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NEWS LETTER

SAN DIEGO TRACK CLUB

Vol. 17 No. 3 MARCH 1977



Mike Cour, shown here in second place, on his way to victory in the San Dieguito Half Marathon, Feb. 5.

San Dieguito Half Marathon

NEWS LETTER



of the SAN DIEGO TRACK CLUB

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Love Letter

OPEN LOVE LETTER TO SDTC, S.D. MARATHON CLINIC
AND BILL GOOKIN

What a day - January 15, 1977 - MISSION BAY MARATHON - all the preparation before hand; the eight weeks of steady training & the Clinic every Sunday - getting tips from experienced runners like Ozzie & Kip, Tad and Ann; the support of fellow runners; Sister Anne, Tall John, Marvin, Jack - all so helpful and willing to share. The camaraderie, the fellowship and good will - making each time seem like Christmas. The daily runs with whoever was available; the patience my family exhibited, day in and day out.

All these thoughts and more as I started the first marathon of what will be many, many more. The crowds - were they hired?? Everyone wishing you well, yelling, "Hey 51, you're looking good. Keep it up." Could there have been a more perfect day? Joe meeting me at different spots with Gookinaid, vaseline and a wet towel, supporting me all the way. The Aid Stations - all those friendly people making sure you stopped and drank. All that positive energy.

The cheers as I came into the finish chute. Dave running with me - tamborines shaking, hands clapping - seeing my family smiling. The wonderful Clinic folks; Judy, Ron, Mae Ann, Joan, Mary, Wayne and Jackie - everyone congratulating each other for everyone was a winner!! A lot of people whose names escape me but are not forgotten.

Drinking beer, exchanging times - the wonderful high of a shared physical and emotional experience.

Thank you Bill Gookin and the SDTC for making all this possible right in my own backyard - your long ago dream is a wonderful reality. Thanks for Gookinaid for it helped to make this come true.

Thank you everyone for making January 15th a day long to be remembered.

Love to all,

Molly Barg

Long Distance Running

As the new long distance running chairman, I would like to encourage new volunteers to help out with the different events. Too many times it's the same people who always do all the work. I'll admit they've been doing a good job--but it's time for some new people to help also.

So far, I have five new "volunteer" meet directors for events during this six month schedule. Anyone interested in helping these people can contact me or the individual meet director listed for an event. Anyone willing to volunteer to be a meet director for an event during the second six months, please contact me immediately. We will give you as much aid and help in putting on an event as possible.

Anyone who has an idea for a new running event or wishes to sponsor a new event should contact me as soon as possible so that we can try to schedule it. We will be trying to have a special 12 and under category in all long distance running events; in some of the longer runs we will have a separate 5 km run for 12 and under (a fun run for all others 13+).

Quiz

Will Rasmussen
447-8909

1. Most track fans know that Roger Bannister was the first man to run the mile under 4 minutes, but do you know whose record Bannister broke?
2. Who holds the age 56 American record for the marathon?
3. Has anyone ever won the same event in four consecutive Olympics?
4. Has anyone ever won the marathon and the super-heavyweight weight-lifting championship in the same Olympics?
5. Who holds the age 49 record for the Balboa Park 3 miles?

If you would like to contribute to this feature, write or phone the editor.

Answers elsewhere.

Some Modest Proposals

The San Diego Track Club has grown markedly in size and aspirations, in the five years I have been a member: organizational set-up and activities continue in most ways to fulfill the original purpose of the organization--promoting track and field and long distance running in the San Diego area. I'd like to propose several areas where changes in attitude or orientation should take place; some of these are fairly basic and worthy of proposal and vote by the Board of Directors.

1. Road Runners Club of America -

I believe SDTC should be affiliated with this organization. The cost is trivial; we are not precluded from participation in AAU activities; and the benefits of belonging to a nationwide organization devoted solely and specifically to an activity - long distance running occupying the attention of 90% of our membership - seem apparent. SDTC is one of the second or third largest and most active distance-running groups in the country: we should be part of the RRCA.

2. The Other Clubs in Town

The Jamul Toads are the biggest thing to happen to running in San Diego since the time of Billy Mills; you'd never know it by the Newsletter or by the "official" Track Club attitude. While there are ancient, childish animosities which individuals both in the Track Club and other groups seem to delight in perpetuating, it's time to recognize that Bob Larsen's Toads and Jim Crake's Point Loma TC should start having some impact in the decision-making about running and racing in San Diego. Many of us who aspire to running faster could learn some things from them: similarly, were they to involve themselves a bit in some of the trials of race management they might be a bit less likely to stand around and criticize the Track Club. SDTC is no longer the only game in town: establishment of, at the least, a monthly meeting among representatives of all interested groups, if only to disseminate information and assign responsibility for races, is long overdue.

3. Young Runners

The defection of national-class young runners, almost all of them former SDTC members, to other local clubs is a direct offshoot of a deliberate organizational policy by the Track Club not to compete for and attempt to recruit good athletes. Frankly, I'd like to belong to an organization that seeks out and rewards excellence, as well as supporting the broadest possible participation by recreational and mildly-competitive runners; the two points of view are not incompatible. One of the biggest thrills my life was seeing Thom Hunt run 4:02.7 indoors a year ago; I predict that the vast majority of SDTC members would not reject spending 2% of their annual membership fee for the support of efforts by gifted SDTC athletes to perform similar feats. And knowing that SDTC is interested in quality athletes will bring a lot of them knocking on our door.

4. Publicity

Activities of the Track Club - scheduled events or race results, for example - appear only in sporadic fashion, both here in San Diego and elsewhere. While I was Newsletter editor, I took it upon myself to see that the L.A. Times, Runner's World, Track & Field News, and others received all this information. It was easy then; now this requires a separate position (I guess this is how bureaucracies develop). On a monthly basis some responsible person should deluge the local weekly paper, the Reader, the various running magazines, New West, the Road Runners Club Newsletter, TV and radio stations, and other running clubs with news of future events and detailed results of recent events. Fast runners like to see their names in print and all of us like to see the Track Club mentioned: this is how to do it.

5.

Mission Bay

The crowd of runners was virtually unmanageable this year at the Mission Bay Marathon, and next year I'll guarantee there'll be more than 3000 people wanting to run either the full or the half marathon. Here are some suggestions: a) Discontinue the half marathon. Even though the addition of concurrent half marathon was my idea, I now regret it. The point was to siphon off some of the less than fit people who would try to run the marathon. Some idea: the marathon field has doubled in size each year anyway! We don't need another half marathon: Jim Temples' San Dieguito race two weeks later, and the Coronado 4th of July extravaganza, fill the gap nicely.

b) Stop all support activities - splits, aid stations, at four hours. This is guaranteed to stimulate a howl of outrage from the joggers, but the point of the current Mission Bay Marathon is that it is a race, and there is no one moving at an 8:30 or 9:00 minute/mile pace who can realistically be said to be racing. Before, during, and after the race the vast majority of time, expense, and hassles arising from the conduct of the event comes from the over-four-hour bunch, and this is the place to start tightening up our act.

c) Marathon Weekend - As usual, Tom Bache comes up with a brilliant idea that, if carried out, would permit continuation of the event without needing to carry out the draconian measures of either a) or b). The idea goes as follows: make the entire weekend a time devoted to distance running in San Diego perhaps by City Council proclamation. On Saturday, an elite-class marathon takes place, with a strict cut-off qualifying time--perhaps 2:45 or so. Several private organizations, the Hilton Inn, the Bahia Hotel, have indicated a willingness to help out financially: here's an opportunity to pay travel expenses for, say, four international-class runners from elsewhere--Shorter, Kardong, Drayton, Rodgers, for example--to race against local stars--Pfeffer, Hunt, Mendoza--without dipping into Track Club funds at all. That field might involve 250 or 300 runners. On Sunday, everyone else lines up for a non-competitive, no-trophy but T-shirts for everyone, fully-timed and aid stationed half-marathon and marathon, with the emphasis on participation rather than all-out competitiveness. The differing interests of the racers, the runners, and the joggers are thus served in coequal fashion without the current unacceptable conflicts.

6. Secretary

Under some incredibly-efficient financial stewardship by Dave Baxter, the Track Club is rolling in dough right at the moment. May I suggest that we start employing a secretary, perhaps half-time, to do typing for the Newsletter, correspondence, answering the phone, taking care of the paperwork for membership applications, and all the other things that a number of people are doing, sometimes inefficiently and in their spare time?

I can assure you we can afford it.

Kaj Johansen

Sprinter Work Outs

Dear Editor:

I recently wrote a letter which you published in the January Newsletter. I suggested that the SDTC sprinters get together for group workouts. I received 3 phone calls and 1 letter indicating interest in this idea. However, the locations were from Chula Vista to Leucadia. So no common ground or time evolved.

In one last ditch effort, I make the following suggestion that all sprinters interested in workouts as a group do so at San Diego State at 4:45 PM Monday through Thursday and at 2 PM on Sundays. This may result in different personnel each day, but the group workouts can be accomplished and all sprinters will be able to get to know each other and then possibly work out other arrangements later.

Dick Glasgow
7930 North Avenue
#20
Lemon Grove, CA.
92045

Nude Put On?

The Calendar Chairman received the letter about the nude run in San Bernardino about January 18, and immediately requested entry forms, etc. Receiving no reply, about 3 weeks and 15 requests for entries later, I wrote again for entries and requested a post haste response if the meet director was serious about SDTC people running his race. In the interim, several of my friends expressed the opinion they suspected a hoax.

I have now received a reply saying that on February 2, 1977 (which would have been almost 2 weeks after my request for entries) "the entire field of 250 runners was full." You will note in his original letter which was printed verbatim in our February Newsletter, there was no mention of a limit to the field.

My second request ended with a pleasant "looking forward to seeing you." Maybe I scared him off? Oh well, it cannot be denied the pseudo event created stimulating conversation and many smiles among us for awhile! It would have been fun. And we were just beginning to really enjoy our "marathon prep" runs at Black's Beach!

Bill Stock

I also wrote Mr. Bozaree requesting entry blanks for the San Bernardino run and asking permission to "cover" the event and to take photos for the newsletter. I received a reply form letter relating about the same information that Bill stated above. At the bottom of the form letter the following P.S. was written in.

"Dressed spectators just aren't permitted due to club regulations. Non-member, non-participants aren't permitted due to colony. Sorry about the overwhelming requests that filled the field so quickly. I think only 4 or 5 SDTC members beat the deadline. I'll send you complete results and photos of SDTC runners if I can get photo releases signed by them. I'll send results either way."

I hope he gets the releases. I'm anxious to see which of our members beat the deadline.

F.d.

Santa Catalina

Several of the track club members received a similar disappointment this week. An 8 mile race scheduled for mid-April on Santa Catalina Island received too many entries, and the applications of most of the track club members had to be rejected. There were several attractive features involved in this race. For a \$26 fee, we were to receive round-trip boat fare to Catalina, one night's lodging, entry fee to the race, a tee shirt, and a barbecue lunch following the race. Many of us were so looking forward to this event that Will Rasmussen has decided to look into the feasibility of the track club sponsoring a similar event, probably in May. Will would like to get an idea how many people would be interested in an event of this nature, so if you think you might, give him a call at 447 8909.

Ed.

The Family Album

Please send your pictures (not negatives) of races to the Editor. After they are used for Newsletter they will be returned unharmed. If we do not receive other pictures, future newsletters will show pictures of the Johnstone clan and friends walking, running, eating, sleeping, etc.

Laurels for Laurie

In the Oct.-Dec. issue of the newsletter of the Santa Barbara Athletic Association the editor mentioned three newsletters that he considered very good publications. One was our SDTC Newsletter.

I think everyone will agree that Laurie Olson has done a great job with the Newsletter. Thanks, Laurie, for helping to spread a good SDTC image throughout the state.

Brrrrrr !!!

This is a report from the DSE Newsletter about the Jersey Shore Marathon held one day after Mission Bay Marathon. "What a difference a day makes -- 24 little hours" and 70 degrees.

On January 16, 560 slipping and sliding runners ran the Sixth Annual Jersey Shore Marathon in a driving snowstorm. I woke up the morning of the race hearing the weatherman announce that, "this is the coldest day in NYC since 1886. The present temperature is -1° Fahrenheit, but the high winds drop the 'chill' temperature to around -42° F."

I stepped out the front door, and the cold just knocked the breath out of me. I couldn't believe it - my lungs smarted with every breath. However, I had jogged the day before (8° F), and I was prepared: two pairs of gloves, two sweatshirts, two pairs of socks, etc. - ha, did I have something to learn!

I jogged 2 miles to loosen up, all the time with tears running down my cheeks from the cold. After about 10 minutes, the tears stopped but were replaced by an annoying feeling of 'grit' in both eyes. Then shortly thereafter, I had a sharp pain in the groin, but that also went away.

At my final pre-race pit-stop, I looked in the mirror and saw that it wasn't 'grit' in my eyes; my tears had frozen into little chunks of ice in the corners of my eyes!!! But that was nothing - the real fun was yet to begin..... a pain shot through my central extremity that had me hopping from one leg to another. You know how sissy runners on the West Coast complain about the cold! Well, they have a lot to learn about the frigid East!

As I started thawing out, the pain got progressively more excruciating. Instead of going to the starting line, I cupped everything I owned in both hands for about 15 minutes and finally 'pulled through.'

No kidding, you West Coasters can not believe these appalling running conditions. One runner I spoke with had both eyes frozen open with ice. He couldn't close them! Another fellow had one eye frozen shut for the last 10 miles. In spite of these conditions, 368 runners completed the marathon, which started in Asbury Park, NJ.

The winner, Pete Squires of Yonkers, finished in 2:27:07, and the first woman, Carolyn Clarke of Philadelphia, finished the chilling grind in 3:09:42. A ten year old boy and a 67 year old man were among the finishers. You'll never hear me complain about the heat again. After this, I'll take a hot BM every time!

Flory 'FC' Rodd

Meet Wayne Zook (or Zook's Roots)

Most men would be content to watch an athletic event on TV on their 60th birthday. Not Wayne Zook. For his 60th birthday he invited all his friends to a party on the top of Black Mountain. To get there, they had to race 6 miles to the top of the mountain. Wayne was the 38th to arrive of the 104 who made the trip.

Wayne Zook has been a familiar sight on the running courses of San Diego for the past 8 years, and most track club members immediately recognize him as a truly outstanding senior distance runner. Unknown to many of our participants, however, is the fact that Wayne had had a very successful and varied athletic career before starting to run at age 52. While a student at Stanford University, Wayne was twice west coast wrestling champion in the 118 pound weight class. Following college, his interest turned to weight lifting, and in 1941 he came in second in the California State AAU Championships. Wayne returned to wrestling when in his late forties and won the county AAU Championship.

Wayne started to run in the 1960s when he regularly worked out with his oldest son. It wasn't long before the competitive juices began to flow again, and Wayne entered the Masters' Marathon at Mission Bay in 1969. He probably chose too tough a run to begin with, however, and his time of 3 hours 40 minutes at the end of a painful 26 miles was in no way indicative of the outstanding marathons which were to follow. From that time Wayne was a regular area competitor, and in 1972 he completed 5 marathons. Wayne first went below 3 hours in a marathon in February 1972 when he ran a 2:58:56 at Burlingame. From that time on the senior distance running records fell. Wayne broke world's age group records for the one hour run; 9 miles 1145 yards at age 56, 9 miles 473 yards at age 58; 3 miles; 17:38 at age 56; one mile; 5:27 at age 56; 10,000 meter; 38:00.2 at age 56; and the marathon; 2:53:31 at age 56. His most memorable race came at the Avenue of the Giants Marathon in 1972, where he had a classic 26 mile dual with another outstanding 56 year old runner, Paul Reese. Wayne prevailed in the final few miles to run his best marathon to date, an outstanding 2:53:31.

Wayne generally trains with long easy runs interspersed with some hill work. He likes to alternate the hard and easy days. Wayne will normally average about 50 miles per week, though this increases to 90 miles per week when he is training for a marathon.

In 1971 Wayne ran the Boston Marathon in 3:07:56. His current total is 22 marathons, 8 of them under 3 hours.

For several years now, Wayne has been the sponsor of the popular "run to the top" events, first at San Miguel Mountain and more recently at Black Mountain. Despite the demanding nature of these steep, uphill runs, they have been among the most popular of the years events, and Wayne always places well.

Wayne's entire family is athletically inclined. His 3 sons, John, Bill, and Lee have participated in cross-country and wrestling and his wife Crystal keeps fit by running 2 miles per day.

The Zooks eat a vegetarian diet with occasional chicken or fish.



Wayne Zook wears a shirt denoting his place in the Dipsea handicap race in Marin County, Cal., Feb., 1975. Not bad, out of over 1500 starters.

Wayne's other interests include white water rafting, which he became interested in when his sons were in the Explorer Scouts. He now owns his own rafts and leads tours with friends and family members down the Rogue River in Oregon, the Salmon River, and the Middle Fork in Idaho.

Wayne and Crystal like to travel and have visited 45 foreign countries. While traveling, Wayne has an opportunity to participate in another of his hobbies; amateur movie making. He has been quite successful at this. He has won five local Movie of the Year awards plus a national award for directing a club movie. He is currently President of the San Diego Amateur Movie Club.

When asked how long he would keep running, Wayne replied, "Until I drop". That is not imminent, judging from the 2:59 marathon he recently turned in at Mission Bay, his 7th consecutive sub-3-hour marathon.

ED



COMING EVENTS

Bring Your Rubber Ducky

The March 19, 1977 Family Run at Morley Field will entail a slight course change...just a wee bit of a detour through the casting pool. Yup, through the pool unless you are good at walking on water, in which case it would be across the casting pool. Our enterprising meet director decided to this now while sea world still has its great white sharks basking in the casting pool. "They're just like big friendly dogs," Bill says. Don't wear leather shoes as the water is about a foot deep and the H₂O won't do 'em any good.

Last Gasp Marathon

The Last Gasp Marathon, March 20 at 6:30 AM (Note change in time from the six-month original schedule) will be, as we have announced in the February Newsletter, a giant step backwards in marathon evolution--no T-shirts, no picnics, no clinics, etc. This month, we hope we are going to have sufficient numbers entering to have a race! Please let me know of your intentions to enter the race. So far we have an excellent ratio of support help to competitors--one race helper volunteer (Len Wessels).

David Baxter

10 Mile Track Run

Originally scheduled for Sun 13 FEB but postponed to Sun 13 MAR because of track unavailability.

Here's a chance to work on your pacing, set a 10 mile PR, and maybe even win a trophy.

When: 4 P.M. (Start) Sun 13 MAR
 Where: San Diego State Univ. Track
 Awards: Open, Women, Masters I & II, Juniors, 12 & under boys and girls, oldest and youngest finishers.

Come early to register (3 P.M.) so we can start the race on time. Don't forget to bring someone to count your laps. (40 laps is a lot of counts!) There will be an AID station (water&ERG) set up. Volunteers are needed to help at the run; call me at 225-7518 (work) or 583-1578 (home). Sim Baldwin

Escondido 10km XC

Now, if you went as far as Black Mountain to run, or even if you didn't, you might as well travel 5 miles farther north to Kit Carson Park for the Escondido 10 km XC, April 2. Registration begins at 8:00, race goes off at 9:00 (walkers?, 8:30.) The course is hilly, mostly on trails, sloppy if wet. Standard divisional awards will range from masters to pygmies. Non-standard divisional awards will be as ridiculous as last year. North on I-15, east on Via Rancho Pkwy. Go past high school to first left, Las Palmas. Information, Bob Daniel, 743-5410.

Laurel Street Road Run

Presented by the Laurel Street Roadrunners Saturday March 12th, 9:00 A.M., 6th & Laurel Streets, Balboa Park. 5 miles, Classes, Awards. 50¢ entry fee. For additional info call Rick Hower @ 283-5188 or Jerry Berkouf @ 465-8300.

Master 15km XC National Championships

On Sunday, March 27, 1977, perhaps in the Malibu area, the AAU Masters National 15 KM Cross Country Championships will be held for individual and team titles.

A trials race will be held to form a SDTC team on March 12, 1977. The trial will consist of the race the Laurel Street RR's are putting on, which will be a 5 miler plus continuing on for approximately another 4 miles. Essentially it will be a combination of the Balboa Park 5 mile and 4 mile courses totaling a short 9 miles. A committee will choose the track club team based on finishes in this race, plus recent past performances.

Any masters not making the team and who are desirous of running in the national championship meet may obtain entry forms from Bill Stock, 466-8700. If there is no one home, please leave a message on the phone-mate. Please do not call after 9 PM (beddy-bye time).

Tucson Fun Run

A letter has been received from Kai Haver inviting track club members to the Tucson Fun Run on Sunday, March 27. There will be a 15 KM race and a 2 mile joggers "run for your life". The Marriott Hotel will be offering \$16 per night rates for participants. Call Ed. for entry blanks and info.

All Comers Metric

Another metric running meet will be held at Southwestern College on Saturday the 26th of March beginning at 9 A.M.. with the 5000 meters. In addition to the five running events there will also be competition in the Shot Put, Discus, High Jump and Long Jump. Ed Oleata

El Monte 30km & 5km

The El Monte 30 km and 5 km races will be held at 9:00 a.m. on Saturday, March 5 at El Monte Park in Lakeside. There will be a 12 and under category for the 5 km event. To get there, take Int. 8 East past El Cajon to the Lake Jennings Park turnoff. Take that North about 2 miles until you get to El Monte Park Road. Turn right on El Monte Park Road and proceed 4 miles to the Park.

Bill Casper, 449-5996

SDTC Uniforms & Record Book

Uniforms

Cost

M & W Orange Tee Shirts	\$3.50
Men Orange Racing Singlets	7.00
M & W Sweat Suits	15.00
Men Cotton Shorts	3.00
Men Nylon Freedom Shorts	3.50 temporarily out
Women's Uniforms (tops/bottoms)	12.00 a set

All uniforms are available at the AAU Office 1135 Garnet Avenue, San Diego 92109 - T 275-1292.

RECORD BOOK

Anyone interested in a SDTC Record Book, call Dennis Kasischke 280-7327.

Optimal Health Lectures

There are still three programs left in the Optimal Health Lecture Series. They are free and open to the public at S.D.S.U. Aztec Center on Thursday evenings at 7:30 p.m.

March 3 - "Misconceptions and Contraception", by Roger and Theresa Crenshaw, M.D.'s husband and wife co-therapist team trained by Masters and Johnson in treatment of sexual dysfunction. Montezuma Hall.

March 10 - "Politics of Health Care", by Paul O'Rourke, M.D., M.P.H. Specialist in Health Care Services for California State Senate, Lecturer at Schools of Public Health, U.C. Berkeley and Los Angeles. Montezuma Hall.

March 17 - "Everything you Always Wanted to Know About Nutrition, Exercise and Optimal Health", Question and Answer Period with Drs. Kasch, Gunning, Elrick, and Kostrubala - Moderated by Joyn Boyer, M.D. Montezuma Hall.

Further inquiries can be made by contacting Bob Vinton, M.D. at San Diego State University, Student Health Services at 286-6681.

Sponsored by: Associated Students Cultural Arts Board, Student Health Services, College of Extended Studies, Eta Sigma Gamma, College of Professional Studies Grass Roots Council.

Co-sponsored by: Student Health Services Advisory Board, Pre-Med Society.

Impromptu All Comers Results

In last month's newsletter, the Feb. 19 All Comers Track Meet was listed as being held at San Diego State. This location was later changed to Southwestern College. Not everybody got the word on this change, and a sizable number of athletes showed up at San Diego State. The number was large enough to hold a meet of their own, and so they did. The results of that impromptu meet follow.

ALL COMERS TRACK MEET:
San Diego State University
February 19, 1977

5000 Meter:

Place	Name	Time
1	Tom Kelley	15:48
2	Loren McKnight	16:54
3	Greg Williams	16:55
4	Terrel Eddy	18:36
5	Kim Torrence	18:37
6	Unidentified	19:02
7	Wayne Zook	19:03
8	Bruce Beach	19:17
9	Rob Quigley	20:59
10	Bill Powell	22:25
11	Nathan Eddy	22:25
12	Dave Hayworth	22:45

220 YD(Men):

1	Dick Stolpe	25.7
2	Brad Lance	26.3
3	Steve Doyle	27.6
4	Dick Fiske	28.5
5	Mark Farrar	29.9

Avenue of Giants Bus

A bus has been chartered for the Avenue of the Giants Marathon. It will leave San Diego on Friday, April 27th about 4 PM, arriving Saturday AM. The marathon is Sunday AM and the bus will return to San Diego after the race and dinner that Sunday evening. Arrival in San Diego should be before noon on Monday, May 2nd.

The charter group will be staying at the Redwood Motel in Myers Flat. Forty bus seats have already been sold. There are six seats left (plus the possibility of cancellations). The cost of the bus trip is \$35 plus a \$10 deposit on your room reservation.

If interested, you may give your deposit to Paul Hendricks (a race walker) at Donna's class, the Marathon Clinic on Sunday, or mail it to him at: 220C Street, Chula Vista, CA 92010. For further info call Paul at 426-2243 after 9 PM.

AN IDEA FOR A HANDICAP RACE

Everyone starts at the same time, but must wear every T-shirt he's ever won.

220 YD(Women):

1	Eleanor Von Ruden	35.1
2	Colleen Carr	35.3
3	Anita Torrence	35.8
4	Lottie Piepenkotter	37.6
5	Judy Stolpe	42.1
6	D'Ann Faseman	47.1

880 YD(Men):

1	Pat Carroll	2:04.0
2	Ken Powell	2:06.1
3	Ed Gookin	2:09.8
4	Kim Torrence	2:32.5

880 YD(Women):

1	Eleanor Von Ruden	3:13
2	Lottie Piepenkotter	3:23
3	Gerry Nix	3:26

440 YD(Men):

1	Dick Stolpe	0:57.2
2	Dick Fiske	1:03.0

440 Yd(Women):

1	Mo Carr	1:30.7
2	Lottie Piepenkotter	1:34.6
3	Judy Stolpe	1:38.1
4	D'Ann Faseman	1:48.0

1500 Meter/Mile:

	<u>1500M</u>	<u>Mile</u>
1	Rory Trup	4:01.4
2	Tom Von Ruden	4:11.7
3	Steve Brown	4:15
4	Tracy Moore	-
5	David McMaster	-
6	Tom Kelley	4:26
7	Glenn McCormack	-
8	Mark Farrar	4:56
9	Steve Doyle	5:02
10	Ray Archibald	5:05
11	Brian Wright	-
12	Kim Torrence	-
13	Wayne Zook	5:28
14	Bill Powell	5:43
15	Rob Quigley	5:47
16	Robert Eddy	6:05.6

San Dieguito Half Marathon

MENS OPEN

NAME	PLACE	OVERALL PLACE	TIME	NAME	PLACE	OVERALL PLACE	TIME	NAME	PLACE	OVERALL PLACE	TIME
Mike Cour	1	1	1:12:09	Flores	44	80	1:25:48	M. Sanders	178	1:35:01	
Kevin Weitz	2	2	1:13:36	Kerley	45	81	1:25:58	Peter Neggard	180	1:35:14	
Tom Bache	3	3	1:14:14	Duke Vaughn	46	85	1:26:42	Bill Cartwright	183	1:35:31	
Tom Kelly	4	4	1:14:36	M. Glathar	47	86	1:26:55	Castaneda	184	1:35:42	
Rick Hagan	5	6	1:15:14	Andy Morabe	48	87	1:26:56	Jim Waters	185	1:35:51	
M. Nolasco	6	7	1:15:21	Gary Stensauk	49	88	1:27:07	G. Shepiah	187	1:36:05	
Brad Roy	7	8	1:15:31	Manuel	50	89	1:27:13	David Robinson	189	1:36:12	
J. Thompson	8	10	1:16:06	Abel Rocha	51	90	1:27:14	John Hunter	191	1:36:28	
Ed Barwick	9	11	1:16:21	George Yee	52	93	1:27:27	Charlie Khoury	192	1:36:37	
Dennis Kogiechke	10	12	1:16:28	D. McCaskill	53	94	1:27:37	J. Martinez	200	1:36:15	
Dennis Stonsauk	11	16	1:17:16	M.A. Owen	54	95	1:27:42	Joe Via	203	1:37:26	
N. Secorod	12	21	1:17:55	E. Stang	55	96	1:27:59	P. Penzenik	204	1:37:28	
Mike Gilpin	13	25	1:18:10	D. Manning	56	99	1:28:12	T. Thetford	209	1:37:50	
Don Shanahan	14	29	1:18:45	Richard Wible	57	100	1:28:14	S. Hartwell	210	1:37:51	
Ralph Onievas	15	30	1:18:59	Alex Kisfaludy	58	102	1:28:16	H. Shapiro	211	1:37:54	
Frank Marez	16	32	1:19:07	Julian Cruz	59	105	1:28:25	M. Burrows	213	1:38:03	
A. Peterson	17	36	1:20:04	J. Halperin	60	106	1:28:29	C. Gonaver	216	1:38:23	
Steve Smith	18	37	1:20:15	B. Maher	61	108	1:28:37	Michael Evans	217	1:38:24	
Gordon Jutes	19	38	1:20:19	Zeke Mazur	62	112	1:29:26	Tom Cohelan	218	1:38:27	
Conrad Will	20	39	1:20:27	R. Harold	63	114	1:29:30	Kuls Icavage	219	1:38:28	
Gary Sampson	21	40	1:20:34	D. Cooper	64	115	1:29:34	D. Russel	221	1:38:30	
Lambourne	22	43	1:20:50	Jim O'Brian		120	1:30:01	Robert Ayres	222	1:38:41	
Andy O'Learey	23	49	1:21:42	Pose		125	1:30:02	R. Cortinas	224	1:39:01	
R. Ahlman	24	50	1:21:52	Marlyn Jakub		128	1:30:37	Rick Savage	225	1:39:06	
G. William	25	51	1:21:57	Jeff Howell		131	1:30:45	Chuck Logan	226	1:39:07	
M. Salas	26	52	1:22:00	Tim Hogan		133	1:30:54	A. Lovering	227	1:39:13	
Robert Lusitana	27	53	1:22:13	Raul Romero		134	1:31:01	Torres	228	1:39:17	
K. Ulle	28	54	1:22:14	J. Jacobs		137	1:31:14	Rob Frontz	233	1:39:55	
T. Helmes	29	57	1:22:32	P. Petersen		142	1:31:58	Barry Bauer	234	1:39:59	
D. Larabee	30	58	1:22:34	T. Taparo		144	1:32:02	R. Delpino	242	1:40:30	
Daniel Rdarey	31	60	1:23:95	Carroll		148	1:32:19	Mike Neil	243	1:40:35	
Dick Daly	32	64	1:24:27	Larry Hunt		151	1:32:30	R. Hubbard	245	1:40:49	
Bob Day	33	67	1:24:52	Don Rahiser		152	1:32:34	Tony David	248	1:41:00	
S. Baldwin	34	68	1:24:56	Steve Frontz		153	1:32:45	G. Wassell	251	1:41:11	
Heeringa	35	69	1:24:57	Busby		154	1:32:48	Jim Wiley	254	1:41:24	
Bill McIntyre	36	71	1:24:59	P. Bruno		156	1:33:07	Chuck Hulsey	255	1:41:24	
B. Stansauk	37	72	1:25:07	Tim Key		162	1:33:53	L. Salazar	259	1:41:43	
G. Fegan	38	73	1:25:15	A. Schneider		164	1:33:55	Carl Lind	261	1:41:47	
J. Prunetti	39	74	1:25:17	L. Covey		169	1:34:17	Gary Zacharias	262	1:41:48	
H. Flynn	40	76	1:25:25	K. Street		170	1:34:18	Weaver	263	1:41:58	
H. Klein	41	77	1:25:35	Geoarge Maris		171	1:34:19	Don Haley	264	1:41:59	
Howard Moody	42	78	1:25:36	Orstad		174	1:34:41	Bill Irwin	266	1:42:16	
				K. Torrence		175	1:34:43	T. Meehl	268	1:42:25	
				Perry Sheer		177	1:35:01	Don Malek	273	1:42:48	

San Dieguito -2

Tom Hillary	182	1:35:25
Rudy Friberg	188	1:36:10
Fitzgerald	193	1:36:38
B. Holmes	195	1:37:07
Ken Jenkins	196	1:37:09
Bob Lesser	202	1:37:19
James Blankinship	207	1:37:44
Wiebrkcht	215	1:38:22
Robert Maxwell	220	1:38:29
H. Law	223	1:38:42
Dick Slatterley	229	1:39:19
Tom Sharkey	235	1:40:00
Bohan	238	1:40:00
P. Smith	253	1:41:20
Groesbeck, WAYNE	256	1:41:30
B. Ferral	258	1:41:42
Kelly	260	1:41:44
Bob Stephens	265	1:42:01
John Ferguson	267	1:42:17
J. Hicks	271	1:42:43
Bill Gookin	279	1:43:27
Jim Hunt	281	1:43:43
Don Hegerle	283	1:43:53
DeBona	296	1:44:49
Bill Powell	310	1:46:24
Al Moe	313	1:46:38
Jarnlof	315	1:46:49
D. Lancaster	316	1:47:07
Oscar Quinones	323	1:47:42
Dan Dohahue	326	1:47:59
Jim Lloyd	330	1:48:22
Larry Sweeney	333	1:48:26
Elson DeMello	340	1:49:28
J.V. Lasher	346	1:50:03
Barton Spitz	351	1:50:45
J. Barg	356	1:51:05
Robert Hope	363	1:51:52
Hyde	369	1:52:40
Ed Roberts	370	1:52:44
Jeff Crossoni	371	1:52:47
N.D. Benner	389	1:57:27
Noel Durkin	400	1:59:09
T. Kostrubal	401	1:59:12
W. Duren	403	2:00:54
Newt Ball	409	2:01:00
Zieman	415	2:01:51
Tom Morris	442	2:07:30
Dave Hayworth	446	2:09:20
Jack Tex	452	2:12:58
Groves - place and time unknown		
Van Rechtel - place and time unknown		

San Dieguito -3

SR. WOMEN 35+				NAME				
	NAME	Place	OVERALL	NAME	PLACE	PLACE	TIME	
	Dorothy Stock	1	124	1:30:02	Brian Wake	39	138	1:31:48
	Karen Thompson	2	241	1:40:17	Jeff Crosson	40	140	1:31:52
	Donna Gookin	3	270	1:42:42	Joh Hayward	41	146	1:32:13
	Elsa Evans	4	328	1:48:08	Mark Edwards	42	149	1:32:24
	Gail Hanna	5	375	1:53:42	Don Kracht	43	150	1:32:25
	Molly Barg	6	417	2:02:31	Mike Benenati	44	158	1:33:29
JUNIOR MEN (15-18)				NAME				
	NAME	PLACE	OVERALL	NAME	PLACE	PLACE	TIME	
	Chris Huges	1	5	1:15:02	Stephen Kiely	48	166	
	Manuel Guaderrama	2	9	1:15:43	Trent Jennings	49	168	1:34:10
	Rick Satterlee	3	14	1:15:48	David Flanders	50	173	1:34:38
	Jim Tunnell	4	15	1:15:55	Mike Redman	51	176	1:34:53
	Bob Henke	5	18	1:15:29	Kent Parnell	52	181	1:35:19
	Mark Beyster	6	19	1:17:47	John Boyer	53	194	1:37:02
	Mark Rodriguez	7	20	1:17:55	Dave Smith	54	197	1:37:10
	Mike Podgenski	8	22	1:17:55	Glen Morris	55	198	1:37:13
	Joe Stimpson	9	23	1:17:59	Bill Lasher	56	199	1:37:14
	Brian Davis	10	24	1:18:00	John Donaldson	57	205	1:37:35
	Doug Sadler	11	26	1:18:13	Victor Wasser	58	212	1:37:56
	Marshall Spalding	12	27	1:18:32	Mark Sterkel	59	214	1:38:12
	Alan Bernath	13	28	1:18:32	Mark Falter	60	231	1:39:30
	Kai Serrano	14	31	1:19:00	Kenny Church	61	232	1:39:34
	Gordi Haskett	15	34	1:19:36	Robert Scott	62	236	1:40:00
	Herb Ochoa	16	35	1:19:54	Ed Shoud	63	238	1:40:00
	Dan Martinez	17	42	1:20:44	Kenny McIntire	64	240	1:40:14
	Steve Gunberg	18	44	1:20:51	Manuel Gomez	65	246	1:40:41
	Andy Black	19	45	1:21:08	Dennis Kracht	66	247	1:41:00
	Dean Avery	20	47	1:21:23	Chuck Spellman	67	277	1:43:08
	Franklin Haralson	21	48	1:21:36	Randy Oleata	68	286	1:44:01
	Steve Scott	22	59	1:22:47	Harold Davis	69	287	1:44:10
	Matt Freeman	23	62	1:24:09	Napoleon De Lane	70	289	1:44:20
	Roct Swenson	24	66	1:24:47	Sam Cusimano	71	306	1:46:05
	Mark La Costic	25	70	1:24:58	Brad Welsh	72	319	1:47:23
	Jim Souza	26	75	1:25:20	Ray Schooley	73	320	1:47:29
	Duff McDonald	27	84	1:26:20	Dave Hanson	74	327	1:48:00
	Don Davidson	28	91	1:27:18	Lyle Page	75	341	1:49:29
	Jim Jelley	29	92	1:27:19	Mark Newcomb	76	360	1:51:21
	Denny Diezel	30	101	1:28:15	Michael McGill	77	373	1:52:53
	Rick Jessop	31	111	1:29:00	Bob Giertz	78	379	1:55:28
	Allen Chapman	32	118	1:29:48	Keith Snider	79	392	1:57:54
	David Soule	33	121	1:30:02	John Candolario	80	394	1:58:11
	Sean Sweeney	34	122	1:30:02	Ric Young	81	406	2:00:45
	John Webber	35	123	1:30:02	John Jarman	82	412	2:01:29
	Fru mencia Torres	36	126	1:30:20	Mike Nulaney	83	413	2:01:36
	Harold Hartman	37	127	1:30:32	Eddie Grisson	84	427	2:04:25
	Matt Dunn	38	129	1:30:41	Scott Sabin	85	430	2:04:38

14 and under

NAME	OVERALL PLACE	TIME
Siawen O'Neal	46	1:21:22
Andy Morabe	87	1:26:56
George Tuck	98	1:28:02
Jerry Marsh	179	1:35:04
John Knorf	185	1:35:46
David Sadler	190	1:36:14
Bill Alsup	206	1:37:43
Ted Hughes	230	1:39:26
Paul Moore	249	1:41:05
Lyle Price	250	1:41:10
Tommy Brown	252	1:41:12
Mark Cedarquist	293	1:44:36
Mark Smith	297	1:45:03
Paul Arndt	302	1:45:25
Todd Sutton	335	1:48:58
Jimmy Kndeterl	338	1:49:17
Albert Guaderrama	345	1:49:58
Douglas Drazkowski	358	1:51:11
Joe Ferral	382	1:55:51
John Medved	420	2:03:03
A1 Bender	444	2:08:09
Robert Lauer	448	2:11:53
William Carter	451	2:12:50
Nathan Eddy	462	2:17:41
Dominic Ludi	463	2:18:02
Robert Eddy	472	2:33:26
Brad Orlich	477	2:36:59
Debbie Marsh	481	2:44:10
Jeff Marner	482	2:50:38
Fred Dodge III	483	2:50:39
Steve Ferguson - time and place unknown		
Hugo Martinez - time and place unknown		

JUNIOR GIRLS

Sheri Ball	244	1:40:46
Tracy Anderson	324	1:47:56
Mari Olexa	368	1:52:31
Lynn Hill	398	1:58:54
Posy Macdonald	435	2:04:59
Juliana Dimaria	437	2:05:02
Laura Mercer	454	2:14:02
Laura Dodge	455	2:14:07
Evelise DeMello	458	2:15:25
Sandy Noonan	458	2:24:06
Debbie Chelsenik	473	2:33:27
Wendy Magner	474	2:34:45
Laura Ellsworth	478	2:38:12

San Dieguito - 4

SENIOR MEN II (over 50)

NAME	PLACE	OVERALL PLACE	Time
Ed Almeda	1	33	1:19:07
Tom Hunter	2	41	1:20:43
Brian Freeman	3	56	1:22:26
John Lafferty	4	65	1:24:36
Abel Rocha	5	90	1:26:14
Wayne Zook	6	107	1:28:36
Jim McCown	7	119	1:30:00
Iglesias	8	167	1:34:04
Bernie McCoy	9	172	1:34:22
Arthure Holzman	10	208	1:37:45

NAME	PLACE	OVERALL PLACE	TIME
Jim Dacolias	11	275	1:43:00
Derby	12	309	1:46:23
Ed Goverley	13	399	1:58:56
Harry Dickinson	14	416	2:02:24
Cal Garrett	15	421	2:03:14
Irving Wikler	16	423	2:03:27
Marvin Moar	17	445	2:08:21
John Hanna	18	461	2:17:06
Noel Johnson	19	470	2:29:29
Mickey Blakesley	20	471	2:30:31

Hazards of the East

THE NEW ENGLAND JOURNAL OF MEDICINE

Jan. 20, 1977

PENILE FROSTBITE, AN UNFORESEEN HAZARD OF JOGGING

To the Editor: A 53-year-old circumcised physician, nonsmoker, light drinker (one highball before dinner), 1.78 meters tall, weighing 70 kg, with no illnesses, performing strenuous physical exercise for many years, began a customary 30-minute jog in a local park at 7 p.m. on December 3, 1976. He wore flare-bottom double-knit polyester trousers, Dacron-cotton boxer-style undershorts, a cotton T-shirt and cotton dress shirt, a light-wool sweater, an outer nylon shell jacket over the sweater, gloves, and low-cut Pro Ked sneakers. The nylon shell jacket extended slightly below the belt line.

Local radio weather reports gave the outside air temperature as -8°C , with a severe wind-chill factor.

From 7:00 to 7:25 p.m. the jog was routine. At 7:25 p.m. the jogger noted an unpleasant painful burning sensation at the penile tip. From 7:25 to 7:30 p.m. this discomfort became more intense, the pain increasing with each stride as the exercise neared its end. At 7:30 p.m. the jog ended, and the patient returned home.

Physical examination at 7:40 p.m. in his apartment at comfortable room temperature revealed early frostbite of the penis. The glans was frigid, red, tender upon manipulation and anesthetic to light touch. Immediate therapy was begun. The polyester double-knit trousers and the Dacron-cotton undershorts were removed. In a straddled standing position, the patient created a cradle for rapid re-warming by covering the penile tip with one cupped palm. Response was rapid and complete. Symptoms subsided 15 minutes after onset of treatment, and physical findings returned to normal.

Side effects: at 7:50 p.m. the patient's wife returned from a local shopping trip and observed him during the treatment procedure. She saw him standing, legs apart, in the bedroom, nude below the waist, holding the tip of his penis in his right hand, turning the pages of the *New England Journal of Medicine* with his left. Spouse's observation of therapy produced rapid onset of numerous, varied and severe side effects (personal communication).

Pathogenesis of the syndrome was assessed as tissue response to high air velocity at -8°C , penetrating the interstices of polyester double-knit trouser fabric and continuing through anterior opening of Dacron-cotton undershorts, impacting upon receptor site of target organ to produce the changes described.

The patient continues to jog, wearing an athletic supporter and old tight cotton warm-up pants used in college cross-country races in 1939. No recurrences are expected.

MELVIN HERSHKOWITZ, M.D.
Medical Center
Jersey City, NJ 07304



Tom Rothhaar (left), Jack Johnstone, and Conrad Will (seated) following the World Masters Marathon.

The World Masters Marathon was an excellently directed race over a picturesque, extremely fast course. I first entered this event last year after a stitch ruined my Mission Bay effort. Strangely enough, Conrad Will entered under similar circumstances this year. In both cases, we were rewarded for our efforts with PR's at Orange.

Tom Rothhaar, Conrad, Marshall Spaulding (39th overall in 2:47:04), and I were the only participants this year from SDTC. I think there are two factors which tend to discourage our members participation in this event. First its name. Despite what the name would indicate, it is open to all... not just over 40 competitors. Secondly, and probably more important, it follows the Mission Bay Marathon by only 2 weeks, and the prevailing point of view seems to be that it takes 6 weeks to recover fully from a marathon. I have never quite believed this myself, so my wife Betty and I did a little unscientific research at the finish line of the Masters marathon. We were able to locate 11 people who had run both the Mission Bay and the Orange events. To our surprise, several of these runners had run other marathons shortly before Mission Bay and some intend to run others shortly after Orange. The results of our informal survey are tabulated below. I don't claim to have proven anything, but I see nothing in this table to indicate that one cannot run a marathon at maximum effectiveness two weeks after having completed another marathon.

At any rate, I would like to recommend the World's Masters Marathon on its own merits.

The table below also gives the overall winner at the World's Masters Marathon, the Womens winners, and the SDTC participants results.

ED

NAME	AGE	Santa Barbara Oct. 17	Rose Bowl Nov. 20	Culver City Dec. 5	Mission Bay Jan. 15	World Masters Jan. 30	Bakersfield Feb. 5	Hidden Valley Feb. 12
Ron Kurle	28				2:22:40 ₁	2:21:42 ₂		
Tom Rothhaar	34				2:43:25	2:43:34 ₇		
Conrad Will	35				DNF	2:49:59 ₆		
Jack Johnstone	41				2:53:40	2:50:20 ₈		
Gary Seeger	32		2:43	2:39:47	2:42:50	2:43:27	Yes	
Judy Milkie	27	3:17	3:11	3:06	3:01:35 ₃	2:58:28 ₄		
Sue Peterson	32			3:10	3:08	2:59:27		
Pete Peterson	36			3:10	3:08	2:59:27		
Chuck Seekins	60				3:10	3:00:13		
Cal Lan	30		3:10:54	3:04:32	3:22	3:06:10	Yes	
Gordon Proctor	40				3:00:10	3:22:07 ₅	Yes	Yes
Dick Moore	44				3:23	3:24:05 ₅		

Foot notes: 1. 4th place 2. 1st Place 3. 3rd Women 4. 1st Woman 5. Race run just for work-out.
Not an all out effort.

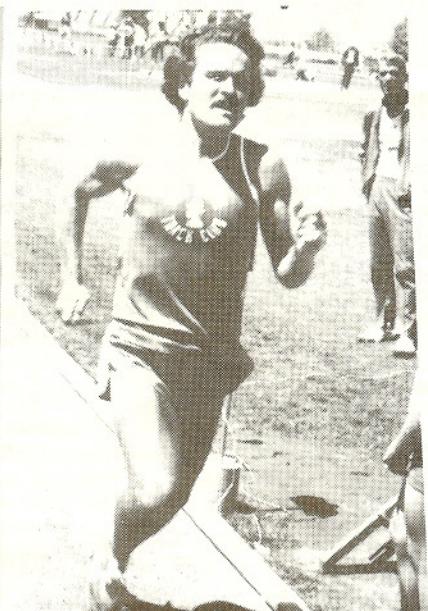
6. 6th in 35-39 div., 45th overall 7. 32nd overall 8. 5th in 40-44 div., 48th overall



Jack Johnstone and Conrad Will nearing the 15 mile mark at the World Masters Marathon.



SDTC participants in the Fiesta Bowl Marathon.
Seated: l-r, Kathy Keller, Joanne Bartelt, Cee and Pete Neegard, Tom Meehl, Jerry Berkouf; standing; Fred Kuenzel, Kay and Ron Harpold, Frank White, Maureen Kearns, Wayne Grossbeck, Andy DeBono, Bill Seibold.



Bob Mackel, who ran an outstanding 2:37:39 at the Mission Bay Marathon.

All Comers Results

SOUTHWESTERN COLLEGE, FEB. 19

200 Meters			
Name	Age	Affiliation	Time
Jack Jackson	18	unat	24.1
Mike Vasquez	17	"	25.2
Dan Doris	17	"	26.0
Bill Bowers	58	SDTC	27.4
Frank Garduno	18	Unat	28.5
Laurie Olson	30	SDTC	32.3

400 Meters			
Name	Age	Affiliation	Time
Henry Rojas	19	SWC	51.5
Jason Schmidt	18	Vike TC	52.8
Jack Jackson	18	unat	55.7
Robert Johnson	17	"	56.8
Mike Gehring	16	"	58.7
Joe Horn	34	SDTC	60.0
Raul Sanchez	18	unat	60.5
Haydn Parks	54	SDTC	60.9
Bob Holmes	48	"	63.1
Frank Garduno	18	unat	71.0
Laurie Olson	30	SDTC	72.9

800 Meters			
Name	Age	Affiliation	Time
Ian Cumming	25	Pegasus	1:59.0
Jason Schmitt	18	Vike TC	2:01.3
Tony Bier	16	SDTC	2:06.0
Mike Cour	27	"	2:15.0
Joe Horn	34	"	2:16.7
Jim Donahue	40	"	2:19.5
Laurie Olson	30	"	2:44.3

1500 Meters			
Name	Age	Affiliation	Time
Mike Cour	27	SDTC	4:11.3
Jim Mosher	27	"	4:22.0
Fred Schumann	17	"	4:28.6
Ruben Ledesma	16	"	4:29.5
Tom Pitcher	18	"	4:30.9
Fred Slye	15	unat	4:31.2
Rick Jessop	18	Vike TC	4:34.5
Alan Olson	34	SDTC	4:34.8
Eric Korevaar	17	Vike TC	4:36.7
Doug Sadler	17	"	4:39.0
Robert Johnson	17	unat	4:43.5
Don Ball	35	SDTC	4:52.6
David Fraitag	47	"	4:55.8
Ed Oleata	40	"	4:57.0
Lloyd McGuire	45	"	5:01.5
Mike Gehring	16	unat	5:10.0
Dave Donahue	13	SDTC	5:47.5
Melissa Donahue	9	"	7:04.1

5000 Meters			
Name	Age	Affiliation	Time
Mike Cour	27	SDTC	15:48.2
Jim Davies	17	"	16:16.0
Fred Schumann	17	"	16:44.2
Ruben Ledesma	16	"	16:57.0
Bill Stock	47	"	17:54.6
David Fraitag	47	"	18:23.4
Bob Holmes	48	"	19:07.5

My thanks to Rich Gehring, the coach at Southwestern College, for the use of the track and to Bill Stock and Robin Williams for helping to run the meet.

Women & Girls All Comers Meet

FEB. 17, BALBOA STADIUM

Event	Place	Name	Age	Time
440 yd.	1	S.D. Cougars	9	68.2
Relay	1	S.D. Cougars	14-15	51.1
	1	S.D. Cougars	12-13	52.5
	1	S.D. Cougars Mixed		56.8
Mile	1	O'Brien	10-11	5:45.3
	2	Carrillo		5:49.6
	3			5:55.0
440 yds.	1	Melva Norris	14 up	59.1
	2	Lisa Mann		60.2
	3	Anne Powis		60.3
	4	Evaughn Collieiz		84.1
100 yds.	1	J. Cottingham	12-13	61.8
	2	Rosanna	10	15.4
	2	Sapp	7	16.0
	3	Lisa Carrillo	7	16.6
	1	T. Wilson	7	15.7
	2	Latrisha Nalin	8	15.9
	3	Carla Carrillo	9	16.8
880 yds.	1	Francisca Silva	11	2:42.6
	2	Sharon O'Brien	11	2:48.4
	3	Carla Carrillo	9	3:18.1
220 yds.	1	T. Wilson	7	34.3
	2	Shawnette Sapp	7	34.7
	3	Latricia Nalin	8	37.1
	4	Lisa Carrillo	4	37.7
	1	Sherry Johnson	11	31.4
	2	Lori Medlin	11	32.4
	1	Lana Norris	13	26.8
	2	Rita Harriston	13	27.0
	3	Iris Pippens	13	27.4
	4	Janet Chappell	13	27.9
880	1	Angela Sapp	14	26.4
Medley	2	Ladonna Moore	15	26.8
	3	Susan Washam	14	27.3
Relay	4	Kay Johnson	14	28.2

Ed Oleata

880	1	San Diego Cougars	1:58.9
Medley	2	San Diego Cougars	2:08.0
	3	Imperial Valley Suns	2:31.0

Black Mtn. Results

The notice in the December and January Newsletters announced that 10,000 meter race to the top of Black Mountain on January 29, 1977 would include a birthday party that would be a rather drab affair. Then on the day of the big event it was cold and rainy. To get there you had to get up in the dark and travel over 25 miles. Once there, all you had to look forward to was a gut-wrenching, painful struggle up a steep mountain on a muddy road. Even the name "Black Mountain" had a depressing ring to it.

In spite of all this, 104 hardy souls showed up to help me celebrate my 60th birthday on the top of the mountain. It was great!

Although the notice stated that there would be no cake, Cathy Hargus, Robin Hargus, Donna Gookin, Lilia Bache and my loving wife surprised me by baking a bunch of beautiful cakes. Every-one really gobbled them up.

You will also recall that I specifically requested that there should be no presents. Well, that request was ignored by one person also. Gary Farrar came up with some outstanding photo enlargements of me running the Mission Bay Marathon.

The cakes and the pictures were big surprises and greatly appreciated but I would also like to thank my helpers at the race who not only made the event go off very smoothly but made it possible for me to be in the race myself and have the exhilarating experience of running to the top of the mountain on my 60th birthday. Those who did such a great job helping me conduct the run were Bob Letson, Bill Bowers, Bill Benton, Dave Hayworth, Mickey Blakesley, Elmer Brown, Glenn Broderick, Elina Arbesu, and my wife Crystal.

The race was won by Kevin Weitz from the Point Loma TC in the time of 37:54. Both he and Tom Bache of SDTC, with a time of 38:21, broke the old course record of 38:44.

Others who established new records in the respective divisions were as follows:

DIVISION	NAME	NEW RECORD	OLD RECORD
Masters 40-49	Bill Crum	38:54	43:28
Boys 14 & under	Andy Morabe	40:31	42:23
HS Girls	Cindi Wake	50:37	64:04

Division symbols: o - open, m - masters, h - high school and under, w - women.

Club initials: PLTC - Point Loma Track Club; SDP San Dieguito Polliwogs; STC Seniors Track Club, and UN - Unattached.

Wayne Zook

NAME	DIV	CLUB	TIMES
1 Kevin Weitz	25	o 1	PLTC 37:54
2 Tom Bache	33	o 2	SDTC 38:21
3 Bill Crum	40	m 1	STC 38:54
4 Kim Ullie	21	o 3	UN 39:20
5 Jeff Ruland	17	h 1	SDTC 39:23
6 Curt Ruckett	16	h 2	UN 40:09
7 Dean Avery	17	h 3	" 40:21
8 Andy Morabe	13	h 4	SDTC 40:31
9 Tommy Pitcher	18	o 4	" 40:46
10 Gordy Haskett	16	h 5	SDP 41:00
11 Brian Wake	15	h 6	SDTC 41:13
12 Ed Almeida	54	m 2	" 41:26
13 Steve Shumaker	18	o 5	UN 41:30
14 Allen Peterson	30	o 6	SDTC 41:55
15 Steve Smith	30	o 7	" 42:06
16 Joe Trujillo	17	h 7	UN 42:10
17 A. Lambourne	28	o 8	" 42:27
18 Loren McKnight	33	o 9	SDTC 42:43
19 John Taylor	17	h 8	UN 43:07
20 Simeon Baldwin	33	o 10	SDTC 43:10
21 Gordon Lutes	32	o 11	" 43:17
22 Dale Larabee	35	o 12	" 43:20
23 David Sweet	33	o 13	" 43:37
24 Mark Marasso	19	o 14	UN 43:47

25	Zeke Masur	36	o 15	SDTC	43:53
26	Anthony Jurado	21	o 16	"	44:00
27	Brian Williams	21	17 o	"	44:18
28	Kurt Garrison	18	o 18	UCSD	44:38
29	Nadia Garcia	23	W 1	SDTC	44:41
30	Brock Arstall	616	h 9	UN	44:51
31	Rubin Ledesma	16	h 10	SDTC	44:51
32	Alan Olson	34	o 19	"	44:59
33	Fred Schumann	17	h 11	"	45:03
34	Trent Jennings	16	h 12	"	45:08
35	Bill Cheatham	29	o 20	"	45:17
36	Bill Siebold	42	m 3	SDTC	45:31
37	James Ridge	15	h 13	Un	45:35
38	Wayne Zook	60	m 4	sdtc	46:08
39	Don Coleman	48	m 5	sdtc	46:33
40	Eric Barajas	15	h 14	sdtc	46:47
41	Dale Cooper	35	o 21	sdtc	46:53
42	Will Rasmussen	37	o 22	sdtc	46:56
43	Ken Johns	15	h 15	un	47:05
44	Jim Waters	36	o 23	sdtc	47:19
45	Tony Sucec	41	m 6	"	47:31
46	T.R. Eddy	43	m 7	"	47:35
47	Bill Castaneda	24	o 24	"	47:42
48	Mike Welch	39	o 25	"	47:48
49	Jeff Rahill	31	o 26	"	47:51
50	Howard Wiggins	44	m 8	"	48:10
51	Jeff Jacobs	34	o 27	"	48:21
52	Bernie McCoy	50	m 9	"	48:43
53	Gary Farrar	26	o 28	"	48:56
54	Dale Sutton	37	o 29	"	49:05
55	Richard Delpino	28	o 30	un	49:10
56	Bob Daniel	36	o 31	sdtc	49:11
57	Chris Conaver	27	o 32	sdtc	49:14
58	Mark Johnson	15	h 16	un	49:25
59	Chuck Logan	39	o 33	un	49:31
60	Harry Perry	53	m 10	sdtc	49:43
61	Hector Torres	25	o 34	"	49:51
62	Raul Arbesu	49	m 11	"	49:56
63	Tom Thetford	29	o 35	UN	50:00
64	Kim Torrence	29	o 36	SDTC	50:02
65	Mark Cederquist	14	h 17	UN	50:22
66	Steven Elliott	26	o 37	SDTC	50:35
67	Cindi Wake	16	w 2	UN	50:37
68	Lolita Bache	34	w 3	SDTC	50:45
69	David Biggers	39	o 38	UN	50:49
70	Fred Dodge	32	o 39	SDTC	50:53
71	Jody Schmidt	22	w 4	"	51:07
72	Charles Khoury	37	o 40	"	51:17
73	Ken Jenkins	47	m 12	"	52:05
74	Frank Shepich	30	o 41	UM	52:26
75	Bob Stephens	41	m 13	SDTC	52:30
76	Hal Elrick	58	m 14	"	52:41
77	David Fraitag	47	m 15	"	52:54
78	Gary Wassell	39	o 42	UN	52:57
79	David Loadman	32	o 43	UN	53:34
80	Robert Frantz	26	o 44	SDTC	53:58
81	Brent Leary	38	o 45	SDTC	54:13
82	Chuck Hulsey	36	o 56	UN	54:13
83	Jim Lee	46	m 16	SDTC	54:28
84	Tom Sharkey	45	m 17	SDTC	54:41
85	Ernest Bendell	44	m 18	"	54:55
86	Oscar Quinones	47	m 19	"	55:22
87	Mike Sedgwick	23	o 47	UN	56:09
88	Phil Meyer	30	o 48	UN	56:16
89	Dave Hayworth	48	m 20	SDTC	56:24
90	Dan Donahue	46	m 21	UN	56:48
91	Todd Sutton	9	h 18	SDTC	57:21
92	Jim Lloyd	45	m 22	"	58:01
93	Ed Reusch	22	o 49	UN	58:03
94	Kathy Keller	28	w 5	SDTC	58:18
95	Gail Hanna	36	w 6	SDTC	59:28
96	Nathan Eddy	10	h 19	"	60:16
97	Laura Dodge	9	w 7	"	60:16
98	Domenick Ludi	8	h 20	"	60:27
99	Peter Dean	37	o 50	"	61:02
100	Ed Tunstall	34	o 51	"	61:28
101	Cecil Smith	58	m 23	"	63:52
102	Robert Eddy	12	h 21	"	64:41
103	John Hanna	67	m 24	"	67:52
104	Freddy Dodge	6	h 22	"	84:58

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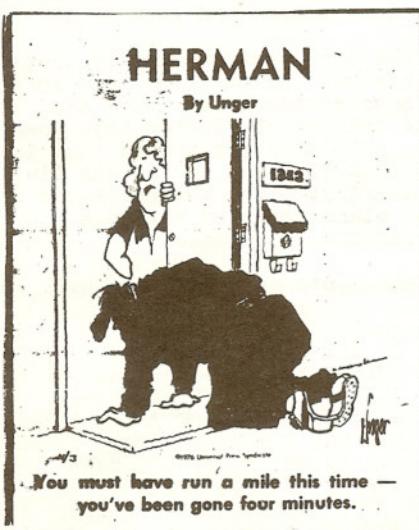
Chula Vista 10km Results

JANUARY 8, 1977

FINISH	TIME	SEX	AGE	AFFILIATION	PLACE
1	30:24	Thom Hunt	M	18	Un
2	31:26	Jeff Rigdon	M	23	Chart House
3	32:05	Rick Dolainski	M	25	Un
4	32:32	Mike Cour	M	26	SDTC
5	32:55	Wayne Akiyama	M	24	SDTC
6	33:01	Brian Grunloh	M	16	MVHS
7	33:24	Tom Bache	M	33	SDTC
8	33:36	Robert Henke	M	17	MHS
9	33:54	Mark Gookin	M	17	SDTC
10	34:00	Michael Gregg	M	19	SDTC
11	34:02	Jim Dare	M	30	"
12	34:06	Alan Bernath	M	18	SCLC -SDTC
13	34:38	Brian Davis	M	16	Team West
14	34:42	Ed Almeida	M	54	SDTC
15	34:45	Richard Enriques	M	27	Chicano AA
16	34:54	Dean Avery	M	17	BVHS
17	34:57	Kent Heeringa	M	24	SDTC
18	34:58	Ed Gookin	M	43	"
19	35:00	Bob Mackel	M	34	"
20	35:20	Mike Marsh	M	15	MHS
21	35:26	Cesar Melvin	M	16	CVHS
22	35:35	Loren McKnight	M	33	SDTC
23	35:46	Danny Hernandez	M	16	?
24	35:47	Fred Schumann	M	17	SDTC
25	35:53	Jerry Berkouf	M	41	Laurel St. RR
26	35:59	Jack Johnstone	M	41	MI
27	36:05	Matt Freeman	M	17	?
28	36:10	Brian Parks	M	17	SDTC
29	36:13	Jeff Ruland	M	17	BVHS
30	36:16	John O'Rourke	M	14	SDTC
31	36:34	Pete Souitz	M	37	"
32	36:39	Tracy Moore	M	15	GHHS
33	36:47	Dan Roarty	M	30	SDTC
34	36:49	Bill Stock	M	47	"
35	37:02	Fred Slye	M	15	Un
36	37:02	David McMaster	M	16	Stotan TC
37	37:02	Mike Marsh	M	16	CVHS
38	37:06	Bob Collins	M	46	SDTC
39	37:09	Dave Baxter	M	32	"
40	37:09	Nadia Garcia	F	23	"
41	37:12	Mark Farrar	M	14	Stotan TC
42	37:28	John Duchek	M	15	MHS
43	37:46	Michael Glatthar	M	25	SDTC
44	37:49	Al Barret	M	34	SDTC
45	37:51	Erasmo Flores	M	27	"
46	37:58	Marsh Haraden	M	46	"
47	38:10	Keith Sinclair	M	16	UN
48	38:12	Vernon Parker	M	44	SDTC
49	38:23	Alex Kisfaludy	M	31	SDTC
50	38:52	Mark Edwards	M	17	MHS

51	38:45	Eric Barajas	M	15	BVHS	HS 20
52	38:51	Dale Sutton	M	37	SDTC	o 21
53	38:52	Ray Smith	M	33	USN	o 22
54	38:53	Dick Parker	M	46	SDTC	MI 8
55	38:55	Sue Krenn	F	26	SDTC	W 2
56	39:04	Dave Hargis	M	22	SDTC	o 23
57	39:06	Mike Gehring	M	16	HHS	HS 21
58	39:08	don Coleman	M	48	SDTC	MI 9
59	39:09	Wayne Zook	M	59	SDTC	MII 2
60	39:10	Lita Whiteman	F	16	?	W 3
61	39:10	Jim Waters	M	36	SDTC	o 24
62	39:12	Steve Cheney	M	27	UN	o 25
63	39:14	Don Rahiser	M	39	SDTC	o 26
64	39:17	Don Ball	M	35	SDTC	o 27
65	39:18	Charles Bassett	M	19	Un	o 28
66	39:24	Dorothy Stock	F	44	SDTC	WM 1
67	39:26	Dave Krohn	M	27	SDTC	o 29
68	39:33	Joe Ferrer	M	17	Un	HS 22
69	39:34	Tom Brown Str.	M	38	SDTC	o 30
70	39:38	T.R. Eddy	M	43	"	MI 10
71	39:46	James Greene	M	47	"	MI 11
72	39:49	Nicki Hobson	F	45	"	WMI 2
73	39:55	Henry Seymour	M	17	UN	o 31
74	40:00	Chuck Anderson	M	46	SDTC	MI 12
75	40:13	Jerry Marsh	M	13	"	JH 3
76	40:25	Wayne Groesbeck	M	47	"	MI 13
77	40:25	John Mcintosh	M	22	UN	o 32
78	40:25	David Fraitag	M	47	SDTC	MI 14
79	40:36	George Maris	M	31	"	o 33
80	40:41	Lolita Bache	F	34	"	W 4
81	40:55	Bill Callahan	M	32	"	o 34
82	41:22	Ruben Ledesma	M	15	"	HS 23
83	42:07	Peter Dirx ?	M	39	USN	o 35
84	42:18	Will Rasmussen	M	37	SDTC	o 36
85	42:18	Bob Daniel	M	36	"	o 37
86	42:20	Dick Cole	M	38	"	o 38
87	42:27	Fred Dodge	M	32	"	o 39
88	42:28	Tom Sharkey	M	45	"	MI 15
89	42:40	Steven Levy	M	28	"	o 40
90	42:40	Don Jeffries	M	42	UN	MI 16
91	42:00	Richard Graves	M	23	"	o 41
92	42:50	Bill Powell	M	42	SDTC	MI 17
93	42:58	Frank White	M	46	"	MI 18
94	43:22	Cindi Wake	F	16	UN	W 5
95	44:04	Donna Gookin	F	40	SDTC	WMI 3
96	44:11	Bill Yourczek	M	17	BVHS	HS 24
97	44:12	Cee Negaard	F	32	SDTC	W 6
98	44:12	Peter Negaard	M	34	"	o 42
99	45:03	Tom Brown, Jr.	M	11	"	JH 4
100	45:11	Ken Jenkins	M	47	"	MI 19
101	46:03	Kathy Keller	F	28	SDTC	W 7
102	46:21	Maureen Kearns	F	27	"	W 8
103	46:29	David Zuniga	M	24	"	o 43
104	46:42	Oscar Quinones	M	47	"	MI 20
105	46:52	Jan Gervais	F	31	"	W 9
106	46:52	Todd Sutton	M	9	"	Jr 1
107	47:55	Buy Sutton	M	8	"	Jr 2
108	47:55	Pete Calma	M	46	"	MI 21
109	48:15	Domenick Leudi	M	8	"	Jr 3
110	48:20	Sam Ashe	M	32	UN	o 44
111	48:28	Dave Hayworth	M	48	SDTC	MI 21
112	48:47	Laura Dodge	F	9	"	Jr 4
113	48:57	Dennis Fasth	M	44	UN	MI 22
114	51:06	Hayden Parks	M	54	SDTC	MII 3
115	54:03	Mike Wood	M	34	OMBAC	o 45
116	55:24	Paul Hendricks	M	34	SDTC	o 46
117	56:20	LaDawn Allen	F	13	UN	JH 5
118	56:20	Glenn Smith	M	36	UN	o 47
119	Did not turn in slip					
120	58:42	Willard Benton	M	73	SDTC	M4 1
121	59:11	Betty Johnstone	F	37	"	W 10
122	66:37	Chesley Unruh	M	"		M4 Walker 1

(ps. Sorry, this month we did not have room for bloodtype, social security #, driver's license #, weight, height, race, color, creed). Jan



Handicaps

1	P. Camp	1	65	R. Johnson	61
2	J. Rigdon	6	67	W. Rasmussen	61
3	M. Cour	8		T. Dohelan	62
4	W. Akiyama	10		J. Jacobs	62
5	W. Johnson	14		B. Holmes	62
6	T. Bache	17		S. Krenn	62
7	D. Kasischke	17	71	N. Hobson	64
8	D. Mitchell	19		D. Lesley	64
9	K. Johansen	22		M. Welch	64
10	D. Shanahan	23		W. Zook	64
11	B. Gookin	25	75	D. Frai tag	65
12	B. Wiernmaa	26		G. Farrar	65
	J. Flanigan	28	77	D. Stock	66
14	T. Rothhaar	29	78	B. Leary	67
15	B. Mackel	30		W. Groesbeck	67
	E. Almeida	30	80	J. Schmidt	68
	G. Lutes	30		L. McGuire	68
	E. Gookin	30	82	L. Bache	70
19	D. Evans	33	83	M. Roger	71
20	B. Stock	34		R. Arbesu	71
	J. Northam	34	89	J. RAhill	71
	C. Will	34		B. McCoy	71
23	R. Ahiman	36	91	P. Hurl	72
	A. Peterson	36	88	T. Sharkey	73
	J. Temples	36	89	T. Hillary	75
26	J. Johnstone	39		W. Adams	75
27	P. Larson	40	91	T. Sandall	76
	H. Goforth	40		S. FReutz	76
	P. Michael	40	97	J. Giller	76
	D. Richard	40		J. Stowe	76
31	N. Garcia	41	95	D. Pain	79
32	J. Waters	42		C. Wilburn	79
	A. Olson	42	97	D. Gookin	80
34	B. Haberman	45		B. Ferral	80
	R. Ayres	45		L. Olson	80
36	J. Jordan	47	100	E. Hobson	81
37	R. Archibald	48		F. White	81
	V. Parker	48	102	T. Kezas	83
	D. Coleman	48		S. Yamamoto	83
	s. Smith	48	104	F. Dodge	84
	B. Wildrick	48	105	K. Bernard	85
42	H. Ginsberg	49		K. Jenkins	85
	E. Oleata	49	107	E. Waters	88
	J. Lafferty	49	108	M. Kearns	91
	N. Finn	49	109	J. Lee	93
46	S. Baldwin	49	110	J. Cour	94
47	B. Letson	50		C. Negaard	94
	B. Castaneda	50	112	G. Kezas	96
	A. Barrett	50	113	G. Hanna	97
50	C. Anderson	52	114	B. Powell	104
	G. Parham	52		N. Ball	104
52	J. Meyer	53	116	K. Keller	105
	R. Fleming	53	117	K. Gontang	107
	B. Siebold	53	118	V. Padgett	109
55	M. Haraden	55	119	D. Hayworth	110
56	D. Baxter	55	120	D. Smith	119
57	S. Sweeney	56	121	E. ARbesu	121
	D. Sutton	56	122	M. Moar	124
59	B. Lee	57	123	J. Hanna	127
	F. Ferrone	57	124	T. Sutton	133
61	H. Perry	58		L. Dodge	133
	P. Negaard	58	126	C. Hargus	149
63	D. Rahiser	59	127	S. Buntrock	157
64	O. Gontang	60	128	B. Johnstone	164
			129	D. Sutton	186
			130	J. Forbes	193
			131	M. Blakesley	211
			132	C. Hopper	241
			133	S. Butts	242

Bob Sieben is a Fink

Well, not really. But I bet I got his attention, yours too! You see, Bob shattered two SDTC records in the last few months and didn't let me know. I admire the modesty, but I want to keep our records up to date. So, if anyone's set a good mark, a record or near record, pop me a note, 1030 Jared Pl., Escondido, 92025. Want a SDTC Record Book? See Dennis Kasischke.....bob daniel

Race Walking Results

ROSE BOWL 10 MILE HANDICAP RACE WALK
Glendale, California January 1, 1977

It was a beautiful day and 16 race walkers, from Tecate on the south to Ridgecrest on the north, came to compete in this annual handicap race.

International race walk judge Murray Rosenstein officiated. He patrolled the course by auto stopping from time to time for close look at the walkers as they passed by. To observe as they approached from a longer distance he used binoculars. No one was disqualified.

PETER ALBER of San Diego won the handicap in the time of 1:38:55. Ed Bouldin of the L.A. Sheriff's Department had fast time of 1:21:37. CHESLEY UNRUH, SDTC, won 5th place trophy in 1:48:51. I dropped out at 7 miles with a tight hamstring, time 74:21. There were 16 starters and 14 finished

PARTIAL RESULTS: (Actual times are given.)
1. ALBER 1:38:55; 2. Hampton 1:36:30; 3. Slates 1:42:14; 4. Coots 1:27:28; 5. UNRUH 1:48:51; 6. Haluza 1:22:14; 7. Teagarden 1:32:56; 8. Bouldin 1:21:37; 11. Jonke (Age 12) 2:04:01.

RACE WALKERS IN THE SAN DIEGUITO HALF MARATHON
Solana Beach, California February 5, 1977

Good news for race walkers. Jim Temples, Race Director, called the race walkers together at the awards ceremony, awarded each one a T-Shirt, announced the first walker PAUL HENDRICKS and his time 2:05:, and then announced that NEXT YEAR HE WILL HAVE A DIVISION FOR RACE WALKERS.

This year there were four walkers, all from the SDTC. PAUL HENDRICKS, DALE SUTTON, PETER ALBER, and MICKEY BLAKESLEY. They finished in that order and you will find their official times in the results of the Half Marathon.

INDIO DATE FESTIVAL 10 km RACE WALK
Indio, California February 20, 1977

There was a total of 20 entries and EIGHT OF THOSE WERE FROM THE SAN DIEGO TRACK CLUB. (You didn't know SDTC had that many walkers? We have nearly twice that many and the number is growing.)

The course was flat and composed of 2 small loops, 2 larger loops, and 3 large loops -- all on black top surface. The temperature? I don't know. I was told there was a thermometer behind me but it was too hot to turn around and look at it.

The winner of the open section was Jim Coots in 49:51. Ed Bouldin was 2nd in 51:02. His knee, injured in an auto accident some time ago, still bothers him. He told me his doctor says there might be a bone chip floating around that is causing trouble. DALE SUTTON was 3rd in the fine time of 51:06. Ron Laird strolled the course in 57:32. I understand he plans to go to Mexico again this year to train for the 1977 season.

Murray Rosenstein, international race walk judge, officiated.

RESULTS: Open. 1. Jim Coots 49:51; 2. Ed Bouldin 51:02; 3. DALE SUTTON 51:06; 4. Brian Overton 53:00; 5. David Hall 53:39; 6. PAUL HENDRICKS 55:55; 7. Ron Laird 57:32; 8. PETE ALBER 58:30; 9. GARY FARRAR 58:53; 10. Jim Hanley 60:35. Junior. 1. Tracy Teegarden 52:48; 2. Travis Veon 62:49; 3. Mike Slates 65:11; 4. Eric Jonke 71:18; 5. TODD SUTTON 81:54; 6. GUY SUTTON 81:54. Girls. Leslie Wilson (Age 9) 70:47. Masters. 1. Hal McWilliams (60) 61:09; 2. CHESLEY UNRUH (70) 68:00. MICKEY BLAKESLEY dnf.

CALENDAR

MARCH

3 Thurs. 7:30 P.M. SDSU Lecture Series. Misconceptions and Contraceptions. See article p. 7

5 Sat. 9 A.M. El Monte 30 KM. Bill Casper, 449-5996. See article p. 6

Long Beach Relays, Long Beach St. U.

10 Thurs. 7:30 P.M. SDSU Lecture Series. Politics of Health Care. See article p. 7

12 Sat. 9 A.M. Laurel St. Road Runners 5 mile. 6th & Laurel. See article p. 6 Rick Hower 283-5188 or Jerry Berkoff 465-8300

12 Masters Trials for AAU Nat'l 15 KM NX Championship, 9 a.m. In conjunction with Laurel St. Road Runners Race, See page 6 Sat. 9 A.M. SPA 25 KM Championship at Lunada Bay, Rolling Hills H.S., L.A. area.

13 Sun. 4 P.M. 10 mile track race, SDSU.

17 Thurs. 7:30 P.M. SDSU Lecture Series. Everything You Always Wanted to Know About Nutrition, Exercise, and Optimal Health Care. See article p. 7

19 Sat. 9 A.M. 5 KM family Run, Morley Field, Texas & Upas Sts. Bill Bowers, 582-5304.

Sat. 8 A.M. Marathon, 5th Japanese American Optimist Club at the L.A. Police Dept. Academy.

20 Sun. 6 A.M. Last Gasp Marathon, Mission Bay. Dave Baxter, 459-0211. See article p. 6

Sun. 8:30 A.M. Tecate-Ensenada Bike Ride (note date change). David Manwaring, 275-0525

Metric All Comers Meet, Southwestern College 9 a.m. See article page 6

Sat. 8:30 A.M. Jogging Council Jetty Jog, Aquatic Center, Quivera Basin. Donna Gookin

10 A.M. Easter Relays, Santa Barbara (100 yds. only).

27 Tucson Sun Run, 15 KM & 2 miles. See article p. 6

Sun. AAU National Masters 15 KM XC Championships. Tapia Park, L.A.

Sun. 10 A.M. Open 15 KM XC race at Tapia Park, See article p. 6

APRIL

1, 2, 3 4th Annual Las Vega Relays.

2 Sat. 9 A.M. Escondido 10 KM, Kit Carson Park Bob Daniel, 743-5410. See article p. 6

Herbert Hoover Relays, Menlo Park, Cal.

Sat. 9 A.M. Seniors Track Club 2 man, 14 mile relay. La Mirada Park, L.A. area.

3 Sun. 9 A.M. Race Walking, National AAU Senior 35 Championship, Golden State Park, San Francisco, Cal.

Sun. 3 P.M. AAU National 2 Hour Track Championship, Camarillo, Cal.

9 Sat. 9 A.M. San Diego Relays, Ken Bernard, 281-5585.

10 Sun. 6:30 A.M. 50 KM Track Race, Grossmont College. Bill Stock, 466-8700.

16 Sat. 8 A.M. Mission Bay 15 KM, Sue Krenn 281-2300.

18 Mon. Boston Marathon

23 Sat. 9 A.M. Family Run, Lake Murray, Ted & Kathy Sandall, 277-1654.

23, 24 Mount Sac Relays, Walnut, Cal.

24 Sun. 7 A.M. SPA 50 KM District Championship, Adohr Dairy, Camirillo, Cal.

30 Sat. 8:30 A.M. San Diego Jogging Council, Chollas Lake Chug, Chollas Road behind College Grove Shopping Center, Sylvia Crise

West Valley Masters Meet, Los Gatos, Cal.

Answers to Quiz

1. The mile record of 4:01.4, set in 1945 by Gunder Haegg of Sweden, stood until Bannister went under 4 minutes in 1954.
2. Wayne Zook, set at Avenue of the Giants in 1973.
3. Yes; Al Oerter in the discus in 1956, 1960, 1964, and 1968.
4. No.
5. Ken Bernard; 20:34 in 1975.

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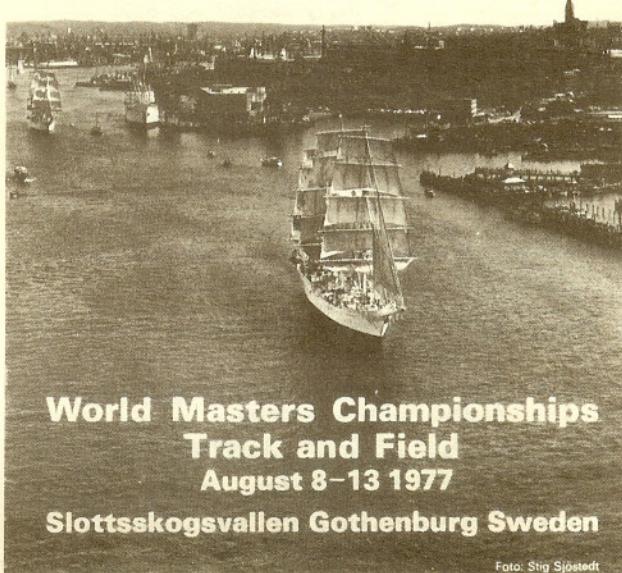


Foto: Stig Sjöstedt

The San Diego Track Club depends on its members for all results, photos, articles, etc., found in this newsletter. If at all possible, submit your material typed, single spaced, and in 5 inch columns. For the March newsletter, the deadline for typed material is March 20. The deadline for untyped material is March 15.

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