

NINTH ANNUAL USTFF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Penn State University

University Park, Pa.

November 25, 1970

6 Miles - 200 temp.

1. Frank Shorter - Florida T.C.	29:01.3	Mike Haywood - Kentucky	31:33
New course record. Old Record	29:35	Phil Bonfiglio - Long Island A.C.	31:37
in 1969 by Jack Bachelor, Florida T.C.		Rick Katz - State College T.C.	31:41
2. John Bednarski - Texas, El Paso	29:02	Marshall Adams - North Carolina T.C.	31:44
3. Donald Walsh - Villanova	29:13	Norm Gordon - Lock Haven T.C.	31:46
4. Greg Fredericks - Penn State	29:21	Joe Boyle - Long Island T.C.	31:47
5. Jack Bachelor - Florida T.C.	29:37	Robert Brown - Millersville T.C.	31:48
6. Jeff Galloway - Florida T.C.	29:42	Dick Moritz - Colorado	31:49
7. John Hartnett - Villanova	29:43	Dan Supulski - Penn State	31:49
8. Bill Reilly - NYAC	29:44	Gary Murray - Penn State	31:52
9. George Davis - Sports International	29:45	Larry Paulson - U. Mass.	31:55
10. Carl Hatfield - Florida T.C.	29:46	Jim Miller - Penn State	31:56
11. Don Jayree - North Carolina T.C.	29:53	Dave Sheridan - Villanova T.C.	31:57
12. Marty Liquori - Villanova	29:54	Dan O'Connell - Kentucky	31:58
13. Tom Donnelly - Philadelphia A.C.	30:00	Bruce Bond - Lafayette	32:02
14. Wilson Smith - Villanova	30:01	Tom McKinley - Colorado	32:03
15. Charles Maguire - Penn State	30:02	Gareth Hayes - North Carolina T.C.	32:04
16. John Loeschhorn - North Carolina T.C.	30:03	Tom Flanagan - Villanova T.C.	32:04
17. Rod Lawrence Hill - Texas, El Paso	30:04	Jay Williams - Villanova T.C.	32:05
18. Vic Nelson - U. of Kentucky	30:05	Karl Kinscherf - Villanova T.C.	32:05
19. Ken Misner - Florida T.C.	30:08	Mark Sichel - Lafayette	32:07
20. Pete Romero - Texas, El Paso	30:08	Jim McClure - Penn State	32:08
21. Steve Castaneda - Colorado	30:09	Harry Nolan - Shore A.C.	32:09
22. Paul Baldwin - U. of Kentucky	30:15	Wayne Frongello - Boston State	32:09
23. Chris Mason - Villanova	30:17	Rick Hill - Kentucky	32:10
24. Les Nagy - Villanova	30:21	Steve Landis - Unattached	32:10
25. Jim Dolan - Lock Haven T.C.	30:28	Craig Brown - Villanova T.C.	32:11
Morgan Mosser - West Virginia	30:31	73. Juris Luzins - Sports International	32:14
Tom Synnott - St. Francis Prep.	30:32	Glenn Jonnet - Unattached	32:14
Robert Doyle - Texas, El Paso	30:33	Robert Hersh - Lafayette	32:14
John Parker - Florida T.C.	30:34	Wayne Cromer - Allegheny C.C.	32:33
Byron Beam - Villanova	30:34	Art Smith - Shore A.C.	32:35
Dale Keenan - Lafayette	30:37	Doug MacElroy - North Carolina T.C.	32:36
Dan Thomas - Lafayette	30:37	Don Weber - Kentucky	32:36
Dennis McGuise - Iowa State	30:38	Jerry Bouma - Villanova T.C.	32:40
Jerry Slaven - Florida T.C.	30:39	George Taylor - Allegheny C.C.	32:45
Jim Howell - North Carolina T.C.	30:41	Dan O'Connor - Long Island A.C.	32:48
Mike Peterson - Colorado	30:44	Ron Stanko - Villanova T.C.	32:51
Ralph Kissel - Penn State	30:50	Joshua Arnolt - Franklin & Marshall	32:51
Robert Bazley - Shore A.C.	30:55	Tony Donohoe - Shore A.C.	32:58
William Huntington - West Virginia	31:02	Gordon Anderson - Lafayette Col.	33:03
Ken Breen - Texas El Paso	31:07	Ron Nabers - Unattached	33:07
Tom Flemming - Paterson State	31:10	Bruce McLanahan - Penn State T.C.	33:11
Jack Mahurin - North Carolina T.C.	31:12	Mark Mauer - Millersville T.C.	33:14
John Phillips - Colorado	31:21	Dave Mosebrook - Lock Haven T.C.	33:17
Ed Gresens - Lafayette	31:25	Steve Daffon - Kentucky	33:22
Tony Colon - Long Island A.C.	31:30		

William Link - Lincoln	33:27	Paul Jewell - Baptist Bible Col.	34:45
Leo Aulisio - Friar's Club	33:32	Lee Johnson - Lincoln	34:45
Don Farrington - Allegheny C.C.	33:38	Bill Walls - St. Francis Col.	34:51
Pete Stefanic - Penn State T.C.	33:41	David Finniff - Penn Strides	34:53
Richard L. DeValk - Alfres	33:43	Brian Donegan - Long Island A.C.	34:53
Steve Miller - Penn State T.C.	33:45	Eric Schaefer - Nichols Col.	
Tom Hagery - Bucknell	33:52	Jim Boyle - Rochester T.C.	
John Bohrer - Berks Campus	33:55	John Keney - St. Francis Col.	
Ed Vresilovic - Penn State T.C.	33:57	Rick Shaver - Unattached	
Duane Templeton - Berks Campus	34:05	Tom Stearns - Penn State	
Art Evans - Berks Campus	34:07	Steve Pastor - Unattached	
Dennis Gravdons - Alfred	34:11	Fred Duckloe - Franklin&Marshall	
George Bower - Lock Haven T.C.	34:16	Perry Hoberg - Millersville T.C.	
William Tower - Alfred	34:18	Larry Seethaler - State College T.C.	
Jeff Maugan - Penn State T.C.	34:20	Marty Pattwell - Shore Athletic Club	
Jeff Halterman - Unattached	34:21	Alex Madalis - St. Francis	
Bob Schanbacher - E. Stroudsburg	34:22	Paul Dillon - St. Francis	
Blair Hannah - Unattached	34:23	Richard Connell - Lincoln	
David Weiss - Allegheny C.C.	34:27	Dale Garside - Unattached	
Guy Phelps - Nichols College	34:29	Ken Hoeltse - Allegheny C.C.	
Peter Kavanah - Nichols College	34:31	Tom Gardner - Bucknell	

TIMES AT MILE MARK

One Mile

4:47 - Fredericks

Two Mile

9:32 - Fredericks

9:33 - Shorter

9:34 - Bednaiski

9:36 - Walsh

Three Mile

14:44 - Walsh

14:45 - Shorter

14:46 - Bednaiski

14:47 - Fredericks

Four Miles

19:27 - Shorter

19:28 - Walsh

19:29 - Bednaiski

19:30 - Fredericks

Five Mile

24:07 - Shorter

24:09 - Bednaiski

24:10 - Fredericks

24:14 - Walsh

Leaders' Mile Times

4:47 - Fredericks - up hill

4:45 - Fredericks - down hill

5:08 - Walsh - up hill

4:42 - Shorter - down hill

4:40 Shorter - both

4:54.3 - Shorter - up hill

USTFF National Championship

TEAM SCORING

Florida Track Club	36
Villanova University	51
University of Texas at El Paso	87
North Carolina Track Club	122
Penn State University	132
University of Colorado	170
University of Kentucky	173
Lafayette College	186
Villanova University Track Club	255
Long Island Athletic Club	292
Shore Athletic Club	292
Penn State University Track Club	331
Allegheny Community College	350

University Park, Pa., November 25 (from Ben Lachs)--Frank Shorter seemed to have more difficulty with the 20-degree temperature than the 137 runners who faced him in the USTFF cross-country championship. After taking the title on the afternoon before Thanksgiving, the Yale graduate remarked, "This had to be the coldest weather I've ever run in. My biggest problem was that my lungs kept icing up. I found it hard to get my breath."

Before setting out on the 6.0-mile route covering Penn State's golf course, Shorter and his Florida Track Club teammates donned panty hose in an effort to keep their legs warm. The tactic worked because Shorter outlegged El Paso harrier John Bednarski in the final straight for a 29:01.3 victory, and the Florida runners won team honors as Jack Bacheler and Jeff Galloway finished fifth and sixth.

Bachelor, last year's individual medalist and holder of the course record which Shorter broke (29:35), was hindered by an injured left ankle which was heavily taped. As it was, Bachelor still ran a creditable 29:37.

Villanova finished second in the team scoring, 36 to 51, but there was no indication that the decision would be reversed as it was two days before in the NCAA race at Williamsburg.

The leaders:

1. Frank Shorter, Florida TC	29:01.3
2. John Bednarski, U. Texas, El Paso	29:02
3. Donal Walsh, Villanova	29:13
4. Greg Fredericks, Penn State	29:21
5. Jack Bachelor, Florida TC	29:37
6. Jeff Galloway, Florida TC	29:42

7. John Martnett, Villanova	29:43
8. Bill Reilly, NYAC	29:44
9. George Davis, Sports International	29:45
10. Carl Hatfield, Florida TC	29:46
11. Don Jayroe, North Carolina TC	29:53
12. Marty Liquori, Villanova	29:54
13. Tom Donnelly, unattached	30:00
14. Wilson Smith, Villanova	30:01
15. Charles Maguire, Penn State	30:03

Teams:

1. Florida TC	36
2. Villanova "A"	51
3. Texas, El Paso	89
4. North Carolina TC	125
5. Penn State "A"	137
6. Colorado	176
7. Kentucky	177
8. Lafayette	192
9. Long Island AC	262
10. Villanova "B"	269
11. Shore AC	296
12. Penn State "B"	339
13. Allegheny Community Coll.	355

Despite the bitter weather, thirteen runners finished in half an hour or better as compared to only one in 1969.

(Ben Lachs)

SECOND ANNUAL "OPEN" HIGH SCHOOL FEDERATION
CROSS COUNTRY CHAMPIONSHIP

University Park, Pa.

November 25, 1970

3 Miles

Mickey Collins - Easton Area T.C.	15:17.2	John Lagola - Blue Mountain T.C.	17:21
New meet record. Old Record is	15:37	David Zentmyer - Chambersburg Running	
by Bob Wheeler of Dulane, Md. 1969		club "A"	17:23
Jim Harman - Long Island A.C.	15:21	Mark Herb - Blue Mountain T.C.	17:24
Tim Cook - Chambersburg Running Club	15:37	Bill Mayer - Springfield (Del. Co.)	17:25
		Pete Koury - Easton Area T.C.	17:26
Dale Bateman - Laurel T.C.	15:56	Tim Baum - Conrad Weiser T.C.	17:29
Jim Barnes - Colonial T.C.	16:00	Ted Fallon - Springfield (Del. Co.)	17:30
Dan Diaz - Long Island A.C.	16:05	Greg Laird - Erie School Dist.	17:32
Bill Muller - Long Island A.C.	16:07	Mark Uhl - Laurel Track Club	17:33
Alvin Ramer - Chambersburg Running Club	16:08	Dale Claycomb - Chambersburg Running	
		Club "A"	17:35
Joseph O'Rourke - J. Bartram T.C.	16:10	Bill Halpenny - State College T.C.	17:36
Frank Fonseca - Colonial T.C.	16:14	Douglas Coover - Chambersburg Running	
Joe DeSantis - Long Island A.C.	16:15	Club "A"	17:38
Roger Dunkerton - Lion Cross Country	16:20	Charles Quick - Cathedral Prep. TC	17:39
Steve Adler - Long Island A.C.	16:21	George Piasecki - Lion Cross Country	
Ralph DeSantis - Long Island A.C.	16:25	Club	17:40
Charles Hall - Long Island A.C.	16:29	Greg Ransom - Chambersburg Running	
Al Schaeffer - Conrad Weiser T.C.	16:31	Club "B"	17:41
Kim Nutter - Mt. Lebanon T.C.	16:31	Sid Hile - Penn Highland T.C.	17:45
Dan Slobodzian - Colonial T.C.	16:32	Mark Brabson - Solanco T.C.	17:51
George Settle - Penn Highlands T.C.	16:32	Carl Bechdol - State College T.C.	17:53
George Cleffi - Colonial T.C.	16:37	Richard Cramer - Chambersburg Running	
George Dixon - State College T.C.	16:40	Club "A"	17:51
Richard Wolf, Jr. - Elizabethtown TC	16:41	Paul Josephson - Mt. Lebanon T.C.	17:59
Bill Dixon - State College T.C.	16:42	John Billiard - Easton Area T.C.	18:00
Mark Killmer - Lim T.C.	16:44	Lancy Williams - Lion Country Cross	
Vincent Ponce - Erie School Dist.	16:44	Country	18:00
Jeffrey Carr - Punxsutawney T.C.	16:45	Wayne DelPrete - Chambersburg Running	
Mike Mumper - Penn Highlands T.C.	16:48	Club "B"	18:02
William Ditch - Erie School Dist.	16:50	Floyd O'Neil - Venango County T.C.	18:10
Joel Mowrey - Chambersburg Running	16:54	Jim Johnson - Unattached	18:13
Club "A"		Henry Lekosky - Scotland School TC	18:17
Barry Harwick - Mt. Lebanon T.C.	16:56	Fred Roberts - Punxsutawney T.C.	18:20
John Gallagher - State College T.C.	16:57	Dale Spagler - Solanco T.C.	18:21
Pete Hank - Easton Area T.C.	16:58	Glen Wimer - Solanco T.C.	18:22
Leon Kolankiewicz - Mt. Lebanon T.C.	16:59	Chuck Kepler - Springfield (Del. Co.)	
Stephen Gabriel - Springfield (Del)	17:00		18:22
Bob Bentleyeuski - Colonial T.C.	17:01	Tom Eagle - Scotland School T.C.	18:23
Mike Robinette - Lion Cross Country	17:02	Mitchell Harrington - Laurel T.C.	18:24
Lincoln Gotshalk - Unattached	17:04	Jeff Pilgrim - Chambersburg Running	
James Swan - Erie School Dist.	17:07	Club "B"	18:26
Bob Mayer - Springfield (Del. Co.)	17:09	Doug Yoder - Penn Highlands T.C.	18:28
David Bender - Venango County T.C.	17:12	Carl Panetla - Colonial T.C.	18:30
Jim Lund - Mt. Lebanon T.C.	17:14	Charles Cook - Chambersburg Running	
Kevin Regan - Solanco T.C.	17:15	Club "B"	18:34
Dave Batt - State College T.C.	17:15	Jeff Roney - Venango County T.C.	18:36
Steve White - State College T.C.	17:17	Richard Kovalenko - Laurel T.C.	18:36
William Grovett - Easton Area T.C.	17:18	Joe Eagle - Scotland School T.C.	18:40

Bill Sheriff - Scotland School T.C. 18:42
 Tom Menna - Erie School Dist. 18:43
 Mike Drabkowski - Lion Cross Country Club 18:50
 Dave Kaiser - Chambersburg Running Club "B" 18:53
 Paul Martin - Freedom Area T.C. 19:01
 Doug Barron - Salanco T.C. 19:07
 Donald Lowmaster - Scotland School TC 19:12
 Eric Krammes - Blue Mountain T.C. 19:15
 Ed Muhler - Scotland School T.C. 19:18
 Carl Westby - Unattached 19:22
 Francis Karvano - Blue Mountain TC 19:25
 David McAfee - Blue Mountain T.C. 19:25
 Tom Koldonkiewicz - Mt. Lebanon TC 19:27
 Craig Halper - Mt. Lebanon 19:34
 Chris Benjamin - Laurel T.C. 19:36
 Dave Meder - Unattached 19:44
 Ralph Hayden - Chambersburg Running Club "B" 19:53
 Mike Walker - Solanco T.C. 20:05
 Mark Szugye - Kennedy Christian TC 20:21
 Ken DeJohn - Kennedy Christian T.C. 20:23
 Joe Kiskaddon - Venango County T.C. 20:28
 Jerry Stralko - Venango County T.C. 20:31
 Henry Kowalczyk - Erie School Dist.
 Joe Scarscella - Scotland School T.C.
 Al Valletta - Kennedy Christian
 Tom Fabian - Kennedy Christian
 Richard Davis - Kennedy Christian

Split Time Mile

Tim Cook 5:01
 Mickey Collins 5:02

Two Mile

Jim Haronon 9:58
 Tim Cook 9:59
 Mickey Collins 10:00

TEAM SCORES HIGH SCHOOL

Long Island A.C. 37
 Colonial Track Club 86
 Chambersburg Track Club "A" 121
 State College Track Club 135
 Mt. Lebanon Track Club 155
 Easton Area Track Club 164
 Lion Cross Country Club 168
 Erie School District Track Club 192
 Springfield (Delaware Co.) Track Club 209
 Laurel Track Club 269
 Solanco Track Club 286
 Chambersburg Track Club "B" 318
 Blue Mountain Track Club 319
 Scotland Track Club 344
 Kennedy Christian 457

SECOND ANNUAL PENNSYLVANIA FEDERATION CHAMPIONSHIP

Penn State University

University Park, Pa.

November 25, 1970

6 Miles

Weather - 70°

Donald Walsh - Villanova	29:13	Dave Mosebrook - Lock Haven T.C.	33:17
New meet record. Old record set by Donald Walsh, 1969	30:02	William Link - Lincoln	33:27
Greg Fredericks - Penn State	29:21	Leo Avlisio - Friar's Club	33:32
John Hartnell - Villanova	29:43	Don Farrington - Allegheny C.C.	33:38
Marty Liquori - Villanova	29:54	Pete Stefanic - Penn State T.C.	33:41
Tom Donnelly - Philadelphia A.C.	30:00	Steve Miller - Penn State T.C.	33:45
Wilson Smith - Villanova	30:01	Tom Hagerty - Bucknell	33:52
Charles Maquire - Penn State	30:02	Tom Bohrer - Berks Campus	33:55
Chris Mason - Villanova	30:17	Ed Vresilovic - Penn State T.C.	33:57
Les Nagy - Villanova	30:21	Duane Templeton - Berks Campus	34:05
Jim Dolan - Lock Haven T.C.	30:28	Art Evans - Berks Campus	34:07
Tom Synoratt - St. Francis Prep.	30:32	George Bauer - Lock Haven T.C.	34:16
Byron Beam - Villanova	30:34	Jeff Halterman - Unattached	34:21
Dale Keeman - Lafayette	30:37	Bob Schanbacker - East Stroudsburg	34:22
Dan Thomas - Lafayette	30:37	Blair Hannah - Unattached	34:23
Ralph Kissel - Penn State	30:50	David Weiss - Allegheny C.C.	34:27
Ed Gresens - Lafayette	31:25	Paul Jewell - Baptist Bible Col.	34:45
Rick Katz - State College T.C.	31:41	Lee Johnson - Lincoln	34:45
Norm Gordon - Lock Haven T.C.	31:46	Bill Walls - St. Francis College	34:51
Robert Brown - Millersville T.C.	31:48	David Finneff - Penn Strides	34:53
Dan Supulski - Penn State	31:49	John Kenny - St. Francis College	
Gary Murray - Penn State T.C.	31:52	Rick Shaver - Unattached	
Jim Miller - Penn State	31:56	Tom Stearns - Penn State T.C.	
Dave Sheridan - Villanova T.C.	31:57	Steve Pastor - Unattached	
Bruce Bond - Lafayette	32:02	Fred Ducekloe - Franklin & Marshall	
Tom Flanagan - Villanova T.C.	32:04	Perry Hoberg - Millersville T.C.	
Jay Williams - Villanova T.C.	32:05	Larry Seetholer - Unattached	
Karl Kinscher - Villanova T.C.	32:05	Alex Madalis - St. Francis College	
Mark Sichel - Lafayette	32:07	Paul Dillon - St. Francis College	
Jim McClure - Penn State	32:08	Richard Connell - Lincoln University	
Steve Landis - Unattached	32:10	Dale Garside - Unattached	
Craig Brown - Villanova T.C.	32:11	Ken Hailtje - Allegheny C.C.	
Juris Luzins - Sports International	32:14	Tom Gardner - Bucknell	
Glenn Tonnet - Unattached	32:14		
Robert Hersh - Lafayette	32:14		
Wayne Cromer - Allegheny C.C.	32:33		
Jerry Booma - Villanova T.C.	32:40		
George Taylor - Allegheny C.C.	32:45		
Ron Stanko - Villanova T.C.	32:51		
Joshua Arnold - Franklin & Marshall	32:51		
Gordon Anderson - Lafayette	33:03		
Bruce McLanahan - Penn State	33:11		
Mark Mauer - Millersville T.C.	33:14		

TEAM SCORES: Pennsylvania Federation Championship

Villanova	20
Penn State	50
Lafayette	74
Villanova Track Club	101
Penn State Track Club	128
Allegheny Community College	162