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UP FRONT

A large group of local runners competed in the recent Honolulu Marathon, including: (left to right) Dr. Forrest "Tim" Smith, Dr. Joan Willyot, and Pax Beale. They are all deeply involved with the "Total Health Medical Center", a non-profit organization comprised of two clinics: (1) A Sports Clinic for athletic injuries, and (2) a Fitness Evaluation Clinic.

WINTER 1977-78 (No.69)

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Staff

EDITOR: Jack Leydig
PUBLISHER: DeMoss Designs
CIRCULATION MGR.: Mark Greenough
FEATURE EDITOR: Len Wallach
MEDICAL ADVICE: Harry Hlavac, DPM
PREP EDITOR: Keith Conning

PHOTO EDITOR: John Marconi
ARTIST: Penny DeMoss
AD MANAGER: Judy Leydig
PROD. MGR.: Harold DeMoss
RESULTS: Penny DeMoss
LDR RANKINGS: Art Dudley

STAFF WRITERS: Bill Clark, Harry Hlavac, Jack Leydig, Jack Wiley, Keith Conning, Doug Rennie, Harry Cross, Dan Hintz, Bill Reinka, Richard Doty, Celeste Scanlon, Len Wallach, Jim Nuccio, Tim Smith, John Weidinger, Dave Martin.

PRODUCTION & MAILING: John, Jeannette & Yvette Cotte, Santos Reynaga, Tom Dooley, Wayne Glusker, Bob Henderson, Marc Lund, Doreen Schramm, Ray Hossler, Jack & Judy Leydig, Joe Green, Dave Shrock, Alvaro Mejia, Luis Torres, Ken Paul, Mike Niemiec, Mike & Brigitte Duncan, Molly Newlon.

CONTRIBUTING PHOTOGRAPHERS: Kevin Kirby, Lorraine Rorke, Lari Bader, Dennis O'Rorke, Dave Stock, Wayne Glusker, Jim Hume, Jeff Searls, Jeff Zimmerman, Jim Engle, Keith Conning, John Marconi, Len Wallach, Lois Gowen, Don Melandry, Mike Fenner, John Shereta, Mike Brown.

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DEALERS: If you wish to carry the NCRr in your place of business, or simply wish to make some extra dollars for yourself or your club, you can save 40% by ordering as few as 5 copies per mailing. Please inquire at above address for more info.

AGENTS: Anyone can become a 'salesman' for the NCRr, and it does not require any 'direct approach sales'. You may simply distribute our subscription blanks at races, clinics, etc., & get a \$1.00 commission for each new subscription we receive with your name or 'agent number' on it (we mail commission checks every few months, not with each subscription received).

FREQUENCY: The NCRr is published 6 times a year with a guaranteed minimum of 40 pages per issue.

CIRCULATION: The NCRr guarantees an average circulation of 7500-8000 copies/issue during 1978. This consists of paid subscriptions, newsstand & specialty shop sales, and free samples. Please support us by taking out a new subscription!

UNPAID STAFF: All help is volunteer; profits to travel funds.

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EDITOR'S MESSAGE

● CHANGES! - We hope you like the 'new look' of the NCRr! Beginning with this issue we will be printing 8000 copies! We have gone to a new printer and a web-offset press, which uses rolls of paper, rather than sheets. The press is very fast and runs about 40,000 copies per hour at full speed, so we are forced to go with a very high minimum number of copies because of this. The cost per copy is substantially less, but the total investment each issue is substantially more...so, we are going to be giving away a lot of free copies for a couple of issues until our paid circulation picks up. We are also setting up a "Salesman Program" whereby you can earn a dollar on each new subscription that you solicit. This does not require approaching a prospective subscriber (although it can)...all you have to do is request 'agent information' by writing the above address and we'll get you started. All you need to do is pass out NCRr subscription blanks to your classmates, at meets (to athletes and spectators), at clinics, by mail...any way you wish! We will keep track of those blanks that are returned (even when only a free sample copy is requested...we will return that blank so it may be used in subscribing). We assign you a 'number' to put at the bottom of each blank that we send you (or you can stamp your name if you wish), and our subscription department will issue you a check every few months for those new subscriptions attributable to you. Or...you may wish to become a 'dealer' and get 40% discount on NCRr by ordering a minimum of 5 copies per issue for a year. Dealers may also earn a 10% commission on new subscriptions. Write us for complete details.

● WE NEED SUBSCRIPTIONS: - In order for us to keep our circulation high, we must have a large increase in paid subscriptions, either individual subscriptions or 'dealer' subscriptions. So if you like what you see in this issue, please send us a check right away, or we may be forced to curtail our efforts (which include plans for a 4-color cover by year's end) by mid-year. Our goal is 4000 paid subscribers by mid-year. Help us make the NCRr a better magazine by subscribing today!

● TO OUR SUBSCRIBERS: - You may have noted that your expiration date (on address label) has been advanced by two months, or the equivalent of one issue. Also, those of you who had an 'issue-number notation' for an expiration indicator should now have a month-year indicator. You'll note the cover indicates "Winter 1977-78", which means Nov. thru Feb. Next issue will be March/April. We did this to make our issues look 'more current' on newsstands, etc., but gave everyone an extra issue so we wouldn't be cheating you.

● DROPPING "CLUB NEWS" & "WEST VALLEY PORTRAIT": - In order to make the NCRr completely 'non-WVTC oriented', we've dropped these two items and will have our own bi-monthly newsletter as well as the NCRr for club members.

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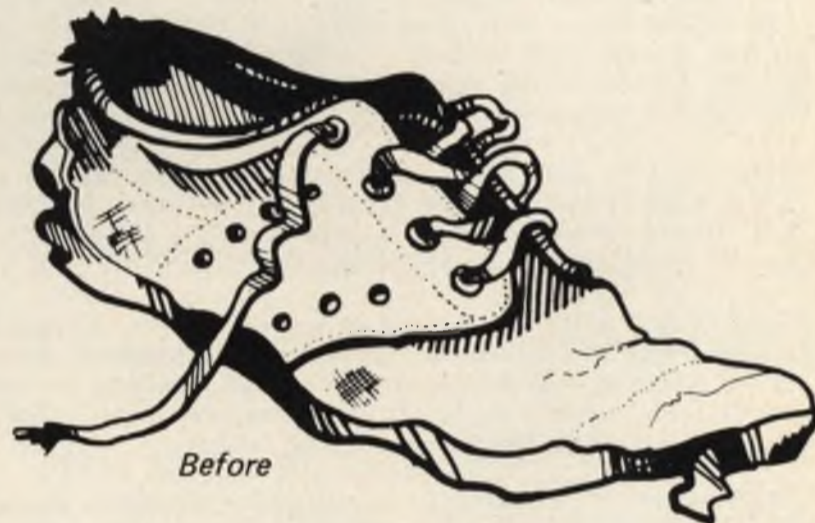
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WORD SEARCH

In last issue we indicated that we'd like to see an occasional alternative to our traditional "Photo Quiz". One of our readers, Paul Brewer, who runs for Leigh High School in San Jose, submitted the following puzzle for all you out there who follow high school cross-country. Deadline for the contest is Feb. 15 (postmark).

FIND THE TOP NOR-CAL HIGH SCHOOL DISTANCE RUNNERS in the puzzle below (male & female). Hints: There are at least 20; all answers can be found in the "Prep Ramblings" section of last issue. Hidden names can go in any direction (up, down, across, diagonally, left-to-right or vice versa), but must form a straight line. A free year's subscription to NCCR to whomever guesses the most (there will be a drawing to determine the winner in case of ties); a lifetime subscription to anyone who picks them all (earliest postmark wins in this case if there are ties).

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L K U E G O A B M G D J E H
A L N Y S B B L E V P Y R H
D G X A R R P S I R C F O C
A E R E I U G I M O R A G O
Y T P D L H M A D K C Y U H

LAST MONTH The correct answer to last issue's photo quiz was Doug Rustad, who was nationally ranked in the 10,000 (or 6 mile?) in the 1960's. Doug currently is living in Santa Rosa, which may explain why the winner lives in the same town...Glenn McCarthy also guessed the race as Searsville Lake and so he comes out with a two-year renewal. There were two other correct guesses, and one of those also named the correct race (Glenn won by a drawing between the three correct guesses).

Sorry for the poor quality of the photo, but perhaps that made it a bit harder. Actually the photo was ok, but the negative accidentally got flipped over with the emulsion side in the wrong position, causing a very dark print.

We got five other incorrect guesses: Ron Larrieu, Bill Clark, Jim Dare, Rich Delgado, and Walt Stack(?). The first two were good tries (they noted a receding hairline!).

SUGGESTIONS We're open to other ideas! Please feel free to submit any type of quiz, puzzle, photo, etc. We don't have anything for next issue yet!

THIS & THAT

● PEOPLE NEWS: - Dave Hull, former College of San Mateo distance runner, is now attending the University of Montana. --- Long-time distance runner Skip Houk is teaming up with Silver State Marathon Director Steve Dow and opening up a franchise store of the nationwide ATHLETE'S FOOT chain in Reno. Hope our Reno subscribers will support them. --- NCCR's "running podiatrist", Harry Hlavac, put his best foot forward on Dec. 31st when he and Connie Kim were married. We're sure that Harry will soon find out that four feet are better than two! --- Pleasant Hill High School track coach, Bob McGuire, has been named Women's Head Track Coach at Hayward State, replacing De Sciaraffa, who resigned to work on her doctorate. --- Jim Santos, Hayward State's Head Track Coach, underwent serious heart surgery recently and has been ordered by his doctors to stay out of coaching for at least a year. Assistant Coach Don Chu has been appointed interim Head Coach, and Marcel Hetu (former coach at Logan High in Union City) becomes distance coach. --- Vince Reel & Steve Wennerstrom have joined forces to publish Women's Track World, beginning in January at a cost of \$10 per year. It replaces the defunct Women's Track & Field World and can be ordered by writing: Women's Track World, Box 886, Mentone, CA 92359.

NCCR Retail Outlets

If you don't wish to subscribe and live near one of the following stores or individuals, why not stop and get the latest issue? Any stores near you that'd like to carry NCCR?

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● RACE INFORMATION: - The Bidwell Classic Marathon in Chico on March 4th will also be the 1978 PA-AAU Marathon Championships (all divisions). --- The popular Trinidad Beach Run near Eureka will be held on Feb. 4th this year...the date was not specified in the LDR Handbook. --- The two Bonne Bell Mini-Marathons that are to be held in California will be run on consecutive weekends...the first being held in Golden Gate Park (San Francisco) on Jan. 29, under the directorship of Penny DeMoss, PA-AAU Women's LDR Chairperson, and the second being held in Los Angeles the following weekend (Feb. 5th), under the capable leadership of Jacqueline Hansen-Sturak. The second race will also be the National AAU's 10-Kilo Road Championships for women. See scheduling section of this issue for more information. --- Atlanta, Georgia, will be the site of the 1978 Women's International Marathon on March 19th. See scheduling section for contact information. The first finisher at this year's West Valley Marathon (PA-AAU registered) will get a paid trip to this prestigious race via funds from the Women's LDR Committee (let's buy those leftover Dipsea Tanktops and put some more funds into the program!). --- The Buffalo Stampede &



Two of the NCCR's regular contributing photographers: (left) Dennis O'Rorke & (right) Jim Engle. /Don Chaffee Photo/

PA-AAU 50-Kilo have been moved from March 19 to April 2 at U.C. Davis. --- Entry blanks for the April 9 Golden Gate Park Runs will be ready around the end of January. To date a total of 510 Germans have signed up for the trip to California, and more are expected. We expect a very large entry field and may be forced to limit the field to pre-entries only. It will be acceptable (probably) to send in your entry blank without the fee and pay on raceday when picking up your race number. Entry forms will be enclosed in the next NCCR, but if you don't want to wait until early March to get yours, send a self-addressed, stamped envelope to the NCCR...otherwise, no reply will be given. The entry fee is a low \$1.00, so we cannot afford to be mailing out entry blanks too! **NEEDED**--a list of people who'd be willing to serve as hosts, translators, etc., for our German running friends. They already have accommodations at a hotel in San Francisco, but anyone speaking some German is encouraged to contact your editor. If you're not going to run the race, we can put you to work at our bi-lingual registration desk. Let's have a good turnout for our European friends.

● **THE CHRISTMAS RELAYS IN RETROSPECT:** - Someone had to be on our side when the rainy skies cleared shortly after the start of the run at Santa Cruz. A record of approximately 250 teams (7 runners each) entered this year! We had hoped to split the total into two fairly equal groups, but large numbers of teams chose to 'cheat' and enter the slow heat, when in fact they should have entered the fast heat, which started an hour later. This caused nearly three-fourths of the teams to start at 9 am, and was also responsible for the late start, brought on when we ran out of numbers for the 'slow' heat and hastily made more on the spot. Some of the supposedly 'slow' teams averaged under 6 minutes per mile, when the early starters were supposed to average slower than 7 minutes per mile in those specific divisions that were split into two starting times. While the traffic situation didn't appear to be quite as bad this year, there were still many instances of inconsiderate spectators and runners who wandered aimlessly out onto the highway, oblivious to everything that was going on around them. Because of these and other problems, our organizing committee is going to seriously evaluate the prospects of continuing the Relays on the Coast Hiway in future years. It just may turn out that 1977 was the final year at that location...we'll keep you posted on developments.



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● **STANDARDIZED RACE RESULTS?:** - I don't know about our readership, but I have become rather upset in regards to an increasing number of rather meaningless results coming in from local AAU long distance races. This obviously doesn't refer to every race, but a fairly high percentage of race results leave much to be desired. Runners usually consider the results to be one of the most important aspects of any race. In some recent cases, meet directors have failed to even send results to competitors/finishers...this is unforgivable in anything other than a 'Fun Run' in my opinion. With just a little extra effort, directors can create very meaningful results and yet take up little space. If possible, results should be typed on larger sheets of paper and photo-reduced (like this page), or at the very least they should be laid out in two columns per page. This will save printing costs and possibly mailing costs in the larger races, and will also limit the amount of collating if there are several finish sheets. The NCCR has just mailed a notice to all local race directors (let us know if we missed you). It is basically a suggestion that local directors try to standardize their results on a voluntary basis...we hope our readers will encourage this sort of thing too. It is probably more important to us, however, because many times we have to pick out the top masters and women finishers for writeups and results...too many results don't even indicate sex, age, or division (if any). Results that list 'first initial and last name' are next to meaningless except to the runner whose result a given line represents. Whether divisions are noted or not, sex and age are very easy to note and should be a minimum...use a code for divisions to minimize space. Many results list hometown in place of club, which takes more room. Many club newsletter editors would much rather see 'club affiliation' on the results and not have to dig through their membership lists to verify questionable entries. So, following I have indicated a 'suggested format' for standardized LDR results...hope you can encourage race directors to follow this or a similar format. I would appreciate any comments from our readership. Remember, unless meet directors know your wishes, we won't get changes!

... 4M/57-Joe Blow/45/NCS 1:34:22(5) ... You'll note that this notation takes up very little room and has about all the information you could possibly want except a person's hometown. Explanation: "4M" means Joe Blow was 4th 'master' and 57th overall is noted after the slash. Joe's age is 45 and he competes for the NorCal Seniors (most clubs have abbreviated forms). He ran 1:34:22 with a handicap of 5 minutes (not all races have a handicap, obviously). Two columns in this format can easily fit on an 8-1/2 x 11 sheet!

● **SORRY!** - In last issue we had an omission in the Whiskeytown Relays results. SWEAT "A" was first overall, but they took the 16-29 Division first place. The first 'Open' team was WVJS (11th overall), composed of Craig Windham, Bob Blonder, Ernie Coublucq and Mike Gruber. (What does 'open' signify?)

● **AVENUE OF THE GIANTS MARATHON:** - We have received word that this race lost \$843 last year! Next year (1978) the entry fee will go to six dollars with no post entries and a possible limitation on the entry field (1500 we've heard). Entry blanks should be mailed to subscribers in next issue.

● **RELAY RECORD:** - Joli Sandoz, who is women's track coach at Humboldt State, claims that a team of 200 women set a new World Record for the 200 x 440-Yd. Relay (has it ever been run before at all?). On Nov. 20, the mixed team recorded an elapsed time of 5:10:46.8 (1:33/lap) at HSU's track. Fastest time was by Sue Grigsby at 65.0. Any challengers out there?



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● **COACH NEEDED:** - Anyone interested in a coaching position at Saratoga High School this track season should contact Glenn Harmatz at (408) 356-2225.

● **LOST & FOUND:** - Lost at the Christmas Relays--a "Zodiac" brand diving watch (ladies) with silver expansion band...anyone finding such a watch should call Kim Lingel-Bedell at 408/375-4786. Found at the same race--another wristwatch; send me a description and if the watch I found matches your description, it's yours! Call the editor at 415/341-3119.

● **JOG-A-THON FUND-RAISER:** - San Jose State is co-sponsoring a One-Hour Jog/Walk-a-Thon with any other willing individuals or clubs, groups, etc., in an attempt to raise funds to build track seating at Bud Winter Field. Participants will solicit sponsors that will pay a certain amount per lap completed in the allotted hour. But all billing/collection is done by San Jose State...all you do is have your sponsor fill out the amount on the proper form. The proceeds that you gather will be split evenly (between San Jose State and your group), with all the costs and services being provided by the university! In addition, you may qualify for prizes, based on the number of dollars you raise...ranging from T-shirts to trips to the 1980 Olympics in Moscow! If you or your group are interested in this easy way to make money, contact: Athletic Dept., San Jose State Univ., San Jose, CA 95192. The date is Feb. 18th, with times being staggered based on specific groups and types of runners...make-up dates are also arrangeable.

● **NATIONAL TRACK & FIELD COACHES CLINICS:** - This year two super-clinics will be held the same weekend (Jan. 20-21) at: (#1) Rickey's Hyatt House Hotel (Palo Alto), and (#2) Sheraton-Anaheim Motor Hotel (Anaheim). Pre-registration by Jan. 16th is \$30, or you may register at the door for \$37. This fee includes: admission to all clinic sessions & exhibits, door prize drawings, happy hour, coffee breaks, free parking, speakers' notes, and reduced rates at both hotels. Academic credits are also available for an additional fee. The speakers include such notables as: Olga Connolly, Tom Ecker, Dick Hill, Leo Long, Doc Marrin, Meridith Marrin, Kevin McNair, Steve Miller, Jim Ryun, Jim Santos, and Vern Wolfe. Since this issue will be mailed after the pre-registration deadline, you may register at the door only (beginning at 9:00 a.m., Friday the 20th).

NAME THAT RACE!

NAME THE BEST 5 AND THE WORST 5 LOCAL LDR EVENTS OF 1977

Runners are forever complaining about how poorly some races are conducted, but the good runs never seem to get much recognition, and few runners ever take the time to drop a note of thanks to the meet director. So here's your opportunity to give your favorite race a 'pat on the back'...AND we're also giving our readers a chance to 'point the finger' at those races which were sadly lacking during the past year. We will list the results in next issue...your nominees must be in the mail by Feb. 15th. *MAIL TO NCRR.*

RULES: - You must vote for 5 races in each category (best & worst) for your ballot to count...#1 indicates best (or worst), etc. We would also appreciate your listing on a separate sheet of paper, the reasons why you felt specific races were good or bad (although this is not necessary). We hope this will give the good races the credit they deserve, and at the same time alert the directors of the less desirable races that they had better shape up in the future or face smaller entry fields. Only one ballot per person.

<u>BEST RACES</u>	(PA-AAU Only)	<u>WORST RACES</u>
1. _____		1. _____
2. _____		2. _____
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

● **WOMEN'S BICENTENNIAL RUN FILM:** - The Jewish Community Center of San Francisco had a very successful all-women's run in November, and three film makers put together a short 8mm color movie of the Run and put a sound-track on it. This film is being shown at 7:30 pm on Feb. 15th at the Jewish Community Center at 3200 California St. in San Francisco. They are asking others who might have films or photos to bring them that night to share with others. For further information, contact Trudy Zimmerman at 415/346-6040.

● **NEW AREA CLUBS:** - We are omitting the "Club News" section from the NCRR and putting WVTC news in our own club newsletter beginning with this issue. Notes on other clubs will now be listed in this section. --- **WOMEN ON THE RUN CLUB:** Contact Mary Healy, 17 Elm Av., Kentfield, CA 94904 (Ph. 415/457-7809). **PITTSBURG STRIDERS:** Contact Donna Smith, 11 Meadow Brook Av., Pittsburg, CA 94565 (Ph. 415/432-2737). **FERNLEY TRACK CLUB:** Contact P.O. Box 363, Fernley, Nev. 89408 (Ph. 702/575-4244). **CLEAR LAKE ATHLETIC ASS'N:** Contact Lake County Chamber of Commerce, Lakeport, CA 95453 (Ph. 707/263-4975). **SILVER STATE STRIDERS TRACK CLUB:** Contact Gary Silverman, Sec., 601 Pyramid Way, Sparks, Nev., 89431. This club is not yet an official AAU organization, but is in the process of seeking PA-AAU affiliation.

● **PA-AAU MEET INSURANCE:** - Effective Jan. 1, 1978, the PA-AAU will have enforced blanket three-party liability insurance of \$500,000. This insurance does not cover athletes! For those clubs and organizations who are being required to provide a liability policy for some political sub-division for the use of the facilities, this should fill the requirement. The premium on the policy is being paid in part by an extra dollar that is being charged for individual AAU registrations in 1978. This move sets our district apart from any other in the United States that I am aware of, and shows why the Pacific AAU is probably the most progressive in the U.S., responding to the needs of it's member clubs quickly and efficiently. The extra buck per person is minor when compared to the extra fees that athletes would have to pay if each director were to try and get his own policy. This insurance only applies to AAU-Sanctioned meets...one very good reason why you should get your race sanctioned! For further information, contact the PA-AAU Office.

● **REGARDING AMATEUR STATUS:** - At the AAU Convention in October, Ollan Cassell stated that the IAAF has held that an athlete cannot be deprived of his/her living. If he runs a store, business, etc., it may bear his name. However, he cannot franchise his name for use by others. He may endorse products only if the product is a National sponsor of the Governing Body.



A.



B.



C.

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● **MASTERS NEWS:** - The National A.A.U. Masters Track & Field Committee reports that the following individuals were elected as officers of the Committee: Robert Fine, Chairman; Wendy Miller, Vice-Chairman; George Braceland, Sec.-Treasurer. --- **Merger with Masters LDR:** 58% of those that responded to the recent survey voted to have a merger of the two committees, and 36% voted to maintain two separate committees (the others voted to have Masters LDR returned to the Open LDR Committee). A proposed code change to have one "Masters Athletics" Committee was tabled until the next A.A.U. Convention. --- **World Veterans Athletic Ass'n:** The WVAA's constitution was approved, and the following were selected as the American representatives to the General Assembly: Irene Obera (Women's Track); Ruth Anderson (Women's LDR); Ron Kulick (Race Walking); Bob Boal (LDR); Wendy Miller (T&F); Bob Fine was already elected as the North American representative to the Executive Council. --- Both Masters Committees voted to have a mandatory two-year suspension for any athlete improperly competing in an older age group. To enforce this ruling, there must be cooperation on the part of all meet directors and clubs, even if the meets are not A.A.U. sanctioned. --- **National Rankings:** Tom Hoffman, 6150 - 148th Place, Flushing, N.Y. 11307, will be in charge of this. In order to make this program a success, Tom must have a large input of information. Please urge everyone to cooperate, and send meet results for 1977 to Tom, as well as having everyone send his or her individual best 1977 performances to him. --- **Future Programs:** There is a possibility of holding a North American Masters T&F Championships this year, and hopefully an official Pan-American Masters Championships will also be held. A US-Canada meet is also being planned, with one meet to be held in the West and one in the East each year. There will be a cross-country dual meet with Canada held this year.

● **RENTAL OF CHRONOMIX TIMER:** - As mentioned in the last issue, the PA-AAU LDRC has purchased a \$645 timing device which prints out places and times on a paper tape. It is available to meet directors of AAU-Sanctioned LDR events in the Pacific Ass'n. for a \$10/meet rental fee. Anyone else wishing to use the device can rent it for \$50, with AAU races having priority. First-come, first-served (reserve for your race with NCRR).

● **NATIONAL A.A.U. INDOOR STANDARDS:** - In this issue we will list the qualifying standards for the Indoor Championships in New York City (Feb. 24). Next time we'll list the outdoor qualifying marks. **WOMEN'S STANDARDS:** All marks must be made in (1) AAU Sanctioned Meets, (2) Collegiate Meets, or (3) High School competition (with more than 3 teams competing). Standards must be met between Dec. 1, 1977, and Feb. 19, 1978. Defending Champions must meet qualifying standards. Any electronic times submitted must be fully automatic. **MEN'S STANDARDS:** No specific requirements were listed on the listing we received, but we suspect that restrictions are the same as for women. We are not listing every distance for lack of space, but we are listing most of the standard events. Qualifying standards in some events may be sufficient for entering more than one event. We are listing hand-timing marks only (use the standard conversion of 0.24 for 220 yards and below, and 0.14 for anything above that distance). In addition, the women's standards list outdoor performances in some events (only indoor marks for men except for a few events where noted by an asterisk).

EVENTS	MEN		WOMEN	
	Indoor*		Indoor	Outdoor
50 Yds.	5.3		5.8	----
60 Yds.	6.2		6.8	----
70 Yds.	7.3		7.8	----
220 Yds.	----		25.0	24.6
440 Yds.	47.7*		56.2	55.2
600 Yds.	1:12.0		1:23.9	----
880 Yds.	(1:50.8) 1:49.8*		2:11.0	2:09.0
1000 Yds.	2:10.8		2:31.0	----
1500 Meters	----		4:30.0	4:25.0
One Mile	4:07.2		4:50.0	4:45.0
2-3 Miles	8:47.8/13:32.2		10:40.0	10:30.0
60 Yd. Hurdles	7.3		7.9	----
70 Yd. Hurdles	8.4		9.1	----
Mile Walk (Women)	----		8:20.0	----
Men's Walk (2 Mile?)	????		----	----
4 x 160 Yds. Relay (Women)	----		1:14.0	----
Medley Relay (Women, 880y)	????		1:50.0	----
Mile Relay (3:20.0)	3:14.0*		3:55.0	----
Two Mile Relay	7:44.4		----	----
Long Jump	24'3-3/4"		19'3"	----
High Jump	6'11"		5'8"	----
Shot Put	61'0"		(4Kg) 46'9"	----
			(8Lb) 48'9"	----
Triple Jump	51'0"		----	----
Pole Vault	16'10"		----	----
35-Lb. Weight Throw	60'4"		----	----
Pentathlon	----		3400 Pts.	3400 Pts.



Top NorCal Masters runners for 1977 (see next two pages) are Kent Guthrie and Ruth Anderson. /Dennis O'Rorke, Mike Fenner/

Long Distance Ratings

PA-AAU STANDINGS: (Compiled by Art Dudley) - Below and on the next page are listed the "LDR Rankings" for 1977, based on our 'point system', as described thusly: We rate three "divisions" currently, and your finish place counts in the ratings only if you score near the top (if you fall below the last place that we count, then it doesn't hurt your rating). In the "Open" Division, we go 10 deep, while we only count 6 placers in the "Masters" Division, and 4 placers for Women. You must reside in the PA-AAU District to count, even though it may be for only a portion of the total year. If a non-resident places in the top ten (open division), then 11th place actually counts as 10th, etc. We generally count all PA-AAU Sanctioned races and some others if participation is high and/or it's been advertised in the NCCR. We reserve the right not to count a race if there is very poor attendance (unless competition is very good) or poor competition. We generally count all PA-AAU Championships and any race of marathon length or longer. To determine a runner's rating: Take the average place (using only finishes in a 'counting' position) and divide it by the number of races run: a 1st, 3rd, & 6th = $(1+3+6)/3/3 = 1.111$. A list of races

that we didn't count: (Because of uncertain finish order, no results, unfair start, etc.): Los Altos Midnite Run, Dipsea, Bay-to-Breakers, Bridge-to-Bridge; (Small or non-competitive fields): Bidwell 3-Miler (Masters), Bidwell Half-Marathon (women), Mt. Diablo Disturbance, Spring Ridge 10-Miler (women), NorCal 3-Miler, Foothill 4 Mi. X-C (women), PA Sr. X-C (women), Almond Bowl 3-Miler, Golden Empire X-C; (Runners ran various distances) UAL 30-Kilo. *** This year was basically a runaway for the winners in all three divisions. Only Jim Nuccio's record of 0.080 (1975) held up under the onslaught. Brian Maxwell, who is featured in this issue's NorCal Portrait article, dipped under the magic 0.100 figure with 0.099, becoming only the second 'open' class runner to do so since the beginning of our rankings back in the early 1970's. Benton Hart, with seven wins and no defeats, nipped Bill Seaver, 0.143 to 0.148. Bill missed the last two months of racing in 1977 with a foot injury. Judy Leydig became the first woman to every go under 0.1 with a super 0.059 total. Surprising second-placer was Ruth Anderson, the only masters runner in the final ratings. She had a good battle with Penny DeMoss for the runnerup spot. Amazing Kent Guthrie amassed 28 wins to break Ross Smith's 1972 Masters record of 0.059 with a 0.037! Beardall & Bowles also broke 0.1.

OPEN (* = 2-way tie; # = 3-way tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. BRIAN MAXWELL/BASC (17)	11*	1	5	0	0	0	0	0	0	0	1.676	0.099
2. BENTON HART/WVTC (7)	7	0	0	0	0	0	0	0	0	0	1.000	0.143
3. BILL SEAVER/WVTC (18)	7	6	0	1	1	2	0	1	0	0	2.667	0.148
4. JIM NUCCIO/WVTC (8)	5*	2	1	0	0	0	0	0	0	0	1.563	0.195
5. BILL CLARK/WVTC (13)	5	2	1	3	0	1	0	1	0	0	2.923	0.225
6. PETE FLORES/AGRC (10)	2	3	2	0	3	0	0	0	0	0	2.900	0.290
7. JAN SERSHEN/ETC (14)	2	1	3	2	2	1*	3	0	0	0	4.179	0.298
8. Mike Pinocci/WVTC (6)	3	1	2	0	0	0	0	0	0	0	1.833	0.3056
9. Wayne Badgley/SUNC (7)	3	3	0	0	0	1	0	0	0	0	2.143	0.3061
10. Duncan Macdonald/WVTC (6)	2	3	0	0	1	0	0	0	0	0	2.167	0.361
11. Mark Proteau/AGRC (11)	1	2	2*#	1	3	1	1	0	0	0	4.045	0.368
12. Kent Guthrie/WVJS (17) (40+)	1	1	0	2	2	3	0	4	2	2	6.412	0.377
13. Roland Watson/WVTC (12)	1	0	2	3	2	1	1	1	1	0	4.917	0.410
14. Steve Palladino/CW (8)	0	3	1	1	2	1	0	0	0	0	3.625	0.453
15. Mike Niemiec/WVTC (11)	0	0	4	1	1	1	3	0	1	0	5.182	0.471
16. Darryl Beardall/TAM (10) (40+)	1	1	2	1	1	2	0	1	0	1	4.800	0.480
17. Bob Cooper/WDS (9) 0.494	28.	Paul Geis/TS (3)					0.667	39.	Tom O'Neil/BC (5)			0.800
18. Jim Bowles/WVTC (11) 0.496		Ted Quintana/WVTC (3)					0.667	40.	David Wood/CRC (4)			0.813
19. Pat Buzbee?? (5) 0.520	30.	Richard Stiller/WVJS (6)					0.694	41.	Boyd Tarin/WVTC (7)			0.816
Homer Latimer/Un (10) 0.520	31.	Mike Duncan/WVTC (8)					0.703		Dennis Tracy/WVTC (7)			0.816
21. Pete Hamilton/ETC (6) 0.528	32.	Jake White/WVJS (9)					0.716	43.	Hersh Jenkins/ER (6)			0.833
22. Steve Brooks/Un (7) 0.531	33.	Robert Deis/FSU (2)					0.750	44.	Ralph Bowles/WVJS (7) (40+)			0.837
Paul Burke/WVTC (7) 0.531		Russell Jones/Un (2)					0.750		Al Hernandez/WVTC (7)			0.837
24. Mike Plummer/WVTC (13) 0.533		Henry Perez/SUND (2)					0.750	46.	Chris Hamer/WVTC (5)			0.840
25. Ron Wayne/BASC (3) 0.556	36.	John Moreno/CW (5)					0.760	47.	Dave Boyet/AGRC (3)			0.889
26. Tom Laris/WVTC (10) 0.560	37.	Gary Goettelmann/WVTC (7)					0.765	48.	Daryl Zapata/WVTC (5)			0.920
27. Darren George/AIA (5) 0.640	38.	John Clary/WVJS (7)					0.796	49.	Ed Schelegle/AGRC (4)			0.938

MASTERS (* = 2-way tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. KENT GUTHRIE/WVJS (29)	28*	0	1	0	0	0	1.086	0.037
2. DARRYL BEARDALL/TAM (14)	12	2	0	0	0	0	1.143	0.082
3. RALPH BOWLES/WVJS (18)	10*	6	1	1	0	0	1.639	0.091
4. ULRICH KAEMPF/TRAC (20)	7	9	2	0	2	0	2.050	0.103
5. ROGER BRYAN/WVJS (25)	3	5	11	3	1	2	3.000	0.120
6. PAUL HOLMES/BC (22)	8	4	2	3	3	2	2.772	0.126
7. JEROME LEWIS/TRAC (15)	2	5	5	2	0	1	2.733	0.182
8. Bob Malain/BC (19) (50+)	4	2	3	5	1	4	3.474	0.183
9. Jim O'Neil/BC (11) (50+)	2	4	4	1	0	0	2.364	0.215
10. Ross Smith/WVJS (9)	1	6	1	0	1	0	2.333	0.259
11. Bryan Holmes/WVJS (12)	1	3	3	3	1	1	3.250	0.271
Ray Menzie/WVTC (12)	1	3	1	6	1	0	3.250	0.271
13. Myron Neuraumont/Un (13)	0	4	1	2	3	3	4.000	0.308
14. Bill Jensen/PMK (8)	0	4	2	2	0	0	2.750	0.344
15. Mike Healy/TAM (9)	1	2	2	1	3	0	3.333	0.370
16. Donald MacDonald/PMK (8)	1	2	3	1	0	1	3.000	0.375
17. Norm McAbee/PMK (7) 0.429								27. Ben Sawyer/SOQRC (5) 0.640
18. Bill Flodberg/WVJS (8) 0.438								28. Paul Weggenmann/PMK (3) 0.667
19. Carl Martin/WVJS (9) (50+) 0.469								29. Ken Paul/WVTC (5) 0.720
20. Joe Sloan?? (5) 0.560								30. Don Lucero/WVTC (6) (50+) 0.722
21. Bob Bourbeau/WVJS (4) 0.563								31. Michael Korbholz/?? (6) 0.778
22. Jim Nicholson/PMK (7) 0.592								32. Craig Roland/ER (5) 0.800
23. Ken Napier/WVJS (5) 0.600								Ted Wilson/Un (5) 0.800
24. Gough Reinhardt/LVRC (8) 0.609								34. James Jacobs/NCS (5) 0.880
25. Orin Dahl/Un (6) 0.639								35. Gordon Gane/LVRC (3) 0.889
Art Waggoner/BC (6) (50+) 0.639								36. Tom Pierce/PMK (5) 0.920



Judy Leydig set all-time women's record at 0.059 (women's results on next page). /Dennis O'Rourke/

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. JUDY LEYDIG/WVTC (26)	16	7	2	1	1.538	0.059
2. RUTH ANDERSON/NCS (40+) (17)	6	6*	3	2	2.088	0.123
3. PENNY DEMOSS/WVTC (15)	6	5	3	1	1.933	0.129
4. ROXANNE BIER/SJC (5)	5	0	0	0	1.000	0.200
5. MERILL CRAY/CRC (7)	5	1	1	0	1.429	0.204
6. CAROLYN TIERNAN/WVTC (12)	1	4	3	3	2.500	0.208
7. SALLY EDWARDS/OPHIR (6)	4	2	0	0	1.333	0.222
8. Gail Campbell/WVJS (11)	2	3	2	4	2.727	0.248
9. Teri Hagerty/SUND (7)	3	3	0	1	1.857	0.265
10. Peggy Lyman/WVTC (9)	3	1	3	2	2.444	0.272
11. Caron Schaumberg/ER (9)	2	2	3	2	2.556	0.284
12. Kathy Himmelberger/WVTC (8)	2	2	3	1	2.375	0.297
13. Marilyn Taylor/WVTC (8)	2	2	2	2	2.500	0.313
14. Skip Swannack/WDS (8)	1	4	0	3	2.625	0.328
15. Laurie Crisp/WVTC (3)	2	1	0	0	1.333	0.444
Joan Ulliot/WVTC (6)	1	2	1	2	2.667	0.444
17. Kathy Adams/CN (2)	2	0	0	0	1.000	0.500
Karen Nachbar/CN (2)	2	0	0	0	1.000	0.500
Nancy Pannell/?? (2)	2	0	0	0	1.000	0.500
Ann Wotherspoon/SJC (2)	2	0	0	0	1.000	0.500
21. Karen Diekmeyer/SUND (6)	0	1	3	2	3.167	0.528
22. Sharon Hehner-Furtado/WVTC(3)	1	2	0	0	1.667	0.556
23. Mary Gaffield/PMK (4)	0	3	1	0	2.250	0.563
Cheri Williams/SJC (4)	1	1	2	0	2.250	0.563
25. Vicky Bray/SJC (4)	0	2	2	0	2.500	0.625
Deena Pearson/SLVHS (4)	1	1	1	1	2.500	0.625
Kathy Sullivan/CRC (2)	2*	0	0	0	1.250	0.625
28. Pat Whittingslow/PMK (5)	0	1	2	2	3.200	0.640
29. Diane Williams/PBP (3)	1	1	1	0	2.000	0.667
30. Gail Gustafson/Un (5)	0	0	3	2	3.400	0.680
31. Elaine Miller/PMK (4)	0	2	0	2	3.000	0.750
Beckie Simmie/ER (4)	0	1	2	1	3.000	0.750
Ann Thrupp/Stanford (2)	1	1	0	0	1.500	0.750
34. Pat Cutler/TAM (3)	0	2	1	0	2.333	0.778
Stacey Kearns/PBP (3)	1	1	0	1	2.333	0.778
Irene Rudolf/WVTC (3)	0	2	1	0	2.333	0.778
37. Vicki Blankenship/PMK (4)	0	0	2	2	3.500	0.875
Kathy Way/?? (4)	0	1	0	3	3.500	0.875
39. Sue Schnell/SUND (3)	1	0	1	1	2.667	0.889
40. Sharon Yaninek/SJC (3)	0	1*	2	0	2.833	0.944

CLUB NEWS

Because the response by area clubs to this section has been somewhat less than encouraging, we've decided to drop the section completely. Any odds and ends that we normally put in the 'Club News' will now go under 'This & That'. Members of WVTC will get a separate 'club newsletter', usually mailed at about the same time as the NCCR, but not necessarily. It may come in between issues. But the first issue of 1978 will be out about the same time as this issue...if you don't have it yet, look for it within the next week. **IMPORTANT:** All WVTC members will receive a 'Dues Notice' with the newsletter, regardless of whether you've paid or not. If you've already paid, then disregard the notice, but if you haven't paid yet, be sure to wait for the notice, as there are some important questions to be answered when you mail in your money. Since WVTC members will now get a separate newsletter, we are also eliminating our 'West Valley Portrait' feature column. It will go into the newsletter too...maybe several per issue. This move will give us more room for other news of more general interest to the majority of our readers (only about 15-20% of our subscribers are WVTC members). Obviously this does not mean we will never feature a West Valley member in the 'NorCal Portrait' section; it only means that club members will not have a special column in the NorCal anymore. We hope this move will be in everyone's best interests. Club Members should note that this will be the last NCCR you will receive on your 1977 membership...no further issues will be mailed until 1978 dues are received in full. But please wait for the newsletter notice.

Advertising Rates

Our classifieds are only \$1.00 per line (column width is about 60 characters), with a 25% discount to race directors or recognized non-profit organizations. With a current circulation of 8000 copies, your notice will surely get through to a large portion of the local running community. Be sure to read our display ad in the Scheduling Section of this issue if you are a race director. You can mail your entry blanks to everyone on our mailing list for 1¢ each!! If you're interested in taking out an ad of any type in the next NCCR, contact us immediately (20% discount for one-year contracts): Judy Leydig, Advertising Mgr., NCCR, Box 1551, San Mateo, CA 94401.

ADVERTISING DEADLINE FOR NEXT ISSUE IS FEB. 15TH. Figure two weeks later if you want to have us mail inserts. If you're interested in getting entry blanks printed, call 415/941-8975.

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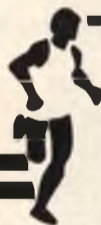
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HELP!

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FOR RATES SEE OPPOSITE PAGE...NO MINIMUMS...SPECIAL DISCOUNTS!

PRE! - Steve Prefontaine was probably the most popular athlete in U.S. track & field history. Before Pre's death in 1975, he excited countless fans with his fearless front-running. Tom Jordan has attempted to capture some of this excitement in his new book from *Track & Field News*. Through the words of Pre's competitors, fans, and friends, Prefontaine's running career is traced from his prep days at Marshfield High in Coos Bay to his last race in Eugene. The book is greatly enhanced by 65 photos which tell, in a way words cannot, of the unique character of Steve Prefontaine. The book is not a complete biography but rather a 'tribute to a magnificent athlete'. It captures the many sides to the personality of this extraordinary individual. Available from NCRR for \$4.50 (Calif. residents add 6% tax), plus 30¢ shipping charge. Paperbound, 128 pages, 6x9"

THE MAGIC BUS - Jack Leydig's travelling sporting goods store will be hitting the roadrace circuit with some regularity during the first three months of 1978. Besides selected DSE runs, look for his white (dirty grey?) VW Camper at: The Champagne Marathon, Bonne Bell Mini-Marathon, West Valley Marathon, Valentine Day Run (maybe), Martinez to Port Costa Run, Pamakid Lake Merced Relays, Marin Red Cross Run, Lake Merced Masters Race. If you want a specific pair of shoes (or other item) brought to a race, give me a call about 4-5 days in advance at 415/341-3119, or write to me, c/o NCRR.

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GUEST EDITORIAL

This month our Guest Editorial spot is occupied by Gerald L. Beagan, a 31-year-old running-writer who was formerly on the reporting staff of the Westerly Sun, a newspaper in a Rhode Island beachtown. Gerry recently packed his possessions in a little green van, and he, his wife, Paulette, and their infant daughter, Erin Melissa, headed to the promises of California. A 1975 journalism graduate of the University of Rhode Island, he spent four years in the US Navy as a signalman during the Vietnam War. After being in California for a few weeks, he ran the Mt. Madonna Challenge and the Autumn Ridge Run, a couple of the more hilly parts of our local running calendar. "I didn't believe it!; when Californians talk about hills, they really mean HILLS," the new emigrant commented. Welcome to California, Gerry, Paulette, and Erin Melissa. /Len Wallach/

"My first attempt at distance running came when I was 29 years old and the embarrassed carrier of an ever-expanding, soft, white belly. The growth had spread about my midsection, like a tumor, over nearly a dozen years of overindulgence in beer, wine, soft chairs, and televised sports.

The original purpose for donning suede basketball sneakers, sweatsuit, toque and mittens on a New England winter eve was entirely vain. I wanted to be able to appear on the beaches come June without risk of being ridiculed for my pasty rolls and unsightly bulges. I gave no thought to eliminating their cause.

For about a week I feebly trotted the distance from one telephone pole to the next, then walked to the next, then trotted to the next...and so on for about three miles. I was certain that the distance was much longer.

My dedication came to an abrupt halt, however, when a snowstorm clogged the roads and dampened my weak resolution to shape up. Without hesitation I turned on the television, slumped back in the easy chair, reached for a beer, then another, and so on... The white belly grew with a vengeance.

By spring the belly had become a secondary problem as I began to suspect that I'd never be able to go without the beer that kept me bloated but kept my wife bitterly unhappy. I was an alcoholic, and I didn't like admitting it!

Without a reason, I began to run again, wearing the same old basketball sneakers, a pair of cut-off jeans, and an ordinary t-shirt. I was an uninspiring sight trudging along in the heavy sneakers. But I tried to run every day while attempting to extend my running distances and shorten my walking, or rest, distances.

My attitude began to change. I started to look forward to my daily outings. I purchased my first pair of running shoes and a pair of cotton shorts. I felt smooth and fleet-footed. I continued to drink, but not as much nor as often. When I drank, I wouldn't be able to run the next day. And I would feel guilty if I didn't run.

While running I noticed the birds, the small animals, and the buds on trees and bushes that I'd taken for granted all of my life. I was discovering anew the simple, free, joys of living. And the longer I ran the better I felt.

Soon my running was being measured in miles and my walking was reduced to yards. Many days I was too tired to even consider a night of drinking. My waistline stabilized at 32 inches and my mind began to work well again.

A young man at work, a former Rhode Island all-state miler, took an interest in my running and told me of a five-mile road race being run at Torrington, Connecticut, that August. We decided to enter it, and I began to have new purpose and direction in my running. For the few weeks leading up to the race I concentrated on getting my distance up to five miles without a stop.

The few times we trained together he discouraged me a bit with his smooth speed and seemingly effortless endurance. But he gave me encouragement and pointers that kept me in for the distance.

The day of the race I felt as tight as the skin on an apple. I'd been asking for advice for a week and had belabored every possible point. He told me not to worry; that I'd know what to do and when. I wasn't sure, and the sleek, smartly-attired runners warming up all around me made me even less sure. I had butterflies so big that their flapping wings made my mouth dry.

When the gun sounded, I ran with reckless abandon. After

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three blocks I realized that this was different than running amongst the flora and the fauna of Warwick, Rhode Island. The leaders were well out of sight and out of mind. Runners of all shapes, sizes and ages were passing me at will.

Spectators lining the streets were calling out names and yelling encouragement to certain runners. Because of their enthusiastic presence, I squelched my first thoughts of quitting. Despite rasping lungs and springless legs, I pressed on.

About halfway through the race I passed a tavern with a large window behind which men seated at the bar were staring, chuckling and gesturing at the procession of runners. I thought to myself, "What am I doing here? I ought to be in there raising frosted mugs of beer with them."

On and on I went, slower and slower, but never stopping. Just when I thought I'd have to give in, I felt a surge of energy. I even passed a few runners. With the finish in sight I lengthened my strides and ran into the stadium, gulping for air but more exhilarated than I'd been in a long time. Across second base and past the timers I sprinted. I'd finished in just under 40 minutes. My companion and mentor finished well up in the field. He congratulated me and predicted I'd run more and better. I knew he was right again.

That afternoon we got soundly soused, but it was a drunk unlike any other. When I woke up the next morning, my wife's anger and disappointment ringing in my ears, I knew that she was right. I had better things to do.

My new, healthful addiction is running. Since that afternoon little more than a year ago I've run forty races, including four marathons. I've pulled my time per mile down close to six minutes, and I ran the recent Newport, R.I., marathon in 2:59. But far more important to me and my family is my success at keeping my alcoholism under control. I rarely drink and seldom think about drinking as I once did. If I have a can of beer after a race I'm able to stop at just one.

My waist is down to about 29 inches and I weigh five pounds less than the day I joined the navy at 18 years of age. I look forward to every run and will probably run until I die. It's good emotional and physical therapy.

Running is probably not a cure-all for individual problems.

It may only provide a respite from the pressures of life that cause people to go wrong or to break down. A brief reprieve, however, could alter the course of a life; could make living a more enjoyable affair.

I know that I'm grateful for the grand days of peace that running has already given me. I shudder to think what my condition might be had I continued to fill idle hours with the passive, gluttonous consumption of alcohol.

The wolf of alcoholism is always behind me. I know I'll never rid my life of its presence. But by running and never looking back I keep a step or two ahead and continue to improve my times as a bonus."

Our Readers Speak Out



JIM CARR (Walnut Creek, CA) - The following letter was written to Capt. Anderson of the California Highway Patrol (Santa Cruz) in reference to the recent Christmas Relays. Perhaps if more of us would express our appreciation to local law enforcement agencies following our races, we would have fewer problems.

"Dear Capt. Anderson: Too often, the work that the officers of the CHP perform is overlooked. This is especially true when it comes to directing traffic during a road race, such as this past weekend's Santa Cruz to Half Moon Bay relay race. Despite long, probably frustrating hours, your patrolmen kept their heads -- and their wits -- about them extremely well, and are to be praised for their efforts. And they are especially thanked, for without their help, the traffic problems would undoubtedly have become awesome, delaying runners' attempts to get to their assigned starting spots. Again, your patrolmen are to be commended and thanked for superior work under extremely difficult conditions."

JEROME LEWIS (Mtn. View, CA) - "Disaster was averted in the 30-kilometer United Friendship Run on December 4th, as Maxwell, Sershen, Guthrie, and others chose a turnaround point near the tip of Coyote Point, probably within a radius of 200 yards of each other. Unfortunately, the leaders spent a little extra time and distance in searching for some marker or person of authority. Anyway, the race was saved primarily because we ran out of land.

Of interest to all finishers--I ran (and later measured) the course which consisted of a right turn at the road sign, made a left to the beach, and doubled back. Some that led me turned around 100-200 yards sooner than I did when it became obvious we were not going to get directions. I measured it at 14.565 miles (6:13 per mile, which sounds a bit fast for me at that distance). I first paced off the parking lot portion, which converted to 0.151 miles (one-way), and I clocked the rest by my car at 7.1316 miles (Ed. - What kinda odometer you got Jerry? Never saw one that measures to four places beyond the decimal point!).

It was probably the worst race of the year, and that's considering the Foothill College 4-miler and the Watermelon Run this summer. Registration for the 30K was handled by one person at one table...for 14 divisions! And that included pre-registrants. So we started 17 minutes late. The course description consisted of an announcement with the bullhorn at the starting line, at first drowned out by jabbering runners, and then by a jet, just as the critical point at the Coyote Pt. area was being described. All we saw on the way out were some police escorts, which were sorely needed at busy intersections along the frontage road. There were no mile markers, no water points (not really needed by me), no guides, no painted arrows and no officials until the return trip. They apparently arrived late. Also, it was a very hazardous route coming back: there was more traffic and no group protection.

The Relays appeared to be going along smoothly, but I left early after grabbing my t-shirt. Maybe next year experience will pay off for them. There was just too much scheduled at once.

I know the feeling of being undermanned at a race, but at the Arrow 10K, we sent out maps and displayed a large course description on raceday. Also, there was no excuse for not having markings on the course, even if the helpers failed to show. I use watercolor paint for large arrows and spray paint for mile/kilometer markings, which easily fade in a few months.

As one of my master colleagues stated after the race, "I put a lot of money into going to these races. Foothill was a wasted trip, and so was this one. We just expect to be treated fairly." I'm not seeking publicity through letter-writing, I just think races should be criticized when things go wrong."

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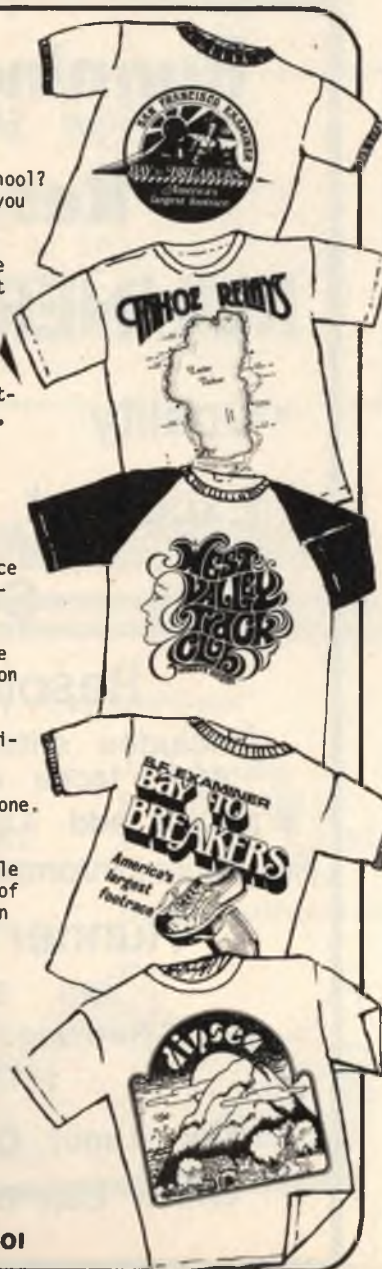
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JERRY SWARTSLEY (*Phoenix, Ore.*) - "I would like to comment regarding your article on the 'ripoffs' that seem to be occurring at certain races. This past summer I experienced a similar situation at a seven-mile beach run in Aptos (August 21).

My family was on vacation in the area and I, being like most runners, always enjoy the comraderie of a good run. The idea of running a beach run was especially appealing since we have a similar run here in Oregon (Seaside 7-miler), and I was anxious to compare the two. I was a bit shocked at the three dollar entry fee considering the seemingly low cost of putting such a type of race on (no numbers, safety pins, or aid stations, which sometime add to the cost of a race quite rapidly). However, I figured they might be offering numerous prizes which would account for the fee. I was wrong! There were small trophies for the first one in each division and certificates to the rest of the field. At the end of the race, there were drinks for the first group of runners -- I finished thirty-seventh and the drinks were almost gone. What about the other two-hundred who got left out (I believe there were 240 that registered)? I will give credit to the fact that results were mailed, but I think that this is small consolation to the majority of the people who ran. I don't think the promoters of that race could have spent, at a maximum, more than \$125, if they bought everything. This opinion is based on having directed over fifty runs, including two national championships, so this is not just some figure that I dreamed up! That leaves a tidy profit for a few hours work! I told my wife immediately following the race that 'we had been ripped off'. It irritates me that this sort of thing happens, for several reasons. To a beginner it leaves him with bad feelings. It gives running a poor image. The next time that runner may run in a race and not register on purpose, thus fouling up the finish times, even though the race may be a 'good one'. Because of this runner's previous bad experience, the race director who does 'everything for the runner' in putting on a good race has to suffer. It isn't difficult to see the snowballing effect that can be projected from one bad race. The only way to stop such situations is to boycott those races and complain to the director until changes are made. There are too many good races to enjoy!"

(Ed. - Unfortunately, Jerry is 100% correct. Awards should be proportional to the entry fee. If both are clearly stated on the entry blank, then runners may make their choice in advance.)

DAN DAVIDSON (*Citrus Heights, CA*) - "I am writing in regards to a brief statement on page 9 of last issue regarding non-A.A.U. sanctioned races. Being fully aware of both sides of the issue and reasons pro and con involved with the decision by the AAU, it seems to me that a beginner or a seasoned runner should have the right to enter any race or competition he deems necessary for his particular needs.

Also, many meet directors are 'ripping off' us runners with steep entry fees, even though materials, awards, and aid is donated at little if any cost. The excuse seems to be that it takes lots of money to run a race - and it does - but where do you draw the line? The AAU gets its share, and I am in favor of that, but shouldn't the AAU go one step further and start 'policing' fee charges? After all, if they eliminate one area of competition, let's watch the other.

I am a meet director of a non-AAU sponsored race. I make ends meet by charging a \$1.00 entry fee. I was able to award trophies and medals, ribbons, and t-shirts to all entries and finishers (180 total); and I even made sure all who entered received the results within one week of the race. *(Ed. - You didn't mention whether you had 'sponsors' for the t-shirts or other awards, but you must have had or you would certainly have lost a bundle.)*

When a race has over several hundred entries at \$2.50 to \$3.00 (and even \$4.00 or more per person), there's a lot of money being made.

Non-AAU races can 'compete' by having less expensive entry fees and even less-competitive fields for the beginner and jogger.

I will continue to run my meet. I have an interested sponsor who feels that running (and racing) is a great family-oriented activity. And it is! And I shall continue running in road races, whether they be non-AAU sanctioned or not. I can only afford so much before I feel that I'm paying my entry fee for the top five or ten people to get awards; this is my return for \$4.00 in entry fees?

I rarely write these kinds of letters, but I feel that maybe I'm saying what a lot of people feel...beginners and seasoned runners alike."

(Ed. - I'm sure we'll be getting some responses to this letter from meet directors. I won't make any comment on the position of getting an AAU sanction right now, but this will be taken up in a future issue. One item that should be noted, however, is that having an AAU-sanctioned race does not imply having a high entry fee (the maximum that WVTC charges for any race is \$2.00, and most are \$1.00 to \$1.50); nor does having a non-AAU race guarantee a low entry fee...as witnessed by the previous letter. I think that 'telling' a race director what fee to have for his race will further alienate them from the AAU. I feel that suggestions and social pressures will do the trick. If people object to particular entry fees, then they should just plain boycott the run, and warn others in the process. The only requirement should be that the entry blank clearly state the fee and the awards. Then the runners can make their own decisions. If fees are disproportionate to awards, then the race director will find out soon enough!)

DON DUGDALE (*Salinas, CA*) - "I read in the lavish promotional brochure for the Paul Masson Champagne Marathon that 'all runners must wear the official Champagne Marathon t-shirt provided prior to the start of the race...'. Well, it's nice for the Paul Masson people to provide shirts, but being forced to wear them is a little too high-handed and blatantly commercial for my blood. What if I want to wear a singlet or no shirt? I'd like to see the race officials try to stick Walt Stack into an official shirt. Next I suppose we'll all have to drink Pinot Noir at the aid-stations.

Another rule: 'Unregistered runners will be asked to exit the course.' Asked? Does that mean someone is going to run up beside me and politely request that I remove myself from a public street? Really, how silly can they get?

This is one runner who intends to resist any efforts to regulate my clothing or deny my right to run unobtrusively on public property. If runners are as independent a sort as I think they are, Paul Masson is going to have a lot of shirts left over this year."

(Ed. - No comment on the item mentioned in the first paragraph, as I feel you hit the nail on the head. Regarding unofficial runners: this item has been the subject of review at many times during the year in the NCR and elsewhere. While anyone should be free to run along in a race without paying, those runners should not in anyway interfere with the conduct of the race. Start at the rear; do not interfere with others during the race; do not take limited and/or purchased aid-station materials and DO NOT CROSS THE FINISHLINE!)

THE HUMAN RACE



LEN WALLACH

This column is almost three years old, and for the first time, I'm going to follow a slightly different turn in the trail and not write about just one person, but rather put down a few random items collected, like small trinkets on a charm bracelet. The reason for this is partly due to this month's efforts to finish my book on the Bay-to-Breakers, *The Human Race*, which also happens to be the name of this column. The book is all finished now, but it still needs a bit more proof reading, a few corrections of my spelling errors, and then my hope for an interested audience. Rod Miller and Harry Papiasian, who were the two men who had enough confidence in me to give their friendship and support in my early writing efforts, are deserving of more than I have written. There are many more who have helped me along the way, but Rod and Harry are like two bright candles, shining amid the human darkness. -- Following then, are some anecdotes on various local happenings that contribute collectively to our great local running scene.

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The other day at the 100 Kilometer race in Redwood City, I stood in the rain and watched a handful of determined athletes struggle against the limitations of their own bodies as they expanded the horizons of their lives.

Three of these runners have also touched my life in the past three years and have helped me take a deeper look into myself.

Ed Jerome made me run the same race last year, as he was breathing at my heels in the DSE Point Contest. If it hadn't been for Jerome, I doubt if I could have pushed myself through those huge distances which tempered my aging body into kind of a geriatric steel.

Harry Siitonen, the ancient hippie, running in the down-pour made more miserable by the dwindling sunlight, looked like a twenty-year-old towards the end of the 63 miles. The 52-year-old former alcoholic cavorted on the wet dirt track in the same fashion as the previous year when he led me through the distance in the cold foggy night at Lake Merced. Just by his existence, Harry is an example of human determination cast in skin, muscle, and bone.

Tony Stratta, professor emeritus of the San Francisco running scene, could have skipped the long race and still cinched his DSE runner-up spot, but he was out in the rain with the rest of the ultra-distance folks, running in those beat-up tennis shoes which have seen more miles than a Standard Oil roadmap. Had Jerome not run again for the high point trophy, Tony would have easily won it, but he has his own kind of victory after showing up to finish off the full distance, as he had interrupted the effort to drive back to San Francisco and run a four mile DSE race.

The Christmas Relays is now five years old, celebrating her holiday birthday in grand style with over 250 teams, composed of 1750 athletes, all of which were in good spirits and on their good behavior...not for Santa Claus, but rather for El Presidente, Jack Leydig, who had been rumored to have bribed the California Highway Patrol to crack down on offenders in order to save the race. I had quick glimpses of happy cops with free Christmas Relay shirts tucked safely away in their back pockets while they directed runners and a caravan of automobiles through the six handoff points.

Even *Runner's World* had a couple of teams in the race, as both Bob Anderson, the publisher, and Joe Henderson, editor, were huffing and puffing along the incredible vistas of California coastline. Another glimpse was of members of the "Old Phartz" team, whose name delights salty old Walt Stack but makes conservative member, Bob Wallace, a little uncomfortable when asked to identify his affiliation. John Satti, another member of the squad, was winner of the 1965 Dipsea at age 51.



(Left) Harry Siitonen at the Santa Clara Valley Autumn Ridge Run (it wasn't really that cold!) /Mike Fenner/ (Right) The ageless Tony Stratta, enjoying the misery of the PA 100-Km. /Gerry Beagan/



a little uncomfortable when asked to identify his affiliation. John Satti, another member of the squad, was winner of the 1965 Dipsea at age 51.

The Dipsea holds a fascination for me which requires that it be satisfied at odd times. It's a little like a sweet-tooth, as the craving pops up on an unsuspecting dieter with a certain kind of self-punishment which makes you wish you hadn't taken that extra bite.

We ran over the winding and climbing trail while the skies dribbled early on Christmas morning. The Boitano family does it every year, celebrating the birth of Christ with a barbeque on the beach afterwards. I'm sure that if the Babe of Nazareth had been a runner, he would have approved of the brood's enjoyment while clustering on the sands at the entrance to the Bay of his servant, St. Francis. God, how I love this land and what running has done for all of us. Let each of us have one more year...at least!

Runner's World's Fitness Run for National Running Week was like a segmented, standup cocktail party, only instead of booze, the guests imbibed *Body Punch*, and the conversation centered on what running meant to each of the assembled Christmas Eve'ers, who couldn't pass up such a good deal of free electrolytes and *the other magazine* at half price. The pace was just a little faster than a dirge, but this old corpse not only enjoyed the slowness, but met several new folks who were bragging about

their performances and good times in the Christmas Relays, which didn't hurt my WVTC-ego one bit.

I ran all the segments as kind of an informal arrangement with Gerry Beagan, whose 'guest editorial' appears in this issue. The running-writer was subjected to my three-hour course in California & San Francisco history as I unloaded minutia collected during three years of research for my book. Occasionally I would let the bearded recent arrival from Rhode Island get a word in as I gathered the breath for my next episode. As we passed the Army's World War II memorial to America's dead youth, Gerry commented simply, "Running puts us in touch with our own humanness." That summed it up as quickly as my cheap pocket calculator balances my checkbook. The figures are simple, but they represent so many intricate transactions.

The last segment of the run follows the coast like nylons hug the curves of a secretary's legs. The last hill goes by Olympic Way, probably named in honor of the 'Winged O', capitalistic and athletic bastion across the way, the San Francisco Olympic Club.

As Gerry and I kept the unspoken pact to remain mid-pack, I looked over at an ordinary couple, also in mid-stream position with the rest of the respiratory herd. Joan Ulyot, doctor, author, runner, woman...Joe Henderson, editor, author, runner, man...both members of the human race. Gerry and I were too. So were the hundreds of others who embraced, yelled, shook hands, and kissed at the finish. Then they stood and shuffled, awkward in their awareness that the few minutes of human warmth was about to be over.

Running puts us in touch with our own humanness.



NOR-CAL PORTRAIT

by Harry Cross

Anyone familiar with the track and field scene in Northern California during the 1970's knows the name Brian Maxwell. During his four years at Cal-Berkeley, Brian was a solid college performer, recording times of 14:15 for 5,000m and just under 30 minutes for 10,000m. Though these times would make most of us envious, they placed Brian in the middle of the pack of the more talented West Coast distance runners.

The casual observer might have expected Brian Maxwell, the runner, to fade from the West Coast running picture in the same manner as many of his contemporaries. In fact, in the space of two short years, he has accomplished just the opposite. Twenty-four-year-old Maxwell is now an international marathon star of increasing reputation, an odds-on favorite to compete for Canada in the Commonwealth Games later this year, and an excellent candidate to be on the starting line for the 1980 Olympic Marathon in Moscow. This remarkable transformation is one of the more interesting stories of recent Northern California running history. Yet it is probably not a surprising development for those who know Brian best. He is possessed of controlled intensity, realistic confidence, a relaxed yet concerned attitude towards competition, and perhaps most important of all, the essential knowledge that people can always expand their limits. All of these have combined to make Brian Maxwell one of the premiere marathoners in North America.

He began his career in Toronto as a high school two-miler where he recorded a best of 9:12. The philosophy of Brian's high school coach stressed that as runners matured, they gradually moved up to longer distances. There would be plenty of time after high school and college to challenge the greatest distance race of them all -- the Marathon. As a result of this thinking, and his heavy loads in architectural studies, Brian chose to limit his racing in college to cross-country and to conventional track distances. In the meantime, he felt that the marathon was going to be 'his' event in the future. His intuition could not have been more correct.

Brian's first marathon was an auspicious one to say the least: he won the Canadian National Championships in October of 1975 with a time of 2:18. Four months later, he annexed the Trail's End Marathon in Seaside, Oregon, by running 2:17. And since the Canadian Olympic selection committee decided that these races, along with the National Capital Marathon in May of 1976, would largely determine the Canadian marathon entries at Montreal, it seemed that Brian had an excellent chance for the team. A bad case of the stomach flu at the National Capital Marathon and the vagaries of selection procedures left Maxwell off the national team, even though he had soundly thrashed one of the eventual three Canadian marathoners at Seaside a few



Brian Maxwell winning the recent Pepsi 20-Miler over a field of 1000 other runners in 1:45:09. /Lani Bader Photo/

months earlier. Greatly disappointed, but undaunted, Brian continued to train. Ten months passed before he attempted another marathon.

In February of 1977, Brian successfully defended his title at the Trail's End Marathon by defeating John Bramley with only three seconds to spare. If the competition was impressive, the times were extraordinary, as Brian notched his best mark with a 2:14:43 (5:08 per mile). This time was one of the twenty fastest marathons in the world in 1977. He followed his Oregon victory with a third place finish in the prestigious Boston Marathon in 2:17. In August, Brian travelled to Holland for the famous Enschede International Marathon. Although there was no clear-cut favorite for this race, the competition was intense since the field included 28 sub-2:20 runners, a number of whom ran in Montreal. Despite temperatures in the 80's, Brian registered a fine 2:15, winning the race by a margin of over two minutes. A week later, he paced Kim Merritt to the U.S. women's record at the Nike-OTC Marathon in Eugene.

A leg injury at the New York City Marathon in October has momentarily interrupted Brian's superb marathoning streak, but he intends to remedy this at the Paul Masson Marathon in January. From there, it's the National Capital Marathon in Ottawa and hopefully a ticket to Edmonton and a shot at a Commonwealth medal. Judging from his recent performance at the Pepsi 20, where he came from far back to win, covering the last ten miles at a 5:06 pace, Brian is well on his way to another prosperous year of marathoning.

A cursory glance at Brian's relatively short marathoning career reveals a remarkable consistent set of performances. In seven competitive marathons, he has run under 2:19 on five occasions in a variety of geographical and climatic conditions. Indeed, consistency coupled with the right blend of intensity, dedication, and enjoyment are key factors in Brian's success. For example, he has not missed a day of training since February of 1969. In addition, he keeps a highly detailed daily log of each workout, and often writes prolifically about his running and racing experiences. These practices mesh particularly well with Brian's current occupation as the UC Berkeley distance coach and with his graduate studies in kinesiology at Cal-State Hayward. Thus, when Brian is not pounding out the miles in the Berkeley hills or running at the front of the pack in a race, he is either studying the mechanics and theory of running, or helping others to improve their performances.

As for training, Brian must be considered a successful practitioner of the 'hard-easy' system of workouts. "My training philosophy," he states, "is to stress myself absolutely as hard as I can, then allow my body to recover and adapt to the stress demands I make on it. Slow running generally bores me, so I have to drastically cut my mileage on 'recovery' days in order to allow the rest and adaptation cycle to take place." He continues, "I also like to run aggressively and to test myself in my training, so that my 'hard' days are constantly increasing in distance and intensity, especially as I approach a major race."

Brian's hard-easy system usually includes three days a week of twice-a-day workouts. Mornings are reserved for 18-25 mile jaunts in the rolling East Bay hills at a not-so-leisurely 6-minute-per-mile clip. Afternoon workouts kick off with a six-mile run at 5:40-5:50 pace, to be followed by some kind of interval work on the track. This speed training generally consists of 20-30 x 200m in 30-31 seconds (or something equivalent) with 100m jog in between. Occasionally, a timed run at race pace of 8-12 miles might be substituted for the afternoon track workout. The day's activities always terminate with a two-mile warmdown. Brian's mileage on 'hard' days, therefore, is often in the 30-35 mile range. The other four days, the 'easy' ones, are devoted to relaxed recovery runs of 6-10 miles at 6:30 to 7:00 per mile pace.

...continued on next page...

(Brian Maxwell, continued)...What motivates Brian Maxwell to complete these Herculean workouts and to race marathons at world-class speeds? First and perhaps foremost, Brian runs because it provides him with outright enjoyment and with the opportunity to spend a number of hours each week away from the rigors of daily life. He speculates that his weekly mileage would decline only slightly if he gave up competition altogether. Running is also a challenge for Brian Maxwell. He is challenged by competition, but more importantly he is challenged by the marathon itself and by his own limitations. Thus, Brian asserts that, "...the real opponent is the race, the Marathon." And although he relishes victory, he considers his competitors to be mainly, "allies in the exercise of my will against the distance." He concludes, "I look at running as an art in which one's finishing place is only one aspect of the performance. Rather than restrict myself by simply trying to beat somebody, I want to explore the ultimate limits of my potential."

As a result, Brian Maxwell is not an athlete consumed by goals. Rather, he reveres the process of running and sees it as a delightful way to explore himself and experience personal growth. It is an attitude well worth remembering.

The Running Gourmand

by Nino 'the Fowl' Nuccio

(NOT TO BE CONFUSED WITH "THE GALLOPING GOURMET")



POINT REYES PILGRIMAGE - MANKA'S CZECHOSLOVAKIAN RESTAURANT:

The Marin coast offers enough recreational opportunities to satisfy even the most fastidious outdoorsperson. During the summer months, hordes flock to the shores of Stinson to bask in the fog. Year-round, folks venture to Pt. Reyes to frolic along the myriad of trails that zigzag through the peninsula. I go to the Marin coast to engage in my favorite recreational pastime...eating!

A characteristic feature of many of California's small towns is the presence of an outstanding restaurant. The hamlets along Marin's coast uphold this distinction -- the Sand Dollar in Stinson Beach, the Gisbon House in Bolinas, and the

Chez Madeleine at Pt. Reyes Station all serve excellent food. But undoubtedly the premier restaurant in West Marin and one of the finest in the entire Bay Area is Manka's Czech Restaurant.

Manka's is located in the Inverness Lodge which is nestled in the hills above the town of Inverness, overlooking the southern tip of Tomales Bay. The town is situated about five miles from Hiway 1 along a road that meanders for some twenty or so miles through idyllic Pt. Reyes Peninsula. There are three routes to Marin's coast from Hiway 101: If you have nerves of steel, a TR-7 and half a day to blow, take the ever-scenic, often fatal Hiway 1; take Sir Francis Drake Blvd. thru Samuel P. Taylor Park if you're into hot tubs, Pablo Cruise, Zen ping pong and dry rot; or drive along Lucas Valley Road thru pastoral Nicasio for a relaxing trip in the country, where the hills are spotted with classic farmhouses, spreading California live oak, and plump meadow muffins.

Now for the eats. If you're not careful, the beginning of dinner at Manka's may also be the end. In lieu of a dinner salad, Manka's offers an hors d'oeuvre table effusing with fresh, tasty morsels to silence your tummy rumblings. Danish Bleu cheese, Swiss cheese, pickled pigs feet, salads of potato, garbanza beans, and marinated cukes, herring, salami, blood sausage, seasonal fruits and other gems adorn the table. Along with about a half-dozen flatbreads and crackers, if this opening doesn't satisfy your munchies, you can purchase Doritos and clam dip at the local 7-11.

If you're into Campbell's soup, the second course at Manka's presents a striking contrast. The soups at Manka's are superb. Possibilities such as borscht, lentil, cream of asparagus or caraway are all homemade from a hearty, richly seasoned stock.

Aside from the traditional Czechoslovakian specialties of Corn Chex, Wheat Chex, Rice Chex and Havliceks, Manka's offers a small but inclusive list of entrees. The oysters are outstanding. Raised commercially in nearby Drake's Estero, these delicate Japanese oysters are baked on the half-shell, covered with a blend of butter, garlic, anchovy and bread crumbs, and served on a bed of rock salt. Outrageous!

Caraway seeds and paprika are used extensively in Czech cooking and Manka has mastered the use of both. Road duckling and roasted pork loin each hint of caraway. The pork loin is also seasoned with enough garlic to warrant the use of Binaca, but not so much that when you whisper sweet nothings to your mate, you singe her/his eyebrows (eyebrow, if Italian).

Paprika and sour cream are the primary seasonings in a satisfying veal stew. Another dish finds delicate veal slices blanketed with mushrooms sauteed in white wine and lemon juice. Breaded fried chicken and a beef dish round out the menu. Entrees are served with a fresh veggie or two (either broccoli, carrots, cauliflower, or cabbage), and either a deftly seasoned rice or gut-bomb dumplings (tasty but heavy).

If you haven't already come unglued from all the food that's passed before your eyes and into your stomach, you'll freak for sure when the waiter approaches your table with a cart laden with four sinfully rich homemade desserts. Choices such as lemon torte with shaved chocolate, raspberry torte, creamy cheesecake, walnut torte, mocha meringue balls with almonds and peppery pink Pepto Bismol are all tantalizing selections.

Apertifs and domestic and imported wines and beers (including an excellent Czech beer, Pilsner Urquell, on which Duncan Macdonald trains exclusively) are available. Dinners without dessert are priced from \$7.25 to \$8.75 and reservations are necessary.

Considering the impeccable quality of the food and the service, portions sizeable enough to satiate most 'heavies', and the pleasant ambience, Manka's rates on the Running Gourmand's list as one of the best restaurants in the entire Bay Area and certainly as the foremost dining establishment on Marin's coast.

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RUNNERS' ZOO

by Jim Nuccio



This very occasional column is brought to you by that world-famous glutton, Nino 'the fowl' Nuccio. Herein he will ruthlessly slander some of the Bay Area's most respected running personalities. Henceforth, "Runners' Zoo" shall be the official Rumor Control Column for the NCCR. Any contributions will be gladly accepted and readily scrapped.

ARMY BRINGS "HIGH" SUCCESS TO XMAS PARTY: - Through the generosity of the US Army and the parsimony of the Exec Council, West Valley TC held its annual Christmas extravaganza at the luxurious Grand Ballroom of the Ft. Mason Hilton. Hosted by the Mr. & Mrs. Jack Leydig's, the event was spiced by the presence of some of the more notable socialites of the Bay Area running scene -- the Mr. & Mrs. William Clark's, Mr. Daryl Zapata and escorts, the Mr. & Mrs. Richard Lyman's, Mildew Fosbury and his derelict pet iguana, Zippo.

The prevailing attire was casual Polk Gulch, with sweats by White Stag, shoes by Nike, athletic supporters by Bike, and sweatbands by Fruit-of-the-Loom.

The evening was highlighted by the grand entrance of the host couple. Mrs. Leydig arrived wearing a stunning chiffon evening gown by Diane Von Furstenburg, with striking sequins accentuating the revealing plunge neckline. The dashing Mr. Leydig was a veritable prism of colors in his coordinated ensemble of orange West Valley sweats with royal-blue detail, polychromatic Christmas Relays t-shirt, brown waffle stompers, and olive-drab trenchcoat unusually patterned with red scripto ink blotches. Photos by Marconi captured the magnificence of this gala occasion.

The accommodations at the Ft. Mason Hilton with its interesting decor of original water-colors of famous battles, sculptures of mangled Sherman tanks and dusty cobwebs lended a nice sense of dignity and charm to this annual affair. The building itself was recently awarded a second-place citation by the prestigious American Institute of Architects in a contest to determine the "most attractive and architecturally unique structure at Ft. Mason." (First place was awarded to a powder-blue portable Western Sanitation outhouse that graces the adjoining parking lot.)

Interesting apertifs such as vodka, ERG and prune juice ("the Pitstop") and gin, guava nectar and kapectate ("the false start") were concocted by imaginative head bartender Johnnie Walker, and were an apropos introduction to a memorable culinary experience.

The guests were treated to a plethora of gourmet delights catered by Pot Luck, Inc. The entree of extra-crispy Kentucky Fried was accompanied by cold Van Camp pork and beans, cheetos, Vlastic Kosher Dills, and an assortment of other toothsome goodies. Dolly Madison Zingers and Olympia Gold provided a refreshing finishing touch to this bountiful banquet.

Following dinner was an efficiently conducted meeting in which annual election of officers was held. In the only upset of the voting, Jack Leydig was defeated in his quest for an unprecedented 14th straight term as president as he lost a close landslide to the only other nominee, Torpedo the wonder dog. The meeting and party concluded with a stirring announcement by the ousted president which portended both good and bad news. The bad news was that the next *NorCal Running Review* would be out sooner than expected, with the good news being, naturally, that most *NorCal* subscribers can't read (next year you'll be sent microfilmed copies by first-class mail).

As I departed the Grand Ballroom I was suddenly struck by two stirring realizations -- first, that WVTC is a powerful entity in Bay Area athletics, strengthened by the close unity of its diverse membership, and, secondly, that my car was on blocks. A good time and extreme flatul were had by all.

NEXT ISSUE: - Bill Clark hitting an 'in your face', reverse slam dunk!!! Humberto Hernandez controlling the boards and playing tough "D" at strong forward!!! Duncan Macdonald engineering the offense from this point guard position!!! Yes, all this and more for your reading pleasure in the next exciting issue of the *NorCal Running Review*, as the "Running Gourmand" presents a special Player Profiles Manual of the mythical WVTC AAU city basketball league team. (Also, after this issue is printed, I will be out of the country indefinitely.)



ADVICE FROM A RUNNING PODIATRIST

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! From time to time we will reprint letters written by our readers.

FREE FOOT EXAMINATIONS IN JANUARY 1978: - The California College of Podiatric Medicine (1835 Ellis St. at Pierce in San Francisco) is offering free foot examinations to anyone interested during the month of January. Drop in any Saturday morning after 9 a.m. (until 1 p.m.). No appointments are necessary. Phone 415/563-3444 for further information.

Overuse injuries of the feet and legs in athletes are usually related to one of two things: imbalance or impact shock. In treating athletic injuries with a supportive device, we must decide either to construct a firm (rigid) or soft (flexible) orthotic material. A true orthotic is a custom-made supportive biomechanical device that attempts to balance, support, protect and/or cushion a particular part of the foot or foot type, around the individual neutral position of the feet and legs. Rigid orthoses keep their shape and function over many years and thousands of miles and maintain balance of the foot and leg around a stable neutral position. Soft orthotics, on the other hand, cushion the foot well throughout the weight-bearing phases of running, and protect around areas of pressure and friction as well. Orthotic devices are often called appliances, inserts, or arch supports, but there are major differences between orthoses and arch supports. The word for orthotic devices comes from the same Greek word as the term orthopedics,

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meaning "straight child". The correct usage is orthosis (a straightening device), orthoses (plural), or commonly, "orthotic" devices.

Functional orthotics support the foot throughout the gait cycle. They do not correct the feet and legs, but balance them. Just as eyeglasses and contact lenses correct vision, not the eyes, orthotics correct gait patterns, not the feet.

FUNCTIONAL ORTHOTICS

1. Functional orthotics are utilized as a specific treatment for a specific structural deformity of the foot or leg.
2. Functional orthotics alter abnormal positions of the foot and establish normal lower extremity function.
3. Functional orthotics do not inhibit motion in gait.
4. Functional orthotics invert the subtalar joint during gait.
5. Functional orthotics can reduce postural symptoms associated with foot malfunctions such as low back and calf muscle fatigue.
6. Functional orthotics are more effective in reducing plantar shearing calluses and controlling symptoms associated with them.
7. Functional orthotics are fabricated with durable materials and withstand the 'test of time'.
8. Functional orthotics may be utilized in a wider range of shoe styles.

ARCH SUPPORTS

1. Arch supports are utilized as an empirical treatment for foot problems. Most commercial arch supports do not balance the heel bone.
2. Arch supports tend to support the medial longitudinal arch, and do not completely establish normal lower extremity function.
3. Arch supports prevent normal midtarsal joint function, and thus the foot tends to slide off the support laterally.
4. Arch supports cannot affect the subtalar joint in gait.
5. Arch supports are not as effective in reduction of postural symptoms.
6. Arch supports are not as effective in the reduction of calluses.
7. Arch supports are usually fabricated with soft materials that will deteriorate with use.
8. Arch supports tend to be bulky and difficult to wear in a wide range of shoe styles.

If an athlete expects that he may have a structural imbalance or overuse injury, he should first attempt self-evaluation and treatment, then if necessary seek professional care. Self-treatment should support the imbalance. That is, if he has a bowed leg, the foot should be supported along the inside border rather than the outside. The goal is to support the foot at its position of contact with the ground, preventing compensation, and therefore stress on the bones, joints, and soft tissues. He can cut or purchase shock-absorbing material such as Spenco or Profoot insoles, then attach a wedge of felt or cork at the heel, arch, or around a particular area of friction and pressure. Many injuries reach a level of nagging annoyance, but running with this temporary device in the shoe will indicate the direction of progress. The athlete may then either purchase a commercial arch support or consider having a custom functional orthotic made. This involves professional measurements of the joint of the foot and leg by the doctor, with the patient both non-weightbearing and weightbearing, and during gait in order to determine how much change in shape (compensation) occurs with stance, walking, and running. Then the doctor computes the neutral position of the joints, selecting a position of maximum efficiency, taking a plastic cast of the foot in this position, and then pouring and balancing this casted foot model in order to construct an orthotic device which fills the void between the position of the foot and the flat surface of the ground upon contact. This device, regardless of the material used, should fit inside the regular walking and running shoe, be light, easily interchangeable and comfortable with all activities. Most doctors send the plaster model of the athlete's foot to an outside laboratory for construction of a permanent orthotic, but many make the device themselves in their own office. This extra time and specific custom method account for the fees involved in construction of a proper orthotic. It is impossible to get a proper orthotic by mail order or by purchasing it off a shelf.

When an orthotic is made well, there is a brief break-in period as the device settles into the shoe and the foot

gets used to this new support. The device allows normal motions and should not limit a person in any way. Rigid devices work best for 'forward' activities, such as running and skiing. For other sports, such as tennis, golf or other mixed-motion sports, we often make a softer, or semi-rigid orthotic to permit a greater range of motion with no irritation.

Each sport has particular movements and techniques for maximum performance. In the past, before orthotics were available to athletes, conventional medical treatment consisted of rest, pills, injections, and/or surgery. Now when we understand the biomechanics of the sport and the mechanism of overuse injuries, we can reverse the overuse syndrome, allowing the athlete to further develop in his training program. Orthotics are now commonly used in many different sports for those 50% of athletic injuries that do not respond to rest or conditioning exercises. Specific types of orthotics are most advantageous for different types of sports, and now we are often able to allow the athlete to continue his training program while wearing a proper foot-balancing device.

Swedish Massage

by
**DAVE
MARTIN**

We had so many good comments on Dave's first article in last issue that we have invited him to do a regular feature column for us. Here's Part 2 of Dave's introductory article on massage. More articles will follow, not necessarily every issue, but possibly alternating with other interesting features relating to sports medicine and health in general. Direct questions on massage should be sent to Dave at: 101 Gough St., San Francisco, CA 94102 (Ph. 415/626-2784).

PART II: - When we think of massage we immediately think of being touched by another...an intimate experience which many people cannot handle. For some, it is a no-no, or even a hang-up problem. Most of us are not aware that touching is a desirable nutrient, a must in our daily lives. It is as vital and important as food. Every one of us has an inherent skin hunger for this necessity of life. To be touched, caressed or cuddled is as basic as our need for food. Babies who are not touched or held will often die from a disease called "marasmus". It is a Greek word meaning "wasting away". Infants who are denied stimulation of their sensory nerves have their spines shrivel up. Hugging, kissing, stroking, backrubbing and holding hands are among the many ways of contact we all need. The world needs more touching. Swedish Massage is the ultimate experience in therapeutic touch.

Can you think of any more desirable form of touching than to have sore quadricep muscles massaged? This group of muscles is the key to the strength and endurance of a runner's legs. In running, these are the muscles that determine how far and how fast you will go. Keep these in good condition and you've got it made. Accumulate soreness here, and you're in trouble. But if these muscles are massaged, the tension and soreness is relieved. If the quads could talk after a massage, they would tell us how happy and contented they are! Having these muscles properly and scientifically massaged by a trained therapist will produce good results.

The quadriceps are a family of four muscles. These are: (1) Rectus Femoris--this muscle covers the front of the thigh; (2) Vastus Externus--the fleshy muscles on the outside of the thigh; (3) Vastus Medialis--lies slightly to the inside of the Rectus Femoris muscle; (4) Vastus Internus--actually composed of two sections, with the upper portion lying under the Rectus Femoris and the lower portion extending to the inside of the knee.

The quads are the extensors that push the legs down and are therefore, the first to tire when running. Another leg muscle, the crural bicep along the back of the thigh, doesn't tire as easily and is usually not a factor in fatigue. Not only do the quads benefit from massage, but what happens if we have our entire body (from head to toes) correctly massaged by the Swedish scientific system? Healing effects occur throughout the body.

The benefits of massage are many. While it is apparent

that one effect is to relax the muscles of the body, another is to set the blood in circulation and to throw off the poisons (toxins) which have accumulated. Still another benefit is to stimulate nerve activity, to increase lung activity, to quiet and soothe the nervous system and to break up deposits in the joints, etc. It is not the blood flow along which is aided by massage. The lymphatic circulation is also stimulated. Thus, all the secretory and glandular functions are stimulated to greater activity. The systems of the body respond beautifully. The nine principal systems are the Vascular, Muscular, Nervous, Excretory, Respiratory, Alimentary, Skeletal, Internal, and Reproductive.

A good pair of hands are the most important tools of the massage technician. They achieve results. Not every masseur/masseuse has them. The ability to do good work is a gift, a skill you are born with and not something acquired or developed with schooling or training. You either have it or you don't. A sensitivity and flexibility of hands is required. Some people seem to possess a natural ability to relax their hands and to move them rhythmically and intuitively to the places on the body needing help. You must have an inherent feeling for massage. One must also know intuitively what types of massage movements or manipulations to perform at the time. There are five basic movements. These have specific names: Stroking or Effleurage, Petrissage, Kneading (Friction), Tapotement, and Nerve Strokes. These are all combined into Swedish Massage, which provides a mental and physical satisfaction when this kind of therapy is administered.

Effleurage may best be described as a 'stroking' movement given superficially (little pressure) or deep (considerable pressure), depending on the purpose for which it is applied. Effleurage is the stroke which is always used in general body massage work. Petrissage is a movement that penetrates much deeper than Effleurage, being intended to stimulate and activate tissues and muscles, whereas Effleurage is employed chiefly as a draining movement, forcing the venous (impure) blood toward the heart. Petrissage includes all movements in which a single muscle or group of muscles are either lifted from their surroundings, or pressed down onto the underlying tissues with the fingers.

We are all familiar with the so-called 'pounding' strokes that are done in body massage. The correct name for this technique is Tapotement, and it is comprised of four methods. Tapotement manipulations consist of a series of rhythmic blow-like contacts delivered to the body. These four methods are: (1) Hacking, (2) Cupping, (3) Percussion, and (4) Vibration. Tapotement is considered one of the most important movements in massage, for it is useful in the promotion of nutrition in weak, wasted muscles. We can also refer to it as 'tapping' upon the skin. It is not done for showy effect. Percussion releases tension and soreness, and the vibration affects and benefits the deep veins buried down inside the skin, as well as the capillaries. (People who bruise easily may have a condition called fragile capillaries. Physicians recommend therapeutic doses of Vitamin C to help correct this. Even massaging must be done with lighter pressure.) Vibration is often found to be of benefit in increasing the functional activities of the digestive organs; thus it is sometimes used in cases of chronic constipation. Tapotement has been found to be of particular benefit in the stimulation of nerve centers.

When massage therapy is given, all parts of the body should be covered. This includes the neck, head, facial tissues, full body (both front and back), plus the hands and the feet. Many masseurs do not massage or handle the head, the hands, or the feet. These are important places and require touching too. Everything should be massaged during a completely balanced two-hour program. Why omit anything?

Personally speaking, I know of no greater pleasure sensation than to have the feet massaged properly. Considering all of the corners and parts of the body, this is my favorite area. For distance runners, a foot massage is an absolute must. Think of the pounding, the beating, stress, wear and tear that the feet receive constantly, day after day. I strongly recommend that all couples massage each other's feet every night before bedtime. If you want to keep your marriage together, this is one way to do it. If husbands and wives would massage each other's feet on a daily basis, marriages would stabilize and endure. Why not start tonight!

Not only is it important to think of massage as part of our daily living, but everyone should think of it as a pre-ventative. Why wait until you think you need a massage to remove accumulated aches, pains, and trouble spots? Prevent them! Such things can be prevented with periodic preventative maintenance of the body. Many people take better care of their automobiles with regular maintenance, care and upkeep than they do with their own bodies! Frequent massage is an excellent preventative plan in maintaining bodily tissues, organs and muscles in good condition. Scientific Swedish Massage will prevent tension, strain, muscle fatigue, soreness, and other physical problems. The effects from such a preventative program are many. Nervous and muscular tensions are relieved by relaxing the mind; circulation is improved; body tone is sustained and general health and well-being are promoted. The author receives massage twice a week. There's nothing like getting some of your own stuff. I require this for my own maintenance after working on other bodies 7 days a week!

In ancient times, Buddhist tribes would massage each other before the warriors went off to battle with Mongolian tribes. This was physical hand-to-hand combat. They not only massaged each other before combat, but they massaged one another after a war. We can learn something from this. Runners should massage each other before and after a marathon. Why not?

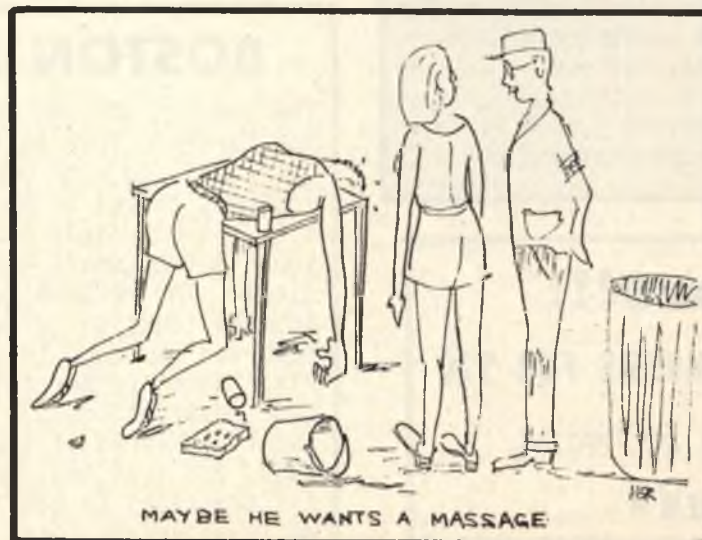
The problem that confronts everyone is to locate a good massage therapist. It's like trying to find a good doctor or dentist or any other professional. Who do you go to for help when it is urgently needed? There is the matter of trusting another with your most prized possession, your body. It is most important to feel at ease when you go to the table. You should have complete trust and faith in your therapist from the time he begins to handle you until he is finished. The body is the Temple which houses the Soul. And so our bodies are really most holy objects and should be thought of as such and given much respect and care. The therapy work itself should be the finest you can obtain anywhere. Are there any people around who have such total dedication? Not very many. In trying to find qualified workers to massage me, I tried a total of six different masseurs before I found one that was half-way acceptable to me. You should demand 100% high-standard delivery.

The one disadvantage that a therapist faces is that he is never able to experience his own work. Everyone works differently. I can't find anyone who does all the things I do, and I never will. So I have to be satisfied with 'second-best' when it comes to having another person work on me when help is needed.

A good massage technician should be able to do more than just give a good regular massage. By itself massage is fine, but there are certain conditions it cannot help. Other methods of therapy are needed. Many clients come in with pain difficulties, so as a supplement, I work with Acupressure and Reflexology techniques to relieve pain. There have been a wide variety of complaints brought in by clients. They include Bursitis, lower back pain, soreness and pain in the knees from bruised cartilage, post-operation soreness from prostate surgery, pulled muscles, old ankle injuries which are chronic pain situations, sore wrists, excessive tension and soreness in the clavicle, sore scapula muscles, and many more.

In my advertising, I state a two-hour massage. This includes additional extra time working on pain areas. It's all included. You have to do more than just massage. It is common for my work to run over the two hours. It is more important to me to see that each client feels the best that they can possibly feel at the time of departure. Thus, it takes extra time to do the additional work. Each situation is a special or unique one, requiring a different approach.

The tuning-in process to body awareness continues to be a part of every massage. If you have never experienced it, a great adventure awaits you. It's like opening a door to a new world and to new, personal growth for you. You discover a whole new set of feelings you never knew existed. The body feels very light and floating when massaged properly. There is an inner peace, a glowing, a smoothness and mellowness you have never had in your life...feelings which are of great joy and impossible to describe. Well...what are you waiting for? Have your wife rubbed out!



Cartoon by Stuart Ruth /from DSE Newsletter/

* NOTICE *

THE FOLLOWING LETTER WAS WRITTEN TO ALL LOCAL RACE DIRECTORS BY THE PA-AAU'S OUTGOING MEN'S LONG DISTANCE RUNNING CHAIRMAN, HAROLD DEMOSS, WHOSE TERM OF OFFICE EXPIRED JAN. 1ST. IT SHOULD BE OF INTEREST TO EVERYONE IN THE AREA, NOT JUST THOSE THAT PUT ON THE RACES. A CHAIRMAN IS STILL NEEDED AS OF THIS PRINTING, AND ANYONE INTERESTED SHOULD CONTACT MR. DEMOSS AT 415/941-8975 IMMEDIATELY.

Dear Race Director:

I am sure that you are aware that my term of office expires on Dec. 31, 1977. Since no one has volunteered to assume the duties of LDR Chairman, I have worked out a procedure whereby there can still be some semblance of order in the schedule and conflicts can be reduced to a minimum. The *NorCal Running Review* has a 'Scheduling Section' which will handle all LDR events for Northern California...AAU-Sanctioned events, and certain RRC and fun-runs which are not in conflict with the AAU races. The schedule will obviously follow the present LDR Handbook until July 31, 1978. Additions and corrections to the present schedule should be submitted to the *NCCR* as before. After July 31, ALL race directors should submit to the *NorCal Running Review* the proposed date (and a 2nd and 3rd choice) for their event as soon as possible for publication in the *NCCR* issue which would fall just prior to their proposed date. In order to minimize conflicts, it's "first come, first served", with the *NCCR* scheduling section making the final date decision. Send ALL necessary information for the scheduling listing with your date(s) in the initial letter, and enclose a stamped self-addressed card for confirmation of the date. No card, no confirmation! All communications other than the date request and race information must contain a stamped self-addressed envelope to receive an answer. Race directors of marathons & longer races with proposed dates between Aug. 1, 1978 and Aug. 1, 1979 should submit their date requests prior to June 1, 1978 for inclusion in the summer "Marathon Issue" of the *NCCR*. This issue will also list the top marathon times, PA records, etc. Now, more good news! Starting with this issue, the *NCCR* will be printed on high quality coated paper on a Webb press (same as *Time*, *Newsweek*, etc.). We are printing 8000 copies with the increased circulation coming from a stepped up circulation drive, and counter sales at sporting goods shops, etc. SEND ALL INFORMATION FOR SCHEDULING TO: *NorCal Running Review* Schedule, 765 Campbell Ave., Los Altos, CA 94022.

In closing, I would like to say that it has been an interesting four years as LDR Chairman, and I hope that I was able to build the LDR organization into an effective and representative force for both the race director and runner. Although there is no present LDR Chairman, all races still need to be sanctioned through the AAU Office in San Francisco, both for the protection of the race director and the runner. It is also anticipated that starting Jan. 1, 1978, ALL AAU-Sanctioned races will (upon request) be covered by three-party insurance to protect the PA-AAU, the race director and his organization, and the jurisdiction where the race is being held. This is VERY important, since after a couple of unfortunate accidents recently, involving the deaths of some runners, the authorities are becoming very hesitant about granting permits, and in two recent incidents, actually halted the race. So the sanctioning process and fee is very important as protection for the sponsoring organization and/or individuals.

Thank you for your assistance and consideration over the past four years in making the LDR program in Northern California into probably the best in the United States.

Harold G. DeMoss
PA-AAU Men's LDR Chairman

Meet Directors!!!

MAIL ENTRY BLANKS TO 2000 RUNNERS FOR \$20

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★ NOR-CAL RUNNING REVIEW ★

Scheduling

LONG DISTANCE (Also see "Late News")

WHEN REQUESTING INFORMATION on any of the races listed in our scheduling section, be sure to enclose a self-addressed, stamped envelope--otherwise you may find your correspondence unanswered! ALWAYS check to verify date, time and location of races on the schedule...mistakes do occur and races are sometimes changed or cancelled due to unforeseen problems. The *NCCR* assumes no responsibility for incorrect information being listed, whether it be our fault or the race director's.

AREA CONTACTS: - 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. Remember that self-addressed, stamped envelope! *** PACIFIC AAU: Harold DeMoss, 765 Campbell Av., Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC AAU: (SPA) John Duhig, 1642 Trafalgar Pl., Westlake Village, CA 91361 (Ph. 805/497-2011); PACIFIC SOUTHWEST AAU: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; SOUTHERN NEVADA AAU: (SNA) Las Vegas TC, 309 So. Third St., Suite 316, Las Vegas, NV 89101; OREGON AAU: (OA) Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201.

AAU CARDS: - If you intend to compete in AAU-Sanctioned events, you should secure a current (1978) AAU card from your local district office. Contact the local representatives above for addresses, or check with Directory Information. The Pacific AAU Office (PA-AAU) is: 942 Market St., Suite 201, San Francisco, CA 94102 (Ph. 415/986-6725)...1978 cards are \$4.00 (insurance is \$1.50 extra). If you are competing in other than a legitimate "Fun Run" (includes DSE races listed in main portion of schedule), it is your responsibility to check with meet directors to determine if meet has proper sanction (RRC, AAU, etc.).

U.S. REGIONAL SCHEDULES: - The Road Runners Club of America has five individuals who compile quarterly schedules of races in their areas. Anyone interested in a regional schedule should send a self-addressed, stamped envelope to: WEST: Herb Parsons, 170 Rosario Beach Rd., Anacortes, WA 98221; CENTRAL-ROCKIES: Russ Niemi, 8229 Eby, Overland Park, KS 66204; NORTH-MIDWEST: Bob Martin, 5834 Stony Island Av., Chicago, IL 60637; SOUTH: Nick Costes, c/o Troy State Univ., Dept. of HPER, Troy, AL 36081; EAST: Ray Gordon, Route 2, Box 835, Front Royal, VA 22630. (Note: *NCCR* covers most California races.)

POLICY: - Generally we will list any true 'Fun Run', but other races that try to bypass the Bay Area's (Northern California's) scheduling procedures and openly conflict with a pre-scheduled run will not be listed unless the parties involved do not object. We would like to keep some semblance of order and not have complete chaos. Two races appearing on the same day and of similar distance (and in the same proximity) do not necessarily conflict, but there should be communication and agreement between race directors in this regard.

PA-AAU LDR HANDBOOK: - The supply of current handbooks (thru July 31) is running low. When they run out, the *NCCR* will list full PA-AAU race information in our scheduling section...until that time, we only list the name of the race and distance for the most part so that we don't hinder sales (profits from all handbook sales go to the LDRC's travel fund (men & women) and towards purchasing equipment for the LDRC's "Equipment Warehouse"). Price is 65¢ by mail (see ad in this section).

BOSTON MARATHON TOUR

The *NOR-CAL RUNNING REVIEW* is again sponsoring a gala Boston Marathon Tour in 1978...you can save \$115 on airfare by travelling with our group. The only requirement is that you must travel to Boston as a group, but you may return to S.F. via any other routing at any time you wish, as long as you fly TWA (small extra fee for different return-trip routing). The reduced fare requires all members of our group to make identical ground arrangements (hotel). We have reserved 30 rooms (double occupancy) at the Boston Park Plaza Hotel (other hotels were booked in November when we made reservations), a short walk from the Prudential Center and finish-area of the Marathon. TOTAL PACKAGE PRICE is \$452, and that includes airfare, 4 nights of lodging, and all transfers to and from airport, baggage handling, etc. We leave Friday (April 14). Inquire now (limited space)!!

FUN-RUN SCHEDULE

These races usually follow the *Runner's World* format, having at least one short race (mile or less) and a longer run of up to 6 miles. No entry fee (or 50¢ maximum in some cases); enter on raceday; certificate awards to all finishers on those runs with *Runner's World* format (contact meet directors for full information). Be sure to enclose a self-

addressed, stamped envelope, or you will receive no reply. **DSE RUNS:** Since these runs follow no particular weekly pattern, they are listed in the main scheduling section, but they are still 'Fun Runs', with a 50¢ entry fee, usually only one race, and ribbons to all finishers. **IF YOU KNOW OF ANY OTHER FUN-RUN LOCATIONS, PLEASE SEND US FULL INFO.**

LOS ALTOS HILLS: Foothill College; every Sunday, 9:30 am; Bob Anderson, *Runner's World*, Box 366, Mtn. View, CA 94042.

CHICO: Bidwell Park (Hooker Oak Recreation Area); every Saturday, 9:00 am; Jim Remillard, Rte. 5, Box 79-DA, Stilson Canyon Rd., Chico, CA 95926.

WALNUT CREEK: Heather Farm Park; every Sunday, 10:00 am; Rich Vasquez, 3 Barcelona Way, Clayton, CA 94517.

FRESNO: Fresno H.S. (1st Saturday), or Roeding Park (3rd & 5th Saturday), 7:00 am; Sid Toabe, 4566 N. Del Mar, Fresno 93704.

BAKERSFIELD: West H.S. & Beach Park, alternately; every other Saturday, 8:00 am; Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309.

INCLINE VILLAGE: Incline Village Community Bldg.; 1st & 3rd Sundays, 10:30 am; Lake Tahoe T.C., P.O. Box 5983, Incline Village, Nev. 89450.

STOCKTON: Fritz Grupe Park; every Saturday, 9:00 am; Frank Hagerty, 7309 Camellia Ln., Stockton, CA 95207.

HUNTINGTON BEACH: Huntington Central Park; every Sunday, 10:00 am; Rick Russ, 7010 W. Oceanfront, Newport Beach, CA 92663.

RANCHO CORDOVA: Cordova Park; every other Saturday, 10:00 am; Henry Rosendale, 2513 Augbibi Way, Rancho Cordova, CA 95670.

APTOS: Cabrillo College; bi-monthly (Sundays), 10:00 am; John Smead, Box 718, Soquel, CA 95073.

TRACY: Dr. Powers Park; every Sunday, 11:00 am; Kurt Schroers, 1801 Newport Ct., Tracy, CA 95376.

SANTA ROSA: Spring Lake Park; every Saturday, 8:15 am; Bob Yee, 1200 Sonoma Ave., Santa Rosa, CA 95405.

VENTURA: Arroyo Verde Park; monthly (Saturday), 9:00 am; Inside Track, 1451 E. Main, Ventura, CA 93001.

PACIFICA: Terra Nova H.S.; every other Sunday, 10:30 am; Dave Barry III, 170 Santa Maria Ave., Pacifica, CA 94044.

RENO: Reno YMCA; monthly (Saturday), 8:00 am; Cal Pettengill, 2670 Thomas Jefferson, Reno, Nev. 89509.

LOMA LINDA: Loma Linda Univ. (track); monthly (1st Sunday), 8:00 am; Don Hall, 25788 Lomas Verdes, Redlands, CA 92373.

SOLANA BEACH: San Dieguito Park; every other Saturday, 9:00 am; Wayne Whiting, 244 Hillcrest Dr., Leucadia, CA 92024.

MODESTO: Legion Park; every Saturday, 10:00 am; Bob Gausman, 810 Lucerne, Modesto, CA 95350.

COLUSA: Colusa-Sacramento River State Park; 2nd & 4th Saturdays, 9:00 am; Dr. Paul Williamson, 813 Webster St., Colusa, CA 95932.

PALM DESERT: College of the Desert; every other Sunday, 9:00 am; Tracy Schultz, 46-209 Oasis, Indio, CA 92201.

SANTA BARBARA: The Lagoon behind UCEN, U.C. Santa Barbara; every Sunday, 10:00 am; Chuck Rundgren, 785 Camino Del Sur, #35, Isla Vista, CA 93017.

SAN FRANCISCO: Embarcadero YMCA; every Friday, 12:15 pm; Ralph Love, 74 Lloyd Dr., Atherton, CA 94025.

CARLSBAD: Tamarack Beach; every Saturday, 9:00 am; John Sonnhalter, 561 Vale View Dr., Vista, CA 92083.

ESCONDIDO: Kit Carson Park; every Saturday, 8:00 am; John Sonnhalter, 561 Vale View Dr., Vista, CA 92083.

OCEANSIDE: Mira Costa College; every Saturday, 9:00 am; John Sonnhalter, 561 Vale View Dr., Vista, CA 92083.

THOUSAND OAKS: California Lutheran College; every Sunday, 8:00 am; Joseph Nardo, 573 Houston Dr., Thousand Oaks, CA 91360.

ANGWIN: Pacific Union College (track); every Sunday, 8:00 am; David Nieman, Pacific Union College (P.E. Dept.), Angwin, CA 94508.

NORTHRIDGE: Cal-State Northridge; every other Sunday, 10:30 am; Charlie Horn, 714 E. Acacia Ave., Glendale, CA 91205.

LOS ANGELES: Westchester H.S. (track); every Saturday, 8:00 am; Westchester YMCA, 8015 S. Sepulveda Blvd., Los Angeles, CA 90045.

DAVIS: Univ. of California (Main Quad); every other Saturday, 9:00 am; Rich Harley (Ph. 916/758-2687).

BELVEDERE: Belvedere Town Park; every Saturday, 9:00 am; Jim Nuccio, 617 Meadowsweet Dr., Corte Madera, CA 94925.

MERCED: Applegate Park; every Thursday, 6:00 pm; Dave Donaldson, 1931 Carol Ave., Merced, CA 95340.

FOSTER CITY: Bowditch School Field; every Saturday, 9:00 am; Foster City R&J, 917 Lido Ln., Foster City, CA 94404.

- Jan 21 - High Sierra 10-Mile Road Run, Woodward Pk., Fresno, 11 am. Len Thornton, 5768 N. Millbrook, Fresno 93710. (CCA)
- Jan 21 - 3 & 6-Mile Fun Runs (& 1/2-Miler), Sacramento, 8:30 am. McIntosh's Sports Cottage, 4120 El Camino, Sacramento 95821.
- Jan 21 - Sea King Half-Marathon, Corona del Mar H.S., 9 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (SPA)
- Jan 21 - 15-Kilo Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Jan 21 - SCTC Bullards Beach Road Runs (1, 3 & 6 Mi.), nr. Bandon, Ore., 1 pm. Mike Hodges, SW Oregon C.C., Coos Bay, OR 97420.
- Jan 21 - ORRC Terwilliger 6-Miler, Duniway Pk., Portland, Ore., 9 am. Lionel Fisher (Ph. 503/646-4534). (OA)
- Jan 21 - Cascade 4.5-Miler, 12 miles SE of Salem, Ore., 1 pm. Darrel Deedon, 5647 Valley View Rd., SE, Turner, OR 97392. (OA)
- Jan 21 - Chula Vista Kiwanis 10-Kilo, Rohr Park (San Diego area). Bruce Mackin (Ph. 714/422-1157, days). (PSA)
- Jan 21 - Bennett Ridge Runs (3.5 & 8 Km. Fun Runs), nr. Rohnert Pk.? Call Jim Noonan (Ph. 415/539-3529). (RRC)
- Jan 22 - Champagne Marathon, Paul Masson Winery, Saratoga. (See PA-AAU LDR Handbook)
- Jan 22 - San Francisco Zoo Run, 4 Miles, (south gate). (See PA-AAU LDR Handbook)
- Jan 22 - Pico Rivera 5-Mile Anniv. Run, 9 am. Armie Briones, Pico Rivera Recr. Dept., 6615 S. Passons Blvd., Pico Rivera 90660.
- Jan 22 - Last Place 12-Miler, Anderson, 10 am. Frank Swoboda, 7496 Socille Trail, Palo Cedro 96073.
- Jan 22 - Lake Merritt 5, 10 & 15-Kilo Fun Runs, Oakland, 9 am. John Notch (Ph. 415/444-2602).
- Jan 28 - Natl. AAU Sr. Men's 12Km. X-C Champs, Atlanta, GA. David Martin, 510 Coventry Rd., Stone Hill, Decatur, GA 30030.
- Jan 28 - 5-Mile Handicap Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas T.C., 309 S. 3rd St., #316, Las Vegas, NV 89101.
- Jan 28 - Super Race I, Monterey (El Estero Pk.), 10 Km., 11 am. Monterey Pen. YMCA, 404 Camino El Estero, Monterey 93940.
- Jan 29 - DSE Presidio Gate Run, 3.75 Mi., Meet at Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jan 29 - Big Dipper Handicap (distance??), Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Jan 29 - Bonne Bell Mini-Marathon (10 Kilos), G.G. Park, S.F., 10:06 am. Penny DeMoss, 765 Campbell Av., Los Altos 94022. **WOMEN**
- Jan 29 - Peach Bowl Pacers 10-Kilo (near Marysville). (See PA-AAU LDR Handbook)
- Jan 29 - Casitas Dam 10-Kilo Handicap, L.A. Area, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Jan 29 - World Masters Marathon (not 40+ only), Chapman College, Orange, 7:30 am. Wm. Selvin, 2025 N. Tustin, #3, Orange 92665.
- Feb 4 - Trinidad Beach Run, 8.5 Miles, (Eureka area). (See PA-AAU LDR Handbook) Note: Starting time changed to 1:30 pm.
- Feb 4 - Natl. Jr. AAU 8-Kilo X-C Champs (& Internat'l Trials), Gainesville, Fla. Roy Benson, Box 14485, Gainesville, FL 32604.
- Feb 4 - Oregon AAU 30-Kilo Champs, Delta Pk., Portland, Ore., 9 am. Cal Alsleben (Ph. 503/653-2288). (OA)
- Feb 4 - Santa Barbara Winter Runs (6.5 & 8.5 Mi.), 10:15 am. Eric Arneson, P.O. Drawer P-P, Santa Barbara 93101. (SPA)
- Feb 4 - Bakersfield Marathon (+Half & Mini-Marathon), West H.S., 8 am. Bakersfield T.C., P.O. Box 9391, Bakersfield 93309. (CCA)
- Feb 5 - Las Vegas Marathon, Las Vegas, Nev., 8 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Feb 5 - Bonne Bell Mini-Marathon (& Natl. AAU Women's 10 Km. Champs), L.A. Jacquelin Hansen, P.O. Box 1008, Topanga Cnyn. 90290.
- Feb 5 - Hermosa Beach 5-Miler (L.A. area), 9 am. Martin Demott, Civic Ctr., Dept. of Recr., Hermosa Beach 90254. (SPA)
- Feb 5 - **POSTPONED**--Women's Woodside 5-Miler, Woodside (To be moved to later in the year...watch NCRR for further information.)
- Feb 5 - San Martin Road Runs (1, 2.2 & 6.28 Mi.), 9:30 am (1st race). Bill Flodberg, 12925 Foothill, San Martin 95046. (RRC)
- Feb 5 - Sonoma Valley 3 & 8 Kilo Runs (Fun Runs). Glenn McCarthy, Empire Runners, 335 Algiers Ct., Santa Rosa 95405. (RRC)
- Feb 5 - DSE Coit Tower Run (2.483 Mi.), Meet at Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Feb 11 - Valentine Day Runs (5 & 10 Km.), Lake Merritt, Oakland, 10 am(?). Alameda County Heart Ass'n, Box 5157, Oakland 94605.
- Feb 11 - Ivanhoe 6-Mile Run, Ivanhoe. Dave Bronzan, 1173 W. Eymann, Reedley 93654. (CCA)

1977-78 LDR HANDBOOK

RACE SCHEDULE
X-C SCHEDULE
PA RECORDS

CLUB DIRECTORY
TOP PA MARATHONERS
PA CHAMPIONSHIPS

65¢ by mail: PA-AAU, 942 Market, Suite 201,
San Francisco, Cal. 94102

- Feb 11 - Glen Ellen Runs (3 & 11.5 Kilos), Fun Runs. Glenn McCarthy, Empire Runners, 335 Algiers Ct., S. Rosa 95405.
- Feb 11 - Oregon AAU 25 Kilo Champs, Central Pt., 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Feb 11 - Salem Road Runs (3, 6 & 9 Mi.), Salem, Ore., 1:30 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Feb 11 - Sunset Park 10 Kilo, Las Vegas, Nev., 9 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Feb 12 - DSE Ferry Bldg. Run, 3.85 Miles, Meet at Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Feb 12 - West Valley Marathon, San Mateo (Note: Registration location changed to San Mateo H.S.) (See PA-LDR Handbook)
- Feb 12 - Hidden Valley Marathon (& 1/2 & 1/4-Marathon), Newbury Pk., 8 am. Larry Ballew, 180 Academy, Newbury Pk. 91320
- Feb 12 - SPA-AAU Annual LDR Meeting (following Hidden Valley Marathon), includes election of LDR Chairman.
- Feb 12 - LMJS East Ridge-Stream Trail 15 Km. Fun-Run, Skyline Gate, Oakland, 9 am. John Notch (Ph. 415/444-2602).
- Feb 12 - Winter Sun Run, 2 Mi. & 10 Km., Folsom-South Canal Recreation Trail (zero-mile marker), 12:15 pm. David Island, 2717 Cottage Way, Suite 6, Sacramento 95825.
- Feb 18 - X-Country Relay Race, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. 3rd St., #316, Las Vegas, NV 89101.
- Feb 18 - Oregon AAU One-Hour Run, Roseburg H.S. Track, Roseburg, Ore., 11 am. S. Stafford, 900 S.E. Douglass, R'bg 97470
- Feb 19 - SCTC Winchester Bay Runs (1, 3.5 & 7 Mi.), nr. Reedsport, Ore., 1 pm. Clint Johnson (Ph. 503/267-2738).
- Feb 19 - SPA-AAU 30 Kilo Championships, Culver City, 8 am. Culver City AC, 4070 Minerva Av., Los Angeles 90066. (SPA)
- Feb 19 - Excelsior East End Run, 7.87 Mi., San Francisco. (See PA-AAU LDR Handbook)
- Feb 20 - Washington's Birthday Fun Run (distance?), Woodward Pk., Fresno. Jim Martin, 2530 N. Barton, Fresno 93703. (CCA)
- Feb 25 - Porterville Marathon, 283 N. South, Porterville 93257.
- Feb 25 - Martinez to Port Costa Brick Yard Run, 8.4 Mi. (See PA-AAU LDR Handbook)
- Feb 25 - Anderson Dam Runs (1.2 & 10 Mi.), nr. Gilroy, 9:30 am. Bill Flodberg, 12925 Foothill, San Martin 95046. (RRC)
- Feb 25 - Washington's Birthday 8-Miler, Handicap, Ridgecrest, 10:30 am. Frank Freyne, 201-A Blue Ridge Rd., China Lake 93555.
- Feb 25 - SNA-AAU 15 Kilo Championships, Sunset Pk., Las Vegas, NV, 9 am. Las Vegas TC, 309 S. 3rd St., #316, Las Vegas, NV 89101.
- Feb 25 - Trail's End Marathon, Seaside, Ore., 11:30 am. (Enter by Feb. 18) Ralph Davis, Box 7, Seaside, OR 97138. (OA)
- Feb 26 - LAPD 6.1-Miler, Elysian Pk., L.A., 9 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA)
- Feb 26 - PA-AAU 50 Mile Championships, Marysville to Sacramento. (See PA-AAU LDR Handbook)
- Feb 26 - Lake Merritt Fun Runs (5, 10 & 15 Km.), Old Boathouse, Oakland, 9 am. John Notch (Ph. 415/444-2602).
- Feb 26 - RRC Postal 10-Mile Run (roads), Armstrong Grove Pk., Guerneville, 10 am. Glenn McCarthy, 335 Algiers Ct., S. Rosa 95405.
- Feb 26 - DSE Twin Peaks Run, 3.6 Miles, (Portola & Twin Pks. Blvd.), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Feb 26 - 1st Annual Adidas Roadraces (6 Mi. & 1/2-Marathon, tentative), Evergreen Valley College, San Jose, 9:45 am. Community Services Office, 4750 San Felipe Rd., San Jose 95121.
- Mar 4 - Mystery Relay, Univ. of Nevada (track), Las Vegas, NV, 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101.
- Mar 4 - Muscular Dystrophy Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Mar 4 - Bidwell Classic (PA-AAU Championships) Marathon & Road Runs (Half-Marathon & 3 Mi.), Chico. (See PA-AAU LDR Handbook)
- Mar 4 - Windsor Road Race, 15 Kilometers (Fun Run). Fred Maier (Ph. 415/838-4793).
- Mar 4 - San Fernando 6-Mile Handicap, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Mar 5 - DSE Lake Merced Run, 4.95 Mi., Meet at Boathouse, S.F., 10 am. Walt Stack, 321 Collingwood St., San Francisco 94114.
- Mar 5 - Channel-to-Lake 10-Miler, Vallejo, 10 am. Wendy Musladine, Vallejo C of C, 2 Florida St., Vallejo 94590.
- Mar 5 - Natl. AAU Sr. & Masters 20-Kilo Champs, Holliston, Mass. Ron Kramer, 84 Wingate Rd., Holliston, MA 01746.
- Mar 5 - Ojai Valley 10-Kilo Road Run, 10 am. Tom Waller, 909 Grand, Ojai 93023. (SPA)
- Mar 11 - Los Alamitos Marathon, 7:30 am. Mitch Lansdale, Los Alamitos Recr. Dept., 10911 Oak St., Los Alamitos 90720. (SPA)
- Mar 11 - 4-Mile X-Country, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Mar 11 - Hanes' Hilly 20 Kilo Fun Runs (choose 3, 10 or 20 Km.), Sebastopol. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Mar 11 - Wreck Run, 3-Mile Fun Run, Beresford Recr. Ctr., San Mateo, 9 am. San Mateo Recr. Dept. (Athletics), Ph. 415/574-6748.
- Mar 12 - Pamakid Lake Merced Relays (5-person teams), 4.492 Mi./Leg, San Francisco. (See PA-AAU LDR Handbook)
- Mar 12 - Natl. AAU Sr. & Masters 25-Kilo Champs, Palos Verdes (Lunada Bay), 9 am (Also Natl. Women's Champs). Carl Paulson, 1707 Pacific Coast Hwy, #315, Hermosa Beach 90254. (SPA)
- Mar 12 - LMJS Port View Park Fun Runs (8.5 & 17 Km.), foot of 7th St., Oakland, 9 am. John Notch (Ph. 415/444-0602).
- Mar 18 - SNA-AAU 20-Kilo Championships, Sunset Pk., Las Vegas, NV, 9 am. LVTC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Mar 18 - Los Angeles Marathon, Elysian Pk., 8 am. Fred Honda, L.A. Dept. of Recr., 200 N. Main St., 13th Floor, L.A. 90012. (SPA)
- Mar 18 - Big Creek 15-Kilo Run, nr. Fresno(?). Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- Mar 19 - DATE CHANGE - Buffalo Stampede 10-Miler & PA-AAU 50-Kilo moved to April 2 (UC Davis Campus). (See PA-AAU LDR Handbook)
- Mar 19 - Marin Red Cross Run, 6.5 Miles, College of Marin, Kentfield. (See PA-AAU LDR Handbook)
- Mar 19 - Natl. AAU Sr., Masters & Women's 30-Kilo Champs, Albany, N.Y. Burke Adams, 280 State St., Albany, N.Y. 12210.
- Mar 19 - DSE Golden Gate Toll Plaza Run, 7 Miles, Meet at Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Mar 19 - AVON Marathon (Internat'l Women's Champs), Atlanta, GA. Kathrine Switzer, c/o AVON Products, 9 W. 57th St., N.Y. 10019.
- Mar 25 - DATE CHANGE - Lake 11 San Jo 10-Miler moved from March 26, Howarth Pk., Santa Rosa. (See PA-AAU LDR Handbook)
- Mar 25 - Oxnard to L.A. Relay (50 Mi., 5-Person), Pt. Mugu Rock, 7 am. PRE-ENTRIES. CCAC-STC, 4070 Minerva Av., L.A. 90066.

Help NCCR & Earn Easy \$\$

Attention all readers! This issue marks a critical stage in the NCCR's development. Whether or not we continue to produce the quality of magazine you see here depends to a very large extent upon you. By increasing our circulation four-fold all at once we are obviously going to need more subscriptions in a hurry or lose money! So this is where you come in. If you'd like to make some easy money...read on!!!

As a stimulus to help increase subscriptions, we have set up a plan whereby anyone may become a "subscription agent". To get complete details, simply drop us a line at the address below and we'll set you up within a few days. But briefly, here is how it works. We set you up with an agent 'ID Number' that you put on any subscription blanks we send you (you can use a rubber stamp or lick-on label with your name if you prefer). Then you simply distribute those blanks in any manner you wish...some ideas: (1) Mail with race results, (2) Put at registration tables at races or hand out to runners at the finishline, (3) Pass out at large sporting events like the California Relays, West Coast Relays, etc., (4) Mail with your club's newsletter, and so on. The important thing is that you need not make any direct sales. When the applications with your 'mark' are returned to our subscription department, you will be credited with \$1.00 for each one-year subscription we receive. Then, every few weeks (or months, depending on amount of credit gained) we will send you a commission check. It's that simple! Likewise, you may also collect commissions by setting up local stores in your area with 'dealer subscriptions' at a 40% discount. You earn a 10% commission on these type sales.

So, if you like what you see in this issue and would like to see it continue, and at the same time would like to make some easy dollars for yourself, write us below for full details. **YOU MUST WRITE TO BECOME AN AGENT...IT IS NOT AUTOMATIC!!**

Thanks for your support...remember that the NCCR is basically a reader-supported publication. Help us grow. Write today.

Northern California Running Review

P.O. BOX 1551, SAN MATEO, CA. 94401

- Mar 25 - Sunset Park 10-Kilo Run, Las Vegas, Nev., 9 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
 Mar 26 - Lake Merced Masters Run, 4.95 Mi., S.F. (Boathouse). (See PA-AAU LDR Handbook)
 Mar 26 - Easter Celebration Jog, Fresno (distance?). Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
 Mar 26 - Lake Merritt Fun Runs (5, 10 & 15 Kilo), Old Boathouse, Oakland, 9 am. John Notch (Ph. 415/444-0602).
 Apr 2 - 1st Annual Clear Lake Marathon, Fairgrounds, Lakeport, 10 am. Bill Jones, Lake County C of C, Box 517, Lakeport 95453.
 Apr 2 - DATE CHANGE PA-AAU 50-Kilo Champs & Buffalo Stampede 10-Miler (from Mar. 19), UC Davis. (See PA-AAU LDR Handbook)
 Apr 8 - Orange County Marathon, 8 am. Pete Dowery, 9593 Pettswood, Huntington Beach 92646. (SPA)
 Apr 9 - Internat'l "Focus on Fitness" Runs: PA-AAU 30-Kilo Champs (also 5 & 15-Kilo Runs), Golden Gate Park, Polo Fields...races will start at different times. (NOTE: A total of 510 Germans, to date, have signed up for a tour of California that will culminate with this race. Let's have a large turnout, San Francisco style, for our European friends.) (See LDR Handbook)
 Apr 16 - Double Marathon (tentative), 52.4 Mi., Site TBA. (See PA-AAU LDR Handbook)
 Apr 17 - Boston Marathon (qualifying times req'd), noon. APRIL 1 DEADLINE. Will Cloney, 150 Causeway St., Boston, MA 02114.
 Apr 22 - Mt. SAC Relays Marathon, Walnut, 8 am. Don Ruh, Mt. SAC, 1100 N. Grand, Walnut 91789. (SPA)
 Apr 23 - SPA-AAU 50-Kilo Champs (& 16-Miler), Camarillo area, 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)

TRACK & FIELD

HELP! - PLEASE SEND US YOUR SPRING TRACK SCHEDULES BY FEB. 15!

We got next to no response from last issue's plea for schedule information. We know that there are many coaches and athletes who read this but just don't bother to do anything. It takes only a minute to slip a mimeo-graphed schedule into an envelope and mail it to us; but it takes us many, many hours to sit down and write/call various coaches for that same information. We need everyone's cooperation to come up with a representative schedule for the area...DON'T ASSUME SOMEONE ELSE DID IT! SEND YOUR SCHEDULE NOW! We can use any and all scheduling information (high school, college, age-group, women, etc.).

ALL-COMERS MEETS: - We heard about several meets too late for last issue (and too late for this one too). Sacramento State had meets thru Jan. 14th, but this issue will be out a few days after that one. Please keep us posted on all-comers events in your area...don't assume we have already heard of them.
 --- SAN MATEO: On Jan. 21 & 28 and Feb. 11. Meets start at noon (11 am for field events) on CSM's all-weather track. If racing surface is wet, meets will be cancelled. Both high school & open divisions (women can compete in men's events?). Entry fee is 50¢. Sponsored by NorCal T&F Ass'n & CSM. For more information, call Harry Young (415/574-6452, days) (415/345-5189, eves). Flats or 1/4" spikes required. --- BERKELEY: Held Jan. 21, 28, and Feb. 4, 11, at Cal-Berkeley (Edwards Stadium), beginning at 11 am. Open and high school divisions. All field events except hammer. Entry fee is 50¢. Only 1/4" spikes (or flats allowed). Tartan track. Both men and women can compete in both divisions. For more information: Ervin Hunt, 2731 Cardiff Ct., Richmond 94806. --- SAN JOSE: Held on Jan. 21 & 28, at San Jose City College (new Chevron 440 track). Use 1/4" spikes only. Running events start at 9:30 am (field events at 9:00 am); open and high school divisions; Women may compete in men's events. Entry fee is 50¢. No javelin or hammer throws. For more info: Steve Haas, Track Coach, SJCC (Ph. 408/298-2181, ext. 303 or 331). --- LOS GATOS: Held on Jan. 21 & 28, at Los Gatos H.S. (Chevron 440 track; 1/4" spikes req'd). Four divisions & 50¢ entry fee...girls, Jr. High, High School, and open. Final meet is "Championship Meet" (must qualify in previous 5 meets to compete). Field events at 1 pm and running events at 1:30 pm. Contact: Glenn Harmatz (408/354-5673, or 356-2225), or Steve Chappell (408/295-9308). --- MERCED: Held on Jan. 21 & 28, at Merced College (dirt track?), 10 am. Age divisions for everyone, men & women, boys & girls. Meets will probably also be held every Sat. thru Feb., but we're not positive. For more information: Dave Donaldson (Ph. 209/722-2384).

EXAMINER GAMES TRIALS: - Held on Feb. 4 at various locations. We're still not positive as to the breakdown of division locations, but you may contact the Examiner Promotions Office for more details: Ph. 415/777-2424). We are pretty sure of the following locations: CSM--High School & probably Masters Trials; SJCC--College & JC's; Check with Examiner for Age-Group info and whether or not there will be a "Devil-take-the-Hind-most" trials (at SJCC last year). The Examiner will also have a list of 'contacts' and events being contested for each division. All 'open' events are invitational (men & women).

INDOOR MEETS: - Here is a partial list of major West Coast & Championship Indoor Meets for the 1978 season. NOTE: Contacts listed are Meet Directors...not for ticket information!!

- Jan 21 - Sunkist Indoor, L.A. Sports Arena. Contact: Al Franken (Ph. 213/879-9210).
 Jan 28 - Oregon Indoor Invit., Memorial Coliseum, Portland, Ore. Contact: Bob Newland (Ph. 503/342-5611, x264).
 Feb 3 - L.A. Times Indoor Games, The Forum, Inglewood. Contact: Will Kern (Ph. 213/625-2345).

(CONTINUED in next column...)

- Feb 17 - San Diego Indoor Meet, Sports Arena, San Diego. Contact: Al Franken (213/879-9210).
 Feb 18 - Examiner Games, Cow Palace, Daly City. Contact: Jim Terrill (415/965-2433).
 Feb 24 - Nat'l. AAU Indoor Championships, Madison Sq. Garden, New York (Men & Women). AAU Nat'l's, 30th Flr., 444 Madison Av., New York, N.Y. 10022. (Entry Standards listed on Page 8 of this issue...ENTRY DEADLINE = ?).
 Mar 10 - NCAA Championships (2 days), Detroit, Michigan.

OUTDOOR MEETS: - We are only listing a few of the early-season meets below. Next issue will feature an extensive listing of major meets through mid-May.

- Feb 25 - Sr. Women's & Age-Group Relays, San Jose CC, contact E. Argabright, 1640 Tiffany Wy., San Jose 95125; Cal-Intrasquad & WVTC, UC Berkeley, 1:15 pm; Stanford & Hayward St. at SJS (time?).
 Mar 4 - Sac'to State, BAS & WVTC(?) at UC-Berkeley, 1:15 pm.
 Mar 5 - Winter Games (Women/Age-Group), College of Alameda, contact Willie White, 1551 Madison, #112, Oakland 94612.
 Mar 11 - Westmont & WVTC at SFS, 11 am; Age-Group Sectionals (at Foothill College - Contact: Bruce Carney, 505 Cypress Pt. Dr., #92, Mtn. View 94041; at Piedmont Hills H.S., San Jose - Contact: Appaloosa TC, Box 32141, San Jose 95132); San Jose St. & WVTC(?) at UC-Berkeley, 1:15 pm.
 Mar 17 - USTFF Decathlon (2 days), Cal-State Hayward, 9 am.
 Mar 18 - Stanford Relays, Stanford Univ.; Age-Group Sectionals (at Acalanes H.S. - Contact Don Bailes, 133 Selbourne, Moraga 94556; at ??, Contact George Staton, Box 1049, Cupertino 95014).
 Mar 19 - Brotherhood Games, UC Berkeley, men/women, contact Nate Slaughter, 2525 Jacobs St., Hayward 94541.

RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following individuals--(NorCal) Wayne Glusker, 20391 Stevens Creek Blvd., Cupertino 95014 (Ph. 408/996-1272); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010 (Ph. 805/482-5360); (Oregon) Jim Bean, 336 Jeris St., S.E., Salem, Ore. 97302.

NOTE: - I haven't received anything in the way of scheduling or results from Wayne Glusker recently, so I have not very much to print. If our readers would like to see expanded coverage in this column, I'd better get some 'correspondants'. Thanks!

NATL. AAU INDOOR: - Still don't know the qualifying time on this one. It will be held at Madison Sq. Garden (NYC) on Feb. 24.

LUGANO CUP (Sept. 24-25, Milton Keynes, G.B.): - Neal Pyke was somewhat off his super form of early this summer, but still clocked a good 95:20 for 41st place in this prestigious "Olympics" of race walking over 20K. Jim Heiring, 93:40, was top American in 36th; also Steve DiBernardo (45th in 99:48). #1-Bautista/Mex 84:02!!



Dave Himmelberger walked a swift 13:08 for 3000m behind Neil Pyke's 12:48 at CSM (12/24). /Fenner/

Prep Ramblings

by Keith Conning

BOYS

NOTICE TO FANS: - Please send me results & stories about high school track from your local papers. As you know, Northern California is a large area, and no one paper covers the news completely. Thanks for your help! Send to: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406, evenings). Incidentally, I'm not paid for this. I do it because I enjoy high school track (& cross-country) and there is a lack of information about what is going on around NorCal in the sport(s).

REGARDING CIF RULE CHANGE: - In last issue we stated that the C.I.F. (California Interscholastic Federation) passed a proposal on Oct. 7 regarding the permissibility of high school athletes competing in other than school meets during season. We had stated this as being a blanket ruling, but since last time we have learned that each individual C.I.F. Section must ratify the new rule within its own jurisdiction. Thus, if a certain Section does not ratify the rule, then no athlete within that Section can compete 'unattached' in non-school competitions during season. We had heard rumors that the North Coast Section may not have ratified the rule. We have no definite information on this, so any news that our readers have should be sent to NCRR immediately for publication. To be safe, you can check with your local Section office to find out the answer, or your coach might know. Let's hope that all the Sections have enough foresight and pass the rule change.

NOR-CAL X-COUNTRY RANKINGS

For the second year, NCRR is ranking Northern California's top ten individuals (boys and girls), and this year we are also ranking the top ten teams too (we went five deep last year). In addition, we are listing the other twelve individuals (not in any specific ranking) of both the boys and girls "All NorCal Teams", as chosen by the Northern California Track & Field Association. Our prep editor, Keith Conning, did the top-ten rankings, but the "All NorCal Teams", twenty-two deep, were determined by a selection committee of: Plato Yanicks (Menlo Atherton), Bill Thompson (Alameda), Ken Thomas (Soquel), Terry Ward (St. Ignatius), Bob Woods (Camden), & Keith Conning (NCRR) Major criteria for selecting the team were: place in section, region, and league meets. Postal times, invitational results, place in head-to-head competition, etc., also helped to influence the final voting. Areas represented (Merced to Oregon border; consisting of following CIF Sections--Northern, North Coast, Central Coast, Sac-Joaquin, Oakland and San Francisco).

Seniors Dave Coulman of San Marin (Novato) and Irene Crowley of Overfelt (San Jose) are the top runners in NorCal this cross-country season. Coulman was undefeated in three major invitationals and the North Coast Section meet. Crowley lost only one early season race. Coulman defeated Rod Berry of Redwood, who was out with mononucleosis during most of the season, three times. Crowley defeated junior Laurie Crisp of Downey (Modesto) in their only meeting at the 2-Mile Postal Meet.

Skyline of Oakland and Mission San Jose (Fremont) ended in a tie for boys' team honors. Chico repeats as the best girls' team. Although Skyline defeated Mission San Jose in two of three invitationals, the outstanding performance of the latter team during November earned them a tie. Chico lost once to Rio Americano, but that was when they were depleted due to the Scholastic Aptitude Test. Mission had a 47:39 postal clocking!

Top Runners by Class follow (both boys and girls):

Seniors:

Dave Coulman (San Marin, Novato)
Irene Crowley (Overfelt, San Jose)

Juniors:

Tom Downs (Skyline, Oakland)
Laurie Crisp (Downey, Modesto)

Sophomores:

Felix Soto (Mt. Pleasant, San Jose)
Nancy Huyck (Aptos)

Freshmen:

Angel Vasquez (Watsonville)
Stacy Dennison (El Camino, Sac'to)

(Right) Part of Chico's top-ranked girls' team: (l-r) Jill Symons, Julie Selchau, Coach Chuck Sheley, Suzanne Richter, Stacey Shols, Luanne Park. Darcy Burluson missing. /K. Conning/

- #1--DAVE COULMAN (San Marin, Novato)--Undefeated season...first places at San Ramon, Soquel, Pleasant Hill, MCAL, Redwood Empire Area, North Coast Section.
- #2--ROD BERRY (Redwood, Kentfield)--First at PA-AAU Jr. 10-Km.; Seconds at Redwood Empire Area & North Coast Section; Third at MCAL.
- #3--TOM DOWNS (Skyline, Oakland)--A junior; Firsts at OAL Invit., San Ramon & OAL (Section); Seconds at Alum Rock & Pleasant Hill; Sixteenth at Mt. SAC Invit.
- #4--BOB LOVE (Carlmont, Belmont)--Firsts at Artichoke, Center Meet (10/13), SPAL, Region II & Central Coast Section; Second at Crystal Sprgs. Invit.; Fifth at 2-Mile Postal; Thirteenth at Stanford Invit.
- #5--FRANK TURNER (Colfax)--A junior; Firsts at Marysville, No. Tahoe, Colfax, Bella Vista, Rio Linda, Matador Relays, League & Northern Section; Second at USTFF (Fresno).
- #6--DAVE AVILA (Cupertino)--A junior; First at League; Seconds at Sunnyvale, Stanford, Artichoke, Region II and Central Coast Section; Third at 2-Mile Postal; Fifth at Soquel.
- #7--CHRIS OTIS (Mira Loma, Sacramento)--Firsts at League, District 3 & Sac-Joaquin Section; Third at Nevada Union; Sixth at Soquel; Thirteenth at Alum Rock.
- #8--CRAIG HOCHHAUS (Clayton Valley, Concord)--First at League; Thirds at NCS Central Area & North Coast Section; Ninth at San Ramon; Fifteenth at Pleasant Hill.
- #9--FELIX SOTO (Mt. Pleasant, San Jose)--A soph; First at Stanford Invit. (soph race); Seconds at League & Region Qualifying; Thirds at Soquel, Leigh-Lynbrook, Region III and Central Coast Section; Eighth at 2-Mile Postal.



Tied for first in boys' rankings were: (above) Mission San Jose (front) Jay Marden, Steve Strangio, Mike Chastaine, (back) Scott Ruffing, Kevin Coon, John Marden, Rich Read; and (below) Skyline (front) Brad Lichtenstein, Jim Schneider, Mark Richardson, (back) Peter Downs, Greg Valdez, Coach Dave Peterson, Tom Downs. /Photos by Mike Mulhern & Keith Conning/





(Left) Redwood's Rod Berry battles it out with San Marin's Dave Coulman in the NCS title meet. Coulman beat Berry by a second and was voted the top NorCal prep of 1977. (Right) Irene Crowley (Overfelt) won the Central Coast title and was voted number one girl harrier. /Keith Conning Photos/

#10--STEVE STRANGIO (Mission San Jose, Fremont)--A junior; Firsts at Hayward Invit., MVAL, Southern Area NCS & NorCal Jr. Olympics; Seconds at San Ramon & 2-Mile Postal; Third at Pleasant Hill; Eighth at North Coast Section.

OTHERS: Paul Brewer (Leigh), Mark Conover (Miramonte), Glenn Dean (Jefferson), Peter Downs (Skyline), Tim Gruber (Aptos), Ken Holladay (Gilroy), Brian Millar (McAteer), Armand Moreno (Piner), Dave Radican (Mira Loma), Ken Romiguiere (Castro Valley), Greg Valdez (Skyline), Rob Wentworth (Livermore). -- Peter Downs is a junior; all others are seniors or we don't know.

TOP BOYS' TEAMS: #1--(Tie) SKYLINE (Oakland) & MISSION SAN JOSE (Fremont); #3--MIRA LOMA (Sacramento); #4--LEIGH (San Jose); #5--CARLMONT (Belmont); #6--REDWOOD (Larkspur); #7--CORDOVA (Rancho Cordova); #8--CLAYTON VALLEY (Concord); #9--JESUIT (Carmichael); #10--LELAND (San Jose).

GIRLS

- #1--IRENE CROWLEY (Overfelt, San Jose)--Firsts at Alum Rock, Leigh-Lynbrook, 2-Mile Postal, League, Regional Qualifying, Region III, Central Coast Section; Third at Artichoke Invit.
- #2--LAURIE CRISP (Downey, Modesto)--A junior; Firsts at Cordova, Bella Vista, Rio Linda, League, District IV & Sac-Joaquin Section; Second at 2-Mile Postal.
- #3--SUZANNE RICHTER (Chico)--Firsts at San Ramon, Matador Relays, League, Northern Section; Second at Chico; Thirds at Nevada Union and Rio Linda.
- #4--ARLENE DALEY (Granada, Livermore)--Firsts at League, Central Area NCS and North Coast Section; Fourths at Artichoke and San Ramon.
- #5--ANN TRASON (Pacific Grove)--Firsts at Artichoke, Aptos, Soquel, Pacific Grove & League; Seconds at Region IV and Central Coast Section.
- #6--DIANE KENNY (Novato)--Firsts at McAteer & Redwood Empire Area Meet; Seconds at San Ramon, League & North Coast Section; Third at Stinson Beach Relays.
- #7--STACEY DENNISON (El Camino, Sacramento)--A freshman; Firsts at League, District 3 & NorCal Jr. Olympics (12-13 Division); Seconds at Cordova and Sac-Joaquin Section.
- #8--NANCY HUYCK (Aptos)--A soph; Firsts at Center Meet (10/13), Peninsula Invit., League & Region IV; Seconds at Artichoke, Aptos, Soquel, Pacific Grove; Third at Central Coast Section.
- #9--DIANA BUBANJA (Piedmont)--Firsts at OAL Invit., San Ramon, Pleasant Hill, League & Southern Area NCS; Ninth at North Coast Section.
- #10--SHELLY NIETO (Merced)--A freshman; Firsts at Frogtown and 2-Mile Postal; Seconds at Nevada Union, League & District IV; Third at Sac-Joaquin Section; Fifth at Rio Linda Invit.

OTHERS: Karen Bain (Rio Americano), Debbie Bitz (Irvington), Tiffany Choy (Salinas), Julie Hayes (Dublin), Francie Negri (Foothill), Colleen Scannell (Bishop O'Dowd), Becky Schmidt (Half Moon Bay), Kim Schnurpfeil (San Mateo), Julie Selchau (Chico), Brenda Shanks (Quincy), Jill Symons (Chico), Lisa Van Buskirk (Pleasant Hill). -- Choy & Scannell are frosh, Hayes is a soph, Selchau is a junior; all others are seniors we think.

TOP GIRLS' TEAMS: #1--CHICO; #2--RIO AMERICANO (Sacramento); #3--HALF MOON BAY; #4--MISSION SAN JOSE (Fremont); #5--CARLMONT (Belmont); #6--SHASTA; #7--SOUTH TAHOE; #8--MIRAMONTE (Orinda); #9--PLEASANT HILL; #10--SAN CARLOS.

COACH OF THE YEAR

Jack Marden of Mission San Jose, who guided his boys and girls to the North Coast Section team titles, is the coach of the year. Jack used to be one of the top road runners in AAU circles, along with Jim Shettler, when he belonged to the Santa Clara Valley Youth Village. He learned some valuable training techniques from his Hungarian coach, Mihali Igloi, which he employs with his MSJ team today. Here is a typical workout schedule: Monday--hard hills or intervals; Tuesday--endurance intervals; Wednesday--easy intervals; Thursday--good run or meet; Friday--shakeout, warmout; Saturday--race; Sunday--long run, 10 miles at pretty good pace. Both his sons run for the team and are among the best for their ages (Jay is a frosh and John is a junior). Incidentally, nearly all members of his varsity squad are members of West Valley Track Club. To cap off a fine season, the boys' squad captured the high school division at the Xmas Relays.



Jack Marden, Coach of the Year (Mission San Jose). /Keith Conning/

THE BELMONT INVITATIONAL: - The selection committee of the All Northern California X-Country Team has come up with the idea of having a season-ending cross-country meet on Saturday, November 25, 1978, at Crystal Springs, Belmont. This meet for varsity boys and girls will be an invitational, with all teams eligible to participate, so that there will be no trouble in getting a sanction for the meet. The thought of having two races was also suggested (one strictly invitational for boys and girls). The meet would aid the selection committee in choosing the All Northern California Team. If your school is interested, you should contact Plato Yanicks at Menlo-Atherton High School, Ringwood & Middlefield Rd., Atherton, CA 94025.



Mission San Jose's girls won NCS Championships: (Top, L-R)--Landa Larson, Beth Dewey, Liz Strangio, Linda Coon; (Bottom) Dina Buti, Mitzi Archer. /Photo by Mike Mulhern/

1978 HIGH SCHOOL TRACK

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TRACK AND FIELD



RESULTS



ALL-COMERS MEET (Dec. 10, Berkeley): - /OPEN/ 1500m: Robinson 4:01.5, Sweeney/AGRC 4:03.3; 60HH: Smith/Cal 7.8, Martin/Chab 7.9; PV: Grace/CSH 13-0; 400mR: Laney 42.4; 400m: (I) Lagon 49.6, Campbell 50.1, (II) Romain/WVTC 50.3; 800m: Vellequette/Cal 1:59.1, White/RHS 1:59.3; HJ: Hice 6-9; LJ: Wilkins/OHS 21-0, Miles/OHS 20-9; 60y: Payton/BAS 6.3, Newport 6.4, Randall 6.7; 200m: Rodgers/Un 22.0, Payton/BAS 22.5, (II) Randall/Un 22.4, Segan/Un 22.6; 2 Mi: Schmulewicz 9:12.8; 5000m: Martinez/AGRC 14:38.8, M. Sweeney/AGRC 14:46, P. Sweeney/AGRC 14:50, Tracy/AGRC 14:58.6; 1600mR: Laney 3:21.0, Richmond HS 3:24.6 (w/o Mike White), Laney 3:24.7. /HIGH SCHOOL/ SP: Meyer/Tam 50-10; 60HH: Mark White/RHS 7.8; Mile: Foster/PHHS 4:45.2; 400m: Wilkins/OHS 51.3; DT: Fejer/Campolindo 169-2, Meyer/Tam 151-10; HJ: Small/Tam 6-0; 800m: Roll/PHHS 2:02.4, Clark/Pet 2:02.8; TJ: Kuhn/Cloverdale 45-4; LJ: Clark/Pet 19-8; 60y: Nash 6.4, Kuhn 6.4; 200m: Nash 22.8; 2 Mi: Guine/CasVly 9:40.1, Mahaney/Sun 9:40.8, Hagen/CasVly 9:58.0. /HS GIRLS/ 400m: White/Berk 60.9; 800m: Lee/Cal 2:29.4; LJ: Howard/HFCS 14-3; 60y: Douglas 8.7; 200m: Ware/Berk 26.2 (9th grade), Jackson/Okld 26.8, Harris/Okld 26.9. /Conning/

ALL-COMERS MEET (Dec. 10, San Mateo): - /OPEN/ 1500m: Nichols/WVTC 4:02.6, Green/CSM-WVTC 4:07.4; 60HH: Roberts/Sac 7.9; 400m: Rippenstein/SFS 50.1; LJ: Bule/WVTC 20-7; JT: Gilmore/SFS 190-0; SP: Gummerson/SJS 54-10 1/2, Doll/CSH-WVTC 54-8; DT: Gummerson/SJS 158-6, Tafralis/CSM 154-9; 5000m: Geis/TS 14:00.6, Pinocci/WVTC 14:31.6, Laris/WVTC 14:35.6, Porter/WVTC 14:50.0, Sheehan/WVTC 14:50.3, Tracy/WVTC 15:01.2; HJ: Haber/CSH 6-10, Coleman/WVTC 6-6, Wallace/Stanis 6-6; 330IH: Ybarra/HATC 42.3; 200m: Peterson/SFS 23.0; TJ: Gettle/Skyl 43-4 1/2; 800m: Phelps/WVTC 1:59.2, Tracy/WVTC 1:59.6, Davis/CSM 1:59.8; Mile: SFS 3:26.9; PV: Bockmiller/Un 16-6, Williams/BAS 16-0, Tardieu/Un 15-6; 440R: CSM 44.5. /MASTERS/ 1500m: Richardson/WVTC 4:22.2. /HIGH SCHOOL/ 440R: Sequoia 44.3; Mile: Millar/McAteer 4:34.0; 60HH: Dixon/Seq 7.4, Ribera/Carl 7.7; 440: Nicholson/M-A 50.1, Ribera/Carl 50.4; LJ: Wells/Wash-SF 21-0; PV: Crumpler/M-A 12-4; 60y: Price/Seq 6.4, Oravillo/Seq 6.5, Maiocco/Lib 6.6; HJ: Graber/LA 6-4; 2 Mi: Glenn Dean/Jeff 9:57.9, Gil Dean/Jeff 9:59.1; 220: Maiocco/Lib 22.5; 880: Schneider/Skyl 2:01.7, Sperandio/M-A 2:01.9; TJ: Briseno/Lib 43-2. (Dec. 17 meet cancelled because of rain) /Harry Young/

ALL-COMERS MEET (Dec. 23, Los Gatos): /OPEN/ 880: Schilling/SJS 1:53.5, Webster 1:54.1; 100y: Sanders/Un 10.2; Mile: Hurst/SJ 4:17.5; SP: Mannon/WVC 50-10; LJ: Steffes/WVTC 23-11; TJ: Steffes/WVTC 48-1. /HIGH SCHOOL/ 100y: Taylor/MP1 10.0; Mile: Shirey/Fre 4:31.7; 220: Taylor/MP1 22.2; 440: Narlasky 52.9; DT: Townsend/Brnhm 141-3; SP: Campbell/Brnhm 48-0 1/2; LJ: McCurdy 20-5; TJ: McCurdy 44-6 1/2; HJ: Wyrick 6-4. /GIRLS/ 70LH: Reiman/Saratoga 9.1; 100y: Robinson 11.6, Jordan 11.9, Chrisal 11.9; Mile: Yaninek/SJC 5:28.5; 220: Jordan/Saratoga 26.9, Miller 27.6; HJ: Venable 4-10. /Glenn Harmatz/

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ALL-COMERS MEET (Dec. 24, San Mateo): - /OPEN/ 3000mWalk: Pyke/WVTC 12:47.8, Himmelberger/WVTC 13:08.2; 1500m: Tracy/WVTC 4:02.3, Remak/LC 4:08.0; LJ: Bates/CSM 20-10 3/4, Leberz/Skyl 20-9 1/2; 800m: Maxwell/Skyl 1:59.4; 60HH: Whitfield/Army 7.4, Taylor/BYU 7.7; SP: Tafralis/CSM 49-4; 60y: Whitfield/Army 6.1, Kennedy/Un 6.3; 400m: Bates/CSM 50.2; 5000m: Tarin/WVTC 15:41.6; DT: John/UtahSt. 167-5; 330IH: Hicks/SDS 38.6, Taylor/BYU 39.7; TJ: Bates/CSM 48-10 1/4, Leberz/Skyl 46-0; 200m: Swift/Stanis 22.7. /HIGH SCHOOL/ Mile: Schneider/Skyl 4:36.1; PV: Crumpler/M-A 12-0; 60HH: Ribera/Carl 7.6; 60y: Ribera/Carl 6.6; 440: Peterson/TN 51.1; HJ: Peterson/TN 6-0, Martin/Moreau 6-0; DT: Davis/SM 152-5; 220: Maiocco/Lib 22.8; 880: Schneider/Skyl 2:01.5, Sperandio/M-A 2:01.6. /WOMEN/ Hamilton/MLTC 5:26.0; 60y: Kennedy/Srmtc 7.5. /Harry Young/

Cross Country Report



STANFORD INVIT. (Sept. 29, Stanford): /Boys' results in last issue/ - /GIRLS/ Carlmont & Cupertino 140, Homestead 152, Saratoga 161, San Carlos 168. 1-Harper/Pr 17:17, 2-Schnurpfeil/SM 17:17.6, 3-Nielsen/Ca 17:24, 4-Figliomeni/Sar 17:46, 5-Chavez/Cu 18:32, 6-Blake/OG 18:33, 7-Fox/Ho 18:38, 8-Tersigni/SCrk 18:53, 9-Sumpter/Bu 18:54, 10-English/Sar 19:00. /BOYS' SOPH/ 1-Soto/MP1 14:33.2. /Marshall Clark; Keith Conning/

BELLA VISTA INVIT. (Oct. 8, Rocklin): /BOYS/ Jesuit 91, Cordova 108, McClatchy 112, Bella Vista 121, Stagg 124. 1-Foster/J 15:19, 2-Youkers/Arm 15:28, 3-Hennar/SLT 15:29, 4-Dickirson/BV 15:31, 5-Lopez/D 15:32, 6-Baker/St 15:33, 7-Little/J 15:42, 8-Munoz/St 15:42, 9-Macky/D 15:45, 10-Silva/YC 15:47. /GIRLS/ Rio Amer. 31, SLT 75, Downey 115, Bella Vista 121, Foothl 145. 1-Crisp/Do 11:59, 2-Roberts/RA 12:28, 3-Nayares/Do 12:31, 4-Bain/RA 12:32, 5-Negri/F 12:42, 6-Imm/RA 12:43, 7-McKeen/Cor 12:44, 8-Meloren/ST 12:47, 9-Holliman/RA 12:48. /Mensing/

PACIFIC GROVE INVIT. (Oct. 29, Pacific Grove): - **/BOYS/** Hollister 7, Palma 14, Pacific Grove 15, Aptos 22, Oceana 22. (#1 Runners) 1-Gruber/A 10:52, 2-Nickols/H 11:02, 3-Sims/Pa 11:08, 4-Gerrans/O 11:21, 5-Wilson/Cu 11:35; (#2 Runners) 1-Acosta/H 11:12, 2-Tanner/PG 11:20, 3-Ramirez/Pa 11:24; (#3 Runners) 1-Aguirre/H 11:26, 2-Feeny/PG 11:28, 3-Clarke/Cu 11:35. **/GIRLS/** (Race #1) 1-Trason/PG 12:04, 2-Huyck/A 13:52, 3-Vavuris/Cu 13:58, 4-Kolboth/H 14:00; (Race #2) 1-Carpenter/H 13:46, 2-Weaver/A 14:01, 3-Saylor/PG 14:51; (Race #3) 1-L. Carpenter/H 14:25, 2-Crandall/A 14:39; (Race #4) 1-Freitas/H 14:46.

/Keith Conning; Monterey Pen. Herald/

AAA ALL-CITY MEET (Nov. 2, San Francisco): - **/BOYS/** McAteer 26, Lowell 53, Lincoln 126, Balboa 163, Wilson 176, Galileo 177. 1-Millar/M 15:31, 2-Ford/M 15:45, 3-McNaulty/W 15:48, 4-Ferguson/M 16:06, 5-Muniz/Lo 16:13. **/GIRLS/** 1-Gong/Lo 13:34, 2-Brown/Lo nt, 3-B. Ng/Lo nt, 4-M. Ng/Lo nt, 5-Maske/Mi nt. (Only results available).

/Keith Conning/

SAC-JOQUIN DISTRICT IV (Nov. 4, Merced): - **/BOYS/** Stagg 40, Lincoln 56, Riverbank 57, Turlock 89, Downey 115, Amador 135. 1-Hale/S 14:51.6, 2-Baker/S 14:55, 3-Woodford/Son 14:56, 4-AI-ten/Bey 14:57, 5-Saldana/R 15:00, 6-Munoz/S 15:02, 7-Perez/Fr 15:12, 8-Dixon/L 15:14, 9-Flynn/At 15:16, 10-Silveira/Tr 15:18. (Jr. Div.) 1-Salcido/Mer 15:14.5. **/GIRLS/** Merced 40, Downey 56, Turlock 113, Stagg 134, Lincoln 145, Lodi 147. 1-Crisp/D 11:04.4, 2-Nieto/Mer 11:22, 3-Nayares/D 11:27, 4-Gavino/D 11:34, 5-Smith/T 11:43, 6-Hughes/Mer 12:00, 7-Pascoe/L 12:02, 8-Gilmore/Mer 12:03, 9-Sapien/Mer 12:04, 10-Johnson/EU 12:08.

/Bill Mensing/

SAC-JOQUIN DISTRICT III (Nov. 5, Location?): - **/BOYS/** Mira Loma 23, Cordova 51, McClatchy 72, Elk Grove 85, Vacaville 136. 1-Otis/ML 15:08, 2-Youkers/Arm 15:10, 3-Radican/ML 15:20, 4-Kading/ML 15:21, 5-Maldonado/MC 15:26, 6-Schultz/C 15:32, 7-Will/Enc 15:35, 8-Mart/C 15:39, 9-Tiernan/ML 15:40, 10-Martinez/EG 15:42. **/GIRLS/** Rio Americano 24, El Camino 58, Cordova 77, Vintage 109, McClatchy 117, Vacaville 151. 1-Dennison/EC 12:42, 2-Bain/RA 12:51, 3-McKeen/C 13:02, 4-Lin/RA 13:07, 5-Roberts/RA 13:12...only results available. */Sac'to Bee; Keith Conning/*



(Above) Start of the varsity race at the Northern Section CIF Championships, won by (Right) Frank Turner of Colfax by a 28-second margin. */Fred Turner/*

NORTHERN SECTION CHAMPIONSHIPS (Nov. 5, Susanville): **/SMALL SCHOOLS, BOYS/** 1-Weed 10, Durham 24, Corning 32, Chester 39, Big Valley 38, Westwood 44. 1-Mazzei/Wd 18:10, 2-Fernandez/Wd 18:12, 3-German/D 19:08, 4-Cummings/D 19:35, 5-Alford/Co 19:51. **/LARGE SCHOOLS/ BOYS:** Pleasant Valley 48, Lassen 58, Chico 77, Shasta 93, Enterprise 134, Anderson 145, Paradise 180, Central Valley 181, Oroville 217. 1-Turner/Colfax 16:42, 2-Martinez/S 17:10, 3-Stout/L 17:23, 4-Williams/Ch 17:25, 5-Ellison/NT 17:34, 6-Hood/PV 17:37, 7-Spears/NT 17:41, 8-Stokes/L 17:45, 9-Stensrud/PV 17:55, 10-Lahr/Port 18:04, 11-Cote/L 18:09, 12-Nava/Ch 18:19, 13-Manuel/Tru 18:21, 14-James/Colf 18:25, 15-Cyr/PV 18:26, 16-Schmidt/A 18:28, 17-Wingate/S 18:32, 18-Miles/LP 18:37, 19-Scott/PV 18:39, 20-Ingram/P 18:43. **GIRLS:** Chico 39, Shasta 71, Pleasant Valley 83, Lassen 85, Paradise 109, Anderson 149, Red Bluff 152, Portola 178. 1-Richter/C 13:29, 2-Shanks/Q 13:42, 3-Selchau/C 13:54, 4-Symons/C 14:00, 5-Claiborne/PV 14:11, 6-Weaver/Par 14:18, 7-Prince/A 14:26, 8-Knedler/RB 14:29, 9-Billson/S 14:35, 10-Dunwoody/PV 14:35, 11-Smith/L 14:38, 12-Foster/L 14:41, 13-Thompson/Col 14:44, 14-Hoose/S 14:48, 15-Bagley/S 14:51, 16-Peikert/S 14:52, 17-Park/C 14:55, 18-Rudolph/L 15:00, 19-Lodge/PV 15:15, 20-Shols/C 15:21. **JV GIRLS:** 1-Sweeny/Nova 14:59, 2-Donahue/Nova 15:08, 3-Bishop/Bid 15:08, 4-Crawford/Bid 15:14. */Wayne Moss; Chuck Sheley; Keith Conning/*

CAMINO NORTE CONFERENCE (Nov. 5, Santa Rosa): - Solano 36, COM 56, SRJC 59. 1-Timmerman/COM 20:20, 2-Vineyard/S 20:31, 3-Wright/S 20:37, 4-Donahue/S 20:39, 5-Zentner/COM 20:55. */Baer/*



All-Golden Gate Conference Team for 1977 (Results in last issue): (left to right, bottom to top)--Paul Mello, Rick Pincombe, Bob Paulin, Joe Fabris, Doug Avrit, Joe Green, Paul Sechrist, Dave Parish, Joe Salazar, Kevin Searls, Ron Criner, Giovanni Cassara, Mike McQueeney, Danny Grimes, Matt Dowling. (Above order is also finish order in GGC Meet) */Sandy Kittel/*

VALLEY CONFERENCE (Nov. 5, Fresno): - **/MEN/** ARvr 20, Modesto 69, Delta 76, FCC 91, Sac'to 122. 1-Holmes/M 19:56, 2-Breuer/AR 19:58, 3-Farrell/AR 20:10, 4-Caulson/AR 20:11, 5-Brown/AR 20:18, 6-Nicholson/AR 20:23, 7-Brown/D 20:28. **/WOMEN/** Fresno 25, Seq 32, others inc. 1-Hester/F 18:55, 2-Cerventas/Seq 19:58, Roble/Fnt. */Fred Baer/*

GOLDEN VALLEY CONFERENCE (Nov. 5, Rocklin): - **/MEN/** Sierra 50, Shasta 59, Yuba 72, Butte 104, Lassen 108. 1-Dauncey/L 20:15, 2-Navarro/Si 20:17, 3-Galligan/Y 20:50, 4-Galaviz/Y 21:11, 5-Sanders/S 21:22, 6-Sane/Si 21:31. **/WOMEN/** Yuba 30, Sierra 31, Shasta 59. 1-Fischer/Si 19:15, 2-Young/Si 19:46, 3-Turner/Si 19:56, 4-Webb/Y 20:37, 5-Pappas/Y 20:39, 6-Kesterson/Y 20:41. */Fred Baer/*

COAST CONFERENCE (Nov. 5, Pebble Beach): - **/WOMEN/** Cabrillo 24, Monterey 32, Skyline 73, Gavilan inc. 1-Miller/C 21:04, 2-Hardy/C 21:25, 3-Spencer/MP 21:42, 4-Aherns/MP 21:58, 5-Stewart/C 22:15, 6-Cox/MP 22:51, 7-Garcia/C 23:09. **/Men's results unavailable/** */Fred Baer/*

NEVADA CLASS AAA STATE CHAMPIONSHIPS (Nov. 5, Reno): **/BOYS/** Western/LV 36, Valley/LV 69, Rancho/LV 75, Wooster/Reno 94, Sparks 109, Reed/Reno 152. 1-Dettre/V 13:29, 2-Madison/Wo 13:31, 3-Hamm/We 13:40, 4-McGuire/We 13:44, 5-Mirth/R 13:44, 6-Holly/Re 13:44, 7-Hertig/CL 13:47, 8-Clark/We 13:50, 9-Plasso/G 13:53, 10-Bowers/R 13:56, 11-Porter/We 13:57, 12-Harrison/We 14:01, 13-Moser/V 14:01, 14-Lauri/Sp 14:01, 15-Hamm/We 14:06. */Tommy Hodges/*

USTFF NATIONAL MASTERS X-C CHAMPIONSHIPS (Nov. 11, Green Valley, Ariz.): **/40-44/** 1-Packard/Az 25:30.6, 2-Efron/Northridge 25:45.7, 3-Yeatts/Az 26:31, 4-Bryan/WVJS 26:51, 5-Smith/Az 27:36. **/45-49/** 1-Higdon/Ind 25:33.2, 2-McConnell/NJ 25:48, 3-Cary/Az 26:00.3, 4-Schmitt/KS 27:49. **/50-54/** 1-Nelson/Az 29:55.7, 2-Troutner/Az 30:25.9, 3-Lancaster/Az 30:47, 4-McCoy/San Diego 31:06, 5-Johnson/Az 31:09. **/55-59/** 1-Schoeffler/Az 31:39. **/60-64/** 1-Longenecker/NM 15:25.8. **/65-69/** 1-Daby/Az 19:10. **/70-74/** 1-Clarke/CO 19:06. **/75+/** 1-Cureton/IL 25:01. **/WOMEN/** **/40-44/** 1-Harrower/CO 17:52.4...4-McCoy/San Diego 23:17. -- Women ran 2.7 miles, as well as men over 60; men under 60 ran 4.5 miles. */Roger Bryan/*

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College of San Mateo — Feb. 19, 10 a.m.

NCAA DISTRICT 8 (Nov. 12, Stanford): - /Qualifier for NCAA Division I Championships./ - Teams: Oregon 31, UCI 89, UW 91, NevR 129, WSU 135, CSUF 138, SDS 190, Cal 214, LBS 219. --- 1-Cheruiyot/WS 29:34.8, 2-Rono/WS 29:35.2, 3-Salazar/O 29:47, 4-Wysocki/N 30:15, 5-McChesney/O 30:19, 6-Clary/O 30:26, 7-Chapa/O 30:31, 8-Hunsaker/SD 30:33, 9-Stolp/W 30:42, 10-Centrowitz/O 30:48, 11-Murphy/N 30:51, 12-Serna/I 30:59, 13-Scott/I 31:08, 14-Deis/FS 31:11, 15-Ahlmeyer/I 31:13, 16-Schulz/Cal 31:16, 17-Boileau/O 31:19, 18-Harvey/SJS 31:20, 19-McClement/W 31:21, 20-Hernandez/FS 31:23...25-James/UCLA 31:35, 29-Munoz/N 31:43, 32-Menet/N 31:46, 37-Langford/FS 31:57, 40-Clifford/Cal 32:02, 46-Emory/St 32:15, 47-Kissin/St 32:17, 49-Burke/Cal 32:20. /Red Estes/

NCS CLASS AAA SOUTHERN AREA MEET (Nov. 12, Oakland): /BOYS/ MSJ 24, Castro Vly 84, Alameda 103, DLS 113, Irv 166, Piedmont 172. 1-Strangio/MSJ 15:28.1, 2-Romiguere/CV 15:34, 3-Marden/MSJ 15:46, 4-Castro/Log 15:49, 5-Chastaine/MSJ 15:52, 6-Scannell/OD 15:57, 7-Ruffing/MSJ 16:02, 8-Read/MSJ 16:04, 9-Molina/DLS 16:12, 10-Martinez/Nwk 16:26. /GIRLS/ MSJ 60, Piemont 77, BOD 99, Irv 123, Carondelet 126, Encinal 127, Moreau 173. 1-Bubanja/P 13:17, 2-Scannell/OD 13:26, 3-Manning/C 13:27, 4-Bitz/I 13:28, 5-Way/AI 13:43, 6-Coon/MSJ 13:45, 7-Howard/P 13:47, 8-Santo/Mor 13:49, 9-Duey/MSJ 13:50, 10-Wieking/P 13:55./Conning/

NCS CLASS AAA REDWOOD EMPIRE AREA MEET (Nov. 12, Santa Rosa): /BOYS/ Redwood 54, Piner 65, Petaluma 72, Arcata 102, Montgomery 145, Tam 159. 1-Coulman/SM 12:33, 2-Berry/R 12:34, 3-Moreno/Pi 12:48, 4-Royal/Pet 12:58, 5-Williams/A 13:01, 6-O'Reilly/SR 13:06, 7-Judson/Pi 13:07, 8-Brock/R 13:10, 9-Noonan/Mont 13:13, 10-Balli/Pet 13:14. /GIRLS/ Montgomery 66, Redwood 91, Tam 104, Marin Cath. 105, Del Norte 131, Sonoma 142. 1-Kenny/N 12:20, 2-Sweeny/MC 12:21, 3-Farnsworth/Mont 12:25, 4-Oddone/SM 12:28, 5-Dennis/DN 12:38, 6-Neff/Mont 12:40, 7-Tani/Mont 12:40, 8-Flynn/Tam 12:44, 9-Alcorn/DN 12:45, 10-Redecker/Hldbg 12:51. /Glenn McCarthy; Keith Conning/

NCS CLASS AAA CENTRAL AREA MEET (Nov. 12, Lafayette): /BOYS/ 1-Clayton Valley 70, Pleasant Hill 85, Miramonte 98, Las Lomas 113, Campolindo 155, Livermore 170, San Ramon 171. 1-Wentworth/L 14:01, 2-Conover/M 14:06, 3-Hochhaus/CV 14:24, 4-Baker/SR 14:26, 5-Anklam/SR 14:32, 6-Trainer/CV 14:38, 7-Van Buskirk/14:41, 8-Vasquez/CV 14:43, 9-Kallander/LL 14:47, 10-Graf/M 14:52. /GIRLS/ Pleasant Hill 63, Miramonte 67, Granada 93, San Ramon 108, Acalanes 127, Northgate 136. 1-Daley/G 11:42, 2-Hayes/Dub 11:53, 3-Van Buskirk/PH 11:56, 4-White/M 11:58, 5-Gaffield/EC 12:00, 6-Roos/A 12:05, 7-Katulas/PH 12:06, 8-Lyons/G 12:10, 9-Felix/Ant 12:14, 10-O'Brien/PH 12:14. /K. Conning/

NCS CLASS A MEET (Nov. 12, Clear Lake): /BOYS/ Ft. Bragg 26, St. Helena 44, Marin Academy 77, Mt. Tam 76. 1-Bratsburg/FB 16:36, 2-D'Acquisto/FB 16:38, 3-Sterling/SH 16:59, 4-Johnson/Clov 17:05, 5-Tarentino/FB 17:08. /GIRLS/ Branson 40, Ft. Bragg 43, Clear Lake 54, Marin Academy 73. 1-Woehrie/H-R 13:03, 2-Broderick/Br 13:19, 3-Haslam/SV 13:26, 4-Hansen/FB 13:29, 5-Sanchez/FB 13:40. /Top 5 to NCS/ /Keith Conning/



Mira Loma's Chris Otis led his team to victory at the Sac-Joaquin Section. /Conning/

SAC-JOQUIN SECTION MEET (Nov. 12, Rocklin): /BOYS/ Mira Loma 36, Cordova 101, Jesuit 127, So.Tahoe 130, Bella Vista 164, Stagg 166, Yuba City 187, Oakmont 194, Lincoln 202, McClatchy 203. (TEAM RACE) 1-Otis/ML 15:05, 2-Radican/ML 15:09, 3-Dickenson/BV 15:21, 4-Maas/ST 15:23, 5-Kading/ML 15:25, 6-Baker/S 15:29, 7-Maldonado/MC 15:30, 8-Saldana/Rvbnk 15:30, 9-Tiernan/ML 15:31, 10-Shultz/C 15:31. (IND. RACE) 1-Dietler/Fthl 15:23, 2-Allen/Bey 15:25, 3-Perez/Fr 15:41, 4-Munoz/Lind 15:43, 5-Will/Enc 15:43. /GIRLS/ Rio Amer. 53, So.Tahoe 71, El Camino 133, Merced 136, Foothill 153. (TEAM RACE) 1-Crisp/Downey 12:36, 2-Dennison/EC 12:52, 3-Nieto/M 12:54, 4-Bain/RA 12:59, 5-Negri/F 13:01, 6-Hasse/ST 13:03, 7-Roberts/RA 13:09, 8-Linn/RA 13:15, 9-Simmons/ST 13:15, 10-Palmer/DO 13:18. (IND. RACE) 1-Chamness/LS 13:09, 2-Warga/Pon 13:13, 3-Spencer/P1 13:29, 4-Robinson/St 13:36, 5-Beatie/Vin 13:38. /Sac'to Bee; K. Conning/

NCAA DIV. II (Nov. 12, Oak Brook, Ill.): EIU 37, So.Dak.St. 151...CPSLO 208 (5th). 1-Bollman/ND 30:08, 2-Sheeran/EIU 30:10... 4-Schankel/CP 30:30, 6-White/Sac 30:32...

(NCAA DIV. II, Cont'd) 10-Rubino/CSLA 30:45, 20-Moreno/SFS 30:56, 22-Kingery/CP 30:57, 31-McGrath/Davis 31:12, 37-Simons/CSLA 31:19, 58-Aldridge/CP 31:45. /Steve Miller/

NCAA DIV. III (Nov. 12, Cleveland, Ohio): - Oxy 149, Humboldt 152, No.Central 200. 1-Kramer/Carl 25:44, 2-Finelli/Brandeis 26:05, 3-Palmquist/St.Olaf 26:06, 4-Colley/Oxy 26:07...12-Peters/Hum 26:19, 17-Bitterly/Oxy 26:23, 23-Hammer/Hum 26:33, 31-Cryczko/Oxy 26:46, 34-Sweeney/Oxy 26:48, 37-Speere/Hum 26:49, 50-Tucker/Hum 27:05, 51-Ebiner/Hum 27:05, 129-Little/Hum nt, 189-T.Munoz/Hum nt. /Harrier; SRRC Newsletter/

NOR-CAL JC CHAMPIONSHIPS (Nov. 12, Rocklin): - /MEN/ Large: ARC 37, CSM 85, WVC 93, DVC 117, Modesto 121, Delta 165, DeAnza 178, Chabot 194, FCC 202, SCC 274. 1-Holmes/M 19:42.8, 2-Farrell/AR 19:50.8, 3-Mello/CSM 19:52.4, 4-Paulin/WV 19:59, 5-Breuer/AR 20:02, 6-Pincombe/CSM 20:14, 7-Avrit/WV 20:24, 8-Nicholson/AR 20:27, 9-Renteria/FCC 20:28, 10-Caulson/AR 20:28, 11-Green/CSM 20:29, 12-Brown/AR 20:33, 13-Koris/D 20:36, 14-Cassara/Fthl 20:38, 15-Searls/DV 20:41, 16-Szanto/WV 20:44, 17-Dowling/DV 20:46, 18-Grimes/DA 20:47, 19-Feenstra/AR 20:51, 20-Nelson/DA 20:52. Small: MPC 49, SJCC 54, Sierra 136, Solano 155, Porterville 169, Merced 205, Seq 208, Skyline 223, Marin 235, Shasta 238. 1-J.Leano/P 19:53.3, 2-Navarro/Si 19:59.6, 3-Fabris/SJ 20:00.8, 4-Minor/MP 20:05, 5-Katepa/Seq 20:14, 6-Wright/So 20:21, 7-Watkins/MP 20:25, 8-Sechrist/SJ 20:29, 9-Dauncey/Las 20:34, 10-Sup/MP 20:38, 11-Salazar/SJ 20:41, 12-Galligan/Yuba 20:42, 13-Jensen/MP 20:43, 14-Vineyard/So 20:45, 15-Sane/Si 20:46, 16-Parish/SJ 20:47, 17-Kennada/MP 20:49, 18-Joseph/SJ 20:57, 19-Goodstein/Can 20:59, 20-Acosta/Mer 21:05. /WOMEN/ Large: DeAnza 28, WVC 54, FCC 96, Foothill 97, Cabrilto 100, CSM 130, Chabot 170. 1-Wotherspoon/WV 17:03, 2-Powers/DA 17:43, 3-Hehner/DA 17:50, 4-Perkins/WV 17:55, 5-Taylor/DA 18:24, 6-Hester/FCC 18:31, 7-Dobbs/F 18:34, 8-Naylor/DA 18:46, 9-DeMoss/F 18:49, 10-Haberman/DA 18:53, 11-Miller/Cab 19:11, 12-Brucker/CSM 19:29, 13-Hardy/Cab 19:44, 14-Newlon/CSM 19:53, 15-McLean/WV 19:56. Small: Cuesta 57, Canada 69, Sierra 80, Seq 86, MPC 87, Yuba 98. 1-Munday/SJCC 17:30, 2-Fisher/Si 18:33, 3-Cervantes/Seq 18:59, 4-Young/Si 19:01, 5-McCarthy/Cu 19:03, 6-Huggins/Ant 19:13, 7-O'Donnell/Cu 19:17, 8-Connolly/Can 19:24, 9-Keosky/Cu 19:31, 10-Turner/Si 19:38, 11-Sakelarios/Can 19:49, 12-Ahrews/MP 19:58, 13-Spencer/MP 19:59, 14-Stoup/Seq 20:03, 15-Hughart/Cu 20:03. /X-C Coach, Sierra College/



Ralph Bowles took runnerup spot at the Natl. AAU Masters 10K X-C Championships in Washington D.C., nipping teammate Kent Guthrie, who took third. He led his WVJS team to second place in the team standings. /J. Engle/

San Diego club also took team honors. We have incomplete results, so any additions to those below (for local finishers) should be sent for mention in the next issue. /TOP 20 OVERALL/ 1-Mueller/BAA 33:57.8, 2-Bowles/WVJ 34:11, 3-Guthrie/WVJ 34:14, 4-Butterfield/BAA nt, 5-Brennand/SBAA 34:33, 6-E. Gookin/SDTC 34:45, 7-Veronsky/PVS 34:45, 8-Pflaging/Md 34:47, 9-Pietsch/Fla 34:52, 10-Lamade/BAA 35:06, 11-Butler/PM 35:27, 12-Temple/SDTC 35:57, 13-Wood/PVS 35:41, 14-Sucec/SDTC 35:44, 15-Farrier/PVS 35:52, 16-Chiappetta/MAA 35:53, 17-Best/NJ 35:56, 18-Hoss/PVS 36:02, 19-Kupczyk/NC 36:06, 20-Hotham/PM 36:07...23-Smith/WVJ nt, 30-Bryan/WVJ nt, 31-Holmes/WVJ nt. Teams: BAA 177:04, WVJ 177:53, BVS 178:51, SDTC 180:07. /WOMEN/ /45-49/ 3-Anderson/NCS 44:03 (Hobson/SDTC 1st in 40:58). /R. Bowles, R. Bryan/

NATL. AAU MASTERS 10K X-C CHAMPS

(Nov. 13, Washington, D.C.): - Ralph Bowles & Kent Guthrie led their West Valley Joggers & Striders team to a second place finish in the 'biggie' back East. Ken Mueller of the winning Boston AA, was first across the line in 33:57.8, with Bowles (34:11) and Guthrie (34:14) less than a hundred yards back. Another old Bay Area runner who's been all over the world in the past few years, John Butterfield, was the fourth-placer (no time listed in results). He is competing for the BAA. Californians took the next two spots with John Brennand (34:33), last year's champion, and Ed Gookin (34:45) making it four out of the top six for the Golden State. In the women's 45-49 division, it was a clean sweep for Californians, as Nicki Hobson (SDTC), Dorothy Stock (SDTC) and Ruth Anderson (NCS) took the top three slots, and the

CALIFORNIA STATE WOMEN'S AAU X-C CHAMPIONSHIPS (Nov. 13, San Bernardino): - /SR. WOMEN/ RRR 38, SLDC 64, UCLA 102, SDTC 126, WDS 242. 1-Sanchez/RRR 17:31.4, 2-Jackson/QC 17:55, 3-Graham/WVTC 18:00, 4-Rouda/SLDC 18:24, 5-Assuma/RRR 18:32, 6-Keyes/SLDC 18:40, 7-Albert/RRR 18:45, 8-Kaput/QC 18:46, 9-Tamis/Un 18:51, 10-Ralston/UCLA 18:52, 11-Jewell/RRR 18:53, 12-Kramer/SLDC 18:58, 13-Con/SLDC 19:06, 14-Brodock/RRR 19:18, 15-Cline/QC 19:20, 16-Krenn/SDTC 19:22, 17-Roberson/UCLA 19:26, 18-Es-slinger/RRR 19:28, 19-Holmes/QC 19:30, 20-Blanco/Un 19:31. /JR., 14-18/ SJC 22, Patriots 61, Redlands 98. 1-Bier/SJC 15:02.9, 2-Williams/SJC 15:07, 3-Peterson/Pat 15:10, 4-Bray/SJC 15:28, 5-Denz/Pat 15:34, 6-O'Neil/R 15:54, 7-Brogan/SJC 15:57, 8-Guina/SJC 15:59, 9-Bowers/SJC 16:26, 10-Caudillo/LBC 16:37. /14-15/ (Team scores unavailable) 1-Belk/SJC 15:52, 2-Regan/SJC 15:52, 3-Bain/CN 16:22, 4-Mavis/SJC 16:26, 5-Thomas/SJC 16:27, 6-Templeton/Un 16:34, 7-Hamilton/ML 16:41, 8-Sanchez/Un 16:44, 9-Lagunas/CY 16:47, 10-Figliomeni/Un 17:02. /12-13/ RRR 40, SJC 89, Blue Angels 91... (8) Cup. Yearlings 229. 1-Bronough/QC 12:18, 2-Cook/RRR 12:22, 3-Lantry/LAN 12:34, 4-Cobb/RRR 12:36, 5-Demmelmaier/SJC 12:47, 6-Cerda/RRR 12:51, 7-Mason/VGTC 12:53, 8-Katzer/BA 12:59, 9-King/SJC 13:02, 10-Weber/SJC 13:04. /No other results available/ /Pete Scanlan; CTN/

CCS REGION III MEET (Nov. 16, Belmont): /BOYS/ Leigh 96, Leland 132, Overfelt 134, Lincoln 152, Gilroy, 165, Los Gatos 184. 1-Holladay/G 15:14, (other times not available) 2-Trujillo/G, 3-Soto/MP1, 4-Jenkins/Lei, 5-Knott/L, 6-Hernandez/Ind, 7-Brewer/Lei, 8-Powers/WG, 9-Moretton/LG, 10-Leininger/LO. /GIRLS/ Santa Teresa, Silver Crk, Gilroy, Camden, Oak Grove, Blackford. 1-Crowley/Ov 17:40, (no times beyond 1st available), 2-Harper/Pr, 3-Blake/OG, 4-Parker/LG, 5-Capurson/SJHS, 6-Wirth/OG, 7-Benevento/ST, 8-Tersigni/SC, 9-Powell/DM, 10-Bordenave/ST. /San Jose Mercury; Keith Conning/

CCS REGION II MEET (Nov. 18, Belmont): /BOYS/ Carlmont 42, Saratoga 87, M-A 130, Gunn 141, Cubberley 148. 1-Love/Ca 14:56, 2-Avila/Cup 15:28, 3-O'Connor/Ca 15:31, 4-Sapp/Fre 15:40, 5-Smith/Aw 15:44, 6-Kinzy/Hom 15:45, 7-Vavuris/Cub 15:53, 8-Hogan/Pet 15:54, 9-Pringle/G 15:55, 10-Evans/G 15:57. /GIRLS/ Carlmont 63, San Carlos 76, Homestead 84, Saratoga 106, Cupertino 110. 1-Figliomeni/Sa 18:43, 2-Fox/H 19:11, 3-Chavez/Cub 19:22, 4-Foianini/Ca 19:24, 5-Nielson/Ca 19:30, 6-Baum/SC 19:38, 7-Houston/G 19:39, 8-Taylor/Svle 19:40, 9-Lozano/SC 19:53, 10-Vavuris/Cub 20:10. /Keith Conning/



(Left to Right) Top placers in the North Coast Section Championships in Novato: Arlene Daley (Granada), winner of girls' race; Diane Kenny (Novato), girls' runnerup; and Craig Hochhaus (Clayton Valley), third placer in the boys' race. /Keith Conning/

NORTH COAST SECTION CHAMPIONSHIPS (Nov. 19, Novato): /BOYS/ MSJ 36, Redwood 101, Clayton Vly 112, Castro Vly 126, Pleasant Hill & Piner 141, Petaluma 160, Campolindo 210, DeLaSalle 211, Arcata 215, Alameda 234, Ft. Bragg 296, Las Lomas 345. 1-Coulman/SM 15:12, 2-Berry/R 15:13, 3-Hochhaus/CIV 15:20, 4-Romiguere/CaV 15:22, 5-Conover/Mir 15:24, 6-Moreno/Pi 15:28, 7-Marden/MSJ 15:30, 8-Strangio/MSJ 15:38, 9-Wentworth/Liv 15:44, 10-Castro/Logan 15:46, 11-Chastaine/MSJ 15:53, 12-Ruffing/MSJ 15:57, 13-O'Reilly/SRaf 15:58, 14-Baker/SRam 15:58, 15-Gardner/R 16:04, 16-Read/MSJ 16:05, 17-Williams/Ar 16:05, 18-Traynor/CIV 16:07, 19-Royal/Pet 16:07, 20-Van Buskirk/PH 16:09. /GIRLS/ MSJ 108, Miramonte 110, Pleasant Hill 121, Tam 134, Montgomery 139, Redwood 152, Granada 174, Piedmont 175, San Ramon 190...more...

(NCS Championships, Cont'd) 1-Daley/Gr 13:50, 2-Kenny/N 13:54, Van Buskirk/PH 13:58, 4-Scannell/BOD & Bitz/Irv 13:58, 6-Hayes/Dub 13:58, 7-Oddone/SMar 14:02, 8-White/Mir 14:09, 9-Bubanja/P 14:15, 10-Tani/M 14:18, 11-Hedberg/Mir 14:19, 12-Flynn/Tam 14:20, 13-Farnsworth/M 14:22, 14-Manning/Car 14:28, 15-Sweeny/MC 14:29, 16-Alcorn/DN 14:30, 17-Seyranian/Tam 14:31, 18-Way/Al 14:32, 19-Strangio/MSJ 14:33, 20-Gaffield/EC 14:33. /Conning/



Tim Holmes of Modesto JC won a narrow victory over Joe Ebner at the State JC Championships (shown winning Sac-Joaquin Section in 1976). /Kevin Kirby/

CALIFORNIA STATE JC CHAMPIONSHIPS (Nov. 19, Rocklin): /MEN/ Large: Grossmont 68, ARC 78, Fullerton 85, MSAC 88, LAV 120, CSM 157, Pasadena 161, Modesto 186, WVC 204, DVC 218. 1-Holmes/M 19:15.8, 2-Ebner/MS 19:16.5, 3-Burkin/LAV 19:26, 4-Godinez/P 19:28, 5-Boettcher/MS 19:31, 6-Hughes/G 19:31, 7-Blue/G 19:33, 8-Breuer/AR 19:37, 9-Becker/F 19:38, 10-Farrell/AR 19:41, 11-Silva/LAV 19:44, 12-Pincombe/CSM 19:45, 13-Coulson/AR 19:47, 14-Dean/F 19:49, 15-Thornsberry/G 19:52, 16-Allison/F 19:56, 17-Austin/G 19:57, 18-Brown/AR 19:59, 19-Jones/MS 20:02, 20-Day/OC 20:03, 21-Jimenez/P 20:04, 22-Osmann/F 20:06, 23-Mello/CSM 20:06, 24-Renteria/FCC 20:07, 25-Buckingham/G 20:10...28-Szanto/WV 20:12, 31-Nicholson/AR 20:14, 33-Avrit/WV 20:21, 35-Searls/DV 20:27, 36-Green/CSM 20:27, 37-Criner/DV 20:28, 38-Feenstra/AR 20:30, 39-Baldocchi/CSM 20:30, 40-Koris/Delta 20:30. Small: SJCC 74, Glendale 75, MPC 76, AHC 90, SDCC 138, Citrus 169, Solano 172, Saddleback 180, Sierra 196, Porterville 217. 1-Leano/P 19:38, 2-Navarro/Si 19:45, 3-Fabris/SJ 19:46, 4-Keranen/AH 19:52, 5-Hendrick/SD 19:53, 6-Minor/MP 19:54, 7-Wright/So 19:55, 8-Dauncey/Lassen 19:58, 9-Jensen/MP 20:01, 10-Wright/SD 20:02, 11-Gibson/G 20:03, 12-Nelson/CD 20:08, 13-Tapia/AH 20:10, 14-Sechrist/SJ 20:11, 15-Cory/G 20:12, 16-Reinhart/G 20:16, 17-Lundarein/AH 20:16, 18-Galligan/Y 20:16, 19-Parish/SJ 20:19, 20-Hilton/G 20:20, 21-Sup/MP 20:20, 22-Watkins/MP 20:21, 23-Salazar/SJ 20:26, 24-Eagle/G 20:28, 25-Pacheco/Cit 20:29, 26-Joseph/SJ 20:31...28-Kanneda/MP 20:34, 32-Vineyard/So 20:40, 34-Doyle/Si 20:43, 36-Guilfof/MP 20:45, 37-Donoghue/So 20:52. /WOMEN/ Large: DeAnza 38, WVC 85, Ventura 112, SB 114, OC 138, Bakersfield 138, Fthl 165, Cabrillo 169, Fresno 169, S'wstn 180. 1-Wotherspoon/WV 17:28.5, 2-Powers/DA 17:46, 3-Love/SB 17:59, 4-Perkins/WV 18:03, 5-Hehner/DA 18:06, 6-DeMoss/F 18:14, 7-Taylor/DA 18:20, 8-Dobbs/F 18:28, 9-Hester/FCC 18:38, 10-Ramirez/V 18:42, 11-Wooten/Chaf 18:50, 12-Naylor/DA 18:52, 13-Hardy/Cab 18:54, 14-Haberman/DA 18:57, 15-Shellar/OC 18:57...23-Brucker/CSM 19:33, 24-Miller/Cab 19:34, 28-McManus/WV 19:46. Small: Glendale 66, Citrus 78, Canada 85, Cuesta 96, Seq 121, AHC 127, SDC 139, MPC 156, Moorpk 198. -- 1-Caldwell/C 17:06, 2-Munday/SJ 17:16, 3-Moran/G 17:59, 4-Castro/AH 18:31, 5-Gould/C 18:37, 6-Robinson/AH 18:40, 7-Whitney/G 18:48, 8-McCarthy/Cu 18:53, 9-Cervantes/Seq 18:55, 10-Parke/G 18:59, 11-O'Donnell/Cu 19:08, 12-Fisher/Si 19:12, 13-Huggins/Ant 19:15, 14-Urbina/SD 19:18, 15-Connolly/Can 19:19, 16-Sakelarios/Can 19:26, 17-Knott/Can 19:34...22-Spencer/MP 19:50, 25-Turner/Si 19:59, 26-K.Stok/Can 20:01, 28-P.Stok/Can 20:09. /X-Country Coach, Sierra College/

USTFF 6-MILER (Nov. 19, Fresno): - (This race also served as the California State AAU Club Championships...scoring was done on USTFF basis, not AAU club affiliation.) Teams: AGRC 35, FPTC 46, FSU 102, WVTC 129, Evexia 138, HSTC 163, AIA 168. -- 1-Ramirez/FP 29:42, 2-Dulaney/AIA 29:44, 3-Jones/HSTC 29:59, 4-Innes/AGRC 30:07, 5-Harms/AGRC 30:08, 6-Romesser/FP 30:18, 7-Reynoso/AGRC 30:25, 8-Cords/FP 30:32, 9-Sweeney/AGRC 30:38, 10-Capriotti/AGRC 30:40, 11-Seaver/WVTC 30:41, 12-Aldridge/AGRC 30:46, 13-G.Aguirre/FS 30:47, 14-Boyet/AGRC 30:52, 15-Hartig/FP 31:05, 16-Cox/FP 31:16, 17-Langford/FS 31:20, 18-Kelley/FP 31:22, 19-Roy/E 31:27, 20-Martinez/AGRC 31:29, 21-Garza/USMC 31:31, 22-Jeffers/FP 31:33, 23-Van Arsdale/E 31:38, 24-Sutherland/AGRC 31:40, 25-R.Aguirre/FS 31:40. /D. Zapata/

AIWA NATL. X-C CHAMPIONSHIPS (Nov. 19, Georgetown, Texas): - Teams: Iowa St. 92, Penn. St. 116, Colorado 164...5-UCLA 189, 13-CSN 302, 18-Stanford 421. 1-Mills/PennSt 16:50.2, 2-Webb/Tenn 17:24, 3-Shea/NCS 17:27, 4-Goodall/Duke 17:30...More...

(AIAW CHAMPIONSHIPS...Cont'd) 5-Shafer/EKU 17:38, 6-Bridges/OkSt 17:46, 7-Decker/Colo 17:50, 8-Slater/Colo 17:53, 9-Benoit/NCS 17:57, 10-D.Vetter/ISU 18:01, 11-Thrupp/Stan 18:03...22-Kinsey/CSN 18:19, 31-Tolford/Ore 18:31, 32-Chisum/UCLA 18:32, 35-Keyes/UCLA 18:36, 44-Heinmiller/UCLA 18:46, 46-Weston/UCLA 18:48, 57-Scatena/CSN 18:57, 85-Metteer/Cal 19:15, 91-Troffer/CSN 19:18, 100-Flouroy/UCLA 19:23, 101-Jewell/CSLB 19:24, 105-Jackson/UCLA 19:26, 107-Abare/SDS 19:28, 110-Soderholm/Stan 19:29, 120-Riley/SDS 19:35, 137-Costello/CSN 19:49, 147-Dandoy/CSN 19:57, 149-Kemp/Stan 19:59, 153-Dendo/UCSB 20:04, 166-Hupper/CSLA 20:23, 184-Ernst/Stan 20:51, 191-Mungai/Stan 21:00, 193-Anionievicz/CSN 21:07, 203-Wright/Stan 21:41, 206-Briscoe/Stan 21:56...218 finishers. /C. Wenzel/

NCAA DIVISION I CHAMPIONSHIPS (Nov. 21, Spokane, Wash.): - Teams: Oregon 100, UTEP 105, Wyoming 186, Providence 205, BYU 235...15-UCI 376, 16-Nevada-Reno 377. 1-Rono/WSU 28:33, 2-Treacy/Prov 28:51, 3-Deegan/Prov 28:56, 4-Hunter/Clev 29:02, 5-Cheruiyot/WSU 29:02, 6-Chebor/Wy 29:03, 7-Killili/Wy 29:15, 8-Hunt/Az 29:15, 9-Salazar/Ore 29:20, 10-Wysocki/NR 29:30, 11-Hart/BYU 29:32, 12-Clary/Ore 29:33, 13-Dillon/Prov 29:33, 14-Spilsbury/Col 29:34, 15-Watts/Tenn 29:35, 16-Quinn/Mass 29:36, 17-Flora/NE 29:40, 18-Sheeran/EIU 29:42, 19-Gomez/UTEP 29:42, 20-Munyaala/UTEP 29:43... 30-Hunsaker/SDS 29:51, 47-Murphy/NR 30:09, 59-Serna/UCI 30:17, 69-Schankel/CPSLO 30:25, 79-White/SacSt 30:32, 84-Daniels/UCI 30:36, 110-Konigh/UCI 30:50, 115-Deis/FS 30:54, 124-Munoz/NR 31:00, 134-Hunsaker/Col 31:05, 142-Moses/UCI 31:10, 151-Shriver/UCI 31:19, 167-Mentzer/NR 31:31, 174-Menet/NR 31:36, 194-Ahlmeyer/UCI 31:52, 221-Christiansen/UCI 32:19, 224-Tarin/NR 32:23, 225-Fritzke/ORU 32:24, 229-Anderson/BYU 32:28, 247-Tipton/NR 32:59...255 finished. -- Californians did extremely well here, at least individually. Of the top American finishers, four of the top six were from the Golden State, led by Thom Hunt's eighth place overall, and followed closely by Tom Wysocki (10th), Benton Hart (11th), and Mark Spilsbury (14th). All are running for out-of-state schools. Whoops, Wysocki is actually from Las Vegas, but Nevada-Reno is in the PA-AAU District. /The Harrier/



Stanford's Ann Thrupp was Northern California's top finisher in the AIAW X-C Championships (National Collegiate Championships). /Bader/

(CENTRAL COAST SECTION...Cont'd) 6-Trujillo/G 15:11, 7-Glenn Dean/J 15:11, 8-O'Connor/Ca 15:14, 9-Knoth/LL 15:18.4, 10-Holladay/G 15:22, 11-Hickell/Lei 15:24, 12-Powers/WG 15:25, 13-Bewley/Cap 15:26, 14-Mojica/O 15:27, 15-Sapp/Fre 15:29, 16-Vasefuey/W 15:29, 17-Jenkins/Lei 15:31, 18-Moreton/LG 15:31, 19-Hionandez/Li 15:34, 20-Heonandey/In 15:37. /GIRLS/ Carlmont 98, Half Moon Bay 109, San Carlos 126, Homestead 167, Saratoga 185, Aptos 194, Watsonville 198, Santa Teresa 206, Hollister 218, Silver Creek 233. 1-Crowley/Ov 17:40.7, 2-Trason/PG 18:07.7, 3-Huyck/Ap 18:29, 4-Choy/Sal 18:41, 5-Schmidt/HMB 18:47, 6-Schnurpfeil/SM 18:50, 7-Figliomeno/Sar 18:55, 8-Pearson/SLV 18:58, 9-Blake/OG 18:59, 10-Bettencourt/HMB 18:59, 11-Neilson/Ca 19:01, 12-Harper/Pet 19:21, 13-Fox/H 19:07, 14-Foianini/Ca 19:21, 15-Vaughan/SCar 19:24, 16-Capurso/Gund 19:26, 17-Sanchez/Wat 19:39, 18-Chavez/Cup 19:51, 19-Jungsten/Ca 19:52, 20-Weaver/Ap 19:56. /Keith Conning/

OAKLAND SECTION MEET (Nov. 22, Oakland): Skyline 15, Oakland 62, Fremont 98. 1-Tom Downs/S 9:59.0, 2-Valdez/S 10:05, 3-Peter Downs/S 10:17, 4-Schneider/S 10:26, 5-Richardson/S 10:46, 6-Schonberger/S 10:50, 7-Lichtenstein/S 10:59. /Keith Conning/

NATIONAL AAU WOMEN'S CROSS-COUNTRY CHAMPS (Nov. 26, San Bernadino): - /SR. WOMEN/ ISU 129, Falcon TC 179, RRR 203, UCLA 207, Ontario T&F 209, WVTC 236, Florida St. 250, CNW 262, LA Naturite 275, Quest 316, OTC 322, SDTC 455, WDS 497, FPTC 538. 1-Merrill/AGAA 16:54.4, 2-Mills/PennSt 16:58.1, 3-Shea/NCS 17:14, 4-Bremser/Wisc 17:31, 5-Graham/WVTC 17:32, 6-Webb/Knox 17:35, 7-Goodall/Duke 17:50, 8-Heritage/F 17:51, 9-Benoit/NCS 17:54, 10-Cook/ISU 17:58, 11-Sanchez/RRR 18:04, 12-Kubasiewicz/Ont 18:07, 13-Bridges/Tex 18:12, 14-Vetter/ISU 18:15, 15-Berry/PennSt 18:21... 21-K.Keyes/UCLA 18:35, 28-Wotherspoon/SJC 18:56, 29-Adams/CNW 18:57, 34-Broderick/UCLA 19:06, 39-Hagerty/SUND 19:12, 51-Orich/WVTC 19:39, 54-Leydig/WVTC 19:45, 58-Crisp/WVTC 19:50, 68-Himmelberger/WVTC 20:10, 70-Perkins/SJC 20:14, 74-Olavarri/Un 20:24, 75-Hegner/WVTC 20:27, 80-Hayes/SJC 20:42, 82-Weston/UCLA 20:44, 89-Swannack/WDS 21:05, 94-Connolly/WDS 21:19, 99-Zele/WDS 22:00, 105-K.Stok/WDS 22:15, 109-Costello/LATC 22:34, 110-Gerard/WDS 22:41, 114-Himenes/WDS 23:52, 118-P.Stok/WDS 24:50. /JR., 14-18/ Liberty AC 85, Memphis Shelby T&F 103, Shore AC 110...5-SJC 169, 6-Jamul Toads 195...More...



(Left to Right) Bob Love nearing the finish of his Central Coast Section win; Dave Avila took the runner-up spot; Nancy Huyck, only a sophomore, grabbed third in the women's race. /Conning/

CENTRAL COAST SECTION MEET (Nov. 22, Belmont): /BOYS/ Leigh 64, Carlmont 102, Leland 130, Watsonville 134, St. Francis 136, Lincoln/SJ 165, Saratoga 211, Overfelt 216, Gilroy 242, Capuchino 271. 1-Love/Ca 14:53.6, 2-Avila/Cup 14:56.2, 3-Soto/MP1 14:57.2 (soph), 4-Gruber/Ap 15:01, 5-Brewer/Lei 15:10...More...



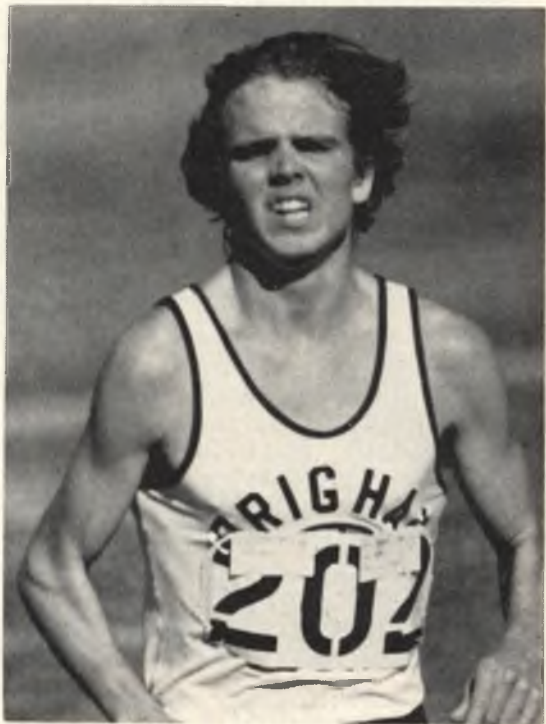
Women's National AAU X-Country Championships-(L-R) Judy Graham (5th), Debbie Vetter (14th), Ellison Goodall (7th), Karen Bridges (13th). Judy qualified for Intnat'l X-C. /J. Johnson/

(WOMEN'S AAU NAT'L X-C...Cont'd) (Jr., 14-18) 1-Jennings/Lib 14:36.8, 2-Schaeffer/Mem 14:48, 3-Stater/CG 14:51, 4-Crystal/CG 14:58, 5-O'Connor/CYO 14:58...11-Williams/SJC 15:28, 12-Trason/CN 15:32, 23-Bier/SJC 15:51, 29-Craven/HSU 16:07, 42-Brogan/SJC 16:23, 45-Bray/SJC 16:26, 48-Guina/SJC 16:30, 77-Warga/CN 17:14, 79-Bowers/SJC 17:19, 100-Daly/CN 18:06. /14-15/ SJC 63, RRR 73, CN 79, SDTC 122, Sac'to Spik. 141. 1-Darr/Un 16:00.7, 2-Belk/SJC 16:14, 3-Regan/SJC 16:23, 4-Yeager/KS 16:29, 5-Roberts/SS 16:33, 6-Denison/CN 16:38...9-Nieto/CN 16:45, 10-Negri/CN 16:49, 11-Thomas/SJC 16:57, 15-Figliomeni/SJC 17:18, 23-Beauchamp/CN 17:47, 24-Hamilton/ML 17:49, 25-Jenkenson/SS 17:52, 27-Skaden/SS 17:53, 28-Linn/SS 17:56, 31-Bain/CN 18:07, 32-Thorpe/SJC 18:08, 56-Griffin/SS 22:40. /12-13/ RRR 45, SJC 128, BA 156... 9-RG 332. 1-Craven/Scioto 11:58, 2-Cook/RRR 12:35, 3-Cobb/RRR 12:37, 4-Cerda/RRR 12:43, 5-Vasey/Sp 12:49...8-Martinez/SS 12:58, 9-Demmelmaier/SJC 13:01, 11-King/SJC 13:07, 12-Chamness/SS 13:11, 13-Weber/SJC 13:12, 29-Van Housen/WDS 13:42, 45-Surmeier/SJC 14:12, 47-Roell/RG 14:14, 50-Conley/SJC 14:21, 52-Hitchcock/RG 14:23, 59-Gilreath/ML 14:38, 64-Bagler/ML 14:48, 72-Chretien/SJC 15:03, 73-Spencer/RG 15:05, 75-Harmon/SJC 15:09, 77-Duran/RG 15:15, 83-Simmons/RG 15:27, 86-Kubel/SS 15:39, 98-Strain/RG 16:51. /10-11/ RRR 27, SJC 61, Duke City 156, Spartan TC 169...7-RG 262. 1-Jackson/CYO 9:52.8, 2-Cervantes/RRR 9:53.4, 3-Fisher/RRR 10:02, 4-Anderson/RRR 10:04, 5-Kiernan/BA 10:11, 6-Heimbecker/SJC 10:15, 7-Vasquez/SJC 10:20...9-Mullin/Sp 10:26, 11-Miller/SJC 10:28, 12-J.Mullin/Sp 10:28, 18-Yaninek/SJC 10:42, 19-Bonnet/SJC 10:43, 25-Olson/SJC 11:01, 27-Cowan/SS 11:04, 33-Butler/SJC 11:11, 34-McDowell/RG 11:11, 36-McAfee/RG 11:12, 41-Salinas/SJC 11:24, 47-Dunn/Sp 11:30, 57-Cervantes/RG 11:41, 60-Champman/Sp 11:45, 61-Plexico/SS 11:49, 64-McCarty/RG 11:55, 71-Sylvester/RG 12:09, 87-Gliddon/RG 12:48. /9-U/ BA 39, DCD 112, RRR 123...6-RG 208, 7-Spartan TC 246, 9-WDS 333. 1-Roy/CYO 7:05.7, 2-Welsh/KS 7:14, 3-Crabtree/BA 7:26, 4-Cohenour/SCC 7:30, 5-Everts/RRR 7:31...14-Rogers/SJC 7:50, 17-Chretien/SJC 7:55, 18-Clark/Arrow 7:55, 22-Charters/Sp 8:02, 29-Himenes/WDS 8:11, 30-Lee/RG 8:12, 33-K.Himenes/WDS 8:15, 34-Parker/RG 8:16, 37-Holley/Sp 8:21, 38-Scott/RG 8:21, 45-Greer/RG 8:29, 51-Koffel/Sp 8:36, 61-Berg/RG 8:49, 62-Hayes/RG 8:49, 63-Clark/Arrow 8:49, 67-Kasier/Sp 8:56, 68-Maki/RG 8:57, 69-Chapman/Sp 8:58, 78-Vandersyde/WDS 9:19, 84-DeGuara/WDS 9:31, 109-DeZordo/WDS 13:17. /Phyllis Olrich/

NAT'L AAU MEN'S 10-KILO X-C

(Nov. 26, Houston, Texas):

On what must have been the toughest cross-country course ever chosen for a national championships, an obviously very fit Nick Rose beat back Craig Virgin in the final stages of the race and went on to win in a 30:14.3 clocking. Virgin was 8.5 seconds back. It was a truly 'national' race as only a few notables did not compete, including the likes of Frank Shorter, Bill Rodgers and Marty Liquori. The tough terrain made it hard on many top runners, as Olympians Duncan Macdonald (32nd), Paul Geis (53rd) & Don Kardong (54th) were among those that failed to place well. On the other hand, the treacherous terrain was to the liking of many. Gregg Meyer was a surprise third and Guy Arbogast grabbed ninth to lead the Californian runners to the finish. Benton Hart, who took 15th, completed a tough double, after taking a good 11th at the NCAA's the previous Monday. Hunt likewise had a super double after coming off an 8th place finish at the NCAA meet. The Santa Monica TC was the first California club in sixth place, followed by West Valley TC in tenth, and the defending champions from San Diego, the Jamul Toads. Scoring was done by total team time, and the initial set of results had some times (and finish orders) listed incorrectly. The team battle was especially close, as Colorado TC edged Knoxville TC by less than four seconds per man. -- Teams: Colorado 2:38:04, Knoxville 2:38:32, GBTC 2:38:34, UCTC 2:39:09, Athletic Attic (NJ) 2:39:50, Santa Monica TC 2:39:54, Ontario /Canada 2:40:12,



Benton Hart placed 11th in the NCAA title meet, and then six days later grabbed 15th at the AAU Championships. /Larry Berryhill/

(MEN'S AAU NAT'L X-C...Cont'd) NYAC 2:40:34, Mason-Dixon AC 2:40:37, WVTC 2:40:51, Jamul Toads 2:41:11, CNW 2:43:12, Summit AC 2:43:35, Club Midwest 2:44:16, FPTC 2:45:20, Atlanta TC 2:45:23, AIA 2:45:43, Gr.Rochester 2:46:20...28 complete teams finished...22-SDTC 2:52:42. 1-Rose/MDAC 30:14.3, 2-Virgin/AW 30:22.8, 3-Meyer/AA-NJ 30:35, 4-Hunt/JT 30:52, 5-Melacon/NYAC 30:54, 6-Wells/AW 30:59, 7-Davey/Knox 30:59, 8-Brown/Knox 31:04, 9-Arbogast/CTC 31:05, 10-Salazar/GBTC 31:07, 11-Bannon/Ont 31:08, 12-Bjorkland/UCTC 31:11, 13-Thomas/GBTC 31:15, 14-Clary/OTC 31:18, 15-Hart/WVTC 31:20, 16-Flanagan/CTC 31:23, 17-Buell/SMTC 31:25, 18-Stintzi/Un 31:26, 19-Watts/Knox 31:32, 20-Babiracki/SFV 31:32...30-Romesser/FPTC 31:47, 32-Macdonald/WVTC 31:49, 38-McCloud/SMTC 31:59, 39-Bryant/SMTC 32:01, 41-Kissin/WVTC 32:05, 43-Lawson/SMTC 32:08, 51-Mendoza/JT 32:15, 53-Geis/TS 32:16, 54-Kardong/CNW 32:17, 58-Dean/SMTC 32:20, 62-Trup/JT 32:23, 80-Spilsbury/Col 32:39, 87-Close/JT 32:46, 89-Stewart/WVTC 32:47, 92-Pinocci/WVTC 32:50, 98-Smith/AIA 32:55, 99-Harper/JT 32:56, 101-Dulaney/AIA 32:58, 106-D. Waltmire/AIA 33:02, 107-Holmes/WVTC 33:03, 113-Nitti/SMTC 33:11, 115-Ramirez/FPTC 33:11, 116-Simonian/Macc 33:12, 121-Martinez/AIA 33:15, 122-Cords/FPTC 33:16, 130-??/JT 33:24, 133-Hartig/FPTC 33:28, 135-Hughes/JT 33:31, 137-Arquilla/AIA 33:33, 140-Jeffers/FPTC 33:37, 143-Camp/SDTC 33:40, 145-Schulz/WVTC 33:42, 146-Smead/AIA 33:42, 151-Cox/FPTC 33:52, 153-Kelley/SDTC 33:55, 159-Langford/FPTC 34:05, 171-Siddons/Macc 34:24, 177-Rigdon/CH 34:29, 180-Routh/WDS 34:31, 182-Kelley/FPTC 34:34, 186-Koppes/AIA 34:37, 189-Mosher/SDTC 34:51, 190-Johnson/SDTC 34:53, 191-Lux/JT 34:53, 203-Porter/WVTC 35:20, 204-Cour/SDTC 35:23, 211-Covert/Un 35:36, 231-Cumming/SDTC 38:56, 240-Kokesh/SLTC 40:59. /Jim McLatchie/



(Above) Ken Holladay nipped Bob Love in the Nov. 28th 2-Mile Postal with a 9:24.0 (to 9:24.7). (Below) Steve Strangio wins 3-Mile Postal on the same day in 14:44.0 over Craig Hochhaus (14:46.8). /Conning/



(Below) Steve Strangio wins 3-Mile Postal on the same day in 14:44.0 over Craig Hochhaus (14:46.8). /Conning/

NATIONAL POSTAL MEET (Nov. 28, Saratoga):

/2 MILE/ 1-Holladay/Gil 9:24.0, 2-Love/Ca 9:24.7, 3-Moreno/P 9:41.5, 4-Baffert/SR 9:46.0, 5-Traynor/CV 9:50.0, 6-Mellquist/Ca 9:52.0, 7-O'Connor/Ca 9:52, 8-Dalke/Le1 9:53, 9-Knott/Le1 9:54, 10-A1sop/P 9:55, 11-Fogg/P 9:55, 12-Baker/SR 9:55, 13-Hoch/MA 9:56, 14-Pryor/Ca 9:56, 15-Prouty/PH 9:56. Teams: Carlmont 49:12.7, Piner 49:33.5, Leland 49:58.0. /3 MILE/ 1-Strangio/MSJ 14:44.0, 2-Hochhaus/CV 14:46.8, 3-Marden/MSJ 14:55, 4-Gil Dean/J 15:05, 5-Glenn Dean/J 15:07, 6-Grimes/Wat 15:21, 7-Millar/McA 15:25, 8-Read/MSJ 15:25, 9-Brock/R 15:29, 10-Chastaine/MSJ 15:32. Teams: MSJ 76:34, Watsonville 79:05, Redwood 80:49.5.

/Bill Hotchkiss/

REGION 13 JR. OLYMPICS X-C (Dec. 3, Chico):

- Results were received without any times at all (only finishing order), so we are not listing any results at all. If anyone has times to go with the results, please send them to us so that we may print them in next issue. I've written the meet director with no success. Sorry 'bout that!

NATIONAL JR. OLYMPICS X-C (Dec. 10, Longview, Wash.):

(BOYS) /16-17/ 1-Spivey/I11 14:44.3, 2-Iwancin/Co 14:45.1... 29-Turner/Colfax 15:25, 40-Johnson/Nev 15:38, 45-Williams/Chico 15:43, 52-Hale/Stkn 15:48, 74-Hood/Chico 16:29, 76-Coughlin/Piedmont 16:33. /14-15/ 1-Keohen/Mn 12:19.7, 2-Barker/Mo 12:26...8-Madison/Reno 12:42, 13-Marden/WVTC-MSJ 12:52, 23-Baffert/Alamo 13:02, 24-Scott/Sacto 13:02, 25-Passmore/Sparks 13:03, 27-Williams/Arcata 13:05, 30-Imos/Sacto 13:09, 34-Traynor/Clayton 13:15, 68-Romero/Eur 14:05. /12-13/ 1-Vandersteen/Ind 10:05.5, 2-Carley/Fla 10:06.0...6-Morabe/ChulaVista 10:22, 7-Marden/WVTC-MSJ 10:26, 8-Brewer/Chico 10:28, 25-Knowles/Vacavle 10:44, 32-Whaler/Sacto 10:49, 33-Freckmann/PH 10:50, 45-Carroll/LA 11:04, 49-Helm/Camino 11:09. /10-11/ 1-Gilbert/Ore 8:13.5, 2-Vaughn/I11 8:16, 3-Latting/Martinez 8:19...13-Compel/Sparks 8:31, 16-Risley/EG 8:34, 19-McManus/Okld 8:37, 21-Rusk/Reno 8:39, 32-Read/Cal 8:51, 35-Mathisen/Sparks 8:54, 43-Haggard/VMTc 9:05. /9-U/ 1-Latting/Martinez 8:35.2, 2-Bairios/Ore 8:37...More...

(NATL. J.O. X-C...Cont'd) (Boys' 9/Under) 7-Risley/EG 8:50, 8-Scott/Redding 8:51, 11-Whiteley/Irvine 8:54, 13-Wall/Susanville 8:59.4, 16-Schreder/Shasta 9:03, 23-Mertens/Concord 9:14, 39-Smith/SRosa 9:32. (GIRLS) 1-Shea/NC 17:09, 2-Sharpe/NY 17:17, 3-Craven/HSU 17:35...19-Guyer/CarsonCity 18:37, 21-Richter/Ch 18:41, 23-Rudolph/Susanville 18:47, 27-Symons/Chico 18:55, 29-Claiborne/Chico 18:59, 31-Pascoe/Stktn 19:02, 32-Shanks/Quincy 19:04. /14-15/ 1-Crystal/Co 14:07, 2-Hines/Tex 14:12...14-Bain/RA-Sacto 15:15, 24-Beauchamp/CN 15:30, 34-Dennison/CrescentCity 15:48, 40-Wong/Reno 16:01, 43-Farnsworth/SRosa 16:05, 47-Alcorn/CrescentCity 16:16, 48-Strangio/MSJ 16:17, 66-Felix/Antioch 17:13. /12-13/ 1-Gallager/Pa 11:04.4, 2-Arnold/La 11:14...25-Hollingsworth/SRosa 12:08, 28-Reetz/Sparks 12:15, 36-Thompson/Reno 12:33, 41-Simmons/SLT 12:36, 45-Denison/CN 12:45, 55-Duran/RG 13:03, 61-Rapp/Fallon 13:12. /10-11/ 1-Frahm/Wa 8:36.4, 2-Donnelan/Pa 8:39.7, 3-Carter/Shasta 8:40.2...21-Schreder/Shasta 9:13, 28-S.Schreder/Shasta 9:21, 34-Cowan/Fairfield 9:29.5, 40-McDowell/Loomis 9:40, 42-McAfee/Loomis 9:41, 45-Martin/PaloCedro 9:43, 48-Veatch/Ridgecrest 9:51. /9-U/ 1-Russell/Pa 5:40, 2-Wozniak/Pa 5:44...22-Clark/Mill Vly 6:19, 23-Kinslow/Redding 6:19, 25-Wilson/Ridgecrest 6:20, 30-Berg/CitrusHghts 6:24, 31-Lee/Loomis 6:25, 33-Fong/Sacto 6:28, 38-Greer/Roseville 6:31, 41-Scott/Auburn 6:38. /Castlerock T.C./

LONG DISTANCE RESULTS

SANTA MONICA MARATHON (Aug. 28, Santa Monica): - /537 finished/ 1-Jim Captezzuto/BAA 2:32:13, 2-Ellis/Un 2:37:34, 3-Hemphill/SBAA 2:37:54, 4-Dobrenz/CCAC 2:38:50, 5-Bromwich/WRTC 2:42:47, 6-Smallen/Un 2:43:26, 7-Baxter/WHS 2:45:32, 8-Moody/CabrAC 2:45:43, 9-Cobos/SHS 2:45:43, 10-Sigala/Un 2:46:26, 11-Cohen/AZTL 2:47:02, 12-Berman/Un 2:48:12, 13-Hayes/Un 2:48:39, 14-Johnson/Un 2:49:16...30-Sue Peterson/Un 2:57:00, 52-Jeanne Abare/SDS 3:01:02, 59-Pam Firestone/SFV 3:02:45. /S.M. Rec. D./

15-KILO GREAT BELL RACE (Oct. 22, Merced): - /33 finishers/ 1-Curt Elia 50:52, 2-Craig Elia 51:07, 3-Grenier 52:08, 4-McLain 53:01, 5-Meidlinger 53:44, 6-Donaldson 54:18, 7-Waldman 56:36...13-Geurtsen(50+) 64:52, 22-Karen Gallagher 71:34. /3-Kilo/ 1-Jerry Baladad 10:26, 2-Nieto 10:40, 3-Carpenter (12/under) 10:52, 4-Vellarde 10:56, 5-Smith(40+) 11:08. /Dave Donaldson/

GREEK "POPULAR" MARATHON (Oct. 17, Greece): - /844 finishers/ 1-Kebede/Eth 2:14:40.8, 2-Dereje/Eth 2:14:49, 3-Tadesse/Eth 2:18:54, 4-Sylte/Nor 2:27:35...22-Talbot/US-Maine 2:41:37, 101-Bugler(40+)/Cal 3:01:57, 179-Guerin/Cal 3:19:03, 208-Collins/WVJS(40+) 3:23:20, 223-Aliza/Cal 3:26:30, 281-Virginia Collins/WVJS(40+) 3:34:39, 311-Wolinsky/S.F. 3:38:27, 338-Augustine/Cal 3:42:00, 350-Garcia/Cal 3:43:33, 468-B. Smith/Cal 3:59:33, 529-Sanfillipo/WVJS 4:05:45, 548-B. Swannack/DSE 4:10:05, 549-Stack/DSE 4:10:06, 607-Dulong/Cal 4:20+, 645-Abbott/Cal 4:27:36, 688-Thomson/Cal 4:41:10, 751-Clark/Cal 5:14:18, 754-Judy Dulong/Cal 5:16:11. /Seymour Collins/

DSE PRESIDIO ROLLER-COASTER RUN (Oct. 23, San Francisco): /229 finishers/ 1-Rick Brown 13:07, 2-Fitzgerald/PMK 13:08, 3-Gormley 13:12, 4-Farelli 13:17, 5-Swezey/PMK 13:23, 6-Nelson 13:43, 7-Myers/PMK 13:44, 8-Notch 13:55, 9-McCullough 13:56, 10-Worthington 14:10...77-Peggy Lavelle 17:00, 88-Liz Vonhagon 17:25, 109-Tina Chee 18:15. /DSE Newsletter/

NATL. AAU 50-MILER (Nov. 5, New York City): - Haven't received the complete (or any) results yet from this one, but the big news we did hear was that Nina Kuscsik, just off a PR 2:50:22 (3rd) at the AAU Marathon on Oct. 23, set a new American record of 6:35:53 (might be a world record too; not sure). If anyone has results, please send them...we didn't get any response from the meet director when requesting results. Thank!

STREETS OF EUREKA FOOTRACE (Nov. 6, Eureka): /87 finishers/ 1-Rich Smith 33:04, 2-Schoff 34:27, 3-Hofhenke 35:24, 4-Davy 35:41, 5-Rocha 36:38, 6-Heistuman 36:53, 7-Cottrell 37:03, 8-Robin Smith 37:18, 9-Phillips 37:27, 10-Washington 37:29...12-Gilchrist(40+) 38:02, 15-Escarda(40+) 38:35, 29-Sheila Maskovich 41:09, 34-Jane Wooten 41:25, 38-Sue Grigsby 42:18.../6.5 Miles/. /SRRC Newsletter/

LAGRANGE DITCH RUN (Nov. 12, Weaverville): /6.43 miles/ 1-Richie Smith 38:29, 2-Robin Smith/OTC 39:31, 3-Claypoole/SWEAT 40:09, 4-Martinez/SWEAT 40:44, 5-Muir/AGRC 43:40...12-Schulz/SWEAT(40+) 50:31, 18-Chris Law 61:25. The Smith's, recent transplants from the East, took a convincing win over pre-race favorite, Scott Claypoole. /22 finishers/ /SRRC Newsletter/

SRI CHINMOY 10 KILO (Nov. 12, Lake Merritt in Oakland): - Finishers received t-shirts and ribbons and a lunch prepared by Dipti Nivas, and the top ten in each division received trophies. A very nicely run race with plenty for everyone! 1-Rick Brown 33:46.6, 2-McLain 34:34.5, 3-Post 35:22.6, 4-Estill 36:03, 5-Jeffries 36:08, 6-Jerome/TRAC 36:17, 7-Whittingslow/SFOC 36:29, 8-Knight 37:32, 9-Gayman 37:51, 10-Cooch 37:54, 11-Ed Healy/AA(40+) 38:03...17-Carolyn Tiernan/WVTC 39:35, 30-Pat Whittingslow/PMK 41:43, 43-Laury Belzer 44:22, 46-Debbie Link 44:31. /112 finishers/ /Sundari Michaelian/



Rick Brown was an easy winner in the Sri Chinmoy 10-Km. Run. /Don Melandry/

DSE YACHT HARBOR RUN (Nov. 13, San Francisco): /7.6 Miles/ 1-Mike Smith/WVTC 38:03, 2-Ken Phelps/WVTC 38:05, 3-Mike Gulli 38:57, 4-Sevald/PMK 39:19, 5-Wheeler 39:56, 6-Kay 40:03, 7-Fanelli 40:29, 8-Notch/LMJS 40:41, 9-Robertson/WVTC 41:13, 10-Benz/WVTC 41:17, 11-Boschker 41:30, 12-Casey/ETC 41:48, 13-O'Brien 41:52, 14-Ford 41:56, 15-Wong 42:08, 16-Gustafson 42:11, 17-O'Conner 42:15, 18-Pruitt/PMK 42:48, 19-Weidinger/ETC 42:32, 20-Plymale/PMK 42:45, 21-Rushen 42:49, 22-May 42:52, 23-Martin/PMK 43:21, 24-Larsen 43:31, 25-Major 43:35...133-Pat Whittingslow 51:04, 178-Liana Wilson 53:05. /407 finishers! /DSE Newsletter/

PACK TRAIN RUN (Nov. 19, Arcata): /8.0 Miles/ 1-Chris Cole 41:29, 2-Robin Smith 42:10, 3-Borland 44:33, 4-Rocha 44:36, 5-Jones 45:40, 6-Lowry 45:48, 7-Trytek 46:05, 8-Swezey 46:05, 9-Estes 46:10, 10-Harper 46:50, 11-Heistuman 47:00, 12-Dewey 47:06, 13-Ross 47:13, 14-Washington 47:14, 15-Crandell/SRRC (40+) 47:16...34-Sheila Maskovich 50:38, 50-Nancy Pandell 54:25, 54-Jane Wooten 55:35, 55-Liz Kemp 56:20. /113 finishers/ /SRRC Newsletter/

DAVIS MINI-MARATHON (Nov. 19, Davis): /13.1 Miles/ 1-Mike Buzbee 1:09:28, 2-Pat Buzbee 1:09:28, 3-Ray Hosler 1:09:45, 4-Laxson 1:11:18, 5-Rasmussen 1:11:37, 6-Peck 1:12:44, 7-Freeman 1:12:44, 8-Miller 1:13:12, 9-Hedges 1:13:49, 10-Crangle 1:14:11, 11-LaMoureaux 1:14:20, 12-DeMarco 1:14:22, 13-Duke 1:14:40, 15-Conzelman 1:14:49.../40+/ Walt Howard 1:17:21, Bill Adams 1:18:42, Dave Davis 1:19:27.../Women/ Connie Giannini 1:26:25, A. Chapman 1:27:24, Tina Chee 1:31:16, Debbie Bispo 1:34:45. /200+ finishers/ /Jeff Igelman/

SOUTH SAN FRANCISCO FUN-RUN (Nov. 19, S.S.F.): /5.3 Miles/ 1-Bob Lange/CW 26:42, 2-Hornstra/Skyl 27:14, 3-Amable/Skyl 27:26, 4-Cornejo/Skyl 27:37, 5-Dunbar 28:01, 6-Cowling 28:07, 7-Skiff 28:22, 8-Darling/ETC 28:30, 9-Rios 29:02, 10-Walding 29:25, 11-Tornes 29:41, 12-Baver 29:46, 13-Bob Cushen(40+) 29:47, 14-Gowen/WVTC 29:50, 15-Worthington 29:55, 16-Rios 29:56, 17-Portillo 30:00, 18-Lualhati(40+) 30:02, 19-Pierce/PMK(40+) 30:12, 20-Nelson 30:29, 21-Plymale/PMK 30:39, 22-Anderson 30:45, 23-Hernandez 30:50, 24-Kell 30:53, 25-Whittingslow/SFOC 31:12.../Women/ Pat Whittingslow/PMK 35:44, Lois Parsons 39:11, Kristine McCarthy 40:58. /200+ finishers/ /Ralph Gowen/

ALPINE TURKEY TROT (Nov. 19, Yreka): /5 Miles, hilly, 30°/ - 1-Hagadorn/Shasta 29:30, 2-Gordon/SWEAT 29:31, 3-Masterson/Un 29:46, 4-Haning/Un 30:22, 5-Middleton/SWEAT 30:26, 6-Reed/SWEAT 30:36, 7-Carey/COSisk 32:03, 8-Rose/SOS 32:17, 9-Keller/Redding 32:25, 10-Friend/Weed...22-Mary Curtin/Weed 37:56.../45 finishers/. /10 Miles/ 1-Lee Ferrero/SWEAT 56:10, 2-Griffin/CRC 59:09, 3-Harrif/SOS 60:35, 4-Jordan/SWEAT 60:42, 5-Hayes/SWEAT 61:00, 6-Look/SWEAT 61:54, 7-Parr/Un 63:47, 8-Henry/SOS 66:53, 9-Wexner/SWEAT(40+) 67:37, 10-Tiger/SOS 68:27...13-Merill Cray/CRC 69:44, 15-Harrison Smith/SWEAT (1st 40+, made mistake on #9, above) 71:34. /33 finishers/ /Dennis McFadden/

DSE TURKEY TRIATHLON (Nov. 20, San Francisco): /7 Mile Bike, 4 Mile Run, 3/8 Mile Swim/ 1-Dave Scott 48:08, 2-Matheson 50:50, 3-Patty Scott-Baier (1st gal) 52:22, 4-Notch/LMJS 52:36, 5-Hemmersback(40+) 54:38, 6-Ball 55:21, 7-McDowell 56:06, 8-Major 57:30, 9-Amable/Skyl 57:42, 10-Brady 58:10...13-Richard Holloway(200#+) 58:55, 23-Vicki Blankenship/PMK 63:54. /69 finishers/ -- Just a note of amazement regarding Patty Scott-Baier and her third-place performance (does anyone have a breakdown of her times for each of the legs?). John Notch is considered a good runner and swimmer and was beaten by her! /DSE News/

JEWISH COMMUNITY CENTER WOMEN'S BICENTENNIAL RUNS (Nov. 20, San Francisco - Lake Merced): - /4.492 Miles/ 1-Judy Leydig/WVTC 26:20, 2-Elaine Miller/PMK 28:48, 3-Pat Whittingslow/PMK 29:13, 4-Burns 29:49, 5-Atwood 30:15, 6-Waters/NCS(40+) 30:36, 7-Hooper 30:38, 8-Peterson 30:42, 9-Hernandez 30:43, 10-Healy/WOR 30:44 ... (no times for other finishers) 11-Higgins, 12-Neck, 13-Hall, 14-Marks, 15-Sheehan. /1.5 Miles/ 1-Marylou Baldwin 10:17, 2-Estelle Valkema 10:23, 3-Caryn Chaney 10:26, 4-Casper 10:30, 5-Digiesi 10:30, 6-Hirano 10:35, 7-Sauer 10:44, 8-K. Digiesi 10:47, 9-P. Digiesi 10:47, 10-Chaney 10:51, 11-Franklin 10:54, 12-Geli 11:05, 13-Brian 11:14, 14-Waters 11:24, 15-Barry 11:38. /Approx. 350 runners in short run and 287 in long run! - Course was a look around the lake, not including stretch to boathouse and back. /Trudy Zimmerman/

LAKE MERRITT ALL-COMERS RUNS (Nov. 20, Oakland): /5 Kilo/ 1-Harb 16:00, 2-Cross/WVTC 16:02, 3-Wheeler/LMJS 16:08, 4-Jenney/LMJS 16:11, 5-Guinee 16:35.../women/ 1-Brusher 20:04, 2-Gellner 20:08, 3-Sadofsky 20:09, 4-Thoreson 21:12, 5-Robben 21:26. /10 Kilo/ 1-Berg 35:05, 2-Orwig/WVTC 36:13, 3-Wesmith 37:35, 4-Booker 37:51, 5-O'Donnell 38:14.../women/ 1-Robben 49:47, 2-Jennings 52:27, 3-Brisco 54:45, 4-Rogers 55:25. /Harry Cross/

PORTLAND MARATHON (Nov. 26, Portland, Ore.): - Only partial results available at this time... anyone having complete results should send them to the NCRR so we may print all local finishers. -- 1-Robert Ladum/Ore 2:23:07, 2-Frechette/Ore 2:28:15, 3-Phimister/Wash 2:29:29, 4-Hess/Mont 2:29:40, 5-Worthen/Ore 2:30:51... 45-Rasmussen/Davis 2:44:57, 47-Burns/Portland(40+) 2:45:07, 53-Crandell/SRRC(40+) 2:47:16. /Ken Weidkamp/

SEATTLE MARATHON (Nov. 26, Seattle, Wash.): 1-Bill Glad/CNW 2:18:28, 2-Hill/SFU 2:20:27, 3-Holloway/CNW 2:21:41, 4-Shaw/Esq 2:24:18, 5-McIntosh/LGRR 2:27:09, 6-Henderson/Un 2:27:34, 7-Scholl/Un 2:28:20, 8-Bacher/CNW 2:29:27, 9-Dowd/Un 2:29:36, 10-Pearson/CNW 2:29:52... 15-Langenbach/Snoh 2:32:50, 16-Pratt/Snoh 2:33:06, 21-Whiting/Kaj 2:34:47 (all previous runners 40+)... 114-Gabriele Andersen 2:57:23, 133-Susan Rossiter 2:59:53, 163-Kelly Redman 3:04:33. /762 finishers! /Evan Shull/



Dr. Paul Spangler, 78 (right) and his son, Paul A. Spangler, 40, relax following their victory in the over-100 (combined ages) division of the Redwood Shores Run & Bike Relays. The elder Spangler did the running. The 'kid' was the bike rider. They finished 71st out of 96 finish teams. /Barry Hennings/

REDWOOD SHORES RUN & BIKE RELAYS (Nov. 27, Redwood City): - Overall winners: 1-Grimes/Nicklin 37:47, 2-Dietler/Dominguez 38:16, 3-Fitzgerald/Swint 38:19, 4-McQueen/McDowell 38:24, 5-Royal/Aickseckix 38:50, 6-Baldocchi/Kuklinsky 38:52, 7-Taylor/Booth 39:02, 8-Eberly/Butten 39:02, 9-Sandretti/Price 39:02, 10-Marcus/Knochenhauer 39:11, 11-Escusedo/Putman 39:25, 12-Kaempf/Melera 39:41, 13-Rios/Dely 39:42, 14-Ridou/Burns 39:44, 15-Boynton/Jackson 39:46. /Winners by Division/ Mixed: Marilyn Taylor/Tom Booth 39:02; Parent/Child: Lew & Jim McClellan 42:49; (Combined Age Divisions) -- Women/26-35: Roxanne Bier/Cathy Demelmaier 43:12; Women/36-59: Lisa Shattuck/Eileen Cunningham 56:13; Women/60-79: Peggy Feigenbaum/Valerie Franklin 52:54; Men/25-Under: Scott & Jeff Wallach 53:07; Men/26-35: Dave Royal/Jerry Ricksecker 38:50; Men/36-59: Danny Grimes/Jeff Nicklin

(BIKE/RUN RELAYS...Cont'd) 37:47; Men/60-79: Rudy Escobedo/David Putnam 39:25; Men/80-99: Ulrich Kaempf/Attilio Melera 39:41; Men/100+: Paul E. & Paul A. Spangler 52:08. /Judy Matray & Pete Michon/

CHAMPION GOLD MINE RUN (Dec. 3, Nevada City): /8.2 Miles/ - 1-Skyler Jones/Un 43:29, 2-Mike Buzbee/Un 45:05, 3-Pat Buzbee/Un 45:35, 4-Bob Bourbeau/WVJS(40+) 45:39, 5-Bob Woodliff/WVJS 46:19, 6-Paul Holmes/BC(40+) 46:57, 7-Roger Stordahl/Un 47:13, 8-Gary Crangle/Un 47:31, 9-Kevin Stevens/PBP 47:37, 10-Cy Mas-sar/PBP 47:49, 11-Roger Bryan/WVJS(40+) 47:56, 12-Bob Malain/BC(50+) 48:53, 13-David Zarubin/Un 49:09, 14-Richard Browning/PBP 49:10, 15-Rick Sylvester/Un 49:30... 34-Stacey Kearns/PBP 55:57, 43-Mary Gaffield/PMK 61:11, 45-Kay Johnson/OPHIR 61:24. /63 finishers/ /Cal Piston/

NATIONAL AAU 50-KILO CHAMPIONSHIPS (Dec. 3, Central Park, NYC): 1-Fritz Mueller/CPTC 2:58:57.8 (41 years old!), 2-Kirik/LIAC 3:02:56, 3-Brennan/CPTC 3:05:21, 4-Czachor/NYAC 3:07:52, 5-Bragg/NYAC 3:08:51, 6-Bozanich/USMC-Cal 3:11:35, 7-Lapidus/Shore 3:16:37, 8-Sweeney/CPTC 3:18:17, 9-Langsam/Van 3:18:18, 10-Yeter/Millrose(40+) 3:23:10... 40 finishers; weather clear & 45°. /Joe Kleinerman; Bob Campbell/

POINT PINOLE 10-KILO (Dec. 3, Richmond): 1-Allen Edmonds 34:29, 2-Maher/TAM 34:51, 3-Faulkner 35:00, 4-Orwig/WVTC 35:03, 5-Duryear 35:18, 6-Jones 36:09, 7-Carleton 36:40, 8-Jones 36:45, 9-Greco 36:46, 10-Willman 36:53, 11-Ruiz 37:00, 12-Smith 37:19, 13-Peterson 37:20, 14-Whittingslow/SFOC 37:46, 15-Mayers 38:09 ... 78-Barbara Robben 47:04... /121 finishers/. /Novice 2-Mile/ 1-Val Hoag 10:00, 2-Banks 10:43, 3-Stippich 10:56, 4-Edmonds 11:00, 5-Green 11:08... 9-Faulkner(40+) 12:51, 12-Betsy Broun-son 13:21, 15-Gail Ladage 14:07... /81 finishers/. /John Mohr/



(Left) Ed Schelegle was first American at the National AAU Marathon (Culver City), coming in second to Hakan Spik, Finland's National Champion. /John Marconi/ (Right) Nick Nickols of Hollister H.S. won the Mt. Madonna Challenge. /K. Conning/

MT. MADONNA CHALLENGE (Dec. 4, near Gilroy): - /12.1 Mi./ 1-Nick Nickols/HHS 1:12:38, 2-Frank Nolan/Un 1:18:29, 3-Canales/HHS 1:18:29, 4-Christensen/Un 1:19:43, 5-Felan/LOHS 1:20:00, 6-Soto/LOHS 1:21:13, 7-Saldivar/Una 1:22:28, 8-Aguire/HHS 1:22:41, 9-Slibsager/Un 1:24:21, 10-Garcia/Un 1:24:46, 11-Martin/WVJS(50+) 1:26:31... 18-Wright/GTC(40+) 1:27:22, 45-Virginia Collins/WVJS(40+) 1:43:14... 69 finished. /Bill Flodberg/

WHITE ROCK MARATHON (Dec. 3, Dallas, Tex.): /Many locals ran, but only result I have is Penny DeMoss' 2:56:58, 2nd woman./

NATIONAL A.A.U. MARATHON (Dec. 4, Culver City): - We don't have complete results on this one yet, but the Aggie Running Club's Ed Schelegle, who had run a 2:18:44 earlier in 1977 (winning West Valley), improved to 2:18:11 in taking the runnerup spot here to Finland's Hakan Spik (2:17:48), that country's National Champion. That great finish should earn Ed some trips in 1978. If it doesn't, then what's the point of having a National Championships? And why do the 'studs' avoid our national title meet? Perhaps it's the lure of free trips to places like Honolulu and Fukuoka? At any rate, the fact that it wasn't the best of fields for a national race should not take anything away from Ed..they had the chance to come! Athol Barton, winner of a free trip to the Nationals from the PA-AAU LDR Committee's Travel Fund by virtue of his win earlier this year in the S.F. Marathon, did very well for himself, lowering his PR to a 2:21:54 and fifth place. In between Schelegle and Barton were Joe Carlson (2:20:13) and Dave Babiracki (2:20:38). Allen Rude was sixth (low 2:20's), but no time is available. Jackie Hansen has returned to good racing form, as she copped the women's title at 2:50:53, with Kathy Jewell second in 3:01:35. We hope to have full results for next issue...if any of our readers have a copy, please send it to us. Thanks. (See photo of Ed on previous page).

MT. TOM HILL CLIMB (Dec. 10, L.A. Area): /4 Miles/ 1-Ken Moffitt 27:18.6, 2-Dave Fricke 27:39, 3-Steve Chase 27:45, 4-Fiz-zanotti 28:35, 5-Rubino 28:35, 6-Arquilla/AIA 29:10, 7-Durand/STC 29:12, 8-Anderson 29:49, 9-Grosz 30:26, 10-Fremich 30:51... /40-49/ Bill Crum 31:15, Len Effron 31:35, Bill Thompson 32:19. /Women/ Vicki Cook/RRR 40:15, Karen King 43:37. /STC News/

COMPTON 6-MILER (Dec. 11, Compton): 1-Joe Carlson 28:55, 2-Dave Fricke 28:56, 3-D. Waltmire/AIA 29:31, 4-Caldwell 29:51, 5-Cook/AIA 30:16, 6-Alexander/CCAC 30:24, 7-Duarte 31:13, 8-Ramirez 31:35, 9-Barkelaw 31:40, 10-Razo 31:47, 11-Shaffer/CCAC 31:55, 12-Blakeley 31:58, 13-Towers/STC 32:07, 14-Porter nt, 15-Agostinelli 32:38.../40-49/ Glenn Turner/STC 34:04, Andre Tocco 34:06, Bob Emmerling/MS 35:39. /STC News, Glenn Turner/



(Left) Start of the PA-AAU 100-Kilo Championships at Woodside High School. (Right) Chris Hamer, 19, won the race in 8:14:45, a PA-AAU track record, although a half-hour off Don Choi's road mark. /Gerry Beagan/



PA-AAU 100-KILOMETER CHAMPIONSHIPS (Dec. 11, Woodside): - A relative unknown burst into Northern California ultra-distance running prominence at the Pacific Association of the AAU's 100 Kilometer Championships, held on Woodside High's dirt (and wet too) track. Chris Hamer, of Sacramento (Citrus Heights) and the Woodside T.C., established a PA-AAU track record of 8:14:45 by running relentlessly through a chilly morning, a sunny afternoon, and a rainy early evening. Hamer, only 19, hasn't competed often, but has done well when he's run. He finished sixth in the Sacramento Marathon on Oct. 2 with a 2:42:22 clocking, and is also adept at shorter distances, having taken fourth in the PA-AAU Jr. 10-Kilo X-C in early December (a week before this race). Hamer passed the marathon mark at 3:04:19, the 50K at 3:38:44, and 50 miles at 6:13:35 on his way to the record. His average pace was 7:58 per mile for the distance, although he dropped off considerably over the last portion of the run. Race director Mike Ipsen said that all finishers would establish records if they were first in a certain category (PA records that is), as this was the District's first-ever 100-Kilo track event. We have no other results at this time. If anyone has a set of them, please get them to us by Feb. 15 (or sooner) for printing in next issue). Thanks for your help. /Reported by Gerry Beagan/

MADERA MARATHON (Dec. 17, Madera): - A small field showed up for this year's race, primarily due to a windy rainstorm that lashed the area during the day. Several of the starters of the marathon changed to the mini-marathon (13.1 miles) due to the weather conditions. 1-Ross Rowley/SUND 2:48:21, 2-Joe Dunbar/HSTC 2:54:04, 3-Bowen/Fresno 3:10:17, 4-LaJeunesse/Un 3:11:32, 5-Keller/FPTC 3:13:41, 6-Veron/SLDC 3:16:16...8-Ed Foley/King City & Richard Rozier/FJ (both 40+) 3:27:20...only 12 finished! /Mini-Marathon/ 1-Rubio/CPSLO 68:57, 2-Bronzan/HSTC 70:56, 3-Higginbotham/Wings 71:22, 4-McLain/MH 76:18, 5-Stephenson/Visalia 77:00, 6-Garcia/FPTC 86:40.../Masters/ Len Thornton/HSTC 77:46, Delgado/FPTC 80:42, Lynch/FPTC 83:12, Toabe/HSTC 85:31.../High School/ Nick Nickols/Hollister 72:24, Thornton/Fresno 76:18, Hernandez/McLane 82:48.../Women/ Jeanette Burke/FJ 1:44:00...43 finished. /DeWitt/

LOS ALTOS MIDNIGHT RUN (Dec. 31, Los Altos): - Only report we received was from the newspaper, and that was the Invitational Race (the Fun Run started at midnight, while the 'fast' race was at 11:15). - Duncan Macdonald destroyed a good field that included Bill Rodgers, Marty Liquori, and Jerome Drayton, among others: 1-Macdonald/WVTC 23:05.2, 2-Rodgers/GBTC 23:19.8, 3-Liquori/Un 23:28, 4-Drayton/Canada 23:30, 5-Kimeto/WSU-Kenya 23:33, 6-Pinocci/WVTC 23:36, 7-Ruffatto/CTC 24:04, 8-Dave White 24:12, 9-Moreno/CW 24:14, 10-Porter/WVTC 24:19. /San Francisco Chronicle/

SAO SILVESTRE RACE (Dec. 31, Sao Paulo, Brazil): Tibaduiza/Col, Fleschen/WG, Uhlemann/WG, Meyer/US.

RECORDS TUMBLE AS THOUSAND ENTRIES COMPETE AT DAMMIT RUN (Aug. 27, Los Gatos): - With the Dipsea race cancelled because of the fire danger, the 4th Annual Dammit Run had an unexpected flood of late entries, and the meet organizers decided to break it into two separate races, with the 'open' division taking off first. Benton Hart and Mike Pinocci battled down to the wire, as Hart, who had opened a 15-20 yard lead going into the last 300 yards on the track, mistakenly headed down the middle of the field (which was meant for the 2nd race), then realized his error and ran back to the track, where Pinocci had made up the lost ground. The two were given the same time, but Hart was a clear victor by several yards in a scintillating 28:22, some 1:45 under Bill Clark's 1975 course standard. To indicate how fast the race really was, would you believe the top 8 finishers broke the old record! The hills took their toll on internationalist Duncan Macdonald, who managed only a fifth behind Camino West's Wally Montenegro and WVTC's Rod Berry, a senior at Redwood High. Homer Latimer, now 38, ran a super race in finishing 7th (29:50), ahead of name runners like Bill Seaver, Paul Burke, etc. Ann Wotherspoon did a double-take when Judy Leydig pulled up alongside her with less than a mile to go during the second race, but promptly responded by kicking away for a clean victory in 36:00, three seconds under Judy Graham's record of last year. Leydig finished in 36:18, with Cheri Williams another 26 seconds arrears. Kent Guthrie had a spirited battle with Ulrich Kaempf, sprinting to a 5-second victory in the closing stages, but missing Jim Shettler's 31:48 from two years before. To get an idea of the competition of the day, that time would have only placed him 41st in the 'other' race. The top finishers in each race are listed below and on the opposite page. /Olin Boschker/

1-Kent Guthrie/WVJS	32:22*	12-Deryl Crowder/WVJS	36:02*	23-R. Rolsten/Un	38:27*	34-Kerry Brogan/Un	39:20F
2-Ulrich Kaempf/TRAC	32:27*	13-Judy Leydig/WVTC	36:18F	24-Bob Paulin, Sr./Un	38:28*	35-Mike Korbholz/DSE	39:25*
3-Jerome Lewis/Un	33:09*	14-Cheri Williams/SJC	36:44F	25-R. Shilling/Un	38:32*	36-Joe Dana/Un	39:26*
4-Roger Bryan/WVJS	33:30*	15-John Flather/Un	37:05*	26-Kathy Himmelberger/WV	38:34F	37-L. Robinson/Un	39:28F
5-Len Thornton/HSTC	34:30*	16-S. Greer/EYAC	37:23	27-M. Gutierrez/WDS	38:42	38-C. Young/Un	39:30F
6-Carl Martin/WVJS(50+)	35:14*	17-C. Kiernan/Un	37:23	28-Ron Niedrauer/WVJS	38:51*	39-T. Cheatham/Un	39:34*
7-L. Lanini/Un	35:15*	18-Maynard Orme/WVJS	37:30*	29-P. Spiekerman/WVJS	38:56*	40-P. Heras/EVAC	39:34
8-J. Saldivar/Un	35:27	19-Penny DeMoss/WVTC	37:34F	30-C. Roskosz/WVJS	39:06*	41-Cathy Demmelmaier/SJC	39:34F
9-Peter Wood/NCS	35:51*	20-Don Egley/Un	37:36*	31-Dede Mavis/SJC	39:06F	42-Lupe Correa/Un	39:40*
10-Bill Flodberg/WVJS	35:56*	21-Vic Crosetti/TRAC	37:37*	32-Sally Edwards/OPHIR	39:13F	43-Gail Campbell/WVJS	39:44F
11-Ann Wotherspoon/SJC	36:00F	22-R. Lagunas/CY	38:06	33-Bob Romano/TRAC	39:19*	44-Maria King/Un	39:45F

1-Benton Hart/WVTC	28:22	31-T. Boynton/Un	31:49	61-R. Browning/Un	33:15	91-Glenn Gaesser/WVTC	34:39
2-Mike Pinocci/WVTC	28:22	32-Keith Kruse/Un	31:50	62-Brian Hurdal/CW	33:18	92-J. Colvin/Lynbrook	34:44
3-Wally Montenegro/CW	29:04	33-Mike Chastaine/WVTC	31:52	63-B. Joesph/Un	33:25	93-P. Carriere/Un	34:45
4-Rod Berry/WVTC-Redwood	29:08	34-J. Anderson/Un	32:00	64-Dave Hull/CW	33:27	94-T. Thibault/Un	34:47
5-Duncan Macdonald/WVTC	29:13	35-Dave Stock/WVTC	32:01	65-J. Liedtke/Un	33:35	95-D. Hickman/Un	34:51
6-Rich McCandless/Un	29:40	36-A. Rodriguez/Un	32:05	66-N. Gines/OverfeltHS	33:37	96-V. Hernandez/Lincoln	34:54
7-Homer Latimer/Un	29:50	37-G. Miller/Un	32:07	67-Olin Boshker/USN	33:38	97-D. Garcia/Un	34:54
8-Bill Seaver/WVTC	29:54	38-Bob Parades/Un	32:08	68-A. Gonzalez/Lincoln	33:44	98-Don Dugdale/MPAC	34:57
9-Paul Burke/Un	30:17	39-Joe Fabris/Un	32:12	69-Tim Rostege/WVTC	33:47	99-F. Ruona/Un	35:00
10-Gil Brooks/CW	30:36	40-Rich Kimball/Un	32:19	70-George Gilbert/Un	34:00	100-A. Welch/Lincoln	35:02
11-Bob Lange/CW	30:39	41-Bill Meinhardt/WVJS	32:23	71-Ian Waters/Un	34:02	101-D. Bryan/Un	35:03
12-Boyd Tarin/WVTC	30:42	42-Steve Strangio/WVTC	32:27	72-S. Larson/CW	34:07	102-M. Moriss/ESL	35:07
13-Mike Duncan/WVTC	31:00	43-Ian Mickle/Un	32:28	73-R. Gonzalez/Lincoln	34:10	103-D. Riffle/Un	35:08
14-Roy Hoglund/CW	31:02	44-J. Dixon/SUND	32:29	74-Manny Mahon/WVJS	34:12	104-Larry Pugh/Un	35:09
15-Bob Miller/CW	31:04	45-S. Hulce/Un	32:31	75-M. Willjard/WVJS	34:13	105-K. Carilli/Un	35:12
16-Mike Smith/WVTC	31:05	46-J. Ahnberg/AE	32:38	76-Glenn Pruitt/PMK	34:15	106-M. Huffman/DLM	35:15
17-Al Hernandez/WVTC	31:06	47-L. Hidalgo/Un	32:41	77-P. Sanchez/CW	34:17	107-Dan Hersh/Un	35:23
18-Paul Mello/CW	31:08	48-Mathews/TAM	32:45	78-Joe Green/WVTC	34:17	108-R. Cruz/Overfelt	35:28
19-Bill LaForge/Un	31:12	49-D. Acosta/Un	32:48	79-J. Hilbrink/LGP	34:18	109-E. Munoz/Un	35:29
20-Scott Thornton/HSTC	31:21	50-M. Gourler/CW	32:50	80-Sonny Reynaga/WVTC	34:23	110-L. Riggs/Un	35:33
21-Matt Sommer/ATC	31:23	51-Gary Alderman/PMK	32:52	81-J. Castro/LGP	34:25	111-M. Sullivan/Un	35:34
22-B. Horst/Un	31:24	52-Dan Cruz/CW	32:52	82-D. Garcia/Un	34:27	112-T. Gill/Un	35:37
23-P. Dolan/CW	31:25	53-P. McCarty/Un	32:56	83-G. Richardson/Un	34:29	113-D. Moore/Un	35:39
24-Dave Parish/WVTC	31:26	54-P. Moreton/LGP	32:59	84-R. Felsch/Un	34:30	114-Charles Fox/WVTC	35:40
25-Joe Salazar/SJCC	31:31	55-Gil Dean/CW	33:07	85-M. Morris/Un	34:31	115-C. Hutching/LGP	35:41
26-John Marden/MSJHS	31:32	56-T. Jordan/Un	33:08	86-R. Rivers/SilverCrk	34:31	116-J. Doran/WVJS	35:42
27-Glenn Dean/Un	31:36	57-R. Sanders/Un	33:11	87-M. Gilbert/Un	34:35	117-T. Massey/WVJS	35:47
28-Nick Nickols/Un	31:37	58-J. Altamirano/JLHS	33:12	88-Ed Jerome/TRAC	34:35	118-A. Deidler/Un	35:48
29-Paul Thompson/Un	31:44	59-Steve Nelson/WVTC	33:14	89-D. Stefarisko/Un	34:36	119-W. Jenkins/Un	35:49
30-C. Kadoch/WVJS	31:48	60-Doug Butt/WVTC	33:14	90-S. Ling/Un	34:37	120-R. Jeffery/Un	35:59

MACDONALD, GUTHRIE, DEMOSS & ANDERSON TAKE TIMES-9 VICTORIES (Sept. 5, Crystal Springs Course-Belmont): - A heavy turnout again made this relay and individual race(s) very successful, but high temperatures held down the performances considerably, with many of the runners purposely holding back for fear of possible collapse. Duncan Macdonald made it look easy (al-



Penny DeMoss won the Times-9 Ten-Kilo after running on the second-place women's relay team earlier in the day. She's shown here during the Christmas Relays.

/Jim Engle/

Bill Clark, Tom Laris and Paul Geis coasted (again holding something back because of the heat) to a 25-second victory over the Camino West "B" team (wha happened to your "A" team fellas?). Two WVTC women's teams took top honors in that division, with only 26 seconds separating them. The team was composed of Phyllis Olrich, Kathy Himmelberger and Peggy Lyman (I think!). A total of 96 3-person teams completed the relay, while 123 managed to sweat through the individual race. There were also a few races for the younger set, making it a 'something for everyone' day. Results of the shorter races are below, while the 10K and Relay results are on the next page. */Len Wallach/*

TOTS RACE(99 Yds.)

1-W. Clark	0:51.1
2-B. Laucher	0:55.6
3-G. Israel	0:56.7
4-K. Wolden	0:57.9
5-R. Teurfs	0:58.5

TODDLERS RACE(99 Yds.)

1-T. Anderson	0:35.5
2-M. Rosenbaum	0:36.0
3-J. Holloszy	0:36.2
4-P. Phipps	0:36.4
5-H. Kellum	0:36.6

T-SHIRT DISCOUNTS

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JOGGERS RACE(999 Yds.)

1-Sharon Yaninek/SJC	3:05.9	7-R. Rush	3:55.8
2-P. Stefanisko	3:09.0	8-J. Nickel	4:01.6
3-D. Smith	3:19.2	9-D. Lloyd	4:06.5
4-H. Miller	3:24.8	10-C. Baugh	4:07.8
5-I. Polansky	3:44.6	11-K. Quinnine	4:07.9
6-J. Greene	3:46.8	12-T. Clark	4:09.3
		13-V. Shahrok	4:13.4

10-KILO (Times-9, Cont'd)		16-Sonny Reynaga/WVTC	41:04	52-Pat Whittingslow/PMK	48:46	12-WVJS 0-A	54:13
1-Duncan Macdonald/WVTC	34:35	17-Orin Dahl/Un	41:27*	64-Ruth Anderson/NCS	50:52*	13-State Penn Cell C	54:22
2-Kent Guthrie/WVJS	36:10*	18-Paul Orgeron	41:34	68-Nancy Pannell	51:39	14-Jones Team	54:31
3-Michael Duncan/WVTC	36:25	19-Pete Ild/CSM	41:48	70-Sharon Yaninek/SJC	51:54	15-Piedmont	54:40
4-Rick Brown	37:06	20-Keith Whittingslow/OC	42:44	***9-MILE RELAY***			
5-P. Jones	37:19	21-K. Coulter	42:49	1-Clark/Laris/Geis	48:28	16-Serramonte 3	55:22
6-Ulrich Kaempf/TRAC	37:30*	22-W. Jenkins	43:07	2-Camino West "B"	48:52	17-Ferd's Herd	56:00
7-Dave Robertson/WVTC	37:49	23-Bill Mott	43:14*	3-WWTG	49:22	18-D. Black Team	56:04
8-Jerome Lewis/Un	38:07*	24-Peter Wood	43:39*	4-Camino West "A"	49:57	19-CAMWST/Menlo TC	56:05
9-Boyd Tarin/WVTC	38:32	25-A. Bravo	43:44	5-WVJS 30-A	51:08	20-WVJS 40-A	56:07*
10-Tim Rostege/WVTC	39:22	26-Carl Martin/WVJS	43:56*	6-WVJS 30-B	51:22	21-Coyote Striders	56:11
11-Andy Takaha/CSM	40:17	27-E. Lopez	44:13	7-Newark News	51:48	22-Coyote Striders "B"	56:19
12-J. Colvin	40:29	28-Penny DeMoss/WVTC	44:33	8-Pamadog A	52:36	23-Three for the Road	57:12
13-E. Ryona	40:41	---WOMEN---		9-Maranon	52:55	24-G. Gonzales Team	57:47
14-D. Slefansko	40:51	28-Penny DeMoss/WVTC	44:33	10-Camino West "C"	53:30	---WOMEN---	
15-Ed Jerome/TRAC	40:54	45-Pat Cutler/Un	48:15	11-Woodside Striders	53:42	33-WVTC Women	61:08
						38-WVTC (DeMoss' Team)	61:35

YEO AND JONES ANNEX FIRST ANNUAL MARINE AIR RESERVE RACES (Sept. 10, Alameda): - Over 550 runners showed up for the first running of the Marine Air Reserve runs at the Naval Air Station in Alameda, with about the same number of runners entering both the 3-mile and 6-mile races. Matt Yeo was an easy winner in the longer run, with high schooler Danny Martinez of Newark finishing second, a full 45 seconds back with a solid 31:10 clocking. Barry Foose of Southern California was 31:26 for third, as he was also the first sub-master to cross the line. Paul Holmes and Roger Bryan had a very tight battle in the masters division, with the former coming out the winner, 33:08 to 33:12. If you take the last names of the first two winners in that division, you'll have the third-placer, Bryan Holmes, who was timed in 34:10. Nancy Pannell had little trouble in winning the women's division with a time of 40:09. Ruth Anderson and Linda Skinner had identical times of 40:53 for the runnerup spot (did they intentionally tie?), as Ruth was also the first woman over 40. The 3-mile action was a bit tighter, as Russell Jones of Nevada upended Frank Leeds, a 16-year-old high school student, 15:15 to 15:25. Don MacDonald averaged 5:30's to win the masters division quite handily over Al Zatrian's 18:21, as most of the good over-40 runners opted for the longer race. Diane Kenny, a 16-year-old student at Novato High School, took a 26-second victory over another high schooler, Deena Pearson, who is a year younger and runs for San Lorenzo Valley High in Felton. Her winning time was 18:30. Results follow: /Roland Root; Bill Reinka; John Clary; Paul Holmes/

3-MILE		14-Don MacDonald/PMK	16:30*	28-Ed Tico/WVJS	17:36	42-A. Labrie	18:32*
1-Russell Jones/Nevada	15:15	15-Danny Greco	16:33	29-Roger Shane	17:39	43-Gregg Talbert	18:33
2-Frank Leeds	15:25	16-Vernon Lask	16:44	30-Pat McAnaney	17:42	44-David Rennaker	18:34
3-Richard Stiller/WVJS	15:30	17-Richard Pierson	16:51	31-Craig Hochhaus	17:44	45-Al Smith	18:42*
4-Reynaldo Corona	15:31	18-Ralph Gowen/WVTC	16:54	32-Wesley Fujii	17:46	46-Joseph Gadiosh	18:50
5-Ian Watts	15:35	19-Allan O'Reilly	17:03	33-Jeff Sillivan	17:50	***WOMEN***	
6-Doug Butt/WVTC	15:45	20-Marty Watkins	17:14	34-Raymond Dean	17:58	41-Diane Kenny/NovatoHS	18:30
7-Raymond Aver	15:54	21-Michael O'Donnel	17:18	35-Evan Tottle	18:05	50-Deena Pearson/SLVHS	18:56
8-Harry Cross/WVTC	15:55	22-Kevin Coon/MSJ	17:19	36-Darrell Coon	18:15	62-Kerrilla Croix	19:28
9-Archie Bowles	15:58	23-John Spriggs	17:21	37-Juan Garcia	18:16	63-Sandy Kutlas	19:29
10-Dennis King	16:08	24-Jon Mohr/PMK	17:22	38-Brad Zarker	18:18	69-Holly Himenes/WDS	19:46
11-Bill Jenney	16:09	25-James Mullany	17:23	39-Al Zatrian	18:21*	80-Karen Stok/WDS	20:13
12-Rod Horsfield	16:11	26-Jim Cross	17:25	40-Jo Than Coleman	18:25	82-Tina Chee	20:19
13-Mike Chilton	16:28	27-Steve Dean	17:32	41-Diane Kenny/NovatoHS	18:30	83-Peggy Stok/WDS	20:21
6-MILE		22-Thomas Varela	33:57	44-Jeffrey Rogers	36:02	64-Stan Kowalezyk	37:43
1-Matt Yeo	30:25	23-Olin Boschker	33:59	45-Howard Jacobson	36:03	65-Tim Chavey	37:44
2-Dan Martinez/NwkHS	31:10	24-Mike Zamma	34:02	46-Pete Schoener	36:16	66-Bruce Laforge	38:01
3-Barry Foose	31:26	25-John Clark	34:04	47-Rand Drewes	36:17	67-Robert Hoyt	38:07
4-Gary Singer/SUND	31:51	26-Ross Rowley/SUND	34:05	48-Dennis Lem	36:37	68-Alan Spitzer	38:09
5-John Clary/WVJS	31:55	27-Dennis Kroll	34:08	49-Tim Ketron	36:38	69-Peter Fisher	38:24
6-Jeff Cowling/DVC	31:56	28-Bryan Holmes/WVJS	34:10*	50-Carlos Jacobo	36:39	70-Peter Stern	38:31
7-Jake White/WVJS	31:59	29-James Willis	34:29	51-Edward Silva	36:44	71-Chao Breshears	38:33
8-Craig Hochhaus/WVTC	32:21	30-Paul Orgeron	34:38	52-Pat Cunneen/PMK	36:44*	72-W. Dawkins	38:36
9-Bob Miller/CW	32:23	31-Joe Conte	35:02	53-Tom Dorst	36:48	***WOMEN***	
10-Rick Brown	32:31	32-Chris Hickey	35:13	54-Richard ??	36:53	91-Nancy Pannell	40:09
11-Glenn Dean/CW	32:52	33-Grady Wright	35:14	55-Andy Howard	36:56	101-Ruth Anderson/NCS	40:53*
12-Dete Kraus	32:58	34-Larry Arata	35:17	56-Glen Jacoby	37:01	102-Linda Skinner	40:53
13-Niel Berg	33:03	35-Danilo Sanchez	35:27	57-Bradley Wilson	37:02	117-Kathy Way	41:21
14-Paul Holmes/BC	33:08*	36-Al Stanbridge	35:30	58-Tom Masterson	37:05	128-Ellen Sadofsky	42:04
15-Roger Bryan/WVJS	33:12*	37-Harold Crangle	35:31	59-Norman Unean	37:10	132-Colleen Scannell	42:16
16-David Sullivan	33:20	38-Kurt Mayne	35:33	60-David Sabo	37:11	147-Stephanie Atwood	43:03
17-Jeff Smith	33:23	39-Larry Dulse	35:40	61-Tom Mann/ETC	37:18	151-Carroll O'Conner/NCS	43:15*
18-Larry Summer	33:25	40-Wes Hurlburt	35:48	62-Eric Peterson	37:19	158-Jennifer Estes	43:52
19-Ray Orwig/WVTC	33:46	41-Bob Bailey	35:49	63-Jim Smith	37:35	176-Susan Laird	44:52
20-Kevin Coulter	33:48	42-Brad Kearns	35:53				
21-Mark Sigmon	33:53	43-Dave Houston	35:56				

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This year the PA-AAU Long Distance Committee is making money for the travel fund by selling Dipsea "tanktops" instead of T-Shirts (same design as last year...4 colors!). We have a lot left over from the race, so help us get out of the hole and send for yours today. Price includes postage! Tanktops are light yellow with navy trim and come in sizes: S, M, L, XL. They are 50/50 material and very soft. -- Send a check payable to PA-AAU LDRC, c/o PO Box 1551, San Mateo, CA 94401. Specify sizes!



Start of Pamakid Lake Merced Run (see opposite pg.). /L. Gowen/

PAMAKID LAKE MERCED RUN: SEAVER NIPS LATIMER; BOWLES & GUMBS-LEYDIG SET COURSE RECORDS (Oct. 2, San Francisco): - For someone who'll turn 40 in something less than two years, Homer Latimer certainly doesn't act like it. Forcing the pace from the start, the gutsy winner of the 1976 Dipsea (& 1977 too...see article in last issue) looked as if he was going to take the whole thing until Bill Seaver wrapped it up with a good stretch run over the last mile. But Bill was the first to admit that it wasn't easy. Homer had beaten Seaver at the Dammit Run in late August on a course much more to his style of running (lots of ups and downs). But Homer showed he can do some power running on flat courses too. Seaver's 35:53 was only eight seconds in front of the Los Gatos flower salesman. Jon Anderson's 34:25 from 1972 was not threatened. Meanwhile, Ralph Bowles, back in sixth place, was knocking off Ulrich Kaempf in the masters division. About halfway thru the race, Ralph decided it was time to go for it (the win), and he got his 1976 record too, chipping off 12 seconds to 37:30. Kaempf was a solid 38:06 in the runnerup slot. Judy Gumbs-Leydig was equally impressive as she clipped 25 seconds from Joan Ulyot's 1974 standard with her 42:04, which averages out to just over 6 minutes per mile. Skip Swannack was a half-mile back in 45:03. Surprise third-placer was Gail Gustafson (45:38), who beat perennial masters champ, Ruth Anderson by over a minute (46:44). West Valley TC's men defended their team title with Seaver, Fritz Watson, Mike Plummer, Jack Leydig and sprinter-turned-distanceman Tim Rostege comprising the scoring five. Excelsior TC and the host Pamakids were second and third respectively. The Millbrae Lions defeated the Pamakids in the women's team race, averaging two minutes per runner faster. The NorCal Seniors were another two minutes per runner back. Millbrae's team was composed of Ann Hamilton, Susan Bugler, Elizabeth Brown, Patricia Brown & Theresa Gilreath. Over 350 finishers made this a highly successful race as usual. */Bill Commins/*



Bill Seaver won the Pamakid Lake Merced 7-Miler in a hard fought battle with Homer Latimer (shown here at 1977 Brotherhood Games, 5000m). */Jim Engle/*

1-Bill Seaver/WVTC	35:53	28-Bill Jensen/PMK	40:38*	55-Walter Cambra/Un	43:12
2-Homer Latimer/Un	36:01	29-Tom Pierce/PMK	40:42*	56-Keith Whittingslow/OC	43:14
3-Fritz Watson/WVTC	36:54	30-Brian Millar/McAteer	40:48	57-Timothy Morse/Un	43:18
4-Mike Smith/Un	37:00	31-Roger Bryan/WVJS	41:03*	58-Mark Scheuer/PMK	43:21
5-Mike Plummer/WVTC	37:25	32-Stephen Puryear/PMK	41:05	59-Steve Dean/CW	43:22
6-Ralph Bowles/WVJS	37:30*	33-Norm McAbee/PMK	41:23*	60-Gary Wagner/Un	43:26
7-Jake White/WVJS	37:36	34-Dennis Kroll/Un	41:31	61-Lou Daugherty/NVRC	43:56
8-Jack Leydig/WVTC	37:54	35-George Ridout/TAM	41:31	62-Richard Houston/NCS	44:01*
9-Ulrich Kaempf/TRAC	38:06*	36-Tim Treacy/PMK	41:44*	63-Robert Evans/Un	44:07
10-Bob Darling/ETC	38:14	37-Ted Levine/Un	41:46	64-Peter Eisenberg/WVTC	44:08
11-Bob Paredes/CW	38:26	38-Mike Fanelli/Un	41:48	65-Olin Boschker/Un	44:10
12-George Green/PMK	38:34	39-Ralph Worthington/Un	41:50	66-Dennis Lem/PMK	44:11
13-Rick Brown/SRRC	38:37	40-Dave Riffle/Sylvania	41:54	67-Clive Davies/Un	44:11
14-Harvey Ferrill/SUND	38:47	41-Wayne Plymale/PMK	41:56	68-Thomas Knight/Un	44:17
15-James Tracy/ETC	38:54	42-Judy Leydig/WVTC	42:04	69-Gary Nathanson/PMK	44:25
16-Larry Sellers/TAM	39:03	43-Geoff Kurland/Un	42:14	70-Rob Alemany/PMK	44:26
17-Michael Conroy/ETC	39:12	44-Walt Van Zant/WVJS	42:22	71-Theo Jones/PMK	44:28
18-Bob Myers/PMK	39:53	45-James Jacobs/PMK	42:22*	72-Todd Watkins/DSE	44:32
19-Terrence Casey/ETC	40:08	46-Myron Neuraumont/Un	42:27*	73-Bob Romano/TRAC	44:36*
20-Joe Becerra/ETC	40:09	47-Bill Catanese/TAM	42:57	74-Bill Wade/PMK	44:40
21-Tim Rostege/WVTC	40:11	48-Ben Sawyer/Un	42:34*	75-Don Elsemer/TAM	44:41
22-Lloyd Sampson/Un	40:12	49-Walt Basinger/PMK	42:38	76-Robert Miller/DSE	44:46
23-David Garcia/Un	40:16	50-Bill Harrison/Un	42:42	77-Skip Swannack/WDS	45:03
24-David Moon/TSTC	40:28	51-Orin Dahl/Un	42:48*	78-Barney Langer/Un	45:07
25-Adrian Wong/DSE	40:29	52-Richard Stouel/Un	42:52	79-Allan Spitzer/Un	44:35
26-Bryan Holmes/WVJS	40:35*	53-Stanley Anderson/DSE	43:05	80-Rocky Warner/Un	44:36
27-Dennis Gustafson/SFPAC	40:37	54-Daniel Zocchi/Un	43:07	81-Tom Masterson/DSE	44:38

WOMEN

42-Judy Leydig/WVTC	42:04
77-Skip Swannack/WDS	45:03
83-Gail Gustafson/Un	45:38
90-Ruth Anderson/NCS	46:44*
95-Anne Hamilton/MLTC	47:09
122-Pat Whittingslow/PMK	48:46
132-Louise Burns/NCS	49:18
144-Elaine Miller/PMK	50:06
152-Susan Bugler/MLTC	50:21
154-Frances Sackerman/NCS	50:26*

SLAWSON AND LATIMER PACE FAST BERKELEY-MORAGA FIELD; BOWLES BREAKS 4-YEAR-OLD MASTERS RECORD (Oct. 16, Berkeley): - And still Byron Lowry's record eludes them! Steve Slawson came within 50 seconds of the magical 69:53 set way back in 1971, but he had to make like Seaver did two weeks previously...sprint like heck at the end! Homer Latimer clocked a spectacular 70:47 in second place, not bad for a 38-year-old! The course is supposed to be 13.9 miles long, and that works out to 5:06 per mile for the winner...really cooking when you consider the 4 mile+ uphill at the start! Has anyone checked the distance recently (certified it?). Jan Sershen was a well-beaten third in a still-good-time of 71:38. There were nine runners under 75 minutes in the fastest mass finish of all time here. Ralph Bowles was first over-40 finisher, clipping Ross Smith's 1973 record of 77:46 with a quick 76:08. Jim O'Neil, a Division II (50+) competitor, was next at 79:27. Caron Schaumberg pulled off a big victory over Carolyn Tiernan to garner the women's title, 93:06 to 94:01. Fast-improving Gail Gustafson was a close third at 94:35. It'll be awhile before anyone comes close to Sharon Furtado's 86:45 record from last year, however. Martha Maricle was the first woman in the masters division, coming in the sixth woman overall at 99:13. A very large field (probably a record) started, with 383 of them making it to the finishline at St. Mary's College in Moraga. Results follow on next page. */Charles MacMahon/*



(Left) Part of the starting field at the ever-popular Berkeley-to-Moraga Run. (Center) Steve Slawson flashes a winning smile at the finishline of the same race. (Right) Caron Schaumberg, winner of the women's race, is likewise very happy. */Bob Lynde Pics/*

(BERKELEY-TO-MORAGA RESULTS)

Table of race results for Berkeley-to-Moraga, listing runner names, affiliations, and times in multiple columns.

MIXUP AT FOOTHILL COLLEGE 4-MILER--LEADERS GO EXTRA DISTANCE (Oct. 22, Los Altos Hills): - Taking the lead immediately were two distinguished track veterans, Mike Boit and Mark Schilling. In mid-race there was a quarter-mile loop at the top of a hill which the runners were supposed to go around twice. Despite a map and verbal instructions at the start, many runners became confused, especially on the second lap when the faster runners started mixing with the slower ones. The 'honor system' worked against Boit, as he failed to get out after the two laps. Even though he ran three laps, he still finished third overall behind Joe Fabris (20:40) and Jim Howell (20:42) in a quick 20:54 (would have been 19:40 or so). Those that did the extra 'handicap' lap besides Boit were Schilling (withdrew), Kent Guthrie (withdrew), Rich Stiller (withdrew), and others, noted with a "3" in italics on the results below. There may have been others, but our 'reporter', Jerry Lewis, said he was pretty sure of at least those we have listed. With Guthrie going the extra distance and withdrawing, Ulrich Kaempf wound up the masters winner in sixth place overall (21:28), well ahead of Jerry Lewis' 22:02. Amy Haberman outclassed the other women in the field with her 24:33. Jean Williams was a very distant 32:43 in second. A rather small finishing field consisted of 79 runners (including some of those that officially withdrew). /Hank Ketels; Jerome Lewis/

Table of race results for the 4-mile race, listing runner names, affiliations, and times in multiple columns.

SWANNACK KICKS TO VICTORY AT GOLDEN GATE WOMEN'S RUN (Oct. 22, San Francisco): - In what turned out to be a 'kicker-take-all' race, Skip Swannack and Carolyn Tiernan battled it out for the entire 10-kilo distance in this first annual event, consisting of two 5-kilo laps on the certified Golden Gate Park Polo Field loop. It wasn't until the top of the final hill that Swannack took off, leaving a bewildered Tiernan a full seven seconds back in just over hundred yards. Her winning time was 39:33. Peggy Lyman, running by herself for most of the race, held down third place with a 39:57, while Gail Gustafson continued to pull off surprises, finishing fourth, ahead of Janet Calmels and Pat Cutler. Martha Maricle had little trouble in capturing the over-all crown with her 43:57, which was good enough for twelfth overall. A total of 152 finishers for this new race! /S. Vinella-Brusher/

Table of race results for the Golden Gate Women's Run, listing runner names, affiliations, and times in multiple columns.



Skip Swannack leads Carolyn Tiernan at halfway. /J. Sheretz/

PINOCCI BLITZES FIELD AT HALLOWEEN RUN (Oct. 30, Los Gatos): - Mike Pinocci had little trouble in breaking away from ex-Stanislaus State star, Steve Brooks in this first annual event, sponsored by the West Valley Mental Health & Alcohol Center. His 25:11.3 becomes an automatic course record. Brooks was a well-beaten 25:59. Ulrich Kaempf took his second masters win in as many weeks with little competition for his 27:46. Ken Napier was nearly a full minute back but ran the best race he's had in many a month, clipping teammate Roger Bryan by fifty seconds. DeAnza College's April Powers cruised to a 32:13 win over Karen Devine's 33:06. The course may have been a bit long, but we haven't heard anything definite to that effect. We received results for only the top 100 finishers since there was a foulup in putting times on the finish-tags which made many of the times irrelevant. /Baumgardner/

1-Mike Pinocci/WVTC	25:11	21-Ken Napier/WVJS	28:43*	41-John Ulate	31:05	61-William Shimmin	32:49
2-Steve Brooks/Un	25:59	22-Roger Bryan/WVJS	28:58*	42-Walter Van Zant/WVJS	31:21	62-Randy Maple	33:02
3-David Parish/WVTC	26:33	23-Charles Fox/WVTC	28:58	43-John Deagen	31:25	63-Michael Fenner	33:04
4-Jim Howell/WVTC	26:34	24-Richard Herzog	29:05	44-John Gianotti	31:34	64-Robert Lopez	33:05
5-John Clary/WVJS	26:39	25-John Hellman/WVTC	29:07	45-Martin Robinson	31:37	65-Karen Devine	33:06
6-James Tracy/ETC	26:47	26-Dete Kraus	29:11	46-Edward Tico/WVJS	31:37	66-W.L. Hitch	33:06*
7-Mike Plummer/WVTC	27:03	27-David Garcia	29:14	47-Robert Smith	31:45	67-Jeff Rossman	33:10
8-Vance Eberly	27:17	28-Glen Richardson	29:17	48-Danny Moon	31:52	68-Richard Fletcher	33:14
9-Jake White/WVJS	27:21	29-James Gorman	29:23	49-Richard Collins	31:55	69-Robert Stubbe	33:15
10-Bill Meinhardt/WVJS	27:35	30-Jessie Coluin	29:55	50-Dennis Smith	31:59	70-Gary Gibson	33:17
11-Wayne Glusker/WVTC	27:37	31-Ed Tico/WVJS	29:58	51-David Johnson	32:10	71-Greg Farman	33:21
12-Ulrich Kaempf/TRAC	27:46*	32-Grant Foster	30:03	52-April Powers/DA	32:13	72-Frank Butera	33:28
13-Mike Smith/WVTC	27:48	33-Carl Martin/WVJS	30:10*	53-Dave Branning	32:19	73-Ricky Smith	33:32
14-Keith Kruse/Un	27:51	34-William Jenkins	30:22	54-Edwin Pearce	32:20	74-Ruben Santos	33:38
15-Dan Cruz/CW	27:55	35-Santos Reynaga/WVTC	30:26	55-Rob Lee	32:28	75-Rodney Sellard	33:41
16-Jeff Farmer	27:58	36-Dave Unger	30:35	56-Bill Flint	32:32	76-Bill Sullivan	33:42
17-Richard Antal	28:06	37-Rudolph Escobedo	30:45	57-Paul Anderson/WVTC	32:33	77-Edward Brodd	33:42
18-Robert Radovich	28:07	38-Ron Briscoe	30:49	58-D.R. Fitzsimmons	32:34	***WOMEN***	
19-Sтивен Specker	28:20	39-Doug Rodamer	30:53	59-Bob Ernst	32:43	52-April Powers/DA	32:13
20-Terry Mullen	28:35	40-B.E. Hollins	30:56	60-Maynard Orme/WVJS	32:45*	66-Karen Devine	33:06

WALL OUTLASTS FIELD AT SONOMA STATE MARATHON (Oct. 30, Rohnert Park): - Jeff Wall, a toxicologist from Daly City, was the winner of the 3rd Annual Wrong Turn Marathon. Jan Sershen had a supposedly insurmountable lead when unknown (to us) leg problems forced him to a sudden halt towards the latter part of the run. Wall, who runs for the Pamakids of San Francisco, just missed his best marathon time by recording a 2:36:16, while runnerup Michael Wheeler chopped a whopping 13 minutes from his previous PR in clocking 2:37:50. Norm McAbee, also running for the Pamakids, was a three minute victor over Redding's Harry Daniell, 2:51:41 to 2:54:55, with Ted Wilson slipping in for the bronze at 2:56:10. Peggy Lyman, who hadn't run a marathon in almost a year, recorded her best time in many years with a 3:06:12 to annex the women's title. Teammate Irene Rudolf also came through with a good effort, knocking two-and-a-half minutes from her previous best time by coming across in 3:09:42 for runnerup spot. Vicki Blankenship's 3:11:38 for the bronze was also a personal best (3:15:18 was old PR). Frances Sackerman, who had been pointing for a sub-3:30 to qualify for Boston, did just that, but with only five seconds to spare, as she garnered the top over-40 award for women with her 2:29:55. A record 270 finished the 26-mile grind. /Bob Lynde/

1-Jeffrey Wall/PMK	2:36:16	32-Gary Alderman	2:58:28	63-Arthur Waggoner/BC	3:10:08*
2-Michael Wheeler	2:37:50	33-Dan Goodwin	2:58:33	64-Dan Preston	3:10:25
3-John Lodin	2:38:53	34-Rick Sylvester	2:58:47	65-Joe Schieffer	3:10:34
4-Larry Sellers	2:39:57	35-Douglas Stevens	2:59:03	66-Dave Eck	3:10:49
5-Edward Cohn	2:40:53	36-Gary Nathanson	2:59:54	67-Peter Forsberg	3:10:57*
6-Rodney Mowbray	2:42:51	37-Mark Carlin	3:00:08	68-Vikram Gosain	3:10:58
7-Douglas Black	2:43:01	38-Joseph Campi	3:01:15	69-Larry Goldstein	3:11:01
8-Merle Frazier	2:45:21	39-Tom Bennett	3:01:35	70-Dick Fugett/WVTC	3:11:35*
9-Gene Schaumberg	2:47:23	40-Alan Cresetto	3:02:04	71-Vicki Blankenship	3:11:38
10-Dan Williams	2:47:48	41-Tom Bowen	3:02:24	72-John Blankenship	3:11:38
11-Andrew Lewis	2:48:37	42-Server Sadik	3:02:58	73-Kent Robison	3:12:25
12-Peter Demariais	2:48:45	43-Steve Deschler/PMK	3:03:15	74-Vic Crosetti/TRAC	3:12:25*
13-Dan Jenkins	2:49:06	44-Jim Nicholson/PMK	3:03:23*	75-Paul Martin	3:12:48
14-Joseph Helgerson	2:51:05	45-Ed Jerome/TRAC	3:03:39	76-Oscar Orozco	3:13:27
15-Bob Woodliff/WVJS	2:51:08	46-Glen Krawiec	3:03:50	77-Dan Hintz/WVTC	3:13:57
16-Norm McAbee/PMK	2:51:41*	47-Dave Donaldson/MTC	2:04:06	78-Jerry Bourne	3:14:20
17-Bill Sevald/PMK	2:51:42	48-Kelvin Buchanan	3:04:21	79-Richard Bernstein	3:14:21
18-Ross Rowley/SUND	2:51:50	49-Chuck Berg	3:04:26	80-Richard Houston/NCS	3:14:35*
19-Dennis Kroll	2:53:02	50-Frank Roberts	3:04:55	81-Frederick Garcy	3:15:35
20-Donald Schultz	2:54:39	51-Orin Dahl	3:05:45*	82-Gary Kelsberg	3:15:48
21-Harry Daniell/SWEAT	2:54:55	52-Peggy Lyman/WVTC	3:06:12	83-Caron Schaumberg/ER	3:15:51
22-Don Dugdale	2:55:08	53-Robert Laroque	3:07:18	84-Vince Mathews	3:16:12
23-Larry Martin	2:55:24	54-Michael Levin	3:07:43	85-Robert Davis	3:16:56
24-Phil Sanfilippo/WVJS	2:55:35	55-Bob Burgoon	3:08:19	***WOMEN***	
25-Ted Wilson	2:56:10*	56-Roy Swartout	3:08:24	52-Peggy Lyman/WVTC	3:06:12
26-Ken Howe	2:56:24	57-Bill Catanese/TAM	3:08:35	62-Irene Rudolf/WVTC	3:09:42
27-Greg Thomas	2:56:36	58-Joe Wakabayashi	3:08:44*	71-Vicki Blankenship	3:11:38
28-Gregory Nelson	2:56:49	59-Ed Fuller	3:09:37	83-Caron Schaumberg/ER	3:15:51
29-Dennis Doris	2:56:56	60-Daniel Zocchi	3:09:39	100-Lucy Shapiro	3:20:44
30-Roy Scellato	2:57:40	61-Dennis Gulbransen	3:09:41	106-Gail Gustafson/Un	3:21:42
31-Jack Byrd/PMK	2:58:09*	62-Irene Rudolf/WVTC	3:09:42	141-Frances Sackerman/NC3	2:29:55*



Jeff Wall was surprise winner at Wrong Turn Marathon, just missing his PR by 16 seconds. /Don Melandry/

BRASS POLE RUN A TREMENDOUS SUCCESS (Oct. 30, Oakland): - It isn't often that a first-year attempt at putting on a BIG race turns out well. This had to be the exception. With a total of 1131 finishers, one would have expected a nightmare over a 10-kilometer course, but due to the efficient planning and excellent raceday help, this race will no doubt turn into one of the premier events on the NorCal running schedule. All proceeds from the race were for the benefit of the Alta Bates Burn Center & Northern California Burn Council. One advantage the sponsoring Oakland Fire Department had...lots of cooperation from the Oakland Police Dept.! Nearly every intersection down busy Broadway was blocked off for the runners, and would you believe a cop actually drove his motor cycle in front of a freight train so that it wouldn't stop the runners (the train appeared only about a minute before the lead runner came through)? It certainly helps to have the law on the runners' side! --- For what happened in the race, see next page!

(BRASS POLE RUN...Cont'd) - Bill Seaver took a 40-second victory over West Valley teammate, Dennis Tracy, clocking a swift 30:14.7 on the predominantly downhill course that goes from Lake Temescal in the Oakland Hills, down thru the Oakland business district, and out to Jack London Square. Kent Guthrie, an even two minutes behind Seaver, was the first over-40 finisher, with Paul Weggenmann (34:56) and Don MacDonald (34:58) further than that behind Kent. Teri Hagerty likewise made a shambles of the women's field, flying to a quick 36:31, over two minutes ahead of Merrill Cray's 38:44. In the special Fire Department team competition, the San Francisco squad of Scalmanini, Posedel, Batz, Millard and Anderson made it a runaway over the Contra Costa County team with a score of 284 to 557! The Richmond F.D., led by Gene Fitzgerald's third place overall, slipped in for third. Although the downhill might be a bit hard on the legs, we highly recommend this race for a good time with fees going to a very worthwhile cause. /Ray Gatchalian/

1-Bill Seaver/WVTC	30:15	28-Paul Orgeron	34:33	56-Floyd Nedmon	36:25	84-Terry Millard	37:27
2-Dennis Tracy/WVTC	30:55	29-Kevin Coulter	34:43	57-Mike Manus	36:26	85-Walt Schorno	37:28*
3-Gene Fitzgerald/PMK	31:26	30-Bill Brusher	34:46	58-Teri Hagerty/SUND	36:31	86-David Cummins	37:29
4-Boyd Tarin/WVTC	31:38	31-Robert Colborn	34:50	59-David Rodrigues	36:31	87-Richard Finger	37:32
5-Ken Swenson/Un	32:13	32-Bill Posedel	34:52	60-Myron Neuraumont/Un	36:33*	88-Robert Williams	37:40
6-Kent Guthrie/WVJS	32:14*	33-Gary Crangle	34:53	61-Roy Lambertson	36:37	89-Zachary Caldwell	37:43
7-James Robinson	32:31	34-Allen Robertson	34:54	62-Sam Rojas	36:37	90-Bob Rolston	37:45*
8-Ken Scalmanini/SFPD	32:34	35-Paul Weggenmann	34:56*	63-Robert Cummings/WVTC	36:40	91-Lorenzo Chambliss	37:37
9-John Notch/LMJS	32:57	36-Richard Alvarez	34:57	64-Glen A. Jacoby	36:44	92-Skip Marquard/WVTC	37:50
10-Peter Jensen	33:19	37-Don MacDonald/PMK	34:58*	65-Terry Higgins	36:48	93-Patrick McCarthy	37:51
11-Stephen Puryear	33:24	38-Ray Batz	35:03	66-Jack Ferguson	36:49	94-John Monteverdi	37:53
12-Dennis Gustafson	33:26	39-Ronald Sova	35:06	67-Don Huff	36:49	95-Stephen Steven	37:53
13-Olin Boschner	33:40	40-Bryan Holmes/WVJS	35:09*	68-Bob Gannon	36:50	96-Alan Winkley	37:54
14-Harvey Ferrill/SUND	33:48	41-Edward Lee	35:28	69-Wayne Cottrell	36:53	97-Mark White	37:59
15-Jeff Porto	33:51	42-Michael Coke/GPPMB	35:34	70-Reg Garcia	36:57	98-Jack Lininger	38:00
16-Harry Cross/WVTC	34:01	43-Tim Chavez	35:37	71-Jeffrey Rogers	36:57	99-Evan Golder	38:00
17-Don Hickman	34:04	44-Chuck Putnam	35:43	72-Derrick Hamilton	36:59	***WOMEN***	
18-Glen Walder	34:06	45-Larry Duke	35:44	73-Jeffrey Slaight	37:00	58-Teri Hagerty/SUND	36:31
19-Nad Ocerg	34:11	46-Mike Kimberling/MVS	35:49	74-Anthony Gatchalian	37:02	127-Merill Cray/CRC	38:44
20-Richard deGlymes	34:15	47-Clyde Rockwell	35:51	75-Tom Mann/ETC	37:02	137-Carolyn Tiernan/WVTC	39:00
21-John Thompson	34:19	48-Mike White	35:54	76-Richard Hanna	37:02	174-Valerie Franklin/PMK	40:00
22-Phil Wilder	34:19	49-Dino Cardiasmenos	35:56	77-Scott MacTavish	37:05	175-Kelly Jones	40:03
23-Charles Griffin	34:20	50-Russel Clough	36:01	78-Mike Clinkenbeard	37:10	207-Vicki Misner	40:41
24-Kurt Mayne	34:21	51-Harold Crangle	36:07	79-Ralph Walker	37:12	223-Betsy Giannini	41:03
25-Dennis Coulter	34:25	52-James Batz	36:07	80-Michael Hofmayer	37:16	234-Sue Vinella-Brusher	41:21
26-Martin Wright	34:28	53-Roger Ramedios	36:08	81-Van Bronkhorst	37:21	244-Marilyn Mendle	41:37
27-Tom Mota	34:31	54-Brad Kearns	36:18	82-Joe King	37:23*	251-Linda Skinner	41:43
		55-Tom Callander	36:23	83-Ray Gatchalian	37:27	279-Ruth Anderson/NCS	42:20*

FERRERO AND WOOD ARE EASY ALMOND BOWL VICTORS (Nov 5, Chico): - Almost 500 runners showed up for the most successful Almond Bowl races ever staged. Lee Ferrero of Weed clipped off a quick 14:30 for the shorter 3-mile run, with Jim Price a distant second in 15:04. The 6-miler was won by Dave Wood of Chico in 29:21, just four seconds off of Dennis Swart's 1975 course record. Daryl Zapata travelled all the way from San Francisco and was rewarded with a second place finish and a sub-30 minute clocking of 29:57. Nearly all the good masters runners chose the longer distance, and Paul Holmes of the Buffalo Chips clocked 32:05 for tenth place overall in defeating Joe Sloan of Auburn (33:52). Walt Betschart was a slim nine seconds behind that time to take the bronze medal. Don Fridshal of Chico was tops over-40 in the shorter run with a 17:43. Amazing Ray Mahannah of Modesto was next at 19:06, not so remarkable until you realize that Ray is in his sixties! Merrill Cray led a strong field of women in the 6-miler with a fine 35:42, while Sally Edwards got second at 36:19. Diane Williams rounded out the medal winners with her 36:57. Kathy Spence of Chico did 17:42 for nearly a two-minute victory in the shorter race. /Walt Schafer/

3-MILE		12-V.I. Wexner	17:27	24-Doug Riggle	18:04
1-Lee Ferrero/SWEAT	14:30	13-Mike Andrews	17:27	25-Sean Alles	18:10
2-Jim Price	15:04	14-Steven Caudle	17:35	26-Rich Gobey	18:22
3-Paul Resignato	15:39	15-Erick Ferry	17:36	27-Gary La Pado	18:34
4-Walt Schafer/CRC	15:46	16-Jim Horner	17:40	28-Mason Nichols	18:35
5-Bob Gordon	16:27	17-Roberto Chavas	17:41	29-Charlie Main	18:38
6-Gary Crangle	16:37	18-Kathy Spence	17:42	30-Bill Steinbrook	18:40
7-Rolf Himpler	16:42	19-Don Fridshal	17:43*	31-Jeff Johnson	18:40
8-Glenn Reed	16:44	20-Estiban Nava	17:45	***WOMEN***	
9-Mike Lambert	17:11	21-Jerry L. Lilly	17:47	18-Kathy Spence	17:42
10-Sam Wilson	17:20	22-John Lanzavechia	17:48	46-Sabrina Schreder	19:36
11-Mac Forbes	17:24	23-Richard Henneman	17:49	56-Barbara Davis	19:52
6-MILE		19-Bob Hedges	32:57	38-J.K. Pedrotti	34:43
1-Dave Wood/Chico	29:21	20-David Swayne	33:10	39-James Claesgens	34:45
2-Daryl Zapata/WVTC	29:57	21-Ed Shomvere	33:15	40-Bob Rusk	34:59
3-Pat Buzbee/Un	30:58	22-Jim Middleton	33:17	41-Dave Cargill	35:02
4-Mike Buzbee/Un	30:58	23-Roland Chell	33:22	42-Dave Nyquist	35:09
5-Dan Smolich	30:59	24-Larry Duke	33:26	43-Bill Blackburn	35:13
6-Lyle Freeman	31:01	25-Don Richey/CRC	33:45	44-Rob Rusk	35:14
7-Arvid Kretz/WVTC	31:41	26-B. Fricke	33:50	45-E.J. Rusk	35:17
8-Mike Souza	31:47	27-Joe Sloan	33:52*	46-Sam Simmons	35:19
9-Perry Linn	31:49	28-Walt Betschart/BC	34:01*	47-P.J. Downey	35:20
10-Paul Holmes/BC	32:05*	29-Dick Look	34:05	48-Richard Doty	35:25
11-Larry Sumner	32:13	30-Mike Bradley	34:20	49-Richard Hanna	35:29
12-Lloyd Sampson	32:20	31-Robert Felsch	34:31	***WOMEN***	
13-Tom Hannickel	32:29	32-Robert Seals	34:32	50-Merill Cray/CRC	35:42
14-Jim Holben/WVTC	32:31	33-Charles Hansell	34:32	56-Sally Edwards/OPHIR	36:19
15-Larry Pugh	32:34	34-David Blue	34:33	62-Diane Williams/PBP	36:57
16-Tom Hayes	32:41	35-James Davis	34:37	86-Kathy Kaiser	38:56
17-Steve Daniels	32:49	36-John Lundquist	34:39	96-Barbro Lauri-Beckett	39:36
18-David Haubert	32:56	37-Herb Bladorn	34:42	101-Joan Gregg	39:56



Paul Holmes won the masters division in the Almond Bowl 6-Miler. /Jim Engle/

112-Elona Schreder	40:24
113-Kim Carter	40:25
115-Wendy Rosin	40:35

NOTCH TIPS BOWLES FOR SERVICE GUILD WIN (Nov. 5, Lafayette): - John Notch bested 1976 PA-AAU "Master of the Year", Ralph Bowles, by 21 seconds in winning the 1st Annual Family Service Guild Turkey Run around Lafayette Reservoir. John's 33:42 works out to a 5:25 mile pace. Bowles just edged out Bill Sevald of the Pamakid Runners to grab the runnerup spot, and naturally, the masters division. Ted Wilson, who recently moved to Lafayette from Oakland, was over a half-mile back of the fast-moving Bowles. Carolyn Tiernan was virtually unchallenged in her division, being timed in 40:42, but besting the second woman finisher, M. Landers of Orinda, by eight full minutes! Actually, the second over-40 finisher was M. McClain of Madera, which is out of the Pacific Association. McClain finished seventh overall with a fine 35:29. Considering this race didn't get on the regular LDR Schedule and had little pre-race publicity, as well as much competition from other races that weekend, the 111 finishers was really quite impressive. Incidentally, for those that aren't familiar with the Lafayette Reservoir, two laps around is 10-kilometers, which was the length of this run. /Sherrian Morris; Ralph Bowles/

1-John Notch/LMJS	33:42	11-T. Kuta	36:37	21-J. Cross	39:13	31-Tom McManus, Jr.	40:52
2-Ralph Bowles/WVJS	34:03*	12-A. Robertson	36:52	22-D. Sheldon	39:18	32-J. McKinnon	41:03
3-Bill Sevald/PMK	34:04	13-C. Healy	37:17	23-G. Leese	39:51	33-P. Doyle	41:12
4-Rick Brown/SRRC	34:28	14-C. Eiriksson	37:25	24-Z. Caldwell	40:32	34-T. Elsasser/Penna.	41:14
5-Peter Jensen	35:20	15-Ted Wilson/Un	37:26*	25-R. Anderson	40:38	35-Michael Coke/GPPMB	42:06
6-D. Mills	35:26	16-M. Brown	37:42	26-R. Paul	40:41	36-R. Gilmore	42:20
7-M. McClain/Madera	35:29*	17-T. Varela	37:45	27-Carolyn Tiernan/WVTC	40:42	37-G. Flynn	42:48
8-Ross Rowley/SUND	35:34	18-R. Clough	37:59	28-Walt Schorno	40:44*	***WOMEN***	
9-Olin Boschker	36:25	19-Marv Winer/WVTC	38:34*	29-R. Talavera	40:48	27-Carolyn Tiernan/WVTC	40:42
10-Dennis Gustafson	36:31	20-Lee Sorenson	38:56*	30-Keith Whittingslow/OC	40:50	69-M. Landers/Orinda	48:42



(Above) Start of the PA-AAU X-Country Championships. /Lois Engle/

MACDONALD BEATS TOUGH FIELD AT X-COUNTRY CHAMPIONSHIPS (Nov. 6, Carmel Valley): - On perhaps the most beautiful place you could ever hope to have a cross-country meet, WVTC's Duncan Macdonald scored a solid victory over fellow 1976 Olympian, Paul Geis over 10-kilometers in 29:57.8. Geis was exactly 21 seconds back. After the first two miles on the scenic Carmel Valley Golf & Country Club, Dunc broke up a group that was still in contention, and by the halfway point it was obvious that nobody was going to catch him. Mike Pinocci gamely hung onto Geis until less than two miles to go, when the gap slowly widened to just over seven seconds by the finishline. With Nevada not sending down a team this year (because the meet was moved back one week earlier this year rather than conflict with the District 30K), West Valley had little trouble in winning the team scoring over the West Valley Joggers. In fact, it was more like an intrasquad meet, with everyone trying to get a last chance at qualifying for the Nationals in Houston. In the Masters division, Darryl Beardall put the screws to Kent Guthrie, as did newcomer Bob Wellck, as this obviously was not one of Kent's better days. Beardall's 32:49 was only nine seconds in front of the WVJS ace, and that set the stage for a close team battle between Tamalpa (Dipsea Indians, as their over-40 division is called) and the WV Joggers. The San Jose based club came out on top. Ruth Anderson won the masters women's division as she pleased, 41:27 to 44:15 for runnerup Martha Maricle. Els Tuinzing was first over fifty. For the men, it was Bob Malain who took top honors in Division II (50 & over), while Paul Reese was the Division III winner (39:52). Patricia English of WVTC was first woman overall, however there was no PA Championships for Sr. Women here because it would have conflicted with the PA-AAU Women's 5-Kilo Championships. Although the field was kept to a small number (probably by the distance), it certainly did not lack quality, and so we'll list a higher percentage of finishers below and on the next page because of it. Thanks to Gail & Gary Goettelmann and Skip Marquard, who spent many hours measuring the course and securing the Golf Course in the first place. Word has it that they've invited us back in 1978! /Goettelmann's/



(Left) Darryl Beardall beat a strong field to win the Masters PA-AAU X-C title. /Jim Engle/ (Right) Duncan Macdonald as he wins PA-AAU X-C Championships over Paul Geis, among others. His win won him a free PA-AAU sponsored trip to the National AAU Championships in Houston. /Lois Engle/

1-Duncan Macdonald/WVTC	29:58	6-Bill Seaver/WVTC	31:09	11-Lester Devoe/WVTC	32:06	16-Fritz Watson/WVTC	32:36
2-Paul Geis/TS	30:19	7-Kurt Dicus/WVTC	31:32	12-Ramsay Thomas/WVTC	32:07	17-Jim Howell/WVTC	32:39
3-Mike Pinocci/WVTC	30:26	8-Bill Clark/WVTC	31:33	13-Atkins Chun/Un	32:17	18-Gary Goodstein/WDS	32:43
4-Athol Barton/Un	30:41	9-Tom Laris/WVTC	31:44	14-John Sheehan/WVTC	32:18	19-Al Hernandez/WVTC	32:47
5-Mike Porter/WVTC	31:05	10-Wayne Hurst/Un	31:57	15-Hal Tompkins/WVTC	32:29	(More results on next page...)	

20-Allen Sandretti/Un	32:49	34-Gerald Haslam/TAM	34:02*	48-Andy Takaha/Un	35:36	62-Don Pickett/TAM	38:09*
21-Darryl Beardall/TAM	32:49*	35-John Clary/WVJS	34:09	49-Ken Napier/WVJS	35:41*	63-Jim Engle/TAM	38:14*
22-Bruce Rider/WVJS	32:53	36-Ulrich Kaempf/TRAC	34:17*	50-George Minarik/Un	35:52	64-Ed Jerome/TRAC	38:38
23-Bob Wellck/WVJS	32:58*	37-David Cortez/WDS	34:39	51-Bruce Caradine/TAM	36:04*	65-Floy Dawson/Un	38:41*
24-Ken Swenson/Un	33:11	38-Bill Spence/WVTC	34:43	52-Mark Graves/Un	36:11	66-Richard Bawcom/Un	38:46*
25-Bryan Tracy/AGRC	33:13	39-Jerome Lewis/TRAC	34:45*	53-Mike Healy/TAM	36:19*	67-Robert Romano/TRAC	38:50*
26-Peter Churney/CW	33:23	40-John Bork/Un	34:53	54-Robert Malain/BC	36:32*	68-Robert Terczak/Un	38:55
27-Richard Stiller/WVJS	33:31	41-Terry Mullen/WVJS	34:57	55-Ray Wieand/WDS	36:41	***WOMEN***	
28-John Routh/WDS	33:32	42-Tim Rostege/WVTC	35:01	56-Fred Coleman/Un	36:46	70-Patricia English/WV	39:15
29-Bill Morgan/Un	33:33	43-Roger Bryan/WVJS	35:08*	57-Joe Henderson/Un	36:48	82-Ruth Anderson/NCS	41:27*
30-Jake White/WVJS	33:38	44-Luis Hidalgo/Un	35:15	58-John Brazinsky/Un	36:55	84-Carol Young/Un	43:15
31-Bill Meinhardt/WVJS	33:44	45-Dave Levitsky/WVTC	35:20	59-Carl Martin/WVJS	37:09*	89-Martha Maricle/TAM	44:15*
32-Kent Guthrie/WVJS	33:50*	46-Bryan Holmes/WVJS	35:24*	60-Bill Flodberg/WVJS	37:27*	94-Myrtha Eberly/WVJS	45:20*
33-Kees Tuinzing/TAM	33:57	47-Jay Cook/WVTC	35:28	61-John Flather/TRAC	38:03*	96-Frances Conley/WVTC	45:58

BIG TURNOUT FOR WEST END RUN (Nov. 6, San Francisco): - On a cool overcast morning, an unexpectedly large number of runners competed in the Excelsior TC's 10-kilometer West End Race in Golden Gate Park. Cal's Gary Blume outran second placer, Ed Schelegle, by 18 seconds. Blume was just seven seconds short of the course record which he shares with Wolfgang Schmulewicz and Jim Nuccio when the three tied for first place in 1976 with a time of 31:02. Judy Gumbs-Leydig won the women's race in 38:38, as Joan Ulliyot slipped in for second spot (39:21) ahead of Hawaii's June Chun (39:40). The Pamakid masters decided to skip the PA Championships in Carmel Valley and swept four out of the first five places in that division, however, Johnny Faerber of Hawaii ran off with top honors at 35:38, while Norm McAbee (36:42) and Bill Jensen (36:55) led the local finishers. Carroll O'Conner won the women's masters division with a 46:50 clocking. A total of 519 finished the race, despite having to compete with the District Championships the same day (in Carmel Valley). /John Weidinger/

1-Gary Blume/Cal	31:09	28-Patrick Knapman/Un	35:29	55-J.R. Morse/Un	37:28	82-Simon Lew/Un	38:32
2-Ed Schelegle/AGRC	31:27	29-David Moon/TSRC	35:35	56-Aley Shelketinsky/BA	37:31	83-M. Lambert/Un	38:33
3-Brian Maxwell/BASC	31:50	30-Johnny Faerber/Hawaii	35:38*	57-Kevin Peak/Un	37:36	84-Judy Leydig/WVTC	38:38
4-Dave Boyet/AGRC	31:55	31-Joe Ferreira/CSUS	35:39	58-Russel Cotton/DSE	37:39	85-Jon Mohr/PMK	38:39
5-Mark Proteau/AGRC	32:29	32-Dennis Kroll/Un	35:44	59-Jim Nicholson/PMK	37:40*	86-Dick Fugett/WVTC	38:40*
6-Mike Smith/WVTC	32:52	33-Charles Kock/Un	35:45	60-Robert Van Harris/Un	37:42	87-Steve Twesten/Un	38:44
7-Chris Hamer/WVTC	33:05	34-Olin Boschker/Navy	35:58	61-John Bilbert/TAM	37:47	88-Carl Olsen/AdobeRC	38:44
8-Timothy Chain/Un	33:11	35-Edward Sayre/CHP	36:02	62-Bruce Von Borster/TAM	37:55	89-James Batz/PMK	38:46
9-Tom Trimble/CPSLO	33:15	36-Glen Richardson/Un	36:05	63-Kevin Gillette/WVTC	38:00	90-Bradley Wilson/DSE	38:52
10-Bruce Degen/TAM	33:28	37-Dave Unger/Un	36:16	64-Robert Nash/Un	38:02	91-Leonard Pugh/Un	38:52
11-Robert Brunkan/Un	33:34	38-Chris Martin/CSUS	36:16	65-Tom Masterson/DSE	38:03	92-Steven Deschler/PMK	38:54
12-Jim Tracy/ETC	33:36	39-Chris Smith/Un	36:27	66-Peter Eisenberg/WVTC	38:04	93-Walt Basinger	38:59
13-Mike Plummer/WVTC	33:40	40-Rich Fishbaugh/Cal	36:31	67-Joe Schieffer/Un	38:04	94-Karl Machscheffes/Un	39:07
14-Greg Mandanis/WDS	33:45	41-Geoffrey Kurland/Un	36:37	68-Brian Newell/NVRC	38:07	95-Brad Meegan/ShamTC	39:07
15-Jim Bowles/WVTC	34:08	42-David Smith/Cal	36:38	69-Marco Martin/PMK	38:08	96-Pat Cunneen/PMK	39:10*
16-Gerry Capron/Cal	34:20	43-Andy Harris/CSUS	36:38	70-Jeff Houston/Cal	38:10	***WOMEN***	
17-Doug Haake/Cal	34:25	44-Tom Bennett/PMK	36:41	71-Tim Chavez/WDS	38:12	86-Judy Leydig/WVTC	38:38
18-Kim Schaurer/TAM	34:33	45-Norm McAbee/PMK	36:42*	72-Mike Kimberling/MVS	38:12	107-Joan Ulliyot/WVTC	39:21
19-Mike Conroy/ETC	34:39	46-Wayne Plymale/PMK	36:51	73-Al Stanbridge/PMK	38:15	111-June Chun/Hawaii	39:40
20-Phillip Kay/Un	34:48	47-Bill Jensen/PMK	36:55*	74-Christian Niehoff/Un	38:17	134-Cindy Olavarri/Un	40:23
21-Mike Fanelli/PMK	34:58	48-Tom Mota/LMJS	37:00	75-David Inners/Un	38:20	139-Susan Coppock/DHPFAC	40:46
22-Mike Stanfield/Cal	35:00	49-Greg Thomas/Un	37:03	76-Larry Guinee/AA	38:20	142-Joni Pagala/Hawaii	40:53
23-Thomas Kennedy/Un	35:01	50-John Anderson/Un	37:05	77-Gough Reinhardt/LVRC	38:21*	161-Betsy Shaw/Un	41:34
24-Richardo Bray/CSUS	35:05	51-Ray Batz/PMK	37:09*	78-Bill Brushner/BASC	38:21	162-Andrea Carvey/CSUS	41:34
25-Steve Ellis/CSUS	35:06	52-George Ridout/TAM	37:11	79-Bill Bugler/Un	38:29*	163-Margaret Hockaday/HI	41:40
26-Tim Sweezy/Un	35:15	53-Michael Brown	37:20	80-Tom Martz/DSE	38:30	171-Cindy Haney/Hawaii	42:02
27-Dennis Gustafson/SFPAC	35:25	54-Tom Aldana/Un	37:24	81-Walter Cambra/Un	38:31	179-Ulla Root/DSE	42:14

PINOCCI RIPS GOOD FIELD AT PA-AAU 30K (Nov. 13, Stockton): - After having graduated from college, Mike Pinocci seemed to like running longer distances better, and if the past few months are any indication, you can expect a lot to be heard from Mike in the next year. At the District 30-Kilo Championships, he turned back a very talented field to win quite easily in 1:36:02. Wayne Badgley finished second, a quarter-mile behind, in 1:37:22, while 2:14 marathoner Brian Maxwell was content for third (1:38:31). Jan Sershen (1:39:02) and Fritz Watson (1:39:15) also dipped under the magic 1:40 barrier. Ulrich Kaempf showed his versatility by moving up from the shorter distances, which he has been running most of the fall, to capture the masters title from Ray Menzie, 1:49:02 to 1:50:42. The women's competition was weaker than usual, and Diane Williams' 2:10:40 was good enough to win the title by an eight minute margin! Martha Maricle annexed the women's over-40 title with a 2:23:08, finishing third overall among the fair sex. The West Valley TC pulled off a double team victory, easily winning the senior men's title over Livermore Valley RC (by some ten minutes per runner), and then just barely edging the Pamakid masters in an extremely exciting battle. Only ten seconds separated the total team times of the two clubs, and to make things even a bit more exciting, the Buffalo Chips were another 70 seconds back in third place. In conjunction with the 30K Championships, the sponsoring Sundance T.C. held a 3-mile race too. Henry Perez had a tight battle with John Clary, whose 14:51 was just five seconds back of the winner. Teri Hagerty raced a good 17:33 to run away with the women's race, with Karen Diekmeyer back at 19:15 in second. Seems that all the masters of note ran the 30K, as Ray Mahannah (who is over 60) grabbed the first-place prize with an 18:50...178 finished the race, and 149 finished the 30K Championships. /Frank Hagerty/ ---3 mile results below; 30K results on opposite page---

1-Henry Perez/SUND	14:46	10-Scott Robertson/Un	16:48	19-Anthony Pacheco/SM	17:31
2-John Clary/WVJS	14:51	11-Russell Seyfried/Un	16:48	20-Daniel Fitch/Un	17:32
3-Jeff Baker/SUND	15:13	12-Kevin Boston/SUND	17:12	21-Henry Bertulert/Un	17:32
4-Rick Baker/SUND	15:17	13-Craig Wells/SUND	17:12	22-Teri Hagerty/SUND	17:33
5-Jack Dixon/SUND	15:23	14-Max Perez/SUND	17:15	23-Tony Carvalho/DeltaJC	17:34
6-Richard Stiller/WVJS	15:34	15-Ken Wright	17:17	24-Allen Cooper/Un	17:37
7-Tom Burns/Un	15:40	16-Michael Simas	17:26	***WOMEN***	
8-Dave Swan/SUND	15:51	17-David Jimenez	17:30	22-Teri Hagerty/SUND	17:33
9-Dan Williams/UNK	16:18	18-George Barraza/MerTC	17:31	36-Karen Diekmeyer/SUND	19:15



Ulrich Kaempf, winner of the PA-30K Masters title (shown at Livermore). /John Sheretz/

(PA-AAU 30-KILO...Cont'd)

1-Mike Pinocci/WVTC 1:36:02	16-Bert Johnson/LVRC 1:50:52	32-Paul Holmes/BC 1:57:30*	48-Bill Catanese/TAM 2:01:33
2-Wayne Badgley/SUND 1:37:22	17-Abe Underwood/BC 1:52:03	33-Tim Hicks/BC 1:57:41	49-John Soubier/PMK 2:01:39*
3-Brian Maxwell/BASC 1:38:31	18-Nicholas Winter/LVRC 1:52:15	34-Mike Souza/BC 1:57:50	50-Charles Eriksson/Un 2:01:57
4-Jan Sershen/ETC 1:39:02	19-Doug Rennie/BC 1:52:56	35-Jim Nicholson/PMK 1:57:50*	51-Dana Burall/WVTC 2:02:06
5-Fritz Watson/WVTC 1:39:15	20-Ricky Buck/SUND 1:53:07	36-Bob Malain/BC 1:58:04*	52-Walt Betschart/BC 2:02:11*
6-Vic Cary/WVTC 1:43:56	21-Mark Hoschler/BC 1:53:10	37-Ted Wilson/Un 1:58:23*	53-John Ulate/TRAC 2:02:43
7-Al Herhandez/WVTC 1:45:41	22-Ross Rowley/SUND 1:53:12	38-Tim Rostege/WVTC 1:59:01	54-Marv Winer/WVTC 2:02:45*
8-Steve Brooks/Un 1:45:43	23-Dan Moore/LVRC 1:53:41	39-Robert Felsch/Un 1:59:37	55-Don Carpenter/WVTC 2:02:59*
9-Greg Jewett/Un 1:46:18	24-Pete Kraus/WVJS 1:54:32	40-David Innes/Un 1:59:47	56-Tom Drew/Un 2:03:02
10-Jake White/WVJS 1:46:25	25-Larry Pugh/Un 1:54:54	41-Glen Krawiec/CRX 2:00:07	57-Harold DeMoss/WVTC 2:03:09*
11-Brian Bonner/LVRC 1:46:30	26-Robert Hedges/BC 1:54:57	42-Doug Butt/WVTC 2:00:16	58-Walt Van Zant/WVJS 2:03:37
12-Pat Buzbee/Un 1:47:22	27-Chris Smith/Un 1:55:29	43-Dennis Kroll/Un 2:00:31	***WOMEN***
13-Al Sandretti/Un 1:48:57	28-Terry Mullen/WVJS 1:55:57	44-Michael Peldszus/Un 2:00:46	88-Diane Williams/PBP 2:10:40
14-Ulrich Kaempf/TRAC 1:49:02*	29-John Dressler/LVRC 1:56:27	45-Austin Angell/SLT 2:01:09	111-Elaine Miller/PMK 2:18:25
15-Ray Menzie/WVTC 1:50:42*	30-Harvey Ferrill/SUND 1:56:28	46-Grady Wright/DSE 2:01:22	118-Martha Maricle/TAM 2:23:08*
	31-Tom Pierce/PMK 1:57:07*	47-John Mohr/PMK 2:01:29	120-Kim Baer/Un 2:24:30

UPSET WINNER AT HEART OF THE EMPIRE (Nov. 19, Santa Rosa): - Fast-improving Chris Hamer, a 19-year-old from Citrus Heights, near Sacramento, turned back some pretty good runners on his way to a 17-second victory in this first-ever race at Spring Lake Park. Hersh Jenkins of the sponsoring Empire Runners was runnerup at 49:40, with 37-year-old Doug Rustad (our photo quiz for issue #68) grabbing the third spot in 50:12. Darryl Beardall finished sixth overall in 50:36 to win the masters division by well over a mile, as Richard Keene of Berkeley was timed in 57:58 for second place. Kathryn Rankin of Healdsburg did 61:52 to best Carolyn Tiernan's 62:47 in the women's race. A good turnout saw 195 warm (and sweaty) bodies cross the finishline. All of them received complementary t-shirts, sponsored by KSRO radio and Sonoma Vineyards. /Glenn McCarthy/

1-Chris Hamer/WVTC 49:23	24-Dennis Gustafson/SFPD 55:07	47-Rick Mathieu/AdobeRC 59:23
2-Hersh Jenkins/Un 49:40	25-Brad Wilson/TAM 55:20	48-Tony Leduc/MVTC 59:31
3-Doug Rustad/Un 50:12	26-Dan Davidson/BC 55:27	49-L.W. Vielbig/Un 59:34*
4-Mike Duncan/WVTC 50:23	27-Gordy Vredenburg/BC 55:43	50-Jon MacPherson/Un 59:53
5-Jim Bowles/WVTC 50:30	28-Mike Swanson/Un 55:45	51-Pete Johnson/SJHS 59:58
6-Darryl Beardall/TAM 50:36*	29-Gene Schaumberg/ER 55:55	52-James Mullany/DSE 60:12
7-Lyle Freeman/Un 51:30	30-Ted Levine/Un 56:35	53-Randy Saathoff/Un 60:23
8-Mike Conroy/ETC 51:46	31-Ed Stromberg/BC 56:36	54-Norman Geimer/DSE 60:27
9-Jim Dietler/Un 52:10	32-Anthony Helfet/CPTC 56:39	55-Roger Klein/VMTC 60:30
10-Rodney Mowbray/ER 52:14	33-Steve Lyons/DSE 56:50	56-Tom Knight/Un 60:35
11-Perry Linn/BC 52:47	34-Kevin Gillette/WVTC 56:55	57-Phil Widener/ER 60:39
12-Tony Bacelli/Un 53:09	35-Steve Ellis/Un 56:58	58-Randy Landon/SJHS 60:44
13-Larry Sumner/BC 53:11	36-Dave Hoagland/VMTC 57:49	59-Joe Dane/Un 61:00*
14-John Weidinger/ETC 53:38	37-Richard Keene/NCSTC 57:58*	60-Bob Curtis/Un 61:00
15-Jim Noonan/VMTC 54:38	38-Don Madronich/Un 58:05	61-Bob Rusk/Un 61:09
16-Scott Halgat/Un 54:41	39-Jon Irons/Un 58:09	62-Dick Fugett/WVTC 61:25*
17-Vincent Spangler/WVTC 54:43	40-Mike Bayt/Un 58:27	63-Craig Wilson/TAM 61:46
18-Dick McCullough/PMK 54:45	41-Dan Goodwin/Un 58:37	***WOMEN***
19-Jack Hackmann/VMTC 54:47	42-Ken Howe/ER 58:41	64-Kathryn Rankin/ER 61:52
20-Dave Sjostedt/VMTC 54:52	43-Rory Axel/PRAT 58:43	72-Carolyn Tiernan/WVTC 62:47
21-Russ Kiernan/TAM 54:54	44-Manuel Aguilar/FHS 58:47	78-Caron Schaumberg/ER 63:26
22-Dan Preston/Un 55:01	45-Mike McManus/DSE 58:53	92-Beckie Simmie/ER 65:21
23-Dennis Doris/Un 55:01	46-Richard Mayers/Un 58:54	93-Colleen Fox/PMK 65:24

JERRY LEWIS SETS NEW MASTERS RECORD AT AUTUMN RIDGE RUN (Nov. 20, Milpitas): Joe Salazar clicked off a swift 63:25 in the 10-3/4 miler, missing Jan Sershen's 1976 mark by 37 seconds, but besting high schooler Nick Nickols by the same margin. In the masters division, Jerry Lewis chopped a big chunk off of Ulrich Kaempf's standard from last year (70:48) by dipping under 70 minutes (69:29). He beat Bill Flodberg by over four minutes to win his division. Edie Mathews was one of only two women to finish the taxing run, clocking 98:57. In the shorter 6.07 miler, Timothy Chain and Ramsay Thomas had the same finishing time (33:15)...was it an intentional tie? Ken Paul (39:13) won the masters division, and Sue Munday the women's race, however, due to a mixup at the finishline in the short race, times and tags weren't matched and so no overall order of finish is available (nor are times except for a few random places). A total of 77 runners completed the longer run, while 111 tried the shorter one. Following, and on the next page, are: divisional places (and times when known) on the 6-miler, and a full place/time listing for top finishers in the longer run (on an overall basis). Due to lack of space, we are not listing all divisions (there were a lot!). /Ron Landrum/

OPEN

1-Timothy Chain 33:15
2-Ramsay Thomas/WVTC 33:15
3-Joseph Fabris/SJCC 33:51
4-Mike McQueeney 34:25
5-Wayne Glusker/WVTC 34:54
6-Timothy Olson nt
7-Ross Rowley/SUND nt
8-George Minarik nt
9-Allen Flemming nt
10-Dan Dierken 38:23
14-17 BOYS
1-Sheldon Larson 36:08
2-Cal Perry nt
3-Danny Cervantez nt
4-Jeff Nicklin nt
5-George Vasquez nt
6-Dave Bush nt

MASTERS

1-Ken Paul/WVTC 39:13
2-Myron Neuraumont/Un nt
3-W.L. Hitch 41:27
4-Vito D'Aloia nt
5-Walter Williams 42:15
WOMEN
1-Sue Munday/SJCC nt
2-Judith Fox nt
3-Barbara Pike nt
4-Janet Hollenbach nt
12-13 BOYS
1-Raymond Ruiz nt
2-Glenn Olds nt
12-13 GIRLS
1-Shelly West 42:58
10-11 GIRLS
1-Nanette Garcia/CY 43:03



Kathryn Rankin, winner of the women's race at the 15K "Heart of the Empire" Run. /John Sheretz/



(Left) Jerome Lewis was first master in Autumn Ridge Run, setting a record of 69:29. (Above) Joe Salazar was overall winner. /Mike Fenner/

(AUTUMN RIDGE RUN...Cont'd)

1-Joe Salazar/SJCC	63:25	7-Don Dugdale/MPAC	70:18	14-James Saldivar	73:13	21-Jeff Tindall	76:29
2-Nick Nickols/Hollister	64:02	8-Bob Malain/BC	71:46*	15-Bill Flodberg/WVJS	73:53*	22-Carl Martin/WVJS	77:42*
3-Tom Cathcart/LVRC	66:41	9-Ross Rowley/SUNC	71:49	16-David Bartholomew	73:57	23-Garrett Grant	78:24
4-Keith Kruse/Un	67:35	10-Bob Trocha	72:06	17-Mike Niles	74:30	24-Ed Jerome/TRAC	78:29
5-Steve Marks	69:22	11-Roy Scellato	72:17	18-William Jenkins	74:57	25-C. Bannan	79:08
6-Jerry Lewis/TRAC	69:29*	12-Roger Remedios	72:49	19-Glen Richardson	75:10	***WOMEN***	
		13-Sonny Reynaga/WVTC	73:12	20-Jim Wurm	76:12	67-Edie Matthews	98:57

MAXWELL WINS CUP & SAUCER RUN; MASTERS RUNNERS DOMINATE FIELD
 (Oct. 20, Napa): - Cal's distance coach, Brian Maxwell, had an easy time of it at the 8.7 mile Cup & Saucer Run, chugging to a 44:54 victory (record is 44:15 by Pete Flores last year) over Darryl Beardall (46:45). Darryl lowered his own record from the previous year by a whopping 47 seconds (maybe you get better as you get older?). Masters runners gobbled up the next two places as Ross Smith (47:52) and Mike Healy (49:22) shut out the kids. As a matter of fact, there was only one other runner under 30 in the top ten places besides Maxwell, and that was John Meyers in ninth! Catherine Smith was first woman finisher in 65:47, but we don't have any records so we don't know if that's the best on the books. Catherine is also over forty. Karen Gallagher was nearly a full minute behind for runnerup spot. Some 55 runners made this a nice 'uncluttered' race. /Brian Newell; R. Bryan/

1-Brian Maxwell/BASC	44:54	9-John Meyers	51:02
2-Darryl Beardall/TAM	46:45*	10-Grady Wright	51:06
3-Ross Smith/WVJS	47:52*	11-Robert Felsch	51:24
4-Mike Healy/TAM	49:22*	12-Dave Cargill	51:51
5-Larry Pugh	49:27	13-Keith Golding	52:01
6-Lou Daugherty	49:44	***WOMEN***	
7-Jim Engle/TAM	49:50*	35-Catherine Smith	65:47*
8-Roger Bryan/WVJS	50:20*	38-Karen Gallagher	66:43

MAXWELL IS SURPRISE WINNER AT PEPSI 20-MILER (Nov. 27, Clarksville): - Jim Nuccio was well on his way to becoming the 1977 Pepsi-20 winner having passed the turnaround point with a big lead. But the 'call of nature' beckoned on the return trip, and by the time Jim got his pants up, Brian Maxwell had made up the lost ground. He had not seen him dash into the bushes, and when he turned to see Jim running on his shoulder, he made that extra effort and pulled to an 11-second victory, made mostly in the last mile (or so we hear). Brian's 1:45:09 was well off of Steve Dean's 1:43:44 mark of 1975. Had it not been for the pit-stop, Nuccio would probably have had it with ease. The next two spots were filled by sub-masters Jan Serphen (1:46:28 record) and Fritz Watson (1:46:47). Last year's winner, Pete Flores, was fifth in 1:47:52. Darryl Beardall took a fairly close victory over still-dangerous Ross Smith, 1:56:04 to 1:56:39, in the masters division. Jim O'Neil's 1:58:23 was third. He was first in the 50-and-over division. Ann Trason, entered unofficially, ran a 2:03+ clocking which was faster than Tina Anex's winning time of last year. Kathy Himmelberger was the first official

1-Brian Maxwell/BASC	1:45:09	33-Rick Brown/SRRC	1:56:09	65-Bill Andrews	2:00:34	97-Ricky Buck	2:03:57
2-Jim Nuccio/WVTC	1:45:20	34-Jim Casper	1:56:12	66-Perry Linn	2:00:36	98-Stan Suderow	2:04:05
3-Jan Serphen/ETC	1:46:28	35-Tom Standing	1:56:21	67-Sonny Reynaga/WVTC	2:00:42	99-Jim Carr	2:04:07
4-Fritz Watson/WVTC	1:46:47	36-Mike Wheeler	1:56:23	68-Ed Nicholson	2:00:43	100-Jack Zarkarian	2:04:10
5-Pete Flores/AGRC	1:47:52	37-Kevin Kirby/AGRC	1:56:34	69-Robert Hedges	2:00:47	***MASTERS***	
6-Dennis Rinde	1:48:31	38-Ross Smith/WVJS	1:56:39*	70-William Jenney	2:01:01	107-Mike Healy/TAM	2:04:40*
7-Michael Van Horn	1:50:05	39-Chris Little	1:56:57	71-Robert Wellock/WVJS	2:01:04*	147-Richard Keene/NCS	2:08:08*
8-Bruce McInturf	1:50:15	40-Adam Ferreira	1:57:01	72-Tom Hayes	2:01:11	150-Ted Wilson/Un	2:08:22*
9-Tim Farrell	1:51:10	41-Walt Lange/BC	1:57:34	73-Michael Garrett	2:01:15	163-Bob Lualhati/NCS	2:09:27*
10-Tom Laris/WVTC	1:51:14	42-Peter Demarais	1:57:42	74-Dan Houchell	2:01:15	164-Joe Sloan	2:09:29*
11-Art Baudendistel	1:51:51	43-Michael Conroy/ETC	1:57:46	75-Richard Martinez	2:01:24	166-John Graham	2:09:33*
12-Gary Goettelmann/WV	1:52:03	44-Bob Myers/PMK	1:57:51	76-Paul Holmes/BC	2:01:56*	172-Myron Neuraumont	2:09:56*
13-Jim Barker/WVTC	1:52:08	45-Bert Johnson	1:57:57	77-Abe Underwood/BC	2:02:05	181-Dieter Diekmeyer	2:10:37*
14-John Swift	1:52:10	46-Jim Hopkins	1:58:14	78-Robert Coleman	2:02:13	184-Timothy Treacy/PK	2:10:42*
15-Tim Donovan	1:52:25	47-Jim O'Neil/SFOC	1:58:23*	79-Kees Tuinzing/TAM	2:02:14	190-Walt Betschart/BC	2:11:12*
16-Tom O'Neil/BC	1:52:47	48-Doug Butt/WVTC	1:58:23	80-Jack Hackmann/VMTC	2:02:26	192-Marvin Winer/WVTC	2:11:21*
17-Nick Nickols/HHS	1:52:51	49-Patrick Buzbee	1:58:37	81-Michael Deatherage	2:02:32	***WOMEN***	
18-Chris Hamer/WVTC	1:53:03	50-Bob Bourbeau/WVJS	1:58:37*	82-Bob Costa	2:02:33	273-Kathy Himmelberger	2:17:34
19-Jan Makowski	1:53:25	51-Tony Baccelli	1:58:54	83-Steve Finn	2:02:38	336-Ruth Anderson/NCS	2:21:13*
20-David Dunbar	1:53:37	52-Doug Rennie/BC	1:59:05	84-Frank Hutchinson	2:02:39	350-Carolyn Tiernan	2:22:35
21-Greg Jewett	1:53:55	53-Dennis Gustafson	1:59:07	85-Tom Arnez	2:02:57	358-Rita Scalise	2:22:58
22-Ron Barker	1:54:07	54-Ken Harvey	1:59:26	86-Dan Williams	2:03:02	381-Gail Gustafson	2:25:02
23-David Kiley (whlchr)	(2:04:07)	55-Abraham Sun	1:59:31	87-Tom Hannickel	2:03:09	397-Karen Diekmeyer	2:26:09
24-Mike Smith/WVTC	1:54:15	56-Paul B. Hamilton	1:59:33	88-Dennis Dillie	2:03:12	406-Elaine Miller/PK	2:26:47
25-Michael Buzbee	1:54:43	57-Ralph Anievas	1:59:39	89-Douglas Latimer	2:03:25	417-Betsy Giannini	2:27:46
26-Bradley Brown	1:55:13	58-Jay Cook/WVTC	1:59:43	90-Harold Crangle	2:03:27	443-Eileen Burger	2:29:25
27-David Bronzan/HSTC	1:55:15	59-Frank Lemus	1:59:47	91-Scott Molina	2:03:33	450-Janet Calmels/PMK	2:29:56
28-Paul Thompson	1:55:24	60-Larry Pugh	1:59:48	92-Mike Warr	2:03:36	458-Lucy Shapiro	2:30:37
29-Michael Gulli	1:55:33	61-Rodney Mowbray	2:00:09	93-Frank Turner/Clfx	2:03:39	469-Ellen Sadofsky	2:31:15
30-Terry Hughes	1:55:52	62-Chris Samson	2:00:22	94-Dennis Kroll	2:03:44	470-Pat Whittingslow	2:31:19
31-Mike Wright	1:55:58	63-Keith Kruse	2:00:31	95-Britt Brewer/CRC	2:03:49	492-Sue V-Brusher	2:32:10
32-Darryl Beardall/TAM	1:56:04*	64-Bill Gregg	2:00:32	96-Jim Bowles/WVTC	2:03:49	514-Merill Cray/CRC	2:33:23



Start of this year's Pepsi 20-Miler, which saw a whopping 1081 finishers!
 /Photo by Lani Bader/

woman finisher at 2:17:34. She had nearly a four-minute margin over Ruth Anderson's 2:21:13, and Ruth, naturally, took top honors in the over-40 women's division. Nick Nickols of Hollister High School was the first finisher in the junior/senior division. He was timed in 1:52:51. He had a big lead over Chris Little's 1:56:57. In the high school sophomore division, Mike Warr's 2:03:36 took top honors, while Britt Brewer of Chico was an easy victor in the age 12 to ninth grade division, although his time of 2:03:49 was not a division record. H.G. Ainsleigh set a division record for 'heavyweights' with his 2:18:47. John Foley took command of the 11-and-under group with his 2:25:56 clocking. There was even a special wheelchair handicap division that got off to a 10-minute headstart. That didn't seem like much, but the top finisher in that division, David Kiley, had an actual elapsed time of 2:04:07, while finishing 24th overall! Now that is pretty impressive I think, especially considering the course is next to dead flat! So, another successful Pepsi-20 is now history. I'm sure the runners feel the same way when we call this one of the very best in NorCal. /Elaine Hocking, Paul Reese/

EDITOR'S NOTE: - You're probably wondering if we changed typeface all of a sudden on this and the last page (#46). - Well, along about 4 a.m. on Saturday morning, all of a sudden...whamo! The drive cable in my selectric typewriter decided it was fatigued and snapped in two. So, since the deadline for the printer was Monday morning, and the IBM service center didn't open until then, I proceeded to borrow another typewriter (also selectric) on Saturday from Dave Shrock. However, after sleeping most of Saturday away and starting up again that evening, I discovered that the carbon ribbons had a bad coating and wouldn't work properly...all the stores were then closed! So, the reason this seems darker than the opposite page is because I'm using a fabric ribbon. We'll see if it's easier to read once it's reduced 70%. Heck, maybe we'll stay with this type of ribbon if it looks better. Any comments on esthetics can be directed to the editor!



Judy Leydig at end of first lap on her way to victory at Spring Lake Women's 10-Kilo. /Sheretz/

LEYDIG OUTLASTS HEHNER AT SPRING LAKE WOMEN'S 10-KILO (Dec. 3, Santa Rosa): - Maintaining the lead she had established on the first of two laps at this first annual women's-only event, Judy Leydig went on to win a hard-earned victory over 1976 NCRR "Point Champion", Sharon Furtado-Hehner. Her 37:39 time works out to 6:04's, while Hehner's 37:46 is a second per mile slower. Marilyn Taylor made it a clean sweep for the West Valley Track Club as she grabbed third place in 39:03. Kathryn Rankin of Healdsburg, who had won the Empire 15-Kilo last month, was fourth in 39:38, and Sheila Maskovich came all the way down from Arcata to also dip under 40 minutes with 39:52. Ruth Anderson's 41:15 led the masters competitors and was also good enough for sixth place overall. Caron Schaumberg (41:31) led all finishers in the 30-39 group. A very well-conducted and attended race that will obviously draw larger fields in the future, despite its being a bit out of the way for Bay Area runners. A total of 80 runners finished the race. /Teresa Jenkins/

1-Judy Leydig/WVTC	37:39	12-Linda Coon/MSJHS	43:05	23-Donna Chavez	48:52
2-Sharon Hehner/WVTC	37:46	13-Derry Elijah	43:15	24-Louisa Fraser	49:09
3-Marilyn Taylor/WVTC	39:03	14-Liana Wilson	43:26	25-Sandy McDade	49:21
4-Kathryn Rankin/ER	39:38	15-Liz Kemp	44:17	26-Donna Crowley	49:39
5-Sheila Maskovich	39:52	16-Noel Schumacher	45:25	27-Karen Gallagher	49:41
6-Ruth Anderson/NCS	41:15*	17-Margaret Oakes	45:54*	28-Lynn Davis	49:47
7-Beckie Simmie/ER	41:21	18-Colleen Fox	46:26	***MASTERS***	
8-Caron Schaumberg/ER	41:31	19-Garima Hoffman	46:46	6-Ruth Anderson/NCS	41:15*
9-Gail Campbell/WVJS	42:19	20-Candy Brehmer	46:51	17-Margaret Oakes	45:54*
10-Nancy Pannell	42:56	21-Jan Vincent	48:12	30-Barbara Easterling	50:31*
11-Kim Daniels	42:57	22-Diane Schrock	48:39	48-Edie Roland/ER	53:41*

BERRY AND O'NEIL WIN HALF-FARE TO JR. INTERNATIONAL TRIALS (Dec. 4, Belmont): - Rod Berry, who was out most of the early season due to mono, and Tom O'Neil, a frosh at Stanford, both 'ran for the money' and received half airfare to the Jr. Internat'l Trials by virtue of their one-two finish at the PA Jr. 10K here. Funds come from the PA-AAU LDR Travel Fund. Warm weather was not conducive to fast times, but Berry's 32:51 was still plenty quick on this taxing course. Defending WVTC had a tough battle with Camino West, as they again took the team title, 2:50:07 to 2:50:36. Woodside Striders were third at 3:02:54. A small but talented field saw only 38 finishers this year. /Jack Leydig/

1-Rod Berry/WVTC	32:51	15-Dan Martinez/WDS	35:26
2-Tom O'Neil/BC	32:59	16-Ken Hurst/WVTC	35:41
3-Dan Harvey/CW"A"	33:24	17-Mike Gulli/Un-Skyline	36:13
4-Chris Hamer/WVTC	33:36	18-Ray Castro/WDS	36:15
5-Paul Burke/WVTC	33:45	19-David Cortez/WDS	36:27
6-Rick Pincombe/CW"A"	33:47	20-Kevin O'Connor/CW"A"	36:56
7-Bob Paulin/CW"A"	34:06	21-Eric Munoz/Un	37:07
8-Bob Love/CW"A"	34:34	22-David Smith/BASC	37:15
9-Doug Avrit/CW"A"	34:46	23-Ray Wieand/WDS	37:15
10-Craig Hochhaus/WVTC	34:56	24-Marcus Jones/WDS	37:30
11-Glenn Dean/CW"B"	34:57	25-Tracy Booth/Sierra	37:38
12-Joe Green/WVTC	34:59	26-Glenn Sutor/Sierra	38:02
13-Joe Salazar/SJCC	35:03	27-Ian Waters/CW"B"	38:11
14-Gil Dean/CW"B"	35:09	28-John Hoch/CW"B"	38:33

JOHN MORSE WINS MISTY REDWOOD RUN; BRIAN MAXWELL IS FAST-TIME WINNER (Dec. 11, Oakland Hills): -

Thirteen year old John Morse took full advantage of his ten-minute handicap and ran off with a minute victory in the First Annual Misty Redwood Run. The 7.6-mile course, which ran along canyon streams through dense forests was held in Redwood Regional Park (Oakland) and co-sponsored by the Alameda County Lung Association and East Bay Regional Park District. Fastest time of the day went to Brian Maxwell at 42:46, although he finished only seventh overall. Kent Guthrie had the fastest time (scratch) for a master at 45:17, which was good enough for the fifth fastest scratch time overall. Phyllis Olrich did 53:27 to easily win the fast-time award for women, with teammate Carolyn Tiernan next at 56:10. A total of 152 runners completed the testing course. Following are the top finishers, with actual time listed (handicap in parentheses). /Bill Bigelow/

1-John Morse (10)	48:21	8-Bob Martinez (5)	49:19
2-Danny Martinez (5)	44:25	9-Pat Scannell (5)	49:35
3-Kent Guthrie/WVJ (5)	45:17*	10-Dave Boyet/AGRC (0)	44:59
4-Bob Malain/BC (10)	50:19*	11-Ray Mahannah (15)	60:03*
5-Scott Molina/DLS (5)	46:50	12-Mike Plummer/WV (0)	45:17
6-Sharon Yaninek (15)	57:20F	13-Mike Duncan/WVTC (0)	45:27
7-Brian Maxwell (0)	42:46	14-Bryan Tracy/AGRC (0)	45:41
		15-Ray Cooper (5)	50:42
		16-Paul Thompson (0)	45:58
		17-Jim Chaney (10)	55:59
		18-Chris Svendsgaard(0)	47:05
		19-Steve Callahan (10)	57:08
		20-Mary Ann Morse (15)	62:09F
		21-Ed Healy (5)	52:19*
		22-Danny Greco (5)	52:26
		23-Stacey Kearns/PBP(10)	57:32F
		24-Bryan Holmes/WVJ (5)	52:49*
		25-Phyllis Olrich/WV (5)	53:27F
		26-Joe Scarborough (5)	53:46*
		27-Charlie Eiriksson (0)	49:40
		28-Bill Spence/WVTC (0)	49:44
		29-Bob Coleman (0)	49:55
		30-Marty Maricle/NCS(10)	60:13F
		31-Glenn Gaesser/WV (0)	50:18
		32-Chris Manning (10)	60:47F
		33-Carolyn Tiernan/WV(5)	56:10F
		34-Per Aagard (0)	51:19
		35-Line Johansen (10)	61:22F
		36-Jon Johansen (0)	51:22
		37-Roy Lambertson (5)	56:44



Start of the Misty Redwood Handicap Run (7.6 Miles) in the Oakland Hills. /Mac Slee Photo/

JAN REMAK A SURPRISE WINNER AT CAMPBELL DECEMBERFEST (Dec. 11, Campbell): - Lewis & Clark College's Jan Remak broke away from the field after several miles into the race and had little trouble lengthening his margin over the closing stages to win handily in 29:38. Runnerup Steve Brooks, a graduate of Stanislaus State, was second, several hundred yards back, in 30:13. Darren George's 30:20 slipped in for third. Resurgent Ken Napier, preparing for the indoor season and the Examiner Games, took the masters division by over a minute, clocking 33:47 over the flat 6-miler. Myron Neuraumont of Fremont followed in 34:58, just edging out 50-year-old Carl Martin by a second. Roxanne Bier of the San Jose Cindergals by way of Independence High in San Jose, proved easily the class of the field as she blitzed to a 34:11 clocking, leaving Marilyn Taylor over two minutes to the rear at 36:33. Maria King finished next in 36:37, although her and Marilyn's times may be questionable since the editor saw the race and the gap was clearly more than four seconds at the tape...maybe unofficial runners fouling up the finishline again? Maria was tops in the 14-and-under women's division. Rich Read of WVTC and Mission San Jose was seventh overall in winning the high school (15-18) division with a fine 30:45, while Ed Tico took 31:56 for second. C. Acosta proved the fastest over J. Saldivar in the boys' 14-and-under race, 34:30 to 34:36. *(Your editor would like to call runners by their first names, but many meet directors still fail to print full names in the results...the only way to change this is to have runners make known to meet directors their displeasure with this method. I don't know everyone's first name, and I'm sure our readers don't. For a standardized method of printing up race results, please see this issue's "This & That" section. Also, this race only listed finish place by division, with no place numbers at that...only order of finish. I simply don't have time to re-order the results by overall order of finish, so I've listed results by division below.)* /Robert Culp/

*****BOYS' 14/UNDER*****

- 1-C. Acosta 34:30
- 2-J. Saldivar 34:36
- 3-N. Bernal 35:59
- 4-K. Aperson 36:08
- 5-V. Jajewski 36:35

*****BOYS' 15-18*****

- 1-Richard Read/WVTC-MSJ 30:45
- 2-Ed Tico/WVJS 31:56
- 3-Pat Shaughnessy/WVTC 32:02
- 4-E. Flory 32:57
- 5-G. Aguirol 33:03
- 6-C. Cummings 33:06
- 7-J. Colvin 33:15
- 8-R. Vamora 33:45
- 9-R. Canales 33:53
- 10-S. Larson 33:55
- 11-R. Radovich 33:57

*****MEN 19-34*****

- 1-Jan Remak/Lewis & Clark 29:38
- 2-Steve Brooks/Un 30:13
- 3-Darren George/AIA 30:20
- 4-Tim Minor/MPC 30:36
- 5-Tim Chain 30:44
- 6-Jim Tracy/ETC 30:45
- 7-Bruce Rider/WVJS 30:52
- 8-Roy Hogleund/CW 31:26
- 9-G. Galloway 31:42
- 10-Dan Cruz/CW 31:47
- 11-J. Barrigan 31:56
- 12-Wayne Glusker/WVTC 32:01
- 13-S. Tamagari 32:39
- 14-A. Lewis 32:48
- 15-M. Niles 32:51
- 16-J. Thias 33:08
- 17-T. Baker 33:20
- 18-John Hellman/WVTC 33:33
- 19-Gary Alderman 33:46
- 20-Don Doughtdale/MPAC 33:49

*****MEN 35-49*****

- 1-Homer Latimer/Un 30:52
- 2-Bill Meinhardt/WVJS 32:23
- 3-John Weidinger/ETC 32:54
- 4-Tim Rostege/WVTC 33:11
- 5-Ken Napier/WVJS 33:47*

6-Bill Hotchkiss 34:57

- 7-Myron Neuraumont/Un 34:58*
- 8-D. Zocchi 35:42
- 9-Bob Blonder/WVJS 35:49
- 10-John Ulate 35:55
- 11-T. Higgins 36:08
- 12-Ed Tico/WVJS 36:11
- 13-D. Tovas 36:13
- 14-John McCrillis 36:42
- 15-J. Ham 36:45
- 16-J. Strong 36:49
- 17-Maynard Orme 37:01*
- 18-G. Covell 37:26
- 19-B. Comport 37:30
- 20-J. Wedgwood 37:40

*****MEN 50/OVER*****

- 1-Carl Martin/WVJS 34:59*
- 2-Don Lucero/WVTC 37:16*
- 3-Keith Campbell/WVJS 37:24*
- 4-J. Elliott 40:03*
- 5-Otto Sommerauer/PMK 40:28*

*****GIRLS' 14/UNDER*****

- 1-Maria King/SJC 36:37
- 2-A. Heimbecker 36:58
- 3-Kathy Demmelmaier/SJC 37:24
- 4-Mary Gaffield/PMK 39:46
- 5-S. West 40:21

*****GIRLS' 15-18*****

- 1-Roxanne Bier/SJC 34:11
- 2-J. Fox 37:24
- 3-Vicky Bray/SJC 38:28
- 4-Deena Pearson/SLVHS 39:17
- 5-L. Blake 40:10

*****WOMEN 19-34*****

- 1-Marilyn Taylor/WVTC 36:33
- 2-K. Perkins 36:45
- 3-Cindy Olavarri 37:16
- 4-Amy Haberman/WVTC 38:21
- 5-Gail Campbell/WVJS 38:32

*****WOMEN 35-49*****

- 1-J. Fox 38:33
- 2-D. Young 40:26
- 3-Ruth Waters/NCS 40:28*
- 4-Myrrha Eberly 40:54*
- 5-Carroll O'Conner/NCS 43:06*

QUINTANA HUSTLES TO SHORELINE PARK VICTORY (Dec. 17, Mt. View): - WVTC's Ted Quintana sped to a 24:49 clocking on a rainy morning over an approximately 4.8 mile course. The original 5-mile distance was shortened at the last minute when wet ground made it necessary to alter the course slightly. Dave Royal of Petaluma High ran a strong second at 25:21, while Mike Plummer, Ted Quintana's West Valley teammate, clocked 25:57 for third. In the over-40 category, fast-improving Ken Paul pushed Jerry Lewis to a 27:42 clocking, with Ken finishing only 16 seconds behind...2:44 marathoner John Armstrong grabbed a 28:59 in third. Celia Peterson impressed with a swift 28:19 to easily defeat Cindergal standout Vicky Bray, who although admittedly a bit off her usual form, still managed a solid 29:00 performance. James Saldivar took a 15-second margin of victory over Rich Hanna to claim the grade school title with a quick 27:32. In a very successful first-year turnout, 189 sloshed to the finishline in the Mountain View Jaycees' sponsored event. Not bad at all considering they had to contend with the Christmas Relays on the next day (that drew 1750+ entries). /Norm Shaskey/

- | | | | |
|--------------------------|--------|-------------------------|--------|
| 1-Ted Quintana/WVTC | 24:49 | 31-Robert Cummings/WVTC | 28:48 |
| 2-Dave Royal/Petaluma HS | 25:21 | 32-Tim Chalmers | 28:51 |
| 3-Mike Plummer/WVTC | 25:57 | 33-Robert Smith | 28:56 |
| 4-Frank Goss | 26:22 | 34-Ricky Smith | 28:58 |
| 5-Rudy Balli/Petaluma HS | 26:25 | 35-John Armstrong | 28:59* |
| 6-Frank Paula | 26:30 | 36-Vicky Bray/SJC | 29:00 |
| 7-Robert ?? | 26:39 | 37-Ken Apperson | 29:08 |
| 8-Dan Powers | 26:48 | 38-John McCrillis | 29:09 |
| 9-David Garcia | 26:52 | 39-Steve McCain | 29:10 |
| 10-Chris Hickey | 26:57 | 40-Gary Todd | 29:13 |
| 11-Wayne Plymale/PMK | 27:01 | 41-Marshall Clark/Stan | 29:24* |
| 12-Bo Long | 27:10 | 42-Richard Huerta | 29:25 |
| 13-Jim Doran | 27:15 | 43-John Warren | 29:31 |
| 14-Ray Orwig/WVTC | 27:20 | 44-Walter Radloff | 29:36 |
| 15-Jose Felan | 27:24 | 45-John Carey | 29:39 |
| 16-William Jenkins | 27:30 | 46-Geoff Schork | 29:39 |
| 17-James Saldivar | 27:32 | 47-Jim Chaney | 29:45 |
| 18-Joe Quesada | 27:36 | 48-Bob Butchart/PMK | 29:57 |
| 19-Jerry Lewis/TRAC | 27:42* | 49-Dan Fitzsimmons | 29:58 |
| 20-Rich Hanna | 27:47 | 50-Patrick Doyle | 30:01 |
| 21-Ken Paul/WVTC | 27:58* | 51-Joe Hutchins | 30:16 |
| 22-Richard Pearson | 27:59 | 52-Greg Evans | 30:14 |
| 23-Kurt Sterling | 28:00 | 53-Michael Korbholz | 30:23* |
| 24-Scott Brock | 28:01 | 54-Joaquin Duarte | 30:26 |
| 25-Dale Nelson | 28:03 | 55-Mark Ausbrooks | 30:27 |
| 26-Allen Flemming | 28:16 | 56-Michael Cruddas | 30:28 |
| 27-Celia Peterson | 28:19 | 57-Don Peterson | 30:32* |
| 28-Chris Freckmann | 28:24 | 58-Gregg Harvey | 30:37 |
| 29-Walter Tijiboy | 28:36 | 59-Don Barber | 30:38 |
| 30-Terry Higgins | 28:42 | 60-Robert Smith | 30:41 |

LATE GNUS



GNU (4 1/2 ft. high at shoulder)

Editor's Note: - We've had a couple of readers ask... "What is a GNUS?" Well, according to Webster's, it's the hairy animal to the left, pronounced noos. If you check the dictionary, the word NEWS has the same pronunciation! So if you say it and don't look at it, it's all the same thing...and much prettier than the beast at the left. Ahh, the wonder of the English language!

NOW, ON TO THE GOOD STUFF: - We still do not have the results of a couple of big road races, so we can't print them up...pretty smart, eh? If anyone has the results of the New York City, Hawaiian or Culver City Marathons, please send them right away. We don't have the Livermore Marathon results yet either, but expect to have them shortly. Fritz Watson won that one in a big PR 2:21 (running solo the entire way), about two miles ahead of his nearest competitor. The UAL Friendship Races (30K & Relays) we may never print because of the problems (see 'Letters to the Editor' this issue). We'll see if we ever get results at all! The 100-Kilo we have only partial results on...anyone have complete results? In the Hawaiian (Honolulu) Marathon, won by Jeff Wells in something under 2:20, Sundance TC's Wayne Badgley took second in a star-studded field of 3000 runners in 2:20 and some change. Nice going Wayne! The Christmas Relays proved another success with 250 7-person teams! At publication time we were still working on the splits...so hang tight for a full report next issue. Athletes in Action came up from L.A. to win in 4:14:42, well off the record. Camino West and Aggie RC took 2nd and 3rd...WVTC missed an exchange and got only 4th. San Jose Cindergals took a 30-second victory over WVTC's women.

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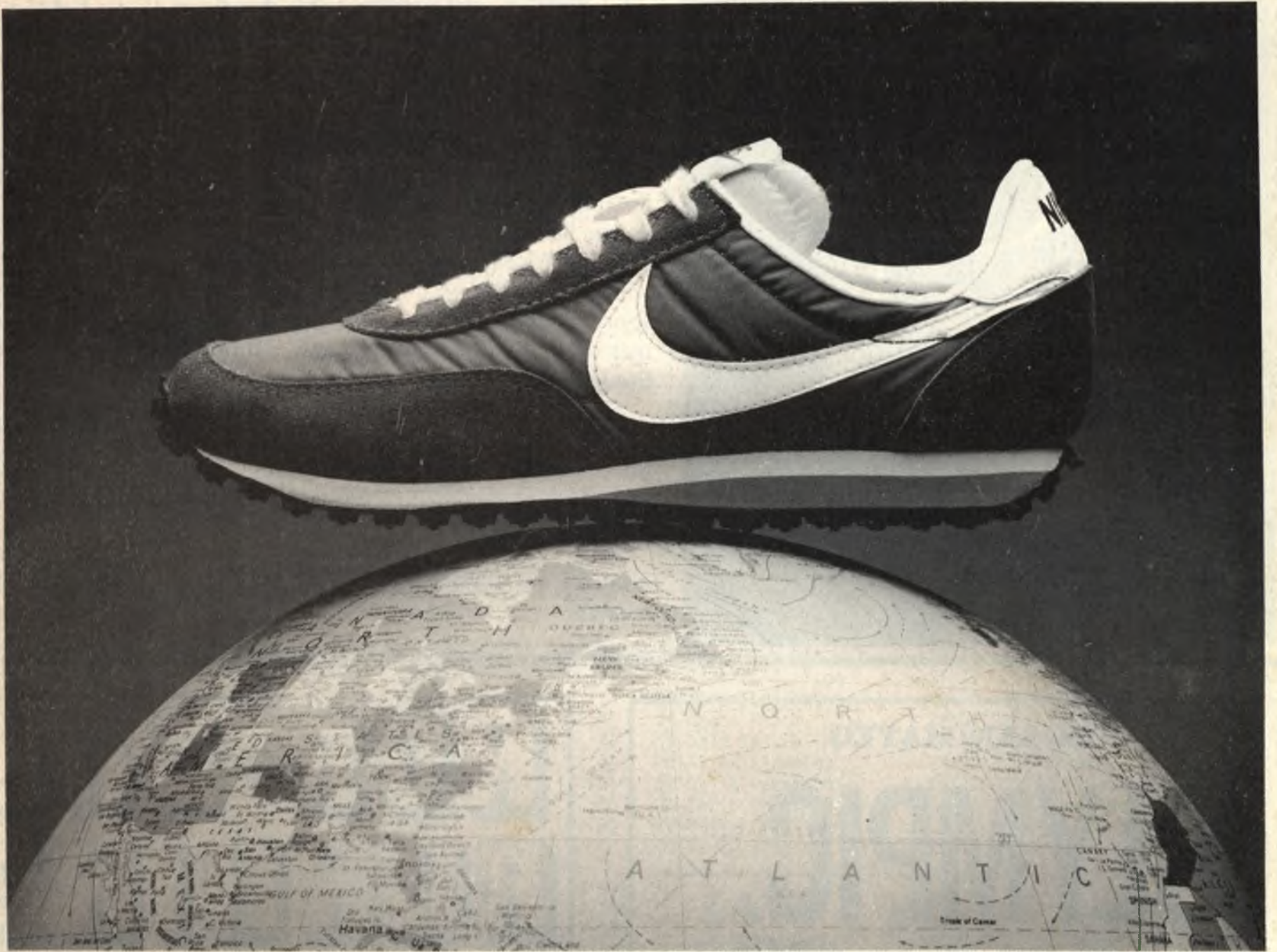
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