

SEP - OCT.
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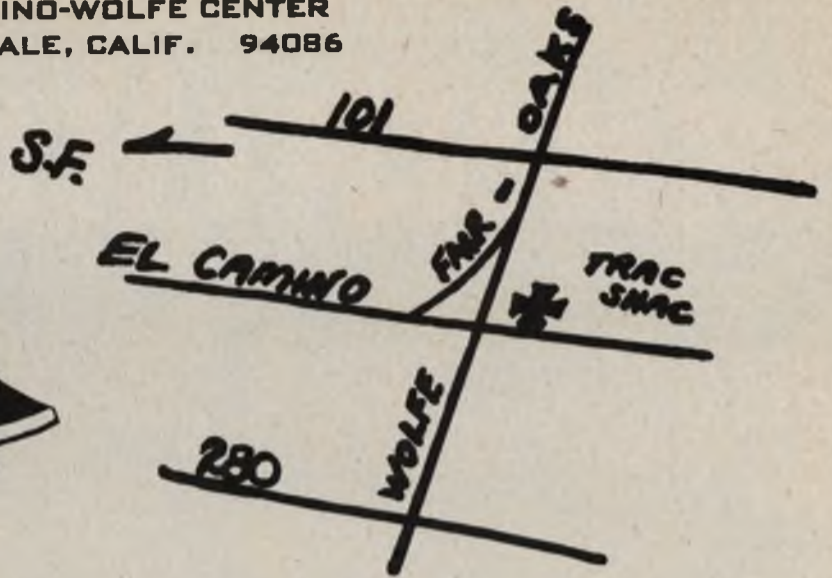
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SEP.-OCT. 1978 (No. 73)

UP FRONT

Competitors in the recent Golden Gate Charity Run, sponsored by the Total Health Medical Center of Oakland, wind their way down from the Golden Gate Bridge before completing the final few miles in this popular ten-kilometer run. In the background is the San Francisco skyline, with the Palace of Fine Arts at the top center. /Jim Engle Photo/

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DEALERS: If you wish to carry the NCRr in your store, or simply wish to make money for yourself (or club), you can save 40% by ordering 10 or more copies per issue...write for info.

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 (you must be signed up as an agent...it is not automatic).

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

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

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

CONTENTS

FUN AND GAMES	6	THE RUNNING GOURMAND	18
NCRr READER SURVEY	6	SPECIAL ARTICLES	19
THIS & THAT	8	THE RUNNING PODIATRIST	20
LONG DISTANCE RATINGS	12	SWEDISH MASSAGE	21
CLASSIFIEDS & AD RATES	12	SCHEDULING	22
OUR READERS SPEAK OUT	13	RACE WALKING	27
GUEST EDITORIAL	15	PREP RAMBLINGS	28
THE HUMAN RACE	16	1978 PREP TRACK BESTS	29
NOR-CAL PORTRAIT	17	TRACK & FIELD RESULTS	30
RUNNERS' ZOO	18	LONG DISTANCE RESULTS	30

EDITOR'S MESSAGE

• WE'VE MOVED! - Although our mailing address and phone number remain the same, your editor and his wife have moved to a new location, along with the NCRr's offices (one room in our new house). We managed to find a very nice older house in San Mateo and are now the proud owners (our first house). Of course, we still have 30 years of mortgage payments to look forward to, but at least we won't have to worry about a landlord giving us the axe. This issue is a bit later than I had originally planned because of the move, which took place on Labor Day weekend. The move, combined with the early cross-country season rush on athletic equipment (shoes, uniforms, etc.), is the main reason. However, I think you'll find that this issue is still very timely in terms of the majority of the cross-country season.

• X-C SCHEDULES - I'd like to thank those coaches that took the time to send us their fall schedules (about 15-20 of them out of nearly 300 I wrote to)...it seems to get worse each year (the response). I finally managed to get most of the high school dates from the Section offices, but I simply did not have the time to call the various college coaches. So if this issue seems to have a lack of college and JC meets listed in the scheduling section, it's because we didn't receive much to begin with. Remember, this magazine is volunteer labor & largely reader-supported (results & schedules), so we can't print what we don't receive. Please be sure to send us your schedules, even after you see this...we are coming out again before the end of the season and would like to print the big high school Region and Section dates...most of which we did not have as of this printing. Thanks for your help!

• REGARDING SUBSCRIPTIONS - Our new subscriptions continue to grow at about 10% per issue, which is very encouraging... but compared to the promotional copies we give away, we are not doing very well. We can't continue to keep giving away so many. If you don't subscribe now, please do so (only \$6/Yr.).

NCRr 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 NCRr?

KENTFIELD: Archival; SUNNYVALE: Trac Shae; FRESNO: Bill Cockerham, The Sports Sole; MOUNTAIN VIEW: Starting Line Sports; BERKELEY: The Athletic Dept., Northside Tennis & Sports; STOCKTON: First Serve Tennis & Sports, Pacific Book & News; SANTA CRUZ: Johnny's Sport Shop; COSTA MESA: Loeschhorn's; RIALTO: The Running Center; CHICO: Fleet Feet; SAN MATEO: Olympic Sports; SAN JOSE: Valley Athletic; CAMPBELL: Valley Athletic; LIVERMORE: Squier's; SACRAMENTO: Fleet Feet, Goodwin-Cole Sports; SPARKS, NEV.: The Athlete's Foot; RENO, NEV.: Rubber Sole; APTOS: Monterey Bay Sports Center; ARCATA: The Jogg'n Shoppe; OAKLAND: Four Seasons Sporting Goods; SAN FRANCISCO: Runner's Feet.



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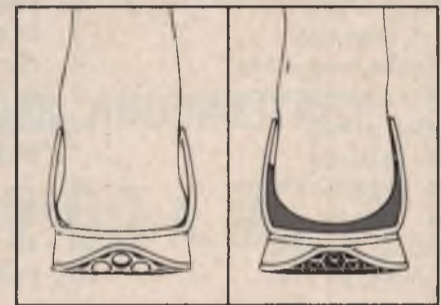


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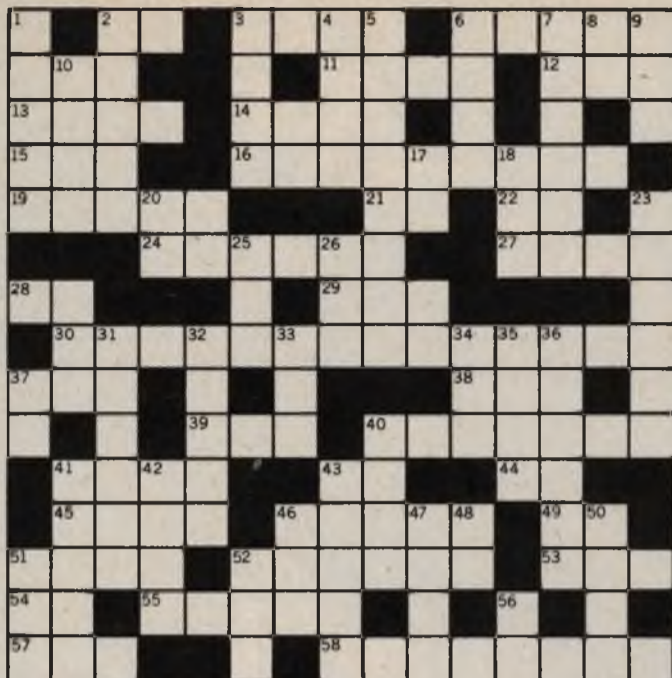


Km-501 for men, Km-701 for women.

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FUN & GAMES



Here's another crossword puzzle from 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 NCRR (\$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 Oct. 25th. Clues are listed below.

ACROSS

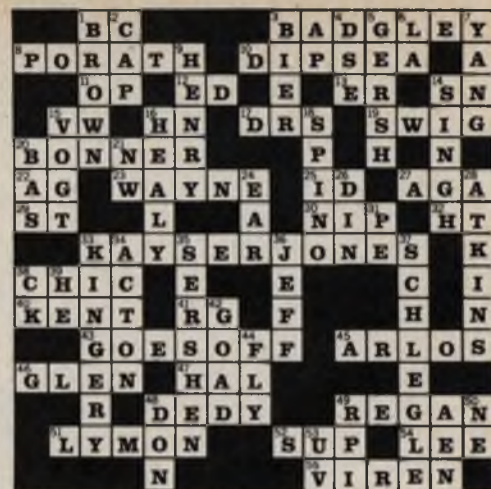
DOWN

- | | |
|--|---|
| 2. False Start | 1. 2nd in AAU 50-Miler, Chris |
| 3. San Mateo Club | 2. Pres., LMJ&S |
| 6. " " Reynaga | 3. Dirty old man of DSE |
| 11. Stan Hockerson, AKA | 4. Hunt of Arizona |
| 12. B.C. ultra-distance ace | 5. Bill _____, Marin submaster |
| 13. Honolulu group | 6. Swannack with looks & talent |
| 14. Awards (slang) | 7. WVJ&S master, Ken |
| 15. Sunset organization | 8. _____ -320 |
| 16. Dipsea locale | 9. 13th 1977 PA-AAU marathoner at 2:26:16 |
| 19. Upstate N.Y. club | 10. Fresno group |
| 21. Wine country T.C. | 17. _____ R.C., sponsors April 8-miler |
| 22. Runs in Santa Rosa | 18. _____ Dudley |
| 24. Topped DSE in points | 20. Formerly "HSJ" |
| 27. Marathon team | 23. Ralph or Jim |
| 28. 1968 10K runner (init.) | 25. San Ramon & Stanford ace |
| 29. _____ MAN's Sporting Goods | 26. Scene at starts |
| 30. All-time Sonoma great | 31. Davis crazies |
| 37. Replacement beverage | 32. Henry, etals. |
| 38. _____ Misner | 33. Petaluma club (init.) |
| 39. Oldsters group | 34. Made running movies |
| 40. Darren & Green | 35. Runner/actor, Bruce |
| 41. _____ Nuccio | 36. _____ to Angwish |
| 43. _____ N Anderson | 37. Santa Rosa Club |
| 44. Club _____ | 40. Fell back |
| 45. Paul or Frank | 41. Former WSU ace |
| 46. Ave. of Giants winner in 1976 & 1977 | 42. Shoe company |
| 49. Lap times (init.) | 43. _____ .C. (Marin masters) |
| 51. Registration place | 46. _____ s Rowley |
| 52. CAMWST ace | 47. Aggie beauty |
| 53. Old-time N.Y. marathoner, Cirulnick | 48. _____ -Cal |
| 54. _____ try | 50. _____ kids |
| 55. Joanne _____, 50th at Bonne Bell 10K | 51. Ruth _____ tering |
| 57. O'Neil or Hale | 52. Any hill climb |
| 58. Former Alameda runner | 56. Tina Ch _____ |

Note: - There is at least one minor error I detected in glancing over the solution. This is not an easy puzzle, but if you get it, you have a good chance of winning, as last time we only got two correct answers by the deadline.

LAST ISSUE'S SOLUTION: - Pete Sweeney of Larkspur beat Frank Smith of San Rafael in a draw, as these were the only two timely and correct solutions. There were several errors (by the puzzle-maker) in the solution, which we're listing...*(cont'd)*

Errors: #37 down was misspelled (should have been an "E" after "SCH"); #51 across should have been spelled "LYMAN". In addition, there were several two and three letter words that had no clues: #16 across had no clue, while "AP" (down, between #3 and #4), and "AEN" (down, to left of #50) likewise had no clues (or identifying numbers). Also, "SN", (#14 across) had no clue. And #46 across should have been spelled with 2 "N's".



READER SURVEY

Many thanks to all you readers who took the time to fill out our questionnaire in issue #71. We got a very good response (over 10% of our subscribers), although very few in the 15-23 year range responded...probably because many students were too burnt out from final exams to fill out another form! The small number of replies in this age-group tended to distort some of the summaries below, so keep this fact in mind when reviewing the information we've provided. I know we have a lot more readers in this age-class that should have answered, so our reader profile is more a measure of the age-groups that took the time to answer the questionnaire...rather than the percentage breakdown of our readership. (254 responded)

A special thanks to MARI KOLB, who did a super job in compiling the summaries of all the questionnaires (below). We hope the results are as interesting to you as they were to us.

READER PROFILE: - The oldest respondent was 70 years of age, while the youngest was only 12; for men, the age range was 16 to 70, while for women it was 12 to 55. Of those that replied, 88% were men and 11% were women (1% didn't indicate their sex). The age ranges (percentages who replied) are as follows:

AGE	MALE	FEMALE
0-14	0%	0%
15-18	0%	0%
19-23	3%	0%
24-39	59%	9%
40+	25%	2%

NOTE: - We rounded off to the nearest even percent, so in some cases 0% means we had at least one respondent. Likewise, because of roundoff, the total does not equal 88% for the men.

A surprisingly high number of fitness runners take the NCRR...a total of 41%, compared to 59% who classify themselves as primarily competitive. A total of 18 coaches responded to the questionnaire (7% of those that responded). For those who considered themselves as 'competitive', the average number of competitive efforts per year was 16, while the same group had been an average of 9-1/2 years in competitive athletics! What we failed to survey was how many years fitness runners had been active. The profile seems to indicate that we appeal to a wide cross-section of abilities, from the beginning fitness runner to the seasoned athlete. This is what we have been striving to accomplish, and it is very satisfying to see this wide appeal.

In terms of 'affiliations', we found the following: The majority (57%) were attached to a club, while next in line was the 'unattached' runner at 39%, followed by 3% in school, and 1% in the military. There was some slight (a fraction of a percent) overlap in the club/school category, indicating that those individuals ran for clubs in their 'off-season'. Again, we feel that these figures are distorted significantly because of a very poor response from our younger readers (who we know compose a much larger of our readership than indicated).

Primary Events: Since quite a few listed both LDR and track & field as their primary events, it's more meaningful to list total number of 'checks', rather than percentages...we didn't tally the number in the overlapping category, but it was about 20. Of the 283 check marks, 240 were in LDR, 41 were in track and field, and 2 were race-walkers.

Ability Level: In terms of relative ability within sex and age-group, we find that generally our readers, especially the men, consider themselves in the upper ability levels. 70% of the men who responded felt they finished in the upper quarter of the finishers in their age-class, while 63% of the women fell into this range. Only 8% of the men felt they were in the lower 50%, while 25% of the women considered themselves in the bottom half. We assume that most of those that responded here were not 'fitness runners', although we didn't cross check.



Photo courtesy of Mort Beebe, Image Bank West



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- ★ Mostly flat with 4 hills.
- ★ Sanctioned by Pacific Association; A.A.U. Sanction #902-78

REGISTRATION

- ★ Application fee \$8.00, includes free T-shirt to all finishers. Proceeds to benefit the Mentally Handicapped.
- ★ Pre-registration deadline: October 23. Late registration, in person, at Guardsmen office until 5:00 p.m., October 27 — \$10.00

APPLICATION • ENTRY FORM:

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge The Guardsmen, Pacific Association A.A.U., and other sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____
(Parents' signature required if under 18 years of age.)

Print Name _____
Street _____
City _____ State _____
Zip Code _____ Telephone _____

Your best or expected time _____

Shirt size (circle one)
S M L XL

Club Affiliate _____

Age (as of October 29) _____

Sex _____

Active Military (Yes/No) _____

A.A.U. # _____ For A.A.U. Membership—Apply to local Chapter.

Return entry form with remittance to:

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Please send self addressed stamped envelope.
Make checks payable to The Guardsmen.

(Reader Survey, continued)...

CIRCULATION INFORMATION: - Although we passed out about 3000 free issues at the Bay-to-Breakers with our questionnaire enclosed, we only received back 11 questionnaires (about the same percentage as new subscriptions we received directly from that venture...this says something about the type of runner who runs this race: probably mostly once-a-year fitness runners who have no other interest in competitive athletics). However, we received 243 responses from our subscribers! That is about one in eight! It's really nice to see that our regular readers care enough to respond. On the average, people share their NCRR with three other friends! And our current subscribers have taken the magazine an average of 2.7 years. One person indicated he had subscribed for 10 years (we've only been around just short of 9 years!).

PRICE: - 42% thought that the price of the NCRR was about the right amount, while 46% made no comment (guess price wasn't a factor to them)...9% thought the price was too low!...only 3% thought we were priced too high. We plan on staying at \$6 per year as long as we are able...the more subscriptions we get, the easier we'll be able to do this. So if you don't currently subscribe and want to see the NCRR stay at \$1 per issue, please make out a check and send it today.

CONTENT: - A lot of people didn't have any opinion on many of our questions regarding content. We have to assume that this is probably because they don't read that section? At any rate, we're listing the response in table format below (percentages).

SUBJECT	TOO MUCH	ABOUT RIGHT	NOT ENOUGH	NO REPLY
Misc. Items	2%	74%	15%	9%
Letters to Editor	2%	35%	15%	48%
Articles/Features	1%	62%	*27%	10%
Scheduling	2%	73%	18%	7%
Race Walking	16%	58%	6%	20%
Out-of-Area LDR	16%	46%	12%	26%
Out-of-Area T&F	19%	45%	11%	25%
Long Distance/X-C	3%	55%	18%	24%
Track & Field	20%	56%	8%	16%
High School	*30%	48%	7%	15%
College Coverage	14%	46%	13%	17%
Open Coverage	6%	56%	14%	24%
Women's Coverage	3%	46%	*25%	26%
Master's Coverage	3%	56%	*25%	16%
Seasonal Lists	4%	55%	11%	30%
Photos vs. Text	0%	57%	*25%	18%

Analysis: - Overall, it appears we are doing a pretty good job at satisfying our readership. Of those that had an opinion, over half thought we were doing a good job in every instance. The areas where it was felt we were lacking or overdoing were few and far between. The areas where 25% or more felt we weren't giving enough (or too much) coverage are indicated with an asterisk. We will try to slowly add more articles (but we need to have people submit them!) or incorporate new feature columns as space permits. We are cutting back somewhat already on high school results (concentrating on seasonal lists and rankings, as well as the bigger meets, but eliminating coverage of some of the smaller meets). We will try to improve our women's and master's coverage (beginning with this issue we are extending masters results in the LDR section as we have done with women in the past). We can't put too much more in the way of photos unless you wish to cutback elsewhere. Our proportion of photo space vs. total text is higher than running magazines in general. We will keep them fairly small so we can put in more faces! We feel that taking up an entire page with one photo is nice from a professional standpoint, but it deprives our readers of other photos and/or information when the same photo could be printed in one-tenth the space. We always can use photos...lately we've received less than normal and have had to dig into our files. We need more photos of top masters and women runners, as well as track & field on all fronts! If you want to be a contributing photographer, please drop us a note for details. We can't print more pics if we don't get 'em!

FEATURES: - Of those that had opinions, the "Guest Editorial" and "NorCal Portrait" were most popular (nearly 100% in favor). Our "Medical Advice Column" and "Human Race" were close behind at about 85%. Only about 60% of those responding liked "Prep Ramblings" or "Running Gourmand/Runners' Zoo" (no sense of humor?). Only 35% liked "Swedish Massage". Half who voted got use from the LDR ratings. We'll continue all these features!

BEST & WORST FEATURES: - A lot of people didn't bother to fill in these small blanks at the bottom of the page, but the two items that people seemed to like the most were scheduling (and entry blanks) and results. On the negative side, the results were more scattered. Generally people didn't seem to be able to single out a really bad feature in the magazine, although a fair number wished we would come out twelve times a year or on a more regular basis (sorry! it's ain't possible unless your editor turns it into a business...which he doesn't want to do).

OTHER COMMENTS: - Several people took the time to write long letters! We are very pleased that so many of our readers take such an interest in the NCRR...the fact that it's basically a 'reader-supported' venture has much to do with that. We're happy to be riding on the crest of the 'fitness wave', and we hope you'll all continue to support *YOUR* regional running publication. Thanks again for your continued confidence...keep sending those results and photos, etc.

THIS & THAT

• **PEOPLE NEWS:** While it is normally not our policy to list items of a non-athletic nature, we're sufficiently displeased with the actions of a particular individual to want to publicize his deed. A certain James F. Bantrup (from Stockton according to his check) wrote a bad check at the West Valley Marathon and despite a phone call and numerous letters, his \$19 has never been made good (for entries and T-shirts). If anyone else should have the same misfortune, please contact me. This is meant as a warning to other meet directors who may suffer the same fate in the future...do not accept checks from this individual (take cash only). It used to be that members of the running community were honest...in ten years this is the first time I can remember a situation like this, and I've received thousands of checks. --- A quartet of runners from the Aggie Running Club took a running tour through Europe in June and July: Pete & Mike Sweeney, Dave Boyet & Steve White. Pete recorded several good marks, including 1:56.0, 3:54.5 & 8:23.7; Boyet had a 2:30.4 (1000m), while White had an 8:36.0 best and Mike did 1:57.8, 2:31.6 & 4:07.0. --- (More next pg.)

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--- We made a mistake in last issue's Angel Island results... Colleen Fox was the 3rd place woman there, and not Joan Fox. --- Marcie Trent of Anchorage, Alaska, who has been running faster each year at the marathon distance (she set a PR of 3:26:16 at Avenue of the Giants this year at 60 years of age!), ran a 3:31:30 in the Glacier Marathon at Girdwood, Alaska, over a course that was measured as 0.767 miles long by calibrated bicycle rotation afterwards. This works out to a 3:25:23 effort at the marathon distance. --- Several Northern California athletes were selected to compete for the U.S. at the Eight Nations Meet in Tokyo on Sept. 25th (a meet involving the U.S. and squads from France, England, USSR, West Germany, Italy, Poland & Japan)...those locals selected were: Adrian Rodgers (400m), Conrad Suhr (800m), Dave Vorhees (discus), Maren Seidler (shot put) and Juner Bellew (a manager). --- Jimmy Carnes, currently the head of the AAU's Men's Track & Field Committee, was selected in early September as the Head Track Coach for the 1980 Men's Olympic Team. Carnes was head coach at the Univ. of Florida until 1976 when he left to open up a chain of athletic shoe stores. The 44-year-old Carnes has over 20 years of experience as a track coach, including the head coach's job for the 1974 USA-USSR dual meet and an assistant job on the 1976 Olympic staff. Local, Jim Santos, head coach at Cal-State Hayward, was selected along with Willie Williams, Stan Huntsman and Tom Tellez as an assistant coach to that team. Congratulations Jim! Steve Simmons, currently at Oregon State (formerly head coach at Cal-Poly San Luis Obispo), was named as an assistant manager, along with Ernie Cunliffe and Roy Griak. --- The Cal women's track team will be much stronger this year (next spring) as a result of an excellent recruiting program. The new Bears are: Susie Meek (2nd at CIF mile & 2-mile); Suzanne Richter (5th in CIF mile & Northern Section X-C champ); Kellia Bolton (State 100 and 200 winner); Diana Bubanja (outstanding X-C runner from Piedmont); Elaine Parker (4th in State 100); Lori Saia (NCS 880 champ); and Wendy Walker (State Meet two-miler from Bakersfield). --- San Jose State's men's team has picked up some stars for the spring as well, including: Kim Black (State JC pole vault champ); Thurlis Gibbs (7-3/4 high jumper and former national JC record-holder); Scottish discus thrower Colin Sutherland (192-8); Cal JC 800m champ, David West (47.4 & 1:50.5); Kenyan quarter-miler Steve Chepkwony (45.63); and sprinter-long jumper, Atchade Essodina (10.3 & 26-3). Other standouts on the SJS team are Scott Ruffing (CIF 880 competitor), Stacey Bailey (8th at CIF Meet in the long jump), Ken Holladay (9:08.7 and 4th at CIF Meet), Craig Roberts (50-foot prep TJ'er), Bert Tardieu (16-1 3/4 vaulter from Del Mar)...and many others. Looks like SJS will be tough outdoors next year.

•MEET INFORMATION: - Dick Meyer, Avenue of the Giants Marathon director, indicates the following will apply to the 1979 race: the race will be limited to 2000 runners and will be held May 6th at 9 a.m. Entry into the race will open Jan. 1st and will close when 2000 entries have been received...the entry fee is not refundable (but they are transferable to another person for a \$2 fee). Forms will be mailed from Eureka beginning Jan. 1st to all who request them and include a SASE. Registered entrants will receive confirmation of their entry in the mail...anyone wishing more than a few forms should include remittance of 5¢ per form. Dick states, "I know there will be many who react to the size of the \$10 fee, but that fee was set after careful consideration of the costs of putting on this race and of providing adequate services to the runners...race revenues will be spent on the race!" All correspondence to: Dick Meyer, Rt. 1, Box 153-A, Eureka, CA 95501.

--- Round-the-Bay-Run is an event which has been created to promote public awareness of the uniquely rich living environment of the Bay Area. The route was selected to highlight both the vastness and accessibility of our urban wilderness and park system. The purpose of the run is to advocate a healthier way of living for both individuals and community. The run will be staged in 'relay fashion' by 13 members of the Athenian School of Danville. The public is encouraged to join in on various legs of the run (it is not a race as such). The Bodega Bay Institute of San Francisco is co-sponsor of the event, which is to take place during the daylight hours on Oct. 27-28-29, beginning at Ft. Mason (S.F.), and finishing at the same point. For full info: Ted Fay, The Athenian School, 2100 Mt. Diablo Scenic Blvd., Danville, CA 94526. --- The National AAU Masters Marathon will not take place at Culver City as originally advertised in many publications. Instead, it will be held on Nov. 26th at Chapman College (Orange, Calif.). The race is for men and women of 40 years of age and older only. Please see the scheduling section for full information and contact. --- The NYC Marathon entries closed in mid-August at 12,000!! ---

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PHOTO CONTEST

NCRR's 2nd Annual Photo Contest is underway and the contest closes Oct. 15th (extended 5 days). As of mid-September we've received only 5 entries...come on you photo freaks out there! There's good money to be had, plus recognition, etc. Let's see some more entries quick!

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 NCRR. Fees: \$3.00 for first photo, and \$1.00 for each additional photo submitted by same photographer. Checks are payable to NCRR, 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 NCRR. 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.

(Meet Information, continued) --- The 6th Annual Honolulu Marathon on Dec. 10th expects some 7000 entrants. The deadline for entries is Oct. 23rd! Entry fee is \$8...15 aid-stations! However, late entries will be accepted until Nov. 13th for *double* the fee (they want you to enter early I guess!). --- Note that the contact information on the Bay-to-Breakers is incorrect as listed in the AAU Handbook. Please strike out Len Wallach as contact (he only wrote a book on the race!)... keep your eye on the NCRR for a revised contact when he/she is known. Len's name was entered into the handbook in error.

• **WORLD PEACE RUN:** - On Aug. 27, 1979, 32 marathoners from 12 countries will set out from the United Nations on the first non-stop relay around the globe...the World Peace Run. Joined by Olympic marathon champions from every corner of the globe, the runners will carry the flaming World Peace Torch through over 100 countries...the 4-month, 32,000-mile odyssey will begin with a multinational ceremony at the United Nations. David Gershon, a 31-year-old teacher of gifted children and the man who led the American 50-state, 9,000-mile Liberty Torch Bicentennial Relay is the organizer of the Run. He states, "The purpose of the World Peace Run is to inspire humanity with the vision of world peace and the oneness of all peoples. It is a tangible statement of faith in the potential for humanity to live in harmony. It is a celebration of the cultural diversity of the people of our planet. A conscious and deliberate attempt was made to avoid affiliation with any particular philosophical approach to peace or political system." Nobel Peace Prize winner and Olympic running champion Lord Philip J. Noel-Baker and Miss Lillian Carter are co-chairpersons of the World Peace Run Advisory Council.

• **NEPAL ADVENTURE?** - Interested in trekking around the perimeter of Nepal with adventurer/runner Jay Longacre next spring? There will be one or two of these treks in the April-May-June timeframe, with each lasting about a month, including 20-25 days of running on trails and some time in Katmandu and one or two other major cities. However, the trip is not designed as a vacation...it will be TOUGH!! Altitudes of up to 17,000+ feet will be encountered, and very primitive trails are the rule rather than the exception. The 'run' will only be for those who are very fit. Participants will carry very little with them, but sherpas will carry some provisions, etc., between small village outposts. You will sleep in primitive conditions in Nepalese teahouses, etc. This is really an opportunity for adventure for those tough enough...the cost will be only about \$2,000, including airfare. For full information on this adventure-run, contact Jay Longacre, 2708 Andromeda Dr., Colorado Springs, Colorado 80906 (Ph. 303/634-0463).

• **MARATHON CLINIC:** - Robert Jacoby of Oakland is sponsoring

an ongoing clinic that features bi-weekly runs and group training schedules, as well as guest speakers, etc. For full information, please see classified ad in this issue.

• **CREATIVE RUNNING WORKSHOPS:** - Ian Jackson, author of *Yoga & the Athlete*, leads these informative and inspiring workshops which are ideal for anyone interested in running. Beginners can get started on the right foot and seasoned runners can begin discovering the fine art of the effortless run. Each workshop is unique and has its own special character. Workshops run from 10 a.m. to 5 p.m. on weekends. For workshop locations and other information, call 328-0263, day and evening. For reservations, mail a \$25 check to Ian Jackson, Box 1115, Palo Alto, CA 94302. Workshops held at various NorCal locations.

• **RUN-A-THON SUCCESSFUL IN NAPA:** - Chuck & Kaye Hall, charter members of the Napa Valley R.C., were the primary 'movers' to raise the necessary funds to reinstate the Napa & Vintage High X-C programs, which were being axed as a result of Prop. 13. The Napa Indians Athletic Club (Boosters Club), NVRC, and the *Napa Register* (local newspaper) got behind the effort... and they did it! Over \$2000 was collected by 48 run-a-thon finishers (in pledges), enough for two seasons worth! Congratulations to all those who participated! Pete Sweeney was the top pledge-getter with \$246, followed by Wyman Smith (\$171) & Kaye Hall (\$147). --- Marine World/Africa USA is also helping to save local Peninsula sports programs in the high schools by co-sponsoring a road race in October sometime...call Marine World for information as to exact date, location, etc.

• **RUNNING CLUB:** -- Anyone interested in starting a running club in Pleasanton, please call Squier's Sports (462-0120).

• **TOTAL HEALTH MEDICAL CENTER** is offering running and total fitness classes for beginner and intermediate level runners & joggers this fall. The classes started in early September, but will go through October. Various phases of running will be covered, focusing on different areas, depending on the level of the class. Those interested in registering for either class should contact Lindy Beale at 415/655-8217 (Oakland). We don't know if it's possible to register after the classes have started...give a call to find out.

• **PA-AAU X-C CHAMPIONSHIPS:** - Note that the Nov. 4th date in the scheduling section (& PA Handbook) lists the "All Clubs X-C Championships"...this is for non-club runners too! (*more*)

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It's basically the PA-AAU Sr. Men's X-C Championships and all runners (affiliated with a club or not) are welcome to compete...even masters runners can compete, but there will be a separate PA-AAU Masters X-C Championships this year (for men and women of 40 years of age and over). It will be held on October 14th at Golden Gate Park (start at Polo Fields) in San Francisco. For full information (contact), see the scheduling section. Funding: the top 5 men will each receive \$100 to help defray expenses if they wish to go to the Natl. AAU Masters X-C Championships on Nov. 11th in Madison, Wisc. This funding will come from the PA-AAU LDR Committee's Travel Fund. The monies from this fund are earned via T-shirt sales, Handbook sales, and registration fees (10% of entry fees go to the AAU and a portion of that amount reverts back to the LDR Fund). If someone in the top 5 doesn't wish to go, then successively lower placers will be given the opportunity to use the money.

•MORE MEET INFO: - The Schlitz Lite 10K in San Francisco on Oct. 8th will start at noon...not 10 a.m. as on some entry blanks that were distributed in error.

•NO ALL-COMERS MEETS AT CSM THIS WINTER: - Because of problems with College of San Mateo's track surface (buckling of the surface, including 'pits' under it) and slowness of the College's administration to do anything about it, the usual winter all-comers series will not be held this year. Also, unless this is acted upon soon, the track cannot be used this spring either! We suggest to our readers to write letters to the President of the College, expressing your concern over the loss of this valuable facility and urging that something be done...hold a Run-a-thon if need be! But do something. The NCRRC would be glad to publicize any fund-raising drive of this nature for free!! Any ideas or volunteers? Let us know.

•THE NATIONAL RUNNING DATA CENTER is an independent, non-profit, organization dedicated to collecting, compiling and analyzing running data, compiling rankings and records and disseminating this information. As such, the NRDC needs complete results of all races held in the U.S. and must rely on race directors, running clubs, and running publications to forward race results. Results should include the date, distance and location of the race. If the course is certified by the RRCA or AAU Certification Committee(s), this should be indicated. The time, full name, age, sex and hometown/state for each of

the finishers should be listed. Birthdates are also needed to validate performances and may be provided in the most convenient manner, such as entry forms or club rosters. Results and other such information should be sent to: NRDC, Box 42804, Tucson, Arizona 85733.

•WORLD MASTERS CHAMPIONSHIPS: - The 1979 meet will be held July 27th to August 2nd in Hanover, West Germany. There will be a full compliment of events for men over 40 and women over 35, as well as some invitational sub-masters events.

•PA-AAU LDRC MEETING MINUTES: - A special meeting of the Pacific AAU's Long Distance Running Committee was called on August 24th at the AAU Offices in San Francisco...13 attended. -- Our district currently has 13,715 registered LDR athletes, of which 61% are 'open men', 24% are 'open women', 13% are 'masters men', and 2% are 'masters women'. The LDRC's travel fund monies are broken up currently as follows (all income and expenditures, except travel funding, which comes from the specific fund in question): 60% (open men), 20% (open women), and 20% (masters...men & women). The balance in the funds were: \$1874, \$1366 and \$208, respectively. --- New ruling on PA-AAU Championships sponsored by clubs: no Sanction Fee for sponsoring club, but 25% of the gross fees will now be paid to the LDRC and then 40% of that amount (10% of gross) will be paid to the PA-AAU so that the LDRC gets 15%. The 25% rule is now in effect on the National level, and has been for many years. It was also moved that a \$3 maximum fee be charged for any PA-AAU Championship and that the Committee Chairman be given the authority to review any championships where clubs incur losses for the purpose of reimbursing that club for losses (e.g. - in longer races such as 50-miler, etc., which draw few entrants currently). --- Concern was expressed by Ruth Anderson that masters women had little chance to get travel funding because of their smaller numbers (how about the masters women putting on a fund-raising race, with all profits going to their travel fund?). --- A motion was unanimously passed that all non-championship meets be required to pay 5¢ per entry into the LDR travel fund (broken up in the normal percentages for women, masters, etc.).

•ELIMINATION OF AAU REGISTRATIONS ON THE HORIZON? - There has apparently been considerable talk recently in AAU circles concerning the feasibility of completely eliminating (*more...*)

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(THIS & THAT, continued)...AAU registrations nationally. The idea, at least as far as the NCRRC knows, has only been suggested at the Long Distance Running level. LDR would be autonomous and be able to 'certify' athletes for international competitions. BUT...the local and national LDR programs would still have to get funds from somewhere, and they currently get a very large portion from kickbacks on AAU registrations. Besides the obvious solution of getting corporate sponsorship of LDR, which might be quite feasible, there is a suggestion circulating that would in essence have to be voluntary in order to maximize any profits. The suggestion is to charge all athletes \$1 per year with 50¢ going to the National LDRC and 50¢ to the local program. How would this program work and how would it be enforced? Here are some suggestions from the NCRRC. If you have comments on them (or have other ideas), please respond to us and also to Bob DeCelle, P.O. Box 1606, Alameda, CA 94501, who is trying to get this idea moving on the Convention level... it will take some time, so the more feedback he gets, the better chance this idea has of succeeding. -- It is the NCRRC's feeling that people, seeing that the \$1 (much less than they currently pay for an AAU card) goes directly back into the sport and is not gobbled up at the AAU's administration level, would gladly be willing to pay. Since administration costs would not be paid for with the \$1, then the collection of the \$1 would have to be done voluntarily, and the issuance of cards would be done at races, with no records kept (other than the runner's own card). All races would be encouraged to ask runners to show their cards at registration, or buy one (the club's could be encouraged to have a volunteer set up a table to issue these cards by offering a 10% kickback to the club or sponsoring organization). The card would be signed when purchased, and if a card was not presented at registration, a new one would have to be purchased. Thus, runners would soon remember to bring their cards to races. The LDRC would be responsible for getting volunteers to set up tables and/or check cards when sponsoring clubs did not wish to do so. The system would work in all probability because so little money is involved...and it wouldn't be worth it to really go after the cheaters, which would probably amount to 5-10% maximum. So, there you have it! Remember, if you have ideas regarding these proposals, we need to hear from you! Together we can help to overhaul an AAU system that is rapidly growing outdated and at the same time eliminate administration costs for the AAU and support our national and local LDR programs... what do you think?

Long Distance Ratings

PA-AAU STANDINGS: (Compiled by Art Dudley) - Art was in the process of moving back to the Bay Area (Santa Cruz) from Fresno when I sent him the race results for this issue's ratings, so he was not able to respond in time for this printing. Therefore, tune in next issue to see who's leading the standings... there will probably be lots of changes!

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BEE POLLEN FROM ENGLAND--Often called the "perfect supplement for runners", it contains every vitamin and mineral the human body is composed of. This 100% natural food is the richest food source known. Bee Pollen from England has a "synergistic effect", working 3 to 5 times more effectively than regular vitamin supplements, pushing up training levels and quickening recovery time. '30 for \$4.95'; '90 for \$9.95'; Specially Discounted "Athlete's Packs" of '200 for \$14.95'; '600 for \$35.95'...send check or money order plus 25¢ for postage and handling to: Bee Power, Dept. N, 139 Plymouth Av., Oreland, PA 19075. Send S.A.S.E. for free information.

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HELP WANTED--Runner with knowledge and/or interest in running shoes for work in a new athletic shoe store with a concept that is unique to the Bay Area. Part-time, leading to full-time in a few months. Call 415/922-9413 for more information...Chuck.

CUSTOM-SCREENED T-SHIRTS AT WHOLESALE PRICES--If you need shirts for an upcoming race (no minimum) or for your team or club, write for a complete pricelist from: Jack's Athletic Supply, Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119). -- We also carry many other well-known athletic uniforms, including warm-ups, shorts, tanktops, etc., by nationally known companies. You can save up to 20% on regular retail prices by ordering in quantity for your team. Give us a call and see what we can do for your organization! Ask for Jack...evenings ok to call.

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 NCRRC, contact us immediately (20% discount for one-year contracts).

Our Readers Speak Out



Timing Problems

LUCY MEINHARDT (Antioch, CA) - "In the last issue of NCR, there was a short write-up and the results of the Benicia Historical Site Run. The reason the times seemed so incredibly close (for the 1st several runners) is because they were totally inaccurate, as someone must have neglected to tell you."

Cheri Williams: Top Prep?

ED HEINLEIN (San Rafael, CA) - "Regarding the 1978 'Outstanding Prep Awards'--I can't see how Cheri Williams has been so thoroughly ignored by the media in light of: (1) Setting National Record at the North Coast Section 2-mile, and then winning the mile; (2) Winning both the mile and 2-mile at State. The competition was good in the mile, for sure, and not bad in the two-mile." (Ed. - We certainly didn't mean to slight her performances, and the choice was obviously a very close one. Drop a note to Keith Conning if you want to know exactly why Kelia Bolton was picked over Cheri as tops for 1978.)

NCR Binders?

JOSE NARVAEZ (San Francisco, CA) - "I have a suggestion which perhaps has already been in consideration. It's about time the NCR came up with a hard-cover binder which would, I'm sure, sell through advertising. A 12 or 16-issue binder would be super in order to keep our issues readily accessible and well-protected. Due to the popularity, success, and continued improvement of the magazine, I feel it deserves a personalized binder in which to preserve it--I'm sure many other runners feel the same way." (Ed. - I doubt there would be enough interested readers to justify a specially-printed cover, but I guess we could get a plain binder and affix a printed label on the binding...or our readers could do the same thing. Is anyone else interested in seeing these binders offered by mail order? If there is sufficient interest, we could probably make them available...or we could at least inform our readers where they might purchase a suitable one.)

←Misleading?

JOHN WEIDINGER (Daly City, CA) - "I have read two statements made by Len Wallach, author of a soon-to-be-published book on the history of the Bay-to-Breakers (Cross-City) Race. I do not know if the first statement was a misquote, taken out of context after the interview, or just a careless statement on Wallach's part.

In the May 10th edition of the *San Francisco Examiner* Wallach was describing the Bay-to-Breakers course and explaining how a runner should run the course. Wallach was quoted as saying, "The thing to remember is to take every shortcut you can." What did he mean by this statement? Does this mean to take a different route to the finish? Does it mean to cut the

course in certain places? There are already enough problems getting people to run the proper course without having statements like this published in the sponsoring newspaper prior to the race!

Another statement made by Wallach was printed in the June edition of *City Sports*. In an article written by Wallach, he was discussing the running schedule and the problem of scheduling over 100 races into 52 Sundays. I hope he did not forget that races are not only held on Sundays but also on Saturdays. With both Saturdays and Sundays available, the problem of scheduling races should not be as difficult as he made it appear. Also, he should not forget there have been races held on weekdays, as evident during this past July 4th and Labor Day (when he directed a meet of his own).

I hope that Wallach's book on the history of the Bay-to-Breakers Race will be filled with accurate and clarified statements and not misleading, ambiguous ones."

Sanction Fees & Charity Races

ROGER BRYAN (Foster City, CA) - Roger is the PA-AAU Long Distance Running Chairman. The following letter was written by him to Jacquie Graham, Director of the successful Devil Mountain Run in Danville this spring. We feel that the content is of interest to other race directors and the running community in general and so are reprinting it here.

"The PA-AAU forwarded to me your letter soliciting a waiver of AAU sanction costs -- in particular, a waiver of the requirement to remit to the AAU 10% of the entry fees for the Devil Mtn. Run. To the best of my knowledge, I am aware of no precedent for extending such a waiver. I recognize the worthiness of the charity to which your run contributed, but I also recognize the time and effort extended by the AAU (specifically by former LDR Chairman, Harold DeMoss), itself a non-profit organization, and its many non-paid volunteers, to establish the kind of running environment which allows a run such as yours to draw 2000 runners the first time out. Believe me, in areas where the AAU has weak running programs, or where there are no programs, your run would have drawn only a handful of runners.

I don't wish to sermonize, but I do feel that the "running community" is beginning to be preyed upon by the "charity community". What's a good way to raise money? Answer: get a bunch of runners, charge 'em a big entry fee, fire a gun, and go home with the loot. I exaggerate, but you get the point. I know your run was a good one and enjoyed by many runners. However, a factor which contributed to the quality and success of your run was the fact that it was not just a 'fun-run'. It was a full-fledged race, sanctioned by and following rules established by the AAU. The AAU's contribution is certainly worth a fraction of the entry fees (a portion of which go back to the running community directly anyway), and therefore, I am recommending to the AAU Office that your sanction fees not be waived.

(Ed. - Don't forget that AAU clubs too, for all practical purposes, are charitable organizations & basically non-profit.)

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Multiple Awards?

KEN MUELLER (Bellingham, Mass.) - "Here is a possible survey item for you and a pet peeve of mine. Many races limit prizes to qualifiers (by age-group), and I feel it cuts incentive. For instance, recently, at two local races, I placed well and was the first Master in. In both races I took the place prize, thus forsaking a nice plaque and a gift certificate for any model of Nike shoes. In the National Masters 15K, three of us placed very well in the open division and were totally ignored until the age-group hardware came out. I believe any runners that earn multiple awards should get them." (Ed. - It's our feeling that a master should be able to enter, or 'drop down' to the open division if he wishes, but a runner should qualify for awards in the division he/she enters. This spreads the hardware around to others. If a Master is good enough to place well in open competition, and he enters that division, he ought to qualify for that award(s). What do our readers think?)

Race Gripes

TOM MANN (San Bruno, CA) - "I'm writing you with concern about the upcoming PA-AAU 25K Championship race in Golden Gate Park. (Ed. - This letter was written to Meet Director, Don Capron, with a carbon to the NCR.) I feel that the advertised entry fee of \$3 is a bit steep for a championship race. It has been the longstanding policy of the LDR Committee that championship races should be run on a no-profit/no-loss basis. Individual clubs may charge whatever they wish for their own races, but when it comes to putting on a championship race, the object is to keep the entry fee as low as possible.

During the years that West Valley TC put on this race, the entry fee never went above \$1.50. Now within one year the fee has doubled -- WHY? Unless you are giving expensive awards besides the standard Championship medals, patches and ribbons, I can see no cause for a price increase of this size. While I appreciate the Tamalpa Runners taking over this race, I also hope you will reconsider lowering the entry fee." (Ed. - Note that the new PA-AAU LDR policy raises limit on Championship race fees to \$3...25% of entry fees on these races to be paid to the LDRC and 60% of this stays directly in the Travel Fund.)

GORDY VREDENBURG (Sacramento, CA) - "The Marin Headlands Run, held on July 22, was publicized as being 5.6 miles and costing \$1.50. On raceday, however, I was informed that the distance had been changed to 7.0 miles, which was OK, but that the fee was raised to \$2.00...which was not OK. I asked the meet director why the sudden price change. He first said for the late fee. I pointed out to him that a late fee was not mentioned on the entry blank. He then said that the Board of Directors of the Tamalpa Running Club had voted for the increase. He went on to state that many races charge more and besides, many merchandise awards were going to be given away. It is my understanding that most merchandise is donated to races at NO COST to the race sponsors.

To make things even worse, a friend of mine arrived with \$1.50 and no more in his hand. He paid the stated price and I, with \$2.00 in my hand, paid the new price. So some people paid the entry fee and many others paid the raceday price. I don't mind paying \$2 to race as long as EVERYONE pays the same price. But to charge more after entries are sent out is unfair and unethical. It might be a good idea for runners to carry only the exact amount of money as stated on the entry forms...otherwise you may not receive your change back!"

JOE OAKES (Los Altos, CA) - "I am appalled at what appears to be a general lack of competence on the part of some of the turkeys who are sponsoring races in the Bay Area. Beyond that, I am totally steamed at the obvious lack of consideration for the runner shown at many of these events. Let me be specific with an example: On Aug. 20th, a race was run in Marin. It was 8.5 miles long, although generally advertised as 8 miles on the handbills & NCR, etc. It was advertised as flat, but turned out to be mostly hills. It was supposed to begin at ten and didn't start until considerably after that, with the runners standing in the hot sun listening to some unknown thanking the Mayor and everyone else (you really need speeches before a race, right?).

It is normal in this Bay-to-Breakers land to have a large 'unexpected' field of runners. It happens too often to be unexpected anymore. AND, at least half of those runners are inexperienced at longer distances, heat, lack of water, etc....

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(Letters to Editor...continued) -- So isn't it logical to assume that runners will want a drink of water at the finish? Doesn't it make sense that someone in that large field of mostly inexperienced runners, on a hilly course, on an August day in the late morning will experience severe thirst, if not dehydration? About half a mile from the finish, a young man collapsed and had to be carried off the path. Fortunately there was a local family to help him; no race officials were evident, and it took about a half-hour to get an ambulance to him. We sent runners to the finish to alert officials, but no one came for a long time. Were there medical personnel present at all?

I told the race director about the problem and he arrogantly suggested that it was none of his affair and that each runner had a responsibility to supply his own aid and water and solve his own problems. This particular race, by the way, collected probably \$6000 in entry fees from us suckers!"

GUEST EDITORIAL

Dick Draper

Dick Draper is a former correspondent for the Associated Press in Australia and currently is a sports writer for the San Mateo Times. He has won numerous national photographic and writing awards.

JOGGER POWER! - There was a time -- and not that long ago -- when a jogger was a misfit of our society.

Sure, there were people out on the streets in the wee hours. Milkmen. Shadow-boxing pugilists. Night-time revelers ricocheting off the street light poles. Policemen. Cat burglars.

And...the occasional jogger. Misunderstood he was; maligned, ridiculed...that was his lot. Few could understand why anyone in his right mind and right body would expose himself to the elements, to dog poo, to stares, to the dangers of traffic.

I was a scoffer too!

Now that's all changed. The jogger has become a part of American society. Once just a fad, jogging has become an obsession with thousands of enthusiasts. I like to think joggers represent a free spirit, an adventurous sort who determinedly will run like the proverbial mailman in conditions as variable as the runners themselves.

How the species of jogger vary. There is the exhibitionist, glorifying in his own body, enjoying the exposure of his chest, running to be seen. And there's the 'complete jogger', loaded down with special shoes, special time-temperature-humidity-smog level readings-stopwatch-mileage gauge instruments, etc. And there are the health nuts, the fun runners, and the all-out competitor.

And...they've been accepted. Once considered just an esoteric sport, jogging has gone commercial, reaching the masses. And the news media, which once ignored the jogger and running in general, now looks upon these pseudo-jocks with favor as an integral part of the U.S. sporting scene.

A few years ago, jogging was alien to me. I'd scoff at what I thought were non-athletes, trotting around, going nowhere, accomplishing little. What's the point? Ah, forget 'em.

That idea changed with the Women's National AAU Marathon in 1974, run on the streets of San Mateo. They were a marvel, these women. Most in the crowd were joggers, and proud of it, too. They cared not for the stopwatch, the blue ribbons, the accolades of victory. There were unseen pleasures hidden behind the grimaces, the sore feet, the haggard look of miles.

"I just love to run," said many. "It makes me feel good," said others. Overriding all the reasons was the sheer pleasure of running, with side effects such as weight loss, leaner figures, stronger legs, improved cardio-vascular systems.

Running. So pure. Unadulterated. No boundaries. No lanes, no stopwatches, nothing. Run until you feel like stopping.

For me, it was admiration at first sight. Such spirit, from the tiny girls to the graybeards. I didn't realize it then, but the boom was just beginning. From a cult it became big business. Magazines were spawned; sporting goods stores burgeoned with running paraphernalia. And while the purists remain, the fun, the camaraderie, the spirit of running free also stayed on.

Finishing a competitive race such as the Dipsea or the Bay-to-Breakers gives joggers as much pleasure as winning. Everyone wins, even if they give up, their bodies unwilling to move another inch. Well, they tried!

And there's no criteria for jogging. One step outside your door, and a half-shuffle around the block. Behold...

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a jogger is born, just like that.

A jogging paradox is the loneliness of the sport, compared to the friendly run-togethers of such events as the Times-Nine and the multitude of all-in-the-family jogs. The fellowship is extraordinary, bringing together different ages, different creeds and different income groups onto one social plane, for a common purpose. That's neat! And no one looks down upon the underlings, the beginners, and excruciatingly slow. Each at his own pace.

I cover so many highly competitive events, and the win-or-else attitudes make for a powder-keg situation. Tempers flare, money -- big money -- is on the line. Pressure prevails.

But jogging, while also having its share of win-at-all-cost runners, regardless of their skill, boasts primarily the run-for-fitness, run-for-pleasure ilk. And it's a special breed. From physicists to doctors to businessmen to businesswomen, a great equalization takes place, and when they meet, the talk is of running, of character-building hills and courses, of jogging adventures and misadventures, of new-found friends.

This is hardly news. But once when I would see a jogger -- whether at midnight or midday -- I would smirk and snicker. Now there's only respect. A jogger may be the low man or woman on the athletic totem pole, the rewards may be only inner joy, but somehow there is something heroic in the daily jaunts.

Joggers...more power to you!

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THE HUMAN RACE



LEN WALLACH

"This little guy has done more for runners and running than anyone else I know," beamed the Mayor of San Francisco as he thumbed through the pages of the first issue of *On the Run*. Mayor George Moscone was referring to 144-pound Rubin Glickman, San Francisco's Commissioner of The Redevelopment Agency, runner, writer, and human dynamo who has steered the interests of running through the labyrinth of politics of the city which annually hosts the largest footrace in the United States.

"Glickman is a runner's ombudsman," gestered the Mayor, who himself was a dedicated athlete in his youth, playing basketball with the skill of a pro. "He has brought a balance between intensity of runners and their demands, with the needs and rights of the other citizens," added Mayor Moscone.

Glickman, who is referred to as "Rubin the son of Sammy" by the Mayor's secretary, got the tag when it was discovered that the distinguished San Francisco attorney was the son of Sammy Glickman, a former lightweight prizefighter from the north side of Chicago in the days when little guys had to be tougher when they carried Yiddish names.

Glickman has the awesome but unofficial responsibility of trying to keep running and runners on the right track, which is no small chore in the city by the Golden Gate. San Francisco probably has more races in a single month than most places have in a year. For example, last Bay-to-Breakers was estimated to have 16,000 entrants (official and otherwise), and other San Francisco races commonly have several thousands. On any Sunday in Golden Gate Park, the rest of the world has to fight for space with the runners, as there are thousands of fleet-footed athletes racing or working out for a future race.

As part of this responsibility, Glickman felt that runners needed to do something to help themselves, rather than make non-negotiable demands on public resources. Consequently, he has formed a non-profit corporation with the high-minded title of National Council for the Advancement of Running. This new organization is dedicated to finding ways to develop public running facilities by creating sources of funds, planning innovative park designs, better utilizing available resources, and fostering improved attitudes towards runners.

His soft-spoken and sophisticated manner makes him a genuine asset to the official family of San Francisco, as he is able to represent running in the highest circles of government yet keep the overzealous from breaking down good relationships



San Francisco Mayor, George Moscone, pours over first issue of *On the Run* while Rubin Glickman looks on. /Len Wallach/

with police, park, and other city officials.

"Runners are a zealous lot," commented Mayor Moscone, "but Rubin manages to keep them tamed," he added amid rumors that the chief elected official of San Francisco might run a portion of next year's Bay-to-Breakers as a display of his support to Glickman's beloved sport and the City's favorite event.

In spite of the handshaking and smiles, Glickman is a serious advocate of each citizen's rights and can be a hardened foe when some running promoters get out of hand. He works quietly and sometimes behind the scenes but doesn't let up if he sees an injustice being done to either side of the San Francisco family.

Through his personal relationship with Mayor Moscone and members of the Board of Supervisors, he was able to keep the pressures of the demands of runners under good control, yet speak on their behalf when attempts were made to stop or alter the Bay-to-Breakers and other traditional running events.

A 44-year-old masters marathoner who has earned his Boston qualification the hard way, Glickman has no political ambitions. "The only running I want to do is in races," he commented. Yet his friendships reach into high places, including the office of the Governor of California, Jerry Brown, who no doubt has had his ear bent a time or two about the running scene in this state.

Running his first race but a year ago, he doesn't take his athletic career seriously, which may be the secret to his relaxed acceptability with the people in power who control the future of running in his treasured California. "I want to work hard to interest government in creating facilities and an atmosphere which will promote running," he commented, illustrating the reason he diligently pressed for running paths in most of San Francisco's parks. "People in high places are just other human beings and are approachable," Glickman explained his quiet determined efforts which generally produce results.

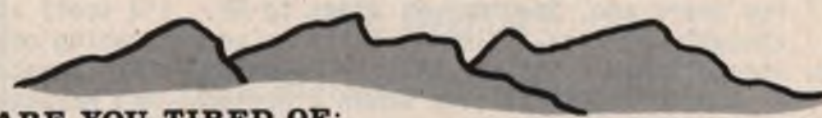
Glickman's new organization will also aim at the private sector to foster running programs and facilities where people work. This concept will be welcomed news from existing runners. It is the most significant of all of his ideas, as it will open up our beloved sport to those yet to run their first step. If Rubin Glickman achieves that goal, there will be a special place for his name in running annals of the future.

The "Glickman Concept", like the man, is low key, giving credit to others for his ideas, energies and contributions. Runners who are usually more up-front with their needs, demands, and notoriety might take a lesson from this reserved and quiet man who has easy access to people with power, money and influence.

If results count for anything, the tally on Glickman's side of the scorecard is very high. I wonder what the rest of us have on our cards?

Look to the -

"Other Side of the Hill"



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NOR-CAL PORTRAIT

by Harry Cross

Of all the superior performers in the world of running, one select group especially captures my admiration and respect. These are the masters (over 40's) who consistently place in the top 10 or 20 in the tough AAU road races. These middle-aged marvels more often than not leave the majority of their fellow racers still panting on the course while they casually complete their recovery jogs. The thought of these achievers evokes the names of such outstanding local masters as Jim O'Neil, Kent Guthrie, Bob Welck, Ralph Bowles, Darryl Beardall, and the late Jim Shetler, to name a few. To this partial list, we may now add the name of 47-year-old Ulrich Kaempf, who of late has been besting most of his fellow masters with some times and places worthy of an athlete 25 years younger.

Kaempf, a member of the Tax Reducers A.C. (TRAC), portended his most recent successes by winning the masters championship in the PA-AAU 30K race in late 1977. His 1:49:03 placed Ulrich 14th in a highly competitive field. May, June and July of this year proved to be banner months for the Swiss-born runner. In the Devil Mountain 10K he nipped Bob Welck and Ralph Bowles to take the masters honors with a sub-33 minute effort. Four weeks later he won the Holy City 9.08-miler with a 51:23, the second fastest masters time ever recorded on the popular course. Kaempf's mark was a full seven minutes faster than his first attempt on this difficult course in 1974 at the tender age of 43! In July, he culminated the 'super streak' with a very impressive victory in the not-so-easy San Francisco Marathon. Ulrich's time of 2:35:42 surely makes him one of the world's finest marathoners in his age group. This PR marathon effort came the week following another big victory in the PA-AAU 15K in Los Altos where he again upset some big names, including Welck, Tom Cathcart and Guthrie, among others.

With such a notable string of victories and fast times, one might expect that Ulrich Kaempf's success is the result of a stringent training program suitable for a world-class distance runner. The reality is, however, that Ulrich keys his running around two eminently worthwhile principles called *Enjoyment & Satisfaction*. "Running has to be satisfying to me in order to maintain a daily schedule," he says. Thus, there are no difficult intervals or speed work in his training regimen. The reason is simple: "I am not doing any track or speed work or any other pseudo-scientific routines because I would not get enjoyment out of it. This is not to say that these methods would not help my competitive performances. To me, continuing enjoyment of running is more important than to find techniques which would result in a few fast, but not long-lasting, top performances."

Ulrich's training, then, consists of daily runs during his lunch break from his job as an electronics engineer. When not racing, he will take longer jaunts on the weekends. Total weekly mileages range from a modest 50 miles to a more strenuous 80 miles, depending upon how he feels that particular week. The one common denominator in Ulrich's training is that all of his runs are over hilly terrain. He suggests, in fact, that the most recent improvement is largely attributable to continuous hill training.

Not all exercise is devoted to running, however: swimming and cycling often enter Ulrich's fitness program and provide a pleasing variety. All activities are logged weekly in accordance with Kenneth Cooper's aerobic tables, and in this manner Ulrich can keep close tabs on his overall condition. Not surprisingly, his weekly point totals have risen from an average of 50 per week in 1971, when he started running, to 360 per week at present. Should the trend continue, Ulrich's fellow masters will



Ulrich Kaempf checking his time at the finish of the PA-AAU 15K. /John Sheretz/

no doubt have much to worry about over the next several years.

The fact that Ulrich intersperses swimming and cycling with his running underscores the principles of enjoyment and satisfaction. These principles also extend to the way in which running fits into his life: "Satisfaction comes from practice runs which integrate well with family life and job schedule." Thus, running should complement, not detract, from one's home life or employment. Ulrich derives much satisfaction from competition as well, and says, "To me, competing is the really fun part of running." He especially appreciates the camaraderie of team and relay racing with his running mates from TRAC. But perhaps the most enjoyable aspect of this 47-year-old phenom's running is that it keeps getting better. "What excites me," he enthuses, "is the fact that even at my age athletic performance still improves."

For most of us, Ulrich Kaempf's experience is a welcome prospect for the future. Perhaps many of us are not yet "over the hill"!

Pepsi Race Changes

Meet directors for the Pepsi 20-Mile Run have decided not to limit entries. All runners will be accepted, provided they pre-register by Nov. 11. At least 2,000 runners are expected to enter the nation's biggest 20-mile race.

Under no circumstances will a runner who fails to register by Nov. 11 be accepted. Meet directors are stressing that the Nov. 11 deadline is rigidly and fairly enforced.

This year's race is Sunday, Nov. 19, the Sunday BEFORE Thanksgiving (as contrasted with the traditional Sunday after Thanksgiving).

The race starts at 11 o'clock (as contrasted with the past traditional noon starting time).

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Meet Directors!!!

Beginning with probably next issue, instead of mailing entry blanks as separate sheets (either in the NCRR or in a separate mailing), we will print a special "ENTRY BLANK SUPPLEMENT" which will probably be mailed separately from the NCRR. This will probably cost in the area of \$70-75, including mailing and printing!!! All we will need is your camera-ready entry blank. Before you mail us anything, call us!

★NOR-CAL RUNNING REVIEW★

RUNNERS' ZOO

by Jim Nuccio



RUNNER VS. JOGGER: - An issue or two ago, in *Runner's World* magazine, Joe Henderson expounded on his aversion for the term "jog", but concluded that the Runner-Jogger dichotomy really doesn't exist -- we're all runners! Can't say that I agree. Certainly pace isn't a factor. One person's run is another person's jog. However, there *ARE* some salient disparities that unequivocally differentiate a true runner from a jogger. There are also a couple of things different about them. Here goes:

*A Runner trains daily, year-round. A Jogger "trains" when the weather gets nice, about May through September, usually Saturday morn at around 9:30 or 10.

*A Jogger eats bran flakes to stay regular. A Runner never has that problem.

*A Runner enters a race to compete, either with himself or against the clock or an opponent. A Jogger enters simply to finish; to be part of a Happening; to be part of something posh.

*A Runner warms up before a race by running a few miles, stretching a bit, and doing a couple of strides. A Jogger warms up for a race by reciting his mantra and sipping a cup of herbal sage tea.

*A Jogger actually trains for the Bay-to-Breakers...at least 2 weeks in advance. A Runner trains for races all year long and happens to pop into the Bay-to-Breakers only if the NBA playoff game is being televised in the afternoon.

*A Jogger subscribes to all the running publications, reads them from cover to cover, and religiously follows all the tips on training, diet, etc. A Jogger also owns a copy of *The Complete Book of Running*. A Runner buys a running magazine strictly for the race results.

*A Jogger marvels at the athletic ability of baseball players and faithfully watches Celebrity Bowling and all the 'trash sports' programs. A Runner equates the athletic ability of baseball players with that of race car drivers, golfers, commercial sand-crab fisherman and electric pong players.

*While in training, a Jogger adheres to a strict diet, consisting of such nutritious foods as hydroponic bok choy, watercress salad with yogurt dressing, whole wheat fig bars and organic apricot nectar. When not in training it's "Fat City". Whether in or out of training, a Runner adheres to a strict diet of pasta, cheap beer and Dolly Madison Zingers.

*A Jogger wears a full set of matching sweats (from Macy's or Sak's), clean adidas and is at all times color-coordinated. In warm weather a Jogger leaves the sweat bottoms on but replaces the top with an \$18.50 Chemise Lacoste sport shirt. A Jogger takes every precaution not to perspire on his sweat suit (i.e. - white towel around collar). At Sunday brunch a female Jogger wears her "jogging outfit"; a male Jogger, if not in sweats, wears a leisure suit, white shoes and puka shells. A Runner wears tattered blue nylon shorts, a Dudley Do-Right T-Shirt, taped Nikes, a Fruit-of-the-Loom elastic sweatband, and has a salt-stained forehead. At Sunday brunch, a Runner wears tattered blue nylon shorts, a Dudley Do-Right T-Shirt, taped Nikes, a Fruit-of-the-Loom elastic sweatband, and has enough class to wipe off the salt-stains from his forehead.

*A Jogger shuffles a few miles, becomes delirious from heat prostration and exposure, and thinks he's experiencing "runner's high". A Runner logs his Sunday morning 20-miler, is "laid-back" the entire afternoon drinking home brew and chipping and dipping, and knows he's experiencing "runner's high".

Comprende? I thought not!



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The Running Gourmand

by Nino 'the Fowl' Nuccio

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



GOURMAND'S GUIDE: - In 1975, WVTC won the team title at the National AAU Marathon Championship in scenic Culver City. There were 3 prime reasons for WVTC's success:

(1) The coaching expertise and shrewd strategy employed by Bonus Jack;

(2) No other club had enough members in the race to qualify for the team title;

(3) Mama Nuccio's carbo-crammed oatmeal cake.

Only a privileged few will ever have the opportunity to train under Bonus and National titles are getting tougher to come by. But now you too can improve your times, be popular at parties, and foment tooth decay with your very own personally xeroxed copy of the recipe for Mama Nuccio's outrageous oatmeal cake. This hallowed recipe has been a Nuccio family tradition since the April 1978 issue of *SUNSET* arrived.

WARNING: - This cake is very rich and power-packed. Don't overindulge! Bonus at 17 pieces the night before Culver City and not only dnf'd, but also dns'd (did not start). Zap wolfed down 8 chunks, blazed the first mile of the race in 4:12, then headed for the nearest private girls school.

INGREDIENTS: - 1½ cups boiling water; 1 cup brown sugar; 2 eggs; ½ teaspoon salt; 1½ cups flour; 1 cup quick cooking oats; 1 cup white sugar; 1 teaspoon each of cinnamon, nutmeg & baking soda; ½ cup butter.

DIRECTIONS: - Pour water on oats and mix well. Cream butter and sugar. Beat in eggs. Stir in oats. Stir in dry ingredients. Bake at 350°F for 30-35 minutes. Cool in pan.

TOPPING INGREDIENTS: - ¼ cup brown sugar; 1 cup chopped nuts; 1 cup flaked (like Jack) coconut; 6 teaspoons butter; ½ teaspoon vanilla; ½ cup white sugar; ¼ cup of half & half. **Directions:** Heat everything together; spread on the cooled cake and brown under the broiler.

NEXT ISSUE: - A treatise on great bakeries where you can "have your view & Danish too". Tune in soon: *Carbos by the Bay*.

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★ SPECIAL ARTICLES ★

THE WATERMELON RUN, OR BOB DECELLE'S REVENGE

/by Len Wallach/

I wouldn't miss it for the world. It's the best floorshow in town. Where else can you see that wide range of emotions displayed on human faces. No soap opera could ever produce the glares of anger, those gaped-jaw looks of surprise, the confused stares of frustration, and a comic air of the occasion...only the Watermelon Run, in all its bull-in-the-chinashop disaster atmosphere could produce this bit of annual comedy.

In previous years the weather has added to the race's woes, making it like a one-day vacation cruise on the Titanic. Generally the sun's rays make the course more like the valley of death or the inside of a Montgomery Ward's oven. This year, the runners were blessed with cooler temperatures, and even the water fountain at the half-way point was working.

There was a moment or two when the Race Director was almost rewarded with the unexpected as the Park Ranger almost forgot to unlock a crucial gate blocking an early segment on the course. However, Chief in Charge of Comedy, Bob DeCelle, was spared his usual fate. For a while it seemed that no bolt of lightning would strike poor old Bob, who has suffered the slings and arrows from runners over the years, partly because of his brusque wirebrush style and partly because of the circumstances of fate's fickle finger interfering with some important component of his race administration.

There have been so many crises in past Watermelon Runs that it might as well be renamed Bob DeCelle's Revenge, as it seems to be the particular fate of the runners who participate to suffer minor catastrophes like heat stroke, getting lost in the mesquite wilderness, or just plain crapping out. In any case, it takes not only a strong stomach and powerful legs to participate in the Watermelon Run but also a thick skull.

I now enjoy this masochistic experience so much that I don't even check the race schedule for the starting time, as my plans are to get to the course two hours early to do a long slow warmup, take a lot of pictures of angry people, and enjoy the antics of the runners baiting poor old Bob.

This year, in view of my suspicion that DeCelle was partly responsible for supplying my unlisted telephone number, not to mention by name, as the contact for the 1979 Bay-to-Breakers, I called him to gently rub a little salt into his wounds, resulting from an attorney friend ordering the AAU to cease and desist. Although I was rather calm about the prospects of receiving 20,000 telephone calls about the Bay-to-Breakers, the guy down the hall, who had his address listed to get the entry blank is in worse shape. DeCelle avoided discussing this forthcoming fiasco, however, he did advise me that the race would start promptly at 9:30 a.m. and not at the published time of 10:30. It, according to the gospel of St. Bob, was some multiple misunderstanding of all the running magazines who each managed to get the incorrect time.

Arriving at the race, there were rumors in the air that the starting time was actually 9 a.m. However, DeCelle, with the consent of the two runners present at the appointed hour, agreed to wait until 9:30. It seemed strange that he didn't mention the 9 o'clock starting time to me on the phone, but I have come to understand the subtleties of DeCelle's communications, which are about as gentle as a hot poker.

Responding to the call of nature in the bushes, as the restroom doors were nailed shut, I heard a prerace whistle at 9:10, but my physiology persisted, and consequently I wasn't able to join the assembled until five minutes later. Fortunately for me, as the gun went off at 9:20!! Not 9 or 9:30 or 10, but 9:20, by some formula which only DeCelle's watch understands.

It was a nice run and I got a PR, partly because the weather was cool, and also because there was lots of room due to a small crowd. As I neared the top of the second loop, I was greeted by the loud curses and grumblings of those who had arrived for a 10:30 race. Many, seeing that the race had already started, began their running as soon as they arrived, in an effort to catch up. One of those was Buck Swannack, who is not noted as being a gentle and restrained soul. Busy with my camera to shoot photographs of doubly-troubled faces, fatigued and angry, Buck's came into my view-finder. He roared his hot breath all over my telephoto lens from 300 yards out and belted, "I'll p--s on DeCelle's watermelons," as he went chugging by, as if I was to be his messenger. Buck didn't make his threat a reality, as I later saw him munching on a pink oval.

The second race started around 11 o'clock. I wonder what he'll do for an encore next year...maybe a snowstorm or a buffalo stampede...a pestilence or an earthquake. No matter what it is, Bob DeCelle's Revenge is waiting for you!

THOUGHTS ON IMPROVED RUNNING

/by John Weidinger/

To become a good runner, or to show improvement in one's running, the individual athlete must first set goals that he or she wishes to obtain. The goals must be set high, yet they should be reachable upon hard work. When striving towards a goal, the runner must overcome any setbacks that might confront him. Once the goals are reached, the runner may want to consider setting new goals.

The following are ideas which when used in training can help the runner reach goals by showing progress and improvement. Be aware of them...they will help you!

*People run for various reasons. Some people run because of physical fitness or health reasons. Others run because of the enjoyment and satisfaction that can be found in this type of activity. Still others run because of competitive reasons; trying to beat other runners or trying to run a particular time for a certain distance. Decide what you want out of running and then work toward it.

*There are no easy roads to becoming a good competitive runner. High goals must be set and only through hard work and sacrifice can such goals be reached. To become a good competitive runner will require running six to seven days a week. There is no instant success to good competitive running. Those who run twenty miles a week cannot be expected to run a good marathon race, a twenty-mile race, a fifteen-mile race, or even a ten-mile race. Remember, you only get out of running what you put into it.

*Training should include some hill running. There are few road races in the San Francisco Bay Area that do not have some hills. Training on hills will not only build leg strength, but will also prepare the runner both physically and mentally for the hills in the races.

*Train, don't strain! Do the straining in the races. If a runner trains hard every day, then injuries will occur or the runner will be tired on the day of a race. Build up your strength during workouts. Do not team the body down by overworking it.

*Pain tells you something is wrong with the body. Listen to your body.

*Proper food and rest is very important to any athlete. Take good care of your body and it will take good care of you.

*Workouts are for training and not for racing. It is nice to win the race and not the workout. Throw the watch away when you train, and run the way you feel. Many beginning runners run the same distance day after day and try to better the previous day's time. This leads to fatigue and injury, and it also leads to mental disappointment, because the runner will wonder why he or she did not improve from the previous day. The body will not perform at its best if it becomes tired and broken down. If you feel good, then run long and/or fast, and if you feel tired, then run slow and easy and cut the distance down. Remember, run the way you feel.

*Overcome the difficult times and continue on toward your goals. Remember the old saying: "A winner never quits, and a quitter never wins." Do not let setbacks such as injuries and defeats stop you from reaching your goals.

*The most important piece of equipment for the runner is his or her shoes. Wear shoes that give support, protection, and comfort. Shoes should fit properly and they should give cushioning to help reduce the shock from the foot striking the ground, so as to lessen the chance of injury.

*Much has been said and written about the various types of programs for long distance running. Read and listen about other runners and their training programs, running philosophies and ideas. Experiment with the various training programs, and then set up a training program that fits your needs and will give you the best results. Remember, what may be good for one runner may not be good for another. Experiment!

Being an intelligent runner is just as important as being a good runner. Knowing how to train properly will allow the runner to run for a long time to come and will reflect improvement as well. Therefore, be aware of the above thoughts and ideas when you run. They will help you.

1978-1979

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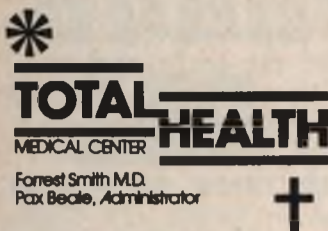
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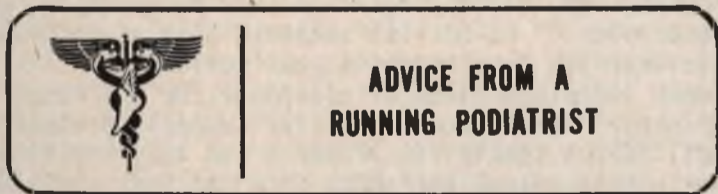
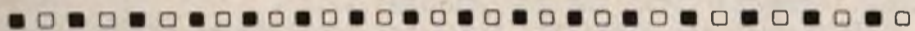
/by F.O. "Tim" Smith, MD/



Since the body does not have instant access to a continuing supply of fuel for energy, it has reservoirs of fuel built into the system. The most obvious energy reservoir that the body possesses is its fat supply. This supply is available for use by the energy-requiring mechanisms of the body whenever the intake of calories drops below the body's requirements for any time. There are also carbohydrate reservoirs in the body which hold a supply of the sugar that the body needs. The first part of this reservoir is the *BLOOD SUGAR* itself. There is a small amount of sugar circulating continuously in the blood, ready for use instantly by the muscles or nervous system. Sugar is also stored in the muscles and liver in the form of *GLYCOGEN*. This substance is just a chain of sugar bits, strung together, which are then chopped off and fed into the energy-making factories in the muscles as exercise demand requires.

When exercise begins, the body mechanisms are faced with the choice of which fuel to use -- fat or carbohydrate (glycogen is a complex sugar and therefore a carbohydrate). The choice of which fuel to use is made first in direct relationship with how intense the exercise is. If the person is exercising to an extent which approaches his limits, the predominant fuel is carbohydrate. If exercise is taking place at an easier rate, about 70 percent of maximum, the predominant fuel would be fat. This is why it is preferable for the person interested in exercise as a weight-reducing or controlling tool to exercise at an intensity equal to about 70 percent of his maximum. The maximum can be determined by knowing his maximum heartbeat (a function of his age...it decreases with age), and this is best determined by having an exercise EKG done to see just how fast his heart is able to go. Exercising with activities such as those that produce very intense effort over short bursts (such as tennis, racquetball, handball, sprinting, or very fast running) does in fact consume calories, but the calories are supplied mostly by carbohydrate, and the fat reservoir is relatively untouched. It is for this reason that the *AEROBIC*-type exercise is advised for any persons with weight problems. When the 70 percent steady intensity is reached, the fat is slowly burning off.

The further good news is that the better shape the person gets himself into, the more fat is burned when exercising. There are many reasons for this. For one, the greater efficiency of the heart is supplying oxygen to greater fat-handling properties of the muscles themselves, but the 'bottom line' of the chemical ledger shows that lower level exercise and conditioning are two of the very important keys in controlling your weight through physical activity.



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.

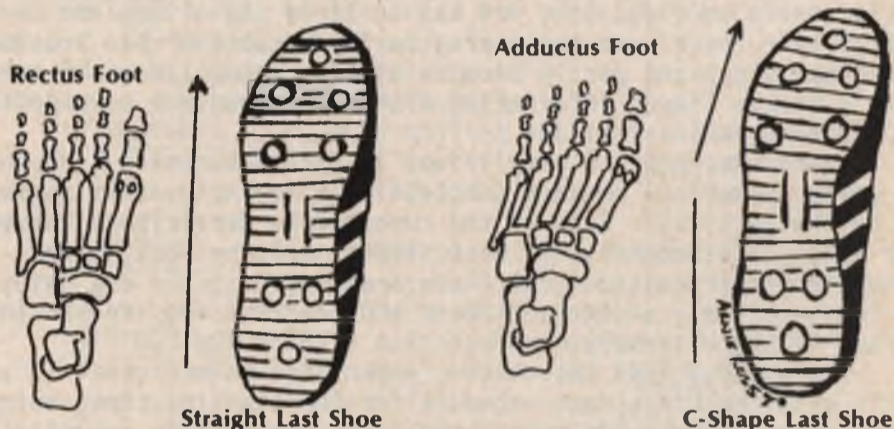
This is a guest article from a fine runner who is completing his studies at the California College of Podiatric Medicine. The information here is valuable for runners of various abilities.

ON THE RUN (by John Colson): - As incredible as it may sound, the feet of an average 150-lb. runner must accept more than 150 tons of force each mile while running! Studies have shown that up to three times our body weight is exerted at heel contact when running. Considering this and the fact that an average runner may take up to 750 strides per mile, it is astounding that a structure as intricate and delicate as the foot is able to accept this kind of force and still continue functioning.

This makes preventive foot care a tremendously important area of interest for the athlete. The following are a few principles of proper foot care for runners:

PRINCIPLE #1--SELECT THE PROPER SHOE AND MAKE SURE IT FITS: - There has been much controversy surrounding the rating of running shoes by *Runner's World* magazine. There seems to be a quest for one perfect shoe for all runners. Such a shoe does not exist. Running shoes, like any other shoes, are made on lasts, which have been designed to represent the average dimensions of a certain population of individuals. This fact in and of itself makes it impossible for one shoe to be right for everyone, for the average foot may not correspond to your foot.

When selecting a shoe, take the following into account. If you have a rectus foot, you should select a shoe constructed on a straight last. If you have an adductus foot, select a shoe built on a C-shaped last. Most running shoes have a fairly high degree of forefoot adductus built into the shoe. A rectus foot in a shoe with a high degree of adductus will result in a great deal of pressure on the lateral side of the foot, especially the fifth digit. In addition, the shoes will wear out on the lateral edge of the upper with the foot pushing out of the lateral side.



To accept the tremendous loads at heel contact, the shoe should have sufficient cushioning in the heel. Most running shoes have a wedge of soft material under the heel, but shoes vary considerably in the effectiveness of this material in shock absorption. In addition, forefoot padding in the sole of the shoe is very important. This is frequently a shortcoming in running shoes. While forefoot padding is important, it can't be achieved at the expense of forefoot flexibility. The sole of a running shoe should be flexible in the area of the metatarsal phalangeal joints when the foot dorsiflexes during propulsion.

When buying a running shoe, make sure there is sufficient room in the toe box, when the entire sole is in contact with the supporting surface. It may be necessary to press the front part of the shoe to the supporting surface when inspecting this feature. This is especially true in shoes which have the waffle-iron pattern sole tread.

Finally, the shoe should have a snugly-fitting heel counter. Remember, however, that shoes don't last forever. Discard worn out shoes and don't try to extend the shoe life, beyond what is reasonable.

PRINCIPLE #2--MINIMIZE FRICTION: - Tremendous shearing forces are generated in the shoe while running. These forces increase as the pace increases. Socks with terry-cloth lining such as the half-socks made for tennis are good for absorbing perspiration and reducing friction. In addition, a *SPENCO*® insole is an indispensable feature in a shoe for minimizing friction.

PRINCIPLE #3--RUN ON SOFT SURFACES WHENEVER POSSIBLE: - Running on asphalt may be the source of many running-related injuries. Grass, dirt and pine-covered trails are the most ideal surfaces to run and train on. These surfaces absorb a good portion of that threefold magnification of body weight at heel contact, whereas asphalt does not; hence the foot and leg will be forced to accept it all on asphalt.

PRINCIPLE #4--SUPPORT BIOMECHANICAL DEFORMITIES: - Perhaps the most important principle of preventive sports medicine is to support biomechanical deformities of the foot. Orthotics are designed to do exactly that through helping joints to function in a more ideal position and redistributing body weight more evenly throughout the foot. Orthotics, however, can create problems for runners...if all aspects of the lower extremity exam are not taken into account. Rigid orthotics are not a panacea for all that ails the runner, but they should provide significant preventive value, especially in structural deformities that lead to excessive pronation to fully compensate the

deformity.

PRINCIPLE #5--PRACTICE GOOD FOOT HYGIENE: - This area of foot care is often neglected, not only by runners but by everyone. Shoes should be kept clean and allowed to dry thoroughly between workouts. Alternating between two pairs of shoes is a good idea. Frequently, it takes 12-24 hours for a shoe to dry completely, especially in those individuals who perspire heavily.

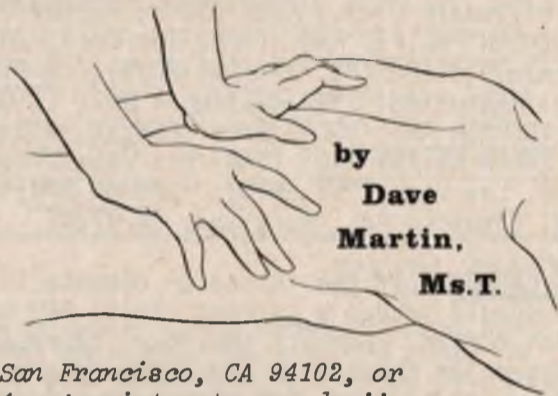
Nails should be trimmed straight across. Cutting the corners of nail borders should be avoided. Feet should be scrubbed daily and inspected for redness, swelling, callus formation, areas of maceration or other skin changes. Any lesions should be effectively treated professionally and immediately and not left to become worse.

Following these simple principles can effectively prevent many running-related injuries.

Swedish Massage

This is Part 6 of our 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!!



Those who appreciate massage have frequently asked me about another form of body work called **ROLFING**. Just what is it? The words Rolfing and Rolfer are service marks or trade marks of the Rolf Institute of Structural Integration, at Boulder, Colorado. This is the only place in the country where Rolfers are trained.

Rolfing is a technique for reordering the body to bring its major parts--head, shoulders, chest, pelvis and legs--towards a vertical alignment and a more harmonious balance. Runners are familiar with the imbalances in their bodies which create problems in running. The Rolfing technique lengthens the body, approaching an ideal in which the left side and the right sides of the body are more nearly balanced. Also, it assists the pelvis to approach the horizontal, which permits the weight of the trunk to fall directly over the pelvis; the head rides above the spine, the spinal curves are shallow, and the legs connect vertically to support the bottom of the pelvis.

Humans deal with gravity in a way different from other animals. Instead of planting himself on all fours like other animals, man has swung himself up on a narrow, unstable, two-point base. Because he is upright in position, he is less secure, but more dynamic, more flexible, with two of his limbs free for active contact with the world around him. For example, a tightrope walker projects an image of balance and lightness in our bodies, adapting to the forces acting on him. Man's center of gravity is high, giving him a high energy potential. A body in which the weight transmission remains close to the vertical line, or central axis, is an ideal one. The amount of energy required to move weight around a vertical axis decreases geometrically as the weight is moved toward the center axis.

The average person has let his body weight slip out from the vertical axis... that is, he has a shortened body. His head has slumped forward and his buttocks are probably carried up and back (see diagram at left, which is a copyrighted trademark of the Rolf Institute). Perhaps his body has twisted as it has slumped; one shoulder or one hip may lead the other as he walks. Knees may track out or in and misaligned ankles may throw his weight to the outside of his feet. One foot probably carries more weight than the other. His posture is bad. Sound familiar?

How do bodies get out of kilter and balance? Distortions are the result of the plasticity of the body. Fascia (a fibrous connective tissue covering, supporting and separating muscles) remolds itself in response to the forces of man's environment. These forces come from repeated patterns of



Ideal body is at right. Weight transmission remains close to a vertical line.

self-use, the way a person runs or walks, sits or sleeps. These patterns are primarily established in infancy, draw heavily upon parental examples and from other environmental factors like clothing, shoes and school-room desks. Inefficient patterns of behavior set themselves up in the fascia throughout the body as unbalanced patterns of structure.

Distortions also come into our plastic bodies through accidents. A fall from a bicycle that twists a knee can cause a limp for a few weeks. The shifting of weight to the strong leg restructures the muscular effort not only in the legs, but through the pelvis, up the spine, and eventually throughout the entire body. Although the limp disappears as the knee heals, the system of compensations leaves an imprint in a broad, complex pattern of shortened fascia, that connective tissue which envelops the muscles and gives the body its shape.

The function of most muscles is to contract in order to bring about movement, and then to release in order to be prepared for new movement. If the body becomes inefficient in its weight-bearing function, the fascial envelopes have a tendency to take on the hard and inelastic feeling of bone. Then tightness spreads, the body locks up, and the joints lose their freedom (range of motion).

The Rolfing technique rebalances the fascial network. In a series of carefully worked-out manipulations, the Rolfer reverses the negative influences of the environment, moving tissue back toward symmetry and balance--the normal architecture of the body.

Rolfing takes place in a series of 10 sessions lasting about an hour each and spaced about a week apart. It proceeds from the surface of the body towards the deeper levels. Early sessions deal with local areas of contraction and displacement which are covered in the first 7 visits. The relationships between the major segments of the body (Head-Shoulders-Chest-Pelvis-Legs) are covered in the last 3 sessions.

The Rolfer must apply enough force to stretch and move tissue. Also, he is frequently working in tissue whose chronic tension carries an emotional load. Pain is occasionally intense, but then vanishes immediately when the pressure is released. There is also some soreness, the kind that develops when muscles are overworked. This remains for a few days only.

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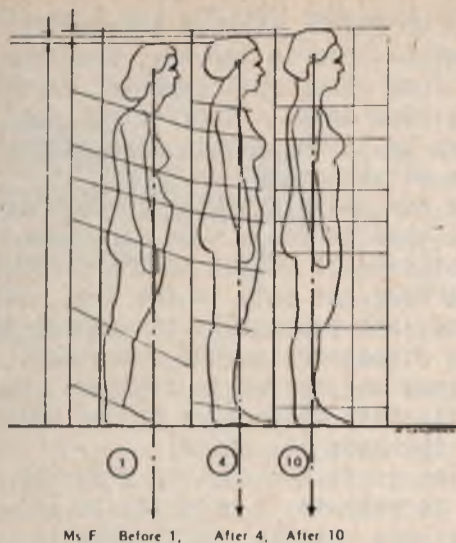
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Ms F Before 1, After 4, After 10

These schema, developed from photographs of a woman during her ten hours of Structural Integration, show the progressive change of body planes during this period, before, after four hours and after ten hours. The transformation from oblique planes through major joints to horizontals is clear.

Pain is frequently an emotional release and may be connected with emotions. Some people, while being Rolfed, often recall specific traumatic episodes associated with particular parts of the body, sometimes dating back to early childhood. But with or without such recall, the release of the tight connective tissue has an emotionally cleansing effect. Clients have even said they felt as if they unloaded years of accumulated grief that was part of the locked-in tissues. Some will cry while experiencing this release.

The results of Rolfing are varied and complex. The body acquires a lift, or lightness as the head and chest go up and the trunk lengthens. The pelvis, in

moving into a horizontal line, brings the abdomen and buttocks in; the knees and feet track more nearly forward, and the soles of the feet meet the ground more squarely. Runners know the importance of balanced feet and sometimes resort to orthotic devices in their shoes to try and achieve support. Because Rolfing restructures and balances the feet, as well as the entire body, the need for such orthotics is often eliminated.

As the joints gain freedom, the major parts of the body rotate and hinge more freely on one another. There is less pitching of the body from side to side in walking and running; less raising of the body weight with each step. Conserved energy becomes available for other purposes. The Rolfed body of a runner might endure a marathon with considerably less stress than one that has not been!

Most people undergo a spontaneous integration process for at least a year following their Rolfing sessions, as their improved balance manifests itself throughout the body. Structural changes tend to bring about behavioral changes as people use new, more balanced patterns of movement and meet situations with less tension. Many have experienced a pronounced reversal when an energy drain and structural breakdown has been replaced by progressive change and self-enhancement. Dramatic physical, emotional, and personality changes are possible, replacing old, destructive patterns as one becomes in touch with the body.

Rolfing is not appreciated by everyone. Some who have had it done have not been able to identify with it or feel the re-ordering of the body. You must be ready to accept Rolfing mentally, just as you would prepare yourself mentally for entering a marathon competition. The important thing is getting in touch with yourself and relating to body awareness. Many are unable to do it. Like any project, you get out of it what you put into it. If you approach it openly, with interest, and flow with the Rolfer's work, the changes and improvements can be satisfying and encouraging to observe. A negative approach with apprehension, fear of pain, or an uptight attitude will block positive responses. Rolfer and client must work together.

We all look for the best doctor, dentist or other skilled professional. Finding the right Rolfer is important too. The client should feel comfortable, at ease, and trust the other person handling his body. As in all professions, some Rolfers have the advantage of more sensitivity than others. I was fortunate enough to locate one of the best Rolfers in the Bay Area and achieved good results during my 10 sessions.

His name is Cliff Rediger and he is a certified practitioner, having graduated from the Rolf Institute at Boulder. He has a gift for working with the body, as well as the necessary intuition, awareness and sensitivity requirements for good work. Cliff knows how to give the proper amount of pressure and performs the manipulations expertly. As a dedicated person, his energy and vibrations are ideally suited to his craft.

Space limitations here do not permit a more detailed discussion of Rolfing. This article has touched on it briefly. For further word, send your inquiries directly to Cliff Rediger at: 1032-G Los Gamos Rd., San Rafael, CA 94903 (Ph. 415/479-1306). He has a 25-minute color & sound motion picture on Rolfing which he will show to interested groups, followed by a discussion period. Cliff has scheduled a presentation at *THE LAST LAP* in S.F. on Oct. 24th (call 415/567-5610 for details).

Scheduling

LONG DISTANCE (Also see "Late News")

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

AREA CONTACTS: - The AAU "District Contact" should be written in cases where no meet director is listed...this may or may not be the AAU LDR Chairman for that district. Remember that self-addressed, stamped envelope! *** PACIFIC AAU: Roger Bryan, 950 E. Hillside Blvd., Apt. 210-B, Foster City 94404 (415/574-5229); SOUTHERN PACIFIC AAU: (SPA) Tom Cory, 2632 Hollister Terr., Glendale 91206 (Ph. 213/956-8075); PACIFIC SOUTHWEST AAU: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno 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.).

LDR HANDBOOK: - Sales of this comprehensive booklet benefit the PA-AAU Travel Fund. So as not to affect sales adversely, the NCRP does not usually list the complete information on local races listed in this booklet unless there are changes. See the advertisement on page 19 of this issue for purchasing info.

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JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401



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 NCRR covers Oregon, Nevada & California scheduling.*)

POLICY: - Generally we will list any true "Fun Run" and most other races on our comprehensive schedule. However, races that try to bypass the Bay Area's (Northern California's) scheduling procedures and openly conflict with a pre-scheduled run may not be listed unless the parties involved do not object. Two races appearing on the same day and of similar distances and in the same area do not necessarily conflict, but there should be communication and agreement between race directors. 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 with the LDR Chairman, PA-AAU Office & the NCRR, as well as other affected races. Thanks for your cooperation on these items.

HONOLULU MARATHON CHARTER

December 8-15 - \$399⁰⁰

Includes airfare, Waikiki Beach Hotel, and meals! Deposit of \$100.00 due by October 1, 1978. For details, brochures, contracts and other information, write or call:

PAUL ORITT

18 Parkhurst St.

Chico, CA 95926

(916) 343-6263 (After 5 p.m.)

This trip is organized
by and for Northern California runners.



FUN-RUN SCHEDULE

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

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

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

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

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

FRESNO: 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.

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.

SAN BRUNO: Capuchino High School; 1st & 3rd Sat., 9:30 am; Bill Frisbie, 567 El Camino Real, San Bruno, CA 94066

DEL MAR: Seagrove Park; bi-weekly (Sat.), 9 am; Brent Thorne, 118 Solana Hills Dr., Solana Beach, CA 92075.

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 Lemoyne 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.

SUSANVILLE: Athletic Field at Lassen High School; 2nd & 4th Sat., 9 am; Bob Wall, 512 Lakewood Way, Susanville, CA 96130.

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

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

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

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

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

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.

- Oct 7 - Cow Mountain 50-Miler, btwn. Ukiah & Clear Lake, 5:30 am!! Write: Cow Mtn. 50-Miler, 2401 Redemeyer Rd., Ukiah 95482.
- Oct 7 - Berkeley Waterfront Run, 5.09 Miles, Berkeley. (See PA-AAU LDR Handbook)
- Oct 8 - DSE Daly City Hill Run, 6.2 Mi., Colma School, Daly City, 10 am. Walt Stack, 321 Collingwood St., San Francisco 94114.
- Oct 8 - Contra Loma Reservoir Run, 10 Km., Antioch. (See PA-AAU LDR Handbook)
- Oct 8 - LMJS Tilden Park Nature Center Fun-Run, Berkeley (10 Km.), 9 am. John Notch (415/562-2210).
- Oct 8 - Schlitz Lite/San Francisco 10 Km. Classic, Golden Gate Pk. (Polo Fields), noon. Don Capron, 4808 Fulton, S.F. 94121.
- Oct 8 - Natl. AAU (& SPA-AAU) Two-Hour Postal Championships, San Luis Obispo H.S. (track), 8 am. Stan Rosenfield (805/544-9320).
- Oct 8 - Columbus Day Relays, Spring Lake, Santa Rosa (3 x 4.2 Mi.), 10 am. Dave Sjostedt (415/875-9925).
- Oct 14 - Riverbank Wine & Cheese Festival 7.5-Miler, Community Ctr., 9 am. Jim Rude, 2848 Stanislaus, Riverbank 95367.
- Oct 14 - Kiddie Korral 5-Miler, Geary Road Co-op, Walnut Creek, 9 am. Linda Kilday, 715 Huntington Ct., Martinez 94553.
- Oct 14 - PA-AAU Masters (Men & Women) 10 Km. X-C Champs, G.G. Park (Polo Fields), S.F., 10 am. Frank Smith, 1426 Nye St., San Rafael 94901, (Ph. 415/453-7627). (Qualifier for funding from PA-AAU LDRC...top 5 get \$100 each for Natl. Championships).
- Oct 14 - F.O.R.E. Runners Women's 10 Km., G.G. Park (Polo Fields), S.F., 9 am. Sue Brusher, 239 Marlow, Oakland 94605.
- Oct 15 - (Changed from 10/14) Oakland Ballet Vista Run, 6.3 Mi., Tilden Pk., Berkeley, 9 am. Run, 2704 MacArthur Blvd., Oakland 94602. (Must be received by Oct. 8th if mailed; otherwise enter on raceday.) (Note: Location changed from PA Handbook)
- Oct 15 - Berkeley-to-Moraga 13-Miler, Claremont Hotel, 10 am. Chas. MacMahon, 154 Grover Ln., Walnut Creek 94596 (RRCA Event).
- Oct 15 - Lagoon Valley Lope, 15 Km., Fairfield. (See PA-AAU LDR Handbook)
- Oct 15 - Run For Clean Indoor Air, 10 Km., Hellyer Park, San Jose. (See PA-AAU LDR Handbook & advertisement on Pg. 39)
- Oct 15 - Sam's Eldorado Restaurant Marathon (& Half-Marathon), Cameron Park (nr. Placerville), time TBA. Ernie Marinoni, 5101 Newtown Rd., Placerville 95667.
- Oct 21 - The Stanford Run, 10 Km., Angel Field, Stanford. (See PA-AAU LDR Handbook)
- Oct 21 - Piedmont Music Foundation 5 & 10 Km. Runs, Piedmont, 9 am. Peter Butler, 62 Inverlieth Terr., Piedmont 94611.
- Oct 21 - Sunset Park 15-Kilo Run, Las Vegas, Nev., 8 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Oct 21 - Natl. Sr. Men's AAU Marathon, Buffalo, N.Y. Jesse Kregal, 681 Auburn St., Buffalo, N.Y. 14222.
- Oct 21 - Madera 3-Miler, Madera High School, time TBA. Dee DeWitt, c/o Madera High School Athletic Dept., Madera 93637. (CCA)
- Oct 21 - Kingston/Laton River Run, 5 Miles, time TBA. Richard Peterson, Box 206, Laton 93242. (CCA)
- Oct 21 - Fresno State Jog-a-thon, Fresno, time TBA. Red Estes, P.E. Dept., Fresno State Univ., Fresno 93740. (CCA)
- Oct 21 - ORRC Tryon Creek 10 Km., Portland, Ore., 9 am. Austin Leach (Ph. 503/636-7172). (OA)
- Oct 21 - Von Raesfeld Runs (3, 8.2 & 16 Km.), St. Vincent's H.S., Petaluma, 9:30 am. Ernie Von Raesveld, Box 100, Petaluma 94952.
- Oct 22 - Santa Barbara Marathon (& Half-Marathon), SBCC, 9 am (Enter by 10/16). John Brennand, 4476 Meadowlark, S. Barbara 93105.
- Oct 22 - NYC Marathon (& Women's Natl's) 10:30 am (Entries have closed at 10,000+).
- Oct 22 - Hayward Half-Marathon (13.11 Mi.), Kennedy Park, Hayward. (See PA-AAU LDR Handbook)
- Oct 22 - Concord Classic 10-Kilo (replaces Contra Costa 10K), Concord Comm. Pk., 10 am. Gary Santos, P.O. Box 23646, P.H. 94523.
- Oct 22 - DSE Presidio Roller Coaster Run, 4 Mi., Mtn. Lake Park, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Oct 22 - (??) Reno Journal Jog, 5 Miles, Reno, Nev., time not known. Reno Star Journal, Sports (Ph. 702/786-8989).
- Oct 22 - Jerry Estruth 10 Km. (political fund-raiser), Hellyer Pk., San Jose, 9 am. Campaign HQ, 1314 Lincoln Av., San Jose 95125
- Oct 22 - (Tentative) Marvelous Marin 10K, Hamilton Field, Novato, time TBA. Rosalie Webb, 222 Crest Rd., Novato 94947.
- Oct 22 - Coca-Cola Run-for-Athletics (benefit for Prop. 13 losses), Sequoia H.S., Redwood City, 9:30 am (tentative), 5 Miles. Julie Fiedler, c/o Marine World/Africa U.S.A., Marine World Pkwy., Redwood City 94065 (Ph. 591-7676, ext. 21).
- Oct 22 - LMJS Lake Merritt 5, 10 & 15 Km. Runs, Oakland, 9 am. John Notch (Ph. 562-2210).
- Oct 22 - LaGrange Ditch Run, 6.4 Mi., tough hills, Weaverville, 11 am. Wayne Moss, Box 929, Weaverville 96093.
- Oct 28 - The Great Pumpkin Chase, 10 Km., Van Nuys, 8:30 am. Donny Richards, 6901 Lennox Av., Van Nuys 91405. (SPA)
- Oct 28 - CSUSB 10 Km. Run, San Bernardino, 11:30 am (No pre-entries). Danny Contreras, Box 942, Rialto 92376. (SPA)
- Oct 28 - SNA-AAU 5-Mile Championship, Sunset Pk., Las Vegas, Nev., 8 am. Las Vegas TC, 309 S. 3rd, #316, Las Vegas, NV 89101.
- Oct 28 - San Leandro Shoreline 10 Km., 9 am. Dan Paiva, Recr. Dept., Civic Center, 835 E. 14th St., San Leandro 94577.
- Oct 28 - San Dieguito 10-Mile Handicap, San Diego area, time TBA. Contact Dave Baxter (Ph. 714/483-0909). (PSA)
- Oct 28 - (Tentative) All-Women's Run, Approx. 7 Mi., DeAnza JC, Cupertino, time TBA. Patty Cox, c/o Aditi Resorts International, 1081 Saratoga-Sunnyvale Rd., San Jose 95129.
- 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 - PSA-AAU 50 Km. & 50 Mile Track Champs, Grossmont College, San Diego, 6:30 am. Contact Mike Wade (Ph. 714/447-1164).
- Oct 29 - S.F. Mayor's Cup Marathon, Treasure Island start, 7 am (note change). Guardsmen, 12 Geary St., San Francisco 94108.
- Oct 29 - Russian River Autumn Runs (2 & 6.2 Mi.), "Rusty Nail", Forrestville, 10 am. Glenn McCarthy, 335 Algiers Ct, S.Rosa 95405
- Oct 29 - Old Town Half-Marathon, Eureka (2nd & F Sts.), 10 am. Eureka Parks & Recr., P.O. Box 1018, Eureka 95501.
- Oct 29 - Sonoma State "Wrong-Turn" Marathon, Rohnert Park, time (?). Bob Lynde, c/o P.E. Dept., Sonoma State, Rohnert Park 94928. (Note: Limit of 400 entrants only.)
- Oct 29 - Pleasanton Pumpkin Run, Approx. 4 Mi., Pleasanton. (See PA-AAU LDR Handbook)
- Oct 29 - Halloween Run, 5.2 Miles, West Valley College, Saratoga. (See PA-AAU LDR Handbook)
- Oct 29 - Angwin to Angwish 7.6-Miler, Pacific Union College, Angwin. (See PA-AAU LDR Handbook)
- Oct 29 - ORRC Reed College 6 Mile X-C, Portland, Ore., 2 pm. Mike Bergman (Ph. 503/246-9517). (OA)
- Oct 29 - STC 4-Person, 10-Mile Medley Relay, Gardena, 9 am. Contact Ron Watson (213/536-1107). (SPA) (No Pre-Entries)
- Nov 4 - Turkey Run, 10 Km., Lafayette Reservoir, Lafayette, 9 am (note change). (See PA-AAU LDR Handbook)
- Nov 4 - "All Clubs X-C Championships" (note--this is Sr. Men's PA-AAU X-C Champs & all men are eligible to compete, although PA Championships awards only to PA Sr. Men), UC Davis, 10 am. Bill Adams, UC Davis P.E. Dept., Davis 95616. (Note: PA-AAU LDRC funds \$100 to top 5 PA finishers for Natl. Championships)



HAWAII MARATHONS

Hilo, July 2

Honolulu, Dec. 10

Maui, March ?

JOIN YOUR FELLOW RUNNERS---Morning runs, afternoons for sight-seeing, swimming, surfing, shopping, etc. Evenings for carbohydrate loading. Then at the end of the week...The Marathon.

Economical group rates, optional & flexible plans and the pleasant company of fellow runners. Friends, wives, sweet-hearts & Marathon groupies welcome. Plan ahead for a special and pleasant week.

FOR INFO: - Dick Ramirez, 10968 Mascarell, Mission Hills 91345

- Nov 4 - China Lake 10 Km. Run, China Lake, 9:30 am. Scotty Broyles, 1243 Wayne St., Ridgecrest 93555. (SPA)
- Nov 4 - Newport Beach 10-Person, 50-Mile Relay, 8 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (SPA)
- Nov 4 - Sunset Park 20 Km. Run, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101
- Nov 4 - ORRC Blue Lake 25 Km., nr. Portland, Ore., 9 am. Sid Christie (503/665-3169). (OA)
- Nov 5 - Excelsior West End Run, 6.25 Mi., Golden Gate Park, San Francisco. (See PA-AAU LDR Handbook)
- Nov 5 - YMCA-Zoo Run, 5 Km., Oakland Zoo, 10 am. East Bay Zoological Society, P.O. Box 5238, Oakland 94605.
- Nov 5 - Phelon Handicap, 15 Miles, Phelon, noon. Connie Rowdewald, 852 Sharon Dr., Camarillo 93010 (Enter on raceday only.)
- Nov 5 - Citrus Grove Half & Quarter-Marathon, Loma Linda, 8 am. Ellis Jones, P.O. Box 495, Loma Linda 92354.
- Nov 11 - DSE Legion of Honor Run, 4.5 Mi., San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F. 94114.

- Nov 11 - Almond Bowl Run (3 & 6 Mi.), Bidwell Park, Chico, 10 am. Walt Schafer, Box 186, Nimshew Stage, Chico 95926.
- Nov 11 - ORRC 10-Mile Track Run, Duniway Pk., Portland, Ore., 9 am. Bob Duval (Ph. 503/246-0724). (OA)
- Nov 11 - SNA-AAU X-C Champs, 6 Mi., Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, L.V. 89101
- Nov 11 - SPA-AAU 10K X-C Champs, Corona, 9:30 am. Nick Vogt, 1451 E. Irvine Blvd., #12, Tustin, CA 92680. (No Pre-Entries; SPA-AAU LDRC Meeting Follows Race.)
- Nov 11 - Pioneer Run, 9 Mi., Phoenix, Ore., 9 am. Doyle Powell, 2133 Harrison Av., Medford, OR 97501. (OA)
- Nov 11 - Central California Marathon, Fresno, 7:30 am. Gordon Keller, 8811 E. Herndon, Clovis 93612. (CCA)
- Nov 12 - Conservatory Run For the Music, Approx. 7.4 Mi, Bay Bridge Toll Plaza (Oakland) to Ferry Bldg. (S.F.), 8 am. (Entries Close Nov. 3...NO POST ENTRIES). Julie Riegel, c/o S.F. Magazine, 631 Howard St., S.F. 94105.
- Nov 12 - YMCA Golden Gate Marathon, Embarcadero YMCA to Tiburon. (See PA-AAU LDR Handbook)
- Nov 12 - OTC 10 Km. Road Run, Alton Baker Pk., Eugene, Ore., 1 pm. Clark Meinert, 877 E. 13th, Eugene, OR 97401.
- Nov 12 - LMJS "Blind Duck" Relays (3 runners x 5 Km. each), Lake Merritt, Oakland, 9 am. John Notch (Ph. 562-2210).
- Nov 18 - Heart of the Empire 15 Km., Springlake Park, Santa Rosa. (See PA-AAU LDR Handbook)
- Nov 18 - I Found It Run, 2.5 Mi., Duniway Pk., Portland, Ore., 10 am. Dishon Olsen, Ph. 503/659-4354. (OA)
- Nov 18 - Oregon AAU/USTFF X-C Champs (all divisions & age-groups), 10 Km. open, Lane C.C., Eugene, Ore., 10 am. (Enter by Nov. 16). Al Tarpenning, Ph. 503/747-4501. (OA)
- Nov 18 - Pico Rivera 10-Mile Turkey Trot, 9 am. Armie Briones, Pico Rivera Rec. Dept., 6515 S. Passons Blvd., P.R. 90650
- Nov 18 - Sunset Park 10 Km. Turkey Run, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101
- Nov 19 - Santa Clara Valley Autumn Ridge Run, 6.07 & 10.76 Mi., Milpitas. (See PA-AAU LDR Handbook)
- Nov 19 - Pepsi 20-Mile Run, Clarksburg. (No Post Entries...registration ends Nov. 11). (See PA-AAU LDR Handbook)
- Nov 19 - Palo Alto YMCA Turkey Trot, Approx. 5 Mi., (3412 Ross Rd.), Palo Alto, 9 am. Steve Totten, c/o YMCA, 3412 Ross Rd., Palo Alto 94303. (Awards based on estimated time.)
- Nov 19 - Lake Merced 5-Miler (4.95 Mi.), San Francisco, 10 am. Smith College Scholarship Fund & S.F. Alumni Club, 1476 California St., Dept. 277, San Francisco 94109.
- Nov 19 - The Harvest Classic, Butte College (5 Km., 10 Km., 20 Km.), Oroville, time TBA. (Entries Close Nov. 5). Feather River Hospital, Health Services Dept., 5974 Pentz Rd., Paradise 95969.
- Nov 19 - Quaker 100% Run, 10 Km., Golden Gate Pk. (Polo Fields), S.F., 10 am. For Info: Ph. 415/495-4273.
- Nov 19 - Rose Bowl Marathon (& 1/2 and 1/4 Marathon), Pasadena, 7:30 am. Darrell Kelly, Pasadena YMCA, 235 E. Holly, Pasadena 91101.
- Nov 19 - Suomi 20 Km. Race, Pt. Magu, time TBA. Eino, 32926 Mulholland Hwy, Malibu 90267. (SPA)
- Nov 19 - Executive Share Health Marathon (& 3/4 and 1/2 Marathon), Anaheim, 7 am. (Enter by 11/13). Mike Turin, 4000 Park Newport, Suite 408, Newport Beach 92660. (SPA)
- Nov 25 - Portland Marathon, Univ. of Portland, 10:30 am. (Entries Close 11/19). Portland Jaycees, 824 SW Fifth Av., Portland, OR
- Nov 25 - Women's Thanksgiving 10 Km., Los Angeles (Griffith Pk.), 8:30 am. John Rupp, Box 2161 TA, Los Angeles 90051. (SPA)
- Nov 26 - Garland Ranch Run, 10 Km., Carmel Valley. (See PA-AAU LDR Handbook)
- Nov 26 - Run & Bike (4 & 6 Mi.), Redwood Shores Pavilion, Redwood City. (Enter Raceday Only) (See PA-AAU LDR Handbook)
- Nov 26 - Community Bank 10 Km. River Run, Anaheim, 9 am. Community Bank, 1750 So. State College Blvd., Anaheim 92806. (SPA)
- Nov 26 - Natl. AAU Masters (Men & Women) & SPA-AAU Marathon Champs (40+ Only), Orange (Chapman College), 7:30 am. Joe Burgasser, P.O. Box 4053, Torrance 90510. (SPA)
- Nov 26 - Las Vegas Mini-Marathon, 13.1 Mi., El Cortez, 8 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Nov 26 - Lake Merritt 5, 10 & 15 Km. Runs, Oakland, 9 am (LMJS Fun-Runs). John Notch (Ph. 562-2210).
- Nov 26 - DSE Kennedy Drive Run, Golden Gate Pk. (Polo Fields), S.F., 4.7 Mi., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Nov 26 - Olympic Fund-Raising 5 & 10 Km. Runs, dntn. Sac'to, time & site TBA. Donna Taylor, 1725 - 23rd St., Sacramento 95816.
- Dec 2 - Spring Lake Women's 10 Km., Santa Rosa. (See PA-AAU LDR Handbook)
- Dec 2 - 5,000-meter track run, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101.
- Dec 3 - Western Hemisphere Marathon, Culver City, 8 am. Carl Porter, 4117 Overland Av., Culver City 90230. (SPA)
- Dec 3 - PA-AAU Jr. Men's (under 20) 10 Km., X-C Championships, Crystal Sprgs., Belmont. (Enter Raceday Only) (See PA LDR Handbk.)
- Dec 3 - United Airlines Friendship 30 Km., UAL Maintenance Base, San Bruno. (See PA-AAU LDR Handbook)
- Dec 3 - Bike & Run (6 & 12 Mi.), Ord-Bend Bridge, Chico. (See PA-AAU LDR Handbook)
- Dec 3 - Campbell Rotary Club "Decemberfest", 6 Miles, Campbell H.S. (See PA-AAU LDR Handbook)
- Dec 3 - DSE South Embarcadero Run, 6.5 Mi., Meet at Dolfon Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Dec 9 - Livermore Marathon (& 1/2-Marathon), Lawrence Rad Lab, 10 am. Dick Jones, 228 Scherman Way, Livermore 94550.
- Dec 9 - DSE Land's End Run, 4 Mi., Balboa & Great Hwy., S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Dec 9 - 25-Kilometer Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Dec 9 - Women's Desert Hot Springs 10 Km., Desert Hot Springs, 9 am. Doug Huff, P.O. Box 338, Desert Hot Springs 92240.
- Dec 9 - ORRC Oak Hills Runs (2 & 7 Mi.), Oak Hills, Ore., 9 am. Ken Winters (Ph. 503/227-5802). (OA)
- Dec 9 - Human Rights Run, 5 Km., Golden Gate Park, Polo Fields, 10 am. Nancy Buxton, 3618 Sacramento St., San Francisco 94118.
- Dec 10 - Apple Valley 3.1 & 6.3 Mi. Runs, Apple Valley, 11 am. Jim Gorrell, 14756 Hope Rd., Apple Valley 92307. (No Pre-Entries)
- Dec 10 - Compton 6-Miler, Compton College, 9 am. Art Reade, 410 E. Buttonwood, Brea 92621. (SPA) (No Pre-Entries)
- Dec 10 - 60-Kilometer Run (tentative PA-AAU Championship), West Sacramento. (See PA-AAU LDR Handbook)
- Dec 10 - San Francisco 10-Mile Classic, Golden Gate Park (Polo Fields). (See PA-AAU LDR Handbook)
- Dec 10 - LMJS Industrial Park 10 Km. Run, Bay Park Refuge, Edgewater Dr., Oakland, 9 am. John Notch (Ph. 562-2210).
- Dec 10 - Honolulu Marathon, Honolulu, Hawaii, 6 am. Honolulu Marathon Ass'n, Box 27244, Honolulu, HI 96827. (Enter by Oct. 23rd)
- Dec 10 - OTC 5-Miler, Pre's Trail, Eugene, Ore., 1 pm. Clark Meinert, 877 E. 13th, Eugene, OR 97401. (OA)
- Dec 16 - Holiday X-C Runs (1 & 4 Mi.), Compton (LA Southwest Coll.), 9 am. Municipal Sports, 200 N. Main, 13th Flr., L.A. 90012.

Berkeley-Moraga 13 Miler

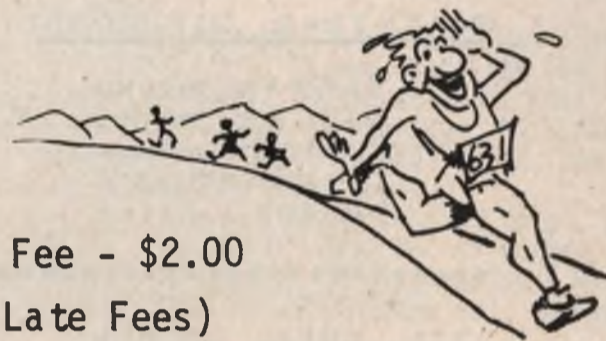
10 A.M. - CLAREMONT HOTEL - BERKELEY
(Lower Parking Lot)

Survivors Patches to all finishers and
awards in various classifications.

"Slip Madigan" Perpetual Trophy

Refreshments to all finishers

OCT.
15



Entry Fee - \$2.00
(No Late Fees)

Chas. MacMahon 154 Grover Lane
Walnut Creek, CA 94596

RRCA Sanctioned

BOYS



GIRLS

CROSS COUNTRY

BIRTHYEAR DIVISIONS:

RACE DISTANCE:

BANTAM means	Born in 1968, '69, or '70 - - -	-1.5 Miles
MIDGET means	Born in 1966 or 1967 - - -	-1.5 Miles
JUNIOR means	Born in 1964 or 1965 - - -	-2.0 Miles
INTERMEDIATE	Born in 1962 or 1963 - - -	-2.5 Miles
SENIOR means	Born in 1960 or 1961 - - -	-3.0 Miles

1978 TRIAL MEETS:

- Redding* - - - - - November 5; Shasta College. All Div.
Contact: Regina Silva, 3035 Sacramento Drive,
Redding, Ca. 96001 Ph:(916) 241-7526
- Sacramento* - - - - - November 5; Sacramento State. All Div.
Contact: Jerry Coleman, 4292 North River Way,
Sacramento, Ca., 95625 Ph:(916) 487-3175.
- Santa Rosa* - - - - - November 10; Spring Lake Park. Bantam
Midget, & Juniors ONLY.
Contact: Jr. Olympics, 5341 Sebastopol Road,
Santa Rosa, Ca. 95401 Ph:(707) 823-8338.
- Chico* - - - - - November 11; Bidwell Park, Hooker
Oaks Complex. All Divisions.
Contact: Bill Mulholland, 1190 Bonair Road
Chico, Ca. 95926 Ph:(916) 343-4471 or 345-4377
- Diablo Valley* - - - - - November 14; Pleasant Hill H. S. 4 pm
Bantam, Midget, Juniors - ONLY
November 15; Int. & Seniors -ONLY
Contact: Gary Santos, P.O.Box 23646, Pleasant
Hill, Ca. 94523 Ph:(415) 938-7454
- Eureka* - - - - - Date to be set - All Divisions.
Contact: Mary Harrison, 3981 'F' Street, Eureka,
Ca. 95501 Ph: (707) 443-7294.
- Reno* - - - - - Date to be set - All Divisions.
Contact: Don Meier, 4495 Gibraltar Drive, Reno,
Nev. 89509 Ph: (702) 826-4495

If none of the above listed meets is in your area; you can find out if one has been scheduled in your area by sending an Self-Addressed STAMPED Envelope to: Jr. Olympic X-C Chairman, Fred Kenyon, 1609 Mariner Dr., Sebastopol, Ca. 95472.

PA-AAU Jr. Olympic X-Country Championship Meet - Sunday, Nov. 19, Spring Lake Park, Santa Rosa. 10:00 a.m. To qualify you must attend a Trial Meet and place in the top 15 in your Sex-Birthyear Division.

WESTERN REGIONAL Jr. Olympic X-Country Championship - Saturday December 2nd, San Diego Area. To Qualify you must place in the top 20 finishers in your Sex-Birthyear Division at the Nov. 19 Pacific Association Championships in Santa Rosa.

- Dec 16 - SCTC Sunset Bay Run, Coos Bay, Ore., 1, 3.2 & 6.2 Mi., 1 pm. Mike Hodges, Ph. 503/267-7255. (OA)
 Dec 16 - Heart of the Valley Runs, 3 & 7 Mi., Crescent Valley HS, Corvallis, Ore., 11 am. Dan Eden, 601 SW Washington, Corvallis
 Dec 16 - 5-Mile "Santa Claus" Race, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101.
 Dec 17 - Mt. Tom Hill Climb, 4 Mi., Glendale College, 9 am. John Tansley, 1500 Verdugo Rd., Glendale 91208. (SPA)
 Dec 17 - Skunk Hollow 15 Km. Handicap, Camarillo, 10 am. (No Pre-Entries) Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
 Dec 17 - 6th Annual Xmas Relays, site & time TBA (probably HMB to Santa Cruz this year), 50 miles, 7-person relay, many divisions.
 Note: Entry blanks will be included in next NCRR (subscribers - 3rd class), or send SASE to NCRR or contact in LDR Handbook...address in handbook will change, so allow time for forwarding. Blanks available probably about Nov. 1-15.
 Jan 20 - Natl. AAU Sr. Men's Marathon Champs, Houston, Texas, time TBA. Pete League, 2043 Round Spring, Kingwood, TX 77339.

CROSS-COUNTRY

NOTE: - Following are the meets we've received information on thru mid-September. There are probably errors (dates) on some meets, especially high school invitationals, which often have more than one date listed (different dates on various schedules that we received). Normally, the host school is the same as the meet location, unless otherwise noted. *** Please send us any corrections, additions, etc., as soon as possible. We need dates & locations for the various CIF Section & Region Meets in many cases. Thanks. --- **CODES:** - Following the meet information are codes, indicating what divisions the meets are open to. Again, this information may not be entirely correct...it is only what we've received: Open (O); College (C); Women (W); High School (HS); Jr. College (JC); Masters (M); Girls & Boys Age-Group (GAG, BAG); Junior (JR). -- When divisions are obvious then no coding is usually listed.

- Oct 7 - California Invit., Univ. of Calif., Berkeley, 11 am (W); Crystal Springs Invit., Belmont, 9 am (JC); OAL Invit., Joaquin Miller Pk., Oakland, 9:30 am (HS); Bella Vista Invit., Sacramento, 10 am (HS); Merced Invit., Merced, 10 am (HS); San Ramon Invit., Danville (HS); Folsom Invit., Folsom H.S. (HS); Chico Invit., Chico (C,JC); Aptos Invit., Aptos, 9:30 am (HS); Canada College Invit., Redwood City, 11 am (JC); Aggie Invit., UC Davis (O,W,C); Artichoke Invit., Half Moon Bay H.S., 10 am (HS); Nevada Union Invit., Grass Valley, 11 am (HS); Central Valley Invit., CVHS.
 Oct 8 - Spring Lake/Columbus Day Relays, Santa Rosa (BAG,GAG), Valley of the Moon TC, 1609 Mariner Dr., Sebastopol 95472.
 Oct 11 - CCC Center Meet, Legion Pk., Modesto, 3:30 pm (HS).
 Oct 12 - CCS Center Meet, Crystal Sprgs, Belmont, 3 pm (HS).
 Oct 13 - Center Meet, Santa Rosa, 2:30 pm (HS).
 Oct 14 - Stanford Invit., Golf Course, 9 am (C,O,W); Orinda Invit., Orinda (BAG,GAG), Orinda TC, 133 Selbourne Wy, Moraga 94556; Rio Linda Invit., Gibson Ranch, Sacramento, 9 am (HS); Herschel Miles Invit., Antioch HS; Lassen Invit., Susanville(?) (HS); Hancock Invit., Santa Maria, 9 am (JC); Crystal Springs Invit., Belmont (HS), Serra H.S. host.
 Oct 18 - Nat'l Postal Meet, Merced, 3:30 pm (HS), 2 miles.
 Oct 19 - CCS Center Meet, Crystal Sprgs., Belmont, 3 pm (HS), Carlmont HS host.
 Oct 20 - Mt. SAC Invit., Walnut, 10:30 am (JC).
 Oct 21 - St. Francis Invit., Foothill JC, Los Altos Hills (HS); Hayward Invit., Cal-State, Hayward, 11 am (W); Leigh-Lynbrook Invit., Coyote Pk., San Jose, 9 am (HS); Morro Bay Invit., Morro Bay (O,W), Cal-Poly SLO sponsor; Madera Invit., Madera, 10 am (O,W,M,HS); Mador Relays, Sacramento, 10 am (HS); CSM Invit., Crystal Sprgs, Belmont, 10 am (HS), Serra HS host; Hayward Area Invit., Hayward (HS); Castro Valley Invit., CVHS (HS); Arcadia Invit., UCLA, Westwood (HS); Shasta Invit., Redding, 11 am (W).
 Oct 26 - Center Meet, Crystal Sprgs, Belmont, 3 pm (HS), Carlmont host.
 Oct 27 - Nat'l Postal Meet, location(?), 2 miles (HS), Ygnacio Valley HS host.
 Oct 28 - NCAA Div. II Regional, Crystal Sprgs, Belmont, 11 am (C), S.F. State host; Pacific Grove Invit., PGHS, 10 am (HS); Fresno Pacific X-C Carnival, Fresno Pacific College (O,W), Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702; Clam Beach Run, McKinleyville (HS); Golden State Conf. Champs, site TBA (W).
 Oct 29 - Boy's & Girl's PA-AAU Champs, Sierra College, Rocklin (BAG,GAG), Roseville Gazelles, 1325 Susan Cir., Roseville 95678.
 Oct 31 - San Francisco AAA Champs, Polo Fields, Golden Gate Pk, S.F., 2:50 pm (HS).
 Nov 2 - Sac-Joaquin District II Meet, site TBA (HS).
 Nov 3 - Golden Gate Conf. Meet, Crystal Sprgs, Belmont, 3 pm (JC); Sac-Joaquin District I, III & IV Meets, sites TBA (HS).

- Nov 4 - PA-AAU Sr. Men's X-C Champs, UC Davis, 10 Km., 10 am (O), See LDR Schedule for contact; Coast Conf. Meet, Crystal Sprgs, Belmont, noon (JC); Valley Conf. Meet, Fresno City College, noon (JC); Golden Valley Conf. Meet, Shasta College, Redding, 3 pm (JC); Western Collegiate Regionals, Los Angeles (W); Peninsula Invit., Pebble Beach (HS), RL Stevenson HS host; Nat'l Two-Mile Postal, West Valley College, Saratoga, 9 am (HS), Leigh HS host; NSCIF Finals, Shasta College, Redding (HS); Boy's State Age-Group Champs, Stanford Univ., Contact: Cupertino Yearlings, 886 Maranta Av., Sunnyvale 94087.
 Nov 11 - NorCal Jr. College Champs, Crystal Sprgs, Belmont, 11 am; NCS Valley Div. Champs, site TBA (HS); Sac-Joaquin Section Champs, Sierra College, Rocklin, 10 am (HS); Mills Freshman Harrier Run, Millbrae, 10 am (HS); NCAA Div. III Meet, Crystal Sprgs, Belmont, 2 pm(?) (C), Humboldt State host.
 Nov 12 - Girls & Women's State Champs, Crystal Sprgs, Belmont, 9 am (GAG,W), Club North, 4292 No. River Way, Sac'to 95825; Nat'l AAU Masters 10 Km., Madison, Wisc., 10 am (M,MW), Vilas RC, 2018 Adams St., Madison, WI 53711.
 Nov 16 - CCS Region I Meet, Crystal Sprgs, Belmont, 3 pm (HS).
 Nov 17 - CCS Region II Meet (tentative), site TBA, 3 pm (HS).
 Nov 18 - USTFF Western Regionals, Woodward Park, Fresno (O,W,M); Calif. State Jr. College Champs, Balboa Pk., San Diego, noon; NCS Championships, site TBA (HS); International Masters X-C (US vs. Canada), Seattle, Wash, 10 Km., contact: Laurel James, 401 NE 71st, Seattle, WA 98115.
 Nov 19 - PA-AAU Jr. Olympic Champs, Spring Lake, Santa Rosa (BAG,GAG), Santa Rosa 20-30 Club, 5341 Sebastopol Rd., Santa Rosa 95401; CCA-AAU Champs, Merced (O,M,W).
 Nov 20 - NCAA Div. I Champs, Univ. of Wisc., Madison (C).
 Nov 21 - CCS Championships, Coyote Pk., San Jose, 3 pm (HS).
 Nov 25 - Northern California Finals, Crystal Sprgs, Belmont, 11:30 am (HS), Menlo-Atherton host; Nat'l AAU Sr. Men's Champs, Seattle, Wash., time TBA (C,O), contact: Club NW, 2557 - 25th Av. East, Seattle, WA 98112; Nat'l AAU Women's & Girl's Age-Groups Champs, Memphis, Tenn., contact: Harold Buehler, 5103 Corkwood, Memphis, TN 38127; Nat'l AAU Boy's Age-Group Champs, Albuquerque, N.M., contact: Duke City Dashers, 11512 Atlantic City NE, Albuquerque, NM 87111; Nat'l AAU Masters 5Km X-C Champs, Balboa Park, San Diego, contact: Ed Barvick (714/435-0210).
 Dec 2 - Western Jr. Olympic Champs, San Diego area (GAG,BAG), forms to be distributed to qualifiers at 11/19 meet.
 Dec 3 - PA-AAU Jr. Men's 10 Km. Champs, Crystal Sprgs, Belmont, 10:30 am (JR) (19 & under only), contact: WVTC, Box 1551, San Mateo 94401.
 Dec 9 - Nat'l Jr. Olympic Champs, Shawnee Mission Park, Kansas (BAG,GAG), forms to qualifiers at 12/2 meet.

TRACK & FIELD

ALL-COMERS MEETS: - Our only source of information on these popular track & field meets are our readers...so, if you know of any meets (single ones or a series) anywhere in California this winter, please let us know by Oct. 24th for next issue...or send them after this date if need be, so we can at least inform people verbally. The College of San Mateo series will not be held this winter because of the track surface (which is badly damaged). So, we don't know where the Examiner Games Trials will be held (probably SJCC, Cal-State Hayward, WV College?).

RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following persons--(NorCal) Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 415/456-2641); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010; (Oregon) Jim Bean, 336 Jerris St. SE, Salem, OR 97302. -- Note: I still don't get any scheduling information. I'd be happy to list it here to alleviate any excess phone calls...any correspondants?

MISC. WALKING NEWS: - A few new race-walking clubs. Three WVTC walkers broke off from the club and formed their own organization, composed of Dave Himmelberger, Neil Pyke and Bob Henderson. Their new club is named Sequoia Sports Club. --- The Golden Gate Walkers has been formed to provide opportunities for athletes already involved and also for newcomers. The club hopes to stage walks on a regular basis on Saturdays in various Bay Area locations, probably alternating between Redwood City and San Francisco areas. The club's format will be akin to that of the popular Dolphin-South End Runners and the *Runner's World* Fun-Runs. However, highly competitive participation will be encouraged for those so interested. For further information contact: Harry Siitonen, 106 Sanchez, #17, San Francisco 94114. *** Report from Europe: WVTC's Sally McPherson journeyed to the 'Old World' this summer and collected a bunch of PR's as follows: 3000m--14:25.0; 5000m--25:47.1; 15Km--1:28:58; 20Km--1:59:36. At Fredrikstad, Norway, Sally placed 12th in the World Championships 10K (56:04 on hilly roads) and 1st in the 20K in a PR 1:59:36, setting her 15K PR (above) in route. The US team placed 3rd in the 10K team championships and 5th in the 5K, with Sue Brodock the top American (7th).

NATL. AAU 30-KILO (Aug. 13, Columbia, Mo.): /Sr. Division/ 1-Jim Heiring/UCTC 2:30:59, 2-Augie Hirt/UCTC 2:39:29, 3-John Knifton/NYAC 2:40:16, 4-Dave Himmelberger/SeqSC 2:47:47, 5-Gerald Bocci/MCS 2:51:49, 6-Wade Freeman/MCS 2:52:11...Bocci also won the masters division, while Freeman took the "Class B" race. /Pete Cava/

ONE-HOUR WALK (Aug. 27, S.F. State): 1-Dave Himmelberger/SeqSC 7-1586, 2-Bob Henderson/SeqSC 7-1362, 3-Brad Jacobs/WDS 7-314, 4-Harry Siitonen/Un 5-938.../women/ 1-Lori Maynard/WDS 6-1678.

NATL. AAU 50-KILO (Sept. 10, Detroit, Mich.): - Preliminary results--(1) Eronrick 4:24, (2) Hirt 4:26, (3) Schuler 4:29, (4) Tom Dooley/WVTC 4:31...hot & humid. /Tom Dooley/

Prep Ramblings

by Keith Conning

CONTRIBUTIONS APPRECIATED: - Please send results and stories of high school competitions and competitors. Let me know about any corrections or additions to the 1978 Prep Track Leaders on the opposite page. I need meet, site, date and wind information on performances (if applicable). Contact: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

SUMMER WRAPUP: - Sharon Ware (Berkeley) broke the existing national 14-15 age-group record in the 100-meter dash at the State AAU Championships on June 16th at San Jose, but her 11.6 clocking will not go into the books because of the absence of a wind gauge. --- Berkeley High track & field coach, Willie White, served as an assistant coach for the U.S. women's junior squad which competed in the USSR and West Germany this summer. --- Bill Green captured the gold medal in the 200-meters on June 25th as the US accumulated 23 out of the 103 medals in three days of competition to win the Santiago Nakazawa Memorial International Track & Field Meet. The Cubberley high ace covered the 200m in 21.02 in winning one of three gold medals for the US on the final day.

US-USSR JUNIOR MEET I (July 4-5, Donyetsk, USSR): - Freida Cobbs of Berkeley and Cheri Williams of Livermore helped the U.S. team to a 194-186 victory over the Soviet squad in the first of two meetings. Cobbs, a recent graduate, stopped the clock at 54.72 in the 400m, while Williams, a double-winner at the CIF State Meet in June, captured the 1500m in 4:21.9. Kelia Bolton, a graduate of Hill High in San Jose, finished fourth in the 100m at 12.31. Cobbs also took second in the 200 in 24.06. Ann Regan (Camden, San Jose) placed third in the 800 in 2:07.3, and Leslie Deniz (Gridley) took fourth in the discus with 144-4.

US-USSR JUNIOR MEET II (July 8-9, Donyetsk, USSR): - Cheri Williams won the 1500 in her season best of 4:20.9. The American women's 4x100m team of Alice Brown (Muir, Pasadena), Gwen Loud (Westchester, LA), Freida Cobbs (Berkeley), and Kelia Bolton (Hill) combined for a U.S. Junior record of 44.91, cutting 0.23 off the 1977 national team's mark. The U.S. 4x400m team of Arlene Emerson (Westminster), Gwen Gardner (Crenshaw, LA), Marion Franklin (Balboa, SF) and Freida Cobbs (Berkeley) was victorious in 3:43.2. Kelia Bolton finished third in the 200m with a 25.65, while Marion Franklin placed fourth in the 400m in 55.08. Ann Regan (Camden) took fourth in the 800 in 2:12.5 and Leslie

Deniz repeated her 144-4 performance and place (4th) from four days earlier.

US-WEST GERMANY-GREAT BRITAIN JR. MEET (July 11, Lubeck, W.G.): - Cheri Williams was finally defeated, despite running her 1500 in 4:22.9 for third place. Ann Regan was sixth in the 800 with a 2:14.1. Leslie Deniz continued with her consistent throwing, recording a 144-3 for sixth.

PACIFIC ASS'N AAU JR. OLYMPICS (July 15, Hayward): - Michelle Hawthorne (El Cerrito) tied one national age-group record and broke her own PA-AAU meet record in the 16-17 age division, winning the 400m hurdles in 62.5, and then she established the age-group record of 13.9 in the 100m hurdles (in the trials). She won the finals with a slower 14.4. Kim Webster (DeAnza, Richmond) was a double winner in the 16-17 category, taking the 100 in 10.9 and winning the 220 in 25.0. In the girls 14-15 division, Sharon Ware was a double winner, taking the 100 in 10.9 and 220 in 25.0. She set a PA record of 24.7 in the semi-finals. Kerry Myers (Berkeley) high jumped 6-10.

REGION 13 JR. OLYMPICS (July 22, Las Vegas, Nev.): - Berkeley High frosh, Sharon Ware, led the assault on the Nevada-Las Vegas Univ. track, proving as scorching as the 110-degree heat by establishing a national Jr. Olympics and age-group record with a 10.3 victory in the 100 yards! Sharon also place third in the 220 with a 23.9, but only the top two qualifiers in each event advanced. The 14-year-old sprint star also was on a 440-yard relay squad that clocked 47.1, losing to the LA Mercurettes' 47.0 in an exhibition. DeAnza High soph, Kim Webster, qualified with a second in the 100 (10.6) and also was fourth in the 220 at 24.0. Michelle Hawthorne won the 100 hurdles in 13.9 and Oakland teammate Sherifa Sanders grabbed the runnerup spot after doing 14.0 in the trials. Tamalpais' Alesia Sweeney blazed to a 62.2 triumph in the 400m low hurdles, erasing the Region 13 mark set by Hawthorne (63.0) last year. Chico's Tonya Alston, the defending national champ, won her high jump specialty at 5-8 3/4, while El Cerrito soph Judy Young was second in the long jump at 18-2 1/2. Kerry Myers won the high jump with a leap of 6-10 and barely missed a try at 7-0. Impressive non-qualifiers included Rhonda Williams (Tamalpais), fifth in the 100 at 11.0, and Debra Pryor (Holy Names of Oakland), who was fourth in the shot with a 45-2 heave.

NATIONAL JR. OLYMPICS (Aug. 12-13, Lincoln, Nebr.): - Kerry Myers (Berkeley) cleared 7-2 1/2 in the high jump to set a record in the 1978 edition of the Championships. Myers eclipsed the old record (7-0 by Bill Hice of Oakland in 1977) and upped his PR from 6-10! Myers, who leaped a whopping 6-2 at the Richmond-Berkeley A.L. meet in May, jumped over a foot higher today. Myers thinks rest and running were the keys to his sudden improvement. He spent the majority of the prep season jumping almost every day in practice and never got close to his early-season 6-7 3/4 during the regular high school season. The record leap is 16 1/2 inches over his head. The Region 13 team of Roy Mosley (Norte Del Rio), Mike Washington (Burbank, Sac'to), Kipper Bell (Henry, San Diego) and Bill Green (Cubberley) set a 440-yard relay record of 41.17. Mosley won a second gold medal in the 220 with a 21.81, while Green took the 440 in 47.76 and came in with a third in the 100 at 9.89. Alonzo Jackson (Oakland) placed third in the long jump at 24-1 3/4, and Tonya Alston (Chico) defended her high jump title, equalling her 1977 record leap of 5-10. Cal-bound Michelle Hawthorne grabbed a fourth in the hurdles at 14.14. Sherifa Sanders, who will be only a soph at Berkeley in the fall after transferring from Oakland Tech, was seventh in the same event. Sharon Ware finished fourth in the 100 in 11.10. Judy Young (El Cerrito) was eighth in the long jump at 18-9. Alesia Sweeney of Tamalpais was running third in the 400m hurdles but came up on the eighth barrier with the wrong foot, panicked, and ran around it. She should have been disqualified, but officials didn't notice the illegality and she finished fifth. Sharon Ware, Kim Webster, and two LA Mercurettes (Denise Eddington and Marbella Washington) formed a Region 13 440-relay team which finished third in 47.1.

~ Nor-Cal Prep Marks ~

On the following page are the final marks for NorCal high schoolers this season. Only the standard events are listed because of lack of space. KEY: *=junior; **=sophomore; ***=freshman; w=wind-aided; times in hundredths are electronic with a conversion factor of either 0.24 (100, 120HH, 220), or 0.14 (440); m=meters.

--- BOYS ---

100 YARDS
 9.6 Dino Lester (Oakland)
 Wendle McNeal (Oakland)
 *Ray Threatt (Pittsburg)
 Wallace Bernard (Galileo, SF)
 *Roy Mosley (Norte Del Rio)
 Dwayne Taylor (Overfelt, SJ)
 9.6w Tyran Wright (Johnson, Sac) 9.7
 9.89 *Bill Green (Cubberley)
 9.7 John Farley (Stagg, Stockton)
 Robert Jackson (Pittsburg)
 Mike Washington (Burbank, Sac)

220 YARDS
 21.02m *Bill Green (Cubberley)
 21.3w Dwayne Taylor (Overfelt) 21.7
 21.4 *Roy Mosley (Norte Del Rio)
 21.5 Mike Washington (Burbank, Sac)
 21.80 Wendle McNeal (Oakland)
 21.6 *Ray Threatt (Pittsburg)
 21.7 Rick Jackson (Emeryville)
 Kelvin Hollins (Sacramento)
 Stan Beal (San Carlos)
 21.8 Craig Nash (Las Lomas, WC)
 21.8w Wallace Benard (Galileo) 22.09

440 YARDS
 46.77 *Bill Green (Cubberley)
 47.9 *Art Nicholson (Menlo-Atherton)
 48.08 Tony Thompson (Woodside)
 48.09 Ben Grant (Grant, Sac'to)
 48.1 Mike White (Richmond)
 48.6 Bob Maiocco (Liberty, Brentwood)
 48.79 John Porter (Highlands)
 48.7 Eddie Carey (Quincy)
 48.8 Dave Fernandez (Castro Valley)
 48.9 Jaime Richard (Kennedy, Rchmd)

880 YARDS
 1:51.9 Mike White (Richmond)
 1:54.6 Randy Hale (Stagg, Stockton)
 Mike O'Reilly (San Rafael)
 1:55.1 Craig Hassapakis (Ceres)
 1:55.4 *Benny Trujillo (Gilroy)
 1:55.9 Jon Schmidt (Anderson)
 Ashley Green (St. Patrick's)
 Scott Ruffing (Mission S.J.)
 1:56.0 Jason Lee (Castro Valley)
 Dave Avila (Cupertino)

ONE MILE
 4:09.8 Mike O'Reilly (San Rafael)
 4:10.83 Kobert Smith (Awalt)
 4:11.03 Greg Bachand (Albany)
 4:12.71 Greg Valdez (Skyline, Okld)
 4:13.7 *John Marden (Mission S.J.)
 4:14.0 *Steve Loyd (Livermore)
 4:14.7 Randy Hale (Stagg, Stockton)
 4:14.8 Dave Avila
 4:14.9 Rod Berry (Redwood, Larkspur)
 4:15.1 Dan Will (Encina, Sac'to)

TWO MILES
 8:59.33 Rod Berry (Redwood, Larkspur)
 9:02.6 *Carlos Carrasco (Mt. Pleasant)
 9:06.1 *Steve Strangio (Mission S.J.)
 9:08.3 Bob Love (Carlmont, Belmont)
 9:08.66 Ken Holladay (Gilroy)
 9:08.75 Mark Conover (Miramonte)
 9:09.0 *Rob Wentworth (Livermore)
 9:11.3 *Tom Downs (Skyline, Okld)
 9:14.0 Dave Coulman (San Marin, Nvto)
 9:17.7 Craig Hochhaus (Clayton Vly)

120 YARD HIGH HURDLES
 14.14 Malcolm Dixon (Sequoia, R.C.)
 13.9 Larry Cowling (Sacramento)
 Mike Valentine (Cordova)
 14.19 **Henry Andrade (Johnson, Sac)
 14.0 Steve Guthrie (Cupertino)
 John Johnson (Stagg, Stockton)
 14.1w Chico Lewis (Serramonte) 14.2
 14.36 Peter Crossley (Balboa, S.F.)
 14.2 Lagomarsino (Mira Loma, Sac'to)
 Roger Bolden (Oakland Tech)
 Mark White (Richmond)

330 YARD LOW HURDLES
 36.6 Larry Cowling (Sacramento)
 36.7 Troy Durio (Mt. Pleasant, S.J.)
 37.12 Bill Stapleton (Lincoln, S.F.)
 37.0 Rick Luttrell (San Carlos)
 37.1 Bill Ribera (Carlmont, Belmont)
 37.2 Roger Bolden (Oakland Tech)
 37.3 *Donald Barrett (El Cerrito)
 37.4 **Henry Andrade (Johnson, Sac)
 Jim Beigel (Amador Vly, Plsntn)
 37.7 Vince Newsome (Vacaville)

440 YARD RELAY
 41.55 El Cerrito
 41.93 Oakland
 Pittsburg
 41.8 Johnson, Sacramento
 41.9 Sacramento
 42.1 Kennedy, Richmond
 42.25 Stagg, Stockton
 42.2 Mt. Pleasant, San Jose
 42.36 Enterprize, Redding
 42.47 Galileo, San Francisco

ONE MILE RELAY
 3:16.00 Kennedy, Richmond
 3:16.74 Johnson, Sacramento
 3:16.77 Sacramento
 3:17.4 Highlands, North Highlands
 3:17.8 Richmond
 Pittsburg
 3:18.2 Berkeley
 3:19.1 San Carlos
 3:19.8 Oakland
 Oakland Technical

HIGH JUMP
 7-2 1/2 Kerry Myers (Berkeley)
 6-10 1/2 Joel Wyrick (Mt. Pleasant, SJ)
 6-10 1/2 Fernandez (Hill, San Jose)
 6-10 Reuben Edwards (Terra Linda)
 Doug Wright (Live Oak, MorgHill)
 Rich Cypress (Cordova)
 *Mesha Spivey (Woodside)
 6-9 Dave Baldwin (Fairfield)
 Jerry Hawkins (Fall River)
 6-8 Gary Branch (American, Fremont)
 Bill Graber (Los Altos)
 Bob Churchill (Livermore)
 Dave Allstot (Nevada Union, GV)

POLE VAULT
 16-1 3/4 Bert Tardieu (Del Mar, S.J.)
 15-6 3/4 Ross McAlexander (M. Vista)
 Mitch Preciado (Homestead)
 15-6 1/2 Bob Bennett (So. Lake Tahoe)
 15-0 Mark Kibort (Fremont, Snyvle)
 14-8 Bret Hyatt (Vintage, Napa)
 14-7 Mark Patterson (Piner, S.Rosa)
 14-6 *John Tuggle (Independence, SJ)
 Bob Bauld (Soquel)
 Paul Roace (St. Ignatius, SF)

LONG JUMP
 24-1 3/4 Alonzo Jackson (Oakland)
 23-10 1/2w Darryl Miller (DeAnza, Rchmd)
 23-8 1/2w *Steve Bruce (M-Ath) 23-5
 23-8 1/2 Stacey Bailey (Terra Linda)
 23-7 Dave Fernandez (Castro Vly)
 23-6 Lonnie Sanders (Grant, Sacto)
 Eric Fermon (Lincoln, S.F.)
 23-2 Steve Finley (Cupertino)
 23-2w Scott Palmer (Vacaville)
 23-1 3/4 Kevin Dye (Highlands)

TRIPLE JUMP
 49-11 3/4 Lonnie Sanders (Grant, Sac)
 49-6 3/4 Myron Porter (Willow Glen)
 49-2 1/2 Fred Cunningham (Balboa, SF)
 48-7 Marvin Colter (Piner, S.Rosa)
 48-6w Alex Lambertson (Fairfield)
 48-3 3/4w Marcellus Moore (Lincoln, SF)
 47-9 Ray Marchbanks (Santa Rosa)
 47-4 1/2 Al Zoppi (Wilcox, S.Clara)
 47-4 Marcus McGlory (El Cerrito)
 47-1 Jeff Barnes (Dublin)



Two-Milers Love & Carrasco. /R. Gowen/

SHOT PUT
 65-10 3/4 Dave Porath (Atwater)
 62-7 Bruce Parker (St. Ignatius, SF)
 61-3 Mark Strange (Mira Loma, Sac)
 60-9 1/2 Ron McKee (Camden, S.J.)
 59-11 1/2 Paul Schriener (Vintage, Napa)
 59-10 Steve Aimonetti (Campbell)
 59-8 1/2 Jeff Van Paris (Napa)
 58-4 Roy Abendroth (Lowell, SF)
 57-10 1/2 Joe Sorenson (Sunnyvale)
 57-8 1/2 Cooper (Washington, SF)

DISCUS THROW
 209-6 Dave Porath (Atwater)
 188-8 Tom Peterson (No. Salinas)
 185-1 Steve Struble (Sunnyvale)
 181-7 Bill Green (Fremont, Snyvle)
 174-0 Mike Niland (Riordan, SF)
 173-8 *Richard Fejer (Campolindo)
 173-4 Chris Kilpatrick (Northgate, WC)
 Don Frazier (Bella Vista, F.O.)
 173-3 Jim Slattery (Del Mar, S.J.)
 172-5 Dave McThorn (Sonora)

--- GIRLS ---

100 YARDS
 10.3w ***Sharon Ware (Berkeley) 10.7
 10.4w Kellia Bolton (Hill, S.J.) 10.5
 10.5w Elaine Parker (Oceana) 10.87
 10.6w Freida Cobbs (Berkeley) 10.97
 **Kim Webster (DeAnza) 11.0
 10.8 *Allison Durnell (Redwood)
 10.9 Sandra Turner (McClymonds, Okld)
 10.9w Tammy Sullivan (Ayer, Milp) 11.2
 11.0 Eloise Mallory (Silver Crk, SJ)
 Morlyn Thomas (Valley, Sac'to)
 *Rhonda Williams (Tamalpais, MV)

220 YARDS
 23.7 Freida Cobbs (Berkeley)
 23.75m Kellia Bolton (Hill, San Jose)
 23.9w ***Sharon Ware (Berkeley) 24.5
 24.0w **Kim Webster (DeAnza) 24.8
 24.61 Elaine Parker (Oceana, Pac.)
 25.0 Tina Lawson (Hill, San Jose)
 25.1 Kris Costello (Lynbrook, Snyvl)
 Henderson (Pittsburg)
 *Allison Durnell (Redwood)
 25.0m **Judy Young (El Cerrito)

440 YARDS
 53.12m Freida Cobbs (Berkeley)
 53.56 Marian Franklin (Balboa, SF)
 54.8m *Marquita Belk (Silver Creek)
 55.6 *Kim White (Berkeley)
 55.7 *Ann Regan (Camden, San Jose)
 55.99 Bobby Gilmore (McClatchy, Sac)
 55.9 **Lisa Peters (Northgate, WC)
 56.4 Patty Green (Terra Linda)
 56.80 LaJean Fortune (Cordova)
 56.8 Cynthia Jones (Hogan, Vallejo)
 Paula Phillips (Seaside)

880 YARDS
 2:05.3m *Ann Regan (Camden, S.J.)
 2:10.0 Cheri Williams (Livermore)
 2:09.7m *Diane Figliomeni (Saratoga)
 2:11.6 *Marquita Belk (Silver Crk)
 2:12.4m Tracy Weber (Lynbrook, Snyvle)
 2:14.5 Pam Bowers (American, Frmt)
 Lori Saia (Drake, S. Anselmo)
 2:16.09 *Dianne Kenny (Novato)
 2:16.19 Shawn Stebel (San Juan, C.H.)
 2:16.6 **Debbie Lee (Castro Valley)

ONE MILE
 4:44.95 Cheri Williams (Livermore)
 4:52.42 Suzanne Richter (Chico)
 4:53.21 Pam Bowers (American, Frmt)
 4:54.6 *Ann Regan (Camden, San Jose)
 4:57.3 Sarah Sweeny (Marin Catholic)
 4:58.6 **Roxanne Bier (Independence)
 4:58.8 Tracy Weber (Lynbrook, Snyvl)
 5:03.2 ***Shelly Nieto (Merced)
 5:03.3 *Kim Schnurpfeil (San Mateo)
 5:06.5 **Julie Hayes (Dublin)

TWO MILES
 10:09.8 Cheri Williams (Livermore)
 10:37.8 **Roxanne Bier (Independence)
 10:44.9 Pam Bowers (American, Frmt)
 10:46.2 Kerry Brogan (Los Altos)
 10:48.0 Irene Crowley (Overfelt, SJ)
 10:50.2 *Kim Schnurpfeil (San Mateo)
 10:53.4 *Laurie Crisp (Downey, Mod.)
 10:56.7 Tiffany Choy (Salinas)
 10:57.5 **Julie Hayes (Dublin)
 11:07.0 **Bridgett Flynn (Berkeley)

110 YARD HURDLES
 13.83 Kris Costello (Lynbrook, Snyvle)
 13.95 Kim Costello (El Camino, SSF)
 13.8m Michelle Hawthorne (El Cerrito)
 13.9w **Angel Kellen (Leland) 14.26
 14.0 ***Sherifa Sanders (Oak.Tech)
 14.44 Joyce Scott (Vanden, TravisAFB)
 14.55 **Alesia Sweeney (Tamalpais)
 14.4 Val Mathews (Davis)
 14.4w *Tonya Alston (Chico) 14.68
 14.5 ***Val Flemmings (Northgate, WC)

440 YARD RELAY
 47.15 Hill, San Jose
 47.1m Berkeley
 48.54 Northgate, Walnut Creek
 48.4 Tamalpais, Mill Valley
 48.5 Oakland Technical
 El Cerrito
 48.9 Silver Creek, San Jose
 49.0 Carlmont, Belmont
 49.2 Vanden, Travis AFB
 49.3 Cordova, Rancho Cordova
 Summerville, Tuolomne

ONE MILE RELAY
 3:52.8 Berkeley
 3:54.09 Drake, San Anselmo
 3:58.2 Moreau, Hayward
 3:58.41 Camden, San Jose
 3:58.6 Pittsburg
 3:58.9 Saratoga
 3:59.8 Summerville, Tuolomne
 4:00.2 Chico
 4:00.4 Tamalpais, Mill Valley
 4:00.7 Sequoia, Redwood City

HIGH JUMP
 5-10 *Tonya Alston (Chico)
 5-8 Angela Phifer (Independence, SJ)
 5-7 Trish King (Menlo-Atherton)
 Sonya Harrigfeld (Beyer, Modesto)
 5-6 *Carrie McLaughlin (Grace Davis)
 *Chris Nann (Marin Catholic)
 **Lisa Peters (Northgate, W.C.)
 Dana (Colusa)
 **Lisa Greenfield (Redwood)
 Kathy Hamilton (Beyer, Modesto)
 Kathy Raugust (Salinas)
 Deanne Neff (Montgomery, S.Rosa)

LONG JUMP
 19-7 *Carrie McLaughlin (Gr. Davis)
 18-9 **Judy Young (El Cerrito)
 18-7 *Dawn Peters (Northgate, WC)
 18-3 1/2 Barbara Kochendorfer (S.Tahoe)
 18-1 3/4 Paula Ng (Livermore)
 Nellwyn Smith (Oakland Tech)
 18-1 1/2 Milton (Fairfield)
 18-0 1/2 **Lisa Greenfield (Redwood)
 18-0 Deanne Neff (Montgomery, S.Rosa)
 17-11 McCray (Oakland)
 *Sherifa Sanders (OaklandTech)

SHOT PUT
 45-4 1/2 *Debra Pryor (Holy Names, Oak)
 44-11 3/4 *Sue Springer (Salinas)
 43-4 1/2 Donna Erickson (Mt. Shasta)
 43-3 1/2 *Lindy Toman (Amador Vly)
 43-1 Jodie Barker (Sequoia, R.C.)
 43-0 *Linda Read (Alameda)
 42-1 1/2 Wendi Michelli (Gunderson, SJ)
 42-1 Julie Ridenour (Yuba City)
 41-7 1/2 Jan Bunton (Rio Americano, Sac)
 41-5 Glenda Ford (Atwater)

DISCUS THROW
 150-10 Karen Stampfli (Lassen, S'vle)
 150-9 **Leslie Deniz (Gridley Union)
 148-9 Sue Springer (Salinas)
 147-2 *Linda Read (Alameda)
 138-0 Cia Sandoval (Riverbank)
 133-5 Nadine Ramirez (Kennedy, Frmt)
 132-5 *Sandy Johnson (Pleasant Hill)
 131-10 *Lindy Toman (Amador Valley)
 130-6 Stasio (Homestead)
 130-1 Armonia Becerra (Downey, Mod.)



440 runner, Marian Franklin. /Jim Hume/



Bert Tardieu has PV best. /Don Goansey/

TRACK AND FIELD RESULTS



LMJ&S MEET OF MILES (June 4, Alameda): - At College of Alameda track. /13 & Under/ Boys--Rudy Tabaldo 6:58; Girls--Jennifer Nickel 6:27; /14-19/ Boys--Steve Kessinger 5:09; Girls--Libby Hopkins 5:46; /20-29/ Men--Brian Turner 4:31; Women--Sue Brusher 5:53; /30-39/ Men--Harry Cross 4:37; Women--Magdalena Wolfe 6:44; /40-49/ Men--Carl Wisser 5:57; Women--Ruth Anderson 5:57. /Larry Main/

ALL-COMERS MEET (June 15, Los Gatos): /OPEN/ 880: Chain/PTC 2:00.0; 440: Webster/PCC 48.5; Mile: Chain 4:25.0; 220: Dunlap 22.8; PV: Chappell/BAS 17-0; SP: Mannon 51-9 1/4; HJ: Nelson 6-6; DT: Southerland 178-7; /HIGH SCHOOL/ 70HH: Linerud/Sar 8.8; PV: Jacques 13-0; SP: McKee/Camd 54-5; LJ: Hilo/Hom 22-5; /GIRLS/ HJ: Wilson/LG 5-8; 70LH: Reiman/Sar 8.9; X-C: Jerome 14:52. /Jim Erbes/

ALL-COMERS MEET (June 22, Los Gatos): /OPEN/ X-C(2.5 Mi.) Young/WVC 12:32; 880: Chain/PTC 1:56.3; 70HH: Carty 8.4; 100: Krulee/SDS 9.7; 440: Weller/WVTC 52.2; Mile: Thomas/WVTC 4:20.7; 220: Krulee 21.5; 2 Mi: Martin/Un 9:32.4; LJ: Bond/WVTC 22-7 1/2; PV: Linn/Un 16-0; HJ: Wright 6-8; /WOMEN/ 440: Miller/CY 58.9; 330LH: Venable/CY 48.7; HJ: King/M-A 5-4; /HIGH SCHOOL/ 70HH: Durlo/MP 8.6; 220: Dunlap/Sar 22.8; HJ: Wyrick 6-6; PV: Christy/DM 13-6. /Jim Erbes/

SENIOR OLYMPICS (June 24-25, Irvine): *Note: We are listing only Northern California finishers, and not necessarily any given number...quality of marks is the measure of our listing. Also, since affiliations were not listed in the results, we are no doubt going to miss some people...let us know if we do.* -- /WOMEN/ DT: (1A) Sherrard 84-2; (OA) Svendsen 139-10; HJ: (1A) Sherrard 4-6; SP: (1A) Sherrard 37-6; (OA) Svendsen 42-2 1/2; 100m: (3A) Kolda 17.0; (2A) Dietderich 16.6; (1A) Sherrard 12.8; (OB) Gerard 13.3; 200m: (3A) Kolda 38.1; (2A) Dietderich 33.6; (1A) Sherrard 27.1; Parish 28.8; (OB) Gerard 28.0; 400m: (3A) Kolda 91.1; (OB) 2-Gerard 63.6; 800m: (OB) 2-Gerard 2:40.1; 5000mW: (1A) Maynard 28:32.1; 10,000mW: (1A) Maynard 62:52. /MEN/ JT: (1A) Rose 156-6 1/2; LJ: (3A) Satti 16-5; (2A) Washington 16-3 1/2; SP: (4A) 2-Puglizevich 38-4 1/2; (3B) York 43-10; 100m: (4A) Puglizevich 15.1; (3B) Koppel 13.2; (3A) Jordan 11.9; (2A) 2-Washington 12.1; (OA) 2-Dungan 10.9; 200m: (4A) 2-Puglizevich 33.0; (3B) Koppel 27.4; (3A) Jordan 25.1; Guidet 26.7; Killion 27.1; (2A) Washington 25.4; (1B) 3-Springbett 24.2; (OA) Marshall 22.4; 400m: (3B) Koppel 64.0; (3A) Guidet 62.4; (OA) Harris 49.9; 800m: (OB) Whitney 1:57.8; Thomas 1:58.3; Romain 1:59.7; (OA) Harris 2:04.0; 1500m: (OB) Thomas 4:07.6; 5000m: (2A) Stevenson 17:54.8; 10,000m: (OA) 3-Zapata 34:16; 3000mSC: (2A) Stevenson 10:59.5; 110mH: (3A) Guidet 17.7; 400mH: (2A) Dowell 65.8; (OB) Whitney 53.6; 400mR: (2A) 2-NCS 50.3; (1B) 2-NCS 47.5; (OA) 2-WVTC 43.0; MileR: (1B) 2-NCS 3:51.4; (OA) WVTC 3:24.7.

ALL-COMERS MEET (June 28, San Jose C.C.): /OPEN/ 100: Mack/Un 9.7; 200: Johnson/SJCC 22.0; 60HH: Carty 7.5; SP: Marks/WVTC 62-6; DT: McGoldrick/Un 212-10; PV: Hintnaus/Ore 16-6; /WOMEN/ HJ: King/M-A 5-6. /Jim Erbes/

ALL-COMERS MEET (June 29, Los Gatos): /OPEN/ 880: Chain/PTC 1:58.2; 70HH: Roublick/PTC 8.7; Mile: Patterson 4:20.8; 220: Wyatt/WVTC 22.5; 2 Mi: Thomas/WVTC 9:32.0; PV: Hintnaus/Ore 17-0; LJ: Hilo 22-10; TJ: Yap 45-6 1/2; /HIGH SCHOOL/ HJ: Wyrick/MP1 6-10 1/2; PV: Cristy/DeMar 13-6; Mile: Stefanisko 4:33.3; /WOMEN/ 880: Threadgell/CY 2:20.1; 100: Costello/SJC 11.0; 440: Clayton 56.8; 330LH: Carney/CY 48.5; 220: Figliomeni/SJC 26.1; 60LH: Venable/CY 8.5; DT: Weakley 98-11; 440R: Cupertino Yearlings 52.7. /Erbes/

US-USSR SENIOR DUAL MEET (July 7-8, Berkeley): *Note: Only Northern California competitors listed.* -- /MEN/ 800m: 1-Robinson/ICAC 1:46.9, 4-Suhr/UCLA 1:48.6; DT: 1-Witkins/AW 216-6, 4-Vorhees 186-5; 400mR: 1-USA 39.14 (Eddie Hart on team); 1600mR: 1-USA 3:03.8 (James Robinson on team). /WOMEN/ DT: 2-Seidter 59-9 3/4; JT: 3-Cannon/MLTC 173-11. /Pete Cava/

NATIONAL AAU MASTERS CHAMPIONSHIPS (July 7-9, Atlanta, GA): *Note: - Only NorCal athletes are listed...all those listed in official results are noted below (let us know if we missed anyone).* -- /WOMEN/ 100m: (OB) Gerard/WDS 13.0; (2A) Dietderich/NC 16.2; 200m: (OB) Gerard 28.2; (2A) Dietderich 34.7; 400m: (OB) 2-Gerard 63.0; (2A) Dietderich 82.5; 800m: (OB) 2-Gerard 2:33.3; 5000mW: (1A) Maynard/WDS 28:17; 20K-Walk: (1A) Maynard 2:09:11.7; /MEN/ 100m: (OA) 2-Marshall/WVTC 11.0; (1B) 2-Springbett/NC 11.6; (3B) Koppel/NC 13.2; 200m: (OA) 2-Marshall 22.3, 5-Harris/WVTC 23.6; (1B) 2-Springbett 23.8, 4-Bruhner/NC 23.9; (3B) 3-Koppel 28.8; 400m: (OA) 2-Harris 49.1; (1B) Bruhner 53.5; (2A) 3-Jackson/NC 56.3; (3B) Koppel 67.1; 800m: (OA) 6-Harris 1:58.5; (2A) 3-Jackson 2:11.3; 1500m: (3B) Bierlein/NC 6:21.9; 5000m: (2A) O'Neil/BC 17:04; 10,000m: (2A) O'Neil 34:46; 400mH: (3B) 3-Bierlein 99.1; 400mR: (1B) NCS 46.6 (Marlin, Frederickson, Springbett, Bruhner); 4x200mR: (1B) NCS 1:42.8 (same team as for 400mR); (2A) NCS 2:00.1; TJ: (1A) 3-Conley/Un 31-7 1/2; SP: (2B) 4-Stone/NC 35-2 1/2; (3B) York/NC 44-2; DT: (2B) 2-Stone 112-8; (3B) 2-York 119-10; JT: (1A) Conley 200-4; (1B) Sutton/NC 171-1; (2B) 4-Stone 122-4; HT: (2B) 3-Stone 84-0; (3B) York 99-2 1/2; Pentathlon: (OA) Marshall/WVTC 2905. /Robert Fine/

ALL-COMERS MEET (July 20, Los Gatos): /OPEN/ X-C(2.5 Mi): Salazar/Un 12:39.0; 880: Clary/Un 1:52.8; 440: Webster/PCC 48.2; Mile: Chain 4:21.1; 220: Krulee/SDS 21.4; LJ: Bates/CSM 24-0; HJ: Radan/SJCC 6-10; PV: Chappell/Un 17-0; TJ: Zizzo/Un 46-5; SP: Mannon/Un 50-2 1/2; /HIGH SCHOOL/ Mile: Hoch/M-A 4:33.4; SP: Krueger 53-0; /GIRLS/ 880: King/SJC 2:22.0; Mile: Brogan/SJC 5:12.7; HJ: Vogel/DA 5-6; SP: Zaphirapoulos 36-11; DT: Zaphirapoulos 123-0; /MASTERS/ 100: Jones/Un 11.1; Mile: Erbes/Un 4:59.3; X-C(2.5 Mi): Napier/WVJS 14:46. /Jim Erbes/

ALL-COMERS MEET (July 27, Los Gatos): /OPEN/ X-C(2.5 Mi): Salazar/SJCC 13:32; 880: Romain/WVTC 1:57.7; 70HH: Carty 8.25; 100: McCullum/Un 9.45; 440: Webster/PCC 49.2; Mile: Chain/PTC 4:17.8; 330LH: Webster 38.5; 220: Krulee/SDS 21.3; 2 Mi: Kennedy/Un 9:14.8; PV: Eason/Un 16-6; SP: Mannon/Un 51-9; DT: Brady/SJS 152-10; HJ: Arben/Un 6-8; TJ: Bates/CW 48-0 1/2; LJ: Bates 23-7 1/2; /HIGH SCHOOL/ 880: Sperandio/M-A 1:58.0; 70HH: Wright/MP1 8.7; Mile: Moreton/LG 4:28.9; 2 Mi: Arno/Buchser 9:48.0; HJ: Wyrick/MP1 6-8; PV: Crumpler/Un 13-0; SP: McKee/Un 61-0; DT: McKee 148-11; /GIRLS/ X-C(2.5 Mi): Brogan/SJC 15:08; 880: King/SJC 2:22.9; 60LH: Riemann/Un 8.5; 100: Costello/SJC 11.2; Mile: Brogan 5:15.2; 220: Figliomeni/SJC 26.7; 330LH: Venable/CY 48.2; HJ: Vogel/Snyvle 5-4; SP: Zaphirapoulos/Colorado 38-8 1/2; DT: York/Un 131-0; /MASTERS/ 100: Jones/Un 11.1; Mile: Napier/WVJS 4:48.1. /Jim Erbes/



James Robinson (foreground) leads Conrad Suhr in US-USSR Meet. /Jim Engle/

LONG DISTANCE RESULTS

NATIONAL ASTHMA CENTER 10KM (April 6, Los Angeles area): - /829 finishers/ 1-Jerry Alexander/ELATC 30:49(CR), 2-Entz 31:04, 3-Chambliss/BB 31:24, 4-Schrivier 32:30, 5-Planta 32:35, 6-Godoy 32:38, 7-Pascual/Un 33:00, 8-Gomez 33:15, 9-Smallen 33:24, 10-Weeks/BB 33:26, 11-Pontinen/SBAA 33:36, 12-Rodriguez 33:45, 13-Foose/SFV 34:01, 14-Shaffer/CCAC 34:10 (40+), 15-Minami 34:33... 96-Terry Hom 38:30, 138-Nancy Pascal 39:56, 141-Catherine Grow 40:01. /John Brennand/

BOSTON MARATHON (April 17, Boston, Mass.): *(Note: Some results are listed in issue #70 but times were changed slightly in the official results after about 2:32, so we're listing the official results here...thanks to Phil Lenihan for going thru the results & noting all the NorCal finishers, thus making it a lot easier to type. See page 32 for complete list of men & women...)*

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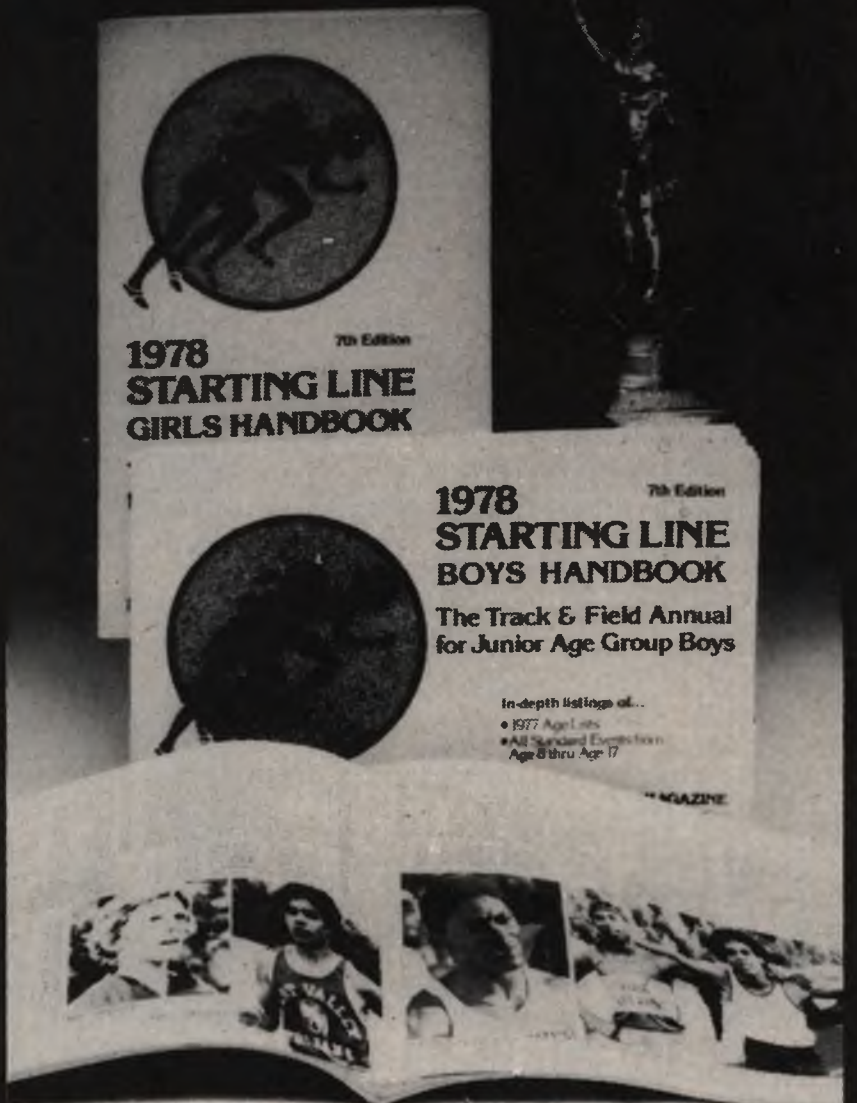
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(Boston Marathon, Cont'd)...217-Jack Bellah/WBTC 2:32:30, 248-Kim Schaurer/TAM 2:33:33, 249-Mike Duncan/WBTC 2:33:36, 268-Mark Proteau/Un 2:34:20, 448-Terry Hughes/CS 2:39:23, 490-Michael Brown/Un 2:40:13, 502-Dennis Gustafson/SFPAC 2:40:28, 539-David Houston/BTC 2:41:12, 567-Gary Alderman/Un 2:41:43, 617-Richard Edson/BC 2:42:39, 636-Greg Thomas/ETC 2:43:01, 706-James McManus 2:44:15, 718-Richard Lenon/Un 2:44:19, 747-Santos Reynaga/WBTC 2:44:33, 768-Tom Aldana/ETC 2:44:52, 789-Roy Scellato/Un 2:45:11, 804-Gil Schaller/Un 2:45:32, 806-Dennis Anderson/Un 2:45:33, 848-Stephen Lyons/SFOC 2:46:01, 887-Robert London/ATC 2:46:35, 939-Frederi Meitz/Un 2:47:21, 952-James Carr/Un 2:47:38, 955-Dennis Doris/Un 2:47:42, 968-Bob Brunkan/Un 2:47:54, 981-Tim Treacy/OC 2:48:04, 998-Mike Kimberling/Un 2:48:16, 1010-Dan Moore/LVRC 2:48:28, 1039-Bertram Johnson/LVRC 2:49:03, 1041-Ed Greub/Un 2:49:05, 1068-Olin Boschker/USN 2:49:31, 1103-Jay Helgerson/Un 2:49:58, 1112-Bruce King/Un 2:50:04, 1138-Andrew Lewis/Un 2:50:22, 1167-Bill Bugler/Un 2:50:38, 1175-Phil Lenihan/Un 2:50:43, 1264-Joe Sloan/USAF 2:51:54, 1267-Frank Ruona/Un 2:51:56, 1272-Joe Mercado/Un 2:52:00, 1333-Robert Plant/Un 2:52:25, 1394-Roy Stone/WBTC 2:53:05, 1425-Tony Helfet/CPTC 2:53:31, 1504-Juneus Kendall/Un 2:54:12, 1522-Ludovi Cap 2:54:32, 1525-Tom Bennett/PMK 2:54:34, 1533-John Ruppe/Un 2:54:39, 1548-Ed Jerome/Un 2:54:45, 1575-Barry Turner/Un 2:55:03, 1609-Doug Stevens/Un 2:55:30, 1617-Jonathan Fink/SU 2:55:37, 1667-Richard Keene/NCS 2:56:05, 1700-James Clever/Un 2:56:18, 1716-Don Carpenter/WBTC 2:56:25, 1724-Walt Calcagno/Un 2:56:29, 1725-James Finnegan/BC 2:56:30, 1774-Harold DeMoss/WBTC 2:56:50, 1775-Orin Dahl/Un 2:56:51, 1776-Richard Buxton/Un 2:56:51, 1783-Dennis Kroll/Un 2:56:54, 1786-Richard Craig/MVS 2:56:55, 1788-Jim Holben/WBTC 2:56:56, 1822-Ted Wilson/Un 2:57:11, 1825-David Horning/DSE 2:57:14, 1857-Bob Ward/Un 2:57:29, 1881-Oscar Orozco/Un 2:57:48, 1883-Robert Jeffery/Un 2:57:49, 1916-Thomas Palmer/Un 2:58:08, 1951-John Hawkes/WBTC 2:58:28, 1955-Hans Roenau/TAM 2:58:30, 1962-Russell Butler/DSE 2:58:44, 1983-Mark Hines 2:58:59, 2013-Dan Smilkstein/Un 2:59:21, 2100-Carl Gillette/WVJS 3:01:10, 2133-Thomas McManus/Un 3:01:53, 2144-Gary Upham/Un 3:02:15, 2202-Ralph Love/Un 3:03:19, 2212-Dan Houchell/Un 3:03:33, 2236-Don Savant/Un 3:04:04, 2237-Bill Kirchmier/TAM 3:04:06, 2287-John Fowler/Un 3:05:11, 2292-Peter Fisher/Un 3:05:14, 2348-Bill DeMartini/USF 3:06:09, 2379-Jeff Vines/Un 3:06:46, 2389-Charles Larson/Un 3:06:56, 2451-Bob Esquire/USN 3:07:49, 2562-Greg Ryan/Un 3:10:03, 2264-Ralph Paffenbarger/NCS 3:10:07, 2591-David Hansen/Un 3:10:34, 2632-Peter Wood/NCS 3:11:09, 2650-Bret Evart/SFOC 3:11:24, 2659-John Emery/TAM 3:11:30, 2685-Richard Miller/Un 3:12:09, 2693-Howard Schopman/DSE 3:12:17, 2717-Craig Butcher/Un 3:12:38, 2731-James Creed/MVS 3:12:49, 2785-Jerry Wendt/Un 3:14:05, 2798-Dick Selberg/DSE 3:14:23, 2883-Conrad May/Un 3:16:17, 2887-Chuck Stagliano/DSE 3:16:38, 2941-Jerome Lengyel/SRRC 3:17:43, 2957-Marvin Brooks/Un 3:18:12, 2966-Ron Cole/AGRC 3:18:24, 3071-John Hutchinson/NCS 3:20:48, 3079-Bob Wright/MPAC 3:21:00, 3198-Flory Rodd/Un 3:23:20, 3221-Patrick Brent/DSE 3:23:45, 3223-James Wilkins/Un 3:23:47, 3314-Gerry O'Brien/Un 3:26:04, 3339-Robert Myers/Un 3:26:42, 3355-John Dougherty/DSE 3:27:04, 3464-Larry Fox/NCS 3:29:37, 3481-Bill Crawford/NCS 3:30:06, 3490-Larry Marshall/Un 3:30:31, 3532-Bob Zembsch/Un 3:31:33, 3538-John Gowen/Un 3:31:43, 3547-Frank Smith/PMK 3:31:58, 3584-Julian Camacho/BC 3:33:04, 3632-Bob Burger/Un 3:35:45, 3639-Lee Holley/WVJS 3:36:13, 3646-Ken O'Neil/WBTC 3:36:28, 3658-Steve Cole/PMK 3:37:11, 3674-Jim Collins/NCS 3:37:49, 3742-Don Dutil/Un 3:43:09, 3787-Bob Lee/NCS 3:46:43, 3791-Ted Wurm/DSE 3:47:01, 3830-Michael Ruddy/Un 3:52:31, 3844-Joe Oakes/Un 3:54:15, 3860-Andrew Scaduto/Un 3:57:52.../WOMEN/ 24-Joan Ulyot/WBTC 2:58:43, 34-Elaine Miller/PMK 3:03:27, 42-Candy Hearn/Un 3:05:55, 49-Morijo Connelly/PMK 3:07:53, 86-Lucy Shapiro/Un 3:16:55, 87-Jane Sowersby/PMK 3:17:04, 90-Patricia Cutler/Un 3:17:42, 99-Mary Tiscornia/Un 3:21:10, 106-Marsha Weiss/Un 3:23:23, 118-Barbara Magid/TAM 3:26:38, 125-Karen Scanell/PMK 3:28:32, 126-Ann Bower/PMK 3:29:46, 127-Karolyn Coleman/WDS 3:29:51, 136-Margaret Livingston/WBTC 3:32:30, 148-Mari Kolb/WBTC 3:36:26, 154-Mary Ann Buxton 3:37:30, 180-Marche Unnasch/WBTC 3:55:19. /Phil Lenihan; Will Cloney/ --Add: 98-Betsy Giannini/SSS 3:20:43, ??-Betty Wurm 6:29 (walked).

MARIN RED CROSS INVITATIONAL RE-RUN (May 20, Kentfield): /67 finishers/ 1-David Fuller 33:27, 2-Zarubin 35:25, 3-Von Borstel 36:17, 4-Russ Kiernan/TAM(40+) 36:46, 5-Skandera 37:06, 6-Treabess 37:10, 7-Bettencourt 37:15...15-Elaine Miller/PMK 39:50, 20-Leslie Brown 40:56 (10 Km. course). /Lee Straus/

LAKE MERRITT 5 & 10 KILO RUNS (May 28, Oakland): /5K/ 1-Harry Cross/WBTC 15:46, 2-Cannelaria 16:21, 3-Romano/LMJS 16:56... 19-Laurie Belzer/Syn 20:46. /10K/ 1-Bill Jenney/LMJS 34:21, 2-Monteverdi 37:20...13-Liz Varnhagen 46:40. /Harry Cross/

ROBERT E. DeCELLE LAKE TAHOE RELAYS (June 10, Lake Tahoe): - A very sparse turnout, primarily because of a short notification time, resulted in slow times and less competition. A pickup team composed mostly of Camino West runners won in 6:58:55, followed by another pickup team, the "Ethnic Combo Pick-Ups", in 7:01:55...others: 3-Rip City TC 7:08:15, 4-LMJ&S 7:16:51, 5-Ophir Prison 7:19:00, 6-Pamakids 7:24:20, 7-Silver State Striders 7:28:15, 8-Stereoscope Loafers II 7:30:55 (27 teams finished the 72-mile relay). /Robert DeCelle, Sr./

LEATHERNECK MARATHON (June 10, El Toro-Santa Ana): /311 finishers/ 1-Jean Ellis 2:28:47, 2-Evan Shaffer 2:31:13, 3-O'Hara 2:37:01, 4-Harvey 2:40:40, 5-Carras 2:42:14, 6-Merhaut 2:42:30, 7-O'Toole 2:42:42, 8-Cortez 2:44:15, 9-Sills(40+) 2:44:51, 10-Clark 2:45:30, 11-Almeida/SDTC(50+) 2:45:51...73-Luanne DeWitt 3:18:17 (40+). /Jerry Patee/

HIDDEN VALLEY 12-MILER (June 11, Newberry Park): /172 finishers/ 1-Steve Durand/STC 65:14, 2-Bergkamp/SBAA 66:10, 3-Starnieri 66:21, 4-Malley/SMTC 66:38, 5-Brownfield 67:41, 6-Smallen/STC 67:53, 7-Kingsbury/Simi 68:25, 8-Parrish/STC 69:12, 9-Bartek/SBAA(40+) 69:45 (handicap winner), 10-Freyne/CCAC 69:52...82-C. Riley 88:05, 83-Karol Chouinard 88:06. /J. Brennan/



Ron Wayne won the Alameda "Round the Isle" race in a swift 50:55. /D. O'Rourke/

"ROUND THE ISLE" RUNS (June 17, Alameda): /10 Miles/ 1-Ron Wayne/BASC 50:55, 2-Bruce Jones 56:55, 3-Feigenbaum 59:50; /3.6? Miles/ 1-Robert Bowles 24:35, 2-Corona 24:45, 3-Sheldon 28:15...4-Diane Williams/PBP 28:38. /1? Mile/ 1-Tim Church 8:05, 2-Jin 9:05...4-Margaret Souza 10:30. /DeCelle/

SOUTH EL MONTE 8-MILER (June 17, So. El Monte): /97 finishers/ 1-Dave Fricke 41:49, 2-Ebner 42:14, 3-Rude 42:34, 4-M. Ebner 44:07, 5-Resh 44:15, 6-Fisanotti 44:35, 7-Clark 44:40, 8-Kendall 44:50...12-Shaffer/CCAC(40+) 48:56, 31-Dede Tracey 54:00, 38-Theresa Ebner 55:00. /Tom Cory/

MAYOR'S MARATHON (June 17, Anchorage, Alaska): /255 finishers/ 1-Larry Seethaler 2:28:27, 2-Goodhue 2:37:42, 3-Wagner 2:39:00...10-Kilgore 2:47:01, 14-Peter Haley (40+) 2:49:29, 16-Arce 2:50:24, 64-Monterrosa 3:15:57.../women/ Marian May 3:04:21...Marcie Trent (60+) 3:36:10. /John Trent/

STAGECOACH RUN (June 17, Jacksonville, Ore.): /113 finishers/ 1-Leonard Hill 70:41, 2-Elias/SRRC 74:26, 3-Farley 77:09, 4-Leek/

SWEAT 77:15, 5-Pietrzak 80:44, 6-Miller 80:46...14-Carter(40+) 86:04, 15-Parsons(40+) 86:06, 51-Margaret Nussbaum 99:05, 54-Rebecca Righter 99:58. /Jerry Swartsley/



Andy Gonzales during the Western States 100-Miler.

LAKE TAHOE MARATHON (June 24, Lake Tahoe): /108 finishers/ 1-John Paulson 2:28:11, 2-Jacobson 2:42:30, 3-Hedges/BC 2:53:12, 4-Hoschler/BC 2:53:46, 5-Popoff/QC 2:55:41, 6-Bedell/LTTC 2:58:09...12-Bryan Holmes/WVJS(40+) 3:08:04, 16-Pulver/SSS 3:13:09, 46-Melissa Duffy/Un 3:33:09, 59-Jeanette Sullivan/OTC 3:45:33. /Skip Youngdahl/

WESTERN STATES ENDURANCE RUN (June 24-25, Squaw Valley to Auburn): 100 mile endurance run (63 starters and 30 finishers). See *Runner's World* for story. 1-Andy Gonzales 18:50, 2-Bunnell/TAM 19:48, 3-Cappis/N.M. 19:49, 4-Adams/Sparks 20:59, 5-Doug Latimer 21:38, 6-Howard/BC 21:42, 7-Evans 22:38, 8-Shirk 22:39, 9-Metcalf 22:39, 10-Ainsleigh 22:40, 11-Catlin 22:48... (continued on pg. 33)

(Western States 100-Miler, Cont'd)...12-Paffenbarger/NCS 23:39, 13-Mattei/NCS 23:39, 14-Hanson 23:57, 15-Maher/TAM 23:57, 16-Faley 24:00, 17-Neiderhaus 26:26, 18-Falciola/NH 26:29, 19-Nakama 26:39, 20-Rosow 27:58, 21-Remington 28:44, 22-Davis/FLA 28:45, 23-Boyle 28:49, 24-Purdy/Louisiana 28:49, 25-Cain 29:22, 26-Pat Smythe 29:34 (only woman finisher), 27-Lenihan 29:34, 28-Mason/Reno 29:39, 29-Stack/DSE 39:00, 30-Fauss/S.F. 39:00... Karin Stok & Peggy Stok stopped at 92 miles (37:00). -- Andy Gonzales successfully defended his 1977 title in record time. /Mo Sproul; Phil Lenihan/

LOMPOC DISTANCE CARNIVAL (June 24-25, Lompoc): /3 Mi./ 1-Jim Schankel/CP-SLO 14:25, 2-Bordell 14:26, 3-McKeon/Colo 16:09, 4-Broman 16:30, 5-Takao 16:38, 6-Thompson 16:40, 7-Rowley/SUND 16:46...11-Stewart(40+) 17:14. /USTFF Natl. Jr. Men's 10Km. Invit./ 1-Steve Webb/Kennedy-LaPalma 30:53.0, 2-F. Ebner/HSU 30:59.3, 3-Gomez/Valencia 31:05.1, 4-Rios/Lennox 31:22.8, 5-Love/Carlmont 31:37.2, 6-M. Ebner/BAHS 32:43.0, 7-Brennand/SMHS 33:03.4. /USTFF Natl. Jr. Women's 5Km. Invit./ 1-Mary Carman/SMHS 18:00.6, 2-Tracey/AVHS 18:09.9, 3-Ragen/SaugusHS 18:27.0, 4-Brink/S.MarinoHS 18:50.4. /Joe Sciamel/

DSE KENNEDY DRIVE RUN (June 25, San Francisco): /4 Mi./ 1-Jan Sershen/ETC 23:04, 2-Salazar/SJCC 23:33, 3-Green 23:45, 4-Burton 24:02, 5-L.Sheehan 24:04, 6-Skiff 24:30, 7-Muela/ETC 24:48...44-Judy Graham/WVTC 27:21, 56-Elaine Miller/PMK 28:03, 60-Sue Munday/CW 28:16, 64-Sally McPherson/WVTC 28:23, 68-Sue Brusher/BASC 28:36, 71-Judy Irving 28:44. /DSE Newsletter/

JOAQUIN MILLER PARK FUND RUN (June 25, Oakland): /4.25 Mi./ 1-Bryan Tracy 25:13.4, 2-Goubau 26:32, 3-Schneider 26:44, 4-Sammy S.C. 26:50, 5-Serrano 27:24, 6-Eichstaedt 27:33, 7-DeGlymes 27:47, 8-Perlman 27:56, 9-Rostege/WVTC 28:03, 10-Kenney 28:07...26-Sandvoss(40+) 31:09, 31-Liz Strangio/MSJ 31:33, 34-P.W. Stone(40+) 31:53, 46-Londa Larson 32:48...164 finishers. /Bishops'/

DSE DOUBLE LAKE MERCED (July 2, San Francisco): /9.5 Mi./ 1-John McVeigh 50:24, 2-Tracy/ETC 50:39, 3-Darling/ETC 50:56, 4-D.Smith 52:04, 5-Conroy/ETC 52:27, 6-O'Brien 53:14, 7-Rios 53:35, 8-Collins 53:48, 9-Miller 54:39, 10-Serrano 54:50...19-McAbee(40+)/PMK 56:23, 77-Joan Ulyot/WVTC 62:48, 88-Pat Whittingslow/PMK 64:13...368 finishers. /DSE Newsletter/

LMJ&S EMBARCADERO RUN (July 2, Oakland): /5 Mi./ 1-Ted Quintana 25:33, 2-Greg ?? 25:55, 3-Wheeler/LMJS 26:15, 4-L. Sheehan 26:50, 5-Kindle 27:10, 6-Castillo 27:23, 7-Brown 27:27, 8-Tim Rostege/WVTC 27:33, 9-Mota 27:38...23-Huff(40+) 31:53, 36-Sue Brusher/BASC 32:50, 71-Ruth Anderson/NCS(40+) 34:59...241 finishers. /Bill Brusher/

DSE BAKER'S BEACH RUN (July 4, San Francisco): /3 Mi.+/ 1-John Coburn 16:46, 2-Aldana/ETC 16:48, 3-Kerr 16:51, 4-Glover 16:58, 5-Megen 17:22, 6-Bill 17:38, 7-Nikevich 17:44, 8-Dresser 17:46, 9-Lakatos 17:51, 10-J. Houston 17:59...top female finishers not known. /258 finishers/ /DSE Newsletter/

CORONADO HALF-MARATHON (July 4, Coronado): 1-Thom Hunt/JT 64:27, 2-Mendoza 66:11, 3-Harper/JT 66:34, 4-Close 67:24, 5-Buckingham/JT 67:37, 6-Peters 67:37, 7-Pullen 67:49, 8-Kelly 67:56, 9-Mosher 68:09, 10-Hughes 68:27, 11-Rigdon 68:55, 12-Gulve 68:56, 13-Roy 69:07, 14-Hochhaus/WVTC 69:29, 15-Parks 69:45, 16-Blume 69:49...129-Jeanne Abare 78:35, 178-Sue Krenn/SDTC 80:43, 229-Debbie Lewis 83:23...2857 finishers!! /SDTC Newsletter/

SPA-AAU 15-KM CHAMPIONSHIPS (July 4, Santa Barbara): 1-Dave Babiracki/SFV 46:05, 2-Smead/AIA 46:15, 3-Tuttle/BHS 46:25, 4-Bordell/Col 46:59, 5-Rude 47:41, 6-Carlson 47:51, 7-Engel/BB 49:20, 8-Hiserman 49:21, 9-Palmer/NZ 49:23, 10-Gibson 49:27, 11-Hollister 49:32, 12-Moses 49:38, 13-Starinieri 49:45, 14-W.Waltmire/AIA 50:03, 15-White 50:15, 16-Magson 50:20, 17-Durand 50:21.../Masters/ 1-John Brennand/SBAA 51:12, 2-Shaffer/CCAC 51:49, 3-Bartek/SBAA 52:03, 4-Anderson 52:35.../Women/ 1-Sue Petersen/STC 57:57, 2-Linda Sipprelle(40+) 60:09...475 starters. /John Brennand/

PONDEROSA RIDGE RUN (July 8, Lake Tahoe): 1-John Paulson 68:42, 2-Sane 72:02, 3-Stapleton 72:04, 4-Robertson/WVTC 73:59, 5-Free-man 74:15, 6-Hart 74:44, 7-Wells 75:15, 8-Regan 75:24, 9-Cushenbery/BC 75:31, 10-Ruffing/WVTC 76:43.../masters/ 1-Branchini 76:56, 2-Malain/BC 80:09.../women/ Roes 90:30. /Austin Angell/

OLD MINERS 19-MILER (July 9, Big Bear Lake): 1-Steve Chase 2:00:32, 2-Martinez/AIA 2:01:00, 3-Kellogg 2:05:33 (continued)

(Old Miners Run, cont'd)...4-Carlson 2:07:31, 5-Moses 2:09:18, 6-P.Ryan 2:09:18...13-Linda Sipprelle/Austria 2:32:40, 18-Ted Alarcon(40+) 2:39:07...47 finishers. /Edgar Hurt, Jr./

DSE LAND'S END RUN (July 9, San Francisco): /3.5 Mi?/ 1-Kindle 17:42, 2-Swezey/PMK 18:17, 3-Lavelle 18:39, 4-R.Kennedy 18:53, 5-Megan 19:01, 6-Goss 19:11, 7-Anderson 19:12, 8-Schneider 19:14, 9-Boitano 19:16, 10-Masterson 19:17...36-Pam Provol 22:18, 40-Kathy Prichett 22:45, 41-Colleen Fox 22:48...172 finishers. /DSE Newsletter/



(Top) Don Choi set new American record for the 24-Hour Run at 136 miles+. /Mike Fenner Photo/ (Bottom) Boyd Tarin won the Pioneer Stampede. /Tom Elliott/

100-MILER & 24-HOUR TRACK RUNS (July 15-16, Woodside): - Not much in the way of results on this one yet (the meet director hasn't sent them yet). Don Choi broke Ted Corbitt's national record for the 24-hour track run by going 136 miles, 716 yards, breaking the old mark of 134-782. He got to 100 miles in 14:44:00 after passing 50 in 6:51, but got into trouble shortly after that point, getting bad blisters and much fatigue. He could only drag himself 21.5 miles over the last 6 hours. Chris Hamer (6:07) and Jim Barker (6:09) led thru 50 miles, but both burned out soon after that. Abe Underwood, who recently turned 40, was second at 100 miles in a fine 15:49:51, while Ruth Anderson, now nearly 50, placed a superlative third in 16:50:47, becoming the second fastest woman ever over the distance. Incidentally, Corbitt's old mark was set in 1973 in England. Let's get some results! /Runner's Gazette/

SAN MATEO "WRECK" RUN (July 15, San Mateo) /3 Mi./ 1-Dave Robertson/WVTC 15:30, 2-Haight 15:32, 3-Gil Dean/CW 15:33, 4-Hosler 16:01, 5-Main/WVTC 16:02, 6-McCallum 16:04, 7-Perez 16:11, 8-Takaha/CW 16:14, 9-Goss 16:35, 10-Cairo 16:56...14-Paul/WV (40+) 17:22, 17-Carpenter/WV (50+) 17:53, 27-Deena Pearson/SLVHS 19:38, 42-Ruth Waters/NCS(40+) 21:14...94 finished. /Main/

PIONEER STAMPEDE (July 16, Pioneer): /4.4 Mi./ 1-Boyd Tarin/WVTC 22:57, 2-Seaver/WV 24:47, 3-Coulter 24:58, 4-Lambie 25:24, 5-Dan Clark 27:44, 6-Gil Tarin(40+) 27:49...18-Mary Graham 36:03...37 finishers. /Tom Lambie/

BEAR VALLEY 10-KM (July 16, Bear Valley): (7000' altitude, hot!) 1-Randy Hale/Stagg 35:16, 2-Semler 40:03, 3-Bullock 41:20, 4-Evans 41:25, 5-Zunino 41:39...20-Pamela Blair 46:46, 21-Karey Robinson 46:59...93 finishers. /Teri Hagerty/

DSE FT. POINT RUN (July 23, San Francisco): /3.7 Mi./ 1-Mike Porter/WVTC 18:11, 2-Robertson/WVTC 19:04, 3-Kay 19:56, 4-John McVeigh 20:07, 5-Murphy 20:15, 6-L. Sheehan 20:38, 7-Millar/Mca 20:44, 8-Conroy/ETC 20:46, 9-Stillier/WVJ 20:52, 10-Swezey/PMK 20:58...62-Cheri Williams/SJC 24:36, 87-Sue Brusher/BASC 25:32, 117-Linda Robinson 27:09...521 finishers! /DSE Newsletter/

AAU HOUR RUN POSTAL (July 29, Santa Barbara): 1-Joe Carlson 11-1679, 2-Ocana 11-1506, 3-Aguero 11-1475, 4-Moffitt 11-1180, 5-Gomez/PHS 11-1072, 6-Rude 11-1025, 7-Cox/FP 11-980, 8-Estrada 11-780, 9-Siddons 11-659, 10-Jeffers/FP 11-540...John Brennand/SBAA(40+) 11-340, Bartek/SBAA(40+) 10-1554...Jacqueline Hansen/SFV 9-1645, Linda Sipprelle(40+) 9-1197. /John Brennand/

TROUT CREEK RUN (July 29, Lake Tahoe): /5.1 Mi./ 1-Greg Hitchcock 27:15, 2-Emory 28:25, 3-Killeen/TAM 28:45, 4-Jones/WVTC 28:56, 5-Cushenbery/BC 29:31, 6-Geiken 29:32. /Austin Angell/

OLYMPIC SPORT'S FESTIVAL MARATHON (July 30, Colorado Springs): 1-Bramley 2:29:52, 2-Pate 2:32:04, 3-Paulson 2:33:59, 4-Wayne/BASC 2:34:29, 5-Kurrle 2:36:00. /Bob Campbell/

COFFENBURY LAKE BIATHLON (Aug. 13, Oregon): /3 Mi. & 1/2 Mi./ 1-Dave Field 27:16...5-Lambie 29:46, 12-Walker/LVRC 31:36, 14-Carol Walker 31:47, 18-Pool 32:09, 27-Laurie Crisp/WVTC 33:05. /Tom Lambie/

PINECREST LAKE RUN (Aug. 20, Pinecrest): /4.75 Mi./ 1-Fritz Watson/WVTC 27:16, 2-Ken Danz 27:37, 3-Bob Loux 28:42, 4-Bartholomew 29:10, 5-Reichle 29:33, 6-Bush 29:50, 7-Faulkner 30:04, 8-Robertson 30:15, 9-Fox 30:16, 10-Ben Sawyer(40+) 30:18, 11-Jones 30:40, 12-Ferguson 30:46, 13-Dorst 30:48, 14-Petersen 31:10, 15-Bennett 31:15, 16-Brad Brown 31:22, 17-Hicks 31:29, 18-Nagel 31:31, 19-Evans 31:32, 20-Carleton 32:01, 21-Wegenmann(40+) 32:32, 22-Peters 32:38, 23-Rodriguez 32:40, 24-Bratt 32:44, 25-Rodgers 32:54...34-Jackie Hendrickson/MCHS 33:56, 47-Skip Swannack/WDS 35:31, 57-Jane Sowersby/PMK 36:07...new course this year...208 finishers. /Jim Reichle/

BASS LAKE HALF-MARATHON (Aug. 26, Bass Lake): /13.3 Mi./ 1-Gary Romesser/FPTC 1:10:15, 2-Britten/BVRC 1:10:59, 3-Garza/HSTC 1:13:25, 4-Case/HSTC 1:16:07, 5-VanDellen/HSTC(40+) 1:16:25, 6-Pat Buzbee/BVRC 1:18:22, 7-Swenson/FPTC 1:18:59, 8-Lomeli/FPTC 1:19:04, 9-Lohse/HSTC 1:19:59, 10-Taylor/Unat 1:21:02, 11-R. Lohse/HSTC 1:21:04, 12-Campbell/FPTC 1:21:28,

FERRERO IS EASY VICTOR AT PARADISE RIDGE RUN (May 7, Paradise): - Lee Ferrero of Weed, competing for S.W.E.A.T., was an easy winner in the First Annual Paradise Ridge Run, held in unseasonably warm (85°) weather. Ferrero averaged 5:33 per mile over the 8.83 mile course, the first 3.5 miles of which are uphill, besting runnerup Jim Bowles of Beale AFB by nearly a full minute. Bob Malain of Sacramento and the Buffalo Chips captured top honors in the masters division in a swift 54:47. He's actually in the 50+ category, but beat the first 40-49 finisher, Gough Reinhardt, by nearly 5 minutes!! Merrill Cray of Chico was a place and 10 seconds in front of Reinhardt to capture the women's trophy in 59:25. Britt Brewer's 51:54 captured the 14-17 division and placed him in 4th place overall. Brother Devon annexed the 10-13 award with a 63:22 clocking. In a companion 3-mile race, Steve Growdon was a 13-second winner over Steve Harney, 16:33 to 16:46. John Hood's 20:11 was the best masters mark, while Denise Weaver's 20:25 paced the fair sex, besting Carol Stanley's 21:02. A total of 105 finished the long race; 93 the short race. /B. Dewsberry/

1-Lee Ferrero/SWEAT	49:01	9-Bobby Dippel	53:57	17-Andy Jacobson	57:11	***MASTERS*** (Noted by *)
2-James Bowles/WVTC	49:57	10-Lyle Freeman	54:23	18-Myron Klotz	57:16	26-Gough Reinhardt/LVRC
3-Rick Sanders	50:35	11-Bob Malain/BC	54:47*	19-Steve Haxby	57:26	32-Clifford Hepburn
4-Britt Brewer/CRC	51:54	12-Dean Harper	54:58	20-Doug Riggle	57:29	50-Robert Hughes
5-Walt Schafer/CRC	52:12	13-Michael Deatherage	55:37	21-Randy Lamb	57:36	***WOMEN***
6-Mike Souza	52:44	14-Kim Ellison	56:01	22-Tom Roney	58:05	25-Merrill Cray/CRC
7-Arvid Kretz/WVTC	53:35	15-Steve Daniels	56:07	23-Tim Chavez	58:27	51-Shirley Simmons
8-Noel Lincicome	53:36	16-James Claesgens	56:22	24-Charles Hansell	59:09	55-Catherine Gray

PETERSON TROUNCES STRONG FIELD AT CHESTNUT CHARITY RUN (June 18, Castro Valley): - Colorado TC's Mike Peterson, just passing thru the Bay Area, was a surprise entry in this rugged 6.95-mile race. He bested runnerup Vic Cary by nearly a full minute and took a big chunk off Bill Seaver's 37:39 course record. Seaver, who had won the race for the past two years, was third today in 38:29, compared to Peterson's 37:17. Jim Fages, Peterson's teammate, was next in 38:38. Ted Wilson topped a rather lack-luster masters field in 44:18, ahead of David Saylor's 44:45. WVTC's Laurie Crisp, just off a very successful high school track season, missed Sharon Furtado's 45:40 standard from two years ago. Kent Guthrie's 39:56 mark remained intact in the master's division. A total of 174 completed the run, which was a fund-raiser for the Chestnut Branch of the Children's Hospital. /Dennis Tracy/

1-Mike Peterson/CTC	37:17	15-Steven Hurst/DowneyHS	42:00	29-Tony Moore	44:57	43-Leonard Gilliana	47:30
2-Vic Cary/WVTC	38:15	16-Ken Takan	42:09	30-Steve Thompson	45:09	44-Ken Hurst/Downey HS	47:31
3-Bill Seaver/WVTC	38:29	17-Ken Apperson	42:30	31-Berclaz Jean Bernard	45:42	45-Phillip Arzino	47:32
4-Jim Fages/CTC	38:38	18-Ross Rowley/SUND	42:55	32-Larry Searcy	45:44	46-Doug Scott	47:33
5-Bill Hurst/ModJC	38:45	19-Tom Dresser	43:06	33-Steve Hayes	45:49	***MASTERS***	
6-John Marden/WVTC-MSJ	39:15	20-Rich Lightfoot	43:08	34-Jonathan Coleman	45:52	51-Dert Crowder	49:06*
7-John Sheehan/WVTC	39:25	21-Walt Harght	43:39	35-Jim Norsworthy	45:55	54-Rich Peterson/HSTC	49:31*
8-Web Loudat	39:55	22-Wes Harlburt	44:01	36-Russell Clough	46:00	55-Tom McManus	49:38*
9-Jay Marden/WVTC-MSJ	40:10	23-Ted Wilson/KJ	44:18*	37-Laurie Crisp/WVTC-DHS	46:15F	67-Arnold de la Rosa	51:07*
10-Tom Jordan/WVTC	40:30	24-Keith Davies	44:23	38-Don Huff/PMK	46:22*	***WOMEN***	
11-Darren George/AIA	40:40	25-Mike Rowerdink/SUND	44:44	39-Gary McPherson	46:27	59-Sue Brusher/BASC	49:58
12-Ray Hosler/RWRC	41:03	26-David Saylor	44:45*	40-Roy Dwyer, Jr.	46:29	68-Julie Hayes/DublinHS	51:35
13-Ron Kunst	41:29	27-Bob Cummings/WVTC	44:52	41-Pete Reckes	47:09	91-Marilyn Harbin	55:06*
14-Bruce Wolfe/WVTC	41:38	28-Peter Jensen	44:54	42-John Nunes	47:20	97-Jane Viera	55:55

MAXWELL NIPS MORENO, KAEMPF RIPS MASTERS FIELD, LEYDIG TOPS PERKINS--PA 15KM (July 2, Los Altos Hills): - Canadian Brian Maxwell had a battle on his hands in the highly competitive District 15-kilometer championships. He nipped Camino West's fast-improving John Moreno by a mere 4 seconds in a closing sprint, 47:00 to 47:04. Last year, Maxwell also finished in front of Moreno, but by a 47-second margin, as they placed fifth and sixth. Nuccio's 45:40 course record wasn't approached. Steady-running Angel Martinez grabbed third in 47:30. Tom Laris, in fourth (now 38 years old), led his WVTC team to the team title (49:13 average), as the Aggies (51:01) edged out Camino West (51:07) for second. Ulrich Kaempf (see this issue's NorCal Portrait) completely annihilated his masters competitors with a sterling 51:09, breaking Kent Guthrie's 52:22 record of last year (two years ago, Jim Shettler ran a 50:14 on a slightly (200+ yards) shorter course). Bob Welck's 51:57 barely held off masters newcomer, Tom Cathcart (52:02), to keep second place. Old record-holder Guthrie was also under his old mark at 52:16. Judy Leydig had to run hard over the last half-mile to pull away from a steadily closing Kathy Perkins (57:34 to 57:50), as both dipped under Ann Wotherspoon's 1977 mark of 58:03. Surprising Judy Fox, 37, had led for the first 10K, and finished third in 59:10. Carroll O'Conner's 70:01 led the masters women. The women's team title was also won by WVTC (followed by the Pama-kids), and the WVJS masters dumped TRAC...196 finished. /The Clark's/



Start of the PA-AAU 15 Kilometer Championships in Los Altos Hills. /John Sheretz photo/

1-Brian Maxwell/BASC	47:00	19-Gary Singer/Un	51:55	37-Ray Menzie/WBTC	55:14*	58-Siegfried Mattern/DSE	58:30*
2-John Moreno/CWTC	47:04	20-Bob Welck/WVJS	51:57*	38-Ken Williams/Un	55:15	62-Floy Dawson/Un	59:06*
3-Angel Martinez/AGRC	47:30	21-Tom Cathcart/Un	52:02*	39-Myron Nevraumont/WVJS	55:16*	63-Lee Holley/WVJS	59:07*
4-Tom Laris/WBTC	47:49	22-Mark Baker/PMK	52:05	40-John Hoch/CWTC	55:22	68-John McCrillis/TRAC	59:46*
5-John Sheehan/WBTC	47:58	23-Kent Guthrie/WVJS	52:16*	41-John Stovel/BHR	55:33	69-James Jacobs/PMK	60:00*
6-Jan Sershen/ETC	48:13	24-Bill Lowe/Un	53:05	42-Bill Jenkins/SALZ	56:03	70-Martin Greenberger/TR	60:03*
7-Mike Fanelli/PMK	48:25	25-Jerome Lewis/TRAC	53:21*	43-Charles Key/Un	56:11	71-Werner Sandvoss/Un	60:04*
8-Mitch Kingery/CWTC	48:27	26-Bruce Wolfe/WBTC	53:23	44-John Hawkes/WBTC	56:13	***WOMEN***	
9-Fritz Watson/WBTC	48:50	27-Bryan Holmes/WVJS	53:27*	45-Bob Malain/BC	56:22*	54-Judy Leydig/WBTC	57:34
10-Peanut Harms/AGRC	50:00	28-Don Dugdale/MPAC	53:38	46-Hoyt Walker/LVRC	56:30	56-Kathy Perkins/SJC	57:50
11-Bryan Tracy/AGRC	50:12	29-Gilbert Dean/CWTC	54:01	47-Harold DeMoss/WBTC	56:35*	65-Judy Fox/Un	59:10
12-Dirk Rohloff/AGRC	50:29	30-Mike Plummer/WBTC	54:07	48-Peter Marks/AGRC	56:58	72-Elaine Miller/PMK	60:15
13-Mike Smith/WBTC	50:40	31-Scott Faulkner/PMK	54:23	49-Tim Swezey/PMK	56:58	84-Kathryn Lundquist/Un	62:36
14-Mike Miller/CWTC	50:43	32-Ray Scellato/TRAC	54:26	50-Jim Nicholson/PMK	57:00*	90-Jean Williams/Un	63:41
15-Jim Howell/WBTC	50:49	33-Tom Aldana/ETC	54:41	51-Rip Talavera/Un	57:07	96-Vicky Bray/SJC	64:11
16-Mark Sisson/Un	51:03	34-Russ Satcher/Un	54:51	52-Ed Dally/WBTC	57:24*	117-Jenny Weiss/Un	65:53
17-Ulrich Kaempf/TRAC	51:09*	35-Steve Puryear/PMK	54:58	***MASTERS***		121-Penny DeMoss/WBTC	66:10
18-Richard Franklin/LVRC	51:52	36-Gary Chilton/Un	55:10*	53-Gary Nielson/Un	57:27*	126-Lourdes Hernandez/WBTC	67:06

ROYAL FLUSH WITH SUCCESS AT KENWOOD (July 4, Kenwood): - A record of 342 official finishers completed this popular 10K race near Santa Rosa, and David Royal, the one and two-mile North Bay League champion from Petaluma High, became the youngest winner ever in a time of 33:56, considerably off Jim Nuccio's 31:13 standard. In second overall was Tad Woliczko of Santa Cruz in 34:18. Darryl Beardall, running with the aid of a splint since he broke his big toe a few weeks earlier, captured the masters division with sixth place overall in 34:33, obliterating his own 40+ course standard of 35:27. Craig Roland was a distant second in 37:41. Kathy Rankin was a narrow victor, 42:08 to 42:13, over Dana Flint in the women's race, although Dana captured the 19-and-under title. Fast-improving Susan Mitchell captured the masters women's award, clocking 45:15, as records were set in all three of the lady's divisions. Gerry Robinson (Ireland) and Craig Wilson (Novato) garnered 14-15 & 12-13 divisions in 35:40 (record) & 41:40. /Fred Kenyon/



(Left) Brian Maxwell breaks the tape to win the PA 15K. (Center) John Sheehan (5th) leads Tom Laris (4th) at about halfway in the same race. (Right) Bob Malain was first finisher over 50. /J. Sheretz/

1-David Royal/LHS	33:56	19-Robert Robbins/Un	36:38	37-Todd Watkins/DSE	38:43	55-Edward Cull/Ireland	39:50
2-Tad Woliczko/PMK	34:18	20-Fred Leoni/Un	36:38	38-Cesar Castellanos/VMRC	38:49	56-Mike MacKenzie/TAM	39:51
3-Armand Moreno/VMRC	34:25	21-Bill Posedel/Un	36:51	39-Malcolm Jacobs/Un	38:53	57-Francis Kane/Ireland	39:52
4-Mike Wright/Solano	34:28	22-Dan Preston/VMRC	37:02	40-Eric Peterson/Un	39:02	58-Joe Phaby/ER	40:19
5-Pat Miller/Un	34:31	23-Rob Biando/VMRC	37:03	41-Gordon Burns/SRCC	39:06	59-Colin Hermans/VMRC	40:21*
6-Darryl Beardall/TAM	34:33*	24-Rudy Balli/LHS	37:11	42-Keith Golding/Un	39:13	60-Harry Ackley/ER	40:31
7-Butch Alexander/VMRC	35:04	25-Dennis Doris/VMRC	37:16	43-Hugh McWilliams/VMRC	39:15	***MASTERS***	
8-Terry Pintane/Un	35:13	26-Paul McKeown/Ireland	37:32	44-Bo Long/Un	39:17	61-Joe Dana/Solano	40:56*
9-Steve Howard/Un	35:23	27-Jim Barich/VMRC	37:37	45-Bruce Carradine/TAM	39:26*	78-Dick Fugett/ER	41:48*
10-Gerry Robinson/Ireland	35:40	28-Bruce Von Borstel/TAM	37:40	46-Neal Anderson/Un	39:27	96-Ralph Webb/Un	42:23*
11-Bob Lawrence/TAM	35:42	29-Craig Roland/ER	37:41*	47-Brad Wilson/Un	39:30	97-Don Kiernan/VMRC	42:28*
12-Glenn McCarthy/ER	36:06	30-Eddy Nieto/VMRC	37:47	48-Tom Keenan/Ireland	39:36	***WOMEN***	
13-Dave Sjostedt/VMRC	36:11	31-Roger Price/Un	38:01*	49-Arnold Schulz/ER	39:36*	88-Kathryn Rankin/ER	42:09
14-Dave Bullano/VMRC	36:13	32-Tim Healy/Un	38:08	50-Kent Stevenson/Un	39:38	91-Dana Flint/Un	42:15
15-Jack Hackmann/VMRC	36:13	33-Mike Deatherage/Solano	38:16	51-Dan Goodwin/YMCA	39:42	129-Liana Wilson/Un	44:41
16-Mike Warr/Solano	36:20	34-Ron Souther/Solano	38:27	52-Paul Quinn/Ireland	39:42	142-Susan Mitchell/TAM	45:15*
17-Dan Rubio/Solano	36:27	35-Emery Mitchell/TAM	38:37	53-Barrie Graham/VMRC	39:46	173-Laurie Hollingworth/VM	46:31
18-Brian Hoyt/Un	36:37	36-Colin Davidson/ER	38:38	54-Dan Cole/Solano	39:49	234-Debra Davis/Un	50:48

QUINTANA SHARP IN "FIRECRACKER" WIN (July 4, Concord): - This annual affair was a virtual runaway for Cal-State Hayward ace, Ted Quintana, as he clocked 32:40 over the 6-mile course (long?) to easily defeat Mike Fanelli, who did 33:28, while Cal's Paul Burke was another 21 seconds back. Masters ace, Kent Guthrie, blazed a fine 35:04 to finish way up in the pack at fifth overall, and teammate Bryan Holmes was several hundred yards back at 35:55 for runnerup. Cindy Olavarri likewise had little trouble in winning the women's division, 42:28 to 43:08 over Nancy Pannell. Steve Rypins' 40:13 got the best of Billy Mertens' 42:24 to capture the youth division, and Mary Ellen Lentz was top masters women (there were only two finishers)...234 finished the run. /Concord Recr/

1-Ted Quintana/WBTC	32:40	12-Anthony Bettencourt	36:41	***MASTERS***	
2-Mike Fanelli/PMK	33:28	13-Steve Schneider	36:58	29-Robert P. Sikora	40:19*
3-Paul Burke/WBTC	33:47	14-Lawrence Brown	37:01	33-Phil Stone	40:26*
4-Bret Baffert	33:49	15-Wesley Hurlburt	37:15	35-John Gray	40:53*
5-Kent Guthrie/WVJS	35:04*	16-Anthony Robinson	37:39	39-Hank Frayuya	41:22*
6-Randy Teraberry	35:09	17-Larry Arata	37:55	***WOMEN***	
7-Mike McCormick	35:15	18-Doug Riggle	38:14	56-Cindy Olavarri	42:28
8-Stephen Puryear/PMK	35:26	19-Jim Cross/WBTC	38:19	65-Nancy Pannell	43:08
9-Bob Hermens	35:39	20-Sargon Nona	38:23	95-Suzy Baffert	45:40
10-Bryan Holmes/WVJS	35:55*	21-Scott Wilson	38:34	98-Carol Manning	45:58
11-Peter Foster	35:58	22-Tom Barlow	38:49	105-Sandy Kutulas	46:48



Ted Quintana /Pam Fisher/

DAMON WOOD OUTCLASSES STRONG FIELD AT REDWOOD CITY PARADE RUN (July 4, Redwood City): - Cal's Damon Wood was a clear 7-second victor over Bill Clark & Lou Patterson (14:57 to 15:05) in this popular run, which consists of loops in the downtown area with large crowds watching. Since the results were listed by division, we don't know who was second, Bill or Lou, as both had the same time. Clark won the sub-masters trophy over teammate Ramsay Thomas. Skip Swannack of Redwood City and the Woodside Striders has a much easier time, annexing the women's race, which was run concurrently, 18:46 to 19:28. Second-placer, Maria Regalado was only five seconds in front of Gail Campbell. None of the top masters showed up, and Art Teid's 17:39 proved to be fastest time over the flat, 5,000-meter course. John Bramfitt was a distant second in 18:03. Following we are listing places and times by divisions, with women following the men. We'd like to encourage race directors to list finishers in overall order, and indicate their place within divisions alongside the overall place. This makes much more sense to our readers and it's easier to type too. /S. Mawson/

BOYS, 11/UNDER		5-Steve Watkins	15:38	6-Tim Rostege/WBTC	16:46	2-Kim Himenes	23:47
1-L. Stojanovich, Jr.	19:25	6-Joe Salazar	15:38	7-Larry Main/WBTC	16:53	***GIRLS 12-13***	
2-Mike Kennedy	19:36	7-Mike Niemiec	15:39	8-J. Doran	16:56	1-Kathy Gutierrez	23:39
3-D. Ramstad	19:38	8-Rick Hornstra/Skyline	15:42	9-J. Stovel	17:06	***GIRLS 14-17***	
BOYS 12-13		9-G. Munoz	15:43	10-Charles Harris/WBTC	17:19	1-Melanie Matlick	20:55
1-Michael Marin	17:12	10-Tom Jordan/WBTC	15:55	11-Roy Scellato	17:45	2-Z. Zelle	21:44
2-J. Foley	18:45	11-P. Dolan	16:08	12-Carlos Saldivar	17:48	3-D. Bordenave	22:22
3-Joe Kennedy	20:14	12-Kent Mulkey	16:14	***MEN 40-49***		4-Valerie Key	22:23
BOYS 14-17		13-J. Markstrom	16:19	1-Art Teid	17:39*	***WOMEN 18-29***	
1-Kevin O'Connor/CWTC	15:45	14-Terence Boynton	16:20	2-John Bramfitt	18:03*	1-Maria Regalado	19:28
2-P. Marquez	16:04	15-E. Rios	16:26	3-P. Gallioni	18:04*	2-Gail Campbell/WVJS	19:33
3-D. Rios	16:22	16-John Routh	16:29	4-Roderick McKenzie	18:17*	3-Lorraine Zuerb	21:46
4-Charlie Harb	16:26	17-Michael Young	16:34	5-Bob Gehl/DSE	18:27*	4-Karin Stok/WDS	22:06
5-Dan Stefanisko	16:36	18-W. Haight	16:38	6-J. Dougherty	19:07*	5-D. Poulton	22:11
6-P. Shea	16:40	19-Andy Takaha	16:58	7-E. Young	19:10*	***WOMEN 30-39***	
7-Paul McClure	16:48	20-Jim Hadden	17:00	8-Gary Belanger	19:27*	1-Skip Swannack/WDS	18:46
8-P. Salazar	17:07	21-J. Moyles	17:02	9-Ruben Guevara	19:29*	2-Frankie Brigna	21:01
9-J. Rembao	17:12	22-Phil McCarty	17:08	10-J. Baumgartner	19:44*	3-D. Bushkor	22:38
10-A. Hellam	17:12	***MEN 30-39***		***MEN 50-59***		4-F. Rydolf	23:34
MEN 18-29		1-Bill Clark/WBTC	15:05	1-Dennis Egly	18:21*	***WOMEN 40-49***	
1-Damon Wood/CWTC	14:57	2-Ramsay Thomas/WBTC	15:13	2-D. Nystrom	20:29*	1-Ruth Waters/NCS	21:09*
2-Lou Patterson/AGRC	15:05	3-Jake White/WVJS	15:44	3-Anthony Chavez	20:32*	2-Carroll O'Conner/NCS	21:23*
3-Mark Sisson/WBTC	15:06	4-John Clary/WVJS	15:50	***GIRLS 11/UNDER***		3-Barbara Robben	23:26*
4-Angel Martinez/AGRC	15:16	5-Jim Barker/WBTC	16:16	1-Karen Himenes	22:25	4-A. Henninger	23:47*

MORENO APPROACHES RECORD AT FELTON; WOTHERSPOON ANNEXES WOMEN'S MARK (July 9, Felton): - Despite the S.F. Marathon on the same day, the "Race to the Redwoods" drew over 500 participants (508 of whom finished), and records were set by: Ann Wotherspoon (44:42.8) in the women's division; John Latting (46:47.8) in the boy's 13-and-under category; and Jennifer Nickel (62:15.8) in the girl's 13-and-under. Camino West's John Moreno had a fairly easy time in winning over the 6.9-mile hill course near Santa Cruz, clocking a swift 36:38.7 to miss Benton Hart's 1977 mark of 36:31.6. His teammate, Mitch Kingery, was a full 15 seconds back. Camino West loaded up heavily and easily dominated in the open division, placing six in the top ten. San Jose Cindergal, Ann Wotherspoon, dominated the women's race, establishing a new course record of 44:42.8, completely annihilating Sue Neary's 46:53 standard from 1975. Although teammate Cathy Demmelmaier was well over a minute back, her 46:00 was also under the old mark. Ben Sawyer defended his title in the masters division with a fine 41:47, off his 1977 record of 41:18, but still good enough for an 8-second margin over Bob Welck, who suffered his second consecutive loss, showing how tough the masters division is in Northern California. Ruth Waters' 56:47.9 won the 40-and-over women's race by nearly six full minutes over Retta Albers. /Bruce Jones/

1-John Moreno/CWTC	36:39	27-Tim Rostege/WBTC	41:58	53-Daniel Sullivan/Un	44:43	101-G.G. Belange/Un	47:50*
2-Mitch Kingery/CWTC	36:54	28-Paul Sechrist/CWTC	42:07	54-Ann Wotherspoon/SJC	44:43F	108-Lupe Correa/Un	48:07*
3-Steve Brooks/WBTC	37:07	29-Paul Goehner/SMTC	42:08	55-Naranjo Beraquiel/Un	44:47	***WOMEN***	
4-Paul Mello/CWTC	37:26	30-Don Dugdale/MPAC	42:13	56-Walter Radcoff/Un	44:52	72-Cathy Demmelmaier/Un	46:00
5-Joe Salazar/SJCC	37:35	31-Tim Berry/DVC	42:17	57-John Ulate/Un	44:53	103-Sue Munday/CWTC	47:54
6-Ted Quintana/WBTC	38:06	32-Andy Takaha/CWTC	42:18	58-Jeffrey Olsen/FW	44:59	127-Jean Williams/Un	49:08
7-Joe Fabris/CWTC	38:25	33-Harold Huff/Un	42:34	59-Ron Palermo/Un	44:60	147-Karen Kressenberg/WV	50:10
8-Michael Duncan/WBTC	38:31	34-Robert Caralis/Un	42:49	60-Richard Bawcom/Un	45:06*	154-Linda Hayes/SJC	50:26
9-Damon Wood/CWTC	38:32	35-William Jankins/SALZ	42:54	61-Edward Silva/Un	45:07	197-Deanna Pearson/Un	52:31
10-Tony Munoz/CWTC	38:54	36-Phil McCarty/SFHS	43:00	62-David Gradone/Un	45:09	198-Sandra Sanchez/Un	52:33
11-Gilbert Munoz/CWTC	39:15	37-Ken Williams/Un	43:10	63-Matt Delgadillo/Un	45:27	216-Tracy Thorpe/SJC	53:40
12-Jay Marden/WBTC	39:33	38-Bob McCarty/Un	43:14	64-Kim Street/Un	45:38	219-Loretta Gutierrez/Un	53:51
13-Bob Love/CWTC	39:46	39-William Dunn/Un	43:18	65-Ken Nickel/WVJS	45:39	225-Christine Carriere/Un	54:02
14-Greg Mandanis/CWTC	39:46	40-Mike Gama/Un	43:19	66-Dick Fregulia/Un	45:44	***MASTERS***	
15-Lane Mason/Un	39:57	41-M. Driscall/WVJS	43:31	67-Werner Sandvoss/TRAC	45:49*	76-John McCrillis/TRAC	46:14*
16-David Figueiredo/Un	40:08	42-John Hoch/CWTC	43:38	68-Jeff Young/Un	45:50	79-Bob Blonder/WVJS	46:32*
17-Lenny Sheehan/NETC	40:24	43-Rae Clark/Un	43:44	69-Evan MacBride/BC	45:51	84-Lee Holley/WVJS	46:55*
18-Ted Holly/Un	40:30	44-Mark Van den Berghe/DV	43:44	70-Greg Kitchel/Un	45:59	86-Bill Flodberg/WVJS	46:57*
19-Gil Dean/CWTC	40:31	45-Lawrence Crider/Un	43:45	***WOMEN***		90-Ron Ruiz/Un	47:22*
20-Michael Macallaire/Un	40:36	46-Ian Waters/CWTC	44:01	76-John McCrillis/TRAC	46:14*	92-Bill Hitch/USN	47:28*
21-Paul Gyorey/PTC	40:55	47-Gary Grellmann/Un	44:04	79-Bob Blonder/WVJS	46:32*	99-John Marden/Un	47:48*
22-Sheldon Larson/CWTC	41:06	48-Harold DeMoss/WBTC	44:08*	84-Lee Holley/WVJS	46:55*		
23-Curt Karbowski/Un	41:43	49-Robert Plant/Un	44:10	86-Bill Flodberg/WVJS	46:57*		
24-Jim Moyles/CanadaColl	41:46	50-Marc Lund/WBTC	44:22	90-Ron Ruiz/Un	47:22*		
25-Ben Sawyer/SoqRC	41:47*	51-John Breseke/LelandHS	44:27	92-Bill Hitch/USN	47:28*		
26-Bob Welck/WVJS	41:55*	52-Randy Loehr/Un	44:36	99-John Marden/Un	47:48*		



John Moreno won at Felton; shown finishing second at the PA 15K the previous weekend. /John Sheretz/

PALLADINO, KAEMPF & PETERSEN SMASH RECORDS AT SAN FRANCISCO MARATHON (July 9, San Francisco): - While teammate John Moreno was cleaning up at Felton, Camino West's Steve Palladino was doing the same at the second running of this race, which this year had a whopping 2281 finishers. Steve's 2:21:15 chopped a big 3:44 from Athol Barton's 1977 record and was just over a minute ahead of Mark Sisson's PR 2:22:17. Vic Cary, in third, running his first marathon, closed fast over the waning miles and was also under the old standard in 2:22:44. Last year's champ, Barton, was running in second behind Palladino at about 20 miles when he was hit with leg troubles and had to retire. The increased depth in this year's event was evident, as 12 broke 2:30 (compared to only 4 last year). Weather was generally perfect except for a pesky headwind for a few miles along the Great Hiway... (more on page 38)

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(S.F. Marathon, cont'd)...The women were led by the sterling performance of Sue Petersen's (Senior TC of Los Angeles) course record 2:50:14, which was a PR and knocked 3:06 from Tina Anex's 1977 mark. Judy Leydig followed in a fine 2:53:42, running conservatively for a hard workout but not overextending herself. Surprise third-place finisher, Carol Young, scored a big PR of 2:54:15, as both she and Judy got their airfare paid to the National AAU Marathon in New York City by the PA-AAU Long Distance Running Committee. Penny DeMoss' 2:55:25, also a less than maximal effort, was the only other time under three hours. The West Valley men and women garnered team honors with 32 points (5 men) and 784 points, respectively. Irene Rudolf completed the trio of WVTC women with a PR 3:05:06. Ulrich Kaempf defended his title from last year and brought the masters record down to a quick 2:35:42 (over 7 minutes better than in 1977), good enough for 29th overall in a very classy field. Ralph Bowles' 2:39:25 (PR) and Ross Smith's 2:41:09 (at age 50) were also under the old standard. Lyn Levy of the Sun Valley Striders (Idaho?) ran away from the competition to annex the masters women's title in a quick 3:08:09, some 11 minutes faster than Ruth Anderson's course mark. Today Ruth had to settle for third, as Michele Gauthier's 3:18:48 was 3 seconds faster, as all three were faster than the previous mark. In all, times were very quick on a course that is not rated as fast. The entire course was blocked to traffic, but many runners further back in the pack met with depleted aid-stations and a long wait at the finishline. /Jon Mohr/

1-Steve Palladino/CW	2:21:15	71-Mike Gulli/Un	2:44:36
2-Mark Sisson/WVTC	2:22:17	72-John Sullivan/NMC	2:44:45
3-Victor Cary/WVTC	2:22:44	73-Mike Skiff/Un	2:44:57
4-Henry Barksdale/Un	2:25:30	74-John Burns/ORRC	2:44:58*
5-John Sheehan/WVTC	2:25:41	75-Robert Stephenson/Un	2:45:14
6-Ron Nabers/FTC	2:26:17	76-Mark Reese/BC	2:45:20
7-Jan Seršen/ETC	2:26:22	77-Roger Major/DSE	2:45:42
8-James Langley/WVTC	2:27:40	78-Sal Citarella/Un	2:45:43
9-Wayne Badgley/SUND	2:28:04	79-Steve Malley/SMTC	2:45:53
10-Dale Arbour/MMTC	2:28:13	80-Raymond Taketa/Un	2:45:53
11-Mike Niemiec/WVTC	2:28:24	81-Harry Cottrell/SRRC	2:45:57
12-Jim Barker/WVTC	2:28:36	82-Richard Patterson/BC	2:46:02
13-Eric Olsen/PRR	2:30:22	83-Myron Nevraumont/WVJ	2:46:13*
14-Daryl Zapata/WVTC	2:30:34	84-Doug Rennie/BC	2:46:21
15-Bill Clark/WVTC	2:31:10	85-Anthony Helfet/CPTC	2:46:24
16-Bill Morgan/LL	2:32:04	86-William Peck/BTC	2:46:25
17-Richard Mead/FPTC	2:32:45	87-Dennis Reager/SFAC	2:46:31
18-John Botke/SBAA	2:32:55	88-Randy Belzer/SYN	2:46:33
19-Mark Williams/Yale	2:33:07	89-Hans Swindler/WVTC	2:46:38
20-Jeff Merrow/FPTC	2:33:28	90-Ross Rowley/SUND	2:46:41
21-Rick Swinney/Un	2:33:30	91-Robert McLennan/Un	2:47:08
22-Bill Sevald/ETC	2:33:35	92-Tim Campbell/Un	2:47:08
23-Allen Sandretti/Un	2:33:48	93-Fidel Serrano/Un	2:47:10
24-Terry Hughes/DR	2:34:11	94-Donald Nokes/Un	2:47:11
25-Joe Sweeney/Un	2:34:27	95-John Hawkes/WVTC	2:47:15
26-Ted Pawlak/Un	2:34:33	96-Bryan Holmes/WVJS	2:47:27*
27-Dave Dunbar/Un	2:34:46	97-Phil Sanfilippo/WVJ	2:47:38
28-Doug Black/ETC	2:35:39	98-John Murphy/SDTC	2:47:51
29-Ulrich Kaempf/TRAC	2:35:42*	99-Dale Larabee/SDTC	2:48:13
30-Gary Green/BC	2:36:01	100-Keith Whittingslow	2:48:28
31-Lee Ferrero/SWEAT	2:36:16	101-Richard Timko/Un	2:48:44
32-Chris Berka/WVTC	2:36:23	102-Britt Brewer/CRC	2:48:51
33-Dick Look/SWEAT	2:36:30	103-Mike Lisowski/Un	2:48:53
34-Mark Beyster/Un	2:37:30	104-Andre Lewis/WVJS	2:49:07
35-Dan Rueckert	2:38:33	105-John Gassmann/Un	2:49:08
36-Tom Robinson/PMK	2:38:53	106-Andy Coe/Un	2:49:09
37-Mark Hines/DSE	2:39:19	107-Larry Arata/Un	2:49:16
38-Ralph Bowles/WVJS	2:39:25*	108-Jim Doran/WVJS	2:49:31
39-Mike Conroy/ETC	2:39:27	109-Santos Reynaga/WVTC	2:49:32
40-Ray Bonner/TSRC	2:39:32	110-Guy Pelham/Un	2:49:39
41-Neil Berg/LMJS	2:39:36	111-Bruce La Belle/AGRC	2:49:43
42-Keith Kruse/Un	2:39:53	112-Paul Holmes/BC	2:49:50*
43-Philip Bush/Un	2:39:55	113-Frank Nolan/Un	2:50:01
44-Dave Smith/BASC	2:40:08	114-Tom Pierce/PMK	2:50:08*
45-Gregor Burton/ETC	2:40:19	115-Steve Penner/FPTC	2:50:10
46-Pete Flores/AGRC	2:40:24	116-Sue Petersen/STC	2:50:14F
47-Dave Muela/ETC	2:40:30	117-Pete Petersen/STC	2:50:15
48-Bill Brodhead/Un	2:40:47	118-Hans Roenau/TAM	2:50:35*
49-Doug Sailors/Un	2:40:54	119-Kim Schaurer/TAM	2:50:35
50-Ross Smith/WVJS	2:41:09*	120-Jim Wurm/Un	2:50:38
51-Louis Grieco/FPTC	2:41:27	121-Craig Chambers/Un	2:50:55
52-Larry Sellers/TAM	2:41:46	122-Bill Cartwright/SDTC	2:51:00
53-Bill Amable/Un	2:41:47	123-Doug Tengler/Un	2:51:05
54-Dan Williams/LMJS	2:41:50	124-John Prochnan/Un	2:51:08
55-Michael Brown/ETC	2:42:14	125-Theo Jones/PMK	2:51:15
56-Dan Smolich/Un	2:42:18	126-W.E.T. Adams/Un	2:51:22
57-Mike Plummer/WVTC	2:42:30	127-Arthur Mortrell/Un	2:51:25
58-John Rupp/STC	2:42:43	128-Cliff Wolery/Un	2:51:27
59-Jeff Wall/ETC	2:42:56	129-Walt Basinger/PMK	2:51:28
60-Tom Hayes/SWEAT	2:43:05	130-Mark Merry/WS	2:51:32
61-Mike Wright/Sol	2:43:08	131-George Minarik/WVTC	2:51:38
62-Edward Spurr/Un	2:43:29	132-Richard Leutinger	2:51:39
63-Joe Quinones/RMRR	2:43:35	133-Rod Phillips/ORRC	2:51:48
64-John Skeels/Un	2:43:36	134-Hash Bashiruddin/ETC	2:51:53
65-Archie Turner/Un	2:43:37	135-Rich Henderson/Un	2:51:53
66-Ken Apperson/CW	2:43:41	136-Bill Parr/SWEAT	2:51:55
67-Thomas Niemeier/RMRR	2:44:06	137-Greg Thomas/ETC	2:51:59
68-Mike Narr/Un	2:44:07	138-Gary Alderman/CS	2:52:02
69-David Bartolome/Un	2:44:10	139-Dennis Gustafson/SFP	2:52:03
70-Roeber/Un	2:44:15	140-Doug Schrock/Un	2:52:11



(Top) Start of San Francisco Marathon, with 1977 winner, Athol Barton (#8) at center, and 1978 winner, Steve Palladino, at far left. /Jim Engle/ (Bottom left) Palladino is obviously elated as he crosses the finish. /Dennis O'Rourke/ (Bottom rt.) Women's record-setter, Sue Petersen of Laguna Beach. /Engle/

141-Beau Willis/Un	2:52:18	164-Andy Park/Un	2:53:38
142-Thad Orzechowski/Un	2:52:19	165-Harry Genant/Un	2:53:39
143-Glenn Bailey/Un	2:52:22	166-David Zumwalt/PMK	2:53:40
144-Pat Llerena/SMTC	2:52:31*	167-Tom Bennett/PMK	2:53:41
145-Ronny Davis/Un	2:52:31	168-Judy Leydig/WVTC	2:53:42F
146-Barney Eredia/Un	2:52:39	169-Jim Nicholson/PMK	2:53:42*
147-Larry Tagg/Un	2:52:45	170-Mark Baker/PMK	2:53:47
148-Russ Kiernan/TAM	2:52:49*	171-Gary Williams/Un	2:53:50
149-Chuck Putnam/BASC	2:52:54	172-Jeff Richman/Un	2:53:51
150-Mike Deatherage/Sol	2:52:59	173-Dante Dettamini/Un	2:53:52
151-Steve Higgins/DSE	2:53:00	174-Fred Garcy/Un	2:53:58
152-Vikram Cosain/Un	2:53:05	175-Ron Wolz Kelley/Un	2:53:59
153-Mark Friedman/Un	2:53:07	176-Larry Lawson/Un	2:54:00
154-Mark Sinclair/Un	2:53:09	177-Leo Reihsen/Un	2:54:01
155-David Swezey/SRRC	2:53:12	178-Bill McGuire/BC	2:54:06
156-Larry Tagg/Un	2:53:13	179-Waights Taylor/WVTC	2:54:12*
157-C. Whelan/Un	2:53:27	180-Richard Locksley/Un	2:54:13
158-Pat Halliburton/Tex	2:53:27	181-Carol Young/BASC	2:54:15F
159-Albert Garcia/Un	2:53:28	182-Art Riggs/Un	2:54:16
160-Charles Key/Un	2:53:29	183-Peter Cartwright/Un	2:54:17
161-Thomas Aldana/ETC	2:53:30	184-Steve Sidney/DSE	2:54:22
162-Mike Fenner/WVJS	2:53:33	185-Fred Nagelschmidt	2:54:26*
163-Gerald Cunningham/WA	2:53:37		

(Continued on page 40...)



Campaign For Clean Indoor Air

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ENDORISING ORGANIZATIONS

- American Cancer Society, California Division
- California Group Against Smoking Pollution
- California Interagency Council on Smoking and Health
- California Lung Association
- California Medical Association
- Californians for Clean Indoor Air
- Friends of the Earth
- P.T.A., California
- Retail Store Employees Union Local 428
- Sierra Club (partial list)

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The Campaign for Clean Indoor Air is sponsoring a benefit run on October 15 in Hellyer Park, south San Jose at 10:00 a.m. The 10 Kilometer course will wind through residential and park areas. Free YES ON 5 T shirts for all contestants.

ENTRY FORM

PLEASE ENCLOSE \$5.00 REGISTRATION FEE

MAIL C/O Fawn Hutchinson at above Berkeley address

NAME _____

ADDRESS _____

DIVISION MEN'S _____ 12 and under _____ 13-17 _____
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In consideration for your accepting this entry, I, intending to be legally bound, hereby for myself, heirs, executors & administrators, waive and release any and all rights and claims or damages I may have against the race coordinator or related personnel for any and all claims or injuries suffered at said meet.

PLEASE SIGN _____

UNDER 18, PARENT OR GUARDIAN _____

OPTIONAL PLEDGE SHEET

NAME _____

ADDRESS _____

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NAME _____

ADDRESS _____

AMOUNT PLEDGED _____

NAME _____

ADDRESS _____

AMOUNT PLEDGED _____

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ADDRESS _____

AMOUNT PLEDGED _____

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AMOUNT PLEDGED _____

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Treasurer

(S.F. Marathon, cont'd)...

MASTERS

187-James Brusstar/WVTC	2:54:42
195-Tim Treacy/Un	2:55:05
196-Ed Dally/WVTC	2:55:06
206-Joe Sloan/Ophir	2:56:02
222-Marvin Winer/WVTC	2:56:56
236-Jerry Jordan/SDTC	2:57:28
243-Orin Dahl/Un	2:57:38
248-Ed Vocke/Un	2:57:55
250-W.R. Hamaker/Colo	2:57:58
254-Bruce Carradine/TAM	2:58:12
270-Siegfried Mattern	2:58:47

271-Bob Rolston/WVTC	2:58:48
298-Martin Greenberger	2:59:53
302-Roderick McKenzie	2:59:59
311-Darrell Gee/NCS	3:00:26
315-Richard Houston/NCS	3:00:32
325-Ted Wilson/KJ	3:01:05
345-Franz Brazil/Un	3:02:25
346-Brett Ferguson/Un	3:02:31
359-Gerald Peludal/Un	3:03:22
377-Bob Lualhati/NCS	3:04:24
WOMEN	
202-Penny DeMoss/WVTC	2:55:25
318-Elaine Miller/PMK	3:00:40

378-Kathy Perkins/SJC	3:04:35
389-Irene Rudolf/WVTC	3:05:06
402-Sue Brusher/BASC	3:06:00
445-Jane Sowersby/PMK	3:07:56
447-Lyn Levy/SunValley	3:08:09*
449-Gail Campbell/WVJS	3:08:14
479-Diane Killeen/Un	3:10:33
509-Amy Haberman/WVTC	3:12:03
535-Sally Savitz/Un	3:13:00
536-Barbara Magid/TAM	3:13:03
570-Judy Irving/Un	3:13:58
580-Jody Conley/Un	3:14:22
590-Morijo Connelly/PMK	3:14:45

591-Pat Whittingslow/PMK	3:14:46
593-Melissa Duffy/Un	3:14:50
594-Marcy Schman/GNYAA	3:14:52
599-Kathryn Lundquist/Un	3:15:03
608-Mary Ann Champagne	3:15:15
621-Louise Burns/NCS	3:16:15
673-Shelly Sack/NCS	3:18:33
MASTERS WOMEN	
685-Michele Gauthier/SYN	3:18:48
686-Ruth Anderson/NCS	3:18:51
783-Francis Sackerman/NC	3:21:30
813-Jeanie Jones/PMK	3:23:15
943-Martha Maricle/NCS	3:28:57



Mark Conover pulled a big upset over Brian Maxwell at the Lafayette 10K. /Keith Conning/

1-Mark Conover/WVTC	31:45
2-Brian Maxwell/BASC	31:55
3-Damon Wood/CWTC	32:20
4-Tom Downs/WVTC	32:41
5-Gary Singer/Un	32:51
6-Michael Smith/WVTC	33:12
7-Curtis Elia/FPTC	33:27
8-Craig Elia/FPTC	33:29
9-Mike Miller/CWTC	33:55
10-Kent Mulkey/Un	34:05
11-Bryan Tracy/AGRC	34:29
12-Jeff Cowling/Chabot	34:32
13-Harvey Ferrill/SUND	34:43*

14-Ray Kindle/Un	35:04
15-Gil Schaller/Aztlan	35:12
16-Bob McDaniel/Un	35:19
17-Arturo Rodriguez/BASC	35:23
18-Anthony Bettencourt/Un	35:25
19-Bob Myers/PMK	35:31
20-Hans Giesecke/Un	35:44
21-Bryan Holmes/WVJS	35:46*
22-Mike Ercolini/FarTC	35:49
23-Craig MacMahon/Un	35:53
24-Doug Butt/WVTC	35:55
25-David Maldonado/Un	35:59
26-Hoyt Walker/LVRC	36:02
27-Ed Fernabach/Un	36:07
28-F. Hurtado/OPD	36:08
29-Dennis Gustafson/SFPD	36:09
30-Douglas Bell/Un	36:13*
31-John Hoch/CWTC	36:23
32-Rudy Petri/Un	36:25
33-Ross Rowley/SUND	36:26
34-Peter Wilamoski/Sol	36:28
35-John Stoneham/Un	36:30
36-Ted Wilson/KJ	36:31*
37-Dave Perlman/Un	36:41
38-Edward Lee/LVRC	36:58
39-Steve Armstrong/MLO	36:59

40-Gary Chilton/Un	37:00*
41-Brad Kearn/KR	37:04
42-Brett Evert/OC	37:14
43-Bill De Vita/Un	37:15
44-Alan Robertson/LAF	37:16
45-Marty Post/LMJS	37:22
46-Richard de Glymes/OFD	37:38
47-Dan Cole/Solano	37:46
48-Phil Arzino/Un	37:52
49-Bill Stevens/Un	37:54
50-John Morse/DVTC	37:56
51-Karl Gerges/Un	37:58
52-Neal Andersen/Un	38:05
53-Ian Leslie/Stanford	38:10
54-John Loleman/Un	38:11
55-Jim Sweetman/Un	38:12
56-Keith Wallace/Un	38:18
57-Kirk Walchek/Un	38:19
58-Andy Austin/Un	38:36
59-Jeff Rogers/DSE	38:42
60-Mike Mendonca/Solano	38:48
61-Evan MacBride/BC	38:49
62-Dean Schorno/LMJS	38:53
63-Ron Peck/NCS	38:56
64-Lee Sorenson/ORR	38:57*
65-Peter Castellanos/SAC	39:13

66-Peter Craig/Un	39:24
67-Gary Meurer/Un	39:26
68-David Martinez/Un	39:27
69-Harry Wyeth/LMJS	39:32
70-Harvey Sargent/OWS	39:40
71-Walter Williams/DSE	39:44*
72-Mark Ragsdale/AGRC	39:54
MASTERS	
78-Tom Pinckard/NCS	40:10*
88-Walt Schorno/ETC	41:38*
94-Monte Upshaw/ORR	41:50*
98-Jim McRae/Un	41:57*
100-Howard Schopman/DSE	42:10*
103-Ned Birdsall	42:19*
WOMEN	
80-Elaine Miller/PMK	40:37
106-Marsha White/ORR	42:23
115-Laury Belzer/Synanon	42:57
120-Paula Rubinfeld	43:05
132-Carolyn Tiernan/WVTC	43:37
136-Mary Ann Bruder/SARR	43:57
137-Nancy Pannell/SARR	44:00
142-Kathy Way/Un	44:12
151-Linda Robinson/Un	44:25
156-Susie Quesenberry/Un	44:47
162-Karen Scannell/PMK	45:04

BROOKS WINS BIG AT MARIN HEADLANDS RUN (July 22, Ft. Cronkhitte area): - Steve Brooks, known for his superb running on hilly courses, did just that in this 7-miler, which this year featured a nice 1.5-mile level stretch before 'the hill'. Thus, all times are automatic records. Brooks was never really pressed, winning as he pleased in a time of 38:58, some 47 seconds in front of internationals Rod Berry and Hal Schulz. Pete Flores finished closely behind this duo at 39:49. In the masters division, Tamalpa's Bill Catanese (44:37) and Russ Kiernan (44:43) had a tight battle, with Bryan Holmes of the West Valley Joggers not far back (44:52) in third. Diane Williams came down from Yuba City and 'cleaned house', whipping Elaine Miller, 48:27 to 50:04. Marty Maricle was nearly a minute faster than Susan Mitchell (55:32 to 56:25) in grabbing the over-40 title for women. West Valley TC was the easy winner in the team competition for men, while the Pamakids grabbed women's honors. A total of 401 finished this scenic run. /Kees Tuinzing/

1-Steve Brooks/WVTC	38:58
2-Rod Berry/WVTC	39:45
3-Hal Schulz/Cal	39:45
4-Pete Flores/AGRC	39:49
5-Bryan Tracy/AGRC	40:30
6-Phil Brock/Un	40:32
7-R. Carlson/Un	41:10
8-Dave Dunbar/Un	41:27
9-Mike Carter/Un	41:33
10-D. Martinez/Un	41:44
11-L. Sheenan/NETC	42:20
12-Bob McDaniel/Un	42:37
13-Mike Plummer/WVTC	43:16
14-Dennis Urutiaga/Un	43:25

15-Dave Larsen/TAM	43:29
16-Bruce Wolfe/WVTC	43:32
17-Tim Swezey/PMK	43:43
18-Gordy Vredenburg/BC	43:47
19-B. Lawrence/TAM	44:02
20-Victor Torres/Un	44:04
21-Ray Bonner/TSRC	44:18
22-Peter Morris/Un	44:21
23-Brian Collins/TAM	44:26
24-Hans Giesecke/Un	44:31
25-Tony Casillas/Un	44:33
26-Bill Catanese/TAM	44:37*
27-Tim Kuta/Un	44:39
28-Tim Berry/DVC	44:40

29-Russ Kiernan/TAM	44:43*
30-David Gowen/Un	44:47
31-Steve Lyons/DSE	44:51
32-Bryan Holmes/WVJS	44:52*
33-Mike Deatherage/SS	45:14
34-Bruce Van Borstel/TAM	45:15
35-Russ Knudsen/Un	45:19
36-Todd Watkins/DSE	45:27
37-Keith Whittingslow/OC	45:30
38-Randy Belzer/Synanon	45:39
39-Bob Malain/BC	45:57*
40-Chuck Stagliano/DSE	46:05
41-Sal Citarella/Un	46:12



Elaine Miller--1st at Lafayette, 2nd at Marin. /Engle/

(Continued on next page)...

(Marin Headlands Run, cont'd)	55-Brad Wilson/TAM	47:13	69-R. Harsfield/Un	48:02	101-Elaine Miller/PMK	50:04	
42-D. Anderson/Un	46:16	56-M. Mitrovich/TAM	47:17	70-Michael Fenner/WVJS	48:04	122-Cindy Schmandt/Un	51:27
43-Don Ramirez/Synanon	46:19	57-D. Anderson/DSE	47:19	***MASTERS***		124-D. Killeen/Un	51:31
44-Mark Horton/Dart	46:32	58-Fred Burphel/AGRC	47:24	72-Don Pickett/TAM	48:12*	125-Ann Thrupp/Un	51:38
45-Don Audette/Un	46:34	59-Evan MacBride/BC	47:29	85-Bill Dickerson/TAM	48:54*	137-Jane Sowersby/PMK	52:39
46-Bud Krogh/TAM	46:39	60-Dave Allen/FL	47:31	88-Frank Russell/BC	49:05*	141-Barbara Magid/TAM	52:59
47-Dave Robertson/WVTC	46:40	61-Jack Stovel/BHR	47:33	91-Bruce Carradine/TAM	49:16*	143-L. Capaldina/Un	53:07
48-Roger Daniels/TAM	46:44*	62-E. Mitchell/TAM	47:34	95-Dick Fugett/WVTC	49:37*	147-Irene Rudolf/WVTC	53:22
49-Kevin Peak/Un	46:45	63-Russ Langer/MMRC	47:39	97-Joe Dana/SS	49:46*	151-Margaret Livingston/WV	53:28
50-Brian Steward/Un	46:47	64-Paul Hohe/TAM	47:42*	100-Rich Clark/Un	49:55*	154-Pat Whittingslow/PMK	53:42
51-Doug Doi/Un	46:52	65-Jon Mohr/PMK	47:45	111-Paul Delany/Un	50:59*	155-Vicki Blankenship/PMK	53:42
52-M. MacKenzie/TAM	47:01	66-Wolfgang Green/Un	47:46	116-W. Williams/DSE	51:14*	163-Dana Hooper/TAM	54:09
53-Paul Goagstad/Un	47:03	67-Grady Wright/DSE	47:51	***WOMEN***		177-Gail Gustafson/WVTC	54:46
54-Dennis Gustafson/SFPD	47:03	68-T. Barthold/Un	47:56	77-Diane Williams/PBP	48:27	189-Marty Maricle/NCS	55:32*

PINOCCI & MACDONALD IN RECORD-SETTING EFFORT AT WHARF-TO-WHARF (July 23, Santa Cruz to Capitola): - A very competitive and also very large field (1600+ finishers) turned out for the annual affair that runs along the coastside from Santa Cruz to Capitola. Mike Pinocci & Duncan Macdonald took a 15-second victory over John Moreno as both intentionally tied in a course record of 27:37.9, breaking Benton Hart's 27:48 from last year. Bob Welck has things all to himself with a near-record 30:46.5, missing Ralph Bowles' 1976 standard by 12 seconds. Len Thornton of Fresno was a distant second in 32:30, with fast-improving Ben Sawyer at 32:55 for third place. Sue Munday won the women's battle, but there has been some confusion as to the time. The NCRR received a call from Deena Wallace, who was not listed in the results but claimed she got the place-stick (and time) that Sue received, and that Sue finished considerably ahead (probably 20-30 seconds?). So the 34:29.5 listed is probably not correct. We are not listing Deena, because we don't know quite how to handle it...but we do wish to mention the fact. We're merely printing what we received (and much of that was very difficult to read. Kathy Perkins was third place in 34:50, and Teri Anderson's 33:45 standard from back in 1974 remains intact as far as we know. One of the more amazing performances of the day was turned in by 15-year-old Jay Marden, who will be a soph at Mission San Jose High this fall. His 29:39.8 was tops in the 14-18 division and was good enough to place him 17th overall. Fritz Watson won the sub-masters title in 28:32 (8th overall). /Mark McConnell/



(Above) Mike Pinocci & Duncan Macdonald (#K-49) tied intentionally and set a course record at Wharf-to-Wharf (shown here in this year's West Valley Marathon). /Jim Engle/ (Right) Sue Munday, in a high school track race in 1976, was top woman finisher in the same race. /Dave Stock/



1-Mike Pinocci/WVTC	27:38	36-David Swann	30:53	71-Gerald Slipsager	32:28	165-Lee Holley/WVJS	34:55*
2-Duncan Macdonald/WVTC	27:38	37-Chris Munoz	30:56	72-Michael Naples	32:29	171-Jim Karner	35:00*
3-John Moreno/CWTC	27:53	38-John Hellman	30:59	73-A. Thurm	32:30	185-Mike Paradis	35:19*
4-Peanut Harms/AGRC	28:01	39-Jack Dixon	30:59	74-Ken Williams	32:30	***WOMEN***	
5-Jim Hartig/FPTC	28:07	40-Michael Macallair	31:08	75-Len Thornton/HSTC	32:30*	1-Sue Munday/CWTC	34:30
6-Brian Maxwell/BASC	28:15	41-David Garcia	31:16	76-J. Santana	32:31	2-Kathy Perkins/SJC	34:50
7-Dan Gruber	28:21	42-Michael Cisowski	31:17	77-Douglas Stevens	32:32	3-Amy Harper	35:46
8-Fritz Watson/WVTC	28:32	43-David Figueiredo	31:21	78-Cal Perry	32:39	4-Terry Schneider	36:31
9-Mark Sisson/WVTC	28:39	44-Mike McQueeney	31:21	79-I. Waters	32:40	5-Judy Rayes	36:34
10-Bill Clark/WVTC	28:45	45-Richard Herzog	31:22	80-Bill Hotchkiss	32:43	6-Jean Williams	36:37
11-Steve Holl/WVTC	28:50	46-Michael Young	31:23	81-Phil Sanfillipo/WVJS	32:44	7-Laury Belzer/Synanon	37:16
12-Tim Gruber	28:51	47-John Armstrong	31:24	82-R. Clark	32:45	8-Maria King	37:24
13-Lewis Patterson/AGRC	29:00	48-Jim Christensen	31:26	83-R. Carrera	32:45	9-Deena Pearson	37:32
14-Joe Salazar	29:17	49-Tom Talbott	31:27	84-A. Martinez	32:46	10-Diane Young	37:35
15-Tim Chain	29:23	50-Rick Ifland	31:28	85-G. Grant	32:47	11-Sandy Sanchez	37:38
16-Tim Minor/MPC	29:29	51-Jim Doran	31:33	86-Ben Sawyer/SoqRC	32:54*	12-Vicki Randall	38:14
17-Jay Marden/WVTC	29:40	52-Santos Reynaga/WVTC	31:35	87-Roby Smith	33:00	13-Karen Kressenberg/WV	38:15
18-Gilbert Munoz/CWTC	29:43	53-Tim Rostege/WVTC	31:35	88-P. Gyorey	33:01	14-Mary Ann Champagne	38:49
19-Dirk Rohloff/AGRC	29:45	54-Joe Fabris/CWTC	31:36	89-Robert Plant	33:05	15-Lynn Harris	38:52
20-James Gradone	29:45	55-Dave Hunt	31:44	90-Ken Nickel	33:10		
21-Tad Woliczko	29:48	56-Bill Dunn	31:48	91-Mark Gyorey	33:16		
22-Scott Ruffing/WVTC	29:54	57-Frank Lemus	31:49	92-J. Fox	33:17		
23-Allen Sandretti	29:56	58-Greg Mandanis	31:51	***MASTERS***			
24-Matt Sommer	30:06	59-Don Roth	31:52	93-Myron Nevraumont/WVJS	33:18*		
25-Tony Munoz/CWTC	30:09	60-Harold Huff	31:54	103-Bob Blonder/WVJS	33:35*		
26-Terence Boynton	30:11	61-Pete Salazar	31:55	116-Ed Dally/WVTC	33:52*		
27-Paul Sechrist	30:15	62-John Hoch/CWTC	31:58	130-Skip Marquard/WVJS	34:17*		
28-Tom Schreck	30:18	63-Bud Chrisman	32:11	135-Don Carpenter/WVTC	34:20*		
29-Scott Thornton/HSTC	30:26	64-N. Micheli	32:11	147-Van S. Whitis	34:39*		
30-Arturo Rodriguez	30:29	65-Alan Welch	32:13	148-Werner Sandvoss	34:42*		
31-Gerry Capron	30:34	66-Robert Canoles	32:14	150-John McCrillis/TRAC	34:43*		
32-John Marden/WVTC	30:44	67-J. Lindquist	32:18	152-Jack Marden/Un	34:44*		
33-Curt Karbowski	30:45	68-W. Jenkins	32:19	162-Rick Mueller	34:51*		
34-Bob Welck/WVJS	30:47*	69-M. Brown	32:22				
35-Hugh Stahl	30:49	70-Glenn Pruitt	32:26				

FLORES CAPTURES WATERMELON RUN (July 29, Oakland): - This year's race was run in two sections, which were merged for the purpose of listing them on the next page...the starting time turned out to be different than what was listed in the LDR Handbook, and nobody took the time to tell the NCRR it was different. Equal awards were given to finishers in each race. Pete Flores was the easy winner (43:38), missing Tom Hale's 43:16 standard from 1974 in a virtually solo effort, as Brad Brown was 1:22 arrears. Bryan Holmes edged out Douglas Bell, 49:22 to 49:30 for masters honors, and Diane Williams beat Jane Sowersby by 6 minutes (although they were in different races) to win the women's division in 53:48, eclipsing Joan Ulyot's old 55:42 mark. /Bob DeCelle/



Dusty start of the Oakland 8.4 Mile Watermelon Run. /Wallach/



Jake White won his first road race by nipping Bill Sevald at the Union Health Service Center Charity Run. He's shown here finishing the Livermore Marathon.

1-Pete Flores/AGRC	43:38	15-Santos Reynaga/WVTC	49:37	29-Steve Salandez	[52:26]
2-Bradley Brown/SUND	45:00	16-Gary Layton	49:52	30-Charles Scogins	52:58
3-Ray Kindle	45:43	17-Tom Carroll	49:59	31-Mike Fish	53:14*
4-Ken Hurst	46:30	18-Dennis Gustafson	[50:00]	***MASTERS***	
5-Jim Bowles/WVTC	46:42	19-Tony Casillas	50:01	32-Marvin Winer/WVTC	[53:25]*
6-Harvey Franklin	47:03	20-Lloyd Sampson	[50:26]	??-Leigh Forsberg	[54:19]*
7-Ted Pawlak	47:11	21-Norman Secord	50:41*	??-John Jamieson	[54:25]*
8-Robert Murphy/Alaska	[47:12]	22-David Gowen	50:49	??-Bill Mertens	57:28*
9-Dennis Urutiaga	[47:35]	23-Bill de Martini	[50:57]	***WOMEN***	
10-David Swan	49:08	24-Kurt Mayne	[51:00]	1-Diane Williams/PBP	53:48
11-David Maldonado	[49:19]	25-Tom Bennett	[51:16]	2-Jane Sowersby/PMK	[59:47]
12-Bryan Holmes/WVJS	49:22*	26-John Carey	[51:26]	3-Ann Bower	[61:36]
13-Carl Matusfeck	49:26	27-Ronald Iseri	[51:46]	4-Martha Maricle	[63:05]*
14-Douglas Bell/Un	49:30*	28-Ken Takao	[52:20]	(Second race noted by brackets)	

JAKE WHITE EARNS TIGHT VICTORY AT UNION HEALTH SERVICE RUN (Aug. 6, Oakland): - Sub-master Jake White of the West Valley Joggers had a pleasant surprise at the first annual event...with only a mile or so to go, he found himself in the lead and started thinking about winning. Pushing hard in the closing stages, the former competitive weight-lifter sprinted to a 15-yard victory over Bill Sevald, 26:09.1 to 26:11.7, getting an automatic course record in the process. Harvey Ferrill added another win to his current string in the masters division with a 27:05, good enough for ninth place overall and over a minute in front of Myron Nevraumont's 28:11. Roxanne Bier was in a completely different class as she won the women's division in 30:35, with her nearest competitor, Pauline Vasquez, a distant 32:18, just a few yards ahead of Sue Brusher. Kevin O'Connor's 26:44 led the junior boys, while Marilyn Inglee did 38:51 to capture honors in the masters women category. A small field of just less than 200 completed the flat 5-mile course. /Stephen Ross/

1-Jake White/WVJS	26:09	19-Finel Serraho	28:10	37-William Lybeen	30:15
2-Bill Sevald	26:12	20-Myron Nevraumont/WVJS	28:11*	38-Robert Sikora	30:19
3-Mike Wheeler	26:18	21-Bryan Holmes/WVJS	28:31*	***MASTERS***	
4-Philip Kay	26:30	22-Adrian Wong	28:42	50-Jess Chavez	31:30*
5-Lenny Sheehan	26:36	23-Spencer Ferguson	28:46	62-Ed Tico/WVJS	32:17*
6-Ray Kindle	26:39	24-James Bethea	29:04	71-James Thomas	32:52*
7-Kevin O'Connor/CWTC	26:44	25-Kevin Coulet	29:07	76-Arnold LaRosa	33:09*
8-Neil Berg	26:48	26-Paul Hill	29:15	86-Kurt Krause	34:05*
9-Harvey Ferrill/SUND	27:05*	27-John Danner	29:22	91-Anthony Chavez	34:21*
10-Rich Moraida	27:16	28-Richard Valencia	29:23	96-Ed Singleton	34:55*
11-Jeff Wall/ETC	27:19	29-Charles Slogins	29:23	***WOMEN***	
12-Anthony Bettencourt	27:20	30-Vince Prugh	29:31	40-Roxanne Bier/SJC	30:35
13-Frank Lemus	27:28	31-Brian Williams	29:35	63-Pauline Vasquez/SJC	32:18
14-Dennis Coulter	27:32	32-Ira Moch	29:48	64-Sue Brusher/BASC	32:23
15-Julian Sanchez	27:52	33-Mike Jones	29:56	74-Mary Gaffield/PMK	33:04
16-Kurt Mayne	28:00	34-John Carey	30:00	90-Consuelo Underwood	34:13
17-Ed Tico	28:09	35-Terry Chavez	30:07	101-Karen Scott	35:39
18-Larry Main/WVTC	28:09	36-Mike Conales	30:13	102-Nora Crans/WVTC	35:58

MORENO TOPS KINGERY IN FAST 10-KILO (Aug. 6, Daly City): - John Moreno handed teammate Mitch Kingery a sound defeat over a hilly 10 kilometer course in the Daly City hills as near perfect conditions, although perhaps slightly warm, prevailed. His 30:21 is an automatic course record over the slightly lengthened event, and is superior to Wayne Badgley's 30:11 on the short course in 1977. Kingery was a well-beaten second in a still-quick 30:36. Waights Taylor was the surprise masters victor as all the top-dogs stayed home today. His 37:15 was only 8 seconds in front of Siegfried Mattern. Judy Leydig ran a brilliant 37:48 in a medium-hard training effort to completely dominate the women's field. Michelle Miller's 43:41 was next. Ruth Waters completed the course in 46:06 to top the masters women's field and place fifth overall among the women. A total of 205 finished. /Pete Michon/

13-Dirk Rolhoff/AGRC	32:39	31-Glenn Pruitt/ETC	34:37	50-Robert Plant/Un	36:42
14-Mike Miller/CWTC	32:44	32-Scott Anderson/BASC	34:42	51-Larry Fiegenbaum/Un	36:47
15-Gilbert Munoz/CWTC	32:50	33-Cliff Stewart/Un	34:48	***MASTERS***	
16-Ken Apperson/CWTC	33:13	34-Tim Swezey/PMK	34:55	56-Waights Taylor/WVTC	37:15*
17-Don Paul/Un	33:18	35-Dennis McMaster/Un	35:01	59-Siefried Mattern/DSE	37:23*
18-Armando Lagunas/Un	33:19	36-Eric McCallum/Un	35:20	61-Jim Nicholson/PMK	37:31*
19-Dan Martinez/Un	33:37	37-Dave Robertson/WVTC	35:26	66-Robert Gehl/DSE	37:56*
20-Dave Muela/ETC	33:38	38-Ian Watts/PMK	35:26	67-Mike Mathiansen/Un	38:03*
21-Dave Dunbar/Un	33:41	39-Mike Plummer/WVTC	35:38	68-Walt Williams/DSE	38:04*
22-Jeff Cowling/Un	33:42	40-Ian Waters/CWTC	35:40	70-Werner Sandvoss/TRAC	38:07*
23-Hash Bashirudin/ETC	33:42	41-Naranjo Beraquiel/Un	35:42	74-Leigh Forsberg/WVJS	38:51*
24-Ray Bonner/TSRC	33:58	42-Russ Knudsen/Un	35:59	78-Will Bockman/Un	39:10*
25-Dave Zumwalt/PMK	34:05	43-Skip Wagstaffe/Un	36:12	79-Jack Simonton/DSE	39:16*
26-Pat Miller/Un	34:15	44-Bob Cummings/WVTC	36:12	***WOMEN***	
27-Tim Rostege/WVTC	34:19	45-Albert Garcia/Un	36:12	65-Judy Leydig/WVTC	37:48
28-Brian Brady/PMK	34:22	46-Walter Radloff/Un	36:24	112-Michelle Miller/SJC	43:41
29-Bob Miller/CWTC	34:23	47-Vance Eberly/LGP	36:24	113-Maria King/SJC	43:59
30-Bill Amable/CWTC	34:33	48-Tom Gleason/Un	36:40	130-Peggy Lyman/WVTC	45:35
		49-Jon Reyes/Un	36:40	133-Ruth Waters/NCS	46:06*

MORENO AGAIN AT BELMONT STEAKS (Aug 12, Belmont): - John Moreno added another victory to his string at the rugged Belmont Steaks race, and knocked off Brian Maxwell's course standard just for good measure. His 46:42 was 17 seconds better than Brian's winning time the previous year and one-and-a-half minutes in front of second-placer, Bradley Brown, no slouch himself. Brown edged Steve Palladino by two seconds for the runnerup spot. Bob Wellck just missed Ralph Bowles' record (by a mere second) in dominating the over-40 division with a fine 51:28 over the 8.93-mile circuit. Orin Dahl was way back at 55:20, with Gary Nielson another few strides arrears. Diane Williams added another hilly victory to her collection and only missed Roxanne Bier's record by 5 seconds with a super 57:54, outdistancing Sue Brusher by well over three minutes. Bob Love's 48:53 was tops in the boy's high school category. Virginia Collins' 67:52 led the masters women. /Ken Israel/ (Continued on page 44...)

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THE SCHLITZ LIGHT GOLDEN GATE 10,000 METER CLASSIC



Sunday, October 8

Under the supervision of the Tamalpa Racing Team

Host Club: *Tamalpa Racing Team*

Awards: *All finishers receive race day T-shirts and certificates*

Race Director: *Don Capron*

First Male and Female:

Race Time: *12 noon*

All expense paid trip to Schlitz Light Marathon Series Final, Tampa, Florida, Dec. 16, 1978

Place: *Polo Fields
Golden Gate Park*

Schlitz Light Trophy.

Pre-Registration: *\$4.00*
*Postmarked before
Sept. 25th to:*

First Male and Female

*Don Capron (415-668-3875)
4808 Fulton St.
San Francisco, Cal. 94121*

College Students

*\$500 College Scholarships,
2nd - 9th Places*

Late Registration: *\$5.00*

**A PORTION OF ALL
SCHLITZ LIGHT
NATIONAL
MARATHON SERIES
ENTRY FEES
DONATED TO U.S.
OLYMPIC TEAM.**

*Merchandise awards from Adidas
10th - 29th Places*

Runners World subscriptions

*Top 50 Male and Female finishers
eligible for Schlitz Light Finals.*

Age Group Awards - Male and Female:

*18 + 1st place - Race Cup
under: 2nd-5th - Trophy*

*19-27 1st place - Schlitz Light Cup
2nd-10th - Trophy*

*28-35 1st place - Schlitz Light Cup
2nd-10th - Trophy*

*36-40 1st place - Schlitz Light Cup
2nd-7th - Trophy*

*41-50 1st place - Schlitz Light Cup
2nd-5th - Trophy*

*50 + 1st place - Schlitz Light Cup
2nd-5th - Trophy*

Race Day
Registration: *9:30 AM*

THE SCHLITZ LIGHT NATIONAL MARATHON SERIES



Bradley Brown, runnerup at the Belmont Steaks. /Lois Engle/

(Belmont Steaks, cont'd...)

1-John Moreno/CWTC	46:42
2-Bradley Brown/SUND	48:11
3-Steve Palladino/CWTC	48:13
4-Jack Bellah/WVTC	48:48
5-Bob Love/CWTC	48:53
6-Mark Sisson/WVTC	49:24
7-Dave Robertson/WVTC	49:35
8-Dan Martinez/Un	49:46
9-Craig Corey/WVTC	50:06
10-Mike Wheeler/LMJS	50:16
11-Greg Mandanis/CWTC	50:22
12-Hank Lawson/CWTC	50:33
13-Kevin O'Connor/CWTC	50:44
14-Terence Boynton/Un	50:56
15-Don Paul/Un	51:05
16-Harvey Franklin/Un	51:08
17-Peter Dolan/CWTC	51:23
18-Robert Wellick/WVJS	51:28*
19-Dan Anderson/WVTC	51:39
20-Bruce Wolfe/WVTC	51:57
21-Ken Apperson/CWTC	52:02
22-Ted Pawlak/Un	52:04
23-Mike Wright/SS	52:22
24-Kevin Jones/Un	52:44
25-Mike Plummer/WVTC	52:51
26-Lenny Sheehan/NE	53:07
27-Walter Haight/Un	53:23
28-Thomas Kennedy/Un	53:28

29-David Kadish/Un	54:02
30-Jesus Garza/HA	54:03
31-Ed Barvick/SDTC	54:08
32-Tim Rostege/WVTC	54:10
33-Ken Takao/SUND	54:26
34-Kenneth Alberg/Lodi	54:26
35-Gary Grellmann/Un	54:32
36-Bruce Kelly/Un	54:33
37-Michael Deatherage/SS	54:36
38-Chuck Stagliano/DSE	54:37
39-Don Dugdale/MPAC	54:41
40-Ricky Smith/Un	54:47
41-Marty Post/LMJS	54:49
42-Jim Moyles/CanadaColl	54:53
43-Todd Watkins/VMTC	54:58
44-Orin Dahl/Un	55:20*
45-Gary Nielson/Un	55:24*
46-Rick Browning/PBP	55:26
47-Tom Gleason/Un	55:30
48-John Ulate/TRAC	55:41
49-Robert Canales/Un	55:50
50-Tom Lucas/WDS	55:54
51-Jim Doran/WVJS	55:58
52-Bill Bugler/PMK	56:04*
53-Don Swanson/Un	56:35
54-Steve O'Donoghue/Un	56:39
55-Vikram Gasain/Un	56:44
56-Jim Nicholson/PMK	56:46*
57-Mark Scheuer/PMK	56:48

58-Walter Radloff/Un	56:51
59-Dennis Gustafson/SFPD	56:56
60-Albert Garcia/Un	57:07
61-Dennis Kroll/Un	57:08
62-Richard Piper/Un	57:15
63-Dave Anderson/CNYN	57:20
64-Pete Fisher/TYMM	57:26
65-James Singleton/Un	57:27
66-Waights Taylor/WVTC	57:29*
67-Jack Stovel/BHR	57:30
68-Brian Williams/Un	57:34
69-Jerry Blinn/Un	57:38
70-Steve Parker/SSS	57:44
MASTERS	
76-Jack Stimson/DSE	58:08*
79-John McCrillis/TRAC	58:14*
89-Siegfried Mattern/DSE	58:37*
90-Roderick McKenzie/Un	58:40*
91-Mike Paradis/Un	58:43*
92-Robert Gehl/DSE	58:47*
98-Dick Fugett/WVTC	58:57*
WOMEN	
73-Diane Williams/PBP	57:54
144-Sue Brusher/Un	61:14
206-Gail Gustafson/WVTC	65:12
251-Valerie Heimark/Un	67:13
262-Lucy Shapiro/WVTC	67:40
265-Virginia Collins/WVJS	67:52*
271-Carroll O'Conner/NCS	68:12*



(Left) Hal Schulz on his way to victory at the Tiburon Run. /Jim Engle/
 (Center) Darryl Beardall won the masters division by about a half mile in the same race. /Larri Bader/
 (Right) An ocean of people start Tiburon. /Engle/

SCHULZ DEFEATS HUGE TIBURON FIELD (Aug. 20, Tiburon): - An enormous crowd of runners and joggers turned out for the 'revival' of an old favorite, the "Round Tiburon Run", an 8.5-mile loop encircling the beautiful Tiburon Peninsula. With 949 finishers, this tripled the previous largest field. A Marin County runner won it the last time it was run (in 1974)...George Stewart, and Hal Schulz of Greenbrae kept up that tradition with a 41:42 victory over a slightly altered course from previous years, due primarily to traffic control restrictions. Bill Seaver, who has been training in Tahoe with Mike Pinocci for most of the summer, celebrated his 'homecoming' with a solid second place in 41:54, just ahead of teammate Mike Porter's 41:59. In the masters division, usual standby, Darryl Beardall, came through with another wide margin of victory as he demolished the field with a fine 45:11. Bryan Holmes' 47:51 was a distant second. Elaine Miller captured another victory with nearly a quarter-mile to spare, 53:29 to 54:56 over Chris Moore. Susan Mitchell is fast establishing herself as a runner to watch in the masters division as she finished eighth overall in winning with a fine 57:21. That was just over a minute ahead of tough Marty Maricle's 58:22. Rather warm conditions made the run a bit unpleasant, but quick times still prevailed. /Don Capron/

1-Hal Schulz/Cal	41:42
2-Bill Seaver/WVTC	41:54
3-Mike Porter/WVTC	41:59
4-Pete Flores/AGRC	42:02
5-Peanut Harms/AGRC	42:27
6-Lou Patterson/AGRC	42:28
7-Steve Brooks/WVTC	42:38
8-Rod Berry/WVTC	42:41
9-Jan Sershen/ETC	43:06
10-Steve Palladino/CWTC	43:21
11-John Sheehan/Un	43:22
12-Rick Brown/AGRC	43:44
13-Pete Sweeney/AGRC	43:45
14-Mike Smith/WVTC	43:50
15-Hal Tompkins/WVTC	43:55
16-Bill Sevald/ETC	44:07
17-Brent Cushenbery/BC	44:11
18-Dan Martinez/Un	44:26
19-Daryl Zapata/WVTC	44:30
20-Dave Muela/ETC	44:34

21-Pat Miller/Un	44:38
22-Bryan Tracy/AGRC	44:43
23-Ron Nabers/FTC	44:49
24-Jay Martin	45:02
25-Harvey Franklin	45:08
26-Darryl Beardall/TAM	45:11*
27-Kevin Jones	45:17
28-Dennis Urutiaga	45:21
29-Pierre Bouras	45:30
30-Dave Robertson/WVTC	45:49
31-Glen Borland	45:51
32-Don Paul	45:57
33-Greg Jewett/ETC	46:02
34-Jeff Wall/ETC	46:04
35-Mike Wright	46:08
36-Dan Rubio	46:20
37-Ken Apperson/CWTC	46:28
38-Bob Lawrence	46:53
39-Dave Zumwalt	47:05
40-Jain Mickle	47:06

41-Tim Swezey/PMK	47:13
42-Anthony Bettencourt	47:20
43-John Cobourn	47:27
44-Tony Casillas	47:31
45-Gilbert Dean/CWTC	47:32
46-Fidel Serrano	47:38
47-Joe Garza	47:43
48-Dave Collins	47:50
49-Bryan Holmes/WVJS	47:51*
50-Sal Citarella	47:52
51-Phil Sanfilippo/WVJS	47:54
52-Andy Gonzales	48:03
53-Mike Warr	48:04
54-Bob Gormley	48:09
55-Tim Rostege/WVTC	48:10
56-David Kadish	48:11
57-Nick Korevaar	48:15
58-Randy Belzer/Synanon	48:20
59-Roger Bryan/WVJS	48:21*
60-Bob Coleman	48:30

61-Joe Schieffer	48:32
62-Mark Hines	48:36
63-Myron Nevraumont/WVJS	48:39*
64-David Gowen	48:45
65-Rae Clark	48:49
66-Michael Deatherage	48:49
67-Bob Cummings/WVTC	48:49
68-Dennis Gustafson/SFPD	48:50
69-Bob Bekes	48:58
70-Peter Wilamoski	49:00
71-Keith Whittingslow/OC	49:02
72-Robert Loudon	49:07
73-Larry Arata	49:09
74-Jim Doran/WVJS	49:10
75-Thomas Barthold	49:12
76-Larry Pugh	49:19
77-John Carey	49:21
78-David Brown	49:22
79-Bill Catanese/TAM	49:28*
80-Dan Hersh/WVTC	49:36
(Continued on page 45...)	

(Tiburon Run, continued...)

81-Garth McCare	49:36	88-Andy Jacobson	49:55	124-James Jacobs	51:12*	271-Judy Irving	55:51
82-Chris Clark	49:36	89-James Mickle	49:56*	125-Robert Gehl/DSE	51:14*	309-Peggy Lyman/WVTC	57:15
83-August Louis	49:37	90-John Ulate/TRAC	49:56	***WOMEN***		313-Susan Mitchell	47:21*
84-Thomas Lucas	49:37	91-Robert McLennan	50:01	194-Etaine Miller/PMK	53:29	318-Consuelo Underwood	57:33
85-Bryan Stewart	49:48	***MASTERS***		245-Chris Moore	54:56	321-Donna Andrews	57:37
86-Norm McAbee/PMK	49:50*	101-Orin Dahl/Un	50:31*	249-Diane Killeen	55:06	322-Gail Campbell/WVJS	57:47
87-Doug Anderson	49:52	117-Walt Betschart/BC	50:57*	257-Barbara Magid/TAM	55:27	328-Fran Blanton	57:51
		123-Siegfried Mattern/DSE	51:09*	259-Pat Whittingslow/PMK	55:30	339-Susan Brown/WVTC	58:08

SCOTT MOLINA CRUSHES BIATHLON FIELD AT REDWOOD SHORES (Aug. 20, Redwood City): - Scott Molina, a top high school distance runner, proved that he was tough in the water too as he completely dominated the 246-finisher field, including the likes of Don Roth, who wound up 50 seconds back in runnerup spot, 27:50 to 28:40. We're not sure if the course was changed or not (it was still advertised as a 4-mile run and 400-meter swim, but the times were so much faster all around than last year, that it looks very suspicious). Does anyone know? At any rate, the competition in the masters and women's divisions was a bit closer...Jerome Lewis did 32:25 to Alan Schmeisser's 32:47, while Roxanne Bier's 33:32 bested Kathy Blinn's 33:55. Both defended their 1977 titles. Top finishers overall and in masters and women's divisions are listed below. /Pete Michon/

1-Scott Molina/MPTC	27:50	15-Alan Spano/Un	30:50	29-Mike LuValle/RR	32:53	62-Paul Spangler/TRAC	34:32*
2-Don Roth/AJ	28:40	16-Michael Leslie/SC	30:52	30-James Bennett/Jn	32:56	68-Mike Mister/Un	35:04*
3-Craig Tempey/SFRec	28:53	17-Patrick Moreton/Un	31:13	31-Steve Haas/Un	32:59	74-Kent Mitchell/BDiv	35:27*
4-Pete Wisowaty/Un	28:57	18-Peter Dolan/CWTC	31:18	32-Rick Pearson/Un	33:08	97-Lupe Correa/Un	37:07*
5-John Scott/SCAq	29:05	19-Terry Cyeko/SC	31:53	33-Jon Gerrans/DSE	33:11	***WOMEN***	
6-Dean Harper/Un	29:09	20-Doug Matheson/Un	31:55	34-Jim Singleton/Un	33:11	42-Roxanne Bier/SJC	33:32
7-Tom Lambie/Un	29:21	21-Mike McQueeney/Un	31:57	35-Robert Simons/GTC	33:17	51-Kathy Blinn/Un	33:55
8-Hank Lawson/CWTC	29:28	22-Bill Amable/CWTC	31:59	36-Jim Scott/SCAq	33:18	57-Terry Schneider/Un	34:08
9-Bob McDaniel/PMK	29:36	23-Scott Christie/SC	32:08	37-Dennis Glass/DM	33:23	72-Maria King/SJC	35:13
10-Ian Waters/CWTC	30:16	24-Peter Churney/PTC	32:14	38-Chuck Brabeck/SFAq	33:24	76-Sue Schnell/SUND	35:38
11-Steve Nelson/WVTC	30:19	25-Jerome Lewis/TRAC	32:25*	39-Walter Bartz/Un	33:26	78-Mary Ann Champagne/Un	35:47
12-Steve Parker/SSS	30:21	26-Tom Prosceno/CWTC	32:43	40-Tom Weisendarger/Un	33:26	84-Cathy Demmelmaier/SJC	36:01
13-Pat Gilbert/CSR	30:41	27-Alan Schmeisser/Un	32:47*	***MASTERS***		91-Irene Rudolf/WVTC	36:32
14-Mark Driscoll/WVJS	30:50	28-Mark Graves/Un	32:51	49-Ted Wilson/KJ	33:49*	92-Tracy Thorpe/SJC	36:34

HILL SMASHES TOP-OF-STATE 7-MILE RECORD (Aug. 19, Weed): - Ideal weather conditions and a record field of entries blessed the 3rd Annual Top-of-the-State Footraces as Leonard Hill of Phoenix, Oregon, and Paul Resignato of Chico, won the seven and four mile races respectively...114 runners competed. The high calibre of the field, as well as the ideal conditions, were evident, as 16 of the 24 age-division records were broken. Hill, a product of Oregon State University and a one-time participant in the US-USSR track meet, duelled briefly with Weed's Lee Ferrero, who also served as meet director. But he soon broke away for good at two miles to obliterate the all-time record for the 7-mile circuit, notching a great 38:03 (Hill held the old mark of 39:07, set in 1976). Ferrero finished well back in second with a 39:41, but this set a new 30-39 division record. In the shorter 4-mile event, Resignato's time of 25:43 was well ahead of the 26:44 record set last year by Weed's Robert Mazzei. On the distaff side, Merrill Cray of Chico posted a fine 46:29 to place 17th overall, setting a new women's mark in the process. Elona Schreder of Redding got a record in the shorter race with her 31:59, good enough for 10th overall! Harry Daniell of Redding grabbed a record in the masters division with his 45:12; likewise, Tom Jennie set a new masters record of 29:59 in the shorter race. Following are the results of the 7-miler only (partial)...66 finished that distance. /Lee Ferrero/

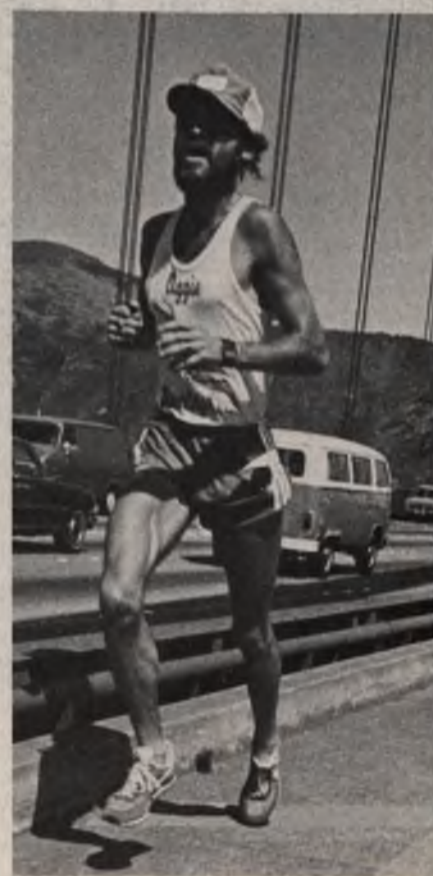
1-Leonard Hill/SOS	38:03	8-Steve Daniels/SWEAT	44:12	15-Michael Gourley/CWTC	45:54	24-Harrison Smith/SWEAT	49:14*
2-Lee Ferrero/SWEAT	39:41	9-Jack Frost/SWEAT	44:46	16-Gary Lampson/VMRC)	46:20	25-Bruce Friend/C-30TC	49:49*
3-John Frank/SWEAT	42:25	10-Fernie Fernandez/Un	44:49	17-Merrill Cray/CRC	46:29F	29-Milton Schultz/SWEAT	51:06*
4-Walt Schafer/CRC	42:33	11-Wayne Moss/SWEAT	44:58	18-Mark Shuman/CRC	46:30	***WOMEN***	
5-Keith Forman/SteilStr	42:34	12-Scott Brazil/SWEAT	45:02	19-Leo Young/Un	48:02	37-Kim Carter/RTC	52:21
6-Allen Masterson/SWEAT	43:24	13-Harry Daniell/SWEAT	45:12*	***MASTERS***		38-Regina Silva/RTC	52:36
7-Jim Quick/Un	44:10	14-Robert Mazzei/Un	45:37	23-Lee Bunnel/SWEAT	49:11*	43-Sabrina Schreder/RTC	53:37

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SCHEDULING: - Oct. 22 is the date for the Merced TC's 3K & 15K "Great Bell Race", held at 9 a.m. in Applegate Park. Contact Frank Russell, Box 2462, Merced, CA 95340. *** Oct. 28--The Nevada Appeal, Carson City's only newspaper, is hosting a 13.1-mile "Mini-Marathon" in conjunction with its annual Nevada Day festivities. Race begins at 9 a.m. Contact the Nevada Appeal, Box 2288, Carson City, NV 89701, for complete info. *** Nov. 5--New Jr. Olympics Trial Meet at Sierra College (cancel Nov. 11 or 12 date on page 26); contact Sac'to Spickettes, 3780 Fairhill Rd., Fair Oaks, CA 95628. *** Nov. 12--El Camino Stakes 10-Kilo Run will be held, starting at Bay Meadows Racetrack in San Mateo, starting at 10 a.m.; contact Bay Meadows Advertising Dept., San Mateo, CA 94403. *** Nov. 19--Merced TC Turkey Trot (10Km), beginning at 10 a.m. (Applegate Pk.); contact Al Beymer, 153 W. 22nd, Merced, CA 95340. *** Dec. 2--Champion Mine Gold Run, 8.5 Mi., Nevada City, 11 a.m.; contact Cal Piston, Box 151, Grass Valley, CA 95945. *** That's all the room this time folks! Keep us posted EARLY!!



(Left) Buck Swannack on a 'narrow' portion of the Golden Gate Charity Run circuit. /Jim Engle/ Winner of same race, Peanut Harms (see pg. 46). /Sheretz/

MEN'S OPEN

Table listing race results for Men's Open, including names, bib numbers, and times. Entries range from 1-Peanut Harms/AGRC 30:35 to 111-David Kanner 40:37.

HARMS WINS TIGHT GOLDEN GATE CHARITY RACE (Aug. 27, San Francisco): - Aggie RC's Peanut Harms, running from the front the whole way, built up too much of a lead and won an exciting three-way battle between teammate Pete Flores and defending champ, Bill Seaver. Seaver closed well over the last mile, but did not have enough room to catch the Aggie ace, as Bill saw the course record bettered by a scant 6 seconds. Flores and Seaver finished 3 and 4 seconds back, respectively. Tough sub-master, Fritz Watson, came in at 30:58 for fourth place overall. Bill Clark had outkicked Bill Seaver in another tight race last year while setting the record. Kent Guthrie's 32:49 easily withstood Ralph Bowles' attempt of 33:48, as defending champ Guthrie could only manage a 33:58 for second today. Sundance TC's Harvey Ferrill was a close third in 34:06, with fast-improving Russ Kiernan next in 34:22. Cindy Farmer went out very fast, building up a 100-yard-plus lead, but she faded going across the Bridge, and Judy Leydig won going away in a very good 37:12 over the 10K circuit. This easily bettered her own course record from 1977. Elaine Miller followed in 38:10, with Farmer a well-beaten third in 38:58. Marty Maricle led the masters women with a good 42:50. This year the race(s) was run in two sections, with the men under 40 going first, and everyone else going second. Tom Downs ran a virtually solo 32:07 to win that second race and the high school (14-17) division from his brother Peter, who did 34:01. Some accidentally ran the men's open race by mistake, and these are noted below with brackets and inserted within their division. All finishers are listed below by special agreement between the NCR and the race sponsors, the Total Health Medical Center. A first?--Runners listened to & recorded their own times and names at the finish (it worked!).

MEN OVER 200 LBS.

Table listing race results for Men Over 200 LBS. Entries include names and times, such as 1-Charles Moran 37:42 and 55-Janice Sullivan 54:44.

WOMEN'S OPEN

Table listing race results for Women's Open, including names and times. Entries range from 1-Judy Leydig/WVTC 37:12 to 84-Denise Turner 75:06.

WOMEN OVER 40

Table listing race results for Women Over 40, including names and times. Entries range from 1-Martha Maricle/NC 42:50 to 19-Maria Martin 67:20.

GIRLS 13 & UNDER

Table listing race results for Girls 13 & Under, including names and times. Entries range from 1-Michele Miller/CG 44:42 to 4-Sarah Gibson 75:05.

GIRLS 14-17

Table listing race results for Girls 14-17, including names and times. Entries range from 1-Marcia White 40:41 to 7-Cammie Dingwall 83:13.

WOMEN OVER 150 LBS.

Table listing race results for Women Over 150 LBS., including names and times. Entries range from 1-Pat McKee 52:19 to 54-Ann Moltu 54:44.



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