU Sr. & Jr. (& SPA-AAU) 15 Kilo Champs, San Marcos HS, Santa Barbara, 10:00 am. John Brennan, 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 No., 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 4 - 4th of July Parade Run, 3 Miles, Redwood City, 11:30 am. Sten Mawson, City Hall, 1017 Middlefield, Redwood City 94064.
- 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 5 - Coronado Half-Marathon (& 3 Mile), Coronado, 7 am. George Green, Box 695, Coronado 92118 (Ph. 714/435-3633). (PSA)
- 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 10 - SDTC Family Run, Morley Field, Texas & Upas, San Diego, 5 Kilos, 9 am. Bill Gookin, 5946 Wenrich, San Diego 92120. (PSA)
- Jul 10 - 2 Mile Road Run, Sunset Park, Las Vegas, Nev, 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- 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 14 - Triathlon, Fiesta Island, San Diego, 5:45 pm. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- 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, 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 T.C., 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 Shellfield Dr., Carmichael 95608.
- Jul 18 - DSE Ft. Point Run (Meet at Marina Blvd., Presidio Gate), 3.676 Mi., S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Jul 18 - Lake Tahoe Marathon (certified?), 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. & Rec., 1095 Duane, Astoria, OR 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 info., contact: Darryl Beardall, 488 Benjamin Rd., Santa Rosa 95405.
- Jul 24 - Marin Headlands Run (Miwok Trailhead, Ft. Cronkite), 5.34 Mi., 10 am. Kees Tuinzing, 627 Galerita Wy, San Rafael 94903.
- Jul 24 - 5 Mile Road Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Jul 24 - Pt. Loma 10-Kilo, Pt. Loma College (nr. San Diego), 8:30 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Jul 24 - Vernonia Friendship Jamboree Run, 9.6 Mi., Vernonia, OR, 10:15 am. Bob Carson, 2509 Mills Ln, Forest Grove, OR 97116.
- Jul 24 - ORRC Farrel's Sundae Run (2 Mi.), Duniway Park, Portland, OR, 9:30 am. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
- Jul 24 - DSE Golden Gate Bridge Run (Meet at Ft. 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, 9 am. Wayne Fontes, Capitola City Hall, Capitola 95010.
- Jul 25 - Orange County 15-Kilo Team Race, Mason Park, 10 am. Dave Sills, South Tower, Suite 908, Union Bank Sq., Orange 92668.
- Jul 30 - Dave Pain Biathlon, Hilton Hotel, Mission Bay, San Diego, 5:30 pm. Dave Pain, 2595 Ocean Front Walk, San Diego 92109.
- Jul 31 - 8 Mile Bunion Derby, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Jul 31 - Foster City Levee Race, Approx. 6 Mi., (E. Hillsdale & Shell), 9 am. Mike McGuire, 650 Shell Blvd., Foster City 94404.
- Jul 31 - Griffith Pk. 13-Kilo, Los Angeles, 8 am. Mike Polizzi, 18400 Prairie, #113, Northridge 91324. (SPA)
- Jul 31 - RTC Bill Levins Memorial Run, (5 & 2 Mi.), Drain, ORE, 10 am. Jim Hess, North Douglas H.S., Drain, OR 97435. (OA)
- Aug 1 - Pikes Peak Marathon, Manitou Sprgs, COLO, 7:30 am (not certified). Rudy Fahl, 2400 W. Colorado, Colorado Sprgs, CO 80904.
- Aug 1 - Resurrection Pass Marathon, Hope, Alaska, 10 am (not certified). Lyla Richards, Univ. of Alaska, 2651 Providence Dr., Anchorage, Alaska 99504.
- Aug 1 - 9th Ft. Baker Run, 15 Mi., (Marin County), 8:30 am (Handicapped). Jim Nicholson, 2178 47th Ave., San Francisco 94116.
- Aug 1 - Rio Del Mar Beach Run, 6.86 Mi., 10 am. Don Amini, 217 Baldwin, Aptos 95003. (RRC Race)
- Aug 7 - 4 Mile Road Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Aug 7 - Oregon AAU 1-Hour Run, Willamette Univ., Salem, OR, 7 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Aug 7 - RTC Lookingglass Road Run, 4.85 Mi., Lookingglass, OR, 11 am. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
- Aug 7 - Barracks to Wintler Park Run, (2 & 6 Mi.), Vancouver, WA, 9 am. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661.
- Aug 7 - Peter Iredale Run, 4 Mi., nr. Ft. Stevens, OR, noon. David Peterson, Route 3, Box 595, Ft. Clatsop R., Astoria, OR 97103.
- Aug 7 - ORRC 24-Hour Relay, Duniway Park, Portland, OR, 10 am. John Frey, 1450 Fir St., So., Salem, OR 97302. (OA)
- Aug 7 - Long Beach Internat'l Sea Festival Beach Run, 10 Mi., 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA)
- Aug 8 - Walnut Sports Festival, (3 & 6 Mi.), Walnut (Suzane Pk.), 3 pm. Walnut Festival, Box 296, Walnut 91789. (SPA)
- Aug 8 - DSE Practice Dipsea Run, 6.8 Mi., Mill Valley, 10 am. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Aug 8 - Lafayette Rim Run, 6 Mi., Lafayette Reservoir, 9 am. Charles MacMahon, 154 Grover Ln., Walnut Creek 94596.
- Aug 8 - SDTC Family Run, San Dieguito County Park, 3 pm. Bill Gookin, 5946 Wenrich Dr., San Diego 92110. (PSA)
- Aug 14 - 12th Annual Robt. DeCelle, Jr. Memorial Lake Tahoe Relays (7-person relay, about 70 miles), Meet at Safeway Store at intersection of Hwy 50 & 89 at So. Lake Tahoe, CA, 8 am. Harold DeMoss, 765 Campbell, Los Altos 94022.
- Aug 14 - Huntington Beach Distance Derby (1.5, 3, 10 Mi.), 8:30 am. Kit Love, Rec. & Pk. Dept., Box 190, Huntington Bch, 92648.
- Aug 14 - Scandia Run, 4.8 Mi., Junction City, OR, 7 pm. Mike McEldowney, Park & Recreation Dept., Junction City, OR 97448. (OA)
- Aug 15 - DSE Practice Dipsea Run, 6.8 Mi., Mill Valley, 10 am. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Aug 21 - Seaside Beach Run, (7 Mi. & shorter runs), Seaside, OR, 2:15 pm. Ralph Davis, Chamber of Commerce, Box 7, Seaside 97138.
- Aug 21 - Balboa Park 3 & 8 Milers, San Diego, 8 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Aug 21 - 3 Mile Road Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Aug 21 - Ocean to Bay Marathon & Women's PA-AAU International Qualifier (new course), Tunitas Crk. Rd. & Hwy 1 (7 Mi. south of Half Moon Bay), 8 am. Ken Israel, 305 Del Rosa Way, San Mateo 94403. *First PA-AAU woman will receive full airfare to Women's International Marathon in Germany on Oct. 2; 2nd & 3rd will be funded to Women's AAU Marathon in Culver City on Dec. 5. Funding by PA-AAU Women's Long Distance Running Committee.*
- Aug 21 - Golden Empire X-C Age-Group Runs (many divisions thru masters), 5 Miles Open, Penn Valley Park, Penn Valley, 6 pm. Nick Vogt, P.O. Box 151, Grass Valley 95945.
- Aug 21 - 10 Mile Bunion Derby, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Aug 22 - ORRC Biathlon, Coffenbury Lake, Near Seaside, OR, 11 am. Ken Weidkamp, 1430 SW Derby, Beaverton, OR 97005. (OA)
- Aug 22 - Coos County Fair Road Run (1 Mi., 5 Km., 5 Mi.), Myrtle Pt. HS, ORE, 10 am. John Frey, 1450 Fir St. So., Salem, OR 97302.
- Aug 22 - DSE Biathlon (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco, 94114. (DSE)
- Aug 22 - Five-Brooks Run, 7 Miles (?), 5 Miles So. of Olema (Pt. Reyes) on Hiway 1, noon. Darryl Beardall, 488 Benjamin Rd., Santa Rosa 95405.
- Aug 24 - Gavilan College X-C & Track Runs, Gilroy, 6 pm. Bill Flodberg, 12925 Foothill Ave., San Martin 95046. (RRC Event)
- Aug 28 - Los Gatos Cultural Festival Dammit Run, 5.593 Mi., Los Gatos H.S., 9 am. Maynard Orme, 16360 Belmont, Monte Sereno 95030.
- Aug 28 - Linkville Lopers 15-Kilo, Klamath Falls, OR, 11 am. Don Young, 2923 Aleamont, Klamath Falls, OR 97601. (OA)
- Aug 28 - Hume Lake 10-Kilo, (Nr. Fresno). Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Aug 28 - Santa Monica Sports Festival 10-Kilo, 8:30 am. Doug Carlat, Rec. & Parks Dept., 1685 Main St., Santa Monica 90401. (SPA)
- Aug 29 - Santa Monica Marathon, 7:30 am. Doug Carlat, Rec. & Parks Dept., 1685 Main St., Santa Monica 90401. (SPA)
- Aug 29 - 66th Annual Dipsea Run (Handicap), 6.8 Miles, Mill Valley to Stinson Beach, 10 am. Mill Valley Jaycees, 300 Miller Ave., Mill Valley 94941.
- Aug 29 - Timber Festival Road Run, (3 & 7 Mi.), Estacada, ORE, 10 am. Larry Gray, Route 3, Box 1835, Estacada, OR 97023. (OA)
- Aug 29 - ORRC Fairmont Frolic, 3.5 Mi., SW Portland, ORE, 2 pm. John Frey, 1450 Fir St. So., Salem, OR 97302. (OA)
- Sep 4 - Heart of the Valley 3 & 7 Milers, Corvallis, ORE, 11 am. Dan Eden, Parks & Rec. Dept., 601 SW Washington, Corval. 97330.
- Sep 4 - Linkville Lopers Lions Club 5 Miler, Klamath Falls, ORE, 11 am. Don Young, 2923 Aleamont, Klamath Falls, OR 97601. (OA)
- Sep 4 - Alameda TC X-C Carnival (3.6 Mi. & 6.6 Mi.), Alameda Municipal Golf Course, 1:30 pm. Bob DeCelle, Box 1606, Alameda 94501
- Sep 4 - Bass Lake Half-Marathon, Fresno Area. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- Sep 4 - Watermelon Runs, Fresno. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- Sep 5 - DSE Lake Merced 5-Miler (Meet at Boathouse), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Sep 5 - Silver State Bicentennial Marathon, Davis Crk. Campground (15 Mi. S. of Reno), Nev., 8 am. Skip Houk, 3675 Bryan St., Reno, Nev. 89503.
- Sep 5 - Griffith Park X-C Runs, Los Angeles, 8 am. Doug Carlat, Rec. & Parks Dept., 1685 Main St., Santa Monica 90401. (SPA)
- Sep 6 - Times Nine Runs (9-Kilo Individ. Race & 3 x 3-Mile Relay), Crystal Sprgs. X-C Course, Belmont, 10 am. Len Wallach, 1060 Continentals Way, #107, Belmont 94002. Sponsored by San Mateo Times & Belmont Bicentennial Committee.
- Sep 6 - Memorial Day Fun Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- Sep 6 - DSE Ocean Beach Run, 6 Miles, Balboa & Great Hwy, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Sep 6 - Mt. Baldy Race to the Top, 8 Mi., (LA Area), 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA)

- Sep 6 - Pre's Trail Run, 5 Mi., Autzen Stadium, Eugene, OR, 3 pm. Jon Anderson, 3550 Knob Hill Ln., Eugene, OR 97405. (OA)
 Sep 9 - SDTC Triathlon, Fiesta Island, San Diego, 5:30 pm. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
 Sep 11 - Lake Wildwood 10-Miler, Near Grass Valley, 9 am. Nick Vogt, P.O. Box 151, Grass Valley 95945.
 Sep 11 - SCTC Circle-The-Bay Run, 18.13 Miles, Coos Bay, ORE, 9 am. John Frey, 1450 Fir St. So., Salem, OR 97302. (OA)
 Sep 12 - Albany Spike Club Run, (1, 2, & 6 Mi.), Albany, ORE, 2 pm. Dave Bakley, 3707 S. Oak, Albany, OR 97321. (OA)
 Sep 12 - Big Bear City 10-Miler, 10 am. Sam Nicholson, 4946 Fredrick, LaCrescenta 91214. (SPA)
 Sep 12 - PA-AAU 25-Kilo & Women's Natl. AAU 10-Kilo Championships, Golden Gate Park (Polo Fields), S.F., 9:30 am. Harold DeMoss (25-Kilo) & Penny DeMoss (10-Kilo), 765 Campbell, Los Altos 94022.
 Sep 18 - Nevada X-C Carnival, Univ. of Nevada, Reno, Nev. Jack Cook, 1776 Meadowvale, Sparks, Nev. 89431.
 Sep 18 - 7th Double Dipsea, 13.6 Mi., Stinson Beach to Mill Valley & back, 8:30 am (Handicap). Walt Stack, 321 Collingwood, S.F.
 Sep 18 - Clay's Athletic Dept. 7-Miler, Phoenix, ORE, 1 pm (or 11 am?). Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
 Sep 18 - Sunriver Run (6.75 Mi. Open), South of Bend, ORE, noon. John Frey, 1450 Fir St. So., Salem, OR 97302. (OA)
 Sep 18 - Tualatin Hills 7-Miler, Near Portland, ORE, 11 am. Robie Rinehart, 3670 SW 78th Ave., Portland, OR 97225. (OA)
 Sep 18 - Equinox Marathon, Fairbanks, Alaska, 8 am (not certified). William Smith, PE Dept., Univ of Alaska, Fairbanks, AK 99701.
 Sep 18 - Occidental College X-C, Los Angeles, 9 am. Steve Haas, X-C Coach, Occidental College, Los Angeles 90041. (SPA)
 Sep 18 - All-Comers X-C, 4 Miles, Balboa Pk., San Diego, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
 Sep 19 - 32nd Walnut Festival Races (many age-groups; 5.6 Mi. Open), Heather Farms, Walnut Creek, 9 am. *ENTRIES CLOSE SEPT. 11... ABSOLUTELY NO POST ENTRIES.* Andy MacCono, 1840 Geary Rd., Walnut Creek 94596.
 Sep 25 - Valley of the Moon Invit. X-C, 4 Mi., Santa Rosa (Spring Lake County Pk.), 11 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
 Sep 25 - SDTC Family Run, 5 Km., Golden Hill, San Diego, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
 Sep 25 - RTC X-C (Internat'l Style), 8 Km., Winchester, ORE, 11 am. Ron Alexander, Umpqua Comm. College, Winchester, OR 97495.
 Sep 25 - ORRC 2-Person 10-Mile Relay (Alt. 440's), Duniway Pk., Portland, ORE, 10 am. John Frey, 1450 Fir St. So., Salem, OR 97302
 Sep 26 - Mt. Vaca Hill Climb, 10.6 Miles, Near Vacaville, 9 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.
 Sep 26 - DSE Daly City Hill Run, 6.2 Miles, Colma School, Daly City, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)

TRACK & FIELD

- Jul 3 - Surf City Striders Field Event Meet, San Jose St. (*Site to be confirmed*), 11 am (Men & Women)--Don Amini, 217 Baldwin, Aptos 95003 (408/688-6635); Natl. AAU Masters T&F Champs, Gresham, OR (3 days)--Jim Puckett, Mt. Hood Comm. College, 2600 SE Stark, Gresham, OR 97030.
 Jul 10 - Natl. AAU Masters Decathlon, Gresham, OR (2 days)--Jim Puckett (see above meet for address).
 Jul 15 - PA-AAU Jr. Olympic Champs, Mills H.S., Millbrae (Boys & Girls)--Dan Escobar, 500 Hazel, Millbrae 94030.
 Jul 23 - Olympic Games (Track & Field thru July 31), Montreal.
 Aug 21 - Natl. AAU Jr. Olympic T&F Champs, Memphis, Tenn. (Boys & Girls)--Harold Buehler, 4052 Barron, Memphis 38111.

ALL-COMERS MEETS: - We got some limited response to our pleas for dates of all-comers meets throughout California. We're sure that there are others, but about the only way to tell would be through local AAU District offices and local college coaches. Please note that College of San Mateo & San Jose City College will *NOT* be having their normal all-comers series this summer...SJCC is in the process of putting in a new track, and CSM has had a difficult time getting officials and says there doesn't seem to be enough interest to warrant the series. Following are the meets we know about. It is best to check and make sure on dates/times before journeying to any of them. *** Foothill College in the Los Altos Hills is having a series on Monday evenings, beginning on July 5, starting at 6 pm. Contact Hank Kettles, the track coach there, for further information. This is an all-weather track. The series will go for 5 weeks, we assume the last meet will be on August 2. *** Cabrillo College in Aptos (near Santa Cruz) is having a series of meets beginning June 16 and going thru August 18, Wednesday evenings at 6 pm. One source omitted meets for July 14, 21, and 28, so it's best to check with Chuck Wilkinson at Cabrillo College Community Services Office to make sure...408/425-6331. No entry fees to our knowledge...dirt track. There will be one division but probably some age-group events too... the program is fairly loose, and if enough people want an event in a division, they will probably run one. *** Cosumnes Rvr. College in Sacramento will have an all-comers meet on July 4 only, sponsored by the Dept. of Recreation & Parks. Divisions will be: Open, High School, Elementary/Jr. High, 13-Under Girls & Women. There will also be a masters (40/over) 100 and Mile. Trophies to winners in each division. Meet starts at 9:30 am. For further information, contact John Lewis (916/452-5681, ext. 70) or Dick Cristosani (916/421-1000). *** Modesto J.C. will have a series of meets every Thursday evening thru Aug. 12, starting at 6:30 pm...most normal events except the shot & discus, and there will be no hurdle races. Check with the Parks & Recr. Dept. in Modesto (209/524-4011, ext. 341) to check on exact schedule of events. Track is dirt (good surface...used for Cal Relays). *** Yuba City High School: The Peach Bowl Pacers T.C. will host a series of meets every Friday night thru August 13, beginning at 7:30 pm. Entry fee is 50¢/athlete. Ribbons to top three in all heats. Meets are open to boys/girls of any age. A special 3-mile X-Country run at 7:30, in addition to the track events. For further information, contact: Jim Williams, 835 Spiva Ave., Yuba City, CA 95991. *** San Diego: The San Diego TC will host a series of meets as follows: July 17, 31, August 14, 28 (last meet is

Championship Meet. All meets start at 2 pm (we don't know the location of the meets yet, so contact Gordon Parham at 714/488-9764 for full details). *** Los Angeles Area: A series of meets sponsored by the L.A. Unified School District's Youth Services Division will be held at various locations through July 22, every weekday evening as follows: Mondays--Gardena H.S.; Tuesdays--Venice H.S.; Wednesdays--Pierce J.C.; Thursdays--East L.A. College. The final meet will be at Pierce on July 23 (Friday), with top ten performances from the other meets being qualified to compete there. Anyone can enter the meets...various divisions, including junior high and elementary divisions, open, women, novice, masters. Running events start at 6 pm, field events at 7 pm.

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.

- Aug ?? - Natl. AAU One-Hour Walk, date & site TBA.
 Aug 15 - Natl. AAU 50-Kilo Champs, Missouri.

(No other information on scheduling...Bowman says to phone him for information on summer scheduling.)



(Left) Neal Pyke (left) and Bill Ranney deadheat at the PA-AAU Championships' 2-Mile Walk at 14:42.4. /Dennis O'Rourke/ Wayne Glusker cruised to 8 miles, 348 yards in the PA-AAU Hour Walk Championships, winning by nearly a mile! /David Wright/

LANSING ON TOP AT SAN JOSE INVITATIONAL: (May 1, San Jose) - /2 Miles, track/ 1-Jerry Lansing/WVTC 14:10.0, 2-Bill Ranney/GGTC 14:49.8, 3-Pyke/FTC 14:50, 4-Snazelle/GGTC 15:07.8, 5-Adriano/WVTC 15:14.4, 6-Duran/WVTC 16:53. /Bob Bowman/

GLUSKER FOURTH IN AAU 20K: (May 2, New York City) - Ron Laird had little trouble whipping a tough field at the Sr. 20-Kilo Championships with a 1:33:53 clocking, some two minutes ahead of second place. WVTC's Wayne Glusker was the only Californian we know of to place (or even finish) with a good 1:38:10 for fourth place. Ex-Bay Area star, Bob Kitchen, now competing for the DC Striders, grabbed sixth at 1:39:09. The top ten: 1-Laird/NYAC 1:33:53, 2-O'Connor/NYAC 1:35:41, 3-Young/CTC 1:36:15, 4-Glusker/WVTC 1:38:10, 5-Heiring/Wisc-Pksde 1:38:23, 6-Kitchen/DCS 1:39:09, 7-Sweazey/Canada 1:39:32, 8-Kulik/NYAC 1:40:14, 9-Knatt/NMC 1:40:26, 10-Hirt/CTC 1:43:49. /Track & Field News/

VISITING NIHILL RECORDS FIRST SUB-1:30 ON AMERICAN SOIL: (May 9, San Francisco) - Britain's Paul Nihill, vacationing in the Bay Area before returning home to compete in his Olympic Trials (in which he finished second), passed through 10K in 44:37 and continued on with clockwork precision to notch a fine 1:28:59.5 on the Golden Gate Park road course. This was the first time anyone has ever broken 1:30 for 20-Kilos on U.S. soil. His 5-Km. splits in route were: 22:30, 22:07, 21:57, 22:25. Amazing second placer was Florida TC's Neil Pyke, who only took up race walking seriously two months ago! He recorded a fine 1:37:20.8 to qualify for the Olympic Trials, although he has to pay his own airfare since he didn't break 1:36. Manny Adriano, looking as good as we've seen him in many a year, just missed 1:40 by 12 seconds. The only other finisher was Bryan Snazelle, who did a commendable 1:42:32.5. Wayne Glusker (22:26) and Bill Ranney (24:22) only did the first 5-Km. /Bob Bowman/

PA-AAU ONE-HOUR CHAMPIONSHIPS--GLUSKER DESTROYS FIELD: (May 16, San Francisco) - WVTC ace, Wayne Glusker, displayed great form in recording a PR of 8 miles, 348 yards around the track at S.F. State University. Recording a very swift 7:08 first mile, he continued to churn through splits of 14:28 and 21:52 (and 45:28 at 10 Kilos!) in route to a virtual solo victory. Teammate Manny Adriano walked the best race of his life, passing through the hour at 7 miles, 483 yards, and then continuing on to a fantastic 1:36:18.2 for 20-kilos and a qualifying time for the Olympic Trials. Manny passed the halfway point in a PR 47:10. Only other competitor was Jerry Lansing, and he called it a day after three miles in a swift 21:57. /Bob Bowman/

PA-AAU WOMEN'S & GIRL'S T&F CHAMPIONSHIPS: (May 16, San Jose) - 5,000m: 1-C. Sakelarios/RCF 27:36.2, 2-G. Sakelarios/RCF 27:41.6, 3-Briscoe/WVTC 27:47.6, 4-Spencer 27:57.0, 5-McPherson/SJC 28:26.0, 6-Spangler 29:11.0, 7-Berzaman 31:57.0. Mile: (Girls) 1-Cindy Vaughan 8:04.8, 2-O'Sullivan 8:19.6, 3-Durham 8:24.6, 4-Dittman nt, 5-Sars 8:52.8, 6-Lagunas 8:54.9. /Bob Bowman/

CALIFORNIA RELAYS: (May 22, Modesto) - /2 Miles, track/ 1-Randle/BHS 14:45.8, 2-Ranney/GGTC 15:03.8, 3-Pyke/FTC 15:04.8, 4-Snazelle/GGTC 15:47.2, 5-Duran/WVTC 17:03.8...DQ--Wayne Glusker at 3/4 miles while leading. /Bob Bowman/

US-CANADA MATCHES: (May 22, Alexandria, VA) - Thanks to his employer, *The Magic Pan*, a restaurant specializing in crepes, WVTC ace Jerry Lansing fulfilled his opportunity to compete in the US vs. Canada race-walking matches. Jerry's airfare was paid for by them, and he responded by grabbing two individual titles. Due to mismeasurement, the planned 35-Kilo course was actually a bit short at 32.66 Kilos, and Jerry pulled out a narrow victory over US teammate Augie Hirt, 2:46:20 to 2:46:28. Another American, Paul Ide, was way back at 2:48+ with conditions a bit warm (70-75°) and sunny. The following day, Jerry came back strongly for 10 Kilos and upended Canadian Helmut Bock, 47:40 to 47:47. In another walk (also on the 23rd), Todd Scully won in 1:34:01 as a non-scoring guest, while NYAC's Dan O'Conner won narrowly (the official title) over Canada's Glen Sweazy (1:35:36 to something less than 1:35:58...which was the time of third-placer Bob Kitchen). Course was accurate this time!

TRACK & FIELD RESULTS

THE TRACK MEET: (March 13, Santa Barbara) - LJ: McClellon/WVTC-USA 24-3; 10,000m: Tuttle/BHS 28:37.0, Kardong/CNW 29:18.6, Jones/SCH 29:49.2; TJ: McClellon/WVTC 52-1; Women's DT: 3-Langford/MLTC 168-4. /Vern Gambetta; California Track News/

BAKERSFIELD RELAYS: (April 3, Bakersfield) - 440R: SJCC 41.3,

Alameda 41.4, 3-Contra Costa 41.7; 100m: Hampton/SJCC 10.4; 880R: Mesa 1:25.7, SJCC 1:25.9, Alameda 1:27.6; 3 Mile: Simonian/LACC 13:51.0, 4-James/SJCC 14:10.0; 4MR: Fullerton 16:56.8 (Nat'l. JC Rcd), WVC 17:16.4, SJCC 17:34.8; MileR: Mesa 3:12.5, SJCC 3:14.5; 120HH: Branson/Prtvle 14.5, Crittendon/CCC 14.6; 3000mSC: Perez/SJD 8:51.6 (Nat'l. JC Rcd), Langford/AR 9:08.6, Weed/AR 9:25.2; 2MR: Bakersfield 7:40.6, SJCC 7:45.2; 1500m: Wingard/Full 3:55.9, 3-Kennedy/DA 3:57.9; SP: Santiago/AR 56-6 1/2; TJ: Marlow/Cosumnes 51-11 3/4, 4-Jackson/Chab 48-4 1/4; JT: Walker/Chab 239-7. /CTN/



(Left) NorCal's top prep over the 330-hurdles is Silver Creek ace, Andre Phillips (36.4). /Dave Stock/ (Right) Sunset (Hayward) hurdler Chris Koko won the NCS title and zipped to a PR 37.2 in the CIF State heats and then placed fifth in the finals (37.6). /Jeff Zimmerman/

KENNEDY RELAYS: (April 4, Richmond) - 4MR: Skyline 18:04, Washington 18:06.6; 330LH: Koko/Sunset 37.6, Stevens/Berk 38.1; SMR: Oakland 3:38.2, Tennyson 3:38.5; 100: Willis/Mission 9.8 (9.7 in trials), Burrell/Piner 9.8; 120HH: Hill/JFK 14.5, Harris/Okld 14.6; Mile: McMeans/DA 4:32.0, Hussey/Wash 4:32.2; 440R: Berkeley 43.0; 2MR: Oakland 8:04.6; HJ: Heiss/Okld 6-7, Lowe/Tam 6-6; 880R: Balboa 1:30.2, Berkeley 1:30.7; DMR: Skyline 10:48.6; TJ: Johnson/ME 47-7 1/2, Durham/Okld 47-3, Kelly/Sky 46-5; MileR: Berkeley 3:22.1, Ellis 3:23.3, Richmond 3:24.8. /Keith Conning, CTN/

HILL-KIWANIS INVITATIONAL: (April 10, San Jose) - 100: Taylor/PH 9.7, Cannon/MP 9.7; 220: Cannon/MP 21.7, Taylor/PH 21.8; 440: Harvey/SCrk 49.9, DeWitt/Berk 50.2; 880: C. Taylor/PH 1:58.4, Freeland/Crstmr 1:58.5; Mile Stillman/WG 4:21.0, Smith/MSJ 4:22.0; 2 Mile: Smith/Nwk 9:19.0, Carrasco/MP 9:19, Hussey/Wash 9:30.0, Salazar/Lick 9:32.2; 120HH: Hawkins/Burl 14.4; 330LH: Phillips/SCrk 37.8, Hawkins/Burl 38.5, Reed/MP 38.5; 440R: Mt.Pleasant 42.0, Piedmont Hills 42.5, Berkeley 42.9; MileR: Berkeley 3:24.6; 2MR: Los Altos 8:03.2, Mt. Pleasant 8:03.7, Soquel 8:04.1, St. Ignatius 8:05.1, Westmor 8:08.1; DMR: Los Altos 10:45.0, Mt. Pleasant 10:47.0; HJ: Lane/Amer-Frmt 7-0, Gibbs/Hill 6-6; TJ: Gonja/SFr 46-8 1/2, Moreno/Lick 46-2 1/2; LJ: Brooks/Milp 21-8 1/2; DT: Tafrahis/Cap 166-3, Franklin/LA 164-2, Comer/Syvl 162-4; SP: Comer/Syvl 61-6 3/4, Jepson/Wash 61-3, Pear/LA 55-7 1/2. /CTN/

KANSAS RELAYS: (April 15-17, Lawrence, Kans.) - 5000m: Shorter/FTC 14:17.2, Tibaduiza/Nev 14:17.4; 10,000m: Castaneda/ColTC 29:17.0, Tibaduiza/Nev 29:17.2. (very windy) /T&FN/

SJS/BAS/WVTC/ARMY: (April 17, San Jose) - 100m:(I) Whitaker/SJ 10.5, Triplett/SJ 10.5, McCollum/BAS 10.5; (II)w Livers/SJ 10.5, Watson/SJ 10.5; (III)w R.Walker/WVTC 10.7; 200m:(I)w Whitaker/SJ 20.7, Pettus/WVTC 20.7, Rodgers/BAS 21.1, Farmer/SJ 21.2; (II)w Jones/Army 21.2, Watson/SJ 21.2, Smiley/SJ 21.3; (III)w Cazenave/SJ 21.8, Woodard/WVTC 21.8; 440y: Rodgers/BAS 47.5, Wilson/Army 49.1; 440R: SJS 41.0, Army 41.0, BAS 41.4, WVTC 41.5; MileR: SJS 3:16.5, BAS 3:20.3; 880y: Kasser/SJ 1:52.6, Nicholson/WVTC 1:53.5, McCafferty/Army 1:54.0, Huebner/SJ 1:54.0; Mile: Gruber/SJ 4:04.1, Nahirny/SJ 4:05.2, (more)

Nicholson/WVTC 4:07.2, Phelps/WVTC 4:10.3; 2 Mile: Garcia/Army-WVTC 9:09.4, Prowell/SJ 9:15.2, Cords/WVTC 9:17.8, Tracy/WVTC 9:22.4; 120HH: Cooper/SJ 13.7, Ligons/WVTC 13.9, Austin/SJ 14.0, Kirtman/WV 14.1; 440IH: Cooper/SJ 52.2, Butler/BAS 52.6, Wyatt/SJ 52.7; HJ: Wilson/Unat 7-0, Malvino/SJ 6-10; LJ: Davis/WVTC 25-5 1/4, Carter/SJ 25-1 3/4, Steffes/WVTC 24-8 3/4, McClendon/WVTC 24-5 3/4, Silva/WVTC 24-3 1/4; TJ: Terry/WVTC 52-8 1/2, Steffes/WVTC 51-11, McClure/Army 50-2 1/4, Finley/SJ 49-10 1/2; PV: Weidig/BAS 16-7, Miguel/Unat 16-7, Chappell/BAS 16-0, Williams/BAS 16-0; SP: B. Feuerbach/SJ 53-11 1/2; DT: Stadel/Unat 211-4, Kennedy/Unat 195-7, Tanored/GB 194-9, Penrose/Unat 194-3, McCollum/BAS 183-2; Invit.DT: Tanored 198-8, Kennedy 194-0, Penrose 190-6, Nave/WVTC 178-9; JT: Johnson/WVTC 244-0, Koch/Nev 229-10, Kennedy/Unat 228-5; HT: Diehl/Army 214-11, Shuff/Army 205-0, Congi/SJ 183-10. /Ernie Bullard/

WOODY WILSON RELAYS: (April 17, Davis) - (COLLEGE) JT: Meyers/Chico 214-3; HT: Dyer/CSH 181-2, 3-Sawyer/CSH 173-5; SMR: Sac'to St. 3:25.0, 3-SFS 3:26.5, CSH 3:27.3; DMR: Chico 10:05.6, 3-Davis 10:07.8; 120HH: Allmond/SFS 15.1; SP: Albright/CSN 60-6 1/2, DeSoto/Sac 56-4; PV: Lewis/Fresno 16-0, 3-Robinson/CSH 15-6; 3000mSC: Hart/CSN 9:16.6, Schaeckerele/Chico 9:18.2, Anderson/HSU 9:22.0, Moreno/SFS 9:23.6; 880R: Santa Clara 1:28.0, SFS 1:28.7; LJ: LaGrande/CSH 23-3; 2 Mile: Chaidez/CSN 9:02.4, Sweeney/UCD 9:04.9, Martinez/UCD 9:07.0, Cole/HSU 9:11.4; HJ: Frazier/CSN 6-10, Friday/CSH 6-8; 440IH: Lowe/Fresno 54.8; 2MR: CSN 7:45.6, Davis 7:47.1, CSH 7:51.1; DT: Albright/CSN 182-8 3/4, Frankiewich/Chico 176-2 1/2; 440R: Santa Clara 43.1; MileR: Sac'to St. 3:18.1, SFS 3:20.6; TJ: LeGrande/CSH 47-3, Murphy/CSH 46-0 1/2, Shattuck/CSH 46-0; (JC) JT: McMullen/LMed 193-0; LJ: Marlow/Cosumnes 22-1; SP: Fyfe/Cosumnes 48-2; SMR: Butte 3:31.9; DMR: Sierra 10:27.3; HJ: Bullard/Shasta 6-7 1/2; 120HH: Smith/Cosumnes 15.1; 3000mSC: Higley/Cosumnes 9:51.9; 880R: Cosumnes 1:31.8; 2 Mile: Bruhn/Butte 9:38.6; DT: Fyfe/Cosumnes 155-9 3/4; 440IH: Starmer/Butte 55.3; TJ: Marlow/Cosumnes 48-3 1/2; 2MR: Cosumnes 8:24.3; PV: James/Cosumnes 14-6; 440R: Cosumnes 43.0; MileR: Cosumnes 3:28.9; (WOMEN) LJ: Macke/DA 17-6 1/2; SP: Lane/CSH 40-3; HJ: Bailey/CSH 5-1 3/4; 2 Mi: Anex/UCD 10:34.6; JT: Davi/Chico 109-7; Mile: Anex/UCD 5:09.6; 400mH: Zuharris/Shasta 69.0; 2MR: DeAnza 10:24.8; 440R: Chico 48.2; MileR: Chico 4:08.3, Davis 4:11.2. /Bill Adams/

ORINDA INVITATIONAL: (April 24-25, Lafayette) - (WOMEN) 100m(w) Parker/ML 11.8, Pemberton/ML 11.9, Elmore/ML 11.9; 200m: Pemberton/ML 24.6, Parker/ML 24.9, Winlock/B 25.1; 400m: Smallwood/ML 57.3, Howard/AC 57.6; 800m: Valaitis/Canada 2:11.7, Regan/CY 2:14.2; 1500m: Darcy/Canada 4:35.2, Adams/WS 4:36.5, Bain/Un 4:37.1; 3000m: Adams/WS 10:22.6, Trason/MP 10:27.8; 100mH(w) King/ML 14.3, Sherrard/NCS 14.6, Boone/B 14.9; 400mH: Edwinson/ML 66.0; 3000mRW: Sakelarios/RCF 16:10.0; 440R: MLTC 47.8; MileR: SJC 4:22.0; 2MR: SJC"A" 11:55.0; HJ: Sandberg/Un 5-6, Blackburn/Un 5-4; LJ: Elmore/ML 18-2 1/2w; SP: Lane/CSH 38-5, Sherrard/NCS 38-2 1/2; JT: Cannon/ML 164-5, Whitfield/Un 160-7; (INTERMEDIATE) 100y(w) Bolton/ML 11.0, Franklin/ML 11.1; 220: (w) Bolton/ML 25.3, Belk/SJC 25.6, Hawthorne/B 25.6; 440: Belk/SJC 58.1, Hawthorne/B 60.7; 880: Nunziata/SJC 2:26.0; Mile: Bier/SJC 5:25.8; 2 Mi: Bier/SJC 11:31.2; 3000mRW: G. Sakelarios/RCF 16:29.7; 100mH: Yuhas/CY 15.2; 300mH: Franklin/ML 47.2; 440R: MLTC 50.0; 880MedR: SJC 1:55.1; HJ: Hinkleman/Un 5-2; LJ: Roehmer/Un 17-2; SP: Springer/Un 39-1 1/4; DT: Springer/Un 126-0, Kuehl/Un 108-1 3/4; JT: Cox/Un 120-11 1/4. /Don Bailes/

MT. SAC RELAYS: (April 23-25, Walnut) - (COLL/UNIV) 110mHH: (II) Clayton/Nev-R 14.0; 440R: (I) 2-Nevada/Reno 41.9; 2MR: Nevada/Reno 7:50.4; JT: Koch/Nev-R 235-11; DMR: UCI 9:49.8, 4-Stanford 9:53.4; (INVIT.) W-SP: 3-Svendson/SJStrs 48-3 1/4; 5000m: Castaneda/ColTC 13:48.8, Tibaduiza/Nev-R 13:49.0; 10,000m: Sandoval/Stan 29:20.2; 200m: Hampton/SJCC 21.3; SP: Shmock/BHS 66-10 1/2, 3-Weeks/SJS 61-4 1/4; W-800m: Knudson/ColSt 2:04.8, 3-Weston/WS 2:06.0, 4-Poor/SJC 2:06.9; 400mR: (I) Maccabi 40.1, 2-SJS 40.1, 4-BAS 40.8; (II) 2-SJCC 40.8, 4-WVTC 41.2; JT: Kennedy/SJStrs 235-2; 100m: McCollum/BAS 10.3; 110mHH: Cooper/SJS 13.6; 880R: Maccabi 1:23.4, SJS 1:25.0; DT: Wilkins/PCC 226-11 (World Rcd), 3-Stadel/SJStrs 203-5; TJ: Livers/PPC 54-11; (OPEN) 200m: Jordan/AlaJC 21.9; 400mH: 2-Butler/BAS 52.4; PV: 4-Miguel/BHS 16-8 3/4; DT: 2-Wagstaff/UCB 133-7; 800m: 3-Keyes/LATC 2:16.2; 1500m: Costello/LATC 4:39.3; SP: Wagstaff/UCB 42-8 1/4; 2 Mile: Brown/LATC 10:19.4, Graham/SJC 10:22.0, Keyes/LATC 10:47.8, Costello/LATC 10:53.8, Poor/SJC 10:55.2; (MASTERS) HJ: 5-Conley/WVTC 5-2; DT: 4-Conley/WVTC 112-0; LJ: 3-Conley/WVTC 19-0 1/4; 100m(50-59): Jordan/Stan 12.0; (GIRLS) 400m(14-18): 5-Shearer/SJC 60.3; 400mIH: 3-Bing/SJC 66.8. /Hilmer Lodge/



(Left) Big Mac Wilkins did 226-11 for a world record at Mt. SAC, and then upped that to 232-6 at the San Jose Invitational. /Stock-Thallander/ (Right) Domingo Tibaduiza has been running very well, winning the 1500 here at San Jose Invit. in 3:44.2. He also recorded 'whisker' second places to Shorter and Castaneda at the Kansas and Mt. SAC Relays. /Stock/

NORCAL RELAYS: (April 24, San Mateo) - 440IH: Nelson/SJCC 53.7; 100y: Williams/SJD 9.7, Corker/Chab 9.8; 6 Mi: Arroua/Mod 31:45; SP: Santiago/AR 55-11 1/2; LJ: McRae/Chab 23-3; JT: Walker/Chab 209-3; HJ: Oliver/Ala 6-10, Wiley/CCSF 6-8, Tavis/Sac 6-8; PV: Oravetz/WV 15-6, Kitotte/Fthl 15-0; DT: Santiago/AR 167-4, Moore/SJCC 165-8; TJ: Marlow/Cos 49-9 1/4, McRae/Chab 47-11 1/2, Wasson/SJD 47-9 1/4; 440R: CCC 41.8; 880R: CCSF 1:28.4, SJCC 1:28.9; MileR: SRosa 3:16.8, Merritt 3:18.0, CSM 3:18.8; 2MR: SJCC 7:51.6, Chabot 7:56.8; 4MR: ARJC 17:11.8; SMR: Laney 3:28.2, WVC 3:28.4, Foothill 3:29.8; DMR: SJC 10:07.0, WVC 10:08.4, COM 10:23.0; 480SLH: COS 60.4, Chabot 60.9. /Bob Rush/

CAL 89, FRESNO ST. 62: (April 24, Berkeley) - 400mR: Cal 41.6; SP: Mannon/C 55-3 1/4; 1500m: Wood/C 3:52.6, Foley/F 3:52.6, Blume/C 3:53.5; 110mHH: Mosley/C 14.0, Florant/C 14.0; 400m: Campbell/F 47.0, Grasha/C 48.6; 100m: Walker/C 10.6; 800m: Bay/C 1:50.9, Nicholson/WVTC 1:51.0, Clifford/C 1:51.1, McManus/F 1:51.6; JT: Hunt/F 193-4; 400mIH: Roesky/C 53.4, Fullerton/C 53.6; PV: Hintz/C 16-0, Paton/C 15-6; 200m: Walker/C 22.2; HJ: Miller/C 6-8; MileR: Cal 3:17.1.

CAL 95, STANFORD 50: (May 1, Berkeley) - 400mR: Cal 40.3; LJ: Lofton/S 24-3; SP: Mannon/C 57-3 1/2; 1500m: Sandoval/S 3:47.6, Bay/C 3:49.7, Parietti/S 3:50.2; JT: Macrorie/S 214-10; 110mHH: Florant/C 13.9, Mosley/C 14.1, Foster/S 14.1; 400m: Robinson/C 47.4, Grasha/C 48.0, Wingo/S 48.3; PV: Hintz/C 16-0, Paton/C 16-0; 100m: Walker/C 10.6; 800m: Morgan/C 1:51.0, Sandoval/S 1:51.2; HJ: Murphy/C 6-8, Doyle/S 6-8; DT: Hill/S 168-7; 400mIH: Roesky/C 52.1, Foster/S 52.6, Fullerton/C 53.2; TJ: Thorp/C 48-3 1/4, Lofton/S 47-10 1/4; 200m: Wallace/C 21.4, Walker/C 21.4, Lofton/S 21.7; 5000m: Duffey/C 14:30.0, Parietti/S 14:33.8, Kissin/S 14:42.8; MileR: Cal 3:13.2, Stanford 3:18.5.



(Left) Cosumnes River JC's Mike Marlow jumped to a JC Record of 52-9 at the West Coast Relays (1.0 mph trailing wind). /Thallander-Stock/ (Right) West Valley JC's Ron Fritzsche did an 8:54.8 two-mile at the same meet. /Dave Stock/

HALE ROACH RELAYS: (May 1, El Cerrito) - **SMR:** Tennyson 3:34.1, Carlmont 3:34.3, Oakland 3:34.5; **MileR:** Mt. Pleasant 3:23.9, Pittsburg 3:24.8; **120HH:** Tyler/Bal 14.5, Reed/MP1 14.5; **100:** Willis/Mission 9.6w, Cannon/MP1 9.8w, Burrell/Pin 9.8w; **880R:** Mt. Pleasant 1:28.7, Pittsburg 1:29.9; **440R:** Balboa 42.6; **DMR:** Redwood 10:24.6, Skyline 10:31.6, Mt. Pleasant 10:31.7; **2MR:** Oakland 8:06.5, Vintage 8:07.3, Mt. Pleasant 8:09.7; **DT:** Silcox/Vin 164-9, Lyons/MP1 160-1 1/2; **SP:** Flores/Vin 56-1 1/2, Garner/Ant 56-0 3/4, Griffin/Swett 55-11 1/2; **HJ:** Blount/Pac 6-6; **LJ:** Fernandez/CV 22-8; **TJ:** Mellion/SM 47-8 1/2, Johnson/ME 47-1; **PV:** Bradley/Carl 13-6.

SAN JOSE INVITATIONAL: (May 1, San Jose) - **100m:** (I) Whitaker/SJ 10.0, Edwards/M 10.0, Farmer/SJ 10.1, Payton/BAS 10.3, Triplett/SJ 10.3; (II)w Lutz/PCC 10.1, Harris/A 10.2, Turner/A 10.2, W. Walker/WVTC 10.3, Bredell/BAS 10.3; **200m:** (I)w Whitaker/SJ 20.4, Edwards/M 20.4, Lutz/PCC 20.5, Farmer/SJ 20.9, Triplett/SJ 20.9; (II)w Harris/A 20.9, Payton/BAS 21.0, Wilson/A 21.0, W. Walker/WVTC 21.1, Jones/A 21.1; **400m:** Brown/M 45.4, Parks/M 45.7, Rodgers/BAS 46.4, Rochee/WVTC 47.7; **400mR:** SJS 40.0, Maccabi 40.3, Army 41.0; **MileR:** Maccabi 3:10.7, Army 3:15.2; **800m:** Kasser/SJ 1:54.6, Nicholson/WVTC 1:54.6, Brock/A 1:54.6; **1500m:** Tibaduiza/Nev 3:44.2 (Colombian Natl. Rcd), Krause/Can 3:44.4, Cummings/BHS 3:45.4, Nahirny 3:51.2; **2-Mile Walk:** Lansing/WVTC 14:10.0, Ranney/GGTC 14:49.0, Pyke/FTC 14:49.8; **3000mSC:** Innes/Un 8:57.0, Hurst/SJ 9:10.6; **5000m:** Groarke/Can 13:56.6, Babiracki/SFV 14:18.6, Tibaduiza/Nev 14:27.0, Gruber/SJ 14:36.6, Cords/WVTC 14:54.6; **10,000m:** Nuccio/WVTC 30:36.2, Elijah/Un 30:50.8, Clark/WVTC 30:52.0, Prowell/SJ 30:56.0, Seaver/WVTC 31:25.6; **110mHH:** (w) Cooper/SJ 13.4, White/Un 13.5, Whitfield/AS 13.7, Wilson/BHS 13.8, Hill/A 13.8; **400mIH:** Bolding/PCC 49.9, King/M 50.0, Cooper/SJ 50.0, Williams/M 50.3, Casselman/PCC 51.5, Wyatt/SJ 52.3; **LJ:** Robinson/M 26-11 1/2w, Seay/PCC 26-2w, Davis/WVTC 25-9(ok), Lawrence/A 25-6 3/4w, Silva/WVTC 24-11 1/4w; **HJ:** Woods/PCC 7-0, Beers/Can 7-0, Wilson/Un 7-0, Boreham/Un 6-10, Friday/CSH 6-10; **TJ:** Butts/BHS 55-7 1/2w, Terry/WVTC 53-11 3/4w, McClellon/WVTC 52-2 1/2w, Smith/BAS 51-4w; **PV:** Ripley/PCC 18-4, Roberts/FTC 18-4, Baird/LBS 18-1, Mooers/BHS 17-9 1/4, Pullard/AmTC 17-5, Martin/SJ 17-2; **SP:** Woods/PCC 69-0 1/2, Stuart/UCTC 67-3 1/2, Schmock/BHS 65-9, Marks/WVTC 64-5, Weeks/SJ 62-4 1/2; **DT:** Wilkins/PCC 232-6 (World Record) (had 3 throws over old WR...229-0, 230-5, 232-6), Powell/PCC 220-4, Stadel/BHS 215-7, Hjeltes/Nor 211-3, Kennedy/SJStrs 201-3, Penrose/SJStrs 198-4, Hoffman/Un 198-1, Louisiana/Un 196-11, Weeks/SJ 192-7, McCollum/BAS 184-8, Nave/WVTC 180-4; **JT:** Schmidt/PCC 245-11, Kennedy/Un 242-5, Johnson/WVTC 229-10, Jenner/SJStrs 221-4, Kotinek/PCC 215-1; **HT:** Diehl/A 221-5, Shuff/A 214-10, McKenzie/WVTC 206-4, Congi/SJ 173-5; **(WOMEN)** **100m:** (w) Bryant/LAM 11.2, Ford/ATC 11.3, Cordy/ATC 11.6, Parker/ML 11.6; **200m:** (w) Bryant/LAM 22.8, Ford/ATC 23.2, Cordy/ATC 23.2, Rich/LAM 23.2, Byfield/B 23.6; **400m:** Rich/LAM 53.8, Byfield/B 54.4, Toussant/ATC 54.9; **400mR:** LAM 46.3, MLTC 46.7; **800m:** Weston/WS 2:06.3, Larrieu-Lutz/PCC 2:06.3, Wenzel/Canada 2:09.0, Brown/LATC 2:10.7, Graham/SJC 2:10.9; **1500m:** Brown/LATC 4:20.7, Curie/Can 4:21.0, Poor/SJC 4:21.9, 5-Keyes/LATC 4:26.6; **3000m:** Bier/SJC 10:04.0 (14-yrs old), Adams/WS 10:07.0, Greenberg/SJC 10:29.8, Guina/SJC 10:34.6; **100mLH:** (w) Donnelly/LI 13.3, Hardy/Un 13.7, 5-Sherrard/NCS 14.2; **400mLH:** Hardy/CCB 63.5, Bing/SJC 63.5, Edwinson/ML 65.1; **HJ:** Bitner/Can 5-9, King/ML 5-7; **LJ:** King/ML 20-10 1/2w, Walker/FaTC 20-5 3/4w, Elmore/ML 20-0 3/4(ok), Kinimaka/SJC 18-8 3/4w; **SP:** Seidler/MDYF 53-4, Holloway/SJC 46-0; **DT:** Martin/Can 177-4, Driscoll/LATC 165-6, Svendsen/SJStrs 165-5, 5-Langford/ML 159-7; **JT:** Schmidt/LATC 198-5 1/2, Calvert/LI 188-8, Sulinski/ML 169-3, Cannon/ML 166-5, Whitfield/Un 160-0; **(HIGH SCHOOL)** **100m:** Lewis/Wil 10.4, Jones/PH 10.6, Bennett/Lyn 10.6, Calling/LA 10.8, Magee/SI 10.8; **400mR:** Piedmont Hills 42.5; **800m:** Burns/SI 1:56.7, Maxwell/Wstmr 1:56.7, Taylor/PH 1:56.7, Pramann/LA 1:57.8, Riggs/Bran 1:58.1; **2 Mi:** Behrmann/LA 9:21.8, Munoz/Wat 9:33.8, Harvey/Dub 9:34.0; **HJ:** Alexander/LA 6-4, Fine/Lyn 6-4; **Exhib. HJ:** Lane/Amer-Frmt 6-10; **LJ:** Vasquez/Mills 22-9 3/4, Wipfler/MVs 22-7 3/4, Bennett/Lyn 22-5 1/2; **DT:** Lettow/SDiego 179-5, Blockinger/Cup 176-4, Duggan/MVs 175-1, Franklin/LA 168-1, DeMartini/SI 165-4. /Ernie Bullard & Rick Milam/

SANTA CRUZ RELAYS: (May 1, Santa Cruz) - **(VARSITY)** **2MR:** Aragon 8:18.1, Soquel 8:18.5; **MileR:** Seaside 3:27.8; **SP:** Aufang/Cam 53-8 1/2; **LJ:** Bates/M-A 22-9, Wise/Aw 22-6 1/4; **PV:** Endter/Hill 13-9, King/Mar 13-9; **DT:** Harm/Soq 151-10 1/2; **HJ:** Gibbs/Hill 6-8; **TJ:** Bates/M-A 46-4 1/2; **120HH:** Clark/M-A 14.6; **Mile:** Lowmiller/Sal 4:20.2, Dyer/Sar 4:20.2, Nelson/Ara 4:21.4, Paulin/Cam 4:23.5, Bergkamp/Lei 4:25.2; **440R:** Yerba Buena 43.9; **DMR:** Soquel 10:53.2; **100:** Anderson/STer 10.0, Rachal/YB 10.0; **SMR:** Soquel 3:36.6; **2 Mi:** Paulin/Cam 9:28.7; **880R:** San Jose 1:32.0. /N. DeLargio/



(Left) 14-Year-Old Roxanne Bier winning the 3000m event at the San Jose Invitational in 10:04.0. (Right) Benny Brown wins the 400m in the same meet over teammate Maxie Parks and Bay Area Strider ace, Adrian Rodgers. /Dave Stock Photos/

COAST CONFERENCE CHAMPIONSHIPS: (May 1, Salinas) - **440R:** Hartnell 42.5; **SP:** Schram/Sky 48-2 3/4; **LJ:** Hall/H 22-6; **Mile:** Jenson/Mont 4:21.4, Zanetta/Mont 4:22.3, Routh/Menlo 4:22.5; **120HH:** Smith/Sky 14.4; **PV:** Serrano/Sky 13-6 3/4; **440:** Porter/Sky 49.2; **100:** Carter/Mont 9.8; **3000mSC:** Larsen/Sky 10:01.8; **880:** Watts/Sky 1:57.8; **440IH:** Smith/Sky 55.4, Gerard/H 55.4; **JT:** Thornberg/H 184-3 1/2; **220:** Carter/Mont 21.9; **HJ:** Ashue/Sky 6-4; **3 Mi:** Routh/Menlo 15:02.6; **MileR:** Skyline 3:23.9; **DT:** John/Sky 149-7; **TJ:** Larkin/Sky 46-2 1/2. **Teams:** Skyline 211, Hartnell 168, Monterey 103. /Garry Shaw/

GOLDEN STATE MASTERS MEET: (May 1, Porterville) **HJ:** 2-Conley/WVTC 5-4; **LJ:** 2-Conley 19-5 1/2; **TJ:** 2-Conley 39-7; **JT:** Conley 216-11; **DT:** 2-Conley 106-1; **220:** 2-Parish/NCS 23.8, Bruhner/NCS 24.1; **(50-59)** Roemer/NCS 25.2, Cooper/NCS 25.3; **(60-69)** 2-Puglizevich/NCS 33.3; **SP:** 2-Wigginton/NCS 39-8 1/2, 4-Henderson/NCS 34-0 3/4; **440:** 2-Bruhner 54.4; **70HH:** 2-Parish 9.6; **(50-59)** Roemer 10.5; **330IH:** Parish 45.6; **(50-59)** Roemer 48.7; **100:** Parish 10.6; **(50-59)** Roemer 11.3 (tie), 3-Wigginton 11.8; **(60-69)** 2-Puglizevich 13.9; **440R:** CDM 45.7, NCS 45.8; **(50-59)** NCS 49.2; **880R:** CDM 1:36.5, NCS 1:36.6; **(50-59)** NCS 1:51.0. /NCS Newsletter/

WEST COAST RELAYS: (May 7-8, Fresno) - **(OPEN)** **100m:** (I) 3-Whitaker/SJ 10.49, 4-McCollum/BAS 10.60; (II) 3-Triplett/SJ 10.58; (III) 4-Walker/Cal 10.58; (IV) 3-Pettus/WVTC 10.68; **120HH:** (I) Cooper/SJ 13.75, 5-Kirtman/WVTC 14.8(ht); (II) 2-Whitfield/SATC 14.03, 3(tie)-Austin/SJ & Ligons/WVTC 14.13, 5-Mosley/Cal 14.14; (III) 4-Florant/Cal 14.05, 5-Foster/Stan 14.09; (Finals) Owens/UCLA 13.77, Cooper/SJ 13.82; **440IH:** (I) 4-Greybehl/USC 51.52, 5-Cooper/SJ 52.71; (II) 3-Wyatt/SJ 53.38; (III) Butler/BAS 51.48, 3-Roesky/Cal 53.02, 5-Fullerton/Cal 53.42(ht); (IV) Whitney/BHS 51.83, 2-Urbe/Cal 53.73; (V) Kring/WVTC 54.52; (Combined) King/Mac 50.20, Williams/M 50.31; **2MR:** (I) Army 7:31.49, CPSLO 7:33.21, WVTC 7:34.54; (II) Cal 7:22.4(ht), USC 7:23.6(ht), UCLA 7:27.4(ht); **3000mSC:** Innes/Un 8:49.68, 4-Perez/SJD 9:02.23; **440R:** (I) 2-WVTC 41.04; (II) 3-SJS 40.13, 4-BAS 40.31; **MileR:** (I) 4-Stanford 3:11.5(ht), 6-WVTC 3:13.0(unofficial); (II) 5-Cal 3:10.88; **DT:** Wilkins/PCC 212-3, 3-Stadel/BHS 200-1, 5-Kennedy/SJStrs 193-6; **JT:** 2-Kennedy/SJStrs 243-10; **PV:** Ripley/PCC 18-0; **LJ:** Williams/BHS 26-5 1/4, (trials) Peterson/WVTC 24-7 1/4; **SP:** 2-Feuerbach/PCC 67-4, 3-Schmock/BHS 65-10, 4-Marks/WVTC 64-2 3/4; **HJ:** 4(tie) Wilson/Un & Miller/Cal 6-10; **TJ:** Butts/BHS 54-4 1/2, 3-Terry/WVTC 53-9 1/2, 5-Cochee/USC 53-6 1/4, 7-McClellon/WVTC 51-5 3/4; **HT:** Hart/NYAC 215-4, McKenzie/WVTC 214-3, Shuff/A 212-3, Diehl/A 210-7; **(INVIT.)** **5000m:** 3-Ruffatto/CTC 14:17.6; **1500m:** Craig/Can 3:42.0, 5-Macdonald/Un 3:44.4; **400m:** Parks/Mac 45.58, Brown/Mac 46.08; **800m:** Boit/ENM 1:47.22, Brown/Un 1:48.50; **Women's 800m:** Poor/SJC 2:02.97, 3-Weston/WS 2:04.03, 4-Larrieu-Lutz/PCC 2:04.23; **100y(40-49):** Parish/NCS 10.7, Marlin/NCS 10.8, Hicks/Un 11.0, Washington/BAS 11.0; **100y(55+)** Jordan/Un 10.96. **(HIGH SCHOOL)** **120HH:** Bobertz/Srmt 14.13, Miller/Mad 14.29, 4-Tyler/Bal 14.45, 5-Reed/MP1 14.55; **100y:** (w) Willis/Mission 9.75, Cannon/MP1 9.81 (9.87 legal in heat), Lewis/Wilson 9.85, 5-Longstaff/Concord 9.94; **2MR:** Oakland 7:49.3, Madera 7:56.3, St. Ignatius 7:57.1, Mt. Pleasant 7:58.2;

SMR: Pittsburg 3:34.78, DeLaSalle 3:35.88, 4-McClymonds 3:38.72; 2 Mi: Carrasco/MP1 (frosch) 9:21.46, 3-Elieff/HgInd 9:30.1, Valdez/Sky 9:31.6; 440R: Mt.Pleasant 41.94, Piedmont Hills 41.98, Balboa 42.22, 5-Silver Crk 42.94; MileR: Madera 3:18.21, Piedmont Hills 3:19.05, Silver Crk 3:19.61, Mt.Pleasant 3:20.15; DMR: Skyline 10:22.1, Westmoor 10:33.7, Watsonville 10:34.2; DT: Eandler/Hoover 185-4, 2-Bowles/SRam 167-6, Perry/Frmt 166-5, Gonzales/SCrk 163-5; PV: Sula/LeMoore 15-6, 3-Nigh/Frmt 14-6; HJ: Miller/Mad 6-8, Lane/AmFrmt 6-8, 4-Kincey/Okld 6-6, 5-Gibbs/Hill 6-6; LJ: 3-Vasquez/Mills 22-7 1/2; TJ: Slaton/Merced 49-2 3/4, 3-Johnson/ME 47-9, 4-Lebhertz/Srmt 47-1 1/4; SP: Jepsen/Wash-Frmt 62-0, 4-Ricchiuto/DeAnza 55-5; (JR. COLLEGE) 100m: Hampton/SJCC 10.59, Jackson/Ala 10.60; 120HH: Hall/MSAC 14.22, Carley/Sac 14.43; 440IH: Rudd/Pas 50.56 (Nat'l. JC Rcd), 5-Nelson/SJCC 53.8; 2 Mi: Simonian/LACC 8:52.12, Fritzke/WVC 8:54.77, 4-Kennedy/DA 9:02.81; 2MR: Fullerton 7:37.4, WVC 7:38.8, ARJC 7:39.6; 440R: SJCC 41.05, 4-Contra Costa 41.62; DMR: ARJC 9:55.52, COS 9:58.49; 880R: SJCC 1:25.31, 4-Alameda 1:26.66, 5-CCC 1:26.96; MileR: ELA 3:15.19, SJCC 3:15.62; 3000mSC: 3-Cordova/SJD 9:31.36; PV: 4-Searle/WVC 15-6; DT: 3-Santiago/AR 171-1; JT: LaPerrier/Pal 250-8, Walker/Chabot 223-11; TJ: Marlow/CRC 52-9 (Nat'l. JC Rcd), Taylor/LAH 51-3; HJ: 3-Allen/SJCC 6-10, 5-Wiley/CCSF 6-8; LJ: Smith/Ven 25-9 1/2; SP: Santiago/AR 57-0 3/4; (COLLEGE) Williams/SDS 10.56, Clark/CSH 10.61; 120HH: Clayton/Nev-R 14.19; 440IH: Turner/CSLA 52.20; 5000m: Hunsaker/UCI 14:49.3; 440R: CSLB 40.70, 3-CSH 41.13; MileR: CPSLO 3:10.36, 5-SacSt 3:15.87; DMR: UCI 9:48.9, 4-SacSt 10:05.62; SP: 3-DeSoto/SacSt 55-5 1/4; PV: Robinson/CSH 16-6, 5-Olsen/CSH 16-0; JT: Koch/Nev-R 246-4, Schwall/UCD 204-1; DT: 4-DeSoto/SacSt 164-3, 5-Dyer/CSH 158-7; TJ: Magee/CSLB 50-10 1/4w; LJ: LeGrande/CSH 24-0 1/2; HJ: 3-Friday/CSH 6-8, 4(tie) Madau/Nev-R & Haber/CSH 6-8; HT: Dyer/CSH 186-3, Sawyer/CSH 182-3. /Dutch Warmerdam/



NorCal's potent shotput duo--(left) Steve Montgomery (Lassen) & (right) Conrad Jepsen (Washington, Fremont) took first and third at the State Meet respectively. /Jeff Zimmerman Photos/

FAR WEST CONFERENCE CHAMPIONSHIPS: (May 13-15, S.F. State) - Teams: CSH 189, Chico 133, Davis 120, Sac'to 86, SFS 57, Humboldt 51, Stanislaus 12. --- Dec: LeHaye/C 6536, Scruggs/D 6288, Capron/D 6282; HT: Sawyer/H 185-5, Dyer/H 181-4, Mizuki/Sac 165-10; TJ: Wamble/H 47-7 3/4, Shattuck/H 46-5 1/2; DT: Frankiewicz/C 167-8, DeSoto/Sac 164-6; 10,000m: Sweeney/D 30:32.4, Martinez/D 30:56.0, Griffen/C 31:04.2; JT: Schwall/D 203-5, Myers/C 202-0; LJ: LeGrande/H 23-2 1/2, Wamble/H 22-8 1/2; PV: Robinson/H 16-0, Olsen/H 15-6, Nelson/H 15-0, Middleton/C 15-0; 3000mSC: Anderson/Hum 9:02.6, Schaecterle/C 9:05.0, Berquist/D 9:08.0, Davis/D 9:13.6, Moreno/SF 9:23.4; 400mR: CSH 41.0, Chico 42.2; 1500m: Mijares/Sac 3:50.7, McGrath/D 3:52.5, Stone/C 3:53.6; HJ: Haber/H 7-1, Friday/H 6-10, Arcidiacano/H 6-8, Sbarbaro/D 6-8; 110mHH: Allmond/SF 14.6, Boyle/Hum 14.8; SP: DeSoto/Sac 56-3; 400m: Bolton/Sac 47.8, Adams/SF 47.8, Porter/C 48.9, Snyder/SF 49.1; 100m: Clark/H 10.4, Carter/C 10.6, Smith/H 10.6, LeGrande/H 10.7; 800m: Mijares/Sac 1:52.5, Cagle/SF 1:52.5, Mulkey/C 1:53.7, Pratt/D 1:53.8; 400mIH: Germino/St 54.5, Godbold/D 55.3; 200m: Carter/C 21.7, Smith/H 22.1; 5000: Sweeney/D 14:33.2, Cole/Hum 14:35.8, Martinez/D 14:37.0,

Griffen/C 14:46.8; 1600mR: SFS 3:16.3, CSH 3:18.6, Chico 3:20.4, Davis 3:21.7. /David Fix/

GRANDFATHER GAMES: (May 15, Van Nuys) - (40-49) 100: 2-Parish/NCS 10.5, 5-Bruhner/NCS 10.7; 220: 2-Parish 23.6, 3-Bruhner 23.7; 440: Bruhner 54.1, 5-Fredrickson/NCS 56.7; 120HH: 2-Parish 18.4; 330IH: Parish 42.2; (60-69) SP: 2-York/NCS 43-11; DT: 3-York 118-0; HT: 5-Dick/NCS 71-1; JT: 3-Dick 121-3; HJ: 3-Dick 4-2; LJ: 3-Dick 13-0; (70/OVER) 100: Thomasen/NCS 14.2; 220: 2-Thomasen 35.5; (WOMEN) 100: Obera/NCS 11.4, Parish/NCS 11.6; 220: Obera 26.3, Parish 27.2; 440: Obera 61.8, Parish 64.2; 880: Parish 3:17.0; SP: Parish 28-9 1/2; LJ: Obera 16-7. /Al Sheahan/

PACIFIC-EIGHT CHAMPIONSHIPS: (May 14-15, Berkeley) - Teams: USC 180 (Record), Wash 99, UCLA 95, WSU 88, Oregon 77, Cal 53, OSU 38, Stanford 21. --- LJ: Okoro/OS 25-2 1/2, 4-Lofton/S 24-3 1/4; JT: Ewaliko/W 265-3; PV: Fisher/OS 17-0 1/2, 3-Hintz/C 17-0 1/2; HT: Nielsen/W 209-6, 5-Burton/O 162-10; 3000mSC: Barr/W 8:56.0, 5-Bellah/S 9:00.4; 10,000m: Sandoval/S 28:55.6, Kimombwa/WS 29:00.2; SP: Vincent/W 63-9 3/4, 5-Fruguglietti/USC 56-6 1/4; Dec: Alexander/UCLA 7386, Miller/C 7369, 6-Johnk/S 5649; 400R: USC 39.9, 4-Cal 40.4; 400m: Randle/USC 46.0, 3-Connors/USC 46.2; 1500m: Spir/O 3:42.0... (Heats) Clifford/C 3:48.1, Harris/C 3:50.8, Parietti/S 3:51.4, Wood/C 3:52.7; 110mHH: Gaines/W 13.9, 5-Florant/C 14.1, 6-Mosley/C 14.1... (Heats) (I) 1-Foster/S 13.9, 4-Mosley/C 14.1; (II) 2-Gaines/W 13.9, 4-Florant/C 14.2; 800m: Robinson/C 1:49.1, Beaton/SC 1:49.2, Scott/WS 1:49.6... Suhr/UCLA 2:05.7 (fell) (1:51.0 in heats); 100m: Gilkes/SC 10.5, 5-Walker/C 10.7 (10.5 in heats); DT: Chambul/W 196-4, Elder/SC 194-11, Fruguglietti/SC 190-10, 6-Burton/O 181-8; TJ: Cohee/SC 53-9; 200m: Gilkes/SC 21.1, 3-Walker/C 21.4... (Heats) (I) 3-Wallace/C 21.4; (II) 2-Walker 21.4; HJ: Meisler/UCLA 7-1, 3-Murphy/C 6-11 7/8, 4-Connors/SC 6-11 7/8; 400IH: Andrews/SC 49.9, 3-Greybeh1/SC 51.3, 5-Roesky/C 52.3... (Heats) (I) 4-Fullerton/C 53.3; (II) Greybeh1 51.1, 3-Roesky 52.1; 5000m: Ngeno/WS 13:51.2, Taylor/O 13:51.2; MileR: USC 3:08.6, 3-Cal 3:11.5, 4-Stanford 3:12.3.

EUGENE TWILIGHT MEET: (May 22, Eugene, Ore.) - Held in conjunction with Olympic Trials Marathon (see LDR results). --- HT: 2-Burton/O 172-9; DT: Louisiana/OTC-Army 194-1, Burton/O 188-3; JT: 2-Wallis/Army 259-0; 5000m: Taylor/O 13:56.2; (Women) 10,000m: Neppel/ISU 34:19.0 (Amer. Rcd.), Cook/ISU 34:42.2 (also better old record), Bridges/LATC 35:33.6, Garcia/SDTC 36:10.6, Hansen/SFVTC 36:27.6. /Janet Heinonen/

NOR-CAL JR. COLLEGE CHAMPIONSHIPS: (May 22, Pleasant Hill) - Teams: SJCC 89, Alameda 73, ARJC 57, Cosumnes Rvr. 39-1/2, Chabot 37, Sequoias 30, West Valley 29. --- 10,000m: Montenegro/SJ 31:14.4, Qualle/Mod 31:20.6, Tucker/SJD 32:04.2; 3000mSC: Langford/AR 9:14.2, Weed/AR 9:17.2, James/SJ 9:21.6, Garrett/CR 9:32.4, Hull/CSM 9:35.8; LJ: McRae/Chab 24-6 3/4, Marlow/CR 24-1, Haynes/CCC 23-8 3/4, Canfield/Chab 23-6 1/2; DT: Santiago/AR 181-2, Alexander/Seq 172-8, Warick/Shasta 158-4; 440R: Alameda 40.5, SJCC 40.7, Hartnell 41.5; 1500m: Deis/AR 3:48.3, Ringo/AR 3:51.1, Ryan/SJ 3:51.4, Locey/COM 3:53.1, Kennedy/DA 3:54.7; JT: Walker/Chab 213-6, McMullen/LM 206-0, Hickenbothan/SJD 202-10; 110mHH: Monroy/SJ 14.2, Carley/Sac 14.4, Crittenden/CCC 14.4; 400m: Monseth/CR 47.4, Mayweather/Ala 47.8, Tyrell/WV 47.9, Brown/DVC 48.4; HJ: Allen/SJ 6-10 1/2, Turner/SF 6-8, Tevis/Sac 6-8; 100m: Jackson/Ala 10.1, Hampton/SJ 10.2, Williams/SJD 10.3, Jordan/Ala 10.3; PV: Searle/WV & Lawry/SR 15-1, Dixon/Fthl & Reyes/Fr 14-6; 800m: Jones/SJ 1:51.7, Wells/Rdws 1:52.0, Adams/AV 1:52.5, Vargas/Merc 1:52.5, Lewis/Laney 1:52.5, Marcheschi/Ch 1:52.9; 400mIH: Brown/Ala 52.1, Irving/Seq 53.0, Stamer/B 53.2; SP: Santiago/AR 54-0 1/2, Greco/SJ 52-7, McDonald/Sh 51-6, Herbert/Sac 51-6; 200m: Hampton/SJ 20.9, Jackson/Ala 21.0, Williams/SJD 21.3, Jordan/Ala 21.5; 5000m: Garcia/Seq 14:23.6, Kingery/CSM 14:32.6, Fritzke/WV 14:40.0, White/SR 14:42.6; TJ: Marlow/CRC 51-8, Shaffer/Ala 50-6, McRae/Chab 50-2 1/2, Jackson/Chab 49-9 3/4, Wassom/SJD 49-6 1/4, Rice/Ala 49-5 1/2; MileR: SJCC 3:14.0, SRosa 3:14.2, Alameda 3:15.5, WVC 3:16.0, Chabot 3:17.2, Fresno 3:17.8. /Mike Maramonte/

AAA ALL-CITY CHAMPIONSHIPS: (May 22, San Francisco) - (At Mc-Ateer H.S.) Teams: Balboa 180-3/4, Lowell 64, Wilson 57. --- 440R: Balboa 42.6; 100: Willis/Miss 9.6; 120HH: Tyler/B 14.2; 2 Mi: Muniz/Lo 9:52.1; 440: Johnson/B 51.2; 220: Lewis/Wil 21.8; 330LH: Tyler/B 38.8; Mile: Lanier/Lo 4:39.2; MileR: Balboa 3:27.5; SP: Davis/B 54-1; DT: McClinton/B 161-2; PV: Lucero/L 12-0; TJ: Bradley/B 46-11; LJ: Turner/Wil 22-2; 880: Hurtado/Lo 1:57.5.

PCAA CHAMPIONSHIPS: (May 21-22, Long Beach) - Teams: Long Beach 112-1/2, SJS 100, SDS 59-1/2, Fresno St. 53. --- LJ: Carter/SJ 25-7, 5-Finley/SJ 23-10 1/4; 440R: LBS 40.2, SJS 40.2; 110mHH: Cooper/SJ 13.6, Austin/SJ 14.0; 400m: Campbell/F 46.2; 1500m: Nahirny/SJ 3:49.9; SP: Semkiw/SJ 63-5 1/2, Weeks/SJ 58-6 1/4; 800m: Huffman/SD 1:51.0, McManus/F 1:52.8, 5-Kasser/SJ 1:54.2; JT: Packer/SD 228-9, Krogh/SJ 228-8, Staengel/SJ 209-7; 100m: Williams/SD 10.4, Farmer/SJ 10.5, 4-Whitaker/SJ 10.5; 400mIH: Wheeler/SD 49.4, Cooper/SJ 49.5, 4-Wyatt/SJ 52.6; 200m: Williams/SD 20.8, Whitaker/SJ 21.2, 4-Triplett/SJ 21.5; 5000m: Gruber/SJ 14:26.6, McCandless/LB 14:30.0, 4-Prowell/SJ 14:37.8; MileR: SDS 3:11.7, 4-SJS 3:22.6; HJ: Stones/LB 7-2, 4-Nelson/SJ 6-8; Dec: Hippensteel/F 6965.

CALIFORNIA RELAYS: (May 22, Modesto) - 2 Mile Walk: Randle/BHS 14:45.8, Ranney/GGTC 15:03.8, Pyke/FTC 15:04.8; W-440R: LAM 46.2, MLTC 46.2; 100y(40-49): Parish/NCS 10.6, Bruhner/NCS 10.7, Marlin/NCS 10.8, Hicks/BAS 10.8; 100y(55/Over): Jordan/Stan 10.9, Satti/NCS 12.1, Killion/Un 12.4; 3000mSC: Munya/Utep 8:40.2; W-100m: Forde/ATC 11.5, 4-Parker/ML 11.8; 440R: Maccabi 39.5, Tenn. 39.6, BHS 39.9, ASU 40.1, BAS 40.1; W-800m: Poor/SJC 2:03.6, 4-Weston/WS 2:06.2, 6-Larrieu-Lutz/PCC 2:06.6; 110mHH: Gaines/Wash 13.5, 5-Foster/Stan 13.7, 6-Whitfield/SATC 13.8... (Trials) (I) 4-Carty/WVTC 13.9; (II) 3-Florant/C 13.7, 4-Ligons/WVTC 14.0; (III) 5-Mosley/C 14.2, 6-Kirtman/WVTC 14.6; Open 100m: Brown/BHS 10.3, 3-Walker/C 10.4, 7-McCollum/BAS 10.5 ... (Trials) (II) 5-Breddell/BAS 10.6; (III) 3-W.Walker/WVTC 10.5; Invit. 100m: Quarrie/BHS 9.9, 5-Jackson/AlaJC 10.3; 800m: (I) Griffen/Can 1:51.1, 3-Clifford/Cal 1:51.2, 5-Nicholson/WVTC 1:51.5; (II) Musgrave/Col 1:48.6, 7-Brown/Un 1:52.1; 400m: (I) Robinson/Cal 47.2; (II) Sands/Un 46.0; 400mIH: Bolding/PCC 50.8, 5-Roesky/Cal 53.5, 6-Butler/BAS 55.6; W-400m: Bryant/LAM 53.1; 880R: Maccabi 1:22.1, 6-BAS 1:25.2; W-1500m: Merrill/AGAA 4:14.1, Brown/LATC 4:18.2, 5-Graham/SJC 4:21.8, 6-Keys/LATC 4:22.5; 1500m: Waigwa/UTEP 3:43.8, 5-Macdonald/Un 3:44.8; 5000m: Geis/Un 13:52.8; 200m: (I) Pettus/BAS 21.1, Bright/BAS 21.2; (II) Sands/Un 20.7, Walker/Cal 21.1; (III) Gilbreath/Ariz 20.6; MileR: DCS 3:06.8, Maccabi 3:06.9; DT: Powell/PCC 219-3, 6-Kennedy/SJStrs 199-0; JT: Luke/CNW 270-5, 7-Johnson/WVTC 246-11 (also: Kennedy/SJStrs 241-5); HT: Hart/NYAC 218-7, 5-McKenzie/WVTC 212-7, 6-Diehl/Army 208-9, 8-Shuff/Army 206-8 (also: Sawyer/CSH 180-9, Dyer/CSH 177-6); W-HJ: Huntley/OTC 6-0; W-JT: Schmidt/LATC 211-5, Sulinski/MLTC 193-6, 6-Cannon/MLTC 168-3; PV: Jesse/Mac 17-1 1/2, 5(tie) Robinson/CSH & Baird/LBS 16-9, 8-Williams/BAS 16-9; LJ: Robinson/Mac 27-3 1/2, 3-Lofton/Stan 25-7, 5-Davis/WVTC 25-1 1/2; W-LJ: Walker/FalTC 20-9 1/2, King/MLTC 20-7w, 5-Elmore/MLTC 19-8 1/4w, 7-Frederick/LATC 19-3; W-DT: Haist/Can 197-6, 4-Langford/MLTC 167-4, 5-Svendsen/SJStrs 165-6, 7-Wagstaff/Cal 142-10; W-SP: Seidler/MDYF 51-3, Frederick/LATC 49-8, 4-Holloway/SJC 44-4 3/4, 5-Wagstaff/Cal 42-4 3/4; HJ: Brown/AmTC 7-2, 3-Johnson/BYU 7-0 (also: Haber/CSH & Murphy/Cal 6-10); SP: Feuerbach/PCC 71-4, Woods/PCC 70-11 3/4, Schmock/BHS 67-8 1/2, Stuart/UCTC 66-0 1/4; TJ: Butts/BHS 54-4 3/4, Terry/WVTC 54-2w (53-10 ok), 5-Marlow/CRC 52-0 1/2, 8-McClellon/WVTC 51-2, 10-Steffes/WVTC 50-10 1/2 (also: Smith/BAS 49-8 1/4w). /Tom Moore/

UCLA INVITATIONAL DECATHLON: (May 27-28, Westwood) - (1) Reilly/AmTC 7158 (11.7, 21-10 1/2, 53-0, 5-9, 51.2, 15.9, 152-11 1/2, 12-0, 178-6, 4:36.8), (2) Kring/WVTC 7115 (11.3, 22-4 1/2, 38-0 1/2, 6-3, 50.7, 15.2, 110-1, 14-0, 156-3, 4:24.1, (3) Hippensteel/FresnoSt 7057, (4) Callaway/Maccabi 6319. /Kenny Kring/

NATL. AAU WOMEN'S PENTATHLON: (May 28-29, Santa Barbara) - (1) Jane Frederick/LATC 4677 (new Amer. Rcd. by 1 point), (2) King/MLTC 4233, (3) Fitzgerald/ATC 4193, (4) Collins/OTC 4030. /Cava/

SAC-JOQUIN SECTION CHAMPIONSHIPS: (May 28, Roseville) - 120HH: Ward/Lodi 14.1, Smith/LS 14.4, Dixon/Ed 14.5; 440R: H.Johnson 43.0, Stagg 43.0, Armijo 43.2; Mile: Wright/Van 4:16.9, Brown/Pond 4:17.2, Farrell/LS 4:17.2; 440: Fields/Grant 49.0, Woods/Lind 49.9, Kemper/DC 50.8; 100: Jackson/FrklN 10.0, Miller/Dix 10.0, Fong/Sac 10.2; 330LH: Fields/Grant 37.8, Palon/SanJuan 38.0, Smith/LS 38.3; 880: Vineyard/Arm 1:55.5, Faggella/Jesuit 1:56.2, Griffin/EG 1:56.9; 220: Jackson/FrklN 22.0, Simpson/LB 22.2, Colter/McCltchy 22.5; 2 Mi: Holmes/Dwny 9:13.1, Hitchcock/SLT 9:13.9, Speer/ML 9:16.2; MileR: Grant 3:22.9, Johnson 3:25.0, Oakmont 3:26.6; LJ: Woods/Lind 23-0, Hawkins/Tracy 22-11 1/2, Boordingham/RC 22-9; TJ: Slayton/Merc 46-10 1/4, Keith/Johnson 46-9 1/4, Hendricks/Burb 46-4 1/2; PV: Cochran/EG 14-8 1/4, Boone/McCltchy 14-8 1/4, Firchau/Rsvle 14-0 1/4; HJ: Bjornsson/Enc 6-6, Dogen/Ed 6-6, Slaton/Merc 6-6; SP: Messinger/Hglds 60-2 3/4, Alonzo/SM 57-0 1/4, Johnston/Okdle 55-3 1/4; DT: Porath/Atw 177-1 (soph), Franks/SM 169-11, Sarrett/Pond 168-4 /Bill Mensing/

CENTRAL COAST SECTION MEET: (May 28, San Jose) - SP: Smith/SM 58-2, Tafra/Is/Cap 56-8, Walters/HMB 56-1; HJ: Gibbs/Hill 6-8, Jett/SM 6-6, Harding/Cam 6-4; LJ: Vasquez/Mills 23-6 3/4, Bates/M-A 23-5 3/4, Brooks/Milp 23-5 1/2; 440R: Pdmt Hills 41.7, Mt.Pleasant 42.0, Yerba Buena 42.0; DT: Hamm/Soq 171-0, Franklin/LA 166-8, Dugan/MVs 166-1; 120HH: Bobertz/Srmt 14.3, Clark/M-A 14.5, Stafford/LG 14.6; 880: Light/PG 1:52.9, Bishop/Carl 1:53.4, Maxwell/Wstmr 1:54.0; 100: Cannon/MP1 9.8, Green/Ayer 10.0, Bennett/Lyn 10.0; 440: Taylor/PH 47.8, Holkim/Hill 48.6, Hillard/SSF 48.9; 2 Mi: Paulin/Cam 9:13.3, Corey/SM 9:14.4, Love/Carl 9:17.8; TJ: Vecchiet/LA 47-9 1/2, Lebbertz/Srmt 47-7 1/4, Moreno/Lick 47-6 1/2; 330LH: Phillips/SCrk 37.3, Bobertz/Srmt 37.5, Hawkins/Bur1 37.7; 220: Cannon/MP1 21.6, Coulter/Hrbr 21.9, Rachal/YB 22.0; Mile: Stilman/WG 4:18.2, Ross/Serra 4:19.2, Sup/Palma 4:20.0; PV: Lovejoy/DM 15-0, Fernside/DM 14-7 1/2, Bradley/Carl 14-7 1/2; MileR: Pdmt Hills 3:20.6, Mt.Pleasant 3:21.0, Silver Crk 3:23.1; Teams: Mt.Pleasant 44, San Mateo 35, Pdmt Hills 34, Serramonte & Silver Crk 24. (GIRLS) 80LH: Costello/Lyn 10.6, Cavanah/Hrbr 11.0, Schentrup/WG 11.4; 880: Barrett/Brnm 2:18.9, Jackson/LO 2:19.3, Figliomeni/Sar 2:21.4; 100: Costello/Lyn 11.2, Holiday/Ayer 11.6, Mallory/SCrk 11.6; DT: Springer/Sal 133-5, Kuehl/NSal 124-1, Kuchta/KC 120-0; 440R: Harbor 49.5, Silver Crk 49.8, Ayer 50.3; 440: Belk/SCrk 56.0, Peterson/Hrbr 57.2, Brew/LA 59.3; SP: Garcia/Hrbr 43-9, Pannell/Leland 42-11 1/2, Springer/Sal 41-6; 220: Costello/Lyn 25.4, Belk/SCrk 25.4, Gallion/Ayer 26.0; HJ: Blackburn/Cubb 5-8, Hinkelman/LA 5-5, White/Leland 5-4; Mile: Munday/Linc 5:04.7, Bray/LA 5:04.9, Choy/Sal 5:18.4; LJ: Johnson/LO 16-6, Brew/LA 16-5 1/4, Wilcox/SM 16-3 3/4; MileR: Branham 4:05.9, Harbor 4:06.3, LosAltos 4:10.0; Teams: Harbor 45, Los Altos 36, Branham 34, Silver Crk 32. /Ken Johnson/



(Left) Skip Peterson pulled off a big win in the PA-AAU Meet long jump, defeating among others, teammate Curtis Davis. /Dennis O'Rourke/ (Right) Tim Holmes (left) and Hal Schulz won their respective Section meets & then placed 4th and 5th in the CIF two-mile a week later. /Jeff Zimmerman/

NORTH COAST SECTION MEET: (May 28-29, Berkeley) - 440R: Pittsburg 42.3, Berkeley 42.7, Ellis 43.0, Dublin 43.4; 880: Emery/Arroyo 1:54.4, Brownlow/Fern 1:54.4, Arnerich/Ala 1:55.5, Jimenez/DLS 1:55.8; 100: Burrell/Pin 9.9, Trapps/Pitt 9.9, Burrell/Ten 10.1, Longstaff/Conc 10.2; 2 Mi: Schulz/Rdwd 9:03.9, Collier/Tam 9:06.8, Berry/Rdwd 9:09.4 (soph), Searls/CP 9:26.4; 120HH: Gangnuss/Dub 14.5, Koko/Sun 14.5, Patterson/DA 15.0, Amerson/Pac 15.0; 440: Harris/Pitt 48.2, DeWitt/Brk 49.5, Maiocco/Lib 49.7, Stewart/JFK-R 50.0; DT: Hill/Brk 176-4, Bowles/SR 172-2, Albritton/Pin 170-9, Rhoads/Ant 162-5; 220: Trapps/Pitt 22.1w, Burrell/Pin 22.1, Smith/Brk 22.4, Burrell/Ten 22.5; LJ: Martin/Mor 22-10, Fernandez/CV 22-2 1/2, Ashe/Nov 21-9 3/4, Morgan/EC 21-8 1/4; SP: Jepsen/Wash 61-8, Ricchiutto/DA 56-5, Garner/Ant 55-5 1/2, Lytle/Cilk 54-9; PV: McDonald/St.Helena 14-9 3/4, Philbert/Acal 14-6 3/4, Ballinger/Rdwd 14-3, Stedman/PH 13-6; 330LH: Koko/Sun 37.6, Patterson/DA 37.9, Gangnuss/Dub 38.9, White/Rich 39.0; Mile: McMeans/DA 4:15.9, Schulz/Rdwd 4:16.1, Borland/DN 4:19.0, Smith/MSJ 4:19.3; TJ: Johnson/ME 48-5 1/2, Mellion/SM 47-10 3/4, Morgan/EC 46-9, Smith/Hywd 46-1; MileR: Pittsburg 3:22.5, Tennyson 3:23.2,

Kennedy-R 3:23.7, Richmond 3:23.9; HJ: Lane/Am-Frmt 6-10, Kinman/Mor 6-6, Low/Tam 6-6, Peterson/Ar 6-6; (GIRLS) 80LH: Burgess/Brk 10.9, Upshaw/Acal 11.0, Pickel/ME 11.0, Bess/Tam 11.2; 440R: Berk 48.0, TerraLinda 49.3, Hogan 49.8, Vallejo 50.2; 880: Stohr/Gran 2:15.8, Williams/Liv 2:19.5, Scharninghausen/SRaf 2:19.8, Kenney/Nov 2:20.4; 100: Cobbs/Brk 10.7, Robinson/Brk 11.0, Dilworth/Vall 11.3, Rapatz/SRaf 11.5; 440: Rapatz/SRaf 57.0, Barnes/Hog 58.8, Eddens/Uk 59.9, Jones/Hog 59.9; LJ: Jobe/Vin 17-9, Richardson/EM 17-5 3/4, Richardson/Pitt 17-3, Johnson/Lib 16-11; SP: Betham/Arc 40-1 1/4, Mullaly/Kenn 39-2, Dolsby/MVs 38-9 1/4, Brooks/Brk 38-7; Mile: Broderick/Tam 4:55.1, Sweeney/MC 5:00.2, Keyes/Tam 5:03.3, Metteer/SMarin nt; 220: Cobbs/Brk 24.2, Robinson/Brk 25.0, Dilworth/Vall 25.3, Kidd/Vall 25.4; HJ: Ross/Brk 5-8, Hill/SRaf 5-4, Johnson/Lib 5-4, Wike/DV 5-1; DT: Hilton/PH 126-2, Duthle/Mrmte 124-3, Gregory/Enc 116-6, Hill/SRaf 115-2. /Bob McMeans/

ALL-COMERS MEET: (May 29, Oakland) - 400m: Robinson/Cal 46.3, Brown/Un 46.3, Rogers/BAS 46.3, Bayless/LVS 46.9; 400IH: Butler/BAS 52.0, Roesky/Cal 52.1, Harvey/Army 52.6; 400mR: Army 40.5, BAS 40.7; DT: Kennedy/Strs 186-8, McCollum/BAS 186-0, Weeks/SJS 185-8, Penrose/Strs 184-10; 1500m: Clifford/Cal 3:48.8, Birnbaum/AF-WVTC 3:51.9, Bateman/Navy 3:52.0; 110HH: Hill/Army 13.7, Florant/Cal 13.7, Austin/SJS 13.8, Carty/WVTC 13.8; 100m: McCollum/BAS 10.3, Brown/BAS 10.4, Turner/Army 10.4, Payton/BAS 10.4; SP: Weeks/SJS 61-10 3/4, Mannon/Cal 56-9 3/4, Davis/WVTC 55-2 1/2; PV: Williams/BAS 16-0, Chappell/BAS 15-6, Jenner/Strs 15-0; HJ: Coleman/WVTC 6-8, Nelson/SJS & Boreham/WVTC 6-6; 200m: Wilson/Army 21.3, Hamilton/LVS 21.4, Rodgers/BAS 21.4; 800m: McCafferty/Army 1:54.5, Jenner/Strs 1:55.4, Tracy/WVTC 1:55.4; 5000m: Birnbaum/AF-WVTC 14:30.4, Jones/AF 14:32.4; LJ: Lawrence/Army 24-2 1/2, Anderson/WVTC 24-1 3/4, Carter/SJS 23-8 1/2; TJ: Steffes/WVTC 51-3 1/2, Smith/BAS 50-6 1/2, McClure/AF-WVTC 49-7, McClure/Army 49-1. /SF Examiner/



Start of 100 final at State Meet (winner Mullins is sixth from the left)...moments before a false start. /Jeff Zimmerman/

HIGH SCHOOL STATE MEET: (June 4-5, Berkeley) - (BOYS) Teams: LA Hamilton, San Fernando & Barstow-Kennedy 12, Lassen & Cerritos-Gahr 10. --- 100: Mullins/Ham 10.0, Willis/Mission 10.1, Jones/Barst-Kenn 10.1, Cannon/MP1 10.1, Newell/ChulaVsta 10.1, 7-Burrell/Piner 10.3, 8-Jackson/Frnkln 10.3 (w=-7.4mph); (Heats) (I) Willis 9.7, 3-Cannon 9.8, 5-Longstaff/Conc 10.0, 7-Burrell/Ten 10.2; (II) 3-Burrell/Pin 9.8, 4-Green/Ayer 9.9, 7-Bennett/Lyn 10.0; (III) Jackson/Frnkln 9.8, 6-Trapps/Pitt 9.9, 7-Johnson/Sky 10.0, 8-Miller/Dix 10.2, Fong/Sac 10.2. 220: Mullins/Ham 21.6, Branch/Brstw 21.8, Jones/Barstow-Kenn 21.9, Cannon/MP1 22.0, Lewis/Wilson 22.0, 8-Coulter/Hrbr 22.5 (w=-7.6mph); (Heats) (I) 2-Coulter 21.9, 4-Trapps 22.2, 6-Smith/Brk 22.3, 7-Johnson 22.4,

8-Burrell/Ten 22.6; (II) 4-Simpson/LB 22.2, 6-Colter/McCltchy 23.4; (III) Lewis 21.8, Cannon 21.9, 4-Rachal/YB 22.3, 8-Bettencourt/PVly 23.8. 440: Harris/Pitt 47.6, Thompson/Gahr 47.9, Williams/Carson 48.6, Fields/VanNuys-Grant 48.8, Vinson/SanGorg 48.9, 8-Johnson/Balb 51.1; (Heats) (I) 4-Hillard/SSF 49.7, 6-Holcomb/Hill 51.1, 7-Maiocco/Lib 51.8; (II) Taylor/PH 47.9/DQ, Harris 48.0, 4-Fields/Grant 49.3, 5-DeWitt/Brk 49.6, 7-Schrock/RdBlf 50.5, 8-Trotter/Cstlmt 51.4, 9-Kemper/DC 52.0; (III) 3-Johnson 50.5, 4-Woods/Lind 50.8, 5-Stuart/JFK-R 52.1. 880: Bishop/Carl 1:54.4, Ledet/LA-Wash 1:54.4, Emery/Ar 1:54.4, Brownlow/Ferndale 1:54.6, Powell/PtLoma 1:54.9, 8-Light/PGrv 1:57.7, 9-Sterling/Okld 2:13.4; (Heats) (I) Sterling 1:54.8, 3-Light 1:54.8, 9-Faggella/Jes 1:58.3; (II) 2-Bishop 1:54.6, 3-Emery 1:54.7, 4-Arnerich/Ala 1:54.8, 8-Griffin/EG 1:56.6, 9-Jimenez/DLS 1:56.7; (III) 2-Brownlow 1:55.2, 4-Maxwell/Wstmr 1:55.6, 5-Elwell/Shasta 1:56.2, 8-Vineyard/Arm 1:58.6. Mile: Arriola/Gahr 4:14.6, Nevey/Grsmtd-SD 4:14.6, Moses/Crvly 4:17.3, Wright/Vanden 4:17.5, McMeans/DA 4:18.3; (Heats) (I) 5-Wright 4:15.7, 7-Smith/MSJ 4:17.7; (II) 3-McMeans 4:16.2, 10-Moses/Sky 4:22.3. 2 Mile: Hulst/LagBch 8:57.3, McConnell/HB-Edis 9:00.5, Spillsbury/Fthl 9:00.6, Holmes/Dwny 9:02.3, Schulz/Rdwd 9:03.2, 9-Collier/Tam 9:??, 10-Berry/Rdwd 9:14.8, 11-Hitchcock/SolTahoe 9:14.8, 14-Corey/SM 9:23.4, 15-Love/Carl 9:26.7, 16-Paulin/Cam 9:27.0(?), 17-Valdez/Sky 9:34.7, 18-Avrit/Chico 9:37.9, 20-Searls/CPk 9:51.1. 120HH: Jones/Gan-Pomona 14.5, Sanford/LA-Ly 14.6, Glenn/LA-Locke 14.6, Ward/Lodi 14.7, Perry/Banning 14.8, Smith/LSierra 14.9; (Heats) (I) 4-Patterson/DA 14.5, 5-Dixon/Edison-Stkn 14.6, 7-Tyler/Balb 14.6; (II) Smith 14.2, 5-Amerson/Pac 14.7, 6-Koko/Sun 14.7, 8-Stafford/LG 14.8, Harris/Okld 14.9; (III) 2-Ward 14.2, 4-Gangnuss/Dub 14.3, 5-Dorval/Paradise 14.4, 6-Bobertz/Srmte 14.4, 7-Clark/M-A 14.4. 330LH: White/San Fern 36.7, Chambers/SMon 37.0, Webster/Pom-Garey 37.2, Phillips/SCrk 37.3, Koko/Sun 37.6, 7-Palon/SJuan 38.3, 8-Bobertz/Srmte 38.7; (Heats) (I) 2-Bobertz 38.0, 6-Tyler/Balb 38.9, 7-Smith/LS 39.3; (II) Koko 37.2, 4-Fields/Grant 38.3, 5-Gangnuss/Dub 38.5, 6-Patterson/DA 38.5, 9-Harris/Okld 40.1; (III) Phillips 37.3, Palon 37.6, 6-Dorval/Par 39.2, 7-Hawkins/Burl 39.3, 8-White/Rch 39.4. 440R: Barstow/Kennedy 41.4, San Fernando 42.0, Piedmont Hills 42.0, Mt.Pleasant 42.1, Pittsburg 42.2, 7-Balboa 42.7; (Heats) (I) 2-Pittsburg 42.4, 6-Berkeley 42.9, 9-Stagg 44.2; (II) 2-Pdmt Hills 42.1, 3-Mt.Plsnt 42.1, 5-Skyline 42.5, 6-H. Johnson 42.6; (III) 4-Balboa 42.5, 5-YerbaBuena 42.8, 6-LaSier 43.8, 7-Chico 44.0. MileR: Pasadena 3:18.2, Banning 3:19.3, Madera 3:19.4, San Fernando 3:20.9, Sac-Grant 3:21.0, Pdmt Hill 3:22.7; (Heats) (I) 2-Pdmt Hill 3:18.6, 3-Grant 3:19.6, 5-Mt. Pleasant 3:21.1, 7-H.Johnson 3:24.7, 8-Silver Crk 3:26.6, 9-Oakmont 3:28.6; (II) 4-Pittsburg 3:22.5, 5-Tennyson 3:22.8, 6-Richmond 3:25.0, 7-Paradise 3:31.2; (III) 4-Balboa 3:22.5, 7-Castlemont 3:24.9, 8-JFK-Richmond 3:28.3. LJ:(w) Doubly/Man Arts-LA 25-3 3/4, Wilson/Font 24-4 3/4, Yates/Duarte 23-7, Durham/Okld 23-3, Wilson/Morn-Inglwd 23-2 1/4, Vasquez/Mills 22-9 1/4, Brooks/Milp 22-7 1/2, Hawkins/Trcy 22-5 1/2. TJ: Caldwell/Frmt-LA 51-8 1/2w, Slayton/Merc 50-7 1/4, Moreno/Lick 50-1 1/4, Lomax/Wkmm 49-7 3/4, Benson/LA-Luth 48-9 3/4, Lebertz/Srmte 47-11 1/4w, Morgan/EC 47-11w, Durham/Okld 47-1 3/4. HJ: Lane/Amer-Frmt 6-11, Ward/Bak 6-10, Sanders/Pas-Muir & McCall/Dom 6-10, Smith/SMon 6-8 (Trials: Slaton/Merc, Bjornsson/Enc, Gibbs/Hill, Hice/Okld...all 6-8). PV: Hintnaus/RedBch-Av 15-2, Lovejoy/DM 14-10, Philbert/Acal & Fernside/DM 14-10, Pierce/Sanger 14-10, Cochran/EG 14-0 (Trials: Cochran, Boone/McCltchy, McDonald/St.Hel...all 14-3). SP: Montgomery/Lassen 68-0, McKenzie/Hart-Nwhl 64-7 3/4, Jepsen/Wash-Frmt 63-9 1/2, McNaughton/Hoover-Fresno 60-6 1/4, Johnson/Brea 59-11 3/4, Smith/SM 58-2, Messinger/Hglds 54-2 1/2 (Trials: Messinger 58-10 3/4, Smith 58-10). DT: Endler/Fr-Hoover 192-10, Montgomery/Lassen 188-5, Johnson/Lkwd-Myfr 187-6, Letlow/Helix 182-9, Rhoads/Ant 174-7, 8-Hill/Brkly 170-6. (GIRLS) See Next Page--



(Left) Coming off final turn in CIF mile final (leader Arriola won in 4:14.6, same time as second placer, Nevey). /Zimmerman/ (Center) Keith Taylor (r) of Piedmont Hills, strains hard to take third in the 440 relay. (Right) Finish of 880 at State Meet, with (1 to r) Brownlow (4th), Ledet (2nd), Bishop (1st), Powell (5th), and Emery (3rd) within 1/2 second of each other. /Stock/

Teams: Berkeley 20, LA Fremont 13, LA Bell 12, Nwprt Hrbr 8. ---
 100: Waters/LA Bell 11.0, Cobbs/Brk 11.0, Boulden/Cent-Compton
 11.1, Robinson/Wstchstr 11.4, Loud/LA-Luth 11.4, 9-Robinson/Brk
 11.5 (w=-8.3mph); (Heats) (I) Cobbs 10.8, 4-Dilworth/Vall 11.2,
 8-Dutton/Anderson 11.4, 9-Mallory/SCrk 11.7; (II) 2-Robinson
 10.9, 5-Costello/Lyn 11.4, 7-Rapatz/SRaf 11.6, 8-Holliday/Ayer
 11.6, 9-Lee/Merc 11.7; (III) 4-Johnson/Oak-Tch 11.2, 7-Barnes/
 Frfld 11.7. 220: Waters/LA Bell 24.8, Cobbs/Brk 24.9, Robinson/
 Wstchstr 25.6, Robinson/Brk 26.0, Johnson/Okld-Tch 26.0, Belk/
 SCrk 26.1, Costello/Lyn 26.3 (w=-13mph); (Heats) (I) Cobbs 24.6,
 Johnson 25.4, Belk 25.5, 5-Kidd/Vall 26.0, 8-Warmerdam/Galt
 26.5, 9-Barnes/Fr fld 26.7; (II) 2-Robinson 25.2, 6-Costello/Lyn
 26.3, 7-Lee/Merc 26.5, 9-Foster/Yreka 28.0; (III) 5-Gallion/Ayer
 26.5. 440: Belk/SCrk 55.2, Mitchell/LA-Frmt 56.5, Lair/LA-Frmt
 57.5, Peterson/Hrbr 57.6, Anderson/LA-Wash 57.8, 7-Barnes/Hogan
 58.7, 8-Partida/YC 59.8, 9-Rapatz/SRaf 67.5; (Heats) (I) Belk
 56.7, 6-Fortune/Cord 58.6, 8-Eddens/Ukiah 60.2; (II) 2-Peterson
 57.3, Barnes 57.7, 6-Voss/Lassen 58.9, 7-Jones/Hogan 59.8, 9-
 Warmerdam/Galt 60.9; (III) 2-Partida 57.8, 3-Rapatz 57.9, 4-Brew
 /LA 58.2(?), 5-Hubbard/Oak-Tch 59.2. Mile: Broderick/Tam 4:56.8,
 Sweeny/MarinCath 5:01.1, Troffer/Crvly 5:01.3, Kearns/YC 5:03.2,
 Munday/Linc-SJ 5:03.8, 8-Bain/RioAm 5:14.5, 10-Bray/LA 5:16.7;
 (Heats) (I) 2-Broderick 5:02.9, 3-Bray 5:03.3, 4-Bain 5:03.3, 5-
 Munday 5:03.7, Keyes/Tam 5:04.8; (II) Kearns 5:00.0, Sweeny
 5:00.8, ?-Monroe/Lassen 5:15.4, 8-Vardell/YC 5:19.0. 80LH: Lee/
 Merc 10.7, Costello/Lyn 10.8, Burgess/Brk 10.9, Mann/Barstow-Kenn
 11.0, Winneswiser/Diego-SB 11.1, Foster/Yreka 11.1; (Heats) (I)
 2-Burgess 10.9, 4-Upshaw/Acal 10.9, 8-Schentrup/WG 11.4; (II) Lee
 10.7, 5-Duran/Okmt 11.3, 6-St. Jules/Oak-Tech 11.3, 7-Adamsen/
 Hughson 11.3, 9-Cavanah/Hrbr 13.1; (III) Costello 10.9, 4-Pickel/
 ME 11.3, 6-Bess/Tam 11.3. 440R: Pasadena-Muir 47.6, Comp-Cent.
 47.8, Baksfld-So. 48.8, LA-Locke 48.8, Fresno-Edison 49.1, 9-
 Brkly 53.8 (dropped baton); (Heats) (I) 4-TerraLinda 49.8, 5-
 Hogan 49.9, 8-ChicoJHS 50.2, 9-Ayer 50.8; (II) Brkly 47.8, 4-
 Frfld 49.7, 6-Silver Crk 49.7, 7-Harbor 40.0, 8-Oakland 50.8, 9-
 Davis 52.0; (III) 7-Merced 50.7, 8-Vallejo 53.4. MileR: LA-Frmt
 3:55.9, Arcadia 3:57.0, Brkly 3:59.1, Esperanza 3:59.6, W. Tor-
 rance 4:00.6, 7-TerraLinda 4:02.4; (Heats) (I) Brkly 3:56.6, 7-
 Summervle 4:06.6; (II) 3-TerraLinda 4:01.1, 5-CasaRoble 4:10.9,
 6-LasLomas 4:11.2, 7-Liberty 4:13.0, 8-Oak-Tech 4:15.5; (III) 3-
 YubaCity 4:04.1, 4-Harbor 4:05.1, 5-Chico 4:05.7, 7-Branham
 4:06.6, 9-LosAltos 4:12.0. LJ: Anderson/LA-Wash 20-0 1/4, Gor-
 dine/ElToro 19-3 3/4, Scott/LA-Poly 19-3 1/4, Taylor/Pt.Loma
 18-10, Morgan/LA-Monroe 18-5 3/4, 9-Brew/LA 17-2 1/4w (17-7 in
 trials). HJ: Grosswiller/UpInd 5-10, Ross/Brk 5-9, Blackburn/
 Cubb 5-8, Lendi/Royal 5-7, Long/Gahr 5-7, 9-Alston/ChicoJHS 5-4
 (5-5 in trials). SP: Daniel/NwptHrbr 42-9 3/4, Flynn/LaCanada
 41-9 1/2, Wessell/Summervle 41-8 3/4, Stampfli/Lassen 41-8, Gar-
 cia/Hrbr 41-5 1/2, Pannell/Leland 40-10 1/4, 9-Betham/Arcata
 39-9 1/2 (Trials: Stampfli 42-8 1/2, Betham 42-4 3/4, Wessell
 42-0 3/4, Garcia 41-8 1/4, Pannell 41-6 1/4, Burgan/Sonora
 40-9 1/4). DT: Middleton/Poway 134-5, Springer/Sal 132-11, Du-
 thie/Mrmt 126-5, Daniel/NwptHrbr 121-7, Blankenship/Chico 117-2,
 Kuchta/KC 117-2, 8-Ridenour/YC 114-4 (Trials: Ridenour 124-2,
 Kuchta & Blankenship 123-0). /Keith Conning/

PA-AAU MEN'S CHAMPIONSHIPS: (June 6, San Mateo) - HT: (6/5 at
 Hywd) Shuff/A 210-0, McKenzie/WVTC 207-9, Sawyer/CSH 183-4; SP:
 Stuart/UCTC 62-10 1/4, Marks/WVTC 62-1, Mannon/Cal 55-10 1/4,
 Davis/WVTC 55-3 1/4; 10,000m: Garcia/WVTC 29:56.0, Fritze/WVC
 31:21.2, Zapata/WVTC 31:42.2, Marks/AGTC 31:49.2; 440R: BAS
 41.6; 2 Mile Walk: Pyke/FTC & Ranney/GGTC 14:42.4 (tie); JT:
 Johnson/WVTC 226-11, Macrorie/Stan 218-4, Seals/WVTC 217-11,
 Harriman/WVTC 206-9; 1500m: Schilling/SJS 3:49.7, Davies/JT
 3:53.8, Smith/JT 3:54.4, Pullen/JT 3:54.7, Peterson/WVTC 3:55.5,
 Harms/AGTC 3:57.6; 110mHH: Whitfield/SoAZTC 14.0, Carty/WVTC
 14.4, Hart/LAS 14.4, Monroy/SJCC 14.5; LJ: Peterson/WVTC
 24-3 1/4, Steffes/WVTC 24-1 1/4, Davis/WVTC 23-7 1/4, Anderson/



(Left) Berkeley's Candy Ross was second in the CIF Meet at 5-9.
 (Right) John Lane won at the same meet in 6-11. /Zimmerman/

WVTC 22-11 1/2; HJ: Haber/CSH 7-1 3/4, Johnson/BYU 6-10, Nel-
 son/SJS & Coleman/WVTC 6-8, Friday/CSH 6-8; 400m: Rogers/BAS
 46.4, Marcheschi/Chab 48.4, Romain/WVTC 50.5; 100m: Pettus/
 BAS 10.5, Clark/CSH 10.6, Payton/BAS 10.6; TJ: Holden/CWTC
 46-11 3/4, Tolliver/WVTC 46-7 3/4; 400mIH: Butler/BAS 52.0,
 Wyatt/SJS 52.7, Shellworth/Fthl 54.4; 5000m: Peterson/WVTC
 14:37.0, Parietti/Stan 14:41.0, Niemiec/WVTC 14:51.6; MileR:
 WVTC 3:32.8; DT: Powell/Un 202-2, Penrose/Un 197-1, Gardner/
 Mac 184-5, Nave/WVTC 168-1; 800m: Brown/Un 1:48.1, Cleary/Un
 1:52.2, Clifford/Cal 1:52.4, Barry/Cal 1:55.0; 200m: Rogers/
 BAS 21.4, Pettus/BAS 21.5, Payton/BAS 21.8; PV: Williams/BAS
 16-0, Chappell/BAS 16-0, Martin/SJS 16-0, Paton/Cal 15-6, An-
 derson/KalamazooTC 15-6, Shattuck/WVTC 15-0. -- Three-Color
 T-shirts (sizes Med & Lg only) of this meet still available
 for \$3.50 by mail...send to NCRR. /Dave Shrook/

NOR-CAL PREP MARKS

Chris Kinder, our Prep Editor, did not get his final updated
 list to us in time for this issue, so we will list the final
 1978 NorCal Prep Bests in next issue. If you have a mark that
 you feel ought to be listed, please send it to Chris Kinder,
 646 Inwood Dr., Campbell, CA 95008. Thanks!

LONG DISTANCE RESULTS

SPA-AAU 25-KILO CHAMPS: (March 13, Lunada Bay) - 1-Kurrle/BHS
 1:23:34, 2-Ocana 1:25:41, 3-Swift/AIA 1:27:09, 4-Branch/CCAC
 1:28:06, 5-Rowley/CCAC 1:29:03, 6-Shaffer/CCAC 1:29:23, 7-Al-
 faro/AZTL 1:29:45, 8-Miller/CCAC 1:30:33, 9-Pagliano/GWAA
 1:30:43, 10-Kendall/Oxy 1:31:05, 11-Pontinen/SBAA 1:31:09, 12-
 Burgasser/STC 1:32:04, 13-Rupp/Un 1:32:32, 14-Ridley/CCAC
 1:33:11, 15-Smartt/BHS(40+) 1:33:26...17-Rudberg/STC(40+)
 1:34:34, 19-Jackie Hansen/SFV 1:35:39, 34-Mike Gorman/SFV(W-
 40+) 1:40:17. /John Brennan/

ARROYO VERDE 15-KILO X-C: (March 21, Ventura) - 1-Tuttle/BHS
 49:20, 2-Rude/Un 51:09, 3-Edwards/UCSB 52:13, 4-Miller/CCAC
 52:51, 5-Rupp/Un 53:27...8-Bartek/SBAA(40+) 55:29. /Brennan/

SAN MARTIN MARATHON: (March 21, San Martin) - 1-White/TRAC
 2:53:55, 2-MacIntosh/NCS(40+) 3:04:14, 3-Nader 3:09:00, 4-
 Clary/TRAC 3:10:45, 5-Dugdale 3:12:15. /Bill Flodberg/

NIKE/LONG BEACH GRAND PRIX 10-KILO: (March 27, Long Beach) -
 (No times...runners ran extra) 1-Kurrle/SFV, 2-Polhill/AATC,
 3-McLean/WVTC, 4-Covert/Un, 5-Hurtado/Un, 6-Alfaro/AZTL, 7-
 Leeper/AGTC...10-Francis Larriou-Lutz/PCC. /STC Newsletter/

DSE NOB HILL RUN: (April 4, S.F.) /2.369 Mi./ 1-Steer 13:48,
 2-Rivas 13:52, 3-Weidinger 14:06, 4-Boitano 14:23, 5-Orwig/WV
 14:41...30-Maryetta Boitano 16:45. /DSE Newsletter/

DSE GOLDEN GATE BRIDGE VISTA RUN: (April 11, S.F.) /5 Mi./
 1-Torres 29:30, 2-Weidinger/ETC 29:39, 3-Gormley/Un 29:43, 4-
 Lange 29:48, 5-O'Brien/SBS 29:57...38-Maryetta Boitano 34:46,
 71-Jeannie Kayser/PMK 37:22 (40+). /DSE Newsletter/

CABRILLO T.C. BEACH RUN: (April 11, Aptos) /4.5 Mi./ 1-Rudy
 Munoz 26:02, 2-Watson/WVTC 26:16, 3-Woliczko 26:21, 4-Coron/
 WVTC 26:28, 5-Guttenberg 27:27, 6-Jonat 27:34, 7-Sawyer 28:05,
 8-Davis 28:26, 9-Thylin 28:27, 10-Gourley 28:32...27-Sue Neary
 /WVTC 31:24. /Bill Flodberg/

DSE GOLDEN GATE PARK RUN: (April 18, San Francisco) /4.0 Mi./
 1-Jan Serhsen/ETC 20:04, 2-Donahue/ETC 20:28, 3-LaForge 20:34,
 4-O'Brien/SBS 21:09, 5-Weidinger/ETC 21:13...10-Ross Smith/Un
 (40+) 21:59...79-Diane Major 26:02, 84-Peggy Lavelle 26:23,
 91-Skip Swannack 26:40. /DSE Newsletter/

MORE BOSTON MARATHON RESULTS: (April 19, Boston) - We received
 official results since last issue. We are listing significant-
 ly updated times and NorCal people we missed below: 278-Buxton
 /Un 2:54:01, 296-Sampson/Un 2:54:52, 309-McManus/Un 2:55:19,
 358-Frostad/Un 2:57:14, 600-Jerome/Un 3:07:29, 747-Van Zant/WVJ
 3:13:13, 752-Leydig/WVTC 3:13:25, 794-Menocal/TSRC 3:15:14,
 801-Stagliano/Un 3:15:28, 830-Jones/USF 3:16:28, 855-Jackson/
 NCS 3:17:21, 857-DeMoss/WVTC 3:17:26, 884-Paffenbarger/NCS
 3:18:40, 947-Lenihan/Un 3:21:14, 967-Stu Ruth/PMK 3:22:34,
 1037-Garnett/NCS 3:25:40, 1069-M.Boitano/Un 3:26:52, 1100-Lu-
 cero/WVTC 3:28:10, 1119-Kerr/Un 3:29:05... (Women) 11-Gumbs/WV
 3:13:24, 13-Gustafson/Un 3:15:26, 14-Ullyot/WVTC 3:15:57, 16-
 DeMoss/WVTC 3:17:24, 21-Anderson/NCS 3:20:24, 28-Kayser/PMK
 3:26:00. /Jock Semple & Will Cloney/



(Left) Besides winner Jack Fultz, few runners notched PR's at this year's Boston Marathon...Gail Gustafson's 3:15:26 was her best ever as she took 13th place. /Jeff Johnson/ (Right) Don Kardong leads Tony Sandoval at the International X-C Trials in January...Don & Sandy took third & fourth at the Olympic Marathon Trials, with Don getting a trip to Montreal. /D. O'Rourke/

DSE DIAMOND HEIGHTS RUN: (April 25, S.F.) /4 Mi./ 1-Weidinger/ETC 21:15, 2-Torres 21:28, 3-Martinez 21:29, 4-Kilinan 22:45, 5-Erickson 23:01, 6-Jerome 23:04, 7-Blake 23:10, 8-Jensen/PAMA (40+) 23:15...27-Maryetta Boitano 25:10, 37-Judy Gumbs 25:52.

MT. DIABLO DISTURBANCE RUN: (April 25, Mt. Diablo) /6.6 Mi./ (Finishers listed by fast time...add handicap time, following name, to get handicap finish time) 1-Rowley(28) 48:07, 2-Emmons (28) 51:07, 3-Woodliff(31) 51:44, 4-Flodberg(30) 52:50, 5-Ball (22) 52:54, 6-Robben(26) 53:04, 7-Mott(22) 55:20, 8-Bell(18) 55:41.5 (Handicap winner), 9-Williams(19) 56:58, 10-Hayman(24) 57:31, 11-Chuey(25) 57:35, 12-Mellmer(20) 59:01, 13-Dingwall (21) 60:35, 14-Fukuda(17) 61:45, 15-Burke(26) 62:33. /J.Kirk/

PAN-AMERICAN ROAD RUN: (May 1, LA Area) /6.0 Mi./ 1-Harter/SFV 29:29, 2-Chambliss/Un 29:51, 3-Carlson/AATC 30:17, 4-Kurrle/SFV 30:45, 5-Hurtado/Un 32:21, 6-Ferguson/AIA 32:28, 7-Tribole/Un 32:57, 8-Leckman/Un 33:05, 9-Fitzpatrick/Un 33:24, 10-Downey/SM 33:37...13-Nicholson/STC(40+) 35:15, 20-Gibbs(Girl) 36:39.

PODIATRY SEMINAR 10-KILO: (May 1, S.F.) /Golden Gate Pk./ 1-Ron Wayne/WVTC 37:52, 2-Donahue/ETC 38:48, 3-Conroy/ETC 38:54, 4-Eash/ETC 39:03, 5-Richardson/WVTC 39:25, 6-Casey/ETC 39:39, 7-Pagliano/GWAA 39:43...Maryetta Boitano 44:41, Gail Gustafson/Un 46:35. /Steve Subotnick/

NUCCIO HOT AT LIVERMORE--JUST LIKE THE WEATHER: (April 24, Livermore) - Although missing his course standard (42:28) by a full minute, WVTC's Jim Nuccio still recorded an excellent time in mid-70° weather, besting NCRR Point Leader, Jan Sershen, by 1:34. Sharon Furtado had similar difficulty in trying to get Maryetta Boitano's 55:11 standard as she fell short by nearly a minute at 56:00; her nearest opposition, Ruth Anderson, was nearly 5 minutes back! Jerome Lewis likewise had an easy time of the masters race (51:21 to 51:59) over teammate John Finch, but was way off Ken Napier's 48:34 record from way back in 1972. The third master was Bob Malain in 52:56. Other divisional winners were: Junior Men--Frank Lee 56:57; Junior Women--Ann Culligan 83:30; Master Woman--Ruth Anderson 60:57 (record); 50/Over Men--Paul Reese 58:29; 50/Over Women--Nancy Bean 91:41. Despite the temperatures, a total of 212 finished the rolling 8.56 mile run. The top finishers follow (masters runners--over 40--are indicated by an asterisk (*) in all results beginning with this issue). /Bill Dunlop & Tok Suyehiro/

1-Jim Nuccio/WVTC	43:24	21-Kerry Kilgore/SUND	51:51	41-Evan MacBride/BC	55:41	61-Ron Kovacs/TRAC	57:45
2-Jan Sershen/ETC	45:02	22-Ross Rowley/Un	51:56	42-Gough Reinhardt/NCS	55:42*	62-Ken Israel/WVJS	58:14
3-Bill Clark/WVTC	45:22	23-John Finch/NCS	51:59*	43-Larry Pugh/Un	55:54	63-Dan Dawson/LVRC	58:24
4-Pete Flores/AGTC	45:24	24-Bert Johnson/LVRC	51:59	44-Donald MacDonald/Un	55:59*	64-Paul Reese/BC	58:29*
5-Bill Seaver/WVTC	47:02	25-Rich Fishbaugh/Un	52:02	45-Sharon Furtado/Un	56:00	65-Ed Peterson/Un	58:32
6-Daryl Zapata/WVTC	47:17	26-Abe Underwood/BC	52:20	46-David McCormack/Un	56:02	66-Philip Little/Un	58:39
7-Doug McLean/WVTC	47:32	27-Edward Lee/LVRC	52:30	47-John Ryan/Un	56:03	67-Server Sadik/Un	58:47
8-John Weidinger/ETC	48:25	28-Bob Malain/NCS	52:56*	48-Larry Wight/LVRC	56:05	68-Harry Harder/HSTC	58:49*
9-Kent Guthrie/WVJS	48:40	29-Hoyt Walker/LVRC	53:14	49-Bryan Holmes/Un	56:13*	69-Dick Croteau/WVJS	58:54
10-Ted Quintana/WVTC	49:06	30-Floyd Clendenen/Un	53:20	50-Larry Sumner/BC	56:18	70-Dan Leahy/CNEG	58:58*
11-Roland Watson/WVTC	49:30	31-Bob Woodliff/WVJS	53:37	51-Jim Moore/Un	56:35	71-Paul Kellman/TRAC	59:01
12-Keith Crowder/TRAC	49:45	32-Gary Alderman/Un	53:57	52-Tok Suyehiro/LVRC	56:40*	72-Rich Siciliano/Un	59:31
13-Dan Moore/LVRC	49:58	33-Ed Jerome/Un	54:16	53-Steve Lazarus/Swtbnd	56:46	73-Tom Jefferson/LVRC	59:33
14-Ralph Bowles/WVJS	50:07	34-Frank Nolan/Un	54:22	54-Santos Reynaga/WVTC	56:51	***WOMEN***	
15-Bill Dunlop/LVRC	50:42	35-I.P. deVilliers/Un	54:39	55-Frank Lee/Un	56:57	45-Sharon Furtado/Un	56:00
16-Gerald Werner/Un	50:58	36-Marvin Winer	54:40	56-Paul Weggenmann/Un	57:05*	88-Ruth Anderson/NCS	60:57*
17-Monty Schafer/Un	51:07	37-Bill Catanese/Un	54:47	57-Larry Shaw/LVRC	57:12*	111-Karen Bessey/SUND	64:08
18-Jerome Lewis/NCS	51:21*	38-Lou Daugherty/NVRC	55:25	58-John Dressler/LVRC	57:21	117-Carroll O'Conner/NCS	64:39*
19-Brian Bonner/Un	51:30	39-Richard Ryon/LVRC	55:26	59-Steve Crescenti/Chico	57:29	130-Barbara Pike/Un	65:58
20-Bob Myers/PMK	51:50	40-Rob Alemany/Un	55:38	60-Dave Cargill/Un	57:32	160-Priscilla Myers/PMK	71:00

4TH HANSON DAM/CCAC RUN: (May 9, LA Area) /10.0 Mi./ 1-Alexander/Un 50:34, 2-Cook/AIA 51:48, 3-Brown/Un 51:49, 4-Chambliss/BB 52:16, 5-White/AATC 52:54, 6-Kurrle/SFV 53:03, 7-Sutherland/Un 53:18, 8-Branch/CCAC 53:27, 9-Lee/CCAC 53:38, 10-Swift/AIA 53:54, 11-Adams/BB 55:14, 12-Alfaro/AZTL 55:24, 13-Avol/BB 55:28, 14-Rupp/STC 55:32, 15-Brennand/SBAA 55:37 (40+)...30-Winton/STC 60:28 (40+). /John Brennan/

DSE PRACTICE BAY-TO-BREAKERS: (May 9, S.F.) /7.628 Mi./ 1-Fitzgerald/PMK 41:05, 2-Weidinger/ETC 41:22, 3-Swezey/PMK 42:29, 4-Jeong/PMK 43:31, 5-Nowak 43:45, 6-Plymale 43:55, 7-Pruitt 44:23...76-Sis Boitano 50:49, 100-Ruth Anderson 52:04, 104-Jeannie Kayser 52:36, 107-Peggy Lavelle 52:43, 108-Betsy White/WVTC 52:44. /DSE Newsletter/

DSE MT. DAVIDSON RUN: (May 23, S.F.) /3 Mi./ 1-Weidinger/ETC 20:23, 2-Martinez 20:41, 3-Reickle 20:46, 4-Sabo 21:02, 5-Kasapliligil 21:12...44-Sis Boitano 24:03. /DSE Newsletter/

OLYMPIC MARATHON TRIALS: (May 22, Eugene, Ore.) /70° at start, cooled off somewhat, slight wind/ 1-Shorter/FTC 2:11:51, 2-Rodgers/GBTC 2:11:58, 3-Kardong/CNW 2:13:54, 4-Sandoval/Stan 2:14:58, 5-Fleming/NYAC 2:15:48, 6-Varsha/AtITC 2:15:50, 7-Bramley/ColSt 2:17:16, 8-Pfeffer/JT 2:17:58, 9-Galloway/FTC 2:18:29, 10-Burfoot/MS 2:18:56, 11-Busby/Un 2:19:05, 12-Hatfield/WVaTC 2:19:18, 13-Sudzina/Un 2:19:55, 14-Forrester/SMTC 2:20:10, 15-Kurrle/SFVTC 2:20:18, 16-Camp/SDTC 2:20:27, 17-Strabel/NCTC, 18-Fidler/AtITC 2:20:56, 19-Pate/ColumTC 2:20:59, 20-McDonald/CPTC 2:21:24, 21-Berka/WVTC 2:22:56...24-Zarate/Un 2:24:37, 26-Carlson/AATC 2:25:04, 30-Harter/SFVTC 2:28:10, 38-Swift/AIA 2:30:43, 39-Lee/CCAC 2:31:20. /Joe Henderson/

DSE BAKER BEACH RUN: (May 31, S.F.) /4 Mi./ (no times) 1-Weidinger/ETC, 2-Tanada, 3-Martinez, 4-Notch/WVTC, 5-Faulkner... 58-Joan Ulyot/WVTC. /DSE Newsletter/

MT. MISERY HANDICAP: (June 5, Placerville) /10 Km./ (Subtract handicap time (after name) to get actual time) 1-Hadley(5) 43:45, 2-Arnes(10) 50:19, 3-R.Anderson(10) 51:07, 4-M.O'Neil (10) 51:21, 5-Dugard(10) 52:05, 6-Keller(15) 53:04 (fast time), 7-Wirich(10) 53:58, 8-Gulli(15) 54:25, 9-Underwood(15) 54:44, 10-Mattson(10) 55:48. /Ernie Marinoni/

JACK MOORE RACE: (June 6, McKinleyville) /5.7 Mi./ 1-Smead 28:30, 2-Innes 28:34, 3-Cole 28:53, 4-Elias 28:53, 5-Hayes 29:04, 6-Rocha 33:59, 7-Harper 34:12, 8-Meyer 34:27, 9-Wheeler 34:32, 10-Ackerman 35:45...19-Marilyn Taylor 37:10. /D.Meyer/

PALOS VERDES MARATHON: (June 12, Palos Verdes) /More results next time/ 1-Carlson/AATC 2:26:42, 2-Edwards/SBAA 2:32:59, 3-Rawlings/WVP 2:36:00, 4-Arauilla/AATC 2:39:43, 5-Rodriguez/Un 2:39:58...Worthen(40+) 2:45:57, 74-Penny DeMoss/WVTC 2:59:51 (PR), 76-H. DeMoss(40+) 3:00:08...Niki Hobson/SDTC (W-Vet) 3:11:53. /1170 Starters!--Warmish/ /Harold DeMoss/



(Above) Start of the Avenue of the Giants Marathon. (Left to Right) Winner Ernie Rivas, who just missed Olympic Trials qualifying time of 2:23; Women's winner, Jackie Hansen, who turned a 2:50:18; Ruth Anderson set a PR of 3:05:49, won the masters women's division, and placed fourth overall. /L.Rorke/

RIVAS AND HANSEN ARE MARATHON VICTORS: (May 2, Weott) - Winning his second marathon in less than a month, Ernie Rivas of the Pamakids chopped some 3-1/2 minutes from his previous best and just nipped a determined Paul Cook from Costa Mesa and Athletica in Action. The margin was only nine seconds at the tape. Third place Jim Barker came all the way from Hawaii to take a last stab at the Trials standard, but fell way short with a 2:26:52. Although the race lacked that 'stellar' field that one might expect, it was half-expected this year since the Trials followed by just three weeks. But there was lots of depth, as ten runners dipped under 2:30, three of them (O'Halloran, Schelegle, & Goettelmann) for the first time. Out of 431 starters, there was an amazingly high percentage (408) who finished (95%): Jackie Hansen came all the way up from Los Angeles for a crack at her world mark, but ran a disappointing (for her) 2:50:18. She was still the class of the field, as second-place Judy Gumbs, only two weeks off a race at Boston, clocked 3:01:19, a personal best. The next two women, Leal-Ann Reinhart (3:02:43) and Ruth Anderson (3:05:49), also got PR's, with Ruth annexing the women's masters award. First-timer Marilyn Taylor clocked a good 3:09:32 to round out the sub-3:10 crowd. Another Los Angeles runner, John Rudberg, captured the men's masters crown with a fine 2:40:28, but he had to do some looking behind to make sure that San Diego's amazing Ed Almeida (53 years old) didn't catch him. Ed missed his world age-record (set at West Valley Marathon this year) by a mere 2 seconds, zipping to a 2:41:11. /Dick Meyer/

1-Ernie Rivas/PMK	2:23:17	39-Alan Jensen/Un	2:47:59	77-Louis Daugherty/NVRC	2:55:08	115-Bill Daugherty/Un	3:03:23
2-Paul Cook/AIA	2:23:26	40-Doug Rennie/BC	2:48:15	78-John Dzelzkalns/Un	2:55:16	116-Jim Coughlin/Un	3:03:34
3-Jim Barker/WVTC	2:26:52	41-Tony Mezzapelle/Un	2:48:41	79-Edward Lee/LVRC	2:55:35	117-Jim Oury/Un	3:04:39
4-Denis O'Halloran/Un	2:26:57	42-David Swezey/SRRC	2:48:54	80-Thomas Bowen/Un	2:55:51	118-Bill Brace/CambrSU	3:04:48*
5-Ed Schelegle/AGTC	2:27:24	43-John Notch/WVTC	2:49:07	81-Mike Rowerdink/Un	2:56:31	119-Wilson Wendt/Un	3:05:07
6-Howard Labrie/SRRC	2:27:48	44-Joe Delgado/HSTC	2:49:20	82-Richard Blake/Un	2:56:43	120-Charles Albert/BC	3:05:13
7-Daryl Zapata/WVTC	2:27:54	45-Jack Welch/OTC	2:49:23	83-Mike Williams/SoqRC	2:56:48	121-Ed Stromberg/BC	3:05:13
8-Brock Hinzman/Un	2:29:15	46-Mickey Moberg/LVRC	2:49:24*	84-Bill Snavely/SUND	2:57:18*	122-Gordon Stewart/Un	3:05:21
9-Gary Goettelmann/WV	2:29:28	47-Fraser Rasmussen/BC	2:49:27	85-Bob Holtel/Un	2:57:23*	123-Hoyt Walker/LVRC	3:05:31
10-Pat Buzbee/ChicoRC	2:29:52	48-Craig Roland/Un	2:49:31*	86-Donald Wiles/SRRC	2:57:53	124-Colby Harmon/Un	3:05:32
11-Jim Sane/BC	2:31:50	49-Douglas Young/Un	2:49:31	87-Rick Garrison/SRRC	2:57:53	125-Henry Melin/Un	3:05:41
12-Bob Bunnell/MH	2:32:30	50-George Roach/Un	2:49:52	88-Harry Cottrell/SRRC	2:57:53	126-Tom Hayes/SWEAT	3:05:45
13-John Weidinger/ETC	2:33:29	51-Gregory Pape/Texas	2:50:14	89-Ben Sawyer/SoqRC	2:58:12	127-Ruth Anderson/NCS	3:05:49*
14-Clayton Steinke/MOYV	2:33:38	52-Jackie Hansen/SFVTC	2:50:18	90-Mike Fenner/Un	2:58:20	128-Neil Finn/SDTC	3:06:01
15-Jim Howard/Sac'to	2:33:41	53-Bob Deines/Un	2:50:21	91-Monty Schafer/Travis	2:58:20	129-Francis Layher/Un	3:06:26*
16-Dennis Dillie/WVTC	2:33:58	54-Earle Carroll/Un	2:50:41	92-Dale Nelson/Un	2:58:21	130-Thomas Klump/Un	3:07:37
17-John Butterfield/Nvy	2:34:06	55-Dieter Diekmeyer/SUN	2:51:09*	93-Roy Woodruff/LVRC	2:58:31	131-Ozzie Gontany/SDTC	3:07:41
18-Romero Mendoza/VMTC	2:36:57	56-Ted Wolfe/ASC	2:51:38	94-V.M. LaPierre/BC	2:59:07	132-Fred Frauens/Un	3:07:41
19-Jake White/TRAC	2:39:00	57-Gary Pezzi/SRRC	2:51:42	95-Clifford Stewart/PMK	2:59:10	133-Cowman Shirk/Un	3:07:55
20-Walt Schafer/ChicoRC	2:39:49	58-Frank Burk/ChicoRC	2:51:52	96-Sandy Dorbin/Un	2:59:12*	134-Art Waggoner/BC	3:08:14*
21-Brian Bonner/LVRC	2:40:15	59-Wendell Seablom/Un	2:52:01	97-Don Dugdale/Un	2:59:39	135-R.M. LaJeunesse/Un	3:08:19
22-John Rudberg/STC	2:40:28*	60-Harry Daniell/SWBD	2:52:08*	98-Mark Reeder/STC	2:59:43	136-Theo Jones/PMK	3:08:27
23-Mark Elias/SRRC	2:40:38	61-Alden Glidden/ORRC	2:52:11	99-Dennis Anderson/Un	3:00:09	137-Stephen Blich/Un	3:08:30
24-Ed Almeida/SDTC	2:41:11*	62-Fred Mertz/Un	2:52:24	100-Laurence Prosser/HPS	3:00:10	138-Sтивен Deschler/Un	3:08:38
25-Bob Myers/PMK	2:41:14	63-Rich Brown/Un	2:52:41	101-Raphael Reichert/Un	3:00:23	139-Richard Gilchrist/SR	3:08:59*
26-Frank Krebs/BC	2:41:37	64-Mike Simms/Colo	2:53:41	102-Gene Lynch/HSTC	3:00:38*	140-Marilyn Taylor/SRRC	3:09:32
27-Chuck Stagliano/Un	2:42:22	65-Mike Souza/BC	2:53:55	103-Don Richey/ChicoRC	3:00:52	141-Gary Alderman/Un	3:10:00
28-Atkins Chun/Un	2:42:35	66-Ernie Cunliffe/Tex	2:54:05	104-Bill Robbins/Un	3:01:11	142-John Ridlon/SRRC	3:10:22
29-David Warren/ETC	2:42:56	67-Tom Wilson/ChicoRC	2:54:06	105-Dwight Hendrix/Un	3:01:12	143-Guy Ealey/Un	3:10:24
30-Richard Lenon/Un	2:44:16	68-John Soubier/Un	2:54:18*	106-Judy Gumbs/WVTC	3:01:19	***WOMEN***	
31-Paul Keller/HH	2:44:37	69-Bundy Phillips/Un	2:54:18	107-Kees Tuinzing/MH	3:01:20	52-Jackie Hansen/SFVTC	2:50:18
32-Rod Smith/SRRC	2:44:43	70-Bill Catanese/Un	2:54:18	108-Wayne Moss/SWEAT	3:01:27	106-Judy Gumbs/WVTC	3:01:19
33-Abe Underwood/BC	2:45:03	71-Flory Rodd/ATC	2:54:18*	109-Everett Knott/Un	3:01:59	113-L.A. Reinhart/SFVTC	3:02:43
34-Tim Nikceovich/Un	2:45:34	72-George Ridout/Un	2:54:25	110-Franz Brazil/Un	3:02:18	127-Ruth Anderson/NCS	3:05:49
35-Dan Moore/LVRC	2:45:49	73-Bruce Jones/Un	2:54:32	111-Gary Timms/OTC	3:02:28	140-Marilyn Taylor/SRRC	3:09:32
36-Robert Parks/PMK	2:46:52	74-John Postlethwait	2:54:44	112-Richard Ryon/LVRC	3:02:43	156-Joan Ulyot/WVTC	3:14:17
37-William Dunlop/LVRC	2:47:35	75-Marc-andre Gilbert	2:54:45	113-Leal-Ann Reinhart/SF	3:02:43	161-Teresa Bertolino/Un	3:15:05
38-Ed Jerome/Un	2:47:37	76-Bertram Johnson/Un	2:54:47	114-John Dressler/LVRC	3:02:57	177-Eileen Burger/Un	3:18:44

SERSHEN BREAKS RECORD AT MAY RUN: (May 2, Oakland) - With little opposition except the clock, Excelsior's Jan Sershen continued his winning ways by chopping a healthy 1:09 from Dennis Tracy's 1975 course standard with a quick 30:18 over the most-likely short, though downhill course (advertised as 6.5 miles, which would have given him a 4:40/mile average!). Bill Seaver was several hundred yards back at 30:53, also under the old mark. Jim O'Neil continues to mangle the masters competition, finishing seventh overall and topping Bill Jensen by over a minute (32:19 to 33:29). Sharon Furtado continues her domination of local road runs with a convincing victory over Penny DeMoss, 36:12 to 36:42. Diane Williams was a well-beaten third at 38:22. Bob Paredes topped the high school entries with his 33:20. A total of 280 finished the run...quite a few seeing it had to contend with Avenue. /Mary King/

1-Jan Sershen/ETC	30:18	5-Vince Spangler/Un	32:15	9-Jose de Araujo/ELS	32:28	13-Bill Zachary/Un	32:57
2-Bill Seaver/WVTC	30:53	6-Kent Guthrie/WVJS	32:18	10-Ralph Bowles/WVJS	32:30	14-Rich Stiller/TRAC	33:03
3-Frank Donahue/ETC	32:01	7-Jim O'Neil/SFOC	32:19*	11-Keith Crowder/TRAC	32:37	15-Bob Paredes/CWTC	33:20
4-Bob Darling/ETC	32:10	8-John Clary/TRAC	32:22	12-Doug Butt/WVTC	32:52	16-Ted Wilson/KJ	33:21

17-Bill Jensen/PMK	33:29*	33-Michael Coke/GPPMB	35:19	49-George Moss/WVJS	36:23*	65-Len Brink/Un	37:19
18-Bill Spence/WVTC	33:42	34-Jay Miller/Un	35:21	50-Thomas Martin/Un	36:26	66-Chris Bowman/SBS	37:22
19-Barry Armstrong/Un	33:56	35-Adrian Wong/Un	35:22	51-Gough Reinhardt/NCS	36:30*	67-Tim Lynch/Un	37:24
20-Rick Rockwell/ETC	33:57	36-Edward Healy/AA	35:28	52-Chris Paynter/Un	36:30	68-Don Lucero/WVTC	37:25*
21-Curtis Caughey/SMTC	33:58	37-Dennis Coulter/Un	35:29	53-Larry Jay Wiley/Un	36:33	69-Ed Bermingham/TRAC	37:26
22-Edward Smith/Un	34:07	38-Samuel Clark, III/Un	35:30	54-Penny DeMoss/WVTC	36:42	***WOMEN***	
23-Lloyd Simpson/Un	34:16	39-Marvin Winer/WVTC	35:32	55-Franklin Robben/Un	36:52*	45-Sharon Furtado/Un	36:12
24-Jim Moore/Un	34:28	40-Nick Vogt/GSTC	35:43	56-Jim McCullough/Un	36:53	54-Penny DeMoss/WVTC	36:42
25-Dennis Kroll/Un	34:36	41-Mark Wegner/Un	35:51	57-Ken Israel/WVJS	36:55	83-Diane Williams/PBPTC	38:22
26-Wes Hurlburt/Un	34:38	42-Bill Hotchkiss/Un	35:56	58-Gene White/NCS	36:58*	127-Colleen Fox/ETC	40:55
27-Danya Kasapligil/Un	34:40	43-Santos Reynaga/WVTC	36:01	59-Richard Mayers/Un	37:03	133-Nancy Edelson/PMK	41:14
28-Joel Caldwell/Cal	34:42	44-Keith Hastings/Un	36:03	60-Mike Wheeler/Un	37:04	134-Peggy Lavelle/MLTC	41:15
29-Bob Guerra/HNC	34:50	45-Sharon Furtado/Un	36:12	61-Bryan Holmes/Un	37:05*	143-Carroll O'Conner/NCS	42:07*
30-Alan Honne/Un	34:53	46-Patrick Murphy/Un	36:16	62-Brian Healy/AA	37:14	144-Kathy Maloney/PMK	42:20
31-Pieter Visser/Merritt	34:57	47-Jim Johnston/ORR	36:17	63-Tok Suyehiro/Un	37:16*	155-Ellen Clark/WVTC	43:29
32-Harold DeMoss/WVTC	35:14*	48-Don Capron/Un	36:21	64-Joe Ballard/Un	37:18*	156-Susan Medway/Un	43:50

SERSHEN AGAIN AT CORRALITOS 15-KILO: (May 9, Corralitos) - Running a solo effort the entire distance, Jan Sershen came with 2.6 seconds of Bill Clark's 1975 course record of 47:48...although we don't have any idea what the weather was like this year, it was hot in 1975. Jan's nearest competition was Tad Woliczko, more than two minutes behind. There was only a small turnout this year, with 44 finishers. Ross Smith came down from Reno to grab an easy victory over Harold DeMoss (53:16 to 55:56) in the masters division. Ulrich Kaempf was next at 57:46. Penny DeMoss and Sharon Furtado had a real battle going, with Penny finally pulling away, only to have Sharon make a strong stretch drive that fell 2-seconds short, 58:38 to 58:40. It was essentially a two-woman race, as Yvette Cotte was next at 69:38. Catherine Smith was the only masters woman finisher at 76:21. /Hibbe & Mike Jones/

1-Jan Sershen/ETC	47:50.6	8-Wendell Seablom	54:50	15-Mike Fenner	58:06	22-Don Carpenter/SRC	59:21*
2-Tad Woliczko	49:55	9-Harold DeMoss/WVTC	55:56*	16-Richard Bawcom	58:09*	23-Gough Reinhardt/NCS	59:34*
3-Fritz Watson/WVTC	50:25	10-Mike Gourley	55:58	17-Bill Flodberg/WVJS	58:25*	***WOMEN***	
4-Ross Smith/Un	53:16*	11-Don Dugdale	57:19	18-Dave Adams	58:32	19-Penny DeMoss/WVTC	58:38
5-Ben Sawyer/SoqRC	53:52	12-Ulrich Kaempf/TRAC	57:46*	19-Penny DeMoss/WVTC	58:38	20-Sharon Furtado/Un	58:40
6-Bob Welck	53:57	13-Bill Reinhart	57:59	20-Sharon Furtado/Un	58:40	35-Yvette Cotte/WVTC	69:38
7-Bill Peck	54:16	14-Philip Sanfilippo	58:03	21-Franz Brazil	59:14	40-Kim Baer	76:05

AUSTRALIAN WINS BAY-TO-BREAKERS 'STAMPEDE': (May 16, San Francisco) - Each year it becomes more and more obvious that there is going to have to be a change in the mode of start at the Bay-to-Breakers. It's great to have a 'happening', with thousands of people out to show their friends that they can make it, one way or another, from the Bay to the Breakers, as the name of the race implies. BUT...for those trained athletes who want it to be a race instead of an exercise, it just doesn't make sense to have a free-for-all. Australian Chris Wardlaw almost learned about the 'standard' mob-start too late. Having to work his way up through literally thousands of runners, he finally managed to come out on top (see photo at right)...but he almost never got started. To come half-way around the world to run a race and have this happen---well, something has got to be done. The NCCR is distributing a questionnaire about the race (inserted to subscribers, or available by writing: Sheldon Gersh, 1616 Granada Dr., Burlingame 94010...send a self-addressed, stamped envelope) in the hopes that the runners will be able to come up with some ideas on how to save the race from becoming a disaster. Results of this questionnaire will be tabulated in a special article in a future issue. --- We could talk about winners and times, but both seem to be rather meaningless in that everyone started at different times and different places...some got caught in the crowd...some did not. So without making a big thing over it, we will list a goodly number of finishers below, as listed in the S.F. Examiner...these are as correct as you'll find, although not necessarily accurate. We welcome attempted corrections.



Bay-to-Breakers winner, Chris Wardlaw of Australia. /Lois Gowen/

1-Chris Wardlaw/Australia	37:28	33-Bob Parks/PMK	40:32	65-Ralph Bowles/WVJS	41:46	97-Kevin Blasdel/Un	42:32
2-Jim Nuccio/WVTC	37:45	34-Pete Flores/AGTC	40:39	66-David Warren/Un	41:49	98-Rick Lenon/StamMedSch	42:33
3-Matthew Segura/NMTC	37:50	35-Harold Celms/Stanford	40:42	67-Dick Ratliff/HRC	41:50	99-Lester Mina/AGTC	42:34
4-Ron Zarate/RenoTC	38:10	36-Ron Adams/BB	40:43	68-Martin Medina/NMTC	41:52	100-Bob Bourbeau/RenoTC	42:35
5-Ron Wayne/WVTC	38:12	37-Jack Bellah/WVTC-Stan	40:44	69-David Schmidt/Un	41:55	101-Frank Freyne/CCAC	42:36
6-Jon Sutherland/CSN	38:14	38-Frank Donahue/ETC	40:45	70-Roland Watson/WVTC	41:56	102-Dave Whiteing/CTC	42:40
7-Mike Bardell/USAF	38:22	39-Joe Taxiera/AGTC	40:46	71-Frank Krebs/BC	41:57	103-Terry Casey/ETC	42:41
8-Bill Clark/WVTC	38:32	40-Jim Bowles/WVTC	40:50	72-Bill Meinhardt/WVJS	42:00	104-Jim Truitt/Un	42:43
9-Jan Sershen/ETC	38:37	41-Dave Himmelberger/WV	40:51	73-John Geer/UCATC	42:01	105-Glen Berwick/Un	42:43
10-Mike Niemiec/WVTC	38:49	42-John Weidinger/ETC	40:52	74-Frank Lee/Un	42:02	106-Jim Gordon/Un	42:44
11-Tom Derderian/SMAC	38:56	43-Mike Lennemann/FPTC	40:53	75-Tony Burns/Qantas	42:03	107-Rich Karlgaard/Un	42:45
12-Brian Maxwell/Canada	38:58	44-Steve O'Brien/SBS	40:55	76-Unknown Runner	42:04	108-Ray Bonner/TSRC	42:49
13-Bill Seaver/WVTC	38:59	45-Mike Spino/Esalen	41:00	77-Ron Penton/Un	42:05	109-Thomas Pitchford/Un	42:50
14-Jim Birnbaum/AF-WVTC	39:05	46-Jack Leydig/WVTC	41:01	78-Steve Adams/BB	42:06	110-Alan Honma/Un	42:51
15-John Moreno/SFS-CWTC	39:07	47-Kim Nutter/Army-WVaTC	41:02	79-Chris Nowak/Un	42:07	111-Mike Boitano/Un	42:52
16-Mike Chambliss/BB	39:17	48-Ed Aval/BB	41:03	80-Jose de Araujo/Brazil	42:08	112-Peter Borden/WVTC	42:54
17-Bill Morgan/Un	39:20	49-Hal Tompkins/WVTC	41:04	81-Mike Duncan/WVTC	42:09	113-Darrell Jeong/ETC	42:55
18-Damon Wood/Cal	39:34	50-Kent Guthrie/WVJS	41:05	82-Harry Ellis/WVTC	42:10	114-Peter Jones/Un	43:00
19-Darren George/AIA	39:37	51-Atkins Chun/Un	41:12	83-Doug Peck/RCS	42:11	115-Larry Coburn/ORRC	43:04
20-Daryl Zapata/WVTC	39:41	52-Dan Anderson/WVTC	41:13	84-Jerry Hall/Un	42:13	116-Jim Himmelsbach/Un	43:05
21-Pat Tyson/CNS	39:47	53-Bryan Tracy/CPSLO	41:17	85-Al Pucci/CWTC	42:15	117-Jim Hiserman/Un	43:06
22-Dennis Nee/Australia	39:53	54-Bill Benz/WVTC	41:19	86-Bill Spence/WVTC	42:17	118-Mike Eash/ETC	43:07
23-Frank Boutin/Stanford	40:01	55-Donald Flaten/BoiseTC	41:20	87-James Tracy/ETC	42:18	119-Jeff Clark/Un	43:08
24-Bob Schug/Un	40:11	56-Mike Conroy/ETC	41:21	88-Jeff Rawlings/Un	42:19	120-Jim O'Neil/SFOC	43:09*
25-Chuck Harris/Cal	40:13	57-Bruce Wolfe/WVTC	41:24	89-Doug Rennie/BC	42:20	121-Brian Baumruk/Un	43:10
26-Bob Branch/CCAC	40:15	58-Dick Schupbach/WVTC	41:25	90-Jeff Zimmerman/Cal	42:25	122-Did Not Report	43:11
27-Bob Nanninga/WVTC	40:16	59-Bob Weaver/CWTC	41:27	91-Armando Lagunas/Un	42:21	***WOMEN***	
28-Dennis Tracy/WVTC	40:18	60-Bob Darling/ETC	41:28	92-John Kleinbach/ETC	42:27	411-Maryetta Boitano/RG	49:20
29-Gene Fitzgerald/PMK	40:19	61-Keith Kruse/WVTC	41:35	93-James Ferris/GBTC	42:28	416-Judy Gumbs/WVTC	49:33
30-Rick Katz/ColoTC	40:20	62-Gary Goettelmann/WVTC	41:39	94-Knut Frostad/KJ	42:29	460-Carolyn Tiernan/WVTC	50:38
31-John Beaton/SLDC	40:21	63-Wayne Plymale/PMK	41:40	95-David Warren/ETC	42:30	492-Joan Ulyot/WVTC	51:09
32-Ken Schultz/CN	40:25	64-Vince Spangler/Un	41:42	96-Bill Jensen/PMK	42:31*	496-Sharon Furtado/Un	51:13

IRISHMEN WIN "RACE FOR OPEN SPACE": (May 29, Belmont) - Steve O'Brien decided to run both the 1.2 and 6.5 mile races on the Crystal Springs X-C Course...he won the first handily in 6:04 (hilly), but then had a bit of trouble duplicating his efforts in the longer run when another Irishman, Denis O'Halloran, defeated a small group of talented runners to win in 35:21. Mike Niemiec, tenth in the Bay-to-Breakers run this year, grabbed second in 35:43, while three-time Colombian Olympian, Alvaro Mejia, admittedly not in condition, followed suit in 36:36. O'Brien was a badly beaten fourth at 37:31. Joan Ulyot won easily over Ruth Anderson in the longer race, 45:02 to 46:47, while Kerry Lauer (7:23) beat Linda Tico (7:44) for honors in the shorter test, to capture women's honors. Top ten finishers in the 1.2 mile: 1-O'Brien/SBS 6:04, 2-Ken Thompson 6:27, 3-Alan Dale 6:29, 4-Jon Reyes 6:30, 5-George Moss/WVJS 6:48, 6-Jack Wiley 6:57, 7-Jon Mohr 6:57, 8-Ken Israel 7:01, 9-Phil Rockey 7:05, 10-Darby Fuerst 7:07. A total of 65 completed the short run and a whopping 105 ventured forth to finish the long one. /Gary Nielsen/

1-Dennis O'Halloran/Un	35:21	12-Peter Foster	39:53	23-Bryan Holmes	41:24*	34-Luis Cardenas	44:11
2-Mike Niemiec/WVTC	35:43	13-Dave Stevenson/SRC	39:54*	24-Dale Nelson	41:30	35-Jon Mohr	44:13
3-Alvaro Mejia/WVTC	36:36	14-Mark Ford	40:01	25-Richard Jonsen	41:35	36-Jon Reyes	44:28
4-Steve O'Brien/SBS	37:31	15-Brian Pentony	40:07	26-Danilo Sanchez	41:41	37-Paul Kellman	44:32
5-Gerald Werner	38:07	16-Unidentified Runner	40:23	27-Dennis Millstein	42:21	38-Frank Evans	44:35*
6-Jon Valerga	38:32	17-Roger Bryan	40:33*	28-Ray Scellato	42:32	39-Mike McNamara	44:45
7-Peter Wood/NCS	38:49*	18-Kevin O'Connor	40:54	29-Miguel Mendoza	42:56	***WOMEN***	
8-John Finch/NCS	39:02*	19-Peter Hein	40:57	30-Brian Miller	43:14	41-Joan Ulyot/WVTC	45:02
9-Charlie Harris/WVTC	39:12	20-George Marienthal	41:03	31-John McCrillis	43:43	57-Ruth Anderson/NCS	46:47*
10-Ulrich Kaempf/TRAC	39:28*	21-Joe Ogden	41:19	32-Robert Frauens	43:55	66-Carroll O'Conner/NCS	49:02*
11-Ed Jerome/Un	39:40	22-Tom Mann/ETC	41:20	33-John Flather/SRC	43:58*	89-Karen Scannell	56:26



Tim Peterson put on a strong kick over the last mile to win the TRAC 6-Miler. /S. Gersh/

PETERSON WINS TRAC 6-MILER ON SWIFT FINISH: (May 30, San Jose) - WVTC's Tim Peterson doesn't run too many races, but when he does, you know he's there. After the field broke apart at about the two-mile mark, Peterson and Australian Dennis Nee pulled away together. But over the final mile it was all Peterson as he easily opened up a large gap on second place. Jim Shettler had a fairly easy go at the masters division, winning in 32:57 to teammate Ken Napier's 33:25...no one else was even close. Penny DeMoss showed her heels to a couple of fast high-schoolers as she dominated the female section of the run. Her 36:40 was two minutes up on 5-minute miler, Sue Munday (Lincoln, San Jose), who admittedly was taking it easy after a hard run two nights before at the CCS Finals. Debbie Hickman was next at 38:51, just ahead of marathoner Judy Gumbs' 38:55 effort. Joe Salazar improved by a minute over 1975 and easily took the high school division in 30:54, which was good enough for fifth overall. Greg Mandanis (31:51) was nearly a minute back. A crowd of 242 finished the fast, flat course around Hellyer Park and the surrounding area. A great job was done by the sponsoring Tax-Reducers A.C., who gave splits every mile. /John Clary/

1-Tim Peterson/WVTC	29:49	20-Pat Shaughnessy/WVTC	32:32	46-Bob Woodliff/WVJS	34:16	72-Jim Webb/SLDC	35:59
2-Dennis Nee/Australia	30:11	21-Steve Watkins/Un	32:35	47-Mike Huffman/Un	34:24	73-Nick Nickols/Un	35:59
3-Tad Woliczko/PMK	30:44	22-Bill Meinhardt/WVJS	32:42	48-Tom Pawl/Un	34:28	74-Santos Reynaga/WVTC	36:14
4-Jack Leydig/WVTC	30:50	23-Paul Fetscher/LIAC	32:47	49-Walt Van Zant/WVJS	34:33	75-Arthur Philpot/Un	36:21
5-Joe Salazar/WTC	30:54	24-Jim Shettler/WVJS	32:57*	50-Chris Kadoch/Un	34:35	76-Don Carpenter/SRC	36:24*
6-Roy Hogleund/CWTC	31:12	25-Bruce Wolfe/WVTC	32:58	51-Kevin Klein/Un	34:44	77-Richard Mayers/Un	36:29
7-Bruce Rider/WVJS	31:22	26-Keith Crowder/Un	32:59	52-Kurt Sterling/Un	34:45	78-Roy Scellato/Un	36:33
8-Hal Tompkins/WVTC	31:28	27-Martin Krenn/Un	33:01	53-John Armstrong/Un	34:46*	79-Don Lucero/WVTC	36:34
9-Vince Spangler/Un	31:36	28-Bob Paredes/CWTC	33:02	54-Michael Coke/GPPMB	34:49	80-Dete Kraus/Un	36:35
10-Kent Guthrie/WVJS	31:38	29-Vance Eberly/Un	33:08	55-Nick Granados/WVTC	34:50	81-Rob Alemany/Un	36:36
11-Armando Lagunes/Un	31:47	30-Ben Sawyer/SoqRC	33:09	56-Dave Billmaier/Un	34:51	82-Larry Guinee/Un	36:37
12-Greg Mandanis/WDS	31:51	31-John Hellman/Un	33:12	57-Larry Pugh/Un	34:54	83-Fred Martin/Lockheed	36:39
13-Carl Davis/Un	31:53	32-Bob Myers/PMK	33:17	58-Mike Kennada/Un	35:17	84-Penny DeMoss/WVTC	36:40
14-Bill Benz/WVTC	31:54	33-Robert Mahon/WVJS	33:25	59-Dennis Anderson/Un	35:20	85-Richard Mueller/NCS	36:41*
15-Dave Himmelberger/WVTC	31:55	34-Ken Napier/WVJS	33:25*	60-Curtiss Smith/Un	35:26	86-Jim Hansell/Un	36:43*
16-Gil Brooks/Un	32:03	35-Brent Cushenberry/BC	33:26	61-Hoyt Walker/LVRC	35:28	***WOMEN***	
17-Kurt Lua/Un	32:11	36-Javier Barragan/Un	33:27	62-Robert Powell/CWTC	35:30	84-Penny DeMoss/WVTC	36:40
18-John Butterfield/BAA	32:14	37-Edward Lee/LVRC	33:29	63-David Zermer/Un	35:41	118-Sue Munday/Un	38:43
19-Stan Newton/Un	32:30	38-George Gilbert/SJCC	33:42	64-Mike Fish/Un	35:42	120-Debbie Hickman/SUND	38:51
		39-Edward Tico/WVJS	33:45	65-Don Capron/Un	35:45	121-Judy Gumbs/WVTC	38:55
		40-Bill Villa/SJS	33:46	66-Kurt Ponter/Un	35:47	128-Michelle Miller/AppTC	39:03
		41-Ed Jerome/Un	33:54	67-Carl Martin/WVJS	35:48*	139-Maria King/ArrowTC	39:53
		42-Ray Aver/Un	33:58	68-Stan Rosenfield/SLDC	35:49	146-Pauline Vasquez/AppTC	40:30
		43-Mike Plummer/MVS	34:01	69-Brian Jarvis/Un	35:50	149-Sue Neary/WVTC	40:48
		44-Jim Moore/ETC	34:03	70-Mike Fenner/Un	35:51	169-Megan Hayes/Un	42:06
		45-Tom Cooper/Un	34:11	71-Gerald Flynn/Un	35:52	185-Elleen Clark/WVTC	43:33

FERRERO APPROACHES RECORD AT LAKE REDDING RUN: (June 6, Redding) - Lee Ferrero of S.W.E.A.T. ran a quick 38:48 for the 7th Annual Sacramento River Run (now called Lake Redding Run) to become the second-fastest runner of all time behind Bill Scobey's 1970 record of 38:14. Conditions were nearly perfect (65°) with no wind to aid in the record assault. Pat Finn was the only other runner in the race that challenged at any time, as he finished in 39:16. Steve Hensen was another half-mile back. Jim Dawson of Phoenix, Oregon, came down to grab the masters trophy in 49:56 (17th overall). Harry Smith was second, almost a minute back. A total of 53 of the 56 starters completed the 7.62 mile course. /Len Edholm/

1-Lee Ferrero/SWEAT	38:48	15-Jerry Arndt/SWEAT	48:39
2-Pat Finn/Chico	39:16	16-Bob Gordon/Un	49:38
3-Steve Hensen/SWEAT	41:54	17-Jim Dawson/PhoenixORE	49:56*
4-Chris Boudreau/Un	44:51	18-Tom Mouncey/Chico	50:13
5-Jon Schmidt/Un	45:09	19-Lynn Aase/SWEAT	50:32
6-Ken Riley/Un	45:50	20-Harry Smith/SWEAT	50:46*
7-Wayne Moss/SWEAT	46:26	21-Gus Chas. Petras/Un	51:02
8-Tom Hayes/SWEAT	46:28	22-Clayton Dumont/SoOrSz	51:06
9-Don Richey/Chico	47:15	23-Len Edholm/SWEAT	51:21
10-Jerry Swartsley/SoOre	47:37	24-John Van Hagen/Chico	51:33
11-Jim Middleton/SWEAT	48:11	25-Bob Milton/SWEAT	51:44*
12-V.I. Wexner/SWEAT	48:14	***WOMEN***	
13-Jim Claesgins/Chico	48:20	41-Laura Bagley/Un	59:10
14-Alan Hillensheim/Un	48:35	50-Peggy Patten/Un	69:33

LATE GNUS

SCHEDULING: - Got this one too late for the Scheduling Section--Aug. 7 (Sat.): American River Run (6.2 Mi.), at Lower Sunrise Pk. in Rancho Cordova, 9 am...Contact: Canadian Bacon RC, 10696 Biscay Way, Rancho Cordova, CA 95670 (c/o Alan Withers...Ph. 916/635-8308). This is not an AAU-Sanctioned race to my knowledge. ***** RESULTS:** Haven't received the results for Angel Island, Golden Gate Charity Run, Statuto, etc., as we go to press (June 19)...nor the 1975 Dipsea!! Results of the big National Championships (AAU, NCAA, Olympic Trials, etc.) will be in next issue, along with the State JC Champs. Should be a really thick issue next time...figure on around mid-September when I get settled into a new house!

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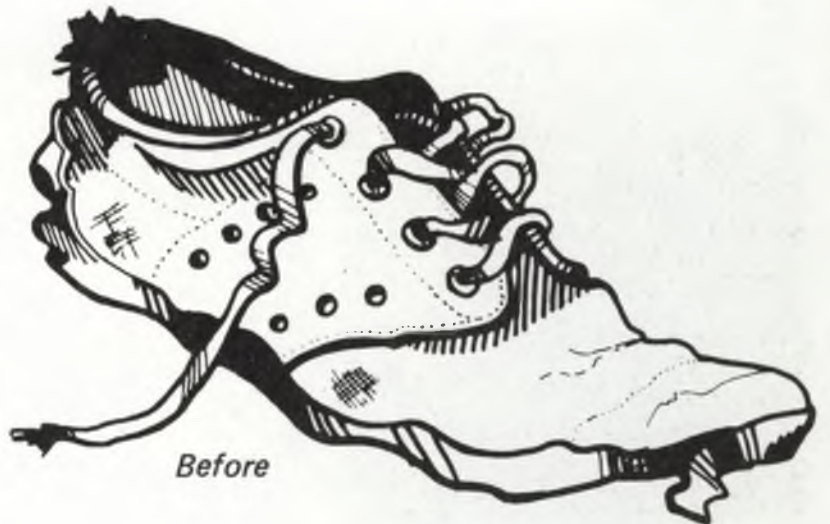
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