

MAR.-APR.
1978
(#70)

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NOR-CAL RUNNING REVIEW®





THE GUARDSMEN'S SEVENTH ANNUAL

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Northern California Running Review

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UP FRONT

Georgetown University's Kevin Byrne is a close winner over West Valley T.C.'s Rod Berry and the Guzinta Striders' Thomas Graves (Orland Pk., Illinois) at the Natl. AAU Jr. 8-Km. X-C Championships in Gainesville, Florida. These three, along with the next three finishers, won trips to the Jr. International X-C Championships in Scotland (March).
/Segersten Photo/

MAR.-APR. 1978 (No. 70)

ONLY \$6.00/YEAR (6 ISSUES)

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

CIRCULATION: The NCCR 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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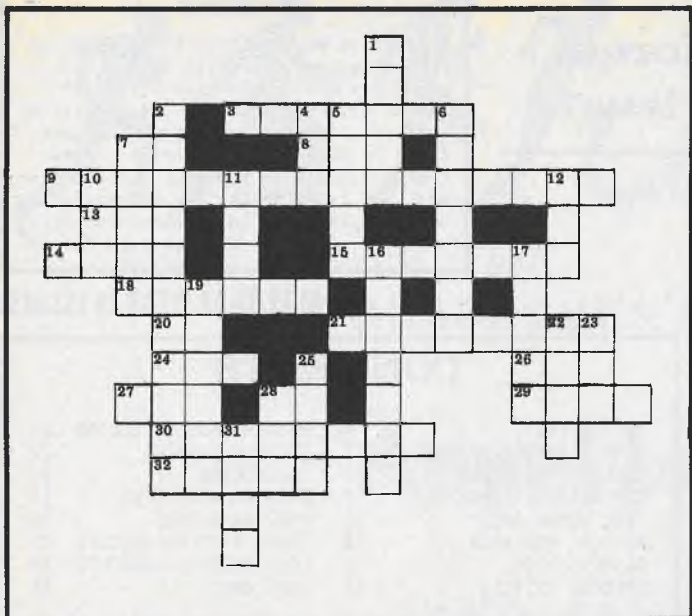
EDITOR'S MESSAGE

●REGARDING COMMON COURTESY: - Please remember that when you request information from a race director (or anyone), you should ALWAYS enclose a self-addressed, stamped envelope if you want a reply. In cases where races cost \$5.00 and more, you may feel that you shouldn't have to fork over another 13¢ for the application, but many times it's not so much a matter of dollars and cents as it is a race director's time. The majority of local runs are still put on my running clubs and small groups who are providing an unpaid service by putting on the race in the first place. In my own case, I have numerous other items to attend to and simply don't have the time to address hundreds of envelopes, etc. If I get a request without a SASE, I will normally just throw it in the circular file and be done with it. Another No-No is to send in a self-made entry blank...either do it on the official blank or don't enter at all. Most race directors have a particular form to follow and you should respect it...they are the ones that have to do the work, not you! Also, NEVER merely send in an entry fee without a blank at all. I invariably get disgusted with these types of entries(?) and usually just tear up the check. If all this seems trivial, just once try putting yourself in the position of race director and see if you don't agree...with many races getting 500-1000 runners, putting on a race is not a leisure activity anymore...it's hard work! Don't let anyone tell you it's not. Take a few minutes to do things in a correct manner (fill out the entry blank completely) and you not only save the race director time, but also will cut down registration time on raceday for yourself. I'm sure all race directors will appreciate it if you look upon filling out an entry blank with as much care as you would a job application!

●AGENT PROGRAM A SUCCESS! - Would you believe we have close to 50 agents signed up to date? And those are only those that are getting paid...many WVTC members are doing it to help out and are getting no commissions! We have agents the full length of the state, from Eureka to San Diego. Our subscriptions are beginning to pick up dramatically because of it, and we certainly appreciate your efforts. Checks to agents that have made over \$5 in the time since they've signed up will be in the mail shortly if you don't have them already. Right now it appears that Arrow Track Club is by far the best agent, with upwards of 30 new subscriptions (maybe much more...I haven't been counting). If you are interested in being a commissioned agent for NCCR, drop us a line. Write to our Agent Mgr., Mike Niemiec, 145 Roosevelt Av., #39, Redwood City, CA 94061.

●WE ARE NOT A STATE-WIDE INFORMATION BUREAU! - I know that many of you feel the NCCR has information on everything pertaining to running locally. This may be partially true, BUT currently the phone (my home phone) and mail box are attended by only one person...ME! Honestly, I am just about at my wits end answering numerous phone calls. So PLEASE, check out other sources before you call us, then, if all else fails, ok...give us a try. Otherwise, I may call it quits in a few months!

FUN & GAMES



ACROSS

3. Type of rainfall runners dread
7. Honored on May 14
8. Method of weight training (abbrev.)
9. Their use increases muscle mass but not strength (two words)
13. Basis of athletic divisions
14. She organized women's 100-Mile Relay
15. At the sound of the whistle, runners do it (2 wds)
18. Old style track surface
20. Answer to, "Want a cigarette?"
21. Of the body (adjective)
24. Well developed in swimmers
26. 26.2-mile mark
27. Nation-wide running club (abbrev.)
28. Us
29. Postrace feeling
30. Female winner of Dipsea Race
32. Type of board for situps

DOWN

1. Crawled (synonym)
2. No runners in this age-group
4. See 27 across
5. Must be done to a stopwatch between races.
6. Remember "It's us that make you hotshots look good." (Quote from Walt Stack)
7. Describes the bus driven by Jack Leydig
10. Run backwards (past tense)
11. Carbo consumption
12. Race dropout
16. What we are all striving to be
17. Dog dew
18. Running Review
22. What the authors of this crossword puzzle wish they were (abbrev.)
23. Greater than 3 miles (abbrev.)
25. Track event
28. Break the tape
31. Similarity between a 70-year-old marathoner and a hen with teeth.

The above crossword puzzle was submitted to NCRB by Celeste Scanlon, a member of FORE...watch for the FORErunners Mothers Day Run on May 21st. Answers to the above puzzle in next issue. WINNERS will each get a chance to win a year's subscription (or renewal) to NorCal Running Review...a drawing will determine the winner in case of ties.

LAST MONTH A total of five readers got all the hidden high school distance stars in last issue's "Word Search". However, one of those five found a name that hadn't been indicated by Paul Brewer, designer of the puzzle. The proper total of 21 names that had been correctly identified also contained a word that was 'hidden within a word'. Even our puzzle maker slipped on Hoch, which was hidden in Hochhaus. Also we hope the clues didn't lead you astray...two of the names were not listed in the Prep Ramblings section of issue #68, as indicated last time. They were Soto and Hochhaus. The correct answers were: Coulman, Berry, Holladay, Strangio, Love, Schmidt, P. Downs, T. Downs, Romiguere, O'Reilly, Carrasco, Soto, Hochhaus, Crowley, Trason, Huyck, Crisp, Bureson, Hayes, Nieto, & Richter. --- WINNER, with the above 21 names (plus Hoch, for a grand total of 22), was Dan Martinez of Newark. Those getting 21: Bruce Wolfe, Bill Hurst, Pete Sweeney & Ray Orwig.

THIS & THAT

•PEOPLE NEWS: - South African Bernard Rose, who competed locally in the summer months and recorded a 2:17 marathon at Eugene last September, has returned to his native land to do some serious training in 1978 before returning to the U.S. for competition in 1979. In a letter to former Oklahoma State teammate, Mike Pinocci, Bernard reports he clipped over half a minute from his 5,000 meter PR with a terrific 13:32.8, taking second (by a few seconds) to fellow South African, Ewald Bonzet, who you may remember as a competitor (and winner) in the S.F. Examiner Games 2-mile in 1976. Bernard also set a super PR for 3000m with a 7:57.4 and did 1:18:43 for 25K at an altitude of 5300-feet! --- Citizen's Savings Athletics Foundation named Roxanne Bier as NorCal's top athlete for January. All 90 pounds of her won the Bonne Bell 10K in Golden Gate Park at the end of January, and the following week she won the Jr. National AAU 10K title in Beverly Hills, finishing fourth in the open field. --- Rod Berry (see cover photo) became the second NorCal athlete to qualify for the International X-Country Championships in Scotland with a close second-place finish at the Natl. Jr. title meet in Florida on Feb. 4. He joins West Valley teammate, Judy Graham, who qualified for the Women's team at the Nationals last November. Tom O'Neil of the Buffalo Chips R.C. in Sacramento just missed a spot on the squad by one place and about 4 seconds! --- New Boy's Age-Group Chairman in the PA-AAU is Nick Haring (spelling?). He lives at 174 Las Astas Dr., Los Gatos, CA 95030 (Ph. 408/356-1508). If you wish a complete list of related events, send a self-addressed, stamped envelope to him. We have listed some of the larger meets in our scheduling section, but at this moment don't have a list of meet contacts' addresses. --- Anyone knowing the whereabouts of Mike Ipsen, Woodside Strider coach, should contact us. I have received numerous calls inquiring his whereabouts...his old P.O. Box is evidently closed. He was supposed put on the PA-AAU 50 Miler in Sacramento, but Robert Cooper took over yeomanship of that meet in his absence. --- Rich Nichols, who competes for the West Valley T.C., won the 800m event at the Dartmouth (indoor) Invitational in a swift 1:51.4 and just missed qualifying for the Natl. AAU Indoor Championships. --- *Track & Field News*, in their yearly rankings, listed the following NorCal athletes on the top-15 (in world): MEN: 200m--(9th) Derald Harris (Los Medanos JC); 800m--(2nd) Mike Boit (Kenya), (11th) James Robinson (Inner City AC); Marathon--(3rd) Brian Maxwell (Canada/Body Ammo SC); 110mHH--(4th) James Owens (UCLA-Sac'to), (8th) Robert Gaines (Washington/Oakland), (10th) Dedy Cooper (SJ State); LJ--(7th) James Lofton (Stanford); TJ--(3rd) Ron Livers (SJ State); SP--(7th) Terry Albritton (Stanford), (8th) Al Feuerbach (PCC), (10th) Mac Wilkins (PCC); DT--(2nd) Mac Wilkins, (4th) John Powell (SJ Stars), (5th) Ken Stadel (Tobias). WOMEN: 1500m--(7th) Francie Larriue-Lutz (PCC); Pentathlon--(7th) Jane Frederick (LATC). --- Penny DeMoss, who suffered a stress fracture in early January, has bounced back nicely after a short layoff and easy running to notch a tenth place finish at the Bonne Bell 10K in Phoenix, Arizona, on March 5th. --- Jeff Johnson, the girls' cross-country coach at Exeter High in Exeter, New Hampshire (03833), would like to initiate a dialog with someone who has been through the evolution from Franz Stampfl to Arthur Lydiard, especially someone who may be using interval training or repetition training with adolescents successfully.

NCRB 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 NCRB?



- RUNNER'S FEET (San Francisco)
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...Jeff is a former runner at Los Altos H.S. and Stanford. His Exeter team has won three State championships in the last four years! --- Vic Crosetti, co-founder of the Tax Reducers A.C., is moving to Bahrain, an island about 7 by 20 miles in size, located in the Persian Gulf. He will be there for a few years, working for the Lockheed Air Transport Service Co. He plans to work out with the Bahrain Harriers. --- Dave Shrock has accepted the position of Head Women's Track & Field Coach at the College of San Mateo, in addition to coaching the College's distance runners, which he has done for the past two years. He is presently a part-time P.E. instructor at the College. --- Long-time PA-AAU workhorse, Al Sandell, who served as Association Secretary for 31 years, passed away on January 23rd. He had been director of the S.F. Examiner Golden Gloves since its inception in 1944. He was a tireless and eminently skillful worker. He contributed much and sought very little, and he will long be remembered and missed by his many friends throughout the world. --- Norman Bright, one-time record-holder of the famed Dipsea Race and winner of the event in 1970, is well-known by many runners throughout Northern California. He has been competing very well in masters competition, and ran a sub-three hour effort at Boston in 1974. Bright, now 67, has travelled extensively around the country and world, competing with the best masters athletes. But now, time is running out for the 'marathon man'. Doctors tell Norman that atrophy of the optic nerves is taking away his vision. A year ago he could read the small print on a bus schedule, his primary mode of transportation when going to races, but now he finds himself begging strangers on the street to open his mail and set his watch. Bright continues to run, however, with use of a cane and friends. In early January, however, Bright ran a 30-Kilo race in Seattle (his home)...midway through the course he hit a chuckhole and fell...farther on, he ran into a cement post. Then, a week later, he was hit by a car while trying to cross a street, suffering a fractured shoulder. Bright vowed that a shoulder fracture would not keep him off the track...it's been broken twice before. Race officials suggested that a man who is nearly blind should not be permitted to compete, but his numerous friends disagree. At a local sporting goods shop they have posted a signup sheet to help Norman find running partners. In the fraternity of marathon men, it is felt that a champion



Two of the NCRR's long-time contributors are Lani Bader and Lorraine Rorke, shown here at the Bonne Bell Mini-Marathon in Golden Gate Park (Jess Bell in background). /Don McLandry/

who is going blind should not run the last lap alone! --- Relative unknown, Lucy Shapiro, was the surprise winner of the women's division at the recent West Valley Marathon in a time of 3:17:34, winning an expense paid (airfare) trip to the Women's International Marathon in Atlanta, Georgia, in mid-March. The trip, paid for by funds from the PA-AAU Women's LDR Committee, had been advertised in NCRR and on the entry blank for the race, but none of the 'hot-shots' showed (or finished). Lucy was not even aware that she had won a trip until informed of the fact after the race. You'd think when a free trip to a prestigious race like this is offered, you'd at least get a few sub-three hour types?

• **RACE INFORMATION:** - International Friendship Runs are now going to limit registration to all those entries received by April 3rd...positively no late entries since everything is being done by computer in anticipation of a very large field in all three races (5, 15 & 30K). The latter race will also serve as the PA-AAU 30K Championships. A total of 500-600 Germans are making it over for the race, and we hope that all our Bay Area friends will join in to make this an enjoyable event. If you subscribe, you should have an entry blank enclosed (third class mailings)...otherwise send a stamped envelope to N.C.R.R.

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...*(Race Information, continued)* - The new sponsor of the International Friendship Runs is the Brooks Shoe Co., maker of the number-one ranked shoe by *Runner's World* last fall. Focus on Fitness, the original sponsor, backed out at the last minute, and we were very fortunate to get another. Be sure to join us for the awards ceremony and gala get-together at California Hall (in San Francisco) following the race...we expect to show video-tape of the races there. Anyone possessing a large "Advent" or similar type wall-TV screen that would like to donate it for the evening should contact NCRP immediately. One other item...the fee has gone up to \$1.50 per head, as we have run into additional costs (more awards, computerizing results, etc.) that won't be covered by the sponsors. Please do not send in just the fee...you must fill out the official entry form too. --- Avenue of the Giants Marathon entries were reluctantly closed off at 1800 sometime in late February or early March...so don't bother to write. Where is it all going to end? To say the least, road racing has almost outgrown (in some cases it has) the ability of race directors to cope with the huge entry fields. Any suggestions? How about a series of 'invitational' races with qualifying times to satisfy the 'serious' (however that's defined...certainly not by speed) runner? Maybe have restrictions for various divisions? Then have a concurrent (or following) 'fun-run', with only times being called out (or a digital clock). --- A new marathon...this one is in late May (Memorial Day) and is located in Marin. It is being sponsored by the *Pacific Sun*, and is a benefit for the California Health Research Foundation. There will also be a concurrent 6-miler. Entry fee for either race is \$7!! After May 20th, it goes up to \$9!! All entries, will, however, receive t-shirts. See scheduling section for contact information and starting time, etc. Incidentally, the name of the race will be, appropriately, the Pacific Sun Marathon. --- The Chico-to-Redding Relay has been cancelled by the sponsoring Chico R.C. & S.W.E.A.T. (It had originally been scheduled for April 8th).

--- The Kauai Marathon, scheduled for Oct. 8, will give Hawaii a total of four marathons. It will be the first annual event, and a turnout of from 300-500 is expected. --- Burlingame Invitational 10,000 Meter Run: Here is an answer to the over-crowded conditions in most of the area's races. Sponsored by Club Endspurt (a bike racing club!), this race will be limited to the first 75 entries who have sub-32:00 clockings in previous AAU 10-Kilo races (certified or reasonably accurate). Race will be held on a twisting, flat course in downtown Burlingame (10 times 1-Km. loops, with 8 turns per loop). Race is on April 16, in late afternoon. Contact: Club Endspurt, P.O. Box 626, Daly City 94015. --- Another new race is the Strawberry Canyon Run, starting at the Civic Center in Berkeley and finishing at the Lawrence Hall of Science (an 1100 foot climb) at Univ. of California. It's on May 13th, the day before the Bay to Breakers (a good alternative). On May 4, in conjunction with the race, there will be a lecture on the "Physiology of Running" by George Brooks, an Associate Prof. in Exercise Physiology and an ex-runner himself. This will take place at 7:30 pm in the Lawrence Hall of Science...call 415/642-5132 for more information. --- Bay-to-Breakers date has been moved (see letters to editor) to May 14th from the original AAU Calendar date of May 21st. Deadline for entries is still probably April 24th, but check with the Examiner or PA-AAU Office to be sure.

•U.S.-SOVIET TRACK MEET GOES TO CAL: - Cal's Edward Stadium will be the site of the U.S.-Soviet Union track and field dual meet on July 7-8. Built especially for track competition, Edwards Stadium seats about 20,000 spectators and features a new all-weather track surface that was installed last spring. The meet will match both the men and women of both countries.

•PA-AAU TRACK & FIELD CHAMPIONSHIPS: - The 1978 Joint PA-AAU Men's & Women's Track & Field Championships will be held at the College of San Mateo on Monday, May 29th. Information may be obtained by writing: Dave Shrock, Women's Track Coach, College of San Mateo, 1700 W. Hillsdale Blvd., San Mateo, CA 94402. Send a self-addressed, stamped envelope, PLEASE!!

•CLUB NEWS: - The Tax Reducers A.C. have elected their new officers for 1978, with John McCrillis being the President and Ulrich Kaempf the Vice-Pres. Bob Romano will act as the Treasurer. --- A newly formed girls track club has formed in the Modesto area, headed by Dick Marlin. For information on this AAU-Sanctioned club, contact The Marlinettes T.C., c/o Dick Marlin, 3413 Stewbridge, Modesto 95350.

•BOO-BOO DEPT.: - Poor Carroll Holthaus...this is the second time we've made an error in listing his name, only this time it was listed incorrectly in the race results themselves, where he was listed as C. Hochhaus. We figured that was Craig Hochhaus, not noting that he had also run the longer of two races, held concurrently. Anyhow, Carroll's time was 17:44 for the 5K distance at the Marine Air Reserve Run. Sorry!!

•ROAD RUNNERS CLUB OF AMERICA NEWS: - The RRCA has announced the adoption of a new logo which is shown at the right. It was selected by the organizations Executive Board from 25 other designs submitted in a contest. RRCA President, Jeff Darman, said, "The new logo is particularly appropriate and overdue for the RRCA which has always been in the forefront of promoting long distance running opportunities for women. Although only a symbol, we feel it is an important one and may help influence many more women who see it become long distance runners." --- The new 1978 RRCA Executive Board consists of two athletes who are known in Bay Area circles. Jerry Kokesh, who is president of the St. Louis T.C., was re-elected as V.P.-North. Kokesh ran in Bay Area circles (and at San Jose State Univ.) in the early 70's. Don Chaffee, an economics professor at S.F. State, was elected V.P.-West. --- The RRCA named Bill Rodgers and Kim Merritt as their 1977 Road Runners of the Year (both will receive the prestigious RRCA-Perrier award).

•BOSTON MARATHON NEWS: - The N.C.R.R. Charter is full, and there is a waiting list of some half-dozen people. We could not get additional hotel space! Next year we plan on trying to charter an entire plane from the West Coast at a substantial savings over our current 'Group Fare' arrangement. If you think you might be interested, drop us a note and we'll put you on our mailing list and send info when we have it. I am sure that by adding the L.A. area, we should be able to come up with enough to fill a small (150) passenger airplane. Scheduled changes for this year's run: - (1) Starting line is being moved onto main roadway so runners won't have to negotiate the sharp turn at the start; (2) Numbers will be assigned according to times; (3) Markers & times every 5 miles; ---



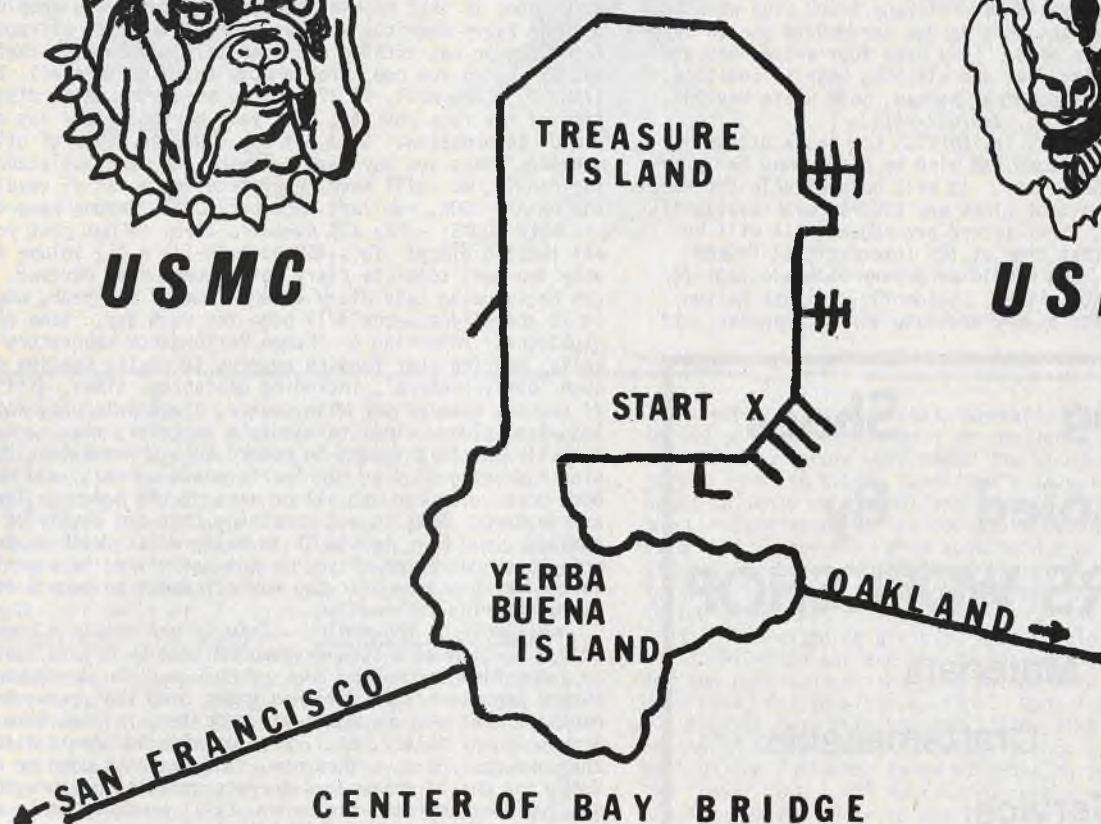
NIMITZ-MINI MARATHON



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DATE & TIME: Saturday, May 27, 1978, Promptly at 10:00 AM.

Length: 10 Kilometers; 6.2 Miles (Challenging hills on Yerba Buena Is.).

ELIGIBILITY: We will take all comers.

ENTRY FEE: \$1.00. Mailed applications will not be accepted if postmarked after May 12. Send to: D. R. Shepard, 25 Callaghan Hall, UCB, Berkeley, Ca. 94720.

CONTACT: D. R. Shepard, 25 Callaghan Hall, UCB, Berkeley, Ca. 94720, (415) 642-3551/3552.

(Boston Marathon, continued)...(4) Aid stations at 5 miles and every 3 miles thereafter; (5) Hopefully, a digital clock at the finish; (6) New underground facilities -- baggage, dressing, medical, toilets, presentation & refreshments -- will be centered in one large area.

● **N.Y.C. MARATHON TOUR:** - Last year the NCRR put together a package for this largest of marathons, but we didn't get that many who wanted to go...this year, with all the publicity on the race, we think we'll get at least 40-50, and so we're putting together a group package similar to the one we are doing for the Boston Marathon. We're in the planning stages right now, but we'd leave on the Friday before (Oct. 20), and return on Monday (race is the 22nd). This year the race is also the Nat'l. AAU Women's Marathon Championships. For complete information, please send a self-addressed, stamped envelope to NCRR and we'll forward complete details when ready.

● **CERTIFIED MARATHONS:** - Ted Corbitt, AAU Certification Chairman, reports that as of Dec. 20th there were 137 courses in the U.S. that are 'certified'. There are 15 more needing corrective action before they can be accepted. Anyone putting on a marathon, or National Championship race of any kind, must get in touch with Ted to make your course 'acceptable'. He can be reached at: 150 W. 225th St., Apt. 8H, Sect. 4, New York, N.Y. 10463...be sure to enclose that self-addressed, stamped envelope!

● **SEATTLE PIT-STOP:** - Greg Chapman, who now lives in Bremerton, Washington, and was president of Solano Track Club when he lived in the Bay Area, writes that he can accommodate one to twenty runners if anyone is in need. They have four extra beds and lots of floor space...bring your own sleeping bags if possible. If you're in need...write to: Greg Chapman, 6638 State Hwy 303, N.E., Bremerton, WA 98310...Ph. 206/692-9414.

● **DIGITAL CLOCK:** - The West Valley T.C. now has a digital display clock (8" numbers) that can also be programmed for a series of interval workouts, etc. It will be available for rent to anyone for \$10/day (cost of clock was \$500+), with availability based on first-come, first-served procedures. It will be used probably for the first time at the International Friendship Races on April 9th, and should be a very valuable tool for race directors and runners alike. Incidentally, it must be run off of line-power, or with a very accurate DC/AC converter. If

anyone has such a converter or knows where to get one, or has enough electronics background to make the one we've got more accurate, please let us know. The problem is that the time-base of the clock is based on 60 cycles/second alternating current...most converters only come within a few percent of this figure, and so over an hour you can be 1-2 minutes off in some cases! Perhaps it just means replacing a few components in our current converter with ones of higher tolerance. If this is the case, then we'll make the changes and rent out the entire system (converter and clock) for the same fee (\$10).

● **DELIVERY PERSON NEEDED:** - Anyone planning on driving up to Avenue of the Giants Marathon on the afternoon of the day before? Dick Meyer, the race director, wants to rent out the PA-AAU's Chronomix timer for the day, but Angel Island is using it the day before. So if you're leaving around 2-3 p.m., and you're reasonably close to southern Marin, give us a call at NCRR and we can arrange a pickup. They just purchased a unit of their own, but I suspect they want a backup system in case (Dick...if you don't want the unit, let me know).

● **ULTRA-MARATHON RECORDS:** - Nick Marshall, who won the "Around Lake Tahoe Run" last year, recently agreed to take on full responsibility for compiling ultramarathon statistics for Ken Young's National Running Date Center. But he needs help...from all of you who have ever completed a distance longer than the marathon (50K, 50 Miles, 100K, etc.). What this means is that he eventually wants to have a complete record of every American who has ever finished an ultramarathon! Right now he has nothing even remotely approaching that ideal. So, if you've run one, drop a note to: Nick Marshall, 211 N. 17th St., Camp Hill, PA 17011. He needs the date, distance & time of the race you ran, plus your birthdate and any other useful information. Send him any complete lists of ultramarathon races you may have. Thanks for your assistance! Incidentally, we still have never received a set of results for the PA-AAU 100K, run last December...does anyone have them?

● **NEW BOOKS:** - *The All Runner's Diary* is not just your normal running diary! This 450-page (8-1/2 x 11) volume is probably the most complete diary for runners ever devised. You can begin using this diary at any time of the year, whenever it is convenient...one full page for each day. Some of the highlights: reporting of "Human Performance Laboratory" results; mapping your running courses to scale; keeping of thorough 'daily records', including distances, times, difficulty of course, minutes per mile, pulse, blood pressure, weight, injuries, sleep, diet, total day's calories, etc. -- there are actually specific spaces to record this information; the plotting & drawing of your own 'performance curves'; and much, much more. You can use all or part of the numerous items that are covered. This is not something that can easily be described...you have to see it to believe it! With an ironclad money-back guarantee if you're not satisfied, it's certainly worth taking a look at. See advertisement on page 5 for complete ordering information.

● **MISQUOTE OF THE MONTH:** - This is not really a quote, but it's a portion of a book review, written by Harold Rosenthal on James Fixx's *Complete Book of Running*. In describing the marked improvement in marathon times over the years, Rosenthal mentions that when he was a kid reporter, fellows like Tarzan Brown, Johnny Kelley, etc., were winning Boston in 2:40 or thereabouts. He says that now, "They have it down to around 2:15, and one of these days there's going to be an astounding sub-two hours for the distance. It'll probably be by a woman too." Hmmm! That figures out to 4:35 per mile, which not too many women can do for one mile! (Francie Larrieu won the recent AAU Indoor title in 4:37, and was awarded performer of the meet...female.) What do you think?

● **NAME THAT RACE!** - Our little 'contest' from last issue turned out to be a complete (or near complete) flop! Not only did we get very few replies (about 30-40 out of some 7500 magazines that were distributed), but some of the replies were not indicative of what we wanted. We were looking for a way to give a 'pat on the back' to those race directors who do a good job, while attempting to alert the directors of the poorly organized races that they had better shape up. We really needed about 200 to do a fair ranking, so we won't attempt to do that. We got quite a few people replying who downgraded a race simply because of the difficulty (or lack of scenery) of a course! Now what has that to do with the price of bananas? Or...several wrote in criticizing the Christmas Relays because it 'lasted all day'. Well, what the heck do you expect? Because of this apparent lack of understanding of the problems involved, we're just going to let things alone. But, to give you an idea, the following races led in #1 votes: (Good Races) Pepsi 20-Miler (4); (Bad Races) UAL Relays (3), Watermelon (2).

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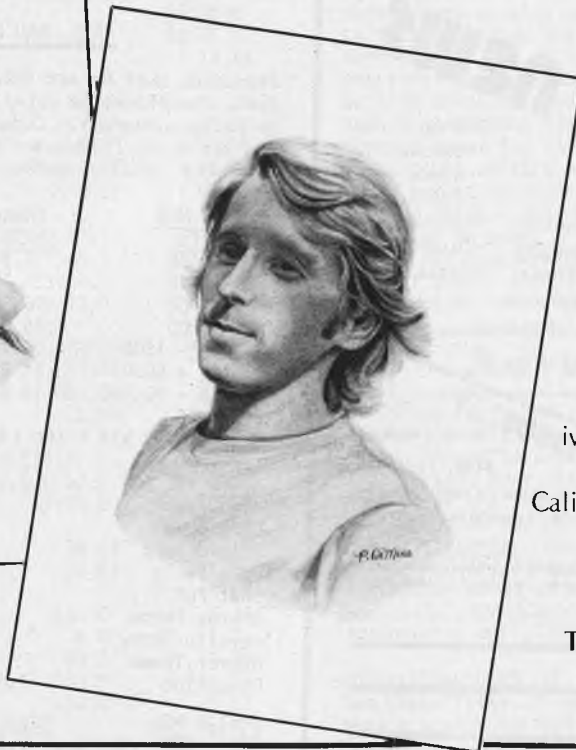
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Top Ten Portraits



Portraits of Track & Field News's top ten athletes of 1977, as rendered by T&FN staff artist Penny DeMoss. (See January issue, pp. 8-9.) Brilliant likenesses of Juan-torena, Moses, Beilschmidt, Kozakiewicz, Ovett, Yifter, Beyer, Rodgers, Kimombwa, and Bautista. Large sized (8" x 10"), printed on high quality ivory stock. All 10 for only \$4.50, plus 50¢ postage and handling. California residents add 6% sales tax. Order now—supply limited.

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(Name that race, continued)...So, what it boils down to is that each person has his/her own idea of what should encompass a good race. What drives one person crazy will be ignored by another. Perhaps we should have listed ten items and had people apply each of those (on a scale of 1 to 10) to their favorite (or least liked) races. Well, maybe when I have more time, we can come up with something like that. Or...if any of our readers would like to come up with a good 'rating' system, please let us know. But would that get us any more replies? Maybe people just don't care?

● **PA-AAU INSURANCE PROTECTION:** - The liability policy that the Pacific Ass'n purchased recently does not cover injuries to participants or athletes...they are specifically excluded from the coverages in this policy. The policy, issued by Alliance Insurance Co., has a \$250 Deductible and is limited to Northern California (not Nevada). Injuries caused by Assault & Battery are also excluded, as are Punitive or Exemplary damages. The Products Endorsement applies to items sold by the clubs, such as food, etc. A Certificate of Insurance will be issued when needed and upon request only. This coverage applies ONLY to registered clubs of the AAU and meets which are sanctioned. The request must be in writing. Stated as simply as possible, this policy will pay on behalf of the insured, all sums for which the insured shall become obligated to pay as damages because of bodily injury or property damages to which this policy applies. When requesting a Certificate of Insurance, please send along a sheet provided by the demanding agencies, listing their needs. If you have any questions, call Robert DeCelle at 415/523-2264 between 9 and 5.

● **AAU REGISTRATION FEES:** - One of the most frequent questions asked of the AAU is: "What are the Registration Fees used for?" In our own district, here is how the breakdown runs (the insurance liability coverage is unique to our PA-AAU as far as I know)...(1) \$1.00 to the Natl. Office General Fund; (2) \$0.50 to the Natl. Sport Supervising Fund, which is used for team travel, clinics, and as designated by the individual Sports Committees; (3) \$1.50 to the PA-AAU to maintain the office, salaries, rent, and other service equipment that is necessary for registration, AAU Club membership and Association special events; (4) \$1.00 for Association third party insurance for the protection of PA-AAU Clubs sponsoring sanctioned ath-

letic events. --- Note that currently none of the monies collected go back to the sport at the local level! I think that many of our readers were under the assumption that a certain portion went to sports committee's travel funds. Well, it does, but only at the National level. Locally, at least in the LDR Committee, we are fortunate enough to have our own fund that was created thru such things as Handbook and T-shirt sales. Are other districts as lucky? So, if AAU Registration is to be mandatory, I personally feel that we must get legislation going that will put money into the local travel fund. Anyone interested in pursuing this should contact Bob DeCelle at 415/523-2264 and see how to go about enacting legislation for the next Convention...but let me warn you: it's a long, hard road, filled with red tape. Good luck!

● **TRAVEL FUND ELIGIBILITY:** - According to the proposed Code of the PA-AAU Board of Athletics (Track & Field), an athlete must do the following to be eligible to receive funding from the Travel Fund...(1) Must be currently registered in the PA-AAU four months prior to the last day of the meet for which expenses are to be paid; (2) No payment will be made for relay teams...only individual events, and results must be reported in official results and by club or coach; (3) Must not receive duplicating expenses from other sources; (4) Must have met the National Qualifying Standards (see next page) in a recognized event; (5) Must have equalled the performance of the sixth place finisher in the previous year's Nationals.

● **NEW PA-AAU MEN'S LONG DISTANCE RUNNING CHAIRMAN:** - As of Jan. 1st, Robert DeCelle succeeded Harold DeMoss as Chairman because Harold had served the maximum four years in office... the President of the PA-AAU then appointed Bob as interim Chairman. On the 22nd of February, the LDR Committee met in Alameda and held nominations for the new Chairmanship. Placed in nomination were: Robert DeCelle and Roger Bryan. I think everyone is familiar with Bob's qualifications. Roger is an active masters runner (a good one too) with the West Valley Joggers & Striders with little previous experience in AAU matters, but with a desire to become a good and active Chairman. Harold didn't know very much when he started out either! We learn by doing. Anyway, ballots were supposed to be sent out to all AAU Clubs in March (I haven't gotten mine yet). If you receive the ballot & are eligible...VOTE!! It's important!!



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• **OTHER LDRC MEETING ITEMS:** - (1) It was felt that with the current large influx of new races on the calendar, it has become mandatory (and just plain common courtesy) for race directors to contact other directors on the schedule if there is a potential conflict. In many cases, meet directors would rather have a smaller field created by more races on the same weekend, but in other cases, a large field is preferred...in any case, mutual respect and consideration should be observed. Before the NCRR lists races, we usually try to ask the meet directors to clear up any potential conflicts before firming up a date. We can't be perfect, but we try hard! -- (2) **Scheduling Meeting:** - Notices will go out to all race directors regarding this meeting, but it appears now that it will take place at the TRAC 10-Kilo on May 28th (San Jose)...same as last year. Once the schedule is printed up, it was felt that all races should be confirmed with the LDR Chairman and NCRR at least three months before they are to be run...it would then go into the NCRR as a finalized date. Speaking of schedules...we (PA LDR Committee) needs volunteers who would be willing to spend time putting together the new LDR Handbook. It does involve a lot of work, as Penny & Harold DeMoss can attest to. But it could be made a lot easier with a half-dozen people pitching in. If you are interested, you should contact Bob DeCelle, or whomever is the newly elected Chairman a few weeks from now. His address is: P.O. Box 1606, Alameda, CA 94501. If nobody steps forth, then at the very least there should be a master schedule that would be available to race directors and others in simple format. Out of 10,000+ registered runners, we would hope there is somebody out there who is interested. Apathy can ruin a program in a very short time! -- (3) **Enforcing LDRC "Race Standards":** One of the functions of the AAU should be to upgrade race administration, but doing this requires a lot of help. The Committee is soliciting volunteers who would report back to the Chairman as to the shortcomings of any race on the schedule. Those persons would sign up for certain races on the calendar (they are most likely going to them anyway). Then the Chairman, or his Secretary, would write back to the Race Director and inform him of what areas need improving. If those areas that are grossly neglected are not improved the following year, the race should not be sanctioned (sanctioning should stand for 'quality' races,

not merely 'fun runs'). -- (4) **Distribution of LDR Monies:** - It was felt that based on AAU registrations at the end of the 1977 calendar year, that all income and expenditures from LDR events and fund-raising ventures should be split as follows among the various factions: Senior Men (60%); Senior Women (20%); Masters Men & Women (20%). Certain races put on by specific committees (e.g. - Bonne Bell 10K for women) would have their profits go into a specific committee.

NATL. AAU QUALIFYING STANDARDS

Standards must be set this year, through June 4 (June 8-10 is Natl. Championships date). Electronic times submitted must be fully automatic. Indoor marks set in 1978 can be submitted for entry (for women's marks at least), but must be specified as 'indoor' marks.

SENIOR MEN EVENTS	(Hand Timing)		(Auto. Timing)	
	YARDS	METERS	YARDS	METERS
100 - 100	9.3	10.3	9.59	10.59
220 - 200	21.1	21.0	21.23	21.13
440 - 400	46.6	46.3	46.79	46.49
880 - 800	1:48.9	1:48.2	1:49.4	1:48.7
1 Mile - 1500	4:00.7	3:42.5	4:00.7	3:42.5
3 Mile - 5000	13:24.8	13:53.2	13:24.8	13:53.2
6 Mile - 10,000	28:14.8	29:14.8	28:14.8	29:14.8
3000m SC		8:45.8		8:45.8
3 Mi - 5000 Wk	(no standards listed)			
120 - 110 HH	13.8	13.8	14.10	14.10
440 - 400 IH	50.9	50.6	51.30	51.00
High Jump			7'1½"	2.17
Long Jump			25'5½"	7.76
Triple Jump			52'10"	16.10
Pole Vault			16'10"	5.13
Shot Put			62'10½"	19.16
Discus Throw			194'8"	59.34
Javelin Throw			245'1"	74.70
Hammer Throw			203'7½"	62.06
Decathlon	7,300 Points			

JUNIOR MEN	YARDS	METERS	YARDS	METERS
100 - 100	9.6	10.4	9.85	10.65
220 - 200	21.1	21.0	21.32	21.20
440 - 400	47.7	47.4	47.81	47.54
880 - 800	1:52.0	1:51.3	1:52.0	1:51.3
1 Mile - 1500	4:10.0	3:51.5	4:10.0	3:51.5
2 Mile	9:03.0		9:03.0	
3 Mile - 5000	13:53.3	14:23.8	13:53.3	14:23.8
6 Mile - 10,000	30:08.0	31:12.2	30:08.0	31:12.2
3000m SC		9:24.0		9:24.0
3 Mi - 5000 Wk	(all entries accepted)			
42" Hurdles	14.6	14.6	14.80	14.83
39" Hurdles	13.8	13.8	14.01	14.04
440 - 400 IH	54.4	54.1	54.60	54.30
330 IH	38.0		38.14	
High Jump			6'9"	2.07
Long Jump			23'9"	7.24
Triple Jump			48'11"	14.91
Pole Vault			15'4"	4.67
Shot Put (16#)			53'6"	16.30
Shot Put (12#)			62'10"	48.78
Discus (College)			175'0"	53.34
Discus (High School)			160'0"	48.78
Javelin Throw			206'5"	62.92
Hammer Throw & Decathlon	(all entries accepted)			

N.Y.C. Marathon Tour

The *NorCal Running Review* is again putting together a special package for the New York City Marathon thru "The Travel Consultants", an agency specializing in group travel plans. Complete details are still being worked out, but as it stands right now, we'll be leaving on Oct. 20th, a Friday, and returning the following Monday. The race is on Sunday the 22nd, and this year it will also be the National A.A.U. Women's Marathon Championships. We will most likely block 40 seats (and 20 double rooms), and reservations are on a first-come, first-served basis. A deposit (refundable) of \$50 will be required to hold a spot. If you're interested, please send a self-addressed, stamped envelope to: NCRR - NYC Marathon Tour, Box 1551, San Mateo, CA 94401. We'll send details when available.

SENIOR WOMEN EVENTS	(Hand Timing)		(Auto. Timing)	
	YARDS	METERS	YARDS	METERS
100 - 100	10.6	11.6	10.84	11.84
220 - 200	24.1	24.0	24.34	24.24
440 - 400	55.0	54.7	55.14	54.84
880 - 800	2:08.5	2:07.5	2:08.5	2:07.5
1 Mile - 1500	4:45.0	4:24.0	4:45.0	4:24.0
2 Mile - 3000	10:25.0	9:40.0	10:25.0	9:40.0
10,000 Meters		36:30.0		36:30.0
3 Mi - 5000 Wlk	27:25.0	28:25.0	27:25.0	28:25.0
100 M. Hurdles (33")		14.1		14.34
400 M. Hurdles		62.0		62.14
Long Jump			19'8"	6.00
High Jump			5'10"	1.78
Shot Put (4Kg)			45'3"	13.80
Discus Throw			150'0"	45.72
Javelin Throw			150'0"	45.72
Pentathlon	3,500 Points			
440 Yd. Relay			47.14	
880 Med. Relay	1:46.0		1:46.0	
Mile Relay	3:50.0		3:50.0	
2 Mile Relay	9:10.0		9:10.0	

JUNIOR WOMEN	YARDS	METERS	YARDS	METERS
	100 - 100	10.8	11.8	11.04
220 - 200	24.8	24.7	25.04	24.94
440 - 400	55.8	55.5	55.94	55.64
880 - 800	2:13.0	2:12.0	2:13.0	2:12.0
1 Mile - 1500	4:57.0	4:36.0	4:57.0	4:36.0
2 Mile - 3000	10:50.0	10:05.0	10:50.0	10:05.0
2 Mi - 3000 Wlk	17:50.0	16:50.0	17:50.0	16:50.0
100mH (33")		14.6		14.84
80yH (30")	10.4		10.64	
110yH (30")	14.4		14.64	
400 M. Hurdles		64.5		64.64
Long Jump			18'10"	5.74
High Jump			5'8"	1.73
Shot Put (4Kg/8#)	41'0"	12.49	43'0"	13.10
Discus Throw			133'0"	40.54
Javelin Throw			130'0"	39.62
Pentathlon	3,400 Points			
440 Yd. Relay			48.14	
880 Med. Relay	1:48.0		1:48.0	
Mile Relay	3:54.0		3:54.0	
2 Mile Relay	9:18.0		9:18.0	

Long Distance Ratings

Too early in the year yet for printing up totals, so I'll take time here to suggest a new system for determining which races to count in the 'scoring year'. First of all, the amount of time I put in determining who are top masters (when meet directors don't list ages or divisions, etc.) is getting ridiculous. Secondly, with so many races being added to the running schedule, it becomes more and more difficult to determine which races should and should not be counted, etc. Thirdly, the records become kind of meaningless when ultimately there are more and more races, thus lowering the possible point rating each year. So, what I am thinking of doing this year is limiting (specifying) the number of races that 'count' for scoring purposes. I would like feedback from our readers as to what 25 races you would count...that seems like a nice round number. The races getting the most votes (top 25) will probably be those that are selected. By choosing races throughout the year that are good 'quality' races, we also eliminate the possibility of a runner scoring high in the totals by merely running a lot of races, and so, the ratings are more representative of the 'good' runners in the PA-AAU. I think that there should be a good mix of different distances, from maybe 6 miles thru the marathon, and we should also most likely count all PA-AAU Championships, even at 50 miles (not 100km). The geographic locations of the races should also be spread around. Perhaps we need to count 30 races? But there should be a limit. The specific races may change each year, but the total would remain the same, thus lending more consistency to records from year to year. Some of the races I think should be counted are (besides PA Championships): California '10', Paul Masson Marathon, Trinidad Beach Run, Excelsior West End Run, West Valley Marathon, Buffalo Stampedo, Arrow 10K, Livermore 8.5 Miler, Angel Island, TRAC 10K, Holy City, Folsom, San Francisco Marathon, Dammit Run, Pamakid Lake Merced, Berkeley Waterfront, Pepsi 20-Miler, etc. Like I said, it'd be nice to get some 'feedback' on this. We'll go ahead with this system and announce races in next issue unless there are any violent objections (more than one or two). --- An

oversight from the last issue's ranked runners. Somehow we miscalculated the totals for Pete Sweeney. He only scored in three races last year, but his 1st, 3rd & 4th were enough to get him a 0.889 rating, putting him in a tie for 47th place. If anyone else disagrees with our totals, let us know. You can see that by announcing what races will be counting, we'll have less questions as to incorrect totals. Another side effect might be that we'll increase the quality of the field in those races we pick as 'counters'. It just depends on how serious the studs are on winning some 'hardware'. The winners of the 1977 "Point Race" in each division were awarded a beautiful brass "Number 1", courtesy of Fran & Phil Conley. We have three more years left of these awards, and then we hope that someone else will pick up the donations. One other thought regarding the races to be 'counted'. We should no doubt count certain masters and women's races...which? The total number of races need not be the same for each division I don't think...just as each division total remains the same from year to year. -- We still would like to do a similar rating for Southern California like Stan Rosenfield used to do...if anyone down that way is interested, let us know! We could use the same system (specify which races would count).

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THE MAGIC BUS - Due to a lack of time...International Friendship Races and this issue are taking up most my time...Jack Leydig's travelling sporting goods store will not be hitting as many races on the circuit this spring. Some of the following races I will make an attempt to be at, but no promises: Lake Merced Masters Run, Livermore 8.5-Miler, May Day Runs (San Francisco), Bay-to-Breakers, TRAC 10-Kilo. Anyone wishing to order by mail should feel free to do so if you know what you want. Add \$1.00 shipping costs for anything up to 3 pounds, and then 10¢/pound for items in excess of that weight.

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Our Readers Speak Out

PAUL REESE (Sacramento, CA) - "Directing a race can be a Herculean task. And the Pepsi 20-Miler is no exception. Two considerations keep Elaine Hocking and I working on this race: we enjoy so many dividends from running, that we think we should pay some premiums; secondly, many runners tell us how much they enjoy the race and our efforts. On the negative side, a number of considerations tempt us to back off from directing the race. I



think that foremost among these is the mentality that thinks we're making money on the race.

Witness your Winter 1977-78 issue in which a runner remarks, "When a race has over several hundred entries at \$2.50 to \$3.00, there's a lot of money being made." Our Pepsi entry fee this year was \$2.50; we had 1475 entries, and believe me--- a lot of money was NOT made.

Here's the financial fact sheet: total liabilities were \$5146+, which included \$4270 cash outlay (printing, t-shirts, jackets, postage, numbers, etc.) and \$870 of Pepsi products. Total assets for 1475 entries (minus bad checks) amounted to \$3667. Thus, the actual cash loss was \$603; the actual product cost was \$876. In total, it cost us \$1479 to put on the race.

As an adjunct, we find that as the race grows, our expenses mount. For example, printing, collating, and mailing results for over 1200 finishers is expensive. There's more communication and that means more money for phone calls and postage.

In addition to the above loss, we're spending another 40 to 50 dollars to do a follow-up survey of the race. In a preliminary questionnaire, more than half the runners responding urged us to raise the entry fee and to give more t-shirts as awards. Repeating...they want the entry fee upped so that we can give each finisher a shirt. We're doing a follow-up survey to decide whether to stay with the same fee and awards or to up the fee and awards. We'll go the way the respondents say.

It might be of interest to Bay Area runners (who made these suggestions in our first survey) that we're moving the starting time of next year's race to 11 a.m. and the date to the Sunday before (vs. the traditional Sunday after) Thanksgiving. Seems this will alleviate traffic problems in returning after the race."

JOHN WEIDINGER (Daily City, CA) - "I am writing this letter in regards to the United Air Lines 30-30 Friendship Races on Dec. 4, 1977. The races included a 30-Mile Relay, 30-Kilometer Race, and a walking race. Several members of the Excelsior Track Club have been approached by runners who thought that the E.T.C. put on the Air Lines Races because they saw the E.T.C. result boards being used at the races. The comments of these runners were negative towards the E.T.C. It was unfortunate for everyone involved that the races turned out the way they did, due to the courses not being marked and the absence of course guides at critical turning points. These problems can easily be corrected next year if the races are put on. Those runners with negative comments towards E.T.C. should have read the entry form to see who was putting on the race before they entered. The E.T.C. did not put on these races!"

DICK SELBERG (San Francisco, CA) - "Please accept my thanks and congratulations for an extremely well-managed West Valley Marathon. I was most impressed. A special thank you to the race marshalls, traffic controllers, and volunteers working the aid stations. People like that even made the miserable weather a tolerable situation."

ROBERT DeCELLE (Alameda, CA) - *The following letters were written to the meet directors of the Bay-to-Breakers and the Dipsea Race...Bay-to-Breakers first.* -- "Dear Frank Geis: At a recent meeting of the Long Distance & Road Running Committee, those present made strong objections against changing the date of the Bay-to-Breakers from the third Sunday in May to the second Sunday. You have unilaterally made this change without the approval of the LD & RR Committee! You have interfered with the regular schedule of the Committee as adopted one year ago. You have thrown the race on Mother's Day, an extremely important holiday. It is important, before any announcements have been made, that you return the fine event to the original date of May 21, 1978." (Ed. - I would say that since the announced date has been changed, it's best to stay with it, because other meet directors have already changed to compensate for the date change.) *** "Dear Jaycees: Rumor has it that you are intending to change the day of the Dipsea to earlier in the year! Before you do so, may we suggest you arrange a meeting with our Committee on Long Distance Running? There are other very good events now on the schedule, and at a recent meeting of the LD & RR Committee, they reflected a change without a complete evaluation would not be in the best interest of your event, or others in the area. May we hear from you soon in order to work on this mutual problem?" --- *Editor's Note: Robert DeCelle is the current interim Chairman for the Men's PA-AAU LD & RR Committee...Address: P.O. Box 1806 Alameda, CA 94501.*

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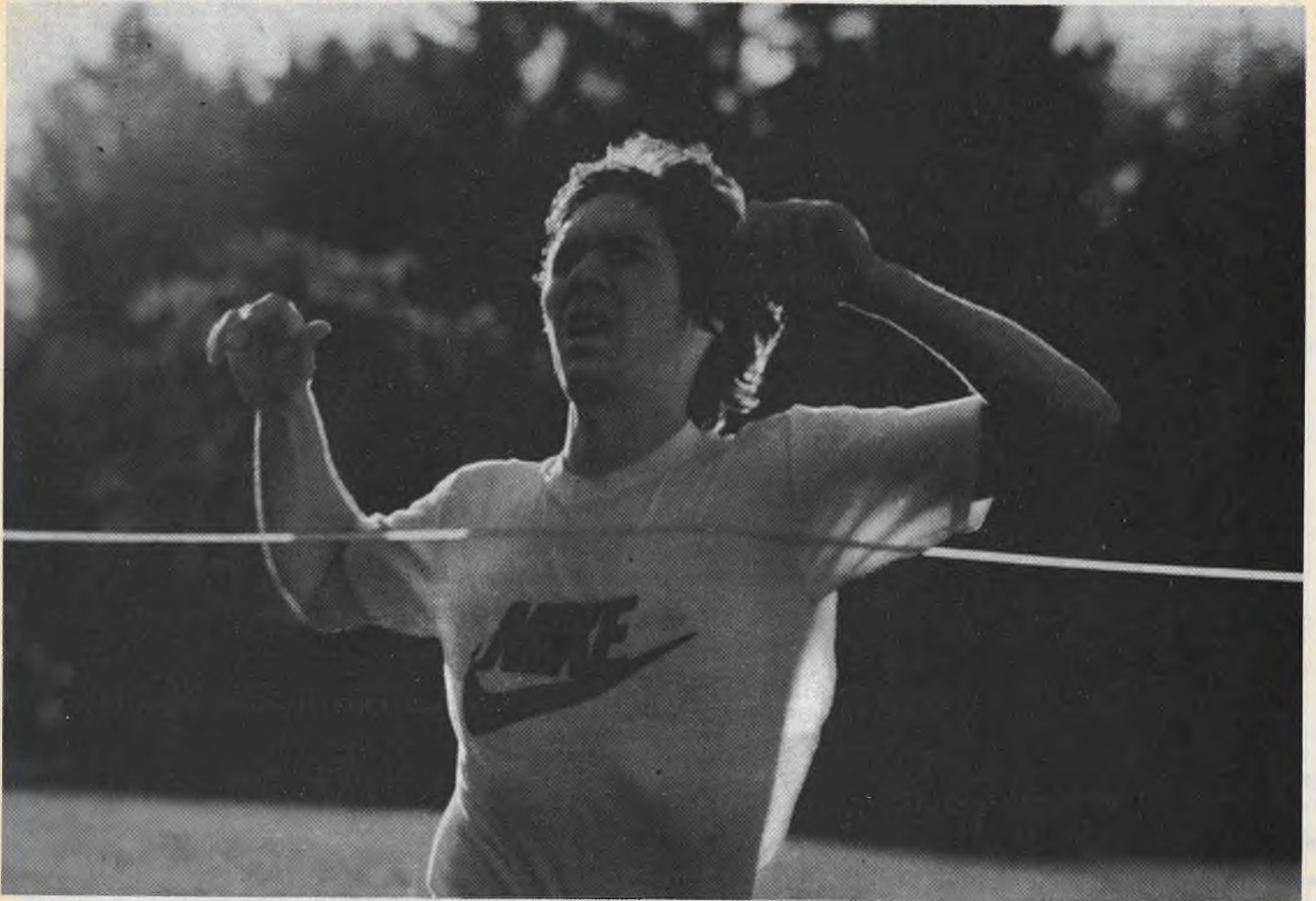
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DICK MEYER (Eureka, CA) - (Dick is meet director for the ever popular Avenue of the Giants Marathon.) - "I feel like commenting on the unofficial runner issue that is brought up in last issue (letter from Don Dugdale). You agree with him by saying that "anyone should be free to run along in a race without paying." I used to feel similarly, but not anymore. Admittedly, my biggest bone of contention is the unregistered runners who cross the finish line, because they confuse the recording so much. This year I'm going to have football players at the head of the chute under orders to eliminate runners without numbers from the chute. I mean knock them on their ass and out of the way. But unregistered runners on the main course is undesirable also for the following reasons: (1) They are in the way and they add to the total number of bodies on the course, and that total is a factor to anyone trying for his/her best effort. In this way they are similar to bicycles, which are a bit more of a problem. Last year cyclists were a fairly serious problem at Avenue and we may prohibit them this year because too many of them are inconsiderate of the runners. Unregistered runners are often the same way. (2) They drink ERG and use cups which cost money. Now the cost here is not huge, at least we haven't been bothered with large amounts of ERG being drunk by non-paying runners, but here again, the bigger problem is that they contribute to the confusion at the aid station; get in the way of runners who have a legitimate right to the drinks. (3) We have recorders out on the course. In the past we have recorded 10 and 20 mile splits (but this year we're giving up on that), and this year we are recording runners at the turnarounds to prevent cheating on the course. Pity the poor recorders if they have to sort through a bunch of runners who shouldn't even be there! Perhaps the problems, except for the finishline, are not big ones for most races, but I think it comes down to this...a non-entrant comes and runs, but he's not willing to contribute the same as everybody else. He wants something out of the race because he's there, but he's not willing to give anything in return. It is a selfish act, and therefore the entire sport would be better off without the person. So my patience is very thin on this issue. I regard unregistered runners as parasites on a sport or activity that

is very important to me. And the point about the course being a public street doesn't hold either. There are lots of examples of public places that are restricted in use at various times. The state highways upon which the Marathon is run have been reserved for a road race for a few hours on a certain Sunday morning. This is not some off-the-wall thing, but the result of negotiations between several public bodies (Caltrans, Highway Patrol, and in our case, the Parks & Recreation Dept.) and a lot of paperwork. In essence, the public is saying that the roads involved are to be used for a race and nothing else, including a selfish jog. Now, I'm not to the point of recruiting a bunch of enforcers to keep the road free from all but entrants, but if you want to push the issue of who's got the legal right to be on the road, I don't think the Dugdale-type is correct." (Ed. - Dick's point is very well taken, and in his case, the marathon, the problems are obviously much more complex with unofficial runners. But I think that with the growing numbers of runners in races, he has a legitimate point. Since there are so many inconsiderate 'unofficial' runners, maybe the best way is to just not tolerate them at all...that way there are no 'ifs', and 'ors'. If a friend wants to run the course for a workout, let him/her do it long before the start of the race, or pick a different route...or, enter the darn race! We are going to be physical at our April 9th Run in Golden Gate Park too...anyone entering the finish chute and not wearing a number (they will be non-tear and waterproof, so there is no excuse for them coming off) will be ejected before they get to the finishline. You don't see unofficial runners entered in a track meet, so why should a roadrace be different? Maybe the time has come to just say NO!)

CAPT. D.E. ANDERSON (Santa Cruz, CA) - (Capt. Anderson is CHP Commander for the Santa Cruz Area. The response below is in reply to a letter of thanks that we sent. If more race directors would take the time to do this...runners too...then perhaps we wouldn't have such incidents as the PA-AAU 30K in Watsonville last spring.) - "Your letter commending the officers who assisted the running of the recent Christmas Relays is most appreciated. Runners along a highway can pose a threat to themselves and other highway users. The role of Highway Patrol officers is to provide for the greatest safety to all. To accomplish this responsibility, we need the cooperation of the sponsoring group and the individual runners. When this level of cooperation is attained, as it was during the Christmas Relays, an event will run smoothly and safely. Thank you again for your kind remarks and the cooperation of West Valley Track Club and College of San Mateo."

ANONYMOUS - "Recently, someone wrote to the NCR, singing the praises of former excellent long distance running chairmen. In those days, the title was "Commissioner", not chairman! Also, he left out important names to the local running scene, such as Robert "Split" Lynch, Robert DeCelle & Peter Mattei. Those personages covered long distance running from 1962 until 1974 (Ed. - Also Richard Perry). Each contributed something to the present success of today's running schedule of activities."

PHYLLIS OLRICH (Palo Alto, CA) - "The 1978 San Francisco Examiner Games represented an all-time low point for women's indoor track & field. There were 30 men's events to the women's 10. While there were probably at least 25 men who received expenses to come to the meet, there was only one woman in the entire meet (Francie Larrieu) who was brought in from the outside (not the Bay Area). This is a bad situation in view of the exploding interest in women's track and field in this country. For example, witness the national media coverage given to the Decker-Larrieu and Larrieu-Merrill duals. Eight hundred women participated in the recent Bonne Bell 10-Km. road race in San Francisco. I think the thousands of women who sat in the audience at the Cow Palace Saturday night were short-changed. Come on, meet promoters, get with it!"

JIM TERRILL (Los Altos, CA) - (This letter is in reply to the above letter from Phyllis Olrich. Jim is Meet Director of the Examiner Games.) - "It's always nice to receive letters such as yours, especially after one of the finest meets we have put on in fifteen years. And your approach is most conducive to the furtherance of the cause you claim to support. This year there were more women's events than ever before, but that fact has apparently escaped you, and no doubt you would advocate instant parity. How many men participated in the Bonne Bell road race? And you speak of the Examiner Games' sexual discrimination! The Bay-to-Breakers is open to all.

One of the other points you miss is that were we to invite

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the Merrill's and Decker's, etal that you refer to, it would take away spots for our local women. As you and I are members of the same local club, you can appreciate the opportunity for San Francisco area women to participate.

For the first time ever we added a women's high school event. The all too true fact of a discrepancy between treatment of men vs. women is not lost on me and we do advance, albeit slowly. But your approach is one that does much to hinder rather than aid this very deserving improvement. There are several other facts of life that you are not aware of and should be before you dash off such a letter to the various newsmedia.

But I do appreciate your concern and seriously, it is helpful to get feedback of any kind."

STEVEN SUBOTNICK, DPM (Hayward, CA) - (The following is a letter to all interested persons regarding a meeting held in early February by the American Society for Testing Materials (ASTM) in regards to a discussion of objective test procedures and methods for running or jogging athletic foot wear. Steve is writing this letter to let our readers know where the ASTM stands now and to also let everyone know that he's extremely optimistic about what is happening with ASTM. It is suggested that interested runners contact ASTM in regards to this committee (Committee F8-54) for further information as to when the next meetings will be and what you can do to be involved. Or, if there are specific questions, you can contact Steve. The addresses: Chairman, ASTM, F8-54 c/o American Society for Testing Mat'ls, 1916 Race St., Philadelphia, PA 19103; or Steve Subotnick, DPM, c/o Hesperian Medical Ctr., 19682 Hesperian Blvd., Hayward, CA 94541 (Ph. 415/783-3255). -- "Attendance at the meeting was varied, but consisted of representatives from major shoe manufacturers, including adidas, Brooks, Nike, Pony, and Wolverine. Biomechanic experts were there, including Gideon Ariel and Peter Cavanagh. Likewise, rubber company representatives were there, as well as podiatrists: myself, Dr. Richard Schuster, and Dr. Rob Roy McGregor. Dr. Irving Dardick (Chairman of the Medical Committee for the U.S. Olympics) was also present.

At this meeting it was decided that the establishment of common terminology was necessary and the establishment of goal lines as to what do physicians, podiatrists, trainers, coaches and researchers think that a jogging shoe should have. It was the philosophy of the group that the jogging or running shoe should be a protective device to allow for relatively injury-free performance. It was also the feeling of the group that membership or attendance at committee meetings such as this should be open to the total public, and that what we would like to have is more input from the runners themselves. In other words, you don't have to be a doctor or researcher to be a member of this group!

Our group established various criteria which we felt should be tested. They are as follows:

- (1) Identify regions and impact magnitude.
- (2) Identify magnitude and region of flexibility (triplane) for optimum flexibility.

- (3) Sole wear--profile.
 - a. Identify major wear regions.
 - b. Identify safety of various soles.
- (4) The strength of the upper; the characteristics of the upper.
 - (5) Body weight in relationship to shoes.
 - (6) Recovery of the outsole; rebound of the outsole (insole, outsole combined).
 - (7) Where to test recovery.
 - (8) Traction conditions on dry surfaces, wet surfaces, snow, grass, and asphalt.
 - (9) Lifetime characteristics of the shoe (mileage related).
 - (10) Lateral stability of the shoe--counter, heel stiffness, heel flare, sole, size, and last.
 - (11) Temperature and respiration breathing qualities of the shoe.
 - (12) The balance of the shoe; center of gravity of the shoe.
 - (13) Heel height in relationship to forefoot height and total heel height.
 - (14) Quality control.
 - (15) Fit of the shoe.
 - (16) Width and toebox.
 - (17) General construction of the shoe.
 - (18) Weight and its relationship to swing patterns.

People felt that we should weigh the importance of each one of the above criteria on a scale of one to twenty, and this could be done by a voting method of members of the running community and scientific community as well.

It was furthermore a policy of the ASTM that the minutes and proceedings of all future meetings will be available to all of the media and all members of the public that are interested."

JOHN A. STOCK (Los Gatos, CA) - (The following is a letter to the Los Altos Hills Town Council regarding their proposed ordinance(s) against joggers. From what I've heard, the meeting established a committee to look into the problems, and nothing definite has been decided. Anyone with specific information as to any decisions which have been made should notify NCRP.) -- "Although I am not a resident of your town, I have often participated in the Sunday Fun Runs up Moody Road. Thus, I am in a position to be affected by some of the proposals before you, and I am also in a position to comment knowledgably upon them.

I believe the proposals to either license or ban runners in your town to be extremely ill-advised. I agree that you have a problem of safety on your narrow roads. But I feel the suggested solutions are a totally ineffective approach. Your goal is the safe sharing of the roads by vehicles, motor or pedalled, by pedestrians, and by animals, wild or domestic. There are many laws of our State regulating behavior of drivers and pedestrians on these roads so accidents between them will be minimized. If enforced, these regulations could be a most effective safeguard. Your basic problem is that these laws are NOT ENFORCED well enough. I admit there are pedestrians (runners and walkers alike) who do not follow these regulations. However, from my own observations, there also are many drivers

(John Stook Letter, continued)...who do not follow the rules either. And in conflict between them, who gets the most smashed? Your answer is to ENFORCE existing roadway regulations upon pedestrians and drivers alike.

Your proposals are ineffective. How can a slip of permit paper tucked in a runner's briefs protect him from vehicles operated by drivers who are either drunk, drugged, immature, inexperienced, sleepily, careless, showing off, etc.??? How can having the piece of paper insure that the runner himself is going to run more safely?

Your proposals are wholly unenforceable: How can you legally define a 'runner'? By the speed he goes? How can he self-enforce himself without a speedometer on his body? Is a boy running home late for dinner a 'runner'? Is a runner who overtakes a slower pedestrian automatically in violation as he passed the other one? Is a mother walking a child to the school bus stop in violation if they have to 'run' because they are late? Or does a person have to wear running shoes, shorts, and T-shirt to be so classified and controlled? Please consider these very practical considerations.

Finally the proposals are unconstitutional. Pedestrians have as much right to use the roads as autos, trucks, or bikes. In much of your community there is no place for pedestrians to go except the roads. Restricting 'runners' as such is a discriminate deprivation of rights without due process. You cannot show a reasonable basis for saying that one who runs, or goes in pairs, is any more of a hazard than the vehicles who careen speedily around your narrow road curves.

You certainly are very right in making an issue of roadway safety; BUT please, for the safety of all in your town, seek a sensible solution by enforcing the existing laws, not by making more laws that cannot be enforced." (From a 48-year old runner who values his own body and his right to exercise it!)

THE HUMAN RACE

LEN WALLACH

Darrell Francis Swannack was born a thousand years too late. He is more suited to be straddling a white charger in chain-mail armor, gripping a broadsword in his tough fist, than he is to be driving his Mercedes convertible through the streets of San Francisco or wandering the world's airways in search of foot races and adventure.

It would be more appropriate for "Buck" Swannack to be rescuing maidens from dragons, fighting the infidels in search of the Holy Grail or dueling on behalf of king and country as a knight of the roundtable. But a man born too late must search for a heroic destiny in the conflicts which our TV-dinner society creates.

An easily recognized figure at San Francisco Bay Area running events, Swannack's shorn head is attached to a barrel chest, stallion legs, and feet shod in sweat-soaked running shoes. If he wears anything except running shorts and shoes, you can be certain that someplace on the fabric will be the initials USMC to identify his beloved Marine Corps, a cause to which he has dedicated most of his life.

It wasn't always the Marines for this Ph.D. mining engineering graduate of the University of Arizona, as the Army has played a significant part in his early military development. His family has a long historical and important heritage of leadership in that American armed service, including his grandfather, who came from Poland with a last name of Swannsky. He worked as a laborer in the mines of Montana, then went to the defense of his new country, earned a battlefield commission only to die from the ravages of mustard gas from World War I. On the wall alongside Buck's desk hang three simple pendants which tell the story of his grandfather's heritage...the Distinguished Service Cross, Legion of Merit, and the French Croix de Guerre.

His father avoided the mines because of the grandfather's military dedication and was able to attend the U.S. Military Academy at West Point. Graduating in the class of 1934, he is now a retired two-star general. A brother, Stan, attended the



(Above) Buck Swannack relaxes at home. /Len Wallach/ (Right) Buck posing in his typical camel-riding attire (note the desert boots). Location of photo not known.

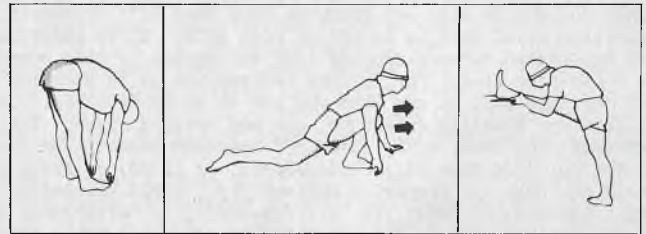
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U.S. Naval Academy, joined the Marines and was killed in the bitter winter battles of Korea.

Like his father, Buck, now his legal name, a diminutive of his grandfather's Buckley, found his way into West Point for a career in the Army. Having played football, West Point had an interest in the young plebe's athletic as well as military potential, and this feeling was shared by at least one other institution, the University of Arizona. "Hell, a few days in Beast Barracks was nothing...but what I really wanted more than anything else was to see if I could make it on my own," explained Swannack as he described his self-directed departure from West Point to accept a football scholarship at

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Arizona where he became fluent in Spanish and accidentally selected engineering for a career. "I planned to major in P.E., but there was this pretty little girl who was in the mining engineering line..." and the story drifted off in a typical Swannack anecdote, but one explaining the initial route to his own development and to that of his own company, Swannack Engineering Consultants of San Francisco.

At Arizona he earned an ROTC commission in their Naval program, but instead, he took the option to be appointed as a Second Lieutenant in the Marines rather than an Ensign in the Navy. His Marine Corps career has been a long record of patriotic dedication mixed with brawls, adventure, and intrigue.

People who brush up against this hardened athlete the first time have two reactions. Some are convinced that his bark is nothing compared to his bite, as they have seen him take a swing or two if the occasion requires it. Others view him as a gentle and kindly soul, willing to help a new runner along the roads with a certain disciplined tenderness usually ascribed to the military version of the word "buddy".

I've run with him for several years now, however, from the very first time he made an indelible photograph in my memory. He was standing nose to nose with the race director at the first Clear Lake Triathlon, dripping wet in his bathing suit, having just completed the second part of the run-swim-climb contest which had 25 starters and only 9 finishers who eventually staggered in between 5 and 7 hours. "GAWD DAMMIT MAN! ...CAN'T YOU KEEP THOSE GAWD DAMNED BOATS OUT OF MY GAWD DAMNED WAY? GAWD DAMMIT!", yelled Swannack, blowing brimstone and fire with every word into the face of the hapless offender who was the supposed cause for Buck being hit over the head by an oarsman accompanying the swimmers. A few minutes later he passed me on the initial portion of an agonizing climb through rocks and brush with a friendly slap on the shoulder, winking an insight-laden phrase, "BE SOMEBODY!"

He is a complex and controversial personality who can pin his detractors with muscle, principle, or just an ice-cold, penetrating stare and fierce posture. For those who either by accident or incident find themselves on an opposing side, they should know that Swannack's military tunic has twelve medals on it in addition to his parachutist wings. Included in the decorations are the Silver Star, Bronze Star, and Air Medal (earned for valor), plus the Purple Heart (for battle wounds), and a handful of other medals for meritorious and distinguished service.

In addition to his Marine Corps training, he has been a student in the British Ranger School in Malaya. Rangers in the British Army are a successor organization to the old commando units. During his over 20 years of Marine Corps duty (active and reserve), he also qualified in Force Recon, which is their Green Beret program. One of his other assignments was with the Royal Thailand Marines, where he set up a parachute school to train their troops.

Duty in Vietnam during the early development of the conflict resulted in his being wounded and thus, a return to civilian life. He was recalled to active duty later during the Vietnam war and has remained in the reserve component since then. His present assignment is with intelligence work.

He was born in San Francisco, but due to his father's assignments, he spent most of his time moving all around the world. His school days suffered some, particularly in the area of discipline, but he finally arrived at Father Judge School in Philadelphia, an institution which Buck described as being "T.O.U.G.H." This experience helped foster his sense of self-discipline, which the Marine Corps also forged, along with their specialties of spirit, pride and duty.

His running career has been a path of steady, dogged improvement, and was the result of keeping his wife, Skip, company in her own distinguished athletic efforts. The walls of his San Francisco condominium are hung with some of his achievements, including a climb to the top of Mt. Kilimanjaro, a certificate for a 3:59 marathon over the original course in Greece, and over his bed, a picture of a tiger. Recently he added another memento to his list of achievements, a 3:27+ qualifying time for the Boston Marathon, earned during a 26-miler in Arizona, which is one hour and two minutes faster than his first attempt at the distance in 1972. "Those people in Boston can say what they like, but as far as I'm concerned, now I'm qualified for life!" he added, to explain his pleasure of earning the necessary sub-3:30 for Master's qualification.

In 1971, early in his running career, he earned the Dolphin South End "Running Man of the Year" award. "I did it on a bet with Pax Beale, who felt his own record of 52 races would never be beaten," he related. The record book shows that Swannack ran 60 races to win, as well as earning 55 points more

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than Beale. For comparison purposes, last year's winner, Ed Jerome, ran 163 races for 1485 points! Swannack's early participation in running has also resulted in his continuous efforts to bring other people to athletics. Among his own promotional ideas is the DSE Triathlon (bike-run-swim), which has turned into a highlight of the Dolphin's schedule.

"I know I gross a lot of people out, but I can never quit anything," Swannack gestured, looking out at the night lights of Yerba Buena Island and the San Francisco waterfront from his immaculate living room. "The first time I ever ran, I learned to respect runners," he went on, trying to explain why he likes the long distance buffs. "They all have such pride," he exclaimed...and then added, "So do I!"

Recently I followed Buck in a race in Golden Gate Park, and my conversation with a new runner began when he saw Swannack's antics for the first time. "Who's that big bastard with no shirt on up ahead?", the thin athlete asked. So I gave a brief gasping summary as we tried to keep Swannack's pace.

As it is with new runners, everyone is a target, and consequently this particular one took off to defeat Swannack. But it was Buck who really won, even though he ran a slower race. As the skinny new runner passed him, the big hulking figure quickly turned his head and cupped a sweating hand to his mouth and yelled, "Way to be. Be honorable!"

DIPSEA TANKTOPS - \$4.00

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!





NOR-CAL PORTRAIT

by Bill Clark

The West Valley Track Club women have earned national and international reputations for road running and marathoning over the last few years, and with the addition of Judy Graham to the club in 1977, their cross country and track reputations have been upgraded significantly. Judy led the club to an excellent 6th place finish in the team standings at last year's cross-country nationals at San Bernardino. She finished 5th, only a couple of steps behind Cindy Bremser in 4th, and 37 seconds behind the winner, Jan Merrill. Because of a subpar performance (for her) in the State Meet, Judy was surprised by her showing in the Nationals and was doubly pleased to qualify for the International Cross-Country Championships, which will be held in Glasgow, Scotland, in late March.

In the Nationals, Judy used her favorite racing tactic, which is to let others lead and then come on strong when the time is right. Because of the warm weather, she wisely held back in the first mile, running 'only' 5:08, which left her in 20th position. She moved up to 15th by the end of the second mile, and then started a long drive for the finish, passed several people in the last 440, and still felt strong at the finish. She is looking forward to Glasgow, which will be her second appearance at the International X-C, the first being in Wales in 1976. She has also represented the U.S. in 1500 meter track races against Russia (1974) and China (1975), and competed in a 10K race in Puerto Rico in 1976.

By making international trips, Judy has achieved some of her goals, which are oriented toward meeting people and traveling, rather than toward making the Olympic team or any other specific team. This balanced attitude enabled her to keep the last Olympic Trials in perspective. She had been sick in 1976 and missed a lot of training, and therefore was not disappointed in her 7th place finish in the 1500 trials. Like everyone else, she would be happy to make the trip to Moscow in 1980, but considers her careers of teaching and coaching to be more important. Judy is working on a bachelor's degree at San Jose State and is currently student-teaching in adaptive physical education (working with handicapped people) and is also coaching the boys' 400-800 meter runners and the girls' distance runners at Cupertino High School.

While studying at San Jose State, Judy has taken advantage of the coaching of Don Riggs. She prefers to work out with men, which is one of the reasons she left the Cindergals. She manages to train 1-2 hours every day, usually in two workouts. Judy is not a high-mileage type, averaging around 50 miles per week. She does two sessions per week of weight training for overall body conditioning, including use of a cy-bex machine for leg strengthening, and also does two interval sessions each week. One session consists of high quality ladder-type intervals, with distances up to 800 meters, while the other session includes either shorter intervals or sustained intervals to work on strength and acceleration. The off-day workouts are usually fartlek or gradual intensity runs.

Judy's mature approach to life in general and running in particular should bring her continued success and enjoyment. Her pleasant personality and empathy for others will enable her to share this enjoyment with many others. Judy's current bests are: 880--2:05.5, 1500m--4:12.7, Mi--4:39, 3000m--9:27.4, and 2 Mi--10:06. On the roads she has a 34:55 (10K) & 1:40:15 (25K).



Francie Larrieu leads Judy Graham in the early stages of the S.F. Examiner Games 1000 meters this year. /Jim Engle/

RUNNERS' ZOO

by Jim Nuccio



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

WVTC AAU CITY BASKETBALL TEAM: - Here are the eagerly anticipated player profiles of the WVTC distance runners AAU City Basketball League Team. Because of the limited space in the NCR and unlimited space in my head, only the starting six (6?) will be glorified in this column. WVTC recently set a League precedent by failing to break into double figures, as they were narrowly thrashed by the Children's Hospital Wheelchair Team, 102 to 9.

Jack "Dr. BJ" Leydig: Ht.-5'11"; Wt.-Fluctuates between 135-210; Position-Player, coach and apprentice popcorn and T-shirt vendor; Home-1958 Dodge van. --- In his rookie season as coach, Jack's superior knowledge of the game and lightning quick decision-making turned what started out as a mediocre season into what is now a complete disaster. Basketball has played an integral part of Jack's life. As a prep at Hillsdale High, Jack was team mascot and was responsible for inflating the basketballs, which he did without the use of a pump (Jack attributes this technique to his success in running, as this greatly expanded his lung capacity). Having a shrewd basketball mind, Jack received national recognition for developing a new method of play calling, utilizing the sharp, crisp belch instead of the conventional numeral system. Jack keeps in shape by adhering to a strict diet, consisting exclusively of calorie-treated moon pies, Ripple, and deep-dish Straw Hat pizzas (with double sauce).

Bill "Stretch" Seaver: Ht.-6'0"; Wt.-108; Position-Injury list and taxi squad; Home-On the range. --- Stretch has been on the injured reserve list since early January when his right hand was mangled by the automatic sliding glass door of a Servomation coffee machine. Before that, though, Stretch led the League in turnovers, technicals, unscheduled pitstops and unassisted tackles. He is the best dribbler on the squad, a technique he practices daily while drinking milk at noon with his third grade class in the sandbox at Hayward's Mother Goose Nursery School and Urban Guerrilla Warfare Training Center. He was recently elected by his fellow players as the League's Player Personnel Representative and Assistant Vice-President of the Twinkies for Lunch Bunch. Bill's mild-mannered disposition fools opponents who don't realize that when he steps on the court, he becomes an "animal". Unfortunately, he retains this macho spirit while off the court -- every Thursday he kicks his dog out of general principle, for breakfast he eats shredded wheat without milk or sugar, and recently he was seen trimming his toenails with a McCulloch chain saw.

Duncan "Duke of Dunk" Macdonald: Ht.-5'12"; Wt.-195; Position-A little to the left of Charles DeGaulle; Home-A macadamia nut plantation on Maui. --- A little-known fact about Dunc is that he was heavily recruited as a prep for his basketball, not track, prowess. He chose Stanford because of its high-powered run and gun offense and because of his .271 lifetime field goal percentage. A skillful playmaker, Dunc leads WVTC in assists and is also the assist leader for three other teams in the League. His adept passing has contributed to 84 points for opposing teams. Quote: "Which way's the bench?"; Most Memorable Book: Winnie the Pooh & the Blustery Day; Hobby: Dismantling VW's; Latest Accomplishment: Hauling 5 dismantled VW's to the Palo Alto City Dump; His Scotch: Dewar's (pronounced "do-ers") White Label, of course!

"Pistol" Mike Pinocci: Ht.-5'10"; Wt.-Never accurately recorded because of frequent variations; Position-Strong forward and center; Home-Away in the manger. --- A WVTC "find", Mike is a definite candidate for rookie of the year honors and for Miss San Lorenzo of 1978. A stallion on the offensive boards, Mike is respected throughout the League for his competitiveness, his quick turn-around jump shot, and for brushing after every meal. Though small in stature for a front-line player, Mike compensates for his physical deficiencies with his aggressiveness and hustle and by intimidating his rival center with threats of crashing his opponents' next Christmas

party with his 12-string guitar and yodelling chihuahua, Chori-zo. Mike has effectively defended some of the League's most feared big men, including Leon "Sky Pilot" Talley and Tom Laris. The latter, unfortunately, happens to also play for WVTC. Mike currently leads the League in free throw percentage (100%, 0-0), and in scoring (12 dates on one weekend).

Tom "Truck" Laris: Ht.-Wt.-5'10" in both directions; Position-Hatchet-man; Home-Chuck's Cellar. --- The hard-driving Laris has been one of the mainstays of WVTC this year, which has been his biggest problem...he mainly stays in the key and has been cited for 87 3-second violations in his first five games. Utilizing a quick move to the bucket, Truck has become famous for his driving "Larry Csonka" lay-up, which recently laid up the starting five of an opposing team. Truck has come on strong in the second half of the season since recovering from a pre-season mishap. Tom, like Stretch Seaver, also sustained an injury to his right hand when it was pummelled while attempting to retrieve a full can of Coors from the depths of an activated Cruncho King Trash Compactor. His greatest disappointment this season was when Miller's Brewery bypassed him for Bubba Smith to do a Lite Beer commercial. Truck keeps in shape during the off-season by power-lifting filled Dipsy Dumpsters.

Mike "In Your Face" Porter: Ht.-6'1"; Wt.-98; Position-Right Guard and Reserve free throw expert; Home-Golden Gate Park Polo Fields. --- One of the big finds of the season, Mike was discovered as a blossoming star by a low-flying cropduster while spraying a zucchini patch in South Salinas after a flash flood. He has since sprouted into one of the true super-stars of AAU basketball. Along with Macdonald, Porter is the higher scoring half of a dazzling backcourt duo that has been the sparkplug of the hi-octane WVTC scoring machine. He has some unbelievable moves which he learned while employed last summer as an exotic dancer at Big Al's in North Beach. He refuses to be interviewed by the press for fear he'll be at a loss for words. During the off-season, Mike works part time at the Blue Fox Restaurant as an apprentice Brillo pad.

George Stewart has been with the VISTA program in Houston, Texas, since August 1977. Last fall he played for a city league flag football team. He played with such tenacity and reckless abandon that he received the nickname "Mad Dog". Here is a profile on George that appeared in the Houston Star Blurb last year: - "Mad Dog" George Stewart - Split end and nose guard. --- A graduate of the Oakdale Puppy Behavior School, George's ability as a receiver was developed while retrieving wounded mallards in the back lakes of Mt. Tam. George distinguished himself early in the season as the only player in the league to wear a Hartz Mountain Flea Collar instead of a chin-strap. He became extremely close to Coach Bailey this year when the coach removed a thorn from his paw. This season "Mad Dog" was especially tough on goal-line stands because of his superior ability to really "dig in". His main weaknesses were that he never learned to heel or shake hands. On the field he employed a few unusual techniques stemming from inherent urges, such as going for the throat instead of a runner's flag, drinking out of the water bucket, and using the goal posts instead of the locker room facilities. During the off-season, George keeps in shape riding shotgun on the Houston Station 23 fire engine.

NEXT ISSUE: - Got a case of the hungries but also an empty wallet? Tune in next issue and satisfy your stomach without adding to your financial woes as the Running Gourmand takes you on a tantalizing tour of "Financial District Freebies".

A "Merry" Christmas Relays Special

by Joe Green

"THE INS AND MOSTLY OUTS" - Twenty or maybe thirty people helping...only about twelve showed up for the 'Big' meeting on Saturday. Can you picture our fearless leader, Dave Shrock, sitting on the leg-curling machine in the College of San Mateo locker room, a blackboard on his left, a piece of chalk in his hand? "Us", the crew, staring at the board, trying to remember all the information and putting it all together... "Pssst, are all the donuts gone?" A whisper, "I think so!"

"Are there any questions?", asked Dave. From the back, a finger pointing... "What's that?" Dave points to the board. "Now, this is a van..."

A little (long time) later... "The vans are set!" "Check the checklist." "Uh, what checklist?"

the next morning

"Whaaa---uuhhh 'ring' oh nooo... 'ring' Oh \$%&#!? -the phone. Gotta get up...not wake Mom. Ohw SH\$%#T!! Owww lights!"

"Hello!"

"Gooood morning!, you didn't call. You were supposed to check in! You ready?"

"Yea, yea, I was just leaving," click. "Oh, hi Dad!"

Most of us were up by 4:30 a.m. The leaders, I think, got up at 2:00 a.m. And of course, some never went to bed! "Wasn't that a great party last night, uh and this morning?" We were at the College of San Mateo by 5:15 a.m.

"That was when we were supposed to be here, wasn't it?"

"I think so! We're supposed to leave at 5:30."

Twenty people and four vans, three trucks set, and about twenty-five minutes past the departure time... "Ok, let's go!" We first stopped at Half Moon Bay's Alphabet to pick up the rest of the people. Dave had a little to say to each van driver. "We are about forty minutes late. The schedule is set for fifty miles per hour. Do you know what to do?"

"Seventy!"

"Right!"

a little later

"How come we're going so slow? We'll never get there this way!"

"I think the coach is driving the first van."

"It's still raining."

"No, it's hailing now! Look at it come down!"

...and a little later... "This isn't rain. We've landed in the ocean!"

registration!!

"This gym is cold. It's freezing!"

Here we are at registration, sitting behind the table and looking official.

"Hey Mike, do you know what we're supposed to do?"

"No, do you?"

"No!" Right about then the people started to register.

I have always thought of distance runners as smart, easy-going people that would go out of their way to help others. Well, I was disillusioned.

"What are we supposed to do about this?"

"Please read the handout!"

"What's this?"

"That's the handout!"

"Oh, well I don't have time."

---more to come!

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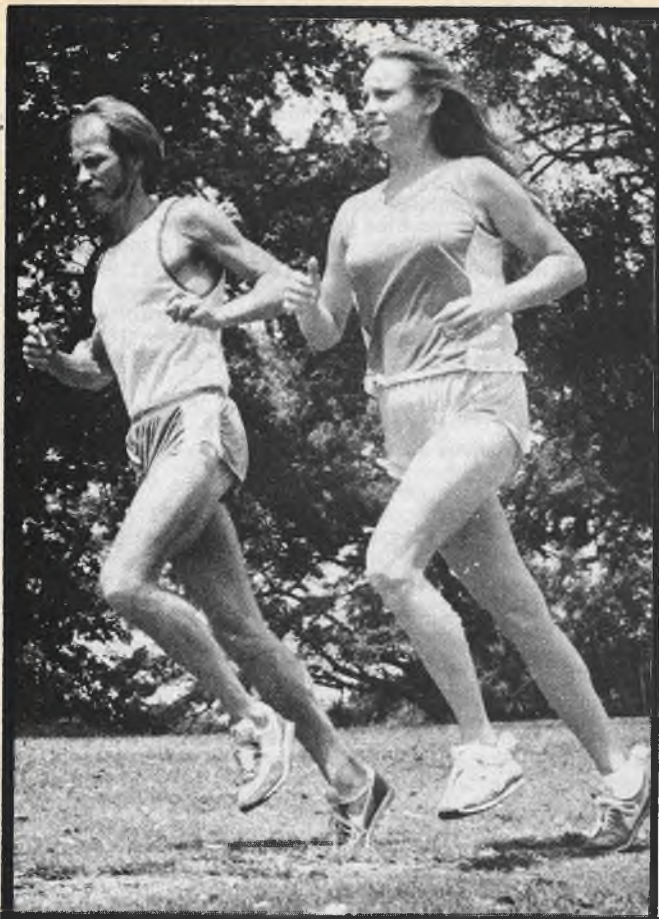
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"Mike, it's freezing in here!"

"I don't feel a thing."

"Is this the registrar's table; what are we supposed..."

"Did you read the handout? Read the..."

I won't even mention the mess up in the 'B' division.

checkpoint setup

"We're ready!"

"I thought we'd never get set up in time. Let's see, it took us fifteen minutes to get here. They left at 9:15. If they were going at six minutes per mile...uh...about a half hour. Let's say twenty, just in case."

"Let's eat breakfast!"

About two minutes later the first runner came through.

"That has got to be the fastest 'slow B-group' runner that I have ever seen!"

During the middle of the rush when the cars were jammed, people shouting at each other, cars honking, runners screaming ... "Where's my man...55!!...81...That God #\$\$%! He's supposed to be here!

I, not doing much good at crowd control, decided to ask the Highway Patrolman down the road how things were doing.

"Sir, how's everything going?"

"This is shit. Someone is going to get hurt!" As he stamped away, I walked back to the van.

"What did he say?"

"He said everything was going fine, just fine!"

last exchange point

I had the privilege of talking to a County Sheriff, who was standing next to me. "How do you like the Relays?"

"I think that they are great!" Then, pointing across the road, he replied, "If you want to make the course longer next year, you could have it run up the old road over there. Of course, you'll have to cross the highway in two places...hmmm ...how about over there...yeah...or you could..."

His excitement was catchy. He loved the race, the people...thought it was the greatest.

Finally the last runner ran down the hill, and a girl running the anchor leg took off. They were a mixed team from a bunch of company workers; friends that had run a few miles together during their lunch breaks. They had entered with two teams. The anchor runner for this team was the girl who got the whole thing together. No one else wanted the hardest segment, so she took it.

finish line

When we got to the finish line, nothing special was going on. Only a few of the crew were actually working. The majority of the runners had come a long time ago. A man was standing next to be watching the last of the runners coming through. I couldn't resist. "How did you like the Relays?"

"It was great!" He went on to tell me that he was with the San Francisco City Police. They had entered ten teams!

"Ten TEAMS?!" I walked away thinking..."cops are crazy!"

The awards ceremony went as it usually does...slow. Of course, we all missed the Mayor of Half Moon Bay, and people waited for their awards, then left. The Aggie Running Club did their little thing, which is always funny. Athletes in Action, a Christian club which uses sports as an outlet for sharing their faith in Christ, did a remarkable job at the Relays, finishing first overall, after coming all the way from Los Angeles to run. Camino West finished a close second, with Aggie Running Club third. West Valley was leading (or within a few seconds of the lead) at the end of the second exchange but the next man failed to show up on time and many minutes were lost. Now that's funny, considering they sponsored the meet and should know how to compensate for the traffic. By the time we left it was dark and getting cold.

Back at the finish line everyone was gone except Jack Leydig, a man talking to him, and a girl in a jacket waiting for her team to finish. "They are about two miles out," she said. She was prepared. The stopwatch was resting in her hand; the seconds ticking away. "We've never done this before!"

The rest of the team was out there on the highway, running in the last miles with her...out there in the dark, on a cold lonely highway. Can you picture them? It was neat in a crazy way, or maybe closer to crazy in a neat way?

While I walked back to the van, thinking about the pizza we were going to have when we got back to San Mateo, Jack was across the street putting the last things into the V-dub. Some friend was standing nearby. "What are you going to do?"

"I don't know. I don't really care!"

Oh no, I thought...'Jack's in a box.'

"How are you going to run it next year?"

"I'm not going to think about it. Not for a long, long time!"

I couldn't help but think that Jack never gets enough help, but he always comes through...he's crazy of course...

(A "Merry" Christmas Relays Special, continued)...he's a runner! Yep, he's a bonus, that Jack.

When we left, the girl was still standing there. I'll probably never know if they made it. At least not until next year. And speaking of next year, there is a good chance that there won't be one.

Maybe if a lot of people wrote the Highway Patrol and thanked them? And while you're at it, don't forget to write Bonus Jack and Dave Shrock a little thank you note too! Thank you!



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.

THE INJURY CYCLE: - Injury is the most feared enemy of the competitive athlete. Nothing can be more frustrating than the knowledge that vigorous activity must come to an end just when personal goals are within reach. A highly conditioned athlete performs on the "brink of disaster", where he trains and strains just hard enough but not too hard.

There are two types of injury: Traumatic Injury--where there is a rapid disruption of tissue; and Overuse Injury--where tissues break down because the functional demand of the sport exceeds the physical ability of the athlete.

First we must define what an injury is. In its broadest sense, it is any disruption of tissue continuity. This definition is useful because it takes into account all forms of injury, from a simple friction blister of skin to a comminuted (fragmented) fracture of bone. This extreme range of injury reminds us that injury can occur to either soft tissue such as skin, muscle, tendon and ligament, or to bone. However, no matter what the tissue involved, certain basic principles must be kept in mind when confronted with an injury, evaluating its severity and determining the best course of treatment.

In all injury, there is an inflammatory response. The degree of the injury will determine the severity of this response. This is nature's way of isolating a specific area and alerting the consciousness to evaluate and treat the problem. Inflammation increases blood flow to the area to bring nutrient blood cells, "flush out" and "wall off" damaged tissue, and begin the deep healing response which proceeds through the blood system and toward the surface. Ideally, this ends when all tissues have returned to their normal condition and function.

Inflammation has five components: pain, redness, heat, swelling, and loss of function. The first four are considered "cardinal" signs because they are readily observable by the doctor. The last sign, loss of function, though not considered a cardinal sign, is usually present to some degree. Let us look at these signs and determine the reason for each.

Pain has two components. At the time of the initial injury, pain is more sharp and well-defined, especially with motion of the part. During the next 24-48 hours, the pain becomes more throbbing or pressure-type and noticeable when the part is not moving. Initial pain is more easily localized than what has been present for a day or two.

Reasons for the difference in pain are that immediately after an injury, especially of a traumatic nature, the torn tissue damage in the immediate area stimulates nerve endings. As the part swells, tissues adjacent to it

are compressed, and thus a more generalized throbbing-type pain is noted. The "throbbing" is actually the resistance to the pulsing of the blood in circulation, so it is the same as the heart rate.

Swelling of an area occurs for several reasons. First, tissue damage results in bleeding because the small blood vessels or capillaries have been torn. Second, fluid between cells and fluid within the cells escapes into the injured area because of this disruption of tissue. Third, special hormones, enzymes and cells within the blood draw more cells into the area to clean up the debris and start the repair processes. Finally, there is a widening of the blood vessels which bring in more blood, carrying the necessary "machinery" for wound healing. All of these contribute to the swelling of an injured area during the first 24-48 hours.

The redness and heat associated with an injury are the result of this last phase of swelling. As the vessels get larger and carry more blood, they make the skin directly over the injured area more red in appearance, because of increased blood flow, and warm to the touch, because the enlarged vessels are closer to the skin surface.

Loss of function is a subjective finding involving a number of factors. Through swelling and muscle spasm, the body attempts to "splint itself", which aids healing. Depending on the severity of the injury, an individual may be totally bedridden or minimally disabled, feeling only mild discomfort with activity. Individual pain thresholds are also a variable; some people can tolerate discomfort better than others. For this reason, following injury, the athlete must be able to demonstrate full function and range of motion before he is allowed to return to competition.

Traumatic injuries to the foot or any part may be caused by a direct blow of short duration, or the result of continuous or intermittent injury (microtrauma) over an extended time period. Cumulative microtrauma "Overuse", will cause tissue destruction. The extent of injury depends on several factors:

(1) Duration: rapid blow versus continuous or intermittent microtrauma; a rapid injury is more serious because it is not reversible.

(2) Type of Injury: external forces versus internal instability or imbalance; external forces cause greater disability because the body has no defenses against them.

(3) Direction of Force: vertical forces versus twisting forces; twisting (torsional) forces affect more tissues and are therefore more destructive.

(4) Depth of Injury: skin, subcutaneous connective tissue, bone; the deeper the injury, the more destructive.

Cycle of Overuse Injury--The inflammatory process includes swelling (edema), redness (erythema), heat, pain and loss of function. It is reversible if irritation stops. Inflammation is the body's method of warning against overuse as well as the beginning of the healing (repair) process.

This is a gradual process, progressing from superficial areas of minor skin microtrauma to the deep areas of bone trauma. A severe blow may produce tendon, joint, or bone injury before the body has a chance to react. Up to stage 6 (callus), the cycle is reversible if the activity (trauma) is stopped.

The body provides several lines of defense against injury.

Foot Injuries, Causes and Cures

(REGION) Depth	Foot Injury	Description	Early Treatment (stop irritation)	Extended Treatment (protect the part)	Expected Disability
(SKIN)	Blisters	Separation of superficial layers by fluid	Cool compresses	Sterile drainage and compression dressing	Brief
(SKIN)	Callus, corn	Thickening of upper skin layers for protection	Trimming of excess tissue	Correction by removal of offending irritant	Brief
(SOFT TISSUE)	Contusion (bruise, hematoma)	Damage to the nerve-vessel layer	Cold first 24 hours, then warm; professional help?	Evaluate extent of injury	Varies with depth
(TENDON)	Strain	Tear in the tendon-muscle complex	Evaluate extent, then ice packs; support	Possible immobilization; professional help	4 days to 6 weeks
(NERVE)	Neuritis	Irritation to nerve from pinch or trauma	Evaluate cause; professional help	Relief of impingement	2-3 weeks
(MUSCLE)	Ischemia (cramps)	Loss of blood supply for tissue; fluid imbalance	Evaluate and eliminate cause rapidly; massage	Prevention of overuse	Brief
(TENDON)	Tendinitis	Inflammation of the tendon sheath	Cold first 24 hours, then warm; support; prevent swelling	Prevention of stress; balancing orthotics; professional help	2-6 weeks
(SOFT TISSUE)	Bursitis	Inflamed protective sac or fluid over	Protect or aspirate pressure area; professional help	Correct or relieve irritant; professional help	1 week
(JOINT)	Dislocation	Separation of bones at joint	Immobilization; professional help	Taping, support, orthotics; professional help	2-4 weeks
(BONE)	Periostitis (bone bruise)	Blood between bone and bone covering	Injection, aspiration, support; professional help	Prevention of reinjury	1 week
(BONE)	Stress fracture	Partial crack in skeleton from overuse	Support; compression; professional help	Limited activity	4-6 weeks
(BONE)	Complete fracture	Complete break in skeleton from trauma	Correct alignment of parts; thorough evaluation; professional help	Immobilization of part	4-6 weeks

The skin is sensitive to pressure, friction and temperature. Microtrauma to the skin will first produce heat, redness, pain and inflammation and finally a blister develops to separate the upper from the lower levels of the skin. If microtrauma continues over an extended period of time, a diffuse callus or specific nucleated corn may develop as a protection to the deeper structures.

Beneath the skin is the protective fat layer around the minor nerves and vessels, and surrounding the tendons of muscles. Contusion (bruise) to this area is not disabling unless tendon or nerve damage occurs. Prolonged swelling in this area is destructive in that it produces pressure and ischemia (lack of blood supply) to the deeper, more essential structures.

Strain (a tear in the muscle-tendon complex) may be mild, moderate or complete. The more severe, the more scar tissue (muscles do not regenerate). Rest is essential for healing.

Sprain (a tear in ligaments, fibrous bands that hold the bones together at joints) may also be mild, moderate or severe and treatment ranges from two days to six weeks. Pain on pressure and with joint motion is a good indication as to the extent of healing. Ligaments, like muscles, do not regenerate, and occasionally surgical repair is necessary.

Tendonitis (tendon inflammation) is actually inflammation of the tubular sheath, because tendon has no blood supply of its own and therefore heals slowly. The most common cause is a stress tear of the tendon, and it must be treated with adequate rest, or disability is extended.

Neuritis (nerve irritation) can occur through external injury or impingement (pinching) between other structures. This is very painful and disabling. When the cause is found, the treatment is successful.

Bursitis is inflammation of a closed sac of fluid over areas subject to irritation. These are relieved quickly when the area of irritation is found, the inflammation is treated with protection, injection or, on rare occasions, surgical removal of the bursal sac.

Dislocation of bones in joints follows severe trauma and needs professional treatment. Disability varies with the extent of the injury.

Periostitis (bone bruise) is a very common injury on the foot because of the many bone prominences. In a bone bruise the periosteum, or covering of the bone, is separated from the bone by a layer of blood. If this is aspirated (drained) and protected, it heals quickly, with a minimum of disability. If it is not treated, it forms an enlargement (exostosis) of bone which produces further friction, irritation and disability.

The most common fracture in the foot is the stress fracture, which is a crack in the shaft of the bone because of overuse or excessive stress. Bone is a living tissue which must be conditioned for severe stress. When alignment on the fractured bone parts is good, healing is rapid. Most common areas of stress fractures are the metatarsal bones and the heel bone.

In the next issue I will explain what you can do to help your body heal from injury.

Swedish Massage

Here's Part 3 of our new series on massage by Dave Martin. Any direct questions on massage should be sent directly to Dave at 101 Gough St., #36, San Francisco, CA 94102, or call him at 415/626-2784. Appointments any day!!



PART III: - The only tools I have to work with are a pair of hands. There are no x-ray machines here, or equipment of any kind. No lab tests, drugs or medication. This is an alternative method of healing...a supplement to medical treatment. Massage as a method of medical therapy appears in the earliest medical records that we know of, and its use and practice still continues down through history. The writing and records of physicians, philosophers, poets and historians mention various forms of rubbing and anointing used by both savage and civilized nations from ancient times. Hippocrates (460-380 B.C.), who has been called the Father of Medicine, even recommended that every physician learn the skill of good

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massage (how many do it today?). He said: "The physician must be experienced in many things, for things that have the same name, have not the same effects. For rubbing can bind a joint which is too loose and loosen a joint that is too hard."

Can the body really benefit from massage? Therapeutic effects are well documented. By skillfully manipulating muscles and joints, therapists have successfully treated paralysis, muscular atrophy, spasms, sprains, contractions, chronic and subacute afflictions of the joints, local venous (impure) blood congestion, constipation, sciatica, and other neuralgias, headaches and many other ailments.

How does the treatment work? While tissues are being massaged and shortly afterwards, a greater than usual quantity of blood flows through them. The number of red corpuscles increases, and it is believed that the hemoglobin value of the corpuscles increases also. At the same time, the flow of the lymph stream is accelerated. This physiological activity has several results. (1) Unhealthy cells and other products of fatigue are removed from the massaged tissues. (2) Serous fluids (the serumlike liquids surrounding the tissues) are dispersed. (3) Secretion and excretion are stimulated. (4) Local and general cell nutrition is improved.

Afflictions involving the muscles or joints respond well to such therapy. Healthy muscles are made stronger--just as they are in active forms of exercise--and the client enjoys complete overall body relaxation as well as relaxation of the individual muscles. It's both a tuning-up and a tuning-in to body awareness. If someone offered me a choice between a roast beef dinner and a massage, I would take the massage.

Homer's writings state that as early as 1000 B.C., an oily substance was used for massage. In Homer's *Odyssey* beautiful women rubbed and anointed war-weary heroes to rest and refresh them. Herodotus (484-425 B.C.) suggested that a "greasy mixture" be poured over the body before rubbing. Plato (427-347 B.C.) and Socrates (470-399 B.C.) mention the benefits received from anointing the body with oils and rubbing as a "reliever of pain". Olive oil was used, and it was believed the oil itself had curative effects. In Roman history it is recorded that Cicero received great improvement in his health from being massaged.

Politicians, celebrities and world figures in every age

have found relief and release from great tension and pressures after being tybbed. In 1566, Mary, Queen of Scots, apparently dying from typhus fever, was revived from a coma by a brisk massage. She credited massage with saving her from her death-bed. Not only was President Lyndon Johnson massaged regularly at the White House, but he also took a masseur with him on a number of state visits. Charles Laughton, the actor, employed a number of masseurs to help him get through difficult film roles. Frank Sinatra maintains a masseur. The late symphony conductor, Leopold Stokowski, insisted on massage every week in his lifetime. Some athletes (not all) favor massage. Murray Rose, Stanford swimming star from Australia, became an Olympic champion (1956-1960) and constantly used massage in his training programs. His parents, realizing the value of such treatments, first massaged him as a small child. Bruce Jenner is yet another massage fan.

Now, of course, we do not use olive oil or "greasy substances" on the body. Instead, a number of excellent products are available. Modern formulas being manufactured include lotions containing lanolin and cocoa butter--ideal ingredients for good skin care. Rubbing alcohol is a harmful chemical and should never be applied as it destroys tissues.

Massage is not for everyone. Not every person is able to appreciate it. Many high-stress professions seem to find it unacceptable. Doctors today are rigid in attitude and are not receptive to being massaged; they cannot relate to anything outside of medicine. (Physicians also do not touch their patients.) Attorneys are worse. They project an uptight negative reaction about massage (even though a busy law practice is a real grind; one of the worst stress-producing occupations around). Firefighters' jobs are high risk, dangerous, demanding and quite physical. But as a macho group they too are unable to understand therapeutic touch and how it functions to relieve work-incurred pain problems. Many simply find touching or being touched a difficult and painful experience to cope with and accept.

As good as a massage may feel, many are still unable to really notice the changes taking place within the body in a two hour period. The inability to "empty or close the mind from all thoughts and turmoil", leave it and flow into physical awareness is responsible. Some clients are so insensitive that no matter how hard I work on them or what I do, it is impossible to reach them. Usually the only standard feedback remark will be that they feel "relaxed". More than that is taking place in the body changes. Occasionally a patron will feel their first visit is not very meaningful. Certain people require a number of massage sessions before they actually tune in or learn about awareness sensations. But most clients have a good response initially. The reactions are mixed and varied because people differ in their degrees of sensitivity and acceptance.

Humans release different kinds of energy. Depending on the makeup of the person, vibrations and energy may be smooth, mellow, high, or even scattered energy. If a client projects a negative reaction, their low energy will have a draining effect upon me. Just as doctors encounter patients with negative attitudes, so have I worked with this type of massage customer. If I do not make the effort to protect myself, my own energy will be tapped and used by others. Psychic vampires is another term for them.

A person arriving with an assortment of body problems, pain difficulties, complaints and a general negative outlook will feed off my own energy, draining it for their own use. Sick patients in hospitals do this when surrounded by healthy people. This draining can wash you out both physically and psychically. Dealing with subjects who have scattered energy is really tough. They are among the worst offenders. Who needs to be around chaotic energy patterns that go up and down? Such situations can drive you up the wall. During a massage there is always a transfer of energy from one person to another because of the close contact. The moment you touch someone, you transmit energy to them. Touching another means working within the human aura, vibrations and energy field of that individual.

During a marathon, do you suffer multiple cramps from dehydration and fatigue? Runners can now relieve cramps immediately in their calves and thighs by using a simple technique called ACUPINCH. Pinch the skin above the upper lip between the thumb and forefinger. Try it. This relieves the agony of muscle cramps in seconds. Pinch and hold for 20 seconds. It works. This item has been publicized before in a number of places. In case you missed it elsewhere, I am repeating it here as an aid for runners when massage is not available in emergencies.

L.D. RUNNERS!

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Send request for application to Lake County Chamber of Commerce, P.O. Box 517, Lakeport, CA 95453 (Ph. 707/263-6131).

While there are a number of various types of massage now being offered and practiced, Swedish Massage is the most scientific of all systems. It is vigorous and bracing. It exercises the muscles to the bone, and gives the same benefit at each treatment, similar to a walk of several miles, yet without producing fatigue.

Tissue change is also aided by properly applied massage. In many chronic cases, this tissue change is greatly interfered with, thereby resulting in accumulations of toxins and poisons and waste matter in the system. Due to the fact that the cells are being deprived of oxygen, they are unable to perform their excretory functions properly.

The beneficial effects 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 which have accumulated. Still another is to stimulate nerve activity, to increase lung activity, to quiet and soothe the nervous system, and to break up deposits in the joints. 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.

Massaging with the hands should never be a cut-and-dried, mechanical, sloppy or careless routine. It requires a great deal of feeling, time, energy and patience. The therapist must always have concern for the client in order to produce maximum benefits and results within the body. And like any profession, it is a skill that demands perfection, discipline, total dedication, knowledge and sensitivity on the part of the massage technician.

I have mentioned previously in Part II how important it is for runners to give special consideration to their feet. All of us should take the time to massage each other's feet. Remember, one-fourth of the 206 bones in the human body are located in the feet. Add to this the tissues, muscles and ligaments. Don't you think they deserve attention and care? Rub those feet--TONIGHT! And if you can't find anyone, then dial my number, seven days a week.



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 NCRP 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: Robert DeCelle, P.O. Box 1606, Alameda, CA 94501 (Ph. 415/523-2264...days only); SOUTHERN PACIFIC AAU: (SPA) John Duhig, 1642 Trafalgar Pl., Westlake Village, CA 91361 (Ph. 805/497-2011); PACIFIC SOUTH-WEST 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: NCRP 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 NCRP 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).

Meet Directors!!!

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CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

1977-78 LDR HANDBOOK

RACE SCHEDULE

CLUB DIRECTORY

X-C SCHEDULE

TOP PA MARATHONERS

PA RECORDS

PA CHAMPIONSHIPS

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

- Mar 25 - DATE CHANGE - Lake 11 San Jo 10-Miler, Howarth Park, Santa Rosa (moved from 3/26). (See PA-AAU LDR Handbook)
- Mar 25 - Surf to City 10-Miler, Ocean Park, Lompoc, 9:30 am. Joe Sciamé, 1305 N. Orchid St., Lompoc 93436. (SPA)
- Mar 26 - Lake Merced Masters Run, 4.95 Mi., S.F. (Boathouse). (See PA-AAU LDR Handbook)
- Mar 26 - Lake Merritt Fun Runs (5, 10 & 15 Km.), Old Boathouse, Oakland, 9 am. John Notch (415/444-0602).
- Apr 1 - Fool's Runs (8, 16 & 25 Km.), Armstrong Grove Pk., Guerneville (time?). Glenn McCarthy, 335 Algiers Ct., S.Rosa 95405.
- Apr 1 - Inspiration Pt. Run, 8 Miles, Tilden Pk., Berkeley, 10 am. Terry Hughes, Box 21, Benicia 94510.
- Apr 1 - 10 Kilo Run, Minden/Gardnerville, Nev., time?. Douglas County Parks & Recr., Preston Homer, Box 37, Minden, NV 89423.
- Apr 1 - Esccondido 10 Kilo, Kit Karsen Park, 9 am. Will Rasmussen, 1542 Hillsmont Dr., El Cajon 92020. (PSA)
- Apr 1 - Roeding Park 6-Miler, Fresno, time? Frank Delgado, 1560 N. Durant Way, Fresno 93728. (CCA)
- Apr 2 - 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 2 - Orange Grove Marathon, Loma Linda (Gentry Gym), 8 am. Loma Linda Lopers, Box 495, Loma Linda 92345.
- Apr 2 - Conejo 10-Kilo Handicap, Newbury Park, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Apr 2 - DSE Legion of Honor 4.5-Miler (31st & Clement), San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Apr 2 - Arrow TC 10-Kilo (& 3-Kilo Fun Run), Moffett Industrial Park, Sunnyvale. (See PA-AAU LDR Handbook)
- Apr 2 - Hillcrest 5-Kilo Mini-Marathon (Women Only), San Luis Obispo, 9 am. E. Rosenfield, 1561 Hillcrest Pl., S.L.O. 93401.
- Apr 8 - Orange County Marathon, Featherly Park, 8 am. Pete Dowrey, 9593 Pettswood Dr., Huntington Beach 92646. (SPA)
- Apr 8 - Wine Country Relays, Spring Lake Pk., Santa Rosa (3, 5 & 7 Mi. Legs), 10 am. Hersh Jenkins, 78 Estrella, Rohnert Pk 94928
- Apr 8 - Pear Blossom Run, 13 Miles, Medford, Ore., 10 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (Limit 750 Entries)
- Apr 8 - CANCELLED - 90 Mile Chico to Redding Relay. (See PA-AAU LDR Handbook)
- Apr 8 - Nike Catalina 10 Kilo, Avalon (Tentative). Nelson Farris, 5261 Clark Cir., Westminster 92683. (SPA)
- Apr 9 - Internat'l Friendship Races (5, 15 & PA-AAU 30-Kilo Champs), Polo Fields, Golden Gate Pk., San Francisco. (NOTE: No entries accepted after Apr. 3...entry must be on official entry form.) (See PA-AAU LDR Handbook) (With 500+ W. Germans!!)
- Apr 9 - One-Hour Run, Humboldt State Univ. (track), 1 p.m. Dick Meyer, SRRC, Route 1, Box 153-A, Eureka 95501.
- Apr 15 - Simi Valley Pioneer Days 10-Kilo (Simi H.S.), 9 am. Carl Pytlinski, 1672 Fitzgerald, Simi 93065. (SPA)
- Apr 15 - Mission Bay 15-Kilo, San Diego, 8 a.m. Sue Krenn, 3593 Villa Terr., San Diego 92104. (SPA)
- Apr 16 - Kaweah River Valley Run (no distance or time given). David Bronzan, 1173 W. Eymann, Reedley 93654. (CCA)
- Apr 16 - DSE Nob Hill Run, 2.37 Miles, San Francisco (meet at Dolphin Club), 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Apr 16 - Double Marathon (Tentative), site TBA. (Mike Ipsen, Meet Director, no longer lives at Handbook addr. & we don't know.)
- Apr 16 - PA-AAU Women's 10-Kilo Championships, Spring Lake Pk., Santa Rosa. (See PA-AAU LDR Handbook)
- Apr 16 - Santa Clara Valley Spring Ridge Runs (6.1 & 10.8 Mi.), Milpitas. (See PA-AAU LDR Handbook)
- Apr 16 - Burlingame Invit. 10-Kilo, dntn. B'game, 3:30 pm. (32:00 Qual. Time) Club Endsput, P.O. Box 626, Daly City 94015.
- Apr 17 - Boston Marathon (qualifying times req'd), noon. (April 1 Deadline) Will Cloney, 150 Causeway St., Boston, MA 02114.
- Apr 22 - Livermore 8.56-Miler, Lawrence Rad Labs, Livermore. (See PA-AAU LDR Handbook)
- Apr 22 - Legg Lake 10-Kilo (L.A. area), 8 am. Manny Guerrero, 9242 Stauson, Pico Rivera 90660. (SPA)
- Apr 22 - Mt. SAC Relays Marathon, Walnut, 8 am. Don Ruh, Mt. San Antonio College, 1100 N. Grand, Walnut 91789. (SPA)
- Apr 23 - SPA-AAU 50-Kilo Championships (& 16-Miler), 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Apr 23 - Lake Merritt Fun Runs (5, 10 & 15 Km.), Old Boathouse, Oakland, 9 am. John Notch, P.O. Box 2365, Oakland 94614.

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 race day; 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 H.S. or Mills JHS; various Sat. dates, 9:00 a.m.; H. Rosendate, 2513 Augibi 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 Lindo Ln., Foster City, CA 94404.

- Apr 23 - Beach to Airport Fund-Run, So. Shore Shopping Ctr., Alameda, 6.2 Mi., 11 am. Fund-Run, c/o 4368 Lincoln Av., Okld 94602.
- Apr 23 - *(Date Change)* - DSE Ocean Beach Run moved to May 21 (see below).
- Apr 23 - DSE Practice Bay-to-Breakers (Howard & Spear), 7.63 Mi., S.F., 8 am. Walt Stack, 321 Collingwood, S.F. 94114. *From 5/14*
- Apr 29 - Cowles Mountain Handicap Run (San Diego area), 9 am. Will Rasmussen, 1542 Hillsmont Dr., El Cajon 92020. (PSA)
- Apr 29 - Benicia Historical Run, 5 Miles, Benicia (new Marina), 10 am. Terry Hughes, Box 21, Benicia 94510.
- Apr 30 - May Day Runs (5, 10 & 15 Km.), Golden Gate Park Polo Fields, S.F. *(See PA-AAU LDR Handbook)*
- Apr 30 - Mt. Diablo Disturbance Handicap, 6.6 Mi., North Gate Entrance. *(Men, 21 & Over Only)* *(See PA-AAU LDR Handbook)*
- Apr 30 - Reedley 10-Miler (CCA-AAU Championships), time?. David Bronzan, 1173 W. Eymann, Reedley 93654. (CCA)
- Apr 30 - Cinco de Mayo 10-Miler (CCA, Belvedere Park (L.A. Area), 9 am. Carlos Alfaro, 1322 1/2 S. Fremont, Alhambra 91803. (SPA)
- May 6 - Hanson Dam 10-Miler (L.A. Area), 8 am. Marv Rowley, 9275 Lev Av., Arleta 91331. *(SPA LDRC Meeting follows race.)*
- May 6 - Hart Park 6-Mile Handicap, Bakersfield, time? Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. (CCA)
- May 6 - Angel Island Run (4.78 Mi.), S.F. Bay (ferry service available), 11:30 am. The Guardsmen, 12 Geary St., S.F. 94108.
- May 7 - DSE Practice Dipsea, 6.7 Mi., Mill Valley (Bus Station), 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- May 7 - Avenue of the Giants Marathon, near Weott. *(Entries have been closed at 1800 runners!)* *(See PA-AAU LDR Handbook)*
- May 7 - 11th Congressional 10-Kilo, Westlake Shopping Ctr., Daly City, 10 am. Toby Plough, Box 909, San Mateo 94403 (343-4961).
- May 7 - Gold Nugget Days Ridge-Runs (3 & 8.7 Mi.), Paradise, 1 pm. Physical Fitness Program, 5974 Pentz Rd., Paradise 95969.
- May 13 - Woodlake 4-Miler, Woodlake, time? Jesse Garcia, Woodlake Police Dept., Woodlake 93286. (CCA)
- May 13 - Two-Man 8-Mile Relay, Fresno, time? Art Meyer, 3848 N. Thorne, Fresno 93704. (CCA)
- May 13 - Moonstone Drive 4-Miler, Cambria (35 Mi. N. of S.L.O.), 10 am. Mike Barnes, P.O. Box 2414, Harmony 93435. (SPA)
- May 13 - Strawberry Canyon Run, 5.5 Mi., Civic Ctr. Pk., Berkeley, 10 am. For information, call 415/642-5132.
- May 14 - *(Date Change)* - Bay-to-Breakers Cross-City Run, 7.63 Mi., S.F. *(Moved from 5/21...Entry Deadline 4/24)* *(See PA Handbook)*
- May 14 - *(Date Change)* - DSE Practice Bay-to-Breakers (moved to Apr. 23rd).
- May 14 - San Pablo Dam Run, 15-Kilo Scenic Run (Parking Lot), San Pablo, 9 am. John Notch, P.O. Box 2365, Oakland 94614.
- May 14 - Senior Olympics Marathon, Irvine (Wm. Mason Pk.), 7 am. Worth Blaney, 5670 Wilshire Blvd., #360, L.A. 90036. *(25+ Only)*
- May 20 - PA-AAU One-Hour Run (& Nat'l Postal), site TBA, (2 heats). *(See PA-AAU LDR Handbook)*
- May 20 - Fontana Days 10-Miler *(tentative)*, 10:45 am. Louis Brewster, 8332 Nuevo, Fontana 92335. (SPA)
- May 20 - 20-Kilo Run (Mission Bay?), San Diego, 8 am. Contact Hal Goforth (714/464-8719). (PSA)
- May 21 - *(Date Change)* - DSE Ocean Beach 6-Miler (Balboa & Great Hwy), S.F., 10 am. *(Moved from 4/23)* Stack, 321 Collingwood, SF
- May 21 - Los Posas Hills 10 Mile Handicap (L.A. Area), 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- May 21 - Devil Mtn. Fun Run, 10 Km., Town & Country Shopping Ctr., Danville, 10 am. Devil Mtn. Run, Box 727, Alamo 94507.
- May 21 - FORErunners Mothers Day 5-Kilo, Lake Merritt, Oakland, 9 am. FORErunners, c/o 239 Marlow Dr., Oakland 94605.
- May 27 - NorCal 10-Miler (& 3-Mile X-C Run), Lake Redding Pk., Redding. *(See PA-AAU LDR Handbook)*
- May 27 - Nimitz Mini-Marathon (10 Km.), Treasure Island, 10 am. Ed Kraft, 25 Callaghan Hall, Univ. of Calif., Berkeley 94720.
- May 27 - Ashland 4.5-Miler, (Shakespeare Theater), Ashland, Ore., 10 am. Doug Hoxmeier, 890 Neil Crk. Rd., Ashland, OR 97520.
- May 27 - Around the Bay in May 10-Miler, Corona del Mar H.S., 9 am. John Blair, 1162 Dorset Ln., Costa Mesa 92646. (SPA)
- May 27 - Mt. Wilson Trail Race, 9.5 Mi. (near Santa Anita track), 9 am. Dennis Yelland, 55 W. Sierra Madre Blvd., S. Madre 91024.
- May 28 - Brentwood 10-Kilo, 9 am. Valerie Johnson, 12305 4th Helena Dr., Los Angeles 90049. (SPA)

- May 28 - TRAC 10-Kilo, Hellyer Pk., San Jose. (See PA LDR Hnbk.) (PA-AAU LDR SCHEDULING MEETING FOR 1978-79 FOLLOWS RACE.)
 Note: New contact for entries--Paul Spongler, 1257 Balboa Ct., Sunnyvale 94086.
- May 28 - George E. Olson Memorial Hill Run, Coalinga, time? Coalinga-Huron Rec. & Parks Dept., P.O. Box 386, Coalinga 93210.
- May 28 - Indian Gulch/Hornitos Run (5 & 10 Mi.), near Cathays Valley & Merced, 9 am. Dave Donaldson, 835 Modoc, Merced 95340.
- May 29 - Memorial Day Run, Fresno, time? Jim Martin, 2530 N. Barton, Fresno 93705. (CCA)
- May 29 - Pacific Sun Marathon, (& 6 Miler), College of Marin?, Kentfield, 8 am. Pacific Sun, Box 553, Mill Valley 94941.
- Jun 3 - Mt. Misery X-C Run (10 Km.), Placerville. (See PA-AAU LDR Handbook)
- Jun 4 - Round the Runway Footrace, 3 & 7.6 Mi., Moffett Field, 9:45 am. LCDR W.R. Hartman, FASO Detachment, NAS Moffett 94035.
- Jun 17 - Palos Verdes Marathon, P.V. Peninsula (Pen. Ctr.), 7:30 am. Kiwanis Club of P.V., Box 153, Palos Verdes Estates 90274.
- Jun 24 - Lake Tahoe Marathon, Incline Village, 8 am. Lake Tahoe T.C., Box 5983, Incline Village, NV 89450.
- Jun 24 - Western States Trail Endurance Run (100 Mi.), Squaw Valley, 5 am. Endurance Run, Box 1228, Auburn 95603.
- Jun 25 - Valley of the Flowers Marathon, Lompoc, 8 am. Joe Sciamé, 1305 N. Orchid St., Lompoc 93436. (SPA)
- Jul 9 - San Francisco Marathon, Golden Gate Park, 9 am. (See PA-AAU LDR Handbook)
- Jul 15 - PA-AAU 100-Mile Championship (& 24-Hour Run), Woodside H.S. Track. (Note: Anyone know Ipsen's whereabouts? See 4/16)

TRACK & FIELD

IMPORTANT: - The NCR is not perfect, nor are the schedules we receive...not by a long shot! There are usually conflicts between schedules and we don't always take the time to determine which is correct. We have probably missed some major meets on the schedule, but we can only print what we receive...for the first time this year, that was pretty sizeable. We thank all of you who bothered to send us your schedule because the listing you see on the following pages would not exist otherwise.

ALL-COMERS MEETS: - Please send us information on any all-comer meets you might know about for the summer (even if it's only tentative). We need this information by April 22nd for the next issue, which will be out in early to mid-May. Thank you.

CODING: - Rather than put a different section for high school, college, etc., we will print all the meets together, using the following coding system when the name of the meet is not enough to distinguish entry restrictions. -- (B) Boys; (G) Girls; (AG) Age-Group; (JHS) Jr. High School; (HS) High School; (JC) Junior College; (C) College/Univ.; (W) Women; (JR) Juniors (under 20); (SM) Sub-Masters (30-39); (M) Masters (40+); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate. Contacts are usually listed only for non-school meets if we know them. /Schedule compiled by Jack Leydig & Bill Reink/

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- Mar 25 - SJSU vs. Oregon St., SJS; Santa Barbara Relays, SBCC (LaPaya Stadium) (C,JC,W); Chico vs. Hayward St., Hayward, 1 pm; San Jose Relays, SJCC, 10 am (HS,JC,C,O); Pittsburg Relays, Pittsburg HS, 10 am (HS); USTFF/UCSB Decathlon, UCSB (2 days) (C,O) - Sam Adams (Track Coach), UCSB, Santa Barbara 93106.
- Mar 26 - Meet of Champions, UC Irvine (O).
- Mar 31 - Hancock Metric Invit., Santa Maria (3 days) (JC); Chico Decathlon, Chico St. (2 days) (C); Sub-Master/Masters Invit., Pinole Vly. HS, 6 pm (SM/M) - Robert North, 2454 Simas, Pinole 94564 (3/28 Deadline).
- Apr 1 - Sacramento Relays, Sac'to St. (C,O); DVC Relays, Pleasant Hill, 10 am (JC); King City Relays, King City HS, 9 am (HS); Harbor Co-Ed Relays, Cabrillo JC, 10 am (HS); Arcata Relays, Humboldt St., 11 am (HS); Chico vs. Humboldt St., HSU (CW); Gaucho Invit., El Cerrito HS (HS); Mt. Carmel Invit., Mt. Carmel HS (HS/G); Co-Ed Relays, Los Gatos HS (HS) - Saratoga HS host; Armijo Invit., Fairfield (HS); Martinez Relays(?)...Error on NCS Schedule?, see 4/8; San Ramon Relays, Danville (HS); PA-AAU Women's Sectional, SJCC (W,AG) - E. Argabright, 1640 Tiffany Wy, San Jose 95125; Matador Relays, Mira Loma HS, Sac'to.
- Apr 2 - NCSTC Masters Meet, Downey HS, Modesto (SM,M,W) - Ray Mahannah, 426 Coleman Ct., Modesto 95354.
- Apr 4 - USTFF/Fresno St. Decathlon, Fresno (2 days) (C,O).
- Apr 8 - CSM NorCal Invit., San Mateo, 11 am (JC); Piner Invit., Piner HS, Santa Rosa (HS); Ukiah Invit., Ukiah HS, 9 am (HS); PA-AAU Women's A/G Invit., Sierra College, Rocklin - Gil Duran, 1325 Susan Cir., Roseville 95678; Fresno Invit., Fresno St. (O); Martinez Relays, Diablo Vly College, Pleasant Hill (HS); SJS Club Meet, San Jose St., 10 am (O).
- Apr 14 - Amador Vly Invit. Relays, Amador Vly HS; Ed Adams Invit., Hartnell JC, Salinas, 1:30 pm (JC-W); Bakersfield Relays, Bakersfield (JC-W); Redwood Relays, Fortuna HS; Woody Wilson Relays, UC Davis (C,JC,HS?).
- Apr 15 - Cupertino Yearlings A/G Invit., where? (BAG) - PO Box 1049, Cupertino 95014; Ed Adams Invit., Hartnell JC, Salinas (JC-M); Chuck Stapleton Relays, Antioch HS, 9 am (HS); Firebaugh Invit., Firebaugh HS; Gilroy Invit., Gilroy HS; Kennedy Relays, Contra Costa JC (HS) - JFK HS/Richmond host; Millbrae Lions Relays, Mills HS, Millbrae (W,AG) - Harmon Brown, 2335 David Ct., San Mateo 94403; Cal vs. USC & Stanford vs. UCLA, Stanford, 1:15 pm; Bakersfield Relays, Bakersfield, 10 am (JC-M).
- Apr 21 - Howard Breivik Relays, Mt. Diablo HS; Del Oro Invit., Del Oro HS, 3 pm (HS); Mt. SAC Relays, Walnut (3 days) (HS,JC,C,O,W,M); Sacramento Decathlon, Sac'to, 1 pm (C,O?).
- Apr 22 - El Cerrito Girl's Relays, El Cerrito HS; West Valley Relays, WV College, Saratoga, 9 am (HS); Sir Francis Drake Girl's Relays, SFHS, 10:30 am; Benicia Relays, Benicia (HS); Sacramento Prep. Invit., Sac'to HS; Orinda Women's Invit., Acalanes HS, Lafayette (W,AG) - Don Bailes, 133 Selbourne Wy, Moraga 94556...**MORE!**

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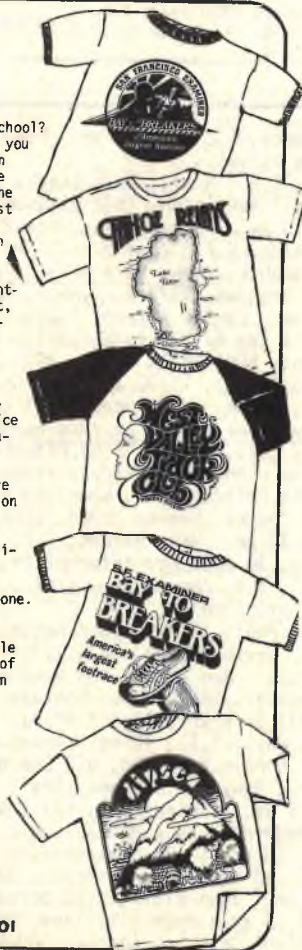
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JACK'S ATHLETIC SUPPLY

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- Apr 22 - Hayward St. vs. SF State, SFS, 11 am; Bret Harte Invit., Angels Camp (HS); Mitchell Invit., Cordova HS, Rancho Cordova (9th Grade Only); Merced College Invit., Merced, 11 am (JC); Humboldt, UCD, Hayward St. & SOC, HSU, Arcata; Oroville Relays, Oroville HS, noon (HS); Branham Invit., Branham HS, San Jose, 10 am (G/H/S); Fresno St. vs. Cal, Berkeley, 1:15 pm; Diablo Valley Invit. (Relays), Pleasant Hill (DVC), 9 am (BAG) - Gary Santos 415/685-5598.
- Apr 24 - R.L. Davis Invit., Antioch HS.
- Apr 28 - De Klotz Relays, Las Lomas HS (alternate date 4/21); Golden Gate Conf. Finals, Chabot JC, Hayward, 4 pm (JC); Golden Valley Conf. Finals, College of the Siskiyous, Weed (2 days) (JC); Eaton Relays, Acalanes HS, Lafayette (HS).
- Apr 29 - Clear Lake Rotary Invit., Clear Lake HS; Hale Roach Relays, El Cerrito HS; San Leandro Relays, Russell Field (HS); Valley Conf. Finals, Delta JC, Stockton (JC); San Jose Natl. Invit., SJSU, 11:30 am (O,C,W); Camino Norte Conf. Finals, Pittsburg (JC); Rio Linda Girls' Invit., Sac'to, 10 am (HS); Vacaville Invit., Vacaville HS; Hughson Invit., Hughson (HS); Coast Conf. Finals, Skyline JC, San Bruno, 11 am (JC); King City Girls' Invit., King City HS, 10 am (HS); Pacific Grove Boys' Invit., Pacific Grove HS, 10 am (HS); Silver State Invit., Reno, Nev., 9 am (C); WVTC & Aggie RC vs. UC Davis, Davis, noon; Corning Relays, Corning HS, 10 am.
- Apr 30 - Herbert Hoover Relays, Menlo-Atherton HS, Menlo Park, all day (W,M,O,AG) - Van Parish, 400 Market, Menlo Park.
- May 3 - NorCal JC Decathlon, DeAnza JC, Cupertino (2 days).
- May 5 - West Coast Relays, Ratliffe Stad., Fresno (2 days) (JC,HS, C,O,W); Halden Relays, UC Davis, 4 pm (HS); San Juan Invit., Sacramento (HS); State Small Conf. Invit., Porterville JC, 5 pm (JC); Humboldt/DeNorte All-County Meet, HSU, Arcata (HS).
- May 6 - Ceres HS Invit., Ceres HS; Santa Cruz Invit., Santa Cruz HS, 10 am (HS); Delta Rotary Invit., Delta HS; Woodland Invit., Woodland Stadium, 10 am (HS); Arrow TC Relays, Foothill College, Los Altos Hills (B&GAG,W) - B. Carney, 505 Cypress Pt., #92, Mtn. View 94041; Golden State Masters Meet, Porterville (M) - A. Nelson, Porterville College, Porterville 93257.
- May 7 - Willits Invit., Willits HS.
- May 11 - CCAA Championships, Bakersfield (3 days) (C); Far West Conf. Champs, UC Davis (3 days) (C).
- May 12 - NorCal Men's JC Trials, Delta JC, Stockton, noon.
- May 13 - PCAA Champs, Fresno (2 days) (C); Richmond Invit., Contra Costa College (W) - Art Hunt, 2812 Wiswall, San Pablo 94806; NorCal Women's JC Trials, Butte JC, Durham; Big 5 Track Meet, Eureka HS, 11 am (HS); Golden State Conf. Champs, Chico St. (C-W?); Grandfather Games, Van Nuys, noon (SM,M).
- May 14 - Sparta TC Invit., San Jose(?) (BAG).
- May 17 - Sac-Joaquin I Trials, Merced College (HS); Sac-Joaquin II Trials, El Dorado HS, Placerville (HS); Sac-Joaquin III Trials, Hughes Stad., Sac'to (HS).
- May 19 - NCS 2-A Region, Chabot JC, Hayward (2 days) (HS); Sac-Joaquin I Finals, Merced College (HS); Sac-Joaquin II Finals, Placerville (HS); Sac-Joaquin III Finals, Hughes Stadium, Sac'to (HS); NCS 3-A Region, COR, Eureka (2 day) (HS); NorCal JC Finals, SJCC, 5 pm (M,W-JC); NCS 4-A Region, Foothill HS, Pleasanton (2 days) (HS); Pac-8 Champs, Eugene, Ore. (2 days) (C).
- May 20 - AAA All-City Meet, McAtteer HS, S.F. (11 am) (HS); California Relays, Modesto, 11 am (W,O) - Tom Moore, Box 367, Ceres 95307; Novice PA Boys A/G Champs (& Postal Mile), Loc. TBA - Contact: Chas. Stewart (Mission City RR), address not known; CCS Region IV, Loc. TBA (HS); Striders Relays, Cal-Poly, Pomona (M); CCS Region I, CSM, San Mateo (HS); NCS 1-A Region, Santa Rosa JC (HS).
- May 21 - PA-AAU Pentathlon, Foothill JC, Los Altos Hills (GAG,W) - B. Carney, 505 Cypress Pt., #92, Mtn. View 94041.
- May 24 - Sac-Joaquin Section Trials, American River JC, Sac'to (HS).
- May 26 - Oakland A.L. Finals (Section), Laney JC, 4 pm (HS); CCS Champs, SJCC, 3 pm (HS); NCS Champs, UC Berkeley (2 days) (HS); Sac-Joaquin Champs, American River JC, Sac'to (HS); Women's State JC Champs, Bakersfield, 6 pm; Northern Sec. Champs, Yreka, noon (HS).
- May 27 - Men's State JC Champs, Bakersfield, 5:30 pm; PA-AAU Masters & Sub-Masters Champs, Los Gatos HS - Rick Chappel, Box 1328, Los Gatos 95030; PA-AAU Women's A/G Champs, SJCC - E. Argabright, 1640 Tiffany Wy, San Jose 95125.
- May 29 - PA-AAU Sr. Men's & Women's Champs, CSM, San Mateo (O,W) - Dave Shrock, Track, CSM, 1700 W. Hillsdale, S.M. 94402;
- May 29 - PA-AAU Expert Boys' A/G Champs, Loc. TBA - Contact: John Gash - Sonoma Valley TC (no addr.).
- Jun 1 - NCAA Div. I Champs, Eugene, Ore. (3 days) (C).
- Jun 2 - State JC Decathlon, Hancock JC, Santa Maria, 10 am; State HS Champs (CIF), Bakersfield JC (2 days).
- Jun 8 - Natl. AAU Sr. Men's & Women's Champs, UCLA (3 days) - Will Kern, Special Events, L.A. Times, Times-Mirror Sq., L.A. 90053.
- Jun 17 - Natl. AAU Jr. & Sr. Women's Pentathlon Champs, Ariz. State, Tempe (2 days) - Sue Humphrey, 3408 W. Glendale, #104, Phoenix, AZ 85021; Boy's State A/G Champs, CSM, San Mateo - Mike Ipsen (415/368-1095?); Western Regional AAU Masters Meet, Los Gatos HS (M,SM-men & women) - B. Sweet, Box 1328, Los Gatos 95030 (2 days).
- Jun 24 - Natl. AAU Jr. Men's & Women's Champs, Indiana Univ., Bloomington (2 days) - Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 27401; Sr. Olympics, UC Irvine (2 days) (25+, men & women) - W. Blaney, 5670 Wilshire Blvd, #360, Los Angeles 90036.
- Jul 6 - Natl. AAU Masters Champs, Atlanta, GA (3 days) - Bob Fine, 77 Prospect Pl., Brooklyn, N.Y. 11217; PA-AAU Jr. Olympics, Cal-St. Hywd. (4 days) (B&GAG) - Bob Escobar, 500 Hazel Av., Millbrae 94030.

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RACE WALKING

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

Apr 2 - 10-Miler, Palo Alto (same site as '77 Natl. 35K).
Apr 23 - Mt. SAC Relays 5 & 10K (track), Walnut (see T&F Sched.).
Apr 30 - PA-AAU 20K, Site to be announced.
May 6 - San Jose St. Invit., 2 miles (track).
May 14 - Natl. AAU 100K, Denver, Colorado.
May 20 - California Relays (1 mile?), Modesto (see T&F Sched.).

THIS & THAT: - It should come as no surprise to anyone that Neal Pyke heads the *Ohio Race Walker's* rankings in the 20K after his speedy indoor performances, an American record at 10K against West German, and an American best and first ever win against the U.S.S.R. at 20K in a spectacular 1:28:18. Neal has shown meteoric rise since last year when he qualified for the Olympic Trials after only a few months of walking. Following are listed the rankings of local walkers for both the 20K and 50K walks: 20K--(1) Neal Pyke/WVTC, (6) Tom Dooley/WVTC, (7) David Himmelberger/WVTC, (9) Bill Ranney/WVTC, (10) Manny Adriano/WVTC... 50K--(4) Tom Dooley, (8) Wayne Glusker/WVTC, (10) Brian Snazelle/WVTC, (12) David Himmelberger. --- USA's New IAAF Judges: Bob Bowman (Oakland) and Martin Rudow (ex-Bay Area, now in the Seattle area) were elected to the prestigious IAAF Panel of Judges, and can now vent their wrath upon the unwary world of walking. --- At last word from the AAU, the Natl. Senior 20K Championships is planned for the Natl. AAU Track & Field Meet in Los Angeles, along with the track events, and the first two finishers will meet the Russians. If another suitable location can't be found and if this puts too much strain on the meet management, or if the top athletes vote to stay away, THEN it shall probably be held in the Metropolitan Ass'n (New York). It might possibly be on the track with a 1:45(?) standard.

Help NCR & Earn Easy \$\$

Attention all readers! This issue marks a critical stage in the NCR'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 fourfold 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 (or 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 NCR is basically a reader-supported publication. Help us grow. Write today.

Northern California Running Review
c/o Mike Niemiec, 145 Roosevelt, #39, Redwood City 94061

WEST VALLEY WINS FOURTH NATL. TEAM TITLE FOR 1977: - Tom Dooley just missed in his bid to win an individual national title in 1977 when John Knifton edged past his mark of 8m 157y by a mere 24 yards on the final day of the postal competition. WVTC dominated the team race by placing four in the top six, averaging 400 yards per man further than the second-place NYAC team. Woodside Striders were a very respectable fourth team in the senior competition. Results: 1-Knifton/NYAC 8-181, 2-Dooley/WVTC 8-157, 3-Wayne Glusker/WVTC 8-22, 4-Larry Walker/Tob 7-1496, 5-Dave Himmelberger/WVTC 7-1093, 6-Manny Adriano/WVTC 7-949...20-Brad Jacobs/WDS 6-1643, 23-Tom Lucas/WDS 6-1460, 37-Nat Sterling/Un 6-516; Teams: WVTC 9, NYAC 14, Shore AC 32, Woodside Str. 38; "B"-Div.: 2-Brian Snazelle/WV 7-883; Juniors: 3-Dan Martinez/WDS 7-22, 6-Brad Jacobs/WDS 6-1643, 22-Brian West(9 Yrs) 5-1129. /Wayne Glusker/

U.A.L. FRIENDSHIP RACE (Dec. 4, S.F. Airport): - This inaugural race had some confusion about the turnaround point in an out-and-back 15K as part of an out-and-back 30K running race, heading south along the Bay to Coyote Point. The lead pack of walkers composed of Adriano, Himmelberger, Pyke and Laird, were moving along well, but never found the designated 7.5K turnaround. Not knowing what to do, the group (leaders) merely continued on to finish at the runners' halfway point, which turned out to be short of the announced 15K (probably only 11.6-11.7K). Some decided to head back to the start/finish line rather than pursue the leaders. Both sets of results are listed: -- 11.7K: 1-Dave Himmelberger/WV 55:05, 2-Neal Pyke/WV 55:25, 3-Adriano/WV 55:40, 4-Laird/NYAC 56:00. 15K: 1-Bill Ranney/WV 1:37:30...Julie Partridge won the women's under-20 division and Lori Maynard the over-20, but no times were taken or at least none are available. /Wayne Glusker/

JULIE PARTRIDGE SETS NATL. RECORD FOR WOMEN AT 100K (Dec. 11, Woodside): - Helped by her woodside Strider teammates for the first 50K, Julie Partridge pushed through a truly grueling event under less than optimum conditions (weather), and was rewarded with a national record in a time of 15:29:55, besting the old mark by 50 minutes! Veteran walker, Chuck Hunter, led the men in 12:05:02, followed by Larry Aviles in 13:50:00, the only other 'survivor'. Others going part way: 50K--Tom Dooley 4:58:35, Brad Jacobs 6:28:48, Lori Maynard 7:11:22; 40K--John Allen 3:59:00, Mary Harrison 6:20:27.

LOS ANGELES TIMES INDOOR (Feb. 3, The Forum): - Sue Broddock of the Rialto Road Runners cruised to a swift 7:10.9 clocking, while sister Joyce did 7:31.7 in second, and WVTC's Sally McPherson set a PR 7:33. Neal Pyke was DQ'd in his attempt at winning the men's walk. /Wayne Glusker/

PYKE CRUISES TO AMERICAN RECORD AT EXAMINER GAMES (Feb. 18, Daly City - Cow Palace): - WVTC's Neal Pyke led from start to finish in an incredible 6:04.0 solo performance that left his nearest competitor some 36 seconds back. The time was about 6 seconds under the old American record (whose?), but fell short of the world 'best' (by a Swede I'm told). The news-media failed to even mention Neal's outstanding performance, except in the 'small print' section. Look out 6-minute barrier! The women started with the men, and Sue Broddock set many of them on their tails with a 7:06.3 (AR?). Sally McPherson lowered her PR by almost 9 seconds to 7:24.5 to take runnerup spot. Complete results in T&F section. /Leydig/

Prep Ramblings

by Keith Conning

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! Please 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 (and x-country) and there is a lack of information about what is going on around NorCal in the sport.

SIDELIGHTS: - Bill Hotchkiss (Leigh H.S. coach) reports that he is attempting to bring in a very strong 4-mile relay field to the Leigh/West Valley Relays (Apr. 22 at West Valley College, Saratoga). He has issued invitations to Mt. Pleasant, Carlmont, Mission San Jose, Mira Loma, Skyline and Redwood. Leigh should be pretty hot themselves with the following returnees: Paul Brewer (4:23), Dave Sipiora (4:22) & Greg Jenkins (4:32), plus Ken Bergkamp (4:29 as a frosh last year).

All-Time Nor-Cal Prep Marks

ALL-TIME LIST (COMPILED BY KEITH CONNING) - Here are the top NorCal Prep marks of all time, to whet the appetites of some of our top local stars. They go ten deep per event when possible (by performer). Any corrections or additions should be sent to Keith Conning directly (2235 Browning St., Berkeley, CA 94702.

Abbreviations: *=Junior; **=Sophomore; ***=Freshman. Fully automatic timing has been converted to its manual equivalent for insertion into the rankings (0.24 seconds for 220 and below; 0.14 seconds for 330 and above). Only boys all-time marks below since girls track is still relatively new in Cal.

100 YARDS

9.4	Jimmy Jackson (Alameda) 54
9.4	Jimmy Hines (McClmonds, Oakland) 64
9.4	Mel Gray (Montgomery, Santa Rosa) 67
9.74	Willie Jackson (Franklin, Stockton) 77
9.5	*Jerry Williams (Berkeley) 62
9.5	*Jerry Bradley (Hogan, Vallejo) 63
9.5	J.D. Hill (Edison, Stockton) 66
9.5	Dave Masters (El Cerrito) 67
9.5	Warren Edmondson (Oakland) 68
9.5	Seaborn Bowens (Kennedy, Sac'to) 69
9.5	*Sammy Burns (El Cerrito) 70
9.5	Vince Brown (Pittsburg) 71
9.5	**Mike Shavers (Albany) 71
9.5	Carl McCullough (Sacramento) 72
9.5	Tony Watkins (McClmonds, Oakland) 72
9.5	Ron Whitaker (Wilson, S.F.) 73
9.5	Mike Farmer (Wilson, S.F.) 74
9.5	Millard Hampton (Silver Creek, S.J.) 74
9.5	Glenn Cannon (Mt. Pleasant, San Jose) 76
9.5	Chris Dailey (Kennedy, Sac'to) 77

220 YARDS

20.7	Mel Gray (Montgomery, Santa Rosa) 67
20.8	Carl McCullough (Sacramento) 72
20.8	Mike Farmer (Wilson, S.F.) 74
20.9	Jimmy Hines (McClmonds, Oakland) 64
20.9	Dave Masters (El Cerrito) 67
20.9	Millard Hampton (Silver Crk, San Jose) 74
21.0	*Mike Shavers (Albany) 72
21.1	Glenn Cannon (Mt. Pleasant, San Jose) 76
21.2	Johnny Ware (Sacramento) 75
21.2	Keith Taylor (Piedmont Hills, S.J.) 76

440 YARDS

46.9	Lee Evans (Overfelt, San Jose) 65
46.9	Derald Harris (Pittsburg) 76
47.0	Ron Whitaker (Wilson, S.F.) 73
47.1	Rick Brown (Los Altos) 70
47.2	Benny Brown (Sunnyvale) 71
47.2	Johnny Ware (Sacramento) 75
47.3	Joe DeDora (Santa Rosa) 70
47.4	Tony Lawson (Pittsburg) 72
47.5	Frank Hughes (Cupertino) 69
47.6	Ray Saddler (Castlemont, Oakland) 60

880 YARDS

1:48.5	Dale Scott (El Cerrito) 72
1:49.7	Dan Aldridge (Petaluma) 75
1:50.6	Rick Brown (Los Altos) 70
1:50.9	George Coon (Miramonte, Orinda) 65
1:51.0	Conrad Suhr (Leigh, San Jose) 75
1:51.5	James Robinson (McClmonds, Oakland) 72
1:51.5	*Mike White (Richmond) 77
1:51.9	Pete Fairchild (Encina, Sacramento) 67
1:51.9	Dan Navarro (Oakmont, Roseville) 77
1:52.1	Ralph Lee (San Mateo) 60
1:52.1	Ron Hyatt (Placer, Auburn) 72

1500 METERS

3:48.9	Richard Kimball (DeLaSalle, Concord) 74
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ONE MILE

4:02.4	Richard Kimball (DeLaSalle, Concord) 74
4:06.9	Mark Stillman (Willow Glen, San Jose) 77
4:08.2	Stan Ross (Serra, San Mateo) 77
4:09.0	Clifton West (Kennedy, Sacramento) 68
4:09.5	Mike Ryan (Wilcox, Santa Clara) 65
4:09.5	Johnny Johnson (Skyline, Oakland) 75
4:09.6	Rusty Nahirny (Washington, Fremont) 74
4:10.0	Morgan Groth (Alhambra, Martinez) 61
4:10.7	Steve Miller (Carlmont, Belmont) 72
4:10.7	Larry Greer (Paradise) 77

STEEPLECHASE

9:33.5	Richard Kimball (DeLaSalle, Concord) 74
9:49.0	Mitch Kingery (San Carlos) 73

TWO MILES

8:46.5	Richard Kimball (DeLaSalle, Concord) 74
8:53.4	*Rod Berry (Redwood, Larkspur) 77
8:53.5	Dave Taylor (Merced) 72
8:54.5	Bob Grubbs (Washington, Fremont) 72
8:55.3	Tim Holmes (Downey, Modesto) 77
8:56.2	Roy Kissin (San Ramon, Danville) 75
8:57.0	Ralph Gamez (Berkeley) 66
8:57.2	Tom Hale (Campolindo, Moraga) 71
8:57.3	Mitch Kingery (San Carlos) 75
8:57.8	Mike Ryan (Wilcox, Santa Clara) 64
8:57.8	Benton Hart (Modesto) 74

THREE MILES

13:43.6	Richard Kimball (DeLaSalle, Concord) 73
13:54.0	Hal Schulz (Redwood, Larkspur) 76
13:56.4	*Mitch Kingery (San Carlos) 73
13:59.9	Tim Holmes (Downey, Modesto) 76
14:00.3	*Rod Berry (Redwood, Larkspur) 76
14:02.6	*Dave Taylor (Merced) 72
14:06.2	Ron Fritzke (Leigh, San Jose) 75
14:10.2	Steve Brooks (Mt. Pleasant, S.J.) 71
14:11.6	Mike Ryan (Wilcox, Santa Clara) 65
14:14.0	Steve Crowley (Gunn, Palo Alto) 72

5000 METERS

14:22.0	Richard Kimball (DeLaSalle, Concord) 74
14:22.6	Hal Schulz (Redwood, Larkspur) 76
14:25.9	Roy Kissin (San Ramon, Danville) 75
14:29.2	*Dave Taylor (Merced) 72
14:35.0	Benton Hart (Modesto) 74
14:38.8	Mike Ryan (Wilcox, Santa Clara) 65
15:05.1	*Rod Berry (Redwood, Larkspur) 77

SIX MILES

29:13.2	*Rod Berry (Redwood, Larkspur) 77
29:21.1	Roy Kissin (San Ramon, Danville) 75
29:39.6	Tom O'Neil (Jesusit, Carmichael) 77
29:41	Tim Holmes (Downey, Modesto) 77
29:57.0	*Richard Kimball (DeLaSalle, Concord) 73
29:59	Pete Gaul (Jesusit, Carmichael) 77
30:07.2	Rich McCandless (Westmont, Campbell) 73
30:10.6	Mike Ruffatto (Washington, Fremont) 73
30:27	*Bob Love (Carlmont, Belmont) 77
30:30.0	Jack Bellah (Leigh, San Jose) 72

10,000 METERS

31:33.5	Jack Bellah (Leigh, San Jose) 72
31:40.1	Steve Brooks (Mt. Pleasant, S.J.) 72
31:45.6	*Roy Kissin (San Ramon, Danville) 74
31:49.4	*Mike Ryan (Wilcox, Santa Clara) 64
31:51.0	Gary Vann (Del Mar, San Jose) 67
31:51.2	*Joe Whytock (Burlingame) 68
31:55.0	*Gordon MacMitchell (Gunn, Palo Alto) 72
32:01.9	*Dirk Feenstra (Jesusit, Carmichael) 74
33:32.2	***Mitch Kingery (San Carlos) 72

MARATHON

2:23:47	**Mitch Kingery (San Carlos) 73
2:24:32	Tom O'Neil (Jesusit, Carmichael) 77
2:30:39	Alex Aguilar (Silver Crk, San Jose) 74
2:31:25	***David Cortez (St. Francis, Mt.Vw.) 74
2:31:50	Jim Sane (Cordova, Rancho Cordova) 76
2:32:29	Mike Tulley (Jesusit, Carmichael) 72
2:34:12	*Gordon MacMitchell (Gunn, Palo Alto) 71
2:34:29	John Swift (Downey, Modesto) 76
2:35:54	*Dirk Feenstra (Jesusit, Carmichael) 74
2:36:26	*Jeff Arnold (Campolindo, Moraga) 72

120 YARD HIGH HURDLES (39")

13.2	Dedy Cooper (Harry Ells, Richmond) 75
13.3	Robert Gaines (Kennedy, Richmond) 75
13.6	Carl Florant (Palo Alto) 73
13.7	Milton Turner (Castlemont, Oakland) 70
13.7	Ron Kennedy (Serramonte, Daly City) 75
13.8	Dan Redfern (San Juan, Citrus Hgts.) 69
13.8	Mike Nealy (Edison, Stockton) 72
13.8	*James Owens (Norte Del Rio, Sac'to) 73
13.8	Rich Graybehl (Las Lomas, Walnut Creek) 74
13.8	Mike Kirtman (Wilson, San Francisco) 74
13.8	Tom Bobertz (Serramonte, Daly City) 76

330 YARD LOW HURDLES

36.0	Dedy Cooper (Harry Ells, Richmond) 75
36.43	Andre Phillips (Silver Crk., San Jose) 77
36.83	Chuck Gangnuss (Dublin) 77
36.6	Andrew Fields (Grant, Sacramento) 76
37.04	Mark Chapman (Yerba Buena, San Jose) 77
37.14	*William Stapleton (Lincoln, S.F.) 77
37.0	Tony Hicks (Serramonte, Daly City) 75
37.0	Dave Jakle (Los Altos) 75
37.1	Bart Williams (Vallejo) 75
37.35	Brian Matooka (Gunn, Palo Alto) 77

HIGH JUMP

7-2	Bill Hice (Oakland) 77
7-1 3/4	Mark Wilson (Monte Vista, Danville) 74
7-0	Don Pierce (Pittsburg) 66
7-0	Mark Ridge (Merced) 74
7-0	Clark Beedle (LaSierra, Carmichael) 74
7-0	Charles Hatch (Wilson, San Francisco) 64
7-0	John Lane (American, Fremont) 76
7-0	Steve Link (Kennedy, Sacramento) 77
6-11 1/2	*Coart Owens (Castlemont, Oakland) 75
6-11	Dave Bush (Campbell) 72
6-11	*Reuben Edwards (Terra Linda, S.Raf.) 77

POLE VAULT

15-9	Roger Martin (Camden, San Jose) 71
15-6 1/2	Larry Hintz (Buchser, Santa Clara) 73
15-6	Blake Fearnside (Del Mar, San Jose) 77
15-3 1/2	*Bert Tardieu (Del Mar, San Jose) 77
15-3	Jim Westlund (Fremont, Sunnyvale) 77
15-1	Tom Philbert (Acalanes, Lafayette) 76
15-0 3/4	Wayne Myers (Foothill, Sacramento) 66
15-0 1/2	San Albanese (King City) 69
15-0 1/4	Doug Uptike (Carmel) 69
15-0	Russ Royal (Sunnyvale) 69
15-0	Scott Turner (Del Mar, San Jose) 73
15-0	Todd Lovejoy (Del Mar, San Jose) 76
15-0	Jeff Kitts (Monte Vista, Cupertino) 77
15-0	*Ross McAlexander (Monte Vista, Cup) 77
15-0	Kevin McElveny (Lynbrook, San Jose) 77
15-0	*George Rodriguez (Del Mar, San Jose) 77

LONG JUMP

26-2 1/4	Ken Duncan (McClatchy, Sacramento) 72
25-10 3/4	*Heulon Hewitt (Merced) 68
25-5	Carl McCullough (Sacramento) 72
25-4 3/4	*Johnny Johnson (Pacific Grove) 65
25-4 1/4	Monte Upshaw (Piedmont) 54
25-2	Phil Quinet (Homestead, Cupertino) 68
25-0 3/4	Kurt Durham (Oakland) 77
24-11	Mel Gray (Montgomery, Santa Rosa) 67
24-10 1/4	Mark Cleghorn (Berkeley) 73
24-10	Rick Ferguson (Merced) 68
24-10	Lynn Swann (Serra, San Mateo) 70

TRIPLE JUMP

50-11	Dan Jackson (Oakland) 75
50-2 1/4	Don Bryson (Oakland) 74
50-1 1/4	Tom Cochee (Oakland Technical) 72
50-0 3/4	Peter Moreno (Lick, San Jose) 76
50-0 1/4	Mark Slayton (Merced) 76
49-9 1/2	*Craig Conway (Cupertino) 70
49-4 1/4	Dale Krebs (Gunn, Palo Alto) 71
49-4	Kevin McCarthy (Cupertino) 73
49-3 1/2	Larry Freeman (Santa Clara) 69

SHOT PUT (12#)

68-5 1/2	Steve Montgomery (Lassen, Susanville) 76
65-10	Steve Wilhelm (Fremont, Sunnyvale) 67
65-2 1/4	Jeff Stover (Corning) 76
65-7 3/4	Don Castle (Cubberley, Palo Alto) 61
65-6	Bruce Wilhelm (Fremont, Sunnyvale) 63
64-2 1/4	Kevin Messenger (Highlands, N. Hglds) 77
63-11 1/2	Brad Mannon (Los Gatos) 72
63-9 1/2	Conrad Jepsen (Washington, Fremont) 76
63-9	Bob Brannen (Los Gatos) 64
63-0 1/2	Rolin Luka (Ygnacio Valley, Concord) 68

DISCUS THROW (3#,9oz)

201-6	Ray Burton (Vacaville) 74
201-3	Chris Adams (Los Altos) 70
200-3	Peter DeMartini (St. Ignatius, S.F.) 76
200-1	Scott Overton (Los Altos) 72
198-6	Dave Voorhees (Tulelake) 73
195-4	Bob Stoeker (Los Altos) 62
195-4	Tom Birwhistle (Gunn, Palo Alto) 69
194-2	Dave Hickson (Leland, San Jose) 73
194-2	Darrell Elder (Redwood, Larkspur) 74
194-0	Ralph Fruguglietti (Albany) 73

440 YARD RELAY

41.0	Wilson, San Francisco 73
41.1	El Cerrito 71
41.1	Harry Ells, Richmond 75
41.2	Castlemont, Oakland 70
41.2	El Cerrito 70
41.2	Wilson, San Francisco 74
41.3	Wilson, San Francisco 72
41.4	Edison, Stockton 69
41.4	Kennedy, Richmond 74
41.5	Berkeley 70
41.5	Pittsburg 70
41.5	Edison, Stockton 70

MILE RELAY

3:13.2	Castlemont, Oakland 71
3:15.4	Kennedy, Richmond 77
3:15.6	Los Altos 70
3:15.7	Harry Ells, Richmond 75
3:16.0	McClmonds, Oakland 71
3:16.8	Oakland Technical 70
3:17.2	Castlemont, Oakland 70
3:17.3	Las Lomas, Walnut Creek 74
3:17.4	Cordova, Rancho Cordova 73
3:17.5	Kennedy Richmond 75

TRACK PREVIEW - For all you track nuts out there that follow high school competition closely, here is what you can expect in the way of leading performers, based on last year's marks. Of course there are bound to be many underclassmen who come into their own, and also, some of those listed below may not come out for the team again in 1978, be on the injury list, etc.

BOYS

SPRINTS: - Mark Stewart (Camden, San Jose) and Mike Washington (Burbank, Sac'to) are the top returnees in both the 100 and furlong distances. Stewart had a 9.90 electronic timing last year, finishing seventh at the CIF Meet, while Washington boasts a 9.7 hand-timing at the shorter distance. In the 220, the order is reversed, with the Sacramento prep having a 21.46 best, which earned him a fourth at State. Stewart did not make the finals in that meet, but has a 21.63 PR. The other leading returnees include: Andre Wilkes (Santa Cruz), Dwayne Taylor (Overfelt, San Jose), Frank Oravillo (Sequoia, Redwood City) and Melvin Holland (Silver Creek, San Jose), all with clockings between 21.5 and 21.7.

440/880: - Here, Richmond senior Mike White is far and away the leading returnee, with bests last spring of 48.08 and 1:51.8, while taking fifth and third in those specialties at the State meet. This year look for Mike to try and pull off a double, ala the ghost of Rick Brown (Los Altos, 1970). In the 440, there are six other performers between 49.0 and 49.4, including Paul Stewart (Kennedy, Richmond) and Robert Malocco (Liberty, Brentwood) at 49.0, William Stapleton (Lincoln, S.F.) 49.18, Bill Green (Cubberley, Palo Alto) 49.1 as a soph in 1977, Scott Seely (Lynbrook, Sunnyvale) 49.33 and Jamie Richard (Kennedy, Richmond) 49.4. Most of these returnees bring valuable State Meet experience with them too. In the two-lapper, there are three others in the money for a shot at State (and obviously more that we'll find out about later in the season), as they all ran in the 1:54's as juniors. They include Mike O'Reilly (San Rafael), Val Hoag (Pinole) and Jeff Dove (Del Mar, San Jose). O'Reilly competed in the mile last year at State.

MILE/2-MILE: - Mike O'Reilly has the top returning mark here (4:11.8), set while finishing only sixth(!) in his fast heat at State last spring. Close on his heels is Internationalist, Rod Berry, who did 4:12.2 early in the season before concentrating on the longer distance. In that event, he placed a super second (8:53.4) last year at UCLA. Bob Love (Carlmont) already has a PR 9:10.3 (indoors) this winter, and should be flirting with 9 minutes when he moves outside. Junior Carlos Carrasco, who did 9:10.4 last track season, runs for Mt. Pleasant (San Jose). He competed only a few times last cross-country season but placed well in the Examiner Games Prep Mile. Other top returnees are: Ken Holladay (Gilroy) 9:11.3 and CCS champion, Steve Strangio (Mission San Jose, Fremont) 9:12.8 in the Examiner Games Trials and only a junior, Dave Coulman (San Marin, Novato) 9:14.0 already this year for a PR and NCS X-C Champ, Greg Valdez (Skyline, Oakland) 9:17.7 and Craig Hochhaus (Clayton Valley) 9:17.7 in the Trials in February. Add to that the Downs' brothers (Skyline), John Marden (Mission San Jose), Ken Romiguere (Castro Valley), all near 9:20...it'll be tough!

HURDLES: - Malcolm Dixon (Sequoia, Redwood City) leads the field here at 14.2, with Mark White (Richmond), a State qualifier who did 14.60 at that meet and took fourth in the NCS Championships, another major threat. White also has a 38.2 in the 330-lows, which is third best returning performance in NorCal. William Stapleton's (Lincoln, S.F.) 37.14 is a sure bet to improve. He slipped in for fourth in the CIF Meet last June, the highest finish for any S.F. athlete. Steve Guthrie (Cupertino) has the second best time at 38.1.

HIGH JUMP: - Lots of talent here, as there seems to be all over the country...Reuben Edwards (Terra Linda, San Rafael) scaled 6-11 as a junior last year, which places him on the all-time top 10 for NorCal (see page 29). Bob Churchill's 6-10 is not too far behind, as is Bill Graber's (Los Altos) 6-9½. Two others over 6-8 last year were Peter Imperial (St. Ignatius, S.F.) and Joel Wyrick (Mt. Pleasant, San Jose), at 6-8 3/4 and 6-8, respectively.

POLE VAULT: - With seven over 15-feet in NorCal last season, this year looks good too with three returnees in that group. Bert Tardieu (Del Mar, San Jose) leads the pack at a lofty 15-3½, while teammate George Rodriguez and Ross McAlexander (Monta Vista, Cupertino) have topped 15 feet even.

HORIZONTAL JUMPS: - Castro Valley's Dave Fernandez is a 7-inch distance ahead of Steve Finley's 23-½, to lead the long jump field. Finley is following his brother's footsteps at Cupertino High (his brother, Don, was two years ahead of him). With four returnees within 7 inches of each other in the triple jump, this promises to be a very competitive season. On top of the heap is Freddie Cunningham (Balboa, S.F.) with a classy 48-4. He's followed closely by Marvin Colter (Piner, Santa Rosa) 47-11, Greg Woodard (Silver Creek, San Jose) 47-10, and Lonnie Sanders (Grant, Sac'to) 47-9. Colter and Woodard are both veterans of the State Meet.

WEIGHTS: - Dave Porath (Atwater) appears to be an odds-on favorite in both events, barring a breakthrough by someone. His 189-7 in the discus took second at State last spring, and the 62-5½ he recorded in the shot was good enough to rank third in NorCal last year (he was tops in the platter). Pressing the 60-foot barrier with the iron ball last year were also: Jeff Van Paris (Napa) and Bruce Parker (St. Ignatius, S.F.), who did 58-4½ and 57-10½ respectively. John Souza's (Piedmont Hills, San Jose) 177-8 and Ted Peterson's (Salinas) 174-0 are on top of the rest of the discus returnees.

GIRLS

SPRINTS: - Seems like there are many more underclassmen returnees among the top girls than the boys...is it physiological or sociological? Maybe a bit of both? Anyhow, only three of the top eleven returnees in the 100 are seniors this spring, and two are sophs, with one only a freshman, having run 10.8 in junior high last year! Freida Cobbs of Berkeley has a super-quick 10.4 to her credit, with junior Kim White a 10.9, and frosh Sharon Ware at 10.8!! Now, with a fourth girl, what a relay team! In fact, Berkeley has the only returning girls under 11.0. Five are tied with 11.0 and three more at 11.1 to promise some very competitive races come Section time. In the half-lap event, Cobbs is again the leader with her 23.9, with Kris Costello (Lynbrook, San Jose) 24.3 and Eloise Malloy (Silver Creek, San Jose) 24.7 also under 25 seconds. Then comes a group of seven runners between 25.0 and 25.4, led by Erica Jackson's (Oakland) 25.14 (actually converts to 24.9 hand timing).

440/880: - Marquita Belk (Silver Creek, San Jose), fourth at State last spring, brings a 55.69 clocking into 1978 to lead the pack. She will only be a junior. Lezli Peterson (Harbor, Santa Cruz) has a 56.4 and State experience (8th last year). Three others have dipped under 58, including soph Alecia Sweeney (Tamalpais), junior Ann Regan (Camden, San Jose) and Michelle Hawthorne (El Cerrito), who have done 57.4, 57.7 and 57.5, respectively. In the two-lapper, Regan is much more at home, having International experience from last spring and a 2:04.4m to her credit. Ann did all that as a soph! Of the next five times, all of them are juniors or sophs too. Nancy Huyck (Aptos) will be much stronger off a good cross-country season, and should improve vastly on her 2:13.7 of 1977. Best of the rest are: Diana Fiolomeni (Saratoga) 2:15.6, Pam Bowers (American, Fremont) 2:17.8, Diane Kenny (Novato) 2:17.9, Vicky Bray (Los Altos) 2:18.1, Sarah Sweeney (Marin Catholic, Kentfield) 2:18.2, and Cheri Williams (Livermore) 2:18.2.

MILE/2-MILE: - Vicky Bray seems most at home in this event, with a 4:52.8 best, which was second at State in 1977. Two others have been under 5 minutes: Sarah Sweeney (4:55.8) & Nancy Huyck (4:57.6). Other top milers are Darcy Burleson of

1978 HIGH SCHOOL TRACK

For the first time—
coverage of girls' HS track!

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- 1977 performance lists, indoor & outdoor
- All-time indoor and outdoor lists
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Chico (5:01.7), Stacey Kearns of Yuba City (5:04.0), Cheri Williams of Livermore (5:05.0) and Roxanne Bier of Independence in San Jose (5:05.9 as a frosh). Roxanne leads the two-mile field with her 10:39.7, which was good enough to win State in 1977. Cheri Williams (10:51.7) and Irene Crowley (10:59.6) of Overfelt (San Jose) are the only others under 11 minutes. Junior Laurie Crisp (Modesto's Downey High) has an 11:01.5 from this fall (postal) and Vicky Bray has an 11:04.0. Frosh Shelly Nieto of Merced may be a factor, as she's done 11:11.2. Three others have broken 11:20.

HURDLES: - Tonya Alston (Chico) and Kris Costello (Lynbrook of San Jose) are the only two to have broken 14 seconds, with 13.7 and 13.97, respectively, but Kim Costello (El Camino, SSF) has a 14.21, which converts to a sub-14 manual time. Kris is the reigning State champ. Three others have broken 15 seconds, including Kathy Yuhas (Independence, San Jose) 14.83, Michelle Hawthorne (El Cerrito) 14.6 and Joy Upshaw (Acalanes) 14.7. Al so look for improvement from Mary Crevelle (St. Francis, Mtn.Vw.) who did 15.0 as a frosh in 1977.

LONG JUMP: - We don't have any leads on top individuals here, as it seems all those from last year's list were seniors, although information as to year in school is often very sketchy (to say the least).

HIGH JUMP: - Tonya Alston (Chico) is leader again here, and her 5-10 PR is three inches ahead of Sonya Harrigfield's best effort. Sonya is from Beyer High in Modesto. Best yet, Tonya is only a junior! Two other contenders will be Joni Martin (San Lorenzo Valley, Felton) and Dana Davidson (Lynbrook, San Jose), only a soph, who did 5-4 last spring.

WEIGHTS: - These events are loaded this year, as a large number of putters and throwers are coming back. Michelle Betham (Arcata) has a 44-5 to lead the iron ball event, but is followed very closely by Debra Pryor (Holy Names, Oakland) 44-3½ and Donna Erickson (Mt. Shasta) 44-3. Debra is only a junior. Three others are in the 43-foot range, including Karen Stampfli (Lassen, Susanville), Joy Burgan (Sonora) and Susan Springer (Salinas), also an 11th grader. And, would you believe that Tonya Alston can also throw the shot? She had a 38-3 best as a soph last spring. Looks like one heck of a pentathlon prospect! Leslie Deniz (Gridley) is only a soph, but her 144-1 as a frosh last year was tops in NorCal. Susan Springer flipped the platter 136-7 for Salinas, and Judy Ridenour (Yuba City) was equally adept at 136-2. No others are over 130 feet, but Joy Burgan has gone 128-0, and Marta Kuehl (N. Salinas) is at 127-1.

TRACK AND FIELD RESULTS



NOTE: - Due to space limitations, we are only listing certain performances at various meets...this means that in some cases we may go only one (or none) deep, while in others we may go up to five or six. We have no strict standards for listing results, but we'll try to list all comparable marks.

ALL-COMERS MEET (Dec. 4, San Jose): /HIGH SCHOOL/ HJ: Churchill/Liv 6-6; 60: Taylor 6.4; LJ: Cox 20-8; PV: McAlexander/MVis 12-6; /WOMEN/ 60: Figliomeni 7.6; 220: Figliomeni 27.5; 440: Yaninek/SJC 66.5; 880: Fox/Hom 2:29.6; 2 Mi: Bier/SJC 10:38.2...PR, breaking 10:39.7 set at State in 1977. /Keith Conning/

ALL-COMERS MEET (Dec. 11, San Jose): /OPEN/ 60: Lewis/SJCC 6.2; 440: Green/SJCC 49.9; 880: Webster/PCC 1:58.6; Mile: Chain/Un 4:32.5; 2 Mi: Grimes/DA 9:43.8; 60HH: Carty/Un 7.5; LJ: Bond/Un 21-8; TJ: Steffes/WVTC 48-9 1/2; /WOMEN/ LJ: Abruzzini 15-0 1/2; /HIGH SCHOOL/ 60: Campbell/Ind 6.6; DT: Struble/Svl 145-2; SP: McKee/Cam 54-0 1/2. /Keith Conning/

ALL-COMERS MEET (Dec. 30, Los Gatos): /OPEN/ 880: Taylor/Un 2:01.5; 100: Krullee/SD 9.9, Smith 9.9; 440: Shellworth/Stan 50.2; Mile: Rohloff/AGRC 4:32.0; 220: Krullee 22.0, Steffes/WV 23.1; 2 Mi: Cruz/Un 9:43.9; TJ: Steffes/WVTC 48-11 3/4; LJ: Fisher/WVC 20-7 3/4; HJ: Sinder/Un 6-4; /HIGH SCHOOL/ 880: Sperandio/M-A 2:01.5; SP: McKee/Cam 54-6 1/4; DT: Erezski/Cup 149-0; /WOMEN/ 880: Demmelbaier/SJC 2:26.2; 70HH: Reiman/Sar 9.0; 100: Belk/SJC 11.3, Robinson 11.5; 440: Threadgill/CY 64.4; Mile: Bier/SJC 5:07.2; 220: Belk/SJC 27.0, Regan/SJC 27.1; Mile: SJ Cindergals 4:10.5; DT: Zaphropoulos/Colorado 129-6; LJ: Abruzzini/BJHS 15-10 1/2. /Glenn Harmatz/

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ALL-COMERS MEET (Jan. 7, San Jose): /HIGH SCHOOL/ 60: Chavez/Ovftt 6.5; /WOMEN/ 880: Wotherspoon/SJC 2:17.5; /OPEN/ 60: Foster/SJCC 6.4; 220: Anderson/SJCC 22.7; 440: Webster/Un 48.7. /Keith Conning/

ALL-COMERS MEET (Jan. 7, San Mateo): /OPEN/ 1500m: Porter/WVTC 3:58.0, Bruce/Australia 4:06.7; MileWalk: Himmelberger/WVTC 6:48.0; 60HH: Roy/Fthl 7.5; 60: Chisholm/Fthl 6.2, Williams/CCSF 6.3, Shellworth/Stan 6.5, Greggans/CSM 6.5; LJ: Bates/CSM 22-5 3/4; HJ: Peterson/Chab 6-8; 5000m: Tracy/ETC 15:35, Smith/WVTC 15:46, Tarin/WVTC 15:46; 440: Davis/CSM 50.4, Roosevelt/SFS 50.4; 200m: Pettus/Un 22.8, Davis/CSM 22.9; TJ: Bates/CSM 47-2 1/4; 800m: Maxwell/Sky 1:56.8, Freeman/Sky 1:57.1, Porter/WVTC 1:57.4, Churney/CW 1:59.0; /WOMEN/ 2 Mi: Olrich/WVTC 11:00.9; 330LH: Edwinson/MLTC-CSM 45.4; 200m: Franklin/MLTC 24.9; 800m: Stohr/Chab 2:22.2; Mile: MLTC 4:07.0; /MASTERS/ 1500m: Richardson/WVTC 4:15.2; /HIGH SCH./ 440R: Sequoia 44.0; Mile: Schneider/Sky 4:34.9, Waters/SCar 4:37.3; 60HH: Dixon/Seq 7.2, Ribera/Carl 7.4; 440: Peterson/TN 50.6, Escobar/Mills 51.1; 60: Green/Cub 6.3, Fravillo/Seq 6.3, Ribera/Car 6.5; LJ: Ford/Mem 20-10 1/2, DT: Davis/SM 151-5; HJ: Graber/LAIt 6-8; 2 Mi: Leyer/Liv 9:51.6, Mickie/Rdwd 9:54.4; PV: Crumpler/M-A 12-7; 330LH: Dixon/Seq 41.4; 220: Green/Cub 22.2, Fravillo/Seq 23.1; 880: Schneider/Sky 2:02.2, Rue/Srmtc 2:04.9. /Harry Young/

ALL-COMERS MEET (Jan. 7, Los Gatos): /OPEN/ 880: Webster/USAF 1:56.3; 70HH: Bean/Un 9.2; 440: Webster/USAF 49.8; 330LH: Bean/Un 43.0; 2 Mi: Clary/WVJS 9:53.0; HJ: Gibbs/SJCC 6-6; SP: Mannon/Un 51-9 1/2; /HIGH SCHOOL/ 70HH: Schubert/MV 9.2; 330LH: Daley/LG 42.3; LJ: McCray/Lei 20-8; PV: McAlexander/MV 14-0; SP: Thompson/Svyle 51-10; DT: Stouble/Svyle 156-2; /GIRLS/ 880: Bier/SJC 2:17.3; 70LH: Femann/Sar 9.0; 440: Demmelbaier/SJC 61.2; Mile: Wotherspoon/SJC 5:21.8; 220: Robinson/CY 27.6; 2 Mi: Brogan/SJC 11:15; LJ: Schweickardt/Br 16-3 1/2; HJ: Pifer/Ind 5-2; 330LH: Samono/CY 47.2; 440R: Cupertino Yearlings 52.9; Mile: SJC 4:12.0; /JR. HIGH SCH./ 880: Brogan/EJHS 2:36; 70LH: Nutting/FJHS 9.6; 100: Sythe/FJHS 11.9; 220: Sythe 27.2; 440: Sythe 64.1; LJ: Nutting 14-8; HJ: Sythe 4-10. /Glenn Harmatz/

ALL-COMERS MEET (Jan. 7, Berkeley): /OPEN/ 60:(I) Jones 6.4, Kent/Laney 6.4; (II) Walker 6.4, Payton/BAS 6.5, Henderson 6.5; 200m: Walker 22.0, Randall 22.1, Kent 22.3, Henderson 22.5; (II) Rodgers 21.8, Jones 21.8, Smith 22.6; 400m:(I) Guss 49.2, Smith 49.5; (II) Robinson/ICAC 48.2, Rodgers 49.7; 800m: Sterling 1:56.6, Berry 1:56.8, Romain/WVTC 1:59.3; 1500m: Villequette/Cal 4:05.5, Bond 4:06.3, Owyang 4:06.6, Hocherson 4:07.1; 5000m: Sweeney/AGRC 15:13.0, Conover/MirHS 15:34.2; 330IH: Zabackis/Cal 40.6, Mark White/RichHS 40.7; 60HH: Turner 7.6; HJ: Hice 6-6; PV: Steen/Cal 13-0; SP: Parker/SI-HS 46-4 1/2(16#); /HIGH SCHOOL/ 60: Smith 6.4, Wilkins 6.5, Nash/LL 6.5, Turner 6.5, Parker/Ben 6.6; 200m: Nash/LL 22.6; 800m: O'Reilly/SRAF 1:58.2; 60HH: Mark White/RHS 7.8, Adams/Berk 7.9; SP: Parker/SI 52-6; /WOMEN/ 60: Johnson/Cstlmt 7.6; 200m: Hawthorne/BEBTC 26.0, Young/BEBTC 26.6, Patterson/BEBTC 27.0; 800m: Allums/Berk 2:29.6; 330H: Hawthorne/BEBTC 45.0, Young/BEBTC 49.0. /Keith Conning/



WVTC's Rich Nichols sped to a 1:51.4 clocking at the Dartmouth Indoor Meet over 880 yards. His nearest competitor was 25 yards back. /Keith Conning Photo/

ALL-COMERS MEET (Jan. 21, Berkeley): /OPEN/ 60:(I) Phipps 6.1, Kirtman 6.2, Henderson/Laney 6.2, Turner 6.3; (II) Walker 6.2, Jones 6.3, Newport 6.5; 200m:(I) Sterling/Laney 22.7; (II) Walker 21.0, Jones 21.2, Pettus 21.5, Rollins/Laney 22.8; 400m: Dunn 50.7, Rollins 51.2; 800m: Romain/WVTC 2:00.4, Owyang/Laney 2:00.5; 1500m: Henderson/Un 3:58.8, Brown/Cal 4:00.6, Sweeney/AGRC 4:01.2, M.Sweeney/AGRC 4:01.8, Martinez/AGRC 4:01.9, Coulman/SanMarinHS 4:04.1; 60HH: Kirtman 7.5, Clark/Alam 7.6, Guss/Cal 7.8; LJ: Anderson/WVTC 22-5, Tleimat/Cal 21-9; HJ: Canfield/Cal 6-2; /HIGH SCHOOL/ 60:(I) McNeil/Okld 6.4, Parker/Ben 6.5, Adams/Okld 6.5; (II) Nash/BEBTC 6.4, Jackson/Okld 6.5; 400m: Wilkens/Okld 50.4, Thornton/Camp 51.6; 800m: Roll/PH 2:02.8; 2 Mi: Conover/Mir 9:44.0; 60HH: McNeal/Okld 7.9, Adams/Berk 8.0, Miles/Okld 8.0; LJ: Jackson/Okld 20-11 1/2; HJ: Ryan/RCot 6-2; /WOMEN/ 60: Young/BEBTC 7.0, Ware/Berk 7.0; 800m: Lee/Un 2:26.0, Allums/Berk 2:29.1; LJ: Sanders 17-3; /MASTERS/ 400m: Bruhner/NC 56.5; 1500m: Guthrie/WVJS 4:29.0, Bowles/WVJS 4:31.0...Katharine Brieger/NC 6:16.2. /Keith Conning/

ALL-COMERS MEET (Jan. 21, Los Gatos): /OPEN/ 880: Hurst/PTC 2:00.0; 100: Shellworth/Stan 10.0; Mile: ChaIn/DA 4:26.5; 220: Kennedy/Syyle 22.6; 330IH: Shellworth/Stan 39.0; 2 Mi: Celms/Stan 9:08.4; PV: Searte/WVC 14-0; HJ: Gibbs/Un 6-9 3/4; SP: Mannon/Un 50-11 1/2; DT: Mannon 147-11; /HIGH SCHOOL/ 880: Demo/Hom 2:04.2; 100: Taylor/Ovfl 9.8; 440: Creeden/Cup 51.9; Mile: Smith/Aw 4:39.2; 220: Taylor/Ovfl 22.1; 2 Mi: Van Den Hoven/Sar 9:52.0; PV: BauTo/Soq 13-3; SP: Sorrenson/Syyle 55-10; DT: Stubele/Syyle 157-0; LJ: Lundy/Ind 20-7; TJ: McMurdy/MVS 44-3; /GIRLS/ 70LH: Mila/MM 8.5; 100: Mila/MM 11.7; Mile: Brogan/SJC 5:22.5; 220: Robinson/CY 27.4; 2 Mi: Olrich/WVTC 11:09; HJ: Phifer/Ind 5-4; /JR. HIGH/ LJ: Peoples/EY 18-4 1/2; 100: Peoples/EY 11.2; 220: Peoples/EY 26.4; 70LH: Nutting/FJHS 9.3. /Glenn Harmata/

ALL-COMERS MEET (Jan. 21, San Jose): /OPEN/ 60: Hall/Un 6.5; 60HH: Kennedy/SJCC 7.7; 660: Holcomb/SJCC 1:23.8; 2 Mi: Parish/SJCC 9:49.6; TJ: Jelks/Un 45-7; /WOMEN/ 60HH: Kellen 8.4; 220: Kellen 26.9. /Keith Conning/

ALL-COMERS MEET (Jan. 21, San Mateo): /OPEN/ 2 Mi-Walk: Pyke/WVTC 12:59.8, Himmelberger/WVTC 14:10.0, Henderson/WVTC 14:47.6, Laird/NYAC 15:27.9; 1500m: Porter/WVTC 3:55.3, Rios/SrmtHS 4:08.5; LJ: Bates/CSM 22-6, Bond/Un 22-5 3/4; SP: Traugher/SJCC 51-0; 400m: Sheats/Stan 47.9; DT: Buss/Stan 161-5; 60HH: Carty/Un 7.3, Roberts/FTC 7.4; 60: Ladolora/Menlo 6.2, Gregg/Carty/Un 6.4, Roberts/Un 6.4, Simmons/CSH 6.4; HJ: Haber/CSH 6-10, Peterson/Chab 6-8, Coleman/WVTC 6-6, Wright/CSH 6-6, Wallace/Stanislaus 6-6; 5000m: T.Downs/SkyHS 15:40.0, Clary/WVJS 15:43.2; 200m: Holmes/Stan 21.8, Sheats/Stan 22.0... (More...)

(Jan. 21, CSM A/C, Cont'd)...PV: Black/CSM 15-6, Williams/BAS 15-6; 330IH: Swift/Stanislaus 40.5; 800m: Lobinsinger/Stan 1:53.4, Hadley/Stan 1:55.2, Porter/WVTC 1:56.7, Churney/Un 1:58.4; TJ: Bates/CSM 46-7 1/2; Mile: CSM 3:25.4, Stanislaus 3:25.7; /MASTERS/ 1500m: Richardson/WVTC 4:14.2; /GIRLS/ 1500m: Thompson/MLTC 4:52.3; 60: Parker/MLTC 6.9, Hurley/MLTC 7.2; Mile: MLTC 4:04.5, MLTC"B" 4:05.7; /HIGH SCHOOL/ SP: Parker/SI 54-6 1/2; 440R: Sequoia 43.9; Mile: Sperando/M-A 4:35.2; 60HH: Dixon/Seq 7.3, Ribera/Carl 7.9; 440: Green/Cub 49.0, Maiocco/Lib 50.6; LJ: Ford/Mem 21-6 1/2, Brisend/Lib 21-1; PV: Escobar/Turl 13-0, Allen/Carl 13-0, Worthridge/Carl 13-0; 60: Frank Orvillo/Seq 6.5, Fred Orvillo/Seq 6.5, Gudison/Carl 6.5, Ford/HATC 6.6; 220: Frank Orvillo/Seq 22.5; 330IH: Dixon/Seq 40.5; TJ: Young/Balboa 43-9; HJ: Morrow/Mem 6-2; 880: Escobar/Mills 1:59.8, Marson/Mills 2:00.4, Sperando/M-A 2:00.5; DT: Frazee/BV 162-9. /Harry Young/

SUNKIST INVIT. (Jan. 21, Los Angeles): /HIGH SCHOOL/ 1000y: Mike White/Rich 2:18.3, 3-Dove/DM 2:20.0; HJ: 2-Edwards/TL 6-8; 2 Mi: C.Assumma/Eis 9:01.3, 2-Berry/Rdwd 9:03.3, 3-Love/Carl 9:10.3; Mile: 3-0'Reilly/SRAF 4:18.3; 500: Stewart/Kenn-R 60.4; 60HH: 3-Mark White/Rich 7.90; Mile: Richmond (4th) 3:30.7; PV: 4(tie)-McAlexander/MVS & Tardieu/DM 14-6; LJ: 3-Fernandez/CasVly 22-5; /GIRLS/ 500: Belk/ScrK 66.2; (II) 2-Peterson/Hrb 70.4; Mile:(I) 1-Williams/Liv 5:08.5, 3-Kearns/YC 5:10.1; 880: 2-Huyck/Ap 2:18.5; /OPEN/ 600y: Robinson/ICAC 1:09.9; 880: Boit/Un 1:50.5; Mile: 5-Schilling/Stars 4:03.2; 2 Mi: Nyambui/Tanz 8:18.0, Rono/WSU 8:18.3, Rose/MDAC 8:20.3, Macdonald/WVTC 8:37.4; 60HH: Cooper/SJS 7.21, 3-Florant/Cal 7.32; /WOMEN/ Mile: Larrteu/PCC 4:44.9, Wessinghage/WG 4:46.2, Graham/WVTC 4:46.6; 880: 5-Regan/SJC 2:18.9. /Keith Conning; T&E/N/

ALL-COMERS MEET (Jan. 28, San Mateo): /OPEN/ Hammer: Thompson/Stan 160-5; 1500m: Kissin/Stan-WVTC 3:51.9, Porter/WVTC 3:53.1, Dicus/WVTC 3:55.3, Hadley/Stan 3:59.4; 110mHH: Carty/Un 14.2, Margerum/Stan 14.8; LJ: Peterson/WVTC 23-7 1/4; 400m: Sheats/Stan 47.8, Sherrin/CSM 49.1, Stillman/Stan 49.7, Kartia/Stanislaus 49.8; 660: Romain/WVTC 1:21.5; SP: Mannon/Un 50-11; 100m: Nelson/Stan 10.5, Bates/CSM 10.6, Ellis/SJS 10.6, Margerum/Stan 10.6; HJ: Peterson/Chab 7-1 1/2; 5000m: O'Neil/Stan 15:07.3, Rafferty/Stan 15:36.2; DT: Buss/Stan 163-2; PV: Williams/Un 16-0; TJ: Toliver/WVTC 45-8 1/4; 330IH: BTss/CSM 40.4; 200m: Green/Cub-HS 21.7, Holmes/Stan 21.8, Ellis/SJS 21.9, Banks/Stan 21.9; 800m: Wells/Stan 1:52.0, Nichols/WVTC 1:52.3, Maxwell/Sky 1:56.0, Schneider/Sky 1:56.6; /MASTERS/ 100m: Koppel/Un 13.1 (WR for 64 years); 800m: Richardson/WVTC 2:00.2; /WOMEN/ 330IH: Edwinton/MLTC 46.0; 220: Dillard/MLTC 27.7, Hodnick/Carl 27.9, Lauer/MLTC 27.9; 880: Hamilton/MLTC 2:21.2; /HIGH SCHOOL/ 440R: Sequoia 43.8; Mile: Valdez/Sky 4:24.8, Castro/Log 4:31.6, Millar/McAt 4:36.2, Hoch/M-A 4:37.1; 110mHH: Dixon/Seq 14.2; 100: Green/Cub 9.8; HJ: Wyrick/MP 6-6, Graber/LA 6-2; TJ: Cunningham/Balb 48-4, Thompson/Carl 45-2 1/2; DT: Davis/SM 165-11; 330IH: Dixon/Seq 40.2; 220: Maiocco/Lib 22.5, Barber/Cstlmt 22.7; 880: Valdez/Sky 1:58.6, Marson/Mills 1:59.2, Escobar/Mills 2:00.6; /GIRLS AGE-GROUP/ 220: Ruth/Un 27.2, Maxie/MLTC 27.6, Davis/E 27.9; 100: Dillard/MLTC 12.1, Maxie/MLTC 12.1; 440R: MLTC 51.6. /Dave Shrook; Harry Young/

ALL-COMERS MEET (Jan. 28, Berkeley): /OPEN/ 60:(I) Perry/CCC 6.4, Dewey/CCC 6.5, Myers/HFCS 6.5; (II) Jones 6.3, Kent/Lan 6.4, Crittenden 6.5, Brown 6.5; (III) Walker/Lan 6.2, Payton/BAS 6.3; 200m:(I) Walker/Lan 21.6, Rodgers 21.6, Jones 21.8, Pettus 22.0, Henderson/Lan 22.6, Wilkins/Merr 22.6; (II) Payton 22.0, Randall/Un 22.3, Robinson/ICAC 22.3; 400m:(I) Wallace/EACBS 48.6, Randall 49.1, Campbell 50.1; (II) Williams 49.8, Mark White/RichHS 50.0, Rollins 50.2; 800m: Guss/UCB 1:56.9, Owyang/Ala 1:57.9, Uribe/Cal 1:59.5; 1500m: Clifford/Cal 3:50.8, Robinson/ICAC 3:50.8, Wood/Cal 3:55.5, Villequette/Cal 3:59.6, Brown/Cal 4:00.6...Knebel/WVTC(39) 4:09.1; 2 Mi: Proteau/AGRC 9:40.4; 60HH:(I) Roberts/FTC 7.6, Guss/Cal 7.7; (II) Ligons 7.5, Canfield 7.7, Hicks/Lan 7.7, Clark/Ala 7.7; (III) Roberts/FTC 7.7, Guss 7.7, Smith 7.7; 400mR: Sac CC 42.1, Laney 42.5; JT: Lewis/Cal 194-4; TJ: Woods/Ala 46-0; LJ: Anderson/WVTC 22-9, Harris 22-6, Glover 21-11; HJ: Wiley/CSH 6-8, Coleman/WVTC 6-6; /HIGH SCHOOL/ 60:(I) Davis/Okld 6.5; (II) Lester/Okld 6.4, McNeal/Okld 6.5, Jackson/Okld 6.5; 200m:(I) McNeal 22.6; 400m: Wilkins 50.9; 800m: Brady/Pin 1:58.7, Clark 2:00.3; Mile: Conover/Mir 4:31.8; 60HH: White/Rich 7.7; 400mR: Oakland 43.5; 1600mR: Oakland 3:28.2; LJ: Clark/Pet 21-10; /WOMEN/ 60: Webster/DA 7.0, Ware/Berk 7.0, Harris/Okld 7.3... (More on next page)

(Jan. 28, Cal A/C, Cont'd).../WOMEN/ 200m: Ware/Berk 25.4, Cobbs/Berk 25.4, Hawthorne/EC 25.5, Webster/DA 26.1; 400m: Byfield-White/Jam-BEBTC 57.5, Hawthorne/EC 58.6, Cobbs/Berk 59.1; 800m: Lee/Un 2:27.4; 60HH: Huff/Berk 8.9; /MASTERS/ 200m: Bruhner/NCS 24.8; Mile: Guthrie/WVJS 4:42.0. /Keith Conning/

ALL-COMERS MEET (Jan. 28, San Jose): /OPEN/ 60: Lewis/SJCC 6.2; 60HH: Roublick/Un 7.7; 220: Green/SJCC 21.8; Mile: Parish/SJCC 4:34.3; 2 Mi: Strangio/MSJ-WVTC 9:36.8; 440R: SJCC 41.4; LJ: Bond/Un 21-9; /WOMEN/ 60: Belk/SJC 7.3. /Keith Conning/

ALL-COMERS MEET (Jan. 28, Los Gatos): /OPEN/ 880: Thomas/WVTC 1:57.6; 70HH: Carty/Un 8.5; Mile: Hurst/PTC 4:20.5; 330IH: Shellworth/Stan 38.7; 220: Holcombe/SJCC 21.4; 2 Mi: Baker/Un 9:20.5; LJ: Bates/CSM 22-7; HJ: Gibbs/SJCC 6-10; SP: Brady 50-4 1/2; TJ: Bates/CSM 47-5; /HIGH SCHOOL/ 880: Sperandio/M-A 1:58.3; 100: Taylor/Ovfl 10.1; Mile: Smith/Aw 4:31.4; 330IH: Rogers/Wat 40.9; 220: Taylor/Ovfl 22.2; 2 Mi: McDonald/Cam 9:51.0; LJ: Lundy/Ind 20-9; SP: Sorrenson/Syvl 55-10; PV: Bauld/Soq 13-0; TJ: McCurdy/MVs 44-2; /GIRLS/ 880: Yaninek/SJC 2:25.9; 70LH: Amerine/Mod 8.6; 100: Amerine 11.5; 440: Demmelbaier/Lyn 61.4; Mile: Brogan/SJC 5:12.0; HJ: Phiffer/CY 5-2; /JR, HIGH SCHOOL/ LJ: Peoples/EY 19-4; SP: Ruiz 36-1; 220: Jordan/Sar 27.6. /Glenn Harmsatz/

NATL. AAU SR. WOMEN'S INDOOR PENTATHLON (Feb. 2-3, Albuquerque): T-Gilliland/AOC 3839 (9.0, 31-3 1/4, 5-11, 17-7 1/2, 2:26.5); 2-Page/NZ 3835, 3-Cornelius/TexA&M 3826, 4-McBain/Canada 3790, 5-Harrington/ColSt 3670, 6-Cornell/LATC 3610, 7-Kinimaka/LATC 3572...10-Swart/LATC 2881...figures for first place performances are 60mH, SP, HJ, LJ, & 800m. /Pete Cava/

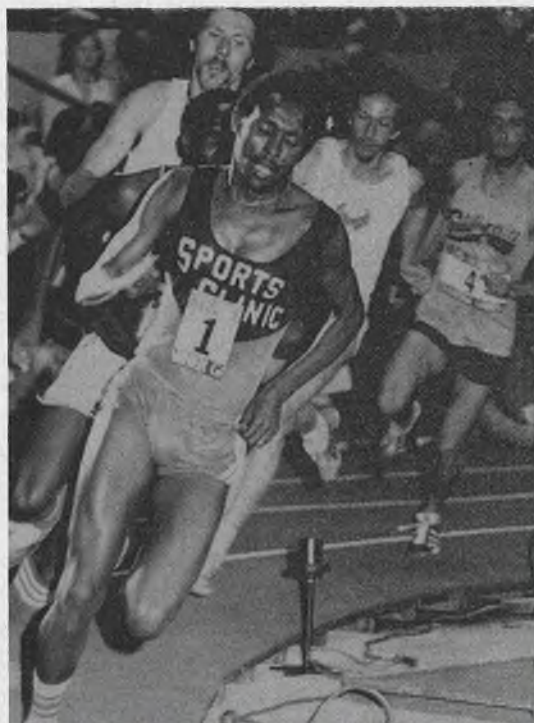
EXAMINER GAMES TRIALS (Feb. 4, San Mateo): /WOMEN/ 60: Bolton 6.9, Parker 7.0, Ware 7.0, Cobbs 7.0, White 7.0, Webster 7.0, Winlock 7.1, Young 7.1; 60HH: Alston 8.2, Kris Costello 8.2, Edwinson 8.3, Newman 8.3, Kim Costello 8.3, Hummerlach 8.4; Mile: MLTC 3:50.2, SJC 3:52.2, BEBTC 3:54.1, YubaJC 4:07.4; HJ: Alston 5-6, Bienstra 5-6, Martin 5-2, Hurley 5-1, Kim Costello 5-1, Newman 5-1; 1000y: Graham/WVTC 2:33.2, Williams/SJC 2:35.1, Bier/SJC 2:35.2, Wotherspoon/SJC 2:35.8, Bowers/SJC 2:38.9, Manning 2:39.9, Bain/CN 2:41.5, Shearer 2:42.2; /GIRLS AGE-GROUP/ Relay: MLTC 3:49.1, CY 3:55.1, HTC 3:58.4, HH 4:03.2; /BOYS AGE-GROUP/ Relay: HH 2:52.4, MCRR 2:54.6, BerkTC 2:55.2, CY 2:56.1, WAS 3:02.1, Stallon School 3:04.4; /HIGH SCHOOL/ 2MR: Pinole TC 8:04.2, Sundance 8:06.3, Pythons 8:08.8, White Lightning 8:12.0, Gilroy 8:12.1; 2 Mi: Strangio/MSJ-WVTC 9:12.8, Coulman/SMar 9:14.0, Hochhaus/CIVly-WVTC 9:17.7, Carrasco/MtP1-WVTC 9:20.1, T. Downs/Sky 9:21.8, Marden/MSJ-WVTC 9:31.3, Valdez/Sky-WVTC 9:31.8, Moreno/Piner 9:32.0, Conover/Mir 9:32.3, O'Conner/Carl-CW 9:32.6; TJ: Colter 47-0 1/4, Cunningham 46-9 1/2, Tuhn 45-4, Clanagan 45-0, Dye 44-8, Bordingham 44-7 1/4; 60HH: Dixon 7.3, McPherson 7.5, Adams 7.5, White 7.5, Syties 7.6, Ranson 7.7; Mile: Richmond TC 3:22.7, N. Highlands TC 3:24.1, Delta Striders 3:24.8, Pittsburg Str. 3:25.3, Canyon TC 3:26.9; Girls 2MR: HFC Str. 10:07.5, Carlmonsters 10:11.7, Redwood 10:18.1, Leprechauns RC 10:23.2, Sunnyvale Str. 10:24.9. Note: All high school competitors ran 'unattached' or for some fictitious team because meet is not CIF-sanctioned. /Dave Shrock; Harmon Brown/

EXAMINER GAMES TRIALS (Feb. 4, San Jose): /COLLEGE/ 60HH: Conley/CSH 7.5, Dobbins/CSH 7.5, Reynolds/SFS 7.6, Strong/Bak 7.7, Andrews/CSH 7.9, White/SFS nt; /JR, COLLEGE/ 60: Lewis/SJCC 6.0, Walker/Lan 6.1, Meriwether/SJCC 6.1, Flenory/COSeq 6.2, Kent/Laney 6.5, Bowles/AR nt; Mile: SJCC 3:17.6, Los Medanos & CSM 3:19.6, Laney 3:21.9 (winners of three sections plus fastest 2nd qualified...non-winners included Merritt 3:21.3 & Butte 3:21.6); SMR: SJCC 3:30.3, Sierra 3:30.6, Seq 3:31.4, CSM 3:32.4; PV: Btack/CSM 15-6, Mulligan/WV 15-6, Searle/WV 15-0, Binau/SJCC 15-0, Ruzicka/Seq 15-0, Lovejoy/WV & Vasquez/WV 15-0 (non-qual.--Moore/AR 15-0); /MASTERS/ Mile: Guthrie/WVJS 4:40.5, Welick/WVJS 4:41.0, Bowles/WVJS 4:47.0, Marquard/WVJS 4:48.0, Lewis/TRAC 4:51.0, Smith/WVJS 4:51.8, Napier/WVJS 4:56.2, Cushen/PMK 4:57.8, Holmes/WVJS 4:58.6, Young/Un 5:23.5; 60(50+): Jordan/Stan 7.1, Goetzel/NCS 7.4, Peck/Un 7.4, Wigginton/NCS 7.4, Koppel/NCS 7.6, Satti/NCS 7.6; SMR: NCS "A" 2:43.5, LosGatos AA 2:44.4, Golden Streakers 2:47.3, NCS "B" 2:56.0, WVJS 3:05.8; Women's Mile: O'Conner/NCS 6:02.0, Kayser-Jones/PMK 6:04.4, Maricle/NCS 6:05.9, Sackerman/NCS 6:11.4, Waters/NCS 6:15.0, Pedersen/NCS 6:17.7, Brieger/NCS 6:22.5, Smith/NCS 6:34.6; Exhib.-60:(40+) Parish/NCS 6.7, Marlin/NCS 7.0, Manovgian 7.1, Bodley/NCS 7.4, Mahany/NCS 7.5; /EXHIB. JC/ 2 Mi: Sup/MPC 8:59.6, Farrell/AR 9:13, Coulson/AR 9:17, Hurst/Mod 9:25.6, Locey/COM 9:27.8, Drew/SR 9:28.2; HJ: Gibbs/SJCC 6-0, Peterson/Chab 6-5, Owens/Ala & Hice/Merr 6-5, Miller/FCC 6-5; SP: Traugher/SJCC 52-1, Johnston/CRC 49-9; 60HH:(I) Howell/WV 7.6; (II) Marjama/Butte 7.6, Miller/FCC 7.7; (III) Clark/Ala 7.5, Dixon/Fthl 7.6; (IV) Kennedy/SJCC 7.4, Dorvall/Butte 7.4. /Dave Shrock; K. Conning/

ALL-COMERS MEET (Feb. 11, San Mateo): /OPEN/ 1500m: Mayhew/Stn 4:01.3, Britten/AGRC 4:05.5, Cornejo/Sky 4:05.8; 110mH: Carty/Un 14.2, Shellworth/Stn 14.3, Foster/Stn 14.4, Roberts/FTC 14.5; LJ: Bates/CSM 22-8 1/4, Bond/Un 21-8; 400m: Sheats/Stn 47.4, Webster/USAF 48.0, Banks/Stn 49.5, Holmes/Stn 50.4; SP: Mannon/Un 52-0, Williams/CSH 51-11, Traugher/SJCC 51-8 1/4; HJ: Peterson/Chab 6-6; 100m: Phillips/SJCC 10.6, Harvey/SJCC 10.8; TJ: Bates/CSM 47-7 1/2, Toliver/WVTC 45-4 1/2; 5000m: Macdonald/WVTC 13:52.1, Kissin/Stn-WVTC 14:17.0, O'Neil/Stn-BC 14:53.0, Britten/AGRC 15:10.1; 330IH: Phillips/SJCC 36.8, Swift/Sts 39.8; 200m: Lofton/Stn 21.0, Banks/Stn 21.7, Harvey/SJCC 21.7, Holmes/Stn 22.1; 800m: Thomas/WVTC 1:56.9, Roman/WVTC 1:57.1, Maxwell/Sky 1:57.4, Hornstra/SFS 1:57.5; Mile: Stanislaus 3:18.3, Stanford 3:19.2; PV: Woepse/SJS 16-0, Bockmiller/SJS 16-0, Hosford/SJS 16-0, Black/CSM 15-6; /MASTERS/ 1500m: Lewis/TRAC 4:26.9; 100y: Jordan/Stn 11.1; /HIGH SCHOOL/ Mile: Sperandio/M-A 4:26.6, Marden/MSJ 4:29.5, Demo/Hom 4:31.0, Waters/SCar 4:31.1; PV: Roche/SI 13-6; 440: Nicholson/M-A 50.3; 880: Schneider/Sky 2:00.8; DT: Davis/SM 166-0; Girls 100: Bolton/ML 11.1; Girls 220: Franklin 24.9.



(L-R) Examiner Games action: Suleiman Nyambui on way to 3000m win. /Shereta/ Prep 2-Mile (l-r): Bob Love, Chuck & Frank Assumma, and Rod Berry. Filbert Bayi leads Henry Rono, Mark Schilling, Nick Rose & Damon Wood in mile win. /Jim Engle/



SAN FRANCISCO EXAMINER GAMES (Feb. 18, Daly City)

-/MASTERS/ Women's Mile: Kayser-Jones/PMK 5:55.6, O'Conner/NCS 6:00.0, Maricle/NCS 6:02.3, Waters/NCS 6:02.8, Sackerman/NCS 6:10.0, Brieger/NCS 6:18.2, Smith/NCS 6:25.4; **Mile:** Wellk/WVJS 4:39.0, Guthrie/WVJS 4:40.2, Lewis/TRAC 4:43.1, Napier/WVJS 4:47.2, Bowles/WVJS 4:47.6, Marquard/WVJS 4:50.1, Cushen/PMK 4:57.8, Holmes/WVJS 5:06.7, Young/Un 5:28.5; **50m(40+):** Parish/NCS 6.2, Marlin/NCS 6.4, Manougian/NCS 6.5, Mahany/NCS 6.7, Thompson/Un 6.8; **50m(50+):** Jordan/Stan 6.4, Goetzel/NCS 6.7, Peck/Un 6.8, Wigginton/NCS 7.2, Satti/NCS 7.3, Koppel/NCS nt; **/OPEN/ MiWk:** Pyke/WVTC 6:04.0 (AR), DeBernardo/Army 6:40.3, Laird/NYAC 6:50.4, Adriano/WVTC 6:55.9, Henderson/WVTC 7:01.0; **50m:** McTear/ATC 5.6, Quarrie/TS 5.7, Williams/AA 5.7, Marshall/AzHS 5.7, Campbell/WSU 5.8, Farmer/Cal 5.9, Nelson/Stan 6.0, Whitaker/SJS 6.1; **SP:** Feuerbach/AW 68-8 1/4, Wilkins/AW 67-1, Weeks/Macc 63-4 3/4, Albritton/Stan 62-9; **60HH:** Cooper/SJS 7.0, Owens/UCLA 7.2, Florant/ICAC 7.3, Smith/Cal 7.4, Carty/Un 7.4, Margerum/Stan 7.5; **Devil Mile:** Lobsinger/Stan 4:13.8, Ruggle/AGRC 4:18.9, Hurst/PTC 4:19.0, Pratt/AGRC 4:28.0; **600m:** Robinson/ICAC 1:20.4, West/BAS 1:20.6, Webster/PCC 1:20.8, Chepkwony/Fthl 1:27.0; **LJ:** Williams/TS 25-1, Lofton/Stan 24-11 1/4, Smith/OSU 24-8 3/4, Duncan/SacSt 23-10, Wamble/CSH 23-3 1/4, Bates/GSM 22-1; **400m:** Hampton/ATC 50.6, Wallace/Un 50.9, Sheats/Stan 51.0; **PV:** Tully/UCLA 17-9 1/4, Kozakiewicz/Poland 17-6, Lohre/WG 17-6, Bell/PCC 17-0, Ripley/PCC 17-0; **3000m:** Nyambui/Tans 7:57.2, Macdonald/WVTC 8:07.8, Clary/Ore 8:15.6, Schulz/Cal 8:25.0; **1000m:** Boit/Kenya 2:22.5, Cummings/PCC 2:26.7, Wells/Stan 2:26.9, Ferrer/FDU 2:27.1, Nichols/WVTC 2:27.2; **HJ:** Stones/DOTC 7-5, Jacobs/FDU 7-4, Haber/CSH & Wszola/Poland 6-10; **Mile:** Bayi/Tanz 4:00.2, Rose/MDAC 4:00.2, Rono/WSU 4:01.6, Schilling/PTC 4:09.3, Wood/Cal 4:14.4; **/WOMEN/ MiWk:** S. Broddock/RRR 7:06.3, McPherson/WVTC 7:24.5, J. Broddock/RRR 7:49.9, Sakelarios/Un 7:51.2; **Miler:** BEBTC 4:01.1, SJC 4:01.5, MLTC 4:02.2, Yuba 4:16.5; **HJ:** Alston/BEBTC 5-8, Rienstra/CN 5-6, Kim Costello/ECHS 5-6, Hurley/ML 5-4, Newman/ML 5-4; **50m:** Parker/ML 6.3, Webster/Un 6.5, Bolton/ML 6.6, Cobbs/BEBTC 6.6, White/BEBTC 6.7, Winlock/Hwd 6.8, Young/Okld 6.9, Ware/Okld 7.0; **60HH:** Kris Costello/SJC 8.1, Alston/BTC 8.2, Kim Costello/Un 8.3, Hunnerlach/Butte 8.4, Newman/ML 8.5; **1000m:** Larriue/PCC 2:45.6, Graham/WVTC 2:49.8, Williams/SJC 2:52.7, Wotherspoon/SJC 2:59.2, Manning/OTC 2:59.9, Shearer/SJC 3:05.4, Bain/CN 3:06.4, Bowers/SJC 3:06.7, Bier/SJC 3:11.1; **/JR. COLLEGE/ SMR:** SJCC 3:34.5, Seq 3:37.1, Sierra 3:37.2, CSM 3:44.1; **PV:** Black/CSM 16-1 1/2, Mulligan/WV 15-6, Binau/SJCC 15-0; **50m:** Lewis/SJCC 5.7, Walker/Lan 5.7, Flenory/Seq 5.8, Bowles/AR 5.8, Meriwether/SJCC 5.9, Kent/Lan 6.0; **Miler:** SJCC 3:26.2, Laney 3:30.1, LM 3:30.7, CSM 3:32.0; **/COLLEGE/ LJ:** Miller/Bak 23-3, Howard/Bak 22-4 1/4, Garner/CSH 21-10; **SMR:** Stanislaus 3:32.9, CSH 3:35.5, SFS 3:40.9; **60HH:** Conley/CSH 7.8, Reynolds/SFS 7.8, Strong/Bak 7.8, Dobbins/CSH 8.0, White/SFS 8.3, Andrews/CSH 8.5; **Miler:** Cal 3:21.3, SJS 3:24.0, Stanford 3:30.2, SFS 3:34.8, CSH 3:39.4; **/HIGH SCHOOL/ Girls 2MR:** Carlmont 10:09.3, Piedmont 10:10.3, Sequoia 10:16.8, Marin Cath 10:23.4, Homestead 10:33.0; **2MR:** Pinole Vly 8:13.4, Stagg 8:21.6, Skyline 8:22.7, Homestead 8:44.2, Gilroy 8:38.3; **TJ:** Colter/Cot 47-6 1/2, Kuhn/Clvrde 46-7, Cunningham/Balboa 46-4 3/4, Dye/NH 46-4 1/2, Wyrick 46-4 1/4, Boardingham/Cordova 45-8; **60HH:** White/Rich 7.5, Dixon/Seq 7.5, Ransom/Log 7.5, Adams/Berk 7.7, Sykes/Hilsdie 7.8, McPherson/MtPl 7.9; **Miler:** Richmond 3:35.5, Liberty 3:35.9, Pittsburg 3:36.8, Castro Vly 3:37.8; **2 Mi:** Berry/Rdwd 9:11.6, C.Assumma/Eis 9:14.6, Love/Carl 9:16.4, Carrasco/MtPl 9:20.0, F.Assumma/Eis 9:26.2, T.Downs/Sky 9:33.3, Moreno/Piner 9:34.4, Coulman/SMR 9:35.1, Hochhaus/ClVly 9:40.1, Valdez/Sky 9:44.4, Marden/MSJ 9:47.4, Conover/Mir 9:49.9, Strangio/MSJ 9:56.6; **/AGE-GROUP/ Boys:** HHBC 2:04.2, MCRR 2:04.2, BEBTC 2:06.8, CY 2:08.3; **Girls:** MLTC 2:45.3, Rose 2:52.0, HTC 2:52.0, HHBC 2:59.2. */Fred Baer/*



Stanford's Tom Lobsinger on his way to a win in the Devil-Take-the-Hindmost Mile at the Examiner Games. */Jim Engle Photo/*

NATL. AAU INDOOR CHAMPIONSHIPS (Feb. 24, New York) - */NorCal finishers only/* 60: McTear/ATC 6.04 (WR); 600: (II) 3-Robinson/ICAC 1:11.6, (III) 2-Brown/AIA 1:10.7; 60HH: 3-Owens/UCLA 7.21; TJ: Livers/SJS 55-3 1/2; SP: Feuerbach/AW 67-8 1/4, 3-Wilkins/AW 66-9 3/4, 6-Albritton/Stan 61-9 1/2, 7-Weeks/Macc 60-0; **/WOMEN/ 880:** 2-Weston/LATC 2:09.8; **Mile:** Larriue/Un 4:37.0; **MileWk:** S. Broddock/RRR 7:01.7 (AR); SP: Seidler/Stars 61-0. */Pete Cava/*

SAN JOSE STATE 98, STANFORD 73, HAYWARD 27 (Feb. 25, San Jose): HT: Kells/SJ 186-1, Sawyer/H 179-8; 3000mSC: Haldeman/S 9:16.7, Gail/S 9:21.0; 400mR: Stanford 39.9, SJS 40.0; **Mile:** Lobsinger/S 4:10.4, Stillman/S 4:10.4; SP: Gummerson/SJ 55-1; 110mH: Cooper/SJ 13.8, Margerum/S 14.5; 400m: Sheats/S & Rochee/SJ 47.1, Rempel/St 48.0, Foster/SJ 49.0; 100m: Whitaker/SJ 10.4, Washington/SJ 10.6, Nelson/S 10.6; JT: Gail/H 205-11; 880: Wells/S 1:52.1, Harris/St 1:52.4, Rose/SJ 1:52.5, Chavez/SJ 1:53.2; 400IH: Cooper/SJ 51.7, Shellworth/S 52.2; Finley/SJ 53.5; LJ: Lofton/S 25-2, Cole/SJ 24-5 1/2, White/SJ 23-11 1/2; HJ: Nelson/SJ 7-0 1/8, Livers/SJ 6-8, Jenkins/H 6-8; 200m: Lofton/S 21.0, Banks/S 21.2, Rochee/SJ 21.2, Rempel/St 21.4; DT: Buss/S 168-5, Gummerson/SJ 165-4; PV: Woepse/SJ 16-6, Olsen/H 16-0; 2 Mi: Quintana/H 8:53.8, Lobsinger/S 8:58.0, Harvey/SJ 8:58.6, O'Neil/S 9:02.4; **Miler:** SJS 3:12.3, Stanford 3:12.8; TJ: Livers/SJ 53-1, Johnson/SJ 52-9, White/SJ 47-11 1/4.

CAL vs. SACRAMENTO ST. (March 4, Berkeley): SC: Schulz/C 9:26.0; 1500m: Brown/C 3:54.6, Wood/C 3:56.4; 110HH: Crittenden/Un 14.3, Smith/C 14.3, Roberts/WVTC 14.4; 400m: Guss/C 48.4, Taylor/C 49.1; 100m: (I) Farmer/C 10.5, Smith/C 10.6; (II) Payton/BAS 10.7 (1st heat wind-aided); 800m: Robinson/ICAC 1:50.8, West/BAS 1:51.3, Wheeler/C 1:51.7, Clifford/C 1:51.8, Brown/C 1:51.9; 400IH: Uribe/C 54.4; 200m: (w) Farmer/C 21.5; 5000m: Schulz/C 14:55.4, Van Horn/S 15:10.4; 1600mR: Unat. 3:12.1, Cal 3:16.3; SP: Santiago/C 52-0; JT: Guy/C 236-2, Lewis/C 199-10; DT: Santiago/C 166-11; PV: Williams/BAS 16-0, Hintz/C 15-6, Stevenson/C 15-6; HJ: Good/C 6-6, Coleman/WVTC 6-4, Yund & Abbott/S 6-4.

LONG DISTANCE RESULTS

ATASCADERO COLONY DAYS 4-MILER (Oct. 22, Atascadero): - /66 finishers/ T-Huff/SLDC 20:15, 2-Bronzan/HSTC 20:38, 3-Welch/SLDC 20:51, 4-Beaton/SLDC 20:55, 5-Carnes/Un 20:57, 6-Baldwin/SLDC 21:24, 7-Thompson/SLDC 21:45, 8-Casper/SLDC 21:58...12-Coffey/SLDC(40+) 22:47, 28-Barbara Mannon/Un 26:27. */K.C. Shaw/*

NEW YORK CITY MARATHON (Oct. 23, N.Y.C.): */Top 20 finishers were listed several issues back...just got the computerized listing recently and an listing locals below...3701 finishers!/* 1-Rodgers/GBTC 2:11:28.2, 14-Ron Wayne/BASC 2:18:39, 30-Brian Maxwell/BASC 2:24:37, 63-Butterfield/BAA 2:31:04(40+), 127-Spino/BASC 2:38:29, 157-Menzie/WVTC(40+) 2:40:47, 198-Miki Gorman/SFV 2:43:10(40+), 202-Post/LMJS 2:43:17, 291-Horning/DSE 2:47:18, 302-Daugherty/NVRC 2:47:38, 397-D. Houston/Un 2:51:33, 544-Treacy/SFDC 2:55:49, 638-Brock/Un 2:58:18, 659-Jeff Vines/Un 2:59:00, 764-Wood/NCS 3:03:01, 1036-Fisher/DSE 3:11:44, 1250-L. Wright/MPAC 3:17:25, 1263-Lenihan/WVJS 3:17:43, 1318-B. Wright/MPAC 3:18:50, 1439-Myers/Un 3:21:45, 1542-Schopman/DSE 3:24:20, 1667-McDonagh/DSE 3:27:00, 1770-Berg/TAM 3:28:41, 1787-Foley/ORR 3:28:58, 2481-Rorke/PMK 3:45:53, 2593-Zolotar/Un 3:48:47, 2596-Dreyfus/AGRC 3:48:51, 2950-Michaelian/SCC 4:00:37, 3121-Cover/WVTC 4:08:07, 3254-Coverley/SDTC 4:14:57, 3335-O'Keefe/SERC 4:19:17... *This year's race will be Oct. 22 and will be the Women's Natl. Championships...see NCR Airfare Info. in this issue. /Joe Kleinzman/*



Sally Metteer set two school records in the All-Cal Meet at 1500 & 3000m. */Lavi Bader/*

ALL-CAL WOMEN'S TRACK MEET (Feb. 18, UC Santa Barbara): 5000m: Flournoy/UCLA 18:00.7, Anex/UCD 18:47.5; 1500m: Chisam/UCLA 4:35.8, Ralson/UCLA 4:39.0, Metteer/Cal 4:42.5; 100mH: Oshikoya/UCLA 14.2; 100m: Murphy/UCLA 12.5; LJ: Oshikoya 20-1; HJ: Morris/UCSB 5-6; 400mH: Murphy/UCLA 63.4; 800m: Powers/UCSB 2:17.6; 400m: Hendy/UCLA 58.2; 200m: Valdez/UCSB 26.6; 3000m: Broderick/UCLA 10:01.8, Metteer/Cal 10:09.8, Heinmiller/UCLA 10:13.2; **Miler:** UCLA 3:59.1 (Teams: Cal 3rd, 81). */V. Gambetta/*

NATL. AAU 50-MILE CHAMPIONSHIPS (Nov. 5, New York City): /20 finishers/ 1-Terry Knickerbocker/Un 5:38:12.5, 2-Fritz Mueller(40+)/CPTC 5:41:56, 3-Koenig/CPTC 5:50:11, 4-Lawder/Un 5:52:23, 5-Kitte/1/0RR 5:52:30, 6-Barner/HAA 5:53:45...14-Nina Kuscsik/SAC 6:35:53.9 (Amer.Rcd.), only two weeks after a PR 2:50:22 at the Natl. AAU Marathon! /Joe Kleinerman/

ORANGE GROVE HALF-MARATHON (Nov. 6, L.A. Area): 1-Jeffery Fay 1:16:38, 2-Ron Holloway 1:17:05, 3-Rene Ruiz/CCAC 1:17:14, 4-Joe Burgasser/STC 1:19:20, 5-Terry Schmitz 1:19:48, 6-Parrish /STC 1:20:06, 7-Gonzales/LLL 1:20:40, 8-Lund/Un 1:22:09, 9-Noble/Un 1:22:10, 10-Parker/STC(40+) 1:22:32...41-Becky Villalvazo/RRR 1:35:58...102 finishers. /John Brennan/

SPA-AAU 10K SENIOR X-C (Nov. 12, Laguna Nigel): /short course/ 1-Duane Waltemire/AIA 29:44, 2-Close/JT 29:45, 3-Smead/AIA 29:53, 4-Johnson/MCBI 29:54, 5-Trupp/JT 29:56, 6-Romesser/FPTC 29:58, 7-Simonian/MCBI 30:00, 8-Carlson/CCAC 30:04, 9-Lawson/SMTC 30:09, 10-Nitti/SMTC 30:10, 11-Babiracki/SFV 30:15, 12-McCandless/JT 30:19, 13-Dean/SMTC 30:33, 14-Rude/SLDC 30:45, 15-Koppes/AIA 30:46, 16-Brown/BB 30:50, 17-Dulaney/AIA 30:52, 18-Martinez/AIA 31:03, 19-Burgess/MCBI 31:09, 20-Jones/SBAA 31:10...34-Darren George/AIA 31:54, 62-Truman Clark/SCS(40+) 33:49, 71-Crum/STC(40+) 34:54, 110-Lynne Wohlers/STC 42:24...126 finishers. Teams: AIA 2:32:19, SMTC 2:34:44. /John Brennan/

LAAC MERCURY 10-KILO (Nov. 15?, Los Angeles): 1-Dave Babiracki /SFV 30:14, 2-Lee/CCAC 30:56, 3-Wagenbach/LAAC 31:15, 4-Chambly/BB 31:38, 5-Engel/BB 31:40, 6-Swenson/Un 32:25, 7-Ruiz/Un 32:25, 8-Elliott/Un 32:40, 9-Siddons/MCBI 32:46, 10-White/OF 32:49, 11-Gardner/Un 33:02, 12-Fisanotti/CSLA 33:08, 13-Macias/Un 33:11, 14-O'Boyle/Un 33:13, 15-Thompson/Un 33:22...20-Truman Clark/SCS(40+) 33:37, 67-Miki Gorman/SFV 36:00...1798 finishers!!; SPA-AAU record. /John Brennan/

PICO RIVERA TURKEY TROT (Nov. 19, Pico Rivera): /10.0 Miles/ 1-Joe Carlson/CCAC 51:31, 2-Dave Frickel 52:25, 3-Simonian/MCBI 53:16, 4-McCallie/SFV 54:30, 5-Duarte/Un 54:35, 6-Coventry/STC 54:52...17-Ted Alarcon/Un(40+) 59:53, 18-Sturak/MS 60:21, 20-Vasquez/AZTL 60:48, 40-Nancy Elick/RRR 69:05.../84 finishers/ /John Brennan/

PLEASANT HILL TURKEY TROT (Nov. 26?, Pleasant Hill): /distance unknown/ 1-Kent Guthrie/WVJS(40+) 49:25, 2-Fuller 49:30, 3-Molina 50:02, 4-MacMahon 50:45, 5-Hughes 50:48, 6-Edmonds 51:54, 7-Myers/PMK 51:59, 8-Seamon 52:34, 9-Backer/MS 52:52, 10-Coke 53:00...43-Carol Manning 67:15. /Kent Guthrie/

WOMEN'S GRIFFITH PARK 10K (Nov. 26, Los Angeles): 1-Diane Hargrove 42:38, 2-Takahashi/Un 43:23, 3-Gould/Un 44:34, 4-Wohlers/STC 44:38, 5-King/STC 44:49, 6-Vatchis/Un 45:10, 7-Fonseca/SFV 46:37, 8-Ferris/Un 46:41, 9-Bryce 47:17, 10-Livett/STC(40+) 47:20...71 finishers. /John Brennan/

COMMUNITY BANK RIVER RUN (Nov. 27, Anaheim): /10-Kilo/ 1-Ralph Serna/UCI 30:24, 2-Lee/CCAC 30:25, 3-Ellis/Un 30:46, 4-Joe Carlson/CCAC 31:05, 5-Rios/LHS 31:34, 6-Burkin/LAVC 31:36, 7-Whalen /SMTC 31:40, 8-Cook/AIA 31:41, 9-Becker/FC 31:44, 10-Ruiz/AZTL 31:50, 11-Kolar/OCTC 31:52, 12-Parks/Un 31:52, 13-Perez/AZTL 32:12, 14-Day/OCTC 32:15, 15-Appell/OCTC 32:17...71-Effron/CCAC (40+) 34:43, 100-Sturak/MS 35:38, 151-Jacqueline Hansen/SFV 36:53...1940 finishers! /John Brennan/

DSE GOLDEN GATE PARK RUN (Nov. 27, San Francisco): /4 miles+ / 1-Jim Tracy/ETC 23:47, 2-Kay 24:28, 3-Darling/ETC 24:36, 4-Cross/WVTC 24:46, 5-O'Brien 25:02, 6-Guise 25:14, 7-Reichle 25:18, 8-Plymale/PMK 25:20, 9-Goss 25:51, 10-Cushen/NCS(40+) 25:56, 11-Maher/TAM 25:59, 12-Healy/TAM(40+) 26:00...72-Skip Swannack/WDS 29:40, 107-Lenora Lucas 31:21, 117-Stephanie Atwood 31:41, 123-Ruth Waters/NCS(40+) 31:56...451 finishers.

DSE GOLDEN GATE PROMENADE (Dec. 4, San Francisco): /7.5 Miles/ 1-Phillip Kay 39:58, 2-Green 40:20, 3-Bonner/LVRC 40:35, 4-Myers/PMK 40:48, 5-Gwise 41:06, 6-Horning 41:17, 7-Stallone 41:30, 8-Plymale/PMK 41:40, 9-Miyaji 42:07, 10-Chaffee/ETC 42:10...13-Healy/TAM(40+) 42:42, 59-Joan Ulyot/WVTC 48:10, 83-Gail Gustafson/Un 50:16...301 finishers. /DSE Newsletter/

WEST END RUN (Dec. 4, Eureka/Arcata area): /4.6 Miles/ 1-Gordon Innes 22:56, 2-Robin Smith 23:26, 3-Cole 23:41, 4-R. Innes 23:46, 5-Scholl 24:23, 6-Arrison 24:28, 7-Carlson 25:03, 8-Davy 25:24, 9-Williams 25:30, 10-Rocha 25:30...19-Crandell/RRRC(40+) 27:22, 23-Escarda/RRRC(40+) 27:53, 27-Sheila Maskovich 28:24, 38-Flossie Horgan 30:10, 53-Sue Grigsby 31:21. /RRRC News/

APPLE VALLEY RUN (Dec. 4, Apple Valley): /6.3 Miles/ 1-Gordon Haller/MPRR 34:17, 2-Steve Chase/Un 34:25, 3-Govi/DHS 34:36, 4-Garcia/RRR 36:18, 5-Richards/CDM 36:25, 6-Fay/SCRR 37:00, 7-Nunes/Un 37:24...9-Crum/STC(40+) 38:20, 74-Anne Bennett/Un 53:58...95 finishers. /John Brennan/

MT. TOM HILL CLIMB (Dec. 10, Glendale): /5.0 Miles/ 1-Ken Moffitt/AZTL 27:18, 2-Frickel 27:39, 3-Chase/Un 27:45, 4-Fisanotti 28:35, 5-Rubino/CSLA 28:35, 6-Arquilla/AIA 29:10, 7-Durand/STC 29:12, 8-Kidwell 29:20, 9-Anderson/SBAA 29:49, 10-Grosz/CCAC 30:26...14-Bill Crum/STC(40+) 31:15, 16-Effron/CCAC(40+) 31:35, 42-Tania Fischer/RRR 34:57 (10 Yrs.). /J. Brennan/

HONOLULU MARATHON (Dec. 11, Honolulu, HI): - Almost 2900 finishers!! I've tried to pull out NorCal people from the results no affiliations or home state are listed, so I may have missed some...I only went thru 500th place, so anyone beyond that who wishes to get listed next time around, drop me a postcard. 1-Jeff Wells/AW 2:18:37, 2-Atkins/CNS 2:20:54, 3-Wayne Badgley/SUND-NZ 2:21:35, 4-Mitsuo 2:23:36, 5-Hensley 2:26:36, 6-Moore 2:27:06, 7-Halberstaedt/SAfr 2:28:10, 8-Macdonald/WVTC 2:28:59, 9-Hlinka 2:29:10, 10-Martin 2:29:14, 11-Nabers 2:30:29, 12-Harper/JT 2:30:52, 13-Koseki 2:31:21, 14-Willis 2:32:03, 15-Tymm(40+) 2:32:21...19-Guilfooy/MPC 2:34:40, 21-Gallup(40+) 2:35:32, 25-Faerber(40+) 2:36:47, 36-Conroy/ETC 2:40:38, 45-Tuinzing/TAM 2:44:16, 46-O'Neil/BC(50+) 2:44:20, 47-Harms/AGRC 2:44:41, 54-Rowley/SUND 2:47:13, 59-Cindy Dalrymple 2:48:07, 60-Kenny Moore 2:48:40, 76-Gayle Barron/Georgia 2:51:18, 78-Burall/WVTC 2:51:28, 85-Maher/TAM 2:52:34, 96-Nina Kuscsik/NY 2:54:22, 105-June Chun 2:55:40, 109-Underwood/BC 2:56:09, 150-Whittingslow/SFOC 2:59:53, 216-Joan Ulyot/WV 3:06:16, 237-Ed Mendoza/JT 3:06:46, 283-Lenihan/WVJS 3:11:37, 326-McManus, Jr. 3:14:11, 351-Reese/BC(60+) 3:15:56, 414-Irene Rudolf/WVTC 3:19:57. /Edith Leiby; Scott Hamilton/

SKUNK HOLLOW 10-MILER (Dec. 18, L.A. area): 1-Bob Hayes/AIA 51:09, 2-Bium 51:09, 3-Durand/STC 51:09, 4-Chase/Un 51:09, 5-Hemphill/SBAA 54:33, 6-Knauff 54:34, 7-Mineau/CRC 54:45, 8-Fuel/ODC 54:45, 9-Torres 54:45, 10-Bergkamp/SBTC 54:57...33-Durand/STC(40+) 59:38, 34-Knerr/Un(40+) 59:39, 50-Diane Brink 64:00, 64-Cathy Fulkerson/PLVY 66:08...175 finished. /Brennan/

ELYSIAN PARK 5-KILO X-C (Dec. 31, Los Angeles): 1-Dave Frickel 15:54, 2-Carlson/CCAC 15:59, 3-Moses/ITC 16:05, 4-Koningh/ITC 16:10, 5-Canchola/SFV 16:15, 6-Moffitt/AZTL 16:29, 7-Durand/STC 16:35, 8-Deren/GLTC 16:42, 9-Caprioglio 16:58, 10-Terrones 17:05...20-Len Effron/CCAC(40+) 17:52, 28-Pat Logan/S(40+) 18:13, 51-Chris Troffer/LATC 19:33...193 finished. /Brennan/

FRESNO BURGER KING SEVEN-MILER (Jan. 7, Fresno): 1-Hopkins/FPTC 36:06.5, 2-S.Thornton/HSTC 36:56, 3-Curt Elia/FPTC 37:43, 4-Craig Elia/FPTC 38:00, 5-Walters/FPTC 38:06, 6-Castillo/Un 38:25, 7-Lohse/HSTC 39:29, 8-L.Thornton/HSTC(40+) 39:30, 9-Campbell/FPTC 40:01, 10-Lambe/FPTC 40:23...38-Sandy McPherson/WV 47:51, 47-Becky Kamps/FPTC 50:02, 49-Erika Nielsen/WV 50:19...67 finishers. /Bill Cockerham/

PATRICKS POINT RACES (Jan. 8, Trinidad): /6.2 Miles/ 1-Gordon Innes 30:59, 2-Scott Peters 31:04, 3-Reeder 31:59, 4-Cole 32:06, 5-Heidi 32:10, 6-Tucker/HSU 32:24, 7-Innes 32:49, 8-Williams 32:59, 9-Little 33:10, 10-Davy 33:27, 11-Romero 34:24, 12-Arrison 34:49, 13-Labrie 35:09, 14-Rocha 35:12, 15-Harper 35:14...29-Crandell/RRRC(40+) 37:27, 32-Escarda/RRRC(40+) 38:21, 33-Gilchrist/RRRC(40+) 38:25, 34-Carrie Craven/HSU 38:28, 43-Flossie Horgan 39:31, 58-Jane Wooten 41:50...104 finishers. /RRRC Newsletter/

SERSHEN DEFENDS DAISY HILL TITLE (Jan. 8, Rohnert Pk.): /13.5 Mi./ 1-Jan Sershen/ETC 1:15:33, 2-Drew 1:20:28, 3-Bratsberg 1:22:36, 4-Doris 1:22:43, 5-Nicholson/PMK(40+) 1:23:10, 6-Schaumburg 1:23:14, 7-Healy/TAM(40+), 8-Hackmann 1:23:34, 9-D'Acquisto 1:24:22, 10-Preston 1:25:21, 11-Coke 1:26:00, 12-Malain/BC(50+) 1:27:22...32-Caron Schaumburg 1:37:20 (86 finished). /Lynde/



Jan Sershen at Daisy Hill

MISSION BAY MARATHON (Jan. 14, San Diego): - The 1978 Mission Bay Marathon, held after thirteen days of rain on an altered course because of road flooding and washouts, was flooded with entrants instead; 2499 marathoners and 2089 half-marathoners officially started across a broad but muddy plain as the rains let up briefly. The leaders soon found themselves fighting their way through the stragglers in the modified but certified, multilap course, and undoubtedly this affected their times. However, winner Dave Frickel, a substitute teacher from La Verne, bettered his best previous and only other marathon effort by more than four minutes. His 2:19:14 was the only time under 2:20. Truman Clark was the first master across the line in 2:35:03, while Eddie Almeida won the 50-and-over division in true form, as "Mr. Consistency" notched another 2:41 (and 28 seconds). Martha Cooksey of Fullerton set a women's mark by 28 seconds with her 2:54:06. Charles Seekins (61), Seniors TC, also set a new record with a fine 3:08:21. **Half-Marathon:** 1-Garry Nitti/SMTC 1:06:59, 2-Tim Peterson/JT 1:08:19, 3-Jim Mosher/SDTC 1:08:53, 4-Archibald/JT 1:09:50, 5-Cour/SDTC 1:10:24...12-Shaver(17) 1:12:32, 83-Livesay(40+)/SDTC 1:23:06, 93-Ruth Caldwell/AIA 1:23:06, 114-Lita Whiteman/SD 1:25:52, 159-Daniel Brim/LaJolla 1:28:48...??-Ruth Anderson/NCS 1:31:48. **Marathon:** 1-Dave Frickel/SFV 2:19:14, 2-Segura/NMTC 2:20:46, 3-Moffitt/AZTL 2:22:21, 4-Trup/JT 2:22:54, 5-Burch/SD 2:22:57, 6-Kurrie/SFV 2:23:28, 7-Lux/JT 2:23:30, 8-Britten/AGRC 2:28:08, 9-Bautista/NMTC 2:28:15, 10-Madvig/SFV 2:29:09...14-Hopkins/FP 2:33:06, 27-GoetteImann/WVTC 2:35:03, 28-Clark/MS(40+) 2:35:03, 46-Merrow/FP 2:38:47, 56-Bregante/SUND 2:40:13, 134-McAbee/PMK (40+) 2:48:58, 136-Rowley/SUND 2:49:01, 161-Bugler/Un(40+) 2:52:12, 164-Wilder/PMK 2:52:19...188-Martha Cooksey/Fullerton 2:54:06. /Bill Gookin/

LONG BEACH OCEAN RUN (Jan. 15, Long Beach): /6.5 Miles/ 1-Joe Carlson 33:01, 2-Mahler 34:26, 3-Lacie 35:21, 4-Pohlhill 35:28, 5-Fisanotti 35:41, 6-Gonzalez 35:51, 7-Close/JT 36:03, 8-Bird 36:05, 9-Bush 36:35, 10-Bergkamp 36:53...13-Effron/CCAC(40+) 39:12, 23-Winton/STC(40+) 40:25, 40-Marilyn Bates/Un(40+) 42:24...134 finishers. /John Brennan/

SEA KING HALF-MARATHON (Jan. 21, Costa Mesa): /13.5 Miles/ - 1-Brian Hunsaker/JT 1:11:10, 2-St.John/JT 1:11:10, 3-Dowling 1:12:23, 4-Duarte 1:13:11, 5-Johnson/SDTC 1:13:30, 6-Lawson 1:13:41, 7-Kasischke/SDTC 1:15:10, 8-Sayward/AATA, 9-Jones 1:17:25, 10-Gleason 1:19:14, 11-Smart/MS(40+) 1:19:24, 12-Richards 1:20:12, 13-Schmidt/CCAC(40+) 1:20:34, 14-McCann 1:20:38, 15-Palalids 1:20:48...71-Cathy Duarte 1:29:24...399 finished. /Brennan/

HIGH SIERRA T.C. 10-MILER (Jan. 21, Fresno): 1-Curtis Elia/FPTC 53:53, 2-Renteria/FP 54:15, 3-Carrillo/BTC 54:44, 4-Laird/HTED 54:44, 5-Meyers/BTC 54:45, 6-Garza/HSTC 55:03, 7-S.Thornton/HSTC 55:15, 8-Villegas/Un 55:38, 9-Hurst/WVTC 55:54, 10-Swift/Mod 56:11, 11-Bronzan/HSTC 56:22, 12-B.Hurst/Mod 56:36, 13-Castillo/TW 57:14, 14-Lohse/HSTC 57:25, 15-McLain/Un 58:05...18-Van Dellan/HSTC 58:31 (40+), 70-Linda DeLeon/WW 82:52...78 finishers. /Len Thornton/

LAST PLACE 12-MILER (Jan. 22, Anderson): 1-Steve Daniels(19) 1:09:36, 2-Schafer/CRC 1:10:47, 3-Andrew 1:13:57, 4-Park 1:14:42, 5-Wexner 1:14:52, 6-Reed 1:15:35, 7-Jacobson 1:16:18, 8-Willegas 1:16:50, 9-Nyquist 1:17:06, 10-Daniell (40+) 1:17:21...14-Merill Cray/CRC 1:21:53, 26-Kim Carter 1:27:06...62 finisher, including 70-year-old Mavis Lindgren, who completed the entire distance in a time of 1:56:23. Daniels set a course record. Race had six sponsors. /Frank Swoboda/

NATL. AAU SENIOR MEN'S 12-KILO X-C CHAMPIONSHIPS (Jan. 28, Atlanta, GA): - Talk about a tight finish! The top 8 finishers were only 5.5 seconds apart, with local, Duncan Macdonald, missing the International travelling squad to Glasgow, Scotland, by less than two seconds! Teammates Dan Dillon and Randy Thomas of the Greater Boston TC, tied it up for first place, although the official times were three-tenths apart. Conditions were cold, with temperature at 24°F and winds from the west at 17 mph, gusting to 30. Brrrr! Greater Boston easily captured the team title, with Athletic West and Atlanta TC following. ** 1-Dillon/GBTC 35:41.8, 2-Thomas/GBTC 35:42.1, 3-Wells/AW 35:43.6, 4-Roche/NJAA 35:44.4, 5-Arbogast/CTC 35:45.4, 6-Vigil/CTC 35:45.6, 7-Rodgers/GBTC 35:45.9, 8-Macdonald/WVTC 35:47.3, 9-Wysocki/Nev-R 36:05, 10-Davey/KnoxTC 36:14, 11-Tuttle/Tob 36:17, 12-Baker/Aub 36:33, 13-Duggan/GBTC 36:35, 14-Quinn/Fla 36:36, 15-Manley/OTC 36:41, 16-Davidson/AshvleTC 36:45, 17-Brown/FAA 36:51, 18-Ruffatto/CTC 36:55, 19-Durden/AtITC 37:03, 20-Crawford/AW 37:04, 21-Brown/AW 37:07, 22-Graham/GBTC 37:08, 23-DeLorenzo/KnoxTC 37:16, 24-Woodard/SMTC 37:21, 25-Bringhurst/CSL 37:43...40 finishers. /Martin/

SKI-RUN RACE (Jan. 28, So. Lake Tahoe): - Something different for a change...a combo of runners and skiers (team race)! We are only listing the running times (7.6 miles along Pioneer Trail), and Mike Pinocci came up the winner, narrowly beating home-grown Greg Hitchcock, 39:29 to 39:42. ** 1-Mike Pinocci/WVTC 39:29, 2-Hitchcock 39:42, 3-Jones 40:34, 4-Woodliff/WVJS 44:57, 5-Seaver/WVTC 44:57, 6-Pineiro 44:58, 7-Scott 45:21, 8-Garcia 46:51 (1st Jr.), 9-Scarich 46:55, 10-Carr 47:36...20-Liane Powell 52:35...27 finishers. /David Price/

PISMO BEACH FIVE-MILER (Jan. 28, Pismo Beach): Cal-Poly runners complete dominated this one, with the first six places going to the San Luis Obispo-based team. Import Mitch Kingery had a good battle with Jim Warrick before shaking him off in the final stages to win by nine seconds, 26:00 to 26:09. *** 1-Kingery/CP 26:00, 2-Warrick/CP 26:09, 3-Rubio/CP 26:21, 4-Trimble/CP 26:36, 5-O'Brien/CP 26:57, 6-Arreola/CP-SLDC 27:21, 7-Schofield/SBAA 27:23, 8-Nanninga/WVTC 27:24, 9-Casper/SLDC 27:24, 10-Mitchell/Cuesta 27:45, 11-Funk/CP 28:15, 12-Raynes/CP 28:31, 13-Lane 29:22, 14-Coffey/SLDC(40+) 29:23...16-Gil/STC (50+) 29:34, 35-Fran Castro/LVDC 32:40, 45-Carolyn Proctor 37:03, 46-Jean Spierling 37:26...62 finished. /Rosenfield/

CASITAS DAM HANDICAP (Jan. 29, L.A. Area): /6.2 Miles/ 1-Bob Hayes/AIA 33:42, 2-Engel/BB 34:26, 3-Scobey/SFV 34:56, 4-Durand/STC 35:38, 5-Wise/SBAA 35:50, 6-Mineau/CRC 36:08, 7-Pontinen, SBAA 36:12, 8-Bergkamp/SBAA 36:32, 9-Torres 36:54, 10-Flanigan/CCAC 37:32, 11-Stansauk/SFV 38:10...15-Vasquez/AZTL (40+) 38:44, 64-Roberta Takahashi/Un(30+) 44:28, 72-Cathy Fullerson/PLVY 45:30...124 finishers. /John Brennan/

WORLD MASTERS MARATHON (Jan. 29, Orange): 1-Joe Carlson/CCAC 2:18:41, 2-Bryant/SMTC 2:21:14, 3-Kurrie/SFV 2:21:52, 4-White/OF 2:22:52, 5-Stevenson/USN 2:26:32, 6-Ellis/Un 2:28:10, 7-Ortega/NMTC 2:30:48, 8-Duarte/BA 2:30:53, 9-Blum/Un 2:31:06, 10-Planta/OCBA 2:31:24...22-Rudberg/STC(40+) 2:39:50, 23-Effron/CCAC(40+) 2:40:20, 35-Schmidt/CCAC 2:46:15, 41-Sheeran/STC(50+) 2:49:12, 57-Sue Peterson/SFV 2:52:41, 84-Jessie Cook/Un 2:58:38...438 finishers. /Bill Selvin/

BIG DIPPER HANDICAP (Jan. 29, Fresno): /6 Miles/ (Actual running times listed, but finish order is in order of handicap finish.) 1-Len Thornton/HSTC 34:38, 2-Cords/FPTC 30:43, 3-Seamount/HSTC 38:10, 4-Garza/HSTC 32:04, 5-Foley/FPTC 31:39, 6-Curt Elia/FPTC 32:31, 7-Escobedo/Un 35:24, 8-Craig Elia/FPTC 33:12, 9-Little/FPTC 33:14, 10-Kelley/FPTC 33:40, 11-Greenway/W 34:07, 12-Cornell/CSUF 33:54, 13-Martin/FJ 34:49, 14-Martin/FJ 43:10, 15-White/Tur 38:11...40 finishers. /B. Cockerham/

DSE PRESIDIO GATE RUN (Jan. 29, San Francisco): /3.65 Miles/ 1-Niemiec/WVTC 17:41, 2-Fitzgerald/PMK 18:02, 3-Kay 18:11, 4-Fanelli 18:12, 5-Kearcher 18:48, 6-Myers/PMK 18:56, 7-Sellers 19:03, 8-Trumbull 19:05, 9-Sevald 19:13, 10-Muller 19:15, 11-St. John 19:15, 12-Nelson 19:17, 13-McAbee/PMK(40+) 19:22, 14-McIntire 19:23, 15-Jensen/PMK(40+) 19:35, 16-Anderson 19:37, 17-Gowen/WVTC 19:39, 18-Kennedy 19:41, 19-Bailey 19:43, 20-Wong 19:45...127-Liz Varnhagen (no time). /DSE Newsletter/

SANTA BARBARA WINTER 10-MILER (Feb. 4, Santa Barbara): 1-John Jones/SBAA 52:01, 2-Madvig/SFV 53:30, 3-Sayward/AATA 55:06, 4-Broten/BB 55:26, 5-Donovan/SBAA 56:10, 6-Pittenger/LSB 56:21, 7-Durand/STC 56:29, 8-Bartek/SBAA(40+) 56:35...26-Mary Carmen/STC 62:47...134 finishers. /John Brennan/



Mitch Kingery nipped Cal-Poly teammate, Jim Warrick, at Pismo Beach 5-Miler. /J. Engle/

SANTA BARBARA WINTER 6-MILER (Feb. 4, Santa Barbara): 1-Steve Houseworth/Un 30:26, 2-Sutherland/CN 31:09, 3-Gil/SBAA 32:16, 4-Brennand/SBAA(40+) 32:29, 5-Sappenfield/Un 33:10, 6-Boeker/OCTC 33:29, 7-Worringham/SBAA 33:54, 8-Marshall/Un 33:55, 9-Davis/SBAA 34:03, 10-Beste/Un 34:08, 11-Nieves/SBAA 34:08, 12-Wojcik/Un 34:11, 13-Hobbs/Un 34:20, 14-Jackson/SBAA 34:29, 15-Heckert/Un 34:32...27-Tara Hobbs/Un 36:35, 42-Bobbie King/SBCC 39:48...154 finishers. /John Brennand/

NATL. AAU JR. 8-KILO X-COUNTRY CHAMPIONSHIPS (Feb. 4, Gainesville, Fla.): - The Pacific Ass'n paid half-fare (LDR Travel Fund) to our top two finishers in the PA-AAU Jr. X-Country last December so they could attend the Jr. International Trials in Florida. Rod Berry (West Valley TC/Redwood High in Larkspur) and Tom O'Neil (Buffalo Chips/Stanford Univ.) both did extremely well at the meet. Berry just missed winning the race when he was nipped by 4:06 Georgetown Univ. frosh, Kevin Byrne, while O'Neil placed seventh, just three seconds out of a spot on the international travelling squad to Scotland in March. Needless to say, the PA-AAU was well represented, even though only two were sent. Only other two Californians in the race were David Schiver (Irvine) and Tom Hethmon (Humboldt). Weather was clear and cold (40°) and very windy. The actual course length was 7800 meters, or equivalent to 4.847 miles. For a peak at just how close the top three places were, look at this issue's cover shot! -- 1-Byrne/Gtwn 23:46.3, 2-Berry/WVTC 23:46.5, 3-Graves/GuzStr 23:46.8, 4-Schultz/Un 23:58, 5-Milliman/NoCent 24:06, 6-Ferri/Gtwn 24:08, 7-O'Neil/BC 24:11, 8-Sheely/RASAC 24:13, 9-Clark/RHS 24:21, 10-Iwancin/GHS 24:25...13-Schiver/UCI 24:32, 16-Devery/SalemOre 24:40, 33-Hethmon/HumSt 25:50...56 finishers. Race was sponsored by Brooks Shoe Co. /Seeger/ten/



Ruth Caldwell is obviously elated at winning the National A.A.U. Women's 10-Kilo in Beverly Hills (sponsored by Bonne Bell). In fact, she must have been a bit nervous (check out the placement of her race number...good thing it reads the same upside down)! /Photo by Richard Lee Slotkin/

BAKERSFIELD MINI-, HALF-, AND MARATHON (Feb. 4, Bakersfield): /6.4 Mi./ 1-Dan Aldridge/CPSLO 34:59, 2-Villalouds/Baksfld 39:37, 3-Garcia/Baksfld 39:37...6-Wendy Walker/Baksfld 41:40; /13.1 Mi./ 1-Ron Wayne/BASC 1:07:18, 2-Burch/Baksfld 1:08:17, 3-Montenegro/CPSLO 1:11:13, 4-Laird/Un 1:11:47, 5-Meyer/Baksfld 1:11:53, 6-Cole/SLO 1:14:17, 7-Nevison/Baksfld 1:14:36, 8-Haslam/TAM(40+) 1:15:56, 9-Nanninga/WVTC 1:16:04, 10-Meyer/Barstow 1:16:36...32-Kim Templeton/Baksfld 1:30:17...113 finishers. /Marathon/ 1-Ray Rubio/SLO 2:27:59, 2-Oliver/Baksfld 2:46:59, 3-Hedges/Sac'to 2:47:29, 4-Helgerson/Foster City 2:50:07, 5-Souza/Baksfld 2:50:52, 6-Glauser/NRG(40+) 2:52:41?, 7-Cross/Baksfld 2:53:26, 8-Lujan/Baksfld 2:54:47, 9-Wolery/Oklid 2:54:51, 10-Seeger/FV 2:55:06...31-Clark/CtrsHghts 3:20:43, 36-Payne/Davis 3:27:12...60 finished. /Haslam; Arnt/

HERMOSA BEACH RUN (Feb. 5, Hermosa Beach): /5.5 Miles/ 1-Jim Arquilla/AIA 28:19, 2-Edwards/Un 28:38, 3-Resh/Un 29:48, 4-Rios/LHS 30:14, 5-Palacios/Un 30:40, 6-Huicochea/Un 30:44, 7-Kolbly/Un 30:53, 8-Kolthoff/Un 31:11, 9-Brownfield/Un 31:12, 10-Gill/31:22...18-Mundie/SMAA(40+) 32:16, 48-Kit Fagan/PTFF 38:36...75 finishers. /John Brennand/

POP MARTY MONTEBELLO RUN (Feb. 5, Montebello): /9.6 Miles/ - 1-Dave Fricke 50:39, 2-Mundell 51:05, 3-Ramirez 51:50, 4-Chase 52:12, 5-Barragan 52:26, 6-Chavez 52:30, 7-Perez/AZTL 52:35, 8-Askren 53:05, 9-Vergara 53:20, 10-Miller 54:29, 11-Razo 54:35...19-Vasquez/AZTL 58:07...73 finishers. /John Brennand/

LAS VEGAS MARATHON (Feb. 5, Las Vegas, Nev.): 1-Don Ocana 2:32:27, 2-Michael/Utah 2:39:06, 3-Gerardi 2:42:13, 4-Clark 2:44:20, 5-Bernstein 2:44:45, 6-Goldman(40+) 2:45:45, 7-Rennie 2:46:49, 8-Rogers/NY 2:46:51, 9-French/Utah 2:48:50, 10-Bender 2:49:55, 11-Brown 2:50:54, 12-Dobson/NH 2:52:15, 13-Fountain 2:52:34, 14-Paris/NY 2:52:46, 15-Balke 2:54:05...19-Susan Paterson/LV 2:57:27, 71-Sevigny/Reno(40+) 3:24:44, 78-Riegel/Hawthorne 3:29:24...123 finishers. /Las Vegas Track Club/

DSE COIT TOWER RUN (Feb. 5, San Francisco): /2.5 Miles/ 1-Hoyt Walker 13:47, 2-Thomas 13:50, 3-Kennedy 14:07, 4-Cohen 14:15, 5-Lindsell 14:18, 6-Bashiruddin/ETC 14:23, 7-Dresser 14:23, 8-Worthington 14:23, 9-Wilson 14:23, 10-Roach 14:23, 11-Brusher 14:31, 12-Nelson 14:32, 13-Niemiec/WVTC 14:33, 14-Plymale/PMK 14:33, 15-MacMahon 14:33, 16-Gillette/WVTC 14:56, 17-Zellers 14:58, 18-Hintz/WVTC 15:01, 19-Schieffer 15:01, 20-Murphy 15:01...57-Liana Wilson 16:42, 60-Sue Vinella-Brusher 16:54, 70-Liz Varnhagen 17:16...298 finishers. /DSE Newsletter/

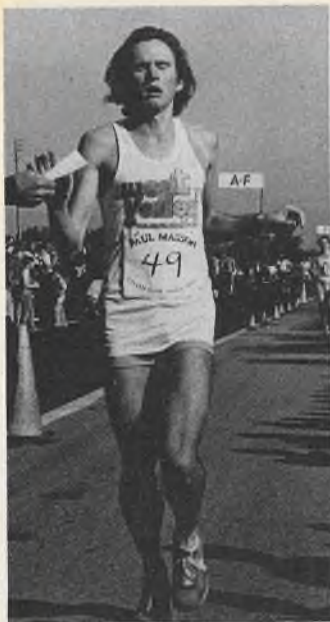
NATL. AAU 10-KILO ROAD CHAMPIONSHIPS FOR WOMEN (Feb. 5, Beverly Hills): - The Bonne Bell 10,000 meter mini-marathon of Beverly Hills duplicated as the National Women's Championships too, and although it wasn't really a "Nationals" (nobody from out of...

state), there certainly wasn't a lack of competition. The San Jose Cindergals cleaned house, as they not only grabbed the Natl. Junior team title, but also the overall fast time of 3:13:35 (for 5 scorers). Winner of the "Senior" title was the San Fernando Valley TC with 3:17:06. San Diego TC's masters women upended the NorCal Seniors, running with Ruth Anderson, Ruth Waters, and Francis Sackerman (2:09:45 to 2:12:24). The individual winner (see above photo) was Ruth Caldwell of Athletes in Action, clocking a 36:51 on the rain-soaked course. Roxanne Bier, winner of the S.F. Bonne Bell, was fourth overall and won the Natl. Junior title, just edging Vickie Cook of the Rialto Roadrunners by one second. Below are the top 20 finishers: 1-Caldwell/AIA 36:51, 2-Cooksey/Un 37:20, 3-Troffer/LATC 37:40, 4-Bier/SJC 37:41, 5-Cook/RRR 37:42, 6-Gorman/SFV(40+) 37:51, 7-Meek/Un 37:54, 8-Williams/SJC 37:59, 9-Hansen/SFV 38:12, 10-Abare/SDS 38:23, 11-Crisp/WVTC 38:32, 12-Fischer/RRR 38:42, 13-Wotherspoon/SJC 38:46, 14-Bush/Un 38:48, 15-Perkins/SJC 38:54, 16-Brogan/SJC 39:01, 17-Assumma/RRR 39:03, 18-Demme/maier/SJC 39:09, 19-Broderick/UCLA 39:26, 20-Keyes/UCLA 39:26...72-Anderson/NCS(45+,2nd) 43:03. /J. Hansen/

DSE FERRY BUILDING RUN (Feb. 12, San Francisco): /3.85 Miles/ 1-Hockerson 20:33, 2-Handon 20:33, 3-Kay 20:50, 4-Nowak 21:13, 5-Wheeler 21:18, 6-Nelson 21:42, 7-Chaffee/ETC 22:17, 8-Walker 22:56...27-Morijo Connolly/PMK 25:17, 34-Tina Chee 26:03, 48-Liz Varnhage 27:24...119 finishers. /DSE Newsletter/

ARIZONA ADMISSIONS DAY MARATHON (Feb. 18, Tucson, Ariz.): 1-Blairst Johnson/Tucson 2:21:40, 2-Bob Cooper/WDS 2:27:41, 3-Stanforth/Tucson 2:27:42, 4-Heaberlin/Tucson 2:30:53...14-Bailey/CoLo(40+) 2:40:36, 33-Sandoval/WDS 2:54:11, 37-Leahy/SanDiego 2:56:14, 51-Vigil/WDS 3:03:53, 60-Wieand/WDS 3:06:58, 89-Hinshaw/Tiburon 3:19:42, 110-Buck Swannack/DSE(40+) 3:27:21 (PR) ...184 finishers. /Evans/

SPA-AAU 30-KILO CHAMPIONSHIPS (Feb. 19, Culver City): Teams: ATA 5:03:11, ATZLAN 5:08:02, STC 5:29:25, CCAC 5:31:01. 1-Chuck Smead/AIA 1:38:35, 2-Hayes/AIA 1:38:35, 3-Fricke/Un 1:38:54, 4-Moffitt/AZTL 1:40:09, 5-Carlson/CCAC 1:42:03, 6-Mundell/TOC 1:42:21, 7-Sayward/AATA 1:43:22, 8-Ruiz/AZTL 1:44:31, 9-Durand/STC 1:44:57, 10-Padgett/AIA 1:46:01, 11-Kellogg/KELR 1:46:23, 12-Blakely/BB 1:46:35, 13-Williams 1:46:37, 14-Pittenger 1:48:11, 15-Boden 1:48:44...19-Clark/SCS(40+) 1:49:25, 24-Rudberg/STC 1:50:45, 28-Atkins/STC 1:53:26, 37-Celia Peterson 1:55:54, 41-Martha Cooksey 1:56:19. /Brennand/



(L-R) Chris Hamer was runnerup in the PA-AAU 50-Miler to Dennis Rinde in 5:49:36. Here he's shown finishing the Paul Masson Marathon. /Don McLandry/ Chuck Smead anchoring the Athletes in Action team to victory at the Christmas Relays; Vicky Bray does likewise for the San Jose Cindergals, as fastest women's team. /Jim Engle Photos/ John Marden strides the last few yards to victory for his Mission San Jose High School team, as they win their division. /Lani Bader/

JUNIORS STEAL SHOW AT PA-AAU 50-MILER (Feb. 26, Marysville to Sacramento): - Two 19-year-olds led one of the largest, fastest 50-mile fields in Northern California history in the Pacific AAU Championships. Dennis Rinde, a student at Sacramento State, completed his first ultra-marathon in a time that should rank among the fastest of the year. His 5:40:16 would have been among the top half-dozen 50-mile times for 1977. Chris Hamer's performance is also certain to rank among the fastest ever for a Junior (under 20) competitor. His 5:49:36 came 11 weeks after winning his first ultra-distance effort, the PA-AAU 100-Kilo in Woodside. Mike Souza and Marc Hoschler of the victorious Buffalo Chips also dipped under Darryl Beardall's 1975 course record of 6:21:59. Beardall led much of this year's race, sporting a six-minute lead at 20 miles. His 6:23:29 is the new Master's division course standard, 70 minutes under Vic Crosetti's 1975 mark. Also impressive was Sally Edwards' 7:46:32, just 22 minutes off Natalie Cullimore's PA record. Finally, Dick Goodman, of Yakima, Washington, may have set a national record in running 8:02:59 at age 58. Goodman plans to run across Death Valley this summer. /Bob Cooper/

1-Dennis Rinde/OPHIR	5:40:16	13-Jeff Collins/NM	7:12:43
2-Chris Hamer/WVTC	5:49:36	14-Bob King/STC	7:18:27
3-Mike Souza/BC"A"	6:07:47	15-Dean Metcalf/Un	7:20:07
4-Marc Hoschler/BC"A"	6:15:39	16-Pete Schoener/BC"B"	7:32:33
5-Mike Catlin/AGRC	6:23:09	17-Ray Wieand/WDS	7:37:38
6-Darryl Beardall/TAM	6:23:29*	18-Noe Vigil/WDS	7:39:11
7-Donald Choi/WDS	6:25:58	19-Jeffery Nakama/Un	7:43:50
8-Luis Sandoval/WDS	6:38:54	20-Tim Hicks/BC"A"	7:45:38
9-Mike Williams/SoqRC	6:48:20	***WOMEN***	
10-Bob Hedges/BC"A"	7:04:47	21-Sally Edwards/CRC	7:46:32
11-Jonathan Brown/BC"B"	7:09:11	30-Julie Partridge/WDS9	5:58:32
12-Lynnard Phipps/USCG	7:10:06	31-Karin Stok/WDS	10:27:06

ATHLETES IN ACTION WIN EXCITING CHRISTMAS RELAYS BATTLE (Dec. 18, Santa Cruz to Half Moon Bay): - This year's relays were not quite as big as we had expected, but 250 teams is big enough! The early morning rain broke up shortly after the start of the race, and most of the runners had only to contend with sunny skies and some brisk winds, which caused times to be slowed somewhat. Would you believe that not one single leg or division record fell? Of course we added a sub-masters division, so that becomes an automatic record, but WVTC's sub-masters did a 4:20:27 last year when there was no official division for them and they ran with the open teams. Anyhow, we apologize for the lateness of the results, which should be mailed out shortly... we had some real hassles when our Chronomix timer at 35 miles was accidentally reset a couple of times, but we think we've got the fast legs worked out at least. If your team got fairly accurate splits, you might let us know what they were on legs 5 and 6...when you get the splits, we are not guaranteeing their

accuracy. Perhaps next year everyone should do their own timing? Let us know what you think about that (except for timing maybe the top twenty teams to get fast legs). Now... here are the fast-legs we've computed. If you think we're wrong, let us know right away. (#1) Mike Pinocci/WVTC 48:40 (just a step ahead of Dave Murphy of Camino West); (#2) Mark Dulaney/AIA 23:32; (#3) Pete Sweeney/Aggie "Toy-Makers" and John Moreno/Camino West 27:14 (tie); (#4) Ron Fritzke/CWTC 48:29; (#5) George Stewart/WVTC 25:14; (#6) Tom Koppes/AIA 22:40; (#7) Chuck Smead/AIA 53:45. --- The divisional winners were: Div. A: AIA 4:14:42; Div. B: Aggie RC "Elves" 4:23:34; Div. C: Mission San Jose H.S. 4:42:29; Div. F: WVTC Sub-Masters 4:34:02; Div. H: WVJS "A" 4:51:29; Div. L: Old Spice 5:23:23; Div. N: San Jose Cindergals 5:27:38; Div. U: Marin Mistletoes 5:36:11; Div. X: Bay Bees 6:26:45. Many of the divisions had spirited battles, including the 'open' race, which saw the top three teams come in with only 1:53 separating them. West Valley Joggers & Striders were looking back over their shoulders for the first time in memory, as the Tamalpa-Dipsea Indians came within only a few minutes in the masters division. The Cindergals narrowly held off West Valley for the women's title, as Marilyn Taylor made up a lot of ground on Vicky Bray. -- SHIRTS: If you didn't get one and are still interested, send \$3.50 per shirt (includes postage) and specify your size...we have only about 50 left (all sizes available, but not very many in some). Below are the top finishing times (actual, after hour has been subtracted for handicap): (1) Athletes in Action 4:14:42; (2) Camino West "A" 4:15:46; (3) Aggie RC "Toy-Makers" 4:16:35; (4) West Valley TC 4:22:10; (5) Aggie RC "Elves" 4:23:34; (6) Occidental College 4:25:17; (7) Fresno Pacific TC 4:26:34; (8) Tamalpa "A" 4:30:58; (9) Sinful Seven 4:31:23; (10) Monterey Pen. College 4:31:40; (11) SWEAT 4:32:52; (12) WVTC Sub-Masters 4:34:02; (13) Sensuous 7 4:34:35; (14) WVJS "A" 4:35:06; (15) Allan Hancock 4:35:53; (16) CWTC "B" 4:41:05; (17) Sunshine Boys 4:41:12; (18) Squeaky Cheeks 4:41:51; (19) Mission S.J. High 4:42:29; (20) Harbor Harriers 4:42:46; (21) WVTC "B" 4:44:10; (22) Range Rovers 4:44:57; (23) Buffalo Chips Sub-Masters 4:45:26; (24) DeAnza 4:46:06; (25) Redwood High 4:46:29; (26) Marvin Movers 4:47:16; (27) Carlmont H.S. 4:47:31; (28) Excelsior TC 4:49:06; (29) Lake Merritt Str. 4:49:19; (30) Baby Aggies 4:49:26; (31) Buffalo Chips "A" 4:50:51; (32) Coyote Str. 4:51:26; (33) WVJS Masters 4:51:29; (34) Pamakid "A" 4:51:45; (35) Los Gatos HS 4:52:53; (36) Tamalpa Turkeys 4:53:13; (37) Aggie RC "Sleds" 4:53:21; (38) Tamalpa-Dipsea Indians 4:54:08; (39) WVTC Pick-Ups 4:54:23; (40) Peach Bowl Pacers Pickups 4:54:50; (41) Good Earth Runners "A" 4:55:01; (42) UC Crew Team 4:55:05; (43) San Luis D.C. 4:55:10; (44) WVJS Sub-Masters 4:55:45; (45) Canadian Bacon (Cordova HS) 4:56:29; (46) Jack's Jocks 4:57:13; (47) Hastings Runners H/C 4:58:44; (48) Runner's World RC 4:59:04; (49) Orinda RR "A" 4:59:26; (50) Yuba City H.S. 4:59:50.



(Left) Start of the *Runner's World* sponsored, Los Altos Midnight Run (Invitational Div.), featuring such notables as Jerome Drayton (#3) and Marty Liquori (wearing Athletic Attic jersey with no #), who took fourth and third, respectively. (Right) Midway into the race, a tight pack of (l-r) Mike Pinocci, Duncan Macdonald, Josh Kimeto and Bill Rodgers. /John Sheretz Photos/

MACDONALD DEFEATS STELLAR FIELD AT LOS ALTOS MIDNIGHT RUN (Dec. 31, Los Altos): - Ex-American record-holder in the 5,000 meters, Duncan Macdonald, showed 1977's top-ranked road-racer (by *Runner's World & Track & Field News*), Bill Rodgers, a thing or two about running in the waning hours of the year as he registered an impressive 15-second victory over the American record-holder in the marathon. Current 5,000 meter recordman, Marty Liquori, was also left in the dust, another 8 seconds back, with 1977 Boston Marathon victor, Jerome Drayton, another few seconds behind. Probably one of the more impressive performances came from Mike Pinocci (6th in 28:36), who was running with Liquori & Drayton until about a mile to go. Ex-Washington H.S. teammate, Mike Ruffatto, was also high up in the field (7th in 24:04). Hal Higdon's 26:35 led the masters, while Kerry Brogan recorded a 30:15 to finish as top woman (only one in the invitational field). Stacey Geiken (25:05) & Lou Patterson (25:37) won the Fun Run. /Ray Hossler/

1-Duncan Macdonald/WVTC	23:05	9-John Moreno/CWTC	24:15	17-Ramsay Thomas/WVTC	24:56	25-Jim Howell/WVTC	25:56
2-Bill Rodgers/GBTC	23:20	10-Mike Porter/WVTC	24:20	18-Ernie Rivas/Un	25:10	26-Terenca Boynton	26:02
3-Marty Liquori/AA	23:28	11-John Sutherland	24:25	19-Dennis Tracy/WVTC	25:10	27-Rodger Hauck	26:05
4-Jerome Drayton/TOC	23:30	12-Darren George/AIA	24:28	20-Jerry Harnett	25:10	28-John Freemuth	26:06
5-Josh Kimeto/WSU-Kenya	23:33	13-John Armstrong	24:37	21-Michael Gulli	25:11	29-Richard Stiller/WVJS	26:12
6-Mike Pinocci/WVTC	23:36	14-Paul Cook/AIA	24:39	22-Atkins Chun/Un	25:12	30-Joe Contario	26:18
7-Mike Ruffatto/ColTC	24:04	15-Brian Maxwell/BASC	24:52	23-Paul Fredrickson	25:43	31-Hal Higdon	26:35*
8-Dave White	24:12	16-Jan Ramak/Un	24:53	24-Bill McDermott	25:54	32-Ed Rios	26:46

QUINTANA IN EASY NEWARK VICTORY (Jan. 2, Newark): - WVTC's Ted Quintana started off the new year on the right foot by striding to an easy win at the 2nd Annual Newark, Coyote Hills to the Bay 6.8-Miler. His nearest competitors were some 200 yards back, clocking 36:46 for a second-place tie (Joe Salazar and Scott Molina). Molina won the high school title. Surprise winner in the masters division was Richard Keene, 40, of the NorCal Seniors. A confusing age-breakdown but those under 40 in the 'open' division, but allowed those over 30 to compete in the 'senior' division. So there were 30-39 competitors in both! Keene's 42:26 beat runnerup John Armstrong (49) by a full minute. Linda Anderson won the open women's race and was tops overall too in 44:58 (42nd place). She was followed by Liz Strangio (48:09), who won the girls' high school title, and Sharon Yaninek (48:12), who took the junior girls' title. Jay Marden (14) was ninth overall in grabbing the junior boys' trophy...150 finishers. /Darryl Reina; Rich Keene/

OPEN MEN(Under 40)	14-Richard Alvarez/Un	41:57	9-Edward Healy/AA	45:09*	3-Linda Brown/Un	52:00
1-Ted Quintana/WVTC	15-Kinton Harper/Un	42:02	10-Richard Austin/KJ	45:24*	***JR. BOYS***(Under 15)	
2-Joe Salazar/SJCC-Un	16-Ron Alonzo/Un	42:05	11-Michael Korholz/DSE	45:29*	1-Jay Marden/WVTC	39:46
3-Mike Plummer/WVTC	17-Donald Lutz/SCLara	42:34	12-Richard Vincent/Un	45:34*	2-John Morse/DVTC	40:50
4-Jeff Dowling/Chabot	18-Carl Glatze/FSRC	43:03	13-Mike Morse/Un	45:44	3-Sean Hernandez/Un	43:03
5-Tim Rostege/WVTC	***SENIOR MEN***(40 & Over)		***H.S. BOYS***		4-John Latting/DVTC	43:06
6-Michael Coke/CSRT	1-Dale Nelson/DSE	40:45	1-Scott Molina/DLS	36:46	5-Chris Freckman/DVTC	43:21
7-John Ruppe/Un	2-Nick Winer/LVRC	41:03	2-John Marden/WVTC	37:29	***JR. GIRLS***(Under 15)	
8-Jeff Farmer/Un	3-Richard Keene/NCS	42:26*	3-Steve Lloyd	39:15	1-Sharon Yaninek/SJC	48:12
9-Jim Holben/WVTC	4-John Armstrong/Un	43:25*	4-Steve Strangio/WVTC	39:35	2-Mary Morse/Un	51:58
10-Grady Wright/DSE	5-Richard Craig/MVS	43:36	5-Jeff West/MVS	42:46	***OPEN WOMEN***	
11-Norman Leparo/Un	6-Lorenzo Chambliss/OA	44:29	***H.S. GIRLS***		1-Linda Anderson/Un	44:58
12-Jim Chalmers/Un	7-Thomas Knight/Un	45:01	1-Liz Strangio/MSJ	48:09	***SENIOR WOMEN***(40 & Over)	
13-Gilbert Hernandez/Un	8-John Marden/Un	45:05*	2-Linda Coon/MSJ	50:33	1-Etaine Respass/AA	54:15

GAZAFY, TAYLOR AND COBURN IN LAKE MERRITT WINS (Jan. 7, Oakland): - The Himalayan Distance Runs were a resounding success as nearly 350 finished three runs that supported a women's expedition to the Himalayas. The longer (10K) women's event was won easily by Marilyn Taylor in a time of 39:52 as Elaine Miller's 40:35 was several hundred yards back. Jane Sowersby's 41:32 just held off Ruth Anderson (41:35), as the latter copped the masters title. In the shorter 1-lap (5K) event, Debi Gazafy likewise had an easy time of it, clocking 19:01 to upend Sue Craig, who notched a 20:07... the rest of the field was over three minutes back. In a companion men's 10K, John Cobourn narrowly nipped RRCA Regional V.P., Don Chaffee, 34:49 to 34:51, with Dennis Coulter another two seconds back in a very exciting finish. The race was sponsored by the FORErunners. /MaCorrmiok; Scanlon/

WOMEN'S 10K	8-Linda Brown	44:45	16-Judy Milgram	47:46
1-Marilyn Taylor/WVTC	9-Laury Belzer/SYN	45:09	17-Mary Dagejorde	47:49
2-Elaine Miller/PMK	10-Jenny Ray	45:15	18-Irene Miller	47:54*
3-Jane Sowersby/PMK	11-Diane Ventre	45:17	19-Catherine Smith	48:17*
4-Ruth Anderson/NCS	12-Susan Laird	46:05	20-Helen Wharton	48:22
5-Peggy Lyman/WVTC	13-Carroll O'Conner/NCS	46:24*	21-Katharine Brieger/NCS	48:54*
6-Marty Maricle/TAM	14-Dana Hopper	46:31	22-Rosa Salas-Malone	48:57
7-Janet Hollenbach	15-Grace Franke	47:19	23-Esley Hunt	48:58

MEN'S 10K	3-Dennis Coulter	34:53	6-Joe Maher/TAM	35:40
1-John Cobourn	4-Bob Myers/PMK	35:02	7-Jim Coughlin	35:43
2-Don Chaffee/ETC	5-Dennis Gustafson	35:37	(more results on next page...)	



Marilyn Taylor won the Lake Merritt (Himalayan) 10-Kilo in 39:52. /Jim Engle/

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(Lake Merritt Results, Cont'd)

8-Bill Brusher	35:44	27-Glen Jacoby	38:42
9-Robert Herrick	35:47	28-Thomas Knight	38:45
10-Neil Berg	35:50	29-Daniel Hirano	39:08
11-Dan Powers	35:58	30-Michael Korbholz/DSE	39:10*
12-Cliff Wolery	36:04	31-Ron Yank	39:11
13-Ronald Felzer	36:21	32-Karl Gerdes	39:29
14-John Ruppe	36:27	33-Gerry Beagan	39:37
15-Jess Chavez	36:30*	34-Randy Drews	39:37
16-Tom Martz	36:50	35-David Candia	39:41
17-Robert Harris	36:57	36-Phil Spiekerman	39:41*
18-Dave Hubbard	37:22	37-D.M. Baltzer	39:42*
19-Ira Moch	37:41	38-Peter Fisher	39:45
20-Ron Peterson	37:46	39-Bruce Brummel	39:47
21-Ed Jerome/TRAC	37:55	40-Alan Paulson	39:51
22-John Morton	38:03	41-Flory Rodd	39:58*
23-Ron Kelly	38:05	42-Michael Besack	39:58
24-Sam Thomas	38:20	43-Buck Kohles	40:00
25-Jeff Rogers	38:22	44-Walter Williams	40:05*
26-Don Swanson	38:34	45-Michael Chapman	40:10
		46-Joe Rubio	40:13

SCHILLING AND MARTINEZ TAKE TWIN VICTORIES AT GREAT RACE (Jan. 8, Saratoga & Los Gatos): - Something unique! Western Federal Savings sponsored two races that took place simultaneously, on the same course, but in opposite directions! Mark Schilling, known more for his middle-distance feats, moved up to the longer (short of the advertised 4 miles) distance and outkicked marathoner Mike Pinocci, 18:12.3 to 18:14. That was the story in the Saratoga to Los Gatos jaunt. In the companion race (Los Gatos to Saratoga), Ben Martinez took home a fairly comfortably 9-second win over Joe Green and Joe Salazar, who were only one second apart in second and third. Ben's winning time was 19:42. In the faster of the two races, Jerry Lewis defeated C. Rockez (new master?), 21:36 to 22:49 for the 40-and-over division win, while super-star Roxanne Bier of the Cindergals clocked 22:02 to beat teammate Cathy Demmelmaier by a quarter-mile! Carl Martin (Div. II master) ran one of his better races in capturing the Los Gatos-Saratoga masters trophy in 22:07, while teammate Maynard Orme waged a super-close battle with John Flather and Bob Mackey, who each were timed in 23:01. Kathy Perkins' 23:22 defeated Sue Munday's 23:40 for the top women's award in that race. A good turnout for this first-ever event saw nearly 600 finish both runs. (*Please excuse misspellings; I tried to catch most of the errors.*) /Pete Michon/

SARATOGA-LOS GATOS

1-Mark Schilling	18:12	40-Jim Chaney	23:12
2-Mike Pinocci/WVTC	18:14	41-B. Brown	23:18
3-Rudi Krause	19:09	42-C.R. Miller	23:22*
4-J. Arquilla	19:27	43-Geoff Shosk	23:22
5-Greg Szanto	19:47	44-Gerry Beagan	23:23
6-Tim Chain	20:08	45-S. Duggan	23:27
7-Phil McCarty	20:35	46-Cathy Demmelmaier/SJC	23:27
8-Ruud Vander Hoogen	20:39	47-Michael Kennedy	23:32
9-M. Rohe	20:45	48-Ed Tico/WVJS	23:36
10-Mike Chastaine/WVTC	20:47	49-Wright	23:41
11-Rich Read/WVTC	20:52	50-Bill Young	23:43
12-Craig Johnson	20:57	51-Barber	23:49
13-Keith Kruse	21:04	52-Maria King	23:52
14-J. Coluin	21:11	53-Smith	23:56
15-G. Yorey	21:13	54-Gregg Harvey	24:01
16-Hunt	21:28	55-John Hauer	24:05
17-Jerry Lewis/TRAC	21:36*	56-Chris Freschmann	24:08
18-Jeff Tindall	21:37	57-Larry White	24:10*
19-Santos Reynaga/WVTC	21:41	58-J. Wedgewood	24:16
20-Welch	21:47	59-Ann Regan/SJC	24:17
21-Roxanne Bier/SJC	22:02	60-A.M. Fletcher	24:19*
22-Pearson	22:09	61-Holmes	24:23
23-Bob Shnuhan	22:13	62-Diana Figliomeni/SJC	24:23
24-Paul Thompson	22:17	63-Glenn Harmatz	24:41
25-Wackel	22:23	64-Tom Sullivan	24:42
26-Steve Simpson/WVTC	22:27	65-Robert Feldman	24:43
27-Mark Kokowich	22:32	66-P. Brooks	24:44
28-Marc Lund/WVTC	22:33	***WOMEN***	
29-Segger	22:36	21-Roxanne Bier/SJC	22:02
30-Jim Sullivan	22:39	46-Cathy Demmelmaier/SJC	23:27
31-Bob Terril	22:44	52-Maria King	23:52
32-Arno	22:49	59-Ann Regan/SJC	24:17
33-C. Rockez	22:49*	62-Diana Figliomeni/SJC	24:23
34-Rick Riverdan	23:00	70-Sharon Yaninek/SJC	24:47
35-T. Martoschelli	23:02	73-Nanette Garcia	24:50
36-Scott Miller	23:05	80-Kathy Bownet	25:04
37-Bob Rolston	23:11*	81-Diane Young	25:10
38-Mutalauaga	?23:11?	94-Deana Pearson	25:39
39-Conoley	23:11	100-D. Welton	25:45
		126-Dina Buti	26:36

LOS GATOS-SARATOGA

1-Ben Martinez	19:42	15-Gil Hernandez	21:57	30-Doug Dynes	23:01	45-Joe Morelli	24:03
2-Joe Green/WVTC	19:51	16-Paul Swinney	22:01	31-Bob Mackey/WVJS	23:01*	46-Pauline Vasquez	24:03
3-Joe Salazar/SJCC	19:53	17-Carl Martin/WVJS	22:07*	32-Greg Swift	23:06	47-Harry Hill/WVJS	24:05*
4-Steve Nelson/WVTC	20:08	18-Terry Higgins	22:12	33-George Wightorian	23:11	48-John McCrillis/TRAC	24:07
5-Bill Meinhardt/WVJS	20:39	19-Reed Asthes	22:21	34-Ken Apperson	23:14	49-Steve Shank	24:12
6-Pat Moreton	21:03	20-Rich O'Dell	22:29	35-Frank Rudno	23:18	50-Gary Cove11	24:16
7-David Castro	21:08	21-David Sermer	22:32	36-Kathy Perkins	23:22	51-Scott Higginson	24:26
8-Mike Arren	21:09	22-Dan Drisken	22:34	37-Bill Dunn	23:31	***WOMEN***	
9-Terry Stelma	21:25	23-Rich Walters	22:39	38-Ken Nickle	23:34	36-Kathy Perkins	23:22
10-Tim Olson	21:29	24-Sean Dealy	22:40	39-Bill Comport	23:40	40-Sue Munday/SJCC	23:40
11-Don Roth	21:35	25-Ed Fuller	22:44	40-Sue Munday/SJCC	23:40	46-Pauline Vasquez	24:03
12-Tom Thibalt	21:51	26-Ron Briscoe	22:47	41-Rich Mueller	23:48*	64-Demetria Mavis	25:06
13-John Hillsink	21:51	27-Chris Amasal	22:48	42-Joe Monteleone	23:50	99-Chris Carriere	26:56
14-David Leskovsily	21:53	28-Maynard Orme/WVJS	23:00*	43-Glen Campagna	23:52	100-Sue Roberts	26:56
		29-John Flather	23:01*	44-Al Garci	23:58	115-Martha Wilson	28:30

GEIS WINS CALIFORNIA "10"; SMITH UPSETS O'NEIL IN MASTERS DIVISION; CRISP BLITZES WOMEN'S RECORD

(Jan. 8, Stockton): - On a wet day, Athletics West's Paul Geis, currently doing graduate work at Stanford Univ., ran to a 22-second victory over surprising Stanford frosh, Tom O'Neil, however, the 48:37 course record set by Jim Nuccio was not remotely approached. In fact, nobody broke 50 minutes on this usually super-fast course. Ever-improving Fritz Watson, who just a month before had notched a marathon PR of 2:21:00 at Livermore, ducked in for third at 50:54, beating such good runners as Pete Flores and Bill Clark, among others. Ross Smith, who had just recently turned 50, helped celebrate with a solid upset over 2:35-marathon, Jim O'Neil, 55:07 to 56:28, just missing his own course mark by 9 seconds. Gordon Gane was a very competitive third at 56:41. The only course mark to go was the 64:28 set last year by Sally Edwards, and it went in a big way. Laurie Crisp, only a junior at Modesto's Downey High, scored a big victory with her 61:01, dragging Kerry Brogan (63:42) and Jo Williams (64:07) under the old mark too, as defending champ Edwards was 20 seconds slower than last year in fourth. Another well-run competition by the Sundance T.C., as there were 430 finishers, despite the adverse conditions. /Frank Hagerty/

1-Paul Geis/AW	50:16	37-Doug Rennie/BC	55:42	73-John Thias/Un	57:52
2-Tom O'Neil/BC-Stanford	50:38	38-Jesus Sun/Un	55:43	74-Peter McCarry/Un	57:52
3-Fritz Watson/WVTC	50:54	39-Mike Garrett/Un	55:46	75-Mike Rowerdink/SUND	57:53
4-Pete Flores/AGRC	51:03	40-Ken Hurst/WVTC	55:51	76-Robert Hedges/BC	57:53
5-Bill Clark/WVTC	51:50	41-Mike Baker/Un	55:53	77-Doug Latimer/Un	57:57*
6-Bill Britton/AGRC	52:12	42-Steve Sudrow/Solano	56:05	78-Greg Aguirre/Un	58:02
7-Jim Bowles/WVTC	53:11	43-Jan Makowski/Un	56:06	79-Mike Game/Un	58:03
8-John Marden/WVTC	53:16	44-Fric Winje/Un	56:08	80-Dick McCullough/Un	58:03
9-Bradley Brown/SUND	53:19	45-Richard Franklin/LVRC	56:09	81-David Overoye/Un	58:05
10-Nick Nickols/Un	53:21	46-Larry Sommer/BC	56:27	82-Roy Scellodes/TRAC	58:08
11-Ed Nicholson/HH	53:27	47-Jim O'Neil/BC	56:28*	83-Robert Jeffery/Un	58:09
12-Steve Brooks/WVTC	53:52	48-Chris Dominquez/Un	56:29	84-Tom Bennett/PMK	58:09
13-Pat Buzbee/Un	53:52	49-Mike Niles/Un	56:35	85-Tom Robinson/PMK	58:11
14-Stan Winkley/Un	53:55	50-Kevin Kirby/Un	56:39	86-Dave Larsen/DSE	58:12
15-Jim Dietler/Un	53:58	51-Gordon Gane/LVRC	56:41*	87-Bruce Williams/Un	58:12
16-Rick Brown/SRRC	53:59	52-Wali Lunge/BC	56:45	88-Abe Underwood/BC	58:13
17-Ray Castro/Un	54:02	53-Mike McLain/Un	56:49	89-Mark Gallo/BC	58:14
18-Ken Danz/SUND	54:03	54-Scott Molina/Un	56:53	90-Richard Roadkap/Un	58:16
19-Greg Jewett/Un	54:35	55-Marc Hoschler/Un	57:01	91-Ken Takao/SUND	58:23
20-Mike Buzbee/Un	54:38	56-William Hurst/Un	57:07	92-Tom Aldano/Un	58:24
21-Dan Martinez/WDS	54:41	57-Gary Alderman/Un	57:07	93-Greg Walker/Un	58:37
22-Adam Ferreira/HH	54:43	58-Dete Kraus/WVJS	57:09	94-Ed Lee/LVRC	58:41
23-Kevin O'Conner/CW	54:49	59-Tracey Booth/CB	57:14	95-Earl Hardy/Un	58:45
24-Brian Bonner/LVRC	54:59	60-Sergio Aguilar/Un	57:15	96-Dale Bryan/Un	58:48
25-Jeff Wall/Un	55:00	61-Frank Custino/SUND	57:16	97-Bryan Roerer/WVJS	58:50*
26-Doug Butt/WVTC	55:02	62-Don Dugdale/MPAC	57:18	98-Dennis Kroll/Un	58:52
27-Mike Warr/Un	55:05	63-Ross Rowley/SUND	57:22	99-Clifford Stewart/PMK	58:59
28-Ross Smith/WVJS	55:07*	64-Britt Brewer/CRC	57:24	100-Richard Hanna/Un	59:00
29-Bert Johnson/LVRC	55:12	65-Hoyt Walker/LVRC	57:34	101-Terry Axel/BRAT	59:03
30-Chris Munoz/SUND	55:26	66-Tony Baccelli/Un	57:36	102-Dave Donaldson/MerTC	59:08
31-Darren George/AIA	55:29	67-John Bork/Un	57:40	103-Howard Jacobson/BC	59:09
32-Ronald Newstat/Un	55:29	68-Robert Canales/Un	57:41	104-Larry Pugh/Un	59:10
33-Mike Wright/Solano	55:31	69-Robert Felsch/Un	57:42	105-John Mohr/PMK	59:12
34-Noel Lini come/Un	55:31	70-Jay Marden/WVTC	57:47	106-Charles Pittel/Un	59:14
35-Perry Linn/BC	55:34	71-John Monroe/DVTC	57:47	107-Howard Iseri/BC	59:18
36-Ken Harvey/Un	55:38	72-Tim Rostege/WVTC	57:49	108-Marti Post/Un	59:24



WVTC's Laurie Crisp chopped nearly 3½ minutes from Sally Edwards' Cal-10 record with her 61:01. /Lani Bader/

109-Ted Wilson/Un	59:26*
110-Ray Stone	59:27
WOMEN	
135-Laurie Crisp/WVTC	61:01
172-Kerry Brogan/SJC	63:42
180-Jo Williams/Un	64:07
188-Sally Edwards/OPHIR	64:48
205-Karin Pascoe/SUND	66:05
207-Franci Negri/CN	66:07
213-Linda Van Housen/Un	66:40
227-Jeanie Hoover/Un	67:44
231-Bonnie Owens/SUND	67:53
259-Kathy Way/Un	71:10
261-Lisa Shattuck/FPTC	71:16

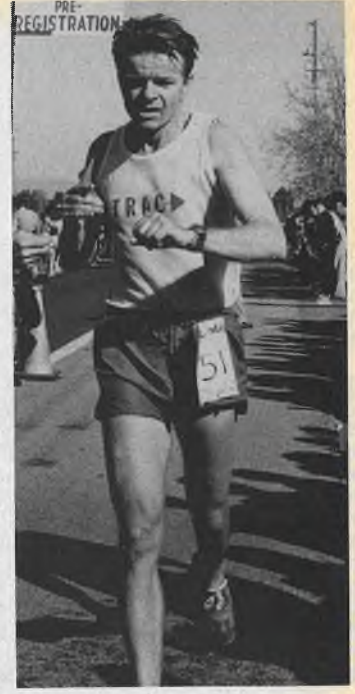
MAXWELL DESTROYS TALENTED FIELD AT PAUL MASSON MARATHON

(Jan. 22, Saratoga): - This year's event went to great expense to fly in the top talent from around the country (and even Japan) to participate in this popular race. Despite the hilly course, the well-managed race always seems to pack them in, with this year's field at a record 670 finishers. Brian Maxwell, third-ranked marathoner in the world last year by *Track & Field News*, started the year off on a good foot by destroying the old course record (2:29:13), held by Paul Thompson (13th this year), with a superlative 2:20:06. This was good enough for a half-mile margin of victory over John Bordell of Colorado, and was good for another minute on third placer, Dan Cloeter of Illinois. The top six runners dipped under the old mark, to indicate the depth of the field. Ulrich Kaempf set a masters mark with his 2:42:59, just 13 seconds off his own PR. Mike Healy (2:47:55) had the old standard from 1977. Kaempf took a two-mile margin of victory over others in his age-class, but the real excitement was for the next four places, as all finished within 24 seconds, led by Joe Sloan's PR of 2:56:03. Ted Wilson's 2:56:12 slipped in for third. In the women's division, Penny DeMoss' fine 2:59:14 held up from last year as two newcomers to the marathon game garnered the top spots. Carol Dickinson (3:03:05) just edged Marche Unnasch (3:03:17) in that battle. Ruth Anderson led the masters women with her 3:18:01, well off her own personal record. /Dan O'Keefe/ (more Pg. 42)

1-Brian Maxwell/BASC	2:20:06
2-John Bordell/ColoTC	2:22:47
3-Dan Cloeter/Illinois	2:23:49
4-Kevin McDonald	2:24:00
5-John Bramley/Colo	2:25:30
6-Mark Sisson	2:27:09
7-Dennis Rinde	2:30:47
8-Jim Barker/WVTC	2:31:14
9-Thomas Kennedy	2:32:17
10-Kenji Kimihara	2:32:21
11-Bob Brunkan	2:33:52
12-Chris Hamer/WVTC	2:34:41
13-Paul Thompson	2:34:48
14-Jeffrey Wall	2:35:10
15-Kevin Kirby	2:35:21
16-Chris Bolter	2:40:07



(Left) Marche Unnasch (left) and Carol Dickinson (right) placed second and first, respectively, in the Paul Masson Marathon. (Center) Brian Maxwell was overall winner in 2:20:06. (Right) Ulrich Kaempf set a masters record of 2:42:59. /Don Melandry/



(Paul Masson Results, Cont'd)

17-Jesus Garza	2:41:14	49-Paul Gyorey	2:50:17
18-Robert Woodliff/WVJS	2:41:15	50-Jim Liedtke	2:50:40
19-Santos Reynaga/WVTC	2:41:16	51-Mike Stanfield	2:50:44
20-Noel Lincicome	2:41:29	52-L. Rasmussen	2:51:27
21-Peter Demarais	2:42:50	53-Robert Felsch	2:51:46
22-Ulrich Kaempf/TRAC	2:42:59*	54-Neil Berg	2:52:27
23-Steve Nelson/WVTC	2:43:21	55-Charlie Eiriksson	2:52:29
24-Ken Danz	2:43:56	56-Robert Radovich	2:52:31
25-Ron Wayne/BASC	2:44:15	57-Dave Houston	2:52:59
26-Joe Maher/TAM	2:44:15	58-John Dressler	2:53:05
27-David Dunbar	2:44:18	59-Mike Catlin	2:53:20
28-Paul Carrier	2:44:28	60-Jack Zarkarian	2:53:23
29-Jay Cook/WVTC	2:44:40	61-Bradley Brown/SUND	2:53:35
30-Frank Custino	2:44:54	62-Larry Arata	2:53:38
31-Jim Wurm	2:45:39	63-Mike Gama	2:54:11
32-Steve Marks	2:46:23	64-Glenn Pruitt/PMK	2:54:22
33-Richard Batha	2:46:24	65-Tom Thibault	2:54:57
34-Dete Kraus	2:46:37	66-Edward Silva	2:54:58
35-Jim Bowles/WVTC	2:46:39	67-Philip Sanfilippo	2:54:59
36-Joe Salazar/SJCC	2:47:28	68-Steven Twesten	2:55:02
37-Dennis Gustafson	2:47:32	69-Lloyd Sampson	2:55:03
38-Robert Jeffery	2:47:46	70-Joe Mercado	2:55:06
39-Ted Pawlak	2:47:56	71-Ronald Sova	2:55:33
40-Harold Yamauchi	2:48:01	72-Gerry Beagan	2:55:55
41-David Bartholomew	2:48:03	73-Joe Sloan	2:56:03*
42-Brent Marsden	2:48:39	74-Ted Wilson	2:56:12*
43-David Levitsky/WVTC	2:48:52	75-Richard Hanna	2:56:18
44-Stephen Decarlo	2:49:00	76-Joe Maddux	2:56:25*
45-Donald Schultz	2:49:07	77-Robert Malain/BC	2:56:27*
46-Dennis Anderson	2:49:10	78-Craig Byrne	2:56:34
47-Steven Specker	2:49:41	79-Mike Green	2:56:40
48-Gary Crangle	2:49:54	80-Ross Thomas	2:56:48
		81-Arthur Ribbs	2:56:50

82-Jonathan Brown	2:56:52	111-James Hamlin	2:59:02
83-Ken Lowell	2:56:54	112-Dick McCullough	2:59:19
84-Joseph Schieffer	2:56:58	113-Ken Yocum	2:59:22
85-Bob Ernst	2:56:59	114-Wayne Hurst	2:59:39
86-Gary Upham	2:57:02	115-Sid Christie	2:59:41
87-Jay Helgerson	2:57:02	116-Walter Calcagno	2:59:46
88-Dane Larsen	2:57:02	117-Wayne Glusker/WVTC	3:00:43
89-Brian Hollins	2:57:10	118-John Prochnau	3:00:45
90-Juan Tamez	2:57:22	119-Mark Rokovich	3:00:47
91-Malcolm Stewart	2:57:26	120-Paul Sechrist	3:01:05
92-Mike Rowerdink	2:57:27	121-Michael Eshia	3:01:14
93-Robert La Roque	2:57:28	122-Myron Nevraumont/WVJ3	3:01:20*
94-Russ Kiernan/TAM	2:57:37*	123-Terry Stelma	3:01:24
95-Scott Molina	2:57:38	124-Michael Moberg	3:01:31*
96-Timothy Treacy/SFOC	2:57:40*	125-Ed Jerome/TRAC	3:01:32
97-Robert Burn	2:57:46	126-Thomas Knight	3:01:32
98-Tim Hicks	2:57:54	127-Timothy Olson	3:01:50
99-Russell Cohen	2:57:56	***WOMEN***	
100-Mark Morris	2:58:04	135-Carol Dickinson/Un	3:03:05
101-Ted Oliver	2:58:07	136-Marche Unnasch/Un	3:03:17
102-Rick Sylvester	2:58:08	158-Lynn Petronella	3:07:59
103-John Hellman/WVTC	2:58:10	193-Skip Swannack/WDS	3:12:56
104-James Wholey	2:58:16	222-Ruth Anderson/NCS	3:18:01*
105-Ken Takao	2:58:21	227-Carol Young/MPC	3:19:01
106-Bruce Von Borstel	2:58:29	237-Lucy Shapiro/Un	3:19:54
107-Kim Schaurer/TAM	2:58:29	270-Barbara Pike	3:24:02
108-Frank Ruona	2:58:50	279-Amy Haberman/WVTC	3:24:47
109-Glen Krawiec	2:58:56	312-Barbara Magid	3:29:46
110-Terry Hughes	2:59:02	324-Diane Young	3:30:56

SUPER RACE-I A SUPER-SUCCESS (Jan. 28, Monterey): - The first running of the Monterey Peninsula YMCA's Super Race I was just that, a great success. While it is normally difficult to get over 150 to turn out for a race in this area, their first annual event drew a finishing field of 364 on the fast 10-Kilo course...2:14 marathoner, Ron Wayne, led the pack with a quick 30:50.8, while local runner John Sup of Monterey Peninsula College and WVTC grabbed second with a 31:11.8. Teammate Gary Goettelmann was next, some 15 seconds back. Bob Wellck, also of MPC (he's 40 and runs on the travelling squad for the college!), grabbed top honors in the masters division with his 33:49.5, well ahead of newcomer Vincent Spangler (35:22), who turned 40 one week previously. Patty Cooper took a comfortable victory over Mary Young, 40:07 to 40:40, to sew up the women's division, as the next finisher was over seven minutes behind. Ken Hurst of Modesto and WVTC was the top high schooler with a fine 32:40.5, followed closely by teammate John Marden (32:48.4), who attends top-ranked Mission San Jose in Fremont. /Earl Collins/

1-Ron Wayne/BASC	30:51	14-Nick Nickols/WFTC	33:17	27-Jay Cook/WVTC	35:06	40-John Brazinsky/MPAC	36:51
2-John Sup/MPC-WVTC	31:12	15-Jorge Torres	33:22	28-William Clifford	35:19	41-Matt Sekreta/SVTC	36:54
3-Gary Goettelmann/WVTC	31:27	16-Michael Duncan/WVTC	33:24	29-Vincent Spangler/WVTC	35:22*	42-Phil Adams/Un	36:56
4-Ricardo Vargasz	31:34	17-Greg Jewett	33:47	30-Eddie Vargas	35:48	43-Michael Higgins	36:58
5-Art Baudendistel	31:41	18-Bob Wellck/WVJS	33:50*	31-Robert Canales	35:53	44-John Jamieson	37:04*
6-Tim Minor/MPC	31:51	19-Mark Burch/CRC	34:09	32-Archie Turner	36:02	45-Lonnie Cole	37:12
7-Stan Winkley	32:24	20-Jim Christianson	34:09	33-Bert Lundy/Ft.Ord	36:13	46-Jessie Vasquez	37:14
8-Mario Jane	32:26	21-Jeff Cowling	34:10	34-Ed Southwick/USAF	36:16	47-Phil Garcia	37:15
9-Ken Hurst/WVTC	32:41	22-John Thias	34:21	35-Hector Vega	36:26	48-Robert Terczak	37:19
10-Tim Holmes/WVTC	32:43	23-Jay Marden/WVTC	34:37	36-Marty Post	36:31	49-Larry Gilligan	37:26
11-John Marden/WVTC	32:48	24-Joe Maher/TAM	34:47	37-Charles Hines	36:31	50-Rick Pearson	37:35
12-Mike Kennada	33:04	25-Michael Miles/USAR	34:49	38-Bill Reinhart	36:33	51-Fred Theole	37:36*
13-Bill Hurst	33:09	26-Don Dugdale/MPAC	35:02	39-Robert Radovich	36:39	52-Ed Dally/WVTC	37:40*

(Super Race I, Cont'd)

53-Richard Bawcom	38:00*	63-Roger Huth	38:24	74-Gary Grigsby	39:12	85-Flory Rodd	39:51*
54-Paul Husens	38:04	64-Thomas Morrison	38:31	75-Bill Henson	39:13	86-Barry England	39:52
55-Mark Tanner	38:08	65-Ed Brethauer	38:34	76-Sean Flavin/PC	39:13*	***WOMEN***	
56-Matt Bartkiewicz	38:09	66-Wallace Doolittle	38:38	77-Richard Dameron	39:13	88-Patty Cooper	40:07
57-Jesse Hall	38:18	67-Jerome Anderson	38:39	78-Gregory Square	39:18	96-Mary Young	40:40
58-Knight	38:19	68-David Key/MPAC	38:45	79-Tom Jefferson	39:23	209-Maureen Van Vleck/WVTC	48:21
59-James Myrick	38:21	69-Mike Feeny	38:53	80-Paul Ryan	39:26	212-Charlie Keeley	48:28
60-Brian Williams	38:22	70-Glenn Wells	39:00	81-Rick Gevara	39:38	228-Yvonne Reid	49:29
61-Richard Doty/SUND	38:23	71-Doug Aversano	39:01	82-Walter Hartley	39:41	234-Kathy Stallworth	49:48
62-Martin Paquette	38:23	72-Reginald Morrison	39:02	83-David McArthur	39:42	237-Cynthia Bieber	50:14*
		73-John Whisler	39:03	84-Donald Kurtz	39:45	253-Karen Housberg	51:06

LYNN MENTZER CAPTURES PEACH BOWL PACERS 10-KILO (Jan. 29, near Marysville): - Univ. of Nevada frosh, Lynn Mentzer, had little trouble in capturing the 4th Annual 10-Kilo Run, but Henry Perez's 1976 course record of 32:00 was not in danger of being broken. Mentzer was a 25-second victor over Roy Hogleund of Camino West, while his teammate, Bob Miller, was another 27 seconds back. Bob Bourbeau likewise was unsuccessful in getting Kent Guthrie's mark from last year in the masters division, but he still won quite handily in 35:48, although missing the record by over a minute. Ross Smith had all he could do to hold off upcoming Joe Sloan (37:07 to 37:10) for the second slot. Sally Edwards' record (41:26) was also spared, as Merrill Cray's 42:08 was a long way off. It was still good enough for a comfortable victory over Kim Carter's 42:55 (Kim won 13 & under honors). There were 147 finishers in the race (finishers) this year, making it a long way shy of the 230 that made it in last year. /Ed Williams/

1-Lynn Mentzer/Nevada	33:28	18-Frank Turner/CofaxHS	36:15	35-Dave Watt/BVHS	37:53	52-Michael Coke/CS	39:01
2-Roy Hogleund/CW	33:53	19-Bob Woodliff/WVJS	36:16	36-Dan Rubio/MVTC	37:54	53-Roberto Cazares/Un	39:10
3-Robert Miller/CW	34:20	20-Doug Rennie/Un	36:18	37-Tom Iredale/Un	37:56	54-Leo Ruiz/Un	39:12
4-Tim Powell/CB	34:26	21-Barry Rounds/PBP	36:31	38-Rick Browning/PBP	38:00	55-Guy Ealey/AGRC	39:13
5-Dan Martinez/WDS	34:33	22-Ken Alberg/Un	36:50	39-Andy Park/CRC	38:01	56-Randy Lamb/Un	39:15
6-Brent Cushenbery/ARJC	34:40	23-Walt Schafer/CRC	36:55	40-David Zumwalt/Un	38:06	57-Kevin Cimini/LSHS	39:21
7-Frank Castino/SUND	34:48	24-Steve Daniels/SWEAT	36:59	41-Scott Brazil/Un	38:09	58-Jeff Nicklow/OPHIR	39:30
8-Bill Galaviz/Un	34:57	25-Robert Felsch/Un	37:03	42-John Frank/CV	38:10	59-Jack Frost/SWEAT	39:43
9-Peter Duffy/SCTC	35:10	26-Ross Smith/WVJS	37:07*	43-Steve Scarich/Un	38:12	60-Rick Sylvester/Un	39:49
10-Lyle Freeman/Un	35:21	27-Joe Sloan/OPHIR	37:10*	44-A. Bettencourt/Un	38:20	***WOMEN***	
11-Mike Warr/Un	35:44	28-Dave Cargill/BC	37:20	45-Skip Seebeck/Un	38:21	75-Merill Cray/CRC	42:08
12-Britt Brewer/CRC	35:47	29-Bill Parr/SWEAT	37:22	46-Roger Vorse/Un	38:26	79-Kim Carter/RTC	42:55
13-Bob Bourbeau/WVJS	35:48*	30-Jose Delatorre/VHS	37:26	47-Glenn Reed/SWEAT	38:30	83-Stacey Kearns/PBP	43:13
14-Noel Lincicome/Un	35:50	31-Ken Takao/Un	37:35	48-Rusty Knowles/Un	38:38	96-Regina Silva/SWEAT	44:58
15-Scott Molina/DLSHS	35:55	32-Ray Cooper/Un	37:43	49-David Wood/AlamTC	38:41	102-Mary Ann Morse/Un	46:09
16-Erik Winje/Un	36:01	33-Bob Malain/BC	37:44*	50-Larry Pugh/Un	38:46	106-Elona Schreder/RTC	46:45
17-Mike Plummer/WVTC	36:08	34-John Morse/DVTC	37:45	51-P.J. Downey/Un	38:52	111-Sabrina Schreder/RTC	47:21



(Left) Bonne Bell 10K Mother-Daughter team winners: (l) Judy & (r) Joan Fox; (Center) Ruth Dettering was 50 & Over winner; /Don McLandry Photos/ (Right) Overall winner, Roxanne Bier, ran 36:20. /Larv Bader/

TEENS DOMINATE BONNE BELL 10,000 (Jan. 29, San Francisco): - Youth was the name of the game in the first annual Bonne Bell Mini-Marathon in San Francisco's Golden Gate Park, as the top three finishers were high school students. San Jose Cindergal, Roxanne Bier, broke away to an early lead and nobody ever got close. Her 36:20 is way short of Cyndy Poor's 34:32, set in the Natl. AAU Championships back in 1976, but it was still good enough for a 31-second margin of victory over Laurie Crisp. The next three spots were tightly bunched, led by Cindergal (Livermore H.S.) Cheri Williams' 36:59. Judy Gumbs-Leydig was the only runner over 25 in the top ten, with her 37:02 PR in fourth. Ann Wotherspoon rounded out the top five with 37:08. Ruth Anderson's 40:57 led the masters by a wide margin, as Marty Maricle's second place time was 42:33. Peggy Lyman took a narrow victory over Skip Swanack to grab the 30-39 class, 38:45 to 38:51, while Ruth Dettering's 48:40 was tops in the 50-and-over division. With their scoring team all in the top 5 places, the San Jose Cindergals easily defeated West Valley, 9-21, figuring actual finish places in the scoring. As a matter of fact, the Cindergals put 7 runners in the top 11 spots! With only a few months publicity (the event wasn't even listed in the LDR Handbook), the 1st Annual Bonne Bell turned into an unqualified success with 738(!) finishers. The event, sponsored by the Bonne Bell cosmetic company, was conducted by the Women's LDR Committee, under the directorship of Penny DeMoss (& husband Harold). A list of the top 120 placers is on the next page. /Penny DeMoss/



"...and all unofficial runners will not go through the finish line, PLEASE!" /John Sheretz/

1-Roxanne Bier/SJC	36:20	41-Elizabeth Brown/MLTC	40:39	81-Miriam Gerard/WDS	43:40
2-Laurie Crisp/WVTC	36:51	42-Vicki Blankenship/Un	40:42	82-Katy Lowney/Un	43:41
3-Cheri Williams/SJC	36:59	43-Jane Sowers/PMK	40:45	83-Patricia Sarter/Un	43:44
4-Judy Leydig/WVTC	37:02	44-Ruth Anderson/NCS	40:57*	84-Marsha Weiss/Un	43:51
5-Ann Wotherspoon/SJC	37:08	45-Caron Schaumberg/ER	40:59	85-Elaine Pedersen/NCS	43:51*
6-Vivian Defatte/Stanfd	37:31	46-Gail Gustafson/Un	41:02	86-Ann Bower/PMK	43:53
7-Sally Metteer/Cal	37:34	47-Kathleen Bonnet/SJC	41:07	87-Deborah Meyer/Un	43:54
8-Kathy Perkins/SJC	37:50	48-Liana Wilson/HillJHS	41:10	88-Mari Kolb/Un	44:01
9-Kerry Brogan/SJC	37:58	49-Rosmarie Lagunas/Un	41:21	89-Diane Major/Un	44:06
10-Cathy DenmeImaier/SJC	38:02	50-Sue Brusher/Un	41:23	90-Lourdes Hernandez/Stn	44:07
11-Pauline Vasquez/SJC	38:15	51-Stevanne Auerbach/Un	41:24	91-Janet Hollenbach/Un	44:07
12-Terrie Brown/Un	38:16	52-Barbara Pike/Un	41:25	92-Ruth Waters/UNC	44:09*
13-Patricia English/WVTC	38:24	53-Eileen Burger/AGRC	41:36	93-Florianne Harp/Un	44:09
14-Morijo Connelly/PMK	38:29	54-Mary Healy/WOTR	41:38	94-Eileen McGowan/TAM	44:13*
15-Joan Fox/Homst d HS	38:40	55-Joanne Ernst/Un	41:44	95-Carol Ann Lane/DA	44:15
16-Peggy Lyman/WVTC	38:45	56-Judy Irving/Un	41:51	96-Carroll O'Conner/NCS	44:16*
17-Skip Swannack/WDS	38:51	57-Lynne Hjelte/Cal	41:52	97-Nancy Glaser/NCS	44:18
18-Jill Symons/Un	38:54	58-Karen Daley/Un	41:54	98-Karen Diekmeyer/SUND	44:19
19-Arlene Daley/Un	38:56	59-Barbara Magio/TAM	41:59	99-Erin McGowan/TAM	44:20
20-Debi Gazafy/HATC	38:57	60-Bobette Jones/Un	42:00	100-Frankie Brignand/Un	44:20
21-Ann Regan/SJC	38:58	61-Sue Craig/BASC	42:02	101-Joan Perkins/Un	44:21
22-Cynthia Olavarri/Un	38:59	62-Linda Coon/MSJHS	42:08	102-Christine Wahle/Un	44:22
23-Judy Fox/Un	39:19	63-Connie Geannini/Un	42:18	103-Gail Goettelmann/WVTC	44:22
24-Marilyn Taylor/WVTC	39:23	64-Janet Calmels/PMK	42:19	104-Eva Casey/Un	44:24
25-Elaine Miller/PMK	39:27	65-Mary Gaffield/PMK	42:24	105-Linda DeLeon/Un	44:25
26-Sheila Maskovich/HS	39:36	66-Karen Jettmar/Un	42:26	106-Perri Muratone/SUND	44:33
27-Estella Guina/SJC	39:39	67-Patty Kuphaldt/OPHIR	42:27	107-Maria Ng/Lowell HS	44:35
28-Carol Phillips/Un	39:42	68-Francie Negri/CN	42:29	108-Wendy Bergerd/SPHS	44:39
29-Andrea Heimbecker/SJC	39:45	69-Martha Maricle/NCS	42:33*	109-Judy Peterson/Un	44:41
30-Irene Rudolf/WVTC	39:54	70-Deena Pearson/SLVHS	42:35	110-Patricia Cutler/Un	44:41
31-Jane Wooten/HS	40:00	71-Maria Regalado/Un	43:01	111-Ellen Clark/WVTC	44:42
32-Madeleine Roese/AGRC	40:01	72-Karen Rosenblatt/AGRC	43:02	112-Diane Paige/Un	44:44
33-Diana Figliomeni/SJC	40:02	73-Kim Baer/Un	43:09	113-Carol Swain/Un	44:49
34-Joan Uilyot/WVTC	40:11	74-Eileen James/PPTC	43:17	114-Jean Williams/Un	44:52
35-Sharon Yaninek/SJC	40:12	75-Nicolette Weicker/Un	43:23	115-Anne Neeley/Un	44:53
36-Liz Strangio/MSJHS	40:13	76-Wendy Behrbaum/AVHS	43:23	116-Sandra Gannin/Un	44:58
37-Linda Hayes/SJC	40:18	77-Laury Belzer/Un	43:24	117-Judy Wiseman/BASC	44:58
38-Kim Schnurpfeil/WVTC	40:20	78-Tina Chee/ETC	43:27	118-Tiffany Choy/Un	45:00
39-Sandy McPherson/Un	40:27	79-Patricia Brown/MLTC	43:30	119-Kathy Armbruster/TAM	45:02
40-Jill Campbell/Cal	40:33	80-Marigrace Boyer/TAM	43:39*	120-Pam Dietler/FthHS	45:04

BEARDALL AND CRAVEN SET RECORDS AT TRINIDAD BEACH RUN (Feb. 4, Trinidad - Humboldt County): - Large fields are not limited to Bay Area races, as this ever-popular, self-styled "Humboldt County Championships" (with 90% local runners) drew a whopping field of 565 (finishers). Chris Cole upset last year's winner, Gordon Innes, 41:24 to 42:00, but missed the course record (we're not sure what it is or who holds it). Bill Scobey came up from L.A. to take eighth overall and grab the sub-masters record at 43:55. Darryl Beardall also ventured up for the biggie, clocking 44:34 to take tenth place overall! His nearest competition was over seven minutes behind!! That was Dick Gilchrist's 51:56. Carrie Craven, transplanted here from the Midwest, chewed up Sue Grigsby's year-old standard for women with a swift 50:38, clipping the old mark by over two minutes. Sheila Maskovich was second at 54:14. Oh, just discovered the course record...it's a super-quick 40:28 by Chuck Smead, set way back in 1974. /George Crandell/

1-Chris Cole	41:24	35-Mike Smith	48:34	69-Bill Daniel	51:14	103-Paul Kinsey	52:36
2-Gordon Innes	42:00	36-John Benninghoff	48:43	70-Richard Spinas	51:23	104-Jeff Foster	52:37
3-Scott Peter/HSU	42:29	37-Bob Bunnell	48:43	71-Mike Phillips	51:26	105-Les Helsey	52:40
4-Chris Speere	43:36	38-Conrad Lowry	48:45	72-Bruce Johnson	51:27	106-Bill Bednar	53:01
5-Glen Borland	43:38	39-James Harper	48:57	73-Wayne Moss	51:30	107-Rob Bates	53:01
6-Paul Heide	43:46	40-Stu Scholl	49:03	74-Larry Woods	51:31	108-Bob Johnson	53:04
7-Roger Innes	43:51	41-Ron Ross	49:06	75-Jerry Swartsley/SOS	51:32	109-Bob Peugh (HS)	53:05
8-Bill Scobey	43:55	42-Russ Knudsen	49:09	76-George Ziblich	51:33	110-Paul Tappel	53:18
9-Vince Engel	44:13	43-Phil Martien (HS)	49:18	77-Kenneth Hansen	51:34	111-Mark Byers	53:30
10-Darryl Beardall/TAM	44:34*	44-Richard Dewey	49:19	78-Sam Razo	51:35	112-Rich Hurdina	53:31
11-Dewayne Little	44:51	45-Scott Claypoole	49:25	79-Bill Holland	51:37	113-Roger Marschner (HS)	53:34
12-Ken Hammer	45:01	46-Bill Parr	49:26	80-Rafael Sanchez	51:43	114-Tom Morga	53:47
13-Mark Reeder	45:11	47-Richard Welch	49:27	81-Andy Carlson	51:44	115-Jerry McCurtain	53:48
14-Tony Munoz	45:32	48-Craig Muir	49:35	82-Scott Brazil (HS)	51:45	116-Curt Framel	53:49
15-Frank Ebner	45:53	49-Scott Leonard	49:45	83-Calvin Loring	51:47	117-Dave Sturgis	53:51
16-David Figueiredo	46:15	50-Bruce Andrew (HS)	49:48	84-Karl Maxon	51:49	118-James Borghino	53:55
17-Greg Davy	46:17	51-Mike Mullen (HS)	49:50	85-David Panzer	51:51	119-Eric Jones	53:57
18-Jerry Wise	46:18	52-Mark White	50:06	86-Keith Comer	51:52	120-Fred Neighbor	53:58
19-Richard Carlson	46:21	53-Lyn Walker	50:08	87-Rich Gilchrist/SRRC	51:56*	***WOMEN***	
20-Howard Labrie	46:48	54-Rod Smith	50:16	88-George Hoffschildt	51:57	61-Carrie Craven/HSU	50:38
21-Greg Heistuman	46:51	55-Alan Sanborn	50:22	89-Daniel Welsh	51:58	124-Sheila Maskovich	54:14
22-Steven Hensen	47:15	56-Bert Van Duzer	50:24	90-V.I. Wexner	52:01	129-Flossie Horgan	54:40
23-Mike Williams (HS)	47:15	57-Jim Middleton	50:26	91-Tom Donnelly	52:02	130-Marilyn Taylor/WVTC	54:45
24-Rick Smith (HS)	47:24	58-Carl Bersson	50:30	92-Steve Boyle	52:03	132-Jane Wooten	55:03
25-James Rocha	47:26	59-Al Masterson	50:31	93-Dave Thompson (HS)	52:04	214-Marcy Dennison (HS)	59:07
26-Wayne Arrison	47:34	60-James Washington	50:36	94-Jack Frost	52:04	216-Lis Kemp	59:13
27-Evan Jones	47:43	61-Carrie Craven/HSU	50:38	95-Clarence Nason	52:05	233-Kim Carter (Jr)	59:55
28-Alan Beardall	47:49	62-Jim Carr, Jr.	50:39	96-Mark Benson	52:06	236-Regina Silva/SWEAT	60:04
29-Rick Martines (HS)	47:52	63-Mathew Smith	50:41	97-Bob Gray	52:08	249-Dena Lawrence (HS)	60:46
30-Bill Estes (HS)	47:57	64-Harry Cottrell	50:41	98-Lloyd Wilson	52:09	272-Derry Elijah	61:53
31-Tom Hayes	47:59	65-Richie Smith	50:42	99-Lenny Escarda/SRRC	52:11*	308-Gayle Kersetter	62:51
32-Stephen McMahan	48:00	66-Tim Brownlow	50:55	100-Jack Eaves	52:31	316-Muneca Alcorn	63:40
33-Steve Romero (HS)	48:03	67-Scott Brodie	50:57	101-Tom Latimer (HS)	52:32	319-Sandy Waters	63:46
34-Richard Sanders	48:13	68-Anthony Bettencourt	51:01	102-Bob Blonder/WVJS	52:34	351-Sandra Stepp	65:44



(L-R) After 4 miles of the "monsoon marathon" (West Valley), the numbers are already tearing... (l-r) Mike Pinocci, Angel Martinez, Duncan Macdonald, Ed Schelegle, Jan Sershen. /Jim Engle/ Loyol course-guides at important corner... "otherwise turn right"; Women's winner, Lucy Shapiro, won a trip to Atlanta for the International Women's Marathon. /John Sheretz/ Jim O'Neil broke 2:40 for the second year in a row at age 52. /Jim Engle/



MACDONALD SETS PR AT WEST VALLEY MARATHON (Feb. 12, San Mateo):

Nearly 500 started the 8th Annual race, but only about 60% of those stuck it out for the entire distance, as stormy conditions prevailed for most of the run (45° and strong headwinds on portions of the course). It would have been interesting to see how fast it would have been with less traumatic weather conditions, but Duncan Macdonald was still satisfied with his 2:17:16 PR, which also broke Don Kardong's meet record (for this course) and Alvaro Mejia's all-time meet record (for other course)... they were 2:18:16 (in 1972) and 2:17:22 (in 1971), respectively. The only other finisher under 2:20 on this normally quick course (5 were under 2:30) was 2:17 man, Mike Pinocci, who recorded a 2:19 flat for his second-best time. Mike hung on doggedly until just after 20 miles (1:44:04, just 14 seconds back), and then let go. Dunc actually doubled his lead in the last 1.5 miles. Ernie Rivas, Atkins Chun and Angel Martinez all broke 2:30, with the latter two also getting PR's. Jim O'Neil, now 52, blitzed a super 2:39:48 (4 minutes off his time of last year) to cripple the rest of the masters field (Russell Kiernan's 2:52:33 was next). Lucy Shapiro, 39, was the very surprised winner of a trip to Atlanta for the Avon (Women's International) Marathon in March... she was not aware of it until told so. Her 3:17:34 was a PR, but not a time you'd think would qualify for such a trip. Nonetheless, everyone else had an equal chance, as it was clearly stated on the entry blank and in the NCRF beforehand. Caron Schaumburg's 3:19:45 was good enough for runnerup spot. Lola Houston recorded a 3:35:49 to win the masters women's trophy (she was the only one to finish!). West Valley defended their team title with Macdonald, Pinocci, and Barker (2:36:46), with Excelsior runnerup and West Valley Joggers in third. A total of 305 officially finished. /Leydig/ (P.S. - For those that ran, we're still working on photos & certificates and should get them in the mail shortly.)

1-Duncan Macdonald/WVTC	2:17:16	25-Joe Becerra/ETC	2:48:59	49-Ted Wilson/KJ	2:55:08*	73-Lynnard Phipps/USCG	3:00:22
2-Mike Pinocci/WVTC	2:19:00	26-Andrew Lewis/WVJS	2:49:05	50-Theo Jones/PMK	2:55:23	74-Warren Moorman/PMK	3:00:31*
3-Ernie Rivas/ETC	2:28:15	27-Olin Boschker/USN	2:49:05	51-Allan Stanbridge/PMK	2:55:37	75-Jack Byrd/PMK	3:00:46*
4-Atkins Chun/Un	2:28:39	28-Michael Brown/Un	2:49:17	52-Don Dugdale/MPAC	2:55:46	76-David Fike/Un	3:00:57
5-Angel Martinez/AGRC	2:29:46	29-Don Porteous/Un	2:49:27	53-Marco Martin/PMK	2:55:53	77-Dave Stevenson/Un	3:02:09*
6-Jan Sershen/ETC	2:33:16	30-Roy Scellato/TRAC	2:49:30	54-Myron Nevraumont/WVJ	2:56:18*	78-Hans Roenau/TAM	3:02:21*
7-Greg Jewett/Un	2:33:59	31-Bruce King/Un	2:49:39	55-William May/Un	2:56:20	79-Tony McDonagh/DSE	3:02:32
8-Peter Demarais/Un	2:36:04	32-John Dressler/LVRC	2:50:15	56-Richard Houston/NCS	2:56:25*	80-Ed Dally/WVTC	3:02:42*
9-James Barker/WVTC	2:36:46	33-Mark Hines/Un	2:51:22	57-Pat McCarthy/Un	2:56:31	81-Don Carpenter/WVTC	3:02:47*
10-Mark Driscoll/WVJS	2:36:46	34-Ross Rowley/SUND	2:51:55	58-Richard Craig/MVS	2:56:52	82-Ed Fuller/Un	3:03:25
11-Michael Conroy/ETC	2:37:34	35-Glen Krawiec/CLR	2:51:58	59-Oscar Orozco/Un	2:57:14	83-Paul Hohe/TAM	3:03:44*
12-Allen Sandretti/Un	2:39:21	36-Mikey Rowerdink/SUND	2:52:03	60-Michael Fenner/WVJS	2:58:12	84-Peter Stein/TRAC	3:03:59
13-Jim O'Neil/BC	2:39:48*	37-Thomas Aldana/Un	2:52:14	61-Russell Butler/Un	2:58:29	85-Tim Chavez/WDS	3:04:13
14-Ted Pawlak/Un	2:39:58	38-Steve Lyons/SFOC	2:52:27	62-Don Huff/PMK	2:58:34*	86-Frederick Meyer/DCCC	3:04:40*
15-Tom Robinson/PMK	2:41:04	39-Russ Kiernan/TAM	2:52:33*	63-Robert Superko/Un	2:58:37	***WOMEN***	
16-Phil Sanfilippo/WVJS	2:45:19	40-John Thias/Un	2:53:08	64-Peter Fisher/Un	2:58:39	127-Lucy Shapiro/Un	3:17:34
17-Richard Franklin/LVRC	2:46:29	41-John Hawkes/WVTC	2:53:11	65-David Zumwalt/Un	2:58:57	138-Caron Schaumburg/ER	3:19:45
18-Frederick Coleman/Un	2:47:24	42-Dave Mulford/DSE	2:53:28	66-Mike Clinkenbeard/Un	2:59:00	166-Mari Kolb/Un	3:26:03
19-Robert Woodliff/WVJS	2:47:44	43-Roy Stone/WVTC	2:53:47	67-Thomas Pitchford/SU	2:59:10	169-Louise Burns/NCS	3:26:23
20-Gene Schaumburg/ER	2:47:46	44-Martin Kittell/ORC	2:53:48	68-Brett Evert/USF	2:59:22	182-Karolyn Coleman/WDS	3:29:38
21-Sargon Nona/Un	2:47:53	45-Michael O'Donnell/Un	2:53:53	69-Joe Schieffer/Un	2:59:24	183-Ellen Clark/WVTC	3:29:49
22-Glenn Pruitt/PMK	2:48:28	46-Mike Kimberling/Un	2:53:56	70-Larry Gilligan/Un	2:59:49	187-Ann Bower/Un	3:30:17
23-Bill Brusher/Un	2:48:33	47-Lloyd Sampson/Un	2:54:07	71-Douglas Stevens/Un	3:00:12	194-Peggy Lyman/WVTC	3:32:43
24-Kees Tuinzing/TAM	2:48:47	48-Bill DeMartini/UCMC	2:54:25	72-Don Mittelstaedt/CLX	3:00:15*	201-Lola Houston/NCS	3:35:49*

WINTER SUN RUNS--400 SHOW UP IN RAINSTORM (Feb. 12, Sacramento): - Facing the same storm as in San Mateo (see above article), the "Sun Run" certainly was not! There was a 2-mile run in conjunction with the main 10 Kilo event, and that was won by Dan Will in 10:45. Bruce McInturf scored a wide margin of victory over Tony Baccelli, 32:07 to 33:03, with the third place finisher yet another minute back. Walt Howard (35:37) too masters honors over Joe Sloan (35:59) and Richard Hanna (36:21), while Patricia Kuphaldt's 40:52 was well ahead of the 41:37 clocking of Candy Hearn. There were a total of 256 finishers in the longer run, while 142 decided they wanted to stay in the rain a shorter time and opted for the two-mile. The races were sponsored by David Island & Associates of Sacramento. Results of top finishers on next page. /David Island/

(Winter Sun Run, Cont'd)

1-Bruce McInturf	32:07	18-Andy Park	36:32	36-Craig Otterson	38:44	54-Bill Stainbrook	40:10
2-Tony Baccelli	33:03	19-Rick Benton	36:34	37-Gary Green	38:45	55-James Hamlin	40:11
3-Willie Diaz	34:01	20-Joe Blenkle	37:07	38-Kent Robison	38:46	56-Mark Bauman	40:16
4-Tim Powell	34:31	21-John Morton	37:08	39-Howard Iseri	38:47	57-Daniel Scribner	40:25
5-Scott Milina	34:50	22-Mark Kirchmeyer	37:11	40-Pete Johnson	39:18	58-James Claytor	40:27
6-Joe Taxiera/AGRC	34:55	23-Eric Constantine	37:15	41-Mark Sylvester	39:25	59-Greg Cornell	40:31
7-Ed Stromberg	35:05	24-Dan Davidson	37:25	42-Mike Doud	39:26	60-Scott Bartos	40:33
8-William Tippets	35:17	25-Tim Hicks	37:32	43-Perry Francis	39:27*	61-Shawn Youngstedt	40:34
9-Scott Halgat	35:29	26-Jeff Nicklow	37:37	44-Robert Branstrom	39:30	62-Bill Yoskowitz	40:37
10-Walt Howard	35:37*	27-Jeff Pearnan	37:41	45-Bruce Hermann	39:32	63-Willard Shank	40:40*
11-Herb Fernandez	35:49	28-Chris Hadley	37:53	46-Thomas Walsh	39:33*	***WOMEN***	
12-John Myers	35:50	29-Manuel Aguiar	37:57	47-L.B. Gurd	39:35	67-Patricia Kuphaldt	40:52
13-Joe Sloan	35:59*	30-Vince Mathews	38:08	48-Jim Karver	39:37	78-Candy Hearn	41:37
14-Keith Wayne	36:02	31-Dan Napieralski	38:17	49-Art Grix, Jr.	39:42	92-Sharon Yaninek/SJC	42:34
15-Tracey Booth	36:08	32-Fred Fahlen	38:26	50-Paul Alvarez	39:46	110-Lisa Lewis	44:21
16-Richard Hanna	36:21*	33-Cliff Clarke	38:28	51-Joe Dana	39:51*	120-Rose Mary Sullivan	44:41
17-Bill Blackburn	36:31	34-Tom Adorno	38:35	52-Larry Tunis	39:53	121-Angela Jeffrey	44:42
		35-Gerry Beagan	38:38	53-David Spottiswood	39:54	134-Bjorg Austrheim-Smith	45:27



Boyd Tarin on his way to a second place finish at the Excelsior East End Run in Golden Gate Park. /Lari Bader/

MAXWELL OUTCLASSES EXCELSIOR FIELD (Feb. 19, San Francisco): - On a pleasant morning for running, 532 runners completed the Excelsior TC's East End Run in Golden Gate Park. Brian Maxwell easily outclassed the field by covering the two-loop course of 7.87 miles in a time of 41:51, falling six seconds short of Jan Serhsen's course record of 41:45, set in 1976. Boyd Tarin, competing in the 19-and-under age-group, was second overall in 43:35, and third place went to Fritz Watson, competing in the submasters (30-39) age-group, with a time of 43:41. By the end of the first loop it was obvious that Maxwell was going to have a pretty easy time winning another of his many races. Ralph Bowles edged out Ulrich Kaempf for the masters race by 28 seconds in a time of 45:38. In the women's divisions, the winners of the various age-groups easily captured their races. Maria King won the 19-and-under race by a margin of over four minutes in a time of 54:24 over second place finish, Nina Beatie. Gail Campbell took the 20-29 division in 56:26; Elaine Miller captured the 30-39 division in 52:58; and Ruth Anderson, like Maxwell, won another race to add to her growing collection by winning the 40-and-over division with a time of 56:34. West Valley Track Club won team honors over the Pamakids, with the host club, Excelsior TC, taking third. Top finishers are listed below. /John Weidinger/

16-Ross Smith/WVJS	46:36*	50-Russ Cohen/BASC	50:24	84-Bill Ferry/Un	52:48
17-Neil Berg/LMJS	46:42	51-Todd Watkins/DSE	50:26	85-Steve O'Donoghue/DSE	52:48
18-Ron Kesecker/ER	46:54	52-Adrian Wong/DSE	50:29	86-Thomas Knight/Un	52:53
19-Greg Thomas/ETC	46:56	53-Alan Spitzer/Un	50:35	87-Marvin Ordway/Un	52:55
20-Bob Myers/PMK	47:13	54-Larry Duke/CS	50:43	88-Steve Aicnena/Un	52:57
21-Terry Casey/ETC	47:26	55-Bill Harrison/Un	50:59	89-Elaine Miller/PMK	52:59
22-Clark Keck/BASC	47:29	56-John Monteverdi/Un	51:14	90-Steve Deschler/PMK	52:59
23-Hashim Bashiruddin/ETC	47:46	57-Ken Apperson/Un	51:16	91-Jon Mohr/PMK	53:02
24-Dennis Gustafson/SFPAC	47:51	58-Roger Vorse/Un	51:18	92-Chris Klein/Un	53:05
25-Dennis Kroll/Un	48:00	59-Pete Alexander/PMK	51:19	93-Don Huff/PMK	53:09*
26-Wayne Plymale/PMK	48:05	60-Robert Cummings/WVTC	51:20	94-Phil Lenihan/RWRC	53:09*
27-John Holm/RATC	48:15	61-Bill Bugler/Un	51:23*	95-Stuart Ruth/PMK	53:17*
28-Ralph Worthington/Un	48:17	62-Dane Larson/DSE	51:28	96-Gordon Stewart/TAM	53:18
29-Geoffrey Kurland/Un	48:26	63-Christian Niehoff/TAM	51:41	97-Siegfried Mattern/DSE	53:20*
30-Lloyd Sampson/Un	48:41	64-Tom Dresser/DSE	51:45	98-Clive Davis/Un	53:21
31-Jim Doran/WVJS	48:48	65-F. Smith/PMK	51:46	99-Alex Sheleketinsky/BA	53:22
32-Jim Nicholson/PMK	48:50*	66-Warren Moorman/PMK	51:47*	100-C.R. Ragan/Un	53:24
33-John Ruppe/Un	48:53	67-Dennis Reager/SFRC	51:49	101-Steve Nowak/Un	53:31
34-Thomas Homeyer/RATC	48:54	68-Rich Henderson/Un	51:53	102-F.G. Russell/BC	53:37*
35-Sheldon Larson/CWTC	48:55	69-Lance Kuykendall/WVTC	51:55	***WOMEN***	
36-William May/Un	49:07	70-Mike Doud/Un	51:58	89-Etaine Miller/PMK	52:59
37-Don MacDonald/PMK	49:17*	71-Tom Zavortink/PMK	52:05	120-Maria King/SJC	54:24
38-Dan Williams/Un	49:21	72-James McCormick/Un	52:08	123-Joan Ulyot/WVTC	54:33
39-Bruce Von Borstel/DSE	49:22	73-Carlton Beeson/Un	52:17	151-Gail Campbell/WVJS	56:26
40-John Carey/MSJ	49:42	74-Mark Scheuer/PMK	52:22	154-Ruth Anderson/NCS	56:35*
41-Kevin Peak/Un	49:46	75-Jeffrey Price/Un	52:24	168-Liz Varnhagen/DSE	57:23
42-Grady Wright/DSE	49:50	76-Russell Clough/Un	52:27	169-Moira Casey/ETC	57:27
43-Stanley Andersen/Un	49:56	77-Michael McKenzie/TAM	52:30	177-Stephanie Atwood/Un	57:48
44-Keith Whittingslow/SFOC	49:57	78-John McCrillis/TRAC	52:33	180-Gail Gustafson/Un	57:56
45-Ed Jerome/TRAC	49:59	79-Tom Standing/Un	52:33	182-Pat Whittingslow/PMK	58:08
46-Robert Evans/Un	50:05	80-Donald Lotz/Un	52:38	193-Beckie Simmie/ER	58:24
47-Tim Healy/JHS	50:13	81-Peter Fisher/TYMMRC	52:42*	201-Nina Beatie/Un	58:44
48-William Murphy/DSE	50:15	82-Terence Clarke/PMK	52:43	203-Martha Maricle/NCS	58:49*
49-Tom Masterson/DSE	50:23	83-Tom Martz/DSE	52:44	215-Sandy Briscoe/SUND	59:05
				229-Theresa Gilreath/MLTC	59:38

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SCHEDULING: - Too late to get into the regular scheduling section: 1st Annual Deaf Awareness Benefit Run, 1.5 & 5 Mile Runs, Silverado J.H.S., Napa, 9:30 am...contact Flo Butin, c/o Alta Heights, 15 Monticeto Blvd., Napa 94558...oh, the date--May 6th (Sat.). *** MISSING RESULTS: - We still don't have the following results at presstime (March 12) for races in January or before...Livermore Marathon & PA-AAU 100 Km. (Dec.), Zoo Run & PA-AAU 20 Km. (Jan.). Anyone having these (before March 13) should send us a copy if possible. Thanks. *** HELP! - Maybe some of our readers can help out with the International Friendship Runs (Apr. 9th)...as of March 12, we are in need of the following items (anyone able to lend us any of the following, or know where we might get them, should contact the editor immediately at 415/341-3119). Let's put on a good show for our German running friends: **NEEDED**--(1) A large covered truck, mobile home, van, etc., for warmup and bag checkin for the Germans (their bus will drop them and then go back to their hotel, so we'll need a place to store the stuff while they're running); (2) Large wall TV-screen (ADVENT-type) that we can hook our video-tape equipment up to and show at the awards ceremony that evening...we might be able to use more than one; (3) Extra manpower for chute-control(non-WVTC members are welcome to help too). *** Also need results of S.F. Sport & Boat Show Run (in Jan.).

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