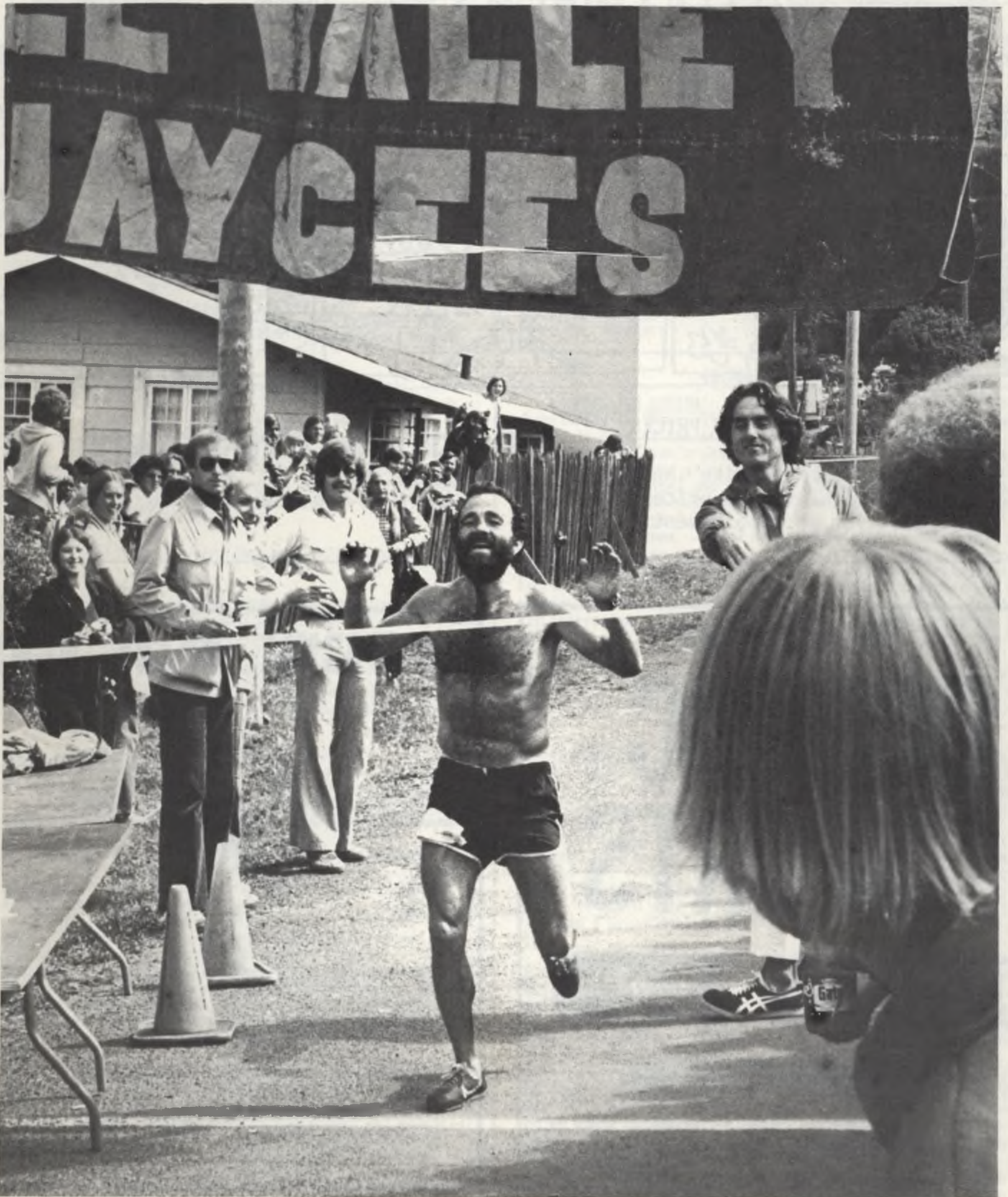


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SEPT.-OCT. 1976 (No. 62)

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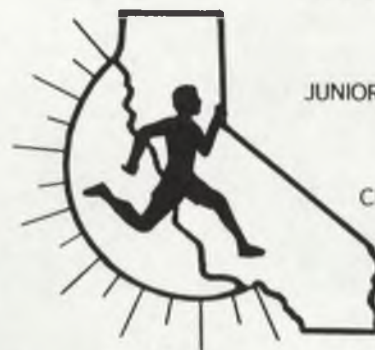
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All news, features, results, photos, and other items should be sent to: NCRN, P.O. Box 1551, San Mateo, CA 94401. Due to irregularity of mailing dates, all information should be mailed as soon as possible. Prospective photographers and volunteer correspondants should request details. Request permission for materials used from NCRN other than scheduling & results. We now pay \$15.00 for prints used as cover shots. Prints not returned unless requested...should be 5 x 7 or larger if possible and black & white is preferred. All readers are encouraged to submit scheduling and results. Thanks!

MAILING DATES: - This issue should be mailed Nov. 16th...the Nov./Dec. issue will be out in early January sometime.

UP FRONT

An ecstatic Homer Latimer is cheered on as he breasts the finish tape to win the 1976 edition of the Dipsea Race. The 37-year-old Latimer, who coached Leigh High School (San Jose) to many successful seasons in both track and cross-country, showed he's quite a runner himself...three weeks later he took second in the Double Dipsea (with the third fastest time). /Lois Gowen/

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EDITOR'S MESSAGE

●THANKS FOR COMING!: - Judy and I would like to take this opportunity to thank all of you who came to our reception and helped to make it one of the most memorable moments of our lives. If you didn't get a chance to make it, you missed a lot of fun. We had an estimated 300-350 in attendance; the weather stayed nice; and the food (while it lasted) was super. Thanks too, to the many individuals who anonymously donated to our 'washer & dryer' fund. There was enough in the 'kitty' to nearly pay for them. --- We had so much fun, in fact, that we think it'd be nice to do again...every year! Not that we're planning on getting married again, but we were thinking...it isn't often that runners have a chance to get together and socialize on raceday, so why not have a big bash every year for all interested athletes? I would like to suggest that the LDR Committee pay for the rental of the 'grounds' (I think the location we had for our reception was perfect), and the food could be potluck. If this idea strikes your fancy, drop us a note and let us know any suggestions you might have (date, organizer(s), etc.). It could be listed in the LDR Schedule and become a fixture.

●X-COUNTRY PICTURES: - I'm sure you'll notice that this issue is loaded with LDR photos, thanks to the good coverage of these races by our contributing photographers. However, you'll also note a rather skimpy bunch of X-C pics...just a few. Since our next issue will be heavy with X-C results from the big late-season meets, we'd like to have some photos to enhance that coverage. If any of you out there could hit a few of these races and send us some interesting group shots, as well as action photos of top individuals (women, high school, college, masters, etc.), it would sure be nice. Remember, the way the NCRN looks is based a great deal on what we get from YOU!

●MOVING?: - Please, when you move, be sure to send us your change of address, or at least tell the post office where you're moving and indicate you'll pay forwarding postage on third class mail. You'd be surprised at the number of issues we got back this time, with the messages: "Not Forwardable", "Forwarding Postage Refused", or "Forwarding Address Unknown". Last time we decided to put the message "Return & Forwarding Postage Guaranteed" on the NCRN. We figured that most people would let the post office know they would pay for the forwarding of third class mail when they moved...but not so. We got a bunch back, and we wound up paying the return postage, and sometimes an additional 25¢ fee was tacked on for the privilege of finding out your new address. We paid way too much for this service...and so we are now leaving it up to you. The post office will still let us know your forwarding address (for 25¢) if you don't, but we won't pay to have it returned to us. If the post office then discards your issue because you've indicated you won't pay for forwarding of third-class mail, then you will have to send us \$1.00 if you want us to send you another issue. We should even charge more than that. So please let us know when you move! It only takes a few moments and will save us both headaches.



Who is this 1968 Olympic competitor (he lives in Northern California)?

now your editor's wife. We had two guess Joan Ulyot and one said it was Ruth Anderson. The winner by drawing was Barbara Carlson of Piedmont (part of Oakland), California.

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 Dec. 15th.* (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...we're running low on good ones, so let's see a few toughies!

****LAST MONTH** was sort of a giveaway, but we didn't receive as many correct answers as we probably should have. Twenty people guessed correctly when they said it was Judy Gumbs...

THIS & THAT

● **PEOPLE NEWS:** - Don Dooley, who has coached both cross-country and track at San Mateo High School for several years now, is just out of the hospital following a successful surgery for localized cancer. He expects to be back with his team in the near future. Currently, ex-CSM and Univ. of Utah middle-distance standout, Dave Robertson, is doing the coaching chores while Don is recovering. --- Stanford Univ. is now the training grounds for two outstanding runners who are attending graduate school there. Mike Boit, the second-fastest 800-meter runner in history (1:43.6), and Paul Geis, who is one of the few Americans to have ever broken 13-minutes for 3-miles, are both Olympians. Boit, from Kenya, did not get a chance to test his talents at Montreal because of the African boycott of the Games. --- Tim Holmes, who last year went undefeated in prep cross-country competition in Norcal, started off well this year too (he's a senior), but his coach, Bill Mensing, reports that his 9:02 two-miler missed some competition because of an operation on October 5...he had his tonsils removed! --- The competition amongst Norcal masters distance runners seems to really be getting a boost lately. Although it is difficult to replace a great competitor like Jim Shettler, there seems to be at least five runners that we know of who could very well fill his shoes. His teammates Ralph Bowles (currently 2nd in the LDR Point Standings) and Ken Guthrie both just turned 40. George Martin of the Aggie RC upended Bowles at the Walnut Festival by about 25 yards, and he's also in his low-40's. Darryl Beardall finally made it too and celebrated his first race as a master by winning (6th overall) the Sonoma Marathon in 2:40+. A real sleeper is Monterey Peninsula College's coach, Dave Stern, who finished a great fourth overall in the Garland Ranch Run. He was a 4:10 and 9-minute track man in the early sixties! Dave is also 40. --- Ruth Anderson, NCSTC's female phenom, who has done a 3:05 marathon at the ripe young age of 48 (we think), broke a foot bone while running in the Double Dipsea, and she has just recently shed her cast. No doubt she'll be back and running again very soon. --- Wally Brant, who hails from Sacramento, has just recently moved to Guam with the armed services and has started up the "Andersen Running Club", which is for all Andersen military and civilian personnel...from the noon-time jogger to the experienced marathoner. --- In Athens, Greece, the secret of long life was recently revealed by Dimitri Iorandandis, 98, after he had run over 26 miles in seven hours, 40 minutes, in an annual all-comers marathon race. "You must give up sex," he said, admitting he had given it up at 85. Other necessities for a long life include "no smoking, no meat, milk, or butter, and lots of walking." Iorandandis first took part in the marathon two years ago when he finished in 6:40. Explaining the hour's difference, he said, "It's normal. I was younger then."

● **LOST & FOUND:** - Someone lost a watch at the Watermelon Run this summer, and meet director, Bob DeCelle, says that the owner should contact him at: P.O. Box 1606, Alameda, CA 94501. Be sure to give him a description of the watch if you think it may be yours.

● **AAU REGISTRATIONS:** - The PA-AAU, as of Sept. 22, had a

total of 3320 registered track & field athletes (2054 men and 1266 women). Long distance running has 7744 registered athletes (6505 men and 1239 women). There are 107 T&F clubs and 86 LDR clubs in the PA-AAU.

● **PA-AAU LDR MEETING:** - The next Long Distance Committee Meeting will take place after the PA-AAU 20-Kilo Championships on Jan. 23 in Woodside. All interested individuals are encouraged to attend. Various items such as funding requests and sources of revenue for 1977 will be discussed. Also, there will be an election for a replacement for Penny DeMoss as Women's LDR Chairperson...see 'letters to editor' in this issue.

● **JR. INTERNATIONAL X-C TRIALS:** - San Diego will host the Junior International X-Country Trials (8-Kilos) this coming year on Feb. 12. Top individuals from this race will go to the International X-C Championships in Dusseldorf, West Germany, on March 19. The PA-LDRC will be funding the top five individuals in the PA-AAU Jr. 10-Kilo full airfare to San Diego for these trials. The Jr. 10-Kilo is being hosted by WVTC on Dec. 12 at the Crystal Springs course in Belmont. To be eligible for a 'junior' race (under 20), a competitor must not turn 20 at any time during the year...thus, if a 19-year-old turns 20 in December 1977, he is ineligible to compete. These are international rules, and they also apply to AAU Championships beginning this year. All those funded for the trip to San Diego must not turn 20 in 1977.

● **1977 NATIONAL CHAMPIONSHIPS:** - The West Coast didn't get a lot of title meets for next year, but here are the ones we did manage to successfully bid for...(Women) X-C (Los Angeles in late Nov.); (Senior Men) 12K International X-C Trials (Alameda on Feb. 19), 50 Mile track (Santa Monica on Sept. 10); (Junior Men) 8K International X-C Trials (Balboa on Feb. 12); (Masters Men) 15-Kilo X-C (Southern Pacific AAU), 25-Kilo (Medford, Oregon in February), 50 Mile track (Santa Monica, Sept. 10)...also add the Jr. 20 Kilo (Oregon, date TBA). The One-Hour and Two-Hour Postals will be co-ordinated through the efforts of John Brennan (SPA-AAU) as usual.

● **INTERNATIONAL X-C SELECTIONS:** - The Sr. Men's team will be selected mostly from the Trials on Feb. 19 (see above)...top 9. But also the top 2 from the AAU's and the winner from the NCAA (selected by NCAA) will go. The Jr. Men's team will come from

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the Jr. International Trials exclusively again...probably at least the top six. We'll try to find out for sure next time.

● **CONVENTION NEWS:** - Some scattered pertinent news from the recent AAU Convention in Phoenix, held in early October...we'll try to have more next issue. The Natl. LDR Committee, probably through Ken Young, will accept standard-distance, certified-course times for road-racing standards/records. --- Mac Wilkins got the award for outstanding male track & field performer; Jim Shettler received a posthumous award for outstanding masters track & field performer. Our own PA-AAU LDR Chairman, Harold DeMoss, was co-recipient of the 'Scott Hamilton Award' for outstanding Association LDR Chairman. Fred Brown of the New England Ass'n was the other recipient. The NCCR feels that the award is certainly as much Penny DeMoss' as Harold's, since all their efforts are co-ordinated(?). --- Four California women were named to the 1976 AAU All-American Team: Julie Brown & Cyndy Poor in Cross-Country; Jackie Hansen in the Sr. Women's Marathon; and Miki Gorman as top Masters Marathon competitor. Penny DeMoss was appointed Natl. AAU Women's LDR Secretary by Barbara Palm, the new Chairman.



Harold & Penny DeMoss, PA-AAU LDR Chairpersons, at 1976 West Valley Marathon. Harold received award for outstanding Association LDR Chairman at AAU Convention, and Penny was appointed Natl. Secretary of Women's LDR Committee by Barbara Palm. /Jim Engle/

runner that has been bouncing around the over-40 circuit since 1969, and one who has had more downs than ups in recent years, I thought I might pass on a bit of information that some of you might find useful. By nothing more than chance, I came across a new product called *Body Ammo I*. Be assured that I have no vested interest in this product, either financial or social. I am only writing about it because of the results I have experienced. I have never been big on supplementing my diet or downing pills...my main stress being on a good balanced diet. Like most masters runners at my age (48), I have found that each year has meant that I could expect to rebound from a long run or hard workout at a slower pace. A hard workout one day meant that I had to rest the next, possibly two if I wished to feel some real zip. Then I tried *Body Ammo*. At first I thought it was just a placebo effect, as I seemed to feel an immediate lift. But as the days rolled on, and I felt better and better, I became convinced that something was happening, and I sure was enjoying it. *Body Ammo* comes in pill form and contains all of the essential amino acids, in a pre-digested form. It was developed by doctors who needed such a product to feed patients recovering from stomach operations. It is derived from milk protein. I am no doctor, but I am a track coach, and I know that feeling as I now do I can train much longer, more regularly, and at a better level. It is one thing to work out; it is another to have real quality in the workout. It is the quality that I seem to have back... the feeling of real spring in the old body. You might want to give it a try!" /By early December, the NCCR hopes to be able to offer our readers *Body Ammo* by mail order, or through Jack Leydig at local meets...look for our ad next time./

● **BAY-TO-BREAKERS QUESTIONNAIRE:** - We got some very interesting comments and observations as a result of the NCCR's

● **INDUSTRIAL LEAGUE RACES:**

- The growing popularity of the Bay Area's industrial league road runs was witnessed in a recent competition over 8.5 miles in Livermore (Sept. 22). GE of San Jose remained undefeated in team scoring, as Bill Meinhardt, Larry Hildenbrand, Steve Stecker, Gary Galloway and Bob Ernst led the way. Bill Clark of GE Sunnyvale was the individual winner...no times available. Anyone interested in participating in this growing activity should contact Bill Meinhardt (Ph. 297-3000 days, or 356-4268 evenings). You need not be on a full team to compete.

● **RUNNERS TAKE NOTE:** (Especially Masters competitors) --- /Bruce Grant of the *NorCal Seniors TC* sent us this short note on the effects of a new protein supplement on his training. The supplement, called BODY AMMO, has been advertised recently in *Runner's World Magazine*./ -- "As a masters

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insert on ways to improve the Bay-to-Breakers Race...inserted in NCCR #60. Sheldon Gersh will have a summary for next issue. One of the main thoughts that surfaced was whether this race could be treated as a real 'race', or just a happening. Many thought the idea of having a seeded race, separate from the big crowd, would be the best bet to keep most people happy. Putting on the race effectively still requires a lot of manpower by volunteers. Runners cannot expect a super-organized race without adequate personnel. Let's just hope that this race continues as an incentive for all individuals to get off their butts and shed some pounds. Let's also hope that these same people can be educated well enough prior to the race so that someone doesn't get trampled and ruin the festivities for everyone. If you would be interested in helping recruit help on raceday (or volunteering your own services), contact either Frank Geis at the AAU Office, or Harry Papazian at the San Francisco Examiner (Promotions Dept.).

NCCR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - We haven't received an updated listing for this issue yet, so we'll have to let the Southern California rankings wait until next time.

PA-AAU STANDINGS: (Compiled by Art Dudley) - Generally, all AAU races are counted unless we feel they were not sufficiently publicized beforehand in the NCCR or LDR Handbook...or if we feel that there was insufficient competition in any division. We normally count all races of marathon length and above, regardless of the field. Ratings are determined by dividing the average placing by the number of races run (count top 10 open, top 6 masters, top 4 women only). The results on the following page include races through Oct. 3 (Pamakid Lake Merced Run), with the following exceptions: Results not received in time for compilation: Dammit Run, Dipsea, Lake Wildwood 10-Kilo, Valley of the Moon X-C, Mt. Vaca Hill Climb, Cal-State Sonoma X-C. Not Counted: Midnight Run (masters & women...not enough results); Bidwell Park 3-Miler (masters...insufficient numbers); Bidwell Park 12-Miler (women...insufficient numbers); Mt. Diablo Run

(insufficient numbers); Bay-to-Breakers (unfair start); Statuto 4-Miler (masters...insufficient numbers); Felton Race to the Redwoods (runners got lost); The Great Race; Golden Empire X-C (too many divisions, distances, small fields). --- Penny DeMoss continues to lead the women's rankings, but Sharon Furtado is making a determined bid to catch her. Next time it might be even closer. Carolyn Tiernan has jumped from 8th to 3rd. The late Jim Shettler is still holding a good lead in the masters division, but teammate Ralph Bowles is piling on the races and appears to be within reach, unless he gets injured or finishes third or fourth in several races. Ross Smith, Jim Nicholson, Bob Malain and Jim O'Neil are all within striking distance, but Bowles has the momentum. The open division seems to be cropping up into a good race, as Bill Seaver has closed the gap on Jan Sershen to within 0.008. Jim Nuccio is also within striking distance, but needs some more races to have much of a chance at catching the two leaders. Below are all runners who have a rating of less than 1.000.

WOMEN (* = Tie)

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Penny DeMoss/WVTC (12)	6*	5	0	1	1.708	0.142
2. Sharon Furtado/WVTC (11)	6	3	1	1	1.727	0.157
3. Carolyn Tiernan/WVTC (9)	5	1	3	0	1.778	0.198
4. Ruth Anderson/NCS (12) 40+	0	6	3	3	2.750	0.229
5. Judy Gumbs-Leydig/WVTC (10)	4	2	1	3	2.300	0.230
6. Vicky Bray/SJC (6)	3	2	1	0	1.667	0.278
7. Kathy Himmelberger/WVTC (7)	2	2	1	2	2.429	0.347

MASTERS (* = Tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim Shettler/WVJS (9)	9	0	0	0	0	0	1.000	0.111
2. Ralph Bowles/WVJS (7)	6	1	0	0	0	0	1.143	0.163
3. Ross Smith/WVJS (10)	5	4	0	1	0	0	1.700	0.170
4. Jim Nicholson/NCS (16)	5	4	2	1	2	2	2.813	0.176
5. Bob Malain/NCS (16)	1	4	7	4	0	0	2.875	0.180
6. Jim O'Neil/SFOC (10) 50+	3	5	2	0	0	0	1.900	0.190
7. Bill Jensen/PMK (7)	3	3	0	1	0	0	1.857	0.265
8. Ulrich Kaempf/TRAC (9)	3	1	4	0	1	0	2.444	0.272
9. Craig Roland/Unat (5)	2	2	1	0	0	0	1.800	0.360
10. John Finch/NCS (8)	0	3	2	2	1	0	3.125	0.391
11. Jerome Lewis/NCS (7)	3	1	0	0	2	1	3.000	0.429
12. Ken Napier/WVJS (6)	1	2	2	0	1	0	2.667	0.444
Harold DeMoss/WVTC (6)	0	2	4	0	0	0	2.667	0.444
14. Don Lucero/WVTC (10)	1	0	2	0	4	3	4.500	0.450
15. Roger Bryan/TRAC (8)	1	2	1	0	3	1	3.625	0.453
16. Walt Betschart/BC (7)	0	3	0	2	2	0	3.429	0.490
17. George Martin/AGRC (2)	2	0	0	0	0	0	1.000	0.500
18. Bryan Holmes/Unat (7)	1	2	1	0	1	2	3.571	0.510
19. Gough Reinhardt/NCS (7)	0	0	2	2	3	0	4.143	0.592
20. Donald MacDonald/Unat (5)	0	2	1	0	2	0	3.400	0.680
21. Art Waggoner/BC (6) 50+	0	0	3	0	1	2	4.333	0.722
22. Ty Hadley/HH (2)	1	1	0	0	0	0	1.500	0.750
23. Dieter Diekmeyer/SUND (5)	0	1	2*	0	1	1	3.900	0.780
24. Peter Wood/NCS (4)	1	0	0	3	0	0	3.250	0.813
25. Dennis Teeguard/NCS (3)	1	0	1	1	0	0	2.667	0.889

OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jan Sershen/ETC (16)	6	3	3	2	1	1	0	0	0	0	2.500	0.156
2. Bill Seaver/WVTC (15)	3	7	2	1	2	0	0	0	0	0	2.467	0.164
3. Jim Nuccio/WVTC (7)	6	0	0	0	1	0	0	0	0	0	1.571	0.224
4. Bill Clark/WVTC (15)	3	2	3	3	1	2	0	0	1	0	3.600	0.240
5. Ron Wayne/WVTC (6)	4	0	2	0	0	0	0	0	0	0	1.667	0.278
6. Denis O'Halloran/Unat (11)	3	1	1	2	3	1	0	0	0	0	3.364	0.306
7. Darryl Beardall/MH (9) 40+	1	3	1	2	1	1	0	0	0	0	3.222	0.358
8. Pete Flores/AGRC (11)	3	1	0	2	0	1	3	1	0	0	4.364	0.397
9. Tad Woliczko/PMK (11)	2	3	0	0	1	0	0	1	1	3	5.455	0.496
10. Angelo Martinez/AGRC (4)	2	0	2	0	0	0	0	0	0	0	2.000	0.500
Lee Ferrero/SWEAT (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
12. Jack Leydig/WVTC (8)	0	2	1	2	2	0	0	1	0	0	4.125	0.516
13. 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
15. Gene Fitzgerald/PMK (9)	0	1	2	0	2	0	2	2	0	0	5.333	0.593
16. Dennis Tracy/WVTC (9)	0	2	1	0	2	2	0	0	0	2	5.444	0.605
17. Jim Sane/BC (8)	0	2	0	2	0	1	1	2	0	0	5.125	0.641
18. Henry Perez/SUND (3)	1	1	1	0	0	0	0	0	0	0	2.000	0.667
19. Ernie Rivas/PMK (7)	2	0	1	1	0	0	1	1	1	0	4.714	0.673
Robert Cooper/WDS (7)	1	1	0	1	1	1	1	1	0	0	4.714	0.673

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
8. Phyllis Olrich/WVTC (4)	2	2	0	0	1.500	0.375
9. Sue Munday/Unat (5)	2*	2	1	0	1.900	0.380
10. Joan Ulliyot/WVTC (5)	2	2	0	1	2.000	0.400
Diane Williams/PBP (5)	2	1	2	0	2.000	0.400
Cathy Coulman/Unat (5)	1	3	1	0	2.000	0.400
13. Yvette Cotte/WVTC (6)	1	0	2	2	2.667	0.444
Jeanie Kayser-Jones/PMK (6) 40+	1	1	3	1	2.667	0.444
15. Betsy White/WVTC (4)	2	1	0	1	2.000	0.500
Roxanne Bier/SJC (2)	2	0	0	0	1.000	0.500
17. Carroll O'Garra/WVTC (6) 40+	0	1	2	3	0.333	0.556
18. Gail Gustafson/Unat (5)	1	0	2	2	3.000	0.600
19. Karen Bain/Unat (3)	2	0	0	1	2.000	0.667
20. Karen Scannell/PMK (5)	0	1	0	4	3.400	0.680
21. Kerry Brogan/Arrow (4)	0	2	1	1	2.750	0.688
22. Peggy Lyman/WVTC (4)	0	0	4	0	3.000	0.750
23. Pat Whittingslow/PMK (3)	1	1	0	1	2.333	0.778

1976-77 LDR HANDBOOK

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Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
21. Humberto Hernandez/WVTC (5)	0	2	1	1	0	1	0	0	0	0	3.400	0.680
22. Tim Peterson/WVTC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
23. Paul Burke/DeLaSalle HS (5)	0	1	0	3	0	1	0	0	0	0	4.000	0.800
24. Kent Guthrie/WVJS (8) <u>40+</u>	0	0	1	2	0	1	0	1	3	0	6.500	0.813
25. Damon Wood/CWTC (5)	0	1	2	0	1	0	0	0	0	1	4.600	0.920
26. Mike Niemiec/WVTC (4)	0	1	1	1	0	1	0	0	0	0	3.750	0.938

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 1250, 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 your club. 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. -- IMPORTANT: If your club does put out a newsletter and the NCCR is not on your mailing list currently, please write the editor for a possible free exchange with the NCCR. Thanks.

NEW CLUBS: - Two new AAU clubs of note since last issue are: The Inner City A.C., P.O. Box 5344, Oakland 94605 (c/o Proverb Jacobs, Jr., 4369 Detroit Ave., Oakland 94616; Ph. 530-5132). Tamalpa, c/o Kees Tuinzing, 627 Galerita Way, San Rafael 94903 (Ph. 472-7917) is named after the legendary sleeping maiden of Mt. Tamalpais. They are working at their constitution and by-laws and are in the process of applying for AAU club status. Kees is president; Jim McGowan is V.P.; Don Pickett on the Fun-Run Committee; and Byron Lowry is Race Committee Chairman.

CHICO RUNNING CLUB: - Having only begun 14 months ago as an AAU club, the Chico RC now has a total membership of 188. They currently sponsor two races on the AAU calendar, both have experienced excellent turnouts as a result of the fine meet directorship provided by their president, Walt Schafer.

WEST VALLEY T.C.: - Although only 11 new members have signed up since last issue, the club has certainly added some quality athletes in all divisions with the group below (masters, women, open). Bob Crow, 7 East Circle, Oakland 94611 (Ph. 339-1926) recently rejoined after several years layoff from competitive running because of Law School. He is now a practicing attorney. He used to run for Cal and had PR's near 9-minutes for two-miles and 4:10 for the mile. Sharon Furtado (18), 3208 El Sobrante St., Santa Clara 95051 (Ph. 296-6808) is a freshman at West Valley College and is running very well for the women's X-C team there this fall. She has PR's on the track of 60.0, 2:21.0, and 5:17.0, all set this year. Her marathon best of 3:18:55 was set in February. Currently Sharon is a close second place to Penny DeMoss in the LDR Point Standings (see the opposite page). Judy Graham (23), 3467 Golden State Dr., Santa Clara 95051 (Ph. 243-8918) is a senior at San Jose State with a very impressive list of credentials, including placing in the top seven in the Women's National AAU X-C Championships three times (5th in 1971, 7th in 1974 & 1975). In March she placed 21st in the World X-C Championships in Wales. On the track she has sped to clockings of 2:05.5 (2:04.6m), 4:39.0 (4:15.1m), 10:07.0, and 16:04. She is now training under the guidance of San Jose State men's distance coach, Don Riggs, and expects to improve greatly this spring. Most recently she took second to Cyndy Poor in the Women's Natl. 10-Kilo (see results this issue), beating 10-Km. track record-holder, Peg Neppel, in the process. Robert Highsmith (38), 819 Murphy Dr., San Mateo 94402 (Ph. 349-2249) is a broker for a realty company and has been running for the past 18 months. His 3:53:19 at this summer's Ocean-to-Bay Marathon shows he has good potential (his Bay-to-Breakers time has improved 10 minutes to 58:20 from 1975). Joseph Itaya (21), 176 Peralta St., San Francisco 94110 (Ph. 756-5660) is a junior at Cal-Berkeley, and is also in sporting goods sales. He has track times of :54 and 2:05, set in high school, and has also done 10 miles for the hour run. He hopes to eventually run a marathon. Dennis Mar (30), 1042 Forest Ave., #38, Pacific Grove 93950 (Ph. 372-9388) is a statistician who's been running since 1963. His best marks run from a 5:34 mile to a 89:33 for 10-miles. He says he is not discouraged yet, and runs mainly for the self-awareness and people he meets. Charles McCarthy (26), 2207 Mission Ave., Carmichael 95608 (Ph. 916/481-7978) lists his occupation as "LVN" (what's that?) and has a mile PR of 4:32. ---more---

Meet Directors!!!

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★NOR-CAL RUNNING REVIEW★

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If you have an idea for a design but don't know quite how to put it together in camera-ready form, please let us know what you have in mind and we'll refer you to our artist...multi-color designs are her specialty--See p-15.

Virginia McConnell (34), 47 West Portal Ave., #3, San Francisco (Ph. 564-2418) is another addition to our growing list of runner-attorneys. She started running about six months ago and has already logged seven competitions; starting out with a 77-minute Bay-to-Breakers performance (10 min./mile), she has gotten down to a minute per mile faster in the recent Berkeley Waterfront Run. Sally McPherson (20), 3467 Golden State Dr., Santa Clara 95051 (Ph. 243-8918) is a soph at San Jose State who won't be eligible to compete for the club until early January because of a transfer from another club. She is competitive at distances from the 880 up, and also has taken up race-walking. Her track bests include: 2:17.0, 5:00.6, 11:01.4, 17:52m, (walks)--8:12, 17:18m, 28:12.6m, and 61:54m. Although only having completed one marathon, her 3:12:18 at last year's Livermore Marathon indicates her great potential at this distance. Richard Nichols (22), 2330 California St., #11, Mtn. View 94040 (Ph. 969-2065) is a first-year grad student in Education Administration at Stanford. While at Dartmouth he clocked 47.8 (46.5R), 1:10.7 (600yi), and 1:51.8m.

He is currently training with Stanford's track team and has a goal of making the U.S. team indoors this year against the Soviets. David Stern (40), 3161 Bird Rock Rd., Pebble Beach 93953 (Ph. 375-8211) is an instructor and administrator at Monterey Peninsula College, and also coaches the cross-country team. Recently Dave has done a 2:43:03 (1973 West Valley Marathon), but should come through with some great times next spring, as he ran some quick times in college (1:56.2, 4:09.6, 9:03.7, 14:11.9) in the early 60's. In 1958 he placed 14th in the NCAA X-Country Championships. Although he hasn't competed much since turning 40, he plans on competing more this year, and is interested in the Masters AAU Marathon in December. Dave is sure to provide other top masters in the PA-AAU with a lot of competition in the years to come.

● **MISSING MEMBERS:** - We have received some NCRR's back from the post office with "No Forwarding Address" indicated on them. If anyone knows the whereabouts of the following individuals (or who might know), please get in touch with your editor right away! -- George Carty, Derek Ligons, & Tony Campbell. The first two had San Jose addresses, and the latter lived in Berkeley.

● **CLUB MARKS:** - Our apologies to Ray Menzie for not mentioning this last time, but his 10 mile, 492 yard effort in the Hour Run last June eclipsed Ed Dally's 10-163 standard from the previous year. Judy Gumbs ran to a NorCal record time of 2:57:13 in the marathon, while finishing ninth overall in the International Women's Marathon in Waldniel, West Germany in early October (see results section of this issue). This took nearly a minute off of Joan Ulyot's club standard. Joan ran a very commendable 3:01+ in the same race to take 12th, not too bad considering she was just getting back into shape! Phyllis Olrich recorded a 10:51 two-mile in an informal track meet at Stanford in mid-October. Her splits were 5:28/5:23. She holds the current club mark at 10:55...this will remain as the club standard since the mark was not set in an official meet.

● **OTHER GOOD MARKS:** - Kurt Dicus, featured in this issue's West Valley Portrait, did some super running this summer. He capped off the season with a 9:09.6/4:18.2 double in the National Jr. Olympic Championships in late August in Memphis. This came after double wins at both the PA-AAU and Region 13 Championships, where he got 4:17.1/9:14.4 and 4:22.8/9:26.3 efforts, respectively. The latter marks came at high-altitude Reno. Phil Hornig is running very well for Chabot this fall, placing high in all his meets so far. Rod Berry & Tim Holmes are both running very well for their high schools (Redwood & Downey). Berry, only a junior, came within a few tenths of a second of Rich Kimball's course mark at Pleasant Hill. Hal Schulz is running as Cal's second or third man and is only a frosh. Tony Sandoval came up from New Mexico for the Stanford Invitational in mid-October and wound up second, only a few seconds behind winner, Ralph Serna, despite claiming he only trained lightly this summer. He led WVTC to a surprise second place finish in the team standings to highly-regarded UC Irvine. Mike Pinocci won the 3rd way meet between WVTC, Stanford and San Diego State. Judy Graham, although ineligible to compete for the club until the State X-C Championships, is off to a good start...placing second in the Natl. 10K to Cyndy Poor, and then winning tight races at the Stanford Invitational and Reedley Road Races. Lot's of other action by club members, but rather than duplicate a lot of results, turn to that section of this issue for a complete rundown.

● **PEOPLE NEWS:** - Ray Menzie got into a bike accident this summer and is just now returning to good running form. No details on how it happened, but he was pretty badly beaten up and has lost (or nearly lost) hearing in one ear because of it. --- Gene & Betsy White have taken a job in Indonesia and will be gone for several years. They plan on coming back to the Bay Area afterwards. Before leaving, they participated in the Pikes Peak Marathon (results in this issue). --- Brad Nave, the club's 195-foot discus thrower, is moving north to his hometown, Spokane, Washington. He and Larry Kennedy and another or two are setting up a combination handball/racquetball/health spa outfit in Spokane and hope to be open for business by next June. --- Your editor wasn't the only one who got married recently. Tom Jordan, our man from *Track & Field News*, got married in early October to Stacey Fitzsimmons. Kenny Kring also got together with a fine woman on Aug. 29 (Joan Levison). Our club record-holder in the decathlon says 'it's great'. --- Jost Schmitt, our West German all-distances man (sprints to the Marathon...you some kind of nut?), reports that he and his wife (mostly his wife I guess) are expecting a baby around the holidays. Jost is currently working at a Munich law firm, reporting that it's very interesting finally making a living and not studying, but noting he has very little time to train anymore!



Ex-WVTC'er, Charlie Attwood, ponders why the hell he's doing all this...during the awards ceremony at the National AAU Marathon, where he was Meet Director.

/Cy Quinn photo/

item of business...election of club officers. This will include the election of the Exec Council. So, come with some people in mind (yourselves?) for nominations. Those present that evening will elect your 1977 officers, so it's important that we have a good turnout...despite the fact that we'll have more food if we have more people!

● **CLUB UNIFORMS:** - No doubt some of you have seen WVTC's new spiffy blue and orange warmups with the fancy club insignia on the back? We have some requests as to when we will be ordering the next. I plan on making another order in early December, so it's important that you get me a \$30 check (pays for entire uniform, plus screening and shipping) by Dec. 1st if you wish to be on this order...next one won't be for probably 3-4 months or so (I like to order at least a dozen at a time). Be sure to send me your measurements with the check (height, weight, inseam, armlength, regular T-shirt size, etc.). We have about a dozen of these that can be checked out for important meets by any club member. If you want to try one on for size before you order, give me a call for an appointment (341-3119).

● **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 only). We'll put you in next issue--you don't have to be shy; we all like to see our names in print!

--- Angel Island: 175-John Tedesco 30:40, 334-Ken Phelps 34:02, 364-Joe Shami 34:42, 408-Gary Whitney 35:43, 422-Monte Dayton 36:12, 517-Len Wallach 38:43; 4th of July Parade Run: (Boys 14-17) 35-Steve Simpson 18:43, (Men 18-29) 53-Jim Luke 22:43, (Men 30-39) 14-Tim Rostege 18:09, (Men 40-49) 13-Monte Dayton 20:45, 20-Jack Graf 23:23; Oakland Watermelon Run: 96-Steve Simpson 56:20, 108-Ralph Gowen 57:22, 164-Joe Kennedy 65:27, 205-Len Wallach 81:11; Wharf-to-Wharf: 134-Mike Millward 33:42, 155-Eryn Quinn 34:10, 195-Tim Rostege 35:28, 196-Harold DeMoss 35:29, 207-Steve Simpson 35:46, 212-Steve Nelson 35:48, 440-Joe Kennedy 42:40, 478-Ellen Clark 43:46, 532-Len Wallach 45:38, 601-Steve Goettelmann 47:33, 625-Jack Graf 48:29, 630-Gail Goettelmann 48:52; Alameda X-C Carnival: (Masters) 20-Len Wallach 54:49; Times-Nine Races: (9.99 Km) 57-Ken Paul 45:57, 87-Joe Kennedy 50:53, 122-Len Wallach 50:56, (9 Mile Relay) 37-West Valley Floozies (Penny DeMoss, Phyllis Olrich, Peggy Lyman) 59:01 (*1st women's team*); Natl. Women's 10 Kilo: 44-Jeanette Cotte 45:55, 69-Gail Goettelmann 52:12; PA-AAU 25 Kilo: 100-Harry Cross 1:40:52, 116-Don Lucero 1:43:26, 121-Ken Paul 1:43:52, 125-Ralph Gowen 1:44:03, 127-Larry Washington 1:44:17, 209-Steve Subotnick 1:57:54, 266-Gail Goettelmann 2:11:44, 283-Len Wallach 2:26:24; Double Dipsea: 218-Joe Shami 2:55:28, 249-Len Wallach 3:14:37; Walnut Festival: 71-Tim Rostege 35:33, 152-Tom Dooley 43:48 (*walked*), 154-Wayne Glusker 45:08 (*walked*); Pamakid/Lake Merced Run: 186-Joe Shami 51:47, 238-Jim Luke 56:07, 239-Gail Goettelmann 56:20, 241-Len Wallach 56:44; Berkeley Waterfront Run: 156-Ken McRae 33:46, 263-Len Wallach 42:10, 308-Harry Cross 46:58 (workout), 310-Virginia McConnell 47:30; Garland Ranch Run: 55-Joe Itaya 57:25, 59-Richard Anderson 58:09, 62-Dennis Mar 58:53; Berkeley-to-Moraga Run: 209-Tim Smith 1:43:56, 254-Joe Shami 1:50:27, 351-Len Wallach (no time).

CLASSIFIED ADS

Interested in selling your body or promoting your race? The NCRR can probably help you, and at the most reasonable rates you've ever seen for a specialized regional magazine. Currently a full-page ad (one-time) is only \$40, 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 \$15. 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). All ad copies and race inserts should be sent directly to: NCRR, P.O. Box 1551, San Mateo, CA 94401.

TRACK & FIELD: TECHNIQUE THRU DYNAMICS: - When Tom Ecker's *Track & Field Dynamics* appeared in 1974, it was hailed by U.S. track coaches and authorities as the first real effort in this country to counter the great scientific advances in training in track and field that had been made in Europe and elsewhere. Eastern European countries in particular had gone more deeply into the study of mechanics and related fields of body physics to help achieve some of the great successes they've had in recent years. Ecker's *Dynamics* gave U.S. coaches the first easy-to-follow introduction to body mechanics. In his new book, *Track & Field: Technique Thru Dynamics*, he now applies those principles to each event on the track and field program, with great illustrations and photo-sequences to help the reader gain further insight into the text. (128 pages, paperback, \$4.50)--Available through NCRR by sending a check for \$4.50 plus 6% tax for California residents (and 25¢ postage & handling).

STARTING LINE SPORTS: - We now have the top shoes as rated by *Runner's World Magazine* in their recent October issue...including the Nike Sting, New Balance 320 & 305, Nike LD-1000, Tiger Jayhawk, Brooks Villanova, and many more. Send for a free catalog from us today: P.O. Box 1551, San Mateo, CA 94401.

LETTERS TO THE EDITOR

SCOTT HAMILTON (Honolulu, Hawaii) - "Congratulations to Harold DeMoss, who shared honors with Fred Brown, Sr. (Massachusetts), as co-winner of the "Award For Running Leadership", presented at Phoenix (National AAU Convention). In establishing the award, I specified it should go to the outstanding chairperson of an association (AAU) LDRC. Harold fits the description and sets a fine example by which to judge future winners. The question of maintaining top-flight volunteer leadership is crucial to our sport." (Scott is Nat'l Vice-Chairman, AAU LDRC)

PENNY DEMOSS (Los Altos, CA) - NOTICE TO WOMEN LONG DISTANCE RUNNERS FROM PA-AAU LDRC CHAIRPERSON: "I felt I should give a brief report on the happenings which affect women runners at the recent (Oct. 10-16) National AAU Convention. First, you might be interested to know that of the approximately 2500 registered women in the USA (as LDR), almost half are in our Pacific Association! --- Barbara Palm of Albany, N.Y., was elected as National Women's LDR Chairman. This will be a one-year term. I was appointed Nat'l. Committee Secretary. --- I was informed that the women who competed for Iowa State Univ. and won first place team awards in our recent Nat'l. 10-Kilo Championships were not eligible to compete as a team. Therefore, the San Jose Cindergals have been declared the team winners, while WVTC took second and third spots ("A" & "B" teams). --- The 1976 Sr. Women's Marathon Championships will be held on Sunday, Dec. 5, in Culver City, Calif. Please note that entries close on Nov. 24, so if you plan on going you'd better send for an entry form from Carl Porter right away (see scheduling section of this issue for address). No entries will be accepted unless submitted on the official form. Your club will need three to score as a team. The 1976 Master's Women's Marathon Championships will be held in Honolulu, Hawaii, on Dec. 12 (see scheduling section). --- Kim Merritt was the Committee's nomination for the Sullivan Award. --- Four races were approved as national championship distances for women. Beginning in 1977, there will be championships for women at 30 Kilo, 50 Mile, One-Hour (postal) and 50 Kilo (postal). This gives us seven national championships when added to the 10 Kilo, 20 Kilo and marathon (also X-Country). Watch the NCRR for dates. --- Although I have not heard the official outcome of the Board of Governors' voting at the Convention, it would appear that women's cross-country, which in the past was an arm of women's LDR, will return under the jurisdiction of women's track & field. The feeling was that the majority of the x-c runners are primarily track runners and are registered as such. There is also a possibility that masters women (LDR or otherwise) will be joining masters men in an autonomous Masters

Committee. --- Because of my new duties on the National Committee, I'm afraid I will no longer be able to serve as your Association Chairman...it's been fun, ha, ha??? Please be thinking about a replacement and send me nominations for the position. I will include a ballot on the Women's Woodside Race entry form which you can detach and then cast your vote at the race or mail to me. My resignation will be effective as of that day, Feb. 6, 1977."

VERNE THORNBURG (San Jose, CA) - (The following letter was sent to high school X-Country coaches in the Central Coast Section): "I will try to explain what has happened since vacation started in June as quickly as possible. Mr. Arnold, CCS Commissioner, was directed by the CCS Executive Committee on June 17, to announce revised schedules for CCS events for the 1976-1977 season. In order to implement a balanced program and balanced budget, the Executive Committee revised CCS playoffs to include the following sports only. There would be five for 'student teams' and five for 'girls teams'. The ones for 'student teams' would be: football, basketball, wrestling, baseball and track & field.

Post-league events in sports not now approved for CCS playoffs may be held under the sponsorship of an individual member school or league. The Eligibility and Games Committee will suggest requirements necessary to qualify for each event. They will review the requests and assign priorities. Although the CCS staff will provide assistance to member schools, it should be noted that sponsors are totally responsible for all aspects of such events, including financial deficits. In other words, said post-league events can be held, called CCS championships, and award medals, etc., if stated event is run exactly as in the past, except for financial support from CCS. It would be difficult to go out and run an event as an individual event because one league (the largest in CCS) does not allow competition past league, except CCS competition.

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Woods, Bill Hotchkiss and Verne Thornburg decided to apply for a CCS Championship Cross-Country Finals following CCS format, and Mr. Arnold indicated that it would be sanctioned. Although we are unhappy about the current situation, it was felt that what we did was the only thing to do under the present conditions. Therefore, the CCS Finals will be held at Coyote Park on Tuesday, Nov. 23, 1976, using the same format as last year. Region meets will be held from Nov. 17 to 19. All meets will award the same prizes as last year, and all regions will send to the CCS the same number of teams and individuals as last year."

THE HUMAN RACE



LEN WALLACH

MEET HARRY SIITONEN: - Harry Antero Siitonen and I may carry the same heavy burden, with its agonizing napsack of self-imposed responsibilities. Living in the shadows of our fathers has certain pleasures and pains that are unique to this disease.

Mine was one of those tough old leather-booted Army sergeants who not only fully believed in the West Point adage of Duty-Honor-Country, but made damned sure through his exemplary conduct, rigid discipline, and forceful language, that his sons would also embrace that ramrod code.

Harry's dad left him an equally difficult heritage, made up of the fabric of achievement, and sewn with the threads of will-power and tenacity.

The trouble with parents who leave examples for their children to emulate is that they run the risk of having their offsprings gnaw out their insides in futile efforts to mirror good old mom and dad. I'm not sure that this was the way it was with Harry, but the night he received his trophy as runner-up to Rod Miller, DSE's 'Running Man of the Year', he made the touching gesture of wearing his father's Finnish pentathlon medal, won five or six decades ago.

It was one of those eerie and treasured silent moments which I put, as a small treasure, in my mental suede leather marble bag, which is filled only with those good and tender memories kept for myself or to share occasionally in friendship with others who care about such things... "My father only had four years of school, but he was a superb athlete," Harry explained. "He was a gymnast, Greco-Roman wrestler, and even a tightrope walker. He earned that medal in a local Finnish championship meet in 1905 to go along with a lot of other previous accomplishments," he added.

"I was from nowhere," Harry advised. "I was clumsy, fat, and not much good at anything, so I turned my efforts to school." This brought Harry the top scholarship position in high school, and along with it, the editorship of the school magazine and yearbook, as well as a body weight of 227 pounds at age seventeen. Harry went on in a fashion that was both humble and revealing. "The DSE trophy was the first time I had finally come through on my own. It was symbolic. I was an athlete! It was the mark of a new era."

Harry's story isn't just one of another reformed alcoholic, but rather one of a delay in his self-realization and development. "The first time I ever got drunk was when I was a navy signalman, he remembered as he discussed his two years of World War II service aboard the light cruiser USS Little Rock. After the Navy he entered the state teachers college in Fitchburg, Massachusetts, close to his birthplace and family home in Worcester. "This led me on to Michigan State University where I settled into a pretty heavy drinking problem," he continued. But at MSU he managed to earn



Harry Siitonen, this issue's feature for "The Human Race". /Wallach/

a Bachelors Degree in Journalism and was graduated summa cum laude in spite of his bouts with alcohol.

"I guess I drank because I had a feeling of lack of self-worth," he pondered. "I also felt it something of a burden to graduate from college, as two generations back my family was illiterate. I was to be the pioneer of their educational achievement, which didn't add to my peace of mind."

Following college he joined the staff of the Southbridge Evening News as a reporter and feature-writer in the small Massachusetts town. Eventually he became the City Editor, but he decided to return to college to try for a Masters Degree and entered the University of Chicago graduate school. "But in one quarter of school, booze and wenching ruined that," he concluded.

His newspaper days left him with two heritages; one printers ink, and the other a keen interest in the theater. "I was fascinated by and wanted to write reviews of plays and summer stock. Naturally, Doc, in 'Come Back Little Sheba' was one of the impressions which has stayed with me from those days," Harry added.

His occupation today is the result of his deliberate effort to get into the printing side of newswork. He is a composite printer for the San Francisco Chronicle/Examiner and a member of the Bay Area Local 21, a branch of the International Typographical Union. "I was always pro labor and wanted to combine that with my efforts to get to San Francisco," he advised.

His eventual arrival in San Francisco and work with the union was preceded by events and circumstances which were so disastrous that they would have crushed a lesser spirit. It included jobs like being a freight handler, short-order cook, construction worker, automobile assembly line and steel worker. "I just couldn't hold a job down until I finally landed in L.A. and was soberlong enough to get on with the Los Angeles Times Union Press as a proof-reader trainee. Harry spent the next six-and-a-half years in a private purgatory of proof-reading six-point type, as the company printed only telephone books.

His complications were deepened by three different marriages, two of them to the same wife. "My life has been a pattern of starting something and then drifting away, and marriage was no different. There were other problems of materialism in those marriages which has reinforced my present desire for a simple lifestyle," he commented.

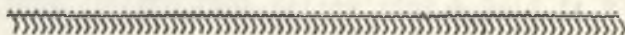
Harry and I have spent a lot of hours and miles together in the back of the pack, and I know his feelings are genuine when he said, "Sometimes I didn't feel that I deserved to exist." But as he described his anticipation at visiting his step-daughter on the way home from a particular race, I knew that was all behind him. "I wish she was my natural daughter, but I can fulfill my function as grandfather to her four-year-old son. It gives me a joyous sense of family."

He's been the Alcoholics Anonymous route along with group therapy, yoga, and vegetarianism. "Four years ago I had a beer belly that was the cat's meow," Harry laughed through his sparse beard. "But I got into the physical thing through running, and that was my saving." His record has been a series of extraordinary accomplishments: dropped from 218 pounds to 155; ran over a dozen marathons, a fifty miler, and recently, the 72-mile agony of running around Lake Tahoe.

Harry reminds me of a freshman the first day of college. He seems so anxious to get on with it. He is so hearty in embracing the tasks ahead. Since I've known him, he's been after a 3:30 marathon so he can go to Boston, and I wouldn't take any bets that he won't be on the starting line in Hopkinton next April.

As he explores the ultra-distance limits of his body, Harry illustrates man working towards his potential. He doesn't make a big production out of his efforts and is genuinely concerned for others who struggle in their own little private hells, whether they be running or into alcohol. The ratty running clothes, his size 14 shoes, his wispy beard, and the horn-rimmed glasses all make him appear to be another of San Francisco's colorful eccentrics. Certainly to the gawking motorists passing him by at one of his rest stops during the Tahoe 72-miler, he must have appeared to be a guru or a local nut going through his gyrated yoga positions and guzzling herb tea.

But to those who see beyond this ancient hippy exterior, they find a man quietly searching his outer limits and inner strengths. Harry isn't just a weekend friend to all of us. He's kind of a special symbol of tenacity and self-respect.





Ralph Bowles, new member to the 40-and-over crowd, threatens to overtake the late Jim Shettler's big lead in the NCRRL LDR Point Race. /J. Marconi/

NOR-CAL PORTRAIT

MEET RALPH BOWLES: (By Conrad Walker)

- When Ralph Bowles was first transferred to San Francisco by his company in 1973, he decided to parlay the few miles he'd been logging back in Pittsburgh, Pennsylvania, into a few road races, with an eye on Masters' competition. In 16 PA-AAU races during 1974, "with no training at all", the 38-year-old Bowles completed all of them and finished in about 50th on the average. While good, Ralph was "finding out fast that if you want to do good in a race, YOU MUST TRAIN!"

A meeting with the late Jim Shettler was a turning point. "I was astounded at his race times as a Master. Since we lived in the same neighborhood, Jim invited me on frequent training runs. As the days, weeks, and months of training followed, I learned that Jim was not only a runner's champion, but a people's champion as well, and that these levels are achieved through dedication," states the E. Palestine, Ohio, native.

So, for a year, Ralph slowly built a strong mileage base, looking towards his 40th birthday and Masters competition. Once-a-day training and 50-60 weekly mileage totals gave way to twice per day training and 85-90 totals after only four months. Then in the third four

months, Bowles ran "hills, hills, and more hills." By the end of 1975, the business machine technician from Pleasant Hill had competed in 35 races ranging from one-mile to 25-kilos.

This year, 1976, was auspicious for two reasons: from January to July 22, Ralph competed in 25 races, completed all of them, and lowered his average per mile pace to 5:30; and on July 22, he turned 40. Since that time, his 70 miles per week of hills, roads, and track work have brought him eight masters victories and one second place. As well, he has set PR's in every track event he's tried this year. His best marks: mile--4:41.6; 2M--10:15; 3M--15:54; 6M--32:52.4; Hour--10M, 1538Y. He has also clocked road marks of 26:30 in the 5.1 mile Berkeley Waterfront Run and 1:29:09 in the PA-AAU 25-Kilo Championships.

Out of this prodigious racing year, Ralph counts hilly 10-kilo courses and 25-kilo road races as his favorite competitive distances. "These events require stamina, speed, and most of all, psyching of the opponent, which can lose the race most easily," says the 5-6/120-lb. Bowles.

On his stiff training program, the West Valley Joggers & Striders member notes that he believes his "lack of serious injuries or extensive layoffs have been due to training within my limits, with plenty of rest, proper shoes, and following faithfully a tough training schedule. IF YOUR BODY TELLS YOU TO REST--DO IT!"

Ahead will be the Masters National X-Country Championships at Belmont (*will have been completed by the time you read this*), and the 1977 World Masters Championships in Goteborg, Sweden. Also, he hopes to run a 2:35 marathon sometime next year for good measure. "I feel that I'm a long way from peaking," Ralph says with understatement.

WEST VALLEY PORTRAIT

MEET KURT DICUS: (By Bill Clark) - This issue the West Valley Portrait is another promising Junior distance runner, Kurt Dicus, who hails from Reed High School in Reno, Nevada. Although only starting his senior year this fall, Dicus already has impressive credentials. In July, he set a mile PR of 4:17 and then doubled back with an excellent 9:14 at the PA-AAU Jr. Olympic Championships in Millbrae. At the Region 13 Jr. Olympics in high-altitude Reno, he won both the mile (4:22.8) and two-mile (9:26.3) to qualify for the National J.O. Championships in Memphis, Tennessee. There, Kurt pulled out a PR 9:09.6 for a second place in the 8-lapper, after finishing a creditable sixth in the mile at 4:18.2.

Kurt's improvement this past year was paid for in practice. He explains a typical training cycle as follows: "I run 100



Kurt Dicus became WVTC's fourth prep to break 9:10 for two-miles in 1976 at the National Jr. Olympics. Three, including Dicus, will return in 1977.

/Nevada State Journal/

(PA-AAU Jr. 10-Kilo in December), and on the track I hope to dip under 4:07 and 8:50 this school year (during track season).

"A SPECIAL GIFT"

/Dear Judy and Jack: "When you told me that you were going to be married, my first reaction was to buy you something which would commemorate the occasion and show my joy. But you know my circumstances. The only gift I can give is words, but they are crafted with affection. My present comes on plain paper and with the hope that you will share it with the many others who are your friends." --Len Wallach/

MEET JUDY AND JACK: - The wedding was the end of one era and the start of another. Judy Gumbs and Jack Leydig, silhouetted against the sweeping spans of the Golden Gate Bridge, seemed too young as they began their future together with the California sun flashing highlights of Judy's golden curls amid the teary eyes of their gathered friends.

In the usual fumbled moments reserved for nervous people at weddings, rings were finally found, touching words were exchanged, hugs and embraces began signaling the start, once more, of the institution of marriage. Jack, looking like Prince Valient with his page-boy haircut, seemed somehow out of character, elegantly dressed in the chocolate-brown velveteen blazer. Halfway expecting him to be in running shoes, I checked out his feet, which were covered with more dignified leathers for a change.

Trying to absorb the flavor of the event, I glanced over at tough old Walt Stack, San Francisco's next historical landmark, whose eyes were glazing over as he contemplated the moment's tenderness, brought on by Jack's pledging of his future to Judy. I made a mental note that even Walt was wearing a tie.

Ruth Dettering, who hosted the wedding in her home, on the ocean-pounded San Francisco cliffs, was discreetly in all the right places at all the right times, making certain that this was going to be one union which would start off smoothly. The incredible vistas from her living room windows make even the San Francisco Chamber of Commerce envious.

As soon as the ceremony was completed, little coteries of friends and relatives huddled together, guzzling champagne, delivered ceremoniously by Pax Beale, who has cornered his own share of California's running notoriety. Judy, making her way through the groups, managed to get a finger-waving lecture from her paternal grandfather, Ed Gumbs, a 73-year-old whirlwind who later beat my ear about the virtue, beauty, and accomplishments of his other grandchildren. This lengthy bit of family propaganda was almost drowned out by two talented musicians in the corner, competing noisily with a guitar & kazoo.



Jack & Judy (Gumbs) Leydig before the start of the 1976 Golden Gate Charity Run at Ft. Baker. /Len Wallach/

Where did all this begin? -- Jack Leydig is a single-minded dynamo who can drive even his admirers not only up the proverbial wall, but through the ceiling and chimney as well. Jack's intense energies seldom let down, consequently, working with him is a little like following in the path of a small tornado.

Jack's background is both distinguished and varied. Besides his usual athletic and academic credits at Hillsdale High School in San Mateo, which included the top ten percent of his class, membership on the number one ranked prep cross country team in the U.S., and his selection as 'most valuable runner' in 1962, he managed to be elected as Vice-President of his graduating class. He was also a member of the national record-holding high school 5 x 2-mile postal competition (49:04) and four-mile relay (17:49.9). The team also had the top distance medley time in the nation his senior year.

His collegiate career was resplendent with additional sports and scholarship accomplishments. At Southern Illinois University (Carbondale), Jack earned a bachelor's degree in general engineering and a masters in computer science while maintaining a 3.4 undergraduate grade-point average and an incredible 3.9 for his graduate degree...all of this on scholarships.

His running is, perhaps, not as well known as it should be, since he has been more recently noted for his editorship of the *NorCal Running Review*, presidency of the West Valley Track Club, and meet directorship of a host of national AAU championships. Two running accomplishments which stand out are his second place in the National AAU Marathon in 1969 and his membership on the first place team in the 1972 Boston Marathon, where he set his 2:25:15 PR for the distance.

Jack comes prepared for almost every employment eventuality, as he is probably the only runner I know that qualifies as both a naval architect and typist, as he types some 70 words a minute.

Judy, relatively new to the running game (a little over two years of serious competition), has already carved out her name on the record books. She placed first in the Ocean-to-Bay Marathon this year, earning a spot on the American team at the Women's International Marathon in Waldniel, West Germany, with expenses paid by the PA-AAU's Women's LDR Committee. In this event, Judy placed as the fourth American and came in ninth overall with a time of 2:57:13. In 1975 she was the ninth woman in the Boston Marathon, which was exceptionally outstanding considering that it was only her second time over the 26-mile plus distance. Judy's previous athletic involvement was pretty much confined to using her ten-speed bike for leisure and work in San Francisco, as owning a car was not in her lifestyle until recently.

Her educational path through San Francisco's Washington High School, San Francisco State University, and the University of California Medical School led her to a degree as a physical therapist. She has continued on at UC Medical Center, and is employed as a registered physical therapist, helping a variety of patients.

Getting ready for an interview with Jack, one almost has to stick one's finger in a light socket in preparation for his immutable style. With him, you never know what's coming next,

which is the only consistent thing you can count on. Judy, on the other hand, is calm, deliberate, and pensive. But regardless of this comparison, I spent an evening wandering through their ideas, thoughts, and feelings.

"I really think my mixed racial background is pretty interesting," Judy explained, about as directly as a little kid might do when asking for a second helping of apple pie. It was matter-of-fact, without any particular emphasis and right on the target, as it is pretty interesting. We had talked about it once before when she tolerated my slow pace while running together on the Sacramento River levee earlier in the year. When she finally left me to solo at my eight-minute plus pace, I watched her with the thought that she has a very solid sense of identity.

"People make problems by referring to them as problems in the first place," Jack gruffly theorized on the same subject of Judy's background, and then went quickly to another instantaneous conversation about his preparation for the next edition of the *NCRR*. As Jack spends much effort on the magazine, it had to be part of the interview. "I don't like being second to the magazine," Judy warned...but turned right around and commended Jack for doing the family wash, which kind of took the zing out of her admonishment. "I can't stand it when he gets wired up on the magazine or anything else," she added, but in a soft manner, obviously knowing that *NorCal* is important to Jack and running.

Running conversations don't always have to be about running, so we explored the route to their marriage. "Everyone is looking for that one special person," one of them said. "But blind love doesn't always mean equality in a relationship, so I'm bargaining for a good relationship with equal commitment," Judy commented by way of explaining the need for balance in a marriage. Jack was not so profound, cracking "She cooks nice," as his basis for the relationship. "It was really a natural progress of things," Jack hurriedly added in order to ensure his next meal and tranquility.

Having been with Jack under all kinds of conditions of stress, I have felt free to be rather forceful in our conversations about his apparent impatience, which sometimes borders on hostility. Referring to the usual tensions that build up while directing an involved race, he reassured me, "I can afford to be more friendly when I'm less involved. Besides, I too can get mad when someone is totally inconsiderate," he related. "I sometimes have to build a wall between myself and other people or I'd never get a job done," Jack advised in explaining his sometimes rough exterior.

I had a tough choice in attending Judy and Jack's wedding. It meant the loss of four precious DSE points, as I couldn't make even the nearest four-mile race and arrive in time for the ceremony. At first I thought I would talk them both out of their starting time but was later glad that I didn't when I learned that there were over 350 of their hungry friends devouring the potluck reception food that followed.

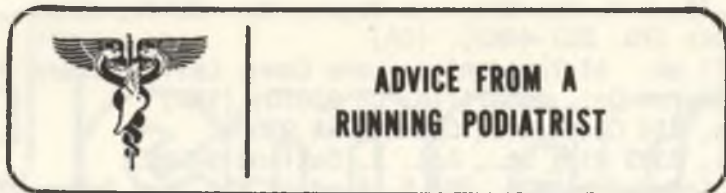
But it was worth it. My time with them in the past was magnified during those few moments. They have left me with certain special memories. I guess there are all kinds of people which I would really like to care about, but most of them are not going to let me. Judy and Jack have.

NorCal Running Review Reader Referral Plan



Starting with this issue, we are starting a contest to see who can sell the most *NCRR* (new) subscriptions. The contest will run until the end of 1977, and then we will start a new contest each following year. -- The person selling the most subscriptions over this period will win a lifetime subscription to the *NCRR*! -- You earn \$1 per subscription sold, regardless of the number sold...or sell five subscriptions and get one free. WRITE TODAY FOR COMPLETE DETAILS!

Earn \$ — Sell Subscriptions



Harry F. Hlavac, D.P.M.

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

Harry informs me that he hasn't received any letters this month that would be useful for this column, so the following article on "padding" is being included and should be helpful to many runners. Please start sending in some letters...remember, the advice is free, and your letter may be used (we hope) in the NCR.

PADDING FOR SUPPORT AND BALANCE: - The purpose of padding on the foot is to provide direct protection from areas of repetitive pressure and friction, such as corns, calluses, abnormal toes, and bone bruises. Pads are used to protect irritated areas and to provide support of specific joints of the feet. They are used on a short-term basis and should be replaced daily. If a more permanent protection is necessary, it can be made into an orthotic device for simple transfer from one suitable shoe to another.

Professional speciality materials are available through surgical supply retailers. Many other materials are available in sporting good shops and pharmacies. It is not the material itself that works in relieving the problem, but rather the manner in which it is applied. The materials most commonly used in padding and strapping are: alcohol to cleanse the skin; pretape sprag adherent or balm to help the tape stick; 1", 1½", or 2" wide adhesive tape; 1/8" or 1/4" thick adhesive felt; 1/4" or 1/2" thick plain felt; scissors; razor. Materials that are helpful if available: Moleskin (2" wide rolls)--thin adhesive-backed material to decrease friction; Lambswool may be used instead of tape to separate & protect toes; "skin-guards" R tape; 1/4" foam.

In private podiatric practices, we often wish to keep pads on the feet for several days at a time, through normal bathing. We do not recommend this for athletes. We recommend daily replacement of new protective materials. We recommend that the athlete talk with his trainer, if available, about the proper application of padding and strapping, and the selection of materials. It is important to use good equipment; avoid the rubber-based tapes that might be irritating. In sports, with perspiration, there is a high chance of irritation and infection, where the pad or strap does more harm than good. If there is irritation, pain, or blisters, remove the tape immediately. Never apply tape over cuts or in areas of previous infection.

Preparation of the Skin: - (1) Be sure the skin is clean and dry; (2) Use alcohol to remove surface skin oils; (3) Use pre-tape balm or solution.

Selection of the Pad: - In general, select a material about as thick as the area (corn, callus, swelling) you are trying to protect.

Placement of the Pad: - Since there is movement of the foot within the shoe in normal activities: (1) Place pad behind or around the sides, but not in front of the area; (2) Do not place it where it will be rubbed off; (3) Never place it on top of a sore area, unless you are trying to reduce friction only, rather than to protect the area from pressure; (4) If there is a cut or blister, do not put tape over it, but cover it with a dry, sterile material and then pad around it.

Cutting and Application of the Pad & Tape: - (1) Cut the pad to the appropriate size, avoiding other bone prominences (fill the non-weight bearing area). (2) Taper (skive, bevel) the edges before applying. (3) Apply pad and press; this should be comfortable for the athlete. (4) Cut tape to cover over the pad; this prevents rolling of the edges. (5) Avoid any folds in the tape or pad. --- **Finish:** (1) Apply powder or household wax to prevent rolling and sticking on extraneous surfaces. (2) Apply sock or shoe slowly to prevent rolling of padding.

Pads may be purchased pre-cut or may be custom-made at the time of application. The simplest pads for regular use are: **Aperture Pads**--complete circle to protect specific area; **Crescent Pads**--one-half circle to protect around and behind an area (most common type); **Crest Pads**--to lift or separate toes; **Balance Pads**--to support one side of the foot or the other; **Short Metatarsal Pads**--to provide lift behind metatarsal heads;

Long Rotational Pads--to provide lift behind metatarsal heads and provide arch support; **Arch Pads**--to put bulk under a specific area; **Heel Pads**--to elevate or cup the heel area.

Conclusion: - Padding is an effective tool when treating an area symptomatically. Remember that the cause of the problem still remains, and that unless this cause is dealt with specifically, the problem will progress.

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 NCR 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 6 of this issue) as proceeds go into the local LDR Warehouse & Travel Fund. The NCR 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:** **PACIFIC 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:** 942 Market St., Suite 201, San Francisco 94102 (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.

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.

- 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 (10K 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, CA 93010. (SPA)
- Nov 20 - Cheney Marathon, Cheney, WA (Moos Field), 11 am. Lawson Van Kuren, 418 Cocolalla, Cheney, WA 99004.
- Nov 20 - Lake Merritt X-C, Oakland (time and distance TBA). Charlie Fields, 3339 King St., Apt. A, Oakland 94606.
- Nov 20 - YMCA Rose Bowl Marathon (also ½-marathon & mini-marathon), 8 am. San Pedro YMCA, 301 S. Bandini St., San Pedro 90731.
- Nov 21 - Colfax Carnival X-C Runs (time & distances TBA), Colfax. Larry Campbell, 1545 Grass Valley Hwy., Auburn 95603.
- Nov 21 - Applegate Park 10-Km., Merced, noon. Grover Prowell, Merced TC, 856 Modoc St., Merced 95340.
- Nov 21 - Pico Rivera 10 Miler, Smith Park, 9 am. Pat McArdle, Pico Rivera Pks. & Rec., 6615 S. Passons Blvd., Pico Rivera 90660.
- Nov 21 - Santa Clara Valley Autumn Ridge Run (6.2 & 11 Mi.), Milpitas. (See PA-AAU LDR Handbook)
- Nov 21 - DSE 7.5-Mile Golden Gate Promenade Run (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Nov 27 - State Center 5-Man, 15-Mile Relay, Roeding Pk., Fresno, 11 am. Bill Cockerham, c/o 1717 S. Chesnut Av., Fresno 93702.
- Nov 27 - Seattle Marathon (Seward Pk.), Seattle, WA, 11 am. Dean Ingram, 507 Cobb Medical Ctr., Seattle, WA 98101.
- Nov 27 - ORRC Island Marathon, Sauvies Island, Portland, OR, 11 am. Bill Gorman, 200 SW First Av., Portland, OR 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 (10K), Phila., PA, 11 am. Tom Sander, 100 S. Broad, Rm. 738, Philadelphia, Penna. 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)
- Nov 28 - Thanksgiving Swim 'n Run (3 Mi. run, 1/2 Mi. swim), Redwood City, Time TBA. Judy Matray, 350 Marine World Pkwy, RC 94065.
- Dec 4 - Champion Gold Mine Run, 8 Miles, Nevada City. (See PA-AAU LDR Handbook)
- Dec 5 - Natl. AAU Women's Marathon Championships & Western Hemisphere Marathon, Culver City, 9 am (ENTER BY NOV. 24). Carl Porter, 4117 Overland Ave., Culver City 90230. (SPA)
- Dec 5 - DSE South Embarcadero Run, 6.25 Mi., (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Dec 5 - Mt. Madonna Challenge, (distance not listed), Gilroy, 11am. Jay Marlowe, 7510 Westwood, Gilroy 95020. (RRC)
- Dec 5 - Las Vegas Mini-Marathon (13.2 Mi.), El Cortez, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Dec 11 - Livermore & PA-AAU Marathon Championships, Livermore (Lawrence Labs). (See PA-AAU LDR Handbook)
- Dec 11 - Desert Hot Springs Road Run (distance unlisted), 10 am (WOMEN ONLY). R. Woodward, 11-711 West Dr., Desert Hot Sprgs 92240
- Dec 11 - 15-Kilometer Handicap, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Dec 11 - ORRC Hagg Lake 10.4-Miler (& Jogathons), near Forest Grove, OR, 11 am. Ralph Brown (Ph. 357-2075). (OA)
- Dec 12 - PA-AAU Jr. X-C Championships, Crystal Sprgs, Belmont, 11 am (MEN UNDER 20 ONLY), (ENTER BY DEC. 8). (See PA LDR Handbook)
- Dec 12 - Around-the-Butte 8-Miler, Eugene, Ore., 1:30 pm. Mike Gregory, The Athletic Dept., 99 W. 10th, #104, Eugene, OR 97401.
- Dec 12 - SDTC Family Run, Morley Field, San Diego (5 Km.), 2 pm. Conrad Will (Ph. 454-1616). (PSA)
- Dec 12 - Natl. AAU Masters Men's & Women's Marathon Champs (& Honolulu Marathon), Hawaii, 6:30 am. (ENTER BY DEC. 1). Honolulu Marathon Ass'n., P.O. Box 27244, Chinatown Station, Honolulu, HI 96827.
- Dec 18 - Madera Marathon (Madera High School), noon. Coach Dee DeWitt, 200 South L St., Madera 93637. (CCA)
- Dec 18 - Natl. AAU Sr. & Masters 3000m Team Race (Special women's non-championship team race), La Crescenta Pk., 10 am (NOTE DATE CHANGE FROM LAST ISSUE...ENTER BY DEC. 15). Sam Nicholson, 4946 Fredrick, La Crescenta 91214. (SPA)
- Dec 18 - Mission Bay 25-Kilo, DeAnza Cove, San Diego, 9 am. Waters, 4379 Hamilton, #3, San Diego 92104. (PSA)
- Dec 18 - SNA-AAU 6-Mile X-C Championship, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
- Dec 18 - Clay's Athletic Dept. 7-Miler, Phoenix, OR (1 pm?). Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Dec 18 - Esther Short Park Run (6 & 2.5 Mi.), Vancouver, WA, 11 am. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661.
- Dec 18 - Heart of the Valley Runs (3 & 7 Mi.), Corvallis, OR, 11 am. Dan Eden, Corvallis Pks. & Rec, 601 SW Washington, Cvlis 97330
- Dec 19 - Christmas Relays (Santa Cruz to Half Moon Bay), 50 Miles (7-person relay). (See PA-AAU LDR Handbook)

- Dec 19 - Skunk Hollow 15 Km. Handicap, LA Area, 10 am. Connie Rodewald, 852 Sharon, Camarillo 93010. (SPA)
- Dec 19 - Sunset Bay Road Runs (1 Mi., 5 & 10 Km.), Coos Bay, OR, 1 pm. Mike Hodges, SW Oregon CC, Coos Bay, OR 97420. (OA)
- Dec 26 - Rosebowl Handicap (10.08 & 3 Mi.), 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA) Also LDR Meeting.
- Dec 26 - PA-AAU 100-Kilo Championships (& 50 Mile Run, non-championship), Tentatively Lake Merced, S.F., Time TBA. Jack Wiley, 2359 Hermosa Ct., Pinole 94564.
- Dec 26 - 10-Kilo Track Run, Univ. of Las Vegas, Nev., 10 am. Las Vegas TC., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Dec 31 - New Year's Eve Fun Runs (3, 5, 10 Mi.), Corvallis, OR, 11pm. Dan Eden, c/o 601 SW Washington, Corvallis, OR 97330. (OA)
- Jan 1 - 20-Kilo "First Day Run", Sunset Pk., Las Vegas, Nev., 10 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jan 1 - Hangover Handicap (10 Mi.), Delta Pk., Portland, OR, 1 pm. Leo Sherry (227-7244). ORRC Members Only.
- Jan 8 - SNA-AAU 25-Kilo Championships, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
- Jan 8 - California "10" (10 Miles), Stockton. (See PA LDR Handbook)
- Jan 8 - Oregon AAU 15-Kilo Championships, Lookingglass, OR, 1 pm. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
- Jan 9 - DSE Muni Pier Run, 1.246 Mi., (Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jan 9 - Daisy Hill Runs (6.75 & 13.5 Mi.), Rohnert Park (Sonoma State). (See PA-AAU LDR Handbook)
- Jan 9 - Skinner's Butte 5-Miler, Eugene, OR, 1 pm. Mike Gregory, The Athletic Dept., 99 W. 10th, #104, Eugene, OR 97401. (OA)
- Jan 15 - Sunset Park 5-Mile Handicap, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jan 15 - Clay's Athletic Dept. 7-Miler, Phoenix, OR, 1 pm. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Jan 15 - Salem 6-Miler, Salem, OR, 1:30 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Jan 15 - Mission Bay Marathon, San Diego, 8 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Jan 16 - Cupertino-Saratoga Paul Masson Marathon, Cupertino, 9 am. (See PA-AAU LDR Handbook)
- Jan 16 - 1st Annual Zoo Run, 5 Mi., SF Zoological Gardens, Time TBA. Norman Gerschenz, 1476 Willard, San Francisco 94117.

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- Jan 16 - DSE Double Muni Pier Run, 2.473 Mi., (Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Jan 22 - SNA-AAU 30-Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
 Jan 23 - SCTC Bullard Beach Runs (1, 3.2, 6.2 Mi.), near Bandon, OR. 1 pm. Mike Hodges, SW Oregon CC, Coos Bay, OR 97420. (OA)
 Jan 23 - PA-AAU 20-Kilo Championships, Portola Valley School. (LDRC Meeting follows) (See PA-AAU LDR Handbook)
 Feb 5 - Bakersfield Marathon, (not certified in 1976), 10 am. Frank Fish, c/o P.O. Box 1947, Bakersfield, CA 93303. (SPA)
 Feb 6 - Las Vegas Marathon (Univ. of Nevada), Las Vegas, 9 am. Bill Freedman, 309 S. Third St., #316, Las Vegas, Nev. 89101.
 Feb 13 - West Valley Marathon, San Mateo, 9 am. (See PA-AAU LDR Handbook)

ADD: (Dec. 18) - Fiesta Bowl Marathon, Cave Creek to Scottsdale, Ariz., 9 am. Race Director, 3410 E. Van Buren, Phoenix, AZ 85008.

CROSS COUNTRY

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

- Nov 17 - CCS Region II, Coyote Park, 3 pm (HS).
 Nov 18 - CCS Region III, Coyote Park, 3 pm (HS); CCS Region I, Crystal Sprgs, Belmont, 3 pm (HS).
 Nov 20 - NCS Championships, Cal-State Sonoma (HS); PA-AAU Jr. Olympics X-C, (BAG/GAG thru 17)--See LDR Handbook; California State JC Meet, Valencia (College of the Canyons), noon; USTFF Western Regionals, (3 & 6 Mi.), Woodward Pk., Fresno, 10:15 am (HS/W/M/C/O/SM)--Bill Cockerham, c/o 1717 S. Chesnut, Fresno 93702.
 Nov 22 - NCAA Championships, Denton, TX (6 Mi.), 11 am (C).
 Nov 23 - CCS Championships, Coyote Park, 3 pm (HS).
 Nov 27 - Natl. AAU Jr. & Sr. Women's X-C Champs (& Age-Group X-C Champs), Miami, FLA, 10 am; Natl. AAU Sr. Men's X-C Champs, Philadelphia, PA (10 Km.), 11 am (O)--See LDR Schedule for contact; SDTC Invit., Balboa Pk., San Diego (5 Km.), 11 am (O).
 Dec 4 - 3-Mile Postal Meet, West Valley College, Saratoga, 9 am (HS); Redding TC X-C Meet, Enterprise HS, Redding, 10 am (BAG/GAG/O/W/M)--Mike Silva, 3035 Sacramento Dr., Redding 96001; Occidental College 3-Mile (track), Los Angeles (HS/JC/C/O)--Steve Haas, Track Coach, Occidental College, L.A.
 Dec 5 - Central Calif. X-C Championships, (10 Km.), Waller Pk., Santa Maria(?), 2 pm (O)--Steve Harney, 4811 Cherry Ave., Santa Maria 93454.
 Dec 11 - Natl. Jr. Olympic X-C Champs, St. Louis, MO (GAG/BAG); PSA-AAU X-C Champs, San Diego, 10 am (O).
 Feb 12 - Jr. Men's 8-Kilo International X-C Trials, Balboa, CA (must not turn 20 in 1977)--Ken Bernard, P.O. Box 80512, San Diego 92138.
 Feb 19 - Sr. Men's 12-Kilo International X-C Trials, Alameda, CA--Bob DeCelle, P.O. Box 1606, Alameda 94501.

TRACK & FIELD

- Dec 4 - USTFF Decathlon Meet, Glendale College (2 days)--John Tansley, Track Coach, Glendale College, Glendale 91108.
 Jan 21 - S.F. Examiner Games (indoors), Cow Palace, Daly City (evening)--See below for Trials information.

EXAMINER GAMES TRIALS: - You should check with your coaches for further information & updates...you must be pre-entered in the Trials. For high schools, women & age-group relays, the date is Jan. 8 at College of San Mateo (no all-comers meet on that day). The college & JC trials will probably be at San Jose City College on the same date...check with Bert Bonanno to make sure (SJCC Coach). To our knowledge, there will be no Devil-Take-The-Hindmost Mile this year...all open events are by invitation only, so compete at A/C meets to get marks. I don't know what the procedure for masters qualifying is, but it may be at CSM too. Check with Harry Young (address below).

ALL-COMERS MEETS: - We got a few responses to our pleas for meet information, and we are listing them here. If you know of any in your area (anywhere in California), let us know by not later than Dec. 20th for printing in next issue. *** SAN JOSE CC--Dec. 4, 11, 18, 22, 29, Jan. 8, 15, 22, 29...there will be high school & open divisions & women are also allowed to compete. Meet begins at 9 am. New Chevron 440 track. Possible steeplechase in some meets. Contact Bert Bonanno, Track Coach, San Jose City College, for further information. *** COLLEGE OF SAN MATEO--Dec. 4, 11, 18, Jan. 15, 29, Feb. 5,

and 12...no meets on Jan. 8 (Cow Palace Trials only), Dec. 25, Jan. 1, or Jan. 22. Field events start at 11 am, with running events at noon...race walk at 11:45 am. There will be both open and high school divisions (masters & women may compete in the open division & girls in HS division). There will be a 50¢ entry fee (enter as many events as you wish). Track is all-weather...short spikes or flats required. For further information, contact Harry Young, 41 CreekrIDGE Ct., San Mateo 94402 (Ph. 345-5189 after 7 pm). *** MERCED COLLEGE--Starting Dec. 11, and running every Saturday until ???, beginning at 11 am according to one source, and 1:00 pm by another. Field events are tentative, depending on prior requests. All-weather track requires short spikes or flats. For further details, contact Grover Prowell, 856 Modoc, Merced, CA 95340.

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.

- Nov 21 - Natl. AAU One-Hour, UCLA track, 11 am.
 Dec 5 - 7-Miler, LA Valley College, Van Nuys, 3 pm.
 Dec 11 - 1-Mile Track Walk, LA Valley College, Van Nuys, 3 pm (Pre-Indoor Meet Trials).

All-Comers Meets: - College of San Mateo will have a track walk at 11:45 am each Saturday (see dates above in All-Comers information). I don't know if the walkers will have their own Cow Palace Trials on Jan. 8 at CSM or not...or whether it will be by selection only. If someone knows, pass on the info to me for next issue. Also--I still need some information on results and scheduling for PA-AAU walks. I'm beginning to think that our walkers have all retired from competition this year. Especially you WVTC guys, let me get something soon!

TRACK & FIELD RESULTS

CLUB WEST MASTERS MEET: (Oct. 2, Santa Barbara) - 100: (40-44) 3-Springbett/NCS 11.3, (50-54) 1-Cooper/NCS 11.3, 2-Roemer/NCS 11.5, (75+) 2-Pennock/NCS 16.7; 120HH: (50-54) 1-Roemer 17.9, 2-Wigginton/NCS 18.4; 220: (50-54) 2-Cooper 25.5, 3-Roemer 26.1; 440: 2-Springbett 58.5; LJ: (40-44) 1-Conley/WVTC 18-8 3/4; HJ: (40-44) 1-Conley 5-2, (50-54) 2-Roemer 4-6, (70-74) 2-Van Gelder/NCS 3-6; TJ: (40-44) 1-Conley 38-10, (50-54) 3-Wigginton 32-7; SP: (50-54) 2-Wigginton 37-0 1/2, (55-59) 2-Henderson/NCS 36-3, (70-74) 2-Van Gelder 31-0 3/4, (75+) 1-Pennock 31-0 3/4; DT: (40-44) 3-Conley 109-4, (50-54) 2-Wigginton 97-3, 3-Roemer 92-1, (55-59) 2-Stone/NCS 105-3, (75+) 3-Pennock 70-1 1/2; JT: (40-44) 1-Conley 200-2, (50-54) 1-Roemer 111-1, 2-Wigginton 103-10. /NCSTC Newsletter/

CROSS COUNTRY RESULTS

NEVADA X-C CARNIVAL: (Sept. 18, Reno) - (Girls 9/U) 1-J. Bain 5:21, 2-Cervantes/RG 5:26; (Girls 10-11) 1-Burlison/RG 5:39, 2-Brashearer/RG 5:40, 3-Kendall/Un 5:41, 4-Sylvester/RG 5:41; (Girls 12-13) 1-Smith/Un 10:36, 2-Spencer/CES 10:48; (Girls 14-17) 1-K. Bain/Un 9:35, 2-Vaughn/HHS 10:11; (Boys 9/U) 1-Wall/Lassen 5:21, 2-Gayette/CES 5:55; (Boys 10-11) 1-Russin/Un 9:42, 2-Rusk/HL 10:02; (Boys 12-13) 1-Hall/Un 9:07, 2-Johnson/Fernley 9:11; (College/Open) 1-Serna/UCI 27:34, 2-Hulst/UCI 27:34, 3-Murphy/Nev-R 27:50, 4-Moses/UCI 27:58, 5-Wysocki/Nev-R 28:05, 6-Scott/UCI 28:10, 7-Munoz/Nev-R 28:20, 8-Williams/Nev-R 28:26, 9-Pinocci/WVTC 28:26, 10-Dagg/Nev-R 28:29, 11-Fredrickson/Nev-R 28:34 (Teams: UCI 26, Nev-R 32, UNLV 82, So.Oregon 105); (Women) 1-Munday/UNLV 23:57; (JC/JV) 1-Dauncey/Lassen 20:20, 2-Curl/C1kCC 20:27, 3-Sane/NevJV 20:30, 4-Stephenson/UCI-JV 20:33, 5-Harter/Lane 20:38, 6-Martin/Lane 20:45, 7-Kuhn/NevJV 20:57, 8-Martin/Un 20:58, 9-Giboney/Sierra 21:03, 10-Martin/NICC 21:04 (Teams: Lane 60, N.Idaho 63, Clackamus 83, UNR-JV 112, Sierra 163, Lassen 167). /Jack Cook/

San Diego St. 26, WVTC 44, Stanford 60: (Sept. 25, Stanford) - /4.2 Mi./ 1-Pinocci/WV 20:02.2, 2-Pullen/SD 20:15, 3-Seaver/WV 20:17, 4-Neven/SD 20:20, 5-St.John/SD 20:21, 6-Boutin/S 20:22, 7-Blue/SD 20:25, 8-Acuff/SD 20:26, 9-Clark/WV 20:29, 10-Norton/S 20:34, 11-Lord/SD 20:34, 12-Lawson/SD 20:39, 13-Emory/S 20:41, 14-Tracy/WV 20:46, 15-Haldeman/S 20:57, 16-Parietti/S 20:58, 17-Zapata/WV 21:12, 18-Eger/S 21:16, 19-Bellah/WV 21:24, 20-Geiken/S 21:30. /D.Himmelberger/



Mike Pinocci on his way to victory at the WVTC/SDS/Stanford triangular.

VMTC INVIT. X-C: (Sept. 25, Santa Rosa) - (Open) /4 Mi./ 1-Vargas/NevR 21:12, 2-Kuhn/NevR 21:17, 3-Sane/NevR 21:24, 4-Sauer/NevR 21:30, 5-Ybarra/NevR 21:40, 6-Jenkins/Unat 22:09, 7-Romero/NevR 22:20, 8-Rosen/PMK 22:35, 9-Leemine/NevR 22:44, 10-Beardall/Unat 22:52, 11-Spino/Esalen 23:11, 12-Bonner/TSRC 23:18, 13-Swanson/Unat 23:37, 14-Sjostedt/VMTC 23:48, 15-Peterson/Unat 24:25; (Masters) 1-Bryan/TRAC 24:08, 2-Bugler/Unat 26:00, 3-Wolinsky/TSRC 28:11; (Women) 1-Swannack/WDS 29:01, 2-K.Stock/WDS 29:39, 3-P.Stok/WDS 30:16, 4-Silva/RTC 30:47, 5-Simmie/Unat 31:33; (Boys 9/U) /1 Mi./ 1-Haggard/VMTC 6:04, 2-Mancaruso/VMTC 6:06, 3-Gunderson/VMTC 6:17; (Girls 9/U) 1-Miller/Unat 6:13, 2-J.Bain/Unat 6:26, 3-Vasquez/Unat 6:36; (Boys 10-11) /1.5 Mi./ 1-McFadden/WDS 10:12, 2-Gitierrez/WDS 10:35, 3-Terpening/WDS 10:36; (Girls 10-11) 1-Bugler/MLTC 11:47, 2-Chretien/App 11:52, 3-Wagner/RTC 12:03; (Boys 12-13) /2 Mi./ 1-Machado/VMTC 11:25, 2-Rodriguez/VMTC 11:26, 3-Ellison/WDS 11:28, 4-Judson/VMTC 11:31, 5-Owen/WDS 11:34; (Girls 12-13) 1-Brogan/Arrow 12:16; (Girls 14-15) 1-Peikert/RTC 13:33.

/Fred Kenyon/

ALUM ROCK INVIT.: (Sept. 25, San Jose) - (Varsity) 1-Carrasco/MP1 11:19, 2-Breuer/ML 11:29, 3-Sechrist/PdH 11:31, 4-Otis/ML 11:52, 5-Thornton/Hoover 11:57, 6-Radican/ML 12:00, 7-Russell/Blk 12:01, 8-Huffman/Pion 12:02, 9-Foran/ML 12:03, 10-Troedson/LA 12:04 (Teams: Mira Loma 46, Hoover/Fresno 61, James Lick 159); (Jr.Varsity) 1-Widmark/ML 12:41, 2-Long/Ind 12:42, 3-Sereno/PdH 12:46 (Teams: Independence 53, Piedmont Hills 64); (Soph) 1-Marshall/ML 11:52, 2-Hernandez/Ind 11:53, 3-Hatfield/SC 12:11, 4-Heple/ML 12:23, 5-Gomez/O 12:27 (Teams: Mira Loma 65, Silver Crk 71, Overfelt 97, Independence 111); (Frosh) 1-Kurr/G 12:32, 2-Soto/MP1 12:59, 3-Gordan/SC 13:16, 4-Beecher/SC 13:28, 5-Sanchez/SC 13:31 (Teams: Silver Crk 31, Gunn 69, James Lick 74). /J. DeDiego/

CENTER MEET: (Sept. 29, Modesto) - (Varsity) 1-Holmes/Downey 15:29, 2-Mkinstry/Merc 15:58, 3-Villegos/Merc 15:58, 4-Ochow/Merc 16:13, 5-Centreras/Merc 16:14, 6-Darby/Atw 16:15, 7-Garcia/Merc 16:19; (Junior) 1-Hust/Dow 16:01, 2-Allen/Beyer 16:07, 3-Raffanti/Beyer 16:56; (Soph) 1-Nash/Merc 10:39, 2-Alberto/Mod 10:40, 3-Garcia/Merc 10:41, 4-Ochoa/Merc 10:42, 5-Galeazzi/Merc 10:43; (Frosh) 1-Torres/Mod 9:56, 2-Selada/Merc 11:06, 3-Brook/Dow 11:23, 4-Hurst/Dow 11:28; (Girls) 1-Nascimenco/Atw 13:01, 2-Gavino/Dow 13:06, 3-Harrigfeld/Bey 13:19, 4-Crisp/Dow 13:25, 5-Darcy/Atw 13:27. /Bill Mensing/

STANFORD INVIT.: (Sept. 30, Stanford) /Division places are combined from several races in some cases/ (JV) 1-Allen/Carl 14:47.2, 2-Debanian/Carl 14:50, 3-Shawhan/Sar 14:53, 4-Thompson/Carl 14:56, 5-Weinmann/Carl 14:57; (Varsity) 1-Carrasco/MP1 12:59.6, 2-Love/Carl 13:13, 3-Reith/Fre 13:16, 4-Ross/Serra 13:22, 5-Brewer/Leigh 13:27, 6-Sechrist/Pd 13:28.8, 7-Mandanis/Carl 13:29, 8-Green/Ara 13:46, 9-Rohe/Sar 13:46, 10-Ritt/Leigh 13:50 (Teams: Saratoga 72, Carlmont 84, Serra 98, Leigh 101); (Soph) 1-McDonald/Cam 14:10.5, 2-Demo/Hom 14:17, 3-Gyorey/Sar 14:22, 4-Pryor/Carl 14:23, 5-McMenomey/Hom 14:26; (Frosh) 1-Kurr/Gunn 14:08.8, 2-O'Connor/Carl 14:26, 3-Colman/Lyn 14:52, 4-Keys/Cap 14:58, 5-Fishback/Lyn 15:00; (Girls) 1-Taylor/Sun 10:03.4, 2-Fox/Hom 10:22, 3-Vaughan/SC 10:40, 4-Kemp/Sar 10:44, 5-Brown/MVw 10:45, 6-Himenes/SFr 10:54, 7-Cotte/Cup 10:55, 8-Paulin/Cam 10:59, 9-Taylor/Sun 11:01, 10-Mallet/Bran 11:02.

/Marshall Clark, Bruce Wolfe/

SONOMA STATE X-C: (Oct. 2, Rohnert Park) /5 Miles/ 1-P.Sweeney/AGRC 25:32, 2-Proteau/NVRC 26:08, 3-Hull/CSM 26:10, 4-Ser-shen/ETC 26:34, 5-Flores/AGRC 26:35, 6-Beardall/Un 26:37,

7-Mello/CSM 26:41, 8-Boyet/Sac'to 26:46, 9-Jenkins/Un 26:52, 10-Latimer/Un 27:00, 11-Barnett/CSM 27:23, 12-Benson/CSM 27:25, 13-Kaprys/AGRC 27:26, 14-Farex/CSM 27:29, 15-Pincombe/CSM 27:42, 16-Marlowe/Un 27:45, 17-Bowles/WVTC 28:14, 18-Smolich 28:15, 19-Hurdal/CSM 28:23, 20-Paredes/Un 28:25...40-Rush/WVTC (40+) 31:36...46-Karen Bain/Un 33:05, 62-Jan Bain/Un 35:54, 64-Caron Schaumberg/VMTC 36:03. /Bob Lynde/

BLUE ANGELS SPORTS FESTIVAL: (Oct. 2, LA Area) - /10 Kilos/ 1-Patterson/AIA 30:05.2, 2-Kurrle/Un 30:16, 3-Dulaney/AIA 30:40, 4-Cook/AIA 31:08, 5-Swift/AIA 31:13, 6-Govi/Un 31:30, 7-Chase/Un 31:36, 8-Brotten/STC 31:46, 9-Caldwell/AIA 31:53, 10-Ziegler/TulsaRC 31:57. /Neil Buttermore/

FRESNO STATE INVIT.: (Oct. 2, Fresno) - /6 Mi./ Teams: Nevada-Reno 24, Fresno St. 43, Stanford 88. 1-Tibaduiza/NevR 30:33, 2-Murphy/NevR 30:59, 3-Langford/FS 31:01, 4-Hartig/FrPacTC 31:02, 5-Fredrickson/NevR 31:11, 6-Wysocki/NevR 31:16, 7-Norton/Stan 31:20, 8-Haake/FSU 31:23, 9-Aguirre/FSU 31:23, 10-Dagg/NevR 31:26, 11-Singer/FSU 31:27, 12-Foley/FSU 31:28, 13-Kuhn/NevR 31:30, 14-Cadena/CPSLO 31:31, 15-Haldeman/Stan 31:31, 16-G.Aguirre/FSU 31:31, 17-Afreola/SPSLO 31:35, 18-Ramirez/FSU 31:38, 19-Cruz/NevLV 31:41, 20-Coy/FPacTC 31:44, 21-Eger/Stan 31:49, 22-Reynoso/CPSLO 31:55, 23-Munoz/NevR 32:02, 24-Boutin/Stan 32:06, 25-Emory/Stan 32:08; (Masters) 1-Thornton/HSTC 36:05, 2-Lynch/Un 38:19, 3-Toabe/HSTC 38:45; (Women) /3 Mi./ 1-Thrupp/Stan 17:40, 2-Munday/NevLV 17:58, 3-O'Neil/Rdlds 19:30, 4-Dunlop/Un 19:32, 5-Briscoe/Stan 20:31. /Red Estes/

ROSEVILLE INVIT.: (Oct. 2, Roseville) - (Girls 9/U) 1-Himenes/WDS 6:01, 2-Cervantes/RG 6:06, 3-Carter/RTC 6:15, 4-Manning/OTC 6:16, 5-Kim Himenes/WDS 6:18; (Girls 10-11) 1-Martinez/WS 8:06, 2-Fuller/Un 8:15, 3-Ellis/OTC 8:19, 4-Duncan/WS 8:59, 5-Hollowed/SLT 9:06; (Girls 12-13) 1-Boitano/RG 11:14, 2-Denison/CN 11:23, 3-Van Buskirk/OTC 11:26, 4-Choy/Sal 11:45, 5-Lee/OTC 11:49; (Girls 14-18) 1-Jones/OTC 14:41, 2-Peikert/RTC 15:47; (Women) 1-K.Stok/WDS 15:17, 2-P.Stok 15:19, 3-Lilva/Un 15:38; (Boys 9/U) 1-Mancaruso/VMTC 5:38, 2-Haggard/VMTC 5:46, 3-Gunderson/VMTC 5:52, 4-Hunt/BRAT 6:07, 5-Classen/WDS 6:26; (Boys 10-11) 1-McFadden/WDS 8:06, 2-Chaney/DV 8:10, 3-Luna/BRAT 8:39, 4-Kegg/VMTC 8:41, 5-Berzaman/WDS 8:46; (Boys 12-13) 1-Ogden/DV 10:25, 2-Machado/VMTC 10:47, 3-Judson/VMTC 10:49, 4-Brewer/Un 11:12, 5-Owen/WDS 11:32; (Men) 1-Kenyon/VMTC 13:17. /Gil Duran/

NEVADA UNION INVIT.: (Oct. 2, Grass Valley) - (Varsity) Teams: Jesuit 41, Mira Loma 49, Chico 72, McClatchy 127. 1-Holmes/Dow 15:17, 2-Breuer/ML 15:18, 3-O'Neil/J 15:24, 4-Avrit/Chico 15:25, 5-Navarro/Okmt 15:44, 6-Gaul/J 15:49, 7-Orin/ML 15:47, 8-Foster/J 16:01, 9-Mavers/Orv 16:04, 10-Radican/ML 16:07; (JV) 1-Will/Enc 15:57, 2-Yonkers/Arm 15:58; (Soph) 1-Bernadett/NU 11:10, 2-Ochoa/Merc 11:11, 3-Tiernah/ML 11:15, 4-Nush/Merc 11:17, 5-Stokes/Las 11:18; (Frosh) 1-Lampson/NU 11:27, 2-Schifelt/MJHS 11:38, 3-Crook/Dow 11:38; (Girls) 1-Burleson/Chico 12:00, 2-Vardell/YC 12:18, 3-Rudolph/Lassen 11:39, 4-Selchau/Chico 13:04, 5-McKeen/MJHS 13:16. /Bill Mensing/

USTFF X-C MEET: (Oct. 9, Long Beach) - /10 Kilos/ Teams: SDS 69, AIA 70, Boise St. 81, LBS 88. 1-McCandless/LB 29:47, 2-Smead/AIA 30:06, 3-Sutherland/CN 30:14, 4-Gerarvo/Un 30:17, 5-Van Dine/BS 30:17, 6-Patterson/AIA 30:29, 7-Jones/SCH 30:31, 8-Lugan/LB 30:33, 9-Chaidez/CN 30:34, 10-Nitti/SMTc 30:40, 11-Butler/Un 30:41, 12-Pullen/SD 30:50, 13-Knapp/BS 30:51, 14-Simonian/UCLA 30:55, 15-Lord/SDS 30:56, 16-Blue/SDS 31:03, 17-James/UCLA 31:10, 18-Magallanes/BS 31:16, 19-Jones/SMTc 31:17, 20-Neven/SDS 31:21. /Neil Buttermore/

CAL-AGGIE INVIT.: (Oct. 9, Davis) - /5 Mi./ Race #1: (Teams) WVTC 35, Aggie RC 50, Fresno Pacific TC 58. 1-Nuccio/WV 24:08, 2-Sweeney/AGRC 24:35, 3-Hartig/FPTC 24:41, 4-Harms/AGRC 24:44, 5-Pinocci/WV 24:45, 6-Romesser/FPTC 24:52, 7-Seaver/WV 24:53, 8-Jurkovich/FS-JV 24:54, 9-Cox/FPTC 24:56, 10-Kimball/Un 24:59, 11-Cadena/Un 25:01, 12-Prowell/Un 25:04, 13-Price/Un 25:26, 14-Sheehan/WV 25:33, 15-Flores/AGRC 25:37; Race #2: (Teams) Fresno St. 39, Cal-Berkeley 85, Stanford 86, Humboldt 109, Davis 124. 1-Dean/Cal 24:13, 2-Martinez/UCD 24:13, 3-Ramirez/FS 24:36, 4-Norton/Stan 24:40, 5-Schulz/Cal 24:41, 6-Langford/FS 24:43, 7-Britten/Stanislaus 24:45, 8-Gruber/SJS 24:46, 9-Haake/FS 24:48, 10-R.Aguirre/FS 24:49, 11-G.Aguirre/FS 24:50, 12-Munoz/Hum 24:57, 13-Moreno/SFS 24:58, 14-Emory/Stan 24:58, 15-Reynoso/CPSLO 24:59, 16-Speer/Hum 25:00, 17-Warrick/CPSLO 25:05, 18-Foley/FSU 25:07, 19-Blume/Cal 25:11, 20-Boutin/Stan 25:11, 21-Eger/Stan 25:12, 22-Tucker/Hum 25:20, 23-Arreola/CPSLO 25:26, 24-Leeper/UCD 25:27, 25-Richardson/Stanislaus 25:30, 26-Wood/Cal 25:31, 27-Birkhofer/Stan 25:37, 28-Clark/UCD 25:40, 29-Innes/Hum 25:41, 30-Caputo/Hum 25:50. /Bill Adams/



The National Jogging Association (NJA) proudly announces the 1977 NEW YEAR'S RESOLUTION CHALLENGES [Run Walk Jog Hike]

Join the 1977 New Year's Resolution Pact now and begin your distance count-up this fall. Earn awards early and display them throughout 1977. Motivate others with your example. To be eligible for awards all challenge distances must be started after September 1, 1976 and completed by 31 December 1977.

6 Total Awards Possible!

Awards for all distances are presented for any combination:
Running Walking Jogging Hiking

3 KILOMETER CHALLENGES

(1 kilometer = .62137 miles)

1. **365 Kilometers (226.8 miles)** A modest challenge for beginners or those with physical limitations. If you're in a way where a mile a day isn't quite your style, gear up for "A K per day." One will lead to another and when you've reached the full 365, send for your embossed, silk ribbon right away.

2. **1,000 Kilometers (621.37 miles)** An achievable challenge in a year's time at 3 K's per day. Advanced runners may meet this challenge in two or three months. Completion will earn a distinctive embroidered "1,000 Kilometer" emblem for your shirt or jacket.

3. **1,977 Kilometers (1,228.45 miles)** The Challenge of the Year. And an achievement worthy of admiration and respect. Completion and certification will earn an exclusive, embroidered emblem and enrollment in NJA's 1977 Resolution-Conquered Club.

3 MILE CHALLENGES

(1 Mile = 1.60934 Kilometers)

1. **365 Miles (587.39 Kilometers)** A mile a day may be just right for you to start and get in the swing of things. We dare say you'll soon be increasing the average distance, tho, and be the first kid on your block to receive the attractive, embossed silk ribbon that will be presented to you on completion.

2. **1,000 Miles (1,609.34 Kilometers)** Are you good for three miles per day? If so, you will be eligible for the red, white and blue 1,000 mile emblem, especially made for this NJA milestone.

3. **1,977 Miles (3,181.67 Kilometers)** The greatest challenge of all and an achievement that will lay to rest doubts about your sanity and willingness to go the extra mile (or more!) Completion and certification will earn you an embroidered emblem of superior design, and national publicity.

THE PERSONAL LOGBOOK & CERTIFICATE PROCEDURE

Upon receipt of your Application (below) and enrollment fee, the National Jogging Association will promptly send you a letter of acknowledgement and your personal 1977 New Year's Challenge Logbook. You may embark upon your goals as of Sept. 1, 1976 or immediately upon receipt of log. Enter the distance covered daily and the total distance to date in your log. As you complete each of the cumulative challenges for 365 and/or 1,000 kilometers or miles, notify NJA headquarters by card or letter for presentation of your earned award. Entrants completing the 1,977 Kilometer or Mile Challenge must submit their Logbook for certification and presentation of award. The Logbook will be returned with your award.

Throughout 1977, the NJA Newsletter, *The Jogger*, will carry reported stories of interest on particular courses or distances run in accomplishing challenges.

APPLICATION/The National Jogging Association's 1977 New Year's Challenge

I accept the challenge of NJA's 1977 New Year's Program. Enroll me today!

- Kilometer Challenge. I hope to complete: 365 1,000 1,977 Kilometers (Enrollment fee \$5.00, enclose with application)
- Mile Challenge. I hope to complete: 365 1,000 1,977 Miles (Enrollment fee \$5.00, enclose with application)
- Both Challenges above (Enrollment fee \$10.00, enclose with application)

Name/Age _____

Street _____

City/State/Zip _____

For Gift Enrolees:

Name/Age _____

Street _____

City/State/Zip _____

**EARLY ENROLLMENT AFFORDS MORE TIME TO COMPLETE
YOUR CHALLENGES - SO ENROLL PROMPTLY!**

Please send me information on NJA



Return with remittance to: National Jogging Association, 1910 K St. NW, Suite 202, Washington, D.C. 20006

APTOS INVIT.: (Oct. 9, Aptos) - /2.5 Mi./ (Varsity) Teams: Watsonville 88, Leigh 101, Gilroy 117. 1-Eberly/LG 12:32, 2-Brewer/Lei 12:42, 3-Capron/Soq 12:54, 4-Siqueiros/Wat 12:55, 5-Munoz/Wat 12:56, 6-Holladay/Gil 12:57, 7-Hanes/NSal 13:01, 8-Sipiora/Lei 13:02, 9-Nicklin/MV 13:08, 10-Sanchez/Svl 13:10; (Frosh-Soph) Leigh 54, Los Gatos 84. 1-Trujillo/Gil 13:22, 2-Nickell/Lei 13:26, 3-Harries/LG 13:32, 4-Sapp/Fre 13:37, 5-Wagster/Lei 13:40; (JV) Soquel 49, Leigh 50, Watsonville 60. 1-McKay/Lei 14:15, 2-McGregur/Svle 14:18, 3-Stilleke/Soq 14:20; (B Varsity) Lick 29, HMB 79, Palma 87, Santa Cruz 96. 1-Kadoch/Lick 12:55, 2-Altimirano/Lick 12:58, 3-Sup/Pal 13:10, 4-Schmidt/HMB 13:14, 5-Nichols/Hol 13:19; (B Frosh-Soph) HMB 23, RLS 56, Palma 79. 1-Rembao/SCz 13:22, 2-Olivas/HMB 13:35, 3-Shelly/HMB 13:48; (B JV) HMB 31, PacGrove 54, Santa Cruz 56. 1-Center/HMB 14:05, 2-Montes/HMB 14:29, 3-McAlister/PG 14:51; (A&B Frosh) HMB 27, Lick 71. 1-Schell/HMB 13:50, 2-unknown, 3-Hogan/HMB 14:22, 4-Zamora/Lick 14:28, 5-Stollberg/HMB 14:31. (Girls) /2.25 Mi./ Santa Cruz 70, Watsonville 102, HMB 138. 1-Trason/PG 13:46, 2-Schmidt/HMB 14:12, 3-Pearson/SLV 14:28, 4-Taylor/Svle 14:29, 5-Schneider/SCz 14:45, 6-Guelich/Soq 14:52, 7-Munoz/Wat 14:53, 8-Bettencourt/HMB 14:57. /Beacom/

CRYSTAL SPRINGS INVIT.: (Oct. 9, Belmont) - /4.1 Mi./ (Large School) ARJC 34, SRJC 99, CSM 107, WVJC 115, SJD 120, DA 123, Modesto 140, DVC 156. 1-Barnett/CSM 20:37, 2-Hernandez/SR 20:40, 3-Aldridge/SR 20:48, 4-Mebust/AR 20:48, 5-Paulin/WV 20:50, 6-Farrell/AR 20:57, 7-Bruhn/AR 21:01, 8-Sutherland/AR 21:03, 9-Weed/AR 21:03, 10-Chain/DA 21:08, 11-Baudendistel/AR 21:10, 12-Searls/DV 21:12, 13-Hull/CSM 21:14, 14-Lagomarsino/AR 21:18, 15-Brown/SJD 21:25. (Small School) MPC 59, SJCC 82, Solano 110, Skyline 135, COM 195, Foothill 197. 1-Remirez/Oxnd 20:36, 2-Hornig/Chab 20:37, 3-Montenegro/SJCC 20:47, 4-Minor/MP 21:11, 5-Dauncey/Lassen 21:13, 6-Jones/MP 21:29, 7-Danz/Col 21:31, 8-Wright/Sol 21:34, 9-Watkins/MP 21:36, 10-Lange/Skyl 21:38, 11-Giboney/Sierra 21:45, 12-Kennoda/MP 21:47, 13-Suderoow/Sol 21:48, 14-Salazar/SJCC 21:50, 15-Henson/Sisk 21:53. (Women) 1-Furtado/WV 17:57, 2-Hickman/SJD 19:00, 3-Remeau/SJCC 20:55, 4-Monosoff/MP 21:49 /3 Miles/. /Bob Rush/



DeLaSalle's Paul Burke, winner of small school varsity race at the San Ramon Invit. (shown winning Artichoke Invit.). /Lois Gowen/

SAN RAMON INVIT.: (Oct. 9, Danville) - (Girls Var.) Chico 34, Granada 63, Pleasant Hill 83. 1-Burleson/Chico 7:54, 2-Stevenson/CasV 8:12, 3-Bowers/Amer 8:17, 4-Robinson/PH 8:17, 5-Daley/Gr 8:21, 6-Park/Chico 8:22, 7-Gregg/Chico 8:22, 8-Sekllau/Chico 8:28, 9-Craig/Berk 8:31, 10-Salisbury/NG 8:33. (Girls F/S) 1-Strangio/MSJ 8:45, 2-Miles/Mor 8:51, 3-Valenzuela/Wash 8:58, 4-Searls/CP 9:01, 5-Allio/SR 9:02. (Small Var.) 1-Burke/DLS 8:27, 2-Coulman/SMar 8:32, 3-Baker/SR 8:37, 4-Rogers/Foot 8:40, 5-Croft/PH 8:42 (Pleasant Hill 52, San Ramon 101, Petaluma 111). (Small F/S) 1-Foster/PH 9:09, 2-Fry/PH 9:17, 3-Mayer/PH 9:21, 4-Petri/DV 9:23, 5-Schoenenberger/Mor 9:25. (Med. Var.) Chico 50, Tam 89, Mission SJ 106. 1-Collier/Tam 8:18, 2-Aurit/Chico 8:26, 3-Hussey/Wash 8:28, 4-O'Reilly/SRaf 8:30, 5-Mullin/NG 8:34. (Med. F/S) 1-Quintana/Kenn 9:22, 2-Goldman/SRaf 9:26, 3-Nelson/Kenn 9:30, 4-Savelill/SRaf 9:30, 5-McClay/NG 8:31. (Large Var.) Skyline 47, Redwood 70, Mt.Diablo 100. 1-Berry/Red 8:11, 2-Cross/MD 8:22, 3-Castro/Log 8:25, 4-Chapman/Red 8:26, 5-Pearl/Sky 8:29, 6-Vasquez/CV 8:29, 7-Schneider/Sky 8:36, 8-Valdez/Sky 8:38, 9-Smith/Eur 8:42, 10-Hoag/Pin 8:43. (Large F/S) 1-Downs/Sky 8:54, 2-Thomas/TL 9:03, 3-Moraida/Irv 9:19, 4-McHugh/Log 9:22, 5-Hecht/Red 9:27....Other outstanding marks: Robinson/NG 9:11 (won Med. Frosh competition...Shols/Chico 8:52 (won JV girls race). /Bob Vincent/

MERCED INVIT.: (Oct. 9, Merced) - (Girls) /2 Mi./ Lincoln 39, Madera 40. 1-Miller/Tur 12:51, 2-Robinson/Fr 13:04, 3-Stafford/Mad 13:13, 4-Nascimento/Atw 13:24, 5-Nayares/Dow 13:31. (Varsity) Hoover 41, Cordova 45, Franklin 84. 1-Teague/Cor 16:17, 2-Hulce/Hoov 16:21, 3-Baker/Stagg 16:35, 4-Ragland/Cor 16:37,

5-Munoz/Frkln 16:47, 6-Schultz/Cor 16:50, 7-Thornton/Hoov 16:52, 8-Little/Hoov 16:53, 9-Grieco/Hoov 16:55, 10-Darby/Atw 16:56 (3 Mi.). (Sophs) Merced 26, Cordova 47, Madera 56. 1-Galeazzi/Merc 10:41.5, 2-Nush/Merc 10:47, 3-Szihulsh/Cor 10:53, 4-Alberto/Mod 10:55, 5-Ochoa/Merc 10:59 (2 Mi.). (Frosh) Merced 25, Downey 63. 1-Crook/Dow 11:03, 2-Salcido/Merc 11:07, 3-Torres/Mod 11:09. /Bill Mensing/

ORINDA INVIT.: (Oct. 9, Walnut Creek) - (Women) /3.03 Mi./ 1-Bier/SJC 17:15.1, 2-Olrich/WVTC 17:32, 3-Wotherspoon/SJ 17:50, 4-Nachbar/CN 18:15, 5-Hagerty/Un 18:36. (Girls 14-15) /2.54 Mi./ 1-Bray/SJC 14:12.3, 2-Belk/SJC 15:09, 3-Mavis/SJC 15:26, 4-Franklin/ML 15:32, 5-Regan/CY 15:40. (Girls 12-13) /1.96 Mi./ 1-Dennison/CN 11:07, 2-Brogan/Ar 11:09, 3-Choy/SV 11:14, 4-Beauchamp/WS 11:20, 5-Boitano/RG 11:22. (Girls 10-11) /1.5 Mi./ 1-Fuller/Un 9:01, 2-Martinez/WS 9:12, 3-King/Ar 9:19, 4-Heimbecker/SJC 9:29, 5-Miller/CY 9:34. (Girls 9/U) /1.07 Mi./ 1-Miller/Un 6:03, 2-Rossman/Ar 6:16, 3-Vasquez/Un 6:21, 4-Carter/RTC 6:40, 5-Garcia/CY 6:41. /Boy's distances same as girls/ (Boys 12-13) 1-Ogden/DV 10:24.7, 2-Avilas/RCF 10:33, 3-Scattini/SV 10:46, 4-Black/DV 10:57, 5-Sakelarios/RCF 11:04. (Boys 10-11) 1-Chaney/DV 8:58.9, 2-Latting/DV 9:07, 3-Griffith/CY 9:12, 4-Sakelarios/RCF 9:14, 5-Stephens/DV 9:15. (Boys 9/U) 1-Scattini/SV 6:08.5, 2-Munn/SV 6:15, 3-DeBrine/RCF 6:16, 4-Callahan/DV 6:21, 5-Latting/DV 6:22. /Phyllis Olrich/

STANFORD INVIT.: (Oct. 16, Stanford) - /10 Kilos/ Teams: UCI 40, WVTC 63, Fresno St. 114, Long Beach 122, Stanford 126. 1-Serna/UCI 32:32.2, 2-Sandoval/WV 32:37.4, 3-McCandless/LB 32:38.2, 4-Hulst/UCI 32:48, 5-Scott/UCI 32:52, 6-Barton/Un 32:53, 7-Pinocci/WV 32:59, 8-Dean/Cal 33:04, 9-Boit/Un 33:06, 10-Fredrickson/Un 33:08, 11-Innes/Hum 33:10, 12-Langford/FS 33:13, 13-Schulz/Cal 33:17, 14-Seaver/WV 33:21, 15-Blume/Cal 33:24, 16-Sweeney/AGRC 33:25, 17-Reynoso/CPSLO 33:29, 18-Konigh/UCI 33:31, 19-Boutin/Stan 33:33, 20-Harms/AGRC 33:37, 21-Moses/UCI 33:38, 22-Lugan/LB 33:39, 23-Ramirez/FS 33:44, 24-Prowell/Un 33:44, 25-Emory/Stan 33:59, 26-Rodrigues/Un 34:01, 27-Munoz/Hum 34:02, 28-Clark/WV 34:08, 29-Ahlmeyer/UCI 34:12, 30-Bellah/WV 34:13. /Marshall Clark/

ALAN HANCOCK INVIT.: (Oct. 16, Santa Maria) - /4 Mi./ (Large JC) Glendale 40, DVC 55, Chabot 73, SBCC 90, Skyline 93. 1-Hornig/Chab 20:22, 2-Rubino/Glen 20:46, 3-Searls/DV 20:54, 4-Santizo/SB 21:06, 5-Cory/Glen 21:14, 6-McMahan/SB 21:20, 7-Criener/DV 21:33, 8-Dowling/DV 21:44, 9-Henry/Glen 21:47, 10-Lange/Sky 21:50. (Small JC) Cosumnes River 60, Cuesta 84, Antelope Vly 89, Hartnell 98. 1-Avila/WH 20:56, 2-Huff/Cuesta 20:57, 3-Danz/Col 21:29, 4-Higley/Cosum 21:39, 5-Lowmiller/Hart 22:00, 6-Adams/Cosum 22:05, 7-Cole/AV 22:07, 8-Torres/Hart 22:08, 9-Johnson/Cuesta 22:09, 10-Marlowe/Gav 22:10. (Women) 1-M.Keyes/CP 11:52 (2 Mi.), 2-Webber/CP 12:31, 3-Dendo/AH 12:46. (Open) 1-Rude/HTH 21:01, 2-Schmenk/LVDC 21:06, 3-Boyet/Un 21:19, 4-Reyes/LVDC 21:25, 5-Schankel/LVDC 21:26, 6-Capriotti/Un 21:39, 7-Rae/Un 21:47, 8-Haake/Un 21:49, 9-Ryan/CP 22:00, 10-Quintana/WVTC 22:07. /Ray Kring/

CENTER MEET: (Oct. 21, Belmont) - (Varsity) Carlmont 34, HMB 111, Cubberley 155, M-A 158, Gunn 160. 1-Love/Carl 15:08, 2-Mandanis/Carl 15:32, 3-Kurr/Gunn 15:36, 4-Thurston/MA 15:40, 5-Schmidt/HMB 15:53, 6-Sanchez/SV 16:03, 7-Sausjord/Wstmr 16:07, 8-Wiend/Carl 16:08, 9-Noris/Carl 16:14, 10-Davies/M-A 16:18. (JV) 1-Dabanian/Carl 17:04, 2-Thompson/Carl 17:13, 3-Newton/Carl 17:20. (Soph) Carlmont 19, Serra 93, San Mateo 108. 1-Pryor/Carl 16:32, 2-Mellquist/Carl 16:38, 3-Pierce/Carl 16:39, 4-Aluerque/CR 16:46, 5-DeCarin/Pet 16:48, 6-Hulgan/Pet 16:48. (Frosh) Carlmont 55, HMB 64. 1-O'Connor/Carl 15:57, 2-Hudson/Mills 17:20, 3-Stollberg/HMB 17:21. /Loren Lansberry/

MADERA ELKS INVIT.: (Oct. 23, Madera) - /3 Mi./ 1-Roemesser/FPTC 14:19, 2-Hartig/FPTC 14:24, 3-Cords/WVTC 14:30, 4-Cox/FPTC 14:34, 5-Foley/FS 14:38, 6-Renteria/FCC 14:51, 7-Sanchez/FPTC 14:58, 8-Rubio/FCC 14:59. /Bill Cockerham/

MATADOR RELAYS: (Oct. 23, Sacramento) - (Indiv. Race) /2.7 Mi./ 1-Holmes/Dow 13:31, 2-Youkers/Arm 13:37, 3-Conczak/RioAm 14:00, 4-Swan/Linc 14:02, 5-Tsball/Jes 14:08. (Team Race) (Varsity) S.Tahoe 71:03, 2-Jesuit 71:30, 3-Mira Loma 73:04, 4-Bella Vista 74:30, 5-McClatchy 75:25; (Junior) 1-Jesuit 74:46, 2-Davis 75:45, 3-Elk Grove 77:41; (Soph) 1-Mira Loma 44:14, 2-McClatchy 44:54, 3-Bella Vista 47:19; (Frosh) Riverbrook 47:28, 2-Mills 47:57, 3-Don Julio 48:03; (Girls) 1-Rio American 53:31, 2-LaSierra 56:57, 3-So. Tahoe 57:47. /Bill Mensing/

CHICO INVIT.: (Oct. 23, Chico) /3 Mi./ 1-Ann Thrupp/Stan 15:57, 2-Roth/Ore 15:58, 3-Anex/UCD 15:59...5-Metteer/Cal 16:06.



College of San Mateo's X-C team poses for a victory shot after clinching Golden Gate Conference title at Crystal Springs, Belmont. Coach Bob Rush is at far right.

ST. FRANCIS-FOOTHILL COLLEGE X-C INVIT.: (Oct. 23, Los Altos Hills) - (Girls 8th Grade & Below) /1.5 Mi./ 1-Brogan/Arrow 9:26, 2-King/Arrow 9:44, 3-Kelley/Brownell 10:04, 4-Marvin/Arrow 10:11, 5-H.Bray/Arrow 10:34. (Girls H.S.) /2.0 Mi./ 1-Taylor/Svle 12:35, 2-Y.Cotte/Cup 13:28, 3-J.Cotte/Cup 13:39, 4-Himenez/SFr 13:41, 5-Brown/MVw 13:56. (Boys 7th Grade) 1-Kent/Term 12:38, 2-Brogan/Arrow 13:12, 3-Wade/Wilb 13:31. (Boys 8th Grade) 1-Fessenden/Term 11:57, 2-Hutchins/Benner 12:22, 3-Kilby/Term 12:59. (Boys Frosh) /3.0 Mi./ 1-Kurr/Gunn 15:51, 2-Gonzales/MVw 16:53, 3-Keehn/Gunn 17:10, 4-Kaspri/SFr 17:22. (Boys Soph) 1-Sapp/Fre 16:37, 2-Vavuris/Cub 16:58, 3-Nejera/Svle 17:16, 4-Yeh/Gunn 17:23. (Boys Jrs) 1-Sanchez/Svle 16:05, 2-Jones/Menlo 16:12, 3-Boyer/Cub 16:20, 4-Smith/Awalt 16:37, 5-Kashima/Cub 16:44. (Boys Srs) 1-Troedson/LA 16:01, 2-Tangney/Fre 16:22, 3-Sterling/Svle 16:30, 4-Shols/Menlo 16:53, 5-Schaffer/Svle 16:57. /Hank Ketels/

GEORGE KENNEDY X-C JAMBOREE: (Oct. 23, Pleasant Hill) (Girls) /2 Mi./ Pleasant Hill 96, Tamalpais 124, Northgate & Santa Cruz 133. 1-Stevenson/CV 11:19, 2-Robinson/PH 11:27, 3-Sweeney/MC 11:31, 4-Williams/Liv 11:44, 5-Miller/Tur 11:45, 6-Bachand/Brk 11:52, 7-Way/Ala 11:56, 8-Craig/Brk 11:57, 9-Robinson/PH 11:59, 10-Broderick/Tam 12:09. (Small Varsity) Tamalpais 77, Pleasant Hill 80, San Ramon 128. 1-Collier/Tam 9:08.0 (Rcd), 2-Burke/DLS 9:34, 3-Baker/SRam 9:40, 4-Behning/CV 9:41, 5-Harbaugh/Pied 9:43, 6-Carlson/Tam 9:44, 7-Royal/Pet 9:46. (Large Varsity) Piner 96, Redwood 101, Skyline 104, Rancho Cordova 119. 1-Berry/Red 9:08.2, 2-Cross/MD 9:23, 3-Vasquez/Clv 9:26, 4-Chapman/Red 9:26, 5-Moreno/Pin 9:28, 6-Strangio/MSJ 9:30, 7-Castro/Log 9:30, 8-O'Reilly/SRaf 9:33, 9-Biando/Pin 9:34, 10-Valdez/Sky 9:35, 11-Mullen/NG 9:35, 12-Munoz/Frkln 9:36, 13-Teague/RC 9:39. (Open) /5 Mi./ Nev-Reno 70, WVTC 85, Stanford 89, Cal 123, SJS 155, UCD 163. 1-Fredrickson/Nev 23:56, 2-Wysocki/Nev 23:57, 3-Gruber/SJS 23:58, 4-Norton/Stan 24:04, 5-Harms/AGRC 24:07, 6-Dean/Cal 24:07, 7-Sweeney/AGRC 24:09, 8-Pinocci/WVTC 24:23, 9-Schulz/Cal 24:25, 10-Kimball/Un-SJS 24:33, 11-Seaver/WVTC 24:35, 12-Emory/Stan 24:38, 13-Haldeman/Stan 24:47, 14-Wood/Cal 24:48, 15-Tracy/WVTC 24:52, 16-Price/CHK 24:53, 17-Jurkovich/FS 24:54, 18-Clark/WVTC 24:56, 19-Prowell/MercTC 24:58, 20-Dagg/Nev 24:58. /Keith Conning/

McATEER INVIT.: (Oct. 23, San Francisco) - (Varsity) Coulman/SM 15:18, 2-Gil Dean/Jeff 15:26, 3-Baumstieger/MC 15:32, 4-Hannawalt/SI 15:47, 5-Schmidt/HMB 15:49, 6-Millar/McA 15:52 (Teams: HMB 65, McAteer 79, SI 81). (Soph/Frosh) Shelley/HMB 10:54, 2-Niebaum/HMB 11:01, 3-Davison/HMB 11:06, 4-Ferguson/McA 11:09, 5-McNaulty/Wil 11:11 (Teams: HMB 27, SI 99). (Girls) Schmidt/HMB 12:35, 2-LaVelle/Mercy 13:07, 3-Cunneen/Mercy 13:30, 4-Bettencourt/HMB 13:56, 5-Siegman/HMB 14:03 (Teams: Scores not yet available.) /Herb Blanchard/

MT. SAN ANTONIO X-C: (Oct. 30, Walnut) /2 Mi./ 1-Daniels/SanGorgonio 10:11, 2-Ebner/BA 10:12, 3-Holmes/Downey 10:15, 4-Alvarez/Coachella Vly 10:16, 5-Hethmow/Canyon 10:16, 6-Hope/AltaLoma 10:26, 7-Fricher/Hemet 10:27, 8-Carroll/Granite Hills 10:29, 9-F.Assumma/Eisenhower 10:30, 10-Nunoz/Lompoc 10:32. /Mensing/

PAC-8 SOUTHERN DIVISION: (Oct. 30, Westwood-UCLA) /10 Kilos/ Cal 29, UCLA 43, Stanford 48. 1-Blume/Cal 31:06.6, 2-Simonian/UCLA 31:12, 3-Dean/Cal 31:23, 4-Duffey/Cal 31:33, 5-Norton/Stan 31:51, 6-James/UCLA 31:55, 7-Emory/Stan 32:00, 8-Schulz/Cal 32:14, 9-Greifinger/UCLA 32:25, 10-Boutin/Stan 32:25, 11-Parietti/Stan 32:38. /Marshall Clark/

NORCAL WOMEN'S CHAMPIONSHIPS: (Oct. 30, Davis) /3 Mi./ UCD 51,

Cal 59, Stanford 69, Chico 70, DeAnza 96. 1-Ann Thrupp/Stan 17:10, 2-Anex/UCD 17:30, 3-Metteer/Cal 17:43. /Marshall Clark/

PAC-8 NORTHERN DIVISION: (Oct. 30, Seattle) - /6 Mi./ Oregon 31, WSU 38, Wash 68, OSU 114. 1-Rono/WS 28:07.6, 2-Kimeto/WS 28:19.6, 3-Kimombwa/WS 28:38, 4-Salazar/O 29:07, 5-Chappa/O 29:18, 6-Taylor/O 29:32, 7-Williams/O 29:34, 8-Braun/W 29:38, 9-Clary/O 29:40, 10-Centrowitz/O 29:42. /Marshall Clark/

PA-AAU AGE-GROUP X-C CHAMPIONSHIPS: (Oct. 30, Sacramento--Gibson Ranch) (Girls 9/U) RG 59, WDS 117, CY 128, Arrow 130. 1-Miller/Un 5:55.4, 2-Rossman/Ar 5:59, 3-J.Bain/RG 6:01, 4-Vasquez/Un 6:06, 5-Garcia/CY 6:14. (Boys 9/U) VMTC 51, DV 64, SVTC 71, EH 93. 1-Mancarusu/VMTC 5:40, 2-Wakefield/EH 5:46, 3-Scattini/SV 5:49, 4-Haggard/VMTC 5:50, 5-Gunderson/VMTC 5:51. (Girls 10-11) SJC 67, CY 78, RG 104. 1-Fuller/Un 8:36.2, 2-King/Ar 8:45, 3-Martinez/Un 8:48, 4-McKeen/RG 9:02, 5-Spencer/CY 9:05. (Boys 10-11) DV 47, Arrow 58, RCF 98, WDS 106. 1-Hickman/Un 8:24.3, 2-Kovaks/Ar 8:31, 3-Chaney/DV 8:44, 4-Griffith/CY 8:46, 5-Stephens/DV 8:48. (Girls 12-13) SJC 62, Orinda 70, SLT 110, RG 114. 1-Boitano/RG 11:36.2, 2-Brogan/Ar 11:41, 3-Lee/O 11:42, 4-Choy/SV 11:49, 5-Weber/SJC 12:04. (Boys 12-13) VMTC 43, RCF 57, DV 58. 1-Judson/VMTC 10:44, 2-Ogden/DV 10:46, 3-Scattini/SV 10:51, 4-Aviles/RCF 11:05, 5-Machado/VMTC 11:11, 6-Brewer/Un 11:11. (Jr. Women) SJC"A" 20, MLTC 80, SJC"B" 84, WDS 128. 1-Bier/SJC 14:32, 2-Bray/SJC 14:36, 3-Adams/CN 14:51, 4-Wotherspoon/SJC 15:01, 5-Belk/SJC 15:07, 6-K.Bain/Un 15:13, 7-Nachbar/Un 15:14, 8-Slivkodd/SJC 15:28, 9-Regan/Un 15:32, 10-Greenberg/SJC 15:34. /Jeff Berryessa/

LONG DISTANCE RESULTS

NATIONAL ONE-HOUR POSTAL (COMPILATION): (Thru July 31, 1976) - Teams: USAF 58 Miles, 889 Yds., WVTC 57-965, Millrose 55-1603, SDTC 55-437, CCAC 55-152, Aztlan 54-476, Columbia TC 54-100, SFVTC 53-748, No.Medford 52-1572, Knoxville TC 52-1527. Individuals: 1-Jim Nuccio/WVTC 12-372, 2-Haviland/KTC 12-148, 3-H.Ryan/NYAC 12-57, 4-Skaja/Un 11-1650, 5-Maxwell/Canada 11-1601, 6-Clark/USAF 11-1588, 7-Birnbaum/USAF-WVTC 11-1511, 8-G.Aguirre/SBAA 11-1483, 9-Sershen/ETC 11-1437, 10-Harter/SFVTC 11-1290, 11-Ocana/CCAC 11-1253, 12-Bordell/USAF 11-1159, 13-Fennell/Mill 11-1122, 14-R.Aguirre/SBAA 11-1110, 15-P.Ryan/CCAC 11-1081, 16-Schanke/USAF 11-1074, 17-Leydig/WVTC 11-959, 18-Sobczak/LEAA 11-921, 19-Froelick/Un 11-905, 20-Perez/Aztl 11-861, 21-Olsen/NMC 11-855, 22-Reyes/USAF 11-837, 23-Hall/Mill 11-750, 24-Hatton/Un(40+) 11-740, 25-Kurrle/SFVTC 11-594, 26-Niemiec/WVTC 11-559, 27-Barrett/UCTC 11-520, 28-Tompkins/WVTC 11-508, 29-Moffitt/Aztl 11-477, 30-Rigdon/SDTC 11-470...32-Darling/ETC 11-440, 36-Goettelmann/WVTC 11-327, 43-Zapata/WVTC 11-130, 60-Donahue/ETC 10-1678, 67-Conroy/ETC 10-1519, 115-Nanninga/WVTC 10-951, 171-Menzie/WVTC 10-492 (20th, 40+). (Women) 1-Mary Shea/Un 10-121, 2-Cook/ISU 9-1653, 3-Urish/CMTC 9-1256, 4-Gumbs/WVTC 9-743...7-Himmelberger/WVTC 9-189, 8-Williams/PBP 9-000. (Women's Masters) 1-Czarapata/UWMM 9-135, 2-Johnson/Tenn 9-124, 3-Stock/SDTC 9-83, 4-Anderson/NCS 8-1693. /John Brennan/

PIKES PEAK MARATHON: (Aug. 1, Manitou Sprgs., Colo.) - /28 Mi. Roundtrip/ 1-Rick Trujillo/Col 3:34:15 (new course), 2-Castenada/CTC 3:53:35, 3-Bunnell/MH 3:55:00, 4-Wilson/NM 3:58:06, 5-Harrie/Cal. 3:59:34...9-McDermott/Downey 4:22:19, 23-Storey/Riverside 4:46:35, 25-MacIntosh/NCS 4:47:03, 28-Moffitt/L.A. 4:49:08, 30-Underwood/BC 4:49:15, 52-Janoff/Millvly 5:09:47, 53-Ruth Anderson/NCS 5:09:47, 55-G.White/NCS 5:11:01, 57-Betsy White/WVTC 5:13:02, 65-Levinson/Long Bch 5:20:18, 77-Fox/WVJS 5:26:05, 86-Aleman/S.F. 5:34:16, 96-Waggoner/BC 5:47:31, 97-Albert/Carmichael 5:47:31, 99-Carpenter/DanaPt. 5:49:45, 114-Stanbridge/S.F. 6:02:17, 119-Cole/S.F. 6:12:05, 120-Burke/S.F. 6:16:53, 121-Boden/S.Bernardino 6:17:38, 131-Mayer/Sacramento 6:32:49, 136-Barb Carlson/NCS 6:37:54, 146-Reese/NCS 6:53:21, 153-McDonagh/S.F. 7:15:01, 155-Lise Spielman/S.F. 7:15:13. /Ascent--14.3 Mi./ (20-29) 1-Chuck Smead/SantaPaula 2:05:22 (Rcd.), 2-Trujillo 2:09:55, 3-Castenada 2:21:05, 4-Harrie 2:22:24, 5-Bunnell 2:26:16, 6-Moffitt 2:35:00...10-McDermott 2:44:37, 19-Storey 2:54:34, 27-Levinson 3:04:45, 32-Boden 3:07:36, 60-Stanbridge 3:39:46; (30-34) 1-Ken Young/Tucson 2:18:32, 33-Rahill/SanDiego 3:38:15, 37-Albert 3:44:00, 49-Mayer 4:09:37; (35-39) 11-Janoff 3:16:41, 16-Underwood 3:20:00, 19-Carpenter 3:31:01, 25-Aleman 3:38:52, 35-McDonagh 4:10:30, 39-Wilson/LaPalma 4:17:32, 45-Burnett/Covina 4:34:36; (40-49) 6-MacIntosh 3:03:22, 7-G.White 3:04:35, 31-Burke 3:52:57, 40-B.White 4:12:31, 44-J.Anderson/Okld 4:32:21, 50-Simmons/S.F. 5:37:55; (50-59) 2-Waggoner 3:13:50, 3-Fox 3:14:40, 11-Reese 4:17:55, 14-Scott/SanBernardino 4:23:22, 15-Sekulich/Concord 4:23:23, 19-Spierman/SealBch 4:53:47; (60-69) 1-Cole/S.F. 3:52:00, 3-Wertin/S.F. 4:17:55, 4-Stack/S.F. 4:23:21, --MORE--

5-Coverley/SanDiego 4:31:00 (Note: Walt Stack also made roundtrip in 7:45:00...wasn't listed in roundtrip results); (70+) 1-Hirsch/S.F. 6:23:00; (15/Under) 6-Donaldson/SBarb 3:53:20, 13-Gillette/PacPal 4:09:08, 18-A.Bangert/S.F. 4:51:52, 19-John Ulliyot/S.F. 5:04:24, 26-M.Bangert/S.F. 5:07:00; (16-19) 22-Allison/Fullerton 3:11:20, 42-Cendejas/BuenaPk 3:34:21, 62-Crystal/Longmont 4:45:45; (WOMEN) (13/Under) 1-L.Bangert/S.F. 5:03:14, 2-Anderson/Okld 6:55:00; (14-19) 3-Wilson/LaPalma 4:54:41, 4-McGhee/BuenaPk 5:17:37; (20-29) 8-Spielman 4:39:14, 10-Roos/S.F. 4:52:52; (30-39) 1-White 3:05:43, 4-Franklin/S.F. 4:24:29, 6-Stefanich/Arvada-CO 4:32:14, 13-St.James/S.F. 5:02:27, 15-Ulliyot/S.F. 5:04:24; (40-49) 1-Anderson 3:16:40, 3-Carlson 4:12:16; (50-59) 2-Marsh 6:25:00, 3-Atkinson/S.F. 6:25:00, 4-Coverley/SanDiego 7:20:00, 5-Simmons/S.F. 9:00:00.
/Rudy Fahl/

WORLD VETERANS' MARATHON: (Aug. 15, Coventry, England) - Four Northern Californians travelled to England for the ninth annual affair, which saw eleven Americans finish in a field that numbered around 500. Jim O'Neil was second in his age-group and 50th overall (2:44:38) to lead the American team. The winner of the 50-54 grouping which Jim was competing in was clocked in 2:41:02. Ruth Anderson was tops in her 45-49 division with a good 3:10:09. That was good for 164th overall. Jim Jacobs (3:05:57) grabbed 83rd in the 40-44 group (144th overall), and rounding out the NorCal runners was Harry Siitonen (3:46:08), 312th overall and 45th in his 50-54 division. Other West Coast people who finished were: 58-Pete Haley (Alaska) 2:47:20 (42nd in 40-44 division); 127-Bill Freedman (Las Vegas TC) 3:03:15 (31st in 50-54 division); and 232-D. Logan (Arizona) 3:25:12 (4th in the 60-64 division).
/Ruth Anderson/

BALBOA PARK 8-MILER: (Aug. 21, San Diego) - 1-Harper/JT 40:38, 2-Lux/JT 41:45, 3-Blue/SDS 41:48, 4-Camp/SDTC 41:51, 5-Fleet/JT 42:09, 6-Pullen/JT 42:36, 7-Lord/JT 42:49, 8-Hattersley/JT 42:53, 9-Stone/JT 43:02, 10-Nolasco/SDTC 43:06, 11-Verduzco/JT 43:15, 12-Thornton/JT 43:20, 13-Cour/SDTC 43:24, 14-F.Aguirre/JT 43:52, 15-Caputo/Un-Hum 44:17...52-Dare/WVTC 48:28, 61-Main/WVTC 49:00.
/SDTC Newsletter/

BASS LAKE HALF-MARATHON: (Sept. 4, Fresno) - /13.2 Mi./ 1-Sanchez/FPTC 1:20:32, 2-Lohse/HHS 1:21:33, 3-Lohse/Hanford 1:24:17, 4-Lennemann/FPTC 1:25:56, 5-Lomeli/FPTC 1:26:20...17-Harder/HSTC (59) 1:35:40. Warm (high 80's) and humid.
/Bill Cockerham/

DSE LAKE MERCED RUN: (Sept. 5, San Francisco) - /4.95 Mi./ 1-Schmulewicz 25:06, 2-Lange/CWTC 25:13, 3-Scalmanini/PMK 25:18, 4-Proteau/NVRC 25:30?, 5-Darling/ETC 25:37, 6-Leydig/WVTC 25:48...76-Judy Gumbs/WVTC 30:30.
/DSE Newsletter/

DSE OCEAN BEACH RUN: (Sept. 6, San Francisco) - /6 Mi./ 1-Muela/ETC 34:19, 2-Jensen/PMK(40+) 34:36, 3-Bashirullm 34:56, 4-McVeigh 35:05, 5-Scott 35:15...58-Karen Salisbury 42:48, 81-Jeanie Kayser-Jones/PMK(40+) 44:37.
/DSE Newsletter/

U.C.C.M. LA FIESTA X-C RACES: (Sept. 11, Grover City) - /4 Mi. - Open/ 1-John Jones/SCH 19:57, 2-Reyes/SCH 20:18, 3-Arreola/SLDC 20:37, 4-Nanninga/WVTC 20:56, 5-Hiserman/CPSLO 22:00, 6-Barnes/SLDC 22:19, 7-Thompson/SLDC 22:22, 8-Hire/SLDC 22:25, 9-Waterbury/SLDC 22:50, 10-Schearer/Un 22:55, 11-Casper/SLDC 22:59, 12-Rosenfield/SLDC 23:04, 13-Rettler/AGHS 23:09, 14-Ramos/SLDC 23:37, 15-Flores/AGHS 23:44...35-Jean Spierling/SLDC(40+) 28:26. /2 Mi. - 15/Under/ 1-Breish/Atascadero HS 10:36, 2-Baxter/AHS 10:40, 3-Saldivar/AGHS 11:06...9-Barb Arreola/SLOJHS 11:49.
/Stan Rosenfield/

SPA-AAU 50-MILE CHAMPIONSHIPS: (Sept. 12, Santa Monica) /track/ 1-Bozanich/USMC-SDTC 5:30:31, 2-Branch/CCAC 6:02:19, 3-Levinson/STC 6:18:46, 4-Eroen/STC(40+) 6:36:30, 5-Hill/STC(10) 6:49:29, 6-Kisfaludy/SDTC 7:28:22, 7-Shiel/AT 7:45:32, 8-Klass/STC(50+) 7:58:55, 9-Donna Gookin/SDTC 8:29:42, 10-Montoya/STC (60+) 8:33:11...in conjunction with the 50-miler, Truman Clark declared for and finished 2 hours and in doing so set the following American Masters (40+) track records: 15M--1:26:37, 25K--1:29:47, 30K--1:48:39, 20M--1:56:51, 2 Hrs--20M,997Y.
/STC Newsletter/

MAD RIVER RUN: (Sept. 19, Blue Lake) - /6.2 Mi./ 1-Innes 32:38, 2-Cottrell 32:51, 3-Little 33:58, 4-Caputo 34:19, 5-Rocha 35:19...13-Marilyn Taylor 39:38, 22-Crandall(40+) 42:37.
/SRRC/



Part of the American team at the International Women's Marathon in Waldniel, W. Germany--(left to right) Marilyn Paul, Marilyn Bevans (hidden), Judy Gumbs, Penny DeMoss, Joan Ulliyot, and Diane Williams.
/Sven Simon Photo/

ATASCADERO COLONY DAYS 4-MILER: (Sept. 19, Atascadero) 1-Cadena/SLDC 19:32, 2-Huff/SLDC 19:56, 3-Warrick/CPSLO 20:03, 4-Arreola/SLDC 20:03, 5-Nanninga/WVTC 20:26, 6-Hockerson/CPSLO 20:30, 7-Beaton/SLDC 21:20, 8-Small/UCTC 21:24, 9-Hiserman/DHRC 21:36, 10-Pena/CDM 22:00...23-Webb/SLDC(40+) 24:14, 25-Jani Rouda/CPSLO 24:42, 26-Barb Arreola/SLDC 25:12. /Stan Rosenfield/

LAKE TAHOE 72-MILE RUN: (Sept. 24, Tahoe City) - Don Choi, 28, of San Francisco, was an easy winner in the Pepsi of Reno 72-Mile Lake Tahoe race in a swift 9:45:22. Choi credited his victory to prepping with six weeks of running 130-140 miles per week. His 72-mile time was a vast improvement over his 18:20:05 for 100 miles. Choi's feat is best understood by recognizing that single-handedly he would have beaten at least four of the seven-man teams in last August's Tahoe Relays. Moving rapidly, Choi took his frequent liquid refreshments on the run and, exercising remarkable water management, made only one pit stop over the entire distance. Equally remarkable was the performance of second place finisher, Dr. Ralph Paffenbarger, of Berkeley, who, averaging only 11 miles of running per day for the two months before the race, clocked an 11:34:24. Like Choi, Paffenbarger kept moving all the way and, though 25 years older than Choi, matched him in the bladder matter. Both Choi and Paffenbarger went the entire distance without any major difficulties. Paffenbarger's time was a comparative improvement over his 100-mile time of 16:42:58. Third-placer, Abe Underwood, 38, in 11:53:15, was venturing a new distance; his longest run had been 50 miles in 6:48:18. Underwood was competing off a daily average of 11 miles for the previous two months. Except for having trouble with leg muscles between 50-60 miles, his pacing was constant, and he covered the distance without undue strain. Bob Murphy, 22, of Carson City, Nevada, running an even pace throughout, finished 4th in 13:12:37. Paul Reese, 59, the oldest finisher, weathering the same storm as Underwood between 50-60 miles, turned in a 13:45:40 for fifth, a time relatively slower than his 17:15:34 for 100 miles. Experimenting, Reese heeded Van Aaken's advice and walked five minutes at the end of each 10-mile split which, he said, made the run considerably more easy and enjoyable than the 100, which he made nonstop. Though he had never gone over the marathon distance, Tate Miller, 28, of Aptos and the Soquel RC, moved smoothly over the first 40 miles at close to an 8:30 pace before blisters began to slow him, and finally caused him to do considerable walking. He managed to finish sixth in 13:47:17. Having the altitude advantage of living at South Lake Tahoe, but the disadvantage of never having run over 20 miles, seventh placer, Doug Peck, 21, the youngest to complete the run, clocked a creditable 13:58:30. Joe Maher, 29, of Larkspur, eighth, was running well and variably in 4th-5th place up to 60 miles when he was beset with cramps that stopped him several times as he fought the last 12 miles of the race. His time was 14:24:13. Supreme determination was manifested by Harry Siitonen, 50, of San Francisco, completing the route in 21 hours, 45 minutes, meaning that he finished at 3:45 am, Saturday, a race that began at 6 am, Friday. The race started and finished near the Truckee River Bridge in Tahoe City. Weather conditions were excellent considering the time span. Finishers 4 thru 7 had to run in 60-90 minutes of darkness...minor compared to Siitonen's seven hours under the stars. The distance problem of the race is obvious. Most of the runners agreed that the second major problem was not the hills, but instead, concentration of traffic, vital to survival because of the restricted road space for running. All runners agreed unanimously that an individual handler is essential to a road race of this type. Though organized on short notice and too late for the printed AAU schedule, the race attracted 19 entries...ten finished; nine didn't; two did not start. The sponsor, Pepsi of Reno, provided each starter with a specially designed race tank top and gave each finisher his choice of a silver serving tray or bowl, as well as presenting a marble plaque to each runner who went over the marathon distance. /Paul Reese/

SPA-AAU 20-KILO CHAMPIONSHIPS: (Sept. 25, L.A.) 1-Smead/Unat 61:37, 2-Martinez/AIA 63:29, 3-Kurrie/SFVTC 63:36, 4-Hayes/SBAA 64:11, 5-Chambliss/BB 64:14, 6-Perez/Azt1 64:40, 7-Arquilla/AIA 65:33, 8-Caldwell/AIA 65:38, 9-Branch/CCAC 65:39, 10-Dulaney/AIA 65:50, 11-Ziegler/TulsaRC 66:08, 12-Swift/AIA 66:24... Teams: AIA 5:26:54, AZTLAN 5:35:50, CCAC 5:43:24. /Buttermore/

WHISKEYTOWN RELAYS: (Sept. 25, Redding) - This first-ever event took place at 9 am from the Whiskeytown launching ramp, going counter-clockwise around the Lake, with four persons per team. Each member ran around 5 miles for the 20.5, hilly, scenic course. This event, which takes place 8 miles west of Redding,

was sponsored by the Shasta Wonderland Elite Athletic Team (S.W.E.A.T.) and a local printing shop, The Press Room. Because of this, the prizes and organization were more impressive than most races. For the nominal price of \$2, every runner received a t-shirt with the Whiskeytown Relays emblem silk-screened on it. Also, free pop and beer were donated. Each division winner got individual medals (4 divisions), and CB's were on hand to help direct traffic. The temperature was 65-75°, no wind, and clear blue skies. This first year a total of 22 teams started the race. Setting the course standard was the Chico Running Club with a time of 1:53:14, followed closely by SWEAT's 1:54:21. First team in the 30-39 division went to Chico RC's "A" team with a time of 2:10:19. The women's division was also garnered by Chico RC with a 2:26:10, while SWEAT took the masters division (2:26:17, only seven seconds behind the women's squad. All teams finished before four hours were up, giving ample time for swimming, picnicing, and travel. Scott Claypoole of the San Diego TC, living in Redding for the year, ran the entire loop alone and placed seventh in 2:15:48. The Southern Oregon Sizzlers (SOS) from Medford took the third spot overall with 1:56:22. /Len Edholm/

DSE DALY CITY HILL RUN: (Sept. 26, Daly City) /6.2 Mi./ 1-Swezey/PMK 40:10, 2-Myer/PMK 40:52, 3-Bonner/TSRC 41:18, 4-Bashiruddin 41:38, 5-Damron 41:58...34-Maryetta Boitano/RG 46:45, 52-Skip Swannack 48:54, 63-Eileen Allen 50:12. /DSE News/

CITY-TO-PORT 12-MILER: (Sept. 26, San Luis Obispo) 1-Cadena/SLDC 61:45, 2-Nanninga/WVTC 62:50, 3-Reynoso/CPSLO 65:00, 4-Warrick/CPSLO 65:00, 5-Mysliviec/CPSLO 65:41, 6-Arreola/CPSLO 66:02, 7-Waterbury/SLDC 66:10, 8-Beaton/SLDC 66:27, 9-Hiserman 66:27, 10-Hurley/CPSLO 67:58, 11-Tracy/CPSLO 68:29, 12-Casper 68:47, 13-Ramos 69:16, 14-Thompson 70:17, 15-Lyons/CPSLO 71:09...21-Webb (40+) 72:52, 24-Shaw/SLDC(40+) 73:04, 25-Jani Rouda/CPSLO 74:39. /Stan Rosenfield/

MT. VACA HILL CLIMB: (Sept. 26, Vacaville) /10.6 Mi./ 1-Bear-dall/MH 67:06, 2-Woodliff/WVJS 68:50, 3-Hanson 72:12, 4-Rowley 75:02, 5-Malain/NCS(40+) 75:15, 6-Pugh 75:47, 7-Jamieson(40+) 75:47, 8-Cargill 77:04, 9-Holmes/BC(40+) 77:14, 10-Burall/Un 77:32, 11-Flodberg/WVJS(40+) 78:03, 12-Holben/WVTC 78:44, 13-Ganza 79:35, 14-Brewer 83:41, 15-Scellata 83:47. /B. Flodberg/

HARVEST FESTIVAL RUN: (Oct. 2, Arroyo Grande) /10.25 Mi./ 1-Nanninga/WVTC 58:20, 2-Beaton/SLDC 58:20, 3-Hiserman/CPSLO 58:20, 4-Waterbury/SLDC 60:14, 5-Pena/CDM 61:10, 6-Casper/SLDC 61:42, 7-Rosenfield/SLDC 62:01, 8-Saldivar/Stanford 62:09, 9-Cline/SLDC(40+) 62:34, 10-Shaw/SLDC(40+) 63:42...22-Jean Spierling/SLDC(40+) 75:27. /Stan Rosenfield/

INTERNATIONAL WOMEN'S MARATHON CHAMPIONSHIP: (Oct. 2, Waldniel, W.Germany) - Led by Kim Merritt's 2:47:11, the American women's marathoners proved they are the best in the world by sweeping to a one-two team victory. West Germany's Christa Vahlensieck grabbed the lead from Merritt after the halfway point and won in 2:45:24.4, good time considering the fairly warm (low 70's) and humid conditions. The next four slots were only a bit over a minute apart. Gayle Barron took a big chunk off her PR with a 2:47:43, closing well on the leaders at the end of the race. World-record holder, Jackie Hansen had an off day and managed only a 2:55:50, over seventeen minutes off her world standard. Judy Gumbs, who had won the trip to Waldniel by finishing first in the Ocean-to-Bay Marathon (funds came from PA-AAU LDR Committee), notched a 2:57:13, good enough for ninth overall and a new NorCal record for women. Joan Ulyot, not yet in her best condition, came through with a superb 3:01:07 on 'instinct', and that was good enough for twelfth. Diane Williams was the only other NorCal finisher (3:18:03), as Penny DeMoss had a bout with side stitches and dropped out, along with Marilyn Paul of Portland. --- 1-Vahlensieck/WG 2:45:24.4, 2-Merritt/USA"A" 2:47:11, 3-Barron/USA"A" 2:47:43, 4-Spauwen/Holland 2:47:50, 5-Angenvoorth/WG 2:48:29 (Preuss), 6-Monspart/Hungary 2:51:23, 7-Ilands/Belgium 2:54:45, 8-Hansen/SFVTC-USA"A" 2:55:50, 9-Gumbs/WVTC-USA"B" 2:57:13, 10-Langlace/France 2:58:08, 11-Taylor-Tuthill/USA"B" 3:00:36, 12-Ulyot/WVTC-USA"B" 3:01:07...16-Bevans/USA 3:10:40, 21-Williams/PBP-USA 3:18:03, 24-Kokesh/St.Louis-USA 3:25:25. /Judy Gumbs/

DESERT EMPIRE FAIR 4-MILER: (Oct. 3, Ridgecrest) 1-Baxter/RRR 20:57, 2-Richardson/WVTC 21:53, 3-Hammerstein/RRR 22:09, 4-Mc-Mahan/OTHTC 22:19, 5-Contreras/RRR(40+) 22:32. /Richardson/

LAKE MERRITT 3.2-MILER: (Oct. 3, Oakland) 1-Main/WVTC 16:56, 2-Orwig/WVTC 17:22, 3-Cross/WVTC 17:37, 4-S.Hodges 17:49. /Cross/



Gary Tuttle is obviously quite happy about defending his AAU Marathon title in record time (2:15:15). /Cy Quinn Photo/

LAKE MERRITT COLUMBUS DAY RACES: (Oct. 10, Oakland) /5 Km./ 1-Himmelberger/WVTC 15:40, 2-Notch/WVTC 16:12, 3-??? 17:01... /10 Km./ 1-Cross/WVTC 35:49, 2-Kalp 36:09, 3-Mota 36:14. /Cross/

KINGERY SCORES BIG WIN AT WHARF-TO-WHARF: (July 31, Santa Cruz to Capitola) - Camino West's and College of San Mateo's Mitch Kingery ran away from sub-8:30 two-miler Benton Hart of BYU to win a big test at the popular mid-summer race which saw 763 finishers this year. Clipping of 4:54 miles over the 5.813 mile course, Mitch came within 15 seconds of Hans Templeman's 1975 standard of 28:12. Hart was a well-beaten second in 28:40, with surprising John Moreno another second back. Veteran distance runner Bill Clark, now 32, also dipped under 29 minutes with a 28:54. Ralph Bowles, starting off in good fashion as an over-40 competitor (he turned that magic age on July 22), turned a quick 30:34 (5:15/mile average) to whip his opposition by over a minute (Ulrich Kaempf's 31:47 and Ken Napier's 31:56). He broke the old masters standard by over a minute in the process. Sue Munday dominated the women, but fell way short of Teri Anderson's superlative 33:45 course mark with her 34:33. LDR Women's Chairman, Penny DeMoss, was a minute back at 35:31. Below are the top placers overall, along with the top women. /Capitola City Hall/

1-Mitch Kingery/CWTC	28:27	37-Mike Conroy/ETC	30:43	73-Bob Woodliff/WVJS	32:17	
2-Benton Hart/BYU	28:40	38-Michael MacAllair	30:44	74-Joe Peterson	32:20	
3-John Moreno/CWTC-SFS	28:41	39-Wayne Glusker/WVTC	30:45	75-Mike Bregante	32:20	
4-Bill Clark/WVTC	28:54	40-William Diza	30:46	76-Robert Wellick	32:21	
5-Emil Magallanes/WVTC	29:12	41-Bob Miller/CWTC	30:47	77-Terry Casey/ETC	32:26	
6-Jack Bellah/WVTC	29:14	42-Allen Sandretti	30:48	78-Tom Paul	32:31	
7-Jim Sireles	29:15	43-Mike Miller	31:16	79-Paul Holmes	32:31	
8-John Sup	29:17	44-Steve Strangio/WVTC	31:18	80-Bill Meinhardt/WVJS	32:31	
9-Tad Woliczko/PMK	29:41	45-Frank Lemus	31:20	81-Ed Jerome/TRAC	32:33	
10-Damon Wood/CWTC-Cal	29:42	46-Dave Muela/ETC	31:21	82-Ken Salet/CWTC	32:33	
11-Jerry Emory/CWTC-Stan	29:43	47-Paul Sechrist	31:23	83-Dan Devlin	32:33	
12-Paul Burke/DeLaSalle	29:44	48-Jauier Baragan	31:24	84-Mike Naples	32:33	
13-Rumaldo Montenegro	29:59	49-Greg Mandanis/WDS	31:27	85-Richard Walters	32:34	
14-Dan Cruz	29:59	50-Steve Fuller/WDS	31:27	86-Rick Ifland	32:34	
15-Steve Palladino/CWTC	30:01	51-Don Roth	31:33	87-Gilbert Dean	32:37	
16-Joe Salazar	30:01	52-Dan Makowski	31:34	88-Chris Villa	32:39	
17-Gary Goettelmann/WVTC	30:04	53-John Hellman	31:34	89-Santos Reynaga/WVTC	32:41	
18-David Velum	30:14	54-Ed Price	31:34	90-Ruben Lee, Jr.	32:48	
19-Andrew Coron/WVTC	30:15	55-Paul Fredrickson	31:38	91-Bob Paredes	32:48	
20-Rudy Munoz	30:16	56-Keith Crowder	31:43	92-Jim Simpson/WVJS	32:51*	
21-Mark Greenough	30:17	57-Jim Tracy	31:43	93-Curtis Lomax	32:52	
22-Greg Haney	30:20	58-Mannie Mahon	31:43	94-Mike Williams	32:56	
23-Shawn James/UCLA	30:21	59-Jay Marlowe	31:45	95-Glenn Pruitt	32:56	
24-Armando Lagunas	30:22	60-Gary Alderman	31:45	96-George Teague	32:56	
25-Bruce Wolfe/WVTC-Stan	30:25	61-Ulrich Kaempf/TRAC	31:47*	97-Kevin Kilein	32:56	
26-Tom Smith/WVTC	30:26	62-Ray Kindle	31:47	98-Ed Tico/WVJS	32:59	
27-Bruce Rider/WVJS	30:27	63-Richard Stiller/TRAC	31:47	99-Martin Krenn	32:59	
28-Bob Darling/ETC	30:28	64-Bob Coulson	31:47	100-Rick Firson	32:59	
29-Bob Lange/CWTC	30:32	65-Brent Cushenbery/BC	31:50	101-Mark Harlan	33:01	
30-Mark Stoker	30:33	66-Brian Hurdal	31:54	102-Paul Goose	33:01	
31-Ralph Bowles/WVJS	30:34*	67-Ken Napier/WVJS	31:56*	103-Ben Sawyer	33:01	
32-Bob Gormley	30:35	68-Michael Gourley	31:58	104-Robert Deavel	33:01	
33-Dave Stock/WVTC-CPSLO	30:36	69-Ray Aver	32:07	105-Mike Plummer	33:01	
34-Chris Kadoch	30:37	70-Greg Jewett	32:12	106-Tony Casillas	33:03	
35-Steve Niedrauer	30:40	71-Michael Chastaine	32:14	107-Greg McDonald	33:08	
36-Kurt Lua	30:42	72-Pete Churney	32:17	108-Duane Moore	33:12	
					109-Robert Bourret	33:13
					110-Roger Brian	33:14*
					111-Wayne Purnell	33:17
					112-Dieter Diekmeyer/SUND	33:19*
					113-Rick Rockwell/ETC	33:19
					114-Alan Harkness	33:22
					115-David Castro	33:25
					116-Michael Hobbs	33:25
					117-William Reinhart	33:25
					118-John Armstrong	33:28
					119-Mick Nickols	33:30
					120-Bill Joseph	33:30
					121-Carlos Saldivar	33:32
					122-Rick Plume	33:35
					123-Joel Caldwell	33:35
					124-Dete Kraus	33:35
					125-Paul Kellman	33:38
					126-Jack Reime	33:38
					127-Ken Harvey	33:42
					WOMEN	
					168-Sue Munday/Un	34:33
					199-Penny DeMoss/WVTC	35:31
					220-Sally McPherson/SJC	36:11
					304-Margaret Audle	38:53
					305-Teri Hagerty	38:53
					309-Yvette Cotte/WVTC	39:05
					315-Maria King	39:12
					340-Paula Jacobson	39:53
					358-Ann Slivkoff	40:22
					361-Demetra Mavis	40:31

DSE KENNEDY DRIVE RUN: (Oct. 10, San Francisco) /4.7 Miles/ 1-Garcia/WVTC 22:48, 2-Spino/Esalen 22:59, 3-Rivas/PMK 23:26, 4-Woodliff/WVJS 24:09, 5-Hornstra 24:10...94-Connie Cunneen 29:36, 106-Peggy Lavelle/MLTC 29:58. /DSE Newsletter/

NATL. AAU MARATHON: (Oct. 16, Crowley, La.) - Defending champion Gary Tuttle (Tobias Striders) successfully defended his title in AAU Marathon record time (2:15:15), winning easily by over 5 minutes. 1-Tuttle/TS 2:15:15, 2-Durden/Atlanta TC 2:20:23, 3-Kurrle/SFVTC 2:21:38, 4-Nolan/Un 2:23:16, 5-Fidler/Atlanta TC 2:24:55, 6-Bayko/NMC 2:25:25...16-M.Chambliss/BB 2:35:54, 42-Essary/Army 2:47:10, 43-Butterfield/CCTC 2:47:56, 47-McCray/WVTC 2:48:54, 72-Dorothy Doolittle/AustinRC 2:55:38, 333-Stack/DSE(69) 3:58:30. /Charlie Attwood/

SANTA BARBARA MARATHON: (Oct. 17, Santa Barbara) 1-Swift/AIA 2:25:48 (course record), 2-Cadena/SLDC 2:28:35, 3-McDermott 2:29:41, 4-Branch/CCAC 2:41:03, 5-Bronson-Swanson 2:42:01, 6-Hurley 2:42:06, 7-Pontinen/SBAA 2:42:47, 8-Ellis 2:44:16, 9-Brennand/SBAA(40+) 2:44:39, 10-Coventry 2:44:54, 11-D.Haake 2:45:35, 12-Pagliano 2:46:55, 13-Stansauk 2:47:02, 14-Seeger 2:47:16, 15-Shaffer/CCAC 2:48:10, 16-Opliger 2:50:02, 17-Williams 2:50:21, 18-Holland 2:50:28, 19-Deines 2:51:00, 20-Sandstrom 2:51:08...Hamilton/Hawaii(40+) 2:55:08, Starr/STC(40+) 2:57:08...Judy Milkie 3:17:08, Luanne Kralick(40+) 3:17:34.

REEDLEY ROAD RACES: (Oct. 23, Reedley) /2.5 Mi./ 1-Graham/Unat 13:31, 2-Kleinsasser 13:35, 3-Mark 13:40, 4-Bier/SJC 13:43. /Phyllis Olrich/

DSE GOLDEN GATE PARK 4-MILER: (Oct. 24, San Francisco) 1-Scalmanini/PMK 20:27, 2-Leydig/WVTC 20:46, 3-Hornstra 20:52, 4-Darling/ETC 21:13, 5-Casey/ETC 21:13, 6-Swezey/PMK 21:24...82-Skip Swannack/WDS 26:37, 97-Peggy Lavelle/ML 27:15. /DSE News/



Mitch Kingery

FERREIRA WHIPS DEIS AT GOLDEN EMPIRE X-C: (Aug. 21, Penn Valley) - Adam Ferreira of North Highlands (near Sacramento) had little trouble in taking victory over Bob Deis at this multi-race cross country meet. His 21-second margin of victory was one of the largest margins in this meet's history. There were fairly small turnouts in most of the age-group divisions, and top placers are listed below. /Nick Vogt/

BOYS 9/U (0.9 Miles)	3-Larry DeWitt/VMTC 14:46	3-Robert Cooper/WDS 28:11	***GIRLS 9/U*** (0.9 Miles)
1-Jim Mancaruso/VMTC 6:44	4-Ken Harvey/Un 14:54	4-Mike Adams/HH 29:07	1-Kristen Calegam/WDS 7:56
2-Chuck Haggard/VMTC 6:44	5-David Lampson/GSTC 15:17	5-Stacy Geiken/WDS 29:18	***GIRLS 10-11*** (1.42 Mi.)
3-Mathew Gunderson/VMTC 7:00	6-Randy Fairchild/BC 15:38	6-Mike Dougherty/Davis 30:51	1-Linda Van Housen/WDS 9:28
BOYS 10-11 (1.42 Mi.)	***BOYS 16-17*** (3.3 Mi.)	7-Peter Hansen/OPHIR 31:12	***GIRLS 12-13*** (2 Mi.)
1-Jack Kegg/VMTC 9:02	1-Armand Moreno/VMTC 18:05	8-James Walton/Un 31:27	1-Sandy Beauchamp/Un 13:28
2-Dave McFadden/WDS 9:07	2-Dennis Rinde/OPHIR 18:09	9-Fred Kenyon/VMTC 31:54	***GIRLS 14-15*** (2.54 Mi.)
BOYS 12-13 (2 Mi.)	3-Scott MacDonald/EG 18:37	10-Steve Coronado/HH 32:10	1-Deenna Pearson 17:49
1-Duarte Machade/VMTC 11:20	4-Greg Mandanis/WDS 19:09	11-Jose Cortez/WDS 32:33	2-Joy Chun/Hunky Bunch 17:59
2-Daven Chun/Hunky Bch 11:24	5-Frank Turner/Colfax 19:19	***MEN 35/OVER*** (5.05 Mi.)	***WOMEN 16/OVER*** (3.3 Mi.)
3-Dave Rodriguez/VMTC 11:43	6-Jerry Chun/Hunky Bch 19:32	1-Tim Jordan/BC 28:37	1-June Chun/Hunky Bunch 22:26
BOYS 14-15 (2.54 Mi.)	***MEN 18/OVER*** (5.05 Mi.)	2-Bob Bourbeau/Un 29:35*	2-Kathy Adams/Un 22:48
1-Dave Swan/SUND 14:22	1-Adam Ferreira/Un 27:37	3-Ross Smith/WVJS 30:19*	***WOMEN 35/OVER*** (5.05 Mi.)
2-Steve Howard/VMTC 14:31	2-Robert Deis/Un 27:58	4-Doug Rennie/BC 30:32	1-Gail Warness/Ananda 50:40

PINOCCI & BOWLES TOPPLE RECORDS IN BIG VICTORIES AT ALAMEDA: (Sept. 4, Alameda) - Mike Pinocci and Ralph Bowles had it pretty much to themselves at this year's Alameda X-C Carnival. Pinocci grabbed the open division, blitzing a 31:04 Nuccio mark with a swift 30:11 over the 6-mile course. Bowles, making a shambles of the masters competition, destroyed Jim Shettler's course mark of 34:26 with an incredible 33:07. Both the efforts by Pinocci and Bowles were essentially solo. Ray Castro annexed the high school trophy with a 32:17, winning handily by over a half-minute. In the shorter 3-mile race, Kathy Adams' record of 17:02 was not even approached, as Karen Bain needed only a 19:30 to win by a large, 50-second margin. Canyon High School took the team honors in the prep division, and West Valley TC did likewise in the open race. A good turnout of some 150 runners toed the line at the Alameda Golf & Country Club. Top marks from all divisions are listed below. /Bob DeCelle/

OPEN	15-Richard Matthews/Un 34:36	8-Philip Brock/Un 34:33	***BOYS 14/UNDER***
1-Mike Pinocci/WVTC 30:11	16-Larry Main/WVTC 34:44	9-Gordon Kirby/Un 35:53	1-Britt Brewer/Un 18:52
2-Boyd Tarin/WVTC 31:46	17-Ted Wilson/Un 34:46	10-Karl Machsches/PAL 36:04	2-Raoul Kennedy/DSE 19:19
3-Peter Jones/Un 32:36	18-Jeff Romiguere/Un 34:55	11-Peter Foster/Un 36:04	3-Michael Kennedy/Un 21:05
4-Mike MacAllair/Un 32:36	19-Tony Casillas/Un 35:25	12-Dennis King/Un 36:49	4-Mike Small/Un 21:26
5-Bill Spence/Un 32:37	20-Lloyd Sampson/Un 35:57	13-Robert Anaya/Un 36:49	***GIRLS 14/UNDER***
6-Dave Robertson/WVTC 33:05	21-Ed Jerome/Un 35:59	14-Carlos Martinez/Un 36:53	1-Sandra Beauchamp/WS 21:53
7-Doug Butt/WVTC 33:07	***HIGH SCHOOL***	***MASTERS***	2-Deenna Pearson/Un 22:25
8-Mike Plummer/Un 33:19	1-Ray Castro/Un 32:17	1-Ralph Bowles/WVJS 33:07	3-Veronica Cunningham 24:23
9-Dennis Urtiaga/Un 33:22	2-Ken Romiguere/Un 32:48	2-Bill Snavely/Sund 36:08	***WOMEN***
10-Greg Hodson/Un 34:09	3-Ray Kindle/ATC 33:17	3-Bryan Holmes/Un 37:35	1-Karen Bain/Un 19:30
11-Gary Alderman/PMK 34:09	4-Harry Youkers/Un 33:24	4-Joe King/ATC 38:45	2-Teri Hagerty/Sund 20:20
12-Bill Benz/WVTC 34:16	5-Dan Martinez/Un 33:59	5-Anthony Chavez/Un 40:33	3-Carolyn Tiernan/WVTC 21:01
13-Frank Hagerty/Sund 34:24	6-Danyaal Kasapligil/Un 34:02	6-Robert Abbott/DSE 43:00	4-Cheri Williams/Un 21:36
14-Peter Jensen/Un 34:35	7-Scott Flagg/Un 34:14	7-Gene Leeks/NCSTC 43:57	5-Susan Laird/Un 23:11

BOB COOPER BEATS MEET DIRECTOR IN SILVER STATE MARATHON: (Sept. 5, Washoe Valley, Nev.) - Meet Director, Skip Houk, almost pulled off a big win in his own marathon, but Bob Cooper made sure he didn't get too close, winning by some four minutes. Skip's first attempt at putting on a marathon turned out to be a huge success. Sponsored by the Nevada Heart Fitness Institute, the race was a co-feature with a seminar on the previous day that was attended by 300. The marathon itself drew 250 starters...not bad at all for a high-altitude affair that might not normally tend to draw a large field. The altitude and warm temperatures got to a good portion of the participants, but 186 still managed to complete the grueling race. Roger Bryan led the over-40 crowd with a super 2:56:04 and seventh place overall. This won his division by more than ten minutes! Debbie Rudolph of Westwood was also unchallenged in the women's division, clocking a 3:37:11, which was some 22 minutes ahead of the next female finisher...whoa!, I take that back. Elizabeth Curtin of Mammoth Lakes was fairly close at 3:40:40. The Buffalo Chips of Sacramento took the team prize. With all the support from the community this year, and the good turnout, looks like this'll be even better next year. /Skip Houk/

1-Bob Cooper/WDS 2:39:09	18-Daniel Brown/Ore 3:13:00	35-Steve Parker/Reno 3:21:35	52-Bruce Brinkema 3:27:42*
2-Skip Houk/WVTC 2:43:15	19-Robert Ogg/BC 3:13:43	36-Bob Lualhati/NCS 3:22:11*	53-Cal Pettengill/Reno 3:28:55
3-Clayton Steinke/Ore 2:48:37	20-Brian Stansauk 3:15:04	37-Kevin Buchanan/Reno 3:22:22	54-Skip Youngdahl 3:29:10*
4-Lynn Mentzer/Reno 2:51:24	21-John Lavin/Reno 3:15:59	38-Paul Holmes/BC 3:22:37	55-Walt Calcagno/S.F. 3:29:29
5-Greg Mandanis/WDS 2:53:22	22-Art Waggoner/BC 3:16:06*	39-Bob Jensen/Wash. 3:23:50	56-David Pratt/Denver 3:29:43
6-Dennis Stansauk 2:55:30	23-Austin Angell/SLT 3:17:12	40-Fred Pinkerton/Reno 3:24:10	57-Tim Hicks 3:31:32
7-Roger Bryan/TRAC 2:56:04*	24-Tom Purkiss/MamLks 3:17:31*	41-Stephen Dow/Reno 3:24:45*	58-Rick Breen 3:31:34
8-Dennis Rennie/BC 2:57:07	25-Greg Nelson/Reno 3:17:37	42-Calvin Lau/L.A. 3:24:58	59-Harrison Smith 3:31:43*
9-Kevin Collins/Reno 2:57:46	26-Aaron Goldman 3:18:21*	43-Robert Johnson/Reno 3:25:36*	60-DeArmond Sharp 3:32:43
10-T.J. Lokke/Reno 2:59:15	27-Mark Wynne/Elko 3:18:38	44-Donald Potter/Sonora 3:25:50	61-Walter Basinger 3:32:57
11-Ed Jerome/Un 2:59:38	28-Jay Clark/Hawaii 3:19:12*	45-James Ray/N.M. 3:26:31	62-Mike O'Halloran 3:33:21
12-Frank Lemus/Sparks 3:00:40	29-Tom Lucas/WDS 3:19:27	46-James Kemp/Denver 3:26:41	***WOMEN***
13-Bill Peck/Wasco 3:02:57	30-Walt Currier/SLT 3:19:28*	47-Anthony Gomes/Denver 3:26:41	68-Debbie Rudolph 3:37:11
14-Kees Tuinzing/MH 3:04:41	31-Richard Edson 3:20:10	48-Paul Reese 3:26:45*	81-Liz Curtin/MamLks 3:40:40
15-Ty Hadley 3:07:26*	32-Noel Lincicome/Reno 3:20:53	49-Robert Ortiz 3:26:46	107-Donna Scaff/Hawaii 3:59:19
16-Byron Richardson/WV 3:08:33	33-David Wilday/Reno 3:21:07	50-V.I. Wexner 3:27:01	108-Susie Gosar/Reno 3:59:33
17-Doug Rennie 3:10:53	34-Gary Stansauk 3:21:10	51-Pat Downey/TahoeCty 3:27:42	115-Fatima Ali/Penna. 4:04:11

TIMES-NINE RACES: SEAVER WINS INDIVIDUAL RACE; CAMINO WEST TAKES RELAY: (Sept. 6, Belmont) - The San Mateo Times billed this event as the 'something for everyone' races. There were 99-yard dashes for the small-fry, 9.99-kilos for those who wanted an individual event, and a 9-mile relay (3 by 3 miles). Camino West opted to put their strength into the relay event, coming out with a narrow victory over the Little Hills Striders, 48:31 to 48:51. In the individual race, Bill Seaver of WVTC did battle with Pete Sweeney of the Aggie RC, with Seaver coming out on top, 33:45 to 33:55. Bill Clark was another 9 seconds back to make it a close three-way race. The rest of the pack was several minutes back. Ulrich Kaempf was 14th overall with a good 38:47 clocking to grab over-40 honors, with LDR Chairman, Harold DeMoss, next in 40:22. Phyllis Olrich was a half-minute ahead of Sharon Furtado in the women's division, 41:41 to 42:10. Both the relay and the individual race had many divisions, but there were way too many to list extensively here. If you want a copy, send a self-addressed envelope to the San Mateo Times. The first all-female team to finish was the "West Valley Floozies", composed of Phyllis Olrich, Peg Lyman & Penny DeMoss (59:01). Results follow: /S.M. Times/

TODDLER 99-YD		13-B. Coulson	38:37	34-D. Milligan	41:47	7-Ben Davis Str.	51:43
1-M. Fisher	0:22	14-Ulrich Kaempf/TRAC	38:47*	35-J. Andrews	41:54	8-Gavilan College	51:58
2-J. Curroso	0:22	15-M. Gulli	38:54	36-T. Noyes	41:58	9-San Bruno Str.	52:32
3-A. Meinhardt	0:23	16-G. Werner	39:20	37-A. Takaha/CSM	42:06	10-Mission San Jose "A"	52:46
TOT 99-YD		17-S. Erickson	39:33	38-B. Mott	42:08*	11-Mahon	52:51
1-S. Roach	0:20	18-J. Moore	39:48	39-T. Johnson	42:09	12-Little Hills #2	52:57
2-M. Laughlin	0:21	19-J. Rayes	40:15	40-Sharon Furtado/WVTC	42:10	13-Lulu Belle	53:13
3-C. Michely	0:21	20-Dave Robertson/WVTC	40:19	***WOMEN***		14-Burlingame Prep	53:16
9.99 KILO RUN		21-Harold DeMoss/WVTC	40:22*	33-Phyllis Olrich/WVTC	41:41	15-Woodside Str.	53:32
1-Bill Seaver/WVTC	33:45	22-B. Cushenbery/BC	40:27	40-Sharon Furtado/WVTC	42:10	16-Alameda TC #1	53:58
2-Pete Sweeney/AGRC	33:55	23-E. Lopez	40:33	54-Peggy Lyman/WVTC	45:03	17-S.F. PAL "A"	54:09
3-Bill Clark/WVTC	34:04	24-D. Garcia	40:48	57-Penny DeMoss/WVTC	46:13	18-Andy's Chinese	54:31
4-Mike Niemiec/WVTC	36:03	25-G. Flynn	41:00	81-Ruth Anderson/NCS	49:44*	19-Little Hills #3	54:25
5-Damon Wood/CWTC	36:04	26-Bryan Hurdall	41:06	87-Carroll O'Conner/NCS	51:13*	20-CMC Striders	54:41
6-John Moreno/CWTC-SFS	36:04	27-R. Worthington	41:12	***9-MILE RELAY***		21-Mission Valley	54:51
7-Ernie Rivas/PMK	36:41	28-B. Miller	41:21	1-Camino West	48:31	22-WVJS "D"	55:12
8-Dan Anderson/WVTC	36:51	29-Ed Jerome/Un	41:29	2-Little Hills Str.	48:51	23-WVJS	55:20*
9-B. Tracy	37:51	30-Britt Brewer	41:33	3-Hogwash	49:25	24-Pugh's	55:31
10-D. Sjostedt	38:22	31-T. Nielsen	41:34	4-Pamakids	50:28	***WOMEN***	
11-Kevin O'Connor	38:35	32-B. Gouveia	41:38	5-TRAC-30	51:26	37-West Valley Floozies	59:01
12-B. Coulson	38:37	33-Phyllis Olrich/WVTC	41:41	6-Camino West	51:32	69-Woodside Str.	67:44



(Left) Cyndy Poor (#4), Peg Neppel (#2), & Judy Graham (#12) at about 3 miles in 10K. /Engle/ Start of Natl. Women's 10K./Rorke/

NEPPEL UPSET AT NATIONAL WOMEN'S 10-KILO CHAMPIONSHIPS: (Sept. 12, San Francisco) - Iowa State University brought all its big guns to California for a shot at the Women's AAU 10-Kilo Championships. Peg Neppel had the American record for the same distance on the track and was figured to be pressed by her teammates, Carol Cook and Katy Schilly. As it turned out, however, Cyndy Poor of the San Jose Cindergals made good use of her speed and strength to make a shambles of the field over the last few miles after running through the half-way mark with Neppel and ex-teammate, Judy Graham. Her 34:32.4 was a full 25 seconds up on Graham, and more than a minute ahead of the fast-fading Neppel. But the ISU runners grabbed 3-4-5 to cinch the team title, however, we have just heard reports that the members were not all eligible to compete for the team and thus won't count. This makes the Cindergals the winners with a total cumulative time (3 runners) of 1:49:56 (ISU would have had 1:47:32). The West Valley TC "A" and "B" teams fought it out for second and third, as the pairings didn't come out the way they had figured. A total of 102 women finished the 2-loop course in Golden Gate Park, with many going on to run the full 25-kilo distance (PA-AAU 25-Km. championships were being held simultaneously). Meet Director, Penny DeMoss, did a great job at organizing a very well-attended National Championships. Although it was not an official "Masters" championship race, the competition was keen anyway, and just-married Jeanie Kayser-Jones celebrated by nipping Ruth Anderson, 42:14 to 42:32. Following are the first 40 finishers. /Penny DeMoss/

1-Cyndy Poor/SJC "A"	34:32	11-Nadia Garcia/SDTC	38:25	21-Kathy Himmelberger/WV	39:38	31-Karin Stok/WDS	43:45
2-Judy Graham/Un	34:57	12-Joan Ulyot/WVTC "B"	38:40	22-Tracy Weber/SJC	40:12	32-Joanne Shearer/SJC	43:55
3-Peg Neppel/ISU	35:36	13-Karen Bain/Un	38:52	23-Skip Swannack/WDS	40:59	33-Peggy Lavelle/MLTC	44:25
4-Katy Schilly/ISU	35:50	14-Sharon Furtado/WVTC "A"	38:52	24-Sandy Briscoe/WVTC	41:52	34-Ruth Waters/NCS	44:40*
5-Carol Cook/ISU	36:04	15-Dede Mavis/SJC "B"	39:03	25-Nina Beattie/NVRC	41:54	35-Connie Cunneen/MLTC	44:54
6-Vicky Bray/SJC "A"	36:11	16-Peggy Lyman/WVTC "B"	39:06	26-Jeanie Kayser-Jones/PK	42:14*	36-Moira Casey/ETC	45:02
7-Carol Urish/CTC-Texas	37:02	17-Sally McPherson/SJC "A"	39:13	27-Ruth Anderson/NCS	42:32*	37-Ellen Clark/WVTC	45:11
8-Leal-Ann Reinhart/SFV	37:08	18-Phyllis Olrich/WVTC "A"	39:16	28-Peggy Stok/WDS	42:57	38-Carroll O'Conner/NCS	45:12*
9-Judy Gumbs/WVTC "A"	37:38	19-Diane Williams/PBP	39:18	29-Pat Whittingslow/PMK	43:10	39-Elaine Miller/Un	45:15
10-Stacey Kearns/PBP	37:59	20-Ann Wotherspoon/SJC	39:27	30-Yvette Cotte/WVTC	43:35	40-Gail Gustafson/Un	45:18

NUCCIO WINS 25-KILO HANDILY--JUST MISSES COURSE RECORD: (Sept. 12, San Francisco) - The District 25-Kilo Championship was held concurrently with the Natl. Women's 10-Kilo on nearly exact 5-kilo loops in Golden Gate Park. Thus, the women got most of the early fanfare, and then they could wait and watch the men finish, three loops later. Jim Nuccio, as fit as ever, ran with a tight pack for the first 10-15 kilos or so, and then decided to go it alone. Without the aid of a good racing partner over the last half of the race, Jim still ran within 5 seconds of the course mark with a great 1:18:59, which averages out to 5:05 per mile or thereabouts! Teammate Bill Seaver almost didn't see a fast-closing Ron Zarate, but managed to hold him off for second in an exciting finish (see photo on next page), 1:20:18 to 1:20:20. WVTC defended their team title for the umpteenth time, with Excelsior TC and the Pamakids filling the next two slots. Ralph Bowles proved he's tough at the longer distances too with a rather easy victory in 1:29:09. Runnerup Roger Bryan was a full three minutes behind. Diane Williams, who finished nineteenth in the 10-Kilo, kept on running and recoreded a very fine 1:41:33. She won her division by over eight minutes (actually, the next woman to finish was a master, Ruth Anderson, with 1:49:55). The NorCal Seniors grabbed both the masters men's and women's titles, and the Pamakids dumped West Valley for the senior women's awards. A very large turnout (286 finishers) kept this race as one of the PA-AAU's more popular longer runs. Top finishers listed on the next page. /Penny DeMoss/



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(Left) Start of PA-AAU 25-Kilo Championships. /John Marconi/ (Center) Leaders of same race at about 3 miles...winner (Nuccio) is second from right. /Tim Smith/ (Right) Bill Seaver takes a quick look to make sure he's beaten Ron Zarate for second place in same race. /Lois Gowen/

1-Jim Nuccio/WVTC	1:18:59	25-David Warren/ETC	1:29:36	49-Mike Gulli	1:33:59	73-Dwight Hendrix	1:36:56
2-Bill Seaver/WVTC	1:20:18	26-John Notch/WVTC	1:29:37	50-Terry Casey/ETC	1:34:06	74-Bruce Carradine	1:37:12*
3-Ron Zarate/Un	1:20:20	27-Jack Kleinbach/ETC	1:29:39	51-Ed Pierce	1:34:12	75-Tom Mann/ETC	1:37:21
4-Jan Sershen/ETC	1:21:51	28-Greg Mandanis/WDS	1:30:04	52-Jack Jamieson	1:34:14*	76-Darrell Jeong/PMK	1:37:22
5-Bill Clark/WVTC	1:22:37	29-Gilbert Dean	1:30:06	53-Ernie Rivas/PMK	1:34:51	77-Keith Whittingslow	1:37:31
6-Denis O'Halloran/Un	1:23:26	30-Greg Jewett	1:30:37	54-Kurt Schroers	1:34:51	78-Paul Holmes/BC	1:37:38*
7-John Routh/WDS	1:23:37	31-Doug Black	1:30:50	55-Rich Hornstra	1:35:01	79-Mike Gourley	1:37:49
8-Gene Fitzgerald/PMK	1:23:40	32-Glenn Dean/WVTC	1:30:54	56-Ted Wilson	1:35:03	80-Bob Woodward	1:37:50
9-Mark Proteau/NVRC	1:24:08	33-Bill Benz/WVTC	1:31:27	57-Tom Bartasi	1:35:08	81-Marvin Winer/WVTC	1:37:52
10-Daryl Zapata/WVTC	1:24:19	34-Dick Ratliff	1:31:28	58-Nick Granados/WVTC	1:35:09	***WOMEN***	
11-Russ Black/TRAC	1:24:33	35-Bob Lange/CWTC	1:31:43	59-Jim Nicholson/NCS	1:35:28*	107-Diane Williams/PBP	1:41:33
12-Rich Vasquez	1:24:40	36-Cliff Stewart/PMK	1:31:50	60-Bill Catanese	1:35:33	166-Ruth Anderson/NCS	1:49:55*
13-Paul Thompson	1:25:21	37-Bob Myers/PMK	1:31:50	61-Gary Temple	1:35:34	178-Jeanie Kayser-Jones	1:51:30*
14-Tad Woliczko/PMK	1:25:45	38-Edward Lee	1:32:10	62-Phil Sanfilippo/WVJ	1:35:35	203-Karen Scannell/PMK	1:56:53
15-Dennis Tracy/WVTC	1:26:50	39-Roger Bryan/TRAC	1:32:10*	63-Doug Garibaldi	1:35:41	211-Gail Gustafson/Un	1:58:32
16-Dave Muela/ETC	1:27:29	40-Mike Plummer	1:32:24	64-Kees Tuinzing/MH	1:35:45	213-Judy Gumbs/WVTC	1:58:48
17-Gary Goettelmann/WV	1:27:46	41-Ray Orwig/WVTC	1:32:32	65-Ross Rowley	1:35:55	214-Carroll O'Conner/NCS	1:58:58*
18-Jake White	1:28:13	42-Bill Peck	1:32:34	66-Mike Fenner	1:36:03	218-Yvette Cotte/WVTC	1:59:20
19-John Clary/TRAC	1:28:14	43-Byron Richardson/WV	1:32:44	67-Greg Durbin	1:36:05	222-K. Armbruster	1:59:42
20-Bob Woodliff/WVJS	1:28:20	44-Mike Huffman	1:32:46	68-Lloyd Sampson	1:36:08		
21-Mike Conroy/ETC	1:28:34	45-Robert Welck	1:33:00	69-Ed Jerome/Un	1:36:09		
22-Tim Swezey/PMK	1:29:05	46-Santos Reynaga/WVTC	1:33:04	70-Bob Laroque	1:36:36		
23-Ralph Bowles/WVJS	1:29:09*	47-Bill Long/PMK	1:33:27	71-George Scott	1:36:40		
24-Keith Kruse	1:29:17	48-Jim Moore	1:33:51	72-Dennis Kroll	1:36:42		



Jim Nicholson winning the Double Dipsea Race...he also had the tenth fastest scratch time. /John Hildebrand/

NICHOLSON HOLDS OFF LATIMER IN DOUBLE DIPSEA: (Sept. 18, Stinson Beach) - Making good use of his 20-minute handicap (headstart), 45-year-old Jim Nicholson of the NorCal Seniors managed to hold off the fast-closing Homer Latimer, who the previous month had captured the famed Dipsea Race (see cover photo). Latimer is the only one to have ever won both races (he won the Double Dipsea in 1974). The 37-year-old Latimer notched the third fastest scratch time today, behind only Paul Thompson's 1:42:49 and Bob Bunnell's 1:42:56. Many-time Pikes Peak Marathon champ, Rick Trujillo, was not quite used to the difficult trails and wound up eleventh, although his time (scratch) was fifth overall. Maryetta Boitano had the best scratch time for any female runner on the course--a 2:23:50. Ruth Anderson, just back from European competition and the Pikes Peak Marathon, broke her foot during the run and had it put in a cast (it's now out we presume). A grand total of 275 finished the out-and-back 13.6-mile trek, almost one-hundred more than in any previous year. Who ya been brain-washing, Walt? /Walt Stack/ ---Actual running times listed!

1-Jim Nicholson/NCS	1:53:40*	35-Maryetta Boitano/RG	2:23:50	61-Michael Lisowski	2:01:57
2-Homer Latimer/Un	1:43:47	36-Gough Reinhardt/NCS	2:13:51*	62-Cliff Janoff	2:11:14
3-J.H.Langford/Austral	1:43:57	37-George Scott	2:03:43	63-Francis Mason	2:02:31
4-Bob Biancalana/MH	2:03:10*	38-Charles Keck	2:03:59	64-Jim Miller	2:11:41
5-Darryl Beardall/MH	1:48:20	39-Brian March	1:55:15	65-Mike Trainor	2:11:55
6-Don Chaffee/ETC	1:49:18	40-Jack Ball	2:04:28	66-Dane Larsen	2:03:11
7-R.Paffenbarger/NCS	2:05:42*	41-Ted Wilson	2:04:45	67-Dwight Hendrix	2:03:15
8-Bob Malain/NCS	2:01:37*	42-Fraser Rasmussen	2:04:52	68-Jette Wright	2:33:24
		43-Steve Sherwood	1:56:34	69-Greg Chavez	2:03:33
		44-Kees Tuinzing/MH	1:56:42	70-Jim Gault	2:23:55*
		45-Reach Conger	2:06:36	71-Michael Moberg	2:19:08*
		46-M.V. MacKenzie	2:06:44	72-John Emery	2:19:24*
		47-Mary Tiscornia	2:28:21	73-John Boitano	2:29:37*
		48-Jerome Bock	2:07:27	74-Michael Stubblefield	2:04:38
		49-Donald Kerr	2:07:30	75-Emmet Keefe	2:13:49
		50-W.J. Swiatecki	2:23:34*	76-Bruce Dingwall/PMK	2:19:54*
		51-Eileen McGowan	2:28:41	77-Steve Starkweather	2:05:29
		52-Ron Peck	2:07:50	78-Gregor Weiss	2:05:43
		53-Richard Greenwald	1:59:16	79-Paul Naylor	2:14:52
		54-Carroll O'Conner/NCS	2:29:21*	80-Fred Schwarzer	2:06:22
		55-Arnold Knepper	2:19:27*	81-Lee Damron	2:06:59
		56-Tim Hicks	2:09:01	82-C. Bannan	2:07:27
		57-Joe Maher	2:00:11	83-Jeff Houston	2:07:47
		58-W.D. Frank	2:00:22	84-Jim McGowen	2:22:50*
		59-Raymond Caughron	2:10:02	85-Mark Lauer	2:17:09
		60-Dick Willets	2:16:53*	86-Barbara Carlson/NCS	2:38:15*



(Left) Early leaders at the Walnut Festival (left to right): Peanut Harms, Bill Seaver, Angelo Martinez and Mike Emry. /Marconi/
 (Center) Kevin Searls set a new record in the Boys 13-18 race with a 16:47 clocking. (Right) Mike Boitano won the "family race" over Dave Pratt with a 12:37 clocking. /Kevin Kirby Photos/

MARTINEZ OUTKICKS SEAVER TO WIN WALNUT FESTIVAL RUN: (Sept. 19, Walnut Creek) - Angelo Martinez, who has a habit of getting injuries before he's really in shape, certainly isn't injured this fall. Breaking away from everyone but Bill Seaver in the last few miles, Martinez opened up in the final half-mile to clinch a 6-second victory over WVTC's fast-improving runner. His 27:41 was only 18 seconds shy of Jim Nuccio's course mark, set last year in a solo victory. Angelo's "Aggie" teammates easily outscored an outmanned West Valley squad, 30-101. The masters race was just as exciting as the open competition. George Martin, who doesn't race all that often, succeeded in handing Ralph Bowles his first over-40 loss, 30:22 to 30:28. Ironically, the race was dedicated to Jim Shettler, and both Martin and Bowles erased his course standard (31:06) from the books. The mark had stood since 1973. Jim O'Neil got into the action with a superlative 31:18 to take the 50-and-over division without a challenge. Carolyn Tiernan had the race pretty much to herself, coasting to a 38:07 victory, far off the 35:11 time set by Phyllis O'rich in 1974. Kevin Searls won the Boys 13-18 race for the fourth straight year! He set a new mark of 16:47 in the process, pulling Rich Vasquez under the 17:13 record too. Mike Boitano and his sister Maryetta took one-three in the family run, but Bob, Mike & Carol wall tallied the least points (24), obtained by adding finish place of mother, father, and one child. Top finishers in all divisions are listed below, including the age-group girls races, conducted by Frank Sutton. There were 181 finishers in the big race. /MacCono/ (5.575 Mi.)

1-Angelo Martinez/AG	27:41	24-Mike Larson/Mt.Vaca	30:34	47-Gerald Werner	33:13	2-Janice Bain/CN	6:21
2-Bill Seaver/WVTC	27:47	25-Dave Mills/Chico	30:45	48-Tom Massey/WVJS	33:15	3-Andrea Cervantes/RG	6:40
3-Pete Sweeney/AG	28:03	26-Damon Wood/Cal	30:54	49-Ed Jerome	33:29	4-Amy Wulfling	7:00
4-Mike Emry/PMK	28:18	27-Mike Daugherty/AG	30:58	50-Corey Sterner/AG	33:31	5-Lisa Lee/RG	7:19
5-Randy Terraberry/Chico	28:32	28-Rich Chitwood/AG	31:04	51-Ted Wilson/KJ	33:32	***GIRLS 10-11*** (1.25 Mi.)	
6-John Sheehan/WVTC	28:41	29-Dan Anderson/WVTC	31:12	52-Jeff Simons/AG	33:33	1-Maria King/Arrow	6:40
7-Albert Lenichi/AG	28:54	30-Jim O'Neil/SFOC	31:18*	53-Robert LaRoque	33:34	2-Jeanne Fuller/Un	6:46
8-Peanut Harms/AG	28:58	31-Walt Schafer/Chico	31:19	54-Larry Washington/WVTC	34:16	3-Jenny Ray/Un	7:03
9-Grover Prowell/MercTC	29:00	32-Kevin Kirby/AG	31:24	55-Gil Tarin/WVJS	34:34*	4-Jackie Lewis/Arrow	7:10
10-Dennis Tracy/WVTC	29:09	33-Tim Swezey/PMK	31:33	56-Russ Montello	34:35	5-Hilary Bray/Arrow	7:19
11-John Leeper/AG	29:41	34-Gary Alderman/PMK	31:49	57-Gerald Flynn	34:37	***GIRLS 12-13*** (1 Mile)	
12-Mark Paine/AG	29:49	35-Lon Berquist/AG	31:55	58-Ken Napier/WVJS	34:38*	1-Stacie Denison/Un	5:56
13-Bryan Tracy/Marin	29:56	36-Ross Smith/WVJS	31:58*	59-Virgil Chavez	34:42	2-Deenna Pearson/BldCrk	6:02
14-Harry Ellis/AG-WVTC	30:01	37-Roger Bryan/TRAC	32:00*	60-Bryan Holmes/BC	34:43*	3-Mary Gaffield/Un	6:16
15-Clark Jeffrey/AG	30:06	38-Terry Hughes	32:11	***BOYS 13-18*** (3.345 Mi.)		4-Karen Morris/RG	6:25
16-Richard Smith/Chico	30:12	39-Charles Poutasse/AG	32:26	1-Kevin Searls	16:47	5-Kathy Ray/Okld	6:26
17-Mike Sweeney/AG	30:16	40-Geoffrey Adams/AG	32:30	2-Rich Vasquez	16:58	***GIRLS 14-17*** (2 Miles)	
18-Ken Scalmanini/PMK	30:18	41-Thomas Weir	32:53	3-Rob Fairly	17:18	1-Debbie Rudolf/Lassen	12:40
19-George Martin/AG	30:22*	42-William Light	33:00	4-Craig Corey/WVTC	18:16	2-Karen Nachbar/Orinda	12:59
20-Kevin Rudy/AG	30:24	43-Steven Barr/BC	33:02	5-Boyd Tarin/WVTC	18:21	3-Karen Foster/Lassen	15:01
21-R. Dressendorfer/Nitt	30:27	44-Robert Nelson/AG-WVTC	33:06	6-Stephen Cotten	18:31	4-Ladelle Treece/Lassen	15:47
22-Czermony Kaprys/AG	30:27	45-Dirk Rohloff/AG	33:12	***GIRLS 9/U*** (1 Mile)		5-Sue Uptegrove/Lassen	15:53
23-Ralph Bowles/WVJS	30:28*	46-Lloyd Sampson	33:12	1-Diane Rossman/Arrow	6:13		

JON ANDERSON MARK EVADES NUCCIO AT LAKE MERCED RUN: (Oct. 3, San Francisco) - Although he was never really challenged during the race (40-second victory), WVTC's Jim Nuccio was not quite fast enough to haul in Jon Anderson's 1972 mark of 34:25 at the Pamakid Lake Merced 7-Miler. The PA-AAU handbook lists the record as 34:36 by Bill Clark, but we believe that's in error. Bill Seaver, running all alone in second place (35:15) ran a very strong race also. Daryl Zapata made it 1-2-3 for the West Valley men, before Denis O'Halloran broke it up. WVTC's score was 28, to runnerup Pamakid's 103 and Excelsior's 137. The hosts did salvage the women's team award, besting Millbrae Lions and the NorCal Seniors TC. Ralph Bowles continued pushing towards his goal of winning the NCR Point Trophy this year by nipping Jim Shettler's old course mark by 6 seconds in 37:42. Ross Smith was a distant second at 38:46. Vicky Bray ran a very strong race to demolish her opposition in the women's division. However, she did not approach Joan Ulyot's 1975 record (42:29) with her 43:33. Peggy Lavelle was next at 47:48. Jeanie Kayser-Jones bested Carroll O'Conner for the women's masters trophy in the absense of Ruth Anderson. A whopping 315 finished this popular run. About a third of them are listed below and on the following page. /Pamakid Runners/

1-Jim Nuccio/WVTC	34:35	8-John Clary/TRAC	36:52	15-Ralph Bowles/WVJS	37:42*	22-Jake White	38:41
2-Bill Seaver/WVTC	35:15	9-Mike Conroy/ETC	37:00	16-Gary Goettelmann/WVTC	37:47	23-Ross Smith/WVJS	38:46*
3-Daryl Zapata/WVTC	36:03	10-Bill Spence/Un	37:13	17-Marc Lund/WVTC	37:48	24-Fred Fravens	38:48
4-Denis O'Halloran/Un	36:14	11-Clark Rosen/PMK	37:16	18-Rich Hornstra	38:04	25-David Muela/ETC	38:55
5-Pat Miller	36:16	12-Tim Chain	37:17	19-Bill Benz/WVTC	38:23	26-Ronald Kunst	39:03
6-Dennis Tracy/WVTC	36:19	13-Randy Selzer	37:31	20-Bob Darling/ETC	38:32	27-Tim Swezey/PMK	39:08
7-Bob Lange/CWTC	36:20	14-Ernie Rivas/PMK	37:36	21-Gary Alderman/PMK	38:38	28-Ulrich Kaempf/TRAC	39:15*

29-John Finch/NCS	39:25*	50-Bob Lualhati/NCS	41:40*	71-Gerald Flynn	43:54	92-Al Amador	45:37
30-Bob Myers/PMK	39:32	51-Tom Pierce/PMK	41:48*	72-Lorenzo Chambliss	43:59	93-Mark Scheur	45:42
31-Ken Napier/WVJS	39:55*	52-Don Capron	41:51	73-Bill Bugler	44:04	94-Tom Yackle	46:01
32-Edward Lee	40:10	53-Jim Nicholson/NCS	41:52*	74-William Lovelace	44:06	95-Don Lucero/WVTC	46:02*
33-Kees Tuinzing	40:13	54-George Green	42:13	75-Dennis Kilian	44:15	96-John Fritzen	46:11
34-Rick Rockwell/ETC	40:15	55-George Roach	42:16	76-Grady Wright	44:24	97-Tom Callendar	46:20
35-Greg Jewett	40:25	56-Keith Whittingslow	42:23	77-Don Elsner	44:27	98-Steve Dean	46:21
36-Ted Wilson/KJ	40:27	57-Ray Menzie/WVTC	42:34*	78-Joe Camisa	44:30	99-Rich Salinas	46:23
37-Mike Plummer	40:32	58-Dick Lamb	42:41	79-Tom Robinson	44:34	***WOMEN***	
38-Lloyd Sampson	40:40	59-Mike Wheeler	42:45	80-A.P. Stanbridge	44:35	68-Vicky Bray/SJC	43:33
39-Ed Jerome	40:49	60-Charles Albert	42:51	81-Sheldon Gersh/PMK	44:35	116-Peggy Lavelle/MLTC	47:48
40-Hoyt Walker	41:13	61-Gough Reinhardt/NCS	42:56*	82-Jon Mohr	44:36	120-Jeanie Kayser-Jones/PK	48:02*
41-William Smith	41:18	62-Lawrence Czewsta	43:00	83-Jim Allen/NCS	44:40*	123-Pat Whittingslow/PMK	48:11
42-Jason Moreno	41:20	63-Richard Cooper	43:05	84-William Flodberg/WVJS	44:53*	128-Maria King/WDS	48:41
43-George Ridout	41:21	64-Cliff Collins	43:12	85-Tom Masterson	44:57	143-Theresa Gilbreath	49:12
44-John Malarkey	41:22	65-Ralph Worthington	43:26	86-Rich Harley	45:02	149-Julie Ortiz	49:33
45-W.D. Frank	41:25	66-Daniel Seamount	43:30	87-James Jacobs/NCS	45:08*	164-Carroll O'Conner/NCS	50:22*
46-Keith Larsen	41:28	67-Adrian Wong	43:32	88-Flory Rodd/NCS	45:12*	165-Nancy Edelson/PMK	50:28
47-Bill Catanese	41:29	68-Vicky Bray/SJC	43:33	89-Jonathon Brown	45:17	168-Karen Scannell/PMK	50:38
48-David Black	41:32	69-David Kornek	43:49	90-Elmer Sanborn	45:25	169-Elizabeth Brown	50:41
49-Don Chaffee/ETC	41:35	70-Dave Larson	43:50	91-Raoul Kennedy	45:30	170-Sally Edwards	50:43



(Left) Start of the Berkeley Waterfront Run... winner Ron Zarate behind right shoulder of leader. (Right) Kathy Himmelberger--1st woman. /Engle/



ZARATE & HIMMELBERGER WIN BY BIG MARGINS AT BERKELEY WATERFRONT RUN: (Oct. 9, Berkeley) - Ron Zarate came down from Reno to make a run for some of the merchandise awards given by the sponsoring Athletic Dept. and Sierra Designs and came away the winner with a quick 24:46.2. Although 23 seconds off of Jim Nucio's 1975 course mark, it was sufficient to best runnerup Bill Clark by about an eighth of a mile. Recent newcomer to the area, Pat Miller, was only two seconds back of Clark in third. Pat hails from the Los Angeles area and will be living in Berkeley for a few years going to school. Ralph Bowles continued to dominate the masters crowd with a great 26:44 time. This crushed the late Jim Shettler's 1975 standard by 37 seconds! Ulrich Kaempf, second in this division, only missed the old record by six seconds. Kathy Himmelberger dashed to a two-minute plus victory over Julie Ortiz to grab a top merchandise award. Pat Whittingslow ducked in for third, just three seconds back of Julie. Perfect conditions prevailed for the duration of the 5.09 mile race, as 60-degree temperatures and overcast skies ensured a pleasant run for the 328 finishers. Below are listed the top third of the finishing field. /Ron Wayne/

1-Ron Zarate	24:46	28-Terry Casey/ETC	27:38	55-John Armstrong	29:34*	82-Alan French	31:14
2-Bill Clark/WVTC	25:22	29-David Sjostedt	27:46	56-Ed Jerome	29:35	83-Bill Turrentine	31:17
3-Pat Miller	25:24	30-Roger Bryan/TRAC	27:47*	57-Mike Huwaldt	29:36	84-Larry Arata	31:18
4-Dennis Tracy/WVTC	25:37	31-Vic Cary	27:54	58-Jeffrey Blum	29:39	85-Bruce Maxwell	31:19
5-Mike Niemiec/WVTC	25:39	32-Gary Krauss	28:02	59-Charles Albert	29:43	86-Jon Mohr	31:25
6-Mark Proteau/NVRC	25:43	33-Larry Washington/WVTC	28:05	60-Mike O'Donnell	29:50	87-Steve Wong	31:32
7-Ted Quintana/WVTC	25:44	34-Jim Holben/WVTC	28:07	61-Larry Czelusta	29:56	88-Jeffrey Rogers	31:33
8-John Clary/TRAC	25:46	35-Kerry Kilgore/SUND	28:09	62-Albino Amador	29:58	89-Kathy Himmelberger/WV	31:34
9-Dave Himmelberger/WVTC	25:54	36-Paul Holmes/BC	28:10*	63-Ray Menzie/WVTC	30:00*	90-Jerry Conedera	31:38
10-Ron Wayne/WVTC	26:18	37-Lloyd Sampson	28:19	64-Jim Clapp	30:08	91-T. Callander	31:39
11-Bill Spence/Un	26:20	38-Ted Wilson/KJ	28:21	65-Bill Lovelace	30:09	92-Stephen Waller	31:40
12-Bruce Degen/MH	26:25	39-Bob Woodward	28:24	66-Glen Harada	30:10	93-Jim Allen/NCS	31:41*
13-Ralph Bowles/WVJS	26:44*	40-Greg Bachand	28:32	67-Jeff Houston	30:12	94-Gordon Phillips	31:44
14-Jake White	26:48	41-Doug Geribald	28:35	68-Gerald Flynn	30:25	95-William Roach	31:46
15-Bennie Jordan	26:50	42-Bruce Carradine	28:40*	69-Mike Kinnicutt	30:27	96-Dick Atten	31:48
16-Ray Bonner/TSRC	26:52	43-Ray Corona	28:52	70-Tom Robinson	30:32	97-Michael Griffith	31:56
17-Kent Guthrie/WVJS	27:00	44-Rick Rockwell/ETC	28:53	71-Thomas Edwards	30:34	98-S. Kowalceyk	31:58
18-Jeff Zimmerman	27:02	45-George Roach	29:00	72-Marvin Pettay	30:35	99-Geoffrey Hill	32:00
19-David Muela/ETC	27:04	46-Dana Burall/Un	29:02	73-Eric Hartman	30:37	***WOMEN***	
20-Tom Castro	27:05	47-David Black	29:08	74-Ron Nemeth	30:38	89-Kathy Himmelberger/WV	31:34
21-Dick Ratliffe	27:11	48-David Brown/WVTC	29:13	75-Warren Moorman	30:40*	151-Julie Ortiz	33:42
22-Doug Rennie	27:20	49-Mike Wheeler	29:14	76-Jeff Vines	30:58	153-Pat Whittingslow/PMK	33:45
23-Don Swanson	27:22	50-Mike Healy/WVJS	29:16*	77-Richard Austin	30:59	167-Francis St. John	34:03
24-Dennis Krol	27:23	51-Donand McDonald	29:23*	78-Harold Rosen	31:01	190-Kathy Maloney	35:21
25-Ray Orwig/WVTC	27:25	52-David Moon	29:25	79-Bill Robbins	31:06	193-Moira Casey	35:39
26-Ulrich Kaempf/TRAC	27:27*	53-Jerry Jimenez	29:27	80-Stan Fink	31:07	197-Tina Chee	36:06
27-Bob Myers/PMK	27:29	54-Jack Jamieson	29:33*	81-Richard Keene	31:13	201-Joan Dryer	36:28

ROUTH, STERN AND FURTADO WIN BY LARGE MARGINS AT GARLAND RANCH RUN: (Oct. 10, Carmel Valley) - WVTC's southern annex put together a very scenic and challenging course over 6.92 miles of trails in the Garland Ranch Regional Park. The turnout was about as large as expected (87 finishers), however, the divisional winners kind of walked off with their honors rather easily. John Routh of the Woodside Striders took a 50-second victory over Tad Woliczko of the Pamakids and Santa Cruz. John's 5:44/mile average attests to the fact that the course is challenging. Third was Greg Haney, just over two-minutes behind the winner, and top dog in the high school division. Dave Stern served notice that he will be a major factor in the masters scene as he grabbed fourth overall, only a couple of strides out of third. Just as impressive was Sharon Furtado, who runs for West Valley College on days when she doesn't run for WVTC. Her sixteenth position overall (just behind the second master, Bob Lytle) and 46:42 time shows why she's considered one of the top hill runners in the area. Her nearest challenge came from Barbara Wangoe who was over twelve minutes back. Other divisional winners were Marge Kohler (1:19:13), first woman over forty, and Rosemary Vasquez (13/Under). /Goettelmann & Marquard/

1-John Routh, Jr./WDS	39:38	10-Robert Wellck/MPAC	44:55	19-John Brazinsky/Un	47:48	28-Paul Naylor/Un	49:05
2-Tad Woliczko/PMK	40:28	11-Bruce Campbell/Un	45:38	20-Jay Cook/Un	47:49	29-Doug Evans/Un	49:07
3-Greg Haney/Un	41:44	12-Steve Rice/Un	45:52	21-Mike Kimberling/MVS	47:50	30-Franz Brazil/Un	49:46
4-Dave Stern/WVTC	41:46*	13-Rickey Gaches/Un	46:09	22-Gary Upham/Un	48:01	31-George Vasquez/Un	50:04
5-Charles Schwarz/Un	43:30	14-John Houlette/Tokyo	46:22	23-Richard Bawcom/RRC	48:20*	***WOMEN***	
6-John Lavigne/Un	43:57	15-Bob Lytle/TRAC	46:31*	24-Michael Baxter/MtryHS	48:31	16-Sharon Furtado/WVTC	46:42
7-Ben Sawyer/Soquel RC	44:06	16-Sharon Furtado/WVTC	46:42	25-John McCrillis/TRAC	48:49	64-Barbara Wangoe/Un	59:05
8-William Reinhart/Un	44:17	17-Bob Hertan/WVTC	47:13	26-Jeff Tolhurst/York	48:50	71-Marsha Elam/Un	63:22
9-Michael Deis/MtryHS	44:36	18-Don Dugdale/Un	47:26	27-Elmer Sandborn/Un	49:02	74-Marty Wellck/MPAC	64:23

MAXWELL SCARES LOWRY MARK AT BERKELEY-MORAGA: (Oct. 17, Berkeley) - Canadian Brian Maxwell, assistant cross-country coach at UC Berkeley, put a scare into Byron Lowry's long standing (1970) course mark of 1:10:25 with what is believed to be the second fastest time ever (1:10:54) over this challenging up-and-down course. Although temperatures got rather warmish towards the last half of the run, Maxwell didn't seem to be bothered by it. He finished over a quarter-mile ahead of Excelsior's NCRR "point leader", Jan Sershen, who notched a good 1:12:20 time himself. Denis O'Halloran, recent Ocean-to-Bay Marathon victory, picked up the third spot. Ralph Bowles scored a similar margin of victory over Ulrich Kaempf, 1:18:50 to 1:20:11, with division-II runner, Jim O'Neil, picking up third in a fine 1:21:12. Ralph missed Ross Smith's 1973 time of 1:17:46 by a bit more than a minute. Sharon Furtado was the only one who managed to take in a course mark with her 1:26:45, just 13 seconds better than Kathy Rankin turned last year. Her time averages out to 6:14 per mile! Considering the difficulty of the course, that's a super-fast average per mile. The first five miles or so is all uphill...not steep, but always up! Joan Ulyot, just back from Germany and the International Women's Marathon, where she did a 3:01+, took runnerup spot with a not-so-bad 1:34:07...only two weeks following her 26-miler. Much-improved Jeanie Kayser-Jones (must be the married life, right Jeanie?!) nailed down the next position in a fine 1:37:15, as she was also the first in the over-40 women's category. Another newly-wed, Karen Bessey-Diekmeyer, also dipped under 1:40 with a 1:39:50. A huge crowd of 351 made it to the finishline at St. Mary's College in Moraga, after winding over the Berkeley hills from the Claremont Hotel. Only real complaint I heard was the obvious lack of water stops...like none?! /Charles MacMahon/

1-Brian Maxwell/Canada	70:54	36-Valmore LaPierce	84:04	71-Orin Davis	88:42
2-Jan Sershen/ETC	72:20	37-Guy Ealey	84:11	72-Tom Mota	88:54
3-Denis O'Halloran/Un	72:58	38-Hashim Bashineddin	84:11	73-Bill Rupley	89:17
4-Patrick Miller	74:04	39-Michael Duncan/WVTC	84:47	74-Ted Fuller	89:23
5-Gene Fitzgerald/PMK	74:58	40-Leonard Berman	84:53	75-Lorenzo Chambliss	89:24
6-Bob Cooper/WDS	75:12	41-Jim Nicholson/NCS	84:58*	76-Joe Domek	89:25
7-Mark Proteau/NVRC	75:53	42-Norm Boyd	84:58	77-Warren Moorman	89:26*
8-Paul Thompson	75:56	43-Lloyd Sampson	85:16	78-Jack Ball	89:49
9-David Fuller	76:12	44-Larry Lawson	85:20	79-Dave Larsen	89:50
10-Keith Kruse	77:04	45-Joel Caldwell	85:25	80-Jim Allen/NCS	89:52*
11-Bob Woodliff/WVJS	77:23	46-Doug Garibaldi	85:32	81-Alan Chesterman	89:56
12-Clark Rosen/PMK	77:23	47-Cliff Stuart	85:41	82-Bill Lovelace	89:57
13-Greg Jewett	78:41	48-Paul Holmes/BC	85:54*	83-Charles Cauldwell	90:00
14-Ralph Bowles/WVJS	78:50*	49-Steve Lloyd	86:00	84-Edward Greub	90:02*
15-Fred Frauens	78:56	50-Keith Whittingslow	86:05	85-John Soubier	90:09*
16-Dick Ratliff	79:22	51-Dana Burall/Un	86:09	86-Myron Nevaumont	90:30
17-Ronald Kunst	79:43	52-Jack Eva	86:10	87-Mike Trainor	90:32
18-Tim O'Halloran	80:06	53-Mike Wheeler	86:25	88-Vikram Gosain	90:35
19-Ulrich Kaempf/TRAC	80:11*	54-Marvin Winer/WVTC	86:25	89-Fred Arndt	90:55
20-Brian Bonner	80:26	55-Ed Lee	86:36	90-Jonathan Fink	91:16
21-John Notch/WVTC	80:40	56-Francis Mason	86:41	91-David Eck	91:33
22-Roger Bryan/TRAC	80:59*	57-Bob Wandro	86:44	92-Harnsberger	91:34
23-Tim Nikcevik	81:02	58-Sharon Furtado/WVTC	86:45	93-Thomas Palmer	91:38
24-Dennis Kroll	81:10	59-Hoyt Walker	86:47	94-Pete Mattei/NCS	91:44*
25-Jim O'Neil/SFOC	81:12*	60-Dwight Hendrix	86:54	95-James Jacobs/NCS	91:52*
26-Gene Schaumberg	81:14	61-Don MacDonald	86:59*	***WOMEN***	
27-Ted Wilson/KJ	81:52	62-Richard Emmons	87:10*	58-Sharon Furtado/WVTC	86:45
28-Dave Muela/ETC	82:37	63-Randy Hansen	87:12	124-Joan Ulyot/WVTC	94:07
29-Raymon Juncosa	82:38	64-Bill Kirchmier/NCS	87:17	143-Jeanie Kayser-Jones/PK97:15*	
30-Roland Watson/WVTC	82:52	65-Thomas Boyle	87:20	170-Karen Diekmeyer/SUND	99:50
31-Santos Reynaga/WVTC	83:24	66-Mike Stubblefield	87:33	183-Caron Schaumberg	101:22
32-Peter Wood/NCS	83:46*	67-Bob Ernst	87:46	200-Pat Whittingslow/PMK	103:05
33-Bob Anderson	83:51	68-Dieter Diekmeyer/SUND	87:56*	220-Julie Ortiz	105:19
34-Tom Linne	83:54	69-Charles Keck	87:57	222-Gail Gustafson	105:31
35-Eric Nelson	83:56	70-Clyde Helms	88:28	229-Carroll O'Conner/NCS	106:50*

**Note: - Made a mistake above...turns out Roger Bryan was the third masters runner in this race with a great 1:20:59. We'll have to change the NCRR point totals next time to reflect this too. The results sheet didn't have him indicated as a master and I just now caught it.

LATE GNUS

Still no results for the Dipsea, Dammit, and Lake Wildwood runs in late August and early September. If anyone has them, please send us a copy if you receive them before the end of November. We really don't expect the Dipsea results

until sometime next summer, but we can dream? Quick flashes of some various results: - Jan Sershen (2:26) and Penny DeMoss (3:02) took the Sonoma Marathon. Jim Nuccio, Wolfgang Schmulewicz and Gary Blume tied for first at the Excelsior West End Run and Sharon Furtado was top woman.

AD: - Contact Dennis Tracy if you want to sell or buy a home in So. Alameda Co. (Okld. to Fremont & Livermore)...Better Homes Realty (B) 783-5800; (H) 538-7573.



(Left) Start of the Garland Ranch Run. (Above) Sharon Furtado at Garland Ranch Run, leading Bob Malain (DNF?). /O'Rourke/ (Above) Brian Maxwell on way to Berkeley-Moraga win. /Marconi/

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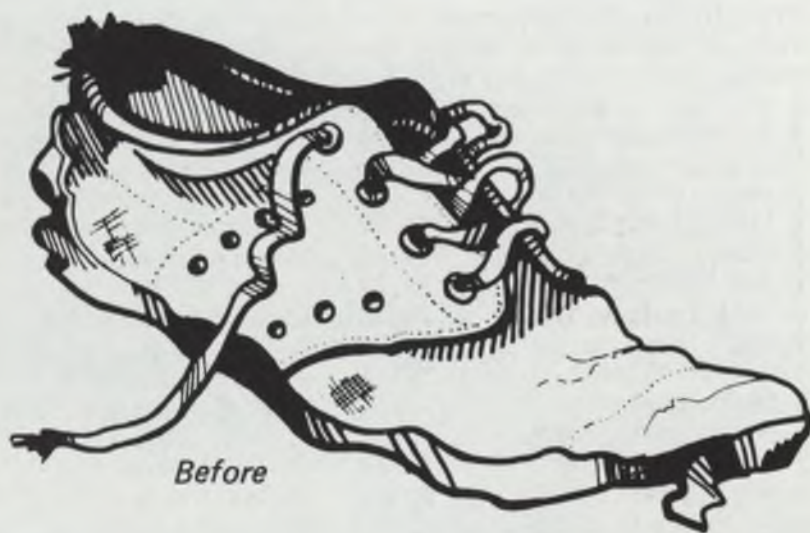
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