

CALIFORNIA TRACK & RUNNING NEWS

DECEMBER 1980
JANUARY 1981

\$1.00

ISSUE 51



DATE
PAGE

93706
629

Running News
93703
93708

DECEMBER
JANUARY

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

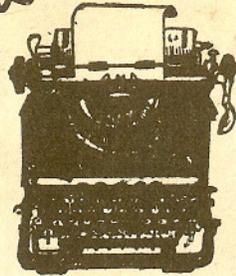
California Track & Running News
P.O. Box 6103
Fresno, CA 93703

SCOTT MACLEOD C
8604 OAKDALE
OXON HILL MD20022



CALIFORNIA'S TRACK AND RUNNING PUBLICATION

from the editor...



Happy New Year! 1980 was a year of mixed feelings on the California track and running front. One the dismal side was the disappointment of the Olympic Boycott. After the Olympic flame died out and tempers cooled down, it was back to the business of exciting action. Most recently that excitement came to a head with Cal State Hayward and Humboldt State winning National Cross Country Titles. Results of these meets are in this issue.

Now that 1980 is finished it is time to pick the Outstanding Athletes of the Year. This year we are asking for your help, though. See the voting info. on page 7 in this issue and please vote in whichever category you feel qualified. If this experiment of reader involvement works

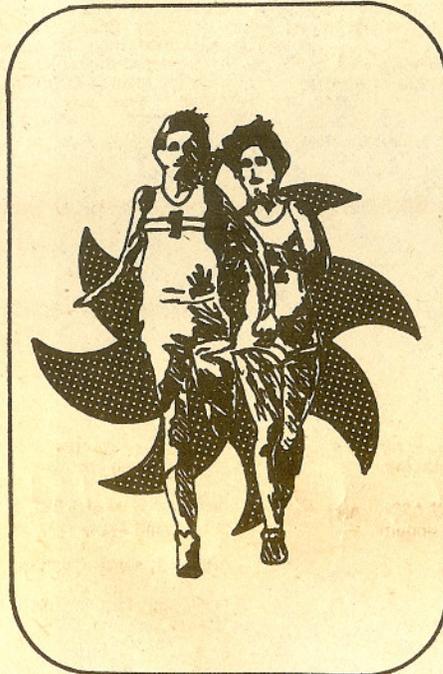
this year we will go with it in the future years.

Speaking of the future and upcoming issues in the new year. We have a New Years surprise for you. We didn't have time to work out all of the details yet. We'll have a formal announcement next issue. But you can figure it out by looking at the change in the subscription order form. Our most common comment is that we don't come out often enough. So.... more about this next time.

You've probably noticed that this issue is a little later than usual. We'd like to blame it on the Christmas rush at the post office. But we can't. We just got behind. The reason - we put on the Kinney Western Cross Country Championship here in Fresno and also served as coach

of the Western Team at the Kinney Nationals. California Track & Running News and the Fresno Track Club wanted to see if we could make this the best cross country meet ever in Fresno. We felt it was especially important since this meet has the potential to lead into a California State High School Cross Country Championship someday. The results of this Kinney Western Championship are in this issue. The results of the National Championships will be in the February issue. It's a bigger job than you can imagine to put on one of these things. We're sorry this issue is a few weeks overdue - but if you'd been at the meet in Fresno, I'm sure you'd agree it was worth it. Back on schedule.

7th Annual Bakersfield



February 7, 1981 - Saturday

- TIME: 9:00 A.M. - Start - NO RACE DAY REGISTRATION
- PLACE: West High School, Fjord & Vahalla Streets, Bakersfield, CA
- ENTRY FEE: \$6.00, entries accepted to midnite, Wednesday, Feb. 4.
Entries received after Jan. 24 may pick up numbers on race day in high school gym. Make checks payable to Bakersfield Track Club. Call or write for entry form, (805) 323-1935, Race Director, BTC, 433 E. Belle Terrace, Bakersfield, CA 93307.
- SPONSORS: Advanced Beverage Company, distributors of "NATURAL LIGHT" beer. Organized and conducted by Bakersfield Track Club.
- DETAILS: Miles marked. Five-mile splits. Numerous aid stations. Top quality T-shirts to all finishers, both races. Six age divisions, male and female, 12 & under, 13-18, 19-29, 30-39, 40-49, & 50+. Awards given up to fifth place, minimum. Post race drawing for merchandise awards. Free color photos. Certificates and results. Special air-fare round trip awards to top male and female full marathoner. Course certified - perfect for Boston qualifier. Course paved and traffic protected, well marked and monitored at each intersection. Both races start together. Course is two loops for full marathoners; half marathoners finish after first loop.

Send self-addressed stamped envelope with all requests for entry forms.

Natural Light
BEER

FULL & HALF MARATHON



Natural Light BEER

beer. Organized and conducted by Bakersfield Track Club.

DETAILS: Miles marked. Five-mile splits. Numerous aid stations. Top quality T-shirts to all finishers, both races. Six age divisions, male and female, 12 & under, 13-18, 19-29, 30-39, 40-49, & 50+. Awards given up to fifth place, minimum. Post race drawing for merchandise awards. Free color photos. Certificates and results. Special air-fare round trip awards to top male and female full marathoner. Course certified - perfect for Boston qualifier. Course paved and traffic protected, well marked and monitored at each intersection. Both races start together. Course is two loops for full marathoners; half marathoners finish after first loop.

Send self-addressed stamped envelope with all requests for entry forms.

FULL & HALF MARATHON



5th annual HIGH SIERRA 10 MILE ROAD RACE

Saturday, January 17, 1981
at Woodward Park, Fresno
Rain or Shine

Check-in 10:00 am • Race 11:00 am

Course: Three loops around the park. Paved road with some rolling hills. Start and finish at same place. Aid station at every 3 mile mark.

Entry Fee: \$3.00 if you enter before January 15th. \$4.00 race day.

Awards: First five places in all divisions, plus awards to the first runner in the

REGISTRATION FORM

Name _____ Age _____

Address _____

Phone Number _____ Male Female

Division (everyone check one): Open Men 19-29, High School Boys 10th-12th, Jr. High Boys 7th-9th, Men 30-39, Men 40-49, Men 50-59, Men 60-69, Open Women 19-29, Women 14 & Under, Women 15-18, Women 30-39, Women 40-49, Women 50-59, Women 60-69.

Specialty Divisions (also check where applicable): College Runner, Jr. College Runner, Coach, Doctor, Lawyer, Fireman, Policeman, Sportscaster, Minister... will also be an Oldest Runner award

Send registration form and \$3.00 entry fee to:
Len Thornton, 5768 N. Millbrook, Fresno 93710

(if under 18, parent must sign) _____ Date _____

_____ number/street _____ City _____ State _____ Zip _____

Waiver: In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against the sponsors, Len Thornton, his officials, or agents for any and all injuries incurred by me while traveling to and from and participating at this event.

NORTHRIDGE WOMEN AND STEROIDS

These articles are reprinted with permission from The Daily Sundial. The remainder of the articles in this series will be reprinted in the next issue of CT&RN.

Athletes Say Coach Urged Steroids

by Randy S. Foster

Two former CSUN women track athletes have accused their former coach, who led the team to three AIAW Division I national championships, of advising the use of anabolic steroids, a synthetic male hormone banned by the International Olympic Committee. They said he personally supplied the steroid pills.

The coach, Chuck DeBus, strongly denied the charges.

The two athletes, a pentathlete and a javelin thrower, who both requested their names not be used, said that DeBus, a former assistant coach, approached them and several other athletes on the team and advised them to use steroids.

A number of athletes, the two said, took the advice and began buying steroids from DeBus at \$15 for a month's supply of two steroid tablets a day.

DeBus, who resigned after the fall 1979 cross country season because of the physical education department's plans to request reclassification of the CSUN women's track and cross country teams from Division I to Division II, said he had no involvement with the use of steroids.

"I have no knowledge of that," DeBus said when informed of the accusations. "I don't know what you're talking about or what it's about."

He noted that the charges came from un-named sources and asked how he could respond without knowing who his accusers were. "How can I comment to that? That's silly."

He said the charges were motivated by vindictive feelings.

"I get along very well with the athletes who are extremely dedicated, work very hard and have high goals, and I do not with people who do not. We clash..."

"I can probably guess who these two athletes are, because they were bad news then just as they are bad news now," he said.

The two athletes said DeBus advised athletes on his CSUN AIAW and Naturite AAU teams to use steroids in the spring of 1978, saying that the athletes would never reach their full potential if they did not use the synthetic male hormone.

The pentathlete said, "He kept going on and saying, 'You're weak and what you really need to do is take these steroids because they're going to help you.'"

"There are too many other athletes who are six feet and 160 pounds who are

deepening of the voice, clitoral enlargement and menstrual irregularities, the reference says.

A warning published with the report states that anabolic steroids do not enhance athletic ability.

The javelin thrower said she talked about the use of steroids to the team physical therapist, Vanette Yapp. Yapp confirmed that the subject of steroids was brought up, but that no mention of DeBus's involvement was made.

Yapp said she routinely distributed copies of reports from medical journals opposing the use of steroids for athletic purposes.

The javelin thrower said she obtained a pill supposedly sold by DeBus to one of his athletes and took it to Yapp to have it analyzed. The athlete said she thought Yapp took the pill to team physician Delmar Mitchelson. She said she thought Mitchelson identified the pill as Winstrol and took his findings to the physical education department for immediate action.

Yapp confirmed that the athlete gave her a pill and that she passed it on to Mitchelson, but Mitchelson denied that he identified the pill, or took his findings to the physical education department.

Both the pentathlete and the javelin thrower said that Dr. Barbara Swerkes, then the head women's track coach, knew that steroids were being used on the team. Dr. Swerkes denied having any knowledge of alleged steroid use at that time.

The javelin thrower said she told Swerkes that DeBus was selling his athletes steroids and that she was shocked to find out.

The pentathlete gave a similar account. "What do you need, what kind of evidence do you need?" The pentathlete asked. "We had the pills, we had people saying what was going on, that they had been offered them, that people were taking them."

"But nothing was ever done. That's part of the reason that I don't want my name used in this story, because nothing was ever done."

Swerkes said, "that's not true," when told of the accusations that she knew about steroid use. "My position on steroids is that they were not acceptable, and that's the way it was." To my knowledge they were not used."

The two athletes, who requested at the time that their names not be used, said DeBus personally sold steroid tablets to those athletes who chose to use them at a rate of \$15 for a month's supply of 60 tablets.

Since that time, four other athletes, Kathy Scotina, Karen Marshall, Denise Cornell and Jane DeCuir, have corroborated the statements published in the Sundial.

Scotina, who now lives in Bakersfield, was a distance runner and captain of the 1978 team. She said she bought steroids from DeBus and used them.

"Chuck DeBus did sell steroids to his athletes," Scotina said. "He got them from the black market."

"He used to tell us when to take them and how to take them and how many and when to use them and when not to. And he never gave us any information on them; he just said that in Europe they used them and they seemed to work, so he thought they would help us," Scotina said.

"The way Chuck would give them to you was he'd put them in an envelope, and you never had any proof of what they were. He just said that they were steroids. We had no proof against him. He can deny everything," Scotina said.

"I bought them, I took them," she said. "You can't prove anything. He knows that; that's why he did it that way. You can say this stuff and you can bring it out, and I'll back it up, because I did it. And I'll say it, but there's no way you're going to get him at all. It's not going to hurt him."

Scotina said she took the steroids in 1977.

"When Chuck approached me about them, he said, 'Now look, don't say anything to anybody else. Don't mention this. It's just between you and me.'" Scotina said.

"So being a very naive kid, I took some myself," she said.

"The year after that (the spring semester of 1978), when the story popped out at school, I asked a friend of mine, Sue Kinsey, 'Sue, did he ever approach you?' She said, 'Yeah, he approached all of us,'" Scotina said.

"We'd just never say anything to each other. We didn't even know between each other," Scotina said. "That's how hush-hush it was, even amongst the team."

Kinsey, now a volunteer women's assistant track coach here, had no comment when informed of what Scotina had said.

Marshall, now a graduate student in physical therapy at CSUN, said DeBus approached her on at least two separate occasions with the advice to use steroids.

"I asked him what the chances were of getting a loan from Naturite," Marshall said. "He said, 'Well, it's not a usual procedure.' I said 'What's the possibility of it occurring now?' And he said, 'Well, I will consider it if you will consider something for me.'"

"I asked him what," she said. "And he said, 'I would like you to think about using steroids. Now this is just between you and me. And if you did that, I would just give you the money.'"

"I said no. I told him that that was not acceptable. I said, 'I am not going to do that. Nothing has changed since last year, Chuck, nothing. I'd just as soon not take your money,'" Marshall said.

"My objection with Chuck is that he was making statements that are just not true about the drug," Marshall said. "He was saying things to me like 'You know that scientific evidence says there's nothing wrong with these things.' And he was just totally wrong."

"The people who he was trying to influence to use them did not have the correct facts on which to base their decisions. That to me is a gross injustice. I can't deal with it."

Scotina explained why DeBus allegedly urged his distance runners to take

steroids, which are normally used by weightlifters and others who want additional weight and muscle bulk.

"Supposedly, they make you work out better," she said. "They keep you from tiring out. You can do a lot more work."

"If normally you could do, for a series of three weeks, five hard miles a day, specialty-work type things, on 'roids, you could do maybe seven or eight and not feel tired, not feel hurt."

"on 'roids, your body hurts, but you don't feel it until you come off of it, until a few weeks later, when the damage is done. And that's the bad thing that I found out. I've seen a lot of girls hurt from them."

"You never know that before hand," she said.

Cornell, then a CSUN student who worked out with the team but who was not academically eligible, said she was concerned about the situation, because DeBus was taking advantage of the ignorance and fear of his athletes.

"A lot of these girls were freshmen; they were 18 years old; they were intimidated by Chuck," Cornell said. "He recruited them to come there (to CSUN), promised them this and that."

"A lot of them were distance runners that didn't have any business taking steroids anyway, as does any athlete,"

California Track & Running News

EDITOR & PUBLISHER
Bill Cockerham

PRODUCTION MANAGER
Judy Cockerham

PRODUCTION ASSISTANT
Esther Bobbitt

HIGH SCHOOL EDITOR
Keith Conning
2235 Browning St.
Berkeley, CA 94702
(415) 849-4406

ASSISTANT TO EDITOR
Marty Higginbotham

BUSINESS MANAGER
Jim Franz

LONG DISTANCE EDITOR
Richard Slotkin
14212 Summertime Lane
Culver City, CA 90230
(213) 836-7088

CORRESPONDENTS: Ron Blackwood Central California High School; Calvin Brown Girls & Women Track & Field; Keith Conning North Coast Section High School; Ken Dose Northern California Community College; Rich Ede Women's Pentathlon and High School Track; Marty Higginbotham Central California Long Distance; Percy Knox Masters Men; Mike Lonnemann Track Teaser Puzzle; Bill Mensing Sac-Joaquin Section High School; Bill Minarik

"I have no knowledge of that," DeBus said when informed of the accusations. "I don't know what you're talking about or what it's about."

He noted that the charges came from un-named sources and asked how he could respond without knowing who his accusers were. "How can I comment to that? That's silly."

He said the charges were motivated by vindictive feelings.

"I get along very well with the athletes who are extremely dedicated, work very hard and have high goals, and I do not with people who do not. We clash..."

"I can probably guess who these two athletes are, because they were bad news then just as they are bad news now," he said.

The two athletes said DeBus advised athletes on his CSUN AIAW and Naturite AAU teams to use steroids in the spring of 1978, saying that the athletes would never reach their full potential if they did not use the synthetic male hormone.

The pentathlete said, "He kept going on and saying, 'You're weak and what you really need to do is take these steroids because they're going to help you.'"

"There are too many other athletes who are six feet and 160 pounds who are going to kick your butt. Those days of relying on natural ability and talent are gone. You're going to need something to help you."

The pentathlete said she refused to take steroids at that time, January of 1978.

In March, DeBus mentioned steroids to her again, the pentathlete said. She said she talked to a close friend on the team who was taking steroids at the time; the friend said steroids were helping her performance.

"He kept going on and on and on (about the use of steroids), so I thought to myself, what I'm going to do is buy them off him. He'll think I'm taking them, and I just won't take them."

"So that's what I did," she said. The pentathlete said she began eating protein supplements on her own initiative and began gaining weight.

"When we went to AIAW nationals, and I guess it was the first day I was working on my step in the high jump. He (DeBus) came up to me and said, 'God, you look strong, you look so good, you've been doing so good, you've been taking you medicine,' because he used to call it 'taking your medicine.' I never had so I sort of bit my tongue," she said.

"He always made it confidential," she said. "It's between you and me. It's not going to go beyond me. If this thing comes out, you're not going to hear it from me. I'll deny it," she quoted.

The javelin thrower said DeBus made false statements in his attempts to persuade her to use steroids. She said he told her steroids were as harmless as vitamins, that they had no side effects and that they were a women's hormone pill.

The pills were Winstrol tablets, the two athletes said. The "Physicians's Desk Reference" reports that Winstrol is a synthetic male hormone, with side effects that can include nausea and vomiting, diarrhea, acne, jaundice, hepatic necrosis and death, male-pattern baldness,

her a pill and that she passed it on to Mitchelson, but Mitchelson denied that he identified the pill, or took his findings to the physical education department.

Both the pentathlete and the javelin thrower said that Dr. Barbara Swerkes, then the head women's track coach, knew that steroids were being used on the team. Dr. Swerkes denied having any knowledge of alleged steroid use at that time.

The javelin thrower said she told Swerkes that DeBus was selling his athletes steroids and that she was shocked to find out.

The pentathlete gave a similar account. "What do you need, what kind of evidence do you need?" The pentathlete asked. "We had the pills, we had people saying what was going on, that they had been offered them, that people were taking them."

"But nothing was ever done. That's part of the reason that I don't want my name used in this story, because nothing was ever done."

Swerkes said, "that's not true," when told of the accusations that she knew about steroid use. "My position on steroids is that they were not acceptable, and that's the way it was. To my knowledge they were not used."

Athletes Confirm Steroid Charges

by Randy S. Foster

Adding credibility to previous accusations made by two athletes, that former women's assistant track coach Chuck DeBus encouraged the use of anabolic steroid while he coached at CSUN, seven other athletes have confirmed his involvement with the banned synthetic hormone.

When informed of the new accusations, DeBus said he had no comment to make at that time.

"I will be glad to talk to you just as soon as Jodi Anderson's tests come back," DeBus said, referring to blood tests he had conducted on Anderson after the summer Olympic trials, to determine if she had used steroids before the competition.

Anderson, the trials long jump and pentathlon champion, was accused of taking steroids by long jump runner-up Kathy McMillan of Tennessee State. DeBus said the results of these steroid tests will prove, in principle, he does not encourage his athletes to use steroids.

On Sept. 4, the Daily Sundial published statements from two former CSUN women's track athletes who accused DeBus, their coach when they were students here during the 1977-78 academic school year, of encouraging the use of anabolic steroids, a substance banned by the International Olympic Committee.

"I can say this and you can bring it out, and I'll back it up, because I did it. And I'll say it, but there's no way you're going to get him at all. It's not going to hurt him."

Scotina said she took the steroids in 1977.

"When Chuck approached me about them, he said, 'Now look, don't say anything to anybody else. Don't mention this. It's just between you and me.'" Scotina said.

"So being a very naive kid, I took some myself," she said.

"The year after that (the spring semester of 1978), when the story popped out at school, I asked a friend of mine, Sue Kinsey, 'Sue, did he ever approach you?' She said, 'Yeah, he approached all of us,'" Scotina said.

"We'd just never say anything to each other. We didn't even know between each other." Scotina said. "That's how hush-hush it was, even amongst the team."

Kinsey, now a volunteer women's assistant track coach here, had no comment when informed of what Scotina had said.

Marshall, now a graduate student in physical therapy at CSUN, said DeBus approached her on at least two separate occasions with the advise to use steroids.

She said she was recruited by DeBus while she was a student at the University of Oregon and came to CSUN with two years of eligibility remaining.

"He (DeBus) approached me not more than two months after I had arrived in California," Marshall said. "It was in early February, 1977."

"He said 'Have you ever considered taking steroids?' I said no, and he said, 'Are you basing that answer on moralistic belief, or do you have scientific evidence to back up why you are against it?'"

"I said 'I don't think it really matters one way or another, but it's a little of both.' And he said, 'Oh, I see. Why don't you tell me a little bit about it?'"

"I said basically I didn't consider that athletics was to see what some kind of a drug could do in my body. My philosophy about athletics was to see what my potential was, what I could do, not what something inside of me was able to allow me to do," Marshall said.

"I know what they do," she said. "And he went on, 'Oh, well then you realize that there is nothing in the literature that states that steroids are detrimental to you when you use them in a certain way.'"

"I couldn't believe it. I said, 'Well Chuck, every single piece of research in the literature has been done on male athletes,'" she said.

Marshall said DeBus made no mention of steroids for some time after that conversation.

The following year, Marshall took an academic leave of absence and worked as a physical therapist's assistant to gain work experience hours needed to be accepted into the physical therapy program at CSUN, she said.

Marshall and a group of friends were planning on moving to another residence, but she was \$200 short of money she needed to move and considered asking for a loan from the Naturite track club, an AAU team that DeBus coaches.

California Track & Running News

EDITOR & PUBLISHER
Bill Cockerham

PRODUCTION MANAGER
Judy Cockerham

PRODUCTION ASSISTANT
Esther Bobbitt

HIGH SCHOOL EDITOR
Keith Conning
2235 Browning St.
Berkeley, CA 94702
(415) 849-4406

ASSISTANT TO EDITOR
Marty Higginbotham

BUSINESS MANAGER
Jim Franz

LONG DISTANCE EDITOR
Richard Slotkin
14212 Summertime Lane
Culver City, CA 90230
(213) 836-7088

CORRESPONDENTS: Ron Blackwood Central California High School; Calvin Brown Girls & Women Track & Field; Keith Conning North Coast Section High School; Ken Dose Northern California Community College; Rich Ede Women's Pentathlon and High School Track; Marty Higginbotham Central California Long Distance; Percy Knox Masters Men; Mike Lennemann Track Teaser Puzzle; Bill Mensing Sac-Joaquin Section High School; Bill Minarik Southern California Area; 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; Howard Willman Central Coast High School; Bob Womack High School Girls All Time List.

PHOTOGRAPHERS: Keith Conning, Jim Engle, Don Gosney, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Larry Sprague, Dave Stock.

•California Track & Running News is published 12 times per year - one issue per month.
•California Track & Running News has a circulation of 12,000 copies; these consist of paid subscriptions, store sales, and promotional copies.
•California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 Year (12 Issues) \$10.00; 2 Years (24 Issues) \$19.00; 3 Years (36 Issues) \$28.00. Add \$6.00 per year for first class. Foreign rates on request.



CALIFORNIA TRACK & RUNNING NEWS

P.O. Box 6103
Fresno, CA 93703
(209) 264-5847

ON THE COVER

Vickie Cook romps to victory in the Kinney Western Cross Country Championships November 29th. in Fresno. See story and results in this issue.

photo by Don Gosney

So. California X-C Diary

by Bill Minarik

November 3

UCLA continued its habit of going 1-2-3 as Steve Ortiz, Dave Daniels, and Ron Cornell led the Bruins to a convincing 26-53 victory over runner-up Arizona in the PAC-10 Southern Division Championships at Tucson. Last Years National High School Champion, Brent Steiner, now competing for Arizona State was 4th in that race. In the PAC-10 Northern Division meet, Oregon, as expected, took 5 of the top 10 spots en-route to an easy win. This sets up the PAC-10 showdown between Oregon & UCLA Nov. 15th at Stanford.

In the AIAW Regionals, Arizona cruised to an easy 47-77-79 victory over UCLA and CPSLO in Division I, while SLO's Maggie Keyes was a solid winner in the individual competition.

In Division II, UCSB was a narrow 35-38 winner over Northridge despite the individual performance of former Ventura CC star, Beth Milewski, who came in first, a whopping 52 seconds ahead of the 2nd place finisher.

In Division III, Cal State Hayward, led by Michelle Aubuchon's 2nd place finish, scored an easy 34-60 win over Sacramento State.

Some of you may remember what oxy Coach, Bill Harvey, predicted about his teams chances of winning SCIAC titles this fall. He indicated his men would be champs and that his women had less of a chance of losing the title than California did of falling into the ocean. Well, Pomona-Pitzer won the men's title and the Oxy gals were able to parlay an undefeated dual meet season and a 3rd place finish in the conference meet into a tie for the title. In Bill's defense, a number of athletes from both teams were held out of the conference meet, but this is another good example of not counting your chickens before they hatch. The Oxy gals did come back to grab a 4th in the AIAW Div III Regionals ahead of the other SCIAC schools in Community College action. In a featured dual meet, Ventura's mens team reaffirmed their #1 State Small School ranking with an overwhelming 19-36 win over early season power, Moorpark. The Pirates have looked awesome ever since Ron Ysias joined the team and must be considered the state favorite.

In high school action, attention was centered on the Ventura County Championships, where two CIF 4-A Powers, Thousand Oaks and Camarillo put on one of the closest races ever seen at this meet with Thousand Oaks coming out on top 40-41 with combined times of 80: vs 80:08.

men where 6 teams, Moorpark, Ventura, Glendale, San Bernardino, Desert & Citrus could win, and where one won't even qualify for state.

In individual competition, both Steve McCormick, of Grossmont, and Jeff Nelson of Glendale appear to be unquestionable favorites in the men's divisions with Jeff probably the surest winner in the history of the meet. There are a number of young ladies who could win either division so I won't even attempt to establish a favorite.

In High School action, the week belonged to league finals, which for most schools was just CIF qualifying as dual meets are usually the basis for league championships. A few surprises were noted however. In the Rio Hondo League Boys meet, Temple City surprised both La Canada and San Marino, two teams that had had things pretty much to themselves in recent years. The big shock, however, was the Sea View League Girls meet where Costa Mesa beat the Polly Plummer lead University team 33-38. After UNI's performance at Mt. SAC, everyone considered them untouchable. Individually, Edison's, Jon Butler and Vickie Cook of Alemany cruised to easy wins.

November 17

It took Bob Larson only two short years to develop UCLA into a legitimate cross-country powerhouse. That is the only description for a Bruin team which just captured their first PAC-10 title ever.

The Bruins didn't show their usual 1-2-3 win formula as Steve Ortiz, possibly suffering from some allergy problems, settled for 5th place. However, winner Ron Cornell and runner-up Dave Daniels were in their customary positions as the Bruins prevailed 43-59-67 over Arizona and Oregon which may be on its way down. Looking ahead to next Monday's NCAA Meet, I give the Bruins a chance for the title if their first five come through with their best effort of the year.

In the PCAA Meet held concurrently with the PAC-10, UC Irvine regained their prominence of past years by beating Fresno State and defending champion UCSB 42-55-60. Head Coach, Larry Knuth, did a remarkable rebuilding job for UCI in that with only one full recruiting season with which to work, he took a cellar team right to the top. Thus, around the Irvine Campus, the saying is that the Anteaters have gone from "ZOT to Hot".

Before I get to the NCAA Div. II Championships, let's take a look at the Div. II Regionals which were held up on the Morro Bay Course in S.L.O. territory.

In Division II, Beth Milewski of Cal State Northridge was 4th individually, but No. California teams were even close.

In Division III, it was all California, as the gals from Cal State Hayward won the team championship. Therese Kozlowski of Loyola-Marymount was the individual winner.

In the So. Cal Community College Championships, the Large School competition was almost a rerun of the South Coast Conference Meet as Grossmont again overwhelmed Orange Coast in the men's Division, while the Pirate women repeated over the Griffins, but by a much closer 39-43 margin.

In the Small School competition it was a clean sweep for Glendale as their women won convincingly over Mira Costa and San Diego CC while their men came out a winner in a meet where no team looked particularly impressive.

Individually, Sue Gelley, of Grossmont and Teresa Ramirez of SDCC were close winners. Grossmont's Steve McCormick and Glendale's Jeff Nelson won.

Jeff, in fact, won by an incredible margin with a time of 24:13 compared to the runner-up 26:03.

The Southern CIF Section had their preliminaries at Saddleback Saturday. The Orange County schools pretty much dominated things as Costa Mesa headed the boys qualifying and university led by Polly Plummer's fastest individual time of the day headed the girls list. Alemany's Vickie Cook running in the 2-A Division was a runaway heat winner, while Edison's Jon Butler was a comfortable leader in Boy's qualifying.

November 25

For most institutions, this past week-end was the end of the cross-country season. In the biggie, the NCAA Division I Meet, UTEP went 1-2-4 individually. The meet was history as Suleiman Nyambui was the individual winner with UCLA's Steve Ortiz 16th. The Bruins were 5th in the team competition.

However, they were only one "Top Runner" out of second behind UTEP which was unbeatable at approximately 100 points ahead of the nearest rival.

In the Community College State Meet, it appeared to be just a rerun of the So. Cal. meet as all of the So. Cal. team winners prevailed while the South Coast and Western States Conference teams went 1-2 in every race. I feel that the complaints by C.C. coaches saying the state meet course was too tough is unjustified. While it is probably the toughest one around, the idea is that a State course be tough so that it separates the winners from the boys and the women

the husband of the runner-up, Linda Pena. On the basis that Murph falsified her running log. Ms. Murph claims to have run 606 miles in the month of October. Mr. Pena became suspicious of Ms. Murph and her running log, which is kept on the honor system, and hired a private investigator to keep an eye on her. Mr. Pena went on to say that the day she allegedly ran 53 miles, she was not running long enough to possibly cover the 53 miles she said she ran. The LAAC ruled against Mr. Pena. The Superior Court did not and ordered the LAAC to refrain from giving Ms. Murph the award until a hearing on December 10th. I'm going to keep an eye on this one!

I noticed where the winners of the recent Rose Bowl Marathon received checks for \$12,500 each. It's nice to see winnings for big races being conveyed above the table.

With cross-country season about at an end, it's time for a season that I refer to as all comers season. Colleges such as Cal. State Northridge, Glendale and Mt. SAC put on various types of meets during the winter, where there is something for tracksters of every description. I strongly recommend that everyone check with your local institution for the time and place of the meet nearest to you.

FLOP CAMP

CO-ED Athletes & Coaches

WITH JOHN TANSLEY (Glendale College)

Author of The Flop Book

- 15 hours of instruction
- Each jumper filmed and analyzed in Polarvision Super 8.
- Includes T-shirt, Flop Book, Sequence Photos and notes
- Class sessions include technique, training, film study and mechanics

expert staff of 7' jumpers

POLE VAULT CAMP

WITH ERNIE BULLARD (San Jose State)

Author of the 18 Foot Vault

- 15 Hours of instruction
- Each vaulter filmed and analyzed in Polarvision Super 8
- Includes T-shirt, Book, Sequence Photos and notes
- Class sessions include technique, training, film study, mechanics

for the beginner as well as the 18 footers

champs and that his women had less of a chance of losing the title than California did of falling into the ocean. Well, Pomona-Pitzer won the men's title and the Oxy gals were able to parlay an undefeated dual meet season and a 3rd place finish in the conference meet into a tie for the title. In Bill's defense, a number of athletes from both teams were held out of the conference meet, but this is another good example of not counting your chickens before they hatch. The Oxy gals did come back to grab a 4th in the AIAW Div III Regionals ahead of the other SCIAC schools in Community College action. In a featured dual meet, Ventura's mens team reaffirmed their #1 State Small School ranking with an overwhelming 19-36 win over early season power, Moorpark. The Pirates have looked awesome ever since Ron Ysias joined the team and must be considered the state favorite.

In high school action, attention was centered on the Ventura County Championships, where two CIF 4-A Powers, Thousand Oaks and Camarillo put on one of the closest races ever seen at this meet with Thousand Oaks coming out on top 40-41 with combined times of 80: vs 80:08.

November 10

It was a light week-end for 4-year schools as most were preparing for next weeks conference & regional meets. In the NCAA Div. III qualifying, Oxy grabbed the #1 spot in front of conference rivals Pomona-Pitzer and Claremont-Mudd. Since most of the other top schools have moved up to Div. II, the SCIAC may as well combine their conference meet with the NCAA qualifying like the PCAA and PAC-10 have done and save themselves a duplication of effort.

The Community Colleges had their conference meets with most of them running according to form.

In the rugged South Coast Conference, the Grossmont men were easy 24-60 winners over Orange Coast. However, the Pirate gals notched a 31-43 decision over the Griffins with both winners here odds-on favorites for So Cal titles.

In the Metro, it was El Camino easy winners in both mens & womens divisions with scores of 28 & 15 points respectively.

In the So. Cal conference, the Santa Monica men grabbed a surprisingly close 33-44 verdict over harbor while the Golden West Women turned back S.M. by a 33-50 count.

Over at the Western States Conference Moorpark's men avenged their prior weeks dual meet loss to Ventura by dropping the Pirates 48-55, while the Glendale gals were comfortable 24-41 winners over Moorpark and looked like a good bet for So. Cal. honors.

In the Mission Conference, San Bernardino lived up to pre-season expectations even without Richard Perez by out distancing tough Desert and Citrus 46-77-87.

In the Women's Division, in what I considered to be a mild upset, Mira Costa edged a talented San Diego CC team 36-42.

Going into the So. Cal. meet, all team winners are pretty much decided already with the exception of the Small School

It took Bob Larson only two short years to develop UCLA into a legitimate cross-country powerhouse. That is the only description for a Bruin team which just captured their first PAC-10 title ever.

The Bruins didn't show their usual 1-2-3 win formula as Steve Ortiz, possibly suffering from some allergy problems, settled for 5th place. However, winner Ron Cornell and runner-up Dave Daniels were in their customary positions as the Bruins prevailed 43-59-67 over Arizona and Oregon which may be on its way down. Looking ahead to next Monday's NCAA Meet, I give the Bruins a chance for the title if their first five come through with their best effort of the year.

In the PCAA Meet held concurrently with the PAC-10, UC Irvine regained their prominence of past years by beating Fresno State and defending champion UCSB 42-55-60. Head Coach, Larry Knuth, did a remarkable rebuilding job for UCI in that with only one full recruiting season with which to work, he took a cellar team right to the top. Thus, around the Irvine Campus, the saying is that the Anteaters have gone from "ZOT to Hot".

Before I get to the NCAA Div. II Championships, let's take a look at the DIV. II Regionals which were held up on the Morro Bay Course in S.L.O. territory. In that one, CPSLO, as expected, cruised to a 36-74-95 victory over Humboldt State and UC Riverside with Humboldt's Mark Conover the individual winner in 30:56 over UCR's Steve Alvarez in 30:59.

A lot of you may be surprised to see Humboldt State up in Division II. For a long time they have been Division III contenders, but this year their conference, which is comprised mainly of Division II teams, required them to move up to Division II. This was sort of a blow to Humboldt which had been scheduled to host the NCAA Division III Nationals and they had been given a very good chance of winning it. However, the guys from Humboldt were determined to win a National Championship no matter what Division they were required to run in. They proved that by winning the NCAA Division II Championship in a shocker 115-120-132 over Pembroke State and CPSLO. In any win like this there are always heroes and most people would probably take Mark Conover and teammate Danny Grimes who went 2-3 individually behind winner Garry Henry of Pembroke. However, a lot of people feel that Frank Ebner who went from 15th in the Regionals to 13th in the Nationals was the key for Jim Hunt, coach for the Harriers.

In defense of Cal Poly, both Andy Diconti and Carmelo Rios, two newcomers whom Coach Steve Miller had counted on heavily to replace Jim Schankel and Jim Aldridge, never were able to get it together this fall with Andy on the J.V. team and Carmelo the 7th man on the Varsity team. In addition, SLO was leading the race with 1 1/2 miles to go, but the exceptionally tough course, which was all hills, took its toll at the end.

In the AIAW Championships, at Washington, North Carolina State, as expected, was the winner. UCLA was 7th and CAL 8th. Linda Goen of the Bruins, was the top California individual finisher in Div. I coming in # 11th.

the boys qualifying and individual time of the day headed the girls list. Alemany's Vickie Cook running in the 2-A Division was a runaway heat winner, while Edison's Jon Butler was a comfortable leader in Boy's qualifying.

November 25

For most institutions, this past week-end was the end of the cross-country season. In the biggie, the NCAA Division I Meet, UTEP went 1-2-4 individually. The meet was history as Suleiman Nyambui was the individual winner with UCLA's Steve Ortiz 16th. The Bruins were 5th in the team competition.

However, they were only one "Top Runner" out of second behind UTEP which was unbeatable at approximately 100 points ahead of the nearest rival.

In the Community College State Meet, it appeared to be just a rerun of the So. Cal. meet as all of the So. Cal. team winners prevailed while the South Coast and Western States Conference teams went 1-2 in every race. I feel that the complaints by C.C. coaches saying the state meet course was too tough is unjustified. While it is probably the toughest one around, the idea is that a State course be tough so that it separates the men from the boys and the women from the girls. What separates cross-country from track and road racing, is essentially the hills. The L.A. Valley CC Team has been running their dual meets and conference meets on this course for 15 years without any complaint so I don't feel that just because it is now used for a state meet that it should be considered too tough.

In the Southern Section CIF Championships, it was Thousand Oaks, Norco, Barstow, and the Sherman Indians capturing the four Boys Divisions while University, San Marino, Agoura and Paraclete were team winners in the girls competition. As expected, both Vickie Cook of Alemany and Jon Butler of Edison had the top individual times of the day. A note of interest with respect to Thousand Oaks victory in the prestigious 4-A Division. A year ago Thousand Oaks, behind superstars, Jon Dunlap and Steve Fairman, was favored but wound up second. This year with no "Big name" runners, they took it all.

In some other miscellaneous items of interest, UCSB coach, Tom Lionvale, saw his mens team drop to third in the PCAA this year. However, Tom did not go without a championship as the UCSB womens team, which he also coaches, was NCAA Div. II District Champs.

Speaking of winners, long time Trade-Tech CC Coach, Chip Armstrong, wasn't satisfied with having produced two consecutive undefeated dual-meet track teams, so he went out and won election to the El Segundo City Council. I've always felt that if you can recruit tracksters, you can recruit votes.

Continuing with the subject of winners, there is a Rosie-Ruiz-type controversy brewing in Los Angeles. It deals with a much coveted award given in October by the L.A. Athletic Club to the member who logs the most miles run for that month. The tentative 1980 winner is Ms. Yolanda Jo Murph. She has been challenged by

- Includes T-shirt, Flop Book, Sequence Photos and notes
 - Class sessions include technique, training, film study and mechanics
- expert staff of 7' jumpers**

POLE VAULT CAMP

WITH ERNIE BULLARD (San Jose State)
Author of the 18 Foot Vault

- 15 Hours of instruction
 - Each vaulter filmed and analyzed in Polarvision Super 8
 - Includes T-shirt, Book, Sequence Photos and notes
 - Class sessions include technique, training, film study, mechanics
- for the beginner as well as the 18 footers**

TIMES, DATES & LOCATION:

The camp will be held at Glendale College's track

January 16 6:00-9:00pm
January 17 9-12, 1-4 January 18 9-12, 1-4

RESERVE YOUR SPACE NOW FOR THIS OUTSTANDING CAMP...LIMITED ENROLLMENT

Please enroll me in: The Flop Camp
 The Pole Vault Camp

Enclosed is \$60.00 to cover the cost of the camp. Make checks payable to the Glendale Track Club.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age _____

Send to: John Tansley, Track Coach
Glendale College
1500 Verdugo Rd.
Glendale, CA 91208

Additional information sent on registration

JANUARY

JAN 2: Runner's World Indoor Classic Indoor Meet. San Francisco Cow Palace. See advertisement in last issue.

JAN 3: Athletes World 7 Mile Road Run. Fresno Pacific College. Fresno Track Club. Leon Valley (209) 298-8901.

JAN 3: Berkeley All Comers Track Meet. 11:00 am, UC Berkeley. (415) 642-3158.

JAN 3: Los Gatos All Comers Track Meet. 12 noon, Los Gatos High School. Willie Harmatz (408) 365-2225.

JAN 3: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. George Larson (916) 484-8143.

JAN 4: Runner's World Women's 5 Mile Invit., Men's 5 Mile Invit. & Open 5 Mile. Downtown Los Altos, 11:15 am. National Running Week, 1400 Stierlin Rd., Mountain View 94043.

JAN 4: California 10. 10 miles. Lincoln Sr. High School, Stockton, 10 am. Frank Hagerty, Box 4802, Stockton 95204. 800 Limit.

JAN 9: Glendale All Comers Track Meet. 1:00 pm, Glendale College. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208.

JAN 9: Santa Barbara All Comers Track Meet. 1:30 pm, Santa Barbara City College. John Goldhammer (805) 965-0581.

JAN 10: High Sierra 5 Mile Run. Hwy 41 & Rd. 204 just north of Fresno. 10 am. Joe Herzog, 822 S. Claremont, Fresno 93727. (209) 252-3897. See advertisement in October issue.

JAN 10: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-3158.

JAN 10: Los Gatos All Comers Track Meet. Willie Harmatz (408) 365-2225.

JAN 10: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. George Larson (916) 449-7305

JAN 10: Long Beach All Comers Track Meet. 12 noon, CSULB. Cliff Abel (213) 498-4666.

JAN 11: Crystal Springs Ribbon Runs. 2, 4.6 and 15K. Bell Canyon Road (NE of St. Helena) 10 am. Reg Harris, 1267 Walnut #C-66, Napa 94558. (707) 255-8705.

JAN 11: Winterland Half Marathon. 13.1 miles, Shasta College, Redding, 10 am. Regina Silva, 1642 Market St., Redding 96001.

JAN 11: Mission Bay Marathon. San Diego, 7 am. Mission Bay Marathon, P.O. Box 1124, San Diego 92112.

JAN 11: Locker Room Four Mile. Mooney Grove Park, Visalia, 8 am. 4 miles. Locker Room, 3901 South Mooney, Visalia 93277.

JAN 16: Glendale All Comers Track Meet. 1:00 pm, Glendale College. John Tansley (213) 240-1000.

JAN 17: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-3158.

JAN 17: Los Gatos All Comers Track Meet. 12 noon, Los Gatos High School. Willie Harmatz (408)

SCHEDULE

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

JAN 24: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-3158.

JAN 24: Los Gatos All Comers Track Meet. 12 noon, Los Gatos HS. Willie Harmatz (408) 365-2225.

JAN 24: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. George Larson (916) 449-7305.

JAN 24: Willy's Five & One Milers. St. William Parish Hall, Los Altos, 9 am. Ellen Clark, 156 Marvin, Los Altos 94022.

JAN 24: 10K Card Run. Balboa Park, San Diego. Cynthia Burdishaw (714) 296-8540 (nites).

JAN 24: Long Beach All Comers Track Meet. 12 noon, CSULB. Cliff Abel (213) 498-4666.

JAN 25: FBI Law Run. 5K, Mission Bay, San Diego. Henry Tenorio (714) 231-1122.

JAN 25: World Masters Marathon. 7 am. Irvine High School. Bill Selvin, Box 1560, Costa Mesa 92627. Deadline Jan. 17.

JAN 25: Big Dipper Handicap 6 Mile. Woodward Park, Fresno, 2 pm. Fresno Track Club, P.O. Box 6103, Fresno 93703.

JAN 25: Redondo Beach Super Bowl Sunday 10K Run III. Redondo Beach, 8 am. Redondo Beach Run, P.O. Box 3185, Redondo Beach 90277. (213) 376-6912.

JAN 30: Sunkist Invitational Indoor. Sports Arena, Los Angeles. Al Franken, 8530 Wilshire Blvd., #203, Beverly Hills 90211. (213) 655-9326.

JAN 30-31: Azusa Pacific Decathlon. Terry Franson (714) 596-4128.

JAN 30 - Feb. 1: Cal State LA Decathlon. Ron Morris, On Track, P.O. Box 1674, Burbank 91507. (213) 845-7147.

JAN 31: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-3158.

JAN 31: Los Gatos All Comers Track Meet. 12 noon, Los Gatos High School. Willie Harmatz (408) 395-4311.

FEB 7: Title IX Women's Run. 10K, Mission Bay, San Diego. Julie Rocha (714) 465-5075.

FEB 7: Bakersfield Full & Half Marathon. West High School, 9 am. No race day registration. Larry Arnt, 433 Belle Terrace, Bakersfield 93307. (805) 323-1935. See advertisement in this issue.

FEB 7: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-1649.

FEB 7: Los Gatos All Comers Track Meet. 12 noon, Los Gatos HS. Willie Harmatz (408) 395-4311.

FEB 7: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. Al Baeta (916) 484-8143.

FEB 8: Dental Society 5 & 10K Runs. 8 am. San Fernando Valley Dental Society, 21201 Victory Boulevard, Canoga Park 91303. (213) 884-7395.

FEB 8: Beach Running Sports. 5 mile, Ocean Beach. (714) 223-0232.

FEB 8: San Dequito Half Marathon. Don Evans (714) 753-6536.

FEB 8: Mission Bay 10K. San Diego. (714) 274-4144.

FEB 8: Golden State Women's Runs. 5 & 10 K, Miller Park, Sacramento, 9 am. Suzie Clark, P.O. Box 121, Elk Grove 95624.

FEB 8: Gold Trail Half Marathon. Hornitos to Henderson Park, 13 miles. Mike Mason, 1239 Kensington, Merced 95340. (209) 723-8080.

FEB 13: L.A. Times Indoor Classic. Forum, Inglewood. Will Kern, Times Mirror Square, Los Angeles 90053. (213) 972-5771.

FEB 13: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. Al Baeta (916) 484-8143.

FEB 14: Cal State Bakersfield Relays. Charlie Craig, Cal State Bakersfield, 9001 Stockdale Hwy, Bakersfield 93309. (805) 833-2347.

FEB 14: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-1649.

FEB 14: Modesto All Comers Track Meet. 12 noon. Jack Albani (209) 526-2000.

FEB 14: Valentines Day 10K & 2 Mile. Lake Miramar, San Diego (714) 578-8665.

FEB 14: Valentine's Day Run. 5 & 10K, Lake Merritt, Oakland, 10 am. Cliff Lura, 11200 Golf Links, Oakland 94605.

FEB 14: Have a Heart Run. 3 & 10 miles. American River College, Sacramento, 9 am. Barbara Douglas, 9029 La Valencia Ct., Elk Grove 95624.

FEB 15: Santa Monica Mountains 5-Man 50-Mile Relay. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 15: Northridge Weight Pentathlon. 9:30 am, CSUN. Bill Webb, Track Coach, CSUN, Northridge 91330. (213) 885-3608.

FEB 15: Valentine's 5K Run. Crane Park, St. Helena, 10 am. Reg Harris, 1267 Walnut #C-66, Napa 94558. (707) 255-8705.

FEB 15: Jedediah Smith 50-Mile Classic. Discovery Park, Sacramento, 8 am. Entries close Feb. 14...must provide your own handler. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

FEB 15: Max Chobolan Memorial Road Race. Tulare, 2 and 6 mile, Live Oak Park, 1:30 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93274. (209) 688-2043.

FEB 16: L'eggs/YWCA 10K. Women only. San Diego, 8 am. San Diego YWCA, 1012 C Street, San Diego 92101. (714) 239-0355.

CALIFORNIA TRACK & RUNNING NEWS
California's Track & Running Publication



JAN 10: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-3158.

JAN 10: Los Gatos All Comers Track Meet. Willie Harmatz (408) 365-2225.

JAN 10: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. George Larson (916) 449-7305

JAN 10: Long Beach All Comers Track Meet. 12 noon, CSULB. Cliff Abel (213) 498-4666.

JAN 11: Crystal Springs Ribbon Runs. 2, 4.6 and 15K. Bell Canyon Road (NE of St. Helena) 10 am. Reg Harris, 1267 Walnut #C-66, Napa 94558. (707) 255-8705.

JAN 11: Winterland Half Marathon. 13.1 miles, Shasta College, Redding, 10 am. Regina Silva, 1642 Market St., Redding 96001.

JAN 11: Mission Bay Marathon. San Diego, 7 am. Mission Bay Marathon, P.O. Box 1124, San Diego 92112.

JAN 11: Locker Room Four Mile. Mooney Grove Park, Visalia, 8 am. 4 miles. Locker Room, 3901 South Mooney, Visalia 93277.

JAN 16: Glendale All Comers Track Meet. 1:00 pm, Glendale College. John Tansley (213)240-1000.

JAN 17: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-3158.

JAN 17: Los Gatos All Comers Track Meet. 12 noon, Los Gatos High School. Willie Harmatz (408) 395-4311.

JAN 17: San Jose All Comers Track Meet. 10 am, San Jose City College. Bert Bonnano (408) 298-2181.

JAN 17: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. George Larson (916)449-7305

JAN 17: Cop'r Bowl 10 KM. San Diego, 8 am, UCSD. Dick Sufficool (714) 236-6141.

JAN 17: High Sierra 10 Mile. Woodward Park, Fresno.11 am. Len Thornton, 5768 N. Millbrook, Fresno 93710. See ad in this issue.

JAN 17: Fresno All Comers Track Meet. Fresno State University, 11:30 am. Carlo Prandini, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 299-7211.

JAN 17: Mt. SAC All Comers Track Meet. Walnut, 10 am. Don Ruh, Athletic Dept., Mt. San Antonio College, Walnut 91789.

JAN 18: Zoo Run. 3.9 miles. South Gate, San Francisco Zoo, 9 am. Larry Brainard, SF Zoo, Zoo Rd. & Skyline, San Francisco 94132.

JAN 18: Red Cross Water Temple Run. Canada College, Redwood City (2 & 8 miles), 9 am. Jan Otto, c/o Sunset Magazine, Menlo Park 94025.

JAN 18: Burger King 6-mile and 2-mile. Mission Bay, 7:30 am. Roger Martin (714) 232-7451 (days).

JAN 23: Glendale All Comers Track Meet. 1:00 pm, Glendale College. John Tansley (213) 240-1000

JAN 23-24: National Track Coaches Clinic. Palo Alto and Anaheim. Robert Gaughran, Dept. of Athletics, Santa Ana College, 17th & Bristol, Santa Ana 92706.

JAN 24: Fresno All Comers Track Meet. Fresno State University, 11:30 am. Carlo Prandini, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 299-7211.

noon, CSULB. Cliff Abel (213) 498-4666.

JAN 25: FBI Law Run. 5K, Mission Bay, San Diego. Henry Tenorio (714) 231-1122.

JAN 25: World Masters Marathon. 7 am. Irvine High School. Bill Selvin, Box 1560, Costa Mesa 92627. Deadline Jan. 17.

JAN 25: Big Dipper Handicap 6 Mile. Woodward Park, Fresno, 2 pm. Fresno Track Club, P.O. Box 6103, Fresno 93703.

JAN 25: Redondo Beach Super Bowl Sunday 10K Run III. Redondo Beach, 8 am. Redondo Beach Run, P.O. Box 3185, Redondo Beach 90277. (213) 376-6912.

JAN 30: Sunkist Invitational Indoor. Sports Arena, Los Angeles. Al Franken, 8530 Wilshire Blvd., #203, Beverly Hills 90211. (213) 655-9326.

JAN 30-31: Azusa Pacific Decathlon. Terry Franson (714) 596-4128.

JAN 30 - Feb. 1: Cal State LA Decathlon. Ron Morris, On Track, P.O. Box 1674, Burbank 91507. (213) 845-7147.

JAN 31: Berkeley All Comers Track Meet. 11 am, Cal Berkeley. (415) 642-3158.

JAN 31: Los Gatos All Comers Track Meet. 12 noon, Los Gatos High School. Willie Harmatz (408) 395-4311.

JAN 31: Sacramento All Comers Track Meet. 11:00 am, Hughes Stadium. George Larson (916) 449-7305.

JAN 31: SDSU Ski Team 10K. Mission Bay, San Diego, 8 am. Pete Noack (714) 488-2495.

JAN 31: Fresno State Weight Pentathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-2167.

JAN 31: Modesto All Comers Track Meet. Jack Albani (209) 526-2000.

JAN 31: Mt. SAC All Comers Track Meet. Walnut, 10 am. Don Ruh, Mt. San Antonio College, Athletic Dept., Walnut 91789.

FEBRUARY

FEB 1: River Run Corporate 10K. Teams only, Santee-Lakeside Boys Club, San Diego. Jim Robinson (714) 443-2178.

FEB 1: Pine Valley-Descanso Kiwanis 10K. San Diego, 9 am. Bill Raabe (714) 473-8820.

FEB 1: Las Vegas Marathon. University of Nevada, 8 am. Las Vegas TC, 602 S. Maryland Parkway, Las Vegas, NV 89101.

FEB 1: Friends of Youth 5K, 10K & Half Marathon. Pasadena Rosebowl, 8:30 am. Bob Smith, Crown Cities Optimist, P.O. Box 105, Pasadena 91102. (213) 796-9560.

FEB 7: Bonnie Bell Women's 10K. San Francisco.

FEB 7: Fresno State Alumni/All Comers Track Meet. Red Estes (209) 487-2167.

FEB 7: Northridge All Comers Classic Track Meet. 12 noon, CSUN. Bill Webb (213) 885-3608.

FEB 7: Cougar Classic 5 & 10K. San Gabriel Valley, 9 am. Terry Franson, Azusa Pacific College, Azusa 91702.

FEB 7: Sacramento All Comers Track Meet. 11 am, Hughes Stadium. Al Baeta (916) 484-8143.

FEB 8: Dental Society 5 & 10K Runs. 8 am. San Fernando Valley Dental Society, 21201 Victory Boulevard, Canoga Park 91303. (213) 884-7395.

FEB 8: Beach Running Sports. 5 mile, Ocean Beach. (714) 223-0232.

FEB 8: San Dieguito Half Marathon. Don Evans (714) 753-6536.

FEB 8: Mission Bay 10K. San Diego. (714) 274-4144.

FEB 15: Max Chobolan Memorial Road Race. Tulare, 2 and 6 mile, Live Oak Park, 1:30 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93274. (209) 688-2043.

FEB 16: L'eggs/YWCA 10K. Women only. San Diego, 8 am. San Diego YWCA, 1012 C Street, San Diego 92101. (714) 239-0355.

CALIFORNIA TRACK & RUNNING NEWS

California's Track & Running Publication



Now in its 7th year California Track & Running News is THE running magazine for California's long distance runners.

- State-Wide Schedules
- Race Write-ups and Results
- Photos•Profiles•Articles
- Men•Women•Open•Masters

Mail \$10.00 for your one year subscription (12 issues) to: California Track & Running News, P.O. Box 6103, Fresno, CA 93703

Name _____

Address _____

City _____ State _____ Zip _____



NATIONALS



Teams:

1 North Carolina State	76
2 Arizona	133
3 Virginia	140
4 Penn State	198
5 Oregon	251
6 Tennessee	268
7 UCLA	270
8 Cal Berkeley	281
16 Cal Poly SLO	365

NCAA

NCAA I Championships

November 24, Wichita, Kansas.

1 S. Nyambui(UTEP)	29:04
2 M. Motshwarateu(UTEP)	29:06
3 Solomon Chebor(Farleigh D.)	29:08
4 James Rotich(UTEP)	29:13
5 Garry Henry(Pembroke St.)	29:14
6 Mark Scrutton(Colorado)	29:20
7 Alan Scharu(Penn St.)	29:25
8 Mark Andersen(Arkansas)	29:27
9 Dan Heikkinen(Michigan)	29:28
10 David Taylor(Arkansas)	29:32
11 Hans Koelman(Clemson)	29:34
12 Larry Cuzzort(W.Kentucky)	29:41
13 Adrian Leek(E. Tenn. St.)	29:46
14 Larry Mangan(Penn St.)	29:48
15 Doug Padilla(BYU)	29:50
16 Steve Ortiz(UCLA)	29:51
17 Ben Moturi(N. Texas St.)	29:52
18 Simon Cahill(W. Kentucky)	29:53
19 Redmond Treacy(Providence)	29:54
20 Jim Spivey(Indiana)	29:55
21 Amos Korir(Villanova)	29:55
22 John Zishka(Penn St.)	29:55
23 Mark Conover(Humboldt St.)	29:56
24 T. Goodenough(Clemson)	29:58
25 John Gregorek(Georgetown)	29:59
51 Don Moses(UCLA)	30:24
59 Rod Berry(Stanford)	30:30
69 Tim Holmes(Fresno State)	30:36
134 Steve Alvarez(UC Riverside)	31:20
148 Clark Cox(Oxy)	31:27
153 Steve Webb(UCLA)	31:29

3 Penn State	153
4 East Tennessee State	189
5 UCLA	207
6 W. Kentucky	233

NCAA II Championships

by Tim Becker

November 15, Kenosha, Wisconsin.

Mark Conover and Danny Grimes led Humboldt State University to its first ever NCAA Div. II National Championship by placing 2nd (30:11) and 3rd (30:19) individually. Humboldt, running in its first Division II championship (previously Division III) race dethroned two-time defending champion Cal Poly of San Luis Obispo in a close team battle (115 to 132) which included another newcomer to Division II Pembroke State of North Carolina which ended up in second place with 120 points.

The Mustangs of SLO had excellent team grouping with Terry Gibson leading the way in 10th (30:53) followed by Paul Medvin in 29th (31:28), Joe Fabris in 33rd (31:36), James Evan Huff in 41st (31:44) and Kevin Jones in 44th (31:43) but couldn't match the Lumberjacks up front as Frank Ebner ran an excellent race finishing 13th (31:02) and joined Conover and Grimes as All-Americans. Tim Becker 54th (31:56) and Roger Innes 66th (32:05) rounded out the top five. The championship was Coach Jim Hunt's first after finishing 2nd in Division III three of the last four years.

Gary Henry of Pembroke led from start to finish as he shattered the course record by an incredible 1:46 and also broke Ralph Serna's meet record of 29:42 set in the 1976 championships in Springfield,

California brought back a lion's share of the All-American honors as 10 runners placed in the top twenty-five. In addition to those already mentioned was Steve Alvarez of UC Riverside in 4th place (30:27) who was heavily favored to win the race after finishing 2nd the last two years. The sophomore duo of Tony Reyes and Matt Blady from Cal Poly Pomona finished together (31:04 and 31:06) in 16th and 17th places while Gian Starinieni of Cal State Northridge finished a step back in 19th place (31:09).

Richard Pincombe of Sacramento State ran an excellent race finishing 23rd and tied the old course record of 31:18, Frank Assuma of UC Riverside took the last All-American spot in 31:22.

NCAA III Championship

November 22, University of Rochester

Not much to report in the Division III as far as Californians are concerned. With Humboldt moved up to Div. II and Oxy in a building year no Golden State teams were in the top 20. The bright spot of the meet, however, was Oxy's Clark Cox placing fourth.

1 Jeff Milliman(North Central)	25:20
2 Paul Mausling(Macalester)	25:23
3 Mark Whalley(Principia)	25:37
4 Clark Cox(Occidental)	25:40
5 Eric Holmboe(Frank & Marsh)	25:41
Teams:	
1 Carleton	121
2 Augustana	125
3 Luther	175
21 Occidental	462
22 Pomona-Pitzer	474

unattached and clocking 16:20, nearly a minute ahead of second place finisher Kevin Christensen of the Reno Track Club in 17:14. Third went to Wait Hitt of Athletes in Action in 17:24.

The submaster womens race was won by Claudia Wish of the Reno Track Club in 21:19, eight seconds ahead of Jeanne Miller in 21:27.

Attendance was a bit low for this year's event; however that didn't stop host Jack Cook and the University of Nevada from putting together a fine meet. Executive director of the Track & Field Association, Berny Wagner was on hand to present the awards to the top individuals and teams.

RESULTS

Open Men (10,000 meters):

1 Jairo Correa (UNR)	31:56
2 Dan Dillon (Athletics West)	32:14
3 Jaocuin Leano (UNR)	32:25
4 Benton Hart (WVTC)	32:31
5 Ronnie Jaroll (Razorback TC)	32:48
6 Eric Hulst (AIA)	32:52
7 Bruce Williams (Silver State St)	32:55
8 Rudy Munoz (UNR)	32:57
9 Bill Stolp (WVTC)	33:00
10 Peter Elleton (UNR)	33:07
11 Derek May (Silver State St)	33:11
12 Jorgen Eiremo (UNR)	33:16
13 George Mason (AIA)	33:17
14 Dan Navarro (UNR)	33:19
15 Dan Gruber (Aggie Running C)	33:25
16 Lee Edmonds (Youth for Christ)	33:27
17 Tim Holmes (Fresno State)	33:32
18 Chris Hammer (Fresno State)	33:40
19 Wolfgang Schulewicz (WVTC)	33:43
20 Jeff Shaver (San Jose State)	33:53
21 Bill Foley (AIA)	33:54
22 Mitch Kingery (Camino West)	33:55
23 Miguel Tibaduiza (WVTC)	34:07
24 Dan Harvey (San Jose State)	34:15
25 Mike VanHorn (Youth for Christ)	34:20

Team Scores:

University of Nevada "A"	27
West Valley TC	75
Athletes in Action	83
Silver State Striders	98
Fresno State Univ. "A"	150
Youth for Christ	158
San Jose State	162
Camino West	172
University of Nevada "B"	202
Fresno State "B"	259
Lone Cypress TC	322
Dominquez Hills State	354

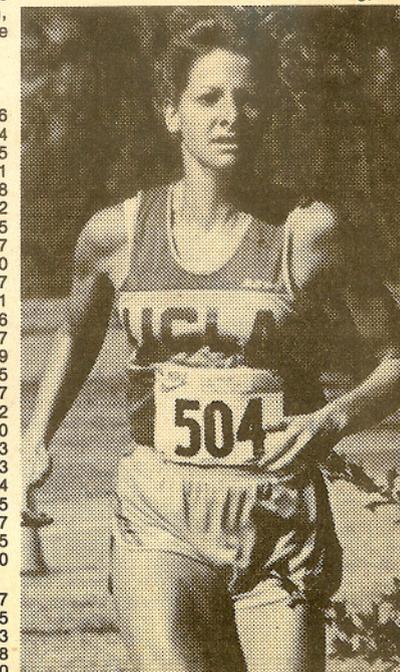
Open Women:

1 Terry Schmidt (UNR)	19:31
2 Rosalba Tibaduiza (Stereoscope)	20:22
3 Jill Smith (UNR)	20:26
4 Julie Valentine (UNR)	20:53
5 Stephanie Jones (Reno TC)	21:03

AIAW II Championships

1 Patsy Sharples(Idaho)	17:44
2 Nancy Gieske(South Dakota State)	17:52
3 Lauri Shansby(Seattle Pac.)	17:53
4 Beth Milewski(CSU Northridge)	17:57
5 Lori Bocklund(S. Dakota State)	18:08
15 Carol Keller(CSU Northridge)	18:39
16 Kathy Kinane(UCSB)	18:42

photo by Bill Leung, Jr.



LINDA GOEN

18 Diana Karg(UCSB)	18:49
49 Melissa Martel(UCSB)	19:16
61 Marie Albert(UC Riverside)	19:26
81 Laurie Hagopian(CS Bakersfield)	19:35
92 Beth Weber(CSU Northridge)	19:44
93 Diana Deegan(CSU Northridge)	19:45
98 Chris Troffer(CSU Northridge)	19:47

Teams:

1 South Dakota State	82
2 Seattle Pacific	99



TFA/USA

12 Larry Cuzzort(W. Kentucky)	29:41	The Mustangs of SLO had excellent
13 Adrian Leek(E. Tenn. St.)	29:46	team grouping with Terry Gibson leading
14 Larry Mangan(Penn St.)	29:48	the way in 10th (30:53) followed by Paul
15 Doug Padilla(BYU)	29:50	Medvin in 29th (31:28), Joe Fabris in 33rd
16 Steve Ortiz(UCLA)	29:51	(31:36), James Evan Huff in 41st (31:44)
17 Ben Moturi(N. Texas St.)	29:52	and Kevin Jones in 44th (31:43) but
18 Simon Cahill(W. Kentucky)	29:53	couldn't match the Lumberjacks up front
19 Redmond Treacy(Providence)	29:54	as Frank Ebner ran an excellent race
20 Jim Spivey(Indiana)	29:55	finishing 13th (31:02) and joined Conover
21 Amos Korir(Villanova)	29:55	and Grimes as All-Americans. Tim Becker
22 John Zishka(Penn St.)	29:55	54th (31:56) and Roger Innes 66th (32:05)
23 Mark Conover(Humboldt St.)	29:56	rounded out the top five. The champion-
24 T. Goodenough(Clemson)	29:58	ship was Coach Jim Hunt's first after
25 John Gregorek(Georgetown)	29:59	finishing 2nd in Division III three of the
51 Don Moses(UCLA)	30:24	last four years.
59 Rod Berry(Stanford)	30:30	Gary Henry of Pembroke led from start
69 Tim Holmes(Fresno State)	30:36	to finish as he shattered the course record
134 Steve Alvarez(UC Riverside)	31:20	by an incredible 1:46 and also broke
148 Clark Cox(Oxy)	31:27	Ralph Serna's meet record of 29:42 set in
153 Steve Webb(UCLA)	31:29	the 1976 championships in Springfield.

1 Jeff Milliman(North Central)	25:20
2 Paul Mausling(Macalester)	25:23
3 Mark Whalley(Principia)	25:37
4 Clark Cox(Occidental)	25:40
5 Eric Holmboe(Frank & Marsh)	25:41

Teams:

1 Carleton	121
2 Augustana	125
3 Luther	175
21 Occidental	462
22 Pomona-Pitzer	474

13 George Mason (AIA)	33:17
14 Dan Navarro (UNR)	33:19
15 Dan Gruber (Aggie Running C)	33:25
16 Lee Edmonds (Youth for Christ)	33:27
17 Tim Holmes (Fresno State)	33:32
18 Chris Hammer (Fresno State)	33:40
19 Wolfgang Schulewicz (WVTC)	33:43
20 Jeff Shaver (San Jose State)	33:53
21 Bill Foley (AIA)	33:54
22 Mitch Kingery (Camino West)	33:55
23 Miguel Tibaduiza (WVTC)	34:07
24 Dan Harvey (San Jose State)	34:15
25 Mike VanHorn (Youth for Christ)	34:20

Team Scores:

University of Nevada "A"	27
West Valley TC	75
Athletes in Action	83
Silver State Striders	98
Fresno State Univ. "A"	150
Youth for Christ	158
San Jose State	162
Camino West	172
University of Nevada "B"	202
Fresno State "B"	259
Lone Cypress TC	322
Dominquez Hills State	354

Open Women:

1 Terry Schmidt (UNR)	19:31
2 Rosalba Tibaduiza (Stereoscope)	20:22
3 Jill Smith (UNR)	20:26
4 Julie Valentine (UNR)	20:53
5 Stephanie Jones (Reno TC)	21:03

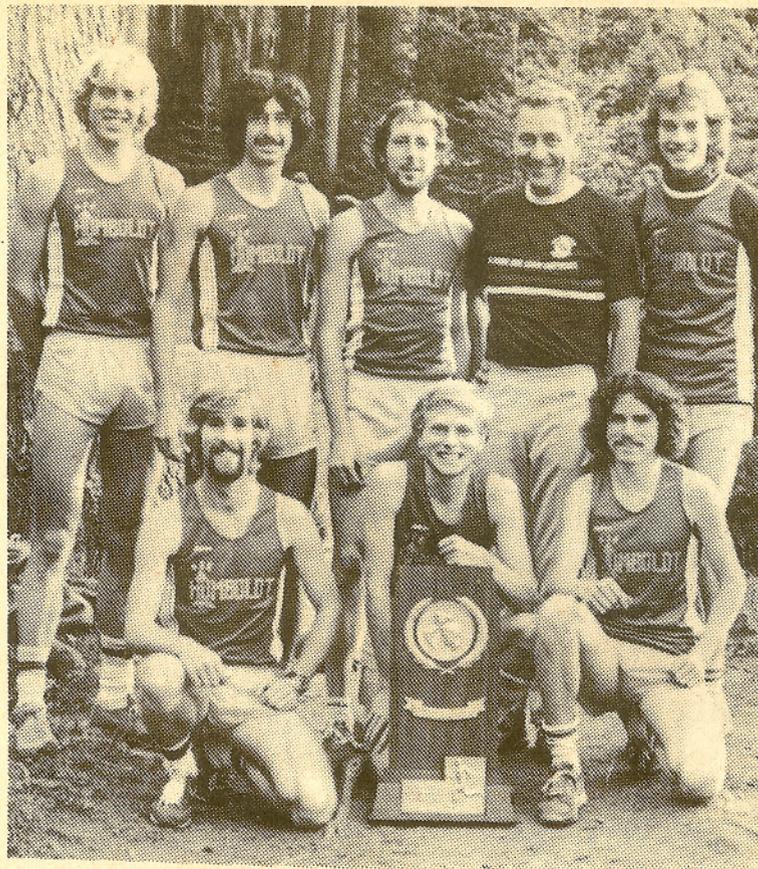


LINDA GOEN

18 Diana Karg(UCSB)	18:49
49 Melissa Martel(UCSB)	19:16
61 Marie Albert(UC Riverside)	19:26
81 Laurie Hagopian(CS Bakersfield)	19:35
92 Beth Weber(CSU Northridge)	19:44
93 Diana Deegan(CSU Northridge)	19:45
98 Chris Troffer(CSU Northridge)	19:47

Teams:

1 South Dakota State	82
2 Seattle Pacific	99
3 Air Force	122
9 Cal State Northridge	249
10 UC Santa Barbara	267
21 Cal State Bakersfield	531



Humboldt State: **National Champions!** Left to right (top): Wayne Arrison, Roger Innes, Tim Becker, Coach Jim Hunt, Mark Conover. (bottom): Steve Kretsinger, Danny Grimes, Frank Ebner. photo by Matt Folsom

156 Daniel Harvey(San Jose St)	31:30
163 Rick Rose(UCLA)	31:33

Teams:

1 UTEP	58
2 Arkansas	152

Missouri. The Australian native, who won the 1977 NAAIA National Meet and was runner up in 1978 was clocked in 29:32 over the hilly 10,000 meter course.

TFA/USA

TFA/USA X-C Nationals

by Marty Higginbotham

October 25: Reno, Nevada.
The University of Nevada Reno Wolfpack, led by Jairo Correa and Joaquin Leano romped to a devastating team title at the Track & Field Association of the United States National Cross Country Championships in Reno on October 25. The Wolfpack placed their top five runners in the first twelve finishers. They were led by individual winner Jairo Correa who timed 31:56. Dan Dillon of Athletics West Track Club timed 32:14 for second followed by UNR runner Joaquin Leano in 32:25. Leano is a former Porterville Junior College distance standout. Fourth place went to Benton Hart of the West Valley Track Club in 32:31, and a distant fifth was Ron Carroll of Ireland running for the Razorback Track Club.
The course as set up was somewhat slow, and the prevailing winds further hindered fast times over the two loop circuit.

West Valley Track Club finished a distant second in the team competition with seventy-five points compared to Reno's twenty-seven. Athletes in Action finished third with eighty-three points.

The women's 5,000 meter race was won by Terry Schmidt of the University of Nevada. She was an easy winner timing 19:31, well ahead of second placer Rosalla Tibaduiza who clocked 20:22 and third placer Jill Smith of University of Nevada timing 20:26. The University of Nevada women's team totaled seventeen points to run away with the team title.

In the 5K event for sub-master men, the victor was Dean Vanderbush running

AIAW

AIAW I Championships

November 15, Seattle, Washington

1 Julie Shea(NC State)	16:48
2 Betty Springs(NC State)	16:53
3 Joan Hansen(Arizona)	16:56
4 Judi St. Hilaire(Vermont)	17:05
5 Mary Shea(NC State)	17:10
6 Regina Joyce(Washington)	17:13
7 Kellie Cathey(Oklahoma)	17:15
8 Kathy Bryant(Tennessee)	17:16
9 Marjorie Kaput(Arizona)	17:21
10 Nan Doak(Iowa)	17:26
11 Linda Goen(UCLA)	17:27
12 Maggie Keyes(CP-SLO)	17:27
20 Jan Oehm(Cal Berkeley)	17:36
27 Sheila Ralston(UCLA)	17:45
38 Ellen Lyons(Stanford)	17:57
44 Sabrina Peters(Arizona St.)	18:02
49 Cindy Schmandt(Cal Berkeley)	18:04
56 Eileen Draemer(CP-SLO)	18:09
61 Alice Trumbley(Cal Berkeley)	18:13
74 Heidi Perham(UCLA)	18:22
84 Suzanne Richter(Cal Berkeley)	18:28
99 Lisa Scaduto(UCLA)	18:34
110 Liz Strangio(CP-SLO)	18:37

AIAW III Championships

1 Terese Kozlowski(Loyola Mary)	17:34
2 Debbie Thometz(St. Thomas)	17:53
3 Michele Aubuchon(CS Hayward)	18:02
4 Stefani Stoutt(CS Hayward)	18:11
5 Elizabeth Stronge(St. Olaf)	18:13
6 Camilla Ratering(Central Coll)	18:14
7 Leslie Seymour(St. Olaf)	18:16
8 Janet Ensrud(St. Olaf)	18:16
9 Mary Scannell(Sacramento State)	18:23
10 Jane Petrick(Bowdoin)	18:31
16 Carol Hannigan(Sacramento St)	18:44
17 Claudia Bergsohn(Humboldt St)	18:47
19 Robin Tracey(Sacramento State)	18:47
21 Karey Robinson(CS Hayward)	18:48
22 Connie Hester(CS Hayward)	18:48
25 Dianna Pappas(Sacramento St)	18:53
30 Frannie Castro(CS Hayward)	19:01
32 Wendy Walker(Oxy)	19:07
39 Denise Bigelow(CS Hayward)	19:14

Teams:

1 Cal State Hayward	54
2 St. Olaf College	72
3 Sacramento State	81
10 Humboldt State	262

More National Championships Next Issue

Athletics Congress
Junior Olympics
Kinney Prep

SPOTLIGHT ON:

Mark Conover

by Karen Costello

MARK CONOVER. Age 20. Height 5 foot, 10 inches. Weight 132 pounds. Born in Walnut Creek, California. Attended Mira Monte High School - started running his sophomore year. Presently attending Humboldt State University in Arcata, California.

Best Marks: 880- 1:58.7(HS); 2 Mile- 9:08.8(HS); 5,000- 14:16.4; 10,000- 29:18.6 (track), 10 mile- 50:30(roads).

Mark Conover began his running career as a sophomore in high school. After discovering that he didn't show much potential in basketball, football, baseball or swimming, Mark turned to soccer. "I went out for soccer my freshman year - there must of been 100 guys going out for the team! The coach never even payed attention to me - so, I said 'the heck with this' and quit." That same year, he went out for cross country and found he couldn't handle it. His sophomore year he decided to give it another try and much to his surprise, he made the varsity team. Mark sat out his junior year as a result of a back ailment called "sciatica." He bounced back his senior year to place fifth in the 2 mile at the state championships in track and field.

Mark's college career got off to a bad start. "I was injured off and on all my freshman year." Once he was over all his ailments, there was no stopping him. Mark was an All-American in division III cross country and track as a sophomore. Now, since the start of his junior year, he has broken the course record at the Cal Berkeley Invitational with a time of 24:37 for 5.1 miles, he is the Far Western Conference cross country champion and

NCAA Regional champion. His biggest accomplishment occurred when he placed second in the NCAA Cross Country Nationals in leading his team to the team championship title.

What are his goals in running? "Not to get bitten by a dog or hit by a car." He feels his best running will be after college because of the type of program he's presently on. "I take running seriously but I don't let it control my life; for some guys it becomes more like work than recreation."

Racing Goals: To bring my times down each year and use running to improve to the point that I'm a nationally ranked runner - right now I really haven't looked beyond that.

Hobbies: I like to rockout and play the guitar at our track parties. (Mark's famous for his double somersaults off coffee tables.) A lot of times I like to just sit around and do nothing - maybe watch television. I love to eat cookies.

Educational Goals: I'm working towards a degree in Natural Resource Planning. Right now, I don't have any immediate career goals except to find a job that will allow me the time to train.

Theories on Running: Run daily, run consistently - don't take it too seriously. You have to go with the attitude "whatever happens will happen." Running isn't something I have to do - it's something I enjoy doing.

Racing Strategy: In a big race, I'll just try to run smart. I'm not very good on tactics - I usually just go out and run my own race and give it everything I have on that particular day.

photo by Roger Turk



Bartlett Mineral Spring Water 1981 Races

by Marty Higginbotham

Bartlett Mineral Spring Water (a division of Real Fresh, Inc.) will be hosting a series of three road races in Visalia (the Central Valley) in 1981. In 1980 Bartlett Mineral Water sponsored two very well run events, the Independence Day Four Mile Run on July fourth, where Tony Ramirez ran 19:01, and the Bartlett Mineral Water 10K held September 27 where top distance runner Gary Tuttle cruised to a 29:42.

The first race of the 1981 Bartlett Series will be held March 28 at the Visalia Convention Center in conjunction with the Nutritional Fair. This event will feature a long race with the distance not yet determined but somewhere between eight miles and a half marathon. Following the long race will be a shorter one of about three miles. Runners will be welcome to stay and enjoy a very informative Nutrition Fair.

The second event in the Bartlett Series is the Independence Day Four Mile held at Mooney Grove Park on July 4. This is run over a very flat and fast course. This race is also a special race as it caters to submaster and master athletes. More awards are given in these categories along with plenty of merchandise awards for top finishers and given in random drawings.

The third race in the Bartlett Series will be a six mile also to be held at Mooney Grove Park on Saturday, September 19. Mooney Grove is a beautiful park, shaded with huge oak trees.

Bartlett supplies plenty of mineral water to refresh the runners after the race. Also the Bartlett races offer awards very deep in their age divisions, along with tee shirts to the earliest pre-registered runners. At the July 4 run every registered runner was given a tee shirt.

The 1981 Bartlett Mineral Water Race Series will offer something for the competitive runner as well as the jogger. It is good to see a company get interested in running and provide a series of excellent races for the running community. Bartlett also sponsors a competitive racing team.



attention to me - so, I said 'the heck with this' and quit." That same year, he went out for cross country and found he couldn't handle it. His sophomore year he decided to give it another try and much to his surprise, he made the varsity team. Mark sat out his junior year as a result of a back ailment called "sciatica." He bounced back his senior year to place fifth in the 2 mile at the state championships in track and field.

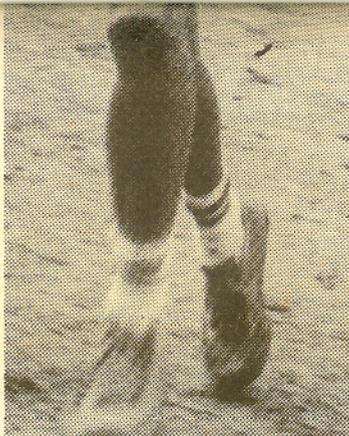
Mark's college career got off to a bad start. "I was injured off and on all my freshman year." Once he was over all his ailments, there was no stopping him. Mark was an All-American in division III cross country and track as a sophomore. Now, since the start of his junior year, he has broken the course record at the Cal Berkeley Invitational with a time of 24:37 for 5.1 miles, he is the Far Western Conference cross country champion and

famous for his double summer sprints on coffee tables.) A lot of times I like to just sit around and do nothing - maybe watch television. I love to eat cookies.

Educational Goals: I'm working towards a degree in Natural Resource Planning. Right now, I don't have any immediate career goals except to find a job that will allow me the time to train.

Theories on Running: Run daily, run consistently - don't take it too seriously. You have to go with the attitude "whatever happens will happen." Running isn't something I have to do - it's something I enjoy doing.

Racing Strategy: In a big race, I'll just try to run smart. I'm not very good on tactics - I usually just go out and run my own race and give it everything I have on that particular day.



Bartlett races offer awards very deep in their age divisions, along with tee shirts to the earliest pre-registered runners. At the July 4 run every registered runner was given a tee shirt.

The 1981 Bartlett Mineral Water Race Series will offer something for the competitive runner as well as the jogger. It is good to see a company get interested in running and provide a series of excellent races for the running community. Bartlett also sponsors a competitive racing team.



Long Distance Running Schedule for the Valley

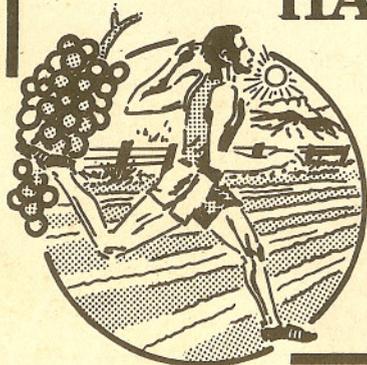
CENTRAL CALIFORNIA LONG DISTANCE RUNNING HANDBOOK

1981

Send check or
money order to:
Action Sports
1026 W. Princeton
Visalia, CA 93277

\$2.00

plus 25 cents
postage



Short Decathlon

Dave Thoreson, former nationally ranked decathlete has come up with a program to promote the decathlon for everyone.

The decathlon requires a tremendous amount of time in training to handle 10 events over 2 days. Training time would be markedly reduced by cutting events in number and distance.

My program, the "Short Decathlon," takes the training time out of the decathlon, yet offers all the events in either actual or shorter version.

Many people pass over the decathlon as an event because of one or two technical events. This program will give the participant the opportunity to choose events to his liking. In time he could be running the whole decathlon.

I remember the last years of my decathlon competition. Consistency in training was difficult because of injury and other interests. The events required

more work than I wanted to give.

The "Short Decathlon" can open the door for multi-event competitors for many new and older decathlete enthusiasts. It is designed with a point chart and handicap system enabling men and women, according to age and sex, to compete on an equal basis.

For more information, please contact: Dave Thoreson, 744 D Cienequitas, Santa Barbara 93110. (805) 964-4516.



1980 Athletes Of The Year

voting categories

- Boys High School Track
- Girls High School Age Track
- Boys High School Cross Country
- Girls High School Age Cross Country
- Community College Mens Track
- Community College Womens Track
- Community College Men Cross Country
- Community College Women Cross Country
- Mens 4 Year College Track & Field
- Mens 4 Year College Cross Country
- Womens 4 Year College Track & Field
- Womens 4 Year College Cross Country
- Open Mens Track & Field
- Open Mens Cross Country
- Open Womens Track & Field
- Open Womens Cross Country
- Mens Long Distance/Road Racing
- Womens Long Distance/Road Racing
- Masters Men 40-49 Track & Field
- Masters Men 50-59 Track & Field
- Masters Men 60-69 Track & Field
- Masters Men 70+ Track & Field
- Masters Men 40-49 XC/Roads
- Masters Men 50-59 XC/Roads
- Masters Men 60-69 XC/Roads
- Masters Men 70+ XC/Roads
- Masters Women 40+ Track & Field
- Masters Women 40+ XC/Roads

This is our seventh go around at picking California's top athletes for the previous year. It's been interesting and fun to poll our list of experts each year and see who turns up top in the various categories. We have a great source of experts and have confidence in their judgement. Many of the voting members are even very active and top competitors in their area of specialty. But this year we want to try something a little different. As an experiment, here is what we want to try: We're going to poll the general readership this time to see who you all pick as the top athletes in the various divisions. We're not yet sure how the reader ballots will be figured, as we don't know what to expect yet, but will consider them in some manner.

To register your vote here's what to do. Using a separate piece of paper for each voting category you feel competent in put down the name of the person you feel is the California Athlete of the Year for that division plus a comment or two in support of your selection.

Please send all ballots in right away. We'll let you know how it turns out in an upcoming issue. Thanks for your participation.

TO VOTE: Vote in as many categories as you feel knowledgeable in. Use a separate sheet of paper for each and include a statement in support of your selection.

CLUB NEWS

by MARTY HIGGINBOTHAM

Club News Editorial

Clubs wishing to have more news printed in the "Club News" section of CT&RN need to be more specific in the information they send to us. Many newsletters and result sheets you are sending to us for "Club News" don't say who is in your club and who is not. Some newsletters mention names of many

different persons some of who are in the club and some of who are obviously not. We enjoy printing "Club News" each issue, however, we need your help in marking your newsletters with who is a club member.

Thanks.

Club Exclusive: -----

S. F. Dolphin South End Runners

by Marty Higginbotham

The San Francisco Dolphin South End Runners are the oldest and largest running group in the Bay Area. They are led by president Walt Stack, vice-president Marsha Maguire, secretary Louise Butchart and club treasurer John Buenfil. At present they boast a club roster of three thousand people.

The Dolphin South End Runners were founded by Walt Stack in 1966. The club began basically to get moral support for Walt Stack to strengthen his stamina for rough water competitive swimming. In the beginning most members were also members of the Dolphin Swimming and Boating Club. The club is basically a low key recreational type group. They have no special uniform, just a T-shirt and logo with a running turtle with the slogan "Start Slow and Taper Off." No club records are kept - one reason being that most of the groups top runners do their competitive running for other clubs such as Nor Cal Seniors, West Valley Track Club, etc....However the DSE Runners did get into the Guenis Book of Records in the womens 100 mile relay. A hundred DSE women runners ran a mile on the track to beat several preceeding college club records.

The club's three thousand members make it the largest club in the west. Of the three thousand at least half are active members. Thirty-five percent of the membership are female which makes it the largest of any United States running club. The club is made up mostly of distance runners. According to club president, Walt Stack, "The club is for anyone with two feet who wants to run."

Currently some of the club's more outstanding members include Joan Ulyot, Jack Leydig, Ruth Anderson, Kay Atkinson, Skip Swannack, Peter Paffenberger, Pete Mattei, Paul Reese, Norman Bright, Marcie Trent, Marcie Schwann and Jim O'Neil. Most all of these runners are very distance oriented and run

Napa Valley Runners

4516 Dry Creek Rd., Napa 94558

It's said that the Napa Valley Marathon Clinic is the most important event for running that has come to the Napa area. The clinic offers something for runners interested in any distance and not just those individuals planning on the 26.2 mile event. The clinic meets every Saturday morning at 7:30 a.m. at Silverado Junior High. The date of the Napa Valley Marathon is March 8, 1981, and the clinics will continue up to that date. The clinics are very informative and beneficial, they also offer a person a chance to train with someone of their own ability.

Golden Girls

6125 Prospect Rd., San Jose 95129

The Santa Clara Valley Golden Girls Track Club recently travelled to Pocatello, Idaho for the T.A.C. Girls and Womens Cross Country Championships on November 28th and 29th.

Representing the Golden Girls with an outstanding individual performance in the 12-13 division was Wendy Massey, placing 6th with a time of 12:47. Wendy, who just turned 13 in November is looking forward to a great track season, where she specializes in the 1500 meter run.

The 9 & Under team placed 3rd with a score of 85 points. The team was led by Sara Corsiglia (11th) in 10:25, Terry Kennedy (13th) in 10:28, Amy Flynn (18th) in 10:37, Gretchen Dix (24th) in 10:52, Lora Musick (45th) in 11:26, and Lizi Brown (46th) in 11:28. This capped a fine season for this Golden Girls' team which was undefeated in Northern California, and placed 1st in the California State Meet.

Dolphin South End Runners

741 Kansas St., San Francisco 94107

Early Fall found several DSE runners in Spain competing in a 100K while some ran a marathon. The race started and ended at the Palace of the Magdalena. Three DSE men completed the tough hilly 100K course. Muray Schwam ran 8:24:53 to be the first club finisher while Buck Swammack and Bill Shields both clocked 12:36:28. Top club finisher in the 26.2 mile event was Pat McCarthy timing 2:55:42. The first female finisher for the club in the marathon was Marcia Serrano who ran a very good 3:18:43.

The DSE club will present their awards for the 1980 season at their annual awards gala scheduled for January 10, 1981.

Bartlett Mineral Water Racing Team

1026 W. Princeton, Visalia 93277

Marty Higginbotham competed in the TFA/USA National Cross Country Championships in Reno on October 25, finishing in 46th place.

The Bartlett Racing Team hosted a very successful TFA/USA Western Regional Cross Country Championship meet on November 8 in Visalia.

November 11th in Porterville John Pitman won the 40-49 division of the 5000 meter run while teammate Bob Higginbotham finished third in the 50 and over division.

Marty Higginbotham competed in the November 23rd Rose Bowl 10K where he timed 31:49 to finish fifth overall and fourth in the open division.

Las Vegas TC

955 E. Twain #B-34, Las Vegas, NV 89109

Club member John Altenburg ran a 3:30:30 marathon at the Heart of San Diego 26.2 miler. Also many LVTC members traveled to Utah to run the St. George Marathon. It is a fast downhill course. Dick Walsh ran a personal record of 3:09:58 in what was his 50th marathon. He finished first in the over 55 division. Other club runners were John Clark finishing in 2:51, Tom Hodges 3:04, John Baka 3:20. The LVTC women made a very good showing as Sue Krenn finished in a time of 2:46. Sandy Brauer timed 3:03, while Lydia Russell running her first marathon clocked a 3:38 effort.

Fifty-Plus Runners Assoc.

P.O. Box 7063, Menlo Park 94025

The Fifty-Plus Runners Association is a group for those athletes fifty years of age or above. The group has been invited by Runner's World to hold its First Annual running event during the 1981 National Running Week in Palo Alto. Currently the club feels it should hold a 3K and a 10K national event for runners over fifty years of age. The event will probably be held at Stanford University Stadium during the first week of January 1981.

High Desert Running Club

44384 Stanridge Ave., Lancaster 93534

San Diego TC

P.O. Box 2822, La Jolla 92038

Several SDTC women took to the track to destroy some age group 10K records. Alice Scott established a new age 54 mark by running 49:58.1. Dorothy Stock ripped the world age 48 record by almost three minutes with her 39:20.8. The old record was held by Ruth Anderson at 42:06.6.

The SDTC sponsored several high school runners to compete in the Kinney Western High School Cross Country Championships in Fresno. It was a 5K event for both boys and girls and the top finishers qualified for the nationals.

Coming January 11, 1981 at 7:00 a.m. will be the Mission Bay Marathon. This is one of the better marathons in the state. This year the course goes back to an all Mission Bay location, thus eliminating that 6 mile Friers Road uphill finish.

Visalia Runners

P.O. Box 3638, Visalia 93277

Gary Campbell ventured to San Diego November 2 for the Zoo Run, he ended up second in the submasters age group.

On November 8, the Visalia Runners women's team captured first place honors at the TFA/USA Western Regional Cross Country Championships. Leading the team was Jacque Randolph timing 22:05 and pacing a team sweep in the 30-39 age group. She was followed by Cherie Stephenson 23:26 and Ruth Dunn 24:51. The two other members contributing to this team championship were Carol Sandoval 23:22, third in the 20-29 age group, and Eli Conway first in the 40-49 division timing 26:50. Gary Campbell led the mens troops as he won the submasters group in 34:28. Teammates Rob Stephenson, Ray Hernandez and Jess Rodriguez followed in the next three positions for a sweep of the top four places. In the 40-49 age group the club made a super showing as Tom Upton finished second, Manuel Moran placed fourth followed by Len Hansen in fifth and George Lavenson in sixth.

Several members competed in the November 8 Central California Marathon. Top club finisher was Craig Newport timing 2:51. Roger Sebert clocked 2:58, David Calderon ran 2:59 (his first marathon), Jim Hill ran a 3:07, while Steve Johnson and Bob Blakely timed in the 3:30's.

George Lavenson led a caravan of Visalia Runners to the November 23 Rose Bowl Runs. Once again Gary Campbell was a winner as he ran 1:14:15 to take the 13.1 mile 30-39 age group. Teammate Rob Stephenson finished eighth in the same division. In the 10K event Jacque Randolph won the women's 30-35 division in 46:15 while Cherie Stephenson finished eighth. For the men Jesse Rodriguez ran a P.R. of 36:35 to place third in the 35-39 age division.

High Sierra TC

The Dolphin South End Runners were founded by Walt Stack in 1966. The club began basically to get moral support for Walt Stack to strengthen his stamina for rough water competitive swimming. In the beginning most members were also members of the Dolphin Swimming and Boating Club. The club is basically a low key recreational type group. They have no special uniform, just a T-shirt and logo with a running turtle with the slogan "Start Slow and Taper Off." No club records are kept - one reason being that most of the groups top runners do their competitive running for other clubs such as Nor Cal Seniors, West Valley Track Club, etc....However the DSE Runners did get into the Guenis Book of Records in the womens 100 mile relay. A hundred DSE women runners ran a mile on the track to beat several preceeding college club records.

The club's three thousand members make it the largest club in the west. Of the three thousand at least half are active members. Thirty-five percent of the membership are female which makes it the largest of any United States running club. The club is made up mostly of distance runners. According to club president, Walt Stack, "The club is for anyone with two feet who wants to run."

Currently some of the club's more outstanding members include Joan Uilyot, Jack Leydig, Ruth Anderson, Kay Atkinson, Skip Swannack, Peter Paffenberger, Pete Mattei, Paul Reese, Norman Bright, Marcie Trent, Marcie Schwann and Jim O'Neil. Most all of these runners are very distance oriented and run marathons and ultra marathons. One member, Dick Collins did 1400 laps around a standard track! Four hundred miles in a six day run, then he ran a marathon the next week. The week before all this he ran the 100 mile Western States Endurance Run - that's incredible!

Founder and president Walt Stack does the administrative work and feels his role to be somewhat of a half way dictatorship. The club has no formal coaching although many members do their runs together. The group meets a half dozen times a year, with most of the decisions being made by the president. Now and then at a monthly collating, folding and stamping session of the newsletter, members may take up some issue concerning the club. It's somewhat of an informal unplanned meeting.

Money is raised for club activities through club dues, which are eight dollars a year, and through entry fees from some of the DSE sponsored races. The group plays host to fifty races throughout the year. Entry fee for these runs is only fifty cents. Club members must run at least ten of these races and attend the annual awards gala. Trophies are awarded to top DSE runners at the awards gala. Membership fees and entry fees from the races make it possible to pay for the trophies awarded at the dinner. The awards are presented in many different divisions.

The DSE hosted runs are low key races, with the club's big event being the Double Dipsea Run. The group is very social oriented. After some races several hundred members will gather for a picnic or some type of social function. About half the club's members live in suburban communities so there is no pressure for members to attend specific events.

The club is somewhat women oriented, as they occasionally will aid a female member in coaching, finding work, travel expenses, equipment, uniforms, etc...

Walt Stack sees the purpose of the club to supply a medium through which runners of relatively novice character can have fun and some competition to enjoy themselves. The DSE Runners really don't have any long range goals. Many club members who have never run a marathon eventually go on to run a 26.2 miler and many even go on to compete in ultra marathons, "others just do it their way" says Walt Stack. I'm sure many DSE Runners are thankful to Stack for organizing a running club that's designed for the members enjoyment.

Lizi Brown (46th) in 11:28. This capped a fine season for this Golden Girls' team which was undefeated in Northern California, and placed 1st in the California State Meet.

Dolphin South End Runners

741 Kansas St., San Francisco 94107

Early Fall found several DSE runners in Spain competing in a 100K while some ran a marathon. The race started and ended at the Palace of the Magdalena. Three DSE men completed the tough hilly 100K course. Muray Schwam ran 8:24:53 to be the first club finisher while Buck Swannack and Bill Shields both clocked 12:36:28. Top club finisher in the 26.2 mile event was Pat McCarthy timing 2:55:42. The first female finisher for the club in the marathon was Marcia Serrano who ran a very good 3:18:43.

The DSE club will present their awards for the 1980 season at their annual awards gala scheduled for January 10, 1981.

Golden Gate Race Walkers

106 Sanchez St. #17, San Francisco 94114

At the Athletics Congress One Hour Postal Walk held October 19 at College of Marin GGRW's Chuck Marut and Beth Sibley took second and fourth places. Marut covered 6 miles, 1282 yards, 2 feet in finishing second, while Sibley walked 6 miles 223 yards for fourth.

It's not official yet since not all the figures are in for 1980 from around the United States; however it looks, tentatively, that several GGRWers masters women set some national age group records this year.

Aggie Running Club

449 N. Chorro #D, San Luis Obispo 93401

The Aggies recently had a triangular cross country meet with UCSB and the Jamal Toads. The Aggies led by Bill Britten's first place finish, and Pete Sweeney's fifth place came out ahead with a team total of 33, compared to 44 for the Toads and 54 for UCSB. In the women's race Tena Harms took first place honors for the Ags. Teammate Kathy Way finished fourth.

This Fall the Aggies continued to be one of the top distance running clubs in the state as they made strong individual and team showing at many races.

In last month's issue of Cal Track & Running News Aggie runner Peanut Harms had a very interesting guest editorial well worth reading.

while Lydia Russell running her first marathon clocked a 3:38 effort.

Fifty-Plus Runners Assoc.

P.O. Box 7063, Menlo Park 94025

The Fifty-Plus Runners Association is a group for those athletes fifty years of age or above. The group has been invited by Runner's World to hold its First Annual running event during the 1981 National Running Week in Palo Alto. Currently the club feels it should hold a 3K and a 10K national event for runners over fifty years of age. The event will probably be held at Stanford University Stadium during the first week of January 1981.

High Desert Running Club

44384 Stanridge Ave., Lancaster 93534

The High Desert Running Club recently celebrated its one year anniversary. In October of 1979 a group of twelve runners gathered to discuss what would become the High Desert Running Club. Today the HDRC has a roster of sixty members and continues to grow. The club participates in a wide variety of races and host several events themselves. This last fall the club completed a full cross country schedule.

Southern Calif. Striders

The SC Striders held their awards banquet in early November. Award winners at the banquet were as follows: **Long Distance:** 40 Year Olds - Jim Murphy; 50 Year Olds - Walt Atcheson; **Most Improved** - Skip Witt. **Track:** 30 Year Olds - Mike Jackson and Hilliard Sumner, Jr., 40 Year Olds - Nick Newton and George Cohen, 50 Year Olds - Harold Daughters, 60 Year Olds - Bob Hunt, 70 Year Olds - Red Doms. For the **Women** Margie Tennenbaum picked up the **Long Distance** runner award, while Ann Smith was awarded **Most Improved**. A special **Inspirational** award was given to Nick Newton.

Special guests at the SC Striders banquet included Alan Cranston; Vern Wolf, USC track coach; Jim Bush, UCLA track coach; and Dick Cramer of Home Savings and Loan who received an award for their contribution to the Pan Am Games. Also a very special award - **The Alan Cranston Award** was presented at the banquet and the Board of SC Striders voted it awarded to Hilliard Sumner Jr., he has performed superbly and has shown great leadership and interest in the submasters and masters programs.

troops as he won the submasters group in 34:28. Teammates Rob Stephenson, Ray Hernandez and Jess Rodriguez followed in the next three positions for a sweep of the top four places. In the 40-49 age group the club made a super showing as Tom Upton finished second, Manuel Moran placed fourth followed by Len Hansen in fifth and George Lavenson in sixth.

Several members competed in the November 8 Central California Marathon. Top club finisher was Craig Newport timing 2:51. Roger Sebert clocked 2:58, David Calderon ran 2:59 (his first marathon), Jim Hill ran a 3:07, while Steve Johnson and Bob Blakely timed in the 3:30's.

George Lavenson led a caravan of Visalia Runners to the November 23 Rose Bowl Runs. Once again Gary Campbell was a winner as he ran 1:14:15 to take the 13.1 mile 30-39 age group. Teammate Rob Stephenson finished eighth in the same division. In the 10K event Jacque Randolph won the women's 30-35 division in 46:15 while Cherie Stephenson finished eighth. For the men Jesse Rodriguez ran a P.R. of 36:35 to place third in the 35-39 age division.

High Sierra TC

112 Green Oaks, Visalia 93277

Members of the HSTC were very active in Central Valley races in November. Dave Bronzan ran in, and won the Central California AC 20K Championships. Bronzan has won this event two out of the last three years.

Several members took part in the November 8 TFA/USA Western Regional Cross Country Championships. In the mens 10K event Ed Taylor was the club's top finisher as he placed tenth in the open division clocking 32:28. Ed's younger brother Robert Taylor finished fourteenth with a time of 33:15. A.R. Souza timed 39:03 to take first place honors in the 50-59 division. Also on November 8, Len Thornton captured the 50-59 division of the Fresno Marathon as he timed 2:47.

HSTC had several teams compete in the State Center Five Person Fifteen Mile Relay. They captured first place in the junior division and took third in the open division.

Lake Merritt Joggers & Strid.

230 Marlow Dr., Oakland 94605

The Lake Merritt Joggers and Striders is a fun running club affiliated with the Road Runners Club of America. The club is in its fourth year now. They also host Sunday runs around Lake Merritt on every fourth Sunday. Throughout the year the group sponsors some major races such as the Berkeley to Moraga race and Blind Duck Relays. Presently the officers of the club are: President - John Notch, Vice President - Neil Berg, Treasurer - Janice Mulcahy, Secretary - Cathy Conover.

TUTTLE'S TRACK TOPICS

by Gary Tuttle

Myself, and 60 other invited runners, were riding a special bus from the hotel to the starting line of the 10th Annual New York City Marathon.

The marathon was still two hours away, but the nervousness was already etched in the faces of those sitting around me.

On board the bus were Filbert Bayl (world record holder in the mile), Grete Waitz (women's marathon record holder), Jerome Drayton (winner of the Boston and Fubuoka marathons,) Jack Fultz, Randy Thomas, Jeff Wells and many others of marathon fame. Probably over 1,000 marathons had been raced by this experienced group of runners, yet I was most impressed by the level of intensity reached by this group.

It was a quiet bus which rode the 26 miles from the finish - past the Statue of Liberty, through Brooklyn - to the starting line at Fort Wadsworth on Staten Island. The bus became even quieter as it crept through the massive pre-race traffic jam, and the starting line appeared.

Finally, the bus doors were opened, and we were emptied into the mob.

Fort Wadsworth was being used as the staging site, and the 16,000 runners were occupying nearly every foot of it. Several hundred runners were standing in front of a forest of green outhouses, while another several hundred men were urinating into a wooden trough with a continual flowing stream of water. The rest of the 16,000 were doing exactly as I was doing, freezing in the windy 45-degree weather.

Having a three-day-old sore throat and thin California blood, I knew I wasn't going to spend two hours waiting outside, so I began searching for shelter. After

several freezing minutes, I discovered that a small building was being used for the "invited runners." Anyone with numbers from 1-199 could enter; since I had no. 116, I flashed my number and entered.

Inside were many invited runners and the press people getting pre-race interviews. It was crowded but warm. I spent the next hour clock watching and making small talk with some of the other runners.

About 30 minutes before the start, Lasse Viren and the three other Finnish runners began to remove their sweat clothes. Under the adoring eyes of all the runners in the room, they brought out a container of salve and began rubbing it all over their bodies. The runners convinced they'd finally found Viren's secret to success, (besides bee pollen, blood-doping and reindeer mild) watched Viren's every move.

As the Finns finished their rubbing, a couple of cautious runners approached the container, and trying to be nonchalant, grabbed some of the goo and began rubbing it on their bodies. Shortly, half the room was on their feet, grabbing the stuff, and smearing it all over their bodies, hoping to obtain some of the magic of Lasse.

The room hushed while Viren said something in Finnish and all the Finns laughed. One of the English speaking Finns said to the room of runners, "Lasse wants you to know that you all just rubbed reindeer S--- all over your bodies." bodies."

With only 20 minutes remaining, the Finns and all the humbled runners headed outside to find a place at the starting line. After working my way through the crowd, I found a spot at the front and awaited the start.

As the start approached, I became fearful for my safety - **IT WAS TOO CROWDED AND THERE WAS TOO MUCH EXCITEMENT.** One wrong step

at the gun could send thousands of running feet crashing down on my body.

I was convinced that the only way to avoid disaster was to run as fast as I could for the first 50 yards.

When the huge cannon signaled the start (only 20 feet from my ears,) I removed my fingers from my ears and ran like crazy.

As we ran across the Verrazano-Narrows Bridge, we began to pull away from the mob and out of danger. Just as I began to relax and allow the strong wind to push me along, my shoelace popped untied. Not wanting to run 25 miles with flapping laces, I quickly pulled aside, stopped and re-tied it. Not more than 800 yards later, the same lace came untied again. After uttering a few choice words, I decided to stop again. This time I removed my gloves so I could tie it tight.

Just as I finished re-tying it, a gust of wind came and blew my gloves away. I knew I'd need the gloves to keep warm, so I ran after them. Unfortunately, they blew across the runners paths, so I had to wait, then dash through between runners.

When I finally returned to running, I found myself feeling like a novice, and back running in the mob. When I reached two miles, I found myself 30 seconds slower than the pace I wanted to run. Fortunately, I didn't panic, but just kept on running an even poace.

Through the first 10 miles I passed many runners, and hit 10 miles in 50:50. At the halfway point, I had moved up to 52nd place, and came through in 1:07:10.

All through the first 15 miles the cheering from the spectators had been intense. The cheering had been especially loud as I ran by because somehow I managed to run through the Puerto Rican section stride for stride with a runner from Puerto Rico, and through Harlem with a runner from Tanzania.

At around 16 miles, as we left Queens and entered Manhattan, the fun ended

and the hard work began. As we ran over the Queensboro Bridge, the wind was so stiff in our faces that it brought me to nearly a dead stop.

At approximately 17 miles I caught several runners, and was running hard and fast.

By 23 miles it was all over for me, my charge had turned to a survival shuffle. I was now running seven-minute miles and literally dead on my feet. The last mile through Central Park seemed like an eternity, and took over eight minutes.

It was the hardest mile I've ever run.

When I finally crossed the finish line in 2:22 in 48th place, I was 12 minutes behind the winner, Salazar, and only three minutes ahead of Grete Waitz.

Just three seconds ahead of me finished a 41-year-old runner from New Zealand. As I walked for the first time, I was cold, discouraged and had blood on my feet, but my one thought was to get something to eat.

I walked directly from the finish line to the food tent where I ate one banana, three yogurts, two bags of chips, three granola bars, and eight cups of ERG in less time that I ran my last mile.

When I finally satisfied my craving for glycogen, I began my cold, lonely, stiff-legged walk back to my hotel. The walk from a miserably-run marathon is always difficult and not a walk I ever care to make again.

SAN DIEGO TRACK CLUB Newsletter

Save! I'd like to stay in touch with San Diego County running! Enclosed is my check for \$6.00 for a one year subscription to the San Diego Track Club Newsletter.

ALLOW FOUR TO SIX WEEKS FOR DELIVERY OF YOUR FIRST ISSUE.

Please mail this form and your check to:

SAN DIEGO TRACK CLUB
P.O. Box 4864 • San Diego, CA 92104

Name _____
(Please print name in full)

Address _____ Apt.# _____

City _____

State _____ Zip _____

SPORT FLIPS

By Don Lawson

★ A New and Practical Visual Aid for the



and we were emptied into the mob. Fort Wadsworth was being used as the staging site, and the 16,000 runners were occupying nearly every foot of it. Several hundred runners were standing in front of a forest of green outhouses, while another several hundred men were urinating into a wooden trough with a continually flowing stream of water. The rest of the 16,000 were doing exactly as I was doing, freezing in the windy 45-degree weather.

Having a three-day-old sore throat and thin California blood, I knew I wasn't going to spend two hours waiting outside, so I began searching for shelter. After

something in Finnish and all the Finns laughed. One of the English speaking Finns said to the room of runners, "Lasse wants you to know that you all just rubbed reindeer S--- all over your bodies." bodies."

With only 20 minutes remaining, the Finns and all the humbled runners headed outside to find a place at the starting line. After working my way through the crowd, I found a spot at the front and awaited the start.

As the start approached, I became fearful for my safety - **IT WAS TOO CROWDED AND THERE WAS TOO MUCH EXCITEMENT.** One wrong step

Fortunately, I didn't panic, but just kept on running an even pace.

Through the first 10 miles I passed many runners, and hit 10 miles in 50:50. At the halfway point, I had moved up to 52nd place, and came through in 1:07:10.

All through the first 15 miles the cheering from the spectators had been intense. The cheering had been especially loud as I ran by because somehow I managed to run through the Puerto Rican section stride for stride with a runner from Puerto Rico, and through Harlem with a runner from Tanzania.

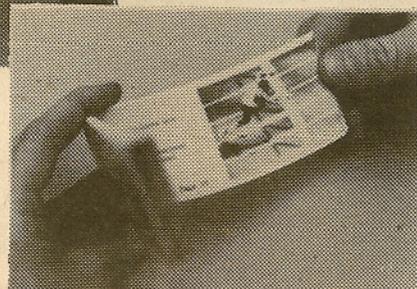
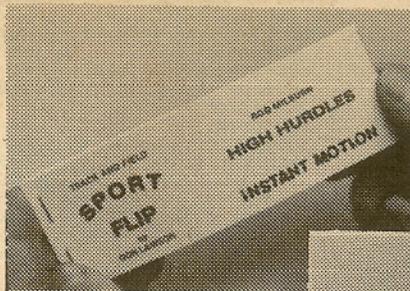
At around 16 miles, as we left Queens and entered Manhattan, the fun ended

Name _____
(Please print name in full)

Address _____ Apt.# _____

City _____

State _____ Zip _____



SPORT FLIPS

By Don Lawson

- ★ *A New and Practical Visual Aid for the Athlete and Coach*
- ★ *Can be Used Anywhere*
- ★ *No Equipment Needed*
- ★ *Moving Illustrations of World Class and Olympic Athletes*

AMERICA'S TOP COACHES ENDORSING SPORT FLIPS

DR. LEROY WALKER: 1976 United States Olympic Track Coach

TOM TELLEZ: University of Houston,
1980 Olympic Field Event Coach

DEL HESSEL: Western Kentucky, 1979 Sports Festival Coach

RON BUSS: Florissant Valley College—St. Louis,
1979 World University Games Coach

BOB TIMMONS: University of Kansas

JACK HARVEY: University of Michigan

BILL BERGAN: Iowa State University

HARRY GROVES: Penn State University

ROLLIE RANSON: University of Tennessee

GARY SCHWARTZ: Penn State University,
(Women's Track Coach)

JAY DIRKSEN: University of Illinois

TO ORDER: Send check or school purchase order to: **SPORT FLIPS, 1514 Geraldine Dr., Dubuque, IA 52001**

INDICATE NUMBER OF EACH BOOK DESIRED: (1-4 — \$1.75 per book) (5-8 — \$1.50 per book) (9 or more — \$1.25 per book)

- _____ Discus (Mac Wilkins)
- _____ Rotation Shot Put (Alexander Barishnikov)
- _____ Glide Shot Put (Al Feuerbach)
- _____ Javelin (Cary Feldmann)
- _____ Hammer (Anatolly Bondarchuk)
- _____ Long Jump (Arnie Robinson)
- _____ Triple Jump (James Butts)
- _____ Flop High Jump (Dwight Stones)

- _____ Straddle High Jump (Nikolay Avilov)
- _____ Pole Vault (Steve Smith)
- _____ High Hurdles (Rod Milburn)
- _____ Intermediate Hurdles (Edwin Moses)
- _____ Sprint Starts (Armin Hary)

_____ Total Number of Books

_____ Total Amount Enclosed (add 50¢ pstg.)

CALIFORNIA

Community College

CHAMPIONSHPS

by Bill Minarik

It was classic Southern California weather that greeted the states top community college harriers at picturesque Griffith Park in Los Angeles on Nov. 22nd. However, I'm sure that the teams from Northern California would have been just as satisfied with a thunder storm as that would have been the only thing that might have slowed down the So. Cal. teams which totally outclassed their counterparts from the North.

The course was probably as challenging a one as most competitors will ever run. The course measured 4.3 miles for men and 3.0 miles for women. The course consisted of running up, over & down a hill and then back again over the same hill.

In the men's large school race, for the ninth consecutive year it was the big "G", Grossmont, destroying the field with the Griffins, Steve McCormick, capping an undefeated season with a win here for Coach Jim Peabody's, Leatherlungs. Jim has not only followed in the tradition of Bob Larson, but has established himself as one of the top coaches in the sport.

In the Women's large school competition, Orange Coast capped an undefeated season with another close but decisive victory over conference rival Grossmont.

The Pirates have been getting better every year until this year when they are finally the best. The OCC girls celebrated this event by giving head coach, Gordie Fitzel, a champagne "shower" during post meet festivities. Individually, Sue Gelly, of Grossmont, was an impressive winner over Modesto's Laurie Crisp in a mild upset as Laurie had been tearing up Nor. Cal. all year.

In the Women's small school meet, the Glendale gals continued doing what they did all season, keeping their first five right up front. They totally destroyed the field en route to making Coach Scott Schweitzer's first season a perfect one. The individual race saw Hartnell's dynamic duo of Pam Burkes and Marcia Trujillo go 1-2 in Nor. Cals. only bit of glory for the day.

In the only race which had been considered up for grabs, Glendales men proved their win in the So. Cal. meet was no fluke. They scored a surprisingly easy win over the rest of the field. The Vaqueros had been pushed around by a few teams during the season and could do no better than 3rd in their conference meet with their team at full strength on the Griffith Park Course. However, this year, as opposed to the previous three

years when they were close runners-up, they saved the best for last and made Coach John Tansley's return to cross-country Coaching a successful one. Individually, Glendale's Jeff Nelson showed why he is considered in a class by himself as he posted a train-length win over runner-up Mark Ruelas of Citrus, while posting the top time of the day. I feel a special bit of recognition should go to Meet Director, Mark Covert and all of his staff for the prompt and efficient manner in which they tabulated and posted the results. The idea of using competitor I.D. tags as the basis for computing the scores made the winning teams known almost instantly.

One sour note to the meet was verified as being **not** the fault of the directors staff. During the mens large school race, Nick Carr of El Camino had his foot stepped on by a horse which was being ridden across the cross-country path thereby not being able to finish the race, thus possibly depriving El Camino of a second place finish. The guilty party in this case was the Griffith Park Rangers who were suppose to be guarding the course against equestrians, but failed in their assignment.

photo by Bill Leung, Jr.

November 22, 1980. Griffith Park, Los Angeles, Calif.

WOMEN DIVISION I

1. Orange Coast	41
2. Grossmont	55
3. American River	91
4. Santa Rosa	109
5. El Camino	126
6. West Valley	177
7. Diablo	179
8. Canada	185
9. Golden West	210
10. Long Beach	261

photo by Bill Leung, Jr.

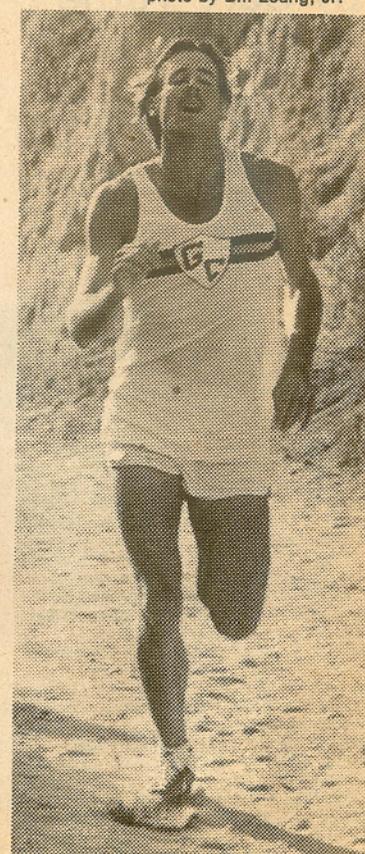


SUE GELLEY

MEN DIVISION I

1. Grossmont	43
2. Orange Coast	90
3. El Camino	112
4. Fresno	124
5. West Valley	154
6. Long Beach	156
7. San Jose	162
8. Pasadena	169
9. Porterville	186
10. American River	207

photo by Bill Leung, Jr.



STEVE McCORMICK

1. S. Gelly(Grossmont)	19:18
2. Crisp(Modesto)	19:30
3. B. Ludovise(Orange Coast)	19:41
4. M. Gibbs(Orange Coast)	19:57
5. L. Gonzales(Orange Coast)	20:05
6. Craig(Merritt)	20:10
7. R. Williams(El Camino)	20:16
8. L. Sellen(Mt. Sac)	20:22
9. Lopez(Fresno)	20:23
10. B. Sprink(OCC)	20:23
11. Simmie(Santa Rosa)	20:24
12. L. Miller(Pierce)	20:27

1. S. McCormack(Grossmont)	24:47
2. A. Rosas(El Camino)	24:55
3. J. Gerhardt(Orange Coast)	25:12
4. M. Ebner(Mt. Sac)	25:27
5. G. Lee(Long Beach)	25:46
6. D. Ongaga(Long Beach)	25:49
7. Dylaney(L.A. Harbor)	25:53
8. Cubillas(Fullerton)	25:55
9. Rameriz(Porterville)	25:56
10. Goodstein(Canada)	25:56
11. S. Evans(Grossmont)	25:58
12. Thornnton(Fresno)	25:58
13. Williams(W. Valley)	25:59

teams which totally outclassed their counterparts from the North. The course was probably as challenging a one as most competitors will ever run. The course measured 4.3 miles for men and 3.0 miles for women. The course consisted of running up, over & down a hill and then back again over the same hill.

In the men's large school race, for the ninth consecutive year it was the big "G", Grossmont, destroying the field with the Griffins, Steve McCormick, capping an undefeated season with a win here for Coach Jim Peabody's, Leatherlungs. Jim has not only followed in the tradition of Bob Larson, but has established himself as one of the top coaches in the sport.

In the Women's large school competition, Orange Coast capped an undefeated season with another close but decisive victory over conference rival Grossmont.

Nor. Cal. all year. In the Women's small school meet, the Glendale gals continued doing what they did all season, keeping their first five right up front. They totally destroyed the field en route to making Coach Scott Schweitzer's first season a perfect one. The individual race saw Hartnell's dynamic duo of Pam Burkes and Marcia Trujillo go 1-2 in Nor. Cals. only bit of glory for the day.

In the only race which had been considered up for grabs, Glendales men proved their win in the So. Cal. meet was no fluke. They scored a surprisingly easy win over the rest of the field. The Vaqueros had been pushed around by a few teams during the season and could do no better than 3rd in their conference meet with their team at full strength on the Griffith Park Course. However, this year, as opposed to the previous three

bit or recognition should go to Meet Director, Mark Covert and all of his staff for the prompt and efficient manner in which they tabulated and posted the results. The idea of using competitor I.D. tags as the basis for computing the scores made the winning teams known almost instantly.

One sour note to the meet was verified as being not the fault of the directors staff. During the mens large school race, Nick Carr of El Camino had his foot stepped on by a horse which was being ridden across the cross-country path thereby not being able to finish the race, thus possibly depriving El Camino of a second place finish. The guilty party in this case was the Griffith Park Rangers who were suppose to be guarding the course against equestrians, but failed in their assignment.

photo by Bill Leung, Jr.



Start Small School Race



SUE GELLEY



STEVE McCORMICK

1. S. Gelley(Grossmont) 19:18
2. Crisp(Modesto) 19:30
3. B. Ludovise(Orange Coast) 19:41
4. M. Gibbs(Orange Coast) 19:57
5. L. Gonzales(Orange Coast) 20:05
6. Craig(Merritt) 20:10
7. R. Williams(El Camino) 20:16
8. L. Sellen(Mt. Sac) 20:22
9. Lopez(Fresno) 20:23
10. B. Sprink(OCC) 20:23
11. Simmie(Santa Rosa) 20:24
12. L. Miller(Pierce) 20:27
13. Bray(West Valley) 20:29
14. Stevens(Idablo) 20:30
15. McKillop(American River) 20:34
16. Brownsberger(Grossmont) 20:34
17. Rodriguez(Grossmont) 20:35
18. Bani(Santa Rosa) 20:37
19. Hegri(American River) 20:41
20. Souna(Mt. Sac) 20:50
21. Riel(Golden West) 20:55
22. Allred(American River) 20:54
23. Hohmidt-Hill(Canada) 20:54
24. Norton(American River) 21:05
25. Gliff(Grossmont) 21:05

WOMEN DIVISION II

1. Glendale 32
2. Moorpark 90
3. Mira Costa 92
4. Ventura 120
5. San Diego 129
6. Sierra 129
7. Monterey 156
8. Yuba 160

1. Byrks(Hartnell) 19:44
2. Trujillo(Hartnell) 19:48
3. Ramirez(San Diego) 20:02
4. David(Butte) 20:07
5. Ewing(Glendale) 20:18
6. Elson(Glendale) 20:21
7. Trout(Moorpark) 20:23
8. Keeton(Yuba) 20:24
9. Muceus(Miracosta) 20:26
10. Broccoli(Moorpark) 20:33
11. Enciso(Glendale) 20:41
12. Bettencourt(Glendale) 20:44
13. Woodruff(Glendale) 20:45
14. Cregut(Ventura) 20:53
15. Martin(Miracosta) 21:02
16. Samson(Sierra) 21:05
17. Lee(Monterey) 21:19
18. Irons(Glendale) 21:27
19. Marchick(Moorpark) 21:37
20. Sullosi(Miracosta) 21:38
21. Donat(Monterey) 21:38
22. Espinoza(Ventura) 21:42
23. Crowley(Sierra) 21:44
24. Gibney(Miracosta) 21:45
25. Fegurty(San Diego) 21:51

1. S. McCormack(Grossmont) 24:47
2. A. Rosas(El Camino) 24:55
3. J. Gerhardt(Orange Coast) 25:12
4. M. Ebner(Mt. Sac) 25:27
5. G. Lee(Long Beach) 25:46
6. D. Ongaga(Long Beach) 25:49
7. Dylaney(L.A. Harbor) 25:53
8. Cubillas(Fullerton) 25:55
9. Rameriz(Porterville) 25:58
10. Goodstein(Canada) 25:56
11. S. Evans(Grossmont) 25:58
12. Thornton(Fresno) 25:58
13. Williams(W. Valley) 25:59
14. W. Ayad(Grossmont) 25:59
15. M. Sandoval(Grossmont) 26:04
16. M. Lansdon(Orange Coast) 26:08
17. Garcia(Fresno) 26:11
18. Gonzalez(Foothill) 26:12
19. B. Cleves(Grossmont) 26:16
20. Holladay(W. Valley) 26:17
21. B. Harold(Orange Coast) 26:26
22. M. Pope(Grossmont) 26:27
23. F. Soto(San Jose) 26:29
24. S. Corzan(El Camino) 26:29
25. B. Aube(Long Beach) 26:33

MEN DIVISION II

1. Glendale 68
2. Ventura 101
3. San Bernardino 114
4. Butte 119
5. Desert 120
6. Moorpark 124
7. Monterey 132
8. Sierra 178
9. Cuesta 190
10. Hartnell 221

1. J. Nelson(Glendale) 24:24
2. M. Ruelas(Citrus) 25:38
3. Magallanes(Monterey) 25:51
4. R. Ysais(Ventura) 25:53
5. W. Johnson(Ventura) 26:04
6. P. Smith(Moorpark) 26:29
7. T. McKeown(Cuesta) 26:35
8. M. Navarro(Ventura) 26:37
9. Barraza(Monterey) 26:41
10. A. Martinez(Citrus) 26:41
11. R.C. Guzman(Glendale) 26:45
12. D. Grimes(Cabrillo) 26:47
13. J. Lopez(Glendale) 26:48
14. D. Reed(Riverside) 26:49
15. Hudson(Sierra) 27:05
16. C. Commings(Cabrillo) 27:05
17. Cyr(Butte) 27:06
18. D. Ortiz(San Bernardino) 27:08
19. Ellsworth(Butte) 27:09
20. C. Perley(Desert) 27:11
21. T. Collins(San Bernardino) 27:12
22. C. Harmon(Moorpark) 27:13
23. Phillips(Butte) 27:17
24. Gabe Gayton(Hartnell) 27:17
25. T. Miller(Yuba) 27:20

PREP NOTES

by Keith Conning

Send all high school material directly to Keith Conning, California Track & Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

North Coast

NORTH COAST SECTION 2A & 4A, Newhall Park, Concord, Nov. 15, 1980.

2A Girls Teams: 1. Miramonte 46, 2. Carondelet 47, 3. Acalanes 88, 4. Castro Valley 100, 5. Piedmont 135, 6. Campolindo 189, 7. Notre Dame 193, 8. Hayward 218, 9. Arroyo 229, 10. Alameda 241.

2A Girls Individuals: 1. Marilyn Davis (M) 11:21, 2. Marcia White (M) 11:22, 3. Paige Tully (Alhambra) 11:25, 4. Missy Dickson (Ac) 11:31, 5. Jill Ellingson (H) 11:35, 6. Mary Anne Morse (Car) 11:36, 7. Wendy Sihner (M) 11:37, 8. Karin Lambden (CV) 11:46, 9. Val Knafelc (Car) 11:52, 10. Chris Manning (Car) 12:00.

4A Girls Teams: 1. San Ramon 75, 2. Berkeley 80, 3. Granada 96 (6th-47th), 4. California 96 (6th-51st), 5. El Cerrito 125, 6. Amador 145, 7. Antioch 152, 8. Concord 171, 9. Mission San Jose 173, 10. Memorial 305.

4A Girls Individuals: 1. Mary Gaffield (EC) 11:29.6, 2. Suzie Ames (Ca) 11:33, 3. Julie Hansen (SR) 11:48, 4. Amy Cathcart (AM) 11:54, 5. Heather Watkins (B) 11:57, 6. Heidi Ertl (Pinole) 11:59, 7. Becky Pierce (Ca) 12:03, 8. Helen Lehman (EC) 12:06, 9. Dana Whitney (MSJ) 12:07, 10. Kathy Daley (G) 12:08.

2A Boys Teams: 1. Las Lomas 44, 2. Castro Valley 50, 3. De La Salle 64, 4. Bishop O'Dowd 108, 5. Acalanes 120, 6. Moreau 158, 7. Liberty 211, 8. Arroyo 226, 9. Alameda 278, 10. Piedmont 294.

2A Boys Individuals: 1. Sam Hooker (LL) 15:29.8, 2. Dave Shea (CV) 15:42, 3. Dave Anderson (CV) 16:13, 4. Kyle Kessler (CV) 16:15, 5. Tom Barlow (LL) 16:22, 6. Rico Balatti (DLS) 16:22, 7. Steve Gearhart (Mira) 16:27, 8. Dean Shorno (BOD) 16:35, 9. Dave Hansell (Ac) 16:37, 10. John Morse (LL) 16:38.

photo by Don Gosney

4A Boys Teams:

1. Mission San Jose 49, 2. Berkeley 62, 3. Amador Valley 92, 4. San Ramon 102, 5. Northgate 144, 6. Newark 189, 7. Ygnacio Valley 192, 8. Granada 193, 9. El Cerrito 218, 10. De Anza 230.

4A Boys Individuals: 1. Jay Marden (MSJ) 15:07.7, 2. Aubrey Wilson (B) 15:47, 3. Tim Berry (YV) 15:57, 4. Brian Abshire (DA) 16:05, 5. Steve Wogsland (MSJ) 16:07, 6. John Victor (Pinole) 16:25, 7. Dan Phillips (Concord) 16:26, 8. Bruce Mulcahy (MSJ) 16:28, 9. Dave Hill (AV) 16:30, 10. Steve Vargas (AV) 16:30.

NORTH COAST SECTION 3A, Patrick's Point State Park, Arcata, Nov. 15, 1980.

Boys Teams: 1. Montgomery 84, 2. Redwood 93, 3. Terra Linda 94, 4. Petaluma 114, 5. Ukiah 144, 6. Arcata 154, 7. Drake 179, 8. Casa Grande 186, 9. Fortuna 189, 10. Piner 194.

Boys Individuals: 1. Sam Skinner (R) 14:53, 2. Tim Brewer (CG) 15:29, 3. Mike Sutton (U) no time, 4. Dave Rodriguez (M) 15:34, 5. Tony Burke (M) 15:35, 6. Tom Green (F) 15:40, 7. Curt Dye (R) 15:42, 8. John von Seeburg (Pi) 15:54.

Girls Teams: 1. Drake 56, 2. Redwood 98, 3. Terra Linda 106, 4. Petaluma 130, 5. Marin Catholic 130, 6. Piner 156, 7. Ukiah 172, 8. Del Norte 199, 9. Sonoma 210, 10. Arcata 254.

Girls Individuals: 1. Lori Shanoff (Pe) 11:06, 2. Robyn MacSwain (TL) 11:09, 3. Laurie Hollingworth (PI) 11:20, 4. Katy Kyska (DR) 11:31, 5. Dana Flint (UK) 11:33, 6. Mary Brennan (MC) 11:43, 7. Ann Bertucci (Pe) 11:44, 8. Terrie Martin (R) 11:52, 9. Laura Starrett (R) 11:52, 10. Theresa Martin (Dr) 11:58.

NORTH COAST SECTION 1A, Indian Valley College, 11/15/80

Boys Teams -1 Fort Bragg 33; 2. Clear Lake 55; 3. Mt. Tamalpais 70.

photo by Keith Conning

Boys Individuals-1. J.C. Tinney (FB) 16:34; 2. Steve Bates (FB) 16:41; John Helms (CL) 17:12; 4. Tom Oggers (MT) 17:26; 5. Anthony D'Aquisto (FB) 17:31.

Girls Teams-1. Crystal Springs (Belmont) 51; 2. University (SF) 58; 3. St. Vincent's 71.

Girls Individuals-1. Mary Grace Maloney (SV) 11:50; 2. Louise Schneider (College Prep) 12:20; 3. Alex Haslam (SV) 12:41; 4. Erin Mickle (Marin Academy) 12:45; 5. Jenny Robbins (Marin Academy) 12:45.

NORTH COAST SECTION MEET OF CHAMPIONS, Tildon Park, Berkeley, Tuesday, 11/18/80.

Girls Teams-1. Miramonte 78, 2. Carondelet 94; 3. Drake 103; 4. Redwood 112; 5. San Ramon 147; 6. Petaluma 149; 7. California 174; 8. Berkeley 206; 9. Acalanes 214; 10. Castro Valley 217; 11. Terra Linda 234; 12. Granada 258; 13. Crystal Springs 357.

Girls Individuals-1. Lori Shanoff (Petaluma) 15:23.8, 2. Robyn MacSwain (Terra Linda) 15:37; 3. Marilyn Davis (Miramonte) 15:47; 4. Marcia White (Miramonte) 15:49; 5. Laurie Hollingworth (Piner) 15:50; 6. Paige Tully (Alhambra) 15:51; 7. Susie Ames (California) 15:56; 8. Katy Dykstra (Drake) 15:57; 9. Wendy Sihner (Miramonte) 15:59; 10. Mary Gaffield (El Cerrito) 16:02; 11. Mary Brennan (Marin Catholic) 16:04; 12. Jill Ellingson (Hayward) 16:05; 13. Mary Grace Maloney (St. Vincents) 16:06; 14. Laura Starrett (Redwood) 16:12; 15. Karin Lambden (Castro Valley) 16:13; 16. Julie Hansen (San Ramon) 16:14; 17. Missy Dickson (Acalanes) 16:18; 18. Ann Bertucci (Petaluma) 16:24; 19. Mary Ann Morse (Carondelet) 16:29; 20. Becky Pierce (California) 16:33; 21. Valerie Knafelc (Carondelet) 16:35; 22. Terrie Martin (Redwood) 16:37; 23. Dana Flint

photo by Don Gosney

(Ukiah) 16:38; 24. Janet Wilson (Redwood) 16:39; 25. Shelly Thorne (Drake) 16:43; 26. Amy Cathcart (Amador) 16:46; 27. Heidi Ertl (Pinole) 16:49; 28. Christy McKinley (Carondelet) 16:50; 29. Kathy Daly (Granada) 16:51; 30. Chris Manning (Carondelet) 16:52.

Boys Teams-1. Castro Valley 80; 2. Berkeley 88; 3. Mission San Jose 103; 4. Las Lomas 129; 5. Amador 133; 6. San Ramon 155; 7. Redwood 167; 8. DeLaSalle 176; 9. Ft. Bragg 226; 10. Terra Linda 248; 11. Petaluma 247; 12. Montgomery 229; 13. Bishop O'Dowd 255.

Boys Individuals-1. Jay Marden (Mission San Jose) 16:22; 2. Dave Shea (Castro Valley) 16:43; 3. Tim Berry (Ygnacio Valley) 16:52; 4. Sam Hooker (Las Lomas) 17:03; 5. Aubrey Wilson (Berkeley) 17:05; 6. Brian Abshire (DeAnza) 17:08; 7. Kyle Kessler (Castro Valley) 17:13; 8. Steve Wogsland (Mission San Jose) 17:20; 9. David Anderson (Castro Valley) 17:30; 10. J.C. Tinney (Ft. Bragg) 17:32; 11. Dave Anderson (Castro Valley) 17:32; 12. Iain Ross (Terra Linda) 17:36; 13. Sam Skinner (Redwood) 17:37; 14. Kirk Dye (Redwood) 17:38; 15. Dan Phillips (Concord) 17:40; 16. Mike Sutton (Ukiah) 17:40; 17. Rico Balatti (De La Salle) 17:40; 18. Peter Ramos (Berkeley) 17:43; 19. Brian Angus (Mission San Jose) 17:45; 20. Steve Bates (Ft. Bragg) 17:47; 21. Tom Barlow (Las Lomas) 17:48; 22. Steve Vargas (Amador) 17:48; 23. John Victor (Pinole) 17:48; 24. Roger Daniel (Berkeley) 17:49; 25. Tracy Walker (Amador) 17:50; 26. Steve Mayberry (Castro Valley) 17:51; 27. Dave Rodriguez (Montgomery) 17:55; 28. Dan McComb (DeLaSalle) 17:57; 29. Pete Richardson (Berkeley) 18:02; 30. Paul Grabowsky (San Ramon) 18:03.

Oakland

OAKLAND SECTION, Joaquin Miller Park, Oakland, Wednesday, 11/19/80.

Girls Team-1. Skyline 15.

Girls Individuals-1. Marta McLeod (Skyline) 13:03.5; 2. Jennifer Ray (Oakland) 13:09; 3. Wendy Turner (Skyline) 13:31; 4. Christy Camp (Skyline) 13:36.0; 5. Jennifer Byrens (Skyline) 13:41.0; 6. Marta Hill (Skyline) 14:00.

Boys Teams-1. Skyline 15; 2. Castlemont 59; 3. Fremont 66.

Boys Individuals-1. Dave Pluth (Skyline) 13:39.9 (course record, old record 13:48 by Brett Baffert (San Ramon 1979)); 2. Steve Schneider (Skyline) 14:10; 3. Doug Duncan (Skyline) 14:21; 4. Theo Cedar (Skyline) 14:41; 5. Miguel Briones (Oakland) 14:46; 6. Charles Cypher (Skyline) 14:54

photo by Don Gosney

Central Coast

CENTRAL COAST SECTION REGION 1, Crystal Springs, Belmont, 11-13-80.

Boys Teams-1. Bellarmine 26; 2. St. Francis 66; 3. St. Ignatius 72; 4. Mills 110.

Boys Individuals-1. Parades (B) 15:33; 2. Gillis (SI) 15:38; 3. Hughes (SF) 15:39; 4. Sellard (B) 16:04; 5. Gale (SF) 16:05; 6. Field (B) 16:09; 7. Ayers (B) 16:12; 8. Young (B) 16:14; 9. Spadero (Aragon) 16:15; 10. Benevento (B) 16:17.

CENTRAL COAST SECTION REGION 2, Crystal Springs, Belmont, 11-13-80.

Boys Teams-1. Monta Vista 43; 2. Carlmont 71; 3. Homestead 101; 4. Lynbrook 108; 5. Gunn 117; 6. Saratoga 118; 7. Palo Alto 177; 8. Menlo-Atherton 257; 9. Los Altos 269; 10. Sequoia 292.

Boys Individuals-1. McCollum (PA) 14:54; 2. Naughton (Fremont) 15:24; 3. Iglehart (G) 15:26; 4. Salazar (Sa) 15:31; 5. Gomez (C) 15:34; 6. Foster (MV) 15:37; 7. Zamczyk (H) 15:42; 8. Apperson (MV) 15:44; 9. Ernst (MV) 15:51; 10. Schare (CA) 16:05.

Girls Teams-1. St. Francis 58; 2. Los Altos 80; 3. Saratoga 99; 4. Carlmont 105; 5. Gunn 108; 6. Homestead 121; 7. Lynbrook 223; 8. Cupertino 237; 9. Menlo-Atherton 257; 10. Palo Alto 280.

Girls Individuals-1. Van Housen (Sacred Heart) 17:37; 2. Ker. Brogan (LA) 18:00; 3. Berndt (Gunn) 18:19; 4. Wright (H) 18:22; 5. Brodie (SF) 18:37; 6. Wolfe (Sequoia) 18:43; 7. Kwong (H) 18:50; 8. Silva (San Carlos) 18:52; 9. Kel. Brogan (LA) 19:10; 10. Foianini (Ca) 19:12.

CENTRAL COAST SECTION REGION 3, Crystal Springs, Belmont, 11-13-80.

Boys Teams-1. Los Gatos 76; 2. Willow Glen 86; 3. Independence 126; 4. Leigh 127; 5. Lick 127; 6. Santa Teresa 146; 7. Westmont 213; 8. Prospect 218; 9. Branham 246; 10. Mt. Pleasant 263.

Boys Individuals-1. Torres (I) 14:47; 2. Bernal (WE) 14:51; 3. Rubio (WG) 15:03; 4. Gonzales (Gundersen) 15:10; 5. Dulin (Le) 15:19; 6. Cox (LG) 15:21; 7. Johnson (Le) 15:27; 8. Shore (B) 15:31; 9. Stefanisko (ST) 15:34; 10. Munoz (Li) 15:43.

Girls Teams-1. Los Gatos 74; 2. Live Oak 111; 3. Leigh 124; 4. Del Mar 146; 5. Independence 148; 6. Branham 183; 7. Piedmont Hills 185.

Girls Individuals-1. Stearns (Silver Creek) 19:04; 2. Morris (LG) 19:17; 3. Parker (LG) 19:29; 4. Gustafson (LO) 19:30; 5. McCarroll (B) 19:35; 6. Davis (DM) 19:40; 7. Wendt (Le) 19:44; 8. Estrada (Pr) 19:47; 9. Boldt (I) 19:50; 10. Cicerello (DM) 19:57.

CENTRAL COAST SECTION, Crystal Springs, Belmont, 11/18/80.

Boys Teams-1. Los Gatos 98; 2. Monte Vista 120; 3. Willow Glen 126; 4. Hollister 133; 5. Bellarmine 135; 6. Leigh 182; 7. St. Francis 206; 8. Watsonville 222; 9. St. Ignatius 249; 10. Lick 253; 11. Santa Teresa 254; 12. Independence 264.

7. Wendy Sinner (M) 11:37, 8. Karin Lambden (CV) 11:46, 9. Val Knafelc (Car) 11:52, 10. Chris Manning (Car) 12:00.

4A Girls Teams: 1. San Ramon 75, 2. Berkeley 80, 3. Granada 96 (6th-47th), 4. California 96 (6th-51st), 5. El Cerrito 125, 6. Amador 145, 7. Antioch 152, 8. Concord 171, 9. Mission San Jose 173, 10. Memorial 305.

4A Girls Individuals: 1. Mary Gaffield (EC) 11:29.6, 2. Suzie Ames (Ca) 11:33, 3. Julie Hansen (SR) 11:48, 4. Amy Cathcart (AM) 11:54, 5. Heather Watkins (B) 11:57, 6. Heidi Ertl (Pinole) 11:59, 7. Becky Pierce (Ca) 12:03, 8. Helen Lehman (EC) 12:06, 9. Dana Whitney (MSJ) 12:07, 10. Kathy Daley (G) 12:08.

2A Boys Teams: 1. Las Lomas 44, 2. Castro Valley 50, 3. De La Salle 64, 4. Bishop O'Dowd 108, 5. Acalanes 120, 6. Moreau 158, 7. Liberty 211, 8. Arroyo 226, 9. Alameda 278, 10. Piedmont 294.

2A Boys Individuals: 1. Sam Hooker (LL) 15:29.8, 2. Dave Shea (CV) 15:42, 3. Dave Anderson (CV) 16:13, 4. Kyle Kessler (CV) 16:15, 5. Tom Barlow (LL) 16:22, 6. Rico Balatti (DLS) 16:22, 7. Steve Gearhart (Mira) 16:27, 8. Dean Shorno (BOD) 16:35, 9. Dave Hansell (Ac) 16:37, 10. John Morse (LL) 16:38.

photo by Don Gosney



MARCIA WHITE

Point State Park, Arcata, Nov. 15, 1980.

Boys Teams: 1. Montgomery 84, 2. Redwood 93, 3. Terra Linda 94, 4. Petaluma 114, 5. Ukiah 144, 6. Arcata 154, 7. Drake 179, 8. Casa Grande 186, 9. Fortuna 189, 10. Piner 194.

Boys Individuals: 1. Sam Skinner (R) 14:53, 2. Tim Brewer (CG) 15:29, 3. Mike Sutton (U) no time, 4. Dave Rodriguez (M) 15:34, 5. Tony Burke (M) 15:35, 6. Tom Green (F) 15:40, 7. Curt Dye (R) 15:42, 8. John von Seeburg (PI) 15:54.

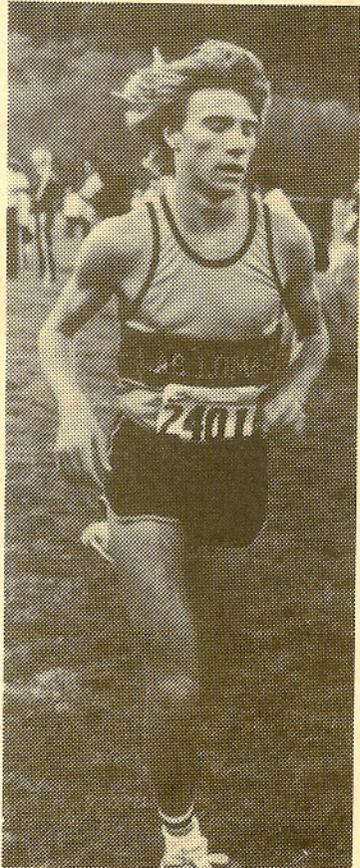
Girls Teams: 1. Drake 56, 2. Redwood 98, 3. Terra Linda 106, 4. Petaluma 130, 5. Marin Catholic 130, 6. Piner 156, 7. Ukiah 172, 8. Del Norte 199, 9. Sonoma 210, 10. Arcata 254.

Girls Individuals: 1. Lori Shanoff (Pe) 11:06, 2. Robyn MacSwain (TL) 11:09, 3. Laurie Hollingworth (PI) 11:20, 4. Katy Kyskstra (DR) 11:31, 5. Dana Flint (JK) 11:33, 6. Mary Brennan (MC) 11:43, 7. Ann Bertucci (Pe) 11:44, 8. Terrie Martin (R) 11:52, 9. Laura Starrett (R) 11:52, 10. Theresa Martin (Dr) 11:58.

NORTH COAST SECTION 1A. Indian Valley College, 11/15/80

Boys Teams -1 Fort Bragg 33; 2. Clear Lake 55; 3. Mt. Tamalpais 70.

photo by Keith Conning



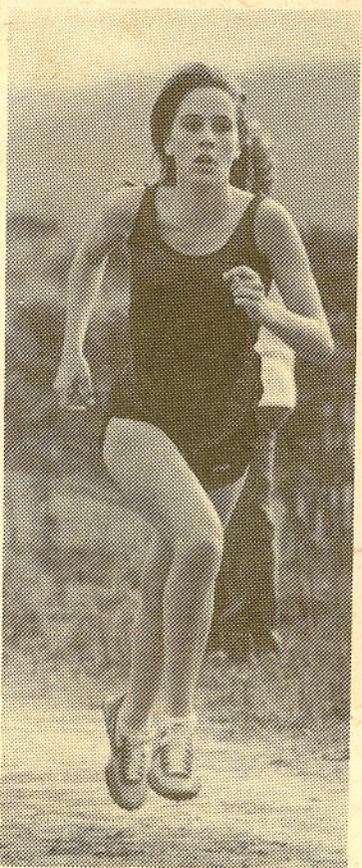
SAM HOOKER

CHAMPIONS, Tidon Park, Berkeley, Tuesday, 11/18/80.

Girls Teams-1. Miramonte 78, 2. Carondelet 94; 3. Drake 103; 4. Redwood 112; 5. San Ramon 147; 6. Petaluma 149; 7. California 174; 8. Berkeley 206; 9. Acalanes 214; 10. Castro Valley 217; 11. Terra Linda 234; 12. Granada 258; 13. Crystal Springs 357.

Girls Individuals-1. Lori Shanoff (Petaluma) 15:23.8, 2. Robyn MacSwain (Terra Linda) 15:37; 3. Marilyn Davis (Miramonte) 15:47; 4. Marcia White (Miramonte) 15:49; 5. Laurie Hollingworth (Piner) 15:50; 6. Paige Tully (Alhambra) 15:51; 7. Susie Ames (California) 15:56; 8. Katy Dykstra (Drake) 15:57; 9. Wendy Sihner (Miramonte) 15:59; 10. Mary Gaffield (El Cerrito) 16:02; 11. Mary Brennan (Marin Catholic) 16:04; 12. Jill Ellingson (Hayward) 16:05; 13. Mary Grace Maloney (St. Vincents) 16:06; 14. Laura Starret (Redwood) 16:12; 15. Karin Lambden (Castro Valley) 16:13; 16. Julie Hansen (San Ramon) 16:14; 17. Missy Dickson (Acalanes) 16:18; 18. Ann Bertucci (Petaluma) 16:24; 19. Mary Ann Morse (Carondelet) 16:29; 20. Becky Pierce (California) 16:33; 21. Valerie Knafelc (Carondelet) 16:35; 22. Terrie Martin (Redwood) 16:37; 23. Dana Flint

photo by Don Gosney



LINDA VANHOUSEN

Oakland

OAKLAND SECTION, Joaquin Miller Park, Oakland, Wednesday, 11/19/80.

Girls Team-1. Skyline 15.

Girls Individuals-1. Marta McLeod (Skyline) 13:03.5; 2. Jennifer Ray (Oakland) 13:09; 3. Wendy Turner (Skyline) 13:31; 4. Christy Camp (Skyline) 13:36.0; 5. Jennifer Byrens (Skyline) 13:41.0; 6. Marta Hill (Skyline) 14:00.

Boys Teams-1. Skyline 15; 2. Castle-mont 59; 3. Fremont 66.

Boys Individuals-1. Dave Pluth (Skyline) 13:39.9 (course record, old record 13:48 by Brett Baffert (San Ramon 1979)); 2. Steve Schneider (Skyline) 14:10; 3. Doug Duncan (Skyline) 14:21; 4. Theo Cedar (Skyline) 14:41; 5. Miguel Briones (Oakland) 14:46; 6. Charles Cypher (Skyline) 14:54

photo by Don Gosney



PAIGE TULLY

Boys Teams-1. Los Gatos 76; 2. Willow Glen 86; 3. Independence 126; 4. Leigh 127; 5. Lick 127; 6. Santa Teresa 146; 7. Westmont 213; 8. Prospect 218; 9. Branham 246; 10. Mt. Pleasant 263.

Boys Individuals-1. Torres (I) 14:47; 2. Bernal (WE) 14:51; 3. Rubio (WG) 15:03; 4. Gonzales (Gunderson) 15:10; 5. Dulin (Le) 15:19; 6. Cox (LG) 15:21; 7. Johnson (Lo) 15:27; 8. Shore (B) 15:31; 9. Stefanisko (ST) 15:34; 10. Munoz (LI) 15:43.

Girls Teams-1. Los Gatos 74; 2. Live Oak 111; 3. Leigh 124; 4. Del Mar 146; 5. Independence 148; 6. Branham 183; 7. Piedmont Hills 185.

Girls Individuals-1. Stearns (Silver Creek) 19:04; 2. Morris (LG) 19:17; 3. Parker (LG) 19:29; 4. Gustafson (LO) 19:30; 5. McCarroll (B) 19:35; 6. Davis (DM) 19:40; 7. Wendt (Le) 19:44; 8. Estrada (Pr) 19:47; 9. Boldt (I) 19:50; 10. Cicerello (DM) 19:57.

CENTRAL COAST SECTION, Crystal Springs, Belmont, 11/18/80.

Boys Teams-1. Los Gatos 98; 2. Monte Vista 120; 3. Willow Glen 126; 4. Hollister 133; 5. Bellarmine 135; 6. Leigh 182; 7. St. Francis 206; 8. Watsonville 222; 9. St. Ignatius 249; 10. Lick 253; 11. Santa Teresa 254; 12. Independence 264; 13. Mills 274; 14. Lynbrook 326; 15. Gunn 402; 16. Homestead 434; 17. Salinas 459; 18. Salinas 459; 19. Soquel 473.

Boys Individuals-1. McCollum (Palo Alto) 14:45; 2. N. Bernal (Westmont) 15:00; 3. Dulin (Leigh); 15:10; 4. Guaracha (Hollister) 15:13; 5. Rubio (Willow Glen) 15:14; 6. Scattini (Palma) 15:16; 7. Naughten (Fremont) 15:20; 8. Gonzalez (Gunderson) 15:24; 9. Steve Ernst (Monta Vista) 15:25; 10. Cox (Los Gatos) 15:28; 11. D. Stefanisko (Santa Teresa) 15:29; 12. Zamczyk (Homestead) 15:31; 13. Johnson (Leigh) 15:22; 14. Foster (Monte Vista) 15:34; 15. Vasquez (Watsonville) 15:36.

Girls Teams 1. St. Francis 63; 2. Los Gatos 128; 3. Gunn 152; 4. Carlmont 154; 5. Los Altos 186; 6. Del Mar 224; 10. San Mateo 227; 11. Live Oak 243; 12. Burlingame 258; 13. Branham 260; 14. Independence 265; 15. Santa Catalina 277; 16. Gilroy 368; 17. North Monterey County 385.

Girls Individuals-1. Van Housen (Sacred Heart) 17:37; 2. Ke. Brogan (Los Altos) 18:03; 3. Berndt (Gunn) 18:05; 4. Wright (Homestead) 18:30; 5. Brodie (St. Francis) 18:44; 6. Silva (San Carlos) 18:48; 7. Wolfve (Sequoia) 18:50; 8. Buckler (Saratoga) 18:51; 9. Kwong (Homestead) 18:55; 10. Stearns (Silver Creek) 18:59; 11. Choy (Salinas) 19:02; 12. Morris (Los Gatos) 19:02; 13. Grassi (St. Francis) 19:09; 14. Gustafson (Live Oak) 19:13; 15. McCarroll (Branham) 19:16.

Sac-Joaquin

SAC-JOIAQUIN SECTION, Sub-Section 3, Rusch Park, 11-7-80.

Boys Teams-1. Cordova 42, Mira Loma 51, 3. Vacaville 54, 4. Johnson 113, 5. Valley 117.

Boys Individuals-1. Torres (Johnson)

14:56; 2. Carroll (Mira Loma) 15:19; 3. Swafford (E) 15:22; 4. Knowles (Vacaville) 15:39; 6. La Brada (Elk Grove) 15:45; 7. Spencer (Elk Grove) 15:46; 8. Tenthorly (Cordova) 15:49; 9. Anderson (Cordova) 15:59; 10 Pappa (Mira Loma) 16:00.

Girls Teams-1. Cordova 25; 2. Mira Loma 43; 3. El Camino 76; 4. Rio Americano 98.

Girls Individuals-1. Slingerland (Mira Loma) 11:48; 2. McKeen (Cordova) 12:01; 3. Davis (Cordova) 12:09; 4. Petusky (Cordova) 12:11; 5. Van Leeuwen (Elk Grove, ex-Carlmont, Belmont) 12:12; 6. Santa Cruz (Mira Loma) 12:14; 7. Ortega (El Camino) 12:14; 8. Henry (Cordova) 12:17; 9. Tioske (Fairfield) 12:28; 10. Perrin (Mira Loma) 12:33.

SAC-JOQUIN SECTION, Oak Grove Course, Lodi, 11-15-80.

Boys Teams-1. Bella Vista 94; 2. Riverbank 95; 3. Vacaville 104; 4. Jesuit 108; 5. Woodland 117; 6. Mira Loma 158; 7. El Dorado 167; 8. Cordova 178; 9. Casa Roble 187; 10. Nevada Union 215.

Boys Individuals-1. Torres (Johnson) 14:16; 2. Kuphaldt (Bella Vista) 14:24; 3. Knowles (Vacaville) 14:42; 4. Ternes (Jesuit) 14:49; 5. Britten (Vacaville) 14:52; 6. Goyette (El Dorado) 14:53; 7. Whaler (Placer) 14:56; 8. Hamer (San Juan) 15:02; 9. Carroll (Mira Loma) 15:03; 10. Orr (Jesuit) 15:04.

Girls Teams-1. Cordova 73; 2. Mira Loma 98; 3. El Dorado 114; 4. Casa Roble 138; 5. Del Oro 147; 6. Davis 170; 7. Lincoln 171; 8. El Camino 209; 9. Merced, 212; 10. Bella Vista 216.

Girls Individuals-1. Slingerland (Mira Loma) 11:19.2; 2. Haase (South Tahoe) 11:27.7; 3. Martin (Casa Roble) 11:32.1; 4. McKeen (Cordova) 11:37.1; 5. Santa Cruz (Mira Loma) 11:39.6; 6. Perrin (Perrin (Mira Loma) 11:45.6; 7. Soto (Casa Roble) 11:47.0; 8. Bushling (Yuba City) 11:47.8; 9. Spencer (Placer) 11:49.1; 10. McAfee (Del Oro) 11:49.4.

Northern

NORTHERN SECTION, 11-8-80

Boys Teams-1. Anderson 65; 2. Lassen 83; 3. Las Plumas 96; 4. Red Bluff 127; 5. Enterprise 129; 6. Shasta 143; 7. Paradise 158; 8. Yreka 194; 9. Pleasant Valley 209; 10. Central Valley 213.

Boys Individuals-1. Herb Bladorn (Chico) 16:16; 2. Kerry Morretti (North Tahoe) 16:17; 3. Don Williams (Chico) 16:20; 4. Dean Vanderbush (Lassen) 16:37; 5. Kevin Allison (Anderson) 16:40; 6. Gary Cotrell (Anderson) 16:43; 7. John Prigmore (Shasta) 16:45; 8. Buckley Hulseman (Red Bluff) 16:48; 9. Frank Guzman (Modoc) 16:48; 10. Clarence Hafer (Las Plumas) 16:52.

Girls Teams-1. Nova 50; 2. Chico 79; 3. Pleasant Valley 82; 4. Shasta 87; 5. Lassen 87; 6. Enterprise 109; 7. Central Valley 189; 9. Yreka 235.

Girls Individuals-1. Jennifer Korte (Pleasant Valley) 15:37; 2. Kim Carter (Nova) 15:44; 3. Tammy Moore (Enterprise) 15:57; 4. Lori Wright (Pleasant Valley) 16:13; 5. Judy Smith (Lassen)

Boys Individuals-1. Shawn Smallwood (Corcoran) 14:26; 2. Sergio Perez (Corcoran) 14:29; 3. Bob Lohse (Hanford) 14.41; 4. Roy Vinton (Sanger) 14:46; 5. Louis Calderon (Sanger) 14:48; 6. Ray Gomez (Redwood) 14:52; 7. Jesse Valdez (Corcoran) 14:55; 8. Pete Escobedo (Corcoran) 15:06; 9. Terry Poppo (Corcoran) 15:10; 10. Alex Gallegos (Tulare Western) 15:15.

Girls Teams-1. Mt. Whitney 45; 2. Lemoore 75; 3. Redwood 93; 4. Reedley 98; 5. Sanger 119; 6. Exeter 125; 7. Immanuel 161; 8. Tulare Union 174; 9. Orosi 272.

Girls Individuals-1. Cynthia Rogers (Mt. Whitney) 11:14; 2. Yolanda Martinez (Reedley) 11:54; 3. Teresa Mayfield (Lemoore) 12:03; 4. Lupe Rodriguez (Sanger) 12:06; 5. Debbie Hernandez (Redwood) 12:08; 6. Deon Stockton (Exeter) 12:09; 7. Teresa Warren (Redwood) 12:11; 8. Jill Canales (Tulare Western) 12:12; 9. Michele Bailey (Exeter) 12:13; 10. Kathy Isham (Mt. Whitney) 12:13.

CENTRAL SECTION, Cal State Bakersfield, 11-20-80.

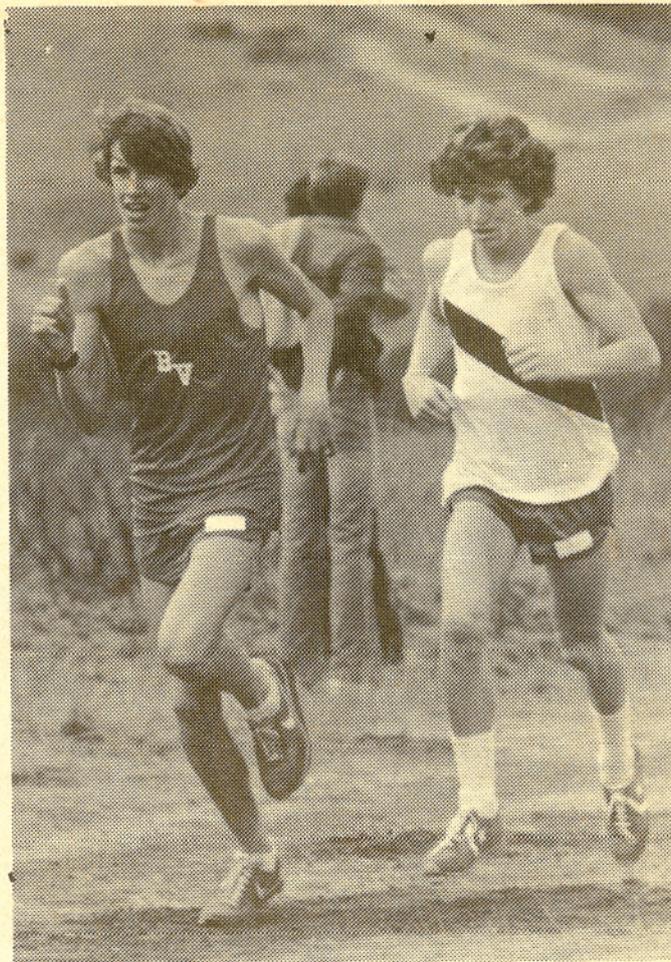
Boys Teams-1. Hoover 96; 2. Madera 99; 3. Sanger 130; 4. Corcoran 136; 5. Foothill 146; 6. Fresno High 186; 7. Reedley 213; 8. Clovis 220; 9. Bakersfield 227; 10. Mt. Whitney 238; 11. Redwood 247; 12. East Bakersfield 253; Shafter 256; Hanford 279; Clovis West 337; 16. South 374.

Boys Individuals-1. Gary Gonzales (Clovis) 14:32; 2. Shawn Smallwood (Corcoran) 15:00; 3. Bob Lohse (Hanford) 15:05; 4. Roy Vinton (Sanger) 15:06; 5. Dean Walker (Hoover) 15:08; 6. Pete Escobedo (Corcoran) 15:08; 7. Ray Gomez (Redwood) 15:08; 8. Louie Calderon (Sanger) 15:11; 9. Louis Frausto (Madera) 15:20; 10. Sergio Perez (Corcoran) 15:22; 11. Joel Wobrock (Mon) 15:24; 12. Leroy Riveria (Clovis) 15:26; 13. Mark Beebe (Fresno) 15:28; 14. Alex Gallegos (Tulare Western) 15:29; 15. Arturo Ramos (Arvin) 15:31; 16. Jim Pettis (Port) 15:31; 17. David Perez (Roo) 15:34; 18. Nic Scatena (East Bakersfield) 15:34; 19. David Escobar (Shafter) 15:36; 20. Jose Caballero (Madera) 15:37.

Girls Teams 1. West 108; 2. North 108; 3. Bullard 136; 4. Clovis West 141; 5. Mt. Whitney 148; 6. Arvin 209; 7. Lemoore 210; 8. Redwood 226; 9. Clovis 243; 10. Reedley 259; 11. Foothill 264; 12. South 286; 13. Madera 289; 14. Hoover 299; 15. Sanger 313.

Girls Individuals - 1. Karen Van Wagenen (Clovis West) 11:33.4; 2. Cynthia Rogers (Mt. Whitney) 11:36; 3. Mary Banales (South) 11:38; 4. Karmen Stickney (Mon) 11:43; 5. Brenda Wilcox (Clovis) 11:47; 6. Teri Nelson (West) 11:47; 7. Stacey Chavez (West) 11:49; 8. Cathy Adams (Madera) 11:54; 9. Robin Lewis (East Bakersfield) 12:12; 10. Ram Ash (North) 12:16; 11. Linda Hooke (Bullard) 12:17; 12. Barbara Barnes (Hoover) 12:18; 13. Theresa Mayfield (Lemoore) 12:20; 14. Kara Ragland (North) 12:20; 15. Yolanda Martinez (Reedley) 12:20; 16. Keri Palmer (North) 12:24; 17. Lucy Vasquez (Arvin) 12:28;

photo by Don Gosney



HAROLD KUPHALDT(left) and MIKE MCCOLLUM

Saddleback CC

Mission Viejo for the Sectional Prelims and Finals Meets. Difficulties in scheduling forced a mid-season switch from Walnut's Mt. SAC facility, and a group of Orange County Coaches stepped in to rescue the Championship meets. The concrete and dirt trail course toured the perimeter of the Community College campus, featuring a final 330 yards on an all-weather track. The course featured a set of "roller-coaster" hills that were moderately challenging during the first mile, and there was a gradual uphill climb over the last mile to the finish. The Men's course started a quarter mile further back down the road, and featured a sloped down and up 1320 yard loop at the mile to get their extra mile in over the Women's Two. The course wheeled out to 50 yards longer than two miles for the

Mesa) 15:42; Wilson (Dos Pueblos) 15:45; Stupek (Dos Pueblos) 15:46; Romero (Thousand Oaks) 15:46; Howard (Costa Mesa) 15:49; Griffiths (South Torrance) 15:50; Laubscher (Thousand Oaks) 15:51.

WOMEN'S 3A DIVISION

Coach Phil Ryan had his San Marino troops gassed up and ready to go and they churned to a decisive win here. The Titans scored 60 points (62:45) to take the tight trio of Laguna Beach (111-64:27), quickly improving Walnut (115-64:45), and Mira Costa (129-65:02). Ryan's all underclass group put its five scorers within the top twenty-five places in racing to the day's overall fifth fastest women's team time.

The most interesting of the Girls' individual races was featured here as a pack of five (Leslie White (Sonora, La Habra), Kelly Buzza (Arroyo Grande), Margaret Spotts (Redondo Beach), Penny Miller (Downey), and Shelly McClelland (San Marino) were all even at the mile. After a battle the final half of the race White was the most powerful on the track during the final 330 sprint to win at 11:59, while McClelland, Miller, Spotts, and a strong finishing Therese Ebner (Bishop Amat) made up the final top five.

Ryan's Girls had taken the 2A title in 1978 and handled the move to the 3A level since then quite successfully.

RESULTS:

Team: San Marino 60-62:45; Laguna Beach 111-64:27; Walnut 115-64:45; Mira Costa 129-65:02; Capistrano Valley 171-66:17; Arroyo Grande 172-66:10; Mater Dei (Santa Ana) 189-66:58; Bishop Amat (La Puente) 190-66:36; Beverly Hills 202-67:18; Redondo 216-67:47; Norco 218-68:13.

Individual: White (Sonora) 11:59; McClelland (San Marino) 12:01; Miller (Downey) 12:03; Spotts (Redondo) 12:09; T. Ebner (Bishop Amat) 12:10; Durrand (Laguna Beach) 12:16; Maldonado (Bishop Amat) 12:17; Buzza (Arroyo Grande) 12:18; Acosta (Walnut) 12:20; Booth (Laguna Beach) 12:21; White (Mira Costa) 12:22; Van Steenberg (San Marino) 12:28; Irving (San Marino); 12:30; Zepeda (Capistrano Valley) 12:32; Gottlieb (Beverly Hills) 12:43.

MEN'S 3A DIVISION

An unheralded Norco squad of Coach Larry Nugent burst from a group of seven squads who had raced to within a minute of each other in the Prelims the previous week to take the team title. The Cougars dropped their times nicely in a week to take the win quite easily. Bruce McCormack, a junior, (5th-15:31) led the team up front, but it was the improvement of Mike Wardle and Terry McCormack that gave them the depth to roll to a 32 point win (84-80:39) over Mater Dei (116-81:37). Mater Dei's star, Robert Planta, competed with a stress fracture and had to be helped off the field after the race. Don Chadez did a super job of bringing around his young squad this year to take third off a better sixth man when his El Dorado group tied with Mira Costa at 129 points.

MEN'S 4A DIVISION

A steadily improving Thousand Oaks squad put it together when the time was right to emerge a somewhat surprising team victor with 112 points (79:55) to Costa Mesa's 115 (79:49). Without a big gun, the Lancers relied on a tight team gap (33 seconds 1-5 in places 17 through 40). The first seven teams were within a minute in their team times. The

Northern

NORTHERN SECTION, 11-8-80

Boys Teams-1. Anderson 65; 2. Lassen 83; 3. Las Plumas 96; 4. Red Bluff 127; 5. Enterprise 129; 6. Shasta 143; 7. Paradise 158; 8. Yreka 194; 9. Pleasant Valley 209; 10. Central Valley 213.

Boys Individuals-1. Herb Bladorn (Chico) 16:16; 2. Kerry Morretti (North Tahoe) 16:17; 3. Don Williams (Chico) 16:20; 4. Dean Vanderbush (Lassen) 16:37; 5. Kevin Allison (Anderson) 16:40; 6. Gary Cotrell (Anderson) 16:43; 7. John Prigmore (Shasta) 16:45; 8. Buckley Hulseman (Red Bluff) 16:48; 9. Frank Guzman (Modoc) 16:48; 10. Clarence Hafer (Las Plumas) 16:52.

Girls Teams-1. Nova 50; 2. Chico 79; 3. Pleasant Valley 82; 4. Shasta 87; 5. Lassen 87; 6. Enterprise 109; 7. Central Valley 189; 9. Yreka 235.

Girls Individuals-1. Jennifer Korte (Pleasant Valley) 15:37; 2. Kim Carter (Nova) 15:44; 3. Tammy Moore (Enterprise) 15:57; 4. Lori Wright (Pleasant Valley) 16:13; 5. Judy Smith (Lassen) 16:17; 6. Becky Fretwell (Chico) 16:26; 7. Sabrina Schreder (Nova) 16:34; 10. Lynn Johnston (Nova) 16:39.

Central

CENTRAL SECTION, NORTH AREA, Woodward Park, Fresno, 11-14-80.

Boys Teams-1. Hoover 47; 2. Madera 53; 3. Clovis 68; 4. Fresno High 78; 5. Clovis West 158; 6. Tranquillity 185; 7. Roosevelt 210; 8. Bullard 210; 9. Firebaugh 232; 10. Sierra Union 256.

Boys Individuals-1. Gary Gonzales (Clovis) 14:24; 2. Dean Walker (Hoover) 14:55; 3. Louis Frausto (Madera) 15:04; 4. Leroy Rivera (Clovis) 15:17; 5. Mark Beebe (Fresno High) 15:26; 6. Chuck Shoshone (Hoover) 15:28; 7. David Perez (Roosevelt) 15:29; 8. Bill Sterling (Hoover) 15:30; 9. Jose Caballero (Madera) 15:31; 10. Leonardo Medina (Madera) 15:32.

Girls Teams-1. Bullard 48; 2. Clovis West 53; 3. Clovis High 74; 4. Madera 92; 5. Hoover 99; 6. Sierra 144.

Girls Individuals-1. Karen VanWagenen (Clovis West) 11:43; 2. Brenda Wilcox (Clovis) 11:58; 3. Cathy Adams (Madera) 12:07; 4. Barbara Barnes (Hoover) 12:27; 5. Linda Hooke (Bullard) 12:30; 6. Susan Molina (Roosevelt) 12:46; 7. Valarie Netzley (Bullard) 12:50; 8. Rosemarie Alcaez (Sierra) 12:51; 9. Julie Doerr (Hoover) 12:53; 10. Margie Adames (Madera) 12:55.

CENTRAL AREA CENTRAL SECTION, Lemoore, Hickey Park, 11-14-80.

Boys Teams-1. Corcoran 27; 2. Sanger 73; 3. Mt. Whitney 109; 4. Redwood 113; 5. Hanford 130; 6. Reedley 145; 7. Tulare Union 168; 8. Lemoore 203; 9. Parlier 226; 10. Tulare Western 246.

11. Spicer (Mission) 11:49; 12. McAfee (Del Oro) 11:49; 13. Mark Beebe (Fresno) 15:28; 14. Alex Gallegos (Tulare Western) 15:29; 15. Arturo Ramos (Arvin) 15:31; 16. Jim Pettis (Port) 15:31; 17. David Perez (Roosevelt) 15:34; 18. Nic Scatena (East Bakersfield) 15:34; 19. David Escobar (Shafter) 15:36; 20. Jose Caballero (Madera) 15:37.

Girls Teams 1. West 108; 2. North 108; 3. Bullard 136; 4. Clovis West 141; 5. Mt. Whitney 148; 6. Arvin 209; 7. Lemoore 210; 8. Redwood 226; 9. Clovis 243; 10. Reedley 259; 11. Foothill 264; 12. South 286; 13. Madera 289; 14. Hoover 299; 15. Sanger 313.

Girls Individuals - 1. Karen Van Wagenen (Clovis West) 11:33; 4; 2. Cynthia Rogers (Mt. Whitney) 11:36; 3. Mary Banales (South) 11:38; 4. Karmen Stickney (Mon) 11:43; 5. Brenda Wilcox (Clovis) 11:47; 6. Teri Nelson (West) 11:47; 7. Stacey Chavez (West) 11:49; 8. Cathy Adames (Madera) 11:54; 9. Robin Lewis (East Bakersfield) 12:12; 10. Ram Ash (North) 12:16; 11. Linda Hooke (Bullard) 12:17; 12. Barbara Barnes (Hoover) 12:18; 13. Theresa Mayfield (Lemoore) 12:20; 14. Kara Ragland (North) 12:20; 15. Yolanda Martinez (Reedley) 12:20; 16. Keri Palmer (North) 12:24; 17. Lucy Vasquez (Arvin) 12:28; 18. Maria Grasse (Mt. Whitney) 12:31; 19. Susan Molina (Roosevelt) 12:33; 20. Chris Martinez (Redwood) 12:39.

San Francisco

SAN FRANCISCO SECTION, Polo Field Concourse, Golden Gate Park, 11-19-80

Boys Teams - 1. Washington 59; 2. Lowell 61; 3. Lincoln 108; 4. Wilson 116; 5. Balboa 128; 6. Mission 147; 7. McAteer 151; 8. O'Connell 228; 9. Galileo 213.

Boys Individuals - 1. Mike Sowell (Lowell) 17:27; 2. Byron Spicer (Mission) 18:14; 3. Tyrone Stanford (Washington) 18:39; 4. Lloyd Anderson (Wilson) 18:30; 5. Karl Volz (Lincoln) 18:31.

Girls Teams - 1. Lowell 29; 2. Lincoln 62; 3. Galileo 143; 4. McAteer 162; 5. Balboa 175; Mercy, Mission & Washington incomplete. Wilson did not enter.

Girls Individuals - 1. Laura Chalcraft (Galileo soph.) 22:07; 2. Liz Brown (Lowell) 22:24; 3. Monalisa Berbey (Lincoln) 22:28; 4. Joan Carw (Lowell) 23:15; 5. Cindy Woo (Lowell) 23:19.

Southern

CIF SOUTHERN SECTION CROSS COUNTRY FINALS - by Doug Speck

On the Saturdays of November 15th and 22nd, the CIF Southern Section gathered at Saddleback Community College in

HAROLD KUPHALDT(left) and MIKE MCCOLLUM

Saddleback CC

Mission Viejo for the Sectional Prelims and Finals Meets. Difficulties in scheduling forced a mid-season switch from Walnut's Mt. SAC facility, and a group of Orange County Coaches stepped in to rescue the Championship meets. The concrete and dirt trail course toured the perimeter of the Community College campus, featuring a final 330 yards on an all-weather track. The course featured a set of "roller-coaster" hills that were moderately challenging during the first mile, and there was a gradual uphill climb over the last mile to the finish. The Men's course started a quarter mile further back down the road, and featured a sloped down and up 1320 yard loop at the mile to get their extra mile in over the Women's Two. The course wheeled out to 50 yards longer than two miles for the Girls and 50 yards short of three for the Men.

Team-wise and in the individual races things up front generally went pretty true to form. Surprises were Norco with their Men's 3A victory, Thousand Oaks with an awesome team performance to take the Men's 4A and Agoura with a mild 2A Women's upset win.

WOMEN'S 4A Division

University of Irvine finished its season off nicely with a big team victory with 48 points (59:58 team time) led by its one-two punch of Polly Plumer and Teresa Barrios. Polly burned out and led by one hundred yards through the mile at 5:23. Barrios (34d-11:43) was run down by Saugus' Shelly Hazlett (2nd-11:32) in the final mile. Sea View League rival Costa Mesa (78-62:03) followed Uni, with fine Saugus (93-61:54) and Newbury Park (105-62:40) teams in third and fourth. Fountain Valley improved nicely recently to fifth at 130 (63:06). The Barons' Anna Villanueva capped her comeback off some early season inactivity with a 4th at 11:55 ahead of Burbank's Nina Manriquez (5th-12:04) who was in her first year of Cross-Country.

University is Southern California's best ever Women's High School Cross-Country team and a nominee for the top team in the nation—they return their top four, six of their top seven for 1981.

RESULTS:

Team: University (Irvine) 48-59:58; Costa Mesa 78-62:03; Saugus 93-61:54; Newbury Park 105-62:40; Fountain Valley 130-63:06; Foothill (Santa Ana) 154-63:37; Edison (Huntington Beach) 176-64:30; Santa Barbara 210-65:09; Tustin 211-64:57; Wilson (Long Beach) 236-65:54; West Torrance 259-66:05; Buena (Ventura) 300-66:36.

Individual: Plumer (University) 11:11; Hazlett (Saugus) 11:32; Barrios (University) 11:43; Villanueva (Fountain Valley) 11:55; Manriquez (Burbank) 12:04; Dunn (Camarillo) 12:07; Fournier (Saugus) 12:07;

Grimsby (Wilson) 12:13; Ehlen (Santa Barbara) 12:13; LaCrosse (Costa Mesa) 12:14; Kelly (Costa Mesa) 12:14; Unger (Foothill) 12:17; Ball (Newbury Park) 12:18; Sauerwein (Uni) 12:19; Armentrout (Uni) 12:19; Cox (Foothill) 12:20; Jones (Newbury Park) 12:21; Wolfe (Costa Mesa) 12:23; Stachura (Newbury Park) 12:24;

MEN'S 4A DIVISION

A steadily improving Thousand Oaks squad put it together when the time was right to emerge a somewhat surprising team victor with 112 points (79:55) to Costa Mesa's 115 (79:49). Without a big gun, the Lancers relied on a tight team gap (33 seconds 1-5 in places 17 through 40). The first seven teams were within a minute in their team times. The University of Irvine Men's group (128-80:16) nipped a young Dos Pueblos of Goleta team (145-80:41) and Fountain Valley (146-80:38) for third through fifth. It was wild, wide open Cross-Country, as eight teams had times from the Prelims from within a minute—Thousand Oak's squad steadily moved up during the last mile and one-half to make their win possible.

The contest among the top individuals in the race was a re-run with a different ending of last year's 4A script. Jon Butler (Edison, Huntington Beach) and Barasa Thomas (Santa Barbara) broke away from the pack early for a two man duel. Through the first mile and a half they battled shoulder-to-shoulder, Butler slightly leading, with Thomas looking surprisingly easier sitting on his shoulder. On a long downhill at the one and three-quarter mile mark Butler suddenly moved away to a 45 yard lead. Passing two miles right at 10:00, Butler maintained that margin to a 14:56-15:05 win over his Kenyan rival. Butler finished an undefeated season. Scott LaCrosse (Costa Mesa) finished third over Steve Valen (El Modena, Orange), Chris Bowlus (Rolling Hills), and the Corona Del Mar duo of Jim Hartford and Shawn Gallagher.

RESULTS:

Team: Thousand Oaks 112-79:55; Costa Mesa 115-79:49; University 128-80:16; Dos Pueblos (Goleta) 145-80:41; Fountain Valley 146-80:38; Villa Park 150-80:48; Rolling Hills 156-80:42; Palos Verdes 159-81:11; Camarillo 190-82:14; South Torrance 217-82:41; Simi Valley 236-83:14; Corona Del Mar 263-81:22.

Individual: Butler (Edison) 14:56; Thomas (Santa Barbara) 15:05; LaCrosse (Costa Mesa) 15:18; Valen (El Modena) 15:33; Bowlus (Rolling Hills) 15:24; Hartford (Corona Del Mar) 15:27; Gallagher (Corona Del Mar) 15:29; Parker (Tustin) 15:33; Grande (Villa Park) 15:34; Daily (Villa Park) 15:39; Mosher (Fountain Valley) 15:41; Meyer (University) 15:41; Erickson (Fountain Valley) 15:42; Herrera (Costa

(Bishop Amat) 12:10; Durrant (Laguna Beach) 12:16; Maldonado (Bishop Amat) 12:17; Buzza (Arroyo Grande) 12:18; Acosta (Walnut) 12:20; Booth (Laguna Beach) 12:21; White (Mira Costa) 12:22; Van Steenberg (San Marino) 12:28; Irving (San Marino) 12:30; Zepeda (Capistrano Valley) 12:32; Gottlieb (Beverly Hills) 12:43.

MEN'S 3A DIVISION

An unheralded Norco squad of Coach Larry Nugent burst from a group of seven squads who had raced to within a minute of each other in the Prelims the previous week to take the team title. The Cougars dropped their times nicely in a week to take the win quite easily. Bruce McCormack, a junior, (5th-15:31) led the team up front, but it was the improvement of Mike Wardle and Terry McCormack that gave them the depth to roll to a 32 point win (84-80:39) over Mater Dei (116-81:37). Mater Dei's star, Robert Planta, competed with a stress fracture and had to be helped off the field after the race. Don Chadez did a super job of bringing around his young squad this year to take third off a better sixth man when his El Dorado group tied with Mira Costa at 129 points.

Individually, Northview's Mike Carlton and Montebello's Ernie Cadena pulled away after a mile and Mike eased ahead during the last mile for his 15:09-15:15 triumph. The next three places, Jeff Atkinson (Mira Costa), soph Tim Cammack (South Hills, Covina), and Norco's McCormack were sorted out during the 330 sprint on the track.

RESULTS:

Team: Norco 84-80:39; Mater Dei (Santa Ana) 116-81:37; El Dorado (Placentia) 129-81:49 (6th man), Mira Costa (Manhattan Beach) 129-81:25; Hawthorne 142-81:56; La Canada 156-82:28; Mission Viejo 159-82:31; Montebello 182-82:23; Buena Park 187-83:01; Walnut 208-83:32; Temple City 212-83:51; San Marino 249-84:31.

Individuals: Carlton (Northview) 15:09; Cadena (Montebello) 15:15; Atkinson (Mira Costa) 15:29; Cammack (South Hills) 15:31; McCormack (Morco) 15:31; Olson (Hawthorne) 15:37; Souza (Wilson, Hacienda Heights) 15:44; Terriquez (Buena Park) 15:47; Howard (Dana Hills) 15:54; Perez (Rowland) 15:54; Seawright (Mira Costa) 15:56; Dion (Mission Viejo) 15:57; Olafson (La Canada) 15:58; Aukerman (Mira Costa) 15:58; Ruiz (Walnut) 16:04.

WOMEN'S 2A DIVISION

A surprising Agoura (87-66:58) team leap-frogged over Alemany (98-65:37) for its win. Alemany raced without its fourth girl and Agoura had a super race from frosh Susanne Muschitz (8th-12:51, down from 14:19 the previous week) to ice the win. Some thirty points behind the front duo a young Paso Robles group nabbed third (125-68:17) over Pacifica (Gardena Grove) (132-68:36), and Marymount (LA) (141-68:31).

Vickie Cook ended any suspense in the individual race early as she blasted out to a thirty second lead by the mile and stretched it to over a minute at the finish in the day's fastest individual effort of 11:08. Rosie Bonilla of Los Amigos

continued on next page

(Garden Grove) finished second in 12:11, with Bernadette Torres (Basset) 12:19 and Donna Marino (Montclair) 12:27 in third and fourth.

RESULTS:

Team: Agoura 87-66:58; Alemany (Mission Hills) 98-65:37; Paso Robles 125-68:17; Pacifica (Garden Grove) 132-68:36; Marymount (LA) 141-68:31; Rosemead 164-69:43; Victor Valley 175-69:47; Schurr 183-69:51 (6th Runner); Central (El Centro) 183-69:30; Louisville (Woodland Hills) 184-70:25; Apple Valley 200-70:18; Indio 246-71:31.

Individuals: Cook (Alemany) 11:08; Bonilla (Los Amigos) 12:11; Torres (Basset) 12:19; Marino (Montclair) 12:27; Garnett (Marymount) 12:50; Muschitz (Agoura) 12:51; Abina (Central) 12:55; Simon (Agoura) 12:57; Stewart (Louisville) 13:03; Silva (Alemany) 13:06.

photo by Don Gosney



LORI LOPEZ

first ever Women's 1A Championship in one of the day's tighter contests with 89 points (70:41). The final team in the field of eight had 137 points, as the first five teams were all within 19 points. Pasadena Poly, led by individual second placer Jean Kutner (12:30) placed in that same spot as a team with 91 (71:50). Individual titlist Lori Lopez of Sacred Heart (LA), the winner by a wide margin at 12:01, had her squad a close third with 92. Sherman Indian (Riverside) with 100 was fourth and Bishop had 104.

RESULTS:

Team: Paraclete (Lancaster) 89-70:41; Pasadena Poly 91-71:50; Sacred Heart (LA) 92-69:39; Sherman Indian (Riverside) 100-71:30; Bishop 104-71:19; La Verne Lutheran 108-71:27; LA Baptist 127-72:01; Culver City 137-72:55.

Individual: Lopez (Sacred Heart) 12:01; Kutner (Poly) 12:30; McMillan (LA Baptist) 12:53; Rethwisch (Orange Lutheran) 13:13; Masonis (La Verne Lutheran) 13:21; La Berteaux (Paraclete) 13:28; Mowharter (La Verne Lutheran) 13:39; Kolbe (Bishop) 13:43; Johnson (Desert) 13:44; Voge (Paraclete) 13:45.

MEN'S 1A DIVISION

Sherman Indian (Riverside) was a solid pick after the Prelims with the top team time by about a minute and a half, and in the Finals they packed their top six in the top 22 slots for a comfortable win the 57 points (83:23). Coach Don Blair's LaSalle team has steadily improved all year, moving still closer to Sherman this week with 72 points (84:37). 29 Palms (101-86:26; Carpenteria (116-85:56) with the individual winner in junior Tom Grewe (15:43), and Atascadero (148-88:51) rounded out the top five.

In the individual struggle up front, Grewe was joined near two miles by Sherman's James Selina and Kennedy of Barstow 9th grader Jimmy Ortiz (yes he has a brother at UCLA). This trio battled the final mile together—Grewe took the 330 sprint to the tape for his win.

RESULTS:

Team: Sherman Indian (Riverside) 57-83:23; LaSalle (Pasadena) 72-84:37; 29 Palms 101-86:26; Carpenteria 116-85:56; Atascadero 148-88:51; Fillmore 178-89:29; Paraclete (Lancaster) 187-90:17; Bishop 196-90:14; Cathedral (LA) 242-92:28; Serrano (Phelan) 249-93:10; Morro Bay 266-93:28; Brentwood 272-94:48.

Individual: Grewe (Carpenteria) 15:43; Selina (Sherman Indian) 15:49; Ortiz (Kennedy Jr. Hi, Barstow) 15:49; Monroe (LA Baptist) 16:03; Yuster (Brentwood) 16:10; Robles (Fillmore) 16:13; Green (LaSalle) 16:15; Armbruster (Paso Robles) 16:19; Crawford (St. Bonaventure, Ventura) 16:25; Johnson (29 Palms) 16:26.

ROADSIDE NOTES

Next year the meet goes back to Mt. SAC a facility which fulfilled about

meet are to be congratulated (John Blair (Corona Del Mar), Jerry Whitaker (Foot-hill HS), Tom White (Saddleback), and the others who helped). The meet went smoothly and in a first class manner.

The unofficial awards for best Coaching job have to go to the 3A and 4A Men's team winners. Thousand Oak's Jack Farrell had two returnees off his 4A runner-ups from last year, so he was faced with a major rebuilding job. He obviously succeeded, sneaking gradually up on everyone and winning a wide-open 4A team struggle. Finalist team leader Hector Romero (17th) showed potential last year in track, but missed some early season competitions before coming on in the last month. A transfer from the fine York program in Illinois helped also. Norco's first year mentor, Larry Nugent, had four returnees from last year's 11th place 3A group of Coach Ben Gonzalez. Unranked going into the Sectional meets Nugent's squad peaked perfectly, moving away from a pack of seven equal squads to a big 32 point and minute team-time victor.

The "pull them up by the boot-straps" award goes to Coach Tim O'Rourke of Arroyo (El Monte) High School. Tim revived a waning Men's program and quickly restored it to the heights it achieved under Juan Hernandez in the last 1960's and early 1970's with the Knight's 1980 2A 2nd place.

Frosh Jimmy Ortiz (Kennedy Junior High, Barstow) the younger brother of UCLA's star, Steve, was very impressive with his 3rd at 15:49 in the Men's 1A. Jimmy could have legally run for Barstow High, as it is the only High School in town. Plugging his 15:49 into Barstow's Varsity would have dropped that teams time to 79:14 making them the Section's fastest by over half a minute.

Leagues involved in changes from one division to another for the Sectional competition generally held their own. Saugus, San Marino, Temple City, La Canada, Montebello, Rim of the World, and Perris all had finalist groups despite their League being jumped up a level. Teams such as Mira Costa, Agoura, and Barstow that dropped down divisions kind of devoured their new levels.

The Girls new 1A division was a big hit, providing the day's tightest team competition and giving some new schools chances at sectional honors.

Camarillo would have been right near the top of the Men's 4A race as a team if soph Erick Reynolds (who did not run due to illness) could have duplicated the time he raced to in the Prelims (15:39) in the Finals.

It sounds like a broken record, but as usual things will get better next year in the Women's division as all four individual champions return, University of Irvine returns six of its top seven, San Marino returns all seven, etc. etc.

Northern Calif. Championships

by Keith Conning

November 22, 1980. Crystal Springs, Belmont.

Jay Marden (Mission San Jose, Fremont) led from the start. He came through the first mile in 4:29 and the two-mile in 9:28. His time of 14:28.4 tied the course record set by Mitch Kingery in 1973. Unfortunately Gary Gonzales (Clovis), the Central Section champion, who placed second at Mt. SAC to Jon Butler, decided to pass up this race, in order to concentrate on the Kinney Western Regional in Fresno the following week. Sam Hooker (Las Lomas, Walnut Creek) was a surprise second in the fine time of 14:46. Sam is a transfer student from Chicago, who placed high in the Illinois State Meet. Jesse Torres (Independence, San Jose) did not run, because he was declared scholastically ineligible before his section meet.

Los Gatos won the boys team title despite a foul-up in the chute.

Linda Van Housen (Sacred Heart) won the girls race in 17:45.5. But the big story was what happened to pre-meet favorites Lori Shanoff (Petaluma) and Robyn MacSwain (Terra Linda, San Rafael). Robyn set her normal blistering pace of 5:23 for the first mile and 11:11 for the second mile. However, she collapsed with about 3/4 of a mile to go and did not finish. Lori finished well back in the tenth spot. Robyn and Lori had simply run too many hard races in a short period, in order to recover properly. They can blame their mishap on a scheduling error made by the North Coast Section Commissioner Paul Gaddini, who inadvertently scheduled the North Coast Section Meet of Champions

on November 22nd, the same time as the Northern California Championships. When this reporter notified some NCS coaches of this problem, they had Gaddini change the date to a Tuesday, but he left the other qualifying meets along. Thus Robyn, Lori and the fine girls team from Drake of San Anselmo had to run three races in eight days and travel some long distances to do it. Drake, which had taken third at the highly competitive NCS Meet of Champions, couldn't even finish a complete team at the Nor Cal. The first meet in the "Marathon Series" was Saturday November 15th in Arcata, which is north of Eureka, a very long drive from the Bay Area. Robyn and Lori were undefeated going into this 3A NCS race. Robyn had won the Artichoke and Crystal Spring Invitationals. Her time at Crystal Springs was 17:14, which is the 5th fastest every run there. For comparison purposes, Linda Van Housen's best time was 17:37 on Crystal Springs. Robyn defeated both Van Housen and Kerry Brogan at Artichoke by huge margins. Lori for her part had defeated Brogan at Stanford by 29 seconds. Thus, the stage was set for a great matchup of undefeated competitors. Lori defeated Robyn by 3 seconds at 3A and again on the following Tuesday at the Meet of Champions in Berkeley by 14 seconds. Yet, the three meets in eight days finally caught up with them. I should also point out that Petaluma had come down on Monday to Berkeley to jog the MOC course, which further fatigued them. Hopefully this scheduling mishap won't happen again. Needless to say both Doug Johnson of Petaluma and Duncan MacSwain of Terra Linda were upset to put it mildly.

Miramonte of Orinda dominated the girls team battle with 58 points. They were paced by junior Marilyn Davis, the State 800 meter champion, who finished fourth. Senior Marcia White was fifth and sophomore sensation Wendy Sihner was ninth.

15:10.2; 14. Brian Abshire (Daly) 15:11.5; 15. Roy Vinton (Sanger) 15:15.2; 16. Paul Cox (Los Gatos) 15:18.0; 17. Dan Carroll (Mira Loma) 15:18.6; 18. Joe Naughten (Fremont) 15:19.7; 19. David Pluth (Skyline) 15:20.8; 20. Steve Ernst (Monta Vista) 15:22; 21. Robert Lohse (Hanford) 15:22; 22. Dave Shea (Castro Valley) 15:22; 23. Wayne Bratten (Vacaville) 15:23; 24. Bill Ternes (Jesusit) 15:23; 25. Steve Wogsland (Mission San Jose) 15:27; 26. David Hamer (San Juan) 15:27; 27. Gary Whaler (Placer) 15:28; 28. Kevin Allison (Anderson, soph) 15:29; 29. Mike Lee (Bella Vista) 15:30; 30. Jeff Purrington (Willow Glen) 15:31.

Girls Teams - 1. Miramonte 58; 2. Carondelet 74; 3. Cordova 98; 4. St. Francis 120; 5. Mira Loma 151; 6. Nova 157; 7. Los Gatos 182; 8. Gunn 193; 9. West 213; 10. Skyline 215; 11. Chico 258; 12. El Dorado 268; 13. Lowell 365; Drake inc.

MEN'S 2A DIVISION

Barstow blasted to the top Prelims time in this division as a team by about four minutes and was the prohibitive favorite. They let no one down in the Finals as



LORI LOPEZ

MEN'S 2A DIVISION

Barstow blasted to the top Prelims time in this division as a team by about four minutes and was the prohibitive favorite. They let no one down in the Finals as they dominated the team and individual struggles. Steve Schweikart started out quickly for the Aztecs and Vernon Morris moved up from the middle of the pack to join up at two miles and battle to the finish with Schweikart winning 15:28 - 15:32 and a 1-2 Barstow sweep. They were backed up nicely as Barstow totaled 43 points (80:16). A dog-fight for second was settled during the third mile when Arroyo's scorers all moved past a couple of opponents each for their 88 point total (82:56). The Agoura group was third with 116 (83:33)—the Chargers came out of their drop from 4A to 2A status very successfully. Salesian, the overwhelming pre-season favorite, placed 4th at 134 (84:26)—Brother Tom Keengan's Mustangs just never came around like last year, when they easily won the 2A title with six underclassmen.

Behind the Barstow duo up front Agoura's Jim Kelley finished a fine four-year High School Cross-Country career with his 3rd at 15:49. Indio junior Jesse Contreras looked good in 4th at 15:55.

RESULTS:

Team: Barstow 43-80:16; Arroyo 88-82:56; Agoura 116-83:33; Salesian (LA) 134-84:26; Alemany 144-84:51; Victor Valley 173-85:41; Perris 177-85:22; St. Francis (La Canada) 191-85:44; Rim of World (Lake Arrowhead) 216-86:38; Indio 218-86:19; Central (El Centro) 223-86:44; Crespi (Encino) 304-89:20.
Individual: Schweikart (Barstow) 15:28; Morris (Barstow) 15:32; Kelley (Agoura) 15:49; Contreras (Indio) 15:55; Velasquez (El Monte) 16:06; Johnson (Arroyo) 16:07; Aldana (Central) 16:09; Gonzalez (Barstow) 16:10; Berry (Perris) 16:10; Rodriguez (Barstow) 16:15.

WOMEN'S 1A DIVISION

Paraclete, a small private school of 360 students out in Lancaster, took home the

... was joined near two miles by Sherman's James Selina and Kennedy of Barstow 9th grader Jimmy Ortiz (yes he has a brother at UCLA). This trio battled the final mile together—Grewe took the 330 sprint to the tape for his win.

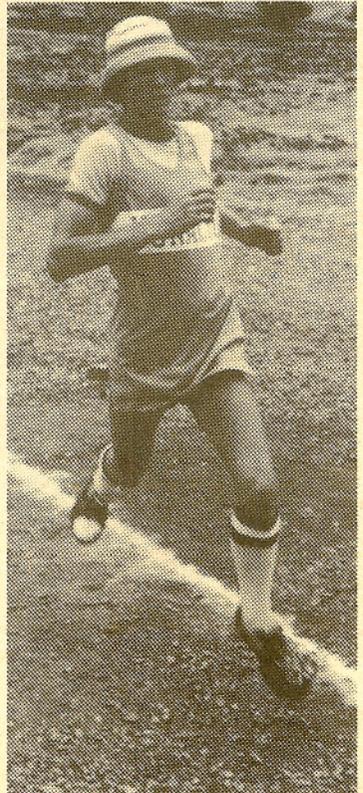
RESULTS:

Team: Sherman Indian (Riverside) 57-83:23; LaSalle (Pasadena) 72-84:37; 29 Palms 101-86:26; Carpenteria 116-85:56; Atascadero 148-88:51; Fillmore 178-89:29; Paraclete (Lancaster) 187-90:17; Bishop 196-90:14; Cathedral (LA) 242-92:28; Serrano (Phelan) 249-93:10; Morro Bay 266-93:28; Brentwood 272-94:48.
Individual: Grewe (Carpenteria) 15:43; Selina (Sherman Indian) 15:49; Ortiz (Kennedy Jr. Hi, Barstow) 15:49; Monroe (LA Baptist) 16:03; Yuster (Brentwood) 16:10; Robles (Fillmore) 16:13; Green (LaSalle) 16:15; Armbruster (Paso Robles) 16:19; Crawford (St. Bonaventure, Ventura) 16:25; Johnson (29 Palms) 16:26.

ROADSIDE NOTES

Next year the meet goes back to Mt. SAC—a facility which fulfills just about every need for Championship Cross-Country. The group that ran the Saddleback

photo by Keith Conning



TIM BERRY

by over half a minute.

Leagues involved in changes from one division to another for the Sectional competition generally held their own. La Saugus, San Marino, Temple City, La Canada, Montebello, Rim of the World, and Perris all had finalist groups despite their League being jumped up a level. Teams such as Mira Costa, Agoura, and Barstow that dropped down divisions kind of devoured their new levels.

The Girls new 1A division was a big hit, providing the day's tightest team competition and giving some new schools chances at sectional honors.

Camarillo would have been right near the top of the Men's 4A race as a team if soph Erick Reynolds (who did not run due to illness) could have duplicated the time he raced to in the Prelims (15:39) in the Finals.

It sounds like a broken record, but as usual things will get better next year in the Women's division as all four individual champions return, University of Irvine returns six of its top seven, San Marino returns all seven, etc. etc.

photo by Don Gosney



GARY GONZALES(left) and BARASA THOMAS

NORTHERN CALIFORNIA CROSS COUNTRY CHAMPIONSHIPS, Crystal Springs, Belmont, Saturday, 11-22-80.

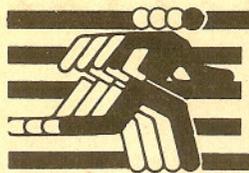
Boys Teams - 1. Los Gatos 99; 2. Bella Vista 113; 3. Monta Vista 122; 4. Mission San Jose 144; 5. Castro Valley 145; 6. Riverbank 159; 7. Willow Glen 176; 8. Lassen 183; 9. Berkeley 184; 10. Vacaville 188; 11. Skyline 196; 12. Anderson 212; 13. Hoover 285; 14. Washington 396.

Boys Individuals - 1. Jay Marden (Mission San Jose) 14:28.4; 2. Sam Hooker (Las Lomas) 14:46.0; 3. Mike McCollum (Palo Alto) 14:46.5; 4. Harold Kuphaldt (Bella Vista) 14:49.2; 5. Dean Vanderbush (Lassen) 14:58.7; 6. Aubrey Wilson (Berkeley) 15:00.0; 7. Nash Guaracha (Hollister) 15:01.3; 8. Nelson Bernal (Westmont) 15:03.9; 9. Rusty Knowles (Vacaville) 15:04.5; 10. Brian Dulin (Leigh) 15:06.3; 11. Joe Rubio (Willow Glen) 15:07.4; 12. Shawn Smallwood (Corcoran) 15:08.9; 13. Tito

Miramonte of Orinda dominated the girls team battle with 58 points. They were paced by junior Marilyn Davis, the State 800 meter champion, who finished fourth. Senior Marcia White was fifth and sophomore sensation Wendy Sihner was ninth.

Girls Teams - 1. Miramonte 58; 2. Carondelet 74; 3. Cordova 98; 4. St. Francis 120; 5. Mira Loma 151; 6. Nova 157; 7. Los Gatos 182; 8. Gunn 193; 9. West 213; 10. Skyline 215; 11. Chico 258; 12. El Dorado 268; 13. Lowell 365; Drake inc.
Girls Individuals - 1. Linda Van Housen (Sacred Heart) 17:43.5; 2. Kerry Brogan (Los Altos) 17:51; 3. Mary Garfield (El Cerrito) 17:52; 4. Marilyn Davis (Miramonte) 17:57; 5. Marcia White (Miramonte) 17:58; 6. Ester Berndt (Gunn) 17:58; 7. Laurie Hollingworth (Piner) 18:02; 8. Paige Tully (Alhambra) 18:08; 9. Wendy Sihner (Miramonte) 18:14; 10. Lori Shanoff (Petaling) 18:17; 11. Jeanette Slingerland (Mira Loma) 18:20; 12. Karin Haase (South Tahoe) 18:23; 13. Katie Dykstra (Drake) 18:26; 14. Kim Carter (Nova, freshman) 18:28; 15. Cynthia Rogers (Mt. Whitney) 18:28; 16. Susan Brodie (St. Francis) 18:30; 17. Suzette McKeed (Cordova) 18:33; 18. Renee Martin (Casa Roble) 18:34; 19. Karen Wolfe (Sequoia) 18:38; 20. Valerie Knafelen (Carondelet) 18:39; 21. Karen Van Wagenen (Clovis West) 18:40; 22. Susie Ames (California) 18:40; 23. Meg Wright (Homestead) 18:43; 24. Stacey McAfee (Del Oro) 18:47; 25. Laurie Bushling (Yuba City) 18:47; 26. Mary Banales (South) 18:56; 27. Racquel Santa Cruz (Mira Loma) 18:57; 28. Debbie Morris (Los Gatos) 18:57; 29. Michele Soto (Casa Roble) 18:59; 30. Chris Manning (Carondelet) 19:01.

★★★★★★★★
**Order Your Own
 Subscription to
 CT & RN
 Today**



KINNEY CROSS COUNTRY CHAMPIONSHIPS

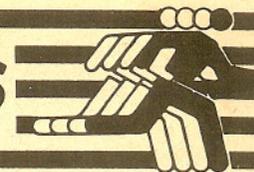
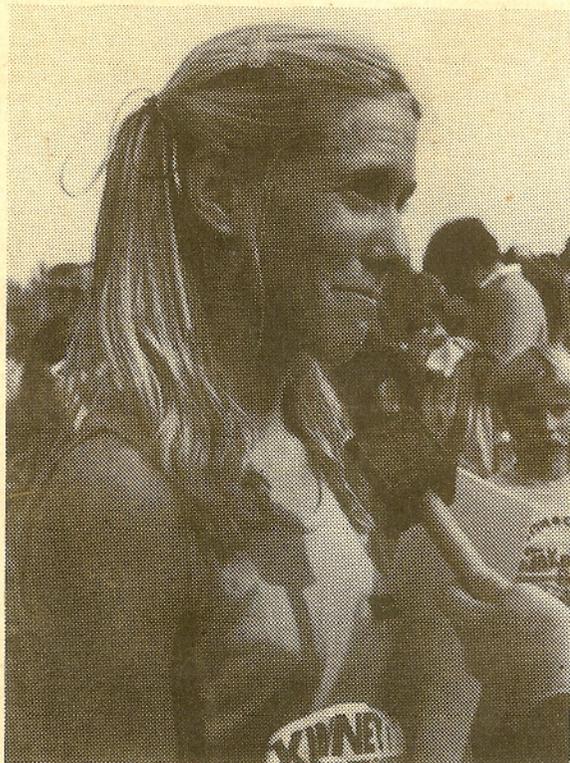


photo by Ken Takeuchi



VICKIE COOK

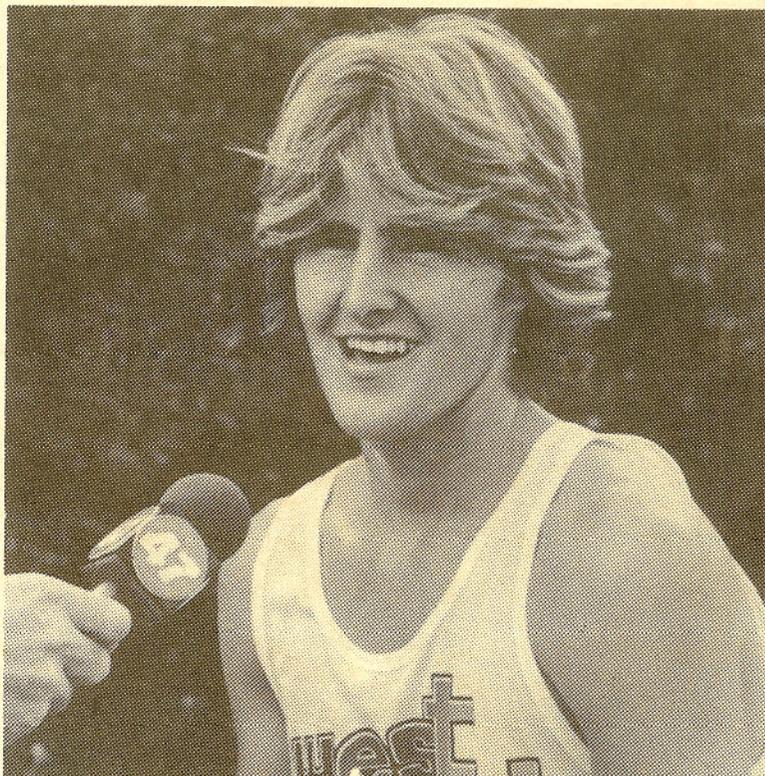
Kinney Cross Country Western Championships

November 29. Fresno. Kinney Western Cross Country Championships for High School Runners.

The enthusiasm, eagerness, excitement, anticipation and nervousness created an electricity that could be felt in the air. This charged atmosphere permeated everyone present but was especially noticeable among the youthful competitors

momentary silence was abruptly broken by the starters command over the PA system to, "Get Set!" and the crack of the gun. A cheer went out from the over 500 spectators as the eager lasses bolted off the starting line and roared down the course and out of site.

It seemed like an eternity, but it was actually just a matter of minutes before the runners were visible again, bobbing along the streambank to the one mile mark. They were flying! Vickie Cook of Northridge, California went right to the lead as she paced a large group by in just a breath over 5 minutes. Vickie was never passed. But Millicent Anderson, the Arizona 2A State Champ, didn't let Ms. Cook have the race for free as she diligently closed the gap over the hilly 2nd mile and pulled to just a few strides behind at the mile. The victory was by



JAY MARDEN

on Thomas, nipping him by a mere 3 tenths of a second.

No more had the dust settled than the awards ceremony for the girls were started and that was quickly followed by the boys. All first team medals were awarded to the top seven, All Second Team medals to 8-14, and All Third team to 15-21. A highlight of the awards ceremony was the medal presentations by Dutch Warmerdam who is considered by many to be the greatest track performer of all time.

The Kinney people are to be commended for their support of physical fitness, running, and in particular the prep cross country championships. Without them this meet never would have been. Thanks also to the Fresno Track Club for staging the whole thing.

photo by Don Gosney

34. Win Swafford(Sacram., CA) 15:45.8
35. Tom Grewe(Carpinteria, CA) 15:46.1
36. Chris Bowlus(Rolling Hls., CA) 15:46.5
37. Octavio Morales(Camaril., CA) 15:46.9
38. David Hamer(Citrus Hts., CA) 15:47.5
39. Jeff Olson(Inglewood, CA) 15:49.6
40. Steve Perez(Rowland Hts., CA) 15:52.3
41. Aubrey Wilson(Berkeley, CA) 15:53.8
42. Ben Weich(Visalia, AL) 15:54.1
43. Leo Bia(Ganado, AZ) 15:54.5
44. Robert Ruiz(Tempe, AZ) 15:54.9
45. Matt McGuirk(Eugene, OR) 15:55.3
46. John Stupak(Goleta, CA) 15:56.1
47. Christopher Paredes(Gilroy, C) 15:46.7
48. Arnulfo Morales(Camaril., CA) 15:57.0
49. Robert Nielsen(Boise, Ind.) 15:57.3
50. Christopher Wilson(Goleta, C) 15:57.7

GIRLS RACE RESULTS

FIRST TEAM ALL-WESTERN UNITED STATES

1. Vickie Cook(Northridge, CA) 17:13
2. Millicent Anderson(Tucson, AZ) 17:22
3. Kathy Knowlton(Fed. W., WA) 17:29
4. Kris Katterhagen(Tacoma, WA) 17:35
5. Ann Locke(Anchorage, AK) 17:38
6. Lori Lopez(Los Angeles, CA) 17:50
7. Robyn MacSwain(San Rafael) 17:57

*Qualify for Kinney National Championships on December 13, 1980.

SECOND TEAM ALL-WESTERN UNITED STATES

8. Erika Lacrosse(Costa Mesa, CA) 18:04
9. Marcia White(Orinda, CA) 18:09
10. Stacy Hartsfield(Phoenix, AZ) 18:10
11. Cathy Santini(Seattle, WA) 18:28
12. Claudette Groenendaal(Oregon) 18:32
13. Lana Wolf(Costa Mesa, CA) 18:33
14. Patty Ley(Gig Harbor, WA) 18:34

THIRD TEAM ALL-WESTERN UNITED STATES

18. Mike Oleata(La Jolla, CA) 15:28.1
19. Jeffrey Thoenes(Tucson, AZ) 15:30.1
20. Gary Gonzales(Clovis, CA) 15:32.8
21. Sam Hooker(Walnut Cr., CA) 15:33.9
22. Gary Whaler(Auburn, CA) 15:34.4
23. Paul Cox(Los Gatos, CA) 15:35.3
24. Andre Morabe(Chula V., CA) 15:37.8
25. Joe Shannon(Yakima, WA) 15:38.4
26. David Ivy(Lakeside, CA) 15:38.8
27. Ken Velasquez(Renton, WA) 15:39.2
28. John Kinsfather(La Mesa, CA) 15:40.3
29. Eric Reynolds(Camarillo, CA) 15:41.0
30. Gavin Gordon(Gig Harb., WA) 15:42.0
31. Roy Gonzalez(San Jose, CA) 15:43.6
32. Mark Howard(Santa Ana, CA) 15:44.5
33. Johnson Brown(Chinle, AZ) 15:44.9
15. Shelley McClelland(San Marino) 18:35
16. Cynthia Rogers(Visalia, CA) 18:36
17. Lori Shanoff(Petaluma, CA) 18:43
18. Sheila Van Stenberg(San Mar.) 18:47
19. Renee Martin(Orangevale, CA) 18:47
20. Jeanette Slingerland(Sacram.) 18:49.4
21. Mary Gaffield(EI Cerrito, CA) 18:49.8
22. Diane Hernandez(San Diego) 18:52
23. Victoria Kelly(Costa Mesa, CA) 18:55
24. Susan Zika(Costa Mesa, CA) 18:59
25. Mary Brennan(San Rafael, CA) 19:07
26. Dana Flint(Ukiah, CA) 19:25
27. Jill Perry(Stockton, CA) 19:30
28. Shelly Neito(Merced, CA) 19:31
29. Teresa Perrin(Sacramento, CA) 19:32
30. Chris Pollinger(Seattle, WA) 19:32

VICKIE COOK

Kinney Cross Country Western Championships

November 29. Fresno. Kinney Western Cross Country Championships for High School Runners.

The enthusiasm, eagerness, excitement, anticipation and nervousness created an electricity that could be felt in the air. This charged atmosphere permeated everyone present but was especially noticeable among the youthful competitors as they flitted around the starting area like coiled-up springs ready to unleash their pent-up energy. These were the best high school cross country runners in the West, the cream-of-the-crop, and they knew it. They were assembled in the center of California to run in the Kinney Western Cross Country Championships. They came from seven western states to determine who among them would advance to the Kinney National Championships two weeks later in San Diego.

Everyone knew the importance of this race. Thanks to the sponsorship of the Kinney Shoe Corporation and the hard work of the host Fresno Track Club the event was set up for both runners and spectators. The FTC began organizing, planning and working months earlier and their nearly 100 officials breathed a big sigh of relief as everything began falling into place on race day.

Just as the 400 runners were anxious to test their wings over the well groomed 5,000 meter Woodward Park layout; so the spectators were eager and impatient to see the action. The program with photos, a numerical list of all the over 400 entrants, and sketches of 50 or 60 top contenders whetted their appetites as runners tried to get a bead on their competition and spectators looked for their favorite picks beforehand. Announcer Bob Womack added even more fuel to the almost unbearable anticipation of the greatest high school cross country race of the year in the West by introducing a dozen or so top athletes before each race — there were state champions from Oregon, Washington, Idaho, Arizona and Alaska, not to mention the likes of California's bests in Jay Marden, Jon Butler and Vickie Cook (all undefeated in 1980 prep x-c).

One minute to twelve noon and it was silent. The final instructions had been given, sweats were off, the gun was raised and 130+ lean and beautiful female runners toed the line and stared off down the wide straightaway. This

momentary silence was abruptly broken by the starters command over the PA system to, "Get Set!" and the crack of the gun. A cheer went out from the over 500 spectators as the eager lasses bolted off the starting line and roared down the course and out of site.

It seemed like an eternity, but it was actually just a matter of minutes before the runners were visible again, bobbing along the streambank to the one mile mark. They were flying! Vickie Cook of Northridge, California went right to the lead as she paced a large group by in just a breath over 5 minutes. Vickie was never passed. But Millicent Anderson, the Arizona 2A State Champ, didn't let Ms. Cook have the race for free as she diligently closed the gap over the hilly 2nd mile and pulled to just a few strides behind at the split. But Vickie used her speed over the final stretch to win by 9 seconds, 17:13 to 17:22.

By the two mile the First Team All Western USA that would go to San Diego was established. Two other Californians were able to hang on to earn the trip to the Nationals — Lori Lopez of Los Angeles and Robyn MacSwain of San Rafael in 6th and 7th. Erika LaCrosse of Costa Mesa, California, and Marcia White of Orinda, California were named National Alternates by placing 8th and 9th — and because of the quality of the Western Regional women's race were also awarded National Team berths.

If we thought the girls took off like rockets, then the boys went into hyperspace. The spectators couldn't believe their ears when announcer Womack said 4:28, 4:29, 4:30 as a pack of 30 streamed by the mile marker. And the entire pack of another 150 runners were right behind them like a short freight train out of control. It was an insane blurr as all tactics were abandoned and everyone was running bunnies-out. Many of these runners had not yet known defeat this year.

Barasa Thomas of Santa Barbara was up there with the leaders as was NorCal champ Jay Marden and CIF So. Section champ Jon Butler.

It wasn't until the half-way point that the race began to develop definite leaders. At that point it was Jay Marden dogged by 2-time Arizona State Champ Tom Ansberry. Ansberry tenaciously continued to press Marden and even pulled ahead at two miles in 9:14. Marden managed to dig up extra power and blasted in a clear winner in 14:42. Ansberry was able to hold off fast closing Jon Butler of Huntington Beach who was third in 14:52.

The biggest contest of the day was for the final boys National Team spot - 7th place. Defending champ Thomas seemed to have it sewed up with 1/2 mile to go — but Jeff Atkinson of Manhattan Beach put his head down, drove hard and snuck up

JAY MARDEN

on Thomas, nipping him by a mere 3 tenths of a second.

No more had the dust settled than the awards ceremony for the girls were started and that was quickly followed by the boys. All first team medals were awarded to the top seven, All Second Team medals to 8-14, and All Third team to 15-21. A highlight of the awards ceremony was the medal presentations by Dutch Warmerdam who is considered by many to be the greatest track performer of all time.

The Kinney people are to be commended for their support of physical fitness, running, and in particular the prep cross country championships. Without them this meet never would have been. Thanks also to the Fresno Track Club for staging the whole thing.

Never before had we received so many compliments after a race - from parents, coaches and athletes - and many letters came in over the next week all saying the same thing, "It was a great meet." The facilities were excellent as the course was immaculately groomed; the program, officiating, announcing all made for a good experience for all. As one coach wrote in a post-race note, "It was the best cross country race I have ever seen."

NOTE: Jay Marden went on to win the National Meet. Vickie Cook was third. We'll have complete details and results in the next issue of California Track & Running News. Stay tuned.

BOYS RACE RESULTS

FIRST TEAM ALL-WESTERN UNITED STATES

1. Jay Marden(Fremont, CA) 14:42.6
 2. Tom Ansberry(Tucson, AZ) 14:49.3
 3. Jon Butler(Huntington B., CA) 14:52.3
 4. Dan Mazo(Eugene, OR) 14:53.4
 5. Mike McCollum(Palo Alto, CA) 15:03.5
 6. Stephen Valen(Santa Ana, CA) 15:04.5
 7. Jeff Atkinson(Manhat. B., CA) 15:09.7
- *Qualify for Kinney National Championships on December 13, 1980.

SECOND TEAM ALL-WESTERN UNITED STATES

8. Barasa Thomas(Santa Barb.) 15:06.0
9. Harold Kuphaldt(Fair Oaks) 15:09.2
10. Larry Smithee(Kuna, ID) 15:15.6
11. James Morgan(Renton, WA) 15:18.3
12. Shawn Bernier(Selah, WA) 15:18.7
13. Michael Carlton(Covina, CA) 15:19.0
14. Jay Ost(Pocatello, ID) 15:23.1

THIRD TEAM ALL-WESTERN UNITED STATES

15. Jesse Torres(San Jose, CA) 15:25.0
16. Scott Lacrosse(Costa M., CA) 15:27.0
17. Patrick Fox(Beaverton, OR) 15:27.5

8. Erika Lacrosse(Costa Mesa, CA) 18:04
9. Marcia White(Orinda, CA) 18:09
10. Stacy Hartsfield(Phoenix, AZ) 18:10
11. Cathy Santini(Seattle, WA) 18:28
12. Claudette Groenendaal(Oregon) 18:32
13. Lana Wolf(Costa Mesa, CA) 18:33
14. Patty Ley(Gig Harbor, WA) 18:34

THIRD TEAM ALL-WESTERN UNITED STATES

15. Shelley McClelland(San Marino) 18:35
16. Cynthia Rogers(Visalia, CA) 18:36
17. Lori Shanoff(Petaluma, CA) 18:43
18. Sheila Van Stenberg(San Mar.) 18:47
19. Renee Martin(Orangevale, CA) 18:47
20. Jeanette Slingerland(Sacram.) 18:49.4
21. Mary Gaffield(El Cerrito, CA) 18:49.8
22. Diane Hernandez(San Diego) 18:52
23. Victoria Kelly(Costa Mesa, CA) 18:55
24. Susan Zika(Costa Mesa, CA) 18:59
25. Mary Brennan(San Rafael, CA) 19:07
26. Dana Flint(Ukiah, CA) 19:25
27. Jill Perry(Stockton, CA) 19:30
28. Shelly Neito(Merced, CA) 19:31
29. Teresa Perrin(Sacramento, CA) 19:32
30. Chris Pollinger(Seattle, WA) 19:32

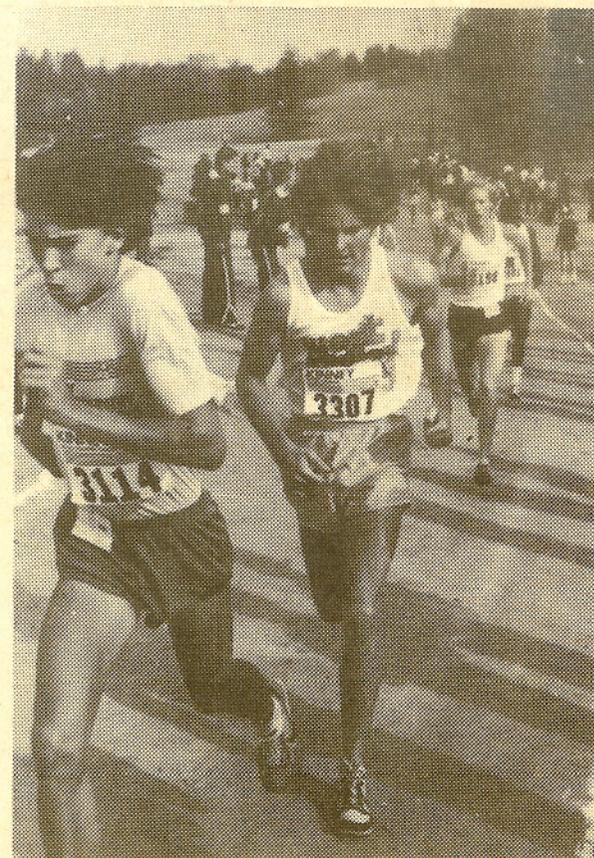


photo by Keith Conning

TOM ANSBERRY leads JAY MARDEN at the 2 mile mark

photo by Don Gosney



State H.S. Meet



November 29: Fresno. Unofficial California High School State Cross Country Championships.

Camarillo High School and Costa Mesa High School are the California State High School Cross Country team champions. Of course, it's unofficial as the California Interscholastic Federation (C.I.F.) - the governing body of prep sports in California - does not host such an event. Can you believe California is the only state in the Union that doesn't have a state prep cross country championship? Well, it does have one now!

The Kinney Western Cross Country Championships held November 29th are the closest thing to a State competition. As we advertised, even though runners could not represent their high schools or wear their school uniforms, we would have people at the meet who would be scoring it as the "Unofficial" State Meet. We had 3 of the best California prep experts on hand to do that - Keith Conning, Doug Speck and Howard Willman. You can't get better than the combination of these three - between them they knew where just about every-body from California was from.

The Fresno Track Club worked hard to get the best runners and teams in the state here for this important meet. Every school received a Kinney announcement. We passed out flyers at major meets, advertised in Track & Field News, Runners World, the Harrier, Nor Cal Running Review as well as our own California Track & Running News. On top of that the Fresno Track Club provided free housing in members homes.

A State Meet has to start somewhere. We feel this is the start. California Track & Running News has for years pressed for a State Prep Cross Country Championships. Between C.I.F. red tape, individual section (there are 10 of them) differences and many coaches squabbles about distance/divisions/awards/etc. it has been an uphill struggle. We believe we have a start with this Kinney meet and will continue to work toward that day when C.I.F. has their own "Official" State Cross Country Meet.

As far as California Track & Running News is concerned Camarillo and Costa Mesa are the STATE CHAMPIONS.

NOTES FROM HOWARD WILLMAN

Camarillo, which finished only 9th in Southern Section 4A meet (without its top runner), didn't compete very often this season due to injuries and illnesses to some of its members. Winning by 1:01

over Southern Section champ Thousand Oaks, however, gives them strong enough claim to the California title. Thousand Oaks, which had a time span from its first to fifth runner of just 12 seconds, didn't come on strong until the end of the season. They were fourth at Mt. SAC and fourth at the Palos Verdes Invitational, where Los Gatos finished second. Los Gatos, Northern California and Central Coast Section champ, suffered their worst finish of the year here (third) after winning every invitational their team entered except Palos Verdes (second by three seconds to Mira Costa) and the 2-mile postals (second by 37 seconds to Mission San Jose). Bellarmine, although located just seven miles from Los Gatos, met Los Gatos for only the second time this year, the first being the Central Coast Section Finals where a sub-par performance put them in fourth place and one berth from a slot at the NorCal meet. Their top five, which includes the NorCal sophomore and freshman of the year, loses but one runner to graduation. Costa Mesa, second in the Southern Section by three points to Thousand Oaks, won the prestigious Mt. SAC meet by 15 seconds over Valhalla of El Cajon (after tying on points). Among the notable no-shows were Valhalla; Corcoran, third at Mt. SAC; University (Irvine), fifth at Mt. SAC and third in the Southern Section; Bella Vista (Fair Oaks), second NorCal and Sac-Joaquin Section champ; Monte Vista (Cupertino), second in the Central Coast Section and third NorCal; and Castro Valley, North Coast Section champ.

In the girls' race, Costa Mesa won by almost 10 minutes, although missing was University (Irvine), which beat them in the Southern Section meet and at Mt. SAC (by over 3 minutes in the latter). Runaway NorCal winner Miramonte (Orinda) was also absent, although, they would have been very hard pressed to keep up with University.

California High School Team Scores

Boys:	
1 Camarillo (Camarillo)	79:33
2 Thousand Oaks (Thousand Oaks)	80:34
3 Los Gatos (Los Gatos)	82:02
4 Bellarmine (San Jose)	82:19
5 Costa Mesa (Costa Mesa)	82:28
6 Righetti (Santa Maria)	94:54

Girls:	
1 Costa Mesa (Costa Mesa)	94:04
2 Merced (Merced)	104:50
3 Righetti (Santa Maria)	117:06





Boys First Team All Western United States: Left to right: Jay Marden, Tom Ansberry, Jon butler, Dan Mazo, Mike McCollum, Stephen Valen, Jeff Atkinson.

Girls First Team All Western United States: Left to right: Millicent Anderson, Kathy Knowlton, Kris Katterhagen, Vickie Cook, Ann Locke, Lori Lopez, Robyn MacSwain.

- 31. Karen Van Wagenen(Clovis) 19:32
- 32. Sherri Rose(La Mesa, CA) 19:33
- 33. Mary Ellen Bayardo(San Marino)19:33
- 34. Jossie Fiorda(Costa Mesa, CA) 19:33
- 35. Michelle Soto(Sacramento, CA) 19:33
- 36. Benita Santillan(Santa Barb.) 19:35
- 37. Terry Fassbender(San Diego) 19:36
- 38. Brenda Wilcox(Clovis, CA) 19:41
- 39. Amy Perkins(Concord, CA) 19:43
- 40. Ana Moran(Salmon, ID) 19:47
- 41. Wendy Wolfgram(Pilot R., OR) 19:53
- 42. Leigh Gracy(San Diego, CA) 19:53
- 43. Shawn Crackel(Costa Mesa, CA) 19:54
- 44. Marilyn Yazzie(Chinle, AZ) 19:55
- 45. Raquel Santa Cruz(Sacramen.) 19:58
- 46. Gina Hanson(Seattle, WA) 19:59
- 47. Shelly Smith(Lodi, CA) 20:01
- 48. Susan Radford(Monterey, CA) 20:01
- 49. Jacqueline Kelly(Costa Mesa) 20:04
- 50. Linda Kollmann(Santa Barbara) 20:08

**Kinney Prep National
X-C Championships
coverage in next issue**

free housing in members homes.
A State Meet has to start somewhere. We feel this is the start. California Track & Running News has for years pressed for a State Prep Cross Country Championships. Between C.I.F. red tape, individual section (there are 10 of them) differences and many coaches squabbles about distance/divisions/awards/etc. it has been an uphill struggle. We believe we have a start with this Kinney meet and will continue to work toward that day when C.I.F. has their own "Official" State Cross Country Meet.

As far as California Track & Running News is concerned Camarillo and Costa Mesa are the STATE CHAMPIONS.

NOTES FROM HOWARD WILLMAN

Camarillo, which finished only 9th in Southern Section 4A meet (without its top runner), didn't compete very often this season due to injuries and illnesses to some of its members. Winning by 1:01

In the girls' race, Costa Mesa won by almost 10 minutes, although missing was University (Irvine), which beat them in the Southern Section meet and at Mt. SAC (by over 3 minutes in the latter). Runaway NorCal winner Miramonte (Orinda) was also absent, although they would have been very hard pressed to keep up with University.

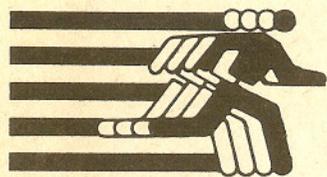
California High School Team Scores

Boys:	
1 Camarillo (Camarillo)	79:33
2 Thousand Oaks (Thousand Oaks)	80:34
3 Los Gatos (Los Gatos)	82:02
4 Bellarmine (San Jose)	82:19
5 Costa Mesa (Costa Mesa)	82:28
6 Righetti (Santa Maria)	94:54
Girls:	
1 Costa Mesa (Costa Mesa)	94:04
2 Merced (Merced)	104:50
3 Righetti (Santa Maria)	117:06

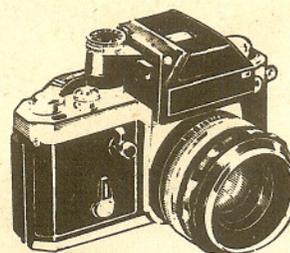


photo by Don Cooney

JEFF ATKINSON squeezes by BARASA THOMAS



KINNEY CROSS COUNTRY CHAMPIONSHIPS



WESTERN CHAMPIONSHIPS

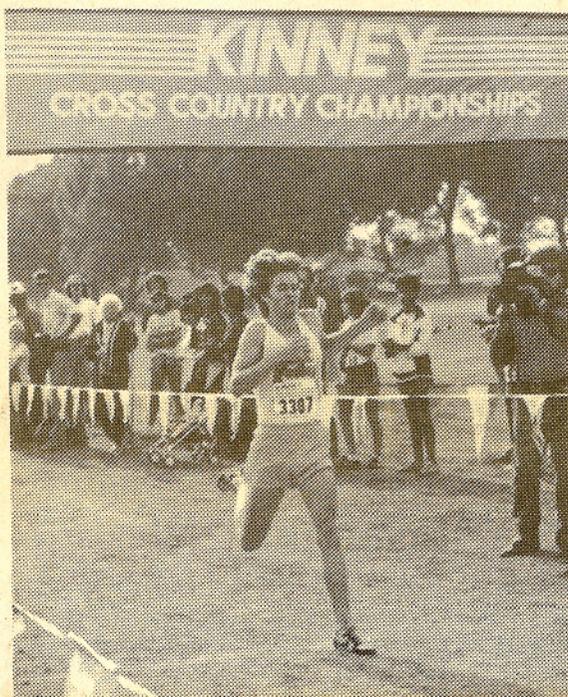
photo by Don Gosney

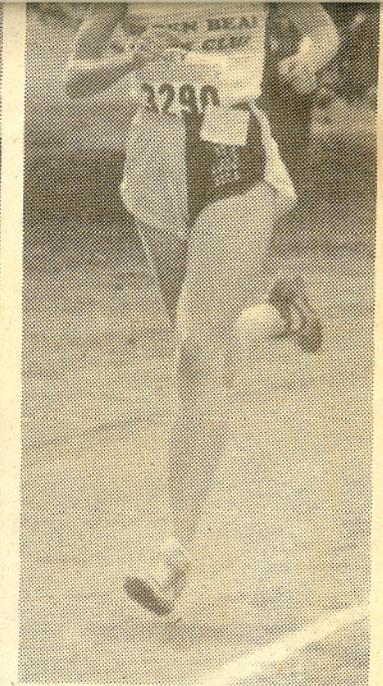


photo by Don Gosney



photo by Don Gosney





Photos, clockwise from top left:

Jay Marden crosses finish line.

The Pack at the one mile mark.

Robyn MacSwain.

Bob Womack keeps everyone informed. Bob is better known as "The Voice of the West Coast Relays."

Vickie Cook catches her breath and cools her feet after winning.

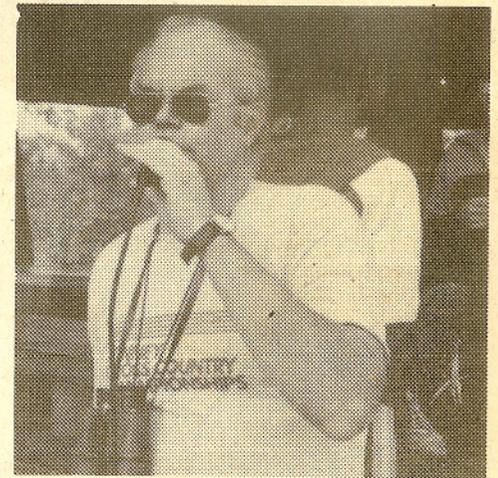


photo by Ken Takeuchi

photo by Don Gosney

Sprints & Hurdles

Daryl Hill(O' Dowd, Oakland) 14.02 Nevada/Reno
 Vince Fortune(Brawley) 14.4, 37.7 Fresno State
 Frank Williamson(Skyline, Oak) 13.89, 36.2 Fresno St
 Rene Scott(Fresno CC) 10.4, 20.9 Fresno State
 George Gaffney(COS) 10.4 Fresno State
 Michael Perrilliat(St. J., Oak) 9.8, 21.7, 50.0 Fresno St
 Dan Rhoades(Fresno CC) 14.5, 54.1 Fresno State
 Harry Campbell(Mt. Pleas, SJ) 47.60 San Jose State
 Will Patterson(Contra Costa CC) 14.2 San Jose State
 Cleve Prince(Foothill CC) 21.0, 46.64 San Jose State
 Virgil Torrence(Long Beach CC) 10.2, 21.12 San Jose
 Jeff Deitz(San Marcos, SB) 10.0y, 22.8 Cal Lutheran
 Barrett Gee(San Marcos, SB) 9.9y, 10.7m, 22.2 SBCC
 Tom Fernandez(San Marcos, SB) 39.1 Santa Bar. CC
 Rod Barksdale(Compton) 21.3, 47.22 Arizona
 Jiles Smith(Compton) 36.6 Arizona
 Tom Halley(Arcata) 50.6 Humboldt State
 Kevin Gaskins(Fthl. Sacto') 50.0, 38.3 Sacramento CC
 LaMonte King(UCl) 10.39, 20.08 Arizona State
 Carl Bonner(Vallejo) 47.67 Cal Berkeley
 Carl Montgomery(S. San Fran) 10.4, 21.44 Cal Berk.
 Bryant Newbill(Mt. SAC) 47.10 Cal Berkeley
 Ted White (Alameda CC) 10.50, 20.9 Cal Berkeley
 Dave Castro(San Mateo CC) 21.6, 47.8 SF State
 Peter Crossley(CCSF) 14.0 SF State
 Ed Marchano(CCSF) 54.8 SF State
 Don Ward(Berkeley) 13.73, 51.84 Oregon
 Rich Cummings(Mt. Pleas., SJ) 14.4 San Jose CC
 Vic Napoleon(Mt. Pleas., SJ) 14.6, 38.8 San Jose CC
 Bill Wilson (Woodland) 50.7 working
 Drew House(Oregon HS) 9.9y, 49.0 Azusa Pacific
 Norm Nixon(EI Centro) 38.6 Azusa Pacific
 Brian Blonberg(Temple City) 39.4 Azusa Pacific
 Dave Griffith(S. Bar. CC) 10.0y Westmont
 Bruce Crenshaw(Grossmont CC) 48.4 Westmont
 David Alaways(Butte CC) 49.9 Chico State
 Russ McLaughlin(Butte CC) 56.4ih Chico State
 Gary Teague(Butte CC) 10.8, 22.5 Chico State
 Mark Winningham(Yreka) 14.7 Butte CC
 Ramon Collins(Las Palmas) 9.8y Butte CC
 Dan George(Las Plumas) 14.7 Butte CC
 Steve Duarte(Chico) 38.9 Butte CC
 Jim Sainn(Pleas Valley) 49.8 Butte CC
 Michael Turner(Compton) 10.57m, 46.92 USC
 Chris Whitlock(S. Rosa CC) 20.9w, 46.78 Wash. St.
 Kevin Gatewood(S. Maria) 54.3ih Hancock CC
 Terry Wyatt(Hancock CC) 10.3, 21.1, 48.8 CP-SLO
 Pat Croft(Colo. CC) 10.3, 20.9, 46.8 CP-SLO
 Darryl Anderson(Ind. CC) 21.0, 46.8 CP-SLO
 Doug Lalicker(Fullerton CC) 47.0r CP-SLO
 Bob Sanders(S. Cruz) 14.2 CP-SLO
 Dennis Payton(San Jose CC) 52.4ih CP-SLO
 Mark Vavra(Grossmont CC) 53.4ih CP-SLO
 San Caesar(Long Beach CC) 46.79 Houston
 Devin Lewis(Long Beach CC) 10.2, 20.77 Houston
 Victor Wesson(Righetti, SM) 10.6, 22.1 Moorpark CC
 Carl Reinwald(USC) 38.1ih CP-SLO
 John Costanzio(Crespi) 10.43, 21.2, 37.4 UCLA
 Aaron Jones(Beverly Hills) 14.2, 37.4 UCLA
 Dwayne Wycoff(Glendale CC) 51.6ih UCLA
 Terrell Drake (Trade Tech CC) 10.3w, 21.5 CSUN
 Don Bordingham(Sierra CC) 10.5, 21.5 SCU Northrdg
 Stuart Bowers(Lincoln, Stkn) 39.6 Delta CC
 Brian Wimberly(Calaveras) 39.4 Delta CC
 Henry Andrade(Johnsn, Sacto) 13.79, 37.94 SMU
 Bob Loeders(Canyons) 9.5, 21.4 Glendale CC
 Eric Leitz (Pierce CC) 48.3 Glendale CC
 Mike Kenady (Villa Pk) 14.9, 38.6 Fullerton CC
 Jon Gold(Upland) 14.7, 39.0 Mt. SAC
 Mel Price(Long Beach Poly) 9.7, 22.1 Long Beach CC
 Van Smith(LB Poly) 9.8, 22.0 Long Beach CC
 Troy White(LB Poly) 10.0y working

MOVING ON

WHERE THE TOP PREP AND JUNIOR COLLEGE ATHLETES GO
 ON TO CONTINUE THEIR EDUCATION AND TRACK CAREER

Anthony Lockhart(Compton CC) 10.5, 21.3 CS Bak.
 Melvin Watkins(Bakersfield) 10.7, 47.7 CS Bakersf.
 Roosevelt Frierson(Compton CC) 22.0, 48.2 CS Bak.
 Eric Carter(Compton CC) 53.8ih CS Bakersfield



Distances

John Spillman(Simi) 9:04.5 N. Ariz
 Shawn O'Neal(Oceanside) 1:52.73, 4:07.9 Dartmouth
 Steven Fairman(Thousand Oaks) 3:54.11 Navy
 Greg Vining(Hawthorne) 1:50.9, 3:57m Fresno State
 Jim Thyllin(W. Valley CC) 9:12.8sc Fresno State
 Don Woods(Merced CC) 1:52.3 Fresno State
 Curt Folanini(CSM) 1:55.4 Fresno State
 Dave Meeks(COS) 1:57.1 Fresno State
 David Bruhn(Am. River) 4:22, 14:40y-78 Fresno State
 Ken Holliday(W. Valley CC) 31:59m Fresno State
 Russell Beste(San Marcos, SB) 9:19.6 UC Davis
 Karl Jolly(Arcata) 1:57.3, 4:24.6 Humboldt State
 Louis Rodriguez(Sanger) 1:59.3 working
 Scott Swenson(Fresno CC) 1:57.7, 3:58 Pt. Loma
 Jesse Cordova(Tranquility) 1:55 Fresno CC
 Nacho Salinas(Sanger) 4:24 Fresno CC
 Julian Vinton(Sanger) 9:15 Fresno CC
 Bob McDaniel(SCC) 31:24m SF State
 Bob Luttrell(SRJ) 9:32.3sc SF State
 Felix Soto(Mt. Pleas., SJ) 4:21, 9:14 San Jose CC
 Scott Oliver(Los Gatos) 1:53.6 U. Texas
 Terry Miller(Woodland) 9:37 Yuba CC
 Ted Campbell(Wash. HS) 1:58.6 Azusa Pacific

Ron Ysais(Oxnard) 9:08.13 Ventura CC
 Chuck Fanter(Ceres) 4:19.0 CP-SLO
 Craig Weese(Ceres) 1:58.2 Modesto CC
 Russell Beste(San Marcos, SB) 9:19.6 UC Davis
 Pete Arbogast(Colo) 1:51.4 UCSB
 Steve Binns(Palomar CC) 3:55m, 14:50 UCSB
 Mike Clem(Kansas St) 3:55, 14:28 UCSB
 Larry Greer(Butte CC) 1:52.4, 4:10 UCSB
 Henry Mendoza(Glendale CC) 3:53 UCSB
 Jose Morales(Camarillo) 1:57 UCSB
 Hector Nieves(San Marcos, SB) 4:25, 9:31 UCSB
 Stewart Rasmussen(Arcata) 9:40 UCSB
 Dave Short(La Habra) 9:31 UCSB
 Tim Slotta(Ore. HS) 1:53.9 UCSB
 Mike Timmerman(Marin CC) 9:40 UCSB
 Rich Read(Mission SJ) 9:14 UCSB
 Ricardo Perez(SD Mesa) 30:11m-79 Pt. Loma
 Steve Atkinson(SD Mesa) 3:54.9 Humboldt State
 Ross Ferguson(Clairemont) 9:24i SD Mesa CC
 Tom Collins(Yucaipa) 9:18 San Berdo VC
 Joe Moran(Northview) 1:55.7 Citrus CC
 Bob Rotte(Newbury Park) 1:56.0 Moorpark CC
 Tony Sourmany(Cabrillo) 1:55.6 SBCC
 Mike Hobbs(S. Barbara) 1:57.6 SBCC
 Steve Schuman(University) 4:18.1, 9:28.7 Cal Berkeley
 Dave Maxwell(Jesuit, Sacto) 4:20, 9:25 Oregon State
 Ken Bergkamp(Leigh, SJ) 1:59, 4:18, 9:35 W. Valley
 Steve Samario(Leigh, SJ) 1:56, 4:18, 9:36 W. Valley
 Jess Taylor(Drake) 4:14, 2:01 Cal Berkeley
 Bret Baffert(San Ramon V.) 9:18.01 San Jose State
 Fletcher Stanford(CCSF) 1:54.5 Sac St.
 Karl Macheschetes(CCSF) 9:48.6sc Sac. State
 Ken Redding(Rio Vista) 1:58.4 Sac. State
 Jeff Lindsey(Rio Vista) 1:59.0 Cal Berkeley
 Wayne Stranton(San Marin) 1:56.9 C. of Marin
 Brad Tardy(Redwood) 9:35.2 C. of Marin
 John Ball (Drake) 9:34.6 C. of Marin
 Larry Guinee(Castro Valley) 1:54.6, 9:24.3 Cal Berk
 Brian Clary(Katella) 9:25 U. Virginia
 Scott Hislop(Bakersfield CC) 3:54.7 CSU Northridge
 Mike McGlade(Wash HS) 9:09 Pt. Loma
 Dan Will(American R.) 14:48m, 30:55m Boise State
 Kirk Duffner(Mission SJ) 1:55.4 UCLA
 Arsenio Guzman(Burroughs) 1:56.6 Glendale CC
 Roosevelt Frierson(Compton CC) 1:50.6 CS Bakersfield
 Mike Lefebure(Los Medanos CC) 1:52.2 CS Baker

Rick Parks(returns from work) 6-10½ Glendale CC
 Jeff Waters(Alhambra) 6-10 Glendale CC
 Ron Waynes(Chico St.) 25-0 CP-SLO
 Gene Underwood(Modesto) 50-2 CP-SLO
 Mark Kibort(W. Valley CC) 16-6 CP-SLO
 Jon Gold(Upland) 13-5¼ Mt. SAC
 Tony Long(Upland) 15-6 Mt. SAC
 Price D'Antonio(Upland) 14-6 Mt. SAC
 Armond Washington(LB Poly) 47-8 Long Beach CC
 Charles Clinton(LB Poly) 44-6 Long Beach CC
 Russell Dobson(LB Poly) 6-4 Long Beach State
 Mark Souza(Ceres) 13-9 CP-SLO
 Carl Burton(Ceres) 23-10 Modesto CC
 Arne Simonsen(Ceres) 6-11 Modesto CC
 Ed Brown(Mt. SAC) 6-9 UCSB
 Mark Herring(SD Mesa) 23-0½, 48-8¾ San Diego St.
 James Shine(SD Mesa) 24-4¼ working
 Kevin Rubin(Serra) 6-5 SD Mesa CC
 Johnny Green(Lincoln) 6-9 SD Mesa CC
 Roger Tilford(Foothill, Bak) 46-6 SD Mesa CC
 Pat Hurley(San Marcos, SB) 6-3 SBCC
 Carlos Jones(Victor Val) 47-1, 6-5 Tenn. State
 John Surratt(Victor Val.) 46-11, 6-3 San Berdo CC
 Kevin Woodridge(Northview) 44-8 Mt. SAC
 Ed Redmond(Northview) 6-4¼ Navy
 Paul Hostetlar(Northview) 14-3 Mt. SAC
 Jay Wood(Newbury Park) 6-4 Moorpark CC
 Jim Lingelbach(Newbury Park) 13-7 Cal Lutheran
 Greg Strange(Desert) 24-8 Nevada-Reno
 Mike Lang(Dos Pueblos, SB) 44-9¾ SBCC
 Chris Messner(Dos Pueblos, SB) 14-1½ SBCC
 David White(University) 6-4 San Diego
 Mark Hatliger(San Jocinto) 6-7 U. Redlands
 Roger Burson(Katella) 6-4 U. Redlands
 Mark Horine(Egwood) 14-6 Mt. SAC
 Chris Masten(Arcadia) 14-3 Mt. SAC
 Tony Zawinul(Pasadena CC) 25-2 San Jose State
 Greg James(Drake) 6-4, 44-4¾ C. of Marin
 Bill Baraty(Redwood) 44-0 C. of Marin
 Paul Warrin(Castro Valley) 6-8 CP-SLO
 Glenn Smith(Hamilton) 23-10 CSU Northridge
 Ed Kinney(Bak. CC) 49-11 Sac. State
 Anthony Serrano(Montebello) 46-0 Pt. Loma
 John Newhall(American R.) 6-10 CSU Northridge
 Anthony Evans(Fremont) 23-8 Howard Univ.
 Freeman Miller(Fremont) 23-8½, 51-5¾ Cal Berkeley
 Kevin Thompson(Fremont) 47-0 Southwest CC
 Clark Elliot(Cerritos CC) 16-0 San Diego State
 Dave Nations(Grossmont CC) 16-0 San Diego State
 Ross Gunnell(Burroughs) 6-4, 44-9 Glendale CC
 Bruce Waggoner(Burroughs) 6-4 Glendale CC
 Nate Wilford(Southwestern CC) 49-10 CS Bakersfield
 Jim Sidler(Orange Coast CC) 16-3 CS Bakersfield

Throws & Decathlon

Jeff Voorhees(S. Rosa CC) 59-7½, 170-6 working
 Mickey Cutler(San Jose CC) 55-7, 183-3, 237-4 NV-Rn
 Joe Staub(Glendale) 63-1 Nebraska
 Eddie Walsh(Fairfield) 171-10 Cal Berkeley
 Paul Gates(Banning, LA) 61-11½, 172-6 U. Texas, A.
 Terry Younblood(Fremont) 54-6 Oregon
 Jim Clark(Lemoore) 176-8 West Hills CC
 Roger Axelsson(Swe) 183-6 Pt. Loma
 Lars Lundstrom(Swe) 170-2 Pt. Loma
 Jay Kovar(Bak. CC) 175-5 Cal Berkeley
 Dan Barton(Bak. CC) 222-0j Long Beach State
 Dan Goodman(Paradise V.) 52-5, 185 CSU Northridge
 Tim Bennett(Fresno CC) 171, 145h CSU Northridge
 Tom Turner(Drake) 6-55 CSU Northridge

Jumps

MASTERS SCENE

by Marty Higginbotham

California masters turned in some super performances at the National Masters 10K Cross Country Championships held November 9, in Seattle, Washington. Leading the Californians was Judy Fox (first Woman finisher) winning the 40-44 division in 39:42. Joan Ulliyot was second in 43:12. The times were somewhat slow due to rain and a very European style cross country layout. In the 45-49 and 50-54 division California women swept the first three positions. Vicki Bigelow led the sweep in the 45-49 division, timing 42:19. She was followed by Dorothy Stock 42:48, and Nicki Hobson 44:55. In the 50-54 age group Marian Irvine led the all California sweep clocking 43:56, Anne Johnson was second 44:19, and Ruth Anderson finished third in 45:49. Mary Storey was also another winner for California as she won the 55-59 division in 48:06. The West Valley Track Club women took top team honors in the 40-49 division while the San Diego Track Club followed in second. In the men's divisions California runner Bill Stock was victorious in the 50-54 age group in 38:11, Jim O'Neil took the 55-59 division in 40:07, while John Lafferty was a victor in the 60-64 group timing 45:09. Other placers were Bill Meinhardt, sixth in the 40-44 division; Ulrich Kaemph second 45-49 age group; Bill Phillips second 50-54 age group and Don Dilworth also second in the 60-64 division. In the team totals West Valley was second in the 40-49 division and the San Diego Track Club took top honors in the 50-59 category.

Nike and Penn Mutual Life Insurance Company will host a series of eight regional master only road races in 1981. The races will be called the Nike/Penn Mutual Masters Grand Prix and will be held between the months of January and April. San Diego will be the site of the Western race, while Seattle will host the Northwestern event.

On January 1, at Stanford University the Fifty Plus Runners Association will sponsor the first National 50+ running event. There will be a 3K and a 10K race. For more information contact the Fifty Plus Runners Association, P.O. Box 7063, Menlo Park, CA 94025.

We hope to see some California master athletes competing in several of this winters indoor meets that have some masters events. If you will be competing in any of these please send results to California Track & Running News.

Good luck to all of California's masters competing in the January World Veteran Games in New Zealand. We'll anxiously be awaiting the results and plan a report to all readers in the February or March issue.

Once again, we welcome any information, results or happenings of masters events.

7. Jim Temples(43, SDTC)	17:37	29. Jim O'Neil(55, SDTC)	18:44	50. Don Dilworth(61, SDTC)	21:27
8. Kent Guthrie(44, WVJ&S)	17:39	30. Ray Schmidt(43, CCAC)	18:47	63. Paul Spangler(81, SLODC)	26:50
9. Bill Crum(45, STC)	17:41	31. Joe Wilson(45, SDTC)	18:54	64. Alfred Guth(72, STC)	27:23
10. Bill Hotchkiss(40, WVJ&S)	17:46	32. Otto Reed(41, Unatt.)	18:55	SUB-MASTERS MEN	
11. Bill Stock(51, SDTC)	17:46	33. Rod Johnson(51, SDTC)	18:56	1. Jim Mosher(30, PTC)	16:12
12. Bill Phillips(52, SDTC)	17:50	34. Ray Gil(56, STC)	18:58	2. Richard Enriquez(31, Unatt.)	16:25
13. Tom Brown(42, BPHT)	17:53	35. Walter Atcheson(54, SCS)	19:01	3. Dennis Kasischke(34, SDTC)	16:38
14. Myron Nevrumont(46, WVJ&S)	17:57	36. Buzz Bennetts(43, CCAC)	19:03	4. George Luiken(37, BPHT)	16:42
15. Dick Pallies(43, CCAC)	17:59	37. Gunnar Linde(52, SMTc)	19:22	5. Dan McCaskill(39, SDTC)	16:47
16. Bob Daniel(40, SDTC)	18:01	38. Don Hegerle(50, SDTC)	19:25	MASTERS WOMEN	
17. Phillip Weiny(45, Unatt.)	18:01	39. Jerry Jordan(44, SDTC)	19:27	1. Jennifer Wright(45, STC)	19:53
18. Ray Sablan(40, SDTC)	18:13	40. Patrick Devine(52, Unatt.)	19:35	2. Dorothy Stock(48, SDTC)	20:13
19. Richard Belliveau(44, CCAC)	18:16	41. Russ Doolittle(59, SDTC)	19:49	3. Anne Johnson(52, SDTC)	20:47
20. Pat Watkins(43, SLCTC)	18:24	42. Jim Heldoorn(42, SDTC)	20:09	4. Helene Laurent(46, SDTC)	20:52
21. Walt Van Zant(41, WVJ&S)	18:26	43. John Lafferty(62, SDTC)	20:13	5. Nicki Hobson(49, SDTC)	21:19
22. Pete Larson(43, BPHT)	18:26	44. T.R. Eddy(47, SDTC)	20:14	6. Fay Heldoorn(43, SDTC)	21:23
23. Tom Hillary(44, BPHT)	18:32	45. John Giller(42, BPHT)	20:24	7. Mary Storey(56, SDTC)	21:26
24. Ian McInnes(45, BPHT)	18:37	46. Buzz Hinckley(46, SDTC)	21:05	SUB-MASTERS WOMEN	
25. Will Rasmussen(40, SDTC)	18:38	47. Bob Holmes(52, SDTC)	21:07	1. Sue Krenn(30, Unatt.)	20:03
26. Bryan Holmes(46, WVJ&S)	18:40	48. Frederick Frye(46, SDTC)	21:07	2. Mary Sinclair(39, SDTC)	22:45
27. Wells Gardner(43, BPHT)	18:41	49. Wayne Zook(63, SDTC)	21:15		
28. Marsh Haraden(50, SDTC)	18:42				

**IF IT'S SATURDAY
(APRIL 11, 1981), IT
MUST BE PHILADELPHIA.
IN JULY,
IT COULD BE BELGIUM...**

NIKE and Penn Mutual Life Insurance Company announce the **1981 Nike/Penn Mutual Masters Grand Prix**.

Eight regional road races for Masters only. Open to men and women age 35 and over, and also to registered AC/AAU or RRCA club teams. "Grand Prix" T-shirts to

women's 35+) will receive travel expenses, from Penn Mutual, to the highly acclaimed 15K NIKE/U.S. Roadracing Championship, a showdown in Philadelphia on April 11, 1981.

In Philadelphia, NIKE will award both winning men's and women's Masters teams travel expenses to the July 1981 International Masters 25K Race in Brugge, Belgium.

45-49 age group; Bill Phillips second 50-54 age group and Don Dilworth also second in the 60-64 division. In the team totals West Valley was second in the 40-49 division and the San Diego Track Club took top honors in the 50-59 category.

Nike and Penn Mutual Life Insurance Company will host a series of eight regional master only road races in 1981. The races will be called the Nike/Penn Mutual Masters Grand Prix and will be held between the months of January and April. San Diego will be the site of the Western race, while Seattle will host the Northwestern event.

On January 1, at Stanford University the Fifty Plus Runners Association will sponsor the first National 50+ running event. There will be a 3K and a 10K race. For more information contact the Fifty Plus Runners Association, P.O. Box 7063, Menlo Park, CA 94025.

We hope to see some California master athletes competing in several of this winter's indoor meets that have some masters events. If you will be competing in any of these please send results to California Track & Running News.

Good luck to all of California's masters competing in the January World Veteran Games in New Zealand. We'll anxiously be awaiting the results and plan a report to all readers in the February or March issue.

Once again, we welcome any information, results or happenings of masters events.

Masters 5,000 Meter Cross Country Championships

November 29, 1980. Balboa Park, San Diego, Calif. Athletics Congress National Masters 5,000 Meter Cross Country Championships. Clear, no wind, 62 degrees, F.

The race director ordered nice weather for the 5,000 meter cross country Championships held in San Diego on November 29, 1980 and it showed up right on time. The sunshine was pleasantly warm, but the competition was fiercely hot in several divisions. A large eucalyptus tree had fallen across the course a few days prior to the race to add an unscheduled obstacle. Runners had the option of going around either end or hurdling the trunk. It seemed like about a third chose each route, with some of the women going the short route "over the top."

Bill Meinhardt of the West Valley Joggers and Striders, Andre Tocco of the Culver City Athletic Club, Skip Shaffer, Andre's teammate, and Gary Sampson of the San Diego Track Club had a good battle up and down the hills, with M40 Bill finally pulling out of 9 second margin over M45 Andre. Skip and Gary hung in for 2nd and 3rd in the M40 division.

The closest race was for the M50 title with SDTC's two Bills, Stock and Phillips going at it hammer and tong for 2 miles

where they were never more than 3 meters apart. Phillips pushed hard up the last hill at 2 miles and opened up 30 meters. That lead held constant for almost a mile, then with 150 meters to go Stock went, making up 20 meters and winning by 4 seconds in course record time.

Jim O'Neil, SDTC, took the M55 national title and SDTC runner John Lafferty wound up the M60 winner. Herb Wright journeyed from Salt Lake City, Utah, and then another 5,000 meters to run off with the M65 championship and 81 year old Paul Spangler made his trip from San Luis Obispo, California a success by winning the M70 plus title.

In the women's race, run separately 45 minutes before the men, Jennifer Wright of Indio, California was a story unto herself. The W45 champion was first over-all. A sub-masters SD & I Association championship race was run with the masters women's race and international class marathoner Sue Krenn and Jennifer went tooth and nail most of the way. Jennifer finally moved away to a 10 second win over the W30 Ms. Krenn. 3rd over-all was W45 Dorothy Stock SDTC, followed by W50 champion Anne Johnson who is the 1980 Diet Pepsi 10K national champ. Mary Storey ran well on the tough course to nail down the W55 championship to go with her earlier 10KM XC win in Seattle.

RESULTS

1. Bill Meinhardt(40, WVJ&S)	16:51
2. Andre Tocco(45, CCAC)	17:00
3. Skip Shaffer(42, CCAC)	17:06
4. Gary Sampson(40, SDTC)	17:10
5. Frank Saiz(42, BPHT)	17:17
6. Bill Porter(41, SDTC)	17:22

MUST BE PHILADELPHIA. IN JULY, IT COULD BE BELGIUM...

NIKE and Penn Mutual Life Insurance Company announce the **1981 Nike/Penn Mutual Masters Grand Prix**.

Eight regional road races for Masters only. Open to men and women age 35 and over, and also to registered AC/AAU or RRCA club teams. "Grand Prix" T-shirts to all entrants. NIKE merchandise prizes to the first three finishers in 5-year age categories. Varying additional awards, gifts and special attractions.

In each of the eight races a team of three runners (both the winning men's 40+ and the

women's 35+) will receive travel expenses, from Penn Mutual, to the highly acclaimed 15K NIKE/U.S. Roadracing Championship, a showdown in Philadelphia on April 11, 1981.

In Philadelphia, NIKE will award both winning men's and women's Masters teams travel expenses to the July 1981 International Masters 25K Race in Brugge, Belgium.

Here's the 1981 schedule and where to write for information. Pick the nearest race. And if you want to go for the Grand Prize in Philadelphia, bring your clubmates.

ST. LOUIS, February 1 (15km)

Contact: Tom Eckelman
7140 Waterman
University City, MO 63130

SALT LAKE CITY, March 14 (10km)

Contact: Doug Beck
769 Kinsington Avenue
Salt Lake City, UT 84105

ATLANTA, March 14 (10km)

Contact: Ken Kirk
3800 Stonewall Terrace
Atlanta, GA 30339

SEATTLE, March 15 (15km)

Contact: Mike Thould
15929 N.E. 141st Place
Woodinville, WA 98072

SAN DIEGO, March 21 (15km)

Contact: Bill Stock
7160 Baldrich
La Mesa, CA 92041

BROOKLYN, March 28 (10km)

Contact: Bob Fine
77 Prospect Place
Brooklyn, NY 11217

HOUSTON, Jan. 24 (10km)

Contact: Dan Green
3395 Northline Oaks
Conroe, TX 77304

NEEDHAM, March 1 (15km)

Contact: John Pistone
186 Commonwealth
Boston, MA 02116

Mail to: NIKE/U.S. CLUB ROAD
RACING CHAMPIONSHIP
3900 S.W. Murray Blvd.
Beaverton, Oregon 97005



LONG DISTANCE LOG

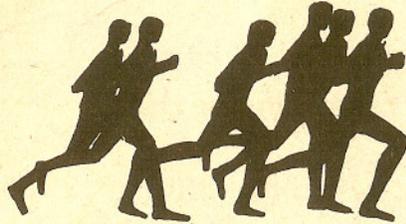
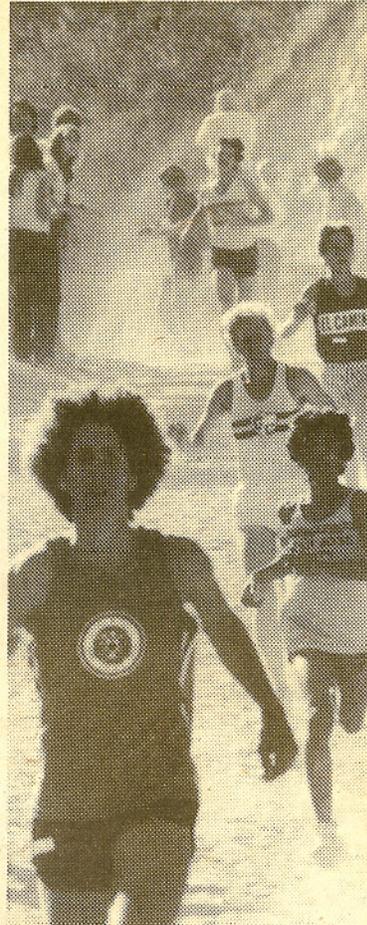


photo by Richard Slotkin

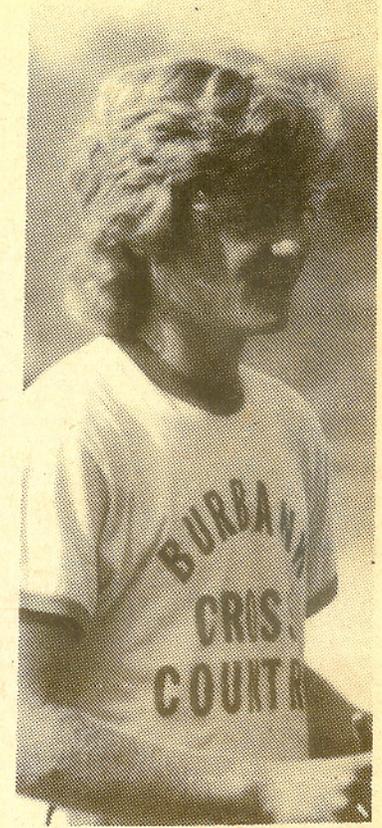


Community College State Meet

Bowl win. Another was Pat Story's first sub-35 10K, and still another was by 9 year old Jennifer Prager, who not only runs well, but she's an artist, too. She decorated her note with several nice drawings. There was one other outstanding mark reported, but the runner, gentleman that he is, doesn't wish to be singled out. Just a simple listing will do, he feels the reward is doing it, not talking about it. It was probably a short course (Jeez! I hope not!).

* = 1st time at distance

- Joe Barrow(PFF) Pt. Fermin 10M 59:30
- Joe Bird(PFF) Pt. Fermin 10M 56:27
- Lucia Davidson(PFF) Pt. Fermin 10M71:50
- Frank DeLucia(PFF) Pt. Fermin 10M74:11
- Bob Ebba(Un) Pt. Fermin 10M 85:49
- Victor Estrada(SPHS) Pt. Fermin 10 61:19
- Bill Fisher(Un) Pt. Fermin 10M 57:21
- Allan Johnson(PFF) Pt. Fermin 10M 57:08
- Jeff Ann Jones(Un) RB Mara 3:23:07
- Diana Darg(UCSB) Pt. Fermin 10M 63:06
- Gunnar Linde(SMTC) Pepsi 5K 17:45
- Rosie Maes(PFF) Pt. Fermin 10M 84:59
- Floyd McElhanon(SPHS) Pt. Fermin 68:13
- Ron Morgan(SPHS) Pt. Fermin 10M 59:30
- Ron Nabers(Un) RB Marathon 2:18:48
- Greg Page(SAC) LJH XC 7M 38:56
- Jennifer Prager(Un) CSLB 4.1M *35:31
- John Rukauina(PFF) Pt. Fermin 10M72:77
- Dick Slotkin(SMTC) Pt. Fermin 10M 69:28
- Pat Story(SMTC) Pepsi 10K 34:40
- Andre Tocco(CCAC) Pt. Fermin 10M56:10
- Ted Winters(PFF) Pt. Fermin 10M 73:48



JEFF NELSON

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 & Running News office: P.O. Box 6103, Fresno, CA 93703.

photo by Richard Slotkin



Lagoon Valley Lope

October 5, 1980. Suisun, Calif. 15 Kilometer Run.

DIVISION WINNERS

Men 13 & Under: James Garrett (13, Solano Striders) 1:05:13, **Men 14-18:** Rich Beemer (18, Solano Striders) 1:55:57, **Men 19-29:** Ed Schelegle (27, Aggie Running Club) 1:49:47, **Men 30-39:** Greg Jewett (33, Excelsior) 1:51:39, **Men 40-49:** Louis Dougherty (40, Napa Valley) 1:54:55, **Men 50+:** John Nyser (55, Unatt.) 1:06:38.

Women 13 & Under: Stacy Palmer (10, Unatt.) 1:26:42, **Women 14-18:** Patricia Arnold (17, Unatt.) 1:23:16 (tie) Susan Thorton (17, Unatt.) 1:23:16, **Women 19-29:** Cathy Smith (29, Rockville R.R.) 1:15:10, **Women 30-39:** Dottie Charon (34, Unatt.) 1:09:15 (record).

- 1. Michael Layman(26) 47:41
- 2. Ed Schelegle(27) 49:47
- 3. Frank Goss(22) 50:19
- 4. Rudi Vega(22) 51:14
- 5. Greg Jewett(33) 51:39
- 6. Dan Donohoue(29) 51:52

Pine Cone Seven

Orcutt Road Runners, 1980 Pine Cone Seven.

- | | |
|-------------------------|-------|
| 1. T. McKeown(26) | 35:29 |
| 2. M. Ryan(34) | 37:06 |
| 3. M. Silva(18) | 38:13 |
| 4. S. Arney(33) | 38:57 |
| 5. P. Lee(19) | 39:16 |
| 6. J. Elwell(20) | 39:41 |
| 7. J. Coffey(23) | 39:42 |
| 8. C. Elkins(36) | 40:04 |
| 9. R. Sharer(26) | 40:35 |
| 10. V. Silva(16) | 41:10 |
| 11. J. Coffey(45) | 42:09 |
| 12. R. Gil(56) | 42:16 |
| 13. A. Ramos(35) | 42:26 |
| 14. J. Moser(34) | 42:48 |
| 15. J. Hill(40) | 42:51 |
| 24. E. Whitney(21, 1-W) | 46:39 |
| 39. K. Canale(29, 2-W) | 55:08 |
| 40. F. Clayton(34, 3-W) | 55:21 |

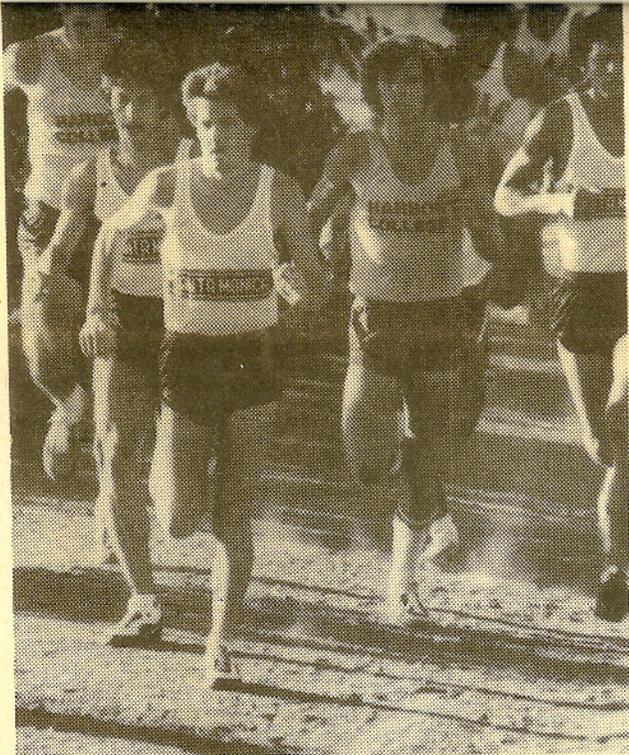
Earthquake Run

November 1, 1980. Hollister, Calif.

- | | |
|------------------------------|-------|
| 10,000 METERS | |
| 1. Tony Ramirez(25, Salinas) | 30:53 |

So, a promising season came to an end for S.M.C. For others, though, things moved along. Jeff Nelson, of Glendale C.C. is very impressive. At both State and So. Cal. he let the small schools division by a zipcode. Among the large schools, what can you say about Grossmont College? They have talent, depth and they run intelligently. Bob Larsen left a full larder when he moved on to UCLA, and he also left a winning tradition which shows no signs of even slowing. McCormack, of Grossmont won both races, but Rosas of El Camino and Gerhards of Orange Coast made it a dog fight at times.

Among the ladies it was Grossmont's Gelly winning both races. In team scores, however, it was the Orange Coast College girls who walked away with both meets. When you get 3 people in the top 5 or 6, you're pretty likely to win the meet even if you don't take 1st or 2nd place. At the awards ceremony Orange



Community College State Meet

So, a promising season came to an end for S.M.C. For others, though, things moved along. Jeff Nelson, of Glendale C.C. is very impressive. At both State and So. Cal. he let the small schools division by a zipcode. Among the large schools, what can you say about Grossmont College? They have talent, depth and they run intelligently. Bob Larsen left a full larder when he moved on to UCLA, and he also left a winning tradition which shows no signs of even slowing. McCormack, of Grossmont won both races, but Rosas of El Camino and Gerhards of Orange Coast made it a dog fight at times.

Among the ladies it was Grossmont's Geiley winning both races. In team scores, however, it was the Orange Coast College girls who walked away with both meets. When you get 3 people in the top 5 or 6, you're pretty likely to win the meet even if you don't take 1st or 2nd place. At the awards ceremony, Orange Coasts' coach was showered with champagne that one of his girls was half-hiding under her warm-up jacket and shaking frequently to work up a good spray. She got most of her team-mates wet and she almost got my F-2 Nikon which would have earned her a bob on the head with my 300mm telephoto, to go with her 3rd place overall medal.

Griffith Park's Course is rather tough. The hills aren't impossible, but they keep you honest. What makes it tough is that you're running on horse trails, so the ground is soft and dusty as the dickens... don't wear your contact lenses! There are the usual randomly scattered droppings from the equines. As if that weren't enough, along with the droppings, there were occasional meetings with the real thing. The Park Rangers hadn't cleared the riders out and one runner was bumped hard enough by a horse to have to drop out of the race.

One person who got a surprise from the course was Ventura College's Ron Ysais. Having run the NBC Peacock 10K in September, he was quite pleased to learn that So. Cal's and State were also to be in Griffith Park. Peacock, however, was a road race and mostly flat. When Ysais got his first look at the cross-country course he was staggered. Not for long, though. He was Ventura's first finisher and 4th overall in the division II (small schools) finals.

I'll bet there are going to be a lot of happy coaches when letter-of-intent signing time comes. There will be some unhappy ones too, depending upon who signs with whom.

P.R.'s:

This month's P.R. list is much longer, thanks to the Point Fermin 10 Mile Run. There were a flock of them there. One of the highlights was Ron Naber's Rose

Lagoon Valley Lope

October 5, 1980. Suisan, Calif. 15 Kilometer Run.

DIVISION WINNERS

Men 13 & Under: James Garrett (13, Solano Striders) 1:05:13, **Men 14-18:** Rich Beemer (18, Solano Striders) 1:55:57, **Men 19-29:** Ed Schelegle (27, Aggie Running Club) 1:49:47, **Men 30-39:** Greg Jewett (33, Excelsior) 1:51:39, **Men 40-49:** Louis Dougherty (40, Napa Valley) 1:54:55, **Men 50+:** John Nyser (55, Unatt.) 1:06:38.

Women 13 & Under: Stacy Palmer (10, Unatt.) 1:26:42, **Women 14-18:** Patricia Arnold (17, Unatt.) 1:23:16 (tie) Susan Thornton (17, Unatt.) 1:23:16, **Women 19-29:** Cathy Smith (29, Rockville R.R.) 1:15:10, **Women 30-39:** Dottie Charon (34, Unatt.) 1:09:15 (record).

1. Michael Layman(26)	47:41
2. Ed Schelegle(27)	49:47
3. Frank Goss(22)	50:19
4. Rudi Vega(22)	51:14
5. Greg Jewett(33)	51:39
6. Dan Donohoue(29)	51:52
7. Pete Flores(27)	52:12
8. Doug Butt(35)	54:15
9. Larry Pugh(33)	54:24
10. Keith Golding(20)	54:30
11. Mike Weddington(19)	54:36
12. Louis Dougherty(40)	54:55
13. Bob Blackman(21)	55:15
14. Louis Garcia Jr.(23)	55:35
15. Richard Beemer(18)	55:57
52. Karen Schelegle(25, 1-W)	1:07:02
56. Dottie Charon(34, 2-W)	1:09:15
72. Dale Cecchetti(32, 3-W)	1:12:32

Pine Cone Seven

Orcutt Road Runners, 1980 Pine Cone Seven.

1. T. McKeown(26)	35:29
2. M. Ryan(34)	37:06
3. M. Silva(18)	38:13
4. S. Arney(33)	38:57
5. P. Lee(19)	39:10
6. J. Elwell(20)	39:41
7. J. Coffey(23)	39:42
8. C. Elkins(36)	40:04
9. R. Sharer(26)	40:35
10. V. Silva(16)	41:10
11. J. Coffey(45)	42:09
12. R. Gil(56)	42:16
13. A. Ramos(35)	42:26
14. J. Moser(34)	42:48
15. J. Hill(40)	42:51
24. E. Whitney(21, 1-W)	46:39
39. K. Canale(29, 2-W)	55:08
40. F. Clayton(34, 3-W)	55:21

Earthquake Run

November 1, 1980. Hollister, Calif.

10,000 METERS

1. Tony Ramirez(25, Salinas)	30:53
2. Gilbert Munoz(21, Watsonville)	33:57
3. Haywood Norton(33, Monterey)	34:44
4. Rafael Tierrafrin(27, Monterey)	35:00
5. Kenneth Drew(30, San Jose)	35:04
6. Rich Cummings(35, Ft. Ord)	35:16
7. Cesar Acosta(17, Hollister)	35:26
8. Allen Gamber(36, Ft. Ord)	35:47
9. James Nelson(17, Salinas)	35:54
10. Louis Davidson(36, Spreckels)	35:58
11. John Brazinsky(42, Carmel)	36:36
12. Jose Garcia(31, Gilroy)	36:49
13. Dennis Lebow(14, Salinas)	37:19
14. Mike Gourley(23, Salinas)	37:43
15. Skip Marquard(42, Carmel Val.)	37:48
23. Cathy Womack(26, 1-W)	39:26
76. Elaine Schumacher(27, 2-W)	44:25

S.M.C. vs. Harbor vs. E.L.A.C.. (Left to right): Delaney(H), Perez(SMC), Farina(SMC), Milek(H), Haro(SMC).

POINTS OF INTEREST

by Richard Slotkin, Long Distance Editor

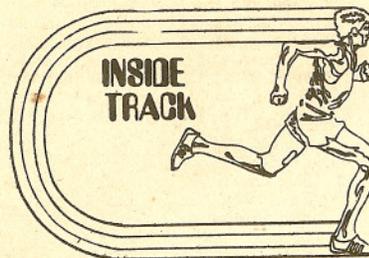
It was at the Regionals that disaster struck. Although the girls team was unlikely to go on to the State meet, Teresa Haro was a shoe-in to make it as an individual. As luck would have it, she went into the meet with a stress fracture in her ankle and 300 yards from the finish, and within reach of all the leaders, she dropped out. "The ankle hurt so badly that I knew I wasn't going to be able to run at State next week. So, I had to make a decision right away: finish and really damage the ankle, or stop now." She stopped. She's now in a cast with a stress fracture that had graduated into a full-fledged complete fracture.

Then, things really got bad. Perez, who has been having an outstanding season both on and off the road, found himself with tendonitis in both knees and had all he could do to stay in the race. S.M.C.'s leader all season and winner of several meets and road races, he wound up 4th on his own team! Anyway, back in the pack, Ex-Venice hot-shot Farina, in his own words, "...felt lousy and just couldn't get into it..." was 3rd on the team, also way back, but ahead of Perez. Haro took 1st for S.M.C. but was in 34th place, and Isom was his team's second finisher.

Normally, I don't cover J.C. Cross-Country, however, with Santa Monica College's "home court", Will Rogers Park, so close, and with both the So. Cal. Regionals and the State Finals at nearby Griffith Park, I decided to look into the festivities.

It started with the S.M.C./Harbor C.C./E.L.A.C. meet at Will Rogers Park on Oct. 31st. The Corsairs girls, led by their star Teresa Haro, squeaked out a win, but in the men's race, poor strategy on the part of James Isom, who took off too fast in an attempt to stay with the leaders...and then faded, helped Harbor to a win in the men's event. The 1st 3 places were all dog-fights as Hector Perez of S.M.C. barely held off Harbor's Delaney, and Paul Farina, (S.M.C.) took 3rd just ahead of Harbor's Micek. It was a tough loss for S.M.C. but they got it back a week later at Conference as Perez, Farina and Ruben Haro (Teresa's brother) finished in an impressive 1-2-3 with Isom running smart this time to take the meet.

The girls team, which hasn't had much depth, did well enough to also qualify for the So. Cal. Regionals.



NEW BALANCE
BROOKS
ETONIC
DOLFIN TRACKWEAR
PUMA
TIGER
STARTING LINE
SPORTS PUBLICATIONS
SOCCER SUPPLIES

"KEEPING PACE WITH YOUR RUNNING NEEDS"

DANNY RUFFIN
(805) 643-1104

GARY TUTTLE

1410 E. MAIN ST.
VENTURA, CA 93003

photo by Keith Conning

Berkeley to Moraga Race

October 12, 1980. 15th Annual. 13.1 Miles.

1. LeRoy Katchevor(28)	1:11:22
2. Jan Shersen(33)	1:12:33
3. Virginio Dearaujo(28)	1:12:48
4. Scott Molina(26)	1:13:26
5. Peter Day(36)	1:13:32
6. Dan Anderson(28)	1:15:18
7. Bob Alexander(28)	1:16:23
8. Nick Winter(37)	1:17:10
9. Ted Quintana(25)	1:17:11
10. David Powell(18)	1:18:10
11. Chris Steer(37)	1:18:32
12. Ulrich Kaempf(49)	1:19:15
13. Dwight Hendrix(26)	1:19:18
14. Unofficial	
15. Harold Knutsen(40)	1:19:38
16. Joe Schieffer(29)	1:20:00
17. Leo Rethsen(36)	1:20:12
18. Robert Colborn(25)	1:20:19
19. Paul Farrier(43)	1:29:25
20. Bart Simmons(30)	1:20:59
21. Grant Foster(14)	1:21:21
22. Dan Moore(39)	1:21:25
23. Al Chesterman(36)	1:21:46
24. Hoyt Walker(28)	1:21:52
25. Bill Bugler(44)	1:21:56
26. David Smith(23)	1:22:10
27. Ed Jerome	1:22:33
28. Rix Merrill(29)	1:22:42
29. Russell Cohen(29)	1:22:45
30. Bob Love(20)	1:23:09
83. Sharlet Gilbert(1-W)	1:29:52
96. Irene Rudolf(2-W)	1:31:18
100. Linda Skinner(3-W)	1:31:50
114. Hilary Naylor(4-W)	1:32:54
125. Margo Elson(5-W)	1:34:01



LEROY KATCHEVOR

photo by Keith Conning

Claremont Col. 10K Race

1. Njuguna Mburu(19)	35:37
2. Bruce Burnam(22)	36:58
3. Glenn Fairman(23)	37:28
4. Richard Belveau(44)	37:55
5. Mari Carisetti(1-W)	39:22

Lopers' Orange Grove Marathon

November 2, 1980.

Julie Brown, the former American marathon record holder (2:36:23) ran a blistering 1:15:52 in the Loma Linda Loper's Orange Grove Half Marathon, November 2, to break Sandra Kiddy's course record by over nine minutes.

Only two men had a faster time in the 13.1 mile distance.

Mark Nelson ran a 1:11:44 for first place with Pasqual Rodriguez capturing second place just 22 seconds ahead of Miss Brown.

Miss Brown had been on the U.S.A. track team 17 times and is presently getting ready to run to Japan in two weeks.

The Full Marathon, 26 miles, 385 yards, became a family affair as Sandra Kiddy, and her husband, Fred, each took first place in the women's and men's divisions.

Mrs. Kiddy, the A.A.U. 50 mile champion, and Fred Kiddy each established new course records for the masters division with times of 3:12:07 and 2:44:21, respectively. The masters division refers to runners 40 years of age and older.

The fourth annual Orange Grove Marathon course began in Loma Linda at the Gentry Gymnasium and ran through the orange groves of San Timoteo Canyon just south of Redlands with gentle grades going out and returning to the gym.

The best three times for the marathon are listed below.

10 KILOMETER

1. Bill Knauft	34:10.4
2. Kevin Arnett	35:19.4
3. Wally Ingram	36:47.5

Women:

1. Denise Bedford	43:20
2. Allison Pringle	45:45
3. Shannon Duncan	46:07

HALF MARATHON

Men:	
1. Mark Nelson	1:11:44
2. Pasqual Rodriguez	1:15:30
3. Del Valdez	1:16:11

Women:

1. Julie Brown	1:15:52
2. Tammy Barnhart	1:32:18
3. Sue Harwell	1:38:04

MARATHON

Men:	
1. Fred Kiddy	2:44:21
2. Michael Kelly	2:46:33
3. Michael Seward	2:53:46
Women:	
1. Sandra Kiddy	3:12:07

effort. Dan Navarro, UNR, was eighth in 31:39 followed by three more of his teammates. The early leader Ed Taylor finished in 32:28 placing twelfth overall and tenth in the open division.

In submasters action Gary Campbell of the Visalia Runners was an easy winner clocking 34:28. Fresno Track Club's Fernie Montanez won the 40-49 age group while High Sierra Track Club's A.R. Souza too the 50-59 age division. Ray Mahannah was the victor in the 60 and over category.

Reno Nevada "A" team easily took the team title with thier "B" team finishing second. L.A. Baptist College Track Club led by Jerry Thomas finished third in the team standings.

The women's race was won by Pamela Cox of the Stars and Stripes TC. She timed 18:35 over the 5K, well ahead of her competition. Finishing second and running a super race was eleven year old Deanna Gubbard in 20:14 (she was first in the 19 and under group). Finishing only two seconds behind Gabbard was Chris Gibson, third overall and second in the 19 and under division. Jacque Randolph led a clean sweep for the Visalia Runners womens team in the submaster age group. She timed 22:05 and was followed by teammates Cherie Stephenson and Ruth Dunn. Cecilia Conway was the victor in the womens 40+ division, she also is a member of the Visalia Runners Club. The Visalia Runners women's team of Randolph, Stephenson, Dunn, Conway and Carol Sandoval combined to take the women's team title.

In all the meet went very well and the competition was good. Next year's TFA Western Regional will again be held at Mooney's Grove Park in Visalia. The 10K course is a two loop layout, all flat, consisting of grass, asphalt and dirt. The women's 5K event is one loop of the same layout. Mooney Grove Park provides an excellent setting for cross country and road races.

RESULTS

Men 19 & Under: 1. Dave Marson (UNR) 31:35; 2. Steve Pradere (UNR) 32:13; 3. Charlie Lopez (Unatt) 37:52.
Men 20-29: 1. Jorgen Eiremo (UNR) 31:29; 2. Derek May (UNR) 31:32; 3. Joaquin Leano (UNR) 31:33.
Men 30-39: 1. Gary Campbell (VR) 34:28; 2. Rob Stephenson (VR) 35:13; 3. Ray Hernandez (Unatt) 36:33.
Men 40-49: 1. Fernie Montanez (FTC) 38:50; 2. Tom Upton (Unatt) 41:15; 3. Jerry Carr (Unatt) 47:29.
Men 50-59: 1. A.R. Souza (HSTC) 39:03; 2. Derl Crowder (Unatt) 42:47.
Men 60 & Over: 1. Ray Mahannah (Unatt) 46:25; 2. Allan Rhodes (LAB) 52:01.

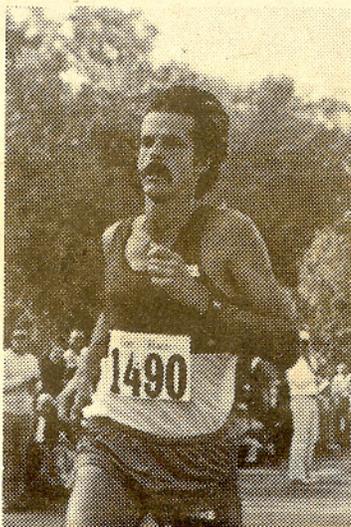
Women 19 & Under: 1. Deanna Gubbard (Unatt) 20:14; 2. Chris Gibson (Unatt) 20:16; 3. Deon Stockton (Unatt) 21:13.
Women 20-29: 1. Pamela Cox (SS) 18:35; 2. Ruby Hernandez (HSTC) 20:42; 3. Karen Ried (LAB) 22:13.
Women 30-39: 1. Jacque Randolph (VR) 22:05; 2. Cherie Stephenson (VR) 23:26; 3. Ruth Dun (VR) 24:51.
Women 40 & Over: 1. Cecilia Conway (VR) 26:50.

NCAA Div. II

The Great Race

October 19, 1980. Palo Alto, Calif. 10 Kilometers.

1. Duncan McDonald	28:58
2. Jairo Correa	29:25
3. Roy Kissin	29:54
4. Matt Yeo	30:25
5. Randy Staal	30:33
6. Coty Pinckney	30:49
7. John Routh	30:51
8. David Boechler	31:00
9. Dan Martinez	31:12
10. Tom Laris	31:31
11. Bill Clard	31:40
12. Chris Block	31:45
13. Skip Brown	31:50
14. James Young	31:56
15. Jack Bellah	31:57
16. Stacy Geiken	31:58
17. Stephen Sidney	32:02
18. Mark Williams	32:05
19. Keith Buffington	32:10
20. David Austin	32:23
21. Weston Press	32:43
22. Michael J. Iowski	32:44



Golden Gate Marathon

October 26, 1980. San Francisco, Calif.

1. Skip Brown	2:26:24
2. John Gailson	2:31:19
3. Virginio De Araujo	2:32:29
4. Rodolfo Rizalde	2:33:01
5. Mark Steven Williams	2:34:28
6. Leonardo Illut	2:34:30
7. Jimmy De La Torre	2:35:36
8. Hasse Develius	2:36:19
9. James Jacobs	2:42:55
10. Rae Clark	2:44:18
11. Gary D. Halford	2:46:53
12. Sherman Schapiro	2:47:35
13. Greg Yamanaka	2:47:41
14. Rich Henderson	2:48:34
15. Fasil Fessaha	2:49:02
16. Steve Tucker	2:49:10
17. Kenneth J. Price	2:50:09
18. Michael Lannoy	2:50:53
19. Gene Kain	2:51:03
20. Walter A. Calcagno	2:51:21

The Great Race

October 19, 1980. Palo Alto, Calif. 10 Kilometers.

1. Duncan McDonald 28:58
2. Jairo Correa 29:25
3. Roy Kissin 29:54
4. Matt Yeo 30:25
5. Randy Stael 30:33
6. Coty Pinckney 30:49
7. John Routh 30:51
8. David Boechler 31:00
9. Dan Martinez 31:12
10. Tom Laris 31:31
11. Bill Clard 31:40
12. Chris Block 31:45
13. Skip Brown 31:50
14. James Young 31:56
15. Jack Bellah 31:57
16. Stacy Geiken 31:58
17. Stephen Sidney 32:02
18. Mark Williams 32:05
19. Keith Buffington 32:10
20. David Austin 32:23
21. Weston Press 32:43
22. Michael Lisowski 32:44
23. Doug McClean 32:54
24. Robert Henzel 32:59
25. Paul French 33:01
26. Tim Bolton 33:10
27. Ingemar Gard 33:16
28. Jake White 33:33
29. Peter Churney 33:37
30. Ulrich Kaemph 33:37
31. Rick Hill 33:44
32. Charley Wise 33:49
33. David Garcia 33:56
34. Jasper Kirkby 33:57
35. Joe Naughten 34:02
36. Ted Dorn 34:03
37. Jim O'Neil 34:06
38. Doug Stevens 34:06
39. James Owen 34:13
40. Charles Verutti 34:39

- Women 12 & Under:**
1. Shannon Clark 38:40
 2. Wendy Massey 43:29
 3. Stacy Clark

- Men 12 & Under:**
1. Eric Schweninger 39:30
 2. Kevin Vergho 41:26
 3. Warren Moon 42:06

- Women 13-19:**
1. Maria King 38:35
 2. Mary T. Kernigan 39:33
 3. Jennifer Glockner 39:51

- Men 13-19:**
1. Joe Naughten 34:02
 2. Todd Feeley 34:48
 3. Mike Rivers 34:57

- Women 20-29:**
1. Stefani Stoutt 35:23
 2. Dana Hooper 36:51
 3. Deborah Dobbs 39:22

- Men 20-29:**
1. Jairo Correa 29:25
 2. Roy Kissin 29:54
 3. Matt Yeo 30:25

- Women 30-39:**
1. Judy Fox 36:19
 2. Janice LeLocq 37:17
 3. Linda Mantynen 40:21

Duncan Macdonald wins Great Race.

- Men 30-39:**
1. Duncan McDonald 28:58
 2. Bill Clark 31:40
 3. Skip Brown 31:50

- Women 40-49:**
1. Ruth Waters 42:43
 2. Betsy F. Smith 43:28
 3. Kathy Brieger 43:40

- Men 40-49:**
1. Tom Laris 31:31
 2. Ulrich Kaemph 33:37
 3. Ernle Young 36:36

- Women 50 & Over:**
1. Carroll O'Conner 34:06
 2. Betty Wittmer 36:02
 3. Jaclyn Casselli 36:21

- Men 50 & Over:**
1. Jim O'Neil 34:06
 2. Dave Stevenson 36:02
 3. Peter Wood 36:21



Golden Gate Marathon

October 26, 1980. San Francisco, Calif.

1. Skip Brown 2:26:24
2. John Gailson 2:31:19
3. Virginio De Araujo 2:32:29
4. Rodolfo Rizalde 2:33:01
5. Mark Steven Williams 2:34:28
6. Leonardo Illut 2:34:30
7. Jimmy De La Torre 2:35:36
8. Hasse Develius 2:36:19
9. James Jacobs 2:42:55
10. Rae Clark 2:44:18
11. Gary D. Halford 2:46:53
12. Sherman Schapiro 2:47:35
13. Greg Yamanaka 2:47:41
14. Rich Henderson 2:48:34
15. Fassil Fessaha 2:49:02
16. Steve Tucker 2:49:10
17. Kenneth J. Price 2:50:09
18. Michael Lannoy 2:50:53
19. Gene Kain 2:51:03
20. Walter A. Calcagno 2:51:21
21. Doug Schrock 2:51:52
22. Larry Tracey 2:52:20
23. A. Curtiss Kellogg 2:52:52
24. Dwight Hendrix 2:52:53
25. William Davis 2:53:13
26. Steve Moore 2:53:26
27. Alex Brede 2:53:29
28. Gary Nathanson 2:53:40
29. Bob Ward 2:54:46
30. Mike Paradis 2:54:58
31. Tom Jones 2:55:11
32. Birt L. Duncan 2:56:16
33. Gary Bartoo 2:56:19
34. Graeme Bell 2:56:39
35. Michael Impastato 2:56:50
36. Unknown Runner 2:56:56
37. Anthony Clews 2:57:39
38. Chuck Welty 2:57:52
39. Andre Kid Millette 2:57:58
40. Peter Gutierrez 2:58:46
114. Hilary Naylor(1-W) 3:10:39
127. Deborah Waldear(2-W) 3:12:24
152. Nancy Justice(3-W) 3:15:40

Claremont Col. 5K Presidential Cup Race

November 2, 1980.

1. James Marquez(20) 16:36
2. Skip Schaffer(42) 16:45
3. Dave Cook(23) 17:24
4. Denny Diezel(22) 17:58
5. Felipe Campiran(25) 18:52
9. Liz Garman(1-W) 19:57
18. Aurora Estrada(2-W) 21:23

The fourth annual Orange Grove Marathon course began in Loma Linda at the Gentry Gymnasium and ran through the orange groves of San Timoteo Canyon just south of Redlands with gentle grades going out and returning to the gym.

The best three times for the marathon are listed below.

- 10 KILOMETER**
1. Bill Knauff 34:10.4
 2. Kevin Arnott 35:19.4
 3. Wally Ingram 36:47.5

- Women:**
1. Denise Bedford 43:20
 2. Allison Pringle 45:45
 3. Shannon Duncan 46:07

- HALF MARATHON**
- Men:**
1. Mark Nelson 1:11:44
 2. Pasqual Rodriguez 1:15:30
 3. Del Valdez 1:16:11

- Women:**
1. Julie Brown 1:15:52
 2. Tammy Barnhart 1:32:18
 3. Sue Harwell 1:38:04

- MARATHON**
- Men:**
1. Fred Kiddy 2:44:21
 2. Michael Kelly 2:46:33
 3. Michael Seward 2:53:46

- Women:**
1. Sandra Kiddy 3:12:07
 2. Laura Priest 4:32:42
 3. Margaret Kegley 5:19:39

TFA/USA West Championships

by Marty Higginbotham

November 8: Visalia. TFA/USA Western Cross Country Championships. 10,000 meters.

As in the TFA National Cross Country Championships, the TFA Western Regional meet was a University of Nevada-Reno affair. The Wolfpack without two of their top runners still placed seven runners in the top ten.

Ed Taylor of the High Sierra Track Club led very early in the race with the Reno bunch close behind. By the first mile a group of sixteen runners were tightly bunched together. This lead pack began to get smaller with each consecutive mile. Staying up front with this lead group was Fred Carnahan from Genoa, Nebraska, representing Club Midwest, and Juan Garcia representing the Bartlett Mineral Water Race Team. With two hundred twenty yards to go a group of eight runners made a mad dash to the finish line. Coming out on top was UNR runner Jorgen Eiremo clocking a 31:29. Three of Eiremo's teammates followed very close behind. Derek May finished second in 31:32 while Joaquin Leano took third and Jairo Correa placed fourth both timing 31:33. Carnahan prevented a complete UNR sweep of the top five places as he nabbed fifth in 31:34 just one second ahead of Reno's fifth man Dave Marson (first in 19 and under category) in sixth. Seventh went to Garcia with a 31:37

to runners 40 years of age and older.

RESULTS

Men 19 & Under: 1. Dave Marson (UNR) 31:35; 2. Steve Pradere (UNR) 32:13; 3. Charlie Lopez (Unatt) 37:52.
Men 20-29: 1. Jorgen Eiremo (UNR) 31:29; 2. Derek May (UNR) 31:32; 3. Joaquin Leano (UNR) 31:33. **Men 30-39:** 1. Gary Campbell (VR) 34:28; 2. Rob Stephenson (VR) 35:13; 3. Ray Hernandez (Unatt) 36:33. **Men 40-49:** 1. Fernie Montanez (FTC) 38:50; 2. Tom Upton (Unatt) 41:15; 3. Jerry Carr (Unatt) 47:29.
Men 50-59: 1. A.R. Souza (HSTC) 39:03; 2. Derl Crowder (Unatt) 42:47. **Men 60 & Over:** 1. Ray Mahannah (Unatt) 46:25; 2. Allan Rhodes (LAB) 52:01.

Women 19 & Under: 1. Deanna Gubbard (Unatt) 20:14; 2. Chris Gibson (Unatt) 20:16; 3. Deon Stockton (Unatt) 21:13. **Women 20-29:** 1. Pamela Cox (SS) 18:35; 2. Ruby Hernandez (HSTC) 20:42; 3. Karen Ried (LAB) 22:13. **Women 30-39:** 1. Jacque Randolph (VR) 22:05; 2. Cherie Stephenson (VR) 23:26; 3. Ruth Dun (VR) 24:51. **Women 40 & Over:** 1. Cecilia Conway (VR) 26:50.

NCAA Div. II Championships

November 15, 1980. University of Wisconsin at Parkside Kenosha, Wisc. 10 KILOMETERS

1. Gary Henry 29:32
2. Mark Conover 30:11
3. Danny Grimes 30:19
4. Steve Alvarez 30:27
5. Mark Curp 30:33
6. Gregg Sanders 30:40
7. Lindsay Brown 30:45
8. Gary Bicking 30:51
9. John Steinberg 30:51
10. Terry Gibson 30:53
11. Dave Lewis 31:01
12. Steve Venable 31:02
13. Frank Ebmer 31:02
14. Scott Ergen 31:04
15. Mike Randall 31:04
16. Tony Reyes 31:04
17. Matt Blaty 31:06
18. Joe Brandt 31:08
19. Gian Starinieri 31:09
20. John Smith 31:14
21. Don Shell 31:14
22. Tony Farris 31:15
23. Rich Pincombe 31:18
24. Tim Flahaven 31:20
25. Frank Assumma 31:22
26. Ed Phipps 31:26
27. Larry Schuldt 31:28
28. Rich Carlson 31:28
29. Paul Medvin 31:28
30. Greg Beardsley 31:31
33. Joe Fabris 31:36
41. Ivan Huff 31:41
44. Kevin Jones 31:43
54. Tim Becker 31:56
60. Gary Bordon 31:59
64. Steve Jenness 32:03
66. Roger Innes 32:05
68. Lance Packer 32:08
69. Doug Avritt 32:09
70. Ed Nicholson 32:10
83. Tim Mann 32:22

Central Calif. Marathon

November 8, 1980. Fresno, Calif.
A special thanks this year to the Running Gods for holding back the traditional rain and fog that has beset the past two Central California Marathons. Most runners considered the day perfect for marathoning. (inspite of the crosswind and late morning heat) The final statistics revealed 366 registered runners with 330 official starters. There were 284 finishers leaving 46 non-finishers. The 1978 and 1979 races had 210 and 294 starters respectively.

It looked like a one man race from 2 miles to 13 miles with Juan Garza leading at times up to 1/2 mile over Dennis Rinde and Jim Hartig, who were running together. However, at about 5 miles, Rinde started to move and finally passed Garza at approximately 14 miles. Juan had gone out fast and was finally overcome with leg cramps. Rinde then put it in high gear and cruised on in with a new course record of 2:17:23 (breaking his previous course record of 2:20:18).

The "Thrill of Victory" was experienced by those who had set PR's or had qualified for Boston. The "Agony of De-Feet" was also evident throughout the morning. All runners, no matter what kind of day they had, were greeted at the finish line by a truck load of fruit and juice made available by our sponsor, Sun Giant. Course records were set in several divisions including the Women's Team Division, won by the Merced Track Club. The Merced Track Club members had trained together in the months preceding the race and were well represented with approximately 25 runners coming down for the race. Thanks to all the participants and volunteers who helped make this year's event a success!

1	Dennis Rinde(22, Orangevale)	2:17:23
2	James Hartig(26, Clovis)	2:32:19
3	Curtis Elia(30, Fresno)	2:37:11
4	Paul Peterson(26, Benton)	2:38:00
5	Al Lomelli(28, Fresno)	2:38:53
6	Dan Alarid(38, Sacramento)	2:41:22
7	Scott Anderson(20, San Fran.)	2:43:00
8	Truman Clark(44, P. Huen.)	2:44:51
9	Christopher Delgado(46, Fres.)	2:45:37
10	Joseph Mensching(36, Tucson)	2:46:22
11	Mark Hemphill(31, Fresno)	2:46:47
12	Dennis Durbin(28, Foster City)	2:46:48
13	David Soleno(33, Dinuba)	2:47:11
14	Len Thornton(50, Fresno)	2:47:24
15	Richard Kaufman(31, Pl. Rey)	2:47:30
16	John Chapman(30, Bakers.)	2:47:37
17	Craig Elia(30, Fresno)	2:48:56
18	Rick Mollenkopf(32, San Ans.)	2:49:16
19	Randy Cagle(32, Atwater)	2:49:23
20	Dana Gard(35, Citrus Hei.)	2:49:53
21	Bill Woody(38, Fresno)	2:50:14
22	Art Ramos(35, Fresno)	2:50:15
23	Curt Royer(29, Merced)	2:50:31
24	Craig Newport(34, Visalia)	2:50:37
25	Paul Garness(32, Marina Rey)	2:51:03
26	Stephen McGheef(28, Rivers.)	2:52:52

27	Dan Hernandez(25, Fresno)	2:52:55
28	Ed Wehan(36, Los Angeles)	2:53:39
29	Michael Lanard(30, Chowch.)	2:54:00
30	Jimmy Aguilar(27, Delano)	2:55:45
32	Don Ramirez(3-40 +)	2:58:22
55	Richard Rozier(2-50 +)	3:08:41
63	Connie McCarthy(1-W)	3:11:20
65	Carol Walker(2-W)	3:11:50
92	Dianne Stauffer(3-W)	3:20:06
180	Liz DeMonte(1-W, 50 +)	3:50:35

Big Brothers Of San Diego

November 8, 1980. Men 17 & Under:

1.	Pat O'Rourke(16)	33:27
2.	Tom Conery(17)	35:50
3.	Pat Rea(16)	37:00
4.	Adolfo Arrojo Sarabia(17)	37:21

Men 18-29:

1.	Kirk Pfeffer(24)	28:46.8
2.	Tom Lux(27)	29:25
3.	Dave Babiracki(28)	29:49
4.	Chris Hughes(22)	

Men 30-34:

1.	Jim Mosher(30)	31:02
2.	Jim Legakis(32)	32:53
3.	J.A. Valencia(32)	33:32
4.	Mac Larson(32)	34:25
5.	Ed Nares(30)	34:44
6.	Bob Betancourt(33)	35:06

Men 35-39:

1.	Dan McCaskill	32:29
2.	Don Shanahan(38)	33:51
3.	Howard Moody(39)	34:26
4.	Jim Williams(38)	34:38
5.	David Watson(37)	34:40
6.	Jim Duncan	34:53

Men 40-44:

1.	Norm Secord(43)	34:10
2.	Tom Brown(42)	35:45
3.	Bob Holland(42)	35:53
4.	Scott McArthur(42)	36:17
5.	Wells Gardner(43)	36:53
6.	Frank Mendoza(41)	37:40

Men 45-59:

1.	Jim Blankenship(48)	37:20
2.	Scott Wotkys(45)	37:23
3.	Donald Foster(45)	37:50
4.	Dick Robinson(50)	38:42
5.	Jim Frandsen(46)	38:47
6.	Frank Ferrone(47)	39:08

Men 60 & Over:

1.	Lou Rocha(60)	42:20
2.	Sef Torres(63)	45:21
3.	Jim Flores(65)	46:55
4.	Morris Landon(61)	49:00

Women 17 & Under:

1.	Ruthie Truscott(16)	36:25
2.	Patricia Madrigal(14)	42:19
3.	Margret Scott(17)	45:13
4.	Brenda Pastor(15)	46:22

Women 18-29:

1.	Anne Zampardo(19)	36:32
2.	Melinda Ireland	36:38
3.	Lynda Prentice(18)	36:52
4.	Diane Riley(25)	37:09

Women 30-34:

1.	Laurie Binder(33)	34:20
2.	Eileen Waters(34)	43:09
3.	Janet Waller(30)	45:08
4.	Louisa Porter(33)	46:20

Women 35-39:

1.	June Allen(35)	42:40
2.	Lynn Flanagan(39)	45:00
3.	Sandy Brooks(36)	46:24
4.	Joan Kalfe(38)	46:50

Women 40-44:

1.	Diane Stocklin(40)	41:33
2.	Judy Splitgerber(40)	42:15
3.	Beverly Fox(42)	46:40

Women 45-59:

1.	Helene Laurent(46)	41:08
2.	Ruth Pogue(54)	47:09
3.	Anita Miller(45)	47:12
4.	Merry Van Sant(50)	49:20

Women 60 & Over:

1.	Erma Fix(63)	60:01
----	--------------	-------

Steve Garvey Sports Classic

November 8, 1980. The Steve Garvey Sports Classic, Diet Pepsi 10,000 Meter Series.

MEN OVERALL

1.	Henry Rono	29:29
2.	Sosteu Bitok	29:35
3.	Bill Foley	29:50
4.	Chuck Smead	29:51
5.	Bill Adams	29:51
6.	Kichoma	30:00
7.	Tracy Smith	30:27
8.	C. Whalen	30:44
9.	Jon Sutherland	30:49
10.	Ron Kurrle	31:05

WOMEN OVERALL

1.	Kathy Mintie	33:21
2.	Pat Story	33:59
3.	Ruth Caldwell	34:03
4.	Lori Lopez	35:13
5.	Jaynie Studenmund	37:18
6.	Rosanna McIntyre	37:44
7.	Janet Crouch	39:47
8.	Karen Kertis	40:05
9.	Imelda Carranza	40:54
10.	Stephanie John	40:55

MEN 20 & UNDER:

1.	S. Whitcomb	32:01
2.	Tyrus Deminter	32:12
3.	Fred Snyder	32:14

WOMEN 20 & UNDER:

1.	Kathy Mintie	33:21
2.	Lori Lopez	35:13
3.	Rosanna McIntyre	37:44

MEN 21-35:

1.	Henry Rono	29:29
2.	Sosteu Bitok	29:35
3.	Bill Foley	29:50

WOMEN 21-35:

1.	Pat Story	33:59
2.	Ruth Caldwell	34:03
3.	Jaynie Studenmund	37:18

MEN 36-49:

1.	Michael Mahler	31:52
2.	Marshall Matye	32:45
3.	Bart Coventry	32:52

WOMEN 36-49:

1.	Christa Romponnen	39:23
2.	Diana Chronont	43:31

Veteran's Day Road Race

November 11, 1980. 10,000 Meters.

1.	Boby Bray(23)	30:38.5
2.	Erick D. Brown(18)	32:44.4
3.	Ray Webb(19)	33:16.8
4.	Gary Campbell(31)	34:52.3
5.	Leon Jackson(17)	35:57.9
6.	Paul Cross(34)	36:03.8
7.	Paul White(33)	37:48.1
8.	Gary V. Levey(30)	37:48.8
9.	Dave Freed(35)	38:15.8
10.	Darin Brown(16)	38:55.0
11.	Jeff Helton(12)	39:18.6
12.	Mike Elissague(17)	39:31.3
13.	John Crandell(31)	39:55.2
14.	Stephen Johnson(37)	40:02.3
15.	Darrel Nerove(14)	40:04.8
16.	Augustine R. Souza(1-50 +)	40:07.1
17.	Robert E. Boulton(34)	40:11.3
18.	Jim Cross(30)	41:03.7
19.	John Wallace(15)	41:11.0
20.	Mike Wood(36)	41:11.5
26.	Mel Elliott(2-50 +)	42:12.1
36.	Ruby Hernandez(1-W)	44:02.4
42.	Elizabeth Jones(2-W)	45:06.0

Veteran's Day Road Race

November 11, 1980. 5,000 Meters.

1.	Bryan Patterson(25)	15:02.6
2.	German Aranda(24)	15:04.0
3.	Danilo Perez(20)	15:11.7
4.	Carlos Aranda(20)	15:52.5
5.	Gary Morton(20)	16:20.5
6.	Marty Higginbotham(24)	16:24.2
7.	Edgar Leano(26)	16:25.1
8.	Tom Tyack(31)	16:29.8
9.	Jon Newby(16)	16:32.8
10.	Paul Anderson(17)	16:38.0
11.	Robert Stephenson(33)	16:57.8
12.	Ozzie Osbood(34)	16:58.1
13.	Bryce Kibbey(18)	17:22.7
14.	Dean Perez(19)	17:28.7
15.	Eric Anderson(14)	17:30.1
16.	Jacob Genoud(16)	17:32.4
17.	John Pitman(1-40 +)	17:40.7
18.	Greg Steinhauer(16)	17:45.8
19.	Roger Richards(44)	17:52.1
20.	Ray West(38)	17:57.9
21.	Gil Hinz(1-50 +)	18:04.0
31.	Karmen Stickney(1-W)	19:17.0
34.	Deanna Gabbard(2-W)	19:47.7

Sixth Annual Turkey Trot

November 15, 1980. Lompoc Valley Distance Club.

1.	Mike Ryan	32:44
2.	Tom Trible	32:44
3.	Ron Richardson	33:12
4.	Tim Costa	33:20
5.	Efrain Gonzales	33:25

Junior Olympics Trial Meet

November 11, 1980. Pleasant Hill High School.

Boys 17-18:

1.	Sam Hooker(17, Walnut Creek)	14:22
2.	Jesse Colvin(18, Davis)	14:25
3.	Tom Barlow(17, Walnut Creek)	14:36
4.	John Hoch(18, Los Altos Hills)	14:45
5.	Rory E. White(17, Turlock)	14:59
6.	Paul Hill(17, Alameda)	15:18
7.	John Carey(18, Fremont)	15:19
8.	Dan Lucas(17, Lafayette)	15:26
9.	Steve Kovisto(17)	15:34
10.	Kevin Kennedy(18, Piedmont)	15:38

Girls 17-18:

1.	Kerry Brogan(18, Mt. View)	17:34
2.	Karen Benson(17, Piedmont)	19:19
3.	Dorothy Perry(17, Fr. Camp)	20:47
4.	Julie Klaus(17, San Ramon)	20:53
5.	Sally Hunt(17, Oakland)	21:37

Boys 15-16:

1.	Tim Berry(16, Pleasant Hill)	12:06
2.	Dae Peissner(16, Pleasant Hill)	12:16
3.	Grant Foster(15, Cupertino)	12:19
4.	Jim Bloomer(15, El Cerrito)	12:31
5.	David Hansell(16, Lafayette)	12:34
6.	Jim Howard(15, Walnut Creek)	12:37
7.	Jeff Mihm(15, Lafayette)	12:43
8.	Mike Scott(15, Pleasanton)	12:45
9.	Jay Butler(15, Pittsburg)	12:47
10.	Jim Myer(15, Oakley)	12:49

Girls 15-16:

1.	Paige Tully(15, Martinez)	13:55
2.	Ester Berndt(15, Palo Alto)	14:03
3.	Joni Mooney(15)	14:16
4.	Jenny Ray(16, Oakland)	14:54
5.	Charleen Chituras(16, Modesto)	15:03
6.	Janice Bishop(15, Livermore)	15:17

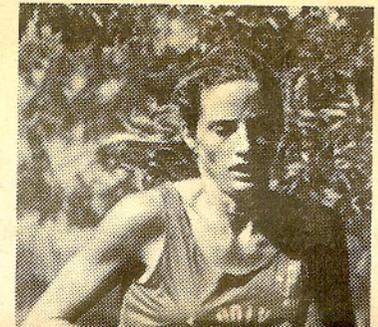
Boys 13-14:

1.	Robert Latting(13, Martinez)	10:33
2.	Loren Barr(14, Lafayette)	10:33
3.	Steve Callahan(14, Concord)	10:44
4.	Van Robbins(13, Orinda)	10:49
5.	James Garrett(14, Vacaville)	10:50

Girls 13-14:

1.	Kelly Brogan(14, Mt. View)	11:42
2.	Kacey Burns(13, Walnut Creek)	11:54
3.	Jenny Brekhuis(13, Ross)	11:55
4.	Christina Mathews(13, P. Reyes)	11:57
5.	Amy Cathcart(14, Pleasanton)	12:00

photo by Bill Leung, Jr.



approximately 25 runners coming down for the race. Thanks to all the participants and volunteers who helped make this year's event a success!

- Dennis Rinde(22, Orangevale) 2:17:23
- James Hartig(26, Clovis) 2:32:19
- Curtis Elia(30, Fresno) 2:37:11
- Paul Peterson(26, Benton) 2:38:00
- Al Lomeli(28, Fresno) 2:38:53
- Dan Alarid(38, Sacramento) 2:41:22
- Scott Anderson(20, San Fran.) 2:43:00
- Truman Clark(44, P. Huen.) 2:44:51
- Christopher Delgado(46, Fresno) 2:45:37
- Joseph Mensching(36, Tucson) 2:46:22
- Mark Hemphill(31, Fresno) 2:46:47
- Dennis Durbin(28, Foster City) 2:46:48
- David Soleno(33, Dinuba) 2:47:11
- Len Thornton(50, Fresno) 2:47:24
- Richard Kaufman(31, Pl. Rey) 2:47:30
- John Chapman(30, Bakers.) 2:47:37
- Craig Elia(30, Fresno) 2:48:56
- Rick Mollenkopf(32, San Ans.) 2:49:16
- Randy Cagle(32, Atwater) 2:49:23
- Dana Gard(35, Citrus Hei.) 2:49:53
- Bill Woody(38, Fresno) 2:50:14
- Art Ramos(35, Fresno) 2:50:15
- Curt Royer(29, Merced) 2:50:31
- Craig Newport(34, Visalia) 2:50:37
- Paul Garness(32, Marina Rey) 2:51:03
- Stephen McGhee(28, Rivers.) 2:52:52

- David Watson(37) 34:40
 - Jim Duncan 34:53
- Men 40-44:**
- Norm Secord(43) 34:10
 - Tom Brown(42) 35:45
 - Bob Holland(42) 35:53
 - Scott McArthur(42) 36:17
 - Wells Gardner(43) 36:53
 - Frank Mendoza(41) 37:40
- Men 45-59:**
- Jim Blankenship(48) 37:20
 - Scott Wotkyns(45) 37:23
 - Donald Foster(45) 37:50
 - Dick Robinson(50) 38:42
 - Jim Frandsen(46) 38:47
 - Frank Ferrone(47) 39:08
- Men 60 & Over:**
- Lou Rocha(60) 42:20
 - Sef Torres(63) 45:21
 - Jim Flores(65) 46:55
 - Morris Landon(61) 49:00
- Women 17 & Under:**
- Ruthie Truscott(16) 36:25
 - Patricia Madrigal(14) 42:19
 - Margret Scott(17) 45:13
 - Brenda Pastor(15) 46:22
- Women 18-29:**
- Anne Zampardo(19) 36:32
 - Melinda Ireland 36:38
 - Lynda Prentice(18) 36:52
 - Diane Riley(25) 37:09

- WOMEN OVERALL:**
- Kathy Mintie 33:21
 - Pat Story 33:59
 - Ruth Caldwell 34:03
 - Lori Lopez 35:13
 - Jaynie Studenmund 37:18
 - Rosanna McIntyre 37:44
 - Janet Crouch 39:47
 - Karen Kertis 40:05
 - Imelda Carranza 40:54
 - Stephanie John 40:55
- MEN 20 & UNDER:**
- S. Whitcomb 32:01
 - Tyrus Deminter 32:12
 - Fred Snyder 32:14
- WOMEN 20 & UNDER:**
- Kathy Mintie 33:21
 - Lori Lopez 35:13
 - Rosanna McIntyre 37:44
- MEN 21-35:**
- Henry Rono 29:29
 - Sosteu Bitok 29:35
 - Bill Foley 29:50
- WOMEN 21-35:**
- Pat Story 33:59
 - Ruth Caldwell 34:03
 - Jaynie Studenmund 37:18
- MEN 36-49:**
- Michael Mahler 31:52
 - Marshall Matye 32:45
 - Bart Coventry 32:52
- WOMEN 36-49:**
- Christa Romponnen 39:23
 - Diana Chronent 43:31
 - Kari Nordaas 44:36
- MEN 50 & OVER:**
- Pat Devine 37:26
 - R. Dorand 37:28
 - Bill Winstanley 39:26
- WOMEN 50 & OVER:**
- Helen Dick 45:12
 - Daisy Wong 48:17
 - Margaret Minick 56:04

5,000 METERS

- MEN 20 & UNDER:**
- G. Cortez 16:18
 - Eddie Allrunner 17:12
 - Frank Peters 17:18
- WOMEN 20 & UNDER:**
- Gladys Prieur 20:06
 - Kim Stewart 20:29
 - K. King 20:41
- MEN 21-35:**
- M. Wayenbach 16:18
 - J. Trenton 18:09
 - M. Casanova 18:34
- WOMEN 21-35:**
- C. Ukrand 24:14
 - Sharyn Hughes 24:45
 - Randy Howard 25:36
- MEN 36-49:**
- Eino Romppanen 17:35
 - Thomas Fletcher 18:18
 - Joe Jacobson 18:20
- WOMEN 36-49:**
- S. Hasham 20:42
 - Corrine Schratz 21:46
 - Sharon McClung 24:03
- MEN 50 & OVER:**
- G. Linde 19:11
 - Leonard Walts 19:22
 - S. Nicholson 20:05
- WOMEN 50 & OVER:**
- Helga Caroen 28:21
 - Dottie Knight 29:01
 - Helen Robinson 30:18

- Edgar Leano(26) 16:25.1
- Tom Tyack(31) 16:29.8
- Jon Newby(16) 16:32.8
- Paul Anderson(17) 16:38.0
- Robert Stephenson(33) 16:57.8
- Ozzie Osbood(34) 16:58.1
- Bryce Kibbey(18) 17:22.7
- Dean Perez(19) 17:28.7
- Eric Anderson(14) 17:30.1
- Jacob Genoud(16) 17:32.4
- John Pitman(1-40+) 17:40.7
- Greg Steinhauer(16) 17:45.8
- Roger Richards(44) 17:52.1
- Ray West(38) 17:57.9
- Gil Hinz(1-50+) 18:04.0
- Karmen Stickney(1-W) 19:17.0
- Deanna Gabbard(2-W) 19:47.7

Sixth Annual Turkey Trot

- November 15, 1980. Lompoc Valley Distance Club.
- Mike Ryan 32:44
 - Tom Tribble 32:44
 - Ron Richardson 33:12
 - Tim Costa 33:20
 - Efrain Gonzales 33:25
 - Steve Harney 34:48
 - Steve Jones 36:57
 - Jerry Wright 37:09
 - Bobby Roberts 37:31
 - Eric Carman 37:36
 - Bob Carman 37:57
 - Ray Gil 38:15
 - Mary Carman(1-W) 39:42
 - Fay Hobbs(1-W-40+) 41:15
 - Joe Carey(1-60+) 42:50

AIAW Western Regionals

- Division I:**
- Keyes(CP-SLO) 16:37
 - Joan Hansen(Ariz.) 16:46
 - Goen(UCLA) 16:49
 - Ralston(UCLA) 16:57
 - Lyons(Stanford) 16:59
- Teams: Arizona 47, UCLA 77, Cal Poly SLO 79, Cal 86.
- Division II:**
- Milewski(Northridge) 17:29
 - Martell(UCSB) 18:21
 - Kinane(UCSB) 18:22
 - Karg(UCSB) 18:23
- Teams: UCSB 35, Northridge 38, Bakersfield 78, Nevada Reno 90.
- Division III:**
- Kozlowski(Loyola Marymount) 17:18
 - Aubuchon(Hayward) 17:28
 - Stoutt(Hayward) 17:42
 - Scannell(Sacramento) 17:46
- Teams: Hayward 34, Sacramento 60, Humboldt 101, Oxy 125.



MAGGIE KEYES

photo by Bill Leung, Jr.

TRACK & FIELD NEWS

TELLS IT ALL



Get our comprehensive and colorful coverage of track and field, from high school through Olympic action. Subscribe now to the "Bible of the Sport."

RATES: USA one year, \$15.50, two years, \$31.00; first class, \$27.50. Canada & Mexico one year, \$18.00; first class, \$27.50.

Order from: Track & Field News, Box 296, Los Altos, CA 94022

Lasse Viren Finnish Invitational

by Richard Slotkin

November 16, 1980. Malibu, California.

John Sinclair calls himself a typical struggling amateur athlete.

The 23-year-old Sinclair of Fort Collins, Colo., won the third annual Lasse Viren Finnish Invitational Nov. 16 in Point Mugu State Park's Sycamore Canyon.

"I work in a sporting goods store. I'm a typical struggling amateur athlete," said Sinclair who clocked 1 hour, 5 minutes and 19 seconds on the 13.2-mile course.

A two-time All-American from Colorado State University, Sinclair took the lead after five miles into the race. "I knew I was in shape," he said. "I'm pleased of my effort."

Pete Pfitzinger, from Boston, of the New Balance Team, took second in 1:05.24.

Ventura's Gary Tuttle, the winner of 1978 Lasse Viren race, was third in 1:05.32.

"I came here to win," explained Sinclair. "I'm running better than ever before. There wasn't anyone here I hadn't beaten."

Gusts of wind pounded the runners constantly on the grueling course. "It's easier to follow," he said of breaking up the wind. "It bothered everyone equally. It stood us straight up. At one point, it was like I stopped and walked. We weren't exactly stopped. It was like running into a wall."

Sinclair said, "I didn't take the lead until five miles. I fell off the pace 10 to 20 yards. I didn't feel good going up the hill. I felt fresh coming back and I kept striding out. That's when Tuttle dropped off."

Tuttle decided to run Sunday's race late Saturday. "I kept catching up slowly. I was right on the heels of the third and fourth runners. But the guy who won, came 100 yards back to pass by us."

After Tuttle finished, he was talking about how someone had jumped out of the bushes. "I was third, someone jumped in the race with a half-mile left." Because of that, the times became changed because a runner was given a time for not having entered the race.

"I felt good," he said, "considering I wasn't going to run. This has always been a tough race. (Randy) Thomas finished seventh. He was in trouble at three miles."

Tuttle made up territory quickly since he was fourth at the bottom of the hill and zipped by a competitor to finish third.

Race director Eino, a Finnish sculptor and distance runner, joked to the throng at the awards ceremony how Tuttle has been first, second (last year to Kirk Pfeffer, Thousand Oaks) and third.



THE LEADERS BRINGING IT IN

photo by Bill Leung, Jr.

"This isn't a road runners course," said Tuttle. "Those guys that came out here from the East, don't do as well."

Tuttle said, "I was getting upset. That clown jumps out of the bushes at a half-mile back. At first, I thought he was a pacer."

Chuck Smead, Santa Paula, finished ninth in 1:07.45. Smead was also on the winning three-man Adidas team. "I was pleased," he said. "I didn't run well at first. I like the east wind day. But the second part I ran well."

Smead ran from 30th into the top 10 during the run over a half marathon course.

"There was not as many big names," said Smead like a Pfeffer. The top 40 overall was very strong. "I think Sinclair is almost as good as Pfeffer."

Pfitzinger, who won the Skyline Marathon in Niagara Falls, N.Y., is 6 days older than Sinclair. "I was fit this summer," said Pfitzinger. "I led the first mile and three to five miles. There's sure footing when you're in the lead. The wind was serious. It was very difficult and hard to see with the dirt."

He added, "This is the most challenging course I've ever been on."

As for the women in the field, Grete Waitz of Norway was the fastest in 1:14.25. She easily beat Laurie Binder, San Diego, 1:18.32. Waitz is the world record holder for women in the marathon.

RESULTS

1	Jon Sinclair(23, Colorado)	1:05:19
2	Peter Pfitzinger(Boston)	1:05:24
3	Gary Tuttle(33, Ventura, CA)	1:05:33
4	Martti Kilhoma(30, Finland)	1:06:20
5	Kip Sirma(28, Kenya)	1:06:36
6	Roy Kissin(23, San Francisco)	1:06:42
7	Randy Thomas(Boston, Mass.)	1:06:44
8	Stan Vernon(25, Oklahoma)	1:06:44
9	Chuck Smead(29, Santa Paula)	1:06:45
10	Tony Ramirez(26, Salinas)	1:07:05
11	Charles Gray(26, Los Angeles)	1:07:10
12	Frank Mencin(29, Colorado)	1:07:13
13	Bill Britten(25, Fairroads, CA)	1:07:24
14	Cui Yulin(Republic of China)	1:07:29
15	Jim Johnson(30, Seattle)	1:07:33
16	Bob Fink(24, Colorado)	1:07:41
17	Carl Stenfel(23, Eugene, OR)	1:07:48
18	Steve Flanagan(33, Colorado)	1:07:52
19	Jeff Galloway(35, Texas)	1:08:11
20	Matt Yeo(25, Sunnyvale, CA)	1:08:19
21	Brian Maxwell(27, Berkeley)	1:08:11
22	Sosten Bitok(27, Kenya)	1:08:48
23	Denis O'Halloran(28, Obisbo)	1:08:55
24	John Hunsaker(28, Colorado)	1:09:11
25	Mike Roach(Boston, Mass.)	1:09:32
26	Mark Muggleton(23, Colorado)	1:09:38
27	Reino Paukkonen(Finland)	1:09:44
28	Thom Birch(26, Texas)	1:09:49
29	John Jones(30, Santa Barbara)	1:10:01
30	No Name	1:10:05
31	Richard Langford(27, Obisbo)	1:10:30
32	Bob Lunn(24, Colorado)	1:10:32
33	Al Grimme(29, Colorado)	1:10:44
34	Tapio Kantanen(31, Finland)	1:10:30
35	Cleveland Whalen(36, Venice)	1:11:11
36	Yang Jian(Republic of China)	1:11:17
37	Dave Smith(26, Sacramento)	1:11:20
38	Pat Holleran(30, Eugene, OR)	1:11:28
39	Joe Carlson(29)	1:11:34
40	Mike Lohman(28, Eugene)	1:11:39
41	Bill Scobey(35, Ventura, CA)	1:11:56
42	Ed Bingham(32, Colorado)	1:12:16
43	Bob Day(36, Georgia)	1:12:41
44	John Botke(37, Santa Barbara)	1:13:28
45	Ibrahim Hussein(21, Kenya)	1:13:32
46	Mark Weeks(28, Colorado)	1:13:36
47	Ron Harmon(27, Colorado)	1:14:35
48	Jeff Clark(24, Costa Mesa)	1:14:35
49	Kevin Fisher(21, El Segundo)	1:14:39
50	Grete Waitz(27, 1-F, Norway)	1:14:48
55	Skip Shaffer(1-40+, Fullerton)	1:17:06
62	Laurie Binder(2-F, San Diego)	1:18:32
64	James Murphy(2-40+)	1:18:57
66	Ellen Hart(3-F, Colorado)	1:19:33
97	Tena Harms(4-F)	1:24:37
129	Dianne Kelleen(5-F)	1:28:07
138	Debbie Lewis(6-F)	1:28:46
139	Dick Durand(1-50+)	1:28:48
140	Sherry Simons(7-F)	1:28:52
146	Christa Romppanen(8-F)	1:29:36

Tuttle decided to run Sunday's race late Saturday. "I kept catching up slowly. I was right on the heels of the third and fourth runners. But the guy who won, came 100 yards back to pass by us."

After Tuttle finished, he was talking about how someone had jumped out of the bushes. "I was third, someone jumped in the race with a half-mile left." Because of that, the times became changed because a runner was given a time for not having entered the race.

"I felt good," he said, "considering I wasn't going to run. This has always been a tough race. (Randy) Thomas finished seventh. He was in trouble at three miles."

Tuttle made up territory quickly since he was fourth at the bottom of the hill and zipped by a competitor to finish third.

Race director Eino, a Finnish sculptor and distance runner, joked to the throng at the awards ceremony how Tuttle has been first, second (last year to Kirk Pfeffer, Thousand Oaks) and third.



THE LEADERS BRINGING IT IN

photo by Bill Leung, Jr.

"This isn't a road runners course," said Tuttle. "Those guys that came out here from the East, don't do as well."

Tuttle said, "I was getting upset. That clown jumps out of the bushes at a half-mile back. At first, I thought he was a pacer."

Chuck Smead, Santa Paula, finished ninth in 1:07:45. Smead was also on the winning three-man Adidas team. "I was pleased," he said. "I didn't run well at first. I like the east wind day. But the second part I ran well."

Smead ran from 30th into the top 10 during the run over a half marathon course.

"There was not as many big names," said Smead like a Pfeffer. The top 40 overall was very strong. "I think Sinclair is almost as good as Pfeffer."

- 30 Tapio Kantanen(31, Finland) 1:10:30
- 35 Cleveland Whalen(36, Venice) 1:11:11
- 36 Yang Jian(Republic of China) 1:11:17
- 37 Dave Smith(26, Sacramento) 1:11:20
- 38 Pat Holleran(30, Eugene, OR) 1:11:28
- 39 Joe Carlson(29) 1:11:34
- 40 Miike Lohman(28, Eugene) 1:11:39
- 41 Bill Scobey(35, Ventura, CA) 1:11:56
- 42 Ed Bingham(32, Colorado) 1:12:16
- 43 Bob Day(36, Georgia) 1:12:41
- 44 John Botke(37, Santa Barbara) 1:13:28
- 45 Ibrahim Hussein(21, Kenya) 1:13:32
- 46 Mark Weeks(28, Colorado) 1:13:36
- 47 Ron Harmon(27, Colorado) 1:14:35
- 48 Jeff Clark(24, Costa Mesa) 1:14:35
- 49 Kevin Fisher(21, El Segundo) 1:14:39
- 50 Grete Waitz(27, 1-F, Norway) 1:14:48
- 55 Skip Shaffer(1-40+, Fullerton) 1:17:06
- 62 Laurie Binder(2-F, San Diego) 1:18:32
- 64 James Murphy(2-40+) 1:18:57
- 66 Ellen Hart(3-F, Colorado) 1:19:33
- 97 Tena Harms(4-F) 1:24:37
- 129 Dianne Kelleen(5-F) 1:28:07
- 138 Debbie Lewis(6-F) 1:28:46
- 139 Dick Durand(1-50+) 1:28:48
- 140 Sherry Simons(7-F) 1:28:52
- 146 Christa Romppanen(8-F) 1:29:36

Postal Meet

October 25, 1980. Los Gatos High School.

Boys Teams: 1. Mission San Jose 48:10.2, 2. Los Gatos 48:47.3, 3. Leigh 48:53.2, 4. Bellarmine 48:55.8, 5. Watsonville 49:37.6, 6. St. Francis 49:44.9, 7. Carlmont 50:05.5, 8. St. Ignatius 50:09.9, 9. Willow Glen 50:19.1, 10. Saratoga 50:21.8, 11. Homestead 50:31.9, 12. Granada 51:33.8, 13. Westmont 51:47.5, 14. Leland 51:53.5, 15. Mt. Pleasant 52:05.7, 16. Castro Valley 52:14.6, 17. Prospect 52:31.1, 18. Soquel 52:52.5, 19. Piedmont Hills 53:05.1, 20. Cupertino 54:38.9.

Boys Individuals: (Heat #2) 1. Marden (MSJ) 9:04.2, 2. Torres (Ind) 9:04.8, 3. Rubio (WG) 9:06.9, 4. Dulin (Leigh) 9:09.3, 5. Cox (LG) 9:10.0, 6. Bernal (Vest) 9:14.1, 7. Butierrez (Wat) 9:25.6, 8. Vasquez (Wat) 9:28.5, 9. Gonzalez (Gun) 9:32.3, 10. Wagsland (MSJ) 9:36.5, 11. Salazar (Sara) 9:37.2, 12. Sellard (Bel, soph) 9:39.5, 13. Paredes (Bel) 9:40.1, 14. Zamczyk (Home) 9:41.5, 15. Mulcahy (MSJ) 9:44.9. [Heat #3] 1. Gale (St. F) 9:41.1, 2. Clark (LG) 9:41.5. [Heat #8] 1. Shea (CV) 9:33.2, 2. Schare (Sara) 9:40.4, 3. Gomez (Car) 9:40.9, 4. Martinez (Riordan) 9:44.0.

Girls Teams: 1. St. Francis 59:56.1, 2. Los Gatos 61:11.2, 3. Soquel 61:54.3, 4. Carlmont 62:49.1, 5. Saratoga 62:52.9, 6. Homestead 63:01.8, 7. MissionSan Jose 63:02.5, 8. Leigh 63:20.7, 9. Granada 63:36.2, 10. Independence 64:09.2, 11. Prospect 64:40.0, 12. Seaside 65:27.7, 13. Cupertino 66:38.0.

Girls Individuals: [Heat #4] 1. Brodie (SF) 11:18.9, 2. Foianini (Carl) 11:19.7, 3. Kwong (Home) 11:29.2, 4. Morris (LG) 11:31.2, 5. Wright (Home) 11:38.7, 6. Parker (LG) 11:41.0, 7. Radford (Sea) 11:44.8, 8. Grassi (SF) 11:46.7, 9. Lambden (CV) 11:50.1, 10. Barry (Leigh) 11:55.6, 11. Muth (Soq) 11:56.4. [Heat #9] 1. Whitney (MSJ) 11:53.4, 2. Buckler (Sara) 11:55.5.

12th Annual Turkey Trot

November 22, 1980. City of Pico Rivera, Department of Parks & Recreation.

5 MILES

Womens Open:
1. Debbie Loo 35:21
2. Regina Alvarez 37:22
3. Pat Debever 37:44

High School:
1. Chuck Cuevas 26:30
2. Chris Fresquez 26:34
3. Jesus Martinez 27:22

10.2 MILES

Mens Open:
1. Dennis Forthoffer 54:19
2. Ron Gee 55:30
3. John Araujo 58:21
4. Sergio Vergago 61:34
5. Francisco Bustamante 62:46

Men 30 & Over:
1. Stan Stauble 59:03
2. Bino Valdez 59:23
3. John Vargas 65:21

Men 40 & Over:
1. Walter Winsor 60:28
2. Aurelio Camacho 65:40

Men 50 & Over:
1. Richard Elizarraras 64:50
2. Leonard Kulbacki 70:35

Men 60 & Over:
1. Phil Castle 71:50

YMCA Turkey Trot

November 23, 1980. 4.8 miles.

1. Mike Jackman 28:44.5
2. Jerry Lyman 28:45.3
3. Skip Marquard 28:53.6
4. Gordon Thompson 28:57.1
5. Keith Kramer 29:49.9

6. Pieter Box 29:56.5
7. Bill Presson 30:03.4
8. James Kanagy 30:07.0
9. Sue Grigsby 30:19.6
10. Craig Stine 30:25.0
11. Roger Thompson 30:28.9
12. Craig Gainza 30:42.4
13. Randi Perkins 30:44.8
14. Gary Bronner 30:45.2
15. Tony Kramer 30:58.2
16. Hans Stork 31:02.5
17. Anthony Armor 31:03.1
18. John Schock 31:06.3
19. Al Perry 31:07.6
20. Dudley Anderson 31:08.1
21. Bill Rodman 31:12.4
22. Michael Vance 31:27.1
23. Joseph Walmsley 31:34.3
24. Wesley Brinsfield 31:47.6
Jeremiah Dionisio 32:10.5

Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in your address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

ROSE BOWL MARATHON

November 23

by Richard Slotkin

Apparently, Jordache isn't kidding around. Despite a mediocre field, and even more mediocre results at Atlantic City where they dispensed \$50,000 in prize money, they came back with another \$50,000 at Pasadena. Tacking their professional event onto the Annual Rose Bowl distance festivities, they were considerably closer to getting their money's worth despite some very poor race management and planning. With about the same quality men's field and a considerably upgraded women's field, the times were not only much improved, they were actually respectable. In fact, the top ten finishers in each field had faster times than the winners at Atlantic City. Ron Nabers P.R.'d (thereby making our P.R. column) with a...well...respectable...there! I said it again!...time of 2:18:48. Only four and a half minutes later, 10th place Athol Barton, last year's Culver City winner in 2:30:06, checked in. That's quite an improvement over the sluggish time of 2:31:06 at Atlantic City, also won by Nabers.

Although not as close as the men's race, the women, led by Cindy Dalrymple's 2:42:54, did well too. The first nine were under 3 hours and the tenth was just 36 seconds over it. That's an order of magnitude improvement over Katie McDonald's embarrassing 3:04:57 winning time at Atlantic City. Even McDonald showed class with a 2:50:41, but it was only good enough for 4th.

However, all was not rosy. There were four events: The Pro and Amateur Marathons and the half-marathon and a 10K. All but the pro marathon are annual events here. Right from the start, though, things began to go wrong. The starts were all late. The pro marathon was the lead-off event, to be followed by the amateur marathon after a 15 minute gap, another gap and then the 10K and

half-marathon starting simultaneously, although with different starting lines and different routes. The morning was quite chilly so the delays made everyone, if not unhappy, at least uncomfortable. Instead of a normal starter's gun there was a crew from a local Army Reserve Unit with a 105 'Howitzer. My ears are still ringing.

Well, the two marathons eventually got off okay, but the 10K-1/2 marathon was another story. The half-marathon start was about 200 yards away from the 10K start line, and on the other side of a grassy island road divider. The starting official was with the 10K'ers. There wasn't anyone coordinating the half-ers. So, while the halfers were milling around, your reporter casually mingled with them getting interviews. We were nearly blown out of the County as the 105 went off. Everyone stood frozen...dazed, would be more like it...for a moment, until they finally realized "this is it!" and took off. Well...things began to get very messy then. Both groups, separated by the island were heading for the same intersection. The 10K runners were to make a sharp right turn and swing around the Rose Bowl twice. The half-marathoners were to sort of bear slightly to the right and then head straight south onto their course. Now it happened that the half-marathoners were closer to the intersection, and therefore, reached it first. This confused some of the 10K runners who weren't sure whether to follow the pack going right, or follow that other pack going straight. To make things even more confusing, there were many half-marathoners in the 10K pack who realized they were supposed to go straight, not

continued on next page...

right. I know. They weren't supposed to be in the 10K pack, but they were! And...naturally...guess who was in the half-marathon pack? That's right, and they realized they were supposed to go right, not straight. So as these misplaced people went about joining their proper groups, they pulled along several unsuspecting followers with them, some of whom realized their mistake and dashed off to where they belonged...pulling along several new unsuspecting followers in the process. It looked like a Keystone Kops routine. Or, sale time at Eileen's basement in Boston.

Now, you'd think there would have been someone at that intersection to direct traffic. Apparently there wasn't, although a few bystanders jumped in to try and help out, including me. Because with all this confusion all you could hear were cries of, "Which way for the 10K?" and "Which way for the half?," as the hordes merged at the intersection. We tried our best, two or three of us, but I don't think we got everyone where they belonged. Can't you just see some jogger determined to break 50 minutes in the 10K chugging along wondering whether he can hold his new pace and then seeing a mile marked reading 8 miles? And five more to go, even if he just walks back to his car. And that's not all. A real disaster struck the half-marathon. The first six runners went off course and never got back. After working himself loose from a nagging leg injury, Santa Monica Track Club's Bob Macias was determined to run a good one. He was shooting for a 65:00 and felt good. He took the lead early followed by Tim Varley of the Jamul Toads and SMTC Teammate Vikken Simonian. At about 5 miles, Macias was directed one way while Varley was sent another way. Simonian followed the Toad. Macias, seeing no one was following, turned and took off for Simonian, who had now taken the lead, and the still-second, Varley. This took some of the steam out of Macias and he couldn't get back into the lead. It wouldn't have mattered. At about seven miles, Simonian and Varley began to realize they were probably off the course. They agreed to stop. Macias and three others catching up. And that was it. There wasn't

another soul in sight. It was too late to get back into the race so they jogged back to the Rose Bowl, sadder but wiser and P.O.'d.

This allowed Dave Askern to win in a pedestrian time of 1:10:08.

Don't go away yet, there's more! Somewhere around 70 minutes, the first female half-marathoner came in. Now, this was no Rozie Ruiz, clean as a whistle and without a drop of sweat, faking a staggering finish. Still, she was not one of the hot shots and she didn't look like a world class runner, well, it turned out that she had missed one of two loops out on the course, as she tearfully realized when she found out what her time was. I guess she disqualified herself. She wasn't the only one to make that mistake.

The same kind of sloppy course control that sent the original leaders off course was responsible for this and many other mishaps. Including no water station for the 10K and non after 17 miles for the marathon. Anyway, Roseanna McIntyre led the ladies home in 1:22:46. Second was Sherry Simmons, in 1:23:38. Then, a minute later, Wendy Walker held off by 2 seconds, Ellen Ferken, to take 3rd place.

Now, it's my feeling that unless it is 90 degrees or over anyone who needs water in a 10K is either out of shape or has a physiological problem. The former should pass until they are in shape and the latter should take up another sport because it's just too dangerous. Nevertheless, both types to enter 10K's, and just to be safe from liability, it should be a race director's highest priority to provide adequate aid. As to the marathon, I shudder to think of going the last nine miles without any aid stations, even on a cold day.

The 10K, other than the lack of an aid station went off fairly well, but even it had it's moments. It was announced to the starters that the finish line was inside the Rose Bowl at the 50 yard line. It wasn't pointed out that it involved going down one side of the field, swinging around to the other and then to the 50 yard line. It was no big deal because once the runners came out of the tunnel they could see what was involved. But it probably cost Tom Bryant the race. The SMTC Olympic Trials Qualifier was hanging just behind the leader George Mason of

Athletes in Action. As they neared the tunnel entrance, Bryant, thinking the finish lay only 50 yards beyond the tunnel shot ahead and turned on the afterburners. Mason said that judging by the way Bryant was going he suspected that Bryant thought the finish was closer than it was. So, instead of going after him he just picked up the pace enough to stay close. As they entered the stadium, Bryant quickly realized his mistake and by the time he reached the 50 yard line, the wrong end of it, he had begun to fade. Mason hardly had to do anything but keep up what he was doing and he soon pulled ahead and had opened up a 5 second lead when he crossed the finish line in 30:19.

The women's race was almost a carbon copy, even to having a SMTC taking second. Jaynie Studenmund and Pam Morris ran together almost all the way. But then Studenmund outkicked her in the last quarter for a 3 second win. Her time was 37:18. In all fairness to Morris, who normally runs in the 35's, a combination of coming off of a leg injury and working on her masters degree has interrupted her training. But she's coming back.

The highlight of the day was the Pro-marathon. Nabers said that the lead pack was the biggest one he had ever seen. "...clawing, scratching, biting the calf of the guy ahead of you..." said Nabers. A big pack pulled out quickly, but a second pack pulled up into it and then the front would stretch out again only to have the back draw up into it again. "...like a swarm of bees..." By 15 miles, the pack was still big, Nabers figured some of them just didn't realize what they were doing. When they heard the split at 15 miles, apparently the first one since the first mile, can you believe that? about 5 guys chocked and dropped back like stones in a pond.

Nabers says his philosophy is run to win. So he hangs back "...until I think I can win it, then I go for the lead..." That magic moment came with about a half mile to go and off he went to his rendezvous with a \$12,500 check. And was he happy! He practically danced the last 50 yards. And he never stopped. One hour later he was still dancing, jumping around and throwing a frisbee.

He did stick around the finish line long enough to welcome second place Duane Waltmire with a big hug. (well, that only delayed his celebration 19 seconds plus the hug.)

Meanwhile, Cindy Salyrimple looked very strong coming into the Bowl, about 20 minutes later. By this time finishers from the amateur marathon, a far larger crowd, were coming in. So it was getting to be a little busy at the finish line.

Doreen Ennis was less than a minute and a half behind Dalrymple, with Kare Bridges about a minute and a half behind her. Five minutes later, Katie McDonald checked in, then came two masters runners, Fran Soloman and Sue Peterson. I told Sue afterwards that she better get a new pacer. "This guy's costing you money now." A tired Sue sighed, "it wasn't the pacer, kid." But Pete agreed that he was "over the hill." Yeah, sure. I should be so over the hill, in any case the \$750 Sue won is community property, which means Pete gets to pay the income tax on it.

After the Petersons, Paulette Hale came in with her first ever sub-3 hour marathon. Her previous best was 3:00:59 at last year's Nike-OTC. She just destroyed that three hour barrier with an impressive 2:54:47.

Underrated Masters Runner, Sandy Kiddy, was 9th with a 2:58:51. At 43, Kiddy had no compunctions whatsoever about going Pro. "What am I going to wait for?" She asked without needing an answer.

Well, just in case anyone asks, Men's winner in the amateur marathon was Rune Larsson in a very good time of 2:22:45. This would have placed him 10th in the pro race and netted him \$200. Hardly worth it. He came in almost unnoticed because of the attention going to the pros.

Totally unnoticed was the women's amateur winner, Carol Bovko. Well her 3:16:17 wasn't much to get excited about after those nine sub-3's.

So what can we say in summary. Artistically, for the pros, it has to be considered a success. The money is there, the times, this time, were good, and the races were competitive. If these races continue to produce respectable times, then the combination of competi-

tive urge and the big bucks will surely begin to pull in some of the top runners. Enough others will very likely follow suit and the circuit will become viable. Then even more money will come into it. Whether that is ultimately going to benefit or destory distance running is something we'll just have to wait and see.

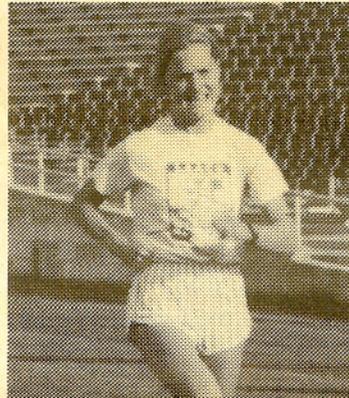
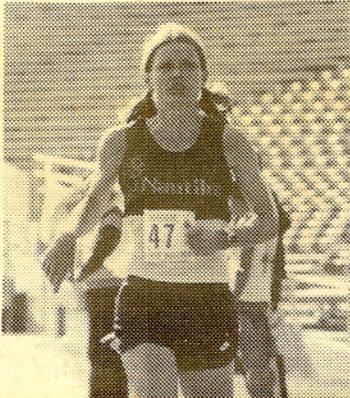
However, if performances revert to Atlantic City's level, interest will wane and the whole thing will be aborted.

As to the race management, well, it boarded on disaster. Incompetence would be a suitable description. The next day, Gary Duvall, the race director, resigned from his position at the Pasadena YMCA, the annual producers of this set of races. He blamed Jordache and others who stifled and stymied his efforts with indecision and many chances of direction. The course itself was changed several times, including the night before the race, no wonder people got lost and knew where it was.

Jordache, of course, doesn't feel it was their fault, and promises that next time things will be done right. Beyond that, they were silent. Some fingers were wagged at S.P.A.L.R.D.C. chairman, Chuck Lichter. But, Chuck was only trying to help out. Maybe he got in some people's way. He wasn't even in charge of anything, except maybe to certify the course. (O.K. Chuck, where is that course? We'll settle for the 1/2 marathon.) Still, Lemmee tell ya, I've seen, and run in, some even worse ones. Ask me about the last Legg Lake 11K (it was supposed to be a 10K, and that was just the beginning.)

Naturally, to make things complete, we don't have a complete set of results. We have the top finishers of each race, and some age groups for the amateur marathon. Till we get the rest these will have to do. The two Dennis', Ikenberry and Caldwell each had a piece of the finish line concession, and near as I could tell, they both did a good job. But the results sheets haven't been made available yet by race administrators.

Hope to have results listings for next issue.



ian, who had now taken the lead, and the still-second, Varley. This took some of the steam out of Macias and he couldn't get back into the lead. It wouldn't have mattered. At about seven miles, Simonian and Varley began to realize they were probably off the course. They agreed to stop. Macias and three others catching up. And that was it. There wasn't

wasn't pointed out that it involved going down one side of the field, swinging around to the other and then to the 50 yard line. It was no big deal because once the runners came out of the tunnel they could see what was involved. But it probably cost Tom Bryant the race. The SMTC Olympic Trials Qualifier was hanging just behind the leader George Mason of

win. So he hangs back "...until I think I can win it, then I go for the lead...". That magic moment came with about a half mile to go and off he went to his rendezvous with a \$12,500 check. And was he happy! He practically danced the last 50 yards. And he never stopped. One hour later he was still dancing, jumping around and throwing a frisbee.

3:16:17 wasn't much to get excited about after those nine sub-3's. So what can we say in summary. Artistically, for the pros, it has to be considered a success. The money is there, the times, this time, were good, and the races were competitive. If these races continue to produce respectable times, then the combination of competi-

the concession, and near as I could tell, they both did a good job. But the results sheets haven't been made available yet by race administrators.

Hope to have results listings for next issue.



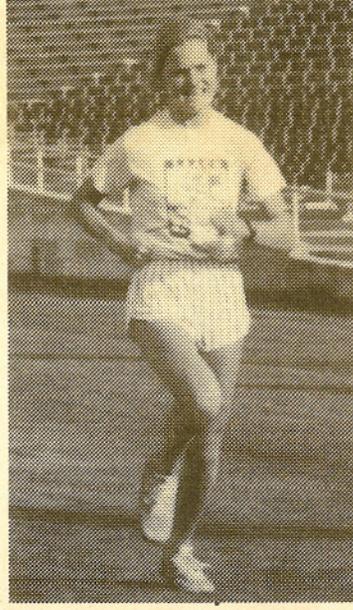
RUNE LARSEN
Amateur Marathon winner



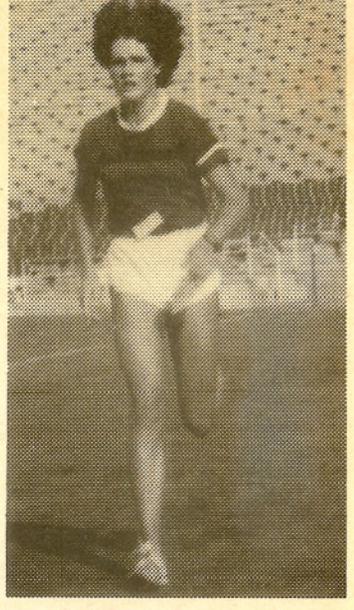
CINDY DALRYMPLE
Pro-Marathon winner



RON NABERS
Pro-Marathon winner



JAYNIE STUDENMUND
10K winner



ROSEANNA McINTYRE
1/2 Marathon winner

Pt. Fermin 10 Mile

by Richard Slotkin

November 30, San Pedro.

I was invited by photographer (CTRN, T&FN) Bill Leung, to run this little publicized bi-annual run so that I could get a taste of what it was like in the "good old days" before running became the big trendy in thing. You know, small crowd, everyone knows everyone else, no T-shirts, no pressure, just some friendly competition, a good workout, and a friendly beer and cider time afterwards.

Though I've been running for over 11 years, the first 8 of them were done in isolation. I used to jog 2 to 4 miles a day, 4 or 5 times a week and thought I was hot stuff for doing that. By the time I joined the Santa Monica Track Club, the running boom was well under way, so I never really knew what the "good old days" were all about.

After participating in the Point Fermin Flyers event last week, I'm still not sure about it. I seriously doubt if they were even half as good as the time I had at this event.

First, the crowd was to be limited to 100 entries. I turned out to be around

107. So much for even that formality. There were mostly members of the Flyers, but there were a few others, some of us especially invited, such as Walt Hitt of Athletes in Action. It wasn't a loaded field, either. The pack was quite representative, including competitive runners such as Diana Karg, who starred at Harbor College and now runs for UCSB, Masters runner Andre Tocco of the Culver City A.C., a lot of high school kids, older folks, fast ones, slow ones and medium ones.

The course was nice, too. Slightly rolling, but not tough. I did have terrible misgivings about it though because it consisted of two loops over the first 5 miles of the San Pedro Marathon. It was at that marathon, last year, that I went into the debacle that had persisted ever since. I kept thinking, "Jeez! Here's where this whole thing started." But the welcome I got and the overall friendly atmosphere did calm me a bit. Oh yes, there NO T-shirts. However, there was something else that I would be told about after the race. Seems that they always have something special for the participants, along with the copious amounts of beer, pop, fruit juices, donuts and other assorted munchies for the post race carbo replenishment ritual.

In order to avoid traffic problems, start time was set for 7:00AM and the race was

promptly begun at 7:23AM. One nice thing about a small field like this is that even if you aren't a hot shot, you can see the leaders for a long time. Bill Fisher, the bearded assistant 'cross-Country Coach at Cal.State Dominguez Hills, took the lead right off and held it for the first two miles. Then, Hitt, of AIA took over, closely followed by Thom Lacie of the Flyers. Lacie was a busy guy that day. He was the race director, one of the sponsors, and chief handyman. He hung a few yards back in second place until sometime early in the last 2 1/2 mile leg. From there on he ran very strongly opening a steadily growing lead on Hitt, who was almost overtaken by the 45 year old Tocco. Tocco came in onle 10 seconds behind Hitt. Good thing, too, because there were no age groups. The first five men and the first five women received awards ----period! Fisher eventually dropped back to 8th with 57:21, not to bad. Among the women, Diana Karg, as usual, won the women's division quite easily, setting a course record on the way.

As a matter of fact, she's won it ever since they've had the race. Her time was 63:06 and she was 19th overall. Second female was Kathy Martin, who started out at about the same pace as I did, but after a mile began to pull ahead and kept doing it all the way to finish in 68:06 and she in fact, of the 107 finishers, 47 of them

were under 70 minutes. Now that's not bad for what is billed as a just for fun run. I'm not going to say how I did, but...uh...well...check out this month's P.R. column...

When all was said and done, and everyone was in, they held a raffle. Seems that Lacie owns a running shop and he had a bunch of dogs he wanted to get rid of. Everyone won something...and nobody wanted what they won. So there was a lot of trading going on. I won a singlet that I wouldn't be seen dead in even if it had fit me. I traded it to someone who it also didn't fit, but fit better that the Extra Small shorts that he won. The shorts should fit my daughter. So you see, everyone was happy. As I said, the first 5 men and women each received a medallion, and I mean a quality piece of hardware. You'd think it was the Perrier 10K they placed in. Lacie got the gold, but he deserved it even if he hadn't been first. He did a good job. Instead of T-shirts, you see, he had made up a beer mug for every finisher. The mugs had a logo such as a T-shirt would have had, so it was really a nice memento. Further...and how's this for a nice touch? Each mug was filled with, no, not beer, but Marie Callender pancake mix along with instructions for making it. There was more yet, but why rub it in? Incidentally, Marie Callender

was the other sponsor. It would be nice to have more runs like this one. Why? Because they are fun. Besides, I got a P.R.

1 Thom Lacie (PFF) 29	54:54
2 Walt Hitt(AIA) 30	56:00
3 Andre Tocco(CCAC) 45	56:10
4 Steve Corona(PFF) 19	56:26
5 Joe Bird(PFF) 39	56:27
6 Art Nuno(PFF) 26	56:41
7 Allan Johnson(PFF) 37	57:08
8 Bill Fisher(Unat) 30	57:21
9 Ron Morgan(SPHS) 16	59:30
10 Joe Barrow(SPHS) 17	59:30
11 John French(PFF) 28	60:39
12 Craig Kuzonoki(CSDH) 19	61:12
13 Don Bemowski(Phid)	61:18
14 Victor Estrada(SPHS) 17	61:19
15 Ben Branstuder(PFF) 29	61:27
16 Richard Provost(PFF) 34	61:34
17 Darryl Ritchie(WHS) 17	62:50
18 Mike Orr(PFF) 25	63:01
19 Diana Karg(UCSB) 20 1-F	63:06
20 Rod Goodin(Unat) 20	63:06
44 Kathy Martin(PFF) 30 2-F	68:53
54 Lucia Davidson(PFF) 35 3-F	71:50
56 Lynn Christopher(SPHS) 18 4-F	73:47

Special thanks to Frank De Lucia, of the Flyers, who hand copied all 107 finishers' names and times so I could have a complete set to take with me.



BARTLETT

MINERAL SPRING
SPARKLING WATER

1981

RACE SERIES



The Bartlett Mineral Spring Race Series will consist of three road races in Visalia; all of which are run over flat, and very fast courses.

March 28

This Bartlett race will have one long distance run along with a short one. These races will be in conjunction with the 1981 Nutritional Fair. The site is the Visalia Convention Center.

July 4

This Independence Day run is a special event as it caters to submaster and master runners. This race will take place at Mooney Cross Park.

three road races in Visalia, all of which are run over flat,
and very fast courses.

March 28

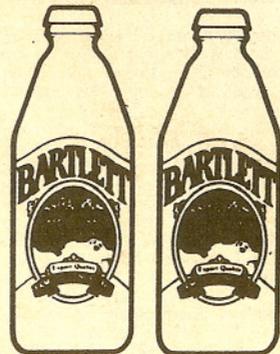
This Bartlett race will have one long distance run along with a short one. These races will be in conjunction with the 1981 Nutritional Fair. The site is the Visalia Convention Center.

July 4

This Independence Day run is a special event as it caters to submaster and master runners. This race will take place at Mooney Grove Park.

September 19

This will be a five mile event also run at Mooney Grove Park.



REFRESHING AFTER THE RUN

BARTLETT Mineral Spring Water, sparkling
and clean the Great Domestic Alternative.

Distributed by REAL FRESH INC., Visalia, Ca. 93277

Put some spring in your stride.....
drink Bartlett Mineral Spring Sparkling Water
