

# CALIFORNIA TRACK NEWS

**April 1980**

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# April

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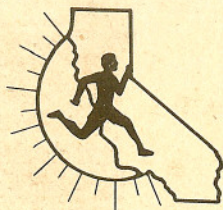
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CALIFORNIA TRACK NEWS  
P.O. Box 6103  
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The Only Publication Devoted to California Track



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**REAL PERSON**

I'm the guy who wrote to tell you he wasn't receiving his *California Track News*. Two days after I mailed the letter, my February issue arrived.

It certainly is refreshing to receive a letter that shows evidence of having been written by a real person. As with most of us, I find myself writing to blind computers too often.

Craig Newport  
Visalia

**STATUS CLARIFICATION**

Just a note to clarify Robert Lusitana's status as a student which was mentioned in Bill Minarik's column. Robert is a straight "A" student but UCLA does not have his major.

Robert made himself into a very good runner at Grossmont College and surpassed all of our expectations during this past cross country season at UCLA. We're going to miss him.

Bob Larsen  
Cross Country Coach  
UCLA

**JOE DOUGLAS SPEAKS**

As coach of the Santa Monica Track Club, I have been following with keen interest the talk and resulting controversy surrounding the proposed boycott of the 1980 Summer Olympic Games. Because I coach a number of potential Olympic competitors, I would like my views on the proposed boycott of the 1980 Summer Olympic Games to be known. I recognize that there is a problem with Russia and certainly the athletes are cognizant of the severity of the problem. But I feel that the athletes themselves should not be penalized.

In 1936, the United States threatened a boycott of the Olympic Games because

Mihaly Igloi, to escape to the United States. He subsequently started, and was largely responsible for, the development of American distance runners to world-class stature in the 1960's.

Again, in 1976, twenty-eight African states quit the Games because the New Zealand team had competed in South Africa under the sanctions of the ruling apartheid government. The Games went on without the African athletes. John Walker of New Zealand won the 1500m, while world record holder Filbert Bayi of Tanzania watched from the sidelines.

What did the African nations gain by this boycott? The coaches watched Kenya's Mike Boit, who was the favorite in the 800m, break down and cry, while other African athletes were saying that they did not want to leave the games. Last year, while the Santa Monica Track Club was touring Europe, some African athletes said that they still did not see that anything had been achieved from that boycott, and from using them as puppets in the political arena. And, more broadly, what has any country gained by trying to use the Olympics for political purposes?

It appears now that the United States will stoop to the level of those countries and use our own Olympic athletes as puppets in a political protest. It is up to the United States Olympic Committee, not the President, to decide whether or not our athletes will compete in the 1980 Summer Games. I urge the Committee to cast a resounding vote in favor of the United States' participation.

It is ironic that the United States Government does not contribute one cent to the athletes or the clubs which train these athletes. I know the government hasn't given as much as an encouraging word to me, my teammates, or the team members of our club. Among the athletes with whom I have trained and the athletes I have coached, one was on the 1960 team, two were on the 1964 team, and one was on the 1968

Ambitious men and women have always strived toward some pinnacle of success. The pinnacle may be the Super Bowl, the World Series, a mountaintop, or a fortune. In track and field, the gold at the end of the rainbow is the Olympics. Please do not take this from our athletes.

Many athletes on the Santa Monica Track Club picked up their belongings and left their homes to come to Southern California, where they could receive quality training. The jobs they find, which are compatible with their training, are usually low-paying jobs. Many times a large group of these athletes are forced to live together so they have enough money on which to survive. These, and others like them, are the ones who take the risks, sweat, and make the sacrifices for many years to make the Olympic team.

I ask the United States not to use them as pawns or puppets to be sacrificed in their political games. I suggest that we get behind these athletes and send them to the Games. We should give them the opportunity to defeat the Russians and display the products of our society in a *positive* way. Is this not the "American Way?"

Joe Douglas, Coach  
Santa Monica Track Club

**BE CAREFUL**

I want to compliment you on the tremendous job you have done on the newspaper.

You have definitely done the right thing in gathering the abilities and efforts of so many Californians. Over the years I've worked with Jack Shepard, Keith Conning, Chuck Skow, Howard Willman, Mike Kennedy and Fred Baer -- that plus the other people listed in your masthead are a tremendous group of dedicated helpers.



Katherine Brieger Masters Women; Calvin Brown Girls & Women Track & Field; Keith Conning North Coast Section High School; Jim Crowhurst Northern California; Bob DeMuth Track Teaser Puzzle; Ken Dose Northern California Community College; Rich Ede High School Girls Track & Field; Tom Feuer L.A. City Section High School; Marty Higginbotham Central California Long Distance; Percy Knox Masters Men; Mike Lennemann Track Teaser Puzzle; Conrad Lopez San Jose Area; Bill Mensing Sac-Joaquin Section High School; Bill Minarik Southern California Area; Winona Pauls Bakersfield; Marty Post Marathons; Jeff Rigdon San Diego Section High School; Rich Romine Ventura Area; Chuck Skow Open Track & Field; Dick Slotkin Southern California Long Distance; Doug Speck Southern Section High School; Bruce Thomson Los Angeles Area; Howard Willman Central Coast High School & Question Corner; Steve Wolters Marathons & San Diego Area; Bob Womack High School Girls All Time List.

#### PHOTOGRAPHERS

Keith Conning, Don Gosney, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Dave Stock, Steve Wolters

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In 1936, the United States threatened a boycott of the Olympic Games because of Nazi anti-Semitism and the German's intent on using the Olympics as a showcase for Aryan supremacy. However, rather than boycott, the United States decided to send a team and let the athletes' individual performances speak for themselves. After Hitler declared the games underway, the outstanding achievements of these athletes were both astonishing and embarrassing to the host country. The stunning performance of the U.S. team was a sound and dramatic denunciation of the Nazi creed of Nordic supremacy that was being proclaimed. Jesse Owens' incredible performances were perhaps the best evidence in shattering this notion, as he won four gold medals while the remainder of the Americans won eleven gold medals in track and field. The Germans won none.

In 1956, the Soviet troops invaded Hungary, a situation similar to today. But the United States did compete and so did the Hungarians, who defeated the Russians in the water-polo championships. The Games also provided the opportunity for the Hungarian coach,

arena. And, more broadly, what is any country gained by trying to use the Olympics for political purposes?

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The athletes are the ones who make the sacrifices so that they can represent the United States in the Games. Before the Games, the President usually wishes the team success and they receive a thank you after the Games. For it is not the "American Way" to support the athlete or to mix government and sports. Now, however, the Government apparently chooses to use the athletes as puppets, while still not offering support. Couldn't the United States display more strength by using economic, military or agricultural sanctions? Perhaps we might even stop giving the Soviets our technology.

Is it not hypocritical to host the Winter Olympics at Lake Placid, where all athletes, including the Soviets, are welcome, and then boycott the Summer Games in the same year? Have we so soon forgotten our condemnation of the African nations for their boycott of the '76 Games, and our criticism of the black glove salute by Tommie Smith at the '68 Olympics?

We should give them the opportunity to defeat the Russians and display the products of our society in a *positiveway*. Is this not the "American Way?"

Joe Douglas, Coach  
Santa Monica Track Club

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I've also been impressed by the decisions you make. I read "from the editor" closely because it is revealing of the continuing evolution of CTN.

I especially liked the exchange in the letters section this issue between Scott Chisam and Richard Slotkin, because it was an excellent example of an aggressive exchanging of views. I also like the "Points of Interest" ramblings Slotkin put together on coaches' points of view on the Olympic situation.

I see your circulation is up to 10,000. Be careful, if you get much higher, someone slick and rich will try to buy you out and in the process ruin a good thing with fancy makeup, color pictures and -- zero content.

Jack Pfeifer  
Seattle, WA

#### RUNNERS HELP AT RACE

Thank you for including the Chaminade Reservoir Run in the *California Track News* write-ups. Jon Sutherland with Dave and Tom Babiracki were very instrumental in helping Chaminade with this First Annual Reservoir Run.

#### ON THE COVER:

San Diego State's Deby LaPlante, the American record holder in the 100 meter hurdles and gold medalist at the 1979 Pan American Games. Deby, the wife of head coach Fred LaPlante, underwent foot surgery in the fall but is back in action.

photo by Bill Leung, Jr.



Their ideas on how to treat runners, the importance of water, restrooms, first aid, accurate timing, accurate course measurement, refreshments, prizes, etc. were invaluable. And in spite of the heavy rain, we feel their ideas really paid off, and that the Chaminade Reservoir Run emerged as a classic Southland amateur event that will be looked forward to yearly.

Marilyn Barton  
Northridge

### ERROR

The *California Track News* is a first-rate publication, but like in anything we less-than-perfect humans touch, there can be error. For instance, in the March, 1980, issue which came today the front cover photo shows a woman racewalker at the San Francisco Examiner Games and identifies her as the winner, world mile record holder Sue Brodock. Actually, the picture is of Kathy Curtis, of Cal State Hayward, who also participated in the Examiner Games two-mile walk.

Harry Sintonen  
Editor, Golden Gate Walker  
San Francisco

### STAFF POSITIONS AVAILABLE

We are always looking for persons willing to help with the coverage and production of *California Track News*. The pay isn't much, but there are other rewards. Of urgent need at this time are persons to cover the following high school sections: Northern, San Francisco, Oakland, Sac-Joaquin, and Central. If interested, please write for details.

### THANKS

Bill, I hope all continues to go well for you and your wife, and for *California Track News*. You both have done a great deal to improve the state of track and field in California. I for one, am appreciative of the many hours and effort that have been given. Too, let me take this way of thanking you for your special kindnesses in my behalf during the years of our association. Friendships such as yours will be the ones I'll miss most in leaving the active coaching ranks.

My very best always. I hope our paths will cross often in the years ahead.

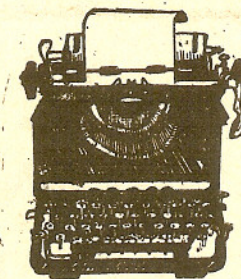
Payton Jordon  
Stanford University

*Thanks, Payt' - We needed that. In our book you're among the greatest as far as track coach, athlete and person. Even though you are no longer actively coaching; what you've accomplished in the lives of your athletes over the years will continue to be felt in the track world.*

--Ed.

**Salespersons Needed:** If you wish to carry *California Track News* in your store or simply wish to save 75% by ordering 10 or more copies per issue let us know how many you want. If you would like to sell subscriptions you can make \$2.00 for every subscription you sell...you may simply distribute our blanks at races, clinics, in race results, etc. You get \$2.00 commission for each new subscription we receive with your agent number on it. You must be signed up as a sales agent...it is not automatic.

# from the editor...



Run in a race? Well, why not? Why not! It had been so long since I'd toed the starting line that I'd forgotten the anxiety of anticipation, the thrill of competing and the satisfaction of finishing well.

It took jogging (bad pun!) my memory by running a race to discover that I missed the joy of the contest and the fun of participation.

Judy and I had been planning a 2 day vacation trip to the coast for several months. Judy's idea of a trip to the coast is to go shopping in Carmel and San Francisco. My idea of a trip to the coast is to take in some of the big meets in the area. So, in a loving compromise we picked the weekend of the Super Race in Monterey and the National AAU Marathon in Cupertino.

On a challenge with some friends from Monterey I entered the Super Race (they had to run, too). Even though I hadn't raced in years I have continued to run a few miles several days a week ever since my beginning in track back in 1959. Going out for a run has remained a luxury for me. The past 10 years I had been coaching track and cross country and it is impossible to coach and maintain top competitive condition; at least it has been for me. There were always starts to give, poles to catch, hurdles to set, and steps to mark. And, road trips nearly every weekend didn't help.

Now that I am not coaching I find more time for luxuries such as running, and more and more week-ends free; so getting back to racing seemed like a possibility. Isn't it funny that when an athlete becomes a coach he loses his amateur status. I began my first coaching/teaching job in 1968 at Westmont College. I had been running quite well at the time - 1:52, 3:01, 4:11, 9:16.

I'd lose my amateur status; so I called the national AAU office and received the same reply. I was told that I could not be paid for coaching and continue to compete myself. So, idealism won out, as the Dean of the College was happy to reduce my yearly salary to \$4,000. And, for that, I worked my buns off. My own running became, quite properly, secondary to the coaching and it marked the beginning of the end of the pursuit of my own athletic goals in track & field as a performer. I'm not sorry about it - coaching has its own rewards that can even surpass those of personal achievement in running. I wouldn't mind having the several thousand dollars that my amateur status cost me that year, however.

So, it was back into competition and off to the Super Race in Monterey; 10,000 meters beginning at Dennis the Menace Park (seems Hank Ketchum, creator of Dennis the Menace cartoon was from Monterey) between the wharf and Monterey Peninsula College. I soon rediscovered the feeling of importance that goes with running in a race. You can get away with pampering yourself and being a bit more persnickity by claiming it's all part of your pre-race preparation. Before a race you can spoil yourself and permit others to spoil you too.

*continued next month*

# Everybody's running in 'America's Love Run.'

You don't have to be an Olympic champion to join. Set a reasonable goal, then ask friends, neighbors, and business

**Olympic Boycott:** We have received several phone calls and personal inquiries as to the position of *California Track News* in regards to the Olympic Boycott. I cannot speak for our entire staff, but those of us who have expressed an opinion have all had the same opinion, although not always for the same reasons. It can go on record



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## Everybody's running in 'America's Love Run.'

You don't have to be an Olympic champion to join. Set a reasonable goal...then ask friends, neighbors, and business associates to pledge 5¢ or more to the Muscular Dystrophy Association for every mile you run during May. Run in your neighborhood, on a track, at a local park—anywhere you'd like—and at any time.

Send in the registration form below along with your \$2.50 tax deductible entry fee (check payable to MDA), and we'll send you an official T-Shirt, Sponsorship Form, Runner's Log, and complete instructions.

### Registration Form

Mail to:

MUSCULAR DYSTROPHY ASSOCIATION  
1347 NORTH WISHON  
FRESNO, CA 93728

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Running Club Affiliation (if any) \_\_\_\_\_

T-shirt Size (circle one) S M L XL



Jim Ryun  
Chairman

## America's Love Run<sup>SM</sup>

To benefit the Muscular Dystrophy Association

though I haven't raced in years I have continued to run a few miles several days a week ever since my beginning in track back in 1959. Going out for a run has remained a luxury for me. The past 10 years I had been coaching track and cross country and it is impossible to coach and maintain top competitive condition; at least it has been for me. There were always starts to give, poles to catch, hurdles to set, and steps to mark. And, road trips nearly every weekend didn't help.

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Lists over 70 LDR events in Central California (Merced to Bakersfield)

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# U.S.C. vs U.C.L.A.

## TRACK MEET PREVIEW

By Tom Feuer

photo by Don Gosney



DAVID OMWANSWA

photo by Bill Leung, Jr.



RON CORNELL

world at 100 meters (10.07 PR) is a heavy favorite to win his specialty. He will also run third leg on the awesome Trojan sprint relay, and if the meet is on the line he will probably be counted upon to contribute a stanza in the mile relay. Sanford's bests to date this year are 10.37 and 20.43 (wind 2.7 m.p.h. against). In addition, his superb carry on the Trojan 400 meter relay team (that also included Billy Mullins, Kevin Williams and Mike Sanford) garnered the quartet a collegiate record 38.69 in their outdoor debut.

As if one Sanford wasn't enough for UCLA, James' younger brother Mike is now a Trojan freshman. The California State 220 yard champion as both a junior and senior, Mike will be a threat to score in both the short dashes.

The Trojans without a doubt have the greatest collegiate sprint team of all time as exhibited by a squad that also includes world class quartermilers Mullins and Bill Green, football star Williams, and former Fontana High speedster Rod Bethany.

Mullins' name has been big front page news in local tabloids recently, as the NCAA is investigating his prolific Junior College tenure. In the fall semester of 1977, Mullins acquired 30 units of work from four different J.C.'s in order to enter USC in the spring quarter.

Mullins (PR 45.03) ranked second in the world for 400 meters in 1978, was injured all last season, but he has recently returned to form with a 1980 seasonal best of 45.34. Green, the high school record holder (45.51) and 6th in the world for '78, should give the cardinal and gold a solid 1-2 in the 400. Nevertheless, in one of the meet's most intriguing races, Bruin quartermilers, Tony Banks and Donn Thompson might be able to break up that Trojan gauntlet.

In the 800 meters smooth UCLA freshman Jeff West will have his work cut out for him when he faces USC's David Omwansa. West, the high school record holder from L.A. Crenshaw (1:48.2), has been undefeated at the half all this season. However, his Kenyan counterpart has already run a fine 1:46.9. Omwansa is likely to double in

sweep both the Steeple and 5,000 with Mark Lewis, the former Grossmont State J.C. runner-up taking the former, and Ortiz or Ron Cornell, the latter.

The Bruins as usual, are strong in the hurdles with Foster coming off a National dual meet record of 13.36 in the highs against Long Beach State. However, he will not be able to take his competition too lightly as Trojan sophomore Tony Campbell (13.6) is much improved, and he recently beat Rod Milburn.

In the intermediates, J.C. record holder Andre Phillips and consistent Eric McNeal will try to lead a 1-2 Bruin sweep over Trojans Campbell and Milan Stewart.

UCLA rates an edge, albeit slight overall, in the field events. However, most of the attention in the field disciplines will center on USC's Larry Doubley. The NCAA champion as a freshman, Baby Ali (as Doubley is known) has finally returned to top form after shattering a knee cap his sophomore year. He has spanned a windy 27-1 $\frac{1}{4}$ , and a legal 26-8 $\frac{1}{4}$ . In three of the four SC meets to date, Doubley has been over 26 feet. Senior Kenny Hays will complement his Trojan teammate, for a probable 1-2 in the event.

UCLA should pick up big points from decathlete Mark Anderson, who should score in both the pole vault, and leads a Bruin sweep in the javelin. UCLA freshman Lee Balkin has cleared 7-2 already this season in the high jump. He may face a test from Dennis Smith, who should make his annual appearance in this meet. The Bruins are formidable in the triple jump with Dokie Williams and Chip Benson, while USC has the edge in the weight events (shot and discus) with John McKenzie and Steve Montgomery.

If the meet comes down to the mile relay (it should not) it will be hard to bet against USC, which has already run a metric 3:04.2 with a team of Mullins, Bethany, J. Sanford and Green. However, if UCLA inserts Greg Foster to team with Thompson, Banks and Phillips, the Bruins could pull it out. It would be nice from a spectator standpoint to see the meet come down to the final event. However, UCLA's strength





DAVID OMWANSA



RON CORNELL

For millions of sports fans around the country Saturday May 3rd, 1980 will be the date of a significant spring ritual that demands sitting in front of a television set, sipping a mint julep, while watching the best 3 year old thoroughbred race horses compete in the Kentucky Derby.

On that first Saturday in May in Southern California, however, the foremost question for Southland residents will not be who wins the derby. Instead, discussion will center on whether USC's sprint oriented track team can outlast a well balanced UCLA squad.

For the tenth time in eleven years, the Mythical National dual meet championship will be on the line, as the Trojans will travel to Drake Stadium on the campus of UCLA to tee off against the Bruins. Thoroughbreds with names such as Sanford, Foster, Mullins, Ortiz, and Green will be on display before a probable capacity crowd of 15,000.

The USC-UCLA track meet is as intense a rivalry as any in sport. Consider some of the meet records:  
**100 meters:** James Sanford, USC 10.12.  
**200 meters:** Clancy Edwards, USC 20.03 collegiate record 2nd best ever sea-level.

\* **400 meters:** Billy Mullins, USC 45.03.  
**400 mile relay:** Williams-Mullins-Edwards-Sanford, USC 38.85.

**Long Jump:** James McAlister, UCLA 27-0½.

**Pole Vault:** Mike Tully, UCLA 18-0¼.

This year's edition promises to be of the same calibre. UCLA may have their best dual meet team in the school's history as evidenced by one sided victories over Redlands, U.C. Irvine, Arizona State, and Long Beach State. In each of those contests, the Jim Bush coached Bruins passed the century mark (100 points) while rolling over their opponents.

The Trojans again paced by a fine array of sprinters and jumpers looked very strong in non-scoring affairs and invitationals.

The feature race in this year's dual should occur at 200 meters where the top two Americans in the event in 1979, UCLA's Greg Foster, and USC's James Sanford will clash. Last year in the crosstown classic won handily by the Bruins, 93½-60½, Sanford (20.19) edged Foster (20.20) in a photo finish with both runners getting PR's. Three weeks later, Foster avenged that loss at the Pac-10 Championships and in June he went on to win the NCAA 200 at Champaign, Illinois to rank fifth in the world.

UCLA's and USC's hopes will undoubtedly rest on the shoulders of both Foster and Sanford respectively, each of whom will be entered in at least three events. Sanford, number one in the

in order to enter USC in the spring quarter.  
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debutante Mark Anderson, who should score in both the pole vault, and leads a Bruin sweep in the javelin. UCLA freshman Lee Balkin has cleared 7-2 already this season in the high jump. He may face a test from Dennis Smith, who should make his annual appearance in this meet. The Bruins are formidable in the triple jump with Dokie Williams and Chip Benson, while USC has the edge in the weight events (shot and discus) with John McKenzie and Steve Montgomery.

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WEATHER SURFACES
- STEEPLECHASE  
CONSTRUCTION
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# Behind The Scenes Of The "bay to breakers"

by Len Wallach

Like all other tired soldiers who hang up their epaulets, I mistakenly thought that my battle planning was behind me. But the Bay to Breakers exceeds any preparation made for war as planning for it is like getting ready for an invasion or landing on the beaches in the heat of battle.

Not that the Bay to Breakers is a war, quite the contrary it's the opposite, but the behind-the-scenes planning and preparation are equal to figuring out the logistics and administration needed to support a 25,000 man Army hell bent on invading the San Francisco water-front and then running pell mell to the sea 7.63 miles away. All my years as an infantryman proved to be my most valuable asset as the Bay to Breakers has the same requirements as does several brigades going into a heated fracas.

Nothing in my paratrooping background however prepared me for the antics of the media with their helicopters zooming overhead, press trucks blocking my finish line, and television camera crews cluttering up the fair start of the lead runners. Coordinating the media beforehand falls to the capable laps of the San Francisco Examiner's Special Events Director, Fredye Wright, and the media representative, Fred Baer, of track and field fame. But on race morning trying to coordinate the impact of the helicopter air war overhead and the penetrating reconnaissance of hundreds of media folks on the ground taxes my military diplomacy to its limits. Camera folks and sport writers sometimes need to be on the receiving end of big stick statesmanship as they endanger specta-

troops, is an exciting opportunity for a race director but represents a difficult challenge to the San Francisco Police. Unfortunately for the sport of running, many of bemedaled athletes who front the pack, don't behave by the reasonable standards set by the non-running citizens to be enforced by the cops. Medals and colored ribbons on soldiers or runners don't entitle them to any special privileges because they are either brave or swift thus the San Francisco Police are pushed to the limit when one of us ignores the rights of the rest of the city on race day. One tough old San Francisco cop told me a few years ago before I ever got involved in the Bay to Breakers that he would rather face an armed killer than to be on the starting line of the race.

We have worked very hard the past two years to reduce that hazard consequently, at least in the immediate starting area, it is now under control with crazies and champion playing by the rules. The best thing we have going is the battalion of San Francisco runners led by iron hard retired Marine colonel Buck Swannack, who give up hours of their time to volunteer to control the startline line. If a runner, elite or crazy, gets on Buck's list, it's trouble with a capital T.

Once the race is underway at 8 a.m. promptly, an incredible coordination feat begins. Planning for the carnival which happens to also be a foot race requires that the two segments of the start and finish work like a Swiss watch. There is only limited communications between the two points consequently each unit have to function almost independently which requires split se-



photo from Len Wallach collection

smaller events take this for granted but if you calculate the space needed to process 25,000 people who have just run 7.63 miles then the logistical problem is self evident. It's a matter of mathematical figuring space needed and how to get it by flow.

Total pinpoint responsibility is the key to the behind the scenes planning and on the shoulders of Jim Nantell, a

don't differ much except for size from the Bay to Breakers. It takes a lot of toilets, numbers, safety pins, fluids, barriers, cones, pennants, bands, and public address systems. As the San Francisco classic is a point to point race certain physical problems double however it is merely a matter of careful planning to handle these.

Every huckster in running is selling



Breakers is the same thing. It does several brigades going into a heated fracas.

Nothing in my paratrooping background however prepared me for the antics of the media with their helicopters zooming overhead, press trucks blocking my finish line, and television camera crews cluttering up the fair start of the lead runners. Coordinating the media beforehand falls to the capable laps of the San Francisco Examiner's Special Events Director, Fredye Wright, and the media representative, Fred Baer, of track and field fame. But on race morning trying to coordinate the impact of the helicopter air war overhead and the penetrating reconnaissance of hundreds of media folks on the ground taxes my military diplomacy to its limits. Camera folks and sport writers sometimes need to be on the receiving end of big stick statesmanship as they endanger spectator, athletes, and race officialdom with their zooming aircraft, finish chute interviews, and carbon monoxide spewing press trucks.

I've always had a romance with the written word in sports history consequently I spend much of my waking hours with fingers pressed on my ancient manual typewriter crafting out feature stories and books on the subject. My affinity for the media helps me understand the need for good copy but I've learned the hard way that the best race day story is not in who won the race but rather in what was screwed up, who ran off course, or why wasn't their enough ERG at the water stop. Race directors who don't anticipate the depth that the media will probe are very foolish and are playing a kind of sports writer Russian roulette. Planning, therefore, must include preparation for the media and preventing putting oneself into confrontation when they don't agree that their huge press truck should precede the winner through a one man finish chute. The behind scenes preparation anticipates this crisis creating possibility thus we work very hard at planning systems and back-ups which are flexible and sufficiently deep enough to respond to change quickly.

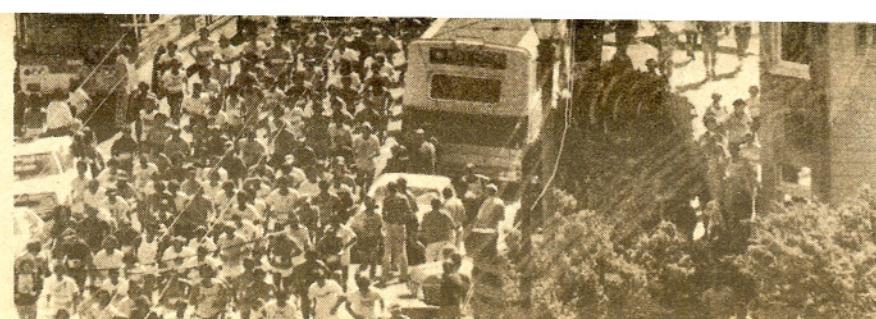
The anticipated invasion of 25,000 crazies, lead by elite crack running

We have worked very hard the past two years to reduce that hazard consequently, at least in the immediate starting area, it is now under control with crazies and champion playing by the rules. The best thing we have going is the battalion of San Francisco runners led by iron hard retired Marine colonel Buck Swannack, who give up hours of their time to volunteer to control the startline line. If a runner, elite or crazy, gets on Buck's list, it's trouble with a capital T.

Once the race is underway at 8 a.m. promptly, an incredible coordination feat begins. Planning for the carnival which happens to also be a foot race requires that the two segments of the start and finish work like a Swiss watch. There is only limited communications between the two points consequently each units have to function almost independently which requires split second coordination and complete delegation to and trust in the key people on both ends. At the start, the crew chief, having put up banners, blocked off streets, controlled thousands, protected the Mayor, Diane Feinstein, now has a monumental breakdown a head of him. Don Cicero does a masterful planning job ahead but is always caught by surprise when he views enough cast off sweatshirts and faded Levis left behind to clothe every derelict in San Francisco.

Twenty watches, six Chronomixes, three display clocks, and dozens of other time pieces are synchronized well in advance to avoid the dangers and lack of reliability of carrying the official timer across almost eight miles of narrow San Francisco streets to the finish. Up until 1978, the previous systems used by former race officials just didn't work to control the runners who took matters in their own hands and started as much as six minutes early. Now with Bob Rush of the College of San Mateo heading up the timing responsibilities, and tight controls at the start the race has gone off on time with no one jumping the gun.

At the finish, new methods were put into effect last year, which resulted in all runners being able to actually run across the line. Most race directors of



smaller events take this for granted but if you calculate the space needed to process 25,000 people who have just run 7.63 miles then the logistical problem is self evident. It's a matter of mathematical figuring space needed and how to get it by flow.

Total pinpoint responsibility is the key to the behind the scenes planning and on the shoulders of Jim Nantell, a capable municipal athletic administrator, rests the joys and burdens of the total finish line logistics and administration. He has a superb assistant in Ed Rebarchik, a young undergraduate student, who has learned and earned his logistics spurs the hard way. They are supported by platoons of workers, each with their own pinpoint responsibilities totally delegated down to them.

Vince Marci and Larry Skenk head up the key crowd control duties at the pressure sections of the start and finish. Marci has the tough spot a block ahead of the start where some local crazies jump in and Skenk in mid chute where he has to use wisdom, muscle and a barracks sergeant's voice to keep the runners jogging through the orange pennanted lane.

With the fun and frolic attitude of the Bay to Breakers, it is little surprise that the World Centipede Running Championship is now an official part of the race but it too must be supervised. Angel Martinez, a national class runner himself, takes time out from his busy managership of a sports store business, to coordinate the group crazies who want to add a centipede victory to their other glories.

All races have their supply, registration, and administration tasks which

don't differ much except for size from the Bay to Breakers. It takes a lot of toilets, numbers, safety pins, fluids, barriers, cones, pennants, bands, and public address systems. As the San Francisco classic is a point to point race certain physical problems double however it is merely a matter of careful planning to handle these.

Every huckster in running is selling something race day. At the start and finish there used to be so many T-shirt sellers that it looked like a series of side show booths at a carnival. Last year the Bay to Breaker had its first official T-shirt which was sold through the race channels before, during and after the event with the profits going to a community cause. This year the T-shirt sales will follow the same pattern but they will be conducted for the benefit of the Long Distance Running fund, in spite of this obvious benefit, the local office of the AAU took 14 months to approve the sanction for the seeded division and failed to list the event in their race schedule book. As the long distance runners and the top AAU administration and frequently not on the same track, the San Francisco Examiner decide to support the runner directly through the LDR fund. The other portion of the proceeds from the race will be given to the United States Olympic Committee to help them through their own trouble times ahead.

The Bay to Breakers is a joy, a race, a Halloween party, home coming, and a logistics nightmare. It is Christmas, a birthday party, a contest, a rendezvous, an administrative maize. It is a race of real people with real faces and real feelings. It's worth every day of its 69 years.



# So. California T-F Diary

by Bill Minarik

## March 10

The Aztec Invitational was the focal point of SoCal track action this past weekend as the USC Trojans began flexing some of their relay muscles. In the 800 meter relay, the team of Sanford, Green, Mullins, and Sanford zipped to a 1:21.2 clocking, which is the third fastest of all-time. Then for an encore, the team of Mullins, Bethany, Sanford and Green cruised to a 3:04.2 timing in the 1600. Host San Diego State was also impressive as the Aztecs 400 relay team took the measure of a field that did not include USC in a time of 39.8 and then ran second to the Trojans in the 1600 in 3:06.9. Individually, USC's David Omwansa had a fine early season 800 time of 1:46.8 while Tom Petranoff popped a nifty 271-8 javelin throw.

There were also some excellent community college performances in this meet. Grossmont's Tim Varley won the open 10k in 30:36 while the Griffins Steve McCormick was second in the open mile in 4:11.3.

Glendale CC strongman, Joe Staub, became the early state leader in the shot with a toss of 60-2. While the GCC distance medley relay team had a fine early season time of 10:00. In the open 800, Santa Monica CC's John Gray established himself as a state favorite with a time of 1:48.4 behind Omwansa.

In dual meet action, UCLA was an easy winner over Cal State Long Beach 101-43 as Ron Cornell (3:44.9) and Lee Balkin (7-2) starred for the Bruins. The Bruin gals were also winners over Long Beach 67-55 as the 800 was the highlight of meet. In that one, Ruth Caldwell running as a guest competitor for Sub-4, showed she may be ready to give the Olympics another shot by zipping to a 2:05.2 clocking. Right

lead his team to a dual meet win over Pasadena and its super soph Troy Delemar. Elsewhere, Muir High and its dynamic threesome of Charles Mayfield, Ricky Holliday and Scott Garnett, continue to post some of the Southern section's top marks. A number of top SoCal college weight coaches have indicated disappointment at Scott's decision to play football in college. They felt if he concentrated on the weights, he could be one of the country's top throwers. On the distance scene, Edison's Jon Butler continued to impress with a solid 4:20-9:14 double.

In community college action, Grossmont solidified its position as South Coast conference favorite with a close, but decisive victory over rugged Mt. SAC. Both Long Beach and Pasadena warmed up for their March 21 showdown with easy wins over conference rivals. However, PCC's win may have been costly as superstar Adrian Jones reportedly suffered a leg injury and is questionable for this Friday.

In four-year college action, UCLA star Eric Brown was voted athlete of the meet at the Bruin Relays for his 10.39 effort in the 100. It seems that this meet was questionably named as all the events contested were strictly from a dual meet event schedule.

At USC, the Trojans said farewell to their new facility for the season as they entertained San Jose State, the national team of Japan and a number of club athletes. The highlight of this meet was Troy's James Sanford running a 10.48-20.43 sprint double into a very stiff wind. In addition, Bill Mullins didn't appear to be affected by the controversy surrounding his academics, as he sliced through the wind to the tune of 45.3.

Down South, San Diego State used its awesome sprint strength to notch an 84-61 win over UCI. In my pre-season predictions, I overlooked SDS since they are the only California team in the rugged WAC. However, look for the Aztecs to grab second behind untouch-

lines at these toilets were usually so long that many were forced to go behind a garage in a field across the street. I can't understand how an institution can afford to pay a king's ransom for an all-weather facility, but can't come up with the little extra necessary to take care of the spectators. If the people at CSUN ever take care of these deficiencies, the Northridge Relays could become a class meet.

By now, most of you have heard about the controversy surrounding USC sprinter Bill Mullins' academic record prior to transferring to USC. However, since the story has been coming in piecemeal, I thought I would attempt to tie together all the facts, the areas in question, and the rumors about the situation.

After graduation from Hamilton High in 1976, Bill briefly attended the University of New Mexico prior to transferring to West L.A. Community College where he ran track in the spring of 1977. Bill decided to compete at USC in the spring of 1978, but because he had attended a four-year school prior to competing for WLA, he was required to get an A.A. degree before he could compete for Troy. Getting an A.A. degree in only 3 semesters is no easy job, however many football players who are in Bill's situation and want to play spring ball at a four-year school in their fourth college semester, must also get an A.A. in 3. In Bill's case, he took 28 units in that third semester at four different community colleges to get his A.A. The reason for taking the courses at four different colleges was that no one college would allow a student to take 28 units. That schedule is shown below.

3) That the grade in the Saturday TV class was changed from an "F" to a "D" after the end of the semester by someone other than the instructor.

4) That USC refused to accept 14 of the 28 units because they considered them to be questionable.

5) That a previous completed course was changed to incomplete so it could be repeated.

The NCAA and Los Angeles District Attorney are currently investigating the matter, but at this point there has been *no proven wrong-doing* on Bill's or anyone else's part. If any wrong doing is uncovered, rumor has it that USC Assistant Ken Matsuda may end up the "heavy" as the alleged architect of the "Mullins Schedule". Another rumor has it that another well-known coach was the one who blew the whistle on the Mullins schedule to investigators because 1) he was unable to recruit Bill, and 2) he has been of the opinion that the USC track program was long overdue for an NCAA investigation.

## March 24

Last week saw SoCal saturated with track instead of rain, and if you lived in either Pasadena or Santa Barbara, you were in a good position to soak up much of the action.

At Pasadena, in addition to the PCC-LBCC meet which we shall discuss later, the Pasadena High School games showcased some of the States big names such as Delemar, Mayfield, Holliday, Garnett, Shields, Graham, as well as relay teams from Muir, Centennial, and Long Beach Poly. All had good performances, however Scott Garnett's shot put of 63-5½ was the meets outstanding mark.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30	Nutrition & Cooking (TV course)		Nutrition & Cooking (TV course)		Nutrition & Cook. (TV course)
8 a.m.	Economics 1A Rio Hondo	Chemistry 22 Pasadena	Economics 1A Rio Hondo	Chemistry 22 Pasadena	Economics 1A Rio Hondo



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Those of you who attended the Long Beach Relays and were somewhat upset over the late starting time of many of the events should be advised that the meet director was blameless. It seems the AAU was at fault for the delay. Beginning this year, the AAU is charging \$250.00 per meet for the use of its officials, instead of their prior no-charge policy. Apparently, in an effort to have a big payday, the AAU split its officiating crew three ways to cover the USC meet, the UCLA meet, and the LB Relays. The result was that the relays had only about one-third the officials necessary to run things. So how was the meet able to go on at all?? You guessed it; the coaches ended up having to officiate it.

#### March 17

Classic SoCal weather greeted tracksters this weekend as everybody appeared to be in full gear. In prep action, the big news was West Covina High and its super hurdler David Ashford, who

the meet at the Bruin Relays for his 10.39 effort in the 100. It seems that this meet was questionably named as all the events contested were strictly from a dual meet event schedule.

At USC, the Trojans said farewell to their new facility for the season as they entertained San Jose State, the national team of Japan and a number of club athletes. The highlight of this meet was Troy's James Sanford running a 10.48-20.43 sprint double into a very stiff wind. In addition, Bill Mullins didn't appear to be affected by the controversy surrounding his academics, as he sliced through the wind to the tune of 45.3.

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All teams not previously mentioned this week were probably at the Northridge Relays. Highlights here were Cal State Long Beach dominating the sprint relays while the 49ers Steve Smith just missed joining the elite 60 foot club with a shot put of 59-9½. Over at the high jump pit, Azusa Pacific's Gary Wise indicated he may be of more help to A-P at the nationals than in just the decathlon as he notched a PR at 7-0. In the two mile relay, Glendale CC came through with another excellent early season time of 7:33.4 while taking the measure of a strong open field.

This was a very well-run meet and the excellent all-weather running track, along with quality field facilities, made for some very good marks. The only complaints I have are with the facilities for spectators. The small set of bleachers located at the finish line is woefully inadequate. It made me cringe to watch two elderly ladies spend about five minutes trying to make it up a dirt pathway through a swarm of bees to the top of the hill so they could be seated on the weed-infested hillside. In addition, the restroom facilities for the 2000 or so spectators consisted of two construction-site type portable toilets--one for men and one for women. The

competing for WLA, he was required to get an A.A. degree before he could compete for Troy. Getting an A.A. degree in only 3 semesters is no easy job, however many football players who are in Bill's situation and want to play spring ball at a four-year school in their fourth college semester, must also get an A.A. in 3. In Bill's case, he took 28 units in that third semester at four different community colleges to get his A.A. The reason for taking the courses at four different colleges was that no one college would allow a student to take 28 units. That schedule is shown below.

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9 a.m.	Chemistry 22 Pasadena	Chemistry 22 Pasadena	Chemistry 22 Pasadena	Chemistry 22 Pasadena	Chemistry 22 Pasadena
10 a.m.	Literature 1B Rio Hondo	Handball Rio Hondo	Literature 1B Rio Hondo	Handball Rio Hondo	Literature 1B Rio Hondo
11 a.m.		Volleyball Rio Hondo		Volleyball Rio Hondo	
Noon	Health Education Rio Hondo		Health Education Rio Hondo		
1 p.m.	P.E. (Track) West L.A.		P.E. (Track) West L.A.		P.E. (Track) West L.A.
2 p.m.	P.E. (x-c) West L.A.	P.E. (x-c) West L.A.	P.E. (x-c) West L.A.	P.E. (x-c) West L.A.	P.E. (x-c) West L.A.

The above schedule also included a 6:30 a.m. TV course in nutrition and cooking on Monday, Wednesday and Friday; an Earth Science TV course at 7:30 a.m. on Saturday; a sociology class from 7-10 p.m. on Tuesdays at West L.A.; and a safety education class from 6-8 p.m. on Thursdays at Rio Hondo.

Allegations regarding the above schedule which were mentioned by L.A. Times reporters George Reasons and Jerry Cohen, who have been handling the Mullins story, include the following:

1) That Mullins could not have attended back to back classes at both Rio Hondo and Pasadena located some 20 miles apart.

2) That the chemistry instructor at PCC changed the grade for that class from a withdrawal to a "D" after the semester was over at the urging of two PCC football coaches.

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Up at Santa Barbara, the action started Thursday where cross-town rivals Santa Barbara High and Dos Pueblos met in the State's top dual meet of the day, which went to establish the supremacy of the rugged channel league. This meet showcased three of the State's top distance runners in the persons of SB's Eric Sappenfield and Barasa Thomas and DP's El Calloway. Eric pulled a fantastic 880-M-2M triple, however Ed edged out Barasa for second in both the mile and 2



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mile. This, along with DP's dominance of the sprints, gave them a close but decisive victory.

Friday, over at UCSB, the mighty Oregon Ducks flew South for a day to take on some of SoCal's finest at the UCSB Invitational. Judging from some of the marks left by Coach Bill Dellinger's crew--Mack 3:49, Chapa 29:39, Abbott 7-2, Stover 64-8, and Lorentzen 273-10, I am sure they made quite an impression on the locals.

Saturday over at SBCC, the Santa Barbara relays took place with a number of fine high schools and community colleges in action the CC's stole most of the show as relay teams from Compton and Mt. SAC put on some photo finishes while taking the measure of each other, as well as the rest of the field. In the field events, Glendale shot putter, Joe Staub, and Bakersfield discus thrower, Jay Kovar, each gave the crowd a demonstration of what they do best with marks of 60-3/4 and 168-4 respectively.

While up in Santa Barbara, I would like to give some belated congratulations to UCSB freshman, Dan Caprioglio, and SBHS star Eric Sappenfield, who along with UCLA's Farron Field led the USA Junior X-C Team to a second place finish in the World Junior X-C Championships in Italy. In fact, five of the six team members were from California, which bears out what I've been telling people for a long time--that California not Oregon is the cross country capital of the world.

If some information I got up SBCC is correct, then some belated condolences may be in order for Mt. SAC. It seems that the Mt. SAC-Grossmont dual meet, which decided the rugged South Coast Conference dual meet title, went down to the mile relay where powerful SAC was considered a cinch winner. However, the Mounties were apparently still in the Christmas spirit as they false-started and handed the meet to the Griffens. The Mt. SAC coach, according to a rumor, had to be sedated after that one.

Further South in a featured dual, San

they topped a rugged college division mile relay field with a time of 3:10.7

To get to what was the big meet of the day, let's analyze the important events of the Long Beach CC-Pasadena CC meet held on a cold, windy, rainy day on PCC's cinder track.

1-Shot Put: The Lancers Henry Scarborough gave the home team a big thrill with a PR of 56-3, but the Vikes Vince Brown came right back with a PR of 56-6. And that's how it ended.

2-400 Relay: Long Beach took a short lead on the first leg and held it to win in 40.7 with the Lancers right behind in 40.9.

3-1500: LB's Carmelo Rios took the lead but ran a slow third lap which caused him to get kicked down by PCC's Rick Maples and Rick Barbosa in a blanket finish which was considered a mild upset in 3:57.

4-High Hurdles: The Lancer's Archie Carter got tangled up with a hurdle half-way down which allowed Darrel Davis and Stan Longino of LB to finish 1-2 in 14:3.

5-400: A big upset here as Ramon Grubbs of PCC, who was just declared eligible, took an early lead over LB's Sam Ceasar, who had already gone 46-9 this year and held it to the tape in 47.7.

6-100: PCC superstar Adrian Jones turned on the afterburners half-way through this one and came home a two-yard winner over LB's Virgil Torrance and Leon Reed with all three given a time of 10.4, although most watches in the stands had Jones in 10.3.

7-800: A slow pace played right into the hands of LB's Cary Hardwick, a renowned kicker who zipper home in 1:56.

8-400IH: LB's Ken Fisk and Darrel Davis cruised home in 51.9 leaving PCC's Oscar Moore in their dust. Between them, these two teams have seven athletes who can run in the 51's in this event.

9-200: Adrian Jones false-started here and the meet was history as Reed and Torrance cruised home easily.

10-Triple Jump: With PCC going 1-2 here, the Vikes Mark Robbins PRed by better than 3 feet on his last jump to win in 51-3.

The rain washed out the mile relay.

# PROFILE ON:



## THE BARNETT BROTHERS

**MIKE BARNETT:** Azusa Pacific College freshman. Age 18. 6-1 tall, 195 pounds. Born May 21, 1961 in Montebello, California.

**DOUGLAS BARNETT:** Azusa Pacific College sophomore. Age 19. 6-4 tall, 245 pounds. Born April 12, 1960, in Montebello, California.



who along with UCLA's Patton led the USA Junior X-C Team to a second place finish in the World Junior X-C Championships in Italy. In fact, five of the six team members were from California, which bears out what I've been telling people for a long time—that California not Oregon is the cross country capital of the world.

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Further South in a featured dual, San Diego State crushed Arizona 95-58 as the SDS sprint crew swept Arizona and former California prep star, Raymond Threatt, in both the 100 and 200. The big news at this meet, however was Konchellah of Kenya, competing for Mission Viejo High School, who was allowed to compete in the 400 and proceeded to destroy the dual meet field in 45.75, which is the third fastest high school time ever. It should only be a matter of time before USC grabs him.

At the Alemany High School Relays, it was for a girl to overshadow the boys, as Vickie Cook, of host Alemany, came from behind with some sizzling relay anchor legs to lead her team to victory.

Up North, at the Martin Luther King Games, Maricio Bardales continued to come up with good performances as he topped the field with a 7,768 total. Azusa Pacific's Gary Wise led this one until he no-heighted in the pole vault and dropped out. Other big marks here were Meg Ritchie of Arizona via England going 210-11 in the discus; Ray Wicksell going 3:59.7 in the mile; USC's 880 relay team going 1:21.8; and Jan Merrill setting a new American record in the 5000 of 15:30.6. It would also appear that San Jose City College is not ready to concede anything to LBCC as

turned on the discus and ran through this one and came home a two-yard winner over LB's Virgil Torrance and Leon Reed with all three given a time of 10.4, although most watches in the stands had Jones in 10.3.

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9-200: Adrian Jones false-started here and the meet was history as Reed and Torrance cruised home easily.

10-Triple Jump: With PCC going 1-2 here, the Vikes Mark Robbins PRed by better than 3 feet on his last jump to win in 51-3.

The rain washed out the mile relay, but by then the meet was long over. In addition to events commented on, the Vikes have a 7-0/6-10/6-8 high jump trio, a 16-1/15-6/15-6 vault trio, and a 200 foot plus discus thrower. On top of that, a large group of top athletes, including Devon Lewis (21:0-46:9) sat this one out. I doped this one 92-53 LB (which I showed PCC Coach Ralph Turner before the meet) and it came out 91½-48½, so I figure I have a pretty good handle on the LBCC team. And right now this team is at least 30 points better at the State Meet than they were last year.

100— Jones (P) 10.4, Reed (L), Torrance (L) 200— Reed (L) 21.7, Torrance (L), Liddell (P), 400— Grubbs (P) 47.7, Caesar (L), Holloway (L), 800— Hoidwick (L), 1:56.2, Porter (P), Harris (L) 1500— Maple (P), 3:57.1, Barbosa (P), Riso (L) 5000— Riso (L), 15:32.4, Maple (P), Lawber (L), 110HH— Davis (L), 14.4, Longino (L), Winberly (P), 440 relay— Long Beach, 40.71, Javelin— Ca-vander (P) 204-0, Harris (L), Harris (L), SP— Brown (L), 56-5, Scarborough (L), Williams (L), PV— Tully (L) 16-1, Summers (L), Hill (L), Discus— Robin-son (L) 157-1, LJ— Vadnol (P) 23.9, Crosby (P), Arnwine (L), HJ— Baker (L), 6-8, Arnwine (L), tie Stanton (L) and Crockett (P) TJ— Robbins (P) 51-3¼, Jones (P), Grubbs (P)

Long Beach (70) at PCC (35)  
Girls

100— Marshall (L) 12, Jones (L), Ni-xon (P) 200— Easily (P) 30.5, Nixon (P) 400— Brothers (P) 1:04, Jones (P), Cooley (L), 800— Gilpin (L) 2:24.9, Benedict (P), Spongette (L), 1500— Gilpin (L) 5:05.8, Benedict (P), Palmer (P) 3000— Palmer (P) 11:52, Bonnell (L), 440 relay— Long Beach 49.1, HJ— Gilpin (L), 4-3, Dauen (L), Javelin— Spongette (L) 80-7¼, Bonnell (L), Thomas (L), Dis-cus— Jones (P) 72-10, Bonnell (L), SP— Dean (L) 27-2, Cooley (L), Jones (P), LJ— Dean (L) 16-1¼.



# THE BARNETT BROTHERS

**MIKE BARNETT:** Azusa Pacific College freshman. Age 18. 6-1 tall, 195 pounds. Born May 21, 1961 in Montebello, California. Also competed for Edgewood High School.

**Best Marks:** Javelin 235-9 (80); Pole Vault 14-1 (79). Coached by Terry Franson.

Azusa Pacific College has been blessed with two outstanding weightmen in Doug and Mike Barnett. Sophomore Doug has already hurled the hammer 188-4 and freshman Mike in his first ever javelin competition threw the spear 235-9.

Older brother Doug is 19 years old and stands 6 feet 4 inches tall, weighing 245 pounds. Last year as a freshman Doug gained All-American status, placing 6th in the NAIA championship meet with a throw of 168-0. Doug also puts the shot. His best work this year is 52-9. Doug is a fine footballer also, having earned first team All District as a defensive tackle this past season.

Younger brother Mike was a 14-1 pole vaulter in high school who gained 40 pounds over the summer and decided to add the javelin to a list of track and field events that give evidence of a fine decathlete. Mike not only has thrown the javelin 235-9 this year but he has also vaulted 13-6 - not bad for a 6 foot 200 pound frosh.

Both young men train very hard. Doug throws both hammer and shot 5 to 6 sessions a week as well as being

**DOUGLAS BARNETT:** Azusa Pacific College sophomore. Age 19. 6-4 tall, 245 pounds. Born April 12, 1960, in Montebello, California.

**Best Marks:** Hammer 188-4 (80); Shot Put 50-5 (80). Coached by Terry Franson.

involved in a comprehensive weight training program involving heavy lifting sessions three times a week. Doug's lifts are power clean 325, bench press 320, dead lift 500, and squat 400 pounds. Doug's immediate goals are winning the NAIA national title and qualifying for the Olympic team. Eighteen year old Mike throws hard two times a week with the javelin. He also lifts weights three times weekly. Mike would like to improve on this early season mark and place high in the NAIA nationals.

Doug and Mike are excellent examples of the type of athletes in the Azusa Pacific athletic program. Weight coach Terry Franson states, "These young men are committed to excellence in athletics with the goal of representing their Saviour Jesus Christ."

Azusa Pacific College is a friendly, non-denominational, evangelical, Christian college with a liberal arts emphasis. The school is located in Azusa, about 10 miles east of Pasadena. Azusa scored 32 points in the national meet last year and all of the point getters are back.



## APRIL

**APR 10-12: Bakersfield CC Relays.** Memorial Stadium.

**APR 11-12: Bruce Jenner Classic.** San Jose City College Stadium.

**APR 12: Arcadia High School Invitational.**  
**APR 12: George Allen 5 & 10 Kilo Runs.** Palos Verdes, 8:30 am. March of Dimes, 1111 So. Central Ave., Glendale 91204. (213) 956-8565.

**APR 12: Women's Woodward Park Run.** Fresno, 1.4 & 3.0 miles. Ron Gates, 3220 E. Huntington Blvd., Fresno 93702. (209) 237-3572.

**APR 12: Natural Light Half Marathon.** San Diego. Laurie Kohler, One Memorial Dr., St. Louis, MO 63102.

**APR 12: Clearlake Marathon & 20 Kilo.** Lakeport, 8 am. Entries must be postmarked by April 5. Marathon, 875 Lakeport Blvd., Lakeport 95453.

**APR 12: UC Riverside Invitational.** Chris Rinne, Athletic Dept., University of California 92521.

**APR 12: Vietnam Veterans 15KM.** De-Anza Cove, San Diego, 8 am. John Muir (714) 292-7243.

**APR 13: Chevy-TV 10 KM.** Del Mar Fairgrounds, San Diego. Tom LaPuzza (714) 271-7033.

**APR 13: Apple Juice Run.** 6.2 miles, Sebastopol, 10 am. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 823-3032.

**APR 13: Richmond-San Rafael Bridge Run** 6.4 miles, 8 am. Greg Dabel, 1276 A St., Hayward 94541. (415) 886-3113.

**APR 13: Herc-Dynamite Run.** 4 miles, Hercules School, 10 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

**APR 13: Run for Funds.** 4 miles, Carmel-by-the-Sea, 8 am. Run for Funds, 15 Ring Lane, Carmel Valley 93924.

**APR 13: Santa Anita Spring Classic.** 5 & 10 kilo. Santa Anita, 8 am. Dennis Caldwell, 1525 Mesa Verde Dr., Costa Mesa 92626.

**APR 13: Santa Monica 10 Kilo.** 9 am. Santa Monica Parks and Recreation Dept., 1685 Main Street, Santa Monica 90401. (213) 393-0462.

**APR 13: Glendale Distance Classic.** 5 & 10 Kilo, 7 am. John Sporleder, c/o Glendale Guidance Clinic, 417 Arden Ave., Glendale 91203. (213) 244-7257.

**APR 13: Run For Those Who Can't.** Puente Hills Mall, 8 am. Margaret Fleming, ASPD, Puente Hills Mall, 449 Puente Hills Mall, City of Industry 91748. (213) 965-5875.

**APR 13: Kaweah River Valley Run.** Three Rivers, 8 miles. David Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.

**APR 13: American River 50-Miler.** Auburn to Sacramento, 7 am. Enter by April 1. Joe Sloan, 12657 Highland Dr., Auburn

**APR 19: Mt. SAC Relays Marathon.** Also ½ marathon. Walnut-Pomona, 7 am. Douglas E. Hamilton, 691 Wellesley Dr., Claremont 91711. SASE.

**APR 19: CRE Prediction Run.** 5 kilo, Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

**APR 19-20: Knott's Berry Farm Clinic and 10 Kilo Run.** Buena Park. Jake McKinney, Knott's Berry Farm, Public Relations Dept., 8039 Beach Blvd., Buena Park 90620. (714) 630-8545.

**APR 20: Diet Pepsi 10 Kilo Run.** Lake Yosemite Park, Merced, 9 am. Diet Pepsi, P.O. Box 2068, Merced 95340. (209) 722-4131.

**APR 20: Optimist Club of Encino 10 Kilo.** Rand Pinsky, 15760 Ventura Blvd., Encino 91436. (213) 986-5414.

**APR 20: River Relays.** Lompoc. J. Perkins, 3304 Via Dona, Lompoc 93426.

**APR 20: Moorpark Scramble.** 5 & 10 kilo, Moorpark College, 8 am. Norm Chung, 280 Casey Rd., Moorpark 93021. (805) 529-1124.

**APR 20: Fleischmann's Margarine 15 Kilo Race.** Golden Gate Park, San Francisco, 10 am. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

**APR 20: Run for Daylight.** 10 Kilo, Lafayette, 10 am. Marian Lemke, 1341 East Newell Ave., Walnut Creek 94596. (415) 934-7640.

**APR 20: Santa Clara Valley Spring Ridge Run.** 6 & 10 miles, 1 pm. Ron Lundrum, 1201 Huntington Dr., San Jose 95129. (408) 252-0100.

**APR 20: A Run for Your Life.** 3 miles & 10 Kilo, San Marin High School, 10 am. Lee Strauss, 712 5th St., San Rafael 94901. (415) 454-1550.

**APR 21: Boston Marathon.** Hopkinton, Mass., noon. Entries must be received by March 10. Will Cloney, BAA Marathon, Box 223, Boston, MA 02199.

**APR 26: San Jose National Invitational.** San Jose State University.

**APR 27: Mt. Diablo Disturbance Handicap.** 6.6 miles, Mt. Diablo State Park, 9 am. April 10 entry deadline. Jack Kirk, Star Route, Mariposa 95338.

**APR 27: American Canyon Cross Country Festival.** 2 & 7 miles, Napa, 9 am. Robert Glowiente, 609 Kilpatrick, American Canyon 94590. (707) 552-6692.

**APR 27: Long Beach Invitational.** Cal State Long Beach, Cliff Abel, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

**APR 27: Gamma Phi Beta 10 Kilo.** Rosebowl, Pasadena, 9 am. Mrs. Martha Brown, 850 Cumberland Road, Glendale.

**APR 27: St. Johns Hospital & Health Center 10 Kilo.** Marina Del Rey, 8 am. Dr. Peter Gall, Attn: Community Affairs, St. John's Hospital and Health Center, 1328 22nd Street, Santa Monica 90404.

**APR 27: SPA 50 Kilo Championship.** Los Posas Hills, 6:15 am. 31.1 miles. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**APR 27: Santa Rose Valley 16 Mile Run.** Los Posas Hills, 6:15 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**APR 27: Lupine Poppy Run.** 10 Kilo, 10:00 am in Old Jolon. Sue Watson, 216 Grove Place, King City 93930. Dave Chiaramonte (805) 472-2463.

**APR 30: Wednesday Evening in the Park 5 Miler.** Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

## MAY

**MAY 2: NorCal Women's Collegiate Invitational.** UC Berkeley. Vern Gam-

## SCHEDULE

Please send scheduling information directly to **California Track News** at P.O. Box 6103, Fresno, CA 93703.

Schedule is subject to change; please verify date with meet directors before traveling to an event. Keep in mind that some events require advance entries. It is a good idea to include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

**MAY 4: Browns Valley Runs.** 2, 4.25 and 8 miles. Napa, 9:30 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

**MAY 4: Devil Mountain Road Run.** 6.2 miles, Danville, 10 am. Nancy Lewis, P.O. Box 727, Alamo 94507. (415) 837-8030.

**MAY 4: Inaugural 10 Kilo.** Hollywood Park. Media Dept., Hollywood Park, P.O. Box 369, Inglewood 90306.

**MAY 4: Love Run.** 10 Kilo. Woodward Park, Fresno. Todd Levy, Muscular Dystrophy Association, 1347 N. Wishon, Fresno 93728. (209) 486-3420.

**MAY 4: Rotary River Run.** 3 & 6 miles. Firebaugh, 10 am. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

**MAY 5-6: Southern Calif. J.C. Decathlon.** Mt. San Antonio College, 10 am. Don Ruh, Athletic Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

**MAY 6: Wednesday Evening in the Park 6 Miler.** Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

**MAY 9: Stanford Women's Classic.** Women's Track Coach, Stanford University, Stanford 94305.

**MAY 9-10: WAC Conference Championship.** San Diego State University. Dick Hill, Track Coach, San Diego State, San Diego 92182.

**MAY 9-10: West Coast Relays.** Fresno. Dutch Warmerdam, Track Coach, Fresno State University, Fresno 93740.

**MAY 9-10: NAIA District III Championships.** Biola College. Colin McDougal, Track Coach, Biola College, 13800 Biola Ave., La Mirada 90639.

**MAY 10: Chula Vista Kiwanis 10KM.** Rohr Park. Harry Roberts (714) 277-4480.

**MAY 10: RRC Backwards Running Postal Championships.** Complete one mile on the track on May 10. Send results to Bill Fiedberg, 12925 Foothill Ave., San Martin

**MAY 11: Mothers Day Run.** O'Neil Park, Fresno State University. Kathy Hardman, P.O. Box 539, Clovis 93612. (209) 299-8592.

**MAY 11: The Great Berkeley Mother's Day Race.** 5 & 15 Kilo. No other information available.

**MAY 11: Redwood City's 10 Kilo Run.** Mike Porter, 2013 Broadway, Redwood City 94063. (415) 367-8151.

**MAY 11: Stanford Symposium & Fitness Run.** 2 miles, 10 kilo and 7.8 miles. Jack Martin, 586 Lagunita Dr., Stanford 94305. (415) 321-2320.

**MAY 11: UCLA Pepsi Invitational.** Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 652-4304.

**MAY 11: Senior Olympics Marathon.** Irvine.

**MAY 14: Wednesday Evening in the Park 7 Miler.** Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

**MAY 16-17: PCAA Conference Championships.** UC Irvine. Track Coach, University of California, Crawford Hall, Irvine 92717.

**MAY 16-17: CCAA Conference Championships.** Cal Poly San Luis Obispo. Steve Miller, Track Coach, Cal Poly University, San Luis Obispo 93407.

**MAY 17: California Relays.** Modesto. Tom Moore, P.O. Box 152, Modesto 95353.

**MAY 17: Olympic Development Pentathlon.** Women. Jim Hume, 1391 Broadway #4, Millbrae 94030. (415) 873-9519.

**MAY 17-18: SPA Track & Field Championships.** UCLA. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

**MAY 17: CRE Prediction Fun Run.** Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

**MAY 17: Run to Fight Diabetes 10 Kilo.** Wm. Mason Park, Irvine, 8 am. American Diabetes Assn. (714) 634-4912.

**MAY 17: Striders Masters Relays.** Cal Poly, Pomona. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-6352.

**MAY 17: Synanon Mountain Run.** Badger, 10 Kilo. Michele Gauthier, Box 139, Badger 93603.

**MAY 17: Bayonet 7.** Fort Ord. Dick Strombres, Hqs. Bn., HQ CMD, Fort Ord 93941.

**MAY 17: San Juan Capistrano 10 Kilo.** Donna Adam, 32506 Paseo Adelanto, San Juan Capistrano 92675. (714) 493-1171.

**MAY 17: High Sierra Pie Run.** 15 Kilo. Clovis West High School, 6:30 am. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820.

**MAY 17: Armed Forces Benefit Run.** 2 & 4 miles. Roeding Park, Fresno, 6:30 am. Janie Rodriguez c/o C.V.R.C., 4747 N. First, Suite 195-C, Fresno 93726. (209) 225-4500.

**MAY 17: Western Days 10KM.** Valley Center, 8 am. Valley Center Optimist Club, P.O. Box 556, Valley Center 92082. (714) 749-0905.



2192 Owens Court, (415) 758-1023.

**APR 13: Run for Funds.** 4 miles, Carmel-by-the-Sea, 8 am. Run for Funds, 15 Ring Lane, Carmel Valley 93924.

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**APR 13: American River 50-Miler.** Auburn to Sacramento, 7 am. Enter by April 1. Joe Sloan, 12657 Highland Dr., Auburn 95603.

**APR 13: SPA All Corners/Pentathlon Champs.** Women. Cal State Northridge, 10 am. Rich Ede, 1424 Lyndale Dr., Claremont 91711. (714) 624-1484.

**APR 13: Boothe Park Ribbon Runs.** Boothe State Park (Napa Valley), 10 am. 2 & 5.8 mile. Silverado TC, 1267 Walnut C66, Napa 94558.

**APR 17-20: Mt. SAC Relays.** Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 North Grand, Walnut 91789.

**APR 19: West Valley Masters Track Meet and Mountain Charles Great Chase.** Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

**APR 19: Tierrasanta Kiwanis 10,000 Meter Spring Run.** San Diego area. Race Director. 5555 Tortuga Ct., San Diego 92124.

**APR 19: Tony To The Trials Run.** 10 Kilo. Ron Koch, Athletic World, 711 E. Shaw, Ste. 109, Clovis 93612. (209) 298-3969.

**APR 19: Magical Musical Marathon & Half Marathon.** Sacramento, 7 am. Elizabeth Jensen, 2408 J St., Sacramento 95816. (916) 442-7223.

**APR 19: Lake Merritt Couple's Relay & Fun Run.** 10 Kilo, 9 am. John Notch, 230 Marlow Dr., Oakland 94605.

**APR 19: Livermore 8.56 Mile Run.** 10 am. Nick Winter, 40453 Dolceta Ave., Fremont 94538. (415) 422-6215.

**APR 19: Woody Wilson Relays.** UC Davis. John Pappa, Athletic Dept., University of California, Davis 95616.

**APR 19: Saddleback Valley 10 Kilo.** 8:30 am. Debbie Babish, Recreation Coordinator, Saddleback Valley School District, 19631 Diseno Dr., Mission Viejo 92691. (714) 768-0981.

**APR 20: Optimist Club of Encino 10 Kilo.** Rand Pinsky, 15760 Ventura Blvd., Encino 91436. (213) 986-5414.

**APR 20: River Relays.** Lompoc. J. Perkins, 3304 Via Dona, Lompoc 93426.

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**APR 21: Boston Marathon.** Hopkinton, Mass., noon. Entries must be received by March 10. Will Cloney, BAA Marathon, Box 223, Boston, MA 02199.

**BOSTON MARATHON TOUR PACKAGE**  
For group rates and discounts on trip to Boston Marathon, contact Jack Leydig, P.O. Box 1551, San Mateo 94401.

**APR 25: SWOS 5 Mile Race.** Naval Amphibious Base, Coronado, 4:30 pm. Lt. Kikuta (714) 437-2846.

**APR 26: SCAA Conference Women's Collegiate Championships.** Cal Poly Pomona. Women's Track Coach, Cal Poly, 3801 W. Temple, Pomona 91768.

**APR 26: Head Start 10 Kilo Run.** San Diego area. Barbara Feilding (714) 233-4032.

**APR 26: Olympic Development Pentathlon.** Santa Barbara. Sam Adams, Athletic Dept., University of California, Santa Barbara 93017. (805) 961-2133.

**APR 26: SCAA Women's Collegiate Conference Championships.** Cal Poly Pomona. Women's Track Coach, Cal Poly Pomona, 3801 W. Temple Ave., Pomona 91768.

**APR 26: Visalia Spring Run.** 5 & 10 kilo. Visalia Runners, 1527 Vassar Dr., Visalia 93277. (209) 733-1655.

**APR 26: Scats Olympic Fund Run.** 10 kilo, Huntington Beach, 9 am. Steve Russell, 5822 Research Dr., Huntington Beach 92649. (714) 897-7750.

**APR 26: Conejo Valley Days.** 10 kilo, 8 am. Kathy Bauwens, 668 Los Vientos Dr., Newbury Park 91320.

**APR 26: Race for Kennedy Presidency 10 Kilo.** Balboa Park, San Diego, 7 am. Vicki Roberts (714) 755-8666.

**APR 26: Y-ild Run Half Marathon & 3 Mile Fun Run.** San Diego Wild Animal Park. Palomar YMCA (714) 745-7490.

**APR 27: St. Johns Hospital & Health Center 10 Kilo.** Marina Del Rey, 8 am. Dr. Peter Gall, Attn: Community Affairs, St. John's Hospital and Health Center, 1328 22nd Street, Santa Monica 90404.

**APR 27: SPA 50 Kilo Championship.** Los Posas Hills, 6:15 am. 31.1 miles. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

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**APR 30: Wednesday Evening in the Park 5 Miler.** Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

## MAY

**MAY 2: NorCal Women's Collegiate Invitational.** UC Berkeley. Vern Gambetta, Women's Athletic Dept., University of California, Berkeley 94720.

**MAY 3: Golden State Masters Meet.** Porterville. Allen Nelson, Track Coach, Porterville College, 900 S. Main, Porterville 93257.

**MAY 3: Northridge Invitational.** Men. Bill Webb, Track Coach, California State University, 18111 Nordhoff, Northridge 91330.

**MAY 3: Earthquake Runs.** 1 mile and 10 Kilo. Hollister, 9 am. P.O. Box 337, Hollister 95023.

**MAY 3: Southwest Women's Collegiate Invitational.** UC Irvine. Jackie Grayboles, U.C. Irvine, Irvine 92717. (714) 833-6342.

**MAY 3: Fountain Valley 5 & 10 Kilo Runs.** 9 am. Chris Rochlen, 17427 Santa Isabel St., Fountain Valley 92708. (714) 842-2607.

**MAY 3: 20 Kilo Walk Championship.** Westlake Village, 9 am. Howard Hamburg, 5245 Ambridge Dr., Agoura 91301.

**MAY 4: 50 Mile Road Relay.** Oceanside Pier. Bill Johnson (714) 433-1233.

**MAY 4: El Cajon 20 Kilo.** Kathy Keller, 2589 Dryden Road, El Cajon 92020. (714) 462-3333.

**MAY 4: Reedley 10 Miler.** David Bronzan, 1173 W. Eymann, Reedley 93654.

**MAY 4: Long Beach 10 K.** Cal State Long Beach, 9 am. 10-K, R17 Track Office, Long Beach State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAY 4: Avenue of the Giants Marathon.** Entries accepted in order of postmark date, beginning February 1, 1980...2,000 maximum. Marathon, P.O. Box 214, Arcata 95521.

**MAY 5: Southern Calif. J.C. Decathlon.** Mt. San Antonio College, 10 am. Don Ruh, Athletic Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

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**MAY 10: RRC Backwards Running Postal Championships.** Complete one mile on the track on May 10. Send results to Bill Flodberg, 12925 Foothill Ave., San Martin 95046.

**MAY 10: Golden Gate Conference Women's Collegiate Championships.** Humboldt State. Women's Track Coach, Humboldt State University, Arcata 95521.

**MAY 10: Southern California Cheetah Invitational.** Women. Mt. San Antonio College. Richard Lewis, 1440 Douglas Dr., Pomona 92717. (714) 622-5470.

**MAY 10: Grandfather Games.** L.A. Valley College. George Ker, 8220 Langdon #36, Granada Hills 91344. (213) 785-3770.

**MAY 10: Golden State Women's 10 Kilo Run.** Toro Park, Salinas, 9 am. Mary Kay Lewis, 364 Main St., Salinas 93901.

**MAY 10: Guardsmen Angel Island Race.** 4.8 miles. The Guardsmen Office, 12 Geary St., San Francisco 94115. (415) 989-6403.

**MAY 10: Around the Bay in May 10 Mile Run.** Newport Beach, 8 am. Newport Beach Runners Association, 1162 Dorset Lane, Costa Mesa 92626.

**MAY 10: Avon Women's 30 Kilo Run.** Rose Bowl, 8 am. Laslo Tabori, Avon Running, 2940 E. Foothill, Pasadena 91121.

**MAY 10: Hart Park Handicap.** 6 miles, Bakersfield. Ted Oliver, 3012 Crest, Bakersfield 93306. (805) 872-3707.

**MAY 10: YMCA 2 Person 8 Mile Relay.** Reedley Park, Fresno, 9 am. Dave McGarry, Central Valley YMCA, 1408 N Street, Fresno 93721. (209) 233-5737.

**MAY 10: Woodlake Ledesma Memorial Run.** 4.3 miles. Jess K. Garcia, 350 N. Valencia, Woodlake 93286. (209) 564-3347.

**MAY 11: Hot to Trot Marathon.** Santee, 8 am. Phidippides, 3740 Sports Arena Blvd., San Diego 92110. (714) 222-7161.

**MAY 11: Armed Forces 10KM.** San Diego. Don Anderson (714) 233-3908.

**MAY 17: Run to Fight Diabetes 10 Kilo.** Wm. Mason Park, Irvine, 8 am. American Diabetes Assn. (714) 634-4912.

**MAY 17: Striders Masters Relays.** Cal Poly, Pomona. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-6352.

**MAY 17: Synanon Mountain Run.** Badger. 10 Kilo. Michele Gauthier, Box 139, Badger 93603.

**MAY 17: Bayonet 7.** Fort Ord. Dick Strombres, Hqs. Bn., HQ CMD, Fort Ord 93941.

**MAY 17: San Juan Capistrano 10 Kilo.** Donna Adam, 32506 Paseo Adelanto, San Juan Capistrano 92675. (714) 493-1171.

**MAY 17: High Sierra Pie Run.** 15 Kilo. Clovis West High School, 6:30 am. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820.

**MAY 17: Armed Forces Benefit Run.** 2 & 4 miles. Roeding Park, Fresno, 6:30 am. Janie Rodriguez c/o C.V.R.C., 4747 N. First, Suite 195-C, Fresno 93726. (209) 225-4500.

**MAY 17: Western Days 10KM.** Valley Center, 8 am. Valley Center Optimist Club, P.O. Box 556, Valley Center 92082. (714) 749-0905.

**MAY 17: YMCA Hang 10 - 10 Miles.** Balboa Park, San Diego, 7 am. Marv Anderson (714) 231-1000.

**MAY 18: Las Posas Hills 10 Mile Run.** Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**MAY 18: Big Brothers of Greater Los Angeles 10 Kilo.** Griffith Park, 8 am. John Miller, Big Brothers of L.A., 6404 Wilshire Blvd., Suite 1230, Los Angeles 90048. (213) 655-4880.

**MAY 18: Mission Fiesta 6.5 Mile Run.** Lompoc. John Perkins, 3304 Via Dona, Lompoc 93426.

**MAY 18: Joyeria Mexico 5 Mile Run.** Fresno Downtown Mall, 7 am. Joyeria Mexico, 1048 Fulton Mall, Fresno 93721.

**MAY 18: March of Dimes 1/2 Marathon & 5KM.** Salk Institute, La Jolla, 7:30 am. Laura McCreery (714) 284-1166.

**MAY 21: Wednesday Evening in the Park 8 Mile.** Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

**MAY 21-24: A.I.A.W. National Championships.** University of Oregon, Eugene. Tom Heinonen, Women's Athletics, University of Oregon, Eugene, OR 97403. (503) 686-3388.

**MAY 22-24: N.A.I.A. National Championships.** Abilene, Texas. Don Hood, Track Coach, Abilene Christian University, Station ACU. Box 8131, Abilene, TX 79601.

**MAY 23-24: PAC-10 Championships.** Seattle. Washington. Track Coach, University of Washington, Seattle, WA 98195.

**MAY 23: Northern California Community College Championships.** Pleasant Hill. Track Coach, Diablo Valley College, 321 Golf Club Road. Pleasant Hill 94523.



**MAY 24: Southern California Community College Championships.** Cerritos. Track Coach, Cerritos College, 11110 East Alondra Blvd., Norwalk 90650.

**MAY 24: Sunrise Relays.** 1.7 & 3.7 mile legs. Merritt College, Oakland, 9 am. Pete Shandra, 7849 Greenly Dr., Oakland 94605.

**MAY 24: National Qualifying Meet.** Long Beach State. Cliff Abel, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

**MAY 24: Marathon Olympic Trials.** Buffalo, New York. Rich Kendall, 1306 Statler Bldg., Buffalo, NY 14202.

**MAY 24: Qualifying Classic.** Fresno State. Dutch Warmerdam, Track Coach, California State University, Fresno 93740.

**MAY 24: California Classic 5 Mile.** Mooney Grove Park, Visalia, 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

**MAY 24: New Life 10KM.** El Monte Park, San Diego. Jim Buckingham (714) 225-6583.

**MAY 25: ORT 10KM.** Mission Bay, San Diego, 7 am. Harriet Brown (714) 442-8821.

**MAY 25: San Diego Cougar Womens Invitational.** San Diego State. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

**MAY 25: Indian Gulch to Hornitos.** 5 & 10 miles. Merced area. Frank Russell, P.O. Box 2462, Merced 95340. (209) 723-7276.

**MAY 25: Brentwood 10 Kilo Run.** Los Angeles, 9 am. Valerie Johnson, P.O. Box 49016, Los Angeles 90049.

**MAY 25: TRAC 10 Miler.** Moffett Industrial Park, Sunnyvale, 9 am. Trac Shac, 1238 Wolfe Road, Sunnyvale 94087. (408) 245-1381.

**MAY 25: Ass to Ass Run.** 13.2 miles. Santa Rosa, 8 am. Peter Shedler, 535 Summerfield Rd., Santa Rosa 95405. (707) 539-6322.

**MAY 26: Pacific Association Track & Field Championships.** Hayward State. Norm Guest, Track Coach, California State University, 25800 Hillary, Hayward 94542.

**MAY 26: Memorial Day Run.** Woodward Park, Fresno. Ron Gates, 3220 E. Huntington, Fresno 93702. (209) 237-3572.

**MAY 26: Pacific Sun Marathon & 10K Race.** College of Marin, Kentfield, 7:30 am. Lorna Cunkle, Pacific Sun Marathon, P.O. Box 553, Mill Valley 94941. (415) 383-4500.

**MAY 26-27: Southern California High School Decathlon.** Mt. San Antonio College. Don Ruh, Athletic Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

**MAY 28: Wednesday Evening in the Park 9 Miler.** Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

**MAY 29-31: N.C.A.A. Div. II Championships.** Mt. San Antonio College. Track Coach, 1100 N. Grand Ave., Walnut 91789.

## JUNE

**JUN 1: Compton Invitational.** Darnell Mitchell, 1111 E. Artesia, Compton 90221 (213) 635-8081.

**JUN 1: Brooks Invitational.** Berkeley. Ron Stanko, 601 Penn Square Center, 601 Penn St., Reading, PA 19601. (215) 376-2925.

**JUN 1: Sri Chinmoy Marathon.** Menlo-Atherton High School, 7:30 am. Sundari Michaelian, 1548 Ocean Ave., San Francisco 94112. (415) 334-7554.

**JUN 1: The Dipsea.** 7.1 miles, Mill Valley, 9:30 am. Mill Valley Jaycees, P.O. Box 30, Mill Valley 94941. Limited to 1200 runners.

**JUN 4: Wednesday Evening in the Park 10 Miler.** Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828

**JUN 5-7: N.C.A.A. Div. I National Championships.** Austin, Texas. Track Coach, University of Texas, Austin, TX 78712. (512) 471-5602.

**JUN 6-7: California State High School Championships.** Berkeley. William Russell, CIF Office, 470 S. Patterson, Santa Barbara 93103. (805) 964-4724.

**JUN 6-7: Community College State Decathlon Championships.** Ray Kring, Track Coach, Allan Hancock College, 800 South College Dr., Santa Maria 93454.

**JUN 7: CCA One Hour Run.** College of Sequoias, Visalia. David Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.

**JUN 7: SPA District Masters Championships.** Cal State Northridge. Tom Sturak, Box 1602, Santa Monica 90406. (213) 455-2397.

**JUN 7: Leatherneck Marathon.** El Toro, 7 am. Col. J.W. Black, M.C.A.S. El Toro, Building 443, Santa Ana 92709. (Pat) 559-3115.

**JUN 7: Malibu Park Jr. High 10K Run.** Pacific Coast Highway between Topanga & Malibu Civic Ctr., 8 am. Ted Comerford, 3620 Seahorn, Malibu 90265.

**JUN 7: Mirasson/Nike Grape Run.** 4 mile run through the vineyards, 10 am. Ron Wayne, Nike Sport Shoes, P.O. Box 2372, Alameda 94501. (415) 865-5984.

**JUN 7: San Geronimo Valley 10K Run.** Taylor State Park, Marin County, 10 am. Jacqueline Potts, P.O. Box 182, Lagunitas 94938. (415) 488-4500.

**JUN 7: Robert DeCelle Jr. Memorial Relay.** 72 miles around Lake Tahoe. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

**JUN 7: Pajaro Dunes Beach Run.** 10.07 miles. Manresa Beach State Park (near Watsonville), 10 am. Mark Steelman, 42 Trembley Ln., Watsonville 95076.

**JUN 8: Chihuahua Road Run.** Chihuahua Plant, 718 "F" St., Fresno, 8 am. 2 mile & 10K. Victor Salazar, 4387 N. Thorne Ave., Fresno 93704.

**JUN 8: Hidden Valley 12 Mile Portsmouth**

# Buena Park and Knott's BERRY FARM™ 10K Run with Ryun and Scott Sun., April 20th, 10am

Whether you run or just watch, your family will be able to join two of America's greatest milers, Jim Ryun and Steve Scott, in a joyful jog sponsored by the City of Buena Park. The run will take you through and around Knott's, the world's third largest amusement park.

**Entry/Admission Fee:**  
\$8.00 each advance registration (must be postmarked by April 11, 1980). \$10.00 each on day of race. Entry entitles runners and non-runners to a T-shirt & unlimited use of Knott's 135 rides, shows & adventures.

**Registration:**  
7-9:30 AM. At Knott's Parking lot—northwest corner of Stanton at Crescent Avenues. Run starts at 10 AM. SHARP!!  
**10K Information Hotline (9 AM to 5 PM)**  
1-714-630-8545 or 1-714-630-8807



Over 100 prizes in 9 age categories for men, 6 categories for women. Prizes include warm-up suits, rain suits, shoes, travel bags, shoulder bags, running shorts and singlets.

**Runners' Clinic**  
Sunday afternoon, seven of the West's leading experts on orthopedics, podiatry, conditioning and diet discuss their specialties. Also top runners—like Steve Scott, Jim Ryun and Francie Larrieu—and leading coaches will speak on the training and conditioning of runners.

**Saturday: Track and Field Seminar featuring World Class Athletes**  
On Saturday, April 19, exhibitions in shot put, hurdles, long jump, high jump, triple jump, pole vault, and sprints. Each taught by the top track stars who specialize in them.

## ADVANCE REGISTRATION FORM

10K Run with the Olympians Sunday, April 20th, 10 AM  
(After 10:00 pick-up packets at Knott's Main Gate)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Runner's age on day of event. Please check:

For more than one entrant, attach same information on separate sheet.  
Make checks payable to and mail to:  
Knott's Berry Farm  
10K  
8039 Beach Blvd., Buena Park, CA 90620

## WAIVER

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against Knott's Berry Farm, DJMC



Shac, 1238 Wolfe Road, Sunnyvale 94087. (408) 245-1381.

**MAY 25: Ass to Ass Run.** 13.2 miles. Santa Rosa, 8 am. Peter Shedler, 535 Summerfield Rd., Santa Rosa 95405. (707) 539-6322.

**MAY 26: Pacific Association Track & Field Championships.** Hayward State. Norm Guest, Track Coach, California State University, 25800 Hillary, Hayward 94542.

**MAY 26: Memorial Day Run.** Woodward Park, Fresno. Ron Gatos, 3220 E. Huntington, Fresno 93702. (209) 237-3572.

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**MAY 29-31: N.C.A.A. Div. II Championships.** Mt. San Antonio College. Track Coach, California State Poly Institute, Pomona 91768. (714) 598-4611.

**MAY 29-30: N.C.A.A. Div. III Championships.** Naperville, Illinois. Track Coach, North Central College, Naperville, IL 60540. (312) 420-3400.

**MAY 30: San Diego Section C.I.F. Championships.**

**MAY 30: So. Section C.I.F. Masters Championships.** Cerritos College. Dean Crowley, C.I.F. Office, P.O. Box 488, Artesia 90701. (213) 860-2414.

**MAY 30-31: TFA/USA National Open Championships.** Wichita, Kansas. Men and Women. Decathlon, Pentathlon, Marathon & Race Walk. TFA/USA, 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153.

**MAY 31: UCSD Women's Caucus 10KM.** UC San Diego Med School parking lot, 8 am. Barbara Long (714) 452-3711.

**MAY 31: Oakhurst Race.** Dave Hilts, Oakhurst Sporting Goods, (209) 683-7336.

**MAY 31: Los Angeles City C.I.F. Section Championships.** Jim Cheffers, P.O. Box 307, Los Angeles 90051. (213) 625-6441.

**MAY 31: Pacific Association Masters Championships.** Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

**MAY 31: California Community College State Championships.** San Jose. Steve Haas, Track Coach, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 298-2181.

**MAY 31: San Diego Classic.** San Diego State. Dick Hill, Track Coach, San Diego State University, San Diego 92182.

**JUN 7: Leatherneck Marathon.** El Toro, 7 am. Col. J.W. Black, M.C.A.S. El Toro, Building 443, Santa Ana 92709. (Pat) 559-3115.

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**JUN 8: Hidden Valley 12 Mile Portsmouth.** Newbury Park, 8:15 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**JUN 8: Round the Runway Footrace.** 3 miles & 7.6 miles. Moffett Field, Sunnyvale, 9:30 am. Athletic Director, Naval Air Station, Moffett Field 94035. (415) 966-5207.

**JUN 8: Moscow Road 10,000.** Monte Rio, 8:30 am. Bob Lawrence, P.O. Box 615, Occidental 95465. (707) 823-8338.

**JUN 8: Russian River Run.** Marathon, Half Marathon and fun run. Talmage, 2 miles east of Ukiah, 6:30 am. Ivan Rauch or Dori Vallone, 101 West Church St., Ukiah 95482. (707) 462-1954.

**JUN 8: Golden State Women's 10K.** Heather Farms, Walnut Creek, 9 am. Carol Young, 1250 Newell Ave., Walnut Creek 94596.

**JUN 8: Joggers 4 Mile Run.** Morro Rock, 1 pm.

**JUN 8: USA Jr. & Sr. Pentathlon Womens Championships.** Santa Barbara. Sam Adams, Athletic Dept., University of California, Santa Barbara 93017. (805) 961-3291.

**JUN 8: SPA Womens Olympic Development Meet.** University of Southern California. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

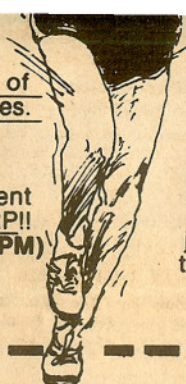
**JUN 12-15: USA Track & Field Championships.** Mt. San Antonio College, Walnut. Will Kern, Special Events, Los Angeles Times, Los Angeles 90053. (213) 972-5771

**JUN 14: Junior Olympics Qualifying Meet.** Los Gatos, 8 am. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

**JUN 14: Morgan Hill-Gilroy Dispatch races.** 3 & 15 Kilos. Las Animas Park in Gilroy, 8 am. Gilroy Dispatch, 7460 Monterey, Gilroy 95020.

(must be postmarked by April 11, 1980). \$10.00 each on day of race. Entry entitles runners and non-runners to a T-shirt & unlimited use of Knott's 135 rides, shows & adventures.

**Registration:**  
7-9:30 AM. At Knott's Parking lot—northwest corner of Stanton at Crescent Avenues. Run starts at 10 AM. **SHARPI!**  
**10K Information Hotline (9 AM to 5 PM)**  
**1-714-630-8545 or 1-714-630-8807**



discuss their specialties. Also top runners—like Steve Scott, Jim Ryun and Francie Larrieu—and leading coaches will speak on the training and conditioning of runners.

**Saturday: Track and Field Seminar featuring World Class Athletes**  
On Saturday, April 19, exhibitions in shot put, hurdles, long jump, high jump, triple jump, pole vault, and sprints. Each taught by the top track stars who specialize in them.

## ADVANCE REGISTRATION FORM

10K Run with the Olympians Sunday, April 20th, 10 AM  
(After 10:00 pick-up packets at Knott's Main Gate)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Runner's age on day of event. Please check:

Men:

14 & Under ( ) 15-18 ( ) 19-29 ( ) 30-34 ( ) 35-39 ( )  
40-44 ( ) 45-49 ( ) 50-59 ( ) 60 and over ( )

Women:

14 & Under ( ) 15-18 ( ) 19-29 ( ) 30-39 ( ) 40-49 ( )  
50 and over ( )

T-shirt sizes: XL, L, M, S, XS

Advanced Registration Fee: \$8.00 (must be postmarked by April 11, 1980) \$10.00 day of race

For more than one entrant, attach same information on separate sheet.

Make checks payable to and mail to:

Knott's Berry Farm  
10K  
8039 Beach Blvd., Buena Park, CA 90620

## WAIVER

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against Knott's Berry Farm, DJMC Advertising, and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

**JUN 15: Fathers Day Run.** Downtown, Fresno, 6:30 am. 6 miles. Bob Fries, 1501 E. Browning, Fresno 93710.

**JUN 15: Fathers Day 5 Kilo Run.** Crane Park, St. Helena, 9:30 am. Reg Harris, 1267 Walnut #C66, Napa 94558. (707) 255-8705.

**JUN 15: Holy City Race.** 9.08 miles, Holy City, 7:30 am. Jim Wurm, 695 Riverside Dr., San Jose 95125. (408) 294-7316.

**JUN 15: Woodminster Cross Country Run.** 15K. Joaquin Miller Park, Oakland. Gail Wetzork, 881 Cedar St., Alameda 94501. (415) 522-3724. Handicap race.

**JUN 15: 20th Century Fox Run.** 10K, Century City, 8 am. Vince Mahar, Century City Chamber of Commerce, 2020 Ave. of the Stars, Plaza Level, Los Angeles 90067. (213) 553-4062.

**JUN 16-17: USA Junior Championships.** University of Tennessee. Billy Maxwell, University of Tennessee, Athletic Dept., Knoxville, Tenn. 37916. (615) 974-3371.

**JUN 21: CRE Prediction Fun Run.** Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8496.

**JUN 21: Y to Y Benefit Run.** 2.1 & 5.3 miles. Pinole, 9:30 am. Kay Miller, P.O. Box 423, Pinole 94564. (415) 758-5114.

**JUN 21: California Backwards Running Championships.** Gilroy High School, 9 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.

**JUN 21: Racers 4 Mile Run.** Morro Rock, 11:30 am. Brian Waterbury, 234 Catalina, San Luis Obispo 93401.

**JUN 21-22: Western Regional Masters Championships.** Tentative. San Diego State University. Dick Straub, 7909 Blue Lake Dr., San Diego 92119. (714) 465-0223

**JUN 21-29: U.S. Team Trials.** Eugene Oregon. Bob Newland, 1177 Melvina Way. Eugene, OR 97402. (503) 342-5611.

**JUN 22: PA-AAU 15 Kilo Championships.** Bullis-Purissima School, Los Altos Hills, 9 am. Ellen and Bill Clark, 156 Marvin, Los Altos 94022. (415) 948-8029.

**JUN 22: Valley of the Flowers Marathon & Half Marathon.** Lompoc, 7:30 am. Valley of the Flowers Marathon, 100 Civic Center Plaza, Lompoc 93438.

**JUN 22: The Seabreeze Road Races.** 10K & 20K. Ventura, 8:00 am. Ken Schmidt, Team Inside Track, 101 W. Palm Dr., Oxnard 93030.

**JUN 23-JUL 24: Los Angeles Unified School District Summer All-Comers T&F Meets.** Mon. Gardena HS; Tues. Venice HS; Weds. Birmingham HS; Thurs. Bell HS. Carl Brenner, Youth Services Center, 450 N. Grand Ave., Rm G-323, Los Angeles 90012. (213) 625-6891.

**JUN 28: Parade Route 3 Mile Run.** Downtown Lompoc, 9:15 am. J. Perkins 3304 Via Dona, Lompoc 93426.

**JUN 29: Lake Tahoe Marathon.** Incline Village Community Center, 7 am. Lake Tahoe Track Club, P.O. Box 5983, Incline Village, Nevada 89450. (702) 831-1730.

**JUN 29: Cascade Run Off.** 15 Kilo. Portland, Oregon, 9 am. Cascade Run Off, 3500 First National Bank Tower, Portland, OR 97201.



# INDOOR Action

## California 1980 Indoor Ranking

Correspondent John Wenos has compiled these California indoor athlete rankings for 1980. A few observations from John: "I didn't include USC short-timer Joao Oliveira who, as far as I can tell, competed once each in the long jump and triple jump, then headed back to Brazil. Leaving him out is an arbitrary decision on my part, but I don't think you'd get much argument on that decision."

"The inclusion of Livers in the triple jump may also be open to question. I included him because of past ties to San Jose State, but I think we should consider whether or not he should continue to be counted as a Californian. He is a Pennsylvania native and now competes for the Philly Pioneers."

"We probably need some very clear-cut definition of 'Californian.' There are several others besides Livers who are 'borderline' — Boit, for example, is a Kenyan, competed collegiately in New Mexico and now lives in Oregon, but competes for a California club. At least its food for future thought."

### 50m, 55m, 60y, 60m

1. Houston McTear (Ali TC); 2. Eddie Hart (Bay Area Striders); 3. James Sanford (USC).

McTear wasn't unbeatable, but scored major victories at Ali, Examiner, Sunkist, Millrose and Olympic Invitational meets. Hart beat McTear at San Diego, finished 2nd at Sunkist to edge Sanford who won at Runners World in a limited campaign.

### 300m:

1. Lamonte King (AF Striders); 2.

head-to-head meetings (loss was in identical time at Ali meet). Poor races at Edmonton and Olympic Invitational put final KO on Robinson.

### 1000y, 1000m:

1. Mike Boit (AF Striders); 2. James Robinson (ICAC); 3. Mike White (California).

Boit continued 800 dominance at longer distance with wins at Oregon and Toronto. Robinson won fast LA Times race. Youngster White finished 2nd at AAU and behind Boit at Oregon Indoor.

### 1500m, mile:

1. Steve Scott (Sub-4 TC); 2. Steve Lacy (AF Striders); 3. Dan Aldridge (Cal Poly SLO, Sub-4).

Scott an obvious choice off his AR 3:53.0 at Sunkist and big win over Danny Paige at Brooks. Even "bad" race (if 3:59.3 can be called that) at San Diego doesn't really hurt. Lacy ran 3:55.6 at Sunkist in lone appearance of year, Aldridge's victory at Oregon puts him marginally ahead of Paul Cummings who ran often, but never as a winner.

### 3000m, 2 mile:

1. Steve Scott (Sub-4 TC); 2. Steve Lacy (AF Striders); 3. John Lawson (SMTTC).

Scott's AR 3,000 at Ali and respectable win at LA Times earns him the nod over Lacy's very fast 2nd behind Henry Rono in San Diego 2 mile. Lawson ran often, usually in good times, split in 2 meetings with SMTTC teammate Jerald Jones who didn't run nearly as often.

### 5000m:

1. Paul Cummings (PCC).

Cummings' 13:45.6 at Millrose only run of significance for California athletes.

### high hurdles:

1. Greg Foster (UCLA); 2. Lance Babb (Ali TC); 3. Dedy Cooper (BA Striders).

## JACK-IN-THE-BOX

by Richard Slotkin

February 22, 1980. San Diego, CA.  
Jack in the Box Invitational.

One lap to go. The entire crowd at the San Diego Sports Arena was on its feet. The noise was truly deafening. I haven't heard a racket like that since 1949 when the ex-LIU star Ozzie Schechtman made the layup with 1 second to go in the overtime, giving the Paterson (NJ) Crescents their first win over the Wilkes Barre (PA) Barrons. The 2500 folks in the Paterson Armory went bananas. Now, *that* was noise! But, after that incomparable performance, I'd have to give second place to the explosion in San Diego, when Henry Rono made a shambles of the 2 mile run. Going for a world record, Rono took the lead after a few laps, realizing that the pace was too slow and he'd have to do the job himself. As he opened his lead ever wider, it seemed that the crowd responded in kind,

several important 2nds - at AAU, San Diego, and Sunkist. Dan Ripley, Greg Woepse and Ralph Haynie also had good meets, but also several low placings to keep them out of top 3 rating spots.

### long jump:

1. Arnie Robinson (SDSGS); 2. Larry Doubley (USC/Maccabi); 3. Randy Williams (Maccabi).

Robinson compiled slightly better record overall, competed often, won Sunkist. Doubley narrowly edges Williams on basis of 8 1/2" margin at Sunkist.

picking up the volume as Rono stretched his lead. That was no bunch of lead-legs chasing him either. There was Steve Lacy, Alberto Salazar, Rod Dixon, Craig Masbach and Larry Lawson beefing up the herd of "also rans". Rono didn't get his record, but he did run the second fastest indoor two mile with an 8:15.9, lowering the meet record by 2 seconds and coming within 3 seconds of the world record. With second place Lacy over 6 seconds behind, it wasn't really the most exciting event of an exciting meet. It was more of a tribute to the man who has got to be the greatest distance runner of all time. That guy could probably do a 2 hour flat marathon...in street shoes!

In a similar performance, except that she did get a world's record, against less formidable competition yet, Mary Decker continued her hot streak and shot through the 880 in...hold onto your hats...1:59.7. Just a mere 2.7 seconds

photo by Bill Leung, Jr.





competed for the Philly Pioneers. "We probably need some very clear-cut definition of "Californian." There are several others besides Livers who are "borderline" — Boit, for example, is a Kenyan, competed collegiately in New Mexico and now lives in Oregon, but competes for a California club. At least its food for future thought.

#### 50m, 55m, 60y, 60m

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#### 300m:

1. Lamonte King (AF Striders); 2. Millard Hampton (Bay Area Striders); 3. Clancy Edwards (AF Striders).

Easy event to pick as Runners World provided only competition of the season for California runners. Placing in that race stands as ranking order.

#### 400m, 440y, 500y:

1. John Smith (Ali TC); 2. Clancy Edwards (AF Striders); 3. Millard Hampton (Bay Area Striders).

No outstanding choices, but Smith's Ali win and 3rd at Philadelphia is better record than runner up. Edwards was 3rd at Ali in a fast race. Hampton won slow Examiner race.

#### 500m, 600y, 600m:

1. Mark Enyeart (PCC); 2. Bill Green (USC); 3. Lloyd Guss (California).

Enyeart's AAU win good enough to merit top spot. Green's win at Runner's World rates a little better than Guss' victory at Examiner.

#### 800m, 880y:

1. Mike Boit (AF Striders); 2. Gerald Masterson (SMTTC); 3. Mark Enyeart (PCC).

Boit started slow with 5th at Ali and 3rd at Ottawa, then put together wins at Winnipeg, Sunkist, Edmonton, and world record at San Diego. Masterson chased him in good times in California meets. Enyeart edges James Robinson for 3rd spot on basis of 2-1 margin in

him marginally ahead of Paul Cummings who ran often, but never as a winner.

#### 3000m, 2 mile:

1. Steve Scott (Sub-4 TC); 2. Steve Lacy (AF Striders); 3. John Lawson (SMTTC).

Scott's AR 3,000 at Ali and respectable win at LA Times earns him the nod over Lacy's very fast 2nd behind Henry Rono in San Diego 2 mile. Lawson ran often, usually in good times, split in 2 meetings with SMTTC teammate Jerald Jones who didn't run nearly as often.

#### 5000m:

1. Paul Cummings (PCC).

Cummings' 13:45.6 at Millrose only run of significance for California athletes.

#### high hurdles:

1. Greg Foster (UCLA); 2. Lance Babb (Ali TC); 3. Dedy Cooper (BA Striders).

Foster finished campaign unbeaten with wins at Sunkist, Cleveland, Millrose, Olympic Invitational, and Philadelphia. Babb ran sparingly but beat Cooper in meetings at Examiner and Millrose, also finished 2nd at AAU. Cooper won at San Diego, LA Times and Runners World.

#### high jump:

1. Dwight Stones (Athletic Attic); 2. Rory Kotinek (PCC); 3. James Frazier (Arizona).

Stones jumped well early in the season with wins and/or high clearances at Ali, Philadelphia, Olympic and Millrose meets. Tailed off a bit with injury problems, but still better overall than Kotinek who won at CYO and Dartmouth. Frazier's win at Albuquerque only partially offsets NH's at Ali, Sunkist and LA Times. UCLA freshman Lee Balkin got 3rds in LA meets, but didn't clear great heights.

#### pole vault:

1. Jeff Taylor (Maccabi TC); 2. Mike Tully (NYAC); 3. Tom Hintnaus (AF Striders).

Jeff Taylor was most consistent of several outstanding vaulters and won at Oregon, Olympic Invitational and Edmonton. Tully also had good moments at Sunkist and LA Times, but 7th at Millrose kept him from #1 ranking. Hintnaus scored no wins but had

the explosion in San Diego, when Henry Rono made a shambles of the 2 mile run. Going for a world record, Rono took the lead after a few laps, realizing that the pace was too slow and he'd have to do the job himself. As he opened his lead ever wider, it seemed that the crowd responded in kind,

several important 2nds - at AAU, San Diego, and Sunkist. Dan Ripley, Greg Woepse and Ralph Haynie also had good meets, but also several low placings to keep them out of top 3 rating spots.

#### long jump:

1. Arnie Robinson (SDSGS); 2. Larry Doubley (USC/Maccabi); 3. Randy Williams (Maccabi).

Robinson compiled slightly better record overall, competed often, won Sunkist. Doubley narrowly edges Williams on basis of 8½" margin at Sunkist. Ned Armour gets honorable mention for LA Times win in limited appearances.

#### triple jump:

1. Ron Livers (Phila Pioneers); 2. Milan Tiff (AF Striders); 3. James Butts (Ali TC).

Ex-San Jose Stater star Livers had a couple of off nights at Sunkist and San Diego, but AR's on consecutive nights at LA Times and Albuquerque, plus four other wins in major meets make him an obvious choice for 1st. Tiff won when Livers failed and also finished ahead of Butts in 3 of the 4 times they met. Honorable mention to Mike Marlow who finished ahead of Livers at Sunkist.

#### shot put:

1. Dave Laut (Athletics West); 2. Al Feuerbach (AW); 3. Brian Oldfield (Unatt).

Laut and Feuerbach split in 4 meetings, Feuerbach winning at Runners World and Albuquerque, Laut coming on at the end of the season to win Examiner and finish 2nd to Feuerbach's 3rd at AAU. Laut also had 2 longest throws between the two. Oldfield's 65-10 at Examiner puts him well ahead of ex-Cal JC star Steve Summers at U. of Washington's 64-8 and comebacking vet George Woods at 63-10.

#### 35-pound weight:

1. Ed Kania (PCC); 2. George Frenn (Maccabi TC); 3. Pete Galle (Maccabi).

probably do a 2 hour flat marathon...in street shoes!

In a similar performance, except that she did get a world's record, against less formidable competition yet, Mary Decker continued her hot streak and shot through the 880 in...hold onto your hats...1:59.7. Just a mere 2.7 seconds

photo by Bill Leung, Jr.



TOM HINTNAUS

Ex-Dartmouth star Kania becomes a Californian by osmosis, joining Pacific Coast Club. His record of all wins and long tosses (72-8 at AAU and 50+ throws at Millrose and Olympic Invitational) rate him as best in all U.S. Frenn's 69-0½ at LA Times puts him a bit ahead of Galle's 68-1 for 3rd at AAU.



Jack in the Box, continued.....

under the old record! And do you know who had the old record set way back in 1974? One M. Decker. Oh my!

As did Rono, Decker had to be her own rabbit, only she didn't wait as long as Rono did. By the first turn she was on her way, and the crowd was right with her. Not quite as loud as for Rono, and, for sure, not like the night when ol' Ozzie beat Wilkes Barre, but...well, she gave the crowd their money's worth and they let her know it. On her way, Decker was 4 tenths short of setting a record for the 800 meters. She must have started her kick 5 yards too late. Actually, her whole race looked like one big kick.

Another record went down the tubes as Larry Myricks went airborne and didn't come down until he had travelled 27 feet and 6 inches. It was only a quarter of an inch beyond the existing record, which was also his, but it was a record. They stopped the show for him, so he could take a victory lap--sort of unusual for a field event, but definitely deserved. Myricks record setting leap came just as they were getting ready to fire the gun for finals in the women's 60 yard hurdles. I was trying to prefocus my Camera on a spot to catch Deby LaPlante where she would be breaking for the tape, when the crowd in the stands facing the long jump pit let out a howl that shook the arena. Not the last time that would happen, would it? The hurdlers had to wait. They didn't seem to mind. Heck! A record is a record, especially a world record!

Mike Boit didn't get a world record in the men's version of the 880, but he did tie it. His 1:47.9 equalled Ralph Doubell's set in 1969. Boit went out front early, and wasn't that a characteristic of all the outstanding performances of this meet? Santa Monica Track Club's 2 mile relay team anchor, Johnny Gray went out with him, but soon found the pace a bit too brisk. By then, Gray's teammate Gerry Masterson began to make his move, and from there on it was Boit and Masterson. However, Masterson had waited a bit too long and on the last lap he began to tire. Besides that, as they both made their start to the final kick, Masterson caught a shinful of

anything useful for several minutes. McTear said that he cramped up about five yards into the race, probably because he didn't arrive early enough for a sufficient warm-up. Didn't he do that at the Sunkist too? Hmmm.... I talked to McTear later on and he said that it hit him about halfway through. I suppose that at the speed he runs, even if he did cramp up at 5 yards, by the time he would realize it, it would be halfway through. In any case, with calf muscles like he has, huge and powerful, the tendency to cramp will be constant. I would think that someone as experienced as McTear would put a lot of time into stretching and warm-up. Otherwise the result is second place, if you're lucky. For Hart it was a nice break to maybe offset some of the pain of the recent theft of his 1972 Olympic gold medal. Actually, cramp and all, it looked as though McTear had won from where I was, but it was definitely a bad angle--about the 50 yard point. Expecting an easy McTear win, I focused my camera on him all the way and missed Hart who was enough lanes over to be out of the frame. Tough luck, Richard Lee...next time use a wide angle lens.

I hope somehow Hart's medal finds its way back to him. If not, I hope one of the photographers who got close enough to get a good shot of him helping McTear prints up an 8x10, frames it and sends it to him. That touch of class Hart demonstrated is more of what the world needs than gold medals...and thefts of gold medals.

The men's mile turned out to be exciting too, but it wasn't the expected Scott-Coghlan duel. Scott was never a factor. His efforts of the past few weeks finally caught up with him and he ran a very tired race just barely breaking 4 minutes. (Oy! I should be so tired.) The battle became one of strategy between Filbert Bayi of Tanzania, John Walker of New Zealand and who else? Eamonn Coghlan. Again, Malcolm Cleary was the who-the-hell-let-the-whole-world-know-about-it-in-advance rabbit in another attempt to lead Coghlan to a new world record, or for Scott to finally outkick him and get it for himself. However, after leading the pack out in 59.1, Bayi got impatient and picked it up. By the half, which was as

had been beaten fair and square..."the guy ran a smart race.... But that little guy...." meaning Coghlan. He seemed to think that he had been shoved or something. It was hard to tell and I was not able to get close enough to ask him. However, later I did overhear another conversation, this time among him, the

photo by Richard Lee Slotkin



MARY DECKER

friend, Rod Dixon (I believe) and Mary Decker. They were discussing taking run back to the hotel or wherever they were staying. No taxis for these folk, thank you. A nice relaxing jog in the cool night air. Maybe it helped him forget "that little guy."

Coghlan said afterwards that he tired also from his recent string of indoor races. He was unable to get around the Bayi-Walker barricade despite 3 real

high jump at 7'5". Gwen Gardner continued her winning ways with a convincing win in the 500 yard run with a 2½ second lead over second placer, Brenda Peterson. With DeAnn Gutowski taking third, it was a 1-2-3 sweep for the LA Mercurettes.

So, another indoor track season ends in Southern California, and it did so with a bang. The meet was a real crowd pleaser. The San Diegans seem to be more responsive than their more laid back neighbors up her in L.A. They aren't afraid to rock the rafters, even for the high school and JC events. And, they got a couple of world records for their money. What more can you ask for?

#### Results:

**Girls 2 Mile Run:** 1. Terrie Brown (Eagles) 11:03.7; 2. Diane Deegan (un) 11:17.3; 3. Anna Maceus (Panthers) 11:43.3; 4. Lynda Prentice (Vikings) 11:46.2.

**Boys 1000:** 1. George Tuck (Falcons) 2:19.4; 2. Oscar Babers (Tigers) 2:20.4; 3. Randy Machen (Cougars) 2:23.4.

**Girls Mile:** 1. Vicki Cook (un, Alemany) 4:59.6; 2. Tina Allen (Sultans) 5:20.7; 3. Veronica James (Barons) 5:20.7; 4. Teresa Foskett (Vaqueros) 5:20.

**Boys High Jump:** 1. Hisanori Yamamoto (Japan) 6-9; 2. Britt Edmondson (Sultans) 6-7; 3. Francis Barrett (Panthers) 6-5.

**Boys Long Jump:** 1. Mark McKinney (Barons) 21-3½; 2. Troy Kurelich (Eagles) 21-3; 3. Victor Lee (Matadors) 20-6 3/4.

**Girls Long Jump:** 1. Sue Hegerle (Eagles) 17-1 3/4; 2. Rosie Kalabssa (Bulldogs) 16-10½; 3. Teta Murphy (Islanders) 16-9 3/4; 4. Rhonda Whitlow (Panthers) 16-9; 5. Chris Mose (Braves) 16-8 3/4.

**Boys 2 Mile:** 1. Shawn O'Neal (Pirates) 9:21.0; 2. Sean Evans (Patriots) 9:21.5; 3. Ross Ferguson (Chiefs) 9:24.5; 4. Adam Parra (Scotties) 9:24.6.

**Girls 1000:** 1. Lyrae Rowlett (Vaqueros) 2:49.1; 2. Debbie Jacques (Norsemen) 2:50.1; 3. Nel Griffith (Patriots) 2:55.1; 4. Wendy Yoder (Braves) 2:55.8.

**JC Mile:** 1. Marc Keller (Grossmont) 4:12.6; 2. Steve McCormack (Grossmont) 4:12.8; 3. Steve Binns (Palomar) 4:13.5; 4. Tim Nash (Grossmont) 4:13.7.

**High School Boys 1000:** 1. George Tuck (Falcons) 2:19.4; 2. Oscar Babers (Tigers) 2:20.4; 3. Harold Foskett (Vaqueros) 2:23.4.

**High School Pole Vault:** 1. Steve Stubblefield (un, Kansas City) 16-8 1/8; 2. Thane Sevier (Red Devils) 12-0.

**Women 60 Yard Hurdles:** 1. Deby LaPlante (KCBQ) 7.6; 2. Maureen Magee (LA Mercurettes) 7.8; 3. DeAnne Johnson (Stanford TC) 8.0; 4. Sue Bradley Kameli (KCBQ) 8.0.

**Open 60 Yard Hurdles:** 1. Dedy Cooper (Bay Area Striders) 6.7; 2. Kerry Bethel (Farleigh Dickinson) 6.8; 3. Larry Cowlings (Cal) 6.9.

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**High School Girls 60:** 1. Charlotte Zepherid (SD Cougars) 7.0; 2. Tracy Scott (Colts) 7.1; 3. Chris Cooksey (Cardinals) 7.1; 4. Laura Wing (Marauders) 7.4.

**Long Jump:** 1. Larry Myricks (un) 27-6; 2. Arnie Robinson (SD Ghetto Striders) 25-4¾; 3. Randy Williams (Maccabi) 24-9½; 4. Gary Williams (USIU) 22-9.



for the tape, when the crowd in the stands facing the long jump pit let out a howl that shook the arena. Not the last time that would happen, would it? The hurdlers had to wait. They didn't seem to mind. Heck! A record is a record, especially a world record!

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A very interesting note: Merle-McGee, one of the coaches with the Santa Monica Track Club is very much into statistics and he produced this mind boggler--Mike Boit went out in a first lap time of 19.2 on his way to tie a men's indoor record. In the same distance, 880 yards, Mary Decker did her first lap in 19.1, according to McGee's stopwatch. Of course, Decker had to ease off a bit the rest of the way, but...oh my!...is she for real, or is she for real?

In the open 500, Herman Frazier did it again. Let James King show the way til the last 60 yards and then nipped him at the tape. Ho hum. 56.4 to King's 56.5. That's calling it a bit too close Herm. One of these days....

There was a big upset in the men's 60. Eddie Hart nipped Houston McTear at the tape in a hand-timed 6.0. McTear went down immediately with a severe cramp in his right calf, and Hart quickly grabbed McTear's ankle and held the leg stretched out in an effort to relieve the cramp, while reporters, photographers, trainers and the doctor swarmed around. Hart was the only one doing

McTear prints up an 8x10, frames it and sends it to him. That touch of class Hart demonstrated is more of what the world needs than gold medals...and thefts of gold medals.

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Sometime later, I overheard Walker talking to a friend and he seemed rather annoyed at Coghlan having slipped by him. Referring to Bayi, he felt that he

## MARY DECKER

friend, Rod Dixon (I believe) and Mary Decker. They were discussing taking run back to the hotel or wherever they were staying. No taxis for these folk, thank you. A nice relaxing jog in the cool night air. Maybe it helped him forget "that little guy."

Coghlan said afterwards that he tired also from his recent string of indoor races. He was unable to get around the Bayi-Walker barricade despite 3 real efforts. He added that he was glad to see Bayi take it after all the problems he has had for the past few years and he said he was surprised that he passed Walker. I guess that makes two of them.

Glancing at some of the other events, we saw Dedy Cooper finally in a major event without Greg Foster or Renaldo Nehemiah to contend with. Cooper took advantage of the break and got a fairly easy win in the 60 yard hurdles. In the women's version, Deby LaPlante was an easy winner as usual, but she was upstaged, as we said, by Myricks' record-setting long jump. To add insult to insult...so to speak, not literally, of course...in the interview room poor little Deby was again upstaged by Myricks. Several reporters and a photographer or two were jammed around Myricks, while LaPlante had to make do with a single reporter. Personally, I think she was a better interview. She is a very cute kid and is as nice to talk to as she looks. She's all smiles when people ask her for autographs, and she gets a lot of that because San Diego is her home turf. She runs for husband, Fred LaPlante, at San Diego State.

Franklin Jacobs, the mighty mite from my home town in New Jersey (I wonder if he ever saw the Paterson Crescents??) was an easy winner in the

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**Open 60:** 1. Eddie Hart (Bay Area Striders) 6.0; 2. Houston McTear (Muhammed Ali TC) 6.2; 3. Greg Simons (San Diego State) 6.2; 4. Randy Williams (Maccabi) 6.3.  
**Legends 60:** 1. Bob Beamon 6.7; 2. George Rhoden 6.9; 3. Mack Robinson 7.1; 4. Bill Toomey 7.4.  
**Open 500:** 1. Herman Frazier (Philadelphia Pioneers) 56.4; 2. James King (un, San Diego) 56.5; 3. Willie Smith (Athletic Attic) 56.6.  
**Open 2 Mile:** 1. Henry Rono (Kenya) 8:15.9; 2. Steve Lacy (Angels Flight Striders) 8:22.2; 3. Rod Dixon (New Zealand) 8:24.1; 4. Alberto Salazar (Oregon) 8:24.2; 5. S. Bitok (UNW) 8:33.1; 6. Larry Lawson (SMT) 8:36.1; 7. Don Clary (Oregon) 8:47.9; 8. Craig Masback 9:04.5.  
**JC Mile Relay:** 1. Grossmont 3:26.2; 2. San Diego CITY College 3:26.4; 3. San Diego Mesa 3:29.0; 4. Paloma College 3:37.6.  
**High School Mile Boys:** 1. Don Orr (un, Upland) 4:28.7; 2. Andy Morabe (Team West) 4:30.2; 3. Greg Heath (Patriots) 4:32.2; 4. Stan Aguilar (Scotties) 4:32.7.  
**Open 880:** 1. Mike Boit (Angels Flight Striders) 1:47.9; 2. Gerald Masterson (SMT) 1:48.8; 3. John Gray (SMT) 1:51.1; 4. Mike White (U of Calif) 1:51.3.  
**Triple Jump:** 1. Milan Tiff (Angels Flight Striders) 55-1 1/4; 2. Ron Livers (Philadelphia Pioneers) 54-11 1/4; 3. James Butts (Muhammed Ali TC) 54-6 1/2; 4. Mike Marlow (U of Calif) 53-7; 5. Dennis Ivory (Angels Flight Striders) 51-6 1/4.  
**Women's 880:** 1. Mary Decker (Club West) 1:59.7; 2. Robin Campbell 2:10.5; 3. Ruth Caldwell (Sub 4 TC) 2:13.1; 4. Tina Colebrook 2:13.1.  
**Open Mile:** 1. Filbert Bayi (Tanzania) 3:55.5; 2. Eamonn Coghlan (Ireland) 3:55.7; 3. John Walker (New Zealand) 3:55.8; 4. Dr. Thomas Wessinghage (West Germany) 3:56.4; 5. Steve Scott (Sub 4 TC) 3:59.0; 6. Harald Hudak (West Germany) 4:00; 7. Jerald Jones (SMT) 4:02.6.  
**Women's 500 Yard Run:** 1. Gwen Gardner (LA Mercurettes) 1:03.7; 2. Brenda Peterson (LA Mercurettes) 1:06.3; 3. DeAnn Gutowski (LA Mercurettes) 1:06.3; 4. Jenny Gorham (un, Lincoln, NB) 1:07.5.  
**High Jump:** 1. Franklin Jacobs (Farleigh Dickinson) 7-5; 2. Takehiko Sawa (Japan) 7-2; 3. Takashi Katamine (Japan) 7-0; 4. Rory Kotinek (Pacific Coast Club) 7-0; 5. Frank Schiefer (San Diego State) 6-10. ●



# PREP NOTES

by KEITH CONNING

Send all high school material directly to Keith Conning, CTN High School Editor, 2235 Browning St., Berkeley, CA 94702.

## PREP REPORT

### King Games High School Division

**March 22. Stanford.** The Berkeley girls' sprint relay team and sophomore Ken Frazier (Mission, San Francisco) highlighted the high school competition.

The Berkeley 440 relay teams of freshman Nedra Rogers, junior Sharon Ware, junior Tanaya King, and senior Kim Webster ran the fastest hand-timed 440 relay in history. Rogers replaced Kim White, who now runs for Cal State Northridge. All the other members ran on the team last year. What makes the Berkeley girls team such a potent force is the fact that there is a steady stream of young sprint talent to replace the graduates. The Berkeley girls received a standing ovation for their outstanding performance from the 15,000 fans present. They won by an incredible margin of 4.4 seconds over San Mateo.

Ken Frazier tied the national best by a sophomore in the triple jump with a great effort of 50-1/2. The sophomore class record was set by Dave Tucker (San Joaquin Memorial, Fresno) in 1969.

electronic) to defeat South San Francisco by .8. In the mile relay the team of Dotson 49.1, junior Pete Richardson 49.6, Ford 50.2, and Walker 49.0 ran 3:17.9 to hold off the great anchor leg of Oakland's Vincent Wilkins (3:18.4).

Carl Montgomery (South San Francisco), who recently signed a national letter of intent to play football at Cal, edged Kenny Robinson (Berkeley) in an 11.6 100 meters. They were running into the wind. In the morning heats, Montgomery had run 100 yards in 9.7. This is the first time I can recall when the finals were run at a longer distance than the trials.

Pedro Reyes (Jesuit, Carmichael) won the mile in 4:19.3 with Larry Guinee (Castro Valley) second 4:21.8 and Mario Springer (Mountain View) third 4:21.8.

Jesse Torres (Independence, San Jose) overtook junior Jay Marden (Mission San Jose, Fremont) to win the two-mile in 9:13.4 to 9:15.4. Marden led most of the way with the following splits: 65, 2:16, 3:27, 4:38, 5:49, 7:00, 8:11. Greg Long (Calaveras, San Andreas) also passed surprising junior Greg Whalen (Placer, Auburn) to capture third in 9:19.5. I was assisting announcer Garry Hill of *Track and Field News*, but I couldn't identify the runner from Placer. Whalen told me after the race that he was injured by a scythe last year and missed the entire cross-country season.

(St. Francis, Mountain View) and Mitch Norris (Del Mar, San Jose) cleared 14-6.

In girls competition Sharon Ware (Berkeley) and Tanaya King (Berkeley) placed 1-2 in the 100 in 10.8 and 11.2.

Shelly Nieto (Merced) outkicked a fine mile field in 5:38.2. Kerry Brogan (Los Altos) was second in 5:14.4 followed by Amy Harper (Prospect, Saratoga) in 5:14.9. Roxanne Bier (Independence, San Jose) led at the 880 in 2:35. Nieto led at the 1320 in 3:53.

Kerry Brogan had led five girls under 11:00 in the two mile two hours and 45 minutes earlier. Brogan, Diana Gong (Lowell, San Francisco), and Liz Strangio (Mission San Jose, Fremont) ran in one group, until the final stretch when Brogan pulled away in 10:50.4. Robyn MacSwain (Terra Linda, San Rafael) and Lisa Dailey (Petaluma) also broke 11:00. Brogan led at the mile in 5:20 and at 1 1/4 in 6:44. Gong took them through the 1 1/2 in 7:07.5 and 1 3/4 in 9:33.

Berkeley dominated the 110 low hurdles with junior Sherifa Sanders first in 14.47 and Judy Young second in 14.66.

Berkeley won the mile relay in 3:58.7 despite the fact that freshman Nedra Rogers dropped the baton on the opening leg. She was passed by two other teams, but she ran the last 220 of her leg fast enough to recapture the lead.

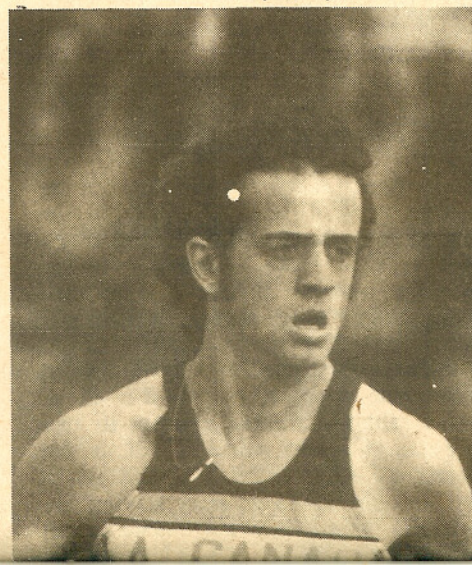
Wendy Fortner (Liberty, Brentwood) and Laura De Snoo (Washington, Fremont) exchanged victories in the shot and discus. Fortner threw 39-7 and De Snoo 139-3.

Lisa Greenfield (Redwood, Larkspur) won the high jump at 5-6.

Robyne Johnson (Berkeley) jumped 19-3 3/4 to win the long jump. Her series was: 18-1/2, 19-1 1/4, 19-3 3/4, 18-4 1/2, foul, foul.

## PREP PROFILES

photo by Dave Shelburne



achievement in the person of Andy DiConti.

Andy, as most prep fans are aware, is the hottest name around in the world of high school distance running, and is being counted upon heavily to lead his La Canada team to its second CIF 2A title.

Distance running was somewhat of a pre-destined sport for Andy since his dad is a track and cross-country coach and his older brother was a 1:55 half-miler for LC and is now attending Oxy.

While not considered to be a big name last year, Andy ran a very competitive 4:17.9 mile placing third in the CIF 2A Finals. This year he indicates he will go for a mile-2 mile double in the CIF 2A meet and then run one or the other in the State Meet depending on the competition and his



girls' sprint relay team and sophomore Ken Frazier (Mission, San Francisco) highlighted the high school competition.

The Berkeley 440 relay teams of freshman Nedra Rogers, junior Sharon Ware, junior Tanaya King, and senior Kim Webster ran the fastest hand-timed 440 relay in history. Rogers replaced Kim White, who now runs for Cal State Northridge. All the other members ran on the team last year. What makes the Berkeley girls team such a potent force is the fact that there is a steady stream of young sprint talent to replace the graduates. The Berkeley girls received a standing ovation for their outstanding performance from the 15,000 fans present. They won by an incredible margin of 4.4 seconds over San Mateo.

Ken Frazier tied the national best by a sophomore in the triple jump with a great effort of 50-1/2. The sophomore class record was set by Dave Tucker (San Joaquin Memorial, Fresno) in 1969. Frazier also won the long jump with a leap of 23-10 3/4.

In team competition Berkeley won the boy's division with 40 points followed by Johnson (Sacramento) 34, and Del Mar (San Jose) 26. Berkeley also won the girls' division with 72 points, followed by Independence (San Jose) 24, and Liberty (Brentwood) 22.

The Berkeley boys won both relays. In the 440 relay the team of junior Kenny Robinson, junior Homer Dotson, junior Ulysses Walker, and senior Tommy Ford ran 41.5 hand-timed (41.80

into the wind. In the morning heats, Montgomery had run 100 yards in 9.7. This is the first time I can recall when the finals were run at a longer distance than the trials.

Pedro Reyes (Jesuit, Carmichael) won the mile in 4:19.3 with Larry Guinee (Castro Valley) second 4:21.8 and Mario Springer (Mountain View) third 4:21.8.

Jesse Torres (Independence, San Jose) overtook junior Jay Marden (Mission San Jose, Fremont) to win the two-mile in 9:13.4 to 9:15.4. Marden led most of the way with the following splits: 65, 2:16, 3:27, 4:38, 5:49, 7:00, 8:11. Greg Long (Calaveras, San Andreas) also passed surprising junior Greg Whalen (Placer, Auburn) to capture third in 9:19.5. I was assisting announcer Garry Hill of *Track and Field News*, but I couldn't identify the runner from Placer. Whalen told me after the race that he was injured by a scythe last year and missed the entire cross country season.

Henry Andrade (Johnson, Sacramento) defeated Don Ward (St. Marys, Berkeley) in the 120 high hurdles 13.96 to 14.11. Frank Williamson (Skyline, Oakland) finished a strong third in 14.29.

Tim Sutro (Del Mar, San Jose) produced a personal best of 58-4 1/4 in winning the shot put. Beau Babka (Stagg, Stockton), the son of former Olympic discus thrower Rink Babka from USC, was second at 57-3 3/4.

Greg Ellis (Menlo-Atherton) won the pole vault at 15-0. Both Ben Mahoney

photo by Dave Shelburne



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Andy's educational goals lie in the field of Landscape Architecture or a field related to Art Design, which has prompted him to narrow his choice of colleges down to Arizona, Arizona State, Cal Poly SLO, and Stanford.

#### Typical Weeks Workout:

**Sunday-** Long slow distance, about 12 to 13 miles in the morning. Short slow distance, about 4 to 5 miles in the evening. **Monday-** 8 miles of fartlek on hilly terrain in the morning. 7 miles of fartlek on hilly terrain in the evening. **Tuesday-** 8 miles of slow distance on hilly terrain in the morning. 7 miles of slow distance on hilly terrain in the evening. **Wednesday-** Repeat of Monday. **Thursday-** Day of meet competition. Same as Tuesday morning. Competition--a couple of miles of warm-up and warm-down for each race competed in. "If I haven't had to run too hard, I'll run 5 or 6 slow miles after the competition is over." **Friday-** Repeat of Tuesday. **Saturday-** Repeat of Monday. **Saturday Competition-** "On Thursday morning, I'll run basically a flat 7 to 8 miles. I don't run again until my race warm-up on Saturday. I feel I perform best with 48 hours rest."

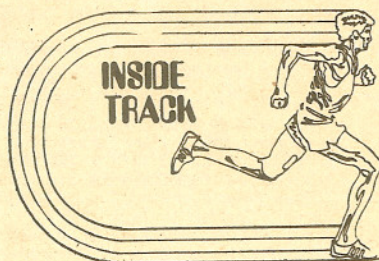
## Andy DiConti

by Bill Minarik

**ANDY DICONTI:** Senior, La Canada High School. Age 17. 5-4 1/2 tall. 118 pounds. Born September 29, 1962. Coached by Pat Logan.

**Best Marks:** 800-1:56.0; 1500-3:50.8; Mile-4:10.5; 2 Mile-9:02.3. Second, CIF X-C 2A Finals; 2nd Kinney Western Regionals; 4th Kinney Nationals.

For the past 10 years, La Canada High coach Pat Logan has been cranking out quality middle and long distance runners like they were coming off a production line. However, this year, the former Oxy flash has come up with what will probably be his most prized



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## Alesia Sweeney

by Jeff Biddulph

**ALESIA SWEENEY:** Tamalpais High School, senior. Age 18. 5-6½ tall. 118 pounds. Born December 23, 1961 in San Francisco. Coached by Bruce Grant, Tamalpais; Arno Brewer and Willie White, Berkeley East Bay Track Club.  
**Best Marks:** 110 low hurdles--13.9 (79), 100 Meter Hurdles--13.3 (79), 440--56.8 (79), 400 Intermediates--61.0 (79).

With a third place finish at last year's state meet in the 110 low hurdles, you would think Tamalpais High School's Alesia Sweeney would be putting most of her effort into track this year. But the slim senior maintains that track is not as important to her as academic standing.

"I have to realize my priorities. School is number one in my life right now. Track comes second," said the serious holder of four school league and division and North Coast records.

And her academic standing will have to hold for her if she wants to compete for her choice as a school--UCLA. Here, Sweeney would like to study psychology.

But after school comes track--a thing Sweeney excels in. After competing for Tamalpais High School for three years, Sweeney has gone to the state meet twice and has been a major factor in helping her school to seven undefeated league seasons.

Unfortunately for Sweeney, though, is the fact that her favorite event, the 400 meter hurdles, are not included in high school competition. Sweeney combines excellent hurdling ability with great natural speed and endurance to make this her best event.

As a result, Sweeney competes most frequently in the 110 hurdles and says her immediate goal is to become a state finalist this year and possibly to grab the state record. Her long range goal seems a possible one if she keeps improving--a spot in the Olympics.

Sweeney says she first became interested in track in the fifth grade.

"We would have foot races on our activity days. I developed a competitive spirit even then and to satisfy this spirit I started running."

Sweeney also says that the athlete who most inspires her is Wilma Rudolph.

"We're similar in many ways. I've been told that our form is alike and that we shared some of the same goals."

### Workouts:

**Monday:** Jog 1-2 miles, build-up 100 yard dashes, ladder (breakdowns) 100, 220, 440, 550, 440, 220 100; baton practice. **Tuesday:** Hurdling drills, form perfection drills, block starts, short sprints, hill repeats, warm down. **Wednesday:** Usually same as Monday. **Thursday:** Usually same as Tuesday. **Friday:** Usually same as Monday.

## Dwight Thompson

by Tom Feuer

**DWIGHT THOMPSON:** Kennedy High School (Granada Hills), senior. Age 17. 5-10 tall, 177 pounds. Born August 4, 1962, in Oceanside, CA. Coached by Warren Farlow.

**Best Marks:** 100 yards 9.7 (80); 220 yards 21.8 (80); 440 yards-relay split 50.0 (79).

With the track season now in full swing a lot of discussion has centered on who will take over the reign as the state's best high school sprinter. A void was created by the graduation of Mike Sanford (Pasadena) and Bill Green

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- Selected one of TOP 15 American Road Races by Runner's World Magazine.
- Also, enjoy the U.S. Olympic Trials in Eugene the week prior to the race.

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 Cascade Run Off, 3500 First National Bank Tower,  
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With the track season now in full swing a lot of discussion has centered on who will take over the reign as the state's best high school sprinter. A void was created by the graduation of Mike Sanford (Pasadena) and Bill Green (Cubberley--Palo Alto), both of whom dominated the three sprints for the past two years. Some experts feel Sanford's former teammate Troy Delemar, a sophomore, is the best dashman in California. Others lean towards Edison's (Huntington Beach) explosive Kerwin Bell.



photo by Tom Feuer

- REGISTER NOW for the 3rd annual 9.5 mile race through Portland's scenic waterfront, Old Town, Park blocks and lower West Hills.
- Internationally competitive field of runners.
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Yet, very few people mention in the same breath the name of Dwight Thompson. Nevertheless, the Kennedy High senior ran a superb double of 9.7 (100 yard dash) and 21.8 (220 yard dash) in only the first outdoor meet of the season. With the initial month of the track campaign recently completed, both clockings stood as the fastest times recorded in the city section.

A poor starter, Thompson worked on acceleration out of the blocks over the winter, and the training seemed to have paid dividends. In a big early season tuneup at the indoor Muhammad Ali invitational 60 meters, Thompson finished a close second to Delemar, while in the process beating Bell. This kind of competition brings out the best in Thompson. He says, "I like track because if you do poorly there is no one to blame but yourself, and if you win, the reward is all yours."

His favorite event is the 220, where his powerful stride is used to its full

advantage. A pulled hamstring muscle prevented him from qualifying for the state meet last year.

Success came early for Dwight, who got started in track by working out with his older brother, a distance runner. Dwight says, "My brother's success in high school inspired me to train hard." As a tenth grader Thompson won the mid Valley league "Bee" titles at both the 100 and 220, and he repeated that double on the varsity level last year. In addition he anchored the Golden Cougar sprint relay team to a second place finish at the city championships.

Dwight looks ahead to competing on the collegiate level where he will probably attend Long Beach State to begin preparations for a career as either a disc jockey or accountant. Foremost on his mind at the present time, however, is a long awaited trip to Berkeley, to prove himself as a legitimate successor to Sanford and Green.



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# TRAINING & TECHNIQUE

## The Javelin Throw

by Harmon Brown, M.D., Director  
Student Health Services, California  
State University, Hayward.

### BASIC CONCEPTS

Optimal Performance in the throwing events can be achieved only by understanding and applying a few fundamental principles of biomechanics and neuro-physiology. Simply stated, this means learning how to summarize all possible forces in such a way that these forces are transferred into the implement. In the javelin particularly, high release velocity is critical to success. With a light implement such as the javelin, such an explosive release can best be achieved by:

1) Fast, but controlled runway approach speed.

2) Transfer of kinetic energy gained by runway speed and body position to the javelin. This means (a) putting the body in optimal position to transfer forces from the large muscles of the legs, trunk, and shoulders to the throwing arm and hand, and (b) a strong checking action (block) of the body's linear velocity so that these forces can be transferred (hinge-moment principle). All forces must be applied in a linear fashion through the shaft of the javelin.

3) Use of the plyometric (stretch-reflex) mechanism of the shoulder and arm muscles the **whip** the javelin: this stretch-reflex reaction causes a much faster nerve impulse and muscle action than does a voluntary throwing movement.

35-45 ft. from the toe-board to mark the spot for pulling back preparatory to the throw. The athlete should start slowly and attempt to reach peak velocity in the last three steps of the throw. The javelin is carried with the hand comfortably over the right shoulder, with the javelin angled slightly downward, tip above the right ear (in the visual field). In preparing for the throw, as the left foot is coming forward in the region of the second check-mark, pull the javelin back and turn the shoulders parallel to the running direction. The right arm is extended back slightly behind the line of the shoulder, with the elbow turned out. The hand is above the plane of the shoulders, palm up, and the javelin tip is level with the hair-line or slightly above. The hips are turned slightly to the right, and the feet track as straight forward as possible. The trunk leans slightly back, with the back arched, hips thrust somewhat forward. The left arm swings across the chest for balance, and to keep the shoulders "wrapped."

This backward shifting of the center of gravity causes a slight lengthening of the strides, and begins the "set-up" for the throw. The throw begins with the penultimate step. Using the left leg, the left heel reaches forward, so that the left leg **pulls**, and then **pushes** the body along the ground in the hop-step motion. The right leg is kept flexed under the body or swings forward only slightly, with the leg flexed at the knee. The left leg swings forward quickly in the extension to check the body's forward motion. Thus, the body lands on the bent right leg (heel or flatfoot) and is thrust forward quickly and explosively onto the left leg (heel). As

line from the left toe through the right shoulder. The hand reflexly everts at release, helping the whip the javelin, and protecting the elbow. Using the trunk whip, there would be a straight line through the shoulders and the right elbow, i.e. the arm is not raised to "throw over the top", as this merely pulls down on the javelin. Rather, the left side of the body is moved out of the pathway of the javelin so that force is exerted along the shaft.

The over-all effect, then, is a whip-crack effect of the body by a sudden, active checking (block) of the left side allowing and assisting the right side to drive forward, upward, and around to **whip** the javelin arm. The release should occur while the pendulum of the trunk is "on the rise"--trajectory to the javelin's flight. The follow-through off the left toe occurs after release.

### LEARNING SEQUENCE

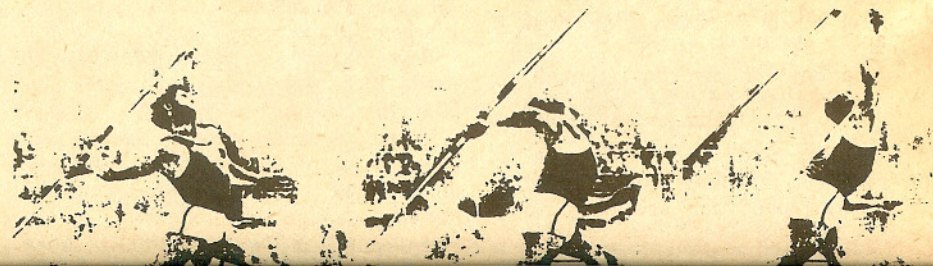
#### Legs and Trunk

1) "Angling Drills. (a) Stand facing forward, feet separated fore and aft, knees bent slightly, weight on balls of the feet. Vigorously rotate the right ankle outward, knee inward. Straighten the left leg to brace the left side. Feel the right hip rotate forward around the left hip. Think: "hip-shoulder" in rapid sequence. (b) Repeat, but emphasize the ankle rotation, push from right to left, rotate the right hip, and feel the rotation of the trunk and shoulder, while the arm swings loosely. (c) Same stance, but with all weight on the right foot, left foot off the ground, extended. Push forward **hard** to the left heel, and "ankle" simultaneously. Drive from right to strong left leg brace. Rise up on the left toe as the body shifts forward.

2) Throwing-step drills. (a) Pick up a baseball which is rolled to you, take a step and throw. (b) Using the left leg to pull and push in a hop-step along the ground, while leaving the right leg slightly bent and behind, "gallop" or "hitch" along. (c) Repeat, landing on slightly bent right leg, and driving hard from right to left. (d) Repeat, "angling" out on the right foot while driving right to left. Walk forward, then do the drive-step. Repeat, jogging and running in the drive-step.

3) Trunk "separation" drills. (a) Stick on shoulders-left palm down, right palm up under the stick. Face forward, then

### TRACK & FIELD SEQUENCE PHOTOS





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This latter, I feel, is the least understood concept of javelin throwing in the U.S., and has hindered our progress in this event.

#### ATHLETE SELECTION

Speed, ballistic explosiveness, flexibility and strength are all important factors in javelin throwing. Because of the need for speed and explosive qualities, and less pure strength, greater variation in body type and body size is found among javelin throwers than among other throwing event athletes. Consideration must be given to spring speed, jumping ability, and explosive quickness and agility. The ability to throw a ball may be a helpful indicator of throwing skill, but long years of ball throwing may lead to habit patterns of arm orientation which may be difficult to adapt to the more passive whip action of the javelin. Some of the best javelin throwers have been horizontal jumpers or discus throwers. ("Javelin throwing is horizontal jumping while holding a stick in the hand.")

#### THE WHOLE THROW A HOLISTIC OVERVIEW

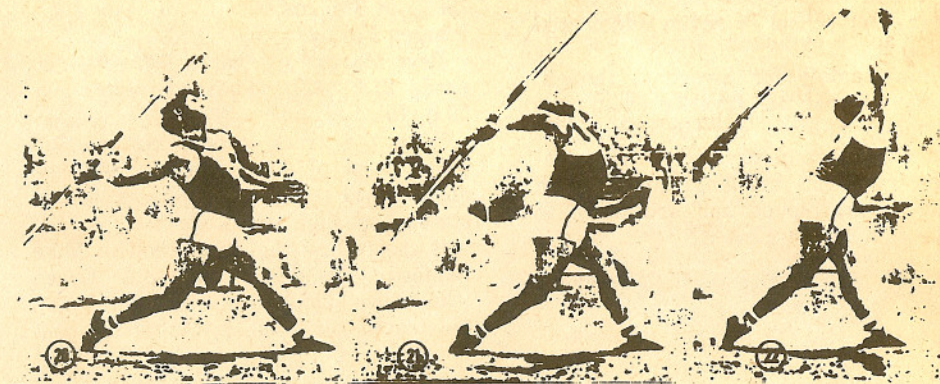
The approach run is generally 80-125 ft. Place a check-mark about

above. The hips are turned slightly to the right, and the feet track as straight forward as possible. The trunk leans slightly back, with the back arched, hips thrust somewhat forward. The left arm swings across the chest for balance, and to keep the shoulders "wrapped." This backward shifting of the center of gravity causes a slight lengthening of the strides, and begins the "set-up" for the throw. The throw begins with the penultimate step. Using the left leg, the left heel reaches forward, so that the left leg **pulls**, and then **pushes** the body along the ground in the hop-step motion. The right leg is kept flexed under the body or swings forward only slightly, with the leg flexed at the knee. The left leg swings forward quickly in the extension to check the body's forward motion. Thus, the body lands on the bent right leg (heel or flatfoot) and is thrust forward quickly and explosively onto the left leg (heel). As the right leg thrusts the right hip forward, the right foot simultaneously **rotates** ankle out, to further thrust the right hip in a straight line along the javelin's path. The left leg flexes slightly as heel impact, but then straightens quickly and **actively** to check the body's horizontal forces, and transfer force to the right side and into the javelin. While retaining the arched "bow" position of the trunk (chest and hips), the right side of the chest is driven forward, upward, and around by the right leg and hip, and at the same time the left shoulder and left side of the chest is pulled and rotated **down** and **back** and adds to the checking action of the left side of the body. This brings the right shoulder up and forward. The head turns to the left assisting the stretching of the anterior shoulder muscles. The right shoulder joint externally rotates so that the armpit faces forward. There is thus an axis of rotation from the left foot through the right shoulder. The right arm must remain hanging back high and loose at the shoulder, so that the arm can be whipped like a flail. This action of the trunk and shoulders should bring the arm through above and outside of the right shoulder. The extended arm at the moment of release should form an angle of 10-15 degrees outside of the

is on the rise --trajectory to the javelin's flight. The follow-through off the left toe occurs after release.

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**High Jump:** Dwight Stones (USA) front view, Dwight Stones (USA) side view, Kestutis (USSR) flop, John Dobroth (USA) straddle. **Long Jump:** Igor Ter-Ovanesyan (USSR), Johnny Johnson (USA). **Triple Jump:** Victor Saneyev (USSR), Nelson Prudencio (Brazil). **Shot Put:** Al Feuerbach (USA), Randy Matson (USA). **Discus:** Jay Silvester (USA). **Pole Vault:** Kjell Isakson (Sweden), Jan Johnson (USA). **Start:** Valeriy Borsov (USSR).

**Hurdles:** Willie Davenport (USA). **Javelin:** Jorma Kinnunen (Finland). **Distance:** Jim Ryun (USA). **Hammer:** Romuald Klim (USSR). **Steeple:** Bill Reilly (USA). **Intermediate Hurdles:** Ralph Mann (USA). **Discus:** Ludvik Danek. **Javelin:** Janis Lusis (USSR).



twist shoulders so that they align in the direction of the run. Feet turned out slightly, hips are 30-45 degrees from the front. Walk and then jog along the line. Use visual point to help maintain a straight line. Accelerate to run when comfortable. (b) Remove stick. Repeat with jog and run, using the left arm to control balance. (c) Repeat, but bring left shoulder up, right shoulder down. Keep arms above shoulder level. Right arm relaxed, slightly bent at elbow, palm up and relaxed. (d) Emphasis on hips ahead, bow in the back, chest "open" to stretch pectoral muscles. Upper body is loose, stretched, and relaxed.

4) Full Sequence. (a) Facing forward, shoulders turned, arms extended-walk, jog, and run, utilizing approach steps, drive-step, and hip-shoulder sequence.

#### Controlling and Whipping the Spear

1) Place the javelin in the groove of the palm. The cord grip rests on the heel of the palm, middle finger in the groove of the grip and shaft. The grip is loose but controlled.

2) Controlled whip. Face forward, left foot forward, weight on the back foot. The hand is palm up, above and behind the right ear, elbow out. The javelin point is down. Drive the right hip-chest-shoulder forward and around. Externally rotate the right shoulder (armpit forward) by raising the right shoulder, pulling the left shoulder and arm down and back, and let the javelin fly out 20-30 feet into the ground. Repeat, using one and three steps, then the drive-step rhythm, and throwing gradually further out.

3) The Throwing Position. Face forward, shoulders turned back parallel to throw line, arms in "T" position, with javelin held palm up, elbow turned outside and slightly bent. The right hand is above shoulder level, javelin tip slightly above eye level. Javelin is thus parallel to the ground. Raise left arm and shoulder. Drive forward right to left, and whip the javelin ahead. Head turns to the left to assist the right side turn, and adds to the chest stretch. Repeat with 1, 3, and 5 steps: then from a jog and a run. Maintain loose, relaxed upper body, passive stretching.

ing upon the maturity and fitness level of the athlete. This includes running, strength training, power development, and basic skills training.

#### 1) Strength

(a) General. 3 days per week, alternate days.

Volume: 4-6 sets x 8-10 repetitions.

Intensity. 10-65½ of the single repetition maximum.

Exercises. dead lift, squat, power clean, snatch, inverted sit-up, bench press, pullover, lat. pulldown.

(b) Specific. Begin after 6 weeks of general training.

1) Medicine ball throws for trunk and shoulder girdle.

2) Overweight implements or weights: for specific throwing muscles and throwing action.

Use stubby javelins, rods, balls of 1.5 to 2.0 kg.

#### 2) Running.

Jog 2-3 miles 4-5 times per week.

Stride-accelerations 5-8 x 60-150m.

Hill running and bounding. Stride and pullback with spear or stick.

Run 600-800m timed every two weeks.

#### 3) Ballistic training.

Horizontal bounding: (a) double leg hops 25-40m x 5-10. (b) alternate-leg bounding 30-50m. Do twice weekly, (c) stadium step or hill bounding once weekly.

#### 4) Technique.

Throw stubby into net, or throw spear with short approach once or twice a week x 30-40x.

#### 5) Flexibility.

Spend 15-20 minutes daily on gradual (Yoga) stretching of shoulder girdle, trunk, hips, legs.

#### Power Training Phase (12-14 weeks)

##### 1) Strength.

(a) General. Every other day.

Volume. 5 x 5 at 80½, or pyramid from 70-90½.

Exercises. Snatch or power clean, squats, incline pullovers with bar or dumb-bell, bench press, inverted situps, horizontal trunk twists on bench, lat. pulls, quarter-squat "pops".

(b) Specific. Throw rods, balls or

(b) Specific. Throw rods, balls or stubbies in ratio, 2 light, 1 standard, 1 heavy.

#### 2) Running

Sprints 30-80m x 5-6 at full effort. Approach runs on runway with spear x 10-15. Controlled speed and acceleration.

Cariocas 3-4 x 100m.

#### 3) Ballistic.

Horizontal bounding 4-5 x ten once weekly.

Jump cones or hurdles 5 x 10 once weekly.

Omit jump training for 2-3 weeks before major meets.

#### 4) Technique.

Focus on refining skills, concentrating on the whole movement pattern. Upper body relaxation. Throw under-weight implements relaxed, explosive effort. (Men can use women's spear). Throw 15-20 throws at full effort with recovery between once weekly. Use smaller

meets to rehearse for major competitions.

#### Post-Season "Active Rest".

Maintain fitness. Try to retain a base conditioning, but relax with other sports activities. Maintain a base of strength by training every 3-4 days using sets of 3-4 repetitions x 4-5 at 75-80½.

#### References.

1) Track and Field Quarterly Review, "Coaching the Throws," 78 (1), Spring, 1978.

2) Garhammer, J., "Periodization of Strength Training for Athletes," *Track Technique*, 75:2398, Spring, 1979.

3) Tucker, Ed, "Taking half a year to get ready," (unpublished text). Available from Mr. Tucker at U.S. Coast Guard Academy, New London, CT 06320.



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# CALIFORNIA TRACK NEWS

*Now in  
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ly rotate the right shoulder (armpit forward) by raising the right shoulder, pulling the left shoulder and arm down and back, and let the javelin fly out 20-30 feet into the ground. Repeat, using one and three steps, then the drive-step rhythm, and throwing gradually further out.

3) The Throwing Position. Face forward, shoulders turned back parallel to throw line, arms in "T" position, with javelin held palm up, elbow turned outside and slightly bent. The right hand is above shoulder level, javelin tip slightly above eye level. Javelin is thus parallel to the ground. Raise left arm and shoulder. Drive forward right to left, and whip the javelin ahead. Head turns to the left to assist the right side turn, and adds to the chest stretch. Repeat with 1, 3, and 5 steps: then from a jog and a run. Maintain loose, relaxed upper body, passive stretch-whip of the chest-shoulder-arm-hand complex.

4) Carry and Pull-Backs to Throw Position. Face forward with hand comfortably above right shoulder, javelin tip pointed down, palm up. Turn shoulders and bring javelin back to throwing position, raising left arm and shoulder. Repeat while walking, then jogging, and finally running, mastering each step before proceeding to the next. Do this along a line. Successively check body alignment, hand position, chest "stretch", torso relaxation, and "bow".

#### The Complete Action

Start with a short approach, jogging and running, to gradually accelerate. Pull the javelin back gradually and smoothly while 35-45 feet from the foul line. Accelerate into the drive step (L-R-L = long-short-long) and whip the javelin using the blocked left side and the active right side. Repeat using full length approach runs. Recover fully between throw.

#### TRAINING PROGRAM

##### Building and Endurance Base

A base of endurance, strength, flexibility, and general conditioning should be emphasized for 10-12 weeks, depend-

leg bounding 30-50m. Do twice weekly, (c) stadium step or hill bounding once weekly.

#### 4) Technique.

Throw stubby into net, or throw spear with short approach once or twice a week x 30-40x.

#### 5) Flexibility.

Spend 15-20 minutes daily on gradual (Yoga) stretching of shoulder girdle, trunk, hips, legs.

#### Power Training Phase (12-14 weeks)

##### 1) Strength.

(a) General. Every other day.

Volume. 5 x 5 at 80½, or pyramid from 70-90½.

Exercises. Snatch or power clean, squats, incline pullovers with bar or dumb-bell, bench press, inverted situps, horizontal trunk twists on bench, lat. pulls, quarter-squat "pops".

(b) Specific. Throw balls, rods or stubbies in ratio, 2 heavy (1.5-2.0 kg), 1 standard weight (600 or 800g), 1 light (500g). Do 75-100 throws twice weekly.

(c) Medicine ball drills x 20 min.

##### 2) Running.

Jog 1-1.5 miles warm-up each day. Cariocas 5 x 100m.

Sprint 60-100m x 5 twice weekly. Pull-back accelerations with stick 10-15 x 30-40m.

##### 3) Ballistic activities.

Twice weekly, Horizontal bounding 5 x 30-40m single and double legged.

Boxes, cones, or hurdles-double and single leg hops 5 x 10 reps once weekly.

##### 4) Technique.

Focus on various technical points-relaxation, hips and trunk drive, leg speed and acceleration into throws. Throw 3-4 x a week. Throw rocks on week-end.

#### Competition Readiness. (6-8 weeks)

##### 1) Strength.

(a) General. Circuit training x 1 week at 40-50½. Then resume 5 x 5 at 80½ three times weekly for 4-6 weeks. Taper to twice weekly, reduce to 4 x 4 and 3 x 3 at 90-99½ prior to major meets.



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Catch up with the happenings. All previous issues of California Track News are still available **except** for issue #25 (May - 78) and issue #36 (June - 79). Order by issue number and/or date. \$1.00 each.



# ALL-TIME California Women

by CALVIN BROWN

Send corrections to Calvin Brown, 228 E. Artesia Blvd.,  
Apt. #C, N. Long Beach, CA 90805.

(1) = place in competition  
(p) = mark made in pentathlon  
w = wind aided  
(h) = heat time  
(sf) = semi final  
(t) = tie  
(d) = disqualified  
(i) = indoor mark

## 100 Meter Hurdles

(Auto = +0.24)

12.86 (1)	Deby LaPlante	6-16-79 MSAC
12.8 (1)	Chi Cheng-Reel	7-12-70 Munich
13.14 (1)	Patty Van Wolvalaere	5-26-78 Tenn
13.24 (p)	Jane Frederick	8-19-77 Sofia
13.36w (3)	Pat D. Shmook	6-27-76 Eugene (13.52)
13.37w (2)	Modupe Oshikoya	6-9-77 UCLA (13.2)
13.41 (1)	Esther Rot	8-31-75 Crystal Palace
13.55w (2)	Jodi Anderson	4-1-79 Northridge (13.62)
13.69 (6)	Mitzi McMillin	5-7-78 UCLA
13.5 (5)	Lorna Tinney	7-8-72 Frederick
13.75 (2)	Jackie Washington	6-24-79 Bloomington
13.6 (1)	Bobbette Krug	7-71 Alamos
13.6 (3)	Lisa Gourdine	5-11-79 San Diego
13.7 (5sf)	Marilyn King	6-12-76 UCLA
13.7 (1)	Stella Edwinston	3-23-78 Santa Rosa (14.2)
13.7 (4)	Maureen McGee	5-11-79 San Diego
13.7 (?)	Mchelle Hawthorne	(14.21)
14.00 (2)	Janet Benford	5-15-76 Manhattan
14.09 (h)	Alesia Sweeney	6-23-79 Bloomington
14.11w (3)	Kris Costello	6-13-77 UCLA (14.17)
13.9 (3h)	Cherrie Sherrard	7-1-72 Canton
13.9 (2)	Janice Lester	5-13-75 UCLA
13.9w (?)	Deanne Carlsen	(14.0) '73
14.25 (7)	Lucy Vaamonde	6-15-79 MSAC
14.28 (5)	Kim Costello	6-25-78 Bloomington

## 400 Meter Hurdles

(Auto = +0.14)

58.62 (4)	Clydine Crowder	6-12-76 UCLA
58.70 (3)	Collete Winlock	5-27-78 Tenn
58.86 (1)	Michelle Hawthorne	6-16-79 MSAC
59.07 (2)	Christine Crowder	6-24-79 Bloomington
59.5 (1)	Janice Lester	6-9-74 UCLA
59.9 (3)	Jodi Anderson	5-20-77 UCLA
60.0 (?)	Celeste Martyn	3-23-79
60.31 (4)	Sheila Hamilton	6-10-77 UCLA
60.8 (11)	Patty Cape	5-10-75 MSAC
60.8 (1)	Donna Hunerlach	5-26-79 Bakersfield
61.00 (1sf)	Alesia Sweeney	6-23-79 Bloomington
61.31 (2)	Alison Reed	6-14-76 UCLA
61.33 (d4)	Anna Biller	6-15-79 MSAC (62.0)
61.40 (4)	Karen Taylor	6-15-79 MSAC
61.3 (1)	Stella Edwinston	5-29-78 San Mateo
61.63 (5)	Chris Davenport	6-15-79 MSAC
61.6 (1)	Laura Held	5-16-79 Bakersfield
61.6 (1)	Angela Sapp	6-9-79 Irvine
61.89 (1)	Linda Hightower	5-5-79 Irvine
62.1 (3)	Cathy Hokmann	5-26-79 Bakersfield

23.03 (1)	Gwen Gardner	4-21-79 MSAC
22.8 (2)	Rosalyn Bryant	4-29-78 Irvine
23.08 (1)	Jackie Thompson	7-11-73 Munich
22.9w (1)	Gail Douglas	4-27-79 UCLA
23.20w (1)	Yolanda Rich	5-6-79 UCLA
23.0 (1)	Adrienne Lewis	5-2-76 El Cerrito
23.1 (1)	Kathie Lawson	7-9-71 Bakersfield
23.38 (3)	Sandra Howard	6-26-77 Gelsenkirchen
23.41 (2)	Freida Cobbs	6-9-79 Berkeley
23.47w (3sf)	Kelia Bolton	5-25-79 E. Lansing
23.3 (1)	Renaye Bowen	-77
23.3w (1)	Kathy Hammond	6-1-68 Hayward
23.57w (4)	Marbella Washington	6-15-79 MSAC
23.4 (1)	Marie Nickson	5-13-78 Chico
23.4w (?)	Vilma Charlton	-68
23.66 (4)	Sherri Howard	8-15-79 Zurich
23.72 (1)	Esther Rot	6-14-75 Seoul
23.5 (4)	Una Morris	4-17-77 Tempe
23.5w (2)	Charlette Cooke	4-17-66 Santa Ana

53.9 (?)	Marie Nickson	-79
54.1 (1)	Williamae Fergerson	6-3-72 Irvine
54.1 (2)	Debbie Roberson	6-8-75 UCLA

## 800 Meter Run

2:00.15 (2)	Cyndi Poor	8-10-76 Stockholm
2:00.22 (1)	Francie Larrieu	8-20-76 Berlin
2:00.73 (3)	Kathy Weston	6-22-76 Eugene
2:00.7 (2)	Julie Brown	7-2-77 Sochi
2:01.8 (1)	Mary Decker	1-28-78 Auckland
2:01.99 (1)	Ruth Kleinsasser	6-10-78 UCLA
2:02.89 (3)	Tecla Chemabwai	6-16-79 MSAC
2:03.8 (1)	Charlette Cooke	7-23-66 La Coliseum
2:04.37 (2)	Ann Regan	7-3-77 Richmond
2:04.57 (5)	Marcia Romesser	6-10-78 UCLA
2:04.5 (3)	Jarvis Scott	8-24-68 MSAC

4:10.88 (2)	Debby Heald	6-10-78 UCLA
4:12.74 (8)	Penny Werthner	8-15-79 Zurich
4:12.7 (x)	Judy Graham	4-9-77 Santa Barbara
4:14.85 (7)	Maggie Keyes	6-17-79 MSAC
4:16.03 (4)	Ruth Kleinsasser	6-12-76 UCLA
4:17.34 (6)	Katie Keyes	6-27-76
4:18.9 (?)	Cheri Williams	-79
4:20.9 (3)	Alice Trumbly	4-21-79 MSAC
4:21.5 (?)	Eileen Clausus	8-12-72 Champaign
4:22.08 (5sf)	Sue Kinsey	6-11-76 UCLA
4:22.8 (2)	Lee Chiu-Shia	5-18-75 Bakersfield
4:22.94 (5)	Linda Goen	6-24-79 Bloomington
4:24.17 (1)	Kathie Denz	8-17-78 MSAC
4:24.4 (?)	Ann Trason	5-29-77 Pleasant Hill
4:24.6 (7sf)	Paula Rose	6-11-76 UCLA
4:25.4 (2)	Michele Bush	5-13-79 UCLA
4:25.5 (?)	Kathy Weston	-78 Vasteros
4:27.2 (1)	Ann Wotherspoon	5-29-78 San Mateo
4:27.70 (4h)	Roxanne Bier	6-23-79 Bloomington
4:28.0 (5)	Jani Rouda	5-14-78 UCLA

## 3000 Meter Run

8:51.1 (2)	Francie Larrieu	7-5-79 Oslo
8:58.27 (3)	Julie Brown	6-17-79 MSAC
9:12.63 (4)	Sue Kinsey	6-10-78 UCLA
9:17.1 (?)	Penny Wethner	-79
9:21.0 (1)	Maggie Keyes	4-14-79 UCR
9:23.82 (1)	Kathy Mintie	6-17-79 MSAC
9:26.6 (?)	Katie Keyes	
9:27.43 (1)	Judy Graham	3-27-77 Oakland
9:29.2 (?)	Cheri Williams-79	
9:30.8 (?)	Eileen Clausus	4-15-73 San Jose
9:33.0 (2)	Suzanne Richter	4-8-79 Berkeley
9:35.1 (8)	Ann Wotherspoon	6-10-78 UCLA
9:37.68 (4)	Su-Mei Lee	6-24-79 Bloomington
9:39.6 (1)	Jan Oehm	3-25-79 Berkeley
9:39.8 (?)	Lee Chiu-Shia	-75 Seoul
9:40.5 (2)	Lynne Hjelte	4-21-79 MSAC
9:41.4 (1)	Cyndi Poor	3-10-79 Berkeley
9:42.0 (?)	Tena Alex	5-20-73 San Jose
9:42.26 (1)	Phyllis Olrich	4-30-77 San Jose
9:43.33 (4)	Vickie Bray	86-14-77 UCLA
9:43.4 (1)	Alice Trumbly	5-13-79 UCLA
9:44.81 (7)	Roxanne Bier	6-17-79 MSAC
9:45.3 (3)	Sara Sweeney	5-13-79 UCLA
9:45.7 (5)	Linda Broderick	4-21-79 MSAC
9:46.0 (9)	Carrie Craven	5-26-78 Knoxville

## 5000 Meter Run



photo by Diane Johnson



14.11w (3)	Kris Costello	6-13-77 UCLA (14.17)
13.9 (3h)	Cherrie Sherrard	7-1-72 Canton
13.9 (2)	Janice Lester	5-13-75 UCLA
13.9w (?)	Deanne Carlsen	(14.0) '73
14.25 (7)	Lucy Vaamonde	6-15-79 MSAC
14.28 (5)	Kim Costello	6-25-78 Bloomington

## 400 Meter Hurdles

(Auto = +0.14)

58.62 (4)	Clydine Crowder	6-12-76 UCLA
58.70 (3)	Collete Winlock	5-27-78 Tenn
58.86 (1)	Michelle Hawthorne	6-16-79 MSAC
59.07 (2)	Christine Crowder	6-24-79 Bloomington
59.5 (1)	Janice Lester	6-9-74 UCLA
59.9 (3)	Jodi Anderson	5-20-77 UCLA
60.0 (?)	Celeste Martyn	3-23-79
60.31 (4)	Sheila Hamilton	6-10-77 UCLA
60.8 (1t)	Patty Cape	5-10-75 MSAC
60.8 (1)	Donna Hunerlach	5-26-79 Bakersfield
61.00 (1sf)	Alesia Sweeney	6-23-79 Bloomington
61.31 (2)	Alison Reed	6-14-76 UCLA
61.33 (d4)	Anna Biller	6-15-79 MSAC (62.0)
61.40 (4)	Karen Taylor	6-15-79 MSAC
61.3 (1)	Stella Edwinton	5-29-78 San Mateo
61.63 (5)	Chris Davenport	6-15-79 MSAC
61.6 (1)	Laura Held	5-16-79 Bakersfield
61.6 (1)	Angela Sapp	6-9-79 Irvine
61.89 (1)	Linda Hightower	5-5-79 Irvine
62.1 (3)	Cathy Hokmann	5-26-79 Bakersfield
62.24 (2)	Leslie Miles	7-14-79 MSAC
62.39 (3)	Kathleen Murphy	5-7-78 UCLA
62.3 (2)	Laura Nagel	5-16-79 Bakersfield
62.70 (4)	Carolyn Bing	6-14-76 UCLA

## 100 Meter Dash

(Auto = +0.24)

10.97 (1)	Evelyn Ashford	6-16-79 MSAC
10.9 (1)	Andrea Lynch	5-28-77 Wichita
11.11w (1qf)	Barbara Ferrell	10-68 Mex. City (11.15)
11.0 (1)	Chi Cheng-Reel	7-18-70 Vienna
11.30w (2)	Jodi Anderson	4-1-79 Northridge (11.3)
11.1 (1)	Gail Douglas	5-11-79 San Diego
11.38 (1)	Renaye Bowen	6-1-76 San Diego
11.43 (2)	Rosalyn Bryant	6-12-76
11.48 (?)	Sandra Howard	76
11.49w (4)	Dollie Fleetwood	6-16-79 (11.59)
11.50 (1)	Kim Robinson	6-14-77 UCLA
11.3 (1h)	Martha Watson	7-7-72 Frederick
11.57 (1)	Valerie Brisco	4-30-78 Philadelphia
11.58 (1)	Brenda Winston	6-13-77 UCLA
11.60 (1)	Sharon Ware	7-14-79 MSAC
11.61 (2)	Gayle Butler	5-29-77 UCLA
11.63a (4)	Kelia Bolton	7-28-78 Col. Springs (11.64)
11.4 (?)	Jackie Bolton	7-7-72 Frederick
11.64 (2)	Alice Brown	7-8-78 Moscow
11.6 (1)	Yolanda Rich	3-24-79 Irvine
11.4 (2)	Judy Reed	5-11-79 San Diego
11.66 (4)	Pam Waters	6-12-76 UCLA
11.66 (3)	Gwen Loud	4-21-79 MSAC
11.67 (2)	Deandra Carney	6-13-77 UCLA

## 200 Meter Dash

(Auto = +0.24)

21.83 (1)	Evelyn Ashford	8-24-79 Montreal
22.53w (2)	Valerie Brisco	6-17-79 MSAC (23.13)
22.4 (1)	Chi-Cheng-Reel	7-12-70 England (23.18)
22.69w (2)	Andrea Lynch	-77 England (23.18)
22.87 (1h)	Barbara Ferrell	10-17-68 Mexico City
23.00w (2h)	Gwen Loud	6-15-79 MSAC



MODUPE OSHIKOVA (left) and PATTY VAN WOLVALAERE

## 400 Meter Dash

(Auto = +0.14)

50.62 (1)	Rosalyn Bryant	7-28-76 Montreal
51.09a (1)	Sherri Howard	7-28-79 Colo. Springs
51.57 (1)	Evelyn Ashford	6-30-79 Philadelphia
51.64 (3)	Kathy Hammond	9-7-72 Munich
51.91 (5)	Mable Ferguson	9-4-72 Munich
52.08 (1)	Valerie Brisco	6-23-79 New Jersey
52.22 (1)	Gwen Gardner	4-21-79 MSAC
52.4 (1)	Charlette Cooke	10-16-67 Mexico City
52.6 (1)	Chi Cheng-Reel	7-29-70 Stockholm
52.6 (1)	Yolanda Rich	5-26-79 E. Lansing
52.79a (6)	Jarvis Scott	10-16-68 Mexico City
53.07 (3)	Kathy Weston	5-21-77 UCLA
53.12 (1)	Freida Cobbs	6-25-78 Bloomington
53.12 (3)	Jackie Pusey	8-13-79 Quebec City
53.2 (3)	Debbie Byfield-White	6-27-75 White Plains
53.42 (2)	Arlise Emerson	6-25-78 Bloomington
53.46 (1)	Marian Franklin	6-29-79 Bakersfield
53.82 (3)	Denean Howard	6-24-79 Bloomington
53.84 (3)	Mary Decker	7-14-73 Innsbruck
54.00 (5)	Kelia Bolton	5-6-79 UCLA
53.9 (?)	Una Morris	

2:04.5 (5)	Penny Werthner	6-9-79 Berkeley
2:05.0 (1)	Debbie Heald	5-14-78 UCLA
2:05.1 (?)	Lee Chia-Shia	-75 UCLA
2:05.43 (1)	Linda Goen	6-14-77 UCLA
2:05.93 (3)	Lynn Hollins	6-10-76 UCLA
2:06.68 (5)	Debbie Roberson	6-9-78 UCLA
2:07.0 (?)	Cis Schaffer	7-8-72 Frederick
2:07.2 (?)	Judy Graham	-72 UCLA
2:07.3 (?)	Marie Mulder	7-31-65 Kiev
2:07.40 (3)	Chee Sweet Lee	5-31-76 San Diego
2:07.45 (4)	Katie Keyes	5-31-76 San Diego
2:07.5 (2)	Lynn Smith	8-19-75 Stockholm
2:07.5 (9)	Kathy Costello	1-30-77 Irvine
2:07.5 (2)	Donna Fromme	5-13-79 UCLA

## 1500 Meter Run

\* = During Mile

4:05.0 (1)	Mary Decker	6-30-79 Philly. (4:23.5)
4:05.09 (3)	Francie Larrieu	8-6-76 College Park
4:06.4 (2)	Julie Brown	7-13-79 San Juan
4:06.83 (4)	Cyndy Poor	8-6-76 College Park

## 3000 Meter Run

8:51.1 (2)	Francie Larrieu	7-5-79 Oslo
8:58.27 (3)	Julie Brown	6-17-79 MSAC
9:12.63 (4)	Sue Kinsey	6-10-78 UCLA
9:17.1 (?)	Penny Wethner	-79
9:21.0 (1)	Maggie Keyes	4-14-79 UCR
9:23.82 (1)	Kathy Mintie	6-17-79 MSAC
9:26.6 (?)	Katie Keyes	
9:27.43 (1)	Judy Graham	3-27-77 Oakland
9:29.2 (?)	Cheri Williams-79	
9:30.8 (?)	Eileen Clausus	4-15-73 San Jose
9:33.0 (2)	Suzanne Richter	4-8-79 Berkeley
9:35.1 (8)	Ann Wotherspoon	6-10-78 UCLA
9:37.68 (4)	Su-Mei Lee	6-24-79 Bloomington
9:39.6 (1)	Jan Oehm	3-25-79 Berkeley
9:39.8 (2)	Lee Chiu-Shia	-75 Seoul
9:40.5 (2)	Lynne Hjelte	4-21-79 MSAC
9:41.4 (1)	Cyndy Poor	3-10-79 Berkeley
9:42.0 (?)	Tena Alex	5-20-73 San Jose
9:42.26 (1)	Phyllis Olrich	4-30-77 San Jose
9:43.33 (4)	Vickie Bray	86-14-77 UCLA
9:43.4 (1)	Alice Trumbly	5-13-79 UCLA
9:44.81 (7)	Roxanne Bier	6-17-79 MSAC
9:45.3 (3)	Sara Sweeney	5-13-79 UCLA
9:45.7 (5)	Linda Broderick	4-21-79 MSAC
9:46.0 (9)	Carrie Craven	5-26-78 Knoxville

## 5000 Meter Run

15:55.5 (1)	Julie Brown	3-11-79 MSAC
16:00.38 (3)	Sue Kinsey	5-26-78 Knoxville
16:16.8 (2)	Kathy Mintie	5-26-79 E. Lansing
16:24.0 (1)	Suzanne Richter	3-10-79 Berkeley
16:26.8 (1)	Jan Oehm	4-8-79 Berkeley
16:35.6 (3)	Lynne Hjelte	4-8-79 Berkeley
16:54.8 (5)	Sally Metteer	4-1-79 Berkeley
16:55.3 (1)	Vickie Cook	2-13-77 Goleta
16:57.9 (2)	Miki Gorman	2-13-77 Goleta
17:02.2 (3)	Ann Thrupp	6-14-77 Eugene
17:05.6 (2)	Linda Broderick	4-1-78 Berkeley
17:06.6 (?)	Lee Chiu-Shia	-75 Pomona
17:06.6 (2)	Pam Cox	4-14-79 Corvales
17:06.8 (1)	Chris Troffer	5-20-77 UCLA
17:14.0 (1)	Nadia Garcia	5-15-76
17:16.2 (3)	Linda Heinmiller	4-1-78 Berkeley
17:17.6 (9)	Kathy Robertson	5-26-78 Knoxville
17:21.0 (?)	Tena Alex	-77
17:23.6 (4)	Michelle Aubuchon	4-8-79 Berkeley
17:25.6 (?)	Susie Meek	-79
17:27.6 (5)	Wendy Walker	4-8-79 Berkeley
17:33.6 (5)	Lynn Christopher	2-13-77 Goleta
17:36.9 (1)	Sara Sweeney	5-5-79 Irvine
17:39.7 (3)	Jacqueline Hansen	4-22-78 Northridge
17:51.1 (1)	Celia Peterson	4-30-78 Pomona

## 10,000 Meter Run

33:42.7 (2)	Sue Kinsey	6-8-78 UCLA
34:19.5 (1)	Julie Brown	3-13-77 Northridge
34:27.8 (5)	Jan Oehm	5-25-79 E. Lansing
34:40.2 (4)	Linda Heinmiller	6-15-79 MSAC
34:54.65 (4)	Teri Anderson	6-9-77 UCLA
34:54.8 (5)	Roxanne Bier	6-8-78 UCLA
35:07.7 (1)	Martha Cooksey	4-1-78 Long Beach
35:11.2 (6)	Ann Trason	6-8-78 UCLA
35:14.4 (8)	Laurie Binder	6-15-79 MSAC
35:22.2 (7)	Phyllis Olrich	6-8-78 UCLA
35:33.74 (7)	Chris Troffer	6-9-77 UCLA
35:39.76 (9)	Kathy Jewell	6-9-77 UCLA
35:39.7 (3)	Judy Fox	6-15-79 MSAC
35:40.5 (3)	Ann Thrupp	6-9-77 UCLA
35:46.0 (1)	Sally Metteer	3-10-79 Berkeley
35:50.6 (1)	Kathy Robertson	4-8-79 Berkeley
35:59.6 (2)	Cheryl Bridges	3-29-75 Valencia
36:01.0 (9)	Karen Nachbar	6-9-77 UCLA
36:03.5 (1)	Laurie Hagopian	5-5-79 Irvine



36:06.70 (12)	Jacqueline Hansen	6-9-77 UCLA
36:07.4 (11)	Celia Peterson	6-8-78 UCLA
36:15.6 (1)	Su-Mei Lee	3-18-79 Phoenix
36:35.3 (13)	Marilyn Taylor	6-15-79 MSAC
36:39.2 (3)	Katie Keyes	11-5-79 Inglewood
36:46.2 (4)	Doreen Assumma	5-29-77 UCLA

## Marathon

2:36:23.1 (1)	Julie Brown	9-10-78 Eugene
2:38:19 (11)	Jacqueline Hansen	10-12-75 Eugene
2:38:50 (3)	Sue Krenn	4-16-79 Boston
2:39:11 (1)	Miki Gorman	10-24-76 New York
2:41:38 (1)	Celia Peterson	-78 Indiana
2:41:55 (2)	Martha Cooksey	10-22-78 New York
2:42:08 (1)	Sue Kinsey	2-2-79 Bakersfield
2:42:32 (1)	Sue Peterson	11-19-78 Pasadena
2:43:43 (4)	Laurie Binder	9-79 Eugene
2:45:20 (2)	Wendy Walker	2-2-79 Bakersfield
2:45:34 (?)	Penny DeMoss	-78
2:46:20 (?)	Debbie Lewis	-79
2:46:34 (2)	Diane Barrett	1-6-76 Culver City
2:46:34 (1)	Leal Ann Reinhart	10-23-77 New York
2:46:45 (2)	Pat Story	11-4-79 LA Coliseum
2:48:44 (14)	Judy Leydig	4-16-79 Boston
2:49:04 (10)	Soderholm	10-21-79 New York
2:49:37 (2)	Elaine Campo	12-8-79 Las Vegas
2:49:40 (?)	Cheryl Bridges	12-5-71 Culver City
2:50:34 (1-14)	Kathy Jewell	6-26-77 Lompoc
2:51:15 (4)	Joan Ulyot	12-6-76 Culver City
2:52:06 (?)	Tena Anex	10-23-77 Minneapolis
2:52:35 (?)	Candy Hearn	-78
2:52:52 (1)	Koudela	1-28-79 Saratoga
2:53:14 (37)	Vickie Bray	12-11-76 Livermore
2:53:40 (?)	Teri Anderson	3-4-73 St. Louis

## 5000 Meter Walk

23:53.0 (1)	Sue Brodock	5-1-77 Santa Ana
25:02.0 (2)	Esther Marquez	8-18-74 Denmark
25:21.2 (2)	Paula Kash	6-15-79 MSAC
25:22.9 (3)	Chris Sakelarios	6-15-79 MSAC
25:29.0 (4)	Linda Broderick	8-18-74 Denmark
26:01.1 (3)	Joyce Brodock	6-9-77 UCLA
26:12.0 (4)	Tracy Trisco	6-9-77 UCLA
26:15.4 (5)	Linda Bottlick	6-9-77 UCLA
26:18.4 (6)	Sally McPherson	6-9-77 UCLA
26:22.2 (7)	Vicki Jones	6-15-79 MSAC
26:24.4 (8)	Chris Ramirez	6-15-79 MSAC
26:32.0 (2)	Cindi Johnson	4-24-76
26:35.1 (9)	Lori Maynard	6-15-79 MSAC
26:49.8 (3)	Jill Steiner	5-1-77 Santa Ana
26:58.6 (2)	Lisa Metheny	5-2-76
27:12.2 (8)	Sandy Briscoe	6-9-77 UCLA
27:19.8 (4)	Jessica Waskow	4-24-76
27:25.2 (11)	Jodee Hunt	6-15-79 MSAC
27:32.6 (7)	Terri Teegarden	6-12-76
27:35.0 (5)	Becky Villalvazo	4-24-76
27:54.0 (9)	Geoglia Sakelarios	6-12-76
27:56.2 (3)	Cindy Vaughan	5-8-77 Lafayette
27:57.3 (4)	Laura Spencer	5-8-77 Lafayette
28:07.2 (4)	Shelley Quintana	4-23-77 Walnut
28:17.8 (1)	Jane Janousek	5-21-78 Northridge

## 10,000 Meter Walk

50:32.8 (1)	Sue Brodock	6-17-79 MSAC
51:33.0 (3)	Chris Sakelarios	6-17-79 MSAC
51:51 (2)	Sue Liers	6-18-77 Palo Alto
53:00.9 (2)	Paula Kash	6-10-78 UCLA
53:58.2 (4)	Esther M. Lopez	6-17-79 MSAC
54:10.2 (3)	Sally McPherson	6-18-77 Palo Alto
54:29.1 (4)	Joyce Brodock	6-18-77 Palo Alto
55:37.6 (5)	Vicki Jones	6-17-79 MSAC
56:25.1 (7)	Lisa Metheny	4-17-76

## Long Jump

22-7½ (1)	Jodi Anderson	6-10-78 UCLA
21-9¾w (1)	Martha Watson	5-26-74 Mod. (21-7½)
21-7w (p)	Jane Frederick	5-28-78 Goetzis (21-6¼)
21-6¼ (1)	Modupe Oshikoya	5-26-78 Knoxville
21-0¾ (1i)	Chi Cheng-Reel	2-28-70 New York
21-0 (2)	Sherron Walker	4-29-78 Irvine
20-11¾ (1)	Vicki Betts	6-6-76 UCLA
20-10½w (1)	Marilyn King	5-1-76 San Jose (20-9½)
20-9¼ (1)	Kim Attlesley	7-30-72 Long Beach
20-9¼w (3)	Gwen Loud	5-6-79 UCLA (20-4¾)
20-8½w (1)	Pat Winslow	7-2-67 S. Bar. (20-6)
20-7½w (5)	Sandy Crabtree	6-17-79 MSAC
20-7 (1)	Dora Lee Roberts	5-1-71 Fresno
20-5¾ (2)	Anita Neil	5-27-72 Modesto
20-4½ (2)	Carrie McLaughlin	-79
20-4¼ (3)	Barbara Ferrell	5-27-72 Modesto
20-3½ (2)	Joni Huntley	4-1-78 Northridge
20-3w (1)	Lisa Gouridine	7-31-76 Reno (20-1¾)
20-2¼ (4)	Denise Paschal	6-24-66 LA Coliseum
20-1¾ (2)	Karen Elmore	7-3-77 Richmond
20-1½w (1)	Sonia Guss	9-68 MSAC
20-0½ (6)	Diane Kummer	6-10-77 UCLA
19-11¾ (1)	Renaye Bowen	3-24-73
19-11¾w (3)	Lanessa Jones	4-8-79 Berkeley

## Shot Put-4K

(8lbs. minus 2 Feet)	Maren Seidler	6-16-79 MSAC
62-7¼ (1)	Earlene Brown	9-22-60 Frankfurt
54-91/8 (1)	Kathy Devine	4-4-79 Austin
54-6 (1)	Jan Svendsen	8-8-72 LA
53-5¼ (1)	Lynn Graham	5-28-71 Garden Grove
53-1 (1)	Jane Frederick	5-14-78 UCLA
51-6½ (1)	Emily Dole	5-5-78 Long Beach
49-1 (1)	Karen Marshall	4-1-78 Northridge
49-0½ (7)	Melody Rose	6-16-79 MSAC
48-11 (2)	Linda Langford	-75
48-9 (4)	Cel Rutledge	8-31-75 UCLA
50-6½ (1)8lbs	Susie Ray	-79 (46-1¾)
48-2 (2)	Pat W. Bank	12-19-71 Irvine
46-1½ (1)	Denise Holloway	4-25-76 MSAC
45-8 (1)	Kuchta	5-27-78 Bakersfield
45-6¾ (1)i	Vera Peco	1-25-75 Anaheim
47-5¼ (3)8lbs	Ramona Ebert	6-2-79 Sacramento
45-2½ (2)	Annette Chandler	3-10-79 Los Angeles
45-2¼ (3q)	Kerry Zwart	6-13-77 UCLA
47-2¼ (1)8lbs	Lynn Richardwon	5-25-79 E. LA.
45-0¼ (1)	Michelle Betham	4-1-78 Arcata

## Discus Throw

193-3 (x)	Olga Connolly	8-8-72 Torrance (189-9)
180-11 (1)	Jan Svendsen	-76
178-8 (x)	Vivian Turner	7-11-72 Hawth. (150-1)
176-10½ (1)	Earlene Brown	7-16-60 Abilene
176-0 (1)	Linda Langford	6-6-76 UCLA
175-10 (3)	Leslie Deniz	5-6-79 UCLA
173-11 (2)	Joan Pavelich	-74
173-6 (1)	Lisa Vogelsang	4-77 Long Beach
171-10 (3)	Monette D. Branson	5-21-77 Modesto
168-3 (3)	Karen Marshall	6-10-77 UCLA
165-9 (1)	Terri Sabol	8-31-75 UCLA
159-2 (1)	Pamela Kurrell	5-28-60 Modesto
158-9 (3)	Nancy Norberg	8-18-68 Aurora
158-4 (1)	Christi Pyle	5-26-78 Arcadia
157-9 (1)	Lynn Graham	7-3-65 Columbus
153-5 (2)	Iva Wright	3-25-72 Claremont
152-5 (2)	Karen Stampfli	-77
152-3½ (1)	Leslie Hoerner	5-11-79 San Diego
151-3 (1)	Terrie Grudinskis	6-3-79 Compton
150-4 (1)	Kathy Devine	4-14-79 Norman
150-2 (2)	Linda Read	-79
149-2 (4)	Cindy Banks	5-13-79 UCLA
148-9 (2)	Susan Springer	-78
148-1 (4)	Debbie Rivera	4-29-73 MSAC
147-7 (2)	Ramona Ebert	-79

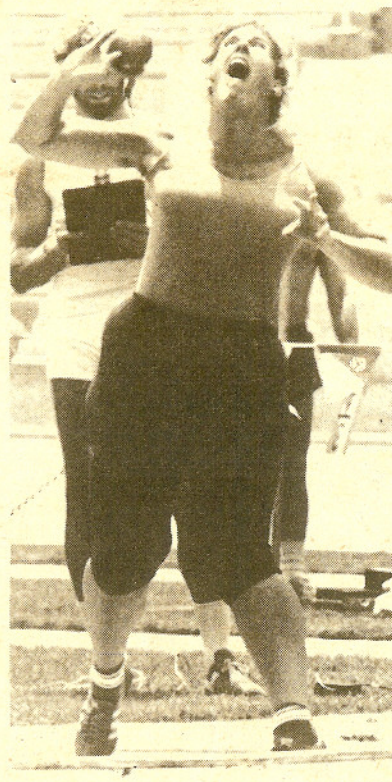


photo by Bill Leung, Jr.



photo by Bill Leung, Jr.

## MAREN SEIDLER

176-3 (1)	Connie Gasson	-77 Goleta
174-6 (2)	Barbara W. Pickel	5-22-76 Eugene
170-9½ (1)	Gloria Wilcox	5-9-64 Westminster
170-0 (x)	Karen A. Oldham	10-26-56 Los Angeles
169-10 (1)	Donnan Dietrich	3-18-78 Redlands
169-7 (3)	Jacque Nelson	7-5-79 Boston
168-6 (4)	Debbie Langevain	6-23-73 Irvine
168-5½ (2)	Fran Davenport	9-8-63 Wissen
167-8 (3)	Nadine Bowers	5-3-75 San Jose
167-4 (2)	Keri Camarigg	4-30-78 Pomona
166-9 (2)	Babs Brandin	4-23-66 Hanford
165-9 (1)	Cathy Corr	5-18-75 Newport Beach
163-11 (1)	Donna Mayhew	4-7-79 Bakersfield
163-2 (3q)	Linn Dunton	5-24-79 E. Lansing
162-9 (2)	Margaret Carell	4-9-72 Long Beach

## Pentathlon

4708 (1)	Jane Frederick	5-27-79 Goetzis
13.59 50-0¼ 6-0 20-10 2:16.2		
4475 (1)	Jodi Anderson	5-23-79 E. Lansing
13.5 40-7½ 5-6¼ 21-9½ 2:15.8		
4379 (3)	Modupe Oshikoya	6-4-78 Tempe
14.0 38-3¼ 5-9-21-4¼ 2:17.9		
4374 (3)	Marilyn King	6-22-76 Eugene
14.37 41-11¼ 5-10 20-4 25.5		
4350 (?)	Pat W. Bank	10-16-67 Mexico City
11.5 44-11¾ 5-61/8 19-10¼ 25.1		
4329 (?)	Chi Cheng-Reel	8-24-68 Azusa
10.6 36-0 5-1 19-8¼ 23.6		
4100 (2)	Denise Cornell	4-23-78 Northridge
14.6 40-3 5-8¼ 18-3¾ 2:19.6		

## JANE FREDERICK (left) and MARILYN KING

4064 (7)	Patsy Walker	6-25-78 Spala
4024 (2)	Lorna Tinney	-72
13.7 29-8¼ 5-3¾ 18-6½ 24.4		
4012 (2)	Barbara Emerson	9-8-68 Los Alamos
11.7 32-2¾ 5-3 19-5¼ 24.7		
3994 (6)	Mitzi McMillin	6-22-76
14.29 36-3½ 5-4½ 19-2 26.05		
3922 (3)	Marilyn Linsenmeyer	4-23-78 Northridge
14.6 39-1¼ 5-1¾ 17-1½ 2:17.2		
3912 (1)	Kerry Zwart	6-4-78 Tempe
15.2 43-8½ 5-5½ 18-3¾ 2:29.4		
3884 (4)	Sandy Goldsberry	6-21-75 Los Alamos
14.3 34-9 5-5½ 17-11 26.2		
3883 (9)	Pat Donnelly	6-24-72 Los Alamos
13.7 36-8½ 5-0¼ 16-9½ 25.0		
3872 (5)	Joan Russell	5-27-78 Knoxville
3855 (1)	Susie Ray	8-17-78 MSAC
14.6 45-8 5-3 17-7¼ 2:33.4		
3840 (2)	Lucia Vaamonde	5-29-71 Glendale
14.9 35-8¼ 4-117/8 18-8½ 25.0		
3819 (2)	Lisa Kinimaka	6-29-74 Austin
3817 (3)	Dianne Spangler	6-28-69 Los Alamos
14.4 35-2¾ 5-¼ 18-2½ 25.5		
3815 (4)	Giulia Monteforte	5-21-77 UCLA
?? ? 18-2¼ 2:23.2		
3759 (3)	Jan Svendsen	9-6-68 Los Alamos
11.9 40-5¾ 4-9½ 17-4½ 25.8		
3755 (1)	Tonya Alston	7-13-77 Millbrae
3728 (2)	Jenny Stary	5-13-79 Claremont
? 41-5¾ ? 17-1½ ?		
3693 (1)	DeAnne Wilson	5-24-71 Glendale
15.0 30-11¼ 5-5/8 17-3 26.0.		



25:29.4 (4)	Linda Bottlick	8-18-74 Denmark
26:01.1 (3)	Joyce Brodock	6-9-77 UCLA
26:12.0 (4)	Tracy Trisco	6-9-77 UCLA
26:15.4 (5)	Linda Bottlick	6-9-77 UCLA
26:18.4 (6)	Sally McPherson	6-9-77 UCLA
26:22.2 (7)	Vicki Jones	6-15-79 MSAC
26:24.4 (8)	Chris Ramirez	6-15-79 MSAC
26:32.0 (9)	Cindi Johnson	4-24-76
26:35.1 (2)	Lori Maynard	6-15-79 MSAC
26:49.8 (3)	Jill Steiner	5-1-77 Santa Ana
26:58.6 (2)	Lisa Metheny	5-2-76
27:12.2 (8)	Sandy Briscoe	6-9-77 UCLA
27:19.8 (4)	Jessica Waskow	4-24-76
27:25.2 (11)	Jodee Hunt	6-15-79 MSAC
27:32.6 (7)	Terri Teegarden	6-12-76
27:35.0 (5)	Becky Villalvazo	4-24-76
27:54.0 (9)	Geogia Sakelarios	6-12-76
27:56.2 (3)	Cindy Vaughan	5-8-77 Lafayette
27:57.3 (4)	Laura Spencer	5-8-77 Lafayette
28:07.2 (4)	Shelley Quintana	4-23-77 Walnut
28:17.8 (1)	Jane Janousek	5-21-78 Northridge

## 10,000 Meter Walk

50:32.8 (1)	Sue Brodock	6-17-79 MSAC
51:33.0 (3)	Chris Sakelarios	6-17-79 MSAC
51:51 (2)	Sue Liers	6-18-77 Palo Alto
53:00.9 (2)	Paula Kash	6-10-78 UCLA
53:58.2 (4)	Esther M. Lopez	6-17-79 MSAC
54:10.2 (3)	Sally McPherson	6-18-77 Palo Alto
54:29.1 (4)	Joyce Brodock	6-18-77 Palo Alto
55:37.6 (5)	Vicki Jones	6-17-79 MSAC
56:25.1 (7)	Lisa Metheny	4-17-76
56:25.1 (7)	Jill Steiner	6-18-77 Palo Alto
56:31.8 (1)	Lisa Metheny	4-17-76
56:44.0 (7)	Jodee Hunt	6-17-79
57:15.2 (2)	Cindi Johnson	4-17-76
57:43 (9)	M. Lang	6-18-77 Palo Alto
57:48.2 (4)	Jessica Waskow	4-2-78 Northridge
58:10 (10)	Sandy Briscoe	6-18-77 Palo Alto
58:10.4 (10)	Diane Uribe	6-17-79 MSAC
58:12 (12)	Linda Bottlick	6-18-77 Palo Alto
58:39.0 (7)	Jane Janousek	6-10-78 UCLA
58:46.4 (3)	Tracy Trisco	4-17-76
59:23.0 (4)	Becky Villalvazo	4-17-76
61:17.6 (5)	Terri Teegarden	4-17-76
61:45.6 (6)	Jill Steiner	4-17-76
62:27.1 (10)	Denece George	6-10-78 UCLA
63:18.2 (11)	Laura Gottlieb	6-10-78 UCLA

## High Jump

6-5 1/4 (1)	Debbie Brill	8-26-79 Montreal
6-4 (1)	Joni Huntley	1-13-78 College Park
6-3 3/4 (2)	Pam Spencer	8-15-79 Zurich
6-1 (1)	Sue McNeal	8-18-79 San Diego
6-0 (p)	Jane Frederick	6-24-78 Nymburk
6-0 (1)	Phyllis Blunston	5-16-79 Bakersfield
5-11 1/2 (7)	Tonya Alston	-79
5-11 1/4 (3)	Patsy Walker	5-6-79 UCLA
5-11 (3)	Modupe Oshikoya	4-24-76 MSAC
5-11 (7)	Cindy Gilbert	6-11-77 UCLA
5-11 (3)	Annette Tannander	5-7-78 UCLA
5-11 (1)	Fern Simon	4-14-79 San Diego
5-11 (1)	Kathy Hamilton	6-23-79 Bloomington
5-10 1/4 (1)	Kari Gosswiller	5-20-78 Arcadia
5-10 1/4 (1)	Nancy Redican	5-20-78 Arcadia
5-10 (1)	Pam Blackburn	4-27-75 Orinda
5-10 (p)	Marilyn King	6-21-76 Eugene
5-10 (3)	Denise Cornell	5-21-77 Modesto
5-10 (1)	Chris Remmling	5-14-8 UCLA
5-10 (7)	Karen Lysaght	-79
5-9 1/2 (1)	Ellen Fargo	7-1-78 MSAC
5-9 3/8 (1)	DeAnne Wilson	7-8-72 Frederick
5-9 3/8 (2)	Sandy Goldsberry	7-8-72 Frederick
5-9 1/4 (p)	Luanne Morris	5-6-78 UCLA
5-9	Six (6) People.	

45-2 1/2 (1)	Annette Chandler	3-10-79 Los Angeles
45-2 1/4 (3q)	Kerry Zwart	6-13-77 UCLA
47-2 1/4 (1) 8lbs	Lynn Richardwon	5-25-79 E. LA.
45-0 1/4 (1)	Michelle Betham	4-1-78 Arcata

## Discus Throw

193-3 (x)	Olga Connolly	8-8-72 Torrance (189-9)
180-11 (1)	Jan Svendsen	-76
178-8 (x)	Vivian Turner	7-11-72 Hawth. (150-1)
176-10 1/2 (1)	Earlene Brown	7-16-80 Abilene
176-0 (1)	Linda Langford	6-6-76 UCLA
175-10 (3)	Leslie Deniz	5-6-79 UCLA
173-11 (7)	Joan Pavelich	-74
173-6 (1)	Lisa Vogelsang	4-77 Long Beach
171-10 (3)	Monette D. Branson	5-21-77 Modesto
168-3 (3)	Karen Marshall	6-10-77 UCLA
165-9 (1)	Terri Sabol	8-31-75 UCLA
159-2 (1)	Pamela Kurrell	5-28-60 Modesto
158-9 (3)	Nancy Norberg	8-18-68 Aurora
158-4 (1)	Christi Pyle	5-26-78 Arcadia
157-9 (1)	Lynn Graham	7-3-65 Columbus
153-5 (2)	Iva Wright	3-25-72 Claremont
152-5 (7)	Karen Stampfli	-77
152-3 1/2 (1)	Leslie Hoerner	5-11-79 San Diego
151-3 (1)	Terrie Grudinskas	6-3-79 Compton
150-4 (1)	Kathy Devine	4-14-79 Norman
150-2 (7)	Linda Read	-79
149-2 (4)	Cindy Banks	5-13-79 UCLA
148-9 (7)	Susan Springer	-78
148-1 (4)	Debbie Rivera	4-29-73 MSAC
147-7 (7)	Ramona Ebert	-79



KARIN SMITH

## Javelin Throw

227-5 (1)	Kate Schmidt	9-11-77 Fuerth
207-11 (1)	Sherry Calvert	7-7-78 Berkeley
207-9 (7)	Karin Smith	-78 Europe
196-3 (1)	Ranae Bair	7-2-67 Santa Barbara
196-1 (1)	Cathy Sulinski	6-6-76 Campbell
192-5 (4)	Lynn Cannon	6-25-77 W. Germany
186-4 (1)	Roberta Brown	3-21-71 Phoenix
180-3 (1)	Asa Westmon	5-3-75 Lakewood

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174-6 (7)	Barbara W. Pickel	5-22-78 Eugene
170-9 1/2 (1)	Gloria Wilcox	5-9-64 Westminster
170-0 (x)	Karen A. Oldham	10-26-56 Los Angeles
169-10 (1)	Donnan Dietrich	3-18-78 Redlands
169-7 (3)	Jacque Nelson	7-5-79 Boston
168-6 (4)	Debbie Langevain	6-23-73 Irvine
168-5 1/2 (7)	Fran Davenport	9-8-63 Wissen
167-8 (3)	Nadine Bowers	5-3-75 San Jose
167-4 (2)	Keri Camarigg	4-30-78 Pomona
166-9 (2)	Babs Brandin	4-23-66 Hanford
165-9 (1)	Cathy Corr	5-18-75 Newport Beach
163-11 (1)	Donna Mayhew	4-7-79 Bakersfield
163-2 (3q)	Linn Dunton	5-24-79 E. Lansing
162-9 (2)	Margareta Carell	4-9-72 Long Beach

## Pentathlon

4708 (1)	Jane Frederick	5-27-79 Goetzis
	13.59 50-0 1/4 6-0 20-10 2:16.2	
4475 (1)	Jodi Anderson	5-23-79 E. Lansing
	13.5 40-7 1/2 5-6 1/4 21-9 1/2 2:15.8	
4379 (3)	Modupe Oshikoya	6-4-78 Tempe
	14.0 38-3 1/4 5-9-21-4 1/4 2:17.9	
4374 (3)	Marilyn King	6-22-76 Eugene
	14.37 41-11 1/4 5-10 20-4 25.5	
4350 (7)	Pat W. Bank	10-16-67 Mexico City
	11.5 44-11 3/4 5-6 1/8 19-10 1/4 25.1	
4329 (7)	Chi Cheng-Reel	8-24-68 Azusa
	10.6 36-0 5-1 19-8 1/4 23.6	
4100 (2)	Denise Cornell	4-23-78 Northridge
	14.6 40-3 5-8 1/4 18-3 3/4 2:19.6	

4084 (7)	Patsy Walker	6-25-78 Spala
4024 (2)	Lorna Tinney	-72
	13.7 29-8 1/4 5-3 1/4 18-6 1/2 24.4	
4012 (2)	Barbara Emerson	9-8-68 Los Alamos
	11.7 32-2 1/4 5-3 19-5 1/4 24.7	
3994 (6)	Mitzi McMillin	6-22-76
	14.29 36-3 1/2 5-4 1/2 19-2 26.05	
3922 (3)	Marilyn Linsenmeyer	4-23-78 Northridge
	14.6 39-1 1/4 5-1 1/4 17-11 1/2 2:17.2	
3912 (1)	Kerry Zwart	6-4-78 Tempe
	15.2 43-8 1/2 5-5 1/2 18-3 3/4 2:29.4	
3884 (4)	Sandy Goldsberry	6-21-75 Los Alamos
	14.3 34-9 5-5 1/2 17-11 26.2	
3883 (9)	Pat Donnelly	6-24-72 Los Alamos
	13.7 36-8 1/2 5-0 1/4 16-9 1/2 25.0	
3872 (5)	Joan Russell	5-27-78 Knoxville
3855 (1)	Susie Ray	8-17-78 MSAC
	14.6 45-8 5-3 17-7 1/4 2:33.4	
3840 (2)	Lucia Vaamonde	5-29-71 Glendale
	14.9 35-8 1/4 4-11 7/8 18-8 1/2 25.0	
3819 (2)	Lisa Kinimaka	6-29-74 Austin
3817 (3)	Dianne Spangler	6-28-69 Los Alamos
	14.4 35-2 3/4 5-1 1/4 18-2 1/2 25.5	
3815 (4)	Giulia Monteforte	5-21-77 UCLA
	? ? ? 18-2 1/4 2:23.2	
3759 (3)	Jan Svendsen	9-6-68 Los Alamos
	11.9 40-5 3/4 4-9 1/2 17-4 1/2 25.8	
3755 (1)	Tonya Alston	7-13-77 Millbrae
3728 (2)	Jenny Stary	5-13-79 Claremont
	? 41-5 3/4 ? 17-1 1/2 ?	
3693 (1)	DeAnne Wilson	5-24-71 Glendale
	15.0 30-11 1/4 5-5/8 17-3 26.0.	

## SCREEN PRINTING

SCREENED T'S AS LOW AS \$1.85 EACH!

\$1.40 IN YOUTH SIZES!

Looking for a way to make money for your club or school? In need of printing on your team uniforms? Before you look any further, please write for a pricelist. Or, phone us at 415/341-3119. Best time to reach me is after 8 pm on weekdays, or you may leave a message on my recording unit.

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

**SUPERFAST SERVICE:** - Under normal circumstances we can complete your order in 10-15 working days, plus shipping time.

**TOP QUALITY:** - We back our products 100%...any defective products may be returned for a full refund or credit. We feature such name-brand shirts as Hanes, Union, adidas, etc. We can print in up to 6 colors, at only 5¢ per color additional in quantities of 24 dozen or greater.

**ARTWORK:** - We have a fully-staffed art department and can help you clean up your rough idea, or we can do something for you from scratch. The shirts at the right are among the many that have been designed by our staff artists.

**GARMENTS AVAILABLE:** - We have a wide variety of T-shirts in many colors, sizes and weights (mid-weight; heavy). We also carry tanktops, women's "French Cut" shirts with scoopneck, warmups, shorts, etc. In such name brands as: adidas, Jelenk, Dolfin, Broderick, Dodger, and more!!

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

## JACK'S ATHLETIC SUPPLY

Jack Loydig Box 1551 San Mateo, CA 94401





# KEEPING track

According to Track & Field News UC Berkeley is the complete track & field stadia with the biggest seating capacity in the U.S. Berkeley has at least 8 lanes on a synthetic surface, can hold all field events on the infield, and can seat 22,000. ....The Tobias Striders of southern California have changed their name to the **Angels Flight Striders**. ....USC women's coach **Sherry Calvert** (207-11 with the javelin) is making a comeback after three operations last year to repair a shoulder injury. ....Women can now participate officially in the National Postal One-Hour Race Walking Championships, conducted annually, according to unofficial reports from the AAU Convention held in Las Vegas in November. Heretofore, only males had been considered official entrants, although some women have walked in these on their own.

We have received the results of the Skydon International/AAU Championship Marathon which took place on October 13, 1980. Overall winner was **Dave Smith** of Orangevale, California in 2:17:30. Another winner from California was **Ulrich Kaempf** of Los Altos in the 45-49 division with 2:36:24. **Joe Burgasser** of Rancho Palos Verdes was second in the 40-44 division with 2:31:24. **Ted Wurm** of Oakland placed 5th in the 60+ section with his 3:33:30. **West Valley Track Club** was the 40 and Over team champions with a team of **Ulrich Kaempf**, **Roger Bryan** 2:42:02, and **Doug Latimer** 2:43:14.

**Sue Munday**, winner of the Oakland & National AAU Marathons recently, didn't go back to school at Cal Poly SLO this year. Right now she is working for and training with sporting goods store owner **Gary Goettelman** and is looking forward to Boston. She may return to Cal Poly in the Fall, or is considering offers from UCLA and Northridge. ....Gymnast **Kurt Thomas** has been selected as the AAU 1979 Sullivan Award winner. Second place in the balloting went to track and field's **Renaldo Nehemiah** and also receiving a large number of votes was **Evelyn Ashford**. San Diego state coach **Fred LaPlante** expects the hurdles to be one of the team's top events this year since wife and teammate **Deby LaPlante** is the American record holder; but SDS hurdle

stock went up even higher with the addition of Canadian freshman **Sue Bradley Kameli**, another world class athlete and member of the 1976 Canadian Olympic team. ....The **Sub-4 Track Club** picked up another top distance runner when **Dan Aldridge** graduated from Cal Poly SLO after cross country. ....Even though 1979 was sorta quiet for **Clancy Edwards** he is fully intending to be back at full speed in 1980, running some early season 400s to work on his strength. He's run 46.05 for 400. ....**Dannon Yogurt**, sponsor and supporter of long distance running in many parts of the US, is coming to Southern California. Be looking for Dannon to be sponsoring and getting involved with some of the local running events.

**Power Soler Sport Shoe Repair** has announced their grand opening in California. They have a special program of discounts for track clubs. Contact **David Loring**, 9312 North Santa Margarita Rd., Atascadero 93422. ....**Cal State Bakersfield** was all set to unveil its new all weather track at the February 16 Bakersfield Metric Meet; the only problem - it was rained out. ....**Diablo Valley Track & Field Club** has just been awarded the 1980 National AAU Boys Age-Group Track & Field Championships. The meet will be held July 25-27 on Diablo Valley College's nine-lane Reslite track in Pleasant Hill. For additional information, contact **Dave Sutch**, 50 California St., Suite 2350, San Francisco 94111.

The **California Relays** scheduled for May 17th will finally have an all weather track and field facility. Meet director **Tom Moore** reports that the Modesto oval is being converted to a 9 lane 400 meter Chevron 400 surface. Work has already begun and is scheduled to be complete April 30th. ....**California Track News** will be compiling 1980 track and field rankings to publish. Coaches and athletes please send best marks lists each week to California Track News, P.O. Box 6103, Fresno 93703. ....**McDonald's** is sponsoring a track and field superstars clinic at UCLA March 22-23. The outdoor, "how-to" seminar features 27 world-class champions and coaches as instructors, including seven Olympic gold medalist ranging from sprinters **Donald Quarrie**

and **Harvey Glance** to long jump specialist **Randy Williams** and pole vaulter **Bob Seagren**. For more information contact **Ron Kirkpatrick**, Bob Thomas & Associates, Inc., 835 Hopkins Way, Suite 505, Redondo Beach 90277. (213) 376-6978. ....Another big clinic is being sponsored by **Knott's Berry Farm** on April 19-20. It also includes a host of Olympians and features a 10,000 meter run. For information contact **Knott's Berry Farm**, 8039 Beach Blvd, Buena Park 90620.

Cal Poly SLO soph **Brian Faul** set a school record in the shot put with his 57-7/4 against Oregon State, even though the Mustangs lost to OSU 93-65. ....In another meet against the OSU Beavers the UC Berkeley women came out ahead 87-63 with several new Cal records. Senior **Alice Trumbly** ran 2:07.8 in the 800; and **Shelly Craig** soared 5-4/4 for a record high jump. The 1600 relay also set a UCB mark with 3:44.75. A week earlier frosh **Cindy Schmandt** set the 3,000 standard with 9:28.0. ....Speaking of school records, Long Beach State's junior shot putter, **Mike Smith**, heaved 60-10 to surpass the 13-year old school standard of 60-4 1/2, set by **Jim Hannefield** in 1967.

**Jim Fixx's** second book of running is now out. It's called **Jim Fixx's Second Book of Running**. Billed as the all-new volume to "The Complete Book of Running," by Fixx. Bill Rodgers says of the book, "I enjoyed this book a great deal. Jim Fixx writes about running in a comfortable style and analyzes the sport like a surgeon. ...." Available from Random House, 201 East Fifth St., New York, NY 10022, for \$10.00. ....Azusa Pacific's **Gary Wise** may be good for more than his 10 points for first in the decathlon at the NAIA Nationals as he recently high jumped 7-0. His season best of 14.3 in the highs isn't too shabby, either. ....1978 Point Loma College graduate **Cliff Schneider** died following a pole vaulting accident at San Diego State. He landed out of the pit, hitting his head on a concrete slab. Just a few days earlier Cliff had qualified for the USA Trials with a 17-3 vault at Mt. SAC.

Interested in the race walks? Then you'll enjoy reading the "Golden Gate Walker" published by the Golden Gate Race Walkers. Contact **Harry Siltonen**, 106 Sanchez St., Apt. 17, San Francisco 94114. ....**Californian Raymond Threatt** has recorded sprint times of 10.3w and 21.1 as a frosh at the University of Arizona. Other Californians at Arizona are **Thom Hunt** with '80 bests of 8:38.5 in the steeple and 29:32 for 10,000; and **James Frazier** who's done 7-1 3/4 and 47-3 3/4. ....Coach **Fred Hokanson's** Orange Coast College women's track and field squad wrapped up its second successive South Coast Conference dual meet championship with a 118-6 blitzing of Santa Ana College on March 27. The Pirates concluded South Coast dual meet competition with a perfect 6-0 record. The Bucs outscored their conference rivals in six dual meets, 622-131. In the three years that Orange Coast has fielded a women's track squad, the Pirates have logged a brilliant 17-2 dual meet record. ....Fresno State assistant coach **Red Estes** will replace **Dutch Warmerdam** as head coach when Dutch retires in July. Red will have a "flying" record of 17-2-1 in the 50 mile

## CLUB NEWS

Please send your club newsletter or news of your club to California Track News, P.O. Box 6103, Fresno, CA 93703. We are looking for an individual to serve as **Club Editor**. If interested, write for details.

### CLOVIS RUNNING EXPRESS

The Clovis Running express is a new club in the Central San Joaquin Valley. The CRE was established to replace the now defunct Wild Women Track Club. The idea was to have a club open to men, too; and to put the emphasis on running.

In just their first month of operation the club has already recorded some impressive performances. In the January 5th Athletic World 7 Mile Run the CRE women runners took four of the top ten spots. **Sandy McPherson** placed the highest as she finished second with a time of 46:57.

On January 19th **John Hendry**, age 19, was the first junior college runner in the High Sierra Ten Mile Run with a 55:39 clocking.

During 1980 the club is hosting a series of 12 prediction runs in addition to the popular Clovis Stampede 8 Kilo Race.

### HIGH DESERT RUNNING CLUB

The High Desert Running Club is a new club serving the Lancaster area. Club president is **Charlie Horn**, and vice president is **Larry Wells**. Club workouts are held every Saturday and Sunday at Lane Park at 7 am; every Tuesday and Thursday at Lane Park at 5:15; and every Wednesday at Apollo Park.

**Jack Powell** ran a 2:59:45 in the Mission Bay Marathon on January 13th; and on only 40 miles a week. **Ken Hamrick** recorded a 2:55 marathon at Paul Masson on January 27. **Charlie Horn** placed 15th with a PR of 1:17:20 in the Bakersfield Half Marathon on February 2. **Darrell LaRue** placed 9th in the 40+ Bakersfield Marathon with 3:04; and **Marv Powers** took 3rd in the 40+ with 3:14.

### TEAM INSIDE TRACK

Team Inside Track operates out of Ventura. They are working hard to host the District and National 25 Kilo Championships on March 2. Along with the race a spaghetti feed and running clinic is being planned for the night before.

Team Inside Track runners have been competing all over the state. On December 31st, at the Westlake 20 Mile, **David Mineau** ran 1:56:39 finishing 5th, **Delbert Pearce** was 60th in 2:20:49, and **Reg Wood** was 134th in 44:40.

At the Runners World 15K, **Gary Tuttle** finished 7th in 44:40.

**Fred Nagelschmidt** became national champion for the age 55-59 in the 50 Mile

**Dennis Parrish**, the Tujunga Turtle won the 35-39 with a 31:03 over the uphill 4 mile climb. **Dick Durant** won the 50-59 in 33:37.

Top STC'er at the December 30 Westlake 20 Mile Run was **Joe Toledo** who placed 3rd overall in 1:55:10. **Andy Levinson** was 9th in 1:59:23. **Jim Knerr** won the 40+ with 2:00:29. **Gene Pickering** was the 50+ winner in 2:16:44. **Judy Kewley** won the women 30-39 in 2:36:07; **Linda Burke** the women 40-49 in 2:41:25.

At the January 20 Redondo Beach Super Bowl Sunday 10KM **Joe Burgasser** was the first STC'er across the finish line with 34:05; followed closely by **Dave Holland** in 34:35. **Ann Bensch** was the first STC woman to finish in the good time of 41:54.

### EXCELSIOR TRACK CLUB

Club member **Rich Locksley**, running only his fourth marathon knocked over 10 minutes off his best with a 2:29 clocking at the Fiesta Bowl Marathon. **Bill Sevald** led, **Greg Jewett** and **Karl Machesches** to PR's at the California 10 in Stockton on January 6. Bill's time was 52:27, Greg's 53:18, and Karl's 54:30. At the Run for the Cookies 10K **Greg Jewett** broke 32 minutes for the first time on his way to 2nd place with 31:53.

At the Paul Masson Marathon **Ernie Rivas** recorded a PR and club record 2:21:16. Also recording life time bests were **Mike Conroy** 2:30:41 and **Karl Machesches** 2:39:01. At the February 3rd Avenue of the Olives Marathon the third place runner was some two minutes behind **Bill Sevald** and **Greg Jewett** as they both smashed last years course record set by **Ron Nabers**. Bill's time was 2:24:54 and Greg's was a life time best of 2:27:33.

At the February 3rd Fort Point Run the dynamic duo of **Jim Tracy** and **James Moore** placed 2nd and 3rd on the 3.8 mile course. At the West Valley Marathon (2-10) **Bob Darling** bettered his marathon time by almost two minutes with a time of 2:25:56. On February 16 at the Kennedy Drive Run **Karl Machesches** and **Terry Casey** put it to the test. They placed 1st and 4th respectively with times of 24:19 and 24:56.

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The club welcomed 22 new members



marathon winner was Dave Smith, Orangevale, California in 2:17:30. Another winner from California was Ulrich Kaempf of Los Altos in the 45-49 division with 2:36:24. Joe Burgasser of Rancho Palos Verdes was second in the 40-44 division with 2:31:24. Ted Wurm of Oakland placed 5th in the 60+ section with his 3:33:30. West Valley Track Club was the 40 and Over team champions with a team of Ulrich Kaempf, Roger Bryan 2:42:02, and Doug Latimer 2:43:14.

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Former Cal prep Mark Fricker has recorded a 1:53.4 as a student at Oregon State University.....Cal Poly SLO senior Jim Schankel has been trying his hand at the steeplechase this season and has clocked a school record 8:51.0. Other recent CP-SLO school records include Tim McDonald's 17-6 in the pole vault; and Brian Faul's 57-4 1/2 shot put. Speaking of Cal Poly - a rash of injuries has increased the challenge of defending their Division II National crown: Sprinter Joe Siai Siai and miler Paul Medvin are lost for the season because of stress fractures. Earlier, another sprinter, Mark Kent, decided to drop out of school. Recently sprinter Fred Harvey hurt his back in the Oregon State meet.....Chapman College has a new track coach in former Panther performer Brad Long. Brad continues to compete unattached and heaved the hammer 180-0 in a recent meet.....Another new coach who continues to compete is Joe Carlson who has taken over the Long Beach State women's track team in addition to the men's cross country team. Carlson has run the marathon in 2:18:41 ('78).....The Santa Clara Valley Golden Girls Track Club will be hosting an A.A.U. Sectional meet on Saturday, April 19th at Foothill College in Los Altos. Approximately 250 athletes, all girls and women, from all over Northern California will be competing. For info. call Nick Massey at (408) 257-8500.

An oversight in the February issue was the omission of the source for the Bay to

Breakers winners in the Question Corner column. The source, of course, was the Bay to Breakers authority Lew Wallach's book, The Human Race.....Jim Ryun, Wyomia Tyus, John Kelley, Bruce Jenner and Dave Albritton, five stars of American track from the Olympics to the Boston Marathon, will be inducted this year into The National Track and Field Hall of Fame of the United States in Charleston, West Virginia. The ceremony will take place August 15-16, 1980.....Several Californians are competing for Boise State University in Idaho. Senior Scott Blackburn from Simi (3:50.9); Ron Harvey frosh from Oakland (7-0); Dave Kerby junior

from San Diego State (16-2); and Steve Sosnowski a junior from Salinas.....San Diego State's womens track team boasts a coaching staff of eight: Fred LaPlante head coach, Joe Briski assistant, Allen Hazard assistant, Ted Mahr assistant, Cathy Clark assistant, Barbara Buchan assistant, Philip Olverud nutrition consultant, Peter Dufresne sports psychology consultant.....Cal Poly SLO women's star Maggie Keyes recently won the AAU championship in the indoor mile with a 4:39.3 on February 29, in Madison Square Garden and also tied the women's collegiate indoor record in the 1,500 meters with a clocking of 4:13.4.

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At the Runners World 15K, Gary Tuttle finished 7th in 44:40.

Fred Nagelschmidt became national champion for the age 55-59 in the 50 Mile Track Championships with 6:24.

Some of the club members at Mission Bay Marathon were: Andy Black 2:32; George Berg 3:13; Alma Paige 4:20; Darline Bjornstad 4:36; and Joan Wysong 5:00.

## SENIORS TRACK CLUB

The Seniors Track Club of Southern California reports that their yearly banquet was a big success at the San Pedro Elks Lodge. The gal in charge at the Lodge is reported to have commented that she had never seen such amounts of food consumed per individual before.

The 1980 officers were elected and are reported as follows: John Duhlig - president; Heiko Peschel - vice-president; Mike Froman - treasurer; Ed Lowell - secretary; Joe Burgasser - publications; Milt Nelson - program; Emson Grimm - track & field; Gene Blankenship - long distance; Alice Bensch - women; Bob Holguin - under 40; Ray Bensch - 40+; Ron Hanson - track captain.

Three members won division titles at the December 16 Mt. Thom Hill Climb.

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## FRESNO TRACK CLUB


The club welcomed 22 new members in January. The most notable of which is Steve Hardison a 17-6 pole vaulter attending the Mennonite Brethren Biblical Seminary in Fresno.

At the Madera Mini Marathon on December 9th., Corcoran High team-member Shawn Smallwood was the overall winner with a 1:10:42 for the 13.1 miles. Craig Elia ran 1:13:24 in winning the Open Division.

At the December 15th Clovis Stampede Fresno Track Club had 4 division winners: Jim Hartig was the Open and overall winner over the 8 kilometer course with 25:05. Mark Hemphill won the 30-39 in 27:44; Frank Delgado nailed the 40-49 with 28:36; and Karen VanWaggenen took the women's 14-17 in 32:35.

Presently the club is in a fund raising drive to send member Tony Ramirez to the Olympic Trials Marathon in Buffalo, New York. Tony ran 2:16 at the Fiesta Bowl Marathon.

# TRACK & FIELD NEWS



**TELLS IT ALL**

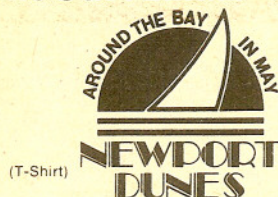
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The Newport Beach Runners Association Invites You To  
**The 5th Annual "AROUND THE BAY IN MAY"**  
**10 MILE RUN**



SATURDAY, MAY 10, 1980  
 START 8:00 AM SHARP  
 CHECK-IN: 6:00 to 7:45 AM  
 Coast Hwy at JAMBOREE ROAD  
 Newport Beach, California 92660

**FACILITIES**

Check-in Area - Parking - Restrooms - Finish - Awards - Recreation will be inside the Dunes Park. Entrance & Parking fee paid with Entry fee.

**COURSE DESCRIPTION**

This year's AROUND THE BAY IN MAY RACE will be starting on Back Bay Road at the Dunes, go north to East Bluff turning left to Jamboree Road; left on Jamboree to dirt trail turning left to Bay View; proceed on Bay View to Mesa Drive; Mesa Drive to Irvine; Irvine to Santiago; Santiago to West Cliff Drive; West Cliff Drive to Dover; Dover to Coast Highway; Coast Highway to Bay Side Drive, then entering the Dunes.

Meet Director: JOHN BLAIR

For Information Call 714-546-3663

**REGISTRATION FEES:**

\$7.00 Pre Entry — Includes T-Shirt  
 4.00 Pre Entry — Run Only, No Shirt  
 5.00 Late Entry — No Shirt

Pre-Registration Deadline

May 6, 1980

Late Registration Day of Race

6:00 to 7:45 AM

**ENTRY FORM**

Please Complete and Return To: Newport Beach Runners Association 1162 Dorset Lane, Costa Mesa, CA 92626

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ AGE \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

SHIRT SIZE: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ ENTRY FEE \$7.00 NO SHIRT \$4.00 NBRA # \_\_\_\_\_

**CIRCLE DIVISION CODE:**

DIV	AGE	AWARDS	DIV	AGE	AWARDS	DIV	AGE	AWARDS
A.	14-under Boys	1-5	F.	40-44 Men	1-15	K.	15-18 Gals	1-10
B.	15-18 Boys	1-10	G.	45-49 Men	1-10	L.	19-29 Women	1-10
C.	19-29 Men	1-15	H.	50-59 Men	1-5	M.	30-39 Women	1-10
D.	30-34 Men	1-15	I.	60 + Men	1-5	N.	40-49 Women	1-10
E.	35-39 Men	1-15	J.	14-under Girls	1-5	O.	50 + Women	1-5
						P.	200 LBS. +	1-5

Make Checks Payable to: Newport Beach Runners Association 1162 Dorset Lane, Costa Mesa, CA 92626

**IMPORTANT! LEGAL WAIVER MUST BE COMPLETED AND SIGNED**

In consideration of the acceptance of this entry in said road race to be held on May 10, 1980, we the undersigned participants and (if participant is under 18 years of age) parent or guardian, intending to be legally bound, do hereby for ourselves, or heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages which we, or either of us, may have or which may hereafter accrue to us, or either of us, against any and all persons, organizations and legal entities affiliated with such race, more particularly, the Amateur Athletic Union; the Long Distance Running Committee, John Blair; Newport Beach Runners Association, together with their respective officers, agents, representatives, employees, successors, assigns, and/or sponsors, for any and all damages which may be sustained or suffered by us in connection with, or entry in, and/or arising out of our traveling to, participation in, and returning from said road race.

SIGNED \_\_\_\_\_ Dated \_\_\_\_\_

PARENT OR LEGAL GUARDIAN \_\_\_\_\_

JOIN

# AMERICA'S LOVE RUN

AGAINST MUSCULAR DYSTROPHY

10K FOR MDA

registration 7:30 A.M.  
 starting time 9:00 A.M.



ENTRY FEE \$2.50 DONATION PLUS SPONSORS FOR A "LOVE RUN" KIT, RETURN THE FORM BELOW

**MAY 4th**  
 in  
**Woodward Park**  
 at the  
**Riverview Area**

**SPONSORED BY**

For further information contact:

**MDA**

**486-3420**

**Registration Form**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Running Club Affiliation (if any) \_\_\_\_\_  
 T-shirt Size (circle one) S M L XL  
 WE WOULD APPRECIATE YOUR DONATION TO THE MUSCULAR DYSTROPHY ASSOCIATION  
 1547 NORTH WILSON  
 FRESNO, CA 93728

Muscular Dystrophy Association Jerry Lewis, National Chairman

**2nd ANNUAL ROTARY RIVER RUN**

Sponsored By: The FRESNO-VENTURA ROTARY CLUB

Distances: \_\_\_\_\_ When: SUNDAY, MAY 4, 1980

**SIX MILES**

1. OPEN
2. SENIORS-MEN(30-40)
3. MASTERS-MEN(Over 40)
4. WOMENS(All Ages)

**THREE MILES**

1. OPEN
2. HIGH SCHOOL
3. WOMEN(Under 30)
4. WOMEN(30 & Over)

**ONE MILE**

1. WOMEN(Under 30)
2. WOMEN(30-40)
3. WOMEN(Over 40)
4. MEN(Under 30)
5. MEN(30-40)
6. MEN(Over 40)



Clovis Running Express

High Sierra Track Club

**ALL FOR ONE ONE FOR ALL**

Fresno Joggers

Fresno Track Club

**TONY TO THE TRIALS RUN**

10,000 Meter Race

2 Mile Fun Run



undersigned party, heirs, executors, and administrators, waive, release, and forever legally bound, do hereby for ourselves, or heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages which we, or either of us, may have or which may hereafter accrue to us, or either of us, against any and all persons, organizations and legal entities affiliated with such race, more particularly, the Amateur Athletic Union; the Long Distance Running Committee, John Blair, Newport Beach Runners Association, together with their respective officers, agents, representatives, employees, successors, assigns, and/or sponsors, for any and all damages which may be sustained or suffered by us in connection with, or entry in, and/or arising out of our traveling to, participation in, and returning from said road race.

SIGNED \_\_\_\_\_ Dated \_\_\_\_\_

PARENT OR LEGAL GUARDIAN



486-3420

Running Club Affiliation (if any)  
T-shirt Size (circle one) S M L XL  
MUSCULAR DYSTROPHY ASSOCIATION  
1947 NORTH WINDSON  
FRESNO, CA 93728

Muscular Dystrophy Association Jerry Lewis, National Chairman

## 2nd ANNUAL ROTARY RIVER RUN

Sponsored By: The FIREBAUGH-MENDOTA ROTARY CLUB

Distances: \_\_\_\_\_ When: SUNDAY, MAY 11, 1980

### SIX MILES

1. OPEN
2. SENIORS-MEN (30-40)
3. MASTERS-MEN (over 40)
4. WOMENS (All Ages)

### THREE MILES

1. OPEN
2. HIGH SCHOOL
3. WOMEN (Under 30)
4. WOMEN (30 & Over)

### ONE MILE

1. WOMEN (Under 30)
2. WOMEN (30-40)
3. WOMEN (Over 40)
4. MEN (Under 30)
5. MEN (30-40)
6. MEN (Over 40)



Meet Director: RON SANI 2107 North Harrison, Fresno, Ca. 93704 (408) 233-0009

Starting Times: Entries close at 6:00 am (Six-Mile Events to follow immediately)  
Exact schedule of race times will be sent upon request

Where: The Six and Three-Mile races will start at the Firebaugh High School Football Stadium. The One-Mile Races will be run on the stadium track. Firebaugh High School is located on Highway 33 and the Helm Canal Road.

Eligibility: Open (Runners are not required to be AAU Members)

Entry Fee: \$5.00 (Includes Souvenir T-Shirt with special logo)

Course: The course consists of a semi-flat, combination asphalt and dirt loop for the six and three mile runs. These runs will originate at the stadium and travel along the river course, then return to the stadium track. The one mile race will be on the flat quarter mile all weather track at the stadium.

Course records: Listed in Central California yearly track annual

Awards: There will be trophies in each division of the six and three mile races. Three rosette ribbons will be awarded in all divisions of the one mile race. Special awards will be given to the youngest and oldest runners and for predicted time.

Concessions: Rotary will operate a food booth. Additional souvenir t-shirts will be sold for \$3.50.

Please enter me in the Rotary River Run//Send entries to: Ron Sani 2107 North Harrison  
Fresno, California 93704

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Club: \_\_\_\_\_ Age: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Waiver Statement: In consideration of my entry being accepted in the Rotary River Run, Sponsored by the Firebaugh-Mendota Rotary Club, I intend to be legally bound, and do hereby waive any and all claims for damages which I may suffer due to participation in the Rotary River Run.

Signature: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_  
(if under age 18)

Date: \_\_\_\_\_ Race Entry Fee: \_\_\_\_\_

Clovis Running Express

High Sierra Track Club

ALL FOR ONE ONE FOR ALL

Fresno Joggers

Fresno Track Club

## TONY TO THE TRIALS RUN

10,000 Meter Race

2 Mile Fun Run

APRIL 19, 1980

(SATURDAY) RAIN OR SHINE

Sponsored by Athletic World of Clovis

Director: Ron Koch (209) 298-1969

A benefit run to raise money to send the Valley's Tony Ramirez to the Olympic Trials Marathon in Buffalo, New York on May 24, 1980.

COURSE: At Fresno State University, start and finish at the corner of Cedar and Barstow. Flat grass and road loops around the campus.

REGISTRATION: 7:30 a.m. to 8:30 a.m.

RACE TIME: 9:00 a.m. SHARP!

ENTRY FEE: \$5.00 pre and post registration (make checks payable to Fresno Track Club)

DIVISIONS: For both the 10,000 Meter Race and 2 Mile Fun Run

Men: 19 & Under, 20-29, 30-39, 40-49, 50+

Women: 34 & Under, 35-49, 50+

AWARDS: 10,000 Meter Race: A pair of Adidas running shoes to the first male and first female overall finishers. Medals to first 3 in each division.

2 Mile Fun Run: A pair of Adidas running shoes to the first place overall. Ribbons to first 3 in each division

PRIZES: Tony to the Trials T-shirts to the first 200 entrants. Many merchandise prizes to be given by drawing following the race.

### ENTRY BLANK

Send with \$5.00 to: Athletic World, 711 West Shaw, Clovis, CA 93612

WAIVER: In consideration of your accepting my entry, I intending to be legally bound do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Fresno Track Club, Athletic World, Fresno State University, and any and all sponsors and volunteers of this race for any injuries suffered by me while traveling to and from and competing in the Tony To The Trials runs on April 19, 1980.

Signature (Parent, if under 18 years) \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Club: \_\_\_\_\_

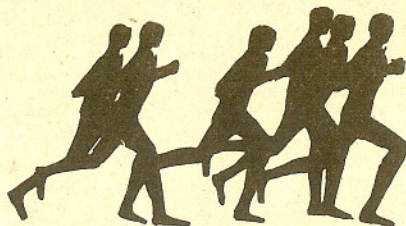
Division - check one: MEN  
19 & Under  
20-29  
30-39  
40-49  
50 & Over  
WOMEN  
34 & Under  
35-49  
40-49  
50 & Over

Event - circle one:

2 Mile Fun Run 10,000 Meter Race



# LONG DISTANCE LOG



by **RICHARD SLOTKIN** LONG DISTANCE EDITOR

Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track News office: P.O. Box 6103, Fresno, CA 93703.

## POINTS OF INTEREST

We'd like to apologize for the confusing layout work in the February issue of *California Track News*. The Striders 50 and the Beverly Hills Perrier 10K were rather mercilessly cut up. It was all there...you just had to know where to look. (pages 22 and 23 should have been reversed.) We'll try to do better from now on, but those things do happen.

Despite mishaps such as the one just mentioned, we like to think that CTN is as good a publication as there is on the market in track and field and distance running. We would, however, be fooling ourselves if we acted as though we were the only good publication available. *Track and Field News*, for example is certainly a class magazine...and they buy advertising space from us too. Most of you probably read *Runners World* and some of the other fine periodicals that are available. Which brings us to *Running Times*.

Last September President Carter was an entry in the Catocin Mountain 10k with the disastrous results that became front page news the world over. Scooping the world was *Running Times'* associate editor Phil Stewart, who took his camera, ran at half speed just ahead of the President and got the whole thing down on film, even managing to split before the Secret Service could grab him or his film. The big deal about all this, and the reason that we are putting it in print is that Stewart has been nominated for the very prestigious Pulitzer Prize in photography. Not too many sports photograph-

primary purpose is supposed to be to serve the athletes. Instead, the AAU, NCAA, USOC, IOC and all the rest seem to be more interested in enriching their top officers and concentrating on finding ways to discipline the athletes for violations, which they seem to make up as they go along. We never hear of them "bailing anyone out" who got himself inadvertently, or otherwise, into a dispute or alleged violation. I use the term alleged violation because some of the so-called violations would not be considered that in any other area of civilian life. For example, anyone but an amateur athlete can use their talent in commercial advertising. Another case of the inmates running the asylum.

And speaking of getting hit by the powers that be...how about what happened to Joe Douglas in Madison Square Garden? Joe brought his world record Santa Monica Track Club 2 Mile Relay Team to appear in the U.S. Indoor Track and Field Championships. Douglas had previously asked the meet director if he could bring an extra man and use him in the finals, even if he didn't run in the prelim. The extra man was world class 1/2 miler, Gerald Masterson. The meet director indicated to Douglas that it would be all right to do that. At the meet, when he filled out his relay card and turned it over to the officials, Douglas showed on the card that Masterson would be replacing someone in the finals. It turned out to be Malcolm Cleary, partly because Malcolm had a sore throat and was not feeling at

the motions, figuring that the actual bar-clearing leaps can be made by one of the regulars (and Debus has some who could stand in and not one drop of beauty would be lost) while she supplies the smiles, grimaces and various poses. Mariel has been working hard and Debus says she is doing well. This sort of goes along with my theory of talent: Talent consists of desire, good coaching and plenty of hard work. If those three are present, good results will follow and Ms. Hemingway, with Coach Debus, seem to be proving it.

Besides the high jump, Hemingway is working on the shot put, long jump, hurdles and the 800. She ran some track in high school and thought she knew what she was in for. I'll bet Debus surprised her just a little bit though. Yes indeed! Still, she says it feels great to be in the kind of shape Debus has helped her achieve.

I am not as much into movies and TV watching as most people, so it wasn't my sharp reporter's eye that is responsible for this item. While jogging past the high jump pit at Santa Monica College, I remarked to a teammate that Coach Debus sure had some foxy high jumpers (he does). She said that the one in the red was Mariel Hemingway the actress (she was). Not wanting to pass up on an item of interest, I went up to her as she was leaving and she very graciously talked to me despite my faux pas--"Are you a model or something?" "No, I'm an actress." This, after she had told me about the movie. Well...I am a charter member of the (Coach) Merle McGee Burn-out Squad, and I had just finished my own workout. It takes at least 2 hours for the brain to stop rattling and the double vision to go away after one of his sessions, so I hope I'm forgiven. If not, I'll just do another workout and then I won't care...for a couple of hours, anyway.

photo by Richard Lee Slotkin



not an isolated event. UCLA, LA Valley College, Arizona, New Mexico...and the list seems to get bigger every day...are all having their reputations besmirched. Coaches and faculty are resigning or being fired. The scandal widens. Mullins is still at USC, running very well, insisting that his big semester was for real and he really had to hustle to do it.

Somehow, I cannot work up any ill feeling for Mullins. He was working within the system. Quite a system, huh? Well, that's the point. The system permits--even encourages it. I teach an evening class at Pasadena and since I have been there only one varsity athlete, to my knowledge, attended class. I know about him because I received a form from his coach on which I was to indicate his progress at mid-semester. Incidentally, he too was a sprinter. This happened last September, before the Mullins thing broke, so I have to assume that it was a normal procedure. Mullins didn't attend Pasadena full-time nor did he compete for that school, so he would not have been affected by it. Yet, as it is said, why

they raid the brothel, even the piano player gets arrested. A scandal calls everyone's integrity into question. And, to repeat, I still cannot blame Mullins. The kid is an outstanding athlete. There has to be a place for him whether he's a legitimate student or not. The system that all but forces an athlete to attend college in order to participate and develop is where the problem is. If the clubs were able to do this, then those who weren't that interested in or qualified for college could still follow their star. In track and field and distance running, this is quite feasible in terms of cost. Football and basketball would be more of a problem.

Some of the top coaches, such as Jim Bush (UCLA) and Joe Douglas (Santa Monica Track Club) have been calling for more aid to the clubs for years. Their emphasis has been for the post-college athlete. But what about the pre-college and no-college athlete? As the scandals spread and everyone is running for cover, maybe the need for a new approach will finally be recognized. Its time has definitely come.

# RESULTS

## U.S. International Cross Country Trials

January 9, Lane Community College, Eugene, Oregon.

1. Craig Virgin (St. Louis TC) 36:43.7
2. Dan Dillon (Great. Boston TC) 37:07.7
3. Guy Arbogast (Fr. Shorter TC) 37:29.7
4. Mark Anderson (Colorado) 37:30.1
5. Steve Plascencia (U of Chic TC) 37:45.1
6. John Sinclair (Colorado) 37:45.5
7. Don Clary (Oregon TC) 37:45.1
8. Duncan Macdonald (W Val TC) 37:59.3
9. Ken Martin (Oregon) 38:02.4
10. Tom Wysocki (Silver ST. TC) 38:14.7
11. John Moreno (Camion W. TC) 38:19.0
12. Chuch Hattersly (F. Short. TC) 39:22.6
21. Mitch Kingery (Camino W.) 39:25.5
23. Ramon Morales (W. Camino) 39:58.3
25. Mark Conover (W. Valley TC) 40:17.2
26. Roy Hoglund (Camino W.) 40:26.6
27. Dave Harper (Jamul Toads) 40:32.0
29. Dennis Wilson (F. Shorter TC) 40:38.7
31. Tim Becker (Camino W.) 42:20.9

## Super Race III

January 26, 1980. Monterey, 10,000

- Meters.
1. Gary Romesser (29) 29:51
  2. Paul Macdonald (24) 29:55

3. Rob Laxson (Woodl. 1 30-39) 34:16.5
4. Bill Devine (Reno) 34:33.2
5. Bob Miller (Davis) 34:45.9
6. Steven W. Williams (Newcl.) 34:47.1
7. Lyle Freeman (reno 2 30-39) 35:05
8. Jeff Grubbs (Sacra. 2 16-17) 35:05.8
9. Nelson Cobb (Chico) 35:10
10. Terry Miller (Woodland) 35:11.9
11. Harold Kuphaldt (1 14-15) 35:13.4
12. Jon Agnew (Lodi 3 16-17) 35:17.3
13. Ron Mellor (Auburn) 35:34.2
14. James Kuphaldt (Fair Oaks) 35:35.4
15. Kenneth Alberg (Lodi) 36:07.3
25. Walt Schafer (Chico 1 40+) 37:32
92. Patricia Kuphaldt (Fair O 1 W) 44:31.1
103. Laurie Bushling (Yuba 1 13+) 45:15.7
111. Deborah Hannford (Tibron. 2 W) 46:10.3
118. Lynn Sansome (Citrus H. 3 W) 46:44.7
127. Angela (Yuba 1 14-15) 47:17.2
129. Teresa Kludt (Chico 4 W) 47:31.6

## Casitas Dam 10km Run

January 27, Ventura County (6.40 miles).

1. Carmelo Rios (Long Beach) 32:32
2. Jim Arquilla (Long Beach) 33:22
3. Vince Engel (Ventura) 33:22
4. Bill Scobey (Ventura) 34:09
5. Glenn Lee (Long Beach) 35:00
6. Martin Navarro (Oxnard) 35:00
7. Kyle Lubsen (Long Beach) 35:43
8. Bill Bonds (Santa Monica) 35:48



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Here's an item of interest to those of you in the Southern Pacific Association's district of the AAU. Of the 50 races appearing in the January to June 1980 schedule, we are told that only eight are 5 or more years old. That alone seems incredible, but even more incredible is that six of those eight are put on by the same person. Furthermore, these races all come under the category of public service races, i.e. they are not sponsored by commercial interests and are not put on to raise a bundle of money for the promoter. No T-shirt and a \$2 entry fee (\$3 with patches) is the general rule for these runs. The only medal I have ever won came in one of them—the Conejo 10k two years ago. Connie Rodewald is the person responsible for these six runs...75 percent of the total with any seniority beyond 4 years. Connie is kind of salty at times and I've heard complaints about some of the runs, mostly of a petty nature, but you have to give her credit. She works very hard down here, not only for her own events, but you will see her around a lot of the big meets and events, little daughter, Julie, in tow, getting an early start in the business by helping out mom. Rather than get some recognition or appreciation from the SPA, what Connie has gotten is a **retroactive** raise in one of her sanction fees. Connie isn't the only one to "benefit" by such action on the part of the SPA, nor is she likely to be the last. It does seem a bit unjust to hit on a race that charges a \$2 or \$3 fee and draws 200 to 300 runners, and one that definitely does not contribute substantially to the meet director's Acapulco Retirement Fund. These are the kinds of things that sour many of us on the AAU and all the other sports organizations whose

top officers and concentrating on finding ways to discipline the athletes for violations, which they seem to make up as they go along. We never hear of them "bailing anyone out" who got himself inadvertently, or otherwise, into a dispute or alleged violation. I use the term alleged violation because some of the so-called violations would not be considered that in any other area of civilian life. For example, anyone but an amateur athlete can use their talent in commercial advertising. Another case of the inmates running the asylum.

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In any case, it seems that the job of officials should be to prevent an athlete from inadvertently disqualifying himself (and his team) rather than letting him compete and then lowering the boom. One way to do this might be to reduce the number of smothering and inane rules so the athletes can do their thing and see who is best, not who has the best lawyer. But...that's asking too much, obviously.

Along with his Naturite regulars, Chuck Debus has a new face and a very pleasant new face at that. She's tall, blond, beautiful and not only has cleared 5 feet in the high jump (which would have gotten her a letter on the boys team when I was in high school), but she looked as good at it as any of his regulars. (Of course, his regulars jump a bit higher.) Her name is Mariel Hemingway and she's an actress. Debus is training her for her part as a pentathlete in an upcoming movie. She's the granddaughter of Ernest Hemingway and younger sister, Margaux Hemingway.

What impressed me most was that Ms. Hemingway is not merely going through

photo by Richard Lee Slotkin



## MARIEL HEMINGWAY

As if the world weren't crazy enough, we are now being treated to the "Billy Mullins Affair". In case you may have been in Tahiti or the far side of the moon and didn't hear about it, the story, very briefly, goes like this. In order to acquire eligibility to enter USC, where Billy has been a world class sprinter, he wound up his junior college career with a 28 unit semester. That alone is a feat worthy of an aristotelian scholar and we applaud his effort. But, in order to fulfill this prodigious undertaking, one J.C. would not suffice. So, Mullins spread the load over three: West Los Angeles CC, Whittier and Pasadena. Now we know how Mullins developed that world class speed. With an 8 a.m. class at Whittier and a 9 a.m. class at Pasadena, a distance of about 40 miles, a person has to really move it. Unfortunately, some skeptics expressed doubt that even Mullins could move that fast. Well, he is a sprinter and this would be more suited to a distance runner. But, the skeptics didn't stop there. They have questioned the quality of some of the courses. It seems that some were given on TV, some were of dubious applicability towards satisfying entrance requirements at USC, and one, allegedly, was a duplicate of a class he had already taken.

Of course, this has called into question not only Mullins' qualifications and integrity, but the integrity of all the institutions involved. Remember, this is

## Country Trials

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1. Craig Virgin (St. Louis TC)	36:43.7
2. Dan Dillon (Great. Boston TC)	37:07.7
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## Super Race III

January 26, 1980. Monterey, 10,000 Meters.

1. Gary Romesser (29)	29:51
2. Emil Magallanes (24)	30:15
3. John Sup (20)	30:27
4. Mike Plaisted (20)	31:14
5. Chris Cole (25)	31:28
6. Richard Bega (23)	31:36
7. Jim Christensen (19)	31:41
8. Steve Ottaway (27)	31:57
9. Dan Rueckert (23)	32:18
10. Jeff Magallanes (17)	32:42
11. Tim Olsen	32:59
12. Tim Rostegge (39)	33:00
13. Gary Grellmann (31)	33:06
14. Steve Tamagni (26)	33:13
15. Louis Grieco (23)	33:30
16. John Hellman (23)	33:31
17. Dave Houston (36)	33:34
18. Robert Wellick (42)	33:41
19. Tom Bernard (31)	34:07
20. Robert Stachow (22)	34:24
21. Dave Darnell (22)	34:29
22. Mike Higgins (17)	34:38
23. Hector Vega (23)	34:41
24. Jim Hart (39)	34:43
25. Bill Nelson (34)	34:49
32. John Brazinsky (41)	35:21
53. Jim McDaniel (56)	36:58
54. Sean Flavin (56)	37:10
88. Nelly Chavez-Alandia (34) 1-w	39:42
123. Nancy Lee (21) 2-w	41:29
125. Darcy Hatton (12) 3-w	41:34
141. Gale Beliveau (26) 4-w	42:12
143. Ed Preston (62)	42:14
146. Karla Hollis-Fenwick (29) 5-w	42:17
162. Janet Gordon (26) 6-w	42:50
180. Stephanie Anacker (15) 7-w	43:42
199. Sally Huston (31) 8-w	44:38
213. Yvonne Reid (37) 9-w	45:13
243. Eileen Tubridy 10-w	46:33

496 finishers

## Peach Bowl Pacers 10K Run

January 27, Yuba City.

1. Roy Hoglund (Vacaville)	32:46.4
2. Ted Franse (Lidi 1 16-17)	34:11.5

8. Jeff Grubbs (Sacra. 2 16-17)	35:05.8
9. Nelson Cobb (Chico)	35:10
10. Terry Miller (Woodland)	35:11.9
11. Harold Kuphaldt (1 14-15)	35:13.4
12. Jon Agnew (Lodi 3 16-17)	35:17.3
13. Ron Mellor (Auburn)	35:34.2
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2. Jim Arquilla (Long Beach)	33:22
3. Vince Engel (Ventura)	33:22
4. Bill Scobey (Ventura)	34:09
5. Glenn Lee (Long Beach)	35:00
6. Martin Navarro (Oxnard)	35:00
7. Kyle Lubsen (Long Beach)	35:43
8. Bill Boggs (Santa Monica)	35:48
9. Steve Fairman (Thousand Oaks)	35:56
10. John Nownes (Thousand Oaks)	35:57
11. Charles McClung (Reseda)	36:28
12. Steve Durand (Canyon Country)	36:55
13. Jim Dunlap (Thousand Oaks)	37:00
14. Gilbert Torres (Oxnard)	37:30
15. Hector Romero (Thousand Oaks)	37:45
24. Dick Durand (Thous. O.) 1 40+	40:35
28. Richard Belliveau (NRdg) 2 40+	41:07
33. Ray Gil (Lompoc) 2 50+	41:40
47. Fay Hobbs (Santa Barbara) 1 W	43:36
67. Sara Denning (S. Monica) 2 W	47:15
71. Pat Robinson (Oak View) 3 W	47:37
91. Cally Winker (Canoga Park) 4 W	50:25
94. Janet Ogle (Santa Cruz) 5 W	51:24

## Bakersfield Marathon

February 2, 1980.

1. Steve Brown (27)	2:19:38
2. Tony Ramirez (25)	2:21:38
3. Bill Entz (25)	2:27:03
4. Marshal Matye (36)	2:34:01
5. Steve Flynn (24)	2:36:41
6. Bill Boggs (32)	2:36:42
7. Jim Minami (35)	2:37:14
8. John Lopez (31)	2:38:29
9. David Holland (39)	2:38:46
10. Gerardo Canchola (24)	2:39:07
11. Randy Belzer (29)	2:39:48
12. Merl Glauser (43)	2:40:46
13. Paul Cross (33)	2:41:36
14. Bill Lovelace (32)	2:42:01
15. Ed Lujan, Sr. (41)	2:42:13
16. Bill Flynn (25)	2:42:28
17. James Hamlin (34)	2:43:09
18. Sherman Schapiro (32)	2:43:12
19. John Barry (31)	2:43:13
20. Rod Harvey (25)	2:43:17
56. Roger Tilford (51) 1 50+	3:00:03
109. Michele Gauthier (43) 1 W	3:24:36
121. Judy Kewley (35) 2 W	3:39:08
126. Andrea Hardy (21) 3 W	3:32:19



## Bakersfield Half-Marathon

February 2, 1980.

1. Jim Hartig (25)	1:08:48
2. Gary Polhill (27)	1:08:53
3. Ricardo Medellin (21)	1:10:01
4. Dan Rueckert (23)	1:11:21
5. Burt Woods (32)	1:11:39
6. Carl Davis (30)	1:12:50
7. Glenn Suitor (20)	1:13:54
8. Jose Espinoza (23)	1:14:12
9. Al Lomeli (28)	1:14:15
10. Mike Lennemann (27)	1:14:31
13. Randy Steed (17) 1 HS	1:15:39
34. Gil Hinz (50) 1 50+	1:22:54
39. Nancy Ramirez (22) 1 W	1:23:51
52. Shirley Rojas (17) 2 W	1:26:43
82. Dana Doski (18) 3 W	1:33:29

## Sambos Santa Barbara Winter 10 Mile Run

February 2, Santa Barbara.

<b>Boys 14 &amp; Under:</b>	
1. Eric Carman (14, S. Bar.)	65:50
2. Mark Rothleder (13, Canoga Pk)	66:30

<b>Boys 15-18:</b>	
1. Tim Lawrence (18, S. Bar.)	58:46

<b>Men 19-34:</b>	
1. John Jones (31, Goleta)	50:27
2. Joe League (25, Goleta)	52:06
3. Robert Hollister (215, Luis Obis)	53:27
4. Dan McCann (24, Goleta)	54:21
5. Vince Reyes (21, Atascadero)	56:28
6. Robert Trembley (32, S. Bar.)	57:04
7. Tom Edwards (23, S. Bar.)	57:33
8. Jim Masterson (25, Gardena)	58:30
9. Mike Timmerman (22, S. Bar.)	58:30
10. D. Wojcik (24, Goleta)	58:39

<b>Men 35-39:</b>	
1. John Botke (36, S. Bar.)	54:04
2. Ted Brock (36, S. Monica)	61:31
3. Bobby Roberts (35, Lompoc)	62:16

<b>Men 40-49:</b>	
1. John Brennan (44, S. Bar.)	56:37
2. Richard Bartek (47, S. Bar.)	56:59
3. Wayne Hoffman (42, S. Bar.)	59:18

<b>Men 50-59:</b>	
1. Fred Nagelschmidt (55, Ventura)	62:57

<b>Men 60+:</b>	
1. Demetrio Miller (60, Thous Oak)	70:25

<b>Girls 15-18:</b>	
1. Sharon Pritchard (18, S. Bar.)	80:47

<b>Women 19-29:</b>	
1. Elaine Campo (29, S. Bar.)	61:38
2. Donna Chin (19, Goleta)	62:38
3. Laurie Hagopian (20, T. Oaks)	63:23
4. Diane Killeen (23, Goleta)	66:44
5. Anne Hayden (25, S. Bar.)	72:59

<b>Women 30-39:</b>	
1. Sandra Marshall (32, Goleta)	68:22

<b>Women 50+:</b>	
1. Margaret Miller (54, T. Oaks)	67:15
189 finishers	

## Sambos Santa Barbara Winter 6 Mile Run

## Northridge Weight Pentath.

February 9, Cal State University Northridge. Shot put, discus, hammer, javelin, 35# weight.

1. John Goldhammer (Agape)	4432
54-2, 165-11, 204-9, 187-1, 60-6 1/2	
2. Mike Hill (Atlanta TC)	3447
48-8 1/4, 147-5, 120-7, 157-7, 43-5	
3. Mike Deller (Unat)	3425
45-3, 143-5, 137-6, 160-7, 41-10 1/2	
4. John McKenzie (USC)	3409
52-2 1/2, 141-4, 131-3, 149-4, 39-2 1/2	
5. Rob Woodward (UC Riverside)	3169
41-8 3/4, 149-8, 110-9, 166-10, 36-0 3/4	

Community College Division:

1. Mitch Smith (Pierce)	2340
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High School Division:

1. Jeff White (Crescenta Valley)	2082
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Women's Division:

1. Susan Skerke (Unat)	556
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Masters Divisions:

1. Stewart Thomson (Striders)	3068
2. James Hart (SDTC)	2921
3. Carl Klehom (Unat)	2504
4. Hal Smith (Striders)	2330
5. Dave Douglass (Striders)	2105
6. Bob Stone (Seniors TC)	1975
7. Herry Harwood (Unat)	453

## Fresno Weight Pentathlon

February 9, Fresno State University. Hammer, shot put, discus, javelin, 35# weight.

1. Rick Fritzemier (Fresno State)	4041
178-2, 48-0 1/2, 141-9, 195-9, 56-1 1/4	
2. Matt Mileham (Fresno State)	3735
211-0, 40-0 3/4, 122-1, 123-10, 64-4 1/2	
3. Doug Silcox (Chico State)	3714
164-0, 46-2 3/4, 154-9, 150-5, 48-9	
4. Dennis Morley (Fresno State)	3649
138-10, 44-9 1/2, 139-7, 213-8, 44-2	
5. Scott Endler (Fresno State)	3612
121-5, 48-9 3/4, 167-5, 174-4, 42-4	
6. Matt McNaughton (Fresno State)	3491
137-6, 49-0 1/2, 151-0, 137-10, 44-4 3/4	
7. Jeff Inabnit (Stanislaus State)	3089
142-4, 40-6 3/4, 119-3, 119-8, 45-4 1/4	
8. Dennis Cowthorn (Stanislaus St.)	3077
123-9, 34-11 1/4, 110-8, 205-6, 39-4 1/2	
9. Tim Dooley (Fresno TC)	2898
133-2, 41-2, 126-10, 92-1, 41-6 1/2	
10. Glen Martin (Chico State)	2669
145-7, 33-0, 88-3, 132-5, 38-7 3/4	

<b>Men's 40-49:</b>	
1. Dan Ralston (40, Redding)	46:58
2. Dick Meyer (40, Eureka)	49:33
3. Richard Gilchrist (44, Bayside)	50:31

<b>Men's 50-59:</b>	
1. Harry Daniell (51, Redding)	52:37
2. Richard Houston (58, Berkeley)	54:08
3. Neil Mahoney (52, S San Fran)	57:58

<b>Men's 60+:</b>	
1. Mel Anderson (61, Grants Pass)	60:38
2. Bill Van Fleet (65, Eureka)	62:41
3. John Guinee (Hayward)	63:17

<b>High School Boys:</b>	
1. Larry Guinee (17, Hayward)	46:46
2. Jeff Grubbs (17, Sacramento)	47:05
3. Mike Healy (16, Redding)	47:19

<b>Women's Open:</b>	
1. Sue Grigsby (Los Altos)	54:09
2. Berit Meyer (Arcata)	54:34
3. Jennifer Daniell (Redding)	54:51
4. Jane Wooten (Arcata)	55:05
5. Kristen Uhler (Blue Lake)	55:19

<b>Women 30-39:</b>	
1. Sheila Maskovich (Arcata)	53:05
2. Kathleen Kaiser (Chico)	53:52
3. Nancy Morris (Bayside)	63:16

<b>Women 40+:</b>	
1. Gayle Kerstetter (Arcata)	58:55
2. Lola Honston (Berkeley)	72:25
3. Joan Sullens (Redding)	76:01

<b>High School Girls:</b>	
1. Marcy Dennison (Crescent City)	59:53
2. Angela Hodge (Blue Lake)	65:21
3. Megan McKenzie (Brookings)	70:10

## Hidden Valley 6 Mile Run

February 10, Newbury Park.

1. Jeff Jirele (25, Thousand Oaks)	29:08
2. Rick Wilson (32, Thousand Oaks)	31:36
3. Steve Durand (23, Canyon City)	32:50
4. Tom Lee Hardin (16, New. Pk)	33:03
5. Ben Knight (29, Long Beach)	33:08
6. Peter Cho (15, New. Pk)	33:09
7. Chris Watness (26, San Berdo)	33:17
8. Steve Weden (17, New. Pk)	33:33
9. Ted Yzaguirre (42, Ventura)	33:45
10. Jay Romais (36, Ventura)	34:12
11. George Cohen (39, Inglewood)	34:13
12. Brian Barkley (36, Westlake VII)	34:18
13. Darin Selnick (19, Thous. Oaks)	34:34
14. Mark Prigge (27, San Gabriel)	34:37
15. David Brady (18, Fillmore)	34:38
16. Roland McKenzie (40, Riverside)	35:10
28. Verne Tjarks (40, Encino)	35:41
54. Denise Ball (15, Newbury Pk)	36:49
55. Janine Walther (14, Chatsworth)	36:51
81. Lisa Ann Kasper (13, New. Pk)	38:00
83. Margaret Miller (54, Thous Oak)	38:02
84. Susan Broccoli (18, Thous Oak)	38:08

7. Steve Humphrey (36, West Lk)	2:51:29
11. Robert Hanisee (41, Malibu)	2:54:39
12. Fred Nagelschmidt (55, Vent)	2:55:01
61. Robert Kroger (64, Ridsve)	3:16:41
65. Janice Velie (24, Alta Loma)	3:17:13
122. Theresa Acerro (34, Ventura)	3:40:17
245 finishers	

## West Valley Marathon

February 10, San Mateo. Weather- clear, mostly mid-50's to mid 60's, slight breeze.

1. Rick Sayre (26, Akron, OH)	2:18:50
2. Ton Bryant (25, Santa Monica)	2:19:15
3. Bernd Heinrich (39, Walnut C)	2:22:36
4. David Greifinger (21, S Mon.)	2:23:35
5. Dan Skarda (20, Mundelein, IL)	2:32:41
6. Charlie McMullin (27, S Mon.)	2:24:06
7. Atkins Chun (24, San Fran.)	2:24:17
8. Robert Darling (30, San Fran.)	2:25:56
9. Mike Warr (18, Vacaville)	2:30:32
10. Doug McLean (26, Mtn. View)	2:32:26
11. Michael Chambliss (30, V Nuy)	2:32:06
12. Willio Rios (26, San Monica)	2:33:06
13. Dave Levitsky (27, Cars. C., NV)	2:33:56
14. Jake White (38, San Jose)	2:34:08
15. Russell Knudsen (25, Sausa.)	2:39:16
17. Robert Gehl (51, San Mateo)	2:46:41
18. Siegfried Mattern (43, S Bruno)	2:46:52
19. Michael Coke (41, Berkeley)	2:48:21
23. Marilynn Harbin (42, Martin.)	3:04:18

## Gold Trail Half-Marathon

February 10, Merced. 13.1 miles.

1. Gary Gonzales	1:08:12
2. Chris Hamer	1:10:30
3. Fred Frank	1:10:38
4. Curt Elia	1:11:30
5. Fred Villegas	1:12:51
6. Dave Bronzan	1:14:18
7. Beto Salcido	1:14:38
8. Jom Coughlin	1:14:46
9. Richard Rodriguez	1:15:56
10. Dan Alarid	1:16:15
11. Zach Taylor	1:16:38
12. Tom Pedreira	1:16:52
13. Hector Menchaca	1:17:07
14. George Barraza	1:17:24
15. Mike Kelly	1:17:33
16. Frank Delgado 1 40+	1:17:34
17. Steve Pizana	1:17:49
18. Curt Royer	1:18:44
19. Bob Lindsay	1:19:45
31. Joe Delgado 2 40+	1:23:33
54. Patty Dahlstrom 1 W	1:28:05
63. Barb Meihaus 2 W	1:29:23
71. Kimberly Hamer 3 W	1:31:01
88. Sandy McPherson 4 W	1:34:21

## Blossom Run 1980

February 17, Paso Robles.  
3 Mile Results:

1. Stu Sutherland	15:52.6
2. Matt Armbruster	15:56.9

### Junior Men:

1. Scott Marcando	48:06
2. Tom Martz	54:26
3. Mike Matthews	64:21

### Masters Men:

1. Wes Hildreth	47:36
2. Bill Cantanese	48:15
3. Norm McAbee	49:17

### Junior Women:

1. Tracy Pritikin	67:45
2. Mary Matthews	73:05

### Open Women:

1. Pearl Anit	58:40
2. Cathleen Wilde	59:29
3. Ann Arnault	61:34

### Submasters Women:

1. Joan Ulliyot	54:42
2. Gail Rodd	57:45
3. Judy Wiseman	59:21

### Masters Women:

1. Sister Marian Irving	57:55
2. Marty Miracle	60:10
3. Elaine Pedersen	69:41

## Santa Monica Mountains 50 Mile Relay

by Richard Slotkin

February 17, 1980. The Santa Monica Mountains 50 Mile Relay, Camarillo, CA.

Reports have been filtering in to CTN that this four year old event really did take place. Bad weather, adverse decisions by the County of Los Angeles and a general all-around confusion had created considerable doubt.

It did take place and we have some results plus some of the facts, but not all. In the first place, it is no longer a Santa Monica Mountains course. The powers that be in LA County, the same ones who brought you the new Culver City Marathon course, have struck again and would not grant a permit on the county part of Mulholland Highway. So, at the last minute, race director Connie Rodewald had to make up a new course, which she did in her favorite stomping grounds, the Thousand Oaks area. The Las Posas Hills, across the Ventura County line, became the new site. There was considerable apprehension about this new course because it seems that almost up to post time part of the course was under water...a gift from the rainy weather we have been having this winter. Say, wasn't it just the other day that we were being asked to cool it with the water use because of the drought we had been having for several years? Well, as they say, when it rains it does pour.

Anyway, Rodewald got a course and a race together. Although it is a relay, 5 to a team, single person "teams" are allowed to run and several do. And, there were the more orthodox entries although some of the categories were rather interesting, eg. Insane Men (Heck, anyone who'd run that thing should automatically be in that group). Government-Indiana Mixed (talk about strange bedfellows...)

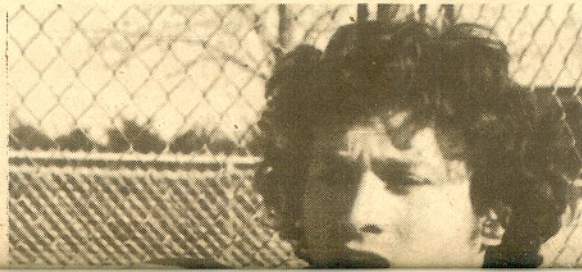


photo by George Aquire



10. D. Wojcik (24, Goleta)	58:39
Men 35-39:	
1. John Botke (36, S. Bar.)	54:04
2. Ted Brock (36, S. Monica)	61:31
3. Bobby Roberts (35, Lompoc)	62:16
Men 40-49:	
1. John Brennand (44, S. Bar.)	56:37
2. Richard Bartek (47, S. Bar.)	56:59
3. Wayne Hoffman (42, S. Bar.)	59:18
Men 50-59:	
1. Fred Nagelschmidt (55, Ventura)	62:57
Men 60+:	
1. Demetrio Miller (60, Thous Oak)	70:25
Girls 15-18:	
1. Sharon Pritchard (18, S. Bar.)	80:47
Women 19-29:	
1. Elaine Campo (29, S. Bar.)	61:38
2. Donna Chin (19, Goleta)	62:38
3. Laurie Hagopian (20, T. Oaks)	63:23
4. Diane Killeen (23, Goleta)	66:44
5. Anne Hayden (25, S. Bar.)	72:59
Women 30-39:	
1. Sandra Marshall (32, Goleta)	68:22
Women 50+:	
1. Margaret Miller (54, T. Oaks)	67:15
189 finishers	

## Sambos Santa Barbara Winter 6 Mile Run

February 2, Santa Barbara.

Boys 14 & Under:	
1. Bryan MacMillan (11, S. Bar.)	38:21
Boys 15-18:	
1. John Stapak (16, Goleta)	33:34
2. Michael Smith (16, Goleta)	34:30
3. Gilbert Delgado (16, S. Bar.)	34:52
Men 19-34:	
1. Vincent Engel (33, Ventura)	30:22
2. Craig Lowrie (24, San Luis Ob)	31:17
3. Stuart Sutherland (24, S. Bar.)	31:18
4. Bill Scobey (34, Ventura)	31:23
5. Keith Munson (33, Ventura)	31:28
6. Tom Phillips (25, Goleta)	31:37
7. Joel Remmenga (19, Goleta)	33:04
8. Joaquin Pillado (28, Saticoy)	33:22
9. Raul Gil (21, S. Bar.)	33:39
10. Frank Gomez (21, S. Bar.)	34:39
Men 35-39:	
1. Julian Sanchez (38, Ojai)	33:06
2. Steve Maggener (35, S. Bar.)	33:11
3. Jay Romais (36, Ventura)	35:50
Men 40-49:	
1. Ted Yzaguirre (42, Ventura)	34:44
2. John Coffey (44, S. Maria)	35:18
3. Curtis Ridling (43, S. Bar.)	36:40
Men 50-59:	
1. Rudy McIntosh (51, S. Bar.)	43:07
Girls 14 & Under:	
1. Sarah Allaback (13, Carpinteria)	44:13
Girls 15-18:	
1. Kim Gonzales (16, Ventura)	35:26
2. Wendy Wilhoite (17, S. Bar.)	51:27
3. Vicki Loehr (17, S. Bar.)	54:50
Women 19-34:	
1. Pamela Cox (21, Berkeley)	36:00
2. Jennifer Weiss (27, El Toro)	36:56
3. Kathleen Kinane (21, Isla Vista)	38:23
Women 35-39:	
1. Ann Baker (35, S. Bar.)	48:53
2. Darlene Gandy (37, Man. Bch.)	49:52
Women 40-49:	
1. Fay Hobbs (44, S. Bar.)	38:33
2. June McIntosh (49, S. Bar.)	52:23
Women 50+:	
1. Jean Reiche (50, S. Bar.)	51:47
220 finishers	

3. Doug Silcox (Chico State)	37:14
4. Dennis Morley (Fresno State)	36:49
5. Scott Endler (Fresno State)	36:12
6. Matt McNaughton (Fresno State)	34:91
7. Jeff Inabnit (Stanislaus State)	30:89
8. Dennis Cowthron (Stanislaus St.)	30:77
9. Tim Dooley (Fresno TC)	28:98
10. Glen Martin (Chico State)	26:69

7. Chris Watness (26, San Berdo)	33:17
8. Steve Weden (17, New. Pk)	33:33
9. Ted Yzaguirre (42, Ventura)	33:45
10. Jay Romais (36, Ventura)	34:12
11. George Cohen (39, Inglewood)	34:13
12. Brian Barkley (36, Westlake Vill)	34:18
13. Darin Selnick (19, Thous. Oaks)	34:34
14. Mark Prigge (27, San Gabriel)	34:37
15. David Brady (18, Fillmore)	34:38
19. Roland McKenzie (40, Riverside)	35:10
28. Verne Tjarks (40, Encino)	35:41
54. Denise Ball (15, Newbury Pk)	36:49
55. Janine Walther (14, Chatsworth)	36:51
81. Lisa Ann Kasper (13, New. Pk)	38:00
83. Margaret Miller (54, Thous Oak)	38:02
84. Susan Broccoli (18, Thous Oak)	38:08



photo by George Aquirre

MATT MILEHAM

## Trinidad Clam Beach Run

February 9. Trinidad. 8.5 miles.

Mens Open Division:	
1. Gary Tuttle (30+, Ventura)	40:45
2. Mark Conover (19, Arcata)	41:41
3. Ramon Morales (20, Arcata)	41:51
4. Kevin Seales (22, Arcata)	42:35
5. Tim Becker (22, Arcata)	42:51
6. Mike Williams (19, Arcata)	43:05
7. John Mansoor (24, Davis)	43:21
8. Denis O'Halloran (28, Mt. View)	43:29
9. Tony Munoz (24, Arcata)	43:31
10. Michael Killeen (24, Arcata)	43:49
Men's 30-39:	
1. Vince Engel (33, Ventura)	42:40
2. Bill Parr (37, Redding)	48:37
3. Rich Whitwater (39, S. San Fran)	48:41

94. Barbara Walter (47, Granada H)	38:37
96. Richard Miller (50, Ventura)	38:44
101. Alice Olson (41, Los Angeles)	38:48
109. Joanne Fazio (28, New. Pk)	39:15
112. Robert Heissler (54, Panor. C)	39:18
115. Julie Trisco (15, New. Pk)	39:24
431. John Schweitzer (61, S. Bar.)	47:40
830 finishers	

## Hidden Valley Marathon

February 10. Newbury Park.

1. Charles McClung (39, Reseda)	2:43:22
2. Brian Nelson (22, Ventura)	2:44:06
3. Curt Allen (17, Hunt. Bch)	2:44:18
4. Paul Farren (35, Thous Oaks)	2:46:03
5. Ken Hickman (37, Canoga Pk)	2:49:47
6. George Buerrero (26, Hac Hts)	2:50:08

5. Curt Allen	1:11:30
4. Fred Villegas	1:12:51
6. Dave Bronzan	1:14:18
7. Beto Salcido	1:14:38
8. Jom Coughlin	1:14:46
9. Richard Rodriguez	1:15:56
10. Dan Alarid	1:16:15
11. Zach Taylor	1:16:38
12. Tom Pedreira	1:16:52
13. Hector Menchaca	1:17:07
14. George Barraza	1:17:24
15. Mike Kelly	1:17:33
16. Frank Delgado 1 40+	1:17:34
17. Steve Pizana	1:17:49
18. Curt Royer	1:18:44
19. Bob Lindsay	1:19:45
31. Joe Delgado 2 40+	1:23:33
54. Patty Dahlstrom 1 W	1:28:05
63. Barb Meihaus 2 W	1:29:23
71. Kimberly Hamer 3 W	1:31:01
88. Sandy McPherson 4 W	1:34:21

## Blossom Run 1980

February 17, Paso Robles.  
3 Mile Results:

1. Stu Sutherland	15:52.6
2. Matt Armbruster	15:56.9
3. Tony Arreola	17:22.2
4. Cliff Bidleman	17:38.7
5. Paul Lee	17:34.9
6. Todd Robinson	17:43.9
7. Joe Haydock	18:05.2
8. John Barrows	18:06.1
9. Peter Schulze	18:12.0
10. Stan Rosenfield	18:56.6
20. Christie Dubach (1 W 17-19)	21:07.4
24. Marian Crane (1 W 13-16)	21:15.1
30. Heide Reich (1 W 20-29)	21:50.1
37. Kathv Griffith (2 W 13-16)	22:24.2
8 Mile Results:	
1. Craig Lowrie	43:01.7
2. Dan Reuckert	43:12.3
3. James Hurley	44:38.6
4. Bob Nanninga	46:05.1
5. Joe Bird	46:13.2
6. Mark Breish	46:46.4
7. Mark Druke	47:58.5
8. Jeff Bridge	48:28.2
9. Tom Jefferies	49:00.0
10. Al Ramos	49:10.0
14. John Coffey (1 40+)	49:48.0
34. Glenn Vanderlinde (1 50+)	55:02.5
57. Nancy Knudsen (1 W 20-29)	60:13.0
58. Sue Whelan (2 W 20-29)	61:15.9
64. Jennifer Simmons (3 W 20-29)	62:03.8
68. Linda Bird (1 W 30-39)	63:08.0
70. Bonnie Bradie (2 W 30-39)	63:47.2

## East End Run

February 17. San Francisco. 8.2 miles.

1. Brock Hinsman (26, ETC)	32:32
2. Ernie Rivas (29, ETC)	43:11
3. Steve Holl (26, Aggies)	43:48
4. Bill Sevald (33, ETC)	44:36
5. Bob Alexander (27, Unat.)	45:12
6. Jay Gehrig (28, Unat.)	46:16
7. Mike Conroy (35, ETC)	46:31
8. Chris Steer (36, Pamakids)	47:11
9. Al Stanbridge (33, Pamakids)	47:20
10. Glenn MacDougal (24, Unat.)	47:31

the first place, it is no longer a Santa Monica Mountains course. The powers that be in LA County, the same ones who brought you the new Culver City Marathon course, have struck again and would not grant a permit on the county part of Mulholland Highway. So, at the last minute, race director Connie Rodewald had to make up a new course, which she did in her favorite stomping grounds, the Thousand Oaks area. The Las Posas Hills, across the Ventura County line, became the new site. There was considerable apprehension about this new course because it seems that almost up to post time part of the course was under water...a gift from the rainy weather we have been having this winter. Say, wasn't it just the other day that we were being asked to cool it with the water use because of the drought we had been having for several years? Well, as they say, when it rains it does pour.

Anyway, Rodewald got a course and a race together. Although it is a relay, 5 to a team, single person "teams" are allowed to run and several do. And, there were the more orthodox entries although some of the categories were rather interesting, eg. Insane Men (Heck, anyone who'd run that thing should automatically be in that group), Government-Indiana Mixed (talk about strange bedfellows... maybe that was Industry, not Indian...still strange bedfellows), Family Mixed, which allowed 3 family members and two friends and a few others that are not your usual age group type categories.

There were problems galore, it was reported. For example, despite the change of venue, two (and I now quote the director) "dummies" ran on Mulholland. I suppose they are somewhere near the Oregon border by now. Then there was Gary Starsauk, who finished 7th among the 1 man teams. His pit crew never showed up so he had to do all his own paperwork. Putting his time sheet and a pencil in a plastic bag, he ran the race with the bag tied around his neck. At each check point he had to take the thing off his neck, pull the stuff out of the bag, make his entries, pack up and take off. As if that were not enough, he had problems with dead frogs on Moorpark Road. I don't understand that myself. Live frogs, yeah...but what's the big deal about dead frogs? I mean...they've already croaked. (Sorry folks. I had to say it.)

Jim Czachor, winner of the 1 man team entries, and winner of the Striders 50 Miler 3 years ago, also had pit crew problems. His crew was made up of non-runners and they not only were inexperienced in the needs of the ultramarathoner, but they were not especially observant. At one point, Czachor ran by them without noticing them parked in a car. They did not see him either so he had to go another 8 miles before he could get a little roadside service. During that time he began to wonder if he'd ever see them again. All kinds of strange thoughts began to run through his head such as the fear that they might have had an accident. Besides all that, he began to get irritable. Certainly a common enough occurrence with distance runners, especially when depletion is setting in. Some salty rhetoric was exchanged when con-

continued on next page....



tact was finally re-established and to this day at least one of the members will not speak to him.

It wasn't all fun and games though. Despite his ordeal, Czachor was an easy winner, running sub-3 at the marathon and sub-6 at 50 miles. The course was 52.8 miles, a little longer than advertised. Oh well, at those distances, what's 2.8 miles among friends? In any case, Czachor accomplished the goals he had set for himself in this event.

The race was sort of Portsmouth Start. That means those with time handicaps get to start ahead of the official start and finish positions are then determined on actual order of finish, regardless of when you start. This was done so that the 1-man teams would be finishing at about the same time as the 5-person teams. I guess Connie had some place to go and didn't want to be around all day waiting for the stragglers. Carl Pytlinski, a former LDRC president, was the second 1-man finisher an hour and 15 minutes later. After that, the rest began to show up with a bit more regularity. The only female to finish (and maybe to start for that matter) was Patty Edelson in 12 hours and 19 minutes. Patty is one of these iron ladies who can run forever, for over 12 hours anyway, but who refuses to do any quality training, so her speed never improves. She claims one injury or another prevents her from doing any speed work. Well, if you can pound the pavement for 12 hours, you can stand anything that a clay track will do to you. On the other hand, if you're really nuts about running, why kill a good race by finishing fast and having to stop? Apparently, she had Bob Davidson for company from the 3rd checkpoint on because their times are identical from that point. What did you guys talk about for 12 hours anyway?

The whole works was won by a Gary Tuttle-anchored Team Inside Track team. Their time was 4:42:38. Second place was taken by a formed-for-the-occasion group calling themselves the San Vicente Striders. Mike Mahler, the 37 year old Olympic Trials qualifier in the marathon, and Carl (?) Stromberg anchored this group. Their time was something like 4:45:08. I'm not really sure because my copy of the results has some blurry figures. They did beat the Barking Spiders (who?) whose time is perfectly legible at 4:46:06. After that, the names do show some slight improvement, if the times don't.

About the only thing that really went right was the 12-hour period of sunshine to interrupt the almost steady rain we have had down here, and it coincided with the 12 hours of the race.

As I write this, I learn that Connie decided to have a rerun, and it took place this weekend (the 16th). Would you believe that Czachor won this one too, and just as handily? The team winner, I am told, was none other than the world-famous Barking Spiders (who?). We will try to have details on it next month. My source tells me that the course was somewhat different this time and much more difficult because it was hillier. Connie likes hills, and if you don't think so, go run one of her races. Anyway, hold tight til next month.

RESULTS

**Women 17-29:**

1. Tammy Johnson 38:25; 2. Miriam Mariocchio 40:48; 3. Joanne Woo 42:07; 4. Libbey Muller 42:19.

**Women 30-39:**

1. Patricia Story 35:39; 2. Judy Kewley 43:12; 3. Angelita Llerena 43:50.

**Men 10 & Under:**

1. Gregg Flynn 39:48; 2. Patrick Huston 42:41.

**Men 11-13:**

1. Mark Roberts 37:18; 2. Mark Ruthleder 39:10; 3. Steve Dunn 41:35; 4. Eric Bradsley 43:30.

**Men 14-16:**

1. Eddie Allrunner 35:57; 2. Ray Kovacs 34:04; 3. Peter Kung 34:17.

**Men 17-29:**

1. Jeff Jirele 30:57; 2. Stu Sutherland 32:00; 3. Rick Wilson 32:35; 4. Jim Ursulo 32:39; 5. Eric Patterson 32:43.

**Men 30-39:**

1. Darren George 31:51; 2. Bruce Bills 34:05; 3. Stanley Ditton 34:08; 4. Juan Hernandez 34:59.

**Women 40-49:**

1. Leyla Hamey 44:29; 2. Jane Dids 45:58; 3. Marjorie West 46:03.

**Women 50-59:**

1. Helen Dick 42:07; 2. Virginia Terry 48:34; 3. Stella Sharo 53:00.

**Women 60-69:**

1. Edith Carlisle 55:17.

**Men 40-49:**

1. Roy Hughes 32:58; 2. Marvin Rowley 34:23; 3. Len Efron 34:59; 4. Charles McKenney 35:15.

**Men 50-59:**

1. Dick Durand 38:46; 2. Paul Jernstram 39:40; Bill Winstanley 41:03.

**Men 60-69:**

1. Eddie Lewin 39:59; 2. Ted Meyer 47:29; 3. Sol Spector 48:59.

## Valley News Run of the Press

February 23, 1980, Van Nuys. 10 KM.

**Boys 12 & Under:**

1. Lane Olson (12, Northridge) 38:56  
2. Shane Ploos (12, Van Nuys) 38:56  
3. James Brown (7, Los Angeles) 42:49  
4. Scott Holmes (11, N. Hollywood) 44:06  
5. Andy Elam (9, Little Rock) 45:21  
6. Cedric Henley (12, Glendale) 45:51

**Boys 13-17:**

1. Ray Cook (17, Northridge) 32:34  
2. Cesario Marquez (17, L.A.) 32:55  
3. Tyrus Deminter (16, L.A.) 33:01  
4. Ray Kovacs (16, Sepulveda) 33:21  
5. Chris Thomas (17, Northridge) 34:51  
6. David Schneider (17, Sun Valley) 35:38

**Men's Open:**

1. David Babiracki (27, Gran. Hills) 29:49  
2. Martti Kilhclma (29, Van Nuys) 30:49  
3. Jon Sutherland (28, Northridge) 31:40  
4. Steve McColley (26, Glendale) 32:17  
5. David Askren (25, Los Angeles) 32:40  
6. Gerardo Canchola (24, Sher. O.) 32:40  
7. Bill Entz (25, Encino) 32:48  
8. Richard Brown (18, Arleta) 32:59  
9. Tony Ortega (19, Granada Hills) 33:06  
10. Tom Lowry (27, Malibu) 33:09  
11. Irv Ray (27, Covina) 33:38  
12. Michael Cunningham (30, L.A.) 33:55  
13. Carlos Medina (21, San Fern.) 34:05  
14. ... 34:10

*'You've tried the rest...now try the best!'*

# CHIHUAHUA ROAD RUN

*Two and 6.2 mile races  
on super fast course*

**When**-- Sunday June 8, 1980. 8 a.m./  
registration 6:15-7:45 a.m.

**Where**-- Race begins in front of the  
Chihuahua Plant, 718 F Street, Fresno  
CA.

**Course**-- Mostly asphalt, some dirt and  
grass. A fast and scenic downtown  
circuit.

**Awards**-- Special "Chihuahua" tee-shirts  
to first three finishers in most divisions.  
Participant ribbons and free refresh-  
ments to all finishers.

**Entry fee**-- \$2 payable in advance by mail  
or \$2.50 on the day of the race.

**Pre-registration**-- Please make all checks  
payable to Chihuahua Inc. and send to  
address below. For more information  
call Victor Salazar at 229-5862.

**Breakfast**-- Special post race breakfast.



Sponsored by:  
**CHIHUAHUA INC.**  
Manufacturers of the finest corn and  
flour tortillas in the Valley.

**Divisions**-- Include men and women's  
races in two and 6.2 mile in high school,  
open, sub-masters, masters, media  
personalities, elected officials/politi-  
cians, law enforcement and wheel-  
chair classifications.

**Why**-- All proceeds for educational schol-  
arships.

## Chihuahua Road Run Entry Form

Please enter me in the First Annual Chihuahua Road Run. In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive forever and release any and all rights and claims for damages I may have against Chihuahua Inc., the City of Fresno, their representatives, successors, supporters, and assigns for any and all injuries suffered by me traveling to or participating in said event. I also give my permission for the free use of my name and/or picture in any broadcast, telecast or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event, and my physical condition has been verified by a licensed medical doctor.

1. NAME \_\_\_\_\_  
2. ADDRESS \_\_\_\_\_  
3. CITY \_\_\_\_\_ 4. STATE \_\_\_\_\_ 5. ZIP \_\_\_\_\_  
6. PHONE \_\_\_\_\_  
7. MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ 8. AGE \_\_\_\_\_  
9. RACE-- TWO MILE \_\_\_\_\_ 6.2 MILE \_\_\_\_\_

Mail with \$2 fee to:  
**CHIHUAHUA ROAD RUN**  
c/o Victor Salazar  
4387 N. Thorne Ave.  
Fresno, Ca. 93740

SIGNATURE IN FULL \_\_\_\_\_  
Signature of parent required if entrant  
is under 18 years of age.



Check for special division  
only:  
Media ☐  
Politician ☐  
Law Enforcement ☐  
Wheelchair ☐



taken by a formed team on the occasion of calling themselves the San Vicente Striders. Mike Mahler, the 37 year old Olympic Trials qualifier in the marathon, and Carl (?) Stromberg anchored this group. Their time was something like 4:45:08. I'm not really sure because my copy of the results has some blurry figures. They did beat the Barking Spiders (who?) whose time is perfectly legible at 4:46:06. After that, the names do show some slight improvement, if the times don't.

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#### RESULTS

1 Team Inside Track (Munson, Mineau, Engel, Pittenger, Tuttle)	4:42:38
2 San Vicente Striders	4:45:08
3 Barking Spiders	4:46:06
4 Aztlan Team A	5:02:42
5 Balboa Park Horny Toads	5:14:15
6 CamCueGonSan	5:24:38
7 Inside Track Masters	5:28:04
8 Conejo Adventist Roadrunners	5:29:32
9 Point Fermin Flyers	5:31:41
10 Central Royal Fools	5:31:50
One Person Team:	
1 Jim Czachor (Los Angeles)	6:15:00
2 Carl Pytlinski (Simi Vly)	7:30:00
3 Rick Delanty (San Clemente)	7:36:25
4 Russell Moore (Arcadia)	7:38:00
5 Herb Killackey (Laguna Bch)	7:47:02
6 Chas. Savage (Marina del Rey)	8:35:40
7 Gary Stansauk (Reseda)	8:46:00
8 Tommie Jackson (Santee)	9:10:47
9 John Richards (Ventura)	9:15:00
10 Fred Nagelschmidt (Ventura)	9:15:00

## Century 21 Easter Seal Society 10k Run

February 24, Cal State University Northridge.

Male Winner = Jeff Jirele 30:57  
Female Winner: Pat Story 35:39  
Women 10 & Under:

1. Sheri Lawson 42:40; 2. Traci Wimsatt 44:59; 3. Kathy Coffee 55:26.

Women 11-13:

1. Val McViar 40:36; 2. Gina Wimsom 41:30; 3. Jami Reid 42:17.

Women 14-16:

1. Vickie Cook 37:45; 2. Michelle Evans 41:50; 3. Connie Riez.

## Run of the Press

February 23, 1980, Van Nuys. 10 KM.

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2. Shane Ploos (12, Van Nuys)	38:56
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4. Scott Holmes (11, N. Hollywood)	44:06
5. Andy Elam (9, Little Rock)	45:21
6. Cedric Henley (12, Glendale)	45:51

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1. Ray Cook (17, Northridge)	32:34
2. Cesario Marquez (17, L.A.)	32:55
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5. Chris Thomas (17, Northridge)	34:51
6. David Schneider (17, Sun Valley)	35:38

Men's Open:

1. David Babiracki (27, Gran. Hills)	29:49
2. Martti Kiihlholm (29, Van Nuys)	30:49
3. Jon Sutherland (28, Northridge)	31:40
4. Steve McColley (26, Glendale)	32:17
5. David Askren (25, Los Angeles)	32:40
6. Gerardo Canchola (24, Sher. O.)	32:40
7. Bill Entz (25, Encino)	32:48
8. Richard Brown (18, Arleta)	32:59
9. Tony Ortega (19, Granada Hills)	33:06
10. Tom Lowry (27, Malibu)	33:09
11. Irv Ray (27, Covina)	33:38
12. Michael Cunningham (30, L.A.)	33:55
13. Carlos Medina (21, San Fern.)	34:05
14. Bruce Bills (30, Pasadena)	34:19
15. Gabriel Grasz (29, L.A.)	34:25
16. Randy Thwing (25, La Canada)	34:27
17. Tim Hampton (24, Van Nuys)	34:28
18. James Melancon (26, Playa D R)	34:31
19. Bill Boggs (32, Santa Monica)	34:40
20. Jim Quick (29, Pasadena)	34:55

Men's 35-39:

1. Charles McClung (39, Reseda)	34:02
2. Ed Wehan (35, Los Angeles)	35:12
3. Jim Minami (35, Sun Valley)	35:22
4. Gene Cannady (38, Canoga Pk.)	37:05
5. Jerry Kalman (38, Agoura)	37:11
6. Paul Christman (37, L.A.)	38:40

Men's 40-44:

1. Len Efron (44, Northridge)	34:57
2. George Cohen (40, Inglewood)	35:49
3. Jerry Van Meter (42, Van Nuys)	36:33
4. Frank Greene (44, Hermosa B.)	36:54
5. Tom Fletcher (41, Canoga Pk.)	37:23
6. Gary Smith (40, Malibu)	37:31

Men's 45-49:

1. Jim Knerr (45, Simi Valley)	34:15
2. Walt Windsor (48, La Crescenta)	35:08
3. Chip Strange (45, Granada Hills)	39:30
4. Don Hosek (47, Northridge)	39:49
5. John Ghini (45, Topanga)	39:52
6. Doug Buckmaster (47, S. Pasad.)	40:13

Men's 50-54:

1. Richard Elizarraras (52, Nor.)	38:26
2. David Hirschson (53, L.A.)	38:35
3. Richard Durand (51, Thous. O.)	38:51
4. Sam Nicholson (51, La Cresc.)	39:14
5. Bob Landry (51, Whittier)	39:30
6. Patrick Devine (51, San Pedro)	39:37

Men's 55-59:

1. Keith Albright (55, La Cresc.)	39:05
2. Avery Bryant (55, R.P. Verdes)	39:42
3. Robert Vannoy (57, Northridge)	42:43
4. Roy Steward (55, Woodland H.)	43:00
5. John Dechamplon (59, Wood. H.)	44:51
6. George Williams (58, Wood. H.)	45:00

Men's 60 & Over:

1. Phil Castle (62, Fullerton)	42:00
2. Scot Sweet (76, N. Hollywood)	42:09
3. Edward Lowell (64, Tarzana)	43:03
4. Roy George (62, Woodland Hills)	46:03
5. Ted Meyer (61, Granada Hills)	47:50
6. Fred Bruecker (63, Torrance)	49:24

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1. NAME \_\_\_\_\_  
2. ADDRESS \_\_\_\_\_  
3. CITY \_\_\_\_\_ 4. STATE \_\_\_\_\_ 5. ZIP \_\_\_\_\_  
6. PHONE \_\_\_\_\_  
7. MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ 8. AGE \_\_\_\_\_  
9. RACE--TWO MILE \_\_\_\_\_ 6.2 MILE \_\_\_\_\_



Check for special division only:  
Media ☐  
Politician ☐  
Law Enforcement ☐  
Wheelchair ☐

Mail with \$2 fee to:  
CHIHUAHUA ROAD RUN  
c/o Victor Salazar  
4387 N. Thorne Ave.  
Fresno, Ca. 93740

SIGNATURE IN FULL \_\_\_\_\_

Signature of parent required if entrant is under 18 years of age.

February 23.

#### NONSCORING MEET AT USC

100 METERS (Race 1)—1. Lewis (LBCC), 10.79; 2. Reed (LBCC), 10.85. (Race 2)—1. J. Sanford (USC), 10.37; 2. M. Sanford (USC), 10.70; 3. Simmons (Tobias Striders), 10.71; 4. K. Williams (USC), 10.75.  
200—1. Mullins (USC), 20.85; 2. M. Sanford (USC), 21.28; 3. Green (USC), 21.52; 4. Russell (SDS), 21.68.

400 (Race 2)—Tarrance (LBCC), 48.20. (Race 3)—Williams (unf), 46.97; 2. Edwards (Tobias), 47.36; 3. Fuller (SDS), 47.85; 4. Bethany (USC), 47.97.  
800—1. Costa (Maccabi TC), 1:50.51; 2. Sallaz (unf), 1:51.14; 3. Savage (USC), 1:51.82; 4. Caesar (LBCC), 1:53.12.

1,500—1. Omwansa (USC), 3:47.20; 2. Wang (unf), 3:49.24; 3. Huff (Cal Poly SLO), 3:52.15.

5,000—Chaidex (unf), 14:21.25.  
3,000 STEEPCHASE—1. Langford (unf), 9:03.01; 2. Betchart (SLO), 9:08.0; 3. Packer (CSN), 9:13.8.

1100H (Race 1)—Kennedy (CSN), 14.55. (Race 3)—1. Campbell (USC), 13.81; 2. Johnson (USC), 14.10; 3. McCrady (Maccabi), 14.18.  
400H (Race 1)—1. Fisk (LBCC), 52.52; 2. Stewart (USC), 52.96. (Race 3)—1. Graybill (Pacific Coast Club), 50.66; 2. Campbell (USC), 51.76; 3. Hargrove (CSN), 53.53.

400 RELAY—1. USC (K. Williams, Mullins, J. Sanford, M. Sanford), 38.69 (national collegiate record, old mark, 38.85, USC, 1978); 2. San Diego St., 39.71; 3. LBCC, 40.02.

1,600 RELAY—1. San Diego St. (Blaylock, Daniels, McDonald, Simmons), 3:08.15; 2. Pasadena CC, 3:11.58; 3. LBCC, 3:12.75; 4. Maccabi TC, 3:13.37.  
LONG JUMP—1. Doubly (USC), 26-8 1/4; 2. Hays (USC), 25-3; 3. Fowler (SDS), 24-0.

JAVELIN—1. Petranoff (unf), 264-5; 2. Stuart (Maccabi), 225-6 1/4; 3. Riley (SLO), 211-4 1/4.

SHOTPUT—1. Hunter (unf), 54-1 1/4; 2. Traugher (CSN), 54-0.

HIGH JUMP—1. Saunders (CSN), 7-2; 2. Baker (LBCC), 7-0; 3. Kafamine (Japan), 7-0; 4. tie between Schiefer (SDS) and Embree (unf), 6-10.  
DISCUS—Robinson (LBCC), 171-2 1/2.  
TRIPLE JUMP—1. Gerner (Maccabi), 53-3; 2. Hays (USC), 50-2 1/2; 3. Faison (USC), 49-6 1/4; 4. Montgomery (SDS), 49-1 1/2.  
POLE VAULT—1. Haynie (Tobias), 17-0; 2. tie between Jesse (unf) and Durham (Tobias), 16-6; 4. tie between Hinnaus (Oregon) and Takahashi (Japan), 16-6.  
Attendance—2,612

## Bidwell Classic Marathon

March 1, Chico.

Boys 14-17: 1. David Hammer (Citrus Heights) 2:44:27; 2. Mark Murray (Citrus Heights) 2:44:29; 3. Dean Vanderbush (Susanville) 2:51:21.

Girls 14-17: 1. Heike Skaden (Sacramento) 2:46:57; 2. Victoria Corona (Fairfield) 4:42:49.

Men 18-29: 1. Adam Ferreira (N. High.) 2:21:13; 2. Dennis Rinde (Orangevale) 2:22:55; 3. Atkins Chun (San Francisco) 2:23:12; 4. Allen Sandretti (Santa Cruz) 2:23:27; 5. Dave Collins (San Francisco) 2:26:45; 6. Michael Palomino (San Francisco) 2:40:07; 7. Pablo Stewart (San Francisco) 2:41:22; 8. Henry Tushar (Chico) 2:43:41; 9. Jim Scott (Chico) 2:46:14; 10. Jeff Thompson (Chico) 2:47:53.  
Women 18-29: 1. Jennifer Daniell (Redding) 3:08:10; 2. Nancy Justice (San Carlos) 3:13:58; 3. Nora Crans (Oakland) 3:18:58; 4. Mary Papale (San Francisco) 3:23:09.

Men 30-39: 1. Bill Sevald (San Francisco) 2:27:00; 2. Arturo Rodriguez (Berkeley) 2:29:13; 3. Tony Baccelli (Sacramento) 2:35:35; 4. David Russell (Sacramento)



2:35:37; 5. Robert Clay (Lower Lake) 2:38:15.

**Women 30-39:** 1. Kathy Kaiser (Chico) 3:03:50; 2. Patty Dahlstrom (Merced) 3:12:47; 3. Sally Edwards (Sacramento) 3:28:50.

**Men 40-49:** 1. Jim Bevins (Susanville) 2:39:11; 2. Doug Latimer (Redwood City) 2:43:49; 3. Bob Myers (Oakley) 2:43:58.  
**Women 40-49:** 1. Heidi Skaden (Sacramento) 3:23:57; 2. Lynn Lindsay (Fresno) 3:29:03; 3. Phyllis Henning (Oakland) 3:43:34.

**Men 50-59:** 1. Hans Roenau (Mill Valley) 3:02:01; 2. Paul Favero (Sacramento) 3:02:20; 3. Gus Hannickel (Loomis) 3:03:55.

**Men 60 & Over:** 1. Paul Reese (Sacramento) 3:11:00; 2. John McClelland (Pacifica) 3:34:14; 3. Angelo Tolette (Chico) 4:44:29.

## 1/2 Marathon

**March 1, Chico.**

**Boys 13 & Under:** 1. David Hoopaugh 1:21:53; 2. Mike Wall 1:24:08; 3. Bryan Graves 1:28:13.

**Girls 13 & Under:** 1. Tania Coleman 1:55:36.

**Boys 14-17:** 1. Todd Martin (Stewart) 1:15:18; 2. Buck Hulsemann (Red Bluff) 1:16:37; 3. Matt Speth (Susanville) 1:18:18.  
**Girls 14-17:** 1. Lori Wiering (Chico) 1:30:08; 2. Kirsten Kowalski (Chico) 1:42:47.

**Men 18-29:** 1. Pete Flores (Woodland) 1:08:10; 2. Scott Peters (Arcata) 1:09:21; 3. Scott Buttinghausen (Eugene) 1:10:34; 4. Juan Torres (Citrus Heights) 1:13:02; 5. Allen Masterson (Chico) 1:13:37.

**Women 18-29:** 1. Cathy Oddone (Chico) 1:24:58; 2. Debbie Rudolph (Sacramento) 1:25:38; 3. Laurie Bagley (Chico) 1:31:29.

**Men 30-39:** 1. Noel Lincicome (Reno) 1:14:24; 2. Mike McGuire (Santa Rosa) 1:17:17; 3. Ed Stromberg (Sacramento) 1:17:27.

**Women 30-39:** 1. Sherron Hoffman (Stockton) 1:38:13; 2. Maryke Valencia (Chico) 1:41:12; 3. Susan Ryan (Davis) 1:43:19.

**Men 40-49:** 1. Bill Bugler (Burlingame) 1:16:40; 2. Lee Bunnell (Redding) 1:18:40; 3. Bruce Johnson (Citrus Heights) 1:20:50.  
**Women 40-49:** 1. Catherine Grow (Paradise) 1:30:34; 2. Sue Griswold (Reno) 1:43:41; 3. Shirley Farnier (Fairfield) 1:45:53.

**Men 50-59:** 1. Joe King (Oakland) 1:24:25; 2. John Rouse (San Leandro) 1:29:20; 3. James DeTar (Suisun) 1:32:56.

**Women 50-59:** 1. Barbara Durham (Reno) 1:56:11; 2. Marj Hannickel (Loomis) 2:15:39.

**Women 60 & Over:** 1. Martha Smith (Chico) 3:02:59.

734 finishers

**March 1.**

### SIX-WAY MEET At USC

**100 (Race 1)—1. Simmons (Angels Flight Striders), 10.76; 2. Reed (Long Beach CC), 10.88; 3. P. Johnson (USC), 10.89. (Race 2)—1. J. Sanford (USC), 10.43; 2. Tie between Mullins (USC) and M. Sanford (USC), 10.58; 4. K. Williams (USC), 10.79.**

**200 (Race 1)—1. J. Petty (Rancho TC), 21.75; 2. Taylor (Cal St. Los Angeles), 21.92; 3. Lee (CSLA), 22.00.**

**DISCUS—1. Montgomery (USC), 163-10/4; 2. Koch (CSLA), 155-0/4; 3. McKenzie (USC), 148-6.**  
**JAVELIN—1. Persson (CSLA), 200-7/4; 2. Levy (CSLA), 131-7/4.**

## All-Comers Meet

by Conrad Lopez

**March 1, Bud Winter Field, San Jose State University.**

Bruce Kennedy, filled with aspirations of representing the United States at Moscow, set a stadium record with a lifetime best of 269-8 in the javelin bettering the old mark of 268-7 set by Mark Murro of Mesa Junior College on May 4, 1968.

Kennedy's record-breaking heave was the highlight of the meet, which appeared to be nothing more than a tune up for the San Jose State track team's next contest against the University of California.

Turning in fine performances for the Spartans were sophomores Essodina Atchade and Felix Bohni. Atchade was an easy winner in the long jump leaping 25-1 1/2, and Bohi cleared 17-4 to take the pole vault.

The meet, which included members of the Icelandic Olympic team, had a pair of double winners in Vernon Saliez and Bart Williams. Saliez took the 1500 in 3:54.6 and 800 in 1:52.2 and Williams captured the 400 in 47.2 and 200 in 21.6. Both runners competed unattached.

Adding fine marks in the weights were Art Burns (UNAT) in the discus with a best of 194-0 and Ken Stadel (UNAT) won the shot put at 59-7.

**Hammer—1. Paul Oswald (WVTC) 186-0; 2. Bob Cook (SJS) 137-4.**

**400 Relay—1. San Jose State (Foster, Lewis, Thomas, Jackson) 40.5; 2. All-Comers (Hurt, Kirtman, Triplett, Rochee) 41.0.**

**Long jump—1. Essodina Atchade (SJS) 25-1 1/2; 2. Marion Anderson (Sports Afoot) 24-0 3/4; 3. Ron Wayne (Unat) 23-8 1/2; 4. Harry Walker (SJS) 21-1 1/4.**

**1500 meters—1. Vernon Saliez (Unat) 3:54.6; 2. Tim Gruber (SJS) 4:03.0; 3. Eddie Wright (SJS) 4:09.2; 4. Les DeVoe (Unat) 4:09.8.**

**High jump—1. Keith Nelson (WVTC) 6-10; 2. Thurlis Gibbs (SJS) 6-10; 3. Sly Pritchett (SJS) 6-8.**

**110 meter hurdles (Heat one)—1. Jerome Bearden (SJS) 14.8; 2. Gordon Bliss (SJS) 14.8; 3. Mike Hawthorne (SJS) 15.5; 4. George McMarion (Unat) 17.1.**

**110 meter hurdles (Heat two)—1. Pete Dobbins (Unat) 15.1; 2. J.C. Ragster (WVTC) 15.2; 3. Hawthorne (SJS) 15.3; 4. Vernon Van (Unat) 15.4.**

**Javelin—1. Bruce Kennedy (S.J. Stars) 269-8 (New Bud Winter Field record, old record 268-7 by Mark Murro, May 4, 1968); 2. Sigurdur Einarsson (Iceland) 208-11; 3. Alex Mushoa (WVTC) 186-5; 4. Tom Walker (Unat) 184-1.**

**400 meters (Heat one)—1. Bart Williams (Unat) 47.2; 2. Phil Wil-**

**9:09.4; 3. John Embury (SAF) 9:14.0; 4. Paul Gyorev (Unat) 9:20.6.**

**Discus—1. Art Burns (Unat) 194-0; 2. Taffals (WVTC) 164-0; 3. Brady (SJS) 160-11; 4. Vestein Hafsteinsson (Iceland) 156-10.**

**Mile relay—1. West Valley-Iceland (Luttrell, Wyatt, Joakinson, Siguon) 3:20.0; 2. SJS A 3:32.4; 3. Unattached 3:34.0; 4. SJS B 3:42.2.**

**Pole vault—1. Felix Bohni (SJS) 17-4; 2. Kim Black (SJS) 17-0; 3. Doug Bockmiller (BAS) 17-0; 4. Jim Williams (Unat) 16-6; 5. Bob Slover (Unat) 16-0.**

## Stanford Tri-Meet

by Conrad Lopez

**March 1, Cal Berkeley, Cal Poly SLO and Stanford Tri-meet.**

University of California's fleet footed team dominated the running events by taking nine of eleven races in defeating Cal. Poly-San Luis Obispo and crushing Stanford in a triangular meet held at Stanford Stadium. Cal. finished with 11 1/2 to Cal. Poly's 97 1/2 and Stanford's 28.

The Bears were led by sprinter Kelia Bolton, who won the 100 (11.8), 200 (23.8), and had a hand in the 400 and mile relays. Teammate Marion Franklin set a new stadium record in the 400 clocking a 53.4 and also took part in both relays.

Several Cal. performers scored doubles. Alice Trumbly shattered the 1500 stadium record by eighteen seconds winning in 4:27 then returned thirty minutes later to take the 300 in 2:11. Cheryl Hawthorne won the hurdle events unchallenged turning in a quick 1:04.6 in the intermediates in yet another stadium record. Gale Zaphiropoulos outmatched her opponents taking the discus in 153-1 and shot put in 43-5 1/2.

In the most exciting finish of the day, Eileen Kraemer of Cal. Poly overtook her two Cal. rivals in the last fifty yards to set a stadium record of 9:53 in the 3,000.

**Long jump—1. Donald (S) 18-3 1/2; Shot put—1. Zaphiropoulos (C) 43-5 1/2; Javelin—1. Osborne (S) 133-1; High jump—1. Vogel (Cal Poly) 5-4; Discus—1. Zaphiropoulos (C) 153-10 1/2.**

**5,000 meters—1. O'Donnell (Cal Poly) 17:35; 400 meter relay—Cal (Franklin, Bolton, Parker, Tobacco) 46.5; 100 meter hurdles—Hawthorne (C) 14.5; 1,500 meters—Trumbly (C) 4:27 (Stanford stadium women's record); 400 meters—Franklin (C) 53.4 (stadium record); 100 meters—Bolton (C) 11.8 (stadium record); 800 meters—Trumbly (C) 2:11; 400 meter hurdles—Hawthorne (C) 1:04.6; 200 meters—Bolton (C) 23.8; 3,000 meters—Kraemer (Cal Poly) 9:53 (stadium record); Mile relay—Cal (Culbert, Tobacco, Bolton, Franklin) 3:48 (stadium record).**

## Tri-Meet

by Conrad Lopez

**March 3, Stanford, San Jose State, Cal State Hayward at Stanford.**

By the reaction of San Jose State coach Ernie Bullard you would have concluded that his Spartans had just lost their first two dual meets of the season. But they didn't; they won, defeating a surprisingly strong Stanford team 85-77 and overpowering Cal. State Hayward 113-49.

"We're not a good track team right now. We are much better than what we showed today," said Bullard dejectedly.

Meanwhile Stanford coach Brooks Johnson, making his debut as the director of the squad, was elated. "We basically won every event on the track beyond the 100 meters," said a jubilant Johnson. "We are delighted at the results. We were in every race. And we had no right to expect to be this productive so early in the season," he added.

Stanford had a shot at defeating the Spartans with only the discus remaining. But San Jose State finished 1-2 to seal the win behind the efforts of Paul Bishop (171-1) and Bob Feuerbach (164-0).

Hardly intimidated by the characteristically strong Spartans, the Cardinals captured seven events. Sprinter Gordon Banks took the 400 in 48.05 followed by a victory in the 200 in 21.42. Darrin Nelson, appearing fully recuperated from his tendon injury of last season, claimed second in 21.44. In the 300, Stanford's John Schaer won in 1:49.7 with teammate Tom Lobsinger finishing in a new meet record 3:48.8 in the 1,500. The Cardinals other winners included Bill Gail in the steeplechase (9:10.8), Bill Graham in the 5,000 (14:36.6), Rick Buss in the hammer with a meet record launch of 198-0, and Gary Shumway in the intermediates (52.47).

Despite Bullard's dismay the Spartans were not without their bright spots. Ken Thomas won the 100 in 10.75 with Willie Jackson tying for second with Nelson in 10.79. Two Spartans tied for first in the pole vault, Felix Hohni and Kim Black clearing a modest 15-6. Bob Suelflohn took the shot put with a toss of 52-9 with Curt Ransford easily won the javelin with a good early season mark of 239-1.

Hayward took 1-2 in the triple jump with two fine marks. Norm Alston won with a leap of 51-11 1/4 followed by Marcus McGlory at 50-4. Hayward's Doug Reinhart and Brian Conley also claimed victories; Hart won the high jump at 7-0 and Conley eased to a 14.76 in the high hurdles.

**Triangular scores: San Jose State 85 1/2, Stanford 72 1/2, Hayward State 37.**

**Dual scores: San Jose State 85, Stanford 72, San Jose State 113, Hayward State 44, Stanford 100, Hayward State 58.**

### Individual Events

**Hammer: 1. Rick Buss (S) 198-0 (new meet record; old mark 186-1, Coleman Kells, SJS, 1978). 2. Bob Feuerbach (SJS) 164-1. 3. Bob Cook (SJS) 144-10.**

**3,000-meter steeplechase: 1. Bill Gail (S) 9:10.8. 2. Bill Haldeman**

**800 meters: 1. John Schaer (S) 1:49.7. 2. Stan Ross (SJS) 1:51.9. 3. Dennis Arriola (S) 1:52.8. 4. Terry Johnson (SJS) 1:55.0.**

**400-meter hurdles: 1. Gary Shumway (S) 52.43. 2. Bearden (SJS) 54.39. 3. Sandy LaBeaux (H) 55.9. 4. Steve Sykes (SJS) 57.07.**

**200 meters: 1. Banks (S) 21.42. 2. Nelson (S) 21.44. 3. Thomas (SJS) 21.87. 4. Lewis (SJS) 21.96.**

**Triple jump: 1. Norm Alston (H) 51-11 1/4. 2. Marcus McGlory (H) 50-4; 3. Roberts (SJS) 50-2 1/4. 4. George Francis (H) 47.5.**

**5,000 meters: 1. Bill Graham (S) 14:36.6. 2. Tim Gruber (SJS) 14:40.2. 3. Dan Harvey (SJS) 14:42.0. 4. Bob Brennard (S) 14:44.0.**

**Discus: 1. Paul Bishop (SJS) 171-1. 2. Bob Feuerbach (SJS) 164-0. 3. Rick Buss (S) 157-10. 4. Dave Thompson (S) 155-9.**

## Great Rancho Milpitas Foot Race

**March 2, 1980**

**5 Kilometers:**

**Elementary School. Males:** 1. Sal La Rosa 21:38.8; 2. Bruce Bigelow 22:11.7.

**Junior High. Females:** 1. Nike Lambo 26:89; 2. Michelle Hamilton. **Males:** 1. Roy Starns 21:13.5; 2. John Rost.

**High School. Females:** 1. Merresa Osborne 29:37.2; 2. Anne Unsicker 31:51. **Males:** 1. Paul Marquez 16:21.8; 2. 18:7.2.

**19-35. Females:** 1. Stephanie Lindsly 26:15; 2. Denne Schubert 29:16. **Males:** 1. Mannie Mahon 16:23; 2. John Sheehan 16:26.

**36-49. Females:** 1. Sharon Gaskin 22:12.4; 2. Sherrill Tompkins 23:33.4. **Males:** 1. Tim Rostegge 16:33.5; 2. Michael Hicks 18:02.9.

**50 & Over. Females:** 1. Ann Sievert 29:47.9. **Males:** 1. Glen Sievert 24:32.5; 2. C.B. Studiev 31:51.4.

**10 Kilometers:**

**Elementary School. Males:** 1. Chris Cresswell 44:39; 2. Mark Muzzacs 49:44. **Junior High. Males:** 1. Sim Ray-Konrad 45:31; 2. Mike Ternasky 46:16.

**High School. Females:** 1. Denise Bigelow 40:08; 2. Teresa Hunter 49:53. **Males:** 1. Alejandro Gonzalez 35:31; 2. Hayward Norton 36:41.

**19-35. Females:** 1. Lynne Carlton 43:58; 2. Susan Dierken 47:17. **Males:** 1. Claude Neuenschawnder 32:47; 2. Dan Anderson 33:20.

**36-49. Females:** 1. Marge Garrity 44:10; 2. Virginia Collins 46:39. **Males:** 1. Tim Gill 36:28; 2. Rudy Escobedo 36:36.

**50 & Over. Males:** 1. Seymour Collins 42:26; 2. George Carroll 45:57.

## Los Alamitos Marathon



Men 1-12: 1. 38:13; 2. Maryke Valencia (Chico) 1:43:19.  
 Men 40-49: 1. Bill Bugler (Burlingame) 1:16:40; 2. Lee Bunell (Redding) 1:18:40; 3. Bruce Johnson (Citrus Heights) 1:20:50  
 Women 40-49: 1. Catherine Grow (Paradise) 1:30:34; 2. Sue Griswold (Reno) 1:43:41; 3. Shirley Farnier (Fairfield) 1:45:53.  
 Men 50-59: 1. Joe King (Oakland) 1:24:25; 2. John Rouse (San Leandro) 1:29:20; 3. James DeTar (Suisun) 1:32:56.  
 Women 50-59: 1. Barbara Durham (Reno) 1:56:11; 2. Marj Hannickel (Loomis) 2:15:39.  
 Women 60 & Over: 1. Martha Smith (Chico) 3:02:59.

734 finishers

March 1.

#### SIX-WAY MEET AT USC

100 (Race 1)—1. Simmons (Angels Flight Striders), 10.76; 2. Reed (Long Beach CC), 10.88; 3. P. Johnson (USC), 10.89. (Race 2)—1. J. Sanford (USC), 10.43; 2. He between Mullins (USC) and M. Sanford (USC), 10.58; 4. K. Williams (USC), 10.79.

200 (Race 1)—1. J. Petty (Rancho TC), 21.75; 2. Taylor (Cal St. Los Angeles), 21.92; 3. Lee (CSLA), 22.00. (Race 2)—1. J. Sanford (USC), 21.05; 2. Simmons (AFS), 21.37; 3. Bazley (CSLA), 22.22.

400—1. Green (USC), 46.38; 2. tie between Gilkes (Unat) and Lewis (LBCC), 46.97; 4. Bethany (USC), 47.07; 5. C. Edwards (AFS), 47.89.

800—1. Omwansa (USC), 1:49.21; 2. Weng (unat), 1:49.21; 3. Shackelford (CSLA), 1:51.12; 4. Niederhaus (AFS), 1:53.26.

1,500—1. Savage (USC), 3:56.59; 2. Jackson (USC), 3:58.89.

5,000—1. DeLong (USC), 15:07.09; 2. Cortez (CSLA), 15:08.09; 3. Dres (USC), 15:08.10.

110 HURDLES (Race 1)—1. Stewart (USC), 14.07; 2. Veatch (AFT), 14.15; 3. Turner (CSLA), 14.16; 4. A. Campbell (USC), 14.65; P. Johnson (USC), did not finish.

400 HURDLES (Race 1)—Fisk (LBCC), 52.61. (Race 2)—1. Graybehl (unat), 50.01; 2. Campbell (USC), 52.1; 3. Stewart (USC), 52.5; 4. Hopper (CSLA), 53.1.

400 RELAY—1. USC "A" (K. Williams, Mullins, J. Sanford, M. Sanford), 39.32; 2. USC "B" (P. Johnson, Doubly, Bethany, Mullins), 40.64; 3. Stars & Stripes, 41.04; 4. Cal St. Los Angeles, 41.69.

1,600 RELAY—1. USC "A" (P. Johnson, Campbell, Stewart, Bethany), 3:15.10; 2. USC "B" (M. Sanford, Hays, Savage, Omwansa), 3:15.68.

HIGH JUMP—1. Embree (unat), 7-0; 2. Yamamoto (Japan), 6-10; 3. Sawa (Japan), 6-10; 4. Katamine (Japan), 6-10; 5. Clay (USC), 6-10.

POLE VAULT—1. Takenezawa (Japan), 16-6; 2. Jokivarilo (CSLA), 16-6; Takahashi (Japan), 16-6; 4. tie between Johnson (unat) and C. Brown (unat), 16-6; 6. tie between S. Tully (LBCC) and Gutteridge (AFS), 16-0.

LONG JUMP—1. Doubly (USC), 26-8; 2. Hays (USC), 25-8 1/2; 3. Veatch (AFS), 24-7 1/2; 4. K. Taylor (LBCC), 24-0.

TRIPLE JUMP—1. Banks (unat), 55-1; 2. Caldwell (unat), 51-2; 3. De Caro (CSLA), 47-9 1/2; 4. Faison (USC), 47-9.

SHOT PUT—1. Hunter (USC), 54-4 1/2; 2. McKenzie (USC), 53-7 1/4; 3. Montgomery (USC), 53-4 1/4.

Long jump—1. Essodina Aitchade (SJS) 25-1 1/2; 2. Marion Anderson (Sports Afoot) 24-0 3/4; 3. Ron Wayne (Unat) 23-8 1/2; 4. Harry Walker (SJS) 21-1 1/4.  
 1500 meters—1. Vernon Saliez (Unat) 3:54.6; 2. Tim Gruber (SJS) 4:03.0; 3. Eddie Wright (SJS) 4:09.2; 4. Les DeVoe (Unat) 4:09.8.  
 High jump—1. Keith Nelson (WVTC) 6-10; 2. Thurlis Gibbs (SJS) 6-10; 3. Sly Pritchett (SJS) 6-8.

110 meter hurdles (Heat one)—1. Jerome Bearden (SJS) 14.8; 2. Gordon Bliss (SJS) 14.8; 3. Mike Hawthorne (SJS) 15.5; 4. George McMarvion (Unat) 17.1.  
 110 meter hurdles (Heat two)—1. Pete Dobbins (Unat) 15.1; 2. J.C. Ragster (WVTC) 15.2; 3. Hawthorne (SJS) 15.3; 4. Vernon Van (Unat) 15.4.

Javelin—1. Bruce Kennedy (S.J. Stars) 269-8 (New Bud Winter Field record, old record 268-7 by Mark Murro, May 4, 1968); 2. Sigurdur Einarsson (Iceland) 208-11; 3. Alex Mushoa (WVTC) 186-5; 4. Tom Walker (Unat) 184-1.

400 meters (Heat one)—1. Bart Williams (Unat) 47.2; 2. Phil Williams (SJS) 49.3; 3. Thorvaldur Thorsson (Iceland) 49.6; 4. James Davis (SJS) 49.7.

400 meters (Heat two)—1. Eliss Sveinsson (Iceland) 51.7; 2. Brian Saunders (Unat) 51.8; 3. Frank Shatner (Unat) 51.8; 4. Bob Kunkel (Unat) 52.5.

100 meters (Heat one)—1. Ken Thomas (SJS) 11.0; 2. Tim Foster (SJS) 11.1; 3. Eric Hurt (SJS) 11.1; 4. Mike Kirtman (Unat) 11.1; 5. Willie Jackson (SJS) 11.1. (Race started at wrong marker; was actually 105 meters).

100 meters (Heat two)—1. Jackson (SJS) 10.9; 2. Paul Jackson (Unat) 10.9; 3. Eric Humphrey (SJS) 11.0; 4. Mike Simmons (SJS) 11.0.

Shot put—1. Ken Stadel (Unat) 59-7; 2. Greg Tafralis (WVTC) 57-4; 3. Bob Gummerson (Unat) 56-9; 4. Kevin Brady (SJS) 51-0; 5. Rob Suelflow (SJS) 50-5.

800 meters—1. Saliez (Unat) 1:52.2; 2. Terry Johnson (SJS) 1:53.9; 3. Gunner Paul Joakimsson (Iceland) 1:52.2; 4. Tom Hussey (SJS) 1:55.8.

400 meter hurdles—1. Ronald Kennedy (Unat) 53.0; 2. Bearden (SJS) 53.0; 3. Jim Wyatt (WVTC) 53.2; 4. Rick Luftrell (CSM) 55.6.

200 meters (Heat one)—1. Williams (Unat) 21.6; 2. Triplett (WVTC) 22.0; 3. Hurt (SJS) 22.2; 4. Oddur Sigurdsson (Iceland) 22.2.

200 meters (Heat two)—1. Jackson (SJS) 22.0; 2. Barry Stalard (SJS) 22.6; 3. Humphrey (SJS) 22.8; 4. Dominic Marcheschi (SAF) 23.1.

Triple jump—1. Sigurd Lange-land (Unat) 47-11; 2. Craig Roberts (SJS) 47-9 1/2; 3. Clay Bullwinkle (Sports Afoot) 44-7.

Two mile run—1. Dan Harvey (SJS) 9:07.6; 2. Stan Ross (SJS)

1:38:13; 2. Maryke Valencia (Chico) 1:43:19.  
 Men 40-49: 1. Bill Bugler (Burlingame) 1:16:40; 2. Lee Bunell (Redding) 1:18:40; 3. Bruce Johnson (Citrus Heights) 1:20:50  
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In the most exciting finish of the day, Eileen Kraemer of Cal. Poly overtook her two Cal. rivals in the last fifty yards to set a stadium record of 9:53 in the 3,000.

Long jump—1. Donald (S) 18-3 1/2; Shot put—1. Zaphiropoulos (C) 43-5 1/2; Javelin—1. Osborne (S) 133-1; High jump—1. Vogel (Cal Poly) 5-4; Discus—1. Zaphiropoulos (C) 153-10 1/2.

5,000 meters—1. O'Donnell (Cal Poly) 17:35; 400 meter relay—Cal (Franklin, Bolton, Parker, Tobacco) 46.5; 100 meter hurdles—Hawthorne (C) 14.5; 1,500 meters—Trumbly (C) 4:27 (Stanford stadium women's record); 400 meters—Franklin (C) 53.4 (stadium record); 100 meters—Bolton (C) 11.8 (stadium record); 800 meters—Trumbly (C) 2:11; 400 meter hurdles—Hawthorne (C) 1:04.6; 2,000 meters—Bolton (C) 23.8; 3,000 meters—Kraemer (Cal Poly) 9:53 (stadium record); Mile relay—Cal (Culbert, Tobacco, Bolton, Franklin) 3:48 (stadium record).

Triangular scores: San Jose State 85 1/2, Stanford 72 1/2, Hayward State 37.

Dual scores: San Jose State 85, Stanford 72, San Jose State 113, Hayward State 44, Stanford 100, Hayward State 58.

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 Hammer: 1. Rick Buss (S) 198-0 (new meet record; old mark 186-1, Coleman Kells, SJS, 1978). 2. Bob Feuerbach (SJS) 164-1. 3. Bob Cook (SJS) 144-10.

3,000-meter steeplechase: 1. Bill Gail (S) 9:10.8. 2. Bill Haldeman (S) 9:10.8. 3. Joe Salazar (SJS) 9:30.7. 4. Terry Boynton (SJS) 9:44.6.

400-meter relay: 1. San Jose State (Foster, Lewis, Thomas, Jackson) 40.69. 2. Stanford (White, Margerum, Nelson, Banks) 40.89. 3. Hayward State (Hill, Lee, Estes, Flenory) 42.39.

Pole vault: 1. (tie) Felix Bohni (SJS) and Kim Black (SJS) 15-6. 3. Randy Ryzicka (H) 14-6. 4. Mike Kennison (H) 14-6.

1,500 meters: 1. Tom Lobsinger (S) 3:48.8 (new meet record; old mark 3:54.5, Lobsinger, 1979). 2. Tom Hussey (SJS) 3:55.8. 3. Mike Melendez (S) 3:57.8. 4. Jim Carson (H) 4:00.0.

110-meter hurdles: 1. Brian Conley (H) 14.76. 2. Kenny Margerum (S) 14.89. 3. Jerome Bearden (SJS) 15.16. 4. Lawrence Hill (H) 15.23.

Javelin: 1. Curt Ransford (SJS) 239-1. 2. Gary Bruner (S) 216-2. 3. Dave See (H) 177-6. 4. Steve Blagden (H) 168-10.

Shot put: Bob Suelflow (SJS) 52-9. 2. Steve Almonetti (S) 52-8 1/4. 3. Paul Bishop (SJS) 51-10 1/4. 4. Jim Spillers (SJS) 50-9 1/2.

Long jump: 1. Essodina Aitchade (SJS) 24-5 1/4. 2. Norm Alston (H) 24-1 1/4. 3. Craig Roberts (SJS) 22-0 1/4. 4. Marcus McGlory (H) 21-6.

400 meters: 1. Gordon Banks (S) 48.05. 2. Robert Malocco (S) 48.67. 3. Phil Williams (SJS) 49.42. 4. Curtis Estes (H) 49.55.

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3,000-meter steeplechase: 1. Bill Gail (S) 9:10.8. 2. Bill Haldeman (S) 9:10.8. 3. Joe Salazar (SJS) 9:30.7. 4. Terry Boynton (SJS) 9:44.6.

400-meter relay: 1. San Jose State (Foster, Lewis, Thomas, Jackson) 40.69. 2. Stanford (White, Margerum, Nelson, Banks) 40.89. 3. Hayward State (Hill, Lee, Estes, Flenory) 42.39.

Pole vault: 1. (tie) Felix Bohni (SJS) and Kim Black (SJS) 15-6. 3. Randy Ryzicka (H) 14-6. 4. Mike Kennison (H) 14-6.

1,500 meters: 1. Tom Lobsinger (S) 3:48.8 (new meet record; old mark 3:54.5, Lobsinger, 1979). 2. Tom Hussey (SJS) 3:55.8. 3. Mike Melendez (S) 3:57.8. 4. Jim Carson (H) 4:00.0.

110-meter hurdles: 1. Brian Conley (H) 14.76. 2. Kenny Margerum (S) 14.89. 3. Jerome Bearden (SJS) 15.16. 4. Lawrence Hill (H) 15.23.

Javelin: 1. Curt Ransford (SJS) 239-1. 2. Gary Bruner (S) 216-2. 3. Dave See (H) 177-6. 4. Steve Blagden (H) 168-10.

Shot put: Bob Suelflow (SJS) 52-9. 2. Steve Almonetti (S) 52-8 1/4. 3. Paul Bishop (SJS) 51-10 1/4. 4. Jim Spillers (SJS) 50-9 1/2.

Long jump: 1. Essodina Aitchade (SJS) 24-5 1/4. 2. Norm Alston (H) 24-1 1/4. 3. Craig Roberts (SJS) 22-0 1/4. 4. Marcus McGlory (H) 21-6.

400 meters: 1. Gordon Banks (S) 48.05. 2. Robert Malocco (S) 48.67. 3. Phil Williams (SJS) 49.42. 4. Curtis Estes (H) 49.55.

High jump: 1. Doug Reinhart (H) 7-0. 2. Thurlis Gibbs (SJS) 6-8. 3. Bob Churchill (H) 6-4. 4. Sean Winterer (S) 6-2.

100 meters: 1. Ken Thomas (SJS) 10.75. 2. (tie) Darrin Nelson (S) and Willie Jackson (SJS) 10.79. 4. Ernest Lewis (SJS) 10.85.

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36-49. Females: 1. Sharon Gaskin 22:12.4; 2. Sherrill Tompkins 23:33.4. Males: 1. Tim Rostage 16:33.5; 2. Michael Hicks 18:02.9.

50 & Over. Females: 1. Ann Sievert 29:47.9. Males: 1. Glen Sievert 24:32.5; 2. C.B. Studley 31:51.4.

10 Kilometers:  
 Elementary School. Males: 1. Chris Cresswell 44:39; 2. Mark Muzzacs 49:44. Junior High. Males: 1. Sim Ray Konrad 45:31; 2. Mike Ternasky 46:16.

High School. Females: 1. Denise Bigelow 40:08; 2. Teresa Hunter 49:53. Males: 1. Alejandro Gonzalez 35:31; 2. Haywood Norton 36:41.

19-35. Females: 1. Lynne Carlton 43:58; 2. Susan Dierken 47:17. Males: 1. Claude Neuenschawnder 32:47; 2. Dan Anderson 33:20.

36-49. Females: 1. Marge Garrity 44:10; 2. Virginia Collins 46:39. Males: 1. Tim Gill 36:28; 2. Rudy Escobedo 36:36.

50 & Over. Males: 1. Seymour Collins 42:26; 2. George Carroll 45:57.

Los Alamitos  
 Marathon

March 8. Los Alamitos. 5th Annual Los Alamitos Marathon.  
 Mens Open Division:

1. Dr. Jean Ellis	2:22:33
2. Mike Engleman	2:26:58
3. John Mills	2:28:50
4. Steve Lassegard	2:29:52
5. Jerry Alexander	2:31:34
6. Fred Carter	2:35:01
7. Ricardo Martinez	2:39:43
8. Ronnie Adams	2:40:08
9. David Vanderveen	2:41:29
10. Ray Irv	2:44:56
11. George Guerrero	2:45:02
12. Mark Van Leeuwen	2:45:57
13. Jim Czachor	2:47:53
14. Harold Larson	2:48:08
15. Wayne Walker	2:48:31

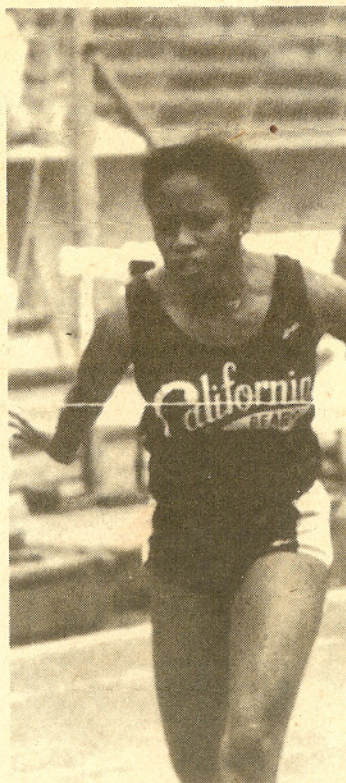
Womens Open Division:  
 1. Sue Peterson 2:54:20  
 2. Lise Goldberg 3:17:53  
 3. Tammy Barnhart 3:23:36  
 4. Margie Dana 3:34:48  
 5. Karen Daeley 3:56:08

Men 35-39:  
 1. Frank Duarte 2:31:23  
 2. David Landis 2:40:40  
 3. Mike Scott 2:42:42  
 4. John Bushman 2:48:18  
 5. Ken Hickman 2:50:06

Women 30-39:  
 1. Carol Mortier 3:23:17  
 2. Lynn Canfield 3:32:50  
 3. Laurie Haugen 3:40:57

Men 40-49:  
 1. Don Pycior 2:50:50  
 2. Dave Clark 2:52:20  
 3. Ben Waldron 2:53:05  
 4. Art Milanez 2:54:16  
 5. James Smith 2:57:16

Women 40 + :  
 1. Wilma Maddock 3:29:43  
 2. Carla Sellers 3:40:08  
 3. Sharon Wolcott 3:46:07



KELIA BOLTON

photo by Conrad Lopez



## Men 50-59:

1. Charles Hanson	2:51:12
2. Tracy Brown	2:52:42
3. Roger Tilford	3:01:40
4. Keith Albright	3:07:01
5. Richard Polhill	3:08:43

## Men 60+:

1. Bob Kroger	3:09:45
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## Men 18 &amp; Under:

1. George Luna	3:02:30
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## Women 18 &amp; Under:

1. Ronny McIntyre	3:07:00
2. Cathy Duarte	3:08:43

## Mercury News 10k Race

by CONRAD LOPEZ

March 16, San Jose.

They came in droves. The young, the old, the tall, the short, the slim, the not-so-slim, they were all there, some 6,000 of them, ready for the start of the Mercury News City of San Jose 10K Race held on a crystal clear Sunday morning March 16.

And after about a half an hour had past the lone figure turning the final corner and approaching the finishline first was Fresno Track Club's Tony Ramirez. The 25-year-old Ramirez covered the flat course, which began at City Hall and wound south around San Jose State University, in 30:00.4 almost a minute behind the course record set by Duncan Macdonald last year.



photo by Don Gosney

7. Andrea Haimbocker	39:00
8. Jon LeCocq	39:02
9. Disqualifed	
10. Kathleen Himmelberger	39:16
11. Kathleen Bonet	39:19
12. Carol Stroud	39:47
13. Diane David	40:04
14. Kathy Dommelmair	40:37
15. Val Eberly	41:24
16. Laura Reaser	41:39
17. Teresa Remonter	41:53
18. Carol Louise Carbaugh	41:57
19. Paula T. Ramirez	42:02
20. Marti Menz	42:05
21. Jerilyn Getz	42:07
22. Margo Gerrity	42:31
23. Loretta T. Hernandez	42:36
24. Susan Mills	42:38
25. Ellen I. Clark	42:42

## TOP MALE FINISHERS

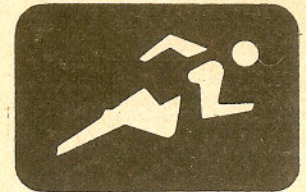
Place	Name	Time
1.	Tony Ramirez	30:00.4
2.	Rich Lanford	30:13
3.	Michael Cassaday	30:18
4.	Mitch Klingery	30:14
5.	Pete Sweeney	30:43

30:46	33. DIN Meinhart	32:50
30:52	34. Jake White	32:50
30:57	35. Chris Kadeck	32:54
31:02	36. Bill Seaver	32:57
31:14	37. Salvador Vasquez	33:01
31:20	38. Donald E. Bergan	33:01
31:22	39. Jim Thyllin	33:02
31:23	40. Gilbert Munoz	33:07
31:28	41. Larry Eder	33:08
31:41	42. Hank Lawson	33:09
31:43	43. Tom Lawson	33:10
31:48	44. Tim Rostago	33:13
31:49	45. Nick Winter	33:17
31:51	46. Steve Johnson	33:20
31:53	47. Dave Stock	33:23
31:56	48. Craig Shore	33:24
31:58	49. David Garcia	33:27
32:00	50. Michael Lisowski	33:28
32:15	51. Steve Stark	33:29
32:18	52. Richard Stillor	33:36
32:18	53. Bob Miller	33:37
32:20	54. Robert Welick	33:40
32:33	55. Rick Alexander	33:46
32:34	56. Jim Dore	33:46
32:35	57. William Dunn	33:47
32:44	58. Terry Bautista	33:48
32:46	59. Jasper Kirkby	33:49
	60. Jim Barkot	33:50

## Red Cross Marathon

March 9, San Luis Obispo.

1. Tim Terrill (23, Colorado)	2:18:28
2. Peter Magdalina (20, Colo.)	2:31:43
3. Robert Hollister (21, SLO)	2:42:04
4. Dan Rueckert (23, SLO)	2:44:16
5. George Muniz (20, Colo.)	2:45:07
6. Thomas Jefferis (32, Paso R.)	2:45:24
7. Robert Nanninga (33, SLO)	2:46:53
8. Gregor Robin (23, SLO)	2:47:42
9. Mark Drake (24, SLO)	2:50:37
10. Mike McGuire (22, Colo.)	2:50:56
11. Efrain Gonzalez (33, Van AFB)	2:52:13
12. Tim Lawrence (18, S. Bar.)	2:54:24
13. Cliff Stewart (30, SLO)	2:55:49
14. Don Robinson (26, S. Bar.)	2:56:09



## Martin Luther King Games

by CONRAD LOPEZ



JUDY YOUNG (left) and SHERIFA SANDERS  
Berkeley High

March 21-22, Stanford University.

In spite of abundant scratches the 11th Annual Martin Luther King International Freedom Games grudgingly produced an exciting weekend of track and field at Stanford Stadium March 21-22.

Among the no-shows scheduled to participate were Dwight Stones, Evelyn Ashford, Eddie Hart, Greg Foster, Dave

Harvey Glance and Steve Riddick, none of whom showed, was won by University of Southern California junior James Sanford outclassing the field in 10.32. "I felt a little sluggish today. I didn't know what the outcome would be," said Sanford. "I got out to a slow start and at the first 40 meters I overtook Williams (Steve) and at 60 meters I overtook Gilkes (James). Then

photo by Don Gosney

## INVITATIONAL

100 meters — 1. James Sanford, Southern Cal, 10.32. 2. Jeff Phillips, Tennessee, 10.46. 3. James Gilkes, John Carlos Track Club, 10.50. 4. Steve Williams, Athletic Affic, 10.52.

Women's 100 — 1. Andrea Lynch Saunders, Northridge St., 11.57 stadium record. 2. Jackie Pussay, Muhammad Ali TC, 11.73. 3. Val Boyer, Arizona St., 11.87. 4. Frieda Cobbs, Berkeley TC, 12.10.

Women's discus — 1. Meg Ritchie, Arizona, 210-11 stadium record. 2. Lorna Griffin, unat., 186-8. 3. Rio Stalman, ASU, 183-1. 4. Helene Connell, unat., 171-1.

110 hurdles — 1. Tony Campbell, USC, 13.72. 2. Lance Babb, Ali TC, 13.82. 3. Rod Milburn, Houston Striders, 13.89. 4. Mike Shine, Army, 13.95.

400 hurdles — 1. Andre Phillips, UCLA, 49.2 stadium record. 2. James King, Macab TC, 49.4. 3. Bart Williams, Stars & Stripes, 49.9. 4. Mike Shine, Army, 50.3.

200 — 1. James Gilkes, Carlos TC, 20.3 stadium record. 2. Lamonte King, ASU, 20.6. 3. Clancy Edwards, Angel Flight Striders, 20.9. 4. Gordon Banks, Stanford, 21.3.

1 mile — 1. Ray Wickless, unat., 3:59.7 stadium record. 2. Duncan Macdonald, West Valley TC, 4:02.0. 3. Don Airidge, Sub-Four TC, 4:02.4. 4. Dan Winger, Club NW, 4:03.2.

High jump — 1. Franklin Jacobs, Fairleigh Dickinson, 7-4.2. 2. Benn Fields, Philadelphia Pioneers, 7-2. 3. Joe Radian, Sacramento St., 7-2. 4. Reynaldo Brown, SC International, 7-0.

800 — 1. Dave Omwansa, USC, 1:47.9. 2. Oliver Alves, Fairleigh Dickinson, 1:48.7. 3. John Schaefer, Stanford, 1:48.7. 4. William Wang, USC, 1:49.2.

440-yard relay — 1. Tennessee, 39.4 stadium record. 2. Houston, 39.7. 3. Ali TC, 40.3. 4. Japan, 40.3.

Women's 800 — 1. Robin Campbell, Stanford TC, 2:03.2 stadium record. 2. Ruth Caldwell, Sub-Four, 2:08.2. 3. Meggie Keyes, Cal Poly-SLO, 2:09.3. 4. Molly Miller, Cal Poly-SLO, 2:14.0.

Women's 5000 — 1. Jan Merrill, Age Group AA, 15:30.6. 2. American record, old record 15:33.9 by Merrill, 1979. 2. Brenda Webb, Knoxville TC, 15:52.2. 3. Kim Schnurpfeil, Stanford, 16:40.6. 4. Sue Kinsey, unat., 16:41.0.

Women's 440-yard relay — 1. Ali TC, 44.3 stadium record. 2. Northridge St., 44.6. 3. Berkeley TC, 47.1. 4. Bakersfield St., 47.6.

3000 steeplechase — 1. Henry Marsh, Athletics West, 8:45.5. 2. Ron Addison, Athletics West, 8:50.6. 3. Jim Shankel, Cal Poly-SLO, 8:51.2. 4. Doug Brown, Athletics West, 8:59.0.

880-yard relay — 1. Southern Cal, 1:21.86 stadium record. 2. Tennessee, 1:22.02. 3. Houston, 1:23.01. 4. Maccabi TC, 1:25.6.

10,000 — 1. Stan Mavis, Shorter TC, 28:28.8 stadium record. 2. Fran Shorter, Shorter TC, 28:52.4. 3. Rick Rojas, Colorado TC, 28:53.4. 4. John Moreno, Camino Real TC, 29:13.8.

Women's 400 — 1. Robin Campbell, Stanford TC, 52.35 stadium record. 2. Rosalyn Bryant, Ali TC, 52.75. 3. Yolanda Rich, Ali TC, 53.21. 4. Kim White, Northridge St., 54.30.

400 — 1. Bill Green, USC, 46.26. 2. Rich Massey, unat., 47.27. 3. Mark Tait, Fairleigh Dickinson, 47.62. 4. Pat Holcombe, Club NW, 47.65.

1000 meters — 1. Merrill (Age Group AA), 24:32. 2. Keyes (Cal Poly SLO), 24:44. 3. Wetherspoon (Stanford), 24:17.

Men's pole vault — 1. Tim McDonald (Cal Poly SLO), 17-3. 2. Doug Bockmiller (Baderick TC), 17-0. 3. Jerry Mulligan (USC), 16-6.

Men's mile — 1. Paul Steeds (Fairleigh Dickinson), 4:03.0. 2. Ed Arnoldy (Maccabi TC), 4:06. 3. Joe Fabris (Cal Poly SLO), 4:06.2.

Men's 880 relay — 1. Cal, 1:24.2. 2. Tennessee, 1:24.8. 3. San Jose City College, 1:27.6.

Women's 100m — 1. Alice Brown (Northridge St.), 11.6. 2. Lisa Hopkins (Inglewood Panthers), 11.6. 3. Jeannette Bolden (Northridge St.), 11.7.

Men's discus — 1. Scott Reid (Long Beach State), 182-5. 2. Greg McFevney (Long Beach St.), 181-5. 3. Steve Montgomery (USC), 179-7. 4. Dave Porath (Cal), 179-5. 5. Rick Buss (Stanford), 174-3.

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MICHELLE AUBUCHON

But rewriting the record books in the Womens Divisions was Cal State Hayward junior Michele Aubuchon winning in 34:54.8 over former record holder Roxanne Bier of San Jose, who was well back in 36:32. "I like this course because it's fast," said Aubuchon, "I'm very happy to win. I love road racing," the 20-year-old added.

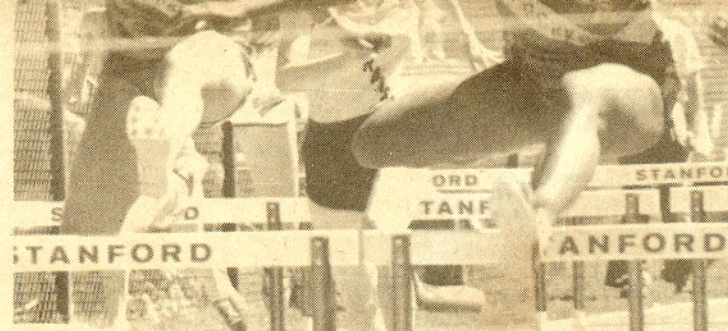
Ramirez, who also won relatively easily finishing 12 seconds ahead of former Fresno State teammate Rich Langford, took the lead at the two mile mark and never relinquished it.

"When I got out in the lead by myself I didn't want to take any chances. I just wanted to maintain the lead," he said. Ramirez was a bit disappointed by the lack of better competition. "I expected a much better field. Rich (Langford) and I were talking about it the first couple of miles of the race. We both thought it would be a lot tougher."

Winners in the remaining divisions included Salvador Vasques (33:01) and Marge Gerrity (42:31) in over 40; Scott Martin (33:56) and Nanette Garcia (38:31) in the 15 and under; and Dean Baretto (31:58) and Lynne Carlton (45:00) in the wheelchair competition.

#### TOP FEMALE FINISHERS

Place	Name	Time
1.	Michelle Aubuchon	34:54.8
2.	Roxanne Bier	36:32
3.	Judy Graham	37:07
4.	Jennifer Weis	37:31
5.	Nanette Garcia	38:31
6.	Carrie Ann Morrison	38:32



JUDY YOUNG (left) and SHERIFA SANDERS  
Berkeley High

March 21-22, Stanford University.

In spite of abundant scratches the 11th Annual Martin Luther King International Freedom Games grudgingly produced an exciting weekend of track and field at Stanford Stadium March 21-22.

Among the no-shows scheduled to participate were Dwight Stones, Evelyn Ashford, Eddie Hart, Greg Foster, Dave Roberts, John Smith and Larry Myricks. Myricks was called to the White House to meet with President Carter on Friday. But even without such notables the meet was a thrilling success.

On Saturday, running in front of 15,000 sunbathing spectators, Jan Merrill pulled away from the field on the first lap in setting a new American record in the 5,000 of 15:30.6, bettering her old time of 15:33.8 set last year. "I've been doing a lot of speed work and it paid off today," said Merrill, "I felt strong and had a lot left for the final lap."

Employing a bursting kick, former Arizona State runner Ray Wicksell took the lead with a half a lap to go passing Duncan Macdonald and recording the first sub-four minute time in Stanford Stadium history winning in 3:57.7. According to Wicksell everything went just as planned.

"I felt good because I knew I had more speed than he (Macdonald) did. I just wanted to stay comfortable the first three laps then take control with about 200 meters to go," he added.

Also resorting to a late mode of victory was former Olympic champion Mac Wilkins. On his final throw of the afternoon Wilkins unloaded the discus 219-7 to edge longtime rival John Powell (217-11). "Coming from behind is always gratifying," he said. "It's nice to know that you can do it when the pressure is on."

Turning in an impressive double was Stanford Club's Robin Campbell setting stadium records in the 400 (52.35) and 800 (2:03.2). In the 400 she needed a last second kick to catch Rosalyn Bryant and break the record of 53.4 established by Marian Franklin earlier in the year.

In the men's 100 meters, which was billed as the "race of the meet" with names like, Hart, Houston McTear,

Harvey Glance and Steve Riddick, none of whom showed, was won by University of Southern California junior James Sanford outclassing the field in 10.32. "I felt a little sluggish today. I didn't know what the outcome would be," said Sanford. "I got out to a slow start and at the first 40 meters I overtook Williams (Steve) and at 60 meters I overtook Gilkes (James). Then I knew I had control of the race," he added. Sanford said that he is going after the world record this year and predicts a 9.8.

A happy victor in the high jump was indomitable Franklin Jacobs, who at only 5-foot-8 cleared 7-4. After clinching the competition he missed all three attempts at 7-6. "After you win an event it's hard to have the incentive to clear another height," the Fairleigh Dickinson student said. "The 7-4 jump was a good one. And I still had two tries at 7-6. This was my first jump outdoors. I'm more than satisfied with my jump today."

In addition to the stadium records of Merrill, Wicksell, Wilkins and Campbell there were a host of others.

Andre Phillips of UCLA won the 400 intermediates with a personal best of 49.2 to erase the 20 year old mark of 49.5 set by Glenn Davis in 1960. Gilkes of the John Carlos TC sped to a 20.3 in the 200 to better the time of Steve Johnson, also set in 1960. Stan Mavis of the Frank Shorter TC won the 10,000 in record time of 28:48.8. Solomon Chubor of Fairleigh Dickinson stole the 5,000 from Tom Wysocki of Silver State in the final lap to win in 13:50.2, a new record. On Friday, when most of the field events were held, Earl Bell and Ralph Haynie cleared 18 feet to surpass the former height of 17-0 set by Greg Woepse of San Jose State in 1977. Bell won the competition on fewer misses.

And Meg Ritchie of Scotland and the University of Arizona shattered her own collegiate record as well as the stadium record in the discus winning with a fine effort of 210-11. The previous record was set by Tamara Press of the Soviet Union at 189-5.

International, 7-0.

800 — 1. Dove Omwansa, USC, 1:47.9, 2. Oliver Alves, Fairleigh Dickinson, 1:48.7, 3. John Schaefer, Stanford, 1:48.7, 4. William Wang, USC, 1:49.2.

440-yard relay — 1. Tennessee, 39.4 stadium record, 2. Houston, 39.7, 3. All TC, 40.3, 4. Japan, 40.3.

Women's 800 — 1. Robin Campbell, Stanford TC, 2:03.2 stadium record, 2. Ruth Caldwell, Sub-Four, 2:08.2, 3. Maggle Keyes, Cal Poly-SLO, 2:09.3, 4. Molly Miller, Cal Poly-SLO, 2:14.0.

Women's 5000 — 1. Jan Merrill, Age Group AA, 15:30.6 (American record; old record 15:33.8 by Merrill, 1979) 2. Brenda Webb, Knoxville TC, 15:52.2, 3. Kim Schnurpfeil, Stanford, 16:40.6, 4. Sue Kinsey, unat., 16:41.0.

Women's 440-yard relay — 1. All TC, 44.3 stadium record, 2. Northridge St., 44.6, 3. Berkeley TC, 47.1, 4. Bakersfield St., 47.6.

3000 steeplechase — 1. Henry Marsh, Athletics West, 8:45.5, 2. Ron Addison, Athletics West, 8:50.6, 3. Jim Shankel, Cal Poly-SLO, 8:51.2, 4. Doug Brown, Athletics West, 8:59.0.

800-yard relay — 1. Southern Cal, 1:21.86 stadium record, 2. Tennessee, 1:22.02, 3. Houston, 1:23.01, 4. Maccabi TC, 1:25.6.

10,000 — 1. Stan Mavis, Shorter TC, 28:28.8 stadium record, 2. Fran Shorter, Shorter TC, 28:52.4, 3. Rick Rojas, Colorado TC, 29:52.4, 4. John Moreno, Camino Real TC, 29:13.8.

Women's 400 — 1. Robin Campbell, Stanford TC, 52.35 stadium record, 2. Rosalyn Bryant, All TC, 52.75, 3. Yolanda Rich, All TC, 53.21, 4. Kim White, Northridge St., 54.30.

400 — 1. Bill Green, USC, 46.26, 2. Rich Massey, unat., 47.27, 3. Mark Tall, Fairleigh Dickinson, 47.62, 4. Pat Holcomber, Club NW, 47.65.

Javelin — 1. Tom Petronoff, unat., 267-0, 2. Bruce Kennedy, San Jose Stars, 265-2, 3. Steve Krieder, Army, 252-8, 4. Gary Bruner, Stanford, 203-6.

5,000 — 1. Solomon Chubor, Fairleigh Dickinson, 13:50.2 stadium record, 2. Tom Wysocki, Silver State, 13:54.6, 3. Mark Spillbury, Shorter TC, 14:13.8, 4. Mark Conner, Humoldt St., 14:16.4.

1 mile relay — 1. Philadelphia Pioneers, 3:06.8, 2. California, 3:07.3 (only teams to finish).

Women's shot put — 1. Ginzie Petroucci, Italy, 56-4, 2. Meg Ritchie, Arizona, 54-5 1/2, 3. Lu Cheng, China, 53-8 1/2, 4. Shen Lijuan, China, 53-7.

Triple jump — 1. Zou Zhengxin, China, 53-7 1/2, 2. Mike Martowe, Golden Bear TC, 53-4, 3. Milan Tiff, unat., 52-7 1/2, 4. Doug Garner, Maccabi TC, 52-0 1/2.

Women's mile relay — 1. All TC, 3:46.5 stadium record, 2. Northridge St., 3:50.4, 3. West Valley, 3:51.8, 4. Nevada-Las Vegas, 3:51.8.

Half-marathon — 1. Duncan Macdonald, 1:07:42, 2. Mitch Kingery, 1:08:49, 3. Skip Brown, 1:10:51, 4. Gary Goettmann, 1:11:37, 5. Michael Duncan, 1:12:17, 6. Paul Gyorey, 1:13:24, 7. George Howe, 1:15:28, 8. James Young, 1:15:40, 9. Gregory Hudson, 1:16:34, 10. Roy Weiland, 1:19:25.

#### COLLEGE-OPEN

Men's masters 100m (5-60) — Burl Lancaster (Philadelphia Pioneers) 12.32; 2. George Rhoden (unat.) 12.62; 3. Alphonse Juillard (unat.) 13.34.

Men's masters 100m (60over) — Payton Jordan (unat.) 12.66; Harry Koppel (unat.) 13.56; John Saffi (unat.) 14.08.

Men's masters 100m (40-50) — Kenny Davis (unat.) 11.56; Al Biancani 11.97; Dan Parrish (unat.) 12.07.

Men's 110m HH — Larry Cowling (Cal) 13.9; Willie Gault (Tenn) 14.0; Reggie Towns (Tenn) 14.2; Malcolm Dixon (Foothill) 14.2.

Women's 100m hurdles — Dai Jianhua (unat) 14.01; Brenda Calhoun (ASU) 14.34; Yolanda Arnold (Bakersfield St) 14.85.

Men's 100m — Terry Neely (Tall) 10.74; Carl McCullough (unat) 10.75; Darryl Wilson (Tennessee) 10.83; Ken Thomas (San Jose St.) 10.86; Ken Thomas (San Jose St.) 10.86.

Women's 440 relay — All TC, 44.3; Northridge St. 44.6; Berkeley East Bay TC 47.1.

Men's shotput — Mike Smith (Long Beach St.) 59-8 1/2; Zane Hubbard (Nevada-Reno TC) 57.5; Dave Porath (Cal) 57-0.

29-11/2, 4. Puckett (unat.) 24-9.

#### WOMEN

1,000 METERS—1. Merril (Age Group AA), 2:43.2 2. Keyes (Cal Poly SLO), 2:44.4 3. Wetherspoon (Stanford), 2:11.7.

#### HIGH SCHOOLS

##### Boys

Teams — Berkeley 40, Johnson (Sacramento) 34, Del Mar 26, Mission (San Francisco) 22, Menlo-Atherton 21, South San Francisco 18, Galileo (San Francisco) 17, Castro Valley and St. Mary's (Berkeley) 16.

440 relay — 1. Berkeley 41.5; 2. South San Francisco 42.3; 3. Skyline, Oakland 42.5.

100 meters — 1. Carl Montgomery (South San Francisco) 11.6; 2. Ken Robinson (Berkeley) 11.6; 3. Fred Willis (Norte Del Rio, Sacramento) 11.7.

1 mile — 1. Pedro Reyes, Jesuit, Carmichael 4:19.3; 2. Larry Guinee (Castro Valley) 4:21.8; 3. Mario Springer (Mountain View) 4:21.8; 4. Steve Samario (Leigh) 4:24.3.

2-mile — 1. Jesse Torres (Independence) 9:13.4; 2. Jay Marden (Mission San Jose) 9:15.4; 3. Greg Long (Calaveras, San Andreas) 9:19.5.

1200H — 1. Henry Andrade (Johnson, Sacramento) 13.95; 2. Don Ward (St. Mary's, Berkeley) 14.11; 3. Frank Williamson (Skyline, Oakland) 14.29.

1 mile relay — 1. Berkeley 3:17.9; 2. Oakland 3:18.4; 3. Johnson 3:21.4.

Shot put — 1. Tim Sutra (Del Mar) 58-4 1/2; 2. Beau Nubbke (Steg, Stockton) 57-3 1/2; 3. Scott Reiff Rohovill (Washington, Fremont) 55-4 1/2; 4. Rodney Robinson (Awalt) 53-7.

Discus — 1. Bruce Owen (Silver Creek) 159-3; 2. Scott Rohovill (Washington, Fremont) 159-3; 3. Jay Marler (Del Mar) 156-7.

High jump — 1. Ivan Morris (Johnson, Sacramento) 6-4; 2. Paul Warren (Castro Valley) 6-4; 3. Joe Hicks (North Salinas) 6-4.

Long jump — 1. Ken Frazier (Mission, San Francisco) 23-10 1/2; 2. Anthony Allen (Galileo, San Francisco) 22-1 1/2; 3. Eric Wright (Armijo, Fairfield) 21-9 1/2.

Triple jump — 1. Ken Frazier (Mission, San Francisco) 50-1 (Ties national sophomore class record by Dave Tucker, San Joaquin Memorial, Fresno, 1969); 2. John Bailey (Berkeley) 47-7; 3. Greg Marshall (Mt. Pleasant) 46-4 1/2.

Pole vault — 1. Greg Ellis (Menlo-Atherton) 15-0; 2. Ben Mahoney (St. Francis) 14-6; 3. Mitch Norris (Del Mar) 14-6; 4. Robert Crumpler (Menlo-Atherton) 14-0; 5. Warren Jaques (Del Mar) 14-0.

##### Girls

Teams — Berkeley 72, Independence 24, Liberty Union (Brentwood) 22, Washington (Fremont) 20, Los Altos and Merced 19, San Mateo 12, Menlo-Atherton and Redwood (Larkspur).

440 relay — 1. Berkeley 46.6; 2. San Mateo 50.4; 3. Independence 51.0.

100 — 1. Sharon Ware (Berkeley) 10.8; 2. Tanaya King (Berkeley) 11.2; 3. Sheila Greene (Hill) 11.2.

1 mile — 1. Shelly Nieto (Merced) 5:08.2; 2. Kerry Brogan (Los Altos) 5:14.4; 3. Amy Harper (Prospect) 5:14.9.

2-mile — 1. Kerry Brogan (Los Altos) 10:50.4; 2. Diane Gang (Lowell, San Francisco) 10:52.9; 3. Liz Siranglo (Mission San Jose) 10:52.9.

110 LH — 1. Sherifa Sanders (Berkeley) 14.47; 2. Judy Young (Berkeley) 14.47; 3. Mary Crevelt (St. Francis) 15.80.

1 mile relay — 1. Berkeley 3:58.7; 2. Merced 4:03.7; 3. Castro Valley 4:03.8.

Shot put — 1. Wendy Fortner (Liberty Union, Brentwood) 39-7; 2. Laura DeSnoo (Washington, Fremont); 3. Gina Brown (Independence) 36-4 1/2.

Discus — 1. Leila DeSnoo (Washington, Fremont) 139-3; 2. Wendy Fortner (Liberty Union, Brentwood) 115-0; 3. Joan Dobrynski (Leland) 110-7.

High jump — 1. Lisa Greenfield (Redwood, Larkspur) 5-6; 2. Trish King (Menlo-Atherton) 5-4; 3. Balshelba Bili-more (Johnson, Sacramento) 5-2.

Long jump — 1. Robyne Johnson (Berkeley) 19-3 1/2; 2. Melanie Campbell (Del Mar) 18-5 1/2; 3. Sherifa Sanders (Berkeley) 18-3 1/2; 4. Angela Phifer (Independence) 18-1.