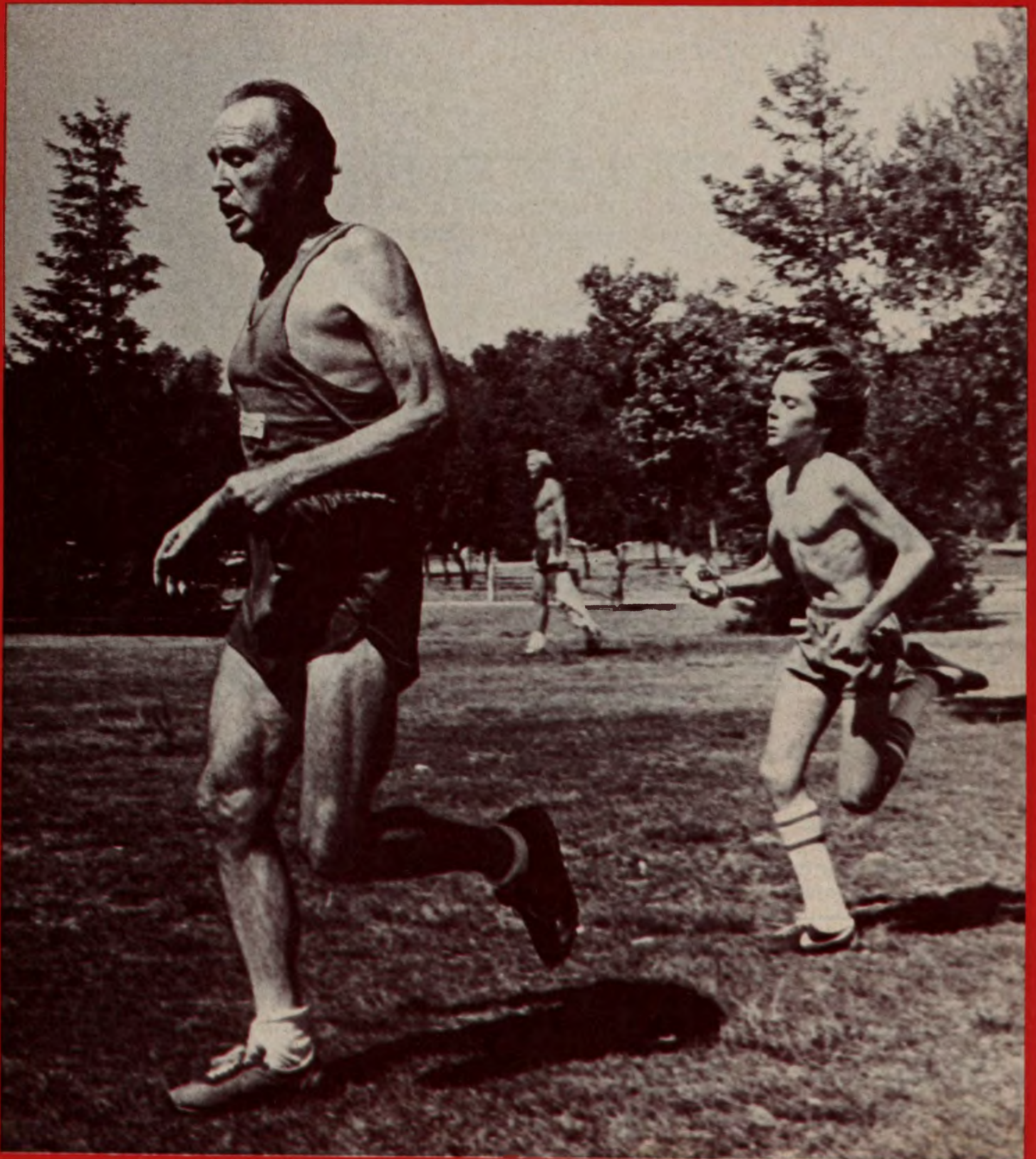


JUL.-AUG.  
1978  
(#72)

**NOR-CAL**

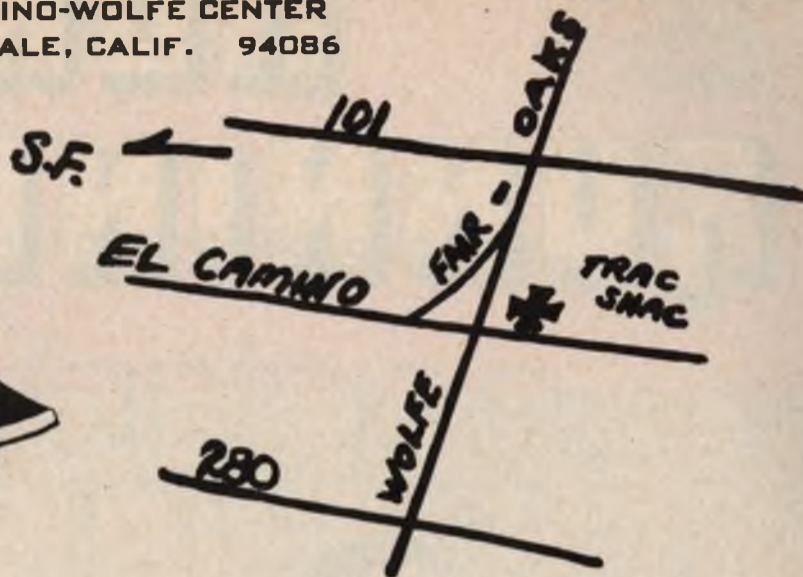
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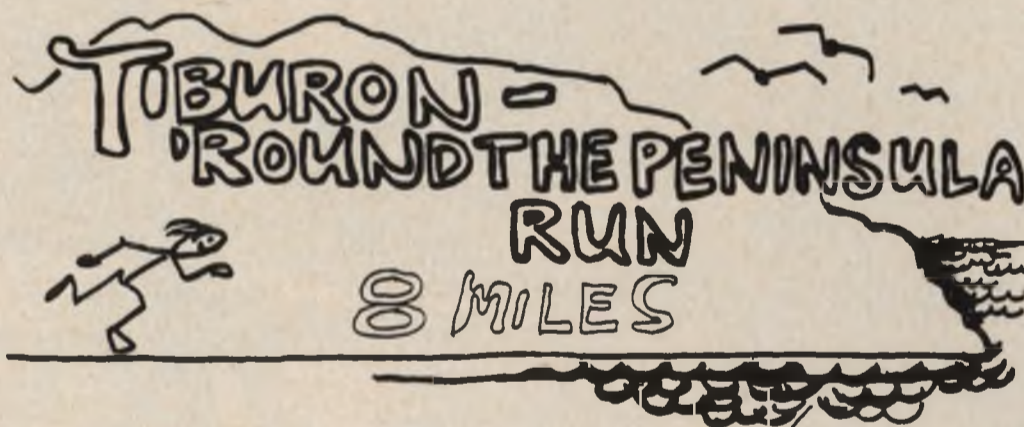
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## UP FRONT

People everywhere are finding out that running can be beneficial to health and can, at the same time, be a lot of fun (when you get into shape!). As our cover photo shows, there are no age limits in the sport. This photo was taken near the finish of the popular TRAC 10-kilometer run in San Jose in late May. All you really need are some good shoes and advice. /John Sheretz/

JUL.-AUG. 1978 (No. 72)

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

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 & speciality shop sales and samples. Please subscribe now!

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

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## EDITOR'S MESSAGE

● FOUR-COLOR NOR-CAL? - With this issue we had hoped to go to a four-color layout with the help of advertisers (we can't afford to do it otherwise). We need a minimum of three advertisers to do this (we have commitments from two already), so if you know of any company, organization, or race, etc., that would like to help us out, please contact the editor immediately. We plan on keeping the costs down, and spreading the extra 4-color expenses amongst the advertisers with no additional profits for us over our normal black and white rates. We feel the 4-color look would certainly enhance the magazine, and it would also allow our contributing photographers to send us pics (we'd actually need the transparencies for color separations) in color. We'll probably give \$25 for cover shots when we go to color. By the first of next year, if our subscriptions get to 3000 or more, which they should, we will also most likely be giving a small fee for all photos used in our magazine. As we continue to grow, we'll be able to pay for articles too...not much at first, but something at least. We have been encouraged by our increase in subscriptions since the first of the year, due primarily to our agent program, but we need paid subscriptions to make it work...there is no way we will be able to continue passing out so many free magazines in the future if we don't get more subscriptions in return. So if you don't currently subscribe, please help us out and send a \$6 check today. Encourage your friends to subscribe!

● SCHEDULES NEEDED--AGAIN! - Here it is on the verge of a new cross-country season. Since our next issue will be out in mid-September, we'll need any and all scheduling information for the Sept./Oct. issue by the last week in August (earlier if at all possible). We never seem to get enough scheduling information from our readers...we normally have to go dig it out ourselves, which is very time-consuming. So, this year we are pleading with anyone that has a schedule (schools are the ones we need mostly...high school, college, jr. college) to send it to us as soon as possible. Also, anyone who'd like to compile this list from the various schedules we receive is asked to contact the editor...otherwise I'll do it myself.

● NEW STATISTICAL EDITOR - We only had one person reply to our plea in last issue for help in creating statistical lists during track season. Keith Conning is doing a great job on the high school marks, and now David Black has offered to cover AAU & collegiate (not JC) marks for us, beginning next spring. Fred Baer already does the JC lists. We'd still like to have someone do the women and masters...any volunteers? We do have many meet results you can consult for information, but a lot of it is just digging into libraries' newspaper sections.

● LOOKING FOR A HOUSE TO BUY - Judy and I are in the process of looking for a house (Millbrae to possibly Palo Alto on the Peninsula), as our current house, which is rented, is being changed to a triplex, etc. Anyone knowing of a 2-3 bedroom home in the \$50-80,000 range should contact your editor now!!



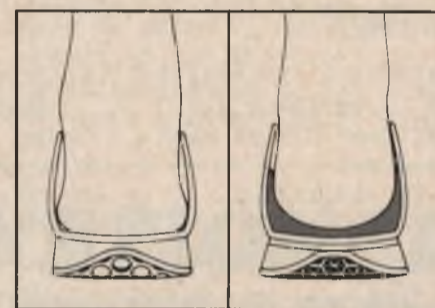
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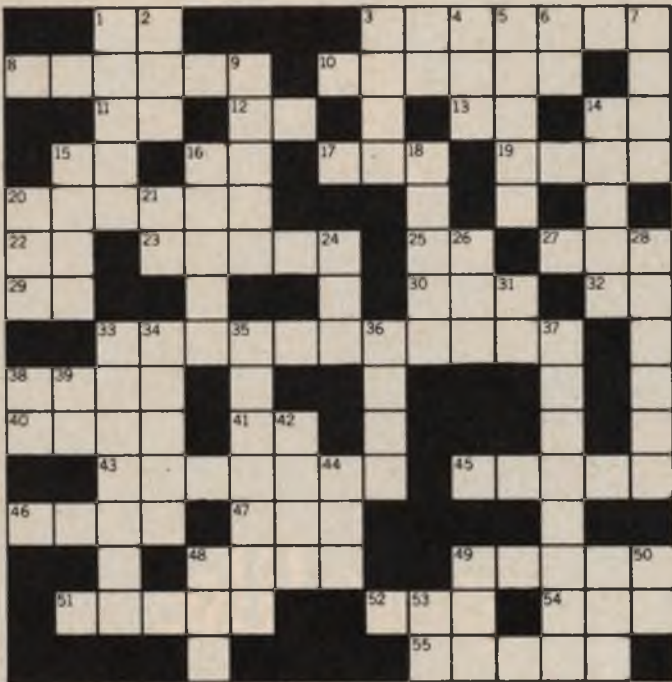
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## FUN & GAMES



This crossword puzzle was submitted by Don Capron of San Francisco. All solutions are to be sent directly to Don at 4808 Fulton St., San Francisco, CA 94121. The winner will receive a free year's subscription to the NCR ( \$6 off dues of WVTC members)...any ties will be resolved by a drawing. -- All readers are encouraged to submit items for consideration: Photo quizzes, cryptograms, etc. We need one for next issue! **DEADLINE:** - All solutions must be received at the above address by not later than Aug. 31st. Clues for the above crossword are listed below:

### ACROSS

1. Sacramento club (initials)
3. Sundance TC marathon ace
8. Set Natl. prep discus mark
10. Marin madness
11. "Jail" TC (initials)
12. \_\_\_\_\_ Cadena
13. Santa Rosa Club (initials)
15. German auto
17. Hlavac & Subotnick
19. Small, fast drink
20. Livermore Valley RC distance star
22. \_\_\_\_\_ GIES
23. Ron or see #3 across
25. Psyché animal
27. \_\_\_\_\_ Khan
29. \_\_\_\_\_ EVE \_\_\_\_\_ RANGIO
30. Very close win at the wire
32. 35-lb. field event (init.)
33. Outstanding masters woman
38. What warmup suits must be to some
40. Guthrie or Superman alias
41. Raiders' punter (init.)
43. Misses turn on course
45. C \_\_\_\_\_ Carrasco
46. McCarthy of Empire Runners
47. Schulz of UC Berkeley
48. Cooper of San Jose State
49. Ann \_\_\_\_\_ (880 star)
51. Peggy of WVTC
52. John of Monterey Peninsula
54. Jason & Debbie of Castro Valley
55. "Woolworth" winner in 1976

### DOWN

1. Elizabeth & Patricia of Millbrae Lions TC
2. Hat
3. Roxanne of Independence HS
4. "Start slow & taper off"
5. PA-AAU course certifier
6. U.C.
7. 2nd 1960 decathlon
8. Perez of Stockton
14. 1976 marathon entry from India
15. Ex-head of Gold Spike TC
16. Mike or Mary
18. Esalen runner spokesman
20. Richmond club (initials)
21. Club \_\_\_\_\_
24. In your \_\_\_\_\_
26. Crowd noise
28. 58th at Boston in 1978 (first name)
31. Name for gym (slang)
33. SLO and CAMWST star
34. To decide; make a decision
35. Excelsior TC leader
36. Wells, Galloway or Kroot
37. Aggie marathon standout
38. See #7 down
39. Not she but \_\_\_\_\_
42. Urge on; motivate
44. To be fleet; very swift
48. Chaffee or Pickett
49. Troy, N.Y., college
50. AAU Association for Mass. Valley
53. School in Charlottesville, Virginia (initials)

**LAST ISSUE'S SOLUTION:** - There seems to be a lot of cryptogram freaks out there. We had 25 correct solutions and one almost-correct solution. Dave Sjostedt of Bodega Bay was the winner of a year's subscription on a draw for his correct solution as follows: "A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding. --Prefontaine" Everyone (I think) noted that we had a couple of typos, which made things more difficult. Actually, the puzzle was written that way when I received it (no typos!).

## THIS & THAT

● **PEOPLE NEWS:** - Jay Longacre of Colorado Springs is into running, but not your ordinary type 'running'. Jay specializes in what he calls "adventure running". Most recently (in April) he did a 150-mile trek from Katmandu (Nepal) to Kala Patar, the first base camp of Mt. Everest. "I had originally thought it would take about 24-30 hours, but I kept getting lost. The first 35 miles were on road but after that it was just a primitive trail." It finally took him four days and 14 hours to reach his destination (not non-stop), after crossing 24 rivers and going through 64 villages and getting caught in three heavy rains and two snowstorms. The basecamp is at an elevation of 18,000 feet! Future goals include a 312-mile run around the Annapurna range in Nepal and a run from Nepal into Tibet. --- Four members of the 1976 US Olympic Team have been suspended from competition for accepting prize money, the AAU has announced. High jumper Dwight Stones, javelinist Kate Schmidt, middle distance runner Francie Larrieu and pentathlete Jane Frederick were suspended indefinitely by the SPA-AAU. The vote to suspend the four athletes came on June 23 in a unanimous vote by the registration committee and stems from the four-some's participation in a made-for-television sports event earlier this year. The SPA charged the four athletes received remuneration for competing in "Superstars", which was televised on ABC. The SPA says that the athletes received a total of \$58,000, with \$33,400 going to Stones' Desert Oasis Track Club and the other monies going to Pacific Coast Club, of which Schmidt & Larrieu are members. Frederick, who competes for the LA Naturite TC has asked her prize money be paid to the PCC. The payment of funds directly to the athlete's club is in direct violation of amateur rules, which say all prize money received by an amateur must go to the national governing body for the sport, in this case, the AAU. The rules further require that a third of the funds go to the National Travel Fund, a third to local sports programs, and a third to a non-profit organization. The four will be given a chance to appeal the ruling, first through the SPA Board of Managers, and then to the National AAU's Registration Committee. The ultimate appeal in cases of suspension is to the AAU Board of Review. --- The following PA-AAU registered athletes were named to the U.S. Team which met the U.S.S.R. in Berkeley on July 7-8: James Robinson (800m), Conrad Suhr (800m), Mac Wilkins (DT), Ken Stadel (DT), Maren Seidler (SP), Lynn Cannon (JT) and Eddie Hart (400m Relay). --- New Chairman of the PA-AAU Board of Athletics is George Newlon. George has, for many years, been Chairman of the PA-AAU Track & Field Officials Committee and is now retired from his job of California District Manager (Sales) for Campbell Soup Co. Others elected were: Dr. Harmon Brown (Vice-Chairman) and Ms. Beverly Blunt (Secr.). Tom Moore (Cal Relays Meet Director) will head up the Men's Track & Field Committee. Next meeting for the Board of Athletics is Sept. 13 at 7:30 pm (place to be announced...contact AAU office for site). --- Cal distance coach, Brian Maxwell, won the National Capital Marathon in Ottawa (Canada) in May to earn a berth on the Canadian team for the Commonwealth Games in mid-August in Edmonton. He had to work for his win, however, as Paul Bannon was only a scant 2/10ths of a second back (2:16:02). --- Domingo Tibaduiza has been a familiar name in Bay Area running circles for many years. The native Colombian, who attended the University of Nevada at Reno, has been training in East Germany for the past few months and his times have been showing the intensive training. He blitzed to a new South American record of 27:52 in the same race (he took second) that Henry Rono set his world record 10,000m mark. He's back in Colombia and just took second in the 5 & 10K at the Central American Championships. --- Candy Hearn of Carmichael reports to the NCR that she did not run a 2:52:35 (6th) at Boston this year...that was the result of a mistakenly read number. Her actual time and place were 42nd

## 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 want to carry NCR?

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and 3:05:55. --- Skip Houk of Reno, Nevada, journeyed to Denver for the Mile High Marathon on May 7th and came out the winner in a fine 2:30:53 over 700 other finishers. Houk, now 36, once held the American record for 50 miles. The day before the race Denver had an unseasonal snowstorm, but conditions were perfect on race morning (clear and brisk). --- Ken Napier of the West Valley Joggers & Striders set an American record at 1500 meters for 46 year olds with a quick 4:18.0, outkicking Jerry Lewis and Bob Welck over the last 100 meters (Welck had run the 10,000 earlier in the day). The mark was set at the Western Regional AAU Masters Championships at Los Gatos on June 17th. --- Just a bit more than a month earlier, Napier's WVJS masters team set a world record in the 4-mile relay at West Valley College while running against their club's sub-masters team, which they beat, 18:47.2 to 18:48.5. Ken Napier's 4:42.2 led it off and he was followed by Kent Guthrie (4:39.0), Ralph Bowles (4:48.9) and Bob Welck (4:37.1). The old record was also held by WVJS at 19:16 (set just two weeks earlier)...Skip Marquard ran in place of Ken Napier in that race. --- Pete Mundle set an American record for six miles on June 11 at 32:49.6. His time was the fastest ever run by an American over age 50 (Mundle is just 50), and he broke Jim O'Neil's 1976 mark of 32:56.4. The world over-50 mark is held by Frenchman Alain Mimoun at 32:14. --- Roxanne Andersen has been elected the new PA-AAU President, while Carolyn Finneran holds down the V.P. position, Andrew Burke is Secretary, and George Shistar is the Treasurer. --- Internationalist, Judy Graham, who should have her teaching credentials soon, is in the market for a job where she can support herself and yet still have enough time for good training. Anyone knowing of such an opening in the Bay Area should contact Judy right away at (408)988-1861. Judy is a fine distance runner (4:12 for 1500m) and has done coaching with high school runners this past season. --- Rod Berry, who was second at the California State Meet in the two mile this year and last, will be attending Stanford University this fall as a freshman.

● **MEET & RACE INFORMATION:** - The SPA-AAU is hosting the National AAU Women's 20-Km. Championships on Sept. 23 in Los Angeles. There will be many good merchandise awards in addition to the normal championship medals & patches. In conjunction with the women's race (one hour earlier) will be the SPA-AAU Men's Championships. Full information in scheduling section. --- A change in the new PA-AAU LDR Handbook: the Playboy 10-Miler, originally listed for Sept. 2, will be moved to Sunday the 3rd and will be a 7.5 mile run instead of the originally planned 10 miles. The race will be at the Golden Gate Park Polo Fields (registration from 8 to 9:30 am), beginning at 10 am. Entry forms can be obtained at Toyota dealers and there is no entry fee. The purpose of the run is to raise money for the U.S. Olympic Committee and entrants are encouraged to go and get 'pledges' for the miles they run. There will be 1000 free T-shirts to the first 1000 to show up on raceday (pre-entered or not). In other words, the first 1000 to get their numbers will get the shirts. Also--there will be a drawing for the following items: a free Toyota car; a trip for two to the Bahamas; and 25 pairs of Pony running shoes. There will be eight age-groups (for both male & female). The run is being sponsored by Playboy Magazine and KMEL Radio, and there will be many other similar runs around the country the same day for the same purpose. So get out and support your Olympic Team! --- The 3rd World Veterans Championships will be July 27th to Aug. 2nd, 1979, in Hannover, West Germany. The most disturbing proposal is to eliminate both hurdles and the steeplechase and pole vault for 65+; long jump and triple jump for 70+; 200m, 400m, 1500m and high jump for 75+; hurdles & pentathlon for women 50+; 200m & 800m for women 60+; and field and track events except for the 3000m and 5000m walk for women 65+. If you are opposed to these proposals, it is imperative that you immediately write to Roland Jerneryd, Fritid, Ullevi, S-411 40 Gothenberg, Sweden (WVAA, Secretary), and express yourself. The sponsors want to use the year of birth and not the birthday in determining age. --- Another change in the new PA LDR Schedule: The Tiburon Run will be on August 20th, not August 19th as originally noted (this may already be noted in the Handbook). --- The Diablo Valley 10-Kilo, scheduled for the same day, will now be called the Concord Classic and will have 24 age-groupings!! This means lots of prizes for those that are usually left out.

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(Meet Information, continued) --- The Conservatory Run For The Music, originally scheduled for Sept. 9th at Aquatic Park (San Francisco), has been moved to Nov. 12th (10 a.m.)...information otherwise is the same except the run will be sponsored by *San Francisco Magazine*. --- This year the Golden Gate Charity Run, sponsored by the Total Health Medical Center and Big Brothers and Sisters, will be Aug. 27th (see scheduling section). In view of the large turnout last year, race director, Pax Beale, has announced that there will be two (maybe three) different starting times this year (open, masters & women, etc.) so that everyone gets a fair break. Because of this, the NCRR will now count this race in the "Point Rankings" (see update of races that count in this issue).

●RUNNING GROUPS: - The Total Health Medical Center has a jogging group that meets every Thursday night at 6 p.m. (390 - 40th St. in Oakland). After a brief sports lecture by a medical doctor, there are runs from the Center of 6.2, 8.4 or 8.7 miles...plus there is a two-lane track for beginners that circles around the Center. This is an excellent way for you to encourage your friends to begin participating. Lockers and also showers are available! --- Runners from neighboring clubs & communities are invited to attend weekly Synanon Open House Party Runs at 11:30 every Saturday morning. Cross-country trails or road runs of varying difficulty and length are available. A traditional Synanon Open House Party follows the runs and features great food, music and hospitality. Great for families and for those who would like to see for themselves what Synanon is really like. No charge! But donations are welcome. Address: 6055 Marshall-Petaluma Rd. in Marshall...for further information, call Michele Gauthier at 415/663-8111.

●RUNNERS' FILM FESTIVAL: - Presenting the 2nd Annual Festival--a collection of films for the runner, including: "The Marathon" (documents 1976 Olympic Trials Marathon); "Run for Life" (chronicles the progress of a young married couple who take up running), which includes race footage from last year's New York City Marathon; "Run for Yourself" (a film that follows three physician-runners through a marathon); "The Bonne Bell Mini-Marathon" (compares joy and sense of achievement of a middle-aged woman runner with that of the front runners in this woman's only race). Sponsored by the FORErunners and Lake Merritt Joggers & Striders, there will be two showings as follows:

Friday, Aug. 25 (7-10 p.m.) at UC Medical Center (3rd & Parnassus, S.F.); and Sat., Aug. 26 (7-10 p.m.) at the Laney College Forum (10th & Fallon Sts., Oakland). A \$1.50 donation is requested (50¢ for children under 12)...proceeds will be used to cover costs of films and auditorium rentals.

●NATIONAL RUNNING DATA CENTER: - This organization compiles a wide variety of statistics related to distance running in the United States. The Center recently published a listing of the largest distance races...15 Km. or longer, with number of official finishers determining rank. Not all races are reported to them and in some instances they can only estimate or place lower limits on the number of finishers. These rankings are for 1977. Largest race was the New York City Marathon with 3701 official finishers, while the Chicago Distance Classic 20-Kilo was a distant second at 3016. This was followed closely by the Honolulu Marathon with 2896. The 'big three' in California are all in the south: Palos Verdes Marathon (9th overall) at 1706, Coronado Half-Marathon at 1599 (12th) and Mission Bay Marathon at 1106 (16th). Closely following in 17th and 18th are the top two NorCal races: Pepsi 20-miler with 1081 and Avenue of Giants Marathon with 1080. The San Francisco Marathon ranks third among NorCal races with 841 (26th in the nation)...and that was the first annual event. Only one other race in California made the top 50, and that was the San Dieguito Half-Marathon in 50th position with 484 finishers. If you are interested in receiving periodic information such as this from the Center, send a self-addressed, stamped envelope for full information to: Ken Young, P.O. Box 6444, Tucson, AZ 85733.

●RUNNING SAFETY: - One of the best suggestions on running safety has come from Doris Ferguson, who has proposed that the Mid-Pacific Road Runners Club spend money on a vast supply of reflective tape, and some Sunday morning, apply it gratis to thousands of running shoes, to insure that those running after dark have reflectors.

●PA-AAU LDR COMMITTEE MEETING: - There was a brief meeting following the TRAC 10-Kilo on May 28th to discuss, among other items, proposed Committee funding for local runners to upcoming National Championships. Here are the decisions that were made (each club can send one voting representative to meeting).



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(LDR Funding, continued)...SR. MEN: (1) Natl. AAU Marathon: (Buffalo, N.Y., Oct. 22) - Full airfare to this meet for winner of San Francisco Marathon (that was Steve Palladino of Camino West); (2) Natl. AAU X-C: (Seattle, Wash., Nov. 25) - \$100 each to top five finishers at PA-AAU X-Country Championships at UC Davis in November (see PA LDR Handbook for date). SR. WOMEN: (1) Natl. AAU Marathon: (New York City, Oct. 22) - Full airfare to top two finishers at San Francisco Marathon (this was Judy Leydig and Carol Young); (2) Natl. AAU 20-Km.: (Los Angeles, Sept. 23) - Full airfare to top three finishers at PA-AAU 15-Km. in Los Altos (top three were Judy Leydig, Kathy Perkins and Judy Fox, although Judy may opt to not go). MASTERS MEN: (1) Natl. AAU Marathon (Culver City, Dec. 3) - Full airfare to top three finishers at S.F. Marathon (not sure who they were, although I believe first two were Ulrich Kaempf and Ralph Bowles). (2) Natl. AAU X-C: (Wisconsin, Nov. 4 or 11) - The race would have to be at least a week before the Nationals, & as of the publishing of the handbook there was no "PA-AAU Masters X-C Championships" as such...unless they are held concurrently with Sr. Men's race in Davis, on Nov. 4. If the Nationals are on the 11th this would be ok, but otherwise an alternative 'qualifier' would be needed or someone would need to bid on a PA Masters Championships at least a week before the Nationals. Tentatively it was voted that \$100 would be given to each of the top five finishers in the yet to be decided qualifying race.

## 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 to thirty (30). These races are listed in issue #71 but there are a few changes since last time: (1) Since the Pamakids will not be sponsoring the Lake Merced Run this year, we will replace it in all divisions with the Golden Gate Charity Run (Aug. 27), which will have several starts this year and will be more fair to masters and women; (2) There is no Golden Gate Park Women's Run this fall, so we will replace it with the FORerunners 10K (to be held in December we think, with location to be arranged...women only). We count only the top PA-AAU finishers and go only 4 deep for women, 6 deep for masters and 10 deep for open. To determine a runner's rating: take the average place (when finishing in a counting position) and divide it by the total number of races run which count. For example, a 1st, 3rd & 6th =  $(1+3+6)/3/3 = 1.111$ .

HELP! -- We don't know if the following individuals are PA-registered (or live in the district at least), and we need to verify them before the final totals are listed at year's end: Paul-Masson Marathon--Thomas Kennedy & Joe Maddux (master); Midnight Run--John Armstrong; Hour Run--Chuck Burrows & Debbie Anderson (both list USAF as affiliation).

Standings below and on the following page are thru the PA-AAU Hour Run on May 20th. Last year's women's winner, Judy Leydig, has come back on the charts to first place, Ralph Bowles leads the masters & Duncan Macdonald and Wayne Badgley are tied for the lead in the open division. Everyone under 2.0 listed.

### OPEN (\* denotes tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Wayne Badgley/SUND (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Duncan Macdonald/WVTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
3. Jan Sershen/ETC (7)	1	1	2	0	2	1	0	0	0	0	3.571	0.510
4. Brian Maxwell/BASC (4)	3*	0	0	0	0	1	0	0	0	0	2.375	0.594
5. Angel Martinez/AGRC (3)	1	1	0	0	1	0	0	0	0	0	2.667	0.889
6. Bill Clark/WVTC (5)	1	0	1	0	1	0	1	1	0	0	4.800	0.960
7. 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
Jim Howard/BC	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
Dennis Rinde/OPHIR (2)	1	0	1	0	0	0	0	0	0	0	2.000	1.000
Jim Barker/WVTC (5)	1	0	0	2	0	0	1	0	1	0	5.000	1.000
13. Steve Brooks/WVTC (3)	1	0	0	1	0	1	0	0	0	0	3.667	1.222
14. Darryl Beardall/TAM (5) <u>40+</u>	0	0	1	0	0	1	0	2	1	0	6.800	1.360
15. Jim Nuccio/WVTC (1)	1*	0	0	0	0	0	0	0	0	0	1.500	1.500
16. Jim Bowles/WVTC (3)	0	1	0	0	1	0	1	0	0	0	4.667	1.556
Gary Goettelmann/WVTC (3)	0	0	1	1	0	0	1	0	0	0	4.667	1.556
18. Pete Flores/AGRC (2)	0	0	1	1	0	0	0	0	0	0	3.500	1.750
Brock Hinzmann/ETC (2)	0	1	0	0	1	0	0	0	0	0	3.500	1.750

# PHOTO CONTEST

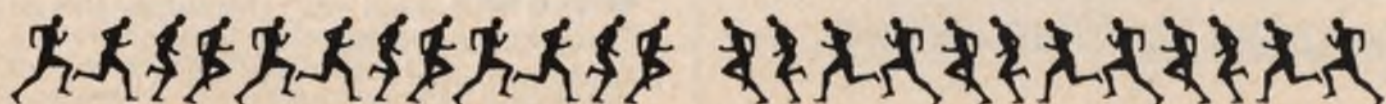
NCCR's Second Annual Photo Contest will get underway on August 1st...contest deadline is Oct. 10th. The contest is to encourage both amateur & professional photographers to look to running as a means of self-expression and communication of our sport to the public through visual images.

**RULES:** Color or black & white prints must be 8x10 inches, with name, address & phone of the contestant on the back of the photo. Color slides will not be permitted, however, Xerox or similar print of color transparencies will be accepted. Photographs may be of any subject connected with running, either track, cross-country or on the road. Field events (shot, javelin, long jump, etc.) will not be considered. Judging will pay particular attention to the use of light and color, composition contrast, technical excellence and drama of subject matter. Decisions of the judges are final and will be made without their awareness of the name of the photographer. All prints become property of the NCCR. Fees: \$3.00 for first photo, and \$1.00 for each additional photo submitted by same photographer. Checks are payable to NCCR, Box 1551, San Mateo, CA 94401.

**AWARDS:** The total of the fees collected will be distributed as follows among the prize winners: 1st--50%, 2nd--25%, 3rd--15%, 4th & 5th--5% each...6th thru 10th will get a year's subscription to NCCR. Pictures selected will be published in the Nov/Dec issue and the top entry will serve as its cover if in correct proportions...if in color, and we are 4-color by then, we must have transparency for color separation. Otherwise, we'll use the 8x10 that you send us for the contest.

### WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Judy Leydig/WVTC (4)	3	0	0	1	1.750	0.438
2. Ruth Anderson/NCS (5) <u>40+</u>	0	3	1	1	2.600	0.520
3. 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
6. Caron Schaumberg/ER (3)	0	2	1	0	2.333	0.778
7. Roxanne Bier/SJC (1)	1	0	0	0	1.000	1.000
Carrie Craven/HSU (1)	1	0	0	0	1.000	1.000
Penny DeMoss/WVTC (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
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
Elaine Miller/PMK (2)	1	0	1	0	2.000	1.000
16. Sue Brusher/BASC (3)	0	0	1	2	3.600	1.222



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### MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Ralph Bowles/WVJS (5)	3	2	0	0	0	0	1.400	0.280
2. Darryl Beardall/TAM (4)	3	1	0	0	0	0	1.250	0.313
3. Jim O'Neil/BC (5) 50+	2	1	1	1	0	0	2.200	0.440
4. Bob Welck/WVJS (3)	2	1	0	0	0	0	1.333	0.444
5. Kent Guthrie/WVJS (4)	1	1	2	0	0	0	2.250	0.563
6. Ross Smith/WVJS (4) 50+	1	1	1	1	0	0	2.500	0.625
7. Ulrich Kaempf/TRAC (2)	1	1	0	0	0	0	1.500	0.750
8. Doug Latimer/RWRC (5)	1	0	1	1	1	1	3.800	0.760
9. Bob Bourbeau/WVJS (1)	1	0	0	0	0	0	1.000	1.000
10. Ted Wilson/KJ (4)	0	0	2	0	1	1	4.250	1.063
11. Bob Malain/BC (4) 50+	0	0	0	2	1	1	4.750	1.188
12. Russ Kiernan/TAM (3)	0	1	1	0	0	1	3.667	1.222
13. Myron Nevraumont/WVJS (3)	0	0	0	2	0	1	4.667	1.556
14. Bryan Holmes/WVJS (2)	0	1	0	0	1	0	3.500	1.750
Joe Sloan/OPHIR (2)	0	1	0	0	1	0	3.500	1.750

## Advertising Rates

Our classifieds are only \$1.00 per line (column width is about 60 characters), with a 25% discount to race directors or recognized non-profit organizations. With a current circulation of 8000 copies, your notice will surely get through to a large portion of the local running community. Be sure to read our display ad in the Scheduling Section of this issue if you are a race director. You can mail your entry blanks to everyone on our mailing list for 1.7¢ each! If you're interested in taking out an ad of any type in the next NCRR, contact us immediately (20% discount for one-year contracts): Judy Leydig, Advertising Mgr., NCRR, Box 1551, San Mateo, CA 94401.

## CLASSIFIEDS

**PINECREST LAKE RUN**--August 20 at Pinecrest Lake off Hiway 108, 10 a.m. Contact Jim Reichle, P.O. Box 1071, Pinecrest, CA 95364

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**THE MAGIC BUS**--Jack Leydig's travelling sporting goods store will be hitting a lot of races in August and September (not sure which yet) with a good selection of books, shoes, etc. If you want to have me bring a particular size/model(s) to a certain race, please call me 4-5 days before at (415) 341-3119. **Coaches:** - Contact me to come by your school during X-C season.

## Our Readers Speak Out

**BOB MARTIN** (Chicago, Ill.) - "In answer to your question, 'any suggestions?' on page 6 of the March/April NCRR--the obvious answer is that we need lots more races. The number of runners has grown 10 to 20-fold in 2-3 years; the number of races not nearly as much. Shouldn't we encourage conflicts in the future?"



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DENNIS KRENTZ (Hayward, CA) - "The May-June letters and editorial section dealt with the current problem of runners and sponsors who are somewhat less than considerate of those around them. Unfortunately, everything in the issue dealt with "them". I think that we should take a few minutes to look at "us".

Towards the end of May, when my May-June NCCR hadn't arrived, I called the number listed on the credits page. The 'gentleman' who answered the phone told me that, no, the issue was not yet out and that it would be out 'when he got it done'. He then hung up on me.

I ran the Bay-to-Breakers this year, for the first time. Because of the AAU sanction involved, I expected a certain amount of basic amenities. Instead, I discovered a disorganized gathering with no crowd control, no finishline control to speak of, and hundreds of runners starting in front of the starting line, and no attempt to monitor those starting the race midway into the course. How can such a fiasco maintain PA-AAU sanction anyway? Simple! The PA-AAU gets a lot of membership bucks from this meet, from people who don't run in anything else the rest of the year. To eliminate sanction would eliminate an important source of revenue. An awful lot of good, long-time runners have watched and ignored situations like this because of their own closeness to the PA-AAU.

The basic problem is that too many people, most involved with the sport for a long time, are making promises that they can't keep. Maybe some paid part-time help is in order in different places, and that might mean an extra buck per race or 25 cents per issue. In the meantime, it's useless to criticize the followers when the 'leaders' are not doing their job."

(Ed. - Item #1: I hope most of NCCR's readers now realize that this is pretty much a one-man 'volunteer' job, and therefore, when you call the listed number, you will invariably get the editor...it's my house, office, etc., all in one. If I may at times seem 'rude', it's because perhaps I've been up for 30-40 hours trying to get an issue out between equally 'rude' phone calls asking when their issue will arrive. I appreciate that our readers care so much about the NCCR, but again, it can only be published as fast as I am able. It's not a 'business', so don't expect anything too regular in terms of publication dates. I'll do the best I can; if that's not good enough, subscribe to Runners' World or more 'timely' publications....continued...

Item #2: True, the Bay-to-Breakers probably should not be 'sanctioned', at least not if sanctioning means putting on a race according to a set of reasonable rules. The event is more of a happening than a race. It has gotten to the point where controlling things like mid-course 'hop-ins' is impossible. What's unfortunate is that this sort of thing is carrying over to other more organized races. Also unfortunate is the fact that there is no real 'policing' of races to see if they conform with AAU guidelines if they are sanctioned. Other than feedback to meet directors or letters thru the NCCR, things won't change...and even then, unless someone enforces the rules, things still may not change. Sanctioning really has very little to do with how well a race is put on. I've seen many very good non-AAU races, as well as equally bad AAU races...the reverse is also true. No matter what 'title' the race is sanctioned under, if any at all, it boils down to how much the meet management really cares. Perhaps the LDR can get volunteers or pay part-time help from LDR funds to help police and help get certain races headed in the right direction. But to say that the 'leaders' aren't doing their job is not necessarily true. Perhaps you should try to be a race director or LDR Chairman and see what it's like...all, or most of, these jobs are volunteer. Would the volunteers do any better job if they were paid? Probably not! Would paid personnel not really interested in what they're being paid to do be any better? The point I'm trying to make is...while some volunteers may not be performing up to standards, we're probably pretty lucky to have them at all. Things can be improved, but 'be gentle' in the way you approach your volunteer help...or soon, we may have less than we do now!)

ALLAN KOSLOFSKY (San Francisco, CA) - "I noticed several comments in the May/June issue complaining about the Bidwell Classic Marathon on March 4. I happened to have had a wonderful experience there and ran a PR of 2:56:26. My thanks to Walt Schafer and I'll be back next year!"

ROY SWETT & ERIC TWEIT (La Mirada & Santa Fe Springs, CA) - "We would like to commend all those who made the Strawberry Canyon Run such a success. Being from Southern California, we were unused to such efficiency of operation and concern for the individual runner. Each year we always try to come north for the Bay-to-Breakers and Dipsea. We will definitely add the Strawberry Canyon Run to our agenda." (Ed. - See, Dennis, we may not have it so bad up here after all! It's the people who put on the race that 'make or break it'...whether a race is sanctioned or un-sanctioned has little to do with it.)

FORERUNNERS (Oakland, CA) - "We were surprised to read your comments in the May/June issue of the NCCR about scheduling conflicts and lack of communication between race directors. Since FORERUNNERS and the East Bay Review bore the brunt of your attack, we feel that in the interests of accuracy the NCCR should have contacted Sue Vinella-Brusher, FORERUNNERS race director, or Roy Glassberg, "First Run" race director. We felt it to be journalistically irresponsible to print misleading information and to needlessly impugn race sponsors as well as the race directors. We would like to set the record straight.

Race permits were obtained by both race directors from the Oakland Park & Recreation Dept. At that time, neither group was informed that another race had been scheduled. The Oakland Park & Recreation Dept. was notified of the conflict and their response was: "we are sorry, but neither permit can be revoked; work it out!"

There are two other points of error we would like to mention: One--"First Run" was an AAU-sanctioned race; and two--the races were never scheduled for the same time.

We are not arguing with your plea for better scheduling. We do take exception to the intimation that a new race or non-AAU race is synonymous with a bad race. Our goal was to put on a good race with accurate times and places for all ability levels; we achieved that goal.

We made the best of a trying situation. Both races were successful due to the cooperation and excellent communication between Sue Vinella-Brusher and Roy Glassberg. It was due to their common sense and courtesy that chaos was avoided."

(Ed. - My humble apologies. Guess Oakland Park & Recr. was the culprit! Sorry if it sounded like I was saying that non-AAU runs or first-year runs are inferior. When I mentioned that I didn't think either race was AAU-sanctioned, I was trying to emphasize that going through AAU channels might have averted this mishap, since the LDR Chairman would have known of the existence of the other race.)

# RESOLING

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CLARENCE KILLION (*Dimuba, CA*) - "I want to share an idea with your readers, but first of all I wish to express my appreciation to the grand people who put on the masters track meets and have masters events at college meets, etc. I appreciate their time and effort and think they do a great job.

As a minister, I can't make the Sunday meets and sometimes have a wedding or convention on a Saturday. But I make every event I can, subscribe to about every bulletin I know of, and am thrilled with the opportunity to compete. Of course, right now I'm recovering from a pulled muscle but am planning to run again soon.

My request (and I hope someone listens) is to have the 400 (or 440) more at the end of the track meets. Bob Hunt and no doubt many others agree. I suppose there is a reason for having it first (maybe 880 fellows want it then), but if it were near the end we could run a good 400 after doing the 100, 200, and hurdles, etc. But there is no way we can do a 400 and then be at our best in the dashes. Thanks for listening to these words of wisdom."

CATHERINE SMITH (*Reno, Nev.*) - "This letter is about some races scheduled for the coming months in Nevada and the Equal Rights Amendment, which has not yet been ratified in Nevada. I know of the Lake Tahoe Marathon (now past), and the Silver State Marathon over Labor Day, as well as various non-AAU shorter runs.

I bring up the struggle for ratification of ERA to your readers because runners are keenly aware of the progress made by women in our sport in recent years. Nearly every woman who has run for very long has had a hand in lowering the old barriers. Still on the agenda are women's races at distances over 1500 meters in the Olympics, and various other matters.

The National Organization of Women (NOW) is boycotting states which have not yet ratified ERA. Nevada, which depends heavily on convention business, is potentially very sensitive to this kind of pressure. Personally, I support this boycott. My experience with the fair employment laws convinces me of the necessity of ERA. That is why I call your attention to the possibility of expressing your own opinion with your feet.

If any readers are considering coming to the Silver State Marathon, I respectfully suggest the following:

(1) If you decide to come, please let the Reno Chamber of

Commerce, 133 N. Sierra, Reno; or the Nevada State Journal/ Reno Evening Gazette, 401 W. Second, Reno, know how you feel about ERA. (I know the Silver State Marathon to be moderately difficult, highly scenic, and very well managed.)

(2) If you decide to skip the race in deference to the ERA campaign, write to the same places and tell them why you aren't coming.

(3) If you want to help the campaign for ratification in Nevada in a positive (cash) way, send your contribution to Equality Now, 321 S. Arlington, Reno, NV 89501.

(4) If you have any say about other kinds of meetings or conventions scheduled for Nevada, consider carefully what action your organization should take, and consider the importance of ERA to both men and women, runners and non-runners."

**THE HUMAN  
RACE**



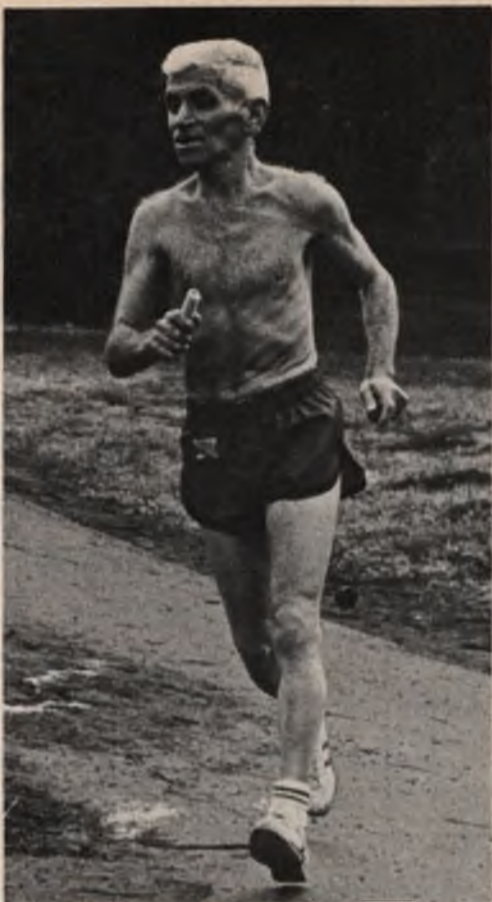
**LEN WALLACE**

Joseph John Basile is one of those people you don't notice at first, as the 68-year-old looks more like a small urchin frolicking along in the races of San Francisco. It's easy to confuse him as another towheaded kid playing in the back, but on looking more closely, one sees that his hair is white and not blond, and the lines of his face are etched there by both the weight of his years as well as his carrying a genetic burden on his small diminutive shoulders.

Some of his short counterparts have yielded to their lack of height, relying on it as sort of an excuse, a crutch to fall back on in the event of failure at competing in society's

(*The Human Race, continued...*)  
 own race against time. But Basile's 4 foot 11 inches stack up like a small jolly green giant as he toes the white line to run against the other, longer legged athletic folk.

Born in the tough South of Market section of San Francisco only four years after the earthquake, Basile has remained a San Franciscan with the same relish that a Parisian feels for Paris. "The City is impossible to beat," the 99-pounder explained. He has been reluctant to leave San Francisco except for a two-year stint during the depression in the Civilian Conservation Corps. "I couldn't get a job when I graduated from high school in 1929, as the whole country was out of work," Basile explained the reason for his CCC labors of cutting trails and hacking brush in the wilds of Lake County. The experience must have toughened him to deal



Joe Basile /Dennis O'Rourke/

with life's disappointments, handed him regularly because of his small size. "I won't say I was discriminated against, but if ten guys went for a job, I would be the last one to get an interview," he related his difficulty in finding career employment. "I always had the nickname 'Little Joe', but I got used to it after awhile, and now I'm kind of proud of it," he laughed.

In the foot races of San Francisco, he's known affectionately by his nickname or as "the little fellow" to those who haven't actually met him. His small stature is not so apparent when races start, as he's submerged in a sea of heads, but as the pack thins out, his size marks him dramatically, especially when emphasized by his motor-boat steps, taking two strides to everyone else's one. "I have to take at least two to one against normal runners, and some of those big guys' steps are one to my four. Besides I think I'm shrinking as I grow older," he added humorously.

Little Joe is a familiar face in the Dolphin South End runs as he makes a special effort to earn his trophy points each year. Watching him scurry up and down the hills of San Francisco with the cable cars or Golden Gate Bridge in the background makes one realize that he is as much a part of the city as these two historical giants. His DSE mileage has been monumental considering his size. In 1974 he put in over 1700 miles. His big mileage year came in 1975 with 1832 miles. He had a drop in mileage in 1976 as a result of a knee injury after running his longest race, the 25-kilometer in Golden Gate Park.

Basile began running in 1974 as the result of the friendly persuasion of his eight athletic grandchildren of the Chatterton family. Watching him run now with the smaller children, it's hard to tell them apart from a distance, as he's but a child's height himself. His running career has been uninterrupted since he began his first race at the Double Muni Pier until his recent hospitalization for a surgical procedure which has temporarily benched him for several weeks. But Little Joe soon expects to be back on the roads along with his regular swimming and weightlifting workouts at a local health spa.

"My father was from the old country, Palermo, and he didn't believe in play, games or sports," the little white-haired athlete explained. "He worked hard so he expected everyone else to do the same," he went on to elaborate on his limited high school participation in athletics. "But I played third base at Mission High and was even on their crew team," he added. Even most San Franciscans wouldn't have known that the 1929 'crew' at Mission High meant 12 guys pulling heavy wooden oars on a huge ancient whale boat donated as Navy surplus to students. "I was even too small to be the tillerman, so I wound up being the coxswain," he said with delight that his size paid off at least once in his lifetime. "We won the season, by the way," he added with a certain touch of Italian glee.

Too small to get into the armed forces when the rumblings of World War began, Basile worked as a clerk in a market for two years until he could get on with San Francisco's public

transportation system. "In 1942 I became part of the *Muni*," he related, using the city's nickname for their streetcar system, which also includes San Francisco's famous cable cars. After ten years as a streetcar conductor, Little Joe was switched to driving buses for the next 16 years until completing his almost 31 years of public service in 1973. "Now I run, play a little piano, and work out at the health spa," he explained his day-to-day routine in his beloved city.

Mabel, his wife of 31 years, accompanies him to the races, waiting patiently to see the tiny runner finish in the back of the pack, frequently in weather not always so friendly to the non-runner. To the other athletes and spectators who watch this couple of oldsters, who seem to be a little out of the normal for the fleetfooted set, there is a certain healthy admiration for their mutual devotion to each other, as well as their tenacity at dealing with the contrast.

Little Joe doesn't always just hoof the easy ones, having tackled both the Woodminster and Dammit runs. At the latter, he earned the 'Oldest Runner' trophy in 1976. "I have a tough time with the longer distances, so I try to hold back more than I should, but I always manage to finish strong," he advised. "But I guess that's a little like being small; you save what you have and make it last a long time," he philosophized about his height and age.

Frequently seen running the races shirtless with another youngster, 73-year-old Wally Hansen of the Olympic Club, Joseph John Basile looks to the future with a sense of improving his performance. "Wally said last time out that I'm getting too tough for him. That's probably not true, but I do have one immediate hope, and that's to beat Walt Stack just once in a short race," he concluded with a goal that would also make the San Francisco 'iron man' happy too.

Little Joe doesn't know it, but he is an unofficial thermometer for hundreds and perhaps thousands of new runners who come to the sport for the first time. Most of them measure their initial success after several races by their finish times and places relative to Joe's. To beat the little guy is the imaginary tick on the scale of success which comes hard to each of us. But to be Joe and be the mark makes him very unique and special to all of us. There are probably some mean jokes passed about Joe's speed and height by those who are either crude or unfeeling, but even if it happens, the runners hold him in high regard, as his struggles are symbolic of each of our own.

Little Joe is not quite a hundred pounds and will never be five feet high. He'll never be swift, and the only trophies he'll win will be those for age, but he's a champion every inch and a giant in our minds' eyes. Little Joe is so special to all of us that there will never be a replacement for him. Although small, his shoes would be hard to fill. Little Joe occupies a big space in the hearts of the running world. Size, like beauty, is in the eye of the beholder.

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# NOR-CAL PORTRAIT

by Tom Jordan

There are letters expressing unabashed admiration--the fan who came from Colorado for an autograph--the groceryman who called excitedly to his co-workers, "See! See! I *told* you it was her!" Fame has found Penny DeMoss.

Through a combination of excellent distance running and pleasing appearance, Penny--long known regionally as runner, LDR chairperson, and artist--has become one of the national celebrities of the running boom. It's been a rapid rise, starting with the September 1977 issue of *Runner's World* in which she appeared--albeit anonymously--on the cover, and pushed along when *RW* again had her on the cover, with an accompanying article inside, in the pre-Boston Marathon issue. That proved a gifted bit of prescience, as Penny improved nearly ten minutes on her 2:55:24 best with a world-class 2:45:36 at Boston, the second fastest in the world to date, and the sixth fastest ever by an American.

Her goals going into the race were to break 2:50 "if it was a cool day," and to finish in the top five. Introspection and honesty are strong traits, and after assessing her training and racing with what might be termed optimistic realism, Penny felt that 2:49 was the best to be hoped for.

Strangely, Penny felt no nervousness before the start of the race. She barely warmed up, and an acquaintance remarked on her utter calm. At 5 miles, Penny knew that this would be a good one. The pace was close to 6:00 per mile, yet she had to keep telling herself to hold back. By Wellesley and halfway--where usually the body groans at the thought of the distance yet to be run--she was certain this was her day. DeMoss began to move up from eighth place, passing Jacqueline Hansen, and at 20 miles, American record holder, Kim Merritt. The crowd told her she was in second and gaining on Gayle Barron, the leader. "God, I was really excited," laughs Penny. "It was like a fantasy, surprise." She continued to gain, running the last 6 miles almost as fast as the first 6, and finished only 44 seconds behind Barron.

Since that race, the invitations to others in New York, Florida, New Haven, and elsewhere have poured in, and newspapers and magazines recognize her as a marketable commodity.

There is a certain irony to this increased public attention, for Penny is essentially a private person. "It gets tiring pretty quick," she says bluntly of her venture into the limelight. One hesitates to use the word "shy" in her case, yet a basic shyness is there, and it, combined with a general distrust of most people, can make for terse responses to the would-be sycophants. In a world full of gracious liars, Penny is a refreshing slap in the face.

More important to her than notoriety, or even running, is her career in art. For the past 10 years, DeMoss has worked as a graphics artist, moonlighting on the side with her own company, DeMoss Designs, creating most of the truly striking T-shirts word around the Bay Area. Her talent has expanded with time, and it is entirely possible that the lasting fame Penny claims will be for her art and not for her running. Currently she is the Staff Artist for *Track & Field News* in Los Altos, minutes away from the house she shares with husband Harold and three cats. A glance at a typical day shows how consuming the demands of art and running can be: Up at 7:00, out the door at 7:10. Five miles really slow at 8-9:00 pace around the Los Altos Golf Course. Stretch, shower. Tries to be at work by 9:00, "but I never make it." "Pretend I'm working." Off work at 2:30-3:00. Run 10 with Harold at 3:30. Home at 5:00. Shower. Dinner (Harold cooks when he's home). Do freelance work. Shoot work for *T&FN*, two hours total. Read, play piano, listen to music. Start to bed at 10:00--write in log, glue shoes, etc. Asleep by 11:00.

It is a hectic schedule, made more so by a perfectionist temperament. "When I'm doing something, I want to do it well," says Penny. Thus, there is an intensity to whatever project

she is working on. It is a serious-mindedness which has been especially evident in her running from the beginning, though it has undergone an evolution of sorts.

Let's go back 5 short years, to 1973, when Penny began running after seeing Frank Shorter win the Olympic marathon. "Running seemed like a neat thing to do," she says by way of explanation. Her first race was quite an introduction--the Dipsea. It seemed like a long way, up and down those hills, and the novice reasoned that she might not have enough energy to complete the course--so she ate a doughnut before the start of the race. Despite that dietary indiscretion, Penny finished ninth, and within six months had won her first race, the PA-AAU 10K, ahead of better-knowns Joan Ulyot and Maryetta Boitano. "Who the hell are you?" asked Joan, with typical directness afterward. Who indeed! "When I first started racing I had the 'why am I here?' reaction," says Penny. "I was very competitive. I was there to win." She nearly self-destructed in the process. The day after the 10K race, even to walk was torture, and almost all of 1974 was lost through a groin injury brought on by trying to do too much too soon. When Penny returned to injury-free running in 1975, her only important goal was to improve--the only adversary worth beating was her own best previous performance.

She experimented with her limits, and '75 could well be called a period of distance running insanity. DeMoss ran 31 miles on the track during the 24-Hour Relay (which just about killed any interest in track racing, to this day); ran her first marathon (3:15) enroute to a 50K race she hadn't planned on running beforehand; and perhaps most incredibly of all, ran 3 marathons in 13 days, trying to break 3:00 (her last one was the best--3:00:18).

In '76 on the hilly Palos Verdes course, Penny broke 3:00 for the first time. "I was really excited," she recalls. Her 2:59:52 was lowered to 2:57:53 and then to 2:55:24, in 1977. She was improving only marginally in what was now her distance, but there was a logical explanation: in her determined way, Penny had decided to add a morning session, increase her mileage to 100/week and build a base throughout 1977, pointing toward 1978, which would be "her year". She was racing tired, but still performing creditably, placing 8th at Boston in 3:01:16 and running a 1:38:02 PR for 25K.

Then, in the Los Altos Midnight Run--the first race of the New Year, her year--Penny felt the ironic touch of running Fates. She suffered a stress fracture of the right tibia. Reluctantly, training was curtailed for two weeks, then, willfully, Penny brought up the mileage again, running on the sopped Stanford Golf Course at first, and back on the roads once the fracture had healed. She added a secret speed workout to her training schedule, and in March ran 36:37 in the Arrow 10K, a PR by 1½ minutes, which served as a confidence booster for Boston.

"I think I'm capable of running faster," Penny says of her 2:45, "because Boston was not an all-out effort. I was having to hold myself back for the first 20 miles." In a strange way, there is a note almost of guilt when she discusses the race, because it just didn't hurt. And when Penny looks at the

training programs of other top women marathoners, the feelings are intensified, because she doesn't do anything approaching the quality work of her peers. Yet the results come.

It is here that self-doubt might creep in: could Boston be a fluke? A once-in-a-lifetime race? Recalling the ease and otherworldliness of her 2:45, Penny is open to the suggestion. But ultimately, she has no doubts that, barring permanent injury, she will improve upon her marathon time. "It was me who did it, wasn't it?", she asks? "I think of it as a major breakthrough."

There will be further opportunities to improve, in the Nike Marathon in September and in New York in October, but Penny refuses to put pressure on herself by saying she will set a PR in either race. Meanwhile, she will race at shorter distances for speedwork, including some 20K races, her favorite distance ("it's long enough to weed out the track girls"). Her goals in races of all distances is non-specific--"just to get the times down even further; PR's are important to me."

(continued on next page...)



Penny DeMoss hands off to Peggy Lyman at the Times-9 Relay last year. /Mike Spinelli Photo/

(NorCal Portrait, Cont'd...)

And more important to Penny DeMoss than place or PR's or fame is the physical act of running, which she plans to continue indefinitely. "It feels good!", she replies quickly when asked what motivates her to run. "It's enjoyable to be alone and cruise along." She pauses briefly, searching to see if there are other compelling forces tucked away somewhere. "It feels good," she repeats.

(Editor's Note: - Besides her normal busy schedule, Penny and her husband, Harold, are one of the prime sources of volunteer help for the NCCR. After each issue is typed and laid out in camera-ready form, Penny does the camera-work while Harold helps strip in the negatives before it's finally sent to the printer. Because of this help, we are able to keep our prices at a reasonable rate in an effort to combat inflation. So encourage your friends to get the NCCR...the more subscriptions we get the more we can bring you for the same price. We've been giving away a lot of free issues at races, but we haven't had many people subscribe because of it. Unless this changes in the near future and we get our subscriptions up over 3000 in a big hurry, we may be forced to up our prices.)

# RUNNERS' ZOO

by Jim Nuccio



**WHAT TO DO WHEN INJURED:** - Being in my 18th week of inactivity due to a gimpy left wheel, I've had plenty of time to kill. This presents a problem, not only for me but for any injured runner -- wuddayado with all this newly acquired spare time? My morning-run timeframe has been favorably replaced with an hour of vigorous horizontal breathing exercises (sleeping). The crucial hours, though, are from 4-6 p.m., a time when most runners normally take their evening shuffle. Aside from the pedestrian activities of working late at the office, pulling weeds in the yard, pelting the Russian Embassy with casaba melons, etc., satisfactorily filling these hours requires the creative juices to flow.

One observation--while swimming and biking are great sports, they just don't make it as proxies for running. Cycling for a runner with little natural padding can be a real pain. Both sports are restrictive...ever try riding your Schwinn up the Dipsea stairs? How about swimming on the Pacific Sun Marathon course?

Being one "wild and crazy guy", I've done some fascinating things these past 3 months to keep myself occupied. Here, then, are some sterling suggestions for keeping thoroughly entertained while in the pits.

\*\*Eat! Eating is great therapy. With past injuries, I've abated my nervous energy by porking-out. However, my previous injuries have only required a couple days of R & R. After seven weeks of sedentary living and scarfing like an inside linebacker during spring training camp, I soon possessed the jowls of Charles Laughton and the muscle definition of Poppin Fresh. To squelch my appetite, when hunger pangs struck, I lit a cigarette instead of nibbling an Oreo. Unfortunately, smoking is hazardous to the health of others and is addictive. To break the smoking habit, when I got the urge for a puff, I substituted an object similar in size to a cigarette, such as a pencil. Unfortunately, pencils occasionally light. Now I'm hooked on Brite-Tone #2 pencils (with eraser) and am currently having great fun trying to snuff this habit.

\*\*Confirm your belief of the cosmogony and expand your knowledge of Cartesian being by watching Mary Tyler Moore and Gilligan reruns. When I'm really into TV, I'll put on my narrow black tie, Arnold Palmer spring sweater spectacular and white Converse All-Stars and mellow out with Mr. Rogers' Neighborhood.

\*\*Create exciting new ice cream flavors for Baskin-Robbins. So far I've concocted such tantalizing treats as Pork-Rind Ripple, Buffalo Chip, and Anchovy-Chili Cheesecake.

\*\*Watch baseball on TV.(?) Baseball is B-O-R-I-N-G..except when Nolan Ryan is pitching. I survived three frames of a recent A's vs. Angels game, but that was long enough to see Ryan whiff 7, walk about the same, dust a couple batters and pick-off a few dozen beer vendors, Pinkerton security cops and batboys. Now that's exciting!

\*\*Submit ads to the "Introductions" column of the Sunday Examiner Classified section. Example: "Quality white male, 6-1, 175, non-smoker, financially secure, into travel, EST, skiing,

gourmet cooking, sm, seeks slender w/f, 21-35, with same interests, for open, sensuous relationship, possibly marriage. Jim. Ph. 924-7465 or 956-6554." One number is, naturally, yours. The other number belongs to the East Bay Gay Hotline.

\*\*Discover hundreds of provocative ways to massacre veggies by experimenting with your new Cuisinart. This enchanting activity will lend itself to several other time-consuming adventures. (I am now accepting readers' suggestions on what the hell I can do with 37 cups of pureed Swiss chard.)

\*\*Perform good deeds for your parents, especially your old dad. If your dad has a bad back, here is a helpful hint. Take him into the laundry room, and, when the washing machine is in the spin cycle, quickly open the lid and push him toward the opening so that his tie gets wrapped around the surging agitator post. This will not only get the kinks out of his back, but it will also break him of the ridiculous habit of wearing a tie while lounging around the house (a la Ozzie Nelson).

\*\*Have more fun utilizing your writing ability by sending in another ad to the Sunday Examiner Classifieds, this time to the Help Wanted section. Keep the format official, but make the contents mildly absurd. Example:

CAREER OPPORTUNITY--EPCCSACPPC INTERNATIONAL

"We are the East Petaluma Contract Computer Service and Chicken Parts Packaging Corporation (EPCCSACPPC International). We are a growth company serving greater metropolitan Rohnert Park. We are a branch of a subsidiary of a spin-off of a Fortune 500 company.

The position available is that of Chief Computer Systems Analyst and Apprentice Chicken Plucker. The duties include extensive programming, using COBOL and FORTRAN, some computer operating, and occasionally working nights as a security guard during the peak of the chicken hawk mating season.

The individual we seek has a college degree, 3 years experience as an analyst and is a recent graduate of the Airborne Ranger Hand-to-Hand Jungle Warfare School.

The Company's lucrative compensation program consists of an excellent base salary, generous commission (75¢ per plucked hen), and full Company benefits, including use of the Company vehicle, a brand-spanking new six-ton Massey Ferguson (complete with plough and discs), and an unlimited supply of sauteed

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Response to this ad was overwhelming. The phone number, though, was to the admissions office of the Psychiatric Ward of Sonoma State Hospital.

Well, as I'm sure you've gathered by reading the above ideas, I've been having one heck of a fun time being injured. I'm also sure you realize from perusing this that I forgot the deadline and am writing this article on the spur of the moment. This article did serve a purpose, though (it did?). It showed that there is more to life than the ecstatic calf cramps and delightful nauseous distress enjoyed by all active runners. With all the enticing activities I've mentioned in this article, there's only one thing left for you to do--go out and get injured!!

Two subjects I promised would appear in this issue, "Runner vs. Jogger" and "Special Flagrancy Awards" will be in a future edition, if I'm not run out of the Bay Area first.

**SUGGESTION:** - It was suggested that I write about eating places close to race sites, establishments that will cater to half-naked people with salt stains on their foreheads. If you have a favorite place that's affordable and serves some fairly decent chow, send me some info (i.e. - location, hours of operation, type of food, price range, attire and physical attributes of waitresses (or waiters), etc., and I'll include a paragraph or two about one of these joints in each issue. Maybe I'll call this section "Runners' Best Bet." Geez, if I keep this up I'll be another Bob Hershfeld, the guy on the Channel 5 Evening Magazine Show. If I don't start running pretty soon, I may also end up with his physique. My address: 617 Meadowsweet Dr., Corte Madera, CA 94925.

## SPECIAL ARTICLES

### HEAT STRESS

**SOURCE:** Harrison's Textbook of Medicine; **SUBMITTED BY:** Dr. Peter Eisenberg.

We are lucky to live in the Bay Area for many reasons, and not the least of these is the temperate weather we have in which to run. Occasionally though, the temperature and humidity are high enough to cause more than discomfort to runners.

Three clinical syndromes are associated with heat stress: (1) Heat cramps, (2) Heat exhaustion (heat prostration), and (3) Heat pyrexia (heat stroke or sunstroke).

The most benign of these three syndromes is heat cramps, which is usually characterized by painful muscle spasms. Most often they follow strenuous exercise in physically fit individuals. Replacing fluids and electrolytes (sodium, mostly) and resting in a cool place relieves the pain.

Heat exhaustion is the most common of these syndromes. Fatalities are rare and occur only in persons with underlying disease. It is due to rather severe depletion of electrolytes (sodium, potassium, etc.) and water. Weakness, dizziness, headache, and nausea most often precede collapse, which is sudden and usually brief. The patient is pale, cool and clammy. Body temperature is normal because the patient's cooling mechanism is intact. Treatment is symptomatic. Removal to a cool place and fluid replacement is the cornerstone of recovery. Sometimes hospitalization is necessary.

Heat stroke is a medical emergency and a catastrophic illness. Untreated patients die. Half of treated patients die! The temperature rises above 105°F because the usual mechanisms for cooling no longer work. Though there are reports that some patients with heat stroke were found to be sweating, most do not: their skin is hot and dry. Disturbances in most organ systems can be found. Patients are delirious, unconscious, or are convulsing. Heart, liver and kidney damage are caused by the heat's effect. Hospitalization is mandatory and treatment consists of total body emersion in an ice-water bath to rapidly lower body temperature.

The table in the opposite column will help you in the diagnosis of these three syndromes. Better yet, preventive measures such as the following should be taken:

- (1) Reduce activity on hot or humid days.
- (2) Exercise in light-weight clothing.
- (3) Avoid heavy activity when ill.

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Jim Hunt is a successful and well-known distance running coach. He is a frequent speaker at clinics and workshops around the country. His Lumberjack cross country teams at Humboldt State have placed second in the NCAA III Cross Country Championships the past two seasons. Gary Tuttle and Jackie Hansen are both former AAU National Marathon champions and are both current international class distance runners.

For more information and registration forms write to:

Continuing Education  
Humboldt State University  
Arcata, CA 95521  
phone: (707) 826-3711

(4) Acclimitization to increased heat may be accomplished by exercising for gradually increasing periods of time.

(5) Replace lost fluids and electrolytes while exercising with any of the available drinks (ERG, Body Punch, etc.)...or even water in most instances.

SYMPTOMS	HEAT CRAMPS	HEAT EXHAUSTION	HEAT PYREXIA
*Skin	pale	pale, cool, clammy	hot & usually dry
*Sweating	profuse	present	usually absent
*Body Temp.	normal	normal	high (105°F)
Pulse	rapid, strong	rapid, weak	1st rapid and strong, then weak
Respiration	normal	normal	weak
*Pupils	normal	dilated	dilated
*Muscles	severe cramps	normal	flaccid
*Central Nervous system	normal	stupor→coma	convulsions & unconsciousness
Nausea	mild	present	absent
Vomiting	rare	present	absent
Pain	severe (muscles)	headaches	only at onset
Treatment	rest in cool place fluids electrolytes	rest/cool place fluids electrolytes symptomatic	Hospital!! icewater bath support life
Recovery	spontaneous	spontaneous	50% die

(\* = key signs)

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If your store or club would like to make 40% on the cover price of *NorCal Running Review*, you can do so by ordering a minimum of ten copies per issue (must be shipped to the same address). All unsold copies are returnable for credit if in resale condition. We pay shipping on all subscriptions. If you would like full information regarding our "Resale Program", write: NCRR, P.O. Box 1551, San Mateo, CA 94401.



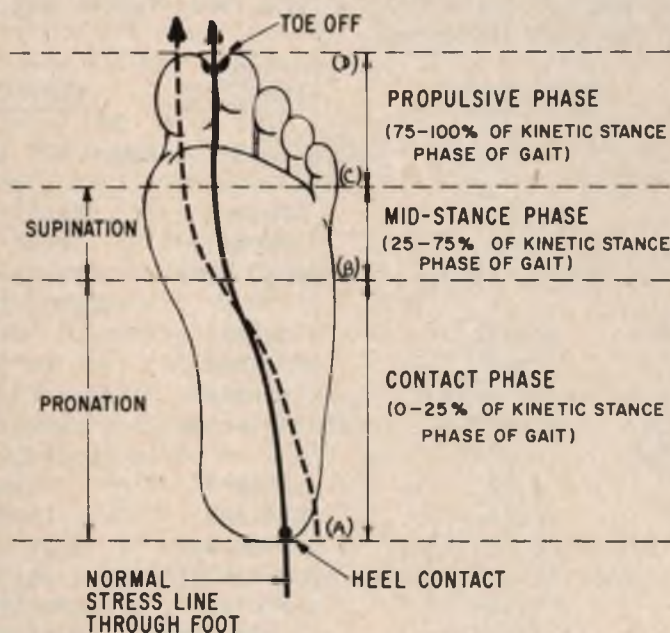
## ADVICE FROM A RUNNING PODIATRIST

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.

**ORTHOTIC PRESCRIPTION FOR RUNNERS:** - Soft, semi-rigid, or rigid orthotics: which type is best? Thousands of athletes are coming to podiatrists with foot, leg, knee, thigh, and lower back problems. The podiatrist must be able to decide which of these are primary, nonpodiatric (above the foot) problems for referral to the appropriate professional, and which are the secondary, nonpodiatric problems, associated with foot and leg imbalance, especially those which will respond to care of the foot. Each individual athlete must be studied with an understanding of the normal biomechanics of the lower extremity compared to the physiological and biomechanical demands of the sport. This understanding of the biomechanical relationship between the foot, the ground below, and the leg above is unique to podiatry, and the reason for our success rate with athletes.

Athletes, especially long distance runners, come to us with certain expectations. They are willing to follow our advice and treatment plan only if they understand the objectives, and providing the treatment plan will not harm them in any way. For the most part they will not take any medications by mouth other than vitamins, and they will not allow cortisone injections. They are not looking for the treatment of disorder or disease so much as the attainment of personal excellence. They want to maintain cardiovascular fitness while their particular injury heals. Athletes want to "do" something rather than "take" something. Traditional medical treatment deals with curing disease, i.e., with rest, pills, injections, and surgery, rather than counseling on how to achieve good health and stay well. Runners have a positive addiction to their sport; if they miss a day of running they go through "withdrawal" symptoms, and the only cure is a five-mile "fix".



KINETIC STANCE PHASE OF GAIT

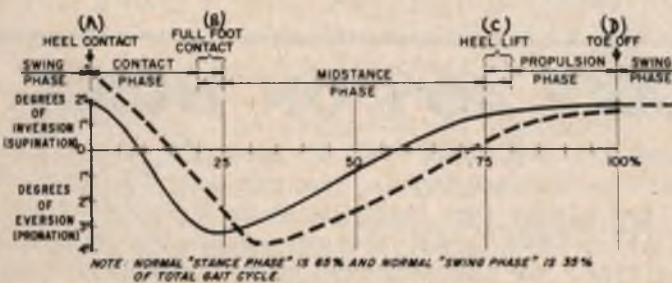


Figure 1. Kinetic stance phase of gait. Stress line while running is indicated by broken line.

The majority of injuries to runners fall into two categories: overuse or impact shock. Normally the foot adapts in the frontal plane to the running surface as the knee flexes and extends in the sagittal plane. Pronation of the foot with eversion of the calcaneus is simultaneous with internal rotation of the leg. Excessive pronation of the foot is associated with overuse injuries. Fixed supination, varus, or lack of adequate pronation are associated with impact shock injuries. In general, excessive pronation is associated with medial symptoms of arch strain, bunions, plantar fasciitis, and the heel spur syndrome in the foot. Above the foot, as the leg internally rotates with excessive pronation we often see: (1) deep posterior muscle group "shin splints", (2) medial knee problems, especially "runner's knee" (if severe, chondromalacia patella), (3) secondary genu valgum with opening of the medial joint line, (4) pes anserinus strain, (5) vastus medialis muscle strain, (6) anterior hip joint pain, and (7) central low back pain associated with anterior pelvic tilt and lumbar lordosis. The foot types which pronate excessively and are associated with these types of problems are: (1) compensated forefoot varus, (2) subtalar varus, and (3) equinus, hypermobile first ray or flexible plantarflexed first ray.

Impact shock injuries develop when there is a lack of adequate motion available to adapt to the supporting surface or to compensate for a biomechanical abnormality. In general, impact shock is associated with: lateral foot and leg symptoms, such as lateral forefoot lesions; calcaneo-cuboid area pain, either from the joint or peroneus longus muscle; "jogger's heel" with direct contusion; retrocalcaneal exostosis; lateral leg problems, especially peroneal muscles; fibular stress fractures; lateral knee pains from impingement at the joint line; iliotibial band; lateral collateral ligament strain, lateral hamstring muscles; sciatic nerve irritation; lateral hip joint pain; and unilateral low back pains. The foot types most associated with impact shock are those which are more rigid or inflexible in nature, such as uncompensated forefoot varus (rare), rearfoot varus, forefoot valgus, rigid plantarflexed first ray, hallux limitus, or anything which limits normal fluid joint motion, such as an osseous calcaneo-navicular bar or osseous equinus.

There are many other factors which contribute to excessive motion or impact shock. Environmental factors include: inadequate training shoes, uneven terrain, banked tracks or running surfaces, downhill running. There are physical forces such as limb length discrepancies and running style (foot placement, length of stride, flexibility training). All these must be considered before the podiatrist selects the treatment plan. The doctor must be sufficiently involved to understand the needs of the runner and the demands of the sport. When the doctor decides on the treatment plan for the individual athlete, he must consider the orthotic device as a service rather than a product. Any material substance will be effective if it is used properly. The objective for both doctor and patient must be toward maximum long-term care with a minimum of unnecessary expense. Therefore, the podiatrist should do those things which provide relief of symptoms with a rapid return to the athlete's training schedule. He should provide some treatment, such as taping, strapping, insoles, padding, or modification of shoes in order to confirm his diagnosis and to give the athlete some degree of relief on a temporary basis to justify the construction of a more permanent custom-made functional orthotic, and to keep the runner active while a permanent device is being made. The doctor should not give any medications which would alter the athlete's ability to sense pain or malfunction.

When the diagnosis is made between overuse injuries and impact shock injuries, the doctor can then decide what his objective of orthotic therapy is to be: cushioning, soft tissue supplement, accommodation of forefoot lesions, bulk arch support or balancing and control of lower extremity motion. In general, flexible foot types need firm control and, therefore, rigid materials. Rigid foot types need cushioning with soft materials.

There will continue to be controversy as to which type of orthotic is best--soft, semi-rigid, or rigid. There is no ideal material yet available to replace the biomechanical engineering system of the human body. In our practice, we have been very satisfied with the effectiveness and durability of rigid and semi-rigid functional orthotics. When the major category of 'overuse syndrome' or imbalance injury (vs. impact shock) is made, we construct a rigid functional orthotic. If forefoot accommodation of lesions or soft tissue supplement is needed, we usually make a semi-rigid orthotic with extension to the culcus of the toes. Rigid orthotics control (restrict) frontal plane motions and, therefore, work best for (cont'd...)

(*Orthotic Prescriptions...cont'd...*) forward activities, such as long distance running and downhill skiing. If the long distance runner is involved in other sports which require side-to-side movements, such as tennis, we elect a semi-rigid material. We very rarely use soft materials for anything more than temporary cushioning and balance. We do not use a cast for construction of soft devices. In selection of the appropriate material and type of orthotic, it is essential that the doctor understands the needs of the athlete and the demands of the sport.

## Swedish Massage

Here's Part 5 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!!



The question has often been asked of me, "When should I have my massage?" Not only runners ask this, but athletes active in other sports have inquired about the best time to receive massage. Many distance runners are also into other sports in addition to marathoning. Some of them play tennis, lift weights; others play basketball, baseball, etc.

Many competitive athletes make use of massage at one time or another, but the matter of timing and type of massage most beneficial can vary from sport to sport.

Everyone enjoys massage during a training period, especially competitors in seasonal sports activities, even if they refer to it as merely a rubdown. Muscles that have gone slack or inactive during off-season idleness quickly grow stiff and painful when first put back to work, and they welcome the comforting help from skilled hands.

Kenneth Galente is a young New York City masseur who has a catalog of special techniques to fit physical and temperamental needs. Galente has stroked and kneaded pro athletes from heavy-weight prize fighters like Floyd Patterson to ace bullfighter Arturo Ordonez; from Baseball Hall of Fame sluggers like Hank Greenberg to star tennis pros like Pancho Gonzalez and Rod Laver, as well as many other athletes.

Galente says prize fighters should not be massaged too close to the time they enter the ring. Floyd Patterson tried it once or twice on the theory that his muscles would benefit. It didn't work. He found himself too relaxed when he should have been keyed up. His nerves were too placid when they should have been honed to a keen edge in anticipation of the action. After a fight, Patterson could enjoy a sedative massage with great response, unless he was so battered that his sensitive skin could not endure the masseur's hands.

Tennis players, unlike boxers, seem to perform better after a soothing massage. For some unknown reason, a quarter-hour of general body stroking (effleuage) for many players strengthens their serve, improves their backhand, and quickens their net play. Basketball players, too, respond well to pre-game massage of the long, gentle, stroking type.

Rifle champions also benefit from a calming massage treatment before entering competition. Members of the Finnish Rifle Team at the 1964 Olympics discovered that not only massage, but a brief sauna before shooting improved their power of concentration on the target, steadied their grip, and heightened coordination between the eye and trigger finger.

Football players can benefit from a pre-game stimulation. Some coaches prescribe a quick 5 or 10 minute session of stroking, using as a lubricant a liniment producing penetrating heat. Any good liniment with camphor or oil of wintergreen (methyl salicylate) ingredients will work. Muscles of the calf and thigh appreciate kneading since these are the major parts of the body used in football.

Soccer and hockey players also benefit from a stimulating massage before going into action. The same applies to solo contestants in such sports as swimming and wrestling.

Track and field athletes are birds of assorted feathers. The jumpers (high and long) as well as the hurdlers usually like massage shortly before going into competition. Light stroking, followed by vigorous kneading of calf muscles, the hamstrings, and the big muscles of the thighs is recommended.

Shot putters welcome massage of the back, shoulders, arm and chest muscles. Pole vaulters want their legs and thighs loosened up before the tenseness of competition affects them on the field.

The long distance runners are a special breed apart. The great Finnish team of distance runners who dominated the Olympics many years ago--Paavo Nurmi, Willie Ritola, Ilmari Salminen & Gunnar Hooker--would not approach the massage table or sauna for several days before the event. They did, however, use both massage and sauna during the training period, and immediately after a race.

Massage is an important factor in erasing athletic fatigue. The refreshing effect of massage immediately after strenuous exertion of a prolonged athletic event has a sound basis. Lactic acid and other toxins which are by-products of muscular action may remain in the body, both in the muscle fibers and the bloodstream, for as long as an hour and a half, causing the aches and sensations known as fatigue. Muscles become clogged with waste or exhaust products in the form lactic acid because the blood cannot flow fast enough to remove the toxins. Neglect of massage only tends to aggravate this condition.

By pressure on the muscle fibers, massage will increase the venous (impure blood) circulation for reprocessing; hasten the elimination of the toxins through the urine and perspiration. When a sauna is added to massage, the freer flow of perspiration speeds the process of revival.

Percussion (hard) strokes should never be used on tired muscles. Trainers and masseurs sometimes use these more violent movements. Hacking with the hand at a side angle, beating with half-open fists, and clapping with cupped hands are useful for obtaining reflex muscle contraction on the athletes involved in more strenuous sports such as football. Even then, they should be done with considerable care to prevent bleeding in fatigued muscles.

There are rubbing tables in every major league clubhouse in the country, but massage for baseball players involves a selective decision. For 7 out of 9 members of a team, pre-game massage is not recommended except if they have individual problem muscles that need loosening. A soothing massage would

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provide too much relaxation so that the outfielders might fall asleep before the seventh inning!

The pitcher and catcher, however, require special treatment. The catcher mistreats his leg and thigh muscles during a game by squatting behind the plate, to gather in the pitcher's offerings. When he makes a snap throw to catch a base runner, he uses only his arm muscles without the weighted, forward thrust of the body. The catcher obviously can appreciate a vigorous pre-game massage to loosen the big muscles of his arms, calves and thighs, as well as the hamstrings under his knees. A fastball puts considerable strain on the muscles of the pitcher's shoulder, chest and back, as well as his arm. By giving the ball a spin, this involves the shoulder, elbow and wrist joints, as well as the bundle of muscles reaching from his elbow to the balm of his hand.

For marathon runners I recommend massage the day before the big event or immediately after completing the race. The day following a massage session is the right time for runners; the body responses are up fully, the muscles are loose, and energies are balanced and integrated. You feel good and are ready to go. Or, the massage can be given immediately following a marathon or your long practice run. This is an excellent time to eliminate the fatigue acids and toxins. I do not recommend massage immediately before a marathon, as the body becomes too sedated. You wouldn't have enough energy or push to participate.

In addition to my 2-hour therapy program for runners, I also include simple stretching exercises for the legs and arms. These are not the famous 'Bob Anderson stretching movements' which have been highly publicized, but are completely different. Based on yoga movements, my stretching is very effective on the body. I do about ten stretches on the front of the body, and then about four on the back.

This is an ideal body work program which I offer because it is both balanced and complete, as it includes both massage and stretching. If you are looking for additional benefits to supplement your running program, you can find them here.

## 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 *NCR*R 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. Hillsdale 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.).

## 1978-1979 PA-AAU LDR Handbook

TOP PA MARATHONERS  
RACE SCHEDULE

\$1.00 by mail

CLUB DIRECTORY  
PA RECORDS

PA-AAU, 942 Market, Suite 201, San Francisco, Cal. 94102

## 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 NCR, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119). Note: Natl. AAU Women's Marathon is also in N.Y.

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: Steve Ryan, 9804 W. 12th St., Wichita, KS 67212; 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: Dale Van Meter, 66 Summit Av., Sharon, MA 02067. (Note: *The NCR*R covers Oregon, Nevada & California scheduling.)

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. Two races appearing on the same day and of similar distance and in same proximity do not necessarily conflict, but there should be communication and agreement between race directors in this regard. With the growing numbers of races on the schedule, it is imperative that we all do our best to have good COMMUNICATION with each other. Changes in dates/times/contacts, etc., should always be communicated to the LDR Chairman, PA-AAU Office (or other appropriate district office) and the *NorCal Running Review*, as well as other affected races.

## SCREEN PRINTING

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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 write for a pricelist. Or, phone us at 415/341-3119. Best time to reach me is after 8 pm on weekdays, or you may leave a message on my recording unit.

PRICES: - You'll find our prices are very reasonable, with larger orders getting substantial price breaks...50% Discount in some cases.

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HEAT-TRANSFERS: - If you aren't interested in buying the entire shirt, you can go the heat-transfer route. These can be applied by you individually to your own garments. Write for full details.

### JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401



**NOTE:** - Complete information on all PA-AAU races can be found in the new L.D.R. Handbook (see ad on opposite page). We will list complete information only until the end of August, after which time all our readers should have had time to acquire a Handbook. Changes and new races will be listed in their entirety, but if we listed everything here, there would be no need to purchase the Handbook and the LDR Travel Fund would suffer as a result. **IMPORTANT:** - The contact for the Bay-to-Breakers, in May, was printed incorrectly in the Handbook and will be corrected in all remaining Handbooks...for those that have received copies listing Len Wallach as contact, please delete his name & address...it is incorrect!

- Aug 5 - Cazadero Footraces, 3 & 7 Mi., No. of Hiway 116 on Austin Creek Rd., 6 pm. Dave Sjostedt (Ph. 415/875-9925).
- Aug 5 - Santa Cruz Life Guards Run-Swim-Run, (2 Mi. Run; 1/2 Mi. Swim; 1.5 Mi. Run), Santa Cruz Pier, 10 am. Don Roth (Ph. 408/356-8748).
- Aug 5 - Canadian Bacon 10K X-C, Lower Sunrise Pk., Rancho Cordova, 9 am. Larry Marler (Ph. 916/635-3943).
- Aug 6 - Union Health Service Center/Teamsters 5-Miler, 70 Hegenberger Rd., Oakland, 9 am. Dr. Stephen Ross (Ph. 415/568-4490).
- Aug 6 - Daly City/Camino West 10K Run, Westmoor H.S., Daly City, 10 am. Pete Michon (Ph. 415/591-5451).
- Aug 6 - DSE Double Muni Pier Run, 2.5 Mi., Dolphin Club, San Francisco, 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Aug 6 - Town & Country Hot Foot Runs, 1.5 & 5 Mi., Napa Fairgrounds, 575 Third St., 10:30 am. Chuck Hall (Ph. 707/255-0683).
- Aug 12 - Aerospace 15K, Morley Field, San Diego, 7:30 am. W. Stoeltzing (Ph. 714/298-3406). (PSA)
- Aug 12 - Scandia 6-Miler, Junction City, Ore., 6 pm. Mike McEldowney (Ph. 503/998-2153, work). (OA)
- Aug 12 - Seaside Beach Run, 7.25 Mi., Seaside, Ore., noon. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (OA)
- Aug 12 - 5-Mile Predicted Time Race, Sunset Park, Las Vegas, Nev., 8 a.m. Las Vegas TC, 309 S. Third St., #316, Las Vegas 89101.
- Aug 12 - Huntington Beach Distance Derby (10, 3 & 1.5 Mi.), 9 am. NO PRE-ENTRIES. Bob Thrall, Box 190, Huntington Beach 92648.
- Aug 12 - Belmont Steaks Footrace, 8.93 Mi., Ralston School, Belmont, 9 am. Ken Israel, 305 Del Rosa Way, San Mateo 94403.
- Aug 12 - Mammoth Lakes Road Run, 10 Km., 9 am. Mammoth Lakes Lions Club, P.O. Box 17, Mammoth Lakes 93546. (CCA)
- Aug 12 - State Fair Fun Runs, 2.5 & 5 Mi., Sac'to Fairgrounds, 9 am. Karen Kelly (Ph. 916/442-3338).
- Aug 12 - Sierra Pines 40-Mile Relay, 6-person teams, Bass Lake, 8 am. (Entries close 8/7). Darrel Cox (Ph. 209/255-4041, home).
- Aug 13 - San Pablo Dam Run, 15 Km., Olinda School, El Sobrante, 10 am. Jon Mohr, 206 Collins St., Richmond 94801.
- Aug 13 - Annie & Mary Days 5-Miler, Blue Lake (post office), noon. Bob Dickerson (Ph. 707/668-5161, home).
- Aug 13 - DSE Biathlon (1/2 Mi. Swim & 2.5 Mi. Run), Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Aug 13 - No. Orange County YMCA 10K, Fullerton, 8:30 am. Ken Henderson, YMCA, 2000 Youth Way, Fullerton 92635. (SPA)
- Aug 13 - ORRC Coffenbury Lake Biathlon (1/2 Mi. Swim, 3 Mi. Run), near Seaside, 11 am. Ken Weidkamp, 14230 SW Derby, Beaverton.
- Aug 13 - Pike's Peak Marathon, Manitou Springs, Colo., 7 am. Rudy Fahl, 559-B Castle Rd., Colorado Springs, CO 80904.
- Aug 19 - Top-of-the-State 7-Miler, 8 Mi., College of Siskiyous, Weed, 9 am. Lee Ferrero, 450 College Av., Weed 96094.
- Aug 19 - Salmon Creek Beach Runs, 3 & 8 Km., north of Bodega Bay, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Aug 19 - (Tentative) Running Singles 3.5 Mile Fun Run, Small Marina Green, S.F., noon. Barry Spitz, 155 Los Angeles, San Anselmo.
- Aug 19 - Bunion Derby 10-Miler (& 3, 1.5 Mi.), Fresno State, 9 am. Mike Lennemann, 3025 E. Gettsburg, #124, Fresno 93726. (CCA)
- Aug 19 - Tehachapi 10K, time & place TBA. Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. (CCA)
- Aug 19 - Sunset Park 4-Mile X-C, Las Vegas, Nev., 8 am. Las Vegas TC, 309 S. 3rd St., #316, Las Vegas, NV 89101. (SNA)
- Aug 20 - CANCELLATION--Diablo Valley 10K (changed to Oct. 22nd...see next issue).
- Aug 20 - Redwood Shores Biathlon (4 Mi. Run, 400m Swim), Redwood Shores Pavilion, 10 am. Peter Michon, 174 Crestview, San Carlos 94070.
- Aug 20 - Round Tiburon Peninsula Run, 8 Mi., Blackie's Pasture, 10 am. Don Capron, 4808 Fulton St., San Francisco 94121.
- Aug 20 - DSE Ocean Beach Run, 6 Mi., Balboa & Great Hiway, S.F., 10 am. Walter Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Aug 20 - Irvine Park Runs (5 & 2 Mi.), Irvine, 9 am. Bill Holt, 730 N. Euclid, Suite 220, Anaheim 92801. (SPA)
- Aug 20 - SCTC Coos County Fair Runs (3 & 5 Mi.), Myrtle Point, Ore., 11 am. Ron Wardman (Ph. 503/572-2112). (OA)
- Aug 20 - Pinecrest Lake Run, 4.75 Mi., Pinecrest, 10 am. Jim Reichle, P.O. Box 1071, Pinecrest 95364.
- Aug 20 - Freshwater Race, (2 & 5.9 Mi.), Freshwater School, Arcata, 10:30 am. Dick Meyer, Route 1, Box 153-A, Eureka 95501.
- Aug 24 - PA-AAU Long Distance Running Committee Meeting (men & women); site and time TBA (probably mid-Peninsula at 7 or 8 pm). Call Roger Bryan, LDRC Chairman, 415/574-5229 (evenings), for full information...each club can send one voting representative, but anyone can attend.
- Aug 26 - REMOVED FROM LDR HANDBOOK--Alameda Fun Run (3 & 6 Miles).
- Aug 26 - San Diego Half-Marathon, 13.1 Mi., 8 am. Postmark entries by Aug. 16; 3000 entry limit after 8/16. Half-Marathon, 3861 Front St., S.D. 92103.
- Aug 26 - ERA Fun Run/Fund Raiser, 3 Mi., Paradise Pk., Reno, Nev., 10 am. ERA Fund Run, 321 S. Arlington, Reno, NV 89501.
- Aug 26 - Dammit Run, 5.593 Mi., Los Gatos H.S., Los Gatos, 9 am. Lee Hughes, 106 Belvale Dr., Los Gatos 95030.
- Aug 26 - S.O.S. 10-Miler, Bear Creek Pk., Medford, Ore., 9 am. Jerry Swartsley, Southern Oregon Sizzlers, P.O. Box 1072, Phoenix, Ore. 97535. (OA)
- Aug 26 - Santa Monica 5 & 10K, (sign-in at 1456 Ocean Av.), 7:30 am. Mary Esposito, Santa Monica Recr. Dept., 1685 Main St., Santa Monica 90401. (SPA)
- Aug 26 - DSE Single Muni Pier Run, 1.25 Mi., Dolphin Club, S.F., 10 am. Walter Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Aug 26 - Tule Springs Fun-Run & Picnic, distance TBA, nr. Las Vegas, Nev., 10 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Aug 26 - Bass Lake 13-Miler (changed from original 9/2 date), Pines Village, 8 am. Bill Cockerham, Fresno Pacific College, 1717 S. Chestnut, Fresno 93702.
- Aug 27 - Golden Gate Charity 10K, Ft. Baker to SF Marina Greens, 11 am. (Register Raceday Only; 2 starts). Pax Beale, 390 - 40th St., Oakland 94609.
- Aug 27 - Santa Monica Marathon & Half-Marathon, Santa Monica C.C., 7:30 am. Mary Esposito, Santa Monica Recr. Dept., 1685 Main St., Santa Monica 90401.

## X-C Schedules Needed NOW!

HELP--The NCRR will list its annual in-depth cross-country schedule in next issue, but in order to do a good job, we need help from our readers. PLEASE--all high school and college coaches and athletes, send us your fall schedule by not later than August 25. Don't assume that others will do it. We would much rather get 10 of the same schedule than none at all. It saves us countless hours of writing and phoning if you will only spend just a few minutes to send us your schedule. Send all information to: NCRR, Box 1551, San Mateo, CA 94401. Thanks for your help. If you can't make deadline, please send your schedules anyway.

# BODY AMMO™

BODY AMMO nutritional products are made for serious runners. They help runners increase their stamina, recover faster, train harder and in general enjoy running more. They are specially designed for all athletes performing under strenuous physical conditions. They were used in preparation for and during the 1977 Boston Marathon by Bay Area runners who finished in the top of the field. They were also chosen by the recent American bicentennial Mt. Everest Expedition for use during the most difficult parts of the climb.

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## 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:** Cal-State Fresno (1st Sat.), or Roeding Park (3rd & 5th Sat.), 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, 17733 Newland, Huntington Beach, CA 92647.

**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:** Foster Field Track; monthly (Saturday), 8:00 am; Susie Gosar, 1970 S. Marsh Ave., 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. Larry Bloom 56-209 Oasis, Indio, CA 92201.

**SANTA BARBARA:** The Lagoon behind UCEN, U.C. Santa Barbara; every Sunday, 10:00 am; Chuck Rundgren, 193 N. Kellogg, Santa Barbara, CA 93111.

**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.

**SAN DIEGO:** Mira Mesa Mall Shopping Ctr.; monthly (Sat.), 8:30 am; B4 Sports, 8150 Mira Mesa, San Diego, CA 92126.

**SAN DIEGO:** Westwood Club; every Sunday, 7:30 am; Gary Leander, 17394 W. Bernardo Dr., San Diego, CA 92127.

**SAN PEDRO:** Pt. Fernum Pk.; monthly (Sat.), 7:30 am. John Norton, 1342 W. 36th St., San Pedro, CA 90731.

**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).

**CASTRO VALLEY:** Lake Chabot Regional Pk.; every Sunday, 9:00 am; Sharon Donovan, 26381 Whitman St., #110, Hayward, CA 94544.

**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.

- Aug 27 - Executive Share Health Marathon (& 3/4, 1/2 and 1/4 Marathon), Orange, 7 am (*Entries Close 8/21*). Mike Turin, 4000 Park Newport, Suite 408, Newport Beach 92660. (SPA)
- Aug 27 - ORRC Fairmont Council Crest Frolic, 4.1 Mi., Portland, Ore., 2 pm. Dave Robbins (503/649-0351). (ORRC)
- Aug 27 - Skinner's Mud Hole Days (3 & 7 Mi.), Eugene, Ore., 11 am. Bill Theriault, 319 Broadway, Springfield, OR 97477. (OA)
- Aug 27 - Estacada Road Runs (1, 3 & 7 Mi.), McIver State Pk., Estacada, Ore., 10 am. Larry Gray, Rt., 3, Box 1835, Estacada 97023
- (NOTE: - At publication date we did not have Sept./Oct. DSE Run dates; for DSE Schedule, send SASE to 321 Collingwood, S.F. 94114)
- Sep 2 - Double Dipsea, 13.4 Mi., Stinson Beach, 8 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Sep 2 - Cask 'n Cleaver Californian "5", 5.05 Mi., Ontario Motor Speedway, 8:30 am. Norm Naylor, Box 1352, Ontario 91762. (SPA)
- Sep 2 - Heart of the Valley Road Runs (3 & 7 Mi.), Crescent Valley HS, Corvallis, Ore., 11 am. Dan Eden (Ph. 503/757-6918, days)
- Sep 2 - Sunset Park 5-Miler, Las Vegas, Nev., 8 am. Las Vegas T.C., 309 S. Third, #316, Las Vegas, NV 89101. (SNA)
- Sep 2 - Spring Lake 4-Miler, Santa Rosa, 9 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Sep 2 - Jr. Olympics X-C Trials (B/G, 14-15 & 16-17), Spring Lake Pk., Santa Rosa, 10 am. Fred Kenyon, 1609 Mariner, Sebastopol.
- Sep 3 - Silver State Marathon (David Creek Campground, nr. Reno), 7 am. (750 Limit) Skip Houk, 580 N. McCarran, Sparks, NV 89431
- Sep 3 - (DATE CHANGE FROM 9/2) Playboy 7.5-Miler, Polo Fields, G.G. Park, S.F., 10 am. For info call KMEL (415/391-9400).
- Sep 3 - Mariposa 10-Miler, time TBA. Stewart Cramer, P.O. Box 444, Mariposa 95338. (CCA)
- Sep 4 - Times-9 (3 x 3 Mi. Relays, 10Km., & others), Crystal Sprgs. X-C Course, Belmont, 8:30 am. Jim Nantell, 330 W. 20th Av., (Recreation Dept.), San Mateo 94403.
- Sep 4 - Pre's Trail Run, (3K, 5K & 10K), Albon Baker Pk., Eugene, Ore., 2:30 pm. Jon Anderson, 2550 Knob Hill, Eugene, OR 97405.
- Sep 4 - RTC Diamond Lake 11.5-Miler, btwn. Bend & Klamath Falls, Ore., 11 am. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470.
- Sep 4 - Mt. Baldy Race to Top, 8 Mi., (So. Calif.), 10 am (*No Pre-Entry*). Gary Wilson, P.O. Box 666, Mt. Baldy 91759. (SPA)
- Sep 4 - Labor Day Fun-Run, Distance(?), site unknown, time TBA. Jim Martin, 2530 N. Barton, Fresno 93705. (CCA)
- Sep 9 - Tamalpa/Synanon 10K, Walker Ranch (nr. Petaluma), Marshall, 10 am. Jim Platt, 14 Tilden Dr., Novato 94947.
- Sep 9 - (DATE CHANGE) Conservatory Run for the Music, 5 Miles, San Francisco. (*Moved to Nov. 12th...see next NCRR & LDR Handbk.*)
- Sep 9 - Watermelon Runs (2, 4 & 6 Mi.), Fresno State, time TBA. Red Estes, P.E. Dept., Fresno State Univ., Fresno 93740. (CCA)
- Sep 9 - Griffith Park X-C Runs (1 to 3.6 Mi., 9 races), Los Angeles, 8 am. Fred Honda, Municipal Sports, 200 N. Main, L.A. 90012
- Sep 9 - Natl. AAU 50 Mile Track Championships, Santa Monica C.C., 3 pm. Tom Sturak, 21643 Circle Trail, Topanga 90290. (SPA)
- Sep 9 - All-Comers X-C, 5 Mi., Sonoma State, Rohnert Pk., 11 am. Bob Lynde, Track Coach, Sonoma State, Rohnert Park 94928.
- Sep 9 - Sunset Park 6-Mile X-C, Las Vegas, Nev., 8 am. Las Vegas T.C., 309 S. Third, #316, Las Vegas, NV 89101. (SNA)

- Sep 9 - SCTC Circle the Bay Run, 18.13 Mi., Coos Bay, Ore., 9 am. Bob Macy (503/267-7823).
- Sep 9 - Gladstone Jaycee 7½-Miler (& 2 Mi.), at High School, Ore., 10 am. Steve Gould, 2139 S.W. Edgewood, Portland 97201.
- Sep 10 - Marin Symphony Semi-Marathon, 13.1 Mi., Mill Valley. (See PA-AAU LDR Handbook)
- Sep 10 - Founder's Day Runs (13.1 & 5.8 Mi.), Rohnert Park. (See PA-AAU LDR Handbook)
- Sep 10 - Walnut Festival Races (boys & girls age-groups), 5.57 Mi. open race, Walnut Creek. (See LDR Handbook) (Enter by 9/2)
- Sep 10 - Mexican Independence Day 10-Miler, E. Los Angeles, East Belvedere Pk., 9 am. (No Pre-Entry) Carlos Alfaro, 1322½ S. Fremont, Alhambra 91803. (SPA)
- Sep 14 - Sepulveda Evening 15K Run, Woodley Av. Park, Van Nuys, 6 pm. David Hall 7736 Corbin, Reseda 91335. (SPA)
- Sep 16 - Lakewood 10K (estimate your time run), MacBoyer Pk., 9 am. Mit Hunt, P.O. Box 158, Lakewood 90714. (SPA)
- Sep 16 - Central Calif. X-C Run, 5 Mi., Fresno, site & time TBA. Bill Cockerham, 1717 S. Chestnut, Fresno 93702. (CCA)
- Sep 16 - Long Beach Invit. X-C Meet, Cal-State L.B. Track Coach, Cal-State Long Beach, 6101 E. Seventeenth St., Long Beach 90840. (SPA)
- Sep 16 - All-Comers X-C, 5 Mi., Sonoma State, Rohnert Pk., 11 am. Bob Lynde, Track Coach, Sonoma State, Rohnert Park 94928.
- Sep 16 - Sunriver Runs (6.75, 2.25 & 3/4 Mi.), Sunriver, Ore., noon. Terry Schukart, Central Ore. C.C., Bend, OR 97701. (OA)
- Sep 16 - Sunset Park 10-Kilo, Las Vegas, Nev., 8 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Sep 17 - PA-AAU 25-Kilo Championships, Golden Gate Park, S.F., (Polo Fields). (See PA-AAU LDR Handbook)
- Sep 17 - The Great Grape Race, 10 Kilometers, Parma Park (Castillero Jr. High), San Jose. (See PA-AAU LDR Handbook)
- Sep 17 - Vine Village Benefit Country Run, 10km, Napa, 9 am. Optimum Foods, 132 Soscal, Napa 94558 (Attn: Tim Thulin).
- Sep 17 - Beverly Hills 10K, B.H. High School, 9 am. Bob Walsh, B.H. Recr. Dept., 450 N. Crescent Dr., Rm. 400, Bev. Hills 90210.
- Sep 22 - Pepsi of Reno 72-Mile Lake Tahoe Run, Tahoe City (North Shore). (Entries close 9/18) (See PA-AAU LDR Handbook)
- Sep 23 - Marine Air Reserve 3 & 6-Milers, Alameda Naval Air Station. (See PA-AAU LDR Handbook)
- Sep 23 - UNLV Invit. X-C, 4 Mi., Las Vegas, Nev., 7 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Sep 23 - Lions Club 10km, Joseph, Ore., 9:30 am. Dan Ousley, Box 94, Enterprise, OR 97828. (OA)
- Sep 23 - RTC Internat'l Style X-C, 7.5km, Umpqua Comm. College, Roseburg, Ore., 11 am. Ron Alexander, 1844 NW Finch, R'burg 97470
- Sep 23 - Capitol Park Runs (3 & 5K), Bush Pk., Salem, Ore., 9 am. Barbara Roberts, 555 Liberty St. S.E., Salem, OR 97301. (OA)
- Sep 23 - All-Comers X-C, 5 Mi., Sonoma St., Rohnert Pk., 11 am. Bob Lynde, Track Coach, Sonoma State, Rohnert Park 94928.
- Sep 23 - SPA-AAU & Natl. AAU Women's 20km, Los Angeles, 8 am (men), 9 am (women). Steve Broten, 13512 E. Ramona, Whittier 90602.
- Sep 24 - Don Lucas Ford--Hospice Run, 10km, Monterey Fisherman's Wharf. (See PA-AAU LDR Handbook)
- Sep 24 - Coyote Park Masters Race, 12 Mi., (east end of Dumbarton Bridge), Newark. (Race Tentative) (See PA-AAU LDR Handbook)
- Sep 24 - Oakland Brasspole Run, 6.2 Mi., Lake Temescal, Oakland. (See PA-AAU LDR Handbook)
- Sep 24 - Whiskeytown Lake Relays, 4-person relay (20.5 Mi. total), west of Redding. (See PA-AAU LDR Handbook)
- Sep 24 - Country Fair Day Run, 4.4 Mi., San Anselmo (Drake H.S.), 10 am. San Anselmo Parks & Recr., P.O. Box 726, S.A. 94960.
- Sep 24 - Alhambra Hospital 5K & 15K Runs (High School), Alhambra, 9 am. Jackson Kuchnle, c/o 11 So. 2nd St., Alhambra 91801.
- Sep 24 - N.A.S. Lemoore 6.5-Miler, Lemoore, time TBA. Carl Whitker, Rec. Fund, N.A.S. Lemoore 93245. (CCA)
- Sep 24 - ORRC Hagg Lake Runs, (10.4, 2.3 & 1.3 Mi.), nr. Forest Grove, Ore., 2 pm. Bob Carson, 2509 Mills, Forest Grove, OR 97116
- Sep 30 - Salinas Skyclimb, 7.5 Mi., Toro Regional Pk., Salinas. (See PA-AAU LDR Handbook)
- Sep 30 - All-Comers X-C (Championships), 5 Mi., Sonoma St., 11 am. Bob Lynde, Track Coach, Sonoma State, Rohnert Park 94928.
- Sep 30 - Sunset Park 5-Mile Handicap, Las Vegas, Nev., 8 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Sep 30 - ORRC Oak Hills 10K Road Run, Ore., 9 am. Hank Hazen (Ph. 503/224-6079) or Lee Barrett (503/284-3160). (OA)
- Sep 30 - Garrie Franklin X-C Classic (2, 3, 4, 10K), Lane C.C., Eugene, Ore., 9 am. Al Tarpenning, Lane C.C., Eugene, OR 97405.
- Sep 30 - Cal-State X-C Invit., Fresno State, Fresno, time TBA. Red Estes, Track Coach, Fresno State Univ., Fresno 93740. (CCA)
- Sep 30 - Big Bear 10-Miler, Big Bear City, 9 am. Tom Richards, Box 6094, Big Bear Lake 92315. (No Pre-Entry) (SPA)
- Oct 1 - Sacramento Marathon (& Half-Marathon), Wm. Land Park, Sac'to. (No Post-Entries; Limits: 1000 & 400 Runners) (See Hndbk.)
- Oct 1 - One & Two-Hour Run Postal Championships (Tentative), UCLA, 8 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Oct 1 - LAAC Mercury 10km Run, Los Angeles C.C., 9 am. (Enter by 9/30) Jim Goulding, 431 W. 7th St., Los Angeles 90014. (SPA)
- Oct 1 - San Pedro--YMCA Harbor Marathon, Pt. Furman Pk., San Pedro, 7:30 pm(?). John Provost, YMCA, 301 S. Bandini, S.P. 90132.
- Oct 7 - Berkeley Waterfront Run, 5.09 Mi., 4th & Addison St., Berkeley. (See PA-AAU LDR Handbook)
- Oct 7 - Tapia Park 10km Run, (Tentative) 9 am. (No Pre-Entries) Gayle Cory, 2632 Hollister Terr., Glendale 91206. (SPA)
- Oct 7 - ORRC Oxbow Road Runs (2 & 5.1 Mi.), nr. Gresham, Ore., 9 am. Dick Goodhead (Ph. 503/245-2805). (OA)
- Oct 7 - One-Hour Run, Univ. of Nevada (track), Las Vegas, Nev., 8 am. Las Vegas T.C., 309 S. Third St., #316, L. Vegas, NV 89101
- Oct 7 - (CANCELLED) Yosemite Park Fun Runs. Contact: Jim Martin, 2530 N. Barton, Fresno 93705. (CCA)
- Oct 8 - Contra Loma Reservoir Run, 10km, Antioch. (See PA-AAU LDR Handbook)
- Oct 8 - Calico Days 30km, Dana Park, Barstow, time TBA. Calico Days Run, Box 430, Barstow 92311. (SPA)
- Oct 8 - Azusa Golden Days Runs (5km & 10 Mi.), City Hall, Azusa, 9 am. Dennis Caldwell, 5526 Twintree, Azusa 91702. (SPA)
- Oct 8 - OTC 5-Miler, Skinners Butte Pk., Eugene, Ore., 1 pm. Clark Meinert, 877 E. 13th, Eugene, OR 97401. (OA)
- Oct 8 - SCTC Horsfall Beach Run, (1, 3 & 5 Mi.), Ore., 1 pm. Kurt Black (Ph. 503/269-1934). (OA)
- Oct 8 - Paavo Nurmi Classic (1 Mi., 5km, 10km & One-Hour), Mt. Hood C.C. (track), Gresham, Ore., 2 pm. John Virtanen (282-1383).
- Oct 9 - Bonne Bell Natl. 10km Championships (Women), Boston, Mass. Conventures, Inc., 11 Newbury St., Boston, MA 02116.
- Oct 14 - F.O.R.E. Runners Women's 10km, site & time TBA. (See PA-AAU LDR Handbook)
- Oct 14 - Fresno 25-Kilo Run, site & time TBA. Gene Lynch, 5126 N. Angus, Fresno 93710. (CCA)
- Oct 14 - Hart Park Relays, Bakersfield(?), time TBA. Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. (CCA)
- Oct 14 - Sunset Park 10km, Las Vegas, Nev., 8 am. Las Vegas T.C., 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Oct 14 - Woodland Hills Tough 10km Run, Pierce Coll.(?), 8 am. Woodland Hills C of C, P.O. Box 1, Woodland Hills 91364. (SPA)
- Oct 14 - Sr. Olympic 10km X-C (25/Over), Malibu Creek State Pk., Malibu Cnyn., 9 am. (Enter by 10/6) Sr. Olympics X-C, 5670 Wilshire Blvd., Suite 360, Los Angeles 90036. (SPA)
- Oct 14 - Riverbank Wine & Cheese Festival 7.5-Miler (& 2 Mi.), Riverbank, 9 am. Jim Rude, 2848 Stanislaus, R'bnk 95367
- Oct 14 - Heart of San Diego Marathon (& 10km), Coronado, 7 am. Bill Casper, c/o P.O. Box 3625, San Diego 92103. (PSA)
- Oct 15 - (Changed from 10/14) Oakland Ballet in the Long Run, Tilden Pk., Berkeley, 9 am. (Note time & place changes) (See PA-AAU LDR Handbook for contact)
- Oct 15 - Lagoon Valley Lope 15km, Fairfield. (See PA-AAU Hndbk.)
- Oct 15 - Run for Clean Indoor Air, 10km, San Jose. (See PA Hndbk)

# HAWAII!

SEPTEMBER 14 - 19, 1978  
15 km Championship Race - September 17th

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\*Non-competitors are welcome to take advantage of the low rates. Reduction of air fares will be passed on to each participant.

## Meet Directors!!!

MAIL ENTRY BLANKS TO 2500 RUNNERS - 1.7¢ Each

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★ NOR-CAL RUNNING REVIEW ★

Oct 15 - Long Beach 16.2-Miler (& 4.1 Mi.), Cal-State L.B., 9 am (*No Pre-Entry*). Frank Bole, 666 E. Ocean, #804, Long Beach 90802  
 Oct 15 - 5km & 10km Runs for Health, L.A. Police Academy, 8 am. Julie Granone, 1001 Claiborne Dr., Long Beach 90807. (SPA)  
 Oct 15 - RTC 4-Person, 10-Mile Relay, Stewart Pk., Roseburg, Ore., 2 pm. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)  
 Oct 15 - ORRC Gabriel Pk. X-C Run, 6 Mi., Portland, Ore., 2 pm. Joel Beerman (Ph. 503/246-2688). (OA)  
 Oct 21 - Natl. Sr. Men's AAU Marathon, Buffalo, N.Y. Jesse Kregal, 681 Auburn St., Buffalo, N.Y. 14222.  
 Oct 22 - Santa Barbara Marathon (& Half-Marathon), SBCC, 8 am (*Enter by 10/16*). John Brennan, 4476 Meadowlark Ln., S.B. 93105.  
 Oct 22 - NYC Marathon (& Women's Nat'l's) 10:30 am (*Enter Early, Possible Cutoff*). Marathon, Box 1388 GPO, New York, N.Y. 10001.  
 Oct 29 - ORRC Island 50-Mile (Oregon AAU Champs), Sauvie Island, Ore., 7:30 am. John Coffey, 3032 SW Fourth, #10, Portland 97201.  
 Oct 29 - Mayor's Cup Marathon, Treasure Island to S.F. (Polo Fields, Golden Gate Pk.). (See PA-AAU LDR Handbook)

## TRACK & FIELD

**ALL-COMERS MEETS:** - Nearly all the meets that we know about are ending in early August or late July. A lot of the 'probable' locations we listed last issue did have meets this summer...we haven't received any results from these, so if any of our readers have some, please send them to us by Aug. 25. Also, anytime you hear of an All-Comers series, whether tentative or otherwise, please let us know...it's the only we can list them.

Aug 5 - Natl. AAU Masters Decathlon, Merced JC, Merced (2 days) - AAU Decathlon, P.O. Box 2111, Merced, CA 95340.  
 Aug 19 - Home Savings & Loan Pan-American Masters Meet (2 days), Santa Ana College (*Changed from 7/29-30; 30+ M&W in 5-Year Age-Groups*) - Hilliard Sumner, 22713 Ventura Blvd, Suite F, Woodland Hills, CA 91367 (Ph. 213/883-7206).  
 Oct 7 - Club West Masters Meet, U.C. Santa Barbara (*Sub-Masters too?*) - George Adams (805/637-6323) or Club West, P.O. Box K, Goleta, CA 93017.

## RACE WALKING

**SCHEDULING:** - For all information on scheduling, please contact the following individuals--(NorCal) Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 415/456-2641); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010 (Ph. 805/482-5360); (Oregon) Jim Bean, 336 Jerri St., SE, Salem, Ore. 97302.

**NOTE:** - I have received little or no race walking news in the last few months...no scheduling, no newsletters, etc. I can only print what I receive, so please, if you want to see anything appear here, you've got to start sending stuff!

**THREE WEST VALLEY TC'ERS MAKE 1977 ALL-AMERICAN TEAM:** - The following Bay Area walkers had the most distinctive honor of being named to the Natl. AAU's All-American Race Walking Team last year...we just received certificates and patches for them a few days ago. Neal Pyke was named to the team at the 10K & 15K distances, while Dave Himmelberger and Wayne Glusker were both named at the 35K distance. They tied for first in the Nationals. Others who made the team were: Todd Scully at 2M, 5K & 20K; Dan O'Connor at 25K; Augie Hirt at 30K; Tom Knatt at 40K; Larry Young at 50K; Martin Kraft at 75K; John Knifton at 1-Hr; and Hirt also made the team at 100K.



Tom Dooley finished 4th in the Natl. AAU 20-Km. at UCLA. /John Marconi/

**GLUSKER & DOOLEY SHINE AT UCLA NATIONALS** (June 8-10, Westwood): Wayne Glusker of WVTC came within two seconds of winning the National 5K title at the AAU's Track & Field Championships with a 22:33.9 third place behind Joseph Berendt's 22:31.6 (Carl Schuler's 22:32.8 was second). At the 20K distance, which was held in conjunction with the track meet this year, teammate Tom Dooley was clocked in 1:37:07 for fourth behind Todd Scully's 1:34:46. Bryan Snazelle, who also competes for WVTC, was the only other Bay Area finisher in the top ten with a 1:40:33, which was good enough for ninth. -- 5K: 1-Berendt/Army 22:31.6, 2-Schuler/PVTC 22:32.8, 3-Glusker/WVTC 22:33.9, 4-Evonivk/CTC 22:56.7, 5-Falciola/Shore 23:35...11-Adriano/WVTC 24:43, ??-Snazelle/WVTC nt...DQ-Ranney/WVTC. 20K: 1-Scully/Shore 1:34:36, 2-Walker/TS 1:35:26, 3-O'Connor/NYAC 1:36:19, 4-Dooley/WVTC 1:37:07, 5-Evonivk/CTC 1:37:38...9-Snazelle/WVTC 1:40:33.

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## Prep Ramblings

by Keith Conning

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

**NEXT ISSUE:** - We will feature the final 1978 boys and girls 'Seasonal Bests' in our coming issue. This issue features, among other things, the 1978 NorCal Track Rankings for both boys and girls (see end of this section). Because we are facing a real lack of space in this issue with tons of results, we will feature a lot of highlights and summaries of the big end-of-season meets. Top marks will be listed next issue.

**MISCELLANEOUS TIDBITS:** - Ann Regan (Camden) was third in the 800 at the UCLA Invitational on May 7 in an impressive 2:05.4, which is the leading time in the nation (as of the end of May).

Bert Tardieu (Del Mar) vaulted a meet record 16-1 3/4 in the West Coast Relays on May 5. It was a lifetime best for the Don's star, who's convinced he can reach 17 feet someday.

A slender athlete who weighs only 160 and stands 6-2, Larry Cowling (Sac'to) is agile and has excellent speed. Those physical attributes, plus intelligence and discipline enough to earn a 3.5 grade point average for the fall semester, have enabled him to set the fastest times this season in the Sac-Joquin Section for both hurdle races (13.9 & 36.87). Cowling says he might go to UCLA. Of special interest to the young hurdler are the accomplishments of ex-Norte Del Rio and current UCLA standout, James Owens.

Rod Berry (Redwood) had to 'hardship' through his league meet to get into the Sub-Section Meet because of a sprained ankle. He wound up second at State for the second year!

Lisa Greenfield, also of Redwood, is only a soph, but she set two records in the Marin County Athletic League: 5-6 HJ and 18-0 1/2 LJ).

Tonya Alston (Chico) exhibited speed and leaping ability as she won the hurdles (14.4) and high jump (5-7 1/2) at the Woodland Invitational on May 6. In the same meet, Berkeley's Freida Cobbs showed she had recovered from injuries and was ready for high finishes in the State Meet as she jetted away from the 220 & 440 fields, winning in 24.4 and 57.4. (Continued, Pg. 25)



Cordova's Mike Valentine was declared the winner of the 120 high hurdles at the Sac-Joaquin Subsectional finals after coaches reviewed films until 2 a.m. the next morning. Sacramento High's Larry Cowling was awarded first place following the race, but after films were reviewed, Cowling was given second, and both were given identical 13.9 clockings. At the same meet, Roy Mosley won the 220 with a seasonal best of 21.4, while Mike Washington was second with 21.5. Sacramento won the mile relay in 3:19.

At the CCS Region II Meet, Awalt's Kobert Smith ran to a swift 4:14.3 to beat Carlmont's Bob Love by 8 seconds. Woodside's Mesha Spivey high jumped 6-10, and Monta Vista's Ross McAlexander vaulted 14-11 3/4. Bill Green (Cubberley) was stupendous as usual, scoring his accustomed sweep of the 100 (9.8), 220 (21.7) and 440 (47.8).

At the CCS Region III Meet, Carlos Carrasco (mile & 2-mi), Troy Durio (hurdles) and Joel Wyrick (HJ & TJ) all were double winners for Mt. Pleasant. Overfelt's Dwayne Taylor took the 100 in 9.6, and then added the 220 in 21.5, and Independence's William Walker ran a CCS-best 1:55.6 in the half. Another section best was turned in by Mt. Pleasant's 42.2 sprint relay. Ron McKee (Camden) threw a career-best 60-9 1/4 to win the shot (he also had a career-best in the discus, finishing fifth).

### SECTION WRAPUPS

**NORTH COAST SECTION** (May 27, UC Berkeley): - For Cheri Williams the question is no longer how fast does she go, but what does she run? The Livermore High senior followed a national record-breaking 10:09.8 two-mile effort with a powerful 4:52.3 meet record mile run. The old two-mile all-time best was 10:11.1 by Lynn Bjorklund in 1974, but the recognized mark was 10:25.4, set by Irene Griffith of Washington last season. Michelle Hawthorne (El Cerrito) set a meet record in the low hurdles at 13.9 and Freida Cobbs annexed the mile relay with a 53.9 anchor leg for her Berkeley teammates, as they did a 3:52.8. She also set NCS records in the 100 (10.6) & 220 (23.7), as well as anchoring the 440-relay (47.3) to yet another record. Teammate Kim White also knocked down a record, winning the 440 in 55.6. Mike White (Richmond) wasn't really happy after winning the 880 in 1:54.2 and the 440 in 48.1. "It's the times," he said. "I can really burn in practice, but in the meets I just cruise and win. I'd almost rather finish second with a great time than win with a good time." Junior hurdler Donald Barrett (El Cerrito) was the only other boys' double winner, taking both hurdle races in 14.3 and 37.3. Mission San Jose's Steve Strangio was an upset winner over Rod Berry, 9:06.1 to 9:06.8, as Steve cruised to an all-time best in winning the two-mile. Rob Wentworth (9:09.0) and Mark Conover (9:09.4) set PR's in finishing third & fourth. The mile was equally hot, as Albany's Greg Bachand did 4:11.0 to knock off MSJ's John Marden (4:13.7), as both recorded big PR's. Steve Lloyd (Livermore) bumped off favored Mike O'Reilly as both clocked 4:14.0 for the next two spots. One other double winner we missed previously was Raymond Threatt of Pittsburg, who took both sprints in 9.8 and 21.6. Threatt also anchored Pittsburg's winning sprint relay to a 41.9 clocking.



(Left) Cheri Williams was double winner in distances, winning the 2-mile in a National Prep Record 10:09.8. (Right) Raymond Threatt doubled in the sprints and anchored his team's sprint relay to victory as well. /Don Gosney Photos/

**CENTRAL COAST SECTION** (May 26, San Jose): Kelia Bolton, who's headed for UC Berkeley to study law, led her Andrew Hill girls' team to victory here today while winning both sprints (10.4 and 23.9) and anchoring the winning sprint relay team. Kim Costello

of El Camino had a narrow victory over Angel Kellen (Leland) and Kris Costello (Lynbrook), as all three were clocked at 13.9 over the lows. Susan Springer of Salinas was a double winner in the shot (44-11 3/4) and discus (146-5). Ann Regan doubled with a win in the 880 (2:10.3) and second in the quarter (56.2) behind Marquita Belk's 55.7. In the boys competition, Carlos Carrasco demolished Bob Love in the two-mile, as the two were together with a lap to go when the Mt. Pleasant junior put an amazing 12 seconds on his competitor, winning in a PR 9:02.6. Carlos tried the mile too, but didn't make it to State, as he clocked 4:16.1 in fifth. Awalt's Kobert Smith dropped his mile PR to a swift 4:12.0 in besting Cupertino's Dave Avila (4:14.8) and Leigh's speedy duo of Bergkamp and Brewer, both timed in 4:15.2. Bill Green doubled in 21.5 and 47.0 and is obviously a top State contender. Myron Porter of Willow Glen topped the triple jump field by over two feet with a super 49-6 3/4 leap. Mt. Pleasant grabbed team honors over San Carlos, 50-40.



(Left) Roxanne Bier won CCS 2-mile in 10:37.8. /Robert Ballard/ (Right) Kim Costello was hurdle winner in 13.9. /Lois Gowen/

**SAC-JOQUIN SECTION** (May 26, Sacramento): - Atwater senior, Dave Porath, set section records in the discus (199-3) and the shot (65-10) during Tuesday's trials, but failed to better his own marks Friday in winning both events (198-10 and 64-2). Bella Vista's Dave Frazee, the 1977 Ohio State discus champ, finished second at 173-4. Both Sacramento and Johnson equaled the section record in the 440 relay with 41.9 clockings on the reputedly slow ARC track. Cordova's Mike Valentine equaled the section record in winning the highs at 14.0, while sophomore Henry Andrade of Johnson qualified for State by finishing third in 14.3. Sacramento's Larry Cowling fell behind early in the race and finished a disappointing fourth. However, he came back to win the 330's in a 37.1 section mark and anchored his winning mile relay team with a 48.2 leg. Mike Washington (Burbank) also got a section mark in winning the 220 (21.5). Stagg's Randy Hale pulled off a difficult 880-mile double win, clocking 1:54.6 and 4:14.7. Stagg nipped Highlands and Johnson (57-52-52) for the team title. The girls were led by Summerville's 42, as they easily outscored Rio Americano (28) and Cordova (27). Section marks were established by Joyce Scott (Vanden) at 14.4 in the low hurdles; Bobbie Gilmore (McClatchy) in the 440 (56.4); Carrie McLaughlin (Grace Davis) at 18-8 1/2 in the long jump; Cia Sandoval (Riverbank) in the discus (133-7 1/2); and Vanden's 49.2 sprint relay.

**NORTHERN SECTION** (May 27, Yreka): - In a performance befitting one of the finest female tracksters in the nation, junior Tonya Alston (Chico) set three personal records and three meet standards in winning the 110-yard low hurdles (14.6) and the high jump (5-9), while placing second in the shot (42-5) and third in the discus (130-8). Defending State champion Karen Stampfli of Lassen won the discus with a toss of 150-10 and Gridley's Leslie Deniz was second at 145-1, a mark that would have placed her third at State, but she didn't get to go, as the Northern Section only sends their winners. Suzanne Richter established three meet records--880 (2:20.0), mile (5:07.4) and 2-mile (11:26.9). Stacy Shols (Chico) also set a meet record in winning the 100 at 11.2. Ed Carey of Quincy was a triple winner in 9.8, 48.7 and 21-10 and Jerry Hawkins (Fall River) had the top boys' marks as the latter high jumped 6-9.

**SAN FRANCISCO SECTION** (May 20, McAtteer H.S.): - Galileo's Bernard won both sprints in wind-aided 9.6 and 21.9 efforts, and his 440 relay team, who had the fifth best time in the state, made a couple of bad baton exchanges and lost to Balboa, which won in 43.4. The Bucs also took the mile relay. Peter Crossley ran the final lap despite a severe spike wound that was inflicted as he received the baton. One performer who wasn't entirely satisfied, despite winning two events, was Lincoln's Bill Stapleton. "My body's been lagging," he said. "I've gained five pounds. I'm not sure if that's it or not, but I'm going on a diet." Stapleton took the 440 in 50.1 and the 330 hurdles in 38.7, but had to fight a stiff headwind on the backstretch in both races. Only other double winner was Roy Abendroth of Lowell in the shot (58-4) and discus (165-2). In the triple jump, Lincoln's Marcellus Moore bettered his own All-City record by 3/4 of an inch with a 47-9 leap. Soph Johnny Williams of Wilson upset Eric Ferman of Lincoln, the West Coast Relays champion, by 1 1/4 inches in the long jump with a 22-10 3/4.

**OAKLAND SECTION** (May 26, Laney College): - Greg Valdez fell a bit short of the OAL mile record in winning the mile at 4:20.0. Wendle McNeal, Dino Lester and Derrick Adams finished 1-2-3 in both the 100 and 220 for Oakland, with McNeal's 9.6 tying a long-standing OAL record, first set by the great Jimmy Hines in 1964. Soph Vince Wilkens (Oakland) shaved a tenth off his personal best in the 440 with a 49.6 and completed a great double by taking the half in 1:58.6. Tech's Roger Bolden also scored a double, taking the highs in 14.2 and the lows in a brisk 37.2. McClymond's Sandra Turner pulled off the biggest upset of the day in the girls' 100 by clocking 10.9 to equal the OAL standard set in 1976.



Mike White (center) races to an exciting 1:51.9 second-place finish at the Golden West Invit. On his left is Richard Winkelhoch (winner in 1:51.8) of St. Louis. John Schaer of Crescent Valley, Oregon, was third in 1:51.9). /Keith Conning/

**GOLDEN WEST INVITATIONAL** (June 10, Sacramento): - Dave Porath set a new high school record in the discus--209'6". His throw broke the old record set by Scott Crowell (Mason City, Iowa), who finished fifth in this competition. Porath was also fourth in the shot at 63-9 1/2 and third with the 16# ball at 55-0. Mike White of Richmond was involved in the most exciting finish of the night as he place second in the 880 in a season-best 1:51.9. Lonnie Sanders (Grant) captured third in the TJ with a fine leap of 49-6. Three area athletes competed in the mile: Mike O'Reilly of San Rafael was fourth in 4:09.8; Dan Will (Encina) sixth in 4:15.9; and Greg Bachand (Albany) was 4:21.5. Larry Cowling attempted the 440 hurdles for the first time and ran a respectable 53.81 for fourth. Not far back was San Carlos' Rich Luttrell in 6th (54.42). Other top locals: 220: 5-Washington/Bbk 21.97; 440: 7-Grant/Grant 49.29; HH: 8-Valentine/Cord 14.41; PV: 6-Tardieu/DM 15-0.

**INTERNATIONAL PREP INVIT.** (June 17, Naperville, Ill.) - Rod Berry won the 2-mile in 9:12.7, as Tom Graves, a local sub-nine minute runner, was in the stands trying to keep cool in the heat.



(Left) Mike O'Reilly broke 4:10 in the mile at the GWI with a 4:09.8 for fourth. (Right) Dan Will & Greg Bachand in same race. /K. Conning/

(Internat'l Prep, cont'd)...Dave Porath continued his dominance of the high school discus with a 195-8 heave. He also placed second in the shot with a 63-5 1/2. Mike O'Reilly grabbed a sixth in the mile (4:14.2), which was won by Jim Spivey (Bensenville, Ill.) in 4:06.2. Mike White (Richmond) was a distant ninth in the half-mile. Marks were hampered somewhat during the day by a stiff 10-15 mph breeze.

**AAU CHAMPIONSHIPS** (June 8-10, Westwood): - The San Jose Cinder-gals, paced by three high school girls, won the 4x880 relay in a quick 8:41.3. Ann Regan led off with a 2:06.8, followed by Diane Figliomeni's 2:13.9, Ann Wotherspoon's 2:14.8 (the only non-high schooler on the team) and Cheri Williams' 2:06.3. Roxanne Bier set a new high school record in the 10,000 with her fifth place 34:54.8; she's now the tenth best performer in U.S. history. Kelia Bolton placed sixth in the 200 with a fine 24.13, however, she did a 23.75 in the semis. Freida Cobbs was seventh in the 100 (11.87), as she upset Bolton in the heats to advance to the finals. Elaine Parker ran 11.78 in her heat but was not able to qualify.

**AAU JR. NATIONALS** (June 24-25, Bloomington, Ind.): - Four Nor-Cal high school girls qualified for the national junior team that went to the Soviet Union and West Germany this summer: Freida Cobbs (won the 200 and 400 with times of 24.02 and 53.12); Ann Regan (finished 2nd in the 800 at 2:05.3); Cheri Williams (won the 1500 in 4:21.3 to become the 8th best performer all-time in high school); and Leslie Deniz (who placed second in the discus with a 150-9). Kelia Bolton narrowly missed the team as she was third in the 200 in 24.22, only 0.03 behind second place. She also finished eighth in the 100 in 12.29. Marilyn Franklin (Balboa) finished fourth in the 400 at 53.56 to become the 11th best performer all-time, while Cobbs takes over the 7th spot. Roxanne Bier finished tenth in the 1500 at 4:49.1 after running a PR 4:29.4 in her heat. Michelle Hawthorne was fourth in the 100 hurdles in 14.21, while Kim Costello was next at 14.28. Kris Costello, the State Meet champ, managed only eighth (14.66). Tonya Alston placed 11th in the high jump at 5-8. Others: LJ: 19-Dawn Peters/NG 18-1; SP: 9-Pryor/HN 42-11; 400mR: 1-BEBC 45.92; 4x800mR: 1-SJC 8:55.2; SMR: 2-BEBC 1:41.5. --- In the men's part of the meet, Rod Berry (WVTC/Redwood) ran in the 10,000m pack until halfway when he and Chuck Assumma broke away to a 60-yard lead. Then he started to dehydrate and got so dizzy that he was tripping over the curb and barely finished (7th in 32:53.8)...seven runners didn't!! Dave Porath was a big disappointment as he placed only fifth in the discus (163-9) and fourth in the shot (54-8).

**CALIFORNIA CIF CHAMPIONSHIPS** (June 2-3, Bakersfield): - Since we are cramped for space this issue, we are only listing Nor-Cal finishers in the Finals, along with other very outstanding marks in some of the Trials. -- BOYS: -- 100: 1-Sanford/Pasad 9.85, 5-McNeal/Okld 10.03, 6-Benard/Gal-SF 10.04, 8-Mosley/NDR 10.05 (Heats: Benard 9.99); 220: 1-Sanford 21.42, 3-Mosley 21.73, 5-McNeal 21.80, 8-Taylor/Ovflt 22.08, 9-Green/Cub 22.24 (Heats: Taylor 22.08, Threatt/Pitt 22.11, Benard 22.09, Beal/SC 22.04, Washington/Brbnk 22.07, Green 21.81); 440: 1-Green/Cub 46.77, 5-Thompson/Wdsde 48.08, 6-Grant/Grant 48.09, 7-Nicholson/MA 48.55, 9-Porter/NH 50.5 (Heats: Porter 48.79); 880: 1-Mack/Locke-LA 1:51.8, 4-White/Richmond 1:52.5, 9-Hassapakis/Ceres 1:59.6 (Heats: Hale/Stagg 1:54.8, Hassapakis 1:55.1); Mile: 1-Medvin/Univ-LA 4:08.9, 4-O'Reilly/SRaf 4:13.2, 8-Bachand/Alb 4:22.0 (Heats: Marden/MSJ 4:15.5, Will/Encina 4:15.1, Bachand 4:11.0, Smith/Awalt 4:10.8, Valdez/Sky 4:12.7); 2 Mi: 1-Nelson/Brbnk 8:59.28, 2-Berry/Rdwd 8:59.33, 4-Holladay/Gil 9:08.7, 5-Conover/Mir 9:08.8, 6-Love/Carl 9:09.0, 8-T. Downs/Sky 9:11.3, 11-Millar/McAtr 9:21.5, 12-Wentworth/Liv 9:21.8, 13-Baker/Stagg 9:22.3, 19-Carrasco/MP 9:27.6, 20-Turner/Colfax 9:28.4, 21-Strangio/MSJ 9:29.9; 1200H: 1-Stewart/WCov 13.97, 4-Dixon/Seq 14.41, 5-Guthrie/Cup 14.64, 7-Valentine/Cord 14.94, 8-Andrade/Johnson 15.0, 9-Johnson/Stagg 15.1 (Heats: Andrade 14.19, Crossley/Bal 14.36, Dixon 14.14, Valentine 14.5, Guthrie 14.46, Johnson 14.28); 330LH: 1-Lee/Poly-LB 36.58, 2-Cowling/Sac 36.87, 5-Stapleton/Linc-SF 37.12, 7-Luttrell/SC 37.78, 9-Durio/MP 37.97 (Heats: Durio 37.40, Luttrell 37.49); (Continued...)





(Left) Sequoia's Malcolm Dixon was top NorCal high hurdler at the State Meet, finishing 4th in 14.41. /Don Gosney/ (Right) Suzanne Richter of Chico was second NorCal finisher in girls' mile, placing 5th overall in a PR 4:52.4. /Keith Conning/

(CIF State Meet, cont'd...) 440R: 1-El Cerrito 41.55, 6-Pittsburg 41.93 (Heats: Oakland 41.93, Stagg 42.25, Sacramento 42.17, Enterprise 42.36); MileR: 1-Banning 3:11.57(NR), 5-Kennedy/Rmd 3:15.9, 7-Johnson/Sac 3:17.8 (Heats: Highlands 3:17.4, Richmond 3:18.9, Johnson 3:16.7, Berkeley 3:18.6); LJ: 1-Williams/ECam 25-1½, 8-Bailey/TL 22-9 3/4, 9-Dye/Hglnds 22-2½ (Trials: Dye 23-1 3/4, Bailey 23-0½, Fernandez/CasV 22-6½, Bruce/M-A 22-6½); TJ: Williams/ECam 50-4¼, 3-Sanders/Grant 49-1½, 5-Colter/Piner 48-4½ (Trials: Sanders 49-11 3/4, Lambertson/Frflld 47-4½, Moore/Linc-SF 47-1); HJ: 1-Harris/LAlam 6-11, 4-Edwards/TL 6-10, 5-Wyrich/MP1 6-9, 6-Wright/LivOk 6-9 (Trials: Cypress/Cord 6-7, Dievitt/NG 6-7); PV: 1-Curran/Cr 17-5½(NR), 5-Preciado/Homstd 15-6, 7-McAlexander/MVis 15-2, 10-Letner/Modoc 14-0, 11-Bennett/SLT 14-0, 12-Tardieu/DM nh (14-3 in trials for all qualifiers); SP: 1-Porath/Atw 65-10 3/4, 7-Van Paris/Napa 59-5½, 8-Parker/SI 58-10, 9-Aimonetti/Camp 58-4 (Trials: Parker 60-3, Aimonetti 59-10, McKee/Cam 59-0 3/4); DT: 1-Porath/Atw 199-5, 4-Peterson/NSal 170-8, 5-Fraze/BV 169-8, 9-Struble/Sytle (3 fouls) (Trials: Peterson 182-0, Struble 175-11, Frazee 172-8). GIRLS: -- 100: 1-Bolton/Hill 10.92, 4-Parker/Oc 11.01, 6-Ware/Berk 11.13 (Trials: Parker 10.95, Cobbs/Berk 10.97, Ware 11.00); 220: 1-Bolton/Hill 23.99, 3-Cobbs/Berk 24.15 (Heats: Parker/Oc 24.66, Ware/Berk 24.97); 440: 1-Emerson/Wstmnstr 54.3, 5-Peters/NG 56.56, 6-Belk/SCrk 56.7, 7-Gilmore/MC 57.0, 8-Miles/Mor 57.6, 9-Fortune/Cor 57.7 (Heats: Gilmore 55.99, White/Berk 56.30, Phillips/Sea 57.3, Belk 56.09, Fortune 56.80, Miles 57.38, McClay/Wilcox 57.83); 880: 1-Regan/Cam 2:07.93, 6-Figliomeni/Sar 2:11.9 (Heats: Kenny/Nov 2:16.1, Siebel/SJuan 2:16.2, Saia/SFD 2:15.7, Brennan/MC 2:17.3); Mile: 1-Williams/Liv 4:44.95, 5-Richter/Chico 4:52.4, 7-Sweeney/MC 4:57.7 (Heats: Bowers/Amer 4:53.2, Weber/Lyn 5:03.3, Schnurpfeil/SM 5:03.3, Nieto/Merced 5:03.6); 2 Mi: 1-Williams/Liv 10:17.7, 3-Bier/Ind 10:44.0, 4-Bowers/Amer 10:46.9, 6-Crisp/Downey 10:53.4, 8-Crowley/Ovfl 10:56.4, 17-Hayes/Dub 11:20.6, 18-Wanamaker/Smvle 11:20.9); 110LH: 1-Kris Costello/Lyn 13.83, 2-Kim Costello/EC-SSF 13.95, 3-Hawthorne/ECer 14.03, 5-Scott/Van 14.44, 6-Kellen/Lel 14.47 (Heats: Sweeney/Tam 14.55, Scott 14.59); 440R: 1-Jordan/LA 47.14, 2-Hill 47.15, 8-Northgate 48.8 (Trials: Northgate 48.54, Oak-Tech 48.99, Tamalpais 48.57, El Cerrito 48.97); MileR: 1-Fremont/LA 3:51.3, 3-Drake 3:54.4, 9-Moreau 3:59.9 (Trials: Drake 3:54.1, Berkeley 3:57.9, Camden 3:58.4, Moreau 3:58.9, Summerville 3:59.8); LJ: 1-Hayes/Madera 19-3, 2-McLaughlin/GD 19-2, 9-Kochendorfer/SLT 17-0 (Trials: Kochendorfer 18-3½, Young/EC 18-0 3/4, Peters/NG 17-8½); HJ: 1-McNeal/Carlsbad 50-10½, 3-Phifer/Ind 5-8, 4-Harrigfeld/Beyer 5-7, 6(t)-Alston/Chico & Raugust/Sal 5-6, 10-Neff/Mont-SR 5-6; SP: 1-Zwart/CrV 45-11½, 3-Springer/Sal 44-11½, 5-Pryor/HN 44-7 3/4, 7-Barker/Seq 42-2¼, 8-Michelli/Gund 42-1½ (Trials: Moon/Napa 40-5½, Bunt/RAM 40-2½); DT: 1-Pyle/Hoover-Glendale 149-3, 2-Springer/Sal 141-3, 3-Read/Alameda 138-8, 4-Stampfli/Las 134-6, 5-Johnson/PH 125-0, 6-Woodbeck/Cup 122-9, 8-Sandoval/Rvrbnk 120-7, 9-Randolph/Liv 117-7 (Trials: Springer 145-9, Sandoval 130-6, Johnson 128-8, Woodbeck 123-2, Randolph 123-9, Daniel/Nwk 121-2, Toman/AmVly 120-4). -- Two Northern Californians set or tied National Records at the meet: Ann Regan (Camden) broke her own record with an easy 2:07.93 (the old mark was 2:08.0, set at last year's meet), and Kris Costello (Lynbrook), who is headed to Oregon (Eugene) this fall, tied the record of Laverne Palmer (Dillard, Ft. Lauderdale) in the 110 low hurdles with 13.83 while defending her title. Cheri Williams, who's headed to Oregon also, set a State record in both the mile (4:44.95) and 2-mile (10:17.71), but has a pending 10:09.8 in the latter.

## 1978 NorCal Prep Rankings

The 1978 NorCal Prep Rankings are based on performances at the section meets and State Meet primarily. Compiled by Keith Conning (our Prep Editor), we go five-deep this year (only three-deep last year). DAVE PORATH and KELIA BOLTON are our "Athletes of the Year" for 1978. Both were double winners at State (Porath in the shot and discus and Bolton in both the sprints). Abbreviations: since our rankings will take several pages, we are using the following coding system to cut down on unnecessary space: Year in school is indicated by asterisks--\*\*\*=Freshman, \*\*=Sophomore, \*=Junior. Metric marks are indicated with an "m", and all wind-aided times and distances with the normal "w". The following system of abbreviations are used to identify various meets: NCS=North Coast Section; CCS=Central Coast Section; SAC=Sac-Joaquin Section; SF=San Francisco Section; OAL=Oakland Section; NOR=Northern Section; GWI=Golden West Invitational; IPI=International Prep Invitational; S=State Meet; SH=State Meet Heat; STR=State Meet Trials; WCR=West Coast Relays; SJR=San Jose Relays; HRR=Hale Roach Relays; SI=Sac'to Invit.; LWV=Leigh-West Valley Relays. --- Our next issue will feature 10-deep listings (performance) for the season and will include marks from summer meets.



NCCR's High School Boy Athlete of the Year, Atwater's Dave Porath, who holds national discus record (209-6). /Ballard/

- 100: (1) Wendle McNeal (Oakland)--10.5m (1-SJR); 9.91w (4-WCR); 9.6 (1-OAL); 9.9 (3-SH3); 10.03 (5-S).  
 (2) Wallace Benard (Galileo, S.F.)--9.71w (2-WCR); 9.7 (1-HRR); 9.6 (1-SF); 9.99 (3-SH2); 10.04 (6-S).  
 (3) Roy Mosley (Norte Del Rio)--9.8 (1-SI); 9.84 (1-SAC); 9.9 (2-SH3); 10.05 (8-S).  
 (4) Tyran Wright (Johnson, Sac'to)--9.89 (2-SAC); 9.9 (4-SH3).  
 (5) \*Raymond Threatt (Pittsburg)--10.0 (5-HRR); 9.99w (6-WCR); 9.8 (1-NCS); 10.22 (5-SH1).
- 220: (1) Roy Mosley (Norte Del Rio)--21.5 (1-SI); 21.6 (2-SAC); 21.77 (2-SH2); 21.73 (3-S).  
 (2) \*Bill Green (Cubberley)--21.5 (1-CCS); 21.81 (2-SH3); 22.24 (9-S).  
 (3) Wendle McNeal (Oakland)--21.9 (1-OAL); 21.98 (2-SH1); 21.80 (5-S).  
 (4) Mike Washington (Burbank, Sac'to)--21.6 (3-SI); 22.07 (5-SH3); 21.97 (5-GWI).  
 (5) Stan Beal (San Carlos)--21.7 (2-CCS); 22.04 (4-SH2).
- 440: (1) \*Bill Green (Cubberley)--47.0 (1-CCS); 48.11 (1-SH1); 46.77 (1-S).  
 (2) Tony Thompson (Woodside)--48.0 (3-CCS); 48.32 (2-SH3); 48.08 (5-S).  
 (3) Ben Grant (Grant, Sac'to)--48.5 (1-SAC); 48.33(3-SH1); 48.09 (6-S); 49.29 (7-GWI).  
 (4) Art Nicholson (Menlo-Atherton)--47.9 (2-CCS); 48.89 (3-SH2); 48.55 (7-S).  
 (5) John Porter (Highlands)--49.1 (2-SI); 49.16 (2-SAC); 48.79 (2-SH2); 50.5 (9-S).
- 880: (1) Mike White (Richmond)--1:54.6 (1-SJR); 1:54.0 (1-SI); 1:54.2 (1-NCS); 1:53.6 (2-SH2); 1:52.5 (4-S); 1:51.9 (2-GWI).  
 (2) Randy Hale (Stagg, Stockton)--1:54.6 (2-SJR); 1:54.6 (1-SAC); 1:54.8 (4-SH2).  
 (3) Craig Hassapakis (Ceres)--1:55.1 (2-SAC); 1:55.1 (3-SH3).  
 (4) Benny Trujillo (Gilroy)--1:55.4 (1-CCS); 1:55.8 (4-SH1).  
 (5) Scott Ruffing (Mission San Jose)--1:55.9 (3-NCS); 1:56.4 (6-SH1).

---Boys' Rankings continued on next page...

- Mile:** (1) Mike O'Reilly (San Rafael)--4:14.0 (4-NCS); 4:14.4 (4-SH1); 4:13.2 (4-S); 4:09.8 (4-GWI); 4:14.2 (6-IPI).  
 (2) Kobert Smith (Awalt, Mtn. View)--4:12.0 (1-CCS); 4:10.8 (1-SH2).  
 (3) Greg Bachand (Albany)--4:11.0 (1-NCS); 4:11.0 (2-SH2); 4:22.0 (8-S); 4:21.5 (8-GWI).  
 (4) Greg Valdez (Skyline, Oakland)--4:20.0 (1-OAL); 4:12.7 (7-SH2).  
 (5) \*John Marden (Mission San Jose)--4:13.7 (2-NCS); 4:15.5 (6-SH1).

- 2 Mi:** (1) Rod Berry (Redwood, Larkspur)--9:20.0 (1-HRR); 9:06.8 (2-NCS); 8:59.3 (2-S); 9:12.7 (1-IPI).  
 (2) \*Carlos Carrasco (Mt. Pleasant, San Jose)--9:06.2 (1-SJR); 9:02.6 (1-CCS); 9:27.6 (19-S).  
 (3) \*Steve Strangio (Mission San Jose)--9:25.3 (4-SJR); 9:18.6 (1-WCR); 9:06.1 (1-NCS); 9:29.9 (21-S).  
 (4) Ken Holladay (Gilroy)--9:16.6 (3-SJR); 9:18.3 (3-CCS); 9:08.7 (4-S).  
 (5) Mark Conover (Miramonte, Orinda)--9:22.0 (2-WCR); 9:09.4 (4-NCS); 9:08.8 (5-S).

- 120HH:** (1) Malcolm Dixon (Sequoia, Redwood City)--13.9w (1-SJR); 14.1 (2-CCS); 14.14 (2-SH1); 14.41 (4-S).  
 (2) Steve Guthrie (Cupertino)--14.4w (4-SJR); 14.0 (1-CCS); 14.46 (2-SH3); 14.64 (5-S).  
 (3) Mike Valentine (Cordova)--14.1 (2-SI); 14.0 (1-SAC); 14.5 (3-SH2); 14.94 (7-S); 14.41 (8-GWI).  
 (4) \*\*Henry Andrade (Johnson, Sac'to)--14.3 (3-SAC); 14.19 (3-SH1); 15.0 (8-S).  
 (5) John Johnson (Stagg, Stockton)--14.0 (1-SI); 14.52w (3-WCR); 14.3 (2-SAC); 14.28 (1-SH3); 15.1 (9-S).

- 330LH:** (1) Larry Cowling (Sacramento)--37.3 (1-SAC); 37.03 (1-SH3); 36.87 (2-S); 53.81(440IH) (4-GWI).  
 (2) William Stapleton (Lincoln, S.F.)--38.7 (1-SF); 37.27 (2-SH3); 37.12 (5-S).  
 (3) Rick Luttrell (San Carlos)--37.0 (2-CCS); 37.49 (2-SH2); 37.78 (7-S); 54.42(440IH) (6-GWI).  
 (4) Troy Durio (Mt. Pleasant, San Jose)--36.7 (1-CCS); 37.40 (2-SH1); 37.97 (9-S).  
 (5) \*Donald Barrett (El Cerrito)--37.3 (1-NCS); 37.86 (4-SH2).

- LJ:** (1) Stacey Bailey (Terra Linda, San Rafael)--21'8" (5-HRR); 22'9½" (3-NCS); 23'0½" (5-Str); 22'9-3/4" (8-S).  
 (2) Kevin Dye (Highlands)--22'8¼" (1-SAC); 23'1-3/4" (4-Str); 22'2¼" (9-S).  
 (3) Steve Bruce (Menlo-Atherton)--23'5" (1-LWV); 23'8½" (1-CCS); 22'6¼" (12-Str).  
 (4) Dave Fernandez (Castro Valley)--22'9-3/4" (2-SJR); 23'0½" (1-NCS); 22'6½" (10t-Str).  
 (5) Alonzo Jackson (Oakland)--22'11" (1-HRR); 22'10½"w (2-WCR); 23'4" (1-OAL); 22'3" (18-Str).

- TJ:** (1) Lonnie Sanders (Grant, Sac'to)--47'2½" (3-SJR); 48'0½" (1-SAC); 49'11-3/4" (2-Str); 49'1¼" (3-S); 49'6" (3-GWI).  
 (2) Marvin Colter (Piner, Santa Rosa)--47'3½" (2-SJR); 47'2" (1-NCS); 47'7¼" (7-Str); 48'4½" (5-S).  
 (3) Myron Porter (Willow Glen, San Jose)--49'6-3/4" (1-CCS); 46'10" (12-Str).  
 (4) Alex Lambertson (Fairfield)--47'7¼" (2-SAC); 47'4¼" (10-Str).  
 (5) Marcellous Moore (Lincoln, S.F.)--44'11-3/4" (3-HRR); 48'3-3/4"w (3-WCR); 47'9" (1-SF); 47'1" (11-Str).

- HJ:** (1) Reuben Edwards (Terra Linda, San Rafael)--6'6" (4t-SJR); 6'8" (1-HRR); 6'8" (1-NCS); 6'7" (Str); 6'10" (4-S).  
 (2) Joel Wyrich (Mt. Pleasant, San Jose)--6'10" (1-SJR); 6'10-1/8" (1-LWV); 6'8" (1-WCR); 6'4" (3-CCS); 6'7" (Str); 6'9" (5-S).  
 (3) Doug Wright (Live Oak, Morgan Hill)--6'6" (4t-SJR); 6'6" (2-CCS); 6'7" (Str); 6'9" (6-S).  
 (4) Jerry Hawkins (Fall River, McArthur)--6'9" (1-NOR); 6'6" (Str).  
 (5) Pat Devitt (Northgate, Walnut Creek)--6'6" (4t-WCR); 6'7" (3-NCS); 6'7" (Str); 6'4" (11-S).

- PV:** (1) Mitch Preciado (Homestead, Sunnyvale)--14'6" (2-LWV); 15'0-3/4" (2-CCS); 14'3" (Str); 15'6" (5-S).  
 (2) Ross McAlexander (Monte Vista, Cupertino)--14'6¼" (3-SJR); 15'0" (1-LWV); 15'0" (2-WCR); 15'0 3/4" (3-CCS); 14'3" (Str); 15'2" (7-S).  
 (3) Bert Tardieu (Del Mar, San Jose)--14'6¼" (2-SJR); 14'6" (3-LWV); 16'1-3/4" (1-WCR); 15'0-3/4" (1-CCS); 14'3" (Str).  
 (4) Mark Kibort (Fremont, Sunnyvale)--15'0" (3-WCR); 14'6" (4-CCS).  
 (5) Bob Bauld (Soquel)--13'6¼" (5t-SJR); 14'6" (4-LWV); 14'6" (5-CCS).

- SP:** (1) Dave Porath (Atwater)--64'2" (1-SI); 64'2" (1-SAC); 64'3 3/4" (Str); 65'10-3/4" (1-S); 63'9½" (4-GWI); 63'5½" (2-IPI).  
 (2) Jeff Van Paris (Napa)--56'6½" (4-SJR); 59'6" (3-SAC); 59'3-3/4" (Str); 59'5½" (7-S).  
 (3) Bruce Parker (St. Ignatius, S.F.)--57'7" (2-SJR); 61'7¼" (1-WCR); 58'11¼" (2-CCS); 60'3" (Str); 58'10" (8-S).  
 (4) Steve Aimonetti (Campbell)--57'8¼" (3-CCS); 59'10" (Str); 58'4" (9-S).  
 (5) Ron McKee (Camden, San Jose)--55'7" (1-LWV); 60'2" (1-CCS); 59'0 3/4" (Str).

- DT:** (1) Dave Porath (Atwater)--200'3½" (1-SI); 198'10½" (1-SAC); 189'10" (1-Str); 199'5" (1-S); 209'6" (1-GWI); 195'8" (1-IPI).  
 (2) Tom Peterson (No. Salinas)--182'6" (2-WCR); 180'8" (2-CCS); 182'0" (Str); 170'8" (4-S).  
 (3) Steve Struble (Sunnyvale)--171'6" (2-SJR); 173'9" (1-LWV); 174'4" (6-WCR); 185'1" (1-CCS); 175'11" (Str).  
 (4) Don Frazee (Bella Vista, Fair Oaks)--170'8" (3-SJR); 173'4" (2-SAC); 172'8" (Str); 169'8" (5-S).  
 (5) \*Rich Fejer (Campolindo, Moraga)--171'7" (1-NCS); 163'8" (Str).

- 440R:** (1) El Cerrito (\*Jerry Gipson, Tony Brown, \*Bryant Pete, \*Donald Barrett)--44.4 (7-HRR); 42.0 (2-NCS); 42.04 (2-SH2); 41.55 (1-S).  
 (2) Pittsburg (\*Raymond Threatt, Robert Darden, Robert Hilton, Robert Jackson)--42.31 (3-WCR); 43.0 (2-HRR); 41.9 (1-NCS); 42.0 (3-SH3); 41.93 (6-S).  
 (3) Oakland (Wendle McNeal, Alonzo Jackson, Derrick Adams, Dino Lester)--42.1 (1-SJR); 42.6 (1-HRR); 42.28 (2-WCR); 42.1 (1-OAL); 41.93 (1-SH1); dnf (State).  
 (4) Sacramento (Keith Williamson, Kelvin Hollins, Richard Harper, Larry Cowling)--43.2 (3-SJR); 41.9 (2-SAC); 42.17 (4-SH3).  
 (5) Johnson/Sac'to (Tyran Wright, Walter Golz, Anthony Bradley, \*\*Henry Andrade)--43.6 (5-SJR); 41.9 (2-SAC); 42.21 (4-SH1).

- MileR:** (1) Kennedy/Richmond (Terry Lewis, Paul Stewart, Ken Russell, Jamie Richard)--3:16.5 (1-NCS); 3:16.0 (2-SH2); 3:15.9 (5-S).  
 (2) Johnson/Sac'to (Charles Harmon, Walter Golz, Tyran Wright, \*\*Henry Andrade)--3:19.1 (3-SAC); 3:16.7 (3-SH3); 3:17.8 (7-S).  
 (3) Sacramento (James Morgan, Kenny Williams, Kelvin Hollins, Larry Cowling)--3:20.5 (1-WCR, 3rd Section); 3:18.6 (SAC); 3:16.8 (4-SH3).  
 (4) Highlands (Ron Andrews, Mike Barber, Rodney Carson, John Porter)--3:22.7 (6-SJR); 3:18.3 (1-WCR); 3:18.9 (2-SAC); 3:17.4 (4-SH1).  
 (5) Berkeley (Alvin Parker, Kenny Epps, \*Randy Patterson, Fred Dewitt)--3:18.2 (4-NCS); 3:18.6 (6-SH3).



(Above) NCCR's High School Girl 'Athlete of the Year', Keila Bolton, winner of both sprints at State. /Conning/ Sue Springer, tops in NorCal in shot & disc. /Bob Ballard/

**GIRLS**

- 100:** (1) Kelia Bolton (Hill, San Jose)--11.7m (1-SJR); 10.4 (1-CCS); 11.06 (1-SH1); 10.92 (1-S); 11.82m (4-AAU,H2).  
 (2) Elaine Parker (Oceana, Pacifica)--11.7m (2-SJR); 10.5 (2-CCS); 10.95 (2-SH3); 11.01 (4-S); 11.78m (5-AAU,H1).  
 (3) Freida Cobbs (Berkeley)--11.9m (3-SJR); 10.6 (1-NCS); 10.97 (4-SH3); 11.82m (3-AAU,H2); 11.87m (7-AAU).  
 (4) **\*\*\*Sharon Ware** (Berkeley)--11.9m (4-SJR); 10.9 (1-HRR); 10.6 (2-NCS); 11.00 (1-SH2); 11.13 (6-S); 11.6m (1-AAU Age-Group).  
 (5) Tammy Sullivan (Ayer, Milpitas)--11.0 (3-CCS); 11.53 (6-SH2).
- 220:** (1) Kelia Bolton (Hill, San Jose)--23.9 (1-CCS); 24.24 (2-SH2); 23.99 (1-S); 24.03m (4-AAU,H2); 23.75m (4-AAU, Semi); 24.13m (6-AAU).  
 (2) Freida Cobbs (Berkeley)--23.7 (1-NCS); 24.19 (1-SH1); 24.15 (3-S); 24.07m (5-AAU,H2).  
 (3) Elaine Parker (Oceana, Pacifica)--24.61 (2-CCS); 24.66 (2-SH1); scratched (S-Final).  
 (4) **\*\*\*Sharon Ware** (Berkeley)--24.8 (2-NCS); 24.97 (4-SH2).  
 (5) **\*\*Kim Webster** (DeAnza, Richmond)--25.2 (1-SI); 24.8 (3-NCS); 25.52 (5-SH1).
- 440:** (1) **\*\*Lisa Peters** (Northgate, Walnut Creek)--55.9 (2-NCS); 56.99 (3-SH3); 56.56 (5-S).  
 (2) **\*Marquita Belk** (Silver Creek, San Jose)--55.7 (1-CCS); 56.09 (1-SH2); 56.7 (6-S).  
 (3) Bobby Gilmore (McClatchy, Sac'to)--56.4 (1-SAC); 55.99 (3-SH1); 57.0 (7-S).  
 (4) **\*Kim White** (Berkeley)--55.6 (1-NCS); 56.30 (4-SH1).  
 (5) **\*Leslie Miles** (Moreau, Hayward)--56.8 (4-NCS); 57.38 (3-SH2); 57.6 (8-S).
- 880:** (1) **\*Ann Regan** (Camden, San Jose)--2:11.5 (1-SJR); 2:10.0 (1-CCS); 2:13.7 (1-SH3); 2:07.9 (1-S).  
 (2) **\*Diane Figliomeni** (Saratoga)--2:14.0 (2-CCS); 2:13.5 (2-SH1); 2:11.9 (6-S).  
 (3) Lori Saia (Sir Francis Drake, San Anselmo)--2:17.0 (1-SI); 2:14.5 (1-NCS); 2:15.7 (4-SH2).  
 (4) **\*Diane Kenny** (Novato)--2:16.3 (2-NCS); 2:16.1 (4-SH1).  
 (5) Shaun Siebel (San Juan, Citrus Heights)--2:17.7 (2-SAC); 2:16.2 (5-SH1).
- Mile:** (1) Cheri Williams (Livermore)--4:53.3 (1-WCR); 4:52.3 (1-NCS); 4:54.5 (3-SH2); 4:44.95 (1-S).  
 (2) Suzanne Richter (Chico)--5:07.4 (1-NOR); 4:54.3(2-SH1); 4:52.4 (5-S).  
 (3) Sarah Sweeney (Marin Catholic, Kentfield)--4:57.3 (2-NCS); 4:57.7 (4-SH2); 4:57.7 (7-S).  
 (4) Pam Bowers (American, Fremont)--5:13.9 (1-SI); 5:01.1 (3-NCS); 4:53.2 (1-SH1).  
 (5) Tracy Weber (Lynbrook, Sunnyvale)--4:58.8 (1-CCS); 5:03.3 (8-SH1).
- 2 Mi:** (1) Cheri Williams (Livermore)--10:09.8 (1-NCS); 10:17.7 (1-S).  
 (2) **\*\*Roxanne Bier** (Independence, San Jose)--10:37.8 (1-CCS); 10:44.0 (3-S).  
 (3) Pam Bowers (American, Fremont)--10:50.1 (2-NCS); 10:46.9 (4-S).  
 (4) **\*Laurie Crisp** (Downey, Modesto)--11:00.2 (1-SAC); 10:53.4 (6-S).  
 (5) Irene Crowley (Overfelt, San Jose)--10:48.0 (3-CCS); 10:56.4 (8-S).
- 110LH:** (1) Kris Costello (Lynbrook, Sunnyvale)--13.9 (3-CCS); 14.29 (1-SH2); 13.83 (1-S).  
 (2) Kim Costello (El Camino, SSF)--13.9 (1-CCS); 14.26 (1-SH3); 13.95 (2-S).  
 (3) Michelle Hawthorne (El Cerrito)--13.9 (1-NCS); 14.40 (1-SH1); 14.03 (3-S).  
 (4) Joyce Scott (Vanden, Travis AFB)--14.4 (1-SAC); 14.59 (3-SH3); 14.44 (5-S).  
 (5) Angel Kellen (Leland, San Jose)--13.9 (2-CCS); 14.81 (3-SH1); 14.47 (6-S).
- LJ:** (1) Carrie McLaughlin (Grace Davis, Modesto)--18'8½" (1-SAC); 18'8½" (STr); 19-2 (2-S).  
 (2) Barbara Kochendorfer (So. Lake Tahoe)--18'1½" (2-SAC); 18'3½" (STr); 17'0" (9-S).  
 (3) **\*\*Judy Young** (El Cerrito)--17'3¼" (4-NCS); 18'0-3/4" (STr); 16'11½" (5-HRR).  
 (4) **\*Dawn Peters** (Northgate, Walnut Creek)--17'6" (2-NCS); 17'8½" (STr).  
 (5) Nellwynn Smith (Oakland Tech)--16'10" (6-HRR); 18'1-3/4" (1-OAL); 16'8½" (STr).

(Girls' Rankings...continued next column...)

**INTRODUCING**

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- HJ:** (1) Angela Phifer (Independence, San Jose)--5'7" (2-CCS); 5'8" (3-S).  
 (2) Sonya Harrigfeld (Beyer, Modesto)--5'6" (1-SAC); 5'7" (4-S).  
 (3) **\*Tonya Alston** (Chico)--5'9" (1-NOR); 5'6" (6t-S).  
 (4) Deanne Neff (Montgomery, Santa Rosa)--5'6" (1-NCS); 5'6" (10-S).  
 (5) Kathy Raugust (Salinas)--5'4" (3-CCS); 5'6" (6t-S).
- SP:** (1) **\*Sue Springer** (Salinas)--44'11-3/4" (1-CCS); 44'3-3/4" (STr); 44'11¼" (3S).  
 (2) **\*Debra Pryor** (Holy Names, Oakland)--43'5" (1-NCS); 43'4" (STr); 44'7-3/4" (5-S).  
 (3) Jodie Barker (Sequoia, Redwood City)--43'1" (2-CCS); 42'0" (STr); 42'2½" (7-S).  
 (4) Wendi Michelli (Gunderson, San Jose)--42'1½" (3-CCS); 41'3" (STr); 42'1½" (8-S).  
 (5) Donna Erickson (Mt. Shasta)--43'4½" (1-NOR); 39'2½" (STr).
- DT:** (1) **\*Sue Springer** (Salinas)--146'5" (1-CCS); 145'9" (STr); 141'3" (2-S).  
 (2) **\*Linda Read** (Alameda)--124'2" (1-HRR); 139'4" (1-NCS); 135'3" (STr); 138'8" (3-S).  
 (3) Karen Stampfli (Lassen, Susanville)--150'10" (1-NOR); 129'2" (STr); 134'6" (4-S).  
 (4) **\*\*Leslie Deniz** (Gridley Union)--145'1" (2-NOR).  
 (5) **\*Sandy Johnson** (Pleasant Hill)--132'5" (2-NCS); 128'8" (STr); 125'0" (5-S).
- 440R:** (1) Hill/San Jose (Kim Thompkins, Nancy Reynolds, Tina Lawson, Kelia Bolton)--47.45 (1-SJR,Sec.1); 47.7 (1-CCS); 47.72 (1-SH1); 47.15 (2-S).  
 (2) Berkeley (**\*\*\*Sharon Ware**, **\*\*Carolyn Ruff**, **\*Kim White**, Freida Cobbs)--47.6 (1-SJR); 47.3 (1-NCS); dnf (SH3).  
 (3) Northgate/Walnut Creek (**\*\*\*Val Flemmings**, **\*Dawn Peters**, **\*\*\*Pam Warfield**, **\*\*Lisa Peters**)--48.7 (4-NCS); 48.54 (3-SH1); 48.8 (8-S).  
 (4) Tamalpais (**\*Rhonda Williams**, **\*\*\*Carmen Sweeney**, **\*\*Alesia Sweeney**, **\*\*Kellie Gaines**)--49.9 (5-SJR); 49.6 (2-HRR); 48.4 (2-NCS); 48.57 (4-SH2).  
 (5) El Cerrito (**\*\*Judy Young**, **\*\*\*Nikita Melchor**, **\*Ramona Jones**, Michelle Hawthorne)--48.5(3-NCS); 48.97(5-SH3)

- MileR: (1) Drake/San Anselmo (\*\*Jenny Baumsteiger, \*Jenny Davison, Lisa Vukicevich, Lori Saia)--3:56.4 (2-NCS); 3:54.1 (2-SH1); 3:54.4 (3-S).  
(2) Berkeley (\*\*Wendy Allums, \*\*Fatrie Johnson, \*Kim White, Freida Cobbs)--3:59.1 (1-HRR); 3:52.8 (1-NCS); 3:57.9 (4-SH1).  
(3) Moreau/Hayward (\*Trisha Kinman, \*\*Janet Dorsey, \*Sue Arthur, \*Leslie Miles)--3:58.2 (3-NCS); 3:58.9 (3-SH2); 3:59.9 (9-S).  
(4) Camden/San Jose (Wendy Townsend, Annette Snyder, \*Ann Regan, Lorraine Davis)--3:58.4 (1-CCS); 3:58.4(5-SH1)  
(5) Summerville/Tuolumne (Kellie Shreve, Melinda Ellis, Lori Dennis, Lori Briscoe)--3:59.8 (1-SAC); 3:59.8 (7-SH1).

# TRACK AND FIELD RESULTS



*NOTE: - We didn't get any negative comments from our reduction of T&F coverage last issue, but we'll know more after we tally the results of our Questionnaire in next issue. We'll be concentrating here more on major meet results and listing results not normally found in newspapers (although that doesn't mean we will eliminate those meets also found in papers)...such as the local athletes who compete in National Championships but finish too low for the papers. Photos: - We got good response on the plea for high school track pics, but as you can see from the next few pages, we're still hurting in college & open coverage. If you're interested in contributing and hit some of these meets on a fairly regular basis, give us a call and we'll let you know our requirements and what we need most for our files. Thanks!!*

UCLA ALL-COMERS (Apr. 22, Westwood): 440R:(I) 3-SJCC 39.8; (II) 2-Stanford 39.8; Masters-100m: Jordan/Stan 11.9; 100m:(I) 5-Trapps/UNLV 10.7; (II) 3-Hampton/UCLA 10.7; (IV) 3-Rachal/SJCC 10.5; 1500m: 3-Aldrich/CP nt; 400m:(I) 1-Rodgers/TS 45.6, 2-Lofton/Stan 46.4; LJ: 2-Lofton/Stan 26-1 3/4; 2MR: Stanford 7:37.0; PV: 4-Mulligan/WVC 16-6; 400IH:(I) 2-Greybehl/USC 50.0, 3-Williams/CP nt; (III) 1-Gray/WVC 53.9; DT: Stadel/TS 204-11; MileR:(I) 3-SJCC 3:10.4; 10,000m: Kissin/WVTC-Stan 29:12.3. /Jim Bush; Vic Kelley/

FAR WESTERN CONFERENCE (May 11-13, Davis): 3000mSC: Heide/H 9:05.1, Hogle/D 9:11.7, Olson/Ch 9:19.5; 400mR: CSH 41.7; 1500m: Hammer/H 3:53.8, Pratt/D 3:55.1; 110mH: Thurman/SF 14.6; 400m: Nelson/St 48.8, Ward/CSH 48.9; JT: Mosbacher/Ch 190-7 1/2; 800m: Arnerich/CSH 1:52.6, Harris/St 1:53.0, Podolski/H 1:53.2; 400mH: Swift/St 53.3, Campbell/D 53.5; 100m: Smith/Sac 10.7, Ingram/Sac 10.7, Corker/CSH 10.7; 200m: Smith 21.9, Ingram 22.0, Corker 22.1; TJ: Garner/CSH 49-11 3/4, Wamble/CSH 48-5 1/2; 5000m: Quintana/CSH 14:28.7, Peters/H 14:32.3, McGrath/D 14:44.4; 1600mR: Stan 3:16.8, CSH 3:17.5; HJ: Haber/CSH 7-1, Link/D 6-10 3/4, Wiley/CSH 6-8 3/4; DT: Williams/CSH 166-0 1/2; PV: Olson/CSH 15-4 1/2; HT: Sawyer/CSH 199-6 1/4; LJ: Garner/CSH 23-7, Wamble/CSH 23-2 1/4; 10,000m: Emry/D 30:57.3, Palladino/D 31:13.3; SP: Doll/CSH 59-5, Johnson/CSH 55-11 1/4, Williams/CSH 55-5 3/4; Dec: Scruggs/D 6309, Cobb/Ch 6249...Teams: CSH 227-1/6(Rcd), Davis 108, Stanislaus 86. /Pappas/

CCAA CHAMPIONSHIPS (May 11-13, Bakersfield): 10,000m: Schankel/CPSLO 30:13.6, Kingery/CPSLO 30:14.0; 1500m: Aldridge/CPSLO 3:47.4; 200m: Williams/CPSLO 20.5; 400m: Williams 46.1; 5000m: 3-Aldridge 14:53.7, 4-Kingery 14:54.9. /Steve Miller/

PCAA CHAMPIONSHIPS (May 12-13, Fresno): Teams--UCI 89, LBS 76.5, SJS 70, SDS 42. 10,000m: 4-McCandless/LB 31:04.1; TJ: Livers/SJ 54-2 1/2, Taylor/LB 53-8; 3000mSC: 5-Reime/SJ 9:00.5; HT: 2-Kells/SJ 186-11; PV: Woepse/SJ 17-0 3/4, 5-Bockmiller/SJ 16-0 1/4; 400mR: LBS 39.9; 1500m: Scott/UCI 3:43.6, 3-Ross/SJ 3:46.3; 110mH: Cooper/SJ 13.97, 3-Kirtman/SJ 14.38; SP: Feuerbach/SJ 60-6, Gummerson/SJ 57-9; 400m: 2-Rochee/SJ 45.99; 100m: 3-Kirtman/SJ 10.57, 4-Cole/SJ 10.60; JT: Bejak/SJ 223-9; 400mH: 2-Finley/SJ 51.98; 5000m: 4-McCandless/LB 14:12.5; LJ: 2-Taylor/LB 26-0 1/2w, 4-Cole/SJ 24-11 1/4; MileR: LBS 3:08.5, 4-SJS 3:11.6; HJ: Pritchett/SJ 7-1; 800m: Donohue/SD 1:49.4; 200m: King/UCI 20.61; Dec: Bardales/UCI 7485, Harris/UCSB 7104. /Dutch Warmerdam/

GOLDEN STATE CONFERENCE (May 13, Chico): --Teams: CSH 147, Chico 125, Davis 113, Sac 108. HSU 78. 100m: Nickson/CSH 11.8; 200m: Nickson 23.4; 400m: Winlock/CSH 54.9; 800m: Craven/H 2:16.3, Gipson/S 2:18.6; 1500m: Craven 4:45.0, Sprague/C 4:46, Foy/S 4:49; 3000m: Craven 10:28.0, Aubuchon/C 10:30; 5000m: Anex/D 18:40.7, Gazafy/CSH 18:58.4; 100mH: Ray/CSH 15.0; 400mH: Snyder/D 63.6; 400mR: CSH 47.5; SMR: Sac 1:53.2; MR: CSH 3:56.6; 2MR: Chico 9:44.0; LJ: Winlock/CSH 17-9 1/2; HJ: McQuillan/C 5-5 1/2; JT: Sulinski/CSH 171-0; DT: Roberts/D 121-2; SP: Betham/H 44-7. /Joli Sandoz/

NOR-CAL JC CHAMPIONSHIPS (May 19, San Jose): /MEN/ Teams: SJCC 102.5, Alameda 59, Laney 44, CSM 40, Chabot 39.5. 10,000m: Mello/CSM 30:44.7, Sechrist/SJ 31:38.2; 3000mSC: Renteria/Fr 9:10.8, Leano/P 9:12.8, Ferrell/AR 9:12.8, Pincombe/CSM 9:15.4; 440R: Alameda 39.8(=NR), SJCC 40.0, Laney 40.1; 1500m: Sallaz/Ch 3:49.6, Navarro/Si 3:49.8, Sup/MPC 3:49.9, McQueeney/DA 3:50.0, Fabris/SJ 3:50.8, Baker/WV 3:51.1; SP: Tafralis/Sky 53-11, Smith/CSM 53-0 1/2; 110mH: Austin/Seq 14.43, Hicks/Lan 14.59; 400m: Walker/Lan 46.31, Chepkwony/Ft 46.84, Harvey/SJ 47.14, Croft/LM 47.31, Holcombe/SJ 47.42; 100m: Harris/Al 10.2, Jackson/SJ 10.5, Kent/Lan 10.5, Lewis/SJ 10.5; 800m: West/Mer 1:53.1, Gonzales/Seq 1:53.5; LJ: Durham/Al 24-11 1/4, Turner/Al 24-2 3/4, Richardson/Mod 23-10 1/4; 400mH: Phillips/SJ 50.67, Bobertz/Sky 52.31, Palon/CR 52.68; JT: Juntz/Ch 209-9, Hart/SJ 204-1; 200m: Harris/Al 20.68, Jackson/SJ 21.07, Kent/Lan 21.13, Rachal/SJ 21.14; 5000m: Hurst/Mod 14:22.9, Holmes/Mod 14:44.3, Hitchcock/Si 14:44.4, Avrit/WV 14:49.1; PV: Black/CSM 17-0 1/2, Mulligan/WV 16-6, Moore/AR 16-0, McDonald/SR 16-0; TJ: Moreno/SJ 49-9 3/4w, Hendricks/CR 48-11 1/2, Wadlow/DA 48-4 1/2, Francis/DV 48-4; MR: SJCC 3:10.98, Laney 3:13.6, CSM 3:15.5, LM 3:17.9; HJ: Owens/Al 7-0, Gibbs/SJ 7-0, Hice/Mer 6-10; /WOMEN/ Teams: WVC 70, Alameda 62, Yuba 40, DeAnza 38, Chabot 30. JT: Jones/MPC 129-3; 1500m: Wotherspoon/WV 4:45.1, Mears/DA 4:48.7, Perkins/WV 4:49.6; 440R: Alameda 47.8; DT: Holloway/WV 145-0, Robinson/Sky 136-2; 100mH: Edwinson/CSM 14.58, Kendall/Si 14.87; 400m: Stohr/Ch 56.34, Partida/Y 56.35, Mulligan/Reedly 57.08, West/SJ 57.68; 100m: C. Johnson/Al 12.19, Johnson/Al 12.23; 800m: Wotherspoon/WV 2:11.5, Trumbly/WH 2:13.5, Shearer/DA 2:17.8; LJ: Gaffney/Seq 19-1 1/4; 400mH: Edwinson/CSM 61.53, Hunerlach/Butte 62.75, Boone/Al 63.62, Aufdermaur/Mod 63.72; HJ: Vogel/DA 5-7; SP: Kuchta/Hart 44-2, Holloway/WV 43-10 1/4, Wessell/Mod 42-10 1/2; 200m: Johnson/Al 24.57, C. Johnson/Al 24.81; MR: Alameda 3:57.4, Yuba 3:59.0. /Men's addition/ DT: McNaughton/Fr 166-4, Reid/Ch 165-5, Tafralis/Sky 163-3. /Steve Haas/

CALIFORNIA RELAYS (May 20, Modesto): 100m(Invit.): 2-Hart/BAS 10.25w; 100m(Open): 7-Payton/BAS 10.58w; 400m:(II) West/BAS 47.0; 800m: 2-Robinson/ICAC 1:49.0; 3000mSC: 5-Hurst/PTC 9:17.0; 2-MiWk: 2-Glusker/WVTC 14:09.0, 5-Raney/WVTC 14:53.6, 6-Snazelle/WVTC 14:58.4; 110mH: Florant/ICAC 13.94w, Bolden/WVTC 14.06w, 5-Whitfield/Army 14.11w; 400mR: 3-BAS 40.0; MR: (I) 2-SJS 3:15.4, 3-WVTC 3:16.8; HJ: 5t-Wilson/BAS 7-0, 7t-Pritchett/SJ 7-0; PV: 2-Woepse/SJS 17-4 1/2, 6-Black/CSM 17-0, 8t-Mulligan/WVC & Lizotte/WVTC 16-6; LJ: 4-McRae/BAS 25-11 1/4w, 8-Anderson/WVTC 25-7 1/4w, 9-Cole/SJS 25-1 1/4w; TJ: 6-Steffes/WVTC 50-10 1/4; SP: 4-Marks/WVTC 65-9, 9-B.Feuerbach/SJS 61-0; DT: Wilkins/AW 224-4, Stadel/TS 210-8, 6-Plucknett/WVTC 196-0; HT: 3-McKenzie/Un 206-10, 6-Sawyer/CSH 193-9, 8-Kells/SJS 184-7; JT: Kennedy/Stars 248-7; /WOMEN/ 100m: 4-Franklin/MLTC 12.17w; 200m(w): 3-Nickson/CSH 24.13, 5-White/BEBTC 24.42; 400m: Byfield-White/BEBTC 54.69, 4-Franklin/MLTC 55.1; 800m: Poor/AIA 2:08.9; 1500m: Larrieu/PCC 4:15.6, 4-Graham/WVTC 4:29.8; LJ: 2-King/MLTC 19-4 3/4; SP: Seidler/Stars 60-2; JT: Sulinski/MLTC 174-0, Cannon/MLTC 171-0. /Tom Moore/

PACIFIC-8 CONFERENCE (May 19-20, Corvallis, Ore.): 200m: 4-Lofton/S 20.83; 800m: Suhr/UCLA 1:48.8; 400mH: Graybehl/USC 49.98, Pratt/C 50.69, Smith/C 51.23; 400mR: 3-Stanford 39.96, 4-Cal 40.18; MR: 4-Stanford 3:08.1, 5-Cal 3:08.1; PV: Tully/UCLA 18-8 3/4(WR), Oravetz/W 17-8 1/2; LJ: Lofton/S 25-9 1/2; TJ: 2-Marlow/C 53-4 1/2; SP: 2-Laut/UCLA 64-5 1/4; DT: 2-ETder/USC 182-1; Dec: 4-Canfield/C 7276. /Track & Field News/

NCAA DIV. II MEET (May 25-27, Macomb, Ill.): Teams: CSLA 70, CPSLO 59-1/2...6-Hayward St. 25-1/2. 10,000m: Schankel/CPSLO 30:01.5, 3-Kingery/CPSLO 30:45.9, 6-Emry/UCD 30:50.1; SP: 4-Doll/CSH 57-7 1/4; HT: Sawyer/CSH 198-3; TJ: Garner/CSH 52-11 1/2; 1500m: Aldridge/CPSLO 3:45.4; HJ: 6-Haber/CSH 6-11; 400mH: 5-Williams/CPSLO 52.17; 5000m: Schankel/CPSLO 14:12.6, 3-McGrath/UCD 14:17.5; 110mH: 4-Siai Siai/CPSLO 14.12; 200m: 4-Siai Siai 21.08; PV: 3-Reyes/CPSLO 15-7 1/4, 5-Gallagher/CPSLO 15-7 1/4. /Steve Miller/

CALIFORNIA STATE JC CHAMPIONSHIPS (May 26-27, Bak-ersfield): /MEN/ Teams: Pasadena 64, SJCC 59, Ala-meda 48...5-Chabot 22, 7-Laney 20, 8-CSM 19. -- HT: Van Arkel/Bak 130-2; JT: Carli/Cnyn 230-11, 6-Lawry/SR 211-1; SP: Johnson/Full 57-6, Steble-ton/LM 55-11 3/4, 4-Traugher/SJ 53-5 1/4; LJ: Hays/Pas 26-2 3/4(=NR), 3-Turner/A1 24-10 1/2, 4-Durham/A1 24-9 1/2, 6-Bates/CSM 24-0 1/4; PV: Black/CSM 16-6, McDonald/SR 16-6, 6t-Moore/AR 15-0; HJ: Owens/A1 7-2, Gibbs/SJ 7-2, 6t-Hice/Mer 6-10; TJ: Hays/Pas 51-7 1/2, 4-Moreno/SJ 49-2 1/2; DT: Lettow/Gr 166-0, Tafralis/Sky 161-3, Reid/Ch 160-8; 3000mSC: Ferrell/AR 8:58.2, 4-Leano/Por 9:04.6; 440R: Alameda 39.82, SJCC 39.99, 4-Sac'to 41.48; 1500m: Angel/GW 3:49.2, Sallaz/Ch 3:49.5, Navarro/SI 3:50.8, 5-Sup/MPC 3:51.2, 6-Fabris/SJ 3:51.8; 110mH: Higgins/EC 14.43, 4-Bobertz/Sky 14.60; 400m: Williams/Pierce 45.79, Walker/Lan 46.56, Chepkwony/Fthl 46.87, 6-Harvey/SJ 47.49; 100m: Mc-Tear/Cer 10.32, Harris/A1 10.47, 4-Lewis/SJ 10.67, 5-Kent/Lan 10.70; 800m: West/Mer 1:50.5, Emery/Ch 1:50.6, 6-Brown/Rdws 1:53.0; 400mH: Phillips/SJ 50.7, 4-Palon/CR 52.0, 6-Bobertz/Sky 53.0; 200m: Harris/A1 20.81, 3-Jackson/SJ 21.28, 4-Kent/Lan 21.30, 6-Rachal/SJ 21.51; 5000m: Ortiz/Gr 14:20.8, Hurst/Mod 14:28.6, Holmes/Mod 14:35.9, Avrit/WV 14:38.2, Hitchcock/Si 14:48.2; 10,000m: Hughes/Gr 30:12.6, Mello/CSM 30:22.4, 5-Sechrist/SJ 31:06.6; MileR: SJCC 3:10.1, 3-Laney 3:11.8, 6-Los Medanos 3:15.1. --- /WOMEN/ Teams: Alameda 60, WVC 43, Yuba 30, DeAnza 28, Chabot & Citrus 26, San Diego & CSM 18. -- 440R: Alameda 47.38; 1500m: Caldwell/Cit 4:18.9, Wotherspoon/WV 4:34.2; 100mH: Edwinson/CSM 14.84; 400m: Partida/Y 55.62, Stohr/Ch 56.55; 100m: Johnson/A1 12.2, V. Johnson/A1 12.2; 800m: Caldwell/Cit 2:06.9, 3-Shearer/DA 2:12.5(?); 400mH: Aufdermaur/Mod 62.8, Edwinson/CSM 62.8, Boone/A1 63.0; 200m: V. Johnson/A1 24.97, C. Johnson/A1 25.01; 3000m: Wotherspoon/WV 9:52.4, Munday/SJ 10:02.9, Perkins/WV 10:05.8, English/MPC 10:14.3, Furtado/DA 10:22.9, Robinson/Del 10:25.0; SP: Kuchta/Hart 45-8, Holloway/WV 45-6, Wessell/Mod 42-4; JT: Mears/DA 134-2; LJ: Gaffney/Seq 18-8, 3-Hunnerlach/Butte 18-4 1/4; HJ: Vogel/DA 5-6; DT: Holloway/WV 140-2, 4-Robinson/Sky 132-0; MileR: Chabot 3:55.6, Alameda 3:55.7, Yuba 3:56.3, 6-Butte 4:00.0. /Covy; Baer/



(Left) Andre Phillips (shown running for Silver Creek H.S. last year) won State JC 400 hurdles. /Dave Stock/ (Above) Derald Harris won State JC 200m. /Don Gosney/

PA-AAU MASTERS TRACK & FIELD CHAMPIONSHIPS (May 27, Los Gatos): 100m: (OA) Marshall/WV 10.96; (OB) Romain/WV 11.27; (1A) Anixter 11.2; (1B) Springbett 11.97; (2A) Cooper 12.53; (2B) Johnson 13.83; (3A) Jordan/Stan 12.22; 200m: (SM) Dungan 22.31, Mar-shall/WV 22.55; (1A) Bruhner/NC 23.61, Anixter 23.65; (1B) Springbett 23.7; (2A) Cooper 25.60; (3A) Jordan 25.27; (3B) Bierlin 33.7; 400m: (OA) Pruitt 51.79; (1A) Bruhner/NC 53.29; (1B) Hill 56.90; (2A) Goetzel 57.34; (3A) Satti/NC 66.08; (4A) Packard 71.19; 800m: (OA) Mason 2:01.3, (OB) Romain/WV 1:54.5; (2A) Bryant 2:17.6; 1500m: (OA) Howell/WV 4:13.4; (OB) Thomas/WV 4:09.8; (1A) Wellck/WVJ 4:20.1, Beardall/TAM 4:27.7; (1B) Napier/WVJ 4:21.4; (2A) Bryant 4:49; 5000m: (OA) Clary/WVJ 16:02.3; (OB) Benz 16:28.9; (1A) Beardall 15:54.3, Wellck/WVJ 16:05.3, Guthrie/WVJ 16:17.8; (2A) Martin/WVJ 17:51; (3A) Reese/BC 18:15.3; 10,000m: (OB) Benz 34:46; (1A) Beardall 32:40.7; (1B) Stevenson 36:25; (2B) Shank 40:01; 110mHH: (1A) Hickman 15.66; 330IH: (1A) Hickman 43.2; 400mR: (1B) NCS 46.05; HT: (OB) Shelton/WV 176-6 1/2; JT: (1A) Conley 194-1; (1B) Letcher/178-3, Sutton 170-6; (3B) Dick 115-3; DT: (3A) York 116-11 1/2; (3B) Dick 122-8, Archer 117-4 1/2; LJ: (OA) Anderson/WV 22-2; (1A) Walker 20-9 3/4, Andrews 19-9; (1B) Gallardo 17-6; (2A) Goetzel 16-1 1/4; (2B) Johnson 15-9 3/4; (3A) Satti 1509 1/2; SP: (OA) Oldfield 65-0; (1B) Wassam 39-10; (3A) York 41-7; (3B) Archer 36-4; HJ: (1A) Walker 5-8, Graf/WV 5-4, Conley 5-4; (2B) Henderson 4-7; (3A) McCarthy 4-7; (3B) Dick 4-5; (4A) Van Gelder 4-1; TJ: (1A) Walker 41-4 1/2, Andrews 39-8 1/4; (1B) Brenda 36-11; (2B) Huseny 32-1; /WOMEN/ 100m: (SM) Sherrard/NC 13.07; (1A) Parish/NC 14.16; (1B) Monson 15.55; (2A) Dieterich 16.6; (3A) Kolda 16.8; 200m: (OB) Sherrard 27.8, Gerard 28.9; (1A) Obera 28.3; (2A) Dieterich 36.5; (3A) Kolda 37.6; 400m: (SM) Gerard 64.5; (1A) Obera 66.4, Parish 67.8; 800m: (OB) Ger-ard 2:44.9; (1B) Brieger 2:56.7; 1500m: (OB) Pike 5:10; (1B) Anderson/NC 5:36.8, Eberly 5:40; 5000m: (1A) Waters/NC 21:10.6; (1B) Anderson/NC 19:57.8; 10,000m: (OB) Swannack/WDS 39:38.1; 5000mWk: (1A) Maynard/WDS 27:53.2; 100mH: (OB) Sherrard 16.24; DT: (OB) Sherrard 91-5 3/4; SP: (OB) Sherrard 38-3; HJ: (OB) Sherrard 4-6. /Larry Main; Los Gatos A.A./

PA-AAU SR. MEN'S & WOMEN'S CHAMPIONSHIPS (May 29, San Mateo): /MEN/ 10,000m: Schelegle/AGRC 31:36.0; HT: Oswald/WVTC 164-3; 400mH: Finley/SJS 51.2, Whitney/Un 52.5; SP: Gummerson/SJ 57-10;

(PA-AAU Meet, Cont'd...) 400m: West/BAS 46.5, Cazenave/WVTC 47.9, Romain/WV 49.2; 1500m: Macdonald/WV 3:46.4, Birnbaum/USAF 3:46.4, Kissin/WVTC 3:48.0, Harms/AGRC 3:50.3, Baker/WVC 3:51.3; 100m: Hart/BAS 10.3, Jones/BAS 10.5, Smith/Cal 10.5; LJ: Cole/SJS 24-10 3/4, Duncan/BAS 24-1, Bates/CSM 23-9 1/2; HJ: Radan/SCC 7-0, Peterson/Chabot 6-10; 110mH: Bolden/WVTC 13.7w, Carty/WVTC 13.8w; DT: Plucknett/WVTC 198-1, Buss/Stan 173-9; 800m: Sallaz/Chabot 1:51.4, Emery/Chabot 1:52.4, Pratt/AGRC 1:53.1, Ellwell/ShastaHS 1:53.3, Beckert/WVTC 1:53.9; 200m: Rodgers/TS 20.6, Walker/Lan 20.8, Ware/CRC 21.2, Jones/BAS 21.3; PV: Williams 16-10, Chappell & Stevenson 16-0, Chew 16-0; TJ: Fendyan/WVTC 45-5 1/2; JT: Kennedy/Stars 228-6, Kaufeldt/Un 212-7; 5000m: Van Dine/AGRC 14:43.8, Mello/CSM 14:47.6; MileR: WVTC 3:16.2, USAF 3:17.2, CSM 3:17.8; --- /WOMEN/ 10,000m: Soderholm/Stan 38:07.4, Anderson/USAF 39:38, Williams/PBP 39:39; 100m: Franklin/MLTC 12.0; 400mH: Edwin-son/MLTC 61.3; 1500m: Wotherspoon/SJC 4:27.2, Grigsby/HSU 4:43.6, Skaden/Un 4:46.9; 400m: Franklin/MLTC 54.0, White/BEBTC 55.0, Fritzson/Un 58.5; JT: Whitfield/Un 169-10, Sulin-ski/MLTC 162-2, Cannon/MLTC 159-11; LJ: Cordova/FPTC 16-5; 100mH: Neal/USArmy 14.1, Edwinson/MLTC 14.2; 800m: Shearer/SJC 2:13.6, Demmelmaier/SJC 2:16.8; 200m: White/BEBTC 24.5; SP: Holloway/SJC 39-9 1/2; HJ: Vogel/Un 5-4, McQuillan/Un 5-4; 3000m: Olrich/Un 9:57.7, Trason/MPTC 10:01.0, Perkins/SJC 10:22.0; 880MR: Alameda 1:47.5, MLTC 1:49.0, FPTC 1:49.5; DT: Holloway/SJC 139-2. /Harmon Brown/

PREFONTAINE CLASSIC (May 31, Eugene, Ore.): /WOMEN/ SP: Seid-ter/Stars 50-2; /MEN/ DT: Wilkins/AW 231-3, Burton/OTC 193-10; 800m: Boit/TS 1:47.3, Brown/TS 1:48.7; 200m: Rogers /TS 20.4w; 1500m: 4-Smith/HCC 3:45.1; 400m: Rogers/TS 45.62.

NCAA DIV. I CHAMPIONSHIPS (June 1-3, Eugene, Ore.): Teams: USC 59, UCLA & UTEP 50, Oregon 40, Auburn 36. 100m: Edwards/USC 10.07; 200m: Edwards/USC 20.16; 400m: Mullins/USC 45.33; (Semi-II) 7-Rochee/SJ 46.51; 800m: Lamashon/UTEP 1:45.68; 1500m: Scott/UCI 3:37.6, 7-Aldridge/CPSLO 3:40.7, 10-Clifford/Cal 3:47.5; (Heat-4) 3-Clifford 3:43.3; 5000m: Chapa/O 13:35.3, 13-Wysocki/Nev-R 14:24.8 (Heat-2) 8-Wysocki 14:14.5; 10,000m: Musyoki/UTEP 28:30.9, 12-Kissin/Stan 29:40; 3000mSC: Rono/WS 8:12.4; (Heat-2) 6-James/UCLA 9:03.6, 7-Perez/USC 9:06.9; 400mR: USC 39.31; MileR: Villanova 3:05.09; 110mH: Foster/UCLA 13.22, 3-Owens/UCLA 13.46, 8-Cooper/SJ 14.04; (Semi-1) 2-Cooper 13.58w; (Heat-4) 1-Cooper 13.56w; 400mH: Walker/Aub 48.92, Graybehl/USC 49.31; LJ: Lofton/Stanford 26-11 3/4, 12-Nelson/Stan 24-3 3/4; TJ: Livers/SJ 56-3 1/4, 8-Marlow/Cal 53-11 3/4; HJ: Jacobs/FD 7-3; PV: Tully/UCLA 18-1 3/4, 6-Oravetz/Wash 17-0; SP: Laut/UCLA 66-1 1/4, 4-Feuerbach/SJ 63-10 1/4; DT: Gardenkrans/BYU 210-0, 11-Elder/USC 178-9; JT: Roggy/SIU 283-9; HT: Nielson/Wash 228-4, 7-Sawyer/CSH 197-4. /Univ. of Oregon/

CALIFORNIA STATE JC DECATHLON (June 2-3, Santa Maria): 1-Gray /WVC 7149, 2-Bear/Glendale 7008, 3-McDonald/SRosa 6903, 4-Gelonek/Shasta 6831, 5-Boutte/ECam 6774. /Ray Kring/

NATIONAL AAU WOMEN'S PENTATHLON (June 4-5, Tempe, Arizona): /Seniors/ 1-Oshikoya/UCLA 4379, 2-Zambryzcki/BYU 4352, 3-An-derson/CSN 4197...9-Harrington/ColSt 3897, 14-Kinimaka/LATC 3645; /Juniors/ 1-Swart/LATC 3912, 2-Limbaugh/Un 3647, 3-Brownell/Fred.TC 3609...6-Hurley/MLTC 3449. /Pete Cava/



(Left) Mitch Kingery, competing for Cal-Poly/SLO, took third in the NCAA Div. II 10,000m in helping his team to a second-place team finish. /Dave Stock/ (Right) Marlon Rochee has run 45.99m for San Jose State this year. /John Marconi/

**NATIONAL AAU SR. MEN'S & WOMEN'S CHAMPIONSHIPS** (June 8-10, Westwood-UCLA): /MEN/ 100m: T-Edwards/TS 10.14 (Semi-1) 4-Hart/BAS 10.29; (Semi-2) 8-Payton/BAS 10.48; (Heat-2) 2-Payton 10.49; (Heat-3) 4-Farmer/Cal 10.48; (Heat-4) 2-Hart 10.52; (Heat-7) 5-Kent/Laney 10.5; (Heat-8) 4-Lewis/Stars 10.59; 200m: 1-Edwards/TS 20.25; (Semi-1) 4-Hampton/AIA 21.13; (Semi-3) 8-Farmer/Cal 21.62; (Heats)(I) 4-Lewis/Stars 21.5; (III) 3-Hampton 20.9; (IV) 3-Farmer 21.4; (VI) 5-Hart/BAS 21.5, 6-Williams/CPSLO 21.6; (VII) 5-Kent/Laney 21.5; (VIII) 5-Harris/BAS 21.0; 400m: 1-Parks/AIA 45.15, 3-Rodgers/TS 45.41; (Semi-2) 1-Rodgers 45.21; (Heat-4) 6-West/BAS 47.00; 800m: 1-Robinson/ICAC 1:45.5, 2-Boit/TS 1:46.0, 5-Suhr/Macc 1:46.8; (Heat-3) 4-Brown/TS 1:48.7; 1500m: 1-Scott/UCI 3:38.8, 9-Clifford/BAS 3:45.2, 10-Aldridge/Macc 3:47.1; (Heat-2) 3-Clifford 3:40.4, 6-Aldridge 3:40.8; 5000m: 1-Liquori/FAA 13:40.2, 11-Schankel/Macc 13:59.4; 10,000m: 1-Virgin/AW 28:15.0, dnf-Kissin/WVTC(fell); 3000mSC: 1-Marsh/AW 8:27.3, 12-Innes/KTC 9:11.6; (Heat-1) 2-Innes 8:38.2, 6-James/UCLA 8:56.8; 110mH: 1-Nehemiah/SJF 13.28, 4-Owens/Ali 13.71; (Semi-2) 1-Owens 13.59, 7-Florant/ICAC 14.01; (Heats)(II) 5-Carty 14.34, 7-Roberts/WVTC 14.49; (III) 3-Florant 13.97, dnf-Foster/WVTC; 400mH: 1-Walker/AIA 49.03, 4-Graybeh1/TS 50.03; (Semi-1) 4-Graybeh1 49.96; (Heat-5) 4-Phillips/SJCC 53.2; HJ: 1-Stones/DOTC 7-6 1/2; PV: Ripley/Un 18-3, 5-Oravetz/Wash 17-0; (Non-Qual) Black/CSM 16-7; LJ: Robinson/SDSGS 27-4w, Lofton/Macc 27-0, 13-Taylor/LBS 24-5 1/4; (Non-Qual) Steffes/WVTC 24-3 1/4, Anderson/WVTC 23-4 1/2, Turner/BAS 23-0 3/4; TJ: 1-Butts/AIA 55-5 1/2, 5-Livers/PP 53-7; (Non-Qual) Taylor/LBS 52-4, Marlow/Cal 51-10 1/4, Freeman/Stars 51-3; SP: Feuerbach/AW 67-1 1/2, 4-Laut/UCLA 64-6, 7-B. Feuerbach/Stars 64-0 1/4; (Non-Qual) Marks/WVTC 60-9; DT: Wilkins/AW 219-9, Stadel/TS 209-6, 6-Plucknett/WVTC 199-0; HT: Djerassi/NYAC 224-3, 7-McKenzie/Un 204-6, 10-Sawyer/Macc 193-2; JT: Schmidt/KTC 276-9, 5-Kennedy/Stars 255-5; /WOMEN/ 100m: 1-Hodges/TWU 11.23, 7-Cobbs/BEB 11.87; (Heats)(I) 4-Nickson/Macc 11.71, 5-Parker/MLTC 11.78; (II) 3-Cobbs 11.82, 4-Bolton/MLTC 11.82; 200m: Ashford/Macc 22.66, 6-Bolton/MLTC 24.13; (Semi-1) 4-Bolton 23.75; (Heats) (II) 4-Bolton 24.03, 5-Cobbs/BEB 24.07, 6-Nickson/Macc 24.09; 400m: Forde/Atoms 51.04; (Heats)(II) 5-Franklin/MLTC 55.83; (III) 7-Byfield-White/BEB 55.7; 800m: Caldwell/Citrus 2:02.0, 4-Weston/LATC 2:04.5; (Heat-3) 4-Poor/AIA 2:05.9; 1500m: Merrill/AGAA 4:09.4, dnf-Larrieu/Un; 3000m: Merrill/AGAA 8:56.4, 8-Wotherspoon/SJC 9:35.1, 10-K.Keyes/Macc nt; 10,000m: Goodall/Duke 33:40.2, 5-Bier/SJC 34:54.8, 6-Trason/MPTC 35:11.2, 7-Olrich/Un 35:22.2, 9-Adams/CNW 35:42.9; 100mH: LaPlante/Un 13.19; (Heats)(I) 7-Edwinson/MLTC 14.83, (II) 7-Kim Costello/MLTC 14.87; 400mH: Esser/ISU 57.85; (Heat-1) 6-Edwinson/MLTC 62.75; 10,000mWk: T-Sue Brodock/SCRR 52:18.2, 5-McPherson/WVTC 57:44.2; 5000mWk: Liers/ITC 25:46.8; 2MR: SJC 8:41.8; HJ: Ritter/TWU 6-1 1/4; LJ: Anderson/LATC 22-7 1/2; SP: Seidler/Stars 59-8; DT: Winbigler/OTC 178-6; JT: Calvert/LI 203-7, 3-Cannon/MLTC 181-5, 4-Sulinski/MLTC 172-T. /Pete Cava; Glenn Davis/

PA-AAU JR. WOMEN'S CHAMPIONSHIPS (June 11, Sacramento): 100m: Ware/B 11.8, Webster/B 11.9, Young/B 12.0; 200m: Webster/B 24.8; 400m: Franklin/ML 54.3, Cobbs/B 55.0, Regan/SJC 55.7, Fortune/CN 56.9, Gilmore/CN 58.3; 800m: Belk/SJC 2:12.2, Weber/SJC 2:12.4, Bowers/SJC 2:18.4; 1500m: Bier/SJC 4:37.8, Figliomeni/SJC 4:40.7, Skaden/Un 4:42.5, Bain/CN 4:45.8; 3000m: Trason/MTC 9:58.2, Brogan/SJC 10:35.8; 100mH: Hawthorne/B 13.8, Costello/SJC 14.0, Alston/B 14.5, Costello/ML 14.5; 400mH: Hawthorne/B 63.9, Sweeny/B 65.5; 400mR: BEBTC 47.2; 800mR: BEBTC 1:46.6, SJC 1:47.2, CN 1:48.4; MileR: BEBTC 3:58.6, SJC 4:00.6; 2MR: SJC 9:55.2; LJ: McLaughlin/CN 17-11 3/4; JT: Betham/CN 98-7 1/2; SP: Betham 43-10, Pryor/B 40-6 1/4; DT: Read/Un 139-5, Sandoval/Un 129-5; HJ: Rienstra/CN 5-8 1/2, Alston/B 5-6 1/2, Brown/Un 5-6 1/2. /J. Colman/

**MASTERS WESTERN REGIONALS** (June 17-18, Los Gatos): /MEN/ Pen: (OB) Adams 2936; (1A) Bolden 2277, Conley 2227; (2A) Roemer 1912; (2B) Fetter 1734; (3A) Morales 1791; HT: (OB) Shelton/WV 168-0; (1B) Thompson 159-3 1/2; (2A) Evans 120-7; 3000mSC: (1B) Stevenson 10:57.7; (2A) Bryant 11:39.2; 10,000m: (OA) Clark/WV 31:53.2, Zapata/WV 32:55.2; (OB) Duarte 31:54.0, White/WVJ 33:31.6; (times for other age-groups not available); 400m: (OA) Harris/WV 49.19, Sumner 49.87; (OB) Romain/WV 48.71, Whitney 49.11; (1A) Miller 51.02, Kjer 51.50, Newton 51.74; (1B) Bruhner 52.9; (2A) Greenwood 55.11, Jackson 56.45; (2B) Hunt 60.63, Boyd 60.84; (3A) Satti 65.30; 100m: (OA) Wells 10.88, Marshall/WV 10.90, Sumner 10.97; (OB) Butler 10.73, Romain/WV 11.02; (1A) Dennis 11.19; (1B) Springbett 11.91; (2A) Greenwood 12.09; (2B) Fetter 12.91; (3A) Jordan 12.15; (3B) Koppel 13.22; PV: (2B) Brown 10-6; (4A) MacConaghy 9-0; SP: (OA) Wells 53-2; (1A) Hart 44-0 1/2; (1B) Thompson 42-5 1/2; (2A) Wigginton 37-4 1/2, Evans 37-0 1/2; (2B) Burke 35-11 1/2, Minah 35-9, Stone 35-7 1/4; (3A) Thatcher 47-9 1/2, Scagle 47-2; (3B) Archer 36-10; (4A) MacConaghy 38-9, Doms 37-7 3/4, Peresenyi 37-5 1/2; 110mH: (OB) Butler 14.51; (1A) Henry 15.05, Hickman 15.35; (1B) Jackson 15.78; (2A) Greenwood 15.41; (3B) Deacon 20.97, Thompson 21.07; LJ: (OB) Johnson 22-6 1/2; (1A) Walker 21-9, Henry 21-5 1/2; (1B) Davisson 20-10 1/2, Jackson 20-3; (2B) Spencer 17-7 1/2, Johnson 17-6 3/4; (3A) Farrell 15-9 1/2; JT: (OB) Christensen 190-8; (1A) Conley 196-5; (1B) Sutton 175-0, Letcher 173-11; (2A) Roemer 123-7; (2B) Fetter 147-8, Hunter 140-10; (3A) Morales 146-2; (4A) MacConaghy 120-3; 1500m: (OA) Thomas/WV 4:07, Howell/WV 4:10; (OB) Richards 4:16; (1A) Wellck 4:19.12, Reisbord 4:19.48, Lewis 4:19.60, Packard 4:19.79; (1B) Napier 4:18.1; (2A) Mundle 4:33.93, Malain 4:34.77; (3A) Mahannah 5:13.68; (4B) Chapson 5:44.12; 400R: (OA) SCS 42.62, WVTC 42.63; (1A) CDM 44.04; (1B) NCS 46.33; (2A) STC 49.77; 5000mWk: (OA) Himmelberger 23:47.1; (1A) Laird 25:54.3; (2A) Siitonen 29:26.2; (2B) Winn 31:25.7; (3B) Wallace 30:24.0; (4A) Unruh 31:13.5; 200m: (OA) Marshall/WV 22.38, Dungan 22.40; (OB) Butler 22.51, Whitney 22.54; (1A) Dennis 22.79, Kjer 23.43; (1B) Springbett 24.33, Messersmith 24.37; (2A) Greenwood 24.10, Dawkins 24.88; (3A) Jordan 25.84; (3B) Koppel 27.68; 400mH: (OB) Adams 58.47; (1A) Miller 56.15, Kjer 56.80; (1B) Nasaralla 63.14; (2A) Greenwood 59.59; (2B) Hunt 66.06; 5000m: (OA) Clary 15:48.8; (OB) Catanese 17:18.7; (1A) Wellck 15:56.2; (OB) Sturak 17:28; (2A) Mundle 16:55.2; (3A) Oleson 18:41.0, Reese/BC 18:51.0; 800m: (OA) Thomas/WV 1:56.08, Waggoner 1:56.31; (OB) Whitney 1:55.10, Romain/WV 1:55.81; (1A) Mayer 2:04.6, Kjer 2:08.6; (1B) Pratt 2:04.3, Kalchmid 2:09.8; (2A) Kleinsasser 2:14.6; (2B) Waterman 2:26.16; (3A) Mahannah 2:35.2; MileR: (OA) SCS 3:29.15; (1A) CDM 3:34.2; DT: (OA) Wells 154-4; (OB) Shelton/WV 124-0; (1A) Hart 137-6; (1B) Thompson 139-4; (2A) Wallace 118-2; (2B) Stone 115-0; (3A) Thatcher 128-6; (3B) Archer 116-8; (4A) Carnine 126-4; HJ: (OB) Brown 6-2; (1A) Walker 5-8, Newton 5-8; (1B) Wyatt 5-10, Austin 5-6, Sanchez 5-6; (2A) Wallace 4-8; (2B) Gist 5-0, Gillet 4-11; (3A) McCarthy 4-6; (3B) Thompson 4-4; TJ: (1A) Walker 42-9, Henry 42-6 1/4, Mason 42-2 1/4; (1B) Jackson 43-6 1/2; (2B) Spencer 35-9, Brown 35-1 1/2; (4A) McFadden 27-11 1/2; /WOMEN/ 400m: (OB) Gerard 65.8; (1A) Obera 64.2; 100m: (OB) Sherrard 12.84; (1A) Parish 14.06, Miller 14.14; (2A) Dieterich 16.36; (3A) Kolda 17.00; SP: (OB) Sherrard 37-4; 100mH: (OB) Sherrard 15.65; JT: (1A) Miller 102-0; 5000mWk: (1A) Maynard 27:32.7; 200m: (OB) Sherrard 27.36, Gerard 29.20; (1A) Obera 27.59; (1B) Kinsey 33.36; (2A) Dieterich 35.09; (3A) Kolda 33.36; 5000m: (OB) Pike 19:36.5; (1A) Murchie 20:28.9; (1B) Anderson 19:37.1; 800m: (OB) Gerard 2:40.0; (1A) Murchie 2:42.8; (1B) Anderson 2:46.5; DT: (OB) Sherrard 94-7 3/4; (1B) Kinsey 77-11 3/4; HJ: (OB) Sherrard 4-6; (1A) Miller 4-2; TJ: (1A) Miller 28-8.

**NATL. AAU DECATHLON** (June 24-25, Richmond, VA): Hill/Un 8004, 18-Chapman/WVTC 6911 (incl. 220-10 in JT). /Pete Cava/



# LONG DISTANCE RESULTS

**MARIN RED-CROSS 3-MILER** (March 19, Kentfield): - We never got the complete results of the short race, nor any results from the longer, 6.5-miler. Does anyone have them? Here are the top finishers in the short race: 1-Randall Fairchild 16:25, 2-Brad Wilson 16:27, 3-Swanson 16:28, 4-Smith 16:42, 5-Smoak 17:05, 6-Stewart/TAM 17:20, 7-O'Kelly 17:35, 8-Diane Kenny/Nov 18:26, 9-Woodward 18:30, 10-Liana Wilson 18:40, 11-Immoos 18:47, 12-Teel 19:25, 13-Hyland 19:26, 14-Kelly 19:26, 15-Weiner 19:34 ...top master was Peter Woodward in 9th. /Frank Smith/

**DSE GOLDEN GATE TOLL PLAZA RUN** (March 19, S.F.): - /6.93 Mi./ 1-Rivas/ETC 42:52, 2-Green 43:14, 3-Myers/PMK 45:02, 4-Horning 45:16, 5-Gormley 45:28, 6-Stagliano 46:41, 7-Erickson 46:46, 8-Schieffer 46:55, 9-Murphy 47:08, 10-Nelson 47:27...83-Lisa Shattuck 55:25, 90-Pat Whittingslow/PMK 55:44...433 finished. /DSE/

**DSE LEGION OF HONOR RUN** (April 2, S.F.): /4.5 Mi./ 1-George Green 23:21, 2-Thomas 23:54, 3-Fanelli 24:03, 4-Gwise 24:20, 5-Myers 24:43, 6-Horning 24:59, 7-Gormley 25:19, 8-Murse 25:25, 9-Thacker 25:28, 10-May 25:30...83-Judy Irving 29:30, 88-Sara Pipp 29:47, 96-Sue Brusher 30:13...459 finished. /DSE News/

**CONEJO 10K HANDICAP** (4/2, Newbury Pk.): 1-Esparza 33:11, 2-O'Neil/BC 33:14, 3-Ramirez 34:00, 4-Mineau/CRC 34:10, 5-Durand/STC 34:40, 6-Malley/SMTC 35:03, 7-Hemphill/SBAA 35:03, 8-Bergkamp/SBAA 35:07, 9-Finrock 35:25, 10-Freyne/CCAC 35:33...12-Brock 36:01, 25-Vasquez/AZTL(40+) 37:13, 42-Amy Perlstein/SFV 39:09, 43-Kathy Kiernan/BA 39:10...317 finished. /Brennand/

**DSE KNOB HILL RUN** (Apr. 16, S.F.): /2.369 Mi/ 1-Dave Dunbar 13:47, 2-Gonzales 14:22, 3-Murphy 14:27, 4-Myers 14:31, 5-Anwar 14:32, 6-Chastaine/WV 14:39, 7-Machschesfes 14:40, 8-Drew 14:41, 9-May 14:42, 10-Spriggs 14:48...55-Liz Varnhagen 17:23, 69-Tina Chee 17:58, 72-Colleen Fox 18:01...251 finished. /DSE News/

**BOSTON MARATHON** (Apr. 17, Boston, MA): - No time to dig out the NorCal finishers from the huge mass of finishers...got a tight printing deadline. Would someone like to volunteer to pull out all the NorCal people for me (I have a finish-list)? If so, please let me know and I'll print them next issue for sure.

**DSE PRACTICE BAY-TO-BREAKERS** (Apr. 23, S.F.): /7.6 Mi./ 1-Dave Dunbar 40:27, 2-Latimer 40:50, 3-Bashiruddin 41:41, 4-Smith/WV 41:56, 5-Benz 42:42, 6-Millar 42:33, 7-Scalmanini 42:53, 8-Walding 43:09, 9-Black 43:15, 10-Robinson 43:27, 11-Knebel/WV 43:28, 12-Murphy 43:29, 13-Kearcher 43:32, 14-Lynch 43:33, 15-Wong 43:34...95-Judy Irving 49:15, 147-Liz Varnhagen 51:25, 158-Stephanie Atwood 51:46...848 finishers! /DSE Newsletter/

**SPA 50-KILO** (Apr. 23, Las Posas Hills): 1-Ken Moffitt/AZTL 2:58:46, 2-Coventry/STC 3:14:58, 3-Durand/STC 3:15:20, 4-Rupp/STC 3:15:40, 5-Rudberg/STC(40+) 3:18:17, 6-Almeida/SDTC(50+) 3:20:49, 7-Seeger/GP 3:22:26; 8-Parrish/STC 3:24:21, 9-Ganezer/STC 3:28:28, 10-Tocco/CCAC(40+) 3:33:04...15-Sue Krenn/SDTC 3:40:52...64 finishers. /John Brennand/

**KAISER MAY DAY RUNS** (Apr. 29, Oakland--Lake Merritt): /5KM/ 1-David Fuller 15:51, 2-Corona 16:14, 3-Jenney 16:14, 4-McCormick 16:16, 5-Cowling 16:18, 6-Brusher 16:21, 7-Dolan 16:28, 8-Wheeler 16:30, 9-Cross/WV 16:34, 10-Mota 16:39, 11-Romano 16:43, 12-Main/WV 16:53, 13-Robertson 16:58, 14-Cottrell 16:59, 15-Harris 16:59, 16-Montello 16:59...21-Wilson/KJ(40+) 17:27, 22-Weggenmann(40+) 17:36, 94-Holly Middlekauff 20:35, 100-Lisa Chowanec 20:44...557 finishers. /10KM/ 1-Mike Chambliss/BB 30:53, 2-Rivas/ETC 32:10, 3-Conroy/ETC 33:37, 4-Tucker 34:04, 5-Sifford 34:13, 6-Coulter 34:14, 7-Berg 34:18, 8-Orwig/WV 34:35, 9-K.Coulter 35:02, 10-Gordon 35:16, 11-Pelham 36:22, 12-Skeels 36:33, 13-Armstrong(40+) 37:01, 14-Booker 37:25, 15-Colborn 37:34...41-Ruth Anderson/NCS(40+) 40:34, 47-Sue Vinella-Brusher 40:59...335 finishers. /Steve Brandt/

**REEDLEY 10-MILER** (Apr. 30, Reedley): 1-Curt & Craig Elia/FPTC 55:37, 3-Greenway/Wings 56:36, 4-Bronzan/HSTC 56:37, 5-McLain/MaderaTC 57:03, 6-Chapin/HSTC 57:22, 7-Lopez/Un 57:49, 8-Nevardez/Un 58:17, 9-Campbell/FPTC 58:42, 10-Contreras/FPTC 58:55...17-Russell/BC(40+) 62:55, 35-Pat Dahlstrom/MercedTC 69:14...62 finishers. /Dave Bronzan/

**MT. DIABLO DISTURBANCE HANDICAP** (Apr. 30, Mt. Diablo): /6.6 Mi./ (Finish place & actual running time listed) 1-Sid Wolinsky 70:33, 2-Brace 52:49, 3-Doo 67:45, 4-Portocarrero 55:49, (more)

(Mt. Diablo Disturbance, Cont'd...) 5-Ow 70:17, 6-Green 61:18, 7-B.Swannack 67:11, 8-Callahan 64:04, 9-Sekulich 67:24, 10-Stratton 66:38...fast times: 15-Homer Latimer 42:57, 19-Darryl Beardall/TAM(40+) 46:24, 20-Woodliff 47:50, 23-Rowley 48:49...28 finishers. /Jack Kirk/

**HANSON DAM RUN** (May 6, L.A. Area): /10 Miles/ 1-Chuck Smead/AIA 50:36, 2-Chambliss/BB 51:48, 3-Entz/BB 52:14, 4-Blum/Sumi 52:37, 5-Brown/BB 53:02, 6-Rude/Un 54:00, 7-Lee 55:04, 8-Rodriguez/CFTC 55:16, 9-Madvig 56:02, 10-Godoy/AZTL 56:06, 11-Coventry/STC 56:09, 12-Avol/BB 56:13, 13-Brennand/SBAA(40+) 56:24, 14-Delanty 56:27, 15-Adams/BB 56:48...20-Anderson/CCAC(40+) 57:07, 41-Celia Peterson 59:49, 134-Barbara Paterson/SFV 68:41 ...412 finishers. /John Brennand/

**DSE PRACTICE DIPSEA** (May 7, Mill Valley): /6.7 Mi./ 1-Mike Timmerman/TAM 53:04, 2-Duncan/WV 53:35, 3-Chaffee/ETC 54:07, 4-Martinez 54:09, 5-Smith/WV 56:58, 6-Sellers 58:00, 7-Nicholson 58:05, 8-Lyons 58:39, 9-Lee 59:28, 10-MacMahon 59:29, 11-Bashiruddin 59:31, 12-McManus 59:41...41-Colleen Fox 69:48, 42-Jane Sowersby 69:50, 48-Margaret Livingston/WV 70:16...177 finishers. /DSE Newsletter/

**BAYONET-7 MINI-MARATHON** (May 13, Ft. Ord): /7 Mi./ 1-Gary Goettelmann/WV 36:36, 2-Minor/MPC 36:44, 3-Clifford 39:20, 4-Cook/WV 39:58, 5-Drake 41:07, 6-Little 41:23, 7-Solorio 42:27, 8-Lundy 42:38, 9-Reinhart 43:15, 10-Pesta 43:29, 11-Magallanes 43:33, 12-Hart/WV 43:35, 13-Micheau 43:45, 14-Henson 43:54, 15-Judy 44:10...18-Baincom(40+) 44:32, 21-Brazel(40+) 44:46...103-Gail Goettelmann 52:07, 143-Yvonne Reid 55:22...316 finishers. /Bernie Kish/

**MOONSTONE BEACH DRIVE FOUR-MILE RUN** (May 13, Cambria): 1-Luis Arreola/SLDC 19:52, 2-Trimble/SMS 20:11, 3-Funk/CP 20:14, 4-Botke/SBAA 20:15, 5-Schofield/SLDC 20:37, 6-O'Brien/MSTC 20:38, 7-Lavelle/SFOC 20:47, 8-Casper/SLDC 20:56, 9-Knapp 21:16, 10-Finrock 21:19...36-Bensch(40+)/STC 26:00, 38-Gross(40+)/SLDC 26:15...29-Ann Bensch/STC 24:42, 53-Carolyn Proctor/SLDC 27:21, 58-Jean Spierling(50+)/SLDC 28:02...117 finished. /Rosenfield/

**BREATHE EASY FAMILY FUN RUNS** (May 13, Fremont): /10Km/ 1-Steve Houseworth 33:25, 2-Mike Smith/WV 34:03, 3-Winter 34:26, 4-Urtiaga 35:40, 5-Casillas 35:41, 6-Castillo 35:56, 7-Zarubin 36:14, 8-Nelson 36:38, 9-Walker 36:40, 10-Moraida 37:26, 11-Crangle 37:33, 12-Alonzo 37:33, 13-Farrow 37:58, 14-Armstrong 38:03, 15-Dierken 38:08...41-Denise Bigelow 43:32, 56-Barbara Carlson 45:36...149 finishers. /4Km/ 1-Dennis McDonald 13:20, 2-Gailly 13:35, 3-Romanol3:38, 4-MacDonald 14:01, 5-Carey 14:08, 6-Simpson/WV 14:21, 7-Hernandez 14:24, 8-Salo 14:40, 9-Jensen 14:42, 10-Chavez 14:45...23-Wendy Behrbaum 16:02, 28-Tina Martin 16:20, 33-Martie Comarell 17:02, 34-Sharon Yaninek 17:06...248 finishers. /Bill Reinka/

**GLACIER MARATHON** (May 14, Girdwood, Alaska): 1-Eric Skidmore 2:43:38, 2-Hablutzel 2:46:10, 3-Bell 2:52:11, 4-Ripley 2:53:53, 5-Haley 2:55:29, 6-Kelly 2:59:54...11-Alex Monterrosa 3:10:06, 22-Marcie Trent(60) 3:31:30 (only 1 week after breaking 3:30 at Avenue of the Giants!!)...56 finishers. /John Trent/

**SENIOR OLYMPICS MARATHON** (May 14, Irvine): (25-29) 1-Delanty 2:40:04, 2-Rennie 2:45:49; (30-34) 1-Fridley/LVTC 2:35:33, 2-Singleton 2:54:31; (35-39) 1-Ferguson 2:39:10, 2-Stucken 2:53:42; (40-44) 1-McBride 2:45:02, 2-Ruiz 2:57:41; (45-49) 1-Eddy 2:57:25, 2-Brown 3:00:15; (50-54) 1-Sheeran 2:57:45, 2-Fujioka 3:25:22; (55-59) 1-Pollock 3:26:04, 2-Walsh 3:26:42; (60-64) 1-Oleson 3:14:40, 2-Seekins 3:24:25; (65-69) 1-Eisenstadt 5:03:21; (70-74) 1-Bole 3:55:00. /WOMEN/ (30-34) 1-Kane 3:28:25; (35-39) 1-Solomon 3:15:33, (45-49) T-Grow 3:20:51...196 finishers overall. /Bill Selwin/

**LAS POSAS HILLS HANDICAP** (May 21, L.A. Area): /10.0 Mi./ 1-Vince Engel/BB 54:30, 2-Durand/STC 55:58, 3-Pontinen/SBAA 56:56, 4-Smallen/STC 57:58, 5-Ysais 58:00, 6-Stansauk/SFVTC 58:08, 7-McClung/Un 58:19, 8-Carbajal 58:22, 9-Parrish/STC 58:45, 10-Hutton/UCLA 59:14...13-Knerr(40+) 61:24, 19-Durand/STC 63:46, 48-Sharlene McFinley/SBS 1:12:14, 52-Roberta Takahashi/Un 1:12:49...106 finishers. /John Brennand/

**DSE OCEAN BEACH RUN** (May 21, S.F.): /6.0 Mi/ 1-Ralph Gowen/WV 33:55, 2-Hornstra 33:59, 3-Spino 34:06, 4-Scott 34:11, 5-Kearcher 34:14, 6-Bashiruddin 34:34, 7-Johnson 34:39, 8-Cruickshank/WV 34:55, 9-Jensen(40+) 34:56, 10-Lyons 34:57...100-Margaret Livingston/WV 41:24, 144-Stephanie Atwood 43:10./DSE/



Jim Hiserman (shown here) and Tony Reynoso nipped Bob Nanninga & Al Schofield in the La Fiesta 4-Mile Relay. /Lou Vincenti/

**LAGUNA LAKE PARK/LA FIESTA 4-MILE RELAY** (May 21, San Luis Obispo): - Teams consisted of two runners, one doing 1.5 miles, and the other doing 2.5 miles. The duo of Jim Hiserman (7:19) and Tony Reynoso (12:16) combined to edge Bob Nanninga (7:12) and Allen Schofield (12:29). Nanninga had the fastest time for the short leg, followed by Hiserman, while Tom Trimble's 12:13 led the pack over the longer course, with Reynoso second. Teams: 1-Hiserman/Reynoso 19:35, 2-Nanninga/Schofield 19:41, 3-Kurtze/Trimble 19:50, 4-Lavelle/Funk 19:53, 5-Dunn/Mitchell 20:33...a total of 38 teams participated. /Rosenfield/

**ARCATA WOMEN'S RUN** (May 22, Arcata): /2.5 Mi./ 1-Artee Montalvo 16:36, 2-Rudd 16:54.5, 3-Cover 17:15.8; /10Km/ 1-Sue Grigsby/HSU 38:37.7, 2-Miyoshi 41:40.3, 3-Laclergue 44:09.6, 4-Bara-ger 44:16.3, 5-Benson 44:27.3. /Gayle Kerstetter/

**NIMITZ MINI-MARATHON** (May 27, Treasure Island): - /by Len Wallach/ "If Admiral Chester Nimitz was still alive today, he would have had a few blistered words to lay on his troops, who ran his memorial "Mini-Marathon", a 10-kilometer

trip around portions of Treasure Island and its sister, Yerba Buena. The race, which was run around the perimeter and up the tough hill of the US Naval Base, drew a huge crowd who enjoyed the antics of the Navy band, whose member's hair was just a bit long for military regulations but seemed to improve their music. The race instructions were delivered by a bemedaled marine captain who fired a tiny chrome-plated 22-calibre pistol, which was lost in his huge hand like a compact in the paws of a fat lady at the circus. The Marines showed up elsewhere, complete with packs, boots, and unit flags, revealing some underlying competition to be forthcoming between the small squads of burr-headed riflemen. One Marine officer even showed up in a flack jacket and a hiking staff, possibly prepared to reject the bullets of any potential angry running civilians which he couldn't beat off with his seven-foot stick. The race was a sleeper, as the Yerba Buena hill lies in waiting to clobber the unsuspecting, including the U.S. Marine Corps, which tackled its slopes in style, and in at least one or two cases, disasterously. At the foot of the Yerba Buena climb, as it leaves Treasure Island, one squad of Marines suffered the revenge of the Costanoan Indians, who left the Island to the Spanish and seagulls some 200 years ago. This spot comes at about the four-mile mark, and with the combination of distance and heavy boots, the hill extracted the last full measure of devotion by members of the Corps (see photo below). Regardless of the battle with the terrain, all of the Marines finished, and the Captain with the flack jacket and stick didn't have to beat off any civilian admirers or potential enlistees. Semper Fidelis!" - (Continued, next column...)



A group of marines, not quite dressed for running(!), meet with some tough going as they head up the hill toward Yerba Buena Island in the Nimitz Mini-Marathon. /Lois Gowen/

(Nimitz Mini-Marathon, Cont'd...) - The race was won by Jan Ser-shen (31:32.3), in a tight battle over Brad Brown of Stock-ton (31:38) and Bill Seaver (31:40). Fourth-placer was Elmer Crews in 33:20.3. A total of 704 runners started, and only 600 finished (kinda high dropout rate). Wendy Behrbaum was the top female finisher at 40:06.1. Bryan Holmes (34:45.9) took masters' honors, while Dan Devlin (35:03) was best in the 17-and-under division. No other results are available, as I received a note saying, "The entire results were posted on boards after the race, but unfortunately we do not have the clerical support to type them up!" Seems like if there was enough help to put the race on, there should have been enough help to finish it up right! /Dave Blizzard/

**CARPINTERIA OCEAN-TO-CREEK RUN** (June 3, Carpinteria): /7.1 Mi/ 1-Chuck Smead/AIA 37:11, 2-Carlson 37:59, 3-Magson/CSUL 38:36, 4-Durand/STC 39:18, 5-Starinieri 39:26, 6-Fisanotti 39:31, 7-Smith 39:36, 8-Donovan/SBAA 39:48, 9-Botke 39:48, 10-Gillis 40:09, 11-Brennand(40+)/SBAA 40:24...25-Durand(40+)/STC 45:12, 41-Mary Carman/SBAA 47:43, 54-Lorraine Blanco/LKWD 49:17... 150 finishers. /John Brennand/

**BEARDALL BIG WINNER IN DIPSEA** (June 4, Mill Valley): - This year's Dipsea was almost cancelled, but everything turned out alright at the last minute and traffic was less congested over the mountain than it's been for the race in many-a-year. The race had almost been given to last year's winner, Homer Latimer, but always-tough Darryl Beardall, who has won the race once before himself, dashed to nearly a one-minute victory over the 39-year-old from Los Gatos, clocking a swift 50:03 scratch time. We only have minimal results at this time (and don't expect them for a year, as per usual), so here are the top 25...listed with 'actual' times. The team trophy went to Tamalpa again with five in the top nine finishers, and the family trophy went to Keith and Pat Whittingslow. Barbara Magid was the first woman finisher. --- 1-Beardall/TAM 50:03, 2-Latimer 49:00, 3-Nicholson 53:13, 4-Kiernan/TAM 53:35, 5-Ma-lain/BC 57:51, 6-Roenau/TAM 58:03, 7-Carradine/TAM 56:56, 8-Seamount 61:00, 9-Magid/TAM 65:46, 10-McManus 58:08, 11-Thomp-son 52:24, 12-Bunnell/TAM 50:39, 13-Mason 52:41, 14-R. Houston 62:45, 15-Reese/BC 65:05, 16-Chaffee/ETC 55:07, 17-Paffenbarger 63:30, 18-Marschall 61:30, 19-Larsen 51:36, 20-Kirchmier 59:43, 21-Burton 63:51, 22-Purcell 66:05, 23-Brace 62:10, 24-Kennedy 54:13, 25-Dahl 58:20. /Jerry Hauke/

**DSE GOLDEN GATE BRIDGE VISTA** (June 4, S.F.): /5.5 Mi./ 1-Dave Dunbar 27:40, 2-Wheeler 28:08, 3-Amable 29:00, 4-Torres 30:45, 5-Mota 30:46, 6-Cruikshank/WV 30:50, 7-Meegan 31:05, 8-Scott 31:11, 9-Schieffer 31:15, 10-Roach 31:25...39-Elaine Miller/PK 33:49, 56-Kathy Prichett 34:57, 68-Ruth Anderson 35:26. /DSE/

**TRUCKEE RIVER RELAY** (June 11, Truckee): - This race was the day after the Tahoe Relays (yet to receive results on this) & ran from downtown Truckee to Squaw Valley Lodge. A total of 41 3-person teams participated...all legs were close to four miles. /Men/ 1-Leani, Tibaduiza, Barton 1:06:35, 2-Bateman, Youngdahl, Bedell 1:12:47, 3-Brownberger, Cress, Besh 1:13:12; /Mixed/ 1-Hiehle, Gross, Ruiz 1:16:42, 2-Bechdolt, Connors, Nelson 1:17:09; /Ladies/ 1-Forbes, Lanvers, Hathorn 1:23:22, 2-Fisher, Thomas, Hans 1:25:48. /Kolb/

**MORRO BAY TO CAYUCOS RUN** (June 10, Morro Bay): 1-Baraga/SBHS 33:44, 2-Huff/SLDC 33:48, 3-Funk/CP 35:30, 4-Walsh/CC 35:46, 5-Nanninga/WV 35:49, 6-Rodman/Wasco 35:58, 7-Baldwin 36:01, 8-Becker 36:02, 9-Beaton/SLDC 36:03, 10-Cadena/SLDC 36:12, 11-Breish 36:19, 12-Rotte 36:23...41-Churchman(40+)/BTC 39:11, 42-Coffey/SLDC(40+) 39:12, 73-Sue Broccoli 40:59, 76-Tammy Hodge/CC 41:08...357 finished. /Brian Waterbury/

**DSE LAKE MERCED** (June 18, S.F.): /4.95 Mi./ 1-Bob Busby 24:25, 2-Ser-shen 24:35, 3-McVeigh 25:33, 4-Dunbar 25:40, 5-Black 25:44, 6-Sevald 25:51, 7-Proteau 26:10, 8-Burton 26:17, 9-Kay 26:22, 10-Hornstra 26:38, 11-La-velle 26:46, 12-Kebere 26:50, 13-Nabers 26:54, 14-Robinson 26:57, 15-Bennett 26:57...103-Jane Sowersby 31:54, 134-Laury Belzer 32:54, 159-Daphne Dunn 33:33...671 finished. /DSE Newsletter/

**DUNCAN AN EASY VICTOR AT INSPIRATION POINT; BOWLES & GAFFIELD SET RECORDS** (Apr. 1, Berkeley): - A total of 114 finishers were led by WUTC's Mike Duncan, who missed Mark Proteau's 1977 mark of 38:58 but had an easy time in upending Krys Jaxon of UC Berkeley in 39:35. Krys' time was 40:23. Ace masters runner, Ralph Bowles, was also an easy winner in his division, leading five others under the old masters division record with a scintillating 41:00. Bryan Holmes had the old mark at 46:27, which he himself lowered to 44:06 this year in taking third behind Kevin Coulter's fine 42:44. Mary Gaffield also got in on the record-setting with a 49:03, and she was likewise a very easy victor over second-placer Mary Connolly (50:54), who was also under Ruth Anderson's 52:13 from last year. This race is held in the beautiful Berkeley hills and measures out at 7.4 miles...an enjoyable race, well worth running. /Terry Hughes/

1-Michael Duncan/WUTC	39:35	13-Harry Cross/WUTC	42:55	25-Tim Treacy	45:11*
2-Krys Jaxon/UCB	40:23	14-Ed Jerome/TRAC	43:13	26-Gough Reinhardt/LVRC	45:22*
3-Bryan Tracy	40:43	15-David Moon	43:13	27-Marvin Winer/WUTC	45:33*
4-Homer Latimer	40:54	16-Dennis Kroll	43:15	28-Albert Garcia	45:37
5-Ralph Bowles/WVJS	41:00*	17-Lloyd Sampson	43:16	29-Rip Talvera	45:40
6-Greg Jewett/ETC	41:01	18-Marty Post/PMK	43:42	***WOMEN***	
7-Charles Griffen	41:26	19-Paul Orgeron/BASC	43:43	48-Mary Gaffield/PMK	49:03
8-Ed Southwick	41:46	20-Steve Downey	43:45	58-Mary Connolly/PMK	50:54
9-David Zumwalt	42:07	21-Bill Posedel	44:00	69-Kathy Lundquist	53:24
10-Mike Niles	42:17	22-Bryan Holmes/WVJS	44:06*	76-Ruth Anderson/NCS	54:47*
11-Ross Rowley/SUND	42:36	23-Don Chaffee/ETC	44:11	81-Paul Walker	55:11
12-Kevin Coulter	42:44*	24-Glen Jacoby	45:00	83-Connie Underwood	55:35



Mike Duncan running to an easy win at the Inspiration Point 7.4-Miler. /Terry Hughes/

**MARTINEZ & SWEENEY TOP HUGE TURNOUT AT FIRST BEACH TO AIRPORT RUN** (Apr. 23, Alameda): - Aggie RC teammates Angel Martinez (whose hometown is Alameda) and Pete Sweeney had an easy time in winning this event over a slightly 'over-advertised-distance' course of 6.65 miles (measured correctly later after some last minute changes). That averages out to 4:55 per mile for their 32:41.5. Tom O'Neil of Stanford grabbed third in 33:26, while Cal's Andy Clifford, normally a miler-type, turned in a good 33:55 for fourth. Amazing Jim O'Neil (Tom's dad), now 52, was sixth overall in a swift 35:52 to win the masters trophy over up-and-coming newcomer, Vincent Spangler, who did 36:28. The women's field didn't bring out any top names, and virtually unknown Toni Romp had an easy time in disposing of Kathy Way, 43:22 to 44:08. Martha Maricle took the masters women's award with a 45:44, good enough for sixth woman overall. A whopping 1050 finished the run, which started in Alameda and ended at the World Airways building at the Oakland Airport. Traffic control and course markings were excellent...would you believe an orange traffic cone every 10 yards for the entire distance of the race!?!? Good job for a first-time effort. /Sandy Jaeger/

1-Angel Martinez/AGRC	32:42	32-Mike Kimberling/MVS	38:38	63-Bill Siordia	40:36
Peter Sweeney/AGRC	32:42	33-Larry Pugh	38:45	64-Marvin Trumbo	40:37
3-Tom O'Neil/BC-Stanford	33:26	34-John Danner	38:46	65-Samuel Clark, III	40:39
4-Andy Clifford/Cal	33:55	35-Paul Orgeron/BASC	38:47	66-Harvey Sargent	40:40
5-Fritz Watson/WUTC	34:32	36-Sargon Nona	38:47	67-Dave Larson	40:42
6-Jim O'Neil/BC	35:52*	37-Paul Hill	38:49	68-Harvey Franklin	40:46
7-Bryan Tracy	36:11	38-Thomas Varela	38:55	69-John McCrillis	40:47*
8-W.F. Clifford	36:16	39-Jeff Slater	38:57	70-Michael J. Rossi	40:48
9-Wallace Sifford	36:20	40-John Monteverdi	39:00	71-John Mattson	40:49
10-Vincent Spangler/WUTC	36:28*	41-T.R. Morse	39:05	72-Thomas Loss	40:51
11-Neil Berg	36:30	42-Glen Krawiec	39:07	73-Ron Peterson	40:51
12-David Mills	36:33	43-Kirk Gluckman	39:08	74-Dan Sheldon	40:54
13-Olin Boschker	36:41	44-Anthony Bettencourt	39:18	75-Marty Watkins	40:56
14-Dan Williams	36:46	45-John Carey	39:23	76-Gene Griffith	40:59
15-Dennis Coulter	36:54	46-Ted Wilson/KJ	39:23*	77-Terry Higgins	41:00
16-Jeff Johnston	37:03	47-Ted McRice	39:31	78-Stephen Roulac	41:04
17-Bill Posedel	37:03	48-James Rader	39:31	79-Larry Lynch	41:09
18-Robert Martinez	37:05	49-Allen Robertson	39:40	80-Werner Sandvoss	41:19*
19-Lloyd Sampson	37:06	50-John Skeels	39:42	81-Thomas Dresser	41:20
20-Peter Wisowaty	37:14	51-Alan Zehnder	39:47	82-William Lawrence	41:20
21-Tim Rostege/WUTC	37:16	52-Stan Anderson	39:47	83-Angelo Sposeto	41:23
22-Kevin Coulter	37:21	53-Richard Mayers	39:53	84-Craig Bucy	41:26
23-Mike Green	37:36	54-Charles Pittel	39:54	85-Bill Hitch	41:31*
24-Brad Kearns	37:39	55-Robert Cummings/WUTC	39:54	86-D.A. Polnaszek	41:34
25-Myron Nevraumont/WVJS	38:01*	56-Marco Martin/PMK	39:57	87-Kim Sawrey	41:35
26-Don Rodes	38:02	57-Lorenzo Chambliss	40:01	88-Rick Gilmore	41:40
27-Roger Vorse	38:09	58-Richard Craig	40:02	***WOMEN***	
28-Scott Molina	38:23	59-Marvin Winer/WUTC	40:10*	136-Toni Romp	43:22
29-Ernie Stanton	38:27	60-Peter Stein/TRAC	40:11	165-Kathy Way	44:08
30-Don Swanson	38:33	61-Leonard Gilliana	40:17	184-Charlotte Sproul	45:02
31-David Sabo	38:34	62-Collin Morgal	40:22	190-Sharon Yaninek/SJC	45:12
				197-Beverly Larsen	45:25
				204-Martha Maricle	45:44*
				209-Denise Bigelow	45:55
				275-Barbara Meihaus/WUTC	47:49
				285-Frankie Brignand	47:58
				287-Maureen King	48:00
				288-Shelly Sack	48:01



Angel Martinez, leading Bill Seaver here in a 1976 race, tied with teammate Peter Sweeney to win the Beach to Airport Fund Run. /John Marconi/

**FLORES AND GUTHRIE WIN TIGHT VICTORIES AT BENICIA HISTORICAL RUN** (Apr. 29, Benicia) - In what turned out to be a slow, tactical race, Aggie RC's Pete Flores outkicked WUTC's Bill Seaver to grasp this first annual event, 26:05 to 26:08 over a 5-mile course. Mark Proteau was a close third at 26:11. Kent Guthrie led the masters with a very quick 26:22, but had to run flat out to keep Jim O'Neil from catching him (26:33). No other master was even close. Elaine Miller had a much easier time in the women's race, clocking 32:53 for a two-minute plus win over Jane Sowersby. Lilian Woodward's 39:31 was just enough to beat Lola Houston's 39:38 in the over-40 women's race, while Dan Hersh beat Ken Apperson (28:47 to 29:12) in the boys' 14-18 division. Other winners were: Ann Culligan (41:01) in girls' under 14; Jim Myers (31:02) in boys' under 14; and Thea Myers (41:15) in girls' 14-18. Below are the top 50 finishers...not sure of the total number who finished. /Terry Hughes/

1-Pete Flores/AGRC	26:05	6-Gary Alderman	26:28	11-Olin Boschker	27:57
2-Bill Seaver/WUTC	26:08	7-Jim O'Neil/BC	26:33*	12-Lloyd Sampson	27:59
3-Mark Proteau/AGRC	26:11	8-Bryan March	26:35	13-Dan Hersh/WUTC	28:47
4-Mike Timmerman	26:20	9-Dave Zumwalt	27:43	14-Brad Kerns	28:51
5-Kent Guthrie/WVJS	26:22*	10-Bob Myers/PMK	27:54	15-Dennis Gustason	29:01
				16-Tom Bennett	29:05
				17-T.R. Morse	29:09
				18-Ken Apperson	29:12
				19-Keith Golding	29:20
				20-Roy Scellato	29:25

(Continued on next page)....



Brian Maxwell chopped 33 seconds from his Angel Island record with a quick 23:10 victory. /John Marconi/

(Benicia Run, continued...)

21-Tom McCarthy	29:28
22-Dennis Kroll	29:29
23-Dave Cargill	29:30
24-Mike Waldo	29:38
25-Greg Walton	29:45
26-Robert Felsch	29:54
27-Tom Aldana	29:56
28-Merrill Brunson	29:58
29-Larry Arata	30:01
30-Wes Hurlbury	30:03
31-Jeff Peterson	30:04

32-Steve Wheeler	30:11
33-Larry Sumner	30:19
34-Terry Chavez	30:22
35-Tim Chavez	30:42
36-Marty Wright	30:47
37-Grady Wright	30:48
38-Gil Tarin/WVJS	30:49*
39-Jim Myers/PMK	31:02
40-Ed Peterson	31:07*
41-Dave Lofton	31:38
42-Pat Doyle	31:44
43-Rich Houston	31:50*

44-Ken Wallstrom	31:52
45-Dave Melendrez	32:01
46-Pete Castellanos	32:05
47-Steve Pride	32:10
48-Mickey Chagon	32:18
49-Hank Fragoza	32:24*
50-Mark Pangelina	32:29
***WOMEN***	
1-Elaine Miller/PMK	32:53
2-Jane Sowersby/PMK	34:59
3-Daphne Dunn	36:27
4-Martie Comarell	36:47

MAXWELL CRUSHES PINOCCI, BREAKS COURSE RECORD AT ANGEL ISLAND (May 6, Angel Island): - Using this run as a 'tuneup' for his crack at the Canadian "National Capital Marathon" in Ottawa the following weekend (Trials for Commonwealth Games), Berkeley's Brian Maxwell ran to a very impressive victory over speedster Mike Pinocci, leaving his younger competitor some 31 seconds back. In the process, Maxwell clipped some 33 seconds from his 1977 course standard, dragging Pinocci under the old mark as well. (Note: Brian won a narrow victory at the Marathon...less than a second, and took a spot on the Canadian team for the Commonwealth Games in Edmonton this August.) We don't know who was really in third spot...he's listed as "C. Lenechi", and is no doubt one of the "Aggie RC crazies" who ran as a 'centipede' in the Bay to Breakers (all had last names of Lenechi in the results, thus hiding their true identity). His time was 24:31 (can someone tell us who he was?). There were two starts this year, with the women and masters taking off in the second race (also, some runners were late for the open race because of the ferry service, ran the second race anyway, and are integrated into the first race times below). Fast-improving Judy Fox (28:51) upended Elaine Miller (29:15) in the women's division, while her daughter, Joan, grabbed third spot in 29:35. Ralph Bowles' 26:01 took a 10-second victory over B. Montgomery (results only had first initials and we're not familiar with this runner...is he front out of the area?), winning the over-40 division, while Bruce Carradine was a well-beaten third at 27:30. Judy and Chuck Fox easily captured the husband/wife trophy with a fine 56:01 total. The next team was over eight minutes back. The total number of runners this year was 1218, down from the 1398 of last year (but it wasn't in the scheduling booklet this year either)...4.8 Miles. /Guardsmen/

1-Brian Maxwell/BASC	23:10
2-Mike Pinocci/WVTC	23:41
3-C. Lenechi(?)/AGRC	24:31
4-Mike Timmerman	24:33
5-Mike Fanelli	25:21
6-Frank Boutin	25:25
7-Les Devoe/WVTC	25:28
8-A. Meyer	25:32
9-R. Heierle	25:36
10-D. Zielke	25:41
11-J. Willis	25:50
12-Mike Wheeler	25:55
13-Paul Thompson	26:04
14-H. Webb	26:31
15-N. Elliott	26:37
16-Bill Catanese/TAM	26:39
17-W. Gordon	26:48
18-Dan Hersh/WVTC	26:48
19-Ray Orwig/WVTC	26:50
20-V. Ensloe	26:50
21-Tim Rostege/WVTC	26:54
22-R. Herzog	26:57
23-R. McLennan	26:59

24-D. Zarubin	27:03
25-B. Linscott	27:05
26-H. Fernandez	27:08
27-Chuck Fox	27:10
28-F. Lambie	27:30
29-Egil Krogh/TAM	27:34
30-Rocky Warner	27:46
31-J. Briggs	27:47
32-S. Johnson	27:48
33-Dennis Kroll	27:50
34-W. Zech	27:54
35-S. Lyons	27:55
36-L. Feigenbaum	28:03
37-Larry Sumner	28:07
38-G. Behlmer	28:17
39-S. Williams	28:19
40-F. Serrano	28:19
41-J. Tindall	28:29
42-R. Howson	28:30
43-D. Cardiasmenos	28:32
44-Harry Skandera	28:33
45-Al Stanbridge	28:36
46-K. Gartner	28:38

47-E. Richardson	28:43
48-J. Hicke	28:44
49-T. Zechlin	28:47
50-R. Henn	28:48
51-R. Greenwald	28:54
52-J. Horner	28:55
53-H. Rosen	28:56
54-Leo Ruiz	28:56
55-R. White	29:01
56-C. Beeson	29:04
57-H. Gunther	29:07
58-R. Jeffery	29:11
59-M. Peveler	29:13
60-J. Rantzman	29:17
61-K. Sterling	29:18
62-R. Doyle	29:18
63-C. Bannan	29:26
64-G. Slater	29:28
65-D. Sullivan	29:29
***MASTERS***	
1-Ralph Bowles/WVJS	26:01
2-B. Montgomery	26:11
3-Bruce Carradine/TAM	27:30

4-Bill Jensen/PMK	27:40
5-Skip Marquard/WVJS	27:42
6-G. Wilson	28:14
7-Don Pickett/TAM	28:45
8-Bob Rolston/WVTC	29:03
9-A. Knepper	29:29
10-Bill Main	30:14
11-L. Kirkpatrick	30:33
12-W. Williams	30:42
13-B. Feldman	30:57
14-R. Kinney	31:02
15-P. Stone	31:14
***WOMEN***	
1-Judy Fox	28:51
2-Elaine Miller/PMK	29:15
3-Joan Fox/SJC	29:35
4-Cindy Olavarri	29:45
5-P. Purcell	30:48
6-K. Guzman	31:20
7-C. Moore	31:53
8-A. Heimbecker	32:07
9-E. Lee	32:17
10-S. Given	32:41

JOHNSON TOPS BADGLEY AS RECORD FIELD RUNS AVENUE OF THE GIANTS MARATHON (May 7, Weott): - A total of 1552 finished this year's running of the "Avenue", as Blair Johnson of El Paso, Texas, running strongly throughout, upended Stockton's Wayne Badgley in a good time of 2:18:17 under quite warm conditions (although a great deal of the course is luckily in the shade of the redwoods. Wayne finished about a quarter-mile back in 2:19:36, and Portland's Gary Purpura did 2:21:44 for third. Bob Bourbeau of Reno, Nevada, running his first marathon in some time, took a 200-yard victory from John Rudberg of Palos Verdes in Southern California. Bob's teammate, Ross Smith, also of Reno, did a great 2:40:57, only a quarter-mile back of Bob's 2:39:15. Ross was tops in the 50-and-over division. The masters who hot today, as three more ducked under 2:45. Judy Leydig, running a virtually solo effort the whole way, just missed Jackie Hansen's course standard of 2:50:18 with her 2:51:21, only 41-seconds off her PR. Surprised with her best effort ever, Caron Schaumberg grabbed second spot in a good 3:00:57, ahead of Ruth Anderson, who at 48 set a PR of 3:04:19. Both Badgley and Smith, as well as Ruth Anderson, set U.S. records with their efforts. Other age records were set by: Margaret Miller (52--3:16:24), Marcie Trent (60--3:26:16), Mavis Lindgren (71--4:42:49) and Paul Spangler (79--3:59:47). Marcie is from Anchorage, Alaska, while Mavis is from New Orleans. Robert Gobin, 14, set a junior division record of 2:43:39 in 57th place. Another super effort by the Six Rivers RC and others involved. One of the best-organized marathons in the U.S. Entry blanks will be ready for next year's race on Jan. 1, 1979 (send self-addressed stamped envelope). /Dick Meyer/

1-Blair Johnson/Texas	2:18:17
2-Wayne Badgley/SUND	2:19:36
3-Gary Purpura/Port	2:21:44
4-Angel Martinez/AGRC	2:22:08
5-Bob Hayes/AIA	2:23:41
6-Bill Clark/WVTC	2:26:32
7-Gary Goettelmann/WV	2:27:01
8-Ernie Rivas/ETC	2:27:20
9-Daryl Zapata/WVTC	2:27:29
10-Jim Barker/WVTC	2:29:15
11-Rick Brown/SRRC	2:29:36

12-Denis O'Halloran	2:30:26
13-Greg Jewett/ETC	2:31:54
14-Tim Donovan	2:32:09
15-Bob Bunnell/TAM	2:32:41
16-Fritz Watson/WVTC	2:33:56
17-Jim Rocha/SRRC	2:34:07
18-John Botke	2:34:22
19-Steve Frisk	2:34:37
20-Dick Franklin	2:34:47
21-George Green	2:34:50
22-Bill Scobey	2:35:07

23-David Mineau	2:35:32
24-Howard Labrie/SRRC	2:35:34
25-John Hellman	2:36:16
26-Frederick Coleman	2:36:59
27-Neil Berg	2:37:20
28-Phil Sanfilippo/WVJ	2:37:37
29-Don Schlotter	2:38:28
30-Frank Krebs/BC	2:38:48
31-Rodney Mowbray	2:38:57
32-Peanut Harms/AGRC	2:39:11
33-Bob Bourbeau/WVJS	2:39:15*

34-Philip Kay	2:39:28
35-James Placke/Ariz	2:39:33
36-Stuart Scholl	2:39:52
37-Tom Mota	2:39:55
38-John Rudberg	2:40:04*
39-David Swezey	2:40:16
40-Richard Look	2:40:23
41-Bob Myers/PMK	2:40:30
42-Chuck Stagliano	2:40:31
43-Conrad Will	2:40:41

(Continued on next page)...



**SEE THE MARATHON FILM THAT ENDS WITH A NUDE SCENE.**

This film is rated R.G. (Really Good). It's called "Running Peace" and it was created by Marlin Darrah whose earlier film, "Marathon," has received national acclaim. It tells the story of the Nike OTC Marathon in Eugene, Oregon in the summer of '77. What it's like to train for a marathon, and run one—from the runner's point of view.

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 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 (Please allow three weeks for delivery.)

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- (Avenue of Giants, cont'd...)
- 44-Dete Kraus/WVJS 2:40:50
  - 45-Ross Smith/WVJS 2:40:57\*
  - 46-Bob Mackel 2:41:03
  - 47-Rudy Dressendorfer 2:41:07
  - 48-Rodney Smith 2:41:20
  - 49-Perry Linn 2:41:29
  - 50-Dick Dewey 2:42:16
  - 51-Jack Wells 2:42:32
  - 52-Reuben Jeffery 2:42:48
  - 53-Paul Winnacker 2:43:16
  - 54-Doug Latimer/RWRC 2:43:21\*
  - 55-Roy Scellato 2:43:23
  - 56-Robert Gobin 2:43:39
  - 57-Michael Fenner 2:43:47
  - 58-Craig Roland/ER 2:44:22\*
  - 59-Ken Riley 2:44:26
  - 60-Pancho Elliston/NM 2:44:29
  - 61-John Murphy 2:44:33
  - 62-David Moon 2:44:46
  - 63-Thomas Aldana 2:44:48

- 64-George Crandell/SRRC 2:44:51\*
- 65-Peter Leach/Oregon 2:45:00
- 66-Norm McAbee/PMK 2:45:04\*
- 67-Bill Parr 2:45:32
- 68-Theo Jones/PMK 2:45:43
- 69-Rich Cunningham 2:46:01
- 70-Lloyd Sampson 2:46:24
- 71-Jon Eigill Johansen 2:46:55
- 72-Glen Walder 2:46:56
- 73-Bruce von Borstel 2:47:01
- 74-Don Ramirez 2:47:08
- 75-Verne Carlson/CO 2:47:40\*
- 76-Mike Catlin 2:47:49
- 77-Rick Sylvester 2:47:55
- 78-Bart Simmons 2:47:56
- 79-Bill Porter 2:48:07
- 80-Ron Harpold 2:48:13
- 81-Roger Remedios 2:48:24
- 82-Tim Treacy 2:48:32\*
- 83-Ken Howe 2:48:50

(Continued on next page)...

(Top) Judy Leydig, first woman at "Avenue". /Dennis O'Rourke/  
 (Ctr) Blair Johnson leads Bill Scobey at halfway point; (Bottom) Aid-station action at same race. /Jim Engle photos/

(Avenue of Giants, cont'd)...	102-Judy Leydig/WVTC	2:51:21	121-Harry Cottrell/SRRC	2:53:33	***WOMEN***	102-Judy Leydig/WVTC	2:51:21
84-Everett Knott/Ore	2:48:57	103-Russell Cohen	2:51:36	122-Ed Dally/WVTC	2:53:38*	215-Caron Schaumberg/ER	3:00:57
85-Henry Melin	2:49:02	104-William Murphy	2:51:44	123-Richard Alderson	2:53:41	249-Ruth Anderson/NCS	3:04:19*
86-Clifford Stewart	2:49:38	105-Joe Maher/TAM	2:51:44	124-Richard King/MT	2:53:52	320-Ann Duveneck	3:09:14
87-Dennis Doris	2:49:39	106-Ivan Rarick	2:51:47*	125-Richard Hagler	2:54:01	322-Sue Brusher/BASC	3:09:17
88-Dan Preston	2:49:39	107-Jonathan Brown	2:51:50	126-Dave Panzer	2:54:05	323-Hillery Huddleson	3:09:17
89-Ron Ross	2:49:50	108-Paul Bragstad	2:51:57	127-Ralph Peterson	2:54:06*	325-Laurie Pitt	3:09:29
90-Charles Grauling	2:49:58	109-James Washington	2:52:02	128-Dick McCullough	2:54:13	326-Karen Rosenblatt	3:09:31
91-Jack Frost	2:49:59	110-Mike Clinkenbeard	2:52:09	129-Lenny Escarda/SRRC	2:54:17*	389-Derry Elijah	3:15:30
92-Bud Chrisman	2:50:03	111-Douglas Hurt	2:52:10	130-Tim Carroll	2:54:19	401-Vivian Difatte/Stan	3:16:05
93-Ladislau Shaw	2:50:31	112-Michael Stang	2:52:15	131-Mike Bradley	2:54:24	402-Sue Krenn/SDTC	3:16:06
94-Robert Davies/NJ	2:50:32	113-Robert McDiarmid	2:52:21	132-Larry Goldstein	2:54:26	409-Margaret Miller	3:16:24*
95-Ed Stromberg	2:50:34	114-John Soubier/PMK	2:52:22*	133-Steve Flynn	2:54:30	418-Ellen Clark/WVTC	3:16:57
96-Walter Howard, Jr.	2:50:45*	115-Tom Ennis	2:52:27	134-Paul Orgeron/BASC	2:54:41	419-Pamela Klaban	3:16:58
97-Paul Hoff	2:51:03	116-William May	2:52:32	135-Kevin M. Grady	2:54:48	435-Vicky Blankenship	3:18:06
98-Carl Pytlinski	2:51:16	117-Mark Reese	2:52:33	136-Jeffrey Herten	2:54:54	436-Sheila Maskovich	3:18:07
99-Barney Eredia	2:51:17	118-James Hamlin	2:52:37	137-Glenn Reed	2:55:01	438-Judy Walker	3:18:14
100-Dave Mulford	2:51:20	119-Per Aagaard	2:52:47	138-Ted Wilson	2:55:08*	454-Lynn Harris	3:19:47
101-Marty Post/PMK	2:51:21	120-Robert Superko	2:53:04	139-Thomas Morrison	2:55:13		



(Above) Start of the First Annual Strawberry Canyon Run, which saw more than 800 starters. (Right) Top two finishers at the same run: (l) Eric Williams in second and (r) Victor Cary, the winner, in 35:01. /Jerry Booth/

"VICTOR CARY IN TOUGH STRAWBERRY CANYON VICTORY" (May 13, Berkeley): - An amazing 800+ runners showed up at this race, which was not even publicized in the NCCR, and on the day before the very popular Bay-to-Breakers. Starting down on the 'flatlands' and winding up to the Lawrence Hall of Science on the Berkeley Campus, this 5.89 mile run was a real toughie! Three local (Oakland-Berkeley) runners took the top three places, led by WVTC's Vic Cary in 35:01. He was closely followed by Eric Williams in 35:19, and Cal frosh, Paul Burke (35:58). Michael Coke grabbed the masters title with a narrow victory over Gil Tarin, 40:56 to 41:06, while Louise Aaron's 45:17 was nearly two minutes ahead of 48-year-old Ruth Anderson (47:11) for the top female spot. Other divisional winners were: Men 15/under--David Whitenack 43:46; Men 31-39--Bernard Heinrich 37:54; Women 15/under--Michael Stralen 53:38. Runners ranged in age from 7 to 71. /Jerry Booth/

1-Vic Cary/WVTC	35:01	22-Dennis Coulter	39:32	43-Thomas Decker	42:04	64-Gough Reinhardt/LVRC	43:30*
2-Eric Williams/TAM	35:19	23-David Zumwalt	39:51	44-Dave Larson	42:06	65-David Cummins	43:31
3-Paul Burke/WVTC-Cal	35:58	24-David Fike	39:59	45-William Tweedie	42:08	66-Jeff Houston	43:32
4-Bob Page	36:56	25-Kevin Coulter	40:06	46-Dennis Teegarden/NCS	42:10*	67-Stanley Sprague	43:38*
5-David Vellequette/Cal	37:24	26-Lawrence Brown	40:10	47-David Gowen	42:11	68-Lee Sorenson/WVJS	43:40*
6-Bryan Tracy/AGRC	37:37	27-Allen Robertson	40:12	48-Preben Alsholm	42:13	69-John Monteverdi	43:41
7-Boyd Tarin/WVTC-UNR	37:40	28-Cliff Wollery	40:15	49-Robert Colborn	42:16	70-Philip Bradley	43:42
8-Jeff Zimmerman/Cal	37:40	29-David Horning	40:21	50-Gary Nathanson/PMK	42:19	71-Dan Hintz/WVTC	43:43
9-Bernard Heinrich	37:54	30-Jon Jahansen	40:25	51-John Skeels	42:33	72-John Yost	43:45
10-Wolfgang Goubau	37:54	31-Ross Rowley/SUND	40:27	52-Dan Kenney	42:34	73-David Whitenack	43:46
11-Mike Wheeler	38:09	32-Bill Nelson	40:30	53-Nicholas Korevaar	42:39	74-Kevin Rhoades	43:47
12-Scott Molina/DLSHS	38:25	33-Neil Berg	40:33	54-Eric Schmeink	42:45	***WOMEN***	
13-William Jenney	38:26	34-Ray Hosler/RWRC	40:55	55-Jack Eva	42:47	105-Louise Aaron	45:17
14-Allan Berrin	38:38	35-Michael Coke/GPPMB	40:56*	56-Charles Putnam	42:48	152-Ruth Anderson/NCS	47:11*
15-Ben Tucker	38:42	36-Barry Fike	40:57	57-Skip Youngdahl	42:52*	166-Leslie McMullin	47:41
16-Bruce Wolfe/WVTC	38:52	37-Gil Tarin/WVJS	41:06*	58-Daniel Wendtworth	42:55	185-Louise Burns/NCS	48:06
17-Ray Bonner/LVRC	39:04	38-Orin Dahl	41:21*	59-Lloyd Sampson	42:56	236-Consuelo Underwood	49:41
18-T.R. Morse	39:05	39-Mike Jones	41:27	60-Alan Pollard	42:58	241-Judith Harie	49:50
19-Wallace Sifford	39:08	40-John Hawkes/WVTC	41:43	61-Antonio Sanchez	43:19	255-Linda Skinner	50:08
20-Roy Swett	39:23	41-H. Wiechert	41:51	62-Jim Currie	43:25	259-Joan Ennis	50:14
21-Dwight Hendrix	39:30	42-Jerry Edelbrook	41:59	63-Dick White	43:29*	280-Bee Simons	50:46

AUSSIE RUNS MUCH DISPUTED "COURSE RECORD" AT BAY-TO-BREAKERS (May 14, San Francisco): - This year's edition of the world-famous S.F. Examiner Bay-to-Breakers "cross-city" race (7.6 miles) started at the gun for the first time in several years, thanks to the efficient control supplied by the sponsors and several other groups, including College of San Mateo. Although the chanting crowd several times came close to 'breaking', the start was remarkably more orderly than in previous years. However, many top runners, including Aussie winner, Gerard Barrett, were up the street at various distances when the gun sounded, either out of paranoia or wisdom, knowing the 'usual' stampede start would hinder their starting efforts greatly. As it was, Barrett knocked an incomprehensible 1:46 from Olympian Paul Geis' 37:03 standard set last year, which makes one wonder just where he did start. But as is the case with this race, many of the top finishers similarly got either intentional or unintentional headstarts, and so comparison of times and places is not really valid, although we are listing some of the top runners (as listed in the Examiner) on the next page. It's obvious that several of those in the top 50 should not have been anywhere close to the top, and one wonders if those runners actually ran or just gave their numbers to someone else. But if one forgets about these matters and treats the race(?) as just a happening, it was certainly enjoyable. Skip Swannack was a two-second victor over Deena Wallace in 47:00 to take the top woman's spot. Some 12,000+ runners did it this year...see the Examiner for more lengthy writeups. /S.F. Examiner/ (See Pg. 40)

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## MEN:

- 76-1. High Jump Flop
- 76-2. High Jump Straddle
- 76-3. Pole Vault
- 76-4. Long Jump
- 76-5. Triple Jump
- 76-6. Shot Put
- 76-7. Discus
- 76-8. Hammer
- 87-9. Javelin
- 76-10. Sprint Starts
- 76-11. Sprint Races
- 76-12. Baton Exchanges

- 76-13. Middle Distances
- 76-14. Long Distances
- 76-15. 110 Hurdles
- 76-16. 400 Hurdles

## WOMEN:

- 76-17. Jumps
- 76-18. Throws
- 76-19. Sprints/Hurdles
- 76-20. Endurance Events

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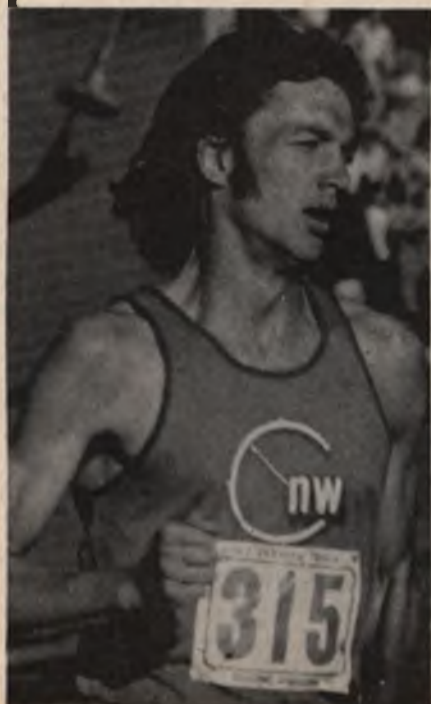
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(Bay-to-Breakers, cont'd...)

1-Gerard Barrett/Austr	35:17
2-Charles Gray/HurrTC	36:25
3-Mike Pinocci/WVTC	37:17
4-Rob de Castilla/Austr	37:38
5-Tony Ramirez/FPTC	37:41
6-Pete Sweeney/AGRC	37:59
7-Herm Atkins/CNW	38:01
8-Jan Sershen/ETC	38:12
9-Bill Morgan/Last Lap	38:35
10-Mike Niemiec/WVTC	38:36
11-Homer Latimer/Un	38:46
12-Gary Nitti/SMTC	38:51
13-Joe Carlson/CCAC	38:53
14-Athol Barton/Un	39:01
15-Darrel Cox/FPTC	39:11
16-Matt Segura/NMTC	39:27
17-Lewis Patterson/Un	39:35
18-Atkins Chun/SFChuckers	39:37
19-Tom Laris/WVTC	39:39
20-Vince Spangler/WVTC	39:43*

21-Alan Swenson/Un	40:06
22-Daryl Zapata/WVTC	40:07
23-Ruben Ruiz/AZTL	40:07
24-Mike Timmerman/TAM	40:08
25-Mike Porter/WVTC	40:09
26-Karmi Yair/Un	40:09
27-Bob Butchart/ECHS	40:13
28-Bradley Brown/SUND	40:18
29-Bruce Degen/TAM	40:24
30-Greg Thomas/ETC	40:26
31-Mark Baker/PMK	40:30
32-Davis Fuller/Hastings	40:32
33-Bret Baffort/Un	40:32
34-Dean Breest/AtlantaTC	40:35
35-Pete Flores/AGRC	40:36
36-Alan Reynolds/SDTC	40:39
37-Paul Thompson/Un	40:42
38-Derick Frechette/Un	40:47
39-Jack Lawson/Un	40:49
40-Tom O'Neil/BC	40:52
41-Bruce Linscott/AGRC	40:53

42-Raymond Rubio/CPSLO	41:05
43-Mike Conroy/ETC	41:11
44-Ragnar Thaning/WVTC	41:14
45-Rick Batha/AGRC	41:15
46-Tom Read/Un	41:26
47-Mike Fanelli/PMK	41:31
48-Mike O'Rouche/Un	41:32
49-Lance Gent/Un	41:38
50-Ed Aval/BB	41:39
51-Steve Adams/BB	41:40
52-Paul Gaetano/TM	41:45
53-Gary Cohne/AZTL	41:50
54-Jim O'Neil/BC	41:50*
55-Blair Stack/Un	41:51
56-Warren Gardon/Un	41:52
57-Wallace Sifford/Un	41:52
58-Bill Benz/Un	41:56
59-Lester Mina/AGRC	41:56
60-Mike Lennemann/FPTC	42:02
61-John Moise/DVTFC	42:02
62-Mike Plummer/WVTC	42:12

63-Ned Elliott/Un	42:13
64-Jon Enscoe/Un	42:14
65-Gregor Burton/Un	42:18
66-Jim Doran/WVJS	42:18
67-Glenn Pruitt/ETC	42:21
68-Keith Kruse/Un	42:25
69-Jerry Hall/Un	42:28
70-Tom Kearcher/Un	42:28
71-John Cobourn/Un	42:29
72-Jimi Taylor/HS	42:30
73-Peter Wisowaty/Un	42:35
74-Dan Williams/Un	42:37
***WOMEN***	
280-Skip Swannack/WDS	47:00
286-Deena Wallace/WTC	47:02
340-Elaine Miller/PMK	47:44
479-Carol Urish/HoustonTC	49:28
???-Theresa Clayton/Un	nt
???-Toni Yale/Un	nt
???-Pat Whittingslow/PMK	nt
???-Diane Hills/Un	nt

**SERSHEN LEADS EXCELSIOR TC TO QUICK HOUR-RUN TITLE** (May 20, San Francisco State): - The sponsoring Excelsior TC had an easy time in annexing the PA-AAU Hour Run team title in the absence of defending champion WVTC, but would have given anyone a real battle as they totaled 56 miles, 1563 yards for a 5:17/man average. Led by the 1-2 finish of Jan Sershen (11-1231) and Brock Hinzmann (11-961), ETC came within 2 seconds per mile of WVTC's winning average last year, and only 4 seconds off the PA-AAU record, set two years ago when WVTC did 57-965. Sershen's mark was only two yards short of Bill Clark's winning effort from 1977. Ralph Bowles notched 346 yards over 11 miles for the masters title (anyone know if this is a PA record?), averaging 5:22 per mile, while teammate Kent Guthrie also got past 11 miles with 237 yards to spare. Judy Gumbs-Leydig upped her own PA women's standard by over a quarter mile with a fine 9-1464 (6:06/mile average), outdistancing USAF runner, Debbie Anderson (anyone know if she's a PA runner?), who did 9-709. Marty Maricle's 8-1180 led all masters women. Only 48 runners competed (at S.F. State track). /Tom Mann/

1-Jan Sershen/ETC	11-1231
2-Brock Hinzmann/ETC	11-961
3-Pete Flores/AGRC	11-855
4-Atkins Chun/Un	11-696
5-Bob Darling/ETC	11-542
6-Chuck Burrows/USAF	11-534
7-Eric Williams/TAM	11-420
8-Doug Black/ETC	11-403
9-Ralph Bowles/WVJS	11-346*

10-Bernd Heinrich/TAM	11-338
11-Kim Schaurer/TAM	11-237+
12-Kent Guthrie/WVJS	11-237*
13-John Sheehan/WVTC	11-214
14-Mike Conroy/ETC	11-186
15-Louis Grieco/FPTC	10-1473
16-Steve Puryear/PMK	10-1245
17-Joe Maher/TAM	10-1166
18-Terry Casey/ETC	10-1020

19-Bill Catanese/TAM	10-904
20-Larry Sellers/TAM	10-808
21-Greg Thomas/ETC	10-685
22-Ray Menzie/WVTC	10-583*
23-Raoul Kennedy/TAM	10-545
24-Hashim Bashiruddin/E10	10-488
25-Marty Post/Un	10-303
26-Norm McAbee/Un	10-271*
27-Ted Wilson/KJ	10-222*

28-Joe Schieffer/SFB	10-171
29-Ed Jerome/TRAC	10-4
30-Gary Nathanson/PMK	9-1625
***WOMEN***	
31-Judy Leydig/WVTC	9-1464
39-Debbie Anderson/USAF	9-709
41-Judy Irving/Un	8-1600
44-Marty Maricle/NCS	8-1180*
46-Claudia Hill/TAM	8-901*



(Left) Ann Trason won the Devil Mtn. Run by over a minute in a quick 35:36 (10K). /Nancy Lewis/ (Above) Mike Pinocci won the men's race by 46 seconds in a similar runaway. /J. Sheretz/

1-Mike Pinocci/WVTC	30:18
2-Peanut Harms/AGRC	31:04
3-Lewis Patterson/Un	31:09
4-Denis O'Halloran/Un	31:14
5-Jan Sershen/ETC	31:17
6-Bill Seaver/WVTC	31:19
7-Ed Schelegle/AGRC	31:20
8-Bill Clark/WVTC	31:25
9-Angel Martinez/AGRC	31:33
10-Paul Burke/WVTC	31:40
11-Gary GoetteImann/WVTC	31:54

12-Boyd Tarin/WVTC-UNR	32:14
13-Steve Watkins/Un	32:24
14-John Clary/WVJS	32:31
15-Tom Jordan/WVTC	32:44
16-Ulrich Kaempf/TRAC	32:55*
17-Robert Wellck/WVJS	32:58*
18-David Mills	33:02
19-Mike Sapp	33:04
20-Terry Hughes	33:26
21-Richard Stiller/TRAC	33:27
22-Rick Harbaugh	33:30
23-Ralph Bowles/WVJS	33:31*
24-Mark Baker	33:33
25-Jim O'Neil/BC	33:40*
26-Scott Molina/DLSHS	33:41
27-Dick Look	33:48
28-Gary Alderman	33:54

**DEVIL MOUNTAIN 10-KILO: PINOCCI & TRASON RACE TO EASY WINS; KAEMPF UPSETS WELCK** (May 21, Danville): - A huge turnout marked this very successful first-time event, as well over 1000 runners participated in this benefit run for Children's Hospital. Organization was superb, and the NCRR recommends this run for any runner that is tired of attending unorganized events. Mike Pinocci ran off from the field early in the race and was never threatened, clipping off a good 30:18 to easily defeat Peanut Harms of the Aggies (31:04) and the rest of a well-balanced field. Ann Trason defeated a strong women's field in a swift 35:36, as Judy Leydig, coming back strongly after her effort in the PA Hour Run the day before, recorded a PR of 36:38 in the runnerup spot. Sue Munday was more than a minute back in third. Ruth Anderson's 40:28 carried her to victory (9th overall) in the women's masters division. The big competitive story, however, was from the masters men's division, where 47-year-old Ulrich Kaempf nipped speedster Bob Wellck, 32:55 to 32:58, as well as the likes of Ralph Bowles (33:31) and Jim O'Neil (33:40). Ralph had won the PA Hour Run in his division the day before. Mike Sapp's 33:04 was the top performance by a junior boy, while Michelle Miller's 43:02 won the junior girl's race. /Jan Smith/

29-Scott Faulkner	33:58
30-Joe Maher/TAM	34:15
31-Harvey Franklin	34:18
32-Bryan Holmes/WVJS	34:19*
33-Eric Sargeson	34:20
34-Ken Apperson	34:22
35-David Shea	34:35
36-Bob Myers/PMK	34:35
37-Dan Devlin	34:39
38-Steve Schneider	34:46
39-Henry Malin	34:48
40-Dave Perlman	34:49
41-Don Hickman	34:54
42-Tom Mota	34:57
43-Ralph Patten	34:58
44-Paul Tiogas	34:59
45-Robert Hermins	35:01
46-Merrill Brunoon	35:06
47-Dan Anderson/WVTC	35:16
48-Dennis Kroll	35:25

49-Joe Ogden	35:30
50-Ann Trason/MPTC	35:36
51-Douglas Stevens	35:38
52-Don Swanson	35:38
53-Bill Raventos	35:39
54-Myron Nevraumont/WVJS	35:47*
55-Dave Anderson	35:49
56-Gil Tarin/WVJS	35:50*
57-David Saylor	35:51*
58-Scott MacTavish	35:59
59-Evencio Hurtado	36:00
60-Robert Cummings/WVTC	36:01
61-Michael Brown	36:01
62-Andy Wolfe	36:03
63-Daniel Wentworth	36:05
64-Michael Fenner	36:06
65-Wesley Hurlburt	36:08
66-Edward P. Lee	36:08
67-Anthony Bettencourt	36:11

(Continued on next page...)



(Devil Mtn., Cont'd)...

68-Michael Dayton	36:16	80-Gary Steiner	36:37	93-Russell Clough	37:03	117-Deena Wallace	38:09
69-Brad Thomas	36:18	81-Judy Leydig/WVTC	36:38	94-Rob Beaton	37:08	141-Penny DeMoss/WVTC	38:51
70-Michael Coke/GPPMB	36:19*	82-Jim Cross/WVTC	36:38	95-Larry Feigenbaum	37:09	179-Cindy Olavarri	39:31
71-Roger Vorse	36:22	83-Brad Curry	36:44	96-Christopher Kistner	37:11	200-Melissa Duffy	39:50
72-Stephen Armstrong	36:25	84-Eugene Gordillo, Jr.	36:45	97-Francis Collins	37:14	228-Kathryn Lundquist	40:21
73-Jon Harmon	36:25	85-Doug Anderson	36:51	98-Roderick McKenzie	37:17*	234-Ruth Anderson/NCS	40:28*
74-Jim Carr	36:26	86-Graeme Bell	36:51	99-Harold DeMoss/WVTC	37:27*	275-Breta Hughes	41:06
75-Sheldon Johnston	36:28	87-Michael Levin	36:53	100-Hollis Togue	37:29	280-Jean Holt	41:09
76-Phil Arzino	36:29	88-Don Huff	36:57*	101-Jim Myers/PMK	37:30	291-Carolyn Tiernan/WVTC	41:20
77-Michael Milton	36:32	89-Rip Talabera	36:59	***WOMEN***		313-Kristi Roos	41:40
78-Mark Van Denberghe	36:33	90-Ron Grabowski	37:01*	50-Ann Trason/MPTC	35:36	327-Lourdes Hernandez/WV	41:54
79-Tom Clancy	36:34	91-Greg Snyder	37:02	81-Judy Leydig/WVTC	36:38	396-Michelle Miller	43:02
		92-Tim Kuta	37:02	110-Sue Munday/CWTC	37:52	399-Ellen Clark/WVTC	43:04

CARY AND OLRICH GRAB MOTHER'S DAY VICTORIES (May 21, Oakland): - Super hot Vic Cary, who has been winning his share of the races lately, added another to his list with a 5-kilometer first place at the F.O.R.E. sponsored Mother's Day Run around Lake Merritt. His 15:14 was good enough for a 100-yard victory over runnerup Mike Fanelli. Meanwhile, Phyllis Olrich ran a consistent race to likewise easily take the measure of her nearest runnerup, Louise Aaron, who took the award for the first mother across the line. Their times were 17:57 and 18:26 respectively. Donald McDonald had virtually no competition except himself in winning the masters men's race in 17:17. His nearest competitor was over two minutes arrears (Howard Schopman in 19:22). In the featured 'mothers-to-be' category, normally highly competitive Kathy Himmelberger did a super 25:11 for the win...while nearly seven months pregnant!! That's nearly 8 minutes per mile! She won her division by more than five minutes. Marti Wright's 30:38 captured the women's over-40 title, and in fact, she was the only competitor in that division. The fact that it was Mother's Day didn't seem to hurt the turnout, as some 280 runners, both men and women, finished the loop around the Lake. /Sue Vinella-Brusher; Kathy Himmelberger/



Start of FORE Mother's Day Run. /Photo by Sue Brusher/

1-Vic Cary/WVTC	15:14	14-Steven Puryear	16:38	27-John Harland	18:13	41-John Locke	19:28
2-Mike Fanelli/PMK	15:33	15-Dan Williams	16:38	28-Louise Aaron	18:26	42-Patrick Hogan	19:31
3-Wolfe Goubau	15:50	16-Tom Bennett	16:50	29-Joe Gallagher	18:29	43-Roger Morgan	19:33
4-Ray Kindle	15:54	17-Steve Heckel	17:01	30-Scott Thomason/DSE	18:48	44-John Epler	19:35
5-Frank Leeds	15:57	18-Gailly Philippe	17:12	31-Daniel Hirano	18:53	***WOMEN***	
6-Mike Wheeler	16:04	19-Donald McDonald/PMK	17:17*	32-Victor Vierra	19:05	25-Phyllis Olrich	17:57
7-Lester Mina/AGRC	16:06	20-Guy Phelhom	17:28	33-Rodger Sharpe	19:12	28-Louise Aaron	18:26
8-Danny Greco	16:16	21-Allen Stanbridge	17:42	34-Steve Anderson	19:12	38-Jane Sowersby/PMK	19:25
9-Dennis Coulter	16:25	22-Kevin Kennedy	17:42	35-Michael McCrary	19:19	45-Irene Rudolf/WVTC	19:41
10-Karl Romano	16:35	23-John Notch/LMJS	17:49	36-Dave Berry	19:21	46-Cathleen Bonnet	19:46
11-Allen Robertson	16:36	24-Joseph Galdosh	17:50	37-Howard Schopman	19:22*	49-Moira Casey	19:59
12-Raymond Orwig/WVTC	16:36	25-Phyllis Olrich	17:57	38-Jane Sowersby/PMK	19:25	53-Pat Whittingslow/PMK	20:11
13-Kevin Coulter	16:37	26-Walter McAdams-Trice	18:07	39-Joe Dana	19:26*	62-Marti Menz	20:58
				40-Bill LaFontaine	19:28	64-Ernestina Rebag	21:10

BEVINS AND CRAY SET RECORDS AT NORCAL 10-MILER (May 27, Redding): - Lee Ferrero won pretty much as he pleased on a clear and sunny (75-80°) day in 56:05, with Jim Rocha over two minutes back at 58:27. Rocha had to run his tail off to hold onto second, as Peter Wisowaty (58:28) and Richard Look (58:32) were right on his back at the finish. But it was fifth-placer, Jim Bevins, that was the big story. The Susanville masters runner ripped off a 60:19 course record to obliterate Bob Malain's 62:58 standard, set last year (this is only the second running over the new course). His nearest competition was Lee Leonard at 69:32. Merrill Cray chopped nearly six minutes from her own course record in setting a new women's mark of 67:15, and likewise had no competition at all, with second-placer Angie Miller way back at 79:11. A total of 90 finishers added 18 to last year's total. In the companion 3-miler, Al Masterson's 15:59 was more than enough to beat Tom Hayes (16:13). Robert Ross (18:21) was the masters winner, but the big winner was little Kim Carter, competing in the girls' 12-and-under division, who had the fastest women's time overall at 18:20 (15th overall in a field of 110!!). /Tom Hayes/

1-Lee Ferrero/SWEAT	56:05	9-Steve Daniels/SWEAT	63:17	17-John Caton/AGRC	68:11	25-Paul Bush/Un	70:10
2-Jim Rocha/SRRC	58:27	10-Jack Frost/SWEAT	63:23	18-Dan Hartland/Un	68:32	26-Tom Giuliano/Un	70:23
3-Peter Wisowaty/Un	58:28	11-Bradley Williams/Un	64:47	19-Ken Stanley/Un	68:43	27-Kent Clausen/SWEAT	70:43
4-Richard Look/SWEAT	58:32	12-Wayne Moss/SWEAT	65:01	20-Mike Andrews/CRC	68:48	28-Robert Early/Un	70:52
5-Jim Bevins/Un	60:19*	13-Doug Riggie/CRC	66:07	21-Martin Cote/SOS	69:03	29-Milt Schultz/SWEAT	71:03*
6-Walt Schafer/CRC	61:01	14-Lynn Aase/SWEAT	66:19	22-V.I. Wexner/SWEAT	69:05	***WOMEN***	
7-Bob Woodliff/WVJS	61:59	15-Dick Johnston/SRRC	66:41	23-Lee Leonard/SWEAT	69:32*	16-Merrill Cray/CRC	67:15
8-Bill Nelson/Un	63:05	16-Merrill Cray/CRC	67:15	24-R.J. Kula/SRRC	69:43	54-Angie Miller/Un	79:11

PINOCCI TIPS NUCCIO COURSE RECORD AT TRAC-10K (May 28, San Jose): - Jim Nuccio's 1977 course standard fell by the wayside today... but not by much! Mike Pinocci's 30:09.8 was only 0.2 seconds under the old mark, which was timed to the tenth of a second. He beat sub-master Wayne Badgley by about 200 yards, as Wayne's 30:38 was a new record in that division. Bob Wellck ran just hard enough to win his division (over-40) with an easy 34:24 effort. He had run in the PA-AAU Masters Track & Field Championships the day before. His time was 12 seconds faster than teammate Bryan Holmes. Judy Fox, who has improved considerably over the past few months, was first woman to finish in 38:17, only 38 seconds off Judy Leydig's course mark...pretty remarkable when you consider that she's 37 years old! Ruth Anderson was top masters woman, setting a new record at 41:04. Maria Regalado's 40:01 was runnerup in the women's open division behind Judy Fox. There were a total of 507 finishers in this very popular run. The weather was a bit too warm, but the times didn't appear hurt too much. /Tom Knight/

1-Mike Pinocci/WVTC	30:09.8	7-Michael Niemiec/WVTC	31:53	13-Rich Stiller/WVJS	33:47	19-Bryan Holmes/WVJS	34:36*
2-Wayne Badgley/SUND	30:38	8-Mike Fanelli/PMK	32:32	14-Dave Unger/Un	34:12	20-Hoyt Walker/LVRC	34:37
3-Jim Van Dine/AGRC	31:05	9-Bill Seaver/WVTC	32:56	15-Mike Smith/WVTC	34:17	21-James Gorman/Un	34:38
4-Mark Sisson/Un	31:32	10-Jake White/WVJS	33:04	16-Jim Doran/WVJS	34:21	22-Henry Melin/Un	34:40
5-Jan Sershen/ETC	31:35	11-Michael Wheeler/LMJS	33:08	17-Bob Wellck/WVJS	34:24*	23-David Garcia/Un	34:44
6-Bill Clark/WVTC	31:51	12-Nicholas Winter/LVRC	33:33	18-Bob Myers/PMK	34:35	24-Andrew Lewis/WVJS	34:47

(Continued on next page...)

(TRAC 10-KILO, Cont'd...)

25-Jon Enscoe/Un	34:49	59-Gary Crangle/Un	36:46
26-Tom Robinson/PMK	34:50	60-Dan Dierken/Un	36:48
27-Sammy Castillo/Un	34:52	61-Frank Nolan/Un	36:53
28-Ken Apperson/Un	35:05	62-Ken Takao/SUND	36:56
29-Bert Johnson/LVRC	35:06	63-Jim Cross/WVTC	36:59
30-Bill Brodhead/Un	35:10	64-Robert Smith/LOHS	37:02
31-Myron Nevraumont/WVJS	35:20*	65-Ian Waters/CWTC	37:03
32-James Tracy/ETC	35:27	66-Carlos Saldivar/Un	37:07
33-Michael Young/Un	35:29	67-Jose Rodriguez/Un	37:10
34-Mike Plummer/WVTC	35:31	68-Paul Kaplan/Un	37:14
35-Dete Kraus/WVJS	35:36	69-Robert Slater/Un	37:16
36-David Smith/BASC	35:39	70-Larry Pugh/Un	37:21
37-Paul Marquez/SJTC	35:39	71-Gary Nielsen/Un	37:24*
38-Gerald Silbsager/Un	35:40	72-Larry Eder/Un	37:24
39-Santos Reynaga/WVTC	35:40	73-Roger Vorse/Un	37:24
40-Cal Perry/JLHS	35:41	74-Robert Felsch/Un	37:30
41-Jose Felan/LOHS	35:45	75-Jim Wurm/WVJS	37:31
42-Phil Sanfillipo/WVJS	35:47	76-Bob Whitman/Un	37:34
43-Don Swanson/Un	35:51	77-Michael Noonan/Un	37:39
44-David Zumwalt/Un	35:55	78-Frank Ruona/Un	37:39
45-Glenn Pruitt/Un	35:57	79-Rudy Escobedo/Un	37:42
46-Malcolm Stewart/Un	36:00*	80-William Gracey/Un	37:43
47-John Hellman/Un	36:21	81-Fred Copeland/Un	37:44
48-Dale Nelson/DSE	36:24	82-Michael Gruber/WVJS	37:46
49-William Jenkins/SALZ	36:27	83-Jim Myers/PMK	37:48
50-Mike Coke/Un	36:28*	84-Randy White/Un	37:48
51-John Hawkes/WVTC	36:30	85-Don Carpenter/WVTC	37:50*
52-William Dunn/Un	36:32	86-Marty Post/LMJS	37:53
53-Robert Cummings/WVTC	36:34	87-Steve Higgins/DSE	37:54
54-Michael Fenner/WVJS	36:34	88-Eric Petersen/Un	37:54
55-Albert Garcia/Un	36:37	***WOMEN***	
56-James Willis/Un	36:38	92-Judy Fox/Un	38:17
57-Dennis Kroll/Un	36:39	134-Maria Regalado/Un	40:01
58-John Armstrong/Un	36:39*	154-Tiffany Choy/Un	40:43
		163-Ruth Anderson/NCS	41:04*



(Left) Judy Fox won the women's division at the TRAC 10K by nearly two minutes with a time of 38:17. (Rt) Mike Pinocci (r) and Jim Van Dine leading the pack after about a half mile into the race. Pinocci set a course record. /John Sheretz/

166-Sue Brusher/BASC	41:08	224-Lindy Hayes/SJC	43:27
191-Mary Champagne/Un	42:06	225-Karen Diekmeyer/SUND	43:29
206-Kathy Lundquist/Un	42:32	232-Sharon Yaninek/SJC	43:46

RON NABERS CAPTURES FIRST ANNUAL PACIFIC SUN MARATHON

(May 29, Kentfield): - High temperatures and poorly-attended and supplied aid-stations almost caused a disaster in this first annual event that drew well over 1000 runners in the marathon and its companion 6-miler (actually 5.85 miles). Times were generally very slow on the hilly course that caused large numbers to drop by the wayside during the last 15 miles of the race. Transplanted Ron Nabers averaged 5:54 miles to turn back a determined Doug Black, who finished only a minute behind (2:34:41 to 2:35:46). Mike Timmerman grabbed third spot overall with a 2:37:20 for an exact 6-minute per mile pace. Unheralded Peter Galloni (anyone know where he's from?) took a two-minute victory over Tim Treacy in the masters division, recording a good (for the heat and course) 2:54:39. They were the only two under three hours in their division. Elaine Miller ran a super race at 3:06:40 to grab top female honors, finishing almost ten full minutes in front of Leslie Brown's 3:16:24. Paul Reese recorded a very notable time of 3:08:06 in capturing the 60+ category. In the short race, Brian Stewart's 32:41 (5:35 per mile) won out over Don MacDonald's 32:59, the latter also being the first in the masters division, ahead of Bruce Carradine's 33:51. Third overall went to Bill Catanese (33:05), who also won the sub-masters trophy at 39 years of age. One of the best marks of the day was recorded by Bridget Flynn, competing in the 15-and-under division. She had the fastest time of any woman with a 36:04 (6:10 per mile). Her closest competitor was also in the same age-group...Kathleen Bonnet at 39:51. Following are the top marks in the marathon only. /Gordon Stewart; Pacific Sun/

1-Ron Nabers	2:34:41	22-Tom Masterson	2:53:57	43-Thomas Estill	3:05:32	64-Roger Wiegand	3:10:07
2-Douglas Black	2:35:46	23-Peter Galloni	2:54:39*	44-Bob Govi	3:05:37	65-James Turner	3:10:13
3-Mike Timmerman/TAM	2:37:20	24-Evan Custer	2:55:24	45-Larry Feigenbaum	3:05:38	66-Ray Wieand/WDS	3:10:21
4-Marc Hoschler	2:40:32	25-Richard Leutzinger	2:56:00	46-Siegfried Mattern	3:06:00*	67-Austin Angell	3:10:27
5-Edward Lanedux	2:40:45	26-Richard Schavone	2:56:05	47-David Polnaszek	3:06:14	68-John Zielinski	3:11:00
6-Rodney Mowbray	2:40:45	27-Timothy Treacy	2:56:43*	48-A.F. McDonough	3:06:29	69-Keith Simmons	3:11:12
7-Douglas Sailors	2:41:22	28-Gregor Burton	2:58:06	49-Lynnard Phipps	3:06:36	70-Richard Fletcher	3:11:13
8-Wallace Sifford	2:41:33	29-Bill Harrison	2:58:23	50-Elaine Miller/PMK	3:06:40	71-Dennis Marxen	3:11:36
9-Ted Pawlak	2:42:50	30-Harry Ackley	2:58:25	51-Joseph Burzynski	3:06:47	72-Larry Enos	3:11:41
10-Stephen Puryear/PMK	2:43:01	31-Joseph Schieffer	2:58:43	52-Robert Lacy	3:06:50	73-James Blakely	3:13:09
11-Bob Cooper/WDS	2:45:52	32-Thomas Zavortink	2:59:33	53-Harold Rosen	3:06:57	74-Karl Lichtenstein	3:13:39*
12-Jeshome Kehere	2:47:32	33-Tony Texeira	2:59:45	54-Thomas Lynn	3:06:58	75-Merle Fruehling	3:13:59*
13-Jesus Garza	2:47:53	34-William Davis	3:00:31	55-Pete Cooney	3:07:24	76-Antonio Reyes	3:14:05
14-Dennis Gustafson	2:48:00	35-Robert Henn	3:00:43	56-Al Paradis	3:07:34	77-Karl Gerdes	3:14:24
15-Mike Gulli	2:48:10	36-Ira Sharlip/WVTC	3:00:44	57-Paul Reese/BC	3:08:06*	***WOMEN***	
16-Louis August	2:48:24	37-Michael O'Donnell	3:00:51	58-Dean Harper	3:08:21	50-Elaine Miller/PMK	3:06:40
17-Brendan Dolan	2:48:55	38-Thomas Wuliger	3:01:09	59-Roderick McKenzie	3:08:29*	81-Leslie Browne	3:16:24
18-Rick Edson	2:52:52	39-Joe Cavanaugh	3:01:15	60-Michael Mathiasen	3:09:13	97-Jane Sowersby/PMK	3:20:24
19-Noel Lincicome	2:52:55	40-Robert Eichstaedt	3:01:30	61-Dennis Gulbransen	3:09:29	120-Daphne Dunn	3:25:38
20-Dan Williams	2:53:32	41-Harry Genant	3:02:21	62-Nicholas Epanchin	3:09:45	165-Marilyn Mendle	3:36:28
21-Brad Kearns	2:53:44	42-Samuel Rojas	3:02:46	63-Peter Cartwright	3:09:52	187-Roxanne Marterie	3:41:58
						190-Dee Nagy	3:42:46

PAUL REESE IN RUNAWAY VICTORY AT MT. MISERY HANDICAP

(June 3, Placerville): - Taking full advantage of his 15-minute headstart, veteran Paul Reese, now 60 years old, clocked 41:24.2 (handicap time) to win this gruelling race by more than four minutes. The next finisher, Bryan Holmes, himself taking a 5-minute headstart, was timed in 45:35 (handicap time). The first scratch runner, Mike Emry of UC Davis, was close behind at 45:56. Jim Bowles of Sacramento, in fourth place, was second in the scratch division at 47:58. As the times indicate, this 6.1-mile course is ROUGH!! The handicap system was assigned to various age-groups as follows: scratch group--11th & 12th grades & open; 5-minutes--9th & 10th grades & 40-49 & ladies open; 10-minutes--ladies 40 & over and 50-59; 15-minutes--60 & over and 8th grade & under. Sharon Jarrett was the first female finisher, clocking a handicap time of 58:32, but Joanne Schooner's 59:46 in the ladies open division was the fastest actual time at 64:46. This year there was a larger than normal turnout (101 finishers) for this "masochists' delight". Some of the other divisional winners: Men 50-59: Bob Manley 54:06.7; Boys 8th Grade/under: Karl Kertesz 50:48; 9th Grade: Mark Studyvin 51:31; 10th Grade: Andy Wright 54:59; 11th Grade: Grae Van Hooser 51:47; 12th Grade: Bill Devine 50:38. Top finishers are listed on the next page. /Ernie Marinoni/

(Mt. Misery, cont'd...Note: times below are 'handicap times only'; add number following name to listed time to get actual elapsed running time).

1-Paul Reese/BC (15)	41:24*
2-Bryan Holmes/WVJS (5)	45:35*
3-Mike Emry/AGRC (0)	45:56
4-Jim Bowles/WVTC (0)	47:58
5-Chris Hamer/WVTC (0)	47:58
6-Art Branchini (5)	48:18*

7-Lyle Freeman (0)	49:37	18-Ted Stetson (5)	51:42*
8-Bob Woodliff/WVJ (0)	49:42	19-Grae Van Hooser (0)	51:47
9-John Thume (15)	50:13*	20-Fred Leoni (0)	52:02
10-Joe Dana (5)	50:27*	21-Tom Smith (0)	52:19
11-Marc Hoschler (0)	50:36	22-Larry Sumner (0)	52:22
12-Bill Devine (0)	50:38	23-Anthony Bettencourt(0)	52:29
13-Karl Kertesz (15)	50:48	24-Randy Hansen (0)	52:37
14-Brian McCann (15)	51:22	25-Larry Pugh (0)	52:53
15-Dan Swansen (0)	51:23	26-John Lundquist (0)	52:53
16-Rick Crum (5)	51:25*	27-John Suter (5)	53:07*
17-Mark Studuvin (5)	51:31	28-David Amster (0)	53:09

29-Tom Regan (0)	53:13
30-John Shepard (5)	53:17*
31-Ed Nicholson (0)	53:22
32-John Zielinski (0)	53:25
33-Dan Smilkstein (0)	53:47
34-Bob Manly (10)	54:07*
***WOMEN***	
50-Sharon Jarrett (10)	58:32*
53-Joanne Schooner (5)	59:46
55-Barbara Chappell (5)	60:08
58-Barbara Cardy (5)	61:41

**PINOCCI AND PATTERSON LEAD THE WAY AT "ROUND-THE-RUNWAY" RACES** (June 4, Moffett Field): - Over 560 runners finished the First Annual Round-the-Runway races, sponsored by the Naval Air Station at Moffett Field. Mike Pinocci ran a solo effort in the longer 7.63-miler, notching an easy win at 37:34 while averaging 4:55 per mile. His nearest competition was Steve Brooks, no slouch himself, who was almost two minutes back! Because of an unfortunate incident that resulted in several runners straying off course, Ulrich Kaempf didn't get a chance to compete against Bryan Holmes, who won the masters division at 43:08 (Ulrich did not finish to our knowledge). Myron Nevraumont was a quarter-mile back in 44:41. Likewise, Pauline Vasquez made a runaway of the ladies' competition with her 50:38, a full three minutes ahead of runnerup Daphne Dunn. Ken Apperson's 42:39 garnered the 12-18 division honors, while Michael Kennedy's 51:21 was best in the 11 & under category. In the shorter, 3-mile event, Lewis Patterson had no real problems, as he crossed the line in 14:38, some 18 seconds before WVTC's Mike Niemiec. John Clary was a close third at 15:02. Jerry Lewis' 15:50 was a super effort, and it left the nearest over-40 runner at 17:11 (Richard Keene). Maria King's 18:21 effort led the girls, with little Nanette Garcia's 18:38 next (she is in the 11 & under division). Jay Marden, only finishing up his freshman year at Mission San Jose High, recorded a terrific 15:11 in fourth place overall to win the 12-18 division. Top finishers in both races are listed below. /Bill Hitch/



Lewis Patterson, winning three mile "Round the Runway" race. /Bill Hitch/

1-Mike Pinocci/WVTC	37:34	19-John Navarro	45:32	37-Joe Ballard	48:10*
2-Steve Brooks/WVTC	39:27	20-Gary Nielson	45:45*	38-Ronald Campbell	48:20*
3-Mike Smith/WVTC	41:26	21-John Ulate	45:58	39-Mike Piccardo	48:25
4-Mike Duncan/WVTC	41:39	22-Michael Coke	46:13*	40-Gary Singer	48:37
5-Mike Plummer/WVTC	42:27	23-Andrew Jacobson	46:17	41-Michael Gulli	48:44
6-Ken Apperson	42:39	24-John Zielinski	46:24	42-John McCrillis/TRAC	48:45*
7-Bryan Holmes/WVJS	43:08*	25-Al Stanbridge	46:49	43-Gary Smith	48:45
8-Bill Brodhead	43:33	26-Paul Spangler/TRAC	47:10*	44-Ray Medved	48:50
9-Ray Hosler/RWRC	43:39	27-Waights Taylor/WVTC	47:21*	45-Vince Mocini	48:55
10-Tom Prosceno	44:01	28-Bob Esquire	47:38*	46-Rich Mueller	48:59*
11-Morio Springer	44:13	29-Walter Radloff	47:52	47-Mike Paradis	49:01*
12-Dennis Poris	44:18	30-Frank Ruona	47:55	48-Bill Hodge	49:17
13-Myron Nevraumont/WVJS	44:41*	31-Tom McCaslin	47:55	49-Michael Hicks	49:18
14-Bob Stephenson	44:44	32-John Boultdt	47:59	50-Andy Chesanek	49:18
15-Jose Felan	45:06	33-Leonard Gilliana	48:07	51-Jiri Husek	49:23
16-Joe Mercado	45:08	34-Sargon Nona	48:08	***WOMEN***	
17-Frederick Martin	45:16	35-D. McGuire	48:09	64-Pauline Vasquez/SJC	50:38
18-Sheldon Larson	45:29	36-Roy Crawford	48:10	118-Daphne Dunn	53:36

125-Karen Kressenberg/WVTC	53:56
141-Marilyn Hargin	54:56
166-Carol Stroud	56:48
191-Carol Yamate	58:16
206-Sandra Vaurs	59:16

1-Lewis Patterson	14:38	12-David Garcia	16:03	23-Richard Collins	17:10	34-Jim Singleton	18:06
2-Mike Niemiec/WVTC	14:56	13-Bruce Mulcahy	16:04	24-Richard Keene	17:11*	35-Oscar Porter, Jr.	18:09
3-John Clary/WVJS	15:02	14-Dete Kraus/WVJS	16:09	25-Mike Kimberling/MVS	17:12	36-Alexander Zatarain	18:13*
4-Jay Marden/WVTC	15:11	15-Michael Young	16:10	26-Damon Wilson	17:15	37-Gerald Zeilenga	18:14*
5-Paul Marquez	15:28	16-Terry Mullen	16:12	27-Ron Palermo	17:17	38-Dan Garcia	18:15
6-Richard Stiller/WVJS	15:29	17-Kirk Gluckman	16:21	28-Jim Cross/WVTC	17:18	***WOMEN***	
7-Hugh Stahl	15:33	18-Karl Machschefes	16:48	29-Terry Chavez	17:27	39-Maria King/SJC	18:21
8-Jim Gorman	15:34	19-Tim Chavez	16:53	30-David Bowes	17:31	45-Nanette Garcia	18:38
9-Curt Karbowski	15:41	20-Larry Eder	16:56	31-Steve Higgins	17:43	49-Sharon Yaninek/SJC	18:49
10-Bill Clifford	15:44	21-Ricky Smith	17:01	32-Walter William	17:52*	62-Stacey Montanio	20:00
11-Jerry Lewis	15:50*	22-Robert Rea	17:03	33-Richard Gravett	17:53	67-Deena Pearson/SLVHS	20:14

**BERRY ROMPS TO VICTORY AT SAN GERONIMO RUN** (June 10, Samuel P. Taylor Park - Marin County): - Tuning up for the International Prep Meet in Chicago the following weekend, Redwood High graduate Rod Berry, headed for Stanford University this fall, literally destroyed his competition at the 6 mile San Geronimo Run in hilly Marin (distance was measured at 6.023). The narrow trails presented some problems for the runners as the course's out-and-back characteristics made for many near collisions (and maybe some actual ones). Rod's 29:13 was 50 seconds in front of runnerup Jan Sershen. Mike Gulli ran a surprisingly strong race in third with a fine 31:30 clocking. In the women's competition it was much closer, as Louise Aaron battled Elaine Miller, winding up the victor by 14 seconds and a swift 37:42. Bryan Holmes won the masters division for the second weekend in a row, tacking on a 33:30 win over Ross Smith (34:21) to go with his Round-the-Runway victory from the week before. A whopping 767 runners finished this first-time race, but director Rob Stieg admits that some changes will have to be made in the course with the large numbers of runners. With very few teams going to the Tahoe Relays, this provided a good alternative. /Rob Stieg/

1-Rod Berry/WVTC	29:13	13-Bill Sevald	32:46	25-Fraser Rasmussen	34:13	37-Sal Citarilla	34:43
2-Jan Sershen/ETC	31:03	14-Tom O'Neil/BC	32:54	26-S. Lyons	34:16	38-R. Bozzio	34:47
3-Mike Gulli	31:30	15-W. Gordon	33:06	27-Bill Catanese	34:18	39-R. Tierrafria	34:58
4-George Green	31:33	16-D. Mihailoff	33:12	28-Ross Smith/WVJS	34:21*	40-Bill Posedel	35:00
5-M. Arago	31:43	17-W. Goubau	33:20	29-Rob Trumbull	34:22	41-Not registered	-----
6-Ian Mickle	31:47	18-Bryan Holmes/WVJS	33:30*	30-B. Stewart	34:22	42-Not registered	-----
7-Not registered	-----	19-B. Joseph	33:37	31-L. Brown	34:28	43-Not registered	-----
8-Mike Timmerman/TAM	32:11	20-B. Murphy	33:42	32-P. Kay	34:30	44-E. Mitchell	35:17
9-M. Skiff	32:20	21-S. Anderson	33:45	33-M. Ercolini	34:31	45-Not registered	-----
10-M. McCormick	32:21	22-M. Deatherage	33:50	34-B. Von Borstel	34:33	46-H. Gunther	35:29
11-Not registered	-----	23-Bert Botta	34:04	35-Dave Zumwalt	34:37	47-Not registered	-----
12-D. Black	32:26	24-S. Lawrence	34:11	36-D. Ramirez	34:39	(Continued on next page...)	

(San Geronimo Run, cont'd...)

48-K. Hastings	35:41
49-Egil Krogh/TAM	35:51
50-M. Massen	35:58
51-T. Sershen	36:00
52-J. Rodrigues	36:01
53-S. Martin	36:02
54-Not registered	-----
55-T. Barthold	36:06
56-R. Talavera	36:07
57-T. Stelma	36:11
58-A. Flores	36:12
59-Hans Roenau/TAM	36:20*

60-K. Johnson	36:21
61-K. Carlomagno	36:25
62-F. Smith	36:31
63-F. Dawson	36:32*
64-Dan Hersh/WVTC	36:33
65-L. Enos	36:34
66-L. Feigenbaum	36:35
67-R. Bogert	36:37
68-J. Rice	36:39
69-L. Landis	36:40
70-D. Allen	36:41
71-B. Harrison	36:43
72-B. Ward	36:47

73-B. Wilson	36:51
74-E. Kennedy	36:53
75-Don Pickett/TAM	36:55
76-Marty Post	36:59
77-J. Carlson	37:00
78-D. Richie	37:13
79-J. Zielinski	37:20
80-M. Gough	37:26
81-Not registered	-----
82-C. Moran	37:31
83-Not registered	-----
84-Not registered	-----
85-M. Mitrovich	37:35

86-W. Green	37:40
***WOMEN***	
87-Louise Aaron	37:42
95-Elaine Miller/PMK	37:56
117-Jane Sowersby/PMK	39:04
118-C. Farmer	39:05
161-Irene Rudolf/WVTC	40:22
179-L. Wilson	41:14
195-S. Mitchell	41:48*
226-Dana Hooper	42:52
232-F. Harp	43:01
250-S. Savitz	43:38
257-Deena Pearson/SLVHS	43:55



(Above) Start of the younger handicap group at Woodminster. Winner, Mike McManus to right of runner with the Pepsi T-shirt. /Mike Brown/ (Right) Phil Hornig broke course record at Woodminster with 47:52. /K. Conning/



MCMANUS AND HORNIG TAKE WOODMINSTER TITLES (June 11, Oakland): - Mike McManus took full advantage of his 15-minute headstart and managed to hold off fast-closing Ulrich Kaempf (45:33) and Homer Latimer (one second back) with a 44:54 clocking. Meanwhile, Phil Hornig had his sights set on the course record of 48:27, set last year by Bill Seaver. Phil became the first runner to ever dip under 48 minutes on this very rugged 9.25-mile course (5:10 per mile), clocking an amazing 47:52. Mark Sisson was not too far behind with his 48:07, also under the old mark. The fastest masters time went to Ralph Bowles who finished seventh overall in 48:38 (handicap time). And Sue Brusher recorded the fastest women's time at 64:06 (actual), easily besting Irene Rudolf's 65:44. Ruth Anderson was the highest placing woman on a handicap basis (and also the fastest master) with an actual time of 66:03. /Gail Wetzork; Charles MacMahon/

(Handicap in parentheses)

1-Mike McManus (15)	44:54
2-Ulrich Kaempf/TRAC(8)	45:33*
3-Homer Latimer (4)	45:34
4-Darryl Beardall/TAM(4)	47:48*
5-Phil Hornig	47:52
6-Mark Sisson	48:07
7-Ralph Bowles/WVJS(4)	48:38*
8-Brian Maxwell/BASC	49:04
9-Wes Hildreth (4)	49:12
10-Richard Houston (12)	49:49*
11-Bill Seaver/WVTC	50:02
12-B.C. Johnson (4)	50:20
13-Mike Duncan/WVTC	50:34
14-Mike Healy/TAM (4)	50:37*
15-Bill Mertens (15)	50:45
16-R. Cunningham (4)	50:47
17-Bryan Holmes/WVJS (4)	50:50*
18-R. Kindle	51:00
19-Mike Porter/WVTC	51:12

20-Boyd Tarin/WVTC	51:22
21-Glenn Pruitt (4)	51:27
22-David Sharp (8)	51:49
23-Dave Smith	52:02
24-Greg Jewett/ETC	52:21
25-Bob Stone (15)	52:28
26-Timothy Treacy (8)	52:34*
27-L.B. Sampson (4)	52:34
28-Wolfgang Goubau	52:46
29-Bob Gormley (4)	52:56
30-Don Chaffee/ETC (4)	53:19
31-Mike Wright	53:20
32-Keith Kruse	53:29
33-M. Warr	53:52
34-Ron Nabers	54:00
35-Ruth Anderson/NCS(12)	54:03*
36-Jeff Cowling	54:10
37-Dane Larsen	54:14
38-John Morse	54:15
39-Orin Dahl (4)	54:15*

40-C. Layson	54:21
41-Keith Whittingslow(4)	54:23
42-Dan Martinez	54:30
43-Terry Hughes	54:33
44-Peter Wood/NCS (8)	54:53*
45-R. McKenzie (4)	54:59
46-A. Pollard	55:01
47-Richard Miller (8)	55:02
48-Stan Sprague (8)	55:02
49-Craig MacMahon	55:04
50-Dick Cordone	55:07
51-Dan Lavelle	55:33
52-J. Kleinbach	55:55
53-Dave Robertson/WVTC	56:01
54-Ross Rowley/SUND	56:03
55-Lee Sorenson/WVJS(8)	56:18*
56-S. Mattern (4)	56:29
57-Martha Maricle (12)	56:31*
58-Adam Castellanos (15)	56:37
59-Charles Maroney	56:39

60-Hoyt Walker/LVRC	56:41
61-Jess Chavez (8)	56:53
62-D. Anderson	56:55
63-H.P. Castellanos (4)	57:01
64-J. Bali	57:08
65-Tom Pinckard (4)	57:09
66-James Maslach	57:09
67-Frank Evans (8)	57:12*
68-Chuck Becker (4)	57:18
69-Fred Dunn (8)	57:24
70-R. Wentworth	57:27
***WOMEN***	
35-Ruth Anderson (12)	54:03*
57-Martha Maricle (12)	56:31*
72-Irene Rudolf/WVTC (8)	56:44
87-Louise Burns/NCS (8)	58:50
92-Pat Whittingslow (8)	59:08
98-Frances Sackerman (12)	59:34
106-Sue Brusher/BASC	60:06*
111-Carroll O'Conner (12)	60:22*

PERKINS SETS WOMEN'S RECORD AT HOLY CITY RUN (June 18, Holy City): - Steve Brooks battled with course record holder Angel Martinez in the final stages of this popular run in the Santa Cruz mountains and came out a 5-second victor...recording the fifth fastest time ever for the 9.08 mile circuit. Martinez' 47:15 from 1976 still stands. The next finisher, Lou Patterson, was nearly another minute back at 48:40. Ulrich Kaempf continued his recent dominance of the masters division with a quick 51:23, well off of Kent Guthrie's 50:46 standard of 1977, but good enough for second best ever on the course. Harvey Ferrill was a well-beaten second place at 53:10. The big news, however, was in the women's division, where Kathy Perkins of the San Jose Cindergals chopped over a minute from Sue Munday's 1975 standard with a quick 56:45. Today Sue was runnerup in a much slower 58:16. West Valley TC continued its dominance in the team scoring, although not as deep as in previous years, 96-166 over the sponsoring West Valley Joggers. Mitch Kingery's 1974 high school course standard of 48:55 stayed intact, as the closest anyone could come was Mike Warr, who was a very distant 53:27. A good group of 348 runners finished the race, which starts at 7:30 next year. /Ken Napier/

1-Steve Brooks/WVTC	47:39
2-Angel Martinez/AGRC	47:44
3-Lou Patterson/AGRC	48:40
4-Joe Salazar/Un	49:35
5-Gilbert Munoz/Un	49:40
6-Mike Smith/WVTC	49:55
7-Dan Martinez/Un	50:11
8-Mike Wheeler/LMJS	50:17
9-Mike Duncan/WVTC	50:22
10-Jim Langley/WVTC	50:30
11-Matt Sommer/Un	50:48
12-Arturo Tello/Un	51:15
13-Ulrich Kaempf/TRAC	51:23*
14-Mike Wright/SS	51:28
15-Frank Krebs/BC	52:14
16-Ted Pawlak/Un	52:49
17-William Jenney/LMJS	53:00
18-Harvey Ferrill/SUND	53:10*
19-Sammy Castillo/Un	53:19

20-Mike Warr/Un	53:27
21-Dete Kraus/WVJS	53:28
22-John Hellman/Un	53:29
23-Bryan Holmes/WVJS	53:41*
24-Andy Takaha/CWTC	53:43
25-Dave Unger/Un	53:49
26-Gerald Slibsager	53:59
27-George Gilbert/LBS	54:05
28-Bill Brodhead/Un	54:20
29-Mike Deatherage	54:37
30-Dirk Rohloff/ARC	54:38
31-Earl Hardy/Un	54:40
32-Glenn Pruitt/ETC	54:42
33-Ben Sawyer/SoqRC	54:45*
34-Alan Pollard/ARRA	55:07
35-Sheldon Larson/CWTC	55:10
36-Myron Nevraumont/WVJS	55:16*
37-Tom Bales/WDS	55:28
38-Alan Welch/Un	55:35

39-Santos Reynaga/WVTC	55:39
40-Keith Kruse/Un	55:40
41-Tim Rostege/WVTC	55:55
42-Jim Doran/WVJS	55:56
43-Robert Smith/Un	55:57
44-Ken Nickel/WVJS	55:58
45-Albert Garcia/Un	55:59
46-Malcolm Stewart/Un	56:03*
47-Mike Gourley/CWTC	56:08
48-Todd Watkins/DSE	56:19
49-Ray Clark	56:42
50-Bill Comport	56:44
51-Kathy Perkins/SJC	56:45
52-Frank Nolan/Un	56:45
53-Dave Polzasek/Un	57:10
54-Rich Collins/WVJS	57:15
55-Martin Robinson/Un	57:17
56-John Soubier/PMK	57:22*
57-Orin Dahl/Un	57:35*

58-Gary Grellman/Un	57:36
59-Walter Radloff/Un	57:36
60-Peter Galloni	57:43*
61-Mark Rokovich	57:45
62-David Castro/LGP	57:46
63-Tim Chavez/WS	57:46
64-Lawrence Crider/Un	57:47
65-Mike Noonan/Un	57:53
66-Bob Blonder/WVJS	57:54*
67-Chris Castro/LGP	58:05
68-Richard Bawcom/Un	58:12*
***WOMEN***	
51-Kathy Perkins/SJC	56:45
69-Sue Munday/CWTC	58:16
107-Gail Campbell/WVJS	61:32
130-Kathryn Lundquist/Un	62:42
142-Joanne Shearer/SJC	63:32
144-Sally McPherson/WVTC	63:35
157-Vicky Bray/SJC	64:38

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## LATE GNUS

Not too much room this time folks! -- Brian Maxwell edged John Moreno to take the PA 15K in Los Altos Hills on the 2nd of July (47:00 to 47:04). Ulrich Kaempf soundly beat Bob Welck (51:09 to 51:57) to score a major upset in the masters race, and Judy Leydig handed Kathy Perkins a narrow (57:34 to 57:50) defeat for the women's title. Steve Palladino captured the San Francisco Marathon in a quick 2:21:15 from Mark Sisson & Vic Cary (both 2:22+). Sue Peterson did 2:50:15.

**HARMS' FINISH BEATS CARY AT Y-TO-Y RUN** (June 24, Pinole): - Surprised that anyone was still with him at about the four mile point, ex-UC Davis ace, Peanut Harms put on a strong stretch drive over the last mile that put 12 seconds between him and Vic Cary to capture the Y-to-Y Run at Pinole, clocking 25:38 over the 5.3 mile course, which averages out to a quick 4:50 per mile. In the masters division, Kent Guthrie ran a solo effort of 27:33 (eighth overall) to easily defeat Dennis Teegarden's 30:29. Diane Williams journeyed all the way from Yuba City to capture the women's race in a quick 31:50 (6:00 per mile), with 15-year-old Mary Gaffield about a half-minute behind in 32:21. One of the more amazing performances of the day was turned in by 9-year-old Louis Stojanovich, clocking 35:05, an average of 6:37 per mile. In a companion 2.1 miler for novices, Ray Corona did 10:32 (5:01 per mile) in what was basically a time trial, as his nearest competitor was over two minutes back (Phillip Choisser in 12:45). George Moss' 12:51 was third overall and the tops in the 40-and-over division. Nancy Pannell's 13:20 was top effort by a woman, finishing sixth overall in the 75-person finishing field. A total of 179 completed the longer run. Top finishers in the longer race are listed below. /Ken Stein/

1-Peanut Harms/AGRC	25:38	20-Tim Healy	29:21	39-Crosby Heafly	31:38
2-Victor Cary/WVTC	25:50	21-Allan Smith	29:24	40-Robert Romano	31:42
3-Mike McQueeney	26:30	22-Robert Cummings/WVTC	29:31	41-Diane Williams/PBP	31:50
4-Mike Fanelli/PMK	26:48	23-Jon Martin	29:39	42-John Mohr/PMK	31:55
5-Gary Singer	26:51	24-Anthony Bettencourt	29:54	43-Robert Gent	31:55
6-Mark Proteau/AGRC	27:01	25-Cliff Wolery	30:00	44-David Cummings	31:56
7-Rich Hornstra	27:23	26-Bruce Jones	30:10	45-Glen Jacoby	31:57
8-Kent Guthrie/WVJS	27:33*	27-Val Hoag	30:21	46-Roger Vorse	31:58
9-Brett Baffert	27:41	28-Phil Wilder	30:23	47-Charles Suggins	32:00
10-Gary Alderman	27:42	29-Dennis Teegarden/NCS	30:29*	48-Derl Crowder	32:02*
11-Lenny Sheehan	28:13	30-Grady Wright	30:30	49-Dieter Diekmeyer/SUND	32:09*
12-Dan Greco	28:14	31-Kent Thompson	30:42	50-Gary Mearer	32:14
13-Tim Rostege/WVTC	28:21	32-Bill Stevens	30:51	51-John Gray	32:15*
14-David Zumwalt	28:22	33-Walter Radloff	30:58	***WOMEN***	
15-Mike Warr	28:26	34-Terry Chavez	31:03	41-Diane Williams/PBP	31:50
16-Dave Markstrom	28:36	35-Rich Johnson	31:07	52-Mary Gaffield/PMK	32:21
17-Brian Brady	28:47	36-Bill Payne	31:12	88-Karen Diekmeyer/SUND	36:29
18-Bob Myers/PMK	28:54	37-Bruce Jones	31:19	94-Deena Pearson/SLVHS	36:56
19-Doug Butt/WVTC	29:08	38-Stephen Justice	31:26	109-Barbara Robben	38:50*

**GRUBER, FERRILL AND ADAMS SET RECORDS AT FOLSOM** (July 2, Folsom): - Under unusual mid-summer conditions that were perfect for racing (60° and overcast), records tumbled at this usually very warm race near Sacramento. Dan Gruber's 30:30 erased Mitch Kingery's 30:40 from two years ago over the fast 10K course. He was closely followed by 3:45 1500-meter man, Tom Smith, who is home from school in Washington this summer. Tom's 36:36 was also under the old record. To accent the depth, a total of six finishers broke 31 minutes. Harvey Ferrill's hot 33:05 was over two and a half minutes faster than Ty Hadley's old masters standard of two years ago, and Paul Holmes was also under at 34:12. Kathy Adams made a shambles of the women's field with her record-breaking 36:52, which took 46 seconds from her winning time of last year. Note: The old masters record was also last year, by this year's runnerup, Paul Holmes. It was 34:27. Paula Ferrill's 45:08 was also a new masters record (for women), as the Ferrill's really cleaned house in the record-book today. Other divisional records were set by: Frank Krebs (30-39) 32:17; Chris Hamer (17-19) 31:09; Harold Kuphalt (13-14) 34:27; Sally Edwards (30-39) 39:47; and Alisa Fong (12/Under) 49:13. The Heineken Harriers' 52 points took the team title away from the Buffalo Chips and WVTC (both got 121 points in second). The official results had Ophir Prison listed as third with 209 points, but a calculation error was made and corrected. A large crowd of 371 finished. /Krebs/

1-Dan Gruber/PTC	30:30	33-Bruce LaBelle/AGRC	33:51	65-Jim Holben/WVTC	35:55
2-Tom Smith/Un	30:36	34-Greg Miller/Ophir	33:56	66-Joe Sloan/Ophir	35:56*
3-Eric Wolfe/Un	30:43	35-Doug Rennie/BC	33:57	67-Pedro Reyes/Un	35:57
4-Mike Van Horn/HH	30:45	36-Andy Takaha/CWTC	34:00	68-John Phillips/Un	35:59
5-Pete Flores/AGRC	30:50	37-Frank Turner/Un	34:05	69-Peldszus/DC	36:03
6-Steve Palladino/CWTC	30:58	38-David Overoye/BC	34:06	70-Tom Arnez/CB	36:07
7-Chris Hamer/WVTC	31:09	39-Jon Hillegiest/Un	34:07	71-Mike Lambert/Un	36:08
8-Art Baudendistel/HH	31:24	40-Paul Holmes/BC	34:12*	72-Tellus Calhoun/Un	36:09
9-Steve Strangio/WVTC	31:59	41-Randall Fairchild/BC	34:21	73-Dan Betker/Un	36:09
10-Curtis Elia/FPTC	32:03	42-Bob Woodliff/Un	34:24	74-Tom Adorno/Un	36:11
11-Bruce McInturf/HH	32:07	43-Harold Kuphalt/Ophir	34:27	75-David Maxwell/Un	36:22
12-Adam Ferreira/HH	32:16	44-Richard Patterson/BC	34:37	76-Nick Daley/AGRC	36:23
13-Frank Krebs/BC	32:17	45-Ken Harvey/Un	34:38	77-Martin Robinson/Un	36:24
14-Boyd Tarin/WVTC	32:24	46-Craig Hatton/Un	34:43	78-Jim Finnegan/BC	36:24
15-Craig Elia/FPTC	32:32	47-Randy Hansen/Ophir	34:45	79-Richard Langford/FPTC	36:25
16-Fred Veliz/HH	32:34	48-Larry Pugh/Un	34:50	80-Walt Betschart/BC	36:26*
17-Mike Wright/SolStr	32:37	49-Michael Plathenage/SS	34:53	81-Rusty Selix/Southside	36:29
18-Peter McCarry/Un	32:38	50-Ed Stromberg/BC	35:11	82-Howard Jacobson/BC	36:34
19-Dave Roeber/Un	32:45	51-Earl Hardy/HH	35:15	83-Mark Hoschler/BC	36:39
20-Dan Smolich/Un	32:52	52-Larry Sumner/BC	35:21	84-Jim Rogers/Un	36:45
21-Walt Lange/BC	33:03	53-Rick Edson/Un	35:24	85-Jeff Pearman/Un	36:46
22-Mike Souza/BC	33:04	54-Victor Reeve/Un	35:29	86-Chuck Nichols/BC	36:46
23-Harvey Ferrill/SUND	33:06*	55-Scott Halgat/Un	35:30	87-Ron Souza/Un	36:50
24-Mike Adams/Un	33:07	56-Mark Kirchmeyer/Un	35:35	88-Ed Serambo/Un	36:52
25-Chris Otis/Ophir	33:11	57-Chris Hadley/Un	35:38	***WOMEN***	
26-Jim Bowles/WVTC	33:14	58-John Riddle/Un	35:39	89-Kathy Adams/CNW	36:52
27-Stan Suderow/SolTC	33:17	59-Richard Hanna/Un	35:42	124-Patty Kuphalt/Ophir	38:54
28-Mike Warr/SolStr	33:25	60-James Kuphalt/Ophir	35:44	132-Rita Scalise/Ophir	39:14
29-Anthony Fernandez/Un	33:26	61-Dave Watt/Un	35:46	136-Jeanie Hoover/Un	39:25
30-John Lindeman/BC	33:27	62-James Hamlin/Un	35:50	142-Sally Edwards/CRC	39:47
31-Gary Dobrenz/CCAC	33:32	63-Dave Cargill/BC	35:52	156-Connie Giannini/Un	40:45
32-Erik Winge/Un	33:40	64-Glen Bailey/HH	35:53	177-Marilyn Brandt/AGRC	41:29

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