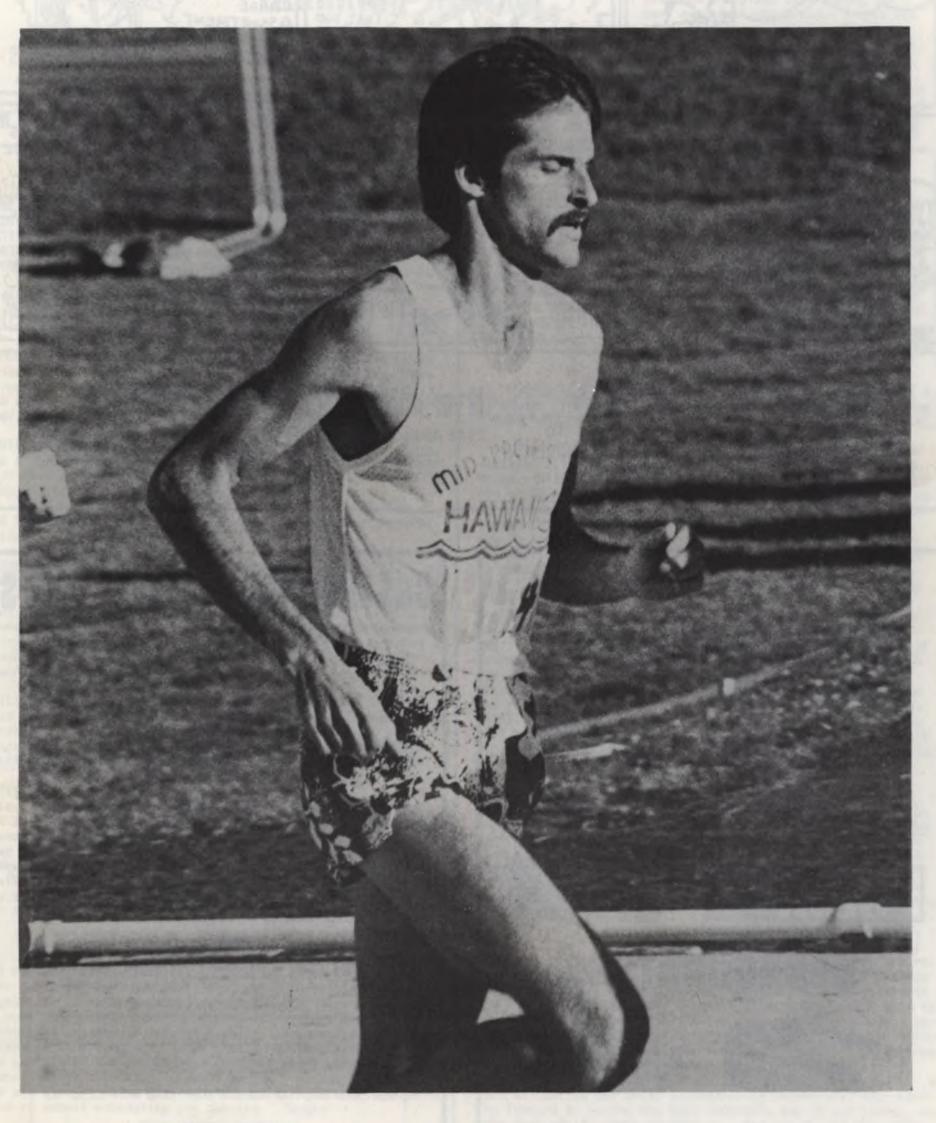
Nor-Cal Running Review

JUL-AUG. 1976 (No. 61)

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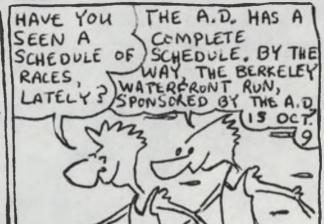
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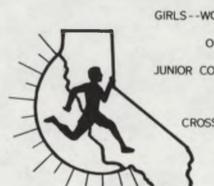
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JUL .- AUG. 1976 (No.61)

UP FRONT

Ex-Stanford & WVTC distance runner, Duncan Macdonald, now running for the Mid-Pacific Road Runners (Hawaii), returned to action this spring and took second in the Olympic Trials 5Km race. Failing to make the finals at Montreal, Dunc came back with a great 8:19.9 (2-mile) at Philadelphia (Aug. 4) & then an American Record 13:19.4 (5Km) on Aug. 10 in Sweden. /J. Engle/

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Contributors

All news, features, results, photos, and other items should be sent to: NCRR, P.O. Box 1551, San Mateo, CA 94401. Due to irregularity of mailing dates, all information should be mailed as soon as possible. Prospective photographers and volunteer correspondants should request details. Request permission for materials used from NCRR 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 black & white is preferred. All readers are encouraged to submit scheduling and results. Thanks!

MAILING DATES: - The September/October issue should be mailed sometime in early November. Wish us luck!

CONTENTS

211222			
PHOTO QUIZ	4	MEDICAL ADVICE COLUMN	12
THIS & THAT	4	SPECIAL ARTICLE	13
LONG DISTANCE RATINGS	5	"IN PARTING"	13
CLUB NEWS	6	SCHEDULING SECTION	14
CLASSIFIED ADS	8	RACE WALKING	16
LETTERS TO THE EDITOR	8	PREP PATOIS	16
"THE HUMAN RACE"	10	TRACK & FIELD RESULTS	17
NOR-CAL PORTRAIT	- 11	LONG DISTANCE RESULTS	20
WEST VALLEY PORTRAIT	11		

EDITOR'S MESSAGE

•SCHEDULE PLEA IGNORED: - We received only a handful of X-C schedules from coaches for this issue...thus a meager listing! Please send us Nov. dates & winter all-comer dates by Oct. 23!

• NEW RATES--NEW OFFICE: - Your editor has returned from vacation at last! Judy and I have found a nice house in San Mateo. All mail should still come through the P.O. Box...our new phone number is 415/341-3119. One of our bedrooms has become the new office of the NCRR. Several issues back we mentioned that our rates would be going up in the near future, due to production and mailing price increases over the past few years. This is our first increase since March 1973, and it's really a minor one...less than most other popular magazine increases recently. The single issue price is going up to \$1.00 (add 25¢ for mailing of back issues). Yearly subscriptions are going up a dollar to \$6.00 (or you can get a half-year's worth for \$3.00 if you can't afford the entire year). We hope our quality will continue to improve...and of course much of this depends on contributions we receive from you, the readers! You can count on at least 24 pages with each issue, and most probably 28-32 normally. The new rates are <u>effective Oct. 1 for new subscribers</u> and effective immediately for renewals (as of Sept. 20). Anyone sending us \$5 will receive 10-months instead of a full year. If you aren't subscribing now, we hope that you will support our publication by subscribing now! Remember--it's less than 2¢ a day!

• WEDDING DATE SET: - Judy and I have decided on Oct. 23, a Saturday, for our wedding and reception. The wedding will be kept small, with mostly relatives attending. BUT...we'd like everyone to help us celebrate this memorable occasion by attending the reception. We've rented a very large indoor/outdoor facility in the Oakland hills for the afternoon and want this to be a festive event for everyone. Now it's quite obvious that we can't afford to feed the entire ravenous running population of Northern California, so the affair will be mostly "Potluck". Even if you don't feel you know us very well, or at all, we hope that the promise of good food and company will be a nice excuse to get us all acquainted. Since the reception is going to be somewhat organized(?), we will need an RSVP for everyone who's planning on attending. Enclosed with the various assorted entry blanks & other garbage that fell to the floor as you opened this issue (for subscribers only), you hopefully found an invitation and tearoff RSVP. If you'd like to attend but didn't find your invitation (especially for those of you who don't subscribe...who didn't get an invitation), drop me a line and we'll fix you up in a jiffy...but hurry! We want to confirm the total attendance by around Oct. 12. Looking forward to having the most memorable day of our lives...we hope that you'll share it with us. See you all on Oct. 23rd. Everyone pray for good weather, as the outdoor setting for the reception is super!



Who is this local woman distance runner, shown in her younger years?

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 Oct. 23rd. (2) All ties will be broken by a drawing. The prize is a one-year subscription to the NCRR (or \$6 off the dues of any WVTC member). All of our readers are encouraged to submit photos for consideration...photo deadline for next issue is Oct. 23rd.

**LAST MONTH we finally stumped all our readers. The mystery AAU official was none other than Bay-to-Breakers Director, Frank Geis! We only received one guess, and that was wrong. Hope this one's easier.

THIS & THAT

PEOPLE NEWS: - Jim Shettler, Northern California's top over-40 long distance runner during the past few years and current leader of the NCRR LDR Point Race in his division, succumbed to a 'heart attack' while on a training run in early July near his home in Pleasant Hill. Joan Ullyot performed an autopsy and concluded that the most likely cause of death was a fatal arrythmia--disturbance of the heart rhythm--resulting from coronary artery disease, which interfered with blood flow to the conductive tissue. A full medical report and commentary may be found in the September issue of Runner's World Magazine. Please turn to the 'special article' section of this issue for a short story on Jim, as written by one of his clubmates, Mike Healy. In our own small way, we will name the perpetual LDR Point Trophy in honor of Jim, although it can serve as nothing more than a symbol of our affections for him. The Walnut Festival Race this year will also be dedicated to Shettler. Presently Jim holds the over-40 record for this race, set in 1973. --- John Notch, who recently moved to the Bay Area from Hawaii, commenced a 300-mile run (& swim) across California on August 29 to raise money for the Heart Association and amphasize the importance of exercise as a means of preventing heart disease. The trek included a swim across the Bay (with Yerba Buena Island as a midway stop). He had hoped to pick up as many runners along the way as possible. His scheduled arrival in Nevada was Sept. 5...we don't know at this time if he made it (on time) or not. Those who couldn't make it for part of the run may still contribute to the Heart Association by calling 415/433-2273. --- Our good friends John & Marcie Trent in Alaska report that one of their runners, <u>Pete Haley</u>, 44, was sent to Coventry, England to run in the 9th Annual World Masters Marathon Championship (Aug. 15). He reportedly finished 58th overall (550 starters) and 42nd in his age class (150 starters) of 40-44. At last report, his running club, The Pulsators, was still trying to come up with enough money to offset the \$900+ expenses he incurred on the trip. John is searching for any donations possible, but if you'd like to make a major donation of \$50, you will receive a photo-album of 26 good pictures of the 6th Resurrection Marathon (July 31, 1976). If you're interested in helping, write: John Trent, 1700 Tudor Rd., Anchorage, Alaska 99507. --- John Lane, 7-foot prep high jumper from Fremont, will be attending UC Berkeley this fall, and Cal will also be picking up good distance strength with Hal Schulz (see this month's West Valley Portrait), who did 9:03/13:52 this past track season. Brad Duffey is returning to Cal's roster after missing last year with mono. --- Bob Deis, a 3:47 1500-meter runner from American River JC, will be attending Fresno State. --- Ed Miller, Cal's NCAA decathlon champion, was in the midst of an afternoon workout in preparation for the Olympic Trials, when he was arrested for trespassing on the grounds of Diablo Valley College. After a campus security officer informed him that he was trespassing, he appealed: "I can't leave because I'm training for the Olympic Trials. The DVC track is the only one around with a surface close to Oregon's. I went to college here and helped coach the track team last season." All this was to no avail, as the local Pleasant Hill police finally came and handcuffed him, took him to the station, and booked him on a misdemeanor charge of trespassing. Miller still managed to get

in his workout, however. After being released on his own recognizance, Miller made an angry run home--4 miles. --- Four local women will be representing the U.S. at the International Women's Marathon in Waldniel, Germany, on Oct. 2. They are: Joan Ullyot, Penny DeMoss, Diane Williams, and Judy Gumbs (the latter won an expense-paid trip to Germany as a result of her winning the Ocean-to-Bay 'trial' marathon in August). The funds were supplied by the local (PA-AAU) Women's Long Distance Running Committee...most of the money comes from T-shirt sales (Bay-to-Breakers, Dipsea, Tahoe Relays). So, by purchasing these shirts (& the LDR Handbook), you are helping Northern California's top athletes attend important international (& national) competitions.

• STILL FOR SALE: - The LDR Committee still has the following T-shirts for sale...all shirts are \$3.50 by mail or \$3.00 at races (send to LDR Committee, 765 Campbell, Los Altos, CA 94022): 1975 & 1976 Bay-to-Breakers and 1976 Dipsea. Sizes

available are s,m,1,x1.

● TAHOE RELAYS: - Miscellaneous information on this year's round-the-lake relay...one pair of eyeglasses found; somehow the person who was recording the sixth-leg splits (last exchange point) didn't turn in his sheet to the finishline and so 6th & 7th leg splits are not known. Whomever might have this little scrap of paper, please mail it to the LDR Chairman or the NCRR immediately. We especially need to know the times for record purposes, as Chuck Smead reportedly broke his own 6th leg mark, and the final leg record was also in jeopardy. Any team that did not receive Tahoe finish ribbons should send a self-addressed, stamped envelope to the LDR Chairman at the address above.

•10-KILO WINNER TO PUERTO RICO: - The winner of the Women's National 10-Kilo gets her way paid to Puerto Rico for a 10-Kilo race in the near future. Bob Seaman, Women's National LDR Chairman, informed the race director, Penny De-Moss, of this, eight days before the event! That leaves plen-

ty of time for advance publicity, right?

• A.A.U. CONVENTION TIME: - The annual affair will be Oct. 10-16 this year, in Phoenix, Arizona. There is legislation before the AAU to change the Convention to a bi-annual event.

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YANKEE RUNNER 19 Grove Street Merrimac, MA 01860 •RACE NOTICE: - Tentatively, there will be a 50-mile run & 100-kilometer event (the latter distance will be a PA-AAU championship) on either Dec. 26 or 27, sponsored by the Pamakids, and held most likely in the Pinole area (just northeast of Richmond) on a 2-3 mile loop (no cars). You won't have to declare the distance you're running beforehand. Jack Wiley (2359 Hermosa Ct., Pinole 94564--Ph. 415/222-1620) is helping to organize the run and says he's open to any suggestions as to date, starting time, other possible course locations, etc.

●INDUSTRIAL LEAGUE CHALLENGE RACES: - A number of local Bay Area companies have formed cross country teams for the purpose of challenge competitions. So far it appears that General Electric has the edge, winning the first two such races, first over Lockheed, and then over Lawrence Livermore Labs. Dan Moore of LLL won the last run in 19:04, as nearly 60 runners from 8 local companies took part. If your company is interested in such a friendly competition, contact Bill Meinhardt (Ph. 297-3000 days or 356-4268 evenings)...you needn't have a full team to compete.

NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Here are the standings for the Southern Pacific Ass'n, including all races on the LDR schedule through July 17, with the exceptions of the Pico Rivera 5 Mile, Mt. SAC & Los Alamitos Marathons, Mt. Wilson Trail Race, Palos Verdes Marathon, One Hour Run, and the College of the Canyons 6 Mile...the last four races will be included once the results are received. 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 and Bill Crum have strengthened their leads with Crum only 0.014 away from the mark that won the masters category in 1975. Gary Tuttle and John Starr made the biggest jumps in their respective divisions, coming from off the list as of the last ratings into third and second positions. --- Numbers in parentheses indicate (number of races, average placing, rating): **OPEN** (1) Carl Swift/AIA (15, 3.13, .209), (2) Paul Cook/AIA (5, 1.80, .360), (3) Gary Tuttle/TS (2, 1.00, .500), (4) Ron Kurrle/SFVTC (8, 5.00, .625), (5) Duane Waltmire/AIA (4, 2.50, .625), (6) Reid Harter/SFVTC (3, 2.00, .667), (7) Bob Branch/CCAC (9, 6.33, .703), (8) Howard Miller/ELATC and Bob Miller/ELATC (2, 1.50, .750), (10) Joe Carlson/AATC & Randy Kilpatrick (4, 3.50, .875), (12) Dave White/AATC (5, 4.40, .880), (13) Jim Perez/AZTL (5, 4.60, .920). **MASTERS** (1) Bill Crum/STC (9, 1.33, .148), (2) John Starr/CCAC (10, 2.90, .290), (3) John Brennand/SBAA (5, 1.60, .320), (4) Dick Bartek/SBAA (4, 1.50, .375), (5) Sam Nicholson/STC (8, 3.12, .391), (6) Dave Waco (CCAC (4, 1.75, .437), (7) Wilbur Williams/STC (5, 2.40, .480), (8) Jerry Smartt/TS (4, 2.00, .500), (9) Gil Perez/STC (7, 3.71, .530), (10) Owen Gorman/STC (6, 3.83, .638), (11) Truman Clark/TS (2, 1.50, .750), (12) Ray Gil/STC (5, 3.80, .760), (13) John Rudberg/STC (4, 3.25, .812).

PA-AAU STANDINGS: (Compiled by Art Dudley) - Generally, all AAU races (PA-AAU) are counted unless we feel they were not sufficiently publicized beforehand via NCRR 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 through Aug. 21 have been tabulated below except: Results not received in time for compilation: Angel Island Run, Golden Gate Charity Run, Howarth Park Run, 4th of July Parade Run, Oakland Watermelon Run, Wharf-to-Wharf Run, Ft. Baker & Golden Empire X-C Run. 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); Felton Race to Redwoods (runners got lost); The Great Race; Statuto 4-Miler (masters... insufficient numbers). --- Penny DeMoss has regained her lead in the women's competition (.145 to .170), while Judy Gumbs has moved up from sixth to third, despite being out of the area all summer long. Ruth Anderson is a few percentage points back in fourth and leads the masters women. Jan Sershen continues to lead the open division, but Bill Seaver has slipped into second and is making a determined bid to catch him. Denis O'Halloran has come from off the charts into sixth position. The late Jim Shettler still leads the masters competition, while there is a good 4-way battle for second spot between Ross Smith, Jim Nicholson, Jim O'Neil, and Bob Malain...they are currently in that order. --- As a tribute to Jim Shettler (see special article in this issue), the NCRR Masters Point Trophy will be a memorial award in his honor. Jim had won the masters division the last two years and was in good position to win it for an unprecedented third year in a row. As a matter of fact, there is a very real possibility that he could still win it in 1976 with the lead he had built for himself.



--All those with ratings below 1.0 are listed below & on p-6.

WOMEN (* = Tie)

	Runner/Club (Races Run)	<u>lst</u>	2nd	3rd	4th	Aver.	Rating
	Penny DeMoss/WVTC (10)	6*	4	0	0	1.450	0.145
2.	Sharon Furtado/WVTC (10)	6	2	1	1	1.700	0.170
3.		4	1	1	2	2.125	
4.	Ruth Anderson/NCS (10) 40+	0	5	3	2	2.700	
5.	Vicky Bray/SJC (4)	2	2	0	0	1.500	
6.	Kathy Himmelberger/WVTC (6)	2	1	1	2	2.500	0.417
	Yvette Cotte/WVTC (6)	2	0	2	2	2.667	0.444
8.	Carolyn Tiernan/WVTC (4)	2	0	2	0	2.000	0.500
	Betsy White/WVTC (4)	2	0	2	0	2.000	0.500
10.	Sue Munday/Unat (4)	1*	2	1	0	2.125	0.531
11.	Cathy Coulman/?? (3)	1	2	0	0	1.667	0.556
12.	Joan Ullyot/WVTC (4)	1	2	0	1	2.250	0.563
	Diane Williams/PBP (4)	1	1	2	0	2.250	0.563
14.		, 1	1	1	1	2.500	0.625
15.		0	2	1	1	2.750	0.688
16.		1	1	0	0	1.500	0.750
	Pat Whittingslow/PMK (2)	1	1	0	0	1.500	0.750
18.	Carroll O'Conner/NCS (4) 404	. 0	1	1	2	3.250	0.813
19.		0	0	2	2	3.500	0.875
	Karen Scannell/PMK (4)	0	0	2	2	3.500	0.875

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	Runner/Club (# of Races Run)	<u>lst</u>	2nd	3rd	4th	5th	6th	7th	8th	9th	<u>10th</u>	Aver. Pl.	Rating
1.	Jan Sershen/ETC (14)	6	3	2	1	1	1	0	0	0	0	2.357	0.168
	Bill Seaver/WVTC (9)	2	3	2	1	1	0	0	0	0	0	2.556	0.284
	Jim Nuccio/WVTC (5)	4	0	0	0	1	0	0	0	0	0	1.800	0.360
	Ron Wayne/WVTC (5)	3	0	2	0	0	0	0	0	0	0	1.800	0.360
5.	Darryl Beardall/MH (8)	1	3	1	2	0	1	0	0	0	0	3.000	0.375
6.	Denis O'Halloran/Unat (7)	2	1	. 1	0	3	0	0	0	0	0	3.143	0.449
7.	Bill Clark/WVTC (8)	1	2	2	1	0	1	0	0	1	0	3.750	0.469
8.	Pete Flores/AGTC (9)	2	1	0	2	0	1	2	1	0	0	4.444	0.494
9.	Brian Maxwell/Unat (3)	1	2	0	0	0	0	0	0	0	0	1.667	0.556
	Chuck Smead/SRRC (3)	1	2	0	0	0	0	0	0	0	0	1.667	0.556
11.	Jack Leydig/WVTC (7)	0	2	1	2	1	0	0	1	0	0	4.000	0.571
12.	Tad Woliczko/PMK (9)	2	2	0	0	1	0	0	1	0	3	5.444	0.605
	Henry Perez/SUND (3)	1	1	1	0	0	0	0	0	0	0	2.000	0.667
	Jim Sane/BC (7)	0	2	0	2	0	1	1	1	0	0	4.714	0.673
	Al Hernandez/WVTC (5)	0	2	1	1	0	1	0	0	0	0	3.400	0.680
16.	Ernie Rivas/PMK (6)	2	0	1	1	0	0	0	1	1	0	4.333	0.772
17.	Gene Fitzgerald/PMK (7)	0	0	2	0	2	0	2	1	0	0	5.429	0.776
18.	Angelo Martinez/AGTC (3)	1	0	2	0	0	0	0	0	0	0	2.333	0.778
	Damon Wood/CWTC (3)	0	1	2	0	0	0	0	0	0	0	2.667	0.889

MASTERS (* = Tie)

	Runner/Club (# of Races Run)	lst	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/WVJS (7)	4	3	0	0	0	0	1.429	0.204
3.	Jim Nicholson/NCS (11)	4	3	2	0	1	1	2.455	0.223
4.	Jim O'Neil/SFOC (8) 50+	2	5	1	0	0	0	1.875	0.234
5.	Bob Malain/NCS (12)	1	2	6	3	0	0	2.917	0.243
	Bill Jensen/PMK (4)	2	2	0	0	0	0	1.500	0.375
	Craig Roland/Unat (4)	2	2	0	0	0	0	1.500	0.375
8.	Walt Betschart/BC (7)	0	3	0	2	2	0	3.429	0.490
9.	Ken Napier/WVJS (4)	1	2	1	0	0	0	2.000	0.500
10.	Don Lucero/WVTC (9)	1	0	2	0	2	4	4.556	0.506
	Jerome Lewis/NCS (6)	2	1	0	0	2	1	3.333	0.556
12.	Harold DeMoss/WVTC (5)	0	1	4	0	0	0	2.800	0.560
13.	Bryan Holmes/Unat (6)	1	2	0	0	1	2	3.667	0.611
14.	Ulrich Kaempf/TRAC (4)	1	0	3	0	0	0	2.500	0.625
15.	John Finch/NCS (5)	0	2	1	1	1	0	3.200	0.640
16.	Donald MacDonald/Unat (5)	0	2	1	0	2	0	3.400	0.680
	Gough Reinhardt/NCS (6)	0	0	2	1	3	0	4.167	0.694
	Peter Wood/NCS (4)	1	0	0	3	0	0	3.250	0.813
	Dieter Diekmeyer/SUND (4)	0	1	2*	0	1	0	3.375	0.844
	Art Waggoner/BC (5)	0	0	2	0	1	2	4.600	0.920

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QUALITY SCREENING AT DISCOUNT PRICES: - Jack Leydig, Box 1551, San Mateo, CA 94401...Ph. 415/341-3119. --- If you have T-shirts, warmups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through a well-known, quality printer, but as a dealer, can offer a substantial discount below his normal retail prices...normally about 20% off. Prices below are for "Texdye" paint screening, a colorfast, completely washable paint. We can also screen in 'Vinyl' & 'Vinylon' paints, designed exclusively for stretchable fabrics such as nylon, etc. Other incidental charges for screens, artwork, and setup are minimal. <u>Turnaround time</u> is usually 2 weeks if the shirts are in stock. T-shirt costs vary, depending on quality--and are currently: Midweight white (\$1.45); Mid-weight trimmed (\$1.65); Heavy white & mid-weight color (\$1.95); Heavy color (\$2.35). Children's sizes are generally 25-30¢ less. We can also supply other garments (jerseys, shorts, warmups, etc.). Give us a call or drop a note soon. -- Number of colors is noted in left column below, with quantity above.

	6-11	12-35	36-71	72-143	144-287	288+	
1 2 3-4	\$1.45	\$0.95 \$1.45	\$0.75 \$0.95 \$1.45	\$0.60 \$0.75 \$0.95	\$0.48 \$0.60 \$0.75	\$0.40 \$0.48 \$0.60	

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.

WEST VALLEY TC: - Welcome to the 14 new members since last issue: Ron Arnerich (18), 3275 Encinal Ave., Alameda 94501 (Ph. 522-7940) is a frosh at Cal-State Hayward this fall, and specializes in the 440-880 distances, where he has bests of 49.2 & 1:54.4 (set as a 17-year-old this year). Ron also has run the sprint distances in 10.5 and 22.8. Andy Clifford (20), 2437 Piedmont, #405, Berkeley 94704 (Ph. 843-1374) is in his third year at Cal-Berkeley and recorded some very commendable times last spring in the middle distances, going 1:50.4 (880) and 3:47.8 (1500m)...the latter is roughly equivalent to a 4:05+ in the mile. Kenneth Cook (20), 1338 Berkeley Way, Berkeley 94702 (Ph. 548-7912) is a student at Laney College with PR's of 9.7w and 21.9 for the sprints, and 49.8 for the quarter. Glenn Dean (16), 76 Shakespeare, Daly City 94014 (Ph. 756-3903) is a junior at Jefferson High and recorded bests of 4:51, 9:55, and 15:56 (X-C time) as a soph. His mile best came during his 2-mile at the CCS Meet on only 3 weeks of training following an injury! Milo Drussai (27), 1919 Fruitdale, #K-754, San Jose 95128 (Ph. 408/292-8073) has been running for less than a year but is getting interested in competition on the roads and is looking forward to the 1977 West Valley Marathon. Tom Elliott (18), 618 Occidental Ave., San Mateo 94402 (Ph. 347-8163) is a frosh at

UCLA, and just graduated from San Mateo High. Tom is primarily a cross-country runner but wants to run in several marathons in the near future. Bob Hertan (26), 8043 Greenridge Dr., #11, 0akland 94605 (Ph. 638-6220) is currently working on his Masters in Physical Education & Kinesiology at Cal-State Hayward. Bob runs well at most distances from the 100 thru the middle distances. His PR's include: 9.9, 21.6 (21.0R), 49.0 (48.5R), and 1:54. He has also done 1-1/2 miles in 6:37. With his natural speed and ability to run longer distances, Bob could be a 'class' 880-mile runner in the future. Kenneth McRae (33), 27525 Tyrrell Ave., #3, Hayward 94544 (Ph. 782-9458) works as a Federal Employee and has been a familiar face at local races on the LDR schedule this year. He recently completed the Ocean-to-Bay Marathon in 3:52:09 and is now pointing for a sub-3:30 effort in the Honolulu Marathon in December. Mike Mulhern (16), 1668 Walden Ct., Fremont 94538 (Ph. 656-9787) is a junior at Mission San Jose High. He just started road racing and has run a 63-second relay leg. Kenneth (38) and Valerie (31) O'Neil, 275 Devonshire Blvd., San Carlos 94070 (Ph. 592-0234) are new to road running. Valerie runs for fitness and companionship... she's looking for other women runners in their 30's to train with! Ken has already done a 3:29 for the marathon and hopes to qualify for 1977 (Boston Marathon). He's anxious to turn 40 and begin masters competition. <u>W.E. Reinka</u> (26), P.O. Box 2121, San Francisco 94126 (Ph. 952-0571) is employed in 'international shipping' and runs basically for health (mental & physical) reasons. He's been running about a year and runs after work. Tony Sandoval (22), c/o 1277 Lane Ave., Mtn. View 94040 (Ph. 967-6179) will be attending Medical School this fall, probably at Stanford. Among Sandy's major accomplishments are a 4:04 mile, 8:47 two-mile, 13:25 three-mile, and 28:55 (10-Kilos). His 2:14:58 marathon (4th in Olympic Trials in only his second race at this distance) is only a beginning to his distance potential. For more info on Sandy, see the "NorCal Portrait" in last issue. He could very well rewrite all of the club's distance records in the next few years. <u>Don Wiens</u> (34), 1175 18th Ave., Redwood City 94063 (Ph. 365-8993) is a pilot with United Airlines who wants to find out his potential at the 220-440 distances. His only track experience was about 8 years ago in a few all-comers meets where he ran 10.5, 23.5 and 50.0 after only having worked out for three weeks! Looks like Don has plenty of potential. --- WVTC extends a hearty welcome to all new members.



Dedy Cooper won the NCAA Championships for San Jose State, and then took 4th in the Olympic Trials with a 13.63w. /Stock/

● <u>CLUB MARKS</u>: - Only a few marks since last issue, obviously because of the lack of track competition in the summer. In early June, Kenny Kring lost a last-ditch effort to make the Olympic Trials decathlon standard of 7650 at San Jose. However, he did come up with a new club record of 7273 and set a PR in the process, upping his old mark by 30 points (set back in 1971). Dedy Cooper, competing for San Jose State (but his marks still counting as a paid-up member), set two new metric standards (electronic) in the high hurdles with first a 13.73 legal clocking and then a 13.63 windy run for fourth spot in the Olympic Trials at Eugene...and this was as close as any WVTC'er got to the Games. Greg

Marshall ran well into the summer months as usual and grabbed a 21.6 for 200 meters (on the way to a 21.7 yards) at an Alameda all-comers meet in mid-August. Quite a few of our squad ran faster this spring,

but all marks were wind-aided. Greg also ran to a 9.5w in the same meet, which puts him on top of the list for windy 100's. OTHER GOOD MARKS: - Dick Shelton upped his hammer PR to a very good 174-1 at the Western Regional Masters Meet in San Diego. Jim Nuccio moved into second on the all-time club list for the hour run with a superlative 12 miles, 372 yards at the PA-AAU Championships in June. Mike Pinocci ran a good fourth in the USTFF Championships 10,000 with a 29:48.0 while competing for Oklahoma State (however, it won't count in the club listing since his 1976 dues are not paid). Ex-WVTC'er <u>Victor Mora</u> of Colombia set a new South American record for the same distance with a sparkling 27:55.8 in the USSR-WG dual in late May as a guest runner. The big improvement came from Duncan Macdonald, however. After showing he was ready for a shot at the U.S. team with a 13:33 (5,000m) at the Prefontaine Classic, he proceded to do just that, with a PR 13:29.6 behind Dick Buerkle at the Trials. Then, although not making the finals in the Games,

'Dunc' showed them all that he was in record shape anyway with an 8:19+ (two miles) just after the Games. Then the biggie... an American record 13:19.4 in Sweden at an international meet. This time bettered Steve Prefontaine's mark of 13:22.8. Although Dunc has paid his dues for the year, the time won't count as a club record because he competes for the Mid-Pacific Road Runners (Hawaii) during the year. See the cover shot of Dunc, taken at the Trials. Don Kardong, ex-WVTC'er now competing for Club Northwest, was nothing but impressive in the Olympic Games Marathon as he grabbed an unexpected fourth, only a few seconds out of third place. He set a PR of 2:11:15, finishing only 30 seconds behind Shorter and 1:20 out of the 'gold'. Jim McCray came within a half-foot of the pole vault standard with a 15-6 in the Redwood Empire Championships in Santa Rosa (late May). Jost Schmitt, after returning to Germany from his California vacation, placed sixth in the Wurttemberg State Championships 800 meters with a 1:53.3. In the County Championships he won the 800 in 1:54.8 and set a PR of 4:04.6 in the 1500. For the record--last issue we mentioned that two club relay standards were broken at the West Coast Relays, but didn't know the team members. The 41.04 (440 relay) squad was composed of: Ralph Walker, John Pettus, George Carty and Mike Kirtman). The mile relay (3:13.0) had Tony Woodard, John Pettus, Richard Harris, and Marlon Rochee. Does anyone know the whereabouts of Tony Woodard (he moved without leaving a forwarding address)? Dave McKenzie didn't get his PR or seasonal best, but his sixth place in the Olympic Trials was quite an accomplishment...208-5. Anthony Terry didn't place as high as he had hoped in the Trials (8th), but his 54-6 3/4 mark was certainly nothing to scoff at, even though it was windy. It was his best mark of the year and only 3-inches off his best legal mark set last year. George Carty missed getting to the semis by 0.01 seconds with a windy 13.97 clocking. Had he not



Anthony Terry took 8th at the Olympic Trials with a windy 54-6 3/4 effort, his best mark of the season. /Dave Stock/

been injured for a good portion of the season, he would surely have had a better showing. Rich Marks also made it to the trials but had an off day and went out in the qualifying rounds with a 61-10 1/2. Tom Dooley was the club's leading placer in the 20-Kilo Walk at the Trials with an eighth place finish on a short course (about 7/8ths of a mile off) in 1:28:45. Jerry Lansing was 11th in 1:30:29, and Wayne Glusker 15th at 1:31:15. The only other Trials competitor for WVTC was Manny Adriano, who dnf'd in the walk (no report as to why). On the roads, <u>Judy Gumbs</u> qualified for a trip to the Women's International Marathon in West Germany on Oct. 2 by topping a good field at the recent Ocean-to-Bay Marathon with an excellent 3:07:24 for the very hilly course (she was 16th overall and only 26 minutes behind the winner). Carolyn Tiernan, who got third in the same race, won a trip to the National AAU Women's Marathon in Culver City this December. Phil

Conley did his usual multiple-event work at the AAU National Masters meet in Gresham, Oregon (early July). He had little trouble winning his specialty (the javelin) in 207-0, and also placed in the following events: TJ (2nd in 38-7); HJ (6th in 5-2 1/4); DT (4th in 104-5 1/2); LJ (5th in 19-3). I'm sure that I'm missing lots of deserving people, but my computerized brain seems to be failing me at the moment...please send me any gross omissions for next issue. Lots of results in this issue...most of those I missed should be included there.

● PEOPLE NEWS: - Our own Len Wallach is leading the current scramble for the DSE Point Trophy (based on yearly racing and training mileage). The current mid-year totals give Len a commanding lead of 619 over second-placer's Tom Chuey's 438... but, Ed Jerome (Len's closest competitor) did not have his points listed so no one knows how close the race really is except Ed. --- Joan Ullyot's new book is finally out. It's title is Women's Running, and can be had for the meager sum of \$3.95 (+ tax and 25¢ shipping) by writing your editor...both Joan and I could use the money from the sales! --- Jim Bowles (our rovingest member) has finally made the big circle...a few years ago he left Sacramento for New York, then moved to Santa Barbara last year. Now he's back in Sac'to again! Jim tells us he was hit by a bike at the Oly Trials Marathon & DNF'd.

--- George Stewart has moved to Stillwater, Oklahoma, (Oklahoma State) to attend school and help the coaching staff in track and cross-country. He does plan on making it back for the Xmas Relays and blitzing a good fifth leg. He plans on staying put until at least next July when his term with a local Army Reserve unit is up. --- John & Martha Gorman are still in Spain and plan to be for another few years. John is maintaining his workouts (while not on board an aircraft carrier), but is having trouble finding track meets (mostly long distance runners he says). --- Roy Kissin will be red-shirting at Stanford this cross-country season due to a troublesome knee injury...progress (healing) is slow and so he decided he didn't want to press it this fall. After missing about 10 weeks, he reports he's jogging about 20 minutes a day.

• CLUB BBQ: - After the Garland Ranch Run (Oct. 10), spon-

sored by WVTC and directed by Gary & Gail Goettelmann, there will be a BBQ at Skip Marquard's ranch (312 W. Carmel Valley Rd. in Carmel Valley). There's a lake to swim in and hamburgers, beer, wine & softdrinks will be provided (\$1.75 maximum to cover costs). If possible, those with last names beginning with A-M should bring a salad, and N-Z names bring dessert. This will be for WVTC members and families...directions available at race. If possible, write to Gary beforehand if you plan on coming---Story Rd., Carmel Valley 93924 (Ph. 408/659-4114)...there is no house number. Also, members can sack out at the Goettelmann's the night before (bring sleeping bags). Call beforehand to let them know you're coming and to get directions. Race is at 11 o'clock.

● ROAD RACE RESULTS: - Following are listed members who ran in local AAU road races and finished too low to be listed in the regular race-results section. If you were missed, let us know (many results don't list affiliations and so I pull a lot of names from memory) and we'll catch you next issue--don't be shy, we all like to see our names in print! --- 1975(!) Dipsea: 151-Keith Maurer 58:21 (all times listed are scratch times), 168-Santos Reynaga 60:04, 202-Gary Goettelmann 63:31, 248-Irene Rudolf 75:06, 267-Mike Millward 63:00, 487-Pete Maurer 69:02, 563-Dave Brown 72:04, 718-Len Wallach 84:55, 739-Dave Power 77:25, 880-Steve Goettelmann 90:16; Avenue of the Giants Marathon: 164-Larry Main 3:15:59, 321-Joe Shami 3:53:52; (1/2 Marathon): 51-Steve Goettelmann 1:45:04, 54-Gail Goettelmann 1:49:30; PA-AAU Hour Run: 39-Marvin Winer 9-1490; Woodminster: (scratch times listed) 84-Santos Reynaga 61:12, 109-Stu Gruendl 63:59, 204-Len Wallach 82:32, 215-Irene Rudolf 80:12; Howarth Park X-C Run: 35-Len Wallach 45:58 (3rd 40+); Holy City Run: 75-Nick Granados 57:55, 76-Steve Nelson 57:56, 78-Santos Reynaga 57:56, 110-Don Lucero 62:04, 125-Steve Hinkel 62:58, 182-Monte Dayton 69:58, 224-Len Wallach 78:08, 231-Jim Luke 81:12; Excelsior Beach Run: 142-Joe Kennedy 50:42, 175-Len Wallach 54:36, 200-Jim Luke 60:04; Folsom Run: 156-Joe Kennedy 45:45, 165-Len Wallach 48:20; Lafayette 10-Kilo: 94-Ralph Gowen 41:20, 169-Monte Dayton 45:59, 248-Len Wallach 54:43; Lake Tahoe Marathon: 51-Len Wallach 5:19:11; Marin Headlands Run: 188-Len Wallach 50:08; Foster City Levee Run: 105-Joe Kennedy 42:35, 115-Monte Dayton 43:24, 160-Len Wallach 48:45; Ft. Baker Run: 68-Ron Busby 1:49:20 (scratch times listed), 83-Irene Rudolf 2:07:28, 88-Ralph Gowen 1:52:50, 90-Peggy Lyman 2:07:52, 105-Harry Cross 1:54:28, 107-Dan Hintz 1:54:57, 138-Tim Smith 2:06:23, 189-Len Wallach 2:37:16; Lafayette Rim Run: 69-Ralph Gowen 48:07;

Tahoe Relays: "A" Team members (Daryl Zapata, Bruce Wolfe, Jack
Leydig, Tim Holmes, Bill Seaver, Hal Tompkins, Jack Bellah) 2nd
club---"B" Team members (Len Wallach, Marc Lund, Doug Butt,
Steve Strangio, Scott Ruffing, Jim Holben, Santos Reynaga)
8:16:45 "Women" (Peager Lyman, Carelyn Tiernan, Kathy Himmel-8:16:45---"Women" (Peggy Lyman, Carolyn Tiernan, Kathy Himmelberger, Phyllis Olrich, Sue Neary, Judy Gumbs, Penny DeMoss) 8:22:08 (all leg records broken except #1); Ocean-to-Bay Marathon: 95-Yvette Cotte 4:02:32, 114-Tom Elliott 4:21:35.

CLASSIFIED ADS

Interested in selling your body or promoting your race? The NCRR can probably help you, and at probably the most reasonable rates you've ever seen for a specialized regional magazine. Currently a full-page ad (one-time) is only \$30, but you can save up to 40% by taking out a multiple-issue contract! Less than full-page ads are even more reasonable...1/4 page for \$10. For full information and a rate-sheet, write to: Bill Clark, 156 Marvin, Los Altos, CA 94022 (Ph. 415/948-8029...evenings after 8 pm please!) --- All ad copies and race inserts should be sent directly to: NCRR, PO Box 1551, San Mateo, CA 94401.

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HOW HIGH SCHOOL RUNNERS TRAIN: - Track & Field News assigned former Stanford distanceman, Greg Brock (now running for WVTC), to compile this latest volume, and the result should be of great value to coaches and young runners aspiring to national class caliber. Some of the athletes profiled are: Eric Hulst, Thom Hunt, Matt Centrowitz, Dale Scott, Rich Kimball, Roy Kissin, Rusty Nahirny, Tony Sandoval, Conrad Suhr, and many more. Over 60 training programs are given, offering a wide variety of approaches and schedules. This booklet is available for only \$3.50 from: NCRR, PO Box 1551, San Mateo, CA 94401...add 25¢ for postage and handling, plus sales tax in California.

LETTERS TO THE EDITOR

STEVE BROTEN (Whittier, CA) - "I'd like to comment on Ollan Cassell's remarks regarding the Higdon article, as stated in the last issue of the NCRR. Tell me Ollan, if the AAU is such a great organization and such a good developer of athletes. why does the National Office continue to snub women long distance runners, and continually refuse to give them any help financially? Better yet, how can you raise registration fees to \$4.00, claiming your organization is going broke...yet you build a 9.5 million dollar office building?" (Steve is the SPA-AAU's Long Distance Running Chairman currently.)

JOHN CLARY & RICH STILLER (San Jose, CA) - "As a rule, I don't usually write letters of protest, but his is an exception. After viewing and competing in the PA-AAU meet held at CSM on June 6th, I can begin to understand why Hal Higdon tore up his AAU card. This letter is only concerned with the PA-AAU Championships, even though I have seen the same sort of thing at many other AAU-run meets.

In the 10,000 meter run, the timer left the six-mile mark to go over to the finish right after the leader went by, leaving the rest of the field still on the track, but never knowing their six-mile split. Another timer could have been provided. Two runners who still had a lap to go were told to stop by an AAU official who thought they had completed the race. In the fast heat of the 1500 meter run, when the runners went by for the gun lap, no gun was fired and the officials thought the

finish was the gun lap. It was almost too late when a passing runner set them straight. They barely got the finishing line up in time.

This is not a simple letter of protest. I am suggesting only that A.A.U. officials be better trained to be aware of the needs of all runners competing in races. Their needs include accurate splits, awareness of their position in a race, and awareness of what lap it is.

Officiating is a tough job, but running 24 laps of a 25lap race and being told to stop, and stopping because you're obeying an official, is tougher!"

(Ed. -- First of all, on behalf of WVTC, I wish to apologize for any unfortunate happenings that occurred to yourselves and other athletes at this meet as a result of poor officiating. I don't, however, think that all the blame lies with the AAU. I myself, as an official and runner, have seen and taken the written 'officials test' that all PA-AAU certified officials must pass...although admittedly, it is a 'takehome' test that requires only that you study the rules to find the answers to the questions. The test in itself is thorough enough...the problem lies in the fact that it is a 'takehome' project. I think that an awareness of the needs of runners can only be gained through working at meets...or by being a runner yourself. If all officials were runners too, then many of the problems would not exist. The problem is not that the AAU in itself is a bad organization...the problem lies in the fact that some individuals don't care enough to be aware of 'rules'. So we need to criticize individuals within the organization...not the organization as a whole. The AAU needs some facelifting, but not total demolition! If more active runners were willing to help out at a few meets (officiating), I think we'd see a lot less problems.)

SANDY BRISCOE (Stockton, CA) - (The following letter was written to Bruce MacDonald, whom I believe is the Natl. AAU's Women's Race-Walking Sub-Committee Chairman. The letter is a protest by this local race walker against the latest in a series of confusing decisions and reflects the sad shape the women's walking program is in.) - "I spoke to Bob Bowman on the telephone the week after the National AAU Championships. He gave me the race results from the women's 5-kilo walk at UCLA. I was unable to compete in this race, although I had qualified, due to a tendon pull on the bottom of my foot.

Mr. Bowman informed me about the latest decision regarding the possible trip to the World Championships. The decision I refer to is that which determined that if there should be a 10-Km at the World Championships this year, the UCLA race would be regarded as the sole qualifying race for this and the 5th-8th places would represent the U.S. as the 10-Km team. Two aspects of

the decision bother me.

First, the manner in which such decisions are made often seem arbitrary and inconsistent due to a lack of communication within the women's race-walking program. To my knowledge, there was no attempt to inform athletes prior to the UCLA race that such a decision was a possibility. The athletes should have more input regarding these decisions. I feel that women race walkers in this country have proven that they deserve better than what is offered. It is my personal commitment to see that the women are given the opportunity to improve their program in accordance with their needs and desires as athletes with potential to excel in world-class competition. If there is anything I can do, I offer myself and hope that my offer will not be ignored. Walking means a great deal to me and for this reason I

can assure you of my commitment.

The second aspect of this decision which bothers me concerns the decision itself. I was told by Mr. DeNoon at Mt. SAC Relays in April that there would be a National 10-Km race which would be held the last weekend in May. I was first disappointed to learn that the race had been moved to an undetermined date in August, and now it seems that there will perhaps be no championship race at all. I sympathize with walkers who must travel a long way to these meets; two attempts to qualify for a team costs quite a bit. My performances last fall suffered from the amount of work I had done all summer in order to make trips to races and pay for school. However, as a walker whose strengths lie in the longer distances, I believe that one should qualify at the 10-Km distance in order to race that distance in a World Championship. Although it might have aggravated my injury, I would have considered racing at UCLA if I had known there would be no other chance to qualify for a team. This year I felt capable of qualifying for one team or the other, knowing my best chances were in the longer race. In this way, the decision has been unfair to me and any others in this situation.

I hope you will reconsider and perhaps stage a postal qua-

lifier if there is a 10-Km in the World Championships. In the meantime, I repeat my offer of assistance in any way possible and only ask that I be better informed. I do appreciate all the work which you and all the others do for walkers at the administrative level. Having no coach to represent my interests or speak for me, I feel I must do this myself."

GARY HELLER (San Mateo, CA) - (The following letter was written to Harold DeMoss, PA-AAU Men's LDR Chairman...we are reprinting it, along with Mr. DeMoss' reply, because it concerns all of us.) - "I was a recent participant in the Lake Tahoe Relays and as a result of that experience am moved to write and comment on the race. At least two of the necessary conditions for AAU-sanctioned races seemed to have been partially or totally overlooked. To my knowledge there were no mileage markers whatsoever. The only indications I or my team mates had regarding distance were the shouts of the well-intentioned spectators or from runners doing other legs. If there were mileage markers, they were not at all clear. There seemed to be no medical aid, although I'm not aware of any injuries except a collision between an auto and a runner at the end of the second leg. This could and should have been avoided by officials who, unfortunately, at times must be called upon to direct traffic.

A third criticism regards qualified officials. The key word here is 'qualified'. There is no need to explain the' history of the race to ninety coltish runners kept waiting thirty minutes past the scheduled start in a downpour. There is no need to unduly hassle an entrant whose number is on the back rather than his front. There is no need for a runner who has completed his leg to be asked by an official how many other runners crossed the relay point with him. And there is no need for the final finishers to cross an abandoned finish-

My PA-AAU LDR schedule states: 'If you go to a race and find that there are certain inadequacies that bother you, contact the race director and inform him of these problems. More importantly, you should contact the LDR Chairman. Remember, if the runners don't tell anyone that a race is poorly run, it will continue to be poorly run.

I can commisserate with you regarding the logistics of a 70-mile relay race held under less than ideal conditions. However, if there is room for improvement, proper steps should be taken. We all love running and enjoy it even more when certain avoidable adversities can be eliminated."

(Harold DeMoss' reply): "Concerning your recent letter

to me referencing the Lake Tahoe Relays...the only requirement for distance measuring which the LDR Committee requires is the total distance of the race be accurate. Mileage markers at various points are recommended and highly encouraged for standard marathons, and PA kilometer championships, and there are markers at these races in most cases.

Concerning the rest of your letter, it could best be answered by understanding the term 'officials'. Except for Bob DeCelle, there are no AAU officials for LDR events in the Pacific Association. The 'officials list' are men interested in track and field only. Nobody wants to stand in the rain or sun for hours taking times and places. So the LDR Committee became whoever my wife and I could scare up a week before a race to help out. These, in all cases, are other runners like ourselves. The whole LDR sport is run by the runners either helping out at their own club races or volunteering at the LDR Committee events. There are no 'officials' in LDR. The Committee and its races involve all of us. The reason we were all standing in the rain at the start was that three people that were supposed to handle certain exchange points didn't show up, and I had to have people there before we could start. As to the numbers on the back--perhaps you have never tried to take times and numbers at a finish-line or exchange point, but the only way a person can do it is to read numbers when the come 'at' him. Trying to read a number on a back after it has passed causes the person to miss several other persons in many cases. Try it, you'll see. Exchange officials ask runners questions because they are trying to be accurate and not make human-error mistakes. Races should be conducted in an atmosphere of mutual help and consideration. We...all the runners...put on these races, whether they be club sponsored or LDR Committee sponsored. Nobody gets paid for this.

This is the third year in a row that my wife and I have undertaken the responsibility of the Lake Tahoe Relays, and it will be the last. My Chairmanship of the LDR Committee is coming to an end, and the only way that organized racing can be beneficial to the most number of runners is to spread the

work and responsibility around. The Lake Tahoe Relays is open for next year to any club or organization that desires it. I know that \underline{I} am not going to sponsor it again. It has cost us far too much in time away from work and out-of-pocket cash. If no one picks it up, then it won't be held.

Perhaps when you or any other 'runner' is called on to help out at a race, you'll understand why it is necessary. When I first started going to races 8 years ago, I thought everything just appeared magically on race morning. When I got into spon-

soring races, then I understood. Everybody should try being a race director or 'official' just once. It's very enlightening."

FRED KENYON (Sebastopol, CA) - (The following letter was written to Bob DeCelle, with a carbon to the NCRR. Both Mr. Kenyon's letter and Mr. DeCelle's reply are reprinted here.) - "Last September I brought some of my age-group runners to the Alameda TC's X-Country Carnival at the Alameda Municipal Golf Course (1975 race). They paid the entry fee, filled out envelopes and one of them won his division (Chuck Haggard - the 9-year-old boys 3.6 mile winner). We have yet to receive any results--and Chuck has yet to receive his award for finishing first for the nine-year-old boys division. An official said they did not have enough awards, and that it would be mailed with the results--neither has been received.

Here in the Pacific Association we have the Long Distance Running Committee, headed by Chairman Harold DeMoss. This committee was formed to upgrade distance running in the Northern California area. A set of reasonable rules were accepted by the committee and these became the standards which the meet directors must achieve in order to be granted AAU sanctions. One of the rules was: Race Directors should get results out within six weeks after the race. We have been waiting ten months for our results...does your club have a special rate? I am forwarding a copy of this letter to Harold DeMoss, Rox-

anne Andersen, and Jack Leydig.

I must say that I have been very unimpressed with you and your club. Back in December of 1974 you were meet director for the Junior Men's National X-Country 8000 meter Championships in Alameda. I was shocked to see the inadequate finish chute that was set up. By the time 70 runners had finished, the participants could not get to the finishline because the others in front of them were backed up prior to the finish line. The official timers had to move away from the finishline onto the course in order to record the times of the runners unable to reach the finish. The course was also in poor taste, and the runners had to wait a long, long time for results.

It is surprising to me to find out how incompetent some of our leading AAU officials really are. How you got to be the National Long Distance Running Chairman is hard to believe. Your club can not even get a 9-year-old his award, set up a proper finish chute, or mail out results on time. I wonder if you can do any job in a sufficient manner. You may think you can pass the buck onto someone else, but I won't buy it. You are listed as the contact for the Alameda T.C.--that means you are responsible for the appointing of the persons to do the jobs. And if you appoint an incompetent person to carry out the job, then you are not doing a sufficient job yourself.

I hope that Harold DeMoss takes a good look at this letter and decides to withdraw your club's races from the AAU LDR Handbook next year, so that the other runners will not have to get ripped off the way my runners did last fall. It sure is hard to explain to them how Bob DeCelle was appointed to such a high office. Hope this letter will get some results."

(Mr. DeCelle's reply): "Thank you for writing me your letter of protest. If you did not receive the results, we truly apologize. We did mail out to all of those we had envelopes for (some were not too legible), but they went third-class. When I first read your letter, I was surprised you had not written more quickly. I felt we had been extremely unjust by not sending an award to Chuck Haggard. This is an unforgiveable sin!

On reviewing the results for the boys 9-10 age-group, I find Chuck, though he was first for 9-year-olds, was not the first in that division, and therefore, he did not qualify for any award. John Latting (DVTC) was first with a time of 17:59, whereas Chuck ran 19:36. Obviously, very good time for a 9-year-old runner.

By the way, the many positions I've held in the AAU have been elected offices, not appointed positions. Those positions to which I've been so elected, I've done the best that I knew how. I'm sure there are many, many others, perhaps like yourself, who could fill the positions better than I, but they just didn't seem to be around when the 'gold' was handed out. Enclosed is a copy of the results."



Joe Henderson and daughter, Sarah Anne, at home in Los Altos.

/Len Wallach/

"THE HUMAN RACE"

MEET JOE HENDERSON: (By Len Wallach) - Joe Kenneth Henderson, whether he likes it or not, is the banner-bearer of the avant garde of those sensitive and tough individualists who seek inner peace through harmony of self-expression, physical awareness, and a respectful commune with nature.

In a profession that has produced its share of giants and drama, finding a writer in search of the profound and philosophic brings sports writing to as new a level of expectation as that found while beachcombing along the Pacific coast. You're never quite sure what you're looking for, but your curiosity gets satisfied and the senses are awakened. Joe brings a certain tender and wholesome sense to sports writing that

looks inward to the more important feelings which humans have. His words are simple enough--no complex structure in either sentence or paragraph, but one leaves his pages uplifted and satisfied

Joe's background from middle America has been related as part of the biographic data on the inside of the jackets of his several books. It's simple enough: born in Iowa, one brother, two sisters; an outstanding high school runner who found that in college there were a lot of other hungry runners. This discovery at Drake University eventually led him to new directions in running and writing, much to the benefit of his later readers. Had he not suffered the agonies at Drake with all the difficulties of unrealized goals, problems relating in a team situation, and the subsequent groping, the running community would still have to forage for some other spirit in a yet to be discovered writer.

His house in the Los Altos orchards has a little garden in the back with a few rows of corn as a constant reminder of his Iowa heritage. Immediately apparent when you enter Joe's personal sanctuaries is a subtle shifting of gears; the pace slows down, the roots go deeper, the mood delicately become more relaxed. There is the usual activity of a family: the dog barks and moves restlessly as the baby, Sarah Anne, leaves a trail of beckoning cookie crumbs. The furnishings are modest and somewhat sparce, yet there is the regalness that comes from a close family in their own home.

Neither at his office at World Publications, nor at his home, is there any evidence of personal achievement...no trophies on shelves, no medals on display, no certificates in frames, no memorabilia of past deeds. His office is furnished, as one runner so succinctly put it, 'in early cheap'. It's not so much the economical furniture, but rather that there is no effort to impress or need for the usual reassurance of symbols of status and latter-day laurels.

At home, he sat barefooted in a wooden rocking chair and slipped comfortably into a rambling conversation about his running, writing, and family. Every once in a while there would be some small clue that would lead us into a mind-racking introspection over some profound truth, and then he would be

easily off onto another conversational path.

Ever so softly, and with no warning other than a continual rhythm of the rocking-chair, he explained, "You know, there are three parts of the running puzzle...first you need the solo effort to get in touch with yourself and things around you. Then there's a need for speed to test yourself. After all this you need to have a social experience to share your feelings with others." In his usual understated demeanor, he had not only conceptualized the way I feel about running, but had crafted the right words in a surgically precise fashion, while I had been struggling for a long time just for the idea.

Behind his old-fashioned spectacles and good-natured cherubic face, is a hunger awaiting satisfaction. "I look forward to the day when I can get out of the 8 to 5 routine and be free," he commented, watching his wife Janet set out for her evening run. "All of us want to be free to be what we need to be," he added, and then skipped off to another subject. "Janet doesn't want me to mess around with her running and I don't," but then he went on to an aside commentary that he couldn't figure how anyone, let alone his wife, could run in the evening, especially after eating. It all sounded to me like a bit of indirect advice until he further explained that he feels the most creative and productive in the earlier hours of the day, partly due to his earlier life on the family farm,

with its sunrise schedules. The farm, family, and the outdoors,

were reoccurring themes in the conversation.

"There's a cold seriousness necessary in the publishing business," Joe commented as we shifted into his background with World Publications' Runner's World Magazine. "I have some difficulty with that aspect of it," he related. "Sometimes there are misunderstandings of motives of writers, editors, publishers, and runners," Joe explained. This leadup clarified an earlier remark that he has experienced two types of running readers who catch him at fun runs and other events. "There's the guy who remains distant sometimes out of modesty and sometimes from aloofness. The other just smothers me with chatter about his achievements, gripes at Runner's World, or about something I wrote that wasn't liked," Joe related. "But there was a time that running was the only thing I had, so I kind of take things as they come, good or bad, from the runners," he philosophized.

Coming to California was a series of Volkswagen and bus trips, as well as previous newspaper jobs, followed by assignments with Track & Field News, where he began typing subscription labels. Joe eventually realized that his label-typing career of fifteen minutes was a good start into his runningwriting efforts. Subsequent work with Track & Field News led him to continue an earlier association with Bob Anderson, who was just giving birth to Distance Running News. "I was his first subscriber, and in 1967 I got involved in doing a Herb Caen type column." It was a matter of attrition, hard work, and a writing style that endeared him to the running community as well that helped make a success for himself enroute.

At first glance, Joe is a private and somewhat modest person, carefully observing the boundaries of inquiry. While he seldome discusses his family and never writes about them, his own innermost feelings are shared openly on the pages of his books. Sometimes when I read his paragraphs, I get the feeling that it's almost a too private matter; a little like reading someone else's mail. In his most recent book, *The Long Run Solution*, he has a chapter entitled "Creating", which starts with a confession-like two paragraphs disclaiming any ability at either running or writing. In the third paragraph he adds, "After so many years, I need both writing and running. I need to write to keep eating, and to run to keep sane and healthy," he explained in his usual open manner. From a vantage point of my own efforts at trying to give running-writing a regular contribution, I see Joe underestimates his work and impact on others. His personal influence on running and his stewardship of Runner's World has given the sport as big a step forward as did Neil Armstrong's equivalent moon-step did for space science.

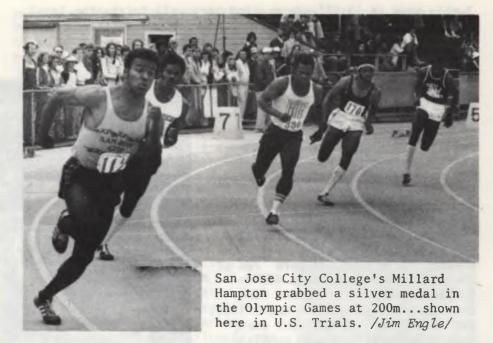
The magazine has helped open up the sport for women and has tempered the people and organizations that control running. his gentle hands and soft words there are some awesome warnings to those too selfish to consider the consequence of their actions. Once, while trying to convince him that I should be permitted to write an article for Runner's World about a particularly controversial running personality, he looked into my eyes with a glance as penetrating as two steel rods going into my pupils and asked, "What's in it for you?" After sputtering back a reply about my journalistic objectivity, I realized that behind that exterior, with all its compassion, is a singlemindedness and discipline of years of toeing up to the line in both races and life.

Writing about Joe is easy, as there is much to him, and he's able to respond articulately and openly. Trying to get to the inner man of Joe Henderson starts with that damned smile of his. It's deceptive at first; then as you watch it, you realize it's coming from inside and wells up to his face in the same way that spring water comes to the surface of the woods. It's a reflection of what's deep inside a cool forest or a man who has found an inner peace.

As I left, Joe autographed a copy of The Long Run Solution Driving home from the three-hour interview, my thoughts were filled with my own inadequacies as both a runner and a writer. When I finally settled in with a glass of milk and a check-out of small children in bed, I read the dedication which sums up the Henderson philosophy..."Be your own here, both in your writing and running."

NOR-CAL PORTRAIT

MEET MILLARD HAMPTON: (By Conrad Walker) - It's been quite a year for San Jose's own Millard Hampton. A year ago, the Silver Creek High School grad was an injured frosh at San Jose CC, lucky to place sixth in the NorCal JC finals with a 21.9 for the furlong. A severe hamstring pull was plaguing him, and many thought that he would be another of the numerous prep superstars to fade once they appeared on the collegiate level. But this former State 220 champion was far from out of it. He started 1976 slowly, running a few open 440's to develop



strength. Then between April and June he got down to it, recording a series of 20.6's with a 20.4 at the Golden Gate Conference finals. A 10.2 100m showed some speed, too. By the Olympic Trials in Eugene, he had run--and won--eleven 200m races. He was hot, but the OT would be his first really big

test against the best in the U.S.
Once previously, the 6-0/170 Hampton had gone up against the best of his age, at the AAU Junior meet in 1974. There he took third in the 200 behind Clancy Edwards and Willie Smith, and fifth in the 100 meters. Now, two years later, Smith was not qualified and Edwards was eliminated in the semis. Only Millard remained.

He won his heat, quarterfinal, and semifinal, and no one but prep Dwayne Evans looked anywhere as good. The final answered any questions, however, as Hampton ran the fastest 200 run since Valeriy Borzov won at Munich, his 20.10 dominating the Eugene finalists.

On to Montreal, and a crowd of 70,000. Heat one was ragged for Hampton. "My start was terrible," he said of his 21.11 heat win. "I looked up at the stands and saw all those people. Wow! It's good to get that out of my system in the first round." The semi showed who the race would be against. Don Quarrie of Jamaica ran the curve hard and Millard started to challenge him on the final stretch--not the strongest part of his race--but then thought better of it and eased...the final was the only race that counted.

A wet track for the final was a factor, but with Hampton in lane four and Quarrie in two, it was an equal hindrance for both. At the gun, Millard went out hard. "In order to beat Don, I had to get him off the curve," said the former Silver Creek High School star. But DQ came off even, and barely pulled away for a 6/100ths win and the gold medal. "He came around the curve really tough," acknowledged the new silver medalist. "On the straight we were about the same.' That was the difference between first and second, but for Hampton, just twelve months after a hobbling injury, second place was sweet.

What's ahead for the 20-year-old medalist? It isn't Moscow. He's going to UCLA this coming year, and he plans to play football. "I love track and field, but I have to think play football. "I love track and field, but I have to think of my future. If I have a future in football, that's the direction I'll have to go. There's money in football, and there isn't in track.'

Millard thinks he can make it as a defensive back, and even if he doesn't, four years is a long time to wait. "Eve if I'm not successful in football, that doesn't necessarily mean that I'll be running track in four more years," notes Millard realistically. "I would be out of school two years. Millard realistically. I can't look into the future and say what's going to happen for sure. I'd like nothing better than to go to the 1980 Olympics and win a gold medal, but that's a long way off."

WEST VALLEY PORTRAIT

MEET HAL SCHULZ: (By Bill Clark) - One of West Valley's brightest stars in the future could be distance runner Hal Schulz. The 18-year-old North Coast Section two-mile champ graduated from Redwood High School in June, after an exceptionally good senior year in which he reduced his mile best to 4:16.1 and took fifth in the CIF 2-mile with a personal best of 9:03.2. In his first exposure to national level track competition, Hal placed fifth in the National Junior AAU Championships with a 14:22.4 for 5000m, after going through the

3-mile mark in 13:52! He reacted very well to the top-level competition in both the CIF and Junior meets: in the former he was just 5.8 seconds behind winner, Eric Hulst, on the slow Berkeley track, while at Knoxville, Ralph Serna's margin of

victory was only 7.2 seconds.

Hal's emergence as a nationallevel competitor resulted from a lot of long-distance running, up to 100 miles per week, coupled with increased track work in his senior year. He provided us with the following detailed description of his workouts: "My senior year in track we started speedwork in early February on Tuesdays and Thursdays. On Saturdays we would have 'simulated races' if there wasn't a meet. The weekday speed workouts were 'run of the mill' stuff like 10 x 440 in 66 seconds with a 45-second recovery, and then some 110's and a light run afterwards. One of our early season Saturday workouts consisted of 4 x 220 at 30-32 for a warmup, followed by 5 x 880 in 2:04 with 3-4 minutes rest between, and then 1-1/2 miles at 4:32 pace, followed by some 110's and a light run for recovery at Stinson Beach. Mondays, Wednesdays, and Fridays consisted of 3-5 miles in the morning with weightlifting and 10-12 miles in the afternoons. Sundays were LSD for 15-18 miles. During the summer, I do little speedwork (some fartlek) but up my mileage to 110 per week. I also continue my weight-training."

Hal obviously feels that the weight-training is an important part of his program. Many athletes neglect this facit of training and consequently set lower limits on their potential improvement. One of the results of weight-training can be a noticeable improvement in one's

Redwood High's (now at UC Berkeley) Hal Schulz, did 14:22.4m at the National AAU Jr. Meet for fifth. /Jim Engle/

sprinting ability, which seems to be a function of strength.

When asked what he thought were his most exciting moments competitively, Hal mused, "I don't know if it was exciting or just the thrill of victory, but the greatest thrill was probably at the 1975 NCS Cross-Country Championships, when we (Redwood) finished with 29 points against 110 for second place San Rafael. In team scoring we placed 1-2-3-11-12. The 1976 National Jr. X-C and Track & Field Championships were probably

next in line."

This fall, Hal will be attending Cal-Berkeley. Among the lofty goals he has set for his freshman year are 4:08, 8:40, and 13:35. In addition, he has his sites set on qualifying for either or both the National Junior Cross-Country and Track teams and a subsequent trip to Europe. These goals seem well within reach after a very satisfying senior year.



ADVICE FROM A RUNNING PODIATRIST

Harry F. Hlavac, D.P.M.

Any readers who have some sort of <u>foot</u> or <u>leg problem</u> can take advantage of our free "Medical Advice Column". <u>ALL QUESTIONS SHOULD BE SENT TO:</u> -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). Thanks for your support of this column!

MORTON'S FOOT, MORTON'S TOE, MORTON'S SYNDROME, AND TONS MORE:

- Excuse the pun, but I've heard more about Dr. Morton from athletes in the last three years than I did throughout my years of training in Podiatry. Apparently there are two kinds of runners in the world today: those that have a Morton's foot, and those that think they do.

Throughout podiatric literature, there were at least three 'Dr. Mortons' who wrote prolifically about feet: D.J. Morton

talked about biomechanical function and deformities of the foot (The Human Foot, 1935 & 1952); T.G. Morton talked about nerve compression syndromes on the sole of the foot (1876); J.J. Morton talked about circulatory problems in the foot (1931). Unfortunately for J.J. and fortunately for us, very few people remember his work, but D.J. and T.G. have made significant contributions to our current understanding of foot mechanics and disorders. Unfortunately for us, many people confuse the findings of the two doctors Morton. In order to simplify this understanding: Morton's foot = Morton's syndrome = Morton's toe (short first metatarsal bone); and Morton's neuroma = Morton's neurolgia = Morton's Metatarsalgia (benign tumor of nerve on the ball of the foot between the third and fourth metatarsal bones).

Dudley J. Morton is the author most of us mean when we describe mechanical imbalance of the foot related to foot structure. Morton described side-to-side balance of the foot as involving six factors of the five metatarsal bones: two units of balance for the first metatarsal and one unit for each of the other four. By dividing the normal foot vertically into two halves, the medial (inside) half 'should' bear 50% of body weight, and the lateral (outside) half should bear the other 50%. A short first metatarsal bone causes imbalance because body weight falls to the inside, causing pronation of the foot with flattening of the arch. Dr. Morton described this as a metatarsal-length pattern, not a toe-length pattern. Many athletes think that because they have a short big toe, then they have a Morton's foot. This is not always the case and must be determined by professional examination or with x-rays. Treatment for a short first metatarsal with mechanical imbalance is accomplished with a measured functional orthotic device. This often includes a 'Morton's extension' for support extending under the first metatarsal bone to 'fill the void'.







MORTON'S NEUROMA

Not all forms of flat-foot or pronation are caused by Morton's foot. There are many other mechanical reasons. Likewise, not all people with a short first metatarsal bone will compensate with pronation. Therefore, treatment must be directed toward the cause of the abnormality, not the measurements. That is, all disease processes are abnormal, but not all abnormalities cause diseases.

Morton's neuroma is an irritation of the nerve that passes under the ball of the foot between the third and fourth metatarsal bones (See NCRR, May-June 1975). It is a common form of pain in the ball of the foot with activity and causes nerve sensations (occasional numbness, tingling, shooting pains, or cramping of the third and fourth toes). The irritation is caused by pressure of the bones on the nerve and is aggravated by mechanical factors. Many people feel that nature made an anatomical 'mistake' by having the nerves pass under a weight-bearing area. Treatment for a neuroma varies: many times the nerve must be surgically removed, which corrects the problem, but sometimes conservative treatment, including protective support and/or injections, will relieve the nerve compression and reverse the process to allow for complete healing.

Both of these problems are aggravated by running on hard, flat surfaces. Both of them can be corrected with the proper evaluation and treatment. First, wear good training shoes with proper cushioning and support. If you have a recurrent or progressive problem, be sure to seek professional attention

By the way, I haven't seen any yet, but I'm watching closely at the College of Podiatry for any students named Morton!

SPECIAL ARTICLE

I am glad to have the opportunity to let off some steam, and wonder if other people have similar feelings. My wife and I are of the approximately 70 million TV viewers who watched the 21st Olympiad. For most of the year, our idiot box is merely a peculiar piece of furniture with no function and little beauty. For the past two weeks, it was on approximately four hours per day and though we are critical of the 'balanced' ABC coverage, it is better than not seeing it at all. So we are thankful for the increased number of hours.

The number of advertisements and percent of time spent on Brut, Kentucky Fried Chicken, etc., always disturbs a Bay Area Channel 9 viewer. However, someone has to foot the bill, and

this must be accepted.

Now for my objections. In general, the Olympics is a class event with class people. It does not need embellishments. Our commentators are slick handsome people who love to talk, talk, talk. They never shut up and let an action speak for itself. This is not a radio broadcast. Many times I shut the sound off. However, I do enjoy musical accompaniment to the gymnastics and the score played during the opening ceremonies.

People like Howard Cosel were always at their best in bringing a mediocre sporting event to life with exciting narration. The Olympics do not need this kind of thing. Just as good theater does not utilize canned laughter or background music, and concert musicians of quality do not employ electrical

apparatus for augmentation.

One night after watching for three and a half hours, the program ended with several minutes of other events—such as soccer, water polo, field hockey, etc. Maestro McKay made an apology for not having sufficient time to show them. Well, there was enough time that evening to display what seemed like more than an hour of boxing and maybe an hour of diving, in addition to the ever-present advertisements and victory ceremonies. Now I admire Klaus Dibiasi and enjoyed his performances. Also, I feel that the boxers deserve to be seen. They worked long hours to get where they are. But why so much, and why at the expense of other events? Is this balanced? Soccer is the numero uno sport in the world and gaining popularity in the U.S. My wife was looking forward to seeing some fencing. Long segments of basketball games were shown, but 27 minutes and some seconds was too long a period to show the 10,000 meter run continuously and in its entirety. Track and field is the primary sport in the eyes of most people, and I feel that all of these events should be shown. I did not see the triple jump, pentathlon, women's long jump, or walking race.

I am tired of our announcers using this as a news program with too much attention to the politics of the countries involved. I am tired of listening to the future of O.J.'s career. Also, I am tired of listening to these people crying over so-called poor and biased judging and attempting to cause a furor to make a story. Micki King is upset because the Russian spectators applaud Soviet divers. What a terrible thing to do. Her side kick tells us to watch the second judge, who may be a Russian, East German, etc., and note if he gives his countryman higher scores than the other judges. Most times they didn't. And if they do? If they think it is a super dive? Another time, when there are no Russians, Italians, etc., as judges, maybe to eliminate possible bias, the announcers mention that the present judges are not good enough and miss the fine points. Perhaps, it is in the countries where the sport, whether gymnastics or diving, is popular is where the finer judges reside? A Belizian judge for gymnastics has a better chance of being impartial, but does he know the sport well enough with its subtleties, even after a short course? Send the announcers crying

what I feel is wrong with the Olympics...the politics, nationalism, victory ceremonies, flag-waving...is perpetuated by the ABC staff. They know how to add kerosene to the fire. A positive point is that I have not seen the scoreboard of medals for the various countries. However, this may be related to the fact that other countries are doing so well compared to the United States. Much stress is also put on American athletes. Being the favorite in an event and having maybe the best time or distance this year sometimes makes the audience feel that all the athlete has to do is remove his sweatsuit and pick up his gold. This leads to disappointment by the public. However, the athlete is less distressed knowing he did his personal best and maybe even broke a world record, though not coming in first. The rest of the world is improving too.

I believe the commentators should know more about the events, people, etc. Pronounciations of names are important. Jack Foster is 43, maybe 44, but not 48, unless other things I read about him are wrong. East Germany and West Germany are

not the official names of these countries.

I hope this has not been too disjointed. I attended the Olympic Trials at Eugene and enjoyed it immensely. The announcer at Hayward Field was knowledgeable and a pleasure to listen to. TV is a marvel, but being there is always best.

So, unable to travel to Mount Royal last month, I count my blessings I saw some of it. But if it must be on TV and I had my druthers, put me in my mother-in-law's house in London, in front of a superior British color TV, and let me watch a dull, though knowledgeable commentator, who knows when to be quiet, and with no advertisements. Having won relatively few medals, and not competing in many events, I would expect a more balanced program. /Submitted by Barry Nocks; Diablo, CA/

IN PARTING....

On July 2, 1976, Jim Shettler died of a heart attack while running a short distance from his home. Medical examination indicated that Jim experienced a cholesterol deposit in his left anterior artery, which blocked the blood flow to one small area of his heart. Whenever blood flow is cut off from any tissue of the body, the tissue dies. After a period of time this tissue will heal, assuming that blood supply is restored through a capillary bypass to these tissues. In Jim's case, the tissue of the heart damaged by the blood blockage involved the neural conduction system (Sinoatrial node) which are the nerves which make the heart beat. When this occured, the heart began to beat erratically, so that the heart began to flutter. Whenever the heart flut-



Jim Shettler, winning the 1975 Natl. AAU Master's 25-Kilo in Golden Gate Park. /D. O'Rorke/

ters rather than pumps rhythmically, blood circulation is inhibited throughout the body. Blood supply is cut off from the brain and the person lapses into unconsciousness and dies.

Jim came into my lefe for the first time some years ago during a race in Pleasanton, California. I was halfway through the race when I suddenly heard voices behind me. They came by me talking softly, Kent Guthrie and Jim Shettler, a pair many runners were to see together in the years ahead. I remembered Jim's voice as being soft, full of inflection, and accompanied by a gentle laugh, leaving me with the impression of a man who was comfortable with himself and what he was doing.

I chased him that day in Pleasanton like so many others were to chase him in the years ahead. I came close just once during a race in Oakland, the Woodminster. He suddenly appeared in front of me at the foot of the last hill, and for a fleeting moment I thought I had a chance, but then just as

suddenly, he leaned into the hill and was gone.

Jim dominated the Master's Division in Northern California like no other runner in his division. He ran in front in races from one to twenty miles and when the occasion arose, he did the steeplechase. He placed in the top three on a national level (and international level). In 1973 he led a PA-AAU team to the National Master's X-Country Championship in Ohio. In 1974, he led his club team, West Valley Joggers & Striders, to a second place in the same event.

As an individual runner, Jim was outstanding. As a team member, he ran for the WVJ&S and led them to victories in the Masters & Open Divisions. He was often the first runner in for his club, and he was always standing and encouraging his teammates as they ran the final stretches of a race. He had that one quality, humility, that was expressed in such a way that it was not embarrassing to experience. I always had the feeling that when our team won, I did contribute something to the efford and the victory, and Jim, by his attitude, made that possible.

As a human being, Jim was a composite of many things. Some months ago, prior to his death, my wife, Mary, and I were discussing Jim Shettler as a runner. I was talking about some of his achievements as a runner, and I began making some comments about his personality. I included 'shyness' as a part of his profile, however, I changed that after hearing Mary Relate a story about Jim. She recounted that when she first met Jim she would come upon him in a direct assertive manner, and she could sense him backing off as if startled. After a few of these experiences, she took to approaching him from the side, gently tugging at his sleeve and saying, 'hi'! She saw a marked change in his behavior in that the 'startled' response

was replaced with a warm and gentle greeting, welcoming you into his life-space. My concept of shyness was replaced with a picture of a warm and gentle person who was very sensitive to the

Death is a devastating experience for the living. Yet at the same time, it can be a healthy experience for the living because it can tough them deeply. Jim's death let me cry deeply for a man who had touched my life, as he had so many other runners, with his softness, swiftness, and depth. In my own grief, I said over and over again, "But Jim, I hardly got to know ya!" It took me a while to accept the few experiences I had with him and be thankful for them. Each of us who had contact with him had, I realized, a little bit of him in our lives. So, good-by friend. Thanks for the victories both big and small; thanks for the encouragement; thanks for the gentleness of your nature; thanks for your humility; and thanks for being a part of our lives. We shall think of you often. (The preceding article was written by Mike Healy, Kentfield, Calif.)

Scheduling

LONG DISTANCE (Also see "Late News")

IMPORTANT NEW SCHEDULING POLICY Those races which are listed in the PA-AAU LDR Handbook will be included in our comprehensive scheduling section...BUT only with a reference to that booklet. The detailed information such as starting time, meet contact, etc., is listed in the Handbook, and it was felt that the NCRR might be taking away sales of these worthwhile booklets by listing the same information. Everyone should be encouraged to buy the handbook (only 50¢ by mail & 35¢ at races...see ad on page 5 of this issue) as proceeds go into the local LDR Warehouse & Travel Fund. The NCRR will only serve as a verification of these PA-AAU LDR races. We will list any updates to the schedule (additions, deletions, changes) in their entirety. *** Also, when we feel that there is a definite schedule conflict, caused by non-AAU races, the AAU races will get preference. Meet directors pay a sanction fee and a percentage of their entry fees to the AAU for the privilege of having their race on a weekend that isn't cluttered with other runs. We will try to use our better judgment in accepting or rejecting non-AAU races. Regularly scheduled "Fun Runs" that are in the Runner's World format (no entry fees and only certificates or ribbons for awards...maximum 50¢ fee) will be listed in most cases.

NOTE: - ALWAYS check with the Meet Director to verify the date and time listed in the schedule below...mistakes can and do occur, and races are sometimes (though rarely) cancelled. The AAU "District Contact" should be written in cases where no meet director is listed...this may or may not be the AAU LDR Chairman for that district. FUN RUNS are usually 'sign up on raceday' affairs and require no pre-entry...these include the DSE Runs in the main schedule below. DISTRICT CONTACTS: PACI-FIC ASS'N: Harold & Penny DeMoss, 765 Campbell, Los Altos 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, OR 97302; DSE FUN-RUNS: (DSE) Walt Stack, 321 Collingwood, San Francisco 94114 (Ph. 415/647-9459...before 8 pm). --- PA-AAU DISTRICT OFFICE:

Meet Directors!!!

MAIL ENTRY BLANKS TO 1200 RUNNERS FOR \$15

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW ★

942 Market St., Suite 201, San Francisco 94109 (Ph. 415/986-6725)...AAU Cards 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---YOU MAY FIND YOUR CORRESPONDANCE UNANSWERED OTHERWISE. *** Please let us know about any meets/races in your area so we can list them on the schedule. We reserve the right to accept/reject any races in the event of conflicts with AAU-scheduled events.

FUN-RUN SCHEDULES: (Runner's World Format) - These races usually have at least one short race (mile or less) and a longer run up to 6 miles. Contact meet directors for full information. Foothill College (lower parking lot), Los Altos Hills, every Sunday at 10:30 am, contact Bob Anderson, Box 366, Mtn. View 94040; Chico (Hooker Oak Recreation Area in Bidwell Pk.), every Saturday at 9 am, contact Jim Remillard, Box 1417, Chico 95927; Walnut Creek (Heather Farm Park), every Sunday at 10 am, contact Rich Vasquez, 3 Barcelona Way, Clayton 94519; Fresno (Fresno High School, Roeding Park), every other Saturday at 7 am, contact Sid Toabe, 4566 N. Del Mar, Fresno 93704; Stockton (Fritz-Grupe Park), every Saturday at 9 am, contact Frank Hagerty, 3525 Benjamin Holt, #314, Stockton 95209;

Davis (Main Quad at U.C. Davis), every other Saturday at 10 am (maybe 9 am?), contact Rich Harley (Ph. 916/758-2687); Tracy (Dr. Powers Park), every Sunday at 11 am, contact Kurt Schroers (Ph. 209/835-8525); Bakersfield (West High School and Beach Park, alternately), every other Saturday at 8 am, contact Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309; Incline Village, Nevada (Incline H.S., on Lake Tahoe), every Sunday at 10:30 am, contact Skip Youngdahl, Box 4745, Incline Village, Nev. 89450

Waffles

ATTENTION X-COUNTRY RUNNERS: - We have a good supply of both Nike Oregon Waffle's and Waffle Trainers, but the supply usually goes quickly during the season. <u>Teams</u>: If you belong to a high school or college X-C team, ask your coach to have me come by the school and take advantage of the 10% team discount. We carry the widest selection of brands & models available in Northern Calif.

ADIDAS

TIGER

NIKE

NEW BALANCE

STARTING LINE SPORTS

Jack Leydig P.O. Box 1551 San Mateo, CA 94401 By appointment or mail order PHONE: 415/341-3119

Sep 24 - 72-Mile Lake Tahoe Run (Wells Fargo Bank, Tahoe City), 7 am. Paul Reese, SCUSD, P.O. Box 2271, Sacramento 95810. Sep 25 - Whiskeytown Lake Relays (8 Mi. west of Redding), 4-persons, 20 miles, 9 am. Relays, P.O. Box 1180, Redding 96001.

Sep 25 - SPA-AAU 20-Kilo Championships, Griffith Park, L.A., 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201. (SPA)

Oct 2 - Arroyo Grande Harvest Festival Run, 10 Mi.+, (Lopez Lake), 8:30 am. Stan Rosenfield, 1561 Hillcrest Pl., S.L.O. 93401.

Oct 2 - 6-Mile X-Country Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89101. (SNA)

Oct 2 - Lion's Gate 20-Miler, Vancouver, B.C., 9 am. Dennis Coveney (Ph. 987-7929).

Oct 2 - Cal-State Sonoma X-C Run, 5 Mi. (See PA-AAU LDR Handbook)

Oct 2 - Blue Angels Sports Festival, 10 Km., Fountain Valley (LA Area), 9 am. Mr. Fillett, 7125 Little Harbor Dr., Huntington

Beach 92648. (SPA)

Oct 3 - ORRC Silver Falls Run, 6.9 Miles, (26 Mi. E. of Salem, Ore.), 2 pm. Ed Ford (Ph. 362-3112). (OA) Oct 3 - Horsefall Beach Road Runs (1, 3, 5 Mi.), No. Bend, Ore., 1 pm. Kurt Black (Ph. 269-1934). (OA)

Oct 3 - Malibu-Will Rodgers Team Race (Tapia Park, LA Area), 10 am. Phil Clarke, 15232 Burton, Van Nuys 91400. (SPA)

Oct 3 - Pamakid Lake Merced Run, 7 Miles. (See PA-AAU LDR Handbook)

Oct 9 - 15 Kilo Road Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89101. (SNA)
Oct 9 - State of Jefferson 7 Miler, Ashland, Ore. (Emigrant Lake), 11 am. Dan Bulkley, XC Coach, So. Oregon Coll., Ashland, Ore.
Oct 9 - CCTC Truman School Run (1.2, 4.6 Mi.), Vancouver, WA, 11 am. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661.

Oct 9 - Berkeley Waterfront Run, 5 Miles. (See PA-AAU LDR Handbook)

Oct 9 - European Style X-C Race, San Diego, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)

Oct 10 - DSE Kennedy Drive 4.7 Miler, Golden Gate Pk., S.F., 10 am (meet at Polo Fields). Walt Stack, 321 Collingwood, SF 94114.

Oct 10 - ORRC Gabriel Park X-C Run, 6 Mi., Portland, Ore., 2 pm. Rick Raymond (Ph. 244-1557). (OA) Oct 10 - Nike/OTC Marathon, Eugene, Ore., 9 am. Geoff Hollister, Athletic Dept., 99 W. 10th, Suite 104, Eugene, Ore. 97401. (OA) Oct 10 - Mile-Square Park X-C (4 Mi.?), Fountain Valley (LA Area), 10 am. Joe Salicido, Box 2086, Huntington Beach 92649. (SPA) Oct 10 - Garland Ranch Regional Park 6.5-Miler (Carmel Valley). (See PA-AAU LDR Handbook) Oct 16 - Men's Sr. Natl. AAU Marathon (& International Rice Festival Marathon), Crowley, LA, 8 am. Charlie Attwood, M.D., 621 N. Avenue K, Crowley, LA 70526. Oct 16 - 10,000 meter track run, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA) Oct 16 - ORRC 10 Km. (& 1 Mi. jogathon), Delta Pk., Portland, Ore., 11 am. Ed Lilly (Ph. 292-1947). (OA) Oct 16 - Millbrae Lions Beach Run (2 & 4 Mi.) (Half Moon Bay). (See PA-AAU LDR Handbook) Oct 17 - SDTC Family Run, Coronado Cays, 2 pm. Merle Hamilton (Ph. 424-5359). (PSA) Oct 17 - Santa Barbara Marathon (La Playa Stadium, SBCC), 7:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105.(SPA) Oct 17 - Berkeley-to-Moraga Ridge Run (13.9 Miles). (See PA-AAU LDR Handbook) Oct 23 - San Dieguito Handicap, 10 Miles, 9 am. Dave Baxter (755-4259). (PSA) Oct 23 - SNA-AAU 5-Mile Championships, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. Oct 23 - Clay's Athletic Dept. Run, Phoenix, Ore. (7 Mi.), 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (0A) Oct 23 - OTC/LCC Internat'l X-C (4, 5, 12 Km.), Lane C.C., Eugene, Ore., noon. Mike Manley, 725 Ascot Dr., Eugene, Ore. 97401. Oct 23 - Foothill College & St. Francis H.S. X-C Invit. (Open 4 miles) (Los Altos). (See PA-AAU LDR Handbook) Oct 24 - New York City Bicentennial Marathon (Ft. Wadsworth, Staten Island), 10:30 am. NYRRC, Box 881, FDR Station, NY, NY 10022. Oct 24 - DSE Golden Gate Park 4-Miler, S.F. (Meet at Polo Fields), 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE) Oct 24 - ORRC Reed College X-C Run (6 Mi.), Portland, Ore., 2 pm. Mike Bergman (Ph. 246-9517). (OA) Oct 24 - Angwin-to-Anguish 8.2-Miler (Napa Valley). (See PA-AAU LDR Handbook) Oct 30 - One-Hour Run, Univ. of Nevada, Las Vegas, 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
Oct 30 - ORRC Oxbow Run (5.1 Mi.) & Jogathon (2 Mi.), Oxbow Pk., Gresham, Ore., 11 am. Miles Green (Ph. 252-5043). (OA) Oct 30 - Los Trampas Hill Run (8 Mi.?), Alamo (nr. Walnut Creek). (See PA-AAU LDR Handbook)
Oct 31 - Nike/Catalina Island 8-Miler, (Time?) (ENTRIES CLOSE OCT. 17). Nelson Farris, 1317 Westwood Blvd., West L.A. 90024.(SPA) Oct 31 - Natl. AAU Sr. 20-Kilo, Gardner, Mass., 2 pm. (ENTRIES CLOSE OCT. 28) H. Dernalowicz, City Hall, Rm. 112, Gardner, 01440. Oct 31 - Cal-State Sonoma Marathon, Rohnert Park. (See PA-AAU LDR Handbook)

Nov 6 - Natl. AAU 50-Mile Champs (Sr. & Masters), On Track, N.Y.C. Vince Chiappetta, 2 Washington Sq. Village, N.Y., N.Y. 10012.

Nov 6 - 15-Kilo Handicap, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)

Nov 6 - ORRC 10-Mile Track Run, Duniway Pk., Portland, Ore., 11 am. Pat Dailey (Ph. 292-0506). (OA) Nov 6 - Almond Bowl Run (3 & 6 Mi.), Bidwell Pk., Chico, 10 am. Frank Burk, Rt. 2, Box 142-B, Chico 95926. (Note new contact) Nov 7 - Excelsior West End Run (5.7 Mi.), Golden Gate Pk., S.F. (See PA-AAU LDR Handbook) Nov 7 - CCTC Lower River 4.5-Miler (& 2 Mi.), Vancouver, WA, 2 pm. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661. Nov 7 - Seniors TC 4-Man, 10-Mile Relay (LA Area), 9 am. Ron Watson (Ph. 536-3346, days). (SPA) Nov 13 - SNA-AAU 20-Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.

Nov 13 - ORRC Oak Hills 7-Miler (& 2 Mi. Jogathon), Portland, Ore., 11 am. Al Larner (Ph. 292-5455). (OA)

Nov 14 - SPA-AAU 10-Kilo X-C Champs, Laguna Niguel Pk. (LA Area), 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA) Nov 14 - DSE Yacht Harbor Run (7.6 Mi.), (Meet at Marina Green), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE) Nov 14 - PA-AAU Sr. 10-Kilo X-C & Natl. AAU Masters X-C Champs (includes women), Belmont (Crystal Sprgs course), 10 am (several races). (ENTRIES CLOSE NOV. 10) (See PA-AAU LDR Handbook) Nov 14 - SOS Pioneer Road Run (9 Mi.), Phoenix, Ore., 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, Ore. 97535. (0A) Nov 19 - Cuyamaca Fun & Fitness Weekend (3 days), San Diego area. Bill Stock (Ph. 466-8700). (PSA) Nov 20 - 7-Mile Turkey Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)

Nov 20 - SCTC Family Jogathon (1 & 2 Mi.), Coos Bay, Ore., 11 am. Paul Reoss (Ph. 267-4462). (OA)

Nov 20 - Oregon AAU/USTFF X-C Champs (10 Km. Open), Lane C.C., Eugene, Ore., 11 am. Al Tarpenning, Lane Comm. Coll., Eugene 97401

Nov 20 - Phelan 15-Miler (Handicap), Phelan, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA) Nov 20 - Cheney Marathon, Cheney, Wash. (Moos Field), 11 am. Lawson Van Kuren, 418 Cocolalla, Cheney, WA 99004. Nov 21 - Pico Rivera Turkey Trot (10 Mi. open) (Smith Pk.), 9 am. Pat McArdle, Pico Rivera Pks. & Rec., 6615 S. Passons Blvd., Pico Rivera 90660. (SPA) Nov 21 - Santa Clara Valley Autumn Ridge Run (6.2 & 11 Miles), Milpitas. (See PA-AAU LDR Handbook) Nov 21 - DSE 7.5-Mile Golden Gate Prominade Run (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.

Nov 27 - Seattle Marathon (Seward Pk.), Seattle, Wash., 11 am. Dean Ingram, 507 Cobb Medical Ctr., Seattle, WA 98101.

Nov 27 - ORRC Island Marathon, Sauvies Island (Portland), Ore., 11 am. Bill Gorman, 200 SW First Ave., Portland, Ore. 97201. (OA)

Nov 27 - 5-Mile Handicap, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA) Nov 27 - Natl. AAU Sr. Men's X-C Champs (10-Kilo), Philadelphia, PA, 11 am. Tom Sander, MAA-AAU, Rm. 738, 100 S. Broad, Philadelphia, PA 19110. Nov 28 - Pepsi 20-Miler, Clarksburg (Sacramento area). (See PA-AAU LDR Handbook) Nov 28 - Apple Valley 6.3-Miler (Handicap) (LA Area), 11 am. Jim Gorrell, 14576 Hope Rd., Apple Valley 92307. (SPA) Dec 5 - Natl. AAU Women's Marathon Champs & Western Hemisphere Marathon, Culver City, 8 am (PRE-ENTRIES REQ'D.). Carl Porter, 4117 Overland Ave., Culver City 90230. (SPA) Dec 12 - Natl. AAU Sr. & Masters 3000m Team Race (Special women's team race), La Crescenta Pk., 10 am. (PRE-ENTRIES REQ'D; TEAMS ONLY--NO INDIVIDUAL ENTRIES...5-MAN TEAMS). Sam Nicholson, 4946 Fredrick, La Crescenta 91211. (SPA) Dec 11 - Livermore Marathon (PA-AAU Championships), Livermore. (See PA-AAU LDR Handbook)

Dec 12 - Natl. AAU Masters Marathon Champs (& Honolulu Marathon), Hawaii, 6:30 am. (ENTRIES CLOSE DEC. 1). Honolulu Marathon Ass'n, P.O. Box 27244, Chinatown Station, Honolulu, Hawaii 96827.

Dec 18 - Madera Marathon (Madera High School), noon. Coach Dee DeWitt, 200 South L St., Madera 93637. (CCA) Dec 19 - Christmas Relays (Santa Cruz to Half Moon Bay), 50 Miles (7 persons). (See PA-AAU LDR Handbook)

Dec 26 - PA-AAU 100-Kilo Championships (& 50 Mile Run, non-championship), (TENTATIVE), Site & time TBA. Jack Wiley, 2359 Hermosa Ct., Pinole 94564. (He's open to suggestions.)

CROSS COUNTRY -

Below is the X-C Schedule for NorCal (& some SoCal) activity. We got very little response from coaches (or anyone else) to our pleas in last issue. About ten or so sent schedules, but the rest of what you see below was gathered by making many phonecalls and some personal visits to knowledgeable people in cross-country. READERS---PLEASE MAKE IT A LITTLE EASIER ON YOUR EDITOR BY SENDING ME ADDITIONS & CORRECTIONS TO WHAT YOU SEE (any and all meets from Nov. 6th onward). Thanks!

This schedule is not intended to be perfect...we make mistakes and so do the people that print the schedules in the first place. So check before you go to compete or spectate at any

of the meets below (& on following page). All X-C Meets are lumped together below, with the following coding, unless they are obvious as to entry restrictions: (JR) Under 20, Men;
(0) Open; (C) Collegiate; (JC) Jr. College; (HS) High School
--usually girls & boys; (M) Masters (over-40); (W) Women;
(BAG/GAG) Boys & Girls Age-Group; (JHS) Junior High School.

9/29 - Center Meet, Legion Pk. (Turlock?), 3:30 pm (HS). 9/30 - Stanford Invit., Stanford (CCS Teams Only), 3:15 pm (HS)

10/1 - South Tahoe Invit., (HS).

10/2 - Fresno St. Invit., Woodward Pk., 10 am (HS,C,0); Chico St. Invit., Chico (JC,C); Golden Gate Invit., Golden Gate Pk., S.F., 10 am (JC); All-Cal Meet, (UC Campus-

es), 5 Mi., Golden Gate Pk., S.F., 11 am (C)....MORE---

10/2 - Roseville Gazelles X-C, (GAG/W)--See LDR Handbook; Nevada Union Invit., Grass Valley, 10 am (HS); Colfax Invit., Colfax (HS); Artichoke Invit., Half Moon Bay, (HS); Cal-St. Sonoma X-C, (0)-See LDR Handbook.

10/3 - Appaloosa TC X-C Meet, (G&BAG, W) -- See LDR Handbook San Mateo Invit., Crystal Sprgs, Belmont, 11 am (JC); Orinda TC X-C, (G&BAG,W)--See LDR Handbook; Aptos In-vit., Aptos HS, 10 am (HS); Crystal Sprgs Invit., Belmont, 9 am (HS); Aggie Invit., UC Davis, 5 Mi., 11 am (C,0); Bella Vista Invit., Sacramento, 10 am (HS); Merced Invit., 10 am (HS); San Ramon Invit., Danville, 10 am (HS).

10/13 - Center Meet, Turlock, 3:30 pm (HS).

10/14 - Center Meets, Crystal Sprgs--Belmont & Coyote Park,

10/16 - Aztec Invit., Balboa Pk., San Diego, 8 am (0); Soquel Invit., Soquel HS, 9 am (HS); Antioch Invit., (HS); Rio Linda Invit., Sacramento, 10 am (HS); Del Oro Invit., Sacramento, 10 am (HS); Stanford Invit., Stanford Golf Course (6 Miles), 10 am (C, Invit.0) & (4.2 Miles), 9 am (W); Hancock Invit., Santa Maria, noon (JC); MLTC Beach Run, (0)—See LDR Handbook.

10/21 - Center Meet, Crystal Sprgs, Belmont, 3 pm (HS).

10/22 - Mt. SAC Invit., Walnut, 10 am (JC)

- 10/23 Foothill College & St. Francis HS Invit., (B&GAG, HS, O, W) -- See LDR Handbook; Woodside Striders X-C, (B&GAG, W)-See LDR Handbook; Coyote Invit., Coyote, 9:30 am (HS); Blossom Hill Challenge, San Jose (Leigh HS sponsor), 9 am (HS); Pleasant Hill Invit., Pleasant Hill HS, 9 am (HS,C,O); Madera Invit., 10 am (HS); Matador Relays, Sacramento, 10 am (HS).
- 10/28 Center Meets, Crystal Sprgs & Coyote Pk., 3 pm (HS). 10/30 - PA-AAU Boys & Girls Age-Group X-C Champs--See LDR Handbook; Pac-Eight So. Division, UCLA (10 Km.), 11 am (C); McKinleyville Invit. Beach Run, nr. Eureka, noon (HS).

11/5 - Sac-Joaquin Region IV, Site TBA, 10 am (HS); Golden

Gate Conf. Meet, Crystal Sprgs, 2 pm (JC).

Valley Conf. Meet, Fresno, noon (JC); Postal Meet, 2-miles, West Valley College (Saratoga) (HS); Northern Section Champs, Shasta College (HS); PA-AAU Sr. & Intermediate Women's Champs--See LDR Handbook; Far West Conference Meet, Chico (C); Golden Valley Conf. Meet, Butte JC (JC); Camino Norte Conf. Meet, Solano JC,

11 am (JC); Coast Conf. Meet, Crystal Sprgs, 1 pm (JC). 11/10 - AAA City Champs, S.F. (Site TBA), 3 pm (HS); NCS Region II, Site TBA (HS).

11/13 - Peninsula Invit., Pebble Beach, 10 am (HS); NorCal JC Champs, Crystal Sprgs, 10 am; Mills Frosh Harrier Run, Millbrae, 10 am (HS); Sac-Joaquin Section Meet, 10 am, Site TBA (HS); Pac-Eight Champs (& NCAA District 8), Stanford Golf Course (6 Mi.), 11 am (C).

11/14 - Women's State X-C Champs, (Date Changed from 11/13), Sacramento area (Site Changed), Nov. 6 entry deadline--See LDR Handbook for other information.

11/16 - OAL Section Meet, Joaquin Miller Pk., Okld., 3:30 pm

11/17 - North Coast Section Meet, Site TBA (HS); CCS Region Meets, Sites TBA (HS).

CCS Region III, Coyote Hills, 3 pm (HS); CCS Region I, Crystal Sprgs, 3 pm (HS).

11/19 - CCS Region Meets, Sites TBA (HS).

11/20 - PA-AAU Jr. Olympics X-C, (B&G thru 17)--See LDR Hand-book; California State JC Meet, Valencia (College of the Canyons), noon.

11/22 - NCAA Championships, Denton, Texas (6 Mi.), 11 am (C).

11/23 - Central Coast Section Meet, Tentatively Coyote Pk., 3 pm (HS).

11/27 - Natl. AAU Jr. & Sr. Women's X-C Champs (& Age-Group Champs), Miami, Florida, 10 am; Natl. AAU Sr. Men's X-C Champs, Philadelphia, Penna. (10 Km.), 11 am (0)--See LDR Schedule on pg. 15 for contact; SDTC Invit., Balboa Pk., San Diego (5 Km.), 11 am (0).

- Postal Meet, 3-Miles, West Valley College, Saratoga, 12/4

10 am (HS).

12/11 - Natl. Jr. Olympic X-C Champs, St. Louis, MO (G&BAG); PSA-AAU X-C Champs, San Diego, 10 am (0).

TRACK & FIELD -

10/2 - Men's Masters T&F Meet, UCSB, Santa Barbara, 10:30 am--Entry Deadline Sept. 25 (Ph. 805/687-6323) (M).

ALL-COMERS MEETS: - Please send us dates & information on any winter meets in your area by Nov. 1st...otherwise no listings!

RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following individuals--(For NorCal) Bob Bowman, 2190 Mountain Blvd., #1, Oakland, CA 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.

***Hey you walkers out there! I've always thought that many runners were apathetic about sending in results and scheduling, but this is ridiculous! I haven't received a single piece of correspondance since last issue...and I know there have been (and will be) races. Don't you guys have a schedule of some kind you can send me? Only walking results we have are ones in conjunction with track meets (including the Olympic Trials)...and they are listed in the T&F Results Section. I want to give you guys coverage, but it's a bit hard when I don't know what's going on!

PREP PATOIS

TOP NOR-CAL PREP MARKS: - I still have not received the top listing of marks for this past spring from our editor, Chris Kinder, despite several urgent letters (his phone is unlisted, so if anyone knows it, please let me know). I haven't heard a thing from him since the middle of last June...anyone know his whereabouts? If I don't get response soon, I may throw the editorship open to anyone else who would like to perform the task of gathering prep marks each spring. Any interest out there?

Before I left for Montreal (but too late for last issue), I did receive the following tidbits of information from Chris and will print it here---There were several interesting notes at the State Meet. The North Coast Section led NorCal sections with 27-1/2 points, followed closely by the Central Coast with 26-1/2 points....The sprint times were slowed by a headwind of 8-15 mph, the same headwind that made all the horizontal jumps wind-aided, and held up the discus for the strong right-handed throwers....Berkeley would have scored more in the girl's division had they not dropped the baton on the first exchange of the 440 relay, while holding a huge lead....By the same token, Hamilton (LA) may have won the boy's title had they not dropped the baton on the second pass of the same relay....Tony Ward (Lodi) almost won the highs, but staggered at the finish and faded to fourth....John Lane had no problems winning the high jump, clearing 6-8, 6-10, and 6-11 with no misses. He had three good jumps at 7-1.... Steve Montgomery's four legal throws were 65-1 1/2, 68-0, 66-6 3/4, 66-8....Tom Bobertz (Serramonte), the nation's leading high hurdler, appeared to be fouled in his heat, finishing in sixth place. No foul was called, and he probably should not have been within reach to be fouled in the first place....Andrew Fields (Grant, Sac'to) also a national leader, pulled up easy at the finish of his heat in the 330 hurdles, and ended up in fourth to not qualify for the finals ...Soph Frieda Cobbs (Berkeley) brought the Friday crowd thundering to its feet with her 56.9 anchor in the mile relay, bringing Berkeley from non-qualifying to be the heat winner....The first heat of the boy's mile relay saw three fine anchor legs by--Billy Mullins (Hamilton, LA), who won with his 47.2 leg; Keith Taylor (Piedmont Hills, San Jose), who brought his school to second with a 47.4 effort; and Andrew Fields (Grant, Sac'to), who rounded out the field of qualifiers with a 47.3 anchor....Southern California's Tom Hintnaus (Aviation) won the pole vault as the title escaped NorCal vaulters again. NorCal has only 3 winners in the vault since 1954....On the other hand, only two SoCal discus throwers have won the title in the 18-year history of the event....Former long jump winners include pro-footballers Lynn Swann (Serra, San Mateo), James McAlister (Blair, Pasadena), and former S.F. Giant, Bobby Bonds (Riverside, Poly)For the first time since 1970, a NorCal school did not win the 440 relay....The 14.5 winning time in the high hurdles was the slowest time since 1952. For those who want to date their memories, Hugh McElhenny and Bob Mathias ran that same time in 1947 and 1948....Pittsburg's Derald Harris' victory in the 440 made four in a row for NorCal, after SoCal had won 12 of the previous 13....Defending 100-yard champ Kevin Williams (San Fernando) took two false starts in a big hurry and appeared to be quite content to be disqualifiedThe 3:18.2 mile relay victory by Pasadena was the slowest in the nine-year history of the event....The CIF honored several NorCal coaches, all of whom were featured in the Meet Program. Carson English (Balboa, S.F.) is 42-1 in his three years as "Buc" head man. Don Bell (Willow Glen, San Jose) has come and gone as an active coach already, and now serves as CCS Meet Director. Al Hooker (La Sierra, Carmichael) has been active in producing the Golden West Invitational, as well as the 1973 State Meet, while leading the reins at this powerful Sacramento area school. Herman Stauss has turned out many fine athletes while coaching at Oroville High from 1949 to 1971. And Robert Stuart (Harry Ells, Richmond) developed the track program from 1955 to 1972 at the school that was last year's State team champion. Congratulations to these fine coaches. Girls coaches honored were Linda Sawyer (Las Lomas), Marva Eichelberger (Oakland Tech), and Jan Edwards (Summerville, Tuolomne County)....Next year's State Meet will be in Los Angeles at UCLA and will be the same traditional two-day affair. Plans were for a NorCal and SoCal qualifying meet and then a one-day State Championships, but such plans have fortunately been scrapped.

TRACK & FIELD RESULTS

SPA-AAU CHAMPIONSHIPS: (May 22, Westwood-UCLA) - $\frac{400m}{m}$: Brown/Macc 45.7; $\frac{1500m}{s}$: 2-MacDonald/MPRR 3:42.2; $\frac{10,000m}{s}$: MacDonald/MPFF 28:53.6; $\frac{110mHH}{s}$: Owens/UCLA 13.6; Women's DT: 2-Svendsen/SJStrs 163-0. /Vern Gambetta, California Track News/

CALIFORNIA STATE JC CHAMPIONSHIPS: (May 29, Bakersfield) - 100m: Hampton/SJCC 10.4, Jackson/Ala 10.5, 4-Jordan/Ala 10.5, 5-Wil-liams/SJCC 10.6; 200m: Hampton 20.4, Jordan 20.7, 4-Williams/Delta 21.0; 400m: Mayweather/Ala 47.1, 3-Tyrell/WV 47.6, 5-Monseth/CRC 47.7, 6-Brown/DVC 48.2; 800m: Donahue/Pierce 1:49.9, Wells/Rdwds 1:51.3, 5-Vargas/Merc 1:52.4; 1500m: Colley/SBern 3:45.9 (Natl. JC Red.), Deis/AR 3:47.1, 6-Ringo/AR 3:51.2; 5000m: Simonian/LACC 14:10.4 (13:43.6 in route), 3-Fritzke/WV 14:27.4, 5-Kingery/CSM 14:32.2; 10,000m: Pfeffer/Grmt 29:48.8, 3-Qualle/Mod nt, 4-Montenegro/SJCC nt, 6-Tucker/Delta 31:44.2; 3000mSC: Wilson/Grmt 9:05.4, 2-Weed/AR 9:06.2, 3-Langford/AR 9:13.4, 4-James/SJCC 9:15.8, 5-Garrett/CRC 9:21.6; 110mHH: Hall/MSAC 14.1, 3-Carley/Sac 14.4, 4-Monroy/SJCC 14.5, 6-Crittenden/CCC 14.9; 400mIH: Rudd/Pas 50.2, 5-Starmer/Butte 55.3; 440R: SJCC 39.8 (Natl. JC Red.), 2-Alameda 40.0; MileR: SJCC 3:13.3, 2-Alameda 3:13.8, SRJC 3:13.8, 5-WVJC 3:15.0; LJ: Jones/ELA 25-0, 4-McRae/Chab 23-10, 6-Marlow/CRC 23-2; TJ: DeFrance/Bak 51-4, Marlow/CRC 51-3 1/2, 5-McRae/Chab 49-10, 6-Shaffer/Ala 49-9 1/2; HJ: LaRusch/Glendale 7-0; PV: Brown/EC 16-0, 2(tie)-Searle/WV 15-6; SP: Santiago/AR 56-9, 6-Greco/SJCC 52-4 3/4; DT: Gordien/MSAC 183-3, 5-Santiago/AR 173-3; JT: LaPerriere/Palomar 236-8, 3-Walker/Chab 213-10, 6-Hickenbotham/Delta 201-8. Teams: SJCC 49, Alameda 47, Bakersfield 38, Grossmont 36, American River 35...8-West Valley 21.

CALIFORNIA WOMEN'S STATE CHAMPIONSHIPS: (May 30-31, San Diego) - WOMEN: (Teams) 6-NCS & WDS 20, 9-MLTC 13...3000m: 4-O1rich/WVTC 10:05.3; 100m: 4-Christoff/ML 12.08; 5000mW: 5-Berzaman/WDS 30:41; 800m: Weston/WS 2:04.3, 4-Keyes/LATC 2:07.5, 5-Costello/LATC 2:10.0; MileR: 2-WDS 3:59.0; 2MR: WDS 12:08.4; SP: Sherrard/NCS 35-11 1/2; JT: 2-Cannon/ML 168-9; DT: Svendsen/SJStrs 162-10. JUNIOR: (Teams) 2-MLTC 70, 3-WS 30, 10-WDS 14...400mH: Souza/WS 63.36; 440R: MLTC 47.08; 1500m: Adams/WS 4:32.04; 100m: 2-Parker/ML 11.77, 3-Bolton/ML 12.01, 4-Pemberton/ML 12.16, 5-Elmore/ML 12.42; 3000mW: 2-C. Sakelarios/RCF 16:14.8; 100mH: 3-Bangert/ML 16.25; 200m: 2-Parker/ML 24.12, 3-Pemberton/ML 24.51, 4-Bolton/ML 25.27; MileR: WDS 4:22.3; 2MR: 4-WDS nt; DT: 3-0'Conner/ML 115-6; LJ: Elmore/ML 18-4, 4-Robinson/CY 16-½. 14-15 YEARS: (Teams) 4-CY 50...2 Mi: 4-Jones/OTC 11:37.2; 440R: 5-CY 50.6; 300mH: 3-Hohmann/CY 45.87; Mile: Bray/Un 5:04.1, Trason/MP 5:04.2; MileW: 2-G. Sakelarios/RCF 8:02.1, 3-Spencer/CY 8:10.0; 100mH: (Tow) 2-Yuhas/CY 14.52; 220: 3-Hohmann/CY 26.01; 880MR: 2-CY 1:51.7; 880: Regan/CY 2:12.36, 5-Linn/WS 2:19.4; HJ: 4-Yuhas/CY 5-0. 12-13 YEARS: (Teams) 6-RCF 31... 200mH: 4-Mills/RCF 29.3; Mile: 3-Lee/OTC 5:08.7, 4-Manning/OTC 5:09.3; 100y: 4-Smith/ML 11.49; MileW: Vaughn/RCF 7:47.5; 80mH: 5-Crevelt/RCF 12.67; 880MR: 4-OTC 1:54.6, 5-CY 1:56.0; 880: 2-Davis/RCF 2:17.9; JT: 2-Ashton/RCF 103-10; DT: 4-Weakly /CY 82-11; HJ: 5-Pfieffer/APP 5-0. /John van Benthem/

NCAA CHAMPIONSHIPS: (June 1-5, Philadelphia, Penna.) - (Teams) USC 64, UTEP 44...9(tie)-SJ State 20, 12(tie)-Cal 16. 5000m: 7-Taylor/Ore 14:05.2; 10,000m: 10-Sandoval/Stan 29:09.6; 110mH: Cooper/SJS 13.89, 2-Owens/UCLA 13.94, 7-Foster/Stan 14.35; HJ: 14(tie)-Murphy/Cal 6-11; PV: 8(tie)-Hintz/Cal 16-6; LJ: 3-Lofton/Stan 25-3 1/2, 12-Carter/SJS 23-11 3/4; TJ: 2-Cochee/USC 53-10; SP: 2-Semkiw/SJS 64-2, 5-Weeks/SJS 62-7 1/2; DT: 2-Fruguglietti/USC 202-0, 6-Elder/USC 187-5, 7-Burton/Ore 186-0, 8-Weeks/SJS 181-3; Dec: Miller/Cal 7443; 1600mR: 3-Cal 3:03.9.

PREFONTAINE CLASSIC: (June 5, Eugene, Ore.) - 200m: 2-B.Brown /TS 21.10; 5000m: Geis/OTC 13:30.8, Macdonald/Un 13:33.2, 4-Kardong/CNW 13:35.0, 13-Ruffatto/ColTC 13:52.0; SP: Schmock/TS 69-3, Feuerbach/PCC 68-10 3/4, Wilkins/PCC 67-8 3/4; DT: Wilkins/PCC 220-11, 3-Kennedy/SJStrs 193-0, 4-Louisiana/Army 181-8; JT: 7-Wallis/Army 238-9; Women's 1500m: Larrieu-Lutz/PCC 4:14.5. /Track & Field News/

NATL. AAU JR. MEN'S CHAMPIONSHIPS: (June 8-9, Knoxville, TN) - 100m: 5-Andrews/USC 10.3; 200m: 6-Williams/Delta 21.1; 800m: 1-Suhr/UCLA 1:48.8; 1500m: 4-Arriola/Gahr HS 3:48.8; 5000m: 1-Serna/UCI 14:15.2, 5-Schulz/WVTC 14:22.6; 400mH: 4-Turner/LAS 52.0; HJ: 1-Walker/USC 7-0; LJ: 1-Doubley/TS 25-7 1/2w; TJ: 3-DeFrance/Bksfld 51-3 1/4, 6-Rice/Alameda JC 48-9 1/4; SP: 1-Montgomery/LassenTC 57-9 1/2, 2-Kurrasch/Macc 57-3, 4-McKenzie/Hart HS 55-5; DT: 1-Baughman/Fullerton JC 178-2, 3-Kunz/Lakeland 166-3, 5-Fuller/LBCC 161-11; HT: 4-Fuller/LBCC 149-7. /Pete Cava/



John Powell (left) and Mac Wilkins obviously are happy after qualifying for the Olympics in the discus. Wilkins beat Powell (they went 1-2) in both the Trials and the A.A.U. Championships. /Dave Stock/

NATL. AAU SR. CHAMPIONSHIPS: (June 10-12, Westwood-UCLA) - (MEN)---200m: 1-Hampton/SJCC 20.89; 400m: 5-B. Brown/Macc 45.57, 8-Rodgers/BAS 46.99; 800m: 1-Robinson/Cal 1:46.6, 3-R. Brown/TS 1:47.3; 1500m: 4-Schilling/SJS 3:42.95; 10,000m: 2-Macdonald/MPRR 28:58.6, 4-Sandoval/Stan 29:14.0; 110mHH: 2-Owens/Macc 13.69, 4(tie)-Florant/Cal 13.91; 3000mSC: 6-Innes/Unat 8:48.5; 5000mW: 4-Glusker/WVTC 22:12.2; HJ: 13(tie)-Haber/CSH 7-0, 15(tie)-Friday/CSH 7-0; TJ: 1-Haynes/Army 55-9 3/4w, 5-Cochee/TS 54-1 1/4w, 7-Terry/WVTC 53-4w; LJ: 5-Lofton/Stan 25-8 1/2; SP: 2-Feuerbach/PCC 69-2 1/2, 4-Shmock/TS 68-0 1/2, 7-Marks/WVTC 64-11 1/2, 10-Weeks/SJS 60-8 1/4, 13-Semkiw/SJS 60-1; DT: 1-Wilkins/PCC 230-0, 2-Powel1/PCC 221-7, 5-Louisiana/Army-OTC 201-7, 6-Kennedy/Stars 200-5, 7-Stade1/TS 196-0, 11-Weeks/SJS 185-11; HT: 12-McKen-zie/WVTC 201-7; JT: 10-Kennedy/Stars 235-7, 14-Wallis/Army 220-9; (WOMEN)---800m: 2-Weston/WS 2:03.5; 1500m: 1-Larrieu-Lutz/PCC 4:09.9, 5-Poor/SJC 4:16.2, 6-Keyes/LATC 4:18.0, 7-Graham/SJC nt (less than 4:21.6); 3000m: 2-T.Anderson/AIA 9:19.6, 5-Keyes/LATC 9:32.0; 100mH:(w) 1-Frederick/LATC 13.29; 5000mW: 6-Sakelarios/RCF 27:24.6; HJ: 7-Frederick/LATC 5-9; LJ: 7-King/MLTC 20-3; DT: 2-Svendsen/Stars 169-10, 3-Langford/MLTC 166-9; SP: 1-Seidler/MDYF 54-4, 4-Svendsen/Stars 47-10 1/2, 5-Frederick/LATC 47-2; JT: 5-Cannon/MLTC 165-7; 2MR: 5-SJ Cindergals 8:54.0. /Pete Cava; T&FN/

INTERNATIONAL PREP INVITATIONAL: (June 12, Evanston, II1.) - (Also USTFF Natl. Jr. Champs) /No wind information in results/100y: (w?) 2-Williams/SanFernando 9.5, 4-Willis/S.F.-Mission 9.6, 6-Lewis/S.F.-Wilson 9.7; 220: 3-Willis 21.8, 5-Lewis 22.3; 440: 1-Harris/Pittsburg 46.9, 2-Thompsoln/Cerritos 47.4; 2 Mi: 6-Godinez/L.A. 9:16.1; 330IH: 1-White/SanFernando 36.4, 6-Fields/Sac'to 37.7; PV: 1-Hintnaus/ManBch 16-0, 4-Switzer/Burbank 15-6; DT: 2-Endler/Hoover-Fresno 193-3, 4-Montgomery/Lassen-Susanville 185-7; SP: 1-Montgomery 68-5 1/2 2-McKenzie/Newhall 67-0 1/4, 5-Stover/Corning 61-3 1/4; LJ: 1-Doubley/LA 25-11 1/2, 6-Wilson/Fontana 22-6; TJ: 2-Caldwell /LA 51-6 1/2; HJ: 2-Lane/American-Frmt 7-0. /Joe Newton/

NATL. AAU JR. WOMEN'S CHAMPIONSHIPS: (June 14-15, Westwood-UCLA) - /No wind information in results/ - Teams: 1-Klub Keystone 32...4-MLTC 22...100m: 4-Parker/MLTC 11.86; 200m: 3-Cobbs/BETC 24.38; 400m: 7-Belk/SJC 55.4; 800m: 5-Keyes/LATC 2:08.5, 7-Regan/CY 2:10.0; 3000m: 5-Adams/WS 9:56.2, 6-Bier/SJC 9:58.0, 8-Trason/MPTC 9:59.0; 100mH: 8-Jacobson/CCTC 14.5

<u>2MR</u>: 2-Berkeley East-Bay TC 8:59.8, 4-SJ Cindergals 9:00.4; <u>HJ</u>: 3-Cornell/SVTC 5-8 1/2; <u>LJ</u>: 2-Elmore/MLTC 19-6 3/4, 3-Kinimaka/SJC 19-5 3/4; <u>SP</u>: 6-Holloway/SJC 44-0; <u>JT</u>: 1-Sulinski/MLTC 163-5. /Pete Cava/

MASTERS WESTERN REGIONAL CHAMPIONSHIPS: (June 19-20, San Diego) - (Divisions indicated following each event) - 100m: (I-A) 1-Parish/NCS 11.2, 4-Springbett/WVJS 11.8, 5-Glasgow/NCS T1.8; (I-B) 1-Marlin/NCS 11.8, 2-Frederickson/NCS 12.0, 5-Washington/NCS 12.1; (II-A) 2-Wiggington/NCS 12.8, 4-Roemer/NCS nt; (III-B) 2-Carnine/NCS 13.8; (W-1) 1-Gerard/NCS 13.1, 2-Parish/NCS 13.2; (W-2) 1-Obera/NCS 12.6, 2-Dietderich/NCS 17.0; 200m: (I-A) 2-Parish/NCS 23.6, 2-Bruhner/NCS 23.9, 3-Springbett/WVJS 24.6; (I-B) 1-Frederickson/NCS 24.6, 5-Washington/NCS 25.1; (II-A) 3-Wiggington/NCS 27.5; (III) 1-Carnine/NCS 29.1, 2-Bierlein/NCS 33.7; (W-1) 1-Gerard/NCS 27.4, 2-Parish/NCS 28.0; (W-2) 1-Dietderich/NCS 36.8; 400m: (I-A) 2-Bruhner/NCS 54.2; (I-B) 3-Washington/NCS 58.8; (III-B) 1-Shine/NCS 68.0; (Women) Obera/NCS 62.6, Gerard/NCS 63.5, Parish/NCS 68.0; (Women) Obera/NCS 62.6, Gerard/NCS 63.5, Parish/NCS 65.4, Dietderich/NCS 70.5; 800m: (1-A) 1-Richardson/Sund 2:03.2; (III-A) 1-Mahannah/NCS 2:38.6; (III-B) 2-Bierlein/NCS 2:54.1; 1500m: (SM) 3-Himmelberger/WVTC 4:10.1; (I-A) 1-Richardson/Sund 4:15.5; (I-B) 3-Neal/LVTC 4:46.9; 110mH: (I-A) 3-Parish/NCS 18.4; (III-A) 2-Wiggington/NCS 19.2; 400mH: (I-A) 1-Parish/NCS 62.7; (II-A) 3-Roemer/NCS nt; (III-A) 3-Dick/NCS 88.9; 5000m: (II-A) 1-0'Nei1/SFOC 16:52.5; 3000mW: (SM) 2-Himmelberger/WVTC 16:21.5; 10.000m: (II-A) 1-0'Nei1/SFOC 34:09.9; 440R: (I) 1-NCS 45.1; MileR: (I) NCS 4:28.2; DT: (SM) 3-Shelton/WVTC 124-8; (I-A) 3-Conley/WVTC 114-7; (II-A) 3-Wiggington/NCS 106-2; (II-B) 4-Henderson/NCS 94-8; (III) 4-Archer/NCS 126-0, 5-Dick/NCS 119-6; HT: (SM) 1-Shelton/WVTC 174-1; SP: (II-A) 2-Wiggington/NCS 39-1 1/4; (II-B) 3-Henderson/NCS 36-11 3/4; HJ: (I-A) 2-Conley/WVTC 5-4; (II) 4-Henderson/NCS 16-0; (III-A) 2-Dick/NCS 113-4 1/2, 4-Archer/NCS 86-7; (III-B) 1-Carnine/NCS 126-10 1/2; LJ: (I-A) 2-Conley/WVTC 19-3 3/4; (I-B) 3-Washington/NCS 17-5; (III-A) 2-Wiggington/NCS 15-9; TJ: (I-A) 2-Conley/WVTC 38-5; (II-A) 2-Wiggington/NCS 15-9; TJ: (I-A) 2-Conley/WVTC 38-5; (II-A) 2-Wiggington/NCS 3





(Left) Kathy Weston (#134) & Cindy Poor after 800m and (Right) Bruce Jenner during decathlon at Trials. /Stock/

U.S. OLYMPIC TRIALS: (June 19-27, Eugene, Ore.) - (Note: In most cases, only NorCal, or ex-NorCal athletes are listed due to lack of space) - 100m: (Heats) (I) 7-Jackson/Ala 10.97; (IV) 7-Farmer/Un 10.55; 200m: 1-Hampton/SJCC 20.10; (Semis) (II) 1-Hampton 20.69; (Q-F) (II) 1-Hampton 20.67w; (IV) 7-Bright/BAS 21.31; (Heats) (II) 4-Bright 21.50, 7-Pettus/BAS 21.82; (III) 1-Hampton 20.75; (IV) 7-Jordan/Ala 21.52; 400m: 4-B.Brown/MacTC 45.91; (Semis) (II) 4-Brown 45.90; (Q-F) (I) 7-Rodgers/BAS 47.9; (II) 1-Brown 45.86; (Heats) (III) 1-Brown 46.57; (IV) 5-Rodgers 47.15, 7-R.Brown/Un 47.78; 800m: 2-Robinson/Cal 1:45.86, 5-R. Brown/Un 1:47.0; (Semis) (I) 2-Robinson 1:47.6; (II) 1-Brown 1:47.7; (Heats) (I) 3-Brown 1:46.8; (III) 3-Robinson 1:49.0; 1500m: (Q-F) (III) 6-Schilling/SJS 3:49.8; 5000m: 2-Macdonald/MPRR 13:29.5, 4-Kardong/CNW 13:47.4; (Heats) (I) 5-Kardong 13:44.0, 10-Taylor/Ore 14:31.0; (II) 2-Macdonald 13:59.0; 10,000m: 7-Tuttle/TS 28:48.1; (Heats) (I) 3-Tuttle 28:37.4; 20Km-Walk: (7/8 mile short) 6-Klopfer/GGTC 1:28:14.8, 8-Dooley/WVTC 1:29:59, 11-Lansing/WVTC 1:30:29, 15-Glusker/WVTC 1:31:15, 17-Ranney/GGTC 1:32:30, 19-Pyke/FTC 1:33:21, 20-Kitchen/DCS 1:34:41...DNF-Adriano/WVTC; 110mHH: 3-Owens/MacTC 13.57w, 4-Cooper/SJS-WVTC 13.63w, 7-Gaines/Wash 13.78w; (Semis) (I) 1-Owens 13.56, 2-Gaines 13.57, 6-Whitfield/SATC 13.94; (II) 4-Cooper 13.73; (Q-F) (I)w 1-Owens 13.52, 2-Whitfield 13.84;

(II)w 6-Foster/Stan 14.09; (III)w 3-Cooper 13.69, 5-Carty/WVTC 13.97; (IV)w 1-Gaines 13.68, 5-Florant/Cal 13.86, 6-Austin/SJS 13.94; (Heats) (I) 2-Florant 13.85, 5-Whitfield 14.02, 6-Foster 14.10; (II) 2-Gaines 13.80; (III)w 2-Cooper 13.83; (IV)w 4-Carty 14.15; (V) 2-Owens 13.79, 3-Austin 13.93; LJ: 5-Lofton/Stan 26-1 1/2w; TJ: 2-Haynes/Army 55-10w, 5-Livers/PPC 55-4 1/4w, 8-Terry/WVTC 54-6 3/4w, 12-Cochee/TS 51-8; HJ: 11-Haber/CSH 6-10 3/4, (Livers/PPC qualified at 7-0; nh in finals); SP: 1-Feuerbach/PCC 69-3 1/2, 6-Wilkins/PCC 65-5 3/4, 9-Semkiw/SJS 63-7, 12-Marks/WVTC 61-10 1/2, 15-Weeks/SJS 59-1 1/2; DT: 1-Wilkins/PCC 224-2, 2-Powell/PCC 220-11, 5-Stadel/Stars 201-5 (205-10 in trials), 8-Louisiana/Army-OTC 190-0 (192-0 trials), 9-Kennedy/Stars 189-8 (192-5 trials), 12-Penrose/Un 173-3; JT: Wallis/Army (6th in trials at 254-6, no mark in finals); HT: 6-McKenzie/WVTC 208-5; Dec: 1-Jenner/Stars 8507 (10.7, 23-8, 46-0 3/4, 6-6 3/4, 48.7, 14.57, 169-7, 15-1 1/4, 227-3, 4:16.4), 3-Samara/NYAC 7980 (10.5, 24-1 3/4, 43-3 3/4, 6-4 1/2, 50.3, 14.87, 142-11, 14-9 1/4, 189-8, 4:28.5). (WOMEN) 800m: 2-Poor/SJC 2:00.6, 3-Weston/WS 2:00.7; (Semis) (I) 2-Poor 2:02.5, 4-Weston 2:03.2; (Heats) (III) 1-Weston 2:14.3, 2-Poor 2:14.3; 1500m: 1-Poor/SJC 4:07.32 (Amer. Red.), 3-Larrieu-Lutz PCC 4:08.1, 6-Keyes/LATC 4:17.3, 7-Graham/SJC 4:20.2; (Semis) (I) 4-Anderson/AIA 4:23.6; (II) 1-Larrieu-Lutz 4:18.0, 2-Poor 4:18.1, 4-Keyes 4:19.2, 5-Graham 4:20.1; (Heats) (I) 4-Graham 4:24.0; (II) 2-Poor 4:21.4, 3-Anderson 4:22.3; (III) 1-Larrieu-Lutz 4:22.1, 3-Keyes 4:22.8; SP: 1-Seidler/MDYF 53-3 3/4, 6-Svendsen/Stars 47-4 1/4; DT: 2-Svendsen/Stars 164-11, 5-Lang-ford/MLTC 157-9 (160-10 trials); JT: 4-Cannon/MLTC 170-7, 6-Sulinski/MLTC 166-10; Pentathlon: T-Frederick/LATC 4622 (14.17, 48-2, 5-9 1/4, 20-10, 24.13), 3-King/MLTC 4374 (14.37, 41-11½, 5-10, 20-4, 25.25). // Univ. of Oregon/





(Left) Marilyn King and Jane Frederick (r) both made the Olympic pentathlon team. (Right) Rick Wohlhuter shows his glee at the finish of the OT 800m...Cal's James Robinson grabbed second and ex-Bear Rick Brown missed the trip (#346) to Montreal while finishing fifth. /Photos by Dave Stock/

SENIOR OLYMPICS: (June 26-27, Irvine) - (WOMEN) DT: 35-39 Sherrard 91-4; HJ: 35-39 Sherrard 4-9; LJ: 35-39 Sherrard 15-9½; SP: 35-39 Sherrard 39-3, Parish 28-5 1/2; 100m: 35-39 Sherrard 12.2, Parish 12.6; 45-49 3-Dietderich 16.1; 200m: 35-39 Sherrard 26.1, Parish 26.9; 40-44 Obera 26.6; 400m: 35-39 Parish 62.3; 40-44 Obera 60.4; 400R: 35-39 NCS 54.4. (MEN) DT: 50-54 3-Wigginton 99-7; 65-69 Carnine 136-10; HT: 65-69 2-UIsh 90-2; HJ: 50-54 2-Nunes 4-10; 60-64 2-Dick 4-6; JT: 40-44 Rose 159-5 1/2; 50-54 Wigginton 110-8 1/2; 65-69 3-Carnine 116-7; SP: 50-54 2-Nunes 39-0 1/4, 3-Wigginton 35-11 3/4; 65-69 3-Pug-1izevich 39-11 1/2; TJ: 50-54 3-Wigginton 32-0; 60-64 3-Dick 27-3; 100m: 25-29 Marshall/WVTC 10.8; 40-44 Parish 11.1; 45-49 Frederickson 11.6; 50-54 2-Roemer 12.2; 55-59 Jordan 12.0; 65-69 3-Carnine 13.5; 200m: 25-29 Marshall/WVTC 21.9; 40-44 2-Bruhner 23.3, 3-Parish 23.5; 45-49 Frederickson 23.8, 3-Jordan 25.3; 50-54 2-Roemer 25.4; 65-69 2-Carnine 28.1, 3-Puglizevich 30.7; 400m: 25-29 Harris/WVTC 49.8; 40-44 Bruhner 53.2; 60-64 Lopes 73.1; 800m: 25-29 Harris/WVTC 2:02.8, 3-Marshall/WVTC 2:14.2; 1500m: 55-59 Waterman 5:00.1, 3-Fairbank 5:22.5; 110mHH: 25-29 Hamley/WVTC 15.2; 40-44 2-Parish 17.1; 50-54 3-Wigginton 19.4; 400mIH: 25-29 Hamley/WVTC 56.8; 40-44 Parish 62.3; 50-54 Roemer 65.4; 60-64 3-Dick 89.9; 3000mSC: 55-59 Waterman 11:48, 3-Fairbank 13:51; 60-64 2-Dick 16:33; 400mR: 25-29 WVTC 43.9; 40-44 NCS 45.0; MileR: 25-29 WVTC 3:30.0.

USA vs. USSR JUNIOR MEET: (July 2-3, Tallin) - 800m: 4-Suhr 1:54.6; 3000mSC: 4-Flynn 9:20.4; SP: 2-Montgomery 57-9 3/4; (WOMEN) 100m: 4-Parker 11.8; 200m: 3-Cobbs 23.9; HJ: 4-Cornell 5-3; LJ: 3-Elmore 19-5 1/2, 4-Kinimaka 19-1 1/2; 400mR: US (Cobbs, 3rd leg) 45.4. /AAU House/

NATL. AAU MASTERS CHAMPIONSHIPS: (July 3-5, Gresham, Ore.) - 100m: (SM) Cain 11.45; (1A) 2-Parish 11.44, 6-Bruhner/NCS 11.73; (1B) 2-Marlin/NCS 11.83, 3-Frederickson/NCS 11.89; (2A) 3-Roemer/NCS 12.32; (2B) 3-Fairbank/NCS 13.18; (3B) 4-Carnīne/NCS 14.10; (4A) 3-Thomassen/NCS 15.42; 200m: (SM) Cain 22.71; (1A) 3-Parish/NCS 23.70, 4-Bruhner 23.79; (1B) Frederickson 24.36, Marlin 24.43, Washington/NCS 24.48, 5-Mahany/NCS 24.84, 6-Manougian/NCS 24.91; (2A) 3-Roemer 25.72; (2B) 3-Fairbank 27.20; (3A) 3-Satti/NCS 28.09; (3B) 2-Carnine 28.75, 5-Puglizevich/NCS 33.10; (4A) 3-Thomassen 34.13; 400m: (SM) Cain 49.9; (1A) Bruhner 53.4, 4-Parish 53.9; (1B) 2-Washington 55.9, 4-Schroder/NCS 57.0, 6-Jordan/NCS 58.3; (2A) 2-Roemer 56.5, 6-Jan/NCS 61.5; (2B) 4-Fairbank 60.2; (3A) 2-Satti 63.8; (3B) Carnine 65.6, Shine/NCS 68.6; 800m: (1B) 5-Koerner/NCS 2:11.4; (2B) Fairbank 2:17.2; (3B) 3-Shine 2:38.5, 4-Bierlein/NCS 2:55.5; 1500m: (SM-A) 3-Himmelberger/WVTC 4:10.7; (1B) 4-Koerner 4:44.9; (2B) Waterman/SRC 4:58.0; 5000m: (1B) Smith/Un 16:18.0; (2A) 0'Neil /SFOC 16:14.0; (3B) 2-BigeTow/NCS 24:45; 10,000m: (1B) 2-Smith 34:18, 3-Stevenson/SRC 34:49; (2A) 0'Neil 33:30; 3000mSC: (1B) 2-Stevenson 11:08; (2B) Waterman 11:52.3; (3B) BigeTow 15:01.5; 5000mW: (SM-A) Himmelberger 26:08.0; (4A) 2-VanGelder/NCS 38:40; 110mH: (1A) 2-Andrews/BAS 16.29, 3-Parish 17.35; (2A) 2-Roemer 18.60; (3A) 4-Dick/NCS 23.44; (3B) 4-Bierlein 24.54; 400mH: (1A) 2-Rosman 18-6, 6-Washington 16-7 3/4; (2B) 5-Fairbank 15-10; (3A) 3-Satti 15-4 1/2, 5-Dick 12-9 3/4; (3B) 4-Puglizevich 11-4 3/4; 10: (1A) 2-Conley 38-7; (1B) 5-Grant/NCS 33-2½; (3A) 4-Dick 26-3; HJ: (1A) 3-Rose/NCS 5-4 3/8, 6-Conley 5-2½; (3A) 3-Dick 44, 4-Bierlein 3-10; (4A) 4-VanGelder 3-8; SP: (3A) 6-Dick 35-2 3/4; (3B) 2-Puglizevich 38-8; (4A) 3-VanGelder 20-9 1/2; (1C) 11: (1A) 4-Conley 104-5 1/2; (1B) Schroder 120-2 1/2; (3B) 3-Dick 115-10 1/2; (3B) Carnine 119-11 3/4, 6-Bierlein 58-1 3/4; HT: (3A) 3-Dick 76-1 1/2; (3B) 2-Ush/NCS 3:11.6; (3A) 5-Dick 115-10 1/2; (3B) Carnine 119-11 3/4, 6-Bierle

ALL-COMERS MEET: (July 17, Alameda) - (OPEN) 330LH: Pulliam 38.2; 440: Marcheshi 49.8; 120HH: Lofton 15.1; 220: Walker 22.2; 2 Mi: Main/WVTC 10:00.0; LJ: Pulliam 24-3; TJ: Pulliam 45-10; HJ: Jamrich 6-10; 100: Simmons 10.0; (HIGH SCHOOL) 330LH: Bautista 38.1; 440: Sterling 51.3; 100: Walker 9.9; 880: White 2:03.0; 220: Bull 22.5; LJ: Durham 22-1 3/4; HJ: Moore 5-10; (JUNIOR HS) LJ: Cater 20-10. /Larry Main/

MONTREAL OLYMPIC GAMES: (July 23-31, Montreal) - /Only NorCal & ex-NorCal athletes are listed for obvious reasons...if you want an excellent summary of the Games, write the NCRR and send \$1.50 + 50¢ postage for the T&FN Olympic issue. It's super!/ - 200m: 2-Millard Hampton/SJCC 20.29 (Semis 20.69, Q-F 20.83, Heats 21.11); 800m: (Semis) (I) 5-James Robinson/Cal 1:46.4 (Heats 1:47.6); 5000m: (Heats) (II) 7-Duncan Macdonald/MPRR 13:47.2, 8-Domingo Tibaduiza/Nev 13:49.5; 10,000m: (Heats) (I) 11-Victor Mora/Colombia 30:26.6; (II) 10-Tibaduiza 29:28.2; Mara: 4-Don Kardong/CNW 2:11:16 (3 seconds out of a medal!); 110mHH: 6-James Owens/Sac'to 13.73 (Semis 13.76, Heat 14.03); 13:5-Tommy Haynes/Army 55-0 3/4; SP: 4-Al Feuerbach/PCC 67-5; DT: 1-Mac Wilkins/PCC 221-5, 3-John Powell/PCC 215-7 (Wilkins had 224-0 in qualifying round); Decathlon: 1-Bruce Jenner/Stars 8618 (World Red.) (10.94, 23-8 1/4, 50-4 1/4, 6-8, 47.51, 14.84, 164-2, 15-9, 224-9, 4:12.6), 15-Fred Samara/NYAC 7504 (10.85, 23-2 3/4, 42-7 3/4, 6-1/2, 50.07, 14.87, 132-11, 14-1 1/4, 175-8, 4:40.2); 400mR: 1-US 38.33 (Hampton on team) (Semis 38.51, Heats 38.76); 1600mR: 1-US 2:58.7 (Benny Brown 44.6) (Heats 2:59.5, Brown 45.3); WOMEN: 400m: (Heats) (II) 5-Kathy Weston/WS 2:03.3; 1500m: (Semis) (II) 9-Larrieu-Lutz/PCC 4:09.1; (Heats) (II) 6-Larrieu 4:07.2 (Amer. Red.); (IV) 6-Cyndy Poor/SJC 4:09.0; Pentathlon: 7-Jane Frederick/LATC-Orinda 4566 (13.54, 47-8 3/4, 5-9 1/4, 19-7 3/4, 24.70), 17-Marilyn King/MLTC 4165 (14.45, 40-3, 5-8 1/2, 18-5 1/4, 25.27). /T&FN/



Don Kardong (center), ex-Stanford & WVTC distance star (now with Club Northwest), surprised with a fourth place at Montreal in the marathon with a PR 2:11:16, missing a bronze medal by only 3 seconds! Photo taken at stadium. /Jim Engle/

ALL-COMERS MEET: (July 24, Alameda) - (OPEN) 330IH: Pruitt 39.9; Mile: White 4:30.7; 880: Owyang 1:58.9; 2 Mi: Chun 9:59.5; HJ: Kincey 6-4; (HIGH SCHOOL) 330IH: White 39.3; TJ: Rice 46-3; Mile: Gonzales 4:37.8. /Larry Main/

ELK-A-LYMPICS: (July 27, Pleasant Hill--DVC) - (HIGH SCHOOL)

100: Harris 9.5; DT: Green 167-2; 70HH: Amerson 8.7; HJ:

Dimes 6-5; 3 Mi: Vasquez 14:55.4; (OPEN) 880: Robinson/Cal

1:53.4; JT: Miller/Cal 203-0; 100: Stephens 9.7; DT: Burton

/Ore 191-6; 440: Robinson/Cal 48.2; PV: Olsen 16-0; Mile:

M. Dean 4:26.1; HJ: Stone 6-8; 70HH: Williams 8.9; 3 Mi:

Emry/PMK 14:14.4; (25-29) LJ: Webb 23-7; 70HH: Webb 8.8;

(30-39) 880: Knebel/WVTC 2:04.5; 100: Pruitt 10.0; 440: Knebel/WVTC 53.8; LJ: Christensen 19-10 1/2; Mile: Guthrie/WVJS

4:40.1; (40/OVER) 100: Parish/NCS 10.3; Mile: Bowles 4:56.4;

440: Upshaw 56.6; 880: Upshaw 2:12.4. /Bob McGuire/

REGION 13 JUNIOR OLYMPICS: (July 31, Reno, Nev.) - (BOYS) 100:

Smith/LosGatos 9.6, 4-Emge/Vallejo 10.2; 220: Johnson/Okld
22.1, 5-Jackson/Okld 23.5; 440: 3-Sterling/Okld 50.6, 4-Rohrer/RedBluff 55.3; 880: Alberti/Reno 2:01.3, 3-Hadley/Napa
2:03.2; Mile: Dicus/WVTC 4:22.8, Borland/Crescent City 4:31.8,
Keller/LaMesa 4:34.7; 2 Mi: Dicus/WVTC 9:26.3, 5-Williams/Chico 10:45; LJ: Glover/Richmond 22-11, 4-Rosinski/SF 21-6; HJ:
2-Gibbs/SanJose 6-6, 3-Hice/Okld 6-6, 5-Ratto/SF 6-4; PV:
Beede/PleasantHill 13-0 1/2, Mulligan/Chico 13-0 1/2, Bryan/San
Jose 13-0 1/2; SP: 2-Smith/SanMateo 57-3, 3-Tafralis/Mills
56-5; DT: 2-Tafralis/Mills 174-3 1/4, 3-Silcox/Napa 160-3 1/4,
4-Emge/Vallejo 159-1 1/2; MileW: Bottomly/Reno 9:07.1, Barron/
NoHighlands 9:54.2; (GIRLS) /running events thru 1 mile were
missing from results that were sent us...please send to us for
next time/ 2 Mi: 3-Rudolph/Lassen 12:27.0, 4-Vaughn/Reno 12:44,
5-Williams/YubaCity 12:50.4; LJ: 4-Scott/Camino 18-5 3/4,
5-Rohrer/RedBluff 18-3 1/2; HJ: 2-Martin/Felton 5-6, 3-Ross/
Berk 5-6; DT: Springer 131-1/2, Stampfli/Susanville 122-10,
Hilton/Berk 113-8, Korach/Watsonville 109-11 3/4; SP: Stampfli
42-2 3/4, Burgan/Jamestown 40-4; 100mLH: Hawthorne/Richmond
14.1, 4-Upshaw/Lafayette 15.3. /Bob Escobar/

ALL-COMERS MEET: (Aug. 7, Alameda) - (OPEN) 100: Whitfield 9.8; 220: Marshall/WVTC 21.9; 2 Mi: Chun 9:50.0; LJ: Jackson 21-9; HJ: Kencey 6-6; PV: Mitchell 15-0; (HIGH SCHOOL) 330IH: Fonseca 39.4; HJ: Minor 6-2. /Larry Main/

ALL-COMERS MEET: (Aug. 14, Alameda) - (OPEN) 330IH: Pulliam 40.2; Mile: Tracy/WVTC 4:20.2; 100: Payton/BAS 9.3; 880: Hickman 1:59.5; 220: Payton 21.2; 2 Mi: Chun 9:57; LJ: Patton 24-1; TJ: Jackson 46-1 1/2; (HIGH SCHOOL) 440: Sterling 49.5; 100: Simmons 9.8; 2 Mi: Watts 10:04; HJ: Roundtree 6-0; 120HH: Fonseca 15.1. /Larry Main/

NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS: (Aug. 21-22, Memphis, Tenn.) - (BOYS) HJ: 3(tie)-Gibbs/SanJose 6-10; LJ: 6-Glover/Richmond 22-8 1/2; DT: Endler/Fresno 185-9, 3-Tafralis/Mills 173-1/2; 2 Mi: 2-Dicus/WVTC 9:09.6; 100: 2-Smith/LosGatos 9.83; Mile: 6-Dicus/WVTC 4:18.2; 880R: Region 13 (11th-1:32); (GIRLS) DT: 5-Stampfli/Susanville 130-11; 100mLH: 7-Hawthorne/Richmond 14.67; 100: 6-Robinson 11.00, 8-Bolton 11.30; 880: 8-Antoniewixz 2:14.6; Mile: 7-Czarnetzki 5:04.6; 220: 7-Bolton 25.15, 8-Robinson 25.29; 440R: Region 13 (3rd-47.05). NOTE: Region 13 is California & Southern Nevada AAU's.

LONG DISTANCE RESULTS

CONEJO 10-KILO HANDICAP: (April 17, LA Area) - 1-Colley/SURR 32:20, 2-Miller/ELATC 32:51, 3-Perez/AZTL 33:18, 4-Manniche/SWDN 33:29, 5-Arquilla/AATC 33:38, 6-Avila 33:41, 7-Wojcik/SBAA 33:50, 8-Crum/STC(40+) 33:54, 9-Avol 33:57, 10-Harrie/RRR 34:06, 11-Rowley/CCAC 34:14, 12-Pontinen/SBAA 34:18, 13-Hammerstein/Un 34:48, 14-Rise/SBAA 34:57...19-Bowles/WVTC 35:48, 40-Gonzales/VGTC (1st girl) 40:19, 48-Moorman/NCS 41:54. /Connie Rodewald/

SPA-AAU 50-KILO CHAMPS: (April 25, Las Posas Hills) - 1-Mof-fitt/ELATC 3:12:04, 2-Paterson 3:20:00, 3-Harrie/RRR 3:21:11, 4-Cohen 3:25:02, 5-0'Callaghan/SATC 3:26:34, 6-Brower/CCAC 3:27:24, 7-Coventry/STC 3:30:24, 8-Boden/RRR 3:30:24, 9-Parrish/STC 3:31:13, 10-Ganezer/STC 3:31:49...14-Parker/STC(40+) 3:47:46, ...Teams: STC 10:33:26, RRR 10:45:59, CCAC 11:36:29. /Rodewald/

ALAMITOS MARATHON: (May 1, Alamitos) - 1-Truman Clark/BHS (New US Masters Rcd.) 2:28:00, 2-Shaffer/CCAC 2:31:20, 3-Burgasser/CCAC 2:47:21, 4-Andes/Un 2:47:21, 5-Corey/GPAC 2:50:22. /CTN/

AVENUE OF THE GIANTS HALF-MARATHON: (May 2, Weott) /Actual distance about 12.6 Mi./ 1-Chuck Smead/SRRC 60:46, 2-Camp/SDTC 62:32, 3-Rocha 69:49, 4-Heinonen/OTC 72:26, 5-Kenyon/VMTC 75:36, 6-Remillard/Chico 77:11, 7-Freeman 79:33, 8-Alemany 80:16, 9-Ackerman 82:12, 10-Stoylas 83:19, 11-Rosenthal 85:48, 12-Myers 86:23, 13-Lengyel 86:32, 14-Moss/WVJS(40+) 87:46...30-Mary Mapelli 95:11...67 finishers. /Dick Meyer/

BELVEDERE PARK/CINCO DE MAYO RUN: (May 2, LA Area) /10.94 Mi./ 1-Lee 56:33, 2-Swift 57:33, 3-White/AATC 57:40, 4-Gaspar 58:08, 5-Branch/CCAC 58:29, 6-Chase/Un 58:42, 7-Perez/AZTL 59:02, 8-0dom 60:26, 9-Hitt 60:26, 10-Rupp/Un 60:51, 11-Falcon 61:08, 12-Servin 61:49...101 finishers. /Carlos Alfaro/

MINI-MARATHON: (May 8, New York City) - /10,000m/ 1-Julie Shea/ N.C. 35:04, 2-Nadia Garcia/SDTC 35:58, 3-Jackie Hansen/SFVTC 36:02, 4-Benoit/LAC 36:08, 5-Frank/LIGS 36:31, 6-Rosasco/BaltRR 37:00, 7-0'Toole/LIGS 37:14, 8-Linday/NYC 37:21, 9-Barron/AtlTC 37:33, 10-Crampe/WPaTC 37:35...18-Penny DeMoss/WVTC 39:26... 408 finishers!! /New York RRC Newsletter/

LAS POSAS HILLS HANDICAP: (May 16, LA Area) - /10.0 Miles/ 1-Waltmire/AIA 56:08, 2-Swift/AIA 56:19, 3-Johanson/Un 58:00, 4-Harrie/RRR 58:12, 5-Ridley/CCAC 58:31, 6-Keating/FTC 58:39, 7-Brennand/SBAA(40+) 58:46...9-Bartek/SBAA(40+) 59:36, 30-Diane Esslinger/QCC 66:31...66 finishers. /Connie Rodewald/

FONTANA DAYS RUN: (May 22, LA Area) - /10.40 Miles/ 1-Perez/AZTL 51:27, 2-Frickel 51:43, 3-Ferguson/AIA 53:19, 4-Freemuth 53:38, 5-Alfaro/AZTL 54:20, 6-Covert 54:26, 7-Doud 54:38, 8-Shaffer/CCAC 55:02, 9-Triplett 55:21, 10-Freyne/Un 55:38...25-Crum/STC (40+) 59:17...103 finishers. /Steve Broten/

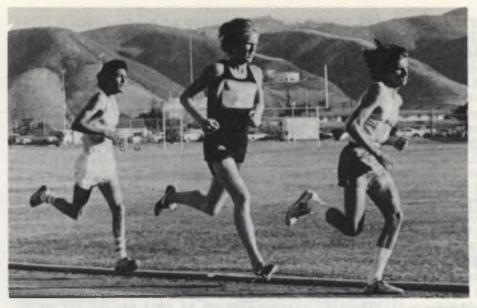
PREFONTAINE CLASSIC: (May 22, Eugene, Ore.) - /10,000m track run for women/ 1-Peg Neppel/IowaSt 34:19.0 (Amer. Rcd.), 2-Cook/ISU 34:43.2, 3-Bridges/LATC 35:33.6, 4-Garcia/SDTC 36:10.6, 5-Hansen /SFVTC 36:27.6, 6-Paul/Portland 38:21.2. /Janet Heinonen; RW/

LYTLE CREEK-TO-WRIGHTWOOD TORTURE-ENDURO: (June 5, LA Area) - /14.20 Miles/ 1-Branch/CCAC 1:48:52, 2-Paterson 1:51:47, 3-Crum/STC(40+) 1:53:00, 4-Boden/RRR 1:58:25...20 finishers (altitude from 3400-6400 feet!). /Brice Hammerstein/

HIDDEN VALLEY OVER-THE-HILL RUN: (June 5, Lake Sherwood, LA) - //11.5 Miles/ 1-Sutherland/Un 62:09, 2-Rodriguez/LBS 63:04, 3-Bowles/WVTC 65:46, 4-Blum/Un 66:15, 5-Pontinen/SBAA 66:27, 6-Willis/GPAC 66:47, 7-Ruiz/Un 67:54, 8-Smith/Un 68:59, 9-Entz/Un 69:02, 10-Fuoroli/Un 70:00...18-Starr/CCAC(40+) 75:06...78 finishers. /Connie Rodewald/

<u>SENIOR OLYMPICS MARATHON</u>: (June 6, Irvine) - (Division Winners) <u>25-29</u>: Leckman 2:50:41; <u>30-34</u>: Johansen/SDTC 2:33:19; <u>35-39</u>: Shaffer/CCAC 2:41:09; <u>40-44</u>: Winton 2:57:51; <u>45-49</u>: Sheeran 2:50:50; <u>50-54</u>: Cleary 3:53:44; <u>55-59</u>: Simonsen 3:21:54; <u>60-64</u>: Clark 3:38:47; <u>Women</u>: Whitney 3:21:09. /Runners World/

COASTAL SECTION (SPA-AAU) HOUR-RUN: (June 12 & 19, San Luis Obispo) /Results combined/ 1-Beaton/SLDC 10-1036, 2-Huff/SLDC 10-1036, 3-Nanninga/WVTC 10-951 (June 12 winner), 4-Beaton/SLDC (June 12) 10-624, 5-Freyne/CCAC 10-473, 6-Waterbury/SLDC 9-1422, 7-Arreola/SLDC 9-1361...10-Webb/SLDC(40+) 9-888, 23-Barb Arreola/SLDC 8-733, 28-Virginia Collins/SLDC(40+) 7-1599...34 finishers for combined races. /Stan Rosenfield/



Downey High's (Modesto) Tim Holmes leads Joe Weston (So. P antation, Fla.) and Sal Godinez (Salesian, LA) on his way to a big win in the Lompoc Flower Festival & USTFF Natl. Invitational 6-Mile Run...results below. /Joe Sciame/

NORRIS LOOP RUN: (June 13, Arcata) - /14.4 Miles, hilly/ 1-Chuck Smead/SRRC 1:23:05, 2-Cole/HSU 1:31:12, 3-Meyer/SRRC 1:44:26, 4-Elias/HSU 1:44:56, 5-Hirvela 1:56:54. /Dick Meyer/

NATL. AAU SR. WOMEN'S 20-KILO: (June 13, Long Island, N.Y.) - 1-Nancy Linday/Un-NYC 1:19:25.6, 2-Roach/LIGS 1:21:28, 3-Norton/Col-Univ 1:21:39, 4-Saunders/LIGS 1:26:23, 5-Kuscsik/SAC 1:27:35, 6-Kiely/LIGS 1:27:54...10-Knight/CPTC(40+) 1:41:55... 22 finishers. /Nina Kuscsik/

DSE ROLLER COASTER RUN: (June 13, San Francisco) - /About 6 miles/ 1-Ron Busby/WVTC 35:03, 2-McGrael 35:10, 3-Timmerman 35:25, 4-Gilbert 35:40, 5-Malarkey 35:42...42-Jeanne Kayser/PMK (40+) 42:44, 55-Fox 44:22...200+ finishers. /DSE Newsletter/

DSE SUMMER SOLSTICE RUN: (June 19, Lake Merced, S.F.) /4.95 Miles/ 1-Mike Spino/Esalen 26:24, 2-Gormley/Un 26:31, 3-Martinez 26:45, 4-Notch/WVTC 26:57, 5-Ratliff 27:10, 6-Tuinzing/MH 27:21...36-Judy Gumbs/WVTC 29:28 (Course Rcd.), 96-Betsy White /WVTC 32:08, 108-Ruth Anderson/NCS(40+) 32:29, 116-Gail Gustafson/Un 32:57, 123-Irene Rudolf/WVTC 33:17. /DSE Newsletter/

STAGE COACH RUN: (June 19, Jacksonville, Ore.) /13.5 Miles/ 1-Chris Cole/HSU 1:12:10, 2-Mark Elias/HSU 1:15:07, 3-Steinke 1:15:34, 4-Savage 1:17:23, 5-Ashton 1:19:23, 6-Beckwith 1:22:55, 7-Holland 1:23:50, 8-Rocha 1:24:29, 9-Libby 1:24:55, 10-Hartley 1:25:36, 11-Daniell/SWEAT(40+) 1:26:24...21-Sue Griffith 1:30:18, 24-Marilyn Taylor/SRRC 1:32:40...57 finish./Swartsley/

HOWARTH PARK X-C RUN: (June 19, Santa Rosa) /5.75 Miles/ This race took place of Novato Ridge Run...l-Pete Flores/AGTC 30:15, 2-Seaver/WVTC 30:58, 3-Guthrie/WVJS 31:41, 4-Moreno 31:41, 5-Mendoza/VMTC 31:49, 6-Anderson/Un 31:59, 7-Read 32:51, 8-Gagen 32:56, 9-McCarthy 33:46, 10-Carlsen 34:01, 11-Hackmann/VMTC 34:06, 12-Shettler/WVJS(40+) 34:28 (last race), 13-Collier 34:35, 14-Baroni 34:53, 15-Johnson 35:39, 16-Sumner 35:53, 17-Hoffschildt 36:26...26-Cathy Coulman 40:15...39 finish/Beardall/

MAYOR'S MIDNIGHT SUN MARATHON: (June 19, Anchorage, Alaska) - 1-Greg Cartwright 2:51:48, 2-Ripley 2:52:08, 3-Haley(40+) 2:54:09, 4-Brown 2:54:11, 5-Langdon 2:54:13, 6-Alex Monterrosa/PMK 2:54:21, 7-Mygoer 2:58:57...66 finished. /John Trent/

LOMPOC FLOWER FESTIVAL DISTANCE CARNIVAL: (June 25-26, Lompoc) (USTFF JR. INVIT. 6-MILE) On Track: 1-Tim Holmes/WVTC-Downey HS 30:11.2, 2-Godinez/L.A. 30:20.5, 3-Weston/Florida 30:42.2, 4-Walterhouse/MissionViejo 30:56.1, 5-Read/Jesuit 31:18.5, 6-Lagomarsino/Jesuit 31:27, 7-Hethmon/Saugus 32:49, 8-Spangler/Wash 32:54, 9-Nunez/Lompoc 33:04. (OPEN) 1-Larry Reyes/VRR 31:57.0, 2-Lemos/SHS 33:19.8, 3-Casper/SLDC 35:02, 4-B.Weston/Fla 35:08, ...6-Gil/STC(50+) 37:45.9. (4.94 MILE ROAD RUN) 1-Schankel/Un 23:07, 2-Godinez/SHS 23:38, 3-Spilsbury/SantaAna 23:58, 4-Welsh /SLDC 24:12, 5-Adams/Un 24:26, 6-Fabing/LVDC 24:35, 7-Walter-house/MVHS 24:50, 8-Thornton/HSTC 24:59...12-L.Thornton/HSTC (40+) 25:27, 18-Walt Lange/BC 26:10, 51-Tim Graney/SanLeandro 31:58. (WOMEN'S 2.9 MILE) 1-Debbie Heald/HTC 14:57, 2-Trason/MPTC 15:18, 3-Wells/QH 15:44, 4-Arreola/SLDC. (WOMEN'S MILE) On Track: 1-Heald/HTC 4:53.9, 2-Maltinsky/MCHS 5:01.3, 3-Wells/QHHS 5:01.8, 4-Trason/MPTC 5:14.0, 5-Arreola/SLDC 5:57./Sciame/

SOUTH EL MONTE HANDICAP: (June 26, E1 Monte) /7.90 Miles/ 1-Ed Chaidez/Un 43:18, 2-Cook/AIA 43:46, 3-Frickle/Un 43:48, 4-Swift/ AIA 44:34, 5-Perez/AZTL 45:05, 6-Grant/Un 45:20, 7-Ridley/CCAC 45:35, 8-Shaffer/CCAC 46:48...17-Ed Almeida/SDTC(50+) 51:07, 19-Starr/CCAC(40+) 51:12, 61-Barb Paterson 58:54...103 finishers.

DSE GOLDEN GATE PARK X-C: (June 27, S.F.) /5 Miles/ 1-Mitch Kingery/CW 24:47, 2-Bill Morgan/Un 24:54, 3-Moreno/CW 25:05, 4-Gormley/Un 25:56, 5-Conroy/ETC 25:59, 6-Notch/WVTC 26:03...99-Jeanne Kayser/PMK 33:07 (40+), 100-Betsy White/WVTC 33:08, 101-Ruth Anderson/NCS (40+) 33:15...321+ finishers. /DSE News/

BIG ISLAND MARATHON: (July 3, Hawaii) - 1-Dan Mognihan 2:29:26, 2-Jim Barker/WVTC 2:29:27...Cindy Dalrymple 3:07:47. /RW/

FIRECRACKER RUN: (July 4, Brentwood) - /5 Miles+/ l-Mike Emry/PMK 26:42, 2-Burke 27:54, 3-Vasquez 28:04, 4-Myers/PMK 28:54, 5-Swezey/PMK 29:13, 6-Stewart 29:20, 7-Zumwalt 29:30, 8-Moore/LVRC 29:36, 9-Molina 29:43, 10-Long/PMK 30:43...17-Moss/WVJS (40+) 32:58, 27-Jeanne Kayser/PMK(40+) 37:43. /George Moss/

NATL. AAU 15-KILO: (July 4, Santa Barbara) 1-Garry Tuttle/TS 45:42, 2-Smead/SRRC 46:12, 3-Nuccio/WVTC 46:28, 4-Bryant/SMTC 47:01, 5-Harter/SFVTC 47:25, 6-G.Aguirre/SBAA 47:27, 7-Patter-son/AIA 47:37, 8-Simons/AZTL 48:05, 9-White/AATC 48:12, 10-Hunt/SDTC 48:23, 11-Hayes/SBAA 48:28, 12-Hanson/CCAC 48:33, 13-Smith/Engl 48:34, 14-Spangler/Un 48:45, 15-Jones/SMTC 48:49, 16-Colley/SURR 48:56, 17-D.Waltmire/AIA 49:03, 18-Nitti/SMTC 49:09, 19-Forrester/SMTC 49:10, 20-Lee/CCAC 49:12, 21-Akiyama/SDTC 49:16, 22-Chambliss/Un 49:17, 23-Maier/CCAC 49:22, 24-McCalley/SMTC 49:37, 25-Findley/SMTC 49:42, 26-Perez/AZTL 49:44, 27-Swift/AIA 49:47, 28-Martinez/AIA 49:50, 29-George/AIA 49:51, 30-Rios/SMTC 50:20...50-Bartek/SBAA(40+) 52:41, 51-Brennand/SBAA(40+) 52:43, 145-Diane Esslinger/QCC 62:40. Teams: SMTC 4:03:46, AIA 4:06:08, CCAC 4:09:07...254 finishers. /John Brennand/

DSE DOUBLE LAKE MERCED: (July 5, S.F.) /9.5 Miles/ 1-Jan Sershen/ETC 50:59, 2-Scalmanini/PMK 51:11, 3-Darling/ETC 51:23, 4-Gormley/Un 51:32, 5-Notch/WVTC 53:25, 6-Pruitt 54:12, 7-Martinez 54:14, 8-Plymale/PMK 54:20...80-Betsy White/WVTC 63:14, 89-Jeannie Kayser/PMK(40+) 64:44, 94-Pat Whittingslow 65:04... 267+ finishers. /DSE News/

DSE COIT TOWER RUN: (July 11, S.F.) /2.483 Miles/ 1-Criag Elia 13:27, 2-Gormley 13:33, 3-Lung 13:40, 4-Martinez 13:43, 5-Griepenburg 13:46...52-Maryetta Boitano/RG 16:26, 86-Peggy Lavelle 17:50, 94-Colleen Fox 18:03...220+ finishers. /DSE News/

RACE TO THE REDWOODS: (July 11, Felton) - Results & times invalid (some ran long...got lost; some didn't...only you know who)...7.8 miles (long course) & 6.9 miles (regular course).

1-Rosewall 49:02, 2-Kingery/CW 49:05, 3-Garrett 49:22, 4-Salvidar 49:40, 5-Correa(40+) 49:42, 6-Burke 49:54, 7-Lee 49:55, 8-Robinson 50:00, 9-Montenegro 50:06, 10-Bellah/WVTC 50:08, 11-0'Halloran 50:12, 12-Willets 50:19, 13-Buters 50:20, 14-Hurd 50:21, 15-Woliczko/PMK 50:22, 16-J.Smead 50:23, 17-Salazar 50:24, 18-Kimm 50:28, 19-Latimer 50:29, 20-Anderson/WVTC 50:34, 21-MacAlair 50:41, 22-Cooper/WDS 50:45, 23-Thiessen 50:46, 24-Slivkoff 50:48, 25-Mawkins 50:52, 26-Fagundes 51:05, 27-R.Williams 51:10, 28-Palladino/CW 51:17, 29-Eberly 51:17, 30-Mandanis 51:24, 31-Bruns 51:42, 32-Moreno/CW 51:49, 33-Tracy/WVTC 51:56, 34-Lange/CW 51:58, 35-Chuey 52:08...50-Skip Swannack 53:17, 76-J. Bonacich 54:46, 123-L. Hayes 56:58, 127-Sue Munday /Un 57:11...225 finishers. /Bruce Jones/

MORRO BAY TO CAYUCOS FUN RUN: (July 17, Morro Bay) /6 Miles/ - 1-Ben Martinez/AIA 30:49, 2-Cadena/SLDC 30:56, 3-Jewell/Unat 31:20, 4-Butler/AIA 31:22, 5-Hethmon/CSHS 31:24, 6-Warrick/CPSLO 31:39, 7-Huff/SLDC 31:50, 8-McCann/RHS 31:53, 9-Reyes/USAF 32:21, 10-Arreola/SLDC 32:24, 11-Hollister/SBAA 32:33, 12-Reynoso/SLDC 32:40, 13-Shaffer/CCAC 32:41, 14-Marlow/SBP 32:55, 15-Durand/Un 32:59, 16-Nanninga/WVTC 33:07, 17-Howell/SBAA 33:15, 18-Smith/NPHS 33:16, 19-Wise/SBAA 33:25, 20-Bowles/WVTC 33:31...64-Starr/CCAC(40+) 36:07, 66-Gil/STC(50+) 36:13, 94-Kathy Jewell/Un 37:15, 130-Laurie Jewell/CHS 39:28...349 finishers. /Stan Rosenfield/

THE GREAT RACE: (July 17, Rancho Cordova) - A unique relay race sponsored by Eppie's Restaurants, featuring bikes, man-powered watercraft, and runners (3-man teams)...really catching on as 161 teams completed the race! (OVERALL) 1-Ron's Raft Rentals #1 (W.Weed, J.Weed, R.Langford) 1:21:22, 2-Big Bubba's Ice Cream Kids (Peck, Bolger, Yeo) 1:23:04, 3-Livermore Fluke's Minus One (Hornig, Roberts, Seaver) 1:23:10, 4-Creatures of Light & Darkness

(Ramos, Allen, Spence) 1:23:11, 5-Ophir (Barton, Reimers, Sisler) 1:24:01, 6-Synergy II (Johnson, Evans, Martinez) 1:24:18, 7-Village Sauna Trind (Lange, Seppa, Read) 1:26:33, 8-Ron's Raft Rental #2 (G.Weed,Bolster,B.Weed) 1:26:35, 9-Last Chance (Limeburner, Meyers, kingery) 1:26:42, 10-Sac'to Cyclery I (Christin, Johnson, Horn) 1:27:06. (WOMEN) The "Tokin" Women (Childers, Gilman, Heald) 1:35:52, Willow Crk. Racquet Club (Claugus, Burton, Adams) 1:36:16, Kirby's Girls (Pickett, Sunderland, Lyman) 1:37:37. (MASTERS) Deliverance+2 (Burke, Campbell, Napier) 1:29:27, Tiger Masters (Swannack, Sommers, Cunneen) 1:32:25, Ready-Willing-and-Able Ron's Raft (Fana, Davis, Koerner) 1:34:41. (JUNIORS) Bicentennial Butt Busters (R.Szerkeresh, Smith, M.Szerke-



Rich Langford anchors winning team in Great Race, Ron's Raft Rentals #1. /Andrew DeLucia/

resh) 1:32:56, Invinceables (Clarke, Cross, Brinkman) 1:33:37. (SPECIAL) Blind Ironman (Harry Cordellos, G. Hemmersbach) 1:35:15, The Lone Buffalo (Abe Underwood) 2:01:22./McClellend/

DSE FORT POINT RUN: (July 18, S.F.) /3.676 Miles/ 1-Damon Wood /CW 18:59, 2-Scalmanini/PMK 19:12, 3-Timmerman 19:22, 4-Gormley 19:30, 5-Swezey/PMK 19:43...80-Maryetta Boitano/RG 24:09, 105-Julie Ortiz/Un 25:11, 109-Kathy Maloney 25:16...283+ finishers. /DSE Newsletter/

DESERET NEWS MARATHON: (July 24, Salt Lake City) 1-Cabanillas/Mexico 2:25:15, 2-Naylor/SLC 2:31:29, 3-D.Beardall/MH 2:34:19, 4-Nolan/NJ 2:35:19, 5-Freemuth/Pomona & Kittleson/Pomona 2:36:15...189 under 4-1/2 hours.

DSE GOLDEN GATE BRIDGE RUN: (July 25, S.F.) /5 Miles+/ 1-Swe-zen/PMK 26:??, 2-Martinez 26:44, 3-Myers/PMK 26:47, 4-Griepen-burg 26:53, 5-Rochford 26:55...105-Colleen Scannell/PMK 33:34, 115-Pat Whittingslow 33:54...292+ finishers. /DSE News/

PIKES PEAK MARATHON: (Aug. 1, Colorado) /Full results in #62/

DSE DIPSEA PRACTICE: (Aug. 8, Mill Valley) /6.8 Miles, hilly/ 1-Timmerman 52:29, 2-Chaffee/ETC 52:31, 3-Notch/WVTC 52:39, 4-Martinez 55:06, 5-Barni 55:39, 6-Jerome 55:42, 7-Lee 55:43... 77-Maryetta Boitano/RG 71:18...193+ finishers. /DSE News/

PLANKTON FESTIVAL 3-MILER: (Aug. 14, Avila Beach) 1-Anthony Reynoso/SLO 14:44, 2-Beaton 14:50, 3-Jones/SCH 14:51, 4-Reyes/USAF 15:02, 5-Arreola/SLO 15:04, 6-Huff 15:25, 7-Nanninga/WVTC 15:29, 8-Waterbury/SLO 16:10...21-Webb/SLO(40+) 17:42, 24-Cline(40+) 17:59, 35-Barb Arreola/SLDC 19:24. /S.Rosenfield/

DSE DIPSEA PRACTICE: (Aug. 15, Mill Valley) /6.8 Miles, hilly/ 1-Carlsen 54:22, 2-P.Scannel 54:54, 3-Gold 54:58, 4-Nicholson/ NCS(40+) 55:06, 5-Lawrence 56:33...38-Maryetta Boitano/RG 66:36, 53-Colleen Scannell/PMK 69:52...138+ finished./DSE News/

TOP-OF-THE-STATE 7-MILER: (Aug. 21, Weed) - 1-Leonard Hill/SOS 39:07, 2-Ferrero/SWEAT 39:13, 3-Claypoole/SDTC 40:46, 4-Hensen/SWEAT 41:29, 5-Barry/SOS 41:55, 6-Kissee/SOS 42:06, 7-Sanders 42:43, 8-Mix/SOS 43:10, 9-Ashton/SOS 43:24, 10-McIntosh/SOS 43:52...16-Daniell/SWEAT(40+) 46:41...45 finished. /L.Ferrero/

DSE BIATHLON: (Aug. 22, S.F.) /2.5 Mi. Run, 1/4 Mi. Swim/ 1-Alan Spano 23:36, 2-Walter 23:48, 3-Price 24:01, 4-Matheson 24:13, 5-Notch/WVTC 24:23...56-Irene Rudolf/WVTC 33:05, 66-Robyn Paulson/NCS 34:43...113 finishers. /DSE Newsletter/

FIVE-BROOKS RUN: (Aug. 22, Pt. Reyes) /7 Miles?/ - Fifty runners showed...no meet director; runners put on race anyway. Winner made several wrong turns but won anyway. 1-Pat Stordahl/WVTC 37:55, 2-Degen/MH 38:00, 3-Bowles/WVJS(40+) 38:07, 4-Burke 39:32, 5-Macy 39:57, 6-Black 41:08, 7-Lee 41:47, 8-Zawlin 42:08, 9-Masten 42:36, 10-Ridout 42:53, 11-Rockwell 43:02, 12-McCarthy 43:59, 13-Brock 44:13, 14-Thumen 45:53, 15-Johnstone(40+) 45:59...26-Nancy Edelson 53:43, 28-Camille Lee 56:03...34 finishers. /Tim Swezey, Kent Guthrie/



Down the hill into Muir Woods in the 1975 Dipsea. /Zimmerman/

1-Joe Patterson/Aus (7) 51:58 2-Don Pickett/MH (9) 54:09 3-George McGrath/Aus (13)58:14 4-Darryl Beardall/MH (5) 50:51 5-Debbie Rudolph/Un (11) 56:59 6-Byron Lowry/MH (2) 48:17 7-Bob Biancalana/MH (10) 56:18 8-Gil Tarin/WVJS (7) 54:10 9-Bob Malain/NCS (9) 10-Bob Bunnell/MH (1) 56:14 48:26 11-D.T. Seamount/Un (11) 58:41 12-Worling (13) 61:04 13-Betsy White/WVTC (14) 62:13 14-Don Makela (0) 48:22 15-Bill Scobey/Un (3) 51:23 16-Don Chaffee/ETC (5) 53:32 17-Mike Healy/WVJS (7) 55:35 18-Chuck Stagliano/Un (4) 52:41 19-Karl Marshall/Un (9) 58:05 20-Jim Nicholson/NCS (7) 56:20 21-Petter Mattei/NCS (10) 66:38 22-Wayne Zook/SDTC (14) 63:42 23-Bill Glad/MH (0) 49:46 SURPRISE:!--1975 DIPSEA RESULTS: (Aug 24, 1975--Mill Valley to Stinson Beach) - Guess they figured they had better get the results out before the 1976 race...we got them in early August! See issue #55 of the NCRR for a story on the race. Items not known then: winning team was Marin Harriers (Lowry, Bunnell, Beardall, Pickett, Biancalana); father-son team (Gil & Boyd Tarin of San Ramon); mother-daughter team (Carol & Kathleen O'Conner of Belmont) with 72:17 & 88:33 respectively; husband-wife team (Gene & Betsy White of Berkeley)...1380 finishers. Actual times (scratch) are listed, with handicap following name in parentheses (in minutes). /M.V. Jaycees/

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24-K. Rovtley/Un (10)
                           59:59
                                   56-R.K. Kiernan (5)
                                                               56:05
                                                                       88-Mike Coke/Un (5)
                                                                                                   60:48
25-Paul Reese/NCS (14)
                           64:02
                                   57-Don Lucero/Un (9)
                                                               62:31
                                                                       89-J.J. O'Keefe/Un (2)
                                                                                                   57:50
                                                                       90-J. Valerga/Un (4)
26-Joan Ullyot/WVTC (14) 64:10
                                   58-B.D. Lunsford/Un (9) 62:35
                                                                                                   59:52
27-Dennis Teeguarden (7) 57:12
                                    59-Ted Cain/Un (5)
                                                               58:36
                                                                        91-John Weidinger/Un (4) 59:53
                                                                       92-V.B.Bjelasac/Un (11)
28-L.E. Hoyt/NCS (9)
                           59:20
                                   60-Pam Allen/Lassen (11) 64:40
                                                                                                   66:56
                                   61-Dave Stock/WVTC (0)
29-Hersh Jenkins/Un (0)
                          50:26
                                                               53:42
                                                                       93-R.C. Ratliff/Un (1)
                                                                                                   56:57
                                                                       94-B.N. MacMahon/Un (6)
                                   62-Bill Kirchmier/NCS (7)60:43
30-Bruce Degen/MH (3)
                           53:29
                                                                                                   61:59
                                   63-Jack Gottsche/WVTC(11)64:49
                                                                        95-G. Von Buchau/Un (4)
31-Gene Fitzgerald/PK (3)53:30
                                                                                                   60:00
32-T. Bertolino/Un (11)
                           61:31
                                    64-L.J.D'Aquisto/Un (6) 59:50
                                                                       96-D.L. Coulman/Un (4)
                                                                                                   60:01
                                                                       97-F.A. Robben/Un (7)
33-Greg Chapman/Sol (1)
                           51:42
                                    65-R.K. Kunst/Un (0)
                                                               53:51
                                                                                                   63:02
                                   66-A.M. Clark/NCS (14)
67-Gene White/NCS (7)
                                                                       98-Jack Kirk/Un (14)
                                                                                                   70:06
34-Chuck Seekins/Un (14) 64:50
                                                               67:58
35-John Finch/NCS (7)
                                                                        99-John Boitano/Un (11)
                           57:56
                                                               61:27
                                                                                                   67:09
36-P.E. Kelly/Un (9)
37-W.A. Main/Un (12)
                                                                       100-L.J. Perkins/Un (2)
                           60:11
                                    68-Pete Sweeney/MH (0)
                                                               54:31
                                                                                                   58:10
                                   69-Ray Bonner/Un (4)
70-Jim Allen/NCS (11)
                                                                      101-John Brazinsky/Un (5) 61:12
                           63:18
                                                               58:35
                                                                       102-H.J. Smith/Un (9)
                                                               65:37
                                                                                                   65:13
38-Ragnar Thaning/Un (2) 53:22
39-R. Paffenbarger (11)
                                    71-R.A. Morris/Un (10)
                                                               64:40
                                                                       103-P.H. Holmes/Un (5)
                                                                                                   61:15
                           62:33
                                    72-Cathy Coulman/Un (11) 65:42
                                                                       104-J.C. Merryman/Un (0)
40-Mike Boitano/Un (6)
                           57:37
                                                                                                   56:17
41-J.F. Foley/Un (11)
42-R.M. Arago/Un (0)
                                                                       105-P.K. O'Connor/Un (4)
                                                               68:43
                                                                                                   60:19
                           62:40
                                    73-J.P. Carey/Un (14)
                                                                       106-E.A. Albritton/Un (11)67:21
                           51:47
                                    74-John Soubier/Un (7)
                                                               61:44
                                                                      107-J.A. Johnstone/SDTC(6)62:22
108-D.A. Thomas/HSTC (7) 63:23
43-Colleen Scannell (11) 62:56
                                    75-K. Whittingslow/OC (5)59:46
                                    76-Doug Basham/MH (6)
                                                               60:53
44-Hans Roenau/NCS (9)
                           61:22
45-Carl Gillette/WVJS(7) 59:24
                                                                       109-W.C. Currier/Un (7)
                                    77-R.G. Greenwald/Un (2) 56:54
                                                                                                   63:26
                                                                       110-Ron Elijah/MH (0)
46-Denis O'Halloran (0) 52:26
                                    78-R.G. Nielsen/Un (5)
                                                               59:56
                                                                                                   56:33
47-K.R. Hall (7)
                           59:30
                                    79-R. Houston/NCS (11)
                                                               66:01
                                                                       111-0.F. Gorman/Un (8)
                                                                                                   64:34
                                                                      112-E.J. McGowan/Un (14)
48-John Flather (7)
                                                               55:04
                                                                                                   70:35
                           59:37
                                    80-L.J. Merryman/Un (0)
                                    81-Pat Scannell/Un (4)
                                                                      113-S.W. Sherwood/Un (2)
                                                                                                   58:37
49-M. McManus/Un (11)
                                                               59:05
                           63:45
                                                                       114-Bob Black/Un (0)
50-Ralph Bowles/WVJS (6) 58:57
                                    82-K.O. Bolter/Un (9)
                                                               64:06
                                                                                                   56:45
                                                                      115-D.W. Will/Un (4)
116-R.R. White/Un (3)
                                    83-P.N. Anderson/Un (10) 65:26
51-Boyd Tarin/Un (0)
                                                                                                   60:51
                           53:05
                                    84-Castro/Un (9)
                                                               64:27
                                                                                                   59:53
52-Maryetta Boitano (11) 64:07
                                                                       117-Dick Cordone/Un (1)
                                                               62:42
                                                                                                   57:57
53-Flory Rodd/Un (10)
                                    85-Bob Bourbeau/Un (7)
                           63:11
                                                                      118-Kathy Costello/Un (11)67:58
54-B.C. MacMahon (6)
                           59:12
                                    86-J.A. Clever/Un (6)
                                                               61:43
                                    87-R.P. Anderson/NCS(14) 69:44
                                                                      119-J.F. McDonough/OC (5) 61:59
55-M.D. Dawson/Un (0)
                           53:25
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RON WAYNE LEADS FIVE UNDER OLD MARK AT ANGEL ISLAND: (May 10, Angel Island--S.F. Bay) - Marathoner Ron Wayne decided to try his speed in preparation for the upcoming Olympic Trials and discovered he was very quick indeed. The frequent sub-2:20 man proved he could run well over a shorter distance too by knocking off some very good opposition on the 4.78-mile circuit around the island. In the process he shattered Bill Clark's 1975 standard by over a half-minute (23:07 to 23:40) and led four others under the old mark. Defending champ, Clark, could do no better than seventh, but still had a quick 24:08. Teammate Tim Peterson gave Ron a bit of a battle, finishing 8 seconds back. Bill Jensen had a close call in the over-40 competition, nipping John Finch, 26:33 to 26:37. Shettler's 25:44 record was not approached. Since the printed results listed only first initials and last names and gave no indication of division or sex, we had to guess at the top women...we may have made mistakes. If so, please write us immediately. We think Carolyn Tiernan was top woman in 29:43, just off Diane Williams' 29:25 course record, set in 1974. Kathy Himmelberger was way back (we think she was second) at 31:22, nipping T. Gilreath, who had the same time. A suggestion to meet directors: please list full name, or indicate division/sex, in your printed results! There were 1174 finishers this year! /Phil Fernandez/

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1-Ron Wayne/WVTC	23:07	32-Ed Jerome/TRAC	26:52	63-P. Navarro	28:21	94-T. Hughes	29:08
2-Tim Peterson/WVTC	23:15	33-Ray Orwig/WVTC	26:54	64-K. Bain	28:22	95-M. Stewart	29:09
3-Dennis Nee/Australia	23:28	34-D. Sjostedt	27:01	65-Dan Hintz/WVTC	28:22	96-J. Dix	29:10
4-Ron Elijah/MH	23:31	35-S. Petit	27:03	66-L. Guinee	28:24	97-D. Cargill	29:11
5-Pete Sweeney	23:39	36-W. Witscher	27:08	67-R. Woolworth	28:25	98-P. Hill	29:12
6-Bill Seaver/WVTC	23:59	37-D. Kroll	27:11	68-D. Huff	28:26	99-S. Deschler	29:13
7-Bill Clark/WVTC	24:08	38-J. Hurley	27:21	69-K. Hastings	28:26	100-T. Martz	29:14
8-Pete Flores/Aggie TC	24:21	39-Abe Underwood/BC	27:24	70-D. Lyon	28:27	101-M. Fitzgerald	29:15
9-Bob Bunnell/MH	25:03	40-E. Lee	27:25	71-Don Pickett		102-G. Chan	29:16
10-Hal Tompkins/WVTC	25:08	41-Michael Coke/GPPMB	27:27	72-Noe Vigil	28:30	103-G. Behlmer	29:17
11-Dave Himmelberger/WVTC		42-Craig Roland	27:29*	73-R. Greenwald	28:31	104-J. Power	29:18
12-R. LaZimer	25:19	43-R. Ernst	27:31	74-P.R. Kiernan	28:33	105-D. McCormack	29:20
13-D. Flaten	25:36	44-L. Sampson	27:33	75-R. Marston	28:38	106-H. Pena	29:21
14-Steve O'Brien/SBS	25:51	45-Dennis Teeguarden/NCS		76-M. Pepper	28:40	107-D. Monsen	29:21
15-B. Linscott	25:57	46-Jim Nicholson	27:45*	77-Don MacDonald		108-D. Crawford	29:22
	26:07	47-B. Mahan	27:51	78-J. Westerberg	28:43	109-J. Schaeffer	29:23
16-D. Brett 17-J. Hall	26:10	48-Phil Holder	27:53	79-T. Chalmers	28:44	110-D. Madronich	29:25
	26:16	49-Dave Brown/WVTC	27:56	80-John Flather	_	111-E. Cherrstrom	29:26
18-John Notch/WVTC	26:24	50-A. Winkley	27:58	81-Doug Basham/MH		112-M. Costello	29:27
19-Vince Spangler			28:00	82-R. Weggenman	28:48	113-S. Lazarus	29:29
20-K. Frostad	26:25	51-P. Ligman	28:01	83-E. Richardson		114-P. Farrell	29:30
21-Don Chaffee/ETC	26:30	52-K. Surls			28:50	115-Hans Roenau	29:32*
22-Bill Jensen/PMK	26:33*	53-Matt Dowling	28:03	84-J. Rader	28:51	116-Don Lucero/WVTC	29:33*
23-Jost Schmitt/WVTC	26:36	54-D. Kraus	28:06	85-A. Gonzales	28:52	***WOMEN***	29.33
24-John Finch/NCS	26:37*	55-R. Young	28:09	86-L. Davis		129-Carolyn Tiernan/WVTC	29:43
25-J. Hiserman	26:39	56-A. Wong	28:11	87-George Moss/WVJS			
26-C. Caughey	26:40	57-D. Fregnlia	28:13	88-Larry Sumner	28:57	222-Kathy Himmelberger/WV	
27-Kees Tuinzing/MH	26:41	58-M. Killeen	28:15	89-R. Nemeth	29:03	224-T. Gilreath	31:22 32:43
28-T. Wilson	26:42	59-T. Weinert	28:17	90-A. Wong	29:06	280-Peggy Lavelle	
29-Wayne Plymale/PMK	26:43	60-C. Paynter	28:18	91-S. Stark	29:07	333-Phyllis Olrich/WVTC	34:00
30-D. Herzog	26:44	61-K. Conroy	28:19	92-J. Akers	29:07	355-Pat Whittingslow	34:29
31-A. Honma	26:49	62-B. Kraus	28:20	93-P. Hager	29:08	363-Cathy Coulman	34:41

COLE & TIERNAN SET RECORDS AT CHARITY RUN: (May 22, Ft. Baker to S.F.) — Pax Beale's Golden Gate Charity Run was a tremendous success, both for the runners and for the Big Brothers & Sisters Charities, which netted over \$2500 in profits from the race. Chris Cole of Humboldt St. (former St. Ignatius, S.F.) had little difficulty in blitzing the field and Wayne Badgley's course standard of 30:08 with his 29:41 for the 6-Mile 'over-the-bridge' battle. Mike Bordell (USAF) also dipped under the old mark with a 30:07. Carolyn Tiernan was also a convinc-

ing winner in 37:37 over Judy Gumbs (38:14), as Maryetta Boitano's 38:09 mark was shot down. Jim O'Neil (over 50) led all masters runners with a 33:36, only a half-minute off Jim Shettler's time of 1975. Bill Jensen (34:05) and John Finch (34:31) were next in that division. Meet Director Pax Beale also had challenge competition for the 1975 NCRR Point Leaders (all divisions). Those not in the standings for the previous year had to compete in another class for awards, making it interesting competition. Results a donation of NCRR. /Pax Beale/

		3				3		7200 200	
1-Chris Cole	29:41	92-Carolyn Tiernan	37:37	183-Terry Bruns	41:02	274-Norman Albright	44:15	365-Len Wallach	47:20
2-Mike Bordell	30:07	93-R. Mayers	37:43	184-Jim Johnson	41:03	275-Danny Burger	44:16		47:27
									47:28
3-Ron Elijah	30:23	94-Rob Alemany	37:44	185-Tim Graney	41:04	276-John Bigley	44:18		
4-Jan Sershen	30:46	95-Mark Scheuer	37:45	186-Rich Fitzgerald	41:06	277-Charles Lee	44:19		47:32
5-Dale Bateman	31:09	96-Gough Reinhardt		187-Bill Freital	41:10	278-Scott Kendrich	44:20		47:33
6-Bill Clark	31:43	97-Chris Paynter	37:59	188-W.P. Biggs	41:17	279-Steve Gladstone	44:21		47:34
7-Jack Leydig	32:00	98-Tom McManis	38:01	189-Bob Ward	41:20	280-Charles Marot	44:23	371-Mel Montalba	47:36
8-Frank Donahue	32:06	99-Ed Donahue	38:02	190-Bill Save	41:21	281-Lise Spielman	44:24		47:37
9-Bob Darling	32:15	100-Don Lots	38:03	191-Fred Hornbrach	41:23	282-Howard Schopman	44:25		47:38
10-Jim Sane	32:16	101-E. Eisenbuo	38:10	192-Maryetta Boitano	41:24	283-Stan Morner	44:26		47:39
11-Doug Schmenk	32:37	102-Thomas Palmer	38:12	193-Bob Hudson	41:26	284-William Poore	44:28	375-Kathy O'Conner	47:40
12-Jim Anderson	32:41	103-Ron Treabess	38:13	194-Gail Gustafson	41:26	285-Al Petri	44:29		47:43
13-Homer Latimer			38:14				44:30	ARR 41 A 4 A 4 A	47:44
	32:45	104-Judy Gumbs		195-Betsy White	41:28	286-Greg Gabor			
14-Dave Himmelberge		105-Alan Swartz	38:15	196-Gerald Webb	41:29	287-Bill Fischer	44:32		47:46
15-Gary Goettelmann	33:02	106-Dennis Monson	38:16	197-Mike McKenzie	41:30	288-Eileen McGowan	44:34		47:47
16-Vince Spangler	33:04	107-Steve Lippi	38:17	198-Scott Haas	41:32	289-Paul Christensen	44:36	380-Greg Annestad	47:48
17-Bill Benz	33:19	108-John McCrislus	38:22	199-David Mitchell	41:36	290-Ray Skjelbred	44:37		47:49
18-Ray Bonner		109-Brian Holmes	38:23				44:38		47:50
	33:35			200-T. Masterson	41:38				
19-Jim O'Neil	33:36	110-K. Whittingslow	38:24	201-James Burke	41:39	292-Ron Kreutzberg	44:39		47:51
20-Earle Carroll	33:39	111-Gary Chan	38:25	202-Mike O'Neil	41:40	293-Vicki Blankership	044:40		47:52
21-Roland Watson	33:41	112-Steve Lyons	38:26	203-Mike Lipschutz	41:41	294-Ken Watson	44:41	385-Ricarro Bishop	47:53
22-Jim Gordon	33:42	113-Peter Wilson	38:27	204-Steve Keeley	41:43	295-Ralph Harms	44:42	386-Nora Smiriga	47:54
23-Mark Conover	33:53	114-Mike Lohnberg	38:28	205-Ed Heinlein	41:44		44:53		47:56
	34:00								
24-Don Chaffee		115-Douglas Dray	38:34	206-Michael Flucke	41:45	297-Robert Myers	44:55		47:58
25-Steve Haas	34:04	116-Michael Bowen	38:35	207-Cathy Coulman	41:46		44:59		48:01
26-Bill Jensen	34:05	117-Roger Shine	38:36	208-Tony Avalos	41:48	299-Vic Turks	45:00	390-Laura Irvin	48:02
27-Chuck Stagliano	34:21	118-S.R. Blackstone	38:39	209-Bill James	41:50	300-John Ginel	45:02	391-Sandra Uaurs	48:03
28-Jim Flanigan	34:30	119-Ron Sova	38:40	210-Paul Banchero	41:57		45:04	392-Ted Weicken	48:04
29-John Finch	34:31	120-Ron Neumann	38:43	211-Jack Slobodin		9	45:09		48:05
					42:02				
30-Robert Ogg	34:32	121-H.P. Castellanos		212-Keith Weaver	42:03	303-R.L. Abbott	45:10		48:20
31-Lloyd Sampson	34:33	122-Jim Goar	38:45	213-Frank Patterson	42:04	304-Dan Schell	45:12	395-Peter Nystroom	48:22
32-Ted Wilson	34:34	123-Gene White	38:46	214-Joe Devane	42:05	305-Richard DeForest	45:13	396-Matt Culligan	48:29
33-Ted Pawlak	34:35	124-David Hansen	38:47	215-Rick Waters	42:06	306-Gordon James	45:14		48:31
34-Mike Souza	34:39	125-L. Hoyt	38:48				45:15		48:32
2F Dannall lann				216-Fred Miller	42:08				
35-Darrell Jeong	34:52	126-Keith Campbell	38:50	217-Mark Tuttle	42:09		45:17		48:33
36-Robert Malain	34:53	127-Clinton West	38:51	218-Raul Perez	42:10		45:23	400-Donald Reid	48:34
37-David Sabo	34:59	128-Sheldon Gersh	38:52	219-Mike Saltzberg	42:11	310-Tom Bomer	45:24	401-Kenneth Busher	48:42
38-Joe Maher	35:05	129-Jim Myers	38:55	220-Pat Whittingslow		311-Richard Waldo	45:31	402-Fred Ullman	48:43
39-Ed Jerome	35:05	130-Mike Rios	38:56				45:33		48:48
				221-Greg Thomas	42:15				
40-Dennis Kroll	35:08	131-Gary High	38:57	222-Tom Standing	42:17		45:34		48:49
41-Rick Rockwell	35:13	132-Jim Siler	39:01	223-Johnie Glover	42:18		45:39	405-Jack Parker	48:50
42-Nick Granados	35:14	133-Marvin Pettey	39:02	224-Robert Hoffman	42:20	315-Emmett Smith	45:41	406-Joe Bigas	48:51
43-Mike Buckinghaur		134-Robert Frauens	39:03	225-Chuck Volz	42:21	316-Oliver Twigg	45:42	407-Al Wihtol	48:52
44-Ulrich Kaempf	35:18	135-Gary Crangle	39:04	226-David Tanner	42:22		45:44		48:53
45-Gary Alderman	35:24	136-William Mott	39:05	227-Steve O'Neil	42:23		45:45	409-Arnold de la Rosa	
46-Dennis Gustafson		137-Evan Tuttle	39:06	228-Carroll O'Conner	42:24		45:46		49:04
47-Ron Busby	35:27	138-Len Bring	39:08	229-Jeff Armstrong	42:26	320-Glen Martin	45:47	411-Joe Adams	49:06
48-Monty Schafer	35:29	139-Mark Englert	39:09	230-Richardson Larson	142:27	321-Brian Gagan	45:49	412-Tom McGee	49:08
49-Peter Hein	35:29	140-Jerry Block	39:10	231-Mike McManis	42:28		45:53		49:11
50-John Riddle		141-Jim McKinnon			42:33	9	45:54		49:13
	35:30		39:13	232-Kevin Martin				•	
51-John Kerr	35:31	142-Glen Brumbaugh	39:14	233-Norm Gatzert	42:35	0 0 0	45:58		49:16
52-Mike Coke	35:36	143-Michael Preece	39:17	234-Jeff Smith	42:36	325-John Franck	45:59	416-Chuck Grettou	49:17
53-Jim Nicholson	35:37	144-Ruben Carreon	39:20	235-Julie Ortiz	42:37	326-Keith Olson	46:00	417-Craig Payne	49:19
54-Rick Kell	35:46	145-Ray Minkel	39:24	236-Larry Owen	42:41	327-Tom Paterson	46:01		49:20
55-Dick Fregulia	35:47	146-Jim Gault	39:30	237-Baoul Kennedy	42:42		46:02		49:22
56-Frank Haro	35:53	147-Tim Ballard	39:32	238-Dave Will	42:43	329-Miles Hersey	46:04		49:24
57-Bruce Carradine	35:57	148-Paul Gateus	39:39	239-John Boitano	42:44		46:05	421-James Vincek	49:27
58-Terry Hughes	35:58	149-Joel Stein	39:42	240-Don Graves	42:45	331-Terry Fleming	46:10	422-Eric Shelby	49:32
59-J. Peter	36:01	150-Brian Stewart	39:43	241-Daniel Page	42:47	332-B. Bently	46:11	423-Stan Bricker	49:33
60-Mike Boitano	36:02	151-Cindy Chapman	39:45	242-Walt MacCarron	42:53		46:12		49:34
					42:57	334-Emil Richmond	46:13		
61-K. Gilligan	36:04	152-Spence Milne	39:47	243-Colleen Fox					49:35
62-Gail Williams	36:11	153-Keith Newton	39:48	244-Lance Wright	42:58	335-Michael Williams			49:39
63-Don Pickett	36:12	154-Ken Israel	39:49	245-John Clinton	43:01		46:15	427-Pat Keeley	49:41
64-Gene Sparke, Jr.	36:13	155-Michael Smith	39:50	246-Rick Hague	43:02		46:16	428-Scott Doye	49:44
65-Roger Major	36:17	156-Eileen Burger	39:54	247-A1 Weil	43:04		46:17		49:45
66-Clifford Stewart		157-Dave Werner	39:55	248-J. Valentine	43:05		46:18		49:46
67-Larry Sellers	36:20	158-Cliff Janoff	39:58	249-Jim Wirick	43:07		46:20		49:54
						*		•	
68-Kevin Brown	36:33	159-Steven Hinkel	40:02	250-Bill Purgley	43:08		46:21		49:55
69-Dick Lyon	36:39	160-Malcom Minasian	40:03	251-Mike Rudy	43:15	342-William Smith	46:26	•	50:00
70-John Flather	36:40	161-T. Zechlin	40:04	252-Ed Murray	43:16	343-Skip Swannack	46:27	434-Cathy Vergara	50:01
71-Don MacDonald	36:43	162-Grady Wright	40:05	253-Gary Carleton	43:19	344-Aurjoon Ghosh	46:28		50:06
72-Chris Warren	36:44	163-Jon Mohr	40:06	254-Adam Castellanos		345-J. Feagin	46:29		50:07
73-Tim Hicks	36:46	164-Gary Charlson	40:07	255-Bob O'Conner	43:23	346-Oscar Orozeo	46:30		50:08
74-Jeremy Akers	36:53	165-Bruce Murdoct	40:08	256-Jack Chamberlain		347-Sandy Miller	46:36		50:10
75-Richard Jonsen	36:54	166-Jim Thimen	40:09	257-John Gray	43:25	348-Kim Rubin	46:37		50:11
76-Bill Lovelace	36:55	167-Bert Oxley	40:10	258-John Dougherty	43:26		46:38		50:12
77-Lee Damron	37:02	168-Joe Camisa	40:15	259-John Betz	43:28	350-Lorraine Rorke	46:39		50:14
			40:25	260-Alan Kreuzberger		351-Richard Jones	46:40		50:19
78-Russell Deirnan	37:13	169-Bob Wright							
79-Jim Moore	37:14	170-Thomas Chuey	40:26	261-James Thornton	43:32	352-Ken Granberg	46:42		50:20
80-Steve Bailey	37:21	171-Marty McNair	40:27	262-William Martin	43:33	353-Don Lins	46:42		50:22
81-Dave Cargill	37:22	172-Kent Rubie	40:28	263-Brook Byers	43:34	354-Nate Williams	46:50	445-Walt Stack	50:27
82-Mike Plummer	37:25	173-Ruth Anderson	40:31	264-Daves Davis	43:38	355-Tim Freeman	46:52		50:47
83-Gerald Flynn	37:26	174-Dale Pfeiffer	40:32	265-Butch Turk	43:42	356-Kennedy Foo	46:53		50:48
		175-John Blankenship		266-Joe Gaidosh	43:50	357-Mariam Seltzer	46:54		50:49
84-Jerry Larimer	37:28								
85-Jim Clapp	37:29	176-Douglas Tubb	40:36	267-Howard Waldron	43:52	358-Robert Morrill	47:01		50:50
86-John Power	37:30	177-Jim Collins	40:51	268-Otto Sommerauer	43:53	359-Lawrence Albert			50:51
87-Larry Guinee	37:31	178-Skip Latham	40:52	269-Ed Sommerauer	43:55	360-Bob Highsmith	47:09	451-Annabel Marsh	n.t.
88-Joe Fields	37:32	179-Don Smith	40:57	270-Irene Rudolf	43:56	361-George Zimmerman		(I suspect there were	
89-Mike Wheeler	37:33	180-Curtis Caughey	40:58	271-Martin Lagger	43:57	362-Mary Teeters	47:11	finishers, but probab	
90-Pete Christensen		181-Ken McRae	40:59	272-Kris John	44:03		47:17		
								no timesthis is al	6 1
91-Don Richey	37:36	182-Kent Bolter	41:00	273-Peter Krebser	44:04	364-Kathy Maloney	47:18	got from Pax Beale.)	
				22					



Carolyn Tiernan on her way to an easy victory in the 8-Mile Statuto Run. Two weeks previously she had won the Golden Gate Charity Run. /0'Rorke/

1-Jack Leydig/WVTC 2-Bill Seaver/WVTC 3-Frank Donahue/ETC 4-Kent Guthrie/WVJS 5-James Tracy/ETC 6-Terry Casey/ETC	22:18 22:31# 22:36 23:26 23:38 24:22
1-Jan Sershen/ETC 2-J. Kirk/Un 3-Angelo Martinez/AGTC 4-Darryl Beardall/MH 5-Denis O'Halloran/Un 6-Joe McDevitt/WVTC 7-Dan Anderson/WVTC 8-Bob Darling/ETC 9-Homer Latimer/Un 10-Frank Krebs/BC	45:18# 45:27 45:49# 46:08 46:36# 47:30 47:36 47:44 47:49 47:57

11-Tom O'Neil/Un

12-Mike Conroy/ETC

14-Bill Spence/Un

15-Bruce Wolfe/WVTC

13-Ralph Bowles/WVJS

NUCCIO BREAKS 12 MILES FOR HOUR: GUMBS SETS PA-AAU WOMEN'S MARK: (June 12, S.F. State) - It didn't take long for Jim Nuccio to break away from the star-studded field, and when he did, you could tell he was out for the District record of 12 miles, 527 yards, set in 1971 by Bill Clark (still the second-best ever by an American). However, a sporatic leg pain forced him to slow up (only 5:00-5:10/mile!!) for a few miles in route, possibly costing him the record. His 12-372 still came dangerously close to the standard, and averaged out at 4:55+ per mile. He lapped everyone in the race at least once while dragging his competition to top marks too...13 runners (almost 20% of the finishers) broke 11 miles, while over half (35 of 69) did 10 miles or more! Ray Menzie didn't approach his own PA-AAU standard (10-938), but was still three-fourths of a lap ahead of Jim Nicholson with 10-492. Judy Gumbs started slowly, passed early leader Diane Williams a few miles out, and went on for a PA record of 9-743 (breaking Diane's 9-109 mark of 1974). Overcast skies contributed to the good marks, and WVTC's 57 miles, 965 yards (5 men) is sure to place well in the National Postal Competition. /Paul Koski/

48:01

48:15

48:32

48:39

49:28

7-Bob Griepenbury/Un

8-Mike Souza/BC

24:31

24:37

1-Jim Nuccio/WVTC	12- 372	14-Frank Donahue/ETC	10-1678
2-Brian Maxwell/Canada	11-1601	15-Ralph Bowles/WVJS	10-1538
3-Jim Birnbaum/AF-WVTC	11-1511	16-Mike Conroy/ETC	10-1519
4-Jan Sershen/ETC	11-1437	17-John Clary/TRAC	10-1475
5-Mike Bordell/USAF	11-1159	18-Atkins Chun/Un	10-1457
6-Jack Leydig/WVTC	11- 959	19-Ken Scalmanini/PMK	10-1433
7-Mike Niemiec/WVTC	11- 559	20-Earl Carroll/SARR	10-1410
8-Hal Tompkins/WVTC	11- 508	21-Jake White/TRAC	10-1051
9-Tad Woliczko/PMK	11- 459	22-Ben Sawyer/SoqRC	10- 968
10-Bob Darling/ETC	11- 440	23-Brent Cushenbery/BC	10- 745
11-Gary Goettelmann/WV	11- 327	24-Russell Black/TRAC	10- 739
12-Daryl Zapata/WVTC	11- 130	25-Kees Tuinzing/MH	10- 580
13-Ernie Rivas/PMK	11- 101	26-Ray Menzie/WVTC	10- 492*

SEAVER & SERSHEN TAKE NARROW STATUTO WINS: (June 6, San Francisco) - The 56th Annual Statuto Runs almost turned into a disaster as a result of poor (like none) course guides. Both races (4.29 & double that) were conducted simultaneously...two loops for the longer run. A tight group of Bill Seaver, Jan Sershen, Dennis O'Halloran and Angelo Martinez (the latter three running the longer race) were leading by about 10 seconds at the three-mile point over Jack Leydig, and Frank Donahue was another 25 yards back. Donahue yelled ahead to Leydig, who was about to make the same mistake as the four leaders, and the eventual 'winner' (Leydig) took a sharp turn in the right direction as the leaders corrected themselves and doubled back. Leydig crossed the line first but gave Seaver the winner's trophy, realizing that he could not have caught his teammate had the wrong turn not been made...thus, the times below that are noted with a "#" are about 20 seconds longer than if the proper course had been run. Sershen went on to score a narrow win of 9 seconds over fast-closing J. Kirk (who he?). Most of the top masters opted for the double loop (don't know who won the short race...no divisions on results sheets), with Jim 'the slim' O'Neil winning handily in 49:56 (3-1/2 minutes up on John Soubier). Pat Whittingslow (29:13) and Carolyn Tiernan (56:20) were easy winners in the women's races. Excelsior displayed good depth in winning both team trophies, as 190+ finished each race. /S.F. Athletic Club/

26:13

26:14

43-Jon Gerrans/BC

44-Joel Lewitz/Un

28:05

28:15

25-Frank Lee/SFC

26-Gerald Flynn/Un

	9-Keith Simonian/Un	24:40	27-Michael Skiff/Un	26:36	45-Joe Devine/HATC	28:26
	10-John Notch/WVTC	25:02	28-Michael Leinicutt/Un	26:38	46-Rich Malmgren/Un	28:27
	11-David Muela/ETC	25:03	29-Curtis Miyaji/Un	26:38	47-Tom Martz, Jr./SFOC	28:38
	12-Brad Carpenter/Un	25:04	30-Victor Briggs/Un	26:44	48-Mike McNamard/Un	28:41
	13-Bob Powell/CWTC	25:07	31-Stephan Roulan/Un	27:03	49-Dave Anderson/Un	28:42
	14-Jim Blank/Un	25:08	32-Bill Bugler/Un	27:05	50-James Baker/WTC	28:55
	15-Larry Main/WVTC	25:22	33-Jim Mullany/Un	27:15	51-Dana Dahlquist/Un	28:56
	16-Harry Cross/WVTC	25:25	34-Len Brink/Un	27:16	52-Dave Wischmeier/Un	29:00
	17-Tom Mann/ETC	25:29	35-Steve Lyons/BC	27:16	53-Rich Henderson/Un	29:10
	18-Matt Ulturu/Un	25:39	36-Glenn Brumbaugh/Un	27:18	54-Gary Near/NCS	29:12
	19-Bill Catanese/Un	25:40	37-George Anwar/WTC	27:18	55-Pat Whittingslow/Un	29:13
ŧ	20-Scott Ruffing/WVTC	25:40	38-Scott Hunter/Un	27:40	***WOMEN***	
	21-Scott Anderson/Un	25:58	39-Keith Cumming/Un	27:41	55-Pat Whittingslow/Un	29:13
	22-Thomas Fodor/WVTC	26:05	40-Douglas Freer/WVTC	27:55	71-Carol O'Conner/NCS	30:03*
	23-Dennis Boyle/Un	26:11	41-Rich McDonald/SFOC	28:00	76-Sue Bugler/MLTC	30:26
	24-Phil McCarthy/Un	26:12	42-Dick Fitzgerald/Un	28:03	101-Kay Busher/Un	32:24
					Photograph of the party and th	
¥	16-B. Slacer/Un	49:45	31-M. Gulli/Un	52:04	46-Peter Wood/NCS	54:24
	17-Jim O'Neil/SFOC	49:55*	32-David Fuller/SPC	52:13	47-J. Housten/Un	54:38
#	18-Doug Rennie/BC	49:56	33-Evan MacBride/BC	52:21	48-Keith Whittingslow/OC	54:53
	19-Greg Jewitt/Un	50:09	34-Nick Marshall/HRC	52:43	49-Jim Coiglhlin/Un	55:13
¥	20-Barry Armstrong/Un	50:11	35-Jim Moore/ETC	52:51	50-W.F. Golder/Un	55:17
	21-Ray Bonner/Un	50:12	36-Paul Holmes/BC	52:57	51-Orin Dahl/Un	55:32*
	22-Jim Scannell/Un	50:40	37-L. Leume/TSRC	53:00	52-Don Lucero/WVTC	55:38*
	23-Don Chaffee/ETC	50:57	38-David Teppel/Un	53:17	53-D. D'Carrenn/Un	55:40
	24-Jordan McDevitt/Un	50:57	39-Michael Trainor/FFRC	53:27	54-Mark Peterson/Un	55:47
	25-Lloyd Sampson/Un	50:57	40-John Soubier/Un	53:35*	55-Hans Roenau/NCS	55:50*
	26-David Warren/ETC	51:05	41-Bob Miccer/CTC	53:54	***WOMEN***	
	27-Ross Rowley/Un	51:07	42-Dean Gilbert/Un	54:08	60-Carolyn Tiernan/WVTC	56:20
	28-Darrell Jeong/ETC	51:30	43-Douglas Garibaldi/Un	54:13	86-Cathy Coulman/Un	59:12
	29-Chris Nowak/Un	51:37	44-Rich Kell/PMK	54:17	88-Jeannie Kayser/PMK	59:37*
	30-Dennis Kroll/Un	52:00	45-Don Macdonald/Un	54:19*	93-Betsy White/WVTC	60:02
	•					

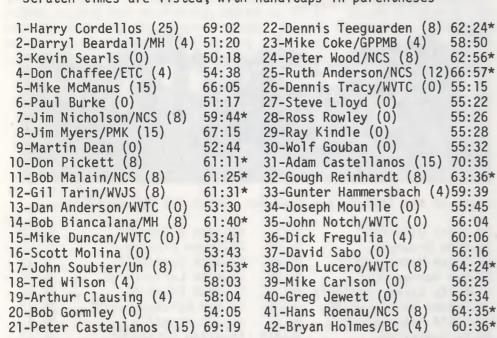




PA-AAU Hour Run winners, Ray Menzie (left) and Jim Nuccio...
Ray was first master and Jim took overall honors. /D. O'Rorke/

27-Bob Coulson/Un	10-	479	34-Jim Nicholson/NCS 10- 144*
28-Ted Wilson/KJ		368	35-Rich Stiller/TRAC 10- 132
29-Jim Engle/NVRC	10-	236	***WOMEN***
30-Bill Catanese/Un	10-	162	44-Judy Gumbs/WVTC 9- 743
31-Kurt Schroers/Un	10-	156	48-Kathy Himmelberger/WV9- 189
32-Tom Mann/ETC	10-	151	52-Diane Williams/PBP 9- 000
33-Mike Brown/Un	10-	148	53-Ruth Anderson/NCS 8-1693*

CORDELLOS & SEARLS TAKE TOP HONORS AT WOODMINSTER: (June 13, Oak-land) - Blind runner, Harry Cordellos, took full advantage of a whopping 25-minute headstart to defend his title in the Woodminster Handicap (9.3 Miles), improving by seven minutes his 1975 clocking. Runnerup Darryl Beardall, with a 4-minute headstart of his own, finished more than a half-mile back. Kevin Searls, who took third spot, had the fastest scratch time of 50:18, but fell way short of Ted Quintana's 48:32 record from 1975. Handicaps were based on age and sex, with the women coming out a bit on the short end (some had only a 4-minute headstart on the scratch runners). Ruth Anderson could do no better than 25th, even with a 12-minute headstart, and she was high-finishing for the women. Betsy White, however, notched the fastest scratch time for the fair sex, edging Teresa Bertolino by two-seconds with a 64:38. Jim Nicholson was quickest (scratch) over-40 at 59:44. A total of 250 finished this rugged, but popular race. /Chas. MacMahon/--Scratch times are listed, with handicaps in parentheses--







(Left) Hour-Run placers, (front to back): Jim Birnbaum-3rd, Mike Bordell-5th, Brian Maxwell-2nd & Jan Sershen-4th. (Right) Ralph Bowles, just a bit more than a month away from turning 40, recorded just short of 11 miles in that race. /O'Rorke/

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43-Orin Dahl (4) 44-Betsy White/WVTC (8) 45-Gene White/NCS (4) 46-Mike Plummer (0) 47-Steve Roberts (0) 48-Frank Evans (4) 49-Mike Small (15) 50-Dennis Kroll (0) 51-Nick Granados/WVTC (0 52-Frank Lemus (0) 53-Dan Martinez (0) 54-Charles Becker (4) 55-Dave Smith (0) 56-James Schneider (0) 57-Edward Lee (0)	60:36* 64:38 60:40* 56:41 56:57 61:00* 72:02 57:06	61-H.P. Castellanos (4) 62-Nick Carmona (0) 63-Dan Moore/LVRC (0) 64-Lloyd Sampson (0) 65-Dean Gold (0) 66-Dana O'Hara (0) 67-Mark Nordeen (0) 68-Paul Gosse (0) 69-Jeff Houston (0) 70-Tom McManus, Jr. (4) 71-Dave Cargill (0) ***WOMEN*** 25-Ruth Anderson/NCS (12) 44-Betsy White/WVTC (8) 80-T. Bertolino (4)	62:43 58:44 58:45 58:52 59:05 59:08 59:15 59:16 59:17 63:20 59:34
58-K.Whittingslow/OC (4)	62:	85-Skip Swannack (8)	69:13
59-John Valerga (0)	58:31	86-Carroll O'Conner (12)	73:34*
60-Ed Jerome/TRAC (0)	58:32	96-Gail Gustafson (4)	67:19

ANGELO MARTINEZ CLIPS RECORD AT HOLY CITY: (June 20, Holy City) - UC Davis' Angelo Martinez showed a fine return to form with a solo victory of 47:15 on the up-and-down Holy City circuit (9.08 miles), eclipsing Jack Bellah's year-old mark by 3.6 seconds. The defending champ finished a distant 18th today, having taken a well-deserved rest since the end of track season at Stanford. Second spot today went to Ray Montenegro of San Jose's Westside TC in a fine 48:54. Mountain-man Ross Smith came down from Reno to capture the 40+ title with a quick 52:08, but missed his own course PR and record by a half-minute. Ken Napier was a full two minutes behind for second. The women's record stayed intact (57:49 by Sue Munday last year), as the defending champ and LDR Chairperson, Penny DeMoss, decided to come across in a tie at 59:15. Camino West was the easy team winner with 66, as WVTC was a distant second (133). The host team (WVJS) slipped in for third (167). Joe Salazar was top prep finisher in tenth (50:57)...248 finished.-Napier

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54:58
                                                                                                          61-Dave Weikel/CWTC
                                                                                                                                    56:42
1-Angelo Martinez/AGTC
                           47:15
                                    21-Ernie Rivas/PMK
                                                               52:57
                                                                       41-Glenn Pruitt/PMK
                                                                                                          62-S. Specker/Un 63-G. Temple/Un
                                    22-Ted Wilson/KJ
                                                               52:59
                                                                       42-Ed Spurr/SRC
                                                                                                 55:14
                                                                                                                                    56:44
2-Ray Montenegro/WSTC
                           48:54
3-Denis O'Halloran/Un
4-John Moreno/CWTC
                                                                       43-Steve Bruns/WVTC
                           48:59
                                    23-Frank Hagerty/SUND
                                                               53:08
                                                                                                  55:23
                                                                                                                                    56:49
                                                                                                  55:34
                                                                                                          64-M. Nordeen/MVS
                                                                                                                                    56:51
                           49:13
                                    24-Bob Lange/CWTC
                                                               53:20
                                                                       44-D. Castro/Un
                                                                                                          65-D. Hendrix/Un
                                                                                                  55:44*
                                    25-Bob Weaver/CWTC
                                                                       45-Bob Malain/NCS
5-Bob Cooper/WDS
                           49:48
                                                               53:27
                                                                                                                                    56:54
                                                                                                          66-Harold DeMoss/WVTC
                                    26-M. Miller/CWTC
                                                                                                  55:57
6-Bill Clark/WVTC
                           50:04
                                                               53:29
                                                                       46-D. Marsh/Un
                                                                                                                                     56:55*
                                    27-S. Newton/Un
                                                               53:45
                                                                       47-C. Castro/Un
                                                                                                  56:07
                                                                                                          67-C. Stewart/PMK
                                                                                                                                     57:06
7-Mitch Kingery/CWTC
                           50:10
8-Gary Goettelmann/WVTC
                                    28-Brent Cushenbery/BC
                           50:27
                                                               53:46
                                                                       48-Paul Holmes/BC
                                                                                                  56:09
                                                                                                          68-R. Antal/Un
                                                                                                                                     57:25
                                    29-Ken Napier/WVJS
                                                               54:07*
                                                                       49-Mike Fenner/Un
                                                                                                          69-J. Cowling/Un
                                                                                                  56:19
                                                                                                                                     57:30
9-Steve Fiamengo/WDS
                           50:35
                                                                       50-Jerome Lewis/NCS
                                                                                                  56:23*
                                                                                                          70-B. Joseph/Un
10-Joe Salazar/WSTC
                           50:57
                                    30-M. Gorley/STC
                                                               54:08
                                                                                                                                     57:30
                                    31-Ed Tico/WVJS
                                                               54:09
                                                                       51-G. Dean/Un
                                                                                                  56:23
                                                                                                          71-Peter Wood/NCS
                                                                                                                                    57:35*
11-Homer Latimer/Un
                           51:00
12-Bob Miller/CWTC
                                                                       52-M. Fish/NCS
                                                                                                          72-T. Hutchins/Un
                           51:17
                                    32-J. Barragan/Un
                                                               54:10
                                                                                                  56:23
                                                                                                                                     57:45
                                                                                                  56:24*
                                                                                                          73-John Soubier/Un
                                                                                                                                     57:48*
                           51:19
                                    33-D. Paul/Un
                                                               54:11
                                                                       53-Roger Bryan/Un
13-Bob Gormley/MH
                                                                                                          74-R. Anaya/MVS
                                    34-Ulrich Kaempf/TRAC
                                                                       54-K. Sterling/Un
                                                                                                                                     57:51
14-C. Kardock/Un
                           51:30
                                                               54:27*
                                                                                                  56:29
                                                                                                          ***WOMEN***
                                                                       55-Phil Sanfilippo/WVJS
                                                                                                  56:29
15-Paul Keller/Un
                           51:58
                                    35-Manny Mahon/WVJS
                                                               54:29
                                                                                                          92-Sue Munday/Un
                           52:04
                                    36-S. Fuller/WSTC
                                                               54:31
                                                                       56-Gary Alderman/PMK
                                                                                                  56:31
                                                                                                                                     59:15
16-Greg Mandanis/WDS
                                    37-David Muela/ETC
                                                                                                         tie-Penny DeMoss/WVTC
                                                                                                                                     59:15
17-Ross Smith/WVJS
                           52:08*
                                                               54:34
                                                                       57-A. Takaha/CWTC
                                                                                                  56:33
                                                                       58-Ray Menzie/WVTC
59-R. Ernst/WVJS
                                    38-Mike Plummer/MVS
                                                                                                  56:34*
                                                                                                         153-Peggy Lyman/WVTC
                                                                                                                                     66:40
                                                               54:46
18-Jack Bellah/WVTC
                           52:39
                                                                                                         172-M. Hayes/Un
                                                               54:50
                                                                                                  56:35
                                                                                                                                     69:12
19-Steve Palladino/CWTC
                           52:45
                                    39-C. Hutchings/Un
                                                                                                        178-Carroll O'Conner/NCS
20-M. Bregante/SUND
                            52:54
                                    40-W. Diaz/Un
                                                               54:55
                                                                       60-K. Klein/Un
                                                                                                  56:36
                                                                                                                                    69:30*
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FLORES & DEMOSS WIN BEACH RUN: (June 26, San Francisco) - Pete Flores of the Aggie TC opened a 20-second gap in the second mile that runnerup Jack Leydig could never close. At the turnaround, with about 3 miles of beach remaining, the margin was down to about 50 yards, but after that it was all Flores, as he slowly increased his lead to 25 seconds at the tape. The 35:31 winning time was over 3 minutes off John Halberstadt's 1975 standard, but most times today were hindered by very loose sand, whereas the beach was firm the previous year. Penny DeMoss wasn't interested in a tie this week (like she did at Holy City), and she proceeded to build her margin to more than a minute over Sue Munday, 43:56 to 45:00. Ruth Anderson ran a super race for third (and first over 40) spot at 45:42. Jim Nicholson chose a good day (or maybe bad) for masters competition. His margin of victory over second-placer Ron Neumann (45:20) was nearly 4 minutes. Ed Heinlein rounded out the top three in that division with a 46:23. A total of 218 finished this increasingly popular run, which is approximately two-thirds on the beach...6.25 Miles. /Bob Darling/

1-Pete Flores/AGTC 2-Jack Leydig/WVTC	35:31 35:56	6-Dennis Tracy/WVTC 7-Richard Carlsen/MH	37:37	11-Steve Lee/SUND 12-Stan Newton/Un	38:16	16-Vance Eberly/Un 17-Steve Palladino/CWTC	38:50 38:56
3-Damon Wood/CWTC	36:06	8-Jim Anderson/Un	37:43	13-Ray Castro/UCTC	38:37	18-Scott Weakley/MVS	38:56
4-Paul Burke/Un	36:55	9-Bob Miller/CWTC	37:50	14-James Moore/ETC	38:41	19-Bob Weaver/CWTC	39:06
5-David Fuller/Un	37:12	10-Doug Butt/WVTC	37:51	15-Joel Petersen/Un	38:43	20-Mike Plummer/MVS	39:13

21-David Sabo/AGTC	39:38	36-Doug Rennie/BC	40:34	51-Bill Catanese/Un	41:55	66-Mark Gallo/BC	42:52
22-Harry Youkers/Un	39:43	37-Ray Russell/Un	40:35	52-Jaime Leon/MVS	41:58	67-Evan MacBride/BC	43:11
23-David Galdamez/Un	39:46	38-Dan Devlin/Un	40:36	53-Bob Nelson/WVTC	42:00	68-Ted Fuller/Un	43:24
24-Danyal Kasapligil/Un	39:48	39-John Hillbrink/Un	40:37	54-Bob Barnett/CWTC	42:03	69-Rob Alemany/PMK	43:25
25-Jim Cook/Un	39:50	40-Greg Martinez/WDS	40:39	55-Dave Nelson/MVS	42:11	70-Tom Arnez/CB	43:26
26-Paul Gosse/Un	39:51	41-Mike Barone/Un	41:05	56-George Ridout/Un	42:12	71-Gerald Flynn/Un	43:28
27-Frank Lemus/Un	39:52	42-Clifford Stewart/PMK	41:07	57-Dana Burall/Honolulu	42:16	***WOMEN***	Date Brook
28-Jim Logan/SUND	39:53	43-Paul McClure/Un	41:13	58-Mike Boitano/Un	42:22	79-Penny DeMoss/WVTC	43:56
29-Kees Tuinzing/Un	39:56	44-Dennis Martinez/SBS	41:19	59-Jerry Jiminez/Un	42:32	87-Sue Munday/Un	45:00
30-Danny Martinez/DVTC	40:02	45-Paul Holmes/BC	41:25	60-Tim Chalmers/Un	42:33	94-Ruth Anderson/NCS	45:42*
31-Ed Jerome/TRAC	40:05	46-Chris Schultz/CB	41:35	61-Lloyd Sampson/Un	42:34	114-Maryetta Boitano/RG	47:55
32-David Castro/Un	40:11	47-Peter Wilamoski/Un	41:38	62-William Sevald/Un	42:36	126-Jeanie Kayser/PMK	49:11*
33-Steve Metoxen/Un	40:13	48-Jim Nicholson/NCS	41:39*	63-Kent Fraker/Un	42:37	134-Carroll O'Conner/NCS	49:57*
34-Ray Aver/Un	40:18	49-Mark Bullock/Un	41:42	64-David Zermer/Un	42:38	135-Lise Spielman/Un	50:02
35-Mark Harries/Un	40:28	50-Dan Williams/Un	41:47	65-Tom Massey/Un	42:39	138-Pat Whittingslow/PMK	50:12

KINGERY BLITZES RECORD AT FOLSOM 10-KILO: (July 3, Folsom) - The conditions were perfect for record-setting, and Camino West's Mitch Kingery did just that with a superb 30:40 clocking over the rolling hills near Sacramento, smashing the two-year-old mark of 31:31 by WVTC's Jim Birnbaum. In fact, the top three finishers were under that time today, with Rich Langford a distant second (31:05). Ty Hadley of Placerville wiped Walt Betschart's over-40 standard off the books by 12 seconds with a good 35:41. His nearest opposition was nearly two minutes back (Don MacDonald at 37:21, followed closely by Art Waggoner, 37:21). Jeanette Fuller had her women's record obliterated too, as Sally Edwards recorded a 41:38 to nip the old mark by 33 seconds. She likewise was not pushed, winfing her division by over 3 minutes. Tom O'Neil had a bit more competition in his high school division (grades 11-12), as he edged Greg Mandanis by only 4 seconds. /Krebs; Underwood/



Start of the 1976 Folsom Road Run, which saw 190 finishers.

1-Mitch Kingery/CWTC	30:40	17-Steve Fuller/WDS	33:36	33-Chris Otis/MVHS	35:15	49-John Riddle/BC	36:08
2-Rich Langford/Un	31:05	18-Fred Forsbery/Un	33:59	34-Mike Brown/Un	35:24	50-Steve Finn/Un	36:15
3-Mike Van Horn/BC	31:27	19-Mike Miller/CWTC	34:03	35-Steve Metoxen/DCHS	35:26	51-Nick Vogt/GSTC	36:18
4-Jim Sane/BC	31:34	20-Paul Keller/HH	34:05	36-Ken Harvey/DCHS	35:26	52-Mike LaPierre/BC	36:20
5-Adam Ferreira/Un	31:45	21-Doug Rennie/BC	34:11	37-Marty Szekeresh/Ophir		53-Rick Edson/BC	36:25
6-Bob Cooper/WDS	31:53	22-Pete Gaul/Un	34:15	38-Fraser Rasmussan/BC	35:35	54-Don Spickelmier/BC	36:27
		· ·	34:32	39-David Maldonado/MHS	35:37	55-Tom Arnez/CB	36:41
			34:46	40-Ty Hadley/Un	35:41*	56-Brian Barton/Un	36:43
	32:50	25-Steve Palladino/CWTC	34:47	41-Dan Davison/Un	35:42	57-Bill Fairwell/Un	36:49
10-Frank Krebs/BC	32:53	26-Bob Barnett/CWTC	34:49	42-Tom Carroll/MHS	35:48	58-Jose Cortez/WDS	36:50
	33:02	27-Abe Underwood/BC	34:54	43-Steve Coronado/Un	35:51	***WOMEN***	
			34:58	44-Mark Gallo/BC	35:52	121-Sally Edwards/Ophir	41:38
		9 ,	35:01	45-Paul Holmes/BC	35:52	149-Ellen Daly/Un	44:43
			35:03	46-David Call/BC	36:04	158-Karen Bain/Un	46:16
		31-Frank Turner/Colfax	35:06	47-Jim Holben/WVTC	36:05	160-Karen Stok/WDS	46:35
16-Noel Hitchcock/Un	33:35	32-Brent Cushenbery/BC	35:08	48-Matt Gary/ECHS	36:07	161-Sarah White/Un	46:37
7-Pete Flores/AGTC 8-Randy Sturgeon/WVTC 9-Dennis Rinde/SacStr. 10-Frank Krebs/BC 11-Doug Butt/WVTC 12-Tom O'Neil/Un 13-Greg Mandanis/WDS 14-Jim Bowles/WVTC 15-Dennis Swart/Un	32:11 32:16 32:50 32:53 33:02 33:03 33:07 33:16 33:19	23-Terry Ogg/BC 24-Bruce McInturf/Un 25-Steve Palladino/CWTC 26-Bob Barnett/CWTC 27-Abe Underwood/BC 28-Walt Lange/BC 29-Dale Fuller/Un 30-Roger Stordahl/IMAA 31-Frank Turner/Colfax	34:32 34:46 34:47 34:49 34:54 34:58 35:01 35:03 35:06	39-David Maldonado/MHS 40-Ty Hadley/Un 41-Dan Davison/Un 42-Tom Carroll/MHS 43-Steve Coronado/Un 44-Mark Gallo/BC 45-Paul Holmes/BC 46-David Call/BC 47-Jim Holben/WVTC	35:37 35:41* 35:42 35:48 35:51 35:52 35:52 36:04 36:05	55-Tom Arnez/CB 56-Brian Barton/Un 57-Bill Fairwell/Un 58-Jose Cortez/WDS ***WOMEN*** 121-Sally Edwards/Ophir 149-Ellen Daly/Un 158-Karen Bain/Un 160-Karen Stok/WDS	36:41 36:43 36:49 36:50 41:38 44:43 46:16 46:35

WOLICZKO TROUNCES FIELD AT KENWOOD 10-KILO: (July 4, Kenwood) - After two straight wins, Jim Nuccio decided to pass the Kenwood race up this year (primarily for the Natl. 15-Kilo in Santa Barbara, where he took 3rd...see page 21)...lucky for Tad Woliczko. Without trusty 'Nino' to bother him, Tad had little problem in winning over always tough Darryl Beardall, 33:39 to 34:50. Third spot was yet another minute back (or close to it). Craig Roland had a bit more competition in the masters lineup, as Bob Malain finished less than 100 yards back. Neither approached Bill Jensen's 36:06 mark for that division. Cathy Coulman missed Kathy Costello's record for women, but still recorded a strong 44:57 to easily outdistance Jo Ellen Howard, 44:57 to 49:22. Jon Valerga's 37:03 was a record by over four minutes in the 14-15 year-old division. There were 94 finishers. /Fred Kenyon/

1-Tad Woliczko/PMK 2-Darryl Beardall/MH 3-Mike Biando 4-Armand Moreno 5-Dave Sjostedt 6-Mike Shields 7-Bruce Wolfe/WVTC	36:34	10-Jeff Jahn/VMTC 11-Craig Roland/Un 12-Jim Moore 13-Abe Underwood/BC 14-Bob Malain/NCS 15-Richard Cooper 16-Steve Howard	38:17 38:23	33	40:23 40:28 40:30 40:47 40:52* 40:56 41:16	28-Martin Delaphaine 29-Dave McCormack 30-Dennis Doris 31-Pat O'Connor ***WOMEN*** 47-Cathy Coulman ??-Jo Ellen Howard	41:48 41:50 41:51 41:59 44:57 49:22
7-Bruce Wolfe/WVTC	36:36	16-Steve Howard					
8-Jon Valerga	37:03	17-Alan Chesterman	39:51	26-Don Madronich		??-Caron Schaumberg/VMTC	
9-Greg Jewett	37:16	18-Mike Collier	39:54	27-Gene Griffith	41:39	??-Barb Easterling	57:51

"OLD BOYS" TAKE PARADE RUN: (July 4, Redwood City) - The over-30's (old?) showed they still had some good leg speed as Bill Clark (14:52) and Dennis Tracy (14:55) grabbed the top two spots in 3-Mile Parade Run. They were the only two to break 15 minutes, as 211 finished the sprint through Redwood City's downtown area. Jerome Lewis had a little easier time with his over-40 competition, recording an 18-second margin of victory over Jim Simpson. Little 14-year-old Roxanne Bier of the Cindergals completely dominated the women's competition with a superlative 17:19 effort, besting runnerup Phyllis Olrich by nearly a full minute. There were umpteen divisions in the race, as the R.C. Recreation Dept. saw to it that everyone got a chance to compete. We have combined the divisional listings to give overall placings, and have also listed the top women separately, regardless of age. /Sten Mawson/

1-Bill Clark/WVTC 14:52 2-Dennis Tracy/WVTC 14:55 3-Mike Niemiec/WVTC 15:08 4-Ed Schelegle/AGTC 15:10 5-Greg Martin 15:11 6-John Routh 15:20 7-Robert Cooper/WDS 15:29 8-Gary Goldstien 15:32 9-John Clary/TRAC 15:37	11-Joe Salazar 12-Bill Benz/WVTC 13-Steve Watkins 14-Terrence Boynton 15-Dan Anderson/WVTC 16-Peter Borden/WVTC 17-Amol Sayena 18-Chris Kadoch 19-Mark Daniel	15:45 15:46 15:47 15:48 15:55 16:01 16:02 16:06 16:08	21-Greg Mandanis/WDS 22-Steven Fuller 23-Bill Joseph 24-Danny Hernandez 25-Tom Schreck 26-Bob Woodliff/WVJS 27-Terry Casey/ETC 28-Jerome Lewis/NCS 29-Pat Markham	16:12 16:13 16:16 16:25 16:27 16:30 16:31 16:33	32-Nick Nichols 33-Danyal Kasapligil 34-Jim Simpson/WVJS 35-Mike Plummer/MVS 36-Scott Weakley 37-Danilo Sanchez * 38-Edward Tico	16:37 16:38 16:48 16:51* 16:53 16:55 16:57 16:58 17:00
9-John Clary/TRAC 15:37 10-Jerry Hall 15:40	19-Mark Daniel 20-Robert Schug	16:08	29-Pat Markham 30-Bob Miller/CWTC	16:34		17:00

41-John Pepper	17:04	51-Harry Cross/WVTC	17:24	61-Kevin Cruikshank	17:43	71-Sten Mawson	18:03
42-Joe Henderson	17:12	52-Jeffrey Rogers	17:25	62-Don Carpenter/SRC	17:44*	72-Don Lucero/WVTC	18:05*
43-Les Loerer	17:14	53-Bob Kennedy	17:26	63-Hal Tompkins/WVTC	17:44	***WOMEN***	
44-Kurt Porter	17:15	54-Larry Vasquez	17:27	64-Roy Scellato	17:44	47-Roxanne Bier/SJC	17:19
45-Ruben Alvarado	17:16	55-Bob Lytle	17:30*	65-Ken Israel/WVJS	17:44	79-Phyllis Olrich/WVTC	18:14
46-Tas Barses	17:17	56-Bruce Kelly	17:31	66-Jaime Leon	17:45	??-Peggy Lyman/WVTC	18:26
47-Roxanne Bier/SJC	17:19	57-Mark Nordeen	17:38	67-Marcus Jones	17:46	??-Sue Neary/WVTC	18:29
48-Gerald E. Flynn	17:20	58-Danny Cervantes	17:40	68-Manuel Escamilla	17:54	??-Holli Himines	19:16
49-Paul Kellman	17:21	59-Gilbert Hernandez	17:41	69-Brad Jacobs	18:01	??-Michelle Miller	19:16
50-Steve Lippi	17:22	60-Carlos Saldivar	17:42	70-John Foley	18:02	??-Skip Swannack	19:36

MIKE EMRY WINS BIG AT LAFAYETTE 10-KILO: (July 10, Lafayette Reservoir) - Having run around the Lafayette Reservoir many times in his high school days (NCS X-C meets are commonly held there) certainly couldn't have hurt, as Mike Emry ran to an unexpected victory over the likes of Bill Clark, Bill Seaver, and several other top-flight competitors. His 31:37 was more than a minute off of Nuccio's 1975 jaunt, but it was still quick enough to clobber runnerup Bill Clark by 32 seconds. Rod Berry, only starting his junior year this fall, placed a strong fifth at 32:57, with Joe Salazar and Phil Hornig trailing (whoops...& Kevin Searls too!). In all, four of the top nine places were grabbed by prep talent. The competition was quite keen in the masters division as Bryan Holmes nipped Don MacDonald, 38:44 to 38:47. Gough Reinhardt (39:10) was a close third. Carolyn Tiernan continued her winning ways by annexing the women's trophy, having to work a little to beat teammate Joan Ullyot, 39:28 to 39:44. Other divisional winners were: Ruth Anderson (Masters Women) 42:40; Cheri Williams (H.S. Girls) 43:19; Kerry Brogan (Junior Girl) 42:14; John Foley (Junior Boy) 38:22. A total of 282 runners completed the double circuit, 6.2-Mile course. /Mike Foley/

2-Bill Clark/WVTC 3-Bill Seaver/WVTC 3-Bill Seaver/WVTC 32 4-Bob Cooper/WDS 5-Rod Berry/WVTC 6-Clay Elia/Fresno TC 7-Joe Salazar/WSTC 8-Kevin Searls/Un 9-Phil Hornig/WVTC 33 10-David Fuller/Un 31-Rich Vasquez 32 12-Ray Castro/UCTC 33 13-Bob Gormley/MH 34 14-Vance Eberly/Un 34 15-Doug Butt/WVTC 34 16-Greg Mandanis/WDS 34 17-David Himmelberger/WVTC34 18-Dennis Tracy/WVTC 34	2:09 22- 2:31 23- 2:38 24- 2:57 25- 3:01 26- 3:16 27- 3:25 28- 3:25 29 30- 3:29 30- 3:38 31- 3:42 32- 4:00 33- 4:14 35- 4:15 36- 4:17 37- 4:34 38- 4:39 39-	-J. Barragan/Un -Larry Lung/Fresno TC -Ted Wilson/KJ -Dennis Kroll/Un -J. Mullin/Un -Gilbert Dean/Un -Bob Woodliff/WVJS -Lloyd Sampson/Un -Jim Moore/ETC -Ralph Bowles/WVJS -John Spurr/SRC -Boyd Tarin/WVTC -Terry Hughes/Un -Gary Alderman/PMK -Allen Robertson/Un -Mike Plummer/MVS -Jim Johnson/OrinRR -Mike Boucher/Un -Fraser Rasmussen/BC	34:55 34:58 35:23 35:40 35:56 35:57 36:00 36:06 36:07 36:17 36:18 36:33 36:35 36:50 36:51 36:53 37:09 37:14 37:31	41-Jose Cortez/WDS 42-Ken Harvey/DCHS 43-Jerry Quarry/HATC 44-Marvin Winer/WVTC 45-Alan Sauer/PMK 46-Mike Molina'Un 47-Brent Cushenbery/BC 48-John Foley/OrinRR 49-Jon Wollridge/Un 50-J. Magallon/HATC 51-Robert Alemany/PMK 52-Hans Frazier/WDS 53-Dennis Boyle/Un 54-S. Pait/Un 55-John Carlton/Un 56-Chris Sherwood/Un 57-Richard Buxton/Un 58-Evan MacBride/BC 59-Bryan Holmes/Un	37:41 37:48 37:54 37:55 37:56 38:04 38:10 38:22 38:24 38:26 38:27 38:28 38:31 38:33 38:34 38:36 38:40 38:42 38:42	61-Don MacDonald/Un 62-Gough Reinhardt/NCS 63-R. Wendell Smith/Un 64-Ralph Waller/Un 65-Bruce Kuefner/Un 66-Carolyn Tiernan/WVTC 67-Michael Wheeler/Un 68-R. Wieand/WDS 69-Thomas Martin/Un 70-Wayne Burdick/Un 71-Joan Ullyot/WVTC ***WOMEN*** 66-Carolyn Tiernan/WVTC 71-Joan Ullyot/WVTC 91-Sue Neary/WVTC 96-Kathy Costello/LATC 113-Kerry Brogan/ArrowTC 123-Ruth Anderson/NCS 132-Cheri Williams/Un	38:47* 39:10* 39:11 39:19 39:26 39:28 39:40 39:41 39:42 39:43 39:44 41:00 41:28 42:14 42:40* 43:19
		-Jim Holben/WVTC	37:33	60-I.P. de Villiers/Un	38:45	135-Roxanne Bier/SJC	43:19





(Left) Mike Emry winning the Lafayette Reservoir 10-Kilo in a time of 31:37. (Above) Start of the 8.4-Mile Oakland Watermelon Run...can you find the winner--I can't! (Right) Winner of the Watermelon Run for the second year in a row, Bill Clark. He was also runnerup in the Lafayette 10-Kilo. /Lois Gowen/



BILL CLARK DEFENDS WATERMELON TITLE: (July 17, Oakland) - Ex-Notre Dame star Bill Clark, now 'over-the-hill' at the grand age of 32, seems to be running better in the hills and slower in the flats with each passing year...could it be that old age causes rigor mortis of the hamstrings, thus making for more efficient uphill stride-length? Whatever the cause, Bill had little trouble in disposing of runnerup Tad Woliczko, as the margin of victory was nearly a full minute. His 44:28 missed Tom Hale's 1974 record of 43:16, but still ain't half bad for a 50-mile per week man. Another newcomer in the sub-masters bracket, Dennis Tracy (30), grabbed third...Dennis set a PR for the 880 this past spring at 1:53+. Ross Smith made one of his infrequent (as of late) Bay Area appearances and managed to pick a race without too many good competitors in his class. His 48:56 was some 40 seconds off of Ken Napier's over-40 standard, but it was plenty fast to ship Jim Nicholson and Bob Malain by over 3 minutes. Paul Burke of DeLaSalle High was the first in his division (4th overall), besting Greg Mandanis by 1:21. Joan Ullyot appears to have made her return to fitness at last with a two-minute-plus margin of victory over teammate Carolyn Tiernan, 55:42 to 57:58. That easily broke Sue Neary's 1975 mark of 57:41 (set under very warm conditions, however). WVTC was the team winner over Camino West, 46-128, with the sponsoring Alameda TC next at 254. There were 210 finishers on the two-loop, 8.4-mile run (dirt roads). /Bob DeCette/

1-Bill Clark/WVTC 2-Tad Woliczko/PMK 3-Dennis Tracy/WVTC 4-Paul Burke/DeLaSalle	44:28 45:22 45:55 45:56	7-Steve Palladino/CWTC 8-Greg Mandanis/WDS 9-Steve Fuller/WDS 10-John Thomas/Un	47:07 47:17 47:32 47:35	13-John Notch/WVTC 14-Bruce Wolfe/WVTC 15-Stephen Roberts/Un 16-Don Paul/Un	48:15 48:32 48:41	20-Steve Metoxen/Un 21-Greg Jewett/Un 22-Santos Reynaga/WVTC	48:56* 48:58 49:16 49:23
5-Tony Webb/Un 6-Dan Cruz/CWTC	46:08	11-David Wishart/CC 12-Doug Butt/WVTC	47:40 47:52	17-David Sabo/Alameda TC 18-Ray Kindle/Alameda TC	48:42	23-Howard Iseri/McClatch 24-Ron Busby/WVTC	

25-Dennis Kroll/Un	49:49	38-David Weikel/CWTC	51:16	51-Evan MacBride/BC	52:41	64-Bruce Carradine/Un	54:02*
26-Glenn Dean/WVTC	49:52	39-Danyal Kasapligil/ATC	51:18	52-Dan Devlin/DeLaSalle	52:46	65-Robert Cerf/Un	54:08
27-Lloyd Sampson/Un	50:03	40-Mike Moss/CB	51:31	53-George Ridout/Un	52:49	66-Mark Gibby/McClatchy	54:08
28-Ted Wilson/KJ	50:05	41-Bob Miller/CWTC	51:44	54-Mark Hager/Un	52:56	67-Michael Wanner/McClat	54:12
29-Dan Anderson/WVTC	50:19	42-Jim Nicholson/NCS	51:50*	55-Adrian Wong/McAteer	53:01	***WOMEN***	
30-Nick Granados/WVTC	50:36	43-Mark Stillman/WSTC	51:53	56-Richard Cooper/Un	53:03	90-Joan Ullyot/WVTC	55:42
31-Bill Benz/WVTC	50:39	44-Chris Villa/SJHS	52:01	57-Bill Catanese/Un	53:03	111-Carolyn Tiernan/WVTC	57:58
32-Steven Strangio/WVTC	50:51	45-Robert Wharton/Un	52:10	58-Hoyt Walker/LVRC	53:18	115-Cathy Coulman/Un	58:26
33-Bob Weaver/CWTC	50:54	46-Bob Malain/NCS	52:15*	59-Andy Takaha/CWTC	53:26	125-Ruth Anderson/NCS	59:39*
34-Matt Console/Un	50:56	47-Mike Plummer/MVS	52:22	60-Tom Carroll/McClatchy	53:26	140-Carroll O'Conner/NCS	62:49*
35-Chris Shultz/CB	50:59	48-Tony Casillas/Un	52:31	61-Rob Alemany/PMK	53:44	145-Pat Whittingslow/PMK	63:23
36-Clyde Rockwell/ETC	51:07	49-Tom Lucas/WDS	52:34	62-Gough Reinhardt/NCS	53:50*	147-Maria Gutierrez/WDS	63:39
37-David Maldonado/Un	51:12	50-Joel Caldwell/Cal	52:35	63-K. Whittingslow/SFOC	53:55	148-Linda Van Housen/WDS	63:39

LAKE TAHOE MARATHON SUCCESS STORY: (July 18, Incline Village) - Out of 61 starters, a whopping 56, or 92% finished! Now that's a good percentage at sea level, but it's fantastic when you consider the race was held at 6300 feet (minimum elevation). We have word that the first part of the run was very 'uphillish', probably going well over 7000'. John Paulson's winning 2:41:09 time has got to be worth a sub-2:30 at sea level. Second-placer, Jim Sane, was more than 8 minutes behind...but the times on the results sheet don't make sense (either 2nd or 3rd was printed in error). Someone let me know for next issue! Both of you guys (Sane & Butterfield) let me know...I know you both get 'the rag'. Don Lucero was first master in 3:27:47, and Yvette Cotte beat out the rest of the women in 3:41:51 for the quickest time. /Skip Youngdahl/ --Skip says this will now be an annual event!

1-John Paulson	2:41:09	8-Ed Jerome/TRAC	3:01:16	15-Jim Waters	3:16:02	22-Evan Golder	3:32:46
2-Jim Sane/BC	?2:49:43	9-Mike Williams	3:03:22	16-Steve Thomson	3:18:38	23-Bryan Holmes	3:36:11*
3-John Butterfield	?2:48:28	10-Alan Larson	3:12:15	17-Doran Pedri	3:19:14	24-Fritz Goreham	3:40:15*
4-Mark Williams	2:51:59	11-Robert Ogg	3:12:19	18-Thomas Moungey	3:26:00	***WOMEN***	
5-Scott Claypoole/SD	TC 2:58:34	12-Jeff Liedtke	3:13:09	19-Don Lucero/WVTC	3:27:47*	25-Yvette Cotte/WVTC	3:41:51
6-Brent Cushenbery/BC		13-Frank Custino	3:16:02	20-Kurt Sterling	3:29:08	39-Karen Scannell/PMK	4:23:30
7-Robert Coulson	3:00:35	14-Donald Choi	3:18:38	21-Reg Bedell	3:31:52	40-Penny Reneau	4:25:12

HORNIG IN CLOSE WIN AT MARIN HEADLANDS RUN: (July 24, Ft. Cronkite) - Phil Hornig and Greg Mandanis had it pretty much to themselves at this first annual affair on the lower Marin Peninsula. Hornig managed to have the stronger finish, however, and prevailed, 30:26 to 30:32, with the next runner over a 440 back. Bill Jensen had a good race, finishing twelfth overall to grab the over-40 crown in 33:40, with Jim Nicholson runnerup (34:16). The 'under-20' runners really predominated, with seven of the top ten being 'juniors'. Phyllis Olrich showed why she's a national class x-c runner with an excellent 38:08 (45th overall), almost two minutes up on Cathy Coulman's 39:54. Carroll O'Conner took women's 40-and-over honors (43:03). A total of six divisions for each sex spread the 'gold' around for everyone. With 214 finishers, Kees Tuinzing looks like he has a winner. /5.4 Mi./ -Tuinzing



Start of 1st Annual Marin Headlands Run, won by Phil Hornig. /Lois Gowen/

1-Phil Hornig/WVTC 2-Greg Mandanis/WDS	30:26 30:32	18-Bob Malain/NCS 19-John Lynde	34:38* 35:17	35-Thomas Martin 36-K. Whittingslow/OC	36:50 37:09	52-Joe Camisa 53-Michael Korbholz	38:54 38:57
3-Steve Fuller/WDS	32:03	20-Dave Cargill	35:25	37-Warren Moorman	37:18*	54-Jacob Epstein	38:58
4-Bob Miller/CWTC	32:07	21-Fred Leoni	35:30	38-John Ellison	37:21	55-Ken O'Neill	39:05
5-Dave Hansen	32:18	22-Don Pickett	35:33*	39-Don Huff	37:25*	56-Frank Patterson	39:08
6-Michael Bradner	32:32	23-Rob Allemany	35:37	40-E.C. Cherrstrom	37:29	57-Richard Malmgren	39:25
7-Richard Hornstra/SBS	32:45	24-Dan Hintz/WVTC	35:39	41-Tom Lucas	37:31	58-Lee Fox	39:31
8-James Howe/WVTC	32:47	25-Bill Divita	35:46	42-Richard Divita	37:48	59-Arther D.(?)	39:36*
9-Dennis Martinez/SBS	32:48	26-Orin Dahl	36:02*	43-Bruce Van Borstel	37:55	60-Fred Buhl	39:36
10-Don Chaffee/ETC	32:56	27-William Lovelace	36:13	44-Robert Trumbull	37:55	61-Jack Moerschbaecher	39:39
11-Joseph Mouille	33:25	28-Michael Heim	36:28	45-Phyllis Olrich/WVTC	38:08	*** <u>WOMEN</u> ***	
12-Bill Jensen/PMK	33:40*	29-Wes Hurlburt	36:29	46-Paul Gatens	38:09	45-Phyllis Olrich/WVTC	38:08
13-Don Paul	33:48	30-Pat Scannell/PMK	36:31	47-Raoul Kennedy	38:17	80-Cathy Coulman/Un	39:54
14-Larry Mastin	34:10	31-John Gerrans	36:32	48-Ken Israel/WVJS	38:25	83-Kerry Brogan/ArrowTC	40:14
15-Jim Nicholson/NCS	34:16*	32-Pat Cunneen	36:36*	49-Charles Cauldwell	38:26	95-Nancy Edelson	42:59
16-John Sheehan/WVTC	34:25	33-Hans Frazier	36:44	50-Sean Scannell/PMK	38:28	96-Carroll O'Conner/NCS	43:03*
17-Joe Maher/MS	34:35	34-Robert McNally	36:46	51-Brad Jacobs	38:50	99-Linda Van Housen	43:28

CLARK NIPS SERSHEN AT FOSTER CITY LEVEE RACE: (July 31, Foster City) - Resurgent Bill Clark, rounding back into shape again, was the winner of the 1st Annual Levee Race in this San Mateo suburb (they don't like to think of themselves as a suburb...but the post office does). The winning time over the 6-mile (approx.?) course was 29:58, with Sershen a close second at 30:06. Jerome Lewis's 35:19 was plenty enough for a 40-second margin of victory over John Flather. San Mateo resident, Ken Paul, had one of his best races in a long (36:33) to take third in that division (masters). Skip Swannack also seems to be getting better with age as she pulled an upset over Kerry Brogan, 40:30 to 41:02, for the women's title. There were five age divisions in each sex....so with three awards in each division, about one out of every seven of the 211 finishers got something. /Mike McGuire/

1-Bill Clark/WVTC	29:58	11-Brian Hurdal/CWTC	33:46	21-Jerome Lewis/NCS	35:19*	31-Bill Lovelace	36:36
2-Jan Sershen/ETC	30:06	12-Tony Montano	33:50	22-Bob Wharton	35:24	32-Jeff Vines	36:43
3-Damon Wood/CWTC	30:37	13-Ken Salet/CWTC	34:06	23-Don Swanson	35:34	33-Mark Ford	36:52
4-Bill Seaver/WVTC	30:56	14-Mike Daniels/BHS	34:10	24-Eric Benson	35:41	34-Mike Heim	36:53
5-Dennis Tracy/WVTC	31:07	15-Ed Jerome/TRAC	34:22	25-Ed Lopez	35:42	35-Craig Corey/WVTC	36:58
6-Steve Palladino/CWTC	31:12	16-Dave Weikel/CWTC	34:27	26-Andy Takaha/CWTC	35:53	36-Spencer Ferguson	36:59
7-Marc Lund/WVTC	32:29	17-Joe Green/Aragon	34:53	27-John Flather	35:59*		37:00
8-Mike Miller		18-Mark Hager	35:06	28-John Ladniak	36:24	38-Jon Mohr	37:05*
9-Brian Moroney	33:28	19-Bill DiVita	35:12	29-Ken Paul/WVTC	36:33*	39-Richard DiVita	37:07
10-Ron Busby/WVTC	33:43	20-Rick Rincombe	35:17		36:35	40-Bill Lindsell	37:11

41-Colin Templeman	37:17*	51-Tom Gouveia	38:11	61-Sheldon Gersh/TRAC	38:43	71-Herb Blanchard	40:07
42-Don Dooley	37:32	52-Theo deLusignan	38:20*	62-Frank Evans	38:57*	72-Dick Peterson	40:11
43-Don Lucero/WVTC	37:33*	53-Ken Israel/WVJS	38:21	63-Stanley Kavalczyk	39:00	73-Jim Edmunds	40:14
44-Gerald Flynn	37:39	54-Timothy Treacy	38:23*	64-Frank Patterson	39:04	74-Mike Kennedy	40:24
45-Bill Bugler	37:40*	55-Geoffrey Hill	38:24	65-Andrew Kerr	39:27*	***WOMEN***	
46-Bob Lualhati/NCS	37:41*	56-Harry Kellog	38:27	66-Robert Miller	39:34	76-Skip Swannack	40:30
47-Ruben Luna	37:55	57-John Branfitt	38:29*	67-John Whetstone	39:38	83-Kerry Brogan/ArrowTC	41:02
48-Nelson Nugent	38:01	58-Grady Wright	38:32*	68-Walter Sapp		96-Maria King	41:45
49-Tom Masters	38:05	59-Rick Eichler	38:33	69-Don Mittelstardt	39:57*	98-Jackie Lewis	41:49
50-Mike Korbholz	38:06	60-Charlie Lewis	38:42	70-James Wilkins	40:02	100-Carroll O'Conner/NCS	42:28*

O'HALLORAN NIPS MALAIN AT FT. BAKER: (Aug. 1, Ft. Baker) - Denis O'Halloran became the first scratch runner in many a year to win this race, which tends to favor the 'oldies'. Bob Malain almost had it sewn up, but the long-striding Humboldt State runner took the lead going across the grass field in the last few hundred yards to win by 5 seconds, having made up an incredible 15 minutes on his competitor. The 1:25:06 was a long way from Peter Duffy's 1:22:23 of 1971, but it was enough to win. Kent Guthrie looked for awhile like he might also win it as he closed to within 19 seconds of Malain. Last year's handicap winner, Bob Biancalana, was fifth this year, 3 minutes out of the gold. The handicaps work such that you get a one-minute headstart for each



Start of the 15.1-Mile Ft. Baker Handicap Race. /Lois Gowen/

year over 34 you are...no maximum. The women got an extra 15 minutes on top of that, no matter what age. Gail Gustafson churned a 1:58:46 for the 15.1-mile up-and-down (total climb is 2110 feet...not all at once) run and was the quickest female scratch runner. Malain also had the fastest scratch time of any master, with Roger Bryan close behind (1:40:11 to 1:40:40). A total of 200 'insane' runners managed to pummel themselves through the entire distance...try it and you'll see what I mean! /Jim Nicholson/ (Times below are actual running times...handicaps are in parentheses (if any)...MISTAKE--Ulrich Kaempf was top master (1:39:52).

191 Mas dop mas der (1103:02):
55-H. Blank/Un (12) 1:57:59* 56-D. Galdamez/Un 1:46:01 57-Evan MacBride/BC 1:46:13 58-D. Tepper/Un 1:46:40 59-Mike Daniels/Un 1:47:02 60-George Roach/Un 1:47:20 61-Otto Sommerauer (24)2:11:40*
62-R. Malone/Un (11) 1:59:19*
63-Bob Griepenburg/Un 1:48:22
64-Theo Jones/PMK (3) 1:51:25 ***WOMEN***
29-Carroll 0'Conner(26)2:04:20*
49-Gail Gustafson (15) 1:58:46
53-Louise Burns/Un (16)2:00:54
73-Pat Whittingslow(17)2:08:19
81-Skip Swannack/WD(16)2:08:28
82-Irene Rudolf/WV(15) 2:07:28

HORNIG TOUGH ON HILLS--LAFAYETTE RIM RUN: (Aug. 8, Lafayette) - Unlike the relatively flat Lafayette 10-Kilo, this goodie has some hills that you wouldn't want to crawl up, let along run. It didn't seem to make much difference to Phil Hornig of Castro Valley. His 37:22 clocking is probably third best all-time, behind Tom Hale's 36:20 record, and Matt Yeo's 37:06, although we didn't check into it closely. Hans Templeman's 1975 winning time was 37:23. Anyhow, Damon Wood and Rod Berry (only a junior this fall at Redwood High in Larkspur) both dipped under 38 minutes too, but Phil had things pretty much in control with a 16-second bulge over Wood. Ralph Bowles, who just turned 40 on July 22, spent no time in trying to assert himself as the area's top masters runner (taking off where teammate Jim Shettler left). His eleventh overall and 40:11 time shows he has the credentials...he obliterated Peter Mattei's over-40 standard by nearly five minutes. Roger Bryan (42:11) and John Finch (42:22) battled it out for second, but it was a different race. The women's race was even more of a runaway, as Vicky Bray's 47:47 was in a different class from Pat Whittingslow's 54:10 in runnerup spot. A healthy(?) 149 souls completed the grind, which is supposed to be something like six miles. /Charles MacMahon/

1-Phil Hornig/WVTC	37:22	17-Craig Corey/WVTC	41:35	33-Christopher Villa	43:20
2-Damon Wood/CWTC	37:38	18-Frank Lemus	41:39	34-Jeff Baker	43:22
3-Rod Berry/WVTC	37:55	19-Paul Gosse	41:50	35-Bob Malain/NCS	43:41*
4-Darren George/AIA	38:40	20-Jon Higley/WVTC	41:54	36-Dan Hintz/WVTC	43:53
5-Dennis Tracy/WVTC	38:48	21-Gilbert Dean	41:56	37-Bob Woodliff/WVJS	44:06
6-Homer Latimer/Un	38:58	22-Jeff Lee	41:59	38-Marvin Winer/WVTC	44:22
7-Rich Vasquez	39:02	23-L. George	42:04	39-Stu Gruendl/WVTC	44:46
8-Ken McBride/WDS	39:30	24-Roger Bryan/TRAC	42:11*	40-Richard Cooper	44:55
9-John Kleinbach/ETC	39:36	25-John Finch/NCS	42:22*	41-Bill Lovelace	45:07
10-Steve Fuller/WDS	40:02	26-Sheldon Larson	42:30	42-C. Ogden	45:11
11-Ralph Bowles/WVJS	40:11*	27-Jack Knebel/WVTC	42:36	43-Joey Doser	45:13
12-Kent Guthrie/WVJS	40:13	28-Scott Weakley	42:44	44-Ray Wieand	45:25
13-Greg Mandanis/WDS	40:21	29-Ted Wilson/KJ	42:45	45-Gerald Flynn	45:48
14-Glenn Dean/WVTC	40:28	30-Gary Alderson	43:11	46-Joe Hamiter	45:49
15-Phil Darnell/Un	41:05	31-Lloyd Sampson	43:15	47-Tod Fuller	46:00
16-Bruce Wolfe/WVTC	41:22	32-Mike Bregante	43:18	48-Bradley Jacobs	46:10



Phil Hornig shown winning the Lafayette Rim Run. /L. Gowen/

49-Bryan Holmes	46:12*
50-Mike Conlin	46:15
51-Craig Bannatune	46:20
WOMEN	
67-Vicky Bray/Un	47:47
101-Pat Whittingslow/PMK	54:10
108-Maria Gutierrez	55:16
117-Cathy Demmelmaier	57:20

LATE GNUS

Not much room this time! Just got Wharf-to-Wharf results as I was finishing this issue...won by Mitch Kingery. Dipsea was won by ex-Leigh H.S. coach, Homer Latimer (6th in Rim Run, above)...results sometime? Cindy Poor won Natl. AAU Women's 10K in 34:32, while Jim Nuccio won accompanying PA-25K in 1:18:59. Lots of results in #62!

NEST WALLEY DETHRONED AT TAHOE RELAYS: (Aug. 14, Lake Tahoe) - After five straight years of winning (since 1971), with four records over that period, it was eventually bound to happen. It seemed that most of WITC big guns were vacationing or just not interested this year. As a result, the "Humboldt Alumni" displaced last year's champ with a time of 6:27:437 (second fastest ever behind the 1975 record of 6:24:43). Conditions were cloudy and drizzly, good for fast thes…, and a total of eight teams responded by dipping under 7 hours. The Humboldt team won by ten minutes over another pickup team. He Flying Plows, and then came the first club team, Camino Nest, with a time of 6:027. MITC finished fifth overall (2nd club team) in 78:8155. Gary Tuttle led off the Humboldt team with a leg record of 61:13, eclipsing Phil Camp's 61:46 clocking, set in 1974. Pete Sinott of the "Mad Dogs Englishmen" pickup team obliterated the fifth leg standard with a 51:05 (Pat Smith did 52:29 in 1974). Chuck Smead no doubt set a record for the tough sixth carry, as reported by several of his teammates, but whomever had the 'official timing sheet' at the last exchange never turned it in to Harold DeMoss and so we have no way of knowing where may records were officially set for either the sixth or seventh legs. If anyone knows the whereabouts of the timesheets, please let the NCRR know. Actually, we don't even know whether it was pete 5:not who set the fifth leg mark (we only went by the order or running as listed on the entry form) or if it was someone else on the team. .someone verify for us please! While the WTC men were disappointed, their women's team was making up for it by shattering the old mark of 8:59:37 yield an amazing 8:22:08. World record or running as follows: (Pegay Lyman ran first leg for the WTC women); Humboldt Alumni (1st pickup team) 'Gary Tuttle, Denis O'Halloran, Ron Elijah, Bill Scobey, Mark Bill Scobey, Mark

O'HALLORAN & GUMBS IN MARATHON VICTORIES: (Aug. 21, Half Moon Bay to Belmont) - It was not a day (or course) for swift times, but 160 started anyway in the revived Ocean-to-Bay Marathon. A climb of 2000-feet in the first 10 miles, plus 75° temperatures after halfway assured there would be few PR's. Denis O'Halloran still sped to a good 2:41:02 clocking, 7 minutes up on Greg Jewett, a relative newcomer, and that was good enough to win. Sub-2:20 man Jim Bowles was next with 2:49:30. The women had more at stake... three trips for the top places. Winner Judy Gumbs (3:07:24) was never in doubt of winning after 20 miles, as she slowly built up an enormous lead over early leader Marilyn Taylor, who didn't hold up well in the heat. Taylor finished several miles back in 3:21:38, with Carolyn Tiernan at 3:25:13. Judy wins a trip to Waldniel, Germany on Oct. 2 for the Women's International Marathon, while Marilyn & Carolyn get paid trips to the Women's AAU Marathon in Culver City on Dec. 5...all trips courtesy of the local LDR Committee (ahhh!--those T-shirt and LDR Handbook sales really do pay off!). Ulrich Kaempf was top master, easily besting Bob Malain (2:58:43 to 3:09:29). /Ken Israel/

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1-Denis O'Halloran/Un 2-Greg Jewett/Un	2:41:02 2:48:09	21-Dennis Gustafson 22-Jason Moreno/Un	3:10:06 3:12:35
3-Jim Bowles/WVTC	2:49:30	23-John Dressler/LVRC	3:13:45
4-Dennis Dillie/WVTC	2:51:53	24-Gough Reinhardt/NCS	3:14:25*
5-Tom Schreck/MenloTC	2:53:26	25-David Muela/ETC	3:16:46
6-Ed Jerome/TRAC	2:54:28	26-Mike Stubblefield/Ur	3:16:56
7-Art Clausing/Ill.TC	2:55:48	27-Jack Wiley/PMK	3:16:58
8-Bob Miller/CWTC	2:57:27	28-Orin Dahl/Un	3:17:26*
9-Ulrich Kaempf/TRAC	2:58:43*	29-Chris Villa/Un	3:17:35
10-Dwight Hendrix/Un	3:00:55	30-David Tepper/Un	3:18:12
11-Bill McCray/WVTC	3:01:07	31-Dennis Martinez/SBS	3:18:57
12-David Fuller/HRC	3:01:10	32-Don Lucero/WVTC	3:19:01*
13-Santos Reynaga/WVTC	3:01:39	33-Ronald Sova/Un	3:19:56
14-Gary Alderman/PMK	3:04:57	34-Lee Holley/Un	3:20:57*
15-Fred Frauens/Un	3:05:55	35-Steve O'Brien/SBS	3:21:17
16-Judy Gumbs/WVTC	3:07:24	36-Raymond Caughron/Un	3:21:33
17-Kevin O'Halloran/Un	3:07:49	37-Marilyn Taylor/SRRC	3:21:38
18-Michael Williams/Soq	3:09:03	38-Ian Watts/Un	3:23:25
19-Bob Malain/NCS	3:09:29*	39-Paul Reese/BC	3:23:37*
20-Rich Hornstra/SBS	3:09:54	40-Carolyn Tiernan/WVTC	3:25:13





(Left) Denis O'Halloran was overall victor in Ocean-to-Bay Marathon. (Right) Judy Gumbs was first woman in the same race and won a paid trip to the International Women's Marathon in Germany as a result. /Lorraine Rorke/ ***WOMEN***

41-Jon Mohr/PMK	3:25:14
42-Bill Lovelace/Un	3:25:27
43-James Roche/Un	3:25:28
44-Kurt Schroers/SUND	3:26:34
45-Dana Burall/Honolu	ılu3:26:37
46-Mike Macallair/Un	3:26:38
47-Jack Slobodin/NCS	3:27:55*
48-Harrison Smith/SWE	AT3:28:22*

16-Judy Gumbs/WVTC 3:07:24 37-Marilyn Taylor/SRRC 3:21:38 40-Carolyn Tiernan/WVTC3:25:13 67-Gail Gustafson/Un 3:42:25 70-Louise Burns/NCS 3:43:27 74-Irene Rudolf/WVTC 3:48:30 80-Karen Scannell/PMK 3:52:07 82-Carroll O'Conner/NCS3:52:14*

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