

PIONEERS WIN!

Not just because we didn't invite Cal Poly or Cal....or because Sac.State "couldn't find the way to San Jose" or what-ever....we finally got with it!!!! Not having from a dozen to fifteen runners in the race of All-American status, does help one's ego and confidence however, what was important was the fact that we did win... (even by more over Stanford than before) and that our first 4 runners are starting to "group". We have a long ways to go in developing that technique but given a year or so...and we ought to have it down fairly pat. (I'm not kidding...it does take considerable time to perfect it since it is as much mental and attitudinal as it is physical or physiological)

The thing we had going for us this time is that we knew we should be running to the front. Aubuchon and Behrbaum had gained a lot from running near the front in those big meets and so the idea of winning in this race was not impractical. Gazafy and Robinson knew that they had poor races prior, not due to inability, but rather to personal circumstances which they were capable of over-coming. So this time...we put it all together!!!!!! GOOD GOING!!!!

Now let us go into this Saturday's Conference Championship with the same positive and confident attitude!!!!

Results: 1st Annual Hayward Invitational Women's 3 Mile XC Run

1. Ann Thrupp (Stan).....17:53	CAL STATE HAYWARD.....37
2. MICHELLE AUBUCHON.....18:17	Stanford.....52
3. Eugenia Zorrich (Cal)....18:23	Cal (Berkeley) "B" Tm....83
4. WENDY BEHRBAUM.....18:40	San Francisco State...101
5. Karey Robinson (Delta)...18:49	Chabot College.....116
6. DEBI GAZAFY.....18:55	Delta Jr. College.....135
7. LINDA ROBINSON.....18:56	U. San Francisco.....187
18. MARY RIEBOLT.....20:16	Santa Clara.....199
20. LISA CROSTHWAITE.....20:32	Sonoma State.....inc
36. TRACY REBELLO.....22:25	
37. JULIA BICKINGTON.....22:26	
41. GLENIA PICKEL.....22:38	

(61 finishers)

RUNNER(S) OF THE WEEK

Well, we are getting down to the end of the season and so we have to think of everyone who has been running for us. Wendy Behrbaum has had three real fine runs for us this year and Michelle Aubuchon was our #1 runner for the 3rd straight week. However...we had some other fine efforts. Like Pickel and Crosthwaite who showed tremendous improvement in times in prior meets we had three (3) really staggering improvements this week and so it's: **HATS OFF TO.....**

- TRACY REBELLO... (over 4 min. imp)
- JULIA BICKERTON... (over 4 min. imp)
- and a very happy "return to the flock"
- LINDA ROBINSON... (about a 2 minute imp. and now running up

★ DON'T FORGET.....THIS SATURDAY.....★

GOLDEN STATE CONFERENCE CHAMPIONSHIPS at CSUH..... Teams participating.... Chico, Sacramento, Stanislaus, UC Davis, Sonoma, San Francisco, Humboldt, and "US"..... Same philosophy as last week...we should be running to the front all of the way... After all it is our course and we do have the talent to do it with..... see you at