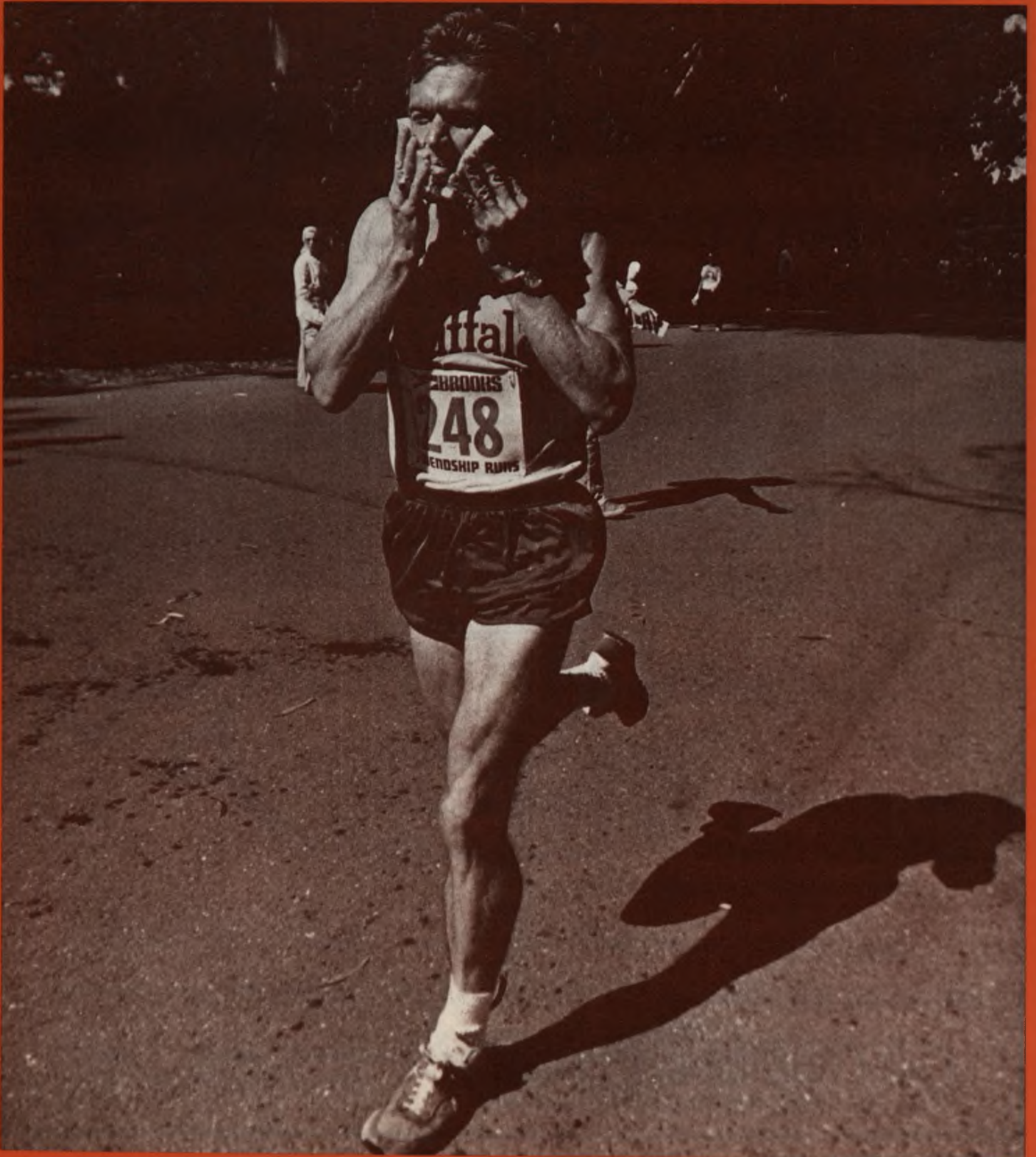


MAY-JUNE
1978
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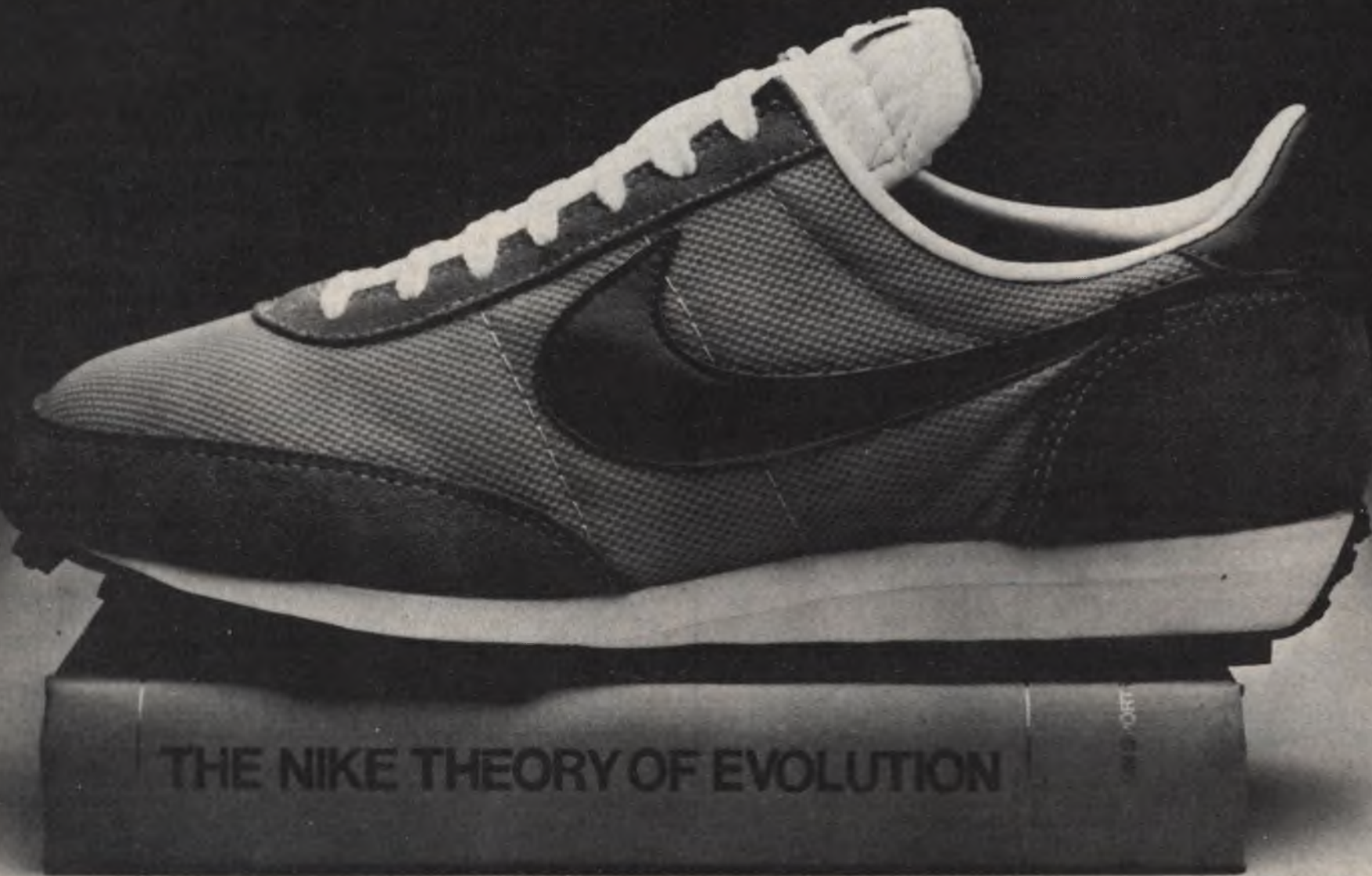
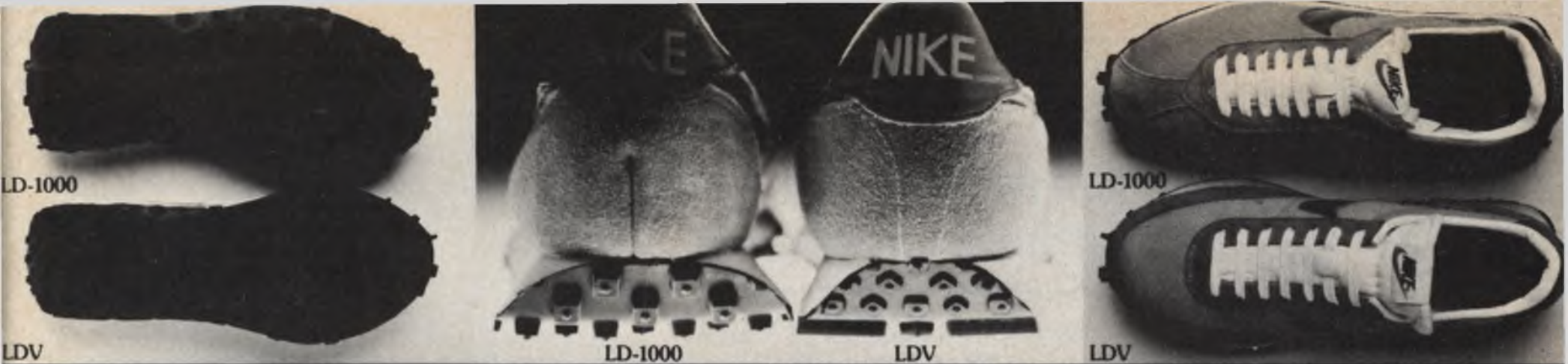


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MAY-JUNE 1978 (No. 71)

UP FRONT

Walt Lange of the Buffalo Chips Running Club of Sacramento demonstrates a good way to cool off (the double-sponge method) during the PA-AAU 30-Kilometer Championships in San Francisco's Golden Gate Park. The 30K and accompanying 5K & 15K races, co-sponsored by Brooks Shoes and West Valley T.C., drew nearly 1500 runners, including 500 touring West Germans. */John Marconi/*

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FREQUENCY: The NCRR is published 6 times a year with a guaranteed minimum of 40 pages per issue...usually more than that.

CIRCULATION: The NCRR guarantees an average circulation of 7500 copies/issue, consisting of paid subscriptions, newsstand & specialty shop sales and samples. Please subscribe now!

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

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EDITOR'S MESSAGE

● NCRR QUESTIONNAIRE: - All 3rd-class subscribers should find a one-page questionnaire enclosed in this issue. If you did not get one and wish to participate in our survey, please send us a SASE and we'll mail you one. It's basically a survey of our readership to see what you like and don't like in our publication. We'll publish results of our findings in issue #73 (Sept./Oct.). We need your response to conduct a good survey...it's your magazine, so help us make it better!

● VACATION TIME: - It's been two years since I've had a vacation, and so Judy and I have decided to take off for Europe the first two weeks (June 4-18) of summer. We will have someone tending to emergency mail, but don't expect a speedy reply to any correspondence, as it may be left unattended until early July. I will have my phone-recorder on and someone will change tapes every few days, but it's quite possible that a message will not be recorded if the tape runs out between changes...you'll still get a recorded message from me, but I suggest you follow it up with a letter to be sure I've gotten the message. I suggest that any unnecessary correspondence be kept to a minimum while we're gone. Thanks for your help!

● LACK OF PHOTOS! - I realize that we don't currently pay for photos (except \$15 for the cover pic), and we've been relying on the generosity of our readers over the years to supply us with action pictures. We're still not at the point where we can be paying for photos within the issue. When our circulation gets up to around 4000, maybe we can start giving \$5 per photo we use...we'd certainly like to do this. In the meantime, we hope we can continue counting on our readers to keep up their good work. Although it may look like we have a lot of photos in this issue (we do), a lot of them were from our files and not all that current. Also, you'll not we don't have many (any?) starting photos (groups). We haven't been receiving too much lately and hope things will begin to pick up. We especially are in need of good track & field photos (not just running shots...we want field event pics too). So you people out there that submit pics from the upcoming big meets at the end of the season, please remember this. Thanks!

● STATISTICIANS NEEDED: - Keith Conning has been doing an excellent job on the high school marks, and Fred Baer has a JC list that is similarly well-done...we'd also like to list seasonal bests from other groups (college, age-group, masters, women, etc.). If you are currently keeping such lists or are interested in doing so, please contact us immediately, as we want to run some lists in the next two issues.

● FOUR-COLOR NOR-CAL COMING UP SOON: - Hopefully next issue will feature a four-color cover (along with three or more other pages). We're soliciting advertisers that will help us share the extra cost, so if you might be interested, give us a call right away. We need at least three full-color ad pages (\$300 each; less with more pages) to do this.

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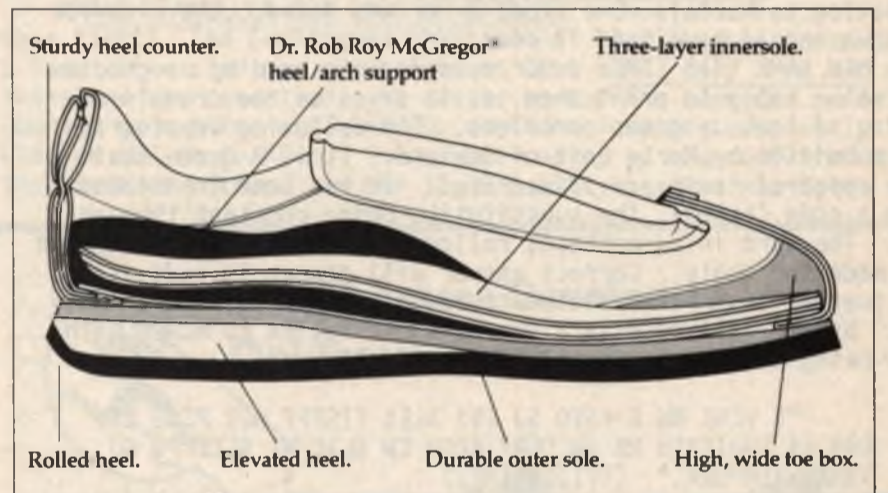


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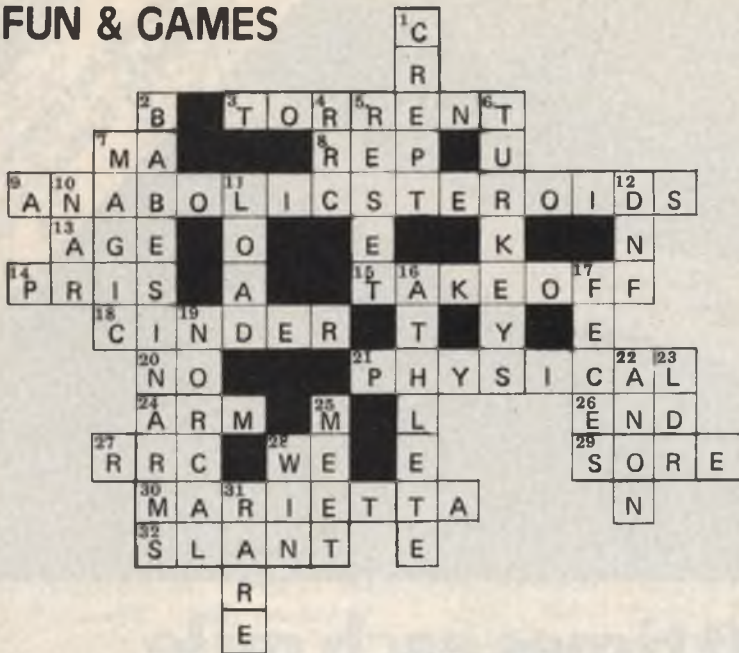


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FUN & GAMES



LAST ISSUE'S SOLUTION appears above...several contestants noted that we misspelled "Maryetta". But this is the solution we counted as being correct. Only three persons solved the puzzle, although we got about ten who tried. The winner by a drawing was Frank Smith of San Rafael who gets a one-year subscription to NorCal. One other error was noted...the clue for 18 down should have been 19 down.

NEW GAME THIS TIME: - Our readers keep sending us goodies and we're happy to print them, as it saves us the trouble of having to look up games ourselves. The following cryptogram was submitted by Marty Post of Oakland. It is a quote that once appeared in *Sports Illustrated*. It has been translated into a code (below), the substitution being constant throughout. The word in parentheses following the quote is the person who made the quote. Correct answer will appear in next issue. All guesses must be submitted to NorCal by not later than July 1st. Winner will receive a year's subscription to NCR, with ties being decided by drawing. Good luck!

"E VEGI MW E ASVO SJ EVX XLEX TISTPI GER PSSO EX
ERH FI EJJIGXIH MR EW QERX AECW EW XLIC'WI GETEFPI SJ
YRHIVXERHMRK." (TVIJSXREMRI)

THIS & THAT

•PEOPLE NEWS: - Carol Young of Monterey Peninsula College ran her first marathon in grand style at the Drake Relays, finishing second in 2:59+ (anyone knowing exact time please send it to us). --- Ex-Irvington High and San Jose City College middle distance runner, Lynn Ryan, who ran 1:53 and 4:11 in high school, was reportedly killed in an auto accident sometime in April. The circumstances are not known as of this printing. --- Frances Josephine Voges, an 800-pound woman known in side-shows and carnivals as Baby Frances, died recently of pneumonia and heart disease. She was 57. Not known for being overly active, her sideshow work had evidently not acted as a physical preventative to her obesity. --- Vic Crosetti, who is now in Bahrain working for Lockheed, sends greetings to all his Bay Area running friends. He reports: "There are very few runners & no races. I did run a 25 Km. walk/run charity event when I first got here in March. It started at 2 p.m. with the temperature at 85° and humidity about the same. The first aid-station was at 8-9 miles. I got lost twice (you had to know the course) but still ended up in fourth place, averaging about 7:45/mile. The first runner finished at 6:15/mile and was about 3 miles ahead of the second and third place finishers. Nobody seems interested in racing, but I think I might try to organize one just to see what happens. Maybe I can win my first race ever!" If you wish to write Vic, here is his address: V.L. Crosetti, Lockheed Rep., c/o Gulf Air, P.O. Box 138, Manama, Bahrain. --- The PA-AAU has a new Long Distance (men's) Running Chairman in the name of Roger Bryan. He was elected by about a two-to-one margin over Interim Chairman, Bob DeCelle, with ballots being sent to all A.A.U. Clubs (they were counted at the LDR Scheduling Meeting in Alameda on May 9th)...see latter portion of this section for information concerning scheduling for 1978-79. All men's LDR material should now be sent through Roger, including

sanction requests, scheduling changes, complaints on races that aren't conforming to AAU 'minimum' guidelines for sanctioned races, etc. His address and phone are: 950 E. Hillsdale Blvd., Apt. 210-B, Foster City, CA 94404... (Home Ph. 415/574-5229). He will be needing lots of help and cooperation from both race directors and runners, so let's all pitch in and make his job a lot easier with a 'team effort'. Incidentally, for those of you who don't know Roger, he is a top masters runner for the West Valley Joggers & Striders...this is his first attempt at this sort of thing, so let's make his 2-year term a successful one. --- Funny(?) thing happened to local sub-masters runner, Cliff Cordy on his way to the Colombian Masters Championships last Dec. 4th. On the eve of the event, Cliff was stabbed in the back by a robber. The knife missed all vital organs, and Cliff, 39, not only showed up the next day but broke the Colombian masters 400 meter record by two-tenths of a second in 54.2. The back was hurting by then, however, and Cliff passed up the 800! --- Kathy Brieger has struggled long and hard to compile women's masters track and field records, and she has been rewarded this year. Both men's and women's marks are printed in the 1978 *Masters Age Records* (by T&FN). If you're interested in a copy, send \$2.50 to NCR (covers shipping & tax) and ask for it by name. --- We found out the location of Mike Ipsen, thanks to our pleas in last issue. Bob Cooper reports that he took over the PA-AAU "50" because Mike's wife had been hospitalized (what for we don't know). Anyway, the 100-miler is reportedly 'definitely' on for its original July date (see scheduling section)...for information, contact Mike at 1251 Hudson Rd., Redwood City, CA 94061.

•MISSING AGENTS OR NUMBERS: - The NCR 'agent' program is shaping up very well, but there are a few people who need numbers or names attached to their numbers. We need to assign all agents a number...whether you use it or not. You cannot automatically become an agent. You must write the NCR of your intent (c/o Mike Niemiec, 145 Roosevelt, #39, Redwood City, CA 94061). Agent #105 has never sent us his name and address... we think it is Stan Ross (please contact us as we need your address and name verification). Someone has been using #155 as an agent number, and it has never been assigned to our knowledge. Whomever has been using this number should contact our 'agent rep' (above) so that you'll receive proper credit. Doug Bogin should write for an agent number, as his first subscription referral didn't have anything more than a name.

•THANKS TO TERI HAGERTY for hand-lettering the West Valley Marathon certificates. We had mentioned the wrong individual responsible for this in the results we mailed out. Anyone who needs certificate lettering, etc., should get in touch with Teri at 7309 Camellia Ln., Stockton, CA 95207.

•MEET & RACE INFORMATION: - The AAU Nat'l Track & Field Championships (June 8-10 at UCLA) for both men and women will determine the American squad for the annual USA-USSR track dual, scheduled for Univ. of California (Berkeley) on July 7-8. --- The Masters Western Regional Track & Field Championships (AAU), scheduled for June 17-18 at the all-weather facility at Los Gatos High School, will have sub-masters divisions for both men and women in 5-year age increments (30-34, 35-39), as well as the regular 40-and-up 5-year divisions. Entries close on June 13 with Los Gatos AA, P.O. Box 1328, Los Gatos, CA 95030. --- The Dipsea Race has been rescheduled for June 4 (probably many of you won't even receive this issue until after that date), but this is not 100% definite. The possibility of it being moved to an October date (like last year) is still very probable. We suggest that you check with the Mill Valley Jaycees to be sure. --- The Tahoe Relays will be on June 10th and according to the information we've received, there will be no post entries (after what date we don't know). The date change will alleviate much of the traffic problem no doubt. See the scheduling section for who to contact for entry blanks.

NCR Retail Outlets

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

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● **SCHEDULING CONFLICT--ONE FOR THE BOOKS:** - Turns out that it finally happened...two races scheduled for the same day at the same time and place, and neither knew about the other's existence until it was too late to change...finally the races were moved one hour apart, same day, same place! And to make matters worse, they were also the same distance! By now these two races are history, but it goes to show you that unless a concerted effort is made by more race directors to go through proper scheduling channels (AAU, NCRR, etc.), other similar situations can develop. The two runs referred to above were the FORE Mothers Day Run and the *East Bay Review's* "First Run", both around Lake Merritt in Oakland on May 21st. Neither were AAU Sanctioned to our knowledge and it seems that neither must have cleared proper channels in Oakland, or they would have known of the other's existence. A similar situation occurred when an organization decided to put on a race in San Francisco the same day as the International Friendship Races...it didn't hurt the latter race, but surely hurt the charitable contributions garnered by the other group (see 'Letters to Editor' section in this issue). The point is, either race directors are going to have to communicate through channels or suffer some pretty embarrassing consequences. Granted, the number of new runners entering the local races has made it less practical to worry about 'conflicts', but for everyone's benefit, it behooves race directors to check possible conflicts *before* it is too late. Without common sense and courtesy between race directors, we may soon have chaos on our local running scene.

● **RELAY RECORD SET BY S.W.E.A.T.** - Here is another 'record' for the books...don't know how common it is or who keeps records, but a challenge has been issued by the Redding area team to top the 10:02:04 they recorded on Feb. 11th. The Six Rivers Running Club had the previous know mark of 10:19:33. Rules for the 10-by-10 Relay go as follows: (1) Team must consist of 10 runners, aged 30-39; (2) Each runner must run 10 miles on a standard track; (3) Each leg is run solo with no

spacing other than split times; (4) All members must be from the same A.A.U. club; (5) Each of the ten 10-mile legs is run consecutively in relay fashion with each runner 'handing-off' to the following runner; (6) A composite of 100 miles must be traversed, and a record indicating each 10-mile leg with mile times (names, ages & accumulated time) must be submitted...just who the record(s) are supposed to be sent to is unclear, but the NCRR will be happy to act at least as a local publicist of such attempts in the future. Incidentally, the team was composed of the following runners: Tom Hayes, Jim Middleton, Bill Parr, Dick Look, Wayne Moss, V.I. Wexner, Lee Ferrero, Jack Frost, Gus Petras, Glenn Reed.

● **ORIENTEERING HELPERS NEEDED:** - For those of you unfamiliar with this sport, orienteering is basically like a car rally on foot. You traverse unknown territory between 'markers' with only the use of a map and compass and your body. There are various types of races, some involving a maximum elapsed time to get to as many markers as possible, and others having a goal of completing the entire course in as short a time as possible... there is no 'set course', and the speed at which you complete the course depends on your ability to run and navigate between the markers. Good runners do not necessarily have an advantage. At any rate, the sport is catching on nationally, and on the local level, Joe Scarborough is soliciting the help of anyone with orienteering or mapping experience who would be willing to do a lot of work as well as compete. Anyone interested should contact Joe at (415)530-3059.

● **NEW MARATHON IN DAVIS AREA:** - The Aggie Running Club is scheduling a marathon in either January or February named "The Avenue of the Olives Marathon". According to competent sources, the winner will be awarded an olive wreath, while the losers get the pits!

● **RACE CANCELLED FOR LACK OF ENTRIES:** - Now this has got to be a first! The Burlingame Invitational 10-Kilo, sponsored by a local bike club and advertised in last NCRR, only drew two entries and was cancelled. It was to be run the same day (and course) as a bike race, and the downtown loop was completely blocked off to traffic. There were really no big conflicts on that weekend either. and the 32:00 qualifying time was fair.



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SAN FRANCISCO

• **LDR FIRST-AID KIT AVAILABLE:** - The PA-AAU Long Distance Running Committee now has a genuine 'first-class' first-aid kit available to meet directors of AAU-Sanctioned races for no cost. Thanks to Peter Eisenberg for taking the time and effort to put it together. This kit has *anything* you'd ever need during a race emergency situation, but it should be handled by a doctor. Many of the items included cannot be used *without* a doctor's knowledge! The NCRP would like to solicit a list of running doctors that might want to sign up for a half-dozen races a year (races that they would not run, but races at which they could offer their services). The kit could be then transferred from meet director to meet director (it would be the responsibility of the director to pick it up and return it to an appropriate individual...the NCRP is not planning on being the 'checkpoint' but is willing to solicit help). Interested individuals should contact us.

• **NEW AAU CLUBS:** - The following two clubs have recently been approved as PA-AAU registered organizations, both in long distance running: Old County Road Runners, c/o Ink Ingersoll, 261 Old County Rd., San Carlos, CA 94070 (Ph. 415/593-3645); and The Whiz Kids, 1901 Gaspar Dr., Oakland, CA 94611 (Ph. 415/339-0563).

• **EAST BAY SPORTS MEDICINE PROGRAM:** - The Peralta Hospital at 450 30th St. in Oakland, 94609 (Ph. 415/451-4900, ext. 363, 364) invites you to a new community service program for local high school, college and professional athletes. Designed to deal with athletic injuries before and after they occur, the program involves three aspects of sports medicine: (1) A free weekly clinic for the evaluation of athletic injuries; (2) Continuing educational seminars for coaches & trainers; (3) Pre-season physical performance evaluations. For the first time, injured East Bay athletes may have any injury evaluated free by a team of

physicians, exercise physiologists and physical therapists with a special interest in sports medicine. Each free evaluation includes consultation with the injured athlete and his or her coach, parent, or physician; and a written report describing the extent of the injury, recommended treatment, and names of physicians to be contacted if further consultation is advisable. X-rays and lab tests, if required, will be billed at the normal cost. Medical care after the free evaluation will also be billed at standard rates. Free evaluations are on an ap-
pointment basis only.

• **NO REINSTATEMENT FOR TRACK & FIELD PROS:** - The International Amateur Athletic Federation (IAAF), world governing body for track and field, has decided that those athletes who participated in competition as professionals under the banner of the now-defunct International Track Ass'n. (ITA) would not be considered for reinstatement as amateurs. The decision was reached at the IAAF Council's April meeting in Seoul, Korea. The AAU had been prepared to submit the names of three former ITA athletes whom AAU registration officials believed should be considered for reinstatement, but the IAAF's decision against the concept of reinstatement for ITA athletes precluded examination of the individual cases.

• **STATE MOVES TO AID OLYMPIC ATHLETES:** - The California State Senate took a major step recently to provide certain American athletes with the opportunity to be granted a paid leave of absence to train for competition on the international level. At the time of this writing, the measure--SB 1765, presented by Sen. Nicholas Petris of Oakland, was unanimously passed by the Senate's Public Employees & Retirement Committee, then forwarded to the Senate Finance Committee for approval, which could mean the measure might go into effect by early summer. The bill asked that public employees who are potential Olympic athletes be granted a 90-day paid leave of absence to enable them to train in international situations. Among others attending the presentation were: Steve Williams, Willye White, Kenny Moore, Chrystie Jenner and Rich Nichols, legislative assistant to Petris and national-class 800-meter runner. The bill is directed to help public employees who are qualified to get subsidy with either the 90-day leave of absence or broken-time concept (which would grant leaves of up to eight hours a week, five days a month, or 60 days a year; if the athlete should be selected for a U.S. team, he would still have 30 days for travel and competition). To qualify for the leave, an athlete would have to obtain the qualifying standards in a particular sport the preceding year. According to Petris, there are 25 public employees who would currently qualify for the subsidy in California...that would amount to only \$150,000 which would be reimbursed the agencies which would grant the employee time off.

• **REGARDING PA-AAU LDR CHAMPIONSHIP AWARDS:** - There has been quite a bit of confusion concerning the present policy on the awarding of patches and medals in local long distance District Championships. Over the past few years, the PA-AAU LDR Committee has set up the following (the addition of the men's submasters awards is new this year): Individual winners in each of the following age-groups will receive a PA-AAU Championship patch, in addition to a first-place (gold) medal...the number of places awarded medals in each division is as follows: MEN--Senior (Under 30) 5; (30-39) 3; (40-49) 3; (50-59) 2; (60/Over) 1; WOMEN--Senior (Under 40) 5; (40-49) 3; (50-59) 2; (60/Over) 1. No decision has ever been made (to our knowledge) regarding depth of awards in ultra-marathon distances (50K, 50 Mile, etc.) but it seems that they should not go quite as deep unless participation warrants it. Teams: only AAU-registered clubs are eligible, and at 30K and above, 3 make up a team in all divisions. At below 30K, men's teams are composed of 5 runners and women's teams are composed of the top 3 runners. Individuals on winning teams get patches and those on award-winning teams get medals as follows (number of teams in each division indicated following division): MEN--(Senior) 3; (Masters) 3; WOMEN--(Senior) 3; (Masters) 1.

• **REGARDING NEW PA-AAU LDR HANDBOOK:** - At present, the scheduling booklet for 1978-79 is being compiled under the direction of the new LDR Chairman, Roger Bryan. He is urgently in need of much help in both typing, ad layout, etc., and anyone who can devote some hours to this task (all volunteer labor) would get in touch with Roger immediately at 415/574-5229. It seems that everyone *wants* a handbook, but very few are willing to help put it together (it should not be entirely the Chairman's responsibility). Hopefully it should be ready for distribution by the first week in July. We anticipate it will cost 50¢ (75¢ by mail) as usual but aren't positive. It will be advertised in the next NorCal Running Review. We will stick to our policy of not listing 'contacts' in the NCRP Scheduling Section in order to stimulate Handbook sales (profits to Travel Fund).

POSSIBLE PA-AAU FUNDING FOR LDR RUNNERS: - At the time this issue is being typed, the LDR Committee meeting for deciding what local races will qualify for athletes' funding to various national championships had not yet been held. By the time you receive this, decisions will have been made in this regard, and those figuring on having a chance to qualify for some funding in the races mentioned below (or any other race) should contact the new LDR Chairman, Roger Bryan (see previous page). There may be other races (qualifiers) added to those mentioned below, and those listed may not even be chosen, but there is a good possibility they may be chosen. The following proposals will be discussed following the TRAC 10-Kilometer in San Jose (May 28) and voted upon then by those attending the LDR Committee meeting. **Women:** (1) Proposed either full airfare to winner of San Francisco Marathon to Natl. AAU Marathon in NYC (October) or possibly half-fare for top two finishers; (2) Proposed full airfare to top two or three finishers from PA-AAU 15 Kilo (July 2) to Natl. AAU 20 Kilo in Los Angeles (Sept. 23). **Men:** (1) Proposed full airfare (or half-fare to top two finishers) to Natl. AAU Marathon in Buffalo (October) for winner of San Francisco Marathon; (2) Proposed \$75 each to top 5 finishers in PA-AAU X-C to go to Seattle for Nationals (perhaps full fare for winner). **Masters Men:** (1) Proposed funding (amount to be decided) to top three to five finishers in PA-AAU Masters X-C to go to Natl. Masters X-C in Wisconsin; (2) Proposed half-airfare to top five finishers in either San Francisco Marathon (or closer qualifier to Natls.) to Natl. Masters Marathon in Culver City (December).

Announcement

Dear Friends,

You may already know that for the past three years I have been researching and writing a book on the Bay to Breakers footrace in San Francisco.

The race has an incredible history and holds the fascination of thousands of people who have run the almost eight miles from the Bay to the Pacific.

I want to share with you the good news that the book, tentatively entitled *The Human Race*, will be published by the Special Projects Division of the *San Francisco Examiner* in the fall of this year.

Naturally I am elated about this opportunity to finally see my book in print, but it is much more important to me to have the runners and people who love San Francisco learn the true and yet untold story of the greatest race in the world. My feelings on the event are best described by the following passage from the book:

"The Human Race is a story of real people, with real faces and real feelings. It is a birthday party, a wedding celebration, a touching. It is a rehearsal of the way we want to be. It is a milestone in the lives of people who use the streets of San Francisco as a marker in the days of their troubled lives. It is a race that belongs to the people, all the people. It is a mosaic of flesh and bone, a montage of our few years of difficult existence in the infinity of time captured for a few fleeting moments at Howard and Spear Streets, Golden Gate Park, Hayes Street Hill and finally at the creamy breakers on the sands of the Pacific. It is a race of real pain and real triumph. The Bay to Breakers belongs to all of us. It is The Human Race."

I hope you will want to read more of the book when it is printed and share in my happiness.

--Len Wallach

For publication date, price, and other information, write: California Living Books (Special Projects Div.), San Francisco Examiner, Suite 911, Hearst Bldg., 5 Third St., San Francisco, CA 94103.

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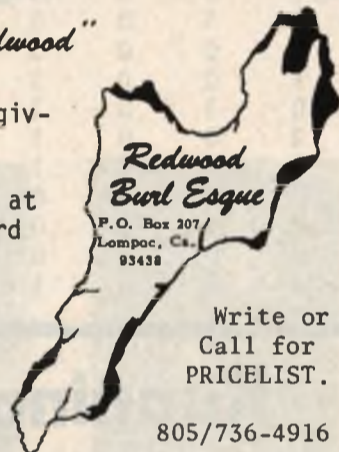
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Long Distance Ratings

PA-AAU STANDINGS: (Compiled by Art Dudley) - Beginning this year we've decided to limit the number of races counted in our point standings as suggested in last issue. We had a lot of favorable response to our plan and some useful suggestions. Here is basically what we've decided to do: (1) We will count only 30 races in the calendar year; they may not be the same for masters, seniors and women (but most will be), but we will try to keep the total at 30 each year for comparison of 'records'; (2) We will still count only PA-AAU finishers (residents for a good portion of the year); (3) We'll go ten deep in senior men's scoring, six deep for masters men, and four for women, as we've been doing over the years. To determine a runner's rating you simply take the average place (only when finishing in a 'counting' position) and divide it by the total of races run which count. For example, a 1st, 3rd & 6th = $(1+3+6)/3/3 = 1.111$.

1978 Counting Races: - First we'll list the races that we will count in all divisions, and then the ones that will count for only specific divisions. Following PA-AAU Championships will count: 10K X-C (except 10K Roads for women), 15K, 20K, 25K, 30K, Hour Run, Marathon; Others--California 10, Trinidad Beach Run, West Valley Marathon, Champagne Marathon, Buffalo Stampede, Livermore 8.5 Miler, Arrow 10K, TRAC 10K, Avenue of Giants Marathon, Holy City Run, Folsom 10K, San Francisco Marathon, Lafayette 10K, Dammit Run, Pamakid Lake Merced Run, Berkeley Waterfront Run, Excelsior West End Run, Pepsi 20-Miler, Martinez-to-Port Costa Run, Angwin-to-Angwish Run. Next we'll list those races which we'll count in only specific divisions: **Senior Men:** PA 50K, PA 50-Mile, Los Altos Midnight Run; **Masters Men:** PA 50K, Lake Merced Masters Run, Woodminster Handicap; **Women:** Bonne Bell 10K, Spring Lake 10K (end of year), Golden Gate Park 10K (all women-only races). -- We're assuming of course that the above races will be scheduled this year... if not we'll make some substitutions and let our readers know. You'll note that the races we've chosen are mixed over a full

range of distances over a wide geographical area, thus giving everyone a fair chance. Of course the balance is more towards the immediate Bay Area, but there are ten or more races in each division which are not in the Bay Area proper. We welcome your comments on our new system. -- We've tried to avoid counting races with huge fields that cause unfair starts (at least in short runs) and have tried to choose races with a least one year's experience behind it. --- Below and on next page are all races thru Apr. 16 (except PA 50K) which count. We are unsure if finishers in some races are residents. Can someone help us? **Midnight Run:** (13) John Armstrong; **Champagne Marathon:** (6) Mark Sisson, (9) Thomas Kennedy, (77) Joe Maddux (40+).

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Merrill Cray/CRC (2)	1	1	0	0	1.500	0.750
Laurie Crisp/WVTC (2)	1	1	0	0	1.500	0.750
Candy Hearn/OPHIR (2)	1	1	0	0	1.500	0.750
4. Ruth Anderson/NCS (3) <u>40+</u>	0	2	0	1	2.667	0.889
5. Roxanne Bier/SJC (1)	1	0	0	0	1.000	1.000
Carrie Craven/HSU (1)	1	0	0	0	1.000	1.000
Carol Dickinson/Un (1)	1	0	0	0	1.000	1.000
Sally Metteer/UCB (1)	1	0	0	0	1.000	1.000
Elaine Miller/PMK (1)	1	0	0	0	1.000	1.000
Karen Pascoe/SUND (1)	1	0	0	0	1.000	1.000
Lucy Shapiro/WVTC (1)	1	0	0	0	1.000	1.000
Joan Ulyot/WVTC (1)	1	0	0	0	1.000	1.000
13. Caron Schaumberg/ER (2)	0	1	1	0	2.500	1.250
14. Sue Brusher/BASC (2)	0	0	1	1	3.500	1.750
15. Kerry Brogan/SJC (1)	0	1	0	0	2.000	2.000
Jill Campbell/UCB (1)	0	1	0	0	2.000	2.000
Barbara Magid/TAM (1)	0	1	0	0	2.000	2.000
Sheila Maskovich/SRRC (1)	0	1	0	0	2.000	2.000
Marche Unnasch/WVTC (1) <u>40+</u>	0	1	0	0	2.000	2.000

OPEN (* denotes tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Duncan Macdonald/WVTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
2. Brian Maxwell/BASC (4)	3*	0	0	0	0	1	0	0	0	0	2.375	0.594
3. Dennis Rinde/OPHIR (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
4. Wayne Badgley/SUND (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Steve Brooks/WVTC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Chris Cole/SRRC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Paul Geis/TS (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Mike Pinocci/WVTC (2)	0	2	0	0	0	0	0	0	0	0	2.000	1.000
Jan Sershen/ETC (4)	0	1	1	0	1	1	0	0	0	0	4.000	1.000
10. Jim Barker/WVTC (4)	1	0	1	1	0	0	0	0	1	0	4.250	1.063
11. Jim Nuccio/WVTC (1)	1*	0	0	0	0	0	0	0	0	0	1.500	1.500
12. Chris Hamer/WVTC (2)	0	1	0	0	1	0	0	0	0	0	3.500	1.750
13. Darryl Beardall/DIRT (4) <u>40+</u>	0	0	0	0	0	1	0	2	1	0	7.750	1.938
14. Peanut Harms/AGRC (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000
Craig Hochhaus/WVTC (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000
Gordon Innes/Un (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000
Tom O'Neil/BC (1)	0	1	0	0	0	0	0	0	0	0	2.000	2.000

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Jim O'Neil/BC (5) <u>50+</u>	2	1	1	1	0	0	2.200	0.440
2. Darryl Beardall/DIRT (3)	2	1	0	0	0	0	1.333	0.444
3. Ralph Bowles/WVJS (3)	1	2	0	0	0	0	1.667	0.556
4. Bob Wellick/WVJS (2)	1	1	0	0	0	0	1.500	0.750
5. Kent Guthrie/WVJS (3)	1	0	2	0	0	0	2.333	0.778
6. Ross Smith/WVJS (3) <u>50+</u>	1	0	1	1	0	0	2.667	0.889
7. Ulrich Kaempf/TRAC (1)	1	0	0	0	0	0	1.000	1.000
8. Russ Kiernan/DIRT (3)	0	1	1	0	0	1	3.667	1.222
Doug Latimer/RWRC (3)	1	0	0	1	0	1	3.667	1.222
10. Ted Wilson/KJ (3)	0	0	2	0	0	1	4.000	1.333
11. Bob Malain/BC (3) <u>50+</u>	0	0	0	1	1	1	5.000	1.667
12. Joe Sloan/OPHIR (2)	0	1	0	0	1	0	3.500	1.750
13. Harry Daniell/SWEAT (1)	0	1	0	0	0	0	2.000	2.000
Dick Gilchrist/SRRC (1)	0	1	0	0	0	0	2.000	2.000
Vince Spangler/WVTC (2)	0	1	0	0	0	1	4.000	2.000

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4TH ANNUAL PONDEROSA RIDGE RUN--Saturday, July 8, 11 a.m., 10 Miles. Start at junction of Hwy 28 and Hwy 50 at Spooner Summit Maintenance Station in Nevada. Course elevation starts at 7100 and goes over 9000 on graded dirt and gravel. Beautiful and very tough! No entry fee or pre-registration. First place medals to Junior, Open, Senior & Women winners. So. Tahoe TC, Austin Angell, Box 1521, So. Lake Tahoe, CA 95705 for info.

4TH ANNUAL TROUT CREEK RUN--Saturday, July 29, 11 a.m., 5 Miles. Start at So. Tahoe Intermediate school near tartan track. Course is all dirt and fast. Register on day of race, fee \$1. Medals to top three in Junior, Open, Senior & Women. So. Tahoe TC, Austin Angell, Box 1521, So. Lake Tahoe, CA 95705 for info.

WANTED--EDITORIAL ASSISTANT FOR RUNNING NEWSPAPER: - Must have experience and be a runner. One to three years experience with newspaper necessary. Starting salary is \$8000/Year. Call Personnel at World Publications (Mtn. View): 415/965-8777.

THE MAGIC BUS - Jack Leydig's travelling sporting goods store will probably be hitting the following races in June and July with a good selection of books, shoes, etc. If you want a specific model/size, call me at 415/341-3119 (on vacation from June 4-18) so I can be sure to bring it. -- Excelsior Beach Run, PAAU 15K, S.F. Marathon (low-key sales), DSE Diamond Heights Run, DSE Ft. Point Run, DSE Golden Gate Bridge Run, Pamakid 24-Hour Relay (portions of it), Belmont Steaks. See you all there!

Our Readers Speak Out

JOHN MORTELL (San Francisco, CA) - "It is now 11 days into the month of May and I have not yet received the May-June issue of your magazine. Please mail the magazine without any further delay." -- (Ed. - *It's nice that our readers are so anxious to get their issues, but things would go a lot faster if people would stop asking 'when will the next issue be out?'* For advertising purposes, this information is essential, but for regular subscribers to always ask this question means further delay. Remember that the NCR is done by volunteer labor...without pay! If those of you who are anxious might be willing to come on down and help out, it would be much more constructive. Since the majority of the work is done by one person (your editor), I can only do what is humanly possible. If our publication dates slip a bit, we're sorry, but I have other things to do with my life besides the NCR (like running, eating, sleeping, making a living and generally trying to enjoy my life once in awhile). So we ask that you not inquire about publication dates unless you have good reason to suspect that you should have received your issue...others in your immediate area have received their issues, etc. -- Thanks for making my work a bit easier!")



GORDON STEWART (San Francisco, CA) - "I was very disturbed to read the angry letters from race directors in the last issue of NCR. What disturbed me was the way we as runners treat our race directors. We frequently criticize them, barge into their races uninvited and unregistered. The results are predictable; the race directors - and I mean the few good ones - are collectively threatening to hang up their clipboards. Without race directors there would be no more races, no more starting guns, no more jockeying for position as the field thins out, no more aid-stations, no more crowds of people with signs reading "We love you, Mom", no more splits, no more of the realization that you'll have to kick to beat that guy, no more finishing sticks, no more brunches after the race, and no more opening of results and finally seeing your rivals name below yours on the list of finishers. Gone will be the motivation for the weekly track session and with it much of the motivation to run at all.

The statement that "some people are making a lot of money on these races" implies that people should not make money on them. To ask someone to go through the months of detailed work and harassment so that less-motivated people may spend a pleasant morning at the race and do it for the occasional word of thanks is ridiculous.

If Paul Reese, Jack Leydig, Dick Meyer, and others like them were to clear a dollar per entrant for everyone who runs their races, they would be underpaid for the jobs they do. To expect them to do it for free is an insult...that they do is a testimony to their character.

I for one am going to start overpaying the fees on well-run races and earmarking the extra for the race director's pocket. If enough of us runners do the same I hope that we'll see the names of our local heroes among the finishers at New York or Honolulu, assisted to a great extent by the contributions from us, their fans."

LEN WALLACH (Belmont, CA) - (Ed. - *The following letter was written to 'Design Research' and 'The American Cancer Society', who scheduled a race (benefit) on the same day (same time and city) as the scheduled International Friendship Runs in San Francisco...we are reprinting it here.*) - "Dear Friends: I feel a little like your nextdoor neighbor who has the leaves

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from your untrimmed tree falling in my backyard.

It's not that I don't enjoy your tree or dislike leaves but rather that I've worked hard to make my own backyard look nice.

That's the way it is with your race. We've worked hard, those of us who put on races on a regular basis, to try to cooperate with our other friends who also put on races. We've even gone so far as to get permission from the police for the route, filled out parade permits, secured liability insurance, printed fliers, written press releases, purchased trophies and even taken out sanctions from the AAU. In some of our friends' races we note that they have been held on traditional dates as part of other celebrations so when we go to the scheduling meetings, we yield dates to be helpful.

We feel that you should also be able to put on races, especially ones which raise money for worthwhile causes such as charities.

Running is a paradox--there's fierce competition, and the victory goes only to the toughest. But have you noticed that each athlete observes the rules and conducts himself or herself within the boundaries of good sportsmanship?

In your case we must cry foul! You have taken unfair advantage. You have not been fair by scheduling your event on the same day and in the same city as our race. It's just not right, even though your motives may have been the finest.

I like your tree. I even like leaves. But I would prefer that you be a good neighbor. After all, I have a big dog!"

RAYMOND MENZIE (*Mill Valley, CA*) - "My two races in 1978 have been the Bidwell Classic Half-Marathon and the Marin Red Cross 6.4-Miler. What selections! Both evolved into meaningless results. Bidwell had a half excuse in the rains and floods but was either understaffed or had misdirected personnel. Along with the wrong turn, I'm sure the times given were in error by about a minute. The Red Cross Run had about 100 people helping but no one at the turn around point on an out and back course. A sign was to have been set up but the chances of its being moved or removed are left to the imagination.

From reading other letters in your publication it is becoming commonplace for races to be non-events because of poor administration. I suggest these requirements be invoked by the AAU to race sponsors:

- (1) If a race does not evolve as planned, the entry fees should be automatically refunded to the participants.
- (2) If a race is obviously marred by administrative error or neglect, it should not receive AAU sanction or mention in Nor-Cal for two years. It could be conducted as a fun-run or unofficial race in the meantime.
- (3) A first-time race, or one leaving probation, must have a representative at your proposed summer race directors workshop. (*Ed. - Stay tuned to NCRR for more information on this.*)
- (4) A final idea is to have races conducted for the first time as unsanctioned events (i.e. - dress rehearsals, before receiving sanction, etc.). Presently there is no penalty for race sponsors putting on shoddy events; and gaining experience at the expense of participants is not right. But, I do appreciate the efforts of most race directors who perform good to great in a thankless situation."

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LEE FERRERO (*Weed, CA*) - "You'll be receiving letters soon regarding the recent PA-AAU Marathon Championships held in Chico on March 4th. The event was billed as the "Bidwell Classic" which included a 3-miler and a half-marathon. It is likely that some or all of these letters will focus on the problems surrounding misdirections, mixups and general frustration by some of the runners. Unfortunately, these difficulties did exist and they surfaced during an important Association championship which makes things all the more visible.

Perhaps the organizers tried to accomplish too many things in one day or maybe the course contributed to the problems. I'm sure some people will say it was a fiasco. I ran in the three-mile and it went just fine except for inaccurate split locations.

The sponsor, Chico Running Club, was faced with monumental difficulties in this event, mainly Mother Nature and her way of flooding portions of the course at the very last minute. This created a need for quick decisions and hasty adjustments which every race director faces at least once or twice in his or her life. From what little I know in this case, the best possible decision was made.

It bothered me to hear some runners complain so bitterly about the circumstances. It would be good experience for every long distance runner to assume the directorship of at least one road race each year to see what it is like to handle a race where so many people are affected. This becomes especially interesting when most of these people (runners) are in a leisure setting, expecting a "fun" outcome. It is during such times, I think, when human behaviour can take on its most surprising forms.

The Chico Running Club has a fine reputation in their past race sponsorships and this event should by no means be used to measure their talents in race organization. It is my hope that some of the runners from the Bay Area and other distant points who have not participated in a CRC event before, have not drawn the conclusion that this situation is status quo.

To Walt Schafer and the Chico Running Club, I offer my sincerest support in your efforts and applaud your past performances. To the PA-AAU organizing committee, I suggest you overlook what took place on March 4th and keep the Chico area in mind for future championship events of this nature."

GUEST EDITORIAL

Normally this column features an individual not connected with this magazine who is prominent in the running community. It gives others a chance to express their opinions on various important topics. This time your editor will make known his views on a subject that has been surfacing time and time again, not only in the NCRR, but throughout the country. It is a result of, I feel, large numbers of novice runners/joggers getting involved in running who are not yet educated on the 'rules of the road'. As a result, races are becoming more and more difficult to administrate properly, and participants are finding it less and less likely that the finish time they receive is accurate. But this is just the tip of the iceberg...I feel sure that unless we as runners do something about the situation in the very near future, road racing as we have known it in the past will (and to some extent already has) deteriorate to the point where the majority of 'races' will be more properly defined as 'fun-runs'. The only solution is EDUCATION and PEER PRESSURE. Remember, it is your running program. If you don't want to see the continued deterioration of quality races because of blossoming numbers of unofficial runners, then it is up to you to do your part and spread the word. If one is not informed of the 'correct' way to do things, and if one is not continually made aware of this by his running friends, then nothing will change.

THE DETERIORATION OF ORGANIZED ROAD RACING (by Jack Leydig): Having been around road racing for some 15 years, I have noted some very discouraging trends. Back in the early 60's, when there were maybe a dozen races on the LDR Schedule for the entire year, everyone knew everyone else, and the smallness of the running clique made it easier for communication, which was primarily by word of mouth. I don't even remember that such a thing as an 'unofficial' runner existed, although there were probably a few, I'm sure. It was simple peer pressure...the core of the running group educated new runners as they showed up at the races. However, as running has become the 'in' thing to do, which in itself is great, there has seemingly been less and less of this person-to-person communication. The growth has come so fast that the novices now outnumber the seasoned



Large group of mostly unofficial runners in recent International Friendship Races (entry fee was only \$1.50). Note runner on right taking official aid-station materials but not wearing number. /Marconi/

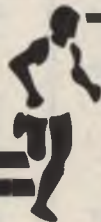
runners (those who've been running in road races for several years or more) by a wide margin. As a result, since many of these novices don't belong to any organized running group, communication between these two groups is lacking. Despite notices in the NCRR and LDR Handbook, and constant reminders by race directors, there still are a very high number of participants who simply ruin events for everyone involved, except maybe themselves. And what is even more discouraging is the fact that we now find 'seasoned' runners doing the same things when they should know better! The feeling seems to be: "If it's alright for him to do it, I guess it's ok for me too!"

So...what do we do? First of all, it's essential that all runners realize that while a participant may have no outward indication that anything is going wrong with a seemingly well-organized race...things can be going wrong--not because of poor meet management, but because of inconsiderate or unknowing runners.

In the recent Friendship Races, which featured three overlapping runs, and which was directed by me, I noted some of the following situations: -- Although the entry blank had been out for at least a month and made readily available, there were still many runners who showed up on raceday expecting to run, although the blank indicated no entries would be accepted after a certain date. These runners then took out their vengeance on both the meet management and other runners by: (1) Entering the race without a number anyway; (2) Taking someone else's number; (3) Wearing someone else's number with the 'approval' of that person...which completely screwed up the scoring system for age-group awards (all numbers and tags were pre-coded and computerized). Then during the race, many of these individuals took aid (see photo above) meant for official runners and otherwise impeded the free running of paid participants. Many went into the finish chute, despite verbal instructions and signs at the head of the chute, thus opening the way for errors in finish computations.

I could write for pages on this subject, explaining why problems are caused by unofficial entrants, but it wouldn't do any good unless you out there exert some pressure everytime you see an unofficial entrant in a race. If enough people point a finger, peer pressure will work. Runners will have to realize that their own times and places can be affected by freeloaders.

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THE HUMAN RACE

LEN WALLACH

Unless you were a cop on the beat or a nurse in a psychiatric ward, Donald Barton Ramirez wouldn't have been in your circle of friends ten years ago. He was not the kind of a guy you would notice then unless you happened into him wallowing in his alcoholic dereliction in an endless stupor. However, you might have spotted him as the police chased his weaving car on the freeway as he struggled with the steering wheel, trying to escape in a drunken haze of self-abuse.

You probably wouldn't even notice him now. His eighteen arrests and years of addiction seem like they must have happened to someone else as he peers at you through mod glasses topped with his burr head, which is covered with a stiff-visor-ed baseball hat. There's a certain tranquility about his present demeanor; kind of like that feeling you sense in a cat that's awakening from a long afternoon's sleep in the sun. He is just not that noticeable.

You might have seen him at some of the many California marathons where he pushes his 37-year-old, 150-pound frame to a respectable 2:47 pace. He's one of those people who has the quality of blending into the passing scene--probably the result of spending most of his life trying to avoid cops and retreat from responsibility and the other realities of modern life.

He doesn't have much of a profession--he paints; not artistic dramatic interpretive renderings, but the rote labored layering of protective coatings of pigment on houses, walls, fences and outhouses. He works with his hands, laboring at his hard-learned trade with the craftsmanship and pride one sees in the artisan of middle Europe.

Don Ramirez probably should be dead by now. His former life of booze, drugs, mental problems and irresponsibility which left him in a straight-jacket in a Bay Area psychiatric ward took a deadly toll of his years. "I was 28 years old and hit the bottom," he explained. "I was totally out of my mind," the thin athlete described his miserable life of nine years before. "I not only felt like nothing; I was nothing!" he continued, in short, quick confessions. "I wasn't even a happy drunk," came the short passionate bursts. "I had no regard for anyone and became nasty and obnoxious until I finally went off the deep end," he concluded.

But Ramirez was blessed with a new beginning by an organization which now itself struggles against huge forces for its own survival. Don Ramirez is but one of the 1200 other human beings who have been drawn to the ranks of Synanon in order to survive; now each intends to protect their community with the same dedication that a monk gives to a monastery.

"Anybody that needs help, any kind of help, can come to Synanon," the short-haired runner emphasized. "Some people still don't understand that after all this time," he added, well aware that the media haven't been too favorable in their portrayal of Synanon recently.

Ramirez's own dedication to Synanon is typical of their clipped-headed flock. It's intense, positive, and without reservation. From my own frequent and regular contact with Synanon while preparing an article for *Runner's World*, it's easy to

see why he would have such devotion.

Synanon, a frequent target of the barbed inquiry of the press, can be difficult to understand unless one is an insider. It is a community, a family, a religion, a business; it is an event, a happening, a celebration; it is a dogfight, a love affair, a bickering; but more than anything else in its paradoxical existence, it is an emerging ray of hope for a re-birth of the lives of its devotees.

Synanon takes on her enemies with such a vigor that each new one who comes along is the signal for an occasion for a celebration. Their most recent adversaries are *Time* magazine and KGO-TV, each of which is alleged to have offended Synanon's sensitivities to its own image. As a result of these reported written and televised slurs, the Marshall, California, based organization has become deeply engaged in what is referred to as "The Holy War", an all-consuming legal and moral battle with these monoliths of the media world. The forthcoming fight might look like a gnat taking on a condor, but if past experience counts, the non-smoking, non-drinking, short-haired flock's similar battle with the *San Francisco Examiner* makes the odds more equal, based on their experience and favorable results.

Ramirez was in the pack which ran the Bay-to-Breakers shortly after Synanon first started running as both an exercise and an informal but individual form of unofficial therapy. The Synanon flock was also commemorating the anniversary of their group's casting off the curses of the tobacco weed, as well as their out-of-court settlement with the *Examiner*. The clipped heads, including Ramirez, ran the almost eight miles from the piers to old Playland, along the streets where many of them used to stagger in either alcoholic oblivion or medicated stupor. Third and Howard streets is kind of an unofficial home for San Francisco's winos. Passing this spot must have given Ramirez a private thrill and sense of great accomplishment as he viewed his former brethren with both sympathy yet gladness, as he had overcome the curses which still bound them to the oblivion of the streets.

At Synanon, the doors of the water closets have little raised signs signifying that the toilet-containing room is the "Examiner", an insider's tip on the results of their battle with the newspaper. Ramirez must have a little personal wince each time he utilizes the facility, knowing that the same organization contributed so much to the welfare of athletes over the years. But like a lot of things at Synanon, there is an almost innocent oversimplification. Things there seem only black or white; there's no subtle shading of meaning. Either you're for or you're against.

Ramirez is totally dedicated to Synanon. "Look, I was into trouble long before I was 17. I worked in a gas station for five years at \$1.50 an hour, which was my greatest achievement," he explained in a reverse reference to attempts at college, the US Marine Corps and trying to find some direction. "Here I developed. Synanon makes me pay attention to my commitments. It has given me health, family, and an opportunity to develop," he went on--a one-man promotion campaign extolling the virtues of the organization.

He and his wife Michele are the forces behind the Synanon Running Club, an emerging fleet-footed organization that has the responsibility for running the extra-curricular activities there. In this capacity, they organize and plan

such events as the "Country Run" and "Hurry", which are two versions, hard and easy, of running the oak-covered, poppy-carpeted, golden-grassed hills and plains of the Synanon facilities between Petaluma and Tomales Bay. "No one gave us the assignment," he advised. "We just seek and assume," referring to one of the most important Synanon principles of self-development.

All Synanon folks have to earn aerobic points each week in the "Huff 'n Puff", a mandatory part of the community's lifestyle. If Don and Michele had their way, the gospel according to Synanon would include a daily chapter of another



Synanon's Don Ramirez, a model of rehabilitation for this Marin-based organization, is now a 2:47 marathoner at the age of 37. /Len Wallach/

form of LSD--Long Slow Distance. So far they still have to prove their point, as Synanon demands that personal goals must benefit the community first.

Ramirez, who tries to train 60 miles per week, has to work the miles in around all other Synanon obligations. His first race was in the Synanon Olympics, running a very slow one-mile contest. His second event was the Santa Monica Marathon, jumping from the single mile to the mountain of 26, where he ran a 3:19. With that kind of determination, he'll probably eventually convince Synanon that running is the high priestess of the religion of health.

"When I came to Synanon my first job was to clean toilets, and finally I got promoted to washing pots with the food service gang," he related his humbled beginning road to Synanon adulthood. Now a comfortable, well-adjusted and responsible member of the community, he has personal self-respect, superb health, a good job, and a family.

While we munched on lunch during an accidental visit at one of their Holy War rallies, I looked for a moment at the collective results of his and Synanon's difficult road of the past. Synanon or not, Donald Barton Ramirez has come from the faltering steps of a troubled first mile-run to becoming a fine athlete with an incredible future. He smiled modestly at me and said off-handedly, "Not bad for an ex-derelect." That's the closest he ever got to admitting success.

Don Ramirez wears his medals and trophies inside his heart.



NOR-CAL PORTRAIT

by Doug Rennie

CLIFF WEST--RENAISSANCE AT AGE 27: - Mate the endurance of a 4:02 miler with the jackrabbit acceleration of a legitimate 9.4 sprinter and you have former University of California star, Cliff West, a man

bent on carving a niche for himself as one of this country's top quarter-milers.

Currently running for the Bay Area Striders, Cliff boasts an amazingly versatile array of quality performances ranging from a 9.4/21.0 sprint double to a 4:02.7 mile with a 46.5 400 meters and a 1:48.8 half thrown in for good measure. Such virtuosity is indeed rare in American track, the only other example coming immediately to mind being Tom Courtney, who parlayed 9.6/4:05 credentials into an Olympic 800 meter gold medal in 1956.

Cliff's early track career at Sacramento's John F. Kennedy HS was hardly a portent of greatness. His performances, up to the very end of his high school career, were good but hardly remarkable. After a successful senior cross country season where he placed 3rd in the Sac-Joaquin Sectionals, Cliff appeared to be just another good high school runner; an athlete who could expect to win some dual meets and place high in a few big invitationals. This appraisal of his talents persisted up to the 1967 Sac-Joaquin Section track championships when Cliff upset the favorites to win in 4:17.6, a good time but hardly one to strike fear in the hearts of the legions of superb milers that Southern California turns out like oranges. Thus, Cliff entered the 1967 state meet as one of a dozen lower echelon performers and local prep track fans were hoping for him to "do well" in his heat; maybe, if he was really on, he could qualify for the final.

To the surprise of all (except, possibly, Cliff himself) the lithe Kennedy senior won his heat in an astonishing 4:12.8 with a finish that left those of us watching shaking our heads in disbelief. Saturday's final found Cliff lined up next to an imposing array of big Southland kickers as the gun went off at 2:00 in Berkeley's Edwards Stadium. Staying in contention through 3 laps, Cliff moved into 5th place coming off the final turn and began a devastating stretch drive. As his wide-eyed coach, Bill Mahon, went into near cardiac arrest, the smooth-striding West buried the big finishers with a blistering last 110 to cop the state title in 4:09.0, probably the most unexpected champion since Whittier's Dennis Carr dropped from 4:18 to 4:08.7 in one weekend to win the 1961 state meet.

Proving his time was no fluke, Cliff took on the best high school milers in America 2 weeks later at the prestigious Golden West Invitational, again emerging as a champion with a sub-58 second last 440 in a tactical 4:14.

His blistering kick in state meet and Golden West victories foreshadowed fast times at shorter distances in the future, but during his track years at the University of California Cliff was strictly a distance runner. Lowering his mile PR to 4:02.7, Cliff also displayed prowess at the longer distan-

ces, recording a 29:22 for 10,000 meters at the 1969 Pac-8 Cross Country Championships as he finished only 30 seconds behind Olympians Gerry Lindgren and the late Steve Prefontaine. Graduation from Berkeley was followed by a 3:44.1 1500 meters in the 1972 Olympic trials where Cliff eventually placed 10th in the final. At this point in his life, Cliff found that the pressure of years of competitive running had taken a toll on him and, feeling that his competitive drive had diminished, he entered an extended lay-off of 4 years.

Living in San Francisco, Cliff found himself gradually drawn back into running. A series of informal "street relays" with the likes of 1972 Olympic gold medalist Eddie Hart convinced Cliff that he had some heretofore untapped speed ("I never beat Eddie, but I never got really buried either," Cliff reports). Bowed by both confidence and curiosity, West's renaissance began in a new event---the 100 yard dash---where his success was instant and electrifying: an eye-popping 9.4! "I had returned to running," Cliff says, "and found that I had been reincarnated as a sprinter."

1977 witnessed a host of fast times for Cliff: 10.3 (10.1w) for 100 meters and a near world-class 21.0 200-meter sprint. Now 27, and a bonafide national class sprinter, Cliff joined the U.S. National Team during its 1977 summer tour of Europe and recorded a swift 46.5 400 meters in Turin, Italy, in a meet against the Italian and English national teams.

Is Moscow a possibility? Cliff tends to think not. "Since my rebirth as a sprinter," he says, "running is now a hobby to me. I am unable to put the amount of time and effort into it that I would feel necessary for me to consider Moscow a reality." However, achieving world class stature is a major goal and Cliff feels that he is capable of running 45.5 (400m) and 1:46 (800m) in the near future. His great speed and proven endurance suggest that the 800 would be his ideal event. Cliff agrees although he feels that he lacks the necessary endurance background to run high quality times this year. Instead, he plans to run mainly 800's this year to develop strength for the 400. At the end of this track season, he plans to run more mileage to develop the endurance necessary for some fast 800's in 1979. Still, Cliff prefers the 400 meters ("it demands the use of strength and speed in one race") or the 1500 meters which, he contends, "renders the greatest sense of accomplishment of all races."

Cliff is self-coached although he frequently solicits the advice of Nate Slaughter and Eddie Hart. His workouts current-



Cliff West (left), shown nipping Michael Farmer in a quick 200 meter effort last year. /Nate Slaughter/

ly stress limited volume and high quality. "In order to be competitive," Cliff stresses, "I must concentrate on quality. This involves quality of the mind even more than quality of the body. I rarely do more than 20-25 miles a week, but my workouts are concentrated and intense. Whatever workout I do, I have become able to instinctively get in a relaxed state of mind. I am relaxed during the workout and this attitude carries over into competition which allows me to stimulate adrenalin flow but still stay at ease and direct energy in the most efficient manner." He adds that "I do not believe that I have found the secret to success in running yet, but it has to involve confidence in the workouts that you do and I have that confidence."

A typical week for Cliff would be: Sun---10 kilometers cross country in about 32 minutes; Mon---8X165; Tues---2 sets of (660 in 1:25, 440 in 55, 220 in 27); Wed---3 mi. easy run; Thurs---10-15 starts out of the blocks; Fri---rest; Sat---compete. Cliff supplements his running with 30 minutes of light weightlifting every other night to promote both strength and flexibility.

Will he achieve world class stature this year in the 400? the 800? No one can say. The only certainty is that 1978 will be an exciting year for Cliff West.

The Running Gourmand

by Nino 'the Fowl' Nuccio

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



FINANCIAL DISTRICT FREEBIES: - Fabulous Free Food!! That appetizing alliteration makes me delirious with hunger. I'd drive 300 miles, cross 8 toll bridges, and pay \$7.50 an hour to park for free hors d'oeuvres. If a bar serves greasy taco chips, moldy cheese spread on stale Ritz, or even soggy pretzels, I'll gladly pay a buck for a Bud or 2 scoots for a well drink (not to be confused with the better version of a good drink). Make sense? To a zealous gourmand it does!

For all you folks who dig free hors d'oeuvres and would like a good, complete meal without paying a dollar for a draught or half your paycheck for car expenses, San Francisco's Financial District is the place to go.

Most of the restaurants and bars in the Financial District serve some munchies during "Happy Hour" - Marconi's on Montgomery has hors d'oeuvres, The Iron Duke on Bush offers plates of goodies on request, and the India House makes outrageous curried meatballs. But for atmosphere and quality hors d'oeuvres, the following three places have been awarded the official Running Gourmand Endorsement as *THE* dining/drinking establishments to go for goodies in the Financial District.

MacArthur Park--This establishment is the watering hole for the more 'together' Financial District brain trust, as a bit of eavesdropping will indicate. Midst the gentle roar in the bar, you can pick out such cliches as 'cash flow', 'London options', or 'equity pickup', interspersed with a 'for sure' or 'I hear you' and an occasional 'flash' and 'go with the flow'. The male clientele are young Jr. Exec types who sport the 'vested Wilkes Bashford casual wrinkled look'. They drive 280-Z's, have that 'windblown Super-Max hairdryer off-the-tennis court flair', and talk extensively about sports, despite thinking that the pro basketball franchise in Oakland is still the Oaks. The chic young ladies are impeccable dressers who do their nails with a cuisinart.

Now for the important stuff. The hors d'oeuvres at MacArthur Park are limited but good. There are always crackers and a bric of cheddar and one or two serving dishes with delectables like Vienna sausages in mustard sauce or the best Swedish meatballs in the District. The fun starts at 5; the decor is Danish modern; the mood is mellow; be prepared to stand, and don't leave your crackers out in the rain?!

Assay Office--Gold was discovered in California on January 24, 1848. So? So since the Assay Office is on Gold St., on Jan. 24, 1977, they served free drinks! Who cares about hors d'oeuvres?!

The interior of the Assay Office is nifty--huge Victorian bar, beveled mirrors and brass fixtures create a milieu of refined elegance. The clientele is a bit older and more sophisticated than the crowd at MacArthur Park. It's a place where topics of international significance are debated, such as the status of the Stock Market, the imminent repercussions of the Panama Canal Treaty, and the body on the blonde sitting at the bar.

Like MacArthur Park, the hors d'oeuvres aren't copious,

but they are choice. There's always crackers and a tangy cheese spread, and such delights as BBQ spareribs, stuffed cabbage, marinated chicken wings and meatballs. Well drinks are \$1.35.

Located on a veritable alley, Gold St., the Assay Office is hard to find, but well worth the search.

Paoli's--Paoli's presents a gastronomic dilemma...if you go to the other places first and arrive at Paoli's after 6, the better hors d'oeuvres will have vanished. But if you go to Paoli's first, you won't go anywhere else.

When it comes to hors d'oeuvres, Paoli's is incomparable. It's like sizing up a 1960 Ford Falcon with a new Lancia Scorpion. In terms of style, power, class, elegance, and grace, the Falcon wins hands down.

Paoli's hors d'oeuvres are legendary. It's the best free meal in town. Since Paoli's has 3 bars all serving hors d'oeuvres, I've devised a game plan for attacking the situation. If you don't mind eating elbows along with your calamari, venture into the main bar first. The best quality hors d'oeuvres and the most people are here. To start the evening, a couple plates of food are placed on each table, with a waiter (if he isn't mugged by the hungry horde as he leaves the kitchen) constantly replenishing the supply. Taking advantage of the darkness of the bar, the chef prepares several 'mystery hors d'oeuvres'--tasty, but only God (and hopefully the chef) knows what's in them. Finger sandwiches, pizza, fish, numerous 'mystery spreads' on bread, breaded zucchini, spaghetti, etc., etc., are served.

Fighting through the crowd, leave the main bar and proceed through the dining area to a sparsely inhabited side bar. The lack of folks doesn't mean lack of food. A few different hors d'oeuvres are served here--deep fried potato peels (Paoli's has mastered the use of leftovers), hot dogs en crouete, various veggies and dips, etc. The side bar is a good and filling escape from the thundering herd across the dining room.

The real gourmand's fantasy, though, is not in the main restaurant, but is in Paoli's Corner, a luncheon counter in the same building with a separate entrance. A full meal can be had here for the price of a 60¢ coke. The Corner offers a voluminous buffet table and encourages uninhibited scarfing by supplying forks and plates. Deep fried fish and calamari, tortilla chips and guacamole, quiche, salad with lettuce and tomatoes and a vinegar and oil dressing, hot lasagna and numerous other tidbits constitute enough volume to fill up most ravenous track freaks.

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In sum, after-6-parking is free along the streets of the Financial District, but after 6 most of the hors d'oeuvres are gone. While the better places are usually crowded each week night, Fridays are a zoo. One salient feature of the patrons of the Financial District eating establishments and of people in general--despite their high degree of sophistication and wealth, when there's free food to be had, people lose all sense of dignity and assault the goods with all the vigor of a sex-starved West Corte Madera Attack Terrier at a pedigree puppy ranch.

There are certain terms you hear in restaurants around the country which have different meanings in the restaurants of the Financial District. So you won't appear 'uncool', here are a few of those terms with Financial District definitions:

ON THE ROCKS--a phrase to describe the shaky status of a marriage.

FRENCH DIP--a Parisian idiot.

A LA MODE--the place where Davy Crockett and Fess Parker died.

GRAPEFRUIT--a gay wino.

HEAD WAITER--a person waiting in line for the john.

DANISH PASTRY--a Copenhagen hooker.

Gimpy Gourmand 'Quote of the Month': "The best way to lose your appetite is by eating."

NEXT ISSUE: - Gimpy Gourmand? Ouch! I'm hurt! Since I've been out the last 7 weeks with a rare injury (a fact I thought I'd divulge so in case I get thrashed in my next race I have an excuse that every runner in the Bay Area will know about), I thought I'd manifest my methods of surviving the dol-drums with a remarkably poorly written treatise on "What to do when injured." Along with potpourri of topics, such as "How to distinguish a runner from a jogger," and "The special Early Fall Flagrancy Awards," the next issue of the NorCal promises to bore you beyond the realm of imagination.



SPECIAL ARTICLES

PREPARING THE ENTRY FORM: (by John H. Weidinger)

The form for entering a race plays an important role as to whether a race will become a success or a headache to the race director, the sponsor of the race, and the runner. A well prepared entry form should inform the runner what is expected of him or her and what the runner can expect if he or she decides to participate in the race. It has been observed that some entry forms take up only half a page and tell very little about the conditions of a race. At the same time there have been entry forms that take up both sides of two pages and leave very little to be asked about the conditions of a race. It is essential that the race director and sponsor carry out everything stated on the entry form. If the race director and sponsor do not carry out what is on the entry form, then the director will become burdened with the dissatisfaction of the runners who complain about conditions not being carried out which are on the entry form. A well prepared entry form will allow the race director and his workers to do their tasks on race day and not be bogged down with a lot of needless questions that could have been answered if a complete entry form had been prepared. This is especially true when race registration is delayed and prolonged due to questions being asked to those in charge.

The following information should be on the entry form: The name of the race; both the day and date of the race (the day and date counter check each other for accuracy); distance of the race and if the distance is certified; location of the race which should also include directions to the location from major freeways and highways entering the city of the race. State if the race will still be held in the event of inclement weather. What is the entry fee (per individual, family, team, and special categories). State who is sanctioning the race (A.A.U., N.C.A.A., U.S.T.F.F., R.C.A.A., etc.) and the sanction number. Some athletic governing organizations do not like their registered athletes competing in events which are not sanctioned by them. Let the athlete know who is sanctioning the race so the athlete will not be caught in a jurisdiction feud. Also state which athletes are eligible to run in the race (seniors, masters, juniors, men, women, or special divisions such as mother/daughter, father/son, etc.).

State what facilities are available to the runners: showers, restrooms, dressing rooms, medical aid-station, and parking conditions. State if race results will be mailed to the participants. State if runners will be required to fill out envelopes for receiving results of the race when they register on race day. The race director should guarantee the runner that his or her time and place will be available by mail or given immediately after the race.

Also include a course description: flat, hilly, rolling hills, combination of (type of combination), and mention the type of terrain: dirt, pavement, grass, sand, combination of (type of combination). Include on the entry form the names of those who hold course records for the various age groups and their times. This will give an indication as to how fast, slow, or difficult the course might be.

State if the course is a loop, several laps, out and back, or point-to-point course. If the course is point-to-point, are there any provisions made to have the runner's clothes taken to the finish line or any means to get the runners back to the starting line? The entry form should give the names of the streets and directions the race will go from start to finish. Example: start at 1st and Elm Streets and proceed west on 1st Street to Apple Street, right(west) on Apple Street to Orange Street, left(south) on Orange Street, etc.. This will allow the runners the opportunity to familiarize themselves with the course in advance of the race. How is the course going to be marked: chalk, signs, personnel directing the way at turns, etc.? Will the course be marked indicating mile marks and if so how (chalk or signs) and at what mile marks? Will mile splits be called and if so at what mile marks? How long will timers remain on the course if there are any at all, and how long will they remain at the finish line? Will there be any aid stations on the course and if so at what mile marks? What will the aid be: water, wet sponges, other types of drinks? How will traffic be controlled: by police escort, police officers at key intersections, by course guides or will there be any traffic control at all? This is important to some parents who let their children participate in races. It would be ideal not only to have a map of the course on the entry form but one that indicated mile markers, terrain changes,

aid stations, dangerous intersections, start and finish lines, etc..

What are the race registration procedures? Give the specific location where registration will take place and the time-period. If there are no post entries then state so on the entry form. If there is a closing date what is the date and does the entry fee have to accompany the entry form? Where is the entry form to be sent? State if runners will be required to wear a name tag or number and if so how should it be worn? Explain what the runner is required to do when crossing the finishing line. Explain what he must do if he receives a place stick or card. What does the runner do with his or her name tag if required to wear one? State on the entry form that unofficial runners should not cross the finish line because it will only tend to create more difficulty in computing the places and times of the official runners.

What are the awards? List the awards that will be given and be specific as to who will receive them. An entry form that states "awards given" is too vague. Also too vague is the phrase "awards to top finishers." Top finishers can mean the first place runner in each age group. Age group awards should be based on the age of the runner on the day of the race and this should be indicated on the entry form. State where and when the awards will be given out. If the awards are to be mailed to those who are to receive them then state so on the entry form.

The entry form can play a big part in the success of a race. A well prepared entry form can let the runner decide if he or she wants to run in a particular race. If the race director carries out everything that is stated on a well prepared entry form then the runners cannot complain about a race, and without complaints the race is less apt to become a headache for those in charge. Also, those connected with the race will not be burdened with mail and telephone calls prior to race day asking questions pertaining to the race. *Yet a well prepared entry form will not be of any value if the runner does not read it before entering a race.*

WHERE HAVE ALL THE BONY GEEKS GONE? (by Bruce Jones)

Joe Henderson recently recalled a bearded running friend from his early 60's days in Iowa. In those days anyone with both a beard and a penchant for running was considered weird if not crazy. Especially in Iowa.

But that special 'weird' status runners used to enjoy has been swallowed by the Running Revolution. If we are to believe *Time* and *Newsweek*, there are now ten to twenty million of us. Possibly thirty million by the time you read this.

Runner's World has quadrupled its subscriptions in the past year and now has given its distribution responsibilities to a company that also mails *Playboy* to the mammary crowd (a larger crowd than the running crowd but with significant overlap). *RW* is putting itself on the newsstands now, and I notice that the shoe issue had, "Get your copy now while supply lasts" on the cover. I've even seen it advertised in the sports pages of metropolitan dailies.

Of course *RW*'s success is only part of the phenomenon. San Jose State distance coach Don Riggs is pushing Pumas on full page ads in jock magazines; Frank Shorter will supposedly become a millionaire now that his running gear has been given fashion space in *Sports Illustrated*; former Syracuse miler, Mike Spino, has adopted counter-consciousness and is director of Esalen's Sports Institute; and there has been a recent proliferation of books about running that claim positive addictions, better orgasms, increased mental and physical health, freedom from heart-attacks and life-everlasting. Praise the Lord!

As recently as 1972, I struck up a conversation with a woman because she was wearing a pair of adidas. Now stylish suburban matrons wear adidas and \$50 sweat suits (sweat?) to the local Safeway to pick up their marinated artichoke hearts.

What has happened to those days less than a decade past when non-runners (99.9% of the population) thought we were a bunch of bony geeks?

About ten years ago I can remember shaking my head in disbelief when the Boosters Club of my small college handed out \$50 letter jackets to members of our football team which had just completed a zero and eight season. Our cross country team had finished third in the NAIA National Championships and we got a round of applause. But then, runners--especially distance runners--weren't really athletes.

Now I don't know if my increased status as a runner is pleasurable or not. I kind of got off on being a bony geek.

Now I'm a minor oracle besieged by people who want me to share my wisdom.

One recent Saturday I found myself bragging to a wedding party about winning a race that morning. Everyone was properly amazed because my pre-race preparation had consisted of too much Friday night champagne, followed by cheap wine and a not-so-rare herb. I don't recommend this training regimen, but it at least enabled me to regain some of that lost weirdness that had once been automatically bestowed on runners.

Actually, that particular race had only thirty entrants--in the Bay Area, races with such a turnout are roughly equivalent to snowballs in Hell.

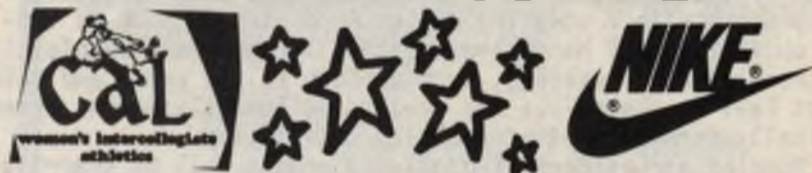
This past Labor Day I travelled 200 miles to rural Nevada (a redundant phrase), where I ran a marathon with nearly 500 competitors. It was well-organized, but it was a warm day. The race was at 5200 feet, and approximately half the runners were wearing the tell-tale signs of the novice: new shoes! A man and his yapping dog lined up with the rest of us. I looked at man and dog and had a fit of existential despair. I had a worse, but more fatigued, feeling of despair when man and no-longer-yapping-dog glided by me at twenty-one miles.

I also ran San Francisco's Bay-to-Breakers last year with 12,000 other people. One man was wearing a nightgown and night cap, another died, and the sound of ambulance sirens was prominent after five miles of the 7.6-mile race. Actually, it was a fun experience--a happening rather than a race, and I really was pleased that all those people were out there. But I still have trouble thinking of them as runners...or joggers.

If this article sounds a bit schizophrenic, it's because I really don't know what to think. I'm pleased people are discovering running; I'm pleased shoe companies are building better shoes (however, my first pair of adidas in the early 60's only cost \$6!); I'm glad there are more than grey sweats to pick from; and I'm particularly happy to see women and girls running. But at the same time I'm a little uneasy with all these shiny new people crowding my trails. Do they know I've been doing this for eighteen years? Do they know I was here first?

Readers are encouraged to submit articles for consideration. All copies should be typed and double-spaced. We can't pay you, but think how famous you'll be!! Articles should not be in excess of 4 double-spaced pages without special ok.

USA - USSR Track Meet Clinic



NIKE Sport Shoes and the Women's Intercollegiate Athletic Dept. at the University of California, Berkeley, present as a community service, a free track clinic at 155 Dwinelle Hall on the Berkeley Campus, July 7th & 8th.

FRIDAY--JULY 7

7 PM--John Orogren: Hurdling; men/women
8:15 PM--Don Chu: High Jump (flop)
9:30 PM--Movie: 1977 Nike Marathon

SATURDAY--JULY 8

8 AM--Al Biancani: Sprint Techniques
9 AM--Fred Dixon: The Decathlon
10 AM--Harry Hlavac, DPM: Foot Injuries
11 AM--Brian Maxwell: Distance Training

*FOR FURTHER INFORMATION:
Contact Ron Wayne (415) 843-7767*



ADVICE FROM A RUNNING PODIATRIST

Harry F. Hlavac, D.P.M.

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

HEALING OF INJURIES: How does an injury heal? In the last issue of Nor-Cal Running Review I described the cycle of traumatic and overuse injuries, as well as how they effect the specific tissues of the body. Injury is defined as any disruption of tissue continuity. Depending on the degree of injury, when a tissue is irritated, it often undergoes an inflammatory response, with the five components of inflammation: *pain, redness, heat, swelling, and loss of function.* There is an increased amount of blood carrying healing elements to the area. These elements have basically two functions: to clear out all damaged and non-vital tissues, and to restore tissue continuity by means of regeneration--regeneration of the soft tissue that had been injured or by the laying down of fibrous scar tissue.

These functions will not occur until bleeding into the area has stopped. Once this has occurred, cellular elements are free to clear out damaged tissue and begin laying down new or scar tissue to restore continuity of tissues. It must be remembered that, though the tissue continuity has been restored, complete function may never return to what it was prior to the injury. For example, the sprinter who pulls a hamstring is often subject to re-injury to the same area because the scar that has restored the tissue is not as elastic as the muscle it has replaced.

Some tissues heal or regenerate completely, some heal with scar tissue or "overgrowth" of similar tissue, and unfortunately some tissues do not heal at all. If injury is to the skin, hair or nails on the surface layers, they heal completely with no scar. If the injury gets through the skin to the dermis, which contains blood vessels and fat, they heal with a scar. It is important that there are no attachments (adhesions) between this layer and the layers above or below, or the nerve or tendon structures which pass through it. Some tendons, especially those with a covering called a paratenon, such as tendons on the tops of hands and feet, will regenerate completely. But those without covering, such as deep to the palms and soles, do not heal by themselves and need to be immobilized and often surgically repaired, with resulting scar tissue.

Muscles and visceral (abdominal) organs heal by scarring and never regain full elasticity. Blood vessels are made of muscular walls which expand and contract (pulse), and heal with moderate scar tissue. This is true for the heart muscle as well. The blood itself is a living tissue which is constantly forming and regenerating within the bone marrow, liver and other structures. Transfusions of blood are necessary only when the loss of volume or quality threatens functions of vital organs.

Major nerves such as the brain and spinal cord do not regenerate. They are covered by fluid essential to their function, and loss of spinal fluid or blood flow to the brain for even a few minutes produces permanent damage. Peripheral nerves such as those in the extremities are covered with a nutrient-absorbing sheath. If a nerve of this type is injured, it will heal completely. A nerve is actually a bundle of small nerve fibers, like electrical wire, so the larger the nerve, the higher the chance of poor healing, entrapment of the nerve in scar tissue, parathesias (abnormal tingling and shooting sensations), or complete loss of sensation or motor function. Injuries to large peripheral nerves require microscopic surgical repair with gentle handling.

Ligaments are firm, inelastic bands of connective tissue in long fibers. As with tendons, they have poor blood supply. Mild sprains heal with scar tissue, but a complete rupture of a ligament never heals. This is why ankle injuries require a clear diagnosis. If it is not treated properly, the ankle remains unstable (weak) forever. A severe ligament injury must be treated during the first 72 hours following injury.

Periosteum is a covering on bone which provides attachments for other structures and helps supply nutrients to the

bone. Periosteum regenerates completely and is essential to healing of bone injuries because it provides the specialized blood cells which organize a bone callus.

Bone is the firm skeletal structure. In the very young, it is flexible and well nourished; in the old, it is brittle and poorly nourished. Children heal more rapidly than adults. For proper bone healing, the parts must be in good position or immobilized so that the thin fibers through the blood clot can form the structural latticework necessary to strength and function of the bone. If this is done, bone regenerates completely.

Each tissue varies with healing time. In general, the more blood supply, the quicker the healing process.

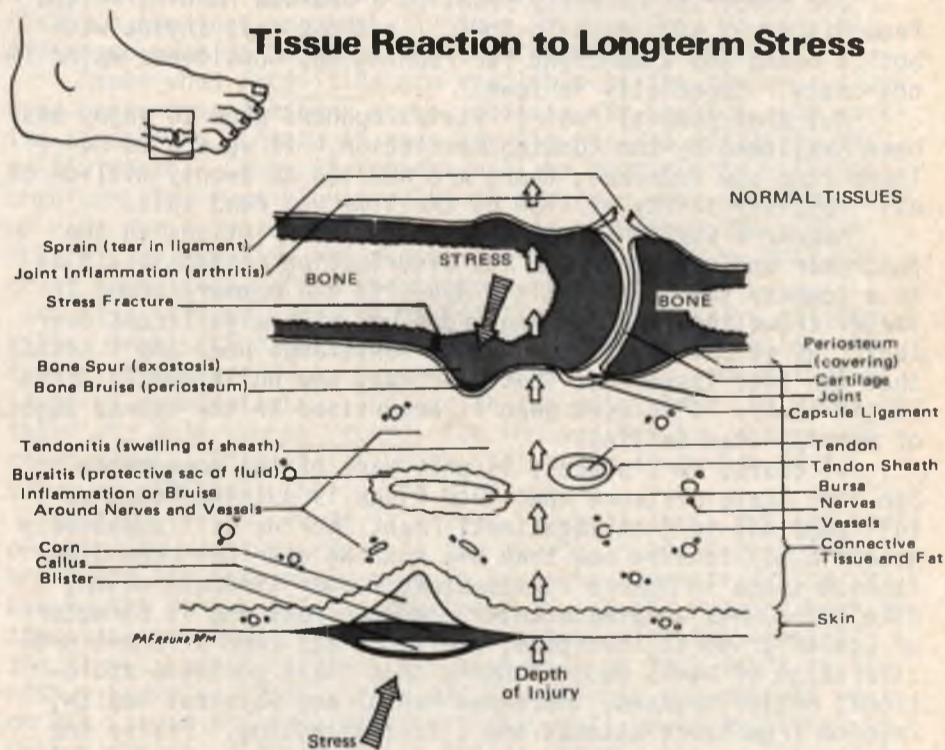
Now that we have some general principles about what occurs with injury, we can use these as guidelines for selecting treatment of an injury. Here is an outline to some of the basic principles regarding injuries and healing.

(1) Healing will not occur until bleeding has stopped. Our initial goal is hemostasis (stop the bleeding).

(2) Debris in the injured area must be cleared so that new tissue can be laid down. To minimize the amount of debris that accumulates, the swelling must be kept to a minimum. To minimize swelling, use *ICE: I=Ice, C=Compression, E=Elevation.* Ice constricts vessels so that less fluid can infiltrate the area. Compression minimizes the dead space so that there is less area for fluid to accumulate. Elevation allows gravity to assist the body in clearing fluids from the area.

(3) Healing will best take place if the part is immobilized. Depending on the tissue involved (bone or soft tissue), healing will best occur if ruptured ends are close to each other and disrupting motion is minimized.

(4) Pain is a warning sign and should be monitored. Gone are the days when the choice of treatment was to "run it off." Pain should indicate to the athlete and coaching staff that the injury is still present and that the gradual decrease in pain is a sign that healing is progressing well. However, when returning to activity after pain has ceased, one should progress slowly according to pain tolerance. *Don't expect to be as fit as you were prior to the injury.* Relapses are common when returning from a layoff. Work on conditioning the "good side" as well as the "healing side" when returning to activity. Build a strong foundation that will prevent future injury.

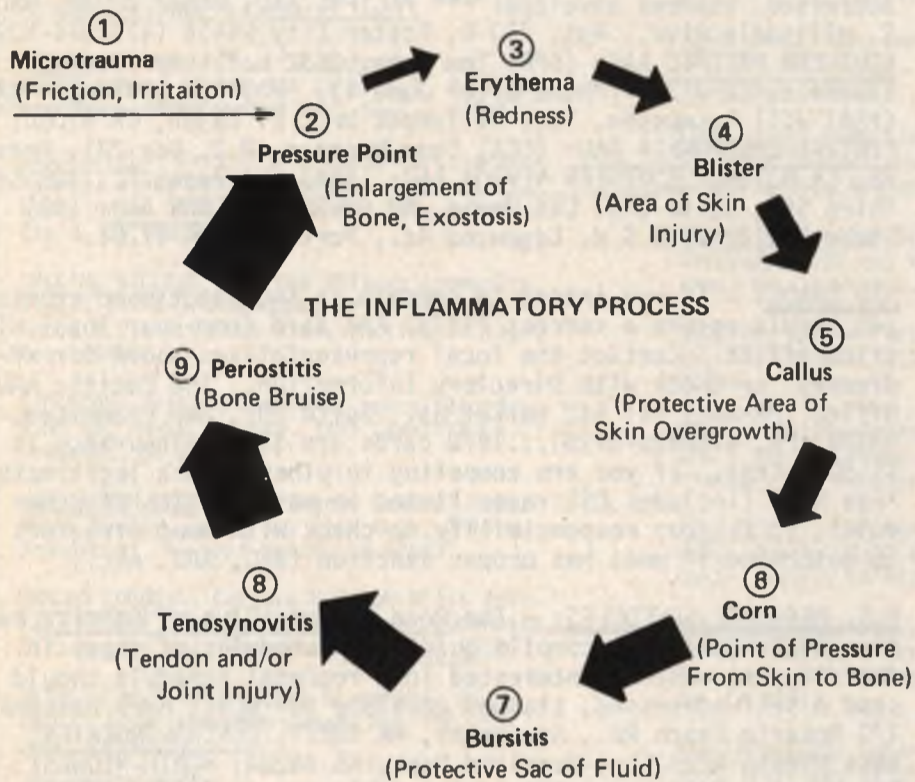


PAIN AND THE ATHLETE: With all tissue injury, comes pain. Pain is a warning signal telling the body that all is not right, that tissue balance and continuity have been upset. In order to diagnose and treat a new injury properly, it is important to have a good understanding of pain and its implications.

Because we have all experienced a variety of injuries, we realize that pain can vary depending on the particular injury. It can vary in two important ways: quantitatively (how much) and qualitatively (what kind). The quantity or intensity of pain a particular injury produces can be misleading. There is no direct relationship between the amount of pain experienced and the seriousness of the injury. A turned ankle, for example, may seem relatively minor. However, serious damage to the supporting structures may have occurred. An athlete who simply "runs it off" may be compounding the problem. Thus, it is important to examine a part before continuing activity,

even though the severity of pain is mild in nature.

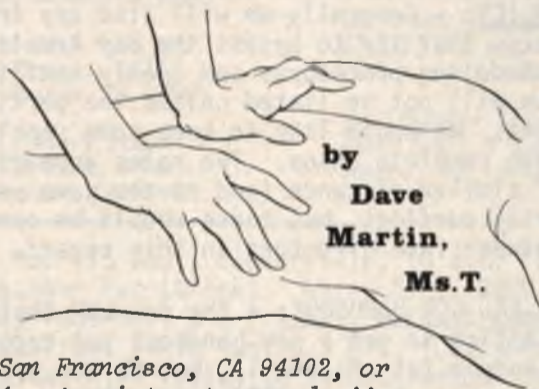
The qualitative aspect to pain relates to the specific tissue involved. Not all body tissues respond the same way with respect to pain. Each tissue has specialized nerve cells which transfer the message "pain" to the consciousness. By keeping this in mind, a more clear diagnosis can be made. The description of the type of pain experience can guide you to the tissue or tissues involved and thus help determine the possible seriousness of the injury. Warning: self-diagnosis can be dangerous. If there is any doubt, or if you do not respond quickly to first-aid treatment, immediately seek professional attention. The different tissues and their most common descriptive type of pain are given. Remember that there may be combined tissue injury with non-specific pain. Try to evaluate these "feelings" as soon after the injury as possible, before swelling occurs.



Remember, *I.C.E.* (*ice, compression, elevation*) for injuries. It will minimize tissue inflammation and enhance return to full performance.

Swedish Massage

Here's Part 4 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 IV: - The average person thinks of massage as a therapy that relaxes the body and makes one feel very good. However, many other things are actually taking place within the body. Let us examine some of these.

The effects of massage upon the organs of **LOCOMOTION** (the muscles, ligaments and bones) is quite pronounced. Massage brings about improved nutrition, increased cellular activity, and increased blood supply. **CIRCULATION** - Swedish Massage increases the circulation. The contractions of the heart become more complete and forceful; the heart muscle is developed; the blood pressure in the veins is reduced, which in turn acts beneficially upon the heart and the arterial circulation.

RESPIRATION - Massage develops the respiratory muscles, increasing the mobility of the chest, and promotes lung expansion.

DIGESTION - Massage propels the contents of the bowels in the natural direction. It quickens the cell activity, thereby producing more effectual, free and normal bowel movements. **ORGANS OF ELIMINATION** - The increased metabolism caused by massage stimulates the organs of elimination (the skin, lungs and kidneys) to greater activity.

THE BRAIN & NERVOUS SYSTEM - As a result of the increased

circulation, the brain and nervous system also receive a much greater supply of blood and thus vital activity of these organs is increased.

From the above remarks, it is obvious that a method of healing which produces such far-reaching effects must necessarily have a wide range of applicability. It influences every function and organ of the body. Swedish Massage helps to correct abnormal activity of the human function.

One massage 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 capacity, and to quiet and soothe the nervous system, as well as to break up deposits in the joints, etc. Not only is the blood flow aided by massage, the lymphatic circulation is also stimulated.

While distance running helps to relieve stress, it is only one part of total body awareness and the tuning-in process. The other half (missing in most runner's programs) is Swedish Massage. A fitness program should include a combination of both running and massage. Each compliments the other and is necessary for good balance. Scientific massage is the fastest therapy for hastening recuperative powers following an exhausting marathon. It removes fatigue, balances energies, renews blood cells, improves circulation and restores harmony to the functions. These are only a few of the benefits.

If the body is not touched, a condition can develop known as "armor plating" due to unrelieved tensions and stress. The muscles become hard, tight and rigid. The body stiffens. Mobility and flexibility become restricted. This tightness locks itself into the muscular system and is difficult to eliminate. Obviously another reason why touching is so essential---a necessary nutrient that we all need in our daily living.

The two most common areas in the body that hold tension seem to be the feet and legs, and the clavicle (collarbone) and neck area. For some unknown reason, tension accumulates and favors these two places. In a personal survey over three years I noted that most people suffer painful tension in these spots more than in any other part of the body. Our occupations are frequently responsible.

For example, if we sit at a desk to do our daily work,

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bending over all day can have a direct effect on the neck and clavicle. Running also adds tightness and stress in the feet, just as strapping the feet into rigid ski boots or any other athletic activity where the feet are used. Weightlifters get their tension in the lower back and trapezius (triangular muscle covering the posterior surface of the neck and shoulders which also runs halfway down the back). This is logical because of the strain placed on the back muscles in heavy lifting. Tennis players need attention on the legs because they serve as the powerhouse of the body for their sport. They frequently have tight hamstring muscles. Soccer players also require massage work on the feet and legs--the main areas of stress.

Massage can be a definite aid in the relief of many pressure situations if you're participating in a marathon, keeping late hours, etc. When there is a lack of proper rest, it is a good, practical way of testing the value of scientific massage as a partial substitute for sleep. A 45-minute fatigue-relieving massage is the equivalent of four hours of sleep in terms of refreshing the body.

Manipulation is the oldest and most instinctive of all healing methods. It is an instinctive reaction to rub or stroke any hurt or injury. There's psychological reaction as well as a physical one. If we apply the rubbing methods in a scientific way using Swedish Massage, there are multiple results of great value.

Quiet stroking of the different body parts brings about a relaxation and a semi-hypnotic result that certainly has a more favorable effect on the nervous system than sedatives, booze or pot. Plus, there are no harmful after-effects or detrimental side-effects. Many animals employ a primitive form of manipulation by licking their wounds to cleanse them and speed healing by increasing the flow of blood by massage-like stimulation with the tongue. Scientific studies of ants has shown that among warrior ants, if one is crushed or wounded but not dead, several comrades will push and maul the wounded ant until more life and vitality returns. Deer, horses, dogs and other animals rub their sides, backs and heads on tree bark or rough surfaces to get a massage-like stimulation. Most animal trainers use some form of stroking. Certainly human beings need to be touched regularly as well. We should massage each other.

What is manipulation? It is a skillful treatment by the hands which includes massage and active/passive movements of the joints, muscles, connective tissues, tendons and ligaments. Pressure and stretching are also used in this therapy. Massage which is an important part of manipulation is defined as systematic therapeutical friction...stroking and kneading the body.

Massage is usually performed with the hands, but in some countries the elbow or forearm is also used. The Japanese use this technique. Among the Burmese and in some tribes in India, the massage is done with the masseur using his feet and legs while sitting down or laying on one side. Polynesians massage by walking up and down the patient as they lay on the ground. In Hawaii some natives still do the "walking message" by supporting their weight on heavy sticks or rods. They also use a parallel bar to support their weight while doing the work. By deft manipulation of the bar, they control and vary the pressure and can increase it from light, feather-like strokes to that of the full weight of their bodies.

In ancient times, one form of both massage and manipulation was used in which an animal was employed as the masseur. After harvest time was over in the rural sections of Russia, the country fairs offered an event known as "Walking the Bear" as part of the entertainment. A small honey bear weighing 300 pounds was trained for the purpose of walking up and down the customer's back. This created the effect of a kneading-like massage and was a substitute for a crude form of osteopathic or Chiropractic manipulation. It was ideal for the farmers who had become bent over from working in distorted positions for weeks while harvesting their crops. This method helped to straighten out the skeletal structure, muscles, tendons, joints and connecting tissues. It made the customer feel good and helped him to enjoy the holiday.

European and Asian cultures are light years ahead of the American attitude on the acceptance of massage. For Europeans, massage is a must, a natural part of routine living habits--as necessary as eating or sleeping. In Thailand, women are trained to bathe their husbands and massage them afterwards. East German runners include daily massage in their everyday training schedules. These athletes have an intelligence and awareness of the value of massage that we need to follow and imitate. Massage in this country appears to have a low priority or even non-acceptance by many.

Have you had your massage this 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 NCRS 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: Roger Bryan, 950 E. Hillside Blvd., Apt. 210-B, Foster City 94404 (415/574-5229); SOUTHERN PACIFIC AAU: (SPA) Tom Cory, 2632 Hollister Terr., Glendale, CA 91206 (Phone after June 1); PACIFIC SOUTHWEST AAU: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; SOUTHERN NEVADA AAU: (SNA) Las Vegas TC, 309 So. Third St., Suite 316, Las Vegas, NV 89101; OREGON AAU: (OA) Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201.

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

U.S. REGIONAL SCHEDULES: - The Road Runners Club of America has five individuals who compile quarterly schedules of races in their areas. Anyone interested in a regional schedule should send a self-addressed, stamped envelope to: WEST: Herb Parsons, 170 Rosario Beach Rd., Anacortes, WA 98221; CENTRAL-ROCKIES: Russ Niemi, 8229 Eby, Overland Park, KS 66204; NORTH-MIDWEST: Bob Martin, 5834 Stony Island Av., Chicago, IL 60637; SOUTH: Nick Costes, c/o Troy State Univ., Dept. of HPER, Troy, AL 36081; EAST: Ray Gordon, Route 2, Box 835, Front Royal, VA 22630. (Note: NCRS 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 new LDR Chairman, Roger Bryan is attempting to get a new handbook put together from the completed schedule (as of June 1), but he can use help in ad layout, typing, etc. Anyone willing to volunteer some hours should contact Roger at 415/574-5229 (home). Hopefully the new schedule will be ready by the first part of July (current one runs out at the end of July)...it will be available from the PA-AAU Office for probably 65¢ (or 75¢) by mail...50¢ otherwise.

N.Y.C. Marathon Tour

The *NorCal Running Review* has finalized plans for our New York City Marathon trip in October. Total package price, including 3 nights of hotel (double occupancy) is \$409, and that includes a sight-seeing tour, roundtrip charter bus to and from airport to hotel, portage, etc. Our entire group must leave together, but you may make your own return-trip plans. **IMPORTANT:** - We have reserved only 40 seats on the plane (20 double rooms at the hotel), and reservations are on a first-come basis. For complete details on our exciting package, write to: NYC Marathon, c/o NCRS, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119). Note: Natl. AAU Women's Marathon is also in N.Y.

FUN-RUN SCHEDULE

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

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

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

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

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

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

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

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

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

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

RANCHO CORDOVA: Cordova H.S. or Mills JHS; various Sat. dates, 9:00 a.m.; H. Rosendale, 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.

UKIAH: Ukiah High School; 1st & 3rd Sundays; Chris Jenkins, P.O. Box 355, Ukiah, CA 95482

VILLA PARK: alternates Villa Park H.S. and Canyon H.S.; every Sunday, 10 a.m.; Bill Holt, 2733 Villa Vista Wy, Orange, CA 92667.

PLACERVILLE: El Dorado H.S.; every other Saturday, 9 a.m.; Placerville Parks & Recr. Dept., 487 Main St., Placerville, CA 95667.

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 (last 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.

LOS ANGELES: Encino Velodrome Parking Lot; every 3rd Sat., 8 a.m.; Paul Ritschel, 2133 Lemoine St., Los Angeles, CA 90026.

SANTA ANA: Pat's Ski & Sport Shop; every Sunday, 9 a.m.; Pat's Ski & Sport Shop, 2235 N. Tustin Av., Santa Ana, CA 92701.

SAN LORENZO: Grant Av. (Little League Pk.); every Sun., 9 a.m.; Myron Boice, 16163 Via Sonora, San Lorenzo, CA 94580.

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 Luthern College; every Sunday, 8:00 am; Joseph Nardo, 573 Houston Dr., Thousand Oaks, CA 91360.

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

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

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

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

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

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

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

TREASURE ISLAND: S.F. Bay; every Sunday, 10 a.m.; Charles Payne, Special Services Base Gym, Bldg. 9402, Treasure Is. 94130

RIVERSIDE: Arlington H.S.; every Sunday, 10:30 a.m.; Riverside Runners, 10749 Cass St., Riverside, CA 92505.

AUBURN: Auburn Recr. Dist. Regional Park; every other Sat., 9 a.m.; Auburn Recr. District, 123 Recreation Dr., Auburn, CA 95603.

- Jun 3 - Mt. Misery X-C Run (10 Km.), Placerville, 10 a.m. Ernie Marinoni, 5101 Newtown Rd., Placerville 95667.
- Jun 3 - Bakersfield One-Hour Run (track). Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. (CCA)
- Jun 4 - Round-the-Runway Footrace, 3 & 7.6 Mi., Moffett Field, 9:45 a.m. LCDR W.R. Hartman, FASO Detachment, NAS Moffett 94035.
- Jun 4 - DSE Golden Gate Bridge Vista Run, 5.5 Mi., (Legion of Honor), S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Jun 4 - 68th Annual Dipsea, Mill Valley to Stinson Beach (*TENTATIVE*), 6.8 Mi., 10 a.m.(?) Mill Valley Jaycees, 300 Miller Av., Mill Valley 94941. (*Note: - Because of many problems, there is a 50/50 possibility race may be held later in the year.*)
- Jun 10 - Diet Pepsi 10,000m, Coronado H.S. (San Diego area), 7 a.m. Coronado Recreation Dept. (714/435-4179). (PSA)
- Jun 10 - Leatherneck Marathon, El Toro Marine Corps Air Station (Irvine), 7 a.m. Ruth Pulaski (714/752-1368). (SPA)
- Jun 10 - Yankee Doodle X-C (3/4 & 4 Mi.), San Pedro, 9 a.m. Herman Wooten, City Hall East, 200 N. Main St., Los Angeles 90012.
- Jun 10 - Great Santa Ana Fashion Sq. 10 Km., 9 a.m. Santa Ana Fashion Sq. Merchants' Ass'n, #2 Fashion Sq., Santa Ana 92701.
- Jun 10 - LVTC Distance Classic, Univ. of Nevada, Las Vegas, NV, time TBA. Las Vegas TC, 309 S. 3rd St., #316, Las Vegas, NV 89101
- Jun 10 - Sound to Narrows 7.8 Miler, Tacoma, WA, 10 a.m. Jan Wolcott, 2401 S. 35th, Tacoma, WA 98409. (*Enter by May 26*)
- Jun 10 - Lake Tahoe (DeCelle, Jr. Memorial) Relays, time TBA. Bob DeCelle, Box 1606, Alameda 94501. (*No Post Entries*)
- Jun 10 - Morrow Bay to Cayucos Run, 6 Mi., 8 a.m. Brian Waterbury, 234 Catalina, San Luis Obispo 93401.
- Jun 10 - San Geronimo Valley 10 Km., Samuel Taylor State Pk., 10 a.m. "Run", P.O. Box 182, Lagunitas 94938.
- Jun 10 - Howarth Park 5.7-Miler, Santa Rosa, 10 a.m. Darryl Beardall, 609 Benicia Dr., Santa Rosa 95405.
- Jun 11 - Woodminster Handicap, 9.25 Mi., Joaquin Miller Pk., Oakland, 10 a.m. Chas. MacMahon, 154 Grover, Walnut Crk. 94596 (RRC)
- Jun 11 - Around the Butte 8-Miler, Eugene, OR, 11 a.m. Clark Meinert, 877 E. 13th, Eugene, OR 97401. (OA)
- Jun 11 - Hidden Valley 12-Mile Handicap, Newberry Pk., 8:30 a.m. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Jun 17 - Kenwood Prep 1.7 & 5.7 Milers, 10 a.m. Lynn Stafford, P.O. Box 361, Kenwood 95452.
- Jun 17 - Palos Verdes Marathon, P.V. Peninsula (Pen. Ctr.), 7:30 a.m. Kiwanis Club, Box 153, Palos Verdes Estates 90274. (SPA)
- Jun 17 - Oregon AAU One-Hour Run, Duniway Pk., Portland, OR, 7 p.m. Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201. (OA)
- Jun 17 - New Temple Park 9-Miler, So. El Monte, 9 a.m. LDRC - Brutus, 2632 Hollister Terr., Glendale 91206. (SPA)
- Jun 18 - DSE Summer Solstice Run, 4.95 Mi., Lake Merced, S.F., 10 a.m. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Jun 18 - Children's Hospital Charity Run, 6.95 Mi., Lake Chabot (Castro Vly), 9 a.m. Dennis Tracy, 3851 Oakes Dr., Hayward 94542.
- Jun 18 - Holy City Summit Run, 9.08 Mi., (btwn. San Jose & Santa Cruz), 9 a.m. Ken Napier, 1612 Bearden Dr., Los Gatos 95030.
- Jun 18 - Father's Day Run, 6 Mi., Fresno. Bob Fries, 1501 E. Browning, Fresno 93710. (CCA)

- Jun 22 - Fiesta Island Triathlon (run, bike, swim), San Diego, 6 p.m. Jack Johnstone (714) 461-4514. (PSA)
- Jun 24 - Lake Tahoe Marathon, Incline Village, 8 a.m. Lake Tahoe T.C., Box 5983, Incline Village, NV 89450. (Enter by June 17)
- Jun 24 - Western States Endurance Run (100 Mi.), Squaw Valley, 5 a.m. Trail Foundation, Box 1228, Auburn 95603. (Enter by 6/17)
- Jun 24 - Lompoc Distance Carnival 3-Mile Parade Run, 9:15 a.m. Joe Sciame, 1305 N. Orchid St., Lompoc 93436. (SPA)
- Jun 24 - Excelsior Beach Run, 6.25 Mi., Ocean Beach, S.F., 10 a.m. Bob Darling, 650 Madrid, San Francisco 94122. (New address)
- Jun 24 - Y-to-Y Benefit Run (2.1 & 5.3 Mi.), YMCA, Pinole, 10 a.m. Ken Stein, Box 423, Pinole 94564.
- Jun 24 - Basin Blue 5 & 15K Runs, Sylmar, 9 a.m. Steve Adams, 17159 Kingsbury, Granada Hills 91344. (SPA LDRC Meeting follows)
- Jun 24 - Sunset Park 10-Kilo, Las Vegas, NV, 8 a.m. Las Vegas T.C., 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Jun 25 - Joaquin Miller Park Fund Run, 4.25 Mi., Oakland, 10 a.m. Bishops', 1437 Harrison St., Oakland 94612.
- Jun 25 - Valley of the Flowers Marathon/Half-Marathon, Lompoc, 8 a.m. Bill Arnerich, 3902 Rigel, Lompoc 93436. (SPA)
- Jun 25 - Prefontaine Memorial Run, La Jolla Shores (San Diego area), distance(?), 9 a.m. Len Wessels (714/270-9073). (PSA)
- Jun 25 - Costa Mesa 3 & 6 Milers, 8:15 a.m. Chuck Carr, Costa Mesa Leisure Services, P.O. Box 1200, Costa Mesa 92626. (SPA)
- Jun 25 - DSE Kennedy Drive Run, 4.0 Mi., Golden Gate Pk. (Polo Flds.), S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Jun 25 - Cascade Run Off, 15 Km., Portland, OR, 9 a.m. Cascade Run Off, 3500 1st Natl. Bank Tower, Portland, OR 97201. (By 6/15)
- Jun 25 - McDonald Forest Runs (3 & 7 Mi.), Corvallis, OR, 1 p.m. Ted Wolfe, 327 W. 7th, Albany, OR 97321. (OA)
- Jun 25 - Homestead Specialty Shoppe Marathon, Roseburg, OR, 9 a.m. Roger Egenes, 2753 W. Bradford, Roseburg, OR 97470. (OA)
- Jul 1 - Banning 10-Miler, 5:30 p.m. David Edds, 1461-17 W. Mission Blvd., Pomona 91766. (SPA)
- Jul 1 - KPFK 10-Kilo Run, Elysian Park, Los Angeles, 8 a.m. KPFK-Run, P.O. Box 8639, Universal City 91608. (SPA)
- Jul 1 - Sunset Park 5-Miler, Las Vegas, NV, 8 a.m. Las Vegas T.C., 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Jul 1 - Bunion Derby 3-Miler, Fresno. Bill Cockerham, 1717 S. Chestnut, Fresno 93702. (CCA)
- Jul 2 - DSE Double Lake Merced Run, 9.5 Mi., S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jul 2 - PA-AAU 15-Kilo Champs, Los Altos Hills, 9 a.m. Bill Clark, 156 Marvin, Los Altos 94022.
- Jul 2 - Historic Folsom 10-Kilo, City Hall, Folsom, 8 a.m. Frank Krebs, 8406 Taramore Ct., Orangevale 95662.
- Jul 4 - DSE Baker Beach 4-Miler, San Francisco, 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jul 4 - SPA-AAU 15-Kilo Champs, San Marcos H.S., Santa Barbara, 10:30 a.m. John Brennand, 4476 Meadowlark, Santa Barbara 93105.
- Jul 4 - Will Rogers 10-Kilo X-C, Pacific Palisades, 8:30 a.m. Chris Carlson, P.O. Box 487, Pacific Palisades 90272. (SPA)
- Jul 4 - ORRC Corbett Runs (1 & 5.8 Mi.), Portland, OR, 9 a.m. Tom Cowling (503/297-2043) or Buck Monroe (503/357-5474). (OA)
- Jul 4 - Monmouth Olympics, 2.5 Mi., Monmouth, OR, 1 p.m. Gale Roid, 793 Caroline Way No., Monmouth, OR 97361. (OA)
- Jul 4 - Butte to Butte 10-Kilo, Spencer Butte JHS, Eugene, OR, 10 a.m. Clark Meinert, 877 E. 13th, Eugene, OR 97401. (OA)
- Jul 4 - Fourth of July Fun Run, Distance(?), Time(?), Fresno. Jim Martin, 2530 N. Barton, Fresno 93705. (CCA)
- Jul 4 - Redwood City 4th of July Parade Run, 5 Km., 10 a.m. Sten Mawson, 163 Romero Rd., Woodside 94062.
- Jul 4 - Independence Day 5-Miler, Shoreline Pk., Mtn. View, 9 a.m. Paul Faulkenberg, Mtn. View Parks & Recr., Mtn. View 94040(?)
- Jul 4 - Firecracker 6-Miler, Concord BART Parking Lot, (6.4 Mi.), 9 a.m. Concord Dept. of Leisure Services, 1950 Parkside 94519.
- Jul 4 - Madera Courthouse 10-Kilo, 7 a.m. Michael McLain, 1408 Riverview Dr., Madera 93637. (CCA)
- Jul 8 - Ponderosa Ridge Run, 10 Mi., Lake Tahoe Area, 11 a.m. Austin Angell, Box 1521, So. Lake Tahoe 95705.
- Jul 8 - 5-Kilo Track Run, Univ. of Nevada, Las Vegas, 8 a.m. Las Vegas T.C., 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Jul 8 - Oregon AAU Hour-Run, Crater H.S., Central Pt., OR, 8 p.m. Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201. (OA)
- Jul 8 - SCTC Crazy-8 Run (1, 2.5 & 4.8 Mi.), Coos Bay, OR, 11 a.m. Art Steele, 615 Telegraph Dr., Coos Bay, OR 97420. (OA)
- Jul 8 - RTC Umpqua Run, 10 Mi., Winchester, OR, 8 a.m. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470. (OA)
- Jul 8 - ORRC Champoeg Picnic/Run (1.5 & 5 Mi.), So. of Portland, OR, 11 a.m. Dale Kresge (503/646-4859). (OA)
- Jul 8 - Dana Harbor 8-Miler, Dana Point, 8 a.m. The Jogger, 24422 Del Prado, Suite 11, Dana Point 92629. (SPA)
- Jul 9 - Felton Race to the Redwoods, 6.9 Mi., Felton, 10 am. Bruce Jones, 6940 Hwy. 9, Felton 95018.
- Jul 9 - San Francisco Marathon, Golden Gate Pk., S.F., 9 am. Jim Scannell, 342 - 24th Av., #202, S.F. 94121.
- Jul 9 - Century City 10-Kilo, Century City, 9 a.m. Ron Scheinman, 2020 Av. of Stars, Los Angeles 90067.
- Jul 9 - Old Miners 18-Miler, Big Bear Lake, 8:30 a.m. Don Spicer, P.O. Box 6094, Big Bear Lake 92315. (SPA)
- Jul 9 - Orange County Fair Share Health Marathon (& shorter races), Costa Mesa, 7 a.m. Mike Turin, 4000 Park Newport, Suite 408, Newport Beach 92660. (By 7/3)
- Jul 9 - Trask Mt. Geländelauf, 10 Mi., Yamhill, OR, 11 a.m. Dennis Bershaw, Rt. 2, Box 128-E, McMinville 97128
- Jul 9 - DSE Land's End Run (Balboa & Great Hwy), 4 Mi., SF, 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Jul 11 - Sea King Back Bay 9-Miler, Corona Del Mar, 6:30 pm. John Blair, 1162 Dorset, Costa Mesa 92626. (SPA)
- Jul 15 - Wreck Run, 3 Mi., Beresford Recr. Ctr., San Mateo, 9 a.m. San Mateo Parks & Recr. 574-6730.
- Jul 15 - SPA-AAU & Natl. AAU Hour & Two-Hour Runs, UCLA, Westwood, 9 a.m. (Women Only) John Rupp, Box 2161-TA, Los Angeles 90051. (SPA)
- Jul 15 - (Tentative) Citrus Festival 10-Kilo, Santa Paula, time TBA, Inside Track, 1451 E. Main, Ventura 93001
- Jul 15 - Bunion Derby, 6 Miles, Fresno, time(?). Bill Cockerham, 1717 S. Chestnut, Fresno 93702. (CCA)
- Jul 15 - Lafayette 10-Kilo, Lafayette Reservoir, 8 a.m. Mike Foley, 116 Crestview Dr., Orinda 94563.
- Jul 15 - PA-AAU 100-Mile Champs & 24-Hour Track Run, Woodside H.S., 6 a.m. Mike Ipsen, 1251 Hudson, Redwood City 94061.
- Jul 15 - Bohemia Mining Days Half-Marathon, Cottage Grove, OR, 9 a.m. G. Kislingbury, Box 427, C.G., OR 97424
- Jul 16 - DSE Diamond Hgts. 4-Miler, McAteer H.S., S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114.
- Jul 16 - Pioneer Stampede & Picnic, Pioneer, time(?). Tom Lambie, Star Route 1, Pioneer 95666.
- Jul 22 - SPA-AAU & Natl. One-Hour Run, UC Riverside track, 7:30 p.m. Danny Contreras, 1498 Windsor Av., San Bernardino 92410.
- Jul 22 - Marin Headlands Run, 5.4 Mi., Ft. Cronkhite, 10 am. Kees Tuinzing, 627 Galerita Way, San Rafael 94903.

SCREEN PRINTING

Looking for a way to make money for your club or school? In need of printing on your team uniforms? Before you look any further, please read over this information sheet. --- If you have garments that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience at the address below, or by phoning 415/341-3119...best time to get me is after 8 pm on weekdays (or leave a message on my recorder).

Our screening is done by a well-known, quality printer...they have done the popular shirts to the right, as well as many others, in up to five different colors. Our artist (who designed the shirts shown) can help you clean up your rough idea, or can do something from scratch...write for free estimates.

Prices: - You'll find that our prices are very reasonable, with larger orders getting substantial price breaks...over 50% discount in some cases. For a table of prices, please write.

Inks & Dyes: - We use top quality products with five different ink types...used to get the best results on various fabrics. Fading is very minimal.

Turnaround Time: - We take pride in giving you quality products with very little waiting. Under normal circumstances, we will complete your job in 10-14 working days, assuming little artwork needs to be done.

Color Matching: - Since dye lots vary and materials absorb colors in a different manner, it is impossible to guarantee color-matching on duplicate shipments of previous orders, or the matching of exact shade when fabrics differ. However, matching is usually very close to perfect.

Garments: - Besides T-shirts, we carry tanktops, warmups, etc. (men's and women's styles), with team discounts of 10% (10 or more). -- Normal T-Shirt
Stock Colors: (Mid-Wgt. & Heavy) Beige, yellow, light blue, orange, red, gold, navy and black; (Trim) Navy, red & orange-heather in mid-wgt. and navy, red & navy-heather in heavy cotton. Other colors available (usually 4-6 weeks extra).

JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401



- Jul 22 - ORRC Washington Park 5-Miler (& 6-9 Mi.), Portland, OR, 10 a.m. Peter Leach (503/636-7172). (OA)
 Jul 23 - Oregon AAU Hour-Run, Willamette Univ., Salem, OR, 7 p.m. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
 Jul 23 - DSE Ft. Point via Promenade Run, 3.68 Mi., 10 a.m. (Meet at Presidio Gate, S.F.) Walt Stack, 321 Collingwood, SF 94114.
 Jul 23 - Orange County 15-Kilo, Mason Pk., Irvine, 9 a.m. Dave Sills, 1401 Dove St., #600, Newport Beach 92660. (SPA)
 Jul 24 - Deseret News Marathon (*incorrect date? 7/23?*), Salt Lake City, Utah, 6 a.m. Keith West, Box 1257, S.L.C., Utah 84110.
 Jul 29 - Trout Creek 5-Miler, Lake Tahoe Area, 11 a.m. Austin Angell, Box 1521, So. Lake Tahoe 95705.
 Jul 29 - Oakland 8.4 Mile Watermelon Run, Chabot Reg. Pk., Oakland, 10:30 a.m. Bob DeCelle, Box 1606, Alameda 94501.
 Jul 29 - Freestyle Sports/Scotts Valley Day 5.5-Miler, 9 a.m. Freestyle Sports, 218-B Mt. Hermon Rd., Scotts Valley 95066.
 Jul 29 - Bunion Derby 8-Miler, Fresno, time(?). Bill Cockerham, 1717 S. Chestnut, Fresno 93702. (CCA)
 Jul 29 - Vernonia Friendship 15-Km. Roadrun, Vernonia, OR, 10:15 a.m. Randy Holce, P.O. Box 74, Vernonia, OR 97064. (OA)
 Jul 29 - Bill Levins Memorial Road Runs (0.8, 1.6 & 4.8 Mi.), Drain, OR, 9 a.m. James Hess, Box 91, Drain, OR 97435. (OA)
 Jul 29 - Big Tree Road Run (3 & 7 Mi.), Monmouth, OR, 10 a.m. D.E. Wallace, OCE Summer Session Office, Monmouth, OR 97361. (OA)
 Jul 29 - SPA-AAU & Natl. One-Hour Run, UCSB, Santa Barbara, 3 p.m. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (SPA)
 Jul 29 - Mt. Charleston Hill Climb, Mom's Cafe, Las Vegas, NV, 8 a.m. Las Vegas T.C., 309 S. Third, #316, Las Vegas, NV 89101.
 Jul 30 - Newport Beach Marathon (Newport Dunes Pk.). (*CANCELLED*)
 Jul 30 - DSE Golden Gate Bridge Run, 4 Mi. (meet at Ft. Point), S.F., 10 a.m. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Aug 5 - LAFD Brush Fire Safety Awareness 15-Km., Los Angeles, 9 a.m. (*Enter by 7/31*) Jim Kinninger, Fire Station 97, 8021 Mulholland Dr., Los Angeles 90046. (SPA)
 Aug 5 - Inside's Out & Back 10-Kilo, Ventura, 9 a.m. Inside Track, 1451 E. Main St., Ventura 93001. (SPA)
 Aug 5 - Santa Cruz Swim & Run (1/2 Mi. & 1-1/2 Mi.), Boardwalk, 10 a.m. Don Roth, 16770 Magneson Loop, Los Gatos 95030.
 Aug 5 - (*Tentative*) 24-Hour Relay, Site & Time TBA. Pamakids, c/o Jim Scannell, 342 - 24th Av., #202, San Francisco 94121.
 Aug 6 - Union Health Center Run, 5 Mi., Oakland Industrial Pk., 10 a.m. Contact: See LDR Schedule when it becomes available.
 Aug 6 - Daly City 10-Kilo, Westmoor H.S., Daly City, 10 a.m. Pete Michon, 174 Crestview Dr., San Carlos 94070.
 Aug 12 - Belmont Steaks Run, 8.93 Mi., Belmont (Ralston School), 9 a.m. Ken Israel, 305 Del Rosa Way, San Mateo 94403.

TRACK & FIELD

IMPORTANT: - *The NCRR 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.*

JR. OLYMPIC TRIAL MEETS: - These are being held from mid-May to June 18th at sites which include: Crescent City, Santa Rosa, Napa, San Francisco, Burlingame, San Mateo, Redwood City, San Jose, Watsonville, Hayward, San Ramon, Pleasant Hill, Sacramento, Chico, Reno (Nev.) and Oakland...the San Mateo area will host two meets (one in mid-June and the other in mid-May...already passed by the time this issue is out). Check with the PA-AAU Office or Bob Escobar, 500 Hazel Av., Millbrae 94030, for more information as to exact location, time, etc. Dates & locations of PA-AAU, Regional & National Championships are in the main scheduling section.

ALL-COMERS MEETS: - Well, despite our pleas in last issue, we received only one confirmation of a series of meets this summer and so most of our readers will have to find out about other meets by word of mouth. Please keep us informed too...as we can also pass along the word. I will list a series of locations that hosted meets last summer...perhaps they will this year too. Our readers will have to contact them on their own. I simply don't have the time to go checking around myself anymore...if we don't hear about a meet, it simply won't get listed in our scheduling section. --- **YUBA CITY:** From June 23 to August 18 at Yuba City H.S., beginning at 7 p.m. (registration from 6). Entry Fee \$1.00...ages 6 to 66 (25¢ for 5/Under)...ribbons to top three in each heat. Every Friday night...check with meet director for schedule of events: Ed Williams, 835 Spiva, Yuba City 95991. Championship meet on Aug. 18 (qualifying meet the week before, Aug. 11). --- **SAN MATEO:** College of San Mateo will not have an all-comers series this summer. --- **OTHERS:** Here are some good bets to check on for possible summer all-comers series, usually weeknights. Generally you should check with the track coach at any of these institutions: Diablo Valley College in Pleasant Hill; Los Gatos High School; College of Alameda; West Valley College; Chabot College (Hayward); Sacramento State Univ.; San Jose City College; Univ. of California (Berkeley), Hartnell College (Salinas), Merced College, Foothill College & So. Lake Tahoe H.S. **PLEASE CONFIRM ANY ALL-COMERS WITH US.**

- Jun 1 - NCAA Div. I Champs, Eugene, OR (3 days).
 Jun 2 - State JC Decathlon, Hancock JC, Santa Maria, 10 am; State High School Champs (CIF), Bakersfield JC (2 days)
 Jun 4 - Postal Meet of Miles (*Tentative*), College of Alameda, 2 pm (all ages; postal competition--RRCA) - John Notch (415) 562-2210.
 Jun 8 - Natl. AAU Sr. Men's & Women's Champs, UCLA (3 days) - Will Kern/Glenn Davis, Special Events, L.A. Times, Times-Mirror Sq., Los Angeles 90053.
 Jun 10 - PA-AAU Jr. Women's Champs, Mills H.S., Millbrae - Harmon Brown, 2335 David Ct., San Mateo 94403.
 Jun 17 - Compton Invitational, Compton College - Darnell Mitchell, Compton Coll., 1111 Artesia Blvd., Compton 90224; Natl. AAU Jr. & Sr. Women's Pentathlon Champs, Arizona St., Tempe, AZ (2 days) - Sue Humphrey, 3408 W. Glendale, #104, Phoenix, AZ 85021; Boy's State A/G Champs, CSM, San Mateo - Mike Ipsen, 1251 Hudson Rd., Redwood City 94061; Western Regional AAU Masters Meet, Los Gatos H.S. (SM & M/men-women) - B. Sweet, Box 1328, Los Gatos 95030 (*June 13 Deadline*) (2 days); Girl's State AAU A/G Champs, San Jose CC (2 days) - Augie Argabright, 1640 Tiffany Way, San Jose 95125.
 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; USTFF Jr. Men's 10K & Jr. Women's 5K, Lompoc H.S. (track), 6 pm (Natl. Champs) - Joe Sciame, 1305 N. Orchid St., Lompoc 93436.
 Jul 1 - PA-AAU & Region 13 Jr. Olympics Decathlon, Pentathlon & Triathlon, (2 days) Mills H.S., Millbrae - Bob Escobar, 500 Hazel, Millbrae 94030.
 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. Hayward (4 days) (B&G/AG) - Bob Escobar, 500 Hazel, Millbrae 94030.
 Jul 7 - USA vs. USSR (men & women), UC Berkeley (3:30pm/1pm).
 Jul 8 - Natl. AAU Girl's A/G Champs, Miami, Fla. (2 days) - Eli Gagich, 10852 N. Kendall Dr., #212, Miami 33176.
 Jul 14 - Region 13 Jr. Olympics, Las Vegas, NV (3 days) - Bob Escobar (see July 1 for address).
 Jul 21 - Natl. J.O. Decathlon/Pentathlon/Triathlon, Lawrence, Kansas (2 days) - Contact Bob Escobar (see July 1).
 Jul 28 - Natl. AAU Boy's A/G Champs, Memphis, TN (3 days) - H.E. Buehler, 5103 Corkwood, Memphis, TN 38127.

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★NOR-CAL RUNNING REVIEW★

(Track & Field Scheduling...Continued)

Jul 29 - Pan-American Masters Championships, UCLA (2 days), sub-masters & masters - Hal Smith, 19651 Ventura Blvd., Tarzana, CA 91356.

Aug 5 - Natl. AAU Masters Decathlon, Merced JC, Merced (2 days) - AAU Decathlon, P.O. Box 2111, Merced, CA 95340.

RACE WALKING

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

Jun 9 - Natl. AAU 5-Kilo Champs (track), UCLA, 5 p.m. (see T&F scheduling for contact).

Jun 10 - Natl. AAU 20-Kilo Champs, UCLA, 10:45 a.m. (see 6/9).

Jun 18 - Natl. AAU Women's 20-Kilo (International Qualifier)... New York (exact location not known...date tentative).



Sally McPherson, shown in 1975 AAU X-C Championships in Belmont, is currently top woman race-walker in NorCal. /Lorraine Rorke/

PA-AAU 20-MILE CHAMPIONSHIPS (UC Berkeley track, date not known): - (1) Dave Himmelberger/WVTC 2:46:38, (2) Bill Ranney/WVTC 2:56:34, (3) Dennis Reilly 3:00:05, (4) Ron Laird 3:03:11, (5) Julie Partridge 3:50:09. /Wayne Glusker/

20-KILOMETER WALK (Palo Alto, date not known): - (1) Bill Ranney/WVTC 1:35:13, (2) Manny Adriano/WVTC 1:39:28. Note: Tom Dooley attempted to go 50K, but due to lack of competition, he dropped out at 40K in 3:41:45. Kathy Buscher did 10K in 67:13. /Wayne Glusker/

STANFORD RELAYS 10-KILO (March 18, Stanford): - Held on Stanford's track... (1) Neal Pyke/WVTC 45:03, (2) Dave Himmelberger/WVTC 46:31, (3) Bill Ranney/WVTC 48:48, (4) Dennis Reilly 48:57, (5) Bob Henderson/WVTC 50:16. /W. Glusker/

NATL. AAU 35-KILO (Apr. 23, Des Moines, Iowa): - West Valley T.C. sent back three walkers to grab and defend their team title under miserable (very cold and windy) conditions. Brian Snazelle was top man for the local team in third place (3:15:30), with teammate Bill Ranney (3:15:40) just a place and 10 seconds back. Manny Adriano's 3:32:35 was good enough for seventh.--(1) John Knifton 3:05:04, (2) Jerry Young 3:14:35, (3) Snazelle/WV 3:15:30, (4) Ranney/WV 3:15:40, (5) DeWitt 3:17:20.

Prep Ramblings

by Keith Conning

NOTICE TO FANS, ATHLETES, COACHES: - Please send me results & stories about high school track (& cross-country) from your local newspapers. As you know, Northern California is a large area, and no one paper covers the news completely. Thanks! Please send any and all information, including additions and corrections to our seasonal listing of marks, to: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406, evenings).

Mira Loma's Mark Strange recorded an individual state best in the shot put to highlight the Cordova Relays. Strange led the three-man Mira Loma shot put team to first place with a toss of 61-3. West Covina's Bryan Paul had the previous best with 60-4. Cordova's La Jean Fortune clocked 59.2 to anchor the Lancers' mile relay to victory and the team championship in the girls division. Highlands, with two sophs and a junior, won the mile relay over Sacramento by a step. Mike Barber, Rodney Carson, Ron Andrews and John Porter timed 3:23.8 to Sacramento's 3:23.9. Porter anchored with a 48.9 split. Barbara Kochendorfer of South Tahoe and St. Francis' Karen Lysaght cleared 5-4 in the high jump for Section bests. Rio Americano's Jan Bunton had a Section best in the shot put as she sparked the Raiders' team to victory with a 38-4 heave.

Twenty members of the Highlands track team ran a 253-mile relay race during Monday and Tuesday of Easter week to raise funds for new uniforms, equipment and to help pay fees for special meets. All runners covered a stretch between 10 and 12 miles. The Scot runners followed a route from Citrus Heights through Napa, Novato, San Rafael and Mill Valley, across the Golden Gate Bridge into San Francisco. Returning home they passed through Oakland, Walnut Creek, Concord, Clayton, Antioch and the Sacramento River delta.

Mike Meyer (Tamalpais) eclipsed his school's discus mark with a toss of 162-0 on March 16th.

Bert Tardieu (Del Mar) was selected as prep of the week by the San Jose Mercury on March 23rd. The Dons' star went 15-5 in the pole vault on March 17 before settling for only 15-0 in the Kiwanis Invitational. Kelia Bolton (Andrew Hill) was the girls prep of the week for her 11.1 100 and 25.3 220. However, previously she's gone as fast as 10.7 in the 100.

Roxanne Bier, a soph at Independence High, won the women's division of the Mercury/News Race in 36:27, which placed her 74th overall. "I was in the middle someplace and I didn't even know they'd started until everyone around me took off," Bier stated. She won a round-trip to the Honolulu Marathon.

Placer coach Terry Moss has offered a series of psychological and material inducements to those who improve themselves. Among Moss' "motivational gimmicks" are a "Trackman of the Week" award, a milkshake for a personal record in an event, a cake for a school record, and a listing on the school's all-time top-10 times and distances board for appropriate performances.

Jason & Debbie Lee of Castro Valley were selected as prep of the week on March 28 by the Hayward Daily Review. Jason ran a strong 1:56.0 to finish fifth in the San Jose Relays high school 880. It was just one-tenth of a second off Lee's lifetime best. Debbie took seventh in the girls 880 at the same meet. Her time was a fine 2:19.2.

At the San Jose Relays, Dave Fernandez of Castro Valley got off three good jumps--22-9 $\frac{1}{2}$, 22-9 $\frac{1}{2}$ and 22-9 $\frac{3}{4}$ --to finish second in the high school long jump behind Oceanside's defending state triple jump champ, Dokie Williams, who jumped 23-8 $\frac{1}{2}$. Cheri Williams of Livermore only finished third in her event but chopped two seconds off her all-time South Alameda County best with a 2:11.5 effort in the 880, while Pam Bowers of American was fourth in 2:14.5.

According to Jack Marden, coach of Mission San Jose High, confidence, desire, drive and talent equals a good distance man. "You have to have the confidence that you can do it, the desire to want it, the drive to make yourself do it, and obviously you need talent," he explained. "I think Steve Strangio has all those things. I think he had all those things when he first started competing as a seventh and eighth grader. Strangio's currently averaging between 70 and 75 miles per week in workouts. His best race came in early February in the Examiner Trials when he clocked a 9:12.8 two-mile for a lifetime best in that event. The Examiner Games was two weeks later, and between the Trials and then, Strangio caught the flu.

Rod Berry, the ace distance runner from Redwood, was the top junior runner from the United States at the Sixth World



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Malcolm Dixon (third from left) leading the high hurdles at the Kiwanis-Hill Invitational (NorCal leader at 13.9). /R. Gowen/

Cross-Country Championships, March 25th. Berry was 10th, as the U.S. juniors relinquished their four-year grip on the team trophy by managing only seventh place overall. Mike Morton won the individual gold medal for England, which also won the team title, ahead of Canada and Spain. The U.S. Senior men's and women's teams won silver medals.

Joel Wyrick and Ann Regan were selected as preps of the week by the San Jose Mercury on March 30th. Joel, of Mt. Pleasant, high jumped a career best of 6-10 at the San Jose Relays, even though he had a bad back, had to borrow someone else's jumping shoe, and wasn't sure whether to use straddle or flop form. Other than that, it was a normal day for the Cardinal's star. Ann of Camden ran a meet record of 2:11.5 in the 880. Regan, considered by many to have an extremely bright future because of her speed and endurance, also holds the national girls' 880 record of 2:08.0.

Chico track coach Chuck Sheley long ago ascertained that the sparsely populated Northern Section could best produce long distance runners rather than sprinters. "For several years we have essentially built the team around the distance events," he said. "In long distance running we can take an average athlete and develop him into someone who can score well in meets." Training that requires repetitious running around a constricted quarter-mile track soon becomes boring. "Running on the track is also hard on the legs," said Chuck. "We're never on the track until the day of the meet."

Gary Branch, America's up-and-coming pole vaulter, has vaulted 14-0 and high jumped 6-8.

Sonoma's Al Sullivan, who high jumped 6-8 last year and earned a berth in the State Meet, has been having an illness-plagued 1978 season. He has twice cleared 6-6, but was scheduled to have his infected tonsils removed April 19 and was to miss 2-3 weeks of the season. Coach Stan Augustine said: "It's just a shame. This is his senior year, and he's got such great potential."

Randy Hale (Stagg, Stockton) and teammates Chris Muniz (a 4:26 miler) and Jeff Baker (4:26.7), form the swiftest trio of distance runners to be found at any high school in California. Hale has done a 4:20.2.

Piner Coach Jim Underhill is retiring this season, after dominating the Sonoma County League for the last five years.

Anderson's 4:17 miler, John Schmidt, has been suspended.

Dave Porath of Atwater hurled the discus high into the gusting crosswinds at the Sacramento Prep Track Meet and when the platter crashed into the barbed wire on top of a cyclone fence, he had established a new 1978 national best of 200-3½ (he also captured the shot with a meet record 64-2). This combo gave him one of the finest discus-shot doubles in the history of high school track. Porath's mark came on his final toss of the afternoon and it, like his other efforts, strayed toward the boundary on the right side. After consultation, the officials determined that the fence was in bounds and a fair throw. In the shot put,

Dave used the spinning discus-like technique, originated by world-record holder, Brian Oldfield. A dedicated weightlifter, the 6-3, 230-pound Porath bench presses 385 pounds. He has been contacted by a number of colleges and is presently leaning toward UC Berkeley. Other fine performances at the Sacramento State University bonanza, which attracted over 500 competitors, included Mike White's 1:54.0 half-mile, a 23-10½w long jump by Darryl Miller, and sprint victories by Roy Mosley of Norte Del Rio in the 100 and 220.

The wind picked up in Salinas on Thursday, April 20... a crosswind. And when that happens, watch out for some good marks in the discus. The Central Coast Section boys' and girls' discus bests both fell to North Salinas' Tom Peterson and to Salinas' Susan Springer. Peterson tossed the platter a super 188-8, bettering the previous CCS best, held by Bill Green of Fremont, by more than seven feet. Springer, meanwhile, went 148-9 to improve upon her state best. Peterson also had a fine 56-9 throw in the shotput, while Springer came up with a super 42-4 in that event.

Mission San Jose, sparked by a brilliant come-from-behind performance from anchorman Steve Strangio, turned in the best time in the nation on April 22 when the Warrior four-mile relay team clocked 17:35.3 at the West Valley Invitational Track and Field Meet. In fact, the top three times in the nation were recorded at that meet, with second place Skyline (Oakland) doing 17:36.9 and third-place Leigh coming in at 17:43.5. Junior John Marden opened up with a 4:22.2 mile and senior Scott Ruffing came back with a 4:26.6 before frosh Jay Marden clocked a 4:32 on the third carry. Strangio was timed in 4:14.5, while Greg Valdez of Skyline was clocked in at 4:17.8.

Atwater strongboy Dave Porath found the Downey field just to his liking on Friday, April 21, setting a national discus record with a toss of 206-6 on his final throw of the day. Porath's discus and shotput heroics helped the Falcons defeat the Knights 86-50 in a Central California Conference track meet. Porath, who leads the state in the discus and shotput and already had a national best this year of 200-3, bettered his own mark and broke the national record of 205-8 set by Dock Luckie of Fort Pierce (Florida) in 1977. The Atwater sensation scratched on his first attempt and then followed with throws of 175-7, 197-1 and 204-3 before achieving his feat on his fifth and final try.

In a co-educational track and field bonanza that attracted over 40 teams, the host Cordova girls squad won the Invitational championship bearing their name and Highlands captured the boys title in the W.E. Mitchell Invitational.

Cordova's La Jean Fortune reaffirmed her reputation as the fastest woman in the area by winning the 220 in 26.4 and 440 in 58.6 before anchoring the mile relay team to a meet record of 4:04.8. Highland's John Porter, in performances comparable to Fortune's, took the 440 in 49.0 and clinched the mile relay race with a swift final lap that brought his team in at 3:23.3. Shiri Milton (Fairfield) had triple wins: 11.5 (100), 15.2 (LH) & 17-2 (LJ).



Ann Regan leads (r-l) Debbie Lee, Nancy Huyck, Marquita Belk and Pam Bowers at the San Jose Relays 880. Regan went on to score a tight win over Belk and Cheri Williams (not shown). /Jim Engle/



The top six finishers in the girls' 880 at the San Jose Relays also have the top six slots in NorCal as of Apr. 26 (L-R) Roxanne Bier, Pam Bowers, Cheri Williams, Marquita Belk, Ann Regan & Diane Figliomeni (all girls run for SJ Cindergals). /Conning/



(Above) (L-R) Kelia Bolton, Kris Costello & Freida Cobbs at the San Jose Relays. All three are ranked in the sprints and Bolton leads 100, while Costello leads hurdles. (Right) Mike White leads Jim Schneider (Skyline) & Randy Hale (Stagg) and has NorCal's best mark. (Below) Bob Love leads Carlos Carrasco at San Jose Relays... finish was reversed as they lead 2 Mi. /Conning/



Some top NorCal talent went to the Arcadia Invitational in SoCal on April 28: Dave Porath continued his fine efforts with a 204-11 fling (4th all-time). Mike O'Reilly of San Rafael clicked off a very quick 1500m to win in 3:51.5 (about equivalent to a 4:10 mile). Skyline produced a 10:16.2 distance medley effort behind Lakewood's 10:15.7. Porath also annexed the shot with a 63-7½ effort. Berkeley's Freida Cobbs moved up to the one-lapper and produced a fine 55.80m behind Valerie Brisco (Locke, LA), who took the national lead with a great 53.70. Berkeley took a narrow win (47.3 to 47.4) over Westchester (LA) to grab the one-lap relay (400m).

In other action down south, Mt. Pleasant's Carlos Carrasco took third (8:31.3) in the 3000m at the Eisenhower Invit. behind Chuck Assumma's 8:25.1 and Jeff Hildebrandt (South Salem, Ore.), who did 8:28.

HIGHLIGHTS

In the future (and in this issue) we are going to concentrate more on seasonal lists and highlights. We will list very few actual meet results, as there simply is not enough space to adequately cover them in depth. We would like feedback from our readers on this. We will do in-depth coverage of the major end-of-season meets (Sections, State, etc.).

PITTSBURG RELAYS (Apr. 1, Pittsburg): 440R: Oakland 42.1; 100: Benard/Gal 9.6; HH: Cowling/Sac 14.0; /GIRLS/ Mile: Tani/Mont 5:17.1; 440R: Oak Tech 49.8. /Keith Conning/

VANDEN RELAYS (Apr. 8, Fairfield): HH: Newsom/Vaca 14.2m, Cowling/Sac 14.4, Ragster/Sac 14.6; MR: Pittsburg 3:22.6; TJ: Lambertson/Frflld 47-11, Stewart/Van 46-9; 440R: Sac'to 42.6, Johnson 42.9; HJ: Baldwin/Frflld 6-9; LJ: Palmer/Vaca 23-2; 100: Wright/Johnson 9.8; /GIRLS/ 100: Parker/Oc 10.8; MR: Pittsburg 4:08.0. /Keith Conning/

MARTINEZ RELAYS (Apr. 8, Martinez): DMR: (Berry/Redw 4:17.0r); DT: Murdock/CV 166-10; /GIRLS/ 440R: Berkeley 47.9, Oak Tech 49.7, Tam 50.0; MR: Berkeley 3:57.6, Tam 4:04.3. /Conning/

SACRAMENTO INVIT. (Apr. 9, Sac'to): 100: Mosley/Norte 9.8; 220: Mosley 21.5, Taylor/Ovflld 21.6, Washington/Bur 21.6; HH: Johnson/Stagg 14.0, Valentine/Cor 14.1, White/Rich 14.4; 440: Maiocco/Lib 48.9, Porter/Highlands 49.1, Mike White/Rich 49.7; 880: Mike White 1:54.0, O'Reilly/SRaf 1:54.6; Mi: Hale/Stagg 4:20.2, Millar/McAteer 4:21.6, Mackey/Dav 4:21.6; DT: Porath/Atw 200-3½, Coughlin/BV 161-5; SP: Porath 64-2, Strange/MLoma 58-3; LJ: Miller/DA 23-10½, Briseno/Lib 22-10½; /GIRLS/ 100: Webster/DA 11.0; 220: Webster 25.2; 440: Fortune/Cor 59.1; Mi: Bowers/Amer 5:13.9, Bain/RAM 5:15.0, Nieto/Merc 5:21.3; 880: Saia/Drake 2:17.0, Bowers 2:18.1.

W.E. MITCHELL INVIT. (Apr. 22, Rancho Cordova): DT: Porath/Atw 191-2; HH: Cowling/Sac 14.3, Newsom/Vaca 14.3, Valentine/Cor 14.6; 440R: Sac'to 42.5; SP: Porath 61-7½; 440: Porter/Hghlds 49.0; PV: Milota/EG 14-3; LH: Cowling 37.8; 220: Washington/Bur 22.0. /Keith Conning/

CORDOVA GIRLS INVIT. (Apr. 22, Rancho Cordova): 880: Seibel/SJuan nt; 2 Mi: Nieto/Merc 11:24.3, Roberts/RA 11:26.1; MR: Cordova 4:04.8; LH: Milton/Frflld 15.2; Mi: Nieto/Merc 5:14.9; 440: Fortune/Cor 58.6; DT: Bunton/RA 115-4. /Conning/

LEIGH-WEST VALLEY RELAYS (Apr. 22, Saratoga): DT: Struble/Svle 173-9, Green/Fre 172-11½, Slattery/DM 168-7½; PV: McAlexander/MV 15-0, Preciado/Hom 14-6, Tardieu/DM 14-6, BauTd/Soq 14-6; LJ: Bruce/M-A 23-5; HJ: Wyrick/MP 6-10 1/8; SP: McKee/Cam 55-7, Sorenson/Svle 55-6½ (Parker/SI 57-3, not officially entered); TJ: Cunningham/Bal 47-5½, Wyrick 46-11½, Linerud/Sar 46-7½; 4MR: MSJ 17:35.3, Skyline 17:36.9, Leigh 17:43.5; 440R: Overfelt 42.93, Mt.Pleasant 42.98; MR: San Carlos 3:21.52, Overfelt 3:22.95. /Keith Conning/

ALL-COMERS (Apr. 23, Northridge): 100m: Ashford/UCLA 11.3, Parker/Oc 11.4, Brown/Muir 11.7, Bolton/Hill 11.8; 200m: Bolton 24.3... (4) Parker 24.7. /Keith Conning/

WEST COAST RELAYS (May 5, Fresno): PV: Tardieu/DM 16-1 3/4, McAlexander/MV 15-0, Kibort/Fre 15-0; HH: Cowling/Sac 14.29, Crossley/Bal 14.41, Johnson/Stagg 14.52, Lewis/Srmtc 14.66 (wind-aided); 100:(w) Thomas/Hanf 9.69, Benard/Gal 9.71, Lester/Okld 9.85, McNeil/Okld 9.91; LJ:(w) Fermon/Linc-SF 23-0½, Jackson/Okld 22-10½, Briseno/Lib 22-10½; 440R: Edison-Fresno 42.01, Oakland 42.28, Pittsburg 42.31; SMR: Richmond 3:33.6, Pittsburg 3:37.8, St.Pat/Vallejo 3:41.0; DMR: MSJ 10:36.5, (3) Skyline 10:41.6; 2MR: Stagg 8:08.6; DT: (2) Peterson/NSal 182-6, (4) Green/Fre 176-11; SP: Parker/SI 61-7½, (3) Sorenson/Svle 57-10½; TJ: Cunningham/Bal 49-2½, (3) Moore/Linc-SF 48-8 3/4w; 2 Mi: Strangio/MSJ 9:18.6, Conover/Mir 9:22.0, Baker/Stagg 9:23.8, Millar/McAteer 9:24.1; /GIRLS/ Invit. Mile: Williams/Liv 4:53.3, Bier/Ind-SJ 5:00.7, Goen/NBak 5:01.3, Ortiz/TulareW 5:05.7

NOTE: - Any and all high school results should be sent to Keith Conning directly at the address listed below. Please send wind information on applicable events if known.

Nor-Cal Prep Marks

COMPILED BY KEITH CONNING--Marks below and on next page are those received thru April 22-23 weekend. Our apologies for not having more up-to-date marks...your editor has been swamped and is late with this issue. -- All additions/corrections should be sent to: Keith Conning, 2235 Browning, Berkeley 94702.

BOYS

100 YARDS

*U.S. - 9.4--Cleveland (Pasadena) & four others.
9.6 Lester (Oakland)
Benard (Galileo, S.F.)
McNeil (Oakland)
Threatt (Pittsburg)
9.7 Farley (Stagg, Stockton)
Jackson (Pittsburg)
Mosley (Norte)
9.7w Taylor (Overfelt, San Jose) 9.8
9.8 Green (Cubberley, Palo Alto)
T. White (Richmond)
Wright (Johnson, Sacramento)

220 YARDS

*U.S. - 21.2--Marshall (Aris.)
*Cal. - 21.3--Curran (Crespi)
21.6w Taylor (Overfelt) 22.0
Washington (Burbank, Sac.) 22.2
21.8 Threatt (Pittsburg)
21.9 Green (Cubberley, Palo Alto)
22.0 McNeil (Oakland)
22.0w Grant (Grant, Sac'to) 22.1
22.1 Jackson (Emery)
22.2 Burris (La Sierra, Sac'to)
Oravillo (Sequoia, Rwd. City)

440 YARDS

*U.S. - 47.33--Jimerson (Oklahoma)
*Cal. - 48.7--Bethany (Fontana)
48.8 Grant (Cubberley, Palo Alto)
48.9 Maiocco (Liberty, Brentwood)
49.0 Porter (Highlands)
49.1 Clark (Westmont, San Jose)
49.4 Stapleton (Lincoln, S.F.)
49.5 Mende (Del Mar, San Jose)
49.7 Nicholson (Menlo-Atherton)
Mark White (Richmond)
49.8 Grant (Grant, Sacramento)
49.9 Peterson (Terra Nova)
Thompson (Woodside)

880 YARDS

*U.S. - 1:53.4--Bryan (Texas)
 *Cal. - 1:54.0--White (Richmond)
 1:54.0 Mike White (Richmond)
 1:54.6 Hale (Stagg, Stockton)
 O'Reilly (San Rafael)
 1:55.9 Schmidt (Anderson)
 1:56.0 Avila (Cupertino)
 Lee (Castro Valley)
 1:56.6 Wilkins (Oakland)
 1:56.8 Sperandio (Menlo-Atherton)
 1:57.4 Walker (Independence, S.J.)
 1:57.7 Smith (Awalt)

ONE MILE

*U.S. - 4:11.0--Fricker (Hemet, CA)
 4:14.9 Berry (Redwood, Larkspur)
 4:19.5 Avila (Cupertino)
 Love (Carlmont, Belmont)
 4:19.9 Smith (Awalt)
 4:20.2 Hale (Stagg, Stockton)
 4:21.6 Mackey (Davis)
 Millar (McAteer, S.F.)
 4:21.8 Will (Encina)
 4:21.9 Maroney (O'Dowd, Oakland)
 4:23.0 Strangio (Mission San Jose)

TWO MILES

*U.S. - 8:53.6i--Scharu (Ohio)
 *Cal. - 9:01.3i--C. Assuma (Rialto)
 9:03.3i Berry (Redwood, Larkspur)
 9:06.2 Carrasco (Mt. Pleasant, S.J.)
 9:08.3 Love (Carlmont, Belmont)
 9:12.8 Strangio (Mission San Jose)
 9:14.0 Coulman (San Marin, Novato)
 9:16.6 Holladay (Gilroy)
 9:17.7 Hochhaus (Clayton Valley)
 9:21.8 Tom Downs (Skyline, Okld.)
 9:22.0 Marden (Mission San Jose)
 9:23.2 Baker (Stagg, Stockton)

120 YARD HIGH HURDLES

*U.S. - 13.5--McDaniel (Louisiana)
 13.5--Charles (Louisiana)
 *Cal. - 13.8--Johnson (Gardena)
 13.9w Dixon (Sequoia, Rwd City) 14.1
 14.0 Cowling (Sacramento)
 14.0w Johnson (Stagg, Stockton) 14.4
 14.1w Valentine (Cordova) 14.4
 14.2w Newsome (Vacaville)
 Ragster (Sacramento)
 Mark White (Richmond) 14.4
 14.3 Crossley (Balboa, S.F.)
 14.4 Luttrell (San Carlos)
 14.4w Guthrie (Cupertino) 14.9

330 YARD LOW HURDLES

*U.S. - 36.7(IH)--Ruben (Texas)
 *Cal. - 36.8--Carran (Crespi)
 37.8 Cowling (Sacramento)
 Gaskins (Foothill, Sacramento)
 38.0 McNeil (Oakland)
 38.1 Ribera (Carlmont, Belmont)
 38.2 Sykes (Hillsdale, San Mateo)
 38.5 McNiven (Prospect, San Jose)
 38.6 Beigel (Amador)
 Flores (Piner, Santa Rosa)
 38.7 Luttrell (San Carlos)
 38.8 Doub (Placer)
 38.9 Rosenberg (Modesto)
 Williams (St. Ignatius, S.F.)

440 YARD RELAY

*U.S. - 41.4--Lake Charles, LA
 *Cal. - 42.1--Oakland
 42.1 Oakland
 42.5 Sacramento
 42.6 Johnson (Sacramento)
 Pittsburg
 42.9 Mt. Pleasant (San Jose)
 43.0 Overfelt (San Jose)
 43.1 Berkeley
 43.2 Castlemont (Oakland)
 Norte
 Stagg (Stockton)
 Oakland Technical

MILE RELAY

*U.S. - 3:13.7m--Eastern Hills, TX
 *Cal. - 3:18.8--Banning
 3:19.8 Oakland
 3:21.6 San Carlos
 3:21.9 Pittsburg
 3:22.1 Carimont (Belmont)
 3:22.2 Del Mar (San Jose)
 3:22.5 Richmond
 3:22.7 Highlands
 3:23.0 Overfelt (San Jose)
 3:23.3 Liberty (Brentwood)
 3:23.4 Sacramento

HIGH JUMP

*U.S. - 7'5"i--Olson (Illinois)
 *Cal. - 7'0"i--Fairman (San Pedro)
 6-10½ Fernandez (Hill, San Jose)
 6-10 1/8 Wyrick (Mt. Pleasant)
 6-10 Edwards (Terra Linda)
 6-9 Baldwin (Fairfield)
 (Continued next column)

HIGH JUMP (Continued)

6-8 Allstot (Nevada Union)
 Branch (American)
 Graber (Los Altos)
 Wright (Live Oak, Gilroy)
 6-7 3/4 Myers (Berkeley)
 Allen (Pinole)

POLE VAULT

*U.S. - 17'4½"--Curran (Crespi)
 15-10 Tardieu (Del Mar, San Jose)
 15-0 McAlexander (Monta Vista)
 Preciado (Homestead)
 14-6½ Patterson (Piner, Santa Rosa)
 14-6 Bauld (Soquel)
 Hyatt (Vintage, Napa)
 Kibort (Fremont, Sunnyvale)
 Roace (St. Ignatius, S.F.)
 Tuggle (Independence, S.J.)
 14-5½ Allen (Carlmont, Belmont)

LONG JUMP

*U.S. - 24'11½"--Williams (El Camino)
 23-10½w Miller (DeAnza)
 23-5 Bruce (Menlo-Atherton)
 23-2 Finley (Cupertino)
 Palmer (Vacaville)
 22-11 Fermon (Lincoln, S.F.)
 Jackson (Oakland)
 22-10½w Briseno (Liberty, Brentwood)
 22-9 3/4 Fernandez (Castro Valley)
 Marchbanks (Santa Rosa)
 22-8 Mosley (Norte)
 Sanders (Grant, Sac'to)
 Samas (Mira Loma)

TRIPLE JUMP

*U.S. - 51'0-3/4"--Williams (see LJ)
 48-7 Colter (Piner, Santa Rosa)
 48-6w Lambertson (Fairfield) 47-11
 47-11 Sanders (Grant, Sac'to)
 47-9 Marchbanks (Santa Rosa)
 47-1 Cunningham (Balboa, S.F.)
 47-0½ Bass (Del Mar, San Jose)
 47-0 McGlory (El Cerrito)
 46-11½ Wyrick (Mt. Pleasant, S.J.)
 46-9½ Stewart (Vanden)
 46-8 Van Essen (East Union)

SHOT PUT

*U.S. - 71'1½"--Carter (Texas)
 *Cal. - 64'2"--Porath (Atwater)
 64-2 Porath (Atwater)
 61-3 Strange (Mira Loma)
 59-10½ Parker (St. Ignatius, S.F.)
 57-11 Van Paris (Napa)
 57-4 Cooper (Washington, S.F.)
 57-3 3/4 McKee (Camden, San Jose)
 56-11½ Sorenson (Sunnyvale)
 56-9 Peterson (N. Salinas)
 56-7 Morton (Menlo-Atherton)
 56-6 Awbrey (Menlo-Atherton)

DISCUS THROW

*U.S. - 207'8"--Crowell (Iowa)
 *Cal. - 206'6"--Porath (Atwater)
 206-6 Porath (Atwater)
 188-8 Peterson (N. Salinas)
 181-7 Green (Fremont, Sunnyvale)
 174-7 Struble (Sunnyvale)
 173-4 Kilpatrick (Northgate)
 171-10 Ezerski (Cupertino)
 170-8 Frazee (Bella Vista)
 170-6 Abendroth (Lowell, S.F.)
 169-11 Sorenson (Sunnyvale)
 168-7½ Slattery (Del Mar, San Jose)

GIRLS**100 YARDS**

*U.S. - 10.7--Brisco (Locke, L.A.)
 & Parker (Oceana, Pacifica)
 10.7 Parker (Oceana, Pacifica)
 10.7w Ware (Berkeley)
 10.8 Bolton (Hill, San Jose)
 10.9w Cobbs (Berkeley)
 11.0 Mallory (Silver Creek, S.J.)
 11.0w Webster (DeAnza)
 11.1 Costello (Lynbrook)
 Durnell (Redwood, Larkspur)
 Young (El Cerrito)
 11.1w Milton (Fairfield)

220 YARDS

*U.S. - 24.0--Brisco (Locke, L.A.)
 24.4 Bolton (Hill, San Jose)
 24.8 Parker (Oceana, Pacifica)
 24.9 Ware (Berkeley)
 25.1 Costello (Lynbrook)
 Young (El Cerrito)
 25.2 Webster (DeAnza)
 25.4 Sullivan (Ayer, Milpitas)
 25.4w Mallory (Silver Creek, S.J.)
 25.6 Fortune (Cordova)
 25.7 Lawson (Hill, San Jose)

440 YARDS

*U.S. - 55.1--Coleman (Texas) &
 Belk (Silver Creek, S.J.)
 55.1 Belk (Silver Creek, S.J.)
 56.9 Cobbs (Berkeley)
 57.5 Hawthorne (El Cerrito)
 Regan (Camden, San Jose)
 58.0 Bolton (Hill, San Jose)
 58.1 Williams (Livermore)
 58.6 Fortune (Cordova)
 58.8 White (Berkeley)
 59.3 Webster (DeAnza)

880 YARDS

*U.S. - 2:06.4--Coleman (Washington)
 *Cal. - 2:11.5--Regan (Camden, S.J.)
 2:11.5 Regan (Camden, San Jose)
 2:11.6 Belk (Silver Creek, S.J.)
 Williams (Livermore)
 2:14.5 Bowers (American)
 2:16.2 Figliomeni (Saratoga)
 2:17.0 Bier (Independence, S.J.)
 Saia (Drake)
 2:18.0 Weber (Lynbrook)
 2:18.4 Huyck (Aptos)
 2:19.2 Lee (Castro Valley)

ONE MILE

*U.S. - 4:39.0i--Jennings (Mass.)
 *Cal. - 4:59.0--Bier (Independence)
 4:59.0 Bier (Independence, S.J.)
 5:00.9 Williams (Livermore)
 5:09.4 Richter (Chico)
 5:13.7 Crisp (Downey, Modesto)
 5:13.9 Bowers (American)
 5:14.7 Schnurpfeil (San Mateo)
 5:14.9 Nieto (Merced)
 5:15.0 Schmidt (Half Moon Bay)
 5:15.1 Bain (Rio Americano)
 5:17.1 Tani (Montgomery, S. Rosa)

TWO MILES

*U.S. - 10:10.5i--Jennings (Mass.)
 *Cal. - 10:47.0--Meek (Palos Verdes)
 10:53.0 Williams (Livermore)
 10:54.8 Bier (Independence, S.J.)
 11:14.0 Hayes (Dublin)
 11:14.8 Flynn (Berkeley)
 11:20.0 Bowers (American)
 11:20.1 Crisp (Downey, Modesto)
 11:20.5 Brogan (Los Altos)
 11:23.0 Blevins (Campolindo)
 11:24.3 Nieto (Merced)
 11:26.1 Roberts (Rio Americano)

110 YARD LOW HURDLES

*U.S. - 13.9--Costello (Lynbrook)
 13.9 Costello (Lynbrook)
 14.6 Hawthorne (El Cerrito)
 14.8w Arana (Terra Nova, Pacifica)
 15.0 Reimann (Saratoga)
 Ruff (Berkeley)
 Venable (Sunnyvale)
 15.2 Costello (El Camino, SSF)
 Milton (Fairfield)
 15.3 Fleming (Northgate)
 Ng (Livermore)
 Oliver (San Carlos)
 Upshaw (Acalanes, Lafayette)

440 YARD RELAY

*U.S. - 47.4--Crawford (San Diego)
 47.6 Berkeley
 48.9 Silver Creek (San Jose)
 49.45 Hill (San Jose)
 49.5 Oakland Technical
 49.6 Lynbrook
 Tamalpais (Mill Valley)
 49.8 McClymonds (Oakland)
 49.9 Oakland
 50.1 Cordova

MILE RELAY

*U.S. - 3:53.8--Jefferson (Rohmd, VA)
 *Cal. - 3:57.6--Berkeley
 3:57.6 Berkeley
 4:03.9 Tamalpais (Mill Valley)
 4:04.8 Cordova
 4:05.6 Drake
 4:07.1 Carlmont (Belmont)
 4:08.0 Pittsburg
 4:10.5 Oceana (Pacifica)
 4:11.0 Branham (San Jose)
 Saratoga
 4:11.4 San Juan

HIGH JUMP

*U.S. - 5'10-3/4"--Gilliland (N.M.)
 *Cal. - 5'8½"--Ruso (Watsonville)
 5-8½ Ruso (Watsonville)
 5-7 Phifer (Independence, S.J.)
 5-6½ King (Menlo-Atherton)
 5-6 Alston (Chico)
 5-4 Boyle (Carlmont, Belmont)
 Craig (Monta Vista)
 Davidson (Lynbrook)
 Ellis (Summerville)
 Hurley (Lynbrook)
 Kochendorfer (So. Tahoe)
 Lysaght (St. Francis, Mt. Vw.)
 McLaughlin (Davis)
 Raugust (Salinas)

LONG JUMP

*U.S. - 19'9½"--Pollion (Tenn.)
 *Cal. - 19'5"--Loud (Westchester)
 18-3 McLaughlin (Davis)
 17-10 Ng (Livermore)
 17-9 Nicks (Ellis, Richmond)
 17-8½ Costello (Lynbrook)
 17-8 Phifer (Independence, S.J.)
 17-7½ Young (El Cerrito)
 17-6 Dolby (Branham, San Jose)
 17-5 Jordan (Ceres)
 17-4 Sanders (Oakland Technical)
 17-3 Canoven (Cupertino)

SHOT PUT

*U.S. - 49'6"--Albano (Washington)
 *Cal. - 44'3"--Springer (Salinas)
 44-3 Springer (Salinas)
 42-8 Barker (Sequoia, Redwood City)
 42-1 Erickson (Mt. Shasta)
 42-0 Pryor (Holy Names)
 41-5 Ford (Atwater)
 41-4 Bunton (Rio Americano)
 40-10 Alston (Chico)
 40-7½ Michelle (Gunderson)
 40-6 Read (Alameda)
 40-3½ Stampfli (Lassen, Susanville)

DISCUS THROW

*U.S. - 148'9"--Springer (Salinas)
 148-9 Springer (Salinas)
 145-4 Deniz (Gridley)
 142-2 Stampfli (Lassen, Susanville)
 131-9 Read (Alameda)
 130-6 Stasio (Homestead)
 129-1 Toman (Amador Valley)
 127-10 Ridenour (Yuba City)
 123-10 Ford (Atwater)
 123-4½ Daniel (Newark)
 122-5 Pryor (Holy Names)



(Top) Rod Berry leads both mile and 2-mile lists and was top American Jr. at International X-C. /Jim Engle/
 (Bottom) Dave Avila holds down second place in the mile rankings./Conning/

NorCal Jr. College Bests

COMPILED BY FRED BAER--Following marks are through May 7th & were taken from list of State leaders (therefore, marks are not all ten-deep). Additions & corrections should be sent directly to Fred Baer, P.O. Box 5401, San Mateo, CA 94402 (be sure to include date, site and wind information. -- Codes below: w=wind-aided; wd=no wind date known.

100 METERS

10.0 Ernest Lewis/San Jose
10.2w Derald Harris/Alameda
10.3w Dwayne Green/San Jose
10.3wd Elden Walker/Laney
10.3wd Mark Kent/Laney
10.3 Willie Jackson/San Jose
10.3w Admiral Larry/Contra Costa
10.3w Fred Harvey/San Jose
10.3w Ronnie Anderson/San Jose

200 METERS

20.4w Ernest Lewis/San Jose (20.7)
20.8w Elden Walker/Laney
20.9w Derald Harris/Alameda
21.0 Willie Jackson/San Jose
21.1wd Johnny Ware/Cosumnes River
21.1wd Mark Taylor/Cosumnes River
21.1w Pat Croft/Los Medanos
21.1w Eugene Rachal/San Jose

400 METERS

46.7 Elden Walker/Laney
47.0 Pat Holcomb/San Jose
47.2 Stephen Chepkwony/Foothill
47.3 Fred Harvey/San Jose
47.6 Pat Croft/Los Medanos
47.6 Ernest Lewis/San Jose
48.0 Ron Shearin/San Mateo

800 METERS

1:50.5 Vernon Sallaz/Chabot
1:51.0 Dave Emery/Chabot
1:51.1 Ron Haynes/CCSF
1:51.0 Dan Navarro/Sierra
1:51.5 Jeff Maxwell/Skyline
1:52.1 Todd Baker/West Valley
1:52.4 Matt Dowling/Diablo Valley
1:53.0 David West/Merritt
1:53.2 Terry Johnson
1:53.4 Douglas Owyang/Laney

1500 METERS

3:49.9 Vernon Sallaz/Chabot
3:49.9 Mike McQueen/DeAnza
3:50.4 Todd Baker/West Valley
3:51.2 Matt Dowling/Diablo Valley
3:51.3 Joe Fabris/San Jose
3:53.6 Dan Navarro/Sierra
3:53.7 Mike Gilligan/Yuba
3:54.4 John Sup/Monterey Pen.

3000 METER STEEPLECHASE

9:14.6 Rick Pincombe/San Mateo
9:14.7 Steve Nelson/DeAnza
9:15.0 Tim Farrell/American River
9:15.0 Bill Amable/Skyline
9:16.2 Frank Dauncey/Lassen
9:20.2 Chris Hamer/Sierra
9:21.0 Ricardo Vargas/Hartnell
9:21.6 Tim Minor/Monterey Pen.

TWO MILES

8:51.6 Bill Hurst/Modesto
8:59.4 John Sup/Monterey Pen.
9:02.0 Mike Gilligan/Yuba
9:03.5 Tim Farrell/American Rvr.
9:04.7 Paul Mello/San Mateo
9:04.8 Greg Hitchcock/Sierra

5000 METERS

14:34.8 Paul Mello/San Mateo
14:34.8 Doug Avrit/West Valley
14:42.4 Bill Hurst/Modesto
14:49.5 Greg Hitchcock/Sierra
14:49.5 Rick Baldocchi/San Mateo
14:51.0 Rick Pincombe/San Mateo
14:52.5 Dan Navarro/Sierra

10,000 METERS

30:15.9 Paul Mello/San Mateo
30:58.0 Tim Farrell/American Rvr.
31:18.3 Tim Minor/Monterey Pen.
31:27.0 Paul Sechrist/San Jose
31:30.3 Chris Hamer/Sierra

110-METER/120-YARD HIGH HURDLES

14.1w Bill Dorvall/Butte (14.48)
14.3 Rick Hicks/Laney
14.39w Andre Phillips/San Jose
14.4w Gordon Bliss/San Mateo
14.4w Lawrence Hill/Contra Costa

400 METER INTERMEDIATE HURDLES

50.75 Andre Phillips/San Jose
52.2 Bill Dorvall/Butte
52.55 Greg Marjama/Butte
52.9 David Jackson/Cosumnes River
53.0 Rod Palon/Cosumnes River
53.2 Tom Bobertz/Skyline

440 RELAY (*=400m + 0.3 sec.)

40.0 San Jose
40.5 Laney
40.6 Alameda
41.1* Sacramento
41.3* Cosumnes River
41.4 Contra Costa

880 RELAY

1:25.9 Laney
1:27.2 Sacramento
1:27.2 Cosumnes River
1:29.6 Contra Costa

MILE RELAY (*=1600m Relay converted)

3:10.4 San Jose
3:13.19* Laney
3:14.8 San Mateo
3:15.6 Cosumnes River
3:15.8 Foothill
3:17.2 Los Medanos
3:18.0 Chabot

TWO MILE RELAY

7:43.87 Chabot
7:47.4 Laney
7:48.49 American River

FOUR MILE RELAY

17:41.2 West Valley
18:10.2 Diablo Valley
18:11.7 Santa Rosa
18:14.4 Skyline

SPRINT MEDLEY RELAY

3:28.6 Foothill
3:28.6 San Jose
3:30.0 Laney
3:30.6 Sierra
3:31.7 Skyline
3:32.1 Santa Rosa
3:32.4 San Mateo
3:33.9 Butte
3:33.9 Chabot

DISTANCE MEDLEY RELAY

10:04.28 Sierra
10:09.0 West Valley
10:11.4 DeAnza
10:12.4 Shasta
10:19.0 Modesto
10:21.5 San Jose

HIGH JUMP

7-3½ Thurlis Gibbs/San Jose
7-1½ Bob Peterson/Chabot
7-1 Coart Owens/Alameda
7-0 Joe Radan/Sacramento
7-0 Billy Hice/Merritt

POLE VAULT

17-2 3/4 Jerry Mulligan/West Valley
16-7½ Kim Black/San Mateo
16-1¼ Kevin O'Reilly/Fresno
16-0 3/4 Brian Binau/San Jose
16-0 3/4 Tim McDonald/Santa Rosa
16-0 Doug Searle/West Valley
15-8 Gary Moore/American River

LONG JUMP

25-3w Greg Turner/Alameda
24-8½w Paul Bates/San Mateo
24-8w Kurt Durham/Alameda
24-7½wd Willie Alexander/Fresno
24-3½w Gerald Wilhite/American Rvr.
24-2½w Adrian Richardson/Modesto

TRIPLE JUMP

50-11½w Glen Woods/Alameda
50-10 3/4w Adrian Richardson/Mod.
50-10½wd Peter Moreno/San Jose
49-10½ Bruce Harris/Sac'to
49-2½ Anthony Frazer/Cos. Rvr.

SHOT PUT

55-6 3/4 Gregg Tafralis/Skyline
55-7¼ Mike Stebleton/Los Medanos
54-4¼ Mike Smith/San Mateo
54-3½ Bill Traugher/San Jose
53-11½ Nick Ayala/Santa Rosa
53-4 Tim Johnston/Cosumnes Rvr.
53-2½ Chris Linggi/Sacramento

DISCUS THROW

171-7 Gregg Tafralis/Skyline
170-0 Mark McNaughton/Fresno
168-6 Scott Reid/Chabot
164-9 Mike Stebleton/Los Medanos
163-7¼ Joe DiRegolio/Chabot
162-9 Dave Albritton/Santa Rosa
161-3 Nick Angelopoulos/DeAnza
161-1½ Kevin Goode/San Jose
160-5 Niel Bergquist/Foothill

JAVELIN THROW

212-4 David Viars/Monterey Pen.
209-9 Joe DeRegolio/Chabot
203-11 Chico Patton/Cosumnes Rvr.
201-7 Kevin O'Reilly/Fresno
200-9 Larry Cole/Butte

WOMEN

100 METERS

11.7w Viola Johnson/Alameda
11.8w Cynthia Johnson/Alameda

200 METERS

25.3 Diana Macias/Fresno
25.5 Jeannine Cessna/Modesto
25.5 Cynthia Johnson/Alameda

400 METERS

55.9 Diana Stohr/Chabot
56.4 Lily Partida/Yuba
57.0 Terry Mulligan/Reedley
57.7 Donna Kesterson/Yuba
58.0 Katie Ingalis/Monterey Pen.
58.1 Jeannine Cessna/Modesto

800 METERS

2:15.3 Diana Stohr/Chabot
2:16.1 Ann Wotherspoon/W. Valley
2:18.6 Joanne Shearer/DeAnza

1500 METERS

4:35.2 Ann Wotherspoon/W. Valley
4:39.5 Sue Munday/San Jose
4:40.5 Arlene Mears/DeAnza
4:46.7 Connie Hester/Fresno
4:49.5 Patty Cooper/Monterey Pen.
4:50.1 Kathy Perkins/West Valley
4:52.6 Carol Young/Monterey Pen.

3000 METERS

9:45.3 Ann Wotherspoon/W. Valley
10:12.6 Sue Munday/San Jose
10:18.8 Kathy Perkins/West Valley
10:21.9 Pat English/Monterey Pen.
10:33.4 Sharon Furtado/DeAnza
10:38.8 Connie Hester/Fresno
10:39.1 Carol Young/Monterey Pen.
10:47.3 Kay Robinson/Delta

100 METER HURDLES

13.7 Stella Edwinston/San Mateo
14.6 Yvonne Boone/Alameda
14.7 Karen Kendall/Sierra
15.0 Donna Hunnerlack/Butte
15.0 Diane Macias/Fresno
15.1 Heidi Aufdermaur/Modesto
15.4 Nancy O'Connell/West Valley

400 METER HURDLES

64.0 Yvonne Boone/Alameda
64.2 Stella Edwinston/San Mateo
64.2 Donna Hunnerlack/Butte
64.9 Heidi Aufdermaur/Modesto
65.1 Cathy Thurber/Sierra
66.0 Nancy O'Connell/West Valley
66.6 Terry Mulligan/Reedley

440 RELAY

48.3 Alameda
49.6 Chabot
49.8 Yuba

880 RELAY

1:47.9 Yuba
1:49.4 Chabot
1:50.7 Fresno
1:51.5 Solano

MILE RELAY

3:59.8 Yuba
4:03.1 Butte
4:03.6 Chabot
4:07.3 Alameda
4:07.8 West Valley
4:08.0 DeAnza

HIGH JUMP

5-6 Natalie Vogel/DeAnza
5-4¼ Terry Mulligan/Reedley
5-4 Pam Blackburn/Foothill
5-4 Liz Bordinkircher/Yuba
5-2 Cathy Matthews/Monterey Pen.

LONG JUMP

18-5wd Dianna Hunnerlack/Butte
17-11¼ Kathy Honor/Chabot
17-10wd Terry Mulligan/Reedley
17-8½wd Lillian Cordova/Reedley

SHOT PUT

45-0½ Kathy Kuchta/Hartnell
42-11 3/4 Tammie Williams/Hartnell
42-8 Renee Wessell/Modesto
42-6 Denise Holloway/W. Valley
41-5 Marie Garcia/Cabrillo
40-1¼ Carie Hansen/Reedley
39-6 Laurie Jones/Monterey Pen.
39-3 3/4 Roxanne Kasparian/Fresno

DISCUS THROW

141-10 Denise Holloway/West Valley
132-10 Pauline White/Los Medanos
132-6 Wendy Robinson/Skyline
131-7 Renee Wessell/Modesto
131-0 Tammie Williams/Hartnell
130-5 Laurie Jones/Monterey Pen.
129-0 Kathy Kuchta/Hartnell
128-6 Roxanne Kasparian/Fresno

JAVELIN THROW

133-8 Arlene Mears/DeAnza
129-5 Laurie Jones/Monterey Pen.
127-7 Leslie Brandlin/Monterey
123-10½ Elaine Sunby/Foothill



Paul Bates of College of San Mateo is second on LJ list. /Joe Melena/



Ann Wotherspoon is the current leader in both the 1500m and 3000m. She is the state leader in the longer event and third in the 1500. /Don Melandry/

TRACK AND FIELD RESULTS



NOTE: - In this and future issues we will be taking more room for statistical listings and less for actual meet results...we will try to focus mostly on highlights. While we have no rigid standards for listing marks as 'highlights', we will try to list as many as possible under the present space limitations. Please let us know your feelings as to these changes. We're also in need of real statistical freaks (we can provide you with results to work from, but a lot of it is digging into dark corners by yourself). Give us a call or drop a line immediately if you think you might be interested in a particular area (age-group, women, masters, college/open, etc.). Thanks!

SAN JOSE 78-1/3, CAL 75-2/3 (Mar. 11, Berkeley): **3000mSC:** Schulz/C 9:14.6; **400mR:** SJ 40.1, Cal 40.4; **1500m:** Clifford/C 3:49.3, Wood/C 3:50.2, Ross/SJ 3:53.0; **110mH:** Cooper/SJ 14.1; **400m:** Rochee/SJ 47.2, Wheeler/C 47.4; **100m:** Whitaker/SJ 10.5, Farmer/C 10.7; **800m:** Robinson/Un 1:48.5, Brown/Un 1:48.5, Clifford 1:50.9, Brown/C 1:51.4; **400IH:** Pratt/C 51.5; **200m:** Whitaker 21.3, Rochee 21.6; **5000m:** Wood 14:40.8, Schulz 14:45; **1600mR:** 3:13.0; **TJ:** Livers/SJ 51-5 1/2; **SP:** Feuerbach/SJ 57-9 1/2, Gummerson/SJ 57-4 1/2; **PV:** Woepse/SJ 16-6; **JT:** Guy/C 240-8; **LJ:** Cole/SJ 23-8 1/2, White/SJ 23-6; **HJ:** Wilson/Un 7-1, Nelson/SJ 6-10; **DT:** Santiago/C 178-11, Gummerson 176-6.

SF STATE 120, WESTMONT 39 (Mar. 11, San Francisco): **HT:** Shelton/WV 165-8; **3000mSC:** Holl/WV 9:19.9; **LJ:** Bond/WV 22-10 3/4; **1500m:** Thomas/WV 3:58.9; **110mH:** Bolden/WV 14.1, Reynolds/SF 14.2, Carty/WV 14.3, Roberts/WV 14.5; **400m:** Casenave/WV 49.0; **100m:** Flax/SF 10.9; **TJ:** Fendyan/WV 46-10 1/4; **400IH:** Webster/PCC 53.2; **800m:** Bunge/WV 1:55.6; **1600mR:** WVTC 3:22.5. /Fix/

STANFORD RELAYS (Mar. 18, Stanford): **HT:** Sawyer/CSH 192-8; **JT:** Guy/C 238-5, Mikaelsson/Nev 235-10, Morley/FS 231-1; **10,000m:** Schankel/CPSLO 29:54.2, Romesser/FPTC 29:55.8; **110mH:** Siai Siai/CPSLO 13.9, Wright/IS 14.1, Kirtman/SJ 14.2; **LJ:** Lofton/S 25-7, Nelson/S 24-3; **3000mSC:** Hurst/PTC 8:57.6, Flynn/W 9:04.6, Holl/WV 9:05.6, Munoz/Nev 9:06.2; **400mR:** Stanford 39.7, SJS 39.9; **DMR:** Stanford 9:45.0, CP/SLO 9:45.6, Cal 9:47.8; **100m:** Lewis/Nev 10.6, Eddings/C 10.6; **Mile:** Schilling/PTC 4:04.3, Macdonald/WV 4:04.6, Deis/FS 4:05.7; **HJ:** Nelson/SJS 6-10, Powell/IS 6-10; **880R:** SJS 1:23.9, CP/SLO 1:24.6, Stanford 1:24.8; **2MR:** CP/SLO 7:33.6, SJS 7:35.4; **DT:** Santiago/C 176-9; **TJ:** Tate/CPSLO 49-6; **5000m:** Wysocki/Nev 14:07.8, Schulz/Cal 14:12.8, Kissin/S 14:27.2, Quintana/CSH 14:27.4; **1600mR:** Stanford 3:06.6, SJS 3:06.8, CPSLO 3:09.4, Cal 3:10.7; **SP:** Feuerbach/SJ 56-3 1/4. /Marshall Clark; Steve Miller/

BROTHERHOOD GAMES (Mar. 19, Berkeley): /Only partial results received/ **400IH:** Webster/PCC 51.6; **3000mSC:** Hurst/PTC 9:09.4; **400mR:** SJCC 40.1, Laney 40.7, CRC 41.1, SJCC "B" 41.1; **W-400m:** Winlock 55.0, Cobbs/BTC 56.6; **W-400R:** BTC 48.1; **400m:** Rodgers/TS 46.1, Walker 47.4, Robinson/ICAC 47.8; **W-100LH:** Hawthorne 14.8, Anderson 14.9; **110mH:** Foster/WV 14.1, Ligons/BAS 14.1, Bolden/WV 14.2; **W-100m:** White/BTC 11.7, Ware 11.9; **100m:** Lewis/SJCC 10.2, Hampton/Al 10.4, Jackson/SJCC 10.5; **800m:** West/BAS 1:49.8, Nichols/WV 1:51.0, Bunge/WV 1:53.0; **200m:** Rodgers/TS 20.8, Johnson 21.1, Pettus/BAS 21.5; **5000m:** Sweeney/AGRC 14:44.8, Cary/WV 14:47.4; **W-3000m:** Quatier/FTC 9:34.4, Irwin/Un 10:04.3; **1600mR:** WVTC 3:14.8; **W-LJ:** Cummings/FTC 17-0; **W-HJ:** King 5-6; **W-DT:** Griffin/FTC 171-0, Langford/MLTC 153-4; **PV:** Williams/BAS 16-0, Chappel/BAS 16-0; **LJ:** McCray 25-2, Anderson/WV 24-8, Silver 24-2 1/2; **HJ:** Roldann 7-0, Wilson 7-0, Gibbs/SJCC 6-10; **TJ:** Marlow 51-7, Dobbins 49-7. /Slaughter/

SAN JOSE RELAYS (Mar. 25, San Jose): /OPEN/ **100m:** Evans/Ariz. 10.50, Lewis/SJCC 10.56; **5000m:** Rono/WS 13:31.8, Macdonald/WV 13:52.4, Cheruyat/WS 13:53.4, Tuttle/TS 14:04.0, Kissin/Stan 14:11.0, Romesser/FPTC 14:16.4; **LJ:** Duncan/BAS 26-7w (25-7), Lofton/S 25-7, Doubly/USC 25-7, Steffes/WV 23-11 1/2w; **400mR:** PhilPioneers 39.18, Tobias 39.29, USC 39.31, SJCC 40.21; **2MR:** USC 7:24.8, Stanford 7:29.4, CP/SLO 7:35.0; **400IH:** Wheeler/C 49.5, Williams/CP-SLO 49.5, King/Un 50.1, Greybeh/USC 51.1; **110mH:** Foster/UCLA 13.3, Foster/PP 13.4, Siai Siai/CPSLO 13.7, Owens/UCLA 13.9, Johnson/TS 13.9, Ligons/TS 14.0; **800m:** Omwansa/USC 1:48.5, Casselman/PCC 1:48.8, Schilling/PTC 1:48.8 (more)

(San Jose Relays...Continued) ..Clifford/C 1:48.9; **880R:** USC 1:21.8, PhilPioneers 1:21.9, Tobias 1:22.7, SJS 1:23.3, Stanford 1:23.4; **DT:** McGoldrick/Mac 190-11, Weeks/Un 190-1; **PV:** Tully/UCLA 17-10 1/2, Haynie/Q 17-0; **JT:** Ewaliko/CNW 256-6, Strickland/CNW 252-10, Kennedy/Stars 238-7; **400m:** Taylor/PP 46.4, (3) Sheats/S 46.9; **W-SP:** Seidler/Stars 60-6 1/2 (AR); **Mile:** Aldridge/CPSLO 4:04.5, Brown/Un 4:05.3, (4) Lob-singer/S 4:06.2; **HJ:** Jacobs/FD 7-4, Brown/AIA 7-2, Wilson/Un 6-10, Nelson/SJ 6-10; **200m:** Evans/Ariz 20.7, (3) Hampton/Al 21.1; **MileR:** USC 3:07.4, CPSLO 3:11.0, SJCC 3:11.5; **SP:** Feuerbach/AW 65-5, (3) Wilkins/AW 63-5, (4) Weeks/Un 62-9, (5) Laut/UCLA 62-2; **TJ:** Campbell/WS 54-8 1/4, Marlow/BAS 53-1, (5) Jackson/USC 50-3 3/4, (6) Freeman/Stars 50-2. /S. Haas/



(Left) Cal-Poly's Bart Williams (ex-Vallejo High) raced to a super 49.5 for the intermediates at the San Jose Relays, the same time as the winner, Olympian Quentin Wheeler. /D. Stock/ (Right) Maren Seidler has taken the big step this year, getting over 60-feet with the shot and setting several American records in the process. Her best outdoors through April was 60-6 1/2 at the San Jose Relays; she's done 61-2 1/4 indoors.

UCSB-USTFF DECATHLON (Mar. 25-26, Santa Barbara): (1) Hamlin/Un 7855, (2) Niederhaus/Maccabi 7312, (3) Harris/UCSB 7296, (4) Canfield/Cal 7128, (5) Gardner/RC 6909... (9) Steen/Cal 6816, (11) Johnk/Stan 6617, (14) Sheehan/WVC 6025. /S. Adams/

CAL WOMEN'S INVITATIONAL (Apr. 1, Berkeley): **Teams:** UCLA 120, CSH 66, Cal 42, USC 35. **JT:** Sulinski/CSH 178-6, Van Betham/SC 144-1; **LJ:** Oshikoya/UCLA 19-4, Elmore/Cal 18-9; **800m:** Keyes/UCLA 2:13.2; **200m:** Ashford/UCLA 23.5, Nickson/CSH 24.3; **5000m:** Metteer/Cal 16:56.4, Broderick/UCLA 17:05.6, Heinmiller/UCLA 17:16.2; **400mH:** Winlock/CSH 61.7; **1600mR:** CSH 3:52.7, UCLA 4:00.8; **HJ:** Oshikoya/UCLA 5-7 1/4. /Vern Gambetta/



Cal's Sally Metteer did 16:56.4 for 5K; now has mono. /Bader/

CLUB MEET (Apr. 8, San Jose St.): **HT:** Kells/SJ 184-1, Shelton/WV 174-8; **SP:** Dolegiewicz/Canada 64-1, Marks/WV 62-1; **400mR:** SJS 41.0, BAS 41.2; **1500m:** Schilling/PTC 3:52.1, Albrecht/SJ 3:53.2, Holl/WV 3:53.5; **110mH:** Ligons/TS 13.9, Carty/WV 13.9, Roberts/WV 13.9; **JT:** Stewart/SJ 201-10; **400m:** Brown/TS 47.3, West/BAS 47.4, Webster/PCC 47.6; **100m:** Pettus/BAS 10.3, Rodgers/Un 10.3, Kirtman/SJ 10.4, Payton/BAS 10.5; **800m:** Bunge/WV 1:53.9; **HJ:** Pritchett/SJ 7-0, Nelson/SJ 6-10; **LJ:** Steffes/WV 25-7w, Cole/SJ 25-3w, Brown/SJ 24-9 1/2w, Peterson/WV 24-1 3/4w; **200m:** Rodgers 20.7, Ellis/SJ 21.4, Webster 21.6; **DT:** Dolegiewicz 194-3, Gardner/Un 187-4, Plucknet/Un 185-10, Gummerson/SJ 178-4; **2 Mi:** Hurst/PTC 9:11, Cary/WV 9:15.2, Dicus/WV 9:16.4; **MileR:** BAS 3:19.8; **PV:** Chappel/BAS 16-9, Lizotte/Un 16-3, Williams/BAS 16-3, Hosford/Un 16-3; **TJ:** Livers/SJ 54-7w, McRae/BAS 50-4 1/4, Steffes/WV 50-1 1/2; **400mIH:** Davis/SJ 54.9. /Ernie Bullard/



(Left) James Robinson's 1:46.5 in the 800m is second only to Randy Wilson's 1:45.9 on the U.S. citizen's 1978 list. /J. Marconi/
 (Center) Mark Wilson, who is sitting out a year at Cal because of transfer rules, is up to 7-3 already this season in the vertical jump (shown here during his high school days at Monte Vista). /Mike Shaughnessy/
 (Right) Dedy Cooper, hurdler supreme, has a 13.43 clocking already this year for San Jose State, good for third on the U.S. seasonal list through April. /Dave Stock/

CAL-WSU-ASU (Apr. 8, Berkeley): 1500m: Clifford/C 3:47.4; 110mHH: Turner/WS 13.98, Pratt/C 14.12; 400mIH: Pratt 50.52; PV: Hintz/C 16-6; 5000m: Rono/WS 13:08.4 (WR...old record by Quax/NZ, 13:12.9), (4) Schulz/C 14:34.6; HJ: (3) Good/C 6-8; DT: Santiago/C 174-0; 1600mR: WSU 3:11.99, Cal 3:12.19.

STANFORD 87, OCCIDENTAL 67 (Apr. 8, Los Angeles): LJ: Lofton/S 25-8 3/4; 3000mSC: Gail/S 9:03.5, Sweeney/O 9:09.6, Haldeman/S 9:13.3; 1500m: Colley/O 3:50.2, Stillman/S 3:50.3; 400m: Sheats/S 47.5; 100m: Lofton/S 10.3; 800m: Lobsinger/S 1:52.8; 200m: Lofton 21.1, Banks/S 21.7; 2 Mi: Kissin/S 9:08.2.

OREGON 81, UCLA 73 (Apr. 8, Eugene, Ore.): 3000mSC: (2) James/U 8:49.3; SP: Laut/U 61-10; 1500m: Chapa/O 3:42.77.

WOOD WILSON RELAYS (Apr. 14, Davis): /COLLEGE/ Men: Hayward St. 133-2/3, Fresno St. 109, Northridge 79, UC Davis 60. SMR: CSH 3:32.3; DMR: HSU 10:13.6, UCD 10:13.8; LJ: Garner/CSH 23-5 1/2, Wamble/CSH 23-3 1/4; 110mHH: Carley/FS 14.3; 3000mSC: Hammer/HS 8:54.2, Embury/CSH 9:15.9; HJ: Haber/CSH 6-6; HT: Sawyer/CSH 194-2 1/2; SP: Doll/CSH 56-10, Williams/CSH 56-8 1/2; DT: Endler/FS 177-0 1/2; 2 Mi: Quintana/CSH 9:00.3, Høglund/UCD 9:02.4, Peters/HS 9:07.0, Van Horn/Sac 9:12.4, Baudendistel/Sac 9:13.4; 400mH: Mince/FS 53.1; 1600mR: Fresno St. 3:17.6. Women: 100mH: Ray/CSH 14.3, Foster/Sac 14.4; 2 Mi: D'Arcy/Haw 11:12.6; 1500m: Craven/HS 4:35.8, (3) Grigsby/HS 4:46.1; JT: Sulinski/CSH 137-7; SP: Betham/HS 43-7 1/2; 400mH: Winlock/CSH 61.9; 2MR: HSU 9:39.1; LJ: Hunderlach/B 17-8 1/2; 400mR: CSH 48.1; 1600mR: CSH 3:54.3. /Pappa/

CAL 95, FRESNO ST. 67 (Apr. 2, Berkeley): 3000mSC: Aguirre/F 9:13.6, Langford/F 9:14.4; 400R: Cal 40.4, BAS 40.9; SP: Santiago/C 56-0 1/4; 1500m: Clifford/C 3:48.9, Schulz/C 3:54.0; LJ: Duncan/BAS 24-1 1/2, Eddings/C 23-9; 110mHH: Carley/F 13.9, Smith/C 14.2; 400m: Robinson/Un 47.9, West/BAS 48.1; 800m: Clifford 1:51.8, Clarke/C 1:52.3; 400mIH: Pratt/C 50.4, Mince/F 50.7, Uribe/C 52.7; PV: Stevenson/C 16-0; 200m: Carley 21.4, Farmer/C 21.5, Smith/C 21.8; DT: Santiago 176-9; TJ: Marlow/C 51-11 3/4, McRae/BAS 50-9; 1600mR: Cal 3:10.5, BAS 3:13.1; HJ: Owens/Alameda & Wilson/Un 7-0.

SAN JOSE ST. 90, OREGON 64 (Apr. 2, Eugene, Ore.): SP: Stover/O 63-4 3/4, Feuerbach/SJ 60-11 3/4; 440R: SJS 40.6; LJ: Brown/SJ 23-11, White/SJ 23-9; PV: Woepse/SJ 16-6; 110mHH: Cooper/SJ 14.56; 400m: Rochee/SJ 47.83; TJ: Livers/SJ 50-8 1/2; 200m: Cooper/SJ 21.10, Whitaker/SJ 21.63; HJ: Nelson/SJ 6-8, Livers/SJ 6-8, Pritchett/SJ 6-8.

ORINDA INVIT. (Apr. 22-23, Moraga): /OPEN/ 5000mW: McPherson/WV 26:41.1, Sakelarios/RCF 27:26.2; 1500m: Graham/WV 4:34.8, Bier/Un 4:35.7, Bowers/Un 4:36.5, Trason/MP 4:36.6, Manning/O 4:40; 400m: Regan/Un 55.4, Williams/Un 57.7, Costello/Un 57.9 (more)

(Orinda Invit., Cont'd) ...Taylor/U 58.2; 800m: Regan 2:11.2, Wotherspoon 2:12.5, Williams 2:14.0, Bier 2:14.2, Bowers 2:16.2, Manning 2:17.8; /14-15 DIV./ 3000m: Brogan/U 10:23.2; HJ: Phifer/U 5-6; 1500m: Weber/U 4:44.6, Chamness/SS 4:53.9; 400m: Griffin/SS 59.1, Birkel/U 59.3; 800m: Weber 2:17.0, Birkel 2:21.2; MileR: Orinda 4:13.3; /12-13 DIV./ 400m: Miller/CY 59.1, Williams/B 60.1; 800m: Martinez/U 2:22.7, Threadgill/CY 2:25.9; 1500m: King/SJC 4:48.6, Morse/O 4:48.7, Martinez/U 4:58.9; 3000m: Heimbecker/SJC 11:06.6; 440R: Hilltop 50.2, MLTC 50.5; MileR: CY 4:11.7; 80mH: Schoentien/C 13.3; 200mH: Slivkoff/SJC 31.3; HJ: Carney/CY 5-0, Myall/SV 5-0; /10-11 DIV./ HJ: Sullivan/ML 4-6, Brogan/SJC 4-6, Becker/SV 4-6; SP: Mobley/H 28-2 1/2; LJ: Rossmann/A 14-4; 440R: Hilltop 53.2; 1500m: Miller 4:53.6, Garcia/CY 5:16.3; 400m: Smith/B 64.0; 50yH: Sullivan/ML 8.5; 800m: Johnson/B 2:29.8; /9-U DIV./ 400m: Williams/ML 74.0; 800m: Nila/CY 2:55.9; 1500m: Bratton/CY 5:35.7; 440R: MLTC 60.9; HJ: Lee/CY 3-6; LJ: Nolen/SS 12-0; 100m: Watkins/ML 14.4. /Don Bailes/

CAL 86, STANFORD 68 (Apr. 29, Berkeley): 3000mSC: Schulz/C 9:05.8, Gail/S 9:12.2; 400R: Stanford 39.8, Cal 40.3; 1500m: Clifford/C 3:44.1, Lobsinger/S 3:46.1, Wells/S 3:52.0; 110mHH: Smith/C 14.2; JT: Lewis/C 213-9; LJ: Lofton/S 25-7, Marlow/C 24-1 3/4, Eddings/C 24-1 1/2; 400m: Sheats/S 47.1, Guss/C 47.9, Banks/S 47.9; 100m: Lofton/S 10.5, Farmer/C 10.6; 800m: Brown/C 1:50.9, Stillman/S 1:51.1, Clarke/C 1:51.3; PV: Hintz/C 16-6 1/2; 400mH: Pratt/C 50.9; 200m: Lofton/S 20.5, Farmer/C 21.1, Nelson/S 21.2; TJ: Marlow/C 53-5 1/4, Dobbins/C 50-2 1/2; DT: Santiago/C 177-9; 1600mR: Stanford 3:11.1, Cal 3:14.1.

SAN JOSE INVIT. (Apr. 29, San Jose): 2 Mi.Walk: Berendt/Army 14:18.6, Ranney/WV 14:29.4, Snazelle/WV 15:05.5; HT: McKenzie 211-11, Sawyer/CSH 200-3, Kells/SJ 194-0; 10,000m: Quintana/CSH 30:05.7, Waltmire/AIA 30:11.6; 3000mSC: Johnson/CNW 8:38.4, (4) Hurst/PTC 8:44.6; 400mR: SJS 39.6, CPSLO 40.6; 1500m: Jirelle/SMT 3:42.4, Gibson/CNW 3:47.3, Macdonald/WV 3:48.3, (5) Crowley/Un 3:49.5, (6) Schankel/CPSLO 3:49.5; SP: Feuerbach/AW 69-1 3/4, 3-Weeks/Macc 62-8, 4-Feuerbach/SJ 61-7 3/4, 6-Marks/WV 61-3 1/4, 7-Doll/CSH 58-2 1/2; JT: Kennedy/Stars 261-5; 400m: Parks/AIA 46.7, 3-Rochee/SJ 47.4, 4-West/BAS 47.5; 100m: (I) Evans/Un 10.04, Siai Siai/CPSLO 10.16, Rodgers/TS 10.20; (II) Kirtman/SJ 10.28, Trapps/UNLV 10.34; 110mHH: Cooper/SJ 13.24, Foster/PP 13.57, Kirtman/SJ 13.69, Siai Siai/CPSLO 13.75, Florant/ICAC 13.85, Ligons/TS 14.08; 5000m: Ramirez/FPTC 14:24.7, 3-Harvey/SJ 14:33.3, 4-Romesser/FPTC 14:34.4; PV: Taylor/CNW 17-6, Chew/Un 16-6, Chappel/BAS 16-6, Lizotte/Un 16-6; LJ: Robinson/SDSGS 25-8, Steffes/WV 25-1 1/2, Carter/Army 25-0 1/2, Anderson/WV 24-7 1/2, Cole/SJ 24-6, Wamble/CSH 24-1 1/2; 800m: Robinson/ICAC 1:50.2, 3-Attridge/CPSLO 1:51.1; 400mIH: King/Un 50.37; 200m: Rodgers/TS 20.36, 3-Pettus/BAS 20.91, 5-Rachel/SJCC 21.19; MileR: PCC 3:12.6, BAS 3:14.7, SJS 3:16.3, Army 3:16.3. /Steve Miller/

MT. SAC REPLACEMENTS (Apr. 22-23, Westwood & Northridge): - In an effort to provide needed competition for athletes who were going to compete at Mt. SAC (it was cancelled because track wasn't finished due to persistent rains), UCLA (men) and Northridge State (women) provided an excellent top-quality substitute. -- /MEN/ 400m: Rodgers/TS 45.6, Lofton/S 46.4, 4-Brown/AIA 46.9; 1500m: Scott/UCI 3:38.9, 3-Aldridge/CPSLO 3:44.6; 10,000m: Kissin/Stan 29:12.3; 110mHH: Foster/UCLA 13.4, Owens/UCLA 13.4; 400mH:(I) Turner/LAS 49.3, Graybehl/USC 50.0, Williams/CPSLO 50.2; 400mR:(I) Tobias 39.4, 3-SJCC 39.8; (II) UCLA 39.6, Stanford 39.8; MileR: Long Beach 3:07.7, 3-SJCC 3:10.4; 2MR: Stanford 7:37.0; DMR: Stanford 10:01.3; PV: Taylor/CNW 18-0 1/2, 4-Mulligan/WVC 16-6; LJ: Williams/TS 26-2 1/2w, Lofton/Stan 26-1 3/4w; SP: Dolegiewicz/Can 64-9 1/2, Laut/UCLA 62-9; DT: Stadel/TS 204-11; /WOMEN/ JT: 2-Sulinski/CSH 164-1, 4-Cannon/ML 162-0; 100m: Ashford/UCLA 11.3, Parker/Oceana HS 11.4; 200m: Bolton/Hill HS 24.3. /T&FN/

HERBERT HOOVER RELAYS (Apr. 30, Menlo Park): /WOMEN/ (30/Over) 100: Gerrard 12.8, Brieger(40+) 14.9, Dietderich(50+) 15.0; 220: Gerrard 29.5, Dietderich 36.2, Brieger 36.6; (40/Over) Mile: Anderson/NCS 6:11.8, Waters/NCS 6:22.9; /MEN/ (30-39) 4MR: WVTC 19:02.5, WVJS 19:25.2; SMR: WVTC 1:39.4; 44OR: WVTC 47.1; 88OR: WVTC 1:36.0; MileR: CDM 3:40.1, WVTC 3:41.1; 2MR: CDM 8:49.4, WVTC 9:04.2; 220: Romain/WV 23.2, Harris/WV 23.8; 100: Marshall/WV 10.2; JT: Christensen 187-6; HJ: Adams 5-4; LJ: Christensen 19-3 3/8; (40-49) 4MR: WVJS (Marquard, Guthrie, Bowles, Wellck) 19:16.4 (world record); HJ: Walker 5-6 1/2, Graf/WV 5-4 1/2; LJ: Walker 19-5; 88OR: NCSTC 1:42.8; SMR: NCSTC 1:48.8; 44OR: NCSTC 47.8; 100: Anxiter 10.7; 220: Miller 24.1, Anxiter 24.3, Bruhner 24.6; JT: Letcher 191-3, Sutton 168-0; TJ: Walker 41-6 1/2; (45-49) 100: Springbett 10.8, Manougian 11.5; 220: Springbett 24.8, Manougian 25.2; (50-59) 44OR: NCSTC 50.8; SMR: NCSTC 1:54.2; 88OR: NCSTC 1:50.9; HJ: Goetzel 4-8 1/2; SP: Wigginton 36-5 1/2, Stone 36-4 1/2; JT: Stone 120-11, Roemer 120-5; 100: Cooper 11.8, Roemer 11.9, Goetzel 11.9, Peck 11.9; 220: Goetzel 26.7, Roemer 26.9, Cooper 27.1, Peck 27.2; (60/Over) SP: York 43-8 1/2; DT: York 117-5, Archer 113-3; LJ: Satti 14-10 1/2; 100: Koppel 12.7, Satti 13.0, Packard(74) 13.7; 220: Koppel 29.2, Satti 29.2, Packard(74) 31.7. /Van Parish/



Roy Kissin popped a big PR win at the Mt. SAC Replacement Meet, clocking an AAU-qualifying time of 29:12.3m. /Jeff Searls Photo/

(West Coast Relays, Cont'd)...5-McCandless/LBS 9:03.2; 2MR: USC 7:27.0, PCC 7:28.2, 4-Stanford 7:33.2; 400mR: CPSLO 40.54, Cal 40.89; 1600mR: Tenn 3:08.43, 3-Cal 3:10.1, 4-Stanford 3:11.4; DT: Stadel/Stars 216-9, 4-Plucknett/WV 185-3; PV: Taylor/CNW 17-6, Lizotte/PTC 17-0, 4(tie)-Williams/BAS & Hintz/Cal 16-6; LJ: Ehizuelen/Macc 26-6 1/4, Lofton/Stan 26-4w, 4-Nelson 25-7 1/2w, 5-Eddings/Cal 25-6 1/2; SP: Feuerbach/AW 69-1 1/2, 4-Weeks/Macc 62-10 1/2; HJ: Woods/PCC 7-5, Haber/CSH 7-3 3/4, 4-Wilson/BAS 7-0; TJ: Butts/Macc 55-1, 3-Marlow/Cal 53-9, 5-Freeman/Stars 52-4; JT: Olsen/Tenn 280-8; HT: Neilson/UW 235-4, McKenzie/Un 211-3; /MASTERS/ 100: Hicks 11.2, Marlin 11.3; (55+) Jordan 11.11, Koppel 12.24, Satti 12.2(ht); /COLLEGE/ TJ: Taylor/LBS 53-11; SP: Doll/CSH 59-3, 3-Johnson/CSH 55-6, 4-Williams/CSH 55-3; LJ: 3-Wamble/CSH 24-2 3/4w, 4-Garner/CSH 23-11w; 5,000m: Schanke/CPSLO 14:39.7, 3-Peters/HSU 14:42.7; DT: 3-Williams/CSH 169-11; HJ: Haber/CSH 7-3, Wright/CSH 6-11, 4(tie) Wiley/CSH 6-9.

PEPSI INVITATIONAL (May 7, Westwood): 100m:(w) Edwards/USC 10.18, 6-Kirtman/SJ 10.59; 400m: Mullins/USC 45.11, Rodgers/TS 45.30; 800m: Robinson/ICAC 1:46.5, Boit/TS 1:47.0, 4-Brown/TS 1:47.2; 3000m: Rono/WSU 7:43.0; 110mHH: Foster/UCLA 13.34, Nehemiah/Maryland 13.37, Cooper/SJ 13.43, Owens/UCLA 13.64; DT: Wilkins/AW 227-11, Stadel/TS 202-2, 6-Burton/OTC 193-11, 7-Oerter/NYAC (40+) 192-1; LJ: Ehizuelen/Macc 26-3, Duncan/BAS 25-11 1/2w, 4-Lofton/Stan 25-4 1/2w; HJ: Jacobs/FD 7-4; SP: Feuerbach/AW 68-11 1/4, Laut/UCLA 65-5, 5-Weeks/Macc 61-10 1/2, 6-F Feuerbach/SJ 59-6 1/4; PV: Taylor/CNW 18-2 3/4; TJ: Butts/Un 56-5 1/2 (Amer.Rcd.), Banks/UCLA 55-11 3/4, Taylor/LBS 52-11 1/2, Marlow/Cal 51-2; /WOMEN/ 200m: Ashford/UCLA 23.00, 4-Bolton/Hill 24.44; 800m: Weston/CSN 2:04.9, 3-Regan/Camden 2:05.4; Mile: Larrieu/PCC 4:31.0, Heald/SFVTC 4:31.0, 4-Keyes/UCLA 4:38.3; 100mH: Boothe/GB 13.18, 3-Frederick/LATC 13.25; 880MedR: LATC 1:42.2, 3-CSH 1:43.3; JT: Calvert/LI 193-1, Sulinski/ML 179-7, Cannon/ML 173-3. /Tom Elliott/



(Left) Adrian Rodgers has blasted to a 45.30m clocking (at Pepsi Invit.). That puts him in fourth spot currently on the U.S. seasonal list. /John Marconi/ (Right) Dan Aldridge, running for Cal-Poly (SLO) has turned a 3:44.6m and a 4:04.0 mile this season. Dan is an ex-Petaluma High middle-distance man. /Engle/

WEST COAST RELAYS (May 5-6, Fresno): /INVIT./ W-800m: Kleinsasser/Citrus 2:03.9, 3-Poor/AIA 2:07.1; 800mR: Tenn 1:23.4, 3-BAS 1:24.1; 400m: Parks/AIA 46.94, Brown/AIA 47.25, Campbell/AIA 47.51, 5-West/BAS 48.8; Mile: Clifford/Cal 4:03.3, Aldridge/CPSLO 4:04.0, Cummings/PCC 4:04.3; 5,000m: Hunsaker/SDS 14:01.1, Romesser/FPTC 14:08.8, 4-Ramirez/FPTC 14:22.4, 5-Wysocki/Nev 14:28.8; 200m: Snoddy/Okla 20.92; /OPEN-INTERCOLL./ 100m: Hart/BAS 10.21, Farmer/Cal 10.33, 4-Payton/BAS 10.43; 110mHH:(w) Florant/ICAC 14.08, 3-Bolden/WVTC 14.25, 5-Ligons/TS 14.34; 400mIH: (combined placings, 3 heats) Graybehl/USC 49.8, 3-Pratt/Cal 51.8, 4-Finley/SJS 51.9, 5-Smith/Cal 52.3; 3000mSC: St. John/SDS 8:52.1, Hammer/HSU 8:56.0, Perez/USC 8:58.1 (more)

LONG DISTANCE RESULTS

NATIONAL AAU MARATHON (Dec. 4, Culver City): - Yes folks, we finally got a set of results. We're listing the top 15 finishers (note the 15th place finisher!) and the other NorCal people we can dig out of the results. 1-Hakan Spik/Finland 2:17:48, 2-Ed Schelegle/AGRC 2:18:11, 3-Joe Carlson/CCAC 2:20:12, 4-Babiracki/SFV 2:20:37, 5-Barton/Un 2:21:53, 6-Kurrie/SFV 2:24:54, 7-Moffitt/AZTL 2:24:59, 8-Heaton/SDTC 2:26:27, 9-Moses/UCI 2:26:40, 10-Lee/CCAC 2:27:47, 11-Proteau AGRC 2:27:58, 12-Entz/BB 2:29:33, 13-Rude/SLDC 2:29:43, 14-Engel/BB 2:30:24, 15-Steve Scott/UCI 2:32:22...19-Truman Clark(40+)/SCS 2:34:35, 28-Duncan/WVTC 2:37:20, 62-Lewis/WVJS 2:49:00, 67-Jacqueline Hansen 2:50:53, 84-Brock/Un 2:56:11, 95-Treacy/SFOC 2:57:49, 139-Doran/WVJS 3:07:36...335 finished under 4 hours. Teams: SFVTC, Azlan, Irvine, CCAC. /Porter/

SAN FRANCISCO SPORTS & BOAT SHOW RUN (Jan. 15, Daly City): - Here appears to be another case of poor management, as nobody ever has gotten a set of results to our knowledge. The best we could find was the top 44 finishers listed in order of finish (but with no times!). Sounds like Wharf-to-Wharf revisited (don't people realize that runners like to see their times?). Thanks to Ralph Bowles for what we've got...if anyone has anything to add to this, please send it along for the next issue. -- Steve Lloyd of the Livermore Valley RC beat Mike Duncan and Gil Dean (no times available), as four of the top five placers were high school runners, including the winner. Ralph Bowles led the masters with a seventh place finish with Bob Cushen in runnerup spot (11th). Marilyn Taylor was runnerup to Cheri Williams in the women's race. Cheri was 31st and Marilyn 44th. /Ralph Bowles/

PICO RIVERA ANNIVERSARY RUN (Jan. 22, Pico Rivera): /5.0 Mi./ 1-Dave Fricke 24:04, 2-Schrifer/ITE 25:03, 3-Alexander/CCAC 25:16, 4-Hedges/Un 26:01, 5-Fisher/OF 26:08...23-Vasquez(40+) 28:31, 47-Kim Vollmer/PCP 30:11, 49-Judy Steese 30:25. /Cory/

SAN FRANCISCO CHINATOWN YMCA RUN

(Feb. 5, San Francisco): - These runs (3 and 6 milers, probably a bit long) put out a fine set of results...if you didn't want to know how everyone else did! Somehow the results for both the races (which used the same chute and timers) got printed up on the same sheet, with no indication of how far anyone ran, so I'm just guessing at who're the 6-mile division winners. The winner is buried somewhere in the middle of the results! So I'll list only the 3-mile results at any length. Mike Gama nipped Jay Marden, a frosh at Mission San Jose High, by 11 seconds in winning the 3-miler in 16:26.3. Tim Rostege, who was a sprinter until a little over a year ago, showed there's still life left at 37 in finishing a close third in 16:40. Don MacDonald of the host club was an easy winner in the masters division, 17:29 to 19:11 over WVTC's Ken Paul. Stephanie Atwood was the winner in the women's division at 20:23 and 32nd overall. Deena Pearson followed in 20:35. Now for the fun...it was pretty obvious that Bob Lange was the winner in 31:23 (6 mile), but after that we're not sure. It was probably Mike Wheeler in 32:29, but someone we may not know may have slipped in between. Doug Latimer's 34:38 captured the masters title, and Bill Jensen's 36:06 was runnerup. Mary Gaffield's 40:23 led the women and 44-year-old Martha Maricle followed in a 42:38 clocking. Top 3-mile finishers follow (374 finished both runs): 1-Gama 16:26, 2-Jay Marden/WVTC 16:37, 3-Rostege/WVTC 16:40, 4-Bennett 17:14, 5-Simpson/WVTC 17:17, 6-Nelson 17:23, 7-Cruikshank 17:26, 8-Black 17:28, 9-MacDonald/PMK 17:29, 10-Silva 17:35, 11-Lem 18:19, 12-Smith 18:25, 13-Banks 18:32, 14-Price 18:46, 15-Hornstra 18:53...18-Paul/WVTC(40+) 19:11, 32-Stephanie Atwood 20:23, 35-Rugge(40+) 20:30, 38-Deena Pearson 20:35, 41-Maurie Dong 20:43. /Kurt Chun/



Dave Frickel won the Pico Rivera 5-Miler (see page 33) in 24:04...shown here finishing the SPA 30K. /Tom Elliott/

NATL. AAU (BONNE BELL) WOMEN'S 10-KILO (Feb. 5, Beverly Hills):

- Last issue we listed the top 20 finishers...however, we did not have complete results at that time, so we're listing other local finishers that we've managed to spot below (see issue #70 for top 20): 27-Joan Fox/SJC 39:45, 35-Figliomeni/SJC 40:27, 40-Regan/SJC 40:42, 48-Miller/PMK 41:20, 59-Guina/SJC 41:53, 72-Anderson/NCS(40+) 43:03, 94-Waters/NCS(40+) 44:03, 125-Sackerman/NCS 45:18...644 finishers. /Jacqueline Hansen/

HIDDEN VALLEY MARATHON (Feb. 12, Newbury Park):

1-Bruce Dewsberry 2:28:59, 2-Dave White 2:32:13, 3-Frank Bozanich/SDTC 2:34:21, 4-Kleindienst 2:43:56, 5-Lugo 2:45:07(40+), 6-Burgasser/STC 2:47:57, 7-Murphy 2:47:59, 8-Secord 2:48:55(40+), 9-Goffredo 2:51:51, 10-Brandes 2:53:07...22-Sue Petersen/STC 3:03:39...194 finishers. /Half-Marathon/ 1-Joe Carlson/CCAC 68:34, 2-Romesser/FPTC 69:55, 3-Engel 71:48, 4-Duarte 72:38, 5-Sayward/AZTL 73:30, 6-Avol 74:06, 7-Adams 74:25, 8-Bergkamp 75:41, 9-Cantu 76:13, 10-Giles/BB 76:15...20-Clark/SCS(40+) 79:58, 36-Celia Peterson 83:44, 51-Sue Krenn 86:12...621 finishers. /Fourth-Marathon/ 1-Dennis Caldwell/AIA 29:29, 2-Terrones 31:04, 3-Cornish 31:27, 4-Falk 31:35, 5-Kolthoff 31:35...23-Sturak/MSTR(40+) 34:28, 25-Jacqueline Hansen 34:48, 29-Mary Carman/SBAA 35:16...666 finishers (actual distance was 6.0 miles). /John Brennan/

TRAIL'S END MARATHON (Feb. 25, Seaside, Ore.):

1-Sam Williams/Ore 2:21:44, 2-Manclark/Wash 2:22:34, 3-Ron Hill/GB 2:22:44, 4-Cole/SRRC 2:23:19, 5-Innes 2:23:36, 6-Creery/Canada 2:24:18, 7-McIntosh/Canada 2:25:12, 8-Mortenson/Minn 2:25:34, 9-Blalock/Wa 2:25:44, 10-Karni/Ore 2:26:00, 11-Pilcher/Wash 2:26:19, 12-Yeo 2:26:32, 13-Dauncey/Shasta 2:26:45, 14-Speere 2:27:03, 15-Zerzan/Ore 2:27:28...(other California finishers) 46-Higley/WVTC 2:33:25, 50-Pratt/Wash(40+) 2:34:44, 87-Langley/WVTC 2:43:32, 88-Wehan 2:43:34, 160-Bacon 2:50:26, 225-Davy 2:56:22, 250-Williams 2:57:53, 268-Petty 2:57:48, 270-Bates 2:58:56, 314-Julie Mullin/Ore(1st girl) 3:02:47, 315-Douglas 3:02:55, 322-Jennifer Daniell/SWEAT(2nd girl) 3:03:27, 336-Gilchrist/SRRC 3:04:54, 338-Carpenter/WVTC(40+) 3:05:10, 352-Adorno/WVTC 3:06:14, 399-Blankenship(Vicki) 3:09:46, 405-Miller 3:10:11,...(more)

(Seaside Marathon, Cont'd) ...414-Margo Elson 3:11:10, 459-Law 3:14:26, 502-Witner 3:17:21, 503-Chiotti 3:17:36, 517-Sattler 3:19:09, 538-O'Grady 3:19:20, 547-Tuvoll 3:21:05, 560-Durrett 3:22:11, 563-Dickerson/SRRC 3:22:30, 579-Feuerwerker 3:23:23, 597-R. Langley/WVTC 3:24:27, 610-Golder 3:24:56, 663-Christina Law 3:27:55, 682-Burger 3:28:53, 700-Fletcher 3:30:21, 743-Smerz 3:33:41, 745-Kelmenson 3:33:45, 753-Marcie Trent(60)/Alaska 3:34:04, 770-Blankenship 3:35:21, 793-Timmerman 3:38:15, 803-Edmonson 3:39:22, 817-Waldo 3:40:22, 838-Behr 3:42:08, 878-Williams 3:45:43, 889-Manheim 3:46:23, 895-Pris Myers/PMK 3:47:10, 905-Tina Kura 3:47:53, 907-Louis 3:48:10, 921-Fowler 3:48:52, 953-Bell 3:52:12, 977-Margo Elson (also listed at 414 place) 3:54:40, 1143-Swingover 4:14:11, 1277-Ransom 4:36:04...1357 finisher. /Seaside Chamber of Commerce/

LAPD ELYSIAN PARK RUN (Feb. 26, Los Angeles): /5.75 Miles/

1-Steve Durand/STC 29:37, 2-Terrones 29:46, 3-Close 31:37, 4-Gleson 31:40, 5-Kendall/Oxy 31:53, 6-Murphy 31:54, 7-Pagliano/GWAA 32:02, 8-Greenwood 32:09, 9-Meyer 32:15, 10-Flanigan/CCAC 32:27, 11-Ruiz 32:42, 12-Shaffer/CCAC 32:52(40+)...17-Tocco (40+) 33:26, 20-Cronin(50+) 34:05, 67-Roberta Takahashi/Un 38:45, 71-Denise Lopez 39:33...168 finishers. /Tom Cory/

DSE TWIN PEAKS RUN (Feb. 26, San Francisco): /3.6 Miles/

1-Doug BTack 18:36, 2-Thomas 19:06, 3-Nelson 19:42, 4-Gowen/WVTC 19:59, 5-Simpson/WVTC 19:59, 6-Bluth 20:01, 7-Roach 20:06, 8-Bonner/LVRC 20:07, 9-Radcliffe 20:08, 10-Yeadaken 20:13...14-Cushen(40+) 20:25, 79-Stephanie Atwood 23:31, 81-Colleen Fox 23:33, 89-Liz Brown 23:43, 90-Liz Varnhagen 23:44...372 finishers. /DSE Newsletter/

REDWOOD EMPIRE 15K CHAMPIONSHIPS (Mar. 4, Windsor):

1-Jim Nucio/WVTC 46:31, 2-Rustad 50:18, 3-Beardall/DIRT(40+) 50:30, 4-Hockerson/AGRC 50:43, 5-Jenkins/ERC 51:17, 6-Sevald 51:33, 7-Wall 52:26, 8-Helms/SARR 52:42, 9-Preston/VMRC 52:45, 10-Mendoza 52:58, 11-Haslam/DSE(40+) 53:44, 12-Hildreth 54:06, 13-Gustafson 54:22, 14-Sjostedt/VMRC 54:41, 15-Bennett/PMK 54:49, 16-Kessecker/VMRC 55:41, 17-Pawlak 55:50...(Women) 1-Mary Connolly 66:00, 2-Beckie Simmie/ER 72:02, 3-Michele Gauthier/Syn 75:24...88 finishers. /Fred Maier/

DSE LAKE MERCED 5-MILER (Mar. 5, San Francisco):

- Something happened to the stopwatch and all times were about a minute fast (nobody knows for sure, do they?). Therefore we won't list more than a few places and their times so you can see how they did relatively...but don't figure they are absolute times. 1-Mike Niemiec/WVTC 24:21, 2-Schaurer/TAM 24:37, 3-Darling/ETC 24:43, 4-Gulli 24:53, 5-Wheeler 24:59, 6-Smith/WVTC 25:02, 7-Millar/McAteer 25:07, 8-Black 25:08, 9-Dunbar 25:09, 10-Benz 25:10, 11-Baldocchi/CSM 25:34, 12-Sevald 25:35, 13-Thomas 25:37...25-Bill Jensen/PMK(40+) 27:18...87-Skip Swannack/WDS 29:40, 96-Elaine Miller/PMK 29:49, 125-Joan Ulyot/WVTC 30:42. (Actual distance equals 4.95 miles)...700 finished. /DSE News/

EEL RIVER VALLEY BOTTOMS RUN (Mar. 5, Humboldt County): /8.2 Miles/

1-Richie Smith 43:16, 2-Dewey 45:58, 3-Williams 46:22, 4-Davy 46:35, 5-Heistuman 46:55, 6-Romero 46:55, 7-Cottrell 47:12, 8-Knudsen 47:49...13-Escarda 48:44, 16-Gilchrist 49:48, 24-Flossie Horgan 51:49...105 finishers. /SRRC Newsletter/

NATL. AAU 20-KILO CHAMPIONSHIPS (Mar. 5, Holliston, Mass.):

1-Randy Thomas/GBTC 60:54, 2-Tuttle/TS 62:23, 3-Vitale/Hartford 62:24, 4-Duggan/GBTC 63:05, 5-Doyle 63:18,...Team: GBTC...427 finishers. /Bob Campbell/

NATL. AAU 30-KILO CHAMPIONSHIPS (Mar. 19, Albany, N.Y.):

1-J. Vitale/Hartford 1:33:20, 2-B. Brown/FTC 1:35:02, 3-Derderian/GBTC 1:35:08, 4-Foley/Summit 1:35:27...Team: Summit AC...620 finishers. /Bob Campbell/

CITY OF LOS ALAMITOS MARATHON (Mar. 11, Los Alamitos):

1-Duarte 2:31:39, 2-Fitzpatrick 2:36:05, 3-Kellogg 2:36:56, 4-Avol 2:39:05, 5-Gilson 2:40:28, 6-Kleindienst 2:42:51, 7-LeBovic 2:43:09, 8-Will 2:43:22, 9-Murphy 2:43:38, 10-Stansauk 2:45:00...16-Celia Peterson 2:47:07, 19-Tracy Brown(40+) 2:49:45, 36-Sue Peterson 2:54:28, 69-A.F. McDonagh 3:11:21, 71-Dresser 3:11:42, 74-Helgerson 3:13:13...254 finished. /Tom Dresser/

ST. PATRICK'S 20-KILOMETER (Mar. 18, Arroyo Grande):

1-Allen Schofield/SLDC 68:10, 2-Hernandez/AGHS 72:24, 3-Garcia/AGHS 72:25, 4-Real/AGHS 75:38, 5-Buckley 77:19, 6-Veron/SLDC 78:29, 7-DeNike/SLDC 79:38, 8-Rosenfield/SLDC 80:08, 9-Cline(40+) 81:12, 10-Rich/SLDC 81:33, 11-Pruch/AGHS 82:25, 12-Casano/AGHS 83:45...35-Jean Spierling(50+)/SLDC 96:49. /Stan Rosenfield/



Duncan Macdonald won the National AAU 25-Kilometer by almost a full minute over Chuck Smead in 1:18:34 on a hilly course. He took an early lead and was never pressed. /Mike Niemiec/

NATL. AAU 25-KILO CHAMPIONSHIPS (Mar. 12, Lunada Bay): - Duncan Macdonald successfully defended his National 25K title in Southern California (it was in Hawaii last year), clocking 1:18:34 on a fairly difficult course. He led his WVTC teammates to a second-place finish behind Athletes in Action without the services of Jim Nuccio and Mike Pinocci. Teams: AIA (1:22:01), WVTC (1:23:19), FPTC (1:25:49)...times are 'average' times of top 5 on team. 1-Macdonald/WVTC 1:18:34, 2-Smead/AIA 1:19:28, 3-Waltmire/AIA 1:20:09, 4-Romesser/FPTC 1:21:26, 5-Entz/BB 1:21:39, 6-Frickel 1:22:03, 7-Brown/BB 1:22:04, 8-Jones/WVTC 1:22:58, 9-Ramirez/FPTC 1:22:58, 10-Smith/AIA 1:23:01, 11-Daniels 1:23:19, 12-Cook/AIA 1:23:32, 13-Colburn/SMTC 1:23:50, 14-Madvig/SFV 1:23:53, 15-Hayes/AIA 1:23:54, 16-Arquilla/AIA 1:24:15, 17-Goettelmann/WVTC 1:24:30, 18-Clark/WVTC 1:24:57, 19-Blum/SK 1:25:08, 20-Zapata/WVTC 1:25:36, 21-Hartig/FPTC 1:26:15, 22-Rigdon/TCH 1:26:32, 23-Porter/WVTC 1:27:05, 24-Martinez/AIA 1:27:18, 25-Hopkins/FPTC 1:27:24, 26-Wellck/WVJS(40+) 1:27:27, 27-Luck 1:27:32, 28-Shatter 1:27:58, 29-Guthrie/WVJS (40+) 1:28:21, 30-Adams/BB 1:28:26...32-Mineau/CRC 1:29:09, 38-Bowles/WVJS(40+) 1:29:49, 85-Bryan Holmes/WVJS(40+) 1:35:46, 99-Nevraumont/WVJS(40+) 1:37:37, 108-Forsberg/Un(40+) 1:38:47, 117-Moorman/PMK(40+) 1:39:56, 133-Garza 1:41:58, 170-Teresa Hom /SMTC 1:45:28, 179-Ruth Anderson/NCS(40+) 1:47:10, 323-Lola Houston/NCS 2:02:58, 336-Ruth Waters/NCS(40+) 2:04:26...400 finishers. Masters Teams: Bob Wellck was superb as he led his WV Joggers and Striders masters team to their second team title in as many years. The team averaged 1:31:48 to easily outdistance Senior TC's 1:34:10 average (CCAC had 1:35:25 in third). Kent Guthrie and Ralph Bowles finished second and third in the individual race. /Carl Paulson; John Brennan/

COOKSEY UPSET WINNER IN AVON INTERNATIONAL WOMEN'S MARATHON (Mar. 19, Atlanta): - High temperatures and humidity held down the times, but not the quality of the competitors. Upstart Martha Cooksey of Orange ran 2:46:16 for the upset win. 2-Mons-part/Hun 2:51:40, 3-Angevoorth/WG 2:51:53, 4-Dalrymple/Hawaii 2:52:10, 5-Barron/ATC 2:53:05, 6-Pedrinan/NY 2:53:11, 7-File/NZ 2:56:07, 8-Anderson/Hawaii 2:56:18, 9-Bevans/Maryland 2:58:26, 10-Winter/WG 2:59:42...17-Ullyot/WVTC 3:05:00, 21-DeMoss/WVTC 3:09:57, 29-Anderson/NCS(40+,3rd) 3:17:34, 36-Leydig/WVTC 3:22:02, 74-Shapiro/Un 3:57:41...Teams: Hawaii 8:53:16 (more)

(AVON Marathon, Cont'd) ...GNYAA 9:07:53, Atlanta TC 9:11:15, WVTC 9:36:59. -- Those who succumbed to the heat and didn't finish included such stars as Kim Merritt, Christa Vahlensieck, Chantal Langlace, Jackie Hansen, etc. A total of 136 finished the first U.S.-based International Championships. /R. Anderson/

MORRO BAY STATE PARK RELAY (Mar. 19, Morrow Bay): /4 x 2.5 Mi./ - We're listing only the top 'splits', rather than the top teams (other than the top four). Teams: (1) Rosenfield for Auditor 55:24, (2) AGRC Southern Section 55:58, (3) Islanders 57:28, (4) Streakers 57:29. -- Individuals: 1-Luis Arreola 12:25, 2-Casper 12:50, 3-Cadena 12:51, 4-Nanninga 12:59, 5-Tony Arreola 13:10, 6-Hurley 13:34, 7-Christie 13:35, 8-Pena 13:35, 9-Dabill 13:36, 10-Beaton 13:40, 11-Hutchinson 13:43, 12-Waterbury 13:45, 13-Barnes 13:46, 14-Thompson 13:49, 15-Rosenfield 14:18...21-Liz Bradley 15:23 (25 teams). /Rosenfield/

SAMBO'S SURF-CITY RUN (Mar. 25, Lompoc): /9.1 Mi./ - (Run from the ocean to the city of Lompoc). 1-John Capriotti 51:31, 2-Rich 53:50 (40+), 3-Perkins 56:05 (50+), 4-Kesler 56:25, 5-Ruiz 56:47, 6-Cheney 56:59, 7-Robinson 57:32, 8-Sciame 57:49...44-Petra Clayton 1:15:52...57 finishers. /Joe Sciame/

IAAF WORLD CROSS-COUNTRY CHAMPIONSHIPS (Mar. 25, Glasgow, Scotland): - Three local runners made the trip to Europe to compete in the Sixth Annual Championships, held under REAL cross-country conditions (like knee-deep mud, etc.). Judy Graham & Rod Berry had both qualified in their respective national championships, and Tom O'Neil, who had finished one place out of the money, slipped into the travel spot when Graves, third-placer in the Trials, couldn't make the trip for unknown (to us) reasons. /Seniors/ - A very tight team battle developed and France edged out the U.S., 151-156, in a very strong showing for the men. Bill Rodgers had an off day or the U.S. team would have won easily, as they placed 5-6-20-29-44-52 (with Rodgers taking 44th). John Treacy of Ireland, now attending Providence Univ., took a narrow victory over Aleksandr Antripov of the USSR, 39:25 to 39:28. First American was Guy Arbogast in fifth at 39:52, two seconds ahead of Craig Virgin. Others: 20-Meyers 40:33, 29-Wells 40:47, 44-Rodgers 41:20, 52-Roche 41:35, 72-Hunter 42:08, 73-Vigil 42:10, 99-Thomas 42:54. /Juniors/ - The American under-20 squad took a drubbing for the first time in many a year as England stopped their 4-year winning streak, scoring a tie (in points) with Canada at 53 (the last scorer on the English team was ahead of the Canadian's). The U.S. could only muster a seventh place finish with 110. Rod Berry, who had just missed winning the U.S. Trials in February, proved by far the most capable of the young team by finishing as top American (10th), only 14 seconds out of the runnerup spot! Mick Morton of England proved the class of the field with a 22:57 over the 7,036m course (seniors ran 12,300m and women did 4,728m). Rob Earl of Canada was runnerup, some 13 seconds behind the winner...then came eight more runners in the space of 13 seconds. Other U.S. finishers: 25-Schultz 23:48, 37-Byrne 24:06, 38-Milliman 24:06, 54-O'Neil 24:42, 55-Ferri 24:42. /Women/ Norway's Grete Waitz proved by far the class of the field as she surged to a half-minute victory over Romania's Maracescu, 16:19 to 16:49. Julie Shea proved the class of the American team with a hang-tough fourth place, five seconds ahead of AAU Champion, Jan Merrill (17:12 to 17:17). Romania edged out the U.S. for the team title 30-37 as the Americans looked much stronger than in recent years here. Local star Judy Graham had an off day and finished 85th, out of the scoring. Others: 7-Merrill 17:17, 11-Mills 17:27, 15-Webb 17:36, 23-Bremser 17:51, 85-Graham 19:47. /Pete Cava/

DSE LEGION OF HONOR RUN (Apr. 2, San Francisco): /4.5 Miles/ - 1-George Green/ETC 23:21, 2-Greg Thomas 23:54, 3-Fanelli 24:03, 4-Gwise 24:20, 5-Unidentified, 6-Myers 24:43, 7-Horning 24:59, 8-Gormley 25:19, 9-Murse 25:25, 10-Thacker 25:28, 11-May 25:30, 12-Gowen/WVTC 25:34, 13-Bashiruddin 25:40, 14-Batz 25:46, 15-Ruppe 25:52...83-Judy Irving 29:30, 88-Sarah Pipp 29:47, 96-Sue Brusher...459 finishers. /DSE Newsletter/

PEAR BLOSSOM RUN (Apr. 8, Medford, Ore.): /First 11 runners actually ran 12.661 miles instead of the advertised 13 because of a police officer who accidentally misdirected them./ 1-Kelly Jensen 63:58, 2-Hill 66:23, 3-Carlson 67:08, 4-Ferrero/SWEAT 67:13, 5-Yeoman 67:54, 6-Elias 68:03, 7-Branson 68:17, 8-Frechette 69:30, 9-Henderson 69:42, 10-Lingle 72:03, 11-Gray 72:17, 12-Harriff 72:47, 13-Showerman 73:26, 14-Henderson 74:00, 15-Ashton 74:12, 16-Alsleben(40+) 74:36...80-Susan Rossiter 83:14, 88-Teresa Barrios (11) 83:39...592 finishers. /Jerry Swartsley/

HILLCREST MINI-MINI MARATHON (Apr. 2, San Luis Obispo): /3.8 Miles, women only/ 1-Amber Pappé 25:19, 2-Dreike 26:49, 3-Walker 27:54, 4-Proctor 28:07...6-Putnam(40+) 29:12...20 finishers.

ORANGE COUNTY MARATHON (Apr. 8, Orange County): - 1-Jeff Dettmer 2:29:03, 2-Kenney 2:29:30, 3-Rawlings 2:34:56, 4-Polhill 2:35:53, 5-Eck 2:36:28, 6-Coventry 2:36:50, 7-Stansauk 2:39:56, 8-Seeger 2:40:27, 9-Sills(40+) 2:41:53, 10-Moody 2:42:43...45-Sandra Kiddy 3:01:45, 82-Janet Ledder 3:11:05...621 finishers.
/Pete Dowrey/

WINE COUNTRY RELAYS (Apr. 8, Santa Rosa): - Teams ran 3, 7 and 4.8 mile legs (3-person teams) around Spring Lake area. A total of 62 teams finished in this initial attempt at a relay race in Sonoma County. 1-Grape Expectations 77:11, 2-Sonoma State #1 79:46, 3-TRH Striders 80:39, 4-Tamalpa Dipsea Indians 81:18, 5-Coyote Striders 82:12, 6-Body Ammo 84:47, 7-Boston Bound 86:09, 8-Sierra Suns 86:14, 9-Hastings Runners 87:32, 10-Rockville Runners 88:36...42-Chardonnay (1st woman's team) 1:48:59. /Teresa Jenkins/

NIKE/CATALINA 10K (Apr. 8, Santa Catalina): - Course was determined to be short (actually 6 miles). 1-Chuck Smead/AIA 30:47, 2-Moffitt/AZTL 31:31, 3-Osmann 32:04, 4-Wayne/BASC 32:09, 5-Roy 32:40, 6-O'Brien 32:59, 7-O'Boyle 33:03, 8-Ocana/CCAC 33:06, 9-Boaz 33:25, 10-Bozanich 33:26, 11-Calvano 33:27, 12-Branson 33:31, 13-Day 33:53, 14-Appell 34:18, 15-Oppermann 34:18...20-Crum(40+)/STC 34:53...63-Nadia Garcia 38:38, 70-Sue Krenn 39:12...593 finishers. /John Brennan/

KAWEAH RIVER VALLEY RUN (Apr. 16, near Fresno?): /8 Miles/ - 1-Marty-Laine McCulloch/Wings 43:28, 2-Lohse/Un 43:36, 3-Campbell/FPTC 45:56, 4-Van Dellen/HSTC 46:09, 5-Stephenson/Un 46:23, 6-Greenway/Wings 46:58...45 finished. /Dave Bronzan/

PENNY DEMOSS SETS NOR-CAL RECORD, FINISHES SECOND AT BOSTON: (Apr. 17, Boston): - Under conditions that every marathoner waits for, a record field of 4000+ created the fastest finish (in numbers) ever at Boston. Both men's and women's records stayed intact, but Bill Rodgers came within 18 seconds of his own course standard and had all he could do to hold off fast-finishing Jeff Wells (by 2 seconds), recording a very quick 2:10:13. The weather, in the mid-40's and overcast, was a marathoner's dream, and many made good that dream as 32 dipped under the once-sacred 2:20 barrier, and 29 women broke three hours in similar amazing fashion. Gayle Barron caught fast-starting Kim Merritt on the hills and went on to record a PR, scoring her first-ever marathon victory in 2:44:52. But the biggest surprise for the women was back in second place. The feature-story in the May *Runner's World*, WVTC's Penny DeMoss didn't succumb to any jinx as she started conservatively, and moved from about eighth place midway through the race into contention on the hills as she passed the faltering Merritt. Closing the gap over the final few miles, she came within 42 seconds at the finish, chopping over five minutes from teammate Judy Leydig's NorCal record with a blistering 2:45:34... that averages out to 6:19 per mile! What was more amazing was the fact that she took nearly ten minutes from her own PR in the process. Her 36:30 for 10K a few weeks earlier was an indication of her capabilities, but even she probably didn't expect anything quite this fast. Candy Hearn of Carmichael also ran amazingly well, finishing sixth in 2:52:35 (but the results in the paper also list her as finishing 42nd in 3:05:55...and we have had no verification of either. Can someone tell us if she did indeed run the former time?). Joan Ulyot added another sub-3 hour effort (2:58:43) to her list in 24th slot, and Elaine Miller dropped her PR way down to 3:03:27. Top Bay Area men to finish were Jim Bowles, whose 2:19:57 fell just short of his PR of 2:19:25, set here three years ago. The biggest sur-

prise among the men was Berkeley's Tim Nickevich who ran a PR 2:20:23...his name isn't even familiar to us, so we don't know what his old PR was, or any other of his credentials. Anyone out there know? Another big story was Fritz Mueller's 2:20:47 American masters record in 38th place. Not too shabby either was the 2:25:23 of Ken Mueller (no relation), who was second in the over-40 crowd (gives us young guys some hope!). Since the newspapers and every other running magazine around the country has printed the top finishers, we'll dispense with that and simply list our local troops (the ones that we've been able to spot in the preliminary results). We'll list any we have missed in a later issue when we receive complete results from Boston...don't know when that'll be yet. -- /WOMEN/ 1-Gayle Barron/Atlanta 2:44:52, 2-Penny DeMoss/WVTC 2:45:34, 3-Jane Killion/NY 2:47:22, 4-Kim Merritt/Wisc 2:47:52, 5-Laurie Pedrinan/NY 2:48:40, 6-Candy Hearn/OPHIR 2:52:35...24-Ulyot/WVTC 2:58:43, 34-Elaine Miller/PMK 3:03:27, 49-M. Connolly/PMK 3:07:53, 76-Walton/WVTC 3:16:03, 85-Shapiro 3:16:55, 86-Sowers-by/PMK 3:17:04, 89-Cutler 3:17:42, 97-Giannini/Reno 3:20:43, 98-Tiscornia 3:21:10, 116-Magid 3:26:38, 123-Scannell/PMK 3:28:32, 124-Bower 3:29:46, 125-Coleman/WDS 3:29:51, 134-Livingston/WVTC 3:32:30, 146-Kolb/WVTC 3:36:26, 152-Buxton/SF 3:37:30. /MEN/ 1-Rodgers/GBTC 2:10:13, 2-Wells/AW 2:10:15, 3-Tikkanen/Finland 2:11:15, 4-Fultz 2:11:17, 5-Thomas/GBTC 2:11:25, 6-Ryan/NZ 2:11:43, 7-Kardong/CNW 2:14:07...32-Bowles/WVTC 2:19:57, 35-Nickevich 2:20:23, 58-Chun/Un 2:23:51, 77-M. Smith/WVTC 2:25:35, 124-Wall/ETC 2:28:30, 151-Thompson/BAA 2:29:34, 155-Meyer/FPTC 2:29:48, 202-Kruse/Un 2:31:45, 219-Bellah/WVTC 2:32:00, 246-Duncan/WVTC 2:33:30, 247-Schaurer/TAM 2:33:30, 259-Williams/Un 2:33:45, 263-Proteau/AGRC 2:34:15, 443-Hughes 2:39:15, 482-Gustafson/SFPAC 2:39:30, 488-Brown/WCrk 2:39:30, 524-D. Houston 2:40:45, 551-Alderman 2:41:30, 608-Edson/Davis 2:42:30, 635-Thomas/ETC 2:43:00, 666-Powlak/SJ 2:43:30, 723-Lennon/Woodside 2:44:15, 735-Reynaga/WVTC 2:44:30, 752-Aldana/SF 2:44:45, 782-Scellato 2:45:00, 805-Anderson/Cup 2:45:00...more later. (P.S. - Anyone who ran Boston and would like to drop us a line to make sure we have your place/time, please do so by the end of June.) /Mike Duncan/



(Left) Penny DeMoss chopped nearly ten minutes from her PR by running 2:45:34 (2nd) at Boston. /John Sheretz/ Fritz Watson clocked a solo PR of 2:21:00 in winning Livermore. /M. Fenner/

RECORDS TUMBLE AT LIVERMORE MARATHON (Dec. 10, Livermore): - Running virtually a solo effort and finishing as if he could have run several minutes faster, 32-year-old Fritz Watson lowered his PR by almost four minutes to completely destroy the old course record of 2:26:31, set by Adam Ferreira, set the previous year. His 2:21:00 clocking was over two miles ahead of second-place finisher, Dennis Rinde, who also had a PR (we think). Meanwhile, back in 15th place, Ulrich Kaempf was taking aim at Jim Simpson's 1975 masters standard of 2:46:42. The 46-year-old runner who competes for the Tax Reducers AC was easily under that with a swift 2:45:13. Two 47-year-olds followed: Gordon Gane at 2:51:55 and Jim Nicholson at 2:52:26. Vicky Bray's 2:53:14 mark from the previous year wasn't even approached, as masters competitor, Ruth Anderson, clocked a slow (for her) 3:14:32. Caron Schaumberg was almost two minutes back in second place with her 3:17:28. A large field of 379 finishers made this one of the most successful local marathons locally in terms of numbers. Sixty of those finishers made it in under three hours and 205 dipped under 3:30, including six women. We understand results were not mailed to finishers (it was a long time before we got them): send SASE to Marathon, Box 524, Livermore 94550. /Pat Talty/

- | | |
|------------------------|---------|
| 1-Fritz Waton/WVTC | 2:21:00 |
| 2-Dennis Rinde | 2:34:42 |
| 3-Dave Parish/WVTC | 2:35:04 |
| 4-Ernie Rivas | 2:38:06 |
| 5-Brian Bonner/LVRC | 2:38:43 |
| 6-Michael Gulli | 2:39:19 |
| 7-Michael Van Horn | 2:39:19 |
| 8-Bill Sevald/PMK | 2:40:23 |
| 9-Rodney Mowbray | 2:40:58 |
| 10-Bert Johnson | 2:41:48 |
| 11-Jim Bowles/WVTC | 2:43:09 |
| 12-Arthur Baudendistel | 2:43:18 |
| 13-Jeff Cowling | 2:43:22 |
- (Continued on next page...)

(Livermore Marathon...cont'd)

Table of marathon results with columns for runner name, time, runner name, time, runner name, time, runner name, time.

NUCCIO AND MAXWELL DOMINATE 20-KILOMETER CHAMPIONSHIPS; BEARDALL BLITZES MASTERS' FIELD (Jan. 15, Napa): - For the first time in many years, the PA-AAU 20 kilometer was moved from its traditional Woodside/Portola Valley location.

Table of 20K race results with columns for runner name, time, runner name, time, runner name, time, runner name, time.



Darryl Beardall easily bested Bob Wellck at PA-AAU 20K for masters title. /John Marconi/

PINOCCI TOPS IN SECOND ANNUAL ZOO RUN (Jan. 22, San Francisco): - Running very strongly over the last mile of this 4-mile course, WVTC's Mike Pinocci became the first to dip under 19 minutes in recording a super 18:54 time.

Table of Zoo Run results with columns for runner name, time, runner name, time, runner name, time, runner name, time.

77-Tom Mann/ETC	22:56	87-A. Sheleketinsky/BASC	23:07	97-Dan Williams/Una	23:16	***WOMEN***	
78-Todd Watkins/DSE	22:56	88-David Innes/Una	23:09	98-Steve McCain/PMK	23:17	96-Sally Metteer/Un	23:16
79-Ralph Gowen/WVTC	22:57	89-Bill Bugler/Una	23:12*	99-Robert McCanty/Una	23:17	106-Judy Leydig/WVTC	23:31
80-Charlie Dangel/WVTC	22:59	90-Jeff Houston/UCB	23:12	100-Ron Thomas/Una	23:18	129-Sue Munday/CW	23:58
81-A. Bettencourt/Una	23:00	91-Jeffrey West/MVS	23:14	101-George Bunce/Una	23:19	140-Pauline Vasquez/SJC	24:07
82-Terry Higgins/Una	23:01	92-Alan Spitzer/Una	23:14	102-Allan Koslofsky/DSE	23:19	142-Sally McPherson/WVTC	24:09
83-James Cress/DSE	23:01	93-Raoul Kennedy/DSE	23:15	103-Rick Pearson/Una	23:21	146-Marilyn Taylor/WVTC	24:14
84-Ron Briscoe/Una	23:02	94-Jim Meyers/PMK	23:15	104-Walt Basinger/PMK	23:24	179-Elaine Miller/PMK	24:53
85-Tom Martz Jr./DSE	23:02	95-Stan Anderson/DSE	23:15	105-Joseph Hunter/ARMY	23:26	212-Anne Hamilton/MLTC	25:20
86-Steve Simpson/WVTC	23:02	96-Sally Metteer/Una	23:16	106-Judy Leydig/WVTC	23:31	223-Deanna Pearson/Un	25:30

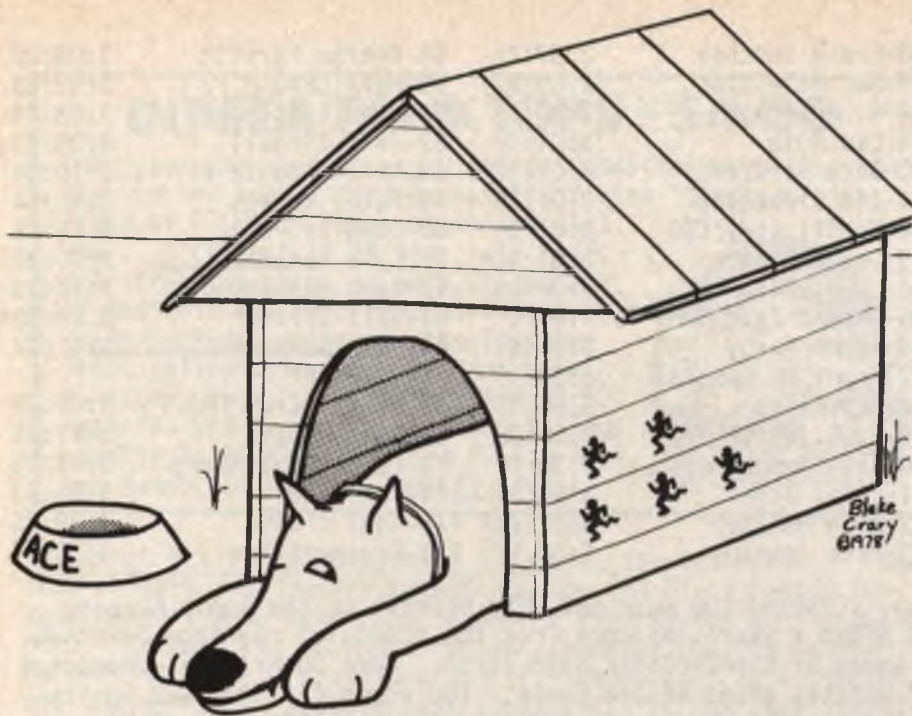
SPENCE AND MAXWELL OUTCLASS FIELD AT VALENTINE DAY RUNS (Feb. 11, Oakland): - A huge crowd of about 2300 runners and joggers gathered for this year's 5 & 10-Kilo Runs, sponsored by the Alameda County Heart Association. Bill Spence of Livermore clocked a good 15:51 for a 16-second win over Krys Jaxon on the shorter, one-loop course, while internationalist Brian Maxwell not only won the two-loop race, but also had a faster time than Spence for one loop. His 30:46 averages out to 15:23 per loop! John Embody was an outclassed second place in 32:32, slipping ahead of Bill Seaver by 5 seconds. Bill is just returning from a lengthy injury he got after the Brass Pole Run in October. Paul Weggenmann's 16:58 was good for a 23-second victory over teammate Don MacDonald for the masters 5K title, while high-schooler Diana Bubanja of Piedmont clocked a good 18:32 for a one-minute victory over Tiffany Choy in that race. Norm McAbee's 35:47 led the over-40 crew in the longer event, as Lee Forsberg was a close runnerup at 35:57, with Mike Healy next in 36:05. Pauline Vasquez was undisputed leader for the women, clocking a swift 38:21. Michelle Miller's 41:05 was good enough for a 5-second margin over third-placer Vicky Blankenship. Barbara Carlson (21:15) and Martha Maricle (44:18) were women's masters winners in each of the races. Top finishers in both events are listed below. /Alameda Heart Ass'n./

1-Bill Spence	15:51	18-Wallace Sifford	17:18	35-Jeffrey O. Rogers	18:07	52-Mike Cook	18:30
2-Krys Jaxon	16:07	19-Ira Moch	17:19	36-Jeff Price	18:07	53-Jim Pena	18:32
3-Steven O'Brien	16:11	20-Donald MacDonald/PMK	17:21*	37-Noah Rollins, Jr.	18:07	54-Bill Arbitman	18:32
4-Frank Leeds	16:15	21-Dave Capurro	17:23	38-Miner Chipman	18:09	55-Diana Bubanja	18:32
5-Danny Hernandez, Jr.	16:15	22-Kevin Coulter	17:24	39-Craig Byrne	18:11	56-Steven Higgins	18:34
6-William Jenney	16:32	23-Gilbert Hernandez	17:30	40-Roger Manriquez	18:12	57-Art Flores	18:35
7-Benjamin Tucker	16:34	24-Kevan Blasdel	17:32	41-Jeff Pesta	18:14	58-Richard O. Austin	18:36*
8-Danny Greco	16:51	25-Kirk Grace	17:39	42-Harvey Sargent	18:14	59-Terence Clark	18:36
9-Karl Romano	16:54	26-James H. Cross	17:44	43-Andrew Austin	18:14	60-Carroll Holthaus	18:40
10-R. Paul Weggenmann	16:58*	27-Carl A. Gayden	17:44	44-Dan M. Sheldon	18:15	***WOMEN***	
11-Kurt Mayne	17:02	28-David Sabo	17:46	45-Terry Chavez	18:17	55-Diana Bubanja	18:32
12-Pat Carroll	17:03	29-Kevin Foisie	17:48	46-Rinaldo Caminada	18:20	97-Tiffany Choy	19:31
13-Mike Green	17:03	30-Rick Gilmore	17:59	47-Dave Larson	18:21	104-Jenny Ray	19:47
14-Michael Gavin	17:05	31-Phil Wilder	18:00	48-Larry Main	18:23	109-Bridget Flynn	19:53
15-Jeff Porto	17:06	32-Benny H. Walters	18:02	49-William Dawkins	18:25	122-Debbie Bitz	20:15
16-Vince Capurro	17:11	33-Brad Carpenter	18:04	50-Lawrence J. Moser	18:27	131-Laurie Belzer	20:29
17-Brendan Dolan	17:17	34-Blaine Duran	18:05	51-Robert Williams	18:28	145-Wendy Behrbaum	20:40
1-Brian Maxwell/BASC	30:46	44-Ron Briscoe	37:06	60-Ernie Stanton	38:20	76-Doug Schrock	38:51
2-John Embody	32:32	45-Robert Trumbull, IV	37:04	61-Lorenzo Chambliss	38:20	77-Edward Greub	38:52*
3-Bill Seaver/WVTC	32:37	46-Terry D. Higgins	37:04	62-Pauline Vasquez/SJC	38:21	78-Bill Hitch	38:53*
4-Bill Sevald/PMK	32:49	47-Gary Leese	37:15	63-Bart P. Simmons	38:21	79-William Farr	38:55
5-Michael Wheeler	32:50	48-Derrick Hamilton	37:18	64-Tom Jefferson	38:22	80-Humberto Palacio	38:57
6-Mike Timmerman/TAM	33:21	49-Arthur M. Reed	37:33	65-Chuck Askin	38:22	81-Flory Rodd	38:58*
7-Iain Mickle	33:27	50-G.C. Reinhardt/LVRC	37:34*	66-Mick Mitrovich	38:30	82-Dick White	38:59*
8-Scott Faulkner	33:28	51-Mark Schever	37:34	67-Doran McGee	38:31	83-Mike Griffith	39:00
9-Bruce Wolfe/WVTC	33:51	52-Tom Hart	37:42	68-Dan P. Alario	38:35	***WOMEN***	
10-James Carson	34:00	53-Steve McCain	37:46	69-Hugh Goberson	38:39	62-Pauline Vasquez/SJC	38:21
11-Scott Molina	34:03	54-Ronald W. Kelly	37:50	70-Michael Mahoney	38:42	143-Michelle Miller	41:05
12-Jim Bowles/WVTC	34:20	55-Arnold Ramos	37:51	71-Eb Luckel	38:42	144-Vicky Blankenship	41:10
13-Jon Enscoe	34:26	56-Glen A. Jacoby	37:52	72-Per Asgaard	38:42	177-Maria E. Regalado	41:52
14-Rick Moraida	34:27	57-Gerry Beagan	37:57	73-Sky Adgie	38:42	180-Sue Vinella-Brusher	42:00
15-Raymond Orwig/WVTC	34:28	58-Chris Leiner	37:59	74-Dennis Gulbransen	38:50	190-Michelle Olson	42:17
16-David P. Zarubin	34:29	59-Ryan Smith	38:19	75-Francis D. Collins	38:51	196-Stephanie Atwood	42:30



(Above) Start of Lake Merritt (Oakland) Valentine Day Runs. /Alameda County Heart Assoc./ (Right) Steve Brooks, winner of Martinez to Port Costa Run (see results on next page). /John Marconi/





STEVE BROOKS LEADS 300 FINISHERS AT MARTINEZ RUN (Feb. 25, Martinez): - Ex-Stanislaus State runner, Steve Brooks, clocked a 41:57 for the 8.4 (short) mile Martinez to Port Costa Brickyard Run in defeating Clayton Valley High senior, Craig Hochhaus by 18 seconds. No records fell, but there was some fierce competition, led by the close masters victory of Kent Guthrie over Ralph Bowles (44:13 to 44:15). Fast-improving Elaine Miller did 54:03 to clip masters standout, Ruth Anderson, who was timed at 54:45. Jan Sershen, in third place, took the sub-masters title in a swift 42:32. /Luka Sekulich/

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1-Steve Brooks/WVTC	41:57	22-Ted Pawlak	46:28	43-Dale Nelson	48:03	64-Richard Keene	50:00*
2-Craig Hochhaus/WVTC	42:15	23-Bob Felsch	46:29	44-Raymond Neuman	48:15	65-John Mohr/PMK	50:03
3-Jan Sershen/ETC	42:32	24-Dennis Gustafson	46:42	45-Bryan Holmes/WVJS	48:28*	66-Russ Langer	50:19
4-Michael Niemiec/WVTC	42:39	25-Mike Warr	46:43	46-Paul Orgeron/BASC	48:30	67-Bill Harrison	50:20
5-Michael Duncan/WVTC	43:11	26-Russ Kiernan/TAM	46:47*	47-Thomas Aldana	48:38	68-Roberto Cazares	50:21
6-Mike Wheeler	43:39	27-August Louis	46:51	48-Douglas Bell	48:39	69-Glen A. Jacoby	50:22
7-Mark Proteau/AGRC	43:51	28-Bob Cushen	47:00*	49-Grady Wright	48:48	70-Brian Brady	50:23
8-Kent Guthrie/WVJS	44:13*	29-Hoyt Walker/LVRC	47:10	50-Wesley Hurlburt	48:54	71-Alfred Stevens	50:36
9-Jeffrey Wall/PMK	44:14	30-James Nicholson/PMK	47:11*	51-Dave Cargill	49:02	72-Bill Bugler	50:45*
10-Ralph Bowles/WVJS	44:15*	31-Mike Traynor	47:14	52-Gough Reinhardt/LVRC	49:02*	73-Hugh Globerson	50:49
11-Timothy Jordan/BC	44:18	32-Evencio Hurtado	47:19	53-Dan Hintz/WVTC	49:08	74-Burton Gardner	51:06
12-Joe Hulk	44:23	33-Doug Butt/WVTC	47:21	54-Don Mason	49:12	75-Greg Walton	51:15
13-Gary Alderman	45:01	34-Robert Malain/BC	47:23*	55-Daniel Thacker	49:13	***WOMEN***	
14-Kevin Searls	45:41	35-Anthony Helfet	47:24	56-Crosby Heafey	49:13	105-Etaine Miller/PMK	54:03
15-Terrence Casey/ETC	46:03	36-Brad Kearns	47:29	57-Ted Wilson	49:26*	115-Ruth Anderson/NCS	54:45*
16-Harry Youkers	46:04	37-Ian Watts	47:33	58-Robert Gent	49:29	139-Jane Sowersby/PMK	56:32
17-Wes Hildreth	46:05	38-Anthony Bettencourt	47:43	59-Donald Huff/PMK	49:31*	155-Mary Gaffield/PMK	57:14
18-William Jenney	46:09	39-C. Eiriksson	47:45	60-Marvin Winer/WVTC	49:36*	182-Diane Ventre	58:46
19-Terry Hughes	46:13	40-Allan Stanbridge	47:45	61-Dennis Reager	49:37	188-Carroll O'Conner/NCS	59:53*
20-Clark Rosen	46:22	41-Rick Edson	47:48	62-Orin Dahl	49:42*	201-Barbara Carlson/NCS	61:14*
21-Ross Rowley/SUND	46:25	42-Norm McAbee/PMK	47:53*	63-Frank Smith	49:55	202-Katherine Brieger/NCS	61:20*

BARKER, LATIMER AND CRAY GRAB BIG VICTORIES AT BIDWELL CLASSIC (March 4, Chico): - West Valley TC's Jim Barker captured his first PA-AAU victory in the Marathon Championships here with more than a six-minute victory over teammate Jim Bowles. His 2:30:27 was just shy of the 2:30 mark but was good enough to easily break Pat Buzbee's 1977 standard of 2:36:52. Doug Latimer, who turned 40 last December, made his mark as a class masters marathoner with a 2:43:25 win, almost two miles ahead of second placer, Harry Daniell of Redding. Likewise, the first woman finisher, Merrill Cray of Chico, scored a PR 3:01:38 in breaking her own 3:09:31 course record. Candy Hearn of Carmichael was second at 3:11:46. In an extremely tight team battle, the sponsoring Chico Running Club just edged WVTC's crew by 19 seconds (total team time) with an 8:21:11. The SWEAT masters squad ran away with the masters team title in 9:28:09, upending the Pamakids by almost 8 minutes per man. There were no complete women's teams! There were two shorter races held concurrently with the marathon, with the half-marathon running into some troubles when a policeman misdirected runners at the halfway point...about 20 runners were affected, but the winner, Wayne Badgley, scored an honest victory with his 1:07:12, while the women's title went to Cindy Claiborne, 17, of Chico, in 1:26:07. Much of the problem was caused when heavy rains the night before washed out many markings and areas had to be re-measured and marked on race morning. In the shortest race, a 3-miler, Lee Ferrero of Weed had a solo effort 14:52.8, well off Randy Sturgeon's 14:25 of 1977. Jim Bevins of Susanville (16:14) & Kathy Sullivan (18:38) won their divisions. /Schafer/

(3-Mile Results; Marathon Pg.40)

1-Lee Ferrero/SWEAT	14:53
2-Robert Woodliff/WVJS	15:58
3-Rich Vasquez	16:08
4-Jim Bevins	16:14*
5-Daniel Rubio	16:26
6-Bruce Lodge	16:36
7-Britt Brewer/CRC	16:50
8-Steve Daniels	16:56
9-Dave Wat*	17:08
10-Don Fridshal	17:20*
11-Erwin Forbes	17:25
12-Tom Rorv	17:33
13-Mark Stinson	17:37
14-Richard Ess	17:44
15-E. J. Rusk	17:57
16-Richard Emerso.	18:00
17-Herb Bladorn	18:03
18-Dick Rowlings	18:08
19-Jim Zicker	18:17
20-Dana Ward	18:23
21-Bryon Graves	18:25
22-E. Kurt Yeager	18:25
23-Rob Rusk	18:31
WOMEN	
24-Kathleen Sullivan	18:38
42-Kari Frazier	19:50
44-Carol Stanley	19:51



Jim Barker, winner of PA-AAU
Marathon. /Don Melandry/

(Bidwell Marathon...continued)

1-James Barker/WVTC 2:30:27	18-Terry Hughes 2:51:28	36-Craig Butcher 2:59:41	54-George Parrott 3:08:26
2-Jim Bowles/WVTC 2:36:35	19-Rick Sylvester 2:51:33	37-Bob Malain/BC 2:59:47*	55-Mark Cardin 3:08:33
3-Gary Alderman 2:41:55	20-Mike Rowderdink 2:53:03	38-A. McDonagh 3:00:18	56-John Bribiecas 3:08:44
4-Robert Jeffery 2:42:14	21-Scott Mellberg 2:53:03	39-Leo Ruiz 3:01:02	57-Jeff Tindall 3:09:33
5-Mike Buzbee 2:42:24	22-Ed Stromberg 2:53:56	40-Jack Byrd/PMK 3:01:12*	58-Philip Gonzales 3:10:04
6-Douglas Latimer/RWRC2:43:25*	23-V.I. Wexner 2:54:32	41-Jim Claesgens 3:01:13	59-Peter Reckes 3:10:04
7-Ross Rowley/SUND 2:44:00	24-Gene Schaumberg/ER 2:54:36	42-Merill Cray/CRC 3:01:38	60-Douglas Pohl 3:10:22
8-Michael McLain 2:44:34	25-Wayne Moss 2:56:13	43-Dee Baltzer 3:01:50*	61-Lyle Freeman 3:10:38
9-Bill Parr 2:45:12	26-Allen Koslofski 2:56:26	44-L. B. Gurd 3:02:09	62-Gary Nathanson 3:10:49
10-Mike Davis 2:45:50	27-Dave Mulford 2:56:43	45-Thomas Zavortink 3:05:01	63-Walt Currier 3:11:00*
11-James Hamlin 2:46:46	28-James Wholey 2:57:10	46-Roger Hardy 3:05:44	64-Pete Schorer 3:11:02
12-Frank Burk 2:47:40	29-Frank Smith 2:57:11	47-Brent M. Douglas 3:05:59	***WOMEN***
13-Bud Lashlee 2:50:02	30-Larry Lawson 2:57:30	48-Guy Ealey 3:06:01	42-Merill Cray/CRC 3:01:38
14-Theodore Jones 2:50:37	31-Harry Daniell/SWEAT 2:57:44*	49-F. G. Russell 3:06:02	67-Candy Hearn 3:11:46
15-Tim Chalmers 2:50:48	32-Dusty Manswett 2:58:08	50-Sam Simmons 3:06:16	73-Caron Schaumberg 3:13:25
16-Julian Sanchez 2:50:55	33-Tim Treacy/SFOC 2:58:31*	51-Errol Jones 3:06:54	111-Ann Bower 3:26:59
17-Dave Nyquist 2:51:07	34-Charlie Griffin 2:59:03	52-Rich Mueller 3:07:14*	116-Toni Crumbo 3:29:25
	35-Donald Mason 2:59:20	53-Pete Johnson 3:08:17	120-Regina Silva 3:32:24

McGRATH SCORES EASY VICTORY AT CHANNEL TO LAKE RUN (March 5, Vallejo): - Twenty-two year old Mike McGrath of the Aggie Running Club breezed to a 47-second win in this traditional 10-mile (revived after a year's absence from the schedule) run from downtown Vallejo. Second-placer Jan Sershen was likewise a long ways (1:45) ahead of third-placer Boyd Tarin. Kent Guthrie was unopposed in the men's over-40 division, clocking 56:15, some three and a half minutes ahead of Jim Engle. Top woman finisher was ageless Ruth Anderson in 68:59 (she was also obviously top masters woman). Her victory margin was largest of all (5:09 ahead of Mary Gaffield of the Pamakids). A field of about 200 runners were greeted by wet weather (typical for this race it seems), but that didn't seem to hinder the enjoyment of the race. Mark Lesperance was the 13-and-under winner in 73:05, with sister Mary finishing in second in that division (1:36:00). Top finishers are listed below. */Vallejo Chamber of Commerce/*

1-Mike McGrath/AGRC 52:24	14-David Moon/TSRC 60:08	27-John Dressler/LVRC 62:47	40-Clarence Hall/NVRC 65:51*
2-Jan Sershen/ETC 53:13	15-Robert Felsch/Un 60:15	28-Ed Wasp/Un 62:51	41-John Myers/Un 66:06
3-G. Boyd Tarin/WVTC 54:58	16-Larry Pugh/Un 61:03	29-Michael Banks/Un 63:23	42-Jim Cross/DSE 66:21
4-Michael Conroy/ETC 55:10	17-John Ruppe/Un 61:12	30-Larry Arata/Un 63:31	43-Ernest Ching/Un 66:32
5-Michael Sweeney/AGRC 55:26	18-Ed Jerome/TRAC 61:35	31-Grady Wright/DSE 63:35	44-Rick Gilmore/Un 66:33
6-Kent Guthrie/WVJS 56:15*	19-Dave Cargill/BC 61:48	32-Bill Stevens/Un 64:06	45-George Blanchard/Un 66:36
7-R. O. Franklin/LVRC 57:16	20-Keith Golding/Un 61:59	33-Gerry Beagan/Un 64:07	46-Harvey Sargent/Un 66:43
8-Rafael Tierrafria/Un 57:38	21-Paul Armstrong/WVTC 62:01	34-Hank Fragoza/Un 64:31*	***WOMEN***
9-Doug Butt/WVTC 58:41	22-Bryan Holmes/WVJS 62:19*	35-Richard Hutchinson/NCS64:51	58-Ruth Anderson/NCS 68:59*
10-Dan Moore/LVRC 59:00	23-Anthony Bettencourt/Un62:26	36-Randy Vaughn/VJHS 65:11	84-Mary Gaffield/PMK 74:08
11-Dana Burall/WVTC 59:20	24-Paul Johnson/Un 62:27	37-Rip Talavera/Un 65:15	92-Joan Ennis/Un 74:42
12-James Engle/TAM 59:46*	25-Rich Henderson/VA 62:37	38-Tim Chavez/WDS 65:16	96-Maureen King/RR 74:56
13-David Brown/Un 59:48	26-Leigh Forsberg/Un 62:43*	39-Richard Mayers/Un 65:16	99-Colleen Fox/PMK 75:26

AGGIES SWEEP LAKE MERCED RELAYS (March 12, San Francisco): - With a record turnout of 208 teams, the Pamakid Lake Merced Relays turned out to be a major success, approximately doubling last year's turnout. The Aggie Running Club of Davis waged a two-team battle with each other, with the leaders (Pete Sweeney, Stan Hockerson, Peanut Harms, Bryan Tracy & Oscar Sweeney) clocking a time of 1:55:37.8, which was only two seconds ahead of their "B" team. The winners didn't approach the swift 1:52:23 time that was set by the Golden Bears team last June. Each member of the 5-person teams ran once around the lake (4.492 miles). The San Jose Cindergals ran unopposed to an easy victory in the women's division, placing 74th overall in 2:28:29, a course standard for women by nearly nine minutes! The Dipsea Indians, Tamalpa's masters division, raced to a seventh place finish in setting a new over-40 mark of 2:05:17 (some 12 minutes under the old standard). The team was composed of Gerry Haslam, Russ Kiernan, Bruce Carradine, Mike Healy and Darryl Beardall). Darryl ran an anchor leg of 23:57 (5:20 mile pace). Tamalpa also annexed the masters women's division, defeating perennially strong NorCal Seniors by over eight minutes. */John Mohr/*

OPEN TEAMS

1-Aggie R.C. Dogs 1:55:38
2-Aggie R.C. Sport Pup1:55:40
3-Excelsior "A" 1:57:37
4-Tamalpa Groundhogs 2:01:00
5-Sinful Seven - 2 2:02:46
6-Sundance T.C. 2:03:59
8-Harmon Globetrotters2:05:31
9-BARF 2:05:58
10-Tamalpa Elders 2:06:18
11-Health's Angels #1 2:06:45
12-Black Ball Perriers 2:07:06
13-Coyote Striders 2:07:38
14-12 O'Clock Shadows 2:07:54
16-Excelsior "B" 2:08:33
17-Hastings Rockets 2:08:58
20-Dry Heaves 2:10:34
21-Open Blazers 2:10:48
22-Flying Tigers 2:11:00
23-Hastings Wasps 2:12:20
25-Tamalpa Mugwumps 2:12:34
27-What's Doing 2:13:30
30-Thank You Masked Man2:14:16
31-Roger Ramjet's Eagle2:14:18
33-TRAC 2:15:30
35-Unks 2:17:59

WOMEN'S TEAMS

74-San Jose Cindergals 2:28:29
98-Health's Angels 2:35:45
99-The Ales 2:35:53
104-Tamalpa Redheads 2:37:14
112-Millbrae Lions TC 2:39:36

MEN OVER 40

7-Dipsea Indians 2:05:17
18-Palma Kids 2:09:50
36-Tamalpa Miwoks 2:18:40
45-Tam Barking Spiders 2:21:08
55-Teachers Plus 2:23:26
63-Health's Angels 2:25:19
69-Third Century 2:27:27

WOMEN OVER 40

154-Tamalpa Trolltops 2:47:22
178-NorCal Seniors 2:55:25

3 MEN & 2 WOMEN/KIDS

29-Lake Merritt Str. 2:14:12
34-Excelsior "Mixed" 2:16:10
43-Bullets E-37 2:20:00
57-Winery Track Club 2:23:43
61-Woodside Striders 2:24:44
62-S.F. Under Age 2:24:59
68-Potato Pancake 2:26:47
76-Quick Streakers 2:29:23
77-Kashmir Speeders 2:29:31

***MEN OVER/33 & 2 WOMEN/KIDS**

24-Fox's Bunch 2:12:30
32-Range Rovers 2:14:22
41-Nextamps 2:19:20
65-No Name 2:25:39
88-EPRI "A" 2:32:51

UNDER/18

19-Hasses Asses + 1 2:10:21
26-Solano Striders 2:13:14
28-Sacred Heart 2:13:31
40-Nike of Palo Alto 2:19:20



(Left) Tamalpa's Darryl Beardall anchored that club's victorious over-40 team at the Pamakid Lake Merced Relays, and (right) Bruce Carradine took the third leg. */Jim Engle/*

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!



MACDONALD BLITZES MERCURY/NEWS 10K (Mar. 19, San Jose): - Some 4000 runners and joggers turned out for the First Annual San Jose Mercury/News Run...and it wasn't even advertised in the NCR. So much for the mass media! Internationalist Duncan Macdonald raced to a wide margin of victory over Angel Martinez and earned an expense-paid vacation(?) to the Hawaiian Marathon (his choice over Boston). His winning time was 30:20.8. Bob Welck continued his superior running in capturing the masters title in 33:47. Ulrich Kaempf was runnerup in 34:28. Another paid trip went to Roxanne Bier, who was a 50-second winner in the women's division over Cindergal teammate Cheri Williams, clocking a swift 36:27. Her overall finish was 73rd! The top 1300 or so finishers were listed in the March 23rd edition of the paper for those that aren't listed below. Looks like this one could develop into another Bay-to-Breakers. /Bob Thompson/

1-Duncan Macdonald/WVTC	30:21	53-Don Dugdale/MPAC	35:52
2-Angel Martinez/AGRC	31:33	54-Mike Lucas	35:54
3-Mike Pinocci/WVTC	31:43	55-David Garcia	35:58
4-Brian Maxwell/BASC	32:00	56-Harold Malm	35:58
5-Peanut Harms/AGRC	32:07	57-Alex Gonzalez	36:01
6-William Seaver/WVTC	32:23	58-Manny Mahon	36:04
7-Ronald Genschmer	32:27	59-Jim Gorman	36:04
8-Gary Goettelmann/WVTC	32:41	60-Tim Gill	36:04
9-Michael Niemiec/WVTC	32:41	61-Tom Jordan/WVTC	36:05
10-Paul Sechrist/SJCC	32:48	62-Roy Gonzalez	36:06
11-Jan Sershen/ETC	32:53	63-Glenn Pruitt/ETC	36:11
12-Steve Brooks/WVTC	32:57	64-David Ramirez	36:12
13-Chris Hamer/WVTC	33:02	65-Brian Dulin	36:13
14-Mike Smith/WVTC	33:05	66-Bruce William	36:14
15-Bill Clark/WVTC	33:07	67-Tom Dorst	36:18
16-Gary Galloway	33:22	68-Cal Perry	36:20
17-Jim Howell/WVTC	33:38	69-Santos Reynaga/WVTC	36:21
18-Kim Schaurer/TAM	33:45	70-Chuck Fox	36:21
19-Robert E. Welck/WVJC	33:47*	71-Dan Stefanisko	36:23
20-Jon Ahnberg	33:51	72-Richard Walters	36:24
21-Phame Camarena	33:51	73-Roxanne Bier/SJC	36:27
22-Jim Bowles/WVTC	33:52	74-Craig Shore	36:28
23-Michael Duncan/WVTC	33:52	75-Tim Rostege/WVTC	36:45
24-Bruce Rider/WVJS	34:00	76-Michael Young	36:45
25-Bill Spence	34:01	77-Roy Scellato	36:48
26-Joe Fabris	34:11	78-Dennis McMaster	36:55
27-Gary Alderman	34:14	79-James Howe	36:59
28-Jake White/WVJS	34:17	80-Michael Lambert	36:60
29-John Thias	34:27	81-Dan Delay	37:01
30-Ulrich Kaempf/TRAC	34:28*	82-Jerry Cashman	37:02
31-Stephen Puryear	34:34	83-Steve Decarto	37:02
32-Arturo Tello	34:35	84-Gerald Slibsager	36:07
33-Greg Jenkins	34:35	85-Dave Fishback	37:08
34-Michael Conroy/ETC	34:37	86-Paul Hopkins	37:08
35-John Hellman/WVTC	34:45	87-Bill Hotchkiss	37:09
36-Bruce Wolfe/WVTC	34:52	88-Terry Mullen	37:09
37-Alan Bell	34:55	89-Malcolm Stewart	37:11
38-Bill Meinhardt/WVJS	34:58	90-William Walker	37:13
39-Chris Samson	35:02	91-Mark Rokavich	37:13
40-Jim O'Neil/BC	35:02*	***WOMEN***	
41-Ted Irish	35:03	73-Roxanne Bier/SJC	36:27
42-Bill Benz/WVTC	35:05	95-Cheri Williams/SJC	37:17
43-Alan Swenson	35:10	180-Kerry Brogan/SJC	39:36
44-Steve Marks	35:12	187-Penny Peugh	39:50
45-Dave Unger	35:26	193-Judy Fox	39:54
46-Nick Winter	35:30	203-Tina Anex/AGRC	40:03
47-Keith Crowder/WVJS	35:31	205-Patty Ungson	40:05
48-Ted Pawlak	35:38	211-Sharon Yaninek/SJC	40:09
49-Jesse Colvin	35:38	215-Skip Swannack/WDS	40:15
50-Steven Specker	35:44	218-Cathy Demmelmaier	40:19
51-Paul Marquez	35:45	231-Lindy Hayes	40:30
52-Rafael Tierrafria	35:45	232-Pauline Vasquez/SJC	40:31

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SERSHEN CLIPS JENKINS AT ILSANJO 10-MILER (March 25, Santa Rosa): - Due to washed out sections of the course, this year's race turned out 250-300 yards longer than normal. The slippery terrain seemed to suit Jan Sershen, as he notched a 20-second win over Hersh Jenkins. Doug Rustad, a nationally-ranked runner in the 60's, is making a comeback and ran 57:42 in third at age 37. Darryl Beardall won the masters race by over 5 minutes with a fine 59:02 over the rugged course. Elaine Miller took a half-minute victory over Mary Morse to finish woman. Her brother, John Morse, set a course standard by over 5 minutes in the boys 13/under with an unbelievable 63:23. /Fred Kenyon/

1-Jan Sershen/ETC	56:49	31-Todd Watkins	65:21
2-Hersh Jenkins/Un	57:09	32-Craig Roland/Empire	65:22*
3-Doug Rustad	57:42	33-David Warren/ETC	65:31
4-Doug Black	58:51	34-Larry Pugh	65:39
5-Darryl Beardall/TAM	59:02*	35-Marty Post/LMJS	65:44
6-Bill Sevald/ETC	59:16	36-Robert Malain/BC	65:54*
7-Romero Mendoza/VMRC	59:50	37-Rocky Warner/Coyote	66:16
8-Dan Preston/VMRC	60:03	38-Jack Hackmann/VMRC	66:19
9-Jeff Wall/ETC	61:13	39-Tim Swezey/PMK	67:09
10-Rod Mowbray/Empire	61:37	40-Lee Ferrero/SWEAT	67:13
11-Bob Bunnell/TAM	61:44	41-Russell Kiernan/TAM	67:36*
12-Butch Alexander/VMRC	62:13	42-Tom Knight	67:53
13-Bob Myers/PMK	62:45	43-Chris Lwiner	67:59
14-Glenn Pruitt/ETC	62:59	44-J.B. Graham/VMRC	68:02
15-Stephen Puryear/PMK	63:02	45-Rip Talavera	68:46
16-Dennis Doris/VMRC	63:03	46-Ken Anderson	68:47
17-Dave Sjostedt/VMRC	63:20	47-Gordon Burns/SRCC	68:55
18-John Morse/DVTC	63:23	48-Mike McEntire	69:03
19-Terry Pintane	63:37	49-Gough Reinhardt/LVRC	69:28*
20-Dave Zumwalt	63:43	50-Roger Klein/VMRC	69:42
21-Tom Bennett/PMK	63:50	51-Michael Mahoney/SFPAL	69:45
22-Ed Jerome/TRAC	64:03	52-Jon MacPherson/Empire	69:56
23-Bill Posedel	64:07	53-Pete Coonet	69:56
24-Mickey Brodie/Ophir	64:17	***WOMEN***	
25-Bryan Holmes	64:22*	75-Elaine Miller/PMK	73:04
26-Gene Schaumberg/Empire	64:26	81-Mary Ann Morse/DVTC	73:39
27-Michael Healy/TAM	64:34*	95-Jane Sowersby/PMK	74:53
28-Tim Rostege/WVTC	64:39	97-Caron Schaumberg	75:02
29-Steve Wolters/FPTC	65:05	115-Beckie Simmie/VMRC	78:15
30-Ian Watts	65:10	120-Deryl Elijah	79:02

BOB WELCK CRACKS LAKE MERCED MASTERS RECORD (Mar. 26, San Francisco): - Starting off at a swift 5-minute pace, WVJS's Bob Welck shattered Jim Shettler's 3-year old standard on the 4.95 mile Lake Merced loop with a sparkling 25:52, nipping the old 26:19 by 27 seconds! Teammate Ralph Bowles tried to hang on but finally dropped off the torrid pace a bit, settling for a PR (also under the old record) of 26:09. Back in third, a real battle was developing, as Kent Guthrie, last year's NCR "Point Champion", had all he could do to hold off fast-closing Jim O'Neil, 26:31 to 26:33. The rest of the field finished about a minute back, but a full 21 runners broke the 'magic' 30-minute barrier. Frank Cuzzillo won in the 60 & over class with a fine 31:49, while Hawaiian Sue Stricklin, only a week of the Atlanta Women's Marathon, did a women's masters record of 31:37 in defeating local Ruth Anderson's 32:40. /Bettencourt/



Ruth Anderson ran 32:40 for 5-Mile Lake Merced Run. /Engle/

1-Robert Welck/WVJS	25:52
2-Ralph Bowles/WVJS	26:09
3-Kent Guthrie/WVJS	26:31
4-Jim O'Neil/BC	26:33
5-Gerald Haslam/TAM	27:26
6-Vince Spangler/WVTC	27:53
7-B. Carradine/TAM	27:59
8-Paul Holmes/BC	28:03

9-Norm McAbee/PMK	28:11	37-Jess Chavez	31:24
10-Tom Pierce/PMK	28:24	38-Bill Poore	31:27
11-Bill Bugler	28:45	39-R. Glickman	31:31
12-Myron Nevraumont/WVJS	28:51	40-Bruce Dingwall/PMK	31:32
13-Ted Wilson	28:52	41-Doug Moore	31:33
14-Paul Hohe	29:00	42-William Flodberg/WVJS	31:34
15-James Nicholson/PMK	29:02	43-Frank Young	31:36
16-Rich Keene	29:22	44-Sue Stricklin	31:37
17-Tim E. Treacy/SFOC	29:31	45-Harry Cordellos/PMK	31:39
18-Harold DeMoss/WVTC	29:33	46-Rolland Langley/WVTC	31:43
19-Warren Moorman/PMK	29:38	47-Jim Collins	31:46
20-Rich Mueller	29:43	48-Frank Cuzzillo/NCS	31:49
21-Marvin Winer/WVTC	29:44	49-John Dougherty	31:50
22-Bob Esquire	30:02	50-Gene Coyle	31:54
23-Richard Houston/NCS	30:13	51-Pete Dahl	31:55
24-Don Pickett/TAM	30:15	52-Paul Reese/BC	31:56
25-Philip Spiekerman	30:16	53-Sig Ketterer	31:57
26-Siegfried Mattern	30:17	54-Chad Breshears	31:58
27-Bill Hitch	30:24	***WOMEN***	
28-Earl Norgard	30:32	44-Sue Stricklin/Hawaii	31:37
29-Paul Spangler/TRAC	30:33	69-Ruth Anderson/NCS	32:40
30-Tokihiko Suychiro	30:36	81-Jeanne Jones/PMK	33:41
31-Jim Jacobs	30:47	88-Ruth Waters/NCS	33:57
32-Phil Paulsen	31:04	89-Frances Sackerman/NCS	34:15
33-Ruben Guevarra	31:09	99-Katherine Brieger/NCS	35:08
34-Dwight McClure	31:19	103-Carroll O'Conner/NCS	35:34
35-Howard Schopman	31:20	109-Adela Girven	36:05
36-Walter Williams	31:21	117-Marjorie Heinlein/TAM	36:38

BADGLEY & O'NEIL UNTOUCHABLE AT BUFFALO STAMPEDE; NEWCOMER HOWARD COPS PA 50K TITLE (Apr. 2, Davis): - Sundance's Wayne Badgley and Jim O'Neil of the host Buffalo Chips raced to impressive wins at the 10-Mile Buffalo Stampede, moved to UC Davis & co-sponsored by the Aggie R.C. this year. Badgley clipped off a course record 50:09 on the pancake course to outrun 583 others, as Brian Maxwell & Jim Nuccio's 50:18 fell by the wayside. Peanut Harms was a distant second in 52:38. Jim O'Neil likewise dominated the masters field, as the 52-year-old ace blitzed to a PR 54:57, with new master Vince Spangler of WVTC a full minute back. Candy Hearn of the Ophir Prison TC set a women's course record at 63:19, with Merrill Cray of Chico next in 63:44, which tied Karen Bain's old course record. -- Jim Howard of Sac'to State, known better for his exploits at shorter distances, raced through the marathon in 2:35:01 and held off the late surge of Bob Cooper to take the PA 50K companion race, 3:05:41 to 3:06:10. Darryl Beardall led the masters with a third place finish overall in 3:09:24 after leading thru about 20 miles. Caron Schaumberg recorded a 4:03:09 for the women's title. /Paul Holmes; Fraser Rasmussen/ ...results on next pg.

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(Buffalo Stampede & PA 50K...)

1-Wayne Badgley/Sund	50:09	39-Dan Moore/LVRC	58:04
2-Peanut Harms/AGRC	52:38	40-Scott Ellis	58:11
3-Bradley Brown/Sund	53:06	41-Joe Sloan/Ophir	58:14*
4-Czerwomy Kaprys/AGRC	53:16	42-Chris Dominguez	58:15
5-Mark Proteau/AGRC	53:37	43-D. Spickelmier/BC	58:20
6-Chris Otis/Ophir	53:38	44-Dane Larson/TAM	58:29
7-Erik Winje/Southside	53:51	45-Gary Green/HH	58:31
8-Tony Baccelli	53:59	46-Larry Pugh	58:40
9-R. Dressendorfer/AGRC	54:23	47-Gary Layton	58:44
10-Adam Ferreira/HH	54:34	48-Mike Lotter	58:45
11-Chris Little	54:36	49-Greg Walker	58:46
12-Michael Garrett	54:38	50-Joe Kattenhorn/BC	59:06
13-Dirk Rohloff	54:39	51-Manuel Aguiar	59:09
14-Mike Conroy/ETC	54:47	52-Hoyt Walker/LVRC	59:11
15-Jim O'Neil/BC	54:57*	53-Paul Holmes/BC	59:18*
16-John Sheehan/WVTC	55:05	54-Bruce Adams/Sund	59:24
17-Jim Dietler	55:13	55-Robert Felsch	59:29
18-Dan Smolich	55:16	56-Herb Kimpel	59:31
19-Frank Turner	55:23	57-George Ridout/TAM	59:31
20-Mike Souza/BC	55:33	58-Ray Menzie/WVTC	59:35*
21-Walt Lange/BC	55:50	59-Greg Miller	59:37
22-Vince Spangler/WVTC	55:57*	60-David Maxwell	59:41
23-Rick Edson/BC	55:58	61-Mike Dougherty/AGRC	59:43
24-Kon Danz/Sund.	56:23	62-Bob Strazzo	59:52
25-Stan Winkley	56:29	63-Rich Patterson	60:04
26-Jack Betschart/BC	56:42	64-Randy Hensen/Ophir	60:18
27-Perry Linn/BC	56:50	65-Richard Raftery	60:19
28-Frank Krebs/BC	56:57	66-Harold Kuphaldt	60:21
29-Terry Casey/ETC	57:12	67-Tom Plumb	60:22
30-Mark Driscoll	57:13	68-Arnie Silva/WVTC	60:23
31-Mike Catlin/AGRC	57:14	69-Bill Nelson	60:24
32-Ross Smith/WVJS	57:19*	70-Jeremy Hobbs	60:37
33-William Diaz/AGRC	57:19	71-Dave Scott	60:38
34-Earl Hardy/HH	57:24	72-Dave Cargill/BC	60:42
35-Walt Howard/BC	57:29*	73-Drew Record	60:50
36-G. Vrendenburg/BC	57:33	74-Sammy Trujillo	60:53
37-Rick Vandertie/SDTC	57:45	***WOMEN***	
38-Joe Maher/TAM	57:59	115-Candy Hearn/Ophir	63:19
		121-Merill Cray/Chico RC	63:44



(Left) Wayne Badgley chopped 9 seconds from Jim Nuccio's and Brian Maxwell's Buffalo Stampede record. /Jim Engle/ Meanwhile Jim O'Neil was cleaning house in the masters division with a great 54:57 and fifteenth overall. /John Marconi/

204-Madeleine Roese/AGRC	68:27	247-Patty Kupholdt/Ophir	70:52
210-Ruth Anderson/NCS	68:43*	248-Pat Dahlstrom/Merced	70:54
220-Deryl Elijah/TAM	69:13	249-Carol Lane/Davis Aqua	70:57
234-Patty Hoseit	70:10	251-Micki Vardehl	71:06
15-Ross Rowley/SUND	3:36:27	22-Web Chadwick	3:52:27
16-V.I. Wexner/SWEAT	3:43:10	23-Michael Levin	3:52:27
17-Luis Sandoval/WDS	3:43:27	24-Ray Wieand/WDS	3:53:59
18-Chris Hamer/WVTC	3:43:27	25-Dennis Letl/BC	3:54:40*
19-Mike Williams/Soq	3:43:27	***WOMEN***	
20-Glenn Bailey	3:45:14	28-Caron Schaumberg/ER	4:03:09
21-Marc Duquette/PBP	3:46:49	43-Karin Stok/WDS	5:06:36

1-Jim Howard/GW	3:05:41	8-Bob Bunnell/TAM	3:25:22
2-Bob Cooper/WDS	3:06:10	9-Marc Hoschlar/BC	3:28:01
3-Darryl Beardall/TAM	3:09:24*	10-Kevin Kirby/AGRC	3:28:43
4-Jeff Wall/ETC	3:11:13	11-Bob Hedges/BC	3:29:15
5-Jim Bowles/WVTC	3:13:25	12-Doug Peck/WDS	3:31:21
6-Bob Coleman	3:15:54	13-Dennis Rinde/OPHIR	3:31:51
7-Bruce LaBelle/AGRC	3:22:44	14-Gene Schaumberg/ER	3:33:51

RECORDS TUMBLE AT ARROW 10K (Apr. 2, Sunnyvale): - Angel Martinez and Tim Chain both dipped under Bill Clark's 1977 standard of 30:57, as the winner scored a seven-second victory margin, 30:47 to 30:54. Excelsior's Jan Sershen was another 13 seconds back in third. Then came seven WVTC runners, led by Steve Brooks' 31:22. But perhaps the most amazing performance of the day was by 40-year-old Bob Welck, who finished 11th overall and broke Kent Guthrie's standard from last year by 48 seconds! His 32:27 figures out at 5:13 per mile. Ulrich Kaempf was also under the old mark with his impressive 33:09 at 47 years of age. Penny DeMoss made a big breakthrough with her 36:37 course record (5:54 per mile), not quite a half-minute better than Roxanne Bier's 37:01 of two years ago. Penny's winning time from the year before was 39:09. Sue Munday held off Elaine Miller for second place as the latter scored a PR for the distance, 38:23 to 38:36. Paul McClure, 16, smashed the 13-16 record by nearly 2-1/2 minutes with a 33:41 (22nd overall), while Mike Sapp, also 16, was close behind at 33:53. Neal Pyke led a large field of race walkers with his 45:23, well ahead of teammates Tom Dooley (46:34) and Bill Ranney (46:42). Weather: low 70's; 443 finishers. /Jerome Lewis/



Early leaders at the Arrow 10K (l-r): Brooks, Martinez, Sershen, Smith, Chain, Zapata and Goettelmann. /John Sheretz/

1-Angel Martinez/AGRC	30:47	31-Mike Niles	34:29
2-Tim Chain	30:54	32-Ronald Orsua	34:34
3-Jan Sershen/ETC	31:07	33-David Garcia	34:38
4-Steve Brooks/WVTC	31:22	34-Todd Feeley	34:44
5-Bill Seaver/WVTC	31:24	35-Tim Rostege/WVTC	34:46
6-Mike Niemiec/WVTC	31:26	36-Dennis Gustafson	35:00
7-Gary Goettelmann/WVTC	31:40	37-Andrew Lewis/WVJS	35:04
8-Bill Clark/WVTC	32:02	38-Phil Sanfilippo/WVJS	35:07
9-Fritz Watson/WVTC	32:08	39-Don Dugdale/MPAC	35:13
10-Daryl Zapata/WVTC	32:12	40-Dete Kraus/WVJS	35:17
11-Bob Welck/WVJS	32:27*	41-Chris Sampson	35:24
12-John Clary/WVJS	32:41	42-Andy Takaha	35:25
13-Mike Smith/WVTC	32:48	43-William Dunn	35:26
14-Paul Thompson	32:51	44-Sheldon Larson/CW	35:28
15-Rick Brown/SRRC	32:52	45-Roy Scellato/TRAC	35:30
16-Jake White/WVJS	33:00	46-John Hawkes/WVTC	35:31
17-Ulrich Kaempf/TRAC	33:09*	47-Robert Jeffery	35:50
18-Keith Kruse	33:11	48-Steve Scarich	35:54
19-Dave Levitsky/WVTC	33:15	49-Leigh Forsberg/WVJS	35:56*
20-John Hellman	33:27	50-Frank Ruona	36:03
21-Gary Singer	33:33	51-Myron Nevraumont/WVJS	36:05*
22-Paul McClure	33:41	52-Bryan Holmes/WVJS	36:09*
23-Mike Sapp	33:53	53-Henry Melin	36:10
24-Bill Benz	34:13	54-Garry Newton	36:12
25-Nick Winter/LVRC	34:15	55-Ed Jerome/TRAC	36:14
26-Jim Gorman	34:19	56-Dale Nelson	36:16
27-Michael Haniger	34:21	57-Mike Plummer/WVTC	36:18
28-Bill Clifford/MPAC	34:24	58-Robert Cummings/WVTC	36:19
29-Jim Doran/WVJS	34:26	59-Dan Dierken	36:21
30-Santos Reynaga/WVTC	34:28		

(Continued on next page)....

(Arrow 10K...continued)

60-John Ulate/TRAC	36:28
61-Brian Hollins/TRAC	36:33
62-Paul Swinney/CW	36:34
63-Penny DeMoss/WVTC	36:37
64-Mario Springer	37:01
65-Michael Fenner/WVJS	37:01
66-Michael Gruber/WVJS	37:01
67-Jim Potterton	37:04
68-Harold DeMoss/WVTC	37:05*
69-Dick Croteau/WVJS	37:06
70-Paul Hopkins	37:08
71-Paul Armstrong/WVTC	37:10
72-Gary Williams	37:12
73-Jon Reyes	37:13
74-Carl Martin/WVJS	37:19*
75-Damon Sawrey	37:25
76-Dave Branning/WVJS	37:26
77-Ron Briscoe	37:26
78-Ken Nickel/WVJS	37:27
79-Tom Knight	37:28
80-John McCrillis/TRAC	37:29*
81-John Lilygren/AGRC	37:34
82-Edward Vocke	37:38*
83-Richard Vincent	37:41*
84-Don Swanson	37:43
85-John Flather/TRAC	37:48*
86-Allan Stanbridge/PMK	37:53
87-Paul Spangler/TRAC	37:55*
88-David Crawford	37:59
89-Roger Hardy	38:00
90-Tim Gill/SDTC	38:00
91-Charles Roskosz/WVJS	38:02*
92-Don Carpenter/WVTC	38:03*
WOMEN	
63-Penny DeMoss/WVTC	36:37
99-Sue Munday/CW	38:23
103-Elaine Miller/PMK	38:36



Angel Martinez on his way to a course-record 30:47 at the Arrow 10K. /John Sheretz/

116-Patty Cooper	39:15
168-Barbara Pike	41:31
192-Karolynn Coleman/WDS	42:50
214-Lorraine Xuereb	43:44
215-Lynn Harris	43:45
221-Ellen Clark/WVTC	44:03
223-Maria Ng/WVTC	44:13
231-Susan Brown/WVTC	44:34
237-Jackie Lewis	45:00

FIRST CLEAR LAKE MARATHON A SMASHING SUCCESS (Apr. 2, Lakeport):

- From all reports, this first annual event turned out to be one of the better-run marathons in Northern California, thanks to a lot of pre-race preparations. Noel Lincicome, 29, a bartender from the Harrah's Club in Reno, was the clear winner over Ben Tucker, 35, who was, to our knowledge, competing in his first-ever marathon. You track nuts will remember Ben as being a star distance runner at San Jose State in the early 60's when he was pegged as being the best chance for a sub-4 minute mile by a black (which would have been a first). Ben finished some three-fourths of a mile back at 2:43:53. Doug Latimer picked up his second marathon victory in a row as a 40-year-old with a fine 2:53:20, which was some ten minutes off his time at the PA-AAU Championships in Chico. Don MacIntosh was his nearest competition in a faroff 3:05:10. Daphne Dunn ran a Boston qualifying time of 3:28:55 in capturing the women's title, while 16-year-old Laura Gerdson clocked 3:37:23 for runnerup spot. A total of 105 finished. Put this one on next year's calendar. /Wm. Jones/

1-Noel Lincicome/Reno	2:39:28	20-John Revelli	3:02:31
2-Ben Tucker	2:43:53	21-Ed Bredthauer/MPAC	3:02:38
3-James Hamlin	2:47:20	22-Tom Zavortink/PMK	3:03:03
4-Bruce Jones	2:48:31	23-Gordon Stewart/TAM	3:05:06
5-Kim Schauer/TAM	2:50:29	24-Don MacIntosh	3:05:10*
6-Theo Jones/PMK	2:51:40	25-Paul Boutelle/LMJS	3:06:44*
7-Mikey Rowerdink/SUND	2:53:10	26-Jay Helgerson	3:08:17
8-Doug Latimer/RWRC	2:53:20*	27-Don Lucero/WVTC	3:08:35*
9-Kees Tuizing/TAM	2:53:26	28-Harrison Smith/SWT	3:09:20*
10-David Moss	2:54:31	29-Marty Post/LMJS	3:11:09
11-Lance Koll	2:54:44	30-Graeme Bell	3:12:21
12-Jackson Dodge/AGRC	2:54:48	31-Brian Kilian	3:12:27
13-Cliff Wolery	2:55:13	32-Michael Levy	3:13:55
14-Dave Mulford/DSE	2:56:20	33-Arnold Wong	3:15:28
15-Scott Claypoole/SWT	2:57:11	34-Richard Emerson/SWT	3:16:42
16-Ted Levine	2:58:30	35-Jerome Anderson/MPAC	3:16:58
17-Mark Chapman/Ariz.	3:00:28	***WOMEN***	
18-Steve Higgins/DSE	3:01:34	53-Daphne Dunn/PMK	3:28:55
19-Rafael Tierrafria	3:02:25	63-Laura Gerdson	3:37:23

OVER 1500 ENTRIES IN BROOKS' INTERNATIONAL FRIENDSHIP RUNS (Apr. 9, San Francisco): - Nearly 500 German running enthusiasts joined up with over 1000 Northern Californians in making this series of races one of the most enjoyable in recent memory. Although the weather was more suitable for the officials than the runners, with temperatures in the mid to upper 70's during the 30-kilometer (PA-AAU Championships) race, everyone had a good time, although actual running times were a bit slower than normal. Despite well-manned aid-stations every 5-kilometers, the loop-course tempted many to drop out in the longer run. The race, co-sponsored by WVTC and Brooks Shoes, offered many awards in 5-year age-groups through 69 years. Results were only mailed to those that filled out the large race-packet envelopes...if you want a complete set and didn't receive one, send two 13¢ stamps (we'll supply envelope) & you'll get your results and certificate. Brian Maxwell broke away from Jan Serhsen about halfway through the 30K run, going on to win in 1:40:23, with Serhsen two minutes back. Ralph Bowles upended Darryl Beardall by 50 seconds for the masters title and Joan Ulliyot did 2:11:32 to clip Ruth Anderson by three minutes, as the latter grabbed the over-40 women's title. Jim O'Neil's 1:51:43 won the 50-59 title, and Paul Reese had 2:15:20 in the 60 & over division. Jan Serhsen was first sub-master. Excelsior surprised WVTC for the men's team title, 5:17:32 to 5:26:24, while the West Valley Joggers had a little tougher time in handling Tamalpa, 5:41:11 to 5:48:19. The DSE Runners took their first PA-AAU title as their women clocked 8:46:15 as the only full team (3 runners) to finish. The NorCal Seniors were likewise unopposed, taking the masters women's team award in a time that would have easily defeated the senior women (7:18:40). In other action, Mike Porter ran unopposed to a 32-second win over Lewis Patterson in the 5K race, while West German, Alfons Ida, whipped Ken Napier by over a minute in the masters race, taking eighth overall. Phyllis Olrich clipped teammate Judy Leydig, 17:50 to 18:38. Mike Niemiec's 48:56 was 18-seconds up on Bill Clark in the 15K, as 51-year old Carl Martin was top master. Sally Metteer ran an unopposed 58:21 for women's honors. /Sheehan; Hawkes; Taylor/

1-Mike Porter/WVTC	14:59	14-John Hawkes/WVTC	17:11	27-James Cross/DSE	18:41	40-Dan Fragoza/DSE	19:32
2-Lewis Patterson	15:31	15-Dennis Reager/SFR	17:12	28-Manfred Schroeder/WG	18:43*	41-Gerald Flynn	19:37
3-Tony Baccelli	15:54	16-Alex Sheleketinsky/BA	17:20	29-Oscar Porter, Jr./SFS	18:43	***WOMEN***	
4-Iain Mickle/RHS	16:14	17-Tim Rostege/WVTC	17:34	30-Kenneth Theis/Srmtc	18:49	20-Phyllis Olrich/WVTC	17:50
5-Harry Cross/WVTC	16:18	18-Ken Napier/WVJS	17:46*	31-Horst Koch/WG	18:49*	25-Judy Leydig/WVTC	18:38
6-Karl Machsches/ETC	16:20	19-John Danner/PMK	17:49	32-Greg Paulat	18:51	34-Jill Campbell/UCB	19:02
7-Jack Knebel/WVTC	16:21	20-Phyllis Olrich/WVTC	17:50	33-Joe Gallagher	18:55	36-Lynn Hjetje/UCB	19:17
8-Alfons Ida/WG	16:38*	21-Michael Harpe/AS	18:03	34-Jill Campbell/UCB	19:02	42-Susan Craig/BASC	19:50
9-Arthur Beckert/WVTC	16:51	22-Tom Standing	18:34	35-John Dougherty/DSE	19:13	56-Linda Eby	20:34
10-Daniel Hersh/WVTC	16:54	23-Richard Blameuser/WG	18:37*	36-Lynne Hjetje/UCB	19:17	64-Lorraine Xuereb	21:05
11-Bill Catanese/TAM	16:55	24-Paul Anderson/WVTC	18:37	37-Thomas Chuey/PMK	19:21	66-Lourdes Hernandez/WVTC	21:09
12-Larry Main/WVTC	16:56	25-Judy Leydig/WVTC	18:38	38-Tom Vaughan	19:21	69-Ellen Clark/WVTC	21:16
13-Terry Mullen/WVJS	17:07	26-Rick Gilmore	18:41	39-Phillip Choisser	19:27	71-Inge Schmidt/WG	21:21
1-Mike Niemiec/WVTC	48:56	13-Mike Plummer/WVTC	53:55	25-Jim Holben/WVTC	57:51	37-Philip Murphy	59:42
2-Bill Clark/WVTC	49:14	14-Karl Recke/WG	54:29	26-Joseph Ryan	58:08	38-Carl Martin/WVJS	59:49*
3-Tom O'Neil/BC	49:32	15-Doug Butt/WVTC	55:11	27-John Ruppe/WVTC	58:11	39-Roderick McKenzie	60:02*
4-Klaus Mausolf/WG	49:40	16-Ray Bonner	55:25	28-Lance Kuykendall/WVTC	58:15	40-Paul Spangler/TRAC	60:05*
5-Kim Schauer/TAM	51:28	17-Tom Jordan/WVTC	56:04	29-Larry Arata	58:20	41-David Key	60:07
6-Jeffrey Wall/ETC	51:50	18-Douglas Bell	56:19	30-Sally Metteer/UCB	58:21	42-Peter Sommer/WG	60:16
7-Wilfried Rotthaus/WG	52:01	19-Michael Brown	56:20	31-Steve Hackel	58:25	43-Bob Butchart/PMK	60:20
8-Scott Molina	52:41	20-Steve Lyons/DSE	56:38	32-Tom Beardsley	59:01	44-Tom Mann/ETC	60:24
9-Walt Lange/BC	52:41	21-Ed Jerome/TRAC	57:00	33-Carlton Beeson	59:09	45-Gary Nathanson/PMK	60:35
10-Bob Myers/PMK	53:37	22-Gary Bluth/DSE	57:03	34-Thomas Knight	59:16	46-Robert Hootkins/UCB	60:36
11-Bill Benz	53:48	23-Douglas Stevens	57:12	35-Lorenzo Chambliss	59:26	47-Jim Stephens	60:43
12-Dieter Kramer/WG	53:51	24-Tom Martz/DSE	57:44	36-Michael Mathiasine	59:42	48-Bill Stainbrook/BC	60:48

49-Larry Feigenbaum	60:54	56-Gary O'Brien	61:46	63-Don Huff/PMK	62:45*	83-Judy Irving	65:30
50-Jim Myers/PMK	61:00	57-Floy Dawson	62:01*	64-Alfons Grippenkov/WG	63:02	91-Pat Cutler	66:30
51-James Willis	61:08	58-Dick Fugett/WVTC	62:10*	65-Dave Schenone	63:04	101-Pat Whittingslow/PMK	67:18
52-Peter Cartwright	61:14	59-Collin Hermans/ER	62:22*	66-William Siordia	63:11	103-Moira Casey/ETC	67:27
53-David Cummins	61:18	60-Ed Pearce	62:24	67-Jeff Houston/UCB	63:12	107-Kathy Lundquist	68:17
54-Darrell Gee/NCS	61:39*	61-Richard Sullivan/WVTC	62:29	***WOMEN***		111-Sigrid Sucker/WG	68:46
55-Oswald Schmidt/WG	61:40*	62-Craig Windham/WVJS	62:44	30-Sally Metteer/UCB	58:21	132-Ruth Waters/NCS	70:16*
1-Brian Maxwell/BASC	1:40:23	24-David Zumwalt	1:58:00	47-Keith Whittingslow	2:02:44	70-Howard Jacobson/BC	2:07:35
2-Jan Serhsen/ETC	1:42:25	25-Don Dugdale/MPAC	1:58:40	48-Timothy Treacy/SFOC	2:02:53*	71-Holger Lerps/WG	2:07:56
3-Gary Goettelmann/WV	1:43:59	26-Sal Citarella	1:58:53	49-Rolf Henniger/WG	2:02:56	72-Richard Locksley	2:08:07
4-Jim Barker/WVTC	1:46:04	27-Ernst Schafer/WG	1:58:56	50-Bart Simmons	2:02:58	73-Chris Leiner	2:09:02
5-Brock Hinzmann/ETC	1:47:04	28-Lloyd Sampson	1:59:02	51-Dave Mulford/DSE	2:03:19	74-Edward Syrett/WVTC	2:09:14
6-Greg Jewett/ETC	1:48:03	29-Michael Fenner/WVJS	1:59:13	52-Bruce von Borstel/TM	2:03:36	75-Dan Hintz/WVTC	2:09:24
7-Alois Schumacher/WG	1:48:04	30-David Moon	1:59:18	53-Marvin Winer/WVTC	2:03:39*	76-Karl Junge/WG	2:09:50*
8-Ralph Bowles/WVJS	1:48:26*	31-Bert Johnson/LVRC	1:59:20	54-Evan Custer	2:03:43	77-Richard Doty/SUND	2:09:56
9-Darryl Beardall/TAM	1:49:16*	32-Thomas Aldana/ETC	1:59:22	55-Larry Goldstein	2:03:49	78-Brian Juri/DSE	2:09:59
10-George Green/ETC	1:49:41	33-Terrence Casey/ETC	1:59:41	56-Olin Boschker/Navy	2:03:52	79-Horst Bremer/WG	2:10:08
11-Jake White/WVJS	1:49:53	34-Hans Kleu/WG	1:59:44	57-Edward Dux/IVC	2:04:00	***WOMEN***	
12-Philip Kay/ETC	1:51:18	35-Chuck Stagliano/DSE	1:59:52	58-Ed Dally/WVTC	2:04:49*	83-Joan Ulyot/WVTC	2:11:32
13-Jim O'Neil/BC	1:51:43*	36-Myron Nevraumont/WVJ	1:59:55*	59-Ben Winslow	2:05:07	96-Ruth Anderson/NCS	2:14:29*
14-Stephen Puryear/PMK	1:52:43	37-Dan Moore/LVRC	2:00:52	60-Ron Kesecker/ER	2:05:57	106-Vivian Difatte/SU	2:16:13
15-Ross Smith/WVJS	1:52:50	38-Tomaso Kearcher	2:00:58	61-James Wilkins/TYMM	2:06:13	123-Sue Brusher	2:19:29
16-Frederick Coleman	1:53:24	39-Russell Kiernan/TAM	2:01:13*	62-Gary Kelsberg/UCMC	2:06:21	128-Mary Healy/WOTR	2:20:29
17-Klaus Fischer/WG	1:53:27	40-Bob Cooper/WDS	2:01:30	63-Richard Houston/NCS	2:06:27*	136-Stephanie Atwood	2:22:08
18-Nick Winter/LVRC	1:54:16	41-Bill Harrison	2:01:40	64-Tom Pierce/PMK	2:06:55*	156-Lynn Harris	2:25:51
19-Hans Kruger/WG	1:55:26*	42-Jim Nicholson/PMK	2:01:41*	65-Roy Crawford	2:07:00	167-Merrily Landers	2:27:43
20-Richard Franklin/LV	1:55:28	43-Paul Orgeron/BASC	2:01:45	66-Mike Mee	2:07:09	171-Beckie Simmie/ER	2:28:31
21-Dave Levitsky/WVTC	1:56:21	44-John Soubier/PMK	2:01:50*	67-Dave Markstom/PARCA	2:07:10	174-Letha Figg-Hoblyn	2:28:48
22-Ross Rowley/SUND	1:56:35	45-Andre Maillet/WG	2:02:20*	68-Jim Brusstar/WVTC	2:07:13*	179-Kellie Sheehan/UCMC	2:29:04
23-Michael Healy/TAM	1:57:50*	46-William May/DSE	2:02:41	69-Alan Crestetto	2:07:14	181-Frances Sackerman/NC	2:29:23*



(Left) Mike Niemiec was Friendship Run 15K winner. /John Sheretz/
 (Right) Jan Serhsen was 30K runnerup in 1:42:25. /John Marconi/



Brian Maxwell winning Brooks-sponsored Friendship 30K. /Marconi/

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Start of 15-kilometer International Friendship Run. /J. Marconi/

PART-TIME HELP → WANTED

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BILL CLARK LEADS WEST VALLEY SWEEP AT LIVERMORE (Apr. 22, Livermore): - On a warm sunny day with temperatures in the 60's, WVTC's Bill Clark made a strong move with about two miles remaining to hold off fast-closing teammate, Vic Cary, clocking a good 43:52 on the rolling 8.5-mile loop. It was good enough for a 17-second margin of victory as another WVTC runner, Bill Seaver, completed the sweep in 44:19, a step ahead of Boyd Tarin. Ralph Bowles missed Kent Guthrie's 47:48 course record (as Clark missed Nuccio's 42:28 open mark), but easily won the masters division over Bryan Holmes, 48:23 to 49:19. Judy Leydig's 55:48 was good enough for a two-minute margin in the women's race, as amazing 48-year-old Ruth Anderson clipped almost two full minutes from her own over-40 women's record with a swift 57:44. Maryetta Boitano's 55:11 from 1973 still stands as the women's record. A total of 321 completed this popular race. /Joe Choy & Brian Bonner/

1-Bill Clark/WVTC	43:52	31-Bert Johnson/LVRC	50:00	61-Ted Orzechowski/LVRC	52:53
2-Victor Cary/WVTC	44:09	32-John Sheehan/WVTC	50:11	62-Larry Arata/Un	52:58
3-Bill Seaver/WVTC	44:19	33-Jon Ensloe/Un	50:17	63-Dan Hersh/WVTC	53:05
4-Boyd Tarin/UNR-WVTC	44:20	34-Hoyt Walker/LVRC	50:19	64-Mike Walding/Un	53:10
5-Jan Serhsen/ETC	44:45	35-Stephen Thomson/Un	50:25	65-Server Sadik/LLL	53:18
6-Steve Brooks/WVTC	44:59	36-Brett Hill/HATC	50:30	66-Evan Custer/ORR	53:26
7-Gonzalo Aguilar/WVJS	45:55	37-Ross Rowley/SUND	50:33	67-Richard Doty/SUND	53:29
8-Mike Timmerman/TAM	45:57	38-Paul Holmes/BC	50:35*	68-Larry Pugh/Un	53:30
9-Dan Martinez/Un	46:32	39-Tony Casillas/Un	50:39	69-Greg Snyder/Un	53:31
10-Frank Duarte/BA	46:38	40-Walter Haight/Un	50:51	70-Tom Appollo/DSE	53:35
11-Rudy Munoz/UNR	46:46	41-Bruce Adams/SUND	50:52	71-Glen Jacoby/Un	53:39
12-R.D. Franklin/LVRC	46:47	42-Augie Louis/Un	50:54	72-William Jenkins/SALZ	53:44
13-Krys Jaxon/Un	47:08	43-Dave Cargill/BC	50:57	73-Talavera Rip/Un	53:46
14-Mike Wright/Un	47:15	44-Anthony Bettencourt/Un	51:00	74-Peter Cartwright/Un	53:47
15-Stan Suderow/SolTC	47:32	45-Peter Morris/Un	51:10	75-Bill Lamb/TRAC	53:52
16-Jeff Cowling/Un	47:47	46-Tom Mota/Un	51:16	76-Tom Mann/ETC	53:59
17-Greg Jewett/ETC	48:04	47-Robert Malain/BC	51:20*	77-Donald Lotz/Un	54:07
18-Dan Smolich/Un	48:05	48-Tim Chalmers/Un	51:25	78-Richard Vincent/Un	54:08*
19-Nick Nickols/Un	48:17	49-Paul Orgeron/BASC	51:33	79-Brian O'Dell/Un	54:13
20-Ralph Bowles/WVJS	48:23*	50-Thomas Aldana/ETC	51:37	80-D.R. Mittelstaedt/CLR	54:14*
21-Nick Winter/LVRC	48:29	51-Michael Deatherage/SGC	51:45	81-Art Portocarrero/Un	54:23
22-Kirk Gluckman/Un	48:48	52-Douglas Latimer/RWRC	51:47*	82-Steven Hyland/Un	54:30
23-Dennis Urtiaga/Un	48:54	53-Charlie Eiriksson/Un	51:52	***WOMEN***	
24-Mike McCormick/Un	49:10	54-Wesley Hurlburt/Un	51:54	96-Judy Leydig/WVTC	55:48
25-Gordy Vredenburg/BC	49:16	55-Glenn Pruitt/ETC	52:03	124-Ruth Anderson/NCS	57:44*
26-Bryan Holmes/WVJS	49:19*	56-Jack Vicory/Un	52:04	140-Barbara Pike/Un	58:44
27-Harvey Ferrill/SUND	49:24	57-Dennis Reager/SFRC	52:11	142-Sue Brusher/BASC	58:54
28-Ken Takao/Un	49:28	58-Glen Krawiec/CLR	52:17	154-Cathy Duarte/BA	59:57
29-William Dunlop/OVRC	49:29	59-Dennis Kroll/Un	52:34	174-Kathy Lundquist/Un	61:25
30-Robert Martinez/Un	49:32	60-Drew Record/Un	52:43	183-Ellen Clark/WVTC	62:28

METTEER GRABS PA-AAU 10-KILO (Apr. 16, Santa Rosa): - Cal track ace, Sally Metteer, was an easy winner here, clocking a rather slowish (for her) 39:01 to crush her nearest opposition (teammate Jill Campbell) by a quarter-mile or so. Judy Leydig set the women's standard for this loop-course last year in 37:39. In third spot today was Sue Brusher, competing for Body Ammo Sports Club. Ruth Anderson had little trouble in the over 40 division, clocking 41:55 to win by about a half-mile over Marthar Maricle. The host Empire Runners took team honors with the NorCal Seniors winning the masters championship. ...133 finished. /B. Simmie/

1-Sally Metteer/Un	39:01
2-Jill Campbell/Un	40:27
3-Sue Brusher/BASC	41:11
4-Moira Casey/ETC	41:27
5-Beckie Simmie/ER	41:31

6-Caron Schaumberg/ER	41:43
7-Ruth Anderson/NCS	41:55*
8-Sharon Yaninek/SJC	42:30
9-Beverly Larsen/Un	42:32
10-Sue Craig/BASC	43:10
11-Nina Beatie	43:11
12-Laurie Hollingsworth	44:41
13-Gale Everett	44:49
14-Candy Brettmer	44:54
15-Jan Menachof	45:15
16-Martha Maricle/NCS	45:22*
17-Jennifer Kerlin	45:25
18-Daphne Dunn/PMK	45:35
19-Alexandra Haslam	45:47
20-Teresa Breazeale/ER	45:54
21-Noel Schumacher/DHPF	46:00
22-Michele Gauthier/SYN	46:05*
23-Donna Crowley/ER	46:13
24-Lilian Woodward/NCS	46:18*
25-Wanda Henson	46:48
26-Marci Hoard	46:50
27-Nora Crans/WVTC	47:16
28-Tess Kampinann	47:30
29-Dian Kehres	47:34
30-Annette Davis	47:40
31-Elizabeth King	47:42
32-Sue Page	47:58
33-Kathy Klein	47:59*
34-Yman Pritz/ER	48:34
35-Joanna Dowson	48:46
36-Julie Schreck/YMCA	49:26
37-Valerie L. Key	49:37
38-Louisi Fraser/ER	50:08
39-Katie Huffman/STT	50:10
40-Barbara Easterling	50:19*



Fast-finishing Vic Cary took second place at Livermore 8.5 Miler in 44:09. /John Sheretz/

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RESULTS: - The Avenue of the Giants Marathon saw 1553 finishers this year! The winner was Blair Johnson of El Paso, Texas in 2:18:17 under warm conditions. Wayne Badgley, 33-year-old New Zealander from Stockton held on well to second with a 2:19:36, while Gary Purpura of Portland, Oregon, was third place at 2:21:44. A total of eleven runners broke 2:30, while 204 were under 3 hours. Bob Bourbeau waged a tight battle with Southern Californian John Rudberg, dipping under 2:40 with his 2:39:15, while Rudberg just missed at 2:40:04. Doug Latimer ran another 2:43 marathon to take fourth behind over-50 winner Ross Smith, who did his best race in some time with a 2:40:57. Whoops...there was yet another over-50 runner in front of poor Doug...fellow by the name of Pedro Soto from Badger (near Fresno?). He did a very fine 2:42:06 (age 51). Judy Leydig missed Jacqueline Hansen's 2:50:18 course record but nearly got a PR for herself, taking the women's title in 2:51:21, only 41 seconds off her all-time best. Caron Schaumberg nearly got her sub-three hour effort with a 3:00:57 second place, while Ruth Anderson set a PR at age 48 in 3:04:19. Sixty-year-old Marcie Trent did 3:26:16! And 79-year-old Paul Spangler dipped under four hours with a fine 3:59:47. Complete results on this and more in next issue!!



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